



TUSCANY  
FOREVER

The

# guide

guide.





The

**guide**  
guide.



The Meadows at nightfall sparkle with fireflies across the hills. They pulsate like thousands of flickering lighthouses. I've gone without a firefly for ten years, now, a field full of them.

Somewhere above us, a Mediterranean owl swooshes, emitting cadenced hoots like a Das Boot sonar. After the sun vanishes, stone floors breathe back its heat. Wine, cigarettes, simple food.

L'ombra della sera, evening shadow, a stretched outline of a figurine of a boy, a human silhouette. His arms tightly aligned with the body, two conspicuous details: his face and genitals, an elongated silhouette, even more so than El Greco's.

Fields of grass on the top of Volterra, an Etruscan forum obliterated supposedly only by members of the House of Medici, today a park: a place for fun and games of abundant youth.

Olive-skinned, slender young men with bare torsos, underwear sneaking out of their shorts constrained by belts, girls in denim and bikini tops splashing around with water, playing ball, pushing and shoving, embracing, kissing, being young, carnal and passionate, they scream, shout and squeal, male hands rest on feminine hips, girls place their hands on the boys' lean hard chests in a gesture that fuses attraction and resistance.

Long hair. The girl leans forward for the boy to pour cold water on this hair, the girl whinnies like a foal, thrusts her body upright setting the whole wet black mane flying towards her back, drops of water on the skin they share, dark and lustrous in the heat, the girl laughs and the boy with shaven temples traces the corner of her lips, the girl licks his finger.

Etruscan urns. Etruscan faces in terracotta and alabaster. Plastic plates, roadside food and a one-liter carafe of wine, drunk from glass tumblers.

Thoughts dive-back to those who existed before the Etruscans.

**Szczepan Twardoch**

/ Tuscany Forever 2015 /

# 1. Dear Traveler

# 1

Thank you for being our Guest. Tuscany Forever staff is available to help you with the arrangements of your leisure activities. Our reception is open every day till late afternoon and after hours in case of EMERGENCY we answer your phone calls.

---

## In case of any question please call:

**RECEPTION** Tuscany Forever

T: +39 334 634 27 12

T: +39 366 978 95 07

## You can also contact us via email:

E: [booking@tuscanymore.it](mailto:booking@tuscanymore.it)

Treat your host home the way you would want yours to be treated.

Every effort has been made to ensure that you have an enjoyable and memorable holiday. These Villas were designed for families, by families for your comfort. We also understand that accidents can happen, therefore it is essential that you contact us if any problem arises so that it can be resolved by our staff.

Whatever your remark is, please report it to us, it will help us to improve our operation.

---

## Some useful tips:

The hours of night-time peace and quiet on the estate are from 11.00 pm to 7.00 am.

Please use only the Villas as intended for you and your family. Guests of our Guests are welcome, however everyone present at the Residence should be reported to the Reception.

**Thank you** very much for your engagement to make this beautiful place clean and well maintained!



---

## WASTE

Please be aware that Tuscany Forever does not collect the guests' garbage.

All wastes should be thrown into the containers located at the end of the access way at the beginning of the covered parking.

---

## WATER

It is highly appreciated using the water efficiently.



## LAUNDRY ROOM AND CLEANING RULES

---

The new villas are featured with a utility room. You will find there not only the washing machine, but also various cleaning products for keeping the villa clean and tidy. Tuscany Forever provides all the guests with the first set of garbage bags, toilet paper and dishwasher tabs. After using the vacuum cleaner please empty the filter.

## EXTRA CLEANING SERVICE

---

For all the apartments we provide extra cleaning service. For more details/price list please ask at the reception.

## LAUNDRY SERVICE

---

We can provide extra laundry services returned dry but not ironed, max 6 kg, for an extra charge. For more details please ask at the reception.

## TOWELS

---

Please mention that we change the towels weekly. This can be done more often upon request for an extra charge. For more details/price list please ask at the reception.

Please do not take your indoor, white towels or bed sheets to the swimming pools.

**Please be aware that the white indoor towels cannot be used on the beach or pool.**

THE SWIMMING POOL towels are available at reception for a small charge.

## SWIMMING POOLS

---

You are welcome to use our swimming pools however we would appreciate if you follow our swimming pool rules. Please read them carefully.

## BBQ

---

Please be aware that the outdoor grills should be cleaned after every use. The outdoor grill that is kept constantly clean will stay in good working conditions for you and the other guests and will also ensure that the food always tastes great.

## TENNIS COURT

---

Tuscany Forever features a tennis court which is free of charge and can be used anytime you like. The court is dedicated for tennis play only. Other sport activities should be done on the sports field.

## WIFI

---

The WIFI is provided in the whole complex and it's free of charge. There is no password.

## PARKING

---

All the cars should be parked in the parking area belonging to the property.

## EMERGENCY

---

**Ambulance -118**

**Police -113**

**Fire Brigade -115**

**General -112**

## HOSPITAL

---

VOLTERRA HOSPITAL distance 15 km

Hospital and Emergency

**A:** Borgo San Lazzaro 5; 56048 Volterra.  
**T:** +39 0588 91911

CECINA HOSPITAL open 24h distance 32 km

**A:** Via Montanara; 57023 Cecina.  
**T:** +39 0586 614111

## Doctor/Private practice:

---

Maria Antonietta Speltra

**A:** Via della Stazione; 56048 Saline di Volterra  
**T:** +39 0588 44032

## Dentist/Private practice:

---

Studio Dentistico Dott. Francesco Misilmeri

**A:** Via della Stazione 4; 56048 Saline di Volterra.  
**T:** +39 339 575 2383

# 2. Grocery Shopping & Services

**Bakery – you can order the best baked goods every morning at OSTERIA ETRUSCA at the bottom of VILLA III APICIUS.**

---

## **SALINE DI VOLTERRA**

distance 4 km /8 min

---

### **BAKERY AND PASTRY PERLA**

**A:** Via Borgo Lisci, 123; 56048 Saline di Volterra  
Opening hours: 5.30 am-1.00 pm

### **SIMPLY MARKET DI SONIA VOLTERRANI**

**A:** Borgo Lisci 40; 56048 Saline di Volterra  
Monday - Saturday: 8:30 am to 1 pm  
/ 4:30 pm to 8 pm

### **BUTCHERS MEAT AND CHEESE ALBERTINI LORENZO**

**A:** Borgo Lisci 32a; 56048 Saline di Volterra  
Monday - Saturday: 8:30 am to 1 pm  
/ 4:30 pm to 8 pm

### **MERCATO**

There is a Food Market in Saline di Volterra every Tuesday morning. The small market is located on the parking place on the way to Pomarance.  
You will find fresh fruits and vegetables there.

---

## **PHARMACY**

---

### **FARMACIA CAPITANI DR. CARLO**

**A:** Via Borgo Lisci 183; 56048 Saline di Volterra  
**T:** +39 0588 44107

---

## **GAS STATION**

---

### **PALAZZOLO BEATRICE**

**A:** Via Borgo Lisci 18; 56048 Saline di Volterra  
**T:** +39 0588 44149

---

## **BANK AND ATMs**

---

### **CASSA DI RISPARMIO DI VOLTERRA**

**A:** Via Borgo Lisci 95; 56048 Saline di Volterra  
Opening hours: 8.30 am-1.20 pm  
**T:** +39 0588 44135

---

## **POST OFFICE**

---

**A:** Borgo Lisci 30; 56048 Saline di Volterra  
Opening hours: 8.30 am-12.45 pm

---

## **VOLTERRA**

distance 14 km /20 min

---

---

## **GROCERY**

---

### **SUPERMARKET COOP**

**A:** Via Don Giovanni Minzoni 103; 56048 Volterra  
Monday - Saturday: 8 am – 8.30 pm  
Sunday : 8 am-1.30 pm

### **SUPERMARKET CONAD**

**A:** Viale Carlo Cassola 2; 56048 Volterra  
Monday - Sunday: 8 am - 8 pm

### **EUROSPIN Discount**

**A:** Viale Giusto Landini 12; 56048 Volterra  
Monday - Saturday: 8:30 am - 8 pm  
Sunday (from June): 8 am-1.00 pm

### **EMPORIO DEL GUSTO Local Grocery Products**

**A:** Via San Lino 2; 56048 Volterra  
Monday-Friday: 10 am. -1.30 pm./4.30 pm - 8pm.



MERCATO (FOOD MARKET IN VOLTERRA)

Food Market every Saturday morning  
Piazza dei Priori (WINTER)  
Vallebuona (SUMMER)

BANK AND ATMs

- CASSA DI RISPARMIO DI VOLTERRA  
A: Piazza dei Priori 16; 56048 Volterra  
Opening hours: 8.30 am-1.30 pm  
T: +39 0588 91111
- BANCA C.R. FIRENZE  
A: Via Giacomo Matteotti 1; 56048 Volterra  
Opening hours: 8.30 am.-2.30 pm.  
T: +39 0588 86191
- MONTE DEI PASCHI DI SIENA  
A: Piazza Martiri della Liberta 2; 56048 Volterra  
T: +39 0588 81388

CECINA  
distance 32 km /35 min

GROCERY

- UNICOOP TIRRENO S.C. Coop  
A: Via Pasubio; 57023 Cecina  
Monday - Sunday 8am - 8 pm
- CENTRO COMMERCIALE  
VALLESCAIA / CONAD  
A: Via Aurelia Sud 2 /Corso Matteotti 356  
57023; Cecina  
Monday - Sunday 8am - 8 pm
- LIDL ITALIA S.R.L  
A: Via Magona 2; 57023 Cecina  
Monday - Sunday: 8am - 9 pm
- TUODI Montescudaio  
A: Via Del Poggetto 2; 56040 Montescudaio  
Monday - Saturday: 8.30 am - 8 pm  
Sunday: 9 am - 1pm / 4pm – 8 pm

PECCIOLI  
distance 30 km /30 min

GROCERY

- COOP VALDERA  
A: Via Boccioni 19; 56037 Peccioli  
Monday - Saturday: 8 am - 8 pm  
Sunday (from June): 8 am-1.30 pm

FOOD MARKETS

Mercato di CECINA  
TUESDAY Tutti i martedì dell'anno  
From 8:00-13:00  
Corso Matteotti, Cecina

Mercato di CASTIGLIONCELLO  
THURSDAY  
From 8:00-13:00  
Pineta Marradi, Castiglioncello

Mercato di BIBBONA  
THURSDAY  
From 8:00-13:00  
Piazza del Mercato, Bibbona

Mercato di CASTAGNETO  
MONDAY From 8:00 -13:00  
FOOD MARKETS / ITALIAN MERCATO

  
N.

# 3. OSTERIA ETRUSCA

SALINE DI VOLTERRA



- ARE YOU HUNGRY?

- A TAVOLA!

---

## TUSCANY FOREVER

A: Via di Villa Casa alle Monache  
56048 Saline di Volterra

Located at the bottom of VILLA III APICIUS  
We will provide full culinary hosting including a great venue for your family events. Italians are passionate about life, passionate about love, passionate about football, but most of all they are passionate about their cuisine.

**A Tavola!** Space is limited, so enroll early.

T: + 39 347 850 4284

E: [info@osteria-etrusca.com](mailto:info@osteria-etrusca.com)

---

## COLAZIONE / BREAKFAST 8.00-10.00

The sheer pleasure of waking up and having a local, healthy breakfast. Each morning we have fresh bread & croissants delivery.

---

## PRANZO / LUNCH

A light meal in the middle of the day is especially pleasant if it gives you energy for the rest of the day. Not far away from your sunbed, always in a special Tuscan climate. You can find something special for adults and for children as well.

