

# Outdoor Activities in the Terre di Pisa

[terredipisa.it](http://terredipisa.it)



**VISITTUSCANY**

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*“Terre di Pisa” was born as a tourism promotion and enhancement brand, wanted by the Pisa Chamber of Commerce to which public entities and private companies that have signed regulations regarding hospitality quality and typicality have joined in 2016. With the birth in 2019 of the tourism sector including 26 municipalities in the province and led by the Municipality of Pisa, “Terre di Pisa” has become a tourist destination. The Chamber of Commerce continues to enhance the policies of the area, working with the towns and implementing, together with the Municipality of Pisa, policies on the basis of a specific agreement.*



- MONTE PISANO
- VALDERA - COLLINE PISANE
- PISA AND THE COAST
- CECINA VALLEY
- VALDARNO
- COLLI MARITTIMI
- TOURIST AREA

# How to get here



## By Plane

Direct flights, low-cost included, from and to national and international destinations, departing and landing at the "Galileo Galilei" International Airport Info: [www.pisa-airport.com](http://www.pisa-airport.com).

The Pisa Mover shuttle connects the airport with the Pisa Centrale railway station.

There is an intermediate stop at the Aurelia and Via di Goletta parking lots.

Info and rates: <http://pisa-mover.com>



## By Train

"Pisa Centrale" Train Station - connections with Florence, Genoa, Rome, and Milan.

The station is an obligatory stop for the main city bus lines.

Info: [www.trenitalia.com](http://www.trenitalia.com)



## By Car

A11 Motorway, Pisa Nord exit

A11 Motorway + A12 Motorway, Pisa Centro exit.

Info: [www.autostrade.it](http://www.autostrade.it)

SGC FI-PI-LI Highway from Florence or Livorno.

The historic center is a Limited Traffic Zone;

in the city, parking is subject to a fee (blue lines).

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



## By Tour Bus

Check point parking in Via Pietrasantina.

The transit of tourist buses in the city is prohibited.

[www.pisamo.it/wp/bus-turistici](http://www.pisamo.it/wp/bus-turistici)

# How to get around



## By Bus

Urban (Pisa) and extra-urban service CTT Nord

Info: [pisa.cttnord.it](http://pisa.cttnord.it)



## By camper van

Equipped areas

[www.camperonline.it/sosta-camper/aree-di-sosta](http://www.camperonline.it/sosta-camper/aree-di-sosta)

Discover the itineraries in the Terre di Pisa

or in Tuscany on:

[www.terredipisa.it](http://www.terredipisa.it) oppure [www.visittuscany.com](http://www.visittuscany.com)



## By bike

Bike paths in Pisa, on the Pisan coast and in the Terre di Pisa.

Info: [www.fiabpisa.it](http://www.fiabpisa.it)

Discover the itineraries in the Terre di Pisa

or in Tuscany on: [www.terredipisa.it](http://www.terredipisa.it)

or [www.visittuscany.com](http://www.visittuscany.com)



## By Vespa or motorbike

Drive along the scenic, safe and quiet roads

in the Terre di Pisa and Tuscany by motorbike

or Vespa moped.

Discover the itineraries on: [www.terredipisa.it](http://www.terredipisa.it)

or [www.visittuscany.com](http://www.visittuscany.com)

# Discover the area



**V**isiting the Terre di Pisa often means going back in time. It means moving freely in the area, along itineraries that will make you feel at home, in an atmosphere of tranquility and relaxation. But it also means living through an experience in close contact with nature.

You will be able to build your own path among the villages that are keepers of history and art, proud of their traditions and identity.

You can move around on foot, by bike, or as you prefer, enjoying landscapes that will leave you speechless for their variety and beauty, authentic and sometimes wild. The Terre di Pisa offers tourists

the opportunity to experience every type of outdoor experience, from the most classic to the most adrenaline-pumping ones. From walking to hiking, bird-watching and horseback riding, from road cycling to mountain biking, from golf to climbing, from rafting to paragliding...

The wild nature of woods and natural parks allows you to enjoy evocative landscapes, from rolling hills to sand dunes, from lakes to small streams and marshy environments, from peat bogs to waterfalls and streams all the way to underground caves.

The variety of landscapes also characterizes the local fauna: you can spot black alders, herons, and ducks, and reed warblers and great reed warblers

in spring-summer fill the air with their songs. Then foxes, porcupines, nocturnal birds of prey, wolves, wild cats, skunks, badgers, migratory birds, and numerous ungulates such as fallow deer, wild boar, roe deer, and red deer.

Experiences suitable for individual tourists, couples, families with children, the elderly.

Stemming from the contact with nature you will also discover other “masterpieces”: food and wine! This is the result of a peasant culture that has its roots in the Etruscan and Roman civilization, small villages with welcoming inhabitants, churches and bell towers, but also surprising works of contemporary art.

A range of proposals to meet your needs if you’re looking for an experience to live, to tell, and to share.

# The areas: Pisa, the Coast, and Monte Pisano



he area around Pisa offers many surprising opportunities for outdoor experiences, starting with the **San Rossore Migliarino Massaciuccoli Regional**

**Nature Park**, the large green lung in the outskirts of the city that protects one of the last Italian coastal forests to have remained almost intact.

From Pisa, walking or cycling along the “**Trammino cycle path**” (the small tram that in the last century brought people from the city to the coast), after 12 km you reach the mouth of the River Arno also known as the **Bocca d’Arno**, where the river flows out after having crossed all of Tuscany. The landscape is here characte-

rized by the presence of “bilance” and “**retoni**”, large fishing nets placed on wooden constructions similar to stilts. Before reaching the sea, it is worth stopping to discover a jewel of Romanesque art, the **Basilica of San Piero in Grado**, built on the spot where, according to legend, St. Peter landed.

The seaside resorts of the Pisan coast are **Tirrenia, Marina di Pisa, and Calambrone**, which have been awarded the Blue Flag for years as a sign of the water is clean. This coast is particularly suitable for families with children, **golf** (there are two courses) and sports enthusiasts (**there is a CONI Center**), and for all those who wish to spend their holidays away from the crowds, in a protected environment between the sea and the pine forest.



## MONTE PISANO

Turning your back to the sea you can find the small massif of **Monte Pisano**, which extends between Pisa and Lucca for about 150 square kilometers, representing a real paradise for **hikers, mountain bikers**, and nature enthusiasts - an accessible mountain within everyone’s reach.

A land of hermits and a border territory disputed between Pisa and Lucca, it houses Romanesque churches, medieval fortresses and villages, stately villas, and spa buildings. Among the best known are the **Certosa Monumentale** and the **Museum of Natural History in Calci**, the **tower houses** and the **Brunelleschi Fortress in Vicopisano**, the **Bagni di Pisa in San Giuliano Terme**, and the **Villa Medicea in Buti**.

