

RIDE BASE PACK

MONTEROTONDO MARITTIMO

2 GRAVEL LOOPS

2 ROAD LOOPS



WELCOME TO MONTEROTONDO MARITTIMO

DISCOVER THE GEOTHERMAL HEART OF TUSCANY

“A JOURNEY WHERE THE EARTH BREATHES.”

EXPERIENCE A SIDE OF TUSCANY THAT FEELS OUT OF THIS WORLD. MONTEROTONDO MARITTIMO IS MORE THAN A MEDIEVAL VILLAGE;
IT IS THE EPICENTER OF A WILD LANDSCAPE SHAPED BY GEOTHERMAL ENERGY.

FROM THE SURREAL WHITE HILLS OF THE BIANCANE PARK TO NATURAL STEAM VENTS RISING FROM ANCIENT FORESTS, THIS IS A SENSORY CYCLING ADVENTURE.

RIDE THROUGH DENSE CHESTNUT GROVES AND PAST HISTORIC MINES, BREATHING IN THE PURE, SULFUR-TINGED AIR OF THE METALLIFEROUS HILLS.



QUICK START

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

WHAT'S INSIDE

- 4 CURATED ROUTES STARTING AND FINISHING AT MONTEROTONDO MARITTIMO
- 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.

5 REASONS WHY

MONTEROTONDO MARITTIMO

WORKS FOR CYCLISTS?



1. A JOURNEY TO THE CENTER OF THE EARTH MONTEROTONDO

MARITTIMO ISN'T JUST A DESTINATION; IT'S AN EXPERIENCE. IT IS ONE OF THE FEW PLACES IN THE WORLD WHERE YOU CAN WITNESS THE EARTH'S INNER ENERGY RISING TO THE SURFACE. RIDING THROUGH THE STEAM OF NATURAL FUMARoles AND THE WHITE "LUNAR" ROCKS OF THE BIANCANE PARK FEELS LIKE PEDALING ON ANOTHER PLANET.

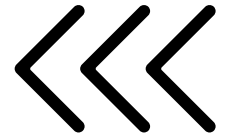
2. THE BEST OF BOTH WORLDS

SEA & MOUNTAINS PERCHED ON THE METALLIFEROUS HILLS, MONTEROTONDO OFFERS THE PERFECT CLIMATE. YOU CAN ENJOY THE CRISP, COOL AIR OF THE CHESTNUT FORESTS DURING YOUR RIDE, WHILE STILL CATCHING GLIMPSES OF THE SHIMMERING TYRRHENIAN SEA ON THE HORIZON. IT'S THE ULTIMATE RETREAT FOR THOSE LOOKING TO ESCAPE THE COASTAL HEAT.

3. UNTOUCHED & AUTHENTIC TUSCANY

FORGET THE TOURIST CROWDS. HERE, LIFE FOLLOWS THE SLOW RHYTHM OF ANCIENT TRADITIONS. YOU'LL RIDE THROUGH MEDIEVAL STONE VILLAGES WHERE TIME HAS STOOD STILL, DISCOVERING HIDDEN CHAPELS, OLD MINING RUINS, AND LOCAL "OSTERIE" SERVING THE TRUE FLAVORS OF MAREMMA—WILD BOAR, CHESTNUTS, AND ROBUST LOCAL WINES.





4. A CYCLING PARADISE FOR EVERY RIDER

THE GEOGRAPHY OF THE AREA IS A NATURAL PLAYGROUND. WHETHER YOU ARE A ROAD CYCLIST LOOKING FOR SMOOTH, WINDING CLIMBS WITH ZERO TRAFFIC, OR A GRAVEL LOVER SEEKING RUGGED, TECHNICAL TRAILS THROUGH WILD MEDITERRANEAN SCRUB, MONTEROTONDO OFFERS A VARIETY OF TERRAIN THAT FEW OTHER PLACES CAN MATCH.

