



STRADA DEL VINO NOBILE  
DI MONTEPULCIANO  
E DEI SAPORI  
DELLA VALDICHIANA SENESE

# MAP VALDICHIANA SENESE

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## LEGEND

- Museums
- Natural area
- Spa centre
- Castles, towers and granaries
- Parking areas for caravans
- Campings
- Hostels
- Orange flags
- "Most beautiful Italian villages"
- "Unesco site"
- Thermomineral swimming pools
- Tombs, catacombs and archaeological sites
- Municipality limits
- Path of Reclamation
- Via Francigena
- Via Lauretana
- Train stations
- Hospital
- Info point

## DISTANCE TO PLACES OF INTEREST



	ROMA	SIENA	FIRENZE	AREZZO	PERUGIA	MONTEPULCIANO	ORVIETO	CORTONA
CETONA	160	90	130	63	60	55	50	50
CHIANCIANO TERME	167	73	128	70	65	40	58	40
CHIUSI	161	85	122	65	52	52	52	40
MONTEPULCIANO	177	67	111	53	68	37	68	33
PIENZA	188	57	119	59	81	24	79	46
SAN CASCIANO DEI BAGNI	156	92	140	83	63	59	37	60
SARTEANO	164	87	125	67	63	48	55	47
SINALUNGA	187	50	100	36	65	38	78	29
TORRITA DI SIENA	187	57	100	42	65	41	78	29
TREQUANDA	195	46	106	45	76	30	89	40

USCITA/GATE A1:  
CHIUSI - CHIANCIANO TERME

**CHIUSI**  
Civic Museum - Underground City, Via Porsenna, 93 Chiusi (SI)  
Town Museum - Underground City, Via Il Cimino, 2 Chiusi (SI)  
Cathedral Museum and Labyrinth of Porsenna, Piazza Duomo, 7 Chiusi (SI)

**MONTEPULCIANO**  
Museo Civico Pinacoteca Crociani, Via Ricci, 10 Montepulciano (SI)

**PIENZA**  
"Borgia" Palace Diocesan Museum, Corso Il Rossellino 30 - Pienza (SI)  
"Piccolomini" Palace, Piazza Pio II - Pienza (SI)

**SAN CASCIANO DEI BAGNI**  
Stanze Cassianensi, Palazzo Comunale, San Casciano dei Bagni (SI)

**SARTEANO**  
Archaeological Civic Museum, Via Roma, 24 Sarteano (SI)  
Castle of Sarteano, Historical Centre, Sarteano (SI)

**TREQUANDA**  
Petroio Terracotta Museum, Via Valgelata, 10 Petroio, Trequanda (SI)  
Archaeological Collection "Pallavicini", Via Taverna, Trequanda (SI)

DISCOVER THE ETRUSCAN CULTURE, HISTORY AND ART IN THE LOCAL MUSEUMS.  
MORE INFORMATION ON [www.valdichianaliving.it](http://www.valdichianaliving.it)

**CETONA**  
Naturalistic Archaeological Park and Belverde "Archedrom", Loc. Belverde, Cetona (SI)  
Civic Museum for Prehistory of Mount Cetona, Via Roma, 37 Cetona (SI)

**CHIANCIANO TERME**  
Archaeological Civic Museum, Viale Dante, Chianciano Terme (SI)

# the valdichiana cookery

## AGLIONE [GIANT GARLIC]

Special varieties of garlic bulbs, which can weigh up to 500g. Its sweet taste and higher digestibility make it a perfect substitute for garlic. Do not expect to find it in all supermarkets; "aglione" is a rather uncommon vegetable, and is cultivated only in its area of origin: the Val di Chiana.

## BICO

The "Bico" is a kind of flat bread typical of Pienza, hamlet of Cetona, made with flour, water, yeast, olive oil, a pinch of salt and cooked in a wood oven. The goodness of the "Bico" is due to the possibility of being stuffed as you like.

## BRUSTICO

The most typical dish of the "Chiani", the lakes of Montepulciano and Chiusi, closely related to the old traditions of the local fishermen. "Brustico" is a nutritious dish, made toasting fish filets on the lakeside reeds. When cooked, just peel the fish on the scorched side and season it with oil, salts and herbs.

## PECORINO CHEESE

Just one name, but a thousand of flavours: fresh, freshest, cured, aged in ash, straw, walnut leaves or in the pits. Taste it combined with local cold cuts, or at the end of your meal, topped with honey! The Tuscan pecorino cheese has been rooted for centuries in a specific city: Pienza.

## VAL DI CHIANA MEAT

The Valdichiana is the home of the Chianina beef, the biggest cattle in the world, from which we get the well-known Florentine steak. But the Chianina meat is tasty and juicy in each version: tartare, hamburger, roast beef: try it, and you will see!

## CINTA SENESE PORK

It is the pig native of this area, raised in semi-wildness, from which we get highly valuable meats. It is impossible not to recognize this cute little black pig, with its characteristic pink "belt".

## EXTRA VIRGIN OLIVE OIL

The care in the manufacturing process, combined with the environmental quality and the complexity of the territory, gives an oil with exceptional organoleptic features, including a low acidity and a fruity aftertaste. Try it on a slice of toasted bread!

## PICI

Handmade pasta typical of the Siena countryside, very similar to spaghetti, but more uneven and rough. The limit in the choice of the toppings for this type of pasta is just that given from fantasy (try that with cheese and pepper, or with crumbs). Among the various toppings, there are two, which particularly enhance the whole territorial typicality of Pici: the giant garlic sauce, and the Chianina meat sauce. Famous across Val di Chiana are the pici produced in Celle sul Rigo, awarded in 2013 by the Italian Touring Club.

## VIN SANTO

A famous sweet dessert wine; a close companion of cantucci (typical biscuits with almonds), and a symbol of the Tuscan welcome. Taste it in its versions DOC, Vin Santo di Montepulciano and Vin Santo Riserva di Montepulciano, possibly during a visit to Montefollonico, known as "The Village of Vin Santo", located at a short distance from Torrita di Siena.

## VINO NOBILE DI MONTEPULCIANO DOCG

It is a Landmark of Montepulciano, and the first Italian wine to display the neck-strip of the Denominazione di Origine Controllata e Garantita (D.O.C.G.) in 1980. The procedural guideline states that Nobile di Montepulciano has to be made up of at least 70% Sangiovese, here named "Prugnolo Gentile", and put on the market only after two years of aging.



# thermal baths

## SENSORY SPA

**Parco Acqua Santa - Piazza Martiri Perugini, Chianciano Terme (SI)**  
At the Sensory Spa, the classic spa treatments get along and blend with Eastern philosophies, creating a magical place where you can pamper your body and your senses. The "20 Wonders" in the structure, as the maelstrom or the caldarium, or even the walking along the river, just to name a few, can be approached freely, or choosing one of the four routes studied by naturopaths to get the best result possible.  
[www.termesensoriali.it](http://www.termesensoriali.it)

## "THEIA" SPA

**Via della Foresta, Chianciano Terme (SI)**  
Also known as the "Bath of the Etruscans", the pools are supplied with the water from the source Sillene, with a temperature between 91.4° F and 96.8° F, and are available both in summer and in winter, thanks to the 4 outdoor pools and 3 internal pools, each of them mutually connected and equipped with water games, whirlpool, and water jets for cervical massage.  
[www.piscinetermalitheia.it](http://www.piscinetermalitheia.it)



## MONTEPULCIANO SPA

**Via delle Terme, 46 Sant'Albino - Montepulciano (SI)**  
The Montepulciano Thermal Spa is a health and beauty centre with thermal water flowing at a depth of 130 metres. Enjoy a romantic moment in the waters of the "Moon Cave", or entrust yourself to the skilful hands of our experienced staff for a pleasure treatment, including anti-stress massages and thermal mud. Inside the spa, the inhalation centre and the centre of physiotherapy and sports rehabilitation are also available. For children, we have developed a special department dedicated to paediatric hydrotherapy.  
[www.termedimontepulciano.it](http://www.termedimontepulciano.it)

## "FONTEVERDE" SPA

**Località Terme 1, San Casciano Dei Bagni (SI)**  
The "Fonteverde" Spa has numerous thermal pools, including two inside for the treatments, the Bioaquam® path, a pool partly inside and outside with as many as 22 different types of hydro-massages, and wonderful view over the valley. Four other thermal pools complete the choice: one of them can host the outside clients, another one is reserved for children, and a third one is for animals. Finally, in summer, you can enjoy a dip in our choreographic cold-water pool of more than 140 sq. m.  
[www.fonteverdespa.com](http://www.fonteverdespa.com)



# what you do not expect 10 activities to be experienced

Relax with a panoramic walk through the village of **San Casciano dei Bagni**, up to the ancient thermal pools... and have a bath, maybe under the stars.

Look a demon of the underworld in the eye, inside the suggestive Etruscan Tomb of the Infernal Chariot in **Sarteano**.

Taste a glass of **Vino Nobile di Montepulciano** walking through the vineyards or along the ancient walls of the historical cellars.

