

The Mediterranean Jewel

SICILY



An Adventure by
NOMA TRAILS

WEST OF SICILY: A RUNNER'S DREAM

Glamour, History, and Mediterranean Trails

NOMA
TRAILS

The Vibe & The Promise

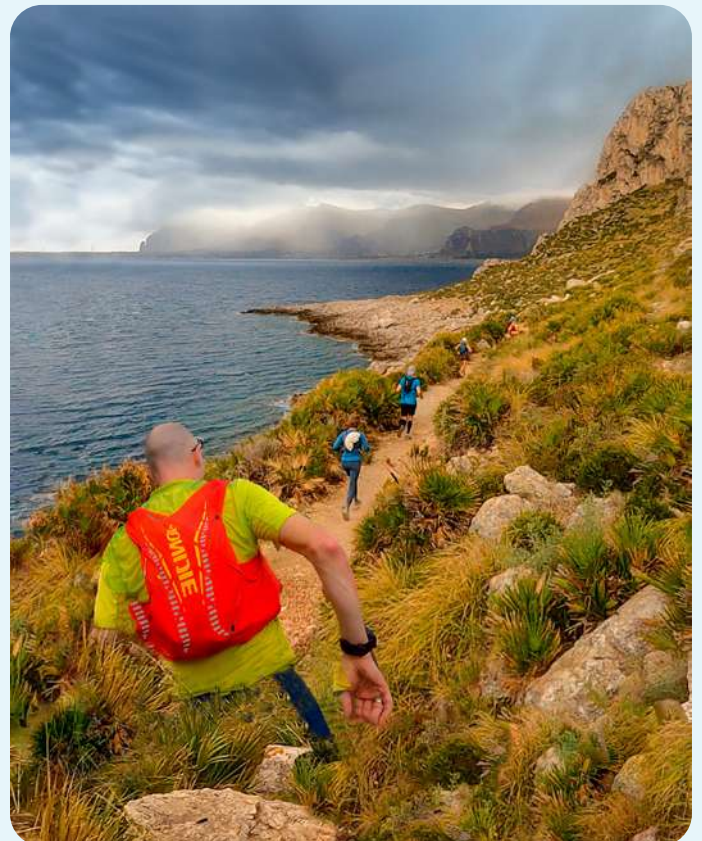
This trip was almost a miracle. It was born from a three-year process of planning, learning the language, and exploring the entire country until we fell completely in love with Sicily. This journey embodies our core belief: we don't just look for destinations; the destinations become a part of us. We only run in places where we have a deep connection with the land, and our bond with Sicily, through our dear friend Pasquale, is profound.

Here, breathtaking trail running meets Italian la dolce vita. We've designed an experience that combines the thrill of discovery on foot with the comfort and elegance of glamorous, locally integrated hotels. You will feel like a movie star as we run along spectacular coastal trails, explore wild nature reserves, and indulge in authentic Sicilian cuisine.

"This was my first running holiday and I was apprehensive... my fears were soon allayed upon meeting Pablo and Pascal. Their passion for life and for getting a real feeling of an area you are running through is invigorating, intoxicating, and motivating... I cannot recommend Run The World Adventures, Golden Pascal and Sicily highly enough."

— Arthur Francis, UK





Meet your guides



Pasquale

Benvenuti in Sicilia! This island is more than my home; it is my soul. Its history is my family's history, and its trails are the paths I have walked my entire life. To guide you here is to share a piece of myself. This journey is a special one, born from a deep friendship with Pablo – an adventure that has transformed both of our lives. I look forward to sharing its magic with you, from the ancient stones to the incredible food we will enjoy together. As a certified teacher of Italian, a rock climber, and a passionate cook, I can't wait to introduce you to the true heart of my Sicily.



Pablo and Cristina

When we decided to create an adventure in Italy, we knew it had to be special. We found the perfect partner in Pasquale, who is the soul of this trip. His deep connection to the island, its history, and its people is what makes this journey so profound.

He is also a dear friend, and creating this trip together has been a transformative experience for both of us. This trip is a little different—a bit more glamorous, a touch more refined—but with the same heart and soul you expect from us. We can't wait for you to experience it.

