

HIKING JOURNEY

La Dolce Vita

WALKING IN SICILY AND THE AEOLIAN ISLANDS

15 DAYS



WALKABOUT
GOURMET ADVENTURES

Journey Overview

Sicily is a sun-drenched, palm-fringed island and derives its rich culture from the impressive parade of mediterranean powers that have ruled its shores for the last two millennia. The glorious monuments are of many epochs, from Greek temples to cathedrals adorned with Arabic-Norman facades.

We discover Sicily on walks through the splendid Riserva dello Zingaro, pristine coastal land backed by steep mountains. It was Sicily's first nature reserve and is a real oasis of biodiversity. During our walk we find the most isolated and enchanting beaches and enjoy the natural beauty of this protected eco system.

The interior of the Madonie Mountains reveals Sicily's deeply rustic culture - tiny mountain villages, farms, shepherds and freshly made cheeses.

From Cefalu we have a magnificent panorama of the turquoise sea and a lovely stretch of sandy beach before moving to the Aeolian Islands, which lead a precarious existence in the buffeted waters off the northern Sicilian coast. They offer excellent walking with some splendid vantage points over the other islands. They are named after Aeolus, the Greek god who kept the winds he controlled shut tight in one of the islands' many caves.

The 2,600-year-old heart of Syracuse, Ortygia, is set on an island. We walk the narrow streets; explore Doric temples and the fabulous Greek, Roman and Christian ruins. The majestic volcano of Mount Etna dominates a large part of eastern Sicily and is the highest active volcano in Europe.

Our walk takes us above 2,000 metres and together with a local guide we discover this fascinating mountain. Pantalica Gorge is Sicily's greatest necropolis. Along the path, through the gorge, we discover some of the 5,000 Neolithic tombs, hewn into the canyon walls.

On our way to Palermo we stop in Piazza Armerina. Here we visit the vast and sprawling complex of the Villa Romana, once a Roman hunting lodge dating back to 286 and 305 AD. The mosaics are virtually intact and the most breathtaking ones are those of the Roman-African period.

Journey Itinerary



DAY 1

Palermo - Selinunte - Segesta - San Vito Lo Capo

We meet at 9.00 am at:

Grand Hotel Wagner

Via Riccardo Wagner, 2, 90139 Palermo PA

Telephone: +39091 336572

grandhotelwagner.it

We leave the city and drive the short distance to Monreale. It is a town on the slopes of the mountain behind Palermo with one of the most superb churches

in the world. It is certainly the most important Norman building in Sicily, with a unique series of splendid mosaics. We allow time to visit the cathedral and its cloisters before we continue through the hills, joining the autostrada again to Selinunte. The extensive ruins (270 ha) of the ancient city of Selinunte, overlooking the sea, are amongst the most striking archaeological sites in the mediterranean. They are a supreme example of the fusion of Phoenician and Greek culture. It takes its name Selinus from the wild celery, which still grows in abundance in the sandy soil. Travelling north, we reach another important site: Segesta. According to legend, the ancient capital of the Elymians was founded by exiles from Troy. Segesta was constantly at war with Selinunte and frequently attacked. Yet, the majestic Doric temple has miraculously survived sackings and ravages. Vandals and Saracens finally devastated the city of Segesta. Some traces remain of the ancient town, which is still being excavated. In the late afternoon we arrive at our hotel in Makari, near S. Vito lo Capo, the northernmost tip of Sicily. Pocho is an intimate small hotel, only a few kilometres from San Vito Lo Capo on the Makari Plain. From the large terrace "above the sea" we have fabulous views across to Erice and Monte Cofano. It is a perfect place for breakfast and dinner or to admire glowing sunsets. Our hostess, Marilu Terrasi will welcome us with some delicious Sicilian dinners - mixtures of different traditions. Elements from Greek, Roman and Arab cuisines are still used. Marilu, who was an actress and singer, may even entertain us with some of the wonderful Sicilian songs.

 **3 HOURS**

 **SAN VITO LO CAPO, SICILY**

DAY 2

Walk around Monte Cofano

This dolomitic promontory looms far above the sea and was for a long period a fundamental point along the route followed by Phoenician ships from the Egadi Islands to Palermo. Human settlements around this promontory and the bay certainly date back to the Palaeolithic as a number of shards, amphorae and crockery found on the seabed and in caves have proven. As the tower that overlooks the slope of Castelluzzo shows, the Cofano area was already populated in Phoenician, early Christian and Norman-Moorish times. We walk through a truly African landscape with the occasional fig tree, carob and lentisk trees. Together with the distinctive dwarf palm trees, they are the only pieces of greenery breaking up the enormous scars in the landscape caused by the marble quarries of Custonaci. After leaving the Tonnara di Cofano, one of the many tuna fisheries of the past, we gradually make our way up to Baglio Cofano. Here, in the vast open meadows, cows, goats and sheep graze peacefully together. From the saddle we have glorious views across the Gulf of Cofano and in the distance Monte Monaco is towering above S.Vito. On our descent we pass by the marble rocks and can see the town of Erice on top of Erix Mountain with the Egadi Islands beyond. In the small town of Cala Buguto we take the coastal path and return via the Torre S. Giovanni to the Tonnara. Here we have time for a swim before re-joining our buses. Just a short climb up to a saddle, then the typical up and down coastal landscape – easy walk!

 **5 HOURS**

 **SAN VITO LO CAPO, SICILY**



DAY 3

Zingaro Nature Reserve

The coastline between Scopello and San Vito lo Capo consists of beautiful coves, stack formations and coastal towers but above all, one of the last remaining areas of mediterranean vegetation. Thanks to a massive initiative on the part of the concerned public, in 1981, an area covering some 1,600 ha was set aside as a regional nature reserve. A paradise for birds like peregrine falcons, kites and golden eagles ... and those who love nature and crags looming over the sea. Our walk takes us past almond and carob trees, patches of euphorbia, broom, olive trees and dwarf palms, which, despite their name, can grow as tall as two metres. Along the way we take a glimpse of the Grotta dell' Uzzo where human skeletons over 12,000 years old have been found. Shortly after we reach the turn off to the ruins of Sughera, which we reach after a 40-minute gentle climb. These plains, heavily farmed in the past, are untouched today. We continue on the upper trail and are rewarded with stunning views across the beautiful rocky coast. We return to our buses along the coastal path and, weather permitting, have a swim at one of the many beautiful beaches or bays. Slightly longer climb from the coastal path to a saddle - approximately 1 hour - then back down to the coast and the typical up and down coastal path!

