

LAGO DI COMO

ITALIA

UN MONDO UNICO AL MONDO

TREKKING



IL SENTIERO DELLE 4 VALLI
LA DORSALE DEL TRIANGOLO LARIANO

IL SENTIERO DELLE 4 VALLI



The 4 Valley Trail is a beautiful hiking trail about 50 kilometers long. It starts at Breglia, a small mountain village, 7 kilometers above Menaggio and leads through four different valleys: the Val Sanagra, Val Cavargna, Val Rezzo and Valsolda ending at Dasio, a little town situated above S. Mamete on Lake Lugano. The trail is divided into three sections: the first one leads from Breglia to Malé and is 13 kilometers long, the second section starts at Malé and ends at Cavargna and is about 19 kilometers long, and the third leads from Cavargna to Dasio (13 kilometers).

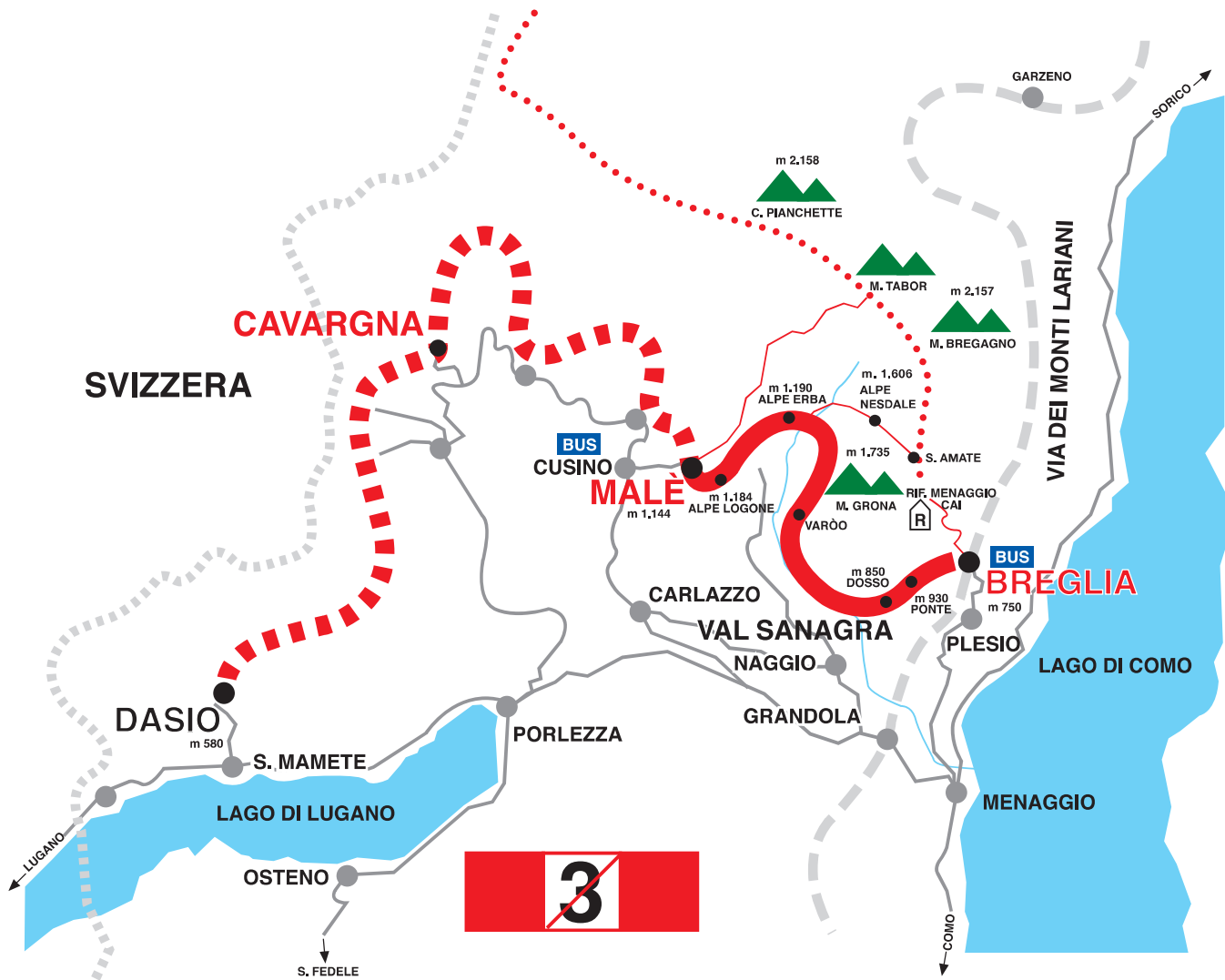
You can trek each of these sections as a day-excursion, or you can hike for three days. Included in the brochure there is a listing of accommodation along, or not far from the trail.

