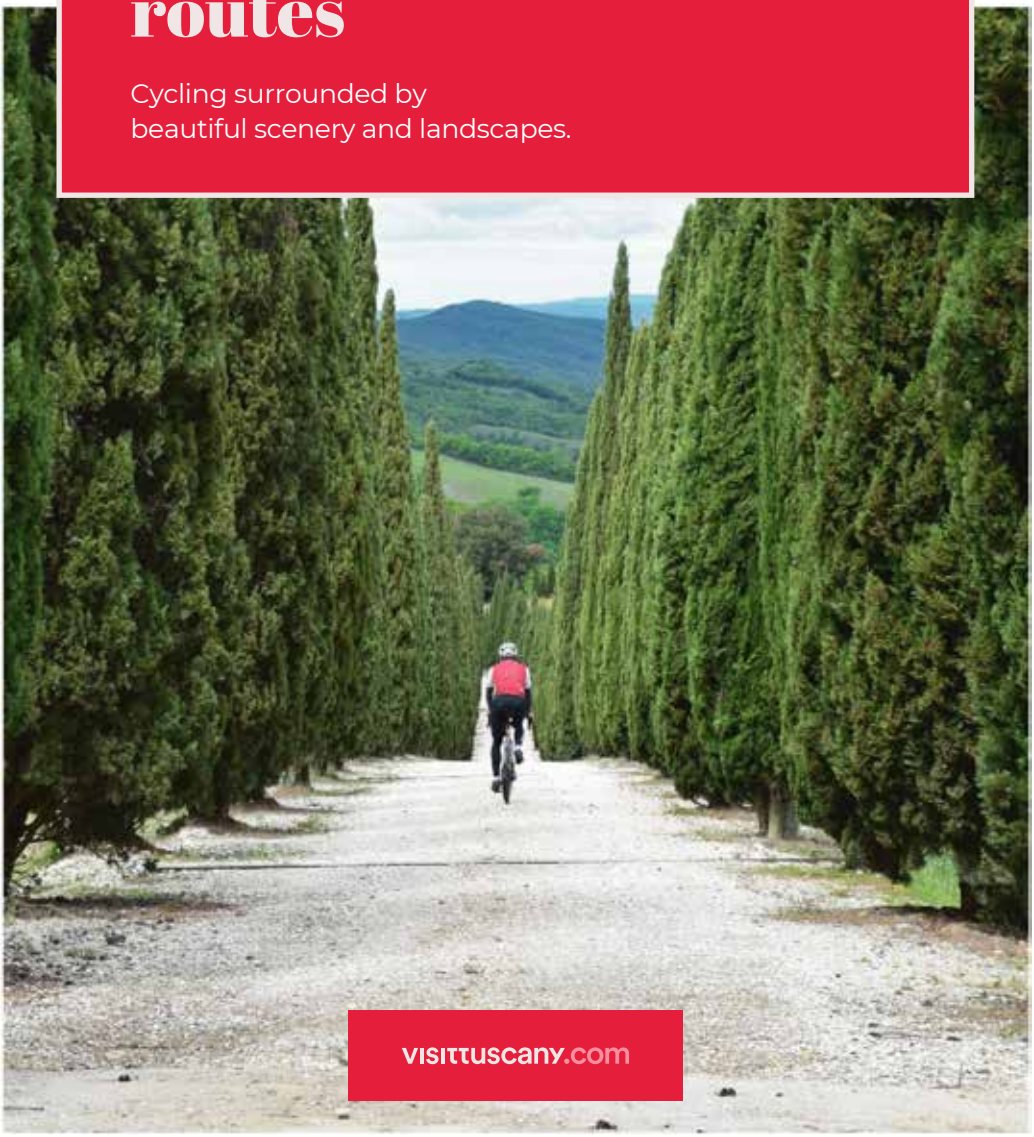
Green Tuscany

Atlas of Tuscan cycling routes

Cycling surrounded by
beautiful scenery and landscapes.



visittuscany.com

Green Tuscany





Tuscany by bicycle
Cycling routes in Tuscany

The Atlas tells a fascinating story of Tuscany, a digital guide with routes that wind along cycle paths, quiet roads and marked paths. The routes are classified according to theme, and each one is a unique experience involving a great variety and depth of emotions. The Atlas of cycling routes is the essential travel companion for anyone who wants to explore Tuscany in an authentic way, suggesting routes that pass through cities of art, unspoilt landscapes, culinary delicacies and artisan tradition. With over 15,000 kilometres of routes available, Tuscany's cycle touring network offers a true ecosystem of experiences that adapt to the needs and desires of every cyclist. The only warning: cycling in Tuscany can prove irresistible! Have a good trip!

