

Cycling Europe

BIKE & SAIL TUSCANY'S COASTAL ISLANDS

EXPLORE THE MAREMMA COAST & THE ISLANDS OF ELBA & GIGLIO

2020 Guided Cycle Tour - 8 days/7 nights, 190 km



Art, architecture, history and monuments combine with rides in rolling hills of vines and olive groves. The coastal islands and beautiful beaches beckon you to swim. Typical Tuscan villages invite you to wander their cobbled lanes. Enjoy the sea breezes under full sail. The aromatic scents of herbs and citrus fruit mingle in the air as you cycle the gorgeous landscapes of Tuscany and her Islands. Your nights will be spent anchored at sea near ports, or in secluded bays. On board you are welcome to pitch in with sailing the boat, or simply relax and enjoy the fresh sea breeze and scenery under a full set of sails.

This hybrid bike tour also has a Mountain Bike (MTB) option. One tour guide will accompany the hybrid bike cyclists while the other will guide the MTB route.



ITINERARY

Day 1: (Saturday) Arrival Porto Santo Stefano

Tour starts in the Port of St Stefano, a lively harbour town on the northern side of the Monte Argentario peninsula. Embark from 6.00pm. If you arrive earlier you are welcome to leave your luggage on board from 2.00pm. Enjoy a short stroll through the medieval old town. See the Fortezza Spagnola high on the hill and built in the 17th century as a means to protect the old town. Enjoy dinner on board this evening.



Day 2: (Sun) Monte Argentario Peninsula - Talamone (33 km/350 m elevation)

Your first cycle tour leads from Porto Santo Stefano through the old train tunnels. Crossing a stone quay, reach the historical town of Obetello. Later in the afternoon arrive in Porto Ercole with its two Spanish fortresses and also where there is the opportunity for a swim. Return to Porto Santo Stefano where the Atlantis awaits our arrival for a crossing to Talamone.

Day 3: (Mon) Talamone - Castiglione della Pescaia (43 km/430 m elevation)

After breakfast cycle through rolling landscapes of grape vines and olive groves. Past the Poggio Perotto Lake you arrive in the medieval town of Magliano famous for its 2000 year old olive tree; the oldest in Tuscany. The picturesque town, with its two beautiful city gates invites you to stay a while. On your ride back to Talamone you 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.

Day 4: (Tues) Castiglione della Pescaia - Island Elba, Cavo (24-28 km/650-900 m elevation)

Today's tour leads from Castiglione della Pescaia along quiet country roads into the Tuscan hinterlands. Find yourself surrounded by incredible vineyards as far as the eye can see. A gentle climb brings you to the former Etruscan village of Vetulonia. In a rustic family run restaurant stop to enjoy some home-made pasta and other local specialties. After the break turn back towards the coastal plains with their expansive vineyards. In the afternoon board the Atlantis and set sail for the north-eastern point on the Island of Elba.





Day 5 (Wed) Island Elba, Cavo – Porto Azzuro (30-40 km/750-1100 m elevation)

The third largest island after Sicily and Sardinia, Elba, is charming and abundant in nature and history. This morning's ride gives you plenty of time to enjoy the island's diversity, take a coffee break and enjoy a swim in the ocean. Your 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.

Day 6 (Thurs) Island Elba, Port Azzuro – Island Giglio (25 km/700 m)

This morning set off on a ride to the hilltop village of Capoliveri. In the historical town center, with its quaint alleyways and peaceful atmosphere, there is time for a cappuccino break. Afterwards head back down the coast and take a swim in the sea before heading back to Porto Azzuro where the Atlantis awaits. With the right wind, look forward to a longer sail from Elba to the Island of Giglio. A beautiful Sunset dinner on the deck is the perfect end to an exceptional day.

Day 7: (Fri) Island Giglio – Porto St. Stefano (20-28 km/700-1000 m of elevation)

Giglio Island lies in the south of the Tuscan archipelago and is a true gem with mountains, forests, untouched nature and crystal clear water! Today's tour offers a challenge with great rewards as you ride from Giglio Porto to the central town of Giglio Castello – surrounded by an impressive medieval town wall. A rapid descent takes you to the other side of the island to Giglio Campese where the local sandy beach invites a swim. A switch back serpentine road leads you back to Giglio Porto. Enjoy the last cruise on board the Atlantis as you set sail in the direction of Porto Santo Stefano. Enjoy a celebratory evening meal with fellow travellers, crew and guides.



