



# Hiking in Eastern Sicily

## From the lava on Etna to the mountain pastures of the Peloritani Mountains

A journey to discover the evocative power of the many faces of Sicily: From mighty Etna to the clash of the two seas in the Straits of Messina. From the Peloritani Mountains, the watershed ridge between the Ionian and Tyrrhenian seas, to the lava on Etna, the highest volcano in Europe.



Category: sports trip / Duration: 7 days and 6 nights / Level of Difficulty: medium/ easy

1<sup>st</sup>

**Day - The Port of Sicily: the mountains of Messina, on the peak between two seas**

Time: **3 hrs.**; Distance: **9 km.**; Maximum Altitude: **mt 1124 slm.**; Total Altitude Gain: **mt 728** downhill.  
Mt. Dinnamare - village of Tipoldo

2<sup>nd</sup>

**Day - Along the River towards the Megaliths of Argimusco**

Time: **4 hrs.**; Distance: **10 km.**; Maximum Altitude: **mt 1200 slm.**; Total Altitude Gain: **mt 460.**  
Licopeti River - Woods of Malabotta - Rocks of Argimusco

3<sup>rd</sup>

**Day - the Valley del Bove**

Time: **6 hrs.**; Distance: **8 km.**; Maximum Altitude: **mt 2144 slm.**; Total Altitude Gain: **mt 350.**  
South Etna: Schiena dell'Asino - Valley del Bove - Acqua Rocca

4<sup>th</sup>

**Day - From beech woods to lava caves**

Time: **6-7 hrs.**; Distance: **15 km.**; Maximum Altitude: **mt 2049 slm.**; Total Altitude Gain: **mt 250.**  
North Etna: Piano Provenzana Mt. Nero Cave dei Lamponi Brunek mountain hut.

5<sup>th</sup>

**Day - The "treasure" of Mount Scuderi**

Time: **7 hrs.**; Distance: **14 km.**; Maximum Altitude: **mt 1253 slm.**; Total Altitude Gain: **mt 553**  
Vally della Santissima - Mt Scuderi - Itala village.

6<sup>th</sup>

**Day - The Matterhorn of Sicily**

Time: **6-7 hrs.**; Distance: **10 km.**; Maximum Altitude: **mt 1340 slm.**; Total Altitude Gain: **mt 700.**  
Novara di Sicilia Village - Leone Rock - Novara Rock Village

7<sup>th</sup>

**Day - Alcantara Valley and Taormina**

Visit the famous gorge of the Alcantara Valley with its peculiar basalt walls. In the afternoon we'll visit the medieval village of Taormina and its famous Greek/ Roman theatre.



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## TECHNICAL LOGISTIC INFORMATION

**Meeting Place:** The train station in Messina or (by request) the airport in Catania.

**Transportation:** A private bus will be available for the entire trip.

**Room and Board:** Large groups stay in a 3-star tourist village with breakfast, dinner and sack lunch included. Small groups (fewer than 20) stay in an "agriturismo", a farmhouse which includes breakfast, lunch and sack lunch. The day we arrive participants of both small and large groups are responsible for their own lunches.

**Personnel:** 1 environmental guide

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## PRICE

**Price per person for 7 days and 6 nights:** €478,00 (+€187,00 for transportation); 6 - 12 june; 10 - 16 october

**The price includes:** Room and Board in a 3-star tourist village or in 3-star "agriturismo" for 6 nights, in double room, which includes breakfast, dinner (with ½ lt. of water and ¼ lt. of wine) and a sack lunch; a private bus which will be available for the entire trip; an environmental guide will be available for the entire trip

**The price does not include:** the trip to Messina or to Catania, lunch on the day we arrive, the entrance in museums and in archaeological parks and everything not included in the « price »

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## PHILOSOPHY OF AN ECOLOGICAL TRIP

Our trip is concentrated in the parks and nature reserves of Sicily because we aim to rediscover both the volcanic landscapes on Etna and the all but forgotten land of the Peloritani Mountains. They are such an important natural resource that they constitute the "missing" park of Sicily. These mountains contain a dense web of roads and trails, used today as in the past by an entire microcosm of shepherds who make good use of the riches the mountains offer. These shepherds also maintain an impressive heritage of traditional rites and ceremonies as well as precious knowledge of local handicrafts.

Pelagos is in association with Ecotourism Italy.



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## TECHNICAL COLLABORATION

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