



## Islandhopping – Sail & Bike in Tuscany

8 days/ 7 nights

Italy – Summertime in the south! When you think of Tuscany a myriad of impressions flash through your mind: rolling hills, epic architecture, azure blue sea, the aromatic smell of herbs and citrus fruits, the melodic babble of the locals, and of course the fantastic cuisine and wine. Italy soothes the mind and soul! Look forward to this sail & bike tour through Tuscany and its breathtaking scenery. Cycle in the footsteps of the Etruscans, and enjoy the Italian 'Dolce Vita!'. Cypress trees, wine fields and olive trees spread across the rolling hills characterizing the typical Tuscan landscape.

Tuscany sailing, with a bike: an ideal formula for a successful holiday!

### YOUR PROGRAM

#### Day 1 - Arrival in Porto Santo Stefano

Individual arrival in Porto St. Stefano, a wonderful, lively harbor town on the northern side of the Monte Argentario peninsula. Boarding the boat takes place from 6pm onwards. Should you arrive earlier, you are welcome to leave your luggage on board from 2pm onwards. With a short stroll through the medieval old town, painted in a wash of pink and beige, you will quickly realize that you are now on holiday. Additionally we can recommend a walk to the Fortezza Spagnola, built in the 17th century as a means to protect the city, it rests on the hill above the old town. The first evening meal on board is a great way to get to know your fellow travelers, guides and crew. Overnight in Porto St. Stefano.

#### Day 2 - Monte Argentario - Talamone

Your first cycle tour leads us from Porto Santo Stefano through the old train tunnels. Crossing a stone quay, we reach the historical town of Obetello. Later in the afternoon we arrive in Porto Ercole with its two Spanish fortresses where we park our bikes at a nearby beach bar and have the chance to swim. After the refreshing stop, we return to Porto Santo Stefano where the Atlantis awaits our arrival for a crossing to Talamone.

(aprx. 20 mi/1148 ft. - 33 km/350 m elevation)

#### Day 3 - Talamone - Castiglione della Pescaia

After breakfast we start on a tour through rolling landscapes characterized by grape vines and olive groves. Past the Poggio Perotto Lake you arrive in the medieval town of Magliano. The town icon is a 2000 year old olive tree; the oldest in Tuscany. The picturesque town, with its two beautiful city gates invites you to linger and stay a while. On your ride back to Talamone you are able to enjoy the beauty of the Tuscan landscape once more. If the weather is calm, the Atlantis will set sail for the well-known beach town of Castiglione della Pescaia where you anchor for the night.

(aprx. 27 mi/1410 ft. - 43 km/430 m elevation)

#### Day 4 - Castiglione - Island Elba, Cavo

Today's tour leads us from Castiglione della Pescaia along quiet country roads into the Tuscan hinterlands. We find ourselves surrounded by incredible vineyards as far as the eye can see. A gentle climb brings us to the former Etruscan village of Vetulonia. In a rustic family run restaurant we stop to enjoy some house-made pasta and try some other local specialties. After the break we turn back towards the coastal plains with their expansive vineyards. In the afternoon we board the Atlantis and



set sail for the north-eastern peninsula of Cavo on the Island of Elba.  
(aprx. 34 mi/1640 ft. - 55 km/500 m elevation)

#### **Day 5 - Island Elba, Cavo, - Porto Azzuro**

The third largest island after Sicily and Sardinia, Elba, is charming and abundant in nature and history. On our first ride on the island in the morning we have plenty of time to enjoy the islands diversity, take a coffee break and enjoy a swim in the ocean. Our destination is the former fishing village of Porto Azzuro. You will find the Atlantis on anchor in the bay. In the afternoon you can explore Porto Azzuro and its surroundings by yourself or enjoy a relaxing drink on board the Atlantis.  
(aprx. 13 mi/948 ft. - 21 km/300 m elevation)