Monte Pisano is crossed by the **Oil Trail**, which combines farms and accommodation facilities in order to enhance the territory and its products. The Trail goes from Vecchiano to Buti. Here you can find two protected areas: the **Valle delle Fonti** (The Valley of the Springs), with its Medici aqueduct (6km) which brought water as far as Pisa, and **Mount Castellare**, characterized by the **garrigue**, a sparse and bushy kind of vegetation which gives it a wild look, different from the other nearby hills. Here you can find endemic species of orchids and karst phenomena such as the “Buca delle Fate”, a cave 185 metres deep which is the setting of numerous legends and tales fed by the mysterious puffs of smoke it emits during the winter.



### MIGLIARINO, SAN ROSSORE, MASSACIUCCOLI NATURE PARK

The **Migliarino, San Rossore, Massaciuccoli Nature Park** is a protected area that extends along the coast and includes the towns of Pisa, Viareggio, San Giuliano Terme, Vecchiano, Massarosa, and Livorno.

A mosaic of different environments that have remained intact: the **San Rossore Estate**, the forests of Tombolo and Migliarino, the mouths of the River Arno and River Serchio (in the province of Pisa), the “Macchia Lucchese”, and Lake Massaciuccoli (in Lucca) represent one of the last Italian coastal forests.

The San Rossore Estate, former residence of the Medici, Lorraine, and Savoy families as well as the Italian President, is an obligatory stop for lovers of nature, **outdoor tourism**, and **birdwatching**.

The Estate is a vast alluvial plain with various areas: “tomboli” with sand dunes and vegetation, “lame” with land transformed into marshes, and “wet woods”. Among the animals you can easily see here are **fallow deer**, **wild boars**, and **migratory birds** especially during the wintering period and during the migration period in spring.

San Rossore is also synonymous with **horse** racing: indeed, the first horse race was held in the Hippodrome here back in 1854. Today, on the Prato degli Escoli, speed races of international renown are held, including the old and prestigious Pisa Prize. The Park can be visited with free or guided excursions not only on foot but also **by bike, carriage, horseback, eco train**, and **boat** (from the River Arno to the sea). It is also suitable for children. Itineraries have been created with runners, walkways, wooden slides, and special structures that allow also people with motor and sensory disabilities to experience this splendid corner of Tuscany.

### Contacts

#### Centro Visite San Rossore:

T. +39 050 530101 [centrovisite@top5viaggi.com](mailto:centrovisite@top5viaggi.com)

<https://www.parcosanrossore.org/poi/centro-visite-san-rossore>

#### Guides:

**Azimut Treks:** T.+39 339 5675637 - [info@azimut-treks.com](mailto:info@azimut-treks.com)

**Wild Tuscany Treks:** T.+39 339 7381111 / +39 333 6602747 - [info@wttreks.com](mailto:info@wttreks.com)

**Alpha Outdoor Experiences:** <https://www.maneggiocalci.it> (Monte Pisano)

**Equinatura:** [www.equinaturatoscana.it](http://www.equinaturatoscana.it) (Monte Pisano)

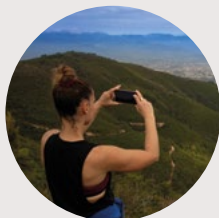
**Equitiamo:** T. +39 338 3662431 (Parco di San Rossore)



## Pisa, the Coast and Monte Pisano

# Experiences

## On foot



The territory of Monte Pisano offers various excursions available to visitors, from long walks in the pine forests to the summit of Monte Faeta (800m).

Starting from **Calci** you can reach the **Rocca della Verruca** to enjoy an incredible view over the whole area, including the summit of **Monte Serra**. Or, starting from the city, you can walk towards the mountains following the **Medici Aqueduct** until you reach Lucca.

### Contact the guides:

**Azimut Treks** - T. +39.339.5675637  
info@azimut-treks.com

**Wild Tuscany Treks** -T. +39 339 7381111 /  
+39 333 6602747 – info@wttreks.com

## By bike



By bike or MTB, uphill or downhill, in the Pisan area there is everything a cyclist could wish for: long cycle paths that lead from the city to the sea and dirt roads that cross open fields and thick woods and that go as far as the sea.

### Contacts for bike rentals

**In Pisa: Smile & Ride**  
www.smileandride.com

**San Giuliano Terme: DMC Montepisano**  
www.montepisano.travel

## Paragliding & more



### FLYING DOWN FROM MONTE PISANO

Not far from the town of **San Giuliano Terme**, the **Pisa Aero Club School** offers the opportunity to practice tandem paragliding with a certified instructor. The launch field is ideal both thanks to the **updrafts generated by the winds coming from the sea** and to the moderate height of the promontory. Once in the air, the **sensation of lightness and the view** over the plain of Pisa and all the way to the sea will make this experience unforgettable.

On the Lucca side of Monte Pisano, near the Capannori airport, it is possible to organize a **balloon flight**. It is an on-demand activity that is carried out in collaboration with one of the most prestigious companies: **the Aerostatic Company of Italy**.

### Contacts:

**DMC Montepisano**  
T. +39 050 7846847 / +39 366 6949330  
info@montepisano.travel

## Via ferrata



### VIA FERRATA OF SANT'ANTONE TO MONTE SERRA

We are located on Mount Serra, in the town of Buti. The **Ferrata** path is built on a rocky ridge consisting of Pudinga (conglomerate) which rises from the woods along the road that from Buti leads to the summit of Mount Serra. This path, with a difference in height of only 126 meters and which can be covered in less than two hours on average, is **one of the most difficult in Tuscany**. It is a very technical and physically demanding path, to be tackled only if fit and experienced in the progression technique or accompanied by a professional guide.

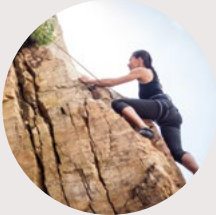
### Contacts:

**DMC Montepisano** T. +39 050 7846847 / +39 366 6949330  
info@montepisano.travel

**Toscana Adventure Team**  
T. +39 3487911215 - info@tateam.it

**UIAGM mountain guide Franco Laudanna Del Guerra**  
T. +39 347 8056872

## Sport Climbing



### “VECCHIANO” ROCK GYM

It is certainly **the largest sport climbing crag in Tuscany**, with more than 200 assisted trails with a difficulty ranging from 4 to 7c. Excellent choice in winter, spring, and autumn thanks to the mild climate and little rain.



### “LA VERRUCA” ROCK GYM

The crag rises on Mount Verruca at about 530 meters above sea level, under the remains of the famous “Rocca” or “Fortezza della Verruca”. The walls host 5 sectors for a total of 21 routes with difficulties ranging from 4c to 7b, suitable for both beginners and experts.



### MOUNT SERRA CRAGS

In the municipality of Buti there is a rocky ridge consisting of Puddinga (Conglomerate). Here you can find climbing crags and a via Ferrata. It is a total of 93 assisted itineraries, to be tackled only if experienced or guided by a professional.

#### Contacts:

##### DMC Montepisano

T. +39 050 7846847 / +39 366 6949330  
info@montepisano.travel

##### Toscana Adventure Team

T. +39 3487911215  
info@tateam.it

##### UIAGM mountain guide Franco Laudanna Del Guerra

T. +39 347 8056872

## The caves of Monte Pisano



### THE MONTICELLO CAVE

The Monticello cave is considered one of the most beautiful caves of Monte Pisano thanks to the variety and beauty of the concretions present. It is a cave with a vertical entrance which, although equipped with a 9-meter ladder, requires the assistance of experienced staff or a professional guide. It is located on private property and visits are to be agreed upon with the owner.

