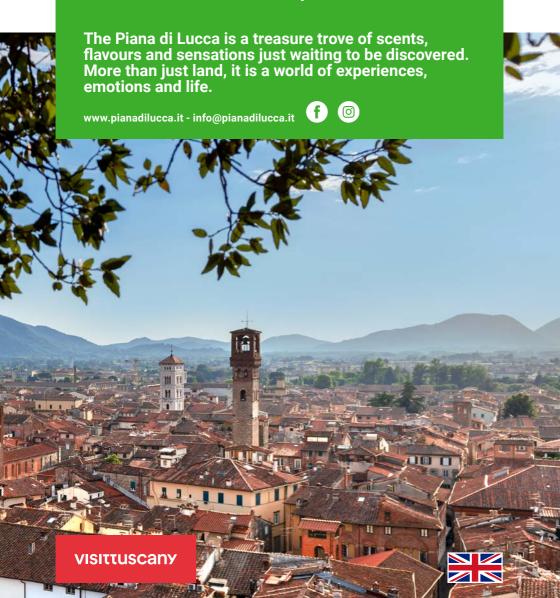


6 towns, 1 land, countless experiences.











The Piana di Lucca, a land of art, history and nature, reveals itself by showing us a specific unit of measurement of beauty: emotion.

Emotions make this land unique and unrivalled, and they can be experienced on countless paths to discover its magnificent secrets.

In our collective imagination, this land is famous for the **City Wall** of Lucca, **Giacomo Puccini**, the **historical villas** located on the hills, and the stages of the **Via Francigena**. In recent decades, these have been joined by the large-scale **international events** of Lucca Comics & Games, Lucca Summer Festival and the Festa dell'Aria in Capannori.

These remain the landmarks and the calling cards, but there are many more reasons for walking the paths of the Piana di Lucca, and all offer surprises. The scenery presents itself in a new way each time, making the emotion of a first visit, a return visit and, why not, even a permanent residence, unique.

Geographically, the Piana di Lucca is a flat area that embraces the city of Lucca and other neighbouring areas. Specifically, it is composed of the extension of six towns: Lucca, Capannori, Porcari, Altopascio, Montecarlo and Villa Basilica.

Each with its own unique characteristics, together they sketch a uniform area that also includes many natural sites, such as the River Serchio, the Pizzorne Plateau, Mount Pisano and numerous wetland areas. These six towns contribute with many shades of colour to create that extraordinary **multifarious land** which is the Piana di Lucca, a dynamic and variegated landscape, which joins history and modernity, urban centres, medieval villages and natural landscapes.

All you have to do now is measure our beauty with your eyes.

LITTLE HISTORY

Going back in history, we have to go back to the time of the Etruscans, the first to inhabit this area washed by the River Auser, today the Serchio, around the 8th century BC. The Romans conquered it in 180 BC and founded the "Luca" colony.

A crucial event occurred in the 6th century with the intervention proposed by Bishop Fredianus, thanks to which the northern area of the Piana di Lucca was fully reclaimed to protect the land against the continuous flooding of the river.

Later, during the Lombard period (6th - 9th centuries), the Piana di Lucca became part of the Duchy of Lucca, remaining annexed to it until the reign of Castruccio Castracani (about 1330) drew to a close. Within a century and a half, this part of the plain was incorporated by the Republic of Florence, which later evolved into the Region of Tuscany.

During the Middle Ages, buildings and realities gradually emerged and consolidated the identity of the land: Zecca di Lucca in 680, the pilgrimages along the Via Francigena (10th century), the castles of Lucca, Altopascio, Montecarlo, Nozzano Castello around 1000, the towers and the new City Wall of Lucca and the gates around 1200.

In the mid-15th century, the borders of the Piana di Lucca were clearly defined; in addition to the current towns of Lucca, Capannori, Porcari, Villa Basilica and Altopascio, they included other lands that are now part of the towns of Pescia, Pescaglia, Camaiore and Massarosa.

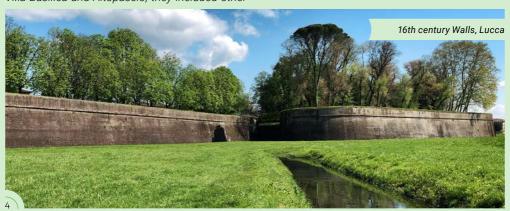
During the **Renaissance**, the Piana di Lucca went through a period ruled by Paolo Guinigi, around 1400, and this marked the beginning of various mercantile and trading activities. Building work continued between 1400 and 1500, including the construction of the perimeter of the third circle of the Lucca Walls.

Continuing to maintain its status of an independent republic, the 1600s represented the period of maximum splendour because of the numerous and wealthy merchants and bankers. The restructuring as residences of the villas on the hills, the city palaces and the rural courts,

dates back to these decades.

In 1799, the Piana di Lucca fell into the hands of the Napoleonic Empire. Napoleon's sister Elisa Baciocchi, succeeded by the Bourbon family, was assigned the renamed Principality of Lucca and Piombino. The Duchy of Lucca, created by the Congress of Vienna, was ceded to the Grand Duchy of Tuscany in 1847. Shortly after, in 1860, it was annexed to the Kingdom of Sardinia, and to what would become the Kingdom of Italy.

This century also saw the construction of the Nottolini Aqueduct, the renovation of the Walls and the opening of Manifattura dei Tabacchi with the start of the production of Tuscan cigars. Eugenio Barsanti and Felice Matteucci invented the first internal combustion engine.







Left: Lazzareschi Foundation, Porcari

Right: Porta San Jacopo, Altopascio

Proud of its desire for independence through the trials and tribulations of Italian medieval and Renaissance history, the Piana di Lucca has become one of the **most beautiful and beloved art locations in Tuscany**, appreciated by tourists from all over the world.

As part of a visit to Tuscany or Italy, it is a must-see site, a beautiful island of authenticity and uniqueness, a true artistic and architectural heritage of immeasurable value.

Time spent here amounts to a dimension suspended in time; past and present co-exist, inextricably and harmoniously linked, just like tradition and innovation.

As visitors travel the paths of the Piana di Lucca, they will feel a sense of well-being that pervades the senses with flavours, scents and joy for the eyes.

