



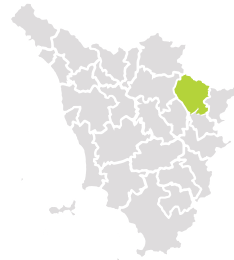
Casentino

The Wild side
of Tuscany region

www.casentino.it

visittuscany

Ambito Turistico Omogeneo Casentino



Casentino Region

Where are we

In the heart of Tuscany, between Florence and Arezzo, the Casentino region is the highest part of the **Arno valley**, enclosed on one side by the **Verna, Camaldoli and Alpe di Catenai**a mountains, and on the other side by the **Pratomagno** mountains.

Something about us

Once you cross one of the most important Tuscan river, Arno, the Casentino region is **rich with chestnut woods, beech, oak and pine**, constituting the natural heritage of **Parco Nazionale delle Foreste Casentinesi (UNESCO world heritage)**. The park hosts also two places of **spirituality: Camaldoli** with its **hermitage and monastery**, and the **sanctuary of La Verna**, where **San Francesco** got the stigmata.

Handicraft and gastronomy

The Casentino region is an **area with a strong tradition**, still living thanks to the artisan knowledge, famous for the "**panno casentino**" a woollen fabric with bright colours as the orange and green. Notable is the art of **the wrought iron and stone hand-decorated**. As for the cuisine offers simple and traditional dishes like **la scottiglia** and **l'acquacotta, tortelli made with** and cheese, ham, honey and of course chestnuts.

10 things to do in the Casentino region

- cycling into the inner depths of a wild nature
- 600 km trekking trails, what else?
- discovering the wood riding a donkey
- tasting “Tortelli alla piastra” and more
- visiting vineyards and tasting typical products
- visiting a local artisan workshop
- finding some peace in a parish surrounded by nature
- listening the silence of nature
- living like local people used to do
- living the biodiversity of nature

We don't know how long you will have at your disposal for visiting the Casentino but for sure we know how many things you may do in this authentic area of the Tuscany region. Here it is possible to find some useful suggestions by those who really know their own regions, choosing to live there.

Built your passions following your passion, your interest and your time at disposal.

Remember that sometimes could be pleasant to get lost in such a beautiful place like a Castle settled around a corner upon a hill or enjoying a good steaming dish.

Maybe you cannot do everything but at least you can always return!

History and arts: food for our souls.

Useful information for an authentic holiday in Tuscany

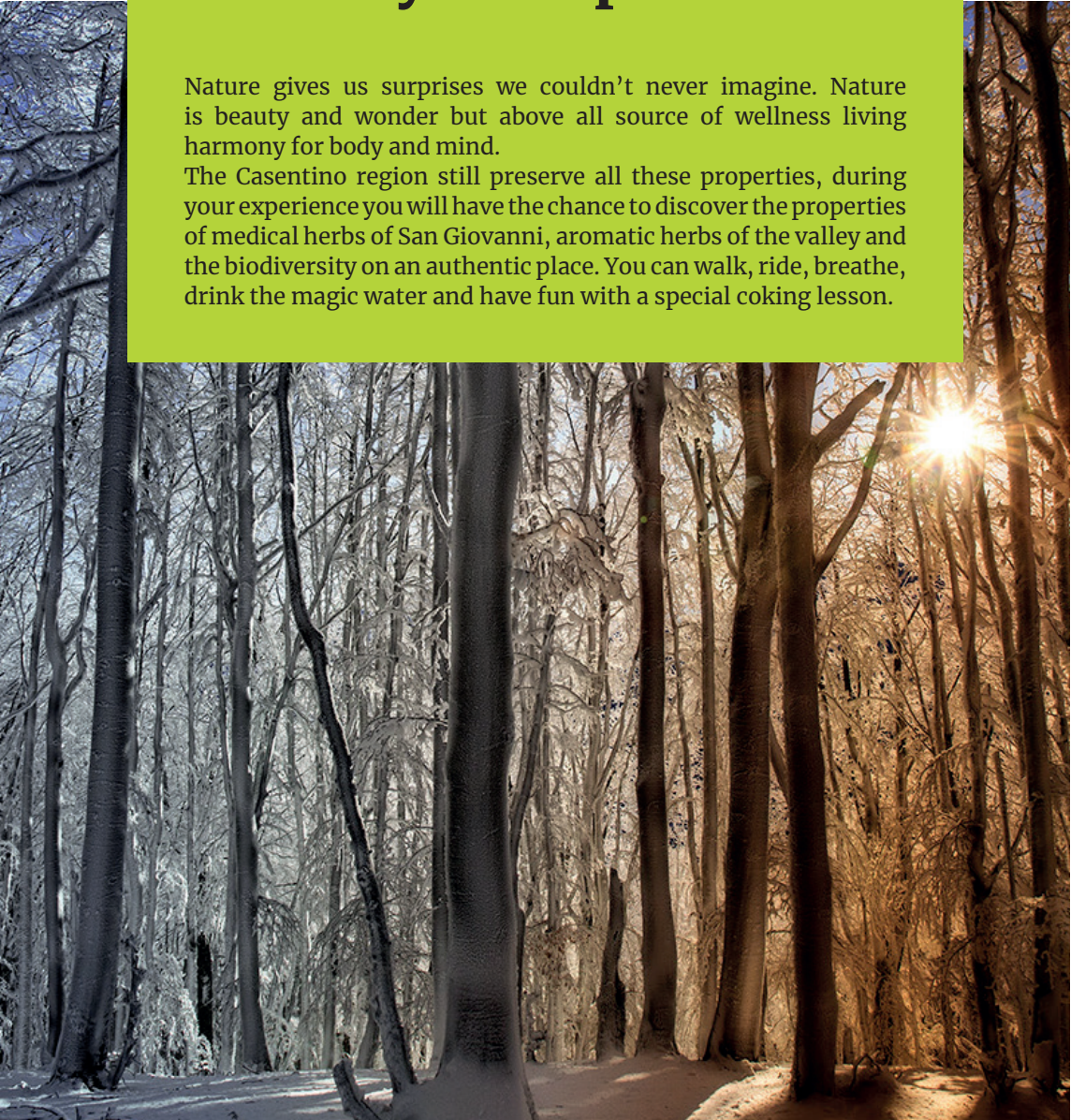
Things to do, experience to live and to be lost in a magic area

By yourself, with your friends or with your kids

CASENTINO: walking among herbs, wellness for body and spirit

Nature gives us surprises we couldn't never imagine. Nature is beauty and wonder but above all source of wellness living harmony for body and mind.

The Casentino region still preserve all these properties, during your experience you will have the chance to discover the properties of medical herbs of San Giovanni, aromatic herbs of the valley and the biodiversity on an authentic place. You can walk, ride, breathe, drink the magic water and have fun with a special coking lesson.



Make an unique experience in a real Farm in Tuscany

A BIO – Agriturismo in the heart of the Parco Nazionale delle Foreste Casentinesi, is a family farm where is possible to make breakfast with typical products and a two hours walking tour, harvesting herbs and season fruits. After a cooking class with harvest herbs and products, it is possible to have a special lunch.



Good herbs for wellness and health

Learn to know herbs properties and use them to regenerate body and mind. An expert will help you to create something special.

Option: laboratories about aromatic salt (you can create your little bag of lavanda, pout-pourri, etc) or just take your time and do all activities.

Participants: adults and children with their family

Price: 10 euro per person (minimum 4 participants, or on request)



Herbs and infusion – Laboratories four handed

Learn and play using the elements of nature

Some ideas:



- Laboratories to learn how to do infusions and grappa

- Learn how to weave garlands

Participants: everybody. Activities are accessible. Adults, friends and families can enjoy making laboratories four handed.

Difficulty: easy

Price: 10 euro per person (min 4 persons, or on request).

Time: you chose your time

Info and Reservations: BIO-AGRITURISMO LUCATELLO



Walking tour: herbs and biodiversity

Walking tour through the valley discovering herbs properties. An agronomist will show you how to recognize witch kind of wild herbs you can eat. In a local farm you will meet Ilaria and her passion for nature.



Length: 2 hours



Period: March-October

Price: 15 euro per person

Accessible for disable people

Activity on request



Discovering the garden

Even spirit needs to be fed, cared and protected, defended by undue interventions. The garden, represents the interior part of our souls, a delightful working place, where to harvest and sow; a waiting and satisfied area.

Visit the garden, observe and share simple practical activities.

Period: all year around

Time: 10,30 am – 12,30 pm from September to May; 4,30 pm – 6,30 pm from June to August.

Length: 2 hours

Price: 20 euro per person, includes: visit and basket with vegetables and fruits.

Not accessible for disable people

Activity on request

Info and Reservations: LA BUONA LUNA - Agronomist



How biodiversity is important

Discover how is important to preserve your own biodiversity for human and planet health, using different techniques on agricultural fields. Visit a biodynamic farm, you will understand how environmental biodiversity will save the world.

Period: all year around

Price per person: 15 euro

Info and Reservations: *FATTORIA CUORE VERDE*



Herbarium: looking for wild herbs around the Castello di Romena

An afternoon dedicated to search out wild herbs: a soft walking tour to learn how to recognize, harvest and preserve them with the help of some instruments: botanic books, internet, scientific herbarium and naturalistic diaries.

Period: April - May

Price: adults 15 euro – children up to 6 years old 8 euro



Essentials and ointments

This excursion is a walking tour surrounded by broom, helichrysum, calamint and many others. Make a unique experience in a laboratory of domestic alchemies learning how to recognize and use them.

Period: May

Price: adults 15 euro – children up to 6 years old 8 euro

Info and Reservations: *FRANCESCA FIASCHI – environmental guide*



From gardens to infusions: how to prepare your own

In June, during the week of summer solstice, will be beautiful the harvest of St John's wort; with this we will prepare an oleolito of hypericum while other flowers will be dried and used for infusions. You will prepare your own infusion.

Length: 3 hours ca

Period: June

Price: 18 euro per person (20 ml of this product is a gift for you)



Learn how to prepare our infusion

A short visit around cultivate fields, a mill and a processing facility. You will learn how to recognize and harvest wild herbs, then used for infusions once dried. Preparation and tasting of your own infusion.

