



## TOMBOLINO BOLGHERI MAREMMA, TUSCANY

### INTRODUCTION

- DAILY LIFE
- WINE AND FOOD
- WINERIES
- RESTAURANTS
- SURROUNDINGS
- SPORTS

### INTRODUCTION

The Tombolino estate is the summer residence of a well known Florentine aristocratic family. This marvellous stretch of land which runs along the famous Maremma coastline lies 1 hour south of Pisa very close to the famous village of Bolgheri which The New York Times ranked 11th out of 44 places to go in 2009.

This is what the New York Times wrote: „Four words: George Clooney was here. The Italian coast of Maremma, a raw landscape of pebbled beaches in southern Tuscany, has, for some years, been the summer playground of Italian and English aristocrats. But now the beau monde is all abuzz about Mr. Clooney's visit. And Bulgari is reportedly looking at the coastline for a resort. A clubby waterfront bar in San Vincenzo, or the two Michelin-star restaurant next door, Gambero Rosso, which the estimable food critic of Le Figaro, François Simon, once called his favorite restaurant in the world.“

The estate is made up of the main Villa, a separate apartment in the Villa, and two small houses, with their own private garden. The villa and the houses have their own access to the beach which is reached by a path leading through e beautiful pineta (umbrella pine-tree wood). Guests are given their private key to the beach. The walk alone is a joy amongst the pine trees, shrubs and succulent plants typical of this shore. At the end of the walk a comfortable wooden cabin equipped with fridge, fresh water, towels, and a shaded deck with table and chairs is perfect for picnics after a nice swim in the sea. The villa's orchard, pergola, terraces and lawns provide ample space for outdoor living.

The villa and the cottages have been newly refurbished (2008) to a high standard. The privacy of the villa and its grounds belies the fact that, as can be seen from the approach through the popular holiday resort Marina di Bibbona, it is within easy walking distance of restaurants, shops, playgrounds and sports facilities of all kinds.

Distances: Bolgheri 10 minutes, Pisa 1 hour, Lucca 1 hour, Florence, 1,50 hour, Siena 1,50 hour, Volterra 1 hour, Massa Marittima 1 hour, Populonia 25 minutes, Baratti 25 minutes, Casale Marittimo 25 minutes, Guardistallo 25 minutes, Bosco della Magona just behind Bibbona, San Gimignano 1 hour, San Vincenzo 20 minutes where you can rent private boat to go to Elba island, Piombino, where you can take the ferry to Elba 30 minutes, Roma 3,30 hour.

## TOMBOLINO BOLGHERI

2/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

WINERIES

RESTAURANTS

SURROUNDINGS

SPORTS

## DAILY LIFE

The village of Marina di Bibbona , at less than 3 minutes from the estate, offers excellent shopping facilities. You will find a small supermarket, a bar, a bank and a post office, as well as a typical trattoria specialised in the regional country fare.

**Grocery shop** - Centro Commerciale H Marina di Bibbona Via dei Melograni 26 + Opening 8 am to 8 pm.

**Supermarket** - CONAD - big supermarket with very good food in Cecina (Via Pisana Livornese). Otherwise there is a small supermarket in Marina di Bibbona (Centro Commerciale H).

**Greengrocer** - Centro Commerciale H (see above), otherwise along the main road driving towards Bolgheri you can buy fruit and veg directly from the producer.

**Pastry Shop** - Pasticceria Celli, Via Aurelia Nord 30, La California.

**Bakery** - „Il Paniere“ in the Centro H in Marina di Bibbona is a good bakery or Panetteria Celli Lauro, Via Aurelia Nord 1, La California

**Fresh fish** - very good Fish at CONAD supermarket or ask the caretaker Giulietta or her husband.

**Shopping on a Sunday** - All shops are open on Sunday in July and August, during the other months try the market at Cecina Mare.

**Markets**

Cecina Mare: Sunday

Rosignano: Monday

Cecina: Tuesday,

Pisa: Saturday, Livorno: Friday

Marina di Bibbona: Wednesday

Bibbona & Castiglioncello: Thursday

Markets are open until 1 pm.