Art, nature, food and wine or business, it does not matter. The important thing is to be here and experience one-off emotions. This land has plenty to offer and is able to satisfy as many individual needs. Here, you can organise and plan your trip down to the smallest detail or proceed in a more adventurous manner following the inspiration of the moment, deciding each time.

Anyone can find their own way and their own unique experiences. **The choice is yours.**













6 BEAUTIES NOT TO BE MISSED



- **1**_immerse yourself in the history of the knights of Tau as you stroll around **Altopascio**
 - **2**_be amazed by the thousand shades of the camellias in the Camellia garden in S. Andrea di Compito in **Capannori**
- 3_enjoy the view from the Fortress in Villa Basilica
 - **4**_stroll through antiquity in the archaeological area of Fossa Nera in **Porcari**
 - **5**_contemplate the Volto Santo, the 8th-century wooden crucifix in **Lucca**

6_taste a vintage wine in **Montecarlo**





Detail of the Baptismal Font, Basilica di San Frediano, Lucca

This land is considered one of the outstanding art places in Italy, but its main feature is the enormous number of sites and works of artistic and cultural value that merge with everyday life. This land is more than beautiful works of art and cultural opportunities. It **embodies Art and Culture** in every fibre of its being, in its very own DNA.

Art and Culture are present in every village, in every detail, every day and every moment.

You can breathe **History** in every sanpietrino, the local stones that pave Via Fillungo in the historic centre of Lucca, in every route and walk, in the countryside of Capannori, in the courts of Porcari, in the hills of Villa Basilica, as well as in every sip of wine from Montecarlo or loaf of bread from Altopascio.

One story, in turn, woven of many others.



CHURCHES

The artistic heritage of the Piana di Lucca includes numerous Romanesque churches, built primarily in an architectural style known as Romanesque-Lucchese and characterised by rich sculptural ornamentation.

The first church to visit has to be the **Duomo di San Martino**, the Cathedral of Lucca, with its asymmetrical facade. It was founded by Saint Fredianus in the 6th century and is home to the **Tempietto del Volto Santo**, the work by Matteo Civitali. The Temple houses the crucifix in the image of Jesus, which is at the centre of the celebrations every 14 September, the day of the Volto Santo.

Another important work inside the cathedral is the **funeral monument to Ilaria del Carretto**, created by Jacopo della Quercia between 1406 and 1408. On the outside, on a pillar, you can see the **bas-relief of the labyrinth**, a symbol of pilgrimage, also found in other churches along the **Via Francigena**.

One of the most beautiful churches in **Altopascio**, which welcomes transiting pilgrims, is the **one dedicated to San Jacopo** with its crenellated bell tower. The "bell of the lost" helped travellers find their way at night.

The town is historically linked to the Hospital of the Knights of Tau, a religious order dating back to before 1100.

The churches of considerable importance include **San Giusto** in **Porcari**, built in 1745. It features a neo-Gothic façade and bell tower from the 19th century, frescoes and decorations by the painter Michele Marcucci.

The **Church of Rughi**, also in Porcari, is famous for a 15th century panel painting depicting the



Madonna Enthroned among Saints.

The **Collegiate**

church of Sant'Andrea,

in Montecarlo, is also in

neo-Gothic style and is characterised by its impressive bell tower; inside, there is a fresco of Our Lady of Perpetual Help (14th century). In the area of Capannori, there are as many as eight "pieve", a term used to indicate a rural church inserted within an ecclesiastical district. In addition to the one in Capannori itself, there are others in Lammari, Vorno, Marlia, Pieve di Compito, Pieve San Paolo, Segromigno in Monte, Lunata and San Gennaro. Inside each, the visitor can admire works of art, such as paintings, wooden objects, goldsmith's art and historical furniture (altars, holy water fonts and pulpits).

GETTING LOST

AMONG THE

MONUMENTS

Villa Basilica is home to the **Pieve of Santa Maria Assunta**, dating back to the 12th-13th centuries and built entirely of sandstone.

The Pieve of San Giorgio a Brancoli, San Lorenzo in Corte di Brancoli and Santa Maria in Piazza, all Romanesque buildings dating back to the 11th-12th centuries, are also worth visiting.

Back to the **historic centre of Lucca**, known as "the city of a hundred churches", it is worth taking a look at **the Basilica of San Frediano** located in the square of the same name, with its precious mosaic on the facade (13th -14th centuries). It is home to the Chapel of Santa Zita, a 13th century saint from Lucca to whom the population is very devoted.

The Church of San Michele, built on the ancient forum of the Roman City, is also a must-see site.



CASTLES AND FORTRESSES, TOWERS AND FORTIFICATIONS

Fortezza del Cerruglio is the castle that dominates the village of Montecarlo. From here, the Lord of Lucca, Castruccio Castracani, steered his troops to victory in the Battle of Altopascio in 1325. The fortress was later enlarged by Paolo Guinigi and, subsequently, by the Florentines, who controlled Montecarlo at the time.

The City Wall, an imposing monument built in the 16th and 17th centuries that embraces the historic centre of Lucca, has remained intact. Used more as a deterrent than for defence, it is now a privileged viewpoint over the city thanks to its tree-lined avenues. It is also a large public park and a sign of cultural identity, a symbol of peace and hospitality. The imposing structure is completed by the basements of the bastions, occasionally used for artistic events or shows, the small 'casermette' or guardhouses that now house cultural venues, historical-cultural associations, and the monumental city gates. The two most important towers in the city of Lucca also belong to the system of towers and fortifications of the land.

Torre Guinigi, a monument that features holm oaks at the top, offers a unique view of the entire Piana di Lucca from its 44 metres of height.

Standing at 50 m, **Torre delle Ore** is the tallest tower in the city. It is also of medieval origin and marks city time with its chimes.

Castello di Nozzano, which has remained almost intact, is worth visiting. Built between the 11th and 13th centuries, opposite the Pisan fortifications of Ripafratta and Filettole, it was

one of the outposts erected to defend the land of Lucca along the border with Pisa. The elliptical boundary wall features towers on the side facing the Pisan "enemy". There is a single gateway situated on the side facing Lucca.

In Villa Basilica, the diamond-shaped remains of the ancient fortification called Rocca are still visible. From "Del Cavallaro" bridge to the Fortress itself, on a paved road leading to the Pizzorne Plateau, traces of the old boundary walls still survive.