The trail follows a mean height of about 1,000 meters and reaches its highest point of 1,400 m at Alpe Colóné in Val Cavargna; it is marked by red-white-red signs with a number 3 crossed with a red bar.

The times indicated in the description are for experienced hikers. The ideal time of the year for this hike is from May till the end of October.

Available maps: "Carta Topografica Escursionistica" Val Menaggio, Val Sanagra, Val Cavargna, Val Rezzo, Valsolda edited by the Comunità Montana Valli del Lario e del Ceresio, scale 1:25,000 or the "Kompass map n° 91" scale 1:50,000

IL SENTIERO DELLE 4 VALLI - FIRST SECTION



FIRST SECTION: BREGLIA - MALE'

LENGTH: 13 km

DURATION: 5h30min

ALTITUDE AT DEPARTURE: 750 m

MAXIMUM ALTITUDE ON THIS SECTION: 1,269 m

GLOBAL ASCENT: 782 m

IL SENTIERO DELLE 4 VALLI - **FIRST SECTION**

This part of the trek will lead you through the Val Sanagra once full of alpine pastures and farms many of which now abandoned.

BREGLIA (749 m) can be reached by bus (line C13) from Menaggio (7 km). In order to find the beginning of the 4 Valley Trail, from the bus stop at Breglia go back slightly along the road, pass in front of the hotel Albergo Breglia and enter the village following the trail signs.

Breglia is also crossed through by the Via dei Monti Lariani, a hiking trail of 125 km which starts at Cernobbio and runs to the northern end of the lake connecting the small rural settlements scattered along the slopes on the west side of the lake. During the first part of your walk you will find the signs of both trails as, for a small stretch, they follow the same itinerary.

Leave the village Breglia behind you and enter the woods. Cross a small wooden bridge near the spring of Troi and then continue uphill. You reach the area called Ponte where the path leads on to a small road which you follow downhill to the pastures of "La Piazza". At the intersection where there is a little chapel, called "Capela el Bergum" turn right. **Pay attention**, the two trails split here. The 4 Valley Trail leads immediately again to the right, the Via dei Monti Lariani continues straight on, so turn right. The cart track leads through the pasture field and then enters the woods. It passes the area called Ferée and then reaches

MONTI DOSSO (850 m 1 h) with a beautiful view of Lake Como and of the Val Sanagra valley. Here, you follow the cart track leading down to the right. You enter the Val Sanagra on a trail half-way up the steep south-west face of Monte Grona that crosses some streams and leads to **MONTI STANGA (872 m)** in which there are some farmhouses in the shade of big chestnut trees. You reach a fork above **MONTI TAMPIGLIA (864 m 40 min; 1h 40min)** where you take to the right. The path leads uphill, crosses some streams, and then turns to the west face of Monte Grona. You now enter a wooded area called **BOSCO DI VARÒ**. You walk among tall beech-trees with thick undergrowth and after crossing the stream Varò, the path leads on to a vast meadow, just below the restored mountain hut of the ancient farm

Alpe Logone (photo Federico Taroni)