 **6 HOURS**

 **SAN VITO LO CAPO, SICILY**



DAY 4

San Vito Lo Capo - Erice - Petralia Sottana

Today we leave our charming hotel and spend the morning in nearby Erice. This peaceful little medieval town is perched on an isolated limestone spur, high above the sea. It has ancient origins, as is shown by the cult of the goddess of fertility, Venus Erycina. The perfect triangular shape of the town makes it difficult to find one's bearings, even though it is so small. The grey stone houses, hidden behind their high courtyard walls and the beautifully paved streets give the town an austere aspect. The view from here to Monte Cofano is unforgettable. On a clear day Cape Bon in Tunisia and even Mount Etna can be seen. You should not miss the pastries here, which are unique in Sicily. They are beautiful to look at as well as good to eat and were once made by the nuns of the many convents in the town. After lunch we continue to Petralia Sottana in the Madonie Mountains where time seems to have stood still. The village is perched on a rock, 1,000 metres up, overlooking the Imera valley and nestled at the foot of the tallest peaks in the Madonie Mountains. Petralia Sottana was, together with the more prominent Petralia Soprana, an extremely important Greek and Phoenician city. Under Roman dominion "Petra" was one of the largest wheat producing civitates in the Empire. The village has preserved its medieval layout, with narrow paved streets, old stone houses, patrician residences and churches. Our charming hotel, Castello, is in one of these residences, however, with all the modern comforts of the 21st century. Our dinners will be taken in various restaurants to experience some of the delicious mountain recipes this region has to offer.

 **2 HOURS**

 **MADONIE MOUNTAINS, SICILY**

DAY 5

Pizzo Carbonara

Today's walk takes us into the heart of the Madonie and up to Pizzo Carbonara (1,979 metres), the second highest mountain in Sicily. Nowhere else are the typical rock formations of the Madonie as visible as here. The luna-like landscape with its many crater-like sinkholes is rising up from all sides to the summit. We drive to Piano Battaglia and start our walk from the Rifugio Marini. We soon gain some altitude and below us we can see the holiday houses of Piano Zucchi and the small lake. We continue on the stony path with magnificent views across the wide Himera Valley, Monte S. Calogero and Monte dei Cervi. Once leaving the beech forest, we take a small path, which takes us to the summit of Pizzo Carbonara. The view from here is unbeatable and it feels like we can see all of Sicily. Our descent takes us through pastureland where sheep and cattle are still grazing. The many wildflowers are stunning this time of year and have long attracted the attention of famous botanists. After a refreshing drink at the Refugio we re-join our buses and return to our hotel. Steady but easy climb to Monte Carbonara with fantastic views to Mont Etna. Not very difficult but the rocks under foot make it harder to walk around Monte Carbonara! Beautiful beech forest!

 **6 HOURS**

 **MADONIE MOUNTAINS, SICILY**



DAY 6

Portella Colla - Piano Cervi - Vallone Nipitalva Path

Today our walk takes us back to the same area as the day before, near Piano Battaglia in the wildest part of the Madonie national park. However, we are not challenged by a long climb to a mountain top like the day before but instead we enjoy an excursion through relatively levelled terrain. Our walk starts in full view of "Pizzo Carbonara" which we proudly conquered yesterday and quickly disappears after we have reached the beech forest on a well-maintained track. We cross the Cozzo Piombino slopes, a beautiful green plateau surrounded by beech trees. Crossing the Marabilice Valley, we ascend gently to a barn with a thatched roof and the nearby C.A.S. mountain hut. Cozzo Morto marks the end of the uphill path. Some of the places we pass command far-reaching views of the countryside, as far as the northern shore of Sicily. We make the "case di Mastro Peppino", a small group of isolated barns and sheds, the goal for the morning part of the walk, before we start heading back to "Piano Battaglia" along a different combination of forestry tracks, thus completing a large circle in this beautiful area of the Madonie. Opportunities to observe the local flora are plentiful all along and we can reasonably expect to come across such species as the white flowered peony (*paeonia mascula*), white helleborine (*cephalanthra damasonium*), daphne (*daphne oleoides*), carduncellus (*carduncellus pinnatum*) and dwarf bearded iris and some of the beech trees we see here are known to be the southern-most in all of Europe. Lovely walk mainly through the forest and alpine meadows - up hill but easy walking on a wide track most of the time - depending on fitness of group option to walk up to Mt Cervi with magnificent views!!

 **5 HOURS**

 **MADONIE MOUNTAINS, SICILY**

DAY 7

Petralia Sottano - Cefalu – Milazzo - Lipari

Today we leave the mountains and drive the few kilometres to Cefalù down at the coast where we stop for morning tea and a short stroll around town. Cefalù, with its stunning Norman cathedral and ruins of an ancient acropolis, is very picturesque. Still with a medieval character, it has many enticing shops, restaurants and cafés along its well-kept cobbled streets. We continue along the coast to Milazzo where we catch the ferry to Lipari, the largest of the Aeolian Islands. Lipari, together with Salina, Vulcano, Stromboli, Filicudi, Alicudi and Panarea and some rocky islets form the archipelago, known as the Aeolian Islands. Their names derive from Aeolus, the mythical guardian of the winds, 'whose home was on Lipara, a floating island of sheer cliffs within which the winds were confined. He had six sons and six daughters and they all lived together in a palace surrounded by a brazen wall...' as Robert Graves mentions in his Greek Myths. Incidentally, his description of Lipari and of its citadel is still remarkably accurate. This volcanic area marks the point where the African plate meets the European, folds over and forces itself under the opposing plate. The resulting crease is the point where the magma forming the volcanoes, which are now the islands, came to the surface. Only two of them, Vulcano and Stromboli are still active. The islands are very small but each one has its own identity and its own particular beauty. Our hotel is directly by the sea, dominating the Bay of Lipari. You can swim in the seawater pool or in the Mediterranean below the hotel. In the evening we eat Aeolian and Sicilian specialities in the restaurant around the pool terraces.



