

28 SEPTEMBER - 6 OCTOBER
MAGNA
VIA FRANCIGENA
GUIDED TREKKING



“The MAGNA VIA FRANCIGENA is a young trail born about ten years ago thanks to a group of Sicilian enthusiasts and scholars that connects Palermo with Agrigento. A coast to coast route which aims to explore the internal rural areas of Sicily and which allows you to discover the true soul of the island. By traveling along these historic tracks (in the local dialect “trazzere”) we are able to fully perceive the rich cultural heritage of this area, the warmth of its inhabitants, the flavors of traditional Sicilian cuisine and its incredible territory and naturalistic richness.”

By relying on a professional hiking guide for the organization of the stages, for advice on equipment and accompaniment for the entire journey, you will be able to fully enjoy this all-encompassing travel experience without having to think about anything other than WALKING!



THE GUIDE

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WHAT WILL WE DO ?

Once the group has been formed (max 10 people) we will travel, backpacking, approximately 140 km in seven days of the Magna Via Francigena route that connects Palermo to Agrigento. Perched villages, endless countryside, nature reserves and mountains will be the backdrop to this unique journey in the heart of Sicily.

HOW DOES IT WORK ?

Before booking the tour I am available for a personal call to understand your level of training and to answer all questions about the journey.

Once the group has been booked and created, two weeks before departure we will make a video call to get to know each other and give us the last necessary information before our "meeting" in Palermo. Each participant will organize their own transfer from their home to Palermo so that they will all be on the island on September 28th. Don't forget to also book the return trip on October 6th from Agrigento!

Once we arrive in Palermo and settle into the accommodation we will all meet to go and collect the credentials for the journey, a necessary document to take advantage of all the facilities for the pilgrim along the Magna Via Francigena. A nice gastronomic tour will follow through the streets of the historic center of the capital. Then everyone goes to sleep for departure the next day!

WHERE WILL WE SLEEP ?

Each stage of the Magna Via Francigena offers different accommodation options thanks to the agreements agreed between the organizers of the journey and the structures that host the "pilgrims" at controlled prices: B&Bs, hotels, hostels, widespread hospitality. Each participant is free to choose the accommodation they prefer by taking care, preferably well in advance, of booking their accommodation. I will be happy to provide you with the range of possible choices for each stage at the time of booking.

WHICH LEVEL OF FITNESS LEVEL DO I REQUIRE ?

I won't hide that walking the Magna Via Francigena requires walking training. Consider an average of approximately 20

km (maximum daily distance 26 km, minimum 13 km) and approximately 600 m of positive difference in altitude, to be covered every day.

It is advisable to carry out a small physical preparation before the trip, but in general a person in good physical condition trained with equipment that is not too heavy on their shoulders is easily able to complete the journey.

The route of the walk passes for the majority of the road on trazzere, disused roads. There are also some sections on asphalt on roads with little traffic. There may be the possibility of having to make some fords. (Always in safety, in case of rainfall we will follow variants that avoid these crossings).

HOW MUCH DOES THE GUIDE SERVICE COST ?

The price of the Hiking Guide service (regularly authorised) to be accompanied from arrival in Palermo city (28 September 2024) until arrival in Agrigento (5 October 2024) is

€350 per person. As a guide I will not limit myself to leading the group along the path but I will also enrich the journey through the interpretation of the territory in all its naturalistic connotations (botany, geology, zoology etc.). As per legal obligations the Guide is covered by professional liability insurance. At the time of booking you will be asked for a deposit of **€150**. The balance must be paid within 45 days



of booking. For those who book the guide service by 4/30

the price will be discounted to **€250**.

AND WHAT ABOUT THE OTHER COSTS?

Depends. To the cost of the guide indicated above it will be necessary to add all the other ancillary expenses that the participants will pay directly to those who provide the service:

TRANSPORT: Sicily is connected daily by most national airports via low cost companies. I highly recommend Palermo airport. Trapani airport can also be used for the return journey as it is connected by a bus line from the center of Agrigento.

LUGGAGE TRANSPORT: This optional service available to those who want to travel super light is available and provided by NCC drivers who collaborate with the organizers of the Magna Via Francigena. Consider €20 per stage to be agreed with the drivers.

TRANSFER: When planning the trip, a paid transfer (about €20 per person) from Palermo to Santa CRISTINA Gela must be considered mandatory, from where, on September 29th, our journey will begin. Obviously not before having tasted the cannoli of the Piana degli Albanesi, renowned for being among the best in Sicily!

The transfer service will always be available on request for any need, as an extra service.

Furthermore, the last stage includes a FS ticket from Aragona to Agrigento Centrale. (€3.30).

OVERNIGHT: As already indicated above, the accommodation available to pilgrims for each stage has rates agreed with the organizers of the Camino.

Generally accommodations vary from €15 to €40 per person per night depending on the type of hospitality (pilgrim, hostel, B&B, rent rooms, hotel). The Guide will be responsible for providing you with the list of accommodation together with some advice of course. It is strongly advisable to book the accommodation immediately once the Tour has been booked. The accommodation of the Magna Via Francigena are famous for the warmth and great hospitality of the Sicilians. A truly beautiful experience in itself!

FOOD: Accommodations don't always provide breakfast but as you may have guessed, food in Sicily can only be a joy for the palate, for the eyes and for all the senses! At the beginning of each stage each participant will purchase the food necessary to face the daily stage. Upon our arrival in each town we will finally be able to let loose with the local specialities, different for each location!

Only one thing is fundamental when walking: **YOU WILL EAT A LOT.** (Perhaps one of the most attractive sides of the trip!) The energy expenditure for a prolonged trekking activity is unexpectedly high.

Consider a maximum average of €40 per day for meals.

TOUR PROGRAM:

28 SEPTEMBER: ARRIVAL AND MEETING IN PALERMO. WITHDRAWAL OF CREDENTIAL. DINNER AND OVERNIGHT STAY IN THE CITY

SEPTEMBER 29: DAY 1 TRANSFER TO SANTA CRISTINA GELA. START OF THE WALK. ARRIVAL IN CORLEONE

SEPTEMBER 30: DAY 2 STAGE FROM CORLEONE TO PRIZZI

OCTOBER 1: DAY 3 STAGE FROM PRIZZI TO CASTRONOVO DI SICILIA

2 OCTOBER: DAY 4 STAGE FROM CASTRONOVO DI SICILIA TO CAMMARATA

3 OCTOBER: DAY 5 STAGE FROM CAMMARATA TO SUTERA

4 OCTOBER: DAY 6 STAGE FROM SUTERA TO GROTTA

5 OCTOBER: DAY 7 STAGE FROM GROTTA TO ARAGON. TRANSFER BY TRAIN TO AGRIGENTO. OPTIONAL VISIT TO THE VALLEY OF THE TEMPLES AND TESTIMONIUM RETREAT AT THE CATHEDRAL. LAST OVERNIGHT AND END OF GUIDING SERVICES

6 OCTOBER: FREE RETURN FROM AGRIGENTO

