

MAREMMA OF STONE

MASSA MARITTIMA - GHIRLANDA - PEROLLA - CASTEL DI PIETRA - LAGO DELL'ACCESA - MASSA MARITTIMA

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NOTES: From the point of view of the altitude this itinerary presents a wavy profile. Its only real roughness is to be found in the valley stretch in the vicinity of Lago dell'Accesa and in the final climb to central Massa Marittima (2.5 kilometres). One can reduce the difference in altitude by about 100 metres starting from the petrol station below Massa Marittima on the road to Follonica. In this case one follows the large bypass in the direction of Siena for about 5 kilometres up to a crossroads to Massa: one turns right in the direction of central Massa and, almost immediately, one takes the byroad on the left to Ghirlanda and Ribolla.

One leaves central Massa Marittima in the direction of Siena and Larderello.

Shortly before taking the provincial road S.P. 439 to Larderello one turns right in the direction of Ghirlanda and Ribolla. The road keeps level for about 6.5 kilometres and then starts downhill quite steeply for 3 kilometres towards the old village - farm of Perolla - coming into view on the left.

From now on the road continues decidedly downhill as far as a T-crossing not to be missed. Here one takes to the right following the road sign to Gavorrano. After exactly 1.1 kilometres one meets a bypath on the left marked by a yellow sign indicating Castel di Pietra. This short detour (3+3 kilometres) towards the castle is to be recommended: cycling for 2.3 kilometres on a smooth-flowing dirt-road fringed with cypresses and then to the right, starting the climb of 700 metres towards the medieval stronghold. One leaves the bicycles at the beginning of the

pathway and continues on foot to the castle ruins on the top of a hill.

At this point one retraces one's path arriving at the tarred road to continue one's itinerary cycling for 2.5 kilometres as far as a crossroads. Keeping to the right one follows the road sign to the Lago dell'Accesa.

After two kilometres a stretch of steady and good for cycling on climb begins, leading to the locality La Pesta: now it is the ideal moment for a refreshing halt (there is a bar) followed by another short detour on the dirt road to the nearby Lago dell' Accesa.

Returned to the main road one pedals as far as a not to be missed crossroads where one takes to the right in the direction of Massa Marittima.

From now on one cycles downhill reaching the road that starts at the foot of the Massa Marittima rise, cycling uphill on the last stretch as far as the square with the cathedral (35.5 kilometres)

METALLIFEROUS HILLS

MASSA MARITTIMA - MONTEROTONDO - MONTIONI - FATTORIA MARSILIANA - MASSA MARITTIMA



NOTES: This itinerary loses itself in the Metalliferous Hills passing by the Monterotondo area where geothermal energy is produced. It slopes down the Val di Cecina and encroaches for a short stretch in the Livorno Province. The most demanding stretches are the climb from Pian dei Mucini to Monterotondo and the ups and downs of the Marsiliana road. Massa Marittima is a place of great touristic attractions and it undoubtedly deserves a lengthy visit.

Leaving Massa Marittima one takes the provincial road S.P. 162 to Siena. Having crossed the Ghirlanda hamlet one cycles on the deep valley road, mainly uphill as far as Pian dei Mucini (4). After 700 metres in front of a tavern one turns to the left and follows the road signs to Monterotondo and Larderello.

One then takes the regional road S.R. 439 which after having crossed Pian dei Mucini (3 kilometres of even road) starts decidedly uphill following the indication to Larderello. After about 4.5 kilometres one clears the hill and cycles downhill for 1.5 kilometres and then uphill for further 3 kilometres as far as a crossroads (16.7), where one turns to the left to Monterotondo on the regional road S.R. 398 "Val di Cornia". Here the ascent comes to an end and the descent to the urban area of Monterotondo (20) starts.

At the crossing in the centre of the town one cycles downhill on the right in the direction of Piombino and Venturina. With wide bends the road "plunges" rapidly to the bottom of the Val di Cornia. One rides through the plain by the locality Frassine (37.5) to continue on a predominantly slight descent for about 9 kilometres as far as a bend to the right (46.7)

not to be missed. Here one leaves the regional road S.R. 398, that continues in the direction of Suvereto, to turn left in the direction of Follonica and Massa Marittima on the provincial road S.P. 19 reaching Montioni after 8 kilometres (54.7) where a refreshment stand is to be found. Moving on the provincial road S.P. 19 and through the province boundary Livorno-Grosseto the provincial road S.P. 19 becomes the S.P. 33. After 3.2 kilometres one turns left taking the provincial road S.P. 143 "Marsiliana" (57.9). It is one of the most enjoyable roads to cycle on: it winds through hills in a very appreciated landscape.

Along a stretch of 8 kilometres the road varies quite a lot in continuous ups and downs, then it remains level for 4 kilometres arriving within sight of Massa Marittima.

When reaching a T-crossing (70.1) one turns right cycling for 1.1 kilometres on a lovely cypresses fringed avenue as far as a further crossing, continuing then across the regional road S.R. 439 to take the provincial road S.P. 151 leading uphill to the old town of Massa Marittima (73.3).



NOTES: The 5.5 kilometres long climb uphill to Montieri at the end of the itinerary is the only demanding stretch. In view of the reduced distance in kilometres and of the lack of further roughness this itinerary is recommended also for cyclists low on training.

From central Montieri one takes the ramp starting on the right side of the Palazzo Comunale and leading up to the road at the rear of the town, as far as the crossing (800 metres) with the provincial road S.P. 11 "Pavone". Here one turns left in the direction of Gerfalco: on the right a beautiful landscape showing the woods surrounding Gerfalco and the overhanging hillock with the Wildlife Reserve of the Cornate.

After 3.5 kilometres the detour to Gerfalco (4 kilometres outward and back) is recommended. The itinerary follows the steady and enjoyable descent on the provincial road S.P. 11 for over 6 kilometres to meet the regional road S.R. 439 from where one turns left in the direction of Massa Marittima.

A further descent of 3 kilometres and then further 3 kilometres along Pian dei Mucini as far as its namesake crossing (16.5) where there is a bar-tavern. From Pian dei Mucini one cycles on the provincial road S.P.

162 in the direction of Prata. One pedals uphill for about 6 kilometres as far as the viaduct passing by the small town of Prata, which can be seen on the left. One cycles on the same road as far as the Gabellino hamlet (27.3).

From here it is possible to reroute to the right to reach the town of Boccheggiano (2 kilometres and 190 metres difference in altitude) or carry on for further 3.7 kilometres as far as the crossroads to the left to Montieri (31). Past the bridge over the river Merse one cycles on the provincial road S.P. 5 and starts pedalling uphill to Montieri: 5.7 kilometres and 273 metres difference in altitude.

The ride uphill requires a certain exertion but it is not excessively steep. At first it winds through oaks and then through chestnuts on the hairpin bends leading to the small town of Montieri (37).



NOTES: This itinerary is a journey into nature and through the most secluded and authentic towns of Upper Maremma. The most exciting stretches are the short climb towards Travale and the last 5 kilometres before returning to Montieri. There are refreshment points in Gerfalco and Travale; water supply in Borgo delle Lame.

One starts from Montieri and takes the uphill ramp 200 metres long on the right side of the Town-Hall Palace to reach the road at the rear of the town, where one continues uphill for 600 metres as far as the crossing with the provincial road S.P. 11 "Pavone". Here one turns left in the direction of Gerfalco: on the right a beautiful landscape showing the woods surrounding Gerfalco and the overhanging hillock with the Wildlife Reserve of the Cornate. After 3.5 kilometres one leaves the S.P. 11 to take the S.P. 71 in the direction of Gerfalco.

The crest road gives onto the coast on the left while at the same time overlooking the Cecina plain and the Siena territories on the right. From here the two rises over 1000 metres of the Metalliferous Hills are visible: the Poggio di Montieri with the aerials and Poggio with the Wildlife Reserve of the Cornate, right above Gerfalco. After about 2 kilometres one reaches Gerfalco (6.3) at 860 metres above sea level. A visit to the old town is recommended.

The itinerary continues to the left following two wooden signposts indicating Cima Le Cornate and Fonte il Canaluzzo. After 500 metres the road turns into a dirt track leading downhill through the luxuriant vegetation. After about 1 kilometre, at a left turning, one should stop to admire the landscape of the Plain of the Cecina, a river whose source is

near Gerfalco. The dirt track continues downhill alternating landscape views with wood-covered stretches. Along the way one sees old and typical farmhouses, some of which beautifully renovated. On reaching the valley bottom (8.5) one starts riding uphill and after 200 metres, at a crossroads one keeps to the left (avoiding the right descent) to reach Lame (9.4), an ancient rural village. The road continues uphill and about 200 metres past the village, on the left at road level, there is a source and shortly afterwards one reaches a crossroads (10.2): the way to the left leads to the Fonte del Canaluzzo 600 metres away, while the itinerary proceeds on the right in a descent that a little while later allows a view of the small village of Travale.

One cycles by a few farms and the descent comes to an end at the valley bottom next to a bridge over the river Cecina (15.8) where the tarred road starts anew. Here begins the climb of about 1 kilometre to Travale.

A little later at a T-crossing one turns left (the right side leads to the old town of Travale with its castle deserving a visit) to reach the provincial road S.P. 5 which on the right returns to Montieri. Next to the crossing there is a refreshment stand. Montieri is 5.5 kilometres from here and it can be reached cycling continuously uphill, but not too steeply. The ring ends in front of the Town-Hall Palace (23).

JOURNEY INTO THE MIDDLE AGES (GR3)

STICCIANO SCALO - ROCCASTRADA - SASSOFORTINO - ROCCATEDERIGHI - GABELLINO - MONTIERI - PIAN DEI MUCINI - PRATA - TATTI - RIBOLLA - PIAN DEL BICHI - STICCIANO SCALO

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NOTES: Itinerary of great landscape interest having technical features of high value. Not very busy roads, varying altitude. The last 20 kilometres without any difficulty. The last stretch of the itinerary, past Ribolla, follows country bypaths therefore it is essential to follow carefully the pointers describing the itinerary.

One leaves from Sticciano Scalo and takes the provincial road S.P. 157 in the direction of Roccastrada. One cycles on a level road fringed with a double row of stone-pines. After about 5 kilometres the road starts uphill with good for cycling on slopes, through cork oaks. After 8.5 kilometres the S.P. 157 turns left towards the rise of Roccastrada (on the right the crossroads to the S.P. 46 "Tollero" to Paganico).

Uphill for another 5 kilometres enjoying the beautiful view towards the coast and reaching the town of Roccastrada as far as the roundabout in the middle of it (13.9). From here the S.P. 157 continues uphill for a pair of kilometres on the crest of panoramic hills. About 3 kilometres after leaving Roccastrada one turns from the S.P. 157 and takes the S.P. 8 "Meleta" on the left, in the direction of Sassofortino and Roccatederighi. Cycling uphill one reaches Sassofortino (560 metres above sea level) and cycles on along a panoramic road mostly downhill as far as Roccatederighi (26) and the next large crossing (28.3) where, keeping on the right, one takes the S.P. 19 to Prata, Montieri and Siena. After the crossing, on the right, one finds the source of the river Farma. The road winds like a snake through shadowing vegetation for 8 kilometres cycling on the level bend as far as Gabellino (36.3) where at the T-crossing one takes the S.P. 162 turning right towards Montieri. From here it is possible to detour to the right to reach the town of Boccheggiano (2 kilometres and 190 metres difference in altitude) or continue for 3.7 kilometres as far as the crossroads to the left to Montieri (40). Past the bridge over the river Merse one cycles on the S.P. 5 starting uphill towards Montieri: 5.7 kilometres and 273 metres difference in altitude. In the village (45.7) one takes the ramp starting on the right side of the Palazzo Comunale and leading up to the road at the rear of the town, as far as the crossing (46.5) with the provincial road S.P. 11 "Pavone". Here one turns left in the direction of Gerfalco: on the right a beautiful landscape showing the woods surrounding Gerfalco and the overhanging hillock with the Wildlife Reserve of the Cornate. After 3.5 kilometres the detour to Gerfalco (4 kilometres outward and back) is recommended. The itinerary follows the steady and enjoyable descent on the provincial road S.P. 11 for over

6 kilometres to meet the regional road S.R. 439 from where one turns left in the direction of Massa Marittima.