---

## CENA / DINNER

Experience fine dining in an atmosphere reminiscent of the dolce vita era and allure of the Italian Riviera to give you the best family dinner memories. Organizing weddings, parties, family reunions. The Osteria Etrusca presents a range of special functions throughout the year and is an ideal venue for weddings, conferences, birthday or anniversary celebrations, conferences and corporate hospitality

---

## WHERE WE ARE

We are near Volterra. Without a doubt, the Mediterranean is one of the world's most popular destinations – truly the middle of the earth and cradle of history. Tuscany exhibiting a distinct and enduring way of life. Old time traditions mingle with the new, and anyone visiting the OSTERIA ETRUSCA will have their choice of delectable, home made cuisine and world-class local wines to choose from.

The Italians are so passionate about their wine that you cannot help loving it.

At night, you will just have to look up at the stars, relax and feel as if you are in the most beautiful place in the world. There is no single, monolithic Italian cuisine. Italian food culture is very regional. With a varied geography, and an even more diverse history, Italian cuisine changes, depending on where you are. The province of Pisa is a highly appreciated habitat for truffles! Their search and use in local gourmet restaurants has a long tradition.

Here, the white truffle embodies rural and social microhistory. It means much more than only the tasty ingredient of your meal. This is a pride and the icon of the Region.

Food plays a central role in building relationships and this is true especially in Italy. Food is a kind of language in many Italian families.

Making pasta is an Italian mother's way of saying **"Ti Amo"** I love you.

Italians love their food and are proud of what they create. Everything is fresh, usually locally sourced and made from olive oils, fruits and vegetables, and seasonal game meats. Lunches of pastas with wild boar and hare or other local meats and an abundance of different antipastos like local cheese, prosciutto and salami. You can just taste the freshness of it all.

### LIDO POOL BAR - AFTERNOON

[illegible]

N.

# 4. Vineyards tours

## VISITS AND TASTINGS

For information regarding visits and reservations please contact us via email: [booking@tuscanystore.it](mailto:booking@tuscanystore.it) or ask directly at the Reception

### ORNELLAIA VINEYARD (Bolgheri)

Ornellaia is a worldwide known producer of Doc Bolgheri "Super Tuscan" wines. It is located on the Tuscan Coast in Northern Maremma between Livorno and the island of Elba and extends over 99 hectares of a beautiful Cypress Avenue. The "tenuta" was born thanks to Marchese Lodovico of the Antinori family in 1981 and has grown to international fame with the help of well-known Michael Rolland and Axel Heinz as enologist. Today the vineyard is owned and managed by the family Frescobaldi.

The availability of the tour cannot be guaranteed due to the number of external visitors in the wine yard. Due to the high interest, the visits should be arranged in advance.

#### Location:

Località Ornellaia, 191 Fraz. Bolgheri, 57022  
Castagneto Carducci (LI)  
Phone: +39 0565 718242  
E-mail: [hospitality@ornellaia.it](mailto:hospitality@ornellaia.it)  
GPS: 43 ° 12 '41" North latitude 10 ° 36' 42" longitude East.

**Wines:** Ornellaia, Ornellaia Bianco, Le Serre Nuove, Le volte dell'Ornellaia.

**Oil:** Yes; **Appellation:** Bolgheri DOC

### LA MERCARECCIA (Casale Marittimo)

On the hills in front of Tyrrhenian Sea, in the heart of Etruscan Tuscany, Fabrizio's dream has come true.

*"To make my own wines has always been my dream and I dedicate them to all who still like dreaming. Sangiovese gets a special salty perfume of Laurum, while Syrah finds a perfect blend of mineral and fruity flavors. Our limited production has already got a strong reputation among Italian wine lovers and is offered now for the first time to international wine novelty hunters."*

Total wine area is 3 hectares. The plantation was settled in May 2004. This is a local wine made with love and passion. Highly appreciated and loved by us.

#### Location:

Podere La Mercareccia, Via di Pereta, 25, Casale Marittimo  
Pisa, Italia GPS: 43.311251, 10.618439  
Fabrizio Zanfi: +39 335 303583  
E-mail: [zanfi@lamercareccia.it](mailto:zanfi@lamercareccia.it)

**Wines:** Cuordileone (Sangiovese and Syrah blend), Stravento (Sangiovese), Colpo di fulmine (Syrah), Drago (Ciliegiolo), Tidaradi (Rosé)

**Oil:** Yes; **Appellation:** IGT

### La MONTEROSOLA VINEYARD (Volterra)

The estate MonteRosola is located in the heart of Tuscany near Volterra, the ancient Etruscan capital, and dates back to the 15th century. Extraordinary attention to detail in the vineyard, including manual selection of every individual grape during harvest, combined with cutting-edge cellar processes such as dry-ice cold maceration and primary fermentation in oak barrels, all in the quest to deliver the most wonderfully complex tannins and rich body. Since 2013 MonteRosola is also working 100% Organic and hence uses no chemicals or pesticides in the vineyard and olive grove. The result is a set of extraordinary wines that are handcrafted, artisanal, and resolutely non-conformist. All our wines carry the contour of our terroir proudly on their capsules and all can be delivered either in sealable wooden boxes or in cartons. Thanks to the professional supervision of oenologist Alberto Antonini MonteRosola's wines have continued to improve and has gained us several international awards and recognitions.

#### Location:

Podere La Rosola 27, Loc. Pignano, 560 48,  
Volterra, Toscana, Italia  
Phone/Fax: +39 0588 350 62  
www: <http://www.monterosola.com>

**Wines:** Indomito (Syrah Cabernet Sauvignon & Sangiovese blend), Corpo note (Sangiovese Cabernet Sauvignon), Crescendo (Sangiovese), Canto della Civetta (Merlot)

**Oil:** Yes; **Appellation:** IGT

### MARCAMPO VINEYARD (Volterra)

The farm of Marcampo counts 5 hectares with grapes and 250 ancient olive trees.

The young vineyard was born in 2005 on purely clay soil. It is completely hand worked by Genuino and his daughter Claudia, whose love and passion give life to IGT Toscana wines of high quality.

Our philosophy is to keep the characteristics of the territory in which our grapes grow and let the wines be the perfect expression of it.

The tour starts in the vineyard and then in the wine cellar, where Claudia explains the process of wine-making from land working to bottling.

In the suggestive tasting room you will sample the wines, extra-virgin olive oil and grappa paired with home-made cured meats and local cheeses.

During the tour you can enjoy the beauty of the natural Volterra rocky cliffs "Balze".

**Location:**

Podere Marcampo 30, Loc. San Cipriano, 56048, Volterra, Toscana, Italia  
 Phone: +39 328 1744605 [www.poderemarcampo.com](http://www.poderemarcampo.com),  
[info@poderemarcampo.com](mailto:info@poderemarcampo.com)

**Wines:** Terrablu (Vermentino), Genuino (Sangiovese, Merlot), Marcampo (Sangiovese Merlot 50%), Severus (Sangiovese), Giusto alle Balze (Merlot)

**Appellation:** IGT; **Oil:** Yes

**CASTELVECCHIO VINEYARD (Terricciola)**

The Castelveccchio vineyards stretch over 15 acres (6 hectares) with a vine density of 2207 vines per acre (5434 vines per hectare). They are cultivated using the Guyot method with low yield. The red grape varieties grown are Sangiovese, Colorino, Cabernet Sauvignon and Cabernet Franc, and the white grapes are Trebbiano, Malvasia and Colombana. All the grapes are harvested by hand. The winery is beautifully located on the mountain with an admirable view on the old town of Terricciola. Wine making is done under temperature control, and the wine is aged in a wood barrel. Particular attention and care is devoted to the selection of the grapes to be laid out to dry on traditional cane mats for the production of the traditional Vin Santo.

**Location:**

Azienda Agricola Castelveccchio di Pantani Claudia  
 Via di Bagno – Terricciola (PI)  
[www: https://agricastelveccchio.com](https://agricastelveccchio.com)  
 T: +39 0587 658318, +39 3803238845

**Wines:** Le Colline (Sangiovese 100%), Le Balze (Sangiovese, Cabernet Sauvignon and Franc), Il Picchio (Trebbiano, Malvasia, Colombana)

**Appellation:** IGT

**TENUTA TORCIANO (San Gimignano)**

Tenuta Torciano promotes the Italian wine & food culture all over the world. A beautiful Italian experience to learn the best combinations between wine & food, the glass etiquette, the secrets of Italian cuisine, Tuscan wine-making techniques and more. If you have a special love for all that is Italian, Tenuta Torciano Winery is for you. It is located at the entrance to Valley Chianti, Tuscany, and is approximately 35 minutes from Florence.

You'll spend hours with the staff and family of Tenuta Torciano and witness our great passion for the wines. The winery is host to many seminars and educational opportunities where people can ask for a day or a week or more to learn about the wine, the soil, climate, culture and the land called Tuscany.

Where people can vacation and escape the hassles of everyday life, Tenuta Torciano welcomes guests to stay for as long as they would like to fully experience the Tuscany Winery experience.

They offer various services starting from simple Wine Tasting & Appetizers, through lunches and dinners full of local specialities such as Fiorentina and truffles, cooking classes or yoga in the Vineyard, to more sophisticated proposals such as Ferrari or Helicopter Wine Tours. Moreover they organize Ceremonies, Anniversaries and Wedding Events.

**Location:**

Via Crocetta 18, Loc. Ulignano 53037 San Gimignano  
 T: +39 0577 950055  
[www.torciano.com](http://www.torciano.com)

**Wines:** Brunello di Montalcino D.O.C.G., Cabernet Bartolomeo Riserva I.G.T., Merlot Baldassarre Riserva I.G.T., Syrah Cavaliere Riserva I.G.T., Vernaccia of San Gimignano D.O.C.G., Chianti D.O.C.G., Chianti Classico D.O.C.G., Chianti Classico Riserva D.O.C.G., Vino Nobile of Montepulciano D.O.C.G., Red of Montepulciano D.O.C., Vin Beato - Dessert Wine

**Moreover:** Extra Virgin Olive Oil Cold Pressing, White Truffle flavored Olive Oil, Pepper Hot Olive Oil, Balsamic Old Vinegar selected

**You should also check some historic vineyards in the Bolgheri area**

Tenuta San Guido – known as the first producer of popular Sassicaia wine.

The vineyard itself cannot be visited but there is a nice restaurant with a wine shop branded San Guido  
 Winery address:

Loc. Le Capanne n. 27, 57022 BOLGHERI (LI) ITALY  
 Tel. : +39 - 0565 - 762003 / 762026  
[www.tenutasanguido.com](http://www.tenutasanguido.com)  
 Restaurant website: [www.enotecasanguido.com](http://www.enotecasanguido.com)

Tenuta Guado al Tasso – Owned by a well-known Antinori family – major producer of excellent Bolgheri DOC wines. Please check with the winery whether there is a availability for a tour.

Address: 57022 Bolgheri, Livorno, ITALY  
 Phone: +39 0565 749735  
 E-mail: [guadoaltasso@antinori.it](mailto:guadoaltasso@antinori.it)  
[www: www.antinori.it](http://www.antinori.it)

 N.

# 5. Wellness hot springs & golf



Hot springs and good wine: two made in Tuscany basic elements for well-being.

## SATURNIA

---

The Cascade del Mulino are probably the most famous natural springs in Tuscany. The waterfalls are composed of several natural pools of warm thermal water, as well as a relaxing waterfall. They are open to the public and free throughout the entire year. Saturnia is Italy's best-known hot spring in the wild Maremma area of southern Tuscany, about an hour south of Siena. It is a dramatic landscape of thickly wooded hills and valleys, olive groves, rows of vines and acres of wheat fields, the horizon riveted by cypresses. The legend has it that the Roman god of the harvest, Saturn, lost his temper with war-hungry men and sent a lightning bolt that split the earth. Hot sulphuric water flowed from the rift over the people, calming them down. The main falls are easy to find: not far from the town's main spa, a dirty track brings you to a field where you can park and change before heading down to the springs - a series of rock pools that have been turned white by the minerals in the water, falls in a succession of cascades into the pools.

