

# EXPLORE!



## Self-Guided Cycling in Sicily

ITALY, SICILY - TRIP CODE CSSI

CYCLING

### Why book this trip?

Cycle along the western coast of Sicily on this self-guided cycling holiday. Discover colourful landscapes as you ride on quiet coastal roads through the countryside. Explore imposing Greek ruins and Favignana Island, a hidden gem in the Mediterranean.

- **Salt Mining** - See the Salt Mining Reserve, marshes and windmills
- **Marsala** - Optional wine tasting
- **Gastronomic Sicily** - Delicious culinary specialties, accompanied by superb local wines



**INCLUDED MEALS**  
Breakfast: 6  
Dinner: 2



**TRIP STAFF**  
None



**TRANSPORT**  
Bicycle



**ACCOMMODATION**  
2 nights standard agriturismo  
4 nights standard hotel



**CYCLING GRADE:**  
Easy To Moderate

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Holiday starts in Marsala

Arrival in Marsala and check in to the hotel. Spend the afternoon mingling with the locals as they promenade on marble cobbled streets from one piazza to the next.



**ACCOMMODATION:**  
Hotel Carmine (or similar)



**Grade: Standard Hotel**



**SINGLE ROOM AVAILABLE**



**MEALS PROVIDED: NONE**

### DAY 2 - Cycle to the salt pans. Marsala wine tasting (optional)

Today's flat ride takes you to the characteristic Infersa salt flats, a patchwork of shallow coastal lakes and salt pans lined with ancient windmills and home to many migratory birds and a small salt museum (optional). Return by bike, using the same route to the hotel in Marsala and once back in town maybe visit a winery and taste some of the excellent locally made sweet Marsala wines.

Total cycling distance today is approximately 23 kilometres (Total 20 metres ascent and 20 metres

descent)



ACCOMMODATION:  
Hotel Carmine (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 3 - Ride inland to Busetto Palizzolo**

Leaving the bustling seaside towns behind cycle inland, gradually ascending via a succession of pastures and fields of wheat. For the first part of the ride when leaving Marsala there will inevitably be more traffic and there are some up hill sections. Once away from the coast this sparsely populated, vast expanse of beautiful nature dotted with crumbling, old farm houses is a joy to the eye and a pallet of contrasting colours that change with every season. Spring is ripe with the lush green wheat that turns bronze yellow in summer then ochre and brown as the fields are ploughed. For the next two nights you stay in a small family-run organic farm or agriturismo, located just outside Bruca, serving wonderful home grown and locally sourced Sicilian specialties prepared by 'mamma'.

Total cycling distance today is approximately 52 kilometres (Total 620 metres ascent and 300 metres descent).



ACCOMMODATION:  
Agriturismo Arcudaci (or similar)



**Grade: Standard Agriturismo**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE





MEALS PROVIDED: BREAKFAST & DINNER

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#### **DAY 4 - Ride to Segesta Greek Temple**

Start the day with a short and easy ride through the rolling hills to the imposing archaeological site of Segesta - an ancient 'Elimian' town. You may start to wonder if you are hallucinating as you see perched on top of a hill overlooking a deep canyon, an unusually well-preserved (though unfinished) Doric temple built sometime in the late 5th century BC. A pleasant walk up the hill past a series of buildings dating back to various periods takes you to the ancient Greek theatre carved into a natural rock hollow. In the afternoon you may wish to continue by bike to some public hot springs. Alternatively you may choose to return directly to the accommodation and relax by the pool in which case you will have cycled a total of 16 km (total 180 metres ascent/descent). After relaxing your muscles in the warm waters, return to the hotel by the same route.

Total cycling distance today is approximately 34 kilometres (Total 330 metres ascent/descent)



#### **ACCOMMODATION:**

Agriturismo Arcudaci (or similar)



**Grade: Standard Agriturismo**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

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#### **DAY 5 - Cycle down to Trapani. Optional cable car to Erice**

Heading back towards the coast today wind your way through the hills and then speed down to the lively city of Trapani where you spend the next two nights. Along the way the ancient town of Erice looms high above and is said to have been founded by exiled Trojans. This was also an important religious site and a famous temple dedicated to Aphrodite (Venus in Roman times) allegedly stood here. After stopping for lunch in Trapani, spend the afternoon enjoying a stroll and people watching along the pedestrianised historic centre. Later this afternoon you may like to take the cable car from Trapani up to Erice.

Total cycling distance today is approximately 34.5 kilometres (Total 260 metres ascent and 450 metres descent).



ACCOMMODATION:  
Hotel San Michele (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 6 - Visit car-free Favignana Island**

This morning take the local ferry (approx. 40 mins and €25) to Favignana island; the largest of the three Aegadian Islands, set just off the western coast of Sicily and well known for its tuna fishing tradition. Cycling its flat coastal roads you will contour the turquoise coloured coves and bays that tempt you to go for a dip before relaxing in the village square, drinking a coffee and watching the locals come and go. There are no cars on the island which makes for peaceful cycling.