Set aside all your thoughts and immerse yourself in a multisensory experience for moments of total relaxation at the **Chianciano Thermal Baths**.

Live your passions joining a daily guided **TOUR**

Have a snack with a slice of bread and a drop of extra virgin oil from **Trequanda**, one of the most delicious Italian oils.

Taste a delicious Chianina steak and other specialties by renowned chefs in **Sinalunga**, in the area of origin of the largest calves in the world - the "Giganti Bianchi" [White Giants].

Address your fears and descend into the deep underground labyrinths of **Chiusi**, an ancient Etruscan city.

Enjoy the typical Tuscan welcome, and agree to drink a drop of **Vin Santo** in the Medieval village of Montefollonico, easily reachable with a pleasant walk from **Torrita di Siena**.

Walk along the streets of the historical center of **Pienza**, the "ideal city" of the Renaissance, and a World Heritage Site.

Feel a little like a cave man, visiting the Belverde caves in **Cetona** and the prehistoric village, dating back to the Bronze Age, rebuilt in the nature of the Archaeological Park.

## VALDICHIANALIVING

Get the real taste of Tuscany

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



# movie sets

## MEDICI-MASTERS OF FLORENCE (2015):

An international cast starring Dustin Hoffman and Richard Madden for the fiction broadcasted by the RAI about the most famous Tuscan family, and the historical centre of Montepulciano as the main setting of the scenes. Among the places chosen by director Sergio Mimica-Gezzan, assistant director and collaborator of Steven Spielberg: the Cathedral, the Town Hall and Piazza Grande (completely covered with tufa).

## NEW MOON - TWILIGHT SAGA (2009):

The desperate race of the protagonist, Bella, to rescue his beloved vampire, Edward, from the hands of the Volturi, were shot right through the alleys of the historical centre of Montepulciano. Besides, the climax of the movie - Bella saving Edward, was shot in Piazza Grande, at the entrance to the Town Hall. It is also here where the fountain described in the book - 7 metres long and made of wood and papier-mâché, was perfectly reproduced.

## UNDER THE TUSCAN SUN (2003):

Many of the panoramic scenes of this movie have as a subject the hills of Val d'Orcia and Valdichiana, as well as the curvy streets, surrounded by cypresses. The historical centre is that of Cortona, but the flag wavers scene was shot in Montepulciano.

# in the Val di Chiana dialect we say so

## APPICIÀ:

rolling the homemade pasta to make Pici;

## LEVÀ LA SETE COL PROSCIUTTO:

doing something that does not solve a problem, actually, it makes the situation worse; it is also used to declare one's will to teach someone a lesson;

## NE VOLE POCHE E CONDITE BENE:

used to describe those who do not mess around and take it seriously, getting straight to the point;

## SCOSCIAMONACHE:

A variety of very sweet plums, pointed at one extremity;

## NANA:

duck;

## RAMELINO:

rosemary.

## THE ENGLISH PATIENT (1996):

"The English Patient" is one of the most awarded movies in the history of cinema; for the most part, it was shot in Tuscany, more precisely in Pienza. The monastery that appears in the film is that of Sant'Anna in Camprena, now converted into a farm holiday, where many environments are still clearly recognizable; among them, the great basin in the garden, which appears several times in the movie.

## THE GLADIATOR (2000):

A masterpiece by Ridley Scott, who situated the house of gladiator Massimo Decimo Meridio into the wonderful landscape of the Tuscan countryside between Pienza and San Quirico. Even the Champs Elysees, with ears of wheat and cypresses, are glimpses of that beautiful valley.

## A MIDSUMMER NIGHT DREAM (1999):

Imaginative and magical comedy based upon the work by William Shakespeare. Many scenes of the movie were shot in the Renaissance buildings of Montepulciano, close to the Pozzo dei Grifi e dei Leoni [Well of the Griffins and Lions], and on the rest of Piazza Grande.

## 8 ½ (1963):

One of the masterpieces by Federico Fellini, starring Marcello Mastroianni and Claudia Cardinale. The movie draws inspiration precisely from the Chianciano Thermal Baths, particularly from the Thermal Park "Acqua Santa", which appear in every frame - albeit transfigured by the imaginative eye of the conductor.



# events

## all over the year

Concerts of classical music, jazz, blues and rock.  
Competitions, suppers and Medieval settings.  
Sport events for every taste.  
Cultural activities and live performances.  
Art and crafts exhibitions.  
Trade show markets of typical products.  
Dates with **Vino Nobile di Montepulciano** and local flavours.  
Reenactments of rural life and folklore.

