

Tour of the island of Elba by mountain bike

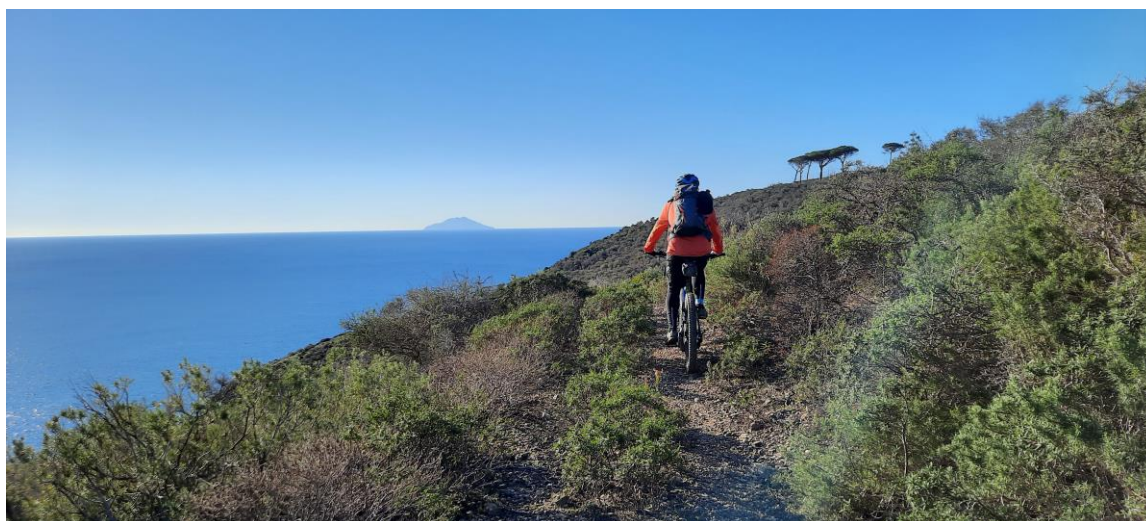
7 days 6 nights including 6 days of mountain biking

2 options to choose from:

Level 2.5/3

1 : Self-guided mountain biking with luggage transfer

2 : Mountain biking with a qualified guide and luggage transfer



Situated not far from Pisa, the island of Elba is a Mediterranean land of sun, culture and flavours, a veritable pearl of Tuscany and Italy. It is also a mountainous island, perfect for mountain biking and a true playground for cyclists.

Every day the itinerary will take you between playful single-track trails, the magnificent Tuscan landscapes, views of the neighbouring island: Corsica, natural parks, oak forests and strawberry trees; this is quite simply a magnificent mountain bike trip and one where riders can really express themselves and finish the circuit smiling. Starting in Portoferraio, where Napoleon landed in 1814, a complete tour of the magnificent and surprising island of Elba awaits you!

The itinerary takes you along beautiful tracks to discover the numerous coves and beaches of this island, passing by the notable Monte Capanne, the highest peak of the island (1019m).

7 unforgettable days of mountain biking

KEY POINTS :

- A cocktail of magnificent single tracks.
- A mountain bike tour of the island of Elba.
- The charm of Italy and Tuscany.
- Splendid Mediterranean landscapes.

PROGRAMME

Day 1 : Arrival in Piombino

Arrival in Piombino to take the boat (1 hour crossing). Night in a hotel in Portoferraio on a B&B basis.

Day 2 : Loop around Portoferraio : 35km +1160m

This first day takes you on a loop to discover the beauty of the island.

Set off from Portoferraio along the seafront and, almost immediately, a climb via a small road to easily reach the heights at 328m. Then, it's a trip through a beautiful forest in search of the first pretty single-track.

After a short connection along a road, another beautiful path takes you up to a magnificent viewpoint over the coast. Pass through the small village of Viticcio where you can have a swim. Having visited Monte Enfola which offers you a lovely view of the sea, we are off on a climb towards the Monte to try out the final single track of the day, leading you back to Portoferraio.