STREETS AND SOUARES

From **Piazza Carrara** in Montecarlo you can enjoy a magnificent panoramic view of the Piana di Lucca; in **Piazza Ospitalieri**, a landmark of Altopascio, it is possible to see the octagonal-shaped well.

The main street of Villa Basilica is Via Corrado Pollera, also known as Via di Borgo, the oldest of the town; it opens up onto **Piazza della Pieve**, which is picturesque due to its particular shape that follows the slope of the hill. The Palazzo del Vicario is located in the highest part of the square and overlooks the entire village.

In the centre of Lucca, a "promenade" in Via Fillungo, the ancient north-south-oriented street, now the main street and home to the best shops, is a must.

Do not miss a stroll around Piazza Napoleone, home to the **Palazzo Ducale**, a visit to the **Teatro del Giglio**, and a stop in the elliptical **Piazza dell'Anfiteatro**, restored to its current shape by the architect of Lucca, Lorenzo Nottolini.

Torre Guinigi, Lucca



Fortezza del Cerruglio, Montecarlo



The Piana di Lucca is similar to an openair museum, but there are also important landmarks that together create a significant museum **network** consisting of historical and thematic museums.

Must-see sites:

The National Museums of Palazzo Mansi and Villa Guinigi, situated inside the historical palaces of Lucca, for the paintings, fabrics and history of Lucca.

The rich Museum complex of the Cathedral and Church of San Giovanni, in Piazza San Martino in Lucca, next to the Cathedral. Along a single route, the visitor can see the Volto Santo, Ilaria del Carretto together with treasures, fabrics and ancient parchments, and an impressive archaeological complex that includes mosaics, the baptistery and the crypt from the 9th century. The Domus Romana, also in the center of Lucca located inside the basement of a

historic building, is an interesting archaeological site to discover and experience first-hand

experience first-hand
the city's origins and the evolution of 2000
years of history from the Roman to the
Renaissance period;

The glass building of **the Lazzareschi Foundation** in Porcari, dedicated to contemporary art, conferences and cultural promotion events;

The Athena Museum of Archaeology and Ethnology, in Capannori, tells the history of the area, from its Etruscan-Roman roots to its recent agricultural past;

The Historical collection of life material in Altopascio, located inside the Loggiato Mediceo, exhibits excavated ceramic objects, mainly from the Renaissance period.

llaria del Carretto by Jacopo della Quercia, Museum complex of the Cathedral and Church of San Giovanni



Archaeological collection of Altopascio







VISITING VILLAS

impressive Villas that deck the hills are truly must-see sites for their beauty and artistic richness. They are architectural masterpieces and feature large gardens, porticoes, frescoes and parks with statues and small lakes. One of the most luxurious and scenic in the area is Villa Torrigiani in Camigliano built in the second half of the 16th century. It is the best-preserved example of a Baroque villa on the Piana di Lucca and preceded by a wonderful avenue of centuries-old cypress trees almost a kilometre long. Villa Mansi, in Segromigno, is just a few hundred metres on, with its beautiful manneriststyle facade, underlined by the unobstructed view of the large lawn in front of the villa.

The countless

A few kilometres away is Villa Reale in Marlia,

which passed from the Buonvisi family to the Orsetti family in the mid-17th century. Elisa Bonaparte Baciocchi purchased, restored and then sold the Villa. She transformed it into its current shape with neoclassical form, enlarging its majestic park. Other villas in the Piana di Lucca are Villa Oliva in San Pancrazio. a 16th century residence with columns in Matraia stone overlooking a 5-hectare park dotted with fountains: Villa Grabau is one of Lucca's main historic Renaissance residences that has preserved intact period furniture and paintings, with a 9-hectare park and a fine 17th-century lemon house; Villa Bernardini, in Vicopelago, is an example of late Renaissance architecture with a Green Theatre, built around 1700, in the middle of the large park. Villa Lazzareschi in Camigliano stands at the top of a hillock. The entrance features a tree-lined avenue that leads to the majestic 18th-century gate.



The beauty of the area and the richness of the artistic heritage introduce us to a beauty that is not only to be contemplated.

The Piana di Lucca is also a land teeming with all kinds of activities and events.

Events of international stature such as Lucca Comics & Games and Lucca Summer Festival bear witness to this, along with many others that represent true excellence in their respective sectors. All concur to make the cultural offer of the Piana di Lucca extremely diverse and varied.

LUCCA COMICS & GAMES

Five days a year, Lucca becomes a planet unto itself. Since 2006, the well-established Comics Festival, once held in the sports centre, has been integrated into the squares of the city centre, transforming the city into a fantasy world. Lucca Comics & Games, the most important cross-media event dedicated to comics.

animation and role-playing games, is held every year, at the end of October

EXPERIENCE THE EVENTS

The event decks the ancient walls and city streets

with colour and fun, thanks to an invasion of fans and "cosplayers" (people wearing a costume that represents a fictional cartoon character) from all over the world.

The festival, which began as international comics fair, has become an "international festival of comics, animated films, illustrations, games and TV series". It is the most important Italian event in the sector, the first in Europe and the second in the world.

Lucca Collezionando was started a few years ago, to double the event in the late winter/spring period. It is a more "vintage" and moderate





Contemporary art works on show at the Lucca Art Fair

event, focused on comics, illustrations and collecting.

MUSIC

Lucca Summer Festival sees the most important national and international artists perform in Napoleon square or the terraces of the historic walls. Bob Dylan, Elton John, David Bowie, Oasis, James Brown, Roger Waters, Ennio Morricone, Green Day and Rolling Stones are just some of the names who have performed in recent editions.

In terms of **classical music**, Lucca is a city with a strong historical-musical culture. The symbolic figure is the composer **Giacomo Puccini**, one of the greatest opera composers in musical history, author of some of the most famous operas in the world: Manon Lescaut, La bohème, Tosca, Madama Butterfly and Turandot.

His birthplace, the **Puccini Museum**, is located in the historic centre of Lucca, not far from the Teatro del Giglio. The theatre is home to **Lucca Puccini days**, the festival that celebrates the Maestro with concerts, operas, conferences and meetings between the day of his death (29 November 1924) and his birth (22 December 1858). **Cartoline pucciniane**, the performance of selections of arias, duets and concertatoes accompanied by the piano, also takes place in the city in summer.