The water is about 37°C and instantly relaxes the body, releasing aches and pains. The minerals here are sulphur, calcium and carbon, good for skin conditions and aching joints. When it gets too hot, there is a river the Albegna alongside to dip into to cool down.

## VENTURINA

---

In Venturina Terme, the historic Natural Spring offers its embrace by exploiting the beneficial effects of water and steam, placing them at the service of well-being: a more unique and rare experience that of plunging into the waters where they are born and constantly regenerate according to natural processes as happens at other spas in Tuscany. The Natural Source is part of the Calidario Terme Etrusche Resort. It is a body of water of about 3000 square meters naturally fed by several sources of water that flow at a constant temperature of 36 degrees directly from the bottom of the lake with an average flow rate of about 12,000 liters per minute which guarantees a constant and natural replacement of the water. The lake is accessed through an internal passage that connects the equipped and air-conditioned changing rooms. In addition to the historic source Calidario Terme Etrusche offers Thermarium: a modern Spa in Tuscany. A suggestive environment with sauna, turkish bath, sensory showers, swimming pool with whirlpools, relaxation area, herbal tea, sensory treatments and massages.

CALIDARIO TERME ETRUSCHE

T: +39 0565 853411

A: Via del Bottaccio 40  
57021 Venturina

TERME DI SASSETTA

Thermal water of the Sassetta is rich in sulphate, calcium, precious minerals and oligoelements and springs at the constant temperature of 49,6°C from the "Cerreta" Spring Water. The particular concentration of these is due to the major therapeutically effects for the breathing apparatus and human musculoskeletal system.

For the reservation:

AGRITURISMO PODERE LA CERRETA  
T: +39 0565 794 352  
A: Via Campagna Sud 143  
57020 Sassetta

SAN FILIPPO

Located 40 minutes south-east of Siena, between the volcanic peaks of Mount Amiata, the highest mountain in Tuscany and the deeply wooded Orcia valley, San Filippo takes its name from the Florentine hermit who retreated here in the 13th century.

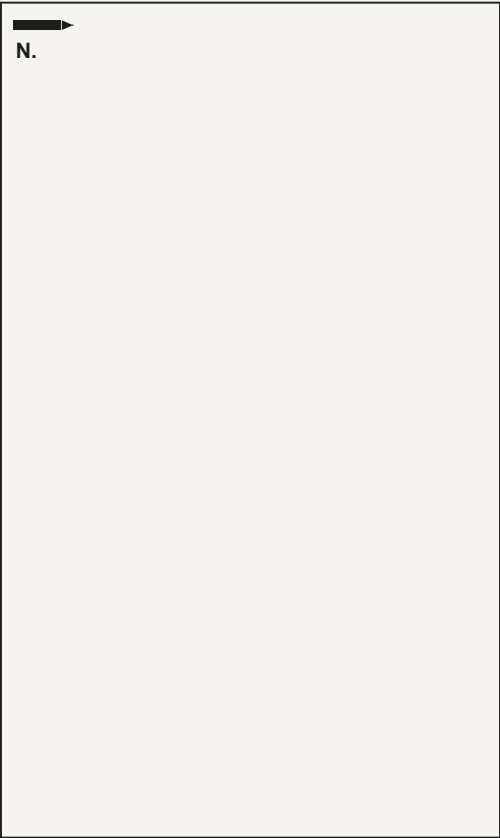
It is also known for its five hot springs, which gurgles out of the ground at 52C and are rich in sulphur, calcium, magnesium and sulphur bicarbonate, believed to be good for skin conditions, respiratory disorders and joint and bone problems. On entering the town a small wooden bridge on the right leads into the woods to a bucolic scene of fluttering butterflies, buzzing dragonflies and frogs hopping into the green water of the pools that the river flows into. Most stunning of all is the Fosso Bianco - a series of calcareous rock formations that hang over the water in a series of stalactites. The water used to pour down here - though it has now been diverted to the spa in the town. But follow the path through dappled daylight and you come to a pool after a pool under waterfalls of opaquely white water, set below the spa above, from where the water gushes down. San Filippo's milky mineral water flows through the pools and along the river, banked by bamboo plants for miles.

GOLF

Tuscany is the ideal destination for golf lovers. Its temperate climate allows you to enjoy this sport for most of the year. Castelfalfi is the largest golf course in Tuscany and attracts fans from around the world. The courses of the Castelfalfi Golf Club, built according to the principles of sustainability and without adding anything artificial, are among the most fascinating from the point of view of its landscape and are stimulating from a sports point of view. The Golf Club, with its 27 holes, challenges the most experienced players and ensures fun even for beginners. There is also a driving range with grass teeing grounds, covered areas for conducting clinics and a clubhouse

For the reservation:

CASTELFALFI GOLF CLUB  
T: +39 0571 890 200  
A: Localita Castelfalfi  
50050 Montaione





# 6. We know where Happy Kids Are



## WE KNOW WHERE HAPPY KIDS ARE !

So you've booked the perfect place for your family vacation....now all you dread is that the kids might be bored.....well, no need to be afraid : in Tuscany Forever kids are welcomed and looked after everywhere, spoken to like people and not cartoon characters. There are a number of reasons to take the kids to Tuscany Forever, the world full of curiosity, activity & adventure.

Tuscany is going to become your favorite family holiday destination. Once you are here, you will understand why: this land is a perfect blend of tasty food, friendly people, world famous art, gorgeous mountains and beautiful sea.

It's difficult to be bored at our Residence as you can choose a favorite sport activity relevant to the age of your kids: starting from a paddle pool and play yards for the youngest ones through a round pool with a river flow and finally standard 2 swimming pools with a large area for relaxing and sunbathing. The more demanding youths prefer tennis or just playing ball on the sports field.

However the biggest attraction for kids are other kids. In summer they can meet other hundred kids to play with. Mysteriously, the language doesn't matter.

A SUGGESTION: WHEN TRAVELING HERE, HAVE YOUR KIDS LEAVE THEIR ELECTRONIC GIZMOS AT HOME. CONSIDER IT A KIND OF DETOX. YOU MIGHT JUST BE ABLE TO REKINDLE IN THEM THE INNATE REAL CREATIVITY THEY WERE BORN WITH.

If you are traveling with kids and looking for something special to do, while still exploring the most beautiful places of Tuscany, here are some ideas that every member of your family is going to enjoy. The whole family will find it more relaxing to be in the country with day trips to different cities and towns in Tuscany. The Region offers a wide range of attractions for adults as well. There are steeples to climb, towers to scale, deserted beaches, dungeons, and Etruscan tombs to discover, medieval armor to amaze, torture museums to awe, and real ancient towns that were used as sets for filming Twilight (San Gimignano, Volterra).

The best and most economical way to explore Tuscany is to rent an apartment, a house or a villa (depending on the size of your family) in the Tuscan countryside, ideally situated right in the heart of Tuscany. This way you will have everything you may need within the reach of your hand and feel the "authentic" Tuscan atmosphere.

If you're traveling with children and they are looking for a break from all the museums and galleries you may have on your itinerary, here are a few suggestions which will delight and occupy the younger members of the family.

We always recommend that families plan at least one special, interactive activity in Italy, our clients and readers consistently report that it's the structured, hands-on experiences with local traditions and people that create the best trip memories. Parents are always searching for memorable activities to do with their children while traveling.

## to #taste #assaporare

### COOKING CLASSES FOR KIDS

Tuscany Forever with cooperation with **OSTERIA ETRUSCA** has designed a cooking class. They are recommended for a whole family, however we already know that they are specially loved by children. What's a pleasure to discover Italian cuisine secrets, to put small hands into a flour and to play with other children. Hands-on work is a big part of the experience. This is a chef who orchestrates all this staff. Little dirty after that experience? It doesn't matter at all. Recipes may include fresh pasta, real pizza, focaccia, fruit salads. For more details/price list please contact:

T: +39 347 850 4284

E: [info@osteria-etrusca.com](mailto:info@osteria-etrusca.com)

## to #explore

---

Travel in or through (an unfamiliar country or area) in order to learn about or familiarize oneself with it.

## HORSE RIDING

---

### CENTRO IPPICO S. BARBARA

**A:** Viale san Piero; 56045 Pomarance

**T:** +39 3282 167 048 Maurizio

**T:** +39 3479 219 263 Michele

### ASSOCIAZIONE IPPICA SAN MARCO

**A:** Loc. San Marco 100; 57016 Rosignano Marittimo

**T:** +39 586 7993 80

### CENTRO DI EQUITAZIONE IL PINO

**A:** Via di Rosignano; 57016 Vada

**T:** +39 339 4397 128

### CENTRO IPPICO TEAM DEL MARCO

**A:** Via Sondraie 73; 57022 Bolgheri

**T:** +39 187 629 885

## ACQUAPARK

---

### ACQUA VILLAGE CECINA

**A:** Via Tevere, 25; 57023 Cecina

**T:** +39 0586 622539

## AMUSEMENT PARK

---

### PARCO DIVERTIMENTI CAVALLINO MATTO

**A:** Via Po' 1; 57022 Marina di Castagneto C.cci

**T:** +39 0565 745720

For our small guests at Marina di Donoratico, there is the biggest Tuscan amusement park.



## to #visit

---

### PISA with kids

distance from TUSCANY FOREVER 68 km

---

Pisa is such a little town, that if you have the whole day to visit it, you can easily walk all around. Piazza dei Miracoli may be the most beautiful spot in Pisa (kids will have fun running freely around, especially if they get to climb on the top of the leaning tower), but there are many other "secret" beauties you can find.

Try to walk from the leaning tower in via Santa Maria, visit for free the beautiful Botanical Garden (open in the morning), then go through the Piazza dei Cavalieri to the Borgo Stretto and Piazza Garibaldi, visit Piazza delle Vettovaglie. Walk along the river on Lungarno Mediceo, pass Museo di San Matteo and cross the bridge "Ponte della Fortezza" to see the Giardino Scotto, walk then back along the other side of the river (Lungarno Galilei & Lungarno Gambacorti) to the amazing Santa Maria della Spina church, and the San Paolo a Ripa d'Arno Church. Then Cross the ponte della Cittadella and admire the old Torre Guelfa.

**Try to go up this tower if you have got time, you will have amazing views over Pisa and also see the Leaning tower and Piazza dei Miracoli from above.**

Then walk back on the Lungarno Simonelli and see the old historical buildings by the river. Yes, maybe you will need to sign all these points on the map first. But the only thing is sure, Pisa has a lot to offer and even if you didn't have time to see it all, you can always come back again.

---

### **VICOPISSANO with kids**

distance from TUSCANY FOREVER 51 km

---

Vicopisano, a small medieval town, is nestled by the hills on the way from Pisa to Florence. It's an ideal base for day trips to almost all Tuscan towns and cities. You will be surprised at how easy and simple is life in this little medieval town. Another great event in Vicopisano is its famous Medieval Festival which is held every year at the beginning of September within its historical town limits. Kids will enjoy all sorts of activities and shows, will try traditional Tuscan food and are going to meet medieval princes and princesses just walking along the streets. Medieval jousts, men in tights and locals dressed as serving wenches and crusaders add to the already captivating atmosphere of a town transformed back to the 11th Century. Medieval Fortress La Rocca as it is known is the impressive feat of engineering designed by the Renaissance master Filippo Brunelleschi. Younger and older children alike will love this experience - a visit to a Medieval fortress with underground prison cells, a 34 meters high watchtower and the chance to try on genuine armour and handle Medieval weapons.

