

## Italy Sicilia

# The Madonie Park: Trekking from the Sea to the Summit

Let's set off to discover Sicily's most beautiful mountains - the Madonie!

This week-long trekking adventure begins on the Tyrrhenian coast and takes us all the way to the summit of the Madonie, nearly 2,000 metres above sea level. Along the way, we'll journey through forests, meadows and Mediterranean scrubland, beneath ancient trees, into caves and through charming villages.

Together, we'll share a truly unique experience in one of Sicily's lesser-known regions, blessed with exceptional natural and cultural treasures.



Sicily is overflowing with beauty - that's for certain!

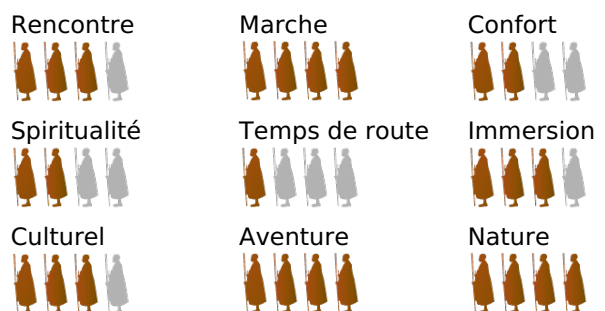
The Madonie Natural Park offers an unrivalled playground and a truly unique experience at the heart of a Sicily that remains wonderfully undiscovered. Over the course of a few days, we'll uncover the hidden treasures of this remarkable region. With curiosity and enthusiasm, let's explore the nature and culture of a different side of Sicily.

This hike, from the Tyrrhenian coast to the peaks of the Madonie, is the perfect chance to step off the beaten path - through forests, meadows, caves and charming villages. An adventure not to be missed!

### You will like

- 👉 The extraordinary botanical and geological richness of the Madonie Park
- 👉 The surprising variety of landscapes
- 👉 Discovering the local gastronomy, a blend of exotic influences and rural traditions
- 👉 The charm of the villages
- 👉 The Arab-Norman Cathedral of Cefalù, a UNESCO World Heritage site

### Barometer





## Practical information

- 🕒 **Age & public** : For solo travellers, small groups, and families with teenagers from 16 years old
- 🕒 **Durée** : 7 days on site
- 🕒 **Dates & périodes** : Best travel period: May to June and September to October
- 🕒 **Nombre participants** : 2 to 8 travellers (solo or groups of 9+ travellers: on request)
- 🕒 **Formule du voyage** : Sportsy Package (Let's Go: Trek, Explore Nature, Discover Traditions, Savour Local Cuisine)
- 🕒 **Régions & paysages** : Madonie Regional Park: mountain landscapes, countryside, and coastal scenery
- 🕒 **Hébergements** : Bed & Breakfasts and mountain lodges (comfortable, with private rooms)
- 🕒 **Transport** : Private vehicle
- 🕒 **Portage** : None (luggage transported by vehicle)

## Program

**Legend: B L D** = meals included in the price of the trip (**B**reakfast, **L**unch and **D**iner)

**Note** : the outline of this program (steps, activities, etc.) is given for information purposes only.

It may undergo modifications or adjustments depending on technical criteria, safety requirements, current climatic conditions and availability. Our guides always do everything possible to make the best possible decisions and options.

### little note :

Tout voyage qui sort des sentiers battus comporte parfois des événements imprévus (grève, route coupée, fête locale...) ; votre capacité d'adaptation aux conditions locales (transports, nourriture, hébergements, imprévus, aléas climatiques), comme à des événements inattendus sera aussi une clé à la réussite de votre voyage.

Nous comptons sur vous pour avoir un esprit délibérément « positif » et ne jamais oublier votre sens de l'humour.

Nous vous souhaitons un très beau et riche voyage .

### Day 1: Palermo (Meals: -D; transport: 1h 45min)

Arrival at Palermo Airport and transfer to Sant'Ambrogio, a small village on the Tyrrhenian coast, just a short distance from Cefalù. The afternoon is free (with the option to visit the beach). In the evening, we'll meet the guide and fellow hikers over an apéritif-dinner, enjoying the stunning views from the village viewpoint.

Overnight stay in a hotel in Castelbuono

### Day 2: Sant'Ambrogio - Castelbuono (Meals: B-D; 12 km with 500 m of elevation gain)

We leave Sant'Ambrogio and soon find ourselves immersed in the typical vegetation of the Mediterranean maquis. Next, we cross the countryside, with its olive groves, citrus orchards and... ash trees! In fact, this is the only place in the world where manna ash is still cultivated for its sap – a delicious nectar with numerous medicinal properties.

We arrive in Castelbuono in the afternoon. This charming little town lies at the foot of the Carbonara Massif, the main mountain of the Madonie Park.

Picnic lunch during the excursion – Dinner on your own (many restaurants in town; your guide can offer recommendations) – Overnight stay in a B&B

### **Day 3: Castelbuono - Piano Sempria** (Meals: BLD; 10 km with 800 m of elevation gain)

We set off on foot from Castelbuono's historic centre. After leaving the town, we begin our ascent through the woods, following a route rich with natural caves and centuries-old trees.

