

HIKING JOURNEY

The Gourmet Trail – Revisited

WALKING IN TUSCANY, ELBA AND GIGLIO ISLANDS AND COASTAL WALKS IN
THE MAREMMA, ITALY

15 DAYS



Journey Overview

Our walk begins in the beautiful city of Florence. The magic of Tuscany is not only its culture that brought forth the Renaissance or masters like Michelangelo and Leonardo da Vinci but its magnificent countryside. Our walk leads us through medieval hilltop villages, rolling hills, fertile valleys, vineyards, olive groves and forests ablaze with colour. We follow a trail through the wooded countryside of Chianti and the hills around San Gimignano. At night enjoy delicious Tuscan cuisine - vegetable timbale with a basil sauce, bruschetta, guinea fowl in vin santos, memorable porcini dishes, the best pasta and mouth-watering pastries. With just a ferry ride away we will immerse ourselves in the dreamy Italian island of Elba, one of the most beautiful Islands in the Mediterranean! The meandering footpaths on the colourful island bring us through the quaintest of villages, green shady forests leading us up to high secluded peaks, which offer stunning 360° views of this slice of paradise! Elba's typical low mediterranean vegetation offers a large variety and the greatest treat is that one can always finish off at one of the many inviting beaches to cool off from the day. Explore the mystical Tuscan coastline of the Maremma, a hilly area dotted with vineyards, castles and a sandy coast with beautiful beaches. This region has been inhabited for a period of one thousand years and along our trails we will discover many archaeological sites. We walk through pine forests and aromatic Mediterranean vegetation to sandy beaches. In the nearby Uccellina Mountains we explore a medieval cistercian abbey. Nearby Mount Argentario is a peninsula tied to Tuscany by just two strips of land. This wild and unspoilt promontory was once used as a defensive fortress, and indeed, its former military function is still visible today. From Porto Ercole we meander up through oak forests to the Convento dei Frati Passionisti, a monastery built in 1737. From the summit of Monte Argentario at 645 metres we descend to the panoramic seaside town of Porto Santo Stefano, which is the departure point to Giglio Island. This ultimate hidden gem offers the bluest of seas all around and fabulous beaches to unwind after a day of walking. The largest part of the island is wild and covered by mediterranean vegetation. Get ready to be intoxicated by a whirl of fragrances. The wild beauty of the countryside around Capalbio will sweep you off your feet to mystical places such as the magnificent Tarot Garden, which features large colourful sculptures created by renowned artist Niki de Saint Phalle.

Journey Schedule

DAY 1

Florence – San Gimignano

DAY 2

Colle Di Val D'elsa – Pescille

DAY 3

From Castellina in Chianti to Montereccioni

DAY 4

San Gimignano – Volterra – Piombino – Elba Island – Marina Di Campo

DAY 5

Walking From S. Piero in Campo to Pietra Murate along The Granite Way

DAY 6

Colle Palombaia – Capo Poro – Galenzana Beach

DAY 7

From Sant'andrea to Marciana Marina

DAY 8

Marina Di Campo – Free Day

DAY 9

Marciana – Monte Campanone

DAY 10

Portofereio – Piombino – Porto Santo Stefano

DAY 11

Porto Ercole – Convento Dei Padri Passionisti – Croce Del Predicatore – Case Dell'omo – Porto Santo Stefano

