

PARKRUN SICILY

Sicilian Volcanoes & Etna parkrun

designed for
parkrunners



WHY EXODUS

It all began in 1974 with two men and one dream: the desire to travel to far-flung parts of the world, interact with local people and learn more about the amazing planet we all live on. Delving into local traditions, cultures, cuisines and history is what we love, what we're passionate about, and what we're constantly striving to share with our clients.

This ethos has stayed with us for over 40 years and we are now pleased to offer more than 500 sensitively run itineraries to over 100 countries worldwide.

Below you'll discover a little more about how we operate.

EXPERTS: We've been doing this for over 40 years - and we remain as driven, passionate and committed to creating brilliant holidays as we ever have.

SECURITY: Exodus hold an Air Traffic Organisers License (ATOL no. 2582), we're also bonded to IATA, and are members of ABTA and FTO. So you know that when you book with Exodus you're fully protected and in safe hands.

For more information visit www.exodus.co.uk/about-exodus

TRUST: You'll find over 10,000 reviews of our holidays online. None modified, deleted or hidden. We learn from your feedback and believe that's why 97% of our customers would recommend us to a friend.

FLEXIBILITY: Want to upgrade your flights? Spend a week relaxing on a beach after your trip? Anything is possible. Speak to one of our experts about flexible travel options and let's make it personal.

SAFETY: We'll meet you from the airport, get you safely from place to place, and provide you with the right kit to tackle every thrilling activity.

VALUE: We have always offered the best experience at a fair price. Our itineraries include the day to day excursions as detailed, meaning you won't have any sudden costs experienced on your trip.

RESPONSIBLE: We always remember that we are only ever guests to the places we visit. We travel courteously, and are always working to improve our impact and give back to communities across the globe.

BOOK WITH CONFIDENCE:





OUR QUOTATION:

Exodus and parkrun are pleased to offer you this itinerary and quote for your next adventure to Sicily!

Inside these pages you'll find the package inclusions and price, trip overview, day-by-day itinerary, trip preparation advice and what your next steps will be.

PRICE PER PERSON:

PACKAGE	COST	DURATION
Flight Inclusive	£1,499	8 Days
Land Only	£1,199	8 Days

PACKAGE INCLUDES:

- All transfers (hydrofoils, private and public buses)
- Accommodation in hotels and apartments as described in the program
- Dinner on days 6 and 7
- Wine tasting and local food specialities on day 2 and 7
- Picnic lunch on day 3
- Local English speaking guide during the whole week
- Certified volcano guided at Stromboli

PLEASE NOTE:

- Prices shown are on a twin-share basis
- Single Supplement £230 (subject to availability)

FLIGHTS:

British Airways

- BA2594 London Gatwick to Catania 1650 2055
- BA2595 Catania to London Gatwick 2140 0005+1

HOW TO BOOK.

If you would like to join Exodus and parkrun, then please note that a deposit amount of £150 per person or 10% of the trip cost, whichever balance is greater, will confirm your booking with Exodus. Full payments are due 60 days before departure. Please contact Paula at Exodus, her details are:



PAULA MASON

+44 (0) 208 772 3929

PMason@exodus.co.uk



TRIP OVERVIEW:

This week long trip offers the opportunity to explore the dramatic volcanic landscapes of Sicily's Aeolian Islands and Mt Etna. The seven islands that make up the archipelago are named as UNESCO World heritage sites and you can see why: Black sand beaches, thermal springs and active volcanoes. Here we trek on Vulcano, Lipari and Stromboli and take in the culture and beauty of the area. On Sicily mainland we trek on Mount Etna (3350m), the highest active volcano in Europe with its diverse landscape. Lava flows and vast plains of black sand at the summit contrast with the green and fertile lower slopes. This trip to Sicily offers a great mix of interesting walks, optional challenging treks, town visits and great food - all in a week!

DAY TO DAY ITINERARY:

DAY 1: 16th June 2019

Fly to Catania and transfer to Milazzo

DAY 2: 17th June 2019

Vulcano (3 hours hiking, +390m - 390m, 8km, 400mt highest point)

Day 3: 18th June 2019

Lipari (4,5 hours hiking, +360m – 500m, 11.5km, 390mt highest point)

DAY 4: 19th June 2019

Stromboli (4 hours hiking, +400m - 400m, 9km, 400mt highest point)

DAY 5: 20th June 2019

Stromboli summit (5 hours hiking, +924m – 924m, 12km, 920mt highest point)

DAY 6: 21st June 2019

The medieval Taormina at the shadow of Mt. Etna

DAY 7: 22nd June 2019

Etna parkrun

DAY 8: 23rd June 2019

Optional Etna Challenge and Departure (4 hours hiking +400m – 400m, 9km, 2200mt highest point)



DAY BY DAY ITINERARY

DAY 1: 16TH JUNE 2019



Accommodation: Hotel in Milazzo
Meals: None

Upon arrival at Catania Airport, we are met by a local representative. We transfer around 90minutes to Milazzo and there is free time to enjoy the hotel facilities.

