



# TUSCANY LAND&SEA

## EXPERIENCES TO LIVE

HISTORIC VILLAGES • MARINAS • HISTORY • ART • LANDSCAPE •  
SEA DEPTH • CAVES • FOOD AND WINE



**Tuscany**  
**Land&Sea,**  
experiences  
to live...



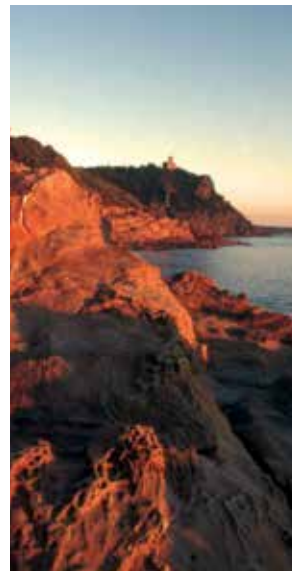


# Tuscany Land&Sea, experiences to live...

  
**COSTA TOSCANA**  
*tesori di mare, tesori di terra*

  
**ISOLE TOSCANE**  
*tesori di mare, tesori di terra*

*Vivila!*



Apuan coast	7
Versilia	23
Pisan coast	41
Etruscan coast	55
Maremma coast	85
Tuscan Archipelago	105

Itineraries by bike, on horseback, on foot, in the depths of the sea and in the caves, among beaches, cliffs, old villages, art and breathtaking landscapes, authentic tastes and ancient traditions, historical places: unique experiences for who want to live unforgettable moments on the Tuscan Coast and in the islands of the Tuscan Archipelago!  
Have a nice trip!

The information and maps in this guide are purely indicative.

Before tackling the marked routes, we invite you to acquire more detailed and updated information, and the necessary authorizations for the safe use of the paths through an authorized guide if needed.

We are not responsible for damage to any personal belongings or third parties resulting from incorrect use of the trails.



For further information:  
[www.visittuscany.com](http://www.visittuscany.com)



The Stele Statues found in the territory of the Historical Lunigiana



# Apuan Coastline



**The** two hearts of the territory of Massa-Carrara, between sea and land, are visible as soon as you turn your back to the coast: the mountains which stand out in front of you are not just any mountains, they are Alps. The blue sea, the sandy golden beach, the coast punctuated by seaside resorts with a beautiful waterfront and secular pine forests, and over them the sharp peaks of the Apuan Alps, one of the largest karst masses in the world climbing to almost 2,000 m.

After just a few kilometres along the winding road that climbs up the slopes of the Apuan Alps, leaving the coastal plains behind you, a charming and unexpected view unfolds before your eyes... the entire coastline between Versilia, in the province of Lucca, and the Gulf of La Spezia. The marble mining industry has had a profound effect on the countryside, creating enormous white walls where the precious material is quarried; while during thousands of years, water has eroded deep caves, some opened to the public.

The stone labyrinth symbol of the Via Francigena



At the northern end of Tuscany there is an undiscovered territory, Lunigiana, a border area, enclosed between the Apennines, the Apuan Alps and the Ligurian sea. The great nature value of this valley is backed up by its historical importance, as it is witnessed by the mysterious "statues-stones", ancient humanlike sculptures preserved in the Castle of Piagnaro in Pontremoli.

Fosdinovo Castle in Lunigiana



Do not miss the numerous castles spread out all over the territory, which led to it being given the nickname "land of the hundred castles". One of the most famous is Malaspina Castle in Fosdinovo, located at 550 m of altitude, and from which you can see as far as the coast. However, there are many others worthy of a visit, like the Castles of Malgrate at Villafranca in Lunigiana, Aghinolfi at Montignoso, Castiglione del Terziere at Bagnone and Verrucola at Fivizzano.

Nature itineraries develop within the Tuscan-Emilia Apennines National Park, amongst rocky environments and great meadows, like Prati di Logarghena, where a feast is celebrated in May in honour of the daffodil, which covers the whole meadow in this time of the year.

Mulazzo



Pirli



The quality of this land also comes out in the simple and traditional dishes like testaroli and panigacci (made with flour and water), which, however, require care and passion if you want to prepare them properly.

Going into the Carrara hinterland, along the roads that wind their way between the marble quarries, it is worthwhile stopping off in Colonnata to taste the famous and delicate Lardo di Colonnata (bacon fat), with a good glass of Candia or Vermentino wines.

Carrara



Marble caves in Colonnata



The port of Pietrasanta



Castello dell'Aquila, the highest point of Gagnola village



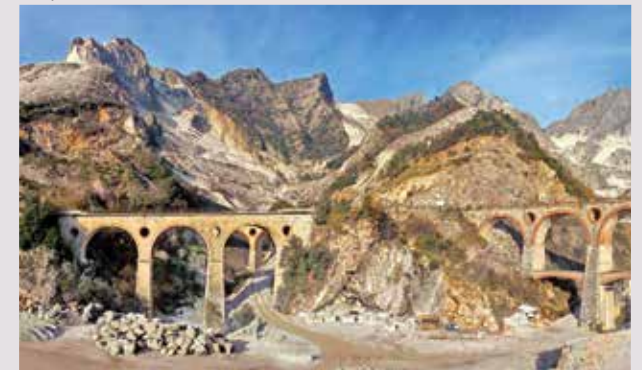
The Lucido Valley



Equi Terme village.



The quarries of Fantiscritti





## CYCLING TOURISM

One of the ways of slowly savouring this superb sea, these valleys and mountains is by visiting them by bike, stopping off every so often to catch your breath and to take a look around you. Here there are two of the several routes you could find

### Among Quarries and Old Noble Residences

Marina di Massa →  
Marina di Massa km 50



#### Route

*Distance:* 50 km with 22 km detour (circular route)

*Time needed:* 4 hours (+ 2 hours detour)

*Elevation gain:* 630 m (detour: 1,300m)

*Altimetry:* min. 4 - max. 630

(detour: min 4 - max 1,261)

*Road surface:* smooth asphalt

(detour: rough asphalt)

*Bicycle:* bike with gears

*Activity level:* medium (detour: hard)

From Marina di Massa follow the seafront in the direction of Marina di Carrara; after the port, take Viale XX Settembre to Carrara. After going through the old centre, take the SS 446 in the direction of Fosdinovo. Then, there is quite a hard uphill stretch, going through the villages of Gragnana and Castelpoggio, with a magnificent view over the Luni, Marinella and Montemarcello plain. The road continues to go up until the Fosdinovo-Campocecina junction,



marking the start of the very difficult detour. Go up to the right to get to Passo della Gabelaccia and then Piazzale dell'Uccelliera, where the breath taking views are a fair reward for the effort. Turn left, following the sign for the Carrara CAI mountain refuge ("rifugio"), and you will quickly arrive at Piazzale delle Statue, the highest point on the route. Go back down the same road and go back to the junction with the SS 446, and from here carry on until Fosdinovo. Having gone through the hamlet, go down towards the sea in the direction of Sarza-



Marble caves in Campocecina

na, passing through Caniparola; then continue along the SP 1 for around one kilometre in the direction of Massa until the junction for Marinella and Fiumaretta. Turn right and take the SP 21 to Marinella di Sarzana; here turn left, and follow the seafront to go back to Marina di Massa.

### History with a sea view: the Lake and the Fortress

Cinquale Montignoso →  
Cinquale Montignoso km 16/30



#### Route

*Distance:* 16 km; 30 km with the detour to Castello Aghinolfi (circular route)

*Time needed:* 2 hours

*Elevation gain:* 200 (detour: medium-hard)

*Altimetry:* min. 0 - max. 200

*Road surface:* asphalt and dirt

*Bicycle:* mountain bike or bike with gears

*Activity level:* easy with medium-hard detour

From the small port of Cinquale, follow the namesake river that flows out of Lake Porta; cross the motorway flyover and turn left when you are in Via Bregoscia. Bear right at the junction with Viale Marina and carry straight on up to the traffic lights at Renella. Here turn right and follow the signs for lake of Porta. This takes you to Casina Mattioli, a pink farm building which is where the circular route around the lake begins. When you get back to the traffic lights at Renella, turn right and head towards Montignoso (hard detour). After the junction, take the road on the right near the cemetery in the direction of Castello Aghinolfi, and turn right at the bridge in Prato to go back up the hill. After reaching the castle on foot, turn left into Via Guadagni. At the junction with Via della Resistenza, turn left to go back to Cinquale.



The Aghinolfi Castle



Lake Porta



## HIKING AND EXPLORING

Apuan Alps mountains range is found in the northern-western end of Tuscany. The complex geological history of these mountains, started 220 millions years ago, can be read in the sequence of rocky layers and the abundance of marble deposits, whose exploitation over the centuries has designed the whole landscape. The Apuan

Alps present large karst examples: there are over 1,300 caves recorded, the major part can be visited only by experts, but three are equipped with public facilities: Grotta del Vento, Antro del Corchia and Grotta di Equi. An exceptional plant variety together with endemic wildlife are specific of this territory, safeguarded and promoted

since 1985 with the birth of a regional park, which includes Regione Toscana, two provinces and sixteen municipalities.

### Antro del Monte Corchia

*Route type:* caving  
*Difficulty:* medium-difficult  
*Starting and arriving point:* Levigliani di Stazzema (LU) 44° 01' 18" N, 10° 17' 07" E  
*Elevation gain:* 43 m  
*Time needed:* 2 h  
*Recommended equipment:* training and comfortable clothing, trekking boots with rigid sole, windbreaker, sweater or fleece  
*Info:* Parco Alpi Apuane guesthouse  
 Levigliani di Stazzema (LU)  
 info@antrocorchia.it

A shuttle bus takes you from Levigliani di Stazzema to Antro del Corchia. An artificial gallery leads to the karst cave and the descent of the Galleria franosa, with the help of steel runways. Huge icicles can be admired during

the route and the Laghetto del Venerdì to the Foresta pietrificata (petrified forest), with bloated brown-grey stalactites and stalagmites. Finally, the high suggestive Galleria delle Stalattiti. It also interesting to visit the Museo della Pietra Piegata and the Miniera dell'Argento Vivo.

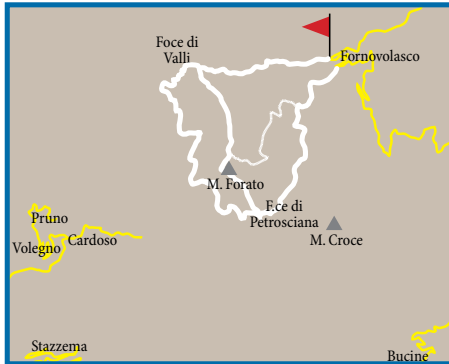


### Naturalistic and geological route

*Route type:* naturalistic and geological  
*Difficulty:* easy  
*Starting and arriving point:* Campocecina di Carrara (MS) 44° 07' 06" N, 10° 07' 23" E  
*Elevation gain:* 150 m  
*Time needed:* 3 h 30'  
*Recommended equipment:* training and comfortable clothing, trekking boots with rigid sole, small backpack, windbreaker, heat, sunglasses and sunscreen, water. Binoculars and spare clothing may be useful.  
*Info:* IAT Garfagnana – Centro Visite Parco Alpi Apuane di Castelnuovo di Garfagnana (LU)  
 garfagnana@tin.it  
 Centro Visite Parco Alpi Apuane di Massa  
 info@parcapuane.it

The educational illustrated route goes through a beautiful beech forest to the Rifugio Carrara. The itinerary continues up to Monte Borla along a panoramic path over the Tyrrhenian and the Ligurian coast, but also on historical marble fields. Descend into the wood to the path CAI 173, which soon leads back to the refuge. The route offers evocative views on the most important peaks of the northern Apuan Alps area, from Pizzo d'Uccello to Pisanino al Sagro: a unique geological kaleidoscope. During spring you can admire the flowering of the Centaurea Montis Borlae, one of the endemic plants of the Apuan Alps.





### Monte Forato circular route

*Route type:* naturalistic

*Difficulty:* medium-easy

*Starting and arriving point:* Fornovolasco di Vergemoli (LU) 44° 01' 41" N, 10° 21' 30" E

*Elevation gain:* 450 m

*Time needed:* about 5 h

*Recommended equipment:* training and comfortable clothing, trekking boots with rigid sole, small backpack, windbreaker, heat, sunglasses and sunscreen, water. Binoculars and spare clothing may be useful.

*Info:* IAT Garfagnana – Centro Visite Parco Alpi Apuane di Castelnuovo di Garfagnana  
garfagnana@tin.it



From Fornovolasco, the CAI 6 path goes up to the Foce di Petroschiana touching the “Tana che Urla” and the Chiesaccia source. From the Foce, the CAI 110 path runs along the ridge, passes near the Monte Forato arch (1,223 m) and reaches the Foce di Valli; the alternative is given by the trail marker CAI 131, which descends slightly in altitude but reaches the same location at the foot of the Pania della Croce. Here the signpost CAI 130 starts and reaches Fornovolasco. For a shorter itinerary, from the Forato go down the trail sign CAI 12 until you reach the CAI 6 and finish the tour at Fornovolasco. Along this route it is possible to sight mouflons.



### Panie circular route

*Route type:* naturalistic

*Difficulty:* hard; during winter up to late spring the route is only for climbers with specific equipment for ice and snow hiking

*Starting and arriving point:* località Piglionico di Molazzana (LU) 44° 03' 06" N, 10° 20' 30" E

*Elevation gain:* 700 m

*Time needed:* 6 h

*Recommended equipment:* training and comfortable clothing, trekking boots with rigid sole, small backpack, windbreaker, heat, sunglasses and sunscreen, water. Binoculars and spare clothing may be useful.

*Info:* IAT Garfagnana – Centro Visite Parco Alpi Apuane di Castelnuovo di Garfagnana  
garfagnana@tin.it



This route, challenging but of extreme beauty, starts from the little church of Piglionico and



follows the CAI 7 path up to the Rifugio CAI Rossi (TN 1h 15'); from where, with another hour of rise (CAI 126 trail) along the Vallone of the Pania della Croce, the “queen of the Apuane” (1,859 m). The trail now descends to the Foce di Mosceta and to the Rifugio CAI Del Freo. From here take the path 9 and, shortly after, the 127 which, bypassing the Pizzo delle Saette, leads back to the starting point.



## DIVING

Diving lovers can explore, starting from the Apuan coast, the beautiful seabed in front of the Gulf of La Spezia.

### Grotta del Tinetto-Isola del Tino (SP)

*Interest:* naturalistic/biological  
*Type of bottom:* sandy with rocky wall  
*Current:* medium south-east/south/west side, weak on the internal side  
*Difficulty:* low, medium with the presence of current or poor visibility  
*Depth:* rock outcropping up to 22 m  
*Location:* Lat. 44.02 – Lng. 9.85  
*Back:* northerly winds

We reach the Isle of Tinetto positioning ourselves on the western side, where we anchor on a muddy seafloor at a depth of about 22 m. We go down the rope to a depth of 15 m and head towards the north wall, keeping it on our right all the time. From the first few metres we can meet schools of two-banded sea-bream and goldline. In the lairs of the walls, there are small morays and crustaceans surrounded by all types of sponges, cereanti and spirograhis; at a depth of 18 metres we start to see red gorgonians which open fan-like along with nudibranchiates and flabellina. About halfway along the itinerary, at 18 m we can see the opening of the cave; the

Tino e Tinetto



large entrance allows us to access inside it. It slowly narrows and gets higher, ending with a flute which reaches the surface in the heart of the islet.

Here we have a pleasant surprise because the flue is open and the sunlight can penetrate inside it creating beautiful plays of colour. The dive ends alongside the wall until we find a cleft which channelling us into it, allows us to slowly rise up. The whole itinerary is completed in about 45 minutes.

Carrara, the Duomo



Malaspina Castle



Marina di Carrara



## THE TERRITORY

### Carrara – Marble world capital

The capital of the Apuo-Versilian stone industrial district, Carrara, is famous for its quarries from which the white marble has been extracted since the pre-Romanesque era. Just arrived in this city, you will be greeted by a unique landscape: the mountains shaped by the quarrymen. A stop at the three marble quarries of Torano, Fantiscritti and Colonnata is very suggestive: along the route of the former Marmifera Railway, visitors make a spectacular journey passing on the Ponti di Vara and inside tunnels dug into the rock. Together with the nearby town of Massa, a territory that extends from the sea to the Apuan Alps, bordering southward with Versilia, eastward with Garfagnana, northward with Reggio Emilia and Parma, north-westward with La Spezia. The history of many villages on the mountain around Carrara is closely linked to agricultural-pastoral activities, as in the case of Castelpoggio. Others have developed according to marble quarrying: from Colonnata to Torano, up

to Bedizzano, which in the 16th century became the summer residence of the powerful Cybo Malaspina family.

The emblem of the municipality of Carrara is the wheel and one of the interpretations of the toponym derives its origin from “Cararia”, or place of the carts, with reference to those on which the blocks of marble were transported. The emblem appears on the facades of many ancient buildings, not least the Duomo, where the wheel is associated with the motto ‘Fortitudo mea in rota’ (my strength is in the wheel). Next to the Duomo is the house of Michelangelo Buonarroti. The original urban nucleus was born around the Parish Church of Sant’Andrea (12th century), now a cathedral, defended in the 13th century by a wall enclosing the fortress and the town hall. The main square is Piazza Alberica, with its 18th century buildings, and the Animosi Theatre behind. In the 19th century, a port was built for shipping and a jetty was connected first to the railway station of Avenza and then to the Marmifera Railway that led

to the quarries. Today the port, in Marina di Carrara, is an important maritime port, specialized in handling natural stones.

### Malaspina di Carrara Castle (11th century) - Academy of Fine Arts

The ancient castle of Carrara is a symbol of the conquered autonomy of the city from the power of the Bishops of Luni. Subsequently, successive transformations have modified the defensive instrument, making it a wonderful noble residence, flanked by the palace of the Prince, erected by Alberico Cybo-Malaspina (16th century). The latter building then became, in 1805, the seat of the Academy of Fine Arts.

Visible only from the outside.

*Info:*  
 lbatini@comune.carrara.ms.it  
 www.accademiacarrara.it

### Marble Civic Museum

Just outside the centre is the Marble Civic Museum, built in 1982 on the initiative of the City of Carrara, which collects and documents the culture of marble, through

Stele statue Museum, in the castle Piagnaro of Pontremoli



an interdisciplinary approach. It is divided into these sections: "Roman archaeology and history of the territory" with precious historical finds found in the quarry; "Marmoteca d'Italia", "Industrial archaeology" with machinery and tools for the extraction and processing of marble from ancient Romans to today; "Technical applications" with examples of art design; "Calchi" with plasters and reproductions of marble icons for substitutive restoration; finally "Modern Sculpture" with works in marble, bronze, wood and other materials.

*Info:* Viale XX Settembre, loc. Stadio, Carrara  
museomarmo@amiatelfree.it

#### Marina di Carrara

The town of Marina di Carrara extends along the sea at 7 km from the centre of Carrara. Modern and dynamic, rich in pinewoods and green spaces, it is a famous tourist destination with a bathing area and seaside resorts.

#### Moneta: village and castle

The first certain news of the existence of Moneta dates back to 1035. The village was part of a complex system of defence and control of the valley of the Carrione stream. Since these func-

tions have been lost, its inhabitants, who then moved towards the underlying village of Fossola, abandoned the site. The decline was completed at the beginning of the 19th century. From the remains of the 16th century church of San Giovanni, a vault door leads into the heart of the walled hamlet and a path allows you to skirt the remains of towers, walls and ramparts.

#### Avenza and the Tower of Castruccio Castracani

The village of Avenza is documented starting from the 1000, even if an older presence is not excluded. The strategic location on the transit routes favoured its development. In this context, the construction of the fortification by Castruccio Castracani should be placed at the beginning of the 14th century. Perhaps this famous chieftain makes pre-existing structures expand, but it is certain that the current tower dates back to the period of his presence.

#### Fosdinovo, precious village

In the streets of Fosdinovo, which dominate the plain of Val di Magra and Luni, one breathes the air of a borderland, halfway between sea and mountains. Do not miss the castle, one of the most important

Massa



on the plain of Luni. Fief of one of the branches of the Malaspina of Ramo Fiorito, from the 14th to the 18th century, this village has considerable historical and architectural importance. Its fortress, which almost blends with the sandstone rock, was built since the second half of the 12th century. Today the castle is a museum, a cultural centre and also houses a small bed and breakfast. Also worth seeing is the Parish Church of San Remigio (13th century) and the Oratorio of the Compagnia dei Bianchi (16th century).

Outside the centre, instead, the audiovisual Museum of Resistance, dedicated to a fundamental piece of history for this area. *Info:* www.comune.fosdinovo.ms.it

#### Apuan Park

The Apuan Alps have unique geo-morphological and naturalistic features: the chain develops for about 60 km along the Tyrrhenian Sea coast in the areas of Versilia, Lunigiana and Garfagnana, and are known for the beauty of their marbles and the deep abysses, the karstic subsoil great cavities and for the different nature of the rocks that determine the presence of various and contrasting environments. In the park,

among other things, do not miss the medieval village of Casola in Lunigiana and the Museo del Territorio di Alta Valle Aulella; Equi Terme (Fivizzano) with caves and baths, the Solco d'Equi canyon, Vinca village and valley; the town of Colonnata in Carrara, the marble basin and the Fantascritti quarry and museum.

