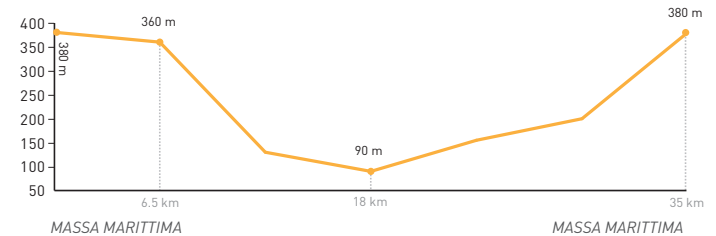




- MASSA MARITTIMA - km 0
- GHIRLANDA - km 3
- PEROLLA - km 10
- CASTEL DI PIETRA - km 17
- LAGO DELL'ACCESA - km 24
- MASSA MARITTIMA - km 35.5

Starting point and arrival: **Massa Marittima**
 Distance in kilometres: **35.5 km** (41.5 km with the detour)
 Difference in altitude: **360 m**
 Type of road: **tarred** (the detour follows a dirt road)
 Bicycle: **roadster** and **all-terrain**
 Difficulty: **average**



2 THE METALLIFEROUS HILLS - 73.7 km



2

THE METALLIFEROUS HILLS



- MASSA MARITTIMA - km 0
- MONTEROTONDO - km 20
- MONTIONI - km 54
- FATTORIA MARSILIANA - km 58
- MASSA MARITTIMA - km 73.7

Starting point and arrival: **Massa Marittima**

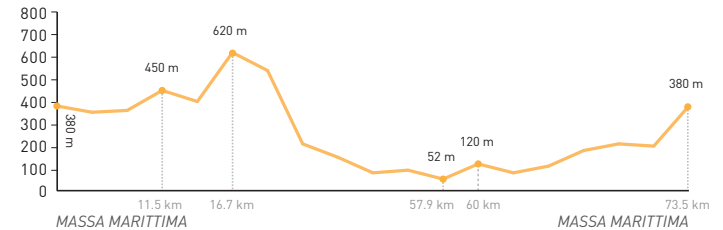
Distance in kilometres: **73.7 km**

Difference in altitude: **720 m**

Type of road: **tarred**

Bicycle: **roadster** and **all-terrain**

Difficulty: **average - demanding**



3 THE GATEWAY TO SIENA AND ITS TERRITORIES - 37 km



3

THE GATEWAY TO SIENA AND ITS TERRITORIES



- MONTIERI - km 0
- BIVIO GERFALCO - km 3.5
- PIAN DEI MUCINI - km 16.5
- PRATA - km 22.5
- GABELLINO - km 27.3
- MONTIERI - km 37

Starting point and arrival: **Montieri**

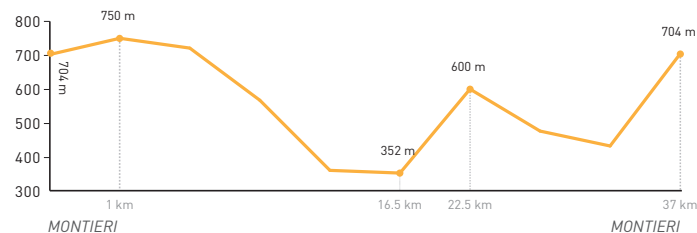
Distance in kilometres: **37 km**

Difference in altitude: **550 m**

Type of road: **tarred**

Bicycle: **roadster** or **all-terrain**

Difficulty: **average - easy**





- MONTIERI - km 0
- GERFALCO - km 6.3
- LAME - km 9.4
- TRAVALE - km 16
- MONTIERI - km 23

Starting point and arrival: **Montieri**

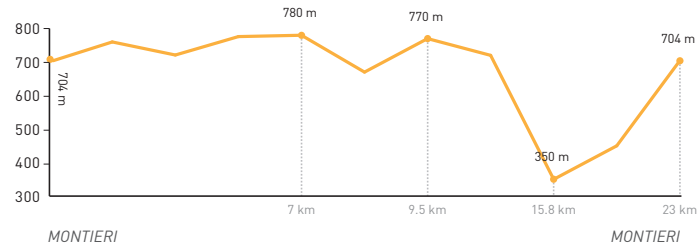
Distance in kilometres: **23 km** (14 km tarred road + 9 km dirt track)

Difference in altitude: **420 m**

Type of road: **tarred and dirt track**

Bicycle: **roadster or all-terrain**

Difficulty: **average**



5 JOURNEY INTO THE MIDDLE AGES (GR3) - 106.3 km



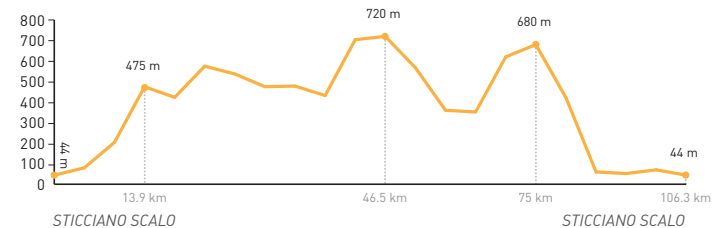
5

JOURNEY INTO THE MIDDLE AGES (GR3)



- STICCIANO SCALO - km 0
- ROCCASTRADA - km 14
- SASSOFORTINO - km 23
- ROCCATEDERIGHI - km 26
- GABELLINO - km 36.3
- MONTIERI - km 45.7
- PIAN DEI MUCINI - km 62
- PRATA - km 68
- TATTI - km 80.4
- RIBOLLA - km 89
- PIAN DEL BICHI - km 92.5
- STICCIANO SCALO - km 106.3

Starting point and arrival: **Sticciano Scalo**
Distance in kilometres: **106.3 km**
Difference in altitude: about **1.300 m**
Type of road: **tarred road**
Bicycle: **roadster** and **all-terrain**
Difficulty: **demanding**



6 A BALCONY ON MAREMMA - 57.2 km



6

A BALCONY ON MAREMMA



- ROCCASTRADA - km 0
- SASSOFORTINO - km 8
- ROCCATEDERIGHI - km 12
- TATTI - km 19
- RIBOLLA - km 29
- PIAN DEL BICHI - km 31
- ROCCASTRADA - km 57.2

Starting point and arrival: **Roccastrada**

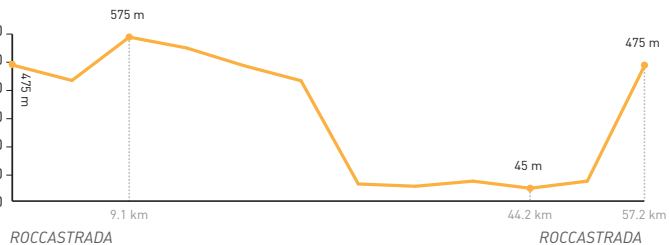
Distance in kilometres: **57.2 km**

Difference in altitude: **600 m**

Type of road: **tarred road**

Bicycle: **roadster or all-terrain**

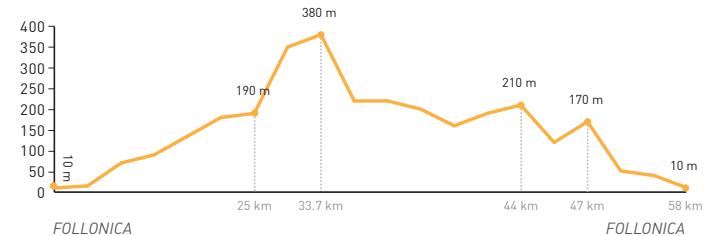
Difficulty: **average**





- FOLLONICA - km 0
- SCARLINO SCALO - km 5
- LAGO DELL'ACCESA - km 20
- CAPANNE - km 25
- MASSA MARITTIMA - km 31
- FATTORIA MARSILIANA - km 44
- FOLLONICA - km 58

