

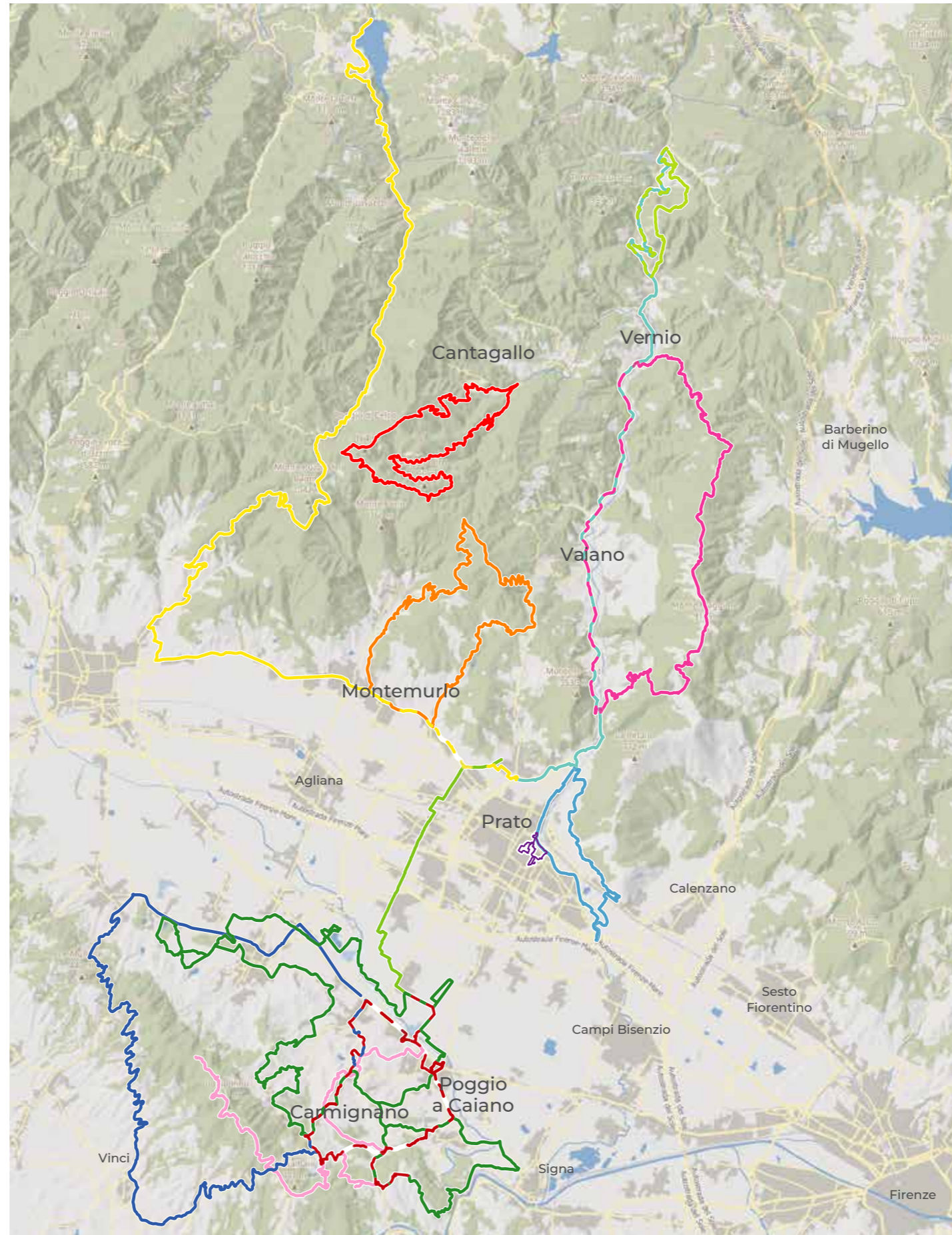
Cycling is the best way to get to know the soul of a territory and reach the most beautiful places between less traveled roads and panoramic points, accompanied by a sense of freedom in close contact with nature.



**T**he Prato area with its seven municipalities (Prato, Carmignano, Poggio a Caiano, Montemurlo, Vaiano, Vernio and Cantagallo) offers two-wheel lovers varied cycling itineraries, of short and long distance, through a wide network of cycle paths, farm roads and CAI paths. Many are ring routes in the main nature reserves or protected areas but there are long-distance ones, such as the *Cicle Route of The Sun* or the *Via Romea Germanica Imperiale*, or itineraries of different difficulty along the *Wool and Silk Route*, the *Medici Route* or the *Route of San Jacopo in Tuscany*.