A further descent of 3 kilometres and then further 3 kilometres along Pian dei Mucini as far as its namesake crossing (62.6) where there is a bar-tavern. From Pian dei Mucini one rides on the provincial road S.P. 162 in the direction of Prata. One cycles uphill for about 6 kilometres as far as the viaduct passing by the small town of Prata, which can be seen on the left. After about 2 kilometres (71.8) one turns right on the S.P. 54 "Cerro Balestro" in the direction of Tatti, cycling uphill for the first 4 kilometres and then downhill as far as the village about 8 kilometres away. From the centre of Tatti (80.4) one cycles downhill through a very beautiful landscape towards the plain following the road signs to Ribolla and Grosseto on the provincial road S.P. 53, ending at a T-crossing (87.5). Here one turns left and takes the S.P. 31 to Ribolla. After 1.5 kilometres one enters the town of Ribolla and reaches a crossing (89.4) where one turns right towards Castiglione della Pescaia on the S.P. 20. Cycling for 2.8 kilometres one reaches a well defined bend to the right: here one leaves the S.P. 31 and turns left towards Sticciano on the S.P. 91 "Pian del Bichi". For about 5 kilometres one cycles on a level road among tilled fields and vineyards with a fair view on the left towards the town of Montemassi. After a short climb through vineyards, before reaching a large farm among centuries old pines, one turns right onto "Via Pian del Bichi" leaving the S.P. 91 "Pian del Bichi" (97.3). The small path skirts the large farm and then turns decidedly to the right through vineyards and a row of young pines while keeping to the main road (after about 1.5 kilometres at a crossroads one keeps to the left) for over 3 kilometres as far as the crossing with the S.P. 19 which one crosses orthogonally to take the S.P. 138 "Monte Lattaia" (100.7). One cycles on it as far as its end about 2.5 kilometres away: at the T-crossing (103.1) one continues on the right on the small path along the main track (avoiding every detour) for a pair of kilometres as far as a small low concrete bridge that turns into a ford by very heavy rains. Shortly afterwards one clears a level crossing and reaches a well-marked T-crossing with the S.P. 157, where one turns right towards the nearby Sticciano Scalo (106.3).

A BALCONY ON MAREMMA

ROCCASTRADA - SASSOFORTINO - ROCCATEDERIGHI - TATTI - RIBOLLA - PIAN DEL BICHI - ROCCASTRADA



NOTES: Itinerary of great landscape interest having technical features of high value and roads with a low traffic flow. Refreshments to be had in Roccastrada, Sassofortino, Roccatederighi, Tatti, Ribolla and Sticciano Scalo. From Ribolla it is possible to detour to Montemassi, in a beautiful landscape position (4 kilometres level and 2 uphill).

From Roccastrada, by the large roundabout, one takes the provincial road S.P. 157 in the direction of Sassofortino and Monticiano. One cycles easily uphill for a pair of kilometres on the slopes of panoramic hills. 3 kilometres after the start one leaves the S.P. 157 and takes the S.P. 8 "Meleta" on the left in the direction of Sassofortino and Roccatederighi.

One pedals uphill reaching Sassofortino (560 metres above sea level) and continues on a panoramic road mostly downhill as far as Roccatederighi (12). At the next large crossing (14.3) one continues in the direction of Tatti and Ribolla. After 5 kilometres on a fair road surrounded by lush vegetation one reaches the centre of Tatti (19.3). From here one cycles on a very fine descent with panoramic view towards the plain, following the road signs to Ribolla and Grosseto, on the S.P. 53 ending at a T-crossing (26.4). Here one turns left cycling across the plain towards Ribolla on the S.P. 31. After 1.5 kilometres one enters the urban area of Ribolla as far as a crossing (28.3) where one turns right in the direction of Castiglione della Pescaia taking the provincial road S.P. 20.

One covers a distance of 2.8 kilometres as far as a well-defined bend to the right. Here one turns left leaving the S.P. 31 and taking the S.P. 91 "Pian del Bichi" in the direction of Sticciano. One cycles across the plain for about 5 kilometres through cultivated land and vineyards with a fair view of Montemassi on the left. After a short climb among the

vineyards and within sight of a large farm surrounded by centuries-old pines one turns right entering "Via Pian del Bichi", leaving the S.P. 91 "Pian del Bichi" (36.2). The path bypasses the large farm and turns decidedly right through vineyards and a line of young pines.

One keeps to the main road (after about 1.5 kilometres at the crossroads one keeps to the left) for over 3 kilometres as far as the crossing with the S.P. 19, to be orthogonally crossed to take the provincial road S.P. 138 "Monte Lattaia" (39.6). One cycles to the end for about 2.5 kilometres as far as the T-crossing (42). Here one continues on the right following the path along the main track (avoiding all deviations) for a pair of kilometres as far as a small low concrete bridge, which can turn into a ford in the event of heavy rains.

Immediately after leaving it one clears a level crossing and reaches a well-defined T-crossing with the S.P. 157 (44.2) at which point one turns left towards Roccastrada (turning right one can reach Sticciano Scalo at the distance of about 1 kilometre). From this point one cycles on a level road fringed by a double row of stone-pines. After about 4 kilometres the road starts climbing uphill, not too steeply, through cork oaks and 3 kilometres further on the S.P. 157 turns left towards the rise of Roccastrada.

One cycles for 5 kilometres uphill enjoying fair panoramic views towards the coast reaching Roccastrada as far as the roundabout in the middle of the town (57.2).

THE RING OF MASSA MARITTIMA (GR2)

FOLLONICA - SCARLINO SCALO - LAGO DELL'ACCESSA - CAPANNE - MASSA MARITTIMA - FATTORIA MARSILIANA - FOLLONICA



NOTES: The first part of this itinerary winds across the plain, later on it presents a more lively profile. The most difficult stretches are the climb to Capanne and the ups and downs of the Marsiliana road. Massa Marittima is a place of great touristic attraction, as well as the very fine hilly landscape of the Marsiliana. Along the route one could find refreshment points at Scarlino Scalo and Bagni di Gavorrano, in the first part of the route, later on at Massa Marittima.

The itinerary starts on the outskirts of Follonica at the locality Casa Rondelli near the large roundabout leading to the provincial road S.P. 152 in the direction of Punta Ala, Castiglione della Pescaia and Grosseto. One cycles across the plain on the Vecchia Aurelia parallel to the railway past Scarlino Scalo (5).

One cycles through the junction leading to the national road S.S. 1 Aurelia (9) as far as the fork on the right (12.5) where one follows the road signs to Aurelia, Ribolla and Lago dell'Accesa taking the S.P. 31 "Collacchia". A short while later one turns again left in the direction of Ribolla, Tatti and Lago dell'Accesa cycling under the S.S. 1 Aurelia. One cycles uphill for about 1 kilometre and then downhill as far as the crossroads where one leaves the S.P. 31 to turn left taking the S.P. 49 "dell'Accesa" (15.3) in the direction of Massa Marittima. After a pair of kilometres one crosses the bridge over the river Bruna and starts climbing until one clears the hill (18.8). From here one cycles on as far as the locality La Pesta (20), a possible refreshment point near Lago dell'Accesa.

A further 600 metres on the provincial road S.P. 49 as far as the crossroads on the right (20.6) where one takes the S.P. 50 towards Capanne. The road climbs gradually for 2 kilometres and then continues without any difficulty as far as the town of Capanne (25). Having reached the

lay-by with the bus stop, one continues along the tarred byroad uphill, completely surrounded by lush vegetation, as far as Massa Marittima. Reaching a large roundabout (31) one follows the road signs to the centre of the town that is undoubtedly worthy of a visit. Past the main square with the cathedral one leaves the centre (33.7) and takes the S.P. 151 downhill to Follonica.

At the end of the descent at a crossing one cycles across the regional road S.R. 439 to take the provincial road S.P. 143 "Marsiliana" (36). One cycles on a fine alley fringed with cypresses for about 1 kilometre as far as a mediaeval mill (37.1) where one turns left onto a straight road (38.5). The road continues on apparently flat ground downhill for about 3.5 kilometres. Then the difference in altitude "awakes" and from now on the Marsiliana becomes a continuous alternating of descents and climbs through a very fair and hilly area. After a short while (44) one cycles by the Scuola Allievi del Corpo Forestale dello Stato (National Rangers School) (Fattoria Marsiliana) to reach after 5 kilometres (49.3) the S.P. 33 where one turns left. One pedals without difficulty for 4 kilometres as far as the next crossroads where one turns right on the S.R. 439 (53.3) in the direction of Follonica. Past the S.S. 1 Aurelia after 1.5 kilometres one cycles for further 3 kilometres as far as the Casa Rondelli roundabout where the ring closes (58).



NOTES: An itinerary of average difficulty and quite smooth-flowing. The most demanding stretch is the climb to Gavorrano and the ups and downs between Ravi and Caldana. The second part of the itinerary does not present any difficulty and one cycles past sites of great historical and archaeological interest like Vetulonia. A detour to the town of Castiglione della Pescaia is to be recommended and for the sea lovers a detour to Punta Ala and Cala Violina, that can be reached on foot.

From the site Puntone, easily reached from Follonica, one starts in the direction of Gavorrano and Scarlino on the provincial road S.P. 60 "Puntone". One cycles on apparently flat ground uphill and after about 4 kilometres one arrives within sight of central Scarlino on top of a hill. One cycles across vineyards and olive groves for 5.2 kilometres turning then right towards Scarlino always on the S.P. 60. At the next crossing (6.1) one cycles straight on to Gavorrano Scalo past the Scarlino cemetery. After 2.5 kilometres one leaves the S.P. 60 and takes the S.P. 104 "Filare" towards Gavorrano on the right (8.6).

Peddalling for 2.5 kilometres one reaches a roundabout (11) where one turns right uphill in the direction of Gavorrano. At the next crossing one keeps to the right; the S.P. 82 stretches uphill towards the town past a large quarry and treating the cyclist to a beautiful view of the town, to be reached after about 2 kilometres (13.3). The road enters the town skirting its historical centre and one turns right following the road signs to Ravi, Caldana and Grosseto. The S.P. 82 leaves the town and shortly afterwards one cycles downhill (14.5) through the thick maquis, surrounded by lush vegetation. At the end of the descent (16.8) at a crossing one turns right and reaches the village of Ravi. Leaving the village one negotiates a steep descent 1 kilometre long to then cycle on in a continuous ups and downs towards Caldana (21.3). At the T-crossing in the town one turns left towards Grosseto. From Caldana one cycles decidedly downhill across vineyards and olive groves towards the plain. On reaching a T-crossing (25.1) one turns right taking the S.P. 152 in the direction of Grosseto. Cycling for 2 kilometres one reaches the hamlet of Grilli and before reaching a well-defined bend to the left one turns right (27.5) in the direction of

Tirli and Castiglione della Pescaia on the S.P. 23 "Strette". One gets past the crossroads leading to Vetulonia (recommended detour) cycling on a continuous and good for cycling on climb for about 7 kilometres and then downhill as far as the hamlet of Ampio, where the road to Tirli begins on the right. The itinerary continues gently downhill for about 400 metres as far as the crossroads on the right (36.6), dimly visible. The S.P. 23 continues straight on to Castiglione della Pescaia while the itinerary takes a turn on the right onto a bypath winding across farmlands and vineyards.

One keeps to the main track avoiding all the side turnings, passing by several farms (41.8) to then enter the urban area of Castiglione della Pescaia (43.1): one cycles straight on through the industrial area as far as a T-crossing (44.4) where one turns left reaching after 600 metres a large crossing (45): on the left it leads to the centre of Castiglione della Pescaia while the itinerary takes the uphill ramp right in front following the road signs to Follonica and Punta Ala. At the top of the climb of 5-600 metres one cycles decidedly downhill as far as a large roundabout (46.6) and turns right in the direction of Punta Ala and Follonica. Shortly afterwards one takes the S.P. 158 "delle Collacchie". After about 7 kilometres the straight road starts leading uphill to a short tunnel (54.6) to continue downhill. Past the crossing (57.3) to Tirli (on the right) and Punta Ala (on the left) one cycles straight on passing by a refreshment stand (58.4) in Pian d'Alma. After 2 kilometres past the crossroads to Cala Violina on the left one reaches the descent towards Follonica and the locality Puntone, near the traffic lights where the itinerary comes to an end (63.6).



NOTES: Ideal for families with children because of the reduced distance in kilometres, the negligible differences in altitude and secluded roads. Fine the detour on foot to Castel di Pietra, a site of Dantean memory where, apparently, Pia de' Tolomei found her tragic death.

One starts from the Castellaccia hamlet: a few houses and a refreshment stand. One cycles on the provincial road S.P. 27 in the direction of Ribolla. After 2.2 kilometres one skirts the quarry and afterwards at the first crossing (2.7) one turns left leaving the provincial road and taking the village rural road "Castel di Pietra".

The road continues straight on for 2 kilometres parallel to the river Bruna (on the left) and across tilled fields. Arriving at a dangerous bend to the left (4.7) one cycles straight on and on dirt track. Almost at once past a tributary stream of the river Bruna one continues uphill as far as a building belonging to a large farm (5.4).

Leaving the building one cycles on downhill along a tree fringed alley for about 1 kilometre reaching a crossroads on the left near a solitary cypress and a large boulder (6.4). Here one turns left on a hairpin bend starting then uphill towards the Serratona Farm and the rise of Castel di Pietra reaching a wooden enclosure with a signpost, drawing the attention to and informing about

the archaeological diggings of Castel di Pietra (7.1), that are easily reached on foot. The cycling itinerary continues with the return to the rural buildings "Castel di Pietra" with the Vaticano Farm (8.7). Here one takes a dirt path on the right leading downhill and fringed with a double row of young cypresses. Past the stream Pozzolino (9.3) at once by a well-defined crossing one continues straight onto a tarred road. From now on the road winds with gentle ups and downs across tilled fields, pastures and farms.

