RIDE BASE PACK

VILLA TOSCANA

2 GRAVEL LOOPS
2 ROAD LOOPS

REQUEST AVAILABILITY & PRICING

VILLATOSCANAVACANZE.IT

WELCOME TO VAL DI CORNIA & VILLA TOSCANA

YOUR GATEWAY TO ONE OF TUSCANY'S BEST CYCLING DESTINATIONS

DISCOVER:

BASE CAMP
- VILLA TOSCANA (VENTURINA TERME)

MOUNTAIN BIKING
- MONTIONI NATURAL PARK (7,000 HA)
- TUSCANY TRAIL ROUTES
- PIOMBINO HEADLAND TRAILS (~10 KM)
- BANDITE DI SCARLINO (~20 KM)
- MONTE ARSENTI / MASSA MARITTIMA (~30 KM)

ROAD CYCLING
- CASTAGNETO CARDUCCI & BOLGHERI CYPRESS AVENUE
- SASSETTA & THE "99 CURVES"
- FOLLONICA COASTAL LOOP (25 KM)
- CAMPIGLIA MARITTIMA & MONTE CALVI CLIMB

GRAVEL ROUTES
- CICLOVIA TIRRENICA COASTAL PATH
- STERPAIA PARK TO FOLLONICA LOOP
- WHITE ROADS VIA RIOTORTO
- BARATTI BEACH DETOUR

WINE & FOOD
- DOC VAL DI CORNIA & DOCG SUVERETO WINES
- WINE & OIL ROAD (CELLARS & MILLS)
- PIOMBINO: CECÌNA & BACCALÀ ALLA PIOMBINESE

CULTURE & TOWNS
- PIOMBINO OLD TOWN & PIAZZA BOVIO
- CATHEDRAL OF SANT'ANTIMO & CASTLE MUSEUM
- BARATTI BAY
- POPULONIA ARCHAEOLOGICAL PARK

ELBA ISLAND
- HYDROFOIL TO CAVO (15–20 MIN)
- FERRY TO PORTOFERRAIO (40–60 MIN)
- WESTERN LOOP: MARCIANA MARINA & COSTA DEL SOLE
- EASTERN LOOP: PORTO AZZURRO & CAPOLIVERI
- CAPOLIVERI BIKE PARK & 400+ KM MTB TRAILS

QUICK START

EVERYTHING YOU NEED TO RIDE FROM THE DOOR, WITHOUT OVERTHINKING.

WHAT'S INSIDE

- 4 CURATED ROUTES STARTING AND FINISHING AT VILLA TOSCANA
- 2 GRAVEL LOOPS + 2 ROAD LOOPS (PDF + GPX)
- LOCAL INSIGHTS: SURFACES, RESUPPLY STOPS & KEY CAUTIONS

HOW TO USE THE GPX

- DOWNLOAD THE GPX FILE FROM THE LINK OR QR CODE
- IMPORT IT INTO YOUR NAVIGATION APP OR BIKE COMPUTER
- RIDE! ALL ROUTES START & FINISH AT THE BASE
- TIP: MAKE SURE OFFLINE MAPS ARE DOWNLOADED BEFORE YOU START.

RECOMMENDED SETUP

GRAVEL ROUTES

- TYRES: 40–45 MM RECOMMENDED
- BIKE: GRAVEL / ADVENTURE BIKE
- GEARING: WIDE-RANGE CASSETTE SUGGESTED

ROAD ROUTES

- TYRES: 26–28 MM RECOMMENDED
- BIKE: ROAD BIKE
- GEARING: STANDARD ROAD SETUP COMFORT > SPEED. NO RACE SETUP NEEDED.

SAFETY & DISCLAIMERS

ROUTES ARE SUGGESTIONS, NOT GUIDED TOURS
ROAD AND TRAIL CONDITIONS MAY CHANGE
ALWAYS RESPECT LOCAL TRAFFIC RULES.

YOU RIDE AT YOUR OWN RISK.

THE BASE AT A GLANCE

WHY VILLA TOSCANA WORKS AS A CYCLING BASE.

WHY THIS BASE WORKS FOR CYCLISTS?

- ROUTES START DIRECTLY FROM THE DOOR, NO TRANSFERS NEEDED
- GRAVEL AND ROAD OPTIONS FOR DIFFERENT RIDING STYLES
- QUIET LOCATION WITH EASY ACCESS TO SCENIC BACK ROADS

CYCLIST-FRIENDLY FEATURES

- SECURE BIKE STORAGE
- BIKE WASH AREA
- EARLY BREAKFAST OR FLEXIBLE MEAL TIMES
- LAUNDRY & DRYING FACILITIES
- ROUTE INFORMATION AND LOCAL TIPS

LOCATION & LOGISTICS

- AREA: ETRUSCAN COAST / SOUTHERN TUSCANY
- CLOSEST AIRPORTS: PISA (PSA), FLORENCE (FLR)
- PARKING AVAILABLE ON SITE OR NEARBY
- FLEXIBLE CHECK-IN / CHECK-OUT ON REQUEST

WHO THIS BASE IS IDEAL FOR

- INDEPENDENT RIDERS WHO WANT READY-TO-RIDE ROUTES
- COUPLES OR SMALL GROUPS MIXING GRAVEL AND ROAD
- CYCLISTS LOOKING FOR A RELAXED, NON-RESORT ATMOSPHERE

NEXT STEP

THINKING OF RIDING FROM HERE?

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ROUTE OVERVIEW

Route name	Type	Distance	Elevation	Surface	Time	Best for
VT – Gravel 1	Gravel	68 km	281 m	40% unpaved	4–5 h	Scenic / easy
VT – Gravel 2	Gravel	55 km	589 m	51% unpaved	~4 h	Adventure / climbs
VT – Road 1	Road	89 km	598 m	Asphalt	5–7 h	Endurance
VT – Road 2	Road	79 km	221 m	Asphalt	~4 h	Relaxed ride

HOW TO READ THIS TABLE

- DISTANCE & ELEVATION ARE BASED ON GPX DATA
- TIME ESTIMATE INCLUDES STEADY RIDING AND SHORT STOPS
- SURFACE (GRAVEL) INDICATES OVERALL ROUTE CHARACTER, NOT EXACT CONDITIONS

QUICK NOTES

- GRAVEL ROUTES MIX HARDPACK, LOOSE SECTIONS AND OCCASIONAL TECHNICAL PASSAGES
- ROAD ROUTES FAVOUR SECONDARY ROADS BUT MAY INCLUDE SHORT BUSIER SECTIONS
- ROUTES CAN BE COMBINED OR ADAPTED TO MULTI-DAY STAYS