**Bank**

In Marina di Bibbona

Cassa di Risparmio di Volterra

Via dei Cavalleggeri Nord, Marina di Bibbona

In Bolgheri

Cassa di Risparmio di Livorno, Filiale di Bolgheri

Piazza Bianca Maria 6 - 57020 Bolgheri (LI)

Tel&Fax: 0565 762008

**Post office** - Via 1 Maggio 28 La California and in the village of Bolgheri, open from 8.15am to 1.30 pm

**International newspapers** - Centro Commerciale H, Marina di Bibbona, Via dei Melograni 26, open 8 am to 8 pm.

## TOMBOLINO BOLGHERI

3/11

INTRODUCTION

**DAILY LIFE**

WINE AND FOOD

WINERIES

RESTAURANTS

SURROUNDINGS

SPORTS

### Tourist Office

Ufficio Informazioni La California, Via Aurelia Nord 6 , Bibbona, phone: (+39)0586 677581 (open all the year)  
 Ufficio Informazioni, Via dei Cavalleggeri Nord, Marina di Bibbona, phone: (+39)0586 600699

### Pharmacy

Farmacia Giuseppe Gentili  
 Via Della Camminata 3, La California  
 Telephone + 39 0586-677242;  
**Private Doctor** - Dott. Prunetti + 39 0586 677 516

**Train station** - the nearest and most convenient train stations are Cecina (9km) and Donoratico (10km).  
 Timetables are available on : [www.trenitalia.it](http://www.trenitalia.it) The site exists in English.

### Bus station

In front of the Bolgheri train station and the Cecina train station  
 ATM Piombino : + 39 848.580.028 - <http://www.atm.li.it/orari.asp>  
 Autobus ATL Cecina + 39 0586.680583

**Petrol station** - There is a petrol station just after the first roundabout before entering the resort of Marina di Bibbona

**Taxi** - Barsotti + 39 0586.600703 or + 39 338.8536249 or +39 328.4880494

### Car Rental

Palazzo Galleria, Viale Italia, 45  
 57023 Cecina  
 Phone : (0586) 635742  
 Fax : (0586) 638866  
 Opening hours  
 08:30am to 12:30pm and 3pm to 7pm from Monday to Friday  
 08:30am to 12:30pm on Saturdays. Sunday closed  
 or  
 Pisa Airport

### Internet

The villa is equipped with an fast internet connection.  
 Guests of the smaller houses can find an internet café in Cecina:  
 Bar Jolly, v. Pietro Gori n°37 - Cecina - Tel: 0586.681304

## TOMBOLINO BOLGHERI

4/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

WINERIES

RESTAURANTS

SURROUNDINGS

SPORTS

## WINE AND FOOD

It is here that Bolgheri DOC wines are produced - world-class wines such as Sassicaia, Guado al Tasso and Ornellaia as well as numerous others of the highest quality. This "Eldorado of Italian wine" as it has been called, is the result of nature's generosity, the climate and the talent of its wine makers. Bolgheri has become one of the most interesting and gifted areas in the whole universe of wine thanks to some illuminated personages, among such as Mario Incisa della Rocchetta, the oenologist Giacomo Tachis and the Marchesi Piero and Lodovico Antinori. The experimental use of "international" grape varieties such as Cabernet Sauvignon, Cabernet Franc, Merlot, and the constant research for innovation and quality has attracted the interest and support of the best world wine critics such as Veronelli, Marvin Shenker and well know national and international wine producers.

## WINERIES

**Tenuta Dell'Ornellaia**

Tenuta dell'Ornellaia is amongst the most famous to date of all of Maremma's vineyards and wineries. Founded in 1981 it comprises of 192 hectares (at Ornellaia and the adjacent property of Bellaria) producing internationally renowned and extensively written about wines.

Their wines

Vino rosso: red wine

\* Ornellaia Bolgheri DOC Superiore . 60% Cabernet Sauvignon 22% Merlot 14% cabernet Franc 4% Petit Verdot. First produced in 1985, this was the flagship wine.

\* Le Serre Nuove dell'Ornellaia Bolgheri DOC Rosso 50% Merlot 35% Cabernet Sauvignon 9% cabernet Franc 6% Petit Verdot

\* Le Volte Toscana IGT 52% Sangiovese 36% Merlot 12% Cabernet Sauvignon

\* Masseto Toscana IGT 100% Merlot

Wine tasting and tours

Tours of the estate and cellars with wine tasting - with or without dining at the estate - can be arranged.

