**Tuscan Archipelago National Park**

The protected area includes about 180 square kilometres of land and about 600 of sea, and includes all the islands of the archipelago. Half of the area of Elba and Giglio are protected and on Capraia Island, only the minimal built up area is excluded. Montecristo, Pianosa and Gorgona islands are under strict protection which envisages limited access to keep visitors to sustainable numbers. Access to Giannutri is free, despite the whole island being included in the park. The islands have different geology, landscapes, biodiversity, histories and human vicissitudes. The Park has corners with turquoise seas, golden sunsets, evergreen oak woods, cultivated terraces and scrub abounding in wildflowers overlooking the sea. There are pioneer plants growing among seaside rocks and on vertical cliffs, rocky shores and sandy inlets lapped by the waves. Walking tracks intersect tiny villages, often well conserved, with old fortifications recalling a tumultuous past. Nature is always lavish and spring is a magic moment. Colours and fragrances mingle in the salty sun-bathed air. Walking in this Mediterranean environment is an unforgettable experience.

**The seven protected islands**

**ELBA** is the third largest Italian island (224 km2), measuring 27 km E-W and 18 km N-S. It lies 10 km from the Tuscan coast. Divided into the municipalities of Elba, Capoliveri, Marciana, Marciana Marina, Porto Azzurro, Portoferraio and Rio, it is prevalently mountainous or hilly. The western granite massif culminates in Mt. Capanne (altitude 1019 m), the highest peak in the archipelago. The island, known for its iron deposits, has an exceptional variety of rocks and minerals, generated by complex geological events.

**GIGLIO** is the second largest island in the archipelago (21.2 km2). It lies 15 km west of Mt. Argentario and features a chain of hills, the highest peak of which is Poggio della Pagana (altitude 496 m). The hills have a prevalently granite substrate, except for an ancient sedimentary and metamorphic fragment with veins of iron-bearing minerals that were exploited until the 1960s in mines at the town of Campese.

**CAPRAIA** has an area of 19.3 km2 and is the third largest island in the archipelago. It lies 54 km west of the coast of Italy. The island is of volcanic origin and is mountainous, with a ridge of reliefs stretching from one side to the other, where the highest peak is Mt. Castello (altitude 445 km).
MONTECRISTO is the fourth largest island (10.4 km²) and the most distant from the coast of Italy (about 63 km). Already frequented in Roman times, in the fifth century St. Mamilian here founded a monastic community that was active until the sixteenth century. In the 1900s the island became the property of the Savoy dynasty and was used as a hunting reserve. It has been a Total Nature Reserve since 1971 and a Biogenetic Nature Reserve since 1988. The only wharf is at Cala Maestra, site of the Villa Reale.

PIANOSA has an area of 10.2 km² and is the fifth largest island in the archipelago. It lies 14 km S-SW of Elba, 27 km S-SE of Montecristo and 40 km east of Corsica. Frequented by prehistoric man and by ancient navigators, it contains Neolithic, Eneolithic and Bronze Age remains. Site of maritime residential buildings in the Roman period, in the imperial period, Agrippa, nephew of Augustus, was exiled there. It was closed to visitors for many years and was the site of a major prison until 1998.

GIANNUTRI (2.6 km²) has 11 km of rocky coast and is the southernmost of the Tuscan islands. The only wharves are Cala Spalmatoio and Cala Maestra which have tiny gravel beaches. The island is surrounded by waters rich in biodiversity. There are no springs on the island and the few houses are clustered around the port, or are scattered in the scrub or along paths leading to Mt. Mario and Poggio Capel Rosso, the highest hill (88 m). The archaeological site of the Roman villa of the Domitius family can be visited with a Park guide.

GORGONA is the smallest (2.23 km², circumference about 5 km) and northernmost island in the archipelago. It lies 36 km from the Tuscan coast and is the site of an agricultural penal colony. The terrain is mountainous and the highest peak is Punta Gorgona (altitude 225 m) on the western side. On the eastern side it has three small valleys, the northernmost of which extends down to sea level where there is a small beach and the village-wharf of Cala dello Scalo.

Pelagos marine mammal sanctuary
The Tuscan Archipelago National Park lies within the Pelagos International Sanctuary for the Protection of Marine Mammals, which measures about 87,500 km² and stretches between Italy, France and Monaco. In the Corsican-Ligurian- Provençal basin it stretches from Escampobariou Point near Toulon and Capo Falcone and Capo Ferro (Sardinia) to the Tuscany-Latium border. The area hosts high biodiversity including fin-whales, sperm whales and dolphins among about 8500 species of marine animals.

UNESCO MaB Biosphere Reserve
The UNESCO Biosphere Reserve MaB “Tuscan Islands” is composed of the seven islands of the archipelago and several islets between the Tuscan coast and Corsica. These environments have great geological, geomorphological and biological diversity representative of the Mediterranean region. The UNESCO Man and Biosphere (MaB) programme develops the basis for rational sustainable use and conservation of biosphere resources and for improving the general relationship between people and their environment, in the framework of natural and social sciences. In line with these objectives, the Biosphere Reserve “Tuscan Islands” promotes projects and initiatives aimed at protecting natural resources and incentivising sustainable economic development in favour of local communities.
A commitment to sustainable tourism

L’ The Park Authority signed the European Sustainable Tourism Charter promoted by Europark Federation, a method with certification that enables improved management of tourism in protected areas. The central element of the Charter is collaboration between all parties interested in developing a common strategy and an action plan for tourist development, with the common objective of protection of natural and cultural heritage and continuous improvement of tourist management in the interests of the environment, the local population, local firms and visitors. Currently the Park is promoting a five-year action plan (2016-2020) with its social partners: www.islepark.it/conoscere-il-parco/progetti-in-corso/68-cets

Advice and rules

During visits, please follow these simple rules of good manners and common sense that will help make your experience unique and enable you to enjoy the essence of our Park:

- be aware of the environment around you, the silence of the Park, the wind, the sounds and rhythms of nature – discover them with the help of the Park guides;
- take your rubbish with you;
- do not pick or damage plants or flowers;
- keep your distance from animals, do not frighten them;
- do not collect minerals or fossils: they are our history;
- do not light fires and report any fires to the authorities;
- do not camp in the Park: this can upset fragile balances;
- collect mushrooms, following the indications provided by law.

Clothing and equipment

To make your visit more enjoyable, we suggest clothing suited to the season (in layers, comfortable and sturdy) with subdued colours so as to blend in with the surroundings and not disturb the fauna. This will make it easier to see animals. Bring a rucksack with enough water and useful items such as sun hat, sunglasses, picnic lunch. Binoculars, a camera and a notebook are useful for birdwatching. Suitable footwear is important (ankle boots or shoes suitable for walking on tracks). Visitors with unsuitable footwear could be barred from excursions.

Slow tourism year

In Italy, 2019 is Slow Tourism Year, and therefore a year for walking, birdwatching, cycling and strolling to slowly discover and appreciate lesser known parts of Italy and promote them sustainably. The excursions organised by the National Park Tuscan Archipelago concern island regions of extraordinary ecological value, rich in biodiversity, not included in the circuits of mass tourism, to experience in harmony with nature’s rhythms.

List of symbols

- Information on the National Park
- Activities for environmental education
- Activities with naturalist themes
- Activities with geological or mineralogical themes
- Activities with paleontological themes on Pianosa Island
- Activities in archaeological sites or concerning archaeology
- Activities in historical sites such as towers, forts, hermitages
- Activities in historical town
- Activities on culinary themes
- Activities on paleontological themes on Pianosa Island
- Activities with observation of nature or views
- Activities with geological themes on Pianosa Island
- Activities with observation of nature or views
- Activities with geological or mineralogical themes
- Activities with naturalist themes
- Activities with geological or mineralogical themes
- Activities with observation of nature or views
Portoferraio Info Park
Viale Elba 2, Portoferraio - 0565 908231
Winter hours
From 1st November to 31st March:
- From Monday to Saturday 9 am - 4 pm;
- Sunday 9 am - 3 pm
Summer hours
From 1st April to 31st October:
- From Monday to Sunday 9 am - 7 pm

Lacona Info Park
SP30, Lacona / beach – 0565 1930778
From 1st May to 15th June and from 16th to 30th September:
- From Tuesday to Sunday 10 am to 1 pm and 3 pm to 6 pm
From 16th June to 15th September:
- From Monday to Sunday 9 am to 6 pm

Pianosa Info Park
Dal 15th March to 30th October:
- From Monday to Sunday 11 am - 4.30 pm

Info Park, Visitor and Environmental Education Centres
At Elba Island Visitor Centres - InfoPoints (in Marciana, Lacona, Rio nell’Elba and Portoferraio) and on the other islands, you will find all you need to know about the Protected Area: general information, insights, services, places to discover and activities to book. At the Environmental Education Centres (CEA) you can take part in guided visits and educational workshops.

From 1st June to 15th September:
- Sunday 11 am - 2 pm and 6 pm - 11 pm,
- Monday and Wednesday 11 am - 2 pm and 3 pm - 6 pm,
- Tuesday 3 pm - 6 pm
From 15th September to 15th October:
- Friday 4 pm - 8 pm; Saturday and Sunday 3 pm - 8 pm

Lacona Dune System
Environmental Education Centre Lacona Dune System
SP30, Lacona / beach
From 1st April to 10th June and 15th to 30th September:
- Saturday and Sunday 10 am - 4 pm
- Monday 10 am - 1 pm
From 11th June to 15th September:
- Tuesday, Wednesday, Thursday and Friday 10 am - 4 pm
Guided visit of the dune system at 11 am
Monday to Friday
THE ENGLISH FORT IN PORTOFERRAI0
Via Giagnoni 5, Portoferraio (above the hospital, climbing Via San Rocco)
From 1st March to 14th June
every weekend from 4 pm to 6pm
From 15th June to 15th September
every day from 6 pm to 8 pm
From 16th September to 31st October
every weekend from 5 pm to 8 pm
From 1st November to 1st March
opens in accordance with the calendar of events. information: Info Park Portoferraio

MUSEUM EXHIBITS, EXHIBITIONS AND EVENTS
The ground floor of the monumental complex hosts a museum section dedicated to the history and culture of the region, whereas the first floor holds an entomology collection curated by Elban naturalist Leonardo Forbicioni, set up with the collaboration of the World Biodiversity Association.