#### Contacts:

##### DMC Montepisano

T. +39 050 7846847 / +39 366 6949330  
info@montepisano.travel



### OTHER CAVES

In addition to the Monticello cave, Monte Pisano has at least 8 other caves of speleological and tourist interest, which can be visited with the support of a professional guide.

#### Contacts:

##### Toscana Adventure Team

T. +39 348 7911215 info@tateam.it





# The Areas: the lower Arno Valley



The Arno Valley or **Valdarno**, from Empoli to Pontedera, is a partially urbanized plain between two large wooded areas: the Cerbaie to the north, which overlook the Bientina plain, and the Sanminiatese and Valdera woods to the south.

Among the inhabited centers rich in Etruscan-Roman and medieval history, a special mention goes to **San Miniato**, **Santa Maria a Monte** with its characteristic spiral shape, the medieval castle of **Montopoli in the Arno Valley**, and **Calcinaia** (the Ceramics Museum is worth a visit) and **Bientina** (the Archaeological Museum is very interesting). A typical product of the area is the **San Miniato** white truffle but there is no shortage of excellent wines, desserts, and a valuable variety of olive oil.

**The hills of the Cerbaie area**, a hilly system between the marshes of Bientina and Fucecchio, are covered by luxuriant woods of oaks, hornbeams, maples, ash trees, and pines. 6,500 hectares (between Pisa and Florence) are included in the European Natura 2000 network. The

same network also includes the Bientina plain, which preserves now rare marsh ecosystems such as rushes, wet meadows, and black alder and English oak woods. The most important biotopes of the Cerbaie area are **peat bogs**, among which the “Sfagneta delle Pianore” (the ecological jewel of the Cerbaie area) or that of Sammartina (carnivorous plant present only in this tiny environment), the Robinson Park, and the remote valley of the Rio della Torre.

The Cerbaie Hills also include **St. Francis Way**, the ancient way of the pilgrims which cuts this area in two almost to San Miniato. It also means diving into history and prehistory with the **Archaeological Museum of Orentano** and the Medici villas of the Pianore in Santa Maria a Monte and **Poggio Adorno** in **Santa Croce sull'Arno**. The presence of Protected Areas such as the **State Nature Reserve of Montefalcone**, the **Regional Nature Reserve of Bosco**



**Tanali**, and the **WWF Oasis of Bottaccio** (in the province of Lucca but on the border with the municipality of Bientina, 2 km from Bosco Tanali) offers the opportunity to discover and explore some of the most beautiful spots in the area.



**MONTEFALCONE NATURE RESERVE:  
ANCIENT FORESTS RICH IN WATER COURSES**

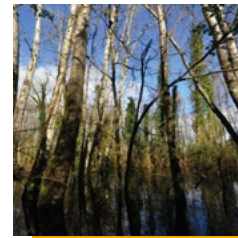
The **State Nature Reserve of Montefalcone**, whose management is entrusted to the Carabinieri Biodiversity Department of Lucca, is characterized by lakes, springs, small streams, and extensive woods that are home to foxes, porcupines, roe deer, deer, and nocturnal birds of prey. Access to the Reserve is free only in the area of 8 hectares near Staffoli (Santa Croce sull'Arno), which is also equipped for parking. The remainder, completely fenced, can be visited only if accompanied by the staff and with prior authorization.

It is possible to visit the Reserve for free on the dates set by the Cerbaie-Bientina-Sibolla Protected Areas Program.  
(Comune di Bientina <http://www.comune.bientina.pi.it>)

**Contacts**

Nucleo Biodiversità di Montefalcone: T. +39 0571 37249

Reparto Carabinieri Biodiversità di Lucca: T. +39 0583 955525



**THE BOSCO TANALI RESERVE: MARSHES AND WATER BIRDS**

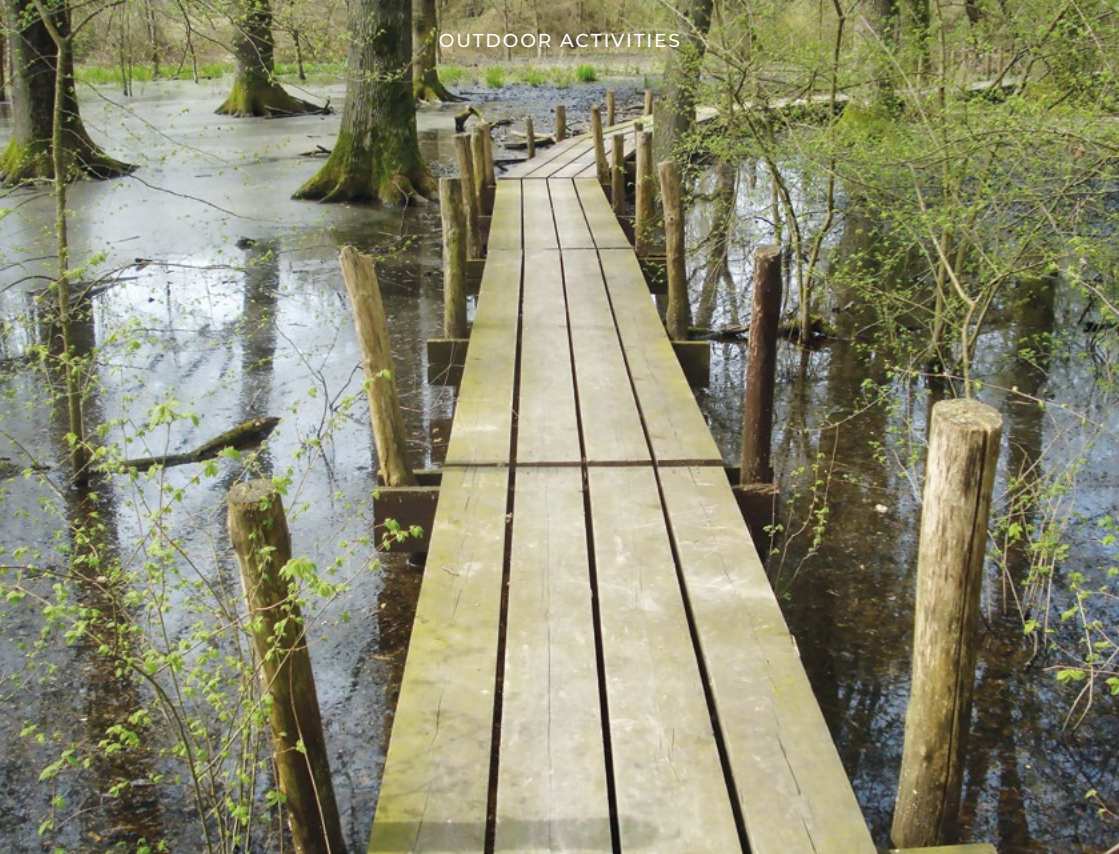
The 150-hectare wood that once overlooked a large lake reclaimed in 1859 (Lake Sextum or Bientina) is home to gigantic maples and English oaks and, as the land lowers and holds the waters longer, it is home to black alders, willows, and reeds. The view is dotted by ponds and damp meadows and visited by herons and ducks and **reed warblers and great reed warblers** in the spring/summer, which fill the air with their songs. A small paradise for **birdwatchers** thanks to paths that lead to strategic observation points hidden in the vegetation.

