

## Valdinievole to explore and to challenge yourself with

The **Valdinievole**, an extraordinary place, known for its therapeutic and generous waters, is rich in history, tradition and natural beauty that you can immerse yourself in, and which will remain forever in your memory as a unique experience..

Sports enthusiasts, beginners or, quite simply, people interested in new ideas, will easily find points to start from, will find the right way of living their active holiday, so as to refresh their body and soul and with the aim of discovering a yet unpolluted land.

If the password is 'challenge', from the sky to the depths of the earth, then there will be many ways of challenging yourself: from the rocky walls of the **Cava Grigia in Monsummano Terme** to the abyss of the **Grotta Giusti**, and to paragliding from the **Colle di Monsummano Alto**.

On foot, by bike or on a horse: **exploration** is the code word. Routes and paths of varying difficulty, will lead you to a sanctuary, to a parish church or to a tiny hamlet, to be explored, even reaching as far as one of the places from where you can enjoy wonderful panoramic vistas.

Contemplate nature to restore both body and soul or throw yourself into new, adrenaline-filled experiences. Because not for everyone a holiday is synonym for rest; instead, there can be friendly gatherings, sports, outdoor activities.

In addition, at the end of the day, to finish off the day perfectly, you can sit down at table and delight in the typical products and the traditional cooking which this area conserves and carefully looks after, as an integrated part of its identity.

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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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# Active Valdinievole

Discover this area on a mountain bike, go trekking or rock climbing, following paths and trails or the course of a stream.

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



**VISITTUSCANY**



**3.**  
**IDEAS**  
ACTIVE VALDINIEVOLE



## Active tourism in Valdinievole

Longing for nature, sport, new experiences: many, whether young or old, families or groups of friends are nowadays looking for an active holiday, in the quest for **adventure**.

Valdinievole has so much to offer: charming authentic hamlets, breathtaking panoramas, natural beauty and a wonderful tradition of food and wine, so it will be able to offer these adventure-seekers excitement and fun, even to those who, for the very first time, want to grapple with a fast-paced experience.

**A land of cliffs and crags**, rocky coastlines with high and steep walls, the area around Monsummano Terme is ideal for rock climbing. On the **'Cava Grigia'**, you can go rock climbing all the year round, thanks to its mild climate and suitable for many due to various itineraries, long and short, and of varying levels of difficulty. A true "rocky gym" to train the body and to refresh the soul. Here, the Italian Alpine Club organizes courses in



### ROCK CLIMBING

This sport requires coordination, resistance and concentration: rock climbing is a question of both body and mind. A safe sport, great fun, to try out alone or with friends. The Cava Grigia at Monsummano is suitable for beginners, and you can also practice paraclimbing, for disabled athletes including blind athletes.

mountain climbing, rock climbing, in hiking and in potholing.

**Paragliding** is at home in Valdinievole where you can enjoy a spectacular and decidedly unique view of the landscape.

You don't have to be expert athletes to go on a tandem flight from the **Colle di Monsummano**, qualified instructors will help you experience the thrill of flying while you can enjoy the surrounding nature, as you softly twirl in the air, driven forward by ascensional currents; all you need is a lack of fear of heights and the right spirit of adventure. To be able to admire the gentle profiles of the hills, suspended between the green of the fields and the blue of the sky, will be an unforgettable experience.

For **trekking** enthusiasts, this area offers a good range of trails in the midst of nature: in the gently sloping hills of Montalbano, there is a vast network of paths that join together **San Baronto, Porciano and Lamporecchio**. For those looking for demanding and difficult routes, there are walks through the woods as far as Barco Reale Mediceo that suddenly open up to marvellous views. For those looking for more gentle routes, you will find fascinating walks through the Tuscan countryside, in the middle of fields and olive groves.

**Mountain bikes** are also popular in this area, either in the 'classical' version for purists, or in the more recent "gravel" bikes and in the version for a pedal assisted mountain bike ride. Therefore, there is something for everyone and for all ages.

The first trip we would advise you is the one, which connects together the medieval hamlets, from **Buggiano Castello** to **Cozzile**, up as far as Massa. To truly immerse yourself in the midst of nature, you must not miss the routes inside the **Natural Reserve of the Fucecchio Marshland** - the largest interior marshland in Italy - where 200 different species of birds live. Ideal for the bicycle, you can reach Casin del Lillo, a small and picturesque port, where little boats leave for day trips or for local hunters, or for the **Faunal Observatory "Le Morette"**.

