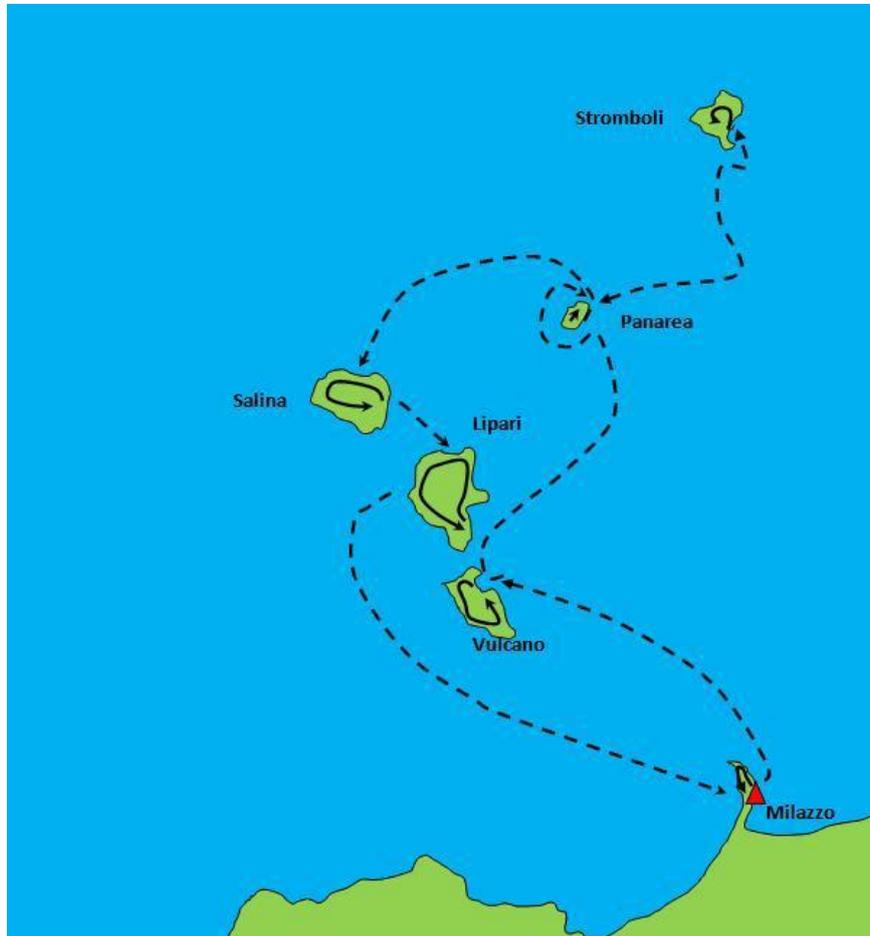


Cycling Safaris

ITALY

Aeolian Islands Sicily 2018 – Bike & Boat Guided Tour - 8 days/7 nights, 64miles/103km(Grade B)



You will be enchanted by this spectacular cruise in the heart of the Mediterranean sea. You'll discover the pearls of Sicily, the extraordinary Aeolian islands, in a new and different way. During this week, on board of a caicco, you will discover the seven islands of volcanic origin, today part of the Unesco World Heritage. You will reach the creeks of Vulcano, the cave of the Cavallo (Horse) and the pool of Venere, that owes its name to the goddess Venus, and has a wonderful crystalline water. The journey continues to the stacks Menalda in Lipari and to Valle Muria beach, two unspoiled places only reachable by boat; then the route reaches the lake of Lingua in Salina, where you do not have to forget to have a "granita" at Alfredo's!

The tour touches Panarea, with its large rocky ridges of Basiluzzo and Lisca Bianca, an ideal place for a lunch with typical Aeolian products; and finally, after having circumnavigated the Strombolicchio, the natural lighthouse of the island of Stromboli, we enjoy one of the amazing highlights of this holiday, the "Sciara del Fuoco" an unforgettable natural show. On the background the continuous and rhythmic explosive activity of the Vulcan Stromboli, or "Iddu" ("Him") how the locals call it.

It is not just a matter of watching and observing, but a truly active journey intended to combine relaxation with cycling tours to enjoy the wonders of the Aeolian Islands.

Day 1 (Sat) Embarkation

Meeting at 15.30 at Catania airport. Collective transfer to Milazzo harbour (from Catania airport). Embarkation at 18.00 at the Marina di Nettuno in Milazzo, accommodation on board, welcome drink, dinner and presentation of the program. Night in the port of Milazzo.

