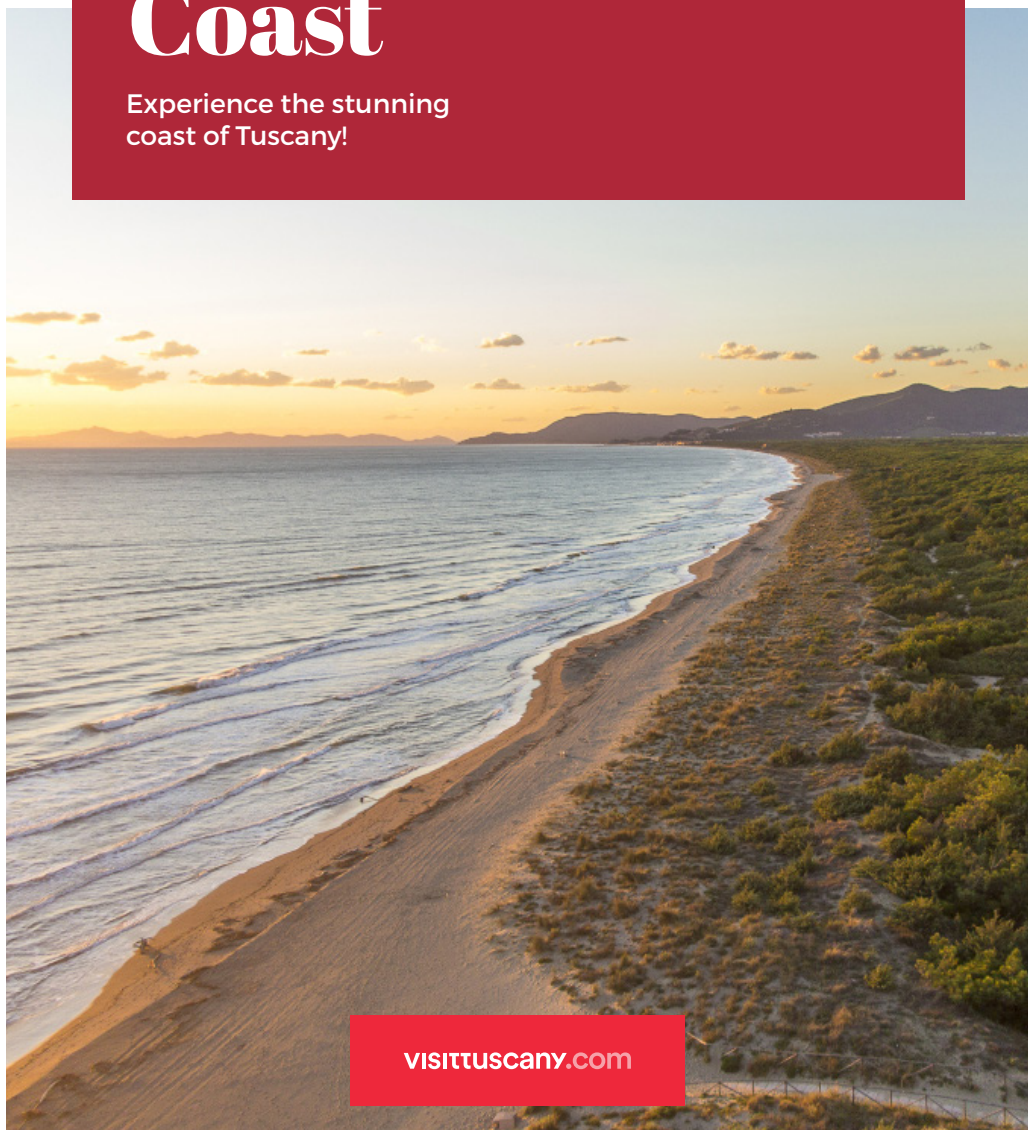


Coast and Islands



Atlas of the Tuscan Coast

Experience the stunning
coast of Tuscany!



