Hearth of Sicily
An 8- days cycling tour

Code tour: ITSIC04C



Cycling Tour in Sicily: Eight Days of Sea, History and Tradition
A **cycling tour in Sicily** is more than a simple journey — it's a full immersion into light, color and tradition. Over eight unforgettable days, explore **Western Sicily** through charming coastal towns and timeless landscapes: from **Castellammare del Golfo** and **Scopello** to **Trapani**, **Marsala**, **Mazara del Vallo** and **Selinunte**.
Ride along scenic coastal roads, between the turquoise sea and golden hills, and breathe in the scents of citrus, olive trees and sea breeze. The famous cliffs of **Scopello** and the natural beauty of the **Zingaro Nature Reserve** offer breathtaking views, while the ancient ruins of **Segesta** and **Selinunte** tell stories of gods and heroes.
In **Trapani** and **Marsala**, salt flats and windmills create dreamy sunsets, while **Erice** enchants with its medieval charm and almond pastries. For a taste of island life, pedal around **Favignana**, known as the "butterfly island", surrounded by crystal-clear waters.
And of course, Sicily means flavor: from **Trapani's fish couscous** to **Marsala wine**, **arancini**, and **almond sweets**, every stop is a celebration of taste and tradition.
This **Sicily bike tour** is the perfect experience for those who love slow travel, culture, and adventure — a journey through an island that welcomes every traveler with warmth, passion and unforgettable beauty.



Period: Every Saturday from January till October 2027 (November and December on request)
On requesto departure on other days for group of min. 4 participants is possible

Participants: minimum 2 persons. (Solo traveller on request)

Level: 2
You cycle on flat surface or in slight hilly landscape. Steeper climbs are short and longer climbs not to steep. The route follows mainly less frequented secondary roads. On day 2 and 3 the ascent and descent are significant, the following days the stretches are more flat. You need bike experience and a good physical condition.

Daily distances between 25 km / 15,5 miles and 56 Km / 35 miles. Depending on your personal preference and fitness, on day 4, 6 and 7 you can choose between two different tracks varying in elevation profile and/or distance covered.
Total km: min 217 km/135 miles max 256 km/159 miles

Program in short
Day 1 Arrival in Castellamare del Golfo
Day 2 Walking excursion in the 'Reserva Zingaro' (28 km/17 mi cycling & 14 km/9 mi hiking)
Day 3 Castellammare – Trapani (57 km / 35,4 mi)
Day 4 Erice or Favignana (37 km/23 mi or 25 km/15,5 mi)
Day 5 Trapani – Marsala (43 km /26,7 mi)
Day 6 Marsala - Mazara del Vallo (30 km / 18,6 mi or 50 km / 31 mi)
Day 7 Mazara del Vallo – Selinunte (35 km /21,7 mi or 41 km / 25,4 mi)
Day 8 End of tour

Program day by day

Day 1 Individual arrival in Castellammare del Golfo
Arrival in Castellamare del Golfo, a lovely portal town, whose origins are dating back to Classic Antique Times, when it functioned as the harbor of Segesta and Erice. Bike fitting and handing over of tour documents.

Overnight with breakfast in Castellammare del Golfo

Day 2 Scopello: walking excursion in the 'Riserva dello Zingaro'
From Castellammare you start to cycle to the wonderful Nature Reserve "**Zingaro**". Only a few kilometers from the pretty village of **Scopello,** stretches. You will have the chance to explore it on foot allowing yourself to linger on all the **aromi and scents** which this untamed landscape has to offer. Trekking along its undulating footpath you will find yourself between two very different scenes: on one side the enchanting view of the **Tyrrhenian sea**, with its coves and bays (calette) where you can swim and snorkel in the limpid water, on the other, the vibrancy and colours of the flora and fauna typical of this mountainous environment. On the way back you can visit **Scopello**, a 17th century village. Around its small square, you will find most of the houses and shops of the entire village. **The old tuna fishery** is situated few kilometers away onto a promontory overlooking the crystalline waters of the Tyrrhenian Sea. Bring you bathing suite. There are some nice beaches in the park.