Lucca Classica Music Festival is a wide-ranging event that brings classical music to the churches, historic buildings, museums, theatres,

streets and squares of the historic centre with the presence of prestigious international artists. Lucca Jazz Donna is an annual jazz festival dedicated to female talent in all areas of jazz music: in singing, composing and arranging, and in the use of various instruments and musical styles, all accompanied by photo exhibitions, screenings and jam sessions.

Francigena International Arts Festival is an International Festival of Artistic Education and Performance. It was begun in 2010, in Altopascio, to spread and embrace the culture, traditions and concepts belonging to the Via Francigena.

OTHER EVENTS

Other important international events are:

Lucca Film Festival Europa Cinema that celebrates and spreads film culture with screenings, exhibitions, conferences and performances, from the most traditional and trendy to the most experimental and original;

Lucca Bienniale-Cartasia, tailored for the important papermaking district, the first in Europe.

It is one of the most important events dedicated to paper as an instrument of art, design, architecture and creativity.

Photolux, international photography biennial; **Lucca Art Fair**, a major event dedicated to modern and contemporary art, held at the Real Collegio;

Racconti nella rete literary award, linked to the **LuccAutori** festival.









DON'T MISS OUT ON

- **1_**a selfie among the cosplayers during **Lucca Comics & Games**
- **2**_a concert of an international star at the **Lucca Summer Festival**
 - **3**_a tribute to the great Maestro **Giacomo Puccini**
 - **4**_a rest in a **monumental Villa** in the photo Villa Grabau
 - **5**_a walk, run or cycle along the **tree-lined avenues of the Walls**







Nature is the other great characteristic, alongside the artistic and cultural heritage, that makes the Piana di Lucca unique.

The environment alternates between flat areas with gently rolling hills and mountains, among woods, olive groves and vineyards. A natural landscape to be experienced and discovered, inviting to live outdoors and engage in physical activity, whether at a competitive or amateur level or for pure pleasure. The Piana di Lucca is an ideal destination for "active tourism", a way of experiencing the land by walking, running, or cycling. It also has much more to offer people with a sporting or travelling spirit. All you have to do is set off.

VIA FRANCIGENA

The Piana di Lucca is a **historic junction** along the Via Francigena, probably the most famous of the cultural routes to Rome, intended for modern pilgrimage and sustainable tourism. It is certified as a "Cultural Itinerary of the Council of Europe".

Stages 27 and 28 arrive from Camaiore and cross Lucca and continue to Capannori, Porcari, Montecarlo to Altopascio, where it connects to stage 29 heading to San Miniato.

SETTING OFF

The pilgrim will meet countless points of interest along the stages of the Piana di Lucca. In **Lucca**, the historical pilgrimage destinations are the Cathedral of San Martino with its Volto Santo Cross and the National Museum of Villa Guinigi. The latter houses the relief that depicts Saint James from the Spedale in Altopascio.

In **Capannori**, the attractions are the Pieve of San Quirico, the Church of San Leonardo in Treponzio, the Church of San Gennaro, the Church of San Cristoforo and the Ospedale dei Santi Matteo e Pellegrino in Lunata.

In **Porcari**, the Church of San Giusto and the Church of the Natività di Maria Santissima in Rughi are worth visiting.

In the last section, you reach Badia Pozzeveri and then the Church of San Jacopo, stop-off point in Altopascio. The church once housed the **ospitale dei Cavalieri del Tau**, a safe haven for pilgrims.



VIA MATILDICA DEL VOLTO SANTO

The Piana di Lucca is home to the **last stage** of the Route Via Matildica del Volto Santo to discover the lands of **Matilde di Canossa**. Legend has it that she was born in the strategically located **Castello di Porcari**, a crossroads used by Emperors and Popes. Archbishop Sigeric of Canterbury, spent time here.

This final stage of the route crosses paths amidst olive trees, from Borgo a Mozzano to Pieve Matildica in Diecimo, up to the entrance to the city of Lucca. The route ends in the presence of the **Volto Santo**, the ancient wooden cross, housed in the Cathedral of San Martino.

MOUNT PISANO

The Mount Pisano range, an area of great environmental and historical value, touches the Towns of the Piana di Lucca and those of Buti, Vicopisano, Calci, San Giuliano Terme and Vecchiano on the Pisan side. It is a perfect destination for relaxing walks among terraced olive groves and chestnut woods. Ideal for intense trekking activities with breathtaking panoramic views, cycling, horse-riding circuits, cave exploration and rock climbing.

All you have to do is choose how to cross an area that combines the natural side of hills and woods and the historical-architectural side of villages, fortresses, Pieve and Romanesque churches.

NOTTOLINI AQUEDUCT

The Nottolini Aqueduct, from Lucca to Mount Pisano, is both an extraordinary monumental structure and an itinerary for a nature walk or bicycle ride.

The imposing structure was designed by the architect Lorenzo Nottolini, commissioned in 1823 by the then Duchess Marie Louise of Bourbon.

The itinerary crosses Sorbano del Giudice and goes alongside the great arches of the aqueduct crossing the countryside. Along the walk, there are small picturesque bridges over rivers and numerous **pure water fountains**, the Tempietto di Guamo and the ancient wells for filtering water of the aqueduct, characteristic semi-buried red brick cylinders.

CAMMINO DI SANTA GIIII IA

This route is different because it travels on the paths of culture and faith. It develops in a network of paths linked to local realities, crossing three regions, Tuscany, Emilia and Lombardy, and stops in the Piana di Lucca. This route brings together the ancient churches dedicated to the Saint, and some house her relics. The idea is to travel the same route taken in Lombard times to transport the remains of the Corsican martyr, from Porto Pisano (Livorno) to Brescia, to the old Benedictine Monastery for women of Saint Julia. The Lombard King Desiderius and his wife Ansa ordered the journey in 763.





Serchio River Park

VIA DELLA CARTA

Within the scope of **industrial archaeology**, this route crosses one of the world's top paper districts and, in a few hours, it offers an overview of the history of paper. Along the way, it is possible to see how the 18th century paper mills have been able to evolve into modern paper mills, with increasingly innovative and efficient machinery.

