

Discovering the ancient extinct volcano of Tuscany

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VISITTUSCANY



MUSEO DELLA
VITE e del
VINO

L'olivo
sospeso
a

SEGGIANO

CASTEL
del
PIANO

giardino
DI
DANIEL
SPOERRI

MONTE
AMIATA

PARCO MUSEO
MINERARIO

ARCIDOSSO

la PESCHIERA di
SANTA
FIORA

MERIGAR

CANA

CHIESA DELLA
MADONNA
della NEVE

MUSEO DELLE
miniere di
MERCURIO

MONTE
LABBRO

ROCCALBEGNA

RISERVA NATURALE
PIGELLETO

SANTA
CATERINA

RISERVA
NATURALE
BOSCO
dei
RACCONTI

Riserva
naturale

MONTE P



DISCOVERING THE ANCIENT EXTINCT VOLCANO OF TUSCANY

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DISCOVERING THE ANCIENT EXTINCT VOLCANO OF TUSCANY

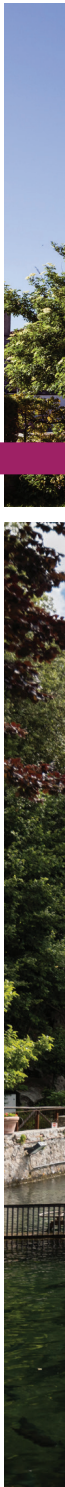
An ancient extinct volcano, between Siena and Grosseto, characterized by small villages, unspoiled nature, and genuine flavors: it is Mount Amiata, a land to discover.

There are 8 municipalities that offer experiences in every season: in **spring** you can experience the “rebirth” of nature; in **summer**, the Beechwood invites you to long and pleasant walks; in **autumn** you will be overwhelmed by the beauty of the fall foliage; in **winter** you will enjoy skiing on snowy slopes or snowshoeing in the woods.

The characteristic villages wait for you to be discovered, there you

can breathe history thanks to the many museums and suggestive **Aldobrandeschi family Fortresses**: Abbazia San Salvatore, Arcidosso, Castel del Piano, Castell’Azzara, Oiancastagnaio, Roccalbegna, Santa Fiora and Seggiano. Do not miss a visit to the **Amiata National Museum and Mining Museum Park** and the **Amiata Wildlife Park**.

Finally, the genuine flavors of an uncontaminated land, where many small farms and dairies produce genuine products, such as the **PDO extra virgin olive oil from Seggiano**, **Montecucco wine**, and **goat cheeses**.





From mountain bike to e-bike: exploring Amiata by bike

The best way to explore Amiata in a sustainable and fun way is by bike: Mountain bikes, e-bikes even regular bicycles. Tuscany's ancient volcano is perfect for adults and children alike.

Amiata Free Ride: the Amiata bike park at Prato delle Macinaie

It is a paradise for mountain bike lovers and one of the largest bike parks in Tuscany. Amiata Free Ride offers Mtb trails for all tastes with downhill, enduro and mountain bike trails that can be used in the rings of the upper part of the mountain and even reached by chairlift or shuttle. For children there is the Fun Park, while the Jump Area Bike School is ideal for beginners and for those who want to improve their skills.

Mountain Bike and e-bike to explore the ancient mountain

Amiata offers a wide range of itineraries throughout the territory, thanks to the dense network of trails, unpaved roads, and trails. The well-trained bikers cannot miss the **Amiata Grand Tour**, a ring that allows you to visit the entire mountain, while there are many routes in the villages of the area to be covered by mountain bike or by the more ecological e-bike, which can be rented in Castel del Piano, Abbadia San Salvatore and Castell'Azzara. Among the newest trails for e-bikes are the **Vie dell'Acqua**: 5 routes to discover the sources of Mount Amiata, between Arcidosso, Castel del Piano, Santa Fiora and Seggiano.

BIKE





Walking up and down the ancient extinct volcano of Tuscany

Explore the largest beech forest in Italy until you reach the top of the mountain or discover lesser-known places, such as the Zancona waterfall and the Grotta del Sassocolato: the paths and itineraries on Mount Amiata are many and suitable for all ages.

