

## A journey through flavours and artisan wisdom

Explore the authentic heart of **Tuscany**, made up of century-old vineyards and olive groves, extraordinary waters and underground grottoes, sheltered villages that carefully look after their hidden treasures. The authentic experience that you are looking for can be found in the **Valdinievole**.

Take a seat in a café in one of the colourful piazzas, or if you have more time, choose a trattoria or a holiday farm along the way: this will be the very best way to come into contact with the surrounding area.

In everything you taste, you will find the Valdinievole. Centuries of experience, passionate and expert work, all in only one drop of **Extra Virgin Olive Oil IGP** (Protected Geographical Indication). Knowledge of the raw material and the courage to experiment, in one bar of **handmade chocolate** of Monsummano Terme. Wisdom and love in one spoonful of a hot vegetable and **Sorana bean IGP soup**. Cheerfulness and joy in a **'brigidino'** from Lamporecchio or in a **wafer** from Montecatini.

Walk over the cobbled stone streets to find a artisan's workshop where expert hands carry out ancient movements which are rich in knowledge, thus giving life to truly unique items, real 'ambassadors' of the area, like the **handmade paper** from Pescia or the footwear from Monsummano.

What is the easiest and most spontaneous way to get to know a place if not by coming into contact with its traditions? Get ready to go on a journey through the history of this land, which proudly looks after the flavours, and crafts of the past.



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**Tuscany**

**Valdinievole**

Valdinievole Tourism is the association of:



 Comune di Buggiano	 Comune di Chiesina Uzzanese	 Comune di Lamporecchio
 Comune di Larciano	 Comune di Massa e Cozzile	 Comune di Monsummano Terme
 Comune di Montecatini Terme	 Comune di Pescia	 Comune di Pieve a Nievole
 Comune di Ponte Buggianese	 Comune di Uzzano	

**Tourist Information and Welcome Service**  
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**[www.valdinievoleturismo.it](http://www.valdinievoleturismo.it)**

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## Taste the tradition

High quality raw materials, traditional recipes and flavours, the ancient knowledge that embraces food, wine and excellent craftsmanship.

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**IDEAS**  
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## A Land of Excellence

The Valdinievole carefully looks after its ancient traditions and it is an area rich in wine, food and crafts, to learn all about and to try: every hamlet and village, all the year round, can be the right place and moment for a delicious break.

A tavola mantiene la sua autenticità, grazie a ricette semplici e ingredienti di prima qualità. Dagli ulivi centenari nasce l'olio del **Montalbano IGP**, extra vergine di oliva di altissima qualità, ricavato da una sapiente spremitura a freddo, che sprigiona profumi e aromi intensi. È perfetto a crudo per completare una zuppa di **fagioli di Sorana IGP**, bianchi o rossi, delicati e gustosi.

At table, it maintains its authenticity thanks to simple recipes and top quality ingredients. The **Montalbano IGP oil** - an extra virgin olive oil of the highest quality - comes from an expert cold pressing method of the century-old olives, which let out intense perfumes and flavours. It



### THE BRIGIDINI OF LAMPORECCHIO

According to legend, the nuns of Santa Brigida were the first to create these delicious wafers, adding to the classic recipe for the host, or blessed bread, eggs, sugar and aniseed. Traditionally cooked between two iron rings over the open fireplace's flame, nowadays they are cooked in a machine that gives out a characteristic and rhythmic puff: these wafers are always to be found at open-air village parties.

is perfect to be dribbled over a **Sorana IGP bean soup**, white and red beans, delicate and tasty.

Next to the oil is the wine which is competing for the title of King of the Tuscan Table. A goblet of **Chianti Montalbano DOCG** (Registered and Certified Designation of Origin) wine is the perfect partner for a platter of mixed cheeses and salamis, ranging from raw milk pecorino cheese, to the '**buristo**', a typical cured meat made of pork and pig's blood, right up to the '**finocchiona**' IGP, the most famous of Tuscan salamis, made unique by its taste of the seeds and flowers of fennel.

As for the aperitif and also for more delicate dishes, try the dry, lively and harmonious taste of the **Bianco della Valdinievole DOC** (Registered Designation of Origin) white wine, with its golden yellow colour, sometimes with a touch of bubbles. The **Bianco della Valdinievole Vin Santo Doc**, ideal with a dessert at the end of the meal, together with the ever-present 'cantuccini' (almond biscuits) is made when these same grapes wilt and dry out.

There are three desserts which compete for the title of ambassador of the Valdinievole: '**brigidini**' from **Lamporecchio**, crisp wafers flavoured with aniseed, always present and known all over Italy in its village street parties and festivals; **chocolate from Monsummano Terme**, the pride of the Tuscan "Chocolate Valley"; and the **wafer from Montecatini**, filled with a delicious mixture of sugar and crushed almonds and is the town's typical sweet, made by families of pastry chefs among which are the Bargilli family (since 1936) and the Desideri family. Food brings people together: in June around Buggiano, the '**Sgranar per colli**' is a tasting walk, while in October, at Chiesina Uzzanese in the district of Molin Nuovo, the village party called the '**Sagra del Ballotto**' takes place where everyone enjoys eating roasted and boiled chestnuts.



### PESCIA AND PAPER

The Museum of Paper in Pietrabuona - one of the ten 'Castella' of the Svizzera Pesciatina, is a point of reference for artists and scholars from all over the world, and holds some treasured objects, such as the watermarks of the effigies of Napoleon and Maria Luisa d'Austria (1812) and century-old instruments for the making of handmade paper.



### BY HAND, AS IN THE PAST

The history of footwear in Monsummano Terme goes back to the beginning of the 20th century when it became an important centre for the footwear industry in Italy. To make a shoe by hand, today as in the past is an ancient art, rich in secrets in every phase of its creation, from the choice of hides and skins, to its cut, to its stitching and right up to the final finishing touches.

### ARTS AND CRAFTS

Table excellence is not the only excellence: there are many artisans who keep alive the arts and crafts of olden days.

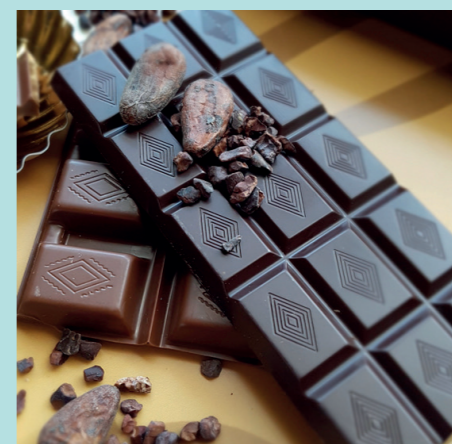
A rich heritage of traditions is linked to the production of the **handmade paper** and to the area around the town of Pescia, as can be seen in a document written in 1481. Its history is recounted in the **Museum of Paper in Pietrabuona**, which protects and hands down this ancient art which has made

Pescia one of the places most loved by artists, among whom are Pablo Picasso, Giorgio De Chirico, Renato Guttuso, Giorgio Morandi, Pietro Annigoni.

At Monsummano Terme, but also in the areas of Larciano, Vinci and Lamporecchio, it is here where **high quality leather goods** are made

which is one of the sectors of excellence of the Made in Italy brand. In particular, the town is proud of its long tradition in the making of **footwear**.

Tied to the harvest of marsh grasses in the Fucecchio Marsh is the production of **brushes and brooms** in Larciano and the straw chair mending and **demijohns** in Monsummano Terme and Larciano, where the artisan tradition of **straw-hat** making carries on today.



### CHOCOLATE VALLEY

Around the provinces of Pisa, Pistoia and Prato, the Tuscan "Chocolate Valley" has grown up over the past decades: in an area with one of the highest concentrations of master chocolate makers in the world, every day starting with the selecting of raw materials after which extremely high quality products are created in Monsummano Terme.

The historic laboratory has become, over the years, one of the largest chocolate making industries in Italy, thereby keeping up to a high level the name of the Valdinievole all over the world.

This is all thanks to Andrea Slitti, a creative innovator, the first Italian to win the Grand Prix de la Chocolaterie of Paris in 1994, and to win a gold medal in the Gastronomy Olympiad in Berlin in 1996. This genius also created his famous chocolate teaspoons, a delicacy that transforms a normal coffee break into a sweet moment of relaxation, and the cake of the same name is a typical symbol of the area.



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## On the road with authentic produce and the Valdinievole's delicious cooking

The '**Strada dell'Olio dei Borghi e Castelli della Valdinievole**' - The Road of the Olive Oil of the Hamlets and Castles of the Valdinievole - stretches for about twelve kilometres around the hills that go from Uzzano to the medieval hamlets of Massa and of Cozzile. An area rich in terraced olive groves, small woods and farmhouses. When you visit these places, you can take guided farm tours where you can taste the olive oil and the specialities of local cooking in inns, taverns and holiday farms.

Travelling to discover flavours and hidden tastes that you can't find easily is possible in the Valdinievole also thanks to the itinerary of the '**Strada del Vino e dell'Olio di Montalbano**' - the Road of Wine and Olive Oil in Montalbano. This road was created in order to safeguard and promote the area and its agricultural produce and winds along and through hills, including the stretch of road from Lamporecchio to Monsummano Terme.

Green spaces, walking itineraries, trekking and bike-tourism, hamlets and thermal waters are the strong points of this area.

**A land of wines, with the typical grapes of Chianti, and of extra virgin olive oil:** here you can taste excellent wine and oil directly from the wine cellars and in the oil mills. Along the way, there lie many holiday farms and agricultural farms, which offer culinary experiences based on local products: genuine and exquisite food and wine, which tell the story and the traditions of the Valdinievole, an area capable of surprising and satisfying our wish to feel good.



Olive harvest at Massa and Cozzile



A path through the olive groves at Buggiano Castello



Vineyards at Montalbano