Cover photo: Photographic archive Toscana Promozione Turistica

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Regione Toscana

TOSCANA
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TUSCANY
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“One ride after another, finding yourself at the crossroads of stories and landscapes.”

Discover Tuscany’s cycling routes
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Tuscany by bicycle



Tuscany by bicycle is an introspective and sensory journey; an experience that combines the discovery of enchanting places with care for the environment. The bicycle becomes the means by which, while on the move, you can establish an empathetic bond with the surrounding environment, travelling along roads that lead to small towns and villages, discovering local life and the traditions that are hidden among the hills and valleys. The bicycle is a travel companion that amplifies the emotive experience of anyone travelling through Tuscany, transforming each ride into new scenery, with the smells of the land and the sea, the characteristic silence of the Tuscan countryside. The cycle paths reveal a landscape that tells a story hundreds of years old, of a land that has seen the passage of ancient civilisations, the flourishing of the Renaissance and the continuous evolution of contemporary culture. Each route becomes an opportunity for a deeper connection with the surrounding environment and with the people who live there. Cycling in Tuscany is an enchantment that invites you to return, time after time, to relive the sense of belonging that this land can offer. Measuring distances with the sweetness of a slow pedal or pushing yourself to the maximum of your abilities by taking on the climbs like a true professional, always rewarded by a certain sense of happiness.

The genuine emotions are experienced when you meet other cyclists during the events that dot the annual calendar or in the traditional greeting that is exchanged on the road even when you are out of breath. The encounters occur by exchanging a chat in a little store of traditional crafts or products part of the *Vetrina Toscana* project, stopping off for a lunch made up of strictly local food, perhaps energizing such as panforte or a panino with finocchiona accompanied by a glass of spuma. The variety of routes available makes cycle touring in Tuscany accessible to everyone: from mountain bike enthusiasts looking for adventure in the heart of the countryside, to amateurs who prefer e-bikes for a more relaxed experience, or even touring cyclists pedalling along gravel roads reliving the golden age of cycling. A harmonious combination of freedom, beautiful surroundings, fun, exercise, fresh air and sport. A continuous contamination between UNESCO world heritage and human capital, traditional food and drink and knowledge, social rides and solitary almost meditative rhythms, allowing everyone to write their own story of a unique cycling experience in Tuscany. The best way to discover and experience all this is to sow the seeds of your dream trip by consulting the Atlas of cycling routes, available at VisitTuscany.com.



Foto Credit Enrico Caracciolo

Exploring Tuscany by bicycle is a journey of discovery of the perfect harmony between mind, body and soul. Pedalling to the rhythm of joy and connection unleashes a unique magic, transforming every tour into an unforgettable experience.



Foto Credit Carlo De Santis

Legendary routes immersed in nature

Some of the permanent routes were defined by great sporting tradition, others follow the lines of ancient roads. Many others are the destination for fans of the most adrenaline-filled sports.

The many places for enjoying cycling at a family pace include the railway area of the Trammino Cycle Path, to the musical notes of the Maestro on the Puccini Cycle Path, along Marina di Grosseto e Principina, cycling by the sea, along the river Pescia to the Marshes of Fucecchio and a totally original Florence experience between Lungarno and Parco delle Cascine.



Foto Credit Mario Lorca

Collecting memories, getting the feeling of a place and leaving only the imprint of your bike tyres following the rhythm of the pedals for a conscious and responsible choice of holiday. Following the mapped routes yet losing yourself at the same time, meeting the locals and enjoying the warm welcome of the many increasingly sustainable bike-friendly facilities.



