



TREK SICILY

 **actionchallenge**  
challenge events worldwide

# TREK ETNA – SICILY – OUTLINE FOR BESPOKE TRIPS

## DAY 1 MONTALBANO

On arrival in Catania we make our way to our hotel deep in the heart of Sicily. Montalbano is a wonderful medieval village on a hilltop and we have a little time to wander around the streets and shops. Tonight as a welcome for the group, we are treated to some classic Montalbano home-grown food, wines and a little local music and meet the team that will be with us throughout the week. We return to our accommodation in the evening.

## DAY 2 NEBRODI NATIONAL PARK 13KM TREKKING

Today we make our way to the Malabotta Forrest in the Nebrodi National Park, one of the biggest in Sicily. This trek takes us into some of the most beautiful areas, on forests tracks, through enchanting valleys and the hills within the park. After lunch we make our way along country roads to the Neolithic standing stones of Argimusco, where we are shown around this site dating back to 5000BC. We then transfer the short distance back to Montalbano.

## DAY 3 MT ETNA: "PISTA ALTOMONTANA" 15.2KM TREKKING

As an introduction to volcano walking we start with a full day on its foothills. We have a short transfer to the start of the trek, which is just above the village of Maletto on the western flanks of the volcano. These are good walking paths and there are superb contrasts between lava flows and the birch and pine forest. Our specialist guides will give us explanations of the phenomena surrounding the volcano and we visit some of the various cave formations such as Grotta del Lamponi and Grotta del Gelo. After a full day trekking we arrive at our Refuge where we relax and sip a cool beer.

## DAY 4 SUMMIT CRATERS 3350M 25.3KM TREKKING

Now that we have acclimatised and our legs are better prepared, we have a tough day climbing over the summit of Mt Etna, the highest volcano in Europe. We transfer to Piano Provenzano from where we head south trekking the whole day. We climb 4hrs before we have lunch, and then start skirting the western flanks of the summit at 3000m for superb views over much of the west of the island. The weather here is often windy and harsh so we continue to Etna's southern gateway and the Refugio Alpino at 2900m. From here its an optional direct descent to the cablecar station at 400m below or for those with the extra energy another hour by foot on a steep descent to 2000m and our refuge at the base of the mountain. Tonight we have a great celebratory meal, of the best that Sicily can offer whilst being serenaded to the sounds of southern Italian Tarantella.

## DAY 5 CATANIA/ DEPARTURE

We transfer to Catania for our return flight to UK



LOGISTICS

## **COSTS OF CHALLENGE**

From £1299 per participant

For less than 15 participants, please get in touch

## **CHALLENGE COST INCLUSIONS**

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge Representative

Action Challenge medic

English-speaking local guides

All accommodation

All meals, except in free time

All participant and luggage transfers

All National Park fees

3 litres of water provided daily

All entrance fees as per the itinerary

Pre-event client support

## **NOT INCLUDED**

Alcoholic drinks

Travel insurance

Visas

Local departure tax

## **ABOUT ACTION CHALLENGE**

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

## **TOTAL DISTANCE TREKKED**

Approximately 53km

## **FITNESS**

This challenge requires a good level of fitness to walk the route.

## **ACCOMMODATION**

We stay in comfortable Hotels and refuges that are located close located close to all our trekking destinations.

## **FOOD**

Breakfasts each morning will be at the accommodation, packed lunch en-route and evening meals will be at the hotel or in a local restaurant.

## **WEATHER**

The best times to complete this trek are between April – June and September – October, when Sicily isn't so crowded or too hot. Gaining altitude will give us cooler temperatures and the possibility of rain and wind.

## **RATING**

Moderate