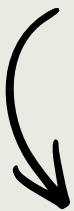
5. SUSTAINABLE & WILD

AS A KEY PART OF THE UNESCO GEOPARK, MONTEROTONDO MARITTIMO IS DEDICATED TO PRESERVING ITS WILD SOUL. IT'S THE PERFECT PLACE FOR ECO-CONSCIOUS TRAVELERS WHO WANT TO IMMERSE THEMSELVES IN NATURE, WHERE THE ONLY SOUNDS YOU'LL HEAR ARE THE GRAVEL UNDER YOUR TIRES AND THE WIND THROUGH THE TREES.



ROUTE OVERVIEW

| Route name | Type | Distance | Elevation | Time | Best for |
|---------------------|--------|----------|-----------|-------|--|
| MR- Gravel 1 | Gravel | 31 km | 885 D+ | 4/6 h | Challenging gravel ride (13.7% climb, 15.5% descent). On an e-bike, it's a beautiful ride. |
| MR- Gravel 2 | Gravel | 40 km | 1.079 D+ | 3/4h | Challenging gravel ride (13.0% climb on a short section) On an e-bike, it's a beautiful ride |
| MR- Road 1 | Road | 78,6 km | 1.270 D+ | 4/6 h | Sustained effort |
| MR - Road 2 | Road | 79,6 km | 1.547 D+ | 4/5h | Sustained effort |



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 ROUTE

4 TESTED ROUTES START RIGHT FROM MONTEROTONDO MARITTIMO

MR- GRAVEL 1 · CASTLE & CRAGS LOOP

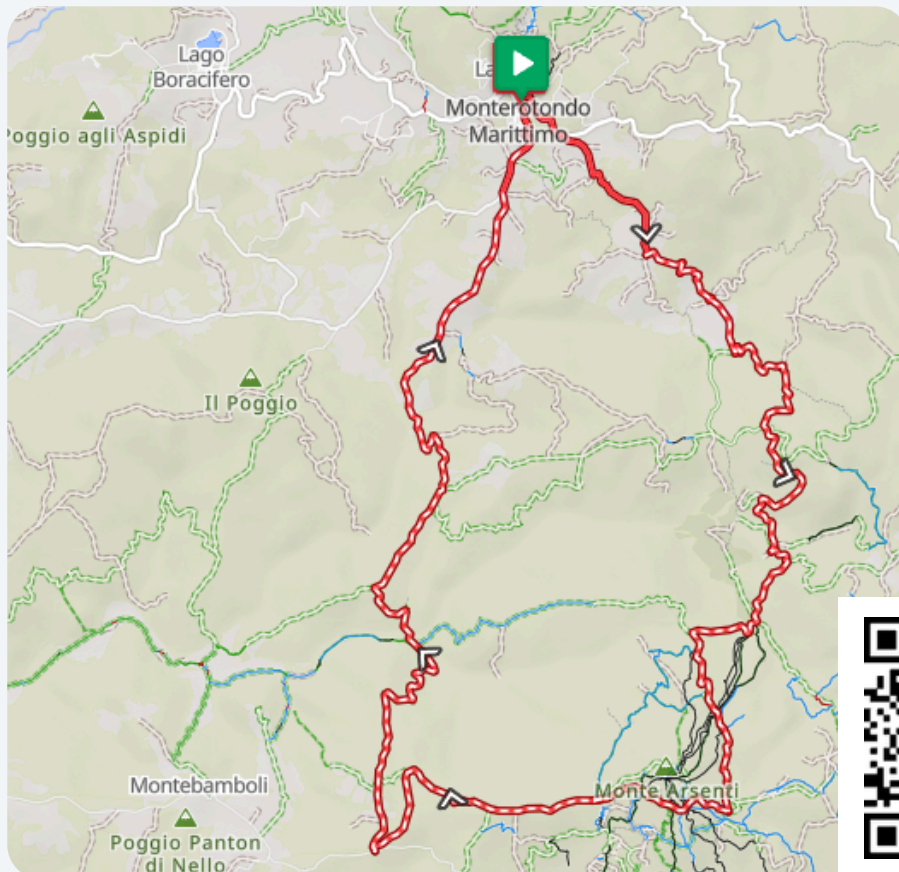
[DOWNLOAD THE ROUTE HERE](#) OR USE THE QR CODE

| Distance | Elevation | Time |
|----------|-----------|-------|
| 31 km | 885 D+ | 4/6 h |