Foto Credit Alice Russolo

Grand Tours

The concept of Grand Tour is renewed today through cycle tours, recalling the tradition of travel as a search for knowledge and personal enrichment. Cyclists can explore cities of art and peaceful landscapes, immersing themselves in the Renaissance culture that has influenced the modern world. The journey thus becomes an experience of freedom and understanding of the local area. Grand Tour routes offer adventure and are ideal for the contemporary traveller.
The Grand Tour of Tuscany from Siena to Pisa and Florence covers almost 400 km, crossing paved roads and rough tracks, as far as the sea, along cycle paths including the Via Francigena.
The Grand Tour of Tuscany from Siena to Camaldoli and Arezzo, passes through the Val d'Orcia and Chianti, with stops to visit abbeys and castles, such as the hermitage of Camaldoli and the sanctuary of La Verna. The Grand Tour south, from Siena to Pitigliano and Massa Marittima, winds for 443 km through nature reserves, medieval villages, spas and Etruscan sites such as Sorano and Sovana.
The Grand Tour of Maremma explores historic villages such as Roccatederighi and Roccastrada, as far as Etruscan monuments in Sorano and Pitigliano, with the Vie Cave and the Orsini fortress, and the spa in Saturnia.
These routes offer a profound connection with the history and culture of Tuscany.



Foto Credit Luigi Burroni

Ciclostoriche

The charm of vintage bikes, the care in choosing themed clothing, the great food and drink, the spirit of sharing, the passion for cycling, the exertion of some routes and the inclination towards rougher tracks are some of the shared rules in this social cycle touring option in Tuscany: the ciclostoriche (historic cycling events). These events celebrate not only sport, but also the beauty of the landscapes and the local food and wine of the region, making each one an unmissable opportunity for cycling enthusiasts and those who wish to immerse themselves in the authentic spirit of Tuscany. The very first was the Eroica, which has since been joined by many others that differ in terms of areas visited and dates, some with permanent routes to try all year round and all with evocative names and best experienced in combination with trying out the local specialties. The Intrepida in Anghiari, the Etrusca in Bolgheri, the Medicea in Carmignano, the Ardita in Arezzo, the Chianina in Valdichiana, the Maremmana in Castiglione della Pescaia, the Vinaria in Lucchesia, the Marzocchina in Valdarno, the 99 Curve in San Vincenzo, the Lastrense in Lastra Signa, the Leonessa in Chianti and Montagna Fiorentina. All that remains is to choose your style, hop on your bike, and enjoy the experience of the many figures of heroic cycling.

Not to be missed

Cycling in search of unforgettable experiences, such as tasting a local dish, visiting a hamlet full of art, or regenerating at a spa.

1 E-Bike

Tuscany by e-bike: sustainability and enjoyment for everyone. Tuscany is ideal for lovers of cycle touring, offering a unique experience that combines sustainability and exploration of breathtaking landscapes. The e-bike is perfect for immersing yourself in nature, enjoying touring the historic villages and experiencing the local culture with stops to sample the local food without losing the rhythm of the ride.

2 Art

Cycling through Tuscany means immersing yourself in a vibrant art experience. Each stretch of road tells a story: from traces of Etruscan art to Renaissance masterpieces, as far as contemporary site-specific installations. This cycling tour crosses centuries of creativity and beauty, on a unique journey through landscapes and culture.

3 Islands

The Tuscan Archipelago enjoys a wonderful Mediterranean climate, ideal for exploring the islands on two wheels. Without a car, you can discover hidden corners thanks to the ferries that connect the islands and the cycling routes that take you through unspoilt natural areas. Each island offers picturesque villages, isolated little coves and crystal clear waters. With routes of all kinds, from those for families to those for mountain bike and road bike enthusiasts, the archipelago is a veritable paradise for cycling fans.

4 Travel notebooks

Precious travel allies, companions of physical endeavours, memories of exploits, glorious souvenirs: these are travel notebooks. Not only a permanent testimony of the completion of a journey, but often containers of moments experienced, of the emotion felt with each long-desired stamp. These notebooks become tangible souvenirs of a unique adventure experienced on two wheels.


Foto Credit Matteo Durchi


Foto Credit Archivio Toscana Promozione Turistica





Choose your route

The landscape of Tuscany is as varied as the type of routes it has to offer. Here are 12 options for exploring Tuscany by bicycle.