The NOMA Philosophy: Why We Run Here

This adventure is the result of a three-year love affair with a place. It took learning a language, exploring from top to bottom, and forging a friendship that feels like family to create this journey. We run in Sicily because it has become a part of us, and through our local guide and brother, Pasquale, we can share its deepest soul with you. This isn't a tour; it's an invitation into a place we have come to love as our own.

“An unforgettable adventure



A Day-by-Day Itinerary

The journey

Day 1. Marettimo Island

Our adventure begins on Marettimo, the most remote and wild of the Egadi islands. A short boat ride brings us to this paradise of steep cliffs and spectacular trails. Our 10km run is a perfect introduction to the beauty of Sicily. We cap off the day with a memorable aperitivo on a local fishing boat as the sun sets over the Mediterranean.

Day 2. Gateway to Beauty (Trapani & Erice)

We explore the ancient city of Trapani before beginning our run up to the magnificent medieval village of Erice, perched high on a mountain with panoramic views. The history is palpable in the stone streets and ancient walls. The day concludes with a well-deserved relax by a sea-view pool at our hotel in Bonagia.

Day 3: Exploring Coastal Wonders (Monte Cofano & San Vito lo Capo)

Starting from Bonagia, our run takes us through an ancient village built into limestone caves. We then circle the dramatic Monte Cofano, following a heavenly coastal path dotted with small, secluded coves perfect for a quick dip. Our destination is the famous beach town of San Vito lo Capo.

Our six-day journey is a seamless blend of coastal running, mountain exploration, and cultural immersion, all while enjoying the finest Sicilian hospitality.

Day 4: Wild Mediterranean Paradise (Zingaro Nature Reserve)

Today is dedicated to exploring the Zingaro Nature Reserve, Sicily's first and most beautiful protected area. A panoramic ascent offers incredible views before a technical trail descends towards the sea. The run culminates with a swim at one of the reserve's most stunning and pristine beaches.

Day 5: Discovering the Heart of Sicily (Madonie Mountains)

We leave the coast behind and travel to the mountainous heart of Sicily, the Madonie, a UNESCO Global Geopark. Here, the landscape is dramatic and rugged, and we'll explore cliff-hanging villages that seem frozen in time. We'll stay in a charming family-run hotel in one of these historic villages.

Day 6: The Madonie to Cefalù

Our final run is a beautiful journey from the Madonie highlands down to the coast. We finish our adventure in the stunning city of Cefalù, known for its magnificent Norman cathedral, narrow medieval streets, and beautiful sandy beach. It's the perfect place to celebrate the end of an incredible week.

	Run title / Focus	Distance	Elevation	Key Highlights & Experiences	Overnight Location
Day 1	Marettimo Island 	10 km	+/- 700m	Explore the wild and remote Egadi islands. Post-run aperitivo on a fishing boat.	 Trapani Area
Day 2	Gateway to Beauty 	18 km	+/- 850m	Run through ancient Trapani and up to the medieval village of Erice.	 Bonagia (Sea-view Pool)
Day 3	Coastal Wonders	22 km	+300m / -350m	Run around Monte Cofano and along a heavenly coast of small coves.	 San Vito lo Capo
Day 4	Wild Mediterranean Paradise	14 km	+600m / -800m	Explore the pristine Zingaro	 San Vito lo Capo
Day 5	The Heart of Sicily 	20 km	+400m / -1000m	Journey into the dramatic Madonie Mountains, a UNESCO Global Geopark.	 Madonie Mountains Village
Day 6	The Madonie to Cefalù	10 km	+350m / -450m	A final run from the highlands down to the beautiful coastal city of Cefalù.	Adventure Concludes

The Logistics

Plan your adventure

At-a-Glance

Price: 2260€

Dates: Spring & Autumn

Group Size: An exclusive group of just 8 runners for an intimate and personalized experience.

What's Included

- ✓ All accommodation for 6 nights in luxurious, hand-picked hotels
- ✓ All breakfasts and all dinners, featuring authentic Sicilian cuisine
- ✓ All transfers during the tour
- ✓ Daily luggage transportation
- ✓ Expert guiding by local specialist Pasquale and Noma Trails founder Pablo

Accommodation: A Touch of Glamour

On this trip, we indulge. You will stay in glamorous hotels, carefully selected for their style, comfort, and perfect integration into the local architecture. Expect sea-view pools and exceptional service—places where you'll "feel like movie stars". Rooms are shared between two participants. A private room is available for a supplement charge of 50 € per night.