Arriving by train with your bicycle you can immediately take a ride in the centre among churches, palaces and medieval towers to reach in a few minutes the *Cathedral*, which houses the *Filippo Lippi's frescoes*, with its evocative *Pulpit by Donatello* and the main squares of the city. Take some time for a short stop to taste the *Prato peaches* and the *biscuits* with almonds, then go on with your itinerary. In front of the *Emperor's Castle*, you will be fascinated by its grandeur! From via del Cassero you will arrive at the *Textile Museum* and then in San Marco square where, the particular art sculpture by Henry Moore *Square shape with cut*, will let your imagination run free in the most curious interpretations, as well as you will be amazed by the *Missing Link to the chain that does not exist* by Marco Bagnoli. Along the ancient walls along the cycle/pedestrian path, a nice ride on the right bank of the Bisenzio will lead you to the end of the itinerary possible in two different variants or you can continue for other itineraries along the river, on the surrounding hills or towards the *Bisenzio Valley*, immersed in uncontaminated landscapes between historic residences, fortresses and medieval villages or towards *Montalbano*, between vineyards and olive groves, to discover the *Etruscan settlements* and *Medici villas* recognized as World Heritage Sites by Unesco.

So set off on an exciting journey and enjoy the landscapes and beauties of the Prato area on a two-wheel tour of nature, art, history and flavors in contact with a contemporary and multicultural community.



Scan the QR-code and download the GPS coordinates of the tracks from the site: [www.pratoturismo.it](http://www.pratoturismo.it)



VISITUSCANY

By bicycle among seven municipalities and a thousand wonders



www.viamedicea.it

PRATOTURISMO Prato Area

Tuscany Prato Area

**PRATOTURISMO**

Comune di Prato

Comune di Poggio A Caiano

Comune di Carmignano

Comune di Montemurlo

Comune di Vaiano

Comune di Cantagallo

Comune di Vernio

INFO POINT PRATOTURISMO

Piazza del Comune, 59100 Prato - Phone +39 0574 1837859  
[www.pratoturismo.it](http://www.pratoturismo.it) - [info@pratoturismo.it](mailto:info@pratoturismo.it)  
 FB @pratoturismoufficiale - IG @pratoturismo  
[www.pratoturismo.it](http://www.pratoturismo.it)





## Prato itineraries

Prato is the ideal starting point for occasional and short-range cycle-excursions that do not require a particular athletic training as they are mainly developed on cycle-pedestrian paths or stabilized clay and allow you to discover and enjoy unusual views on the city and on the main tourist attractions.

### ● PRATO INSIDE THE WALLS

Discovering the main historical and cultural attractions of the city of Prato.

► **Departure and Arrival:** Porta al Serraglio station  
► **Length:** 5,38 Km ► **Difference in height:** 7 mt ► **Difficulty:** easy ► **Connections:** Route of Wool and Silk, Prato-Abetone, In the footsteps of Leonardo, Da piazza a piazza.

### ● THE CYCLE PATH OF THE PARKS

Itinerary that crosses the city of Prato, unfolding along the town villages and the countryside, from north to south, from the Galceti Park at the foot of the Protected Area of Monteferrato to the Cascine di Tavola park.

► **Departure:** Galceti park ► **Arrival:** Cascine di Tavola park  
► **Length:** 11,56 Km ► **Difference in height:** 0 mt ► **Difficulty:** easy ► **Connections:** Cycle Route of The Sun East, Prato - Abetone, In the footsteps of Leonardo, Da piazza a piazza.

### ● ALONG THE RIVER PARK

Along the right side of the Bisenzio and the Pizzidimonte-Santa Lucia foothills for a close look and from above at the main attractions of the city of Prato and on the characteristic features of its hills and its villages still pulsating with rural life.

► **Departure and Arrival:** Santa Lucia, Amphitheatre D. Vannini ► **Length:** 17,52 Km ► **Difference in height:** 307 mt  
► **Difficulty:** medium ► **Connections:** Eastern and Western Cycle Route of The Sun, Route of Wool and Silk, Prato-Abetone, In the footsteps of Leonardo, Da piazza a piazza, Route of San Jacopo in Tuscany, Via Romea Germanica Imperiale.

## Bisenzio Valley itineraries

Narrow and nestled between Prato and Bologna, the Bisenzio Valley is, by vocation, a land of passage, strategically important since ancient times. In this area are the main reliefs with steep slopes both on the left bank of the Bisenzio (Calvana mountains) and on the right one (Tuscan-Emilian Apennines). The territory has always been a destination for hikers and nature lovers and a wide network of CAI paths innervate all the reliefs of the area. The path network and the challenging slopes make this area the ideal place for mountain bike and downhill enthusiasts.

### ● MONTEMURLO-CAVALLAIE-IAVELLO

Discovering the historical and natural beauties between Montemurlo and the lower Bisenzio Valley through the Protected Natural Reserves.

