



Giglio Island Multisport

Canoeing, Horseback Riding, Hiking, e-Biking

October 12-14, 2018

The Tuscan Archipelago National Park is the largest marine park in Europe and it includes the seven main islands off the coast of Tuscany: Elba, Capraia, Gorgona, Pianosa, Montecristo, Giglio and Giannutri. The geological formation of each island is very different hinting at its diversity.

Giglio Island is known for its natural beauty, 90% untouched nature! Beautiful sandy beaches, crystal clear turquoise sea, isolated coves, ancient paths fringed with low Mediterranean vegetation, breathtaking views over the archipelago, a picturesque port and the charming medieval village of Giglio Castello make of Giglio island a treasure to be discovered.





ACTIVE TRAVEL TUSCANY

VIAGGI DEL GENIO

Itinerary:

Arrive in Montecatini Terme on October 11.

Day 1 - October 12 Pick up in Montecatini in early morning (6:30am).

Hop on the bus to the Maremma Park (2h); explore the Park on a double canadian canoe sliding on the Ombrone river. Transfer to Giannella tombolo (30 min) for a typical lunch in an prestigious equestrian center. Meet with the local Maremma horse breed and enjoy a scenic ride around the farm for the experienced riders while the beginners are going to experiment riding for the first time. Shuttle to Porto S. Stefano (15 min) to embark a beautiful vintage sailing boat and cruise over to Giglio Island. Accommodation in hotel. Dinner, with the first tasting of flavors and aromas of this enchanting piece of Tuscany. Overnight at Giglio Port.

Activities:

- Canoe 2h
- Horse Riding 1h

Day 2 - October 13 Before a good breakfast, join us to stretch at our optional yoga class. Meet with your guide and start hiking to Giglio Castello. Walk through the medieval fortress and continue hiking towards the north tip of the island, Punta del Fenaio. Enjoy a tasty lunch in the vineyards before continuing to hike down to the town of Giglio Campese. Once you reach the beach decide if you prefer to take a dip in the Tyrrhenian sea or pursue hiking to Punta Faraglione for more dramatic views. Shuttle back to the hotel (15 min). Dinner to taste typical dishes of the island. Overnight at Giglio Port.

Activities:

- Hiking day total 8.8 mi Elev. + 1872 ft

Hiking options

- Giglio Porto - Giglio Castello 1.7 mi Elev. + 1232 ft
- Fenaio Loop 5.1 mi Elev. + 465 ft
- Faraglione out and back 2 mi Elev. + 212 ft





ACTIVE TRAVEL TUSCANY

VIAGGI DEL GENIO

Day 3 - October 14 Join us once again early for our optional yoga session before breakfast. Meet with your leader and get on your e-bike for a fun ride. When the road turns into a hiking trail continue by foot to reach the southern tip of the island, the breathtaking Punta del Capel Rosso. Bike back to the Hotel and get ready for our last lunch on Giglio island.

Ferry to the mainland towards 3 pm.

Transfer to Montecatini to arrive around 7:00 pm

Activities:

- Biking 14. mi Elev. + 1322 ft
- Hiking 2.1 mi Elev. + 521 ft

Itinerary Difficulty Rating: 2/3 Easy Active - Moderate- Good physical fitness needed; 3-5 hours activity/ day; Hiking distances and terrain are considered easy to moderate. Cycling distance and elevation gain is made easier with the battery power assist on the e-bike. Previous bike riding experience recommended.

Trip Price: €. 950,00

Price includes:

- Transfers from Montecatini to Giglio Island round-trip
- All transfers during the journey
- Ferry boat from Porto S. Stefano to Giglio island round-trip
- Local guide
- Tour leader
- B&B accommodation in a 3 star hotel at Giglio Port
- Rooming: double room single occupancy
- Full board treatment (Lunch on Day 1 through lunch on Day 3)
- 1st day water/snacks included
- B&B accommodation in Montecatini (on the night of the 11th of October)



Weather

The temperatures in October range from highs in the low 70s°F (22 °C) and lows in the low 50s°F (11 °C) Rain showers are a possibility but typically do not last longer than a few hours.

Packing List:

<p>Luggage:</p> <ul style="list-style-type: none">● Medium rolling duffel● Luggage lock● Packing cubes/stuff sacks● Day pack – 15-20 liters -for hiking <p>Clothing:</p> <ul style="list-style-type: none">● Casual clothing/shoes for travel and city wear (lightweight, easily washable)● Light rain/windproof jacket● Mid-weight fleece/softshell● T-shirts● Long sleeve shirt● Hiking pants● Underwear/sports bra (quick drying)● Sleepwear● Buff● Horseback riding pants (for experienced riders)● Biking jersey/shorts (helmet provided)	<p>Footwear:</p> <ul style="list-style-type: none">● Hiking Shoes● Hiking socks, synthetic or wool● Comfortable shoes/sandals <p>Assorted Personal Items:</p> <ul style="list-style-type: none">● Water bottles - 1 liter/1 quart x2 and/or hydration bladder● Sunblock and lip balm with SPF● Sun hat● Sunglasses● Personal hygiene items (toothpaste, toothbrush, hand sanitizer, small travel towel, etc.)● Personal first aid kit, medications, blister prevention/treatment kit● Insect repellent● Alarm Clock● Camera/memory cards/battery● Chargers/plug adapter
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Getting to Montecatini

The best airports to fly into are Pisa or Florence. Local transport from/to these airports is affordable and frequent.

- From Florence airport, take the airport shuttle to Santa Maria Novella then the train to Montecatini Centro.
- From Pisa airport, take the peplemover train to Pisa Centrale then the train to Montecatini Centrale.

For updated information on train times and connections, visit www.trenitalia.com.