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Tuscany by the sea

Tuscany is a large triangle that widens like a fan, opening onto the Tyrrhenian Sea. **Over 600 km of coastline** featuring some of the most beautiful coastal landscapes in the entire Mediterranean. A succession of long beaches of the finest sand, from tourist locations with all the facilities to unspoiled bays, secret, solitary coves, shores shaded by ancient pine forests and surrounded by a natural paradise. There are mythical islands in crystal-clear waters, sheer cliffs overlooking the sea, seabeds that are perfect for diving, harbours and landing places for yachts and sailing boats. The region's care for the coastal environment is reaffirmed every year by the important awards given to Tuscan beaches. The **Blue Flag** has been awarded to 18 locations in Tuscany, including 38 beaches, in recognition of the region's continuous improvement of tourist infrastructures and commitment to environmental sustainability. Similarly, the Italian environmentalist association Legambiente has assigned the maximum score of 5 Vele (sails) to five locations in the region, for a total of 23 **Vele Blue (blue sails)** in Tuscany. **Green Flags** fly over 11 award-winning locations that are particularly recommended for families. The history of bathing began in Tuscany. The first establishment ante litteram was opened in **Livorno** as far back as the eighteenth century, paving the way for the first baths in Italy, inaugurated in **Viareggio** in 1828. **The Tuscan Archipelago is a National Park** protected by UNESCO as a MaB Biosphere Reserve, which also includes part of the **Pelagos Sanctuary for Mediterranean Marine Mammals** for the protection of cetaceans and the habitats of numerous marine species. In 2004, the **Migliarino San Rossore Massaciuccoli Regional Park** was also declared a MaB, under the name **Riserva Selve Costiere della Toscana**. This uncontaminated natural area is a paradise for snorkeling and diving enthusiasts, as well as for bird watching and hiking. In the **Maremma Regional Park**, a protected area between the sea and the countryside, the sandy beaches and cliffs are also home to the unique Butteri, or mounted wild herders. Sailing enthusiasts can choose from among **33 tourist ports, landing places and moorings** that constitute a network offering all the necessary services and ensuring an unforgettable experience of the Tuscan sea, ranging from hidden landing places to modern ports. There are numerous specialized water sports centres spread along the coast for diving, windsurfing, canoeing and more. And out of the water, there are a host of opportunities for cycling and hiking along the routes on the coast and on the islands. Not to be missed are the wellness locations, with spas on the coast, a little further inland and on the island of **Elba**. Thanks to a particularly mild climate, the Tuscan coast offers holiday opportunities all year round, with the sea combining perfectly with the exploration of coastal cities such as **Massa, Carrara, Livorno and Grosseto** and other places further inland, rich in history and traditions. Extraordinary vestiges of the Etruscan era, charming villages and forts located right by the sea. Traditions that enrich the annual calendar of events, such as the **Viareggio Carnival** or the **Giugno pisano festival**. **Effetto Venezia** lights up the canals of **Livorno** while the **Puccini Festival in Torre del Lago** welcomes the finest voices of international bel canto every year. The great variety of typical local foods are served with the wines of **Versilia, the Etruscan Coast, the Tuscan Archipelago and Maremma**.



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**“Dive into the infinite
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Discover the Atlas of the Tuscan Coast
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1

Riviera Apuana

The Apuan Riviera features incredible landscapes: 20 km of sandy beaches behind which rise the mighty marble and rock walls of the Apuan Alps. This area is ideal for those who love both the sea and the mountains, and is dotted with villages and cities rich in tradition and culture. The beaches feature establishments with all tourist facilities, the perfect haven for visitors seeking to relax; but there are also places for enjoying a fully active holiday: from sailing to windsurfing, climbing or hiking, perhaps along the Via Francigena. The beach resorts of **Marina di Carrara**, **Marina di Massa**, **Partaccia**, **Ronchi and Cinquale** cater to all needs and ages. The important old town centres and the Liberty villas on the coast, which have been home to writers and artists, guard a wealth of art and culture. The artisan marble tradition has made Carrara part of the UNESCO Creative Cities Network. The area just inland from the coast is full of medieval villages such as Montignoso and Colonnata, famous for its Lardo IGP, cured lard once used to feed marble quarrymen.



2

Versilia

Endless sandy beaches that run alongside shady pine forests: places that in the collective imagination have always been synonymous with seaside holidays. A favourite destination for international celebrities, a must for tourists who enjoy bars, restaurants and shopping. But it is not just about five-star resorts; it is also the perfect place for families seeking the comfort of guaranteed facilities and range of services. The history of bathing began in Versilia, with the first establishment built in **Viareggio** in 1828. The coast is dotted with characteristic famous locations, such as **Forte dei Marmi**, a 'cult' location with its historic pier; **Pietrasanta**, known for its artistic ateliers and the beach umbrellas at the **Marina**; **Lido di Camaiore** with its 4 km of golden beach; **Viareggio** with its Belle Époque promenade; **Torre del Lago Puccini** with the Regional Park routes around Lake Massaciuccoli. Active holidays along the 28 km of the Coppi cycle path, which runs along the seafront and in Alta Versilia, also ideal for walking and hiking. And, of course, art and culture, with just one example being the extensive programme of the Versiliana Festival.



