Italy's largest island embodies the very best of the Mediterranean: subtropical nature saturated with scents and colors, high mountains, azure seas and historic artifacts of various ages and cultures. Visitors to this unique Italian paradise are treated to the beauty of the mountainous hinterland, the white-sand beaches, and the crystal hues of the sea. Sicily is also rich in its history, with architectural monuments from the rule of the ancient Greeks, Romans, Normans and other conquests of this island. Of course, the volcanic Mt. Etna is the true Sicilian showstopper. The surrounding Etna park is a cyclist's dream and has even been used as a pro training ground. And it wouldn't be Italy without good wine and great gastronomy, with renowned confectionery desserts at every turn. If romance were a place, she would be Sicily: gorgeous, temperamental, moody, sullen and truly memorable.

**TRIP WOWS**

- Explore Baroque towns of Noto, Modica and Ragusa on private tour of Sicilian history and architecture
- Ride along the coast to the picturesque village of Marzamemi
- Learn the culinary secrets and specialties of Sicily with our favorite chef
- Ride through Mt. Etna's lava flows, through oak and pine forests
- Dine in a 2-star Michelin restaurant in Sicily and taste the best of Sicilian wines

**SICILY BIKE TOUR**

**DISCOVER THE FLAVORS, AROMAS AND COLORS OF SICILY AND ETNA**

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**TREKTRAVEL.COM | 866-464-8735**
Day 1

TODAY’S RIDE: Marzamemi Coast Loop
Approximately 27 miles with 900 feet of climbing

DESCRIPTION:
Benvenuto to Sicily! Your Trek Travel guides will give you a warm welcome at the Catania Centrale train station at 10:30 AM. After a one hour and half private shuttle you’ll arrive at a local farmhouse where we will enjoy a homemade gourmet lunch prepared by the owner himself. Your guides will then familiarize you with your Trek bike, including an informal fit session along with safety talks and expectations for the week. Then, it’s off on our first ride. Bike toward The southernmost crumb of the Sicilian land - Isola delle Correnti where the Ionian Sea meets the Mediterranean waters. As we wind our way through coastal roads we get to the ancient fishing village of Marzamemi. This small charming place is a good spot to find a relaxing café and sip on Italian café macchiato or enjoy a cold beer. We get on a short shuttle to our first hotel, with a large swimming pool and sunny terrace for you to relax and enjoy. Take the rest of the day to unpack and unwind. Tonight we will gather for an aperitivo and first Sicilian dinner together, prepared from fresh and seasonal ingredients.

HOTEL: Scilla Maris
INCLUDED MEALS: Lunch | Social Hour | Dinner
**Day 2**

**TODAY'S RIDE:**
**Scilla Maris to Noto**
Approximately 41 miles with 3,300 feet of climbing

**SHORT OPTION:**
**Scilla Maris to Lunch with shuttle**
Approximately 28 miles with 2,600 feet of climbing

**DESCRIPTION:**
After a hearty breakfast, you'll head out into a countryside flanked by olive, almond and lemon trees. Small roads take us up to Monte Alveria, where you can see the ruins of the old city of Noto, known today as Noto Antica, remaining on a ridge on the mountainside. Today, we won't miss our chance to taste Nero d'Avola paired with a delicious lunch. Enjoy the view of the mountain Etna before descending to the town Noto, one of the most picturesque villages of the so-called Sicilian Baroque period. It was rebuilt during the 17th century after the cities of Noto, Modica and Ragusa were decimated from an earthquake, and today is certified as a UNESCO World Heritage Site. Late Baroque buildings, mostly made of white limestone, are truly a sight to behold for lovers of classic architecture. Take your time to explore the town before getting on shuttle back to the hotel where we enjoy dinner together.

