



Canyoneering in Tuscany's
Rio Selvano.

A WORLD OF ADVENTURE

Epic Trips on All Seven Continents



TUSCANY, ITALY

AN ADVENTURE RENAISSANCE



EVEN JUST saying the word *Tuscany* feels relaxing. But don't mistake this part of Italy for being *only* about vineyard tours and villa escapes. The region has long been an under-the-radar haven for plucky Italians seeking out an adrenaline buzz, as I learned last year.

Mountain ranges like the dramatic Apuan Alps, which rise 6,000 feet from the Mediterranean Sea, and dormant volcanoes like Monte Amiata provide thrilling downhill mountain-bike runs and networks of forest hikes. There are quiet roads and gravel trails for road cycling, plenty of crags and ridges for climbing, and even canyoneering in narrow river canyons. Tuscany also has 140 miles of coastline for sailing, kayaking, or SUP-ing. Best of all, the region is chock-full of geothermal activity, meaning it's littered with (mostly free) hot springs like those in the town of Saturnia, where hot sulfur pools are perfect for sore muscles. And yeah, there's no shortage of vino to relax with, too. —YVONNE GORDON



1. BIKE PARKING

Monte Amiata ski resort has a beech forest with, come summer, 22 miles of downhill trails. Stay at the Hotel Le Macinaie (\$55 per night), across from a local bike park.

2. ESTATE PLANNING

If you're headed to Tuscany, R&R is a must at some point, and there's no better place than Villa Barberino, which dates to the 14th century and has a pool and gardens overlooking a peaceful valley.

3. AN ELBA ESCAPE

The Ligurian Sea coastline is stunning, with the Tuscan Archipelago's seven islands just offshore. You can sail to the largest, Elba, by taking a boat from Piombino, then hike to the top of 3,343-foot Monte Capanne. It may be the Mediterranean's best view.

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