Night in the same hotel in Portoferraio, on a B&B basis.

Day 3 : From Portoferraio to Marciana : 38km +1270m

A gentle warm up takes you to the summit of Monte Barbatoia and San Martino, via a small road and the Villa Napoléon.

Take in a beautiful view over the entire island before enjoying a very pretty descent along a single track. Over plains and mountain passes, you then pass by the foot of Monte Capanne. After a technical descent, you will visit the magnificent villages of Poggio and Marciana.

Night in a hotel or hostel in Marciana (or at Marciana Marina depending on availability) on a half-board basis.

Day 4 : Marciana to Porto Azzurro : 45km +1160m

Rejoin the high forests of the island of Elba via a small mountain road and surrounded by sheep. After a pretty mountainside track, you reach a nice bike-park-style single track.

Following a second magnificent track with a view over Corsica and the islands of Monte Cristo, you then alternate between technical and fast, rolling tracks.

Next, you arrive at the beach of the Marina de Campo, with beautiful panoramic views over Monte San Martino.

Once again, you descend along a magnificent single-track to reach the Golfo di Lagona where you can take a dip. And it is not over, as this final single-track of the day leads to Porto Azzurro and the seafront.

Day 5 : Loop around Porto Azzurro Via Capoliveri : 47 km +1200m (Possibility to shorten the stage)

You set off in the direction of Capoliverie. This is one of the most beautiful stages of your trip, with panoramic landscapes over the sea and neighbouring islands, with a series of magnificent and playful single-track trails. You will pass close to ancient iron mines which provide an unusual atmosphere.

You have the opportunity to take a swim at the end of the ride before visiting the lovely village of Capoliverie. Return via small lanes to Porto Azzurro. Night in the same hotel on a half-board basis.

Day 6 : From Porto Azzurro to Cavo : 40 km +1490m

A solid stage with beautiful single-tracks and some serious climbs, surrounded by red-coloured earth. Depart from the seafront, then climb Monte Arco (276m) in order to benefit from the descent overlooking the sea at Ortano. Pass by the village of Rio Nell Elba before some playtime at the Cima del Monté (502m). Take in the 360° view over Tuscany with a very beautiful, first technical and then playful single-track, before a final descent into Cavo. Night in Cavo on a half-board basis.

Day 7 : From Cavo to Portoferraio : 34km +830m

You leave Cavo with a short, physical ride in order to reach the east of the island. Cross through the mining fields, surrounded by remnants of the mining activity. After a descent and wander along a balcony path overlooking the sea, you reach an old quarry, before then arriving in Rio Marina. Next, a little effort is needed to reach a lovely descent which becomes a little technical towards the end. Before reaching the Port of Portoferraio, you have the possibility to take on a final, playful forest track. You are given the option to take the boat back to Piombino or to stay an extra night. Contact us.

DURING YOUR STAY

KEY INFORMATION : 2 option to choose from:

Self-guided mountain biking with luggage transfer by taxi. (For 2+ people):

You set off alone, equipped with the orientation equipment provided by us: maps with marked routes and GPS tracks to discover the circuit which has been designed by our team. The use of GPS is indispensable and allows you to orientate yourself with ease. It is possible to rent a GPS from LaRébenne, subject to availability.

Mountain biking with a mountain bike guide with luggage transfer by taxi: (From 6+ people):

Accompanied by a professional who has obtained a state-sponsored mountain biking qualification, you ride without any worries about having to follow a map. Our qualified specialist, who has an in-depth knowledge of the region, will guide you throughout the trip and, if you wish, provide you with advice to help you become an outstanding mountain biker. Thanks to their detailed knowledge of the route, they will adapt the itinerary to your group and manage the schedule and effort required throughout the day. Free from having to manage the group, your only worry will be to enjoy your mountain biking !

LUGGAGE :

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle or assistance vehicle. Please respect the luggage limit of one bag per person, **maximum weight of 15kg/bag**.