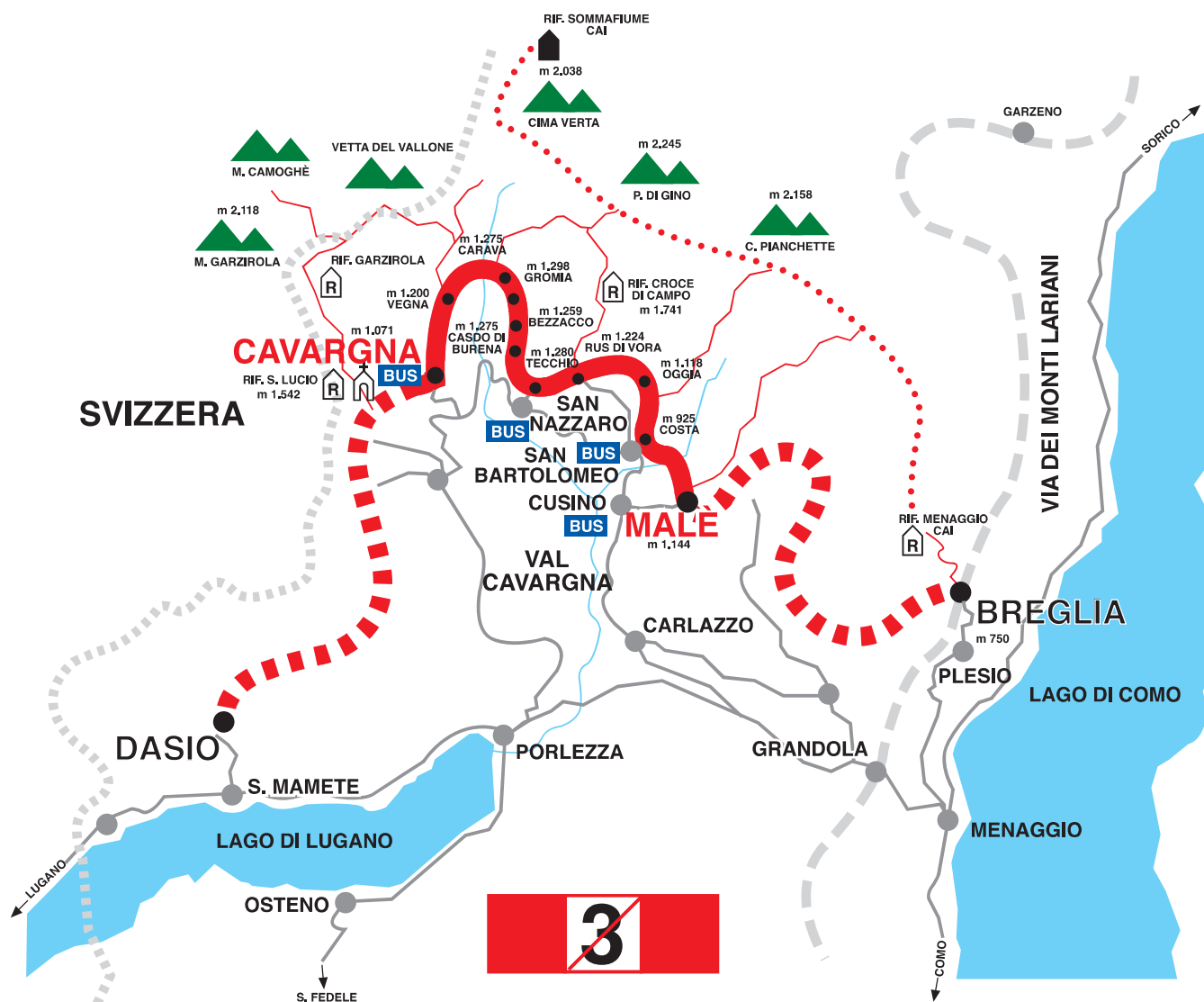
Val Cavargna (photo Jutta Bents)

