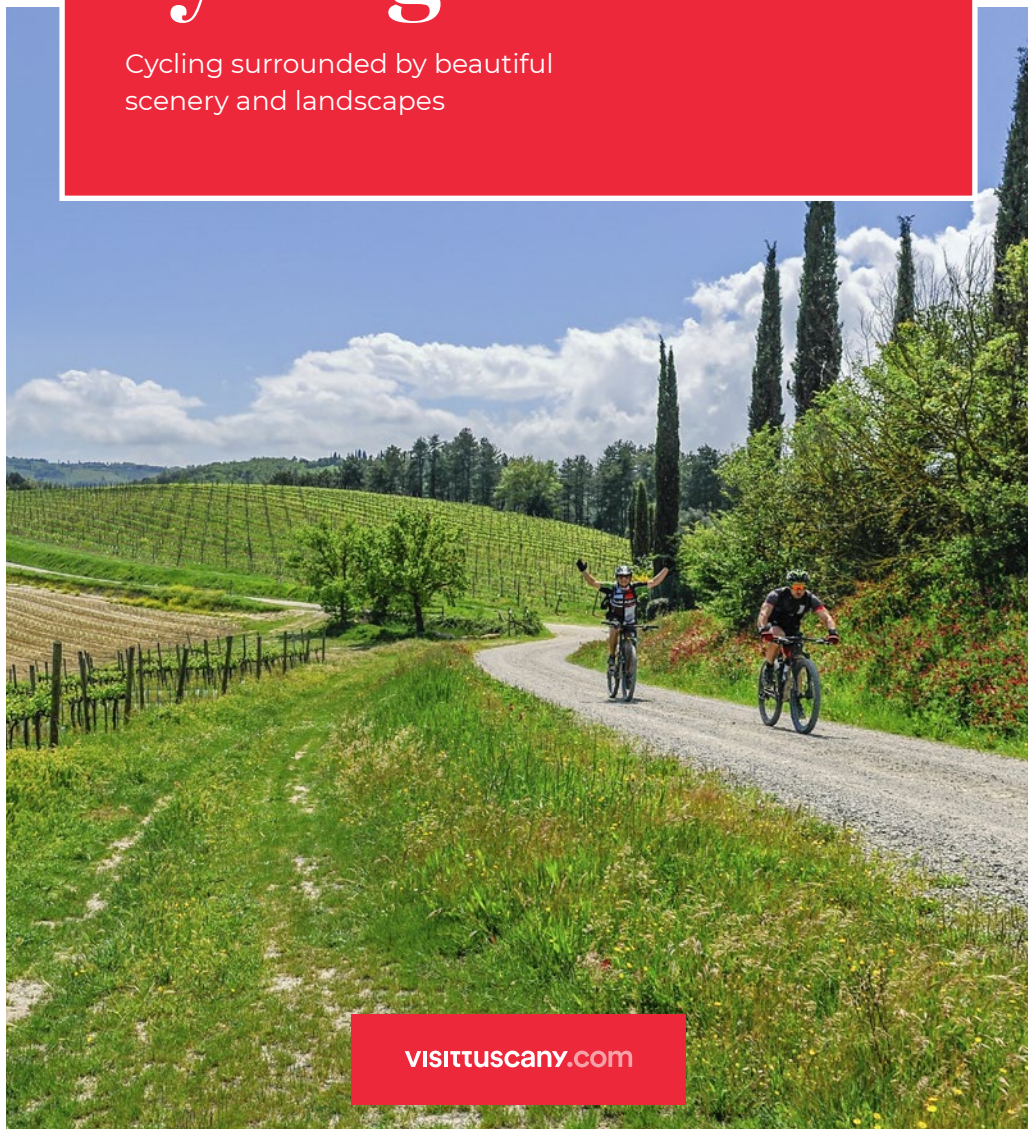


Green Tuscany



Tuscany cycling routes

Cycling surrounded by beautiful
scenery and landscapes



visittuscany.com

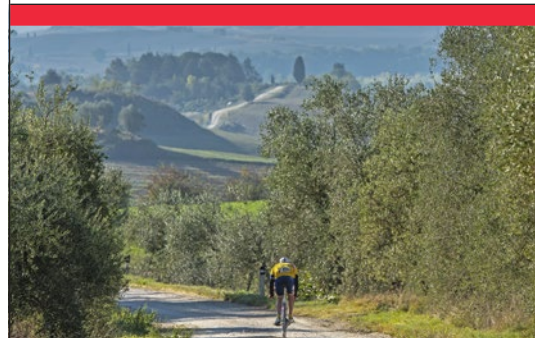


TUSCANY
NEVER-ENDING RENAISSANCE

**In Tuscany, I can find
everything I wish for.
Even my balance.**

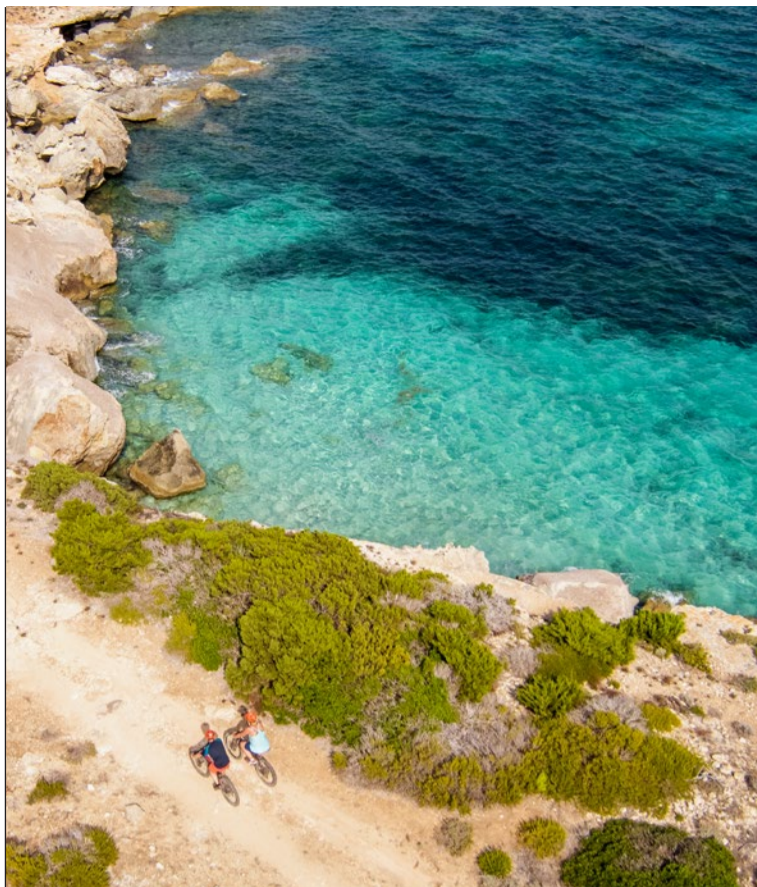
Discover Tuscany's cycling routes
visittuscany.com/cycling

Cycling in Tuscany



Cycling in Tuscany is an all-encompassing experience that puts the individual at the centre on a stage shared with landscapes, culture, food and wine, and nature. The bicycle becomes a sounding board that amplifies the sensations of slow-paced adventure. While you pedal, experience the history of a place, moving from the ancient palaces of the old town to the surrounding countryside revealing Etruscan and Renaissance heritage, the changing history, and the celebration of the territory. Chasing the wind, taking in the scents, staying in balance always: as a contemplative cyclist crossing the scenic Crete Senesi, in moments of sharing between friends and perfect strangers during many cycling-related events, with a spirit of adventure and the desire to achieve a personal goal that can also belong to those who, on an *e-bike*, embark on roads not often travelled. The **Atlas of Cycling Routes** encapsulates this wealth of emotions that turn the dream of an immersive holiday into reality. There are more than 200 routes, for up to 15,000 km of cycle paths, low-traffic routes, trails and bike parks to meet the needs of *mountain bikers* and linear and loop routes for *road* and *gravel bikers*. [VisitTuscany.com](https://www.visitTuscany.com) is the destination before setting off to