Foto Credit Stefano Cioli

MTB / GRAVEL

By bike among the Medici Villas

Length: 32 km
Area: Prato Area

The cycling tour of the Medici Villas offers a fascinating journey through Montalbano, an enchanting corner of Tuscany rich in history, art and nature. Starting from the Cascine di Tavola in Prato, you set off along a track towards Poggetto, a picturesque district that offers an authentic glimpse of the Tuscan landscape, surrounded by hills and vineyards, and then continue on to the Bargo mediceo di Bonistallo, an ancient architectural complex linked to the Medici family, historically used for hunting and leisure, testimony to the noble and artistic past of the region.
An unmissable stop at the beautiful Ponte Manetti over the Ombrone. Continuing towards Poggio a Caiano, you can visit the magnificent Villa Medicea and its park, full of exotic plants and impressive trees. The tourcontinues towards Artimino along the Via Arrendevole, to explore the village and admire the Villa Medicea La Ferdinanda, known as the 'Villa of a Hundred Chimneys. The route continues towards Verghereto and the road becomes steeper, but the effort is rewarded by the beauty of the village. You continue as far as the crossroads with Via Vergheretana, heading towards Carmignano, famous for the Carmignano DOCG wine.
After passing Carmignano, you descend towards Seano, a village renowned for its authentic and welcoming character cycling past the Parco Museo Quinto Martini.

MTB / GRAVEL

From Cutigliano to Abetone, immersed in a silence that wants you to listen to it

Length: 48 km
Area: Pistoia and Pistoia Mountains

Using the Cutigliano-Doganaccia cable car, you can easily reach the starting point in eight minutes, reaching 1,545 meters above sea level. Upon arrival, you can check your tyre pressure at the small service point at the bike rental. After stocking up on water, you begin the descent along the Abetone Gravity Park, in the direction of Melo. Before arriving in the town known for its peaceful atmosphere and breathtaking views, you can tackle the asphalt road climb to visit the local dairy with tastings of typical produce. The route follows the slopes of the Monte Libro Aperto so called for the fact that its two peaks, Monte Rotondo and Monte Belvedere, look like an open book when observed from the Lima valley; this is followed by a necessary stop to fill your water bottles at the Rivoreta fountain. The climb is challenging, with stretches of track, and requires a steady pace. At the end of the track, you continue on asphalt passing through Bicchiere and Secchia, where the Lago Verde offers refreshments and charging for e-bikes.
Next to Lago Baccioli, the forest road of the Riserva Biogenetica passes through the beech forest, maintaining a calm pace. Near the Balzo del Cinghiale, the road down to Cutigliano begins, followed by a final simple but fun descent, which ends in the village of Castellina.


Foto Credit Alto Rocco


Archivio Toscana Promozione Turistica

MTB / GRAVEL

Napoleon's oases

Length: 35 km
Area: Elba and Tuscan Islands

From Portoferraio to Lacona and back, a tour of Napoleon's woods and hunting reserves. The route begins in the heart of Portoferraio, from the historic Villa dei Mulini, residence of Napoleon Bonaparte during his exile on the island of Elba. Immersed in the culture and history of the era, it offers fascinating insights into the emperor's life and splendid views of the harbour. From here, you cross the town, on a discovery of the fascinating places linked to Napoleon, until you reach the summer residence of San Martino, where you can admire his sophisticated taste in architecture. Continuing along route 221, adjacent to the villa, you enter a patch of dense Mediterranean scrub which leads to a panoramic hillside.
From here, you start the descent to Lacona. Once you reach sea level, the route continues towards the peninsula of Capo Stella, Napoleon's ancient hunting reserve, today the perfect place for cycling suspended between the blue of the Golfo Stella and the Golfo di Lacona. Once you have completed the circular route of Capo Stella, you follow the provincial road eastwards, with spectacular sea views at Capo ai Pini, Acquarilli and Norsi, and then on towards Campo ai Peri. At the crossroads of Casa Marchetti, turning right, you cycle alongside Monte Fabbrello, until you reach the agricultural plain of Schiopparello. To return to Portoferraio, you follow provincial road 26, crossing the town as far as Calata Mazzini and ending on Molo Elba, in front of the Porta a Mare of the Medicea Cosmopoli.

