

## Useful Information

### Infopoint Menaggio

piazza Garibaldi, 3 ..... Tel. +39 0344 32924  
infomenaggio@tiscali.it - www.menaggio.com

Museo Etnografico Val Sanagra ... Tel. +39 0344 32115

Casa della Riserva Lago di Piano ... Tel. +39 0344 74961

Villa Mylius Vigoni ..... Tel. +39 0344 36111

Rifugio San Lucio ..... Tel. +39 3383110521

Rifugio La Garzirola ..... Tel. +39 349 4194095

Rifugio La Canua ..... Tel. +39 335 8097897

Comunità Montana ..... Tel. +39 0344 85218

## Bike Rental

### Ostello la Primula

Via IV Novembre 106, Menaggio ... Tel. +39 034432356

### Gutibikerent

Via Spluga 5, Argegno ..... Tel. +39 3895539775

### Bici Sport

Via Rima 4, Lenno ..... Tel. +39 034456565

### MKEsport

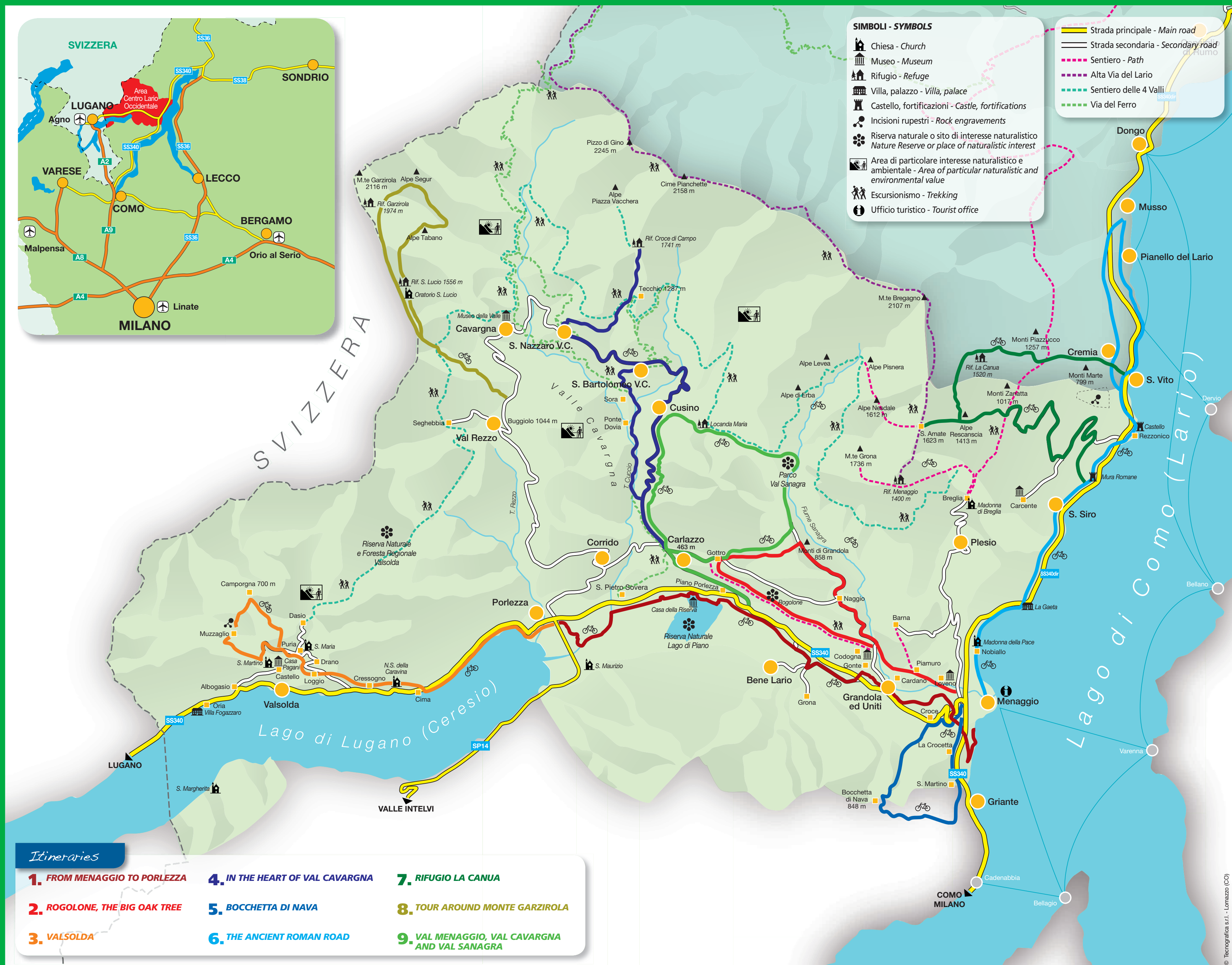
Via Italia, 61 Grandola ed Uniti ..... Tel. +39 393785900