DAY 2: 17TH JUNE 2019

Accommodation: Hotel in Lipari
Meals: Breakfast

Today we catch the hydrofoil and sail across the sparkling waters to Vulcano, one of the seven Aeolian Islands, famous for its long stretches of black beaches and bubbling thermal springs. Excursion to Vulcano's crater to see the steaming "Fumaroles" (gaseous eruptions). In the afternoon free time for bathing or mud bath.



DAY 3: 18TH JUNE 2019

Accommodation: Hotel in Lipari
Meals: Breakfast , Lunch

In the morning clients get a public bus to the village of Quattropiani. Start walk that takes them along the west coast of Lipari, the wildest and less known one, passing the Old roman spa of St. Calogero along the way. In the afternoon free time for discovering the historic part of Lipari including the castle (the archaeological museum). In the morning clients get a public bus to the village of Quattropiani. Start walk that takes them along the west coast of Lipari passing the Old roman spa of St. Calogero along the way. In the afternoon free time for discovering the historic part of Lipari including the castle (the archaeological museum). End the walk at the historical centre of Lipari where we go tasting some Sicilian wines and delicious local food specialities.





DAY BY DAY ITINERARY

DAY 4: 19TH JUNE 2019

Accommodation: Hotel in Stromboli

Meals: Breakfast

Hydrofoil to Stromboli (1h). Check in at the hotel. At sunset we make some easy walking on the western side of the island to discover the “Sciara del Fuoco” and to approach the famous Stromboli eruptions. Picnic dinner (not included) during the excursion



DAY 5: 20TH JUNE 2019

Accommodation: Hotel in Stromboli

Meals: Breakfast

Free morning to visit the lovely village of San Vincenzo or relax in Stromboli black beaches. In the afternoon hike with a certified volcano guide to the summit area of Stromboli Here we can witness the pyrotechnical activity of the volcano, with nightfall emphasising the dramatic lava fountains and red-hot spurts of molten rock.



DAY BY DAY ITINERARY

DAY 6: 21ST JUNE 2019

Accommodation: Hotel on Etna South

Meals: Breakfast, Dinner

Early in the morning (at about 7 am) hydrofoil from Stromboli back to Milazzo (2h30 sailing) then transfer to Taormina (2h drive). There is free time to visit the town's Greek Theatre – originally built during the 3rd century BC and still used for performances during Taormina's annual summer arts festival – or take advantage of the town's great shopping opportunities and perhaps sample some refreshing mulberry gelato. Transfer to southern side of Etna. We will accommodate in a mountain hotel at 1900mt of altitude, where you can enjoy a spectacular view over the sea and the east coast of Sicily. The hotel is located very closed to the most recent lava flow in a lunar landscape. According to the weather and the season daylight, opportunity to take a first approach to the volcano, visiting the lava flow of 2001's eruption and the "Crateri Silvestri". (1 hr ½ hiking, +150mt – 150mt, 3 km).



DAY 7: 22ND JUNE 2019

Accommodation: Hotel on Etna South

Meals: Breakfast , Dinner

After breakfast, private transfer to reach Pineta Monte Rossi. Enjoy an easy and fun 5Km parkrun with magnificent views of Mount Etna. After the run, back to your hotel for a shower and then transfer to a lovely winery for a wine tasting! Back in the afternoon on Mt Etna and before dinner, enjoy an easy hike around the Silvestri Craters.



DAY 8: 23RD JUNE 2019

Accommodation: End Catania

Board Basis: Breakfast

Today, you can decide between two walks: a hike in the southern area of the Mount Etna volcano (scheduled in the programme and accompanied by your tour leader) or an optional summit trek accompanied by a volcanologist to the top craters of Mt Etna (payable locally and volcanic conditions dependent). If you choose the first walk you will hike up past several lava flows to be rewarded with a dramatic panoramic view of the four craters that make up the top of this famous volcano, plus extensive views of the entire coast of Sicily (4 hours walking, ascent 400m descent 400m, 9km). Alternatively, if you opt for the summit trek, you will start with a ride by cable car and sometimes 4x4 jeeps up until 2900m and then further on foot to 3350m to walk along the rim of the Bove valley, an extensive depression that opened up thousands of years ago as a result of a massive landslide (6 hours walking, + 450 – 450 mt, 9km; depending on recent volcanic activity, the length, duration and altitude of this walk might vary). In the afternoon we will be transferred to Catania airport by a private minibus.





