

Green Tuscany



Atlas of Cycling Routes in Tuscany

Cycling amidst the beauty of
distinctive scenery and landscapes.



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Tuscany by Bike

Tuscan cycling routes

Every journey begins with a choice: the choice to set off. In Tuscany, bicycles are the key to discovering the region through fresh eyes, travelling roads that combine landscapes, stories and people. The **Atlas of Cycling Routes** accompanies this narrative, offering a living map of routes that traverse hills, villages, cities of art, natural areas and stretches of coastline, where time takes on a more human dimension. Travelling by bike means allowing yourself the luxury of listening, enjoying the smaller details, transforming distance into experience. The Atlas is a tool for finding your way, imagining and planning your cycling journey, choosing different routes, levels of difficulty and scenery. It is an invitation to explore Tuscany more slowly, bend after bend, at **Visittuscany.com**. The rest is down to your legs, your curiosity and the desire to set off.

Share your adventures

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Regione Toscana



TOSCANA
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TUSCANY NEVER-ENDING RENAISSANCE

**“One ride after another,
finding yourself at the crossroads
of stories and landscapes.”**

Discover Tuscany's cycling routes
visittuscany.com/cycling

All About Tuscany from the Seat of Your Bike



There are places you simply look at, and others you experience, step by step, until you feel at home. Tuscany, by bike, belongs to this second category. Here, the journey is not just a line drawn on a map, but a sequence of sensations: the light shifting across the hills, the sound of the wheels accompanying your thoughts, time slowing down until it finds a new, natural rhythm. Cycling means choosing routes where there is no hurry; a simple yet powerful gesture that restores the value of time and depth of space. It means discovering a bend that opens onto an unexpected village, a tree-lined avenue leading to a parish church, a dirt track marked by centuries of passage and stories. Choosing to travel by bike means tuning into the places, capturing the more subtle details, reading the landscape as a story that turns a new page at every bend. It is a way of exploring that invites attention, curiosity, and an openness to new encounters: with those who live in these places every day, with those passing through them for the first time, and with yourself. The network of Tuscan cycle routes traces an authentic and surprising geography, made up of coastlines and mountain ridges, of orderly farmland and wild countryside, of cities of art and lesser-known areas that preserve a strong and recognisable identity. Each route opens a different door: some cyclists enjoy the longer distances, others the intensity of a climb, others the freedom of a dirt track, and

others the simplicity of a less challenging group outing. The roads bear signs of labour and passage, of boundaries crossed and horizons opened; the villages welcome you with warmth; the surrounding countryside is ever-changing yet constant in its natural rhythm. Travelling by bike invites you to listen, stimulates curiosity and rewards a keen gaze. In Tuscany, this versatile means of transport can bring together different worlds and experiences. It is at once sport and contemplation, personal challenge and conviviality, individual journey and collective narrative. It is the thread that links events, local traditions, craft products and foods that create natural stops along the route. A stop is never just a break: it is a moment of connection, a taste of the local area, a memory that lingers. This selection of routes has been created to offer insight into the region's diversity, suggesting different ways to experience Tuscany on two wheels: short or challenging routes, day trips or journeys that stretch out over time, roads to share or paths to travel in silence. An invitation to learn more, to choose, to get started. The Atlas of Cycling Routes is the point of departure for finding your way through this ever-evolving story. It is a tool that allows you to imagine the trip even before you set off, aware that, once on your bike, Tuscany itself will guide the way.



Bike Therapy & Mental Wellness

Cycling in Tuscany is an act of mental balance. Quiet roads, open landscapes and natural rhythms help people reconnect with the environment and with themselves. The bicycle becomes a source of wellbeing, slows the mind and opens up space for listening.



Timeless Routes, Authentic Landscapes

The love of cycling and local history. Roads that bear the signs of sporting feats, ancient ways and new forms of exploration. From leisurely rides to more technical trails, Tuscany offers places to go and things to do and see in every season, combining nature, culture and adventure.

The Cult of the Climb

In Tuscany, the climb is a cycling ritual: steep hills and long ascents shape both the legs and character, connecting valleys and mountain ridges. Elevation gain becomes a test, a challenge and an achievement, rewarded by immense views and the feeling of deep satisfaction on reaching the summit.