Length: 3 hours ca

Period: June

Price: 15 euro per person

Info and Reservations: *FATTORIE DI SELVOLI*



Dream hill: just relax among herbs

Surrounded by medical herbs use your five senses touching and smelling herbs in your own hands. Then, once you come back, a lesson in a laboratory will give you the chance to prepare and taste your infusions, honey, biscuits and typical products of the farm.

Info and Reservations: IL COLLE DEI SOGNI



St John's herbs

Surrounded by unique and suggestive landscapes you will harvest the magical herbs during the maximum flowering period. A lesson in a laboratory about infusions, oleolito and and the St John's herbs. The night of St John gives power to plants and herbs making them as talismans.

Period: June

Participants: adults 15 euro – children up to 6 years old 8 euro

Info and Reservations: FRANCESCA FIASCHI – environmental guide



Excursion with a Mycologist: mushrooms from the wood to the table

A unique experience surrounded by Foreste Casentinesi to discover all secrets of this forest floor. Searching the precious mushrooms and lunch with them.

Period: June, September, October (depending on the weather and mushrooms' birth)

NOT SUITABLE FOR FAMILIES.

Where: Raggiolo - Cetica

Length: 7 hours ca (lunch time included)

Trail: 5 km

Difficulty: 250 mt slope

What to carry: walking shoes, wear multiple layers

Price: starting from 300 euro+ vat- lunch not included

Info and Reservations: SOCIETÀ COOPERATIVA IN QUIETE





HERBS AND MAGIC

You will discover the power of herbs and how it changes, depending on the period of the year, through the movement of "Ruota dell'Anno". But, what is the Ruota dell'Anno? 8 festivals will help you to understand how Seasons may change you, inside and outside.

It is possible to arrange individual meeting. Accessible for all.

Activities:

Saturday, March 21st – Spring Equinox

Thursday, April 30th – Calendimaggio

Saturday, June 20th – Summer Solstice

Saturday, August 1st – Harvest Festival

Sunday, September 20th – Autumn Equinox

Friday, October 30th – the Dead Feast

Sunday, December 20th – Winter Solstice

Sunday, January 31st 2021 - Candlemas

Time: 10,30 am – 12,30 pm.

Price: 15 euro per person. Only by reservation.

Where: Castello di Romena

Info and Reservations: LA BUONA LUNA - Agronomist



St John's herbs and Forest Garden in a Bio Farm

Walking around a real bio farm and recognizing the different species of herbs. An herbalist will help you to learn how to use the power of herbs. Visit Forest Garden and enjoy a break with bio products at the farm.



Period: May - June 3 pm

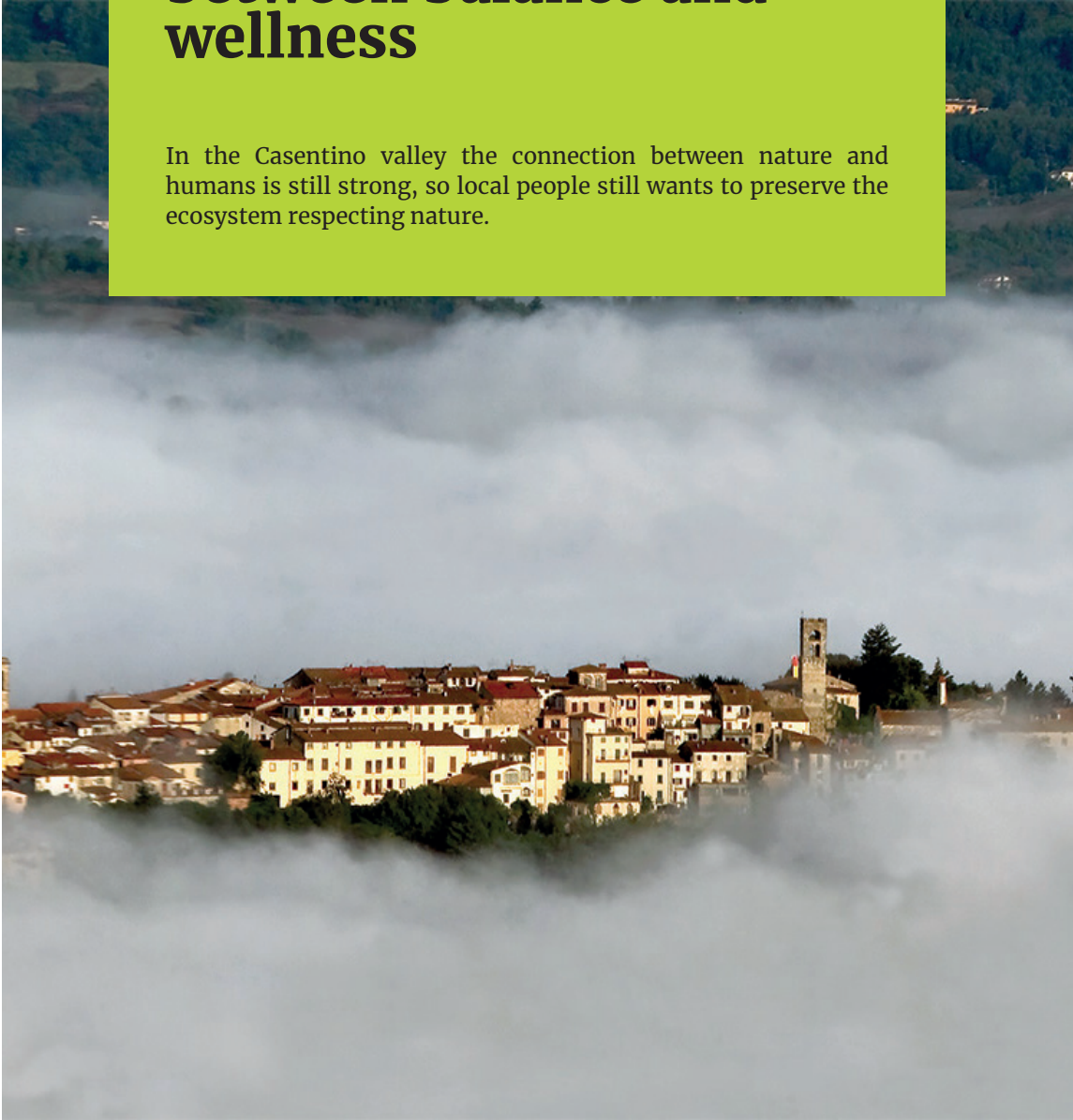
Price: adults 25 euro, children free

Info and Reservations: AZIENDA AGRICOLA PIAN DI REGGI



THE BIO & DYNAMIC CASENTINO REGION: between balance and wellness

In the Casentino valley the connection between nature and humans is still strong, so local people still wants to preserve the ecosystem respecting nature.



What does it mean biodynamic? Two words indicating a way to work, observe and feel the land. Plants grow up naturally, fed the soil ecosystem. Man intervention is considered just a help to maintain and improve the ecosystem.



Discovering a biodynamic Farm:

Visit a farm with an expert local guide that will explain you some important aspects of a suitable human life: a new concept in which farmers work and take care of the soil naturally, not introducing or adding any substances of pollution. You will learn how is important to preserve the equilibrium between the elements (mineral, vegetal, animal).

Period: all year around, only by reservation

Price: 15 euro per person



Humus Addicted

“Human, humility and humus” three words having the same root name, this strong connection testify how is important to preserve the link between human qualities and the humus. Artistic and sensorial activities will give physic and spiritual peace; during the experience herbal infusions will be served. Phenomenological observation of plants and visit of the different areas of the farm with the chance of drawing prevalent emotion surfaced. Meditation activities near the Lake, close to the farm.

Period: from May to the second week of October. Only by reservation.

Price: 20 euro per person



Plants between sky and soil

An experiential tour observing medical herbs and recognizing their use as medical cooking, surrounded by their habitat and how they follow lunar phases, using the biodynamic calendar.

Period: all year around. Only by reservation.

Price: 15 euro per person



Medical herbs in Casentino

The study of herbal medicines in Casentino with a guided tour to discover the wide species of herbs of the Farm. Medical herbs have an old tradition in the area and secrets of their properties are still alive. Experimental path among the flavours of medical herbs and their use in cuisine.

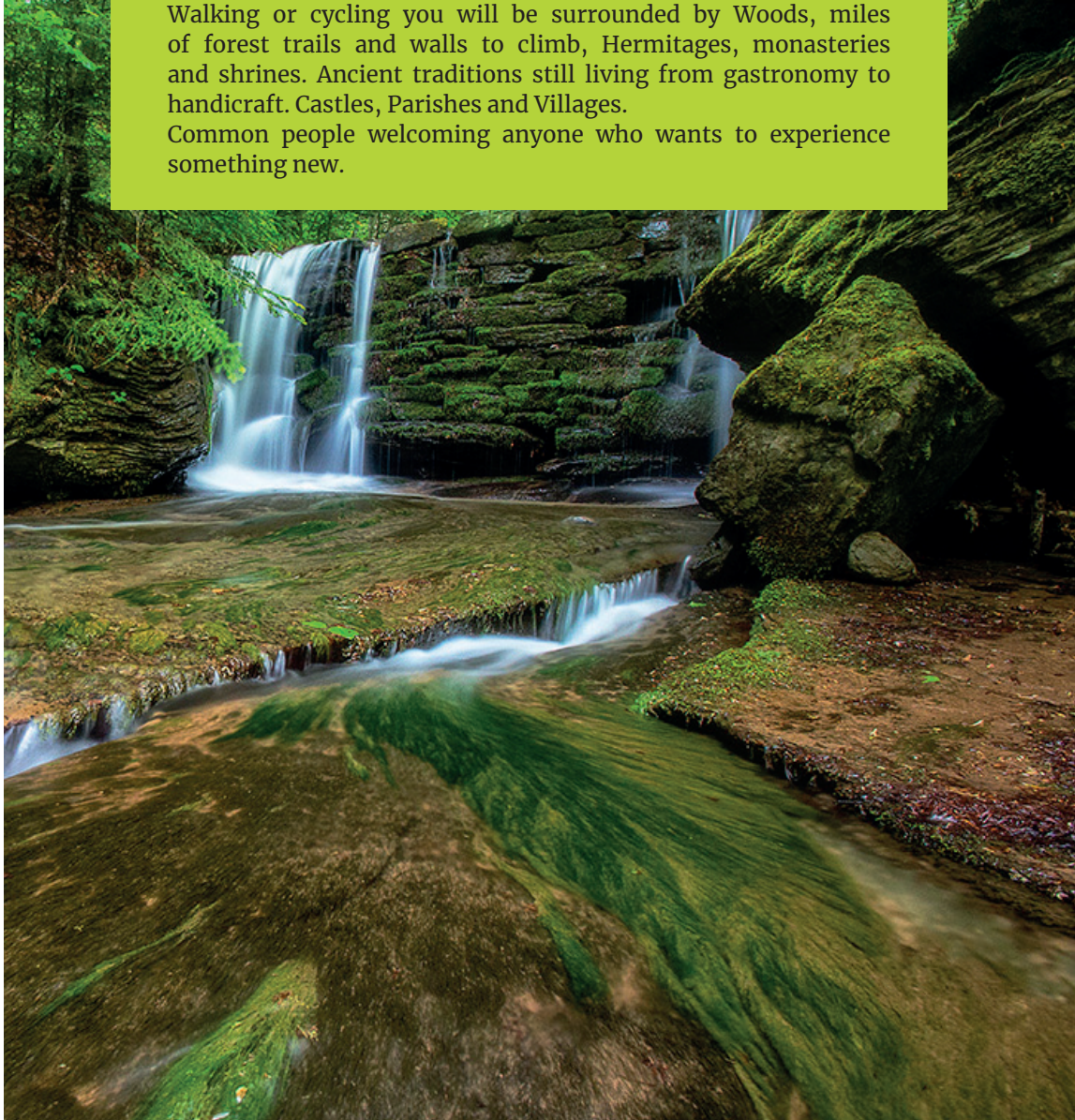
Period: from May to September, only by reservation.

