

## YOGA - Sicily – Balancing Chakras in Sicily - 8 Days

### Aeolian Islands & Cefalù

- Yoga sessions in inspiring locations
- Guided hiking tours

### SUGGESTED ITINERARY - GET IN TOUCH FOR A COSTUMIZED TOUR!

#### Day 1 | Arrival in Sicily

We will arrive at the Catania airport for our transfer by private bus to the Milazzo port. From the port we will take the boat to Lipari. Once on the island we will have some free time to relax before evening yoga session and dinner at the hotel.

#### Day 2 | Lipari

In the morning we will have a yoga session and breakfast at the hotel before we do a hike on the western side of the island. From the white pumice-stone of Timpone Pataso we will head south to the ruins of the ancient San Calogero thermal baths. When we get back to town we will try some of the local products and do a wine tasting in the afternoon. A yoga session will be followed by dinner at the hotel in the evening.

#### Day 3 | Stromboli

After waking up to a lovely yoga session at breakfast we will take a boat to the tiny island of Panarea for a quick stop and stroll before we continue on to the star attraction: Stromboli. When on Stromboli we will meet our hiking guide and start the climb up the black sandy trail on the western side of the volcano. As the sun starts to hang low in the sky, we will “ski” down the volcanic earth, feeling the unique sensation of our footsteps glide down the fine soil. As the sunsets we will board the boat to see the natural smoke and lava “show” locals call the “Sciara del Fuoco.” During our return to Lipari we will have a “maccheronata” pasta party on the boat before docking back at Lipari around 10:00 p.m.

#### Day 4 | Vulcano Island

After the yoga session and breakfast at the hotel in the morning we will take the boat to the island of Vulcano to start our hike. Once we reach the top of the impressive volcano we will stop for a photo break before we move on. We will pass through the steam emitted by the fumaroles as we approach the crater. From the top of the volcano we can look out over the surrounding six islands. Then we will begin our descent. When we are back at sea level we will have some free time to bathe in one of hot sulphur springs (at an additional charge), hit the beach or visit the archeological area (at an additional charge). Then we will return to the hotel for the evening yoga session and dinner.

### The tour includes:

- 4 x night accommodation on the Aeolian Islands, including buffet breakfasts and 3-course dinner
  - 3 x night accommodation in the Cefalù area, including buffet breakfasts and dinner
  - Peaceful indoor/outdoor spaces for the yoga and/or meditation sessions each day
  - Transportation by private, deluxe AC bus, as per the itinerary
  - Private English-speaking hiking guide for the Lipari, Stromboli, Vulcano, Cefalù & Alla Rocca excursions
  - Return boat transfer Sicily/Lipari/Sicily including portorage
  - Boat transportation for all excursions around the Aeolian Islands
  - Evening “maccheronata” pasta party on board from Stromboli to Lipari
  - Tasting of traditional products in the Madonie Nature Park
  - 1 set of headphones for use throughout the trip
- REQUEST A QUOTE AND A CUSTOMIZED TOUR!

### Prices:

01-04-2024 - 10-31-2024 - 3* and 4* Hotels	
per person in a double room	1059 €



## Day 5 | Cefalù

Following yoga and breakfast at the hotel in the morning, we will take the boat back to the port of Milazzo where the private bus will pick us up for our transfer to Cefalù. After checking in we can enjoy some free time in the afternoon. The evening yoga session will take place at the hotel before dinner.

## Day 6 | Cefalù and the Madonie Mountains

In the morning we will have our yoga session and breakfast at the hotel. Then we will visit the old town of Cefalù. We can do an easy hike to the Rocca fortress to enjoy the amazing view of the gulf. In the afternoon we can take the private bus to the Madonie Park for a hike to the medieval village of Castelbuono and its castle. Then we will have the opportunity to try the locally made wine and specialities before returning to the hotel for yoga and dinner.

## Day 7 | Free day OR cooking class

We will do yoga and breakfast in the morning. Then we can either have a day at leisure or opt to do a cooking class. In the evening yoga and dinner will be at the hotel.

## Day 8 | Departure

After breakfast we will take the private transfer to the Catania airport for our departing flight.



## 3\* and 4\* Hotels

Accommodation in 3\*/4\* Hotels



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