This is the **Bosco Tanali Regional Nature Reserve**, a corner of unspoiled nature on the western side of the Bientina Marsh on the slopes of Monte Pisano, in the lands that were the heritage of the great **Sesto Abbey** in the Middle Ages.

The management of the Reserve is entrusted to **Legambiente Valdera**. The entrance to the forest is open all year round in compliance with the regulations and the environment. The best time to visit is spring (March-May) while it is not recommended to come here in summer. The entrance to the forest is marked by a wooden arrow on the roadside in Caccialupi (Bientina). Legambiente Valdera organizes half-day or one-day excursions in the Reserve and in the area of the lake for groups of at least 10 people upon request.

**Contacts**

Legambiente Valdera: T. +39 334 6009333 [info@legambientevaldera.it](mailto:info@legambientevaldera.it)



### THE CERBAIE HILLS

The Cerbaie hills allow a “full immersion” in rich and luxuriant nature. You can walk for hours in uninterrupted woods, along small streams and marshy environments such as ponds and rushes.

The lack of marked trails, the extension of wooded areas, and the scarcity of landmarks, however, make it difficult to go on independent excursions if you don’t know the paths and their connections. It is, therefore, preferable to rely on organizations that have expert guides, for half- or full-day excursions, or even for multi-day programs.

### Contacts

Ecoistituto delle Cerbaie: T. +39 340 3460859

Consorzio Forestale delle Cerbaie: T. +39 340 9847686

info@consorzioforestalecerbaie.it

Legambiente Valdera: T. +39 334 6009333 / +39 338 6716062 info@legambientevaldera.it

### Lower Arno Valley

# Experiences

## On foot



The hilly characteristics of the paths make this area a simple place to take a walk in.

You can enjoy it in all seasons, with the necessary precautions: from a simple walk to hiking, or by practicing cross-country running and Nordic Walking. Autumn and spring are the most attractive seasons weather-wise. It is absolutely possible to enjoy the area in winter as well.

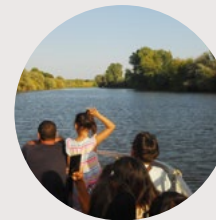
### Contacts:

**Il Bivacco Association**

T. +39 339 2429589 / +39 338 8056939

info@ilbivacco-toscana.it

## Waterways



### THE RIVER BOAT ON THE RIVER ARNO, FROM PONTEDERA TO LA ROTTA

On summer weekends, it is possible to embark on a river cruise from Pontedera to La Rotta and back, navigating between history and nature to discover an unexpected landscape, among green riparian woods, herons, ducks, and the profiles of the nearby hills.

The course of the River Arno, in the stretch between the city and the upstream hamlet, is characterized by nature: on the banks, there are buildings that tell stories of a river “lived on” for centuries and at the center of commercial traffic and economic activities that have now disappeared or have moved elsewhere.

### Contacts:

**Tourist information offices Pontedera**

info@visitvaldera.eu

# The areas: Valdera, Colline Pisane and Colli Marittimi



The Valdera area and the Colline Pisane (Pisan Hills) represent the green heart of the Lands of Pisa: here art, history, and agriculture have coexisted in harmony for centuries, since the times of the Roman and the Etruscan civilizations. The deep rural roots and the colors of the countryside are evident when visiting towns and villages that are located on gentle hills and which in the past were the subject of many paintings by the Macchiaioli artists. Hills near art cities as well as near the sea, suitable for a stay that combines leisure with tranquility and relaxation.

The Colline Pisane are perfect for outdoor excursions on foot and by bike, to enjoy birdwatching (possible thanks to Lake Santa Luce in the Regional Nature Reserve) and landscape photography as it offers postcard shots in all seasons.

The hills where the towns of Casciana Terme, Orciano, Lorenzana, Fauglia, Crespina, Lari, and Castellina Marittima are located make this area a place where nature is within everyone's reach. The traditional agricultural activities of the area offer typical quality products among which are

extra virgin olive oil, wine, cheese, and pasta. Indeed, the hills are full of wheat plantations that produce a quality pasta brand, the "Terra di Luce".

Land of pasta, but also of lavender. Not everyone knows that in Tuscany there is a "corner of Provence" between Orciano Pisano and Santa Luce. Here some wheat fields have been converted to grow lavender and other aromatic medicinal plants, with an organic and biodynamic method. The best time to see lavender at its peak is the end of June, while the harvest begins at the end of July.





### VALDERA: ITINERARIES AMONG VILLAGES, COUNTRYSIDE AND ROLLING HILLS

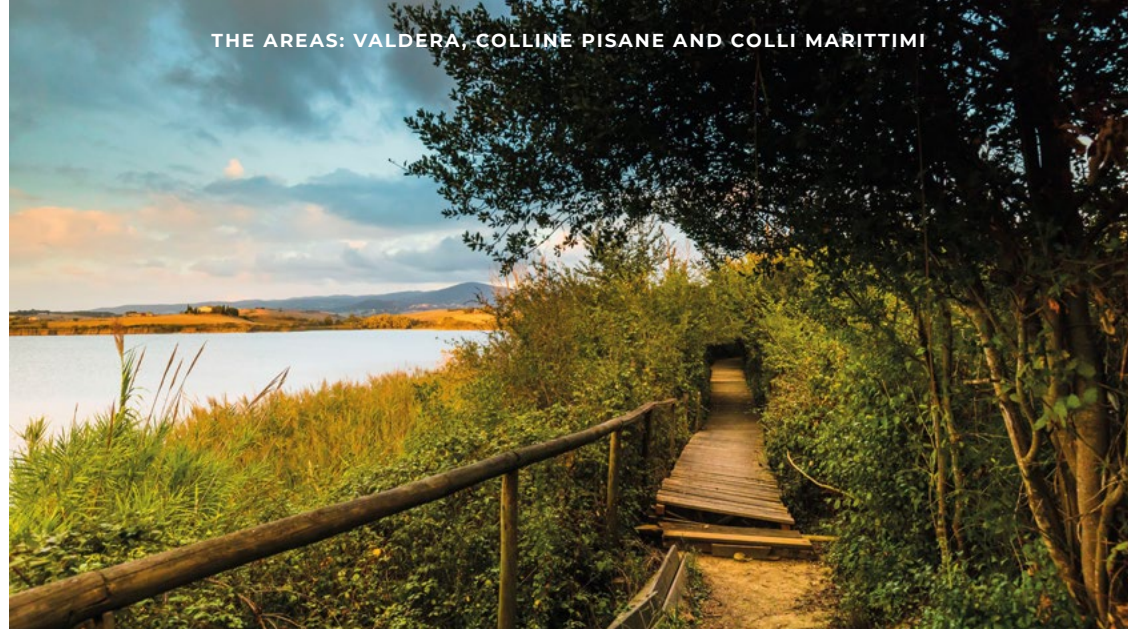
The **Valdera** area features a varied landscape: from the plain along the River Era to the gentle green hills, to the rugged gullies that look towards Volterra. They were once marshy environments that, with reclamation, lost their natural character but where you can **take beautiful pictures** or enjoy a spot of **birdwatching**, rediscovering important evidence of the original environment. The most characteristic aspect of the Valdera, however, is a well-preserved hilly area, sometimes wooded and sometimes tilled, where the potential for hiking and outdoor tourism is perceived at every turn.