Price: 15 euro per person

Info and Reservations: **FATTORIA CUORE VERDE - Azienda Agricola Biodinamica**

The Casentino Valley: Balancing Wood And Wellness

Walking or cycling you will be surrounded by Woods, miles of forest trails and walls to climb, Hermitages, monasteries and shrines. Ancient traditions still living from gastronomy to handicraft. Castles, Parishes and Villages. Common people welcoming anyone who wants to experience something new.



Cycling in the Park:



Foresta della Lama

You will cycle in the heart of the park: La Foresta della Lama. A trail nestled in one of the few wild natural areas in the northern Apennine, next to the Riserva Integrale of Sasso Fratino (**nominated Unesco world heritage**).

Three trails with three different difficulties. *It is possible to rent e-bike or guided tours.*

Easy Trail

48 km, +1200 mt

Length: full day trail

Starting: Località Cancellino Badia Prataglia – POPPI (Arezzo)

Itinerary: follow the forest road of the Lama for 11 km then turn on the right towards Casanova in alpe - passo del Vinco till Ridracoli (distance 22km).

In Ridracoli it is possible to visit IDRO, the eco-museum of Acque di Ridicoli and stop for lunch. You can chose two nice typical restaurants or going up along a dam (2 km) and eat simply and nutritious dishes at the local bar.

In the afternoon put your e-bike on the electric boat and cross the lake towards the other side of the Lama, after 3 km your are again on the forest road of the Lama: in the heart of the park next to the Riserva Integrale of Sasso Fratino.

On the way back you cycle on the forest road of the Lama: an unpaved road, with 4% slope, will guide you till the starting point.

Medium Trail

48 km, +1400 mt

Length: full day

Itinerary: Cancellino – Casanova in Alpe – Diga di Ridracoli – Rifugio Ca di sopra (lunch stop) – crossing the lake with the electric boat – Lama - Cancellino

Difficult Trail

48 km, +1600 mt

Length: full day

Itinerary: Camaldoli - Prato alla Penna - Poggio Bertesca - Casanova in Alpe - Rifugio Ca di sopra (lunch stop) - crossing the lake with the electric boat - Lama - Forestale degli Acuti - Giogana - Battilocchio - pathway Linea Gotica - Camaldoli.

Notes:

tours availability depend on the level of the water of the artificial basin of Ridracoli and boat availability

When: *form April to August*

Minimum number of participants: 2

Maximum number of participants: 15

Children under 12 years old are not allowed

Price: TOUR WITH GUIDE

2 participants: 130€ per person; 4 participants: 95€ per person; 6 participants: 70€ per person; 8 participants: 65€ per person

The price includes: *Local guide (Italian and English), e-bike rental, helmet, electric boat ticket*

Info and Reservations: Rental and/or guided tour: CASENTINOEBIKE

Cultural Activities:

IDRO Ecomuseo delle Acque di Ridracoli

Opening times and fares: www.ecomuseoridracoli.it



E-bike TRAILS IN THE PARK

Places, natural areas, panoramic view of Parco.



Difficulty: easy

Length 30km

Slope: 600 mt

Half-day tour

Includes: e-bike and helmet

Price: 45€ per person (min. 2 participants)

Info and Reservations: CASENTINO ESCURSIONI



Sweet cycling in e-bike: A RIDE BETWEEN TREES AND ANCIENT FLAVOURS

Rent an e-bike and get ready for your adventure in the Parco Nazionale delle Foreste Casentinesi



The tour starts in Badia Prataglia, a small village with a thousand years of history, embedded between mountains, in the heart of the park with a strong connection with nature.

SPORT AND RELAX

If you decide to spend all day cycling around the nature, at the end of the day we suggest to enjoy your night with a special dinner with traditional dishes. You can also overnight at Hotel Boscoverde and spend the next day discovering Badia Prataglia.

Info and Reservations: HOTEL BOSCOVERDE



CUDDLES UNDER THE STARS

If you decide to spend all day cycling, at the end of the tour take a break and relax at the agritourism "Antichi Sentieri", an old house recently restored with a wonderful chestnut wood. There a wooden bath with hydro massage at your disposal to look up the sky and enjoy the silence of nature; the structure is furnished with a restaurant and Mrs Chiara will prepare for you a special breakfast with typical products.



Info and Reservations: AGRITURISMO ANTICHI SENTIERI

From the riding to table pleasures. Some Advise...



APERandBIKE or TASTING OF NATURE

If you decide to spend all day cycling around the Foreste Casentinesi once you finish the tour, stop and relax at Badia Prataglia with an aperitif and tasting local products, or if you have enough time take your time and dinner with some dishes made with typical products.



BAR VITTORIA

Via Nazionale 23 52014 Badia Prataglia (Arezzo)

Ph. +39 0575 559019



ENERGYBIKE

A good breakfast is the best way to start your day dedicated to nature and sport. You will taste local and genuine products: coffee and herbal drinks, smoothies, honey, dry fruit and bread, all products are typical of the Parco Nazionale delle Foreste Casentinesi.

BAR IMPERO

Via Nazionale, 30 52014 Badia Prataglia (Arezzo)
Ph. +39 0575 559505



PIZZ...STOP CAPANNO

Once you complete your tour in e-bike take a good pizza with typical products of the area and taste some dishes of the tradition: fried tortelli and *tortelli alla Lastra*

RISTORANTE PIZZERIA IL CAPANNO

Via Fangacci, 1 52014 Badia Prataglia (Arezzo)
Ph. +39 0575 559437
ristoranteilcapanno@tiscali.it



BBB BadiaBardinoBike

On the way back to your day trip stop in Badia Prataglia for an aperitif and and taste the “Bardino di grano” a poor dish making part of the ancient culinary tradition made just in Badia and never exported.

DOLCE E SALATO

Via Nazionale, 39 52014 Badia Prataglia (Arezzo)
Ph. +39 0575 559017



PICNIC 4.0

During your excursion make a stop at “Campo dell’Agio”, a magic forest with marvellous trees; the area is furnished with barbeque and picnic tables... Remember: the Macelleria di Badia has the best meat for your barbecue!

CENTRO CARNI MARRI

Piazza XIII Aprile,7 52014 Badia Prataglia (Arezzo)



SPORTA bike

If you want to do a one day tour in e-bike make the “Sporta”...a delicious packed lunch made with typical products that you can pick up in a supermarket or greengrocer.

ALIMENTARI “AL FORNO”

Via XIII aprile, 13 52014 Badia Prataglia (Arezzo)
Ph. +39 0575 1645214

“SIAMO ALLA FRUTTA” 52014

Via XIII Aprile, 11 52014 Badia Prataglia (Arezzo)
Ph. +39 0575 559107



THE FOREST...IN EBIKE

Make a tour around the marvellous Parco Nazionale delle Foreste Casentinesi and finish your day with a dinner with typical products like mushrooms and truffles.

ALBERGO LA FORESTA

Via Nazionale, 13 52014 Badia Prataglia (Arezzo)
Ph. +39 0575 559009
info@albergolaforesta.eu; albergolaforesta.eu

Riding in the Casentino region: the valley of the soul

We suggest to wear walking shoes and multiple layers clothing including jacket and hat; carry out packet lunch and water.



Bike tour around the Sacred Forests

With this tour you will spend a relaxing day surrounded by nature, discovering the monumental forest of the white pine of Camaldoli, having a panoramic view from the top of the Mount Penna, in the heart of the Parco Nazionale delle Foreste Casentinesi and the Diga of Ridracoli. Take a while to discover one of the most typical villages of the area: Badia Prataglia.

The Casentino region has a strong rural tradition and one of the villages most representing this aspect is Vallesanta; breath the pure air and listen to the silence.

Itinerary: Monastery of Camaldoli – hermitage – Mount Penna – Badia Prataglia – Passo Serra – Corezzo – Rmbocchi – Santuario della Verna

Difficulty: medium

Info: 36 km, +1000 mt

Length: full day

See app PNFC trekking map Path n.00 and 23

When: all year round, during winter period it is possible to make excursions even with snow

Minimum number of participants: 2

Maximum number of participants: 15

Children under 12 years old are not allowed

Lunch time: Corezzo the Comunità della Vallesanta presents its typical dish: tortello alla lastra

OSTERIA DALLA FRANCA

The osteria with its dishes looks to the future, never stopping to forget its strong connection with the culinary tradition of the area: mushrooms and game.

Osteria dalla Franca is the right place to taste the famous TORTELLO ALLA LASTRA® and the famous pizza made with stone ground bio flour.