ALPE VARÒO (1,141 m 1h 10min ; 2h 50min). Ascend the meadow in order to reach the continuation of the path. After a stretch through thick woods with lots of high conifers and beech trees the path reaches the river **SANAGRA (1,200 m)**, which you can cross without any problems if the water is at a normal level. Then the trail goes up steeply and comes out on the cart track up from Naggio. Follow this track downhill for 1.2 kilometers to the pastures of **ALPE ERBA (1,190 m 1h 10min ; 4h)**. Continue downhill on the cart track for another 1.7 kilometers, then leave it and pick up a cart-track closed by a bar on the right. Follow this track uphill and you arrive at the beautiful pasture of **ALPE LOGONE (1,184 m 1h ; 5h)** which is the watershed between the Sanagra and the Cavargna valleys. You walk past the farm house, where excellent cheese is made during the summer months. At the far end of Alpe Logone, pick up the cart-track leading up to the right (see note below) and after about 100 meters, you reach a small parking place. The ones continuing the walk turn right and continue per second section below. Those spending the night at **MALE' (1,144 m 30min ; 5h 30 min)** must turn left; Locanda Maria at the far end of the village offers accommodation and meals.

Note: For those walking this section as a day excursion: at the far end of **ALPE LOGONE** pick up the road leading down to the left to **CUSINO** (40 min) When you arrive on the main road at Cusino, turn right and after 100 meters you'll see the bus stop (line C14 CAVARGNA-PORLEZZA-MENAGGIO).

Note: during the summer you can follow an alternative route between Breglia and Alpe Erba which offers a more open view. The length is about the same but with a total ascent of 1,066 m instead of 782 m. From Breglia, you follow the trail in the direction of Rifugio Menaggio. After about a fifty minute walk, at the fork with the signs Rifugio Menaggio/ Monte Bregagno / S. Amate, turn right in order to reach the little chapel of S. Amate (1,600 m). The spectacular view embraces Lake Como, the woods and pastures of the Val Sanagra, Lake Lugano, and the Alps. From the saddle of S. Amate you follow the level trail to the farm house called Alpe Nesdale. From here you descend the path that leads down into the Val Sanagra and after crossing the stream bed, you reach Alpe Pisnera and shortly after, Alpe Levea 1,308 m. From here continue on the cart track for 600 meters and you will find yourself on the 4 Valley Trail on your way to Alpe Erba.

IL SENTIERO DELLE 4 VALLI - SECOND SECTION



SECOND SECTION: MALE' - CAVARGNA

LENGTH: 19 km

DURATION: 8 h

ALTITUDE AT DEPARTURE: 1,147 m

MAXIMUM ALTITUDE ON THIS SECTION: 1,287 m

GLOBAL ASCENT: 460 m

The second section of the walk is the longest and leads completely through the wide catchment basin of the Val Cavargna valley. The valley is rich in water, vegetation, and contains ancient settlements surrounded by mountains more than 2,000 m high.

MALE' (1,144 m) can be reached on foot (40 min) or by car from Cusino by following the sign for Alpe Logone (see note at the end of the first section). From the car park just before the hamlet Malè, pick up the wide track that leads into the direction of Alpe Rozzo. Leave it almost at once and pick up the trail to the left that leads through the woods (follow the signs on the trees). The trail runs downhill across numerous streams, that then reaches the bridge over the river **CUCCIO DI SAN BARTOLOMEO**, which you cross. The trail then leads uphill through the woods to the green meadow land of the village, **COSTA (925 m 1h)**. Keep to the upper part of the village and follow the path that leads slightly uphill, which eventually reaches the road. Cross it and pick up the continuation of the path which passes the house called Selva. Just past the house, pick up the path to the right that leads through chestnut and beech woods. You meet the mule track leading up from San Bartolomeo and follow it to the left to the settlement of **Vraccia**. At the beginning of the village, go up to the right in order to reach the church. Just above the little church, you once again reach the road that finishes at the neighboring settlement called

OGGIA (1,118 m 30min ; 1h 45 min). Cross the road and walk through the charming village, and follow the signs on the houses. From Oggia, the path leads over steeply sloping meadows, to **PIAZZA MEZZANA** in Val dei Molini. When you get close to the stream, the path leads down to the left and soon reaches a concrete footbridge over the stream **CUCCIO DI SEBOL**, still in Val dei Molini.

