





Tuscany Coast: Pisa to Elba

Walk along the Tuscany coast from Pisa to Elba

The region between Pisa and Piombino is therefore called the Etruscan Coast and offers not only fantastic coastlines, cultural highlights and sights but also a wonderful hiking area.

The routes lead through pine and deciduous forests, Mediterranean maquis and over wild plateaus and white sand beaches. Along the way, you have the opportunity to jump into the cool water and linger at the sunny bays. In addition to Pisa, you always spend the night in interesting coastal towns, where you can relax after the walks or explore the old town.

The ferry will take you to Elba, the island with the most beautiful beaches in the Mediterranean, an enchanting variety of vegetation and beautiful hiking trails. Here you can spend two days by the sea and enjoy this hiking paradise.

Details of the walking tour from Pisa to Elba

You can experience the picturesque region in Italy even more intensively on foot. Our walking tour takes you to the most beautiful places in Tuscany in eight days. From Pisa, you walk through pine forests, the Mediterranean maquis and along dreamlike sandy beaches to Castagneto and finally to the island of Elba.

The highlights of this walking tour at a glance

- **Leaning Tower:** No other leaning building in the world is as famous as the Leaning Tower of Pisa.
- **Coastal walks:** On this walking tour in Tuscany, beautiful routes and coastal paths await you, taking in the fantastic views.
- **Home of the sweet Cantuccini:** The speciality of the in Santo dessert wine.

- **Elba Island:** The last two walking stages of this trip are a highlight in their own right, a picturesque coastal tour and a hike to the top of Elba Island in the Tyrrhenian Sea.

Worth knowing about the walking tour from Pisa to Elba

This walking tour provides varied walking routes for a varied active experience in Tuscany. In between, there are plenty of opportunities for a relaxing break on one of the beaches or a delicious refreshment in the bays. With a basic fitness level and sure-footedness, you can enjoy the daily stages of the Etruscan coast for five hours.

Route summary

The varied routes lead on nice hiking paths in the forest and along the coast as well as on high-altitude paths and little gravel roads, in parts on narrow trails and on rocky terrain and on the sand. A basic fitness level for the longer stages and surefootedness are required. Walking times of up to a maximum of 5 hours are to be expected, leaving enough time for swimming stops and cultural enjoyment. The tours can be designed flexibly and shortened for the most part.

This tour has been graded as **Medium**. Find out more about our **walking holiday difficulty levels**.

Tour information



Medium



8 Days / 7 Nights



Self-Guided



Luggage transfers included



Total walking distance: approx. 78 km

To the online version



Itinerary

DAY
1

Arrival in Pisa

Individual arrival in Pisa. In the evening information and welcome talk. A first visit to the beautiful old town of Pisa is already possible today if you arrive early. Keith Haring's famous mural: Tuttomondo, Place of Miracles "Piazza dei Miracoli" with the leaning tower which you can also visit for an impressive view of the city (buy a ticket in advance via the internet at the desired time, places are very limited). Entrance to Pisa Cathedral is included with the Leaning Tower ticket. For dinner, the restaurant La Buca is highly recommended!

TIP! Recently it is possible to take a walk on the city walls "Mura de Pisa" (approx. 3 km) via the tower at the tower of Pisa, a ticket can be bought on-site for approximately €5 per person.






DAY
2

Circular walk around Pisa approx. 14 km | 5 hours

The first day of hiking takes you (by a short train ride) to the mountains of Pisa to Ripafratta, on a hill above the village rise the high thin curtain-like walls of the fortress ruin. The fortress dominates the Serchio River at its narrowest point in the valley between Pisa and Lucca and square watchtowers can be found on the hills surrounding the fortress.

Through an enchanting deciduous forest, you walk along the hermitage to the hiking trails Passo di Dante on the De Monte Pisano. This mountain separates Lucca and Pisa and offers the most stunning views of the surrounding landscapes. Overlooking the Tuscan coast on one side of the mountain and Pisa to Lucca and the Apuan Alps on the other, you will cross a beautiful landscape of forests dotted with ruins of ancient monasteries, pretty little churches and old farmhouses. Via the beautiful hiking trails along the Rio della Croce canal, you can walk to the spa town of San Giuliano Terme with its hot springs, immersed in lush nature.