As we gain altitude, we enjoy stunning panoramic views of the mountains and coastline – on clear days, the Aeolian Islands off the coast of Sicily come into view. We stop at the thousand-year-old oak of Macchia dell'Inferno, considered the oldest in Italy, before arriving at the mountain refuge in the afternoon.

Lunch, overnight stay, and breakfast: Rifugio F. Crispi – Private rooms

### **Day 4: Piano Semprio - Piano Battaglio** (Meals: BLD; 12 km with 500 m of elevation gain)

We set off to reach the heart of the Carbonara Massif. The route offers an incredible variety of habitats and landscapes. We stop at a truly unique location: a forest made entirely of monumental holly trees, some centuries old.

We also pass over the heights of Pizzo Canna, whose cliffs are home to a pair of golden eagles. In the afternoon, we arrive at Piano Battaglia.

Picnic lunch during the excursion – Dinner, overnight stay, and breakfast at Rifugio Marini, with private rooms

### **Day 5: Pizzo Carbonara** (Meals: BL-; 8.5 km with 400 m of elevation gain)

We spend the morning at Pizzo Carbonara: at 1,979 m, it is the highest peak of the Madonie and the second tallest mountain in Sicily after Mount Etna. We follow a circular route full of surprises, from millions-year-old marine fossils to rare plants and colourful butterflies.

In the early afternoon, we return to Piano Battaglia and transfer to Cefalù. The region's main seaside town, Cefalù is renowned for its Arab-Norman Cathedral, a UNESCO World Heritage site. En route, we stop at Isnello, a picturesque village where time seems to have stood still.

Picnic lunch during the excursion. Dinner at a restaurant, followed by a free evening. Overnight stay in a B&B.

### **Day 6: Day in Cefalu** (Meals: B-; transport: 20min)

In the morning, we climb the Rocca, a massive rock overlooking the town, offering fantastic panoramic views. We then descend into the old quarters to visit the "porticciolo" (small harbour), the medieval washhouse, and, of course, the imposing cathedral. A fascinating blend of Nordic architecture, Arab influences, and Byzantine mosaics, it stands as a symbol of the multicultural society that thrived in Sicily during the Middle Ages.

At midday, we refuel by sampling Sicilian street food: from arancini (stuffed and fried rice balls) to panelle (chickpea flour fritters).

Afternoon at leisure: an opportunity to swim, relax on Cefalù's long sandy beach, do some shopping, take a boat trip, or go snorkelling (check the day before for prices, schedules, and availability).

Dinner on your own. Overnight stay in a B&B.

### **Day 7: Palermo** (Meals: B- ; transport: 1h 30min)

Departure for Palermo. Depending on your flight schedule, there may be an opportunity to explore or take a stroll around the city.

## **Prices and conditions**

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**Price per person** (varies depending on the final number of travellers, including adults and children))

- 4 to 8 travellers: **€895**
- 3 travellers: €995
- 2 travellers: €995
- Solo traveller: [on request](#)

## Supplements

- Single room: from + €200
- It is possible to arrange the trip with a vehicle rental.

## Options

- For groups of 9+ travellers: [on request](#)
- Trip extension: [on request](#)
- You have the opportunity to enjoy additional hikes [on request](#)

## Flights

- Price depending on the date of booking, the airline, and the travel dates.

## Alternatives to flying

- Travel options include train, bus, and ferry all the way to Sicily

## Included in the price

- Trip organisation – travel booklet and itinerary booklet
- Transfers throughout the trip and luggage handling included
- English-speaking nature guide (Day 2 to Day 6)
- Accommodation in Airbnbs and guesthouses
- Meals as mentioned in the programme
  - Breakfasts
  - 4 lunches
  - 4 dinners
- Complete “Emotion Planet” activity programme
- Invitation to take part in relationship-based activities, a journey to the heart of oneself
- Pharmacy (*first aid*)
- Hotel and tourist taxes

## Not Included

- Anything not listed in the “Included” section, and any changes to the itinerary during our stay
- Transport to destination: domestic and/or international flight, round-trip train...
- Carbon offsetting of your flight and travel (*on a voluntary basis*)
- Travel insurance (*highly recommended*)
- Meals not mentioned in the programme and drinks
  - 2 dinners (Budget: €25-30 per person per meal)
  - 1 lunch (Budget: €10 per person per meal)
- Tourist tax (estimated at €1 per person, per night, payable directly on-site to your Sicilian hosts)
- Tips
  - At restaurants: €1-2 per couple if you wish to tip for good service
  - At bars, tipping depends on what you order – it’s common to leave small change.
  - For the guide: for a week-long trip, from €20 per person
- Personal expenses

## Contact

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Discover these colorful countries, the heart & values that drive us and comments from former travelers.

**Contact person for your trip :**



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« **Emotion Planet**, the world is never far away when its men are not strangers to us. »