

WELLBEING

In Nature

SPRING IN CASENTINO VALLEY



BIKE

APRIL

Welcome to our exciting cycling trip, where the beauty of nature is combined with adventure on two wheels. With bike tours, we will take you through breathtaking landscapes and wild paths, offering you an unique and unforgettable experiences. Discover enchanting mountain panoramas, through lush woods and immerse yourself in the evocative atmosphere of medieval villages. Our itineraries are designed to satisfy every type of cyclist, from beginners to experts, always ensuring safety, fun and a touch of adventure savoring the freedom of the wind in your hair while exploring new territories. Do not miss the opportunity to live an authentic and engaging experience with bike tours. Ride with us to discover new horizons!

MONDAY 1 APRIL

TOUR OF THE CASTLES OF UPPER CASENTINO

An excursion accompanied by a certified e-mtb guide to discover the **castles and roman churches** of our territory between **history and nature** with panoramic views of our valley and paths accessible to all riding our beautiful E-bikes.

Degree of difficulty: Easy for everyone

Distance covered: about 35 km

Departure hours 9,30 - Pratovecchio (AR)

Reservations: +39 3396467966 (also Whatsapp) - info@casentinoebike.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SATURDAY 6 APRIL

ALONG THE CYCLE PATH AMONG "THE MOST BEAUTIFUL VILLAGES IN ITALY"

An excursion with environmental guide that leads us to visit two of "**the most beautiful villages in Italy**", crossing our valley in the **Arno cycle path** for a perfect experience for adults but also for families.

Degree of difficulty: Easy for everyone

Distance covered: about 35 km

Departure at 15.30 - Pratovecchio (AR)

Info and reservations: +39 3281933784 (also whatsapp) - prenotazioni@altertrek.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SUNDAY 7 APRIL

TOUR OF THE CASTLES OF UPPER CASENTINO

An excursion accompanied by a certified e-mtb guide to discover the **castles and roman churches** of our territory, a ride between **history and nature** with panoramic views of our valley and paths accessible to all riding our beautiful E-bikes.

Degree of difficulty: Easy for everyone

Distance covered: about 35 km

Departure at 10.00 - Pratovecchio (AR)

Reservations +39 3288736581 (also whatsapp) - toscanatwistebike@gmail.com

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required



APRIL

Welcome to our exciting cycling trip, where the beauty of nature is combined with adventure on two wheels. With bike tours, we will take you through breathtaking landscapes and wild paths, offering you an unique and unforgettable experiences. Discover enchanting mountain panoramas, through lush woods and immerse yourself in the evocative atmosphere of medieval villages. Our itineraries are designed to satisfy every type of cyclist, from beginners to experts, always ensuring safety, fun and a touch of adventure savoring the freedom of the wind in your hair while exploring new territories. Do not miss the opportunity to live an authentic and engaging experience with bike tours. Ride with us to discover new horizons!

SATURDAY 13 APRIL

ALONG THE CYCLE PATH AMONG THE MOST BEAUTIFUL VILLAGES IN ITALY

An excursion accompanied by a certified e-mtb guide that leads us to visit two of “**the most beautiful villages in Italy**”, crossing our valley in the **Arno cycle path** for a perfect experience for adults but also for families.

Degree of difficulty: Easy for everyone

Distance covered: about 35 km

Departure at 15.30 - Bibbiena (AR)

Reservations: +39 338 4006353 Stefano, +39 333 6211932 Riccardo (also whatsapp) - info@casentinoescursioni.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SUNDAY 14 APRIL

TOUR OF THE CASTLES OF UPPER CASENTINO

An excursion with environmental guide to discover the **castles and roman churches** of our territory, a ride between **history and nature** with panoramic views of our valley and paths accessible to all riding our beautiful E-bikes.

Degree of difficulty: Easy for everyone

Distance covered: about 35 km

Departure 10 am - Poppi (AR)

Info and reservations: +39 3281933784 (also whatsapp) – prenotazioni@altertrek.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SATURDAY 20 APRIL

SACRED FOREST TOUR IN THE NATIONAL PARK

An excursion accompanied by a certified e-mtb guide inside the **National Park of the Casentino Forests** where you can admire hermitages, monasteries, secular plants and immaculate forests on the border between Tuscany and Emilia Romagna.

