



"It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them." (Ernest Hemingway)

"Credo che abbattendovi a uno vino che fosse secondo vostra natura, non vi bisognarebbe altro medico a ritornarvi le forze." (Ser Lapo Mazzei, 1404)

ENOICA ROAD SICILY

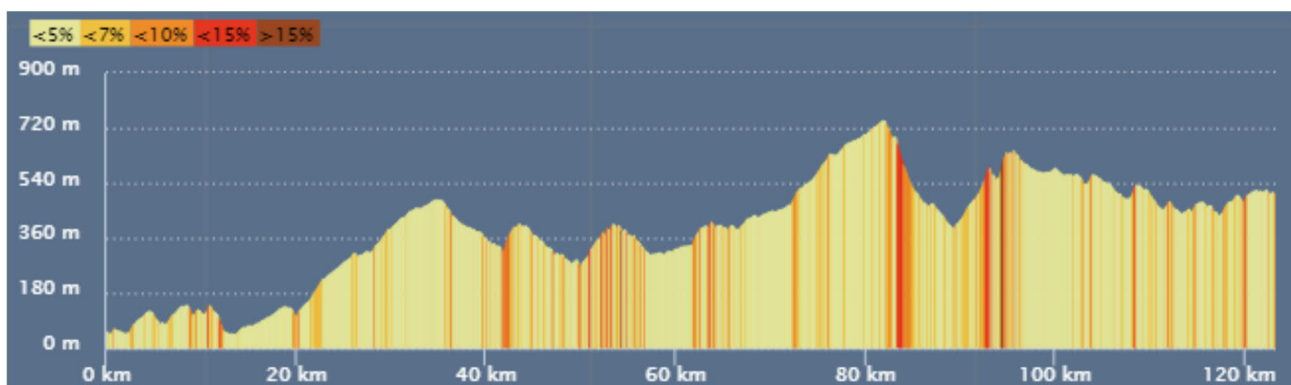
(6 days – 5 stages – Km 470 – m. 7,900 elevation)

Day 1st: arrival to Catania Fontanarossa airport

Participants are required to land/arrive **at the airport of Catania Fontanarossa within 3:00 pm** to be transferred to Noto where we will spend the night. At 7:00 pm aperitive and welcome dinner at Zisola www.zisola.it, with a traditional homemade menù and a tasting of the wines produced at the estate.

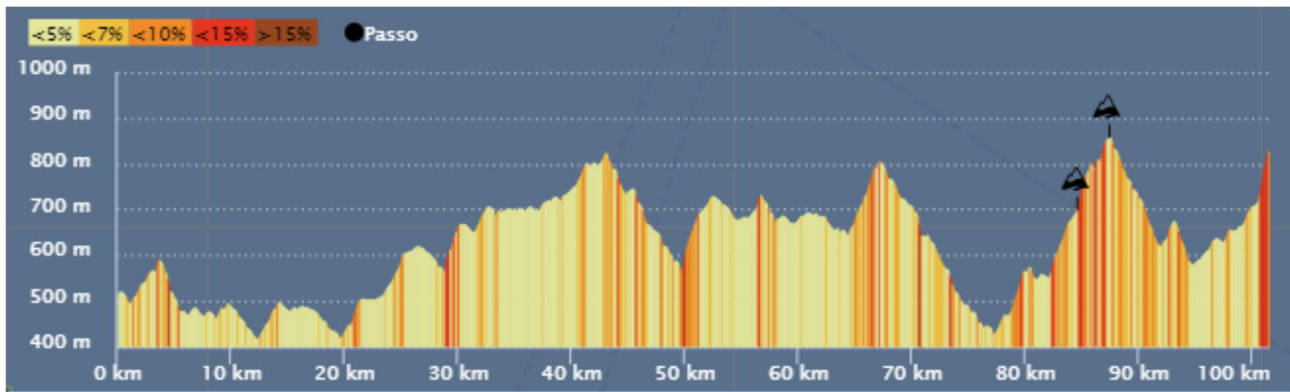
Day 2nd: Noto – Caltagirone (125 km and 1,800 m. elevation)

Theme of the first stage will be the Sicilian baroque: we will ride through Noto, Modica, Ragusa, Vizzini, ending in Caltagirone, famous for its "maioliche". A long route that is somewhat hilly, surrounded by breath-taking views. Accommodation and a unique gastronomical experience in town.



