



Sicily: From the Centre to the Sea

- Walk from the centre of the island to the coast
- Ancient routes (now tracks) across high rolling pastures with sheep bells, larks, eagles and extensive views
- Discover Old Sicily: unspoilt villages, timeless hospitality and authentic Sicilian cooking!
- Frequent reminders of Sicily's succession of glittering civilisations
- Last day descent through vineyards, olive and citrus groves to Cefalù, with its picturesque streets and harbour, and superb Romanesque cathedral

• Footloose

*Independent Walking: Up to 53.1 miles
Fitness: 35+ or 40+ (see page 16)*

8
DAYS

footloose



Walking Itinerary

Day 1 • Arrive in Enna

Panoramic views, historic fortress and cathedral.

Day 2 • Enna (Villadoro) to Gangi

The Route Manager will take you either to the main square in the town of Villadoro (where you can walk uphill on asphalt to the starting point of the route), or directly to the beginning of the route, from where the path leads to the dramatically situated town of Gangi. Ancient drove roads across gently rolling hills with views to Mt. Etna (9 or 11.7 miles, 5 or 6 hrs).

Day 3 • Gangi to Geraci Siculo

Time for relaxing or a visit to Gangi (3.8 miles, 2 hrs), before walking on. Paths across farmland lead to the route of an ancient road to the hill-top village of Geraci Siculo, with its ruined Saracen castle, Saracen fountain and picturesque alleys (6.6 miles, 4.5 hrs).

Day 4 • Geraci Siculo to Pomieri

Paths through open mountain meadows with extensive views lead into the wildness of the Madonie Mountains – a National Park (7.8 miles, 4 hrs).

Day 5 • Pomieri to Isnello

A choice of routes leads to a pass, which then descends through inspiring scenery, past a Nature Reserve with fallow deer and wild boar, through meadows and woods to the hill village of Isnello (12.2 miles, 5 hrs – mostly downhill).

Day 6 • Isnello to Cefalù

After a short descent and stream-crossing, farm tracks lead up to a ridge and pilgrim church with panoramic views – the sea! An ancient pilgrim path then leads down through woods and meadows, olive groves and vineyards to lemon groves, Cefalù and the sea (11 miles, 5 hrs).

Day 7 • Free day in Cefalù

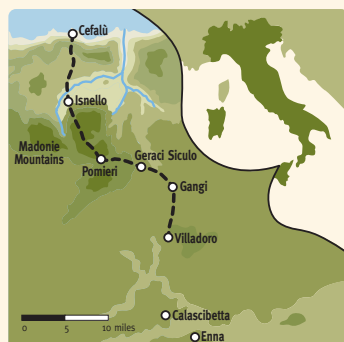
Explore the picturesque ancient streets and fishing port of Cefalù, its magnificent Romanesque cathedral, and the massive buttress of rock above the town, with paths to prehistoric, Phoenician Greek, Roman and medieval sites and fortifications, and spectacular views. Good beaches for swimming.

Day 8 • Departure Day

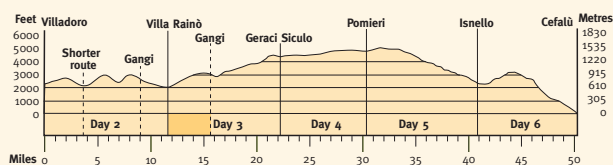


PHOTO: BOB LEMDE

SPLENDID MOUNTAIN SCENERY

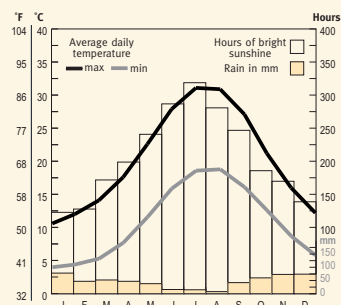


Walking Route



Terrain: Drove roads, dirt roads, mule, mountain and rough animal paths across rolling hills and low mountains.

Temperature & Rainfall





Getting There

Recommended Destination Airports

Palermo • Catania

From Palermo there are buses to Enna Alta (2 hrs).

From Catania there are buses to Enna Alta (1.5 hrs).

Taxis

FROM	TO	PRICE
Palermo airport	First hotel	approx. €140
Catania airport	First hotel	approx. €90

Food & Wine

Cuisine relies on what can be easily grown or gathered. Species of Arabia lend sophistication. Mountain areas produce lamb and cheese; the plains, coast and volcanic soils of Mount Etna produce superb vegetables and sub-tropical fruits. Great variety of fish from the Mediterranean.

Sicily (with Puglia) is the largest producer of wines in Italy, which are improving: excellent Rosso del Conte red and Nozze d'Oro white.

Number of Nights HB (dinner included)

8 Day • Standard: 5

Route Open

17th April to 30th June

1st September to 31st October



PHOTO: BOB LLENDE

TRACKS ACROSS HIGH ROLLING PASTURES

Accommodation

<p>NIGHT 1 B&B Enna</p>  <p>Grand Albergo Sicilia ★★★ Characteristic hotel in piazza</p>	<p>NIGHT 2 HB Gangi</p>  <p>Villa Rainò AGRITURISMO Converted baronial house in countryside</p>	<p>NIGHT 3 HB Geraci Siculo</p>  <p>Casa Maggio Family-run, refurbished village house</p>	<p>NIGHT 4 HB Madonie Mountains</p>  <p>Pomieri ★★ Chalet-style hotel with mountain views</p>	<p>NIGHT 5 (ROOM ONLY) Isnello</p>  <p>Hisnara Family-run, refurbished village house</p>	<p>NIGHTS 6 & 7 HB Cefalù</p>  <p>Riva del Sole ★★★ Sea front hotel with gardens and private beach</p>	<p>Extension hotel B&B Palermo</p>  <p>Grand Hotel et des Palmes ★★★★ Monumental building, dated 1856, in the historic centre</p>	<p>Extension hotel B&B Palermo</p>  <p>Villa Igiea ★★★★★ Stunning world-class, sea-side hotel</p>
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Footloose EXCLUDING FLIGHTS

TRIP OPTION 8 Days	TRIP PRICE AU\$1790	DOUBLE FOR SINGLE OCCUPANCY (per nt) AU\$65
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To extend your stay anywhere on the route or in Palermo, please contact us:

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