---

### **LUCCA with kids**

distance from TUSCANY FOREVER 73 km

---

You are going to remember this one of the most beautiful historical cities which dates back to the Romans, but now is better known for the Renaissance walls running around the city and topped by centenary linden trees. The most unusual way to explore the city is to go bike riding atop the city walls of Lucca (enter at Porta Santa Maria). Every member of the family can get on a bike and cycle the walls of Lucca. There are bikes for all age groups and in addition you can hire tandems, rickshaws and even an electric bike. Children will love it because they will be safe and free to move on the large bastions while you will be able to admire the historical magnificence of this city along a 4 km circuit.

Walls have many get in/out paths so that you can make for the desired place anytime you wish. Lucca city center is a limited traffic area, which makes it even safer for children. Don't miss Via Fillungo, San Frediano Church, San Michele in Foro Church, Piazza Anfiteatro, Guinigi and Clock towers.

---

### **VIAREGGIO with kids**

distance from TUSCANY FOREVER 91 km

---

Viareggio has long been a "luxury" destination for people from all over the world. You and your kids will for sure enjoy the beaches of the area, equipped with everything you may only dream about.

At every "lido" you will find a good restaurant to relax with your family for lunch. In the evening this place is full of life and music, upscale restaurants and the most luxurious nightlife.

If you happen to be in Viareggio in February, you are going to find the most celebrated festival during the carnival period in Italy. And kids will enjoy dressing up as much as you. Don't miss the typical Carnival time dishes, that are made specifically in February and slightly vary from region to region in Italy but always remain the same taste of celebration from year to year.

---

### **SIENA with kids**

distance from TUSCANY FOREVER 65 km

---

This beautiful Tuscan town with the unique square famous in the whole world for its beauty will become your favorite destination in Tuscany. Siena has a fantastic bell tower that everyone will love climbing up, it gives you a wonderful overview of this walled medieval city and burns off a lot of steam. Younger children will be amused for hours chasing the pigeons in the Piazza del Campo below whilst their parents take a leisurely coffee or glass of wine at the tables that border the square. Il Museo del Bosco, (The Museum of the Woods) is a collection of materials and stories from the people who used to live in the nearby woodland 40 years ago. An ethnographic museum which includes walks and trails to discover more, as well as the animals and vegetation of the forest.

---

### **FLORENCE with kids**

distance from TUSCANY FOREVER 85 km

---

The capital of Renaissance art is going to become the highlight of the whole trip. You can choose to tour it by horse and carriage to make your kids scream from happiness. Uffizi Gallery is the number one destination in Florence. The first thing to avoid here is a long line with impatient children, so book your tickets in advance.

After strolling around in the central, paved streets of Florence, you can stop in Piazza della Repubblica, one of the hubs of the city centre, and take one or more rides on the antique carousel in the square. The young travelers can take a break from sightseeing and have a lot of fun. A walk around the Boboli Gardens is another thing that most children like to do. These beautiful gardens set behind Pitti Palace comprise one of the largest parks in Florence, spanning 11 acres (about the size of eight football fields). They can run through the mazes and up and down the complex pathways, there are plenty of diverting fountains and hide and seek opportunities. You will be able to enjoy the gorgeous renaissance landscape architecture.

The views back over the city are well worth the climb. To fill your eyes with wonder made by man, there is simply no Tuscan place like Florence. It is of course in almost every church and palazzo you see, from Brunelleschi's dome (1420) and the Church of San Lorenzo, to the elegant loggia and tower (twenty-three feet taller than that of Siena) in Piazza della Signoria.

Museo Stibbert. Similar to the Frick collection in New York City, Museo Stibbert is the acclaimed personal collection of Frederick Stibbert, which was donated to the municipality of Florence after his death at turn of the century. The collection includes paintings, costumes, and a diverse array of armor from Europe, the Middle East, and Asia (including some pieces you can even try on). Other kid-centric museums that can't be missed in the city include Palazzo Vecchio and Museo di Storia della Scienza.

---

## to #relax

---

## GELATO

---

One of Italy's most beloved exports. As opposed to ice cream, Italian gelato normally has no air pumped into it so not only do you get more per scoop, but the flavor is denser, creamier, and more intense. Luckily, even if you visit Tuscany in the winter, gelato shops are everywhere in the major cities and towns. Many bars serve them, many make their own, adding their own twists to old or completely new flavors, like chestnut or mango slices. Fresh ingredients (from the fruit and nuts for flavors and milk for the base) are staples for Tuscan cooking and their gelato carries the same stamp of quality.

Take a look at chapter 7.

---

## BEACH/ MARE

---

### #petanque #sandcastles

Playgrounds which we love.  
Playground I want to play in.  
Creative, challenging and beautiful, these playgrounds encourage reasonable risk taking and offer children far more than the ghastly plastic monstrosities.

Take a look at chapter 10.

---

## to #discover

---

Find something or someone unexpectedly or in the course of a search.

### #friends #scoprire

---

## MASSO DELLE FANCIULLE

distance from TUSCANY FOREVER 15 km

---

### A: Strada Comunale di Lanciaia 56048

If you would like to have a swim somewhere else than in the sea we would recommend "Masso delle fanciulle" that means Rock of the girls and it is in a natural reserve called Berignone. To reach this place, take the road towards Pomarance, at the iron bridge, turn left and walk along a flat for about 10 minutes, then take a small dirt road on the right and you will reach the river Cecina. Follow the path until you get to the Boulder of the Maidens.

On the opposite side there is a small beach with trees, an ideal place to rest and have a picnic.

---

## SASSO PISANO

distance from TUSCANY FOREVER 34 km

---

Sasso Pisano in Maremma Tuscany takes you into Pisa territory and a landscape of hot rocks from which geothermal steam streams up hill sides and boiling waters feed age old Etruscan and Roman thermal pools.

It will delight lovers of medieval history and geology. There are many thermal springs close to the town, the waters of the hottest of which surface at 65°C and the coolest at around 30°C. You can take a bath in the restored and covered medieval thermal washhouse, the "Il Lavatoio", which is located next to the sports ground, where you will also find the archaeological site of the Etruscan and Roman spa, "Il Bagnone". If you are visiting Sasso Pisano, you must take a walk on the wild and hot rocks of the Le Biancane, even if you don't take the whole trek. For the geothermal landscape - all of which is a protected park area - is quite something to experience for the senses as well as a great place for a picnic. Access is free and just a short distance from the town.

# 7. Gelato

## Guide

7.

---

### GELATO

---

#### Some tips for gelato binging:

---

**1.** Because of the low overrun (less air) In gelato, it is much, much creamier than ice cream (which can have as much as up to 50% air). Gelato flavors are also more intense than ice cream. Where ice cream is made with more cream, gelato is made with more milk. The less fat there is, the less saturated your taste buds will be, which is why gelato flavors pack a bigger punch. When gelato hoppin'opp for smaller sizes you'll still be satisfied.

**2.** Think of flavor combinations. While it's fun to get 3-4 flavors in a cup, I find it much more enjoyable to just have at most, 2 flavors at a time. It makes for better enjoyment and the flavors don't get lost. Choose your flavors carefully. A rice gelato might be well balanced with something like strawberry, while something more tart, like lemon could be a bit weird. Avoid combinations like grapefruit and chocolate. Or Stracciatella and melon.

**3.** Beware of mountains of gelato. Around the center of Florence, you'll see gelaterias with gelato with big pieces of fruit/nuts/biscuits embedded in them to suggest the flavors. The gelato is piled high in gravity-defying mounds, and the flavors are limitless. As tempting and appetizing as they may look, avoid the sirens of these gelaterias. Some gelaterias don't make their gelato, but re-sell gelato from elsewhere. Gelato is meant to be made fresh everyday in small batches. Mountains of gelato suggest old gelato. Even at places like Grom or Vivoli, where the lines snake well outside the door, they never have mountains. They keep a small batch in the window and replenish with just-churned gelato from the back when needed.

---

### CECINA

---

#### GELATERIA FILIPPO

Homemade gelato cakes on any occasions.

**A:** Via Leonardardo Da Vinci 4; 57023 Cecina

---

### VOLTERRA

---

#### BAR PASTICCERIA L'INCONTRO

**A:** Via Matteotti 18; Volterra

#### CHIC&CHOCK

**A:** Via Giacomo Matteotti 2; Volterra

---

### SAN GIMIGNANO

---

Gelato world champion San Gimignano

Located in the central Piazza della Cisterna in San Gimignano, Gelateria Dondoli is known all over the world and visited by a large number of celebrities.

#### GELATERIA DI PIAZZA

**A:** Piazza della Cisterna 4; 53037 San Gimignano

---

### FIRENZE

---

#### GELATERIA DEI NERI

Try Their... mandarin sorbetto, decadent dark chocolate, or coconut.

**A:** Via dei Neri 9/10r; Florence

#### VIVOLI

Try riso (rice) gelato, this one gets it right: the perfect ratio of creamy arborio rice to gelato.

**A:** Via Isole delle Stinche 7r; Florence

## AT VENCHI company

---

They are ARE MAD about chocolate. (...)  
*" We love it excessively, without any limits. We love it in any way, shape or form: it in powder or in granules; hot or cold. We love it at all times, anytime and forever more. At Venchi we are gourmand. Mass produced industrially made chocolate is just not our thing. We only produce genuine confectionery, we've been doing it for the last 140 years and we are not about to change now. We don't like hydrogenated fats, additives, artificial colourings, aroma enhancers and the likes. We make chocolate in the Italian way, and we combine our glorious heritage with Piedmont hazelnuts, Sicilian pistachios and Ligurian olive oil. We're not really into chocolates made with butter and cream."*

VENCHI CHOCOLATE  
GELATO Calimaruzza

**A:** Via Calimaruzza 18 angolo Piazza del Mercato  
Nuovo 6/7; 50123 Firenze

VENCHI CHOCOLATE  
GELATO Calzaiuoli

**A:** Via Calzaiuoli 65/R; 50122 Firenze

VENCHI CHOCOLATE  
GELATO Stazione Santa Maria Novella

**A:** Stazione Santa Maria Novella - Piazza della  
Stazione 1; 50123 Firenze

## AT GROM company

---

Grom is 100% natural. Gelato and its raw ingredients do not contain flavorings, colours, preservatives or emulsifiers of any kind.

GROM

**A:** Via del Campanile angolo via delle Oche  
50012 Firenze

GROM

**A:** Via Banchi di Sopra n. 11/13; 53100 Siena

---

## SIENA

---

GELATERIA KOPAKABANA

**A:** Via dei Rossi 54; 53100 Siena

Nothing tastes better on a hot Sienese afternoon than a delicious gelato. A bit off the path from the touristy haunts (but near the Basilica di San Francesco), this gelato shop is worth the effort to find. They offer a wide, delicious selection (they have created over 200 flavors in their 10 years of existence) at affordable prices.

---

## PIENZA

---

GELATERIA DOLCE SOSTA

**A:** E. Mangiavacchi 3; 53026 Pienza

Pienza, a small hill-town of 2,000 and counting, holds more than just amazing views. It holds one fantastic gelato shop. Off one of the main roads, Gelateria Toscana is the place to go for flavors like hazelnut, lemon, unique liquor-based flavors like beer, or even cheese flavors. Indulge, and go back for more.

---

## LUCCA

---

LE BONTA

**A:** Viale Castracani 269; Lucca

Never ever go anywhere near Le Bonta when you're hungry. It is a dessert lover's dream and a calorie counter's nightmare. Not only does it sell excellent gelato, but this shop is wall to wall with other treats (tiramisu, chocolate, mille-feuille cake, tarts, mousse, and cream puffs). Le Bonta is just outside the city walls. Full of flavor and tasty, the gelato here is not to be missed if you're visiting Lucca.

