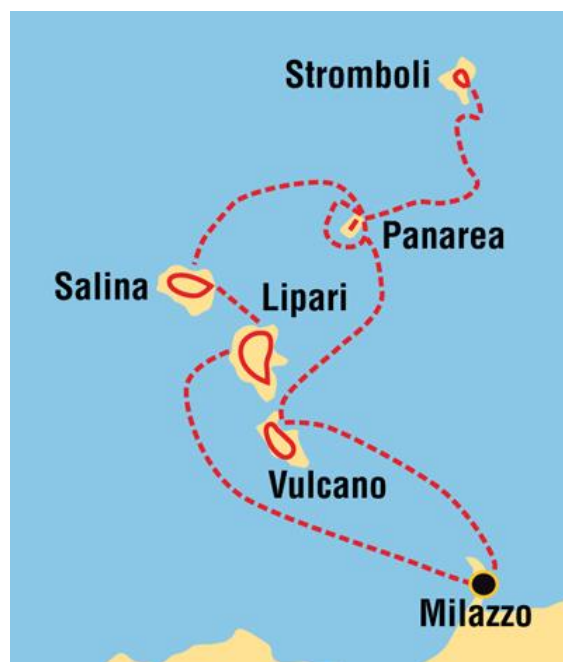


Cycling Europe

SICILY & THE AEOLIAN ARCHIPELAGO

BIKE & BOAT - 8 DAYS/7 NIGHTS - GUIDED CYCLING 2020

Enchanting is the perfect word to describe this bike and boat tour. Discovering Sicily and the incredible islands that rise out of the cobalt-blue sea off Sicily's north eastern coast is like discovering a piece of paradise. The UNESCO-protected Aeolian Islands each deliver their individual charms as you island hop from one to the other aboard a traditional wooden Turkish caique. Stunning water, smouldering volcanoes, astonishing beauty, exploring islands by bike, this tour in southern Italy is one to remember. Starting and finishing in Sicily's port of Milazzo, cruise to the 'hissing' island of Vulcano and swim in the crystalline sea water of the pool of Venere, named after the goddess Venus. On the island of Lipari visit Menalda and Valle Muria beach, two unspoiled places accessible only by boat. Enjoy the lake of Lingua on Salina and the exclusive and fashionable island of Panarea. Circumnavigate the Strombolicchio (natural lighthouse of Stromboli island), and watch in awe the unforgettable sight of the Sciara del Fuoco (Stream of Fire)- an amazing natural show of continuous and rhythmic volcanic activity. Every day on this tour is something special - a delightful combo of boat, bike and relaxation.



CYCLING GRADE: Medium – with some hilly terrain. Not suitable for children under 12 years of age. Daily stages range from 15 to 25 km giving you plenty of time to enjoy the scenery. Ascents from 0-600m. Bike tours: Milazzo, Vulcano, Salina and Lipari. Walking tours: Stromboli and Panarea.





ITINERARY

Day 1: Transfer: Catania Airport to Milazzo

3.30pm: Meet at Catania Airport for a group transfer to Milazzo harbour. Boarding at 6.00 pm at the Marina di Nettuno in Milazzo. You will be welcomed on board with dinner and a presentation of the week's programme. 1st night in the port of Milazzo.

Day 2: Milazzo

Cycle to Cape Milazzo – you may like to stop for a regenerating dip in the crystal clear water of the 'Piscina di Venere' (pool of Venus). On the return to the marina in Milazzo visit the Castle of Milazzo and the Borgo Antico (Old Town). Dinner and night in Milazzo port. **CYCLING: 14 km, +/- 100m**



Day 3: Vulcano

Cruise to the island of Vulcano, then cycle inland to the Piano Grillo for spectacular sea and island views. Free time in the afternoon. We suggest one of the following activities to see the volcanic activity on the island: you can walk up to the crater of the volcano (400 m); have a mud bath on the sulphur beach; swing among underwater fumaroles. Dinner on board and overnight in port in Vulcano. **CYCLING: 18 km, +/- 400m**

Day 4: Panarea & Stromboli

This morning travel by boat to Panarea, the smallest of the Aeolian Islands and picture-perfect with its white villages garlanded in bright bougainvillea.



