

5 Reasons to Cycle Tuscany

Tuscany is by far one of [Italy's](#) most amazing destinations to visit. From breathtaking scenery to fine art and delectable cuisine, there's something for everyone in this beloved region. And the landscape itself, with its rolling hills, peaceful coastline and winding mountain paths creates the perfect environment for cycling enthusiasts of any skill level.

There are countless reasons you should grab your bike and head to [Tuscany](#), but here are 5 of the most compelling.

- *La Dolce Vita ("the sweet life")*

If there's one thing Italians know how to do it's relax. For that very reason people from all over the world come to Italy, particularly Tuscany, to slow down and appreciate the finer things in life for a while. The Italian people are friendly, welcoming and love to socialize over food and fine wine. Mealtime in Italy typically lasts anywhere from one to three hours, during which time just about everything shuts down. A leisurely bike ride followed by a long, bountiful lunch is a typical day in Tuscany. It's a real lesson in relaxation and an amazing experience – for Italians life truly is sweet.

- *Wine*

Tuscany is perhaps best known for the incredible wines that are produced there. In particular, red wines such as Chianti, Vino Nobile di Montepulciano and Brunello di Montalcino. There are also white wines and fine dessert wines produced in this region, which are sought after and enjoyed throughout the world. The Chianti region is classified as the world's largest wine region and for good reason. Over eight million cases are produced there annually. The soil and climate in Tuscany create the perfect environment for growing high quality grapes. A visit here means a taste of some of the most exquisite fine wines on the planet, so take a break and enjoy.

- *Food*

Eating in Italy is more than a way to get nourishment – it's an art. Dining is a social event for the Italians, a chance to relax and enjoy one another's company. And the food enjoyed there is nothing short of amazing. Tuscany in particular is home to such delightful treats as Pecorino (regional goat cheese) and a variety of meats such as wild boar, hares, deer and pheasant, all prepared with fresh local herbs and olive oil. It's no wonder the people who live there take eating so seriously. Once you try the Tuscan cuisine, you'll understand why eating is such an important part of the lives of those who live there.

- *Florence*

A trip to Italy wouldn't be complete without a visit to the city of Florence, home to what is widely considered some of the world's most incredible works of art. History's timeless treasures fill the museums, churches and palaces of the area. Additionally, Florence houses many beautifully designed buildings and ancient structures, such as the Baptistery, the Bargello, the Uffizi, the Accademia and the Cathedral, a magnificent Gothic structure that has towered over the city since the 13th century. As a whole, Florence is easily considered the Capital of the Renaissance and of art in general. And the best part is it is perfectly situated for a stopover before or after cycling through Tuscany.

- *Cathedral of Santa Maria*

Built on the site of the 7th century church of Santa Reparata, this massive structure designed by Arnolfo di Cambio still stands proudly overlooking the city of Florence. Its beautifully crafted dome, which was added during the 15th century, contributes to the wonder of the magnificent structure. Visitors can climb the 463 steps to the top, where they can experience the intricate artwork of Giorgio Vasari and get a glimpse of Florence as seen from high atop the largest brick dome in the world. The Cathedral has been named a UNESCO World heritage site and is considered an architectural masterpiece.

While just about any place in [Italy](#) could be considered a lovely place to visit, the region of [Tuscany](#) is arguably one of the country's absolute finest. Whether it's timeless art, beautiful scenery or delectable wine and cuisine you seek, [Tuscany](#) has something to offer just about anyone, particularly cycling enthusiasts. For the reasons listed here, and countless others that you'll only discover by visiting there yourself, Tuscany is sure to leave you with memories to last a lifetime.