DAY 12

Porto Ercole – Ancient City Of Cosa – Spacco Della Regina – Tagliata Etrusca

DAY 13

Alberese – San Rabano – Oliveto Collelungo – Torre Collelungo

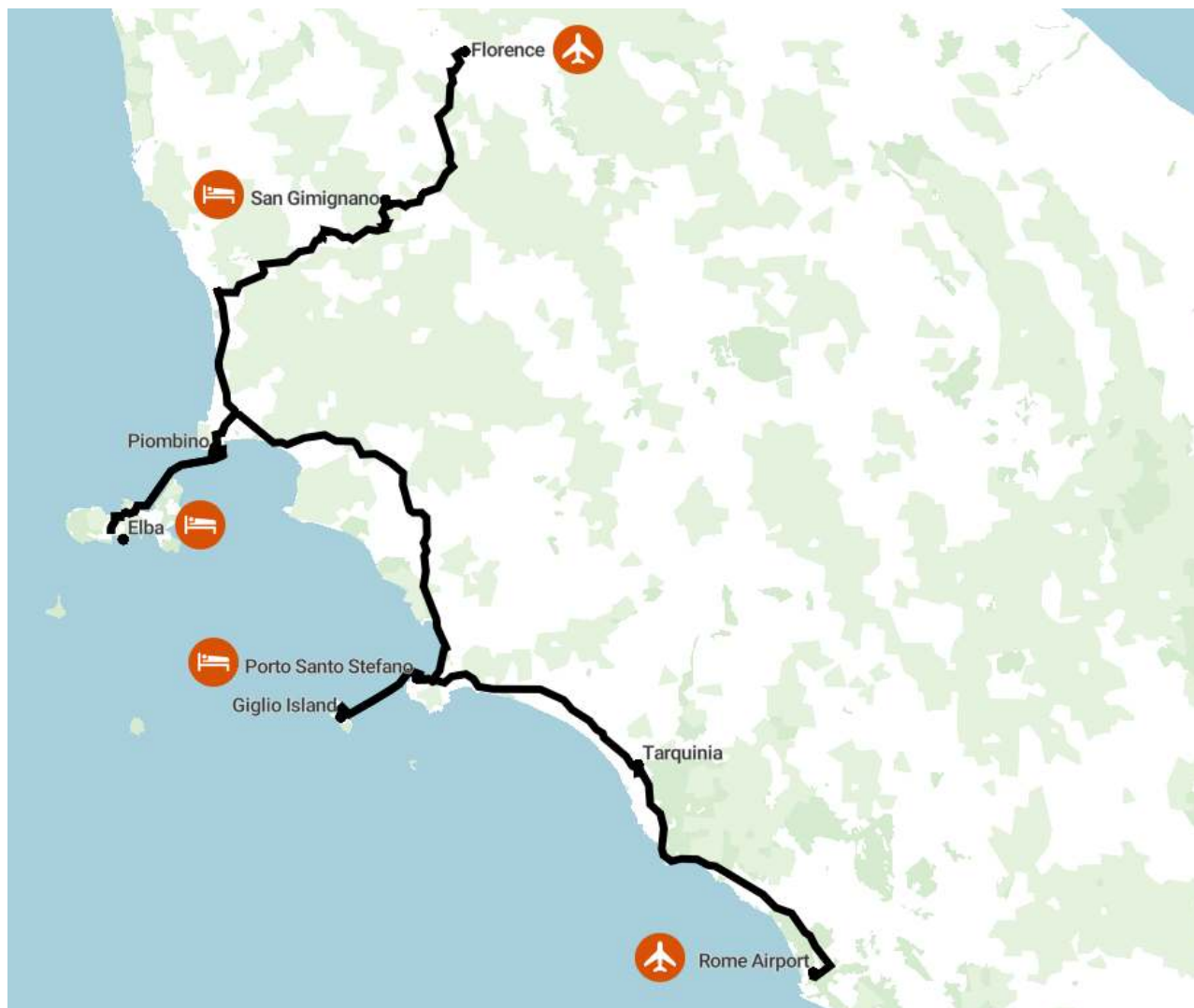
DAY 14

Giglio Island – From Giglio Castello to Punta Del Capel Rosso and Cala Delle Cannelle

DAY 15

Porto Santo Stefano – Tarquinia – Rome

Journey Itinerary



DAY 1

Florence - San Gimignano

We meet at 10.00 am at the charming Pensione Bencista in the hills of Fiesole, just 20 minutes by bus or taxi from the centre of Florence. A stay here is highly recommended. Please book direct and early!!! (mention Gabriela Clarke from Walkabout Gourmet Adventures).

PENSIONE BENCISTA

Via B. da Maiano,
4 50014 Fiesole (Firenze)
Tel/Fax 0011 390 55 59 163
Email: info@bencista.com

After our pick-up we join the autostrada and take soon the exit to Siena and San Gimignano.

After our check in at the charming Hotel Pescille we have time to explore San Gimignano and its surroundings on a circuit walk. The town takes its name from the Bishop of Modena who died in 387. The town has Etruscan origins and was later inhabited by the Romans. In medieval times it owed its prosperity to its situation on the Via Francigena, an important road for commerce and the main pilgrim route to Rome from northern and central Europe. Dante was sent here in 1299 as an ambassador of Florence to attach the smaller town to the Guelf League. After the devastation, caused by the Black Death of 1348, San Gimignano came under the protection of Florence. Dinner will be in one of our favourite restaurants in San Gimignano.

 **2 1/2 HOURS**

 **PESCILLE, TUSCANY**



DAY 2

Colle Di Val D’elsa – Pescille

Today we start our walk in Colle di Val d’Elsa, situated on a rocky spur on the left bank of the Elsa River. The medieval upper town is particularly well preserved and its position offers magnificent views on all sides.

It has many interesting art treasures and is also associated with the manufacture of glass, which is still produced here. We allow some time to explore the narrow winding streets and buy our lunch before we leave the town and start our walk.