  
**N.**

# 8. Restaurant Addresses

A good reason to visit  
#tuscanyforever  
"Une des meilleures  
tables, vaut le voyage"



---

## SALINE DI VOLTERRA

VECCHIO MULINO - ristorante, pizzeria

**A:** Via del Molino 25; 56047 Saline di Volterra

**T:** +39 0588 44 199

AFRICA - local cuisine, homemade pasta  
and ravioli, excellent desserts

**A:** Via Borgo Lisci 8; 56047 Saline di Volterra

**T:** +39 0588 44 193

RISTORANTE LA VERDE OASI - specializes  
in pizza

**A:** Str. Regionale 68 di Val di Cecina; Montecatini

**T:** +39 588 372 87

---

## MONTEGEMOLI

OSTERIA DELL'ULTIMO CARBONAIO

**A:** Via del Borgo 39; Montegemoli 56045 Pomarance

**T:** +39 347 572 7808

---

## QUERCETO

LA LOCANDA DEL SOLE

**A:** Via Francesca 9 Localita' Querceto

56040 Montecatini Val di Cecina

**T:** +39 0588 374 07

---

## MONTECATINI VAL DI CECINA

BUGLIONE - local cuisine, pasta, pizza,  
excellent desserts

**A:** Piazza della Repubblica 24 56040 Montecatini  
Val di Cecina

**T:** +39 0588 30104, +39 328 5463681

LA TERRAZZA SUL BORGO - local cuisine,  
pasta, ravioli, pizza and meat

**A:** Piazza della Repubblica 7

**T:** +39 0588 190 0802

---

## SAN VINCENZO

RISTORANTE LA PERLA DEL MARE

The restaurant is located in a fascinating modern hut,  
made of wood and steel, scenically overlooking the  
beach of San Vincenzo. The Capraia, Corsica and  
Elba Island outlines stand out on the horizon.

Their philosophy follows weather and seasons.

What the sea offers, as well as the vegetables used.

The menu offers delicious appetizers and first  
courses, important second courses and irresistible  
desserts. Fish is the master, of course; cooked both  
in a traditional and in a revised contemporary way.  
Freshest raw materials and clearly distinguishable  
flavors to satisfy gourmet palates.

**A:** Via della Meloria 9, San Vincenzo

**T:** +39 0565 702 113

---

## VOLTERRA

L'INCONTRO pasticceria, wine bar, tavola calda

**A:** Via Giacomo Matteotti 18; 56048 Volterra

**T:** +39 0588 805 00

RISTORANTE PIZZERIA LA TAVERNETTA

**A:** Via Guarnacci 14; 56048 Volterra

**T:** +39 588 881 55

OSTERIA DEI POETI

**A:** Via G. Matteotti 55; 56048 Volterra

**T:** +39 588 851 00

RISTORANTE ENOTECA DEL DUCA - local  
cuisine combined with great wine

**A:** Via di Castello 2; 56048 Volterra

**T:** +39 588 815 10

RISTORANTE PIZZERIA DON BETA

**A:** Via Giacomo Matteotti 39; 56048 Volterra

**T:** +39 0588 867 30

---

## BOLGHERI

OSTERIA MAGONA - lunch, aperitivo and dinner

**A:** Strada Provinciale 16 B Bolgherese

Località Vallone dei Messi 199 57020 Bolgheri;

Castagneto Carducci

**T:** +39 0565 762 173

ENOTECA TOGNONI

**A:** Via Lauretta 5 57020 Bolgheri;

Castagneto Carducci

**T:** +39 0565 762 001

LA TAVERNA DEL PITTORE

**A:** Largo Nonna Lucia 4 57022 Bolgheri;

Castagneto Carducci

**T:** +39 0565 762 184



---

## CASALE MARITTIMO

---

Casale Marittimo is worth a visit. This area is home to some incredible natural settings and hidden medieval villages where time seems to have come to a standstill. It is not far from the Tyrrhenian coast and here you'll feel the pure scent of the sea breeze. A medieval village immersed in green just a few kilometres from the sea.

LOCANDA LE VOLTE - Enoteca, restaurant,  
offers also wine tastings

**A:** Via Roma 61; 56040 Casale Marittimo  
**T:** +39 0586 652 018

TAVERNA VIA DI MEZZO

**A:** Via di Mezzo 5; 56040 Casale Marittimo  
**T:** +39 0586 652 133

OSTERIA L'IMPRONTA

**A:** Piazza dei Popolo 4; 56040 Casale Marittimo  
**T:** +39 346 106 0670

---

## BIBBONA

---

IO CUCINO

**A:** Piazza Mazzini 3/4; 57020 Bibbona  
**T:** +39 3483 229 130

LA CARABACCIA

**A:** Via della Camminata est 15; 57020 Bibbona  
**T:** +39 0586 670 370  
Chef Emanuele and wife Ornella

---

## BIBBONA MARINA

---

LA PINETA-BIBBONA MARINA\* **Michelin**

**A:** Via Cavallegeri Nord 27;  
57020 Marina di Bibbona  
**T:** +39 0586 600 016

IL BOLOGNESE DA SAURO

specialises in seafood  
**A:** Via dei Cavallegeri Nord; 57020 Marina di Bibbona  
**T:** +39 0586 600205

---

## MONTESCUDAIO

---

RISTORANTE IL FRANTOIO

**A:** Via della Madonna 9; Montescudaio  
**T:** +39 0586 3883429569

RISTORANTE BARDOVINO

**A:** Via Provinciale dei tre comuni 86; Montescudaio  
**T:** +39 0586 655 123

BIRROTECA BIBERE

**A:** Via della Liberia 59A; Montescudaio  
**T:** +39 370 3149797

---

## CECINA

---

RISTORANTE DA ANDREA - seafront location,  
specialises in seafood. Excellent fresh and grilled  
fish dishes, accompanied by a wide range of  
wines chosen on the basis of the best  
combination with the chosen dishes.

**A:** Viale della Vittoria, 68 - M.di Cecina; 57023 Cecina  
**T:** +39 0586 620143

RISTORANTE PIZZERIA LA CAPANNINA -

seafront location, specialises in seafood  
Very good place for a sea view aperitivo, as well as  
seafood based meals

**A:** Località La Cecinella - M.di Cecina; 57023 Cecina  
**T:** +39 0586 622872

RISTORANTE PIZZERIA 88

ott88tto pizzeria gourmet

**A:** Corso Giacomo Matteotti, 30, 57023 Cecina LI  
**T:** +39 0586 677186

DAN KAFE - nice jazz coffee shop, offers  
breakfasts, sandwiches or pasta for lunch as well  
as aperitivo with wide selection of finger food

**A:** Via Leonardo Da Vinci 3/5; 57023 Cecina  
**T:** +39 347 032 8639

BAR NAPOLI - offers breakfasts, sandwiches,  
great place for aperitivo, wide selection of wines

**A:** Corso Giacomo Matteotti, 80, 57023 Cecina  
**T:** +39 0586 635212

---

## GUARDISTALLO

---

RISTORANTE ENOTECA MOCAJO

They offered Tuscan cuisine based on  
homemade bread, pasta and sweets and local  
products - especially from the Val di Cecina -  
from small producers who can ensure the  
authenticity of their organic and biodynamic crops.

**A:** SR 68, Loc. Casino di Terra, 56040 Guardistallo (PI)  
**T:** +39 0586 655018

OSTERIA LOCANDA LE GIUNCHE

The origins part Tuscanian and part Sicilian of  
the hosts offer a fusion cuisine with fresh  
homemade pasta and cold meat combined  
(to an ever present) traditional cuisine (typical)  
Tuscan, where you can always find game meat  
and the famous Chianina and grilled chops, typical  
of this region.

**A:** Via Camminata, 3, 56040 Località Le Giunche,  
Guardistallo PI  
**T:** +39 0586 652073

---

## CASTAGNETO CARDUCCI

---

### RISTORANTE LA TANA DEL PIRATA

Tana del Pirata's kitchen is managed with passion and skill by the Olmi family who offer traditional Tuscan dishes characterized by the excellence of the ingredients, the light cooking and gourmet touches. It offers refined and inventive first courses like the famous 'exaggerated' spaghetti and maltagliati (homemade pasta) with bream and truffles, grilled fresh fish, catalane, grand royal shellfish plateau, seafood crudité and homemade desserts, not to mention a list of selected wines among which the excellent wines of Bolgheri stand out.

An extremely refined menu in a very charming setting: you will dine on the restaurant's terrace overlooking the sea, at a stylishly set table, by candlelight and under a starry sky

**A:** Via Milano, 17, 57022

Marina di Castagneto Carducci LI

**T:** +39 0565 744143

### RISTORANTE PIZZERIA IL CAPPELLACCIO

Famous for the delicious pizza in XXL size.

In the summer, il Cappellaccio offers to their customers a welcoming and fresh outdoor garden, full of flowers and plants with bright colours where you can taste even better the delicious dishes and fabulous wines in contact with the scent of the ancient village.

**A:** Via Vittorio Emanuele II, n°7, 57022

Castagneto Carducci LI

**T:** +39 0565 766005

---

## CASTIGLIONCELLO

---

Between sea and nature you find a path to discover small, but very important architectural and artistic treasures kept in this area which were very much loved by the Etruscans. Castiglioncello is a fabulous place rediscovered throughout the centuries by the Etruscans, the Romans, then the nobility of Florence in the middle ages.

Then politicians of our century, famous poets like D'Annunzio for example and finally important directors and actors. During the 50's and 60's Castiglioncello has been the restyling centre of Italian society, the life of a lot of Italian films has started here and there isn't an important actor who didn't come here, in Castiglioncello.

They called it the Pearl of the Tyrrhenian Sea, the once sleepy fishing town that had Italy's elite wrapped around its charming little finger.

**TO LISTEN:** Quando, Quando, Quando performed by Emilio Pericoli

**TO WATCH:** Il Sorpasso, Dino Risi

## TO EAT:

### RISTORANTE LA BARACCHINA - seafront

location, specialises in seafood. The selection of the products is made every date with great attention and high quality ingredients to offer the excellence.

**A:** Lungomare Alberto Sordi, 9,  
57016 Rosignano Marittimo LI

**T:** +39 0586 752003

### ENOTECA RISTORANTE LA STAZIONE

**A:** Via Aurelia 634; 57016 Castiglioncello,  
Rosignano Marittimo

**T:** +39 5867 511 17

### IL CARDELLINO

**A:** Via della Pineta 16; 57016 Castiglioncello,  
Rosignano Marittimo

**T:** +39 3477 967 174 Ask for NICCOLO

### IL PICCININO

**A:** Via Aurelia 672; 57016 Castiglioncello,  
Rosignano Marittimo

**T:** +39 3397 532 899 Ask for LISA

### STATION GALLERY

**A:** Via Aurelia 923; 57016 Castiglioncello,  
Rosignano Marittimo

**T:** +39 586 752 505 Ask for Vincenzo

### LA LUCCIOLA

**A:** Lungomare Amerigo Vespucci 1 Comune di  
Rosignano Marittimo 57016 Castiglioncello

**T:** +39 0586 753192

---

## LUCCA

---

Only in Lucca you can find a special sweet-bread in the shape of a small baguette or a bun. It's called Buccellato and it has raisins inside and has a unique taste of anise. You can find it in a small shop called Taddeucci, behind Saint Michael's church in the main square. A Lucchese dish is farro soup. Farro is similar to spelt. It is a thick and hearty soup with the farro having the texture of barley. Most of the local style restaurants are closed from around 3pm to 7pm.