Opening hours: summer period always open. Winter period closed on Tuesday (We suggest to book specially during the weekend).

Prices for Excursion with guide

2 participants: 130 € per person; 4 participants: 95 € per person; 6 participants: 70 € per person; 8 participants 65 € per person;

Includes: Expert local guide (Italian and English), e-bike rental, helmet, electric boat ticket

Prices for E-BIKE RENTAL

Starting from 25 € half day; starting from 35 € full day.

Includes: e-bike rental, helmet, electric boat ticket.

Info and Reservations

Rental and/or excursion with a guide: CASENTINOEBIKE di Schiavo Massimo, CASENTINO COUNTRY BIKE di Piantini Angiolino



Into the Sacred forests of Camaldoli in e-bike

Riding around the sacred forest you will discover places of interest rich of masterpieces, spirituality and mysticism.

Difficulty: easy

Length: 28km Slope 500 mt

Time: half day

Includes: e-bike and helmet

Price: 45 euro per person (minimum 2 participants)

Info and Reservations: *CASENTINO ESCURSIONI*



Monasteries and Sanctuaries tour with Dante

Visit the Hermitage of Camaldoli and the Sanctuary of La Verna, your personal guide will re-act some episodes of the Divina Commedia. The experience includes visits and soft walking tours.

Suitable for families.

Where: Hermitage of Camaldoli (Poppi) – Sanctuary of La Verna (Chiusi della Verna)

Length: 8 hours ca (lunch time included)

Trail: 3 km

Difficulty: 150 mt slope

Price: starting from 430 euro + vat – lunch not included in the price and walkie-talkie (in case of big groups)

Info and Reservations: *SOCIETÀ COOPERATIVA IN QUIETE*



Sunset from the top of the Casentino valley

Feel the magic of sunset colouring the landscape of the region, walking though the magic forest of the park.

Difficulty: easy

Length: 30 km

Slope: 400 mt

Time: half day

Includes: e-bike and helmet

Price: 45 euro/ per person (minimum 2 participants)

Info and Reservations: *CASENTINO ESCURSIONI*



Walking in the Park: Trekking in Casentino

Take your time, live and breathe the forest with our excursions that will bring you to the heart of Tuscan Apennine, the Lama forest, one of the best example of biodiversity.

Path 1:

Trail: 16 Km ca

Slope: 900 mt

Length: 6 hours ca

Difficulty: for experts

See app PNFC Trekking Map path n. 14

Path 2:
Trail: 12 km ca
Slope: 650 mt
Length: 6 hours ca
Difficulty: for experts
See app PNFC Trekking Map path n. 31

Info and Reservations: Guide-escort Società Coop. OROS

Sensorial excursion in the centuries-old Forests:

An unforgettable experience in a place full of silence and nature in one of the most suggestive areas of the Parco Nazionale delle foreste casentinesi. All your five senses will be stimulated during this experience.



LA VERNA

The “Crudo Sasso”, as defined by the poet Dante in his “Divina Commedia”, hosted San Francesco when he received the stigmata. Walk along the silence of the wood and start to discover the world around you. Your five senses will be stimulated under the trees of the “Bosco delle Fate”.

Itinerary: low ring of La Verna

Length: 3 hours ca

Trail: 5 km

Difficulty: 250 mt slope

Price: starting from 180 euro

See app PNFC Trekking Map path Frascati – paths n. 50, 056, 53



CAMALDOLI

Walk along the white pines forest. Learn to know the wood and its ecosystem, making some exercise under the secular trees. Your 5 senses will be stimulated.

Itinerary: Hermitage of Camaldoli

Length: 3 hours ca

Trail: 5 km

Difficulty: 300 mt slope

Price: starting from 180 euro

When: spring, summer, autumn – it is possible also to arrange an excursion by night.

See app PNFC Trekking Map path Frascati - paths n. 74, 00, 78 or path n. 70



A sensorial experience in the “Bosco delle Fate” among fireflies and the deep silence of the Mount La Verna

The Parco Nazionale delle Foreste Casentinesi is inhabited by fireflies so make a unique experience with a tour by night. Once you come back we will make some sensorial exercises listening the wood under the fireflies light.

length: 4 hours ca

Trail: 4 km

Difficulty: 200 mt slope

Price: starting from 180 euro

When: approximately since second week of June till the end of July.

See app PNFC Trekking Map path Frascati - paths n. 50, 056, 53

Info and Reservations: SOCIETÀ COOPERATIVA IN QUIETE



Close up La Verna: the enchanted forest in concert

This tour will let you discover the suggestive “Sentiero delle Fate” walking into a siliceous forest to reach the Sanctuary of La Verna. On the top, inside the Basilica Maggiore a concert, part of the Festival Internazionale di Musica d’Organo, will take place.

Trail: 3 Km ca

Period: July-August

Price: excursion 12 euro



Camaldoli the century-old Forest

The Forest is cared by camaldolesi monks. Don’t miss a visit to the chestnut tree Miraglia, settled there over centuries.

Trail: 3 Km ca

Length: full day

Participants: for everybody

Period: Spring, Summer, Autumn

Price: 12 euro adults and 6 euro children



Take a bath in the Forest: Badia Prataglia

Surrounded by nature and silence you will relax your spirit, you will walk around the woods nearby Badia Prataglia. Awake your senses with a bath in the bio-energetic forest, then relax under the sun surrounded by nature.

Price: 12 euro adults and 6 euro children

Length: full day

Participants: for everybody

Period: Spring, Summer, Autumn

Info and Reservations: FRANCESCA FIASCHI – environmental guide



LA LAMA FAMILY FRIENDLY:

Don’t miss the chance to discover and study how animals use to live in their own habitat. It’s Sherlock, your personal donkey that will guide you during this experience.

Live your adventure with Sherlock...your donkey-guide!

The century-old forest is a perfect place for animals that can live far from human presence, but don’t worry, the donkey Sherlock will help you to search out them...

Donkey riding to discover the forest

Many of you maybe don’t know that a donkey has qualities you never expected: this activity will demonstrate you how a donkey could be patient and sweet. Your special guide will help you to search out some evidence about the animal presence in the forest. Children will ride a real donkey during the experience and once you finish the tour we will help you to build your own treasure box.

Theme games

Let's discover the animal world and forest area with educational games, for example: environmental education, or cartography, orienteering, botanic, zoology and more...

Period: all year around (in case of rain activities will be suspended)

Participants: children from 5 years old with their families

Participants: maximum 12 children with their families

Length: half day or full day

Only by reservation

Price: 200 euro+ vat for full day excursion

**Info and Reservations: ASSOCIAZIONE DI PROMOZIONE SOCIALE
GLI AMICI DELL'ASINO**



Let's venture...the adventure park

"Parco Avventura" means to be surrounded by nature and adventuring along natural routes by hanging from trees. You can go tree to tree hanged by a pulley, balancing on trunks or ropes or Tibetan bridges and many other activities.

Info and Reservations: ADRENALINA PARCO AVVENTURA



Visiting the Zoo Park in Casentino...

The Zoo Park in Poppi covers an area of 50 hectares with several species of animals living there. The trail is 2 km ca through oaks, chestnuts and pines.



The itinerary is possible even with strollers and disable people.

Info and Reservations: PARCO ZOO DELLA FAUNA EUROPEA



A child-friendly Ecomuseum

Do you want to turn on the charcoal with the bogeyman? Do you want to be lost in the wood of fairies and listen a story? Do you want to do a break with some typical products of the valley? Live all these experiences at the Ecomuseo.

Period: July and August

Only by reservation, minimum 20 participants

**Info and Reservations: CENTRO SERVIZI RETE ECOMUSEALE DEL CASENTINO –
UNIONE DEI COMUNI MONTANI DEL CASENTINO**



Cycling with the animals in the Park



Ride with your bike around the zoo park in Poppi, there you can admire wolves, lynxes and bears. The excursion will led you into the forest discovering the local fauna.

Difficulty: Easy, suitable for children

Trail: 24 km

Participants: for everybody

Slope: 400 mt

Length: half day

Supplied equipment: e-bike and helmet

Price: 45 euro per person (minimum 2 participants)

Info and Reservations: CASENTINO ESCURSIONI



THE PARK Without Barriers

An excursion for disable people and their cares on an easy walking tour through the Apennine beech forest for 1000 mt a.s.l. till Fonte del Re.



Where: Badia Prataglia, Loc. Cancellino - Arezzo

Period: from May to September



Length: 4 hours ca

Trail: 3 km ca

Slope: 10 mt

Difficulty: Easy

Price: 10 euro per person; children up to 15 years old 8 euro; cares (up to 5) and children up to 10 years old free

Participants: minimum 8 adults - maximum 16 adults

The itinerary is for everybody, families and children. The Excursion is part of the program "Carta Europea del Turismo Sostenibile"

Info and Reservations: IRENE ZILLER - nature guide

DISCOVERING THE PARCO NAZIONALE... The Animals

The Parco delle Foreste Casentinesi has a complex biodiversity, a wide range of species of animals and plants are strictly connected. With this experience, not only experts or scientists but everyone can recognize the beauty of nature and enjoy the search.



Love Symphonies: the King Deer roars

The king of the Parco Nazionale delle Foreste Casentinesi is the deer. Surrounded by nature and immersed in a suggestive atmosphere you have the chance to make a unique experience listening the love song of a deer.

Period: September

Length: half day

Participants: adults and children



The wolf? ... Howls

What is the wolf-howling? It is a wonderful experience if you want to know how wolves are counted. Experts are able to recognize singles or families of wolves just listening the wolf-howling.

Where: Moggiona

Period: December

Participants: adults and children



Deer's roar, an extraordinary event

Trough the routes of Vallesanta, a walking tour retraces the places where the king of forest lives. In this period of the year, the love season, the deer will give us a special gift, its roar.



Itinerary: La Motta – Poggio alla Cesta – Quattrovie - Frassineta

Trail: 5 Km ca

Slope: 200 mt

Length: 2 .5 hours

Price: 15 euro per person

Minimum numbers of participants: 10

Packed dinner

Info and Reservations: FRANCESCA FIASCHI – environmental guide



Love Season: Deer and Fallow deer roaring

The Camaldoli forest is mainly known because San Romualdo, the founder of Camaldoli's monks order, came here in 1012 to listen the deer and fallow deer's love "sounds".