*Info:* Via Corrado del Greco, 11 55047 Seravezza (LU)  
www.parcapuane.it

#### Marina di Carrara

Marina di Carrara, a town of considerable tourist interest, has been a forge of champions who have distinguished themselves on the regatta fields all over the world, thanks also to its Nautical Club. Among them there are Luca Santella, the Chieffi brothers and Paolo Bottari. The urban furniture of Piazza Menconi, completely paved in marble and with a splendid fountain, is very beautiful.

#### Marina di Massa

Already famous in the early 20th century, Marina di Massa became the seat of some aristocratic villas, built according to the Liberty style then in vogue. Among the most significant there are Villa Corsi, Villa Doria and Villa Franca. In 2009, Piazza Bad Kissingen,

Fosdinovo



symbol of the twinning with the German city, has been completely restored and offers the tourist the beautiful marble monument «Le Vele» realized on a sketch by Pietro Castagna.

#### Ronchi and Poveromo

Ronchi and Poveromo welcomed elegant villas surrounded by vast pine forests and even pensions for elite tourism. «Here - says the Italian writer Alberto Moravia - *I feel, at the same time, protected and dilated. The Apuans and the memories defend me from the infinite; the sea, on the other hand, is the metaphor of an infinite openness*».

#### Cinquale di Montignoso

Cinquale has always been a destination for illustrious personalities and artists of all time, such as Enrico Pea, Gabriele D'Annunzio and painters such as Carlo Carrà and Mino Maccari who lived and found inspiration here.

The characteristic port, which houses over two hundred berths, offers a beautiful view of the Apuan Mountains. On the waterfront the monument to the Gothic Line recalls the bloody battles of the Second World War. Going up the Versilia River you reach the protected natural area of the Lago di Porta, a very interesting coastal

wetland managed by WWF and Legambiente.

#### Massa

Built along the consular road Aemilia Scauri that led from Pisa to Luni, Massa remained for a long time under the Lordship of the Marquess Malaspina, becoming in the 16th century Massa Cybea, from the name of the Genoese family that succeeded the Malaspina family. In the 19th century, after being annexed to the Duchy of Modena, it was referred to as Massa Ducale. The birth and development of seaside tourism took place at the end of the 19th century, drawing a different structure of the city with a new urban nucleus along the coast, today's Marina di Massa. Do not miss the majestic Palazzo Ducale (16th century), the Cathedral Church SS. Pietro and Francesco (14th century), the Church Madonna del Carmine (16th century), the Diocesan Museum of Sacred Art, the Malaspina Castle, the Apuan Ethnological Museum, the Church of S. Leonardo al Frigido. Outside the center, the upstream villages are a destination for delicious daily walks. Do not miss the Pian del Fioba Botanical Garden and the WWF Environmental Education Center.





### GASTRONOMY

Some typical dishes of the local cuisine are the taglierini in the beans, the meat tordelli with ragout and the lasagne intordellate. Also well known is the rice cake, in its several variations. Among Carrara's proposals there is the famous lardo di Colonnata (bacon fat), flavored with the aromas of the Apuane and a mixture of spices, seasoned and preserved in the typical basins of "Canaloni marble".



### Testaroli

Typical dish par excellence of both the northern coast of Tuscany and Lunigiana, testaroli are now well known and appreciated. Born as a poor dish of rural tradition, today they are a Slow-food presidium. It is pasta (made with water, wheat flour, salt) prepared in the "testi", earthenware pots or cast iron that retain heat like a real oven. The dough cooked in the text becomes the testarolo, a porous pasta disk to be cut into lozenges and heated for a few seconds in boiling water. It is seasoned with oil and cheese or with Ligurian pesto.

### Bagna Verde

A real "border" dish; it is a dressing for the pasta with mussels and clams from the area of Fiumaretta, a small village in front of Bocca di Magra. It is still Tuscany, but Ligurian influences are felt. There is not a real recipe, because every family and every restaurateur has made variations to their taste. Once it was prepared for fishermen who went out to sea for long fishing trips. Clams and mussels are amalgamated with extra virgin olive oil, garlic and parsley, a sort of "pesto" with sea flavors.

### Marinated cod

Marinated cod is a great classic of Carrara from the first post-war period. It was the basic dish for those who worked in a quarry and today is proposed again among the forgotten flavors. At the end of the working day, the quarrymen found themselves in the taverns, where the marinated cod accompanied wine, trump and chatters before returning home. The cod, cooked in vinegar and rich in garlic, stimulated the appetite and the desire to drink. Today it is a "learned" dish in the menu of those who want to rediscover ancient traditions



# Versilia



**From** sea to lakes, passing through hills and mountains, Versilia is a chameleonic territory, suitable for trips and excursions in any season, thanks to its mild climate and the numerous facilities for leisure time. It is an ideal stop for families looking for the comfort of its seaside resorts and promenades, for those looking for sports activities, but also for those who want to have fun, including bars, restaurants and shopping. This region, which stretches for about 160 km, is set between the Apuan Alps and the sea and includes the Municipalities of Forte dei Marmi and Pietrasanta on the coast, Stazzema and Seravezza in the mountain area (also called Alta Versilia), and today also Viareggio, Massarosa and Camaiore. The history of seaside tourism was born in Versilia. In fact, already in the second half of the 19th century, the first “baths” were built. Besides the sea, its proximity to important cities of art and the Apuan Alps, makes the difference for tourists. The Migliarino-San Rossore-Massaciuccoli Park, with its various environments and easily accessible paths, is one of the favorite attractions for families with small children.

Massaciucoli a Torre del Lago Puccini



Viareggio Carnival



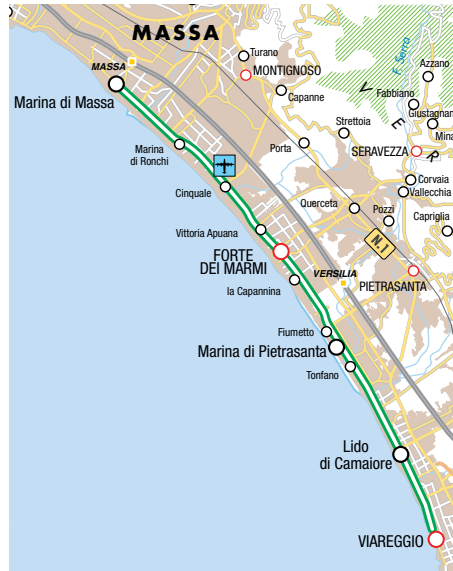
Carducci's bust. The family home of the famous Italian poet is in Valdicastello, a small town in the municipality of Pietrasanta





Many cycling routes in Versilia connect the most famous tourist destinations offering everyone a pleasant alternative to a day at sea. From Viareggio, along the cycle path and the avenues of the Migliarino-San Rossore-Massaciuccoli Regional Park, you can reach Torre del Lago, where Giacomo Puccini built his residence, now turned into a museum. The most expert can “climb” Alta Versilia places starting from Seravezza, the “gate” to Apuan Alps Park, with its marble basins, for example Monte Altissimo, and its hamlets including La Cappella with San Martino parish Church and its rose window called “Eye of Michelangelo”. Guided tours of the park are arranged throughout the year. An itinerary that starts from Massarosa will introduce you to Pieve a Elici, where you can admire San Pantaleone church, an example of Romanesque architecture, with such perfect acoustics to host yearly a chamber music festival.

The hills of Camaiore are a true paradise for hikers and history and art lovers. Also noteworthy are the places of faith such as the Camaiore Parish Church, prehistoric sites such as Grotta all’Onda and villages with ancient traditions such as Gombitelli, known for nails craftsmanship and the particular language spoken.



**Along the Seafront from Viareggio to Marina di Massa**

Viareggio →  
Marina di Massa km 23



**Route**

- Distance:* 23 km
- Time needed:* 1 hour
- Elevation gain:* 0
- Altimetry:* 0
- Road surface:* cycle path and asphalt
- Bicycle:* mountain or city bike
- Activity level:* easy



Alpi Apuane

Forte dei Marmi, the famous pier



From the Viareggio seafront, take the “Fausto Coppi” cycle path towards Lido di Camaiore. On the right there are numerous Liberty-style hotels and on the left seafront bathing establishments, many of which preserve their early 1900s architecture. At the end of the cycle path, go left across the walkway over Fossa Abate and continue on the Lido di Camaiore cycle path up to the traffic lights. Here cross over Viale Colombo to get to the cycle path on the right that will take you up to the end of Secco (Lido di Camaiore). From Focette (Marina di Pietrasanta), near to the famous venue “La

Viareggio



Bussola” carry on into Viale Roma. This takes you through the centre of Tonfano (Marina di Pietrasanta) where there is another stretch of cycle path on the left. Follow this path until the end of Fiumetto (Marina di Pietrasanta). Carry straight on; at the entrance to Vittoria Apuana (Forte dei Marmi) leave the pier to the left to find the cycle path. There are lidos alongside the path all the way to Cinquale, followed by some free stretches of sand. The cycle path taking you through Ronchi and Poveromo to Marina di Massa is to the right of the sign indicating the start of the Province of Massa.

**Viareggio  
Marina di Vecchiano  
Bocca di Serchio  
Torre del Lago Puccini**



**Route**

*Distance:* 20 km (circular route)  
*Time needed:* 1 hour  
*Elevation gain:* 0  
*Altimetry:* 0  
*Road surface:* asphalt, dirt and cycle path  
*Activity level:* easy

From the Viareggio seafront, take the “Faus-to Coppi” cycle path south to the Burlamacca channel. Then go left into Via R. Pilo until Piazza Manzoni; here turn right and cross the bridge to get to Via Oberdan, which you follow until Viale dei Tigli: you are in the pine wood known as the Macchia Lucchese or Pineta di Levante, inside the Migliarino-San Rossore-Massaciuccoli Regional Park. Continue along the Viale dei Tigli cycle path towards Torre del Lago: halfway along you will see the gate for Villa Borbone, built on request of Marie Louise of Bourbon, Duchess of Lucca. At the end of the avenue, follow the cycle path to the right that goes inside the pinewood, parallel to Viale Kennedy, leading to Marina di Torre del Lago Puccini. About 300 m before the round-



about, cross Viale Kennedy, and take the quite wide dirt road leading to Marina di Vecchiano, where a small round wooden terrace marks the centre with wooden benches and information boards on the various plants, animals and dunes in the park. We are on the edge of the land of around 3,000 hectares, reaching as far as the sea, which belongs to the family of Duca Salviati. If you continue along the tarmac road, you can reach a beautiful landscape with immense cultivated fields; while if you carry on south on the dirt road, after a few kilometres



Viareggio



Bocca di Serchio

Massaciuccoli Lake

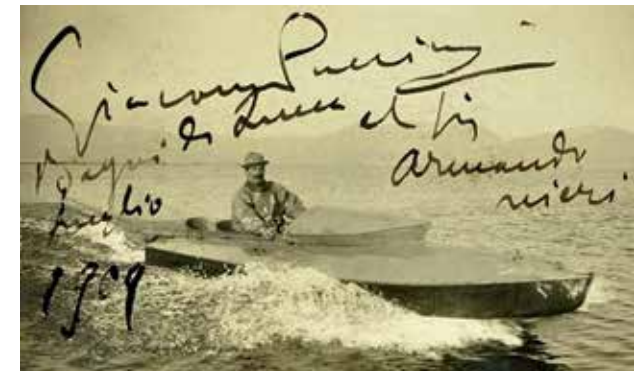


you get to the mouth of the Serchio river, Bocca di Serchio, where the fishermen’s boats sailing on the waters create a magical sight. On the way back to Marina di Vecchiano, we head towards Torre del Lago Puccini. Cross Viale Kennedy and, keeping to the right, go along the whole of Viale Europa in Marina di Torre del Lago Puccini. At the end you will come across the barrier dividing Viale Europa and Viareggio’s Marina di Levante, (a large dirt road with holes and stones). Along the avenue there are a series of very good restaurants, while on the

left the beautiful dunes extend as far as the sea, covering more than half of the immense beach. Returning towards Viale dei Tigli we can go back into Viareggio or follow Viale Marconi, which crosses the Via Aurelia (centre of Torre del Lago) and becomes Viale G. Puccini. This takes you to the belvedere on lake Massaciuccoli, the site of the composer Puccini’s villa mausoleum, open all year round.



Two photos of Giacomo Puccini





## HIKING AND EXPLORING

Water is the dominant element of the Migliarino-San Rossore-Massaciuccoli Natural Park. The estate (23 thousand hectares) covers the coast from Viareggio to Livorno, including Massaciuccoli Lake and the Borbone, Migliarino, San Rossore, Tombolo and Coltano estates. Swamps, ponds, ditches, marshes, canals alternate with pinewoods and deciduous forests until they reach

dunes and beaches, whose environmental variety determines an extraordinary biodiversity. Among the animals that inhabit the park, there are numerous mammals and birds; among the plants, some are very rare as the sundew and the periploca. The history has passed from here; its witnesses are the Roman Baths of Massaciuccoli, the Basilica of San Piero a Grado, the Medici Villa

of Coltano, the Savoy residences San Rossore and the nineteenth-century Villa Borbone in Viareggio.

### A walk on water through the woods

*Route type:* historical-naturalistic

*Difficulty:* medium-easy

*Starting and arriving point:* Villa Borbone 43° 50' 36" N, 10° 15' 57" E

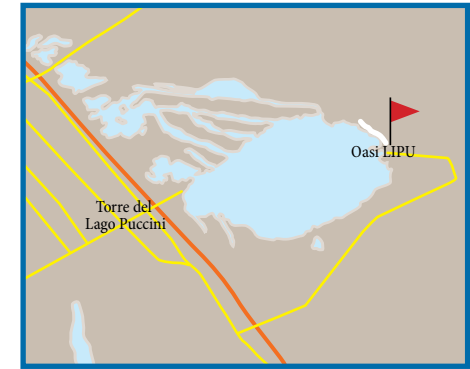
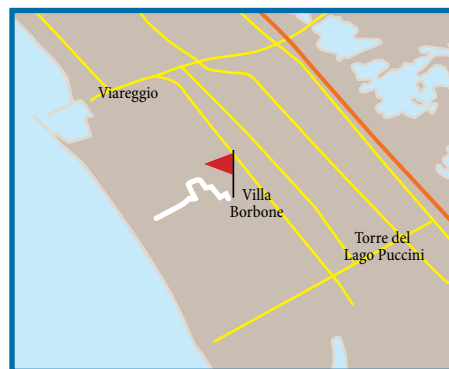
*Elevation gain:* 0

*Time needed:* 3 h (1,5 km)

*Recommended equipment:* trekking boots or sneakers, binoculars, camera.

depressions filled with water in winter, where the deciduous forest reaches its maximum development.

The path that crosses the Lecciona natural reserve is of particular naturalistic value because it allows you to cross all the natural environments, from the forest to the beach, surely the most beautiful of the Park in its natural state. The route starts from Villa Borbone, with a stretch of dirt road and then plunges into the woods. Thanks to the renovation of wooden bridges, between Via delle Viareggine and Via della Sconfinata, the visitor can observe from above the spectacle of the swamps,



### Riserva del Chiarone

*Route type:* historical-naturalistic

*Difficulty:* easy

*Starting and arriving point:* Oasi LIPU Massaciuccoli 43° 50' 10" N, 10° 21' 24" E

*Elevation gain:* 0

*Time needed:* 1 h, beside the stops for birdwatching (about 700 m)

*Recommended equipment:* trekking boots or sneakers, binoculars, not flashy colors clothing, camera.

*Info:* [www.oasilipumassaciuccoli.org](http://www.oasilipumassaciuccoli.org)  
[oasi.massaciuccoli@lipu.it](mailto:oasi.massaciuccoli@lipu.it)

*Special occasions:* Maritime Walking Festival



The itinerary starts from the Massaciuccoli Visitor Center run by Lipu. The naturalistic path inside the Chiarone Nature Reserve winds through reeds and falaschetti and entirely on



The Lecciona beach



A black-winged stilt



stilt walkways. A unique environment where the typical flora and fauna of the swamps can be observed, as well as specimens of Tuffetto (*Tachybaptus ruficollis*), Beccaccino (*Gallinago gallinago*) or the great Osprey (*Pandion haliaetus*). Near the Oasis it is possible to visit the

archaeological area of Massaciuccoli where the remains of a typical Roman Villa can be appreciated (1st-2nd century).



### Bocca di Serchio shoreline

*Route type:* hiking  
*Distance:* about 12 km  
*Difficulty:* easy  
*Elevation gain:* 0  
*Altimetry:* sea level  
*Road surface:* dirt road  
*Time needed:* 8 h (walking), 4 h (cycling)  
*Short description:* park and ride (Marina di Vecchiano, Via del Mare, località "Case di Marina") – mouth of the Serchio River- Marina di Vecchiano Oasis - Marina di Torre del Lago  
*Info:* [dune\\_forte@yahoo.it](mailto:dune_forte@yahoo.it)

a short detour in the interior, along the Bufalina channel, to see the forest (about 1 km); then, back on the beach towards Marina di Vecchiano and from here to the parking on the street. The itinerary allows crossing different types of environments, from woods to dunes, where in autumn you can admire the flowering of the Goldenrod of the beaches, the most precious species of the Park's coast.

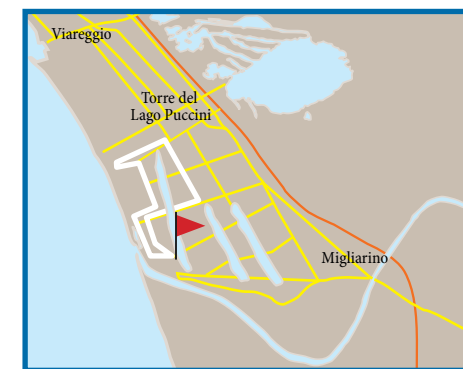
From the park and ride area, flank the Serchio River up to its mouth, and then proceed along the beach towards Marina di Vecchiano seaside oasis. Along the forest road you reach Marina di Torre del Lago. Coming back, there is



Marina di Vecchiano



A European Goldenrod bush



## DIVING

Diving enthusiasts must know that a large group of dolphins lives in the Versilia waters.



## Viareggio dolphins

Many people do not know that the largest group of dolphins (over 100 specimens), which belongs to the *Tursiops truncatus* species, live in Versilia waters. In Viareggio the CE.TU.S. centre – consisting of marine biologists and engineers – has been studying dolphins and whales for years. Since 1998 it has taken school-children out on boats to observe dolphins and conduct research on their distribution and how cetaceans communicate and to organise events. Since 2000 it has offered guided tours to observe dolphins. Since 2004

the CE.TU.S. carries out its activities on a new research sailing catamaran, the “Krill” (12 m x 6.5 m), equipped with scientific material for research, underwater video cameras and hydrophones to record the voices of dolphins. The CE.TU.S. is the first center in Europe to use a sailing catamaran and to be at the forefront for the protection and study of dolphins and whales.

Every year in Viareggio, in the period from April to September, many tourists and sea lovers sail with the biologists of the CE.TU.S., participate in research activities and observe dolphins and whales in their natural environment.

*Info:* CE.TU.S. Research Center on Cetaceans  
[www.cetusresearch.org](http://www.cetusresearch.org)  
[cetus@supereva.it](mailto:cetus@supereva.it)



The Medici Palace of Seravezza



## THE TERRITORY

### “Historical Versilia”

The Versilia definition derives from the namesake river. But it is necessary to explain that there is a “historical Versilia”, different from what can be defined as more tourist, which corresponds to its hydrographic area, including the four northernmost municipalities once crossed by the Versilia river and its tributaries, namely Pietrasanta, the ancient chief town, Forte dei Marmi, Seravezza, Stazzema.

During the last century the course of the Versilia River was artificially diverted to the locality of “Pontaranci” in Pietrasanta, leading it to flow into Cinquale in Montignoso (Ms). From a geographical point of view, “Historical Versilia” extends southward to the Motrone ditch (river’s original mouth), on the border with the municipality of Camaiore, coinciding with the former Capitanato di Pietrasanta. The part of the province of Massa-Carrara

which is currently bathed by the Versilia River does not fall into what is defined as “Versilia Storica”.

### “Marginette” of Camaiore

At 8 km from the coast, Camaiore (Campus Maior in Latin) presents itself as a municipality rich in history and tradition. The heart of the city is represented by Piazza San Bernardino, with the town hall and the collegiate church, mother church of several other in the area. Other points of interest are the Badia di Camaiore, the Parish Church of Santo Stefano and the “Marginette di Camaiore”: various sacred images made as small structures with gabled roofs or in the shape of a shrine. Several events take place throughout the year, such as the solemn procession of “Dead Jesus”, held every three years on Easter Friday.

*Info:* [www.comune.camaiore.lu.it](http://www.comune.camaiore.lu.it)

### Forte dei Marmi, a small fort between shopping and sea

Forte dei Marmi is renowned throughout Italy as a ‘cult’ place for seaside tourism. It takes its name both from the small fort that stands in the center of the city, wanted by the Grand Duke Pietro Leopoldo at the end of the 18<sup>th</sup> century, and from the Apuan Alps marbles, transported to the pier to take the sea route. It offers many possibilities: shopping in its fashion designer boutiques; visiting the small fort which houses the Museum of Satire; the sea, with its seaside resorts or the free beach of Vittoria Apuana where you can admire the typical dunes, protected by WWF.

*Info:*

[www.comune.fortedeimarmi.lu.it](http://www.comune.fortedeimarmi.lu.it)



The port of Viareggio



**Lido di Camaiore:  
4 km of relaxation**

A favorite destination for beach lovers, for its rich choice of well-equipped seaside resorts, Lido di Camaiore is characterized by its golden sandy beach (4 km), bathed by the Ligurian Sea. The most popular promenade of the city is Viale Europa, where most of the resorts, bars, cafes, restaurants and shops are. The symbol of the drive is the Pontile Bellavista Vittoria. Lido's position is ideal to discover the suggestive Tuscan countryside, but also the main art cities.

*Info:*  
[www.comune.camaiore.lu.it](http://www.comune.camaiore.lu.it)

**Massarosa, where nature  
is protagonist**

The Municipality of Massarosa includes hills, villages, plains, olive groves and the namesake lake. According to historians, Massaciuccoli was inhabited even before the Roman occu-

pation: a tangible sign of the attraction this place has since immemorial time. The fortune of this small settlement in Roman times was due to its geographical location, on the shores of the homonymous lake. The remains of Roman buildings are in the wider context of the Migliarino-San Rossore-Massaciuccoli Natural Park. The area of Massaciuccoli Lake is the largest wetland in Tuscany; among the most famous Italian places of ornithological interest since the last century, when the master Giacomo Puccini participated in hunting parties.

*Info:*  
[www.comune.massarosa.lu.gov.it](http://www.comune.massarosa.lu.gov.it)

**Pietrasanta  
and its Marina**

Also known as "Little Athens", Pietrasanta was the capital of historical Versilia and today is an international center for the processing of marble and bronze, a crossroads of sculptors from all

over the world. In the city, a network of underground tunnels and strategic defensive works is also present. Not far, there is locality of Marina di Pietrasanta with its attractions: sea, beach with a hundred of resorts, pine forests and mountains. And also Villa La Versiliana (dating back 1886), former holiday home of famous people including the poet Gabriele D'Annunzio, now a cultural center and meeting place for writers, artists and intellectuals.

**The Medici's Villa  
of Seravezza:  
heritage to be discovered**

The village gives its name to the two main streams that cross the territory, the Vezza (born in the area of Stazzema) and the Serra. Do not miss the Medici's Villa (1560), once summer residence of the Medici family, and municipal seat after the unity of Italy until 1966, today Unesco World Heritage and now occu-

The Puccini Festival, on the stage of Torre del Lago



pied by the Museum of Work and Popular Traditions of Historical Versilia, the municipal library, an historical archive and various exhibitions of modern and contemporary art.

*Info:*  
[www.palazzomediceo.it](http://www.palazzomediceo.it)

**Stazzema  
and the memory  
of Sant'Anna**

Stazzema is part of Alta Versilia, a completely mountainous territory. It is composed of seventeen mountain villages and, among these, Sant'Anna is historically known for being the site of a Nazi massacre during the Second World War. On the Col di Cava stands the monument-ossuary that collects the remains of the victims, crowned by a local stone sculpture, by Vincenzo Gasperetti, depicting a mother clutching her dead daughter to her breast.

*Info:*  
[www.comune.stazzema.lu.it](http://www.comune.stazzema.lu.it)

**Torre del Lago,  
in the sign of Puccini**

Torre del Lago Puccini, a lakeside town not far from Viareggio, owes its name to the presence, in the 15th-16th century, of a tower that stood on the Lake Massaciuccoli. In 1938 Puccini was added to the toponym: it is in fact here that the composer lived and gave life to many of his operas. His residence, Villa Puccini, home to the composer's tomb, stands on the viewpoint of Lake Massaciuccoli and can be visited. Every summer, in July and August, the appointment with the Puccini Festival is repeated, the only one in the world dedicated to the famous composer.

*Info:*  
[www.giacomopuccini.it](http://www.giacomopuccini.it)  
[www.puccinifestival.it](http://www.puccinifestival.it)

**Viareggio**

From 1873, thinking of Viareggio, not only the sea (with its 12 km of beaches) and the internationally important naval shipyard come to mind, but also the Carnival. The city, located on the Tyrrhenian Sea, has 10 km of sandy beaches, and its territory is also wet by Lake Massaciuccoli. The city has lost a significant part of its historical and artistic heritage during the Second World War, but despite this, you can find several interesting examples of Liberty, Deco and Eclectic architectures and monuments, designed and decorated by famous artists such as Galileo Chini, Alfredo Belluomini and Ugo Giusti. The most monumental and most artistic areas of the city are the Promenade and the Avenues to the sea.

Forte dei Marmi, il Forte



Pietrasanta



The Collegiate Church of Santa Maria Assunta, in Camaiore



Viareggio





## GASTRONOMY

### Versilia on the table

Versilia's cuisine expertly mixes the flavors of the sea with those of the mountains. Just think, for example, of recipes such as spelt gratin with fish or prawns and calamari with olive oil and tomato. One of the most ancient dishes are the "cèe in a pan", eels made with garlic and sage, recently reinterpreted with the addition of a lemon zest. This dish was originally prepared with fried eels (known as "cèe"), fished while they were going up the mouth of the river Burlamacca on the side of the Tower Matilde. Today this fishing is forbidden and the little eels on the market come only from breeding. Another local tradition dish are the "sparnocchi with beans", or shrimps prepared with beans, diced tomato, basil leaves, all served with olive oil, salt and pepper.



### The "scarpaccia"

Typical of the area of Camaiore, the "scarpaccia" is a traditional vegetable pie that in this area, unlike the rest of the province, is salty. Still in the area, in Lido di Camaiore, do not miss the risotto with cuttlefish and chard, or the "biroldo", flavored pork salami.

### Cacciucco alla viareggina

The cacciucco (fish soup) in Versilia is presented in a less spicy version than the one of the Livorno area. The difference lies in the fish (of rock in Livorno, of sand in Viareggio), but also in the taste: the cacciucco livornese has a more determined taste because it is done with the sautéed and fish is not taken off; that of Viareggio is more refined, without sautéed and well depleted fish.

### The green gold of Versilia

The olive tree is cultivated in the Province of Lucca since ancient times. Today the extra-virgin olive oil "Lucca Dop", protagonist of the recipes of the province, has important organoleptic and nutritive characteristics. The cultivars that contribute to its formation



Seravezza, Enolia

are Frantoio or Frantoiano up to 90%, Leccino up to 30% and other minor varieties (Pendolino and Maurino) up to 15%. From the end of October to December, olives are harvested. This oil is characterized by its taste (slightly fruity) and its color (golden yellow with green reflections). To taste it, and learn to know it, you can participate to "Enolia", an important event held every year in Seravezza, around April, 25th.



### The Versilia of wine

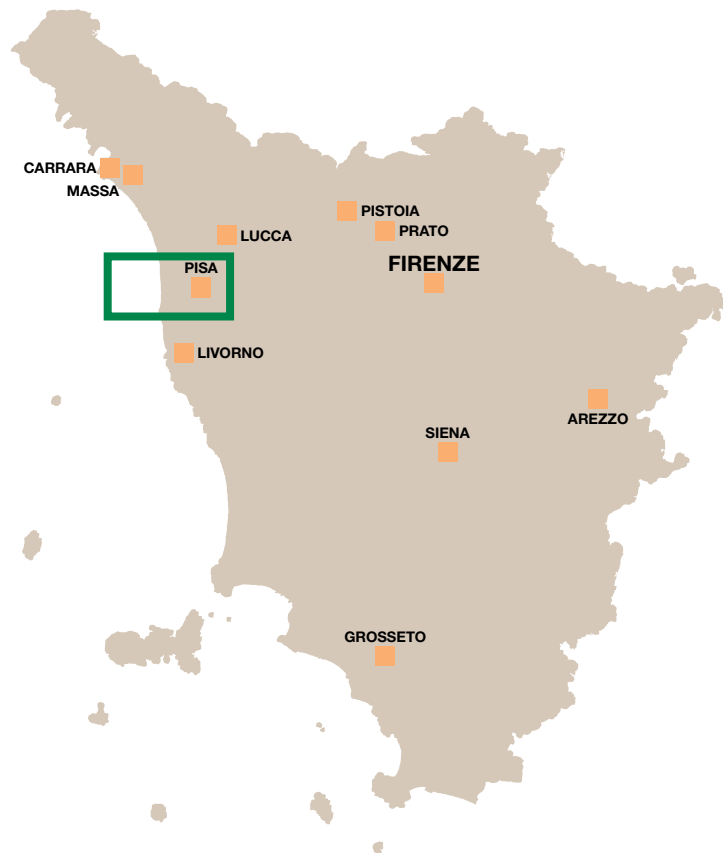
Freshness. This is the word that the wines of Versilia evoke, also due to the wind that dominates this land's vines. Wines range is quite wide: from autochthonous qualities, such as black vermentino, to the one landed in Versilia from Sardinia, ending with more international labels, such as Chardonnay or Merlot. The invitation is to walk through the "Wine and Oil Road of Lucca, Montecarlo and Versilia" to learn about high quality products, appreciate hotels, farms, restaurants and villas of the network's hospitality, visit cities of art and historic villages.

Info: [www.stradavinoeoliolucca.it](http://www.stradavinoeoliolucca.it)





# PISAN COASTLINE



**The** Leaning Tower captures the attention of visitors, but also its province knows how to make its mark thanks to many other places, beautiful from a naturalistic point of view and interesting at historical level. It takes only 30 minutes from Pisa to reach its coastline, with Marina di Pisa, Tirrenia and Calambrone, southward from the Arno River, and Marina di Vecchiano northward, “stuck” in the Migliarino San Rossore Massaciuccoli Regional Natural Park. This coastal strip of the Tyrrhenian Sea constitutes the outlet to the sea of the Municipalities of Pisa, San Giuliano Terme and Vecchiano, and is rich in seaside resorts and beaches.

For nature lovers, there is the Migliarino-San Rossore-Massaciuccoli Regional Park, which covers about 24,000 hectares along the coast between Viareggio and Livorno, where there are some itineraries to explore a beautiful area where it is not difficult to meet deer, venison and fallow.

For mountain lovers, the routes continue from the sea to the top of Monte Serra, the highest peak of the Monti Pisani, from the Arno and Era valleys, crossing nature reserves, ancient Etruscan settlements, medieval fortresses and evocative landscape environments, as Larderello, with its columns of white steam.

At the mouth of the river, known as “Bocca d’Arno”, you can see eels fishing and also artificial islets with wooden buildings and their classic “retoni” (fishing nets). Then, you can observe the scenery of the Apuan Alps, the beach and the scrubland



of the Tenuta di San Rossore. Marina di Pisa is the seaside resort of Pisa, just half an hour away. This center, one of the busiest on the Coast, offers small beaches surrounded by breakwaters and squares where Art Nouveau buildings dictate landscape's rules.

Continuing towards Tirrenia, beaches become wider and wider, immersed in a vast Mediterranean pinewood, surrounded by dunes of great naturalistic importance; it is the Dune di Tirrenia naturalistic oasis, extending up to Calambrone. This area offers sandy beaches, clear sea, vast pine forests, and also facilities for bathing, sports and leisure (from horseback riding to golf, as well as numerous clubs).

Northward from the River Arno's mouth, for fine sand lovers, there is Marina di Vecchiano in the Migliarino-San Rossore-Massaciuccoli

Natural Park, which extends from the mouth of the Serchio to Torre del Lago Puccini, with more than three thousand meters of coastline "populated" by wooden structures, in perfect harmony with this territory nature.

Numerous medieval villages deserve a visit, including Montescudaio, Guardistallo and Casale Marittimo. An unmissable stop, in the hinterland, is Volterra which, thanks to its easily to defend position and the rich mining area around, became one of the most important Etruscan cities from the 4th century B.C. Its old town centre is worth a visit for many reasons: the imposing walls which surround the town, the strolls along the grey-stone streets, the Etruscan Museum Guarnacci and the panoramic views over the surrounding valley. Indeed, around it, the treeless territory is made particularly charming by the pres-



The Pisa Baptistery of St. John



ence of erosion furrows and "biancane", the characteristic white round crests.

Going towards the coast we come across La Sassa, a small medieval town perched on the layers of Poggio al Pruno, at the foot of which starts the famous Viale dei Cipressi, immortalised by Giosuè Carducci in the poem "Davanti San Guido" (Before San Guido), which give an effective idea of the evocative landscape right in front your eyes: "The cypress trees stand straight and true from Bolgheri to San Guido in

double rows..." The avenue takes you to Bolgheri, where the poet lived from 1838 to 1848. The gastronomic offer ranges from fish based dishes to game, without forgetting the famous white truffle of San Miniato and all the recipes where it is protagonist on the table.

Tirrenia



## CYCLING TOURISM

La zona delle colline pisane in generale rappresenta, senza dubbio, un paradiso per tutti gli amanti dei pedali. Tra strade tortuose e panoramiche, alla scoperta di centri ricchi di storia e di cultura, di borghi antichi, di importanti casali ma anche del Parco di San Rossore.



### Cycling in the Park-Guided Tour by bike Cascine Vecchie km 12,50



#### Route

*Distance:* 12,50 km (circular route)

*Time needed:* 2h 30'

*Elevation gain:* flat

*Altimetry:* min. 2 - max. 8

*Road surface:* smooth asphalt and dirt road

*Bicycle:* city bike or mountain bike

*Activity level:* medium-easy

This bike excursion offers the possibility to follow the cycle paths inside the estate, crossing magnificent woods. From Casine Vecchie, pass the hippodrome to reach the bridge over the Morto Nuovo River. Follow the right bank of the river along Via dell'Idrovora, next to cultivated fields, up to the Idrovora pumping station. At the crossroads with Via del Padule dei Fossacci there are some very pretty flood plains. The scenario then opens up to pine woods of Italian pine trees and mesophyll, that is, plants that require a cool and damp climate. On the way back you cross both the Morto Vecchio and the Nuovo rivers, constantly in the shade of the

pine trees. You will be able to hear or see a large amount of wild birds, mainly passerines and woodpeckers, and you may come across groups of fallow deer crossing the meadows. This is where the second itinerary starts from, which reaches Torre Ricciardi and returns on Viale del Gombo.



San Rossore

The Old Dead River, in the San Rossore Park





## HIKING AND EXPLORING

San Rossore Estate visitor center also coordinates the equestrian activities of Equitiamo, ranging from group lessons for adults and children (relating horse, pony and rider in a fun, relaxing and in contact with nature way) to horseback riding for

beginners and experts along paths otherwise closed to the public, to discover the habitat of fallow deer, wild boars, foxes and other animals, guided tours through pastures and stables of the Estate for schools and groups of children and teenagers. Walks

are open both to beginners and experts; children over 14 years old can take part to them.

### Horseback riding in San Rossore Estate

*Route type:* naturalistic

*Distance:* 9 km

*Time needed:* 3 h

*Elevation gain:* 0

*Altimetry:* sea level

*Road surface:* dirt road

*Difficulty:* hard

*Info:* Equitiamo, Centro Equitazione Naturale

Loc. Cascine Vecchie, 11/A

56122 San Rossore (PI)

[www.equitiamo.it](http://www.equitiamo.it), [valeria.gambogi@virgilio.it](mailto:valeria.gambogi@virgilio.it)



San Rossore Park



### WWF oasis on Pisan coastline

*Route type:* exploring

*Difficulty:* medium-easy

*Starting and arriving point:* Oasi WWF Dune Tirrenia 43° 38' 06" N, 10° 17' 28" E

*Elevation gain:* 0

*Time needed:* 8 h

*Recommended Equipment:* trekking shoes, camera

*Info:* Servizio educazione Comitato WWF

Litorale Pisano

[dune\\_forte@yahoo.it](mailto:dune_forte@yahoo.it)

*Special occasions:* Maritime Walking Festival



The route starts from the WWF Oasis Dune di Tirrenia, reaches the beach and along the seafront to Via Bigattiera, which climbs up to Bosco di Cornacchiaia WWF Oasis. Here, with a circular route, you can go the beach of Calambrone and see the dunes, then continue heading north to Tirrenia's oasis. These environments are a perfect example of transitional ecosystems, from beach to coastal plain: from dunes to Mediterranean scrubs, pinewood and mixed forests, characterized by varied vegetation, with numerous dune plants and essences. Two above all: the Greek periploca and the vine.





## Bosco degli Allori: between history and nature

*Route type:* historical-naturalistic

*Difficulty:* easy

*Starting and arriving point:* Villa Medicea 43° 38' 22" N, 10° 23' 40" E

*Elevation gain:* 0

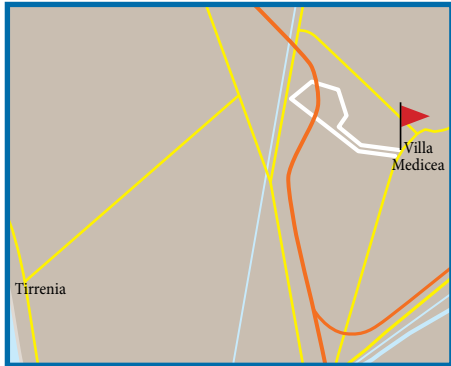
*Time needed:* 1 h

*Recommended Equipment:* trekking shoes or sneakers, camera

*Info:* Centro di didattica ambientale Coltano  
didattica@terredicolano.it

*Special occasions:* Maritime Walking Festival

The starts from the historical Tenuta di Coltano, an ancient Medici's estate, a small agricultural village inhabited in the past by the Medici family, the Lorena family, Guglielmo Marconi and the Coltano laborers. Starting from here, you



Cinciallegra



can reach the small Bosco degli Allori, between the highway, the Aurelia state road and the railway. This area has a relevant botanical value for its unusual mesophyll vegetation: a thick forest of laurel, white hornbeam and Turkey oak.



## DIVING

### The Ancient Ships of Pisa

The Pisa area is washed by a limited arm of the sea with no marine sites of particular interest to deep-sea diving, even if there are several divers who are in operation most of the year. However, the area features a site of extraordinary archaeological significance that is no doubt capable of arousing strong emotions, even in scuba divers.

It is the Site of the Ancient Ships of Pisa, which were brought to light while the Pisa San Rossore railway station was under renovation in 1998. In a few months, 16 ancient Roman shipwrecks were unearthed (the number has now risen to approximately 30, including whole or partially preserved hulls) swept away centuries ago by furious floods. The site is now equipped with a laboratory, which is unique in Europe, for the treatment and restoration of wet wood, and with other laboratories for ceramics and for chemical and geological surveys. The site of the Ancient Ships of Pisa is a few minutes away from famous Piazza dei Miracoli. The vessels, transport ships and riverboats, are perfectly preserved thanks to the particular situation of complete lack of oxygen and the presence of underground water tables. Much of the cargo of these ships, amphorae and vases, has been recovered. Moreover, from the in-depth studies, it has also been possible to trace valid hypotheses on the area of origin of the ships, arriving from several parts of the Mediterranean such as Gallia, Campania and the Adriatic.

*Info:* The Ancient Ships of Pisa – Site of the Ancient Ships and Wet Wood Restoration Center

Via Ranuccio Bianchi Bandinelli

(ex Via Andrea Pisano, 64D)

Only guided tours

[www.cantierenavipisa.it](http://www.cantierenavipisa.it)

[info@coidra.it](mailto:info@coidra.it)

The Pisa's Ancient Ships





Nicola Pisano pulpit in the baptistry of Pisa



Marina di Pisa, breakwaters



Marina di Pisa



Montecatini Val di Cecina, the 14th-century Palazzo Pretorio



## THE TERRITORY

### Pisa - From the Leaning Tower onwards

From the 12th century until today Pisa has become the city of the "Leaning Tower" or the Cathedral bell tower inclined by 4 degrees. Because of construction difficulties, also due the sandy and clayey soil, its building has continued over two centuries (in three different phases of work). The ground has slightly yielded below, causing it to tilt several degrees for many years, until it stopped after the restoration works completed in the early 21st century. The construction continued until its completion in 1350, reaching a height of about 56 meters and a weight of 14.523 tons, managing to remain in balance because the vertical passing through the center of gravity falls within the support base. This monument, now become an attraction for tourists from all over the world, is placed in the context of the Piazza dei Miracoli, Unesco Heritage



The Leaning Tower of Pisa

of Humanity, where there is the Duomo, or the Cathedral and the Baptistery.

Pisa was an important maritime city that between the 11th and 12th centuries expanded its businesses and its conquests. In fact, the most important buildings of the city date back to this period.