by mountain bike  
BETWEEN  
LAKE COMO  
AND  
LAKE LUGANO



9 Mountain Bike Itineraries





## 1. FROM MENAGGIO TO PORLEZZA ALONG THE FORMER RAIL WAY LINE

This itinrary follows the traces of the former railway line that, from 1884 till 1939, ran-between Menaggio and Porlezza connecting Lake Como with Lake Lugano. The route, mainly paved, runs through the Val Menaggio and touches the Lago di Piano Nature Reserve.

- Itinerary:** Menaggio - Porlezza
- Length:** 13,5 km (one way)
- Starting point:** Menaggio 200 m
- Maximum altitude:** Cardano 377 m
- Total ascent:** 299 m
- Technical difficulty:** ●○○○○○
- Physical commitment:** ●●○○○○

**Route:** From the **ferry dock** of Menaggio, cross **Via IV Novembre** and go up to the **Youth Hostel**. From here continue straight on and, after 500 m at the bend, turn right and ascend the steep road that leads along the side of Monte Crocetta. Continue along **Via Privata Eili Castelli** which ends onto the main **State road 340** which connects Menaggio with Lugano. Follow it to the left, uphill, for just 50m and at the next bend pick up the cycle/footpath. The track enters the valley and passes a 90 m long tunnel. It leads onto the **SP road of Grandola ed Uniti**. Turn right and then immediately left in via Roma (beware of local traffic). After approx. 300 m turn left into Via Gonte. Once at the village **Gonte**, turn left into **Via Cascinello Rosso** that finishes after another 400 m on the state road 340. Cross it and follow the signs for **Bene Lario / Grona** and after 200 m pick up the cycle footpath on the right. Near the village of Grona the track is interrupted. Continue to the right along **Via Cascine**. At the intersection, pick up the cycle track again straight ahead (sign for Lago di Piano). You enter the **Nature Reserve Lago di Piano**. You pass behind the campsite Ranocchio and just past its entrance you skirt the lake Piano. Soon you reach the visitor centre La Casa della Riserva with an information office and a small eco-museum (for information tel. 0344 74961). On the left you notice the hillock called Brione with the **Castel S. Pietro** at its top. Cross the bridge over the river Cuccio. Follow the course of the river until you reach the **main road SP14**. Continue to the right for 100 m and then cross the main road and turn into Via Prati that leads to the residential complex called "Porto Letizia". On the left side of the main building take the path that skirts Lake Lugano. Follow it to the centre of Porlezza. **Back the same way.**

**Note:** *The rail way line between Menaggio and Porlezza was opened in 1884 in order to attract more tourists from northern Europe to the area. Arriving by train to Lugano the tourists were then transported by steam boat to Porlezza from where the train brought them to Menaggio. After the first World War it became a simple working class transit system that lasted till 1939. After the Second World War the train line was abandoned.*



## 7. RIFUGIO LA CANUA

This magnificent route leads from San Siro loc. S. Maria 200 m, along a small mountain road with little traffic to the Monti di Zanatta 1100 m. From here the dirt road to the vast pastures of Alpe Rescascia 1413 m starts. From the farmhouse a path with a breathtaking view leads to rifugio La Canua 1520 m. La Canua shelter, tel. +39 335 8097897, is open on weekends from mid-May until the end of September. July and August every day. From the mountain hut you descend along a path and then a dirt road to the Monti di Piazzucco and from there along the mountain road to Crema from where you cycle back to Menaggio. This route, by normal mountain bike, requires a great physical preparation.

- Itinerary:** Menaggio - San Siro - Alpe di Zanatta - Alpe Rescascia - Rifugio la Canua - Monti di Piazzucco - Monti Marte - Somaina - Crema
- Length:** 27 km
- Starting point:** Menaggio 200 m
- Maximum altitude:** Rifugio la Canua 1520 m
- Total ascent:** 744 m
- Technical difficulty:** ●●●●●○
- Physical commitment:** ●●●●●○

From Menaggio's central square, **Piazza Garibaldi**, follow the long lake side road **via B. Castelli** to the Lido of Menaggio, and then continue left along **via Roma** which comes out onto **via Diaz**. Continue to the right and at the entrance of the tunnel, take the pedestrian-cycle path. It ends again onto via A. Diaz that leads through the village **Nobiallo**. At the entrance of the next tunnel, pick up the segment of the former state. Taking advantage of other 3 segments of the former state road you arrive at the commune of **San Siro**. At the village **S. Maria Rezzonico** at the church S. Maria, you leave the lake side road and start the climb leading to the Monti. Initially follow the directions for the locality **La Torre**, and then for **Roncate**. In the beginning the road ascends quite mildly, and passes near the villages of Soriano and Lucena.