The activities suitable for this area are certainly those **on foot, by bicycle** and even on horseback, thanks to the numerous **riding schools** present. What adds to its charm is the presence of little-known but surprisingly pretty **villages** such as **Lajatico, Palaia, Lari, Peccioli**, and **Chianni**, without forgetting the many excellences of modern or contemporary art such as the **Piaggio Museum**, contemporary art installations in **Ponte-dera** as well as in Peccioli and its boroughs, and the **Theater of Silence in Lajatico**.

The Valdera area is crossed by the **Colline Pisane Wine Trail**. This is a typically Tuscan setting, dotted with many rural villages easily accessible on foot, by bike, or on horseback. Not only Terricciola, the city of wine, but throughout the Valdera there is a succession of hills and vineyards where Sangiovese is king, bottled alone or accompanied by percentages of other vines such as Sirah, Cabernet, and Merlot.

### Contacts

Legambiente Valdera: +39 334 6009333 [info@legambientevaldera.it](mailto:info@legambientevaldera.it)



### LAKE SANTA LUCE REGIONAL NATURE RESERVE

Lake Santa Luce is an artificial reservoir created in the 1960s to supply the Solvay plant. Today, it's included in the Lake Santa Luce Regional Nature Reserve and in the Natura 2000 site. With more than 180 recorded species, Lake Santa Luce is an important area for migratory birds that find it an ideal place for a stopover, as well as a paradise for birdwatchers.

In winter, the lake fills with pochards, mallards, and cormorants. In summer, the rushes fill with small birds like river nightingales, reed warblers, bee-eaters, or rare Great Crested Grebes, symbol of the Reserve. A 2 km long nature trail has been created along the southern shore, equipped with panels and observation areas, which leads to a lookout hut.

The Reserve has a Visitor Center and an educational and art laboratory. Fun and numerous events are organized throughout the year: synergistic agriculture and permaculture courses, self-discovery workshops, freeing of rehabilitated animals, and nature photography courses.

### Contacts

Santa Luce Oasis:  
T.+39 335 7008565 <https://oasisantaluca.it>

## Valdera, Colline Pisane and Colli Marittimi

# Experiences

## On foot



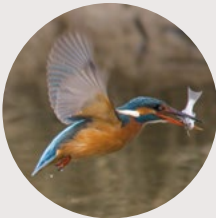
You can enjoy it in all seasons, with the necessary precautions: from a **simple walk** to **hiking**, or by practicing **cross-country running** and **Nordic Walking**. Autumn and spring are the most suitable seasons for both the climate and for the food and wine possibilities, with numerous festivals and fairs. You can also enjoy the area in winter, however.

### Contacts:

#### Il Bivacco Association

T. +39 339 2429589 / +39 338 8056939  
info@ilbivacco-toscana.it

## Birdwatching



Birdwatching is linked to the presence of the Lake Santa Luce LIPU Regional Nature Reserve in the southwestern portion of the area. The seasons of migratory passage are to be preferred. Personal observation equipment is required (binoculars) and it is necessary to have a camera and appropriate clothing (soft, natural, and no gaudy colors). The activity takes place in small groups in order to have a lower impact on bird life.

### Contacts:

#### Santa Luce LIPU Nature Reserve

T. +39 335 7008565  
riserva.santaluce@lipu.it

#### Il Bivacco Association

T. +39 339 2429589 / +39 338 8056939  
info@ilbivacco-toscana.it

## By bike



The same hilly characteristics and the presence of numerous dirt roads make this area suitable to practice mountain biking. The routes that can be organized are often fun and not excessively tiring, given the limited differences in height. There are numerous opportunities to stop in a farmhouse or tavern and village bar for a break.

There is also no shortage of alternatives for racing bikes, following the paved provincial and municipal roads, often with low in traffic. This latter feature makes the Colline Pisane area great for this practice.

You can also combine the itineraries with visits and tastings along the Colline Pisane Wine Trail. ([www.stradadelvinocollinepisane.it](http://www.stradadelvinocollinepisane.it)).

Cycling can be done year-round and can be an opportunity to take advantage of the cultural offer of the area (events at the "Theater of Silence" or food and wine initiatives in the area).

Finally, the **Valdera MTB Randonnée** ([www.randonneemtbdellavaldera.it](http://www.randonneemtbdellavaldera.it)) and the **Ganza Gravel** ([www.ganzagravel.it](http://www.ganzagravel.it)) are also interesting.

### Contacts:

#### MyTuscanyTravel

Casciana Terme Lari +39 0587 091010  
info@mytuscanytravel.com

#### Il Bivacco Association

T. +39 339 2429589 / +39 338 8056939  
info@ilbivacco-toscana.it

## Landscape photography



Ideal for photography lovers, any outdoor activity among those proposed will allow to practice landscape photography. Among the many possibilities there are sunflower and lavender blooms (early summer period in the Municipality of Santa Luce).

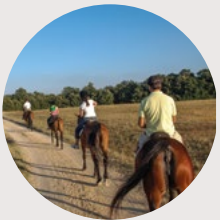
### Contatti:

[Il Bivacco Association](#)

T. +39 339 2429589 / +39 338 8056939

info@ilbivacco-toscana.it

## On horseback



Numerous farms and riding schools in the Valdera area.

You can think of working your way down the paths for several days, relying on facilities equipped for the rest and feeding of animals (as well as riders), or following ring routes through the hills, starting from one of the numerous specialized centers.

The best suggestion is the Lajatico horse trail (or GPN: Great Naturalistic Route): mixed routes crossing through woods, pastures, and fords and passing through towns and villages. Orange-white-orange road markings with GPN wording (these same routes are equally valid for MTB and, partly, for walking).

### Contacts:

[Equioasi Arcadia](#)

T. +39 3450087355 / +39 3713350710

equioasiarcadia@gmail.com



# The areas: Volterra and the Upper Cecina Valley



**T**he Upper Cecina Valley, a land as beautiful as it is wild, has been a harmonious union between man and nature for millennia, offering endless opportu-

nities to visit for those who **love life in the open air** and look for the charm of a **slow holiday in Tuscany**.

This area includes the towns of **Castellnuovo Val di Cecina, Montecatini Val di Cecina, Pomarance, Monteverdi Marittimo, and Volterra**.

