



R I D E & S E E K

Split into 3 stages, each a week long on the islands of Corsica, Sardinia and Sicily, this is a journey through the history, food, architecture and traditions of these Mediterranean jewels. Mediterranean charm and hospitality is at the heart of this tour.



CORSICA, SARDINIA AND SICILY

3 Islands Overview

TOTAL DISTANCE:
1788km | 1111mi

ELEVATION:
24,878m | 81,621ft

DURATION:
23 DAYS
22 Nights



CORSICA



SARDINIA



SICILY

St Florent
Calvi
Porto
Porticcio
Propriano
BONIFACIO
SANTA TERESA
Castelsardo
Alghero
Cabras
Buggerru
Sant'Antioco
Pula
CAGLIARI
Olbia



CORSICA



SARDINIA



ROME

Tours available from
1 WEEK

LONGER ROUTES
ARE AVAILABLE
THROUGHOUT THE TOUR
FOR THOSE WANTING
MORE DAILY RIDING
AND ELEVATION



3 ISLANDS

GRADING:



Trapani
Selinunte
Agrigento
Piazza Armerina
Catania
Ragusa
SIRACUSA
PALERMO



SICILY



TUNISIA

STAGE 1 | CORSICA

Tour Day	Destination	Distance (kilometres)	Elevation (metres)	Distance (miles)	Elevation (feet)
1	 Bastia	28	288	17	945
2	 St Florent	96	1151	60	3776
3	 Calvi	83	1062	52	3484
4	 Porto	82	1049	51	3442
5	 Porticcio	104	1790	65	5873
6	 Propriano	71	1398	44	4587
7	 Bonifacio	90	1760	56	5774
STAGE 1 TOTALS		554	8498	344	27881
STAGE 1 AVERAGES		79	1214	49	3983
		7 ride days			

STAGE 2 | SARDINIA

Tour Day	Destination	Distance (kilometres)	Elevation (metres)	Distance (miles)	Elevation (feet)
1	 Santa Teresa	47	645	29	2116
2	 Castelsardo	95	1610	59	5282
3	 Alghero	96	1640	60	5381
4	 Cabras	100	1556	62	5105
5	 Buggerru	108	1400	67	4593
6	 Calasetta	48	800	30	2625
7	 Cagliari	100	916	62	3005
STAGE 2 TOTALS		594	8567	369	28107
STAGE 2 AVERAGES		85	1224	53	4015
		7 ride days			

STAGE 3 | SICILY

Tour Day	Destination	Distance (kilometres)	Elevation (metres)	Distance (miles)	Elevation (feet)
1	 Palermo	35	380	22	1247
2	 Trapani	101	1442	63	4731
3	 Selinunte	104	389	65	1276
4	 Agrigento	108	1279	67	4196
5	 Piazza Armerina	106	1740	66	5709
6	 Ragusa	94	1500	58	4921
7	 Siracusa	92	1083	57	3553
STAGE 3 TOTALS		640	7813	398	25633
STAGE 3 AVERAGES		91	1116	57	3662
		7 ride days			

		Distance (km)	Elevation (m)	Distance (miles)	Elevation (feet)
EPIC TOTALS		1788	24878	1111	81621
EPIC AVERAGES		85	1185	53	3887
		21 ride days			

TOTAL
DISTANCE:

1788km | 1111mi

ELEVATION:

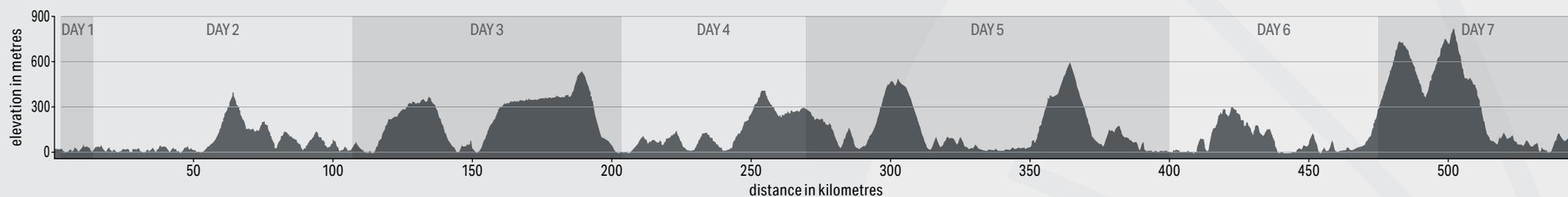
24,878m | 81,621ft

DURATION:

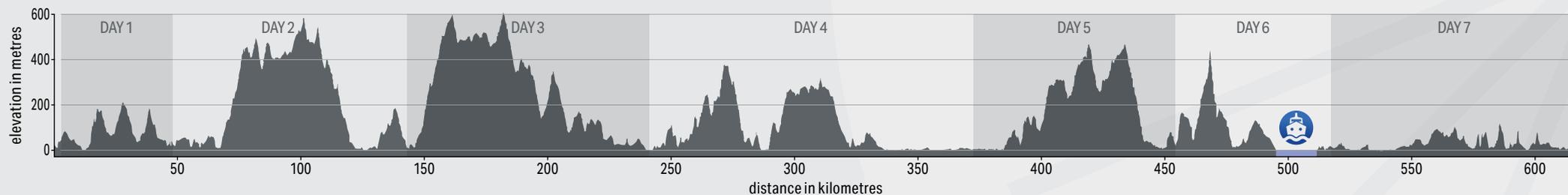
23
DAYS
22 Nights

LONGER ROUTES
ARE AVAILABLE
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STAGE 1 | CORSICA



STAGE 2 | SARDINIA



Please note, the X & Y axis (distance and elevation) vary between each stage shown.

STAGE 3 | SICILY

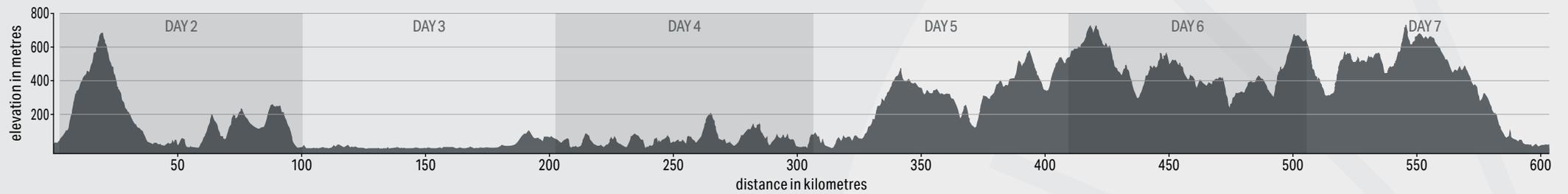
DURATION:
8 DAYS
7 Nights

TOTAL DISTANCE:
640km | 398mi

DAILY AVERAGE:
91km | 57mi

ELEVATION:
7813m | 25633ft

DAILY AVERAGE:
1116m | 3662ft



Please note, the X & Y axis (distance and elevation) vary between each stage shown.

Ride with us across 3 sun-kissed islands at the crossroads of the Mediterranean.



The beautiful Mediterranean Islands of Corsica, Sardinia and Sicily

The exceptional diversity of the islands is represented through the numerous civilisations and cultures that have left their mark. The amazing gastronomic variations, the strikingly rugged interior landscapes paired with stunning coastlines of white beaches and emerald waters, and locals with an incredibly strong sense of place. The Mediterranean charm is truly at the heart of this tour.

We ride from North to South beginning with Corsica, home of Napoleon. Its mountainous North contrasts beautifully with idyllic beaches and fishing villages. From here we head to Sardinia a land of towering cliffs, beach coves and unique history. Then finally to Sicily where rolling farmland, volcanoes and stunning coastline is littered with classical sites in exceptional settings.



3 Islands



STAGE 1 - Corsica

- Ride along spectacular coastal roads.
- Discover the divine landscape of the Cap Corse.
- Sample the amazing charcuterie.
- Explore the beautiful and romantic town of Bonifacio.
- Marvel at the UNESCO listed Scandola Nature Reserve.
- Learn about the origins & significance of the Vendetta.