The historic part of Pisa is enclosed in the ancient walls and can therefore be covered walking, while you can admire many ancient buildings: for example Palazzo delle Vedove, on the corner between Via Santa Maria and Via Trento. On the Lungarno we find Palazzo Reale, a medieval style building that housed the Caetani patrician family and later the Medici, Lorena and Savoy families, today the seat of the National Museum of the Royal Palace. Here is conserved the original telescope of Galileo Galilei, together with his studies on the planets he discovered. Absolutely to do is the circular route along the river. Among the squares, it is worth visiting the Vettovaglie, once called piazza dei Porci, because it was a place for trade in agricultural products such as cereals, cheese, oil and cured meats. Even today it is a

market that attracts visitors for its colors and atmospheres.

### Marina di Vecchiano: a coast in the green

More than three thousand meters of coastline, with fine sand and wooden structures, respecting nature. This is how Marina di Vecchiano appears in the Migliarino-San Rossore-Massaciuccoli Natural Park, which extends from the mouth of the Serchio River to Torre del Lago Puccini. The Macchia di Migliarino, preceded by the amber dunes rich in typical Mediterranean vegetation, dominates the beach with its green. It is the ideal place for walking and horseback riding excursions, long walks in nature, among parish churches, churches, fortresses and castles.

### Marina di Pisa: sea and leisure

It is one of the busiest centers of the Pisan coastline and offers small beaches, sandy and gravelly, surrounded by breakwaters. Southwards, the beach becomes larger with seaside resorts, tourist activities and squares characterized by Art Nouveau buildings. At the mouth of the Arno River, "Boccardarno", there

is the marina, which has 344 berths. Numerous opportunities to have fun and entertain yourself: clubs, hiking or horseback riding in the pine forest behind the town. Moreover, motorboat tours from Boccardarno towards Cinque Terre and the Capraia and Elba islands.

The "blue" of Tirrenia

It boasts the European Blue Flag award and Legambiente classified it with two "sails". It is Tirrenia, five kilometers southwards Marina di Pisa, built in the Thirties and today a modern seaside resort surrounded by a vast pine forest. There are numerous facilities for bathing, sports and leisure, but also clubs and accommodations. Eastwards there is the Tombolo pine forest, within the boundaries of the Migliarino-San Rossore-Massaciuccoli Regional Natural Park.

### Calambrone, strategic location

Calambrone is far from the chaos and crowded beaches, southwards, on the border with Livorno. Its proximity to the important commercial merchant port and boarding place for Tuscan islands make it a strategic stop. Various are the hypotheses on the mean-



The old real stables in San Rossore estate



ing and origin of the name. It is thought that it derives from a contraction of the most classic denomination of the area, precisely Cala Labronis that is "Cala di Labrone", for an alleged temple in the nearby hills dedicated to "Hercules Labrone". Another hypothesis is that it derives from an Etruscan noun, Latinized "in labrum" that is the sea shore.

### San Giuliano: thermal baths, culture and sport

San Giuliano Terme extends from the Monte Pisano massif to the sea. This Municipality offers opportunities for cultural and naturalistic interests, thanks to the Migliarino-San Rossore-Massaciuccoli Regional Park, which includes a large plain area, reaching the sea. In addition, for the sportier ones, you can practice paragliding and hang gliding at the village of Rigoli in the Serchio valley, while excursions and walks are organized by hiking associations present in the territory.



### GASTRONOMY Between sea and mountains

Genuine and simple food, as for all traditional Tuscan cuisine, these are the dishes that can be found on a table in Pisa. The cuisine of this part of Tuscany is influenced by the surrounding hills,

for game, in particular wild boar, and the coastal part, for fish. Among typical dishes, the pecorino cheese of the Migliarino-San Rossore Massaciuccoli Park, the Pecorino Pisano, the Mallegato Pisano, a spicy ovoid sausage. In the lowland areas cereals and sugar

beets are grown; while in the areas of Volterra there are mainly grapevines and olive trees. To be remembered: the "mora" courgette, the artichoke of San Miniato, tomatoes ("pisanello" and "costoluto fiorentino"), Tuscan cauliflower, legumes (peas, chickpeas and beans). In the province of Pisa there are also the cherry of Lari, peaches, the "Colombana" grapes of Peccioli, watermelons and melons of Bientina. Also worthy of mention is the San Rossore pine nuts.

### Mucco Pisano

If one thinks of a dish to be savored in the Pisan territory, one cannot fail to mention the ravioli with Pisan meat ragout. Also called "black cow" it is one of the few examples of a cattle called to the masculine. Also known as the "Pisan breed", it is celebrated in the traditional cuisine for its particular flavor and texture; it is a local breed at risk of extinction.



### Pisan wine and oil labels

Among the Pisan wines, worthy of note are certainly the Chianti delle Colline Pisane Docg, the Bianco Pisano of San Torpè, the Vin Santo of San Torpè and the Montescudaio DOC. Among the precious oils, Frantoio, Mignola and Gremignolo.

### Last but not least

Also try the typical sweetness of this area, such as the Torta co' bischeri (sweet pastry filled with chocolate), the Kinzica (with pine nuts paste, powdered sugar and whole pine nuts) or the Easter cake.

### Pisan wine and oil labels

Among the Pisan wines, Chianti delle Colline Pisane Docg, Bianco Pisano di San Torpè, Vin Santo

di San Torpè and Montescudaio DOC are worthy of mention. Among the best olive oils, you can find Frantoio, Mignola and Gremignolo.

### Dulcis in fundo...

It is also indispensable to try the typical sweet treats of this area, like the "Torta co' bischeri" (a pie filled with chocolate), the "Kinzica" (a pudding made with pine-nut pastry and dusted with icing sugar) or the typical Easter cake, the "schiacciata di Pasqua", a fluffy, sweet bread scented with the aroma of aniseed.





# ETRUSCAN COAST



**W**here wild nature meets tree-lined avenues, sea and medieval villages, well, you have arrived on the Etruscan coast. And it is not difficult to imagine how this landscape managed to influence the paintings of the Macchiaioli, the music of Mascagni and the poetry of Carducci. Along the over 90 km of coast we come across coastal resorts steeped in the green of pine wood and beaches lapped by a clear sea. On over 20% of the territory there are parks, natural havens and fauna reserves: the WWF Reserve of Bolgheri, the Magona Park, the Orti-Bottagone Reserve and the Flora and Fauna Reserve of Rimigliano are just some of the protected areas which make up the natural heritage of the Costa degli Etruschi (Etruscan Coast).

With the splendid backdrop of the Gulf of Baratti, one of the largest Etruscan necropolises and in the nearby Archeomineral Park of San Silvestro, one can discover the mining past of this land, with numerous paths amongst the ancient quarries and remains of the 20th century mining railways.

The inland roads are lined by olive and vine groves, from which the D.O.C. Bolgheri, Val di Cornia and Terratico di Bibbona wines, as well as excellent wines including the so-called "Super-tuscan" Sassicaia and Ornellaia, are obtained; travelling along these roads we reach the medieval towns perched on the top of hills like Castagneto Carducci and Suvereto, that gets its name from the cork plant (sughero) grown in the valley of the river Cornia.

Castel Boccale, Livorno



There is much more to do in Castiglioncello beyond enjoying the relaxation of the sea, such as visiting the medieval castle Modigliano, built by the Counts Guidi, and the Medici watchtower. You cannot leave this corner of Tuscany without going along the suggestive cypress avenue of Bolgheri, sung by Carducci. The town center, formed around the Rocca di Gherardi della Gherardesca, dates back to medieval times and its charm is also due to the Castello di Bolgheri. Also in Rosignano Marittimo it is possible to admire a typically medieval castle and a cultural visit is also possible in Populonia, starting from its archaeological park. Then there are other places on the Etruscan Coast, like Campiglia, but also Bibbona deserves a stop. Inland, green also dominates Sassetta, surrounded by chestnut

and Mediterranean woods. On the coast there is the main center of Val di Cornia, Piombino, the second port of Tuscany after Livorno. Both Sassetta and Piombino are characterized by a landscape that lends itself to itineraries by bike or by horse. A few kilometers from the sea, it is worthwhile stopping off at the Venturina spa baths, which were already well-known in Etruscan-Roman times for the beneficial effects of the 36 °C natural spring water. Whether on the coast or inland, the villages of the Costa degli Etruschi always reserve plenty of opportunities to experience.

Populonia, the ancient town



Bibbona, the Forte built to defend the area from pirate invasions



Suvereto



Livorno, Monument of the Four Moors



The seafaring palio, Livorno





## CYCLING TOURISM

The Etruscan Coast offers a well-kept bicycle-touring network with many solutions to appreciate the nature and the history of this territory. The choice is wide, thanks to itineraries designed for all: families with children and experienced cyclists ali-

ke. Apart from the traditional accommodation there is a network of facilities especially equipped to welcome bicycle-tourists. The members of this network have undersigned a special “code of behaviour” which ensures a series of services suited to the needs

of the cyclist: the possibility of using a series of instruments for bicycle maintenance, a room for storing and a washing area for the bicycles and, on request, special menus for sportspeople and so on.

### The great crossing: Livorno-Piombino



#### Route

*Distance:* 153 km  
*Elevation gain:* 0-1.700 m  
*Altimetry:* max. 370  
*Road surface:* asphalt  
*Activity level:* challenging

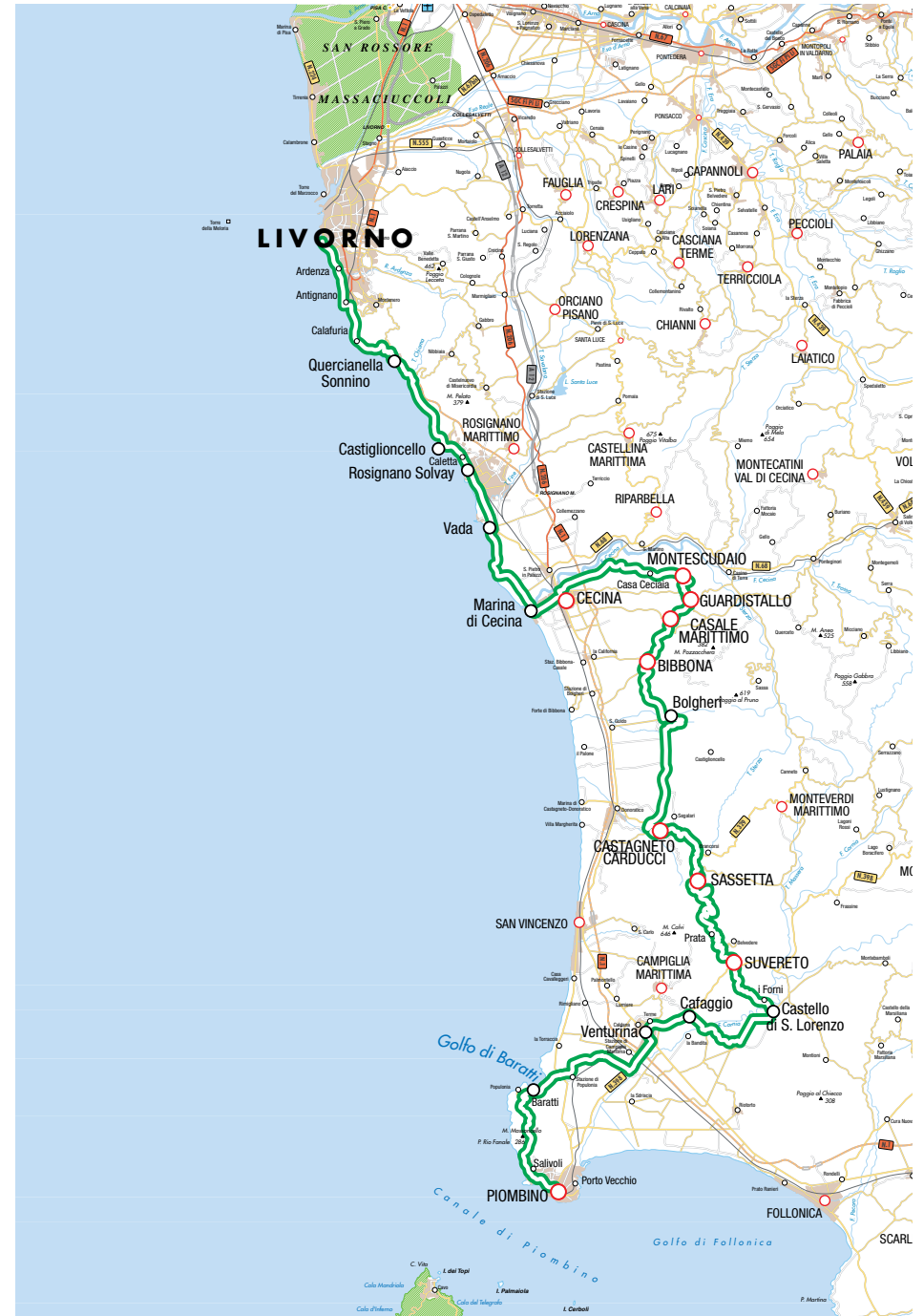
Starting from the Livorno seafont, the Terrazza Mascagni (Mascagni Terrace) to be exact, the road follows the coast south. You go past the Naval Academy and through Ardenza and the Antignano district (6.5 km). After passing through Quercianella, and along a tree-lined stretch of road, head towards Castiglioncello (19.5 km) and Rosignano Solvay (21.5 km). After crossing the centre of Rosignano, keep following the main road until you reach the beginning of the protected cycle path running alongside the Aurelia (SS1). After about 2.1 km, turn right at the traffic lights onto a small road which follows the coast with various access points to the local beaches. From now on, the route keeps to the coast road, passing through the town of Vada (27.5 km – beautiful beaches here too) and the Mazzanta area (camp sites), before crossing the bridge over the Cecina River with its nearby marina, and arriving at Marina di Cecina (35 km). From here, the route turns inland, following the signs for Cecina



The Old Fortress of Livorno



Natural parks in Val di Cornia, Rocca di San Silvestro village





Bibbona



(about 2 km). From the town centre, head for the hospital and the big roundabout (39.5 km) near the 4-lane Aurelia (SS1), and follow the signs for Montescudaio. Cycle along on the flat for about 3 km as far as the roundabout, and turn right to begin the uphill climb to Montescudaio (5 km, 242 m above sea level) and Guardistallo, which requires a final spurt for about 2.5 km. You are now on the “Three Communes” SP28 and begin the descent towards Casale Marittimo (54 km) where you take the left fork towards (58 km) on the “Camminata” provincial road. At the large (unmistakable) intersection, leave the main road and turn left towards Bolgheri. After a visit to the little village (63.8 km), follow the road downhill along the cypress avenue (about 1.8 km) to the left turn for Castagneto Carducci. Cycling for 9km among centuries-old oak trees to San Giusto (74.8 km), turn left at the T-junction towards Castagneto Carducci (77.3 km) and Sassetta (86.7 km) that is reached after a climb that leads to Bocca di Valle. After the town, the road rises gently and then becomes an easily pedalled descent towards Val di Cornia as far

as Suvereto (100 km). From here keep cycling downhill on SP398 towards Monteverdi-Monterotondo. After about 3 km from Suvereto there is an intersection (103.3 km): leave SP398 and carry straight on, following the signs for Massa Marittima and Montioni on the SP19. After crossing the bridge over the River Cornia, turn right at the fork and take the “San Lorenzo – Banditelle” road (SP22). After approximately 1.3 km you go through the hamlet of San Lorenzo and then skirt the Casalappi farm. A short descent and a sharp bend to the left lead to a crossroads (111.9 km). Here you are 4.5 km from SP22. Leave the provincial road and carry straight on for 2km to a crossroads where you go left, following the high voltage lines to the next T-junction where you turn right onto the “Campiglia Marittima – Riotorto” road (SP21) towards Cafaggio (116.1 km). Carry on to Venturina as far as the T-junction on the Old Aurelia road (SP39) (120.1 km). Here you go right, and carry on for 700 m to the left turn-off for Baratti where you join the “Caldarelle” (SP23). After 2.7km you reach a roundabout where you keep straight on as far as the “Prin-

Venturina



cipessa” (SP23) (134 km). Turn left and then immediately right, taking the road for Baratti and the Rocca di Populonia. To reach Piombino, go back onto the “Principessa” (SP23) to arrive at the historic centre (153 km).



Bolgheri





## On the trail of the Etruscans San Vincenzo-San Vincenzo

### Route

*Distance:* 40.5 km (circular route)

*Time needed:* 2 hours

*Elevation gain:* 275 m

*Altimetry:* min. 10 - max. 210

*Road surface:* asphalt

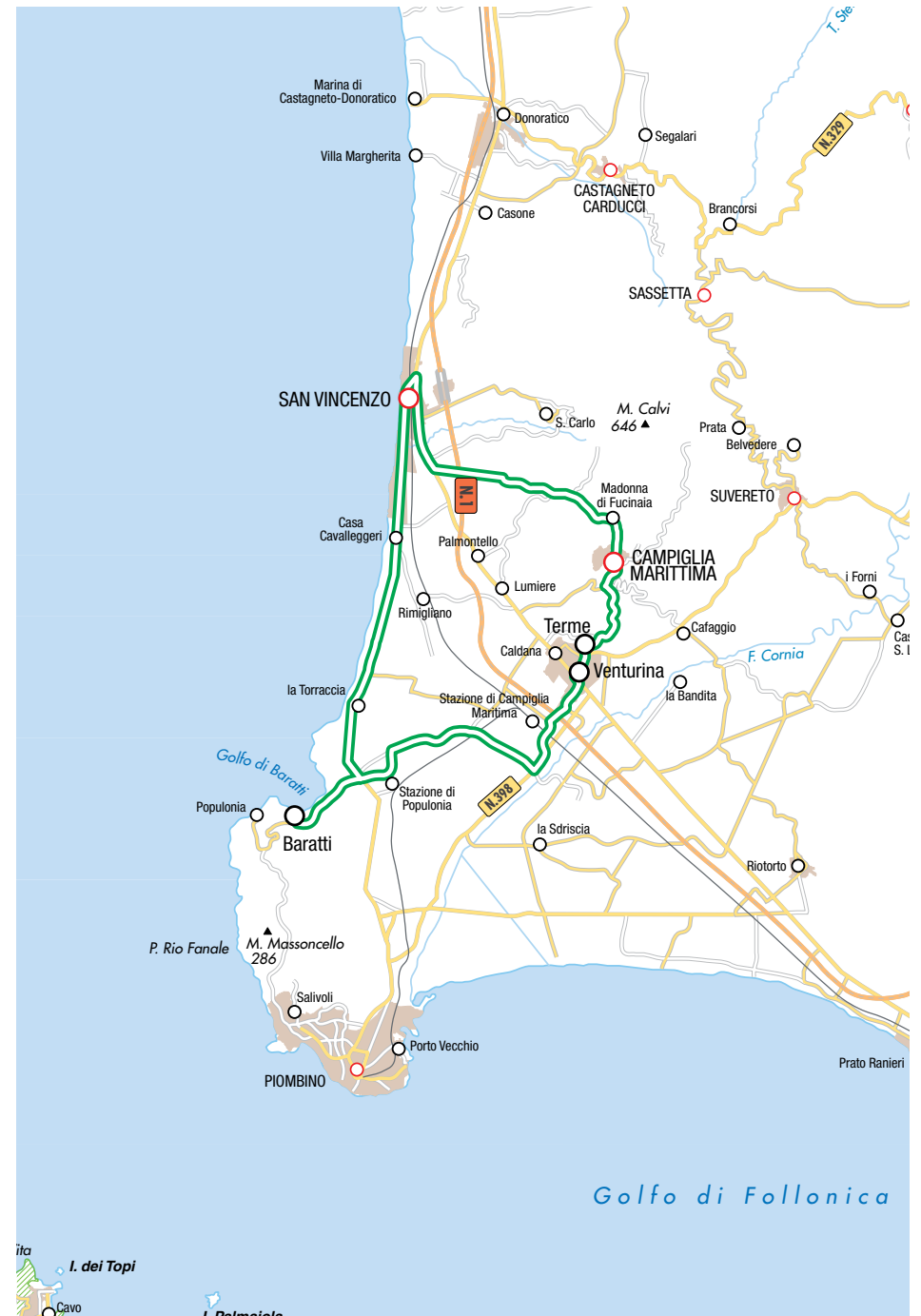
*Activity level:* medium

Leaving San Vincenzo in a southerly direction, take the Principessa road, which runs level along the coast and through the Rimigliano Natural Park. After about 11 km, you come out of the pinewoods at La Torraccia. A gentle climb leads to the turn off for Baratti (12 km); turn right and ride first uphill and then down towards the scenic Gulf of Baratti. The road runs between the beach and the Populonia necropolis. At Baratti harbour (15 km), turn back on the same road as far as the junction with the Principessa (18 km). At the T-junction, turn left and then immediately right along a road lined with tall pine trees towards Venturina, which is 7.2 km further on (crossing over the 4-lane Aurelia -SS1 on a viaduct). At the Old Aurelia (25.5 km), turn right and go as far as the start of Venturina village. After 700 m, turn left and follow the signs for the Calidario spa. Continue past the springs and through the village (about 1 km) as far as a large crossroads (27.3 km). Turn left here, riding uphill for a just over 3 km to the intersection, and turn right for the last climb up to the hill town of Campiglia Marittima (31.8 km), where there is a beautiful view of the Val di Cornia lying below. From Campiglia it is a fast downhill ride (about 6 km) to the Aurelia (SS1) underpass. Once on the Old Aurelia (38.7 km), turn right (the apparently flat road runs downhill) to arrive shortly at village of San Vincenzo (40.5 km).