A land of hills, woods and waterways, the Upper Cecina Valley displays the signs of the millenary human presence in an extraordinary naturalistic context.

A surprise after another: first of all, the city of **Volterra**, the undisputed center of the numerous testimonies of the **Etruscan, Roman, and medieval civilizations**.

The town offers a wonderful view of the hilly landscape that surrounds it, abruptly interrupted by the **Balze Volterrane**, a natural erosion which led to the destruction of the largest Etruscan necropo-

lis as well as the ruin of the Camaldolese Abbey. A chasm originated by the erosive action of water that infiltrates into the sandy and permeable deposit removing the impermeable clays. This cause progressive landslide.

Then the numerous **villages, fortresses, castles, medieval churches**, and the frequent remains of **mining activities**, which today are essentially aimed at the extraction of salt. Peculiar are the exploitation of **geothermal energy** and the processing of **alabaster**.

Walking in the **Berignone Forest Nature Reserve** and in the Monterufoli-Caselli and Montenero Forest means enjoying 7,100 hectares of protected nature, finding things to see and enjoy regardless of the season.

The village of **Pomarance** opens the way to **Larderello, the world capital of geothermal energy** where the museum and the “scream” of an old well open a window onto the bowels of the earth whose energy we find in the **natural manifestations of Sasso Pisano**.



## BERIGNONE NATURE RESERVE: A WALK IN NATURE AND HISTORY

More than 2,000 hectares of forest between the municipalities of Volterra and Pomarance, criss-crossed by crystalline streams and a stretch of the River Cecina, famous for its clear and abundant waters, and the “**Masso delle Fanciulle**” (Maiden’s Rock), with the remains of one of the most important medieval sites in the area, the Castle of the Bishops of Volterra. In the nearby **Bosco di Tatti** you can find the largest number of oaks in Italy. Also, wolves, wild cats, skunks, badgers, birds of prey, and numerous ungulates accompany us along the wonderful paths of the Reserve.





**MONTENERO NATURE RESERVE: A MOSAIC OF NATURE AND BEAUTY**

Between **Volterra and San Gimignano**, the steep relief of Mount Nero (508 m) appears as a wooded island among the gentle hills typical of the Tuscan landscape.

There are unexpected landscapes like **woods** dominated by holm oaks, peculiar rocky environments, and the **clear waters** of the **Strolla stream**, which runs through the relief drawing an evocative gorge with waterfalls and pools of water. There are interesting traces of history, with the **parish church, called “della Nera”**, a spring on the ancient Via Salaiola, and the remains of a medieval castle.

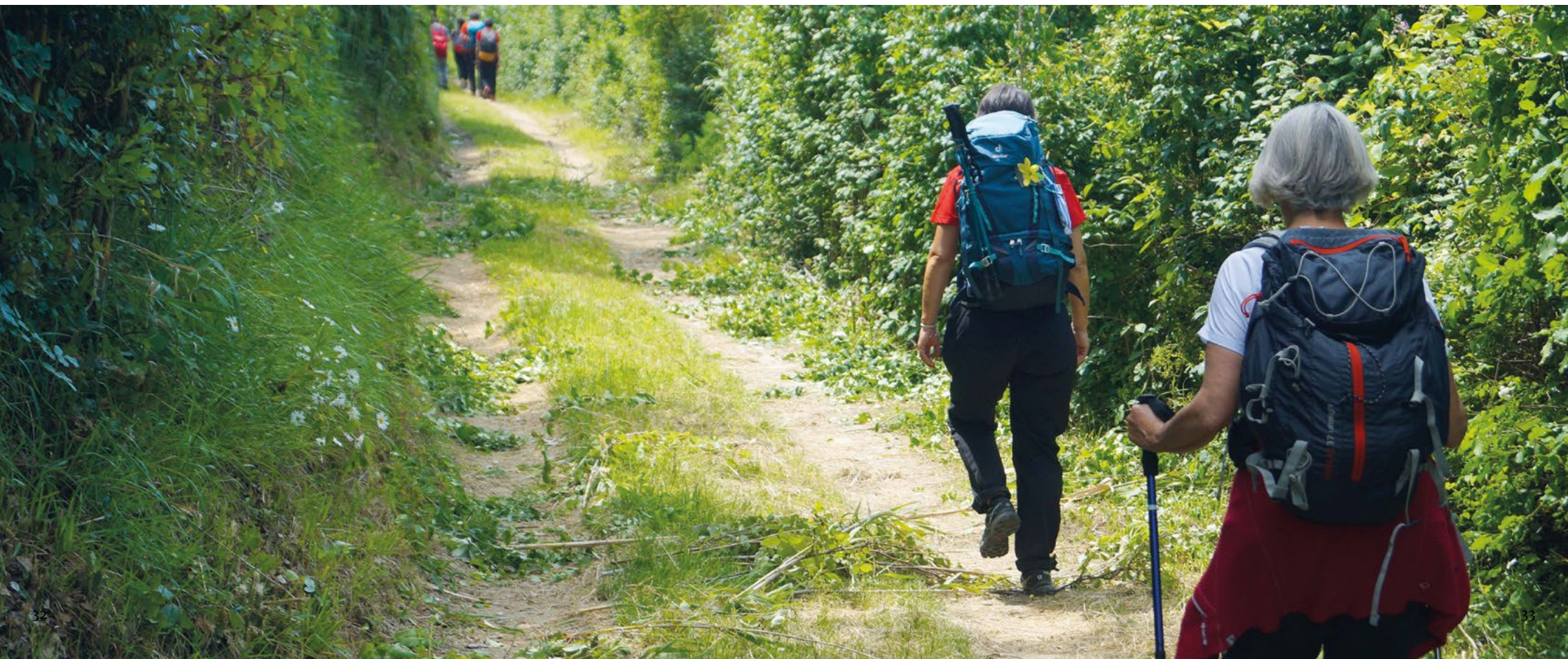


**THE MONTERUFOLI-CASELLI RESERVE: “WILDERNESS” OF TUSCANY**

We are in the heart of the Colline Metallifere, in the area of **Pomarance, Monteverdi, and Montecatini Val di Cecina**.

Thanks to its 4,828 hectares of forests and the scarce human presence, the reserve is recognized as one of the **most important wilderness areas in Tuscany**.

Here you can find places of extraordinary biodiversity, with endless forests, steep slopes, and rocky outcrops alongside wild river ecosystems.



## Volterra and the Upper Cecina Valley

## Experiences

## By bike



Routes and gradients for all levels that both the slow tourist and the more demanding biker looking for more technical routes can enjoy. Some guided proposals for everyone in the summer.

**Volterra by bike**

An evocative tour that goes from the historic center of “wind and stone” to outside the walls, to the hidden corners towards the splendor of the cliffs at sunset.

**“Colline del Vapore” bike tour**

A scenic bike ride around the Colline Metallifere area to discover the fumaroles and the geothermal area.

**Rocca Sillana bike tour**

A tour among medieval remains and breathtaking views to enjoy the unique landscapes of the “warm heart of Tuscany”.