The Colours of Tuscany

Cycling through Tuscany is a journey through colour: the green of vineyards and olive groves, the browns of the dirt roads, the red of autumn foliage, the grey of geothermal landscapes, the blue of the sea and the pink skies at dawn. Every season transforms the landscape into emotion.



Lights, Camera, Action! Tuscany in the Footsteps of Cinema

Tuscany has long been a major star of international cinema: the natural stage for iconic stories, unforgettable characters and images that have entered the collective imagination. Exploring it by bicycle means physically entering those scenes, turning film locations into stages of a journey to be experienced first-hand. Among hills decorated with rows of vines, villages suspended in time and symbolic landscapes, cycle tourism meets the seventh art, generating exciting and engaging travel experiences. From the rough tracks of the Chianti area chosen by Bernardo Bertolucci for *Stealing Beauty*, to the epic landscapes of Val d'Orcia that provided the backdrop for *Gladiator*, every bike ride conveys the narrative power of places already featured on the big screen. Cortona, made famous by *Under the Tuscan Sun*, invites visitors to tilt their faces toward the light and take things slowly; while Siena, the coast and the Apuan Alps recall the dynamic atmosphere of *007 Quantum of Solace*. Reaching these places by bicycle amplifies the sense of adventure, making the experience more intense and authentic. These are only a few examples of a widespread cinematic heritage that runs through the whole region, waiting to be explored and turning every outing into a personal story, where cinema, landscape and movement merge into one unforgettable experience on two wheels.



Tuscany: Capital of Gravel

Tuscany is recognised as the gravel capital of the world, a region with a network of dirt roads, farm tracks and secondary roads that creates the ideal natural setting for free, continuous and immersive travel on two wheels. Here, gravel is not a trend, but the spontaneous evolution of a historic road network that crosses farmland, rolling hills and small villages, offering peaceful routes with little traffic and a strong local identity. Cycling on these surfaces means tuning into the landscape, sensing its variations and letting the pace of the journey adapt to the feelings of the moment. The dirt roads in Tuscany have become iconic thanks in part to internationally renowned events, but the gravel experience goes far beyond the more well-known routes. There is an extensive network connecting valleys, mountain ridges and lesser-known areas, ideal for day trips or longer adventures, including bikepacking. Each itinerary offers a different combination of distance, terrain and elevation gain, making gravel accessible to cyclists with different levels of fitness and experience. In Tuscany, gravel is above all a way of travelling: a style that privileges exploration, new encounters and freedom of choice. It is the pleasure of stopping, observing, savouring the land and feeling part of the places you pass through.

Not to Be Missed

Waterways: Rivers, Lakes and Wetlands

From the Arno to the Ombrone, from the Serchio to the lake areas and coastal wetlands, water creates surprising cycling routes. Flat or gently rolling routes follow the course of rivers to reach lakes and wetlands, telling the ancient story of the relationship between people and landscape, through natural environments rich in biodiversity and ideal for a relaxing yet fascinating adventure.

In the Footsteps of the Etruscans

Before the Romans, the Etruscans shaped Tuscany, leaving behind cities, necropolises and roads that are still visible in the landscape. Cycling through these places means travelling across more than a thousand years via hills, sunken roads and rock settlements, combining archaeology and nature for an engaging experience.

Contemporary Art by Bicycle

Tuscany is not only home to historical art. As you ride, you come across villages and areas that have chosen the language of contemporary art to tell their story: murals, installations and open-air works engage with the landscape, turning roads and squares into multi-site and open-air galleries. Travelling by bike is the ideal way to discover them without filters.

Nature Parks

Tuscany preserves a vast system of parks and protected areas that can be enjoyed by bike in an eco-friendly and carefree manner. From the mountains to the coast, cycling routes in the parks offer silence, biodiversity and unspoilt views, inviting a conscious discovery of the region's natural heritage.



Choose your Route

The landscape of Tuscany is as varied as the routes it has to offer. Here are 12 suggestions for exploring Tuscany by bicycle.