DISCOUNTS FOR THOSE WHO ARRIVE BY BUS
from 1st April to 1st November 50% discount on the price of a ticket * for Case del Parco in Marciana and for Rio Elba excursions (discounted cost of € 4 per person, free under the age of 14).

*reserved for those holding bus tickets stamped no more than three days earlier on Elba Island lines, and for those holding a bus pass from the CTT NORD group, in the municipality of Livorno, Pisa (CPT SCARL), Lucca (VAIBUS SCARL) and Massa Carrara, and extended to those holding a Pegaso pass and to employees of CTT NORD.
Initiatives to enhance the excellence of the territory during the winter season

12th January Educational Workshop
From fleece to ball of wool

13th January Educational Workshop
CEA Lacona Workshops

19th January Educational Workshop
Birdgardening for everyone

20th January Educational Workshop
CEA Lacona Workshops

26th January Elba Taste Workshop
Oil production in the Park

27th January Educational Workshop
CEA Lacona Workshops

2nd February Educational Workshop
From milk to cheese

3rd February Educational Workshop
CEA Lacona Workshops

3rd February World Wetlands Day
On the occasion of World Wildlife Day, a workshop designed for children

9th February Elba Taste Workshop
Montefabbrello pasta

10th February Educational Workshop
CEA Lacona Workshops

16th February Elba Taste Workshop
Chocolate in the Park

16th March Alien hunters in Pianosa
Invasive alien species: let’s combat them together for biodiversity

17th February Educational Workshop
CEA Lacona Workshops

23rd February Educational Workshop
De-colouring with ‘s’tinteggiatura’ creative workshop leaves

24th February Educational Workshop
CEA Lacona Workshops

2nd March Elba Taste Workshop
Wine making in the Park

3rd March Educational Workshop
Elba’s animals and when to find them

9th March Educational Workshop
An air of home, purifying with plants

9th March Elba Taste Workshop
Wine and chocolate

10th March Educational Workshop
CEA Lacona Workshops

16th March Elba Taste Workshop
jam in the Park

17th March Educational Workshop
CEA Lacona Workshops
Visit the island’s most evocative site

Restored by the National Park authority as one of the historic sites most beloved of the people of Elba, Volterraio fort can now once again be visited. Thanks to its strategic and panoramic position, Volterraio fort is perhaps the island’s most evocative and magical place, above all if visited at sunset.

At 395 metres above sea level the fort was built on a rock from which it emerges as if by magic. The place was chosen by the Etruscans as the site for the island’s first watchtower and, once again in the Etruscan period, it was made part of an intelligent and efficient system of fortified hill villages which, it would seem, communicated with one another via fires. The fort took on its modern form in the late 1200s, when the Maritime Republic of Pisa decided to renovate it.

An impregnable fort yesterday, an evocative terrace overlooking Elba and the other islands of the Tuscan Archipelago today. Its breath-taking panorama takes in the outlines of the eastern ridge, the slender form of Pianosa Island and the austere profile of Montecristo. Before us the central part of the island with its soft hills, wide southern gulfs and the unmistakeable morphology of Portoferraio Gulf with the imposing Monte Capanne massif behind it. To the right is wild Capraia Island and, in the background, the snow-capped mountains of Corsica with Capo Corso stretching off to the north.
Actual times will vary from season to season and visitors will be notified of these at the time of booking (mandatory at Info Park tel. 0565 908231). Public transport as far as the start of the footpath, involving around an hour’s walk.

Cost: €20, concessions €10 for residents and the over 65s. Reduced €5 for residents and the over 65s. Free for local students (up to the age of 19) and children up to 12 years of age. Costs include return transfer plus entrance fee and guide. Shoes suitable for steep ground are required together with a head, or hand held, torch for the afternoon excursions.
Walking is the best and healthiest way to enjoy the beauty of a protected area. Walking Festival 2019, Green Archipelago in the heart of the Tuscan islands, proposes enjoyable walking excursions in the islands of the Tuscan Archipelago and special events for major international conservation and cultural events. The Walking Festival is held in spring from 22nd March to 26th May and in autumn from 14th September to 3rd November. Every island has its treasures, history and traditions to discover with the aid of Park guides.

Excursions and activities proposed during the Walking Festival are mostly free; where charges apply they are indicated. Reservation is compulsory and should be made before 6 pm of the preceding day.

**Good things to do in the Park**

**Friday 22nd March**
**Elba Island. Walking in Valle dei Mulini (the valley of mills)**
On World Water Day, the walk starts from the springs known as “I Canali” and follows the Valle dei Mulini and its interesting historical water system.
The appointment is at 10 am at the Park information centre, Rio Elba. The walk takes 3 hours and is of medium difficult.

**Saturday 23rd March**
**Elba Island. Regional planning and risk reduction**
On World Weather Day, the topic is so-called *water bombs* and how to mitigate their effects. This is demonstrated in an unusual urban walk in the plain of Marina di Campo, scene of the 2011 flooding. The appointment is at 10 am at the port of Marina di Campo. The walk takes 4 hours and is rated easy.

**Saturday 23rd March**
**Elba Island. Elba Taste workshops**
A quality food workshop: production of cheeses and gelato. Food tasting at the Terra e Cuore Farm with Vincenzo Bono. Suitable for adults and children.
The appointment is at 4 pm at CEA Lacona. The visit takes 3 hours.

**Saturday 23rd March**
**CEA Lacona education workshops**
Two-hour workshops are held at 3 pm at CEA Lacona.
Sunday 24th March
Elba Island. **Pietre Rosse (red stones) walk**
The walk goes from the beach of Nisportino to the wild Cala dei Mangani via the coastal cliffs where sea birds can be observed and there are examples of Mediterranean maquis and spectacular views of the sea. The appointment is at 10 am at Nisportino. The walk takes 6 hours and is rated difficult.

Sunday 24th March
Giglio Island. **Bosco del Dolce walk**
The walk is in the southern part of the island where wonderful landscapes can be enjoyed from the highest hills. We see the traces that humans have left over the centuries and cross a holm oak grove that stretches from Giglio Castello down to the sea. We become acquainted with the Park and its flora, sea birds and endemic species. Return from Campese by public bus. The appointment is at 10 am in Piazza Gloriosa, Giglio Castello. The walk takes 6 hours and is rated medium to easy.

Saturday 30th March
Elba Island. **Animated visit to Volterraio**
On World Theatre Day, this unusual walk, accompanied by characters in costume, catapults participants into the 16th centuries to discover anecdotes and stories linked to the castle of Volterraio. **Cost €20.** Concessions €10 for residents and over 65s. Concessions €5 for residents and over 65s. Resident students under 19 years and children under 12 free.

Saturday 30th March
Elba Island. **Elba Taste consortium workshops**
The use of chocolate in cooking is demonstrated by pastry cook Paola Francesca Bertani from Magie pastry shop. The appointment is a 4 pm at the English Fort. The workshop lasts 3 hours.

Saturday 30th March
Elba Island. **Getting to know bats**
On the occasion of Earth Hour and the International Dark Sky Week, the Park runs a sunset excursion in the luxuriant Val di Cappone with Gianna Dondini, bat expert, for insights into the fascinating world of bats. The appointment is at 6 pm at the port of Marciana Marina. The walk takes 5 hours and is rated medium difficult.

Sunday 31st March
Elba Island. **Villa delle Grotte with an archaeologist**
A walk to discover the Villa delle Grotte with an archaeologist. Visit to the site of the ancient Roman domus dated first century BC in collaboration with Italia Nostra Arcipelago Toscano. Minimum donation to the Villa Romana delle Grotte Foundation **€2.** The appointment is at 3 pm at Terme di San Giovanni, Portoferaio. The visit takes 4 hours and is rated easy.

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Friday 5th April
Elba Island. Nose in the air
During International **Dark Sky Week**, an evening of stars and constellations is held in Piazzale dell'Astronomia, San Piero, with astrophile Angelo Lello Tranchida. The appointment is at 10 pm in Piazzale dell'Astronomia, San Piero. The sky watch lasts 2 hours and is rated easy.

Saturday 6th April
Elba Island. English Fort. Elba two centuries ago in English nobility’s Grand Tour
Readings from Sir Henry Swinburne (1743-1803) “Travel in Two Sicilies in the years 1770-1780” by historian Giuseppe Massimo Battaglini. Before the talk there is a tour of the Fort with a Park guide. The Fort, built in 1700 by Grand Duke Cosimo III of Tuscany to protect the town against attacks from land, has stunning views over part of Portoferaio and the gulf. The tour is at 4.30 pm and the talk at 5 pm at the English Fort.

Saturday 6th April
Elba Island. An evening at the museum
Guided tour of the museum sites of Marciana, the oldest town of the island: Civic Archaeological Museum, Coin Museum, Fortezza Pisana. The appointment is at 6 pm at the Park information centre, Marciana.
Saturday 6th April
Pianosa Island by bike
Mountain bike excursion on World Sports Day. The route winds through old cultivated areas and abandoned prison buildings with breathtaking views and settings. Cost €15. The appointment is at 9:30 am at the Aquavision ferry pier, Marina di Campo. The tour lasts 4 hours and is rated medium difficulty.

