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>Tour Style</th>
<th>Classic: Learn more about our Classic tours at <a href="https://www.experienceplus.com/tours/bike-tour-styles/classic-tours">https://www.experienceplus.com/tours/bike-tour-styles/classic-tours</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Includes</td>
<td>7 days, 6 nights' accommodation; meals as noted in itinerary; guided walk of Valle dei Templi and Selinunte; Marsala wine tasting; and the usual (see below).</td>
</tr>
<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>
</tr>
<tr>
<td>Avg. Daily Distance</td>
<td>68km (42 miles) per riding day</td>
</tr>
<tr>
<td>Tour Level</td>
<td>⭐⭐⭐⭐⭐ Expect some climbing every day with one day in excess of 3,000 feet.</td>
</tr>
</tbody>
</table>

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 for the most up-to-date trip information including arrival and departure tips before you depart for your trip:
https://www.experienceplus.com/guided-bike-tours/italy/bicycling-southwestern-sicily-mediterranean-cities
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**Dates & Prices**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Price</th>
<th>Single Supplement*</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 15-21, 2021</td>
<td>USD$3700</td>
<td>USD$550</td>
</tr>
<tr>
<td>Sep 25-Oct 1, 2021</td>
<td>USD$3700</td>
<td>USD$550</td>
</tr>
<tr>
<td>Oct 9-15, 2021</td>
<td>USD$3700</td>
<td>USD$550</td>
</tr>
</tbody>
</table>

*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.

**Daily Ride Summary**

<table>
<thead>
<tr>
<th>Day</th>
<th>Distance/Gain</th>
<th>Terrain</th>
<th>Day Level</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Test ride</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>72km / 1016m (45mi / 3332ft)</td>
<td>Hilly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>63km / 986m (39mi / 3234ft)</td>
<td>Very hilly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>60km / 630m (38mi / 2066ft)</td>
<td>Rolling hills</td>
<td></td>
<td>Today's ride is an optional loop ride</td>
</tr>
<tr>
<td>5</td>
<td>75km / 415m (47mi / 1361ft)</td>
<td>Rolling hills</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>79km / 1123m (49mi / 3683ft)</td>
<td>Mountainous</td>
<td></td>
<td>Shorter optional ride available</td>
</tr>
<tr>
<td>7</td>
<td>Last day</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Travel Information

Selected Tour Start Date: Saturday, May 15th, 2021

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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)
Day to Day Itinerary
Selected Tour Start Date: Saturday, May 15th, 2021

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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: Sat, May 15th

**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: Sun, May 16th

**Distance** 72 km (45 mi)

**Gain** 1016 m (3332 ft)

**Terrain** Hilly

**Level** 

**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: Mon, May 17th

**Distance** 63 km (39 mi)

**Gain** 986 m (3234 ft)

**Terrain** Very Hilly

**Level** 

**Meals** Breakfast, Lunch, Dinner

**Lodging** Il Vigneto
Day to Day Itinerary
Selected Tour Start Date: Saturday, May 15th, 2021

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Loop ride to Selinunte and the sea

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

Enjoy a 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.

**Distance** 60 km (38 mi)
**Gain** 630 m (2066 ft)
**Terrain** Rolling hills
**Level** ⬤⬤⬤⬤
**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.

**Distance** 75 km (47 mi)
**Gain** 415 m (1361 ft)
**Terrain** Rolling hills
**Level** ⬤⬤⬤⬤
**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.

**Distance** 79 km (49 mi)
**Gain** 1123 m (3683 ft)
**Terrain** Mountainous
**Level** ⬤⬤⬤⬤
**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!
WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include the three most important aspects of a guided bike tour.

- Superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.

- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling. More details on our bikes page.

- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.

- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages.

- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing ExperiencePlus!

- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Not included on Explorer Tours.)

ON TOUR

- See "What's Included" on your tour Itinerary for tour-specific inclusions.