VAL DEI MOLINI (1,134 m 30min ; 2h 15min). Here you'll notice the entrance of an old abandoned iron mine used until the end of the 19th century. The path then follows the right side of Val dei Molini, continues uphill and passes through the upper part of **DARNI (1,135 m)**. Here the trail ends onto the road leading up from San Bartolomeo, which you follow uphill for about 300 meters. Take the path to the left that leads into the settlement of

RUS DI VORA INFERIORE (1,224 m 45min ; 3h). *(From here it's possible to make a detour to the **RIFUGIO CROCE DI CAMPO (1h 15min)**, to the top of **PIZZO DI GINO (2,245 m 3h 30min)** or to **CIMA PIANCHETTA (2,158 m 3h)**. We recommend a small detour to the little church "Regina dei Monti" up on the right with a marvelous view in every direction.* Back on the trail, which is not very evident here, it goes slightly downhill over a wide pasture. The trail enters the Val di Lana valley and without any difficulty you cross the stream. After a stretch of about 300 meters, at a fork, pick up the path to the right, which leads steeply uphill to a rocky spur. The beautiful view embraces Monte Galbiga (1,698 m) in front of you, the slopes of Monte Garzirola (2,103 m) on the right and the small church "Regina dei Monti" on the left. You then soon reach **TECCHIO (1,280 m 40min ; 3h 40min)** where there is a row of wooden huts and a fountain. Behind the huts, two flights of steps lead up to a rural road that connects the town San Nazzaro *(it is possible to reach the town in 40 min where there is a bus stop for the line C14)* with **Rifugio Croce di Campo (1,741 m – 1h from Tecchio)** and the pastures of Piazza Vacchera *(from the rifugio it's possible to ascend PIZZO DI GINO 2,245 m)*.

Cross the rural road and pick up the trail that leads into a pinewood. The path reaches a waterworks cabin, where there is a fountain. Here you pick up the trail on the left, which runs around the Val Ruina. Just out of the conifer woods near another waterworks cabin you pick up the trail to the left and follow it slightly downhill to

CASDO DI BURENA (1,275 m 40min ; 4h 20min) a picturesque group of mountain huts. The original rye straw roof coverings have been replaced by rusted corrugated iron. Go right and keep to the upper part of the settlement; walk to an isolated house on the ridge, keep to the left of the house, and pick up the trail near a birch tree. The path then goes off in the direction of **VALLE PIAZZA**, an area plagued by disastrous floods.