Sunday 7th April
Capraia Island. Sunset at Dattero
The walk starts at the port and goes through the penal colony to meet an easy track which leads in a few minutes to Punta del Dattero, named after the dwarf palms (Chamaerops humilis) growing on the cliffs. The palms date back to remote eras. The view of the western coast and sunset over Corsica are spectacular. The appointment is at 4.30 pm at the Chiesa dell’Assunta, Capraia. The walk takes 4 hours and is rated medium difficult.

Saturday 13th April
Elba Island. The dune is a castle
This is a workshop for children aged 6 to 11 years at CEA Lacona, where they discover how sand dunes form and about the magical living world of the dunes. The appointment is at 3 pm at CEA Lacona. The workshop lasts 3 hours and is easy.

Saturday 6th April
Giannutri Island. Phoenician juniper scrub by bike
Phoenician juniper thrives in southernmost island of the Tuscan Archipelago as a component of thick Mediterranean maquis. The ride heads south to the lighthouse on Capel Rosso point through fragrant vegetation. The appointment is at 9:30 am at the Maregiglio ferry station, Porto Santo Stefano. Please buy your own ferry ticket. The walk takes 4 hours and is rated medium difficulty.

Friday 19th April
Elba Island. Colourful full-moon walk
The walk follows the eastern spur of Mt. Capannello with views on Portoferaio. The appointment is at 9 pm at Le Panche on the road linking Rio nell’Elba and Volterraio. The walk takes 4 hours and is rated medium difficulty.

Saturday 20th April
Elba Island. English Fort. Elba two centuries ago in the Grand Tour of English nobility
Readings from Sir Richard Colt Hoare (1758-1838) “A tour through Elba Island.” Before the talk by historian Giuseppe Massimo Battaglini there is a tour of the Forte with a Park guide (see box on page 21). The appointment is at the English Fort in Portoferaio, at 4.30 pm for the tour and 5 pm for the talk.

Sunday 21st April
Elba Island. A land in the sea
A walk around Capo Enfola, a promontory linked to the history of World War II and to tuna fishing. There are beautiful cliffs on the sea where seabirds nest and views of the northern coast of the island. The walk includes a visit to the tuna factory where an old fisherman tells stories from times past. The appointment is at 4 pm at Capo Enfola, Portoferaio. The walk takes 2 hours and is rated easy.

Tuesday 23rd April
Elba Island. Fables in the woods
On World Book Day there is a walk accompanied by a fairy with animated readings for children in the enchanted wood of San Martino. For children aged 5 to 10 years. The appointment is at 2 pm at San Martino, Portoferaio. The walk takes 3 hours and is rated easy.

Saturday 27th April
Elba Island. The granite road
This circular walk includes San Piero and Pozzondoli, entering the granite road theme park which tells the story of religious rites of the Villanovian age, with the majestic remains of ancient Roman quarries and pastoral and agricultural traditions of the communities of the western side of the island. The appointment is at 9 am at the Elba Mineralogy Museum (MUM), San Piero. The walk takes 4 hours and is rated easy to medium difficult.

Saturday 27th April
Elba Island. Walk to Cima del Monte
This walk commands views of the sea and of the whole island from above. From Cima del Monte there is a surprising view of the majestic Fortezza del Volterraio. The appointment is at 10 am at the Park info centre, Rio Elba. The walk takes 4 hours and is rated difficult.

Friday 19th April
Elba Island. Colourful full-moon walk
The walk follows the eastern spur of Mt. Capannello with views on Portoferaio. The appointment is at 9 pm at Le Panche on the road linking Rio nell’Elba and Volterraio. The walk takes 4 hours and is rated medium difficulty.

Saturday 28th April
Capraia Island. Excursion to Stagnone
On the International Day for the Protection of Frogs, there will be an excursion to Stagnone, a pond between Mt. Forcone and Mt. Rucitello at an altitude of 318 m, the only natural pond in the Tuscan Archipelago and a habitat of fundamental importance. Meeting place and time: Piazza Milano, Capraia 10 am. The walk takes 5 h. and is rated difficult.

Sunday 28th April
Elba Island. The Tyrrhenian frog and other endemics
On the International Day for the Protection of Frogs, there will be an easy excursion to Fosso del Moncione to see the tiny Hyla sarda and learn about all the species endemic to the Tuscan Archipelago. The appointment is at 10 am at the Elba Mineralogy Museum (MUM), San Piero. The walk takes 4 hours and is rated easy.
Saturday 11th May
**From “Forte Ballerino” to the front of attack of the Medici Fortress**
Island of Elba. During the celebrations for the Fifth Centenary of Grand Duke Cosimo De’ Medici, a guided visit to the front of attack from the roof of “Forte Ballerino”, led by the historian Dr. G. M. Battaglini (Notes on Forte Inglese in the box on p. 25)
Meeting point: Portoferroio, Forte Inglese, h. 17:00

Sunday 12th May
**Elba Island. Walk to Fetovaia with mum and dad.**
A simple walk to experience the fragrance of the Mediterranean maquis and look for animal tracks. The walk is suited to families interested in the world around them and finishes on the beach of Fetovaia to play in the sand. The appointment is at 9.30 am on the beach at Fetovaia. The walk takes 3 hours and is rated easy.

Sunday 12th May
**Elba Island. Volterraio, a walk on the floor of the ancient ocean of Tethys**
This walk on Mt. Volterraio is accompanied by geologist Francesco Menna and includes splendid views and a lesson in how to read geological maps, illustrated in the field by rocks from the ancient ocean floor. Visit to the fort. Cost €8.
Appointment at 2.30 pm at the Park info centre, Portoferraio. The walk takes 3 hours and is rated medium difficult.

Monday 13th May
**Elba Island. Start of the Grande Traversata Elbana (GTE) Gourmet. First stage**
On National Walking Track Day, in collaboration with Elba Taste Consortium, we begin the tour of the walking tracks of Elba Island. Walking is combined with leisurely enjoyment of unique views and learning about and tasting Elba culinary specialities.
Appointment at 9 am at Porto, Cavo. The walk takes 6 hours and is rated medium difficult.
Wednesday 22nd May
World Biodiversity Day

In 2014, the Park and other protected area management bodies such as those of the Marine Sanctuary of Tavolara Punta Coda Cavallo, the Maremma Regional Park and the Corsica Regional Park, initiated a project to increase the nesting population of the osprey Pandion haliaetus in the Tyrrhenian sea. The aim is to increase the distribution of the species by gradually increasing the number of medium-to-long-term self-sustaining reproductive couples. Park president and biologist, Giampiero Sammuri, will explain the project and research results. The appointment is at 9 pm at the De Laugier Cultural Centre, Portoferraio.

Saturday 26th May
Elba Island. Wild herb walk on Mt. Saurino

The walk leads through Mediterranean maquis and oak groves among ancient olives and huge granite stones to old defence constructions, whose stories and traditions have been lost, to the beautiful beach of Sant’Andrea for the first swim of the season. The appointment is at 10 am in the parking area at Zanca. The walk takes 5 hours and is rated medium difficult.
SEIF - Sea Essence International Festival

Marciana Marina 28th – 30th June 2019

Sea Essence International Festival, now in its second year, is the first international festival dedicated to safeguarding and promoting the sea and its essence in the sense of protection of its environment, biodiversity and species but also its beauty, history and contribution to cultural and social growth. It is multi-faceted protection, emphasising the profound nature of the sea’s essence while keeping people, their dreams, virtues and hopes centre stage. All this is narrated via history, economics, the arts, anthropology, culture, politics, music, cinema and society in a multi-disciplinary approach as multi-faceted as the sea is.

The event - organised by Acqua dell’Elba with the sponsorship of Legambiente, Regione Toscana, Parco Nazionale Arcipelago Toscano, Comune di Marciana Marina, Università IULM and Accademia di Belle Arti di Brera - is held in Elba’s historic seaside town in the heart of the Tuscan Archipelago, privileged vantage point for the sea and the issues it raises. The event takes the form of educational, leisure, artistic, scientific and popular activities according with its natural and human resource enhancement goals as set out by the MaB UNESCO Biosphere Reserve Tuscan Islands managed by the park authorities.

Friday 28th June
10-12 am
• Vele Spiegate activities on one of the festival area’s beaches.
• walks on the La via dell’Essenza footpaths organised by Legambiente Arcipelago.
3-5 pm
• fun recreational activities for children organised by Legambiente Arcipelago.
6-8 pm
Apero/seɪf/ - Elba Plastic Free: from plastic islands to a plastic-free island. Presentation of the Plastic-free Elba Island memorandum.
9-11 pm
Live/seɪf/ - cine/seɪf/ - a sea to love. Passion and the sea in films. All the work that has got us loving the sea.

Saturday 29th June
10-12 am
• Vele Spiegate activities on one of the festival area’s beaches.
• walks on the La via dell’Essenza footpaths organised by Legambiente Arcipelago.
3-5 pm
• fun recreational activities for children organised by Legambiente Arcipelago.
6-8 pm
Apero/seɪf/ - Santuario internazionale dei Cetacei. The parks and the protected sea areas: a network to build shared protection strategies. The case of Santuario internazionale dei Cetacei.
9-11 pm
Live/seɪf/ - Docu/seɪf/ - The beauty of the sea: narratives and protection. The most beautiful narratives, the most winning documentaries and the most unusual stories.

