



TOP 10

FUN
THINGS

UNDER THE

**TUSCAN
SUN**

By Tuscany Social Media Team

ALLTHINGS**Tuscany** 

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a summer **IN TUSCANY**

is in itself an adventure full of beauty,
discoveries and dreams
COME TRUE.

Here is a list of the 10 most fun things to do, making your holiday even better, from hiking to food festivals.



HAPPY SUMMER!



1



HIKING AND EXTREME SPORTS

WALK,
CLIMB,
ROW
AND
JUMP

Hiking is a slow way of travel that is perfect to savor details often overlooked by mass tourism. In Tuscany there are many defined **hiking routes** and itineraries suitable for all kinds of hikers: from the peaks of the Apennines to the Tuscan Maremma or the Etruscan Coast beside the sea, from the long, difficult circuits to urban walking as a slow way to explore a city. Read more about [Trekking in Tuscany](#).

Another enjoyable way to visit Tuscany is to follow in the footsteps of medieval pilgrims and travel the **Via Francigena**, the ancient route that leads to Rome from France. Read more about this [Tuscan Path](#).

If you're into **extreme sports**, try Vie Ferrate in the Apuan Alps, well-equipped rock faces that are perfect for those who crave more than a mountain walk. For this kind of excursion, special equipment is essential: harnesses, helmets, lanyards, karabiners and energy absorbers. You can rent the equipment from Club Alpino Italiano in Florence and even ask for a mountain guide. Read more about the [Vie Ferrate](#) in Apuan Alps.

Tuscany is home to plenty of **extreme sports**.
Here is a list of activities you can practise [from rafting to parachuting](#).



SPORTS

BY, IN, OVER THE SEA

TIRED OF
BUILDING
SAND
CASTLES?

Here are 10 exciting activities to do by the coast:

- 1 Scuba diving at **Elba Island** to admire almost every species of flora and fauna of the Tyrrhenian Sea.
- 2 Windsurfing in the Gulf of **Baratti**, pushed along by the *Libeccio* wind.
- 3 Kayaking along **Monte Argentario's** coastline to discover its most enchanting areas.
- 4 Playing beach volleyball with locals on the fine sandy beaches of **Vada**.
- 5 Discovering beach-tennis, the sport that merges beach volley and tennis, in **Viareggio**.
- 6 Snorkeling in the crystal clear waters of Giglio Island, one of the seven jewels of the **Tuscan Archipelago**.
- 7 Sailing at sunset around the wild island of **Capraia**, and being left speechless by the colors of its rocks.
- 8 Kitesurfing in the bay of the lovely village of **Talamone**, one of the most renowned spots for this sport.
- 9 Enjoying a whole day spent fishing, a journey into the blue of the Tuscan parkland and taste the best seafood cooked directly on the boat. [Read more about fishing tourism.](#)
- 10 Sunbathing and eating watermelon... because you're on holiday, after all!

3



A RIDE ALONG ETRUSCAN PATHS

EXPLORE TUSCANY DUG OUT OF TUFA

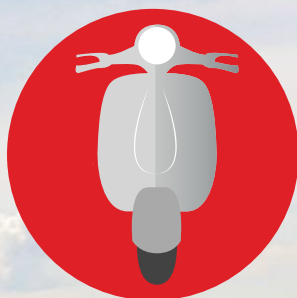
The ***vie cave*** is a network of incredibly **narrow roads** that the Etruscans **cut into mile-high tuff (tufa) stone** (in some cases even 25 meters tall!) in the Maremma area, south of Tuscany. How did they do it? Actually, that's still a bit of a mystery!

This network of trails was built to connect numerous Etruscan settlements and necropolis around the area of **Sovana, Sorano** and **Pitigliano**. Because of their characteristics, the *vie cave* were also an effective defense system against possible invaders.

Traveling these *vie* is an unforgettable and unique experience. It's also a different way to explore this picturesque part of Tuscany, with its wild landscape and three beautiful tufa towns.

The routes are easily walkable, but to add a little adventure to your family's holiday... ride a horse!