Starting point and arrival: **Follonica**
 Distance in kilometres: **58 km**
 Difference in altitude: **420 m**
 Type of road: **tarred road**
 Bicycle: **roadster** or **all-terrain**
 Difficulty: **average - demanding**

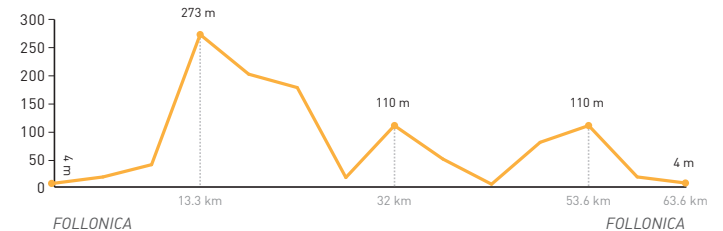


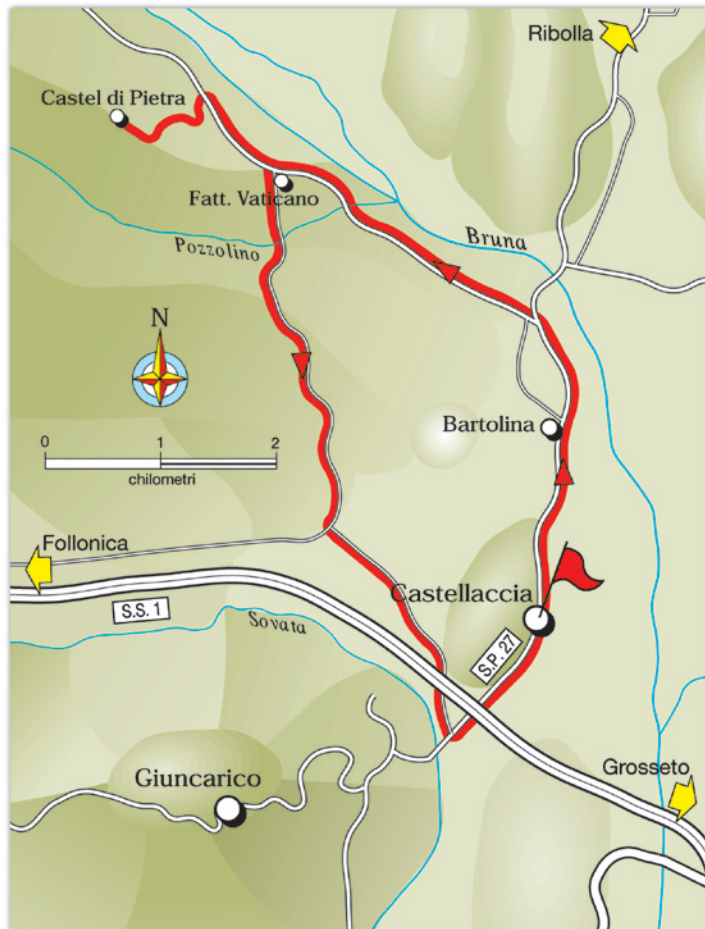
8 THE ETRUSCANS AND THE SEA (GR4) - 63.6 km



- FOLLONICA (LOC. PUNTONI) - km 0
- SCARLINO - km 5
- GAVORRANO - km 8.6
- RAVI - km 17
- CALDANA - km 21.3
- GRILLI - km 27
- BIVIO TIRLI - km 36.2
- CASTIGLIONE DELLA PESCAIA - km 43.1
- PIAN D'ALMA - km 58.4
- FOLLONICA (LOC. PUNTONI) - km 63.6

Starting point and arrival: **Follonica** (Locality Puntone)
 Distance in kilometres: **63.6 km**
 Difference in altitude: **560 m**
 Type of road: **tarred road**
 Bicycle: **roadster** or **all-terrain**
 Difficulty: **average - easy**





- CASTELLACCIA - km 0
- FATTORIA VATICANO - km 5.4
- CASTEL DI PIETRA - km 7.1
- FATTORIA VATICANO - km 8.7
- CASTELLACCIA - km 16.5

Starting point and arrival: **Castellaccia** (Hamlet of Gavorrano)

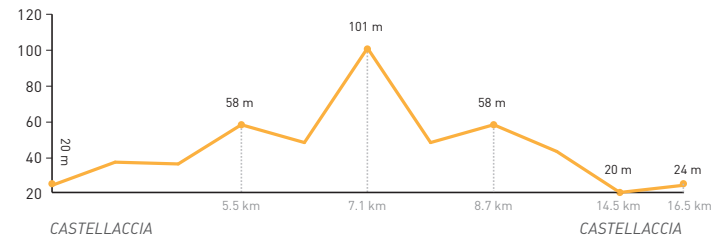
Distance in kilometres: **16.5 km**

Difference in altitude: **negligible**

Type of road: **tarred road** (11.8 km) and **dirt track** (4.7 km)

Bicycle: **all-terrain** and **MTB**

Difficulty: **easy**





- PAGANICO - km 0
- FERCOLE (CASAL DI PARI) - km 16
- CASENOVOLE - km 19.2
- MONTE ANTICO STAZIONE - km 28
- PAGANICO - km 38.4

Starting point and arrival: **Paganico**

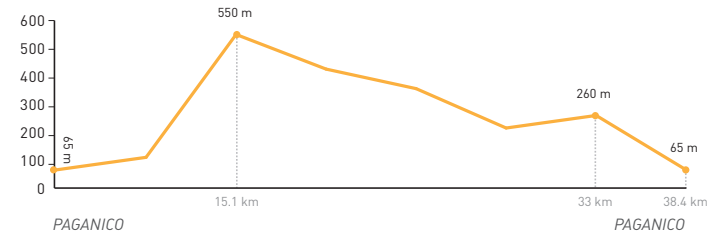
Distance in kilometres: **38.4 km** (42.8 km with the recommended detour)

Difference in altitude: about **350 m**

Type of road: **tarred road**

Bicycle: **roadster** and **all-terrain**

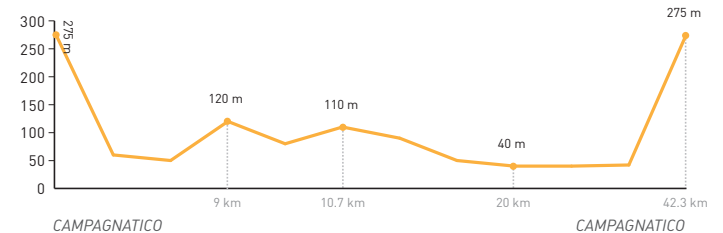
Difficulty: **average - demanding**





- CAMPAGNATICO - km 0
- MARRUCHETI - km 11.8
- ISTIA D'OMBRONE - km 21
- ARCILLE - km 28.8
- SANT'ANTONIO - km 32
- CAMPAGNATICO - km 42.3