ACCOMPANIED TRIPS:

For people who do little or no mountain-biking, we can design an accompanied tailor-made programme based on their wishes.

ACCOMMODATION :

2 nights on a B&B basis in Portoferraio and 4 nights on a half-board basis.

Double bedroom option : you will sleep in a comfortable 2 person bedroom in hotels or hostels. Sheets and towels are provided. A private bathroom will be reserved for you. (Single bedroom option - see prices on our website).

FOOD:

This is not the time to go on a diet! Instead, it is an opportunity to taste local cuisine and specialities. The quality of your food is paramount and we take great care to ensure a good dietary balance, sufficient calorie intake and that each meal includes local specialities.

Meals on Day 1 and 2, as well as the picnics, are not included.

NUMBER OF PARTICIPANTS:

- Departure from 2 people for the self-guided with luggage transfer by taxi option.
- Departure from 6 people for the option with mountain-biking guide and luggage transfer by taxi.

BEFORE YOUR DEPARTURE

PRICES:

See the price table on our website <http://www.larebenne.com>

REGISTER:

At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tél +33(0)5 61 65 20 93 Ou +33(0)6 81 53 77 75
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Sales contract and deposit

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

Payment of outstanding balance :

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

Validation and confirmation :

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

Formalities

- **A valid official ID.**
- European Health Insurance Card in **obligatory**: this is a card which attests to your rights to health insurance (necessary treatment is covered), throughout Europe. The card is individual, with your name, and is valid for one year. You can obtain the card with a simple request to your Health Insurance Provider (by telephone or in person); you do not need to provide any documents. You should receive your card in under 15 days. If that is too long, you can obtain an attestation.
- Travel insurance with repatriation included is **obligatory**.

LEVEL : This is great mountain biking designed for intermediate and advanced level riders, with fairly short, and manageable, technical paths. The descents are exceptional and, on the whole, very playful.

Physical Level : 2/3

You are in good physical condition and regularly practice mountain biking for a good part of the year. Stages vary from 35 to 50km per day, with accumulated positive altitude gains of 1160m to 1490m maximum, per day.

Technical Level: 2/3

You have control over downhill braking and the trajectory of the bike. You will ride along tracks and paths that can be both fast and technical (steep, with small obstacles).

PERIOD :

Departures possible from April to November.

Low season : April, May, September, October and November.

Mid-season : June and July

High season: August.

DEPARTURE AND MEETING POINT :

Meet on the first day in Portoferraio.

How to get there :

By car : Coming from France, head to Piombino (Toscane) via the E80. Take the ferry (1 hour crossing).

By train : Piombino Marittima train station.

By plane : Pisa Airport then train to Piombino then ferry, or Marina di Campo Airport (on the island) but very few connections.

THE PRICE INCLUDES:

- 2 nights on a B&B basis in Portoferraio and 4 nights on a half-board basis,
- Luggage transfers,
- Map book,
- Electronic GPS tracks in .gpx format.,
- Maps with the marked route,
- The services of a qualified guide and their accommodation if the guided option is selected.

THE PRICE DOES NOT INCLUDE:

- Drinks
- Personal expenses
- Meals on Day 1 and 2
- The return ferry ticket for the trip between Piombino and Portoferraio (you should budget for around €40-€60/person, return trip with bike)
- Personal mountain biking equipment (helmets, gloves)
- Bikes
- Return transfer to the meeting point
- Insurance

OPTIONS :

- Extra night of accommodation before or after the trip
- Single bedroom at an additional cost
- Rental of a mountain bike on site, contact us.

See prices on our website or contact us.

INSURANCE:

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by APRIL Voyages.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by APRIL Voyages.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances):<http://www.larebenne.com/infos-pratiques/assurances.html>

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N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

A brief history...

So, why is the island of Elba known as the 'Pearl of Tuscany'?

