

TUSCANY if not HERE, where?



CICL@TOUR

PASSION FOR CYCLING TOURISM

Tuscany offers you

- Unique landscapes and climate
- A journey into history and art: from Etruscans to Renaissance down to the present day
- An extensive network of cycle paths, unpaved and paved roads with hardly any traffic
- Unforgettable cuisine, superb wines and much more

... if not **HERE**, where?

Tuscany is the ideal place for a relaxing cycling holiday: the routes are endless, from the paved roads of Chianti to trails through the forests of the Apennines and the Apuan Alps, from the coast to the historic routes and the eco-paths in nature reserves and through the Val d'Orcia.

This guide has been designed to be an excellent travel companion as you ride from one valley, bike trail or cultural site to another, sometimes using the train, all according to the experiences reported by other cyclists. But that's not all: in the guide you will find tips on where to eat and suggestions for exploring the various areas without overlooking small gems or important sites, with the added benefit of taking advantage of special conditions reserved for the owners of this guide. Therefore, this book is suitable not only for families and those who like easy routes, but can also be helpful to those who want to plan multiple-day excursions with higher levels of difficulty or across Tuscany for longer tours

The suggested itineraries are only a part of the rich cycling opportunities that make Tuscany one of the paradises for this kind of activity, and have been selected giving priority to low-traffic roads, white roads or paths always in close contact with nature, trying to reach and show some of our region's most interesting destinations.

This is why this guide book is also, and above all, an invitation to all bicycle touring lovers (whether on road or mountain bikes) from anywhere in the world to come discover this region and the emotions it can give. In addition to the suggested itineraries, many other routes are indicated in guides, marked with arrows, localized by GPS and reported in various websites (links provided below). For most routes, the guide also suggests alternatives for more in-depth visits or for a convenient way to return to your base.

From a technical point of view, the routes are rated by level of difficulty as Easy, Medium, Hard, or Long, according to mileage, vertical uphill and technical difficulties. You will be spoiled for choice!



THE WORK PLAN: for each macro-area of Tuscany the guide will include (and it will soon be backed by a website and app)

Section a) **Cammini and Sentieri** on the footsteps of history

Section b) Bicaltalia.org tours: **Ciclopista dell'Arno**; Ciclopista del sole EV7; Ciclopista dei due mari Bi 18

Section c) Wine rides along the **Strade del Vino**

Section d) Along the roads of the major vintage events: **l'Ardita, l'Eroica, l'Intrepida, la Chianina**

Section e) **Cycling day tours** on cycle ways, quiet roads, trails

Section f) **Multi-days cycling tours**

Section g) **The facilities** and the benefits offered by them:

Refreshment: bar restaurants bicigrill water supply

Hospitality: hotel, agriturismo, B&B, hostels

Bike rent and tour leaders

Regional transport network

MUST not to be missed: churches castles, museums, spa, events

mappe.rete.toscana.it/webstat/index.html?area=sistema_cultura

www.intoscana.it - arezzoturismo.it

Watch the best videos: Toscana in bicicletta (by toscanago blog)

Temporary release, the definitive version will be presented at the 4th edition of **CICLOTOUR**, Arezzo November 11-13 2016



AREZZO

HOW TO ARRIVE

BY PLANE:

150 km from Pisa Galilei airport - 050 849111 (+ train)
80 km from Florence Peretola - +39 055 30615 (bus + train)
230 km from Rome Fiumicino - +39 06 65951 (+ train)
80 km from Perugia Sant'Egidio - +39 075 592141 (bus + train)

BY CAR:

from the A1 motorway, exit for Arezzo (if travelling north to south) or for Monte San Savino (from south to north); from the Due Mari freeway (Grosseto-Fano); from the Siena-Perugia link road (various exits); from the E45 freeway, exit Sansepolcro

BY TRAIN:

Rome-Florence line (trenitalia.com);
Arriving from the south Tyrrhenian coast: through Grosseto-Monte Antico-Siena, then Sinalunga <http://www.trasportoferroviariotoscana.it/index.php/Viaggia-con-noi/Orari-dei-treni>;
same link if arriving from Stia-Casentino; if arriving from the Adriatic sea through Ancona-Fossato di Vico-Foligno and then Umbria: Foligno-Perugia-Terontola-Arezzo

BY BIKE:

from Ciclopista del Sole and the other routes described below.



- 
- 1 S. Domenico Church
 - 2 Casa del Vasari
 - 3 Cathedral Ss. Donato e Pietro
 - 4 Fortezza Medicea
 - 5 Piazza Grande
 - 6 S. Maria della Pieve Church
 - 7 Casa Museo Ivan Bruschi
 - 8 Casa del Petrarca
 - 9 Palazzo Comunale
 - 10 Basilica of San Francesco
 - 11 Ss. Flora and Lucilla Church
 - 12 Monumento a Guido Monaco
 - 13 Anfiteatro Romano
 - 14 Museo Archeologico

The city of Arezzo has very ancient origins. Throughout the centuries it has been an important Etruscan and then Roman town, a Christian diocese as early as the 4th century, and was later occupied by the Lombards at the end of the 6th A.D. In the middle ages it became a powerful city-state and was at war with Siena and especially with Florence, which conquered it in 1384. Since this date, except for occasional rebellions, its history converges with that of the dominant city and then with that of Tuscany.

The current historic centre still retains all the charm of the city's illustrious past, and its main monuments are embellished by the works of great medieval and Renaissance artists like Cimabue, Piero della Francesca, Andrea della Robbia and Giorgio Vasari.

Arezzo, the city of goldsmiths, of the Giostra del Saracino, of the Antiques Fair and the "Guido d'Arezzo" international polyphonic competition.

Arezzo, a gem set between Tuscany's rolling hills and high, forested mountains, best discovered through a leisurely cycling experience...

The territory around Arezzo branches out towards four valleys: Casentino, Valdarno, Valdichiana, Val Tiberina. These valleys are another strong attraction of this area, as each of them has its own special characteristics, a distinctive landscape and a typical cuisine.

Some of the priceless art treasures preserved in churches, palaces and museums include: the fresco cycle by Piero della Francesca depicting "The Legend of the True Cross", a Crucifix by Cimabue in San Domenico, the Pieve (parish church) and several museums.

To the south the Val di Chiana, once a swamp, has been transformed into the most fertile part of the region through a system of canals.

To the east and west it is delimited by groups of hills and mountains. The Valdichiana is a vast flat valley bordered by hilly areas which in some cases reach the altitude of actual mountains. It is dotted with ancient, picturesque towns like Cortona, Castiglion Fiorentino and Lucignano, Monte San Savino etc.

To the west of the city lies the Valdarno, a wide, sunlit valley along the river Arno, rich with olive groves, vineyards and cypresses, as well as industries and outlets. It is delimited by the unmissable Chianti hills and Pratomagno mountains.

The Casentino is the high Arno valley: green and picturesque, it extends north of Arezzo, running along the Arno as far as Mount Falterona, where the river begins. The surrounding hills are covered in vineyards and olive groves. Further up there are fir forests, including the famous ones of Camaldoli and La Verna, important religious shrines and tourist destinations. The valley is scattered with churches and medieval castles, including that of the Counts Guidi in Poppi. On the ridge of the Apennines, the Casentino Forest National Park offers magnificent landscapes and interesting wildlife.

The Val Tiberina (Tiber Valley), to the far east of the province, is a depression dense with crops. Through it runs a short section of the Tiber flowing down from Mount Fumaiolo. Its beauty has been celebrated by poets and travellers. Its towns and villages are part of a precious artistic and historical fabric. It is the birthplace of Piero della Francesca, some of whose works can be found here, in Sansepolcro and Monterchi. The Val Tiberina is also the location of Anghiari, one of the most beautiful towns in Italy.





ROUTES

CAMMINI AND SENTIERI ON THE FOOTSTEPS OF HISTORY

- 1 Towards the Via Francigena - p. 11
- 2 The Via Francigena - p. 15
- 3 The way of St. Francis - p. 17
- 4 Following St. Francis and Romualdo tracks - p. 21

WINE RIDES ALONG THE STRADE DEL VINO

- 5 Strade del Vino Terre di Arezzo - p. 25

BICITALIA.ORG TOURS

- 6 Ciclopista dell'Arno - p. 27
- 7 Ciclopista del Sole EV7 (Sentiero della Bonifica) - p. 31
Ciclopista dei due mari Bi 18 (in progress)

ALONG THE ROADS OF THE MAJOR VINTAGE EVENTS

- 8 L'Ardita - p. 35
- 9 La Chianina - p. 39
- 10 L'Eroica - p. 43
- 11 L'Intrepida - p. 47

Because of its central position in Tuscany and Central Italy, the province of Arezzo is easily reachable by train, is the starting point or one of the places of interest of many itineraries: Towards the Via Francigena, the Francigena itself, the Way of St. Francis, the Via Romea Germanica, the Transumanza, the Cammino di Dante.