From San Giuliano Terme take the train (about 5-10 minutes) back to Pisa.

 ca. 5 hours  14 km  600 m  600 m
 **Treinrit San Giuliano Terme-Pisa**

DAY
3

Pisa – Castiglioncello approx. 17 km | 5 hours

The day starts with a train ride to Quercianella, located on the coast. Today you walk through the Colli Livornesi, the "hills of Livorno" you pass forests, meadows and past pastures with sheep. Let your gaze wander to the sea and the surrounding hills. You climb the top of the volcanic mountain Poggio Pelato, the "bald mountain", which offers a beautiful panorama of the volcano hill, the black volcanic rock underlines the exotic flair.

In the afternoon you will reach the coastal town of Castiglioncello, situated on a beautiful rocky coast with a beautiful forest of umbrella pine trees and the beach has clear waters that make it perfect if you like swimming and snorkelling. The most beautiful beach is that of Quercetano and is located at the end of a long and steep cliff with almost 100 steps! Be sure to visit the historic castle Castello Pasquini with a beautiful park where it is wonderfully cool in the summer.



ca. 5 hours



17 km



400 m



450 m



Treinrit Pisa-Livorno

DAY
4

Castiglioncello – Castagneto approx. 18 km | 5 hours

Today a lovely walk along the beach awaits you. By train, you travel from Castiglioncello to Cecina and then continue by boat through the La Pineta di Cecina Nature Reserve, a shady pine forest that stretches for many miles along the dunes and beach. Numerous paths lead you under the dense foliage. Lilies and poppies bloom on the beach, while junipers grow in the low scrub. Perhaps you sport one of the animal species that live here, foxes, weasels, porcupines, roe deer and badgers.

Later today you will pass the extraordinary nature reserve Oasi di Bolgheri, Italy's first wetland to be protected by the WWF. Watch out, you might spot wild boars, fallow deer, roe deer, porcupines or terrapins. You walk further on the soft sandy beach, of course, a cooling dip in the waves should not be missed, or at least a stop at one of the beach bars. Stroll through the streets of the medieval village of Castagneto with its shops selling typical local products, restaurants and panoramic squares.

TIP! Visit the wine bars where you can taste the symbolic product of this area: Bolgheri DOC wines



ca. 5 hours



18 km



50 m



50 m

DAY
5

Castagneto – Piombino approx. 12 km | 4.5 hours

The transfer this morning will take you to the Gulf of Baratti, from where you will walk to Piombino, the port of the Etruscans for shipping to Elba. In the area stretching between the slopes of the promontory of Piombino and the Gulf of Baratti you will find the archaeological park "di Baratti e Populonia".

Spectacular high-altitude trails lead directly above the water through dense maquis on partially rocky coastal paths, around the Piombino Mountains. Via the imposing "Sentiero dei Cavalleggeri" you reach the bay of Calamoresca at the rocky headland Punta Falcone. A dream trip along the coast with swimming opportunities in numerous bays.

Now it is not far from Piombino with its interesting old town, the fountain "sources of snakes in love", the tower of the Ravelin and the lighthouse by the sea. Piombino has a wide range of fantastic restaurants, enjoy delicious seafood dishes here.



ca. 4,5 hours



12 km



300 m



990 m



Transfer Castagneto-Baratti

DAY
6

Piombino – Elba approx. 7 km | 2 hours

You take the bus to the port of Piombino and take your own luggage with you today. On the ferry, you will feel the wind blowing through your hair and see the huge ships in the harbour, the coast from afar and the island approaching. Your destination Elba elicits a true explosion of your senses, the wonderful variety of atmospheres, views and landscapes have their origin in the extreme diversity of the island of Elba.

Today, stroll through the old town of Portoferraio or go for a swim at the famous Le Ghaie beach with its black-dotted white stones. In the afternoon, a short spin on dreamy coastal paths beckons to Barbarossa Beach and the colourful Lake Terranera.

TIP! Follow in Napoleon's footsteps, as Elba is where Napoleon was once in exile. Visit the old castle, which still preserves many of Napoleon's possessions, and the island's greatest historical landmark, the two Napoleon villas. All over the island, you will find memories of the French emperor, the names of restaurants, in miniature Napoleons in the tourist shops, he has left his mark everywhere.



ca. 2 hours



7 km



150 m



150 m



Ferry Piombino-Elba

DAY
7**Circular hike around Elba** approx. 10 km | 4 hours

A fantastic mountain tour of the island of Elba. With views of the neighbouring islands and the shimmering Mediterranean Sea, you will walk along fragrant macchia, Mediterranean forest trails and beautiful mountain trails. You will climb the Monte della Croce mountain from where you can enjoy the postcard view of the city of Porto Azzurro. Observe the mountain goats in their rocky habitat and the Iron Cross. Visit the place of pilgrimage the hermitage "Madonna di Monserrato". Hidden in the rocks, it gives visitors a sense of ecstasy and wonder. Finally, relaxing on the beach, a cooling dip in the sea and a final drink in the bar is a must.

TIP! Bring a packed lunch and plenty to drink to reward the efforts of the route.



ca. 4 hours



10 km



400 m



400 m

DAY
8**Return trip or extension**

This wonderful walking holiday ends after breakfast, or you can extend a few more days on Elba to discover the many delights that the island has to offer.

Route information

The varied routes take in good footpaths in the forest and along the coast, but also on mountain paths and gravel roads, partly on narrow paths and partly on rocky ground and the sand. For the longer stages, you need a basic condition and a certain step.

Walking times of up to 5 hours per day can be expected so that there is enough time for swimming stops and cultural enjoyment. The tours can be arranged flexibly and for the most part, can be shortened.



Prices and dates

Price calculation and check availability: **Tuscany Coast and Elba**

Place of arrival: **Pisa**

	Season 1 23.03.2024 - 20.04.2024 22.09.2024 - 12.10.2024 Saturday	Season 2 21.04.2024 - 18.05.2024 01.09.2024 - 21.09.2024 Saturday	Season 3 19.05.2024 - 31.08.2024 Saturday
Tuscany Coast Pisa to Elba, IT-TOWPE-08X			
Base price	899.00	959.00	1,039.00
Single room surcharge	319.00	319.00	319.00

Hotel information: You will stay in carefully selected 3*** and 4*** Hotels

Additional nights

Place of arrival: **Pisa**

	Season 1 Mar 23, 2024 - Apr 20, 2024 Sep 22, 2024 - Oct 12, 2024 Saturday	Season 2 Apr 21, 2024 - May 18, 2024 Sep 1, 2024 - Sep 21, 2024 Saturday	Season 3 May 19, 2024 - Aug 31, 2024 Saturday
Pisa			
Double room p.p.	69.00	69.00	69.00
Single room supplement	35.00	35.00	35.00
Elba			
Double room p.p.	79.00	99.00	119.00

	Season 1 Mar 23, 2024 - Apr 20, 2024 Sep 22, 2024 - Oct 12, 2024 Saturday	Season 2 Apr 21, 2024 - May 18, 2024 Sep 1, 2024 - Sep 21, 2024 Saturday	Season 3 May 19, 2024 - Aug 31, 2024 Saturday
Single room supplement	45.00	45.00	45.00

Prices per person in GBP

Included services and travel information

Services

Including

- 7 nights as described, including breakfast
- Transfer Castagneto-Baratti included
- Piombino-Elba crossing included (outward journey only)
- Personal welcome meeting (German, English)
- Luggage transfer(s) max. 1 piece of luggage 20 kg per person
- Travel folder 1 x per room (German, English with route and overview maps, detailed route description, places of interest, important telephone numbers, luggage labels)
- GPS data available on request
- Service Hotline

Not included

- Tourist tax, if applicable, to be paid locally
- Luggage transfer on the ferry to Elba on your own (6th day)
- Train rides on the 2nd, 3rd and 4th day, as well as bus rides in Piombino and Elba, approximately €12 per person to be paid locally

Arrival information

- Airport: Pisa or Florence Airport
- Train: Pisa station
- Parking: Free public parking space or public garage approx. €17 per day, to be paid on site, reservation not possible
- Return: Return from Elba with a short flight (www.infoelba.net) to Pisa or Florence or by boat in about 1.5 hours to Piombino and from there by bus and train in about 1.5 hours to Pisa

Sample hotel list

This is a sample hotel list. Hotels will be booked depending on availability.

Pisa

Hotel Repubblica Marinara 4****

www.hotelrepubblicamarinara.it

Castiglioncello

Hotel Atlantico 3***

www.hotelatlantico.it

Castagneto

Hotel Ginepri 3***

www.hoteliginepri.it

Piombino

Hotel La Rosa dei Venti Resort 4****

www.larosadeiventipiombino.it

Elba

Hotel La Plaza 4****

www.hotelplazaelba.com

Elba

Hotel La Plaza 4****

www.hotelplazaelba.com