When you reach the bifurcation and the indication for Treccione, turn right and continue the climb with very sustained inclinations following the signs for **Monti di Gallio**. Without ever taking other detours you proceed uphill until you reach the houses of **Zanatta** 1100 m (about 9 km) a large open space.

From Alpe di Zanatta, you proceed on the paved road towards the last buildings where the paved road finishes and the dirt track starts. The whole second part of the climb develops along a wide cart track, with a compact surface.

You arrive at the **Alpe Rescascia** 1413 m. Pick up the trail that starts above the farmhouse in the direction of **rifugio la Canua**. After a brief ascending stretch where you have to push your bike, the view opens onto the "Alto Lario", the northern end of the lake. You can see the Bay of Piona with Monte Legnone (alt. 2609 m) towering above on the eastern shore and towards the north the range of the Rhaetian Alps, the small lake of Mezzola, and the mouth of the river Mera. The well-defined path leads along the slope of Monte Bregagno to **rifugio la Canua** 1520 m.

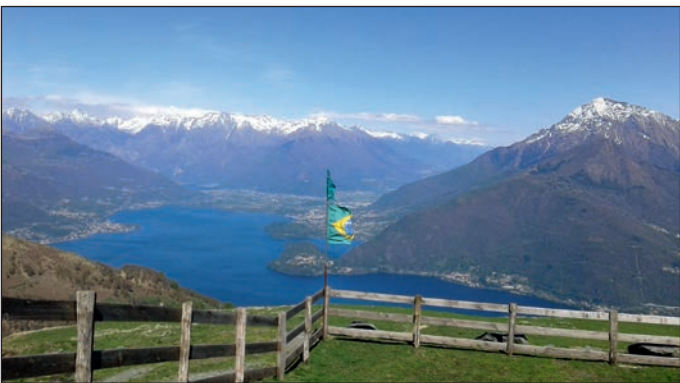
From the hut go down slightly to the left (looking at the lake) until you reach the path signed with red white red paint, that ends onto a dirt which descends to the **Monti di Piazzucco** 1170 m. From here, you continue along the dirt track to **Monti Marte** 800 m from where the now paved mountain road descends **Stomaina**. From here you descend down to the lake side road to Crema. From Crema, loc **San Vito**, continue along the state road 340 for approx. 800 m and then enter **via Statale Vecchia** (careful crossing) on the left side of the tunnel which leads to the hamlet of Rezzonico. From here you cycle back to Menaggio.

## 2. ROGOLONE, THE BIG OAK TREE

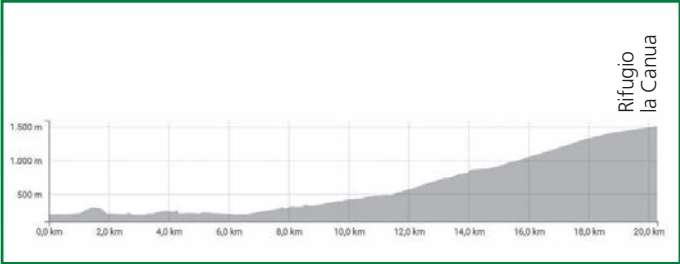
This itinrary takes you through the beautiful Val Sanagra Park, a territory rich in flora, fauna and ancient rural settlements. From Menaggio you make your way to the village Lovenò in order to reach Piamuro where you enter the Val Sanagra Park. From the Vecchia Chioderia, an agiturismo with a trout farm, you cycle to the village Codogna. From here the road Sp 8, with beautiful views of the Val Menaggio, leads to the charming village of Naggio. The route continues into the upper part of Val Sanagra as far as Monti di Grandola 858 m, the highest point of this itinerary. You descend along a marvelous mule track, enjoying a splendid view of Lake Lugano and Lago di Piano to the village Gottro. From the Romanesque church of San Giorgio a somewhat challenging path leads to Rogolone, a huge centuries-old oak, a natural monument and symbol of the Val Sanagra Park. From here you return to Codogna where there is the Villa Camozzi, seat of the Val Sanagra Ethnographic and Naturalistic Museum. From here you cycle back the same way you came.