4



A VINTAGE RIDE IN TUSCANY

**ENJOY A
TIME
TRAVEL ON
A VINTAGE
VEHICLE**

Want more fun? Take the beautiful landscapes of our region, add a Vespa or a Fiat 500, shake it all together, bake it under the Tuscan sun and the recipe is ready! For example, you can discover the Valdera on a vintage Vespa following one of the itineraries of **Valdera in Vespa** or the countryside around **Siena in a vintage car**.

**This is a really romantic way of visiting Tuscany;
it's like being in a movie back in the Sixties.**

It is also fun and, if you choose the car, you can bring the whole family too. Traveling in a vintage vehicle means going slowly and enjoying the surrounding landscape.

5



ABANDONED TOWNS AND GHOST VILLAGES

LAUNCH YOURSELF INTO A LITTLE ADVENTURE

Deserted streets, abandoned shops and silent homes: you may not know that Tuscany is also the right place to launch yourself into a little adventure, exploring one of the many abandoned towns and ghost villages. A great way to unearth some **fascinating and mysterious places** that have been forsaken over the course of time, but which still preserve their charm and uniqueness.

These places are alike in their silence and atmosphere, but each possesses a different soul and have their own story to tell.

**Enjoy this unusual take on Tuscany
and be a little adventurous!**

→ **CHECK OUT
OUR DEDICATED MAP** ←



ART PARKS

WHERE CREATIVITY MEETS NATURE

What's a sculpture park? It's a great example of how art and nature can coexist and create something magical and unique.

This kind of special garden hosts sculptures and art installations, creating permanent or temporary **contemporary exhibitions**, integrated and combined with the natural elements.

The most fascinating, original and fun of all the art parks in Tuscany is probably the Tarot Garden, created by the world-renowned French artist Niki de Saint Phalle and opened in 1998. An incredible two-hectare garden in the Maremma area, containing 22 monumental figures representing the Major Arcana of the Tarot cards, made of steel and covered by concrete with mirrors, colored glass and ceramics.

"A small Eden where man and nature meet."

(N. de Saint Phalle)

→ **READ MORE** ←
THE GARDEN OF TAROT



MEDIEVAL FESTIVALS

AN EXCITING JOURNEY INTO THE PAST

Have you ever felt like **you don't belong to this era**? If you or your children dream of knights, swords, fair ladies and castles or if you are a Thrones devotee, this is your chance to finally feel at home! Summer in Tuscany is like stepping back in time: almost all the cities and towns celebrate their traditions with **re-enactments** and **festivals**. Usually, the medieval festivals take place in charming locations that you can travel through while attending the event: a **unique medieval feast** and some **must-see Tuscan towns**, you can't lose!



In May and August:

Balestro del Grifalco in Massa Marittima (Grosseto)



Between June and July:

Medieval Feast in Monteriggioni (Siena)



In August:

Volterra AD 1398 (Pisa)

Medievalis in Pontremoli (Massa Carrara)

Bravio delle Botti in Montepulciano (Siena)



Between August and September:

Palio degli Arcieri in Pescia (Pistoia)



In September:

Medieval Feast in Vicopisano (Pisa)

Palio della Balestra in Sansepolcro (Arezzo)



SUMMER MUSIC FESTIVALS

OPERA, BLUES AND ROCK AND ROLL

In Tuscany, you'll be spoilt for choice when it comes to summer music festivals.
Here is a selection of the best events:

Lucca Summer Festival can be considered the most important music event of the Tuscan summer due to the international artists on stage. It takes place every year in Piazza Napoleone (Lucca historic centre) in July.

Pistoia Blues is another event in Tuscany that is absolutely packed with good music. Every year great artists perform live in Piazza del Duomo in Pistoia in July.

Puccini Festival is dedicated to the great Tuscan opera composer Giacomo Puccini and takes place in the open-air theatre set on the Massaciuccoli lakefront, a truly striking location in Torre del Lago (Lucca). The program of the events runs from late July to late August.