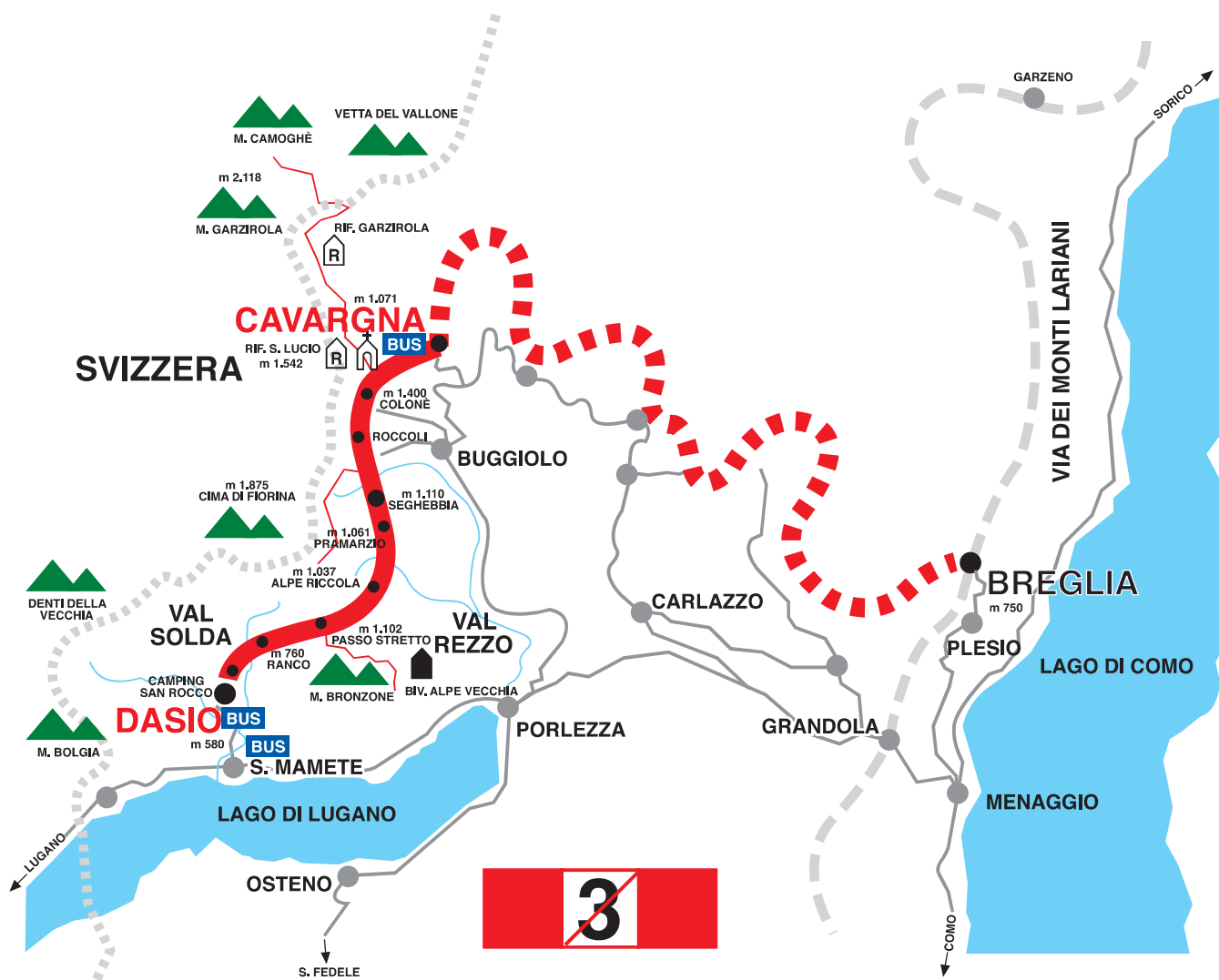
At **MONTI BEZZACO (1,259 m 30min ; 4h 40min)** keep to the left and follow the trail down through a meadow at the edge of a landslide. At the edge of the meadow, a small, steep trail leads down across a few small streams before

IL SENTIERO DELLE 4 VALLI - **SECOND SECTION**

reaching the larger stream below. After crossing it, a nice trail goes up to the farmhouses of **PIAZZA (1,179 m)** just above the settlement **FOUS**. The path continues to the farmhouses of **MONTI GROMIA (1,298 m 25min ; 5h 20min)** and from here, at first a not very evident trail, leads along the mountain side, through steeply sloping meadows to the scattered farmhouses of **MONTI CARAVA (1,275 m 30min ; 5h 50min)** in the shade of beech and maple trees. Going slightly downhill, you descend to the river **CUCCIO DI CAVARGNA** at a height of 1,200 meters, dominated by the impressive peaks of Mount Cima Verta. A bridge makes it possible to cross the river. The trail then ascends, through a thick state forest plantation. Then going downhill and crossing another stream, you get on to the mule track leading up from **CAVARGNA** near the hamlet of **MONTI COLLO (1,200 m 1h 10min ; 7h)** inhabited year round. *(From here it's possible to make a detour to Cima Verta (2,078 m 2h 30min) and to Vetta del Vallone).* Monte Collo is part of the area called **VEGNA DI CAVARGNA**. Follow the road to **MONTI DOSSO** but just before the village, you pick up the descending track to the left which passes just below the hamlet. You then skirt the little cemetery of **FINSUE** and pick up a not very well defined path which bends into the **VAL SEGUR** valley, which you cross over an iron bridge. After a stretch through beautiful woods you arrive at **CAVARGNA (1,071 m 1h ; 8h)**, the highest commune in the province of Como. We recommend a visit to the ethnographic "Museo della Valle" near the parish church, that illustrates the local traditions and customs but also the smuggling and migration phenomenon due to hard living conditions in the valley. It is open on Saturday and Sunday afternoons from Easter until the 1st of November, other days on request tel. 0344 63162. The bus stop is 100 meters past the parish church.



