

LAGO DI COMO

ITALIA

A WORLD WITHIN A WORLD

TREKKING



www.lakecomo.com



PROVINCIA DI COMO

Settore Turismo

Welcome to Lake Como, one of the most beautiful areas in Lombardy. This pre-alpine lake surrounded by a crown of mountains with peaks up to 2700 m high, is not only spectacular but also rich in history and tradition.

You can practise a big variety of sports in our area, water sports enthusiasts can spend whole days sailing, canoeing, wind- and kite surfing, enjoying a motorboat ride, or water-skiing. Golfers will find 7 golf-courses and bikers can cycle up to the Madonna di Ghisallo or follow challenging mountain bike trails.

But above all Lake Como is a paradise for hikers! Historic connection trails, ancient alpine pastures and farms, small rural settlements, mountain tops with a superb view of the lake await you.

For this purpose we have printed a new edition of the Lago di Como – Trekking guide, with an updated description of the three main trekking routes:

- the **“Via dei Monti Lariani”**, a 125-km hiking route which crosses the mountains on the west side of the lake following the old connection trails between the ancient alpine pastures,
- the **“Dorsale del Triangolo Lariano”**, a wonderful two-day hike between Como and Bellagio leading through the so-called “Triangolo Lariano”, the triangle shaped territory between the two southern arms of the lake,
- the **“Sentiero delle 4 Valli”**, a 50-km hiking route which may be the less known of the three but nonetheless fascinating, mostly because of the astonishing uncontaminated places of the valleys it takes to.

With this leaflet we want to offer our tourists a guide to discover unknown corners of our area and a good reason to stay longer in this paradise.

Cover: Alpe Erba (photo Federico Taroni)

USEFUL TELEPHONE NUMBERS

Tourist Boards:

Ufficio I.A.T. Como - 22100 Como - Piazza Cavour 17 - tel. 031 269712 - www.lakecomo.it

Ufficio I.A.T. Menaggio - 22017 Menaggio (CO) - Piazza Garibaldi 3 - tel. 0344 32924 - www.menaggio.com

Ufficio I.A.T. Bellagio - 22021 Bellagio - P.zza Mazzini - tel. 031 950204 - www.bellagiolakecomo.com

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

Comunità Montana Lario Intelvese - 22028 S. Fedele Intelvi - Via Roma 9 - tel. 031 830741

Weather forecast - 848837077 - www.centrometeolombardo.com

Soccorso Alpino (First Aid) - 112

ASF Autolinee (Bus lines) - tel. 031 247111 - www.asfautolinee.it

Navigazione Lago di Como (boat lines) - tel. 031 579211 - www.navigazioneelaghi.it

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

We advise to ask for the following additional information: guide to accomodation and restaurants on Lake Como, a bus and a boat time table.

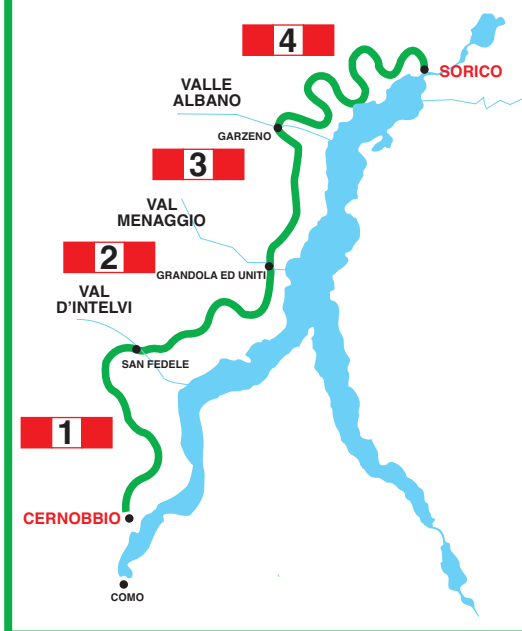
LA VIA DEI MONTI LARIANI

The old tracks which cross the mountains on the west side of the lake and were used - and some are still - by the local people to reach the Alpine pastures called "Monti" (Munt in the local dialect) have been transformed into a series of paths following a marvellous itinerary called **"LA VIA DEI MONTI LARIANI"** (Lario being the ancient name of Lake Como). It is a beautiful hiking trail of 125 km stretching out at an average height of 1.000 m, most "monti" being situated between 600 and 1.200 m.

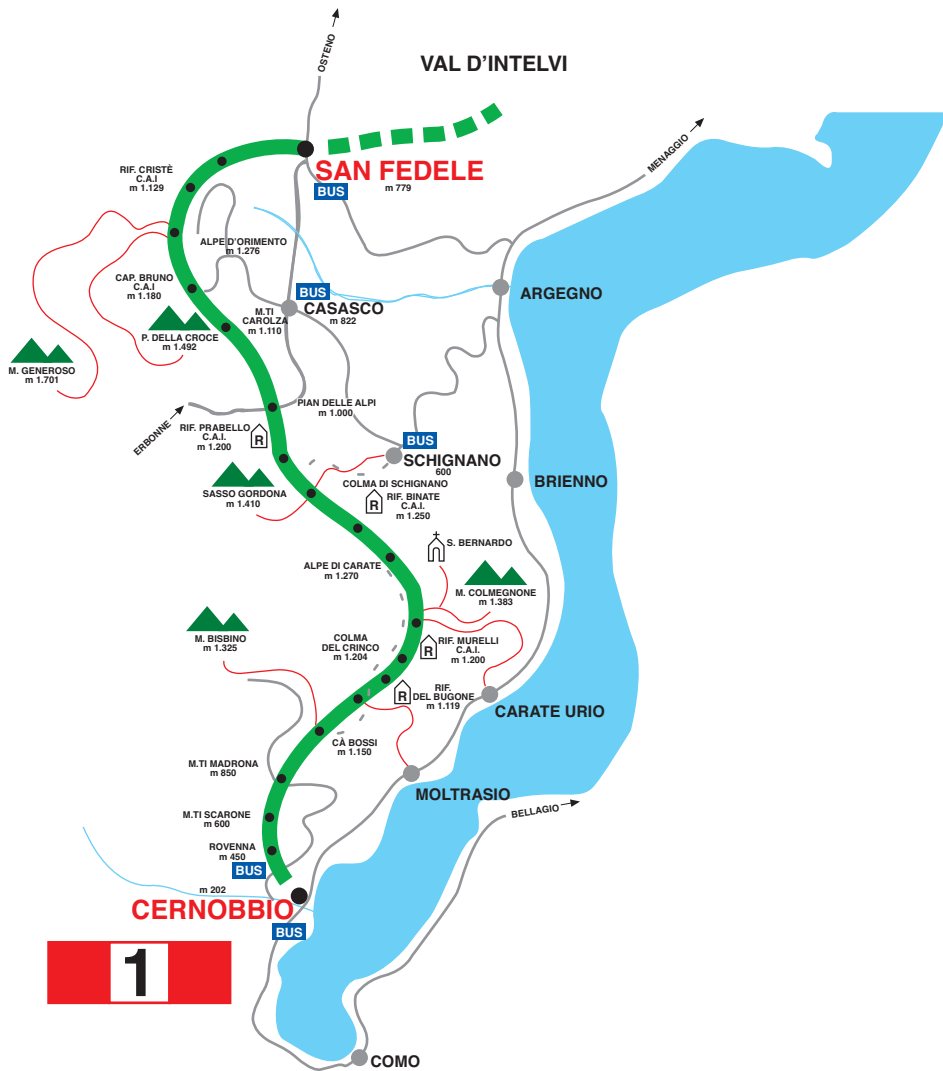
The "Via dei Monti Lariani" is divided into 4 sections. The first one leads from Cernobbio to the Val d'Intelvi and is 28 km long, the second section leads from the Val d'Intelvi to the Val Menaggio (26 km), the third leads from the Val Menaggio to the Valle Albano (24 km) and the fourth from the Val Albano to Sorico (46 km).

The trail is well-marked with red-white-red signs in aluminium on tree trunks or walls, or painted on rocks numbered from 1 to 4 according to each section.

It's impossible to walk the whole "Via" in 4 days, because the sections are too long and one has also to deal with the differences in altitude; 6 days would be the minimum amount of time needed. The times indicated in the description are for experienced hikers. This brochure, also, provides a list of the lodging possibilities on the "Via": refuges, small hotels or "locandas" in the villages the trail passes through. One can also just follow small sections of the trail, the roads, mule tracks and hamlets you meet on your way, give you numerous possibilities to return down to the lake.



Available maps: Carta dei Sentieri della Comunità Montana Lario Intelvese scale 1:35.000, Carta Topografica Escursionistica della Comunità Montana Alpi Lepontine scale 1:25.000 and Carta dei Sentieri della Comunità Montana Alto Lario scale 1:35.000 or Kompass map 91 Lago di Como - Lugano and Kompass map 92 Chiavenna-Val Bregaglia, or Kompass map 676 'Sentiero Italia - Tratto Nord Lombardia Scale 1:50.000.



PATH 1: CERNOBBIO - SAN FEDELE D'INTELVI

TOTAL WALKING TIME: 9.30 HOURS

DISTANCE: 28 KM



Pian delle Alpi (photo Giuseppe Venini)

On the first part of this section one has to deal with an ascent of 1.000 m up the slopes of Monte Bisbino. The second part has less ascent, offers beautiful views and runs along Sasso Gordona with its tunnels and emplacements built during the First World War.

CERNOBBIO (200 m) The “VIA DEI MONTI LARIANI” starts at Cernobbio in Piazza Mazzini where the main bus stop is. Cross the main road, pick up Via A. Volta and when you get to a roundabout continue straight on in the direction of Rovenna and Monte Bisbino. At the end of the road, just past the bend, after 20

meters, pick up Via G. Parini on the left. Once on the road again, follow it about 20 meters and then turn right into via Monte Grappa in order to reach **Casnedo**. In front of the church turn right. Cross a bridge and take left and pass through the village **Stomaino**. You end on the road leading up from Cernobbio but after 100 meters pick up the shortcut on the left that leads to **ROVENNA (450 m 0.45 hrs)** – which can also be reached by bus (line C28) from Cernobbio. You pass the church square (bus stop). At the bend turn left following the indications for Scarone and Madrona. Then turn almost immediately right in order to pick up the mule track that leads up in large bends to **MONTE SCARONE** and from there to **MADRONA (850 m 1.00 ; 1.45 hrs)**.

Follow the road up to the second curve, where you pick up the mule-track to Monte Bisbino which passes by the chapel of S. Carlo. At the end of the mule-track, just before reaching the road leading to the top of Monte Bisbino turn right in order to reach **CA'BOSSI (1.188 m 1.00 ; 2.45 hrs)**.

From here a wide track goes slightly downhill to **COLMA DAL BUGONE (1.119 m 0.15 ; 3.00 hours)** where rifugio Bugone stands. This is where two paths coming up from Moltrasio meet. You cross through ancient beech-woods and get beautiful views of the lake, the Western Alps, Monte Generoso and Sasso Gordona.

Past **COLMA DEL CRINCO** the “Via” leads on to the **COLMA DEI MURELLI (1.200 m 0.45 ; 3.45 hours)** where you find Rifugio Murelli. *(From here you can make a detour of about half an hour to Monte Colmegnone (1.383 m), which offers a magnificent view, or to Monte San Bernardo (1.348 m) with its characteristic little church and Agriturismo).* From Colma dei Murelli an easy cart-track lead to **ALPE DI CARATE** and from there to **RIFUGIO BINATE (1.200 m 0.30 ; 4.15 hrs)**, unfortunately closed since a few years.

From here the cart track continues to the **COLMA DI BINATE (1.133 m)** where you can observe a “nevera”. These cylindrical formed constructions out of stone, lead deep into the ground and were filled with snow (neve) and used in the summer to conserve food. From the Colma it is possible to descend to Schignano (0.45 hr) or to Argegno (2.00 hrs). At the fork keep left and continue on an easy path which runs half way up the mountainside to the **COLMA DI SCHIGNANO** (also called della Crocetta) **(1.128 m 0.25 ; 4.40 hrs)** characterized by a cross in the rock.

