

Sagresto Trail

The route starts at the Capolona-Subbiano railway station and climbs the hills passing through the hamlets of Il Santo and Ponina. It then runs along the ridge passing by the Castle of Belfiore and descends to the valley passing through Bibbiano. The end of the walk is at the Capolona railway station; From here you can return to the starting point by train or lengthen the route by about two kilometers, following the directions in point 70.

This itinerary is named after the bandit Sagresto, born Raffaello Conti, born in Ponina (at the farm called "Il Pruno") who filled the newspaper chronicles between the end of the 19th century and the beginning of the 20th century. He was described as rebellious and antisocial, ferocious and ruthless but in reality he was nothing more than an "unfortunate city".

The route crosses the typical rural landscape that once dominated the hills. The environment that can be observed in this area is extremely important due to its complexity and extension.

Total distance: 15 km

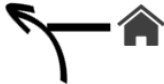
Elevation gain: 570 m

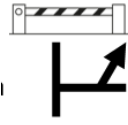
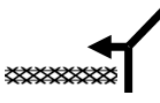
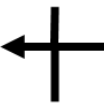
Elevation loss: 570 m

Maximum altitude: 570 m

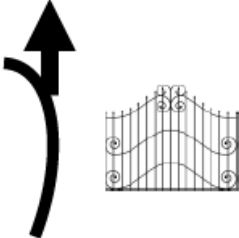
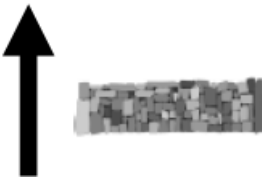
Wp	Description	Directions	Total distance	Partial Distance
1	Capolona-Subbiano railway station. Platform 2 behind. Go left	 ←	0,00	0,00
2	Go right towards Lama	→	0,04	0,04
3	Go right and then follow the main dirt road	→	0,14	0,10
4	Specimens of Common Cane on the right. Go on	↑ 	0,41	0,27
5	Walnut specimens on the left. Go on	 ↑	0,58	0,17
6	Ignore downhill road to the left. Go on	↗	0,61	0,03
7	Specimens of field maple on the left. Go on	 ↑	0,84	0,23
8	Go on	↗	1,00	0,16

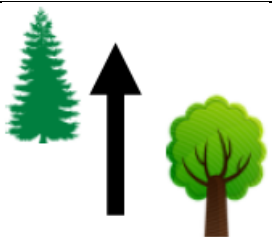
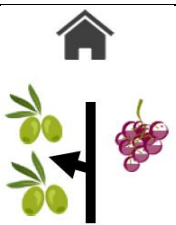
9	Ignore road to the right uphill. Go on		1,12	0,12
10	Continue along the cypress avenue		1,19	0,07
11	House on the left. Go ahead on trail. Enter the coppice		1,32	0,13
12	Go right uphill		1,37	0,05
13	Go left and then stay on the beaten path		1,40	0,03
14	Go left uphill		2,02	0,62
15	Go on		2,14	0,12
16	Go left		2,18	0,04
17	Pond on the left. Go on		2,21	0,03

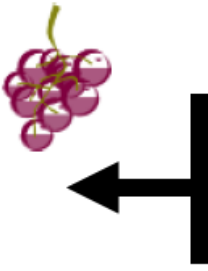
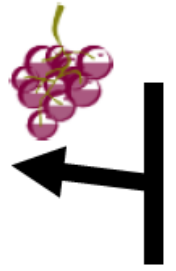
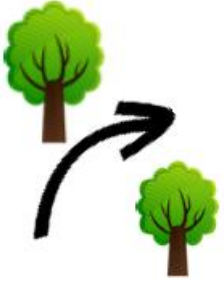
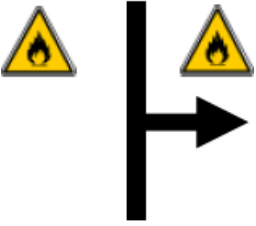
18	Ruin on the right. Go on		2,39	0,18
19	Go left along drywall		2,46	0,07
20	You arrive on a paved road. On the left specimens of Stone pine . Go right. From this point you can observe the typical Rural landscape		2,96	0,50
21	Go left. Enter the hamlet of Il Santo		3,93	0,97
22	Cross the road and continue towards Ponina. You enter an area with vast lawns		4,08	0,15
23	Ponina. Go left uphill on a dirt road		4,71	0,63
24	On the right, house number 202A. Go uphill on trail		4,76	0,05
25	Ruin on the right. Go left		4,88	0,12
26	Gates left and right. Go left on dirt road		5,08	0,20