Total cycling distance today is approximately 24 kilometres (Total 40 metres ascent and 40 metres descent).



ACCOMMODATION:  
Hotel San Michele (or similar)



**Grade: Standard Hotel**



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Holiday ends Trapani**

After breakfast, the organised part of your holiday comes to an end.





MEALS PROVIDED: BREAKFAST

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## Trip information

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### Country information

#### Italy

##### Climate

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Time difference to GMT	Plugs	Religion	Language
+1	2 Pin Round	Roman Catholic	Italian

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#### Sicily

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### Budgeting and packing

#### Clothing

When cycling: quick drying cycle tops, padded cycle shorts, lightweight wind and water proof jacket and warmer breathable layers where local conditions require.

General: Pack layers of clothes essentially for mild or hot weather depending on the time of the year, but remember a warm fleece if travelling at the start or end of the season as the weather can be changeable.

#### Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to trips that combine sightseeing with cycling.

Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

#### Luggage

20kg

#### Luggage: On tour

We recommend you bring a daypack and one main piece of luggage (total allowance: 44lb/20kg) which

will be transported between hotels while you cycle. Check the bike details section to see if a pannier or handlebar bag is provided on the bike.

## Luggage transfer

Included between each hotel.

## Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses to protect against dust, pollen and the sun, padded cycle gloves and a water bottle or water delivery system (e.g. camelback or platypus) are also useful. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. Other items to consider bringing are a sunhat and sun cream, torch, earplugs and insect repellent. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage. GPX files are available upon request so you can follow the route on your own GPS device, please arrange this before departure.

## Tipping

### Local fees

Local ferry to Favignana island - €25

## Italy

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
£5.00 - 10.00	£15.00 - 20.00	£2.00 - 4.00	£1.00 - 2.00

### Foreign Exchange

Local currency	Recommended Currency For Exchange
Euro.	GBP.

### Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability	Credit Card Acceptance
Major towns.	Larger hotels and restaurants.

### Travellers Cheques

Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

## **Sicily**

### **Food and drink**

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### **Foreign Exchange**

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## **Transport, Accommodation & Meals**

### **Transport Information**

Bicycle

### **Recommended airport**

Trapani or Palermo Airports.

### **Flying to your destination**

We recommend outbound flights into Catania Fontanarossa airport which is served by both budget airlines (including Easyjet) and non-budget airlines (including British Airways and Alitalia).

### **Accommodation notes**

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### **Arrival and departure information**

For this trip you can fly into and back from Palermo or Trapani airports.

From Palermo airport it is a 1 hour 20 minute drive to Marsala from where the trip starts. Trapani to Marsala is a 25 minute drive.

More detailed instructions and links to timetables can be found in the trip Destination Manual which will be sent to you several weeks before your holiday.



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## Essential Information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### Visa and Passport Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

### Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and [Booking Conditions](#).

### Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

## **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them [here](#).

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

# Italy

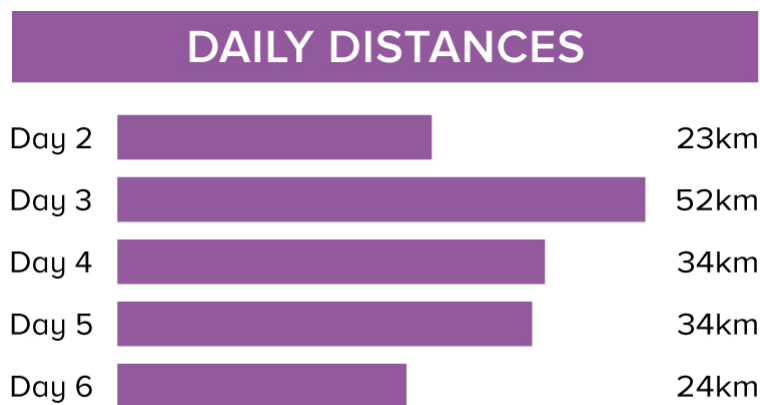
## Vaccinations

Nothing required. Tetanus recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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# Sicily

## Cycling information



## General cycling information

On this trip cycle 167 km over five days (an average of 33 km per day) with further optional rides available. Two of the cycling days are circular routes and therefore optional. We travel mainly on quiet country roads, mostly on the flat with hillier terrain on days 4 and 5. We have graded the route as easy to moderate.

## Bike included

21 gear Atala Discovery hybrid bikes

## Bike information

Your included bike is a 21 gear Atala Discovery hybrid and will be the correct frame size for your height. A pannier and water bottle holder (male frame only) are included as well as the facility to fit your own pedals or saddle if you wish to bring them. All you need to bring is your own helmet.

## Cycling grade

EasyToModerate



**AWARD WINNING  
EXPLORE LEADERS**



**PRICE GUARANTEE  
PROMISE**



**AIRPORT  
TRANSFERS**