### L'IMBUTO \* Michelin

**A:** Piazza del Collegio, 7; 55100 Lucca

**T:** +39 331 930 8931

### BUTTERFLY\* Michelin

**A:** Via Statale 12, 192, 55012 Marlia Lucca

**T:** +39 0583 307573

### PIZZERIA LA BERSAGLIERA

**A:** Via Pisana 2136; 55100 Lucca

**T:** +39 583510758

#### LOCANDA EREMO DEL GUSTO

**A:** Via Gelli 35/37; 55012 Petrognano - Capannori  
**T:** +39 0583 978012

#### VECCHIA TRATTORIA BURALLI

**A:** Via San Giorgio 10; 55100 Lucca  
**T:** +39 0583 950611

One of the best restaurants is practically hidden.  
With a constantly changing menu and an extensive wine list.

#### OSTERIA BARALLA

Was recommended by a Lucchese local  
**A:** Via Anfiteatro 5; 55100 Lucca  
**T:** +39 583 440240

GLI ORTI DI VIA ELISA Was recommended by  
a Lucchese local

**A:** Via Ellsa 17 (near Pollo Elsa); 55100 Lucca  
**T:** +39 583 491241

#### BUCA DI SAN ANTONIO

**A:** Via Cervia 3; 55100 Lucca  
**T:** +39 0583 55881

Buca di San Antonio is situated just off the Piazza  
San Michele and enjoys a high reputation for local  
dishes prepared in the traditional Lucchese style.

#### RISTORANTE GIGLIO

**A:** Piazza del Giglio 2; 55100 Lucca  
**T:** +39 0583 494058

Ristorante Giglio in the Piazza Giglio is excellent.  
Offering wonderful Lucchese cuisine, attentive staff  
and a lovely terrace overlooking the square.

According to the Michelin 2015 edition guide  
for Italy, Tuscany has: one three-starred and four two-  
starred restaurants, followed by a long list of one-  
starred restaurants.

Each name in the following list is definitely worth a  
stop to discover the best artists of the Tuscan cuisine,  
with their culinary philosophy and story:

#### ENOTECA PINCHIORRI **Michelin**

**A:** Via Ghibellina 87; 50122 Firenze  
**T:** +39 055 242 757

#### BRACALI **\*\* Michelin**

**A:** Loc. Ghirlanda 4; Massa Marittima  
**T:** +39 566 902 318

#### DA CAINO **\*\* Michelin**

**A:** Via della Chiesa 4; 58050 Montemerano  
Manciano  
**T:** +39 0564 602 817

#### ARNOLFO **\*\* Michelin**

**A:** Via XX Settembre n 50; 53034 Colle di Val d'Elsa  
**T:** +39 0577 920 549

#### PICCOLO PRINCIPE **\*\* Michelin**

**A:** Piazza Giacomo Puccini 1; 55049 Viareggio;  
53034 Colle di Val d'Elsa  
**T:** +39 0577 920 549

#### PICCOLO PRINCIPE **\*\* Michelin**

**A:** Piazza Giacomo Puccini 1; 55049 Viareggio;  
Grand Hotel Principe di Piemonte;  
**T:** +39 058 44011

#### IL PALAGIO **\* Michelin** | Executive Chef Vito Mollica

**A:** Borgo Pinti 99; 50121 Florence  
**T:** +39 (0)55 26261

#### ORA D'ARIA **\* Michelin**

Marco Stabile is a young chef from Pontedera  
**A:** Via Accademia dei Georgofili 11 r; 50122 Florence  
**T:** +39 0552001699

#### LA BOTTEGA DEL BUON CAFFÈ **\* Michelin**

**A:** Lungarno Benvenuto Cellini 69/R; 50125 Florence  
**T:** +39 055 553 5677

#### WINTER GARDEN **\* Michelin**

"Impeccable ambiance and service!"  
**A:** Piazza Ognissanti 1 | c/o The St. Regis Florence;  
50123 Florence  
**T:** +39 055 2716 3770

#### LE TRE LUNE **\* Michelin**

**A:** Via di Travalle 1/A; 50041 Calenzano  
**T:** +39 0558 873 156

#### OSTERIA DI PASSIGNANO **\* Michelin**

**A:** Via Passignano 33; 50028 Tavarnelle Val di Pesa  
**T:** +39 0558 071 278

#### LATORRE **\* Michelin**

**A:** Strada Spicciano 7; 50028 Tavarnelle Val di Pesa  
**T:** +39 055 806 470

#### LORENZO **\* Michelin**

Cucina Pesce e frutti di mare  
**A:** Via Carducci 61; 55042 Forte dei Marmi  
**T:** +39 058 489 671

#### BISTROT **\* Michelin**

Cucina Pesce e frutti di mare  
**A:** Viale Franceschi 14; 55042 Forte dei Marmi  
**T:** +39 058 489 879

#### LA MAGNOLIA **\* Michelin** | Cucina Creativa

**A:** Viale Morin 46; 55042 Forte dei Marmi  
**T:** +39 0584 787 052

#### ROMANO **\* Michelin**

Cucina Pesce e frutti di mare  
**A:** Via Mazzini 120; 55049 Viareggio  
**T:** +39 058 431 382

# 9. Street Food Guide

**Food tour not only with kids**

When I go to **Florence**

My favourite type of Italian food is street food. Because unsurprisingly, Italy has absolutely mastered the art of serving food anywhere, anytime. Street food - food prepared and consumed quickly on the street - responds with taste and creativity to the lack of time in daily modern life.

**DON'T MISS AND EAT LIKE LOCALS**

## **AMBROGIO MARKET**

**A:** The Sant'Ambrogio Market, Florence  
located in Piazza Ghiberti

Just a bit further out of the center than Piazza Santa Croce and about a 12 minute walk from Piazza del Duomo.

Open Mondays - Saturdays 7am - 2 pm.

They also stay open all day on Wednesday and Friday, closing at 7 pm.

Even though it is much easier to reach the famous Mercato Centrale, for early morning I prefer to head for the market in Sant'Ambrogio. The atmosphere is much more relaxed, there are no tour groups pushing through the aisles and it's always a good sign when the locals outnumber the tourists as is the case in Sant'Ambrogio.

The market offers a diverse selection of stands with vendors selling products ranging from fruits and veggies to breads and pastries, meats and fish, cheeses and dried legumes. There is an indoor and outdoor section of the market with most of the meat, fish and cheese vendors stationed permanently inside. Produce, houseware and some stalls selling clothes are located around the building.

## **THE RESTAURANT**

Also, inside there is a famous restaurant **Trattoria da Rocco** that serves authentic Tuscan food at cheap prices between 11 am and 2 pm.

**T:** +39 339 296 3055

## **MERCATO CENTRALE**

**A:** Piazza del Mercato Centrale, Florence  
The market is open **all-year-long**,  
**every day from 10am.**

Mercato Centrale Firenze was the brainchild of Umberto Montano, who with Claudio Cardini launched the project that would give Florence back one of its most important locations: the first floor of the covered market in the San Lorenzo neighbourhood. The project became a reality in spring 2014, marking the 140th anniversary of the iron and glass building erected in 1874 according to a design by architect Giuseppe Mengoni - also responsible for the Sant'Ambrogio market and the more famous Galleria Vittorio Emanuele in Milan.

## **A NICE PLACE TO RELAX**

Not only can you do your normal shopping, but at Mercato Centrale Firenze, you can also find 500 places to sit and enjoy wholesome food.

All operators are committed to a high standard of quality and all dishes prepared inside the Mercato are made using only the raw materials on sale inside the Mercato itself. All this makes Mercato Centrale Firenze the perfect place for any time of day, from 10 am until midnight. Florence, which has always been the home of gastronomic excellence and authenticity, sees artisans and their shops take their place at the forefront of quality food.

---

## THE RESTAURANT

---

Tosca at Mercato Centrale Firenze  
T: +39 055 265 7424

Piazza del Mercato Centrale At Tosca, the Mercato Centrale Firenze restaurant, you can eat while comfortably seated at the main counter or on the mezzanine floor accessible by the staircase next to the counter. Choose from a selection of freshly made dishes on the menu.

---

---

## PANINI

---

In many English-speaking countries, a panino, from Italian, meaning "small bread, bread roll" is a grilled sandwich made from bread other than sliced bread.

**INO FIRENZE**  
A: Via dei Georgofili, 3r/7r, 50122 Firenze FI

**PANINI TOSCANI**  
A: Piazza Del Duomo 34/R Firenze  
Close to Museo Opera Del Duomo

Only sourdough panini and the most genuine ham and salami are what you'll find at Ino, just a few steps from the Uffizi in the heart of Florence. Located in a side alley, just shy of the Uffizi gallery and perpendicular to the Arno river, this deli is a must visit for lunch during your stay in Florence!

---

## PORCHETTA

**Romana Origin: Ariccia**

---

Meat lovers, meet their expectations: this classic porchetta will make you want to mangia like never before. The pork is stuffed with garlic, rosemary and other herbs and slow-cooked on a spit. Could it get any better than this? The answer is no, unless of course you eat it in panino con porchetta form, sandwiched between two slices of grilled bread. You're welcome.

---

## PIZZA

**Pizza al taglio Origin: Rome**

---

Take everything you think you know about pizza, and then throw it out the window. This is your new pizza now.

Pizza al taglio, or "pizza by the cut," is baked in large rectangular trays and sold by weight on the streets of Siena, Florence, Lucca (and just about everywhere else in Italy nowadays).

---

## LAMPREDOTTO

**TRIPI Origin: Florence**

---

The Italians create some of the world's most crowd-pleasing comfort foods (hello, spaghetti bolognese), but they're also skilled at making more adventurous fare and their famed lampredotto is not for the faint of heart. This street food classic consists of cow stomach cooked in a tomato broth with herbs, and it's often served on a bun as a panino con lampredotto.

### Where in Florence ? Dove mangiare il Lampredotto e la Trippa ?

Il mitico "Marione" **Mario Albergucci**  
A: Piazzale di Porta Romana

**Sergio Pollini 'Triperia Pollini'**  
A: Via de' Macci 126  
T: +39 334 778 2350

**Da Nerbone**  
A: Piazza del Mercato Centrale (interno)

**I Trippaio di San Frediano**  
A: Piazza dei Nerli

**Trippaio Orazio Nencioni**  
A: Loggia del Porcellino

**Tripperia Sergio e Pier Paolo**  
A: Via de' Macci corner Borgo la Croce  
T: +39 334 7782350

**Aurelio I Re del Lampredotto**  
A: Piazza Bernardo Tanucci SNC, 50134

**Lorenzo Ancilli**  
A: Piazza Artom

**Marco Bolognesi**  
A: Via Gioberti (piazza Beccaria)

**Alessio Farolfi**  
A: Via Aretina (angolo via Casaccia)

**Leonardo Torrini**  
A: Viale Giannotti (piazza del Bandino)

**Lupen e Margo (ex La Trippaio)**  
A: Via dell'Ariento (ang. via Sant'Antonino)

**Il Trippaio di Firenze**  
A: Via Maso Finiguerra (angolo via Palazzuolo)

# 10. Coast Map Locations

## **MARE/ BEACH**

---

Etruscan coast, the sea is about 40 min. away. A line of the seaside stretches from Livorno to Piombino - Castiglioncello, Quercianella, Rosignano, Vada, Cecina, Marina di Bibbona, Donoratico, Marina di Castagneto and San Vincenzo. Beaches of pale sand, like those at San Vincenzo and Baratti, alternate with the darker sands of Marina di Castagneto, Bibbona and Cecina, and wind-sculpted rocky shores where the water is deep and teeming with fish. Well-equipped marinas provide plenty of opportunities for yachting. Costa degli Etruschi with Populonia, Suvereto, Campiglia Marittima...

