

TUSCANY, LAGOONS & HOT SPRINGS

8 days - 7 nights

Hiking Stay

- ✓ Hot spring sites
- ✓ The charm of a UNESCO World Heritage site
- ✓ Between countryside and seaside
- ✓ Orbetello's lagoon

Monte Amiata in Tuscany is a shield volcano rising to 1733 meters. Travelers can enjoy the thermal waters of Bagni San Filippo and Saturnia, located in the forest along a warm stream. These picturesque villages offer a chance to taste local products.

Also included: discovering the Orbetello Lagoon and the incredible wildlife of its beaches, deers and Wolves.

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ORGAYA
Voyages à pied

06 13 25 01 82

– Tuscany, Lagoons & Hot Springs –

8-DAY PROGRAM



1

Orbetello Lagoon

Pick-up at Pisa Airport in the evening. Arrival in the late evening in the town of Orbetello. Check-in and night at your hotel.

- Accommodation: 3-star hotel in Orbetello

2

Orbetello - Riserva della Feniglia

A surprising hike through the Feniglia bird reserve, between pine forest and sandy beaches. In addition to remarkable bird species such as flamingos, egrets, and ducks, this forest is also home to deer and even a pack of wolves… A must-do experience!

- Ascent: +90 m / Descent: -90 m / 5 hours of actual walking / 10 to 15 km
- Accommodation: 3-star hotel in Orbetello
- Optional: Departure from the hotel adds an extra 3 km

3

Panorama of the Tuscan Archipelago

This scenic loop trail leads to the Torre Ciana watchtower, perched on the southern slopes of Monte Argentario. The path winds through fragrant Mediterranean scrub, offering breathtaking views of the Tyrrhenian Sea and Giglio Island. Along the way, hikers are surrounded by cliffs, maritime pines, and wild silence. An ideal route for nature lovers and coastal landscape enthusiasts.

- Ascent: +350 m / Descent: -350 m / 5 hours of actual walking / 10 km
- Easier option : 6 km et 200 m height difference
- Accommodation: 3-star hotel in Orbetello
- Optional: swimming in the sea

4

Saturnia Hot Springs & Ancient Ruins

From the village of Saturnia, a historic stop along the Via Clodia, you'll walk to the Castellum Aquarum. A beautiful stroll through the Tuscan countryside, ending with a final soak in the warm waters of the Saturnia spa. Picnic near the Castellum Aquarum.

- Level 2: 11.5 km / 250 m elevation gain / 4 hours
- Ascent: +250 m / Descent: -250 m / 4 hours of actual walking / 11 km
- Accommodation: 3-star hotel in Abbadia San Salvatore
- Transfers: 1 hour in the morning, 45 minutes in the evening



8-DAY PROGRAM

5 Volcano Tour & Summit

Mount Amiata is the highest peak in Tuscany, formed from an ancient volcano whose last eruption is believed to date back 180,000 years. We will climb to the summit ("la Vetta") and enjoy its magnificent forest; in clear weather, we'll be able to admire the vast expanse of the Tuscan countryside.

- Option 1: Ascent: +350 m / Descent: -350 m / 4 hours of actual walking / 10 km
- Option 2: Ascent: +550 m / Descent: -550 m / 5 hours of actual walking / 13 km
- Option 3 : 8 km walk and 180m height difference.
- Accommodation: 3-star hotel in Abbadia San Salvatore

6 BAGNO SAN FILIPPO & THE WHITE WHALE

Bagno San Filippo is located on the slopes of Mount Amiata, in an area of thermal springs that was already favored by the Etruscans, with water temperatures ranging from 25°C to 52°C. You'll have the opportunity to bathe in several natural pools and waterfalls, with 2.5 hours dedicated to soaking. A picnic will be enjoyed near the hot springs.

- Ascent: +200 m / Descent: -200 m / 3.5 hours of actual hiking
- Accommodation: 3-star hotel in Abbadia San Salvatore

7 BAGNO VIGNONI - SAN QUIRICO D'ORCIA

Hike to the "rocca" (fortified site) and the historic thermal "pool" of Bagno Vignoni, passing through the medieval hamlet of Vignoni which overlooks the gorges of the Orcia River.