1 HOUR



LIPARI, AEOLIAN ISLANDS



DAY 8

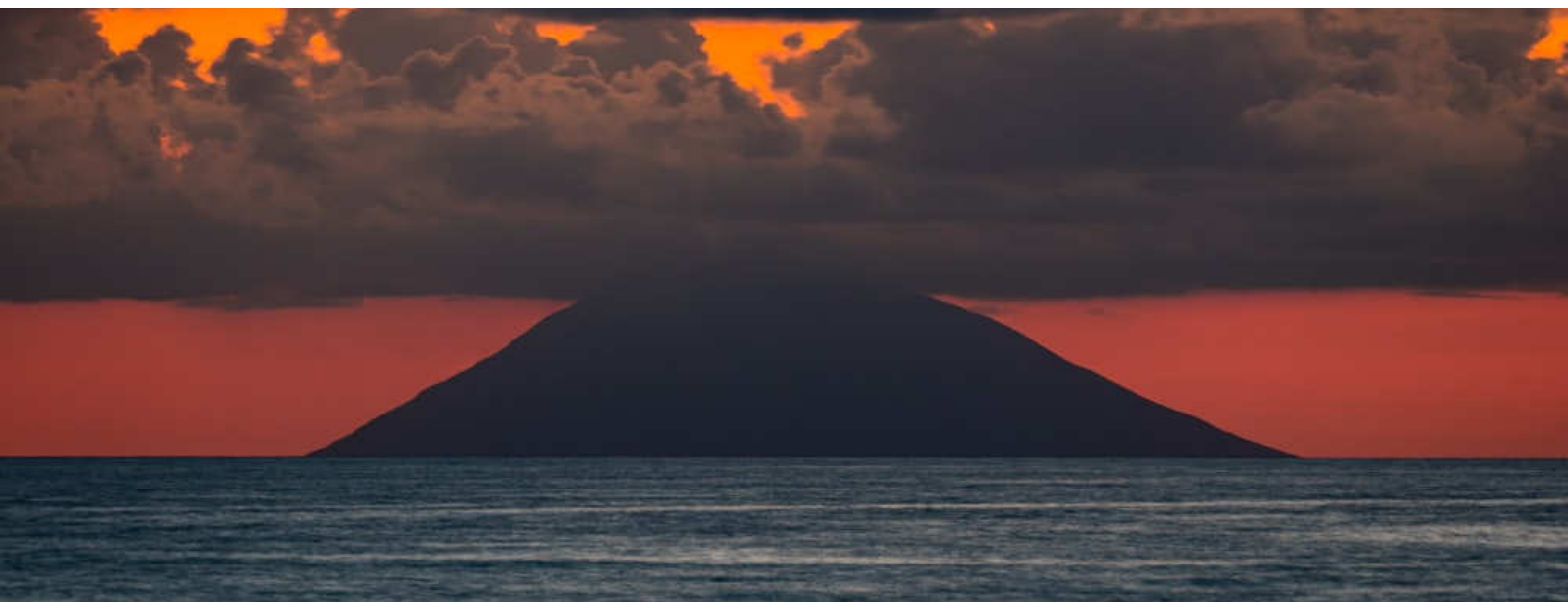
Lipari - Salina - Panarea - Stromboli – Lipari

This morning we have chartered a private boat to explore some other Aeolian islands. Our first stop will be in Salina, the greenest and second largest island in the archipelago. Time and tourism have changed little here with the sleepy character of the island still intact. Most of the 4,000 residents earn their living from the very fertile land which is basically the cultivation of capers, olives and grapes. There has been also a revival of the production of Malvasia, a famous white wine that is only produced on Salina. It is golden in colour and has an intense, delicately sweet bouquet. We spend the morning exploring the small village of Rinella, not far from locations of the well-known film – Il Postino. On our way to Stromboli we stop in Panarea, the second smallest and arguably the most charming of the islands. We walk to a Bronze Age village on Punta Milazzese at the south-west end of the island and allow time for a swim off one of the coves dotted around the island. Later in the afternoon we re-join our small boat and finish our day with a visit to Stromboli, which possesses a disquieting

beauty of its own. The volcano has erupted many times and is constantly active with minor eruptions, often visible from many points on the island and from the surrounding sea. The last major eruption was on April 13, 2009. Stromboli stands 924 metre above sea level but actually rises over 2,000 metres above the sea floor. There are three active craters at the peak. A significant geological feature of the volcano is the sciara del fuoco, a broad channel on the northwestern side of the cone. Eruptions from the summit craters typically result in lava rolling down this channel. After sunset, we return to our ferry from where we can view the spectacular eruption of the active volcano. Along the Sciara del Fuoco (Slope of Fire), lava glows red-hot on its way down to meet the sea with a loud hiss. We return to Lipari at approximately 11.00 p.m. In case of rough seas and not being able to go to Stromboli we will have a walk in Lipari instead and only go to Salina.