TREKING

Mount Amiata ring-route and paths through the villages

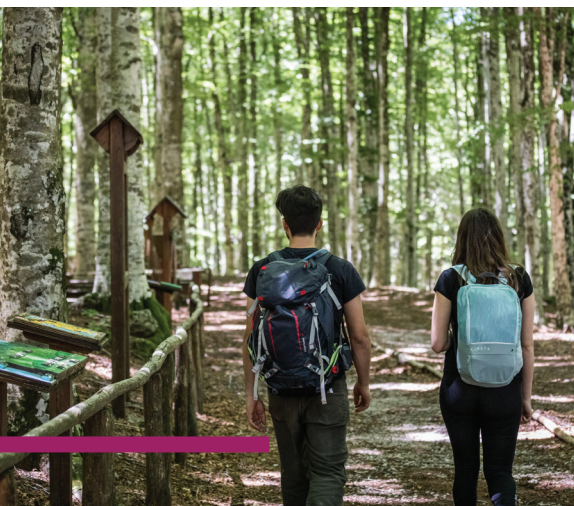
More than 28 km through the beech forest, in a ring-route to explore the mountain: it is the Anello del Monte Amiata. The path winds between 1000 and 1300 meters of altitude, with a little difference in height, through chestnut woods and beech forests. Along the path, there are equipped areas for resting and water sources.

The 8 villages of Amiata are the starting point for many trails: from the 4 ring-routes of Abbadia San Salvatore to the Macchia Faggeta trails, passing through to the ten itineraries from Arcidosso to Mount Labbro, up to the Roccalbegna trails to explore the WWF oasis of Bosco Rocconi and the Pescinello Reserve. Unmissable, in autumn, are the itineraries through the chestnut woods.

Guided tours

Most of Amiata paths are signposted and walked freely. However, if you want to discover alternative itineraries, you can take advantage of the excursions organized by local guides and associations.





Nature and sport in the shadow of the ancient extinct volcano of Tuscany

Skiing and snowboarding in winter, horseback riding in spring and autumn, glamping in summer: if you love outdoor activities, Amiata offers a wide range of activities for adults and children, with family or friends, to be always in contact with nature.

OUTDOOR ACTIVITIES

Skiing and snowshoeing in winter

Over 10 km of slopes to experience on skis and snowboards: in winter the Amiata is a natural gym with **10 km of Alpine and Nordic ski slopes** and 6 ski lifts that can be enjoyed purchasing the Amiata Skipass. If, on the other hand, you prefer to relax with a walk in the woods, nothing better than a snowshoe hike.

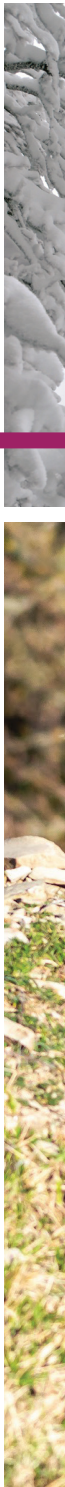
Oasis and nature reserves in summer

Animal lovers cannot miss a visit to the **Mount Amiata Wildlife Park**, in Arcidosso, where protected animals live in freedom. There are many naturalistic areas of the mountain: **the Pescinello nature reserve, the Pigelleto reserve, the Rocconi reserve, and the Mount Penna reserve.** The

botanical heritage of Amiata can be discovered by visiting **the Botanical Garden of Fonte Magria.**

Outdoor activities all year round

Do you love sports in contact with nature? Adventure parks, cave exploration, horseback riding, and sport fishing wait for you. **Indiana Park Amiata** is the adventure park of Mount Amiata, in Castel del Piano, a unique setting on 2 hectares of wood. There are also many equestrian centers for long walks, while for those who want to live immersive experiences it is possible to stay at **Glamping Zancona**, in Arcidosso. Finally, in Seggiano you will find the **Sport Fishing Lake** with carp and sturgeon.





Mercury mines and Mount Amiata National Park

The history of Amiata is carved in stone. The extraction of cinnabar from the mid-nineteenth to the mid-twentieth centuries represented great wealth for the mountain but also had important social implications. Today the history of the mines and the miners lives again thanks to the circuit of museums and mining sites of the National Park Mining Museum of Amiata which welcomes thousands of visitors every year.

**MOUNT AMIATA:
NATIONAL PARK,
MUSEUMS AND MINES**

National Park Mining Museum of Amiata

Two mining museums and 4 mines: the itinerary of National Park Mining Museum of Amiata is rich and articulated. It reconstructs the history of the extraction of cinnabar and the production of mercury. The park is located in Piancastagnaio, where the Siele mine is also located, but there are also museums and mines in the municipalities of Abbadia San Salvatore, Santa Fiora, and Castell'Azzara, the latter with the Morone and Cornacchino mines. The visit to the museums and mines is suitable for adults and children alike.

It is possible to visit the park purchasing a special single ticket or the ReMi tourist passport.





From the ancient Aldobrandeschi family fortresses to the museums of art and traditions

The history and culture of Amiata can be experienced today in the Aldobrandeschi family museums and fortresses, suitable for adults and children.

Built by the Aldobrandeschi, the fortresses are now museums and places of culture. Among the main ones are Arcidosso, Piancastagnaio, and Santa Fiora. Although not much remains of the of the Aldobrandesque fortress on the sasso di Roccalbenga, it still worth a visit to admire the entire Albenga Valley from the top.

FORTRESSES AND MUSEUMS

From the Middle Ages to food and wine traditions: the Amiata museums

Among the most important museums of the Amiata region, there is **the Museum of Sacred Art in the Abbey of San Salvatore** which traces its history since the Middle Ages, with its splendid crypt. Not everyone knows, however, that in Arcidosso there is a little piece of Tibet: the **Maco, Museum of Oriental Art and Culture**. Traditions on the sacred mountain are important and a visit to the Focarazza Museum in Santa Caterina (Roccalbegna) provides information about the rituals associated with the fire festival of the same name. Finally,

Amiata is also rich in museums dedicated to typical products, such as **the Oil Museum in Seggiano**,

Modern and contemporary art: from Piero Bonaccina to Daniel Spoerri

Amiata modern and contemporary art blends with nature. In Castel del Piano, Palazzo Nerucci houses paintings, graphics, and sculptures, with a section dedicated to Edo Cei and Piero Bonaccina. Don't miss the visit to the Garden by Daniel Spoerri, in Seggiano: 113 installations by 55 contemporary artists, perfectly integrated with nature.

Discover the cultural sites of Amiata!





Nature, spirituality, and well-being on Mount Amiata

A combination of woods and rocks, in a territory forged by the ancient fire of the volcano: if you are looking for nature and spirituality, Amiata is ready to welcome you.

NATURE AND SPIRITUALITY

Mount Labbro: nature and spirituality

Located on the south-western side of Amiata, in the municipality of Arcidosso, Mount Labbro is surrounded by an aura of true spirituality. Nature reigns supreme thanks to **the Mount Labbro Nature Reserve with the Wildlife Park**. Mount Labbro is also linked to the figure of Davide Lazzaretti: on the top, you can admire the remains of his **Giurisdavidica Tower**.

Merigar West and MACO in Arcidosso

Amiata hosts the **Merigar West**, the first meeting center of the Dzogchen Community, a lay association inspired by Tibetan culture, at the foot of Mount Labbro. In Arcidosso you can also visit the **Maco Museum, Oriental Art and Culture**: over 5000 artifacts including works of art, handicrafts, votive objects, and documents on Tibetan and Himalayan culture.

Forest Bathing in the Amiata Beech Forest

Walking in the woods oxygenates the body and mind: it is the so-called Forest bathing. The Mount Amiata beech forest is the largest in Europe and allows you to immerse yourself in long regenerating hikes in close contact with nature. We suggest walking for at least 3-4 hours every day, in complete relaxation, alternating walking with resting.

Discover the activities to regenerate in Amiata!





Oil, wine, chestnuts, and mushrooms: discover the typical flavors of Amiata

If you love traditional dishes and want to make a vacation that combines art and nature with food and wine, the ancient volcano of Tuscany is ready to welcome you.