Sunday 30th June
10-12 am
• Vele Spiegate activities on one of the festival area’s beaches.
• walks on the La via dell’Essenza footpaths organised by Legambiente Arcipelago.
3-5 pm
• fun recreational activities for children organised by Legambiente Arcipelago.
6-8 pm
Apero/seɪf/ - Beauty will save the world and the sea: Art, literature and music for a sea culture.
9-11 pm
Live/seɪf/ - Music/seɪf/ - Music concert

Programme information and updates: www.seaessence.eu
I Sentieri dei Profumi / The Fragrance Footpaths

Walks on Marciana Marina’s footpaths
The Mediterranean maquis around Marciana Marina is packed with fragrances and colours to explore. To introduce it fully to tourists and the people of Elba, Legambiente Arcipelago Toscano, together with Acqua dell’Elba and the Tuscan Archipelago National Park, organises free guided walks suitable for all fitness levels.

Led by Umberto Mazzantini, Legambiente Arcipelago Toscano representative and member of the Tuscan Archipelago National Park’s management board, the walks are offered every Sunday in summer from 16th June to 15th September. Walks always start from Piazzetta degli Artisti in Viale Regina Margherita according to the following programme:

June
- Sunday 16th 8.30 am
- Sunday 23rd 5.30 pm
- Sunday 30th 8.30 am

July
- Sunday 7th 6 pm

August
- Sunday 4th 6 pm
- Sunday 11th 8.30 am

September
- Sunday 1st 6 pm
- Sunday 8th 8.30 am
- Sunday 15th 6 pm

WBA for the Tuscan Archipelago

WBA (World Biodiversity Association) is a non-profit association made up of naturalists, botanists, zoologists and nature lovers whose objective is to raise awareness of Italian and international biodiversity hotspots and conserve them. Together with the National Park, WBA organises activities and events focusing on protecting and enhancing the UNESCO MaB Biosphere Islands Reserve’s natural resources.

Sunday 14th April
ORCHIBLITZ
A BioBlitz to survey and geolocalise Elba’s wild orchids on Monte Calamita. Participants will be led by WBA’s nature experts with members of Elba island’s GIROS.

Thursday 9th May
NATURALISTS FOR THE DAY
A day to promote biodiversity awareness on Elba with middle school pupils. With WBA naturalists and researchers, children will find out about the methods used to study the species to be found along Volterraio fort’s footpaths.

Monday 20th May
WORLD BEE DAY
“If bees were to disappear from the face of the earth, man would only have four years of life left”. (A. Einstein). Celebration at Forte Inglese of the Second World Bee Day.

Conference held by WBA speakers with exhibitions, bee hive product promotions and bee hive models.

From 21st and 26th May
BIODIVERSITY WEEK
Event dedicated to Elba’s middle and secondary school pupils. Daily educational activities and workshops at Forte Inglese, its schools and in the open air. Multidisciplinary activities, observation along itineraries.

Saturday 21st September
BIOLOGICAL COLLECTIONS
An irreplaceable resource for biodiversity study and conservation. Conference/workshop held by zoology experts at Forte Inglese. The event will be open to everyone as well as those working in the scientific research and conservation of protected areas sector.

For information Info Park tel. 0565 908231
Marciana Borgo d’Arte 2019

Marciana, 21 March - 31 October

Now on its second year, Marciana, art town, Festival of contemporary Arts and Culture, is offering a series of initiatives on the Art and Nature theme in 2019 organised in conjunction with the Tuscan Archipelago National Park and featuring many new features and old favourites. The brainchild of Valentina Anselmi, the main purpose of the festival is the redevelopment of the town of Marciana, promoting and enhancing the local area and its historic-artistic heritage via multidisciplinary action. The synergy between Marciana, art town, and PNAT was designed to foster and support initiatives focusing on environmental awareness raising relating to urgent pollution problems and for local promotion. For the purposes of enhancing the park’s natural environment as part of the wider area known as the Tuscan Island Biosphere Reserve in the context of the MaB UNESCO programme and to promote virtuous initiatives relating to safeguarding our ecosystem, activities and cultural events will be organised to create a community of interest around the most pressing environmental issues. In this way art will be the means with which to promote scientific, biological and cultural knowledge, a tool with which to make themes of various sorts contemporary and spread the word, with the ultimate goal of safeguarding our environmental heritage.

The events planned for the art and nature section include:
• outdoor photographic exhibitions along the town’s historic streets;
• site specific installations;
• excursions with land art work;
• concerts;
• works of art en plein air.
Lots of opportunities for all tastes!
Programme and information: www.visitmarciana.it/marciana-borgo-darte

Circulating around the dunes

The circular economy at the Lacona Dunes Environmental Education Centre

Educational itineraries designed together with specialist CIOFS Toscana staff. Workshops and activities for the park’s schools, structured on the basis of the requirements of the various student age ranges.

From the linear to the circular economy, a new way of organising our relationship with things. An attitude to be taught which requires the conscious action of many to foster new learning for everyone. Starting from the bottom, namely from the schools, families and the community - this is the only way to foster this transformation. In the circular economy nothing is waste in the classic sense of the word and everything is put back into the system, in a virtuous circle which reduces value loss and increases efficiency. Goods designed from the start to last longer and to be easy to repair, re-use or recycle. A new life for clothes, furniture and objects of everyday use, transforming leftovers into new products and reducing all consumption - these are some of the forms taken by the circular economy.

Dates
From January to April, morning workshops can be organised for classes. Longer projects can be designed by teachers with itinerary guides and entertainers.
15th, 16th, 17th January, 19th, 20th and 21st February, 19th, 20th, 21st March, 9th, 10th, 11th April.

Marciana Borgo d’Arte 2019
Marciana, 21 March - 31 October

Now on its second year, Marciana, art town, Festival of contemporary Arts and Culture, is offering a series of initiatives on the Art and Nature theme in 2019 organised in conjunction with the Tuscan Archipelago National Park and featuring many new features and old favourites. The brainchild of Valentina Anselmi, the main purpose of the festival is the redevelopment of the town of Marciana, promoting and enhancing the local area and its historic-artistic heritage via multidisciplinary action. The synergy between Marciana, art town, and PNAT was designed to foster and support initiatives focusing on environmental awareness raising relating to urgent pollution problems and for local promotion. For the purposes of enhancing the park’s natural environment as part of the wider area known as the Tuscan Island Biosphere Reserve in the context of the MaB UNESCO programme and to promote virtuous initiatives relating to safeguarding our ecosystem, activities and cultural events will be organised to create a community of interest around the most pressing environmental issues. In this way art will be the means with which to promote scientific, biological and cultural knowledge, a tool with which to make themes of various sorts contemporary and spread the word, with the ultimate goal of safeguarding our environmental heritage.

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Dates
From January to April, morning workshops can be organised for classes. Longer projects can be designed by teachers with itinerary guides and entertainers.
15th, 16th, 17th January, 19th, 20th and 21st February, 19th, 20th, 21st March, 9th, 10th, 11th April.
For a summer roaming from one beach to another

**Summer in the park for everyone.** Families, young people and children exploring nature and the history of the islands of the Tuscan Archipelago National Park in excursions, guided visits, educational workshops, conferences and citizen science programmes to get to know and experience the protected area’s nature and culture intensely.

**Summer in the park for children.** For children aged 6 to 11: environmental education, games and workshops; activities linked to the marine ecosystem and the park’s most interesting environments; animal and plant species, natural history, conservation and sustainability. **Free mini workshops** along the coast and on the beaches of Elba, Pianosa, Capraia and Giglio, for children aged 6 to 11. **CEA workshops in Lacona:** educational workshops, activities for children, excursions and guided visits. Activities will take place at the Lacona Environmental Education Centre. Activity calendar on pages 46 and 47.

**Summer in the park for everyone**

<table>
<thead>
<tr>
<th>Saturday 1st June</th>
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<tbody>
<tr>
<td>Elba Island Passerines</td>
</tr>
<tr>
<td>Meeting/conference with ornithologist Giorgio Paesani.</td>
</tr>
<tr>
<td>Meeting place and time: 5 pm, Rio Elba, Casa del Parco - Length: 2 hours</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Sunday 2nd June</th>
</tr>
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<tbody>
<tr>
<td>Elba Island Passerines</td>
</tr>
<tr>
<td>Citizen science, birdwatching, looking out for small birds living or migrating in the Tuscan islands, with ornithologist Giorgio Paesani. Meeting place and time: 5 pm, Rio Elba, Casa del Parco - Length: 3 hours - Difficulty level - easy</td>
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<tr>
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<tbody>
<tr>
<td>Elba Island Grotta d’Oggi</td>
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<tr>
<td>After a visit to historic church S. Niccolo in San Pietro, we continue to Facciatoia to a footpath which leads to Grotta d’Oggi, an ‘archaeo-mineraology’ itinerary on which we find out about people and places which made local minerals famous the world over. Meeting place and time: 9:30 pm, S. Piero, MUM - Length: 3 hours - Difficulty level - medium-easy</td>
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<thead>
<tr>
<th>Sunday 2nd June</th>
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<tbody>
<tr>
<td>Elba Island Butterfly festival</td>
</tr>
<tr>
<td>Together with Legambiente, exploring the Butterfly Sanctuary. Walk with naturalist Leonardo Dapporto, environmental education workshops. Meeting time and place: 3 pm, Monte Perone – Difficulty level - easy</td>
</tr>
</tbody>
</table>
Wednesday 5th June
Elba Island Walking culture: reading a landscape
On the occasion of World Environment Day, an excursion in the Pomonte valley to learn to read the landscape around us with its history and rural traditions, walking in a slow, self-aware way. Meeting place and time: 9.30 am, Pomonte, Piazza della Chiesa - Length: 6 hours - Difficulty level - hard

Saturday 8th June
Elba Island Birds of prey
Meeting/place and time: 6 pm, Rio Elba, Casa del Parco - Length: 2 hours

Saturday 8th June
Elba Island. Listening to the song of night time birds of prey
Citizen science and night time birdwatching walk, accompanied by ornithologist Giorgio Paesani. An electric torch is advisable. Meeting place and time: 9.30 pm, Rio Elba, Casa del Parco - Length: 3 hours - Difficulty level - easy

Sunday 9th June
Elba Island Passerines
Citizen science, birdwatching, looking out for small birds living or migrating in the Tuscan islands with ornithologist Giorgio Paesani. Meeting place and time: 9.30 pm, Marciana, Casa del Parco - Length: 3 hours - Difficulty level - easy

From 16th June to 15th September
Walk along the Marciana Marina Sentieri dei profumi - Fragrance Paths sponsored by Legambiente in conjunction with the national park (see page 30).

