SICILIA OCCIDENTALE / TRAVEL GUIDES · ENGLISH

Cycling, a different rhythm of travel



A bike can handle short journeys or become the focus of the trip. Distinguish road riding from MTB and gravel routes: similar scenery does not mean the same surface or difficulty.

Edition / Edizione 06.11.2026

Read the current online guide

Alba Chiara B&B **Mancina Soul** **Sale e Mulini**
Commercial partners - clickable links

In this guide

01 In the village and towards the hamlets

02 Custonaci’s cycling park

03 MTB, gravel and the reserve boundary

04 Rentals and planning the day

05 Choose the route before arranging transport

06 Useful places on the map

07 Find your bearings: west coast, village and Zingaro

08 Plan your next stop

09 Sources and review

Links and map buttons require an internet connection. Information reflects the portal on 6 November 2026; consult the linked operators and authorities for current access and services.

In the village and towards the hamlets

Check where riding is allowed in the centre and where you must dismount. Roads towards Macari and Castelluzzo carry traffic and include gradients; the connection is not a protected cycleway. Choose timing, equipment and distance to suit your experience.

Custonaci’s cycling park

The park guide distinguishes three routes around Cornino, Custonaci and Monte Sparagio: green 23.4 km, orange 33.4 km and red 41.5 km. Distance helps comparison but does not replace checking surface, ascent and technical sections on the current track.

MTB, gravel and the reserve boundary

Green and orange are described for MTB and gravel; red is a more demanding MTB route with technical sections. The guide states that bicycles are not allowed inside Monte Cofano Nature Reserve: cycling park routes run around it. Respect boundaries and signs even if a shared track suggests a shortcut.

Alba Chiara B&B **Mancina Soul** **Sale e Mulini**

Commercial partners - clickable links

Rentals and planning the day

When hiring, specify intended use, size, helmet, lock and repair-kit needs. For an e-bike, ask about range for the planned ascent and charging arrangements. Do not base your return solely on advertised kilometres. Carry water and an offline route, allowing for heat and stops.

Choose the route before arranging transport

If starting at Cornino, arrange transport from San Vito and confirm bike carriage. Not every car or shuttle takes assembled bicycles. For a guided ride, agree group level, support and return point before confirming.

Useful places on the map

Baia Cornino Custonaci

Find your bearings: west coast, village and Zingaro

Macari and Castelluzzo face west towards the Gulf of Monte Cofano. San Vito’s beach fronts the village; Tonnara del Secco and Zingaro lie on the other side of the peninsula.

Zingaro Open the trail map · manager’s PDF

Monte Cofano Open the trail map · manager’s PDF

Save the map before heading out. A map does not replace opening notices or signs; not every marked line represents a route currently open.

Custonaci cycling park · routes and details

Plan your next stop

Monte Cofano, a striking coastal landscape

Walking, one step into the landscape

Practical information for your stay

Alba Chiara B&B **Mancina Soul** **Sale e Mulini**

Commercial partners - clickable links

Sources and review

Editorial review: 29 October 2026. For current times, availability, conditions and notices, consult the linked organisations directly.

- Parco ciclistico · percorsi e limitazioni
- Gestore delle riserve · cartografia

Alba Chiara B&B **Mancina Soul** **Sale e Mulini**

Commercial partners - clickable links

Your holiday starts here.

COMMERCIAL PARTNERS · STAYS AND SERVICES

Alba Chiara B&B

Rooms in San Vito Lo Capo, a short walk from the beach and village centre.

Visit website and enquire >

Mancina Soul

Your stay in San Vito Lo Capo: explore the apartments and contact the property directly.

Visit website and enquire >

Sale e Mulini

Holiday homes, excursions, car hire, transfers and ticketing to help plan your trip.

Visit website and enquire >

Amunì s.a.s. · Via Al. De Santis n.6, 91100 Trapani

info@sanvitolocaposicilia.it

sanvitolocaposicilia.it