

EXPLORE!

TRIP NOTES



Family Active Sicily (FSI 2018 11+ YEARS)



TRIPDURATION
8
DAYS



Tour Style: Classic
Tour Pace: Moderate

Tour Type: Centre Based
Accommodation
Grade: Standard

Trip Code: FSI

Trip Highlights - Family Active Sicily

- ✓ Palermo - Sicily's capital - learn to cook pasta/pizza
- ✓ Etna Land - visit an award winning water park with 14 slides
- ✓ Madonie Adventure Park - Stay in a tree tent as well as cycle, try out zip lines and tree climbing
- ✓ Coastal adventures - Try sea kayaking in the Isole Ciclopi Marine Park
- ✓ Alcantara Gorge - Walk amongst the lava landscapes of the Alcantara River Valley
- ✓ Blue Cave Bay - Snorkel in the Isola Bella Marine Park
- ✓ Mount Etna - Walk some of the way up Europe's highest and most active volcano

Trip Essentials

Accommodation: 6 nights Standard Hotel
1 night Simple Tree-House

Included Meals: 7 breakfasts, 0 lunches, 6 dinners

Start Point: Join trip: Palermo

End Point: Trip ends: Catania Airport

Transport: Bus, Boat

Countries: Italy, Sicily

Minimum Age: From 11 years

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Family Active Sicily

Sicily, an island that offers adventure with a rich historical backdrop. This active trip blends a variety of activities with the cultural highlights of Palermo and Taormina. Activities include; sea kayaking, snorkelling, cycling, a water park, climbing, archery, power fan (falling from a high platform attached to a safety harness), walking on Mt Etna and a pasta/pizza cookery lesson. Activities are graded easy and just require an enthusiasm for adventure! Each evening we return to the comfort of our hotel and even a tree tent!

Why Book this trip

This is an epic adventure with lots going on and activities a plenty - from spending the day in a water park that boasts a kamikaze slide to staying in a tree tent - this is no ordinary holiday. We will be mountain biking, walking through gorges, sea kayaking, snorkelling and walking on the slopes of Mount Etna plus trying out pizza making - a great adventure for all the family and for any capability.



Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.

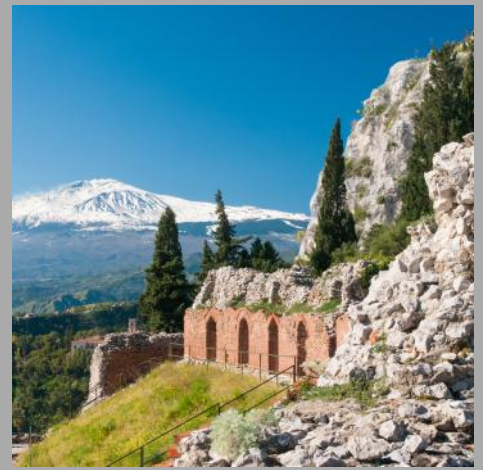
Your trip itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

An Explore Leader is an integral part of any Explore trip and your trip will be led by one of our experienced Explore Leaders who have been handpicked and expertly trained. We believe that our Explore Leaders are the key to the success of our trips; they are passionate travellers who are bursting with first-hand local knowledge



which they love to share. Your Explore Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this trip fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join trip in Palermo

Arriving at Palermo, Sicily's capital, there may be free time to explore the city which boasts Islamic culture, Byzantine magnificence and the vigorous world of medieval Europe that all merge into a fascinating mix of architecture and decoration. Why not visit the Gothic Cathedral which was founded in 1185 by the Englishman, Walter of the Mill, and its extensive mosaics and beautiful cloisters.

Overnight: **Standard Hotel**

Swimming Pool Available 

 **Included Meals:** None

DAY 2 Full day exploring Palermo

Overlooking the azure waters of the Tyrrhenian Sea, Palermo is one of Sicily's cultural and historic highlights. We spend the day exploring some of its treasures today, stopping off at the Piazza Marina to visit Villa Garibaldi - a small garden set amidst some of Palermo's best-known historic buildings. This afternoon we enjoy a cookery lesson of pasta and or sfincione (local style pizza) and try out our culinary skills.