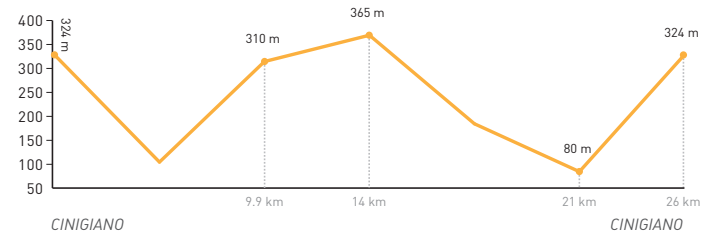
Starting point and arrival: **Campagnatico**
 Distance in kilometres: **42.3 km**
 Difference in altitude: **340 m**
 Type of road: **tarred road**
 Bicycle: **roadster** and **all-terrain**
 Difficulty: **average**

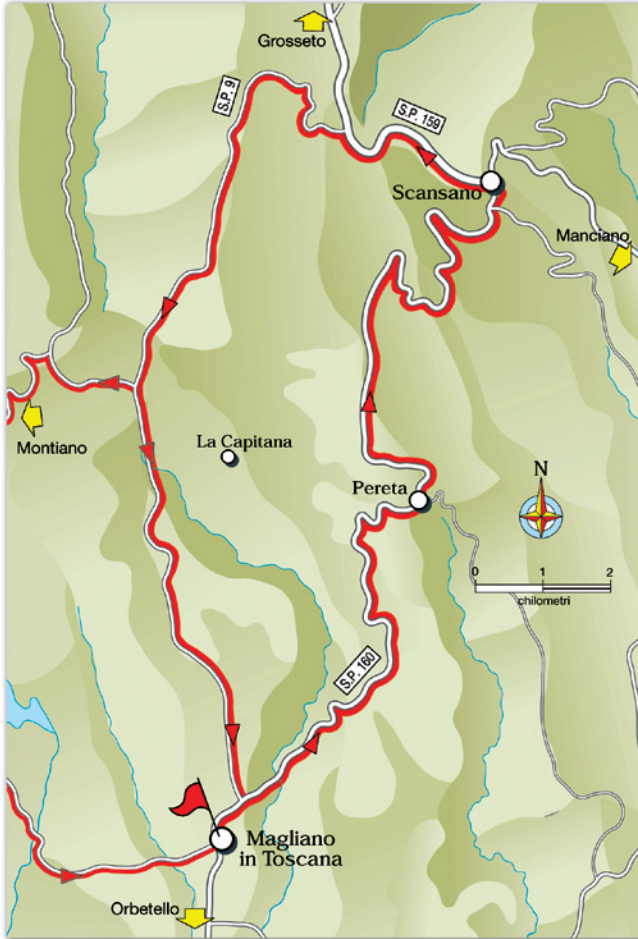




- CINIGIANO - km 0
- MONTE CUCCO - km 10.4
- BIVIO SASSO D'OMBRONE - km 14
- CINIGIANO - km 26.2

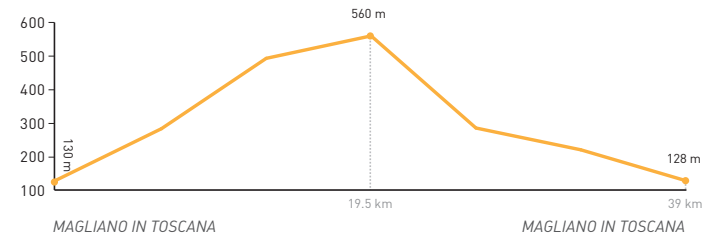
Starting point and arrival: **Cinigiano**
 Distance in kilometres: **26.2 km**
 Difference in altitude: **250 m**
 Type of road: **tarred road**
 Bicycle: **roadster** and **all-terrain**
 Difficulty: **average**





- MAGLIANO IN TOSCANA - km 0
- PERETA - km 8
- SCANSANO - km 18
- STRADA DELLAIONE - km 20
- MAGLIANO IN TOSCANA - km 39

Starting point and arrival: **Magliano in Toscana**
 Distance in kilometres: **39 km** (48.5 km with the detour)
 Difference in altitude: about **410 m**
 Type of road: **tarred road**
 Bicycle: **roadster** and **all-terrain**
 Difficulty: **average - easy**