GRAVEL / MTB

L'Ardita, permanent cycle touring route

Length: **81,4** km
Area: Arezzo

L'Ardita is a permanent cycle touring route for the unhurried discovery of the Arezzo area. It is open to everyone: to be enjoyed alone or with the whole family. It starts in the heart of Arezzo, from Piazza Grande, leaving behind the medieval architecture to reach the imposing Acquedotto del Vasari. From here the route enters one of the most evocative landscapes in the Valdarno: the Ponte Buriano and Penna Nature Reserve, the home of picturesque scenery created by water and biodiversity. Ponte Buriano, associated with the famous Mona Lisa by Leonardo da Vinci, dominates the Arno with its ancient presence, a silent witness to battles through the ages. The ride continues past Romanesque parish churches, through medieval villages and along country roads crossing the lower Casentino: Capolona, Subbiano, Castiglione Fibocchi, Pieve San Giovanni and Casavecchia all tell the story of an authentic area of small settlements with great stories. The return to Arezzo is the most intense part of the route, with the climb to Alpe di Poti that tests both legs and character, offering the fun of a hill climb time trial before the descent back into the town. A route to try out, share and rediscover in every season.

MTB

The forests of the monks

Length: **22** km
Area: Casentino

This mountain bike route leads into the most authentic heart of the Casentino area, touching the symbolic places of the Casentinesi Forest National Park. It is an immersive route, ideal for those seeking nature, silence and sustainability. After a short initial stretch on asphalt, the route takes you into the forest and follows wide forest tracks, where you become absorbed by the rhythms of the surrounding nature. Ancient beech woods, monumental fir trees and bright clearings tell the ancient tales of spirituality, labour and stewardship of the land. The return trip offers a new perspective: a short link road leads to La Calla, from where you take the beautiful mule track along the ridge, now a panoramic forest road, suspended between two slopes with wonderful, wide views. The last section, which is steeper and more demanding, invites you to slow down and, if necessary, get off your bike and walk a while: here, it's more about the journey than the speed. This route requires due attention to the weather conditions, which are typical of high altitudes and exposed ridges, but repays with a profound and authentic experience. The route must be tackled with respect, curiosity and a desire to listen to the forest, cycling in places where nature is still in charge.



ROAD

The cockcrow tour

Length: **64** km
Area: Chianti

A cycling trip through the heart of the Chianti area, with hills, villages and roads that tell the story of the birth of one of Tuscany's most celebrated symbols. The route starts and ends in Castellina in Chianti and can also be tackled in two stages, to savour every detail of the landscape. The ride begins in the old town centre and heads towards Fonterutoli, where in the Middle Ages the border between Florence and Siena was drawn, leaving a lasting mark on the history of Chianti. From here the road runs through vineyards, woods and farms, all the way to Castellina Scalo and Staggia, where the landscape opens up and the pace slows down. Continuing towards Lecchi and Strolla, the route becomes more intense: a sequence of climbs tests legs and concentration while rewarding you with broad and peaceful views. The return to Castellina ideally concludes the first part of the journey. The second stage passes through the Sant'Agnese woods and leads to Gaggiano, Cedda and Poggibonsi, featuring history, archaeology and nature. The final climb, through the hills of Monsanto, leads to the Etruscan mound of Montecalvario, closing a loop that combines sport, landscape and memory. This route is to be enjoyed at a slow pace and with curiosity, following the roads of the famous Black Cockerel of Chianti.

GRAVEL

Museum cycling tour

Length: **14,5** km
Area: Costa degli Etruschi

This sea-view route is a cycle touring loop that brings together landscape, archaeology and memory, following the course of the Cecina River back to its earliest origins. This accessible ride is full of atmosphere, discovering the area with views that alternate between running water, hills and the sea horizon. The route travels around the Cecina valley, with stops in places that bear witness to the long history of this land. At Villa Guerrazzi, an elegant 18th-century residence set in the countryside, the Archaeological Museum takes visitors on a journey through time spanning thousands of years, from the earliest traces of man to the Roman era, with a special focus on the Etruscan civilisation. Next door, the Museum of Life and Work tells the story of rural everyday life, including tools and traditions of the northern Maremma. The ride continues to the archaeological area of San Vincenzino, where the remains of a Roman villa overlooking the sea bear witness to the link between settlements, trade and landscape. The area also features a strikingly large and well-preserved underground cistern. The route offers ample, open views, particularly beautiful at sunset, when the sky is reflected on the water and the journey becomes a slow and contemplative experience.