3

Terre di Pisa

The coast of Pisa features, towards the north, in **Marina di Vecchiano**, a genuine natural paradise of dunes and pine forests part of the Regional Park of Migliarino, San Rossore Massaciuccoli, and an opportunity for long walks by the sea. **Marina di Pisa**, which began in the 19th century as a seaside resort for the people of Pisa, still preserves the Liberty buildings and a genuine family feel. There are beaches with resorts and also public sandy or shingle beaches. Towards the south, the crystal-clear sea reflects the colours of the vast pine forests and dunes, and you can choose your favourite spot on either large, quiet, public beaches in **Calambrone** or, in **Tirrenia**, beach resorts with facilities for sports such as beach volleyball and beach tennis. The favorable geographical position of the Pisan coast, which means it is exposed to winds and waves at all times of the year, is ideal for water sports such as sailing, windsurfing and kiteboarding.



4

Livorno

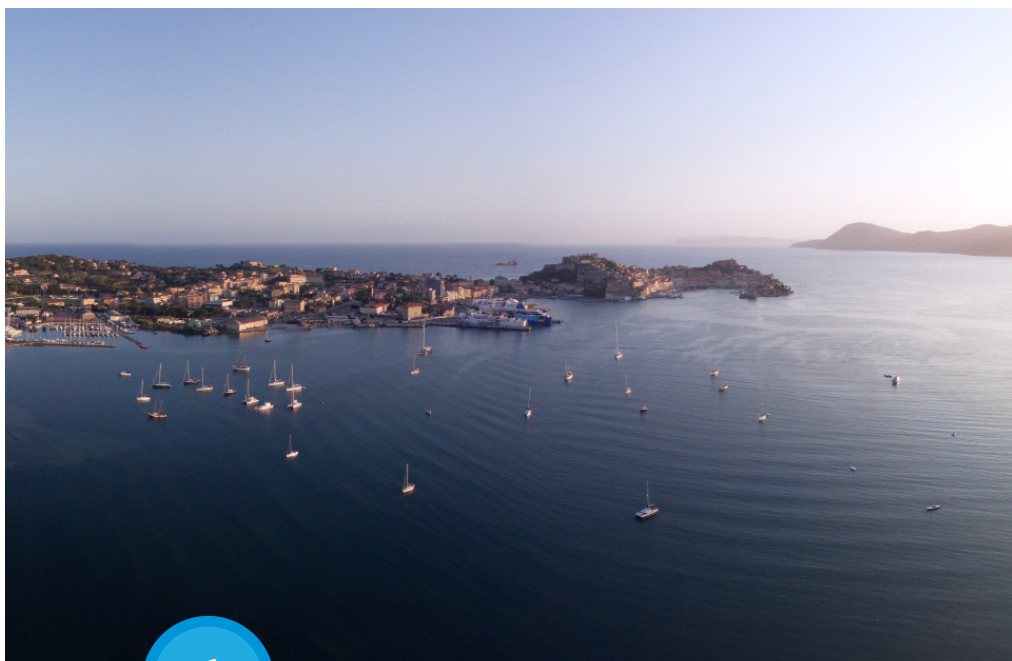
This is the most important port city in Tuscany, the historic port of the Medici and home to the prestigious Naval Academy and the training ship Amerigo Vespucci – a vessel of excellence that sails the seas the world over. To the south, it also features a stunning coastline: the **Romito**, high rocks with dominant seas of turquoise blue. Rocky inlets with the scent of sweet Mediterranean scrub and as succession of hidden coves providing the opportunity for a refreshing dip and warm rocks in the sun. From the top of the cliff in the **Calafuria Nature Reserve**, the emerald sea becomes a genuine adventure paradise for divers! **Quercianella** Bay features pebble beaches suitable for families who can choose between resorts offering a full range of services or the more peaceful public beach. The city is rich in history and unique charm; the Livorno Aquarium, home to an amazing array of marine life, actively promotes awareness and conservation. Ferries travel from Livorno to **Gorgona**, the smallest island of the Tuscan Archipelago, and **Capraia**, the only volcanic island, wild and uncontaminated, which offers safe landing places for sailing enthusiasts.



5

Costa degli Etruschi

From the cliff of **Castiglioncello**, 90 km of coast that runs southwards, giving way to beautiful sandy beaches. From the beach of **Rosignano Solvay**, with Caribbean-esque waters, on to the busier beaches of **Cecina**, **Marina di Bibbona**, **Marina di Castagneto**, **Donoratico** and **San Vincenzo**. Crystal-clear waters and alternating resorts with long public stretches make the coast suitable for families but also for those seeking a closer contact with nature, with dense coastal forests, parks and protected ecosystems. Beyond the **Gulf of Baratti**, with its peaceful shore and crystalline sea behind by an enchanting pine forest, **Populonia** opens onto the panoramic headland of **Piombino**, where the rock creates small rocky and pebble creeks. There are countless outdoor sports and activities, with wind surfing, kiteboarding, paddle boarding and wing foiling on the beaches; sailing and snorkelling in Baratti. Rocked peacefully by the waves or caught up in the lively climate of beach holidays, the Etruscan Coast boasts a history dating back three thousand years, which can be explored by visiting, for example, the necropolis in the **Baratti Populonia Archaeological Park**.