Roman road in the Populonia acropolis



A beach in the Rimigliano Nature Reserve



## TREKKING ED ESPLORAZIONE

### PARKS OF THE VAL DI CORNIA

Inhabited in ancient times by the Etruscans, the Val di Cornia, the last southern part of the Costa degli Etruschi, is a strip of land stretched out towards the sea in front

of the Elba Island and today represents an extraordinary heritage of environmental and cultural testimonies, enclosed within the Val di Cornia Park System. The proposal includes two archaeological parks, two coastal parks, two nature

parks and three museums: itineraries where sea and hills, history and nature, archeology and activities combine perfectly.



### Parco Archeominerario San Silvestro

*Route type:* naturalistic, archaeological and mining

*Admittance:* ticket. It is possible to do the route only within the Park opening days and times. Last guided tour starts two hours before closing time.

*Difficulty:* medium

*Starting and arriving point:* Park ticket office, località Temperino (Campiglia M.ma – LI) 43° 04' 25 N, 10° 36' 59 E

*Time needed:* whole day

*Recommended equipment:* training clothing, hiking shoes, sweater for mines' visit – temperature always about 13-14 °C

*Info:* Ufficio informazioni Parchi Val di Cornia

*Special occasions:* tour is recommended in spring and autumn, on the occasion of local festivals and fairs.

The visit starts from the Museum of Archeology and Minerals and then continues in the Temperino Mine, where a guide introduces the discovery of the colors and the charm of the underground world. On leaving, you can go up to the Pozzo



Earle area, which houses the Mining Machines and Miners Museums and visit the Lanzi-Temperino Gallery on the small train or walk along via delle Ferruzze to the remains of Rocca San Silvestro, a medieval village of miners.







 **Baratti e Populonia**  
**Archaeological Park**

*Route type:* naturalistic, archaeological and historical. Admittance with fee. It is possible to do the route only within the Park opening days and times.

*Difficulty:* medium

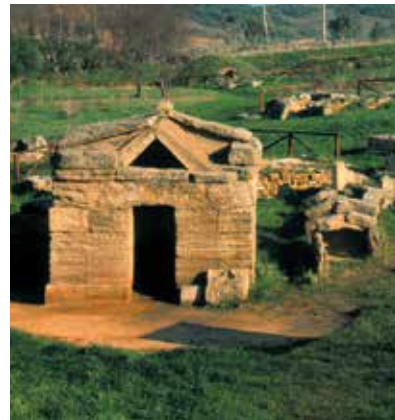
*Starting and arriving point:* Park ticket office, area Necropoli (Golfo di Baratti) – Piombino (LI) 42° 59' 15" N, 10° 29' 24" E

*Time needed:* whole day

*Recommended equipment:* training clothing, hiking shoes

*Info:* Ufficio informazioni Parchi Val di Cornia, [www.parchivaldicornia.it](http://www.parchivaldicornia.it)

*Special occasions:* tour is recommended in spring and autumn, on the occasion of local festivals and fairs



Populonia, the Etruscan Necropolis "delle Grotte"

 **On Piombino's promontory,**  
**on foot or by bike**

*Route type:* naturalistic, archaeological and historical. Free admittance; admittance with fee to Populonia's Acropolis. It is possible to do the visit to the Baratti Park only within the opening days and times.

*Difficulty:* medium

*Starting and arriving point:* Cala Moresca 42° 56' 10" N, 10° 29' 59" or Ghiaccioni (a Piombino) 42° 56' 10" N, 10° 29' 59" E

*Elevation gain:* max 270 m

*Time needed:* whole day with the visit Populonia's Acropolis (within the Baratti e Populonia Archaeological Park)

*Recommended equipment:* training clothing, hiking shoes, water

*Info:* Ufficio informazioni Parchi Val di Cornia, [www.parchivaldicornia.it](http://www.parchivaldicornia.it)

*Special occasions:* tour is recommended in spring and autumn, on the occasion of festivals and fairs

You will be spoiled for choice if you want to walk the paths that go from Piombino to the Gulf of Baratti on foot, by mountain bike or on horseback. By mountain bike it is possible to cross part of the Via dei Cavalleggeri and, through the Via del Reciso, reach Populonia for a visit of the Acropolis and the medieval village. From Populonia to Piombino it is possible to follow the Via del Crinale, which crosses the promontory on the ridge.



## PARCO DI MONTIONI

It covers about 6,800 hectares between the provinces of Livorno and Grosseto, is managed by a consortium that includes the five Municipalities of the Park. Reliefs and arboreal vegetation cha-

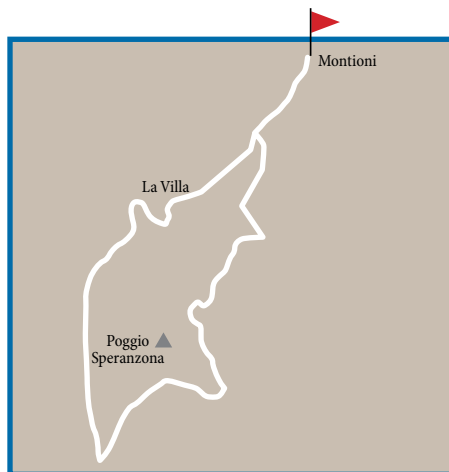
racterize the territory between the basins of the Cornia and Pecora Rivers. This same vegetation has been used to obtain charcoal for the steel industry. The mining village of Montioni Nuovo, founded by the Princes of Piombino, is still visible today, where you

can observe open and underground mines, furnaces and material transport systems. Within the perimeter of the Park there are a quartzite quarry (Poggio Bufalaia and Speranzona) and the Poggio Tre Cancelli natural reserve.

## Poggio Speranzona

**Route**  
*Route type:* naturalistic, archaeological and historical. Suitable also for mountain bike or by horse  
*Difficulty:* easy  
*Starting and arriving point:* Montioni 43° 00' 47" N, 10° 45' 34" E  
*Elevation gain:* 100 m  
*Time needed:* 1 h 30'  
*Recommended equipment:* comfortable clothing, hiking shoes

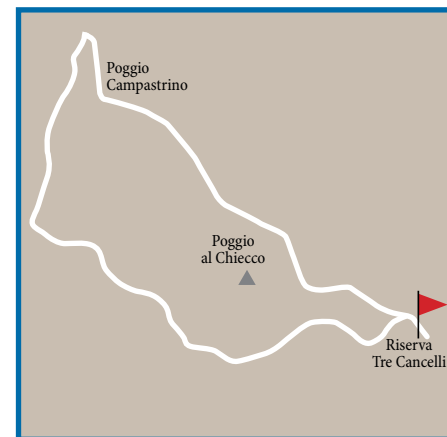
It starts from the village of Montioni along a dirt road that runs along places related to the ancient alum mines and to Elisa Baciocchi, Napoleon's sister, as the black water mill and the Baths. Crossing the woods you reach an intersection that leads to the ruins of the old Languabardic castle of Montioni Vecchio (20 minutes). Turning left you descend behind Poggio Speranzona on an old cobblestone road, then the paved road leads back to Montioni.



## Tre Cancelli-Poggio Campastrino Reserve

*Route type:* landscape-naturalistic. Recommended in mildest seasons.  
*Difficulty:* easy  
*Starting and arriving point:* Riserva Tre Cancelli 42° 58' 55" N, 10° 45' 45" E  
*Elevation gain:* 30 m  
*Time needed:* 1 h  
*Recommended equipment:* comfortable clothing, hiking shoes

The Poggio Tre Cancelli state nature reserve covers 99 hectares, 50 are reserve and 49 for the protection zone. The itinerary to visit this reserve, which allows you to admire breathtaking views of the Tuscan archipelago (Elba, Montecristo, Giglio and the islets of Cerboli and Palmaiola), can also be covered by horse or mountain-bike. It starts from the integral reserve of the Tre Cancelli, proceeds towards Campastrino and then descends through a dense Mediterranean scrub of holm oaks and bushes, before returning to the Reserve.



## Poggio Saracino

**circular route**  
*Route type:* landscape-naturalistic and historical. Suitable also for mountain bike or horse  
*Difficulty:* easy  
*Starting and arriving point:* Montioni 43° 00' 47" N, 10° 45' 34" E  
*Elevation gain:* 70 m  
*Time needed:* 1 h  
*Recommended equipment:* comfortable clothing, hiking shoes

A green ring. Starting from the village of Montioni Nuovo, go up to the old barracks of the Forestale. On the right you can see the structure of the Stalloni, the farm that fed the miners. The ancient paved road leads to Poggio Saracino offering a unique view of the Monte Calvi massif (646 m). A wooden observatory allows you to see wild boar, roe deer, fallow deer and even the wolf. The path winds around the Poggio. The vision of the entrance of the ancient alum quarries is very suggestive.





## Montioni-Poggio Tre Cancelli-

### Follonica

*Route type:* landscape-naturalistic and historical

*Difficulty:* medium

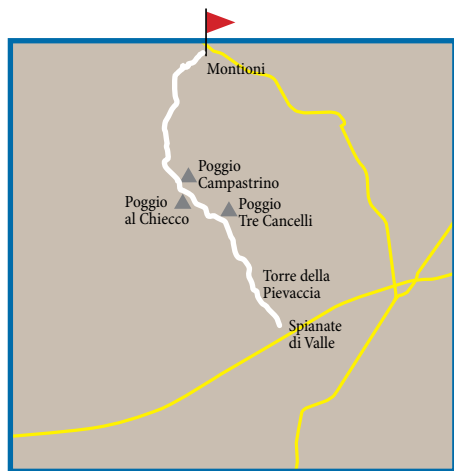
*Starting and arriving point:* Montioni 43° 00' 47" N, 10° 45' 34" E; Spianate di Valle (Follonica) 42° 57' 06" N, 10° 46' 40" E

*Elevation gain:* 190 m

*Time needed:* 5 h (16 km)

*Recommended equipment:* comfortable clothing, hiking shoes

The itinerary (16 km) from Montioni is quite long, heading towards the thermal baths and the mine, and then also towards Poggio Campaestrino, with a fairly demanding climb. Taking the path on the left almost touches the summit and then you reach Poggio al Chiecco (308 m). The descent towards Poggio Tre Cancelli offers a view of the Gulf of Follonica, the islands of the archipelago and the village of Scarlino, which repays the effort made to get there. After 3 km you reach the Torre della Pievaccia (12th century), of medieval origins and recently restored. Here, thanks to the presence of an area with benches and tables, it is possible to make a short stop before heading towards the "Spianate di Valle" coal furnaces..



## Montioni-Poggio Campaestrino-Follonica

*Route type:* landscape-naturalistic and historical

*Difficulty:* medium

*Starting and arriving point:* Montioni 43° 00' 47" N, 10° 45' 34" E; Torre Mozza (Follonica) 42° 56' 44" N, 10° 41' 39" E

*Elevation gain:* 190 m

*Time needed:* 4 h 30' (15 km)

*Recommended equipment:* comfortable clothing, hiking shoes

From Montioni, head south towards Poggio Campaestrino, to descend into the valley of the Petraia torrent, already inhabited in ancient times. In fact, arrowheads, scrapers and tools dating back to the Paleolithic period have been found. Moreover, for centuries these woods were used to produce coal, fundamental for the "roasting" of the alum of Montioni as for the ironworks of Follonica and Suvereto. After the path in the green you reach Torre Mozza, ano-



ther scenario, where the beaches of Follonica allow you to rest at the foot of the sea breeze.

## San Lorenzo-Montioni-San Lorenzo circular route

*Route type:* landscape-naturalistic and historical

*Difficulty:* medium-difficult

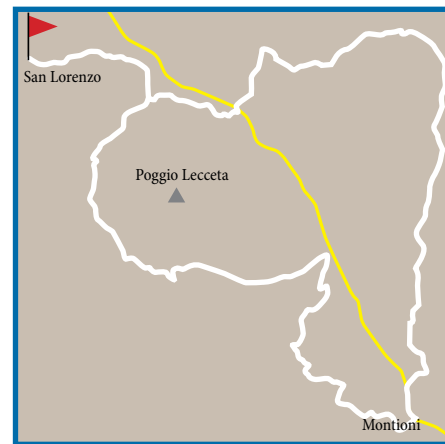
*Starting and arriving point:* San Lorenzo 43° 02' 37" N, 10° 42' 33" E

*Elevation gain:* 170 m

*Time needed:* 9 h (22 km)

*Recommended equipment:* comfortable clothing, hiking shoes

A path full of history as well as natural scenarios. This is because the ring partly follows the route of the coal-mining railway that in the mid-nineteenth century was transporting the coal from the mines of Montebamboli to the beach of Torre Mozza. We cross places like Poggio al Turco, Poggio Leccioni, Macchion dei Lupi, Pog-



gio alle Mandrie, Poggio Saracino, Podere del Marcitoio, Fonte Zingari. Other historical traces that are found are the Etruscan necropolis of San Lorenzo Alto and Felicine, the Tower of Castellaccia (8<sup>th</sup> century), the castle of San Lorenzo built by the Della Gherardesca (12<sup>th</sup> century), the alum quarries and the Baths of Elisa.



## DIVING

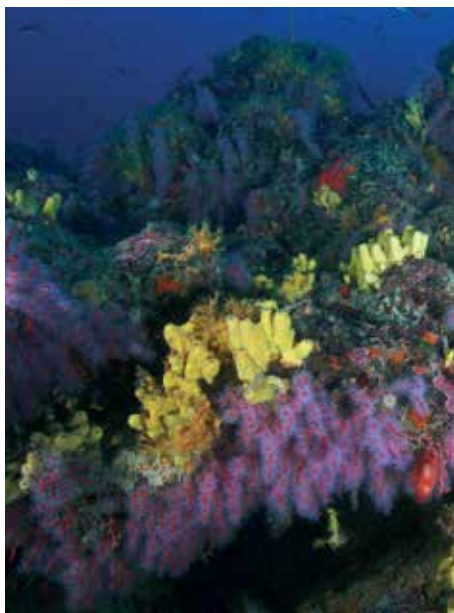
### The net - "La rete" Calafuria – Livorno

*Interest:* naturalistic/biological  
*Type of bottom:* gravel, rocky wall, mud  
*Current:* light/medium  
*Difficulty:* medium  
*Depth:* min. 14 m – max. 39 m  
*Location:* N 43° 28' 14" – E 010° 20' 03"  
*Back:* winds from north east and north west

Diving in Calafuria is the ideal gym for diving. The ideal situation is given by the receding and the advancement of the coastline that have shaped the backdrop in a typical stepped shape, which allows to "scan" the depth and time of permanence as a function of the step at which you decide to stop. Near the Boccale



castle, already around 20 m, there is a lot of coral as well as small lobsters. Known by the old scuba divers as "net diving", because of the pieces of net left abandoned by some fishing boats amongst the rocks, it is not difficult to find sea bream and Mediterranean barracuda, sea sponges, anemones and spirographis. The scenery when you reach the base of the wall is worthy of note and unusual. There are several ravines, caves and pieces of net. Keep an eye on the diving data (air/time) because, considering the depth, the safety limits are easily reached.



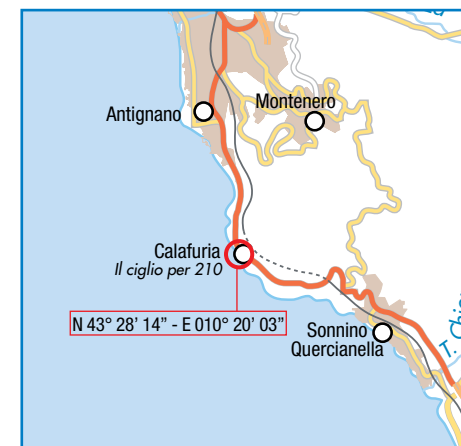
### The ciliate for 210 Calafuria

*Interest:* naturalistic/biological  
*Type of bottom:* gravel, rocky wall, mud  
*Current:* light/medium  
*Difficulty:* medium  
*Depth:* min. 14 m – max. 37 m  
*Location:* N 43° 28' 14" – E 010° 20' 03"  
*Back:* winds from north east and north west

Another classic dive at Calafuria known as "immersione per 210" (dive for 210). Its name comes from the degrees of the compass that indicate the direction to take to meet the external side of the ciliate to the left of the gulf. It is a beautiful dive to do at night. Rocks, pebbles and posidonia meadow; the flora and fauna are typical of the area, with the possibility of seeing extraordinary branches of red gorgonian (*Paramuriceidae*) in the bottom part. Keep an eye on the diving data (air/time) because, considering the depth, the safety limits are easily reached.



Calafuria Tower







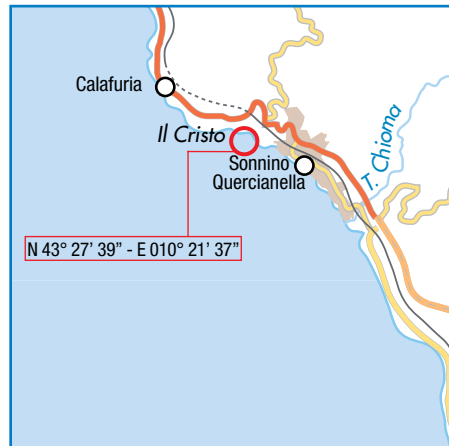
 **The Christ**  
Rogiolo-Quercianella

*Interest:* naturalistic/biological  
*Type of bottom:* rocky wall, mud  
*Current:* light  
*Difficulty:* low  
*Depth:* min. 12 m - max. 16 m  
*Location:* N 43° 27' 39" - E 010° 21' 37"  
*Back:* winds from north east and north west

It owes its name to a statue located on the bottom at 14 m. An easy dive, ideal for teaching, both for beginners and advanced level, and is suitable for learning diving techniques and natural and instrumental navigation. The bottom in front of the Rogiolo estuary, where the dive takes place, is characterised by channels of rock and posidonia. After seeing the statue the dive is continued; you will also find a concrete crib.



Rogiolo beach



 **The great wall**  
Cliffs di Vada

*Interest:* naturalistic/biological  
*Type of bottom:* rocky wall  
*Current:* medium  
*Difficulty:* medium/high  
*Depth:* min. 29 m – max. 40 m  
*Location:* N 43° 20' 69" – E 010° 20' 20"  
*Back:* none

“The Great Wall” is characterized by a stepped shape backdrop, with overlaying walls and rocks, suitable for taking photographs and footage. One of the most beautiful dives in this area of the Etruscan Coast, characterised by a long wall about 15-20 minutes away from the coast, where you can meet coral and lobsters. Keep an eye on the diving data (air/time) because, considering the depth, the safety limits are easily reached.



The white sand beach of Vada





**Relitto Genepesca**  
Cliffs of Vada

*Interest:* relict/biological  
*Type of bottom:* sand  
*Current:* medium  
*Difficulty:* medium  
*Depth:* min. 19 m - max. 33 m  
*Location:* N 43° 17' 28" - E 010° 21' 00"  
*Back:* none

Sunk during the Second World War when it struck a mine, the Genepesca is a very famous shipwreck for scuba divers visiting the Tuscan sea. It lies on a bottom at about 30 m, still ready for navigation, quite intact, broken into two parts that are about 40 metres between one another (it is warmly recommended to visit them in two different dives).

It is possible to go into the shipwreck, but only with the necessary experience and always with the guide's consent. In this dive the use of the nitrox is ideal. The last part of the dive is spent on the bridge or in any case on the high part of the ship. From here, it is possible to reach the collapsed engine room



The wreck of Genepesca



Coils from the wreck of Genepesca



**Gabriele II**  
San Vincenzo

*Interest:* relict/biological  
*Type of bottom:* mud  
*Current:* medium  
*Difficulty:* high  
*Depth:* min. 38 m - max. 43/45 m  
*Location:* N 43° 10' 92" - E 010° 27' 83"  
*Back:* none

The name of the relict is an invented one: it is a steam ship, probably dating back to the end of the 19th century considering the particular shape of the bow, sank to stern on a sandy bottom of 45 m, it rises at an angle of about 45°. This position gives scuba divers a strong visual. The descent is along fixed mooring line, tied to the top of the control cabin, at a depth of 38 m and continues to 43 m. Oysters colonized the hull, dainty invitation for each fish.



Wreck Gabriele II



Livorno, Mascagni Terrace



Castagneto Carducci



Castiglioncello



## THE TERRITORY

### Livorno, "ideal city"

For ten consecutive years, until 2016, Livorno has secured the Blue Flag for the services and the quality of the waters in Quercianella and Antignano resorts. An evidence of the rich past of this city, built by the Medici family in the 16th century, according to the criteria of the Renaissance "ideal city", here there are many attractions to see: the Mascagni Terrace, the Sanctuary of the Madonna del Montenero, from which you can enjoy a splendid view of Livorno, the Old Fortress on the Medicean Port, the aquarium that offers routes and attractions for both children and adults, the Museum of Natural History of the Mediterranean and the Civic Museum. Many naturalistic beauties, one above all the Torre di Calafuria, between the district of Antignano and Quercianella, included in the defensive system that from Livorno went southwards on the coast.

