

# From Pitigliano to Sovana along the "vie cave" (paths that wind through tuff canyons)

Text by Filippo Brancoli, Photos by Filippo Brancoli and APT archives

## Località di partenza:

Regione Toscana, Provincia di Grosseto, Pitigliano

## Tipo di itinerario:

a piedi

## Fondo stradale:

Misto

## Difficoltà a piedi:

Turistica

## Dislivello in salita (m):

100 m

## Tempo (hh:mm):

1:30

## Periodo consigliato:

All seasons

## Segnavia:

Red and white

## Uffici informazioni:

For further informations on Costa Toscana:  
[www.toscanacosta.it](http://www.toscanacosta.it)

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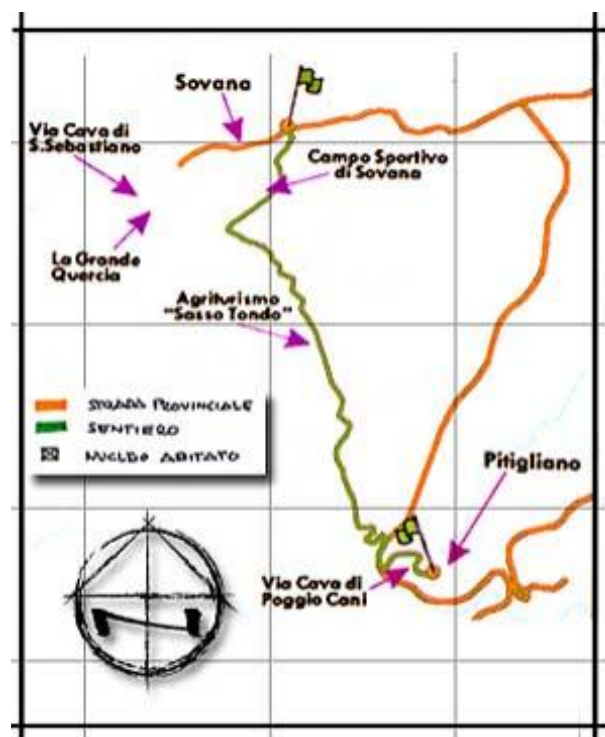
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This attractive itinerary, starting from the village of Pitigliano and winding along a track through Etruscan "vie cave" and hilly sections, brings us to the centre of Sovana. This is a pretty route that has many interesting features, including visits to medieval villages, a gentle walk up sunny hillsides and a climb down into the area that passes through the wonderful Etruscan "vie cave". After following the road that descends through the centre of Pitigliano, we take Via Aldobrandeschi until, just before it ends, we reach Via Porta di Sovana. Going down, we walk beneath the gate and continue



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down a beautiful flight of steps, leaving the village behind us until we arrive at the beginning of the two parallel "vie cave"; we take the right one, "via cava di Poggio Cani", that leads us as far as the provincial highway. Here we go on for a few meters and after crossing the bridge over the river Lente on the left we see the signs for a path that climbs up into the woods. This is the "via cava dell'Annunziata" that leads us as far as the top of the hill over Pitigliano. Carved between two high tuff walls it plunges us into an atmosphere charged with history and mystery that the Etruscans left for us. Following the via cava we climb up again into the woods and reach a small white path where, keeping to the right, we meet, one immediately after the other, two signs for a holiday farm that we follow. Once again we find ourselves on a small road surrounded by vineyards. At the end of the road we arrive at a junction where we turn left following the sign to the via cava of Pian dei Conati. Before arriving here we must cross a plateau, with the same name as the via cava, where we arrive at a junction of three roads, where care must be taken, and we turn left. Soon we will have a beautiful view of the Romanesque cathedral of Sovana that appears among the hills. From here we continue along the tuff path until we arrive at the via cava. This Etruscan path also winds along in the shade of the woods and between tuff walls, climbing down and crossing a stream and then climbing up again on the left until it reaches a grassy area. Here we come to a second stream and cross the bridge, going on towards the left where we find signs for the via cava. We continue climbing until we reach the remains of the old town walls near which we will pass through a small gate. The last section of the climb leads us to a track where we turn left, arriving finally at the asphalt road. We are still attracted by the profile of Sovana cathedral, just a short distance away, which, however, we do not use as a reference point. Instead we go passed the sports field and, after climbing down briefly, we climb up again to the archaeological area near the river Colonia. This brings us to Rocca Aldobrandesca, at the gates of Sovana, which you are strongly recommended to visit. You can go back the same way as you came, or you can take public transport.

This itinerary is part of a collection that the magazine "Trekking", together with the APT (Provincial Tourist Authority) of the Tuscan Coast, has dedicated to the most beautiful trekking routes in this area. A series of itineraries that will help you discover lovely places and will introduce you to a district that has great environmental and cultural appeal.



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