Enroute stop for a swim close to the little islands of Lisca Bianca and Dattilo. After lunch on board, cruise to Stromboli and walk up (400m above sea level) to view the volcanic activity at dusk. Dinner will be a picnic with panoramic views. Watch in awe one of nature's greatest shows - the 'Sciara del Fuoco'. Return to the boat and anchor overnight in a bay off Stromboli. **WALKING 3 ½ hrs, +/-400m**

Day 5: Stromboli - Panarea - Salina

Enjoy breakfast on board as you cruise to Panarea. This morning explore the narrow, car free lanes of Panarea - particularly Drautto, with its beautiful beach and remains of a prehistoric village. Following a picnic lunch at Cala Junco, cruise to the Island of Salina, with a break for a swim. Disembark in Salina and visit a local shop, with the chance to sample several local products. Return to boat for dinner and night in port in Salina.. **WALKING 2 ½ hours (flat)**



Day 6: Salina – Lipari

This morning enjoy a fabulous cycle from Santa Marina through the interior and across the island of Salina. Visit the lakes of Pollara and Lingua, with a stop at “Alfredo's place” to taste what is considered the best “granita” in Sicily. Back on board the boat head for the largest island in the Aeolian Archipelago, Lipari. Enjoy free time this afternoon/evening to visit the lively town of Lipari with its picturesque streets, lovely harbour and historic castle.

Dinner on board, and stay overnight in the port of Lipari. **CYCLING 22 km, +/- 300m**

Day 7: Lipari

After breakfast ride coast to coast by bike. Starting from the village of Lipari, pass through the beautiful village and beach of Canneto. Reach the pumice quarries and the lovely beach of Acquacalda (a swim is possible). After a picnic lunch at the panoramic point of Quattrocchi, return back to the historical centre of Lipari with its shops and restaurants. Return to the boat and cruise to Milazzo. Night free for dinner. Overnight in port. **CYCLING: 25 km +/-600m**

Day 8: Tour ends with transfer to Catania Airport – 9 am

A group transfer is included to Catania Airport departing at 9.00 am, arriving Catania Airport midday.

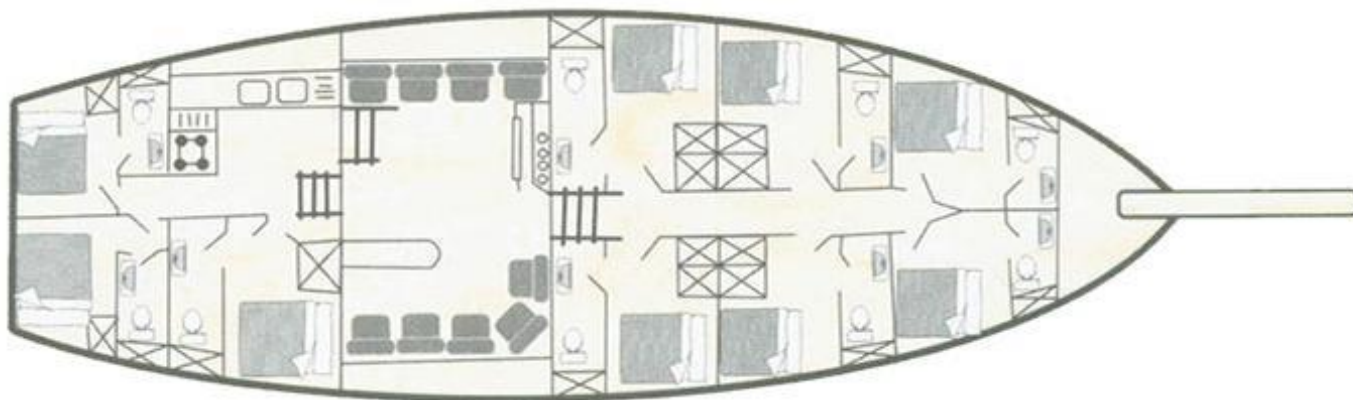
The captain and the guide reserve the right to make alterations to the itinerary, depending on wind, sea and weather conditions or organisational requirements. We wish to specify that this is not a sailing trip. The ship is a motor vessel; it has sails but is powered by engines. On the 4th night the boat usually anchors off-shore, and there will no power for air-conditioning to run overnight.

