

An exciting journey for athletes who love to measure themselves in full contact with wild and unspoiled nature. There will be a trekking excursion on the Etna volcano until you reach the Gelo cave, the southernmost small glacier in Europe, a canyoning tour in the Alcantara Gorges, a tandem paragliding tour from the mountains to the beach, a mountain bike tour on Etna. It will be possible to visit the villages of Castiglione di Sicilia, Randazzo, Francavilla di Sicilia, Motta Camastra etc. where you will taste the typical local dishes and stay in contact with the local communities to know festivals and traditions.

- Paragliding
- Trekking
- Canyoning
- Body Rafting
- Bike Tour
- Etna volcano
- Alcantara Valley
- Taormina

Code.18007

## **Included**

Qualified personnel for the proposed sporting activities

Tandem paragliding

Nature guide

Bike tour guide

Expert river guide

Rental Car

Accommodation

Meals as described

Medical insurance

## **Not included**

City Tax

Tip

## **Bring along**

- Identity card or passport
- Requirements required by the Italian State for anti covid prevention 19
- Sportswear

## **Participants**

Min.4

## **Languages**

English, Italian

## **Requirements**

- Stay in excellent health
- Practice sports regularly

## **Important information**

Sports and mountain clothing is recommended

- Comfortable non-slip shoes
- headgear
- windproof jacket