



Atlas of Tuscan Walks

In Tuscany you are always at the centre
of a network of grand routes.



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Atlas of Tuscan Walks

Step after step through the historic cities and natural landscapes of Tuscany.

The **Atlas of Walks** defines the slow mobility network of the **Region of Tuscany**. It is a system of cultural routes which criss-cross the region and become authentic **portals** to Tuscany's historical-artistic and natural heritage. The grand centuries-old history routes which form the Atlas and that can only be discovered step by step, allow travellers to reach and move between great historic cities and hundreds of hamlets. Indeed, the general vision behind the Atlas of Walks represents a gateway to the slow tourism system in Tuscany and offers an alternative to traditional tourist destinations and a different way of reaching and discovering them.

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Regione Toscana



TOSCANA
PROMOZIONE TURISTICA



TUSCANY

NEVER-ENDING RENAISSANCE

“Step after step,
find yourself at
the crossroads of
stories and landscapes.”

Discover the Atlas of Tuscan Walks
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Walking in Tuscany



Tuscany is the heart of Italy. It has always held centre stage in the country's extraordinary history and is located in the middle of an exceptional natural and landscape system. Step by step, it is possible to venture into a heritage of historic hamlets and cities full of art that are connected by **century-old roads**. It is an ancient yet new way to come into contact with the resources and symbols of the territory. The **Apennine passes** of Radici, the Cisa, the Alpe Serra and the Croce Arcana are symbolic gateways to this world where time is marked by the sound of one's footsteps. The **parks** of the Apuan Alps, the Tuscan-Emilian Apennines, Casentino Forests and the Migliarino and San Rossore are just four of the several natural areas touched by the routes. The itineraries lead to 8 Tuscan **World Heritage sites**. We walk between **Arezzo, Siena and Florence** in the eastern territories of Tuscany while in the opposite direction we meet the historic centers of **Prato, Pistoia, Lucca, Pisa and Livorno**, finally finding an outlet on the Tyrrhenian Sea. And then, there is that small ancient world of **villages** that tells stories of ages past and traditions, unveiling secrets locked inside churches, exhibited in museums and spread across the countryside.

 **10**
ROUTES

 **1.786**
KILOMETRES


 **44.300**
TOTAL DIFFERENCE
IN ALTITUDE

 **89**
LEGS

 **90**
LARGE TOWNS
CROSSED

 **50**
SMALL TOWNS
CROSSED

 **9**
PROVINCES
CROSSED

 **22**
TOURIST AREAS
CROSSED

 **4**
NATURAL
RESERVES

 **8**
UNESCO SITES

 **10**
INTERSECTIONS

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16 LEGS • 394 KM

Via Francigena in Tuscany

Tuscany's main route



Over the centuries, pilgrims, merchants, saints and travellers have walked along the Via Francigena, the ancient European route which goes from Canterbury to Rome and crosses Tuscany for **394 km**. An itinerary with **16 stages** laid out by the travel diary of the Archbishop Sigerico and that still today continues to attract, amaze, and move travellers. The **Tuscan Via Francigena** begins between the Tuscan–Emilian Apennines and the Apuan Alps, where the luxuriant woods of **Lunigiana** grow; it crosses the sea breezes of Versilia and descends along the **Plain of Lucca** before arriving in the Val d'Elsa, and in the **Terre di Siena**. The route continues to overlook the Crete Senesi and carries on along the white roads of the Val d'Arbia, until it reaches the **Val d'Orcia**.

5 LEGS • 114 KM

Via Lauretana in Tuscany

The road of artists, merchants, and pilgrims



The **Via Lauretana Toscana** winds its way for **114 km** through the lunar landscapes of the **Crete Senesi** and the drainage canals of the fertile **Val di Chiana** and connects the mediaeval city of **Siena**, a Unesco World Heritage site, and the Etruscan treasures of **Cortona**, which overlooks Tuscany. This ancient Etruscan–Roman road became a route for pilgrims in the **Middle Ages**, and was linked to the Marian cult of the Madonna of Loreto. The hills and plains crossed by the road were known in ancient times as the **Granary of Etruria**. The route was further developed in the 18th century due to the engineering works of the Grand Duchy of Tuscany. Today, the Via Lauretana Toscana unrolls along white roads through the **calanchi (or ravines)** and **biancane** of the Val d'Arbia and the Crete Senesi. After oak woods and truffle fields, the route arrives at Sinalunga and Turrete di Siena and plunges into the Val di Chiana.

