

# Idyllic Elba & the Southern Tuscan Coast

**Tour Style:** Guided walking

**Destination:** Italy

**Trip code:** ELLCL

3 & 5



## HOLIDAY OVERVIEW

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Combining southern Tuscany and the island gem of Elba on one single trip, our twin-centre walking holiday is the perfect way to experience two captivating Italian destinations in one trip. Discover diverse landscapes ranging from rocky island slopes and golden Tuscan coastline to the wild green oasis of Maremma Natural Park. Highlights include walking Elba's Butterfly Path, exploring the ancient fishing port of Castiglione della Pescaia, and soaking up far-reaching views from Maremma's hills.

## WHAT'S INCLUDED

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- Return flights from London Heathrow, including baggage and transfers
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 5 nights' accommodation on Elba & 2 nights in Castiglione della Pescaia
- 7 breakfasts & 7 dinners
- All in-destination transport & return Elba ferry crossings

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## HOLIDAY HIGHLIGHTS

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- Exploring Elba's historic landmarks
- Learning about Napoleon's time on Elba
- Spotting over 50 species of butterfly on Elba's 'Butterfly Path' in the Tuscan Archipelago National Park
- Enjoying the views from the hills of Maremma Natural Park
- Spending time in the ancient fishing port of Castiglione della Pescaia
- Discovering the charm of two lesser-visited Tuscan destinations

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## ITINERARY

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### Day 1: Arrival Day

Transfer by road and ferry to Elba island.

### Day 2: Discovering The Western Isle Of Elba

#### Option 1 - Marciana To Punta Polveraia Lighthouse

**Distance:** 4 miles (6km)

**Total Ascent:** 950 feet (290m)

**Total Descent:** 1,640 feet (500m)

**Terrain:** Mule tracks and paths, downhill in places can be slippery

Today we explore the western part of the island. After a transfer to Marciana, we start our hike from the Pisan Fortress in the direction of the Madonna del Monte Sanctuary. The church is in a particularly enchanting position surrounded by nature. According to tradition, Napoleon used this church during his stay on Elba in 1814, to escape from the torrid heat of Portoferraio. We continue down to Punta Polveraia for our transfer back to the hotel.

#### Option 2 - Pisan Fortress & Monte Capanne

**Distance:** 5.5 miles (9km)

**Total Ascent:** 1,410 feet (430m)

**Total Descent:** 1,870 feet (570m)

**Terrain:** Mule tracks and paths, downhill in places can be slippery

Like the option 1 walkers, our hike on the western side of the island starts in the ancient village of Marciana. From here, we'll head from the Pisan Fortress in the direction of the hermitage of San Cerbone, which rests at the foot of Monte Capanne, at an altitude of 530m. We continue down to the Madonna del Monte Sanctuary, whose frescoes date back to the 16th century. Our next destination is Punta Polveraia from where, after time for refreshment, we return to the hotel.

### Day 3: Discovering The Eastern Isle Of Elba

#### Option 1 - Rio Nell'Elba To Porto Azzurro

**Distance:** 5.6 miles (9km)

**Total Ascent:** 1,020 feet (310m)

**Total Descent:** 1,214 feet (370m)

**Terrain:** Gravel roads and paths, only for a short stretch steep and rocky

We'll set off to explore the eastern side of Elba, beginning on the outskirts of Rio nell'Elba, one of the oldest towns on the island. Sitting on a hill 180m above sea level, it's a town steeped in mining heritage, thanks to the area's rich deposits of iron ore. We'll hike to Volterraio Castle, the most ancient fortification here, before continuing to Cima del Monte and then descending to Porto Azzurro.

## Option 2 - To Volterraio Castle, Cima Del Monte & Barbarossa Beach

**Distance:** 5.5 miles (9km)

**Total Ascent:** 1,480 feet (450m)

**Total Descent:** 1,970 feet (600m)

**Terrain:** Rocky, steep uphill and slippery downhill at the beginning. Then gravel paths

We'll start in historic Rio nell'Elba, famous for its iron mines that go back as far as the Etruscan period, and once the island's mineral centre until the iron ores were finally closed. We hike onwards to the ancient fortress of Volterraio Castle, to Cima del Monte and then down to Barbarossa Beach, surrounded by a lush green bay. Walking along the wonderful coastline, we cross at San Giacomo fortress to reach Porto Azzurro.

## Day 4: Ring Of Pietra Murata

### Option 1 - San Piero & Views Of The Tuscan Islands

**Distance:** 5 miles (8.5km)

**Total Ascent:** 1,230 feet (375m)

Our walk today is part of the shepherd's trails across a network of ancient granite routes. We begin at the tiny hamlet of San Piero, at the foot of Monte Capanne. At 227m above sea level it looks across to Campo nell'Elba and the gulf of Marina di Campo. We walk the "Butterflies Path", a natural Sanctuary in the Tuscan Archipelago National Park, where more than 50 species of butterfly have been recorded. Our destination is the rock formation of Pietra Murata, a sentinel watch post, dating back to the Middle Ages, from where we can admire views across the southern islands.