The Francigena (see page 15), a place of great fascination for many cycle travellers, can be conveniently reached in a one-day trip along a beautiful low-traffic paved road that takes first to Monte San Savino, from which it climbs to the castle of Gargonza and then Palazzolo; here starts a wonderful downhill stretch towards the Siena area. From Colonna del Grillo we continue to Monte Santa Marie, from there to Asciano and up towards Chiusure, followed by a breathtaking descent to the ancient village of Buonconvento where the route intersects the Francigena (and the roads of the Eroica).

Route: Easy roads, 88 Km, three climbs including a gentle but long one up to Palazzolo, (elevation gain about 350 m), the other one to Monte Santa Marie and towards Chiusure.

Exit: Possibility of using the train to shorten the itinerary

Part 1: Arezzo-Monte San Savino-Colonna del Grillo-Castelnuovo Berardenga 50 km, 481 m elevation gain.

Part 2: Castelnuovo Berardenga-Buonconvento: 40 km; 450 m elevation gain.

Variants and Train & Bike solutions:

From Colonna del Grillo, you can climb towards Castelnuovo Berardenga and from there enter the Chianti to visit a few wineries (e.g. Felsina right outside the town), ride up to Villa Arceno and from there reach the magnificent villages of



Villa a Sesta and San Gusmè. Two options (a dirt track and a paved road) are available to go back towards the Val d'Ambra national road and reach Bucine and the train, or Civitella and then Arezzo.

To return from Buonconvento, you can pass through remote villages with ancient names like Monteronghifoli, Rapolano Terme, Poggio Santa Cecilia, Lucignano, and finally Arezzo.

Train & Bike: from Arezzo, you can go by train to Monte San Savino, or, changing trains, to Rapolano or Asciano; the same applies to the return trip.

for the timetable visit: www.trasportoferroviariotoscano.it/index.php/Viaggia-con-noi/Orari-dei-treni).

Not to be missed: breakfast with cream pastries in the Corso (main street) of Monte San Savino; a visit to the castle of Gargonza, the view of Siena from Palazzolo and the view over the Crete Senesi (clay gullies) from Chiusure.

KEY

terrain: Asphalted provincial roads

distance: 50 km

elevation gain mt: 481

skill level: easy/intermediate

duration: 3 h + stops

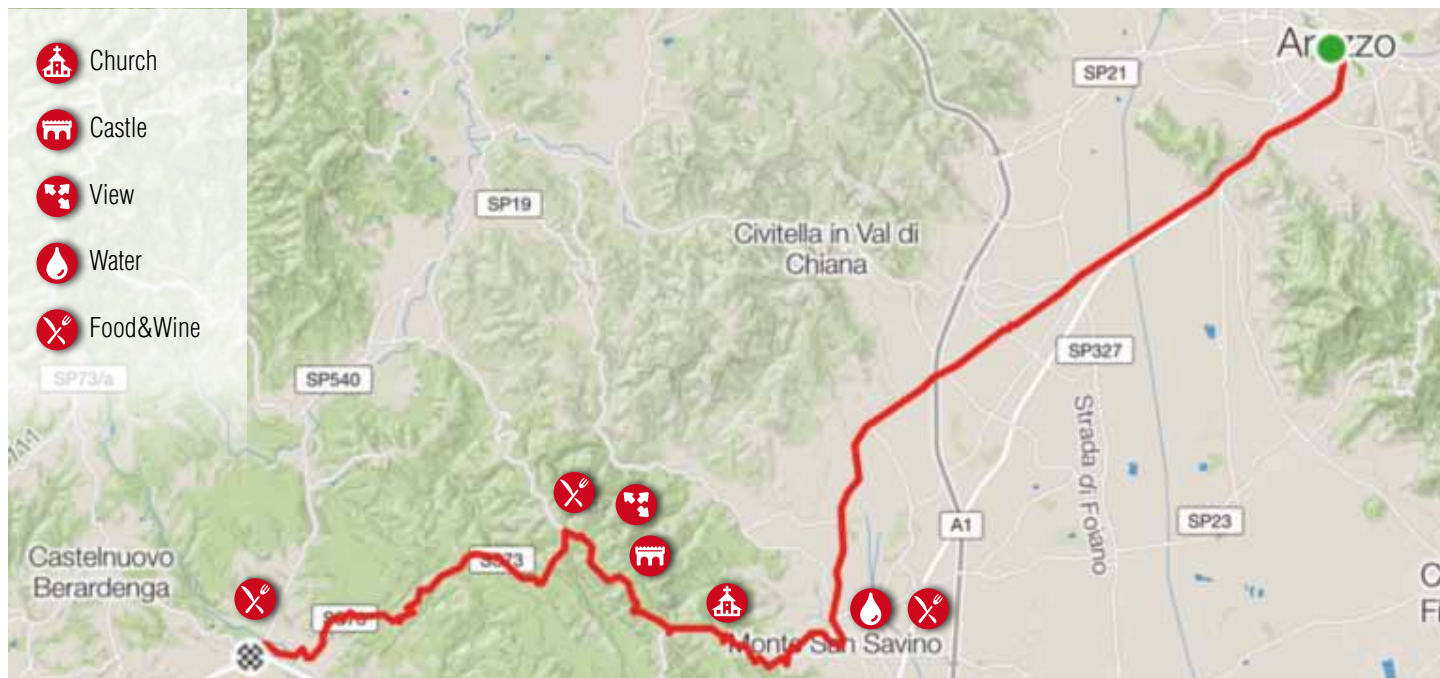
interest: 3

stopover: in Monte San Savino, breakfast at the main bar or get the very famous “panino con porchetta”; then stop at Castello di Gargonza

ROADMAP

- Arezzo
- Pieve al Toppo
- Albergo
- Monte San Savino, ascent to Palazzolo, with stop to the castle of Gargonza, then Palazzolo pass (600 mt) and from there a wonderful descent towards Colonna del Grillo, from there a short 3 km road up to Castelnuovo Berardenga (120 mt ascent)







This is the longest bicycle touring route ever reported in Italy: 1040 km, along which approximately 6,000 white and blue stickers have been posted. The Francigena has something for everyone, whatever they may be looking for...

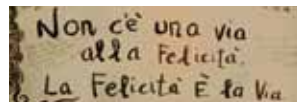
Clicking on the different stops, there is the possibility to search for accommodations, restaurants, museums and more in the selected area throughout the entire route.

Example of the interactive map reached through the link below, where you can select stages, restaurants, hospitality, bike assistance, museum etc:

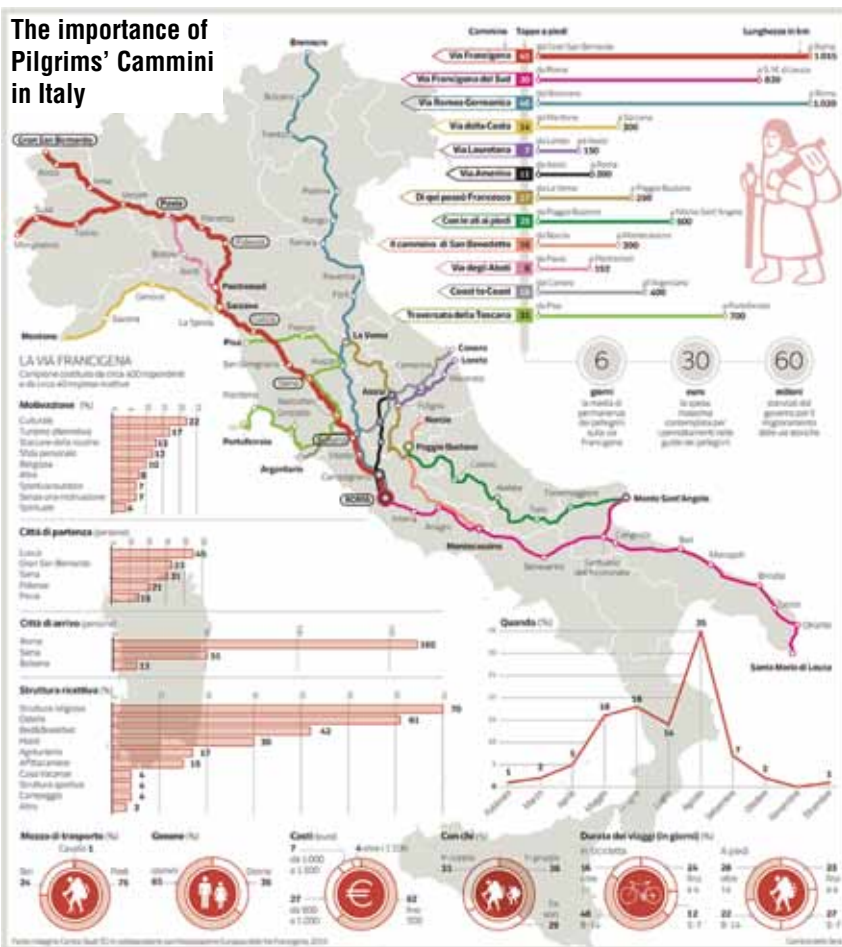
Stops, places to eat, places to sleep, bike service, museums.
http://2.115.130.153/Francigena_v2/