PREPARING FOR YOUR TRIP



BOOKING CONDITION

Please read the Exodus Booking conditions and let us know if you have any questions about the itinerary and quote. Please note, small deviations in the tour program are sometimes necessary, depending on weather, road conditions, flight schedules and room availability.



PACKING ADVICE

We have produced a Universal Packing List which we hope will assist you in preparing for your trip. This should be read in conjunction with the What to Take section of the Trip Notes.



PASSPORT & VISA

We advise that passports should be valid for at least 6 months after your return date and should have at least 2 clear pages for entry stamps, as this is a requirement in a number of destinations. Please ask your consultant for any details regarding any visas required for your holiday. Non-British passport holders should check requirements with the relevant consulate or embassy.



TRAVEL INSURANCE

If you have not purchased insurance at this stage, please note that to travel on any Exodus holiday you must have adequate cover for the activities involved.

If you are booking from the UK: please contact us on specialistsales@exodus.co.uk or 0208 772 3874. The full policy details are available here.

If you are booking from the US & Canada, please contact Arch Insurance Solutions to arrange a suitable policy.

If you are booking from Australia, NoWorries Insurance is our preferred provider of adventure travel insurance. Whilst on an Exodus holiday, NoWorries Travel Cover specifically insures against all activities undertaken across our entire range of tours. Simply use the PROMO code EXODUSNOW (or EXODUSTOUGH for all Tough and Tough + graded Exodus tours) and you'll save 5% on their standard online price.



PRE-EXISTING MEDICAL CONDITIONS

If you have any pre-existing conditions or disabilities, you should contact your travel insurance provider's medical screening helpline. We would also strongly suggest that you discuss all medical conditions and any medication you are taking with your tour leader at the start of your trip. It is a requirement of joining an Exodus trip that any pre-existing medical conditions which may affect your safe participation are declared within 14 days of receiving your booking confirmation, so if you have not passed on the relevant information already, please contact our Customer Services team on customerservices@exodus.co.uk (quoting your booking reference) to provide further details.



DIETARY REQUIREMENTS

If you did not mention any specific dietary requirements at the time of booking, please provide details to our Private Adventures team on specialistsales@exodus.co.uk as soon as possible so we can pass them on to our local partners and any airlines, if applicable.



RESPONSIBLE TRAVEL

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CUSTOMER CHARTER

Travelling should not only be about the destination, but also about how you get there. From the excitement of making that initial research and paying your deposit, through to the trip itself and even after you return home, every stage is a part of your journey with us. Here at Exodus, we are committed to doing everything we can to make this journey as enjoyable as possible and, in order to help us achieve this, we have launched our Customer Charter, which defines what you can expect from Exodus and sets out what we aim for each time you travel with us.

RESPONSIBLE TRAVEL

At Exodus we have always believed in three simple guiding principles for the way in which we want to travel.

- *We realise that every destination is someone else's home*
- *We should leave places as we would like to find them*
- *We should ensure that communities benefit from our visit*

Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs.

The last few decades have been dotted with disaster stories where tourism has resulted in over-development, destruction of environments and in cultural misunderstandings and mistrust. It has also recently been embroiled in the debate about global warming and carbon emissions caused by flying. At Exodus we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges.

The following are the key points in our philosophy:

IMPACT: *Small groups have less impact on local communities and environments.*

INVESTMENT: *Where possible we believe in putting money directly into the communities we visit by using locally owned and run accommodation and eating locally produced food.*

FAIR: *We are careful to ensure that local staff and operators receive a fair rate for their services.*

TRAINING: *We encourage our own staff to take an active interest in responsible and sustainable tourism and train them accordingly so that they can put our policies into practice.*

CONSERVATION: *We endeavour to ensure that our practices help in the environmental conservation of the areas we visit, and have staff actively raising large amounts of money for the cause.*

ADVICE: *We provide our clients with advice and guidelines on how to respect the social, cultural and religious beliefs of local communities, whether that be in trip note literature or on trip.*

To find out more about our philosophies and projects please visit:
www.exodus.co.uk/responsible-travel

BOOK WITH CONFIDENCE:

