

Green Tuscany



Atlas of Tuscan Walks

In Tuscany you are always at the center
of a network of grand routes.

A photograph of a hiker with a blue backpack walking away on a gravel path. The path is flanked by two tall, weathered stone pillars topped with ornate urns. In the background, there is a vast landscape of rolling hills under a soft, hazy sky, suggesting a sunset or sunrise. The hiker is wearing a blue t-shirt and khaki pants.

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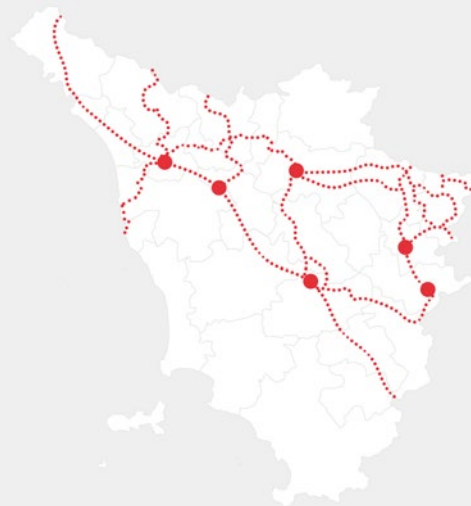
TUSCANY

NEVER-ENDING RENAISSANCE

Step after step,
find yourself at the
crossroads of stories
and landscapes.

Discover the Atlas of Tuscan Walks
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Walking in Tuscany





 **8**
ROUTES

 **1,548**
KILOMETRES

 **37,000**
OVERALL
ELEVATION GAIN

 **78**
LEGS

 **85**
LARGE TOWNS
CROSSED

 **45**
SMALL TOWNS
CROSSED

 **9**
PROVINCES
CROSSED

 **22**
TOURIST AREAS
CROSSED

 **3**
NATURAL
RESERVES

 **8**
UNESCO SITES

 **6**
INTERSECTIONS

Tuscany is the heart of Italy. It has always held centre stage in the country's extraordinary history and is located in the middle of an exceptional natural and landscape system, criss-crossed by short and long routes.

Step by step, you can venture into a rich heritage of historic hamlets, small towns and cities full of art that are naturally connected by historical paths. It is an ancient yet new way of experiencing the resources and icons of the area.

The Apennine passes – Radici, Cisa, Alpe Serra and Croce Arcana – are symbolic gateways to this world where time is marked by the sound of one's footsteps. The parks of the Apuan Alps and the Tuscan-Emilian Apennines and Migliarino San Rossore and Massaciuccoli are just three of the many natural areas crossed by the routes.

The itineraries lead to eight Tuscan World Heritage sites. Siena, Florence, Arezzo, Pistoia and Lucca are cities of art that become intersections among routes. Furthermore, there is that small ancient world of hamlets that tell the story of past and traditions, revealing the secrets enclosed in churches, displayed in museums and scattered across the countryside: a different, personal and sustainable way to discover Tuscany.

Share your adventures
[#camminiditoscana](https://www.instagram.com/camminiditoscana)
[#mytuscany](https://www.instagram.com/mytuscany)



Map of Walks in Tuscany

Francigena, Germanica, Strata and Sanese are the names of the *Vie Romee* (Roman Ways) that cross the most intimate Tuscany on their way to Rome; the *Via Lauretana*, the *Way of Saint Francis* and the *Way of Saint Jacopo* combine the Marian devotions and the places of the saints with the splendour of the natural landscapes; finally, the *Matildica del Volto Santo* takes you from an Apennine pass on foot all the way to the stunning city of Lucca.

6 LEGS • 170 KM

Way of Saint Jacopo

The way to 'Santiago Minor': nature, history and cities of art



From Florence to Livorno via the "Santiago minor", Pistoia, a city with a strong Jacobean culture. A route that winds through beautiful hills and historic villages, passing through the main cities of art in northern Tuscany.

Six fascinating stages of easy and medium level in which nature rhymes with culture, following the ancient Roman routes of the *Via Cassia* and the *Via Aemilia Scauri*. Steps immersed in history, following in the footsteps of the pilgrims who travelled to Livorno to set sail from the port and travel to Barcelona, then continuing on the French Way to reach *Santiago de Compostela*. Part of the road network that reaches the *Camino de Santiago*, yesterday as today, the *Way of Saint Jacopo* culminates in Pistoia, home since 1145 A.D. to the famous relic of the *Apostle James (Jacopo)*. Combining religion, art and the most beautiful sights in Tuscany, it is a wonderful adventure to enjoy on foot.

