



# Elba: Traditions and Flavours



A journey among the traditions and flavours of long ago

Among the traditional flavours and the redolent essences of a Mediterranean landscape, a passionate voyage of the senses through forgotten memories of an island of a thousand faces; that of the country folk among the terraced hillsides and vineyards, that of the seafaring folk connected to fishing and commerce, and that of the miners among the multicoloured rock of the eastern mountains.



Category: Turistic trip/ Duration: 3 days and 2 nights / Level of Difficulty: easy

## 1<sup>st</sup> Day - Portoferraio and its Maritime Traditions: The fortifications and the port

Walk among Portoferraio's Medicean forts; the ancient "cosmopolitan". In the afternoon visit one of the agricultural agencies of Portoferraio to taste seasonal specialties. Dinner is made up of local specialties for a taste of the traditions of Elba.

## 2<sup>nd</sup> Day - The traditions of the countryside: S. Pietro Seccheto

Visit the medieval village of S. Pietro, then cross "the land of granite". Before we begin our walk, we'll visit granite quarry, then we'll follow the trail to the area containing roman quarries, which still hide many ancient granite columns. When we get to Seccheto we'll visit a bee farm where we can learn about each phase of honey production while among the hives in this lovely Mediterranean setting. Dinner will be made up of local specialties.

## 3<sup>rd</sup> Day - Mining Traditions: Rio Elba and the Mining Park Museum of Elba

Visit the medieval village of Rio Elba. Then take a trip to S. Caterina's hermitage and small botanical garden, where medicinal herbs have been grown since ancient times. The garden's also an impressive example of Mediterranean flora with many species endemic to the Tuscan Archipelago. Next we'll visit the Mining Park Museum in Rio Marina and some mining sites where we can collect samples of iron minerals. We'll taste "schiaccia briaca" compliments of the agricultural agency of Elba.

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## TECHNICAL - LOGISTIC INFORMATION

**Meeting Place:** Portoferraio;

**Transportation:** public and private;

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

Participants are responsible for their own lunches on the day of arrival.;

**Guide:** 1 environmental guide

**N.B.**

\*The trip leaves from Rio Marina port not the port of arrival.

\*\* Day trips last 4-5 hrs. so hiking shoes are highly recommended.

## PHILOSOPHY OF AN ECOLOGICAL TRIP

The proposal for this trip is a journey "within", an opportunity to experience the natural surroundings with the people who live there. It's an experience that should be approached as travellers not just tourists. Discover the culture, understand the traditions and take advantage of nature in a responsible, ecological way. Ecotourism is possible thanks to an approach that unites professionalism with talent and a capacity for making connections with creative socialization.

Pelagos is in association with Ecotourism Italy.



## PRICE

**Price per person for 3 days and 2 nights:** €168,00 (+€40,00 trasporto) 25-27 september; 30 october-1 november; 6-8 december;  
€193,00 (+€40,00 trasporto) 24 - 26 april;  
€225,00 (+€40,00 trasporto) 31 may - 2 june

**The price includes:** Room and Board in a 2-star hotel for 2 nights, 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, luggage deposit on the first° and last day, the entrance for the Mineral Park and in «Orto dei Semplici» botanic garden and everything not included in the « price »

## IN COLLABORATION WITH



Hotel Belmare, in the heart of the National Park of the Tuscan Archipelago, is family-run hotel which opened in the 1970s. It was born from the idea of Signora Assunta, who believes that tourism is not just a means of economic development, but a way to coexist with nature. And it's truly the nature surrounding Hotel Belmare that is its strong point.

Both the terrace and the rooms offer splendid views of the luxuriant Mediterranean landscape, from the surrounding hillsides all the way down to the sea. In the evenings the sun sets over the Corsican sea, setting fire to the sky and filling it with countless vivid colors.

Loc Patresi - Marciana [www.hotelbelmare.it](http://www.hotelbelmare.it)

## MINING PARK OF THE ISLAND OF ELBA

**Mining Park of the Island of Elba** Via Magenta 26 - Rio Marina  
Tel.+39 0565 962088 [www.parcominelba.it](http://www.parcominelba.it) [info@parcominelba.it](mailto:info@parcominelba.it)



## TECHNICAL COLLABORATION

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