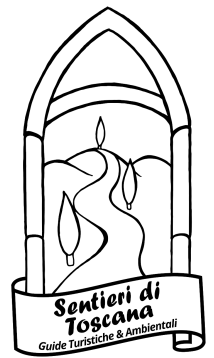


# Sentieri di Toscana

tourist & hiking guides



## NATURE IN MAREMMA

### **Massa Marittima and the Abbey of San Galgano**

Meeting with the guide and transfer to Massa Marittima, medieval jewel of the Metalliferous Hills, renowned for the beautiful central square dominated by the Cathedral in Romanesque-Gothic style. Inside the church you can admire masterpieces of medieval art, such as the Ark of San Cerbone and the Majesty attributed to Duccio di Buoninsegna. Next to the Cathedral, you can notice the Palazzo del Podestà, the Palazzo Comunale, the Fonti dell'Abbondanza, dating back to the 13th and 14th centuries. A walk along the ancient city walls will allow us to admire the panorama that sweeps from the woods of the Metalliferous Hills to the islands of the Tuscan Archipelago. Stop for lunch in a restaurant.

Having the whole day at our disposal, in the afternoon we continue towards the Abbey of San Galgano, one of the most interesting religious complexes in Tuscany. The church, in Gothic style, perfectly reflects the canons of the Cistercian abbeys, and is made even more impressive by the complete lack of the roof. On the hill, in a dominant position, you can admire the ancient Hermitage of Montesiepi with the sword stuck in the rock by San Galgano.

### **Roselle, Grosseto, Castiglione della Pescaia**

After breakfast transfer to Roselle and visit the archaeological park, where you can admire the imposing remains of the ancient city: the Etruscan walls, the ramparts, the forum and the Roman amphitheatre. Transfer to Grosseto and visit of the chief town. The fulcrum of the historic center is Piazza Dante, dominated by the Cathedral dedicated to San Lorenzo and the new-Gothic Palazzo della Provincia. A walk along the main street will allow us to reach the Church of San Francesco, with its charming cloister and the famous Crucifix attributed to Duccio di Buoninsegna. Stop for lunch. In the afternoon transfer to Castiglione della Pescaia, exclusive tourist destination thanks to the quality of the sea and the beauty of its beaches: we will visit the ancient medieval village, perched on a hill overlooking the marshes of Diaccia Botrona, the surrounding plain and the sea.

### **Regional Park of Maremma and Talamone**

After breakfast transfer to Alberese, starting point for a visit to the Regional Park of Maremma, a wonderful unspoilt area that extends over the Monti dell'Uccellina from Principina a Mare to Talamone. Here we will travel by bus along the Strada degli Allevamenti, flanked by vast pastures where Maremma horses and cattle live in the wild.

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Arrived to the sea, we will have the opportunity to take a walk to the mouth of the Ombrone river, crossing the Grand Ducal Pinewood and wide swampy expanses frequented by various species of water birds. Stop for lunch. In the afternoon, possible visit to the characteristic seaside village of Talamone, which offers suggestive views towards Monte Argentario and the Tuscan Archipelago.

### **Capalbio and the Tarot Garden**

Meeting with the guide and transfer to Capalbio to visit the beautiful village, enclosed by a double wall still passable and dominated by the Aldobrandesco Castle. Continuation towards the Tarot Garden, a marvellous park where the enormous and colourful sculptures by Niki de Saint Phalle stand out against a natural environment of particularly suggestive Mediterranean maquis. Stop for lunch.

Having the whole day at our disposal we will visit the Feniglia Nature Reserve, nestled between the sea and the Orbetello Lagoon. (itinerary: 4 km)

### **Hiking of the Etruscan Quarry Ways, Pitigliano and Sovana**

After breakfast transfer to Sovana, where we will visit the small medieval village, with the remains of the Aldobrandesca Fortress, the church of Santa Maria, the beautiful Romanesque style Cathedral. Start of the hiking through the most important Vie Cave Etrusche, suggestive paths entirely dug into the rock. Stop for lunch. In the early afternoon arrival in Pitigliano and visit of the town, perched on an impressive overhanging tuff spur, overlooking narrow and deep valleys carved by rivers and streams. Walking through the characteristic alleys, we will admire the size of the Orsini Palace, the area of the Jewish Ghetto, the Cathedral, the Church of San Rocco. Possibility to visit the underground part of the village. (itinerary: 7 km)

### **Hiking of the Spanish Forts of Porto Ercole**

After breakfast transfer to Porto Ercole, where we will visit the medieval village and its impressive Spanish Renaissance forts: the Rocca, Forte Stella and Forte Filippo. The hiking, which starts in the Mediterranean maquis and starts in the town center, offers spectacular views of the Orbetello lagoon and the Islands of the Archipelago. Pause for a packed lunch on the enchanting beach of Viste. (itinerary: 9 km)

### **Hiking from Saturnia to Montemerano**

After breakfast transfer to Saturnia, a center full of testimonies of Roman times: from the entrance door to the village, a stretch of the Via Clodia. Descent in the valleys of the rivers Stellata and Albegna, then continuation of trekking along the ancient Via del Romitorio to the village of Montemerano. Stop for lunch. Visit of the center, recognized as one of the most beautiful villages in Italy, with the enchanting Piazza del Castello and the Church of San Giorgio, which contains masterpieces by Sano di Pietro and Vecchietta. Possible free time for a swim in the warm waters of the Gorello Falls. (itinerary: 10 km)

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