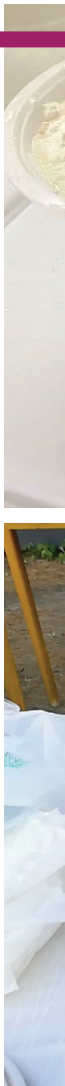
TYPICAL PRODUCTS

Seggiano oil, Montecucco wine, and autumn fruits

Among the most famous Amiata products there are: the Seggiano PDO oil, derived from the processing of the Olivastra di Seggiano, and the Montecucco PDO wine, perhaps the most authentic oenological example of Mount Amiata. Chestnuts, mushrooms, and truffles are the fruits of autumn: in particular, the chestnut is the main ingredient of many recipes such as Castagnaccio cake, Necci (a sort of crepe prepared with chestnut flour), Polenta, and Brodolone, a soup produced only in Piancastagnaio. In this village is held the most famous festival dedicated to chestnuts, the Crastatone.

Cold Cuts and Cheeses of Amiata

Land of shepherds and farmers, the history of Amiata is also linked to the production of particular types of cold cuts, such as **Zia di Maremma**, **Ammazzafegato**, and **Ventricino**, and above all **sheep** and **goat cheeses**. There are many small farms in the area that produce Amiata Pecorino PDO, a goat cheese made from raw milk, Pecorino di Seggiano, an aged cheese made from pure sheep's milk, and yogurt.



Sweet and savory Amiata

If you love sweets and biscuits, Amiata has a lot to offer! Among the typical sweets, there is the Ricciolina of Abbadia San Salvatore, made with chocolate and dried fruit; while the Topi di Castell'Azzara are crescent-shaped sweets, filled with

walnuts, honey, cinnamon, and orange peel. Another typical sweet is the Brecciotto, a cookie with an irregular shape with the flavor of anise and wine, typical of Roccalbegna. Here is also produced the Salted Biscuit, made with an anise flavor.



From traditional Palios to Fire Festivals

Visiting the Amiata villages during traditional festivals is a unique experience to relive the history and culture of the ancient sacred mountain.

FESTIVALS AND TRADITIONS

Palios and historical re-enactments

Among the most important and characteristic re-enactments, there are the Palios. The main one is the **Palio di Castel del Piano**, on September 8th, originating from the 15th century “Fiera di Merci e Bestiame” (Goods and Cattle Fair). No less important is the **Palio di Piancastagnaio**, held on August 18th, in which the 4 districts compete for the “cencio” (cloth). Finally, don’t miss the **Abbadia San Salvatore Census Offer**, which recalls the medieval custom of offering homages and gifts to the abbot of the Abbey of San Salvatore.

Autumn festivals and more

In Autumn Amiata is rich in festivals mainly organized to celebrate chestnuts: from the Arcidosso and Santa Fiora fairs to the Crastatone of Piancastagnaio, the oldest chestnut feast on Mount Amiata. During the year,

also do not miss the **Summer Truffle Festival** in Castell’Azzara and the **Oil Festival**, held at the beginning of December in Seggiano.

The Amiata Fire Festivals

Mount Amiata is famous above all for the re-enactments of the ancient rites linked to fire and the concept of rebirth, which are celebrated between the end of November and December. It begins in Roccalbegna, in the hamlet of Santa Caterina with the **Focarazza**, on November 24th. **The Torches of Abbadia San Salvatore** is instead a millenary and suggestive tradition that illuminates the streets of the historic center, during the night of Christmas Eve. The celebrations end with the **Torchlight procession of Santa Fiora** which anticipates the New Year, with the lighting, on December 30th, of the “carboniere” (large wooden pyres burning).

Discover all festivals and events not to be missed in Amiata!





TOURIST INFORMATION OFFICES - AMIATA

Tourist Information Office of the region are at your disposal if you need information about places of interest, events or even if you want to book excursions in the forest, in the beechwood, or a visit to the Aldobrandeschi family fortresses and to the museums of the territory, and also tasting typical products or maybe to taste typical products.

Tourist infopoints are located in the 8 municipalities of the Amiata region.

For information about the Amiata Tourist Information Offices, please visit our website



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Piancastagnaio
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Tuscany



Amiata

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Find out more at myamiataexperience.com



Comune di
Abbadia
San Salvatore



Comune di
Arcidosso



Comune di
Castel
del Piano



Comune di
Castell'Azzara



Comune di
Piancastagnaio



Comune di
Roccalbegna



Comune di
Santa Fiora



Comune di
Seggiano

In collaboration with:



Regione Toscana