Reservations in advance are required. Please contact:

Tenuta dell'Ornellaia, Via Bolgherese, 191

57022 Castagneto Carducci (LI)

Tel: +39 0565 718 242 or +39 056571811

Fax: +39 0565 718240

[www.ornellaia.com](http://www.ornellaia.com)

## TOMBOLINO BOLGHERI

5/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

**WINERIES**

RESTAURANTS

SURROUNDINGS

SPORTS

### Campo alla Sughera

Established in 1998 by the company Knauf, this estate comprises of 20 hectares of vines all within the Bolgheri DOC territory. The estates first wines were available for purchase in 2004.

#### Wine tasting and tours

Guided visits of the vineyards and 10 metre deep underground cellars with wine tastings are possible by prior appointment. Themed tasting sessions for small groups (of up to 15 people) combined with local excursions are also possible upon prior appointment. Please telephone or email.

Località Caccia al Piano, 280

57022 Bolgheri (Livorno)

Tel: +39 0565 766939 or +39 347 7126160

Fax: +39 0565 766938

www.campoalsughera.com

#### Their wines

Vino bianco: white wine

\* Achenio Bolgheri Bianco DOC Vermentino Sauvignon Blanc and Chardonnay

\* Arioso IGT Toscana Bianco Sauvignon Blanc and Viognier

Vino rosso: red wine

\* Arnione DOC Bolgheri Rosso Superiore Cabernet Sauvignon, Cabernet Franc, Merlot and Petit Verdot

\* Adèo Volgheri Rosso DOC Cabernet Sauvignon and Merlot

### Castello Di Bolgheri

The 130 hectare estate and Bolgheri Castle belong to the "Conti della Gheradesca" - Counts of Gheradesca, currently Countess Franca Spalletti Trivelli and Count Clemente Zileri Dal Verme. All of the fifty hectares planted with vines are within Bolgheri DOC territory.

#### Wine tasting and tours

Tastings and guided visits of the cellars by appointment - telephone or email.

57020 Bolgheri

Castagneto Carducci (Livorno)

Tel: +39 0565 762110

Fax: +39 0565 762116

www.castellodibolgheri.eu

#### Their wines

Vino rosso: red wine

\* Castello di Bolgheri DOC Superiore Cabernet Sauvignon, Merlot and Cabernet Franc

\* Varvèra DOC Bolgheri Rosso Cabernet Sauvignon, Merlot, Syrah and Petit Verdot

### Azienda Agricola Eucaliptus

A family-run wine and olive oil estate with an agriturismo farmhouse and apartment accommodation. Three hectares of vineyards at the foot of the Castagneto Carducci hills.

#### Wine tasting and tours

The cellar is open every day for tasting both their wines and farm products.

Via Bogherese, 275/A

57020 Bolgheri (Livorno)

Tel. & Fax: +39 0565 763511

www.agriturismoeucaliptus.com

#### Their wines

Vino bianco: white wine

\* Le Pinete Toscana IGT Vermentino 85% Vermentino 15% Chardonnay

Vino rosso: red wine

\* Clarice Bolgheri DOC Rosso 60% Cabernet Sauvignon 40% Syrah

## TOMBOLINO BOLGHERI

6/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

**WINERIES**

RESTAURANTS

SURROUNDINGS

SPORTS

### Azienda Agricola di Vaira Vincenzo

Established in 1978, Di Vaira is a 50 hectare family-run farm - Vincenzi di Vaira, his wife Emanuela Granchi and their daughters Sara and Romina Di Vaira - with four hectares of vines and olive groves.

#### Wine tasting and tours

Guided tours - of about one hour - with explanations of the cultivation and production techniques used on the farm, plus tastings of all of the azienda's products, are possible for both small and large groups. It is suggested that you book in advance to do so.

Via Bolgherese, 275/A  
57022 Bolgheri (Livorno)  
Tel. Fax: +39 0565 763581  
www.vincenzodivaria.it

#### Their wines

Vino bianco: white wine

\* Caccia al Palazzo Bianco Bolgheri DOC 80% Vermentino 20% Malvasia

Vino rosso: red wine

\* Caccia al Palazzo Rosso Bolgheri DOC 50% Cabernet Sauvignon 50% Merlot

\* Le Ballerine Rosso Toscana IGT 70% Cabernet Sauvignon 30% Merlot

### Fattoria Terre del Marchesato

Established in 1954 within the DOC Bolgheri territory, Fattoria Terre del Marchesato is a family-run estate - the Fuselli family - with its first vintage in 2003.