Sunday 16th June
Elba Island English Fort
Guided visit to the Forte Inglese fortified complex built at the behest of Cosimo III, Grand Duke of Tuscany, who visited the island in 1700, to protect the city from land attacks. There are wonderful views over part of Portoferraio town and the whole gulf from the fort. Cost: €4 Meeting place and time: 5 pm. Portoferraio, Forte Inglese - Length: 1 hour - Difficulty level - easy

Monday 17th June
Elba Island Silent moonlit walk
Walking in silence in the moonlight. We will walk around Marciana on historic woodland paths and along mountain slopes in the midst of the sounds and fragrances of a magical moonlit night! Meeting place and time: 9 pm, Marciana, Casa del Parco - Length: 3 hours - Difficulty level - easy

Monday 17th June
Elba Island Exploring Monte Capanne
An excursion for an intense island mountain experience. We take the last cabin lift run to the top and once there enjoy a full view of the Tuscan archipelago and Elba island. The wait for sunset is an opportunity for a drink (optional and at your own expense). We return on foot along footpaths through Mediterranean vegetation. In partnership with S.E.T. Cabinovia Monte Capanne Isola d'Elba. Excursion cost: €8 (plus cabin lift cost at a special rate). Meeting place and time: 5 pm, Marciana, cabin lift square - Length: 5 hours - Difficulty level - hard. Trekking shoes obligatory.

Monday 17th June
Elba Island La Valle dei Mulini
Conference/meeting on agricultural produce and rural farming traditions, past mills and presses with an excursion to Mulino delle Vipera. Meeting place and time: 6 pm, Rio Elba, Casa del Parco - Length: 3 hours - Difficulty level - easy

Sunday 9th June
CAI and Federparchi propose an event on the occasion of the 7th edition of In cammino nei Parchi - Walking in the Park 2019 for the pleasure of walking freely - walking to explore, exploring to love, loving to protect. Excursion with park guide and activities in partnership with the local CAI club section. Information - Info Park tel. 0565 908231.

Saturday 8th June
Elba Island. Listening to the song of night time birds of prey
Citizen science and night time birdwatching walk, accompanied by ornithologist Giorgio Paesani. An electric torch is advisable. Meeting place and time: 9.30 pm, Rio Elba, Casa del Parco - Length: 3 hours - Difficulty level - easy
Sunday 23rd June
Elba Island San Giovanni evening
Citizen science and excursion during magical San Giovanni evening, to pick medicinal plants. Meeting place and time: 5.30 pm, Marciana, Casa del Parco - Length: 3 hours - Difficulty level - easy

Monday 24th June
Elba Island Exploring Monte Capanne
Meeting place and time: 5 pm, Marciana, cabin lift square. **Costs apply**
Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).

Tuesday 25th June
Elba Island English Fort
Guided visit to the Forte Inglese fortified complex.
(see box on page 36) **Cost €4.** Meeting place and time: 5 pm, Portoferraio, Forte Inglese - Length: 1 hour - Difficulty level - easy

From 28th to 30th June
Sea Essence International Festival
International safeguarding and promoting the sea festival (see page 28).

Monday 1st July
Elba Island Exploring Monte Capanne
Meeting place and time: 5 pm, Marciana, cabin lift square. **Costs apply**
Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).

Tuesday 2nd July
Elba Island English Fort
Guided visit to the Forte Inglese fortified complex.
(see box on page 36) **Cost €4.** Meeting place and time: 5 pm, Portoferraio, Forte Inglese - Length: 1 hour - Difficulty level - easy

Saturday 6th July
Elba Island A look at the sky
Sky and stars observation evening organised by Associazione Astrofili Elbana
Meeting time and place: 9.30 pm, Teatro delle Miniere Rio Marina - Length: 2 hours

Monday 8th July
Elba Island Exploring Monte Capanne
Meeting place and time: 5 pm, Marciana, cabin lift square. **Costs apply**
Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).

Monday 15th July
Elba Island Exploring Monte Capanne
Meeting place and time: 5 pm, Marciana, cabin lift square. **Costs apply**
Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).

Tuesday 16th July
Elba Island Forte Inglese
Guided visit to the Forte Inglese fortified complex.
(see box on page 36) **Cost €4.** Meeting place and time: 5 pm, Portoferraio, Forte Inglese - Length: 1 hour - Difficulty level - easy

Wednesday 17th July
Elba Island. The Paresi Onions
Excursion through historic country paths and vegetable gardens to find out more about the farming and use of the historic Elba onion. Meeting place and time: 7 pm, Patresi Mare - Length: 3 hours - Difficulty level - easy

Thursday 18th July
Elba Island Elba Book Festival
In the context of the Elba Book Festival event dedicated to independent publishing, a creative workshop and educational games for children aged 6 to 11. Meeting place and time: 5 pm, Rio Nell’ Elba, Casa del Parco - Length: 2 hours

Monday 22nd July
Elba Island Exploring Monte Capanne
Meeting place and time: 5 pm, Marciana, cabin lift square. **Costs apply**
Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).

Thursday 25th July
Elba Island An evening at the museum
Guided visit to the four museum sites of Marciana’s medieval town Meeting place and time: 7 pm, Marciana, Casa del Parco - Length: 2 hours

Monday 29th July
Elba Island Exploring Monte Capanne
Meeting place and time: 5 pm, Marciana, cabin lift square. **Costs apply**
Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).

Tuesday 30th July
Elba Island Forte Inglese
Guided visit to the Forte Inglese fortified complex.
(see box on page 36) **Cost €4.** Meeting place and time: 5 pm, Portoferraio, Forte Inglese - Length: 1 hour - Difficulty level - easy
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 5th August</td>
<td><strong>Elba Island Exploring Monte Capanne</strong></td>
<td>Meeting place and time: 5 pm Marciana, cabin lift square. <strong>Costs apply</strong> Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).</td>
</tr>
<tr>
<td>Monday 12th August</td>
<td><strong>Elba Island Exploring Monte Capanne</strong></td>
<td>Meeting place and time: 5 pm, Marciana, cabin lift square. <strong>Costs apply</strong> Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).</td>
</tr>
<tr>
<td>Wednesday 14th August</td>
<td><strong>Elba Island Le vie dei santi - The Saints’ Paths</strong></td>
<td>Excursion to San Cerbone’s sanctuary on foot through real history and ancient legends. Meeting place and time: 6 pm, Marciana, Casa del Parco - Length: 3 hours - Difficulty level - easy</td>
</tr>
<tr>
<td>Monday 19th August</td>
<td><strong>Elba Island Exploring Monte Capanne</strong></td>
<td>Meeting place and time: 5 pm Marciana, cabin lift square. <strong>Costs apply</strong> Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).</td>
</tr>
<tr>
<td>Saturday 24th August</td>
<td><strong>Elba Island The Tonietti Mausoleum</strong></td>
<td>Conference on the history and architecture of the Tonietti Mausoleum, organised by a medieval history expert. Meeting place and time: 6 pm, Rio Nell’ Elba, Casa del Parco - Length: 2 hours</td>
</tr>
<tr>
<td>Saturday 24th August</td>
<td><strong>Elba Island A look at the sky</strong></td>
<td>Sky and stars observation evening, organised by Associazione Astrofili Elbana Meeting time and place: 9 pm, Aia di Cacio, Strada della Falconaia - Length: 3 hours</td>
</tr>
<tr>
<td>Monday 26th August</td>
<td><strong>Elba Island Exploring Monte Capanne</strong></td>
<td>Meeting place and time: 5 pm, Marciana, cabin lift square. <strong>Costs apply</strong> Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).</td>
</tr>
<tr>
<td>Tuesday 27th August</td>
<td><strong>Elba Island Forte Inglese</strong></td>
<td>Guided visit to the Forte Inglese fortified complex. (see box on page 36) <strong>Cost €4.</strong> Meeting place and time: 5 pm, Portoferraio, Forte Inglese - Length: 1 hour - Difficulty level - easy</td>
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<td>Monday 2nd September</td>
<td><strong>Elba Island Exploring Monte Capanne</strong></td>
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<tr>
<td>Tuesday 3rd September</td>
<td><strong>Elba Island English Fort</strong></td>
<td>Guided visit to the Forte Inglese fortified complex. (see box on page 36) <strong>Cost €4.</strong> Meeting place and time: 5 pm, Portoferraio, Forte Inglese - Length: 1 hour - Difficulty level - easy</td>
</tr>
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<td>Monday 9th September</td>
<td><strong>Elba Island Exploring Monte Capanne</strong></td>
<td>Meeting place and time: 5 pm, Marciana, cabin lift square. <strong>Costs apply</strong> Length: 5 hours - Difficulty level – hard. Trekking shoes obligatory (see box page 37).</td>
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</tbody>
</table>
Summer in the park for children on Elba Island
Dates and beaches - Activities on Wednesdays and Fridays - 9.30-11.30 am

