Trekking itineraries, via ferratas, bike lanes, bridle paths to discover Tuscany doing exercise. Active tourism is one of the great proposals of the region, which will let you dive in completely different landscapes. For a tailor-made holiday, the site www.turismo.intoscana.it presents the various itineraries in a specific section: sport, biking and hiking, urban and suitable for families. The trip can be arranged upon your favourite sport, places to visit and itineraries’ difficulty level.

Six great natural parks with mountains, hills and shores, offer every occasions to discover local flora and fauna. There are several trekking itineraries with different difficulty levels from those for experienced hikers to those for families with children.

The whole region is crossed by the Via Francigena, travelled by pilgrims during the Middle Ages, who reached Rome from Northern Europe or France. 80 km accessible by bike, 30 different towns, more than one thousand accommodation facilities. In Tuscany the so-called Via Romana, which reached the capital city of Christianity, are six, starting from Florence and connecting through the via Francigena the urban streets of Florence, via Siena, via Pisa, via Volterra, via Vecchio, Strada del Sette Ponti. There are several possibilities of guided tours for discovering sites of archaeological, historical, artistic and religious interest, religious events and traditional fairs, like the historical parades or street games.

Another fascinating itinerary is the GEA (Grande Escursione Appenninica), inaugurated in 1983, a 425 km trekking trail that collects all the paths on the Appennine ridge and connects the pass of Bocca Tobra, on the border between Umbria and Marche, with the pass of Due Santi, in Liguria. Several types of accommodations are available: luxury hotels, even with wellness centre with the possibility of relaxing after training, low-cost hostels and camping, for those who want to be always surrounded by nature.

Six great natural parks with mountains, hills and shores, offer every occasions to discover local flora and fauna. There are several trekking itineraries with different difficulty levels from those for experienced hikers to those for families with children.

The whole region is crossed by the Via Francigena, travelled by pilgrims during the Middle Ages, who reached Rome from Northern Europe or France. 80 km accessible by bike, 30 different towns, more than one thousand accommodation facilities. In Tuscany the so-called Via Romana, which reached the capital city of Christianity, are six, starting from Florence and connecting through the via Francigena the urban streets of Florence, via Siena, via Pisa, via Volterra, via Vecchio, Strada del Sette Ponti. There are several possibilities of guided tours for discovering sites of archaeological, historical, artistic and religious interest, religious events and traditional fairs, like the historical parades or street games.

Another fascinating itinerary is the GEA (Grande Escursione Appenninica), inaugurated in 1983, a 425 km trekking trail that collects all the paths on the Appennine ridge and connects the pass of Bocca Tobra, on the border between Umbria and Marche, with the pass of Due Santi, in Liguria. Several types of accommodations are available: luxury hotels, even with wellness centre with the possibility of relaxing after training, low-cost hostels and camping, for those who want to be always surrounded by nature.