

From the hills to the sea - 1st part

TREK KING
ITINERARI E VIAGGI NELLA NATURA

Località di partenza:

Regione Toscana, Provincia di Pisa, Monteverdi Marittimo, Frazione Canneto

Tipo di itinerario:

in bici

Fondo stradale:

Misto

Difficoltà in bici:

Medio

Dislivello in salita (m):

415

Dislivello in discesa (m):

380

Lunghezza (km):

44,7

Here's the sea again, appearing during the seventh leg, with the vineyards as protagonists. We are in the area where some of the most prestigious Tuscan wines are produced, but also in the land of the great poet Giosuè Carducci, who sang the praises of the beautiful "tall, slim" cypress trees. If we take the avenue and look towards the sea, it seems to be endless; if, however, we travel along it towards Bolgheri, we discover a characteristic small, enchanting village. Then we climb up towards Castagneto Carducci and Sassetta, another two pearls in our long itinerary.

On the eighth day we cross the hills rich in metals, and when, after an endless, undulating stretch of road, the profile of Massa Marittima appears behind the brow of a hill, we remain speechless. We climb up to visit the Cathedral and the historical centre and then descend again towards the coast where we take the boat for Elba. The island really deserves more than the day we can dedicate to it, during which we travel around the western part.

We cross the forests of Monte Perone and descend to the southern coast, where we pass the famous beaches of Cavoli, Fetovaia and Sant'Andrea, with their flurry of colours and infinite views over the sea, the islands of Pianosa and Montecristo and the distant Corsica.

From Canneto we take the road for Cecina and continue our descent to the valley floor of the "Sterza del Cecina", where we ignore the turn-off (Km 6.6) for La Sassa. Once we reach Val di Cecina we turn left (Km 12.6) for La California.

We ignore the turn-off for Casale Marittimo (Km 16.8) and continue towards Bibbona, in a beautiful descent with the sea in the background. Once we reach Bibbona (Km 22.2) we turn left, then immediately right, and left at the stop for Bolgheri; when we reach the famous Viale dei Cipressi (Cypress Avenue), we turn right onto it (Km 28.1) and then we turn left (Km 28.9) towards Castagneto.



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When we arrive near Castagneto we turn left (Km 37.6) for Sassetta and climb up towards the town centre that we skirt and leave on our left (Km 43), travelling along a section of road in the woods that brings us to Sassetta, where we end the leg in the little square at the entrance to the town.