Idyllic Elba & the Southern Tuscan Coast



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Italy	4 & 7	563kg CO2

HOLIDAY OVERVIEW

Combining southern Tuscany and the island gem of Elba, this 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 YOU'LL LOVE

- 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

WHAT'S INCLUDED

- 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

ITINERARY - ITINERARY

Day 1 **Arrival Day**

Transfer by road and ferry to Elba island.

Day 2 **Marciana to Madonna del Monte**

Option 1 - Marciana Option 1

Distance: 4.5 miles (7km)

Ascent: 1,100 ft (335m)

Today we explore the Western part of the island. After a short transfer to the town of Marciana we start our hike from the Pisan Fortress in direction to the Madonna del Monte Sanctuary. The Church is in a particularly enchanting position surrounded by nature. According to the tradition Napoleon used this church for a short period during his stay in 1814 at Elba in order to escape from the torrid heat of Portoferraio. After the excursion we will have a short transfer to Marciana Marina for relaxing and then return to Marina di Campo.

Option 2 - Marciana Option 2

Distance: 6.6miles (10.6km)

Ascent: 1,775ft (540m)

Today we explore the Western part of the island. After a short transfer to the town of Marciana we start our hike from the Pisan Fortress in direction to the hermitage of San Cerbone. sits on a flat piece of land at the foot of Monte Capanne at an altitude of 530m. We continue to the Madonna del Monte Sanctuary. The Church is in a particularly enchanting position surrounded by nature. According to the tradition Napoleon used this church for a short period during his stay in 1814 at Elba in order to escape from the torrid heat of Portoferraio. After the excursion we will have a short transfer to Marciana Marina for relaxing and then return to Marina di Campo.

Day 3 Rio nell'Elba and Porto Azzurro

Option 1 - Rio nell'Elba Option 1

Distance: 5.8miles (9.3km)

Ascent: 930ft (280m)

Descent: 1,100ft (335m)

Today we explore the Eastern side of the island starting in Campo ai Peri, a group of country houses where the GTE "great trek of the island of Elba" passes by. The first part of the trail is uphill along a gravel road. When we reach the highest point, we will have a spectacular view of the bay of Portoferraio. This part of the island is famous for its iron mines that go back as far as the Etruscan period, and was the island's mineral centre until the iron ores were finally closed down. The second part of the trek is a long descent that will take us to the village of Porto Azzurro, the island's ancient Spanish port. Stop for an ice cream and relax.

Option 2 - Rio nell'Elba Option 2

Distance: 7.3miles (11.7km)

Ascent: 1,675ft (510m)

Descent: 2,150ft (655m)

Today we explore the Eastern side of the island starting in the outskirts of Rio nell'Elba, one of the oldest towns on the island. Sitting up on a hill 180 metres above sea level, like all the other towns on the eastern side its past lies in the mining tradition now lost in the mists of time. It is famous for its iron mines that go back as far as the Etruscan period, and was the island's mineral centre until the iron ores were finally closed down. Along our crest path we could see the Volterraio Castle the most ancient fortification on all Island of Elba. We continue to Cima del Monte and then down to Porto Azzurro. Before reaching the town centre, we will arrive at the beach of the famous pirate corsair Barbarossa. From here, a path along the cliff will take us below the Spanish castle called Fort San Giacomo. Arrive in the village and free time.

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 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: 5.5 miles (8.8km)

Total Ascent: 500 feet (150m)

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: 8miles (12.9km)

Total Ascent: 1,200 feet (365m)

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 - Maremma Natural Park Option 1

Distance: 5.5miles (8.8km)

Ascent: 285ft (90m)

The last excursion brings us in the untouched wild landscape of the Maremma Natural Park. The walk begins on flat ground, with slight undulations, in the suggestive Grand Ducal pine forest. Once reached the Turtle Bridge and after skirting the caves you begin to go up on the left through a low scrub of rosemary, lentisk, holm oak and cistus, what only a few centuries ago was a cliff overlooking the sea. From Collelungo tower we can enjoy one of the most beautiful and varied panorama of the entire Park. We reach the Collelungo beach where we can take a rest in this untouched environment before to take the way back.

Option 2 - Maremma Natural Park Option 2

Distance: 8miles (13km)

Ascent: 1,030ft (315m)

The last excursion brings us in the untouched wild landscape of the Maremma Natural Park. Through the fragrant Mediterranean scrub we reach the remains of the impressive Abbey of San Rabano, which rises from the middle of a beautiful holm oak forest. We continue along the lush vegetation and centuries-old olive groves to the viewpoint of the Collelungo tower, from where we can enjoy a breathtaking view of the entire coast and take a break on the white beach. The return is through the fascinating pine forests.

Day 8 Departure Day

Depart Castiglione della Pescaia

DAILY WALK OPTIONS



Gentle walking grade 4

The most active Gentle grade, with longer walks, some ascent, and possible steps, stiles, or off-path uneven ground. Typically, 6-7 miles (10-12km) with around 1,000ft (300m) of ascent.



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

ACCOMMODATION

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.

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

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)
- Swimcap (compulsory in Itialian resorts)
- 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 (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email 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)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

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 before you travel.

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

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

LOCAL CURRENCY

The local currency is the Euro (€)

TRIPNOTE VALIDITY

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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