

Trekking in Montioni Park

The Costa degli Etruschi, is the northern coast of Tuscany, along the provinces of Pisa and Livorno, and offers spectacular trekking and mountain biking trails in natural oasis. Perfect for those who want to regenerate their spirit in contact with nature.

This trail develops in the natural reserve of the Montioni National Park, a green lung and a wonderful place where to escape the heat spells of August.

Trails practicability

Point of departure and arrival: Montioni

Length: 12 km

Duration: 4 hours on foot, 2 hours on a mountain bike

Type of Route: paths and trails

Vertical drop: 320 meters

Difficulty: medium



The departure is from the lot in front of the Ristorante Foresta. After the parking lot take the dirt road that begins after the bridge over the Fosso dell'Acquanera. The slightly uphill road passes by the ancient alum kilns (stone and brick structures), and shortly after is the building where Elisa Bonaparte Baciocchi used to take her sulphurous baths. At this point the road is left behind to go down the path on the left that goes around Poggio Speranza and enters the Montioni Park. The trail is highlighted with white and red paint and the number "91".

After a steeper stretch with a curve (on the right is a stone and plaster building), the path plunges into a gallery of giant heather. Following the path and crossing a wooden fence and the white road you reach a rest area with facilities across. Here we turn right following the road up to a fork where you take the left. The road continues up to Campastrino, a hunting camp known as the Campo Diaccio, near a gate that is visible on the right. Going uphill you reach an iron bar, beyond which the road forks again: go straight uphill following the "91" signs on red and white paint and ignoring the deviation to the right. Go towards Poggio al Chiecco, the most relevant height of Montioni Park, 300 meters.

After a steep climb of about 200 meters you pass by three wooden barracks dedicated to wildlife spotting. Shortly after you reach the equipped parking area known as Poggio I Tre Cancelli. At this stage if you take a left you can return to Montioni, but the route continues on the break-fire road downhill towards Follonica for about 2 km up to the ruins of Pievaccia, immersed in the vegetation, where a rest area is provided. Here you should take a break and climb on the iron ladder to the top of the fortified church of the 12th Century to admire the unforgettable 360 degrees landscape covering the coast between Piombino and Follonica including views of Corsica (on a clear sky day), and the great green lung of Montioni Park.

From here you climb back to Tre Cancelli, where you take a right descending towards Montioni. This road offers great views of the hills of up to Larderello and unravels in a wild environment. Following the main track you will ford a small stream (which is almost always dry) to quickly reach the road and take a right. Just before the paved road, near the sign announcing the intersection, turn left into the woods on the wide path that leads at the point of departure in few minutes.