A Premium Experience

This Sicilian adventure is crafted as a premium experience, reflected in every detail of your journey. With a group limited to just 8 runners, you are assured a personalized and intimate experience, allowing for deeper connection with the guides and the landscape. Our accommodations are a significant part of the magic. We have hand-selected unique, high-end hotels that blend historic charm with modern luxury. You'll stay in beautifully renovated historic properties, like a former tuna fishery transformed into a stunning seaside resort or a boutique hotel nestled in a timeless village, complete with spa facilities and sea-view pools. This curated approach to comfort, exclusivity, and style ensures that your time off the trails is as memorable as the run itself.

What's Not Included

- ✗ Lunches
- ✗ Personal travel and medical insurance (compulsory)
- ✗ Tips for your guides
- ✗ Entrance fees to optional sites or attractions
- ✗ Flights or travel to the meeting point in Sicily

The Running Experience: Pace, Terrain, and Vibe

This adventure is designed for runners of all levels, from those who run a couple of times a week to seasoned marathoners. The terrain is mostly smooth with only a few short, technical sections. The pace is relaxed and accommodating, with the focus on enjoying the scenery and the experience, not on speed. Fast runners can push ahead, and slower runners can take their time without pressure. The vibe is one of shared pleasure, blending the effort of the run with the joy of discovery and relaxation.



A Taste of the Region

The culinary journey

Sicilian cuisine is a highlight of the trip. All included dinners will feature authentic, locally sourced, and traditional dishes. Expect an emphasis on fresh seafood by the coast, rich pasta dishes, and delectable pastries like the world-famous cannoli. Lunches are at your own discretion, allowing you to explore local cafes and restaurants at each day's destination. Dietary requirements can be accommodated if communicated in advance.



Know before you go

Essential travel info

Currency:

Euro (€).

Language:

Italian.

- **Hello: Ciao / Buongiorno**
- **Thank you: Grazie**
- **Delicious!: Delizioso!**



Cultural Etiquette:

Sicilians are warm and welcoming. A smile and an attempt at Italian will go a long way.

Insurance:

Comprehensive travel and medical insurance is compulsory for this trip.



Essential Gear & Packing List

On the trail

Footwear:

Road or light trail running shoes are suitable for the majority of the terrain.

Pack:

A small running vest or pack for water and daily essentials.

Clothing:

Technical running gear or warm summer
at route in lush light or t-shirts or
cool shorts

Sun Protection:

high-factor sunscreen and sunglasses.

off the trail

Luggage:

One primary piece of luggage per person.

Clothing:

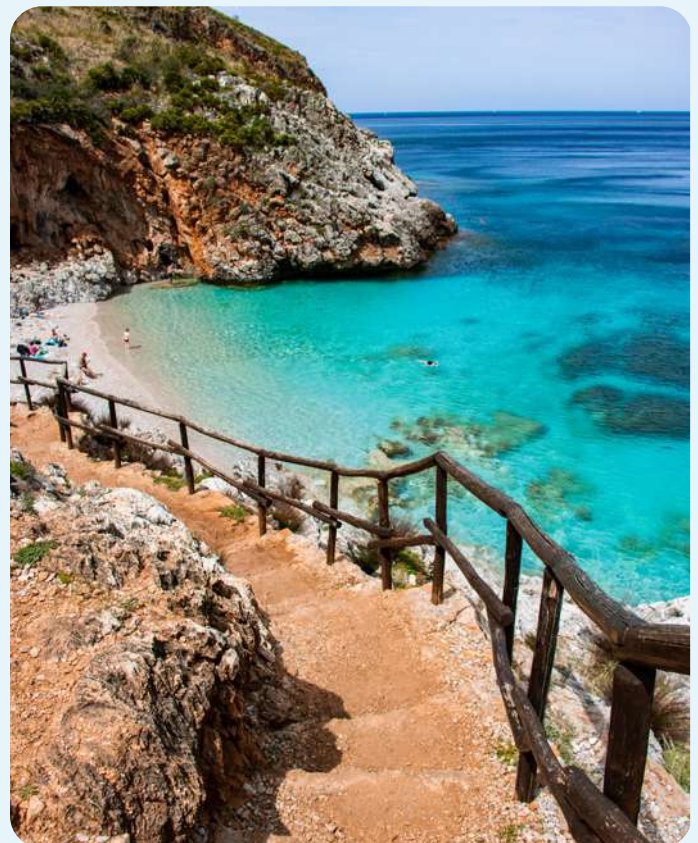
Be sure to pack a swimsuit for the many swimming opportunities, as well as smart-casual attire for our stylish evening dinners.