Day 2 (Sun) Milazzo (approx. 9 mi. /14 km)

Visit of the Castle of Milazzo and its ancient village, witness of the passage of Giuseppe Garibaldi, who conquered the Italian unification with the mission of the “Mille”. Return to the Marina of Milazzo with the caique, dinner and night in port.

Day 3 (Mon) Vulcano (approx. 19 mi. /30 km)

Navigation towards the island of Vulcano. Breakfast and morning at disposal to visit the “Sulphur Island”. Vulcano is famous for its sulphurous pit where it is possible to dip for a natural mud bath, healthy and relaxing for your skin. Regenerating bath in the “Piscina di Venere” (pool of Venus). Finally, you will discover by bike the hinterland of the island towards Piano Grillo, ideal place to admire an amazing panorama. Dinner on board and overnight in port in Vulcano.



Day 4 (Tues) Panarea(Lisca Bianca – Bottaro – Dattilo) (Rest Day) & Stromboli (Sciara del fuoco)

After breakfast the morning will be spent circumnavigating Panarea, the smallest of the Aeolian Islands. The geological and eruptive activity has deeply changed the appearance of the island during the millennia because of the constant earthquakes that have literally collapsed the main part of the volcanic complex in the sea. Panarea was for a long time the widest island of the Aeolian archipelago and as witness of this there are numerous little islands in the north-east (Basiluzzo, Spinazzola, Lisca Bianca, Lisca Nera, Bottaro e Dattilo) resulting from eruptions of a single, vast, original volcanic complex sunk into the sea following a violent eruption. The volcanic activity is still clearly visible on the island where fumaroles vapours rise up through the cracks between the rocks. Lunch on board and navigation towards Stromboli. Walking trip up to 400m above sea level, to admire the volcanic explosions. Return on board to have dinner, while the boat circumnavigates Stromboli to admire the show of the “Sciara del Fuoco” at night. Navigation up to Panarea, overnight in roadstead.

Day 5 (Wed) Panarea – Salina, Malvasia Island

(Rest Day)

Breakfast on board and free time in the morning to visit the little village of Panarea, the Drautto beach and the prehistoric village. Lunch on board and sail up the Island of Salina. Disembarkation in Salina and visit to the winery Hauner, that produces capers and Malvasia, a very famous local wine, exported all over the world. Return to the caique, night in port in Salina. Dinner on board.



Day 6 (Thurs)

Salina - Lipari

(approx. 21 mi. /34 km)

Departure from the port and great trip in the interior of the biggest island of the Aeolian Archipelago. You will cycle to Rinella, at the extreme opposite cape of the Island. Visit of the lake of Lingua and Pollara, with the possibility to taste the very good “granita” of Alfredo. Return on board and navigation until Lipari. Free time to visit the village, with the possibility to visit the archaeological museum Bernabò Breà, a Liguria archaeologist who founded in Lipari the museum about the prehistory of the Aeolian Islands. Dinner on board and overnight in the port of Lipari.

Day 7 (Fri)

Lipari

(approx 15 mi. / 25 km)

After breakfast we will start a fantastic coast to coast by bike, you will pass the white beaches, due to the ancient industrial activity for the extraction of pumice, and then Canneto, an exclusive summer resort, and return back to the historical centre, with its many shops and restaurants. Return to the caique. Navigation up to Milazzo. Dinner on board and overnight in port.

Day 8 (Sat)

Disembarkation

After breakfast, check-out until 9.00 am and transfer journey to Catania airport for departure.

Alterations/Changes:

We reserve the right to make changes to the planned route due to changing wind and weather conditions and where required by organizational necessities. If external circumstances and weather conditions allow it, it is possible to cover longer distances during the night. The extra time thus gained could be used during the day for extending the cycling program.

2018 TOUR DATES

Saturday start:

May 26

June 2, 9, 16

August 25

September 1, 8, 22

2018 TOUR PRICE

€1,385.00 per person sharing cabin

Single cabin - +€725.00 single cabin supplement (on request, subject to availability)

A limited number of E-bikes are available at a supplement of +€90

WHAT THE TOUR PRICE INCLUDES

- 7 nights on a ship in a standard double cabin with shower/toilet
- Catering as mentioned in itinerary (7 x breakfast & 6 warm dinners on board plus picnic lunches)
- Port charges
- Journey to/from start and finish points (Airport transfers)
- Guided or individual cycling tours as described in itinerary
- Bed linen and towels
- 21-gear hybrid bicycle incl. pannier
- Overview-maps for the daily tours (on board)
- English and Italian speaking tour guide

Not included in the tour price:

- Drinks onboard (Tally sheet to be paid to the captain)
- Local taxes €20-€54 per person
- Insurance against theft and damage of the rental 21-speed hybrid bike €10 / per week or rental E-bike €20 / week (not insured deliberate damages)
- Tips for tour guides and crew
- Entrance fees for sights not included in the tour price

THE BOAT – Caicco Sundial (Comfort****)



6 Double Cabins with private facilities, shower & WC

Sundial is a 24.5 meters long and 6.25 meters wide Turkish caique. It was built in the shipyard Vedat Sungul of Bodrum in Turkey, using the ancient art of the Turks shipwrights still in use. The solid structure in pine and mahogany woods makes the navigation really comfortable. The caique has been completely renovated in 2012 and gathers 6 double cabins (with private facilities, shower and WC): it can accommodate up to 12 people.

All cabins are equipped with private services with hot and cold water and shower and a little wardrobe with enough space to place bags and luggage (please exclude rigid luggage). The whole caique is furnished with air conditioning and comfortable inner spaces such as the spacious dinette. The guests can also take advantage of a large solarium and lie down on comfortable beach mattresses enjoying the sound of the sea. The stern deck has a wide and elegant lounge. Catering on board is an excellent combination of fresh seafood and vegetables, pasta and meat all with the scent of the Mediterranean herbs.

This boat is a motor vessel. It does have sails but is powered by engines.



BIKE & FITNESS



Bike hire is included in the tour package.

- **Frames** - Our aluminium framed bicycles are available in different sizes; ladies (from 160cms (5 ft. 3 in.), and above that) and men's (up to 6 ft., and above) to cater for all body heights.
- **Wheels** - Very stable 28 inch hollow chamber rims with Touring tyre (easy turning and solid).
- **Gear change** - 21-gear derailleurs,
- **Further Equipment** - brakes with strong "bite", carrier, stable chainstays stand, comfortable touring saddle, safety mudguards, 1 large pannier bag, and 1 front road book holder pouch.
- **Please Note:** You can bring your own saddle (without the post) or your own click pedals, and the tour guide will attach them to your rental bicycle.

The cycle tours require a basic level of fitness from participants, which they should have acquired from steady cycling. The daily tours from 9 - 31 mi. /15 to 50 km lead you through hilly and some mountainous terrain and will be completed without any time-constraints. Participants also need to master steep climbing's. Streets are mostly asphalted and less traffic occurs during the off seasons. You are free to set aside a half or full day to swim or spend on board the boat, instead of taking a planned cycle-tour. Each day you can either decide to cycle alone, using the information and maps provided, or join the tour guides.

Helmets use is mandatory in Italy. You are strongly encouraged to bring your own well-fitted helmet. Rental helmets are available on board in limited number (on request).

WHAT TO BRING

Specialised cycle clothing may be handy but not strictly necessary. What you do need (among other things) is the following:

- shorts/ long trousers/ track suit/ leggings
- shirts/ sweater/ rain clothing
- good shoes
- sunglasses/ cap/ swimming costume
- extra towel for swimming
- soap/ insect repellent/ sunscreen
- own helmet

GROUP, GUIDE AND BACK-UP SERVICE

On this tour there will be a guide cycling with the group.

Our tour guides will inform you beforehand of the nature and difficulty of the tour so you are able to decide if you want to cycle with or rather relax on board. If you would like to cycle on your own, the guide will provide you with maps and tips for routes.

GENERAL INFORMATION

Meals

The cook that travels along is a member of the crew and prepares breakfast and two warm dishes a day which take into account the requirements of active cyclists. The ample breakfast comprises bread, butter, jam, cheese, sausages, coffee, and tea as well as some extras. Please let us know beforehand if there are any foods you may or will not eat, and we will do our best to accommodate your wishes and to provide alternatives.

Electricity, water and telephone on the ship

Electricity and water are available on board, of course, but within limits. All ships have a generator for 220V, which will however not work around the clock, e.g. to ensure your night's rest it will be switched off overnight.

The plugs are ordinary flat European plugs with two round pins of 4.8 mm in diameter.

The water tanks are large enough to provide sufficient cold and warm water for washing and showering for everyone, if it is used with consideration, i.e. if you turn it off while soaping, and do not leave it on unneeded.

All countries have access to a local GSM 900 mobile telephone network that you can log into if your phone is GSM compatible.

Arrival to tour start

- It is possible to fly to Sicily Catania airport, your transfer to port of embarkation is included in the tour.

Check-in on board starts at 3.30pm. Please make sure to be on the boat by 6pm as around 6pm the ship leaves the Harbour.