**“I Bagni di San Michele” bike tour**

A tour around the Hermitage of Saint Michael to discover the remains of a thermal bath probably already used in Roman times. <https://valdicecinaoutdoor.it>

Possibility to rent different types of bikes.

E-Bikes recommended for beginners. Adrenaline MTB experience in Castelnuovo V.C. thanks to the municipal paths for “Gravity Enduro”.

**Contacts**

**Tourist Association of Volterra Valdicecina Valdera**

+39 0588 86099 / +39 0588 87257

[info@volterratour.it](mailto:info@volterratour.it)

**Tuscany Love Bike**

+39 339 2100298 [info@tuscanylovebike.it](mailto:info@tuscanylovebike.it)

**ASD MTB Castelnuovo V.C. 2018**

[www.mtbcastelnuovo.com](http://www.mtbcastelnuovo.com)

## On horseback

**Hiking and horse riding**

The Santa Barbara Riding Center organizes excursions starting from 1 hour to 1 or more days, throughout the year. Activities for children: nature weeks.

From 4-16 years: pony school, combined driving course, vaulting course.

**Excursions with Amiata donkeys**

The Santa Barbara Riding Center organizes excursions with trained Amiata donkeys for individuals or entire families who want to enjoy the landscape beauties of the area.

**Contacts:**

[sbarbaracentroippico@libero.it](mailto:sbarbaracentroippico@libero.it)

## On foot

**Hiking in the Nature Reserves:  
from Pomarance to Bolgheri in 3 days.**

From Pomarance to Bolgheri in 45 km through the largest Nature Reserve in Tuscany, Monterufoli-Caselli. Two nights at the Villa di Monterufoli and the Fattoria di Caselli, for a unique stay.

**WALKS: “The Etruscan Way”**

It crosses one of the most exciting landscapes in Tuscany. 143 km divided into 9 stages, the Volterra-Piombino stretch starts from one of the capitals of the Etruscan civilization and then crosses the “infernal landscape” of the Devil’s Valley and reaches Populonia.

**WALKS: “From St. Francis Way to the Etruscan Coast”.**

The crossing from St. Francis Way to the sea retraces the **old salt roads of Volterra** from Gambassi Terme or from San Gimignano, cutting through the Upper Cecina Valley and leading to the village of Bolgheri and the sea.

**Contacts:**

**Tourist Association of Volterra  
Valdicecina Valdera**  
+39 0588 86099 / +39 0588 87257  
info@volterratur.it

**Centro Educazione ambientale**  
cea.altavaldicecina@gmail.com  
<https://www.facebook.com/CEAValdiCecina>

## Water



Adventurous ascents on foot in the bed of rivers and streams in the summer without the use of special technical equipment, walking a little in the water and a little outside and exploring the most remote corners of our pristine waterways.

*Activities on the River Cecina take place only with specific authorization.*

**From “Bocca di Pavone” to the “Masso delle Fanciulle”**

A challenging ascent of the bed of the River Cecina in the most spectacular and legendary rocky stretch, on a quest to discover surprising water environments.

**Ascent of the Pavone stream**

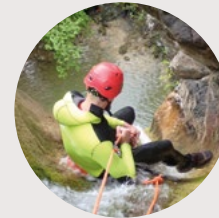
The most spectacular stretch of the Pavone stream, boxed in a wild gorge and featuring boulders and crystalline pools, located between the Rocca Sillana and the villages of San Dalmazio and Montecastelli.

**Contacts:**

**Tourist Association of Volterra  
Valdicecina Valdera**  
+39 0588 86099 / +39 0588 87257  
info@volterratur.it

**Centro Educazione ambientale**  
cea.altavaldicecina@gmail.com  
<https://www.facebook.com/CEAValdiCecina>

## Other sport activities



In the Upper Cecina Valley you can experience more demanding experiences, suitable for those who already practice adventurous sports or want to experience them safely, accompanied by specialized guides.

**Canyoning on the Radicagnoli Stream**

We are located in the municipality of Pomarance, where the Radicagnoli Stream has formed natural pools (the most famous is the “bell”) and a beautiful 23-m waterfall. The start of the route is at an ancient spa already known in Roman times and abandoned today, which takes its name from the dilapidated Hermitage of Saint Michael.

The route winds through the gabbro rocks of the stream bed with a series of dives (never obligatory) of a maximum of 4 m and two abseils on ropes, the highest of which is 23 meters.

*Free access only for experienced canyoning athletes, or accompanied by a canyoning guide.*

## Speleology



**The ‘Buche Fiorentina’**

Not far from the majestic Rocca Sillana, in the woods between the towns of San Dalmazio and Montecastelli Pisano, beyond the Pavone stream, you can find two openings in the rock. These are two natural caves of considerable geological and geomorphological interest, inserted in a large slab of arenaceous limestone which constitute the major natural caves so far discovered in the Volterra area and in the Cecina Valley. These are real caving excursions: to be able to visit them independently, you need to have technical skills and caving equipment (helmet, light, harness, ropes, etc.), or you can rely on professional guides (recommended).

**Contacts:**

**Toscana Adventure Team**  
Simone Cecchi Guida canyon AIGC  
T. +39 348 79 11 215 info@tateam.it

# Events



## FESTA DEI CAMMINANTI (WALKING FESTIVAL)

**Type:** Hiking  
**Location:** Vicopisano  
**Info:** [www.camminanti.it](http://www.camminanti.it)

Three consecutive days in early April on Monte Pisano, between the Rivers Arno and Serchio up to the Bientina marshes, with the medieval village of Vicopisano as its fulcrum.



## EUROPEAN DAY OF PARKS

**Type:** Hiking and culture  
**Location:** Migliarino-San RossoreMassaciuccoli Natural Park  
**Info:** [www.parcosanrossore.org](http://www.parcosanrossore.org)

Rich program of events and guided tours of the San Rossore Park.



## GREEN FONDO PAOLO BETTINI

**Type:** Sports competition  
**Location:** Pomarance and Valdicecina  
**Info:** [www.greenfondopaolobettini.com](http://www.greenfondopaolobettini.com)

An event that every year is confirmed as one of the appointments included in the increasingly popular "Inbici Top Challenge" circuit as well as in the calendar of the "Tuscan Cup on the road".



## Valdera MTB RANDONNEE

**Type:** cycle rally  
**Location:** Pontedera  
**Info:** [www.randonneemtbdellavaldera.it](http://www.randonneemtbdellavaldera.it)

Running for a decade now, this is a day to spend immersed in the charm of the Valdera hills with tracks that develop mainly on paths and dirt roads crossing the towns of Pontedera, Lajatico, Palaia, Peccioli, Terricciola, Chianni, Capannoli, Ponsacco, and Montopoli.



## PISA HALF MARATHON

**Type:** Sports competition  
**Location:** Pisa  
**Info:** [www.pisahalfmarathon.com](http://www.pisahalfmarathon.com)

A route through the streets of Pisa that represents, in addition to a technically very smooth run ideal to challenge oneself, a journey into the beauties of the city.