STAGE 2 - Sardinia

- Experience a range of contrasting landscapes as we travel north to south.
- Ruminant over the enduring mystery of the nuraghi that dot the landscape.
- Dine on some of the finest seafood you'll eat anywhere.
- Sample the delights of the Cannonau & Vermentino wines.
- Marvel at the sound of the 4 tenors.

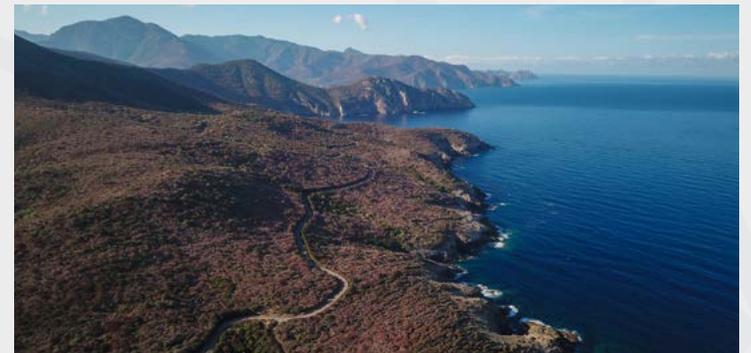


STAGE 3 - Sicily

- Peel away the layers of history that define this ancient land.
- Gorge on the finest gastronomy in the Med.
- Explore the back streets of the bustling towns of Palermo, Siracusa and Ragusa.
- Dine in the shadow of the Temple of Athena.
- Visit the amazing archaeological sites of Selinunte & Villa Romana di Casale.



 [CLICK to see the Ride & Seek website for details of tour dates and prices](http://www.rideandseek.com)



We carefully select the places where we stay based on their personality and the hospitality of our hosts.

Each island is very diverse and this is reflected in the range of accommodations we have selected. Many have sea views and over the years the hoteliers have become personal friends. From 5 star luxury in Ortigia to a family run agriturismo in the Sicilian countryside our choices give a real sense of the character of the people and places we visit.



Hotel Ortigia, Sicily

A spectacular 5 star hotel in the heart of Ortigia the historic centre Siracusa. Overlooking the harbour it serves as a fitting end to our Island odyssey.

Hotel Riviera, Sardinia

Welcome to Sardinia! Our seafront hotel in the lovely town of Castelsardo is family-owned and we are always guaranteed a warm reception.

Hostellerie De L'Abbaye, Corsica

Back in the 14th century this charming 4 star hotel was a monastery. Situated within easy walking distance of the historic centre of Calvi it has views of both the sea and the mountains.

Antico Convento Dei Cappuccini, Sicily

As the name suggests this is converted monastery in Ragusa that has been tastefully renovated into a lovely 4 star hotel. Right in the centre of the old part of the city it could not have a better position.

Hotel Santateresa, Corsica

This refined hotel in the romantic town of Bonifacio provides a lovely finish to our ride in Corsica. With sweeping views and a perfect position to explore the town it is another great final hotel.

We choose our restaurants because they are exceptional and unique

Corsica, Sardinia & Sicily each have very distinct gastronomy which provides for a culinary exploration full of surprises. From exceptional seafood offerings on the coast to a more hearty inland fare the diversity and quality of the cuisine make this tour a foodies paradise.



La Gaffe, Corsica

This wonderful gourmet restaurant is situated on the St Florent harbour and provides a delightful insight into the sophisticated side of Corsican cuisine.



Chez Huguette, Corsica

A firm favourite with our riders and a wonderful start to the tour. With the old port of Bastia as a backdrop, the atmospheric vibe is matched by some wonderful seafood for which the restaurant is renowned.



Su Furriadroxu, Sardinia

An institution in the town of Pula this bonafide Sardinian trattoria has been hosting our final meal on the islands for a number of years. A wonderful venue for a celebratory local feast.



La Terrazza Degli Dei, Sicily

Arguably the best setting for any meal we have anywhere across the tour program! The Temples of Concordia and Juno can be admired from the terrace as we sample the gastronomic flavours of the region.



Al Mazari, Sicily

We complete our 3 Island in the renowned seafood restaurant on Al Mazari. The refined dishes served in this bio-certified establishment are a tour highlight.

The 3 islands of Corsica, Sardinia and Sicily are so varied and rich in their history that taking a page to surmise their historic existence would be somewhat foolhardy! On tour we will experience this diversity in culture and history which ranges from Phoenician, Greek, Roman, Byzantine, Arabic, Norman, Renaissance, Baroque and a complex modern relationship with their 'bigger brothers' France and Italy. So for this historic peek at the 3 Islands we will solely examine how these islands symbolise their own existence.

It is little wonder with this vast array of influences that both Corsica and Sardinia choose a symbol called 'La Testa di Moru' – the Moor's head which originates in the Kingdom of Aragon and was used in Sardinia after the Aragonese conquest in 1297. Four Moorish heads are separated by a cross of St George – it is called the 'Is Cuatru Morus' – the Four Moors. The Corsican version portrays a Moor's Head in black wearing a white bandana above his eyes on a white background. Previously the bandana covered his eyes but Paoli, the Corsica folk hero from the 18th century, wanted the bandana moved above the eyes to symbolise the liberation of the Corsican people. The symbol was practically banned after 1769, when France forced the Genovesi to sell the island to them to settle their debts. During this period under French rule, 1769–1789, Corsican patriots again used the version of the flag with blindfolded eyes, as a mark of protest. This was the era in which Napoleon grew up in on his native Corsica.

As for Sicily, it represents itself with the Trinacria, a fantastic symbol, which is the head of Medusa (a gorgon with a head of snakes), surrounded by three bent running legs, and three stalks of wheat. A complex symbol but what are they getting at? Sicily was known by the Romans as Trinacrium, meaning 'star with three points'. The three bent running legs represent the three capes of Sicily which are Peloro (Messina: North-East), Passero (Syracuse: South), and Lilibeo (Marsala: West). Supposedly Sicilians likened and compared them to a woman's legs! The three ears of wheat, surrounding the head of Medusa, represent the fertility of the land of Sicily. The central Medusa head in the middle of the Trinacria implies the protection of the island by the goddess Athena, the patron goddess of Sicily! A decidedly complex ancient symbol, perfect for us to find out more about on tour!

After this complexity, we chose the simple Tanit symbol to represent our travels on the 3 Islands. Tanit is a Punic and Phoenician goddess, one of the chief deities of the Phoenician people of Western Europe and was worshipped in Sicily, Sardinia and Corsica from around the 5th century BC onwards giving us a common theme! Her symbol is interpreted as a woman raising her hands and she is sometimes depicted with a lion's head, showing her warrior quality.



What our guests have to say...



After my 12 years of riding bike tours and adventures, and my second tour with Ride & Seek, I believe Dylan and his professional guides have the magic formula.

Every detail is covered and no request is too large, so all I needed to do was turn the pedals and enjoy the ride. I can't say enough about the route, food, wine, and accommodations, however, the icing on the cake is their knowledge of the local history and culture. Thank you, Dylan and team, and keep up the great work.

Ted V



The ride offered stunning scenery day after day as we rode from Bay to Bay and occasionally an inland mountain pass on mostly good road surfaces. The tour was well planned and ran without a hitch thanks to the fantastic guides. As per all Ride & Seek rides, the cuisine and wine was exceptional and enjoyed with good company.

Jo & Tony B



I am still coming down off the high from the Three Islands tour and, just like the Caesar tour, reminiscing how lovely life was on my bike, staying in exotic places with fine dining and being spoilt rotten by the Ride & Seek support staff.

Jeremy T

www.rideandseek.com



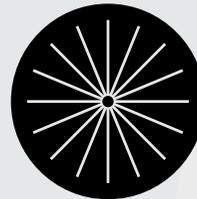
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3 Islands Overview