6

Elba e Isole Toscane

A holiday on the Tuscan coast is not complete without visiting the seven islands of the sailor's paradise: the Tuscan Archipelago! **Elba** is the largest island and the crystal-clear sea laps on the shores of some amazing beaches: the fine sands of **Sansone and Biodola, in Portoferraio**; **Innamorata in Capoliveri**; or **Fetovaia in Marina di Campo**; and **Topinetti**, with its ferrous black sand. **Procchio** features the bays of **Paolina and Porto Azzurro, Marciana Marina, Cavo...**all different but equally beautiful. As well as sunbathing, there are outdoor sports and activities including diving, windsurfing, biking and hiking excursions. The many recreational activities include watching for marine mammals along their routes, protected by the Pelagos Sanctuary. **The islands of Giglio and Capraia** are genuine paradises of emerald waters where you can relax, bathe and go diving. **Giannutri and Pianosa** are ideal for snorkelling and diving but also for walking. The whole of **Montecristo** is protected and can be visited only with expert guides from the **National Park**, like **Gorgona**, the smallest of the seven pearls that myth says once slipped from Venus' necklace and fell into the Tyrrhenian Sea.



7

Maremma Nord

The Maremma sea expresses the wild spirit of a territory where nature reigns supreme. The clear sea of a thousand colours laps against the varied coastline of sunny beaches alternated with hidden coves, pebble beaches, sandbars and sheer cliffs. Infinite opportunities for enjoying the sea: from the wildest and most isolated coasts to the more 'touristy' beaches and resorts. From the beaches of the Coastal **Park of Sterpaia**, to **Cala Viola in Bandite di Scarlino Nature Reserve**, one of the cleanest and most beautiful seas in Italy; from the resorts on the beach of **Follonica**, to the exclusive landing places of **Puntala** and the beaches of **Castiglione della Pescaia**, an ancient fishing village. For sports enthusiasts there is sailing, surfing, wake boarding or even water skiing. Here the sea reflects the green of the pine forests that reach the water's edge and the lights of the country houses a little further inland. The nature trails cross some evocative areas, such as **Diacia Botrona**, one of the largest wetlands in Europe.



8

Maremma Sud

The southern Maremma coast represents the essence of a very varied, beautiful and wild territory, crystal-clear waters that lap sandy beaches and rocky promontories, little coves that can only be reached by sea and high cliffs. The resorts along the beach of **Marina di Grosseto** and **Principina** offer a full range of services and facilities. The sea surrounding Rocca di **Talamone** is perfect for windsurfing, kite boarding and wing foiling. The coast of the **Uccellina Mountains, in the Maremma Regional Park**, is a secret paradise that can only be reached by boat. The coast around **Argentario**, a paradise for divers, features a network of paths leading to small hidden bays. **Porto Ercole** is a renowned departure point for boat trips. The town of **Orbetello** is surrounded by a lagoon closed to the north by beach of **Giannella** and to the south by the wild **Feniglia** that touches the village of **Ansedonia**. **Capalbio** is a more niche tourist destination, where the sea meets the countryside to create enchanting habitats, such as the **Lago di Burano**. **Porto Santo Stefano** is the departure point for the **islands of Giglio and Giannutri**, two of the seven 'pearls' of the Tuscan Archipelago.



Atlas of the Tuscan Coast. A route travelling from the north to the south of the region to explore the coast and the islands, highlighting the great variety of landscapes and locations that so successfully offer everything and anything that can be included in the concept of a 'holiday by the sea'. Each area of the Tuscan coast, each island of the Tuscan Archipelago is a world in itself, with its own unique characteristics. Long sandy beaches, cliffs, harbours, river mouths, islands, lagoons and deep blue sea. Uncontaminated landscapes and areas of recreation and nightlife. Gathering the best of the Tuscan Sea in a single guide is not easy: each place has its own history, a consolidated tradition, and clear and strong desire to preserve and protect. A mosaic that composes a vast offer of opportunities in continuous transformation, successfully meeting the needs of tourists without any misrepresentation of character or vocation. This great variety all comes together in a single picture. This Atlas is intended to provide a taste, spark curiosity to encourage people to visit the Tuscan coast and from there explore the entire region, the 'sea' of possibilities and experiences that opens up just behind the beaches!

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