

## 8 – Anello di Segalari – 10 km – 310 difference in height

We reach Castagneto Carducci by car and, leaving the town in the direction of Sassetta, we will park the cars in front of the cemetery.

There are two asphalted streets immediately before the parking lot. We will take via di Segalari on foot.

After leaving the castle of Segalari on our left, we will take a dirt road on our right that points to Mulini di Segalari. It is a pleasant downhill road through the woods, which leads us to the farm that has incorporated one of the mills, which has been transformed into a cellar. Traces of the other mills are not visible.

At the level of the farm we find a ford on the Segalari stream and then, continuing to the right, immediately another ford on the Paduletto ditch.

From here the small road continues, which now climbs slightly, until you find a fork to the right that indicates Grattamacco. We take it and, from here, we always follow the main flat road to the Grattamacco farm and then, downhill, to Santa Maria.

We are about halfway through and, therefore, we can look for a place to stop for a snack in this area.

At the Santa Maria farm the road bends sharply to the left and continues flat to the south, parallel to via Bolgherese.

At the intersection with an asphalted road that comes from via Bolgherese, we cross and continue straight ahead, on an asphalted road that touches many beautiful farmhouses, and we pass another intersection, until we reach the Croce di Lamentano.

We continue straight ahead for a short while and then, turning behind the area of a campsite, we turn left onto a path that climbs the hill and leads us, after several hairpin bends, under the bastion of Piazzale Belvedere in Castagneto Carducci.

The panorama honors the name of the square.

After crossing the ancient village, we leave it in the direction of Sassetta and, arriving at the parking lot of the sports field, we find, below and to the left of the provincial road, a small road initially cemented, which then becomes a small path that allows us to avoid a little of asphalt and cars; the path will shortly bring us back to the provincial road, where we will continue for about 200 meters to the parking lot of the cemetery.