

Sulpici Trail

This itinerary takes its name from the family of Roman consuls, sent from Rome to command the city of Arezzo, who probably had a villa built on the hill of Pieve San Giovanni, to enjoy the view of the plain between the Arno and the Chiana. It starts from Pieve San Giovanni and climbs the ridge of the hills that separate the municipality of Capolona from that of Talla, passing through Monte Ferrato (720 meters). The route then descends to Bibbiano, where you can admire the remains of the castle, and ends at the Capolona railway station. Along the way there are many panoramic points over Arezzo and the hills that surround it, the valley of the Salutio stream and the slopes of Pratomagno. At point 22 you can deviate to Pieve San Giovanni by making a 10 km ring route; this itinerary passes through the villages of Casavecchia and Apia. At point 26 it is possible to get to Poggio Grillo (600 meters away) from which the view of the lower Casentino and Monte della Verna opens up; here there is also the stele placed in memory of the battle that took place in 1944 between the German and Allied armies.

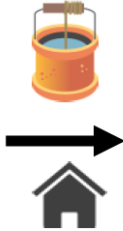
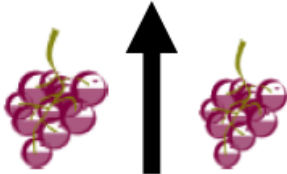
Pieve San Giovanni can be reached by bus from Arezzo and you can return by train from Capolona.

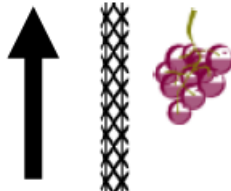
Total distance: 15 km

Elevation gain: 600 m

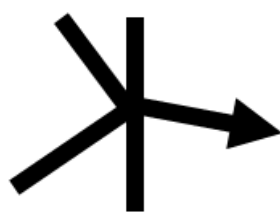
Elevation loss: 700 m

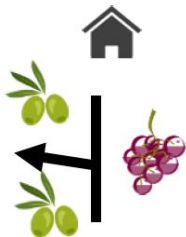
Maximum altitude: 720 m

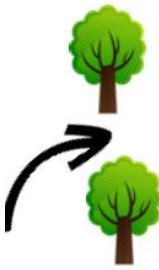
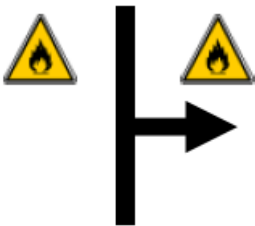
Wp	Description	Directions	Total distance	Partial Distance
1	Piazza del Pozzo. Civico 1 behind. In front of the well. Go to the right and then ignore the roads on either side.		0,00	0,00
2	Bus stop on the right. Go left and stay on paved road. After a few meters you walk next to the olive groves		0,11	0,11
3	Cemetery on the right. Street on the left on a dirt road. Then follow the main road. You enter the typical rural landscape		0,26	0,15
4	Cypresses on the left. Go on		0,43	0,17
5	You pass by the vineyards . Go on		0,62	0,19
6	Go right towards Galealpe (Arezzo Sport and Nature trail signpost)		0,82	0,20
7	Go right towards Galealpe - Pratacci (Arezzo Sport e Natura trail signpost) and then follow the main road		0,95	0,13

8	Specimens of Stone Pine on the right. Go left uphill. Follow the white-red CAI trail sign		1,21	0,26
9	Reforestation of conifers on the left. Go on		1,50	0,29
10	Go left on the path (Arezzo Sport e Natura and CAI white-red trail signs). Ignore the direction of Pratacci.		1,70	0,20
11	Fenced vineyards on the right (with gates). Go on		2,12	0,42
12	Farmhouse with cypresses on the left. Continue on the path (white-red CAI trail sign). You enter the woods		2,42	0,30
13	Ignore path to the left uphill. Go on		2,80	0,38
14	Fields on the right (hedges and typical rural ecosystem). Go left uphill and then onto a dirt road.		2,98	0,18
15	You pass by specimens of Walnut . Go on		3,04	0,06

16	Large stone buildings on the right. Go on		3,16	0,12
17	Terraces on the left. Go on		3,23	0,07
18	Abandoned stables. Go left and then left again uphill		3,94	0,71
19	Go right uphill		4,12	0,18
20	House and fence on the left. Follow the fence		4,40	0,28
21	Gate on the left. Specimens of field maple on the left. Go right		4,49	0,09
22	Large boulder on the left. Go left uphill (go right to follow the alternative route towards Pieve San Giovanni; see other roadbook)		4,66	0,17