**HOTEL:**
Scilla Maris

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner

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**Day 3**

**TODAY'S RIDE:**
**Rosolini to Ragusa**
Approximately 32 miles with 2,900 feet of climbing

**SHORT OPTION:**
**Rosolini to Modica with shuttle**
Approximately 16 miles with 1,700 feet of climbing

**DESCRIPTION:**
This morning we get on a short shuttle and start riding along more olive plantations, lemon trees and dry-stone walls. We will bike toward another Sicilian treasure known for its giant bridge Guerrieri towering at almost 300 meters above a deep gorge. It’s time to stop in the centre of Modica for lunch of your choice. Enjoy bustling town centre with many cafés and restaurants. You might want to stop at Caffe dell’Arte, which is also known for its high-quality gelato. Right across the street you can walk into the oldest chocolate shop in Sicily, Antica Dolceria Bonajuto and sample mouthwatering chocolate creations. It’s time to get back on bike and head out through green hill to a picturesque town of Ragusa, our home for tonight. Stroll through the town with Trek Travel’s local guide and learn about Sicilian history and culture before we treat ourselves in style to a two-star Michelin restaurant experience. Antonio and Giuseppe La Rosa’s restaurant is situated right in the heart of Baroque, in the former stables of an old mansion. You’ll savor one of the many seasonal Sicilian specialties suggested by our chef Vincenzo Candiano. This will be a special gourmet experience to remember.

**HOTEL:**
Locanda don Serafino

**INCLUDED MEALS:**
Breakfast | Dinner

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**Day 4**

**TODAY'S RIDE:**
**Ragusa to Giarratana**
Approximately 30 miles with 3,400 feet of climbing

**AVID OPTION:**
**Ragusa to Giarratana with Mt Iblei climb**
Approximately 41 miles with 4,700 feet of climbing

**DESCRIPTION:**
This morning, after another perfect cappuccino, we will head north from Ragusa toward the Hyblaean mountains and their large limestone and karst formations. We will roll gently up into the hills and climb through the olive groves. For those who want extra elevation, choose to climb Monti Iblei and enjoy stunning views over the valleys below. Enjoy a brisk descent to the fragrant lemon and orange orchards below, before arriving to our local gem – Due Palme restaurant where you enjoy a typical local lunch from our friend Salvadore who prepares the menu from seasonal ingredients. Relax in a shade of palm trees at the sunny terrace or take a dip in a swimming pool. After a dessert we will get on shuttle which takes us on the base of Mt Etna. Tonight we raise a glass during our wine tasting at the hotel Monaci de Tere Nerre which is located between Mediterranean sea and Mt. Etna and it’s a privileged spot to taste their own wine, made from the wines of the hotel’s vineyards, with different native varieties of the Etna region. After wine tasting we enjoy another incredible Sicilian meal in the tradition of slow food and organic farming.

**HOTEL:**
Monaci delle Terre Nere

**INCLUDED MEALS:**
Breakfast | Lunch | Social Hour | Dinner
Day 5
TODAY’S RIDE:
Mt. Etna to Linguaglossa
Approximately 35 miles with 5,500 feet of climbing

AVID OPTION:
Mt. Etna Loop
Approximately 44 miles with 6,100 feet of climbing

DESCRIPTION:
Bongiorno! Wake up at the foot of Mt Etna and enjoy the views of this hulking giant still covered in morning clouds. Today you will explore her majesty, the mountain herself. Mt. Etna also happens to be the highest active volcano in Europe. You will find unique, breathtaking scenery on this fantastic 3300-meter mountain with epic views of the whole Sicilian landscape and Calabria across the horizon. You will then cycle along the fields of lava rock, where black, obsidian-like rock formations are surrounded by the rich greenery of the thick pine forests and chestnut woods. Mount Etna is a living mountain and it will be an unforgettable experience, especially from the saddle. We’ll spend our last evening on the trip in style, learning traditional cooking techniques of Sicilian cuisine under the guidance of a classically-trained chef, using organic ingredients locally sourced according to owner Guido’s ‘zero-kilometer’ food policy. We’ll toast to our week together as we dine on the terrace, overlooking the Mediterranean Sea.