ROAD

On both sides of the Val d'Elsa

Length: **68,8** km
Area: Empolese Valdelsa and Montalbano

A complete and engaging ride, combining landscape, history and fitness. This circular route starts in Montaione and travels through rolling hills, historic villages and along scenic roads, alternating between challenging climbs and thrilling descents. From the first stretch towards Gambassi Terme, amidst woodland and countryside, the route follows the ancient local history, with Roman remains visible along the ascent. After passing through the spa town, the road descends towards Certaldo, gateway to the Elsa valley and a symbol of Tuscan culture. From here the route changes character: brief, faster stretches give way to steeper climbs, such as the ascent to San Donnino, where the dome of San Michele Arcangelo dominates the landscape and recalls the history of the lost Castle of Semifonte. The ride continues through Barberino Val d'Elsa, Marcialla and Fiano, along a panoramic ridge marked by continuous ups and downs, vineyards and sweeping views of the countryside. The final long descent leads back to Certaldo, ideal for a cultural break in the upper village, before tackling the last stretch to Castelfiorentino and the return to Montaione. This varied and rewarding route is perfect for combining a great workout, beautiful scenery and learning about the area.



ROAD

The fossil route

Length: **26** km
Area: Valdarno

The Fossil Route is a loop cycle touring itinerary that links Cavriglia and Montevarchi, accompanying travellers in discovering the most surprising side of the Valdarno, where the landscape tells millions of years of history. The route passes through rural villages, orderly vineyards and olive groves that shape the valley, providing continuous reasons to stop and explore. The area around Cavriglia bears traces of ancient Etruscan and Roman settlements, but also of the more recent history of lignite mines, now told by the Museum of Local Mines (MINE). Not far away, the Fineschi Rose Garden offers a unique sensory experience, with thousands of varieties of roses in a beautiful setting. Continuing by bicycle, you reach Montevarchi, a lively town with a rich cultural heritage. Here, the Palaeontology Museum houses extraordinary finds from the Valdarno, including fossils of large prehistoric mammals that provide an image of the area that is profoundly different from today. The cultural tour can continue at the Cassero, a space dedicated to Italian sculpture between the 19th and 20th centuries, housed in a historic medieval fortification. This route transforms the area into an open book of local history, waiting to be explored.

MTB

Monte di Muro super trail in Scarlino

Length: **31,1** km
Area: North Maremma

This mountain bike trail offers surprising variety and character, in one of the most striking natural settings on the Tuscan coast. Designed for trail riders looking for a balance between smooth ride, technique and open sea views. Through the woods surrounding Cala Violina, with the smoother trails allowing you to get used to the terrain, alternating with more difficult stretches that test your handling and concentration. The route starts from Trail 1, which can be ridden in both directions, which gradually introduces the spirit of the route and requires attention when there are multiple riders. From here, we reach Trail 3, the gateway to the descent known as The Guardian, on Poggio La Guardia: an iconic stretch, where the effort is repaid by a unforgettable sweeping views that stay with you long after the ride is over. After crossing the road, the route climbs back up to Monte di Muro, tackling an ascent that can also be enjoyed by e-bike enthusiasts, thanks to its fun, rideable sections. The Traverso and Eretico trails complete the experience, leading back to Cala Violina along dynamic, well-designed paths. The return along Trail 4 closes the loop with a playful and rewarding descent.



ROAD

Montecatini alto: a panoramic terrace over the Valdinievole

Length: **25,6** km
Area: Valdinievole

Montecatini Alto, a terrace over the Valdinievole is a hilly route that rewards every effort with wide and continuous views, past olive groves, historic villages and along quiet roads. It is a fast-paced ride, ideal for those who enjoy climbs on asphalt and the slow discovery of the Tuscan landscape, with numerous opportunities for food stops along the way. From the centre of Montecatini Terme, the road ascends gradually to the upper part of the village, accompanied by views of the historic spas and the charming funicular railway. The climb leads to Montecatini Alto, a veritable balcony overlooking the Valdinievole: a cosy and vibrant ancient settlement, where towers, fortress and squares attest to centuries of history. Here, time seems to slow down and the views extend over hilly farmland, olive groves and small towns. Leaving the village behind, the route continues with rolling ups and downs and flatter stretches, alternating between scenic roads and descents surrounded by greenery. The route passes Massa e Cozzile and then Colle di Buggiano, with its parish church and social spaces typical of village life. A little further on, you come to the striking village of Buggiano Castello, with medieval layout, walled vegetable gardens and the warm colours of the houses, which make it a particularly beautiful place for a break.