► **Departure and Arrival:** Montemurlo  
► **Length:** 31 Km ► **Difference in height:** 980 mt  
► **Difficulty:** high ► **Connections:** Western Cycle Route of The Sun, Da piazza a piazza, Route of San Jacopo in Tuscany.

### ● THE RIDGE OF WOOL AND SILK

Along the Route of Wool and Silk crossing the Calvana ridge and Monte Maggiore with breathtaking views over the Bisenzio Valley.

► **Departure and Arrival:** Gamberame, Vaiano  
► **Length:** 38 Km ► **Difference in height:** 1130 mt  
► **Difficulty:** high ► **Connections:** Eastern Cycle Route of The Sun, Da piazza a piazza.

### ● THE ROUTE OF WOOL AND SILK IN THE VERNIO FIEFDOM

Riding the Route of Wool and Silk, between San Quirico di Vernio and Montepiano, to discover ancient villages, centuries-old woods and medieval fortresses.

► **Departure and Arrival:** San Quirico di Vernio  
► **Length:** 16 Km ► **Difference in height:** 574 mt  
► **Difficulty:** medium ► **Connections:** Eastern Cycle Route of The Sun, Da piazza a piazza.



### ● THE WONDERS OF THE RESERVE

Discovering the naturalistic beauties of the Acquerino Cantagallo Nature Reserve, crossing beech forests, ancient trees and chestnut groves.

► **Departure and Arrival:** Cantagallo  
► **Length:** 29,5 Km ► **Difference in height:** 1050 mt  
► **Difficulty:** high ► **Connections:** Da piazza a piazza.

### ● WESTERN CYCLE ROUTE OF THE SUN

Riding along the western stretch of the Cycle Route of The Sun in the Limentra valley up to the Suviana lake.

► **Departure:** Santa Lucia, Prato ► **Arrival:** Suviana lake  
► **Length:** 53,5 Km ► **Difference in height:** 1123 mt  
► **Difficulty:** high ► **Connections:** Prato-Abetone, In the footsteps of Leonardo, Da piazza a piazza, Route of San Jacopo in Tuscany, Via Romea Germanica Imperiale.

### ● EASTERN CYCLE ROUTE OF THE SUN

Itinerary that runs along the eastern variant of the Cycle Route of The Sun in both directions towards Bologna or towards the centre of Prato.

► **Departure:** Santa Lucia ► **Arrival:** Montepiano  
► **Length:** 32 Km ► **Difference in height:** 700 mt  
► **Difficulty:** medium/high ► **Connections:** Route of Wool and Silk, Da piazza a piazza.

## Montalbano itineraries

Montalbano is a corner of Tuscany that houses Medici Villas, UNESCO World Heritage Sites, Etruscan archaeological areas and ancient churches. In this territory, known for Carmignano wine and its flavors, its history and its landscape beauties many are the itineraries for bike, be it MTB, racing bike, gravel or downhill. The activities related to the production of wine and oil have shaped the territory over the centuries, making it a real mosaic of wooded areas alternating with cultivated ones, with its villages and numerous farms scattered throughout the territory.

### ● THE MEDICI ROUTE

Discovering the superb Medici Route immersed in the hilly landscape scattered with vineyards and olive groves and centuries-old woods, between Romanesque churches, medieval fortresses and farms.

► **Departure:** Barco mediceo ► **Arrival:** Via Le Croci-Quarrata  
► **Length:** 27 Km ► **Difference in height:** 1200 mt  
► **Difficulty:** high ► **Connections:** In the footsteps of Leonardo, Medicea Ciclostorica.

### ● THE MEDICI VILLAS

Discovering the Medici villas Unesco World Heritage Sites and the surrounding landscape up to Seano and the Quinto Martini museum park and then return through the Barco mediceo.

► **Departure and Arrival:** Cascine di Tavola  
► **Length:** 32 Km ► **Difference in height:** 550 mt  
► **Difficulty:** medium ► **Connections:** Medici Route, In the footsteps of Leonardo, Etruscan Route, Medicea Ciclostorica, Prato cycle path.

### ● AMONG LEONARDO'S VINEYARDS

Riding in the Carmignano wine production area, in the area that boasts the oldest d.o.c.g. in the world with an announcement by the Grand Duke Cosimo III de 'Medici in 1716, up to Vinci the birthplace of Leonardo.

► **Departure and Arrival:** Seano  
► **Length:** 47,5 Km ► **Difference in height:** 758 mt  
► **Difficulty:** high ► **Connections:** In the footsteps of Leonardo, Medicea Ciclostorica.

### ● MEDICEA CICLOSTORICA

Crossing the hilly landscape of Montalbano in its most significant places between the provinces of Prato, Florence and Pistoia.

► **Departure and Arrival:** Carmignano  
► **Length:** 72 Km ► **Difference in height:** 1200 mt  
► **Difficulty:** high ► **Connections:** In the footsteps of Leonardo, Etruscan Route.