This area includes some of the most popular beaches in all of Tuscany. From down to Rosignano the waterfront is actually reef but this does not discourage anyone from spending the day at the sea. You actually climb on - make sure to bring water shoes or buy some from the many vendors - lay your towel, get some sun, then go snorkeling, then rest and get some more sun! Repeat as often as you like.

The towns here all offer boardwalks with bars, (cafes) gelato shops and restaurants as well as any beach accessories you might have forgotten to bring along. From Rosignano down to Follonica the beach turns into small pebbles or coarse sand. The beaches tend to be very short before you reach a barrier of rock into the sea but there are lots of them so you have a choice. The water tends to be calmer in this area in general.

Going there, you definitely need a car to visit these beaches, as public transportation is limited .

While not all of the beaches on the Island of Elba are listed as "blue flags", they are incredible! No matter which one you go to, you won't be disappointed: the island has a variety of beaches, from sandy to pebbly ones.

## **BEACH TOURS**

---

Seaside Baratti Bay / Populonia. Populonia is especially noteworthy for its Etruscan remains, including one of the main necropoleis in Italy (Parco Archeologico). Let's start with this ancient site of the Etruscans and even pre-Etruscans found behind a beautiful promontory off the Tuscan coast. It would be a pretty place to visit (the Etruscans had a great eye for gorgeous real estate) even if there were no historical ruins. The ancient port where hematite from the Island of Elba was made into iron, is now an archeological park containing a stunning necropolis carved into the cliffs, and some intriguing freestanding tombs that changed in design and execution through the centuries before the Romans. The experimental part has demonstrations in ancient crafting of daily goods. Do set a whole morning or afternoon aside; there's walking involved if you want to do it right. Be sure to check the opening hours for this in Italy where few things happen the same way or the same hour twice.

## **PARCO ARCHEOLOGICO DI BARATTI E POPULONIA**

---

**A:** Localita Baratti - Populonia Alta Piombino, Italia  
**T:** +39 0565 226445

PRIVATE BEACH:

---

---

**CASTIGLIONCELLO**

---

BAGNO DEL QUERCETANO BAGNI AURORA  
**A:** Via del Quercetano 1  
57012 Castiglioncello, Rosignano Marittimo  
**T:** +39 338 100 4042

---

**CECINA**

---

BAGNO AURORA  
**A:** Viale della Vittoria 26  
**T:** +39 0586 620091

SPOT 1  
**A:** Via delle Gorette 57023 Cecina  
**T:** +39 347 631 71 86

---

**VADA**

---

BAGNO LATERNA  
**A:** Localita Pietrabanca 11  
57016 Rosignano Marittimo  
**T:** +39 0586 788 103

TESORINO VADA  
**A:** Via dei Cavalleggeri Loc. Tesorino 57018 Vada  
**T:** +39 0586 788 293

---

**BIBBONA**

---

BAGNO VENERE  
**A:** Via del Mare 40 Marina di Bibbona  
**T:** +39 0586 600 057

---

**CASTAGNETO CARDUCCI**

---

LA TANA DEL PIRATA  
**A:** Via Milano 17, Marina di Castagneto Carducci  
**T:** +39 0565 744 143

---

**SAN VICENZO**

---

LA PERLA DEL MARE  
**A:** Via della Meloria 9, San Vincenzo  
**T:** +39 0565 702 113

RISTORANTE BAGNO NETTUNO  
**A:** Via Andrea Costa, 3, San Vincenzo  
**T:** +39 0565 701 095

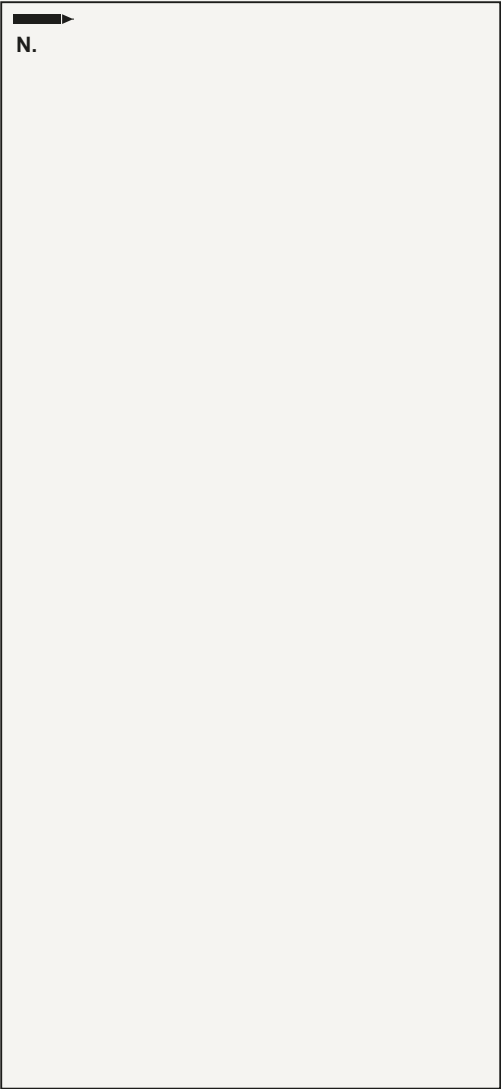
---

**GOLFO DI BARATTI**

---

BAGNO BARATTI  
**A:** Baratti, 57025 Piombino LI  
**T:** +39 338 525 3312

BAGNO ALTAMAREA  
**A:** Località Baratti, 57020 Piombino LI  
**T:** +39 338 747 9636





# 11. Sightseeing Cities & Towns

---

## VOLTERRA

---

The ancient Velathri was one of the most important cities of the Etruscan Confederation, or rather one of the twelve city-states that according to the tradition formed in Etruria a powerful economic, religious and military alliance; perched on a hardly accessible hill and protected by impressive walls, the city reached its highest splendour when the southern city-states started to decay, because of their closeness to Rome.

When even Velathri was forced to recognize the supremacy of the Eternal City and joined the Italie Confederation under the name of Voiaterrae (around the half of the third century BC) it continued to maintain a certain degree of independence, until the outbreak of the civil war between Mario and Sulla: after a long and bitter siege that lasted for two years, the city had no choice but to surrender and Sulla's troops brought Volterra to its knees, after a terrible plundering.

In the 5th century AD, Volterra became the seat of a diocese and at the same time, a small temple dedicated to Mary - the first dome of the city was erected; in the following centuries the city was subdued by the Lombards and the Franks, the bishops rose to power only around the 9th and 10th century.

The episcopal power reached its climax under Galgano Pannocchieschi, bishop and governor of Volterra on behalf of Frederick Barbarossa, its despotism laid the foundation for the anti-episcopal riot led by the local feudal lords and the emerging middle classes...

In 1208, when the construction of Palazzo dei Priori was begun, the bishops started little by little to lose

their power and the beautiful palace became the symbol and the seat of the free commune.

Surrounded as it was (and as it is) by Florence, Siena and Pisa in the midst of their territorial expansion, the city soon found itself struggling to maintain its independence from the neighbouring cities, until it finally fell prey in 1472 to the Florentine rule and although independence was formally conceded, Volterra was now subdued to Florence. In the second half of the 16th century the city went under the jurisdiction of the Grand Duchy of Tuscany and the famous alabaster industry began to thrive, as well as the production of salt. Volterra has preserved its medieval charm, thanks to its relative geographical isolation. We could say that it has never suffered the "debilitating effects of urbanization"; high upon its hill, it continues to stand erect and proud, almost entirely surrounded by its wonderful thirteenth century walls. The ancient castrum's perimeter is marked out by the Piano di Castello, Porta all'Arco, Via Roma, Via Buonparenti, Via dei Sarti, and Via di Sotto and develops around the Cathedral (the ancient church of Santa Maria) and Piazza dei Priori; out of the castrum limits, after the Year 1000 the Borgo di Santa Maria (Via Ricciarelli) and the Borgo dell'Abate (Via dei Sarti) were built.

---

## MAIN SIGHTS

Visit the **Dome**, the **Baptistry of San Giovanni**, the **Piazza and Palazzo dei Priori**; the ancient Etruscan walls (modified in the Middle Ages) and famous **Porta all'Arco**. Other attractions are the **Medici Fortress**, the **Roman Theatre** (1st century BC) and a font named Fonte di Docciola (1250) which used to be a public washtub.

**The Guarnacci Museum** preserves one of the most amazing collections of Etruscan art, but also many Roman and Villanovan finds; besides that you can visit the Pinacoteca and the Civic Museum, the Diocesan Museum of Sacred Art, Palazzo Viti, the Torture Museum and the Alabaster Ecomuseum of course (the latter hosts also an artisan workshop model, with the tools of the trade). If you want to spend a day dedicated to art and history the surroundings offer many attractions too: the suggestive cliffs of Volterra (balze) for instance are located on the southwestern side of the hill, between the Cecina Valley and the Valdera; if you have more time you can also visit Villa di Spedaletto (the rebuilding of which was ordered by Lorenzo de' Medici) and the Natural Park of Sasso Pisano with its thermal springs and fumaroles.  
Take a look chapter 6.

### **Volterra A.D. 1398 Mediaeval Festival**

At the end of August the beautiful town of Volterra goes back in time to the middle ages for the Volterra A.D. 1398 mediaeval festival. The whole town dresses up and mediaeval trades, professions, music and food are on display everywhere. If you wish to join the locals you could even rent a costume for the day and exchange Euros for some Grossi (mediaeval coins) and take part in the performance. If you like historical events the medieval festival in Volterra is probably one of the very best.

### **search #sagra**

During the summer live music throughout the streets and piazzas and numerous sagras / summer festivals / which are outdoor festivals themed around food and dancing under the stars

---

### **LOOKING TO EXPERIENCE THE CHARMS OF A SMALL TUSCAN TOWN?**

---

Direction coast perfect for dinner or wine tasting  
Take a look chapter 8

**QUERCHETO**  
Province of Pisa distance 17 km

**POMARANCE**  
Province of Pisa distance 15 km

**CASALE MARRITIMO**  
Province of Pisa distance 24 km

**MONTESCUAIO**  
Province of Pisa distance 24 km

**BIBBONA**  
Province of Livorno distance 28 km

**BOLGHERI**  
Province of Livorno distance 34 km

**CASTIGLIONCELLO /coast**  
Province of Livorno distance 45 km

---

### **#onedaytour** Take a look chapter 8

---

**VIAREGGIO / coast**  
Province of Lucca distance 100 km

**LUCCA**  
Province of Lucca distance 78 km  
Take a look at chapter 6

**PISA**  
Province of Pisa distance 68 km  
Take a look chapter 6

**FIRENZE**  
Province of Firenze distance 98 km  
Take a look chapter 6 and chapter 9

---

### **SIENA** Province of Siena distance 65 km

---

#### **#HighMedieval experience**

I can't imagine a greater contrast to the austere medieval Abbey of Sant'Antimo than the gingerbread, birthday cake, glitzy, high-Gothic Duomo of Siena that began construction works in the twelfth century. Its west facade alone is a rampage of arches and triangles, portals, columns, spires, gargoyles, sculptures of saints, alternating stripes of green and pink marble, mosaics and gold. The interior? Fahgettaboudit. Every square inch of wali and ceiling, not to mention the 56 magnificent marble panels of the inlaid floor is carved, freseod, polychromed or gilded. It's a visual orgy. While SanfAntimo inspires calm and introspection, the Duomo razzle-dazzles in a freewheeling flaunting of the wealth of its merchants and bankers, who, without restraint, competed with rival Florence. While the Duomo is overwhelming, even gaudy at first glance, its individual works from the marble pulpit, to the choir stalls, to a couple of Donatello's sculptures are for the most part quiet masterpieces. To complete your amazement by Sienee grandiosity, do visit Il Campo. It is the world's most welcoming town square: fan-shaped and concave, it practically cuddles you. It is flanked by the graceful Torre di Manga, a mere 286-feet high that you should climb to give you a complete understanding of the layout of after Venice Italy's most romantic city.