- Itinerary:** Menaggio - Piamuro - Codogna - Naggio - Monti di Grandola - Gottro - Church of San Giorgio - Rogolone - Codogna - Menaggio
- Length:** 21 km
- Starting point:** Menaggio 200 m
- Maximum altitude:** Monti di Gottro 858 m
- Total ascent:** 812 m
- Technical difficulty:** ●●●●○
- Physical commitment:** ●●●○○○

From Menaggio follow the main road 340 in the **direction of Lugano**. After three bends turn right into **via N. Sauro** direction Lovenò. After 500 meters take the continuation of via N. Sauro to the left. It comes out onto **Largo Vittorio Veneto** from where you go left into **via Garovaglio**. Once at the church of **San Lorenzo**, go left along **via Catulla Milius Vigoni**. Past the sports center you reach the grassy plateau called Piamuro (alt. 381 m). Continue straight on along the dirt road following the sign n. 4 of the Val Sanagra Park, and you soon reach the Sanagra river. From **Mulino della Valle** just before the bridge, turn right and follow the narrow path along the river. You pass the Fornace Galli, an old brick factory, and reach the agiturismo the **Vecchia Chioderia**, once a nail factory now a trout farm with inn. Pass in front of the farm and cross the bridge over the river and follow the steep road to **Codogna** (alt. 455 m) Turn right and, after 50 meters, follow the provincial road of Grandola to the right. Climb up to the church of Naggio (alt. 670 m) where you turn left. After about 200 meters turn right following the signs for **Val Sanagra-Monti di Gottro**. Once you have reached Crotto del Merlo at Monti di Grandola alt 858 m, the highest point of the itinerary, turn left and follow the path for Crotto Mirabel. From the parking take the steep descending path. At the junction turn right. The trail comes out onto a splendid mule track that goes down to the village of **Gottro** (alt. 567) At the piazza where there is a fountain turn left and near a wash house you reach the paved road. Continue to the right and after about 50 meters take a left. Leave the road almost immediately and follow the sign for the church of **San Giorgio**. At the church take the path in the direction of the Rogolone. At the fork keep right. From the **Rogolone** continue straight on until you get back to **Codogna** on the side of the villa Camozzi. Turn left and then right into **via al Mulino** and return back to the **Vecchia Chioderia**. **Back the same way.**



**Alternative itinrary:** approach by car from Menaggio along state road 340 to Santa Maria (commune San Siro) and as far as Alpe Zanatta (read above) to the point where the paved road finishes. From here you follow the dirt track to Alpe Rescascia 1413 m and from there continue on the track as far as Alpe Nedale 1606 m (5 km one way) with a total ascent of 524 m. Splendid views.



## 3. VALSOLDA

This route allows you to discover Valsolda, an area that spans from Porlezza on lake Lugano to the Swiss border. The itinrary offers enchanting views and passes through charming villages. You start at Porlezza and, mostly along secondary roads, cycle up to Loggio (377 m). From here, a track leads past a beautiful waterfall formed by the river Soldo, to Puria. The ride continues into the valley to the little settlement of Camporgna 700 m the highest point of this itinerary. A path then leads to the settlement Muzzaglio, from where a splendid mule track descends to the charming village Castello from where you cycle back to Puria to complete the circle.

- Itinerary:** Porlezza - Loggio - Puria - Camporgna - Muzzaglio - Castello - Puria - Loggio - Porlezza
- Length:** 27 km
- Strating point:** Porlezza 275 m
- Maximum altitude:** Camporgna 700 m
- Total difference in height:** 750 m
- Technical difficulty:** ●●●○○○
- Physical commitment:** ●●●○○○