YOUR BOAT: Caicco Sundial (Comfort ****)

6 double cabins each with shower & WC

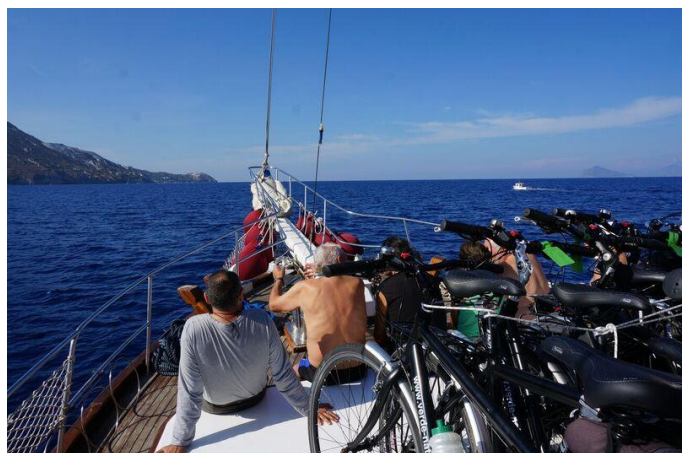
Sundial is a 24.5 meter long and 6.25 meter wide Turkish caique. It was built in the shipyard Vedat Sungul of Bodrum in Turkey, using the ancient art of the Turk shipwrights. Its solid structure in pine and mahogany woods makes cruising an extremely comfortable experience.

The caique was completely renovated in 2012. All 6 cabins are equipped with private facilities (WC), hot and cold water, shower and shower and a little wardrobe with enough space to place bags and luggage (please exclude rigid luggage). The entire boat is air conditioned and has comfortable inner spaces including a spacious dining area. There is plenty of deck space and comfortable beach mattresses to relax on while enjoying the sounds of the sea. The stern deck has a wide and elegant lounge.



MEALS: All breakfasts and lunches included. Lunch will be onboard, or a picnic lunch. 5 Dinners are included (one dinner in Salina and one dinner in Milazzo on the last night are not included).

Catering on board is excellent. A combination of fresh seafood, meat, vegetables and pasta is served seasoned with Mediterranean herbs.



OVERNIGHT STAYS:

Milazzo (in port) – Vulcano (in port) – Stromboli (moored off shore) – Salina (in port) - Lipari (in port)
Note Day 4: Occasionally weather and/or sea conditions mean that for safety reasons the ship must return to port for the night. In this instance the guests will be required to pay additional port fees - usually between €20 - €50 per person (port fee will be split between all passengers).

BIKE TRIPS: Milazzo -Vulcano - Salina - Lipari. Trips range between 14 and 25 km.

WALKING TOURS: On Panarea and Stromboli.

2020 SCHEDULE

Depart 16, 23 & 30 May, 6 & 13 June, 29 August, 05, 12, 19 & 26 September

Subject to minimum 4 participants.

2020 TOUR COSTS - EUROS PER PERSON

Double cabin	€1365
Single cabin	€2,050
Bike rental (24 speed)	€ 90
Electric bike	€ 180
Helmets:	€ 15
Port charges	€ 60

The entire boat can be chartered for bike & boat, or hike & boat - information on request

BIKE INSURANCE FOR DAMAGE AND THEFT

Standard Bike	€25 per week
E-Bike	€50 per week

INCLUDED IN TOUR COST

- Return transfers from/to Catania Airport on Day 1 and Day 8 only
- 7 nights on board in cabin with private facilities
- 7 breakfasts, 5 dinners, 6 lunches (excludes dinner in Salina and one dinner in Milazzo)
- English speaking guide
- Sheets & towels (1 change per week)
- 6 nights in port and 1 night anchored in a bay/offshore

NOT INCLUDED IN TOUR COST

- Drinks
- Two dinners
- Entrance fees (museums, parks, monuments)
- Tips for guide & crew, extras, everything not included in "the price includes".
- Port fees for 4th night (Day 4) if boat has to stay in port due to wind/weather conditions

SPECIAL DIETARY REQUIREMENTS

Vegetarian meals are available – but please request at time of booking. An additional charge of €50 per person will apply to provide for lactose or gluten-free meals. Please enquire if you have other dietary requirements (a fee may apply for non-standard requests).



BOOK THROUGH

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