

ITINERARY 1 from PALERMO

Aeolian islands  1 week  about 173 nm



Palermo - Capo Zafferano	10 nm
Capo Zafferano - Alicudi - Filicudi	55 nm
Filicudi - Salina - Lipari	19 nm
Lipari - Vulcano	4 nm
Vulcano - Cefalu'	50 nm
Cefalu' - Palermo	35 nm



DAY 1 • PALERMO - CAPO ZAFFERANO

After checking in, you can leave Palermo and sail a few miles to the **Capo Zafferano** nature reserve, a spectacular promontory overlooking the sea. For a first dip, we recommend Baia dei Francesi, a small rocky cove famous for its deep turquoise waters, which you will encounter en route to Capo Zafferano, or you can continue on to Caletta Sant'Elia, from where you can enjoy a beautiful panorama and crystal-clear sea with changing colours from deep blue to emerald green. You can then spend the first night in at the anchor or reach the dock of San Nicola l'Arena.



DAY 2 • CAPO ZAFFERANO - ALICUDI - FILICUDI

Direction: **Alicudi**. This island still retains its natural charm and is the ideal destination for those seeking relaxation and tranquillity.

Alicudi's beaches are located within narrow granite inlets and are mainly accessible by sea, the only one accessible on foot being the one near the harbour.

There are no discos, pubs, banks or ATMs, only a small restaurant with a unique atmosphere and a lot of tranquillity.

You can then move on to **Filicudi**, characterised by its clear, unspoilt sea, rich in coves and inlets with small beaches that can be reached by boat.

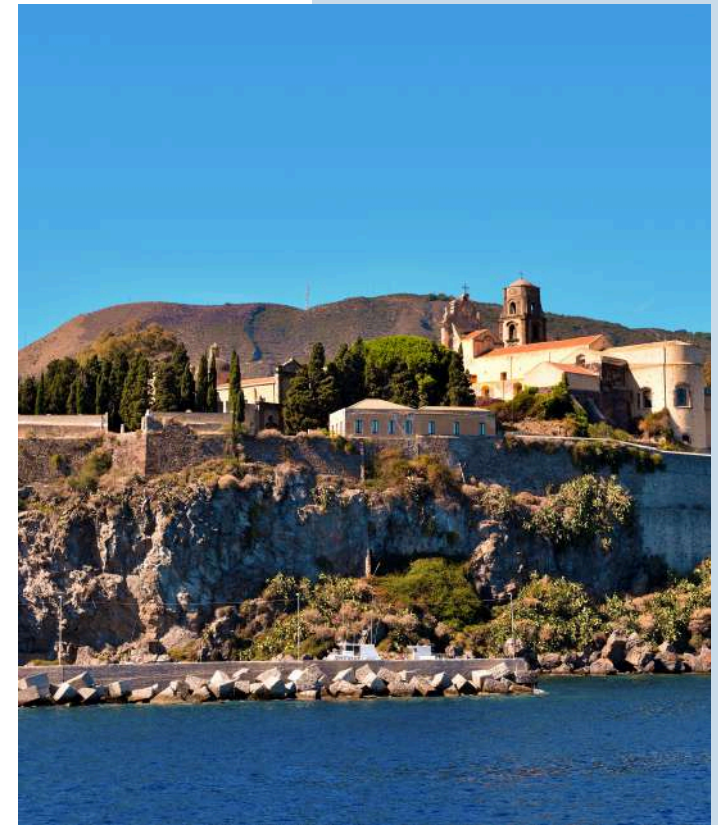
We recommend a visit to the Grotta del Bue Marino (Sea Ox Cave), a magnificent and evocative cave about 30 metres wide, known for the plays of light that are created inside it and for the sound of the sea that, inside the cave, seems to imitate the mooing of an ox.

This 'magic island', as many call it, can be toured entirely on foot. A stop at the small port of Pecorini Mare is a must, where you can dine at the seaside restaurant that serves fish and traditional dishes with special care.

DAY 3 • FILICUDI - SALINA - LIPARI

Continue your journey to **Salina**, the second largest island in the archipelago formed by six ancient volcanoes, including Monte Fossa, which rises almost 1,000 metres above sea level. Stop at the beautiful bay of Pollara for a swim. The beach, formed by large stones between rocks, is unique and intimate, and is also the place where some scenes of the famous Italian film 'Il Postino' were filmed. Not far away are Le Balate, ancient warehouses and shelters for fishermen's boats, ravines carved into the rock, a must-see in the area. The shoal of Punta Perciato, consisting of a few large rocks and extremely jagged walls, is beautiful to see. We then reach the island of **Lipari**, one of the largest of the Aeolian Islands. The island has white expanses of pumice stone and dark flows from the latest eruptions of Monte Sant'Angelo. Sail around the Faraglioni: two rock giants that emerge from the sea in the southern part of the island towards the channel separating Lipari from Vulcano. Visit the town of the same name, topped by a splendid castle and surrounded by the districts of Marina Corta and Marina Grande. Also worth a visit is the Contrada Diana Archaeological Park, which encompasses the entire history of this archipelago.

