

ITALY – SICILY & THE AEOLIAN ISLANDS

8-days / 7-nights moderate PREMIUM (traditional Gulet) GUIDED cycling cruise



This is a journey by land and sea to discover the many 'pearls of Sicily', the volcanic islands of the Aeolian archipelago and the Mediterranean Sea. Combine sailing and relaxing on board with cycling and walking for a truly memorable holiday in this UNESCO World Heritage site. Discover remote beaches reachable only by boat, lunch on typical Aeolian capers and granita, marvel in the spectacular seascapes and Stromboli's *Street of Fire*, discover the Castle di Milazzo, caves and mud baths of Vulcano, visit the exclusive island of Panarea, and the white beaches of Lipari.

Bike and Boat cruises combine two popular ways of exploring Europe (easy to moderate cycling with island or coastal cruising). They allow partners of different abilities and interests to holiday together (trips are just as interesting for leisure cyclists OR cycling enthusiasts), you unpack once and come 'home' each night to a wonderful meal and a comfortable cabin with your own bathroom.

These cruises offer the opportunity to explore beautiful countryside and historic cities sampling local wines and fresh seafood in the company of like-minded cyclists. Tours are conducted in English, but passengers may include a mix of different nationalities – including English or German speaking, with French, Italian or Dutch as the other main languages.

Accommodation is on a comfortable, traditional wooden sailing boat or caique (24.5 metres long and 6.25 metres wide) finished in mahogany and pine. There are 6 double cabins (the 2 bow cabins are slightly smaller) accommodating up to just 12 passengers. All cabins are air-conditioned with a private bathroom and have a small wardrobe (space for large hard suitcases is limited). There is a sundeck with beach mattresses, for guests to use. The rear deck is covered and shaded with a table for breakfasts and dinners.

Meals served onboard are inspired by recipes and ingredients found in local markets and seaside villages. Fresh seafood, vegetables, pasta and meat with the wild herbs of the Mediterranean are included in season.

Departs: 10, 17, 24, 31 May, 7, 14 June, 6, 13, 20, 27 September, 4, 11, 18 October, 2025

Cost from: Double Cabin **\$4580** per person twin share, Small Double Cabin **\$4035** per person twin share
Small Double Cabin for Single Use **\$5945** (limited availability)

Includes: 7 nights' in a double cabin with bathroom, all meals from dinner on day 1 to breakfast on day 8 (picnic lunches), except for 1 dinner, water during meals, English speaking guide, cycling map, digital tour information for GPS, unisex bike hire with helmet & pannier, port fees, SGR insolvency protection. **E-Bikes** are available at extra cost – limited availability, so please book early.

Not included: Drinks, 1 dinner, personal expenses, entrance fees (museums, parks, monuments), gratuities, transfer to/from the boat, travel insurance.

Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary: subject to weather and sailing conditions – note the itinerary may be operated in reverse

Day 1: Arrive in Milazzo

Make your way by 6pm to the boat moored in Milazzo harbour near Messina, where you will be welcomed aboard and shown to your cabin and around the boat by the crew. There is time for bicycle fitting and a presentation of the week's program before dinner. Overnight in the port of Milazzo.

Day 2: Milazzo

cycling @ 15km

Today we cycle to Capo Milazzo (Milazzo Cape), with the opportunity to experience a regenerating bath in the '*Piscina di Venere*' (pool of Venus), a protected natural sea pool at the end of the cape. In the afternoon explore the old town and the Norman-era Castle of Milazzo. This region witnessed many battles, from the Punic Wars to World War II, including one of Giuseppe Garibaldi's famous victories in his quest for a unified Italy. In the afternoon we return to the marina, staying overnight at the port.

Day 3: Vulcano

cycling @ 20km

We sail to Vulcano where after breakfast there is time to visit 'Sulphur Island', famous for its sulphur pit and a natural mud bath. We cycle through the hinterland of the island towards Piano Grillo, for the opportunity of spectacular panoramic views. In the afternoon we have free time to discover the volcanic activity of the island, perhaps walking up to the crater of the volcano (400m), having a mud bath in the sulphur beach or swimming among underwater fumaroles. Overnight in port at Vulcano.

Day 4: Panarea, Lisca Bianca, Bottaro, Dattilo and Stromboli Free time, sailing & walking - No cycling

Today we circumnavigate Panarea, the smallest of the Aeolian Islands. Ironically its name derives from the Greek word *panarayas*, meaning 'the biggest' as it was once the widest island in the archipelago. It is slowly disappearing into the sea due to the geologic and volcanic activity of the area. There are many small islands, including Lisca Bianca, Bottaro and Dattilo, which have formed from eruptions – and we may see and smell the evidence of this volcanic activity through the smoke and sulphur emerging from fumaroles on some of these islands. We have lunch onboard the ship and sail to Stromboli.

If conditions allow, we disembark and climb 400 metres for spectacular views and the thrill of being close to volcanic explosions. This evening we enjoy a picnic dinner at a panoramic point that offers the potential to view the '*Sciara del Fuoco*' (Street of Fire) – an astonishing natural show of Stromboli's continuous eruptions and lava flows. After dinner we return to the caique and spend the night in roadstead in Stromboli.



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Day 5: Stromboli – Panarea – Salina

Free time, sailing & walking - No cycling

After breakfast onboard and navigation to Panarea, we have free time to visit the car-free hamlet of San Pietro on Panarea, to take a refreshing swim at Drautto beach or explore the Bronze Age village perched high above the sea. After lunch we sail to Salina and can visit the cellar door and farm gate of Carlo Hauner, where they produce capers – used widely in local cookery – and Malvasia, a sweet local wine. Stay overnight in the port at Salina.

Day 6: Salina – Lipari

cycling @ 20km

Our cycling route today takes us across the green and fertile island of Salina. We visit the salt lake of Lingua (from which the island takes its name) perhaps refreshing ourselves with some of Alfredo's famous *granita*. We sail in the afternoon to Lipari, where we have free time to explore the island's historical centre and perhaps visit the archaeological museum, Museo Eolano, which covers the human history of the Aeolian Islands, from pre-history through classic times. Overnight in the Port of Lipari.

Day 7: Lipari – Milazzo

cycling @ 25km

Today's highlight is a fabulous cycle ride from one end of Lipari to the other, passing its famous white beaches and ancient pumice mines, pausing in Canneto, an exclusive summer resort. We return to Lipari town with some time to linger over a glass of wine in one of the many cafes or restaurants, or take in the local shopping. This afternoon the caique sails back to Milazzo. No dinner included so you are free to eat ashore.

Day 8: Departure day

Tour ends after breakfast.



Outdoor Travel offer this as a Bike & Boat cycling tour however, you can decide each day if you want to join the bike ride cycling as part of the group with the guide or independently or not to ride at all if you prefer to stay with the boat. Non-cycling passengers are always welcome on these departures but note that whilst there may be guided walks in the evenings there are no sightseeing provisions for non-cyclists on cycling days.

We offer Bike & Boat cruises to many areas of Europe including the Dalmatian coast of Croatia, the islands of Greece and Turkey. We also have similar tours in Vietnam, and several canal and river Bike & Barge routes in France, Holland, Belgium and Germany and from Venice in Italy.

Inn-to-inn guided or self-guided cycling tours are available in most destinations in Europe and the UK, in Vietnam, Japan, China, South Africa and New Zealand.

Contact the experienced staff at Outdoor Travel for more details and reservations:

- Call Toll free 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: www.outdoortravel.com.au
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia