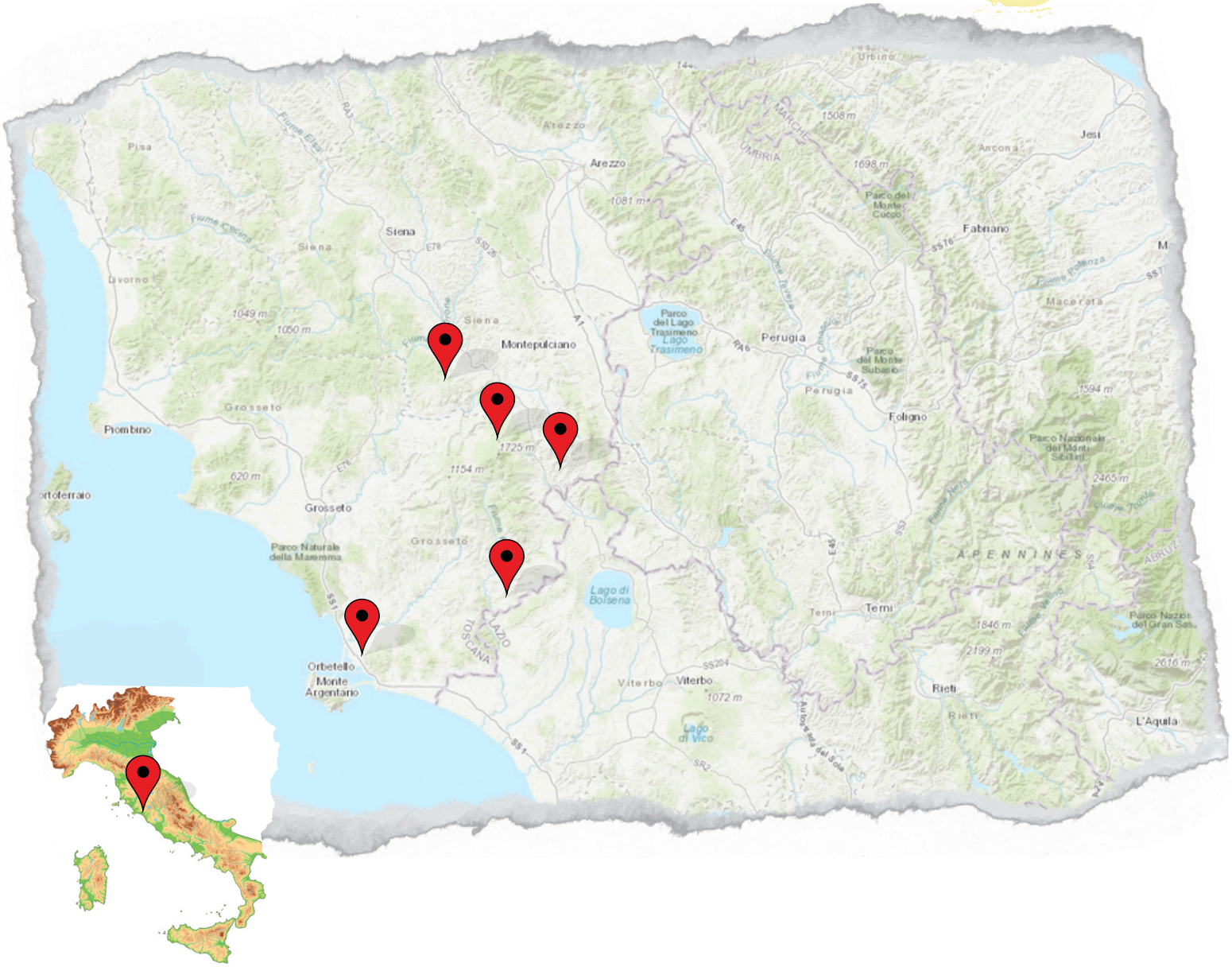
- Ascent: +300 m / Descent: -300 m / 4 hours of actual walking
- Accommodation: 3-star hotel in Abbadia San Salvatore

8 UNTIL THE NEXT TIME...

After breakfast, transfer to Pisa airport for your return flight. On the return journey, there's an option to visit the medieval city of Pisa.



MAP



Please note: The feasibility of the hikes may be affected in the event of poor weather conditions or accessibility issues.

PRACTICAL INFORMATION



Hike difficulty level:

Elevation gain: 250 to 500 m – Walking time: less than 4 hours – Altitude: below 2,250 m – Load carried: less than 3 kg (20-liter backpack max) – Recommended gear: Hiking boots – Trail conditions: Marked trails with steady 30-minute climbs

Climate

Hiking is possible from March to November. Temperature fluctuations can be significant, ranging from 30°C to 10°C depending on the day.

Meeting place

At Pisa airport, time depending on your flights.

Access

From Nice: 5 hours.
By car: Take the A8 motorway toward Genoa-Livorno, then the A12 and A11 to Florence. From there, follow signs to Livorno, then Grosseto and Orbetello. By train: Direct line to Genoa, then transfer to Siena (not recommended, around 10 hours from France). Nearest airports: Rome or Florence.

End of stay

The trip ends at Pisa airport on D8, time depending on the flight.

Our accommodations

3-star hotels in Orbetello and Abbadia San Salvatore (or nearby), offering excellent comfort, bright and well-equipped rooms with TV, private bathroom, and balcony or terrace depending on availability.
Meals feature local products. Some hotels have an outdoor swimming pool.
Hotel highlights: Seaside location on Days 1 to 3, and access to a wellness center from Days 4 to 7, depending on availability.

