



## GRAND TOUR OF ELBA ISLAND

HIKE, E-BIKE AND COOK WITH LOCALS IN A TUSCAN ISLAND

DESTINATION	ELBA ISLAND, TUSCANY, ITALY
DURATION	4 DAYS / 3 NIGHTS
ACCOMMODATIONS	HOTEL 3*
FOCUS	HIKING, BIKING, FOOD AND WINE, COOKING CLASS
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.



# ACTIVE TRAVEL TUSCANY

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## TRIP SUMMARY FOR GUESTS

Get off the beaten path of the typical Tuscany tours and enjoy 4 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. You will spend your first day hiking by the sea on a coastal trail to join the seaside village where you are going to sleep for two nights. Before a local specialties dinner, you will taste some Elban wines hosted by Cristiano our lovely expert. After a delicious breakfast, you will conquer the highest mountain of the island (1019 meters above sea level). The way you want to do it, is up to you! You can take the chairlift up and hike down or hike up and reward yourself taking the chairlift down or you can decide to take the long option and hike up and down. After a day hiking nothing better than a good stretching! That is why you will continue your day by a yoga class taught in an enchanting setting. Chris and her husband are going to be your hosts tonight. You will cook dinner all together and share Alberto's cooking secrets. On the third day, we're off for a panoramic e-bike exploration of the east coast. Amazing photo opportunities, great food and wine are awaiting too! After a well-deserved sleep, we spend the last day following the advices of a chef in his cuisine for an original cooking class.

Note that you certainly don't need to be an Olympic champion to participate to this adventure but a good physical fitness is required.

## DETAILED ITINERARY

### **DAY 1 – COASTAL HIKE AND FOOD FEAST**

HIKE BY THE SEA-THROUGH WATER, TASTE THE ELBAN WINE PRODUCTION AND THE DELICIOUS LOCAL SAVORS

Meet with your trip leader at arrival on the port of Portoferraio. From there you will take a 30' shuttle to the lovely port of Marciana Marina. After a short walk around town, you will go eat a light lunch in one of our favorite spot. This afternoon you will hike along the sea on a coastal trail surrounded by the mediterranean shrubs, the typical evergreen and scented vegetation of the island. The trail goes mildly up and down and is about 6 kilometers long. At the end of your hike, you will reach the beach of the cute hamlet of Sant'Andrea. After being greeted by your host, you will discover the haven of peace where you are going to stay for 2 nights. This evening, Cristiano is going to introduce you to the variety of the Elban wines through a wine tasting followed by an exploration of the local flavors through a delicious degustation menu that showcase the island culinary traditions. Tonight, enjoy the silence and peace while you are sleeping surrounded by the splendid nature.

### **DAY 2 – SUMMIT HIKE, YOGA CLASS AND DINNER WITH LOCALS**

HIKE THROUGH A CHESTNUT FOREST TO THE TOP OF THE ISLAND, RELAX DURING THE YOGA CLASS, COOK DINNER WITH LOCALS AT HOME

After an healthy breakfast, you will pack your lunch and then hop into the car for a 20' ride. Today you will get to the top of the island on the Mount Capanne (1019 meter above sea level). You will



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not start by the sea level as you will begin your adventure from the hilltop town of Marciana (located 375 meters above sea level). You can decide how you want to conquer the mountain and you can choose between these 3 options: chairlift up and hiking down, hiking up and chairlift down or hiking up and down. The mileage of the entire loop (hike up and down) is about 11 kilometers and 700 meters elevation gain. Whatever option you decide for, it is going to be a great day filled with shaded chestnut tree forest, granite slopes, scented mediterranean bushes and breathtaking views of the multiple islands of the Tuscan archipelago. Once you get back to Marciana, you will pursue your adventure by a yoga class. Our talented yoga teacher is going to host you in her shala for a relaxing 1,5 hour. No previous experience is required and Chris will adapt her teaching to every level. This evening you will be Chris and Alberto's hosts for dinner. A real cooking experience as you will prepare the meal all together in their home. You will be back to your hotel after a short car ride for a well-deserved resting night.



## DAY 3 – E-BIKE RIDE AND DINNER AT THE WINERY

RIDE ON THE EAST SIDE OF THE ISLAND, EAT IN A CUTE LOCAL RESTAURANT, TASTE GELATO AND DINE AT THE WINERY

After a good breakfast, you will transfer to the east side of the island and start the day with your biking safety briefing and then you will take your fat tires electric bikes for a full day exploration of the East side of the island, former iron mines area. This nice ride will bring you along quiet panoramic roads and through quaint villages. You will stop in a tiny restaurant for lunch before pursuing your route to a seaside town where you will enjoy some gelato while exploring by foot this lively port. You can decide the mileage of the ride. The basic ride is about 40 kilometers spread over the day but you can decide to add a 20 kilometers loop if you're up for a longer ride. 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 only with the air on your face and the feeling of freedom. You will finish the ride in an organic farm and winery for a wonderful farm-to-table dinner with wine pairing.

## DAY 4 – COOKING CLASS WITH A CHEF

LEARN SOME OF THE BEST KEPT ITALIAN CUISINE SECRETS AND COOK TRADITIONAL DISHES

This morning after breakfast get ready and put your apron on! Cristiano's chef is going to give you a cooking class. He will teach you some classics of Tuscan cuisine and typical Elban recipes often called the "poor peasant cuisine" as well as some traditional dessert. You will enjoy every minute of this exceptional class! Make sure you taste all your cooking creations before you shuttle back to Portoferraio (50'). Your trip finishes on the port of Portoferraio in the beginning of the afternoon.



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You can decide whether you want to take the ferry straight away or if you want to explore Portoferraio town center before leaving the island.

**TRIP PRICE: €. 1.050,00**

## PRICE INCLUDES

- Double room in 3\* hotel
- Full board treatment (4 lunches, 3 dinners)
- Transfers in private car
- Trip leader during the whole trip
- Cooking class
- Wine tasting
- Yoga class
- Chairlift ticket one way
- Sports equipment: walking sticks, electric assisted mountain bike, helmet

## PRICE DOES NOT INCLUDE

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

## EXTRA

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