

WELLBEING

In Nature

SUMMER IN CASENTINO



JUNE

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 1 JUNE

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

THURSDAY 6 JUNE

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

SUNDAY 2 JUNE

ALONG THE CYCLE PATH AMONG THE MOST BEAUTIFUL VILLAGES IN ITALY

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*Reservation required

SATURDAY 8 JUNE

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

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SATURDAY 15 JUNE

THE SPLENDID VIEWS OF PRATOMAGNO

Easy guided tour accompanied by a certified e-mtb guide to reach the "**Croce del Pratomagno**" and enjoy the magnificent view that embraces Casentino and Valdarno valleys at 360°. We will cross centuries-old beech forests, immense meadows and colorful chestnut groves for an excursion "to the heights".

Level of difficulty: easy for everyone

Distance covered: about 30km

Departure at 15,30 - Quota di Poppi (AR)

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€52,00 con eBike a noleggio + guida, €25,00 con eBike propria + guida

*Obbligatoria la prenotazione

THURSDAY 13 JUNE

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

SUNDAY 16 JUNE

"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 "**Marmite dei Giganti**" and spectacular gullies.

Degree of difficulty: Easy

Distance covered: about 30 km

Departure at 15.30 - Rimbocchi (AR)

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THURSDAY 20 JUNE

ALONG THE CYCLE PATH AMONG THE MOST BEAUTIFUL VILLAGES IN ITALY

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SUNDAY 23 JUNE

ALONG THE CYCLE PATH AMONG THE MOST BEAUTIFUL VILLAGES IN ITALY

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SATURDAY 22 JUNE

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)

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

THURSDAY 27 JUNE

"PANORAMAS ON THE APENNINE RIDGE" TOUR

An excursion accompanied by a certified e-mtb guide along one of the highest ridges of the **National Park on the border between Tuscany and Romagna**.

Spectacular views, fir and beech forests, ancient forest roads are the ingredients of this itinerary "where the trees touch the sky".

Level of difficulty: Easy for everyone

Distance travelled: approximately 30 km

Departure at 3.30 pm - Passo della Calla (AR)

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SUNDAY 30 JUNE

THE SPLENDID VIEWS OF PRATOMAGNO

Easy guided tour accompanied by a certified e-mtb guide to reach the **"Croce del Pratomagno"** and enjoy the magnificent view that embraces Casentino and Valdarno valleys at 360°. We will cross centuries-old beech forests, immense meadows and colorful chestnut groves for an excursion "to the heights".

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SATURDAY 6 JULY

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

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SUNDAY 7 JULY

VALLOMBROSA AND THE TALLEST FIR TREES IN ITALY

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SUNDAY 14 JULY

TOUR OF THE CASTLES OF UPPER CASENTINO

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SATURDAY 28 JULY

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.

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AUGUST

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THURSDAY 29 AUGUST

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

SUNDAY 25 AUGUST

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

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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



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

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Find out more on Casentino.it