 **4 HOURS**

 **LIPARI, AEOLIAN ISLANDS**

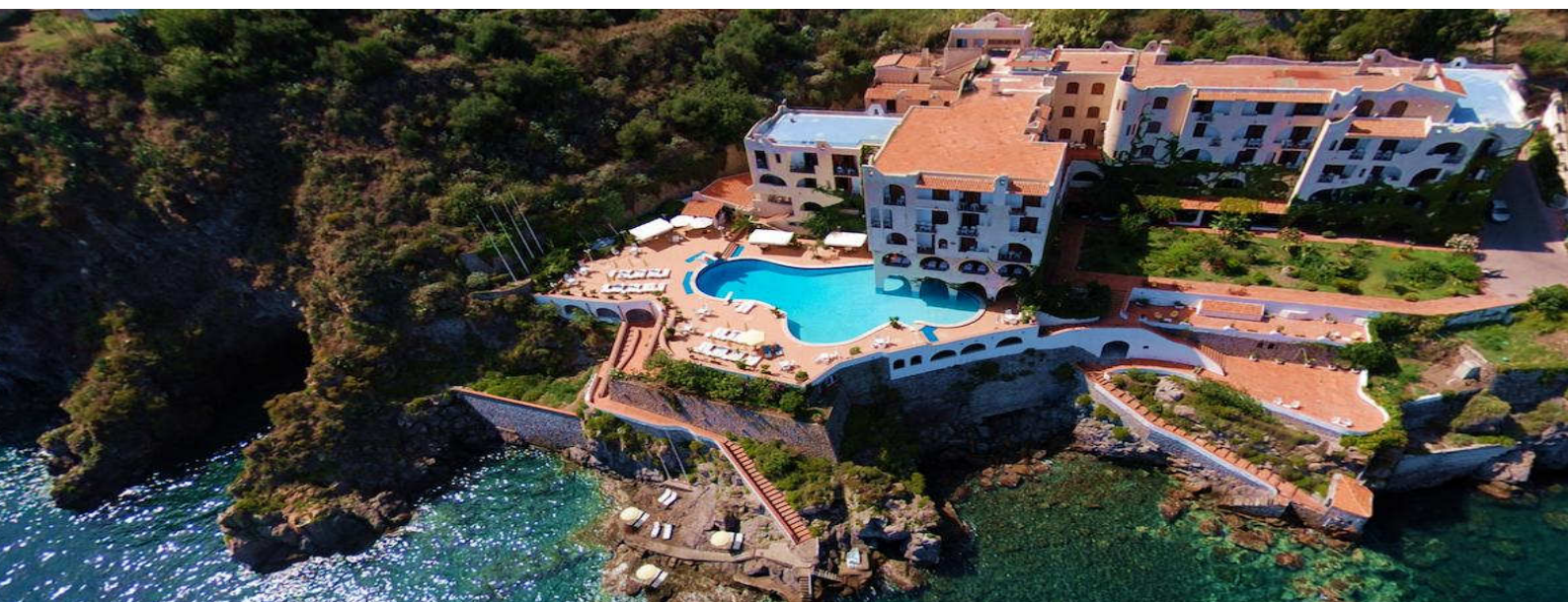


DAY 9

Free Day

Our hotel is the perfect setting for those wishing to have a quiet day around the pool and to reflect on our many experiences. Of course, there is Lipari to explore with its lively and attractive little port and the citadel, which commands the shore above the town. The charming narrow streets are lined with balconies and decorated with plants. There are numerous pastry shops, bars and restaurants and pleasant little shops selling local specialities. Also worthwhile is to take an excursion to Panarea and Stromboli, which departs at approximately midday. The boat will stop for a swim at the Bay of Balajunco near Panarea, before continuing along the coast to the town for lunch. Leaving at approximately 3.30 pm, the boat goes around the nearby islets, before setting course for Stromboli. There will be a short stop to admire Ginostra, a little fisherman's village where time seems to stand still before arriving at Stromboli. After some leisure time on the island, the boat will take you around the evocative islet of Strombolicchio. Dinner will be served on the boat at sunset, while watching the fuming volcanoes. You return to Lipari at approximately 10.30 p.m.

LIPARI, AEOLIAN ISLANDS



DAY 10

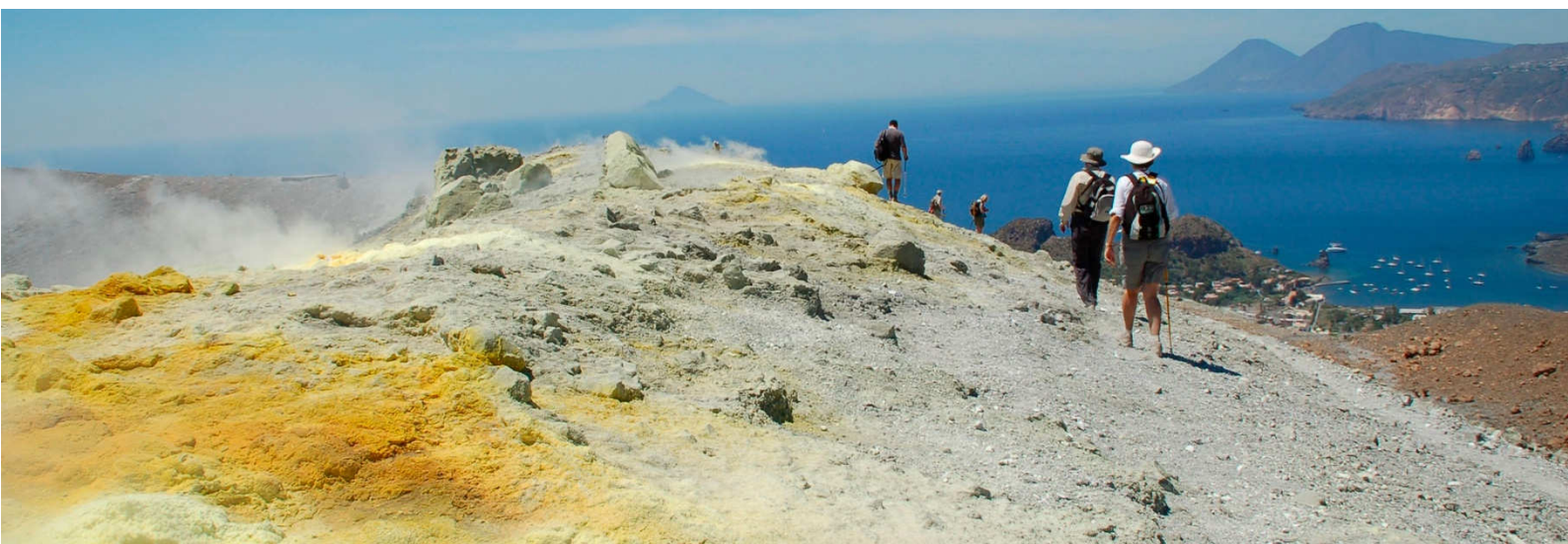
Vulcano Island

Close to Lipari is the island of Vulcano, which is dedicated to Vulcan, the Roman god of fire and metalworking. We take the short ferry ride to the neighbouring island of Vulcano, the southern-most of the islands. It is of outstanding interest because of its geological structure. Its volcanic landscape is spectacular with black lava rocks over the sea and black lava beaches. The last volcanic eruption occurred in 1898. We spend the morning climbing up to the large crater of Fossa Grande (375 metres). A characteristic of Vulcano is the strong smell of sulphur which seeps through the many cracks and can reach up to 200°C. An alarm system has been installed if the pressure is too high. Vulcano is of "Vesuvio type": explosive and unpredictable but quiet at present. The small track through the broom takes us quickly up to the red slope that has been weathered by wind and rain. The views are getting more fascinating with every step and all islands become visible, especially Lipari. We continue on a smaller track and circle the 'Gran Cratere'. From here M. Aria at 500 metres - the highest point on the island. Further back we see Sicily with Etna plus all the other islands. From the peak we take the winding path down and return to the harbour. We spend the rest of the afternoon exploring the island before we return by hydrofoil to Lipari.