plan your own two-wheel trip by choosing the type of bike, route difficulty, location, duration and type of itinerary. You can download the track and review the dense network of bike-friendly operators who will help you organise your trip, from a single experience to the one-day tour, a week-long holiday or a sporting event. For anyone who has never done it or for those coming back again and again to experience that sense of belonging with iconic places, traditions and flavours that only this land can give, cycling in Tuscany is enchanting. Measuring the countryside, towns and villages by pedal stroke is a gentle way to experience the local communities without impacting the environment, the same way your local hosts respect the environment and safeguard the planet. The Region of Tuscany, the first to create a cycle atlas, was recognised in 2023 for its excellence in sustainable tourism, as **Italy's Best Green Destination**. The **Italian Cycling Oscar** rewards the best green routes, and Tuscany took first place for *Ciclovía Puccini*. Tuscany by bicycle, slow down your thoughts in a timeless journey, is a promise that becomes reality in the infinite stories of those who cycle.



From the mountain to the sea

From the peaks of the Apennines to the Tyrrhenian coast, the landscape is the protagonist. White roads and secondary roads cross World Heritage landscapes. Paths branch off through large parks and nature reserves. Spectacular itineraries and *trail areas*, from the coast to the islands, offer exciting glimpses of the sea.



Legendary routes immersed in nature

Some of the permanent routes were defined by great sporting tradition, others follow the lines of ancient roads. Many others are the destination for fans of the most adrenaline-filled sports.

Not only sports

There are hundreds of sporting events such as gran fondo and randonnée, but also rallies and historical cycle races

where you can relive the spirit of cycling from the past.



Four Seasons

The warm season in Tuscany allows you to cycle surrounded by flowers, lush woods and cultivated hillsides. Also the colder periods can reserve splendid rides amidst the colours of autumn foliage.



Bike Friendly Services and Accommodations

There are positive synergies between cycling and its ecosystem in Tuscany, particularly regarding sustainable mobility and intermodality, with the creation of dedicated infrastructures and services for bicyclists on holiday or in their daily lives, for those who live in the region and those who visit it. The result is an increasingly bike-friendly Tuscany full of tourism operators that support the cyclist for a carefree stay with dedicated services. Accommodation facilities from camping to five-star hotels, wineries, restaurants, experience providers, tour operators and specialised guides are the ambassadors who welcome the traveller. Often among winery and hotel owners or agritourism operators, it is easy to find allies in true two-wheel enthusiasts. Bike-sharing stations, bicycle parking, e-bike recharging, infopoints and cycle shops, and luggage transport and assistance are some of the services to be found in the area, not to mention energising breakfasts, refreshments or delivery services for those who wish to have local products delivered to their homes after a tasting session.



Bikepacking: a travel philosophy

When people talk about bikepacking, they are mainly referring to transporting items by bicycle, but the way of handling the bicycle in a more agile manner with bags strapped to it automatically indicates a travel philosophy. The sense of adventure, the desire to 'enter' a territory deeply, very often encountering the most valuable experiences on the side of a road, perhaps chatting with those who were born on that road or stopping to eat a sandwich at the village delicatessen. Bikepacking routes have no rules but usually are many kilometres long because the purpose of the trip is not to reach the destination but the journey to get there. Among the Tuscan routes, you can choose itineraries of more than 100 km for a weekend experience or an extended trip. Try Francigena by bike on the route that flanks the original path, Appennino Bike Tour, 213 km in the Tuscan section that, although challenging, can be divided into three stages, or La Via della Costa Toscana, 310 km with the colours of the sea that tell the story of a different coastline after each promontory. On the Atlas of Cycling Routes, you can find your customised route or create it by linking individual tracks.

Not to be missed

Cycling in search of unforgettable experiences, such as tasting a local dish, visiting a hamlet full of art, or regenerating at a spa



Choose your itinerary

Tuscany's landscape is as varied as the types of routes it offers. Here are 12 proposals for exploring Tuscany by bike.