#### Wine tasting and tours

Guided visits to the estates vineyards with wine (olive oil and local products) tasting in the cellars and tasting rooms can be arranged. Enquiries via the wineries website contact form.

Località S. Uberto. 164  
57020 Bolgheri (Livorno)  
Tel: +39 0565 749752  
Fax: +39 0565 749619  
www.fattoriaterredelmarchesato.it

#### Their wines

Vino bianco: white wine

\* Emilio Primo Vermentino IGT Toscana Bianco 100% Vermentino

\* Papeo Vermentino Riserva Bolgheri DOC 100% Vermentino

Vino rosso: red wine

\* Aldone Merlot Toscana IGT 100% Merlot

\* Marchesale Syrah Toscana IGT 100% Syrah

\* Tarbuso Toscana IGT Rosso 90% Cabernet Sauvignon 10% Syrah

\* Emilio Primo Rosso Toscana IGT Cabernet Sauvignon, Merlot and Syrah

## TOMBOLINO BOLGHERI

7/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

WINERIES

**RESTAURANTS**

SURROUNDINGS

SPORTS

### RESTAURANTS

Where there is great wine there tends to be great food and the Gambero Rosso, voted the best restaurant in Italy and with 2 Michelin stars, is in one of the seaside resorts along the coast.

Restaurants in the area

#### **Ristorante Gambero Rosso di San Vincenzo**

Piazza della Vittoria 13, San Vincenzo (LI),  
Tel.: 00390565701021

#### **Ristorante Da Andrea**

Via Baldissera 3 Marina di Cecina, Tel.: 00390586 620143

#### **Ristorante La Pineta di Luciano Zazzeri**

Via dei Cavalleggeri Nord , Marina di Bibbona  
Tel.: 0039 0586 600016.

One of the best fish restaurants in the area recommend to reserve a table much in advance as it is quite booked in high season.

#### **Osteria Magona**

Piazza Ugo 2/3  
Bolgheri , Tel.: 0039 0565 762 173

#### **Enoteca Tognoni**

via Lauretta 5  
Bolgheri, 57020 Castagneto Carducci  
Tel.: 0039 0565 762001

#### **Ristorante La Carabaccia**

<http://www.lacarabaccia.it/>

#### **Enoteca San Guido**

Bolgheri  
<http://www.enotecasanguido.com/ita/index.asp>

## TOMBOLINO BOLGHERI

8/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

WINERIES

RESTAURANTS

SURROUNDINGS

SPORTS

## SURROUNDINGS

**Bolgheri** - is a small village, a group of houses gathered around the two squares and owes its fame to the majestic avenue of cypress trees planted in 1831, connecting in San Guido, known for being a source of inspiration of the poet Giosuè Carducci. The poet lived in Bolgheri from 1838 to 1848 and many of his works told of life, character and environment of the small village. The village is entered through a 16th century castle in red brick. The historical center has kept its original aspect and you feel the sensation that time has stopped.

**Castagneto Carducci** - an enchanting medieval village built around the Gherardesca Castle. In 1907 the name of this municipality was changed in honour of poet Giosuè Carducci who spent a year here with his family. The medieval castle has been enriched in time and offers stunning views of the valley while the church of the Madonna del Carmine was built in neo gothic style in 1786. Each spring Castagneto is the venue for a major gourmet festival which attracts enthusiasts from all over Italy.

**Suvereto** - the town is a splendid medieval village whose origins date back to before the year 1000. Situated on the slopes of the hills overlooking the Costa degli Etruschi, it is a true jewel, rich in history and art, set in the green valley of the River Cornia. The town keeps its antique traditions alive through magical festivals inspired by historic and folklore that are held throughout the year, thanks to the mild climate. One of the most looked forward to events, "Serate medievali", is held in July.

**Sassetta** - is a charming little historical village on the Costa degli Etruschi, set among woods and stands of chestnuts on a hilltop overlooking the sea. This Medieval stronghold still contains reminders of its past, such as the Romanesque baptismal font, a 15th century painting of the Virgin, a rock crystal crucifix (15th-16th century) and other paintings which are to be found in the ancient church of St Andrew Apostle.

