Sicily Food & Hike



Trip style:	Destination:	Walking Grade	Carbon Footprint:
European holidays	Sicily	5	699kg CO2

HOLIDAY OVERVIEW

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 YOU'LL LOVE

- 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
- A more personalised experience thanks to small group sizes (maximum 16 people)

WHAT'S INCLUDED

2026

- Return flights from London Heathrow, including baggage and transfers
- Guided walks with local leaders
- 7 nights' accommodation in Castellammare del Golfo
- 7 breakfasts & 2 dinners
- Palermo street food tour
- One cookery lesson & 5 tastings
- All sightseeing and entrance fees (as per itinerary)

2027

- Guided walks with an experienced local leader
- HF Holidays Tour Manager
- 7 nights at the 3-star Hotel Al Madarig
- 7 breakfasts, 1 lunch & 6 dinners
- One cooking class & 4 local produce tastings
- Palermo street food tour
- All sightseeing, excursions & entrance fees
- Return flights from the UK with luggage and transfers

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Once you've arrived, there'll be time to unpack, settle in, and enjoy a welcome drink at the hotel before heading out to a local restaurant for dinner.

Day 2 **Segesta and Cassatelle Tasting**

Distance: 3 miles (4.5km)
Ascent: 722 feet (220m)

Today, we will enjoy exploring ancient Segesta, the most important city of the Elymians, one of the indigenous populations in Sicily. One of the main attractions at the site is the well-preserved Doric Temple. Entrance to the archaeological site is included. Our walk will take us from the Porta di Valle, the ruins of the town walls, to visit the ruins of an ancient acropolis, the Agora, the Temple, and the Greek Theatre. The theatre is at the top of Mount Barbaro, a walk along a road with some shortcuts through the terrain.

For those who would prefer not to do the hike, there is a shuttle bus (at a small cost) there and back. There are panoramic views of the surrounding countryside, a great reward for making it all the way up. Following our excursion into the ancient world, we will sample a local specialty of pastry filled with creamy ricotta cheese, often served with chocolate chips.

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. Before going back to the hotel, you'll find out why locals love their 'liquid gold' with an olive oil tour and tasting session at a Sicilian Baglio.

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. We'll enjoy a tasting of 'cannolo' - delicious tube-shaped shells of fried pastry dough filled with sweet ricotta cheese. 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 Tasting

Distance: 5.5 miles (9km)

Ascent: 1,000ft (300m) - includes a quite steep natural stone staircase.

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 cow milk at a local farm.

Day 7 Stagnone Natural Reserve & Marsala Wine

Distance: approximately 5 miles (8km)

Ascent: 300ft (100m)

Our final day starts with a visit to the Mediterranean city of Marsala to sample a glass of Sicily's famous Marsala wine and explore its historical centre. We then transfer to the flamingo-flecked salt pans of the Stagnone Nature Reserve and its coastal lagoon and wetland reserve for a walk. Afterwards, we return to the hotel ready for a farewell dinner in a local restaurant.

Day 8 **Departure Day**

Depart for Palermo airport.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.

ACCOMMODATION

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.

Joining instructions (with Flights)

For those who have booked our "with flight" holiday or booked on to our transfers, a representative will meet you upon arrival at Palermo airport. Please meet them in the arrivals hall and then they will take you to your transfer.

If you prefer to book the holiday without flights and make your own travel arrangements you will still be able to make use of the return group transfers between the airport and hotel, which are included in the cost of your holiday. You must contact us on 020 8732 1250 or email reservations@hfholidays.co.uk at least 8 weeks before your holiday start date to provide your flight details if you wish to join the transfers. If you do not contact us, we will assume you are making independent travel arrangements.

FOOD & DRINK

Dining at the Hotel Al Madarig

Continental breakfast

Dinner taken locally on first and last night

ROOMS

Your room at the Hotel Al Madarig

All rooms have:

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

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

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

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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 (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email 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)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

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 before you travel.

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

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY 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.

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