One avoids all the possible deviations keeping on the main track on the tarred road. Before reaching the freeway S.S.1 Aurelia (heavy traffic and four lanes) the byroad turns left (12.5) and runs parallel to the freeway.

After 2 kilometres one cycles under the Aurelia (14.5) to reach, after 200 metres, a T-crossing: one turns left and takes the S.P. 27 that carries anew under the S.S. 1 Aurelia. After a few hundred meters one meets another crossing (15.4) where one turns left in the direction of Ribolla as far as the Castellaccia hamlet where the ring closes (16.5).

THE LEOPOLDINA ROAD

PAGANICO - FERCOLE (CASAL DI PARI) - CASENOVOLE - MONTE ANTICO STAZIONE - PAGANICO



NOTES: Itinerary of great landscape value on the old road Leopoldina, one of the most beautiful in Maremma: the detour to Casal di Pari, a small and typical town, is recommended. One has to be careful on the provincial road S.P. 64 near Paganico: the road has a quite heavy traffic. Refreshment points (groceries, bar, restaurant) are to be found in Paganico and Casal di Pari.

Starting from Paganico in Piazza della Vittoria and cycling toward the Cassero Senese, a fortified gate of mediaeval origins, one takes the provincial road S.P. 64 in the direction of Monte Amiata-Arcidosso-Castel del Piano.

The road has a quite heavy traffic but after 2.8 kilometres one leaves the S.P. 64 to turn left towards MonteAntico, cycling under the railway bridge.

After 1 kilometre one ignores the crossroads to the right towards Monte Antico and cycles straight on in the direction of Casenovole-Casal di Pari climbing a gentle slope for about 1 kilometre, then the gradient starts to increase. The road carries on alternating stretches of different gradients.

After a stretch of ups and downs one reaches a farm (9.5 kilometres), an ancient post station right at the side of the road. The gradient decidedly increases in the last 600 metres before clearing the hill (15.1) and starting on the steep descent as far as the village of Fercole. Here the itinerary turns right onto the splendid Leopoldina road.

A short detour to Casal di Pari at 1.5 kilometres distance mostly uphill

is recommended. Returned to Fercole one takes the S.P. 140 Leopoldina in the direction of Casenovole. The first stretch is downhill following then the levelling hairpin bend as far as the rural building of Poggio La Pila (18). From here starts a stupendous descent through cypresses, durmasts and holm oaks groves for 1.2 kilometres as far as the spectacular cypress-fringed alley leading to the Casenovole Castle (19.2). One cycles on downhill among cypresses and olive trees up to a crossroads where one keeps to the main tarred road in the direction of Monte Antico and Paganico.

After a short while one can get a bird's eye view of the surrounding hills with their woods, tilled fields and the fine Ombrone valley. A short climb leads to a farm and further to other rural buildings before starting on the final descent towards Monte Antico (28). Past the railway station and on a road, at first even (across the Ombrone plain) and then slightly uphill, one reaches the crossing where one leaves the S.P. 140 Leopoldina to turn left in the direction of Paganico.

From here one cycles on the same route as at the beginning of the itinerary as far as the railway bridge where one turns right taking the S.P. 64 for about 2 kilometres mostly downhill as far as Paganico

THE LOWER OMBRONE VALLEY

CAMPAGNATICO - MARRUCHETI - ISTIA D'OMBRONE - ARCILLE - SANT'ANTONIO - CAMPAGNATICO



NOTES: The itinerary runs in a complete ring around the Ombrone plain in its last part between the Amiata slopes and the town of Grosseto. The roads do not have any heavy traffic and one is confronted with some heavier traffic only for 3 kilometres on the Via Scansanese (S.P. 159). The difference in altitude in the first part of the route is "playful" but does not present any particular difficulty. It is advisable to husband one's vigour keeping in mind that the final stretch requires energy to cope with the last 4.5 kilometres uphill without problems. In addition to Campagnatico, refreshment stands are to be found in Marrucheti, Istia d'Ombrone, Arcille and Sant'Antonio.

The itinerary starts in front of the Town-Hall Palace in Campagnatico. Immediately cycling decidedly downhill in the direction of Grosseto and Scansano (do not follow the road sign to the 4 lanes freeway Si-Gr). Almost at once one reaches a T-crossing where one turns left further downhill following the road signs to Grosseto, Scansano and Granaione.

After about 1 kilometre (1.4) one takes the road on the right S.P. 44 "Conce" in the direction of Marrucheti and Istia d'Ombrone riding on downhill across olive groves and vineyards. The descent ends after about 2 kilometres and one cycles easily on still surrounded by farms, olive groves and vineyards. The road then follows the wavy profile of the hills forming the boundary of the plain where the river Ombrone flows.

At 6.5 kilometres from the start one reaches the river plain, starting to cycle uphill for about 2.5 kilometres until one clears the hill (9 kilometres).

One cycles downhill for about 1 kilometre and then continues with ups and downs following the profile of the hills as far as the hamlet of Marrucheti (11.8), where a refreshment stand is to be found. From here one cycles downhill for a pair of kilometres and then carries on with ups and downs always downhill reaching the plain (17) starting to skirt the orographic right side of the Ombrone. Shortly afterwards one reaches the Stiacciole hamlet (19.7) where, near a T-crossing, one

turns left and takes the S.P. 159 in the direction of Scansano. After 300 metres a further turning to the left to enter the mediaeval village of Istia d'Ombrone (21). Having crossed the village one returns onto the S.P. 159 "Scansanese" where at a left turning one cycles across the bridge (22) over the river Ombrone. After 2.5 kilometres one cycles by a petrol station with a refreshment stand and immediately afterwards (24.8) one leaves the Scansanese turning left in the direction of Arcille and takes the S.P. 17 "Voltina".

Past the bridge over the stream Trasubbie (27.6) one cycles to the nearby Arcille (28.8) where at a roundabout one turns left in the direction of Campagnatico and Cinigiano and remaining on the S.P. 17 one cycles by the Sant'Antonio hamlet (32). The S.P. 17 continues straight and fluently on, it is not very wide and has no heavy traffic, but it is advisable to keep to the right and to pay attention to cars that might drive by at a high speed. After Sant'Antonio one cycles for 1.5 kilometres up to a crossroads (33.5) where one turns left in the direction of Campagnatico taking the S.P. 18.

Little short of 3 kilometres and one reach the raised spot overlooking the Ombrone lowland and the bridge over the river (37.5). The last stretch of the itinerary is uphill to reach Campagnatico: one climbs for 4.4 kilometres as far as the crossroads and then on the right as far as the centre of the Town (42.3).



NOTES: A short distance itinerary, showing a very varying difference in altitude, crossing the hills and the vineyards of Montecucco as well as the western slopes of Monte Amiata. Because of its shortness it can be coped with even by the less trained cyclists. Anyway it is advisable to use a gear box with triple chain rings to master nimbly the most steep stretches. The most demanding stretch is the climb towards Montecucco with the first and last part decidedly exacting.

One starts from the roundabout just outside the historical part of Cinigiano and taking Via Grosseto one leaves the Carabinieri Station behind. After about 1 kilometre at a crossing one turns left taking the provincial road S.P. 17 in the direction of Grosseto.

Pedalling constantly downhill one enjoys the stupendous landscape of the Grosseto side of Monte Amiata.

After 4.5 kilometres one leaves the S.P. 17 to take, on the right, the S.P. 113 to Montecucco (5.4). The tarred path leads steeply downhill and after 1.9 kilometres (7.3) one reaches a crossing where one turns left. Shortly afterwards one has to master a steep slope uphill (about 10% gradient) with narrow hairpin bends.

After 1 kilometre the slope gets less steep but becomes once more very steep before the T-crossing at the end of the S.P. 113 (9.9). From here one can turn left towards the tiny rural Montecucco hamlet 500

metres away. The itinerary turns right taking the stupendous road, literally flying over hills and vineyards.

Following the wavy course of the road in the company of pleasant landscapes one cycles towards Poggi del Sasso (14). Shortly afterwards a pleasant descent starts to reach the S.P. 7. Turning left one reaches central Sasso d'Ombrone while turning right one cycles in the direction of Cinigiano. One cycles for 2.5 kilometres downhill, clears briefly the hill and past a bridge one begins cycling uphill towards Cinigiano. The climbing requires a certain effort even though absolutely good to cycle on.

At the town gates (26) one keeps to the left and follows the road signs to the Information Center reaching then rapidly the roundabout where the itinerary started.

THE SCENT OF MORELLINO WINE

MAGLIANO IN TOSCANA - PERETA - SCANSANO - STRADA DELL'AIONE - MAGLIANO IN TOSCANA

13



NOTES: An itinerary of great landscape value. The climb from Pereta to Scansano is good to cycle on and shady. It is therefore to be mastered without too many problems even in the hot months.

From Magliano in Toscana one takes the provincial road S.P. 160 leading to Scansano passing through the Pereta village (8). The road climbs continuously uphill surrounded by lush vegetation and overlooking the imposing Maremma hills.

From the centre of Scansano (18) one cycles uphill (direction Grosseto) clearing the hill after 1.5 kilometres near the aerials and the sporting facility, at which point one takes the S.P. 159. Shortly afterwards one leaves the "Scansanese" leading to Grosseto to turn left taking the S.P. 9 "Aione" in the direction of Talamone and Montiano. This byroad winds through the oak woods of Scansano to the olive groves, vineyards and tilled fields of Maremma losing in altitude with impressive

crests immer lower until reaching the lowland leading to the coast. After 7.4 kilometres (30) one turns left. 1.4 kilometres downhill then a short climb across the vineyards followed by a stretch on the hilly crest surrounded by Morellino vineyards. After a plain descent the bypath joins the S.P. 160 where one turns right towards Magliano in Toscana (39).

A possible detour: on the descent to Scansano instead of leaving the S.P. 9 "Aione" after about 7 kilometres just cycle to the end of it up to the S.P.16 where, at the T-crossing, one turns left in the direction of Montiano. Past the town the road acquires a wavy course on the S.P. 16 as far as Magliano in Toscana.

THE HEART OF MAREMMA (GR5)

GROSSETO - MAGLIANO IN TOSCANA - BIVIO MARSILIANA - SCANSANO - BIVIO MONTIANO - GROSSETO



NOTES: This itinerary corresponds to the GR5 (provincial routes). It requires a certain basic training and a resistance of at least 6 hours in the saddle. The distance in kilometres is calculated starting from the bridge over the river Ombrone (Mussolini Bridge) at 2.5 kilometres from the middle of the town. One does not have to cope with particularly difficult stretches but on the whole it is a decidedly wavy itinerary. It is advisable to cycle attentively and carefully on the roads surrounding the urban area of Grosseto: entering the town and on the way out as far as the bridge over the Ombrone.

One starts from Grosseto, leaving the town on the old Aurelia road now called provincial road S.P. 154, southward. Past the bridge over the river Ombrone, called Mussolini Bridge, one continues in the direction of Ista on the S.P. 30 of the "Sante Marie". At this point one resets the cyclometer. Past 2 kilometres one turns right onto the S.P. 79 "Poggio la Mozza". One is welcome by the Morellino of Scansano area with its first ups and downs and one cycles on until meeting the S.P. 9 "Aione" in the locality of Il Poderone (18). Here one turns left and cycles uphill for about 800 metres to then turn right onto the Council road of Poggio Bestiale. One climbs as far as a plateau offering a panoramic view of Maremma and Argentario. At the end of a fast descent among vineyards one reaches the S.P. 160 to Magliano in Toscana. One enters the town through the old Senese Gate and after a short halt one leaves the town through the South Gate. Reaching the sports ground one takes the S.P.94 "Sant'Andrea" (kilometre 29 and drinking fountain). Passing by the ruins of the San Bruzio Abbey it leads to Marsiliana and onto the S.R. 74 in the direction of Manciano without any difficulty. Shortly before the bridge over the river Albegna one turns left onto the S.P. 146 in the direction of Aquilaia and Pomonte. A light climb for about 6 kilometres until the road starts following the level profile of the typical Maremma countryside. After a short while (48) the road starts getting steeper and passes by the archaeological area of Ghiaccio Forte, a significant Etruscan settlement. The S.P. 146 ends when joining the S.P. 159 (51) when one turns left in the direction of Scansano. The road, offering a very panoramic view, climbs gradually and continuously uphill as far as a crossing where one turns left to Scansano, to be reached after 1

kilometre. From the middle of the town one continues uphill (direction Grosseto) clearing the hill after 1.5 kilometres near the aerials and the sports ground to continue in the direction of Grosseto. A short while afterwards (66) one leaves the smooth but busy S.P. 159 to turn left in the direction of Montiano and Talamone onto the S.P. 9 "Aione". One cycles downhill enjoying the view of the coast and the Uccellina Hills (Maremma Regional Park) as far as the crossroads of the S.P. 79 (75.2). One remains on the S.P. 9 until it joins the S.P. 16 near Montiano (80.2). After a short stop in the town, that can be reached with a detour to the left of about 1 kilometre, one continues in the direction of Grosseto without any trouble. After a first stretch of gentle climbing, the road starts winding downhill through olive groves and vineyards towards the Ombrone plain and the Grosseto city belt. 9.3 kilometres past the Montiano crossroads and 1 kilometre before reaching the S.S. 1 "Variante Aurelia" one turns right onto the Council road of the Grancia. After the first 200 metres uphill as far as the first crossroads one keeps to the left continuing on the Grancia road (ignoring every detour) for 3 kilometres up to the underpass of the Variante Aurelia. Past the underpass one meets a large crossing (here the 96 kilometres ring ends) and one continues straight on to Grosseto Sud taking the S.P. 54 "Spadino", leading into the urban area of Grosseto after having crossed the Ombrone.