We wander up through a lush valley and past a beautiful Tuscan Villa where we reach a plateau and stop to admire the countryside. We then descend towards the wild broom, olives and grapevines. Lunch will be in a welcome beer garden along the way. The afternoon walk takes us through a typical Tuscan landscape with rolling hills and cypresses lining our track.

From the top of the ridge we have glorious views of the surrounding countryside and the towers of San Gimignano. We continue and follow the trail through the vineyards and an old green oak forest and will soon arrive at our hotel.

In the evening we have dinner at our hotel.

 **4 - 5 HOURS**

 **PESCILLE, TUSCANY**



DAY 3

From Castellina in Chianti to Montereccioni

This morning we take a particularly scenic road to Castellina in Chianti. The small medieval town lies amidst hills covered with vineyards in one of the most famous wine growing regions in Italy. The 15th century castle and town gate dominates the Arbia, Elsa and Pesa valleys. There is also a 15th century underground passage, built for defence purposes.

After allowing time for morning tea and a short stroll around town, we leave Castellina and take the short drive south, direction Castellina Scalo where we start our walk. Here is the heart of Tuscany, bounded north and south by Florence and Siena.

With its dense concentration of vineyards, olive groves, old farmhouses, kitchen gardens, orchards, hilltop cypresses, terraced slopes and wooded valleys, it remains the definitive embodiment of the idea of the Tuscan landscape.

We stop for lunch near Montelupo with lovely distant views in all directions. In the afternoon we will walk through more open farmland before we reach Villa Trasqua where we will finish our walk with a visit and tasting of the famous Chianti wine.

After our tasting we drive to the picturesque walled town of Montereccioni with about a dozen towers surrounding the wall. The main street crosses the village and joins the two gates. A few houses and a pretty Romanesque church face on to the piazza and other houses surround a small public garden. Inside the walls are other private gardens.

After our visit and a cool drink, we re-join our buses and return to Pescille.

 **4 HOURS**

 **PESCILLE, TUSCANY**

DAY 4

San Gimignano - Volterra - Piombino - Elba Island - Marina Di Campo

Today we have to leave San Gimignano and our lovely hotel Pescille and travel to Volterra. We allow time for a stroll through this superbly beautiful town and connect with Italy's Etruscan past. The Etruscan walls and impressive city gate are over 2,200 years old. Time permitting we will take the opportunity to visit the extraordinary Guarnacci Etruscan Museum. It is one of the earliest public museums in Europe. Founded in 1761 when the noble Abbot Mario Guarnacci (Volterra 1701-1785), a collector of antiquities, donated his archeological collection to "the citizens of the city of Volterra". The donation also included a rich library of more than 5,000 volumes. A far-sighted gesture, for Guarnacci not only prevented the dispersal of the treasured contents of the burial sites but also bequeathed a prestigious cultural heritage to Volterra.

In the afternoon we travel close to the coast to Piombino where we catch the ferry to Portoferaiio on the island of Elba. It is one of the most beautiful mediterranean islands and after Sicily and Sardinia, the third largest in Italy and the largest in the Tuscan Archipelago. Surrounded by wonderful, crystal clear sea it has recently become part of the Tuscan Archipelago's National Park together with the islands of Pianosa, Capraia, Montecristo, Giglio and Giannutri. Elba has a coastline of 147 kms. Its main mountain (Monte Capanne) is 1,019 metres high, accessed via pathways or by a panoramic cable car.

Already in ancient times Elba's destiny was always determined by two factors: its strategic position and the richness of its mineral resources. Due to these characteristics, it was often the object of conquest for the various powers along the Mediterranean. For the Etruscans and the Romans, Elba represented an inexhaustible source of riches and the iron from Elba contributed to the prospering of their civilization.

During the medieval period, Elba was dominated by Pisa. The remains of some important and striking defensive structures testify to the importance of possessing the island. The Applani Lordship followed, as did the attentions of Cosimo de Medici, who built "Cosmopoli" on top of the ruins of the Roman city of Fabricia - now the capital

Portoferraio – and had it surrounded with the impressive walls that saved the inhabitants from many pirate raids. The Spaniards settled in Porto Azzurro and they too made sure to construct defences on their territory – the imposing San Giacomo Fort still dominates the pleasant landscape.

In more recent history, the period that made this island famous and placed it on the world map was the brief exile of Napoleon, who stayed here for 10 months prior to his 100 days adventure which was finished in Waterloo. Bonaparte left a significant mark of his short reign. Important reforms and buildings like his townhouse villa – dei Mulini in Portoferraio and his impressive summer residence – San Martino are now museums and can be visited. After our arrival in Portoferraio we meet our local guide for a short visit of this beautiful fortress city.