16 LEGS • 394 KM

Via Francigena in Tuscany

Tuscany's main route



Over the centuries, pilgrims, merchants, saints and travellers have walked along the *Via Francigena*, the ancient European route which goes from Canterbury to Rome and crosses Tuscany for 394 km. An itinerary with 16 stages laid out by the travel diary of the Archbishop Sigerico and that still today continues to attract, amaze, and move travellers.

The *Tuscan Via Francigena* begins between the Tuscan-Emilian Apennines and the Apuan Alps, where the luxuriant woods of *Lunigiana* grow; it crosses the sea breezes of *Versilia* and descends along the *Plain of Lucca* before arriving in the *Val d'Elsa*, and in the *Terre di Siena*. The route continues to overlook the *Crete Senesi* and carries on along the white roads of the *Val d'Arbia*, until it reaches the *Val d'Orcia* dotted with fortresses, where the traveller's gaze always explores new landscapes.

5 LEGS • 114 KM

Via Lauretana in Tuscany

The road of artists, merchants, and pilgrims



The *Via Lauretana Toscana* winds its way for 114 km through the lunar landscapes of the *Crete Senesi* and the drainage canals of the fertile *Valdichiana* and connects the mediaeval city of *Siena*, a Unesco World Heritage site, and the Etruscan treasures of *Cortona*, which overlooks Tuscany. This ancient Etruscan-Roman road became a route for pilgrims in the *Middle Ages*, and was linked to the Marian cult of the *Madonna of Loreto*. The hills and plains crossed by the road were known in ancient times as the *Granary of Etruria*. The route was further developed in the 18th century due to the engineering works of the Grand Duchy of Tuscany.

Today, the *Via Lauretana Toscana* unrolls along white roads through the *calanchi* and *biancane* of the *Val d'Arbia* and the *Crete Senesi*. After oak woods and truffle fields, the route arrives at *Sinalunga* and *Turrite di Siena* and plunges into the *Valdichiana*, where the route continues crossing canals and cleared areas.

5 LEGS • 105 KM

Via Matildica del Volto Santo

From Grafagnana's green soul to Lucca



The *Via Matildica del Volto Santo* connects *Mantua* to *Lucca* along an itinerary which crosses lands that once belonged to *Matilda of Canossa* and ends at the *Cathedral of San Martino* where the *Holy Visage*, one of the oldest and most venerated western wooden crucifixes, is kept. The 105 km Tuscan stretch begins in the *Tuscan-Emilian Apennine National Park*, winding up roads and paths that, over the centuries, have seen the passage of armies, merchants, and pilgrims. From the mountain passes, the view opens over the *Apuan Alps*, backdrop to the entrance to *Garfagnana* and the *Sanctuary of San Pellegrino*, a sacred place full of history and legend. Parishes, hostels, castles, and mediaeval villages dot the entire *Serchio Valley*, bearing witness to the strategic importance of these lands in mediaeval times. A one-hundred-kilometre-long route which crosses *Castiglione*, *Pieve Fosciana*, *Castelnuovo*, *Barga*, *Borgo a Mozzano*, before reaching the final destination, *Lucca*, the city of the *Holy Visage*.