At this point one should take great care: the traffic could be heavy and the road is narrow (especially on the bridge). After 2.5 kilometres one enters the town reaching the historic centre.

THE ROAD TO THE TERMAL BATHS

MANCIANO - MONTEMERANO - TERME DI SATURNIA - SATURNIA - POGGIO CAPANNE - POGGIO MURELLA - MANCIANO



NOTES: The short distance in kilometres makes this itinerary suitable for “quiet” cyclists too. Anyway it must be said that the road linking Poggio Murella to the regional road S.R. 74 to Manciano has an uneven surface (with 1.2 kilometres of compact dirt track) and a difference in altitude that is decidedly “playful”. Besides the fairness of the landscape it offers very interesting opportunities to the tourists: for example historical sites like Manciano, Montemerano, Saturnia and the renowned thermal baths.

One starts from the roundabout in the centre of Manciano following the road signs to Saturnia on Via dell’Imposto. After 200 metres one turns left, again towards Saturnia on the provincial road S.P. 159 “Scansanese” sloping gently uphill with many bends for about 3 kilometres before starting to slope downhill towards Montemerano (6.2).

One continues downhill on the S.P. 159 for about 700 metres as far as the crossroads on the right to Saturnia (6.9). From this moment one cycles on the S.P. 10 “Follonata” mainly downhill (save a pair of short stretches uphill) towards the valley bottom with the waterfalls and thermal baths of Saturnia. After about 3 kilometres one has the possibility of admiring the waterfalls from an observation point overlooking them.

The road stretches then across the plain passing by the waterfalls on the left and the thermal baths on the right. A short while later (11) it starts sloping gradually uphill towards Saturnia. A climb of 2.6 kilometres leads to the crossroads to the village. From here the urban site is 1 kilometre away.

From Saturnia (14.7) one returns cycling downhill to the S.P. 10 where one turns left in the direction of Catabbio. After about 2 kilometres one starts cycling uphill again overlooking the valley with the thermal

baths. Reaching the Poggio Capanne hamlet (20.6) one cycles on for 300 metres and then follows the road signs to Poggio Murella leaving the S.P. 10 and taking the S.P. 116 on the right.

Downhill for 500 metres as far as the bridge where the ascent to Poggio Murella begins. At the next crossroads (22.5) one turns right towards the centre of the small town (22.8). From here one cycles straight on (on the right the descent returning to Saturnia) following the road signs Pro Loco and “Castellum Aquarum” leaving the village in the direction of the cemetery (23.3). One continues downhill along the panoramic road with a fine view on the Montemerano and Manciano hills. From this point the road surface is less smooth and the asphalt is not in good conditions.

A little while later a spurt uphill of 800 metres clearing the hill (25.6) where the descent to an evident T-crossing (26.4) begins. Here one turns left towards Manciano again downhill. After 400 metres a stretch of dirt track 1 kilometre long, easy to cycle on. Returning onto the tarred road one cycles decidedly downhill again on a surface in bad conditions. The road continues with ups and downs as far as a crossing (31.3) where one keeps to the right cycling as far as the regional road S.R. 74 (32.6) where one turns right in the direction of Manciano.

After 2 kilometres the climb to the town begins and one reaches it after about 2.5 kilometres halting near the large roundabout (37.2).



NOTES: An itinerary of great value as far as landscape is concerned. Its course stretches across the fine hills and the countryside between Manciano and Capalbio. The initial part of the itinerary is mainly downhill to ascend towards the Manciano hill in its second part. It is easily practicable by mountain bike. The all-terrain with gripped tyres could also be a good choice but it could meet with difficulties in the lower part of the itinerary on the 3 kilometres road skirting Fosso Ripiglio, unless repaired in the meantime. In the case of a roadbed damaged by rain one can continue on foot anyway. The only refreshment stand along this itinerary is at locality La Campigliola, 15 kilometres from the start.

One starts from the centre of Manciano near the large roundabout following the road signs to “centro” (centre of the town) and “informazioni turistiche” (tourist information). Reaching the nearby Piazza della Pace one takes Via Circonvallazione Sud beginning to leave the urban centre. After 400 metres near the old public weigh-house (roseate building on the left) one turns left taking the Via delle Fonti cycling downhill. One follows the main road crossing a residential area. After 1.2 kilometres one reaches a crossing where one turns left and cycles up a gentle slope. After 300 metres one reaches a further crossroads and turns left once more starting on a dirt track. The road large and without any doubt sloping downhill skirts a vineyard on the right fringed with olive trees. Being now outside the urban area the road stretches across the amazing Maremma countryside following the crest line of the hills. One keeps always on the main track avoiding any deviation (at kilometre 2.4 one keeps to the right ignoring the deviation to a farm holidays facility). The dirt track is very easy to cycle on downhill as far as a small bridge (3.2) over a stream. Here one cycles uphill (little spurt of 150 metres) fully immersed in the thick vegetation. Further on the road skirts the Lago Scuro (3.5) and then stretches with marked ups and downs before gently winding as far as a well-defined crossing (4.4) where one turns right taking a large alley fringed with trees and distinguished by a few stretches of ancient flagging. After about 1 kilometre one enjoys great views of a marvelous hilly environment with large clearings, tilled fields and centuries-old oaks. A short while later after crossing a bridge over the stream Elsa one crosses orthogonally a tarred road (6.6) cycling then on a dirt road with the white-red signpost of the track-indicating board. This dirt road is known as Via Vicinale del Lago and crosses a farm. After 1 kilometre one can admire on the right the lake of Poggio Foco and on the left the castle of Scerpena. One fords the stream Elsarella (8.2) and then one negotiates a steep slope uphill of 800 metres followed by gentler slopes towards the rise of the Capriola. One follows the main

track turning right passing by a beautiful olive grove. Near a crossing (9.4) with two roads leading to the right one keeps to the left cycling on downhill: from this point the landscape of the Capalbio, Orbetello and Monte Argentario area is amazing. On reaching a T-crossing (10.7) the itinerary continues left while when turning to the right, after 1.8 kilometres, one reaches the tarred road to Capalbio and the coast. From this moment the road surface becomes very damaged and in the case of heavy rains can create some problems, most of all for those riding an all-terrain bicycle, much better for those equipped with a mountain bike. There is no gravel on the dirt road and it is liable to mudslides; it runs with ups and downs parallel to the flow of the stream Ripiglio that, among other things, marks the boundary between the towns of Manciano and Capalbio. After 3 kilometres the road surface becomes better and one reaches the tarred S.P. 67 (14.4) easily. Here one turns left towards Manciano in a continuous and gentle ascent. Past the refreshment stand La Campigliola one leaves the tarred road (17) at the first crossroads on the right (there are no points of reference other than the distance in kilometres: 2.6 kilometres from the point of taking the tarred road). One cycles on the dirt road with its ups and downs and reaches a crossing where one turns left following the larger dirt road and a little later cycling under the high-voltage cables (18.7). Cycling straight on following the main track that slopes gently upward across tilled fields, one skirts a fine vineyard and the town of Manciano appears in the background. Shortly afterwards (20.3), turning left, one reaches the tarred road S.P. 32 (in front of the Cave di Santa Fiora). After 2.8 kilometres (23.1) on a tarred road one turns right onto the bypath crossing the amazingly fine countryside. After about 1 kilometre (24.3) near a crossroads one keeps to the left and cycles on an even road offering long shady stretches. One reaches (26.3) the crossing with the S.R. 74 “Maremmana” at the point where one turns left towards Manciano. The last 2.5 kilometres lead uphill to the centre of the town where the ring closes (29).



NOTES: This is a short itinerary but magnificent from the point of view of environment and landscape. One cycles mainly along dirt tracks without particular difficulties in altitude difference, discovering at the same time one of the most spectacular coastal stretches of the whole Tyrrhenian sea. Cala Violina and Cala Martina are to be reached exclusively on foot, by bike or on horseback.

The starting point is at the Puntone, a locality 4 kilometres south of the centre of Follonica. One starts from the parking lot in Piazza Dani, immediately after the bridge over the Fiumara. After about a hundred metres one turns right onto Largo Cala Violina. Clearing an iron bar, from here one takes the old Strada delle Collacchie that at first runs parallel to the main road. One cycles uphill for about 1 kilometre overlooking the bay of Follonica as far as another bar (1.1). At this point one continues on the tarred road (one could also remain on the dirt road running parallel to the provincial one, but it is not very smooth and it is suitable only for MTB) for about 2.5 kilometres as far as the road sign to Cala Violina on the right.

Here one takes the dirt track Strada Comunale di Civette (3.6) and cycles for 600 metres reaching a crossing (the right turn leads straight on to the parking lot of Cala Violina) where one continues straight on for 400 metres as far as the Laschetti Farm.

The road skirts the rural estate and, immediately past it, one takes the track on the left (4.7) and cycling on a surface made of arenaceous layers one skirts the wood for 500 metres as far as the first detour (5.2, iron gate). Here one turns left cycling downhill on the dirt road to take the tarred path of the camping ground after 300 metres. Having reached the tarred road one turns right running along the river

Alma. After 1.7 kilometres on reaching another farm (7.2) one leaves the tarred road and turning right one cycles back uphill on the dirt track with the sandy surface returning to the woods as far as a well-defined crossing where one cycles on to the left again uphill for 400 metres skirting the fence. One cycles uphill clearing the hill (8) and then downhill on a path surrounded by the maquis reaching the coast near Punta Le Canne.

One continues downhill for about 500 metres enjoying a great view of the light sand on the shore of Casetta Civini, Punta Hidalgo, Balbo Castle, Isolotto dello Sparviero and the outline of the Isola d'Elba not far away. The path leading to Cala Violina (9.5) overlooks a splendid landscape. Here it is advisable to make a short detour on foot to one of the most beautiful strand of the seashore. The itinerary continues along the coast on the large dirt road with unbroken ups and downs that can be cleared by bike up to Cala Martina (11.4), past the monument to Giuseppe Garibaldi, who in 1849 rested in Cala Martina after escaping the papal guards. One cycles on as far as the end of the dirt road (13.6) and clearing the iron bar one gets back onto the tarred road near a square.

From here one cycles on in the direction of Puntone, skirting the little harbour of the Fiumara up to Largo Cala Violina. The itinerary comes to an end in Piazza Dani near the parking lot, where it started (15.6).

ALONG THE ROUTES OF THE CHAMPIONS

MANCIANO - PITIGLIANO - SORANO - SOVANA - SAN MARTINO SUL FIORA - SATURNIA - MONTEMERANO - SCANSANO - PERETA - MAGLIANO IN TOSCANA
MARSILIANA - CAPALBIO - LA SGRILLA - MANCIANO

18



NOTES: The itinerary follows faithfully the route of the Granfondo Massimiliano Lelli with the code GR6 of the provincial cycling routes. It is an itinerary requiring a good basic training both on the distance in kilometres (nearly 170 kilometres) and the difference in altitude. It does not present too steep stretches nonetheless it keeps up a pace that follows perfectly the hilly countryside of Maremma, alternating long distances of ups and downs. Those cycling as tourists keeping a slow pace are advised to complete the itinerary in 2 or 3 stages.

Leaving Manciano on the regional road S.R. 74 in the direction of Pitigliano one cycles mainly downhill as far as the bridge over the river Fiora (10) from where one cycles on uphill towards Pitigliano, to be seen from the observation point of Santa Maria delle Grazie after about 6.5 kilometres. One reaches the town of Pitigliano cycling for 1.2 kilometres downhill and 800 metres uphill (18.5). Here one leaves the S.R. 74 to take the provincial road S.P. 4 in the direction of Sorano reaching it without any particular difficulty after about 9 kilometres on a smooth stretch.