HIGHLIGHTS: RACCHETTE PANNOSCHIESCHI, MONTE ARSENTI

TRAFFIC SECTION:

- STEEP DESCENT: 15.5% OVER A SHORT STRETCH.
- ROCKY TRAIL: NO TECHNICAL DIFFICULTIES, BUT THE GRADIENTS ARE SIGNIFICANT FOR MOST OF THE ROUTE (NOT FOR BEGINNERS ON A GRAVEL BIKE). ON AN E-BIKE, IT'S BEAUTIFUL.



MR- GRAVEL 2 · FUMAROLE LOOP

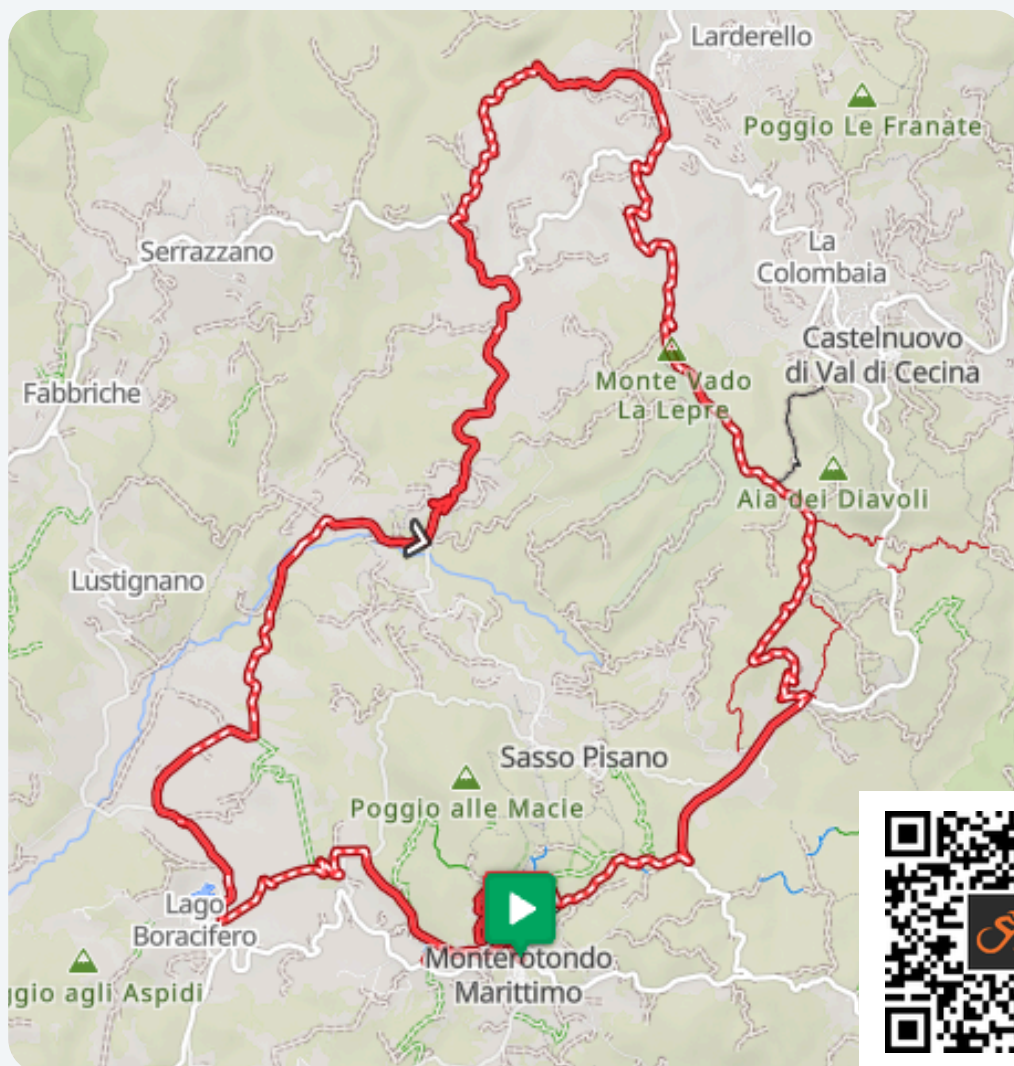
[DOWNLOAD THE ROUTE HERE](#) OR USE THE QR CODE

| Distance | Elevation | Time |
|----------|-----------|------|
| 40 km | 1.079 D+ | 3/4h |

HIGHLIGHTS: LE FUMAROLE, LA LECCIA, CENTRALI GEOTERMICHE, LE BIANCANE