At the intersection take right over to the side that faces the Val d'Intelvi. You continue on an old military road that leads around Sasso Gordona. Inside this mountain there are tunnels with emplacements. In fact Sasso Gordona was part of the great defence line called Linea Cadorna, built in 1915 along the Swiss-Italian border, to prevent invasions from beyond the Alps.

At the next intersection continue in the direction of **rifugio Prabello**. Just before arriving at the rifugio you leave the ex military track and you pick up a trail on the right that leads through a beautiful beech wood down to **PIAN DELLE**

ALPI (960 m 1.00 ; 5.40 hrs) also called Alpe Cerano – road connection with Casasco 40 min. where there is a bus stop for line C21 CASASCO-SAN FEDELE-ARGEGNO.

Follow the road that leads up from Casasco to Erbonne to the right, and just past the picnic area leave the road and pick up the mule-track to the left in the direction of Erbonne (sign). At the intersection with a tree posted with signs, turn right and follow the track that leads up the farm house of **ERMOGNA**. Before reaching the farmhouse you pass a “bolla” a natural depression in the terrain adapted by man to conserve rainwater and create a beverage place for the cattle. Near the farmstead you notice another “nevera”.

The easy track leads to **MONTE di CAROLZA (1.100 m)** and from there after a stretch through the woods you reach some houses above the town Casasco. Take left and follow the sign for Capanna Bruno / San Fedele. Then you reach the road coming up from Casasco, follow it to the left and just past the bend with three crosses, leave the road and take the trail on the left leading up to the restaurant **CAPANNA GIUSEPPE AND BRUNO (1.180 m 1.30 ; 7.10 hrs)**.

Just past the restaurant on the right you find the trail signs for Alpe Orimento / San Fedele. An almost flat trail leads over the steep fields of Mt. Crocione, and crosses under a ski lift. The trail leads on to a track and after a stretch downhill at the intersection, take the trail left leading uphill. At the next intersection keep left again in order to reach **BOCCA DI ORIMENTO (1.275 m 0.50 ; 8.00 hrs)** where the inn Baita di Orimento is located (starting point of the excursion to Monte Generoso (1.701 m).

Follow the road leading down to Casasco to the right and after approx. 2 km you reach RIFUGIO CRISTE' (1.250 m) You remain on the road (there are some shortcuts if you want to cut some bends) that leads around two “bolle” and arrives at an intersection. You leave the road, going to Casasco, and follow the road left in the direction of San Fedele. After 300 meters you leave it and pick up a large cart track on the left leading to some houses. The cart track becomes a comfortable grassy trail, that leads through a pinewood and then down through meadowland in the direction of San Fedele, with splendid views of the Val d'Intelvi and the mountains of the Canton Ticino. The trail leads on to the road towards **SAN FEDELE D'INTELVI (750 m 1.30 ; 9.30 hrs)** - hotels - restaurants – bus stop (line C20/21/22) where near the bus depot, this section ends.



*View of Val Perlana
(photo Jutta Bents)*



PATH 2: S. FEDELE D'INTELVI - CROCE

TOTAL WALKING TIME: 9.00 HOURS

DISTANCE: 26 KM

This section of the trek leads from Val d'Intelvi to Val Menaggio and passes by Alpe di Colonno and Alpe Boffalora with their typical "bolle", natural depressions in the terrain adapted by man to conserve rainwater and create a beverage place for the cattle. Splendid views of lake Como on the second part.

SAN FEDELE (750 m) can be reached by bus from Argegno (line C20/C21) or from Porlezza (line C22). From the "bus depot" at San Fedele (deposito delle corriere) cross the main road and follow the road that leads past the cemetery to the upper part of the town; from here a wide track brings you to **BELVEDERE (940 m)** from where you have a good view of the valley. You pass through **COIA** and from there you follow a trail through the woods that leads to a group of farm buildings called **LA ZERLA (1.150 m 1.40 hrs)**. *From here you can make a small detour of 20 min. to 'Alpe di Blessagno' where the Agriturismo la Radice stands (lodging and catering service).*

From La Zerla you enter a pinewood, and then a beech wood, in order to arrive at the steeply sloping meadows in the area called **BASSETTA BASSA (1.300 m 0.45 ; 2.25 hrs)** from where you have a magnificent view of the Ponna Valley and the mountains around Lake Lugano. Pass right in front of the ruined farm buildings and go down to the right in order to pick up a trail (marked with a yellow sign) which leads through the woods to **ALPE DI COLONNO**. You skirt the old barbed wire fencing of the "alpeggio" and walk up to the big metal cross (beautiful view). From here go down to the road close to a "bolla" (beverage place for cattle) and follow it to the left. It runs past the northern face of Monte Duaria and then it leads down to **RIFUGIO BOFFALORA (1.250 m 0.50; 3.15 hrs)** surrounded by beautiful pastures with a splendid view of Monte Galbiga and Monte di Tremezzo.

From Boffalora follow the old military road heading towards Rifugio Venini (*Rifugio Venini 1.576 m can be reached in about 1 hr*). This area was part of the WW1 great defence line called Linea Cadorna, built in 1915 along the Swiss-Italian border, to prevent a possible offence. At the first bend you leave the road and go up to the right where there is a trail sign for Grandola ed Uniti. The 'VIA' follows the upper part of the Perlana Valley through the woods. You pass the farm buildings of **PIODA (1.256 m 0.40 ; 3.55 hrs)** and after you have past "la TAIADA" the trail finally leads out of the woods. You cross a pasture, with a fine view of the Val Perlana and reach **ALPE GADA (1.260 m 0.50 ; 4.45 hrs)**.