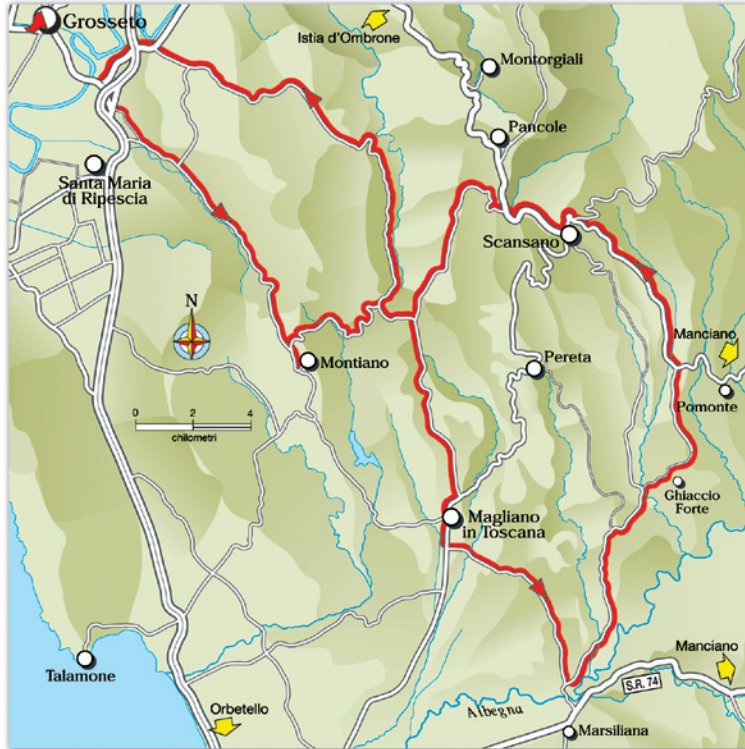


14 THE HEART OF MAREMMA (GR5) - 96 km



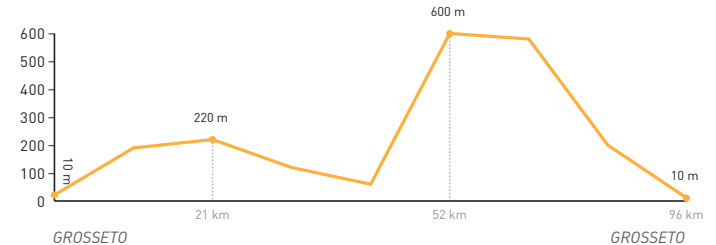
14

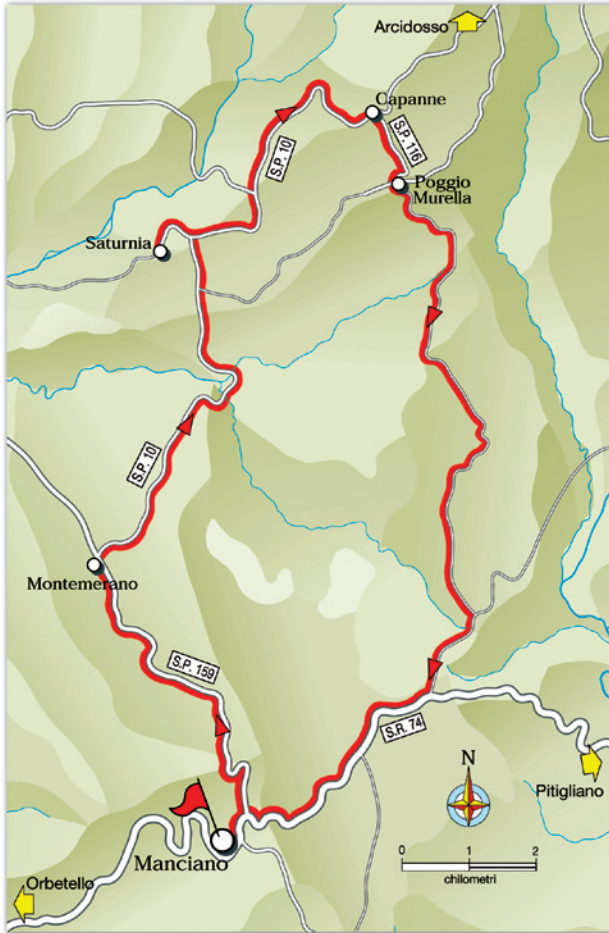
THE HEART OF MAREMMA (GR5)



- GROSSETO (PONTE MUSSOLINI) - km 0
- MAGLIANO IN TOSCANA - km 25
- BIVIO MARSILIANA - km 34
- SCANSANO - km 60
- BIVIO MONTIANO - km 80.2
- GROSSETO (PONTE MUSSOLINI) - km 96

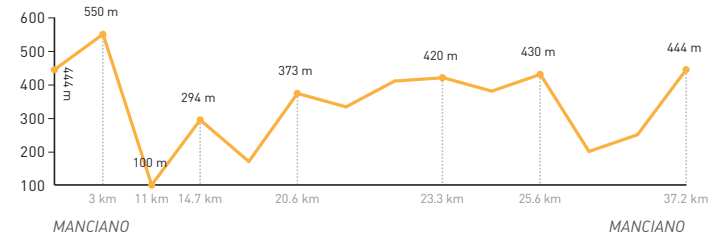
Starting point and arrival: **Grosseto**
Distance in kilometres: **96 km**
Difference in altitude: **750 m**
Type of road: **tarred road**
Bicycle: **roadster** and **all-terrain**
Difficulty: **average**





- MANCIANO - km 0
- MONTEMERANO - km 6.2
- TERME DI SATURNIA - km 10
- SATURNIA - km 14.7
- POGGIO CAPANNE - km 20.6
- POGGIO MURELLA - km 22.8
- MANCIANO - km 37.2

Starting point and arrival: **Manciano**
 Distance in kilometres: **37.2 km**
 Difference in altitude: about **260 m**
 Type of road: **tarred road** (1.2 km on dirt track)
 Bicycle: **roadster** and **all-terrain**
 Difficulty: **average**





- MANCIANO - km 0
- LAGO SCURO - km 3.5
- CAPRIOLA - km 9.4
- BIVIO CAPALBIO - km 10.7
- S.P. 67 - km 14.4
- LA CAMPIGLIOLA - km 17
- ATTR. S.P. 32 - km 20.3
- S.R. 74 - km 26.3
- MANCIANO - km 29

Starting point and arrival: **Manciano**

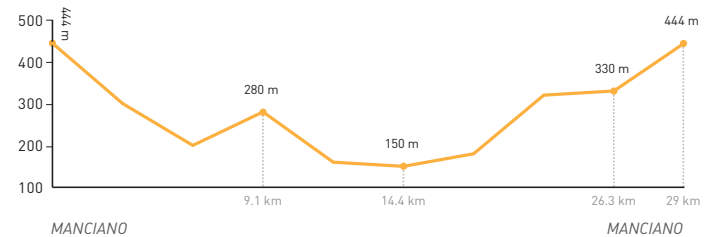
Distance in kilometres: **29 km**

Difference in altitude: about **350 m**

Type of road: **hybrid** (19.5 km dirt track + 9.5 km tarred road)

Bicycle: **MTB** and **all-terrain**

Difficulty: **average**





- FOLLONICA (LOC. PUNTOLE) - km 0
- PIAN D'ALMA - km 3.6
- PUNTA LE CANNE - km 8.5
- CALA VIOLINA - km 9.5
- CALA MARTINA - km 11.4
- FOLLONICA (LOC. PUNTOLE) - km 15.6

Starting point and arrival: **Follonica** (Locality Puntone)

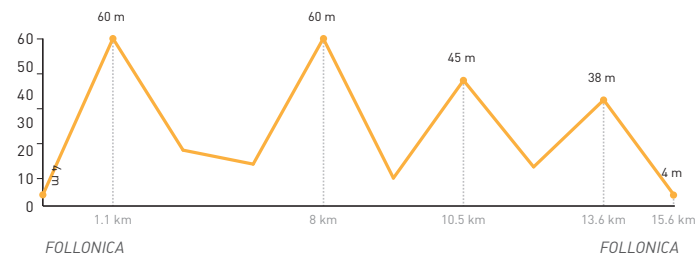
Distance in kilometres: **15.6 km**

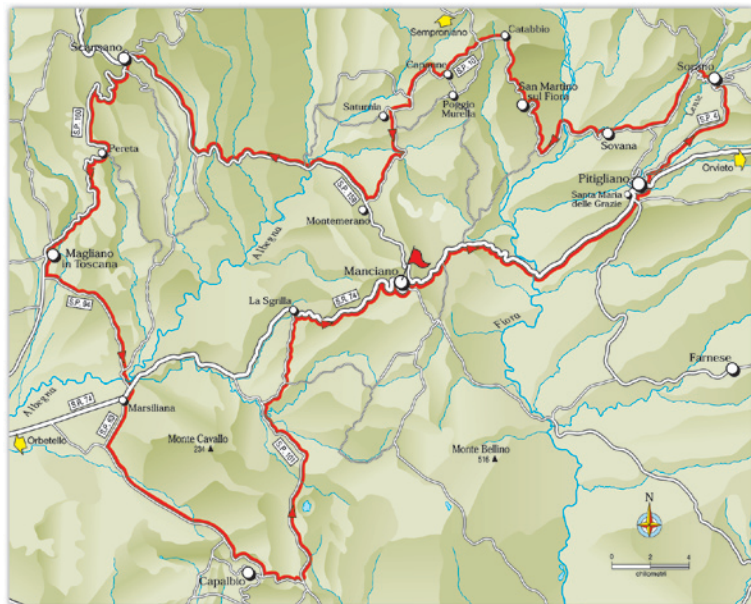
Difference in altitude: **60 m**

Type of road: **dirt track** and **tarred road**

Bicycle: **MTB** or **all-terrain**

Difficulty: **easy**





- MANCIANO - km 0
- PITIGLIANO - km 18.5
- SORANO - km 27.5
- SOVANA - km 37.5
- S. MARTINO SUL FIORA - km 47.5
- SATURNIA - km 62.5
- MONTEMERANO - km 68.5
- SCANSANO - km 89.5
- PERETA - km 99.5
- MAGLIANO IN TOSCANA - km 107.5
- MARSILIANA - km 125.9
- CAPALBIO - km 139.9
- LA SGRILLA - km 160.4
- MANCIANO - km 169.4