READY-MADE ROUTES FROM VILLA TOSCANA

FOUR TESTED ROUTES START RIGHT FROM THE VILLAGE

VT — GRAVEL 1 · SUVERETO & STERPAIA

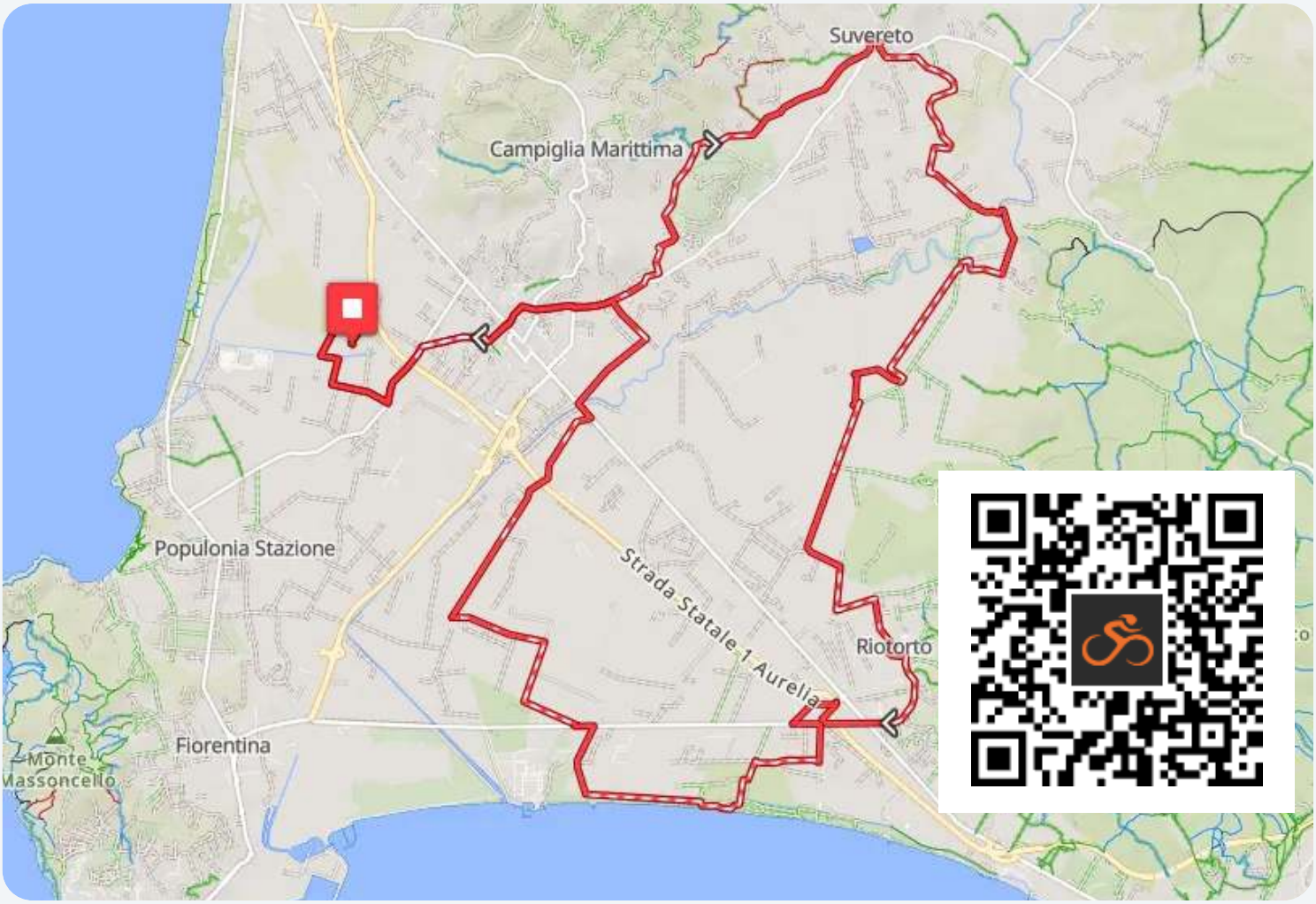
DOWNLOAD THE ROUTE HERE OR USE THE QR CODE

Distance	Elevation	Time	Difficulty	Unpaved
68 km	281 m D+	4–5 h	Easy	40%

HIGHLIGHTS: SUVERETO MEDIEVAL VILLAGE, STERPAIA COASTAL PARK

RESUPPLY: SUVERETO (FOUNTAIN ON ROUTE, BARS, RESTAURANTS), SAN LORENZO (CIRCOLO ARCI — BAR, RESTAURANT, GROCERY), WINE TASTING AT CASADEI WINERY (ON ROUTE), RIOTORTO (GROCERY, BAKERY, BAR, COOP)

CAUTIONS: NONE. A RELAXED, TRAFFIC-FREE LOOP



VT — GRAVEL 2 · BARATTI, POPULONIA & PIOMBINO

DOWNLOAD THE ROUTE HERE OR USE THE QR CODE

Distance	Elevation	Time	Difficulty	Unpaved
55 km	589 m D+	~4 h	Hard	51%

HIGHLIGHTS: BARATTI BEACH, POPULONIA ARCHAEOLOGICAL SITE, PIOMBINO OLD TOWN & PIAZZA BOVIO

RESUPPLY: BARATTI (BARS, RESTAURANTS), POPULONIA (BARS, RESTAURANTS), PIOMBINO (BARS, RESTAURANTS, GROCERY, COOP)

CAUTIONS: SOME CHALLENGING DESCENTS, NOT ROCKY, BUT TECHNICALLY NON-TRIVIAL. STAY FOCUSED.

VT — ROAD 1 · SUVERETO, SASSETTA & THE HILLS

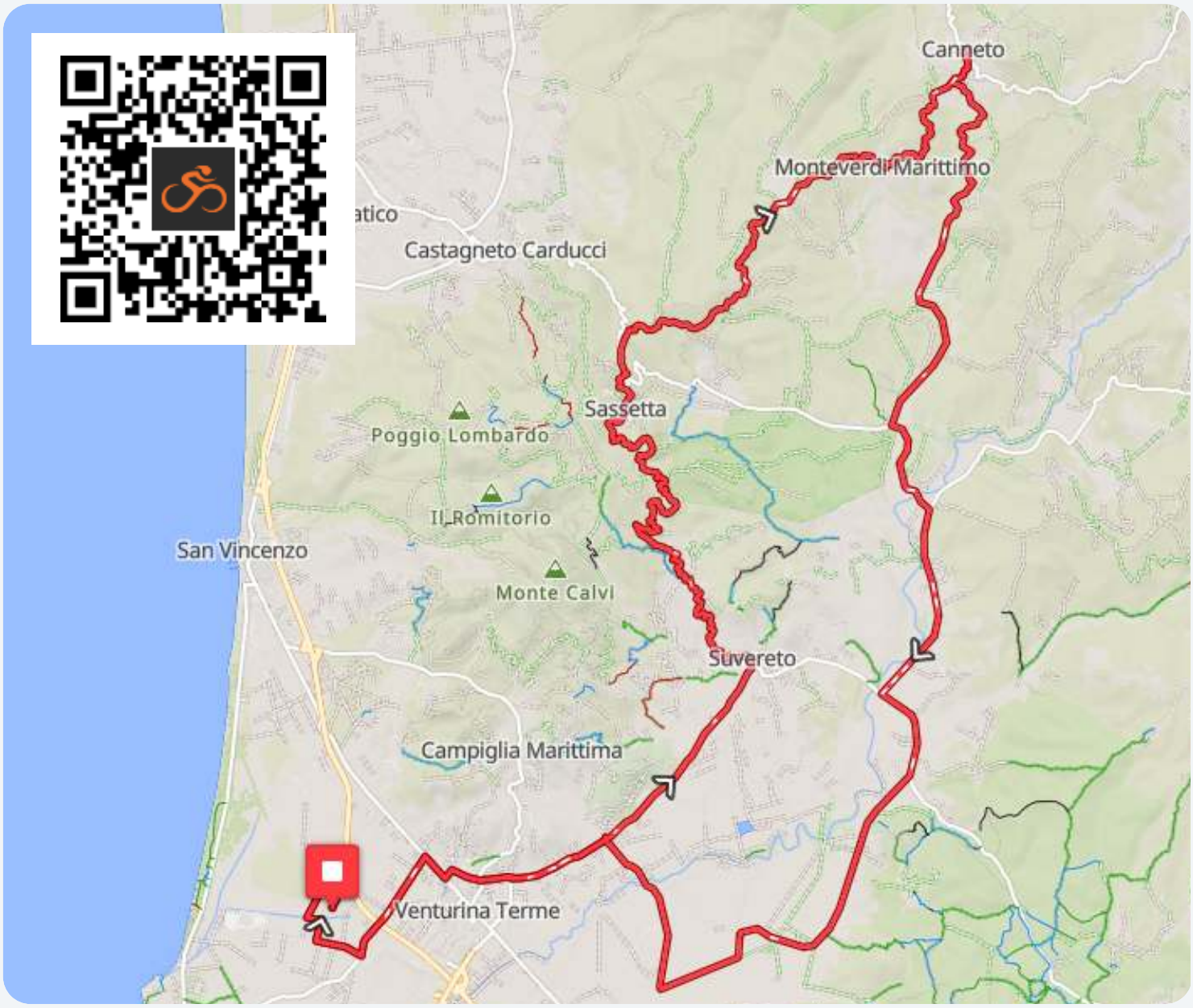
DOWNLOAD THE ROUTE HERE OR USE THE QR CODE

Distance	Elevation	Time	Difficulty
89 km	598 m D+	5–7 h	Easy

HIGHLIGHTS: SUVERETO, SASSETTA, MONTEVERDI MARITTIMO, CANNETO

RESUPPLY: SUVERETO (BARS, RESTAURANTS), SASSETTA (BARS, RESTAURANTS, MINI MARKET), MONTEVERDI (GROCERY, BAR, MINI MARKET), CANNETO (BAR, RESTAURANT)

CAUTIONS: BUSY TRAFFIC ON THE AURELIA STRETCH FROM SAN VINCENZO TO SAN GUIDO. RIDE WITH CARE.



VT — ROAD 2 · FOLLONICA & MONTIONI PARK

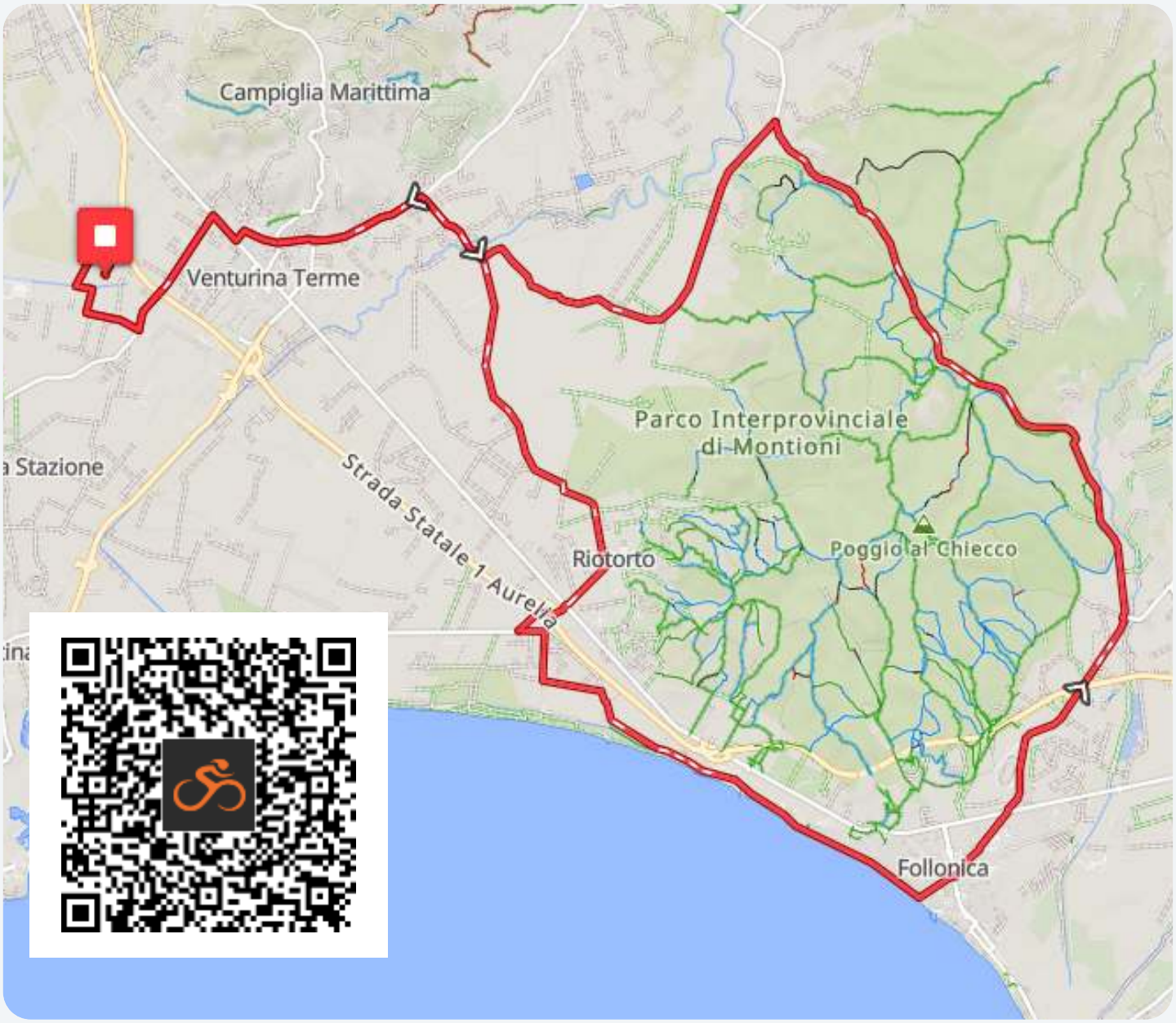
DOWNLOAD THE ROUTE HERE OR USE THE QR CODE

Distance	Elevation	Time	Difficulty
79 km	221 m D+	~4 h	Easy

HIGHLIGHTS: FOLLONICA SEASIDE, MONTIONI NATURAL PARK

RESUPPLY: RIOTORTO (COOP, BARS, RESTAURANTS, BAKERY), SAN LORENZO (BAR, RESTAURANT, CIRCOLO), FOLLONICA (EVERYTHING YOU NEED,PLUS THE SUPERNATURAL BIKE SHOP, 50 M OFF THE ROUTE IN THE TOWN CENTRE)

CAUTIONS: NONE. A FLAT, ENJOYABLE RIDE.