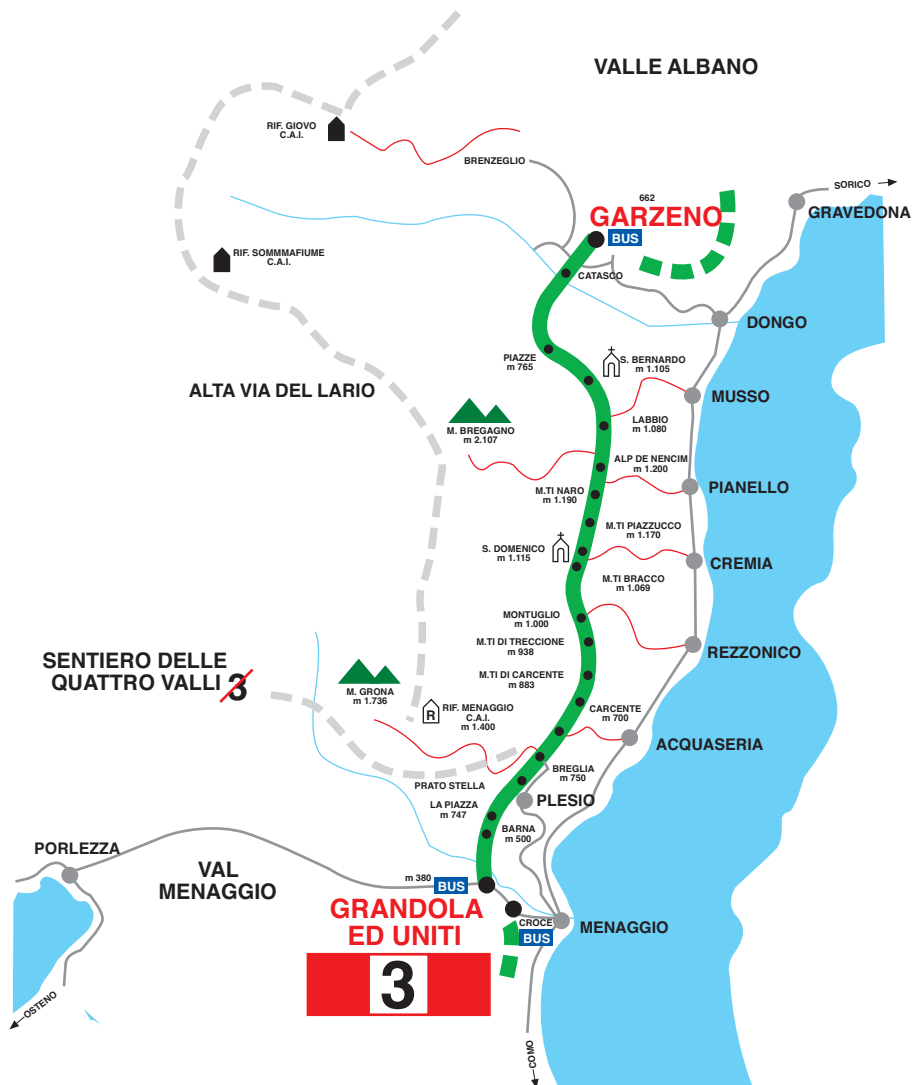
From here the trail proceeds to **PIAZZA** from where you have a beautiful view of the lake and the surrounding mountains. Below, you can see the Monastery of San Benedetto, an important Romanesque building. The path starts going downhill passing **Crusen** and **Garbagnò**. Just past Garbagnò you leave the steep mule track leading down to Lenno (1.00 hr) and pick up a track to the left leading to **NARRO (988 m 1.00 ; 5.45 hrs)**.

Above the settlement you pick up another trail to the right leading through thick woods (this part of the trail can get somewhat overgrown) in order to reach **OSSINO (1.010 m 0.45 ; 6.30 hrs)**. From Ossino you enjoy a beautiful view of the three branches of the lake. (*From Ossino a track leads down to Mezzegra in 1.20 hrs*).

The trail crosses two rocky valleys and then ends onto a military road, hewn out of the rock and running through a 120 m long tunnel. (flash light not indispensable but mind your step). Also this tunnel is part of the fortifications carried out during the First World War, from Monte Bisbino to the Val d'Intelvi and the Menaggio Valley. After the tunnel, walk down to the pastures of **MONTI BRENTÈ' (880 m)**.

From here you follow the old military road that leads down in bends to **BOCCHETTA DI NAVA (848 m 1.45 ; 8.15 hrs)** – (*you can reach Griante from here - 1.00 hr*). On your way down to Croce, you walk through beautiful chestnut woods, and just past **MIE'** you reach the church of the **MADONNA DI PAULLO (650 m)** in the Menaggio Valley. Just past the church the cart track ends on to a paved road which you follow to the left and after just 50 m you pick up the trail down to the right. It crosses the road twice before reaching the village **CROCE (385 m 0.45 ; 9.00 hrs)** hotel - restaurant - bus stop (line C12), which is part of the commune of Menaggio.

Near the church square path 2 finishes. On the main road Menaggio - Lugano, twenty meters to the right, you find the bus stop for Menaggio (line C12 MENAGGIO-PORLEZZA-LUGANO),) and on the opposite side of the road for Grandola – 1 km from Croce - where path 3 starts.



PATH 3: GRANDOLA ED UNITI - GARZENO

TOTAL WALKING TIME: 9.00 HOURS

DISTANCE: 25 KM

LA VIA DEI MONTI LARIANI – PATH 3

This section leads from Val Menaggio to Val Albano over the saddle of San Bernardo offering magnificent views of Lake Como. Those who want to shorten this long section by 2 hours can take the bus from Menaggio to Breglia (line C13 MENAGGIO-PLESIO) and start the walk from there.

GRANDOLA ED UNITI (385 m) can be reached by bus (line C12). Get off at the bus stop “bivio per Naggio”. You are now at **CARDANO** (part of the commune Grandola ed Uniti). Turn into “Via Carlo Galbiatti” where path 3 starts. From here follow the road (there are a few short cuts) to **CODOGNO (479 m 0.15 hours)**. Here, on your left, you can see the 17th century Villa Camozzi which is now seat of the town hall, as well as cultural centre and seat of the Val Sanagra Naturalistic Museum. Just past the villa turn right and follow the road leading down to the Agriturismo “La Vecchia Chioderia” with a trout nursery, restaurant and inn on the Sanagra river.

Cross the bridge and just past the “agriturismo” turn left and then almost at once right and follow a steep path that winds up to **BARNA (563 m 0.35 ; 0.50 hrs)**. In the peaceful church square, with its lovely fountain, continue left (pay attention to the signs on the houses). You leave the town behind you along a steep mule track that leads uphill through the woods and passes a fountain with three arcades. The mule track eventually becomes a somewhat unclear path that ends on a cart track near a house which you follow left. In a brief time you reach **LA PIAZZA (747 m 0.30 ; 1.20 hrs)** surrounded by beautiful pastures where the track ends on a road near a little chapel called cappelletta del Bergum.

N.B. the sign with a number 3 crossed with a red stripe indicates the “4 Valley Trail”, another beautiful itinerary of 3 days.

Follow the road to the left for just a brief stretch, then leave it and follow a track to the right through the woods through the area called Ponte, where there are many summer houses and a holiday camp. The trail leads down to a small wooden bridge near the spring of Troi and then reaches the village **BREGLIA (749 m 0.40 ; 2.00 hrs)** Refreshments available hotel, bus stop.

San Bernardo (photo Paolo Ortelli)



For those starting this section at Breglia, from the bus stop walk along the side of the church of S. Gregorio to the far end of the parking place and pick up via per Carcente to the left. It leads to a little square where, above the fountain, you follow the alley to the right leading out of the village.

Past Breglia, the trail winds its way down into the Val Greno, crosses the valley over a little bridge, and then leads to the village **Carcente**. At Carcente there is a small museum housed in a typical stone building of the village; it contains tools and household furnishing featuring aspects of rural daily life. It is open by request tel. +39 345246115. In the middle of this nice hamlet beware not to miss the turn off to the left in order to pick up the cobbled track leading in series of bends up to **MONTI DI CARCENTE (847 m 1.20 ; 3.20 hrs)**.

From here the path leads to **MONTI DI TRECCIONE** and on to fields with a magnificent view of the Lepontine Alps, the northern end of the lake and the Lecco branch before reaching **MONTUGLIO (950 m)** road connection with San Siro (1.30 hrs). The path then goes through the Vezzedo valley, and then on to **Luina** and to the beautiful **MONTI DI BRACCO (1.060 m 1.00 ; 4.20 hrs)** road connection with Crema (1.45 hours). Just past the little church of S. Domenico, you continue on to **MONTI PIAZZUCCO**. From here, in about 1 hour, it is possible to reach Rifugio la Canua 1.520 m.

After an uneasy stretch through the dry and rocky Quaradella Valley you reach **NARO (1.190 m 0.50 ; 5.10 hrs)** surrounded by a pinewood. From the fountain in the middle of the houses the trail continues to the pasture fields of Alpe **N'ALCIM (1.200 m)**, with a beautiful view of the surrounding peaks. A bit further, you reach the highest point (1.250 m) of this particular section, near Val Grande.

The path then starts going gently downhill and keeping to the right, leads through the rural settlements **ADACA** and **SCRIESESÖ**. Among pasture fields you pass through **BRECCIO** and the upper part of **LABBIO (1.020 m 1.50 ; 7.00 hrs)** The Agriturismo Labbio is located down in the settlement and carries a flag on its roof top.

From Labbio the path climbs to the **SADDLE OF SAN BERNARDO (1.105 m 0.20 ; 7.20 hrs)**. From the church you can see the Valley of Albano where the trail leads down to. Ignore the trail down to the right leading over Sasso di Musso to Musso but pick up the one on the left. The trail descends the steep fields of the northern slope of Monte Bregagno crosses some small streams and eventually leads to the rural settlement **PIAZZE (800 m 0.40 ; 8.00 hrs)**.

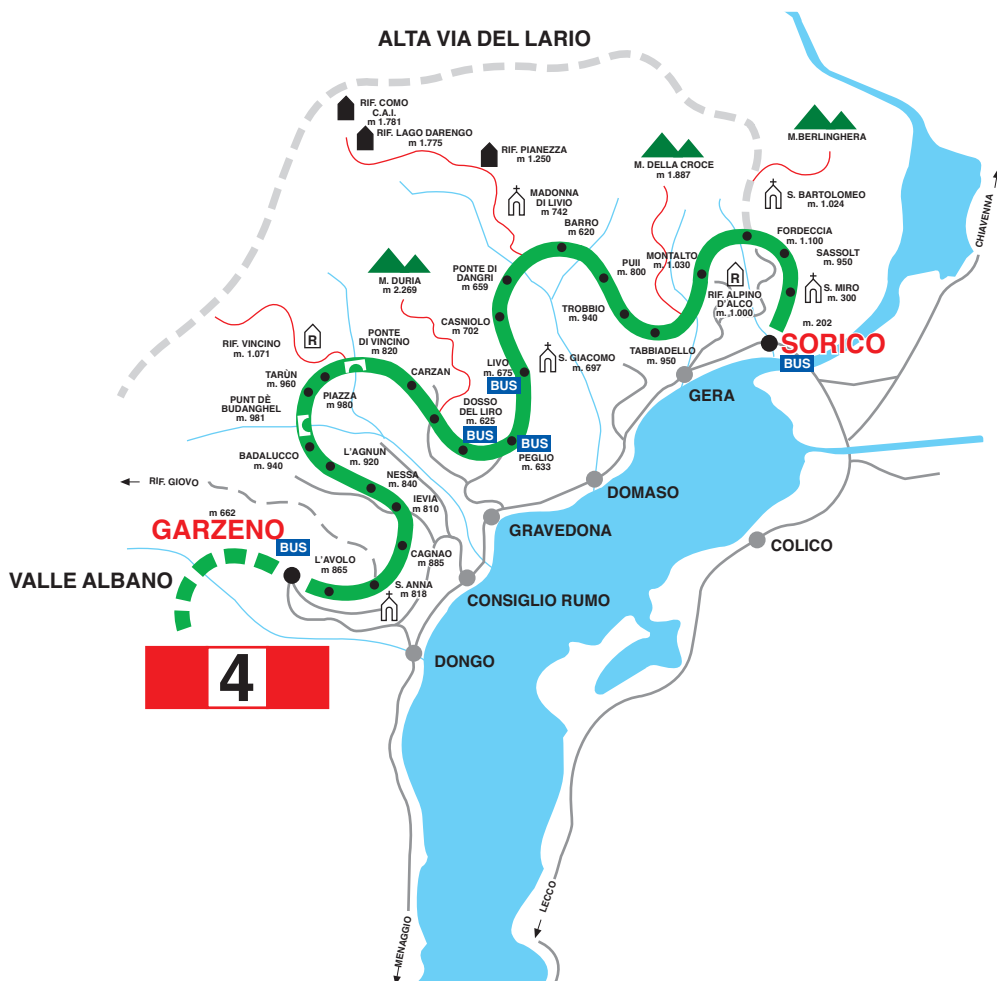
Right at the beginning of the settlement, where you find the yellow sign indicating its name, you turn to the right and walk down to the lower part of the hamlet where you will find the recently constructed road that leads down through a chestnut wood to the bridge over the river Albano. You soon arrive at **CATASCO (620 m)** from where you follow the track (via per Garzeno) leading up to **GARZENO (662 m 1.00 ; 9.00 hrs)** Bus stop (line C17) refreshments - 2 hotels.

Lavatoio (photo Mario Calzani)



Valle S. Jorio (photo Mario Calzani)





PATH 4: GARZENO - SORICO

TOTAL WALKING TIME: 16.00 HOURS

DISTANCE: 46 KM

PART ONE: GARZENO - PEGLIO

TOTAL WALKING TIME: 8 HOURS - DISTANCE 24 KM

This section, without much ascent, leads away from the lake along the valley of the river Liro and through the isolated valleys of S. Jorio and Dosso and passes by some interesting rural settlements.

GARZENO (662m). You can reach Garzeno by bus (line C17) from Dongo. From the bus stop in the church square, follow a steep alley (above the fountain) marked with a 3 superimposed by a 4 that leads to the upper part of the town where it ends on to the paved road. Cross the road and proceed on a path that climbs up steeply through the woods. The path ends on to a field which you ascend keeping to the right. You then follow the trail that leads to **AVOLO (865 m)**, a picturesque rural settlement.

Close to the houses (once the roofs were in straw) there is wide cart track which you follow to the left. Just before reaching a small chapel, leave the cart track and pick up the trail leading up to the right to **SANT'ANNA (920 m 0.50 hrs)**. Just past the church of S. Anna you reach the paved road that leads up from Garzeno to rifugio Giovo. Follow it down to the right but at the following bend leave it and walk down the mule track to **CAGNAVO (885 m)**.

At the next fork keep left, walk along the field and pick up the trail on the left that leads into the woods. The trail heads out of the Valle Albano towards the mountains dominating the lake. You end up on a road which you follow to the left. At the bend in the road at the settlement **CRAGNO (850 m)** pick up the cart track to the left which leaves the mountains facing the lake and leads into the valley.

Keep on the even track but at the settlement **STABIE'** leave it in order to descend to **IEVIA (810 m)**. An asphalt road leads from here to the byres of **NESSA (866 m 1.30; 2.20 hrs)**. Leave the road here and turn down to the right and proceed on a path through the woods. You end on a cart track and at the next fork continue to the left in order to arrive at the clearing of **L'AGNONE (920 m 0.40 ; 3.00 hrs)** where there is a fountain.

The "Via" then leads on amongst mountain slopes and mountain streams to the cattle byres of **BADALUCCO**. From here the trail descends into the S. Jorio valley. Beware of possible landslides in this area! You reach the head of the valley and cross the old **BODANGHEL bridge (985 m 0.50; 3.50 hrs)**. You cross a second stream and the path ascends to the settlement called **BODANGHEL** with several groups of cattle byres out of stone with an interesting architectural style. Near the last houses descend to the right and cross a field.

The path re-enters the woods and leads on to a cart track. Now turn right and cross a small bridge. After you have past a group of cattle byres you arrive at **BOIENA (960 m - picnic area)**. After a few hundred meters you reach a fork where you take left and follow the cart track that ascends from Ponte Maiavacca. When the cart track ends continue on a path leading through woods and fields entering the heart of the Val del Dosso. You meet a path signed with yellow paint which leads to Rifugio Vincino. After you crossed a small bridge continue for about 500 meters till you reach a fork. At this point you leave the path leading to Rifugio Vincino (20 minutes from the "Via") and follow the path to the right.

At the next fork keep right in order to reach the farm houses of **PIAZZA (998 m)**. From here the trail leads steeply downhill to the **VINCINO bridge (828 m 1.30 ; 5.20 hrs)** over the river Liro. At the other side of the bridge, an easy trail leads to the fields of **PIANEZZA (978 m)**. The path continues through woods and among steep pastures reaches the farm buildings of **BOLGIANA**. You end up on a cart track and follow it till you reach the road that leads up from Dosso del Liro in the area called **PIAN DELLE CASTAGNE**.

Follow it down hill for about ten minutes, passing the deviation for the "Agriturismo La Fonte di Mariella" (100 metres) and then pick up the cobble stone mule track on the right that leads down to **DOSSO DEL LIRO (625 m 1.30 ; 6.50 hrs)** crossing the road several times. Here you find the bus stop for the line C18. Follow the road downhill; leave it at

the first bend and follow a path to the left leading into the Val Inferno. After passing the stream Ronzone the trail leads half way up the mountain slope past **ARECC (702 m 0.40 ; 7.30 hrs)** and gets down to the road PEGLIO-LIVO (Agriturismo Zertin at 2 km) near the little church of the Madonna di Pian di Gorghiglio. This section finishes here. To continue turn left to Livo, in order to reach **PEGLIO (650 m 1.30 ; 8.00 hrs)** – bus stop (line C18) - refreshments – lodging, turn right.

SECOND PART: PEGLIO - SORICO

TOTAL WALKING TIME: 8.00 HOURS - DISTANCE 22 KM

This section leads through the remote valleys called Val di Livo, Val di San Vincenzo and Valle di Sorico. Magnificent views of Lake Como and Lago di Mezzola on the final part of path 4.

PEGLIO (650 m) can be reached by bus (line C18). From Peglio follow the road in the direction of Livo passing the little church of la Madonna del Pian di Gorghiglio of the 17th century. (here you find the deviation for the agriturismo Zertin). You cross the plain delimited on the right by the hill called Sasso Pelo. Once at **LIVO (657 m)** (refreshments available – bus stop) cross the village centre and then follow the road leading to Dangri past the cemetery where the antique church S. Giacomo of the 14th century stands.

