Bicycle Tours in Italy: Cycling Southwestern Sicily's Ancient Mediterranean Cities

OVERVIEW

This bicycle tour of western Sicily will show you the best of traditional southern Italy. Beginning in Agrigento, you'll ride to the coastal town of Trapani known for its seaport and tuna fishing. Explore the medieval village of Erice with its narrow stone alleyways, and the hilltop town of Caltabellotta. Along the way you'll also visit Marsala and sample its fortified wines, and discover some of the finest classical Greek temples still in existence at Selinunte and Agrigento. The diverse terrain offers a rewarding cycling journey through beautiful regions rich in vineyards and agriculture, and picture perfect coastal views.

***Continue your exploration of Sicily and join us to for the

HIGHLIGHTS

Agrigento, Lunch at Caltabellotta, Guided walk of Selinunte, Castelvetrano, Marsala wines, Erice, Trapani

TOUR FACTS

<table>
<thead>
<tr>
<th>Includes</th>
<th>The usual plus... 7 days, 6 nights' accommodation; all breakfasts, 1 lunch, 4 dinners with wine; guided walk of Valle dei Templi and Selinunte; Marsala wine tasting; and the usual (see below).</th>
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<tbody>
<tr>
<td>Countries</td>
<td>Italy</td>
</tr>
<tr>
<td>Begin/End</td>
<td>Agrigento / Trapani</td>
</tr>
<tr>
<td>Arrive/Depart</td>
<td>Catania Vincenzo Bellini/Fontanarossa (CTA) / Palermo Falcone Borsellino Airport (PMO) or Vincenzo Florio Airport Trapani-Birgi (TPS)</td>
</tr>
<tr>
<td>Total Distance</td>
<td>349km (215 miles)</td>
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<tr>
<td>Avg. Daily Distance</td>
<td>68km (42 miles) per riding day</td>
</tr>
<tr>
<td>Tour Level</td>
<td>3.5: Expect some climbing every day with one day in excess of 3,000 feet.</td>
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<tr>
<td>More Photos</td>
<td><a href="https://experienceplus.smugmug.com/gallery/50953316_Hg2hNj">https://experienceplus.smugmug.com/gallery/50953316_Hg2hNj</a></td>
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Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the [online itinerary](https://www.experienceplus.com/guided-bike-tours/italy/bicycling-southwestern-sicily-mediterranean-cities) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:
**Bicycle Tours in Italy: Cycling Southwestern Sicily's Ancient Mediterranean Cities**

### Dates & Prices

<table>
<thead>
<tr>
<th>Dates</th>
<th>Price</th>
<th>Single Supplement*</th>
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<tbody>
<tr>
<td>May 16-22, 2020</td>
<td>USD$3700</td>
<td>USD$550</td>
</tr>
<tr>
<td>Sep 26-Oct 2, 2020</td>
<td>USD$3700</td>
<td>USD$550</td>
</tr>
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*We are happy to match solo travelers who would like to share a room with someone of the same gender. If no match exists, due to hotel pricing, we will charge 50% of the single supplement rate. This fee will be collected at the time of the final payment. If a roommate assignment is available this fee will be refunded at the conclusion of the tour.*
Travel Information

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**ARRIVAL INFO**

Meeting time 2 p.m. (don't be late or you'll miss the excellent guided visit of the Temples!) - on Day 1, meet your fellow cyclists and Tour Leaders at the Day 1 Hotel specified on the itinerary.

**Note:**

As you are planning, remember that the hotels listed in our itineraries are our primary hotels and are - in rare cases - subject to change. Before you make arrangements, check with us if your tour departure is guaranteed. If your tour departure is out further than 6 months, please also check with us as there might be slight changes to the itinerary.

The below information will help you plan your arrival. For more tips or other routes, you might like [Rome2Rio](#). The fare and timing information listed below is approximate.