Personal:

Any personal medications, blister plasters, and a small first-aid kit.

Electronics:

Phone, camera, and a portable power bank.



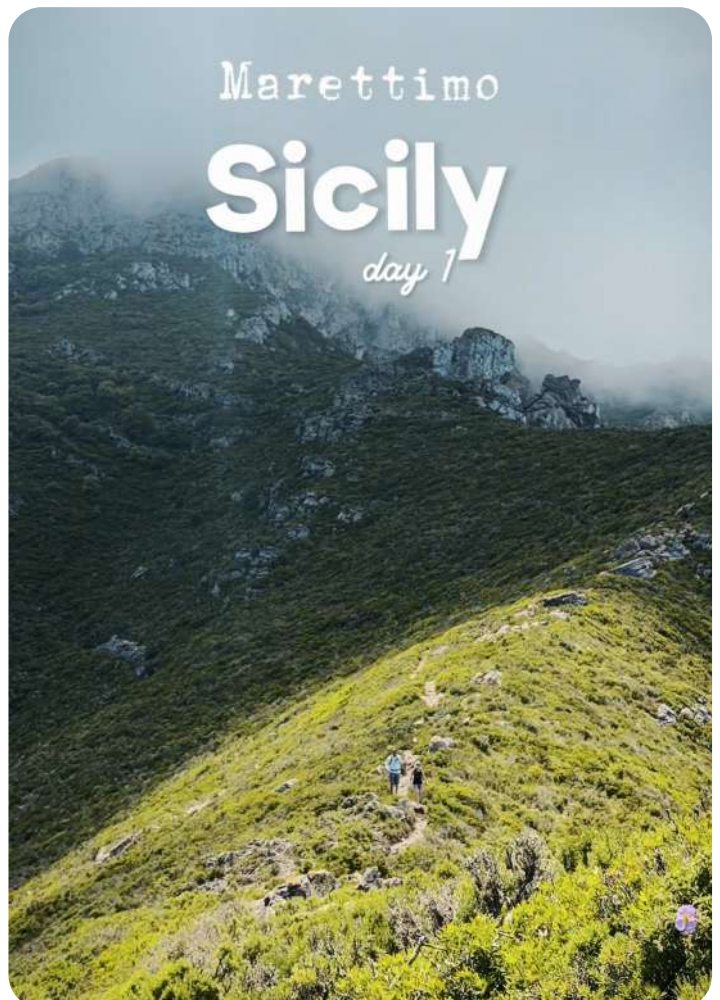
Voices from the Trail

"I went on the Moroccan adventure last November, which I loved, so I jumped at the chance to go on their first Sicilian trip and it didn't disappoint! We ran through narrow cobbled streets of historic towns, along coastlines with big views, swam in the crystal clear waters... It was a privilege to be part of a lovely group of like-minded people and to share moments in nature, or dancing on the beach to a reggae band at a couscous festival... a relaxing, fun, cultural, adventurous holiday with amazing food and many happy memories."

— Rachel Holland, UK

"This was my first running holiday and I was apprehensive, but my fears were soon allayed upon meeting Pablo and Pascal. Their passion for life and for getting a real feeling of an area you are running through is invigorating, intoxicating, and motivating. The places we stayed were fantastic and far exceeded my expectations... If you have never been on a trip like this before then make this your first destination – it will truly not disappoint."

— Arthur Francis, UK





Your next step: **JOIN THE TRIBE**

Ready to indulge your senses and explore
the stunning trails and timeless traditions of
Sicily?

Spaces are strictly limited for this expedition.
Secure your spot today.

Have questions?

Visit our website for FAQs or email us directly at
info@nomatrails.com

Follow our adventures on Instagram:
[@nomatrails](https://www.instagram.com/nomatrails)