Short but steep climb - very exciting though once we arrive on top - in good weather conditions. Once again, fantastic view of Etna!

 **4 HOURS**

 **LIPARI, AEOLIAN ISLANDS**



DAY 11

Lipari - Milazzo - Taormina – Syracuse

This morning we catch the hydrofoil to Milazzo. From here we take the autostrada to Messina and continue along the coast. Depending on the ferry timetable, we will drive to Taormina where we stop for lunch. This famous Sicilian town is renowned for its magnificent position above the sea on a spur of Mount Taurus, covered with luxuriant vegetation and commanding a celebrated view of Etna. With a delightful winter climate, it became a fashionable international resort at the end of the 19th century and during the 20th century it became the most famous holiday place on the island. But in spite of the passage of time, the little romantic town, with one main street and many side lanes, is still a fascinating place to explore. The Greek Theatre offers an admirable view between the stage columns of the coastline and Etna. The public gardens are terraced with flowers and exotic plants. In the afternoon we continue our journey to Syracuse. Known as Syracuse in English, it is the successor of the once magnificent Syracuse, which rivalled Athens as the largest and most beautiful city of the Greek world. It was one of the most delightful cities of Europe when its centre was based on the lovely island of Ortygia. As soon as we cross the bridge we are immediately swept up into a world of continuous discoveries. Traces of the many successive civilizations - Greek, Norman and Aragon - give a harmonious and unified character to the setting. Right here, in the historical town centre, the Ursuline sisters have turned a part of their 15th century convent into the beautiful Hotel Domus Mariae where we stay. The peaceful atmosphere combined with all the modern facilities, make it a very special place to enjoy.

 **2 HOURS**

 **SYRACUSE, SICILY**



DAY 12

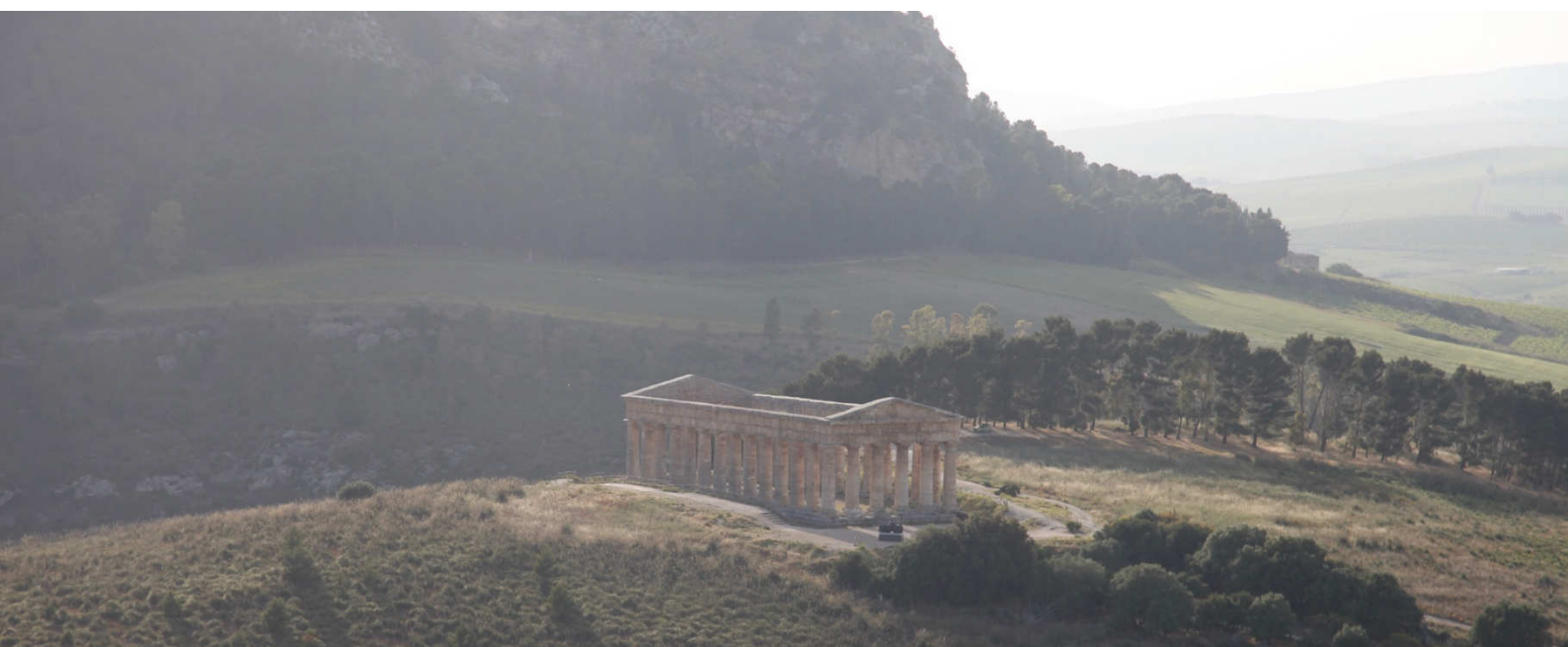
The Anapo Valley & Pantalica

Today we drive to the beautiful unspoiled Anapo Valley. Above it, in spectacular deserted countryside, is the most important prehistoric site in Sicily – the necropolis of Pantalica, where thousands of tombs carved in the rock can still be seen. On the approach to the pretty little town of Ferla, terraces planted with orange trees, prickly pear and pomegranate are seen. Here and there are dark carob trees providing welcome shade, and olive groves renowned for the high-quality oil. Shepherds tend their flocks and small herds of cattle wander around apparently untended. The sound of the bells they wear lingers after their passage. After buying our picnic in Ferla, we continue the lonely road along a ridge through beautiful remote farming country and pinewoods. Set amidst a remarkable landscape is the prehistoric necropolis of Pantalica. The deep limestone gorges of the Anapo and Cava Grande rivers almost encircle the