MTB / GRAVEL

Semproniano, villages and castles in the high valley of Albegna

Length: 40 km
Area: Maremma Sud

From Semproniano, an ancient fiefdom of the Aldobrandeschi family, you follow the solitary country road Strada Terra Madre, a fascinating tour of farm roads in the Albegna Valley, dedicated by Slow Food to the promotion of local agricultural traditions. This route immersed in the Mediterranean scrub offers an authentic experience through rural landscapes and historic villages, celebrating the culture and biodiversity of the Maremma. After a short and steep climb, you enter Petricci with its cobbled streets and traditional stone houses with the path that runs along the ridge between the rivers Albegna and Fiora. You pass close to the imposing Castello della Triana, from which you can enjoy the view that extends as far as the Argentario and the islands of Giglio and Montecristo. The next stage is Roccalbegna, a fascinating medieval village famous for its fortress and the 'stone' that overlooks the town. Here, we recommend a stop for the fine local cheeses and savoury biscuits, a Slow Food presidium. Leaving Roccalbegna through the ancient Porta di Maremma, you follow the Rocconi track, which climbs down between the ancient houses. Through the Albegna gorges, you reach the fascinating perched village of Rocchette, known for its medieval ruins and the Templar hospital.


Foto Credit Lasinka Bike


Foto Credit Matteo Durchi

ROAD BIKE

In the Lands of the White Truffle of San Miniato

Length: 100 km
Area: Terre di Pisa

Starting from Casciana Terme, famous both for the spas offering wellness treatments immersed in an elegant and relaxing setting, and for the prized truffle, you head towards Ponsacco. Passing through Montefoscoli, famous for the mystical Temple of Minerva Medica, you continue towards Palaia. From here, you start the descent to Valdarno, facing a plain of over 10 km which prepares the short ascent to San Miniato, renowned for its National White Truffle Market Exhibition.
Leaving San Miniato, you head towards Calenzano, following the ridge near the Via Francigena as far as Collebrunacchi. You descend again to the plain and, after reaching La Serra, climb again steeply to Montopoli in Val d'Arno, with the route following a characteristic rhythm of ups and downs, with the fatigue balanced by the amazing views. From here, towards La Rotta and finally Palaia, passing through shaded stretches and ups and downs with pleasant places to stop for food and drink and which are commonly referred to as mangia-bevi.
Continuing down towards Forcoli, you face the last difficult stretch of the day at Santo Pietro Belvedere. After 10 km and a slight final climb, you arrive in Casciana Terme, completing the 100 km journey through the villages famous for the Terre di Pisa truffle.


Foto Credit Pierfilo Monge

ROAD BIKE

Climb to San Pellegrino in Alpe

Length: 52 km
Area: Garfagnana and Mid Serchio Valley

The climb from Castelnuovo di Garfagnana to San Pellegrino in Alpe is one of the most arduous cycling challenges in the Apennines. Famous in the world of cycling, the route has been part of the Giro d'Italia three times, testing the greatest climbers and attracting hundreds of amateur cyclists every year. The route begins in Castelnuovo di Garfagnana, crossing the historic Piazza Umberto I, dominated by the impressive Rocca Ariostesca. You continue on a slight uphill towards Pieve Fosciana, surrounded by the enchanting landscapes of Garfagnana. The challenge begins after Chiozza, with gradients that initially fluctuate between 9% and 12%, reaching in the final 2.5 km gradients in excess of 15% and peaks of up to 20%, making every push on the pedal a test of strength and determination. The last bend arrives in the square of San Pellegrino in Alpe, located at 1,525 m, the highest inhabited village in the Apennines between Tuscany and Emilia-Romagna, from which you can enjoy the view of the Apuan Alps with a sense of accomplishment for having completed the challenging ascent. This is followed by an unmissable visit to the sanctuary of the same name, which houses the relics of Saints Pellegrino and Bianco and a stop at the bike point to get your certificate of merit. But the adventure doesn't end here. You continue to climb for another 2 km to the Pradaccio Pass, from which a long descent begins which crosses the Passo delle Radici, the Casone di Profecchia, and the medieval village of Castiglione di Garfagnana, and then returns to the starting point, completing a journey that combines physical challenges, beauty and history in one extraordinary experience.