<table>
<thead>
<tr>
<th>Date</th>
<th>Beach</th>
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<tbody>
<tr>
<td>19th June</td>
<td>Enfola</td>
</tr>
<tr>
<td>21st June</td>
<td>Nisportino</td>
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<tr>
<td>26th June</td>
<td>Campo all’Aia</td>
</tr>
<tr>
<td>28th June</td>
<td>La Pianotta</td>
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<tr>
<td>3rd July</td>
<td>Naregno</td>
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<td>5th July</td>
<td>Patresi</td>
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<td>5th July</td>
<td>Seccheto</td>
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<td>10th July</td>
<td>Patresi</td>
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<td>12th July</td>
<td>La Fenicia</td>
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<tr>
<td>12th July</td>
<td>Chiessi</td>
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<tr>
<td>17th July</td>
<td>Enfola</td>
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<td>Nisportino</td>
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<td>La Pianotta</td>
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<td>La Fenicia</td>
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<td>Campo all’Aia</td>
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<td>Patresi</td>
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<td>31st July</td>
<td>Naregno</td>
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<td>2nd August</td>
<td>Chiessi</td>
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<td>2nd August</td>
<td>Seccheto</td>
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<td>7th August</td>
<td>La Pianotta</td>
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<td>9th August</td>
<td>Sant’Andrea</td>
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<td>La Fenicia</td>
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<td>Patresi</td>
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<td>Seccheto</td>
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<td>30th August</td>
<td>Sant’Andrea</td>
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<tr>
<td>30th August</td>
<td>Campo all’Aia</td>
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<tr>
<td>4th September</td>
<td>La Fenicia</td>
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<tr>
<td>6th September</td>
<td>Enfola</td>
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</table>

Summer in the park for children on Pianosa Island
Dates on the Cala Giovanna beach - Thursday activities - 11 am to 1 pm

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>20th June</td>
<td>18th July</td>
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<td>4th July</td>
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<tr>
<td>11th July</td>
<td>8th August</td>
<td>5th September</td>
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Summer in the park for children on Capraia Island
From 24th June to 13th September

Every Monday at 5.30 pm
Unexpected nature. Discovering wild plants along the town’s streets.

Every Tuesday at 9.30 pm
The stars narrate. Stories, myths and legends in the night sky.

Every Wednesday at 10.30 am
Life on the cliffs. Marine organism adaptation and habits.

Every Thursday at 7.30 pm
Unexpected nature. Discovering wild plants along the town’s streets.

Every Friday at 9.30 pm
The stars narrate. Stories, myths and legends in the night sky.

Every Saturday at 10.30 am
Life on the cliffs. Marine organism adaptation and habits.

CEA workshops in Lacona
From 8th June to 15th September, Tuesday, Wednesday, Thursday and Friday from 2 to 4 pm.

Observe, discover and experiment. Excursions, workshops, educational experiences and games with national park guides. Activities and workshops are designed for children aged 6 to 11.

A detailed calendar showing workshop contents will be available at the Info Park point in Portoferaio and Lacona.
Excursions and guided visits

Since 1999 visits to the island have been possible thanks to a partnership between the national park, the prison authorities and the Campo nell’Elba town council.

Getting to the island
Daily ferries serve Pianosa with departures from Elba Island (Marina di Campo) and from Piombino, too, in high season.

Marina di Campo - Pianosa: departure 9.45 am (arrival 10.30 am).
Pianosa - Marina di Campo: departure 5.30 pm (arrival 6.15 pm).
Meeting place and tickets: Marina di Campo, 30-45 minutes prior to departure (Info point, Piazza dei Granatieri, Marina di Campo).

On Tuesdays a Toremar ferry is operational from Piombino stopping at Rio Marina.
Outward: Piombino 8:20 am - Rio Marina 9:20 am - Pianosa 11:10 am
Return: Pianosa 2:10 pm - Rio Marina 4 pm - Piombino 5:10 pm

Excursions with national park guides
Daily excursions are along the itineraries shown, exclusively in the presence of an authorised guide. The town area and Cala Giovanna beach are free access. Pets cannot be brought to the island, with the exception of the town area (on a leash). Excursions are available every day from 15th March to 31st October:

Visit to the town:
A walk through attractive Pianosa town to find out about its history and the customs of the communities who live in it.
Length: 1.5 hours Cost: €5 adults, children free (14 and under).

Archaeology trek
To recent digs which have unearthed important archaeological finds, only partially discovered in the 19th century.
Length: 2 hours Cost: €10 adults, €5 children aged 11 to 14, under 10s free.

Palaeontology trek
Exploring the Cala di Biagio grotto where prehistoric tools and deer bones have been found, testifying to ancient links between the island and the mainland.
Length: 2 hours Cost: €10 adults, €5 children aged 11 to 14, under 10s free.

Mountain bike trip
Snorkelling at Cala dei Turchi
Flippers, mask and mouthpiece to observe marine flora and fauna along a stretch of protected coast. Length: 1.5 hours (50 minutes approx. in the water). Length: 1 km approx. **Cost:** €15 for everyone (minimum age 14). Children aged 14 and over with written parental permission/waiver.

Sea kayaking
An extraordinary opportunity to kayak in the protected area seas, close to the island’s spectacular coast and cliffs. Length: 2.5 hours **Cost:** €25 per adult and children over 14. Children aged 14 and over with written parental permission/waiver.

Carriage visits
A slow and gentle way to explore the island’s nature, attractions and beauties with stops to admire beautiful landscapes. Length: 1 hour, 15 minutes **Cost:** €16 adults, €13 children aged 4-12.

Guided bus trips
Discovering Pianosa’s nature and thousands of years of rural and prison history from the comfort of a bus along its solitary gravel roads. Length: 1 hour 15 minutes **Cost:** €20 adults, €14 reduced 5-12 year olds, under 4s free.

Dawn and sunset
Trekking, mountain bike and kayak trips at dawn and sunset for those staying on the island. From 2nd July to 1st September - Tuesdays, Wednesdays, Saturdays and Sundays. Costs as for the excursions described above. Minimum age: 12-14

Special itineraries in Pianosa
Geology excursions with experts by bike on the island’s south and west sides (GEO, MTB €20), geological-archaeological excursions in the town (GEO TREK €15). In both cases, activities aimed at an audience over the age of 12.

Information and bookings at Info Park: Tel. 0565 908231
A journey through archaeology and nature

Getting to the island
Transport to the island is from Porto Santo Stefano (departures 10 am, return 4 pm). During the summer one weekly departure leaves from Giglio Island on Thursdays. Tickets cost €25 plus a €4 fee for entrance to the protected area.

Excursions with national park guides
Daily excursions are along the itineraries shown, exclusively in the presence of an authorised guide. Two types of excursions are available. Nature (€8) and archaeology (€8) including a visit to the Domizi Enobarbi Roman villa. Reduced rates for children aged 11 to 14, €4.

Nature excursions
Nature excursions take place on Saturdays. From April to October they are also available on weekdays. Authorised nature excursions are as follows: Monte Mario; Punta San Francesco.

Guided visits of the Roman villa archaeology sites
The Giannutri Roman villa can only be visited with a park guide. In low season, when the ferry link is functioning, archaeology site visits will be on Saturdays. From June to September guided visits are also available on weekdays on the dates shown below.

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<th>APRIL</th>
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Information and bookings at Info Park: Tel. 0565 908231
Discovering treasure island with the park, a biodiversity treasure trove

Montecristo is a state nature reserve and part of the national park. Visitors to the park are limited to 2000 people per year and made possible thanks to an agreement between the national park and the police stationed on the island, to protect the park’s biodiversity (Follonica Biodiversity Police Division). From 16th April to 14th May the island is out of bounds, to protect the island’s birds.

Getting to the island
Park organised ferries make the island accessible for day trips from the port on visitor timetables.

Excursions with national park guides
Daily excursions are along the itineraries shown exclusively in the presence of an authorised guide. Visitors are advised to come equipped with water and a packed lunch. Suitable shoes are obligatory: trekking boots with grip soles and ankle support as well as comfortable clothing suitable for the trip’s activities. Those without suitable shoes may be refused entrance, at the discretion of the park guides. Swimming is forbidden at all times. Excursion costs €100 (€60 Tuscan Archipelago residents only on specific dates) including return ferry, protected area entrance ticket, park guide service. Minimum age: 12. In the event of bad weather alternative dates will be organised.

Casa dei Pescatori
In the context of the Life Projects, the building called Casa dei Pescatori has been renovated for use as a visitors’ and information centre under forest patrol supervision.