In the late afternoon we arrive in the small seaside village of Marina di Campo, located in the southern part of the island and our base for the next 7 nights. From here we will depart on several excursions to discover the territory – ancient forests, steep cliffs, green valleys and Rocky Mountains.

The small, beautiful beaches give a special charm to the island. We will see and even take a rest at some of them during our excursions.

Dinner tonight is at our hotel and based on typical products of the sea.

 **3 HOURS**

 **MARINA DI CAMPO, ELBA, ITALY**



DAY 5

Walking from S. Piero in Campo to Pietra Murate along the Granite Way

Today we journey through history and the mineral riches of Elba. Starting from the pretty village of S. Piero in Campo, we cross the mediterranean scrubland and groves of broom in bloom. Here we are always in sight of the Costa del Sole and not far from the coast of Corsica, the island of Pianosa and the island of Montecristo. After taking the stairway from the centre of the village, our walk starts uphill for about 30 minutes, until it intersects the track that goes from the **tower of San Giovanni** to the valley called Piane del Canale. After a ten-minute walk we leave the track and stop at Pietra Murata from where we can admire a beautiful view. From here we can see some of the islands of the **Tuscan archipelago**, such as Pianosa and Montecristo, and also, further away, the French island of Corsica. In fact, this was a strategic lookout and defensive position already in pre-Roman times. After returning to the trail, the walk continues downhill along a ditch called Fosso del Malocci until it reaches trail No. 35 that goes to the granite quarries of San Piero. Along the track, in addition to the beautiful views, there are the typical vineyards on granite terracing, most of which have been abandoned but are still in good condition. The last part of the walk can be particularly interesting. If you look carefully around you, you will be able to see granite blocks partly sculptured: the strange denticulate marks and the rough casts of columns are what remains of ancient granite sculptures which flourished during the Pisan period (12th century). The green field near the **old mill of Moncione** deserves a stop. We return to our starting point, the small village of **San Piero**, which certainly deserves a visit. There are old granite portals set inside the village that are particularly worth admiring, also interesting is the small church of **Santi Pietro e Paolo**, incorporated in the defensive rampart dominating the plain of Marina di Campo. After our visit we re-join our buses and time permitting, we drive to one of the beautiful beaches nearby. Dinner is in one of the lovely restaurants in Marina di Campo.

 **5 ½ HOURS**

 **MARINA DI CAMPO, ELBA, ITALY**

DAY 6

Colle Palombaia - Capo Poro - Galenzana Beach

After breakfast we have a short shuttle to the locality of Colle Palombaia from where we start our walk. We follow a panoramic ridge path running along the cliff edge. From here we have marvellous views and can absorb all the energy of the sea.

After some stretches in the shade of beautiful holm oak woods, we reach the pretty spot of Capo Poro, with its lighthouse. From here we can enjoy a breath-taking view of the immense Tyrrhenian Sea and some islands of the Tuscan archipelago.

From here we descend to the fairytale Galenzana beach where we will have the opportunity to take a swim and then continue to Marina di Campo.

In the evening we meet for a pre-dinner drink and another delicious dinner in our restaurant.

 **6 HOURS**

 **MARINA DI CAMPO, ELBA, ITALY**



DAY 7

From Sant'andrea to Marciana Marina

This morning we drive to Capo Sant' Andrea. It was not by chance that it was chosen as a settlement by the Etruscans; its geographical conformation and unique granite rocks provided good protection against attacks, defending from the wind off the sea and a gateway to the Tyrrhenian Sea and at the same time a refuge.

These illustrious ancestors of ours came to Capo Sant' Andrea, which was then covered in forest and rich in water, to work the iron extracted in the eastern part of the island, as the abundance of wood enabled the furnaces to be properly and safely stoked.

Later, the Romans came across the sea, as proven by the discovery of two wrecks in Capo Sant' Andrea itself, from among the many, which surely perished. Walking along the ancient pathways we encounter an enormous range of flora and fauna – cyclamen, violets, flowering heather, anemones and juniper bushes – taking in the intense perfume of lavender, rosemary and mint. We experience the fluttering flight of the red-legged partridge or surprising flocks of grazing mountain sheep, or even come across an abandoned goat-pen or the remains of prehistoric settlements.

In the background there is an incredible variety of shades of green and yellow covering the mountainside. Sounds and colours merge – the blue sky and sea transpire towards the pines and eucalyptus trees, the flowering juniper bushes and the colourful geraniums and white daisies.