Degree of difficulty: Easy for everyone

Distance covered: about 30 km

Departure at 15:30 - Camaldoli (AR)

Reservations: +39 3396467966 (also Whatsapp) - info@casentinoebike.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide *Reservation required



APRIL

Welcome to our exciting cycling trip, where the beauty of nature is combined with adventure on two wheels. With bike tours, we will take you through breathtaking landscapes and wild paths, offering you an unique and unforgettable experiences. Discover enchanting mountain panoramas, through lush woods and immerse yourself in the evocative atmosphere of medieval villages. Our itineraries are designed to satisfy every type of cyclist, from beginners to experts, always ensuring safety, fun and a touch of adventure savoring the freedom of the wind in your hair while exploring new territories. Do not miss the opportunity to live an authentic and engaging experience with bike tours. Ride with us to discover new horizons!

SUNDAY 21 APRIL

ALONG THE OIA VALLEY IN THE NATIONAL PARK

A hike in the forest accompanied by a certified e-mtb guide, a beautiful itinerary, a long but gentle climb and a lot of descent in a path almost always shaded. Almost completely on white roads in the name of E-mtb and fun.

Degree of difficulty: easy for everyone

Distance covered: about 30 km

Departure at 9,30 - Papiano (AR)

Reservations: +39 3396467966 (also Whatsapp) - info@casentinoebike.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

THURSDAY 25 APRIL

SACRED FOREST TOUR IN THE NATIONAL PARK

An excursion accompanied by a certified e-mtb guide inside the **National Park of the Casentino Forests** where you can admire hermitages, monasteries, secular plants and immaculate forests on the border between Tuscany and Emilia Romagna.

Degree of difficulty: Easy for everyone

Distance covered: about 30 km

Departure at 10.00 - Camaldoli Hermitage (AR)

Reservations +39 3288736581 (also whatsapp) - toscanatwistebike@gmail.com

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SATURDAY 27 APRIL

TOUR OF THE CASTLES IN THE UPPER CASENTINO

An excursion accompanied by a certified e-mtb guide to discover the **castles and roman churches** of our territory, a ride between **history and nature** with panoramic views of our valley and paths accessible to all riding our beautiful E-bikes.

Degree of difficulty: Easy for everyone

Distance covered: about 35 km

Departure at 09.30 - Pratovecchio (AR)

Reservations: +39 338 4006353 Stefano, +39 333 6211932 Riccardo (also whatsapp) - info@casentinoescursioni.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SUNDAY 28 APRIL

ALONG THE CYCLE PATH AMONG THE MOST BEAUTIFUL VILLAGES IN ITALY

An excursion accompanied by a certified e-mtb guide that leads us to visit two of "**the most beautiful villages in Italy**", crossing our valley in the **Arno cycle path** for a perfect experience for adults but also for families.

Degree of difficulty: Easy for everyone

Distance covered: about 35 km

Departure at 10.00 - Poppi (AR)

Reservations +39 3288736581 (also whatsapp) - toscanatwistebike@gmail.com

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required



BIKE

MAY

Welcome to our exciting cycling trip, where the beauty of nature is combined with adventure on two wheels. With bike tours, we will take you through breathtaking landscapes and wild paths, offering you an unique and unforgettable experiences. Discover enchanting mountain panoramas, through lush woods and immerse yourself in the evocative atmosphere of medieval villages. Our itineraries are designed to satisfy every type of cyclist, from beginners to experts, always ensuring safety, fun and a touch of adventure savoring the freedom of the wind in your hair while exploring new territories. Do not miss the opportunity to live an authentic and engaging experience with bike tours. Ride with us to discover new horizons!