### Castagneto Carducci, from the belvedere to the castle

In Castagneto Carducci you can take beautiful walks, through streets, alleys and squares. In particular, from the central piazza del Popolo you can stand at the Belvedere Terrace to enjoy a breathtaking view. This town boasts an ancient nucleus with the Castle of Della Gherardesca Counts and the Church of San Lorenzo. The castle has had, in its long history, numerous modifications and remakes, for example the parish church, long used by the castle. In front of the parish church of San Lorenzo we find the Santissimo Crocifisso that houses the wooden crucifix of the 15th century, worship object for the inhabitants of this beautiful Tuscan village.

### Castiglioncello, timeless muse

Pine forest, clear sea, cliffs overlooking the coast. Castiglioncello

Livorno, Meloria Tower



has its own charm, a source of inspiration for many artists, the Macchiaioli in particular, who gave life to the School of Castiglioncello, creating works that depicted the landscapes of the area. Explore the seabed and the sea that bathes the rocky coast between Chioma and Castiglioncello. Many tourists also love the long stretches of white beach between Rosignano Solvay and Vada. Also worth visiting is the Castello Pasquini, built between 1889 and 1891, in the same style of the Medieval Florentine palaces; erected in the image of Palazzo Vecchio, in the second half of the '40s it was purchased by the Pasquini family, whose name it still retains.

### Bolgheri, the evergreen avenue

Bolgheri has gone down in history for its Viale dei Cipressi, described by Carducci in his unforgettable verses. The city center dates back to medieval times, it is a pleasant village to visit in



Bolgheri, Viale dei Cipressi (Boulevard of Cypresses)

Bolgheri, the castle of the Gherardesca



half a day, possibly pausing to savor the specialties of local cuisine in its restaurants. Bolgheri was created around the Fortress of Gherardi della Gherardesca; of particular interest is also its castle of medieval origin and with a rectangular tower, characterized by a pointed arch that gives access to the village above which is located the emblem of Della Gherardesca family.





**The white of Rosignano Marittimo**

If you think of Rosignano, white beaches immediately come to your mind. The reason for this unusual color, which creates a Caribbean contrast with the sea, is given by the processing of bicarbonate by a plant of the Solvay group, located in Rosignano Solvay, about one kilometer from the coast. Going back in time, it is said that Lorenzo the Magnificent and his son Piero came to live in this village to hunt in the woods and the Padule of Vada.

But in Rosignano there are not only white beaches to visit, there is also Monte Pelato, commonly renamed by the inhabitants as "Poggio Pelato", the highest in

Baratti, the Etruscan necropolis



the municipality of Rosignano Marittimo (378 m a.s.l.). The archaeological civic museum housed in the Palazzo Bombardieri, inside the Rocca, offers materials that relate to the history of production activities in the territory of Alta Val di Cecina, the archaeological area of San Gaetano di Vada, the numerous Roman villas that occupied the plain along the coast and the research of underwater archeology along the coast (Info: [www.comune.rosignano.livorno.it](http://www.comune.rosignano.livorno.it)).

**Open-air museum of Populonia**

Populonia is a real open-air museum. In the Necropolis of San Cerbone there are burials of

various periods (7th-5th century b.c.): from the tumulus tombs to those shaped like a kiosk, like the Tomba del Bronzetto dell'Offerente, located right next to the beach. To see most of the objects found in the area of Populonia it is possible to visit the Museum of the Territory of Populonia. Also worth seeing are the 14th century walls built for defense by Barbary pirates and the characteristic streets of a village of 1300.

**Bibbona, in the sign of the Middle Ages**

With the charm of an ancient medieval village, immersed in the green of the woods and the countryside, Bibbona lies on a low hill and preserves the archi-

Campiglia Marittima



tectural structure of the ancient inhabited fortress. Its historic center lends itself to pleasant walks, is full of narrow streets and medieval squares, as full of charm is the Parish Church of San Ilario, which dates back to the eleventh century, with its original trapezoidal shape.

**Sassetta: relax**

Sassetta offers moments of pure relaxation thanks to the Spa ([www.termedisassetta.it](http://www.termedisassetta.it)). The water, rich in sulphates, calcium, precious minerals and trace elements, naturally comes from the earth at a temperature of 51 °C and feeds the thermal structure, inspired to Etruscan and Roman baths' architectural tradition. Not

The white beaches of Rosignano Marittimo



far from Sassetta is the Forest Park of Poggio Neri, in the woods of Monte Bufalaio. Here is the Museum of the forest, where you can make an evocative thematic route, with the representation of daily life and crafts, from chestnut pickers to charcoal burners. The Forest Park of Poggio Neri, among other things, is an unspoiled natural oasis.

**Leonardo's works in Piombino**

In Piombino, which boasts Etruscan origins and a past as Principality of Piombino of which it was the capital, it is possible to recognize the imprint of Leonardo da Vinci's work, starting from the interventions on the walls visible

in Via della Fortezza, just behind the Archaeological Museum of the territory of Populonia and in via Leonardo da Vinci, to the castle that originates from the initial structure of the "Cassero pisano" of the 13th century. This was later remodeled by Leonardo during the reorganization of the city's defenses and later became a star-shaped Medici fortress between 1552 and 1557, at the behest of Cosimo I de' Medici. Even today it is the subject of archaeological excavations.



Suvereto, flag-wavers



Populonia, the ancient town



Populonia, "Buca delle Fate" (The Fairy Hole)



The countryside surrounding Bolgheri



The beautiful pine forest of Baratti



The Gulf of Baratti



### “ETRUSCAN” ITINERARIES From Castagneto Carducci to Populonia

Costa degli Etruschi boasts extraordinary beautiful medieval villages. Castagneto Carducci dominates from the top of a hill; Della Gherardesca Counts' Castle, with the Church of San Lorenzo, is the oldest part of the town. Around the castle, probably built around 1000, the urban center has developed according to a pattern of concentric rings that give life to a system of streets, alleys and squares. Known above all as a seaside resort, Castiglioncello has also a past that deserves to be known, with a visit to the Modiglio medieval castle, built by the Counts Guidi, and the Medici watchtower. Do not miss the cypress avenue of Bolgheri, famous for the well-known poem by Carducci, from which you get to the village through an arched door. Time seems to have stopped here. The Bolgheri territory also includes the Bolgheri Wildlife Refuge, established in 1968, with an extension of 500 hectares, between the Tyrrhenian Sea and the Grosseto-Livorno railway. The marsh is crossed by walkable embankments flanked by bulkheads made of natural material that lead to observatories where you can observe the fauna, without disturbing it.

From Rosignano Marittimo you can still see two towers: one once used as a prison and another as a terrace of the Archiepiscopal Farm. The highest mountain of

this municipality is Monte Pelato, with the top covered only with shrubs, also frequented by cyclists who love dirt roads, more and more frequently hosting off-road meetings.

Populonia, in addition to the archaeological park, preserves the 14th century walls built for defense by Barbary pirates and the characteristic streets of a village dating back 1300. From the Rocca, which can be visited, you have an exceptional view of the Tuscan Archipelago and the plain below. Starting from the 9th century b.C., Populonia became the most important center for iron working in the Mediterranean. The Archaeological-Natural Park of Populonia and Baratti covers about 80 hectares between the slopes of the promontory of Piombino and the Gulf of Baratti, hosting one of the most important contexts of Etruscan civilization for traces of steel and iron working. The route, to be done by bike or on horseback, continues in the other pearls of the Tuscan coast: Campiglia, Bibbona, Sasseta and Piombino.

### From Quercianella to Castiglioncello

Coves and bays on a transparent sea: this is the frame of the stretch of coastal road that runs along the sea up to Quercianella. Here are those that once were coastal fortifications, such as the Torre di Calafuria, the Castello del Boccale and the Romito. Along the Aurelia you reach Castiglioncello, “Tyrrhenian Sea's Pearl”.

The seaside resort, which also has a seafront titled to the famous Italian actor Alberto Sordi, boasts a clear sea but not only that: in Piazza della Vittoria it is possible to admire Castello Pasquini, built at the end of the 7th century, now home to numerous events. Also of interest is the renowned production of honey and its derivatives, such as mead (liqueur). Continuing southwards, we meet Rosignano and Vada. Worth visiting the medieval village of Rosignano Marittimo but also the ancient Roman center of Collesalveti, then a medieval feud and an important agricultural village. In this area, the Parco dei Monti Livornesi, which goes from Collesalveti, Livorno and Rosignano, presents botanical, geological and archaeological wonders to admire. Among the seaside resorts, Cecina is very appreciated, offering only the embarrassment of riches: several restaurants and quality taverns, which often combine the gastronomic tradition with the most innovative and trendy cuisine. In Cecina there is also the Guerrazzi Archaeological Museum, set up in the 18th century Villa La Cinquantina, with twelve exhibition rooms; it is able to retrace the history from the Paleolithic age up to the Roman one, with evocative archaic and Etruscan-Roman findings.



### GASTRONOMY

#### Fish: the sovereign on Livorno's table

A sea cuisine known for the care of raw materials characterizes the Piombino coast and the Tuscan Archipelago. Crustaceans and shellfish, fine fish and blue fish, boiled octopus, “inzimino” squids (made with beets),

codfish with potatoes, cacciucco are just some of the dishes in the many restaurants and taverns of the area. There are also local specialties such as soups, game and vegetables such as violet artichoke. And inland the boar, celebrated by the historic Suvereto festival.

#### Cacciucco

The cacciucco can be tasted according to three different types of preparation. The traditional version provides for cooking the various types of fish in the same pot, in a more or less graded way, according to the consistency of flesh between different fishes, shellfish and crustaceans. The more modern version instead uses a separate cooking process between the various types of fish, with the result of a less clear taste than the traditional recipe. Finally, there is also a more innovative recipe, with particular attention to cooking methods (separate and diversified by groups of fish) and presentation of the dish. More generally, the cacciucco, based on simplicity and genuineness, has never ceased to win over the palates, from the most to the least refined, thus making everyone agree.



#### Chickpea cake

The origins of this specialty date back to 1284, during the Battle of Meloria, when Genoa defeated Pisa. After a storm the salt water flooded the holds of Genoese galleys that were laden with bags of chickpeas and barrels of oil, and everything was reduced to a pulp, that the prisoners and sailors tried to eat anyway. To improve the taste, a few bowls were left in the sun: in this way the mush, drying, became a kind of pancake with a definitely more pleasant taste. Once landed, the

Genoese thought to try to cook the mixture in the oven and so the Genoese “farinata” was born, known in Livorno as a chickpea cake.

#### The heat of the ponce

In the habits of Livorno families there is no lack of ponce (punch). Born between the 17th and 18th centuries as a strong drink and tonic for the cold seamen who could not go out to sea for the bad weather, this specialty is now prepared with a typical small glass (the “gottino”), slightly larger than the one normally used for coffee: the sugar is dosed, a lemon zest is added and the rum is poured. Then, with the steam spout of the espresso machine, the mixture is brought to boil and finally an espresso ristretto is poured into the glass.

# Maremma

Saturnia



Pitigliano



Sorano



**The** Maremma, the most southern area of Tuscany, full of charm, is the wild heart of the region. It is divided between the clear sea, with equipped or more isolated beaches, the beautiful countryside, between villages where time seems to have stopped; thick woods and protected areas such as the Maremma Regional Park or archaeological sites. There is no shortage of opportunities to regenerate the body with the sulphurous waters of the Saturnia spa baths, a haven of peace and tranquility where you can relax and recharge your batteries. The bicycle tourists have a wide choice as they can decide according to their own skills and the time at their disposal which of the proposed circuits is best suited to them. Several sites remind us of how important the mining activity of this area has been since remote times: the Archaeological Park of the Colline Metallifere (literally the hills that produce metals) – whose various access ways include the Mining Park of Gavorrano, the Biancane Park of Monterotondo Marittimo and the Mining Museum of Massa Marittima.

The Maremma coastline is made up of small sandy bays and rocky ravines, untouched beaches and more popular resorts, dream islands like Giglio and Giannutri and bottoms full of shells, coral and shipwrecks of old ships. On the hills near Massa Marittima, at the European Carapax Centre, the visitor will see turtles and tortoises of all kinds, large ones and small ones; it is the ideal place for children too, where you can see all the



"Butteri", the Tuscan cowboys



Sovana



Alberese, the Medieval Tower



Vetulonia, the Belvedere Tomb



phases of growth of this animal, from incubation of the egg until the birth of the little ones. The Maremma is not only clear sea but also the green of one of the many protected areas, WWF reserves and lake paradises: overall 40,000 hectares, full of varieties of fauna – including migratory birds – and flora. There are many villages rich in history, heritage of ancient Etruscan or Roman cultures, as well as medieval architectures pearls: Pitigliano, Sovana, Sorano; the whole archaeological area of

tuff, which preserves evidence of the flourishing past cultures: monumental necropolises, "hollow roads" (the deep and mysterious Etruscan roads excavated in the tuff), medieval fortresses and underground walkways. Finally the excellence of the Maremma cuisine brings all together: the tastes of the sea and of the land, the genuineness of the products, the traditional recipes such as acquacotta, the typical Maremma soup, or fish or game based dishes, particularly the wild boar, hares and pheasant.



Flamingo



Diaccia Botrona Nature Reserve

Massa Marittima, the Cathedral



Bocca d'Ombrone beach





## CYCLING TOURISM

Cycling tourists can literally rest easy in Maremma. In this land there is a network of accommodation facilities especially equipped to welcome bicycle-tourists. Sometimes a series of extra services are included, for example washing area for cleaning clothing.

### The Etruscans and the Sea Follonica



#### Route

*Distance:* 63.6 km (circular route)  
*Time needed:* 3 hours  
*Road surface:* asphalt  
*Bicycle:* road and all-terrain  
*Activity level:* medium-easy

The itinerary is quite simple; the most difficult part is the uphill section towards Gavorrano and the up and downhill sections between Ravi and Caldana. The second part of the itinerary is not difficult and passes near places of great historical-archaeological interest like Vetulonia. We recommend the detour towards the old town centre of Castiglione della Pescaia and for lovers of the sea, towards Punta Ala and Cala violina, which can be reached on foot.

Scarlino Castle



Gavorrano



Vetulonia



Cala Violina beach



## Monte Argentario Round Trip

Orbetello - Orbetello



### Route

*Distance:* 38.4 km (circular route)

*Time needed:* 2/3 hours

*Elevation gain:* 450 m

*Road surface:* asphalt and dirt

*Bicycle:* all-terrain or mountain bike

*Activity level:* hard

For those who want a view one of the most beautiful stretches of the Tyrrhenian coastline, this route is hard due to the continuous uphill and downhill stretches but also ideal. It is the tour of Monte Argentario, and the route alternates views over small bays and coves protected by high cliffs, little islands, splendid fortresses and ancient watchtowers. The whole round trip can only be done with an all-terrain or mountain bike, as a stretch of around 3.5 km near Punta Avvoltore is a track with a very rough surface.

The Lagoon of Orbetello



Orbetello



Porto Ercole



Porto Santo Stefano



## Collelungo cycling itinerary



*Route type:* naturalistic and historical.

Guided tour, reservation required (max 30 people)

*Distance:* 18,8 km

*Time needed:* 4 hours

*Elevation gain:* 50 m

*Altimetry:* 0-50 m

*Road surface:* asphalt and dirt

*Activity level:* easy

*Description:* Centro Visite di Alberese-Spiaggia di Collelungo-Pineta Granducale-Marina di Alberese-Centro Visite di Alberese

*Reception:* Centro Visite del Parco della Maremma

*Info:* [centrovisite@parco-maremma.it](mailto:centrovisite@parco-maremma.it) (guides and reservations)



With this itinerary you can enter in the heart of the park until the Collelungo beach, along the Strada degli Olivi; cross the Pineta Granducale along the Strada della Pinastrellaia up to Marina di Alberese. You can go back to the Visitor Center along the bicycle path.



Collelungo

## HIKING AND EXPLORING

### Maremma Regional Park

The Maremma Regional Park can be visited on foot, by bike, on horseback, by canoe or coach. It was established in 1975 and in 1992 awarded with the European Diploma: a special award from the conservation point of view, which is renewed every year

and concerns only six other Italian protected areas. To characterize the park are the high Mediterranean scrub on the Uccellina Mountains, the low one approaching the sea, the Pineta Granducale, with its historical layout, and the cultivated and pasture areas, especially along the River Om-

brone. The area of the estuary is rich in humid areas frequented mainly during the winter by different species of birds, above all thanks to the dune system along the beach, very important for the conservation of these environments.



### Route A2 – Le Torri

*Route type:* naturalistic and historical. Reservation required for large groups (more than 20 people).

*Difficulty:* medium

*Starting and arriving point:* Centro Visite di Alberese (shuttle bus – form Loc. Pratini), 42° 40' 8" N, 11° 6' 14" E

*Elevation gain:* 100 m

*Time needed:* 3 h

*Recommended equipment:* trekking shoes, insect repellent

*Info:* [centrovisite@parco-maremma.it](mailto:centrovisite@parco-maremma.it)

*Special occasions:* May 24<sup>th</sup> - European Day of Parks; Maritime Walking Festival

ted or rebuilt together with others, forming a continuous defensive circuit that extended from north to south along the coast of the peninsula.



### Route A5/A6 – Fauna and woodland

*Route type:* naturalistic (suitable for children).

Reservation required for large groups (more than 20 people).

*Difficulty:* easy. Route A6 is equipped for disabled people.

*Starting and arriving point:* Centro Visite di Alberese 42° 40' 8" N, 11° 6' 14" E

*Elevation gain:* 150 m

*Time needed:* 2 h

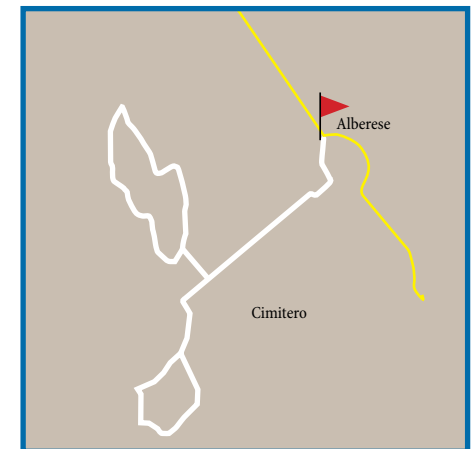
*Recommended equipment:* trekking shoes, insect repellent.

*Info:* [centrovisite@parco-maremma.it](mailto:centrovisite@parco-maremma.it)

*Special occasions:* May 24<sup>th</sup> - European Day of Parks; Maritime Walking Festival

marten, the marten, the skunk and the weasel and, in late spring, nestlings of various species.

A route dominated by green is the area that constitutes the A5/A6 itinerary. It presents a diversified Mediterranean scrub with flowering ash, holm oak, oak, cork oak, maple and Turkey oak, phyllirea, myrtle, marruca, perastro, broom, strawberry tree and heather. Besides the green, the wildlife is also relevant, with groups of fallow deer, wild boar and roe deer, hare, fox, porcupine and yew. Also the







### River Ombrone mouth

*Distance:* 21,6 km. Guided tour, reservation required (max 20 people)

*Time needed:* 3 h

*Elevation gain:* 50 m

*Altimetry:* 0-50 m

*Road surface:* asphalt

*Difficulty:* easy

*Description:* Centro Visite di Alberese-Spiaggia di Marina di Alberese-Foce del fiume Ombrone-Centro Visite di Alberese

*Accommodation:* Centro Visite del Parco della Maremma

*Info:* [centrovisite@parco-maremma.it](mailto:centrovisite@parco-maremma.it)

Go along a stretch of the A6 Fauna itinerary, continue along the cycle path up to Marina di Alberese, and then along the A7 route to the mouth of the Ombrone river, where there is an avifauna observatory.



### Route Le Macchiozze

*Route type:* naturalistic, training. Guided tour, reservation required (min 3, max 8 people)

*Distance:* 10,5 km

*Time needed:* 2 h

*Elevation gain:* 0 m

*Altimetry:* flat

*Road surface:* dirt road

*Difficulty:* easy

*Description:* Spergolaia-Fiume Ombrone-Torre Trappola

*Accommodation:* local agritourism with horseback riding activities

*Info:* [centrovisite@parco-maremma.it](mailto:centrovisite@parco-maremma.it)

This route is characterized by the plain, which develops along the cultivated plains of the Ombrone River up to Torre Trappola. The route crosses a wetland where you can spot different species of water birds and other wild animals in the park, such as roe deer and wild boar, depending on the period.



### Horseback riding route Collelungo

*Route type:* naturalistic, historic. Guided tour, reservation required (min 3, max 8 people). Only in summer period.