From here the cart track leads into the Livo valley down to the characteristic stone bridge called **PONTE DI DANGRI (659 m 1.15 hrs)** on the Livo stream where the typical inn Crotto Dangri is located. After crossing the bridge turn right, (the path to the left leads to Capanna Como on lake Darengo). After a few meters ignore the track on the left leading to the Val di Bares but follow the Livo stream to the right on a not very well defined path. At a group of farm byres, it goes down to the streambed which you follow for a few hundred meters, and then you go up to left to the farmhouses of **BARRO (617 m 0.20 ; 1.20 hrs)** an interesting rural settlement.

From here the path leads steeply downhill to the Bares stream. Pay attention to eventual landslides. **NB After a long period of rain it might be difficult and in some cases even impossible to cross the stream.** After passing the Bares stream climb up a very steep path through the woods which reaches a group of farmsteads standing on a small saddle. From here the ascent continues to **PUII (800 m)** that is situated out of the woods surrounded by fields with a beautiful view of the Livo valley. At the fork, at the last building of Puii, take the ascending trail to the left. Then it goes up through the fields to **TROBBIO (950 m 1.40 ; 3.00 hrs)**.

From the fountain walk to the upper part of the settlement and from here to the right a path along the mountain slope leads out of the Livo Valley to **TABBIADELLO (980 m 0.30 ; 3.30 hrs)** a wide mound that dominates the northern part of the lake with a marvellous view of the plain called Pian di Spagna, the mouths of both the Adda and the Mera river and the surrounding mountains. Near the fountain cross the cemented track that leads up from Vercana and continue on the trail that leads to **RONCAI (1.000 m)**. From here the trail turns into the **SAN VINCENZO VALLEY** and reaches **INCISA (950 m 0.45 ; 4.15 hrs)**.

At the last houses take the trail that descends to the right. The path leads quite level deep into the valley of San Vincenzo. At the head of the valley it goes down steeply through a birch wood, (mind the land slides!), to the stream. Cross the bridge and after a few meters pick up the ascending trail to the left that climbs up the other side of the valley. Out of the woods it goes halfway up the mountain slope to **MONTALTO (1.030 m 0.45 ; 5.45 hrs)** The path leads through the village and gets on to the asphalt road. *Those who want to get to the Rifugio Alpino d'Alco follow the road down to the right for about 10 min.*

The "Via" continues on the road up to the left. After 200 meters pick up the track on the left that after 100 meters ends on to a road which you follow to the right for about 500 meters. At the height of a small wooden shrine and an infor-

mation panel indicating the names of the alpine farms of the area, leave the road and take to the left over the fields. From here the path leads into the valley of Sorico, overlooked by Monte Berlinghera (be careful, in this area for possible landslides). After you have crossed two streams at the head of the valley, the path climbs up to the other side of the valley and then reaches the fields of **PIAZZA LUNGA (965 m)** From here follow the cart track for about 800 m that ends out on the road that leads up from Gera Lario and in a short time leads to **FORDECCIA (1.094 m 1.30 ; 6.30 hrs)**.

Continue on the road and after 150 meters you reach a fork where you turn right (to the left you can reach after 200 m the Agriturismo Giacomino) You proceed on the cart track, with a marvellous view of Sasso Manduino, that leads to **COLORINA**. Shortly after you reach **SASS OLT (950 m)** from where you have a superb view of Lago di Mezzola and the Val Chiavenna. Just before the two farmhouses you descend down to the right in order to pick up the path that leads to Baita Carla where you pick up the cart track on the left that leads to **MONTE PRADAIOLI**.

The path goes down through thick chestnut woods to the clearing of **POZZI**. You continue on the cart track that comes out on another cart track that you follow to the right in order to arrive at **PELEDO (817 m)**. The descent continues through the woods to **SELVE (409 m)**. From the fountain of the village the path leads down to the beautiful church **SAN MIRO**. From here it is only a brief stretch to **SORICO (213 m 1.30; 8.00 hrs)** – bus stop (line C10) hotels - restaurants - where path 4 finishes.

Always book before starting each section. The indicated opening times are not always respected.

PATH 1: CERNOBBIO / SAN FEDELE - 9.30 HOURS

CERNOBBIO

see Lago di Como Accommodation Guide

RIFUGIO DEL BUGONE

3.00 hours from Cernobbio

18 beds and catering service

open: the whole year on Saturday, Sun and Holidays. From 15/6 till 15/9 daily
tel. rifugio 031 51.38.08 - manager: 334 6588654 - fiordistellapul@gmail.com

RIFUGIO DEI MURELLI

3.45 hours from Cernobbio

24 beds and catering service

open: all year
tel. rifugio - 335 8434493 - tel. manager 335 8434493 - gogga95@hotmail.it

AGRIT. ROCCOLO DI S. BERNARDO

4.00 hours from Cernobbio

10 min from Colma dei Murelli

10 beds - and catering service

open on Saturday and Sunday almost all year round. Other days on request
tel. 339 3150561 - info@roccolosanbernardo.it

RIFUGIO PRABELLO

5.30 hours from Cernobbio

18 beds and catering service

open: Fr Sat and Sun - June, July, August and September daily except Tuesday
tel. 347 7162780 - www.prabello.it - info@prabello.it

CAPANNA GIUSEPPE E BRUNO

7.10 hours from Cernobbio

only restaurant service

open: from 1/6 till 30/9 daily except Monday. The rest of the year Saturday and Sunday
tel. 031 830235

BAITA D'ORIMENTO

8.00 hours from Cernobbio

at Bocca d'Orimento

catering service and lodging

open: from 1/5 till 30/9, then Saturday and Sunday
tel. 031 830412 or 335 6380242 - www.baitaorimento.it