A visit that retraces the course of history and of the paper industry, which, over time, has passed from the artisan skill of master papermakers to internationally acclaimed industrial excellence. The itinerary unfolds between the provinces of Lucca and Pistoia. In the Piana di Lucca, it touches the areas of Villa Basilica, Capannori, Porcari and Lucca to continue to the coast where it finds further interpretation in the Viareggio Carnival and its masters of papier-maiche.

CAMMINO DI SAN JACOPO

Following the Via Cassia, this route runs through the Piana di Lucca coming from Florence, and is a section of the Walk towards Santiago de Compostela. The route descends from the hills and crosses the Piana di Lucca, touching on numerous churches.

From Pescia, you enter the Town of Capannori

where it is possible to see the churches of San Gennaro, Segromigno in Monte and Lammari. Continue on to the River Serchio, which takes close to the walls of Lucca, entering from Porta San Jacopo, near which stood the ancient Church of San Jacopo. Still in the historic centre of Lucca, the route continues from Via del Fosso and Porta San Gervasio to reach the Cathedral of San Martino with the Volto Santo.

The magnificent **Pizzorne Plateau**, a mountainous area of the Tuscan-Emilian Apennines, which stretches between Villa Basilica, Capannori and Lucca, provides other **opportunities for "Country walking"**. Over time, it has become a stop-off point in summer and a crossroads of numerous marked trails. The ring in **Padule di Porcari**, immersed in the green agricultural landscape and the **Serchio River Park**, also provide walking opportunities. Here, in an area of 250 hectares, it is possible to take a stroll, cycle or horse ride, canoe or kayak, but also to rest along the banks and enjoy the natural beauty.

There are also five-a-side soccer fields, archery areas, a bowling alley, model aeroplane and model car tracks, skateboarding areas and recreational areas for everyone.

FOR SPORTS LOVERS running, waiki race enthusiasts:

Tuscany;

ON FOOT

There are plenty of opportunities for running, walking and foot

the Francigena Tuscany Marathon, the first marathon on the Via Francigena in

the Lucca Marathon events, which combine a sporting event and promotion of the land;

the Marcia delle Ville, a non-competitive foot race with a route that develops among the fabulous historical residences and villas of the Piana di Lucca:

the Lucca di notte, traditional non-competitive evening foot race that crosses the Walls and the City of Lucca:

the Mura di Lucca parkrun, free 5-km timed run, every week;

the Porcari Corre, a picturesque route that passes by the magnificent turret, filling not only Porcari but also the towns of Capannori and Montecarlo with colour. For those who want to get off the beaten track, there is the National Urban Trekking Day held on 31 October to discover the most hidden and curious corners of the city. It is an alternative form of tourism, full of original ideas, suitable for everyone.

BY BIKE

For bike lovers, it is possible to arrive as far as

Versilia thanks to the Ciclabile Puccini, a cycle path dedicated to Giacomo Puccini that links the Serchio Valley to Versilia passing through the Piana di Lucca. The cycle path touches some of the places where the Maestro lived. from the woods where his ancestral home is located in Celle Puccini, to the historic centre of Lucca, where he was born in the terraced house in Corte San Lorenzo, to the Lake of Massaciuccoli and on to Versilia.

Padulata, on the other hand, is an ecological cycle ride in the Padule, the former bed of Lake Bientina, while Vinaria is a non-competitive cycle race named after the wine event "La Via Vinaria". Lastly, for "pilgrims on bikes" the Francigena cycle path is a fully signposted route, designed for peaceful cycling with reduced gradients.

SPORTS FOR EVERYONE

The Piana di Lucca also offers all kinds of sports facilities:

sports halls, athletics tracks, basketball courts, tennis courts, swimming pools.

There is also the possibility to try more "extreme" sports: kayaking and rafting on the River Serchio, hang-gliding and paragliding from the hills, parachuting from the Tassignano airport in Capannori, rock climbing in gyms and cave exploration in the Mount Pisano range.



"ACTIVE"



A trail for **adults and kids** in the **adventure park** of the Pizzorne Plateau.
You will be left with a suspended look and bated breath.



One of the themed events for lovers of outdoor activities is **Festa dell'Aria**. This not-to-be-missed event is held in Capannori and dedicated to flying enthusiasts. It includes children's workshops, hot air balloon flights and exhibitions.

Two of the most prestigious sporting events are:

Trofeo Lovari Basket Lucca, a tournament featuring international basketball stars. It has become a "not-to-be-missed" event for anyone passionate about the sport.

Mef Tennis Final Four first division A1, the final event of the Men's and Women's Team Championship of First Division A1. Over three days of competitions, the teams compete for the trophy and the title of Italian Champion. An unmissable event in the world of Italian tennis.





Visiting the Piana di Lucca means being part of the **genuine** and welcoming local lifestyle, feeling at one with the land. Visitors can immerse themselves in local traditions, become personally acquainted with the historical memory of the agricultural and rustic realities of the historical villages. The visitor experiences the opportunities for relaxation and wellbeing that contribute to physical and mental regeneration. The most authentic experience is to become part of the slow atmosphere of the villages and the countryside, get to know the land through the people who live there and their stories, to "become" a local person by travelling a path of discovery and enrichment.





THE TREASURE OF NATURE st

shortage of natural areas where you can stroll through forests, meadows, rocky paths,

There is no

streams and lakes.

The Natural Oases and Protected Areas on the land are priceless treasures and micro worlds of colours, sounds and smells.

WWF OASIS OF BOTTACCIO

The WWF Oasis of Bottaccio (Protected Natural Area of Local Interest) is home to a perfectly preserved **woodland and wetland**, a testimony to the former landscape of the Tuscan plains.

It is located inside a Site of Community Importance in the towns of Capannori and Bientina (province of Pisa) and covers an area of about 20 hectares.

LAKE GHERARDESCA

The area is located in the western part of the **Padule in Capannori**, at the foot of Mount Pisano, and covers an area of about 30 hectares.

Frequent flooding makes this one of the most interesting **ornithological** zones, especially in winter, when numerous species of water birds winter here. Early spring is equally interesting, due to the large number of migratory contingents.

OASIS OF SIBOLLA

The Lake Sibolla Nature Reserve was set up to protect this small but meaningful wetland. It covers an area of about 60 hectares in the town of Altopascio and, in terms of flora, it is one of the most important biotype wetlands of Tuscany.

