

The island of Elba, the Pearl of Tuscany

Self-guided or guided tour of the island of Elba

7 days 6 nights including 5 or 6 days of hiking

Level 2.5/5



Starting in Portoferraio, where Napoleon landed in 1814, a complete tour of the magnificent and surprising island of Elba awaits you! From East to West, without forgetting the southern point or the north, this route takes you along beautiful trails to discover the island's landscapes, passing by the noteworthy Monte Capanne, the highlight of your week (1019m). From up high, you can take in the contours of the neighbouring island: Corsica!

Every evening you will stay on the seafront, where you can enjoy a rest on the beautiful sandy beaches.

Within the Tuscan archipelago, Elba is nicknamed 'The Italian Pearl'; According to legend, when the necklace of Venus broke, the pearls scattered in the sea, creating the island of Elba! This nickname suits the island beautifully, with so many dazzling things to discover!

7 days of discovery, with frequent changes of scenery across the island; every corner merits a moment of admiration!

KEY POINTS:

- The variety of landscapes : sea and mountains.
- The soft and gentle Mediterranean spirit of Italy and Tuscany.
- The complete tour of this magical island.
- The ascent of Monte Capanne,
- Accommodation with is always within reach of the water for daily dips in the sea.

PROGRAMME

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix
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N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

Day 1 : Portoferraio

Arrival in Portoferraio by ferry. Night in Portoferraio, on a bed-and-breakfast basis.

Day 2 : Choice of hikes: either from Cavo to Porto Azzurro 17km 5h30 Altitude Difference : +820m -820m or from Rio Nell Elba to Porto Azzurro : 10km 3h30 Altitude Difference: +435m -600m

Transfer by bus to Cavo. It is from there that you start your tour of the island of Elba on foot. From this charming seafront village, you gain altitude, climbing up to reach Monte Grosso. Next, a sequence of small peaks and summits until you reach the Cima del Monte, the highest point of this stage (483m). During the descent, you will pass by the Madonna di Monserrato monastery before arriving in Porto Azzurro on the seafront. Night on a half-board basis in Porto Azzurro.

Day 3 : Loop around Capoliveri, via Monte Calamita and the Costa dei Gabbiani.

18km 5h30 Altitude Difference : +675m -675m Possibility to shorten the route by 4km and -400m of positive altitude gains during the stage.

Transfer by taxi to Capoliveri.

From the charming village of Capoliveri, you will head to the southernmost point of the island, the Costa dei Gabbiani, via a trail overlooking the sea. If you look carefully to the west, Corsica will slowly come into view!

In the second part of the stage, the route climbs up over beautiful red landscapes until you reach Monte Calamita (398m), the summit of the day. From here you re-descend to arrive back in Capoliveri.

Return transfer by bus to Porto Azzurro to take advantage of the beach. Night on a half-board basis in Porto Azzurro.

Day 4 : From Lacona to Marina Di Campo

19km : 5h30 Altitude Difference : +660m – 660m Possibility to shorten the route by 7km at the departure.

Transfer by taxi from Porto Azzurro to Lacona.

Departing from Lacona, your itinerary offers you the option to take a tour of Capo della Stella, before following the length of the beach of Lacona and then gaining altitude, without ever losing sight of the sea. From Monte Fonza (271m), a descent takes you back to sea level and a small, isolated beach, from where you will walk along the coast before arriving at the Marina di Campo, where you can enjoy the beautiful beach.

Night on a half-board basis at Marina di Campo.

Day 5 : From Poggio to Pomonte

12 km : 5h30 Altitude Difference : +775m -1080m; Monte Capanne, there and back.

Transfer by bus from Marina di Campo to Poggio.

Today, a short stage in terms of kilometres awaits you. But be warned, today you are going to climb the highest peak on the island: Monte Capanne (1019m)! You will access the mountains via a pretty climb through the forest which then opens up, allowing you to admire a view over the splendid countryside. You then descend progressively towards Pomonte, passing along a ridge and by Monte Cenno, with the magnificent contours of Corsica within sight. Night in Pomonte on a half-board basis.

Day 6 : From Pomonte to Marciana Marina 17km : 5h30 Altitude Difference : +790m -790m.

Option : Monte Giove +200m of positive altitude gains.

Setting off from the small village of Pomonte, the route runs along the seafront before rising towards the Colle di Sane Bartolemeo, with Corsica behind you. Passing initially through open land then entering the forest, you hike along virtually empty paths to the foot of Monte Giove (804m, optional climb), before descending towards the pretty village of Marciana. You can then continue down through the maquis (Mediterranean vegetation) to reach the beach at Marciana Marina.

Night on a half-board basis in Marciana Marina.