TRAFFIC SECTION:

- STEEP DESCENT: 12.0% OVER A SHORT STRETCH.
- ROCKY TRAIL: SOME STEEP GRADIENTS BOTH UPHILL AND DOWNHILL. NO TECHNICAL DIFFICULTIES (NOT FOR BEGINNERS ON A GRAVEL BIKE). ON AN E-BIKE, IT'S AN EASY RIDE.



MR- ROAD 1 · BOAR & DEER LOOP

[DOWNLOAD THE ROUTE HERE](#) OR USE THE QR CODE

| Distance | Elevation | Time |
|----------|-----------|-------|
| 78,6 km | 1.270 D+ | 4/6 h |

HIGHLIGHTS: PARCO DI MONTIONI, MASSA MARITTIMA

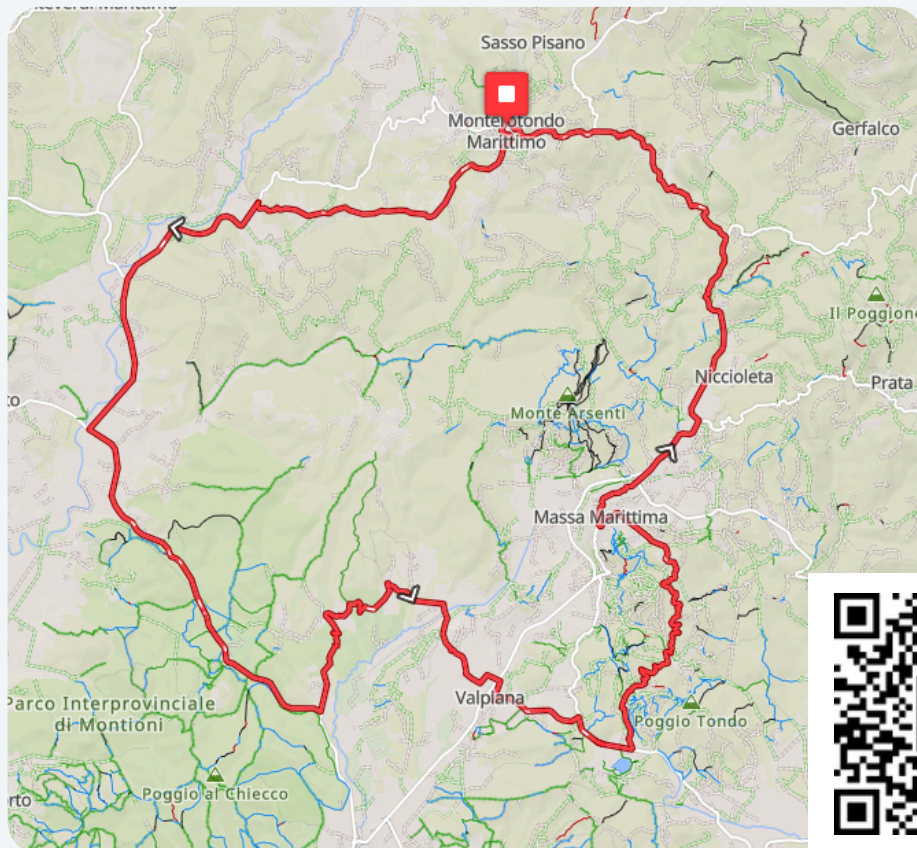
WATER POINTS:

- MONTIONI
- VALPIANAE
- MASSA MARITTIMA

RESUPPLY:

- SUVERETO, SASSETTA, MONTEVERDI, CANNETO
- MONTIONI: BAR/RESTAURANT
- VALPIANA: BAR/RESTAURANT/SHOP
- MASSA MARITTIMA: BAR,RESTAURANT/SHOP

CAUTIONS: ROCKY TRAIL,STEEP DESCENT



MR- ROAD 2 · BORGHI & VINEYARDS LOOP

[DOWNLOAD THE ROUTE HERE](#) OR USE THE QR CODE

| Distance | Elevation | Time |
|----------|-----------|------|
| 79,6 km | 1.547 D+ | 4/5h |

HIGHLIGHTS: MONTIERI, RADICONDOI, CASTELNUOVO VAL DI CECINA, LE FUMAROLE

WATER POINTS:

MONTIERI, RADICONDOI, CASTELNUOVO VAL DI CECINA, SASSO PISANO

RESUPPLY:

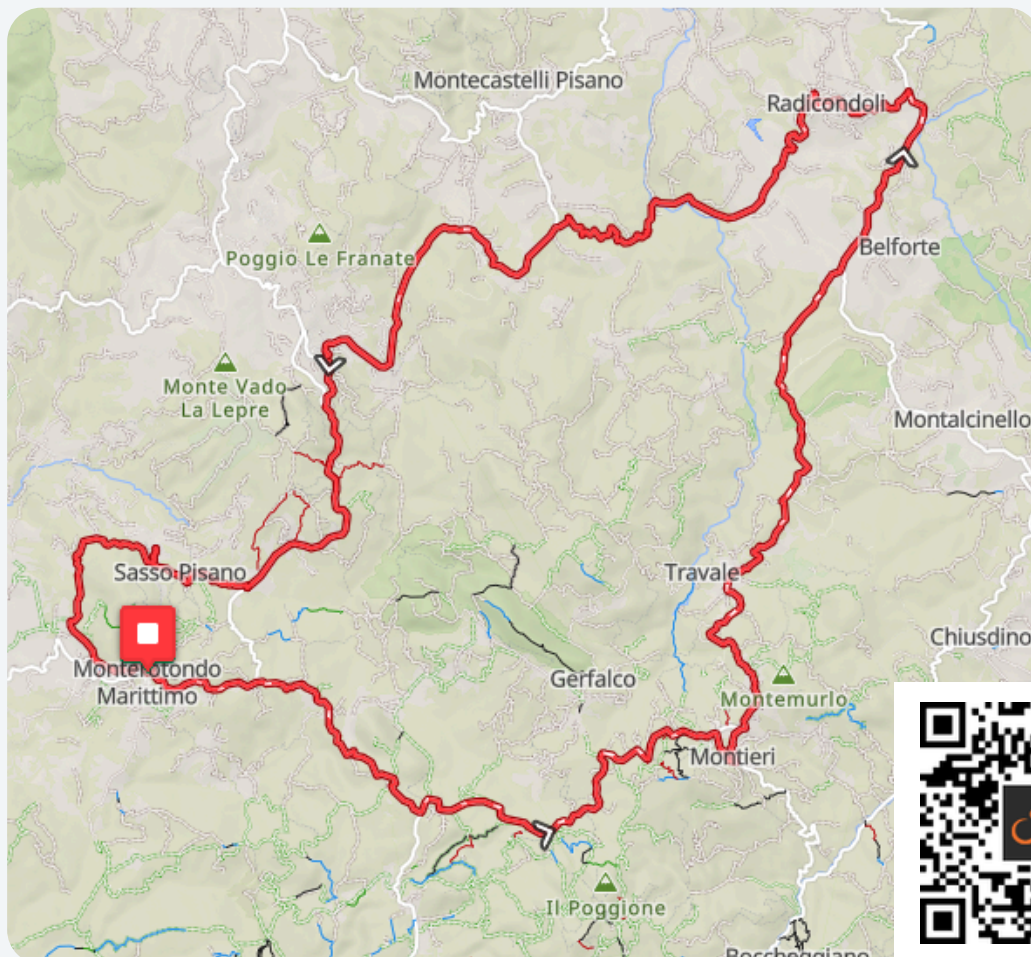
MONTIERI: COOP, BAR, RESTAURANT, BECKERY

RADICONDOI: BAR, RESTAURANT, MINI MARKET

CASTELNUOVO VAL DI CECINA: BAR, RESTAURANT, MARKET

SASSO PISANO: BIRRIFICIO VAPORI DI BIRRA, BAR

- **CAUTIONS:** TRAFFIC SECTION, STEEP DESCENT, ROCKY TRAIL





SAMPLE ITINERARIES

FROM MONTEROTONDO MARITTIMO

2 night/3 days

NIGHT 1:

ARRIVAL IN MONTEROTONDO MARITTIMO. CHECK OUT THE "BIANCANE" PARK AT SUNSET FOR AN OTHERWORLDLY EXPERIENCE.

DAY 1:

USE TRACK **MR - ROAD 2**.

THIS ROUTE TAKES YOU THROUGH THE MONTIONI NATURAL PARK, FOLLOWING THE HISTORY OF ELISA BONAPARTE. IT SERVES AS A PERFECT WARM-UP ON ASPHALT, OFFERING SWEEPING VIEWS OF THE COAST AND THE ARCHIPELAGO.