Sample of the interactive map



The importance of Pilgrims' Cammini in Italy



NATIONAL MAP



source: Associazione Europea delle Vie Francigene

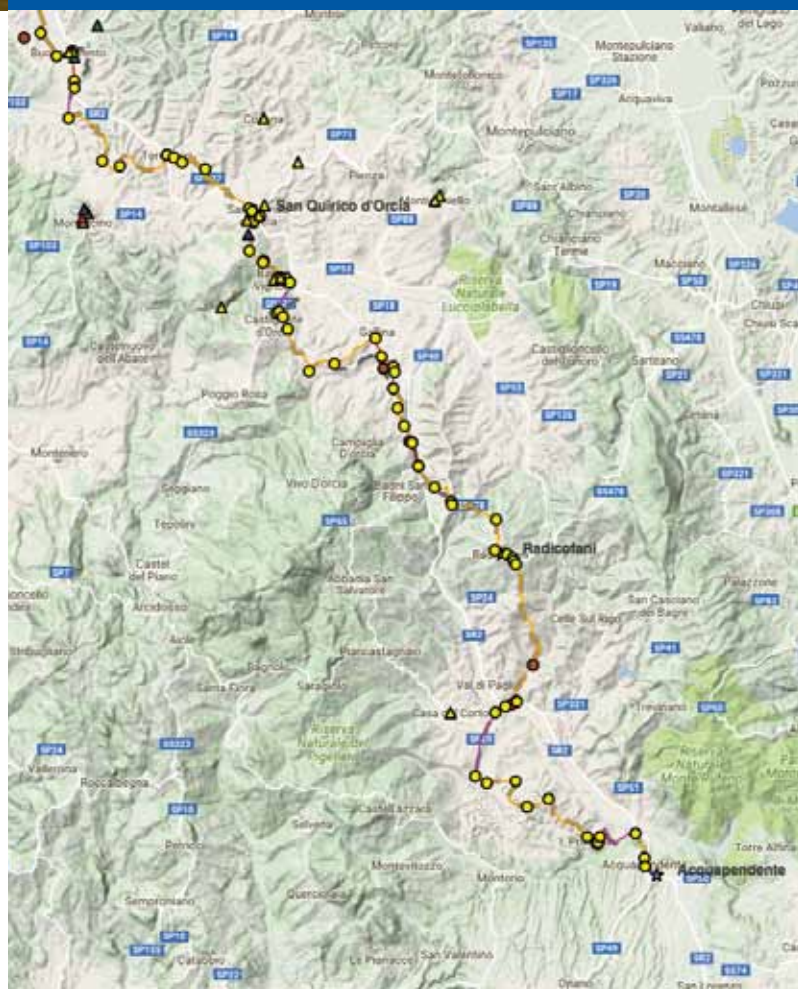
Here is an example of one of the best stretches of the Via Francigena by bike: starting from Buonconvento, climb along the old Via Cassia to San Quirico d'Orcia: this is where you enter the Val d'Orcia, a stunningly beautiful valley that is one of the jewels of the Italian landscape.

San Quirico is worth a visit and, why not, a stop for a snack in the shade of the churches or of the ancient Horti Leonini. From San Quirico there are two options: the trail from this town to Bagno Vignoni includes a very steep descent down a dirt road. If you are not a very experienced cyclist on off-road routes we recommend taking the Via Cassia variant.

Pedaling through enchanting views of the Val d'Orcia, you still arrive in Bagno Vignoni after discovering another gem: Vignoni Alto, a timeless village that heralds Bagno Vignoni, with its amazing thermal pool right in the middle of the piazza. From there, the route heads towards Radicofani along the usually low-traffic Via Cassia.

If you feel like it, you can take a detour with a climb of some 80 meters to the hidden village of Rocca d'Orcia, where you can have something to eat in the medieval square (Piazza della Cisterna). Water and refreshments available in: Bagno Vignoni; Gallina; nothing on the stretch from Gallina to Radicofani. Plan another rest and refreshment stop in this beautiful time-forgotten hamlet that only comes to life when the 1000 Miglia race passes through it.

From there, a pleasant descent down a dirt road will take you back to the Via Cassia (or you can choose the paved stretch, but this means missing the wild landscapes of the





Crete), across the river Paglia and, after a 2 km climb, to the village of Acquapendente, in the Lazio region, where there is an inn.

KEY

terrain: asphalted plus dirty roads

distance: stage 18= 80 km approx

elevation gain mt: 850

skill level: expert

duration: over 5 hours

interest: 5

stopover: everywhere!

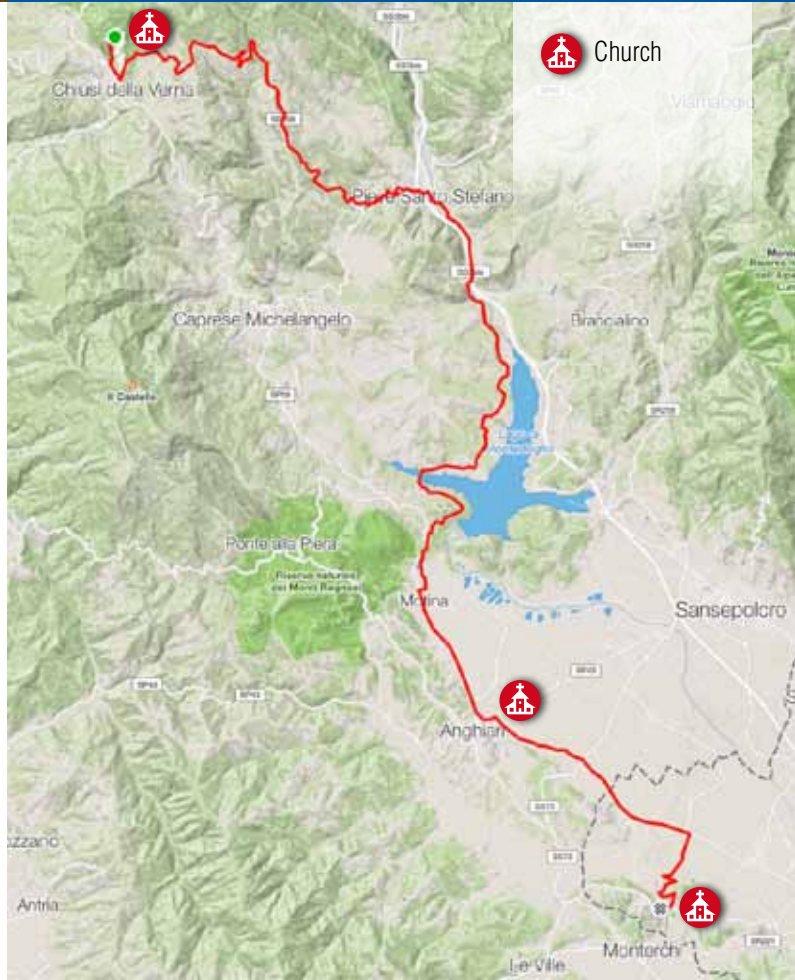


Starting from the La Verna shrine, this fascinating historical route reaches Assisi, and from there Greccio, winding through various paths, valleys and hermitages. It is mostly well marked and suitable for walkers and experienced MTB cyclists. Divided into multiple legs, it can be travelled at any time of the year. The signage is largely already in place (the various types are listed below); for additional information about the sites:

www.viadifrancesco.it/tipologie/in-bici/ the entire route and the partial stretches are marked by these signs

τ





KEY

terrain: trails

distance: 80 approx

elevation gain mt: 600

skill level: expert

duration: over 7 hours

interest: 4

stopover: Eremo della Casella, Anghiari, Citerna

Attention: the part from Chiusi della Verna to Eremo della Casella is very difficult, you might hand your bike sometimes. After the nice Eremo della Casella l'itinerario the cammino splits in 2 parts, one goes to Caprese-Anghiari, Citerna, while the other reach Arezzo and then Cortona (see below via Romea) to be followed in Umbria. After Pieve Santo Stefano, the road splits in 2 parts, one suitable for bicycles and the other is mainly for walkers: this last passes thru Cerbaiolo, Monte Casale and it is fully signed as well.

www.viasanfrancesco.com/?gclid=CJTx300z9MwCFcsW0wodlIdoMGA



ROADMAP

- Chiusi della Verna
- Eremo della Casella
- Caprese Michelangelo
- Motina
- Anghiari
- Citerna