E-BIKE

Among the Vineyards of Leonardo

Area: Prato Area
Length: 47.5 km

Among the *Vineyards of Leonardo* is a circular route with the birthplace of the Renaissance genius as the centrepiece alongside hills dotted with vineyards. Leaving and arriving in Vinci allows you to choose whether to explore the medieval town before leaving or on the way back, bearing in mind that there is so much to see and visit, including the **Museo Leonardiano** with its studies, machines and models, the Library and the Birthplace. The route, which winds through the Montalbano wine production areas and between rows of Carmignano vines, invites you to cycle slowly and appreciate the landscapes and views that form the backdrop to vineyards and olive groves. The itinerary also has athletic value, a true sanctuary for the many cycling enthusiasts who choose to train on the climb to San Baronto seeking performance on the same roads that formed Vincenzo Nibali's talent as a climber-passer. Once past the most demanding stretch, the road climbs towards Quarrata, where *Villa La Magia*, part of the Medici villas and a Unesco heritage site, is worth a stop for its splendid interiors as well as its Italian-style garden. We then set off again with a flat stretch to return to the starting point.

MTB

The most beautiful forest trail in Italy

Area: Casentino
Length: 40 km

Magnificent itinerary of unparalleled forest beauty to admire the views of the Casentino. A linear route to be travelled round trip built on the site of an old railway line that transported timber from Lama to Cancellino, the exact starting point. The trail is simple, immersed in the forest on a perfectly maintained dirt road that is particularly recommended when you want to escape the summer heat but equally fascinating in the mid-season with the aromas of the forest filling the air. A fascinating track that hints at the presence of the railway and reveals between springs and the small church of Lama some rails used as a bridge guardrail. For an invigorating excursion, pack a picnic lunch and enjoy the silence of nature. On the way back, it is just a few more kilometres to *Badia Prataglia*, a small village surrounded by fir and chestnut forests, for a stop at the **Forestry Museum** and to appreciate the uniqueness of the **Carlo Siemoni Arboretum**, the oldest in Italy.



1 Cycling in Unesco sites

When cycling through Unesco sites, you experience the breath-taking beauty, the grandeur of ancient cities with unique works of art and architecture, the uniqueness of small villages and hilly landscapes whose nature is in perfect harmony with humans. Seven Unesco sites and 14 Medici villas and gardens to visit while cycling surrounded by peace and magnificence.

2 Train & Bike

If you want to take it slow, combine bike and train travel to experience 'the here and now', without distractions, with the ideal rhythm for a gentle journey, almost suspended in time where the minutes and hours seem to tick by more slowly. There are plenty of cycle routes in Tuscany that can be combined with historical train trips.

3 Women's cycling

Discover women-only cycling events, rallies, simple rides and excursions in Tuscany. Take a solo trip or a group holiday with other women who share a passion for cycling. Challenge yourself with a sportier trip or a take a bike tour combined with experiences curated by Tuscan tourism entrepreneurs with offerings dedicated to women.

4 Cycling & Sustainability

Tuscany, from the sea to the mountains, is a destination for sporty and adventurous holidays. Hosts and visitors alike are committed to sustainability, respecting nature and respecting others to welcome all in an inclusive manner, becoming an increasingly accessible destination and visiting responsibly. The bicycle is the perfect ambassador.



ROAD

The Grand Tour of Chianti

Area: Chianti
Length: 106 km

Every self-respecting Grand Tour is designed to be done in stages. In this case there are six, made to conquer the kilometres slowly, accommodating the climbs and the exertions. The route runs on a shared road with low traffic, starting from **Castelnuovo Berardenga** with its rural landscape against the backdrop of Siena that looks like it is straight out of a painting. The stages are punctuated by the many villages scattered throughout this area of Tuscany. This region is famous throughout the world for its wine and is the guardian of a lifestyle that remains authentic and identifiable. It is difficult not to cross the narrow stone streets of **Castellina** in Chianti to enjoy an ice cream while taking in the views, or to rehydrate with an old-fashioned froth in **Radda** in Chianti, browsing the shops in the centre and ending with a nice red wine in **Gaiole**, home of L'Eroica, where the passion for cycling is evident in every corner, in every shop, in every person you meet in the main square or simply entering the butcher's shop. The route is the tale of the world-famous wine from the historic Chianti Classico area.