Starting point and arrival: **Manciano**

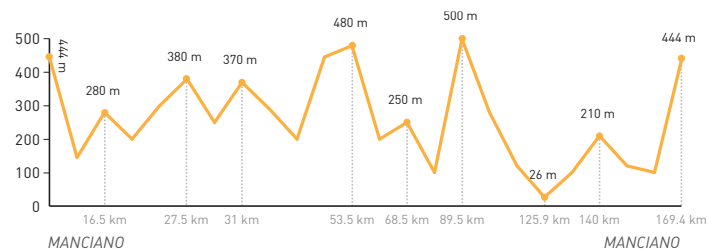
Distance in kilometres: **169.4 km**

Difference in altitude: **2.255 m**

Type of road: **tarred road**

Bicycle: **roadster**

Difficulty: **exacting**





- ARCIDOSSO - km 0
- MONTEATERONE - km 3
- BIVIO MONTICELLO AMIATA - km 8.2
- LOCALITÀ ALTETA - km 10.8
- BIVIO MONTE AQUILAIA - km 12.3
- VALICO BUCETO - km 16.4
- BIVIO MONTE LABBRO - km 18.4
- LOCALITÀ MERIGAR - km 26.1
- LOCALITÀ AIOLE - km 27.5
- ARCIDOSSO - km 30.7

Starting point and arrival: **Arcidosso**

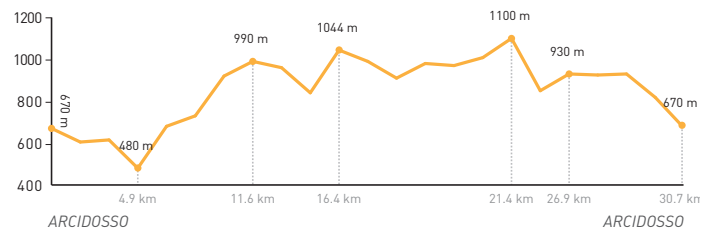
Distance in kilometres: **30.7 km**

Difference in altitude: **990 m**

Type of road: **22 km dirt track + 8.7 km tarred road**

Bicycle: **MTB**

Difficulty: **exacting**





- ARCIDOSO - km 0
- LE MACCHIE - km 5.6
- BIVIO BUCETO - km 10.3
- ROCCALBEGNA - km 20
- RISERVA DEL PESCINELLO - km 23
- BIVIO MONTE LABBRO - km 28.7
- LOCALITÀ AIOLE - km 34.6
- ARCIDOSO - km 37.8

Starting point and arrival: **Arcidosso**

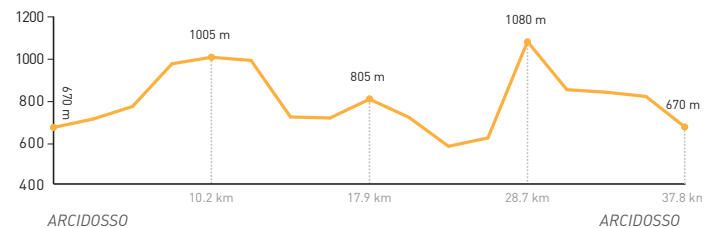
Distance in kilometres: **37.8 km**

Difference in altitude: **1.050 m**

Type of road: **22.3 km dirt track + 15.5 km tarred road**

Bicycle: **MTB**

Difficulty: **average - exacting**



21 THE MAREMMA PARK - 34.2 km



- RISPESCIA - km 0
- PONTI NERI - km 1.4
- BARBICATO - km 2.6
- MOLINACCIO - km 4.9
- ALBERESE - km 7.9
- CENTRO VISITE PARCO DELLA MAREMMA - km 8.4
- LOCALITÀ SPERGOLAIA - km 10.5
- MARINA DI ALBERESE - km 17
- FOCE DELL'OMBRONE - km 19.2
- LOCALITÀ SPERGOLAIA - km 27
- CANALE ESSICCATORE - km 28
- ANTICA DOGANA - km 30.6
- GIUNCOLA - km 32
- RISPESCIA - km 34.2

Starting point and arrival: **Rispectia**

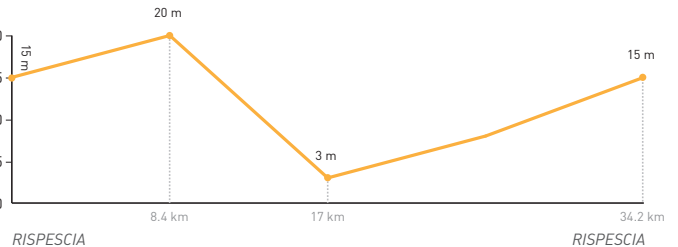
Distance in kilometres: **34.2 km**

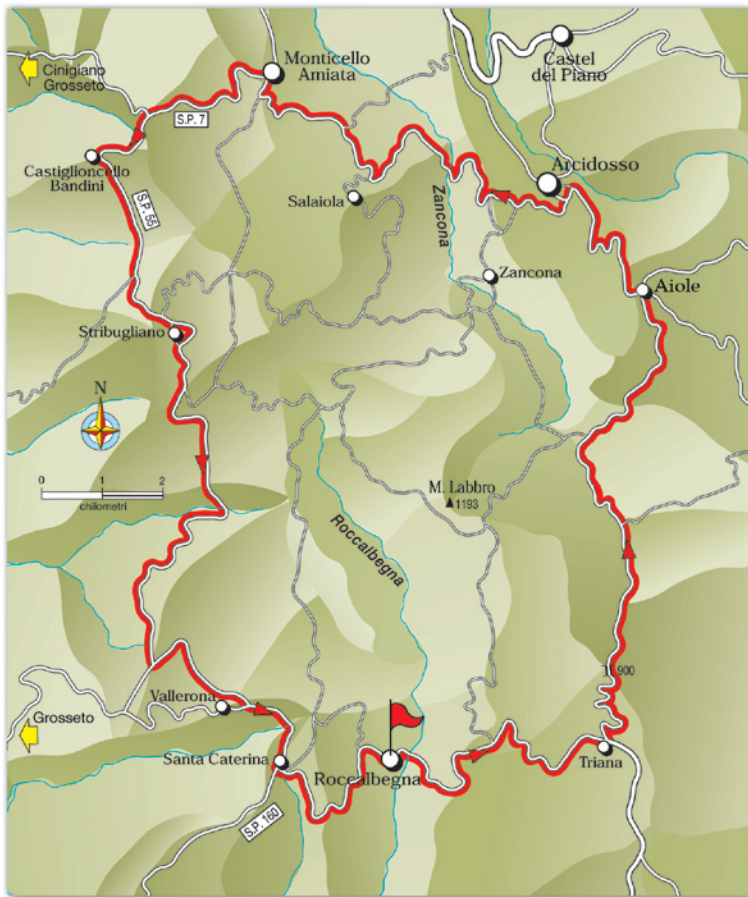
Difference in altitude: **negligible**

Type of road: **tarred road** (with a few stretches of smooth dirt track)

