



ELBA ISLAND E-BIKE EXPLORATION TOUR

DESTINATION	ELBA ISLAND, TUSCANY, ITALY
DURATION	4 DAYS / 3 NIGHTS
ACCOMMODATIONS	HOTEL 4*
FOCUS	BIKING, FOOD AND WINE
ACTIVITY LEVEL	MODERATE
HOSTED	IN ENGLISH
LEAD	TRIP LEADER

DESTINATION

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.



TRIP SUMMARY FOR GUESTS

Get off the beaten path of the typical Tuscany tours and enjoy four exciting active days on the magical paradise island of Elba. Located 1,5 hour away from Pisa, your trip starts in Portoferraio after crossing the sea from Piombino Marittima. Meet with your trip leader at arrival and after our



ACTIVE TRAVEL TUSCANY

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safety briefing hop on your e-bike to ride a portion of the famous GTE trail that goes over the entire island. This warm-up ride is going to bring you all the way to your hotel across scented Mediterranean shrubs, the typical evergreen vegetation of the island. The following day, get back on your saddle and off you go for another day of riding exploration! Today you will ride along the see-through water of the West coast, the wildest side of the island. On our way, we will take a break of riding to get to the very top of the island, on the summit of Mount Capanne, thanks to a panoramic chairlift ride. You will ride through seaside “nativity scene” like villages, along dozens of beaches and end up this enchanting day back at your hotel. On the third day, you will explore the opposite side of the island, the East, former iron mines area. Another beautiful ride, amazing photo opportunities and great food and wine are awaiting too! On the last morning, you will leave the hotel for a guided tour of the Renaissance historical center of Portoferraio infamous residence of Napoleon Bonaparte exile before the Waterloo defeat.

If you've never ridden an e-bike before, you will fall in love with them! They flatten the hills and cancel the distance to leave you with the air on your face and the feeling of freedom. Note that you certainly don't need to be an Olympic champion to participate to this trip but a good physical fitness is required.

DETAILED ITINERARY

DAY 1 – BIKE THROUGH THE NATIONAL PARK

GTE RIDE

Meet with your trip leader at arrival on the port of Portoferraio. From there we walk over to the bikes and start with our trip and safety briefing. You will leave Portoferraio, main town and only “city” of Elba Island, on your saddle. Shortly you will quit the asphalted road to continue on wide compact dirt road. This route is a section of the longest hiking trail on the island, the GTE – Great Elban Traverse – 66 km from the eastern extremity of the island to the western one through the evergreen vegetation of the National Park. Eventually we will leave the trail to join the town of Procchio where our hotel is located. Tonight we will share a welcome drink before dinner in our hotel.

Riding: distance about 20 km, elevation gain 478 m

DAY 2 – BIKE BY THE SEA

WEST COAST LOOP

This morning after breakfast we will leave on another adventure that will bring us all around the occidental coast of the island. Today the whole ride is on asphalted roads. We will ride through multiple towns both by the sea and in the mountains. After a winding road through a chestnut forest, we will take a break of riding and take the chairlift to the summit of Mount Capanne, the highest mountain on the island. From this breathtaking view point you will be able to discover the whole Tuscan archipelago and its multiple islands. Back from the top, we will stop in an hilltop town

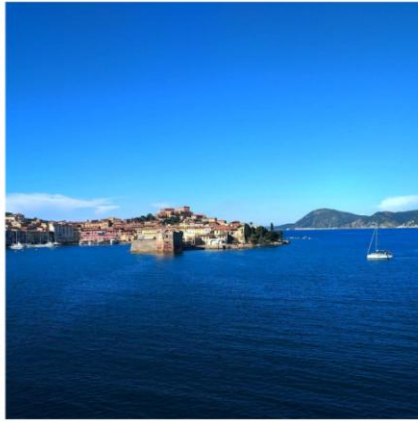


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for a tasty lunch in a local restaurant. This afternoon we continue our ride much closer to the sea and ride across small villages nestled along the granitic slopes of the Mountain. Tonight you are on your own in the little town of Procchio, follow your leader's suggestions to choose your favorite place for dinner.

Riding: distance about 50 km, elevation gain 884 m



DAY 3 – RIDE THROUGH A FORMER MINING AREA AND DINE AT THE WINERY

EAST SIDE OF THE ISLAND ROUTE

Today we will start our ride joining the south coast of the island and riding along small seaside towns and the last remaining portion of dunes of the island. Some great photo-ops on this ride! During our exploration of the East side of the island, former iron mines area, we will stop in a quaint hilltop village and enjoy some lunch prepared with love by Davide for us. This afternoon we will stop in an olive grove on our way to taste some organic olive oil and honey directly by the producer. Back on our bikes, we will pursue our ride to a seaside town where we will have some gelato while exploring on foot its lively port. A real dolce vita experience! You will end up the ride in an organic farm and winery for a wonderful farm-to-table degustation dinner with wine pairing. After dinner we shuttle back to our hotel (30') as this was our last day of riding.

Riding: distance about 55 km, elevation gain 1175 m



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DAY 4 – ON NAPOLEON BONAPARTE’S FOOT STEPS

GUIDED TOUR OF PORTOFERRAIO

This morning we will transfer to Portoferraio (15') for a guided walking tour of the town. Your guide will bring you through the historical center where Napoleon Bonaparte had his exile before the Waterloo defeat. After the tour we will share a last lunch together in a cute restaurant of the center. Your trip finishes on the port of Portoferraio in the beginning of the afternoon.

TRIP PRICE: € 1.000,00 MIN 2 PARTICIPANTS

PRICE INCLUDES

- Double room in 4* hotel
- Treatment: 3 lunches, 2 dinners
- Transfers in private car
- Trip leader and guides
- Olive oil and honey tasting
- Chairlift ticket round trip
- Gelato/snacks
- Sports equipment: e-bike, helmet

PRICE DOES NOT INCLUDE

- Ferry boat ticket
- Single room supplement
- Alcoholic drinks (outside of what's included)
- Tips

EXTRA

- Pick-up and/or drop off in Pisa, Firenze, Rome