Itinerary: Camaldoli - Eremo di Camaldoli – Fonte della Duchessa – Rifugio Cotozzo – Camaldoli

Trail: 7.5 Km ca

Slope: 400 mt

Length: 3.5 hours ca

Price: 15 euro per person

Minimum numbers of participants: 10

Info and Reservations: Guide-escort Società Coop. OROS



Fall Foliage in a Forest , UNESCO World Heritage

The best landscape in the northern Apennine, close to the Riserva Integrale di Sasso Fratino, in the heart of the park: the Foreste della Lama.



Itinerary: Rifugio Fangacci, M. Penna, La Crocina, La Bertesca, Forconali, Lama, Scalandrini- Rifugio Fangacci

Trail: 13 Km ca

Slope: 900 mt

Length: 5 hours ca

Price: 15 euro per person

Minimum numbers of participants: 10



Fall Foliage: the Monks routes

This excursion is a thousand colour walking tour starting from firs in the Foresta di Camaldoli till the ancient vineyards of Fattoria dei Monaci Camaldolesi, crossing several vegetation strips.



Itinerary: Camaldoli, Casale Camalda, Castagnoli, Freggina, S.Martino a Monte, La Mausolea

Trail: 10 Km ca

Length: 3.5 hours ca

Price: 15 euro per person

Minimum numbers of participants: 10



Crystal Landscapes: the galaverna

After a couple of cold and foggy nights you can see threes covered by needles and frost: the gorgeous galaverne



Itinerary: Loc. Capanno - Passo Fangacci – M. Penna - Passo Fangacci - Loc. Capanno.

Trail: 6 Km ca

Length: 3 hours, time may changes depending on the weather

Price: 15 euro per person

Minimum numbers of participants: 10

In case of snow use snowshoes.

Info and Reservations: Guide-escort Società Coop. OROS



Castles In CASENTINO

Once Counts Guidi ruled the valley, under their reign region prospered in culture and architecture: Castles and estates grew up as far as the eye can see, life within the walls was luxuriant and prosperous.



CASTELLO DI ROMENA

The castle has a strong connection with art and culture, for example there took place an episode of Dante's Divine Comedy, telling us the story of Master Adam the forger who burned alive because he forged false florins. Even Gabriele D'Annunzio spent some time of his life there writing part of his "Laudi". A walking tour around the village and under the aisles of its church, "San Pietro a Romena".

Opening times and fares: www.castellodiromena.it

Do not miss:



Walking with the stars... Castello di Romena

Take a simple ring-route excursion overlooking the various slopes and stop at the Planetarium with your personal guide, an Amateur Astronomer, and observe the sky without any light or pollution. This is the Casentino valley!

Minimum participants: 10

Trail: 4 km

Difficulty: Easy

Price: 20 euro per person

Info and Reservations: *Guide-escort Società Coop. OROS*



Treasure hunt in the castle

Many years ago the Count Aghinolfo Guidi di Romena, in order to make his eleven children to play, hid among the stones of the castle, some particular coins minted in the dungeons of the manor. According the legend some coins are still inside the castle... Come and look for them, if you find the coins you can keep them!

Period: Summer

Price: Children 8 euro – Adults 3 euro (entrance to the castle is included)

Info and Reservations: *FRANCESCA FIASCHI – environmental guide*



Secrets at the castle

One of the most famous secrets of the castle is the legend of Mastro Adamo, the main character from Dante Alighieri's Divina Commedia, in the thirtieth canto of the Hell. Who was Master Adam...? What was he doing in the basement of the castle...? What happened...?

You will find out the true if you take part on the activity of the castle.

Period: Summer

Price: Children 8 euro – Adults 3 euro (entrance to the castle is included)

Info and Reservations: *FRANCESCA FIASCHI - environmental guide*



Ladies and Knights -Life at the castle in the Middle Age

Do you want to feel like a brave knight or a virtuous lady? Come and play with us among dances and banquets, the court comes alive in the darkest evenings. Discover the life of the castle and live like a knight or a lady of that era

Period: Summer

Price: Children 8 euro – Adults 3 euro (entrance to the castle is included)

Info and Reservations: **FRANCESCA FIASCHI – environmental guide**



An ancient art...protecting the fortress

Be an archer in a middle age castle and experience a medieval flavour. How do you use a bow? How did they use it in the past? A short theoretical lesson about how to use a bow, comparing its use between past and present, a practical lesson will follow, describing various types of archery methods and their description; don't forget to learn also the various types of shooting!

Practical shooting test: Demonstration of shooting techniques.

Location: Campo di Tiro in Stivecchia, about 1800 mt far from Stia train station, (20 min walk).

Period: Spring-summer

Number of participants: minimum 2 and maximum 10 participants.

Participants: Adults and children over 10 years old

Price: 20 euro per person

Booking on Saturday and Sunday.

In the months of June, July and August, it is possible to organize meetings also on weekdays from 5 pm onwards;

La Compagna degli Arcieri offers **Shooting Courses:** 10 lessons 100 euro.

Info and Reservations: **ASSOCIAZIONE SPORTIVA DILETTANTISTICA ARCIERI
DI PALAGIO FIORENTINO**

CASTELLO DI PORCIANO

An ancient village surrounded by history and peace, you will enjoy a walking around stone-paved alleys under a Tower dating back to the year 1000. Visit the castle, here Dante wrote its Divina Commedia. Visit also the **Museo del Castello di Porciano**, inside objects from the Middle Age till the 20th century, in order to promote the heritage of the valley.

Opening on request

Opening times and fares: ecomuseodelcasentino.it/content/castello-di-porciano

Mob. +39 329 0209258; Martha Specht Corsi +39 055 400517

info@castellodiporciano.com; www.castellodiporciano.com



Do not miss:

Tasting in the shadow of the castle

Visiting cellars of Bellosguardo, the explanation made by your guide will compare how the wine production process changed, from here you will move to visit the surrounding vineyards. At the end a tasting of nectars of Gods, the Vite, (Syrah, Rabuschio, Passito) with typical products of the region will take place in a farm: Fattoria Le Batattole.

NOTES: Equipped area for bikes and horses max 8-10 participants.

Booking is required for Visits and tasting.

Possibility of aperitif-dinner and grape harvest (price can change depending on participants and menus)

Languages: Italian, English, French

Price:

- Tasting two red wines and one passito wine, with savoury and sweet snacks € 12

- Tasting 2/3 red wines; 1 white wine and one passito wine paired with local products. Table service

Period: from May to October

Length: approx. 90 min.

Price: 30 euro per person

Info and Reservations: PODERE BELLOSGUARDO



CASTELLO DI POPPI

The medieval village of Poppi is famous for its castle dominating the Casentino valley over the centuries. The architecture of the Castle is quite similar to the structure of Palazzo Vecchio in Piazza della Signoria in Florence; Arnolfo di Cambio used the same project for both palaces. Inside the castle a magnificent library, Biblioteca Rilliana, preserves of inestimable historical value. Don't miss a visit to the medieval village, renowned as one of the "most beautiful villages in Italy".

Info and Reservations: CASTELLO DI POPPI, VALENTINA LATTARI



Do not miss:

FALCONRY DAY EXPERIENCE

One day experience admiring a falconer and its birds flying away, from the high walls of the Castello di Poppi across the sky during sunset in autumn days and you can see the iridescent background of Casentino's fall foliage.

An expert falconer will guide you during the day and you can have a first direct contact with the animals.

Length: 1 hour ca

Price: 30 euro per person minimum 4 participants (children 0-6 years old free and 6-12 years old € 15)

Participants: For families and groups

Where: Gardens in front of Castles of Poppi, Romena, Porciano; it is possible to book an accommodation in the Casentino area.

Info and Reservations: GHERARDO BRAMI – FALCONARIUS



A LITTLE OF SCOTLAND IN CASENTINO

This experience is for those who wants to live a real adventure, discovering mysteries among castles. An innovative tour in minivan which will provide you to discover the dark side and the hidden secrets hidden behind the high towers and walls of these three castles in the valley.

Duration: full day

Price: half day 150 euro – full day 250 euro

Languages: Italian, English

Info and Reservations: VALENTINA LATTARI – Tourist guide Casentino-Arezzo



CASTELLO DI VALENZANO

The castle has a strong connection with the Casentino valley, being first a Lombard tower in defence of the area, while under the Etruscans the tower was a presidium along the salt route; only during the Middle Age the structure became a castle overlooking the Arno river and its flows. The tour includes the visit of the castle and a winery.

NOTES:

Visit only by reservation for minimum 6 participants.

Price: Visit to winery/museum 5 euro

Tasting of our wines and local products 20 euro per person

Info and Reservations: CASTELLO DI VALENZANO



CASTELLO DI CHITIGNANO

The castle is one of the oldest in the district and the favourite residence of the Bishop of Arezzo for his holidays. The structure still preserve a medieval aspect with all its flavour: the Gatehouse, the prison, the Judgement Room, the Armoury and the quarterdeck

Visit by reservation Mob.+39 333 9104810

Do not miss:



Chitignano: a country...crackling

Chitignano is famous for the presence of sulphurous waters and the smuggling.



The castle belonged to Counts Ubertini who loved the nature surrounding the area and the miracle waters. Our tour also will retrace the smuggling route, searching bullets and gunpowder and places for the illicit trade of cigarettes.

Period: Spring - Summer - Autumn

Participants: For everyone

Length: full day

Price: Adults 12 euro and children 6 euro

Info and Reservations: FRANCESCA FIASCHI – environmental guide

FAMILY-FRIENDLY CASTLES:



Riding a donkey in a Castle

If you think of a donkey what you first see is : long ears, heavy head, big lips and its braying. Usually a donkey is used in a negative sense, maybe due for its bad qualities, like: lazy, stubborn and stupidly obstinate. Well, a donkey is not like this it has several qualities, for example due to its sturdiness and resistance was a perfect worker in a farm.