5 LEGS • 105 KM

Via Matildica del Volto Santo

From Grafagnana's green soul to Lucca



The **Via Matildica del Volto Santo** (“Matildic Road of the Holy Visage”) connects **Mantua** to **Lucca** along an itinerary which crosses lands that once belonged to **Matilda of Canossa** and ends at the **Cathedral of San Martino** where the **Holy Visage**, one of the oldest and most venerated western wooden crucifixes, is kept. The 102 km Tuscan stretch begins in the **Tuscan–Emilian Apennine National Park**, winding up roads and paths that, over the centuries, have seen the passage of armies, merchants, and pilgrims. From the mountain passes, the view opens over the **Apuan Alps**, backdrop to the entrance to **Garfagnana** and the **Sanctuary of San Pellegrino**, a sacred place full of history and legend. Parishes, hostels, castles, and mediaeval villages dot the entire **Serchio Valley**. A one-hundred-kilometre-long route which crosses **Castiglione**, **Pieve Fosciana**, **Castelnuovo**, **Barga**, **Borgo a Mozzano**, before reaching the final destination, **Lucca**.

7 LEGS • 141 KM

Via Romea Germanica in Tuscany

The way which leads to historic cities and pure nature



In the Middle Ages, the **Via Romea Germanica** was the preferred way to maintain a connection between Rome and imperial interests, first and foremost those of Charlemagne, and later of the Swabian and Saxon kings. The road is also an evocative pilgrimage route that follows the journey of Abbot Albert of Stade: the diary written in 1236 is an amusing dialogue between two German pilgrims regarding the best routes to follow to reach the Holy See. In Tuscany, the Via Romea Germanica unfolds in **7 legs** starting from the **Alpe Serra pass**, which offers the opportunity to cross the **Apennines** in one of its most spectacular stretches. From the Apennine surroundings, the route passes through the nature and hamlets of the Casentino to **Arezzo**, **Castiglione Fiorentino** and **Cortona**, towns where travellers are greeted by medieval architecture and Etruscan treasures.

6 LEGS • 109 KM

Via Romea Strata in Tuscany

Walking from the Apennine passes to the lands of Leonardo



The **Romea Strata** was a group of paths that allowed European pilgrims to reach the **Francigena** and thus the destinations of the three *peregrinationes maiores*: Rome, Jerusalem and Santiago de Compostela. In Tuscany, the route overlapped the **Via Nonantolana**, which, starting from the territories controlled by the Nonantolana Benedictine abbey, joined the **Francigena** near **Lucca** or **Fucecchio**, after crossing the **Croce Arcana pass**. The current Tuscan itinerary starts off from the **ridges of the Apennines**, descends along the paths and dirt tracks that connect the villages located in the **Pistoia mountains** until it reaches the city of **San Jacopo: Pistoia**, the **Santiago minor**. From there, the route goes up over the hills and olive groves of **Montalbano**, it crosses the birthplace of Leonardo da Vinci and arrives in **Fucecchio** and **San Miniato**.

4 LEGS • 83.5 KM

Via Romea Sanese

From Florence to Siena, walking through the vineyards of Chianti



The **Via Sanese**, one of the ten *strate et vie maestre* of the Florentine countryside, was the fastest way to go from Florence to Siena in the Middle Ages. It was a fundamental pilgrimage route because it joined the **Francigena** thus allowing pilgrims to continue towards **Rome**. In the initial section, the route coincided with that of the Regia Romana road to then separate at the bottom of the Pesa valley where, after crossing the **Sambuca Bridge**, it went up the hills and finally descended towards Siena. Today, the **Via Romea Sanese** follows the traces of that ancient road, uniting the **historic centres** of the two cities with an **80 km** route which unwinds along roads and dirt tracks that slowly immerse travellers into the **vineyards** and **olive groves** of the Chianti Classico. Four legs within everyone's reach that cross the **Florentine and Sieneese countryside**.

