

## Walking Tour: The Secrets of Sicily

8 days / 7 nights in the enchanting island of Sicily

Code tour: ITSIC06W



Sicily offers all the ingredients for a successful walking holiday: blue sea, endless beaches, unexpected nature, delicious fresh fish dishes, excellent wines and lots of culture.

This walking tour starts in Trapani, situated on Sicily's northeastern coastline, is built on the sea and at the foot of Mount Erice. The city has a rich history and fascinating culture, with a very beautiful and interesting Baroque historic center. The many civilizations that have dominated the city and the different architectural styles through the centuries have all left their mark in the historic center of the city. From Trapani you visit the medieval city of Erice, situated on a 750 meters high mountain, from which you will see the beautiful Salt pans of the area and the town of Trapani. Erice has two Castles, one from the period of the Saracens and one from the domination of the Normans. Trapani is also an excellent base to make a tour on Monte Cofano. The walking route is fantastic, a mix of coastal paths and mountain trails. From Trapani parting the boats for the Aegadi Islands. These you will reach the fabulous Aegadi Islands and Marettimo, the most mountainous of the three islands, a paradise for walkers: paths, walking trails on the cliffs that wind between fragrant brooms and purple cistus, Saracen fortresses, Roman villas and Coral Sea caves. Scopello is a charming fishermen's village where once was a big tunary. You can visit the museum in the Natural reserve, where the history of the tunary is told. At the end, you will do a magnificent walk through the Zingaro Natural reserves, with lovely coves and a coastal walking trail from which you will admire beautiful sea views.

## Sicilia



**Period:** Every day from 1<sup>st</sup> April to 31<sup>st</sup> October (except August)

**Participants:** Minimum 1 person

**Level:** 1,5

Easy till medium difficulty. The daily walks are short, but have some differences in level. You walk through a hilly landscape, along trails or quiet country roads. Little walking experience and is needed. Walking time between 2 and 5 hours a day.

Daily distances are between 4,5 km - 14 km (2,8-8,7 miles); an average of 2/4 km per hour.

Total distance: about 38 km / 23,6 miles

### **Program in short:**

Day 1 Arrival in Trapani

Day 2 Erice - Trapani

Day 3 Monte Cofano

Day 4 Trapani - Marettimo

Day 5 Marettimo

Day 6 Marettimo-Marsala-Scopello

Day 7 Zingaro Natural Reserve

Day 8 End of Tour



## Daily program

### Day 1 Arrival in Trapani (Palermo-Trapani)

Your tour starts in Trapani, a town rich in history and culture, with an enchanting Baroque centre. Trapani has an interesting history, it was founded by the Elymians: it was the port for the nearby city of Eryx (Erice nowadays) which stands on Mount Erice, not far away. The town centre has a vibrant night life with many restaurants, gelaterie and bars.

Overnight with breakfast in Trapani

### Day 2 Erice - Trapani

Today you will have a transfer from the hotel to the starting point of your walk to the lovely medieval town of Erice. There is a significant climb and descent, but the km are short, so you have time to dedicate yourself to visit Erice. Once in town, you can admire the church, remains of the castles and stroll along the narrow streets rich with lovely shops that sell delicious Sicilian pastries and almond cakes. Make a walk discovering also the many old churches around the town.

Overnight with breakfast in Trapani.

Distance: 5 km / 3,1 miles

Walking time: 3 hours

Ascent & Descent: + 450m - 450m



### **Day 3 Monte Cofano**

Today you will have an excursion to the “Natural Reserve of Monte Cofano”, of surprising beauty for its coastal stretch, its fields, rows of dwarf palms and for its rich variety of wild fauna, which includes the peregrine falcon. You can visit splendid sighting towers, considered in the past as the only means of defence against pirate attacks and nowadays part of the historical heritage. Mount Cofano is 659m high. A path along the coast will lead you up to the top, where you will admire a breathtaking landscape.

Overnight with breakfast in Trapani.

Distance: 7 km / 4,3 mi

Walking time: 3 hours

Ascent & Descent: + 350m - 350m

### **Day 4 Trapani-Marettimo**

In the morning, you will take the hydrofoil to the island of Marettimo, the second biggest island of the archipelago of the Egadi, known for its natural beauties. The wildest and most unspoiled island of the Egadi. The route will pass a Roman fortress and a little Byzantine church from the Norman period and dating back to the 11<sup>th</sup>-12<sup>th</sup> century. From this point, you will have a wonderful view of the other Egadi islands and you can enjoy the sandy beaches of the island.

