



Elba Island Multisport

Hiking, Kayaking or Diving/Snorkeling, e-Biking

October 11-14, 2018

The Tuscan Archipelago National Park is the largest marine park in Europe and it includes the seven main islands off the coast of Tuscany: Elba, Capraia, Gorgona, Pianosa, Montecristo, Giglio and Giannutri. The geological formation of each islands is very different hinting at its diversity.

Elba Island is an ideal destination for outdoor activity lovers and for those who want to enjoy a holiday that combines nature, crystal-clear sea, and physical activity. Thanks to the mild climate of the island, all types of outdoor activities continue throughout the spring and autumn from easy beach strolls, to trail hikes and extreme sports in the water or on the cliff faces. Too big to be small and too small to be big, Elba is the third largest island in Italy: 224 sq Km, 7 municipalities, 32000 inhabitants, over 100 beaches, and a mountain over 1000 m of height. It boasts chestnut woods, lush oak woods, scented Mediterranean vegetation, iron mines, Roman churches, medieval villages, Renaissance fortresses, imperial residences. Elba is not an isolated island in the blue of the Tyrrhenian Sea, but the beating heart of the Tuscan Archipelago.





Itinerary:

Arrive in Montecatini Terme on October 10.

Day 1. October 11 Pick up in Montecatini at 6:30am in the morning. Arrival at Piombino Port (2h); ferry towards 9:30 am arrival to the island after one hour navigation. Meeting with the guide and transfer to the west side of the island to hike from Marciana to Sant'Andrea reaching the highest peak of the island, Monte Capanne (It is possible to start hiking from the top after a 20' chairlift ride). Lunch pack on the trail. Accommodation in the hotel. Dinner, with the first tasting of flavors and aromas of this enchanting piece of Tuscany. Overnight in S. Andrea.

Activities:

- Hiking 8.8 mi Elev. + 2287/- 3442 ft

Hiking options

- Marciana to Monte Capanne peak 2.3 mi Elev. + 1947/-7 ft
- Monte Capanne to Sant'Andrea 6.5 mi Elev. + 340/-3435 ft

Day 2. October 12 - Pick one of two options for the day.

Option 1: Start your day by stretching joining our optional yoga class before breakfast. Walk to the beach to meet with your kayak instructor. Briefing and beginning of our one day trip on sea-kayaks. During the trip the instructor gives technical tips about the handling of the sea-kayak: it'll be both an experience of a real school practice and an adventure trip. This unique kayak journey will bring you along the coast all the way to your next hotel in Scaglieri. Dinner. Overnight in the north side of Elba Island, Scaglieri.

Activity : Sea-Kayak 6 hours



Option 2: Start your day by stretching joining our optional yoga class before breakfast. Meet with your scuba diving instructors at the hotel. The morning is dedicated to THE TRY SCUBA DIVING. Everyone can try to dive in safety, a real dive with a dedicated instructor. An unforgettable experience. All equipment is included and there's no need to have diving certification. After the try everybody will be guided to a snorkeling activity.

Regular scuba diving activity will be possible for certificated participants. Lunch on the beach. Shower, change and get ready to hike to Marciana Marina. Little free time in Marciana Marina. Shuttle to your next hotel in Scaglieri (20'). Dinner. Overnight in the north side of Elba Island, Scaglieri.

Activities :

- Try scuba diving + snorkeling 4h
- Diving (only for certificated participants) 3h
- Hiking to Marciana marina 4.1 mi Elev. + 897/- 982 ft



ACTIVE TRAVEL TUSCANY

VIAGGI DEL GENIO

Day 3. October 13 Optional early Yoga class. Breakfast at the hotel.

Short hike to reach the place where we will find our bikes. One day trip on e-bikes towards the eastern side of the island across typical little towns like Rio Elba and Cavo. Stop for lunch in a special location on the way. This is a unique journey across the island. Aperitif and dinner. Shuttle back to the hotel in the late evening.

Activities:

- Hiking 1.2 mi Elev. +269/-218 ft
- e-biking day total 27.6mi Elev. +3121/-2633 ft (different options available)

Day 4. October 14 Optional early yoga class before breakfast. Start hiking from the hotel to Portoferraio and meet with the guide to visit the historical centre where Napoleon Bonaparte had his exile before the Waterloo defeat. Lunch in a typical little restaurant in the centre.

Ferry towards 3 pm to the mainland. Beginning of the journey to Montecatini. Arrival towards 6 pm.

Activities:

- Hiking 4.2 mi Elev. +730/-755 ft

Itinerary Difficulty rating: Moderate(3) - Good physical fitness required; ~4-6 hours activity/day



Trip Price: €. 1100,00

Price includes:

- Transfers from Montecatini to Elba Island round-trip (minivan)
- All transfers during the journey (minivan)
- Accommodation in 3 star hotels from the night before the start of PSA
- Rooming: double room single occupancy
- Full board treatment from the lunch of the first day of PSA to the lunch of the fourth day
- Sea-kayak, scuba diving one day trip (all technical equipment included)
- Villa dei Mulini ticket (Napoleon main residence)
- Specialized guides
- Tour leader



Weather

The temperatures in October range from highs in the low 70s°F (22 °C) and lows in the low 50s°F (11 °C) Rain showers are a possibility but typically do not last longer than a few hours.

Packing List:

<p>Luggage:</p> <ul style="list-style-type: none">● Medium rolling duffel● Luggage lock● Packing cubes/stuff sacks● Day pack – 15-20 liters <p>Clothing:</p> <ul style="list-style-type: none">● Casual clothing/shoes for travel and city wear (lightweight, easily washable)● Light rain/windproof jacket● Mid-weight fleece/softshell● T-shirts● Long sleeve shirt● Hiking pants● Underwear/sports bra (quick drying)● Swimsuit● Sleepwear● Buff● Biking jersey/shorts (helmet provided)	<p>Footwear:</p> <ul style="list-style-type: none">● Hiking Shoes● Hiking socks, synthetic or wool● Water shoes/sandals <p>Assorted Personal Items:</p> <ul style="list-style-type: none">● Water bottles - 1 liter/1 quart x2 and/or hydration bladder● Sunblock and lip balm with SPF● Sun hat● Sunglasses● Personal hygiene items (toothpaste, toothbrush, hand sanitizer, small travel towel, etc.)● Personal first aid kit, medications, blister prevention/treatment kit● Insect repellent● Alarm Clock● Camera/memory cards/battery/● Chargers/plug adapters
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Getting to Montecatini

The best airports to fly into are Pisa or Florence. Local transport from/to these airports is affordable and frequent.

- From Florence airport, take the airport shuttle to Santa Maria Novella then the train to Montecatini Centro.
- From Pisa airport, take the peplemover train to Pisa Centrale then the train to Montecatini Centrale.

For updated information on train times and connections, visit www.trenitalia.com.