Bicycle: **all-terrain and roadster**

Difficulty: **easy**





- ROCCALBEGNA - km 0
- TRIANA - km 6.2
- LOCALITÀ AIOLE - km 16.8
- ARCIDOSSO - km 20
- MONTICELLO AMIATA - km 29.8
- CASTIGLIONCELLO BANDINI - km 34.5
- STRIBUGLIANO - km 38
- SANTA CATERINA - km 50.6
- ROCCALBEGNA - km 54

Starting point and arrival: **Roccalbegna**

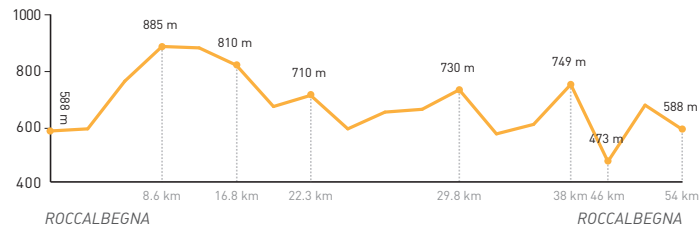
Distance in kilometres: **54 km**

Difference in altitude: **1.100 m**

Type of road: **tarred road**

Bicycle: **roadster** and **all-terrain**

Difficulty: **average - demanding**





- CASTEL DEL PIANO - km 0
- ARCIDOSSO - km 4
- MONTICELLO AMIATA - km 14
- CINIGIANO - km 24
- BIVIO GRANAIONE - km 35.8
- BACCINELLO - km 46.4
- CANA - km 55.5
- SANTA CATERINA - km 64
- ROCCALBEGNA - km 67.4
- TRIANA - km 73.6
- LOCALITÀ AIOLE - km 84.2
- ARCIDOSSO - km 87.7
- CASTEL DEL PIANO - km 92

Starting point and arrival: **Castel del Piano**

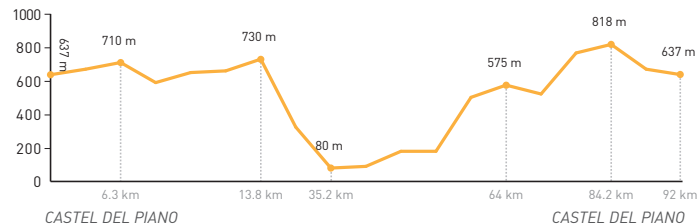
Distance in kilometres: **92 km**

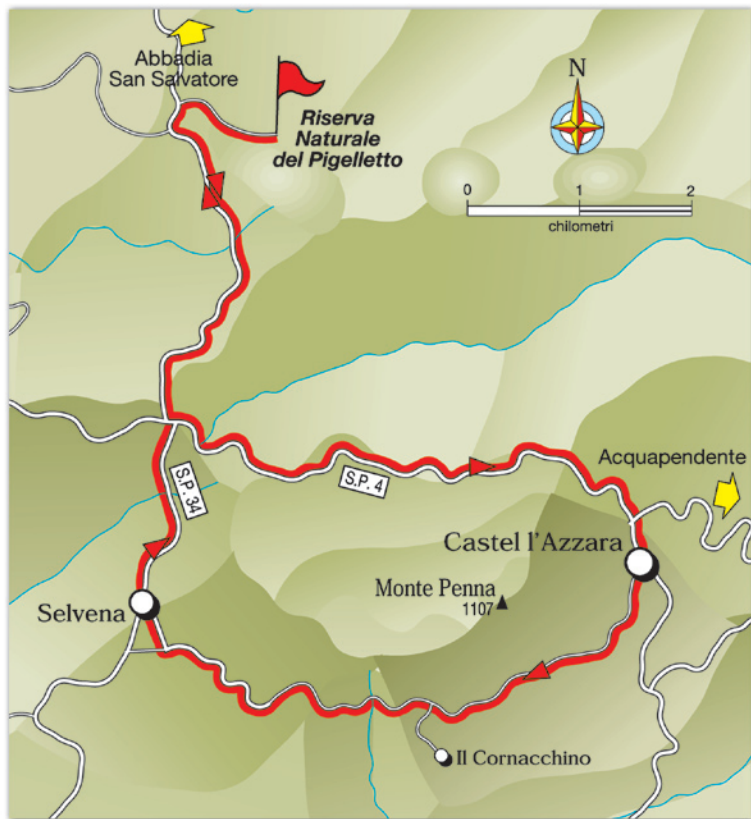
Difference in altitude: **1000 m**

Type of road: **tarred road**

Bicycle: **roadster** and **all-terrain**

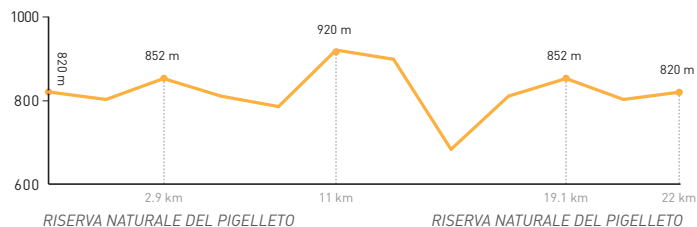
Difficulty: **demanding**

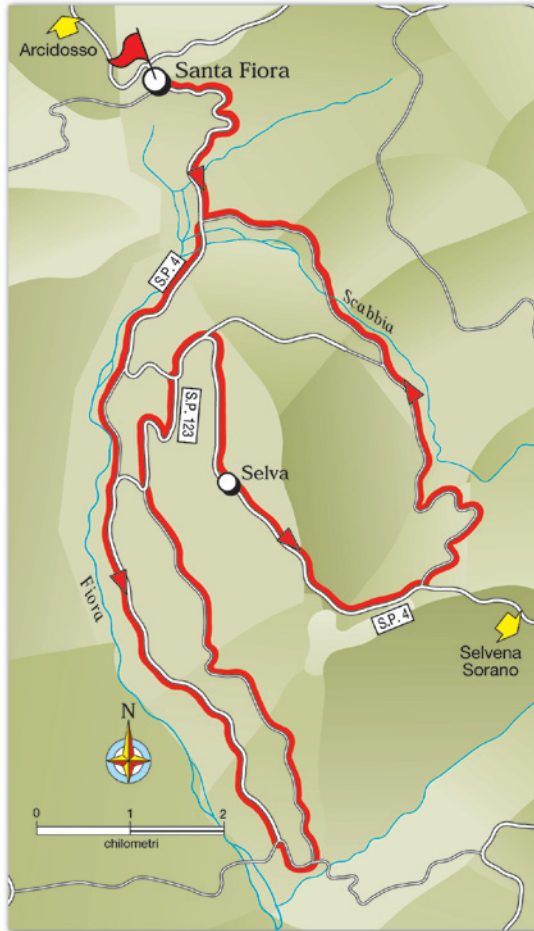




- RISERVA NATURALE DEL PIGELLETO - km 0
- CASTELL'AZZARA - km 10
- SELVENA - km 15.5
- RISERVA NATURALE DEL PIGELLETO - km 22

Starting point and arrival: **Riserva Naturale del Pigelleto** (about 7 km from Piancastagnaio)
 Distance in kilometres: **22 km**
 Difference in altitude: **450 m**
 Type of road: **17 km tarred road + 5 km dirt track**
 Bicycle: **all-terrain** and **roadster**
 Difficulty: **average**