PART 1: From Poppi Castle to Eremo di Camaldoli

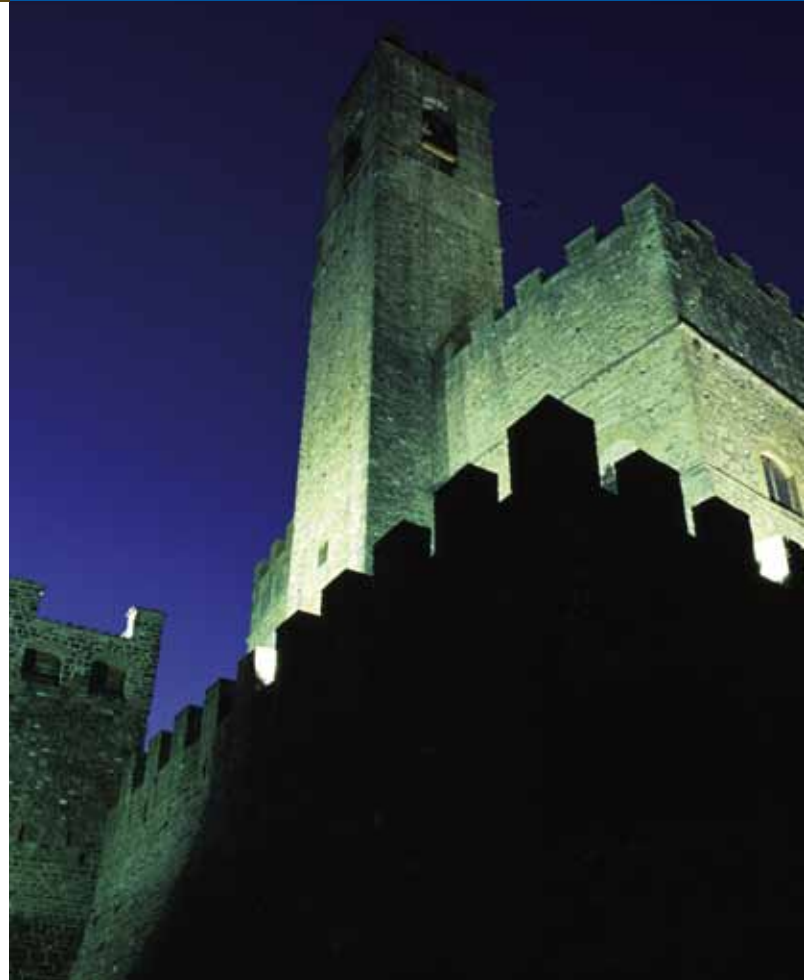
On the Footsteps of Romuald and Francis: a short one- or two-day excursion to discover the castles and monasteries of the Alto Casentino, surrounded by the magic of the Casentino forests. After reaching Pratovecchio by train, a steep 1 km climb will take you to the castle of Romena, then down to the beautiful Pieve of Romena and from there downhill to Ponte a Poppi. Here, if you want you can visit the Castle of the Counts Guidi, overlooks the valley, where Dante lived for a short time (1.5 km, 100 meters elevation gain).

From here, a long, easy-to-ride climb takes you from an altitude of 400 meters up to the 1100 m of the Camaldoli Hermitage (781 m elevation gain over a distance of 18 km). You can then continue at the same altitude to Badia Prataglia or ride downhill to visit Camaldoli. After an overnight stay in Camaldoli, the next day the route takes you to Badia Prataglia via Serravalle; from there it descends into the Valle Santa and up the long climb that leads to La Verna.

Description of the itinerary:

Departure from Pratovecchio (reachable by car, bus or train); from Piazza Paolo Uccello, cross the river Arno and take the Provincial Road 73; to climb to the Castle of Romena you can either take the more direct but steep trail or follow the directions to Florence and after about 2 km take the deviation to the Castle of Romena.

From the Castle, go down to the Pieve of Romena, which is certainly worth a visit.





PART 1: from Poppi Castle to Eremo di Camaldoli

Back on SP 73, a slight slope will take you to the Consuma national road. Once there, turn from the left and go down to Ponte a Poppi.

From the station, an underpass takes directly to the road that goes up to Moggiona, an easy climb.

From Moggiona (stop for provisions), the climb is tougher in the last 3 km to the Montanino; then a short descent on the left (towards Camaldoli) and after 800 meters another left in the direction of the Camaldoli Hermitage: this is where you enter the thick of the Casentino forest, cycling up the gentle climb through incredibly tall firs

After about 6 km you will reach the 1100 mt altitude of the Hermitage, where you can stop for a visit and a fresh supply of water and food.

Not to be missed: the Castles of Romena and Poppi, a visit to the Hermitage, the 'schiazzatine' (flat bread) with mushrooms and polenta in Camaldoli

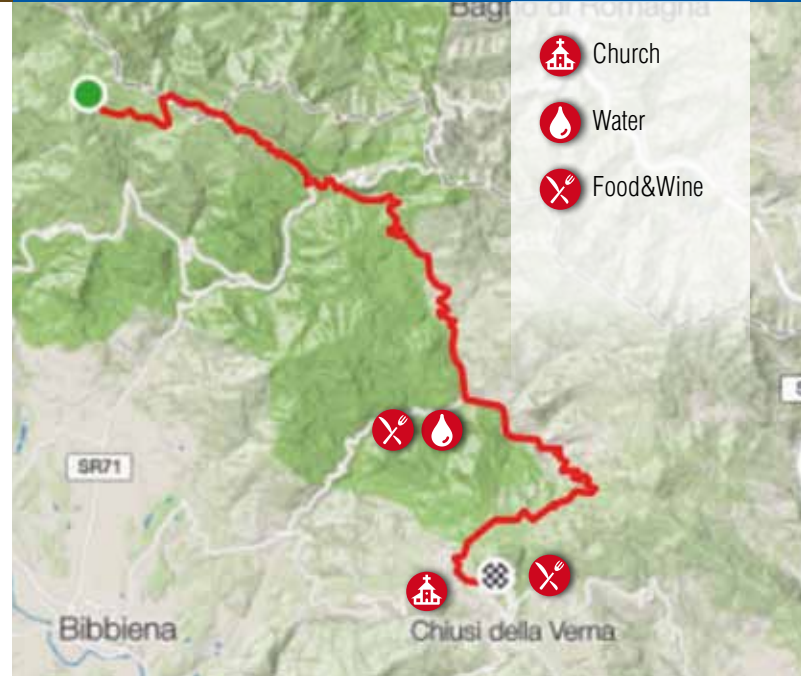


PART 2: from Eremo di Camaldoli (or Camaldoli if you slept there) to La Verna

You can choose among various options to visit these spectacular places; some are listed below: From the Hermitage, continue along the dirt road through the forest up to the Fangacci pass (1228 m, water) and from there ride downhill to Badia Prataglia (Alternatively, Badia Prataglia can be reached faster remaining at a 1000 m altitude via Camaldoli and Serravalle). From Badia, take the paved road to Rimbocchi, almost entirely downhill. There you can stop for a rest/water/a snack before continuing the climb to the left towards Chiusi della Verna (altitude 1000 m): 14 km with 550 m elevation gain.

After another short stop, ride the last stretch uphill to the La Verna shrine, rising at 1120 m asl.

If you do not have enough time or strength to reach La Verna, ride down the national road from Rimbocchi to Bibbiena, where you will find the train station



PART 1: from Poppi Castle to Eremo di Camaldoli



KEY

terrain: asphalt roads

distance: 18 km

elevation gain mt: 818

skill level: trained/expert

duration: 3 hours + stops

interest: 4

stopover: Poppi, Eremo, Camaldoli
for dinner/break/sleep

PART 2: from Eremo di Camaldoli to La Verna



KEY

terrain: asphalt + dirty roads (this one can be avoided passing by Camaldoli)

distance: 33 km

elevation gain mt: 900 (exit strategy by means of going to Bibbiena from Rimbochi, so only 200 mt ascent)

skill level: medium

duration: 4 hours + stops

interest: 4

stopover: Badia Prataglia, La Verna

ROADMAP

- Ponte a Poppi station
(passage under the trails) to follow the direction to Avena
- Moggiona
- Montanino
- Eremo Camaldoli

ROADMAP

- Eremo (Camaldoli)
- Badia Prataglia
- Rimbochi
- Chiusi
- Santuario della Verna
Then, sleep there or descent to Bibbiena to get a train



Almost every province in Tuscany has its specific «Strada del vino» which gathers and connect the main wine producers associated in that area.

It is a value add opportunity to visit the Tuscany country side by means of following these roads and stopover some of the farm to taste their wines and their hospitality.

You can either follow the suggested main roads or some more specific routes we designed to match an ideal cycle ride together with some good wine tasting.

Wine ride 1: Arezzo - San Fabiano - San Polo - Antria - Tregozzano - Campriano - Chiassa Superiore - Giovi - Patrignone - Ceciliano - Arezzo

Wine ride 2: Arezzo - Chiani - Mugliano - Pieve al Toppo - Badia al Pino - Albergo - Oliveto - Civitella

Wine ride 3: Castiglion Fiorentino - Camucia

Wine ride 4: Castiglion Fibocchi - Laterina - Vitereta - Il Borro - San Giustino - Loro Ciuffenna - Terranuova Bracciolini - Montevarchi

Wine ride 5: Montevarchi - Mercatale - Bucine - Valdambra and back





Wine ride 3: Castiglion Fiorentino - Camucia

It is a very interesting route which crosses the heart of Valdichiana. We try to avoid the busy stataal road 71 and let you visit interesting sites like Stradone di Montecchio with its Castle, the Fattoria S. Caterina - La Fratta and Val di Chio.