Overnight with breakfast in Castellammare del Golfo
Distance by bike: 28 km / 17 mi
Ascent & Descent: + 571m – 571m
Distance on foot: 14 km /9 mi
Walking time: 6 hrs



Day 3 Castellammare – Segesta – Trapani
After one last breathtaking look at the stunning **Gulf of Castellammare**, your route leads you into the heart of **Sicily's rustic countryside**. Pedal through a rolling landscape of lush olive groves and sun-drenched vineyards, balancing gentle climbs with smooth, flat stretches. Along the way, you'll discover the **ancient archaeological site of Segesta**, a historic city founded by the **Elymians** over 2,500 years ago. Continuing along quiet backroads, your journey concludes in Trapani—Sicily's celebrated "**City of Salt.**"

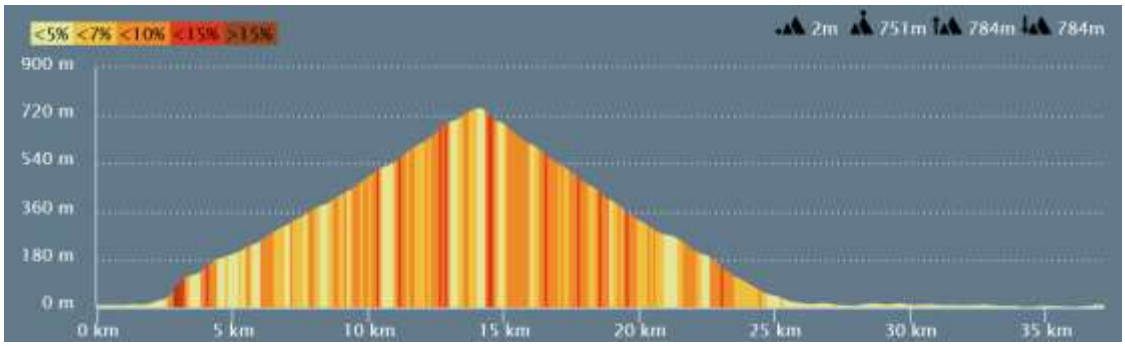
Overnight with breakfast in Trapani
Distance: 57 km / 35,4 mi
Ascent & Descent: + 631m – 651m



Day 4 Erice or Favignana
Today's ride gives you two incredible, contrasting options—and both are guaranteed to delight. You can choose to climb up to **Erice**, an enchanting medieval town perched 750 meters above sea level. Reachable by cable car or via a **thrilling 11-kilometer** cycling ascent of winding hairpin bends from **Trapani**, Erice rewards your effort with breathtaking panoramic views over the coast and the Egadi Islands. Don't miss the chance to wander its cobbled alleys and taste the famous **Genovesi**—delicious, warm custard-filled pastries!

Alternatively, hop on a quick ferry or hydrofoil for a day of pure relaxation on **Favignana**, the largest of the **Egadi Islands**. With its laid-back seafaring charm, crystal-clear turquoise waters, and iconic coves like **Cala Rossa,** Favignana is a true cyclist's paradise. Renting a bike here is by far the best way to explore its flat, scenic paths and hidden coastal spots at your own pace.

Overnight with breakfast in Trapani
Distance to Erice: 37 km /23 mi
Distance to Favignana: 25 km / 15,5 mi
Ascent & Descent to Erice: + 784m – 784m



Day 5 Trapani – Marsala along the salt way
Today brings a smooth, flat ride along the breathtaking coastline. Historic windmills, shimmering salt pans, and mounds of freshly harvested salt create an unforgettable backdrop as you pedal. Along the way, you'll have the opportunity to visit the Island of Mozia, an ancient cradle of Phoenician-Punic civilization, easily reached by a short boat ride across the lagoon.
Today's journey ends in **Marsala**, a charming coastal city renowned for its famous fortified wine and historic role as the landing site of Garibaldi and his Expedition of the Thousand.

Overnight with breakfast in Marsala
Distance: 43 km /26,7 mi
Ascent & Descent: + 122m – 112m



Day 6 Marsala - Mazara del Vallo
Today's stage continues along the enchanting Tyrrhenian coast before winding inland through typical Sicilian countryside, rich with vibrant vineyards and historic **bagli** (traditional fortified farmsteads). Your route ends in **Mazara del Vallo**, home to Italy's most important fishing fleet and beautifully set at the mouth of the Mazaro River, which divides the town in two. Here, the strong Arab influence is palpable: as you stroll through the narrow alleyways of the **Kasbah** (the historic Arabic quarter), its vivid colors and rich scents will instantly transport you toward the African continent just across the sea.

Shorter route:
Overnight with breakfast in Mazara del Vallo
Distance: 30 km / 18,6 mi
Ascent & Descent: + 67m – 71m



Longer route:
Overnight with breakfast in Mazara del Vallo
Distance: 50 km / 31 mi
Ascent & Descent: + 226m – 238m



Day 7 Mazara del Vallo – Selinunte
After leaving Mazara, you will follow a scenic road running parallel to the coast, leading you straight to the **Lago Preola e Gorghi Tondi Nature Reserve**. Tucked away in a peaceful valley,

this series of natural karst lakes appears almost out of nowhere—a true highlight for anyone who appreciates unique marshland flora and fauna.
Rolling along a scenic, hilly road toward **Campobello di Mazara**, you'll pass the historic **Cave di Cusa**, the ancient stone quarry where all the building blocks for the temples of Selinunte were extracted.
Just 13 kilometers further along your route lies the magnificent archaeological site of **Selinunte**, where walking among the ancient Greek ruins will instantly transport you back thousands of years. Spanning over 1,300 meters from east to west, it is one of the largest and most impressive archaeological parks in the Mediterranean. Left untouched for **over 2,000 years**, its sprawling acropolis, agora, and dignified temples rival anything found in Greece itself. To wrap up the day, you can unwind and take a refreshing swim along **Selinunte's lovely beaches.**

Overnight with breakfast in Selinunte
Distance: 35 km /22 mi or 41 km / 25,4 mi
Ascent & Descent: + 246m – 158m



Day 8: Departure
Breakfast and end of our services.

Hotels
, * stars hotels or B&B of same level

Price per person 2027

Double room	910€
In Single room	1.180€
Surcharge High season (July/August)	150€
Travelling Alone	1.330€
Supplement Half Board (Drinks excluded)	270€
Bike rental hybrid bike	130€
Bike rental e-bike	220€

Child reduction:
0-5 years: 100%
6-10 years: 50%
11-13 years: 25%

Rental Bike: one pannier (lateral bag), spare inner tube, levers, one pump per group

Included in the tour:

- 7 nights with breakfast in 3 or 4 star hotels or B&B of same level
- Luggage transfer
- Assistance telephone
- Detailed maps
- Navigation app

Not included in the tour:

- Transfers from and to the airport
- Bike and helmet rental
- Dinners & Lunches
- Beverages, wine tasting, entrance fees and tips
- Local hotel taxes and extras
- Paper roadbook on request (€7)
- All not mentioned under 'Included in the tour'

Cancellation Policy

The traveller, who withdraws from the contract, shall be charged for the individual administrative costs, the eventual amount for insurance services or other services already used which were due at the time of signing the contract, cancellation fees charged:

1. **Cancellation between 28 and 14 days before commencement of travel:** 50% of the total travel price;
2. **Cancellation between 13 and 4 days before departure:** 70% of the total travel price;
3. **Cancellation from 4 days before departure or "no-show":** 90% of the total travel price;
4. **Cancellation of the already started trip:** 100% of the total travel price.

How to arrive:

Start / End: Castellammare del Golfo / Selinunte

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