**We recommend flying into the Catania Airport (CTA).**

1. Taxi to Catania Centrale train station (20 min/EUR 25 (for 2 people))
2. Train from Catania to Agrigento Centrale (4.5 hours/Fares vary, no advance booking necessary)
3. Taxi from the Agrigento train station to the Day 1 hotel. (10 min/EUR 10-15)

   • Or hotel transfer from the Catania Airport to the Day 1 Hotel (2.5-3 hours/fare varies by number of passengers and time of day)

**Note:** Sicily is not an entirely train-friendly region and on some routes train travel can take several hours with various changes, so it's not as convenient as in other Italian regions. However, for the route above, the bus service has been suspended, so the train is the best options to get from Catania to Agrigento at this time.

**DEPARTURE INFO**

Your trip ends on the final day after breakfast.

The below information will help you plan your departure. For more tips or other routes, you might like [Rome2Rio](#).

**Flying out of the Trapani Airport (TPS):**

• Taxi from the ending hotel to the Trapani Airport (30 min/EUR 30)
• Or AST Bus from Trapani Porto (Tour Leaders or hotel staff can assist) (40 min/EUR 5)

**If you choose to fly out of Palermo (PMO):**

• Taxi from the ending hotel to the Palermo Airport (1 hour/EUR 110 for 1 to max. 4 persons)
• Or [Segesta Autolinee Bus](#) from Trapani Porto to Palermo Airport (Tour Leaders or hotel staff can assist) (1 hour 10 min/EUR 9)
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Meet in Agrigento

**Highlights** Agrigento, guided visit Valle dei Templi

Agrigento features one of the finest collections of ancient Greek temples anywhere in the Mediterranean basin. Our hotel is not far from the ruins and we’ll take a guided visit at the Valle dei Templi as the setting sun turns the limestone columns a golden color. We celebrate with an inaugural dinner together this evening.

DAY 1

**Meals** Dinner

**Lodging** Colleverde Park Hotel

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Agrigento to Sciacca

**Highlights** Sciacca

Your ride today offers a lovely combination of terrain as you head inland through wheat fields, and vineyards towards the village of Cattolica Eraclea. When the sweet scent of oranges envelopes you, you will know that you are approaching the town of Ribera famed for - you guessed it - orange (and olive) groves! The landscape changes again as you enter a magical area filled with whimsical geologic formations just before you enter Ribera. Our destination today is Sciacca.

DAY 2

**Distance** 72 km (45 mi)

**Gain** 1016 m (3332 ft)

**Terrain** Hilly

**Level** 4.0

**Meals** Breakfast

**Lodging** Locanda al Moro

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Sciacca to Menfi

**Highlights** Extraordinary lunch at Caltabellotta, swimming pool

Today you’ll enjoy a gorgeous and challenging ride (or shuttle in the van) to Caltabellotta where you’ll feast on a lunch of Sicilian specialties. This hilltop village is nestled on a limestone perch three thousand feet above Sciacca. After lunch the rest of the ride is a feast for the senses as you spin through aromatic citrus and olive groves on your way to our elegant lodge tonight. Enjoy a refreshing dip in the swimming pool, and the spectacular views.

DAY 3

**Distance** 63 km (39 mi)

**Gain** 986 m (3234 ft)

**Terrain** Very Hilly

**Level** 4.0

**Meals** Breakfast, Lunch, Dinner

**Lodging** Il Vigneto
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Loop ride to Selinunte and the sea

**Highlights** Selinunte, optional ride to the beach

It’s a short ride to Selinunte where we'll have a guided walk through some of the most spectacular ruins in Sicily. The Greek ruins are divided between two ridges, one features temples and the other the remnants of the ancient city. Take an optional ride to the beach at Porto Palo if you'd like a little extra mileage and the chance for a swim. Tonight we’ll enjoy a special dinner in a local winery, wine tasting and visit.