For the dates have a look at this post: [top summer festivals in Tuscany](#)

Other music events that are worth a visit are:

Estate fiesolana in Fiesole
Barga Jazz Festival in Barga
Lunatica Festival
Grey Cat Jazz Festival
Metarock

Festival Sete Sóis Sete Luas
Festival delle Colline
Festival Gaber
Bolgheri Melody



SUMMER FOOD FESTIVALS

EXPERIENCE TUSCANY WITH YOUR TASTE BUDS

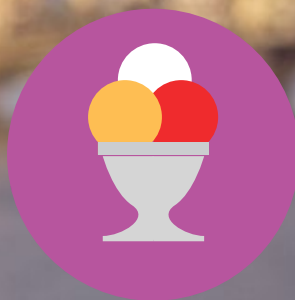
Summer in Tuscany means... *aperitivo* on the beach, wine under the stars, watermelon parties and dinner at many local food fairs or *sagre*.

Sagra del Tortello, tortello (or raviolo) is handmade pasta stuffed with a potato mixture or with ricotta and spinach. In the Mugello you can find **potato tortelli** topped with ragù, while in the Maremma the tortello is filled with **ricotta and spinach**.

Calici di Stelle, from August 1 to 10 it is time to celebrate San Lorenzo and to enjoy the Perseids' yearly falling stars while sipping a glass of wine. **Look for special dinners, shows and concerts** (with wine tastings) organized by Movimento Turistico Città del Vino.

Festa del cocomero, many towns celebrate summer with great **watermelon festivals** (cocomerate). *Ferragosto* (mid-august) in Prato means a *cocomero* party in Piazza del Comune. Every August 10, the feast day of San Lorenzo, Florentines gather around the outside of the church of San Lorenzo for free concerts, and free lasagna and watermelon.

But there is much more...don't miss the many **fish festivals** along the coast, **steak** feasts (Sagra della Bistecca) as well as the **potato and spelt** fairs celebrated up in the Tuscan mountains or in the countryside.



SWEET FUN GELATO BREAK

YOU CAN'T
BUY
HAPPINESS
BUT YOU
CAN BUY
GELATO

When temperatures rise, there is nothing better than some good **artisan gelato**. Gelato first appeared at banquets in the Medici court in Florence: a legend has it that Bernardo Buontalenti invented ice cream for the court of Catherine de' Medici in 1565. Today, shops all over the region sell fresh gelato made of just a few natural, **raw ingredients**, free from preservatives, artificial flavours and colours.

Since there are too many ice-cream stops to choose from in the summertime, we'd like to help you choose the best options

Take note of these **tips** for choosing the best **artisan gelato**.

1. Be wary of gelato displayed in **heaps**
2. Choose flavours with **natural-looking colours**
3. The **list of ingredients** should be on show in the shop
4. After good gelato you shouldn't **feel thirsty**
5. Don't be afraid to order the **local speciality**: it might surprise you!

→ READ MORE ←



HOT TIPS

Hot or super hot? What do I need to pack?

Tuscany is beautiful in any season and every month has its good reasons to welcome travelers. Tuscany is also quite diverse, so the weather differs from north to south and from the coast to the mountains. Summer is the hottest time of year, with **July** and **August** as the **warmer months**, but the climate is generally mild, with the exception of the cities which can be sometimes very hot and humid (to the delight of mosquitoes!). Rain, on the other hand, is rare. Pack light but remember a couple of heavier garments for the evening.

→ READ MORE ←

Ferragosto: empty cities and battles on the beach

Silent streets, closed shops, laid back attitude. No, it's not Sunday, and no, nothing serious is happening **it's just ... Ferragosto!**

In Italy, **August 15** (Feast of the Assumption) is a public holiday. It marks the pinnacle of the summer and the cities are emptier than ever, with (almost) everyone long gone towards the sea, mountains and country.

If you are visiting a town, you'll have a hard time finding a museum or shop that's not closed... but you'll have the place almost all to yourself. If you're at the beach, expect not to stay dry! This is the day of the *gavettoni* (splashes of water): whole stretches of beach become the battlefield of friendly wet wars, sometimes with no holds barred!

It's too hot? Undress* ...

(*not everywhere!)

Unlike just taking off a bikini top - something that happens on almost every beach - going completely naked isn't common in Italy, although Tuscany has some beaches for this. Usually, beaches for naturists can be reached after a long walk under the hot sun. The prize at the end of it is usually a deserted and pristine beach. It's always important to remember to bring food and drink with you, because it's really difficult to find any refreshments nearby. Take a look at the **naturist beaches of Tuscany**.

Contact us!

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Visit **Tuscany** 



ALLTHINGSTuscany.it