**Campiglia Marittima** - situated on a hill overlooking the sea and the surrounding countryside, Campiglia Marittima is one of the loveliest old hill towns on the Etruscan Coast. This hill town, formerly a medieval castle, is full of history and tradition. The streets, the paved alleys and the buildings are harmoniously arranged in concentric semi-circles, and city walls enclose the old town.

**Piombino** - is situated on a promontory jutting out into the sea. It was the capital of an ancient Italian state and is heir to classical and medieval, as well as Etruscan metalworking traditions. What was once the port of Falesia (to which there are historical references dating back to the 5th century A.D.) is today Tuscany's most important passenger port, connecting the mainland with the Island of Elba, the Tuscan Archipelago, Sardinia and Corsica.

**Massa Marittima** - here, in one of Etruria's oldest and most prosperous communities, the same minerals that were extracted 2,500 years ago are still being mined. The first miner's code in Europe was drawn up here in 1310. Three years earlier, the graceful Romanesque-Gothic cathedral was completed. Decorated with three orders of arches and slender columns supported by lion-headed capitals, it stands on a steep flight of stairs above the square that contains Massa's medieval buildings, an architectural grouping characteristic of 13th-century Tuscan cities: the travertine Palazzo Pretoria of 1230 with its escutcheons of former mayors, the Palazzo Communale, formed of three crenelated tower-houses and decorated with frescoes, among them a Lorenzetti Madonna.

**Populonia** - was the only ancient Etruscan city situated on the sea. It is situated on the top of a hill, with the sea all around. The walls which are of medieval origin were built for defence against the Barbary pirates. Within the walls there is a quaint little village with some elegant shops. From the top of the fortress there is a magnificent view of the Tuscan Archipelago.

**The Parks of the Val di Cornia** - the parks stretch along the coastal strip opposite the Island of Elba. The various archaeological and natural sites of the Parks make this area an interesting alternative to the traditional tourist destinations: a place where nature and archaeology converge to let you discover the charm of the "Toscana Minore". More information on [www.parchivaldicornia.it](http://www.parchivaldicornia.it)

## TOMBOLINO BOLGHERI

9/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

WINERIES

RESTAURANTS

SURROUNDINGS

SPORTS

## Beaches

The coast between Livorno and Piombino is a succession of famous resorts and well-maintained clean beaches, many of which have been awarded Europe's Blue Flag various times. Click here for more information: [www.blueflag.org/Menu/Criteria/Beach+Criteria](http://www.blueflag.org/Menu/Criteria/Beach+Criteria).

**Castiglioncello**

Clear blue sea and sandy beaches surrounded by pinewoods and hills that fall right down to the sea forming cliffs. Castiglioncello has long been celebrated by artists, writers and leading cultural figures.

**Vada to the south of Rosignano**

Is a peaceful vacation spot known for its fine white sand beach and clean sea often used as set for films and photo reportages

**Marina di Cecina**

Largest beach resort on the Etruscan Coast. Marina di Cecina offers numerous beach concessions equipped for practicing all kind of marine sports, windsurf and sailing schools.

**San Vincenzo**

Sandy beaches, beach clubs.

**Rimigliano Park**

Is located along the coast road leading from San Vincenzo to Piombino. It is a natural oasis characterized by sandy dunes.

**Golfo di Baratti beach**

A beach in one of the most beautiful gulfs of the coast; it has a pinewood.

**Le Gorette** - North of Cecina

Large beach of dark fine gravel.

**Spiaggia del gineprino** - Marina di Bibbona,

Wide sandy beach sculpted by sand dunes.

## Spa

**The Tombolo Talasso Resort**

Beautifully Thalasso and Spa resort featuring 5 sea water pools in an enchanting grotto and a wide selection of treatments brimming with the benefits of seawater, salts, algae, and mud as well as relaxing, holistic, oriental and beauty massages.

Via del Corallo 3, - 57024 - Marina di Castagneto Carducci (LI)

phone: +39 0565 74530 - fax: +39 0565 744052 - [www.tombolotalasso.it](http://www.tombolotalasso.it)

**Terme Valle del Sole di Venturina**

Venturina, Via Aurelia nord 18, phone +39 0565 851066, [www.termediventurina.it](http://www.termediventurina.it)

The hot springs of the Valle del Sole were already known by the Romans and the Etruscans who appreciated their curative properties. The spa facility "Valle del Sole" was build around the hot springs. It has been recently renewed, enlarged and equipped with a beauty centre that offers crenotherapy, beauty treatments, hot water swimming pool and hydromassage.