Day 7 : From Marciana Marina to Portoferraio (optional) : 19km : 5h30 Altitude Difference : +620m -620m

Starting from the very pretty seaside village of Marciana Marina, this stage takes you initially to the heights, through a beautiful forest remnant of Corsica, before a sequence of short climbs and descents leads you to the small seafront village of Procchio. You then continue along footpaths through the maquis, linking several small coves, before crossing through a final beautiful forest and descending back down towards Portoferraio, the final point of your hike on the island of Elba.

OR transfer by bus between Marciana Marina and Portoferraio and end of trip.

Optional extra night in Portoferraio.

For organised groups, we adapt the level, duration, price and programme on demand.

Contact us!

DURING YOUR STAY

KEY INFORMATION :

Self-guided formula :

You can go on your own, as a couple, with your family or with friends. We'll look after your accommodation, meals, luggage transfer and group.

You have a good experience of hiking. From one stage to the next, you follow the maps and detailed digital roadbook that we have carefully prepared for you.

Going on your own means hiking lightly, at your own pace, and taking full advantage of the pleasures of nature without worrying about the logistics of your stay. It also means being free to interpret and imagine what the landscapes have to say.

With guide :

LaRébenne mountain guides are there to enlighten you on the elements that surround you and that give life to the mountains. They love and know the environment in which they work with you. They will allow you to better understand the natural environment, the history, the life of the mountain inhabitants and the relation between man and nature....LaRébenne guides are here to share their passion with you.

LUGGAGE:

You only need to carry what is needed for the day and your picnic. Your other luggage is transported by vehicle. Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.

ACCOMMODATION:

In double bedrooms in comfortable ** or *** hotels (subject to availability) on a **half-board basis** except the first day in Portoferraio (B&B basis).

The hotels offer a good level of comfort. You sleep in single or double bedrooms with a private bathroom. Sheets and towels are provided.

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.

You will eat in the hotel.

Picnics (for lunch) are not included.

NUMBER OF PARTICIPANTS:

From 2 people for the self-guided option

From 6 people for the accompanied option

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 advised: 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: 3/5

An average of 5 to 6 hours of walking per day, with positive altitude differences of 620 to 830m max.
You are in good physical condition and you are prepared to hike for several days.

PERIOD :

Departures possible from April to November.

Off-peak season : April, May, September, October and November.

Mid-season: June and July

Peak 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:

- Accommodation on Day 1 on B&B basis (night and breakfast)
- Accommodation on a half-board basis from dinner on Day 2 to breakfast on Day 7
- Luggage transfers
- Transfers by taxi as planned during the trip
- Maps with the marked route, map holder
- Detailed LaRébenne TopoGuide

THE PRICE DOES NOT INCLUDE:

- Bus transfers (€2.50/ticket)
- Ferry crossing
- Dinner on Day 1
- Drinks
- Lunches
- Insurance
- Personal expenses
- Return transfer to the departure point
- Parking

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>

A brief history...

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

According to legend, as Venus, 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 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:

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 (non-exhaustive).

Your luggage

As far as possible, please do not exceed one large bag per person: sports bag of around 55L. These bags will be transported to your accommodation by vehicle. We will provide you with address tags to attach to your luggage.

Your backpack

1 medium-sized backpack to carry the essentials for the day (55 litres).

To include in your backpack

- A compass and altimeter for self-guided trips
- A raincoat
- A minimum of two 1 litre water bottles
- A first aid kit (contents as advised by your doctor): dressings, bio-gauze disinfectant, strips, sterile gauze, purification tablets for drinking water, aspirin, any personal medications and a survival blanket.
- Personal items: a camera, hat, binoculars etc.

Shoes

Good quality hiking boots. They must be comfortable, waterproof and breathable. Shoes which support the ankle are essential. If you need to buy a new pair, we advise you to test out your shoes prior to the start of your trip. Do not take a smaller size as feet tend to swell during hiking.

Clothes

- A jacket that is both windproof and waterproof (gore tex, poncho, etc.).
- A big sweater or a fleece jacket.
- Comfortable walking trousers.
- Shorts, t-shirts..., and breathable underwear.
- A change of clothes.
- A warm hat and a pair of gloves.
- A swimsuit (for some stays).

Sleeping (for nights in a 'gite' or dormitory):

- A sleeping bag or bedsheets
- Earplugs (you never know!)

Picnic

- An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box.
- Cutlery (fork, folding knife, spoon).
- 'Race food' (energy bars, dried fruit etc.)

Extras

- Light and airy shoes for the evenings (trainers or sandals)
- A pair of telescopic hiking poles or a 'shepherd's stick'.
- Sunglasses, sunscreen and protective lip balm.
- A cap or sunhat.
- Camera, binoculars
- A small toilet bag with a towel.
- A torch or head torch with spare batteries.
- Toilet paper.
- Mobile phone

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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