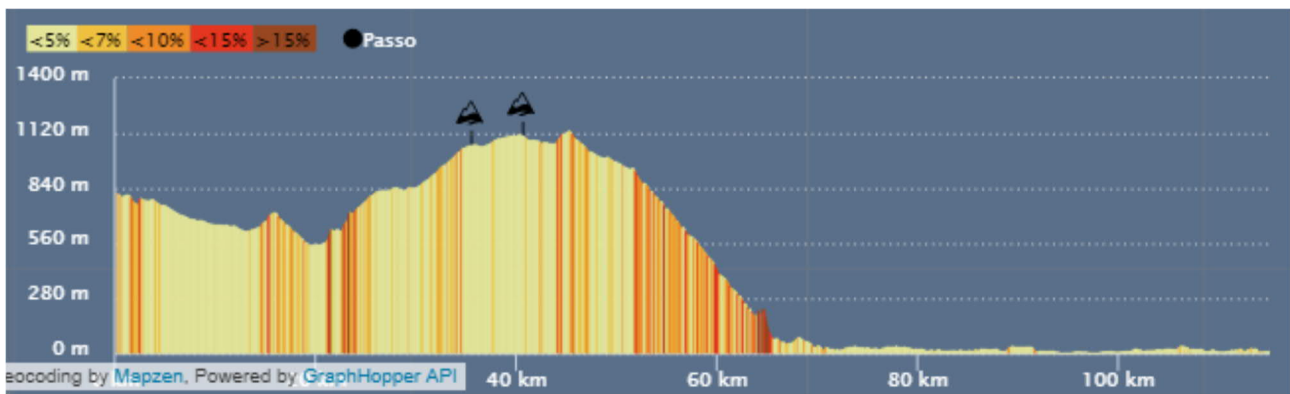
Day 3rd: Caltagirone – Gangi (103 km and 1,900 m. elevation)

From Caltagirone to Piazza Armerina, another baroque jewel, whence we will proceed towards Enna and Calascibetta with Mount Etna majestically on our right. We will then find ourselves in a secondary road that meanders through rural mountain paths, with a long smooth ascent that will take us to the spectacular Gangi village, perched on the Madonie. Overnight stay and dinner at a local hotel, whose greatest strength is its stunning view.



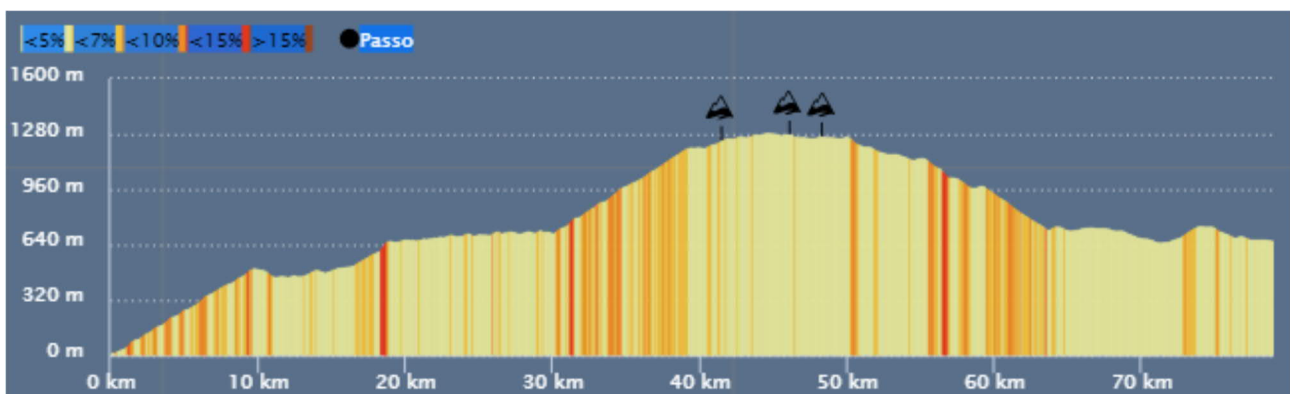
Day 4th: Gangi – Capo d'Orlando (115 km and 1,300 m. elevation)

The next destination from the Madonie will be the Tyrrhenian coast, passing through Sperlinga, with its fortress carved into the rock, the Contrasto pass and the medieval hamlet of Mistretta. From Santo Stefano di Camastra we will continue on the coastline up to Capo d'Orlando, where we will stay and dine at a renowned hotel by the sea with a magnificent view of the Eolie islands.