ROADMAP

Due to the distance, this route could be split in 2 parts according to the time available and to the stopover in this way you will do 2 tours 20 and 40 km each: the first around Castiglion Fiorentino with Val di Chio and valle del Bigurro while the second will lead to Cortona area so also passing by the cycloway called Sentiero dei Principi Etruschi, which reach some interesting etruscan sites (Sodo).

KEY

terrain: asphalted with some part of dirty car-roads.

distance: 57,5 Km

elevation gain mt: 340

skill level: trained cyclists

duration: 4 - 5 h.

difficulty: medium / hard due to the lenght and to some 14%. Ascent (*to reach only l'az. Baldetti, in loc. S. Marino di Bocena)

interest: Wine producers to be encountered: Buccelletti - loc. Santa Cristina (7 Km); La Pievuccia - loc. S. Lucia (15 Km); Tanganelli - loc. S. Lucia (16,5 Km); Dal Cero - loc. Montecchio di Cortona (30 Km), Baldetti - loc. Pietraia (39 Km); Dionisio - loc. Ossaia (46 Km); Baracchi - loc. S. Martino di Bocena (53 Km)



Grandi vie			
	Ciclopista del Sole	EV 7	3000 km
	Ciclovia del Po	EV 8	1300
	Ciclovia Francigena	EV 5	1800
	Ciclovia dei Fiumi del Triveneto		1000
	Ciclovia Romea		800
	Ciclovia Adriatica	EV 8	1300
	Ciclovia degli Appennini		1800
	Ciclovia Pedemontana Alpina		1100
	Ciclovia Svizzera Mare		500
	Ciclovia Tirrenica		750
	Ciclovia dell'Adda		350
Le vie dei due mari:			
	Ciclovia Romagna - Versilia		400
	Ciclovia Conero - Argentario		400
	Ciclovia Salaria		300
	Ciclovia dei Borboni		340
	Ciclovia dei Tratturi		300
	Ciclovia dei Tre Mari		400
	Ciclovia Fano - Grosseto		400
	Varianti e collegamenti		1400
	Totale		18000

A cura di FIAB: in attuazione della Delibera CIPE n°1 del 1° febbraio 2001

PART 1 ARNO'S SPRINGS - AREZZO - Mulin di Bucchio, Stia, Ciclabile Ortignano

This route starts virtually when a just born Arno crosses the nice and low traffic SP 556 that leads from Stia to Londa through the Crocemori pass. You can also start from Stia (8 km) which is easily reached by train / car / bike.

From Stia the route descends towards Pratovecchio - passing through the center of the old village (where you can see/visit the beautiful castle of Romena on our right that deserves a visit along with his Pieve); from there we reach Ponte a Poppi (10 km). Here there are two options: those in a hurry can continue along the valley up to Bibbiena (taking the secondary road to Memmenano), otherwise we recommend the climb to visit the castle of Poppi and from there continue along the hillside towards Buiano (second road on the left coming out of the town's walls) where you can visit the second Romanesque church of this route. After few meters you reach the road to Ortignano and after other 50 meters you must immediately turn right toward the river Archiano and its brand new cycle way that will lead in a beautiful scenery along the wooded banks of the Arno up to Rassina (7 km). Attention: signals and mapping are in preparation.

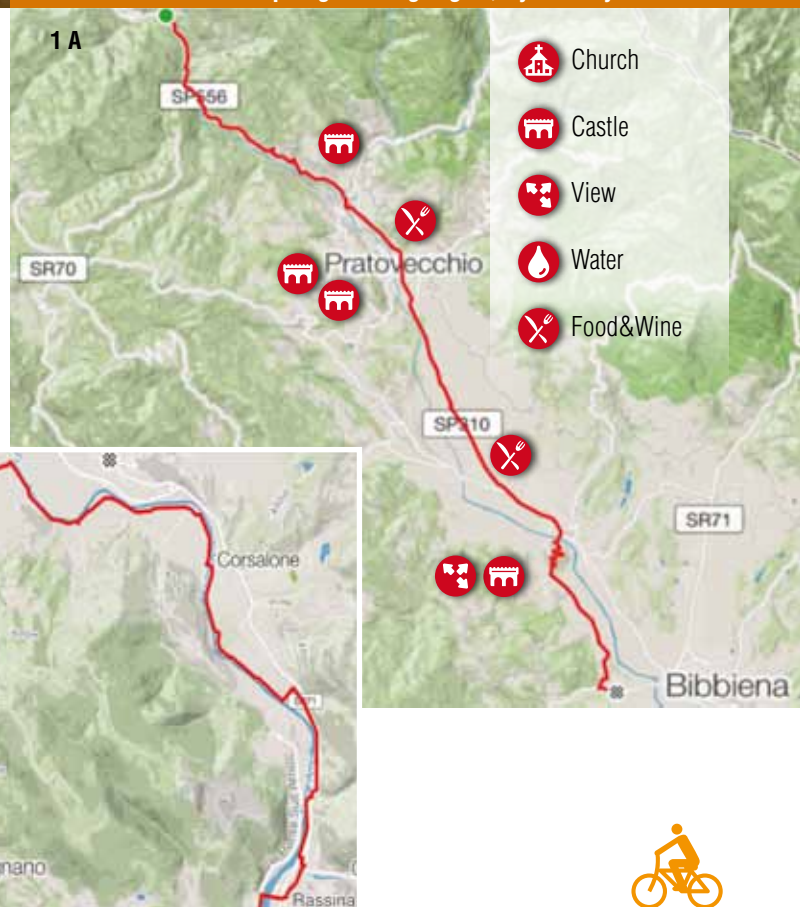


KEY

terrain: mixed dirty road + asphalt municipal and provincial roads
 distance: total 61 km, partial 24
 elevation gain mt: 120
 skill level: easy
 duration: 2-3 h
 interest: 3
 stopover: Romena, Poppi, Buiano

ROADMAP

- Arno's spring, sp 556
- Stia
- Ponte a Poppi
- Poppi
- Buiano
- strada di Ortignagno, cycle way
- Cycle way of Archiano and Arno
- Rassina



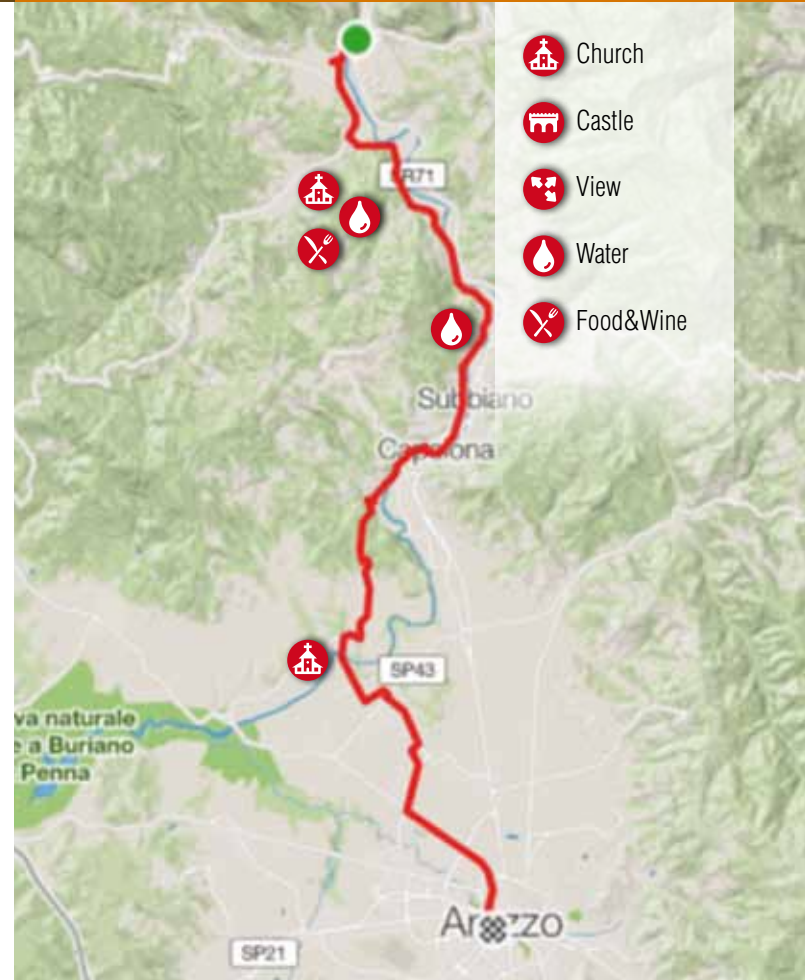
PART 2 FROM RASSINA TO AREZZO is in the design stage and will hopefully be open soon (27 km). For the moment we usually proceed along provincial roads with low traffic: from Rassina turn right in the direction of Castel Focognano, with stopover at Pieve a Socana (water and refreshment). Then you take the road for about 2 km until you reach the junction on the left signed Montanina and Zenna (road of Zenna). Follow the banks of the Arno (water source) up to Subbiano and Capolona (railway stations). At km 20th you get to Castelluccio from where, with a short detour you can visit the 4th Pieve a Sietina, very cosy and interesting (and from there you could continue to Arezzo crossing the Arno on a wooden bridge to Giovi). Otherwise, the main road will lead

KEY

terrain: asphalted provincial roads
distance: 30 km
elevation gain mt: 200
skill level: easy
duration: 3 h
interest: 2
stopover: Pieve a Socana, Capolona bridge and bar

ROADMAP

- Rassina
- Pieve a Socana
- Zenna-Subbiano
- Capolona
- valico dello Spicchio
- Castelluccio
- Campoluci
- Patrignone
- Arezzo





to Campoluci, Patrignone and take us up to Arezzo
after 30 km from Rassina
Total distance: $24+7+30= 61$ km

The second part will bring from Arezzo to Florence
using the via dei Setteponti



The “Sentiero della Bonifica” is included in the cyclo way Eurovelo 7, called Sun Route (Strada del Sole).