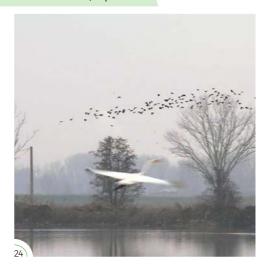
It presents a vast wetland area surrounded by uncultivated meadows and cultivated fields; in the south-eastern and eastern parts of the basin there are woods. On the banks of the lake, you can admire different species of water birds, including a colony of colonial herons.

BOTANICAL GARDEN OF LUCCA

The "most valuable" garden in Lucca opened in 1820 and now covers an area of 2 hectares. It preserves living collections of plants along a route that takes us around the world, illustrating species originating from distant lands and discovering treasures of local flora and biodiversity.

Lake Gherardesca, Capannori







There are many and varied opportunities to take a closer look at the more traditional essence. of the land.

the Luminara di Santa Croce, the procession on the evening of 13 September through the streets of Lucca's historic centre, which awaits the passage of the procession of the Volto Santo. The streets are illuminated by thousands of candles placed on the windowsills of the buildings and houses, on the doors, making the atmosphere unique and magical. The rich programme includes traditional markets, fairs, and historical pageants, performances by crossbowmen, musicians and flag-wavers.

ANTICHE CAMELIE DELLA LUCCHESIA

The Exhibition of the Ancient Camellias of Lucchesia in Capannori is an international event but rooted in the land. It includes displays, tastings, walks and concerts centred on this romantic flower. A thousand specimens from all over Italy and the world make up the precious Camelietum Compitese, the most visited camellia garden in Italy. Visitors will get to know the botanical aspects, the propagation characteristics, the history and the spread of the

SETTEMBRE LUCCHESE It is a programme of events culminating in IL DESCO

Compitese area from the 19th century to date.

camellia in the

The **culture of food and dining** are both protagonists at Desco, in Lucca, in December, with a rich "menu" of show cooking, sensory workshops, taste workshops and children's workshops, conferences, tastings, mini-courses and aperitifs. The programme differs each year, to tell the story of food and its connections with culture, tradition, art and the land.

VERDEMURA AND MURABILIA

These are two of the most important Italian events dedicated to gardening and outdoor living, a landmark and meeting place for enthusiasts and professionals of the sector, in the unique setting of the bastions of the City Walls. Twin events, in April and in September, which welcome nurseries of floral and horticultural species, equipment and tools for the garden and the vegetable plot, outstanding craft and food products. There is also a rich programme of themed exhibitions, conferences, new publications and workshops, with big names from the international gardening scene.

Procession of the traditional Luminara, Lucca

A moment of Desco, Lucca

EVENTS

DISCOVER





EVERYONE Some of the most AT THE **TABLE**

amazing wonders of the land are just a fork away!

What do we find on a table set for a gourmet lunch?

We could start with some local appetizers: chicken liver croutons, fried polenta, bruschetta with tomato and fettunta (toasted bread with olive oil, a hint of garlic, salt and pepper to taste).

You will be spoilt for choice with the first courses and we could risk a trio. We start with frantoiana soup (see recipe), a soup made of coarsely cut vegetables and aromatic herbs with mashed beans, topped with bread cubes. We move on to Tordelli, a pasta stuffed with meat and seasoned with beef and pork ragout sauce. It is one of the quintessential local dishes and always present on the tables of families on celebrations.

We end the trio of first courses with the Garmugia, a soup of spring vegetables such as peas, broad beans, artichokes and asparagus, with the addition of mincemeat.

Local extra virgin olive oil is a must to dress practically any dish. It is one of the outstanding agricultural products of the Piana di Lucca, has been known since antiquity and exported worldwide. The Wine and Oil Road of Lucca Montecarlo Versilia, a tourist-food itinerary through the hills of Lucca, has been created to promote it. The thematic event of ExtraLucca, an initiative to promote high-quality artisanal oil, is also worthy of mention.

The bread from Altopascio is a must to accompany this rich array of products. It is a traditional salt-free bread produced with natural yeast, called sconcia or biga, and local water; square or elongated in shape, it stays soft in the middle and has a crispy crust. It is celebrated with its own feast. Festa del Pane. a symbolic event and traditional appointment that animates the historic centre of Altopascio in September.

The privileged choice for this food has to be the famous wine from Montecarlo, belonging to one of the oldest prestigious Doc products and, to this day, the pride of the land. There are also themed events dedicated to this product, such as the Festa del Vino, VIAVINARIA and Montecarlo Jazz&Wine.

Calici di stelle is a summer event in Capannori and Lucca, at which to taste the various types produced by local wineries. Always on the theme of wine, but dedicated to products from all over Tuscany, is Anteprima vini della Costa Toscana in Lucca. It is an event for winegrowers of the provinces that border the sea, namely Massa, Lucca, Pisa, Livorno and Grosseto, One hundred winegrowers personally present more than six hundred labels to tell the story of a fundamental production reality of Tuscany.





To end on a sweet note, we can taste **the Buccellato**, a simple dessert, made with a bread dough and enriched with raisins and aniseed. Another two specialities are the "Salviato" from Villa Basilica, a savoury potato pie, and the "Torta co' becchi", a cake with a shortcrust base and a filling of Swiss chard, pine nuts, raisins, stale bread, sugar and spices.

Biadina and **China Massagli** are both liqueurs and after-dinner drinks with a dark amber colour and a delicately bitter herbal taste.

To finish, tobacco lovers can end with a **Tuscan cigar** produced by the Manifattura Sigaro Toscano of Lucca, the historic, unique, handrolled cigar of Italy.

Other typical local dishes and products include spelt **soup**, a must on every restaurant's menu. It is a soup with a velvet-like texture, a thick puree of cannellini or scritti beans, and cooked spelt is added to give consistency. **The Lucca**

red beans (Slow Food Porcari, Lucca, Capannori presidium) the **chestnuts** from Villa Basilica and the **artisan raw milk cheeses** from Capannori, are all worth tasting.

Sant'Andrea di Compito is home to the only tea plantation in Italy. Between Lucca and Capannori there are several well-established artisan microbreweries, some of which have also won international awards. The wine, oil, bread and many other products are available in the trattorias, restaurants, farms and wineries. The same products are also found in the farms. wineries and oil mills that open their doors to the public to allow them to participate in the "birth" of the outstanding products of the land. This is a not-to-be-missed opportunity to admire the magic of hands and expertise. Experience the taste of authenticity, love for the land, passion for the values of the land, all seasoned with the joy of good living.