*Distance:* 22 km

*Time needed:* 5 h

*Elevation gain:* 50 m

*Altimetry:* 0-50 m

*Road surface:* asphalt and dirt road

*Difficulty:* easy

*Description:* points of interest are watchtowers, Collelungo beach, Pineta Granducale

*Accommodation:* local agritourism with horseback riding activities

*Info:* [centrovisite@parco-maremma.it](mailto:centrovisite@parco-maremma.it)

With this route you will pass through various areas of the Park: from flood plains to Mediterranean scrub forests, to the particularly beautiful arboreal pastures, where you can observe various species of wild animals. Along the old forest tracks you reach the Collelungo



beach; continue by sea, with the exception of summer months, until Marina di Alberese to return through the Granducal Pine Forest on the sea road.

Along this route you can also admire the historic defensive and sighting towers of Castelmarino and Collelungo (16th century).

## DIVING

### Cala dei Santi

Argentario – Punta dell'Avoltore

*Interest:* naturalistic/biological

*Type of bottom:* Landslide alternated with vertical rocky jumps

*Current:* Probable on the extreme tip

*Difficulty:* Possible easy or medium difficulty itineraries

*Depth:* 35 m

*Location:* N 42° 21' 909" – E 011° 11' 377"

*Back:* westerly winds

A beautiful and varied itinerary on a rich sea-floor that offers excellent opportunities for expert scuba divers as well as for beginners. This dive was once called "Punta dell'Avoltore" (Avoltore promontory). Indeed the main itinerary leads along the submerged buttresses of this spectacular limestone tip, one of the



most beautiful places of the whole Argentario from a diver's viewpoint. In conditions of good visibility, once we reach 45 m of depth in the vicinity of the external tip, move away from the rocks until you see a series of rocks on the mud: It is a place full of gorgonians and fish.

The coral branches that grow in the areas of shade are also beautiful.



## Islet of Porto Ercole

Opposite the Spanish fort of Porto Ercole

*Interest:* naturalistic/biological

*Type of bottom:* wall

*Current:* poor

*Difficulty:* low

*Depth:* 20 m

*Location:* N 42° 22' 772" – E 011° 12' 671"

*Back:* protected from northern winds

Leaving Porto Ercole, or Cala Galera, the sailor and sailing towards the high and rock coasts of the Argentario promontory, the sailor is greeted by the elongated shape islet. The most interesting section for dives is the one facing open sea. It is quite a simple dive, suitable for scuba divers of any level of experience. Rich colonies of red coral and to the great quantity of small lobsters hide in the ravines between coral and gorgonians, at less than 30 m of depth.







## Punta Finestra

Avoltore promontory

*Interest:* naturalistic/biological

*Type of bottom:* ciliate, wall and cave

*Current:* not frequent

*Difficulty:* medium

*Depth:* 25 m

*Location:* N 42° 21' 757" – E 011° 10' 994"

*Back:* northern winds

Punta dell'Avoltore is the tip overlooking the sea that we meet coming from Porto Ercole beyond the islet: a tip that can be easily recognised for a watch tower on its summit. Punta Finestra marks the end of this straight section, before the coast re-enters pointing northwards to the Argentario body. The tip can be recognised by a natural arch that is located in the highest part of the cliff. The crack in the rock is at the top left, looking at the cliff towards the north.

A school of brown meagres, which are rare in the Argentario can be seen in the siphons at a few metres of depth: These elegant fish with their bronze markings, can reach up to 70 cm of length.



Campagnatico



Garavicchio, the Tarot Garden



Castiglion della Pescaia



## THE TERRITORY

### Medieval Campagnatico

Campagnatico is a village with a medieval allure, cited by Dante in the Divine Comedy in reference to the Sabatina Pillars, also known as Castello della Sabatina, where Guy de Montfort, English leader, found refuge during the trial in which he was charged for the murder of Enrico d'Allemagna, around the end of the 13th century. In Campagnatico, on the first Sunday after September 8th, there is the Feast of the Blessed Madonna delle Grazie, during which there is the "Palio dei Ciuchi", established in 1957, preceded by a parade in medieval costumes and disputed by Contrada Castello, Rione Centro, Nobile Rione Pieve and Rione Santa Maria. Visit the Church of Santa Maria della Misericordia, dating back to the 12th century, the walls dating from the 12th to the 13th century, which almost completely delimit the village (with the fortification of the Aldobrande-

sque fortress and a watchtower, later transformed into the bell tower of the Church of San Giovanni Battista), the Pieve Vecchia remains, a rural religious building built over a Roman cistern of the 2nd century, downstream from the historic center.

### Capalbio, tarots and beaches

Even Capalbio has a medieval imprint visible even in one of the open doors in its enclosure, the Sienese, which still has its original solid wood 15th century doors. The ideal is to walk through the streets of the village, enjoying its other times atmosphere, or admire the ancient castle overlooking the valley below, from which you can see the beaches of Chiarore, Macchiatonda and the Torba. Worthy of a visit, in the locality of Garavicchio, is the fascinating "Tarots Garden", an artistic park created by the creative vein of the French-American

Niki de Saint Phalle, populated with statues inspired by the figures of the major tarot arcana.

### Castiglione, fortified wonder

Castiglione della Pescaia is a fortified village, overlooking the sea, characterized by a wonderful landscape, for the blue of an enchanting sea and the green hills. It is named in honor of the Aragonese Castle, with corner towers, which dominates the town. The village, well preserved, has streets in stone, ancient portals, niches and arcades, all enclosed by turreted walls. Not far from the center is the archaeological area of Vetulonia, with remains of the town from the Hellenistic period. Northwards there is Punta Ala, with 2 kilometers of free beach and an exclusive port, which has also been a Luna Rossa base.

Roccastrada, the Castle of Montemassi



Grosseto



Roselle



Pitigliano, the "Via Cava"



### The "centers" of Civitella Paganico

It is a "scattered" municipality, made up of several inhabited centers, with the municipal seat in the fraction of Civitella Marittima. Civitella Paganico still preserves part of the medieval city walls and is characterized by buildings from the Renaissance period. Visit Casale di Pari, for the medieval plant and with monuments such as the Church of San Donato, of 15<sup>th</sup> century origins with 18<sup>th</sup> century reconstructions, the Residenza del Vescovo Renaissance complex and the Pozzo di Casal di Pari. The Castello di Casenovole can be reached along the old Strada Leopoldina, which runs from Casale di Pari to Monte Antico. The village is divided into Piazza dei Fiori, where there is the Church of Maria Bambina and the characteristic Arco del Borgo, which delimits the access to the Piazza del Borgo. In this territory we find Monte Antico, whose origins date back before the year 1000, when the Ardengheschi built their castle with its court. The village of Pari dominates, from its spectacular position, the Valle dell'Ombrone and that of the Farma Rivers. The

historic center preserves the original structure dating back to the Middle Ages and its streets follow the circular course of the hill on which it stands. Finally Paganico, the largest village by extension and number of inhabitants, with a historic center characterized by a wall of medieval times largely preserved, which includes some towers and access doors.

### Follonica, pearl of the Gulf

Those who visit Follonica cannot help but plan stops at the pinewood of Scarlino, in the locality of Puntone, at Cala di Terra Rossa, Cala Martina, Cala Violina, Cala Civetta and Torre Civette. A coast full of rocks and sandy beaches, protected by pine forests and the Grosseto Maremma. Also important are the metalliferous hills and the Castello di Valli, built towards the end of the 19th century. Among the most famous churches, that of San Leopoldo, built starting in 1836 thanks to the works of the architects Alessandro Manetti and Carlo Reishammer, of neoclassical architectural style with a Latin cross. In addition to the beaches equipped for sailing and diving sports, the hinterland

also offers numerous itineraries for walking in the Mediterranean scrubland, on foot, on horseback or by bike.

### The caves of Gavorrano

The medieval center, Gavorrano is set on the side of Mount Calvo and still preserves the ancient stone quarries, with the infrastructure for the excavation and processing of the material. Visit the Mineral and Natural Park, the castle, the arches, the gates, the walls and the large turreted palaces. Particularly impressive is the Teatro delle Rocce, a splendid "stone shell" overlooking the plain over the Gulf of Follonica and the hill, on which the village is perched. Particularly fascinating is the open-air theater, built in 2003 in the Mineral-Natural Park of Gavorrano, inside the old San Rocco quarry.

### Grosseto, Maremma heart

Grosseto is still enclosed by Medicean walls, one of the few in Italy to have preserved the original structure. It is the starting point to discover Maremma, where both in summer and in winter visitors and tourists find surprising attractions, such as

equipped beaches, an award-winning sea, year after year, with the Blue Flag, museums, such as the Archaeological and Art of the Maremma, that of Natural History and the municipal aquarium, or monuments such as the Cassero Senese and the Medici Fortress. Continuing the visit in the name of culture, you cannot miss a stop at the archaeological area Roselle, on a hill overlooking the River Ombrone. Roselle is the Etruscan Pompeii, inhabited as early as the 7th century b.c.; at that time there was still Lake Prile that filled the plain and on the two hills were Roselle and Vetulonia, with a privileged geographical position to control the trade between the coast and Central Etruria. Later the Etruscan city was conquered by Rome and the emperor Augustus built the forum, the baths and the theater. The city was chosen as the seat of the diocese in 499. All this until 1138, when the curia was moved to Grosseto and Roselle was subject to a progressive abandonment. Patron of the city of Grosseto is San Lorenzo, to whom the Cathedral is dedicated. The church, in Gothic style, was begun in

1294 by the architect and sculptor Sozzo Rustichini from Siena, but the works were subject to numerous interruptions, extensive renovations and makeovers that were completed at the end of 1800, adapting the sacred building to the medieval style. Marina di Grosseto, born after the settlement around the Fort of San Rocco of a group of fishermen, is today one of the most well-equipped marinas of the Maremma, in the middle of the Tyrrhenian coast, ideal place to moor and discover uncontaminated nature or head for the bays of the Maremma Natural Park and the nearby islands of the Tuscan Archipelago Park.

### Magliano in Toscana, Doc village

Partly surrounded by a wall built between the 13<sup>th</sup> and 15<sup>th</sup> century and opened by three doors Porta Nuova, Porta San Martino and Porta San Giovanni, Magliano has become famous for the development of viticulture linked to the production of the Morellino DOC wine of Scansano. Particularly beautiful are the Checco il Bello palace and Palazzo dei Priori in corso Garibaldi, as well as the parish church

of San Giovanni Battista dating back to the Roman period.

### Manciano, 360° excursions

The territory of Manciano is full of country roads and paths that are ideal for pleasant excursions on foot, by mountain bike or on horseback. This village is located on the top of a hill open to the four cardinal points, from which you can look in every direction, from Amiata to the Fiora valley, from Talamone to the beaches of Montalto di Castro, from the Argentario to the Giglio Islands and Montecristo. Not far from here Saturnia, popular for its thermal baths whose sulphurous waters flow at a temperature of 37 ° C all year round.

### Massa Marittima, history treasure trove

It is enclosed in a wall and all the relevant buildings are concentrated in the same square: Duomo, Palazzo del Podestà, Palazzo del Comune, Loggia del Mercato and, just beyond, the Zecca and the Fonte Pubblica. In the upper town there is the fortress, with the Clock Tower.





## GASTRONOMY

### Colli di Maremma Doc

The Colli di Maremma Wine and Flavors Route, northeast of Grosseto, is the essence and heart of the Maremma and includes thirteen municipalities of the province. The pride of this territory are six Doc wines, from the famous Morellino di Scansano to Bianco di Pitigliano, from Parrina to Sovana, from the Ansonica Costa dell'Argentario to Capalbio. And even extra virgin olive oil is an added value for typical local dishes. It is obtained only by olives conferred by olive producers of the Tuscan Maremma and the surrounding hills.



### Acquacotta, Etruscan flavor

Acquacotta comes from antiquity, from an Etruscan recipe. It is a soup based on seasonal vegetables and extra virgin olive oil, with different variations in the Maremma and Senese areas. The most popular version on the Tuscan tables includes ingredients such as onion, tomato, water, extra virgin olive oil from Maremma, celery, carrots, basil, stale home-baked bread, grated pecorino cheese and egg. The recipe in the past necessarily changed with the weather and depending on the season.



### Tortelli, Maremma heart

It was the dish that in the past was enjoyed on holidays and still remains an undisputed protagonist of the tables. Maremman tortelli are based on fresh ricotta



cheese and spinach, they can be seasoned with butter and sage or with wild boar or hare meat sauce. A tasty first course among the most traditional of the Maremma.

### Boar stew

The absolute protagonist of many Maremma festivals, perhaps the dish that best embodies the taste of this land. The wild boar is a widespread wild animal in the surroundings and for this reason it is found in the first courses, in numerous main courses and in various cold cuts. In fact, here comes the tradition of bagging it to make, for example, sausages that can also be preserved in oil.



# THE TUSCAN ARCHIPELAGO

Giannutri lighthouse



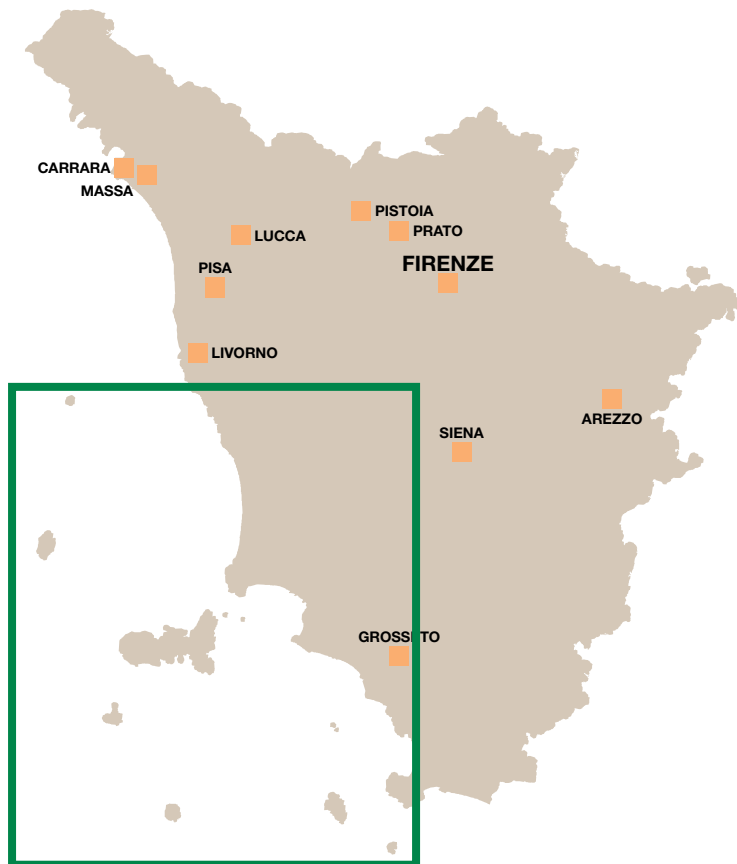
Marciana Marina, the port



The island of Montecristo



Giglio Island



In front of the Tuscan coast there are seven wonderful islands, those of the Tuscan Archipelago, National Park since 1996. Elba, the third Italian island after Sicily and Sardinia, looks like a real natural paradise and is the largest of the seven. The others are: Capraia, Gorgona, Pianosa, Montecristo, Giglio and Giannutri. Sea, hills and mountains: everything is concentrated in this segment of Tuscany, with fascinating paths that cross it from one side to another and allow you to better discover its beauty. The itineraries include the old iron and copper mines which have been used since the Etruscan times, evidence of the Roman history, of the presence of the Medici family, of the Spanish and of the French and the residences of Napoleon during his exile on the island: the Palazzina dei Mulini in Portoferraio and Villa di San Martino in the vicinity of Portoferraio.

The island of Elba has a rich and varied food and drink tradition, connected to culture and traditions; the cuisine of the hinterland is based on game, sweets and bread, whereas the coastal towns offer dishes based on fresh fish. Among the wines, Aleatico stands out.

The other islands of the archipelago are also natural havens, and in some the vegetation dominates almost wild. Precisely to preserve the biological balance, access to Pianosa and Montecristo is regulated. The first is the only island of the completely flat archipelago while Montecristo is perhaps the most protected of the whole Mediterranean, declared Biogenetic Nature





Reserve by the Council of Europe. Capraia, of volcanic origin and dominated by the Mediterranean scrub, is accessible to tourists, but still preserves almost uncontaminated areas and is much loved by divers for its enchanting backdrops. The scarce human presence over the centuries has helped to preserve the uniqueness of the islands of Tuscany, which present themselves mostly with unspoiled nature. Among the places of particular interest, the International Sanctuary for Cetaceans: an international protected area established in 1999 thanks to an agreement between Italy, France and the Principality of Monaco, with which the three signatory countries undertake to protect marine mammals and their habitat, keeping them safe from the direct or indirect negative impacts of human activities. It is a marine area north of the Tyrrhenian Sea, with 96 thousand hectares in the shape of a quadrilateral, which extends around the islands of the Tuscan Archipelago, and is bordered by Provence (Giens peninsula in France), Punta Falcone in northwestern Sardinia, from Capo Ferro in

northeastern Sardinia and from Fosso Chiarone in Tuscany. The area of the International Sanctuary for Cetaceans is affected, during the summer months, by an extraordinary presence of cetaceans of all the Mediterranean species. In this area there are in fact common whales (*Balaenoptera physalus*) and Stenelle (*Stenella coeruleoalba*), Capodogli (*Physeter catodon*), Globicephala (*Globicephala melas*), Grampi (*Grampus griseus*), Tursiopi (*Tursiops truncatus*), Zifi (*Ziphius cavirostris*) and Dolphins common (*Delphinus delphy*). The Tuscan Archipelago, with its crystalline waters and its huge expanse of sea is a naturalistic heritage of inestimable value: a very fishy heritage. The fishing activity is regulated: there are protected areas where it is not possible to fish or even surf, anchor or dive. 22% of the archipelago is the area protected on land and 78% of the area at sea. Its depths are characterized by a wide variety of habitats, due to the diversity of coasts and seabed. Here then are the limestone coasts of Giannutri in the south, the granite cliffs of

Giglio and Montecristo, the volcanic rocks of Capraia, the beaches of Elba; in the north the limestone rocks of Gorgona. The sandy bottoms are covered by "Posidonia oceanica", the true green lung of the Mediterranean marine

ecosystem. In this archipelago live swordfish, tuna, bonito, leccie, the moonfish "Mola mola". And then the cetaceans, among which there are dolphins.



Elba Island, the port of Rio Marina



Elba Island, Porto Azzurro

Giannutri, ruins of a Roman villa



Pianosa Island, the "Porticcio"



Dock at the Island of Montecristo



Giglio Island





## CYCLING TOURISM

Bicycle lovers may choose from the itineraries that the Elba island has to offer and the paths indicated on the islands of Capraia and Pianosa.

### Circular route of Marina di Campo

Marina di Campo is part of the municipality of Campo nell'Elba and is 2 meters a.s.l. It is in the namesake gulf, on the southern coast of Elba Island; for its plain character, it was one of the most densely populated areas of the island in medieval times.



#### Route

*Distance:* 57.7 km (circular route)

*Time needed:* 4/6 hours

*Elevation gain:* 1,645 m

*Altimetry:* min. 4 - max. 616

*Road surface:* dirt

*Bicycle:* mountain bike

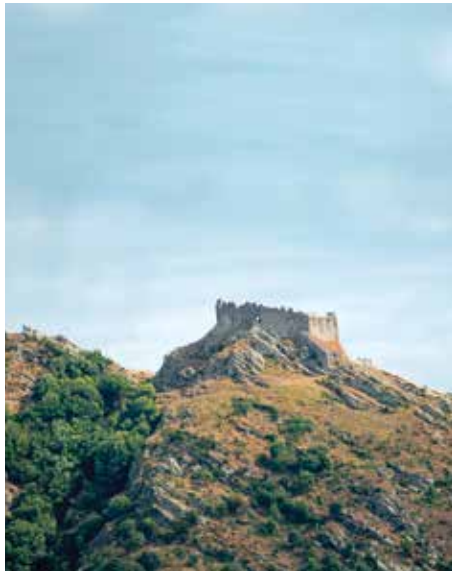
*Activity level:* easy

Difficult ascents and long panoramic descents characterize this itinerary. From Marina di Campo head towards Monte Perone; from here carry on towards the hamlet of San Piero, before returning to Marina di Campo. Take the path that goes up towards Monte Orello; continue towards the bay of Lacona and Monte Tambone, the start of the descent to the seaside resort where you set off from.

Elba Island, Saint John Tower



Campo nell'Elba



Volterraio



Elba Island, the Romanesque church of the Saints Peter and Paul in San Piero



Marciana alta



## HIKING AND EXPLORING

### National Park of the Tuscan Archipelago

The National Park of the Tuscan Archipelago has 18,000 hectares of islands, with interesting geological and naturalistic sites and

60,000 hectares of sea, populated by numerous species. From the coast to the inland the scenery of the Mediterranean vegetation unites different habitats, where there are rare species

of flora and many animal species find shelter. The National Park preserves the heritage of species and ecosystems of all the seven islands.