7 LEGS • 141 KM

Via Romea Germanica

A route through historic cities and pure nature

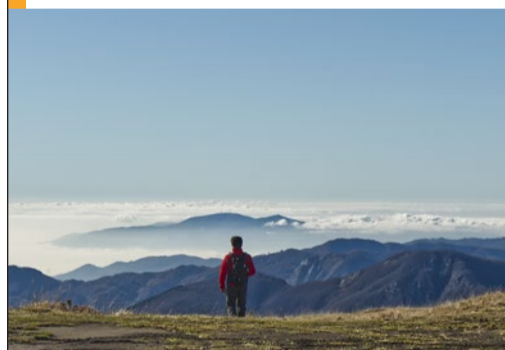


In the *Middle Ages*, the *Via Romea Germanica* was the preferred way to maintain a connection between Rome and imperial interests, first and foremost those of *Charlemagne*, and later of the *Swabian and Saxon kings*. The road is also an evocative pilgrimage route that follows the journey of *Abbot Albert of Stade*: the diary written in 1236 is an amusing dialogue between two German pilgrims regarding the best routes to follow to reach the *Holy See* and the *Holy Land*. In Tuscany, the *Via Romea Germanica* unfolds in 7 stages starting from the *Alpe Serra* pass, which offers the opportunity to cross the *Apennines* in one of its most spectacular stretches and head towards the *Arno valley*. From the *Apennine* surroundings, the route passes through the nature and hamlets of the *Casentino* to *Arezzo*, where travellers are greeted by the splendid palaces of *Piazza Grande*. The following outposts offer a passage to *Castiglion Fiorentino* and *Cortona*, two mediaeval Etruscan hamlets.

6 LEGS • 109 KM

Via Romea Strata

Walking from the Apennine passes to the lands of Leonardo



The *Romea Strata* was a group of paths that allowed *European pilgrims* to reach the *Francigena* and thus the destinations of the three *peregrinationes maiores*: *Rome*, *Jerusalem* and *Santiago de Compostela*. In Tuscany, the route overlapped the *Via Nonantolana*, which, starting from the territories controlled by the *Nonantolana Benedictine abbey*, joined the *Francigena* near *Lucca* or *Fucecchio*, after crossing the *Croce Arcana* pass. The current Tuscan itinerary starts off from the *ridges of the Apennines*, descends along the paths and dirt tracks that connect the villages located in the *Pistoia mountains* until it reaches the city of *Saint Jacopo: Pistoia*, the *Santiago minor*. From there, the route goes up over the hills and olive groves of *Montalbano*, it crosses the birthplace of *Leonardo da Vinci* and arrives in *Fucecchio* and *San Miniato*. A 109 km route from the *Apennines* to the Tuscan countryside that can be done in six days.

4 LEGS • 83.5 KM

Via Romea Sanese

From Florence to Siena, walking through the vineyards of Chianti



The *Via Sanese*, one of the *ten strate et vie maestre* of the Florentine countryside, was the fastest way to go from *Florence* to *Siena* in the *Middle Ages*. It was a fundamental pilgrimage route because it joined the *Francigena* thus allowing pilgrims to continue towards *Rome*. In the initial section, the route coincided with that of the *Regia Romana* road to then separate at the bottom of the *Pesa valley* where, after crossing the *Sambuca Bridge*, it went up the hills and finally descended towards *Siena*. Today, the *Via Romea Sanese* follows the traces of that ancient road, connecting the *historic centres* of the two cities with over 80 km route which unwinds along roads and dirt tracks that slowly immerse travellers into the *vineyards* and *olive groves* of the *Chianti Classico*. Four legs within everyone's reach that cross the *Florentine* and *Siene* countryside and allow travellers to discover parish churches, abbeys and mediaeval villages.

7 ROUTES • 428 KM

Way of Saint Francis in Tuscany

The spiritual routes



The *Via di Francesco* is the network of paths that winds its way for over 400 km in eastern Tuscany, crossing the most significant places linked to the life of *St Francis of Assisi*. It passes through towns, hamlets, hills, and mountains, starting from the cradle of the *Renaissance* and passing through *Valdisieve*, *Valdarno*, *Casentino*, *Valtiberina* and *Valdichiana*. The itinerary follows the course of the *Arno* starting from the *Basilica of Santa Croce* in *Florence*, the largest Franciscan church in the world, and continues to the *Sanctuary of La Verna*, where *St Francis* received the *Stigmata*. There are numerous castles, hermitages, parish churches and places where nature and mysticism merge together, such as the *Monastery of Camaldoli*. The route continues surrounded by prosperous and wild nature, such as the majestic *Casentino forests*, towards the cities full of art and history such as *Arezzo* and the town of *Cortona*, where *St Francis* founded the *Hermitage Le Celle*.



Way of Saint Jacopo

The way to "Santiago Minor": nature, history and cities of art.

- ▶ **Departure:** Firenze
- ◄ **Arrival:** Livorno
- 🚶 **Legs:** 6

- 📏 **Total length:** 170 km
- 📈 **Difference in altitude:** 1,460 m
- 📍 **Intersections with other routes:** Firenze; Pistoia; Lucca

Via Francigena in Tuscany

The great European cultural route encounters the landscapes and history of Tuscany.