It is a 7409 km trip which starts from North Cape in Sweden and arrives down to Malta (La Valletta).

The Italian part is also called BI 1 Ciclopista del Sole (by Bicalitalia.org), and in the future will connect the North of Italy (Brenner Pass) to the extreme South and the islands (S. Teresa di Gallura); the total length will be of over 3000 km, while at the moment only some parts are ready (and other are mapped for approx 1517 km) but ever growing.

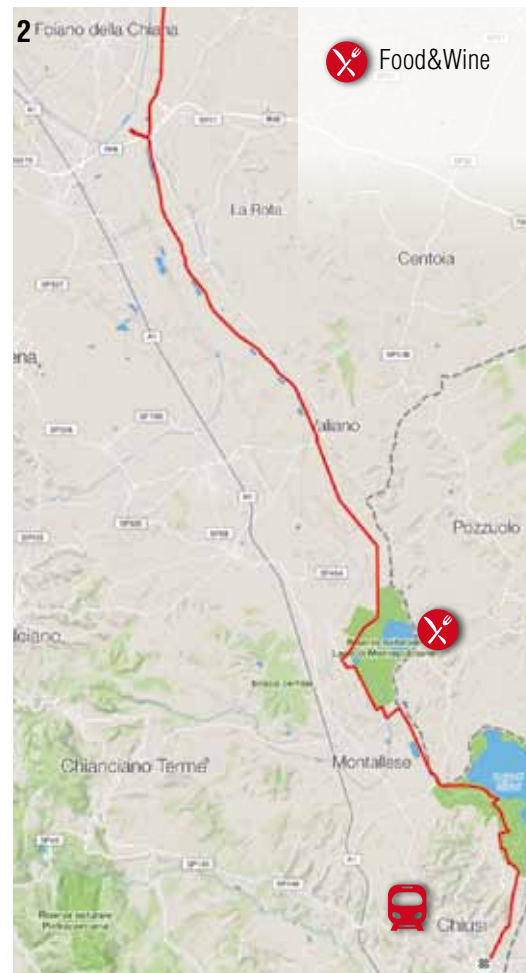
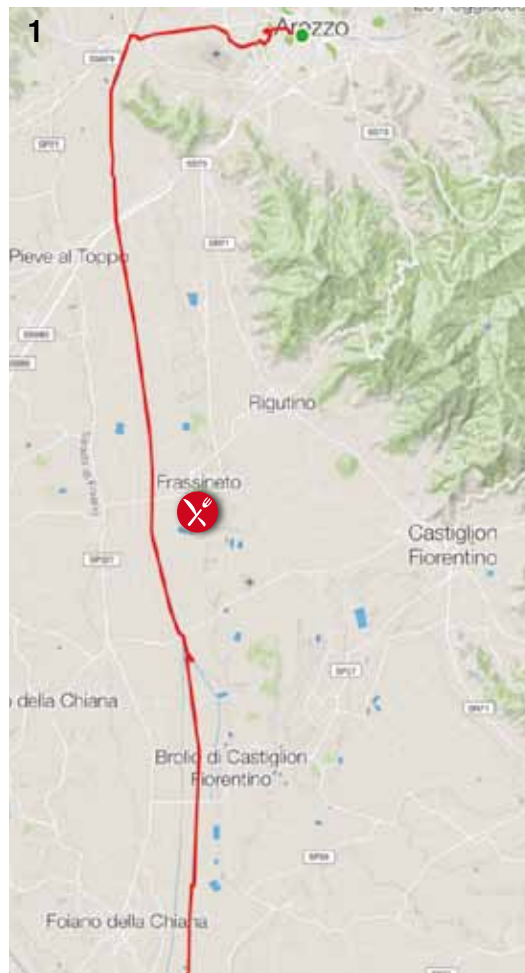
This Sentiero is also interesting - besides its historical value - because it gives the chance to do some deviation to visit the surrounding small towns such as: Cortona, Chiusi, Montepulciano, filled with ancient streets and buildings, as well as Etruscan museums not to miss. This tour is particularly adapt for families and schools and it is a crucial point for who wants to reach Rome by bicycle. No need to be trained in this vast flat road along the canal. It is 62 km long, plus 7 more to reach the starting point (the old Chiusa dei Monaci) from Arezzo station. You might enter in contact with an old country culture filled with important agricultural estates; but the very interesting part of it is represented by the whole complex of hydraulical works (bridges, points, canals, regulatory points) which was capable to invert the course of the Chiana and bring it to reach the Arno, so allowing to drain the swamp and water the very large area so cleared

www.sentierodellabonifica.it/itinerari.asp?mn=it





general view





KEY

terrain: dirty road along a canal

distance: 62+ 7 from Arezzo to the starting point

elevation gain mt: 0

skill level: easy

duration: 5+ h.

interest: 3

stopover: Bicigrill Frassineto, Chiusi Etruscan Museum, Montepulciano and its treasure

ROADMAP

- Arezzo
- Chiani (by means of cycle-way)
- Frassineto (bicigrill and water)
- Foiano
- Lake of Montepulciano
- Lake of Chiusi
- Chiusi





It is a meeting for vintage bicycle lovers who gives them the chance to ride along some of the coolest dirty roads of the Giro d'Italia

This event will bring the people to discover some of the nicest routes in the Arezzo's countryside, routes that were chosen to give a big show when Giro d'Italia passed by. The developers suggest 2 kinds of routes plus a market where old bicycles can be exchanged (bicinfiera).

The "gourmet" rout is flat and short and will allow to everyone (provided riding a vintage bicycle of any kind and wearing adequate cloths) to admire the coutryside and taste home made food & products.

Besides, there is the "classic" route, called l'Ardita, which will take the cyclists up to the Alpe di Poti either in a against-the-time race or as a simple amateur ride together with friends, odd friends.

www.bicinfiera.it
info@bicinfiera.it
 phone +39 3483435285

photo: Daiano Cristini



L'Ardita
 Ciclostorica dell'Alpe di Poti
 per bici d'epoca

Arezzo, Giugno 2017

Percorsi
L'Ardita 80 km
Gourmet 30 km

MTB

Bicinfiera
 Arezzo

www.bicinfiera.it - info@bicinfiera.it



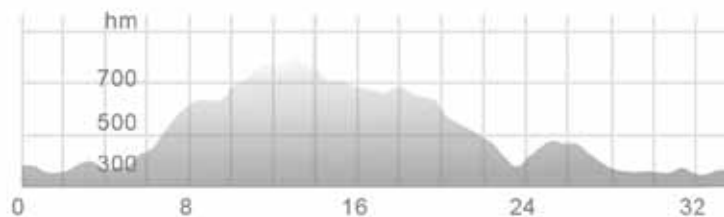
KEY

terrain: asphalted with some part of dirty roads.

distance: 34 km

elevation gain mt: 810

Road bike - Mountain bike







The “Chianina ciclostorica” vintage, non competitive race, was born in 2015 to remind the races in the beautiful white roads that surround and cross Vadichiana. Only bicycles built prior than 1987 can be used. This event immediately got large success because it can combine the territory “Chiana”, rich of historical and food&wine culture. This event takes place on 3 routes, respectively 48 - 63 to 97 km between the dirt roads which connects the main points of interest, either historical, cultural and touristic such as Cortona, Civitella in Val di Chiana, the Sentiero della Bonifica etc. In 2016 it has doubled the subscribers, limited to 350 who also could test themselves in a new path of the Chianina of 100 miles (about 130 km).

www.lachianina.net
segreteria@lachianina.net
 phone +39 3475883931 - +39 3921457945