From central Sorano (27.5) one takes the S.P. 22 stretching decidedly downhill along hairpin bends, hollowed out of high tuff walls, to the bottom of the river Lente valley. Past the bridge one cycles uphill for about 2 kilometres on the S.P. 22 here again between impressive tuff walls passing by the Via Cava of San Rocco. One reaches a plateau and then cycles down a gentle slope towards Sovana (37.5) taking the last 2 kilometres at a high speed on the steep slope. Leaving Sovana in the direction of San Martino sul Fiora one crosses the archaeological site of the Ildebranda Tomb and the Cavone, an important Etruscan Via Cava (hollowed out road). After about 7 kilometres past the bridge over the river Fiora, the ascent to San Martino sul Fiora (47.5) begins.

The itinerary carries on in the direction of Catabbio (ignoring the detour in the direction of Semproniano on the right) and then on the S.P. 10 "Follonata" towards Capanne where it then descends in the direction of Saturnia. Passing by the crossroads to the town of Saturnia and the thermal baths (62.5) one cycles uphill along a panoramic stretch of the

S.P.10 as far as the S.P. 159 near Montemerano (68.5). Here one turns right descending as far as the bridge over the river Albegna (72.5) where the gradual and fair ascent to Scansano (89.5) begins. Having reached the town centre the itinerary carries on downhill along the fair S.P. 160, surrounded by lush vegetation, crossing Pereta (99.5) and then through the typical hills of the Maremma countryside as far as Magliano in Toscana (107.5).

From Magliano in Toscana one takes the S.P. 94 "Sant'Andrea" and cycles on an even and pleasant descent crossing the bridge over the river Albegna to reach the S.R. 74. At the crossing (116.7) one turns right, swiftly reaching in 400 metres the urban area of Marsiliana (125.9), where one leaves the S.R. 74 to take the S.P. 63 "Capalbio".

For the first 3 kilometres the road carries on with ups and downs to stretch then on the plain across vineyards, tilled fields and maquis. Another stretch with ups and downs before the ascent of about 2 kilometres towards the town of Capalbio (139.9). At the T-crossing one turns left on the S.P. 75 "Pescia Fiorentina" that leaves the urban area skirting the cemetery. The road is very pleasant to the eye, fringed by stone walls and surrounded by the green of the olive groves and oak and holm oak woods, and mainly downhill. After 3 kilometres one leaves the S.P. 75 to take, on the left, the S.P. 101 "Sgrilla" in the direction of Vallerana and Manciano. Still 9 kilometres to cycle and one arrives at Vallerana (151.9) to reach, a pair of kilometres later, a crossing where one turns right onto the S.P.101 as far as the locality La Sgrilla (160.4). From here one turns right taking the S.R. 74 and cycling uphill for 9 kilometres in the direction of Manciano (169.4).

THE THREE PASSES

ARCIDOSSO - MONTELATERONE - BIVIO MONTICELLO AMIATA - LOCALITÀ ALTETA - BIVIO MONTE AQUILAIA - VALICO BUCETO - BIVIO MONTE LABBRO
LOCALITÀ MERIGAR - LOCALITÀ AIOLE - ARCIDOSSO

19



NOTES: There are no technical difficulties but the differences in altitude marked by three climbs require a good training. From the point of view of the landscape the itinerary is very fascinating and offers unforgettable views.

From Arcidosso one leaves in the direction of Grosseto on the provincial road S.P. 26. After 3 kilometres one turns left towards Montelaterone and after about 100 metres to the right, right at the signpost bearing the name of the town, without starting the ascent towards the town, one turns left past a little church and begins the steep descent (dirt track and concrete) of 1.2 kilometres reaching the valley bottom and the river. Past the bridge one keeps to the right cycling on the dirt track which shortly afterwards (concrete surface) crosses a stream bed; one keeps to the left always following the main track climbing for about 2 kilometres as far as the tarred road (S.P. 7) where one continues on the right towards Monticello Amiata (8.2) 1.2 kilometres away.

At the signpost indicating the town one turns left following the road sign to the sporting facility with a short spurt uphill and skirting the sports ground. The dirt track climbs continuously; it plunges into the pine and chestnut woods reaching a crossing (locality Alteta) after 2.6 kilometres. Here one finds a few old isolated farmhouses and turns right towards the Mount Aquilaia. Here starts the most exacting stretch because of the uneven surface and the very steep slope.

After 800 metres one crosses orthogonally the dirt track “Salaiola-Stribugliano” and continues bypassing the Mount Aquilaia (on one’s left) on a very panoramic dirt track overlooking the coast.

After 700 metres a deviation is possible on the left to reach the peak of

Mount Aquilaia (1.5 kilometres and 100 metres difference in altitude) while the itinerary continues straight on downhill for 1.7 kilometres with a few very steep stretches, as far as a dirt track, where one turns left and starts uphill once more cycling for 2.4 kilometres as far as the pass of Buceto (16.4). A little later the descent begins and one cycles straight on (avoiding the detour on the left, 500 metres after the pass) along the main track in the direction of Mount Labbro in full view in front of us. At exactly 1.3 kilometres from the pass the road joins diagonally another larger directrix: at this point one turns right curving back with a U-bend and picking up again the direction of Mount Labbro. After 700 metres the road forks off: keep to the left.

One cycles on a level road for 1.7 kilometres as far as the beginning of the climb to Mount Labbro (1.3 kilometres away, on the left, there is the track to the peak). At the end of the climb (21.4) one bypasses the slopes of the rocky relief to then plunge into a pleasant descent on a dirt track with a smooth surface reaching (2.6 kilometres) the detour to the left towards the Wildlife Park of Mount Amiata ending (after further 600 metres) near a crossing: on the right one takes the tarred road while the itinerary continues on the dirt road right in front, climbing (first crossroads on the right) for 2.3 kilometres towards the locality Merigar (26.1), a center of Buddhism and Tibetan Culture. Past the Buddhist center the dirt road comes to an end and a steep descent leads again onto tarred road at the locality Aiole. From here one turns to the left and cycles downhill as far as Arcidosso (30.7).

TOWARDS THE ALBEGNA SPRINGS

ARCIDOSO - LE MACCHIE - BIVIO BUCETO - ROCCALBEGNA - RISERVA DEL PESCINELLO - BIVIO MONTE LABBRO - LOCALITÀ AIOLE - ARCIDOSO



NOTES: The most demanding stretches are the two climbs to the slopes of Mount Labbro: the first one from the locality Serra a short while after the start and the second in the final stretch of the itinerary crossing the Nature Reserve of Pescinello. However, both are good to cycle on and do not present prohibitive slopes.

One starts from the roundabout in Arcidosso in the direction of Grosseto. After 250 metres, at the crossroads, one keeps to the left and takes the provincial road S.P.7 in the direction of Cinigiano - Grosseto cycling on a good to cycle on and not too steep slope. Reaching after 2 kilometres the locality Serra one turns left uphill and follows the road signs to Macchie, Zancona and the Wildlife Park. One cycles uphill on a tarred road for nearly 3.5 kilometres as far as the the locality Macchie (5.6) and when one reaches the street number 66 - on the right - one turns decidedly left cycling uphill and following the directions to a bar-restaurant; after 700 metres the dirt track begins.

One climbs gently and then after 4 kilometres one reaches a crossing where one turns right: one cycles without interruption uphill and after 400 metres one turns left. From this point a plain stretch (not too exacting ups and downs) begins, skirting a small valley on the left, the place of birth of the river Albegna.

After about 3 kilometres, having reached a very panoramic site the road starts sloping decidedly down to Roccalbegna. Cycling downhill one enjoys a spectacular view of the Grosseto area of Maremma, the coast and Monte Argentario. At a crossroads with a trough: one turns left and nearly at once the ascent ending after 1.2 kilometres begins. At this point it is important to pay attention: on the right, looking down,

a wooden stake is visible with a white and red aluminium plaque of the Grosseto province track marking. Here one leaves the road turning right (U-bend) and taking the path which in short becomes a not too good to cycle on track because of large stones: only those having a good technique are able to remain in the saddle. The technical stretch ends after 600 metres when one cycles steeply and smoothly downhill on the dirt track, as far as Roccalbegna (20) where one returns to the tarred S.P. 160. One turns left crossing the town (it deserves a visit) as far as the bridge over the Albegna where one starts climbing gently for about 3 kilometres as far as the signpost indicating the Natural Reserve of Pescinello (23). Here one turns left and takes to the dirt track smoothly climbing for 5.7 kilometres towards Mount Labbro (28.7).

At the end of the climb one cycles on, simply taking the descending road and leaving Mount Labbro behind. One is now going to negotiate a 3 kilometres descent (one bypasses the detour on the left to the Wildlife Park) as far as a crossing where one leaves the dirt track to cycle on a tarred surface on the S.P. 160, turning left towards Arcidosso. After 1.5 kilometres exactly by the geothermal plant, visible on our right, one can get a fresh water supply on the other side, slightly under the road level, at the fount of the "Salacio". One cycles downhill and then gently uphill as far as the locality Airole (34.6) where one continues downhill as far as Arcidosso (37.8).

THE MAREMMA PARK

RISPECSCIA - PONTI NERI - BARBICATO - MOLINACCIO - ALBERESE - CENTRO VISITE PARCO DELLA MAREMMA - LOCALITÀ SPERGOLAIA - MARINA DI ALBERESE
FOCE DELL'OMBRONE - LOCALITÀ SPERGOLAIA - CANALE ESSICCATORE - ANTICA DOGANA - GIUNCOLA - RISPECSCIA

21



NOTES: This itinerary explores the rural and naturalistic realities of the Ombrone plain. From the Visiting Centre of the park one cycles on to the estuary of the Ombrone and then returns to Rispecscia across the countryside skirting the river. The itinerary does not present any difficulty being completely flat: a stop at the Marina di Alberese strand is to be taken into consideration. Refreshment points are in Rispecscia, Alberese and, during the Summer months, in Marina di Alberese.

One starts from central Rispecscia near the church and the roundabout and follows the road sign to Parco della Maremma skirting the sporting facility on the left. After 400 metres at the T-crossing one turns right in the direction of Alberese on the provincial road S.P. 59 cycling through a railway underpass (0.6). After 1.2 kilometres one leaves the S.P. 59 turning left where the Strada dei Ponti Neri (1.4) begins, near an Enel turret, identifiable by the high voltage cables. Further 1.2 kilometres to cycle and then at a crossing one turns left taking the Strada del Barbicato (2.6) which skirts the railway as far as a T-crossing (4.9) turning then right and taking the Strada del Molinaccio (on the left the railway bridge is in full view). One cycles for 3 kilometres along a very pleasant alley fringed with stone pines leading to Alberese. At the T-crossing one takes to the right onto the road passing through the centre of Alberese to reach the Visiting Centre of the Parco Regionale della Maremma (8.4).

At this point the cycling lane starts on the left and runs parallel to the S.P. 59 reaching the farm Azienda Agricola Regionale at the locality Spergolaia 2 kilometres away. Here the tree fringed avenue to Marina di Alberese begins. At the locality Vacchereccia by a barrier with bars no longer in use (11.8) the cycling lane (not yet completed at the moment) to Marina di Alberese begins on the right (17). Reaching the coast one continues on a sanctuary lane for 2 kilometres across the Tombolo as far as the Ombrone estuary by the bridge Chiavica (19.2). From here one returns to the Azienda Agricola Regionale at the locality Spergolaia as

far as the end of the avenue (27) marked by the two pillars of the old gate leading to the Vecchia Aurelia. One cycles through olive groves for 1 kilometre and past the Canale Essicatore Principale (Main Drying Canal) of Alberese (28) one turns right onto a dirt track following the road sign to the riding stables. After 300 metres the small path leaves the proximity of the canal bypassing a few crumbling houses and the high voltage Enel turret reaching a farm (29).

From here the itinerary continues on a tarred road for 700 metres as far as a crossing where it takes a left turn onto the Strada dell'Antica Dogana. The road stretches straight on for 900 metres as far as a right-hand bend to be negotiated with prudence (30.6). Leaving the tarred road and cycling straight on along a dirt track one reaches the embankment by way of a short slope.

Clearing the iron barrier one cycles on the embankment for about 500 metres (on the left the river Ombrone, on the right a farm with stables) as far as the next iron barrier (31.2) where one turns right downhill towards Rispecscia, in full view on the plain. A short while later one returns onto the tarred road and continues straight on along the Strada Giuncola as far as a T-crossing (32.8) keeping to the right, always following the Strada Giuncola, one reaches the S.P. 59 "Alberese" (33.4) where one takes a left turn towards Rispecscia. One clears the railway underpass and 200 metres afterwards one turns left in the direction of the centre of Rispecscia as far as the roundabout near the church (34.2).

THE SLOPES OF THE AMIATA MOUNTAIN IN THE GROSSETO PROVINCE

ROCCALBEGNA - TRIANA - LOCALITÀ AIOLE - ARCIDOSSO - MONTICELLO AMIATA - CASTIGLIONCELLO BANDINI - STRIBUGLIANO - SANTA CATERINA
ROCCALBEGNA

22



NOTES: It is not a lengthy itinerary but the altitude profile foresees continual gradient changes. One cycles on sparsely busy roads and the views are the most lovely among those offered by the mountain.