WEDNESDAY 1 MAY

ALONG THE CYCLE PATH AMONG THE MOST BEAUTIFUL VILLAGES IN ITALY

An excursion with environmental guide that leads us to visit two of **"the most beautiful villages in Italy"**, crossing our valley in the **Arno cycle path** for a perfect experience for adults but also for families.
Degree of difficulty: Easy for everyone
Distance covered: about 35 km

Departure at 15.30 - Bibbiena (AR)
Info and reservations: +39 3281933784 (also whatsapp) - prenotazioni@altertrek.it
Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide
*Reservation required

SATURDAY 4 MAY

"VALLESANTA AND LA VERNA" TOUR

An excursion accompanied by a certified e-mtb guide to climb to the **Sanctuary of San Francesco** through a valley of untouched nature encountering flocks of sheep and bizarre geological formations: the **"Marmitte dei Giganti"** and spectacular gullies.
Degree of difficulty: Easy
Distance covered: about 30 km

Departure at 15.00 - Rimbochi (AR) +39 333 6211932 Riccardo (also whatsapp) - info@casentinoescursioni.it
Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide
*Reservation required

SUNDAY 5 MAY

OIA VALLEY IN THE NATIONAL PARK

A hike in the forest accompanied by a certified e-mtb guide, a beautiful itinerary, a long but gentle climb and a lot of descent in a path almost always shaded. Almost completely on white roads in the name of E-mtb and fun.
Degree of difficulty: easy for everyone
Distance covered: about 30 km

Departure at 09.00 - Pratovecchio (AR)
Reservations +39 3288736581 (also whatsapp) - toscanatwistebike@gmail.com
Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide
*Reservation required

SATURDAY 11 MAY

ALONG THE OIA VALLEY IN THE NATIONAL PARK

A hike in the forest with environmental guide. a beautiful itinerary, a long but gentle climb and a lot of descent in a path almost always shaded. Almost completely on white roads in the name of E-mtb and fun.
Degree of difficulty: easy for everyone
Distance covered: about 30 km

Departure at 16,00 - Pratovecchio (AR)
Info and reservations: +39 3281933784 (also whatsapp) - prenotazioni@altertrek.it
Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide
*Reservation required



MAY

Welcome to our exciting cycling trip, where the beauty of nature is combined with adventure on two wheels. With bike tours, we will take you through breathtaking landscapes and wild paths, offering you an unique and unforgettable experiences. Discover enchanting mountain panoramas, through lush woods and immerse yourself in the evocative atmosphere of medieval villages. Our itineraries are designed to satisfy every type of cyclist, from beginners to experts, always ensuring safety, fun and a touch of adventure savoring the freedom of the wind in your hair while exploring new territories. Do not miss the opportunity to live an authentic and engaging experience with bike tours. Ride with us to discover new horizons!

SUNDAY 12 MAY

VALLOMBROSA AND THE TALLEST FIR TREES IN ITALY

Accompanied by a certified e-mtb guide and with the help of the 'e-bike we will walk a path in the shade of the coniferous forest and stop to admire the tallest trees in Italy, known as "**Giants of Italy**" until you get to the **Abbey of Vallombrosa**, an oasis of peace immersed in the soft profiles of the Florentine mountain.

Degree of difficulty: easy

Distance covered: about 35 km

Departure 09.30 - Passo della Consuma (AR)

Reservations: +39 3396467966 (also Whatsapp) - info@casentinoebike.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SATURDAY 18 MAY

TOUR OF THE CASTLES OF UPPER CASENTINO

An excursion accompanied by a certified e-mtb guide to discover the **castles and roman churches** of our territory, a ride between **history and nature** with panoramic views of our valley and paths accessible to all riding our beautiful E-bikes.

Degree of difficulty: Easy for everyone

Distance covered: about 35 km

Departure at 10.00 - Pratovecchio (AR)

Reservations +39 3288736581 (also whatsapp) - toscanatwistebike@gmail.com

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SUNDAY 19 MAY

SACRED FOREST TOUR IN THE NATIONAL PARK

An excursion with an environmental guide inside the **National Park of the Casentino Forests** where you can admire hermitages, monasteries, secular plants and immaculate forests on the border between Tuscany and Emilia Romagna.

Degree of difficulty: Easy for everyone

Distance covered: about 30 km

Departure at 9,45 - Camaldoli (AR)

Info and reservations: +39 3281933784 (also whatsapp) - prenotazioni@altertrek.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SATURDAY 25 MAY

"VALLESANTA AND LA VERNA" TOUR

An excursion accompanied by a certified e-mtb guide to climb to the **Sanctuary of San Francesco** through a valley of untouched nature encountering flocks of sheep and bizarre geological formations: the "**Marmitte dei Giganti**" and spectacular gullies.