plateau of Pantalica, occupied from the 13th to the 8th century BC. In this naturally defended site, Sicels tribes from the mainland settled here in 1270 BC. Their way of life remained virtually unchanged up until the arrival of the Greeks in the second half of the 8th century. The cliffs of the vast necropolis are honeycombed with 5,000 tombs of varying shapes and sizes. Objects discovered in them include fine pottery and are displayed in the archaeological museum of Syracuse. Our track begins near the so-called "Anactoron", the Palace of the prince of ancient Hybla. It is a megalithic building dating from the late Bronze Age. We follow the path down along steep walls, filled with rock-cut caves. On our way we visit the rock-hewn church of San Micidiario. Far below we can see the Alapo valley with a white track following the line of the old railway. Reaching the valley floor, we walk along this former railway track and its tunnels, which once connected Syracuse and Vizzini. The interesting vegetation includes ilexes, figs, olives, citrus fruit trees and poplars. The only buildings seen are those once used by the railway company. We turn off and continue along a path, which slopes gradually uphill, and return to our buses. It is an easy walk through the valley and has just two very short uphill sections climbing out of the gorge.

 **5 HOURS**

 **SYRACUSE, SICILY**



DAY 13

Free Day

Today you can enjoy Syracuse at your leisure. Situated in one of the loveliest maritime routes of the Mediterranean sea, it is joined to the mainland by two bridges and best explored on foot. Everything tells a story: the temples, the palazzi, the shafts of columns, the courtyards, the facades, the town walls, the portals and the ironwork. Ortygia, the historic centre of town, faced serious problems of depopulation but now it has become the heart of the city. There are many monuments of great interest and some of the best restaurants, pubs and open-air cafés for you to discover tonight. The principal ruins of the Greek city, including the famous theatre and splendid archaeological collection survive in Neapolis, an archaeological park which is most certainly worth a visit. The Greek theatre still stands in good condition and you can still see the stone quarries of Latomie, which provided stone for many of the ancient monuments but also served as prisons.

 **6 HOURS**

 **SYRACUSE, SICILY**



DAY 14

Syracuse - Mt Etna – Syracuse

This morning we travel north through the fertile land on the lower slopes of Mt Etna with splendid views of the lava fields on the approach to the Refugio Sapienza. Mt Etna is the highest volcano (3,350 metres) in Europe and one of the largest in the world. The ascent of Etna is not only for the volcanic features but also for the superb views. The extent of a visit is always subject to current volcanic activity and the visibility is determined by cloud conditions and the direction of the smoke from the main craters. We join an organized tour at the Refugio Sapienza from where we will be taken by 4 WD to a height of about 2,800 metres where we continue on foot with our guide. Higher up it is usually possible to see smoking and gaseous fissures and explosions from the main craters. There is often a strong smell of sulphur and yellow sulphur patches cover much of the mountainside. The view beyond the mountain's hundreds of subsidiary cones and craters, can extend across the whole of Sicily, the Aeolian Islands and Calabria. The spectacle is unique owing to the enormous difference in height between Etna and the surrounding hills. Near the top there is almost always a very strong wind and the temperature can be below freezing: a warm jacket, sturdy shoes and a hat are in order. We end our walk with some "fire-water" before we return to Syracuse. Our walk always depends on the conditions of the day and it is unpredictable which route we are able to take and the top is often only one out of three times possible! Nevertheless, it is always very exciting to be on Etna and never really hard - even the climb to the top! In the mountains we always walk in a slow pace! For the afternoon there is always the option to use the bus and cable car back down to the car park!