ROAD BIKE

Discovering Florence by bike

Length: 22.6 km
Area: Florence and the Area Fiorentina

A fascinating circular route reveals the treasures of Florence and the Area Fiorentina (Florentine area), starting from Piazza Santa Maria Novella, site of the magnificent Dominican basilica founded in 1242. From here, you cycle along Via dei Fossi heading towards Piazza Carlo Goldoni. A quick glance reveals Borgo Ognissanti and the church of San Salvatore, which is home to masterpieces by Ghirlandaio and Botticelli, who are buried there. Continuing along the Lungarno, you enter the park beyond the city walls and then re-enter the city through the majestic Porta di San Frediano for a glimpse of the old part of Florence, ending in Piazza del Carmine, site of the Brancacci Chapel, with the famous Renaissance frescoes by Masaccio and Masolino. From here, it is a short ride to Piazza Santo Spirito, the beating heart of the Oltrarno with its shops and markets, and then on towards the tree-lined climb that leads to San Miniato for a breathtaking view of the city, before moving on to Piazzale Michelangelo, which offers surely the most iconic panoramic views of Florence. You then descend along the cycle path and follow the course of the Arno through the Parco dell'Anconella. A cultural stop at the Cenacolo di Andrea del Sarto is recommended to admire the majestic Last Supper. Once back on the Lungarno, you approach the Palazzo della Biblioteca Nazionale (National Library), leaving the Arno to reach Piazza di Santa Croce for a visit to this Gothic masterpiece. Piazza San Marco offers the stunning frescoes of Fra Angelico in the Dominican convent and from Via Cavour you can admire Palazzo Medici Riccardi and the complex of San Lorenzo.


Foto Credit Matteo Durchi

ROAD BIKE

The countryside of Northern Maremma by bike

Length: 63 km
Area: North Maremma

An easy circular cycling route starts from Central Park in Follonica, offering the convenience of large spaces for parking if you are arriving by car or even in a camper. From here, the route winds through the enchanting landscapes of the Northern Maremma. Having left the town, after a first stretch of road, you start on the gentle climbs towards Filare di Gavorrano. This village, once inhabited by miners from the pyrite mines, is a place of historical interest. Continuing beyond the road known as Vecchia Aurelia, you enter a network of quieter roads that lead to the Lago dell'Accesa. This lake, with its crystal clear waters, is especially inviting in summer, and the ideal place to stop for a drink or bite to eat. Surrounded by lush vegetation, the lake is also of historical interest, with the visible remains of the foundations of an ancient Etruscan village. After the lake, the route climbs towards eighteenth-century copper mines of Serrabottini, where you can observe wells and mounds rich in minerals. Following a picturesque route, you reach Valpiana, known for its ancient foundries and ironworks, the vestiges of which can still be found in the centre of the town. A pleasant stretch of uphills and downhills takes you past farms, small vineyards, fields of grain, woodland and the iconic cypress trees which are always an unmissable photo opportunity.


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Foto Credit Paolo Cabeza

GRAVEL

Itinerary through the Crete Senesi, the land with no sweetness of trees

Length: 46 km
Area: Terre di Siena

The cycling route through Crete Senesi opens with a poetic and suggestive departure from Porta Pispini, in Siena, which presents the image of a land sculpted by time. The route starts in the direction of Due Ponti as far as Arbia: the official entrance to Crete Senesi. This first part of the journey travels along the Strada Lauretana towards Asciano, crossing an undulating landscape that climbs decisively towards Podere Casanuova, the first high point of the triangular route. Towards Monteroni d'Arbia, we highly recommend the unmissable detour to admire an area of outstanding natural beauty: the Sito Transitorio. This stretch of rough track takes you through cypresses and sculptures of Jean Paul Philippe, offering breathtaking views. Returning to the main route, the descent towards the Arbia plain is an adventure that mixes steep sections and challenging climbs, passing near the ruins of San Martino in Grania. You can stop to eat and drink in Monteroni d'Arbia, which is also a place of cultural interest, with its 14th century fortified mill and the nearby Castello di San Fabiano. Continuing on, the route leads to the village of Radi, an iconic stop of the cycling event L'Eroica. From here, the last side of the triangle winds along a track through rolling hills and offers enchanting views of Siena on the horizon.