Traditional recipe for frantoiana soup

DIFFICULTY: MEDIUM SERVES: SIX
OPREPARATION: 1 HOUR WAITING: SIX HOURS
COOKING: 1 HOUR

INGREDIENTS: Lucca red beans 250 g / Cannellini beans 150 g / Onion 1 / Leek 1 / Garlic in cloves 1 / Carrot 1 / Celery 1 stalk / Fennel 1/2 / Swiss Chard 1 bunch / Cauliflower 1/4 / Kale 1 bunch / Potato 1 medium size / Pumpkin 1 slice / Sage a few leaves / Thyme a few sprigs / Rosemary 1 sprig / bacon 1 hg / Bread 8 toasted slices / Salt to taste / Pepper to taste / Extra virgin olive oil to taste

Traditional recipe for frantoiana soup

1 Soak the beans in water for about 6 hours, drain them and place them inside a pot, cover with cold water: turn on the heat, cover the recipient and bring to the boil, which should be maintained for about 45 minutes.

2 After cleaning the vegetables, gently fry the chopped garlic, onion and leek in a saucepan with 4 tbsp. of oil and the chopped bacon. Add the roughly chopped celery, carrot and fennel: after 15 minutes, add the cauliflower, kale and the Swiss chard. After another 15 minutes, add the pumpkin and potato.

3 When the time comes, drain the beans, leaving some whole, and pour the soup into the vegetable casserole: add salt and pepper and the chopped thyme, sage and rosemary

4 Add the whole beans, cook gently for another hour, adding water if necessary.

Serve the soup on slices of toasted homemade bread and drizzle with plenty of fine oil.





The Piana di Lucca is always buzzing with conferences and conventions, business opportunities and moments for socialising where it is possible to launch new collaborations. It is ideal for business travellers, for anyone wanting to find or create opportunities, for investors, or even for those who are simply curious about new product sectors.

Considering that the land is home to the **papermaking district** that produces 80% of the "tissue" paper and 40% of corrugated cardboard in Italy, the benchmark events of the sector, **MIAC and iT's Tissue**, are held in Lucca.

MIAC, the International Paper Industry Fair, is an event that offers an overview of the technologies, machinery, plants and equipment for the production of paper and cardboard and for the transformation of tissue paper. Each year, Miac is attended by visitors from all over the world (the last edition was attended by visitors from 52 countries) to update themselves on the latest news from across the sector, make deals and get to grips with new trends.

iT's Tissue is an event promoted by a network of leading companies in the sector, always in search of technological excellence and the promotion of "made in Italy", dedicated to the world "tissue" market.

Outside of the "papermaking" world, other significant events are: LU.BE.C.,

Lucca Beni Culturali, an international opportunity

for meeting and debate dedicated to the development and knowledge of the cultural heritage-technology-tourism sector; Lucca Art Fair, a large-scale event dedicated to modern and contemporary art; LuccArtigiana, a fair which promotes Lucca-based craftsmanship.

ROOM

FOR NEW

All three events are held in the Real Collegio in Lucca. They are joined by **Fashion in Flair**, a market exhibition of high-end arts and crafts, fashion, art and design, always held in Lucca, but at Villa Bottini.

To end on a romantic note, we mention several wedding-themed events such as **Expo Sposi Lucca** and **Montecarlo Sposi**. There is also the added possibility of coming and organising a wedding in one of the beautiful villas in the Piana di Lucca, on a farm, or in the middle of a vineyard. It is the perfect opportunity to choose a unique location and make one of life's most beautiful and important moments even more special.



PRACTICAL INFORMATION

Useful information on getting around and the main services available in the area

GETTING AROUND



"Galileo Galilei Pisa" International Airport

Switchboard, ph. +39 050 849 111 Flight information office, ph. +39 050 849 300 www.pisa-airport.com

"Amerigo Vespucci" Airport

Switchboard, ph. +39 055 30615 Customer Service, ph. +39 055 3061830 Tourist information, ph. +39 055 315874 www.aeroporto.firenze.it



Trenitalia - Lines: Florence-Lucca, Florence-Viareggio, Aulla-Lucca, Pisa-Lucca www.trenitalia.it

Italotreno - Line Florence SMN www.italotreno.it



Urban and Suburban lines www.at-bus.it



Autolinee Toscane

Radio Taxi Lucca, ph. +39 0583 1745

CAR

The main road connections for Lucca are: main road SS12: regional road SR439: main road SS12: main road SS1; motorway A11 Firenze-Pisa Nord.

SALT Società Autostrada Ligure Toscana S.p.A.

30 www.salt.it



LEFT-LUGGAGE AREA

Tourist Center Lucca Srl - Piazzale Ricasoli, 203, ph. +39 0583 494401, Mobile n°. 338 8213952 La Bella Lucca - Chiasso Barletti, 14 ph. +39 331 2280032

CAR RENTAL

Giglio srl, Via Angelo Orzali, 391, ph. +39 0583 492698 Romano, Viale G. Puccini, 82. ph. +39 0583 419250 Tau Touring, Via Nuova, 66, ph. +39 0583 462620 Avis Autonoleggio, Viale Carlo del Prete 417 ph. +39 0583 955465 Europcar Lucca, Viale Castruccio Castracani, 110, ph. +39 0583 956058 Hertz, Via Vecchia Pesciatina, 61, ph. +39 0583 1715143 LUrent, Viale San Concordio, 144, ph. +39 333 1547184

CAR RENTAL WITH DRIVER G.Tambellini, Via E. Mattei SNC,

ph. +39 0583 491144 Lucca NCC, Via Francesco Carrara, 34, ph. +39 331 5647095 NCC Limousine Service, Via Pie' di Penna, 601, ph. +39 333 8467222 NCC Vip Service, Via Alcide de Gasperi, ph. +39 0583 513408, +39 346 3685708 Toscana NCC, Via Lorenzo Nottolini, 642, ph. +39 0583 403600

BIKE RENTAL

North side - Porta Santa Maria

Biciclette Poli, Piazza Santa Maria, 42, ph. +39 0583 493787 Cicli Bizzarri, Piazza Santa Maria, 32, ph. +39 0583 496682