*Sentiero delle 4 Valli
(photo Camillo Tassoni)*



THIRD SECTION: CAVARGNA - DASIO

LENGTH: 13 km

DURATION: 5 h

ALTITUDE AT DEPARTURE: 1,071 m

MAXIMUM ALTITUDE ON THIS SECTION: 1,400 m

GLOBAL ASCENT: 517 m

IL SENTIERO DELLE 4 VALLI - **THIRD SECTION**

This section of the trail leaves the valley Val Cavargna, just below the mountain pass of S. Lucio on the Swiss/Italian border, and enters the green and wooded Val Rezzo passing through the village Seghebbia. The trail then leads through a charming small valley to Passo Stretto, from where it descends into the rocky Valsolda and finally finishes at Dasio.

CAVARGNA (1,071 m), the highest commune in the province of Como can be reached by bus line C14 from Menaggio or Porlezza. Leave Cavargna through the upper part of the town by taking the trail on the left side of the church, which ascends steeply to the Colonia (holiday camp). The path then skirts a beech wood called '**BOSCO SACRO**', which forms a natural barrier against avalanches and landslides, and then leads into the narrow and steep **VAL MARDA**. After crossing the bridge over the stream in the Val Molino, the trail ascends on the opposite side of the valley. At the fork, turn right and follow the track that ascends through the pastures to the top of the slope to the settlement **MONTI COLONÉ (1,400m 1h 20min from Cavargna)** from where the view embraces the valley of Cavargna. *(From the fountain in the middle of the settlement it's possible to make a detour to the 14th century church of San Lucio (30 min) situated on the Swiss-Italian border; close by stands the refuge "Rifugio San Lucio").*

From Monti Coloné, keep to the cart track which enters the woods and leads to **ROCCOLI** situated on the watershed between **VAL CAVARGNA** and **VAL REZZO**. The trail meets the cart track leading up from Buggiolo to Passo San Lucio. You follow it downhill to the left, to the fountain near the chapel called **MADONNA DEL CEPP** (picnic area) from which there is a lovely view of the Valrezzo. You leave the cart track and pick up the path to the right, which descends through a beautiful beech wood (pay attention to the signs on the trees). You then cross a stream just before getting to some farmhouses situated above the village of **SEGHEBBIA (1,100 m 55min ; 2h 15min)**. Pass through the town (follow the signs on the houses) and then follow the road for about 50 meters. Just past the cemetery, leave the road and descend to the right. Walk through the green meadows, passing some farmhouses, to a stream. Cross the stream and follow the ascending trail through the woods which ends in a beautiful clearing with an antique farmhouse called **PRAMARZIO (1,061 m 25min ; 2h 40min)**, which used to be an important resting point for the local smugglers called "contrabbandieri".

The path then enters a beautiful little valley that connects **VAL REZZO** with **VALSOLDA**. It leads through a beech wood to end up at **PRALUNGO (1,116 m)**. At the end of the meadow the trail re-enters the woods, crosses a stream, and leads to

ALPE RICCOLA (1,037 m 25min ; 3h 5min) where the farm house has been recently restored. The landscape here resembles the Dolomites: rocky limestone mountains, pine and larch trees, and lots of water. The path follows the stream of the **VAL RICCOLA** and leads to

