

Tuscany by bicycle in an endless journey

The dust that rises lightly a second before we hear the crunch of the tyres on the gravel, the scent of saltiness in the air in the early morning hours as we ride up and down hills that give a glimpse of the sea. The enveloping resin of beech and chestnut trees when we cross the woods of Monte Amiata, Mugello and the Apuan Alps.

The amazement and admiration that very often force us to catch our breath, to slow our pace to really look at the landscape, the scenery that has suddenly revealed itself, unexpected though known, and always dazzlingly beautiful.

The murmur that greets us at the gates of the village before a stop dedicated to flavours. The excitement and adrenalin that wakes us up before a cycling event that involves a friendly challenge with our companions or a challenge with ourselves.

We are in Tuscany and we are cycling!

Tuscany is the first region to create the Atlas of Cycling Routes, cycle paths, permanent low-traffic routes, and cycle itineraries are the stars of the Atlas of Cycling Routes. A magnificent tale that will include up to 20,000 km of itineraries in the region, revealed like a fabric, a weave that is at times sparse and at others denser, allowing us to understand, through the magnifying glass of the bicycle, the gentleness of the landscapes and climate, the harmonious relationship between man and the environment, the centuries-old history, the experience of culture and beauty, all within reach of the pedal.

The routes are subdivided by difficulty, type of bike and location, designed and created by cyclists and expert guides taking into account natural beauty, passion for the territory and traditions, food and wine, the heritage of cities of art and authentic villages.

Passion for cycling, curiosity for the territory, wanting to meet local communities and traditions, respect for the environment and the desire for a sustainable trip are some of the motivations that lead us to cycle in Tuscany. As well as wanting to feel part of a community by participating in an event with a strong identity character like many of those on the Tuscan calendar. Among the most iconic are L'Eroica, which celebrated its 25th anniversary, Strade Bianche, which sees professionals and amateurs from all over the world gather in Siena on the first weekend of March, or self-supporting events such as the Tuscany Trail, which this year celebrates its tenth edition with thousands of enthusiasts from over 40 countries around the world.

The journey never begins when we physically leave, but starts much earlier, when we dream it and when we plan it. Our journey in Tuscany begins on the Atlas, with the dream of travelling new roads and new places, perhaps inspired by that sense of freedom that two wheels give, by the history, the photo, the event we encounter while exploring and planning it on Visittuscany.com.

Cycling along little-trodden roads that satisfy our sense of discovery, the services along the routes, the detailed tracks of each itinerary, make it possible to transform into reality the dream of an immersive holiday in contact with the soul of places and people.



A dense network of operators contribute to this dream and become facilitators for the complete organisation, from the single experience to the day tour, the week-long holiday or the sporting event, always with the bicycle as the protagonist of our emotions.

VisitTuscany is our destination before leaving, Tuscany our destination for cycling, for being surprised by the scents, the changing colours and scenery, for alternating the pleasure of cycling with the pleasure of experiencing Italian life, good food and meeting local communities.

Tuscany to pedal in company or alone, to slow the speed of thoughts in a timeless journey.