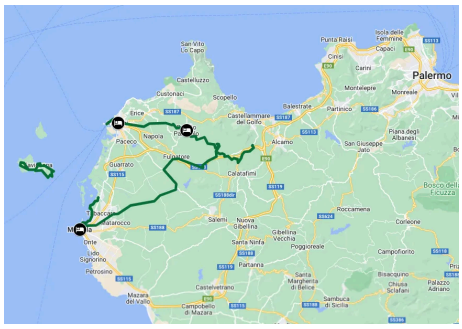
Cycling Tours in Sicily: Sunset west coast, Marsala & Trapani

7 days, ***€ 800***



ITALIAN **BIKE TOURS**
Bike, Breathe & Discover

Introduction



Slowly cycling through the **western coast** on one of these unforgettable experiences of **cycling tours in Sicily**, you will be able to appreciate the region's **vivid contrasts and extraordinary history**. This corner of the island reveals a full **palette of colours**: the luminescent white of the ancient salt pans, the deep blue of the skies, the emerald tones of the clear waters perfect for swimming, and wide fields glowing with greens and yellows throughout the seasons.
Along the way, the island's rich culinary heritage becomes an experience in itself. A succession of **mouth watering Sicilian specialties**—from fresh seafood to traditional pastries—will not disappoint you after a day spent cycling. The towns are lively, full of local energy and culture, while the **countryside remains quiet and peaceful**, offering a wonderful balance of exploration and relaxation.
Some cycling days on this itinerary are **intentionally short**, giving you the opportunity to slow down, unwind and truly enjoy the landscapes around you. Whether you decide to stop for a scenic break, explore an archaeological site, or simply breathe in the Mediterranean atmosphere, **cycling tours in Sicily** allows you to experience the island at your own pace, discovering its most authentic and captivating side.

Day to Day

Day 1 **Arrive in Marsala**

Arrive to the town where **Marsala wine** comes from and spend the afternoon mingling with the locals as they **promenade on marble cobbled streets** from one piazza to the next, chatting and admiring the numerous i**mposing baroque churches**

Day 2 **Coastal loop ride to the Marsala salt pans** **23 km**

Head North along the coast to the **spectacular Inversa salt flats**, a patchwork of **shallow coastal lakes** lined with ancient **windmills** and home to **many migratory birds** and a small **salt museum**.

Challenge: 23km, ascent 20mt, descent 20mt

Day 3 **Ride Marsala to Buseto Palizzolo** **42 km**

Leaving the **bustling seaside towns** behind head inland, gradually ascending via a **succession of pastures** and rolling **wheat covered fields** that gently sway in the wind. This **sparsely populated**, vast expanse of **beautiful nature dotted** with **old crumbling farm** houses is a joy to the eye and a pallet of **contrasting colours** that change with every season. Spring is ripe with the lush green **wheat** that turns bronze **yellow in summer then ochre and brown as the fields are plowed.** Our destination for the next 2 nights is a **small family run farm** serving wonderful home grown and locally sourced Sicilian specialties prepared by the "mamma"

Option A ride depart from Mezzapelle; Option B ride depart from Marsala

Challenge A: 41km, ascent 480mt, descent 300mt

Challenge B: 52km, ascent 620mt, descent 300mt

Day 4 **Greek temple of Segesta loop ride** **16 km**

Contouring the gentling rolling hills ride to the **archeological site** of the ancient Elimian town of **Segesta** where, perched atop of a hill overlooking a deep **canyon**, an unusually well preserved though unfinished **5th century BC Doric temple** stands in full glory. A pleasant walk up the hill along a series of buildings dating back to various ages takes you to the ancient **Greek theater** carved into a **natural rock hollow**.

*Extend the day's ride to the local **hot springs for a dip** or **return** to the farm **to relax by the outdoor pool***

Option A: ride to Segesta; Option B: ride to Terme Segestane

Challenge: 16km, ascent 120m, descent 120m

Challenge: 34km, ascent 330m, descent 330m

Day 5 **Ride Buseto Palizzolo to Trapani** **35 km**

Heading back towards the coast wind our way through some more hills and then speed down to the lively city of **Trapani** where you spend 2 nights. Along the way see looming high above the ancient town of Erice said to have been **founded** by exiled **Trojans**. This was also an **important religious site** and a **famous temple** dedicated to **Aphrodite** come Venus in Roman times allegedly stood here. Spend the afternoon mingling with the locals enjoying stroll and people watching through the **pedestrian historic center** or head up to **Erice** via the **cable car.**

Challenge: 35km, ascent 260m, descent 450m

Day 6 **Favignana Island loop ride** **24 km**

This morning a **short boat ride** takes you to the **Island of Favignana**, the **largest** of the **3 Aegedian** Islands, set 7km off the western coast of Sicily and well **known** for its **tuna fishing tradition**. It's a delight to cycling on the **flat coastal roads** bordered by the inviting **turquoise colored sea**. Stop for a dip in one of the many **secluded coves** and **bays** and enjoy the slow pace of life people watching on the village square

Challenge: 24km, ascent 40m, descent 40m

Day 7 **Arrivederci Trapani**

The trip and our services end after breakfast unless you have booked extra nights in Lecce.

Prices, Data, Booking

Price pp		**€**
Double room, breakfast	price from	800.00
Rental bike		**€**
Hybrid		85.00
E-bike		130.00
Extra services		**€**
Giving back to nature	per piece	5.00

Accommodation

3* Hotel and Agriturismi

Practical Info


6 Nights included


3* Star Hotels and Agriturismo


Breakfast included


Bike rental available


24h / service-hotline


Luggage transport


Marsala and Trapani


GPS-tracks available