KEY

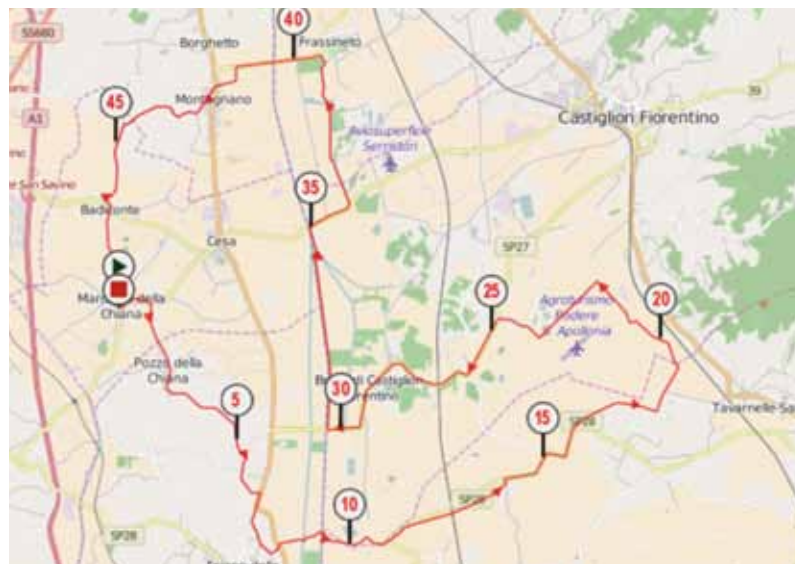
terrain: asphalt and dirty road

distance: Km 49

elevation gain mt: 170

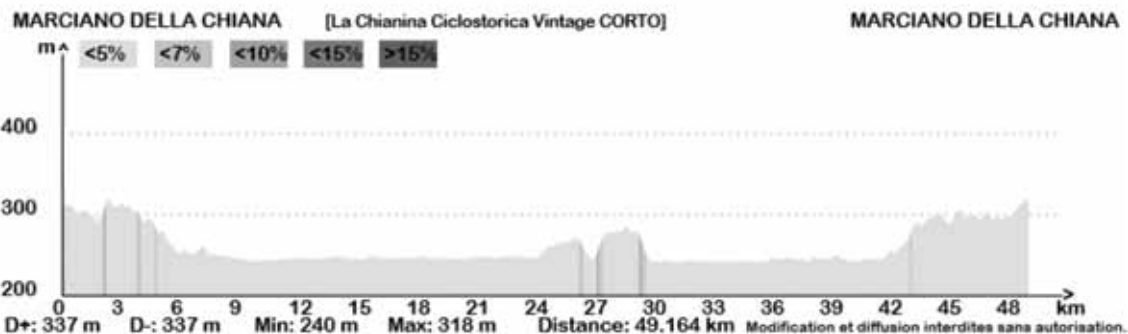
skill level: easy

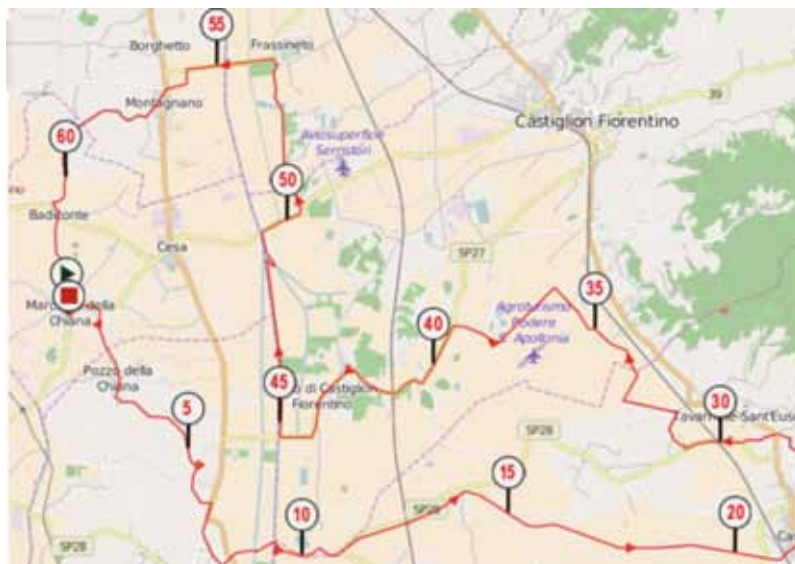
interest: 3



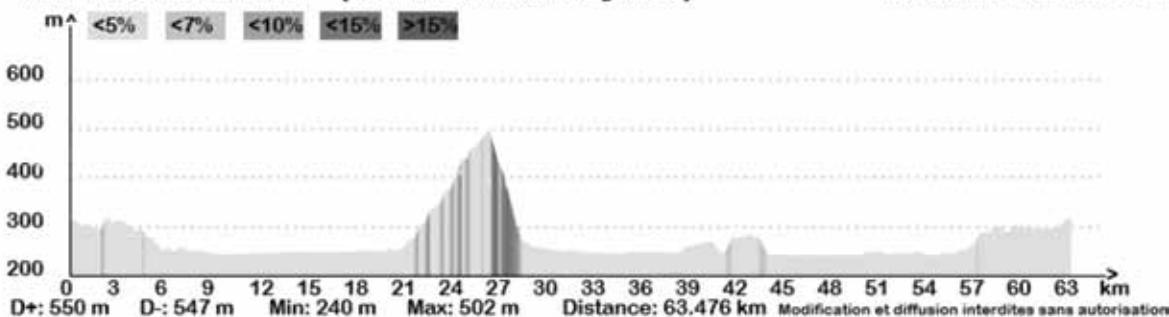
ROADMAP

- Marciano
- Pozzo della Chiana
- S. Apollonia
- Brolio
- Aviosuperficie Serristori
- Frassineto
- Montagnano
- Badicorte
- Manciano





MARCIANO DELLA CHIANA [La Chianina Ciclostorica Vintage MEDIO]



MARCIANO DELLA CHIANA

KEY

terrain: asphalt
 and dirty road
 distance: 63
 elevation gain mt: 350
 skill level: easy
 interest: 3

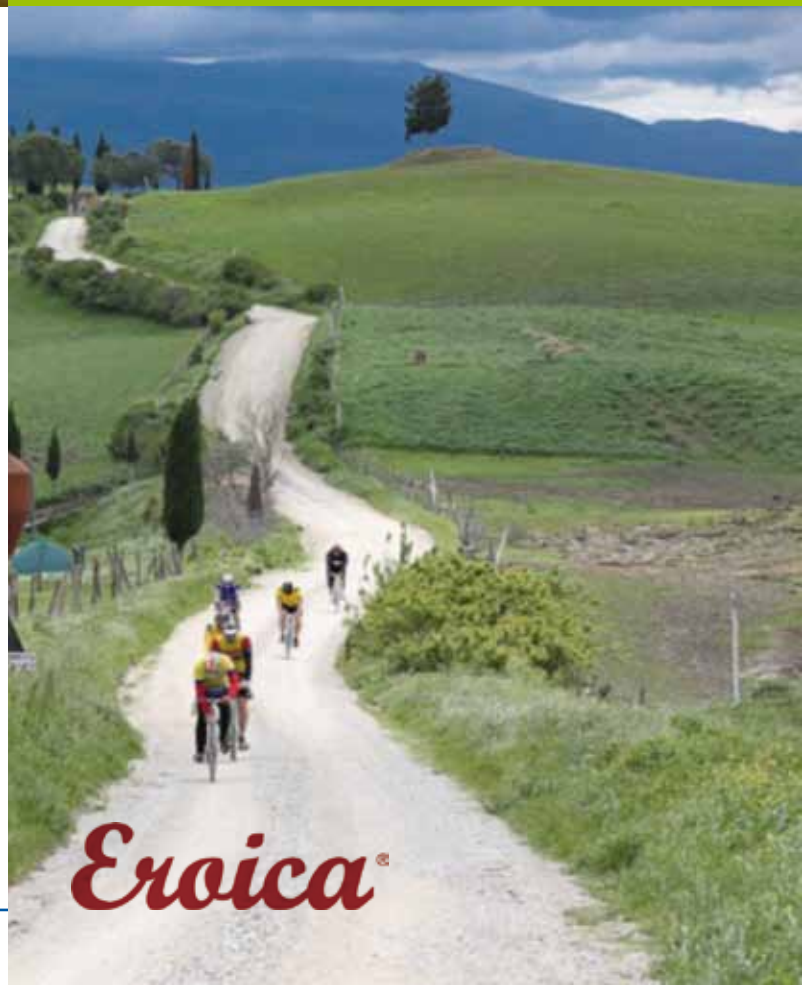


The Eroica it is the largest, best known and most imitated vintage event, leading amateurs from around the world to pedal along the roads that run through beautiful untouched landscapes. The Eroica is a path that runs entirely on secondary roads immersed in the hills, away from traffic and confusion. Undoubtedly the ideal holiday for those who want to discover Tuscany more rustic and genuine. Through the areas of the Val d'Orcia, the Crete Senesi and the Chianti, in a succession of landscapes and colors, you will visit the famous medieval towns like Montalcino, Buonconvento, Radda in Chianti and the largest and most important force of Chianti as the castle of Brolio, the Barone Ricasoli estate.