Information and bookings at Info Park: Tel. 0565 908231 prenotazioni.islepark.it/montecristo/
### Montecristo visit timetable

#### MARCH
| Saturday 2nd | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Sunday 17th | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Saturday 30th | departure from Piombino, stopping at Porto Azzurro (Elba) |

#### APRIL
| Sunday 7th | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Sunday 14th | departure from Piombino, stopping at Porto Azzurro (Elba) |

#### MAY
| Sunday 19th | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Friday 24th | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Saturday 25th | departure from Piombino, stopping at Porto Azzurro (Elba) |

#### JUNE
| Saturday 1st | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Sunday 2nd | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Saturday 8th | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Friday 14th | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Saturday 22nd | departure from Porto S. Stefano, stopping at Giglio Porto |

#### JULY
| Tuesday 16th | departing from Elba (Porto Azzurro) |

#### AUGUST
| Tuesday 27th | departing from Elba (Porto Azzurro) |
| Saturday 31st | departing from Elba (Porto Azzurro) |

#### SEPTEMBER
| Tuesday 3rd | departure from Porto S. Stefano, stopping at Giglio Porto |
| Sunday 8th | departing from Elba (Porto Azzurro) |
| Sunday 15th | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Sunday 22nd | departure from Piombino, stopping at Porto Azzurro (Elba) |

#### OCTOBER
| Sunday 6th | departure from Elba - P. Azzurro (Residents of the Tuscan Archipelago only) |
| Saturday 12th | departure from Elba - P. Azzurro (Residents of the Tuscan Archipelago only) |
| Sunday 20th | departure from Piombino, stopping at Porto Azzurro (Elba) |
| Saturday 26th | departure from Piombino, stopping at Porto Azzurro (Elba) |

Access (landing and museum visits) with private boats is regulated and managed by the Follonica Biodiversity Police Division.
Tel. 0566 40673
With the Park in the realm of the Mediterranean scrub

Capraia is included in the National Park for 77% of the territory and can be visited during the whole year.
The island can be reached from Livorno with Toremar ferry connection from June 25th to September 13th

Every Monday at 09.00:
The ancient village of Capraia testifies
Walk along the streets of the town to learn about the history of the community through the fortifications, in particular the Fort San Giorgio (from the Pisan period XI-XIII century, enlarged by the Banco di San Giorgio in the XVI century) the churches, the old houses.
Meeting point Piazza Milano

Every Tuesday with variable hours:
Sunrise and swim
Excursion from night to day, to observe the sunrise from the splendid dominant position on the sea and then immerse yourself in the crystal clear waters of the Cala del Ceppo.
Meeting point Piazza Milano
Paid service: € 8 full rate, € 4 reduced rate (children 4-12 years), free for children 0-4.

Every Wednesday at 5.30pm:
Thanks to the history linked to the former Agricultural Penal Colony
Crossing the branches of the former Penal Colony of Capraia, we will discover the history of the archipelagic institutions of the past and still present.
Meeting at the Church of Santa Maria Assunta (Porto)

Every Thursday at 09.00:
The Path of the Reganico with bath at Cala dello Zurletto
Excursion along the amazing path of Reganico, absorbed in the extraordinary insular nature, overflowing with biodiversity. Stop for bathing at the end of the path.
Meeting in Piazza Milano (Country)
Paid service: € 8 full rate, € 4 reduced rate (children 4-12 years), free for children 0-4.

Every Friday at 09.00:
Dal paese al Piano: un viaggio nel tempo
Excursion dedicated to the ancient human settlements on the island and to the impact that man has had on nature on the island over time.
Meeting in Piazza Milano.
Every Sunday with variable hours:
**Excursion through the former agricultural penal colony with sunset at the ‘Dattero’**
Crossing the area of the ex-penal agricultural colony, we will reach the ‘Dattero’ (date) dominating the sea to admire the sunset and return at night under the magnificent starry sky. Meeting at the Church of Santa Maria Assunta (Porto)
Paid service: € 8 full rate, € 4 reduced rate (children 4-12 years), free for children 0-4.

**Advice for sea activities (Life on the rocks):**
stock of water, costume, towel, rock shoes, hat, sunscreen.

**Tips for shore excursions:**
trekking boots or shoes with well-sculpted sole, water supply, hat, protective cream

For the activities of sunrise/sunset it is advisable to bring a packed lunch or dinner

For more information: Info Park: Tel. 0565 908231
With the park on the forbidden island

Gorgona is part of the national park and the site of a prison. There is a cap on the number of visitors, which are permitted thanks to an agreement between the park and the prison administration.

Getting to the island

With special transport organised by the park, the island is accessible for day trips from Livorno (leaving at 8.15 am and returning at 7 pm) and from Elba Island as shown in the transport calendar.

Excursions with national park guides

Daily excursions are along the itineraries shown exclusively in the presence of an authorised guide. Visitors are advised to come equipped with water and a packed lunch. Suitable shoes are obligatory: trekking boots with grip soles and ankle support, as well as comfortable clothing suitable for the trip’s activities. Those without suitable shoes may be refused entrance at the discretion of the park guides. Swimming is forbidden at all times. Cameras, video cameras and mobile phones are not allowed on excursions. Cost €65 (full rate), €35 (children aged 4 to 12), free for children under 4. Costs include return ferry, protected area entrance ticket, park guide service. Difficulty level: medium - easy. Excursion partially in the shade. Length 6 km - Altitude gain/loss 250 m - 3 hours.

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Informazioni e prenotazioni Info Park: Tel. 0565 908231
Saturday 14th September  
**Elba Island. Outdoor sport: fitwalking**  
In collaboration with Elba No Limits we discover a wonderful new way to experience the environment. A natural open-air gym for training and staying fit in a setting of stunning landscapes. The appointment is at 10 am in Piazza del Cavatore, Capoliveri. The walk takes 4 hours and is rated medium difficult.

Saturday 14th September  
**Elba Island. English Fort**  
Guided tour of the fort, built in 1700 by Cosimo III, Grand Duke of Tuscany, to protect the town against attacks from land. There are wonderful views over part of Portoferraio and the gulf. **Cost €4.** The appointment is at 5 pm at the English Fort in Portoferraio. The walk takes 1 hour and is rated easy.

Saturday 14th September  
**Elba Island. Walking in silence in the moonlight**  
A walk in silence in the moonlight around Marciano, on ancient paths in the wood and on the mountain slopes, accompanied by the sounds and fragrance of a magic moonlit night. The appointment is at 9 pm at the Park information centre in Marciana. The walk takes 3 hours and is rated easy.

Sunday 15th September  
**Elba Island. The Sanctuary in the chestnut grove**  
After visiting the town of Marciana, we follow the Via Crucis to the Sanctuary of the Madonna del Monte, Napoleon’s favourite spot for viewing Corsica; return to Marciana. The appointment is at 10 am at the Park information centre in Marciana. The walk takes 3 hours and is rated easy to medium difficult.

Saturday 21st September  
**Elba island. The migration of birds of prey**  
Talk by ornithologist Giorgio Paesani.  
The appointment is at 5 pm at the Park information centre in Rio nell’Elba.

Sunday 22nd September  
**Elba island. Observation of migrating birds of prey**  
Citizen science birdwatching excursion with ornithologist Giorgio Paesani.  
The appointment is at 8.30 am in Strada delle Falconaia, Aia di Cacio.  
The walk takes 3 hours and is rated easy to medium difficult.
Sunday 22nd September
Elba Island. Seagrass *Posidonia oceanica*
The importance of this extraordinary plant for sea life and all ecosystems.
The appointment is at 3 pm at Sant’Andrea. The walk takes 2 hours.

Saturday 22nd September
Elba Island. The bay walk
On World No Car Day, a slow walk for the whole family from San Giovanni springs to Villa delle Grotte, a sumptuous Roman villa from the first century BC. In collaboration with Italia Nostra Arcipelago Toscano. Minimum donation to the Villa Romana delle Grotte Foundation: €2. The appointment is at 3 pm at Terme di San Giovanni, Portoferaio. The walk takes 4 hours and is rated easy.

Tuesday 24th September
Elba Island. Beyond Portoferaio...
During the European Heritage Days, an urban walk outside the walls with historian Giuseppe Massimo Battaglini, to discover a different but equally magic and interesting Portoferaio. The appointment is at 3 pm at the English Fort, Portoferaio. The walk takes 4 hours and is rated easy.

Saturday 28th September
Giannutri Island. The Roman Villa
During the European Heritage Days, a guided tour of the archeological site of the Roman villa. Here we discover the remains of a sumptuous Imperial period villa at panoramic Punta Scalleta, near Cala Maestra. The group of buildings was built in the second century AD by the powerful Domitius Ahenobarbus family which boasted Gnaeus Domitius Ahenobarbus, husband of Agrippina, mother of Emperor Nero, among its members. The remains occupy much of the central-western part of the island. Appointment at 9.30 am at the Maregiglio ferry terminal, Porto Santo Stefano. Participants should buy their own ferry ticket. The walk takes 6 hours, including the ferry trip, and is rated easy.

Saturday 28th September
Elba Island. The passerines
Citizen science birdwatching excursion at Acquavivola. Listening to passerine birds with ornithologist Giorgio Paesani. The appointment is at 8:30 am at the Park information centre, Rio nell’Elba. The walk takes 3 hours and is rated easy.

Saturday 28th September
Elba Island. The passerines
We discover the order Passeriformes, that includes about half of all existing birds, with ornithologist Giorgio Paesani. The appointment is at 5 pm at the Park information centre in Rio nell’Elba.

Sunday 29th September
Elba Island. Castello del Volterraio
Completely restructured by the Park, from a distance the castle of Volterraio looks like an extension of the red jasper rock on which it is built. At an altitude of 394 metres, it offers an extraordinary view over Portoferaio and the western part of Elba Island.
Cost: €20. Concessions €10 for residents and over 65s. Concessions €5 for residents over 65. Free for resident students up to 19 years of age and children up to 12 years of age. The appointment is at 4 pm at the Park information centre in Portoferaio. The walk takes 4 hours and is rated medium difficult.

Saturday 5th October
Elba Island. The saints’ way
A pilgrimage to San Cerbone with true stories and ancient legends. The appointment is at 3 pm at the Park information centre in Marciana. The walk takes 2 hours and is rated easy to medium difficult.

