

# SAILING AND TREKKING IN THE AEOLIAN ISLANDS

SAIL AND HIKE WHILE SPEAKING ITALIAN



## SAIL AND HIKE AROUND THE AEOLIAN ISLANDS WHILST LEARNING TO SPEAK ITALIAN

Sail away towards secluded bays before making your way inland and heading for more remote spots, all while practising your Italian with your hiking guide and the skipper. With our “Italian, Sail and Trekking” programme on the Aeolian Islands, we offer you the opportunity to completely immerse yourself in the language in an original and effective way. Discover these beautiful islands both from the sea and on land with daily treks towards the peaks of both active and extinct volcanoes, taking in the flora and fauna and unique, weather-beaten landscapes of some of the most enchanting places in the Mediterranean.



Here, you'll learn the language in a practical manner in different travel situations, concentrating mainly on spoken communication, which can then be put into practice with the guide, the skipper and on the islands themselves. During the hikes, you'll be following ancient paths to reach long-forgotten places where you can then reward your hard trek by admiring the views of the beautiful blue skies and crystal clear waters that stretch as far as the eye can see.

The Aeolian Islands, situated just off the North-East coast of Sicily, are the perfect place to relax on this unique holiday, having fun both at sea and on dry land. The seven islands, all of volcanic origin, including the constantly active Stromboli and Vulcano, are rich in natural beauty, cultural history and myths. They were discovered and inhabited even before the time of the ancient Greeks and were immortalised in Homer's works.

Leaving mainland Sicily behind we reach Vulcano, where the Great Crater is easily accessible. On reaching the summit you can really appreciate the view as well as having the chance to walk around the rim of the crater itself. Afterwards, we sail towards Lipari and its turquoise waters. Once on the island we reach the western slope with its steep incline right on the sea and walk as far as the springs of St. Calogero, the oldest in the Mediterranean. Next we head towards Salina with the highest peak in the Aeolian Islands, “Fossa delle Felci”, which can be reached by various routes that showcase the rich vegetation and plant life of the mountains, even in the warmer months. Back on the boat and continuing east we arrive at Panarea, the most fashionable of the archipelago, and in leaving behind the main populated area head towards the ancient settlement of “Punta Milazzese” which then leads on to “Punta del Corvo” where you can appreciate a strategic view of all seven islands. Stromboli is simply magnificent and with the volcanologist guide we'll climb towards the crater in the late afternoon in order to reach the point known as “Pizzo sopra la Fossa” at around sunset, from where you can watch Stromboli's spectacular eruptions. Turning your gaze eastwards Filicudi and Alicudi, the most secluded islands of the archipelago, come into view. Filicudi, with its prehistoric village of “Capo Graziano” and the Fossa Mountain, offers diverse nature trails. Alicudi is the most remote of the Aeolian Islands and this helps to make it appear even more wild and distant and from the top of “Filo dell'Arpa” you lose yourself in the beauty and magnificence of the nature before you.

## TRAVEL ITINERARY

**SATURDAY** We board the boat in the marina at Portarosa in Furnari, (Province of Messina). Once the galley has been filled and everyone has found their cabins we set sail towards Lipari. Leaving mainland Sicily behind we skirt past the island of Vulcano that provides its own unique welcome with views of the ever-active crater. We spend the night on Lipari in the port of Pignataro.



**SUNDAY** Lipari. After a classic breakfast of mulberry granita we begin our excursion on foot towards “Quattropani”, (375 metres), to reach the quarries of Kaolin and then proceeding on in the direction of the thermal springs of Saint Calogero and finally finishing at “Pianoconte”, (280 metres). To get to Quattropani and to get back from Pianoconte we can either take a taxi or get the bus.

Duration: 4 hours - Difficulty: low - Height above sea level: over 300 metres

Back on board we let out the sails and head for Salina, stopping along the way in the northern part of Lipari for a refreshing swim in the waters beneath the now disused pumice quarries. We spend the night in Santa Maria di Salina, first having an aperitivo aboard the boat before all going onto dry-land for dinner..



**MONDAY** Salina. Our excursion to climb Mount Fossa delle Felci, (962 metres), starts very early and we usually start to climb up from Santa Marina. The descent takes us towards Rinella, passing through Valdichiesa.

Duration: 5 hours - Difficulty: medium - Height above sea level: over 900 metres

In the afternoon we sail by Pollara on the west side of Salina where the outdoor setting for the film “Il Postino” can be seen. The evening promises to be a quiet one and we’ll drop anchor in the bay of Pollara, protected by the high cliffs and where in the distance you can watch the moon disappear behind Filicudi. We’ll spend the night here, having dinner on board.

**TUESDAY** As soon as the sun rises over the waters of Pollara you can’t resist diving in for a quick dip and an invigorating swim. Back on board, after a hearty breakfast, we open the sails and set off for Panarea, which we reach in the early afternoon. We’ll look for a safe, sheltered place to anchor at Cala Junco, one of the most beautiful bays in the Aeolian Islands, which is dominated by the promontory of Punta Milazzese, where there is a prehistoric villa dating back to around 1400 B.C. This proved to be a secure and strategic place from where locals could defend themselves against attacks from pirates who, until only two centuries ago, infested these seas. Our trek starts from this ancient settlement and from here we climb towards Punta del Corvo, (421 metres), before returning to Milazzese Bay.

