



## 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!

[Prepare your trip](#)

### 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 at 6pm. 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

From Porto St. Stefano your first bike tour takes you to the historic town of Orbetello. With a little bit of luck you can admire the spectacular swarm of flamingos in the WWF natural oasis Laguna di Orbetello. Afterwards your cycle tour will take you to the ruins of the fortified Roman town of Cosa and later through the Duna Feniglia nature reserve, whose beautiful pine forest will enchant you. We cycle mostly on cycle paths and return to Porto Santo Stefano where the Atlantis awaits our arrival for a crossing to Talamone.

(aprx. 40 km/200 m elevation)

#### Day 3 - Talamone - Magliano di Toscana –Talamone

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 di Toscana. The picturesque town with its striking city gates and walkable city walls invites you to linger. On the way back to Talamone, whose bay is very much appreciated by kites and windsurfers, the beautiful Tuscan landscape shows its most beautiful side once again. Before dinner on board you will be invited to a tasting of typical Tuscan wines.

(aprx. 45 km/300 m elevation)



#### **Day 4 - Talamone – Porto Azzuro**

This morning is used for the crossing to Elba, on which you can get an introduction to sailing in favourable winds and set sail together. After Sicily and Sardinia, Elba is the third largest island in Italy and impresses with its charm, lush nature and rich history. After a light lunch on board, you go ashore. Your afternoon tour through the varied island leads to Capoliveri and along a wonderful panoramic road. In the evening take the opportunity for a stroll through the charming little harbour town Porto Azzuro.

(aprx. 20 km/200 m elevation)

#### **Day 5 - Porto Azzuro –Enfola Bay**

A somewhat longer cycle tour from Porto Azzuro to the north of the island of Elba awaits you. After the coffee break in Rio nell' Elba you will arrive at one of the most impressive view points of the trip. At Voltereio you look at the bay of Portoferraio, the capital of the island. After lunch it is only a few kilometres to the beautiful bay of Enfola.

(aprx. 35 km/500 m elevation)

#### **Day 6 - Patresi – Marina di Campo**

Today the queen's stage awaits you! You cross the island by bicycle. After visiting the mountain villages of Marciana you get to the highest point of the tour at Monte Perone. Then it's only downhill to the village of San Piero in Campo, where you can enjoy a delicious lunch with a view onto your boat. After the tour you take a refreshing bath – directly from your ship. Then the sails are set with the destination: Island Giglio. The Isola Giglio is located in the very south of the Tuscan Archipelago and is a scenic jewel. Mountains, forests, untouched nature, crystal clear sea!

(aprx. 30 km/700 m elevation)

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

You go ashore in Campese in the west of the island. The destination of your today's cycle tour is the medieval town of Giglio Castello, enthroned high on the island of Giglio like an impregnable castle. A fast descent takes you 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. 15 km/500 m 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 1790 euros per person.

### **OPTIONS**



Single cabin : 700 euros per person.

Hybrid bicycle : 90 euros per person.

Insurance against theft and damage of the rental bike (Hybrid bicycle) : 10 euros per person.

E-bike : 200 euros per person.

Insurance against theft and damage of the rental bike (E-bike) : 20 euros per person.

### **INCLUDED**

8-day-trip on a tallship with crew

7 nights on a tallship in a standard twin 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 45 km, for a total of 185 km for the week. They lead through hilly or mountainous areas and will be completed without any time-constraints. The cycle tours consist of up to 200 - 700 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. MTB is also possible on this tour.

### **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

At 57 x 7.5 m, 14 sails and over 750 sqm sail surface the Atlantis is a guaranteed eye catcher in every harbour. Built in 1905 and christened Elbe 2, the Atlantis served faithfully as a light vessel in the North Sea, Germany. Afterwards she was elaborately restored as a tallship for passenger cruises. The renovation featured a classy salon, a spacious upper deck including seats and a cock-tail bar as well as 16 comfortable air conditioned guest cabins including a shower and toilet. The unique charm of the Atlantis is due to the loving care of the inventory and to a helpful and greatly experienced crew.

### **SIZE OF GROUP**

From 16 participants



## **DEPARTURES**

From 19th September to 17th October

## **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).

## **EQUIPMENT TO TAKE**

ADVISED MATERIAL TO TAKE WITH YOU (non-exhaustive checklist) :

As a good preparation is key to a successful stay, here are a few tips to ensure that your trip takes place in optimal conditions.

### **BIKES**

In order that your stay does not turn into a mechanical training course, it's advisable to carry out a meticulous revision of your bike before going on a tour :

- the tyres are well inflated and in good condition
- cables and chain are in good condition
- the transmission elements are clean and oiled
- there are no leaks in the suspensions
- the wheels are well tightened
- the brakes are in good condition (wear + possible leaks)
- the headset has been checked

And don't forget that anomalies are easier to spot on a cleaned bike...

### **REPAIR MATERIAL**

To avoid mechanical problems, it's better to be far-sighted and always carry the basic equipment of a biker:

- 2 inner tubes (puncture sealant is strongly recommended, or puncture sealant strips)
- a pump
- tire irons
- an inner tube repair kit consisting of patches and glue
- a multi-tool
- a small wrench
- a piece of tire

Also, you can prepare your own toolbox which we transfer with your luggage. You will put in it the following items :





- a brake cable (front and rear)
- a derailleur cable
- a tyre
- one derailleur hanger
- chain oil
- a rag

#### EQUIPMENT

As you can't judge a book by its cover, cycling slinky shorts won't help you to turn into a cycling champion. However, a minimum of specific bike equipment will be necessary in order to be comfortable :

- a helmet
- glasses
- suitable shoes (no smooth soles)
- a cycling short or short
- a breathable tee-shirt (try to avoid cotton)

#### DAY BACKPACK

Because it's unpleasant to ride with a too loaded backpack, it's better to think carefully about the necessary things to bring in the backpack for the day:

- a water bag and/or a flask and/or water cans on the bike (2L/day/person minimum)
- provisions (energy bars, dried fruits...)
- the basic repair material for your bike (see above)
- a windbreaker (waterproof)
- picnic
- a headlamp
- a knife
- sun cream (+ lip protection)
- toilet paper
- a first-aid kit (see below)
- your mobile phone + an external battery
- a rubbish bag

#### PICNIC

In order to avoid unnecessary waste at picnic time, remember to take with you :

- an airtight box (0.5L) with initials marked on the lid and on the box + wide elastics
- reusable cutlery (fork and pocketknife)

#### TRAVEL BAG

Your luggage is transferred during the day and you will find it every evening at your hotel. It is preferable that your travel bag contains the following items :

- a sleeping bag liner (stays in gîtes)
- a change of clothes



- a pair of light shoes for the evening
- a large jumper or fleece jacket
- a small toilet bag with a towel

#### **FIRST-AID KIT**

Concerning all our guided stays, the instructor has a first aid kit.

However, it is essential to bring your own first aid kit.

Here is a list of the minimum items to take with you:

- disinfectant
- gauze strips
- plaster
- protective cream for the buttocks
- your personal medicines
- micropur pastilles (water disinfectant)
- a survival blanket

A more complete first-aid kit should be formulated with your doctor.

#### **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.