### Option 2 - The Butterflies Path To Pietra Murata

**Distance:** 6.5 miles (10.5km)

**Total Ascent:** 1,560 feet (475m)

Following a slightly harder trail than our fellow group, we also start in San Piero, and then walk along the "Butterflies Path". Along our way, we will pass surprising granite quarries and remains of work sculpted from rocks such as columns, altars and tanks, telling us much of the past. We'll reach the rock formation of Pietra Murata, to admire the view of the southern side of the Island of Elba, the Island of Corsica and the islands of Pianosa, Montecristo and Giglio.

## Day 5: Free Day

Today is yours to enjoy at your leisure. Relax in the comfort of your hotel surroundings, enjoy a drink with sea

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views on the hotel terrace, or walk down to the beach and explore along the coast. Your day on the island can be as active or relaxing as you choose.

## Day 6: Coastline Of Scarlino On To Mainland Tuscany

### Option 1 - Coastal Landscapes To Castiglione Della Pescaia

**Distance:** 5 miles (8.5km)

**Total Ascent:** 575 feet (175m)

Today we leave Elba and head back to the mainland to discover the unique territory of Maremma, a timeless region dating back to the Etruscans and Romans. We take a fantastic hike through untouched coastal landscapes along two of the most beautiful bathing bays in this area – Cala Violina and Cala Martina. From the hills above we'll be rewarded with unique views of the Tuscan coast. After our walk, we move to the tranquil village of Castiglione della Pescaia, where we can watch the hustle and bustle around the fishing port and take a walk through winding streets up to the medieval castle.

### Option 2 - Walking The Bays Of Cala Violina & Cala Martina

**Distance:** 6 miles (10km)

**Total Ascent:** 985 feet (300m)

Departing Elba today we travel back to the mainland where we will explore the beautiful Maremma region. Following a similar trail to our easier option, today is a more leisurely route for us too, through the untouched coastal landscapes of Cala Violina and Cala Martina, with wonderful views of the Tuscan coast. After our walk, we move to the tranquil village of Castiglione della Pescaia, where we can watch the hustle and bustle around the fishing port and take a walk through winding streets up to the medieval castle.

## Day 7: Maremma Natural Park

### Option 1 - Grand Ducal Forest & Collelungo Beach

**Distance:** 6 miles (10km)

**Total Ascent:** 500 feet (150m)

Our final walk brings us into the wild landscape of Maremma Natural Park. The walk begins in the Grand Ducal pine forest on mostly flat ground, with slight undulations. Once we reach Turtle Bridge and after skirting the caves, we begin to ascend through a low scrub of rosemary, holm oak and cistus, that only a few centuries ago was a cliff overlooking the sea. From Castel Marino tower we can enjoy one of the most beautiful and varied panoramas of the entire park. Finally, we reach Collelungo Beach where we can take a rest in this tranquil spot before returning.

### Option 2 - Forest, Olive Groves & Coastal Views

**Distance:** 8 miles (13km)

**Total Ascent:** 1,150 feet (350m)

A wonderful day's walking lies ahead for our final excursion, taking us through the wild landscape of the Maremma Natural Park. We walk through the fragrant Mediterranean scrub to reach the remains of the impressive Abbey of San Rabano, which rises from the middle of a beautiful holm oak forest. We'll pass through the lush vegetation and centuries-old olive groves to the Collelungo tower, from which we'll enjoy a breathtaking view of the entire coast and take a break on the white beach. On our return, we hike through the lush pine forests planted by the Grand Dukes of Tuscany.

## Day 8: Departure Day

Depart Castiglione della Pescaia

## ACCOMMODATION

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### Hotel L'Approdo

You'll receive a warm welcome at the Hotel L'Approdo, located on the picturesque Marina of Castiglione della Pescaia. Start the day with breakfast with panoramic views and enjoy authentic Tuscan meals in La Bitta Restaurant. The sea and the old town are both just a five-minute stroll away.

### Hotel Select, Marina Di Campo

The welcoming four-star Hotel Select is opposite Elba's beautiful Marina di Campo bay, where guests have easy access to enjoy the beach, as well as nearby shops. Relax in the pool or on the terrace and enjoy an Italian meal or refreshing drink at the on-site restaurant and bar.

### Hotel Montecristo (October Departure Only)

In an enviable seafront location on the enchanting island of Elba, Hotel Montecristo offers coastal views, direct beach access, and contemporary rooms featuring private balconies, modern amenities, and complimentary Wi-Fi. Elsewhere, guests can enjoy the outdoor pool and spa area, savour authentic cuisine at the sleek restaurant, and unwind with evening drinks at the welcoming bar.

## USEFUL HOLIDAY INFORMATION

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### Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of UK airports\* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email [reservations@hfholidays.co.uk](mailto:reservations@hfholidays.co.uk)

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

### Joining Instructions (Without Flights)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

### Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

### Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

\*Subject to availability

## Essential Information

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

### Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

### Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags
- Rubbish bags
- Insect repellent

### Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device

## Useful Information

### Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

For more information about healthcare abroad and its costs, please visit: <https://www.nhs.uk/using-the-nhs/healthcare-abroad/>.

### Local Currency

The local currency is the Euro (€)

## TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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