One leaves Roccalbegna and immediately after having left the bridge over the waters of the Albegna one cycles uphill towards Triana where the slope gets steeper. One cycles in the direction of Arcidosso negotiating the hairpin bends leading to the pass (900 metres above sea level) before cycling without any difficulty as far as the locality Airole (16.8). Here the descent to Arcidosso starts, marked by a few technical bends (20).

From here one follows the road signs to Cinigiano. Near a supermarket one keeps to the left cycling on a gentle and smooth slope uphill on the provincial road S.P. 7. After about 2 kilometres the road slopes decidedly downhill as far as the bridge over the stream Zancona to then continue uphill to the crossroads to Salaiola. One cycles on in the direction of Grosseto for 2.5 kilometres as far as Monticello Amiata (29.8). From the town, in a panoramic position overlooking the Amiata and the

Val d'Orcia, one cycles on following the road signs to Cinigiano and Paganico on the S.P. 7. After exactly 3 kilometres downhill one leaves the S.P. 7 turning left onto the S.P. 55 in the direction of Vallerona and Stribugliano. Cycling for 1.6 kilometres on a level road one reaches the little village of Castiglioncello Bandini (34.5) where the 3.5 kilometres climb to Stribugliano starts (38).

One cycles through the village and then downhill for about 1 kilometre and uphill for 1 kilometre plunging then down the 6 kilometres, mostly descent, as far as the S.P. 24 T-crossing: here one turns left towards Vallerona and Roccalbegna negotiating the climb as far as Santa Caterina (50.6). At the T-crossing one turns left onto the S.P. 160 in the direction of Arcidosso.

Here the pleasant descent to Roccalbegna begins (54)

FROM AMIATA TO THE PLAIN AND BACK (GR8)

CASTEL DEL PIANO - ARCIDOSSO - MONTICELLO AMIATA - CINIGIANO - BIVIO GRANAIONE - BACCINELLO - CANA - SANTA CATERINA - ROCCALBEGNA - TRIANA
LOCALITÀ AIOLE - ARCIDOSSO - CASTEL DEL PIANO

23



NOTES: This itinerary is nearly entirely traced along the route of the GR8 of the Province starting from Castel del Piano. The altitude profile foresees continual gradient changes and one cycles on sparsely busy roads, overlooking the most beautiful views offered by the Grosseto side of the Mount Amiata.

One leaves Castel del Piano in the direction of Arcidosso through the San Lorenzo hamlet. One reaches Arcidosso after 4 kilometres and at the large roundabout one cycles downhill following the road signs to Cinigiano. Near the supermarket one keeps to the left cycling on a gentle and smooth uphill slope on the provincial road S.P. 7.

After about 2 kilometres the road starts decidedly downhill as far as the bridge over the stream Zancona to then continue uphill as far as the crossroads to Salaiola. One cycles on in the direction of Grosseto for 2.5 kilometres as far as Monticello Amiata (14). From the town, in a panoramic position overlooking the Amiata and the Val d'Orcia, one cycles on following the road signs to Cinigiano and Paganico on the S.P. 7. One reaches Cinigiano (24) cycling nonstop downhill still on the S.P. 7.

From the roundabout in Cinigiano leaving the Carabinieri station behind one takes Via Grosseto cycling as far as the S.P. 17 where one turns left in the direction of Grosseto. Cycling on a continuous descent one has the imposing bulk of Mount Amiata in full view on one's left. One cycles pleasantly downhill for about 10 kilometres as far as a bridge over the torrent Melacce (35.2). Clearing the bridge one cycles for 500 metres to a crossing (35.8) where one leaves the S.P. 17 to continue in the direction of Granaione to take the S.P.92 "Costarelle" in the direction of Baccinello on the left. One is cycling through a very nice wavy landscape with pastures, tilled fields and maquis on a road that seconds the frequent gradient changes of this territory. The S.P. 92

comes to an end near a T-crossing (42.8) where one turns left taking the S.P. 24 in the direction of Baccinello and Roccalbegna. Past the bridge over the torrent Fronzina one cycles across the lowland on a road without any asperity.

After 3.5 kilometres one cycles through the Baccinello hamlet (46.4) and shortly afterwards one crosses the bridge over the Torrent Trasubbia (47) and past the bridge one starts uphill towards the mountain. One cycles continuously uphill for 7 kilometres and a little while before reaching Cana one gets a little rest. Past the crossroads to Cana (55.5) one cycles on in the direction of Santa Caterina, Roccalbegna and Vallerona. Past the cemetery at Cana the road starts climbing gently as far as the crossing with the S.P. 55 (59) to Stribugliano. One cycles on in the direction of Vallerona and Roccalbegna negotiating the climb as far as Santa Caterina (64). At the T-crossing one turns left onto the S.P. 160 in the direction of Arcidosso and starts to cycle pleasantly downhill as far as Roccalbegna (67.4).

One cycles through the town and clears the bridge over the waters of the Albegna starting to cycle uphill towards Triana. Here the slope gets steeper once more and one cycles on in the direction of Arcidosso, bypassing the slopes of Monte Labbro, along the hairpin bends leading to the pass (900 metres above sea level) before following a road without any asperity as far as the locality Aiole (84.2). Here starts the descent marked by a few technical bends to Arcidosso (87.7) to then continue without difficulties as far as Castel del Piano (92).

THE PIGELLETO SANCTUARY AND MONTE PENNA

RISERVA NATURALE DEL PIGELLETO - CASTELL'AZZARA - SELVENA - RISERVA NATURALE DEL PIGELLETO



NOTES: The itinerary is virtually a tour around Mount Penna and the most demanding stretch is the climb on a concrete surface from Castell'Azzara to the source of the Ficoncelle (about 1 kilometre). A tour of the Pigelleto Sanctuary on its cycling lane of about 8 kilometres, 5.5 of which on a dirt track, is recommended (it follows the recommended routes Nos. 16 and 17) starting from the Environmental Didactic Centre "La Direzione" for a round tour of the Roccone hillock :

Enquiries by La Direzione - tel. 0577.788004 - 347.1210927 - e-mail: pigelleto@imeservizi.it

From the the Pigelleto Sanctuary one can cycle directly downhill on a tarred road to Castell'Azzara or continue on a dirt track (about 3 kilometres more) crossing the Sanctuary to emerge on the tarred road downhill to Mount Penna. At a crossing one continues on the left on the S.P. 4 in the direction of Castell'Azzara (10) to be reached after 6 kilometres on a panoramic road easy to cycle on.

Shortly before entering the centre of the town one turns right where a small path slopes decidedly up the sides of Mount Penna. The climb

is steep but short and soon the tarred road gives way to the dirt track. Cleared on the right the source of the Ficoncelle (11) the road continues mainly downhill to reach the small Selvena hamlet (15.5).

Here one takes the S.P. 34 on the right which climbs nonstop uphill (follow the road signs to Piancastagnaio and Abbadia San Salvatore) as far as a crossing where one cycles on mainly uphill as far as the Pigelleto Sanctuary (22).

THE UPPER FIORA VALLEY

SANTA FIORA - TORRENTE SCABBIA - TORRENTE RIGO SECCO - SELVA - SANTA FIORA



NOTES: An itinerary of great landscape interest on roads having scant motorized traffic. The most demanding stretches are the final part of the dirt track leading to the provincial road S.P. 4 before Selva, the S.P. 123 which climbs skirting the Fiora in the first part (1.5 kilometres) and the last uphill slope towards Santa Fiora.

One leaves the square in Santa Fiora and clearing the bridge past the supermarket one turns right downhill in the direction of Selvena and Sorano on a road (S.P. 4) marked by wide hairpin bends. After about 2.9 kilometres, by a cold meats plant (on the right), one leaves the tarred road to take the dirt track on the left that reaches without any asperity the ford in the torrent Scabbia 2 kilometres away (4.8). From this point the road continues continuously and gently uphill and after 1.6 kilometres one leaves the main track to take the dirt track on the left.

The gradient diminishes getting to the next ford in the torrent Rigo Secco (7.8). But the climb gets more demanding and reaches, after 2.2 kilometres, with a series of hairpin bends the S.P. 4 where one turns right to reach Selva (12.4). Cycling through the hamlet one continues downhill in the direction of Santa Fiora for 2.7 kilometres as far as a well-defined hairpin bend on the right. Here one leaves the S.P. 4 to take the S.P. 123 on the left following the road sign "Convento". After

a short time one reaches the convent and the road starts downhill for about 1.6 kilometres as far as a fountain (on the left) and a hairpin bend on the right. Before reaching the fountain one takes the dirt track "Via del Prato" on the left that slopes uphill and after about 1 kilometre becomes gentler to continue with a flat stretch and then a steep descent as far as T-crossing where one keeps to the right. Shortly afterwards another T-crossing on a tarred road and again to the right on the S.P. 119; before the bridge one turns right again and shortly afterwards a stretch (1.5 kilometres) of steep slope uphill on a tarred road begins.

The slope becomes gentler to continue with a flat stretch (3.4 kilometres) until it takes a small dirt path on the left which after 1.9 kilometres returns to the S.P. 4 where one turns left downhill. In a short time one reaches again the cold meats plant, met before, and one returns to Santa Fiora uphill on the already covered road (34.3).

THE FIORA VALLEY AND THE TUFFACEOUS TOWNS

SANTA FIORA - SELVA - SELVENA - ELMO - SORANO - PITIGLIANO - SOVANA - SAN MARTINO SUL FIORA - BIVIO CATABBIO - SEMPRONIANO - PETRICCI - TRIANA
LOCALITÀ AIOLE - SANTA FIORA

26



NOTES: Itinerary of great landscape interest requiring the whole day because of the recommended stops at Sorano, Pitigliano and Sovana. These urban areas deserve a thorough visit. From the point of view of cycling the route requires a good training because of the distance in kilometres and the altitude profile which is very varied and marked by continual changes of gradient. The climbs are not particularly steep and require an extended exertion, mostly in the second part.

From the square in Santa Fiora one cycles to the bridge to immediately turn right following the road signs to Selvena-Sorano on the provincial road S.P. 4. The road continues in steep descent for about 4 kilometres as far as a bridge. Here one starts climbing again remaining on the main road towards Selva (8.5) where a stretch with gentle ups and downs begins. Leaving Selva and cycling for 5.5 kilometres one reaches a crossing from where turning right one cycles downhill towards Selvena (16) and continues mainly downhill (with the exception of a stretch of 800 metres past Selvena) on the S.P. 34 as far as Elmo. Here one continues downhill towards the river Lente plain, following the road signs in the direction of Sorano. The descent comes to an end 2.5 kilometres past Elmo and after a short climb one reaches a T-crossing where one turns left towards Sorano on the S.P. 22. At this point an extraordinary stretch begins, the road being literally dug into the tuff stone. The hairpin bends plunging towards Sorano are the gates to the enchanting towns made of tuff. Past the bridge over the Lente one cycles uphill again for 1 kilometre as far as Sorano (35). From the parking lot on the square one reaches a crossing where one follows the road signs (on the right) in the direction of Pitigliano. A short stretch uphill and then once more on the very smooth flowing S.P.4 gently sloping as far as the very fine town (44) that seems to surface from an imposing tuff bed.

Reaching a crossing under a large bridge made of tuff one can turn right to enter the town that undoubtedly deserves a visit. The itinerary continues on the downhill road (direction Albinia) and after about 200 metres one enjoys an amazing view of the town on the right. One continues downhill following the downhill hairpin bends of the road

for 700 metres as far as a further evident hairpin bend on the left where, turning right, one takes the S.P. 46 "Pian della Madonna" in the direction of Sovana. One cycles for 1 kilometre as far as the bridge over the river Lente and here a good to cycle on climb begins and carries on for 3 kilometres up to a T-crossing where one turns left downhill on the S.P. 22 towards Sovana (52). The town as well as its Etruscan necropolis undoubtedly deserve a visit. From Sovana one cycles on in the direction of San Martino sul Fiora past the bridge over the river Lente first and then that over the river Fiora (56.5). Shortly afterwards the ascent, about 4 kilometres long (medium slope gradient of 5-6%), to San Martino and the Amiata slopes begins. Past San Martino sul Fiora (63) one continues on apparently flat ground and then gently uphill for 4 kilometres towards Catabbio reaching a T-crossing: on the left one can detour to Saturnia 9 kilometres away and its renowned thermal baths, while the itinerary continues on the right on the S.P. 10 towards Semproniano (74.5) to be reached after 5.5 kilometres without difficulties. Here one turns right and shortly afterwards left following the road signs to Monte Amiata, Arcidosso and Roccalbegna. One cycles on a short even stretch and then on apparently flat ground leading to a 2 kilometres ascent (medium gradient 6%) to reach the Petricci hamlet (80). Clearing the hill of Petricci one cycles as far as Triana (85) without any difficulty, where one turns right on the S.P. 160 to Arcidosso. The road continues uphill with a few hairpin bends for 2.3 kilometres cycling back up the Upper Fiora Valley. Clearing the hill the road runs smoothly as far as a crossing at the locality Aiole (95.5) where one turns right downhill and takes the S.P. 6 in the direction of Santa Fiora (100).