PRACTICAL TIPS

BEST SEASONS: SPRING AND AUTUMN FOR MILD TEMPERATURES AND FEWER CROWDS

BIKE-FRIENDLY SERVICES: RENTAL SHOPS, GUIDED TOURS, AND SHUTTLE SERVICES AVAILABLE LOCALLY

DON'T MISS: A SUNSET GELATO AT PIAZZA BOVIO, A WINE TASTING IN SUVERETO, A SWIM AT BARATTI AFTER YOUR RIDE

SAMPLE ITINERARIES

TURN INDIVIDUAL ROUTES INTO A RELAXED CYCLING HOLIDAY.

3 NIGHTS / 2 RIDES

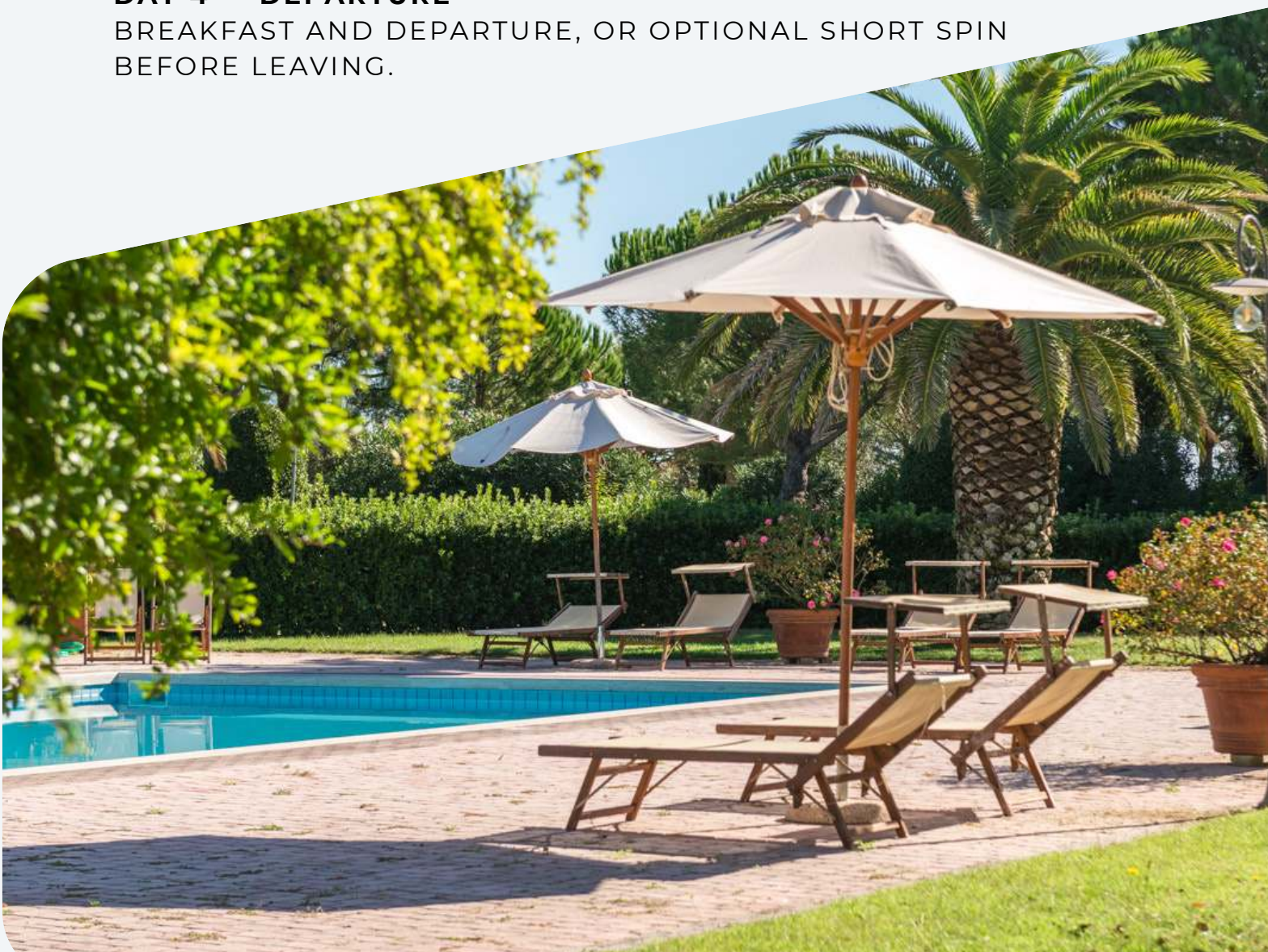
A SHORT BREAK WITH GREAT RIDING AND TIME TO RELAX

DAY 1 — ARRIVAL
ARRIVE AT VILLA TOSCANA, BIKE SETUP, SHORT WALK OR APERITIVO NEARBY.