Every year, the picturesque Tuscan town of **Siena** generally known for its medieval tower and graphic white-and-black cathedral turns into an explosive scene as it hosts two major horse races, known as the Palio.

**Santa Maria della Scala** Siena's Santa Maria della Scala was one of Europe's first hospitals. It remained in operation for almost 1,000 years, until the entire complex began conversion into a museum in 1995. Today, visitors can view the chapels, archeological exhibits, and a children's museum roughly half the complex, with more being restored every year.

---

## **SAN GIMIGNANO**

**Province of Siena distance 40 km**

---

San Gimignano is a small walled medieval hill town in the province of Siena, Tuscany, north-central Italy. Known as the Town of Fine Towers, San Gimignano is famous for its medieval architecture, unique in the preservation of about a dozen of its tower houses, which, with its hilltop setting and encircling walls form "an unforgettable skyline". Within the walls, the well-preserved buildings include notable examples of both Romanesque and Gothic architecture, with outstanding examples of secular buildings as well as churches. The Palazzo Comunale, the Collegiate Church and Church of Sant' Agostino contain frescos, including cycles dating from the 14th and 15th centuries. The "Historic Centre of San Gimignano", is a UNESCO World Heritage Site. The town also is known for the white wine, Vernaccia di San Gimignano, produced from the ancient variety of Vernaccia grape which is grown on the sandstone hillsides of the area. Here is a brief guideline to San Gimignano's main sights, You may find that useful: The Museo Civico and Pinacoteca, inside the Palazzo del Podesta or the Town Hall, a home to outstanding paintings and masterpieces of art.

---

## **MONTERIGGIONI**

**Province of Siena distance 50 km**

---

Monteriggioni is considered one of the best preserved medieval towns in Italy and it boasts its magnificent exterior walls with fourteen towers on square bases and buildings inside. This ancient town is important both from an architectural and cultural point of view and it has been mentioned in the Inferno of Dante Alighieri's Divine Comedy. Nowadays it is also famous for "Monteriggioni di torri si corona", one of the most scenic medieval festivals held in Tuscany.

The history of **Monteriggioni**, a municipality in the province of Siena, has ancient origins. The medieval, walled town was built on a hill by the Sienese in the thirteenth century in order to protect their front line from their historical rivals, the Florentines, who were seeking to expand their territories.

The town of Monteriggioni is as if time had never passed: the city is perfectly preserved and is characterized by ten-meter-high fortified walls that were built according to the curves of the hills. The fourteen towers we still see today were used in the Middle Ages to patrol the area, overlooking the Cassia road and two doors, the Porta di San Giovanni that opens in the direction of Florence to the north and the Porta Franca to the south. Porta Franca owes its name to the Via Francigena because Monteriggioni was a major stop on this pilgrim trail from Canterbury to Rome. Once you arrive in Monteriggioni, you can enter through the Franca or San Giovanni Door. As you enter, you are already in the heart of the village. The main square is called Piazza Roma (Rome Square) and it features the Church of Santa Maria Assunta, in Romanesque and Gothic style.

In ancient times, this was a vegetable garden that provided essential food items during enemy attacks, when the castle's population came under siege. in Monteriggioni you can visit the museum with replicas of medieval and Renaissance arms and armatures and walk along the walls, where you can admire the beautiful surrounding countrysides of Chianti and the Val d'Elsa. in Monteriggioni you'll find wine shops, shops of medieval weapons and jewelry, hotels and restaurants serving traditional Tuscan cuisine and wine produced in the area.

### **Medieval Feast**

MONTERIGGIONI DI TORRI Si CORONA Or in English Monteriggioni Crowned by Towers, taken from a phrase by Dante Alighieri, see below is a medieval fair that takes place over two long weekends every July.

It's easy to go back to the Middle Ages in such a location! A true re-enactment of the Middle Ages, visitors also have to change your euro with special medieval coins to purchase food and beverage into the castle. In the streets you will find craftsmen, people wearing medieval costumes, knights, dancers, minstrels, musicians, and so on. It makes a great atmosphere!

---

## **COLLE DI VAL D'ELSA**

### **Province of Siena distance 38 km**

---

Lies in the heart of Tuscany, in a strategically favourable position near the towns of Sienna, Florence and Volterra, on the via Francigena which connects Rome with the North. The town was originally made up of three independent areas with separate structures and urban arrangements: Borgo di Santa Caterina, Castello di Piticciano and Piano. The two oldest settlements, privileged seats of the ruling class, are both situated on the same hilly ridge which runs from east to west and, separated by a wide valley, dominate the valley floor which is home to the third "hamlet", Piano, which has a more recent urban structure was built specially to accommodate manufacturing activities.

The town is arranged on two levels, and from the 12th century onward the fiat lower portion was given over to a flourishing papermaking industry; today the area is mostly modern, and efforts have shifted toward the production of fine glass and crystal. Make your way from the newer lower town (Colle Bassa) to the prettier, upper part of town (Colle Alta); the best views of the valley are to be had from Viale della Rimembranza, the road that loops around the western end of town, past the church of San Francesco.

The early-16th-century Porta Nuova was inserted into the preexisting medieval walls, just as several handsome Renaissance palazzos were placed into the medieval neighborhood to create what is now called the Borgo. The Via Campana, the main road, passes through the facade of the surreal Palazzo Campana, an otherwise unfinished building that serves as a door connecting the two parts of the upper town.

---

## **BARBERINO VAL D'ELSA**

### **Province of Firenze distance 55 km**

---

Barberino Val d'Elsa is a beautiful medieval village located in the Chianti area. The village is enclosed by ancient walls and the town retains the original elliptical plan characterized by the main street connecting the two gate towers, the Porta Romana and the Porta Fiorentina.

Via delle Volte, named for the vaulted arches that cover it, leads straight to Piazza del Duomo. There is a convenient parking lot off the SS68, with stairs leading up the hill. Buses arrive at Piazza Arnolfo, named after the town's favorite son, Arnolfo di Cambio (circa 1245-1302), the early-Renaissance architect who designed Florence's Duomo and Palazzo Vecchio (but sadly nothing here). 20 min from a Colle di Val d' Elsa...

**Barberino Val d'Elsa** is a medieval town between Florence and Siena. It is at an altitude of 373m and has a population of around 4000 inhabitants. There are a number of historical buildings to visit in Barberino such as Palazzo Pretorio with its coats of arms, San Bartolomeo church, the Senese Gate and San Michele Arcangelo chapel.

The first written evidence of the town of Barberino dates back to a document from 1054 from Pissignano Abbey. The town really began to grow from the start of the thirteenth century onwards, after the destruction by the Florentines of the nearby town of Semifonte in 1202. The Florentines didn't want this ill-fated town to be rebuilt and so all the survivors went to live in Barberino, increasing the town's population significantly. In the fourteenth century, Florence ruled over Barberino and the Florentines fortified the town's castle to help them in their battles against feudal lords who denied the Florentine Republic's power.

The town of Barberino has two main gates, the Senese Romana Gate and the Fiorentina Gate. The existence of two gates was typical of towns like Barberino which were equidistant between the two main Tuscan cities and which were frequently fought over during the thirteenth century. The Senese Romana Gate is still intact, having only undergone slight modifications in the eighteenth century. The town's old walls are also still standing today, just the same as when they were first built. There's much for visitors to see and do outside the town's walls too. The area around Barberino is full of medieval churches, villas, old farmhouses and castles. Going back even further in time, visitors can also admire the ancient Etruscan tombs (eighth century BC) in Sant'Appiano.

  
N.

# 12. Outlets

## **MAX MARA** **Il Factory Outlet**

---

**A:** Loc. Osmannoro | Via Tommaso Alva Edison 1  
50019 Sesto Fiorentino

## **SPACE** **PRADA factory Prada Outlet (Space)**

---

**A:** Via Levanella Becorpi | Localita Levanella  
S.S. 69 Montevarchi

Space Factory Outlets is best known as the hidden gem coveted by shopaholics and it is located about 60 miles from Florence, Italy. Space Factory Outlets is the best place in the world to find Miuccia Prada's treasures at insane prices. Name brand outlet stores include the Prada line stores such as Prada, Prada Sport and Church. The true Prada fan will not be disappointed.

## **THE MALL** **The luxury outlet centre**

---

**A:** Via Europa 85; 0066 Leccio Reggello

The Mall, Tuscany Factory Outlets is located 30 minute drive from Florence, Italy, off the A1 motorway towards Rome and the Incisa exit. The most impressive thing about the The Mall, Tuscany Factory Outlets is that it is a shopper's paradise set among the green Tuscan hills a'la Palm Beach's Worth Avenue.

**The Mall** has an outstanding array of 85 designer and brand names outlet stores including: Agnona, Yves Saint Laurent, Bottega Veneta, Burberry, Ermenegildo Zegna, Fendi, Giorgio Armani, Gucci, Tod's, Valentino, Salvatore Ferragamo, Stella McCartney, Balenciaga and many other well known brands.

## **BARBERINO DESIGNER OUTLET VILLAGE** More than 200 designer brands up to 70% off.

---

**A:** Via Meucci snc 50031; Barberino di Mugello

---

## **FLORENCE**

---

### **LUISAVIAROMA** Best italian concept store

**A:** Via Roma 19/21r; 50123 Florence

---

## **LUCCA**

---

**VIA FILLUNGO** The main shopping street which runs roughly north/south through the centre of the city. It has a mix of high to mid-range shops selling a range of Italian designer labels  
**BEST PLACE EVER FOR SHOPPING**  
**SUNGLASSES / OTTICA**

### **IL PANDA PREMIUM** Cool concept store / nice shoes

**A:** Via Fillungo 119; Lucca

# History of Villa alle Monache

---

## **CASA ALLE MONACHE**

House of the Monks

---

STORIA del VIAGGIO NEL TEMPO There's a rumor going around that Localita Casa alle Monache today also called Villa alle Monache was founded by the private female branch of a Christian cloister. However, there is no trace of this theory in the historical documentation of the hill. It's proved that in 1600 one of the noble families of The Grand Duchy of Tuscany adapted this space to rural purposes. The fundamentals of the main villa today called La Famiglia date back to the sixteenth century and it certainly was the first and the oldest building in the neighborhood. The villa was never inhabited by the owners but it was allocated to the peasants who took care of the owners land. Before the Second World War and right after it, the Localita Casa alle Monache was purchased by the family Perucchetti who maintained the rural character of the place. The villa was not only a cropper property but with time the peasant families started to raise livestock and to become an independent unit. On the hill there was also the main office of the game wardens who were responsible for the whole area. In the 90' the villa started to deteriorate and was finally reduced to a storehouse. Since it was absolutely empty and deserted by the locals as recalls the Localita alle Monache it used to be "a secret love place" where young couples set their first dates. They still keep saying that there was "a natural beauty in it". In 2008 the hill was bought by Tuscany Forever and a new story began...

The  
**guide.**

1.

GENERAL INFORMATIONS TUSCANY FOREVER

2.

GROCERY SHOPPING

3.

OSTERIA ETRUSCA

4.

VINEYARDS TOURS

5.

WELLNESS TERME & GOLF

6.

WE KNOW WHERE HAPPY KIDS ARE

7.

GELATO GUIDE

8.

RESTAURANTS ADDRESSES

9.

STREET FOOD GUIDE

10.

COAST MAP LOCATIONS

11.

SIGHTSEEING CITIES TOWNS

12.

OUTLETS

13.

HISTORY VILLA ALLE MONACHE