**DAY 4**
- **Distance**: 60 km (38 mi)
- **Gain**: 630 m (2066 ft)
- **Terrain**: Rolling
- **Level**: 3.0
- **Meals**: Breakfast, Dinner
- **Lodging**: Il Vigneto

Menfi to Marsala

**Highlights** Castelvetrano, vineyard landscapes, Marsala and its wines

A beautiful ride is on tap for today. Fall in love with typical Sicilian landscapes that feature rolling hills covered in vineyards. This spectacular ride leads you to Castelvetrano and stop to admire its beautiful square. Next up is Mazara del Vallo where you'll have the chance to explore examples of Muslim architecture and enjoy fresh fish from one of the largest fishing ports in Italy before riding back along the shore to Marsala. This afternoon we'll sample the famous, fortified Marsala wines.

**DAY 5**
- **Distance**: 75 km (47 mi)
- **Gain**: 415 m (1361 ft)
- **Terrain**: Rolling
- **Level**: 2.5
- **Meals**: Breakfast
- **Lodging**: Hotel Carmine

Marsala to Trapani

**Highlights** Bike to Erice and Trapani

You ride west today, partially along the coast and then up to the hilltop village of Erice. Erice was a Greek town and important medieval fortress that maintains its original ambiance. The end of the bike ride takes you to the coastal town of Trapani for a celebratory dinner together.

**DAY 6**
- **Distance**: 79 km (49 mi)
- **Gain**: 1123 m (3683 ft)
- **Terrain**: Mountainous
- **Level**: 5.0
- **Meals**: Breakfast, Dinner
- **Lodging**: La Gancia
## Cycling tour ends today in Trapani

**Highlights** Trapani

There is plenty of history in Trapani as its strategic position on a slip of land saw Carthaginians, Normans, Arabs, Spanish, and Bourbons walk its streets before the unified Republic of Italy was formed in 1861. If you spend a few days here we recommend a boat excursion and head off to the nearby island of Favignana. Join us again sometime soon!

| DAY 7 | Meals | Breakfast |
BEFORE YOU LEAVE

• Traveler Services: Assistance with arrival and departure, booking extra nights at your starting and ending tour hotels.
• Bicycle Tour Training programs designed specifically for your tour and fitness level.
• Tour Planning tips on what to pack, reading and movie lists, hotel recommendations and many other helpful tips.
• A complimentary gift of your choice.

ON YOUR BICYCLE TOUR

• Superb tour leaders who are great fun and also bilingual, bicultural experts, and avid cyclists. They’re experienced to help you navigate confidently on and off the road.
• Comfortable lodging in 3-4 star hotels located in or near the town square with easy access to your favorite café (bar, gelato, espresso) of the day, always with a private bath.
• All breakfasts & at least half of your dinners each featuring multi-courses, fresh, seasonal specialties and wine or beer for dinners. See specific tour itineraries for details.
• On many tours we also have 1 or 2 lunches - see specific tour itineraries for details.
• Use of a high quality Titanium road bike, hybrid, or an aluminum tandem (aluminum road bikes or hybrid bikes in South America), geared specifically to cruise the flats and help ease you over the mountain. Our bikes come with an odometer so you can track your miles, an expandable rear rack pack to carry your stuff, and one water bottle that’s yours to keep. Refer to our bikes page for full details.
• Full van support including: luggage shuttle, water and snack resupply, mechanical assistance, and rides for tired cyclists!
• Special events like wine tastings and cultural visits as described in the trip itinerary.
• All tips and gratuities at tour hotels and group meals.
• Unique and scenic routes, marked with our signature chalk dust arrows that ensure that you won't get lost and have the freedom to travel at your own pace.
• Daily mileage options—for those folks who just can't get enough cycling, we'll suggest optional routes off our marked course.
• Detailed route map, and informational sheets each day that tell you more about the area where you will be riding.
• All the fun (and more) that you expect from your vacation.