## GANZA GRAVEL

**Type:** Cycle rally  
**Location:** Palaia  
**Info:** [www.ganzagravel.it](http://www.ganzagravel.it)

The route winds through the evocative secondary dirt and paved roads in the beautiful hills of the Valdera area until it reaches the spectacular cliffs of Volterra, passing through historic villages and welcoming farms.

## Events



### WALKING IN VECCHIANO

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**Type:** Hiking

**Location:** Vecchiano

**Info:** Municipality of Vecchiano T. +39 050 859611

Two days dedicated to walks to enjoy the beauty of the area and its biodiversity, from the hills of Filettole to the sea, up to Marina di Vecchiano



### PISA MARATHON

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**Type:** Sports competition

**Location:** Pisa and the Pisan coastline

**Info:** [www.maratonadipisa.com](http://www.maratonadipisa.com)

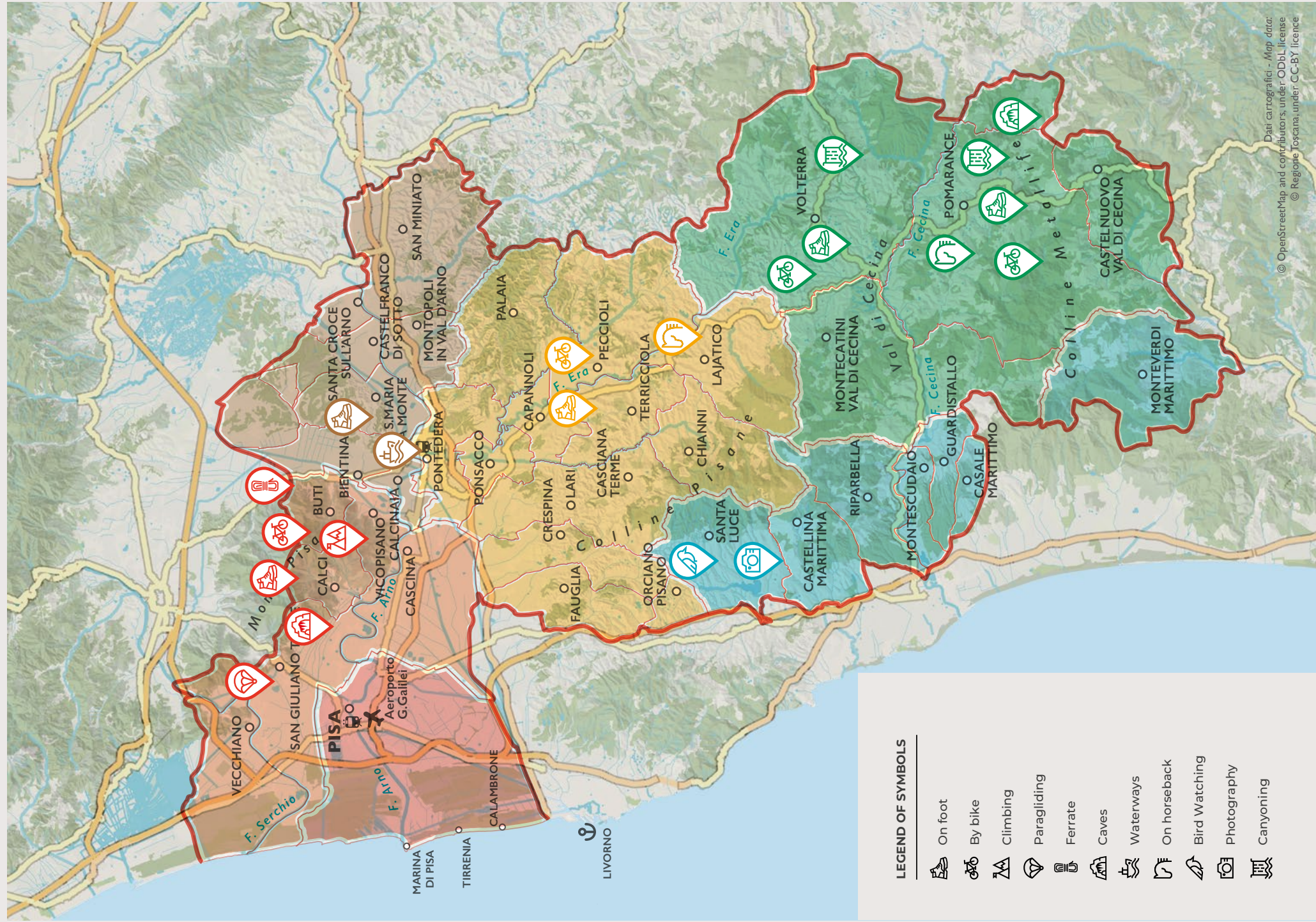
It is currently the second marathon in Tuscany by number of participants and is the most important in Italy. The route, with departure from and arrival in Piazza dei Miracoli, goes all the way to the coast.

A large background image of a landscape featuring rolling hills, a wind turbine on a hillside, and a body of water in the foreground.

# Are you a lover of itineraries and outdoor experiences?

Find more information and details in the dedicated section of the website

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



**LEGEND OF SYMBOLS**

-  On foot
-  By bike
-  Climbing
-  Paragliding
-  Ferrate
-  Caves
-  Waterways
-  On horseback
-  Bird Watching
-  Photography
-  Canyoning

# Tuscany



[www.terredipisa.it](http://www.terredipisa.it)  
[info@terredipisa.it](mailto:info@terredipisa.it)

Share your experiences  
#Terredipisa #Naturatoscana



## Tourist Information Offices in the Terre di Pisa

### **Pisa**

Piazza Duomo, 7  
Tel. +39 050.550100  
Piazza XX Settembre -  
c/o Palazzo Gambacorti  
Tel.+ 39 050 910558

### **Litorale Pisano**

(seasonal)  
Piazza Belvedere  
Tel. +39 327 6368398

### **Calci**

Via Vincente della Chiostra  
- Biblioteca Comunale  
Tel. +39 050 939562/1  
URP c/o P.za Garibaldi  
Tel. +39 050 939572

### **Casciana Terme Lari**

Via Cavour, 11 -  
Casciana Terme  
Via Dante, 5 - Lari  
Tel. + 39 0587 646258

### **Lajatico**

Via Garibaldi, 5  
Tel.+ 39 0587 643121

### **Palaia**

Piazza della Repubblica, 56  
Tel.+ 39 0587 621437

### **Peccioli**

Piazza del Popolo, 3  
- c/o Museo Palazzo  
Pretorio  
Tel. + 39 0587 936423

### **Pontedera**

Via Rinaldo Piaggio, 82  
Tel. + 39 388 7583081

### **San Giuliano Terme**

Via XX Settembre, 1  
Tel. + 39 393 6779665

### **San Miniato**

Piazza del Popolo, 1  
Tel. +39 0571 42745

### **Vicopisano**

Via Lante, 50 - c/o  
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Tel. + 39 050 796581

### **Volterra**

Piazza dei Priori, 19-20  
Tel.+ 39 0588 86099

With the collaboration of:

