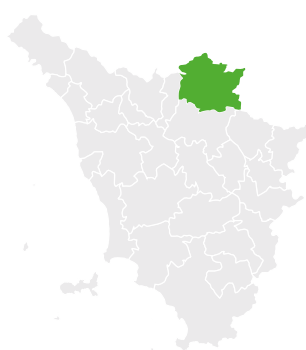


Toscana



in collaboration with



UNIONE MONTANA
DEI COMUNI
DEL MUGELLO



REGIONE
TOSCANA

www.mugellotoscana.it



Mugello Tourist Office
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50032 Borgo San Lorenzo (Florence), Italy
ph. 055 84527185
turismo@uc-mugello.fi.it

Ufficio Turismo - Ambito Mugello



THE OSPITALITY

The Mugello countryside is beautiful in all seasons: the best way to experience it is by staying in the finely restored ancient farmhouses. The farm holidays let out rooms or flats; some offer meals and the possibility of buying their produce and farm products, or offer a variety of recreational activities. It is also possible to stay in small but friendly hotels, in charming historical villas, in restored hamlets that have become country residences, and in the bed and breakfast lodgings, which are mostly to be found in farmhouses throughout the area. If you want to keep in touch with nature, you can sleep in comfortable campsites or in alpine huts and shelters.

For Information:

In the tourism official web site you can find information on all the updated tourist accommodation in the Mugello territory.

www.mugellotoscana.it



THE EXPERIENCE

In Mugello you can participate in truffle hunting, taste typical products on organized picnics, practice yoga in suggestive locations, or you can become a ceramist for a day and much more. Buy your experience on

www.tuscanymove.com/mugelloactivetravel or visit www.mugellotoscana.it to experience all the events organized in Mugello.

THE HISTORY

Quaint, ancient, intricately constructed towns are situated fairly close to one another along the flow of the Sieve River. What was once an area dominated by important Etruscan developments later becomes, in Roman times, the site of numerous colonies and hamlets. Later the Guidi and Ubaldini families, the medieval lords of the territory, come into conflict with the city of Florence, which was expanding and searching for “new lands”. The territory witnesses a remarkable period of growth in the 14th century because the Mugello basin represents an extremely important strategic and economic asset for Florence. Mugello was a source of pride for the **Medici**, whose origins lay here,

and the **Lorena** families, which invested strongly in the territory to consolidate their power in the area surrounding Florence. Numerous important structures and fortresses, castles, villas, and palaces still bear witness to this important period of growth in Mugello. In fact, even the artistic and cultural history of Florence owes much of its development to key individuals from the area. Artists such as **Giotto, Beato Angelico, Monsignor della Casa, Andrea del Castagno, and Dino Campana** were born here; important architects worked on the construction of the hamlets in the “walled lands”; and moreover, the Mugello landscape has provided inspiration for numerous Florentine paintings.

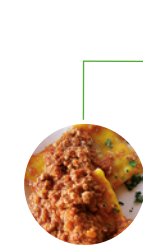


THE LAND

The territory of the Unione Montana dei Comuni unites two geographic areas: Mugello and what is known as Upper Mugello or Tuscan Romagna. The Mugello valley is situated in the upper middle part of the hydrographical basin of the Sieve River: it is an enormous valley closed in on the north by the main watershed of the Apennines (from Mount Citerna to Giogo di Villore), on the south by the spurs of Mount Giovi and Mount Senario, and closed in on the west by Mount Calvana beyond which the city and province of Prato extends. Here we find the towns of **Barberino di Mugello, Scarperia e San Piero, Borgo San Lorenzo, Vicchio, Dicomano and San Godenzo**. The Mugello countryside is varied: from the lofty crests of thick woodland where the wild boar, the roe deer and the fox reign, to the chestnut and olive groves; from the fields of wheat and sunflowers on the vast flat terraced lands bordered by cliffs, to the fertile lower valley where the main towns and roads lie. On the north side, among the towering peaks of Mugello, and the mountain passes that make their way down to Bologna and Romagna, in the upper part of the

Santerno, Senio and Lamone basins, you find Upper Mugello with such centres as **Firenzuola, Palazzuolo sul Senio and Marradi**. The huge boulders and peaks, although reaching only 1000 metres above sea level, present an exceptionally breathtaking and imposing profile. The view is dominated by uncontaminated beech, chestnut and oak woods, by vast meadows dotted every now and again with juniper bushes, and by the occasional outcrop of rock. The limpid waters and luxuriant riparian vegetation make this valley the perfect habitat for numerous species of fishes and birds. The weather shifts from the harsh Padana Planes climate, where the cold winds gust down unrestrained from the lofty Alps, to the milder Mediterranean one that is typical of central Italy. The Mugello basin, which lies just below the higher passes of the mountain chain, is often where the cold north wind meets the hot and humid libeccio, sirocco and westerly winds.

THE GASTRONOMY



TORTELLI DI PATATE



WINE AND BEER

MARRONI I.G.P



COLD CUTS AND CHEESES



In this Tuscan territory between Florence and Bologna, the traveller can discover traditional dishes and a variety of local produce that have maintained their authenticity to this day. The few dishes that have been passed down in Mugello from the gastronomic tradition of the past are all important, typical recipes with “natural” flavours, made with traditional wholesome ingredients and never with the strong spices that are often overused in modern day food. First servings often include “tortelli di patate” (small pockets of pasta stuffed with potatoes), the “tagliatelle sui funghi, sul cinghiale, sulla lepre” (thick string pasta with mushroom, wild boar or hare meat sauce), “farinata” (polenta with kale and beans), soup, and minestrone. Meat is a very important part of the Mugello cuisine: we find steaks four inches thick, but also “rosticciana”

pork ribs, and sausages or “coniglio ripieno” (stuffed rabbit), and the very particular boiled duck. The main cheese is “pecorino”, made with pure sheep’s milk, or “misto” mixed with cow’s milk; the side dishes include a tasty variety of garden vegetables dipped in batter and fried. Desserts can be quite simple like the “pan di ramerino” (sweet buns with rosemary and raisins), the “castagnaccio”, and the “schiacciata con l’uva” (sweet flat bread with grapes), classical like the tarts made with delicious jams, or more elaborate like the cake or the “budino” (pudding), from Marradi, made with the delicious “Marrone del Mugello”, the I.G.P. denominated Mugello chestnut. Everything accompanied by a fine glass of beer (spelt, bread, chestnuts...), then finish with the new vermouth and bitter strictly Mugello.



ONE, THREE, FIVE DAYS in Mugello

Mugello is in the Tuscan region and has lived for centuries under the rule, and in the shade of the city of Florence. A nature holiday between history and art.

www.mugellotoscana.it

VISITTUSCANY



1 DAY THE MEDICI ROUTE

The suggested route runs along the roads that bring to the towns of **Scarperia e San Piero** and **Barberino di Mugello**.

• The tour starts in one of the “Borghi più belli d’Italia”, Scarperia, “terra nuova” which was founded by the town of Florence in 1306, and still conserves the impressive **Vicari Palace**, which was built in the same period but has undergone numerous transformations and restorations throughout the centuries. It is the home of the **Museo dei Ferri Taglienti** – antique and modern cutlery (*ph. +39 055 8468165*). In via Solferino, the historic “**Bottega del Coltellaio**” (cutler’s shop), still stands. We strongly recommend the choice of a finely made knife in one of the many shops in the town.

• From Scarperia we suggest to stop at the famous **Mugello International Circuit**; from here continue to Sant’Agata where there is a beautiful **Romanesque church**, the **Archeological Centre**, the **Collection of sacred art** (*ph. +39 055 8406853*) and the Leprino Museum a setting with “moving dummies” (*ph. +39 055 8406850*). Once in Galliano, you can take the road down

towards **Bilancino Lake**, where you can practice many water sports, but only after a detour to the left that allows you to visit the **Bosco ai Frati Convent**, which was rebuilt according to Michelozzi’s design, by order of Cosimo de’ Medici. Inside, you find the splendid Crucifix attributed to Donatello (*ph. +39 055 848111*).