WHAT'S NOT INCLUDED

• Transportation to and from the bicycling tour including airfare, or train travel.
• Helmets - we ask that you bring your own to ensure the safest fit.
• Meals not listed in the itinerary
• Tour Leader gratuity (with the exception of Expeditions)

AFTER YOUR BICYCLE TOUR

• Deeply discounted tours with our Re-Cycle Program. Your fifth tour with us will be discounted by 50% of the average price of your previous four tours; your tenth tour will be discounted by 100% of the average price of your previous nine tours!
Travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. Our tour levels fall on a scale of 1 - 5. In addition to the overall tour level we have developed daily level summaries to provide an even more detailed look at what kind of cycling you can expect from each day on tour. You’ll find all of the details including mileage, elevation gain, terrain and level for each day of the itinerary to help you better understand what to expect from your tour.

**LEVEL 1 - 1.5**
This day will be mostly flat and the distance will rarely exceed 30 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage**: 15-30km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain**: Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

**LEVEL 2 - 2.5**
This day is ideal for riders newer to bicycle touring looking for a bit of a challenge, or for individuals who desire shorter days on the bike. On average, level 2 - 2.5 bike tours will ride 30-50 km per day on mostly rolling terrain.

- **Average daily mileage**: 30-50km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain**: Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

**LEVEL 3 - 3.5**
Level 3 - 3.5 tours are for active individuals (who run, bike, swim etc. on a regular basis) with the desire to cover longer daily distances on the bicycle. These tours are a great workout when you're riding as you will average 50-70 km daily with total gain of 2,000-2,800 ft. There will be multiple 4-6% climbs throughout the tour.

- **Average daily mileage**: 50-70km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain**: Multiple Climbs with grades of 4 - 6%.

**LEVEL 4 - 4.5**
Level 4 - 4.5 tours are for passionate cyclists or very active individuals. This level tour is great for cyclists looking to stay in shape and pedal hard they travel across regions or countries. Level 4 - 4.5 tours cover 70-90km daily with 2,800-3,600 ft of gain. Cyclists on a level 4 - 4.5 bicycle tour can expect multiple climbs, some climbs might be short and steep (6-8% for 1-3 km) while others may be sustained (6+ Km) at a 4-6% grade.

- **Average daily mileage**: 70-90km. Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain**: Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 – 6% grades for 6 kilometers or more.

**LEVEL 5 (EXPEDITIONPLUS!)**
Our ExpeditionPlus! tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages means limited van support so we recommended these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage**: 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Terrain**: Expect and be prepared for any and everything.

**REMEMBER**
It is almost always possible to adapt the day's ride to how you are feeling either by taking advantage of the support van, or asking tour leaders for additional mileage.

**Need More Miles?** On just about every day of every tour it is possible to add miles to the day. Just talk to your tour leader about the options.

**Need Fewer Miles?** If you aren't sure about your abilities or how much you want to ride remember the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. You are on vacation and we're here to help make it perfect for you.

**Chalk Dust Arrows.** Remember, no matter what level of tour you choose ExperiencePlus! uses chalk dust arrows to mark our routes so riders can take the day at their own pace! Whether you prefer to stop at every gelateria, take a hundred photos a day, or push to achieve a new personal best you’ll be happy on our tours.
BICYCLES
Your bike will be equipped with: a men's or women's saddle, a quick release style seat post adjustment, rear rack and expandable pack, pump, patch kit, spare tube, cable lock, cyclometer, rear lights, a water bottle cage (or two) and a water bottle (or two) and a bell. If you would like to bring your own pedals and shoes we recommend doing so—you tour leaders will install them during the bike fitting. We have flat pedals with or without cages available. For safety and hygiene reasons we recommend you bring your own helmet.

Daily Routine (Procedures and Logistics)

DAYSHEETS
Each day you'll receive a daysheet with information on the day's activities, meals and ride, which will be discussed during a briefing. The Daysheets also include Tour Leader phone numbers, hotel information and interesting historical and cultural information about sites that you may want to stop and see along the route. Your Tour Leaders will also post daily announcements in the hotel lobby with information about sightseeing in town or restaurant recommendations for dinners on your own as well as important information about breakfast, luggage down and "arrows down" time.