Overnight with breakfast on Marettimo

Distance: 4,5 km / 2,8 mi

Walking time: 2 hours

Ascent & Descent: + 290m-430m

### **Day 5 Marettimo**

Today you have plenty of time to explore the island and make an excursion to Punta Troia perched on a promontory that stands out on the sea at 116 meters height and its restored castle. The walk is not long but is an up and downhill walk. Amazing are the views of the other islands. You can also make a “Giro dell’Isola” (tour around the island) with a local fisherman to admire the unapproachable coastline of the island with around 400 caves. To mention is the Grotta del Tuono.

Overnight with breakfast on Marettimo

Distance: 7 km / 4,3 mi

Walking time: 4 hours

Ascent & Descent: + 689m - 689m

### **Day 6 Marettimo-Marsala-Scopello**

In the morning, you take the hydrofoil to Marsala, famous all over the world for its wine. You will have a chance to taste the special liqueur Marsala in a typical winery. The name of Marsala comes from the Arab Marsa Allah (Port of God).

Marsala is also famous for another reason: it was the landing place for Garibaldi and his 1000 men on May 11<sup>th</sup> 1860. From here started the liberation from Sicily that was under Bourbon domination. End of the day transfer to Scopello

Overnight with breakfast in Scopello or surroundings

### **Day 7 Zingaro Natural Reserve**

Today's excursions will lead you to the Zingaro Natural Reserve, a natural gem of Sicily. This natural park is a strip of land along an unspoiled coast protected by majestic mountains, where you will walk along paths surrounded by the typical Mediterranean flora. It is not accessible by cars and therefore the silence is only interrupted by the sounds of nature. There are many small paths, ending on the seacoast or climbing up into the mountains. The Zingaro Reserve hosts more than 25 species of orchids. After many coves and wonderful panoramas, you will have the chance to take a bath in one of the little bays of the reserve.

Overnight with breakfast in Scopello or surroundings

Distance: 14 km / 8,7 mi

Walking time: 5 hours

Ascent & Descent: + 500m - 500m

### **Day 8 Departure after breakfast**

After breakfast, end your tour enjoying the secrets of Sicily. Of course, you can also extend the tour with some extra days to relax on the beaches and have some sea fun.



### **Please Note:**

- Good trekking shoes are required and warm clothing is recommended in spring and autumn.

### **Hotels:**

\*\*\* stars hotels and good B&B

### Prices per person 2021:

In double room € 750,00

High season supplement in the month of July € 110

Single room € 950,00

Solo traveller € 1.190,00

### Included in the walking tour:

- 7 nights in B&B
- Luggage Transportation (on marittimo no luggage transport. From the boat you bring your luggage to the hotel, which is close to the port)
- Wine tasting
- Transfers as mentioned in the program
- Descriptions and maps
- Briefing about the tour
- Hotline service 24 hours

### Not included in the price:

- Round trip to Sicily
- Lunches, dinners and beverages
- Hydrofoil ticket to and from the islands
- Ticket fees of museums and extras
- Local city taxes (to be paid directly at the hotels)
- All not clearly specified under “included in the walking tour”

### How to reach starting point:

start / end: Trapani / Scopello (surroundings)

#### By plane

Closest airport: [Palermo airport](#) or [Trapani airport](#).

#### By bus

From the airport in Palermo by shuttle bus to the train station of Palermo

[www.aziendasicilianatrasporti.it](http://www.aziendasicilianatrasporti.it) .

Then take the train to Trapani (5 hrs travelling [www.trenitalia.com](http://www.trenitalia.com) ) or by bus (2 hrs travelling

<https://www.busbud.com/en>

### Useful Information

[Italy](#)

[Italy Travel board](#)

[Safe travelling to Italy](#)

[Sicily](#)

[Trapani](#)

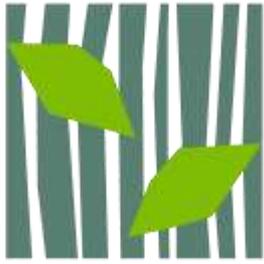
[Marsala](#)

[Aegadi Islands](#)

[Reserva Zingaro](#)

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