

## Art, landscapes, taste, beauty, wellbeing. Enjoy Valdinievole

Discover uncontaminated places, artistic wonders, new flavours and authentic people: on your own, as a couple, with kids or with friends, **Valdinievole** is the ideal destination for those looking for **nature, art, taste** and **relaxation**, far from the chaos of the big cities.

Your **holiday** in the midst of **nature** lies in the heart of Tuscany, not far from Florence, Lucca and Pisa, surrounded by gently sloping hills, where you can devote yourself to long walks, trips and sport. Enjoy lively days, rich in activities, to test yourself with something new and different, challenging your own limits.

From **museums** dedicated to the **art of 20<sup>th</sup> century**, to small collections of **sacred art** and of **rural tradition**, right up to the masterpieces of **Art Nouveau** that make Montecatini Terme a unique destination: art is at home in **Valdinievole**.

For those looking for a mislaid personal equilibrium or quite simply, for a break in routine, this is the **land of relaxation**. Its beneficial and therapeutic waters are a cure—all for both mind and body: let yourself be spoiled by professional wellbeing experts in the spas, with made-to-measure treatments to be yourself, at your very best.

Set off with your partner for a **romantic getaway**, by car or motorbike, a map in your hand, to discover tiny villages that are scattered all over this area, and to find a holiday farm or a trattoria in order to enjoy a typical dinner.

**Kids** will also enjoy this area, which can be fun and exciting for them: they can immerse themselves in the **adventures of Pinocchio**, reliving the most enjoyable episodes of the story and walking through its characters, in one of the most lovely artistic gardens in Italy.

Devote yourself to yourself, to your passions, to your dearest ones. Let this extraordinary area become your very own.

Photo credits on [www.valdinievoleturismo.it](http://www.valdinievoleturismo.it)

### 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

Tourist Office of Montecatini Terme

#### Info:

Tel: +39 0572 918226/298/227

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

With the patronage of



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## Enjoy your time in Valdinievole

Ideas for an active holiday, enjoying the charm of turreted hamlets, walks in the countryside, adventure activities, delicious tastings.

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

Hiking through Hamlets and Castles



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IDEAS

ENJOY YOUR TIME IN VALDINIEVOLE



The landscape of Swiss Pesciatina (Valterzana)

**A**n area that will surprise you, in the heart of the most genuine part of Tuscany, marked by gentle hills which give off generous fruits, in the area that was once called 'vallis nebulae' - the fog-filled valley - and that today is an unpolluted world, a proud guardian of its traditions. **Valdinievole** is a land to be discovered.

Your journey can begin from **Montecatini Terme**, an art nouveau jewel famous for its precious, beneficial and therapeutic waters. A place where you can find wellbeing and



sports lovers, for rock climbing, for paragliding, for trekking. All over the Valdinievole area, there are so many paths and trails to walk along while contemplating the beauty of the surrounding nature, paths that were used in ancient times by pilgrims and wayfarers on their way in prayer.

Water makes the **Marshland of Fucecchio**, near Larciano, unique: it is the largest internal marshland in Italy and it is a paradise for birdwatchers and for enthusiastic naturalistic photographers; to be explored on foot, by bike, by mountain bike, by little boat or by SUP (stand up paddleboats)..

Every hamlet in the Valdinievole area offers you breathtaking views and picturesque scenes, starting from **Montecatini Alto**, a pretty village that you can reach by cable car. At **Montevettolini**, climb to its highest point so that you

can admire the valley below where, centuries ago, Leonardo da Vinci did exactly that. Or go for a walk through the lanes of **Buggiano Castello**, the hamlet of citrus fruits. On the slopes of Montalbano, a land of oil and wine, in the district of **Larciano** - well known for its handling of marshy grasses - and the villages of Cecina and Larciano Castello are also well worth a visit.

**Pescia**, with its elegant historic town centre, is the ideal point of departure if you want to explore Valdinievole: this area is also called the "Svizzera



## Hamlets and castles

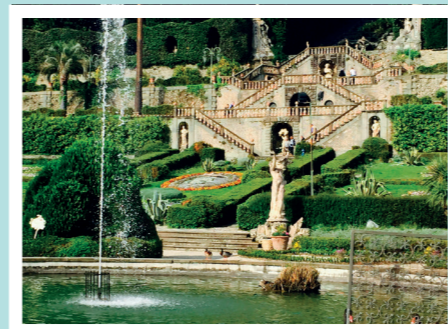
Spring and autumn are the best periods for visiting our **medieval hamlets**, which immediately give you a feeling of peace and harmony. Often the place names finish in "castello" - castle - a fairy-tale touch that, in truth, recounts an intense history where every inhabited upland was at the centre of bitter battles and fights for the conquest of the area by the "great powers" of the times: Pisa, Lucca Florence.