- SANTA FIORA - km 0
- TORRENTE SCABBIA - km 4.8
- TORRENTE RIGO SECCO - km 7.8
- SELVA - km 12.4
- SANTA FIORA - km 34.3

Starting point and arrival: **Santa Fiora**

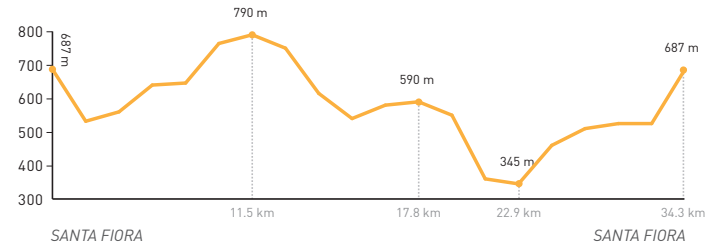
Distance in kilometres: **34.3 km**

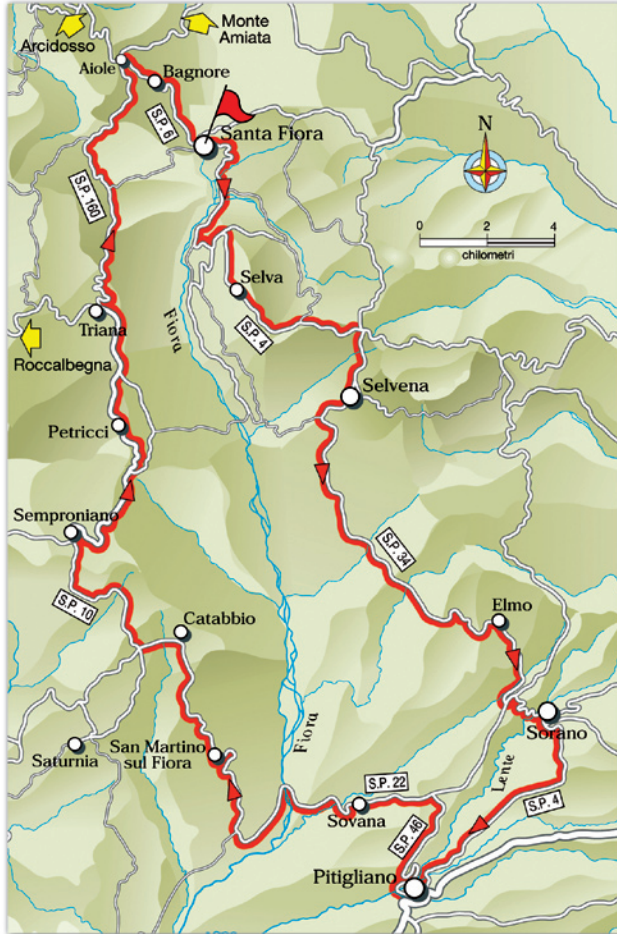
Difference in altitude: **750 m**

Type of road: **19.6 km tarred road + 14.7 km dirt track**

Bicycle: **MTB and all-terrain**

Difficulty: **average - demanding**





- SANTA FIORA - km 0
- SELVA - km 8.5
- SELVENA - km 16
- ELMO - km 28
- SORANO - km 33
- PITIGLIANO - km 44
- SOVANA - km 52
- SAN MARTINO SUL - km 63
- FIORA
- BIVIO CATABBIO - km 67
- SEMPRONIANO - km 74.5
- PETRICCI - km 80
- TRIANA - km 85
- LOCALITÀ AIOLE - km 95.5
- SANTA FIORA - km 100

Starting point and arrival: **Santa Fiora**

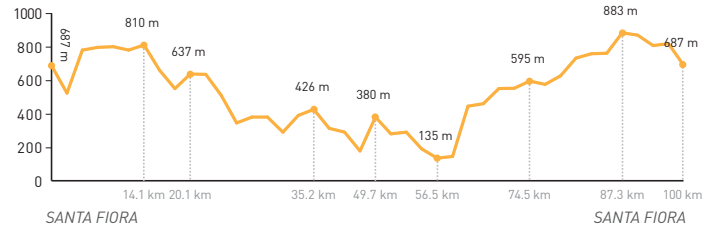
Distance in kilometres: **100 km**

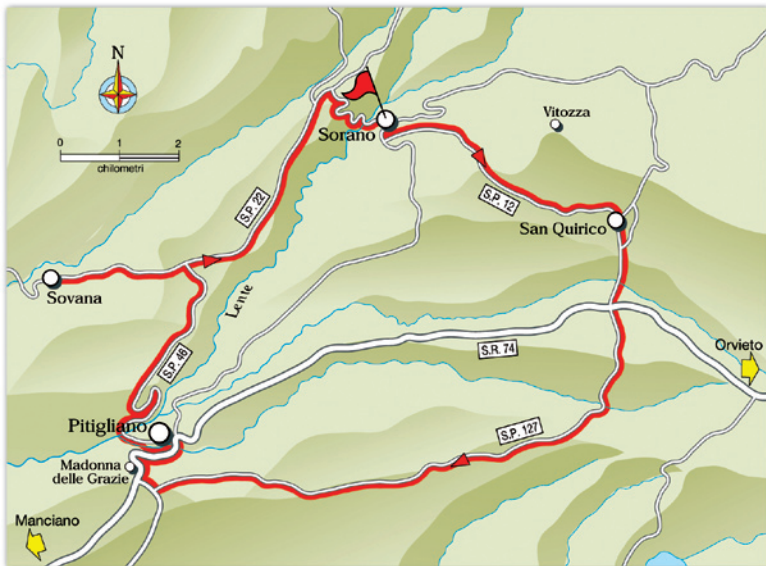
Difference in altitude: **1.420 m**

Type of road: **tarred road**

Bicycle: **roadster** and **all-terrain**

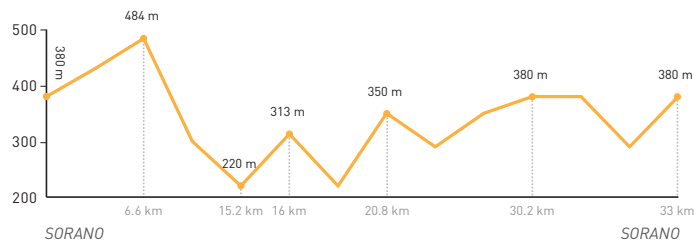
Difficulty: **demanding**





- SORANO - km 0
- SAN QUIRICO - km 5
- MADONNA DELLE GRAZIE - km 12.5
- PITIGLIANO - km 14.5
- SORANO - km 28

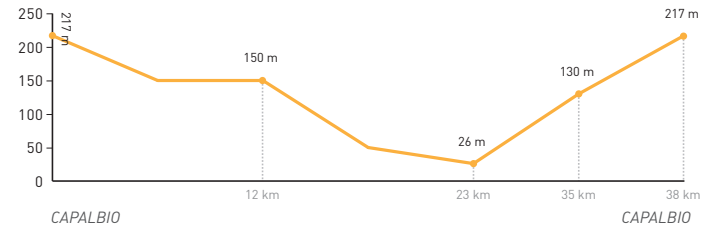
Starting point and arrival: **Sorano**
 Distance in kilometres: **28 km** [33 km with the Sovana deviation]
 Difference in altitude: **390 m**
 Type of road: **tarred road**
 Bicycle: **roadster** and **all-terrain**
 Difficulty: **average - easy**