27	House on the left. Go right uphill on paved road		5,60	0,52
28	Belfiore Tower on the right. Come in		5,88	0,28
29	In front of the gate. Go right on the path (white-red CAI trail sign) and then immediately left		5,97	0,09
30	House with fence on the left. Go on		6,13	0,16
31	Go left along fence. Then follow the main path. Ignore detours on both sides		6,27	0,14
32	You have a house opposite. Go right uphill		6,58	0,31
33	Go left on the path that runs along the edge of the field (white-red CAI trail signs)		6,76	0,18
34	Go left (white-red CAI trail signs) and then follow the most beaten path		6,81	0,05
35	Go left		6,93	0,12

36	Reach a group of houses. Go left downhill		7,08	0,15
37	Go right		7,10	0,02
38	You arrive on a paved road. Large hedge on the right, at the edge of the field. Go right		7,15	0,05
39	Go left		7,26	0,11
40	Go right onto a dirt road. From this point you can observe the rural ecosystem		7,31	0,05
41	House on the left. Go ahead on paved road		7,65	0,34
42	Large specimen of Downy Oak . Go right onto dirt road		7,80	0,15
43	Specimens of Mulberry on the right . Go on		8,03	0,23
44	Go on		8,07	0,04

45	Ignore path to the right uphill. Come in		8,18	0,11
46	Gate on the right. Forward uphill on a path		8,40	0,22
47	Terraces on the right. Come in		8,53	0,13
48	Arrivals on a dirt road. Go left		8,70	0,17
49	Go left downhill. After a few meters on the right specimen of Fig		9,20	0,50
50	Go ahead towards Capolona		9,27	0,07
51	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)		9,36	0,09

52	Elm specimen on the right and spruce specimen on the left. Come in		9,44	0,08
53	Electric pole on the left. After a few meters go left on the path		10,35	0,91
54	Ignore uphill path to the left. Go on		11,16	0,81
55	Arrivals on a dirt road. Go right downhill		11,25	0,09
56	Vineyard on the right and small building opposite. Go left through the olive grove		11,62	0,37
57	Go right past the house		11,79	0,17
58	You arrive on a paved road. Go right downhill		12,18	0,39

59	Go left onto the path parallel to the vineyard . If the gate is closed, continue on the paved road to point 67 and then continue on		12,22	0,04
60	Go left along the vineyard		12,36	0,14
61	Go right onto the path that enters the forest		12,49	0,13
62	On the right you see a sign for the pipeline. Go right		12,82	0,33
63	Pipeline sign on both sides. Go right		13,30	0,48
64	Cross the stream and go right uphill. Then follow pipeline signs		13,39	0,09
65	CNG cabin on the right. Go left and then continue on a dirt road		13,55	0,16

66	Cross the stream . Go on		13,77	0,22
67	You arrive on the main road. Go left. Ignore directions Botti-Talla-Bibbiano		13,81	0,04
68	Go ahead and ignore the Arezzo-Poppi-Bibbiena directions		14,60	0,79
69	Go left towards the center. Ignore Castelluccio-Casavecchia directions. Then always forward		14,72	0,12
70	Capolona railway station (to return to the Capolona-Subbiano railway station: cross the level crossing and then continue ahead. After 300 meters you arrive in Piazza della Vittoria, go ahead on Via D. Alighieri. After 1.4 km you will arrive at an intersection with traffic lights, go left. After 100 meters you arrive at the station)		15,20	0,48

Species and natural phenomena you may observe along the way:

the colors of **autumn**, the **Little Shrike**, the **Short-toed Eagle**, the **Curly Snake**, the **Honey Buzzard**, the **butterflies**, the traces of the **Wolf**, the **orchids**, the **Apennine Frog**, the **River Crab**.

