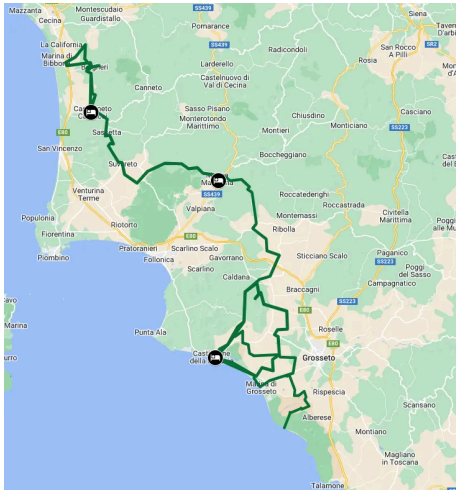


# Tuscany Coastal South ride

7 days, €0



## Introduction



This **cycling Tuscany coast** itinerary lets you embark on a **picturesque cycling journey** along the stunning Tuscan coast, **immersing** yourself in the **natural beauty and cultural richness** that defines this enchanting region. Your adventure begins in the **charming seaside town of Castiglione della Pescaia**, where the **azure waters** of the Tyrrhenian Sea meet the **golden sands** of the coastline. Leaving the coastal allure behind, your route takes you inland towards the **historic town of Massa Marittima**. As you pedal through the Tuscan countryside, you'll be greeted by rolling hills adorned with **vineyards, olive groves, and cypress trees**, creating a quintessential Tuscan landscape. Massa Marittima, with **its medieval charm and well-preserved architecture**, invites you to explore its narrow **cobblestone streets**, vibrant piazzas, and the **majestic Cathedral of San Cerbone**. Approaching **Castagneto Carducci**, the landscape becomes more undulating, offering a mix of challenging ascents and rewarding descents. **The town**

**itself**, perched on a hill with views of the surrounding **vineyards and olive orchards**, exudes an authentic Tuscan atmosphere. Explore the cobblestone streets lined with historic buildings, and perhaps take a moment to savor **a glass of local wine** at one of the charming cafes. This **cycling Tuscany coast** trip along the shoreline not only promises a physical adventure but also provides a sensory **feast for your eyes and taste buds**. From the sun-kissed beaches to the ancient towns and rolling hills, each pedal turn brings you closer to the heart of Tuscany, where the landscapes are as rich as the history and culture that define this remarkable region.

## Day to Day

### Day 1 Arrival in Castiglione della Pescaia

Arriving in Castiglione della Pescaia, you step into a **coastal haven** that seamlessly blends historic charm with the allure of the Tyrrhenian Sea. As you approach the town, the **sparkling blue waters and sandy shores** create a welcoming backdrop for the beginning of your cycling adventure. Your arrival day in **Castiglione della Pescaia** sets the stage for the adventure that awaits you along the Tuscan coast – a perfect **blend of coastal bliss, historic charm, and the warm embrace of Italian hospitality**.

### Day 2 Loop ride via Marina di Grosseto

**40 km**

Starting from Castiglione della Pescaia, your ride follows the coastal road, providing panoramic views of the Tyrrhenian Sea on one side and the rolling hills of Tuscany on the other. The salty breeze accompanies you as you pedal along the sun-kissed shores, with the azure waters glistening under the Mediterranean sun. Upon reaching Marina di Grosseto, the atmosphere changes to a more relaxed seaside vibe. The long sandy beaches stretch out before you, inviting you to take a break and enjoy the sound of waves gently lapping the shore. As you loop back towards Castiglione della Pescaia, the landscape transitions between coastal views and the rustic beauty of the Tuscan countryside

*Challenge: 40km, ascent 10mt, descent 10mt*

**Day 3 Loop ride via Vetulonia****60 km**

Climb uphill from Castiglione della Pescaia the route takes you through the Tuscan countryside, offering panoramic views of rolling hills adorned with vineyards and olive groves. As you approach Vetulonia, the landscape transforms, and you find yourself in the midst of ancient history. Vetulonia, an Etruscan archaeological gem, welcomes you with remnants of its rich past, including tombs, archaeological sites, and the evocative ruins of the ancient city. Take a moment to explore this historical treasure, immersing yourself in the mysteries of the Etruscan civilization. As you cycle back towards Castiglione della Pescaia, the coastal allure beckons once again. The final stretch may offer glimpses of the Tyrrhenian Sea on the horizon, creating a sense of anticipation as you approach the coastal town.