Lunch

All lunches are prepared by the guides and/or accommodation hosts.
Picnic-style meals featuring local products.



THE EQUIPMENTS

The essentials

- 20-liter backpack
- Pair of hiking or athletic shoes
- Mountain pants
- Sweater or fleece jacket
- Windbreaker or rain jacket
- Spare T-shirt or undershirt
- Cap, sunglasses, sunscreen
- Water bottle (minimum 1.5 liters)
- Personal snacks: dried fruits and chocolate bars
- Small personal first-aid kit (band-aids, aspirin, etc.)

We recommend

- Casual clothing for cultural visits
- Towel and swimsuit
- Your camera
- An umbrella... it might rain from time to time

Groups

Our groups consist of 6 to 15 participants per mountain guide.

– Tuscany, Lagoons & Hot Springs –

PRICE LIST

at www.orgaya.com



8 days - 7 nights

Hiking stay

INCLUDES:

- Supervision by a certified mountain guide (state-certified), 1 guide per 15 participants
- 6 days of guided hikes
- A welcome drink
- Provision of safety equipment
- Professional civil liability insurance
- Transfers to and from Pisa airport and during the stay
- Lunches from Day 2 to Day 7
- Half-board accommodation in a 3-star hotel (dinners either at the hotel or in a town restaurant)

DOES NOT INCLUDE:

- Transportation to the meeting point
- Single room supplements
- Personal snacks and drinks
- Dinner on Day 1
- Lunches on Days 1 and 8
- Drink surcharges in bars and restaurants
- Entry fees to local museums
- Individual civil liability insurance
- Trip cancellation insurance
- Anything not listed under "Includes"

OUR CHARTS



Quality chart : ORGAYA

We help you discover our sporting activities, accompanied an coached by professionals with state diplomas, with extensive knowledge of geography, prehistory, ecology and coaching. Our approach is fun and relaxed. We are not looking for performance. We are here to help you discover nature and share our knowledge and passion acquired during 30 years in the field of hiking. We are at your disposal to adapt our services to your physical condition, your financial possibilities and your interests. Our groups consist of 6 to 15 persons per guide.
Our hikes and walks are classified in 6 categories according to the features :

- Nature
- Culture
- Discovery
- Family
- Technical
- Sporty

Difficulty chart

●○○○○ Easy, from 6 years old. Elevation : 100 to 250 m ; Walking time < 3h00 ; Altitude < 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; All types of sport shoes. Easy trails and regular ascents of 15 minutes.

●●○○○ Moderate, from 9 years old. Elevation : 250 to 500 m ; Walking time < 4h00 ; Altitude < à 2250 m ; Backpack weight < 3 Kg (backpack of max 20 liters) ; Hiking shoes recommended. Marked trails and regular ascents of 30 minutes.

●●●○○ Moderately sporty, from 12 years old. Elevation : 500 to 750 m ; Walking time < 5h00 ; Altitude < 3000 m ; Backpack weight < 5 Kg (backpack of max 30 liters) ; Hiking shoes mandatory.. Mountaintrails that are marked or not and regular ascents of 30 minutes to 1h00.

●●●●○ Sporty. Elevation : 750 to 1000 m ; Walking time < 6h00 ; Altitude > 3000 m ; Backpack weight : > 8 Kg (backpack of max 50 liters) ; Hiking shoes mandatory. Passages off trail, screes and regular ascents of more than 1 hour.

●●●●● Difficult. Elevation > 1000 m ; Walking time > 6h00 ; Altitude > 3000 m; Backpack weight : > 10 Kg (backpack of 60 liters and more); Hiking shoes mandatory. All types of ground, regular ascents of 2 hours or more.

LEGAL INFORMATION



Insurance

Our insurance covers the organisation and the guiding of our hikes and cultural visits. We kindly ask our clients to have an individual liability insurance. You can subscribe through our services to an insurance for assistance-repatriation and cancellation as a group (min 10 persons) or individual. The insurance Loisirs Confort covers damages suffered by the insured before and during the stay as well as the costs remaining at his expense. The insurance can include personal assistance, garantuees in case of cancellation of the trip, guarantee for luggage, guarantee fees for interrupting the stay as well as a compensation in case of a physical accident according to the conditions of the contract you subscribed to.
You can find the general sales conditions on **www.orgaya.com**

Registration

For organisational reasons and availability in the hotels, we kindly ask you to enrol at least 3 months before the departure date.

Tailormade trips

On request we can create a tailormade trip by modifying the lenght of the stay, the level of the hikes and the quality of the accommodation.

Payment & reservations

www.orgaya.com / sas.orgaya@gmail.com
Deposit of 35 % when booking
Balance : 21 days before the departure date
Payment methods available : Credit card, bank transfer

Legal details

ORGAYA- OPERATEUR DE VOYAGES
Immatriculation Opérateurs de Voyages
IM006130019 - Atout France
Garantie Financière : 100 000 € GROUPAMA
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Thanks from Orgaya !