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GRAVEL

Grand tour of geothermal energy and parks in Val di Cecina

Length: 48.8 km
Area: Valdelsa Valdicecina

The route begins in Pomarance and heads towards Larderello, travelling through the heart of the first geothermal power area in Tuscany. Descending to the ancient Bagni di San Michele alle Formiche, a spa site now abandoned, you continue on a cart track that runs alongside a steam pipeline, then arriving at a rest area from which you can walk to the panoramic viewpoint of Poggio della Marruca. From here, you can easily see the white columns of steam scattered throughout the area that are an incredible sight also whilst you cycle past. Continuing on, you cross Montecerboli, with a short detour to visit the medieval village. Along the route, you can see the hills around Siena and the Valle del Secolo, as far as the Monterufoli-Caselli Nature Reserve. Heading down to the new Montecerboli power plant, you can also see the historic Larderello plant. After fording the Secolo, you cycle past woods and pastures to Serrazzano, an ancient fortified village. Here, the Foresta di Monterufoli offers a wild and charming scenario. The route travels up the Adio Valley, with spectacular views towards the gorge between the villages of Micciano and Libbiano. In Micciano, you enjoy panoramic views from the rocky ridge. The itinerary ends with the return to Pomarance, where you can explore the medieval old town centre and visit the Casa Museo di Palazzo Bicocchi and the permanent exhibition of Warriors and Artisans.

GRAVEL

Monte Labbro gravel

Length: 31.7 km
Area: Amiata

You start from the heart of Arcidosso, after the obligatory photo of the spectacular postcard view of the town from the tower of the majestic Castello Aldobrandesco. Cycling on upwards, the enormous centuries-old chestnut trees silently observe the passers-by, giving the place an aura of peace and majesty. In Zancona, time seems to stand still, and the road continues to climb towards Monte Labbro, whose pyramid shape announces the closeness of Monte Amiata Wildlife Park. Arriving at the summit of Monte Labbro is a revelation. This was once the home of the Jurisdavid community of Davide Lazzaretti, who dreamed of a shared future for farmers. The ruins of the Torre Giurisdavidica still tell the story of those days. From this point, the view is breathtaking: the Tyrrhenian coast stretches from Montalto di Castro to Castiglione della Pescaia, while on the horizon you can see the islands of the Tuscan archipelago and Corsica. After a pause of due contemplation, the route resumes with gentle ups and downs, descending towards the village of Macchie. You then travel to Salaiola, the "village of the moon and poetry", where the beauty of the landscape is mixed with the charm of tradition. Surrounded by chestnut groves, take the provincial road back to Arcidosso.

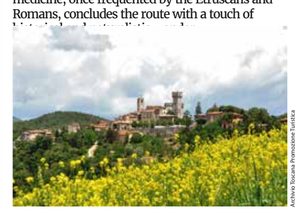

Foto Credit Marco Ulivieri

GRAVEL

The Ring of the Rediscovered Sanctuary in San Casciano dei Bagni

Length: 23 km
Area: Valdichiana Senese

The Anello del Santuario Ritrovato (Circular Route of the Rediscovered Sanctuary) offers a fascinating exploration of the south of the Valdichiana Senese, immersed in the natural surroundings of Monte Cetona and rich in ancient history. Starting from San Casciano dei Bagni, you turn onto a track that once hosted a stage of the Giro d'Italia in 2011. The first point of interest is the Castello di Fighine, dating back to the 11th century, an impressive testimony to the strategic importance of Valdichiana in the Middle Ages. The ride continues towards the small village of Palazzone, established as a welcome point for pilgrims, where you can take a break. Continuing, the road descends towards the squares and then climbs up to Camporsevoli, a fortified village now transformed into multi-building tourist accommodation. The castle's elevated position offered an ideal vantage point during the medieval period. Here, a break allows you to take photos of the magnificent surrounding landscape. The final stretch leads to San Casciano dei Bagni, passing along Via della Fontaccia and enjoying the descent through lush countryside to the archaeological site of the Santuario Ritrovato. Near the public spa of Bagno Grande, more than 20 bronze statuettes discovered in the area reveal the historical connection between the Etruscan and Roman civilisations, both fascinated by thermal waters. This place of divination and medicine, once frequented by the Etruscans and Romans, concludes the route with a touch of


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