GRAVEL

The Camellias and lake Gherardesca

Length: **40,5** km
Area: Piana di Lucca

An invitation to cycle slowly through a delicate and evocative landscape of flowers, bodies of water and protected areas. This circuit starts in the centre of Capannori and is low-difficulty all the way, ideal for those seeking a relaxing and immersive ride. Leaving the town centre, the road leads towards the slopes of Monte Serra, where we find Sant Andrea di Compito, known famously as the village of the camellias. Here, the journey is brightened by fragrances and flowers, in a setting that demonstrates the strong connection between nature and tradition. The route continues through small rural hamlets, through quiet countryside, venturing ever further from urban settings and ever close to nature. The entrance to the Oasi del Bottaccio and the Lake Gherardesca area marks the heart of the itinerary. The stretch of water, located in a protected area, is a place of great naturalistic value, frequented by numerous species of migratory birds. The rough tracks through the marsh allow you to experience the landscape up close, amidst the reeds, reflections and muffled sounds. The return passes through Porcari, along quiet roads that gradually lead back to Capannori on a journey ideal for those who love to observe and enjoy the surrounding countryside.



GRAVEL

Badia Tedalda between Sasso di Simone and Alpe della Luna

Length: **46,2** km
Area: Valtiberina Toscana

This cycle touring route takes you on a discovery of the most authentic side of the Valtiberina area, riding along secondary roads and long stretches of rough tracks. It is a rural and quiet route, on which the mountain landscape accompanies every mile. The departure from the centre of Badia Tedalda immediately introduces us to the history of this borderland, for centuries a place of passage and transhumance. Leaving the main road, the route gradually climbs towards Fresciano, turning into a dirt track and opening up the view onto pastures, ridges and broad landscapes that feed the soul of the Alpe della Luna. The passage through Montebotolino provides a more sheltered, peaceful atmosphere. The dirt road follows the course of the Marecchia River, through gentle hills and open landscapes, until it crosses the Gattara bridge. The second part of the route winds its way along minor roads with little traffic up towards the Torre di Bascio and the surrounding small rural settlements. The last stretch of dirt road leads to the highest point of the route, from which the final descent slowly takes you back to Badia Tedalda. This peaceful and beautiful route is ideal for those who enjoy the quiet rhythm of nature, with stops along the way to sample local foods.

MTB

Tra monti e mare: Carrara e Monte Brugiana

Length: **42** km
Area: Apuan Riviera

Crossing the wilder face of the Riviera Apuana, on an intense and enthralling route between the ruggedness of the mountains and the blue of the sea. Designed for experienced cyclists, with long climbs balanced by thrilling, technical descents. The route starts in Carrara, the city of marble, where art and landscape mark the beginning of the ride. Leaving the plain, the track climbs gradually through chestnut woods, pushing towards the lower slopes of Monte Bandita. Here, the terrain changes and the panorama opens up, accompanying cyclists on a first steep descent to the remains of the Castle of Moneta, a silent witness to the former frontier. Returning towards Carrara, the route climbs again along the slopes of Monte Brugiana, past perching villages and along mountain roads that require perseverance and concentration. Having reached the highest point, the longest and most intense descent of the route begins, a fast and technical stretch that delivers strong emotions and sweeping views of the coast. The Park of the Resistance and the Mount Brugiana Memorial invite us to pause for reflection, recalling the recent history of these places. A route to discover the authentic soul of the Apuan Alps.



GRAVEL / MTB

Between pine forests and the lake

Length: **48** km
Area: Versilia

Between Pineforests and the Lake is a cycle touring route that combines sea, forest and wetlands to discover the most beautiful landscapes of the Versilia hinterland. The departure from Viareggio immediately introduces you to the elegance of the town, cycling along the seafloor past the Art Nouveau architecture. The atmosphere then changes on entering the Pineta di Levante and the Lecciona, an area of great natural value where the track winds through the pine trees, over sand and surrounded by the fragrant Mediterranean scrub. Following the coastline, the landscape becomes increasingly wild, as far as the mouth of the Serchio river, an entirely unspoilt area of coastline. Leaving the sea behind, the route moves inland, skirting the river and passing through small villages, between along quiet secondary roads and dirt tracks. The heart of the route is Lake Massaciuccoli, which is crossed by following the Puccini cycle/pedestrian path. Here the water, reed beds and birdwatching stations create a unique environment, with raised walkways and nature trails leading across and out of the lake. This cycling route tells the story of the ever-changing landscapes of a lesser-known Versilia.

