



Italy - Hiking the Tuscan Coast from Pisa to Elba Hiking Tour 2023
Self-Guided Tour
8 Days / 7 Nights



The Etruscan coast - as the region is called between Pisa and Piombino – not only offers on top of stupendous coastal sections, cultural highlights and villages worth visiting, also a marvelous hiking area. Varied hiking tours both inland and on the coast make this holiday an experience. The routes lead you through pine groves and deciduous forest, Mediterranean macchia as well as via wild high plateaus and white sandy beaches. En route you always have the option of jumping into the cool water and linger a bit in the sunny bays. You spend the nights in Pisa and in lovely coastal towns, where you can truly relax after each hiking tour or explore the historic center. The ferry takes you across to Elba, the island with the most beautiful beaches of the Mediterranean, enchanting diversity of vegetation and amazing hiking paths. Here you spend two days on the sea and enjoy coastal walking at its best.

Itinerary Day to Day

Day 1: Individual journey in Pisa

Seize the arrival day and visit the world-renowned Leaning Tower and embark on a stroll into the bustling historic center.



Day 2: Circular Walk Pisa "Monti Pisani" 14 km + 600 m - 600 m

The initial hiking day leads you into the Pisa Mountains. From the fortress ruins in Ripafratta through an enchanting deciduous forest past the hermitage up to the 'Passo di Dante'. At the 'Dantepass' you enjoy a marvelous view onto the plain of Pisa all the way to the sea. You descend on lovely hiking paths along the Rio della Croce into the pretty spa town of San Giuliano Terme and return to Pisa by bus.

Day 3: Pisa – Castiglioncello "Volcanic Mountain Poggio Pelato" 17 km + 400 m - 450 m

The Colli Livornesi, the 'Hills of Livorno' offer extensive hikes through the forest, across meadows and over high altitude pastures

with grazing sheep. Let your eye wander onto the sea and into the surrounding chains of hills. You ascend the peak of the volcanic mountain Poggio Pelato, the 'bare mountain', which offers a wonderful panorama from the woodless top, black volcanic rocks accentuate the exotic flair. In the afternoon you reach the lovely coastal village of Castiglioncello.

Day 4: Castiglioncello – Castagneto "Pineta di Cecina" 18 km + 50 m - 50 m

Today a fabulous beach walk awaits. Initially you hike through the Pineta di Cecina, a pine forest with lots of shade, stretching over many kilometers along the beach. Numerous trails lead through the dense forest canopy. Later you walk past the exceptional nature reserve of the oasis of Bolgheri and stroll across the soft sandy beach. Naturally a dip in the water is a must, or at least a stop at the beach bar.





Day 5: Castagneto - Piombino "Höhenwege von Piombino" 13 km + 400 m - 350 m

You start in the Golfo di Baratti, the Etruscan harbour for the maritime traffic to Elba. Next to it you find the archeological park of Popolonia. Along spectacular high altitude paths you proceed directly above the water through dense macchia on partially rocky trails always along the coast, and by doing so you go round the Piombino Mountains. Along the impressive "Sentiero dei Cavalleggeri" you reach the bay of Calamoresca situated on the rocky spit Punta Falcone. Now it is not far to Piombino featuring its lovely historic center and the lighthouse at the sea. A dream tour along the coast with swimming options in numerous bays.

Day 6: Piombino - Elba "picturesque coastal tour" 7 km + 150 m - 150 m

During the ferry ride you enjoy the wind in your hair and observe the giant boats in the harbour, the coast from a distance and the island slowly approaching. Today we recommend a visit to the historic center of Portoferraio or a swim at the renowned beach Le Ghiaie featuring white pebbles with black dots. In the afternoon a little circular tour invites leading you on fantastic coastal paths to the beach of Barbarossa and to the colourful sea of Terranera.



Day 7: Circular Walk "Elba Summit Tour" 10 km + 400 m - 400 m

A stupendous summit tour on the island of Elba. You hike past fragrant macchia with views onto the neighbouring islands and the glistening Mediterranean Sea on Mediterranean forest and marvelous high altitude paths. You ascend the mountain of Monte Croce and observe the mountain goats in their rocky habitat. We also recommend a visit to the hermitage hidden in the rocks. As a finale a dip at the beach and a final drink at the bar is a must.

Day 8: Individual Departure or Extension

Route



Technical Characteristics:

Tour Profile: Easy. The varied routes lead on nice hiking paths in the forest and along the coast as well as on high altitude paths and little gravel roads, in parts on narrow trails and on rocky terrain and on sand. A basic fitness level for the longer stages and surefootedness is required. Walking times of up to a maximum of 5 hours are to be expected, leaving enough time for swimming stops and cultural enjoyment. The tours can be designed flexibly and shortened for the most part.

Total Distance: 79 km

Travel Season: Departures Saturdays from April 1 – October 7, 2023

Season 1: April 1 – April 22 and September 17 - October 7

Season 2: April 23 – May 20 and September 3 – September 16

Season 3: May 21 – September 2

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TICO # 50022092



Prices per person:

Double Occupancy B&B Season 1	€ 849.00
Double Occupancy B&B Season 2	€ 899.00
Double Occupancy B&B Season 3	€ 989.00
Single Occupancy Surcharge	€ 339.00
Extra Nights Pisa Double Occupancy B&B All Seasons	€ 69.00
Extra Nights Pisa Single Occupancy B&B All Seasons	€ 104.00
Extra Nights Elba Double Occupancy B&B Season 1	€ 79.00
Extra Nights Elba Double Occupancy B&B Season 2	€ 99.00
Extra Nights Elba Double Occupancy B&B Season 3	€ 119.00
Extra Nights Elba Single Occupancy B&B Season 1	€ 124.00
Extra Nights Elba Single Occupancy B&B Season 2	€ 144.00
Extra Nights Elba Single Occupancy B&B Season 3	€ 164.00

Accommodation:

Category: 3* and 4* hotels

Included:

- 7 nights' accommodation
- Breakfast
- Luggage transfer
- Welcome briefing
- 1x transfer Castagneto – Baratti
- 1x ferry to Elba
- Carefully elaborated route description
- Detailed travel documents 1 per room
- App for navigation and GPS data is available
- Service hotline

Not Included:

- Any visitor's taxes, payable locally
- Luggage transfer with ferry crossing to Elba autonomously by you on Day 6
- Train journeys on days 2, 3 and 4, as well as bus rides in Piombino and on Elba, cost approximately € 12 per person

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