ROAD

Among the villages of the Costa degli Etruschi

Area: Etruscan Coast
Length: 85.2 km

An enchanting route with the colours of the sea, the sounds of nature and the scent of the Mediterranean shrubland. Upon departure from **Populonia**, you will cycle along a stretch of beach on the **Gulf of Baratti**. No matter the season, the pine forest looks like a work of architecture, and the unique colour of the sand tells the story of one of the most important Etruscan settlements with the necropolis just across the road. Departing for the Costa villages, after the first stretch on a shared road, we continue on minor roads passing **Venturina Terme**, and **Campiglia Marittima**, an obligatory stop to appreciate the Tuscan Archipelago from the high vantage point. A tour full of ideas and places to stop and discover the coast and the jewels of the back country. **Castagneto Carducci**, with its historic village around **Gherardesca Castle**, is a tangle of alleyways full of small restaurants, cafés and shops with the poet's house now a museum. Before returning to Populonia, we pedal towards **Suvereto**, another pearl suspended between the sea and the Metalliferous Hills, whose name derives from the cork trees in the surrounding woods that, together with centuries-old olive trees, give the village and the area a rustic, hardy and deep look.



ROAD

Cycling through the forests of Vallombrosa

Area: Florence and Florentine Area
Length: 66 km

The thrill of setting off on a bicycle from Florence's Ponte Vecchio to descend a few kilometres into the heart of the Vallombrosa Forest, a Biogenetic Nature Reserve. Crossing the Arno, one reaches the starting point of Rosano in the direction of Pontassieve where the Arno meets the Sieve and a countryside of hills covered in vineyards and olive groves and dotted with parish churches, castles and farms. Pedal from **Rufina** on a continuous ascent with only a few slight slopes that alternate between the beech and silver fir forest and a few tree-free stretches where you can stop to admire the landscape. The climb continues to the **Passo della Consuma**, which remains just off the itinerary with a short, worthwhile diversion of only 1.2 km. The highest point of the route at 1,050 metres is a good time to stop, breathe, recharge your batteries and enjoy the moment before embarking on the long, shady descent. Before returning, there are two more stops to be made at the **Abbey of Vallombrosa**, immersed in the quiet of the woods, and the thousand-year-old **Pieve di San Leolino**.



ROAD

Forests and views of the Apuan Riviera

Area: Apuan Riviera
Length: 59.3 km

Carrara identifies this route with the Alpine hinterland whose forests alternate with the quarries that give it the name, city of white gold. It is a demanding route that requires good preparation even in the initial section that climbs steeply inland from Carrara, towards the woods beyond **Gragnana** and **Castelpoggio**. From the ridge onwards, the road continues more gently into the woods, revealing a few openings to the sea and quarries. With a further challenging, steep and unpaved climb, you will conquer the Carrara refuge. At an altitude of 1,320 metres, it is a place to pass through and stop to enjoy a well-deserved rest and an enchanting view. You may decide to return by going back to **Campocecina** in the direction of Carrara or continue the loop by carrying on to **Fosdinovo**, the perfectly maintained castle and gateway to **Lunigiana** where you can breathe the air of the border between sea and mountains. Return to Carrara via **Francigena** road that offers the scenery of the Lunense canal embankment, which can be travelled by gravel bikes but should be avoided with road bikes.

MTB / GRAVEL

Apuan landscapes by bike

Area: Garfagnana/Mid Serchio Valley
Length: 43 km

The Garfagnana area is special, with its small stone villages, its unspoilt nature, its caves and its splendid Apuan Alps, the protagonists of this circular route. The route winds through a small outdoor paradise evident from the start in **Castelnuovo di Garfagnana**. The slightly uphill road along the **Turrite Secca** stream leads to **Isola Santa**, the ancient stone village that is reflected in the emerald waters of a small artificial lake and seems to belong to the world of fairy tales. Pedal uphill to reach a panoramic slope on the **Panie Group**. The scenery is breath taking, each time you pause to glimpse the crest of the **Focetta del Puntone**, commonly called **Omo Morto**, catching sight of the profile of a reclining man's face that may remind you of Dante. The apex of the route is **Maestà della Formica** with its 1,000 metres of altitude. It is an obligatory stop, with a short deviation from the route. Take a relaxing break on the **Giant Bench of Careggine** at the top of the promontory to take in the first-class panorama.