We cross some paradisiacal beaches where we can relax and take a swim to get to the pretty seaside village of Marciana Marina. We walk along an ancient road that connected various villages on the north coast of the island, among holm oak woods set on abandoned terraces.

Marcina Marina is a typical fishing port. The “Quartiere del Cotone”, the historical centre of the village is characterised by the pastel coloured houses, which are a reminder of the old houses in villages in Liguria and not to be missed.

 **6 HOURS**

 **MARINA DI CAMPO, ELBA, ITALY**

DAY 8

Marina Di Campo - Free Day

The village lies on the **Gulf of Marina di Campo** and its historic centre has developed around what was once a small fishing port. On the opposite side there is the location of **La Foce**, well known for the presence of its campsites.

The village of Marina di Campo has a recent story, in fact in the past it was a swampy area where there were only a few warehouses. Between 1600 and 1700, the raids from the pirates almost ended and the development of the town of Marina di Campo began around the watchtower of the port. It is the most ancient building dating back to the eleventh century together with the small church of San Gaetano located in an inner street near the port.

This small village back then was a tiny cluster of houses inhabited by soldiers of the camp and by some fishermen from Naples. The rest of the town was recently built, thanks to the advent and development of tourism after the sixties.

Very beautiful and romantic especially in the evening is the walk along the sea which leads from Via degli Etruschi to the town centre all along the wonderful waterfront.

Marina di Campo is nice for shopping, for a romantic evening in one of the many restaurants and for nightlife, thanks to its many venues located in the town centre where it is possible to relax and enjoy delicious cocktails.

We can recommend a visit of the **aquarium** which is found in the buildings of the Marina 2 Hotel. Enjoy the large and beautiful sandy beach which stretches along the coast for 1,500 metres.

 **MARINA DI CAMPO, ELBA, ITALY**

DAY 9

Marciana - Monte Campane

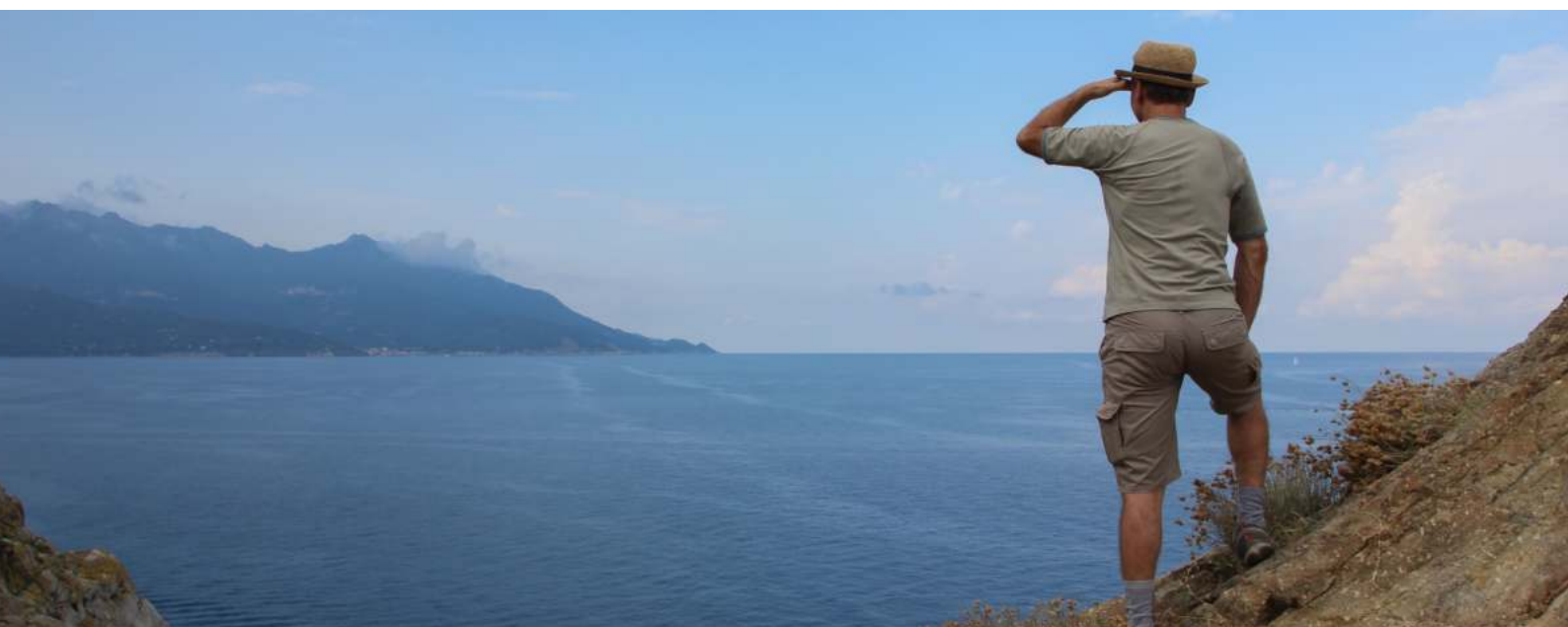
Behind the bay of Sant' Andrea stands the highest mountain on Elba, Mount Capanne (1019 metres), covered with chestnut trees and mule tracks (the summit can also be reached by cable car from Marciana).