HOTEL:
Monaci delle Terre Nere

INCLUDED MEALS:
Breakfast | Dinner

Day 6
TODAY’S ACTIVITY:
Departure
Say farewell at the hotel and board a private shuttle to Catania

DESCRIPTION:
This morning take a time to savor this unique place and enjoy what it has to offer; you can walk through the hotel’s vineyards, relax at the porch, pick up one more fresh mandarin from the tree and have a second cappuccino at the hotel terrace with the view on the Mediterranean. Your Trek Travel guides will say farewell at the hotel before you board a private shuttle at 10:30 to arrive around 11:30 AM at Catania train station. Until next time!

INCLUDED MEALS:
Breakfast

WHAT'S INCLUDED

For us, the details matter most

Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It’s the little additions to every Trek Travel cycling vacation that make it truly special. And that’s how we help you create more memories.

What’s Included

• 5 nights of accommodation at handpicked hotels
• Two experienced guides to provide local knowledge, support, and camaraderie
• Daily route support with both guides and our support van
• Daily breakfast, 3 lunches and 4 dinners
• 2 social hours of drinks and hors d’oeuvres
• Ride a Trek Domane SL 7 disc, Trek’s newest Electric-Assist, or a Trek 7.6 FX Hybrid
• Up to three daily route options on riding days
• Snacks and drinks for each day’s ride
• Trek Travel Bontrager cycling jersey and socks to keep
• Trek Travel water bottles to keep
• Cinch sack day bag to keep
• Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
• Bontrager WaveCel helmets
• All gratuities for drivers, local experts and hospitality staff
• All luggage transfers and transportation during your trip
• A personalized photobook of your trip
• Entrance fees for all activities, private tours and events
• Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek 7.6 FX Hybrid bike
• Trek Electric Assist XM700+ also available in a limited quantity
• Trek Travel Bontrager cycling jersey and socks to keep
• Trek Travel water bottles to keep
• Bontrager clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
• Bontrager WaveCel helmet
• Bontrager men's and women's specific saddles
• Bontrager front and rear Flare R lights and a flat pack
• Garmin Edge 1030 GPS computer
• Cinch sack day bag to keep
• Upgrade your bike to include carbon wheels (+$200)
• Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.

For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.

THANK YOUR GUIDES, BY TIPPING

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What's Not Included

• Airfare and transportation to and from the trip pick-up/drop-off locations
• Lodging before and after the trip
• Personal items purchased during the trip
• Optional activities not scheduled by Trek Travel
• On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS

SCILLA MARIS
NOTO, SICILY
The owners, Raimondo and Ilaria, a couple from Padova, renovated this former 16th-century palmento to perfection with great taste and style with a gorgeous swimming pool and cool, relaxing suites. It's a charming location in the middle of the Sicilian countryside, surrounded by vineyards and olive trees.

CASTILLO TAFURI
PORTOPALO DI CAPO PASSERO, SICILY
New hotel for 2020. Castello Tafuri is ideally situated between Noto and Ragusa. A charming historical residence, the castle combines original architecture with contemporary updates. Eighteen elegant rooms and suites are equipped with modern comforts and the property features a stunning panoramic swimming pool, an incredible restaurant and bar and a terrace that overlooks the sea. This hotel will replace the Scilla Maris beginning in 2020.

LOCANDA DON SERAFINO
RAGUSA IBLA, SICILY
This Relais & Chateaux hotel is in the heart of Baroque and is committed to only the best in guest amenities. It's a fully renovated building from 800 A.D., built for comfort and high luxury, including a two Michelin star restaurant is a part of the hotel and is one of the top resaturants in Sicily.

MONACI DELLE TERRE NERE
ZAFFERANA ETNEA, SICILY
This romantic, rustic former monastery situated on the farm between Mediterranean sea and Mt. Etna is equal parts ecological and beautiful. We'll sample restaurant...
How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Catania Airport (CTA), which will involve a transfer at a major European airport from the States.