BICYCLES

For a full list of what's included with your bike see Our Bikes page. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer tours we include a GPS device on all bikes. We ask that you bring your own helmet to ensure the best fit. Please ask if you would like us to provide you with a gently used helmet and we will do so.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

Each day you'll receive a daily briefing with a highlighted route map and daysheet (print or digital) that includes information on the day's activities, meals and ride. Daily information also includes Tour Leader phone numbers, hotel information and interesting historical and cultural information.

You'll receive a highlighted route map each day or a briefing with the GPS tracks. On Classic, Bike and Boat, Spotlight and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

Before each tour we offer the opportunity to download GPS tracks of most tour routes to your personal GPS device or smartphone using RideWithGPS.com. We do not provide GPS tracks for tours in South America.

On tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your 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.

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 is for the entire tour leader team, not each tour leader. 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, please let us know.

*Tips are included in Expedition pricing.

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 your tour leader in writing at the start of the tour.
OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers. No matter what you are looking for in a cycling vacation, we have a tour with just the right pace for you.

**Classic Tours:** Dream of traveling through a region by bike? then our Classic style bike tours are for you! Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- **Tour Length:** 7-15 days
- **Hotels:** 3-4 stars, most itineraries include at least one two-night stay at the same hotel.
- **Road Type:** Pavement, bike paths.
- **Multi-night Stays:** Occasionally
- **Navigation:** Chalk Arrows
- **Price:** $$$
- **Tour Levels:** 1-4.5

**Explorer Tours:** Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- **Tour Length:** 7-8 days
- **Hotels:** 2-3 stars, occasional multi-night stays at the same hotel.
- **Road Type:** 30-50% gravel or hard-packed dirt, the rest pavement.
- **Multi-night Stays:** Occasionally
- **Navigation:** Group riding and GPS
- **Price:** $$
- **Tour Levels:** 1-4

**Spotlight Tours:** Multi-nights stays, loop rides, choose from a selection of activities or enjoy hotel amenities during your free time.

- **Tour Length:** 6-7 days
- **Hotels:** 3-5 stars, typically 3-nights spent in one hotel and 2-nights in the other.
- **Road Type:** Pavement
- **Multi-night Stays:** Min 2 night stays
- **Navigation:** Chalk Arrows
- **Price:** $$$
- **Tour Levels:** 1-4

**Bike and Boat Tours:** Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- **Tour Length:** 7-8 days, some itineraries have land-based extensions available.
- **Barge/Boat:** 3-4 star, same cabin for the entire boat trip.
- **Road Type:** Pavement
- **Navigation:** Chalk Arrows
- **Price:** $$$
- **Tour Levels:** 1-4

**Expedition Tours:** Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- **Tour Length:** 15-40 days
- **Hotels:** 2-4 stars, typically there is a 2-night hotel stay every 5-7 days.
- **Road Type:** Pavement with occasional hard-packed dirt or gravel.
- **Multi-night Stays:** On rest days
- **Navigation:** Chalk Arrows
- **Price:** $$$
- **Tour Levels:** 4-5
We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day’s ride.

LEVEL 1 - 1.5
Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 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**: 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain**: 0-400 M (0-1200 ft)
- **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
Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage**: 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain**: 400 - 600 m (1200 - 2000 ft)
- **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 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage**: 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain**: 600 - 900m (2000 - 2800 ft)
- **Terrain**: Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5
Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage**: 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain**: 900-1000m (2800-3600 ft)
- **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 mean limited van support so we recommend 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.
- **Gain**: 500-2000 m (1600- 6500 ft)
- **Terrain**: Expect and be prepared for any and everything.

REMEMBER
A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.
TO DO ONCE YOU’VE BOOKED!

☐ Read through your Reservation Confirmation (link sent to you by e-mail), 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/

☐ Choose a 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

☐ 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.

☐ Begin your chosen training program

☐ 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 Lists: https://www.experienceplus.com/blog/travel-planning/.

☐ Plan what you are going to pack and start packing! Refer to the Parking 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 2 weeks prior to your tour start date.

DAY OF YOUR FLIGHT

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