An excellent departure point is the village



### MOUNTAIN BIKE

The mountain bike is the best way to visit the secret and most fascinating corners of our territory. Ascents, descents, hills and mountains, in the fresh air of chestnut and beech tree woods, or through the olive groves and vineyards of the best local production. The numerous choice of itineraries, starting from the hamlet tour at Serra Pistoiese to the trip around the Valleriana, ensure diverse levels of difficulty.



### IN THE SADDLE!

Everything of beauty that the nature of the Valdinievole can offer takes on a different dimension when you are riding a horse. A slow and natural way to discover the countryside and to be with friends, trotting or walking, according to the experience of the horse rider. All you have to do is go to one of the many stables or riding schools in the Valdinievole.

of **Chiesina Uzzanese** where you can see the xenodochium - an ancient place of support and welcome for wayfarers and foreigners who could find a resting place and refreshments while on their pilgrimage. The thermal aspect of this area will surely surprise those who love active tourism. The **Grotta Giusti**, at **Monsummano Terme**, found by chance in 1849 (and described by Giuseppe Verdi as the eighth Wonder of the World) soon became a much-loved destination for those fond of steam baths.

The **grotto**, which is now inside a hotel and a wellbeing centre, is, in fact, a

**speleological site**. One of the activities you can do here is the guided dive with qualified instructors as well as

the **Natural Spa Floating**, an experience of floating in order to relax but using the techniques of scuba divers.

**Golf**, too, has much to offer in this area. In between the hamlets of Cecina and Montevettolini, lies the "Golf Montecatini Terme" golf club, which is a paradise for lovers of this sport: 18 holes surrounded by luxuriant nature, in the middle of olive groves, cypresses, junipers and flowers that embellish the fairways.

In addition, it is terribly difficult not to be distracted by so much beauty and to think only of getting your ball into the hole!



### THE CITY OF SPORT

Since 2017 Montecatini Terme has been proud to hold the title of **'European City of Sport'**, having numerous, top level, sports facilities, suitable for holding important events, and also for having a urban city park for outdoor sports.

In fact, this thermal town has held several international sports meetings, such as the Golden Age of Artistic Gymnastics in 2012, Road Cycling World Championships in 2013, the FIM-BA Basketball World Cup in 2017, and the National Summer Games of Special Olympics in 2018.

Moreover, the city's Thermal Park, known as the "pineta", the "pinewood", is one of the few parks in Italy approved and validated by the Italian Federation of Track and Field for its 1500-metre race. A green heart in the middle of the town where you can walk, run or practice sport, in close contact with nature.



Buggiano Castello



A moment of rest along the way



The historical centre of Massa

WE SUGGEST YOU  
ACTIVE VALDINIEVOLE

## Trips around the medieval hamlets by mountain bike

To cycle along quiet and uncongested roads is a chance to plunge into the typical Tuscan hills that surround **Montecatini Terme** and the **Valdinievole**.

The first hamlet you meet is **Buggiano Castello**, a true medieval jewel that nowadays lives off its history and its cultural tourism. Known, thanks to its microclimate, as the Citrus Hamlet, it hides amongst its walls, splendid private gardens that only once every two years are opened to the public. Nearby, we come across the second hamlet, **Colle di Buggiano** that still preserves today its origins as a resting place for wayfarers in the Middle Ages. The Order of the Knights of Malta founded, out of a dormitory, a hospital and a church that we are reminded of by an enormous red cross in front of its entrance. Leaving the second hamlet behind you, you carry on inside a wood, going through fantastic paths that climb up the hill, and eventually reach **Cozzile**. This is a perfectly preserved hamlet and with its fortified castle offers alleys, small dwellings attached one to the other and the small central piazza with its well. As it is situated above the other hamlets, you can enjoy from the Porta Nuova the surprising panoramic view over the Valdinievole. From here on, you begin your descent: you go along the ancient Roman road that brings you into **Massa**, which is the main and most antique fortified centre of the whole area, with a noteworthy historical-artistic heritage. Once you have gone through its squares and narrow streets, you start descending along the path again which will eventually bring you to the end of the trip.

This is an itinerary which joins its considerable historical-artistic value to the value and importance of nature and its surrounding landscape, and which can be crossed everywhere by all the different types of mountain bike (Gravel, Mountain Bike, pedal assisted mountain bike ride).