From Porlezza follow the State road 340 in the direction Lugano and at the entrance of the tunnel take the former state road which after one kilometer ends onto the state road 340 again. Follow it for 1.5 km until you reach **Cima** where from **Piazza Peppino e Angelo Selva**, you turn right into **via Remo Gozzo**. At the end of the street turn left and continue along **via 6 Caduti**. At the junction, keep to the right continue along **via Caravina**, which after 400 m arrives at the **Sanctuary of the Caravina** which deserves a visit. Once at the cemetery, follow **via Santuario** to the village **Cresogno**. From here continue along **via G. Finali** which at the end of the village becomes a steep track. After dealing with some steps the track leads onto the road **via Sasso Rosso Dasio**. You soon arrive at the village **Loggio** (alt 377 m). At the height of the bus stop, you turn left and enter the historical center along **via Lucia** and **via Galbiati**. A flight of steps leads to the church of San Bartolomeo. Here you take **via della Cascata** that leads down to a waterfall. The cobble stone track ascends to the village **Puria**. Cross the road and continue uphill along **via S. Rocco**. Having dealt with some steps you continue along a cobble stone track that offers a nice view of the valley and the village Castello. The track ends onto a parking space where you continue straight on along the dirt track. Cross Ponte Bizzo, and after 50 meters, just before a next small bridge, turn right and follow **track n° 7**. At a junction where there is a little chapel continue straight on. Once at **Camporgna** (alt. 700 m) you leave track n° 7 and go left along **track n° 16**. It leads onto a dirt track which you follow to the right. After 500 meters, at the height of a wooden sign with an orange arrow, enter the trail to the left. Follow the signs that lead to **Muzzaglio**. Just past the church, at the crossing, continue right in the direction of **Castello**. Cross the bridge over the river and follow the splendid mule track to Castello. Once at the cemetery of Castello follow the road back to Puria. From here back the way you came.

**Note:** *We highly recommend a visit of the beautiful village Castello. It takes its name from the ancient fortifications, which in mediaeval times were known as "Castello Albogasio". The village retains the semi-circular layout of the old defensive walls. Not to be missed is the S. Martino church with beautiful frescos in the vault painted in 1697 by Paolo Pagani, born at Castello. In his old mansion a museum has been created with a collection of works of local artists between the XIV and XIX century. (info: tel. 0344 62427). The church and the museum are usually open on Saturday and Sunday from 10.00 till 18.00.*



## 8. TOUR AROUND MONTE GARZIROLA

From Buggiolo in Val Rezzo you ascend the track to the church of San Lucio, located on the border crossing between Val Colla (Switzerland) and Val Cavargna (Italy) at an altitude of 1542 m. You can enjoy splendid views of the Alpi Lepontine, Val Cavargna, Val Colla and the Alps. Close to the church you find the San Lucio refuge, a former barracks of the Guardia di Finanza, where you can get refreshments. Te itinrary continues to Alpe di Talbano, an alpine farm where during the summer months excellent cheese is made. From here the track continues into the Valle Segur. Before you reach the head of the valley, a trail leads in the direction of the Garzirola refuge 1974 m that stands slightly below the top of Monte Garzirola. You descend along the grassy ridge of Mount Garzirola in order to return to the San Lucio Refuge. The San Lucio refuge is open every day tel. 3383110521

- Itinerary:** Buggiolo - San Lucio - Alpe Tabano - Rifugio Garzirola - San Lucio - Buggiolo
- Starting point:** Buggiolo loc. Dasio 1100 m
- Maximum altitude:** 1,720 m
- Ascent:** 1,114 m
- Length:** 14 km
- Technical difficulty:** ●●●●○○
- Physical commitment:** ●●●●○○

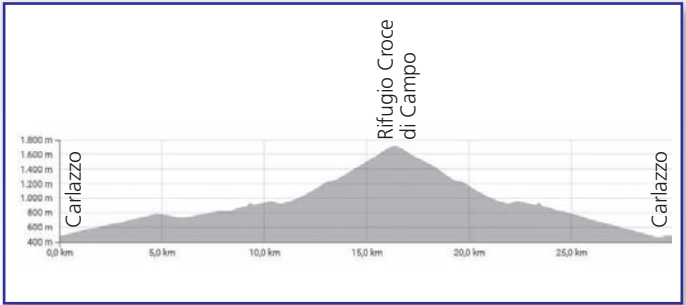
## 4. IN THE HEART OF THE VAL CAVARGNA

This itinrary allows you to discover the remote Val Cavargna, a valley that is geographically located between the alpine and pre-alpine mountain ranges and offers uncontaminated landscapes. From Carlazzo (alt. 463 m) you follow the provincial road Sp 10 to the town San Nazzaro, a small village clinging to the southern slopes of Pizzo di Gino (2245 m). From there you ascend along the small paved mountain road to the pinewood of Tecchio 1280 m. From here you follow the mountain road, first part paved then dirt road, that winds its way up to Rifugio Croce di Campo 1741 m from where you can enjoy a wonderful view. You go down again on the same road as far as San Bartolomeo from where you follow a stretch of the Via del Ferro, a historical route that linked the Cavargna and Albano valleys and their mining and iron and steel sites. You cross the bucolic village Sora and descend along the cobble stone track to Ponte Dovia. In this area, in the first decade of the nineteenth century, there was a small built-up area, which housed the Austro-Hungarian customs (now a house), a melting furnace, a forge with a mallet and a lime pit. At Ponte Dovia the two rivers Cuccio di Cavargna and the Cuccio di San Bartolomeo meet. From Ponte Dovia, you continue on the cobble stone track, back to Carlazzo. From Ponte Dovia, you continue on the cobble stone track, back to Carlazzo.