Degree of difficulty: Easy

Distance covered: about 30 km

Departure at 15.30 - Rimbocchi (AR)

Reservations: +39 3396467966 (also Whatsapp) - info@casentinoebike.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide

*Reservation required

SUNDAY 26 MAY

VALLOMBROSA AND THE TALLEST FIR TREES IN ITALY

Accompanied by a certified e-mtb guide and with the help of the 'e-bike we will walk a path in the shade of the coniferous forest and stop to admire the tallest trees in Italy, known as "**Giants of Italy**" until you get to the **Abbey of Vallombrosa**, an oasis of peace immersed in the soft profiles of the Florentine mountain.

Degree of difficulty: easy

Distance covered: about 35 km

Departure at 9,00 - Consuma (AR)

Reservations: +39 338 4006353 Stefano, +39 333 6211932 Riccardo (also whatsapp) - info@casentinoescursioni.it

Price per person €48,00 with ebike for hire + guide, €20,00 with own ebike + guide *Reservation required

BIKE

WHO WE ARE

ALTERNETREK

ALTER
TREK



Fabio and Marta, environmental guides in love with Casentino and the National Park, where they have always lived. Driven by the passion and desire to accompany you "on two wheels" to discover our beautiful territory and its natural, gastronomic and cultural wonders as well as legends, myths and curiosities that characterize it, always with sympathy, lightness and competence. Professionals with almost twenty years of experience, specialized in customized each tour with elements unknown to most and making you explore the territory in its most fascinating aspects. The "e-bikes" (or pedal assisted bikes) are an easy, fun and sustainable way to create unforgettable experiences for everyone, even families and those who are at the first experience: it will be a pleasure to guide you in this magnificent adventure!

ALTERNETREK

Fabio +39 3281933784

Marta +39 3200676766

prenotazioni@altertrek.it - www.altertrek.it



CASENTINOEBIKE



Adventures on ebike to discover the wildest Tuscany in the Sacred Forests of the Casentino Forests National Park. A new way to experience nature and get to know the Casentino valley. A new opportunity for outdoor lovers, ecological and dynamic and affordable for everyone with our ebike. Massimo Schiavo is a cycling guide and MTB guide certified by the National Park of the Casentino Forests.

CASENTINOEBIKE di Schiavo Massimo

Via Pian Del Papa, 2/A

52015 Pratovecchio Stia (AR)

Tel. +39 3396467966

info@casentinoebike.it - www.casentinoebike.it

Fb: casentinoebike IG: casentinoebike



FAMIGLIE

WHO WE ARE

CASENTINO ESCURSIONI



Customized half-day or full-day tours in the Casentino valley and in the Sacred Forests of the National Park. Ideal destinations for families, for sports enthusiasts, or who want to combine leisure with the curiosity to know local stories and legends, for those who want to have food and wine experiences, or taste good DOC wine, or learn about the flora and fauna of the area. Rent front and full E-bike, electric tandem, e-bike for children, carrier and high chairs for children, and trolley for dogs. Different ages and training paths but united by the same passion: Love of nature and cycling.

Thanks to these factors that Stefano and Riccardo have decided to combine their knowledge of the territory, bringing them to the eyes of all with a different means of locomotion: the e-bike.

CASENTINO ESCURSIONI

Stefano +39 3384006353 - Riccardo +39 3336211932

www.casentinoescursioni.it

Instagram: casentino_escursioni

Facebook: Casentino Escursioni



TOSCANA TWIST E-BIKE



The passion for cycling in our family has always been at home, hence the idea of diversifying our activities with something innovative. In 2020 Toscana Twist E-bike was born, in principle only rental and then add the excursions with our guide Jonatha. Today the wide range of e-bikes includes Full, Front, e-bikes with easy access, e-bikes for children, accessories for the transport of children and even mountain bike muscle to be able to fully live your experience in Casentino.

TOSCANA TWIST E-BIKE

Jonatha +39 3288736581

toscanatwistebike@gmail.com - Toscanatwist.it

fb: Toscana_twist_ebike – Ig: Toscana_twist_ebike





www.casentino.it
IG: Casentinoofficial
FB: @casentinoofficial
ato@casentino.toscana.it

Scopri di più su Casentino.it

