



# The Island of Elba by Mountain Bike



## From jagged peaks to silent woodlands

This is an island made for bicycles. Ride your bike from the beach and you'll soon be immersed in chestnut woods. The intense green of the Mediterranean fauna alternates with the cobalt blue of the sea. The smell of salt air mixes with the scent of wilderness from our woods. For once let's stop the clock that runs our lives and take the time to truly appreciate what nature has to offer.



Category: sports trip / Duration: 6 days and 5 nights / Level of Difficulty: medium/difficult

1<sup>st</sup>

### Day - Arrival

Meeting with the guide at Marina di Campo in the afternoon. Get settled in the hotel, dinner and briefing with the guide about the organization of the trips selected for the week.

2<sup>nd</sup>

### Day - Cross Country on Elba

Distance: **58 km.**; Maximum Altitude :**mt 600 slm.**; Total Elevation Gain: **mt 1,600.**; Level of Difficulty: **challenging**; **98%** of the route can be biked

**Itinerary: Marina di Campo, M. Orello, Lacona, M. Tambone, Marina di Campo, M. Perone, Marina di Campo.**

Characteristics of the route: offers magnificent views immersed in a Mediterranean landscape with tracts of woodland and low vegetation.

3<sup>rd</sup>

### Day - The Massif of Mount Capanne : Man and Woods

Distance: **50 km**; Maximum Altitude: **mt 600 slm**; Total Elevation Gain: **mt 1500**; Level of Difficulty: medium/ easy; **95%** of the route can be biked.

**Itinerary: Marina di Campo, Le Solane, Poggio, S. Cerbone, Marciana, Poggio, M. Perone, Moncione Mill, S. Piero, Marina di Campo.**

Features of the route: The entire route can be biked. It's completely immersed in a Mediterranean landscape of centuries old chestnut and pine trees, and offers unique panoramic views.

4<sup>th</sup>

### Day - Central Elba: the Northern and Southern Coasts of the Island in a Single Glance

Distance: **40 km**; Maximum Altitude: **mt 300 slm**; Total Elevation Gain: **mt 1000**; Level of Difficulty: medium/ easy; **95%** of the route can be biked.

**Itinerary: Marina di Campo, Litterno, Col Pecorino, Serrone delle Cime, Viticcio, Point Peninsula, Forno, Scaglieri, Colle Pecorino, Procchio, Marina di Campo.**

Characteristics of the route: panoramic views with exhilarating hills and downhill singletracks, woods and low vegetation.

5<sup>th</sup>

### Day - Where Granite Reigns

Distance: **20 km**; Maximum Altitude: **mt 357 slm**; Total Elevation Gain: **mt 700**; Level of Difficulty: medium/ easy; **90%** of the route can be biked.

**Itinerario: Marina di Campo, Le Solane, Col Reciso, Sant'Ilario, San Piero, Moncione Mill, Pradaccio, Vallebuia, Seccheto, Marina di Campo.**

Characteristics of the route: tracts are technical and fun, definitely panoramic, immersed in old vineyards.

6<sup>th</sup>

### Day - Start

Breakfast. Free Morning. Leave during the day

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## ELBA BY MOUNTAIN BIKE - WEEKEND TRIP - 3DAYS AND 2 NIGHTS

- 1<sup>st</sup> Day: Arrival  
2<sup>nd</sup> Day: Elba Cross Country  
3<sup>rd</sup> Day: Massif of Mount Capanne: man and woods
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## TECHNICAL/ LOGISTIC INFORMATION

**Meeting Place:** Marina di Campo (can be reached via direct bus from Portoferraio).

**Lodging and Meals:** 2-star hotel includes breakfast, dinner and sack lunch.

The day of arrival participants are responsible for their own lunches.

**Guide:** 1 environmental guide

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## PRICE

**Price per person for 6 days and 5 nights:** €398,00 24-29 march; 3-8 december;  
€439,00 8-13 april; 28 may -2 June; 8-13 september

**Price per person for 3 days and 2 nights:** €175,00 31 october - 2 november;  
€190,00 11-13 april; 1 - 3 may; 31 may-2 june; 11-13 settembre

**The price includes:** Room and Board in a 2-star hotel for 5 o 2 nighths, in double room, which includes breakfast, dinner (with ½ lt. of water and ¼ lt. of wine) and a sack lunch; an environmental guide will be available for the entire trip

**The price does not include:** the trip to Elba island, lunch on the day we arrive, the bus ride during the trip and everything not

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## PHILOSOPHY OF AN ECOLOGICAL TRIP

The place is ecological: the National Park of the Tuscan Archipelago; The season is ecological: far from the crowds of summer tourists we can enter the rhythms of the islands. Because what we must avoid, in places like these, is being in a hurry. For once, let's stop the clock that runs our lives and take the time to truly enjoy that which nature offers us every day of the year and every minute of the day.

Let's bring something back with us, not a flower or a rock, but a fragrance or a sensation that makes an unforgettable memory.

Pelagos is in association with Ecotourism Italy.



## TECHNICAL COLLABORATION

**Agenzia Bruno Viaggi (travel agency)** Corso di Procchio, 3 - 57030 Marciana (LI)  
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