**Approach by car:** from Menaggio follow the highway 340 towards Lugano for 8 km. At the roundabout, turn right in the direction of Carlazzo. At Carlazzo you park your car near the sports center.

- Itinerary:** Carlazzo - San Nazzaro - Tecchio - Croce di Campo - San Nazzaro - San Bartolomeo - Sora - Ponte Dovia - Carlazzo
- Length:** 21 km
- Starting point:** Carlazzo 463 m
- Maximum altitude:** Rifugio Croce di Campo 1741 m
- Total ascent:** 1436 m
- Technical difficulty:** ●●●○○○
- Physical commitment:** ●●●●●●

Route: From Carlazzo, take the road in the direction of **Val Cavargna**, you pass the town **Cusino** 786 m, and after a short descent, you continue to climb to **S. Bartolomeo** 843 m, pass through the village and continue towards S. Nazzaro. Once at **S. Nazzaro** alt. 953, at the end of the village turn right in the direction of **Regole, rifugio Croce di Campo**. At the small church of San Rocco turn right again and follow the road that climbs up in the hairpin bends to the pinewood of Tecchio 1280 m. Take the road to the left to rifugio Croce di Campo, which you can already see high up on the slope. The road rises in hairpin bends, which at some points are very steep and strenuous. From rifugio Croce di Campo 1741 m, you can enjoy a magnificent view. On the left you can see a strip of Lake Como where the Grigne towers 2410 m, as a frontal mirror Monte Crocione 1640 m, Monte Galbiga 1698 m and Monte Sighignola and to the right Cima Fiorina and Monte Garzirola 2103 m. Return the same way you came as far as **San Bartolomeo**. In the vicinity of the pharmacy, you make a sharp right into **via Fontana**. Near the church of San Bartolomeo, turn left into **via Sora**. It descends in hairpin bends and taking advantage of the cobble stone streets, leads down to the village of **Sora** 749 m. Cross the small village and pick up the coble stone track down to **Ponte Dovia** at the bottom of the valley 582 m. From here ascend the track to a small chapel, then descend to **Maggione**, a hamlet of Carlazzo. Follow **via Antonio** to return to **Carlazzo**.



**Approach by car:** from Menaggio follow the main road 340 in the direction of Lugano as far as Porlezza. At the traffic light turn right in the direction of Val Rezzo. When you reach the town Corrido 451 m, at the crossing, go straight on in the direction of Val Rezzo. You follow the narrow road to the village Buggiolo 1044 m where, at the beginning of the village, you turn right in the direction of Cavargna / passo della Cava. After 500 m you arrive at the Monti di Dasio 1100 m, where you park the car near the former Guardia di Finanza barracks.

**Route:** At Buggiolo loc. Dasio leave the road and, on the left, enter the track (trail sign for rifugio Garzirola) that climbs up the ridge (the first 800 m you have to deal with a steep ascent) that separates Val Rezzo from Val Cavargna. After 1,5 km you reach a small chapel called "**Madonna del Cepp**" from where you can enjoy a beautiful view of the Val Rezzo (fountain - picnic area). Continue along the track that here follows a short section of the 4 Valley Trail. After 500 m at the fork go straight on.

At the next junction, turn right (on the left, the track leads to l'Alpe Colmine) and in a short time you reach the **San Lucio Pass** (alt. 1541 m). From the pass, follow the dirt track that after 1.8 km arrives at **Alpe Tabano** (alt.1669 m). Follow it around the Val Tabano and then enter the Val Segur. Just before arriving at the Alpe Segur at 1.7 km from Alpe Tabano, leave the dirt road and take the path to the left that goes uphill and passes slightly below the Garzirola refuge 1974 m that stands on the slopes of the homonymous peak. Follow the grassy ridge back to the church of San Lucio. Return to Buggiolo the same way you came.