NOTES: Activity only by reservation and with a minimum number of participants

Participants: donkey riding for children with their parents

Length: half day (3 km ca)

full day (6 km ca)

Average price:

- half day 8 euro adults 13 euro children

- full day 11 euro adults 18 euro children

Includes: environmental guide, insurance, helmets and minivan

Where: Castello di Porciano

Info and Reservations: ASSOCIAZIONE DI PROMOZIONE SOCIALE
GLI AMICI DELL'ASINO



CASTLES TOUR WITH DANTE

Visit the castles of the Casentino valley, your personal guide will re-act passages of some episode of Dante's Divina Commedia. During the experience it is possible to make a soft walking tour to discover the area. It is possible have a lunch at the Poppi castle.



Suitable for families

Where: Castle and parish of Romena (Pratovecchio Stia) - castello di Poppi

Length: 8 hours ca (lunch time included)

Trail: 3 km

Difficulty: Easy, 150 mt slope

Price: starting from 430 euro+ vat – lunch is not included and walkie-talkie rental (necessary in case of big groups)

Info and Reservations: SOCIETÀ COOPERATIVA IN QUIETE



CASTLES IN E-BIKE...

Travel on your e-bike with an expert guide and discover the fascinating world of villages and castles.



CYCLING BETWEEN VILLAGES AND CASTLES

A pleasant and relaxing e-bike ride along the roads and paths connecting our most beautiful villages in Italy, admiring the hidden landscapes and views of the Casentino valley.

Difficulty: Easy

Trail: 30km

Slope: 300 mt

Length: half day

Equipment provided e-bike and helmet

Price: 40 euro per person (minimum 2 participants)

Info and Reservations: CASENTINO ESCURSIONI



The wind is blowing... in Pratomagno

A soft walking tour around the Pratomagno massif for children or those who just want to enjoy a breathtaking landscape. You could admire wild horses or just lying and basking in the sun.



Period: Summer

Participants: for everybody

Length: half day

Price: Adults 12 euro and children 6 euro

Info and Reservations : FRANCESCA FIASCHI – environmental guide



E-bike in Pratomagno...

Discover the landscape of the valley from the top of the Pratomagno massif, reach the cross and admire the view surrounded by wild horses. During spring and summer periods you can stay lied or smell plants and flowers.



Till the top of the Meadow

An excursion for lovers of high altitude. With the e-bike you will start cycling through a wood of firs and beeches till reach the top of the massif, located at 1600 mt a.s.l.

Difficulty: medium

Trail: 32 km

Slope 900 mt

Length: half day

Equipment provided: e-bike and helmet

Price: 45 euro per person (minimum 2 participants)

Info and Reservations: CASENTINO ESCURSIONI



A smokey flue...

You will visit Montemignaio, an ancient village, rich of history, traditions and nature. In the cooler period of the year, the smell of the wood burning in fireplaces or stoves accompanies us through the streets of the village, mixing with the smell of bread, coming out from the oven.



Period: Autumn - Winter

Participants: For everyone

Length: half day

Price: Adults 10 euro and children 5 euro

Info and Reservations: FRANCESCA FIASCHI – environmental guide

THE CASENTINO AND THE ETRUSCANS

Feel the history. They say that in the **Casentino** region live the last Etruscans “**descendants**”. Do you know who Etruscans are? They were the most important people of Italy before Roman conquerors. Etruscan started living in the area since VIII century B.C., in a district between the Arno river and the Tevere river, once named **Etruria** and then **Tuscany**. Etruscans lived in the Casentino region for many centuries and their society was ruled by principles of the modern era.



A trip out of town to discover the Etruscan wine...

Visit a bio farm, Azienda agricola Bio Tarazona, and meet Miriam, the host, who has been studying for more than 20 years the winemaking techniques of the Etruscan nectar. Miriam uses the same techniques as Etruscans did more than 2500 years.

Price: 50 euro per person (price for two participants), 35 euro per person (over two participants).

Info and Reservations: AZIENDA AGRICOLA BIO TARAZONA MIRIAM

Discovering the Etruscans by Bike:

For bike and trekking excursions we suggest to carry 1 lt of water, appropriate clothing and walking shoes. If the excursion is by night bring a torch or a head torch.



Tasting the Etruscans nectar, wine...

Itinerary: Bibbiena - Pieve a Socana - Ornina - Castello di Gressa - Bibbiena



Walking through the small streets (“viuzze”) of Bibbiena to visit the **Museo Archeologico del Casentino** and discovering the Etruscan people, an experience with anecdotes and historical objects. Riding around the region towards **Pieve a Socana** and **ara Etrusca**, the symbol of the Etruscan faith. At the end of the visit the next stop will be **Cantina Ornina**, upon a hill. Sharing old values like human relationships and passion for good wine and food. Your guided tour includes the visit of a vineyard with the explanation of the production process and tasting of wine and typical products. The last stop is the visit of a castle, Castello di Gressa.

For groups with minimum 2 persons and maximum 30.

Price: Tasting of 3 glasses of wine 20 euro – tasting of 4 glasses of wine 25 euro - tasting of 5 glasses of wine 30 euro - tasting of 6 glasses of wine 40 euro. Price for children over 2 years old €5

Length: 2 hours ca

Light lunch on request

Reservation required, availability from Wednesday to Sunday



Studying herbal properties in modern and ancient eras

A discovery tour following the Etruscans in the Casentino district. In Bibbiena you will visit the **Museo Archeologico del Casentino** with its archaeological area in Pieve, **Pieve a Socana** and the **ara Etrusca**. You cannot miss to visit a farm, the **azienda agricola** Biodinamica Fattoria Cuore Verde to discover the medical



herbs properties, used by Etruscans. On the way back a visit to the Castello di Gressa.

Itinerary: Bibbiena - Pieve a Socana - Castello di Gressa – Bibbiena

Info and Reservations: **MUSEO ARCHEOLOGICO DEL CASENTINO, ARA PIEVE A SOCANA e PIEVE, VALENTINA LATTARI, CANTINA ORNINA, FATTORIA CUORE VERDE**

Rental with/or guided excursion: **CASENTINOEBIKE di Schiavo Massimo, CASENTINO COUNTRY BIKE di Piantini Angiolino**



Capo D'Arno and Lago degli Idoli in e-bike

An e-bike tour to the top of the Mount Falterona, where you can admire natural beauties with a breathtaking panoramic view, historical places of interest and archaeological areas. You will ride near the source of the Arno till reach the near lake, Lago degli Idoli.

Difficulty: Medium

Length: 30km

Slope: 800 mt

Time: half day

Necessary: e-bike and helmet

Price: 45 € / per person (minimum 2 participants)

Info and Reservations: **CASENTINO ESCURSIONI**

Discovering Etruscans by walk:



Excursion to the Lago degli Idoli

One day of many years ago, in 1838, a local shepherdess discovered one of the bronze statuettes, dating back to the Etruscan era. At the beginning the girl thought was a statuette representing the Virgin Mary, so she subsequently showed it to a local priest, who recognized the "Etruscan style" and the statuette was probably of Heracles (now kept in the British museum). Since that day the lake was denominated Lago degli Idoli, dried of fruitful excavations; thousands of statuettes and other art crafts were discovered. The pathway to reach the lake pass through the sanctuary, unique in its gender.

Price: 20 euro

children are not allowed

activity not suitable for disable people

Info and Reservations: **ALTERTREK**



An "archaeo...treasure" to discover

Visit the archaeological museum and discover the history of Casentino region, after you will participate to a real treasure hunt! At the end participants will be tourists in the past, reproducing their own statuette to take away.



Etruscans in Casentino...a trip among relics

A guided tour in a parish of a small village, Pieve a Socana, there ruins of a temple...one of the biggest in Europe! On request is possible to organize guided tour or laboratories at the museum. The workshop "Turisti del passato" is a reproduction of an archaeological area with its ruins and objects found.

Time: from 1 to 3 hours

Participants: school or organized groups

Price: site visit: 5 euro; site and laboratory visits: 10 euro; site and archaeological museum : 11 euro.



MASSETO: the ghost village

Houses, tombs, horns...from the Iron Era to the Renaissance: a walking tour in a wood and a time travel! A local guide and archaeologist will organize some reading activities from historical and naturalistic points of view. You can reach the meeting point walking from the train station of Stia.

Time: 4h

Participants: school or organized groups

Price: 12 euro per child



LABORATORIES AND ACTIVITIES FOR SCHOOL OR ORGANIZED GRPOUPS

Length: 2 hours

only by reservations

Price: 7 euro per child

One day as an Etruscan

One day living as an Etruscan: write on a jar as a scholar of the period. Have fun with the Etruscan writing and modelling terracotta statuettes.



One day as an Archaeologist

Be a real archaeologist living an unforgettable experience maybe you will find your future, using archaeological tools, digging and reassembling!

One day in the Prehistoric era

Live a full day as a caveman and travel through the history of human evolution from the discovery of fire to the Neolithic revolution. Laboratories for clay jars modelling will be organized.

One day as a Warrior

Be a warrior: an Etruscan soldier, a Roman legionnaire, a medieval chevalier and... get your weapon! Create you a own Etruscan, Roman or Medieval reinforcement

Archaeoplay...the Game of the Goose

After visiting the museum, the group will be divided in two teams and each of them will chose their player. The players, will move on the game area and will reply to questions, after each group throws the giant dice ("archeodado"). Questions will be about the guided tour and the Casentino history. Win your gift if you answer every question...so pay attention to the guided tour. At the end of the tour participants will receive an Archaeo...diploma!



Big and small archaeologists...

An archaeologist studies different cultures and their connections with the surrounding habitat, analysing remains; during the excavation you will observe a real archaeologist and imagine the history of archaeological objects. Laboratories for children will be organized.

Lago degli Idoli (Etruscan sanctuary) - Pieve a Socana (Etruscan sanctuary) - Masseto (Etruscan village) - Castellaccio di Montemezzano (medieval fortified site) - Domo (archaeological sites of a Roman villa)

Info and Reservations: MUSEO ARCHEOLOGICO DEL CASENTINO





LIVE THE HISTORY - Historical re- enactments

Take a leap into the past surrounded by ladies, knights and courtiers, or let yourself be searched by a German soldier of the Second World War.



Feast at Court

Chiusi della Verna is a small village having a typical medieval atmosphere.