Day 5th: Capo d'Orlando – Rovittello (80 km and 1,600 m. elevation)

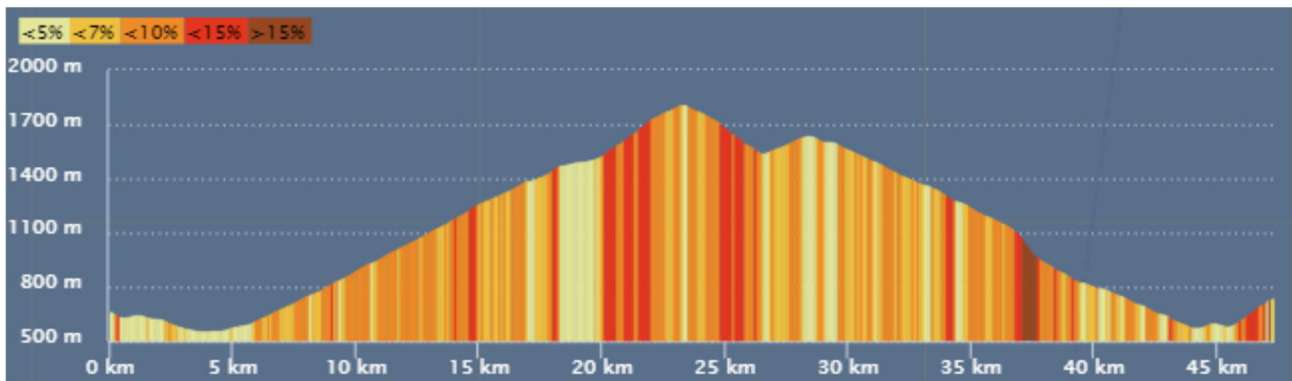
The fourth stage is characterized by the long ascent that takes from the sea back to the mountains with a constant change of vegetation due to the rising altitude. Having reached the top at Floresta, we begin our descent towards Randazzo, at the base of the Mount Etna, to proceed towards Linguaglossa and Rovittello, where we will be residing in a luxurious resort. We will dine at a nearby winery, with special local food and their beautiful wines.



Day 6th: Rovittello – Zafferana Etnea (48 km and 1,300 m. elevation)

The last stage will take us to the epic ascent of northern Mount Etna, from Linguaglossa to Piano Provenzana, surrounded by rivers of black lava. A lunar landscape with a view of the sea and the Calabrian coast. We will then descend towards Zafferana Etnea to lodge at a nice local Hotel (it will

be possible to keep riding from the hotel to climb the southern slope of Mount Etna up to the Rifugio Sapienza, with +32 km and +1200 m. of elevation). Farewell dinner at a winery with a gourmet dinner and wines from the estate.



Day 7th: departure from Catania Fontanarossa

In the morning transfer to the airport Catania Fontanarossa according to participants flight schedules.

Price

On demand, minimum 6 persons

The price includes:

- Staff members
- Vehicles for assistance and luggage transport
- GPS tracks
- Accommodation for the whole period
- All meals for the whole period
- All wines served at dinners

The price doesn't include:

- Transportation to / from Catania Fontanarossa (available upon request)
- Single bedroom accommodation (available on request with extra price)
- Extras in the hotels and along the trail
- Massages
- Tips
- Everything not mentioned in the above "The price includes".

GENERAL INFORMATION

Bike rentals

Nice bicycles to rent are available on demand.

Accompanying vehicles

One or more vehicles will follow the group along the route providing assistance and luggage transportation.

Staff and assistance

Enoica staff will have everything necessary for emergency repairs. It is mandatory to have the bicycle checked before departure, in order to avoid wasting time on issues due to poor maintenance.

Refreshment

Cyclists will be supplied with food, beverages and supplements during the whole ride. However we suggest bringing your own energy bars, gels and mineral salts.

What to bring

- ✓ one bag or trolley suitcase
- ✓ cycling clothes for the season
- ✓ casual clothes for the evenings
- ✓ **helmet (mandatory)**
- ✓ bike water bottle and/or camelback
- ✓ tire repair kit with spare tube

Road safety

Participating cyclists must cautiously respect the road rules and follow the guide's instructions.

Sport activity suitability and disclaimer form

Cyclists are requested to send a copy of a current medical certificate stating that they are fit for cycling and sport activity. They will be provided with a Cycling Association membership that includes an insurance. Furthermore to participate to the Enoica Road, cyclists will be asked to sign a disclaimer form.