Overnight: **Standard Hotel**

Swimming Pool Available 

 **Included Meals:** Breakfast, Dinner

DAY 3 Madonie Adventure Park and stay in Tree Tents

After breakfast this morning we drive 2hrs to the Madonie Adventure Park, for a full day amongst the wooded landscapes near Petralia Sottana. We have a full day to enjoy the parks many delights. You can choose to either brave the assault course through the trees, with zip-lines, rope ladders and 'Tibetan bridges' or try your hand at archery, tree climbing and 'Power fan' (which involves free-falling from high platforms whilst attached to a safety harness). There are five tree tents within the trees set around 6 meters off the ground surrounded by the forest. The tents can accommodate three people per tent with another five tents on the ground which are positioned on platforms for those wanting to sleep nearer the forest floor!. The area is illuminated at night and there are toilets close by (just in case you were wondering !).

Overnight: **Simple Tree-House**

 **Included Meals:** Breakfast, Dinner

DAY 4 Visit Etna Land

Pack your swimsuits, water shoes, sunscreen and goggles as we experience the islands largest water theme park. The award winning water park boasts over 14 slides all designed for excitement and adventure including; The Black Hole (guests are seated on a 2-person dinghy that slides through a dark and twisting tunnel), Jungle Splash (20 seater boat with a drop of 30 meters towards the splash zone below), Hydro and Dark Kamikaze slides both with steep drops where your back sometimes doesn't even touch the slide, Twin Twister (four slides linked together over 120 meters) and Rafting River with a 4-person dinghy that slides right into the pool. The Wave Pool, the largest in Europe, comes to life every hour for splashing fun. Take a break from the excitement by enjoying a relaxing float around the Lazy River or at the Blue Lagoon, an oasis of rocks and waterfalls. You can also enjoy a hydro massage at the relaxing Hydro Pool. There are some height restrictions on certain attractions up to 1.4 meters high

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast, Dinner

DAY 5 Trip to Mount Etna

One of the highlights of our journey is a visit to the slopes of Mount Etna, the highest volcano in Europe (3330 meters) and one of the largest in the world. We'll drive up the mountain this morning, passing through citrus groves and beech woods to Linguaglossa Rovittello where we taste a selection of dairy products and salami. We continue to Curva Sparita which is where the lava flow of 2002/2003 engulfed a part of the old road to Mareneve before arriving in Piano Provenzana (1,800m) where there is the opportunity to view photographs of previous eruptions that have been taken by a local well known photographer. We continue by foot along a path that goes up to the crater of the Northeast side of the volcano to an altitude of about 2,300 m, stopping off at an old Bottoniera (numerous craters formed in 1923 including the longest one on the volcano) where we also stop for lunch. We continue the walk for around 1 ½ hours returning to Piano Provenzana where we meet our transport and visit a volcanic cave which is one of more than 200 caves in the area (1,750 m) before returning by bus to our hotel.

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast, Dinner

DAY 6 Explore Alcantara Gorge: walk and Sea Kayak

We spend today exploring the landscapes that lie along the Alcantara River. Carved from basalt rock, the gorge drops down over 50 meters, following the course of the river and providing us with some stunning but short walking trails. We hike up to the Terrace of Venus this morning, before continuing along the Gorge Trail to view the surreal monoliths of lava that lie strewn across the valley floor. Total 2km/1hr walking. After lunch we then travel to Aci Castello where we will sea kayak along a guided course exploring the protected marine park of Isole Ciclopi for a few hours which includes a circumnavigation of the towering sea rocks of the Faraglioni di Actrezza before returning back to Acicastello - life jackets, tuition and auto draining 2 or 3 seater kayaks are provided

Overnight: **Standard Hotel**



Included Meals: Breakfast, Dinner

DAY 7 Tour of Taormina and Snorkeling

This morning, we depart for the town of Taormina. Perched on a cliff overlooking the Ionian Sea, this pretty town is home to an ancient Greek theatre which is famous for one of the most iconic views in Sicily - that of snow-capped Etna, historic churches and a number of lively bars and cafes. We then drive to Naxos where we pick up our snorkeling gear. We visit the Isola Bella Marine Park by rib boat and snorkel in two spots, the Blue Cave Bay and Isola Bella South Side. Snorkelling equipment is provided including; fins, mask, snorkel, wet suit and life jacket.