Period: July

PRO LOCO VERNA

The Historical Carnival of Bibbiena between history and legend

The origins of the festival date back to 1337, when the powerful Tarlati family ruled Bibbiena. Since then, on Mardi Gras, the two districts of Bibbiena, organized the party: the Piazzolini (white and blue) and the Fondaccini (yellow and red).

Period: Carnival

ASS. CARNEVALE STORICO DI BIBBIENA

Mountain on Fire

It is not a simple re-acting but an open air theatre, a 48 hours taking you back in the past. No battles... just a trip in the time.

Period: End of July

ASSOCIAZIONE: QUELLI DELLA KARIN



JOURNEY THROUGH THE HISTORY ...

During the spring and autumn periods the Ecomuseo offers a wide series of excursions with: nature guides, young historians and anthropologists or with the participation of local people; so, you will have a full perspective from several points of view.

Only by reservation (minimum 20 participants) and it is possible to add a tasting of typical products ("Tappe golose").

Period: May- September

**Info and Reservations: CENTRO SERVIZI RETE ECOMUSEALE DEL CASENTINO –
UNIONE DEI COMUNI MONTANI DEL CASENTINO**



Modern history pills ...

*Remember so as not to forget and make the same mistakes as in the past.
Discover the Second World War in Casentino*



THE RING OF THE GOTHIC LINE in e-bike



Excursion for lovers of mountain, cycling and history. This tour will allow you to walk along a path set in the rich beech wood of the Park that served as a defensive barrier built by the German army during the Second World War, at the same time live and get to know one of the longest and most beautiful forests in Italy.

Difficulty: medium

Trail: 30km

Slope: 600 mt

Length: half day

Equipment provided: e-bike and helmet

Price: 45 euro per person (minimum 2 participants)

Info and Reservations: CASENTINO ESCURSIONI



ALONG THE ALPS OF CATENAIA



Itinerary: Subbiano - Fonte del Baregno - Prati della regina - Monte Castello - Sasso della Regina - Fonte Baregno - Casa Taverni

Experience the history of the Second World War in the Tuscan Apennines, the wildest part of Tuscany . Let's start visiting the historical and cultural museum of the Association Quelli della Karin. The Karin line is a German defensive front, marking with this name the beginning of history for Casentino's discoveries. With a nice walk, we will reach the places where history takes a more real connotation. Stop at the Sasso della Regina where you can admire the whole Casentino valley and not only ... you can even see Mount Amiata!! Have a rest in Casa Taverni where you can taste many typical products.

Length: full day, 2 hours museum visit and 3 hours excursion

Difficulty: Easy (ring-route)

Trail: 6 km

**Info and Reservations: ASSOCIAZIONE: QUELLI DELLA KARIN, CASA TAVERNI,
DONATO CAPORALI – environmental guide**



Handicraft and gastronomy



Handicraft: crafts shops and museums

The real luxury is not to be able to buy something expensive, but to be lucky enough to get in touch with those who work with their own hands; men and women who decided to make their “art of knowing how to do” a job, is a unique experience. Behind every craftsman, besides professionalism and skill, there are two very rare things: passion and history.

We suggest you to build your own itinerary through the artisan shops and workshops or including a visit in a handicraft shop during a bike ride or a Castles tour.

HANDICRAFT SHOP



ROBERTO VIGNALI – Handcrafted stone.

An exhibition and a public demonstration of love at first sight for sculpture and the desire to learn something about the art of stonemasonry.

The Story: “This is a job that has usually been handed down from father to son. My story is different. A few months after my graduation, during an exhibition I was attracted by some sculptures, then I decided to try to become a stonemason, even though I had never picked up a tool. The most famous artist stonemasons, Raffaello Colozzi, a true Master, was my Master, accepting me as a pupil in his workshop. I have worked so hard... with time, patience and determination, and after all efforts I made, I have been rewarded, working with the great Master. I am the only stonemason who does not descend directly from family, but I continue with pride and passion the tradition of another family, the Colozzi family, which has probably handed down the tradition of stonemasons for at least 1000 years. I will be waiting for you in my Bottega”
Roberto Vignali.



CRAFTING LEATHER

The English Royal House, Heads of State and many eminent personalities are some example who our clients are. And You? Treat yourself a visit in our laboratory You will be welcome and You will be like a King for us..

The Story – “Our company has been operating on national and international markets since 1983. Almost forty years of love and passion for our artistic and artisan profession. The art of working leather has a very strong tradition in Florence, since 1800. Our goods are realized by using the same techniques of the past, divided into thirty stages of processing, which make each piece unique and prestigious. The peculiarity of our handicrafts means that clients such as the English Royal House, various heads of state and other personalities have chosen them to furnish their studios or to make their families’ weddings more exclusive. Visit our workshop and feel like a king”.
Stefano Fantechi



MARZI STEFANO – Luthier: construction of bowed string instruments.

Does luthier still exist? Do they exist only in a fairy tale or in the past? In the Casentino valley everything is possible, you can meet one of them while he is working in his laboratory.

The Story – “A violin-making is the art of building, designing and restoring stringed and plucked stringed instruments. Entering in a workshop like this, is like taking a plunge into the past when the lute was a widely used plucked instrument, until the baroque era. I like to compare my story to various luthiers of the past. Some of them before making instruments were cabinetmakers or carpenters. When I was young I also worked wood as a restorer of antique furniture. But then the passion for playing the violin led me to search for violin making, a unique, ancient and fascinating craft. After finishing the first violin, I never stopped...”

Stefano Marzi



CERAMICHE TAPINASSI – the ceramics art in Casentino

Ceramiche Tapinassi is an artisan company, producing high quality artistic ceramics according to the tradition of Tuscan ceramics for over fifty years. The company is composed of a laboratory and a sales point. Visit the laboratory and discover the various stages of processing of the working clay till get the artistic ceramics.

Guided tour in a laboratory.

Length: 30-45 minutes

Price: 10 euro per person (minimum 4 persons).

Info and reservations: CERAMICHE TAPINASSI

Other craftshops...



CERAMICS – The Scent of della Robbia

Luca Della Robbia was the founder of a unique technique the “terracotta invetriata” with brightness colours. Main colours are blue and white, used as backdrop, but other colours are yellow, turquoise-green, brown and black.

A unique itinerary with your special guide dealing with arts, history and fragrances. You will visit Bibbiena, with its Etruscan origins, and you will have the chance to admire two of Della Robbia masterpieces. During the visit you will discover all secrets of the Della Robbia techniques. We will observe plants/ fruits and vegetables imaging their real smell. Then, in a Boutique of fragrances you can create your own fragrance..

Length: half day

Price: 150 euro

Languages: Italian, English

Info and reservations: VALENTINA LATTARI



THE RICCIOLO CASENTINESE

It is an icon of Made in Italy, with a seven centuries long history. A fabric of pure wool, unique and exported all over the world, nowadays produced in Stia, it is instead famous since the Etruscans and Romans times. In 1300 the Florentine merchants called it “big cloth” because in the past it was a rough cloth, appreciated exclusively for its high resistance. Unmistakable for its characteristic curls, obtained by “rattinatura” (brushing wool with a stone) is a perfect example of the union between tradition and research. Enjoy the visit of the **Museo dell’arte della lana**, once housing thousands of workers, with its old looms, spinning frames, old-fashioned machinery, master books and period photos.

Info and reservations: MUSEO DELL’ARTE DELLA LANA



WROUGHT IRON- Biennale d’arte Fabbriile

The Biennale Europea d’Arte Fabbriile of Stia is an event on Wrought Iron and has been held regularly since 1976, for this reason it can be defined as the most traditional in Italy. The festival is also a demonstration how local population is so sensitive and naturally predisposed towards craftsmanship. In order to enhance the blacksmith’s craft, a training course has also been started.

Info and reservations: Associazione Biennale d’Arte Fabbriile

Gastronomy: typical products and experiences

The Casentino region still preserve an ancient tradition with authentic and strong flavours. If you really want to know something about the history and culture of the region the main aspects to consider are: gastronomy heritage, nature and handicraft.

The **red potato of Cetica** D.O.P. since the 19th century is produced using traditional techniques, having a great importance in the preparation of traditional dishes, such as tortelli, gnocchi (“topini”) and stews.

Prosciutto di Grigio del Casentino is a Slow Food Presidium. The product is obtained by crossbreeds the white pig and other ancient species of pigs bred in the wild.

Pecorino Abbucciato, the name comes from the dark nail covering the whole shape of the cheese.

Tortello alla Lastra is made just in Casentino, it’s worth making the trip to taste it. This popular tradition takes us back to the time when the tortello was made with simple and poor ingredients and cooked on a large stone placed in the fireplace, hence the name “lastra”.

The Farina di Castagno del Pratomagno e del Casentino is a sweet flour finely grounded. It is the main ingredient of **Castagnaccio sweet** or **Baldino** or “**Bardino**” (as named in Casentino). The receipt since the past is quite simple, using just chestnut flour, pine nuts, nuts and rosemary; because farmers needed some food to overcome the winter period.

The park covers 350 km² and routes are settled in the heart of the forest, so we suggest you to carry water and food. Please find here some useful information about shops where to buy food or restaurants. As anticipated the gastronomy tradition is an important aspect of the region so there are some products or dishes you cannot miss

Have a nice walk, ride and bon appétit!”



Appointments of delicatessens:

FESTESAGGE: THE GASTRONOMY EXCELLENCE IN THE VALLEY

Tasting of typical dishes with local and genuine products, promoting production areas. These are the elements used by the Ecomuseo, inside the Parco Nazionale delle Foreste Casentinesi, to select the **food festival calendars**:

Mangialonga (Badia Prataglia) - August

Il Gusto dei Guidi (Poppi) – End of August

Festa del tortello alla lastra (Corezzo) - August

Festa della castagna (Raggiolo) - November

Sagra del tortello di patate di Cetica (Cetica) - July

Sagra del Baldino e la polenta dolce (Faltona) - December

Sagra degli gnocchi con patata bianca di Faltona (Faltona) - August

It is possible to visit vineyards to taste and buy products, cooking classes, walking tour and excursions with environmental guides and local people.