- CAPALBIO - km 0
- VALLERANA - km 12
- SGRILLOZZO - km 16.2
- MARSILIANA - km 23
- CAPALBIO - km 38

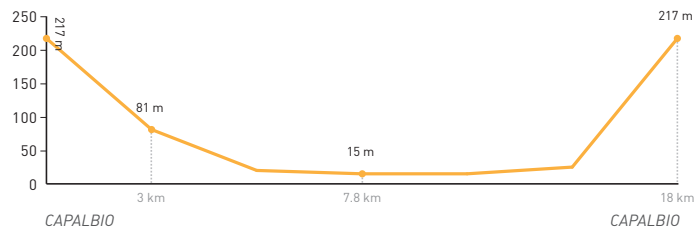
Starting point and arrival: **Capalbio**
 Distance in kilometres: **38 km**
 Difference in altitude: **200 m**
 Type of road: **tarred road**
 Bicycle: **roadster** and **all-terrain**
 Difficulty: **average - easy**





- CAPALBIO - km 0
- BIVIO PESCIA FIORENTINA - km 3
- GARAVICCHIO - km 7.8 (GIARDINO DEI TAROCCHI)
- BORGO CARIGE - km 12.3
- CAPALBIO - km 18

Starting point and arrival: **Capalbio**
 Distance in kilometres: **18 km**
 Difference in altitude: **240 m**
 Type of road: **tarred road**
 Bicycle: **roadster and all-terrain**
 Difficulty: **average - easy**





- ANSEDONIA STAZIONE - km 0
- OASI LAGO DI BURANO - km 7.2
- CHIARONE SCALO - km 14.2
- GARAVICCHIO - km 19.4
(GIARDINO DEI TAROCCHI)
- BORGO CARIGE - km 24
- ANSEDONIA STAZIONE - km 35.1

Starting point and arrival: **Ansedonia Stazione**

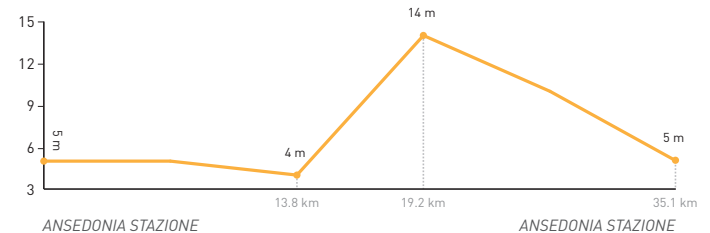
Distance in kilometres: **35.1 km**

Difference in altitude: **negligible**

Type of road: **tarred road**

Bicycle: **roadster and all-terrain**

Difficulty: **easy**





- ORBETELLO - km 0
- LOCALITÀ TERRAROSSA - km 2
- TOMBOLO DELLA FENIGLIA - km 3.5
- ANSEDONIA (COSA) - km 13.2
- VIA DI CAMERETTE - km 16
- ORBETELLO SCALO - km 21
- ORBETELLO - km 25

Starting point and arrival: **Orbetello**

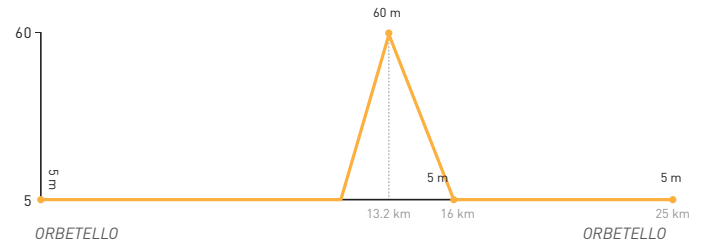
Distance in kilometres: **25 km**

Difference in altitude: **negligible**

Type of road: **hybrid** (19 km tarred road + 6 km dirt track)

Bicycle: **all-terrain** and **MTB**

Difficulty: **easy**





- ORBETELLO - km 0
- PORTO ERCOLE - km 6.2
- PUNTA AVVOLTOIRE - km 12.3
- STRADA PANORAMICA - km 26
- PORTO SANTO STEFANO - km 36
- ORBETELLO - km 46.3

Starting point and arrival: **Orbetello**

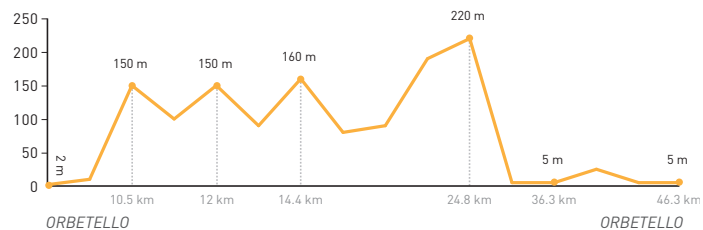
Distance in kilometres: **46.3 km**

Difference in altitude: **450 m**

Type of road: **hybrid** (tarred road + dirt track)

Bicycle: **all-terrain** and **MTB**

Difficulty: **demanding**





- ORBETELLO - km 0
- STRADA DI CAMERETTE - km 4
- ANSEDONIA (COSA) - km 10.9
- OASI LAGO DI BURANO - km 19.2
- CHIARONE SCALO - km 26.2
- GARAVICCHIO - km 31.4
(GIARDINO DEI TAROCCHI)
- BORGO CARIGE - km 36
- CAPALBIO - km 41
- MARSILIANA - km 55
- MAGLIANO IN TOSCANA - km 65.6
- QUATTROTRADE - km 82.4
- ORBETELLO SCALO - km 85
- ORBETELLO - km 89

Starting point and arrival: **Orbetello**

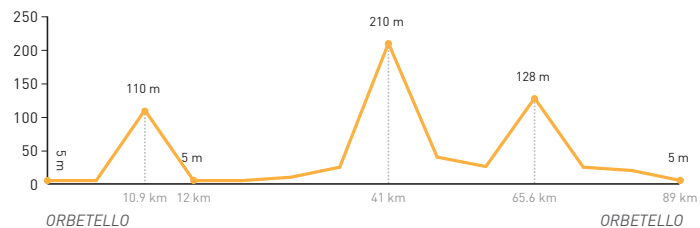
Distance in kilometres: **89 km**

Difference in altitude: **550 m**

Type of road: **tarred road** (con un tratto di 1.4 km on dirt track)

Bicycle: **roadster** and **all-terrain**

Difficulty: **average**





Starting point: **Follonica**

Arrival point: **Orbetello**

Distance in kilometres: **94.3 km** [Capalbio]
93.5 km [Orbetello]

Difference in altitude: da **500** a **1000** m

Type of road: **tarred road**

Bicycle: **roadster** and **all-terrain**

Difficulty: **average - easy**

- FOLLONICA - km 0
- CASTIGLIONE DELLA PESCAIA - km 17.7
- MARINA DI GROSSETO - km 28.8
- GROSSETO - km 41.7
- STRADA COMUNALE DELLA GRANCIA - km 46.5
- MONTIANO - km 49.6
- MAGLIANO IN TOSCANA - km 69.7
- VARIANTE CAPALBIO:
- MARSILIANA - km 79.3
- CAPALBIO - km 94.3
- VARIANTE ARGENTARIO:
- S.R. 74 - km 81.5
- QUATTROSTRADE - km 86.5
- ORBETELLO SCALO - km 89.5
- ORBETELLO - km 93.5