Sunday 6th October
Pianosa Island. An island to protect
A day of birdwatching with ornithologist Giorgio Paesani in the north-western part of Pianosa island, an ex-penal colony, today a treasure-house of biodiversity. During the walk we get to know its habitats and bird species. The appointment is at 9:30 am at the Aquavision ferry terminal, Marina di Campo. Participants should buy their own ferry tickets. The walk takes 4 hours and is rated medium difficulty. Cost €10.

Saturday 12th October
Elba Island. Hidden treasures: Tonietti mausoleum and urban architecture
An easy walk from the waterfront at Cavo to the Tonietti mausoleum, a funeral chapel built in the early 1900s, considered by many to be the most significant work of architect Adolfo Coppedè, a master of Italian art nouveau. The appointment is at 10 am at the port of Cavo. The walk takes 4 hours and is rated easy.

Sunday 13th October
Viticulture at Giglio Island: grapes and wine, history of a life resource
Starting from Giglio Castello we reach the northern part of the island, discovering the history of the role of grapes and wine in the economy of the islanders over the centuries. During the path it will be possible to see ancient Palmenti used for winemaking. Once at the vineyard it will be possible, for interested participants, to taste the Ansonaco wine and other products from the farm. Packed lunch and descent to Giglio Porto in time to catch the return ferry. Costo della degustazione in vigna, €15.00 a persona Meeting point: 10:00 am Giglio Castello in Piazza Gloriosa - Duration: 6 Hours - Difficulty: medium.
Sunday 13th October
Elba Island. Anthropological herbarium
Walk in the wood of San Cerbone with readings and information on the wood, an ancient source of spirituality and inner peace. An occasion to get to know the local vegetation through the messages communicated by particular plants and flowers. Artist Cristina Sammarco will help us create a special herbarium to build a link between plant and person. The appointment is at 10.30 am at the Park information centre in Marciana. The walk takes 5 hours and is rated easy.

From 13th to 20th October
Planet Earth Week

Wednesday 16th October
The spectacle of Planet Earth: from Tanzania to the Tuscan Archipelago
with Giuseppe Tanelli, ex professor of mineral resources at the University of Florence, and Maurizio Burlando, geologist and director of the Tuscan Archipelago National Park. A fascinating voyage to discover some of the most geologically interesting sites in the world, under UNESCO protection: from Tanzania to China, Finland, Japan, Greece, Canada, Peru, Vietnam, Indonesia and Iceland. And finally the extraordinary features of the seven islands of the Tuscan Archipelago, a geologist’s paradise.
The appointment is at 8.30 pm at the De Laugier cultural centre in Portoferraio.

Saturday 19th October
Elba Island. The tricks of the Mineralogy Museum (MUM)
The visit includes explanations of the pictures on the walls of the museum, the rock cycle, erupting and non-erupting volcanoes, experiments and tests to identify rocks and minerals and understand their use in daily life. It concludes with a tour of the collections and a film on the history of granite quarrying and cutting.
The appointment is at 9:30 am at MUM, San Piero. The visit takes 3 hours and is rated easy.

Sunday 20th October
Elba Island. The Saint Bartholomew walk
The walk is through granite landscapes, along the slopes of Mt. Capanne to the remains of the ancient church of Saint Bartholomew, where there are views of the southern side of Elba as far as the islands of Pianosa, Montecristo and Giglio.
The appointment is at 10 am in Piazza della Chiesa, Chiessi. The walk takes 5 hours and is rated medium to difficult.
Sunday 27th October
Elba Island. Colourful walk
The walk leaves from the Park information centre, visits the medieval village of Rio nell’Elba and then takes a panoramic route to Monte Serra. Appointment at 3 pm at the Park information centre in Rio nell’Elba. The walk takes 3 hours and is rated easy.

Saturday 2nd November
Elba Island. The granite walk
This circular walk is on the southern slopes of Mt. Capanne and includes the main historical and archaeological features of the area, from remains of ancient huts and tombs of the Villanovian period to the many majestic granite columns forged by the ancient Romans, among the colourful fragrant scrub. The appointment is at 9 am at the Mineralogy Museum (MUM), San Piero. The walk takes 6 hours and is rated medium-hard.

Sunday 3rd November
Elba Island. The play of light in the wood
This is a photographic walk to observe the forest’s rhythms and capture emotions that only woodland has to offer. From the town of San Piero, we head for the Church of San Giovanni in the last warmth of the day. The appointment is at 4 pm at Facciatoia, San Piero. The walk takes 5 hours and is rated easy to medium difficult.

21st November, Citizen Science
The yew tree, a tree to recognise and protect
On the occasion of World Tree Day, a pleasant walk designed for Elba’s schools, together with forest patrols and park guides, along the slopes of Mt. Capanne to find out more about this extraordinary plant, popularly attributed with magical powers and ancient witness to very remote times in the midst of the island’s priority habitats. Meeting place and time: 9 am, Poggio, Piazza Castagneto - Length: 6 hours - Difficulty level - medium-hard

13th December
Elba Taste Workshop
Rediscovering historic Elba sweets... and inventing one! Anacioni, honey-cooked figs and a castagnaccio turned cantuccio. With Gabriele Messina of ElbaMagna. Meeting place: Forte Inglese, 4 pm - Length: 3 hours

14th December
Home-made oil and flavoured vinegar workshop
Practical activities introduced with a little theory on oil and vinegar production and storage processes with the addition of natural flavours with aromatic properties. With these activities you can learn a technique which is easy to do on your own. Maximum number: 12 - Meeting place and time: Forte Inglese, 3.30 pm - Length: 1 hour, 30 minutes

20th December
Botanical prints
Workshop for the creation of botanical prints via leaf printing on paper. Botanical subjects made using this ancient technique can be supplemented with a series of information such as botanical leaf variety and an analysis of the various structures visible before and after printing. Prints can also be made into unique and original art made by participants themselves. Maximum number: 12 - Meeting place and time: Forte Inglese, 3.30 pm - Length: 1 hour and 30 minutes
With experts and naturalists selected by the Tuscan Archipelago National Park

From 12th to 14th April Citizen Science
Whale watching with Letizia Marsili

In the waters of the national park, in the heart of the Pelagos Sanctuary (International Marine Mammal Protection Sanctuary), one of the largest protection areas in Europe and one which encompasses hugely important biotopes. To experience the Tuscan Archipelago’s sea directly, we sail along the coast of Elba and visit its smaller islands accompanied by specialist staff and park guides, with Letizia Marsili, ecology professor at Siena university.

The trip offers participants the chance to carry out genuine scientific research work (data collection, processing, sampling and observation) under the supervision of expert staff and university researchers.

€750 per person including three days on board in a two-bedded cabin, citizen science, research activities with Siena University’s team and park guide, two overnight stays on board, meals, linen, fuel, crew and land excursions.

From 18th to 25th April
Elba sketching watercolour workshop with Cristina Sammarco

Elba, the largest of the Tuscan islands and the national park’s beating heart, is a place to be explored with artist Cristina Sammarco, immersed in the island’s fascinating historical adventures and extraordinary natural history.

The course-workshop: field lessons alternating with visits and excursions with park guides. Art techniques, drawing construction insights and colour theory, exercises, painting earth colours and sketching in the town centre.

€990 per person (minimum number 8, maximum number 12) including: watercolour course, 3-star full board accommodation, park guide trips and transfers. For the watercolour course only: €550.

From 1st to 5th May
Watercolour workshop In the Footsteps of Cosimo and Napoleon with Cristina Sammarco

Set in Elba Island’s spring natural world, following in the footsteps of two of the great figures who shaped its destiny, Cosimo I of the Medicis (2019 is the 5th centenary of his birth) and Napoleon Bonaparte.

The course-workshop: field lessons alternating with visits and excursions with park guides. Art techniques, drawing construction insights and colour theory, exercises, painting earth colours and sketching inside buildings and in Portoferraio’s town centre streets.

€950 per person (minimum number 8, maximum number 12) including: watercolour course, 3-star full board accommodation, park guide trips and transfers. For the watercolour course only: €380.

From 4th to 5th May
Pixcube, photography workshop

Photography workshop organised in conjunction with Federparchi for an intense and direct experience of the national park’s environments. For both beginners - who can learn the techniques quickly in this stimulating context - and expert photographers.

€185 per person including all theoretical and practical lessons in the field and photograph taking techniques with a Nikon School professional, park guide, official participation certificate, gadgets and products offered by Nikon Italia, post workshop session.

The following are not included: transfers, meals and overnight stays.

www.pixcube.it

From 31st May to 2nd June
Nature photography workshop with Alessandro Beneforti

Learning basic nature photography techniques with lessons in the field in the extraordinary setting and natural world of the national park.

The course-workshop: introduction to nature photography, camera settings, composition, exposure, focusing, equipment and accessories, visual and macro space, aspects of nature photography. Action photography, environmental photography and light effects. Photography trip, information gathering, local insights, elaboration and critiquing of the digital files produced with post-production notions.

€390 per person (minimum number 8, maximum number 12) including: photography course, 3-star full board accommodation, park guide trips and transfers. For the photography course only: €280.

Information and bookings - Info Park tel. 0565 908231.
Deep sea diving is possible across most of the park’s protected area. However, specific restrictions apply to certain islands.

**Pianosa and Giannutri**
On the protected coastal strip the national park has made certain buoys available for diving, to make the seas accessible for sustainable use. Dives must be booked and carried out via one of the area’s authorised diving centres, a list of which is available at http://www.islepark.it/visitare-il-parco/pianosa/itinerari/immersioni

**Capraia**
The national park has identified areas in which diving is possible regularly, in accordance with zoning regulations. On park authorisation, dives can be organised via one of the authorised diving centres. The rules can be consulted here: http://www.islepark.gov.it/visitare-il-parco/capraia/le-regole-a-mare

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