DAY 2 — GRAVEL LOOP
RIDE VT – GRAVEL 1 (SCENIC, EASY-PACED LOOP WITH VILLAGES AND COUNTRYSIDE).

DAY 3 — ROAD LOOP
RIDE VT – ROAD 2 (ROLLING ROADS, RELAXED PACE, IDEAL RECOVERY RIDE).

DAY 4 — DEPARTURE
BREAKFAST AND DEPARTURE, OR OPTIONAL SHORT SPIN BEFORE LEAVING.



6 NIGHTS / 4 RIDES + REST DAY

THE COMPLETE VILLA TOSCANA RIDING EXPERIENCE

DAY 1 — ARRIVAL
CHECK-IN, BIKE PREPARATION, RELAXED EVENING.

DAY 2
RIDE VT – GRAVEL 1 (WARM-UP LOOP, MIXED SURFACES, SCENIC HIGHLIGHTS).

DAY 3
RIDE VT – ROAD 1 (LONGER DISTANCE, STEADY CLIMBS, ENDURANCE-FOCUSED).

DAY 4
RECOVERY DAY: BEACH, WINE TASTING, OR SHORT WALK IN NEARBY VILLAGES.

DAY 5
RIDE VT – GRAVEL 2 (MORE ELEVATION, HIGHER GRAVEL PERCENTAGE, ADVENTURE FEEL).

DAY 6
RIDE VT – ROAD 2 (EASY-PACED LOOP TO SPIN THE LEGS).

DAY 7 — DEPARTURE
BREAKFAST AND DEPARTURE.

NEXT STEP
THINKING OF RIDING FROM HERE?

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TOUR OPERATOR SUPPORT

MAKE YOUR CYCLING HOLIDAY EASIER, BEFORE YOU ARRIVE.

WHO THIS IS FOR

THIS SUPPORT IS DESIGNED FOR RIDERS WHO WANT A COMPLETE, WORRY-FREE EXPERIENCE, OR WHO PREFER HELP ORGANISING THE DETAILS OF THEIR TRIP.

WHAT THE TOUR OPERATOR CAN HANDLE FOR YOU

BIKE RENTALS

GRAVEL AND ROAD BIKES ARRANGED LOCALLY
DELIVERY AND PICK-UP COORDINATED WITH YOUR TRAVEL DATES.
IDEAL IF YOU PREFER NOT TO FLY WITH YOUR OWN BIKE.

TRANSFERS & LUGGAGE LOGISTICS

AIRPORT AND TRAIN STATION TRANSFERS,
LUGGAGE TRANSPORT DURING MULTI-DAY STAYS
BIKE TRANSPORT WHEN REQUIRED.

GUIDED RIDES

LOCAL CYCLING GUIDES AVAILABLE ON REQUEST
NAVIGATION, PACING AND LOCAL KNOWLEDGE INCLUDED
PERFECT FOR FIRST-TIME VISITORS OR SMALL GROUPS.

CUSTOM TRIP PLANNING

PERSONALISED ITINERARIES BASED ON YOUR DATES AND RIDING LEVEL,
RIDE / REST DAY BALANCE TAILORED TO YOUR PREFERENCES,
SUPPORT FOR NON-RIDING PARTNERS AND MIXED GROUPS.

HOW IT WORKS

ACCOMMODATION AVAILABILITY AND PRICING ARE HANDLED DIRECTLY BY THE BASE,
TRIP PLANNING AND SERVICES ARE HANDLED BY THE TOUR OPERATOR.
YOU CHOOSE HOW MUCH SUPPORT YOU NEED.

ARRIVE, RIDE, ENJOY. WE'LL HANDLE THE REST.

EXPERIENCE TUSCANY WITHOUT WORRYING ABOUT LOGISTICS.

CONTACT THE TOUR OPERATOR

CIAO@NEWTUSCANY.COM

READY TO COME TO TUSCANY?

YOU'VE SEEN THE ROUTES.
YOU'VE SEEN HOW IT WORKS.
NOW CHOOSE YOUR NEXT STEP.

TRUST & CONTEXT
BY THE TEAM BEHIND TUSCANY TRAIL.

CONTACTS

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Cycling in Tuscany