Day 8: (Sat) Porto St. Stefano

Disembark 9.00am after breakfast.

GRADE:

The cycle routes require an advanced level of fitness from the participants. The daily routes have a length of 25-40 km. They lead through hilly or mountainous areas and will be completed without any time constraints. The cycle tours consist of up to 650 - 1200 m of elevation collectively. There are also some extended climbs where walking your bicycle is of course permitted. The tour provides a great range of riding, from wide natural paths, small country roads, forest trails, single trails to small paths. Your tour guide informs you each day about the tour details. Helmet use is mandatory on all cycle tours. You are strongly encouraged to bring your own (well-fitted) helmet. Cycle helmets are available on board in limited numbers (on request). You are free to set aside a half or full day to swim or spend on board the boat, instead of taking a planned cycle tour.

MEALS INCLUDED:

This tour includes half board. Due to the differing daily programs, some days will have no warm meals included while others will include both lunch and dinner on board. Breakfast is available on board every day.

TALL SHIP: THREE MASTED BAROQUE 'ATLANTIS'

All cabins have 2 beds, and their own shower & toilet. With a length of 57m and a width of 7.45m the Atlantis has 17 comfortable cabins with good ventilation and air-conditioning and space for up to 34 guests. Each cabin has twin beds. From 1905 until the end of the 70's, the Atlantis was the light vessel Elbe 2/Mayor Bartels and cruised the Baltic Sea. With three masts and 750 m² of sailcloth, the interior is equipped with comfortable cabins and an elegant saloon. The unique charm of the Atlantis is due to the caring maintenance of the owner and his crew who have sailed around the world in this beautiful baroque.

The Atlantis does not always fit into the small fishing harbors and therefore spends the majority of nights at anchor. A dinghy transfer is therefore necessary to get to land. Surefootedness and a certain degree of agility are required to get on and off the boat. Needless to say, our tour guides will lend a helping hand. In general: Wind, swell and tidal differences have a significant influence on a Tallship journey.



2020 SCHEDULE: (Saturday departures)

August: 15, 22, 29

September: 05, 12, 19, 26

Minimum 16 guests to operate - Maximum 34 guests

Blue – Mountain Bike departures, as well as hybrid/electric bikes

2020 TOUR COST PER PERSON IN EUROS:

Double or Twin Share:	€1750
Single cabin surcharge	€ 500
21- speed hybrid bike & pannier	€ 80
Electric Bike with pannier	€ 180 (limited availability)

Cycle Helmet – no charge – on request only as limited availability

Optional Bike Insurance: €10 for 21-speed / electric bike €20. Cover for theft & damage, deliberate and grossly negligent damage is not covered.

2020 TOUR COST INCLUDES:

- o 8-day boat trip on board Atlantis with crew
- o 7 night's accommodation in airconditioned cabin with private shower/toilet.
- o 7 breakfasts, 7 dinners
- o Bed linen and towels (change of towel once a week)
- o English speaking tour guide
- o Guided or individual bike-tours as described in itinerary
- o Overview maps for all cycle tours on available onboard

2020 TOUR COST DOES NOT INCLUDE:

- o Transfers to/from the boat
- o Beverages on board (tally sheet and to be paid to the captain)
- o Bike Rental
- o Bike Insurance
- o Meals and beverages ashore
- o Beach towels
- o Entries for individually visited attractions
- o Tips for crew and tour-guide

GETTING TO PORTO ST. STEFANO

From Rome – Take the train from Rome Termini to Orbetello – Monte Argentario. The train travels direct and takes approximately 1.45 hours. From €15 per person.

From Florence – Take the train from Florence Santa Maria Station to Obetello – Monte Argentario. The trains travel via **Pisa** and takes approximately 3.5 hours with one change in Pisa. From €25 per person.

From Orbetello Station to Porto St. Stefano (13kms) – A bus departs the Orbetello Station every 20 minutes – approximately €4 per person. A taxi is approximately €25.

LUGGAGE

Please bring your personal belongings in soft foldable travel bags as hard suitcases are too difficult to store in your cabin.

PAYMENT ON BOARD

Cash only.

ITINERARY CHANGES

The captain reserves the right to make alterations to the itinerary, depending on wind and weather conditions, or organisational requirements.



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