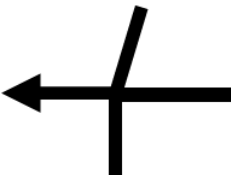
23	Hospital. House and small church on the left with pastures . Go right uphill on the path. Ignore directions Castiglion Fibocchi – Casa Vecchia – San Martino.		5,50	0,84
24	Go right.		6,60	1,10
25	You arrive on a paved road. Go right and then immediately left on the path (white-red CAI trail sign). Enter in the area of cultivated truffle fields and you can observe the recolonization of abandoned crops		7,03	0,43
26	Go right downhill, on a dirt road, towards Borghetto di Carra (to reach Poggio Grillo: go ahead towards Carra and immediately after go left uphill (Arezzo Sport e Natura trail signpost)		7,97	0,94
27	Sign Il Borghetto di Carra on the left. Off to the right downhill on the asphalt road. You enter an area with old terraces		8,25	0,28
28	Go left downhill. Fig specimen after a few meters to the right		9,17	0,92
29	Go ahead towards Capolona		9,26	0,09

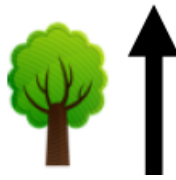
30	Ignore the road to the right for Ierna-San Martino Sopr'Arno. Go on. After a few meters you see fountain on the left and specimen of Atlas Cedar on the right. Continue on the main road (Castello di Bibbiano on the left)		9,33	0,07
31	Elm specimen on the right and spruce specimen on the left. Come in		9,43	0,10
32	Electric pole on the left. Go left on path		10,34	0,91
33	Ignore uphill path to the left. Go on		11,16	0,82
34	Arrivals on a dirt road. Go right downhill		11,24	0,08
35	Vineyard on the right and small building opposite. Go left through the olive grove		11,60	0,36
36	Go right and pass by the house		11,77	0,17

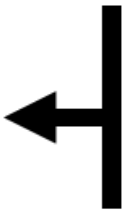
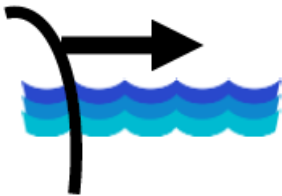
37	You arrive on a paved road. Go right downhill		12,18	0,41
38	Go left on the path parallel to the vineyard. If the gate is closed, continue on the paved road to point 46		12,21	0,03
39	Go left along the vineyard		12,35	0,14
40	Go right onto the path that enters the forest		12,50	0,15
41	Gas pipeline sign on the right. Go right		12,82	0,32
42	Pipeline signs on both sides. Go right		13,30	0,48

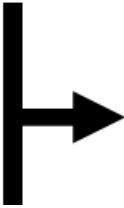
43	Cross the stream and go right uphill. Then follow signs for the pipeline.		13,39	0,09
44	CNG cabin on the right. Go left and then continue on a dirt road		13,57	0,18
45	Cross the stream		13,77	0,20
46	You arrive on the main road. Go left. Ignore directions Botti-Talla-Bibbiano		13,80	0,03
47	Go ahead and ignore the Arezzo-Poppi-Bibbiena directions		14,60	0,80
48	Go left towards the center. Ignore Castelluccio-Casavecchia directions. Then you always move on		14,74	0,14
49	Arrivals at Capolona train station		15,20	0,46

Alternative route to Pieve San Giovanni from point 22 :

Wp	Description	Directions	Total distance	Partial Distance
22	Large boulder on the left. Go right		0,00	0,00
50	Small building on the left. Downhill		0,54	0,54
51	Gate on the right. Go left downhill		0,93	0,39
52	You arrive on a paved road. Go left downhill towards Casavecchia-Pieve San Giovanni		1,00	0,07
53	Casavecchia. Go left (Arezzo Sport and Nature trail signs) and then ignore roads on either side		1,17	0,17
54	Casavecchia sign. Go right on a dirt road (Arezzo Sport e Natura trail signpost)		1,50	0,33
55	Area with vast lawns . Go on		1,67	0,17

56	On the right, a specimen of wicker willow . Go on		1,80	0,13
57	On the left, an example of Fig. Go on		1,82	0,02
58	Ignore paths on either side. Go on		2,08	0,26
59	In front of the tree with a white-red CAI sign. Go right onto the trail		2,16	0,08
60	Go right		2,20	0,04
61	Ignore path to the right. Forward on a wider, more beaten path		3,25	1,05
62	Ignore path to the right. Go on		3,62	0,37
63	Go ahead on a wider, more beaten path		3,70	0,08

64	Arrivals on a dirt road. Go right		3,85	0,15
65	Apia. Mulberry specimen on the right. Go right uphill on paved road.		4,20	0,35
66	House number 41 on the left. Go left on a downhill path (see white-red CAI trail signs)		4,25	0,05
67	You arrive on a paved road. Go left downhill towards Pieve San Giovanni		4,38	0,13
68	Go right on the path immediately past the bridge (white-red CAI trail sign). The path follows the stream		4,44	0,06
69	You arrive on a paved road. Houses on the left. Go right		5,00	0,56
70	Go right and then immediately left (Piazza della Libertà)		5,10	0,10

71	Go right onto Via Pier Landi		5,20	0,10
1	Piazza del Pozzo		5,25	0,05

Species and natural phenomena you may observe along the way:

the **Apennine frog**, the **nightjar**, the **river crab**.

