

# Sicily Food & Hike

**Tour Style:** European walking holidays

**Destination:** Italy

**Trip code:** SYLFH

**Trip Walking Grade:** 3



## HOLIDAY OVERVIEW

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The largest island in the Mediterranean, culture-soaked Sicily rewards visitors with a rich culinary heritage. It's also where you'll find a mix of white sandy beaches, medieval streets, pretty fishing villages, Baroque towns, fertile wine country, and a mild climate for much of the year. This holiday offers a perfect combination of scenic walks, incredible places to explore, and superb foodie experiences.

## WHAT'S INCLUDED

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- Full programme of guided walks led by local HF Holidays Leaders
- Comfortable accommodation
- Breakfast daily, and two evening meals
- Five tastings and one cookery lesson
- Street food tour of Palermo
- All sightseeing and entrance fees (as per itinerary)
- Air-conditioned transport
- Return flights from the UK including hold baggage and airport transfers

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## HOLIDAYS HIGHLIGHTS

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- Visiting Sicily's capital, Palermo and sampling its street food
- Olive oil and Marsala wine tasting experiences
- Hiking through the coastal Zingaro Nature Reserve
- Enjoying a Sicilian cooking lesson
- Walking around the cape of Monte Cofano
- Sampling handmade cheeses at a local farm

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## ITINERARY

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### Day 1: Arrival Day

Once you've arrived, enjoy some time to unpack and settle in, then head out for a welcome drink and dinner at a local restaurant.

### Day 2: Segesta And Cannoli Tasting

Distance: 4 miles (6.5km)

Ascent: 980ft (300m)

Today we enjoy a hike through a wild limestone gorge with high white cliffs. We'll stop by Segesta to see its ancient Greek theatre, and visit an archaeological site with one of the best-preserved temples on the island. We then transfer to a village renowned for its 'cannoli' - delicious tube-shaped shells of fried pastry dough filled with sweet ricotta cheese - for a chance to taste.

### Day 3: Zingaro Reserve And Olive Oil Tasting

Distance: 8 miles (13km)

Ascent: 1,640ft (500m)

Today we'll walk a circular trail through Zingaro Nature Reserve, nestled between the rugged limestone mountains of the north coast and the sea. Home to yellow sorrel, dwarf palms and almond trees, where rare Bonelli's eagles fly overhead, and glittering coves offer mid-walk dips in the Med. Learn about the rare plants that bloom here before finding out why locals love their 'liquid gold' with a tour and tasting session at a family-run olive oil mill.

### Day 4: Palermo Street Food And Free Time

A morning food tour of Palermo provides an opportunity to discover the city's street food delights at places only the locals know. Let an in-the-know local guide fill you in on facts about the city's historic centre as we walk through the stalls and kiosks of street vendors, colourful markets and local bakeries sampling Sicilian specialities along the way. In the afternoon there's free time to explore Palermo's cultural potpourri of Arabic food, Spanish streets, and Norman towers.

### Day 5: Erice And A Cooking Class

Distance: 3 miles (4.5km)

Ascent: 820ft (250m)

We make a beeline for Erice today. This impressive 12th century walled village crowns a high hill and rolls out royally good views over the entire west coast of the island. Conquering Erice often meant controlling Sicily,

and this coastal gem has ping ponged between competing kingdoms for centuries. There are ancient Greek theatres, Roman ruins, and Norman forts to explore on foot before learning how to rustle up a host of classic Sicilian dishes courtesy of a cooking class.

## Day 6: Monte Cofano And Cheese Production

Distance: 5.5 miles (9km)

Ascent: 1,000ft (300m)

A hike around the mighty cape of Monte Cofano Nature Reserve gives an insight into the island's ancient marble industry and this area's agricultural heritage. The mainly coastal path circumnavigates the limestone peak of Monte Cofano which rises steeply above us, home to caves and prehistoric settlements. The day culminates in the chance to try handmade cheeses made from sheep and cows milk at a local farm.

## Day 7: Stagnone Natural Reserve & Marsala Wine

Distance: 5 miles (8km)

Ascent: 300ft (100m)

Our final day starts with a walk between the flamingo-flecked salt pans of Stagnone Nature Reserve and ends by cosying up alongside the Mediterranean to sip a glass of Sicily's famous Marsala wine at sunset. Afterwards, return to the hotel ready for a farewell dinner in a local restaurant.

## Day 8: Departure Day

Depart for Palermo airport.

## ACCOMMODATION

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### Hotel Al Madarig

Looking every bit the Arabian fortress, the 3-star Al Madarig is all honey-coloured stone, coastal views, and alfresco seating, ideal for soaking up the sunshine. Situated in the classy resort of Castellammare del Golfo, this handsome hotel has an enviable setting right on the shores of the Tyrrhenian Sea. You'll find easy-on-the-eye décor throughout, well-appointed rooms, a bar, and an airy, light filled restaurant where breakfast is served. What's more, you'll be in strolling distance of two sandy beaches, a selection of restaurants, cafes, and gelaterias, plus a Norman-Arab castle, too.

### Accommodation Info

#### Rooms

All rooms have:

- Free Wi-Fi
- Fridge
- Telephone
- TV
- Minibar
- Kettle
- Safe
- Private shower (no rooms have baths)

Standard rooms can be on the first or second floor and all come with Juliet balconies overlooking the courtyard

Superior rooms have a sea view and are available on request only. Supplements may apply

## Food & Drink

Continental breakfast

Dinner taken locally on first and last night

## USEFUL HOLIDAY INFORMATION

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### Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports\* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email [reservations@hfholidays.co.uk](mailto:reservations@hfholidays.co.uk)

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

### Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

#### Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

#### Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

\*Subject to availability

## Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

### Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers

- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

### Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

### Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

## Useful Information

### Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

## TRIP NOTE VALIDITY

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These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the

team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

**Document produced:** 05-03-2024