We reach Marciana Alta, one of the oldest inhabited areas on the island at almost 400 metres above sea level. From here we start our walk along the ancient mule track between chestnut woods, ancient stone huts, hermitages immersed in the forest. The road made by Napoleon Bonaparte takes us to the rocks where mouflons reign. We arrive on the highest peak of Elba and the whole province of Livorno and enjoy a panorama of incomparable beauty over the island, the Tuscan archipelago, Corsica and the Tuscan coast.

We return to Marciana for a delicious ice cream or an aperitif from the terrace overlooking the sea. Whoever wants can take the cable car and walk only one of the two sections or none.

 **6 - 7 HOURS**

 **MARINA DI CAMPO, ELBA, ITALY**



DAY 10

Portofereio - Piombino - Porto Santo Stefano

Today we leave our comfortable hotel and drive to Portofereio from where we take our ferry to Piombino, back to the mainland of Italy. From here we travel south to Porto Santo Stefano, our base for the next 6 nights. Located on the beautiful Monte Argentario promontory, our hotel enjoys an exclusive location and stunning panoramic views over the beautiful landscape. Immersed in luxuriant natural surroundings, we are only one kilometre from the centre of Porto Santo Stefano.

Dinner tonight is at our hotel.

 **3 HOURS**

 **PORTO SANTO STEFANO, ITALY**



DAY 11

Porto Ercole - Convento Dei Padri Passionisti - Croce Del Predicatore - Case Dell'omo - Porto Santo Stefano

This morning we travel the short distance to the little town of Porto Ercole from where we start our walk up to the peaks of Monte Argentario. Our path is immersed in shaded mediterranean forest that connects Orbetello with the Convent of the Presentazione al Tempio, also known as the Convent of Frati Passionisti because it is the headquarters of the Congregation of the Passion of Jesus Christ, called Passionists.

It was built in 1737 by St. Paul of the Cross following a miraculous vision of the Virgin Mary, who showed him the exact place to build the convent, and still today it is home to about a dozen Passionists. The small church conserves a beautiful image of the Argentario Queen of Heaven dating back to the 1600s and from the terrace in front of the church, we can enjoy a unique view of Orbetello, the Pontente Lagoon and the Tombolo della Giannella.

Opposite the convent is the “La Sorgente” refuge, where we can sit in the shade of the trees and taste typical dishes made with porcini mushrooms, polenta, wild boar and other interesting ingredients.

We continue uphill and take the short deviation toward the great cross (the Preacher) with more astonishing views down to Orbetello. Not far from here is our turn off and we follow a very scenic downhill track which takes us to the homes near Dell'Omo. From here we continue almost all the way downhill to the village of Pozzarello and our hotel.

Dinner tonight is at Porto Santo Stefano where the seafood delicacies are sublime.

 **6 HOURS**

 **PORTO SANTO STEFANO, ITALY**

DAY 12

Porto Ercole - Ancient City Of Cosa - Spacco Della Regina - Tagliata Etrusca

Today we return to Porto Ercole and allow some time to visit this charming seaside village. It is a maze of lanes and stairs that descend tortuously from the fortress to the port. The main sights in Porto Ercole include the 16th century Palazzo Consani, the old parish church of San Erasmo (where Caravaggio was buried in 1610). Outstanding are the colossal fortifications that date from the period of Spanish domination in the 16th century – Forte San Filippo, Forte Santa Caterina, Forte Stella and La Rocca. Directly across the harbour from Porto Ercole lies Ansedonia, an almost sleepy little town with some of the best beach front in Tuscany. It is joined to the Argentario promontory by two long, golden sand dunes, known as the Tomboli della Feniglia e della Giannella. Known for its long sandy beach, it is lined with a lush pine forest, which we cross to reach Ansedonia. Above the town lies the ruins of the Roman city of "Cosa". Situated on a small rocky promontory 114 metres above sea level, it was, in historic times, connected to the primitive island of Argentario by a thin strip of land referred to as the Tombolo di Feniglia.