7 ROUTES • 428 KM

Way of Saint Francis in Tuscany

The spiritual routes



The Via di Francesco is the **network of paths** that winds its way for over 400 km in eastern Tuscany, crossing the most significant places linked to the life of St Francis of Assisi. It passes through towns, hamlets, hills, and mountains, starting from the cradle of the Renaissance and passing through **Valdisieve**, **Valdarno**, **Casentino**, **Valtiberina** and **Valdichiana**. The itinerary follows the course of the Arno starting from the **Basilica of Santa Croce** in **Florence**, the largest Franciscan church in the world, and continues to the **Sanctuary of La Verna**, where St Francis received the Stigmata. The route continues surrounded by prosperous and wild nature, such as the majestic **Casentino forests**, towards the cities full of art and history such as **Arezzo** and the town of **Cortona**, where St Francis founded the Hermitage Le Celle.

6 LEGS • 170 KM

Way of Saint Jacopo

The way to 'Santiago minor' amidst nature, history and cities of art



From Florence to Livorno passing through ‘**Santiago minor**’, or Little Santiago: Pistoia, a city strongly associated with the worship of St James. The route winds through suggestive hills and historic villages, passing the main **cities of art** in northern Tuscany. Six charming **easy and medium difficulty** stages, in which nature rhymes with culture, following **ancient Roman routes** of the Via Cassia and the Via Aemilia Scauri. Steps immersed in history, in the footsteps of the pilgrims who travelled to Livorno to sail to Barcelona, then followed the ‘French Way’ to reach **Santiago de Compostela**. Part of the road network that reaches the Camino de Santiago, yesterday as today, the Camino di San Jacopo finds its sublimation in **Pistoia**, guardian since 1145 AD of the famous **relic of the Apostle St James** (San Jacopo).

7 LEGS • 159 KM

Via del Volto Santo

The way through the countryside from Lunigiana and Garfagnana to Lucca



From Pontremoli to Lucca, through the stunning countryside of **Lunigiana** and of **Garfagnana**; areas of uncontaminated nature in the north–west of Tuscany which are home to ancient castles, thousand-year-old parish churches and artistic treasures. Route of medieval origin which constituted the variant of the Via Francigena, the Via del Volto Santo is also known as the ‘**Francigena di Montagna**’ (Mountain Francigena). Approximately **160 kilometres** divided into **7 stages** crossing the wonderful landscapes of the **Tuscan–Emilian Apennines** and the **Apuan Alps** and which connects today as then, villages of medieval influence with origins in much more distant times. Pontremoli, Bagnone, Fivizzano, Monte Arpegna, Castelnuovo di Garfagnana, Barga, Borgo a Mozzano and finally Lucca, are the beautiful historic centres and natural areas that mark the beginning or end of the stages.

4 LEGS • 78 KM

Via Medicea

Discovering the Tuscany of the Medici family



A journey into that most fascinating history of the Renaissance, to discover the villas and the immense architectural heritage left as a legacy by the most influential family of the time, the **Medici**; but also a passage to the land of the birth of **Leonardo da Vinci**. **Four medium-difficulty stages**, each more beautiful than the next, which wind for 78 kilometres mainly on hills and mountains covered with florid vegetation: the soft hills of Carmignano, the harsher heights of **Montalbano** and the Lower Valdarno plain. The route departs from the Cascine di Tavola Park in Prato and ends in Fucecchio, passing through the countryside of **Poggio a Caiano**, **Carmignano**, **Artimino**, **Bacchereto**, **Vinci** and **Cerreto Guidi**, experiencing elements of many eras in history, not just the period of the Medici.



Via Francigena in Tuscany

The great European cultural route encounters the landscapes and history of Tuscany.