• Heading towards San Piero a Sieve, you find the **Medicean Villa of Cafaggiolo**, one of the favourite residences of Lorenzo the Magnificent, a splendid example of Renaissance architecture (*ph. +39 055 8479396*). Not far away, towering above you, surrounded by century old cypress trees, you can admire the **Trebbio Castle**: another magnificent Medici construction (*ph. +39 055 848088*). Cafaggiolo and Trebbio are both “UNESCO World Heritage Centres”. Heading towards the center of the town you will find another magnificent Medici witness, the **Fortress of San Martino** built by Bernardo Buontalenti for Cosimo I Grand Duke of Tuscany at the end of the sixteenth century.



3 DAYS BETWEEN ART AND NATURE

If you intend to spend a long weekend in the area, after the above-mentioned excursion, you might want to use the following route which winds through the towns of **Borgo San Lorenzo**, **Vicchio**, **Dicomano** and **San Godenzo**.

• In Borgo San Lorenzo we recommend a visit to San Lorenzo Church, an important Romanesque building that conserves a precious Madonna attributed to Giotto (*ph. +39 055 8459295*). We also recommend a visit to **Villa Pecori Giraldi** (*ph. +39 055 8456230*), where take place the **Chini Museum**, which presents a permanent collection of masterpieces by the artist Galileo Chini and his family, the **Chini Contemporary**, which hosts temporary exhibits of contemporary art, and the Kids Museum, an interactive area for families.

• If you are looking for a natural environment and fresh air, you can take a trip to the **Museo della Civiltà Contadina di Casa d’Erci** (museum of farm life and customs) where, apart from the visit to the country house which offers a display of farm tools and furniture, you can take a hike (max one hour) on a path that runs through the woods and across a stream;

and you can stop to eat at an equipped picnic area (*ph. +39 055 8492519* - 338 6880647).

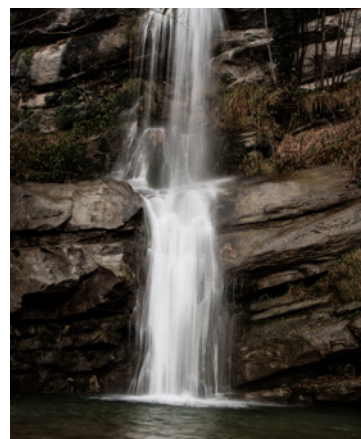
• From Borgo San Lorenzo, and arrives at Vicchio with a visit to the **Home of Giotto** (*ph. 055 844782* - 328 5990920), in his native Vespignano, and **Museo di Arte Sacra Beato Angelico** (*ph. +055 8497082* - 055 8448251) in the historical centre of the town. In the nearby of the main square, piazza Giotto, the little Montelleri Lake where you can fish, picnic or just relax.

• Heading towards Vicchio, the road takes you to Dicomano with a visit to the **Museo Archeologico Comprensoriale del Mugello e della Val di Sieve** (*ph. +39 055 8385408*). The museum offers an educational laboratory and a outstanding itinerary: it embraces a vast period with artifacts that date from as far back as the Prehistoric era and move through history until the Renaissance. Overlooking the



town, in a dominant position in the nearby of the historical centre, the **Santa Maria church** which has almost completely maintained its original Romanesque structure (*ph. +39 055 838050*). Do not miss the archaeological excavations of Frascaio (*ph. +39 055 8385408*).

• From Dicomano continue towards San Godenzo; the heart of the village is the thousand-year-old **Abbey dedicated to San Gaudenzio eremita** (*ph. +39 055 8374061*). The majestic Romanesque building, on 8 June 1302, hosted the conference between Dante Alighieri and the others exiled from Florence with the feudal lords of the area. From San Godenzo continue towards Castagno d’Andrea and the pretty church of San Martino (*ph. 055 8375027*), with frescoes by Pietro Annigoni, a tribute to the painter Andrea del Castagno and his birthplace. Located at the entrance of the Parco delle Foreste Casentinesi (*ph. +39 055 8375125*), the village houses the **Documentation Centre and the Virtual Museum Andrea del Castagno** and is the starting point for excursions on the Falterona.Falterona.