Its foundations date back to 273 B.C. in which it became a Roman colony after the Consul Tiberius Coruncanio conquered the territory. The name Cosa itself derived from the ancient name "Cusi" or "Cusia", corresponding to a small Etruscan centre established where Orbetello lies today. It seems that Cosa was developed as a strategic point in the water in the middle of the Tyrrhenian Sea since battles with Carthage were anticipated, thus its location was not by chance. The Romans, thanks to new military techniques acquired during the Samnite war and the campaigns of Pyrrhus, erected, also in Cosa, a mighty enclosed wall with three access ports to the city which were constructed with enormous polygonal masses of limestone embedded between them. They also erected 17 square towers situated on the side facing the sea.

The Cosa Museum has been established by the American Academy in Rome in collaboration with the Archaeological Office. It contains archaeological documents from excavations in the area of the city and the ancient port of Cosa. It is divided in three sections – The Acropolis, the Casa Romana (Roman house) and the Forum. We

return to our hotel for a break and drive later in the afternoon to Monteverro, a lovely new winery near Capalbio. We are in expert hands with Rita, learning all about these fine wines and tasting them as well. Dinner tonight will be in a restaurant in Capalbio.

 **4 HOURS**

 **PORTO SANTO STEFANO, ITALY**



DAY 13

Alberese - San Rabano - Oliveto Collelungo - Torre Collelungo

Today we drive to Alberese from where we start one of the most suggested routes in the regional park of the Maremma. Our path to San Rabano takes a steep climb up the hilly landscape that is characterized by the thick Macchia Mediterranea. Along the way we admire a series of very beautiful panoramas that overlook pine groves and the mediterranean coastline. Our trail continues up the hillside toward Poggio Lecci which is located 417 metres above sea level and is the highest point in the park. Soon after we descend toward the ruins of the Abbey of San Rabano (a Benedictine monastery from the 10th century). Next to the abbey there is a watchtower that was part of a complex defence system along the coastline.

The Benedictine Abbey of Santa Maria Alberese was built around 1,000 AD with the name Santa Maria Alberese. After 1,000 AD, it was surrounded by walls and watchtowers because of its strategic position along the coastline. It was at its most beautiful in the 12th century. From the 1200s onwards, due to the crisis experienced by the Benedictine order of monks, the abbey passed on to the Knights of Jerusalem in 1307. In the mid-15th century, they tore down the fortifications, anticipating its eventual decline. Santa Maria Alberese was left abandoned the following century and became the place where the hermit Rabano lived. He was later sanctified, and the abbey was given his name.

Moving away from the ruins, we continue once again through the Macchia Mediterranea and descend toward the Tre Fonti spring which was used in ancient times by the inhabitants of San Rabano. The route descends towards the bottom of the valley and ends in the olive groves of Collelungo. From here it is not far to the beach from where we take the shuttle bus and return to Alberese.

Here we re-join our buses and drive back to Porto Santo Stefano.

Dinner tonight we will enjoy either at our hotel or in Porto Santo Stefano.

 **PORTO SANTO STEFANO, ITALY**

 **6 HOURS**

DAY 14

Giglio Island - From Giglio Castello to Punta Del Capel Rosso And Cala Delle Cannelle

After breakfast we walk the short distance to Porto Santo Stefano where we catch the ferry to Giglio, the second biggest island of the Tuscan archipelago. There are 3 villages on Giglio: Giglio Porto on the east side, Giglio Campese in the north and Giglio Castello on the hill.

Already inhabited in the Stone Age and subsequently used by the Etruscans, possibly as a military outpost, Giglio went through one of its most important periods under Roman rule, when the island became a commercial junction of maritime trade between the various Provinces. The importance of the island is highlighted by the recovery of numerous Roman shipwrecks. The island's period of glory is connected to the presence of the Roman aristocrat family Domizi Enobarbi that made it a fundamental marine junction for trade between the different provinces within the empire.

During the XVI century, Giglio suffered many pirate raids at the hands of the Saracens - the most terrible being the one of Khair ad-Din, better known as Barbarossa. The last of these raids occurred on November 18th, 1799.

An annual procession in commemoration of the Saint Mamiliano and the legendary victory over the pirates is on 18th November.

Both mining and the extraction of granite were popular at the time of the Romans as testified by the many granite columns, from the Isola del Giglio, that can be found in many of Rome's churches and in various Italian basilicas. The closing down of the mines in 1962 triggered a new beginning for the island characterised by the current shift towards tourism.

