

through the countryside of Castagneto Carducci

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Località di partenza:

Regione Toscana, Provincia di Livorno,
Castagneto Carducci

Tipo di itinerario:

in bici

Fondo stradale:

Strada asfaltata

Difficoltà a piedi:

Turistica

Dislivello in salita (m):

190 m

Dislivello in discesa (m):

190 m

Tempo (hh:mm):

1:00

Lunghezza (km):

24 km

Periodo consigliato:

all year round

Cartografia:

S.E.L.C.A., Trekking Costa degli Etruschi, dalle
colline al mare, foglio sud 1:50.000

Uffici informazioni:

For further informations on Costa Toscana:
www.toscana costa.it

Agenzia per il Turismo Costa degli Etruschi,
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Accesso al percorso e note:

We start from Castagneto Carducci, at the end
of Viale Umberto I

We start from the end of Viale Umberto I, immediately after the
boundary of the historical centre, from the summit of which we
head east. We go down the SP 329 that leads to Sassetto for a few
meters and after two bends, near the cemetery, we turn left down
a steep hill, following the signs for a oil mill.



An easy pedal around the old
village of Castagneto Carducci,
visiting an area that is rich in
vineyards and olive groves. An
opportunity to discover the places
where one of the most highly
esteemed DOC wines in Italy is
produced, that of Bolgheri.



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We pass a group of houses where we can clearly see alongside us the hill on which Castagneto is built. We ride along on the flat for a short while, followed by a series of steep sections with a view of the sea. When we reach some pines, we climb up again and the road becomes steeper. We can now see all the hills on the inner slope and continue along this enjoyable section going up and down in rapid succession.

As soon as we pass a restaurant, a bend on the left brings us near a turn-off, near a second restaurant; here we continue down the steep asphalted hill which has a slightly rough surface in sections. We come out onto a little road which we follow, not towards the indicated olive grove, but in the other direction, until we come to a turn-off. If we go straight on we pass some farms, but we turn and take the long avenue between thick olive trees. Thus we arrive at the Bolgheri provincial road between Castagneto and Bolgheri.

This countryside is not only beautiful but it also plays a very important role in Italian wine production. The Bolgheri DOC (appellation contrôlée) accounts for almost all the vines we pass in this area and the name of the vineyards we meet along our route are some of the most famous in the world; in fact the signs along the Strada del Vino Costa degli Etruschi remind us of this very fact.

We continue through the wine producers and olive groves keeping the village of Bolgheri as our reference, and take a bend on the left proceeding in the shade of the vegetation that is becoming thicker. Riding on through the farms we come to a short series of humps which we interrupt to take the municipal road of Ferrugini that leads to the old Aurelia. We ride under two enormous pines and continue through the crops. The farms and vineyards continue at both sides of our route that goes straight on meeting only two small bends. Here we see paths that lead into the vineyards and we come out onto the SP 39, where we must go left in the direction of Donoratico. There are no turn-offs, except for some cart tracks that lead into the fields, and after four kilometres we arrive at the junction that we take to pedal along the SP 329. We continue going straight on until we arrive just under the village of Castagneto. We have to ride up a three-kilometre hill to reach it, which we find after passing the signs for Via Bolgherese that we took on our way out.

This itinerary is part of a collection that the magazine "Trekking", together with the APT (Provincial Tourist Authority) of the Tuscan Coast, has dedicated to the most beautiful trekking routes in this area. A series of itineraries that will help you discover lovely places and will introduce you to a district that has great environmental and cultural appeal.