5 DAYS IN TUSCAN ROMAGNA

If you want to stay five days in Mugello, we suggest, as well as the recommended itineraries, an unforgettable visit to Upper Mugello, also known as Tuscan Romagna, through the towns of **Firenzeuola**, **Palazzuolo sul Senio** and **Marradi**.

• This territory, more than any other, has taken great care to keep and preserve its natural resources and social traditions. To reach Upper Mugello from the Mugello valley, you must take the roads that lead up to the passes (Passo della Futa, del Giogo, della Colla) that guide you over the mountain out of Tuscany and into Romagna. Upper Mugello offers its visitors many different ways of enjoying the natural environment and its incredible resources:

– **nature walks** can be taken in groups, families or alone along SO.F.T. (Florence Springs Trekking) paths: a series of trekking routes that run from the top of the mountains down to the valley, or along the reknown **Via degli Dei**: from Bologna, crossing the Mugello, till the city of Florence;

– “**equestrian-tourism**” for horse riding fans who would love to ride along

fairly easy, but extremely suggestive paths and side roads;

– on mountain **bike** you can take advantage of the fresh, clean air; on speed bike along the routes and climbs of the cycling and tourist district and the permanent patent Granfondo Cicloturistica del Mugello;

– **fishing, climbing, rafting, archery, orienteering, and many other activities** are available for those people who want to fully enjoy their spare time and get away from the stress of everyday life.

• Here, more than in any other part of Mugello, **the cuisine and the produce** have preserved their traditional genuineness. In the Marradi cuisine, numerous recipes using the “Marrone del Mugello” (Mugello chestnuts) have been handed down from generation to generation: for example, the famous cake, the delicious pudding and the



scrumptious fried tortellini. In Palazzuolo you will find cheeses with a mild flavour and delicious biscuits just like “fusaie”, “rame” and “sospiri” biscuits; in Firenzeuola the meat and the spelt are organic, and in the sprigtime “prugnolo” mushroom is very much appreciated.

• We suggest an itinerary that begins in Firenzeuola, Florentine “new land”, with a visit to the **Museum of Pietra Serena** (the typical sand stone), situated in the Town Hall, called “La Rocca”, which is dedicated to the traditional excavation, and working of the sand stone (*ph. +39 055 8199477* - 055 8199459), and a trip to the nearby Moscheta, where, besides excursions on foot or on horseback, it is also possible to visit the **Museo del Paesaggio Storico dell’Appennino** (museum of the historical Mugello Apennine landscape) in the thousand year old Vallombrosian Abbey (*ph. +39 055 8144900*).

• On leaving Firenzeuola, the route takes you to San Pellegrino, Coniale and Tirli, and after about 30 km on a road with very little traffic, you reach Palazzuolo sul Senio, another “Borgo più bello

d’Italia”. This quaint, extremely well kept medieval village on the banks of the Senio River conserves the impressive 14th century **Palazzo dei Capitani** in the main square. It is the home of the **Museo delle Genti di Montagna and Museo Archeologico Alto Mugello** (*ph. +39 055 8046008*). Not far off we can admire the Sanctuary of the Madonna delle Nevi of Quadalto, built in the 15th century (*ph. +39 055 8046072*).

• From Palazzuolo the route takes you a mere 12 km away to Marradi. The town, where the 20th-century poet Dino Campana was born and lived, preserves an important historical centre with many prestigious palaces, the extremely elegant **Animosi Theatre** with its typical late 18th century style and the **San Lorenzo Church** which holds the splendid late 15th century paintings by the Maestro of Marradi (*ph. +39 055 8045024*). From Marradi the road takes you to San Benedetto in Alpe, and just a few kilometres away you can appreciate the splendid **Badia del Borgo** (Santa Reparata in Salto), which dates back to the 11th century.



HOW TO GET TO Mugello

Access by **bus** and by **car** to the various localities in the area is excellent. From the A1 motorway, there is the exit at Barberino di Mugello and at Firenzeuola Mugello. There are also numerous interesting secondary roads. The fascinating old Faentina **railway**

line takes the visitors into the Unione Montana dei Comuni del Mugello area either from the Romagna region, with departures from Faenza, or from the Tuscan region with departures from Florence. **Local public transport** is also available within the territory.