 **5 HOURS**

 **SYRACUSE, SICILY**



DAY 15

Syracuse - The Roman Villa at Casale – Palermo

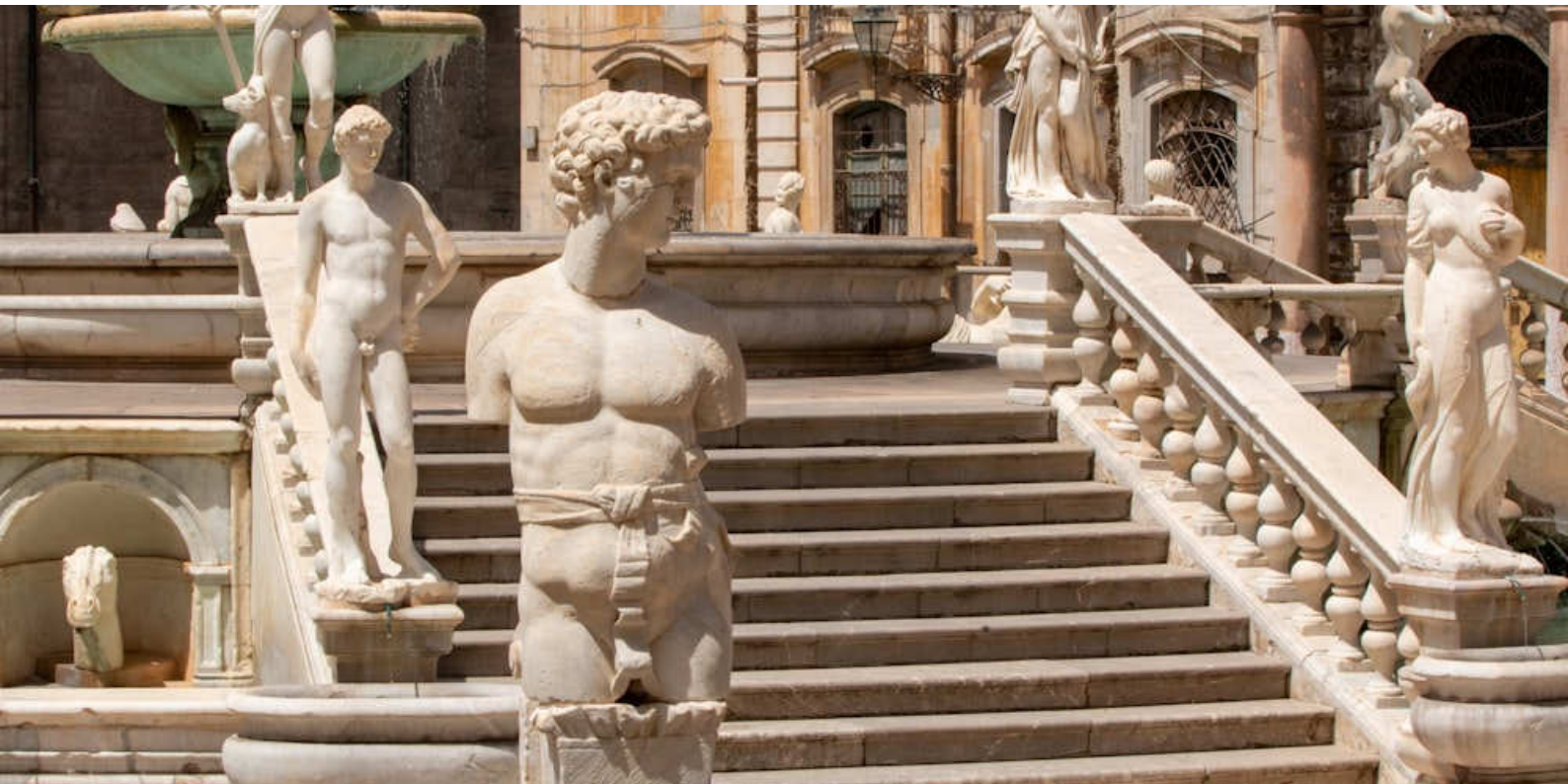
On our final day we travel to Piazza Armerina. This pleasant, well-kept little town with dark cobbled streets and interesting Baroque monuments was not well known before the discovery of the Roman villa nearby at Casale. The luxurious country mansion must have belonged to one of the wealthiest men in the Roman Empire, possibly Diocletian's co-Emperor Maximian (Maximianus Herculeus). It lies in a wooded and secluded site at the foot of Monte Mangone. In richness and extent of the villa it is comparable to Hadrian's Villa at Tivoli. While enough remain of the walls to give an idea of the elevation, it is the extent of the polychrome mosaics covering the floors that makes the building unique. The villa appears to date entirely from the early 4th century with mosaics of the Roman-African school. The buildings seem to have been kept in a habitable

state up to the Arab invasion. From the 10th century they were occupied until their destruction by William the Bad (1160), when they were abandoned by a few cottagers and soon obliterated by a landslide. The buried ruins remained

unnoticed until 1761 and it was not until 1881 that excavations were put in hand. Today UNESCO has declared the villa a world heritage site. In the afternoon we continue our journey and drive via Enna to Palermo. Our drop off is at:

Grand Hotel Wagner, Via Riccardo Wagner, 2, 90139 Palermo PA
Telephone: +39091 336572
grandhotelwagner.it

at approximately 6.30 p.m. (depending on the unbelievable traffic)! As Palermo is a fascinating city, we certainly can recommend a visit. Built on a bay on the north coast at the foot of Mount Pellegrino, it has a superb climate. One of the largest and most important cities in the world from the 9th century to the 12th century, Palermo still possesses some of the great Arab-Norman buildings erected at that time.