**FIND OUT THE EVENTS IN PROGRESS!  
CHECK THE CALENDAR ON  
[www.valdichianaliving.it](http://www.valdichianaliving.it)**

# The local way of life



**FIND OUT MORE ON  
[valdichianaliving.it](http://valdichianaliving.it)**

**PICI AT THE TABLE:** At the Val di Chiana tables, at least once a week, you can taste the traditional handmade Pici. Among the main sauces: the Chianina meat sauce, giant garlic sauce, crumbs, or cheese and pepper.

**THE TOWN DISTRICTS:** If you happen to see the colourful flags flying through the streets of the towns of the Valdichiana, you should know that you are on the territory of a "contrada" (a district of the town). Besides, such town districts witness some races, and such races also include celebrations with historical reenactments, music and suppers.

**DELIGHTFUL THEATRES:** The towns in Valdichiana conceal many small, delightful theatres, usually open just on the show evenings. Anyway, thanks to a tight schedule of events proposed by the theatre Seasons of the local towns, there are opportunities to visit them and enjoy a live performance.

**SHOPPING:** In Valdichiana each shopping philosophy can be fulfilled. The small shops located outside and inside the walls of the towns display fine articles and local handicrafts. The shops of the Valdichiana Outlet Village gather the most important fashion brands, ranging from cosmetics to design and much more, in a real shopping paradise.

**AND FOR THE "CITTINI"... (LOCAL TERM FOR "LITTLE CHILDREN"):** Climbing, swimming, cycling, learning: these are just some of the activities adults and children can experience together. Adventure parks, educational farms, spas and pools, guided tours by bike or by boat trip, and picnics in the countryside: within 10 km from the place where you are, there is at least one of this experience one for you.

**TO THE BRIDE AND GROOM!** In each season, the colours of the Valdichiana hills frame married couples who have chosen this area to crown their love. Besides, in addition to the unique Tuscan landscape, the impressive Renaissance churches and the Majestic halls of the historical buildings provide a perfect location to celebrate any type of wedding.

**LITTLE CHATS IN THE SQUARES:** The squares are the soul of our towns, the heart of the main events and a gathering point for their inhabitants. Each village has its own square, be it great or small, with its characters and its histories. If you look for a place where to grab a quick chat with the local people, you have to go there.

**GRAVEL ROADS:** Gathering into a single map all the paths through the countryside and the woods of the Valdichiana is an almost impossible task. Trails for all levels are available, you just have to choose the means by which you want to travel them: by bike, by coach, on horseback or walking.

**HOLY WOMEN FROM THE VALDICHIANA:** St. Mustiola, St. Agnes, St. Margaret and St. Catherine; four women who shared not only a common road of holiness, but also a common connection with the territory, where they lived for a certain period of their life.

# 2 minutes of history: the valley created by water



You cannot know the Valdichiana without a previous knowledge of Clanis - the river that once ran through it and from which Valdichiana took its name. Along its course, in Etruscan times, the towns, agriculture, fishing and trade bloomed considerably.

In 295 BC, the Romans occupied the valley, and after exploiting all the resources, they considered the floods of the Tiber, which regularly flooded Rome, were due to the huge flow rate of the river. In 15 AD, the Roman Senate approved a plan for the reversal of the stream of Clanis from south to north. The Florentines opposed the plan, because they feared that the Clanis would pour the same problem into the Arno and Florence. The solution was to erect a dike that would prevent the Clanis to flow, at the risk of flooding the Valdichiana. The Clanis burst its banks and the valley, once flourishing, turned into swamp. The people who lived in this land were forced to abandon it and to settle in the higher hills, where they built up the beautiful villages we know today.

It was Florence, in the fourteenth century, to start with the first reclamation works, and in 1500 the Medici family carried on the work, entrusting the scientists of the time - including Leonardo da Vinci, with the project. However, after the flood of Rome, in 1598, and the election of Pope Clement VIII, hostile to the Medici, the critical relationships between the Papal State and the Grand Duchy of Tuscany turned the reclamation works of the Valdichiana into a "water war." The valley was affected by a new, dreary flooding, undermining all the efforts that had been done in 50 years.

At the request of the people, the two countries finally began to dialogue, and between the 18th and 19th century, the valley went back to blooming. They built up the Grand Ducal Farms and the Leopold-style houses, characterized by the central pigeon-house tower and built "in series", according to an extremely functional protocol. The symbol of the great reclamation of the Valdichiana is the Canale Maestro della Chiana [the Main Channel of the Chiana Valley], which flows out of the Lake of Chiusi, passes through the Lake of Montepulciano, and, after a course of 62 km, flows into the Arno.