Overnight: **Standard Hotel**



Included Meals: Breakfast, Dinner

DAY 8 Trip ends Catania airport

After breakfast we drive to Catania airport where the trip ends.



Included Meals: Breakfast

Included Activities

Due to the volcanic dust and sulphur fumes, we ask asthma sufferers or customers with heart conditions of any kind to take these factors into consideration before taking part in any included activities on Mt Etna.

Ability to swim required

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

Accommodation and Meals

Accommodation Notes

One of the many attractions of this holiday is staying in tree tents within the Madonie Adventure Park. There are five tree tents within the trees set around 6 meters off the ground and surrounded by the forest. The tents can accommodate three people per tent with another five tents on the ground which are positioned on platforms for those wanting to sleep nearer the forest floor! The area is illuminated at night and there are toilets close by. The forest is also rich in biodiversity and has a wide variety of plants and trees including Chestnut, Pine, Poplar and Beech.

The hotel that we stay at along the coast from Taormina near Mount Etna has been created to keep the characteristic Ionian design and is located on the waterfront, 200 meters from the beach. The hotel is set within beautiful garden surroundings and a private park. Facilities include; a buffet restaurant, pool and terrace area. Rooms offer a double bed and two sofa-beds, private bathroom with shower and hairdryer, satellite TV, safety deposit box, free internet connection and private terrace.

Food & Drink

Included meals: 7 breakfasts, 0 lunches, 6 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.



Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Italy

Lunch £: 6.00 - 10.00

Dinner £: 10.00 - 14.00

Sicily

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Italy

Bottle of Beer £: 2.00 - 4.00

Water £: 1.00 - 2.00

Sicily

Tipping - Tour Leader

At your discretion you might also consider tipping your Explore Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Explore Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Accordingly, you should allow £20 per adult for tipping

Foreign Exchange

Italy

ATM Availability: Major towns.

Credit Card Acceptance: Larger hotels and restaurants.

Travellers Cheques: Only in major towns. Please note, the exchange rate for cash and Travellers Cheques is poor.

Local Currency: Euro.

Recommended Currency for Exchange: GBP.

Where to Exchange: We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

Sicily

Joining your Trip

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Important Information

Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at www.explore.co.uk/travel-safety

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Visa Information

Italy: Visas are not required by UK, E.U Nationals, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

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Lone Parents

Italy

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Italian embassy for further information on exactly what may be required.

Sicily

Vaccinations & Protection

Italy

Nothing required. Tetanus recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

Sicily

Preparing for your Trip

Climate

Italy

April/May and October/November are pleasantly warm. June/September are the hottest months. Showers are common in Autumn.

Sicily

Clothing

In summer you will need clothing for hot, humid conditions. Sunhat, sunglasses, long trousers and long sleeved shirt recommended for protection from the sun. In May and October half-term the sun should still be strong but temperatures will certainly be lower than in the summer months, particularly at night when you will need some warmer clothing and jackets.

At any time of year you will feel cold at the top of Mount Etna, therefore you should bring warm clothes.

Equipment

A water bottle, sunhat and high factor sunscreen are all essential. You will need a swimsuit and swim hat and towel for the gorge, as well as beaches and pools. You may also wish to bring cycle gloves for cycling and while undertaking the ariel course, water shoes for both kayaking and Alacantara gorge and of course cycle helmets for the cycling (though one is provided). A torch is useful in case of powercuts/ emergencies and for inside the tents in Madonie.

Footwear

We recommend a good pair of sturdy recreational shoes/walking boots for the short walks, Mount Etna, cycling and climbing and activities in Madonie Adventure Park. Trainers and/or sandals for travelling/beach time.

Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

Italy

Population: 60,681,514

Size of Country: 301,338 Sq KM

Major Language: Italian

Religion: Roman Catholic

Time Difference to GMT: +1

Sicily

Electric Supply & Plugs

Italy

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award-winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family-run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2018 itinerary versions are applicable to tours departing in 2018. 2019/20 itinerary versions are applicable to tours departing from 1st January to 31st December 2019.

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