NIGHT 2:

OVERNIGHT IN MONTEROTONDO MARITTIMO.

DAY 2:

USE TRACK **MR - GRAVEL 1**.

THIS IS YOUR "QUEEN STAGE". EXPECT A DEMANDING DAY ON THE TECHNICAL TRAILS OF MONTE ARSENTI AND THE PANNOCCHIESCHI RIDGES, WHERE THE TERRAIN IS ROCKY AND THE CLIMBS ARE STEEP. DEPARTURE.



5 night/6 days

DAY 1 - ARRIVAL

EXPLORE THE "BIANCANE" GEOTHERMAL PARK (UNESCO SITE) ON FOOT TO STRETCH YOUR LEGS. NATURAL PARK VISIT.

OVERNIGHT IN MONTEROTONDO MARITTIMO.

DAY 2 - SMOOTH ROAD INTRO

A FAST LOOP TO GET USED TO THE STEEP GRADIENTS OF THE AREA.
(MR - ROAD 1).

OVERNIGHT IN MONTEROTONDO MARITTIMO.

DAY 3 - MEDIUM GRAVEL DISCOVERY

A BALANCED MIX OF DIRT ROADS AND FOREST PATHS.
(MR - GRAVEL 2).

OVERNIGHT IN MONTEROTONDO MARITTIMO.

DAY 4 - REST DAY

VISIT THE NEARBY MEDIEVAL RUINS OF CASTEL DI PIETRA OR RELAX IN THE LOCAL HOT SPRINGS.

OVERNIGHT IN MONTEROTONDO MARITTIMO.

DAY 5 - THE HARD GRAVEL SUMMIT

THE MOST DEMANDING DAY, TACKLING THE RIDGES OF THE PANNOCCHIESCHI LORDS.

(MR - GRAVEL 1)

LAST OVERNIGHT IN MONTEROTONDO MARITTIMO.

DAY 6 - THE GRAND FOREST FINALE

A LONG ROAD RIDE THROUGH THE HEART OF THE MONTIONI PARK.
(MR - ROAD 2).

DEPARTURE

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