

Full day hiking tour to Mount Cofano Natural Park from the sea up to the hill overlooking an amazing landscape



Location

Mount Cofano Nature Park



Days



Duration

ND



Category



Season

All Year



Tour Type

TOUR OVERVIEW

MONTE COFANO NATURE PARK – 1 DAY

Season: all year available on request

Duration: One Day Tour

Time: full day from h 8AM

Season: All year round

Meeting Point: to be advised at time of booking

Traverse Monte Cofano

Hiking Details: Km: 11 | 450 mt elevation gain

Level of Difficulty: Easy Hiking Tour. Good fitness required. Mostly accessible paths

Optional Summit Monte Cofano

Hiking Details: Km: 7,5 | 640 mt elevation gain

Level of Difficulty: The first thing to say is that this part of the hike should not be attempted unless you are experienced and physically

fit. This is a challenging ascent, with the need to traverse boulders and scramble in places and you will need to use both hands and feet to pull yourself up the boulders.

Price includes the following:

Qualified Hiking guide (Italian and English)

What to wear and bring with you:

A backpack for your personal items (you can leave the clothes change into the vehicle).

Comfortable clothes suitable for hiking, a rain/wind jacket, a change of clothes

A change of clothes in case of rain or in case of swim

Hiking Boots

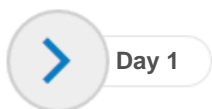
Sunglasses & sun cream

A camera or smartphone if you want to take photos

A spirit of fun and adventure

BLOG: Walking Holidays

TOUR ITINERARY



Mount Cofano Nature Park

Today independent departure to join the Meeting Point (Details: to be shared at time of booking) which is next to the small village of Custonaci.

From here, a short drive takes us on the slopes of Mount Cofano, a natural protected area. Upon arrival, what immediately strikes those who look at Mount Cofano is its lonely majesty. It almost gives the impression of wanting to detach from the coast and dive into the blue sea. The route, loop-shaped, develops within the Riserva Naturale Orientata Monte Cofano (Mount Cofano Nature Reserve). The trail starts from the Bay of Cornino and passes through an unspoiled coastline with no houses, characterised by the typical Mediterranean maquis -dwarf palms, cistus, ampelodesma, wild orchids--, rather sparse but rich in endemic species --Sicilian heather, helicrysum cophanense, cavolo di Trapani-cabbage from Trapani-- which colour the mountain in all seasons. From here beautiful views can be admired: the cliffs rise steeply from the sea whose waves crash against the shoreline, thus creating charming water games.

Then, climb a part of Monte Cofano (Summit to Mount Cofano: not included in this tour but is available on request. The hike involves for Km: 7,5 | 640 mt elevation gain) to return to the parking and admire an amazing view from the mountain.

This afternoon END of our services.

IMPORTANT: for people interested to summit Monte Cofano, the first thing to say is that this part of the hike should not be attempted unless you are experienced and physically fit. This is a challenging ascent, with the need to traverse boulders and scramble in places and you will need to use both hands and feet to pull yourself up the boulders.

WHAT IS INCLUDED?

NOT INCLUDED

