



Across the land of myths - "Etna - Taormina - Ionian Sea"

A striking bike tour along the Etna foothills and along the national park. This journey will take you through ancient towns, pervaded by history and myths, on the tracks of ancient savors and exquisite wines. It is of medium difficulty and will allow you to visit Taormina, pearl of the Ionian coast, the medieval towns of Randazzo and Castiglione, and the baroque city of Acireale. You will see some of the most important Sicilian nature reserves: the Etna National Park, the park of the Alcantara valley and the nature reserve "Forre Laviche del Simeto".

This self-guided bike tour gives you enough freedom to organize your trip as you would like but still offers the convenience of an organized tour to let you enjoy your bike vacation to the fullest.

Day 1: **Nicolosi**

Individual arrival at Nicolosi, handover of the bikes and the roadbook and maps containing all the information you will need.

Day 2: **Etna - Nicolosi, km 20**

Arrival at Rifugio Sapienza with public transportation, possibility to go further up the Etna mountain with funicular, four-wheel-drive and a guide and return to Nicolosi with the bikes.

In case of unfavourable weather conditions public bus transfer to Catania and possibility of a sightseeing-tour through the town center.

Day 3: **Nicolosi - Bronte, km 49**

You are leaving Nicolosi on quiet back roads, almost all the time downhill you arrive at the nature reserve "Forre laviche del Simeto" to see the famous Saracen bridge. From here you will pass through huge pistachio plantations that announce the near city of Bronte. Overnight in a country manor in the midst of a pistachio plantation.

Day 4: **Bronte - Maniace - Randazzo, km 30/36**

Passing outside of Bronte you will soon arrive in Maniace where you can visit the Castello Nelson and the ex monastery of Santa Maria di Maniace. Continuing on secondary streets you will reach Randazzo, with its rich and interesting medieval town center.

Day 5: **Randazzo - Castiglione - Gole dell'Alcantara - Giardini Naxos, km 44**

Today will be an easy downhill trip along the "strada del vino dell'Etna" with many winemakers along the way. From the gracious town center of Castiglione, you will have a nice view over the Alcantara vally, which separates the Etna from the Nebrodi forests and which you will visit further down the road. Your final destination will be Giardini Naxos on the Ionian coast, where you might enjoy a regenerating bath in its splendid waters.

Day 6: **Giardini Naxos - Taormina - Giardini Naxos, km 20**

After only a few kilometers uphill you will reach Taormina, pearl of the Ionian coast and by itself worth a travel. Here you will have the possibility to visit Castelmola, a picturesque medieval village 5 km above Taormina with breathtaking view over the whole bay and from Calabria to Mount Etna, before you return to Giardini Naxos.

Day 7: **Giardini Naxos - Acitrezza, km 37**

This easy trip takes you along the Ionian coast, also known as "lemon riviera". After a short uphill slope you reach Acitrezza and its interesting baroque city center. The stage finishes in Acitrezza.

Day 8: **Acitrezza- Catania**

After breakfast end of tour and individual departure or extension with additional days.

Departure dates for individual tours:

Every Saturday from **March, 2nd to November, 16th, 2019**. Departure on other weekdays possible on request.
Minimum 2 participants

Tour characteristics:

The route follows mainly less frequented secondary roads. Most of the parts are flat or lightly uphill sections, with a couple of more demanding ascents. This tour is suitable for all healthy persons with a minimum of bike practice.

Please note:

- For the excursion with the alpine guides, cableway and Jeeps on Mt. Etna trekking shoes and warm clothes in spring and autumn are necessary.
- During high season (mid June until end of August) on the coastal stages more intense traffic is to be expected
- Stage Nicolosi/Etna: if the public bus to Mt. Etna should be full or if you are more than 2 participants, the owner of the B&B in Nicolosi can arrange a private transfer to Rifugio Sapienza: € 15 per person/ min. 2 persons, € 12 per person for min. 3 persons.

Rates:

• Basic package per person in double room	€ 660
• Single room supplement	€ 190
• Extra night in Nicolosi in DBL per person	€ 38
• Extra night in Nicolosi in single room	€ 53
• Extra night in Acitrezza in DBL per person	€ 40
• Extra night in Acitrezza in single room	€ 60
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• Half Board supplement (drinks excluded)	€ 180
• Supplement High season (July and August)	€ 90
• Single participant supplement	€ 100
• Bike rental - 24 or 27 gears	€ 90
• Fitness bike/Hybrid	€ 110
• E-Bike rental	€ 150
• Tandem	€ 190
• Trailer for kids (max. 40 kg)	€ 50

Rate includes:

- accommodation with breakfast for 7 nights in 3-star-hotels and B&B
- luggage transfer from hotel to hotel
- detailed maps and road book (**1 set per room**)
- phone assistance

Rate does not include:

- **helmet rental**
- transfer to/from airport
- bus ticket or private transfer from Nicolosi to Rifugio Sapienza (1st stage)
- dinner and lunch, entrance fees, tips
- city taxes
- anything not mentioned above under "Rate includes"

Child reduction (with 2 full paying pax in double room):

0-5,99 years	100%	6-10,99 years	50%
11-13,99 years	25%	over 14 years	10%

Transfer per person, min 2 pax (to be paid on-site):

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|------------------------------|------|
| • Catania Airport – Nicolosi | € 25 |
| • Acireale – Catania Airport | € 25 |

The transfers are carried out by Ciclofree or persons/transport companies for Ciclofree.

Cancellation policy:

28 to 14 days prior to the begin of the tour

50% of the total amount*

13 to 4 days prior to the begin of the tour

70% of the total amount *

From the third day prior to the begin or no show day

90% of the total amount *

*) transfers excluded