Duration: 3 hours 30 minutes - Difficulty: low - Height above sea level: over 400 metres  
Dinner will be on the island and the night spent aboard the boat.

**WEDNESDAY** In Panarea we pass the morning taking dips in the sea and relaxing in the sun. Stromboli is three hours from here with the best time to set sail being late morning when the westerly breeze has stabilised. We sail along the islets of Lisca Bianca, Dattilo, Scoglio Spinazzola and Basiluzzo heading straight towards Stromboli where we drop anchor at Scari, in front of Strombolicchio. The excursion with the obligatory volcanologist guide starts in the late afternoon and you climb to Pizzo sopra la Fossa, (892 metres), which you



reach at dusk. You'll remain there until just after sunset to watch Stromboli erupt, returning after dark.

Duration: 6 hours 30 minutes - Difficulty: medium to high -  
Height above sea level: over 800 metres  
We'll spend the night on board the boat.



**THURSDAY** Favourable winds should take us easily towards the island of Vulcano. The journey will take the best part of the day. We'll take a break in the late morning for a swim near the islets of Panarea that we saw on our way past. We'll then sail between Lipari and Vulcano retracing the route taken by Ulysses returning to Ithaca, all the while admiring the smoking crater of Vulcano to the right, while to the left we find the Faraglioni of Lipari, columns of hard basalt that stick out impressively from the water. It takes until the evening to arrive in Vulcano where we'll either find a good place to anchor for the night or dock at one of the eastern jetties if a space is available. The climb up Vulcano won't take place until Friday morning. We spend the evening ashore enjoying an aperitif, music and conversation.

**FRIDAY** Vulcano. We get up very early so as not to miss the sunrise and the cooler temperatures of the morning. We'll stop at a café for a breakfast of granita before beginning our final excursion of the week.

Duration: 2 hours - Difficulty: low - Height above sea level: over 300 metres  
Returning aboard the boat we head for Gelso in the southern part of the island where we'll stop for another short swim and to say a final goodbye to the islands. Before sunset we'll resume our route back towards mainland Sicily. Dinner will be in a trattoria and the night will be spent at Portorosa.

**SATURDAY** It's time to say goodbye! Docking is scheduled for 9:00 but there will be enough time to exchange addresses with your travel companions. We hope to see you again soon for another wonderful trip, many other islands with plenty to discover await!

#### TOTAL COSTS AND AVAILABLE DATES

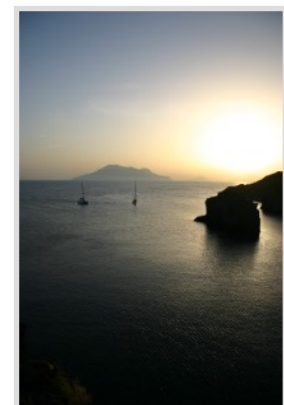
COST PER PERSON PER WEEK	15 <sup>th</sup> - 22 <sup>rd</sup> MAY 2021	€ 690,00
	9 <sup>th</sup> - 16 <sup>th</sup> OCTOBER 2021	€ 690,00

**BOARDING**  
Saturday at 17:00

**DISEMBARKING**  
Saturday at 09:00

**BOARDING PORT**  
Marina di Portorosa, Furnari  
(Messina)

**DISEMBARKING PORT**  
Marina di Portorosa, Furnari  
(Messina)



#### NEAREST AIRPORTS

Catania – Fontanarossa  
Palermo – Falcone Borsellino  
Trapani – Vincenzo Florio



#### PAYMENT METHOD

50% when booking and the rest 30 days before the start of your holiday.

#### INCLUDED IN THE PRICE

The skipper - hiking guide, 7 nights accommodation in a double cabin, sheets, support for the entire trip, dinghy and speedboat, cleaning.

#### ADDITIONAL COSTS

Around 25 euros a day for food, fuel, port fees and bus or taxi transfers to or from some places on the excursions. A “ship’s kitty” will be organised to take care of these costs. The skipper, however, is exempt. The trek to the top of Stromboli requires a volcano guide at a cost of 30 euros per person.

#### TIPS AND MORE

Travel with a soft and uncumbersome bag that can easily be stored on board. We advise you to bring only the essentials with you, but as well as a swimming costume a pair of comfortable shoes for the hiking excursions are a must. Throughout the trip you can take an active role in the everyday life and workings of the boat. Bring boat/deck shoes with light-coloured soles with you for use only when on board. The program may vary according to weather conditions. On board each participant must contribute to the whole order, cleanliness and the preparation of meals. Everything must always be properly stowed so that the anchorage can be left at any time and the navigation can be started.

#### TREKKING

Land excursions are conducted at the speed of the group and to take part you just have to be in good health. The heights vary from around 400 meters in Vulcano to over 900 metres in Salina and Stromboli. Apart from the climb up Stromboli, where the times and duration are decided by the volcano guide and the excursion takes place in the late afternoon in order to come back after dark, the rest of the excursions normally take place in the morning. Bring hiking boots, a 30 litre rucksack, fleece, wind jacket, drinking bottle, pocket torch or a light that attaches to your head or hat.

#### ITALIAN LANGUAGE AND CULTURE COURSES

The Italian, Sail&Trekking programme may be preceded or followed by a course at our school in Milazzo.

#### LABOLING

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