- **Departure:** Cisa Pass
- **Arrival:** Acquapendente
- 🚩 **Legs:** 16 (+ 3 variants)
- 📏 **Total length:** 394.48 km
- 📈 **Difference in altitude:** 6,500 m
- 📍 **Crossing points with other routes:** Pontremoli; Lucca; Fucecchio; Siena;

Via Lauretana in Tuscany

From the World Heritage Site of Siena to the Etruscan treasures of Cortona, the road of artists, merchants, and pilgrims.

- **Departure:** Siena
- **Arrival:** Cortona
- 🚩 **Legs:** 5
- 📏 **Total length:** 114.3 km
- 📈 **Difference in altitude:** 2,800 m
- 📍 **Crossing points with other routes:** Siena; Cortona

Via Matildica del Volto Santo

The route with views over the Apuan Alps and Apennines, from Garfagna's green soul to Lucca.

- **Departure:** Gazzano
- **Arrival:** Lucca
- 🚩 **Legs:** 5 (+1 variant)
- 📏 **Total length:** 105 km
- 📈 **Difference in altitude:** 3,100 m
- 📍 **Crossing points with other routes:** Lucca

Via Romea Germanica in Tuscany

From the nature of the Apennines to the historic cities of art, the route of travellers and emperors.

- **Departure:** Bagno di Romagna
- **Arrival:** Pozzuolo
- 🚩 **Legs:** 7
- 📏 **Total length:** 141.8 km
- 📈 **Difference in altitude:** 3,710 m
- 📍 **Crossing points with other routes:** Cortona; Arezzo

Via Romea Strata in Tuscany

On the road from the Apennine passes to the lands of Leonardo da Vinci.

- **Departure:** Capanno Tassoni
- **Arrival:** San Miniato
- 🚩 **Legs:** 6
- 📏 **Total length:** 109.3 km
- 📈 **Difference in altitude:** 2,608 m
- 📍 **Crossing points with other routes:** Fucecchio

Via Romea Sanese

From the Renaissance in Florence to the Middle Ages in Siena, walking through the vineyards of Chianti.

- **Departure:** Florence
- **Arrival:** Siena
- 🚩 **Legs:** 4
- 📏 **Total length:** 83.5 km
- 📈 **Difference in altitude:** 1,940 m
- 📍 **Crossing points with other routes:** Florence; Siena

Way of Saint Francis in Tuscany

Spiritual routes along works of art and places of Francis of Assisi.

- **Departure:** Florence
- **Arrival:** Chiusi della Verna
- 🚩 **Legs:** 7 routes (+11 variants)
- 📏 **Total length:** 427.8 km
- 📈 **Difference in altitude:** 13,010 m
- 📍 **Crossing points with other routes:** Florence; Arezzo; Cortona

Way of Saint Jacopo

The way to 'Santiago minor' amidst nature, history and cities of art.

- **Departure:** Florence
- **Arrival:** Livorno
- 🚩 **Legs:** 6
- 📏 **Total length:** 172.5 km
- 📈 **Difference in altitude:** 1,460 m
- 📍 **Crossing points with other routes:** Florence; Pistoia; Lucca

Via del Volto Santo

The way through the countryside from Lunigiana and Garfagnana to Lucca.

- **Departure:** Pontremoli
- **Arrival:** Lucca
- 🚩 **Legs:** 7
- 📏 **Total length:** 159.1 km
- 📈 **Difference in altitude:** 4,828 m
- 📍 **Crossing points with other routes:** Pontremoli; Castelnuovo Garf., Lucca

Via Medicea

Discovering the Tuscany of the Medici family.

- **Departure:** Prato
- **Arrival:** Fucecchio
- 🚩 **Legs:** 4
- 📏 **Total length:** 78.3 km
- 📈 **Difference in altitude:** 2,480 m
- 📍 **Crossing points with other routes:** Prato; Fucecchio

Useful info



How to get around

Many destinations along the route are well connected with trains and the new centralised Tuscan bus network.



Legs and maps

On the website it is possible to consult the individual legs and download the maps of the routes.
cammini.visittuscany.com



Public Transport

www.at-bus.it



Train Transport

www.trenitalia.com

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