



VERDURA RESORT
SICILY

A ROCCO FORTE HOTEL

Trekking Routes

At Verdura Resort, we have created breathtaking trekking routes, uniting fitness with both culture and nature. Our trekking routes vary in length and terrain to accommodate all levels of fitness and experience. Our fitness team will guide you through these treks and provide you with water at break points, as well as Rocco Forte Nourish healthy snacks. Some treks require hiking boots and others require water shoes to walk in the river, other treks can be done in regular trainers.

1. Verdura Discovery Trek

This 6.3 km on-property trek will help you discover Verdura Resort. Start the trek by Reception and walk down to Verdura's coastline. Along the coastline, pass our historic Torre, which was built between in the late 1500s.

Trek past the tower and up the hill to our special viewing, where you can see the whole resort. Continue the trek through Verdura's vegetable garden and its orange, lemon, olive and almond trees, picking ingredients as you go. Learn about the organic and zero mileage food we serve at the resort, as well as our Societa' Agricola.

Level of difficulty: *easy*

Time: *1.5-2 hours*

Equipment: *regular trainers, sports gear*



There's also a longer version of this trek, which covers 7.6 km. You'll reach a fork in the road where instead of turning right to return back to the starting point, you'll turn left towards the Verdura River. This extra part involves walking down the river bank until you reach the mouth of the river. Then, walk down the wild coastline, passing an air raid shelter dating back to the Second World War, until you reach Amare Restaurant.

Level of difficulty: *medium-easy*

Time: *2-2.5 hours*

Equipment: *regular trainers, sports gear*

Both these treks can also be done without an instructor by following our trekking route signs.



2. Valle del Lupo Venture

Our Valle del Lupo venture begins a 10-minute drive from the resort. It's 4km and covers a variety of terrains. Discover the magical medieval Castello di Poggiodiana, along with the Valle del Lupo and the Verdura River that surround it. The castle was owned by Count Luna, who was married to Diana Moncada, whom the castle was named after. To protect them from pirates at sea, there was an escape route which will be uncovered during the trek. Start the trek at the top of the valley find a house built into the rock face near the beginning of the trek, dating back to September 1877, as engraved in the stone. Continue walking down the valley until you reach the Verdura River, where you'll find the end of the Luna family's escape route with a secret staircase.

Continue walking through the river until you reach the water bridge. Water treading was one of Kneipp's therapies. Walking through the cold river water up to your calves improves lymph flow and circulation. It's also more challenging to walk through making it effective exercise for the legs and gluteus. End the trek up at the castle, learning about the grandeur of how the Count and Countess lived. From the castle, you can see Verdura Resort, and you might even spot a wild goat.

Level of difficulty: *difficult*

Time: 3 hours

Equipment: *walking boots, long trousers that can be rolled up for river walk, water shoes*

There is also an even longer version of this trek, covering approximately 6km. The extra part involves a steep climb back up to the top of the valley, which is extremely effective exercise for the lower body.

Level of difficulty: *extra difficult*

Time: 4 hours

Equipment: *walking boots, long trousers that can be rolled up for river walk, water shoes*



3. Torre Salsa Trail

Torre Salsa is located next to Montallegro, also a 20-minute drive from the resort. It's a WWF nature reserve that extends along a stretch of coastline, where the chalk cliffs alternate with long sandy beaches. The name originates from a tower that stands on the top of one of the chalk cliffs, which was also built for protective reasons.

Walk along a trail to visit the orchid garden, as well as the juniper valley, where you can see the last traces of the Phoenician juniper on the slopes. At the top of the valley, you come to an area with abandoned quarries and where you can enjoy panoramic views of the coast. You can then follow a path along the coastline. You'll eventually arrive on the beach, with its pristine white sand.

The next part involves walking up and down the beach. Here, we recommend you take off your shoes to reap the full benefits. Beside it being a simple treat for the senses, a brisk beach walk massages the soles of your feet, activating venous and lymphatic circulation. This is promoted further by intermittently water treading, one of Kneipp's therapies. In addition, walking on the beach and through water is great exercise to strengthen and tone leg muscles and the gluteus.

You'll encounter lots of wildlife during your trek. Birds can include ravens, raptors, seagulls, peregrine falcons, kestrels and red kites. The golden sands are also inhabited by small Caretta turtles- you might spot some if you're lucky.

Level of difficulty: *medium-difficult*

Time: 2.5-3 hours

Equipment: *regular trainers, sports gear*



4. Caltabellotta Hike

Caltabellotta emerges in the middle of rocky cliffs; it has breathtaking views and is full of ancient ruins. With this exciting climb, you'll eventually reach this historic hill-town. Start this 4km trek by challenging your legs with a climb up the first peak. Once you reach the top, you'll be able to see views of inland Sicily on one side and views towards Africa on the other. You'll also find a cave built into the rock.

Make your way down the first peak before climbing up the next peak. This next stage is beautifully shaded by pine trees. After a hard trek, you'll reach the top part of Caltabellotta. Here, you'll see what still stands of the Norman Castle, with its Torre Normanna. The castle is of Arab origin, probably dating back to the second half of the 11th century, and it was subsequently modified by the Normans. In 1302, it was in the castle of Caltabellotta that the Treaty of Caltabellotta was signed between Frederick II of Aragon and Charles of Valois, which ended the War of the Vespers.