**Notes:** *The fifteenth-century oratory of San Lucio has always been a cultural reference point for the people of both sides of the pass. Inside there are paintings ranging from the fifteenth to the seventeenth century and a wooden statue of the fifteenth century depicting the saint, patron of herdsmen and cheesemakers. The nearby San Lucio shelter was a former Guardia di Finanza barracks in operation since 1903; the military guarded the border, barred by a long metal fence called ramina, to identify any smuggling actions. This activity consisted in smuggling the border with various goods, in order to avoid customs duties. In the Val Cavargna area, both for its geographical position and for the fact that in the past the villagers led a hard life of deprivation, smuggling was the protagonist of the local reality. The detachment of San Lucio was suppressed in the 60s, the barracks, abandoned, went into degradation, but in 1999 work began to be used as a shelter.*



## 5. BOCCHETTA DI NAVA

This itinrary starts at di Croce di Menaggio and leads along a paved cart track through the woods, affording some nice views of the Val Menaggio, to Bocchetta di Nava 848 m. From here a trail, for the first part very technical and exposed, leads down with a splendid view of the Central lake area, to Griante.

- Itinerary:** Menaggio - Croce - Bocchetta di Nava - Griante - Menaggio
- Length:** 13,50 km
- Starting point:** Menaggio 200 m
- Maximum height:** Bocchetta di Nava 848 m
- Total ascent:** 828 m
- Technical difficulty:** ●●●●●●
- Physical commitment:** ●●●●○○

From Menaggio follow the road 340 towards Lugano which leads along a series of hairpin bends to the village of **Croce** at the beginning of Val Menaggio. At the traffic light turn left into **via Wyatt**, following the signs for the Golf Course. After passing the entrance of the golf course, continue for a few hundred meters, until you see a cart track on your left. Turn onto the track that passes the church of the **Madonna di Paolo**. This track, with red and white red signs n° 2, is part of the Via dei Monti Lariani, a trekking route of 125 km. Continue along the cart track which leads with some very sustained inclinations to **Bocchetta di Nava**, the highest point of this itinrary. Almost immediately, at the height of a small chapel, leave the track, and turn left and follow the path along the "**Dossone**" until you reach the beginning of the descent. The rocky trail leads down in bends with a breathtaking view ... but it is "forbidden" to get distracted because, especially in the first part, the path is very technical and exposed. The second part of the descent is more fluid and after passing a series of steps you continue for a short stretch in the woods. You end on the paved road which you follow to the left down to Griante and from here along the lake side road you return to Menaggio.



## 9. VAL MENAGGIO, VAL CAVARGNA AND VAL SANAGRA

This route leads through 3 different valleys: Val Menaggio, Val Cavargna and Val Sanagra and offers beautiful mountain scenery. From Menaggio you cycle along the former railway line (route 1) for 8 km and then you follow the road that leads up to Carlazzo from where you head into the Val Cavargna.

From Cusino you follow the paved mountain road to Alpe Logone, a saddle that links Val Cavargna to Val Sanagra. From here a track leads down to Spino from where you cycle down over the paved road to Monti di Gottro. From here a cobble stone track with a marvelous view of Lake Lugano leads down to the village Gottro from where you cycle back to Carlazzo.

- Itinerary:** Menaggio - Carlazzo - Cusino - Alpe Logone - Spino - Alpe Erba - Monti di Gottro - Gottro - Carlazzo - Menaggio
- Starting point:** Menaggio 200 m
- Maximum altitude:** Alpe Logone 1190 m
- Total ascent:** 1200 m
- Length:** 36,5 km
- Technical difficulty:** ●●●○○○
- Physical commitment:** ●●●●○○

## 6. THE ANTICA STRADA REGINA

This pleasant itinrary follows a small stretch of the Antica Strada Regina. The Ancient Road, which ran along the west side of the lake, was traced during the late period of the Roman Empire. For centuries the Via represented the connection between the south and the north side of the Alps, between the Como and Milan areas and the transalpine regions. From Menaggio you cycle to San Siro along some segments of the former state road and from there you follow the traces of the Antica Strada Regina along cobble stone tracks and small secondary roads as far as Pianello del Lario. From here you descend to the lake where you follow the cycle footpath along the lake as far as Crema. From here you return to Menaggio.