TUFFACEOUS TOWNS

SORANO - SAN QUIRICO - MADONNA DELLE GRAZIE - PITIGLIANO - SORANO

27



NOTES: itinerary of great interest, from the point of view of the landscape, requiring the whole day to visit the areas one is cycling through. The most exacting stretches are the short climb towards Sorano and about 3 kilometres uphill from Pitigliano (plain of the river Lente) as far as the S.P. 22 to Sorano.

From Sorano one follows the road signs to San Quirico about 5 kilometres away and to be reached on the provincial road S.P. 12. From the town middle one can easily reach the cave dwellings of Vitozza following the road signs.

The itinerary continues on the S.P. 12 in the direction of Pitigliano. After 1.8 kilometres one reaches a large crossing and one cycles straight on (crossing the regional road S.R. 74) in the direction of Manciano avoiding to turn right to Sovana and Pitigliano.

One cycles therefore on the S.P. 127 "Pantano" without any difficulty through tilled fields for about 10 kilometres as far as a crossing where one turns right onto the S.R. 74 to Pitigliano. At the site Madonna delle Grazie one enjoys an extraordinary view of Pitigliano about 2 kilometres

away: 1.2 kilometres downhill and 800 metres uphill. Having visited the centre of Pitigliano one cycles back onto the same road towards the Lente lowland. Leaving the town one turns right in the direction of Sovana on the S.P. 46 ignoring the large hairpin bend on the left.

The road bypasses the tuff rise on which Pitigliano stands and reaches a T-crossing after having cycled mainly uphill for 4.8 kilometres (20.8): turning left one cycles easily as far as Sovana 2 kilometres downhill, while the itinerary continues on the right on the pleasant road S.P. 22 in the direction of Sorano.

After 4 kilometres the road descends between tall tuff walls, passes by Via Cava of San Rocco until it reaches the bridge over the river Lente where it starts climbing for about 1 kilometre to Sorano (28).

THE HILLS OF MANCIANO AND CAPALBIO

CAPALBIO - VALLERANA - SGRILLOZZO - MARSILIANA - CAPALBIO



NOTES: Itinerary without any great difficulty, on roads very easy to cycle on and of great panoramic value. The only stretch showing heavy traffic is the one of 7 kilometres from Sgrillozzo to Borgo Marsiliana on the regional road S.R. 74.

One leaves the village of Capalbio following the road signs to Pesca Fiorentina, Manciano and Marsiliana. Passing by the post office one takes the S.P. 75 "Pesca Fiorentina" and leaves the urban area skirting the cemetery.

The road is very pleasant, fringed with stone walls and surrounded by lush olive groves, oak and holm oak woods, leading mainly downhill. After 3 kilometres one leaves the S.P. 75 to take the S.P. 101 "Sgrilla" on the left in the direction of Vallerana and Manciano.

The descent ends after about 1 kilometre and then one continues on a level road across tilled fields, olive groves and vineyards. After 9 kilometres one reaches the locality of Vallerana (12) and after a couple of kilometres a crossing: the S.P. 101 "Sgrilla" turns right while the

itinerary continues straight onto the S.P. 102 "Sgrillozzo" as far as a T-crossing at the locality Sgrillozzo (16.2) where one turns left taking the regional road S.R. 74 to the Aurelia.

One cycles now on the road linking Manciano to the coast and it requires a certain attention and caution. Without any difficulty one reaches Marsiliana (23) where one leaves the S.R. 74 to take the S.P. 63 "Capalbio". For the first 3 kilometres the road carries on with ups and downs to then expand on the lowland crossing vineyards, tilled fields and maquis. A further stretch of ups and downs and after 12 kilometres (35) the ascent to the town of Capalbio begins. One cycles uphill for about 2 kilometres as far as a T-crossing where one turns right towards the town centre (38) to be reached after 1 kilometre on a road with a few steep ramps.

ON THE WAY TO THE TAROT GARDEN

CAPALBIO - BIVIO PESCIA FIORENTINA - GARAVICCHIO (GIARDINO DEI TAROCCHI) - BORGO CARIGE - CAPALBIO



NOTES: A short itinerary without any particular difficulty caused by altitude differences. The climb to Capalbio is good to cycle on and it does not have any exacting slopes. Very beautiful from the landscape point of view. A visit to the Tarot Garden is recommended. Refreshment stand at Borgo Carige.

One leaves Capalbio following the road signs to Pescia Fiorentina, Manciano and Marsiliana. Passing by the post office one takes the S.P. 75 "Pescia Fiorentina" and leaves the urban area skirting the cemetery.

The road is very pleasant, fringed with stone walls and surrounded by lush olive groves, oak and holm oak woods, leading mainly downhill.

After 3 kilometres at the crossing one continues straight on to Pescia Fiorentina and the Tarot Garden. The road stretches downhill across a very fine hilly landscape which sums up all the features of the Maremma countryside. Reaching a crossing (6.1) one continues in the direction of Chiarone Scalo on the S.P. 75 showing a varying altitude profile, first a terraced descent and then a level stretch as far as the

crossroads to the Tarot Garden locality Garavicchio (7.8). About 200 metres afterwards one leaves the S.P. 75 to turn right onto the S.P. 93 "Pedemontana" (8) towards Carige.

The Pedemontana road is wavy and fringed with beautiful cork oaks and crosses the typical Maremma countryside with olive groves, vineyards, wheat fields and farmhouses. Reached Borgo Carige one crosses it and at the end of the urban area (12.7) one leaves the Pedemontana road and turns right to take the S.P. 63 in the direction of Capalbio.

After about 2 kilometres the road leaves the countryside to plunge into a thick holm oak grove where the good to cycle on ascent to Capalbio begins (18).

THE COAST, THE BURANO LAKE AND THE PEDEMONTANA

ANSEDONIA STAZIONE - OASI LAGO DI BURANO - CHIARONE SCALO - GARAVICCHIO (GIARDINO DEI TAROCCHI) - BORGO CARIGE - ANSEDONIA STAZIONE



NOTES: This itinerary can be followed also by cyclists without any specific training. There are no difficulties through varying altitude and there are two points of touristic interest: the WWF Sanctuary of Burano and the Tarot Garden. The weak points of the itinerary are: first when taking the S.S.1 Aurelia and then the 200 metres before reaching the Ansedonia crossroads. This very short stretch must be negotiated with the utmost caution, keeping strictly to the right, if possible waiting for a moment when the road is free of cars; or one can choose to walk across the adjoining fields.

The starting point is at the crossing near the Ansedonia station. Ignoring the road signs to Ansedonia Mare and the S.S. 1 one cycles straight on in the direction of Capalbio Scalo on the provincial road S.P. 68. One cycles on flat land between the railway and the coast in a country setting.

After about 5 kilometres one cycles by the crossroads on the left towards the Capalbio station, remaining on the S.P. 68. Cycling for further 2.4 kilometres one reaches the entrance to the WWF Sanctuary of Burano (7.2), an ideal stop for nature lovers and birdwatchers.

The itinerary continues without any difficulty skirting the lake of Burano to reach a crossing (13.8) where the road turns left passing under the railway towards Chiarone and the S.S. 1 Aurelia. Past the railway underpass one keeps to the left in the direction of the Aurelia and Pescia Fiorentina reaching Chiarone Scalo. Past the small urban centre with its station, at two tall stone pines (14.7) one turns right in the direction of the Aurelia on the S.P. 75. One cycles on for 3.5 kilo-

metres and continues under the S.S. 1 Aurelia (4 lanes) and then in the direction of Pescia Fiorentina. At the next crossroads (19.2) one turns left onto the S.P. 93 "Pedemontana" in the direction of Carige. Near the crossing, just after having taken the Pedemontana, one can see the Tarot Garden on the right, undoubtedly deserving a visit.

The Pedemontana has a wavy course fringed with fine cork oaks and crossing the typical Maremma countryside with its olive groves, vineyards, wheat fields and farmhouses.

Past Borgo Carige on reaching the next crossing (23.9) one cycles straight on the S.P. 93 and smoothly downhill for nearly 10 kilometres as far as the S.S. 1 Aurelia (very dangerous). Here one turns right (because of the danger, one can choose to walk across the adjoining fields) and after 250 metres one turns right (34) following the road signs to Ansedonia.

Past the flyover of the freeway one cycles under the railway reaching the starting point (35.1).

THE TOUR OF THE EASTERN LAGOON

ORBETELLO - LOCALITÀ TERRAROSSA - TOMBOLO DELLA FENIGLIA - ANSEDONIA (COSA) - VIA DI CAMERETTE - ORBETELLO SCALO - ORBETELLO



NOTES: This itinerary is also suitable for families with children. Interesting sites from the point of view of nature are the Tombolo della Feniglia and the Eastern Lagoon. The stretch of the Tombolo della Feniglia is ideal to cycle on in the company of children and it is very interesting for the lovers of birdwatching. The one and only asperity is the climb (about 2 kilometres) to the headland of Ansedonia towards the ruins of Cosa. One can also avoid this detour and remain on a flat itinerary shortening it by 4.2 kilometres. The stretch on the Tombolo skirting the lagoon sandy shore has an irregular surface (roots and sand), but it is easy to cycle on also with a normal tourism bicycle. As an alternative one can cycle on the main road crossing the pine wood as far as the seat of the Corpo Forestale dello Stato (National Forest Rangers Station).

From Orbetello one cycles in the direction of Porto Santo Stefano taking the road laid on the earth strip dividing the two lagoons: Eastern and Western and cycling on the bike lane. Past the dam one cycles for 1.9 kilometres as far as the site Terrarossa to then turn left towards Porto Ercole as far as a crossroads (3.3) where one turns left again.

Past the large parking lot one cycles on for about 300 metres to turn left and take a dirt track coming to an end near a tall gate; having crossed the pedestrian crossing one cycles on the right along a tree fringed alley about 300 metres long, ending in front of the station of Corpo Forestale dello Stato. Here one turns left following the dirt track leading into the heart of the Tombolo della Feniglia to turn left again exactly after 300 metres taking the path heading decidedly in the direction of the lagoon.

One cycles for further 300 metres as far as a T-crossing where one turns right taking the path following the lagoon sandy shore. The path is marked by several surfacing roots, but only in the first part. Following this route one meets two pedestrian crossings on the left leading to the birdwatching sheds on the lagoon. One cycles on always following the main track, avoiding the right-hand deviation and after

about 5 kilometres the road turns entering the pine wood by a wide clearing where fallow deers and boars can be seen. Reaching the main arterial road one turns left passing by the station of the Corpo Forestale dello Stato.

Past the gate one returns onto the tarred road keeping to the left and past the Tagliata Etrusca (canal regulating the water flow from sea to lagoon) and the restaurant (11 kilometres) one turns right on the road and cycling for 2 kilometres uphill one reaches the headland with the ruins and the archaeological museum of Cosa (13.2). Having toured the interesting archaeological site one cycles back on the same road as far as the crossing near the canal "Tagliata Etrusca" (15.4).

From here one takes a right turn and without cycling past the railway bridge one turns left onto the path allowed only to pedestrians and cyclists. Bypassing the shut gate one cycles in total serenity as far as the next one. The path known as "Via di Camerette" continues as far as a large crossing (20.5). Here one takes the flyover following the road signs to Orbetello Scalo, the Hospital and by a roundabout (700 metres to the hospital) one takes the bike lane leading to the centre of Orbetello (25).

THE TOUR OF MONTE ARGENTARIO

ORBETELLO - PORTO ERCOLE - PUNTA AVVOLTORE - STRADA PANORAMICA - PORTO SANTO STEFANO - ORBETELLO



NOTES: A very scenic itinerary cycling through one of the most beautiful coast stretches of the whole Tyrrhenian seashore. As far as the altitude is concerned it requires a certain exertion because of its continual ups and downs bar the first 7 and the last 10 kilometres. However short a few stretches are very steep and a stretch of about 3.5 kilometres on a dirt track is very damaged requiring the use of all-terrain or MTB bikes. The nearly total lack of traffic between Porto Ercole and Porto Santo Stefano and the extraordinary natural setting with a nonstop view of the sea make this itinerary one of the most interesting destinations for bikers and cycling excursionists.

The square Mario Cortesini in Orbetello is the starting point of the itinerary. Following the road signs to Monte Argentario and Porto Ercole one pedals on the cycling lane following the provincial road S.P. 161 right in the middle of the Orbetello lagoon. After 2 kilometres one turns left in the direction of Porto Ercole and Cala Galera taking the S.P. 2 of Porto Ercole. Past the crossroads to Cala Galera and a short slope one reaches Porto Ercole (6.2) with its little harbour.