You can also visit the Museo Eoliano (located in the Lipari Castle) and the Terme di San Calogero, a hot sulphurous water spring known and used since Roman times. Those who enjoy nightlife can attend concerts, folk festivals and theatre performances on summer evenings, drink in the characteristic open-air bars or dance in the discos. The island has a marina, floating docks and numerous anchorages. On Lipari, it is possible to stop and do your shopping in supermarkets (with home delivery service). Most of the landing places are on the eastern side of the island: Marina Lunga, Marina Corta and Pignataro.



DAY 4 • LIPARI - VULCANO

Move on to the 20 km² island of **Vulcano**, home to a still active volcano. The climb is quick and accessible, and at the top there is a breathtaking view! We recommend a visit to the Grotta del Cavallo (Horse Cave) and the Piscina di Venere (Venus' Pool), with its tuff and basalt pools and shallow crystal-clear waters. Excursion lovers can reach the volcanic crater of Fossa in about an hour's walk, following a path that leads from the harbour to 400 m above sea level. There is also a nice stop at Vulcanello, the small peninsula-appendix of the island of Vulcano, famous for the Valle dei Mostri (Valley of Monsters), an evocative place populated by monstrous lava figures. The town of Vulcano is definitely worth a visit: mooring is at the Porto di Levante. The floating docks of the marina provide electricity, water and dead-body mooring services, while the public quay offers no services. The Porto di Levante is exposed to the undertow of ships and hydrofoils, so care must be taken when mooring. There is also a large buoy field in the bay of the Porto di Levante. In this corner of the city there are restaurants and bars, bike and motorbike hire. The waterfront promenade leads directly to the Mud Pool, a natural thermal pool where bubbles of volcanic gas emerge. This natural, therapeutic mud and hot springs have a beneficial effect on health.





DAY 5 • VULCANO - CEFALU'

Direction: **Cefalu'**, one of the most fascinating locations in the northern coast of Sicily. If you want to relax, you can stop at the Spiaggia di Cefalù (Cefalù Beach), with its golden sand and crystal-clear waters, located just below the historic centre. The town is also worth a visit and the main sights are: the historical centre with narrow cobbled streets offering handicraft shops, characteristic cafés and restaurants; Cefalù Cathedral, a Norman masterpiece built in the 12th century and a UNESCO heritage site; the Rocca di Cefalù, an imposing hill that dominates the town, climbing to the top you can visit the remains of the Temple of Diana and enjoy a breathtaking panoramic view of the coast. Cefalu' is also quite lively in the evenings with boutiques open until late. Try typical Sicilian dishes such as pasta with sardines, sarde a beccafico, or fish couscous in seafront restaurants such as Bastione & Costanza or La Brace and after dinner Maljk Beach Club for a more glamorous atmosphere and live music, or the Lounge Bar Al Faro for a quiet drink overlooking the sea.



DAY 6 • TRAPANI - PALERMO

Return to the port at the scheduled time.

Enjoy the last evening in the fantastic town of **Palermo**.

Palermo offers a unique atmosphere for an evening full of charm, culture and fun. The Sicilian city mixes history, delicious cuisine and a lively nightlife to suit every taste. Here are some ideas on how to spend an unforgettable evening: - an evening stroll in the historical centre through Via Maqueda and Quattro Canti, Piazza Pretoria with the 'Fountain of Shame' with its striking sculptures, splendid under the night lights, and the Teatro Massimo, one of the largest opera houses in Europe. In summer you might find performances or events in the open air. - Have a typical Sicilian dinner in a typical restaurant such as Trattoria Altri Tempi or Ferro di Cavallo, or Palermo is famous for its street food. Go to a friggitoria or to the Ballarò market to enjoy: pane e panelle (chickpea fritters), arancine (fried rice balls), sfincione (Sicilian deep-fried pizza), stigghiule (innards rolls, a treat for the curious palate). - Live the Ballarò and Vucciria night markets, which turn into lively meeting points at night with music, food stalls and improvised cocktails. Lively atmosphere, with DJ sets and street performers, ideal for immersing yourself in authentic Palermo.