#### **Day 6 - Island Elba, Porto Azzuro – Island Giglio**

In the morning we set off on a ride to the hilltop village Capoliveri. In the historical town center, with its quaint alleys and peaceful atmosphere, we have time for a cappuccino break. Afterwards we can head back down to the coast and take a swim in the sea before heading back to Porto Azzuro where the Atlantis awaits. With the right wind, we can look forward to a longer sailing experience from Elba to the Island of Giglio. A beautiful Sunset dinner on the deck would be the perfect end to an exceptional day.  
(aprx. 12 mi/656 ft. - 20 km/200 Hm)

#### **Day 7 - Island Giglio – Porto St. Stefano**

The Island Giglio lies in the far south of the Tuscan Archipelago and is a true gem. Mountains, forests, untouched nature, crystal clear water! Today's tour offers us a challenge with a great reward as we ride from Giglio Porto to the central town of Giglio Castello – surrounded by an impressive medieval town wall. A rapid descent takes us to the other side of the island to Giglio Campese where the local sandy beach invites us for a splash. A switch back serpentine leads us back to Giglio Porto. Enjoy the last cruise on board the Atlantis as you set sail in the direction of Porot Santo Stefano. A celebratory evening meal in the company of fellow travelers, crew and guides offers a great atmosphere in which to enjoy the last evening together reflecting on the week.  
(aprx. 12 mi/2034 ft. - 20 km/620 m of elevation)

#### **Day 8 - Porto St. Stefano**

Departure at 9am after breakfast followed either by an extended stay in Tuscany or an individual journey home.

## Additional information

### **TARIFFS**

Price from 1590 euros per person.

### **OPTIONS**

Single cabin : 500 euros per person.

Hybrid bicycle : 80 euros per person.



E-bike : 160 euros per person.

Children up to age 16 : -395 euros per person.

### **INCLUDED**

8-day-trip on a tallship with crew

7 nights on a tallship in a standard double cabin with shower/toilet

7 x halfboard

Guided or individual cycling tours as described in itinerary

Overview-maps for the daily tours (on board)

Bed linen and towel (incl. change of towel once a week)

English and German speaking tour guide

### **NOT INCLUDED**

Travel to Porto St. Stefano (Monte Argentario Peninsula)

Beverages on board (tally sheet, to be paid to the captain)

Meals and beverages ashore

Entrances not mentioned in the itinerary

Tips for tour guides and crew

### **LEVEL OF DIFFICULTY**

The cycle routes require an advanced level of fitness from the participants. The daily routes have a length of 12 - 31 mi./15 - 50 km. They lead through hilly or mountainous areas and will be completed without any time-constraints. The cycle tours consist of up to 1,000 – 2,300 ft/400 - 850 m of elevation collectively. There are also some extended climbs where walking your bicycle is of course permitted. Most of the roads are asphalted although we will also ride on gravel roads.

### **CARRYING**

Luggage: Please bring your personal belongings in foldable travel bags. Please avoid hard protective cases. They will be too large and heavy to store within your cabin. Payment on Board: cash only

### **ACCOMMODATION**

Nights in cabins for 2 people (with shower/toilet)

Three-masted barque ATLANTIS

### **SIZE OF GROUP**

From 16 participants

### **DEPARTURES**

From 17th august to 28th september

### **DEPARTURE**

Porto St. Stefano

### **DISPERSION**

Porto St. Stefano

### **HOW TO GET THERE**



To reach Porto Santo Stefano, the easiest way is to reach Rome: its airport (116 km) and its train station (130 km) are the closest means of transport to Porto Santo Stefano.

If you want to arrive by ferry, the port of Civitavecchia is 67 km from Porto Santo Stefano. The port of Livorno is also a possibility (140 km).

### **IMPORTANT INFORMATION**

The captain reserves the right to alter the route in case of bad weather conditions. Understanding for flexibility in the tour program is requested.

Due to our international audience all Islandhopping tours are conducted bilingually, in English and German.