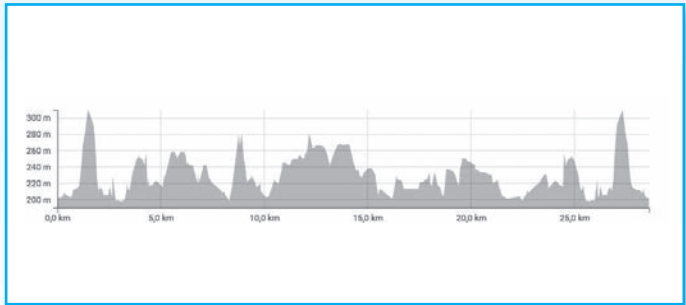
- Itinerary:** Menaggio - San Siro - Crema - Pianello - Crema - San Siro - Menaggio
- Length:** 25 km
- Starting point:** Menaggio 200 m
- Maximum altitude:** 310 m
- Total ascent:** 510 m
- Technical difficulty:** ●○○○○○
- Physical commitment:** ●○○○○○

From Menaggio's central square, **Piazza Garibaldi**, follow the long lake side road **via B. Castelli** to the Lido of Menaggio, and then continue left along **via Roma** which comes out onto **via Diaz**. Continue to the right and at the entrance of the tunnel, take the pedestrian-cycle path. It ends again onto via A. Diaz that leads through the village **Nobiallo**. At the entrance of the next tunnel, pick up the segment of the former state road that ends again on the state road 340 which you follow for approx. 100 m, passing through a small tunnel, then pick up the next section of the former road to the right. You pass **villa la Gaeta**, dominated by the Sasso Rancio cliff. Here some scenes from the James Bond movie "Casino Royale" were filmed.Once again on the main road you almost immediately reach the next tunnel and after just 30 meters take the steep map on the left (follow stickers "I Cammini della Regina"). The track leads through the woods to the village Acquaseria.

Cross the bridge over the river Serio and you enter the village center. In front of the **church of S. Abbondio** continue along **via Regina Margherita**. At the end of the town, at a fork, keep to the right (left the road leads up to Pezzo). The street eventually becomes a cobble stone track that leads to the village of **Molvedo**. At Molvedo the Antica Strada Regina is interrupted by the park of Villa Camilla. To bypass the park, you cycle up to the village Mastena by taking **via del Murel** to the left (sign) Once at Mastena turn right, cycle through the centre of the village, cross the small bridge over the **stream Cellino** and take the track that descends to the right. It crosses the road twice and at the end of the small street, go left (**via al Piano**). You pass a small church and continue along the **"Antica Strada Regina"**. Cross the road leading up to the various hamlets of San Siro scattered along the slope.

The cobble stone path ends onto the former lakeside road which you follow to the left in order to reach the **castle** of Rezzonico of the 14th century. Just past the castle take the Antica Strada Regina that passes over the entrance of the tunnel. Follow the track to **Crema** and cross the bridge over the Valle delle Vache. Continue straight and arrive at **Prato and Marrino**. The now paved road encounters the road leading down from the mountains, follow it to the right for 100 m then go left in the direction of **Colceno**. Cross the bridge of the Vezzedo stream and then continue uphill in **viale Crotti Alto**. Via Crotti Alto leads onto another paved road which you follow downhill passing under the village Camlago. Continue along via Calozzo and at a second crossing continue along **via Bellera**. At the next crossing you leave via Bellera and go down to the right to the main road which you cross in order to pick up **via Porto Nuovo** that descends to the lake.

You arrive at the harbour of Pianello del Lario where you take the cycle-footpath (**passeggiata Breva e Tivan**) to the right. Pay attention to the pedestrians. You reach **San Vito** in the township of Crema. Ascend to the state road past the small church of S. Vito and follow it for 800 m in order to **enter via Statale Vecchia**, on the left of the tunnel (attention crossing the road) that takes you back to Rezzonico. From here back the same way you came.



**Route:** From Menaggio follow the former railway line (see route 1) for 8 km and then leave it in order to reach the roundabout on the main road 340 from where you follow the road to **Carlazzo** (446 m).

From the roundabout at Carlazzo you follow the road into the **Val Cavargna** as far as the town **Cusino** (767 m). At the beginning of the town turn right following the sign to **Alpe Logone**. After about 3 km you arrive in front of the gates of Alpe Logone 1.137 m, the highest point of this itinrary.

You cross Alpe Logone in a straight line. (Take care to close the gates and not to damage the grass we suggest to walk).

On the other side of Alpe Logone a steep track leads down to **Spino** 1.040 in Val Sanagra. From here you descend to **Monti di Gottro** where you leave the mountain road and turn left in the direction of **Crotto da Gusto**. A "Crotto" is a typical restaurants where local food is served. Just past the crotto take the paved road to the left (ignore the deviation for the chapel of the Alpini) that soon becomes a beautiful cobble stone track that leads down to the village **Gottro** (alt. 567).

At the piazza where there is a fountain turn left and near a wash house you reach the paved road. Continue to the right and after about 50 meters take a right and follow the road to **Carlazzo**. From here back the same way you came.