Pro Classic Cycle, Via Cesare Battisti, 58/60, ph. +39 371 5886457

Rent Bike Tourist Service, Via del Gonfalone, 2, ph. +39 328 6367007

South side - Porta San Pietro

Tourist Center, Piazzale B. Ricasoli, 207,

ph. +39 0583 494401

Chrono, Corso Garibaldi, 93, ph. +390583490591

Servizio di noleggio biciclette, Via Francesco

Carrara, ph. +39 320 5756826

LUrent, Viale San Concordio, 144

ph. +39 333 1547184

Ciclismoplus, Corso Garibaldi, 101

ph. +39 328 989 8196

East side - Porta Elisa

Cicli Rai, Via S. Nicolao, 66,ph. +39 0583 082089

Cicli e ricicli, Via Romana, 166,ph. +39 371 1385314

Mercatino rent bike, Via dei Bacchettoni, 7c

ph. +39 0583 924620, +39 327 4184937

+39 328 9637687

West side - Porta Sant'Anna

Fast And Furious, Via S. Donato, 186,

ph. +39 0583 584807

L'angolo della Bici, Via Castruccio Buonamici, 258, ph. +39 339 3426878

pii. +39 339 3420070

Rent Bike Punto Bici Lucca, Via del Crocifisso, 8,

ph. +39 347 9226729

Tuscany tour Bike, Via Vittorio Emanuele II, 13,

ph. +39 328 3156396

CAR. BUS AND CARAVAN PARKS

Car parks subject to charge and unguarded

Cittadella (161 car spaces)

Mazzini (346 car spaces)

Stazione (177 car spaces)

Via dei Bacchettoni (106 car spaces)

Viale San Concordio (125 car spaces)

Via Borgo Giannotti (180 car spaces)

Viale Giusti (130 car spaces)

*Other car parks subject to charge and unguarded are available both in the historic centre of the city and outside the City Walls of Lucca. For further information and rates www.parcheggilucca.it or www.metrosrl.it

Car parks subject to charge and guarded

Autorimessa F.Ili Pasquinelli,

Via Vittorio Emanuele II, 78,

ph. +39 0583 419760

Free car parks

Parcheggio Via dei Pubblici Macelli

Parcheggio Don Franco Baroni/Via delle Tagliate

(closed Wednesday and Saturday morning for weekly market).

Camper car parks subject to charge

Luporini (unguarded parking), V.le G. Luporini, ph. +39 0583 495323,

Il parcheggio del Borgo (guarded parking),

Via Passaglia, 318,

ph. +39 0583 330882, +39 331 9385603

Tour Bus Vouchers

Metro srl - IAT Città di Lucca

Vecchia porta San Donato, piazzale Verdi, ph. +39 0583 583150 - www.metrosrl.it



CAR RENTAL

A.B. Multiservices, Località Palandri, 22/A, ph. +39 0583 269155



CAR RENTAL

Vv Nolo, Via Sottomonte, 70, ph. +39 0583 189 0738 **Elga noleggi,** noleggio **camper,** via Nuova di Paganico 9, ph. +39 340 3417989

CAR RENTAL WITH DRIVER

Marlia Express, via Villa Fontana 72, Marlia, ph. +39 348 3580522

BIKE RENTAL

E-bike, Ostello La Salana, via del Popolo 182, ph. +39 339 7237912



CAR, BUS AND CARAVAN PARKS

It is possible to park in the historic centre (parking disc 1 hour) or in the car parks outside the city walls. All car parks are free.



CAR MOTORBIKE SHARING

Aura Service, Via Giacomo Puccini, 2204, ph. +39 0583 429444

Spadoni Pierangelo, Via Francesco Carrara, 3, ph. +39 0583 211428



CAR, BUS AND CARAVAN PARKS

The car parks throughout the town are usually free except on public holidays close to the built-up area of Pizzorne.



ANTIQUES MARKET

Lucca, Via del Battistero, Piazza Antelminelli, Piazza San Martino, Piazza San Giusto, e Piazza San Giovanni (every third Sunday of the month and preceding Saturday)



FARMERS' MARKETS SHORT SUPPLY CHAIN

Capannori, P.zza Aldo Moro (Wednesday morning)
Marlia, P.zza del Mercato (Saturday morning)
Lucca, P.zza S. Francesco (Wednesday afternoon)
Lucca, Foro Boario (Saturday morning)
Guamo, Le Piastre (Wednesday morning)
San Leonardo in Treponzio, Via Sottomonte
(Tuesday morning)

Villa Basilica, Le Pizzorne (Sundays and public holidays in summer months)



Ospedale San Luca (Hospital) Via Guglielmo Lippi Francesconi, 556, 55100 Lucca, ph. +39 0583 9701

Farmacia Comunale Lucca H24 (Chemist) Piazza Curtatone, 7, 55100 Lucca, ph. +39 0583 491398



TOILET FACILITIES

Public toilets, Via Pescheria, historic centre, Lucca Opening hours: daily, from 10 am to 7 pm.



ASSISTANCE FOR HIKERS AND WALKERS

CAI (Italian Alpine Club) Section of Lucca, ph. +39 0583 582669 - segreteria@cailucca.it FEDER.CAMMINI - Federation of Routes, Itineraries and Walks - federcammini@gmail.com



TOURIST INFORMATION

See back of cover



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Tuscany





Piana di Lucca

The tourist area of Piana di Lucca includes:



IAT Lucca - Vecchia Porta San Donato, Piazzale Verdi ph. +39 0583 583150 - turismolucca@metrosrl.it



di Altopascio

Municipal library - Piazza Vittorio Emanuele n. 23 ph. +39 0583 216280 - turismo@comune.altopascio.lu.it



Comune di Capannori

Tourist Office - Piazza Aldo Moro n. 1 ph. +39 0583 428588 - promozione.territorio@comune.capannori.lu.it



Comune di Montecarlo

Info Point - Via Roma n. 7 ph. +39 0583 228881 - prolocomontecarlo@gmail.com



Comune di Porcari

Municipal library - Via Roma n.121 ph. +39 0583 211884 - biblioteca@comune.porcari.lu.it



Comune di Villa Basilica

Info Point - Via del Castello n. 48 - Botticino ph. +39 0572 461611 - info@comune.villabasilica.lu.gov.it

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