Journey Accommodation

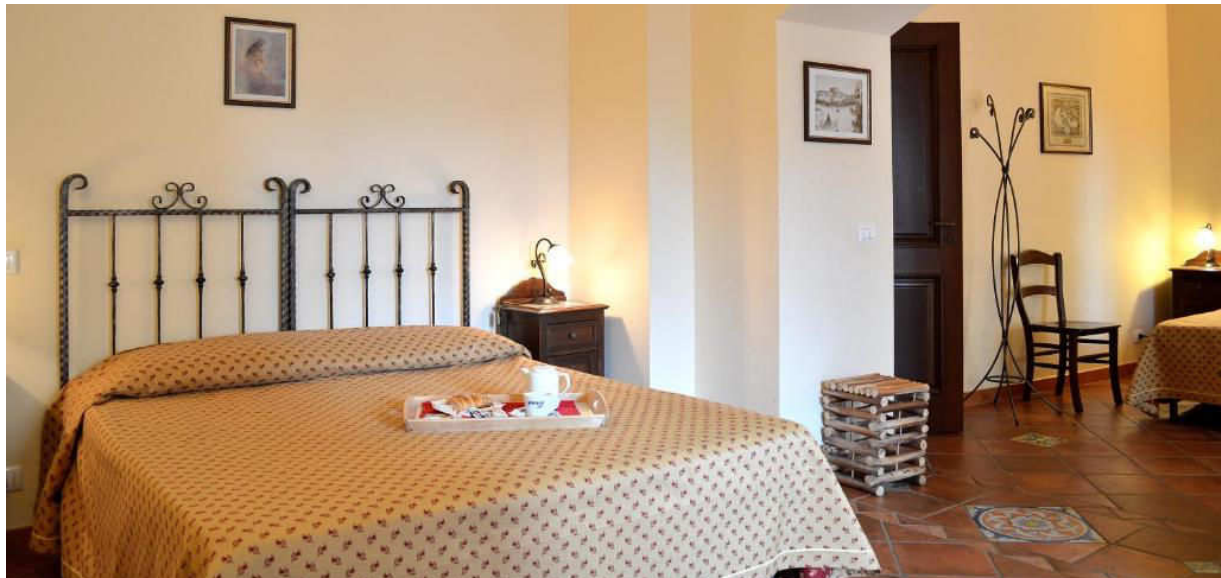
Hotel Pocho, San Vito Lo Capo

NIGHTS 1 - 3



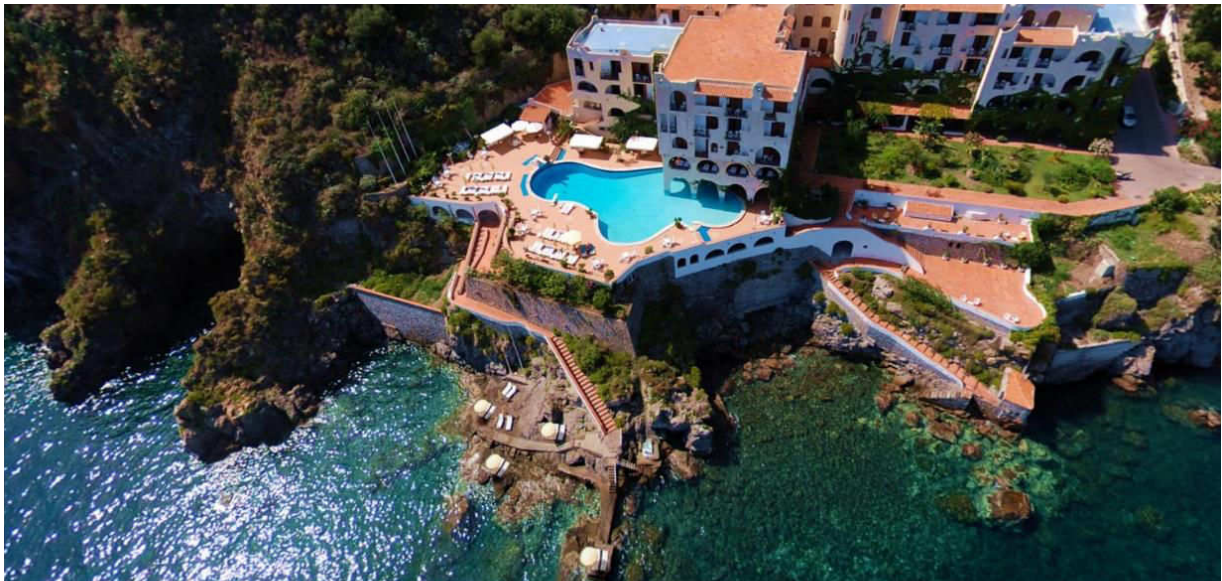
Hotel Il Castello, Petralia Sottana

NIGHTS 4 - 6



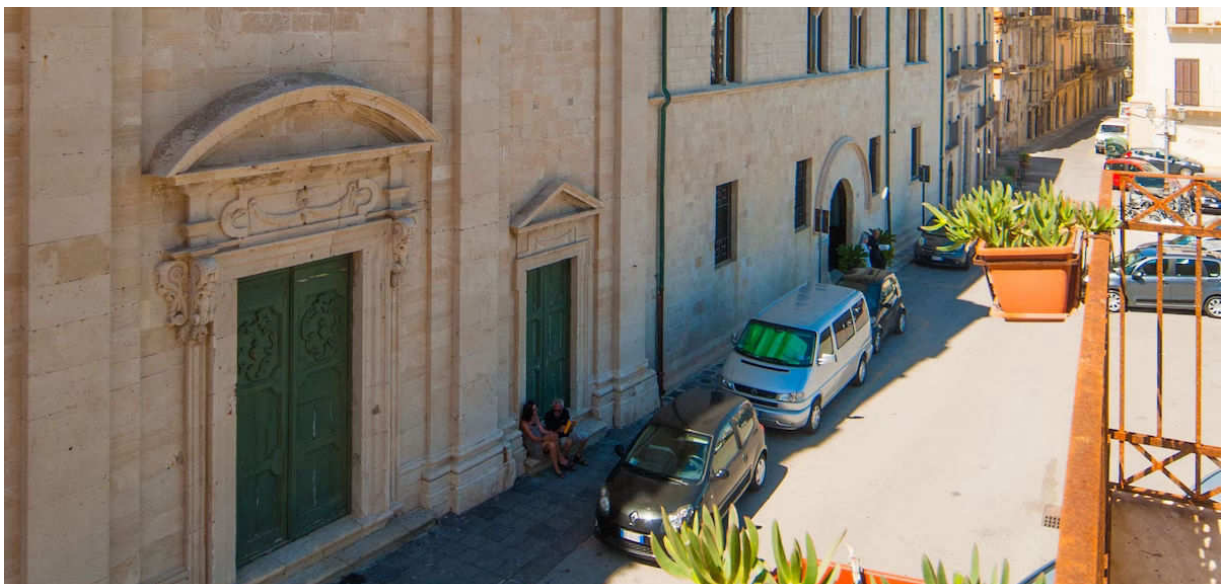
Hotel Carasco, Lipari

NIGHTS 7 - 10



Domus Mariae, Syracuse

NIGHTS 11 - 14



Journey Notes

TOUR INCLUDES

- Experienced guides.
- Pick up at Grand Hotel Wagner in Palermo (Sicily) on Day 1 and drop off at Grand Hotel Wagner in Palermo (Sicily) on Day 15.
- Price includes transport between Palermo (Sicily) Day 1 and Palermo (Sicily) Day 15.
- Twin share accommodation from Day 1 to Day 14 including breakfast (14) and dinner (12).
- Return ferry charges to Lipari.

NOT INCLUDED IN TRIP COSTS

Transport before and after “the walk”, lunch, and 2 dinners on the free day, entry fees, evening drinks, in-between meal snacks, personal clothing, laundry, medical expenses and items of personal nature.

WHAT TO BRING

Daypack, **walking boots**, sunhat, sunglasses, sun-cream, bathers, waterproof raincoat. Walking sticks and walking sandals might be handy for some days. Warm clothes for Mt Etna. As we are restricted with the amount of luggage, we can carry in our vehicles please ensure that your CASES DO NOT EXCEED 20 KG's per guest!

PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.

- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well-worn in.
- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

PLEASE NOTE

All accommodation on tour includes private facilities (toilet and shower/bath). Single rooms can be arranged for this tour for a supplement.

Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement. However, as this is not always possible, 'single' clients will have to pay the supplement.

All walks during the 15 Day tour are optional or can be taken in parts. Guests can choose to have more free days than the two already included in the itinerary.

The walking pace on the walks is leisurely. Guests do not have to be experienced, although a good level of fitness is necessary.



Get in touch and book your journey today.

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