

Siena Vecchia and the Preromans history

Walk 7

Distance - 7 km (5 miles) Rise and fall - 600ft

This walk, largely in woodland, links Stigliano with one of the oldest settlements in the area, Siena Vecchia. Archaeologists think that it was built in the bronze age and used until the Roman period. The first and the last part of the route are, however in steeply climbing and descending paths. For this reason the walk is an intermediate degree of hiking and some walkers will not like this route.

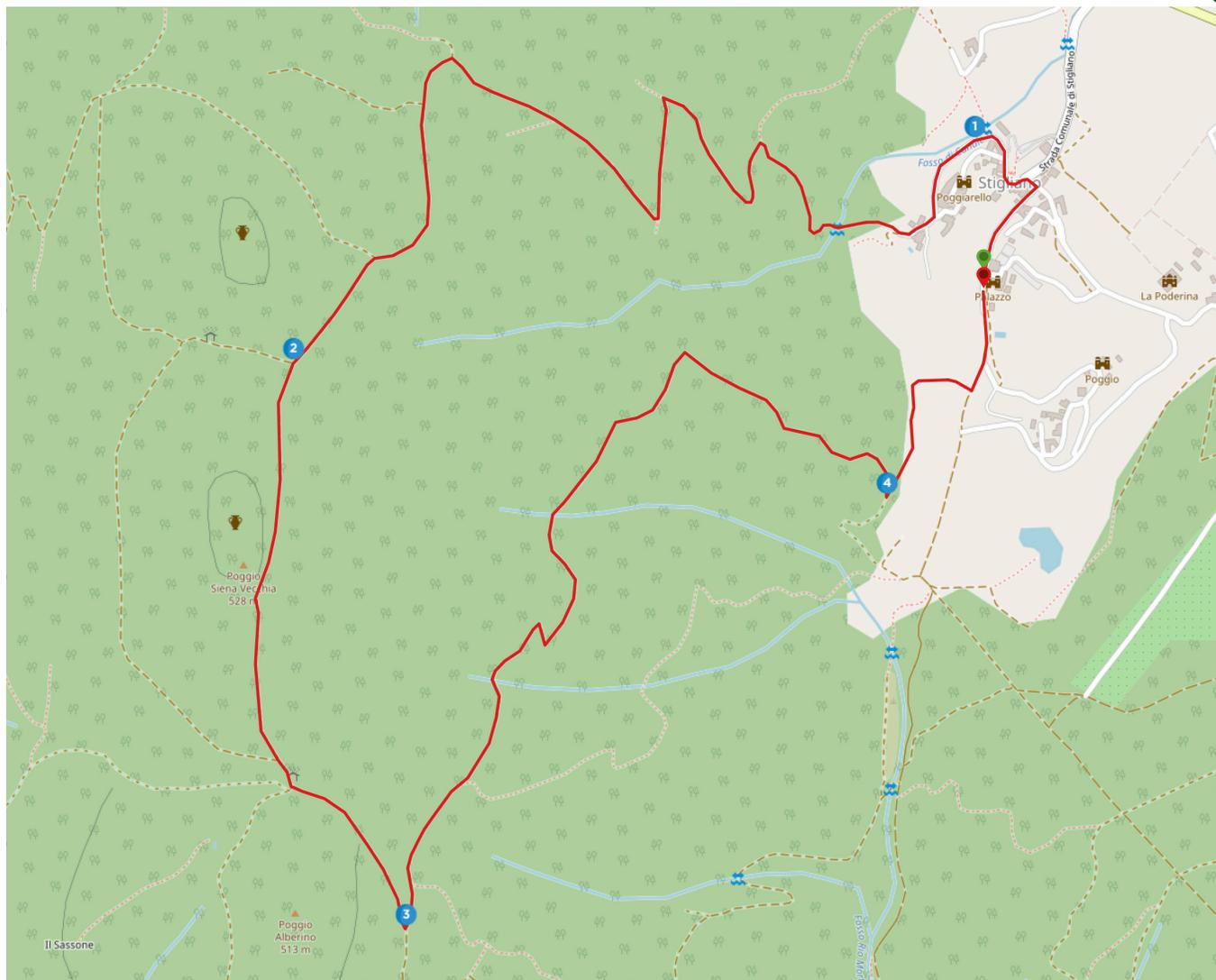
Start/car parking: HPB Palazzo Stigliano

Refreshments: Restaurant/Café "La Bottega di Stigliano"

Note: It would be a great help to future walkers if you could record any inaccuracies you come across during this walk and report them to reception so that appropriate amendments can be made. *Thank you for your help and happy walking.*

WALK

1. Keep the right, following signs to Relais Borgo Stigliano. Go straight on, pass the Poggiarolo Castle and climb until the top of the hill, and after 100 yards turn right at the first trail with a wood fence on the right side. After 200 yards start to climb the zig-zag path and follow the main path climbing for roughly 1 mile. Ignore all the secondary roads on the right and continue on the main road. After about 1 ½ miles go left at a Y junction.
2. The trail becomes flat and you reach a new road, turn in the left path going slightly up. Pay attention on the right to not miss the ruins of Siena Vecchia, one of the oldest settlements in the area that was probably built in the bronze age and used until the Roman period. After Siena Vecchia go straight again until a clearing area with a small house on the left side. Pass the house and turn left at the Y junction immediately after the house.
3. Continue for about 300 yards and then turn on the left into a smaller path that descends through the vegetation (be careful here to not miss the path). Continue to go down for about a mile with on the right the view of a plain, between the trees. After a mile the path becomes narrow, continue to walk on this small path through the Mediterranean scrubs.
4. Once you get to the clearing area of the branches of the pines turn right and you find again a clearing square, continue down and find the main road of il Poggio. Go left here, pass the turning to Poggio. Take the next right turn, back to Stigliano.



— Walk

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