## Art and culture

The Valdinievole area is a huge, open-air museum that you can discover in a weekend or on a longer holiday.

**Montecatini Terme** is an **Art Nouveau museum**, this artistic style is scattered about the town, while walking through the historic thermal buildings and the extensive parks and gardens, you can live and feel the atmosphere of the Belle Époque.



Every town in the Valdinievole area is well worth a visit: the museum network ranges from **20th century art** to the **rural culture**, from **archaeology** to the **craftsman's production of handmade paper**, from the **history of the area** to **sacred art**.

But on coming out of the museums, all you have to do is look around to see art: on the facades of the medieval palazzi, in its grand churches and in its little parish churches, in its squares, villas and gardens, in the finishings of an important hotel... and even on the benches!

**Pesciatina**", with its **ten "Castella"**: tiny and picturesque hamlets built in pietra serena. Not to be missed is a visit to the **Museum of Paper at Pietrabuona** to discover the tradition and art of handmade paper. Nearby stands **Collodi**, birthplace of the writer Carlo Lorenzini, which houses the **Park of Pinocchio** and the **Villa Garzoni** with its splendid 18th century garden, one of the most lovely in Europe.

**Lamporecchio** is the home of the "brigidino", the aniseed flavoured wafer, which you can always find in village parties and country festivals. The production of **handmade chocolate** makes **Monsummano Terme** one of the centres of the Tuscan "Chocolate Valley".



## A land to be tasted

The thermal vocation of Valdinievole - which invites everyone who stays here to search for their own wellbeing - can take you into two directions: the strictly detox one or the one where the tasting of exquisite dishes is a "cure" for the palate and the soul. Excellent raw materials (**oil, wine, beans**), great Tuscan food, a particular propensity for desserts and sweets who are the true 'ambassadors' of the territory: the 'bridging' of **Lamporecchio**, the **Wafers of Montecatini**, the **artisan chocolate of Monsummano Terme**. Pure wellbeing to be recovered and to take home to guarantee yourself all the benefits you can derive from your stay.



## To live in nature

To savour the slow rhythm of walking in the **paths across the marshes**, to stop at the **observation platforms to watch the birds**, to listen carefully to the sounds, to smell the perfumes, to admire the colours.



A weekend thought out to recover your relationship with nature, a total immersion in the spirit of "**slow tourism**", with total respect for the environment and for yourself.



## Holidays with children

A worldwide 'celebrity' was born in Valdinievole, with followers from 0 to 99 years old, a case unique of its kind. We are talking about **Pinocchio**, born almost 150 years ago from the pen of Carlo Lorenzini; at Collodi, the park is dedicated to him and is a compulsory destination for family holidays, together with a host of activities that the area offers to meet children's' needs.

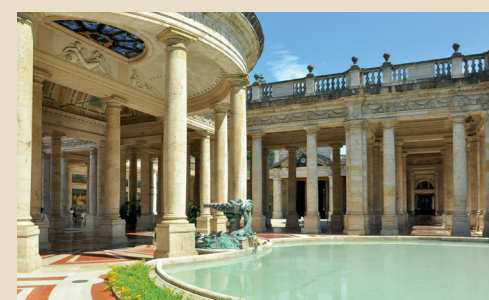


## Active Tourism

**Trekking, rock climbing, mountain bikes and road bikes, horse riding**: the classic activities of active tourism are an excellent way to have a 'different' holiday in the Valdinievole area. But here you can also do **water-trekking** in



the streams, go from hamlet to hamlet on **Gravel bikes**, twirl around while **paragliding**, explore the marshland with a 'stand up **paddle boat**. Test yourself out on a super-active weekend!



## Thermal baths and wellbeing

A relaxing weekend at Valdinievole? **Montecatini and Monsummano** are the two towns that integrate their wellness offers, proposing the treatment of drinking thermal water, massages and medical and aesthetic therapies, relaxing bathing in the thermal swimming pools with hydro massage, perfect for a regenerating break or for a romantic holiday.



peace surrounded by beauty: the natural one of the parks and luxuriant gardens and the other one created by master painters and sculptors who have celebrated the town, rendering it their chosen place for the Italian Art Nouveau style.

The **Grotto Giusti**'s waters that flow out from the underground will give its visitors unimagined pleasure: "the eighth wonder of the world" is a thousand-year old cavern adorned with stalactites and stalagmites. A little jewel close to **Monsummano Terme**, an area of cliffs and crags, an ideal place for