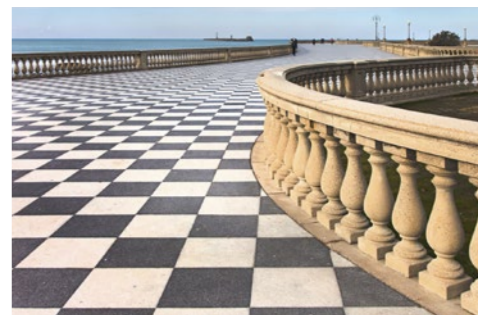
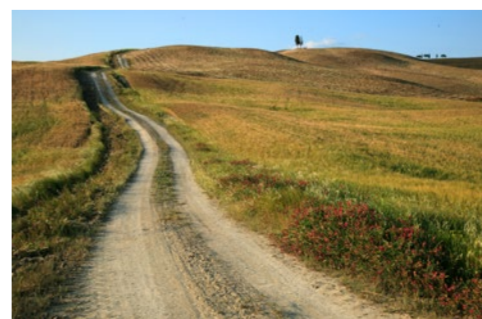


MTB / GRAVEL

Garibaldi Gravel

Area: Siena area - Terre di Siena
Length: 43 km

The circular route, ideal for gravel or mountain biking, retraces the places that drew **Garibaldi** to the area to renew himself in the thermal waters after the **Battle of Aspromonte**. The departure from **Rapolano** will become a healing stop on the return journey. After all that hard work, experience the benefits of the waters and mud baths and enjoy a hot bath even in the colder seasons. Experience routes where cyclists take turns on a daily basis to appreciate the scenery and test themselves on the most challenging stretches. Towards **Asciano** to reach the **Serre di Rapolano**, unmistakable with its historic buildings and travertine quarries, which still distinguish it with great scenic effect. The most complex section comes after **Rigomagno Scalo**, where a 20% climb will test even the most trained riders, rewarding them with the sight of a medieval village perched on the hill. White roads and dirt tracks define the area, exclusive conduits to reach the **Calcione dam** and **Modanella Castle** up to **Poggio Santa Cecilia**. All that remains is to return to **Rapolano** for some well-deserved relaxation and replenish spent energy with a food stop.



E-BIKE / ROAD

Piazza Mascagni and Livorno's waterfront by bike

Area: Livorno
Length: 10.5 km

Also known as the little Venice of the Mediterranean, famous for its canals, bridges and Medici fortresses reflected in the sea, Livorno is bike-friendly. A short itinerary to explore the old town and the famous coastline that first saw the birth of bathing establishments in the 19th century. Starting from the Central Station, walk along the long **Viale Carducci** leading to **Piazza della Repubblica** and the fortress **Fortezza Nuova**, now a public park. But the focus is on the **Mastio di Matilde**, part of the **Fortezza Vecchia**, which is still today the master of the Medici harbour. From here, we cycle south along the seafront to the **Terrazza Mascagni**, named after the composer who was born in Livorno in 1863 and whose unmistakable black and white chequerboard tiles are a symbol of elegance and refinement. If you can tear yourself away from the view of the piazza by the sea, the route takes you past small beaches and kiosks with a holiday atmosphere and hints of the *Dolce Vita*. Arriving at the **Antignano** pier, you can choose whether to go to the **Antignano** station to load your bike and return to Livorno by train or go back and enjoy an aperitif by the sea.