Challenge: 60km, ascent 425mt, descent 425mt

**Day 4 Cycle from Castiglione della Pescaia to Massa Marittima****50 km**

Embark on a captivating cycling journey from the coastal gem of Castiglione della Pescaia to the medieval town of Massa Marittima, weaving through the enchanting landscapes of Tuscany. This ride promises a perfect blend of coastal vistas, rolling hills, and historic charm. The route unfolds through the undulating hills of Tuscany, where vineyards, olive groves, and cypress trees paint a mesmerizing landscape. As you pedal away from the coast, the peaceful countryside offers a stark contrast to the lively atmosphere of the seaside, providing a serene and immersive experience. As you approach Massa Marittima, the silhouette of medieval towers and historic architecture comes into view, perched atop a hill. The town welcomes you with its well-preserved medieval charm, narrow cobblestone streets, and the impressive Cathedral of San Cerbone. Take a break to explore the historic center, where every corner reveals a glimpse of Tuscany's rich cultural heritage.

Challenge: 50km, ascent 570mt, descent 210mt

**Day 5 Cycle Massa Marittima to Castagneto Carducci****45 km**

Today is your toughest cycling day from the medieval town of Massa Marittima to the charming hilltop village of Castagneto Carducci, traversing the picturesque landscapes of Tuscany. This cycling journey promises a perfect blend of historic richness, rolling hills, and the timeless allure of the Tuscan countryside. Leaving Massa Marittima behind, the route leads you through the undulating hills of Tuscany, where vineyards, olive groves, and cypress trees decorate the landscape. As you pedal onward, the scenery transforms, and the coastal allure begins to make its presence felt. The Tyrrhenian Sea sparkles in the distance, offering glimpses of the coastal splendor that awaits. The journey takes you through quaint villages and sun-drenched fields, immersing you in the authentic charm of rural Tuscany. Your cycling adventure concludes in Castagneto Carducci, where you can reward yourself with a leisurely exploration of the village's historic sites and perhaps indulge in the flavors of local cuisine at one of its inviting trattorias. Whether you choose to stroll through the narrow streets or relax in a quaint café, Castagneto Carducci welcomes you with its authentic Tuscan hospitality.

*Challenge: 45km, ascent 670mt, descent 860mt*

**Day 6 Loop ride via Bolgheri****40 km**

Starting in Castagneto Carducci, the medieval atmosphere of the village sets the tone for your ride. Pedaling through cobblestone streets and past historic buildings, you quickly find yourself immersed in the authentic ambiance of Tuscan hilltop life. The distant sea views provide a scenic backdrop as you leave the village behind and set out towards the renowned wine-producing area of Bolgheri. As you approach Bolgheri, the iconic cypress trees that border the road create a captivating avenue, casting dappled shadows on the sunlit path. The fragrance of the surrounding pine trees and the distant scent of the sea add a sensory dimension to your cycling experience. Arriving in Bolgheri, you're greeted by a quaint hamlet steeped in history and surrounded by vineyards. The cobbled streets and medieval buildings exude charm, while the Castle of Bolgheri stands as a testament to the area's rich past. Take a leisurely break to explore the village, perhaps stopping at a local enoteca to sample the renowned wines produced in the Bolgheri region, such as the prestigious Sassicaia. It's a ride that seamlessly weaves together history, culture, and the pleasures of cycling in the heart of this enchanting region.

Challenge: 40km, ascent 345mt, descent 345mt

## Day 7 **Arrivederci Castagneto Carducci!**

After breakfast take the local bus to the closest train station in Donoratico, unless you have booked a transfer or extra services with us.

## Prices, Data, Booking

Price pp		€
Double room, breakfast	price from	0.00

## Practical Info



6 Nights



B&B & Hotel \*\*\*



Breakfast included



Route notes, maps and App



Bike rental available



7-days a week service-hotline



Luggage transfer included



GPS tracks available