The road passes by the gate to the old town and with a spurt uphill the S.P. 66 "Panoramica Porto Ercole" leaves the urban area plunging into the lush green of pines and maquis. The view it offers onto the coast and the Isolato is beautiful. The road climbs gently for 4 kilometres to clear the hill (10.5) plunging down a very steep slope. In front of the barrier of the old road (barred because of landslides) a few hundred metres afterwards one continues to cycle downhill as far as a crossroads keeping to the right towards the parking lot. Cleared a short stretch of dirt track one cycles up a steep tarred ramp for 500 metres returning onto dirt track which climbs less steeply clearing the hill (11.9). One starts cycling downhill bypassing the Punta Avvoltore. After a short while one starts climbing uphill on a large but damaged road. At this point of the itinerary the view is superb showing the coast between Punta Avvoltore and Punta di Torre Ciana. After about 1.5 kilometres uphill one clears the hill once more near a crossing from where one cycles straight on downhill on a damaged stretch. At the next crossing (14.4) one continues straight on returning onto a tarred road: the itinerary continues downhill for 2.8 kilometres and then the road dives into a very thick maquis full of strawberry and mastic trees. Then the view

opens onto the coast with the Torre delle Cannelle and the Isola Rossa while one cycles gently uphill. At this point the road turns decidedly towards the inland to return then to the coast overlooking the craggy cliffs of the seashore and the Torre delle Cannelle, as well as the Torre Ciana farther away. Bypassing the headland from which the Isola Rossa and the wide Cala dell'Olio (21.5) can be seen the road turns decidedly towards the inland with a very exacting stretch of over 1 kilometre, marked by steep and narrow hairpin bends. One then continues on, a good to cycle on, upward slope that seconds the altitude curve with a few spurts. The environment becomes less wild and the maquis gives way to olive groves and drystone walls.

One continues uphill for about 2 kilometres as far as the area overlooking Capo d'Uomo (24.8) and clearing the hill to then cycle downhill for 1 kilometre as far as a crossroads (25.8) where one turns left following the road sign to the S.P. 65 "Panoramica" (continuing straight downhill one swiftly reaches Porto Santo Stefano). The long and very pleasant descent on a smooth tarred road offers a beautiful view of the coast with the Cala del Bove and the Isolato di Argentarola and further of Cala Grande. On reaching Porto Santo Stefano one cycles as far as the roundabout (36.3) from where one continues in the direction of Porto Ercole and Orbetello on the S.P. 161 of "Porto Santo Stefano". A short spurt uphill and then downhill towards the seashore. Past the locality Pozzarello (37.8) one cycles on without any difficulty as far as Orbetello (45.5) along the last 2 kilometres on the cycling lane in the heart of the lagoon already covered at the beginning. The itinerary ends in Piazza Mario Cortesini (46.3) where it started.

THE LOWER ALBEGNA PLAIN

ORBETELLO - STRADA DI CAMERETTE - ANSEDONIA (COSA) - OASI WWF LAGO DI BURANO - CHIARONE SCALO - GARAVICCHIO (GIARDINO DEI TAROCCHI)
BORGO CARIGE - CAPALBIO - MARSILIANA - MAGLIANO IN TOSCANA - QUATTROSTRADE - ORBETELLO SCALO - ORBETELLO

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NOTES: A smoothly flowing itinerary without any particular difference in altitude but with a long distance in kilometres. Expert and well trained cyclists can choose this itinerary to improve on the distance and to pedal with fluidity. From the touristic point of view one cycles by very interesting areas like the Orbetello Lagoon, the archaeological ruins of Cosa (Ansedonia), the WWF Sanctuary of Burano, the Tarot Garden and the towns of Capalbio and Magliano in Toscana.

From Orbetello one takes the cycle lane leading to Orbetello Scalo. Near the hospital one cycles on as far as a large roundabout where one takes the Vecchia Aurelia (one way) up to a nearby crossing where one turns right taking the Strada di Camerette. The tarred path winds parallel to the railway and after about 2 kilometres meets a shut gate. From this point the path is allowed only to cyclists and pedestrians. Skirting the Orbetello Lagoon one reaches the end of this path (another gate) near a crossing (8 kilometres): one continues on the right (on the left the railway bridge) and, immediately after, one follows the road signs to Ansedonia and the archaeological ruins of the town of Cosa. One cycles mainly uphill to reach the summit of the headland (10.9) and past the possible deviation on the left to Cosa, one cycles downhill for 1.1 kilometres as far as a large crossing (12) cycling then straight on towards Capalbio Scalo (on the right it leads to Ansedonia Mare and on the left to the Aurelia) on the provincial road S.P. 68. After further 2.4 kilometres one reaches the entrance of the WWF Sanctuary of Burano (19.2), an ideal stop for nature lovers and birdwatchers. The itinerary continues without any great difficulty skirting the lake of Burano to reach a crossing (25.8) where the road continues on its natural flow to the left towards Chiarone and the national road S.S. 1 Aurelia passing under the railway. Past the railway underpass one keeps to the left in the direction of Aurelia and Pescia Fiorentina reaching Chiarone Scalo. Past the small urban centre with its station, near two tall stone pines (26.7) one turns right in the direction of the Aurelia on the S.P. 75. After 3.5 kilometres one cycles under the S.S. 1 Aurelia (4 lanes) continuing in the direction of Pescia Fiorentina. At the next crossroads (31.2) one turns left to take the S.P. 93 "Pedemontana" towards Carige. Precisely nearby the crossing, at the beginning of the Pedemontana one can see the Tarot Garden on the right, undoubtedly deserving a visit. The Pedemontana stretches wavily and it is fringed with fine cork oaks crossing the typical Maremma countryside with its olive groves, wheat fields and

farmhouses. Reaching Borgo Carige at the end of the urban area (35.9) one leaves the Pedemontana to take the S.P. 63 towards Capalbio on the right. After about 2 kilometres the road leaves the countryside to enter a thick holm oak grove where the good to cycle on climb to Capalbio (41) begins. Past a possible detour into town the itinerary continues downhill on the S.P. 63 turning left towards Marsiliana, Albinia, Magliano in Toscana. After a first stretch steeply downhill one continues on ups and downs and then on a level stretch as far as Borgo Marsiliana (55). From here one cycles on in the direction of Manciano on the regional road S.R. 74 for about 400 metres as far as the crossroads on the left to Magliano in Toscana. One takes the S.P. 94 "Sant'Andrea" passing shortly afterwards the river Albegna. One continues on the S.P. 94 on a gentle climb along the Fosso Patrignone. After about 7 kilometres one can make a short detour to visit the ruins of the San Bruzio Church and a couple kilometres further on one reaches a T-crossing on the S.P. 160 where one turns right to Magliano in Toscana about 1 kilometre away (65.6). Crossed the old town centre one returns onto the S.P. 160 in the direction of Albinia. The road stretches mainly downhill as far as the bridge over the river Albegna (78) and shortly after one crosses the S.R. 74 following the road signs to La Parrina on the S.P. 128 constantly on a flat course. One continues as far as the Quattrostrade hamlet (82.4). About 50 metres before meeting the S.S. 1 Aurelia one turns left onto a bypath "Via Vicinale dei Poggi" following the indication to the manège. After 500 metres one turns right at the T-crossing once more onto the "Via Vicinale dei Poggi". One negotiates a stretch of 1.4 kilometres on a dirt track and then on a tarred road always keeping to the main road until meeting the S.S. Aurelia (85.5) where one turns left (direction Rome). The next 500 metres on the freeway claim the utmost attention as far as the detour to Orbetello. At Orbetello Scalo one follows the road signs to the hospital to find (near a roundabout) the access to the cycling lane leading to Orbetello (89).

CICLOPISTA DEL SOLE

FOLLONICA - CASTIGLIONE DELLA PESCAIA - MARINA DI GROSSETO - GROSSETO - STRADA COMUNALE DELLA GRANCIA - MONTIANO - MAGLIANO IN TOSCANA

CAPALBIO OPTION: MARSILIANA - **CAPALBIO ARGENTARIO OPTION:** S.R. 74 - QUATTROSTRADE - ORBETELLO SCALO - ORBETELLO

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NOTES: In line route stretching from the coast to the Maremma inland. It belongs to the great Italian directrix linking the Brenner to Naples. It is a good to cycle on route including also the possibility of an integrated transport by rail, line (Roma-Genova) halting at several stations like Follonica, Grosseto, Orbetello and Capalbio.

From Follonica one takes the provincial road S.P. 158 following the coast as far as the locality Puntone (4.8) and continuing towards the inland reaching Castiglione della Pescaia (17.7). From here, past the bridge over the river Bruna, one cycles towards the coastal pine wood of the Tombolo where the cycling lane begins, leading to Marina di Grosseto (28.8). From here one returns inland as far as the crossing with the S.P. 158 (30.2) to take the bike lane leading to the centre of Grosseto (41.7). From here the road stretches southward parallel to the railway following the road signs to Siena and Scansano. Arriving at a roundabout (42.9) one follows the railway underpass in the direction of Rome and taking Via Aurelia Sud. One leaves the inhabited area taking the S.P. 154 "Spadino" (43.2), reaching the bridge over the Ombrone (45.3). Immediately past the bridge one turns right following the road signs to Istia d'Ombrone and Pratini. At the roundabout one continues towards Scansano and Istia d'Ombrone passing under the S.P. 54. At the next crossing one turns right to Scansano, Pratini and Strada Vicinale Montiano. One cycles under the four lanes of the S.S. 1 Aurelia (46.4) following the indication "Pratini A". Here begins the Strada Comunale della Grancia that at first gently uphill and then downhill winds across a significant stretch of countryside with farmhouses. One keeps to the main route avoiding every detour. After 3.2 kilometres the Strada Comunale della Grancia joins the S.P. 16 to Montiano (49.6) at a T-crossing. From here one cycles uphill across the fair hills of the inland skirting the town of Montiano (59.6) and on ups and downs across vineyards one reaches Magliano in Toscana (69.7). At this point the Ciclopista del Sole offers two possibilities: to cycle in the direction of Capalbio or in that of Monte Argentario.

CAPALBIO OPTION: From Magliano in Toscana one takes the S.P. 94 "Sant'Andrea" stretching continuously and pleasantly downhill past the bridge over the river Albegna to join the S.R. 74. At the crossing one turns right and after 400 metres one rapidly reaches the urban area of Marsiliana (79.3) where one leaves the S.R. 74 to take the S.P. 63 "Capalbio". During the first 3 kilometres the road stretches on with ups and downs and then further on evenly across vineyards, tilled fields and maquis. Yet a stretch with ups and downs and after 12 kilometres the climb towards Capalbio begins. One cycles uphill for

about 2 kilometres as far as a T-crossing where one turns right towards the middle of the town (94.3)

ARGENTARIO OPTION: From Magliano in Toscana one takes the S.P. 160 in the direction of Albinia. The road stretches mainly downhill as far as the bridge over the Albegna and shortly afterwards it crosses the S.R. 74 (81.5) following the road signs to the locality La Parrina on the S.P. 128 on flat land. Past the fork in the road one cycles on as far as the Quattrostrade hamlet (86.5). About 50 metres before meeting the S.S. 1 Aurelia one turns left onto a bypath "Via Vicinale dei Poggi" following the indication to a manège. After 500 metres one turns right at the T-crossing once more onto the "Via Vicinale dei Poggi". One negotiates a stretch of 1.4 kilometres on dirt track and then on a tarred road one keeps always to the main road until meeting the S.S. Aurelia 1 (89.6) where one turns left (direction Rome). The next 500 metres on the freeway claim the utmost attention as far as the detour to Orbetello. At Orbetello Scalo one follows the road signs to the hospital to find (near a roundabout) the access to the cycling lane leading to Orbetello (93.5)

TO THE MAREMMA REGIONAL PARK (avoiding the S.S. Aurelia 1) Reference point is the S.P. 16 Montiano. Arriving from Montiano or from Grosseto (Strada Comunale della Grancia) one cycles on the S.P. 16 and, a little before reaching the fork Rome/Grosseto - in short the ramps to the S.S. 1 "Aurelia" - one reaches a crossroads where one takes the dirt track on the left: after 500 metres the bypath passes by a pull-in on the S.S. 1 "Aurelia". Here one turns left onto the Strada di Valle Maggiore. After about 500 metres the road starts gradually uphill surrounded by the maquis, clearing a hill after about 2.8 kilometres, bypassing the Poggio del Lupo to start downhill. After 2.2 kilometres (6) at a T-crossing one turns right. One cycles for 1.5 kilometres as far as a farm holiday facility on the left. After further 50 metres one reaches a crossing (7.1) where one turns right (cycling straight on one reaches the S.S. 1 Aurelia). After a short while the road turns to dirt track and one cycles across olive groves as far as a T-crossing at the locality Enaoli (9) where one turns left in the direction of Alberese and, passing under the S.S. 1 "Aurelia", one reaches Rispeccia (10).