NAVIGATING ON TOUR
Daily we provide you with a highlighted route map. Of course, we also mark the route every day with our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map! The arrows also allow you to ride at your own pace. There is no need to "keep up" with the group—this is your ride!

But what if it rains? What happens to the arrows? In a light rain, the arrows actually "set up" and become more permanent. In a heavy rain, they do wash away. If that happens, we'll re-group to cycle together for those who want to continue cycling while those who prefer to stay dry can shuttle.

For the tech-loving riders out there we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device using RideWithGPS.com.

VAN SUPPORT
Full van support including: luggage shuttle, water and snack resupply, mechanical assistance, and rides for tired cyclists!

HOTELS
We have carefully chosen all of our accommodations for their charm and location. They are typically small, family run hotels that offer you a glimpse into the local culture. We prefer hotels near interesting sites in the center of town located along the best cycling route in the area. Because many of the hotels are small not all of the rooms will be exactly the same. We keep this in mind and do our best to distribute rooms fairly by the end of the tour. Our itinerary lists our primary hotels. On rare occasions, listed hotels are subject to change.

MEALS AND RESTAURANTS
Breakfasts: we work hard to arrange complete breakfasts but some hotels still serve continental style breakfasts; cycling is energy intensive so we do recommend you plan for a morning or mid-morning snack on the road at a local café or market.

Water is OK in almost all hotels and in country fountains; if there is a problem, we will advise you.

We'll recommend lunch locations en route and most itineraries include a few group picnics. We limit the number of picnics so you don't feel pressured to be at a certain place in the middle of your ride.

Dinners together are often pre-planned and pre-ordered. We'll ask you if you have special dietary requirements. Pre-planned meals allow us to provide a variety of regional specialties and facilitate efficient service. Water, wine and beer are included.

TIPPING YOUR TOUR LEADER TEAM
If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5% of the tour cost per traveler – this for the entire tour leader team, not each Tour Leader. If you’d like to show your gratitude for your Tour Leaders’ excellent service you can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your Tour Leaders did not quite meet your expectations, then we would like to know about it. You will also have the opportunity to leave your comments in our evaluation survey which we email to you after your trip.

PHOTOS
By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or taken by our guides or travelers free of charge and without your right to inspection. If you do not want us to use any images of you on tour, you must inform...
TO DO ONCE YOU’VE BOOKED!

☐ Read through your Reservation Confirmation Email, it has important information to help you plan your trip!

☐ Check the date on your passport. The expiration date should extend three months past your date of return to your home country.

☐ Complete the Customer Information Form: https://www.experienceplus.com/blog/travel-planning/customer-information-form/

☐ We recommend you take out travel insurance. Find details at https://www.experienceplus.com/blog/travel-planning/travel-insurance/

☐ Download the bicycle training program: https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/

☐ Peruse our country-specific Travel Planning Pages: https://www.experienceplus.com/blog/travel-planning/

6 TO 3 MONTHS PRIOR TO TOUR START DATE

☐ Check the online itinerary of your trip and review the arrival and departure information under the "Travel Information" tab to see meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, and other important information to help you plan your arrival and departure.

☐ Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.

☐ Book your pre and post-tour hotel nights.

☐ 12 weeks before your tour begin your training program https://www.experienceplus.com/blog/travel-planning/bicycle-tour-training/.

☐ Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Deposit Payment Invoice and the Final Payment Reminder e-mail you have received for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

☐ Start reading one of the books or watching one of the movies from our Reading and Movie List you’ll find on the country-specific Travel Planning Pages: https://www.experienceplus.com/blog/travel-planning/.

☐ Plan what you are going to pack and start packing! Refer to the Packing Lists on our website at https://www.experienceplus.com/blog/travel-planning/packing/.

☐ We’ll email your Hotel Itinerary, the Participant Roster, names and contact information of your Tour Leaders and other important departure information about 30 days prior to departure.

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on. See you soon!