- ▶ **Departure:** Cisa Pass
- ◄ **Arrival:** Acquapendente
- 🚶 **Legs:** 16 (+ 2 varianti)

- 📏 **Total length:** 394,48 km
- 📈 **Difference in altitude:** 6,500 m
- 📍 **Intersections with other routes:** Lucca; Fucecchio; Siena

Via Lauretana in Tuscany

From the World Heritage Site of Siena to the Etruscan treasures of Cortona, the road of artists, merchants and pilgrims.

- ▶ **Departure:** Siena
- ◄ **Arrival:** Cortona
- 🚶 **Legs:** 5

- 📏 **Total length:** 114.3 km
- 📈 **Difference in altitude:** 2,800 m
- 📍 **Intersections with other routes:** Siena; Cortona

Via Matildica del Volto Santo

The route with views over the Apuan Alps and Apennines, from Garfagna's green soul to Lucca.

- ▶ **Departure:** Gazzano
- ◄ **Arrival:** Lucca
- 🚶 **Legs:** 5 (+1 variant)

- 📏 **Total length:** 105 km
- 📈 **Difference in altitude:** 3,100 m
- 📍 **Intersections with other routes:** Lucca

Via Romea Germanica

From the nature of the Apennines to the historic cities of art, the route of travellers and emperors.

- ▶ **Departure:** Bagno di Romagna
- ◄ **Arrival:** Pozzuolo
- 🚶 **Legs:** 7

- 📏 **Total length:** 141.8 km
- 📈 **Difference in altitude:** 3,710 m
- 📍 **Intersections with other routes:** Cortona; Arezzo

Via Romea Strata

On the road from the Apennine passes to the lands of Leonardo da Vinci.

- ▶ **Departure:** Capanno Tassoni
- ◄ **Arrival:** San Miniato
- 🚶 **Legs:** 6

- 📏 **Total length:** 109.3 km
- 📈 **Difference in altitude:** 2,608 m
- 📍 **Intersections with other routes:** Fucecchio

Via Romea Sanese

From the Renaissance in Florence to the Middle Ages in Siena, walking through the vineyards of Chianti.

- ▶ **Departure:** Firenze
- ◄ **Arrival:** Siena
- 🚶 **Legs:** 4

- 📏 **Total length:** 83.5 km
- 📈 **Difference in altitude:** 1,940 m
- 📍 **Intersections with other routes:** Firenze; Siena

Way of Saint Francis in Tuscany

Spiritual routes along works of art and places of Francis of Assisi.

- ▶ **Departure:** Firenze
- ◄ **Arrival:** Chiusi della Verna
- 🚶 **Legs:** 7 routes (+11 variant)

- 📏 **Total length:** 427.8 km
- 📈 **Difference in altitude:** 13,010 m
- 📍 **Intersections with other routes:** Firenze; Arezzo; Cortona

Useful info

How to get around

Many destinations along the route are well connected with trains and the new centralised Tuscan bus network.

Public Transport
www.at-bus.it

Train transport
www.trenitalia.com

Legs and maps

On the website it is possible to consult the individual legs and download the maps of the routes. cammini.visittuscany.com.

Credits
A Toscana Promozione Turistica project coordinated by Ciclica Srl. Cartographic data elaborated by Gianluca Bambi on source Geoscopio Regione Toscana. Content by Federico Bogazzi and Ciclica Srl.



Atlas of Tuscan Walks

Step after step through the historic cities and natural landscapes of Tuscany.

The **Atlas of Walks** defines the slow mobility network of the Region of Tuscany. It is a system of cultural routes which criss-cross the region and become authentic **portals** to Tuscany's historical-artistic and natural heritage. The grand centuries-old history routes which form the Atlas and that can only be discovered step by step, allow travellers to reach and move between great historic cities and hundreds of hamlets. Indeed, the general vision behind the Atlas of Walks represents a gateway to the slow tourism system in Tuscany and offers an alternative to traditional tourist destinations and a different way of reaching and discovering them.

Photo credits: Enrico Caracciolo, Gianluca Bambi, Federico Bogazzi, Ciclica Srl, Fondazione Arezzo Intour, Visitpistoia.eu, photographic archive Toscana Promozione Turistica.

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