E-BIKE / GRAVEL

From Pisa to the sea with the "Ciclopista del Tramonto"

Area: Pisa area - Terre di Pisa
Length: 28 km

An ideal itinerary for families who wish to combine a visit to the city famous for its **Piazza dei Miracoli**, Unesco World Heritage Site and **Leaning Tower**, with an excursion to the sea. The **Ciclopista del Tramonto**, built on the site of the old tram route that connected Pisa to the sea until the 1960s, starts in Pisa, arriving on the coast at **Marina di Pisa** and stretching as far as **Tirrenia**. From the architecture of the centre of Pisa, a trove of artistic treasures with Romanesque and Gothic churches, museums and the Arsenal, you arrive at the sea. Crossing the countryside, discover the Art Nouveau buildings on the coast and the fascinating mouth of the Arno with the presence of the typical wooden constructions, called "retoni", clinging to the cliffs at the mouth, where you can take in the Apuan Alps and the **Costa del Gombo** with a single glance. Within just 14 km, you change scenery, colours and scents. It will be easy to spend the day on the beach and return on the same route without any difficulty.

MTB

Abetone ring, sports and culture

Area: Pistoia and Pistoia Mountains
Length: 21 km

On the Abetone, skiing and biking take turns, sharing scenery, altitudes and stories that take on different nuances whether you are on two wheels or skis. The start at an altitude of 1,388 m from Abetone pass. On a dirt road crossing the **Selletta** and **Chierroni** ski slopes and a beautiful fir forest, alongside **Lake Baccioli**, reminding you that in winter the paths become slopes in an area split between snow and earth. Along the route, there are technical sections that require attention where you can safely descend by continuing on foot. Make two stops at the **Gothic Line Museum** in **Pianosanatico**, where the defensive line built by the Germans to counter the advance of the Allied troops once passed, and the **Museum of the People of the Pistoia Apennines** which offers a journey into the life of the people of the Mountain from the past centuries. On the way back to Abetone, the day's exertions are not over. The small climbs distract from the gradients that in some places reach double figures, albeit for short stretches. One last museum before the summit is the **Ski Museum**, which tells the story of a country and its champions.



E-BIKE

Path of the Leopoldine

Area: Valdichiana Aretina
Length: 46.9 km

Thanks to e-bikes, the Leopoldine route is within everyone's reach and is an opportunity to get to know the history, traditions and landscapes of **Valdichiana Aretina**. But what are Leopoldine? Just take a bicycle ride and you will understand: beautiful and iconic structures created in the past for sharecroppers and scattered around farms to house several families, built with the stables at the base and the dovecote at the top, the element that makes them most recognisable. The bucolic landscapes, the expanses of sunflowers and various crops that perfectly design the farms make you feel as if you are suspended in time, in contact with the places and with rural life, appreciating the conservation and care carried out by the farmers. The route begins in the historic centre of **Marciano della Chiana** and continues through small hamlets to the **Temple of Santo Stefano alla Vittoria**. The building was commissioned by Grand Duke **Cosimo I de' Medici**, a monumental edifice of important historical and artistic value, the construction of which is attributed to **Giorgio Vasari**. Not to be missed is the **Castle of Montecchio Vesponi**, one of the most interesting castles in the province of Arezzo and one of the most beautiful in Tuscany, in the village of **Castiglion Fiorentino**, with its fortress, **Cassero**, the highest point of the village, where you can enjoy one of the most beautiful views of Valdichiana.





Tuscany cycling routes

The bicycle as a travelling companion.

The **Atlas of Cycling Routes** recounts the infinite beauty of Tuscany and invites you on a journey of rebirth and discovery. An amazing adventure where the essence of the territories will nourish the soul, revealing the widespread richness of quintessential scenery and landscapes, with your bicycle as your travelling companion. A trip that will centre you in your own being. The journey in Tuscany begins, with longing and desire, from the itineraries of the Atlas, dreaming of new roads and new places, perhaps inspired by that sense of freedom that two-wheelers give, by history, by events, by the idea that you can discover through exploration and plan it all on **VisitTuscany.com**.

Photo credits: Alice Russolo, Paolo Martelli, Enrico Caracciolo, Fabio Beconcini, photographic archive Toscana Promozione Turistica.

Share your adventures

#pedalareintoscana #mytuscanycycling

VisitTuscany.com/cycling



Regione Toscana



TOSCANA
PROMOZIONE TURISTICA