



Itinerary card

Name of the itinerary: Grosseto FS Station - Maremma Park Visitor Center Cycle Path
Address: Via Mameli
City: Grosseto

Please note The information below refers to the date of verification written at the bottom of each card. The Association is not responsible for any significant changes made by the facility after the visit.

Description

After being abandoned for centuries, the Maremma coast saw a rapid resurgence in the 1960s due to beach tourism. Hotels, second homes, and residential complexes were built in areas like Ansedonia, Argentario, Principina, Marina di Grosseto, and Castiglione della Pescaia, attracting tens of thousands of tourists each summer.

However, there was a growing nostalgia for the lost Maremma, which survived on the Uccellina hills and partially in the vast plain near the Ombrone river mouth.

In 1975, the Tuscany Region decided to protect what remained of the natural landscape by establishing its first regional park, the second in Italy.

The creation of the Maremma Regional Park marked the end of hunting, controlled illegal fishing, environmental restoration in already compromised areas, the opening of visitor itineraries, and scientific research. With the exception of daily visitors, for the first time in centuries, the area was almost entirely devoid of human presence, and the natural environment, aided by careful management interventions, began to heal the wounds inflicted by history.

Today, the Park's environment is regaining its natural balance. The return of wolves confirms the initial results of a long-term rewilding process, potentially restoring this corner of Tuscany to a state similar to what early farmers found three thousand years ago.

The cycling itinerary from Grosseto to Alberese offers an exceptional experience for nature and bicycle enthusiasts. Starting from the Grosseto railway station, it follows the urban cycle path on Via Mameli and then on Viale Sonnino. After the first 2 km, the itinerary continues along the Ombrone riverbank to Pian Di Barca, where a recently constructed cycle bridge (located where Gigi Della Barca once ferried people and goods across the river) allows us to cross the river and enter the Maremma Regional Park.





How to reach the route

The route can be reached by:

- Public transportation: Train to Grosseto station
- Private vehicle: Car with parking available at Grosseto railway station

Parking

Describe

- Presence of a parking lot: yes, both at the starting point and at the arrival point
- Parking space for disabled people: yes, both at the starting point and at the arrival point
- Presence of electric rechargers: yes, both at the starting point and at the arrival point
- Bottom of the parking lot: Asphalt ground at Grosseto FS Parking, beaten dirt road at the Maremma Park Visitor Center Parking



Trail

Minimum elevation

Entire itinerary is at sea level

Maximum elevation

Total elevation gain does not exceed 25 meters

Type of road

Indicate type of road in the different sections of the trail

- Urban Section in Grosseto: Asphalt (cycle lane/pedestrian cycle path)
- Intermediate Section by Ombrone River: Packed gravel/asphalt (cycle path on the embankment)
- Final Section from Pian di Barca to Visitor Center: Asphalt (cycle path)

The itinerary is accessible with any type of bicycle, including Special Bikes for transporting children, elderly, and disabled persons.





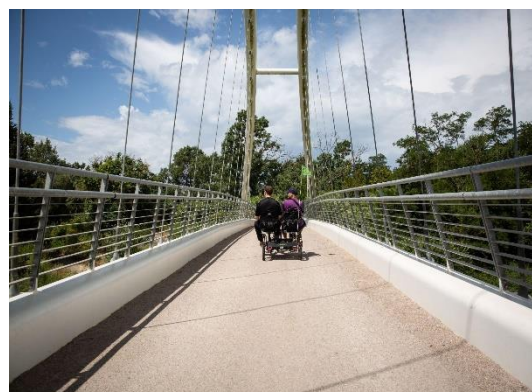
Presence of obstacles	
No significant barriers or private property crossings detected	
Presence of sections on highly trafficked road	
In the initial section of Via Alberto Sordi, the bike lane is narrow and does not allow passage for special bikes, which for the first 50 meters must travel alongside the roadway.	
Presence of underpasses	
No underpass: No	Insert photo and photo caption
Presence of causeways	
No causeways: No	Insert photo and photo caption





Presence of boardwalks/bridges

Cycle bridge at Pian di Barca



Services

Accessible restrooms

GROSSETO: Grosseto Railway Station; Piazza Dante Alighieri; Sandro Pertini Park; Piazzale Fabiano Zuppardo

ALBERESE: Maremma Park Visitor Center, Via del Bersagliere 7/9; Piazza della Libertà

Food court

GROSSETO:
 - Black Wood Restaurant (Via Andrea Del Sarto 22, Tel. 328/5844826, Email: info@blackwoodconcept.it)
 - Bandy Al Clap's Pizzeria Restaurant (Via Davide Lazzeretti 42, Tel. 0564/20550, 339/3113936, Email: info@pizzeriabandy.it)
 - ALBERESE:
 - Frank e Serafico (Via Spergolaia, Tel. 0564-418491, www.frankeserafico.com)

Accommodation facilities

- Razza del Casalone Agritourism (Via Andrea del Sarto 22, Tel: 340/8278599, Email: info@razzadelcasalone.it)
 - ALBERESE:
 - Country Resort Le Due Ruote Agritourism (Strada Antica Dogana 44, Tel. 0564/405361, 339/2888822, Email: info@ledueruoterresort.it)





	- La Femminella Bio Agritourism (SP 40 La Trappola 155, Principina a Mare, Tel. 348/7836491, Email: info@lafemminella.it)
Pharmacies	GROSSETO Farmacia Comunale in Via Oberdan N° 5, Tel. 0564/492399. Farmacia Severi in P.zza Dante Alighieri N° 9, Tel. 0564/20020 ALBERESE Farmacia Brignali di R.Nedo in Via del Buttero N° 4 Tel. 0564/407119
Defibrillator	- GROSSETO: Main Railway Station; Velodrome Giotto Park, Via Giotto 74 - ALBERESE: Visitor Center; Alberese Station; Piazza del Combattente
ATM	GROSSETO Monte dei Paschi di Siena, Via Roma N° 3. Banca di Credito Cooperativo, Via Oberdan N° 2. Unicredit, Viale Giacomo Matteotti N° 32. Poste Italiane, via Giacomo Matteotti N° 16. ALBERESE Centro visite Alberese, Monte dei Paschi di Siena, via del Bersagliere, N° 2.
Emergency numbers	112 single emergency number
Information elements	
Tourist office	Grosseto Tourist Office Maremma Toscana, Corso Carducci, 5 Tel. 0564/488573 ALBERESE Centro Visite, Parco Naturale Della Maremma, Via del Bersagliere 7/9 E-mail centrovisite@parco-maremma.it Tel. 0564/407098
Charging points of electric batteries	- GROSSETO: "Ruote Libere" Cycle Workshop Melograno, Via Matteotti 77/79; Velodrome Giotto Park, Via Giotto 74 - ALBERESE: Maremma Natural Park Visitor Center, Via del Bersagliere 7/9





Places of interest	- GROSSETO: Natural Science Museum of Grosseto; Archaeological Museum of Maremma; Trappola Marsh - ALBERESE: Maremma cattle breeding San Rabano Abbey Grand Ducal Pine Forest Cala di Forno Beach
---------------------------	---

Medical clinics/health facilities nearby

Grosseto Hospital, Via Senese 161

TESTED BY: Association Melograno Società Cooperativa Sociale on 20/12/2023