Meeting Time And Location

Your Trek Travel guides will meet you at the Catania Centrale Train Station (Piazza Papa Giovanni XXIII, 2, Catania, Sicily) at 10:30 AM on the first day of the trip. We’ll then shuttle one hour to our scenic starting point. Please have your first day’s cycling clothes and riding gear easily accessible, packed separately from your main luggage.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip starts with their names and contact details. If you cannot reach them, please call our first hotel, Scilla Maris (+39 392 981 9601) for 2019 trips, or the Castillo Tafuri (+39 093 184 4111) for 2020 trips, and leave a message with your expected arrival time and contact details. Taxis from the Catania train station or the airport are readily available. The ride to our trip start will take approximately one hour and will cost between 80 euros and 120 euros.

Departing Time And Location

You will say farewell to your guides at 10:30 AM at your hotel. You’ll then take a private shuttle to the train station in Catania, arriving at 11:30 AM. Please do not book your flight before 2:00 PM, allowing adequate connection time for any ongoing travel to accommodate possible traffic delays. Catania international airport is located about 3 miles southwest of Catania. There is an organized shuttle service with AMT Alibus from the city center and the Train station to the airport. The bus goes every 20 minutes, from 5:00 AM to midnight. The ticket costs 4 euro. Visit www.amt.ct.it for more information.

Before & After: Catania, Sicily

At the foot of the highest active European volcano is the second largest city of the Italian island of Sicily. Catania was founded by the Greeks in the 8th century BC. It is a city full of beautiful architecture and delicious food, and exploring Catania is quite easy, as the old town center is relatively small. An ideal starting point for a visit in Catania would be the main square, Piazza Duomo, with the Cathedral dedicated to St. Agata, the city's patron saint. The other sides of the square are equally impressive and include the Diocesan Museum and the Municipio, the town hall, built in 1741. Don't forget to visit Catania's colorful and bustling fish market.

LIBERTY HOTEL

This luxurious but intimate boutique hotel is next to the historical and commercial center of Catania. It’s a ten-minute walk from Benedictine Monastery of San Nicolò and Greek-Roman theater. Porto Station is 22 Catania Central Station is also very close.

www.libertyhotel.it/index.php/en/ | ~$145

IL PRINCIPE HOTEL

In the Baroque heart of the historical center of Catania, this hotel stands as an alter to outstanding Sicilian architecture. The location is central, only 5 minutes from the Elephant Fountain by foot. Guests will enjoy a fitness center, sophisticated bar and relaxing steam facilities.

www.ilprincipehotel.com/new/en/ | ~$125

I MONASTERI GOLF & SPA RESORT

This former Benedictin monastery is a refined refugee in the outskirts of the baroque pearls of Ortigia and Syracuse. It rises amidst green citrus groves, prickly pears, carobs and olive trees where a gorgeous 18 hole par 71 golf course also develops. A SPA by Clarins and excellent kitchen satisfy any wellness expectation.
market. Get here before lunch and you will enter a different world, an atmosphere that has remained virtually unchanged for hundreds of years. We recommend the following accommodations for your pre and post-trip hotel:

- www.imonasterigolfresort.com/en-GB | $135

* Hotels listed above are local properties we love. We do not have special rates available.

FAQS

What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 42
- Terrain | Hilly
- Average Daily Elevation | 3,750 feet
- Total Miles | 207
- Total Elevation | 18,700 feet

Averages and totals are calculated from our “Today’s Ride” options.

Sicily is a mountainous island, so it is necessary to be prepared for hilly terrain. We will ride in the mountains and coastal roads, where we need to anticipate traffic density and the temperament of Sicilian drivers. The road surface is mostly asphalt, but in some places it is largely unsupervised and destroyed - mainly in the mountains. Sicily is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphills, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4+ Riders will enjoy the extra mileage the avid route options offer.

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Explore Baroque towns of Noto, Modica and Ragusa on private tour of Sicilian history and architecture
- Spend a day at the beach and swim in the crystal clear waters of the Mediterranean sea
- Discover Sicilian wines during our private wine-tasting
- Take part in a private pizza making cooking class
- Visit the beautiful town of Taormina
- Hike in a Etna Park
- Relax by the pool

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.