According to legend, as Venus, the Goddess of love, beauty and seduction in Roman mythology, and mother of Cupid, emerged from the Tyrrhenian Sea, her necklace broke.

7 pearls from this necklace fell into the sea and formed the seven isles of the Tuscan archipelago (Giglio, Capraia, Montecristo, Pianosa, Giannutri, Gorgona and Elba).

This pretty nickname is well suited to the island of Elba, which is a true jewel in many ways - from the sea and mountains, beaches and forests, culture and nature.

The island of Elba is a trove of outdoor activities, such as mountain biking and hiking, but it also has a rich history, notably marked by the passage of Napoleon in 1814, who left a rich legacy on this island.

RECOMMENDED EQUIPMENT (non-exhaustive list):

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible.

BIKE

In order to avoid your trip turning into a lesson in bike mechanics, it is strongly advised that you thoroughly service your bike before hitting the road:

- >A well set-up mountain bike computer
 - >The tyres are well inflated and in good condition
 - >The cables and chain are in good condition
 - >Transmission elements are clean and oiled
 - >There aren't any leaks around the suspension
 - >The wheels are well attached
 - >The brakes are in a good state (concerning wear and any leaks)
 - >The headset and steering tube have been checked.
- And remember, anomalies are easier to spot on a clean bike!

EQUIPMENT FOR REPAIRS:

To avoid any unforeseen mechanical problems, it is always better to be well-prepared and carry the basics with you:

- >3 spare inner tubes (anti-puncture tubes are strongly advised, or anti-puncture strips)
- > A pump
- > Tyre levers
- >A tube repair kit consisting of patches and glue
- > A multi-tool
- > Small pliers
- >A piece of tyre
- > A chain tool

In addition to that, you can put together your own repair kit and we will transfer it along with your larger luggage. You should include:

- >Brake cables (front and back)
- >Derailleur cable
- >A tyre
- >A derailleur hanger
- >Chain oil
- >A rag

EQUIPMENT

As we say in France, "l'habit ne fait pas le moine" (the tunic doesn't make the monk), and wearing tight shorts won't turn you into a biking champion. However, a minimum of specialist mountain biking equipment is necessary to ensure you stay comfortable on the pedals:

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- >A mountain bike helmet (obligatory!)
- >Mountain bike gloves
- >Glasses/sunglasses
- >Shoes adapted to mountain biking (without insoles that slip)
- >Cycle shorts or leggings
- >Breathable t-shirt (avoid cotton)

DAILY BACKPACK

As it can be uncomfortable to carry a backpack which is too heavy, think carefully about what to include:

- > A CamelBak and/or a bike water bottle (3L/day/person minimum)
- > 'Race food' (energy bars, dried fruit etc.)
- > Basic equipment for repairs to your mountain bike(see above)
- > A windbreaker (waterproof)
- > Picnic
- > A head torch
- > A knife
- > Suncream (and lip protection)
- > Toilet paper and a lighter
- > A first aid kit
- > Your mobile phone
- > A compass for self-guided trips, an altimeter (optional)

PICNIC

To avoid unnecessary waste at picnic time, please carry:

- > An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box, and a large elastic band.
- > Cutlery (fork, folding knife, spoon).

LUGGAGE

Your luggage will be transferred for you during your trip and will be waiting for you at your accommodation each night. In order to make sure you do not forget something important...:

- >A sleeping bag (for trips in 'gites')
- >Changes of clothes
- >A light pair of shoes for the evenings
- >A big jumper or fleece jacket
- >A toilet bag and towel

PHARMACY

On all accompanied stays, the guide will carry a first aid kit. However, it is indispensable to carry some personal medical supplies. Here is a list of some basic supplies to carry with you:

- >Insect repellent
- >Disinfectant and gauze
- >Tape
- >Protective cream for the buttocks
- >Personal medications
- >Water purification tablets
- >A survival blanket

A more complete medical kit should be compiled with the advice of your doctor.

AFTER YOUR STAY

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

CONTACT

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