### Route Enfola (Elba)

*Route type:* historic and naturalistic  
*Difficulty:* medium

*Starting and arriving point:* apron in front of Tonnara dell'Enfola, loc. Enfola - Portoferraio - Isola d'Elba 42° 49' 30" N, 10° 16' 08" E

*Elevation gain:* 220 m  
*Time needed:* 2.30 h

*Recommended equipment:* training and comfortable clothing, trekking boots; backpack with water bottle, binoculars and camera.

*Special occasions:* May 24<sup>th</sup> - European Day of Parks

An exciting route that runs around the Enfola, one of the most characteristic promontories of the Elba Island, for its natural richness and historical value. Passed on the left the building of the Tonnara, current headquarters of the Ente Parco, you climb along a road bordered by lush Mediterranean vegetation, seeing some war ruins, remains of an imposing defensive system, alternating with panoramic points on Elba northern coast. When you reach the top of the promontory, a ring trail begins, which leads to the cliffs overlooking the sea, populated by sea birds, then return from the road already traveled.



### Route of the Mausoleo (Elba)

*Route type:* historic and naturalistic  
*Difficulty:* medium

*Starting and arriving point:* loc. Cavo, Rio Marina – Isola d'Elba 42° 51' 35" N, 10° 25' 16" E

*Elevation gain:* 220 m  
*Time needed:* 3 h

*Recommended equipment:* training and comfortable clothing, trekking boots; backpack with water bottle, binoculars and camera.

*Special occasions:* August 16<sup>th</sup> – Rio Marina celebrates San Rocco, Patron Saint of the town as well as sailors, pilgrims and miners

From the heart of Cavo, a seaside resort on Elba Island, follow the Kennedy promenade to the Frugoso beach, where you continue on a dirt road that winds through a dense Mediterranean scrub with colorful blooms. The trail rises with wide windings up to a coastal stretch. Towards the top of the hill, there is the Tonietti Mausoleum, a building designed in neo-Gothic style by the architect Adolfo Coppedè. From here, still climbing after the fork, you reach the Solana Alta and you return from the road that leads to the underlying village of Cavo.





### Route of the Dolce (Giglio)

*Route type:* historic and naturalistic

*Difficulty:* medium

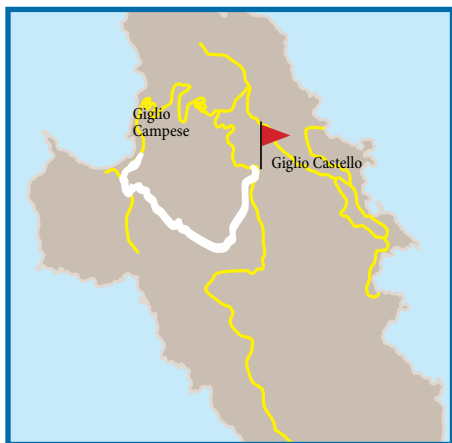
*Starting and arriving point:* piazza Gloriosa di Giglio Castello, Isola del Giglio 42° 21' 55" N, 10° 54' 06" E

*Elevation gain:* 374 m

*Time needed:* 2 h

*Recommended equipment:* training and comfortable clothing, trekking boots; backpack with water bottle, binoculars and camera.

*Special occasions:* August 14<sup>th</sup> – Giglio Campese; September 15<sup>th</sup> – Giglio Castello (Patron Saint's Festivals)



From Piazza Gloriosa to Giglio Castello take the asphalt road to Capel Rosso; on the right the indication of the path "La Felce" leads into the centuries-old holm-oak wood "Il Dolce", one of the most important green lungs of the island. Then you reach the seaside resort of Giglio Campese, connected by public transport to all directions.



### Route of the Stagnone (Capraia)

*Route type:* naturalistic

*Difficulty:* medium-difficult

*Starting and arriving point:* chiesa di San Nicola, Isola di Capraia 43° 02' 52" N, 9° 50' 33" E

*Elevation gain:* 450 m

*Time needed:* 5.30 h

*Recommended equipment:* training and comfortable clothing, trekking boots; backpack with water bottle, binoculars, camera.

*Special occasions:* First Sunday of November, Squid Festival



This route starts next to the church of San Nicola and crosses open areas full of blooms that make the landscape particularly evocative in spring. After a first flat stretch, we continue to the Stagnone, climbing up to a prairie open amphitheatrically towards the sea and Corsica. Shortly afterwards you reach the natural lake "Lo Stagnone" and take the path back to the rocky ridges of the Penne, the extreme point of the ring, from which you descend towards the village.







## Circular route of Monte Capanne (Elba)

Route type: naturalistic (by bike or by horse)

Distance: 19,8 km

Time needed: 3 h

Elevation gain: 540 m

Altimetry: max 630 m

Road surface: asphalt (70%); dirt road (30%)

Difficulty: challenging

Description: Sant'Ilario-le Solane-Acqua Calda-Madonna del Buonconsiglio-Poggio-Sant'Ilario

A path marked by nature that starts from the asphalted road and runs along old military or forest roads, which allow you to move away from traffic and discover important landscape and natural aspects. The circular route of Monte Capanne offers everything: views of the island and the entire Archipelago, the colors of the Elban granite and woods (holm oak, pine forests, Mediterranean scrub), historical evidence such as the 13<sup>th</sup> century church of San Giovanni in Campo or the Tower of San Giovanni, the nests of the African bee-eater, carved into the rock, and the butterflies sanctuary



## DIVING



### The Plane

#### Island of Capraia

Interest: naturalistic/biological/ archeological

Type of seabed: rocky with sand and Posidonia

Current: not frequent/light

Difficulty: medium

Depth: min.25 – max 45

Localization: N 43° 03' 256" – E 09° 50' 760"

Back: from westerly and south-westerly winds

A reef to be discovered. Not far from the port, a rocky bank emerges from a depth of 43 m rising up to 24. This reef extends parallel to the coast for some hundred meters showing a landslide, in the direction of the island, gently descending towards the deep, whereas on the eastern side it is much steeper. On the summit of the reef, amongst rocks and fields of posidonie (marine plants) big Pinna Nobilis appear along with shoals of saddled breams, salpas and in springtime with dentex and "ricciole". The western walls, chain of dens and burrows, house morays, sargos and conger eels. At the base of the external wall, at a depth of 43 m, the rests of a German seaplane Arado AR196A stand out, that was shot down during a conflict in September 1943. Unfortunately many details of the deck have been stolen at the hands of some silly collector of unusual souvenirs, but the general view of the relict resting on the sea bed is particularly suggestive.



Capraia Island, the "Torre del Porto"



## The Scoglione

Island of Capraia

*Interest:* naturalistic/biological

*Type of seabed:* rocky

*Current:* not frequent / light

*Difficulty:* easy

*Depth:* min. 0 – max 40

*Localization:* N 43° 00' 880" – E 09° 49' 414"

*Back:* from westerly, north-westerly and south-westerly winds

Along the eastern side of the island, before Punta del Turco, at a stone's throw from the coast, there's a big rock indicated on nautical charts as Scoglione (big rock). The most interesting side faces the east where the seabed degrades rapidly forming vast terraces and falls at a quote beyond 45 m. Sponges, madrepores, calcareous seaweeds and "nudibranchi" proliferate undisturbed while, from the deeper gorges, the curious snout of morays, saddled brems and musdee with moustaches come peeping out. The side that faces the land presents lower bathymetries, with scattered rocks and posidonie. Despite it's shallow waters this side is frequented by lively rock fish.



The lighthouse



The port of Capraia Island



## Formiche della Zanca

Island of Elba

*Interest:* naturalistic/biological

*Type of seabed:* rocky

*Current:* light / medium

*Difficulty:* medium/difficult

*Depth:* min. 20 – max. 50

*Localization:* N 42° 48' 379" – E 010° 07' 535"

*Back:* none

One of the finest dive sites on the northern coast of the Island of Elba, between Capo Sant'Andrea and Punta della Zanca: it is Formiche della Zanca. The so-called Formiche, is constituted by a group of emerging rocks, the underwater part of which is an amazingly scenic seabed. The side towards the Island of Capraia is particularly beautiful: beyond a detrital plateau boundaried by rocks the dive route starts descending until it reaches tall pointed cliffs and a large channel, the walls of which are made of large rocks containing many hide-outs for conger-eels and shadefish. Deeper, beyond 45 meters, there is a fantastic seabed covered by fans of red *Paramuricea clavata*: a particularly interesting photographic subject thanks also to the schools of *Anthias* and damselfish elegantly swimming among the branches. Among the rocks it is fairly common to spot the antennas of a lobster.

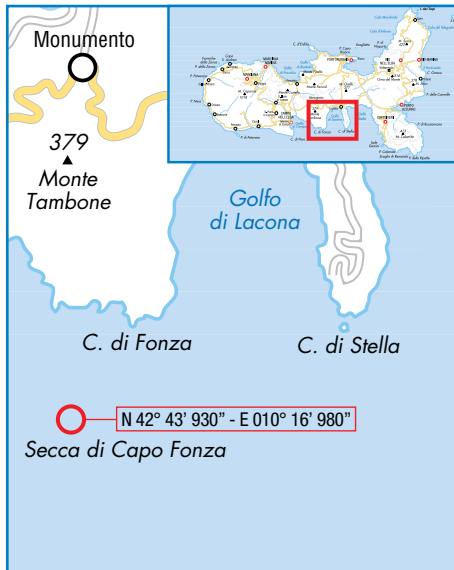


Elba Island, the Northern Coast



Elba Island, Capo Sant'Andrea





### Shallows of Capo Fonza

Island of Elba

*Interest:* naturalistic/biological

*Type of seabed:* rocky cliff

*Current:* light / medium

*Difficulty:* medium

*Depth:* min. 5 - max 48

*Localization:* N 42° 43' 930" – E 010° 16' 980"

*Back:* none

These shallows near Capo Fonza are one of the most popular dive sites of the island. The shallow is easily located from the surface since its summit reaches 3 meters under the level of sea. The dive begins by following the steep wall reaching a depth of 40 meters towards the open sea. At the base, the various clefts and small caves house lobsters, white beams and moray eels, while by carefully looking inside the more protected fractures you may see the pretty branches of red coral. The current may make the descent difficult. The side of the shallows towards the promontory of Capo Fonza is less steep, with big rocks on which there are colonies of yellow *Parazoanthus*, false corals and the delicate laces of sea roses



Elba Island, Golfo di Campo



Elba Island, the "Scoglietto di Portoferraio"



### Lo Scoglietto of Portoferraio

Island of Elba

*Interest:* naturalistic/biological

*Type of seabed:* sand - rocky cliff

*Current:* not frequent/light

*Difficulty:* easy

*Depth:* min.6 – max.45

*Localization:* N 42° 49' 765" – E 010° 19' 870"

*Back:* all winds

Just outside the bay of Portoferraio there is a small isle: the seabed beneath it is made of a large variety of natural formations and especially in spring there are shoals of pelagic fish. The seabed around the Scoglietto is quite extraordinary. The area along the north side is particularly interesting, the first stretch being characterized by large rocks and wide sand patches that gently descend to 25 meters where there is a large plateau. Continuing to swim towards the open sea, the cliff descends more sharply displaying a beautiful wall that disappears into the depths. Here there is a large sweep of red gorgonias among the branches of which float thick shoals of *Anthias*. Among the rocks of this seabed it is also common to meet groupers.







## Remaiolo Rock

Island of Elba

*Interest:* naturalistic/biological

*Type of seabed:* rocky

*Current:* light medium

*Difficulty:* medium

*Depth:* min. 10 – max.55

*Localization:* N 42° 42' 549" – E 010° 24' 790"

*Back:* all winds

Remaiolo Rock is situated in the namesake Bay of Remaiolo, in front of the old mine and it is a favourite dive. The dive starts from the south side facing the Island of Montecristo; at a depth of 14 meters the route follows the rocky ridge and descends on both sides quite steeply until it reaches an islet situated at 40 meters that descends to more than 55 meters. The top of this islet is covered with red seafans swarming with Anthias and it is common also to see some rocklings and lobsters. The west side of the rock is characterized by a vertical wall full of fractures and rich with life. The wall descends from 25 meters to over 40 meters. Finally, the north side offers great rocks, walls and small caves with groupers. Also in this area there are often moonfish, John Dory fish and torpedoes.



## Small caves of Cala dell'Allume

Island of Giglio

*Interest:* naturalistic/biological

*Type of bottom:* posidonia and small cave

*Current:* absent

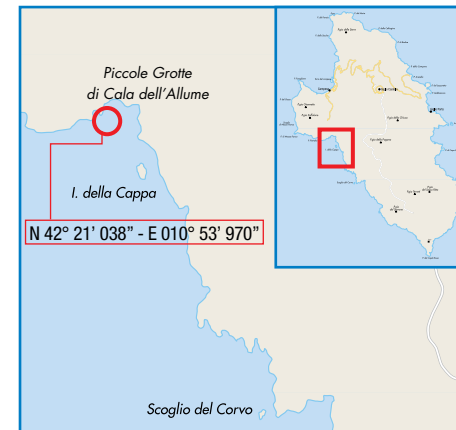
*Difficulty:* low

*Depth:* 15 m

*Location:* N 42° 21' 038" – E 010° 53' 970"

*Back:* from mistral to scirocco

Beyond the Campese gulf, sailing southwards, the coast is more irregular. A large low depth platform extends a long distance favouring the development of a great extent of posidonia meadows. To be noticed are the remains of an ancient pier and the bizarre and bold form of the Campese cliff. Indeed, the wharf was the one used by the ships which arrived here to load the minerals mined from some mines which were located in this part of the island. A couple of ancient galleries are still visible just a few metres from the sea. At the centre of Cala dell'Allume a great rock appears from the sea, surrounded by some smaller ones. The bay, protected from all the winds, from the mistral to the sciroccot is characterized by a low sea floor and like in almost the whole area, it is covered by a rich posidonia meadow. The depth does exceed 15 m. The rocks of Cala dell'Allume represent an ideal place for the end of course trip or for the first steps of a beginner.











A grey heron



Trekking in Pianosa Island



## THE TERRITORY

### WALKING FESTIVAL Walking between sky and sea

The Walking Festival is an event dedicated to the sea and sky excursions of the Tuscan Archipelago National Park. Thanks to this initiative it is possible to rediscover ancient and unexpected paths, climb the slopes, descend along the valleys, reach the coast, cross the scrub, enter along the ancient lanes, happy and together; it has become an engaging and healthy way to spend free time. Excursions and activities offered are free; any participation fees, if any, are indicated. The excursions are made when the minimum number of 10 participants is reached. In the event of adverse weather and sea conditions, they can be canceled.

For any information and booking, please contact the Infopark information point.

Info:  
[www.tuscanywalkingfestival.it](http://www.tuscanywalkingfestival.it)

### GASTRONOMY

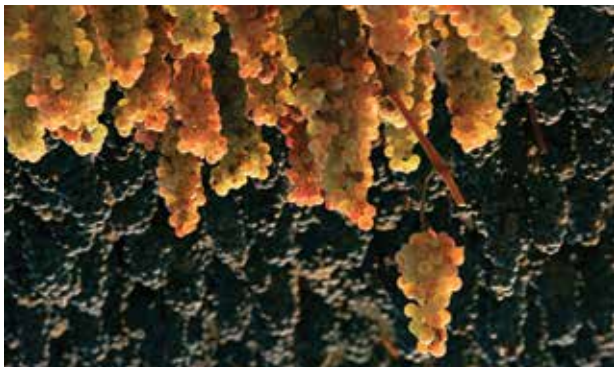
The many fragrances of honey  
Honey, in many varieties and with different “perfumes”, is a traditional product of Elba, Giglio and Capraia. It is obtained from the blooms of Mediterranean essences such as rosemary, thistle, heather, chestnut and strawberry tree, almost entirely with organic method. Capraia honey, in particular, is one of the traditional Tuscan agri-food products rec-

ognized by the Ministry of Agriculture, Food and Forestry, along with goat’s milk cheeses from the same island.

**Elba, insula vini ferax**  
Pliny the Elder called Elba “insula vini ferax”, a fruitful island of wine. The spearhead of local viticulture is Elba Aleatico Passito, the first wine of the smaller islands to obtain the guaranteed denomination of origin. Ruby red color and sweet taste, it is







obtained from Aleatico grapes withered in the air. The taste is soft and velvety; the initial sweet sensation leaves for a persistent note of black cherries, jam and dried fruit.

Small but significant wine productions are also recorded in Capraia and especially in Giglio. Besides the Aleatico dell'Elba there are other "passito" made with white grapes: Ansonica and Moscato. The first is the pride of Giglio: the "Ansonaco", as it is locally called, is a wine of high gradation (reaches 17 °) and a robust body produced in tiny terraces overlooking the sea.

Among the products of the island territory, spirits, with a thousand-year tradition, deserves special mention. On the island of Elba, since ancient times, liqueurs with alcohol and citrus fruits of the area of San Andrea were made at home and still today the Limoncino and Arancino are produced with the same procedures. There are also several "grappa" from Elba, all produced exclusively with marcs originating in the island and almost all locally distilled.

### IGP oil

Thanks to the mild climate of the islands, the oil of Elba has grown in quantity and quality, and since 2011 has conquered the IGP brand. This means total traceability for the consumer, informed on the place where the oil was produced and the supply chain followed before arriving on the final table. The extra virgin olive oil produced on Elba is obtained from the traditional olive varieties such as Frantoio, Leccino, Moraiolo and Pendolino. The olives are harvested by hand and immediately taken to the local mill, where you get a cold pressed extra virgin olive oil.



### The gifts of the mountain

The chestnut trees are found on the Elban mountain since the 14th century. Here, as elsewhere, their fruits, fresh, dried or reduced to flour, have been the staple food for mountain populations up to half a century ago. In particular, Monte Capanne, the highest of Elba, with its beautiful 1019 meters, is all immersed in the chestnut woods that characterize this mountainous stretch of territory. Moreover, in several areas of the island, among the oak woods, there are over 200 species of mushrooms, among which the most sought are the porcino and the ovulo.



### Gurguglione

Typical of Elba, especially in the area of Rio Marina, the "gurguglione" is a vegetable stew similar to ratatouille, of Hispanic-Moorish inspiration. It is found in many variations, depending on the type of vegetables used. It is excellent served with Tuscan bread and rubbed with garlic.

### Last but not least...

Among the typical desserts there are the "schiaccia briaca" from Elba and the "panficato del Giglio". The latter is based on the fruits of the island, figs and grapes, dried in the sun on granite plates. In the original recipe instead of the wine, too expensive, the vinella was used, obtained from the raspberries left to ferment. The schiaccia briaca, a typical Christmas cake, dates back to the 13th century, when the Saracen invasions began in Elba and introduced the use of typical Middle Eastern cuisine such as pine nuts and sultanas. The schiaccia became "briaca", or drunk, in the 19th century, when the aleatico and alcherme wines were added to the mixture.



Copyright © 2018 Toscana Promozione Turistica [www.toscanapromozione.it](http://www.toscanapromozione.it)

Realized under the inter-regional programme "Inter-regional routes between sites and villages of the rock art heritage – 2009"  
[www.toscanapromozione.it](http://www.toscanapromozione.it)

Concept CD&V, Firenze  
[www.cdev.it](http://www.cdev.it)  
*art direction* Marco Capaccioli  
*layout* Paolo Valeri  
*coordinamento redazionale*  
*ed editing* Piero Antonini  
*coordinamento tecnico* Roberto Valeri

*foto* Archivio Regione Toscana, Archivio Toscana Promozione, Archivio CD&V, Archivio Provincia di Pistoia, Archivio Ente Parco Regionale delle Alpi Apuane, Archivio Unione Speleologica Pratese, Mario Baudi, Diego Benicchi, CAI, AlterEco, Bedessi Fotogiornalismo, Bruno Bruchi, Lisa Capaccioli, Stefano Cellai, Gruppo Trekking Tripetotolo, Riccardo Leoni, Mediagroupadv, Paolo Valeri, Marco Verole-Bozzello, Antonio Renzetti.

**da "Itinerari nei Parchi  
e Aree Marine"**

Provincia di Livorno, Marzo 2013

Parco Nazionale Arcipelago Toscano, Archivio PNAT;

Parco Regionale delle Alpi Apuane, Archivio Parco; M. Capaccioli 25, 29, 31.

Parco Regionale di Migliarino-San Rossore-Massaciuccoli Archivio Parco; V. Barbuti 40d, P. Del Freo 39s; F.

Ferri 35; GFNT 36, 38; Legambiente Versilia 37; 43; R. Nesti 41s; U. Macchia 42, 44, 45.

Parco Regionale della Maremma, Archivio Parco Maremma; G. Anselmi 48, 53s, 55s.

Parchi della Val di Cornia, Archivio Parco; G. Breschi 64d, 65d; F. Venturini 64s.

Parco Interprovinciale di Montioni, A. Gabellini.

*in copertina:*

credits di Toscana Promozione Turistica

Photo by Alessandro Moggi



[www.visittuscany.com](http://www.visittuscany.com)



**Regione Toscana**



**TOSCANA**  
PROMOZIONE TURISTICA