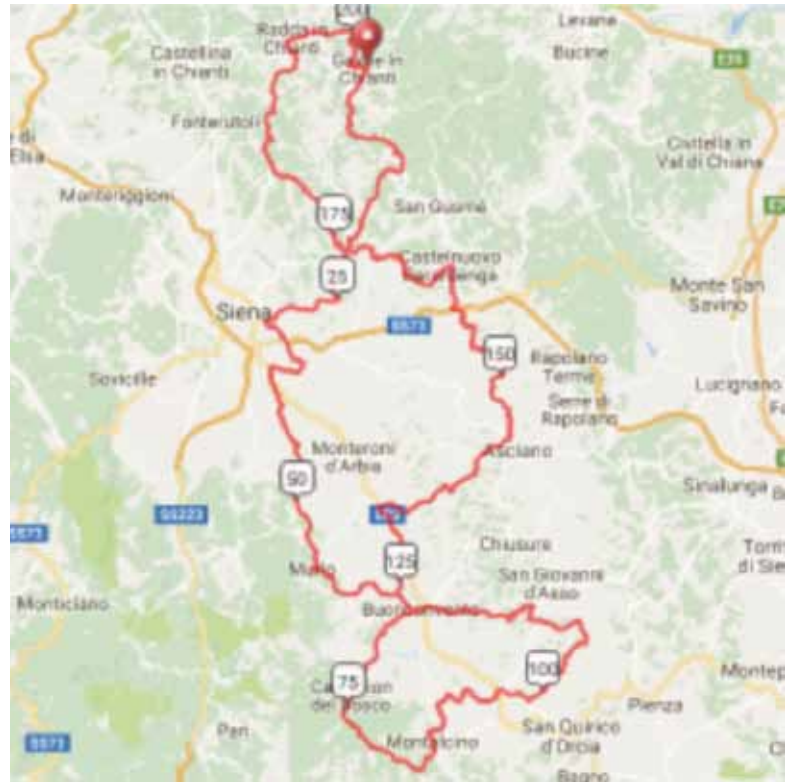
If you want to travel without worries, Eroica Travel by Anima Toscana proposes many travel solutions, customized too, to ride the Permanent Route in 3 or more stages, providing all services a cyclist could require.

For more information, visit the www.animatoscana.it website or send an email to info@animatoscana.it.

www.eroica.it



Classico Long Route the path measures 205 km and is entirely drawn with road signs, carried out in collaboration with the Province of Siena and the Agency for Tourism of Siena. The signage consists of signposts of direction affixed at intersections and mileage tables indicating the progressive km and distance to the next towns. The signage also allows you to follow the “medium” path to 135 Km. The Eroica path begins in Gaiole in Chianti winding through historic vineyards to get to touch the walls of Siena. From here, riding on dirt roads accompanied by inevitable cypress, you enter the magical world of Crete with wide open spaces and undulating horizons. You cycle on the ridge that separates the earth ocean of Crete from the woods of the green Val di Merse. Murlo and traces of Etruscan civilization are an important and enjoyable time of this trip. After crossing the Ombrone and cross the railway line of the Nature Train at La Befra, in the “Wild West” of the Terre di Siena, you gain altitude on the white road of Castiglione del Bosco, one of the most challenging stretches of the route, which reaches spectacular hill of Montalcino near Passo del Lume Off, Alfonso Gatto defined “windowsill for the apocalypse”. Among the noble Brunello vineyards are pleasantly down to where you Val d’Orcia merges with the Val d’Asso. Near Torrenieri you leave the asphalt to pass on Cosona road, one of the most beautiful white roads of Tuscany: a triumph of big spaces precedes the arrival in the small village of Lucignano d’Asso before returning to the bottom of Val d’Ace and make a stop in San Giovanni d’Asso, home of the truffle, “white gold” of Crete. Yet 10 kilometers on the legendary white road of Pieve a Salvi for “landing” of Buonconvento where you cross the Cassia.



permanent route



After a short stretch on the trail of the Via Francigena is back in the Crete magic along two dirt roads that should not be missed in the memories or in real travelers projects in essence seeking the Sienese landscape: the way of Montacuto and the extraordinary way of Mount Sante Marie. Between two small but challenging “white trips” to return to daily life in the village of Asciano, ideal stopover point. Castelnuovo Berardenga is back in Chianti. Wheat, flour mills and give way again to the vineyards, cellars and wine. The final part of the “heroic” route passes between churches and farms along the road Vagliagli. From Radda there it is overlooking the prestigious Chianti countryside and ride towards Vertine, last gem stone, before getting out of the saddle in the square of Gaiole, point of departure and arrival of the “Eroica planet”.

The permanent route could be divided into 5 main areas to be explored as you like

Area 1 - CHIANTI Going

The Eroica route starts in Gaiole in Chianti, winding among historical vineyards that lead you to Castello di Brolio with its cypress-lined entrance. The breath-taking panorama below the walls, over the vineyards, represents one of the most wonderful parts of the permanent route. After a few kilometers, near San Giovanni a Cerreto, Siena will appear on the horizon. The visit to this wonderful medieval city with its Dome, Piazza del Campo and the perfect medieval city center will make your trip special. Technical characteristics: easy segment of 20 km, the only uphill climb is to reach Brolio Castle. After 10 km you will travel on an unpaved road for the first time on the trip. We urge extreme caution on this kind of road and that you move at your own pace.



AREA 2: SIENA AND VAL D'ARBIA

Neat vineyards evolve into a more varied landscape, painted with the traditional Terra di Siena colours. Soon after leaving the city of Siena you'll ride through a very typical segment of the route, located between "Colle Malamerenda" and Radi, deep in the gentle hills of Siena, studded with farm houses and medieval villages, merging your ride with the Via Francigena itinerary. Views of the village of Murlo will be the backdrop of the easiest segment of the whole permanent route. Technical characteristics: long segment of 47 km, the area around Siena is a mix of easy paved and unpaved roads. After Siena you will ride for 2 km on the busy Cassia road before reaching a long segment of unpaved roads, approximately 12 km long, which is composed of short steep climbs after the small town of Radi. We suggest refilling your water bottle in Vescovado before heading to Montalcino



AREA 3: MONTALCINO

Climbing Castiglion del Bosco, one of the most challenging segments of the L'Eroica permanent route, you will reach Montalcino, which sits over the beautiful and panoramic lands of the home of Brunello of Montalcino. Montalcino, also famous for olive oil and honey, is a nice village that merits a visit, even just to admire the incredible views over the Val d'Orcia area. Technical characteristics: the segment from Bibbiano to Montalcino is one of the most difficult on the path. Passing the golf course of Castiglion del Bosco, you will ride a long and irregular climb, with slopes over 15%, surrounded by woods and vineyards.

AREA 4: VAL D'ORCIA

The descent from Montalcino will be a divine dive into the vineyards, bringing you through smooth, pristine hills until Lucignano d'Asso, where you can take a rest with a typical snack or just to refill your water bottle. Riding in the landscape of the Val d'Orcia is a privilege for the eyes and mind that revives you, despite the strain of constant hills. Technical characteristics: the Val d'Orcia area includes 26 km of unpaved roads, sometimes challenging, out of a total of 30 km expected in this segment. Be

careful around Lucignano d'Asso where you can meet livestock guardian dogs stay with the group of animals they protect as a full-time member of the flock.

AREA 5: CRETE SENESI

From the vineyards and rolling hills to the beauty of the lunar landscape is a short step. Once you have left the villages along the Cassia, you will be immersed in the Crete Senesi with its characteristic gullies. Oak trees and cypresses indicate isolated farms where they produce cheese, and tables are enriched by the "diamond of the Crete Senesi": the white truffle. This part of the route includes the difficult unpaved road of Monte Sante Marie, a very famous steep road that will take you back to the Chianti area. Technical characteristics: the road after Pieve a Salti will make it easier till you reach Caggiolo, where a difficult unpaved sector will begin, due to the bad road surface and slope. Once you have arrived at Asciano cemetery, we suggest a quick stop in Asciano town center to refill bottles before riding the long and very challenging road of Monte Sante Marie.

Vintage bike ride at Anghiari in the middle of Tiber valley

This vintage event has entered the hearts of fans and at the same time becoming a firm date for both Anghiari and the people of Anghiari, a wonderful small ancient town really worth to be visited

The developers, all volunteers, successfully created the ideal conditions to allow each rider to experience an unforgettable day. With the passion for cycling amid all and with those characteristics that have allowed the Intrepida to become a unique event. For the beauty of the landscapes that form the backdrop to the ride, the quality of the courses, by the delicacies that can be enjoyed in the various feeding zones, for the hospitality and warmth reserved for the riders, for the atmosphere of friendship and familiarity that makes it special the entire weekend. These are the plus that will make of this experience an unforgettable one!

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photo: Luigi Burrioni

L'INTREPIDA









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sulle strade della Battaglia di Anghiari

16 OTTOBRE 2016
ANGHIARI (AR)



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