Our walk begins in the medieval village of Giglio Castello, 400 metres above sea level. From here we follow a well-marked path which leads us uphill through a pine forest. At the crossroads we continue along the small panoramic coastal road which slowly descends towards the southern tip surrounded by the typical mediterranean scrub and terraced vineyards. Soon we reach one of the most isolated and impressive places on the island of Giglio, Punta del Capel Rosso. At the lighthouse - Faro del Capel Rosso, we take the uphill trail and pass through pink cistus hedges and fragrant

broom. Close to the turn off towards the coastal road, we turn right and descend to Cannelle, a beach of fine white sand. Here we have time to relax and cool down in the shallow waters. We return to Giglio Porto, a picturesque place with multi-coloured houses and the Torre del Saraceno tower, which was built at the request of Ferdinand II in 1596. Here we join our ferry and return to the mainland and our hotel. The evening is free and at your own leisure.

 **5 HOURS**

 **MARINA DI CAMPO, ELBA, ITALY**



DAY 15

Porto Santo Stefano - Tarquinia – Rome

Today we leave our friendly hotel in Porto Santo Stefano behind us and travel south to Tarquinia. The rolling landscape along the coast, northwest of Rome, was once Etruscan territory and in Tarquinia it holds some intriguing reminders of a civilisation who taught the ancient Romans about religion, art and a pleasurable way of life. The Etruscan sites here give us a concrete impression of the people whose art and artefacts are exceptionally displayed in the Museum of Villa Giulia in Rome (a visit here is very much recommended before starting this tour). The Etruscans, no doubt attracted by Tarquinia's natural defences, settled this area long before the founding of Rome. Where they lived in life, they still inhabit in death - the largest known Etruscan cemetery is located just outside the town walls. The wonderfully preserved Etruscan necropolis - the Necropoli dei Monterozzi, lies just beyond the town walls of Tarquinia and this collection of painted tombs is a world heritage site. It is an absolute must for anyone with even the slightest interest in ancient history and archaeology. Death was just as important as life for the Etruscans and in a strange twist of fate, as it is for many ancient civilizations, our present-day understanding of their life stems from our excavation of their tombs. After our visit of the necropolis we make our way into town and time permitting, we see the Etruscan artefacts at Tarquinia's Museo Nazionale. It is housed in the beautiful 15th century Palazzo Vitelleschi and the courtyard alone is worth a short visit. After the museum and a quick gelato at a nearby café, it is time to continue to our final destination in Rome. The tour ends at approximately 17.00 at:

Hotel Mercure**Rome Leonardo de Vinci A/P****Via Portuense, 2470,****00054 Fiumicino RM,****Phone: +39 06 99935****<https://mercureromeleonardodavinciacairport.it>**

Journey Accommodation

Hotel Pescille, San Gimignano

NIGHT 1 - 3



Riva Del Sol, Elba Island

NIGHT 4 - 9



Mercure Argentario Hotel Filippo II, Monte Argentario

NIGHT 10 – 14



Journey Notes

TOUR INCLUDES

- Experienced guides.
- Pick up at 10.00 a.m. at Hotel Pensione Bencista in Florence on Day 1 and drop off at 5pm at Hotel Mercure Rome Leonardo De Vinci Airport.
- Price includes transport between Florence on Day 1 and Rome on Day 15.

Twin share accommodation from Day 1 to Day 14 including breakfasts (14) and dinners (12), N.P. entry fees, train and boat fares during our walks and 4 wine tastings.

NOT INCLUDED IN TRIP COSTS

Transport before and after “the walk”, lunch, 2 dinners; evening drinks, in-between meal snacks, personal travel insurance, personal clothing, laundry, medical expenses and items of a personal nature.

WHAT TO BRING

Daypack, comfortable walking shoes (or boots), waterproof raincoat and rain over-pants, hat, sunglasses, sun-cream and bathers. A pair of walking sticks makes the walking easier and helps with the balance on rough terrain. **Please restrict your luggage to a maximum of 20kg.**

PRE-WALK PREPARATION

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well-worn in.

- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

PLEASE NOTE

All accommodation on tour includes private facilities (toilet and shower/bath). Single rooms can usually be arranged for this tour for a supplement. Please ask for details. We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement. However, as this is not always possible, 'single' clients will have to pay the supplement.

All walks during the 15 Day tour are optional. Guests can choose to have more free days than the two already included in the itinerary. The walking pace on all walks is leisurely.

Guests do not have to be experienced, although a good level of fitness is necessary.



Get in touch and book your journey today.

 0461 277 612

 info@walkaboutgourmet.com

Follow the journey.



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Committed to exceeding your expectations with great customer service and the highest standards of quality practices, Walkabout Gourmet Adventures complies with the National Tourism Accreditation Program (ATAP).



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