PASSO STRETTO (1,102 m 40min ; 3h 45min), a narrow passage where you leave **VAL REZZO** and enter **VALSOLDA**. The trail then descends, offering nice views of the Lake Lugano basin. Lombardy Region owns 318 hectares of woodlands in the Valsolda and in 2007 the whole forest was declared Nature Reserve in order to preserve its important natural features, its endemic species, and its rich fauna. In the reserve, several nature routes have been set out. The trail now goes down steeply, closed in by the valley, and passes some cabins with picnic areas that are part of the Nature Reserve Valsolda. From here, a comfortable cart track that passes along the gorges of the valley leads down to the green slopes of **RANCO' (760 m 45min ; 4h 30h)**. The track continues to the head of the valley that is surrounded by the limestone peaks of Pizzo Ravè (1,285 m), Monte Pradé (1,607 m) and Sass di Mont (1,262 m) . At the next intersection proceed to the left. A steep track winds down to the bottom of the valley and, after crossing the bridge over the stream Soldo at a height of 617 m, you arrive at the village **DASIO (580 m 30min ; 5h)**. The Sentiero delle 4 Valli finishes here. From Dasio there is a bus connection to Porlezza. Mind that the last bus leaves quite early. Near the bus stop, via Marisem followed by a series of tracks lead down to San Mamete (45 min. on foot) to the bus stop of line C12 (MENAGGIO-PORLEZZA-LUGANO)..

ACCOMMODATION ON OR NEAR THE SENTIERO DELLE 4 VALLI

Always book before starting each section of the walk. The indicated opening days are not always respected.

ALBERGO BREGLIA

Breglia

tel. 0344 37250 - info@breglia.it

36   P 

RIFUGIO MENAGGIO

Mason del Fedel

1h 30min away from the Trail

open Saturday and Sun- and Holidays. During the summer daily

tel. rifugio 0344 37282 - tel. manager 327 8855090

rifugiomenaggiogrona@gmail.com

20  

LOCANDA MARIA

Logone (Malè)

open from May till the end of November

tel. 333 2231667

13   

B&B LA CA' ROSSA

Cusino, Via al Pozzo, 2

40min from the Trail

closed from January till March

tel. 349 4194095

2  

RIFUGIO CROCE DI CAMPO

1h 20min from the Trail. Reachable from Tecchio

tel. 371 3869842 or 339 4376683 - rifugiocrocedicampo@gmail.com

35  

B&B VAL CAVARGNA

San Bartolomeo, via Trieste, 38

30min from the Trail

tel.0344 79009 or 333 2420385

diego@valcavargnabeb.it

6  P 

COLONIA DI CAVARGNA

Cavargna

reservations for the holiday camp with the townhall of Cavargna

tel. 0344 63164

TRATTORIA BARONI

Cavargna

open all year - tel. 339 2082095

6   

RIFUGIO SAN LUCIO

Passo San Lucio

30min from the Trail

reachable from Monti Colóné

open all year

tel. 338 3110521 - ivanmerlo@hotmail.it

44  

RIFUGIO GARZIROLA

3h 15min from Cavargna / 2h from the Trail

reachable from Monti Colóné

open daily from May till October

tel. 0344 53253

40  

CAMPEGGIO S. ROCCO

Dasio

camping open all year

tel. 0344 68500 - campeggiosanrocco@yahoo.com

TREKKING

- IL SENTIERO DELLE 4 VALLI ● LA DORSALE DEL TRIANGOLO LARIANO

USEFUL TELEPHONE NUMBERS

Infopoint Como - 22100 Como - Via Albertoli, 7 - tel. 031 4493068 - 031 269712

Infopoint Menaggio - 22017 Menaggio - Piazza Garibaldi, 3 - tel. 0344 32924

Infopoint Bellagio - 22021 Bellagio - Piazza Mazzini, 3 - tel. 031 950204 - 031 95155

Comunità Montana Triangolo Lariano - 22035 Canzo - Via Vittorio Veneto, 16 - tel. 031 672000

Comunità Montana Valli del Lario e del Ceresio - 22015 Gravedona - Via Regina Levante, 2 - tel. 0344 85218

Weather forecast - tel. 848837077 - www.centrometeolombardo.com

Soccorso alpino (emergency number) - tel. 112

ASF Autolinee (public bus company) - tel. 031 247111 - www.asfautolinee.it

Navigazione Lago di Como (public boat company) - 031 579211 - www.navigazioneelaghi.it

Funicular Como - Brunate - tel. 031 303608 - www.funicolarecomo.it