**Calidario Terme Etrusche**, Via del Bottaccio, 40, 57021 Venturina (LI) - Toscana, phone 0565 851504.

[www.calidario.it](http://www.calidario.it)

## TOMBOLINO BOLGHERI

10/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

WINERIES

RESTAURANTS

SURROUNDINGS

SPORTS

## Events

Sporting events connected with the sea, gastronomic events, historical re-enactments are just some of the main attractions held year round on the Costa degli Etruschi. Among the most interesting sea-going events are:

**Effetto Venezia**

Ten days of music, performances, entertainments in Livorno. „Effetto Venezia“ takes place during the first days of August amidst the canals, squares and bridges of Venezia Nuova. You can find a programme on: [www.effettovenezia.it](http://www.effettovenezia.it)

**Accademia Navale e Città di Livorno Trophy - end of April.**

Sailing regatta which began in 1981 to celebrate the Naval Academy's 100th anniversary. The regatta lasts for a week and teams from all over the world take part in the various races. A number of related events also take place in the town, especially in the port area, during that week

**Palio Marinaro**

Livorno's most important rowing race of the year. It takes place on the second Sunday in July. The venue for the Palio is the open sea, opposite the Terrazza Mascagni.

**Coppa dei Risiatori**

The first of the three most important rowing races that take place in Livorno every year. It takes place on the second Sunday in June.

**Coppa Ilio Barontini**

The Coppa Ilio Barontini takes place after dark on the last Saturday in June.

## Other suggestions...

**Convivia i Bibbona**

An enogastronomic festival with tasting of wines and typical Tuscan products (like the wine D.O.C. "Terratico di Bibbona") gladdened by various performances and itinerant music. In August.

**Castagneto a Tavola**

Castagneto Carducci celebrates its enogastronomic traditions with the "Castagneto Tavola" festival in April which offers wine tastings, themed dinners, workshops and open cellar visits.

**"Festivity of autumn"**

Festival that takes place in Sassetta in October and that devote particular interest to the typical gastronomy.

**Gioco del Ponte (Battle of the Bridge)**

Teams from the two banks of the Arno grapple with one another on the Mezzo Bridge in Pisa. In June

**Candlelight Pisa Festivities in Pisa Luminara di S Ranieri Pisa**

This event takes place on the eve of the patron saint's feast day (June 16) the event before the Regata St Ranieri Pisa and transforms the lungarni into a phantasmagoric fairy-tale setting. Sham architecture ('machines') and a firework spectacle at the Cittadella Vecchia make this event, which dates back to 1688, even more fascinating.

## TOMBOLINO BOLGHERI

11/11

INTRODUCTION

DAILY LIFE

WINE AND FOOD

WINERIES

RESTAURANTS

SURROUNDINGS

**SPORTS**

### SPORTS

#### Tennis

Camping Free Time

Via dei Cipressi,

Marina di Bibbona (LI), Italy - Tuscany

<http://www.freetimecamping.it/camping-etruscan-coast-bungalow-livorno-campsite-pool-tuscany.asp>

#### Golf

4 golf courses can be reached from here. The most famous, the 18 hole Punta Ala golf club is at a 50 minutes drive.

1) <http://www.golftirrenia.it/en/index.asp>

2) <http://www.golfclubtoscana.com/>

3) <http://www.puntaala.net/golf/>

4) <http://www.versiliagolf.it/>

#### Bike rental

The area is excellent for biking. Many champions come here to do their training.

<http://www.emeraldtrail.com/tuscany-italy-bicycle-tours.php>

#### Horse Riding

Centro Ippico La California Club

Via Melograni 2 - 57020 Bibbona. phone/fax 0586 600294. As from 8 years.

#### Sub Diving

Centro sub cecina

Via Ginori, 59, 57023 - Marina di Cecina, phone:tel. 0586 622412, tel. 339 2693845,

website: [www.centro-sub.com](http://www.centro-sub.com)

#### Windsurf/ Sailing/ Boat Rental (catamaran, canoe, pedalo, sailing boat)

Spot One

Cecina, Loc. Capocavallo Le Gorette, Cecina Mare, phone 328 5444823 - 347 6121518,

website: [www.spot1.it](http://www.spot1.it). Lessons for children and adults. Rental of umbrellas with sunbeds.