For information: Centro Servizi Rete Ecomuseale del Casentino – Unione dei Comuni Montani del Casentino

Gastronomic activities:

THE ART TO BE A HOUSEWIFE OF THE CASENTINO REGION: one day as a chef with Matteo Goretti



FRESH PASTA

A lesson in which you will learn how to make a handmade fresh pasta and cook what you prepare. Choice is yours: Potatoes tortelli, Ravioli with ricotta cheese and spinaches, tagliatelle, pici, gnocchi

Length: 3 hours ca

Price: 35 euro per person – min. 6 participants (from 1 to 5 participants 45 euro per person)



COOKING CLASS OF A TYPICAL TUSCAN LUNCH

A full-immersion in typical Tuscan cuisine where we will cook together a complete menu, using those recipes that made this region so famous all over the world and at the end to taste the flavour of the real Tuscany region.

Length: 5 hours ca

Price: 55 euro per person – min. 6 participants (from 1 to 5 participants 75 euro per person)

Info and Reservations: MATTEO GORETTI



BAKERY APPROACH WITH MASA MADRE

What is the masa madre and how to keep it live...we learn the different steps of dough-handling during our visit to a farm, Fattorie di Selvoli. At the end of the visit it is time to put the bread in the horn and how we usually say "ready to eat!".

Length: 3-4 hours

Price: Tasting and a jar of masa madre, 25 euro per person
For children under 12 years old half price.



CEREALS AND THE PHILOSOPHY OF THE GROW UP HEALTHY

Visit a farm producing cereals with its mill and a warehouse of cereals. Tasting of typical products of the farm: rusks, fruit juice, infusions, olives, bread and oil.

Length: 2-3 hours

Price: tasting 15 euro per person, for children under 12 years old half price.



Cooking and tasting of "LA GALLETTA BIO di Selvoli"

Visit of a farm: walking on a cereal field, learn the appropriate storage do they need after the harvest, visit a mill and observe the final part of cereal transformation process. After the visit a special cooking class kneading and preparing a rusk (galletta)

Length: 2-3 hours

Price: tasting 15 euro per person

Info and Reservations: *FATTORIE DI SELVOLI*



LIVING IN A MILL YOU WILL BE SURROUNDED BY FLOUR

An old mill with three stones as in the past, producing sounds, smells and different colours. The mill is managed by the Grifoni family since 1600, they still preserve all secrets of this art.

Period: All year around

Length: 2 hours

Price: 10 euro per person

Info and Reservations: *FRANCESCA FIASCHI – environmental guide*

ONCE UPON A TIME AND STILL IT IS! – Hunt treasure childproof

A small village on the slope of mount Pratomagno. There is a miller with his mill with three large stones, kids will enjoy this experience, living as a miller.

Period: Summer

Length: 2 hours

Price: 10 euro per person

Info and Reservations: *FRANCESCA FIASCHI – environmental guide*



MOLIN DI BUCCHIO: traditional testes and knowledge of ancient times

Visit to the Antica Acquacoltura Molin di Bucchio (European Union Best Practices 2019 Company) dedicated to the conservation of fish biodiversity and production of high quality trout. Next visit will be to a Mill from the 1200s and a kitchen, one of the best preserved of Tuscan rural culture. Possibility to watch the preparation and baking of bread in the wood-burning oven with which we will have lunch in the old kitchen (reservation required). After lunch short walk to Santa Maria del Sasso.

Suitable for families

Where: Molin di Bucchio (Pratovecchio Stia)

Length: 7 hours ca

Trail: 4 km

Difficulty: 350 mt slope

Price: starting from 280 euro + vat, (lunch is not included)

Info and Reservations: *SOCIETÀ COOPERATIVA IN QUIETE*

COOKING BIO in Pian di Reggi...

Pian dei Raggi is a small village, a paradise surrounded by hills, woods and green landscapes with natural sources of water... 15 hectares of field in which are cultivated a garden and an orchard. They produce marmalades, fruit juices, soups or bio tomato sauce. All elements used are natural, it's totally forbidden to use pectin, preservatives or colouring matter.



THE GARDEN IN THE HORN

One day dedicated to live and eat respecting nature and good food. You will learn how to do bread and pizza after a bread-making lesson.

Period: May - June 10 am

Price: 25 euro, children free



SAUCES WHAT A PASSION!

Rita's farm is located in the heart of the valley cultivating with love and passion fruits, vegetables and more...let's have fun preparing soups or just taste fruits and marmalades.

Period: May - June 10 am

Price: 25 euro, children free

Info and Reservations: AZIENDA AGRICOLA PIAN DI REGGI



Ride and taste: LET'S BEER!

Itinerary: Rassina- Macee - Bibbiena – local Brewery “La Campana d’oro”



An old farm built in XIX century is now a brewery...taste a beer with typical products of the region and you could never stop to drink it! Visit a laboratory and learn something about the different techniques used to make beer. Our beers, starting from its name, represent culture and history of the Casentino region.

Price: tasting of 5 beers and typical products (cheese, ham, salami), 20 euro per person, children up to 11 years old 12,00 euro.

Period: All year around

Length: 90 min

Info and Reservations: BIRRIFICIO LA CAMPANA D'ORO



Ride and taste: CHOCOLATE WHAT A PASSION!

Itinerary: Rassina- Macee - Bibbiena - Memmenano – Artisanal laboratory



In the small village of Memmenano is possible to visit the Castello dei Conti Guidi overlooking on a valley. An artisanal laboratory of chocolate will show you the techniques of making this sweet, the “chocolaterie”. And after the lesson it is time to eat!

Info and Reservations: TENTAZIONI CIOCCOLATO



SO CLOSE TO A BEE

Itinerary: Rassina- Macee - Bibbiena - Memmenano - Fronsola



Bees are very important to guarantee the wellness for nature and men. The Casentino region is rich with honey, so spend all day long with a beekeeper discovering bees world and honey properties. Near the house of a beekeeper

a bee can find all it needs for its life and activity. Visit a laboratory made in straw and unfired earth construction, and taste the different types of honey produced there. Honey has different flavours and properties because Roberto, the beekeeper, respects bees' life style and follows them during their migration, so the honey produced reflects the different territories visited by the bees.

Characteristics: *bio beekeeping, honey production, royal jelly, pollen, hydromel.*

Period: *May - October*

Price: *20 euro per person*

Info and Reservations: *AZIENDA AGRICOLA ZUCCARI*



A LITTLE OF SPARKLING

Itinerary: Rassina- Macee - Bibbiena - Memmenano - Fronzola – Buiano



The Cantina Fregnan welcomes wine lovers and enthusiasts of Metodo Classico, there you can taste the famous wine "Il Patriota".

A walk into the vineyards and an explanation about history and characteristics of the wine you will observe the process of sparkling making that after 36 months gives life to the famous wine. You, accompanied by Roberto, will taste "Il Patriota" and typical products (cheese, ham, salami, etc.)

Activity only by reservation.

Price: *20 euro per person*

Info and Reservations: *CANTINA FREGNAN*

DISCOVERING THE HISTORY OF CHESTNUT IN RAGGIOLO...

Since the past chestnut and its culture is the source of food for local people living in the Casentino mountains. The period of the chestnut culture started in October when leaves turn yellow and first chestnuts fall down, while in November is the harvest period. The chestnuts are carried out first in a drying room to be dried and then in a mill to be transformed in flour.

Itinerary: Rassina- Macee - Raggiolo

Raggiolo is one of the most beautiful villages in the heart of Tuscany, there, time seems to be stopped. One of the best ways to visit the area is by e-bike, following the course of the river you will discover a valley rich in chestnut trees. Observe and study chestnut properties and visit the "Ecomuseo della castagna e della transumanza". Participate to a cooking class and cook chestnut polenta.

Period: *all year around only by reservation*

discover walking routes in Raggiolo and surroundings...

Download the map on: www.raggiolo.it/cosa-fare-raggioloaggiolo.it/



Emotions for kids and not ...

During the chestnut festival in Raggiolo experience with your family a unique moment, live like local people used to do, weighting chestnuts with wooden weight or cook them on the barbecue.

A four hands laboratory: "La castratura" suitable for children with family

Info and Reservations: *LA BRIGATA DI RAGGIOLO, ECOMUSEO DEL CASENTINO, CONSORZIO DELLA FARINA DI CASTAGNE DEL PRATOMAGNO E DEL CASENTINO*



Casentino is childproof!

Chestnut and the Raggiolo village

Riding your donkey you will discover the picturesque village of Raggiolo, a journey far from pollution, a long walk through the rural routes; or walk and harvest chestnuts and visit the Ecomuseo. During the summer period swim on the river.

Period: Autumn, Spring, Summer

Info and Reservations: ASSOCIAZIONE DI PROMOZIONE SOCIALE
GLI AMICI DELL'ASINO



Info and Reservations

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www.antichi-sentieri.it

ARA PIEVE A SOCANA E PIEVE

Mob. +39 333 9631188
Times to visit the Pieve di Socana:
Mon – Sat 8 am – 1 pm
and 4 pm – 7.30 pm
Sun 9 am – 12 pm and 3 pm – 7.30 pm
*Archaeological area has free access

ASSOCIAZIONE BIENNALE D'ARTE FABBRILE

Via Vittorio Veneto, 33
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CASENTINO COUNTRY BIKE di Piantini

Angiolino - Rental and/or guided tour
Mob. +39 328 4765856
bike@technet.it
www.mountainbike.toscana.it

CASENTINO ECOMUSEUM

Ph. +39 0575 507272
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info@casentinoescursioni.it
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CASENTINOEBIKE di Schiavo Massimo

Rental and/or guided tour
Via Casina Rossa, 10/A
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Visit the app for useful information:
ecomuseo.casentino.toscana.it

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FATTORIE DI SELVOLI

Stone ground bio flour
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Ambito Turistico Omogeneo Casentino



The 11 Municipalities of Casentino valley:

Comune di Bibbiena – Comune di Castel Focognano – Comune di Castel San Niccolò – Comune di Chitignano - Comune di Chiusi della Verna – Comune di Montemignaio - Comune di Ortignano Raggiolo – Comune di Poppi - Comune di Pratovecchio Stia - Comune di Subbiano – Comune di Talla

Our team:

Francesca Del Chericco – Responsabile Tecnico Comune Capofila di Pratovecchio Stia

Elisa Maggi – Responsabile operativo d'ambito

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Centro studi turistici

WML International

Special Thanks to all operators working for Casentino region, economic operators and associations leading the Casentino culture.

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