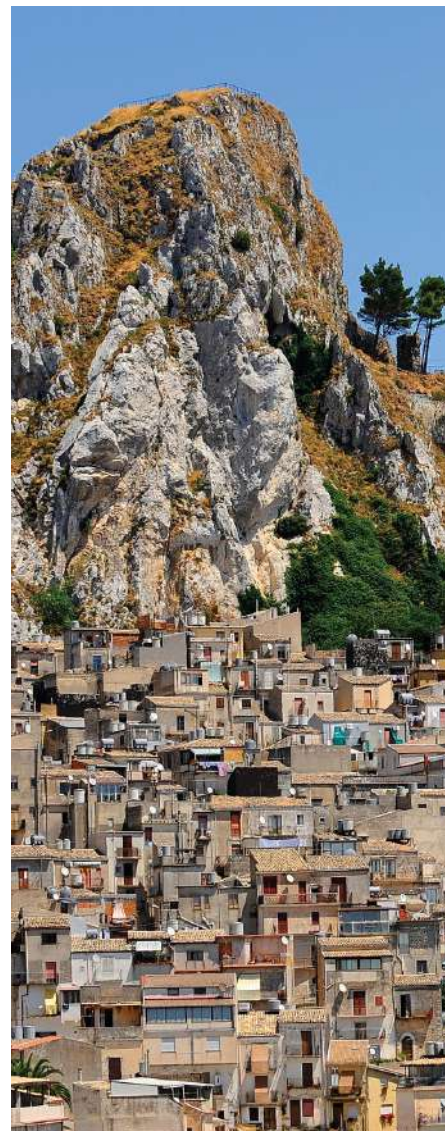


Once you pass the castle you'll reach the Cathedral. This was originally a mosque built in 890AD. However, it was later transformed by the Normans into a Cathedral. For this reason, it's an Arab-Norman style Cathedral. To the right side of it there's a bell tower. This was originally part of the mosque, and the bells were added later. Further up, you can visit the sacrificial altars, before finishing the trek.

Level of difficulty: *very difficult*

Time: *2-2.5 hours*

Equipment: *walking boots; long trousers*



5. Monte Kronio Discovery

Delve into local folklore and customs as you trek along empty trails to discover unexplored caves on this ancient route. This engaging journey for curious minds and eager feet comes peppered with unique geological features and captivating rare species of wildlife.

Monte Kronio (otherwise known as Monte San Calogero) is famous for its therapeutic sulphur springs found in caves which, legend has it, were created by the mythical inventor Daedulus. Thanks in part to balmy temperatures which hover between 37 and 39 degrees celsius, the oldest spa scene in the world sprung up in these caves during ancient times. You'll visit two of them on this seven and a half kilometre walk through landscapes that are believed to cover the base of a long-forgotten volcano.



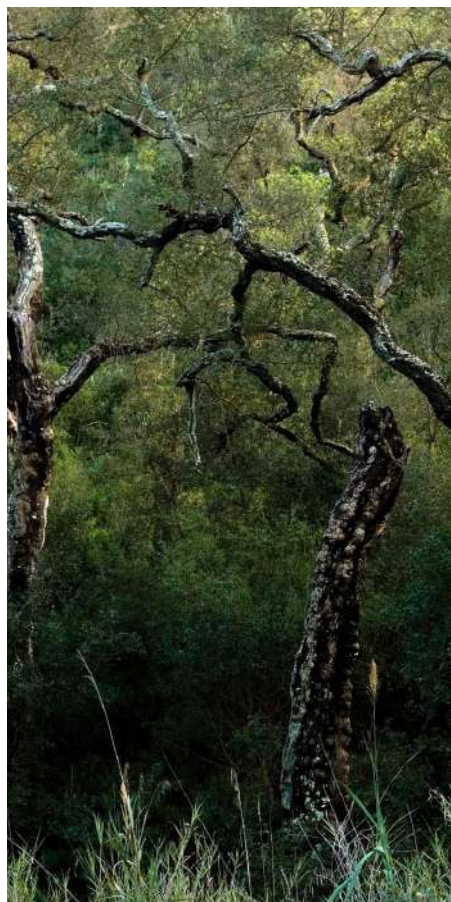
6. Platani River Hike & Capobianco

The region also has another famous claim to fame: in 2017, researchers discovered the earliest example of Italian winemaking here in its caves, dating back 6,000 years. Find out more as you wander Sciacca's protected nature reserve, then end your walk on Monte Kronio's summit, scanning the skies for kestrels and rare Bonelli's eagles as you savour panoramic vistas towards Sciacca.

Level of difficulty: *medium*

Time: *about 3.5 hours*

Equipment: *comfortable, stretch and traspirant clothing, protection UVA rays, useful glasses also for protection against ultraviolet rays, backpack, trekking shoes (or comfortable regular trainers), k-way jacket, cap or bandana*



Follow in the footsteps of Greek god Heracles and King Minos on an adventure along the Platani river. Begin in the woodlands of the Sciacca nature reserve before following the mouth of the Platani river (known in ancient times as Halycus). Reaching the highest part of the river, we'll pause at a viewpoint to spot black-winged stilts and falcons and admire the sweep of beach.

Now, the climb begins. Ascend the Pianoro di Capo Bianco, sheer white cliffs reaching towards the sea, and arrive at the archaeological site of Heraclea Minoa. Explore this ancient city and marvel at its majestic Greek theatre overlooking the Mediterranean. As you wander through the ruins, feel the connection to Heracles – who defeated the local hero Eryx – and Minos, king of Crete and founder of this city. There will be time to visit the museum and see its 4th-century BC treasures and statues of Sicilian divinities.



Ready to set off again, it's downhill until a pitstop at the river's mouth (if the weather permits) before continuing the ten kilometre journey back to your starting point. Ruins explored, summits overcome, celebratory drinks earned.

Level of difficulty: *medium-easy*

Time: *about 4 hours*

Equipment: *comfortable, stretch and traspirant clothing, protection UVA rays, useful glasses also for protection against ultraviolet rays, backpack, trekking shoes (or comfortable regular trainers), k-way jacket, cap or bandana*