SAN FEDELE

see Lago di Como Accommodation Guide

PATH 2: SAN FEDELE D'INTELLI / CROCE - 9.00 HOURS

SAN FEDELE	see Lago di Como Accommodation Guide
AGRITURISMO LE RADICI 2.00 hours from San Fedele 20 min. from the "Via" at Alpe Blessagno reachable from La Zerla	5 rooms with a total of 10 beds - catering service tel. 347 7403132 - www.leradiciagriturismo.it
ALPE DI COLONNO 2.50 hours from San Fedele	30 beds and catering service open: April and May Sat. Sunday and Holidays. June, July, August, September daily tel. alpe 380 2882588 - www.alpedicolonno.org
RIFUGIO BOFFALORA 3.15 hours from San Fedele	20 beds and catering service open: from Easter till 1/11 Friday Saturday Sunday and Monday. August daily tel. rifugio 0344 56486 - tel. manager 031 307724
RIFUGIO GALBIGA/VENINI 4.15 hours from San Fedele 1 hr from the "Via" reachable from Rifugio Boffalora	20 beds and catering service from April till November Saturday and Sunday - from May till October daily tel. rifugio 0344 56671 - tel. manager 328 38996336 www.rifugiovenini.com - info@venini.com
ALBERGO ADLER at Croce di Menaggio	open almost all year round tel. 0344 32171 - info@hotel-adler-menaggio.it
MENAGGIO	see Lago di Como Accommodation Guide

PATH 3: GRANDOLA ED UNITI / GARZENO - 9.00 HOURS

GRANDOLA ED UNITI	see Lago di Como Accommodation Guide
AGRIT. LA VECCHIA CHIODERIA 30 min. from Grandola	15 beds and catering service tel. 0344 30152 - www.lavecchiachioderia.it
ALBERGO BREGLIA 2.00 hours from Grandola al Breglia	24 beds and catering service tel. 0344 37250 - www.breglia.it - info@breglia.it
RIFUGIO MENAGGIO 3.30 hours from Grandola ed Uniti 1.30 from the "Via" reachable from Breglia	20 beds and catering service open: Saturday and Sunday - and Holidays; in summer daily tel. rifugio 0344 37282 - tel. manager 388 3494812 www.rifugiomenaggio.eu - info@rifugiomenaggio.eu
RIFUGIO LA CANUA 5.20 hours from Grandola ed Uniti 1.30 from the "Via" reachable from Montuglio	22 beds and catering service open from mid June till mid September tel. rifugio 335 8097897 - www.rifugiocanua.it - info@rifugiocanua.it
AGRITURISMO LABBIO 6.40 hours from Grandola at Labbio	10 beds and catering service open all year on reservation tel. 0344 80120 - cell. 333 8906025 - www.agriturismolabbio.it
GARZENO	see Lago di Como Accommodation Guide

PATH 4: GARZENO / PEGLIO - 8.00 HOURS

GARZENO

see Lago di Como Accommodation Guide

RIFUGIO VINCINO

5.00 hours from Garzeno
20 minutes from the "Via"

20 beds
self catering rifugio - for keys and reservation comune di Consiglio
tel. 0344 81265

AGRIT. LA FONTE DI MARIELLA

6.40 hours from Garzeno
at Monte Carsano

14 beds and catering service
open from the end of March to the end of October
tel 3397703968 - www.agriturismomariella.com - info@agriturismomariella.com

OSTELLO DOSSO DEL LIRO

6.50 hours from Garzeno
at Dosso del Liro

25 beds - self catering
for information and reservation tel. 0344 89941

TRATTORIA FALCO

8.00 hours from Garzeno - at Peglio

25 beds and catering service
open all year - tel. 0344 85444

AGRITURISMO ZERTIN

8.30 hours from Garzeno
2 km above Peglio

14 beds and catering service
open from the end of February till 6 January
tel. 338 1759775 - www.agriturismozertin.com - info@agriturismozertin.com

PATH 4: PEGLIO / SORICO - 8.00 HOURS

TRATTORIA FALCO

Peglio

25 beds and catering service - open all year
tel. 0344 85444

AGRITURISMO ZERTIN

8.30 hours from Garzeno
2 km above Peglio

14 beds and catering service
open from the end of February till 6 January
tel. 338 1759775 - www.agriturismozertin.com - info@agriturismozertin.com

CROTTO DANGRI

1 hour from Peglio - at Dangri

catering service
open almost all year
tel. 368 3725705

RIFUGIO ALPINO DALCO

5.00 from Peglio
200 m. from the "Via" - at Montalto

20 beds and catering service
open: from Easter till the end of October on weekends on reservation,
August daily
rifugio tel. 0344 84572 - manager tel. 0344 84387 - rifugio.dalco@libero.it

AGRITURISMO GIACOMINO

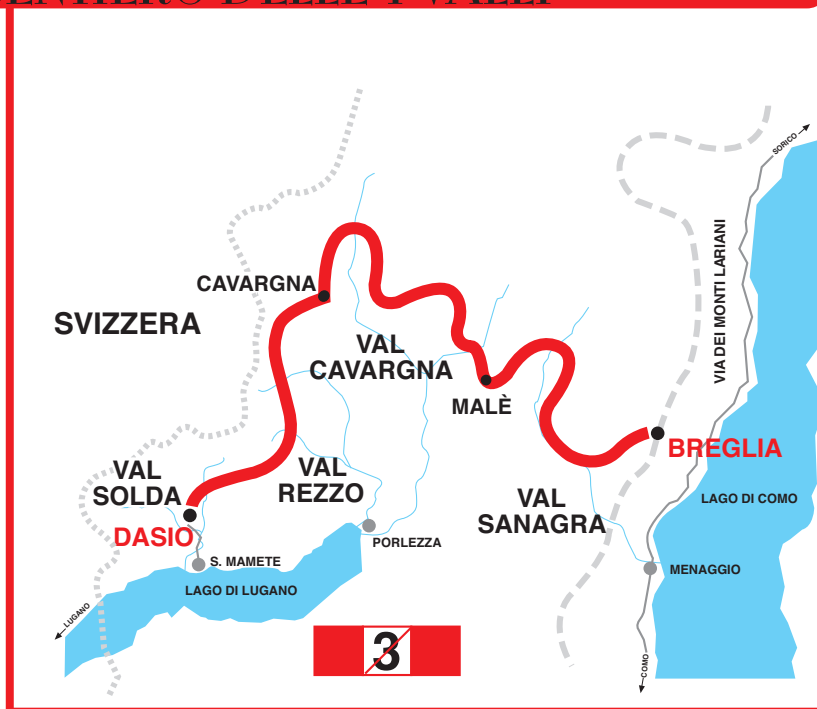
6.30 hours from Peglio
at Fordecchia

beds and catering service
open from March till October - other months on request
tel/fax 0344 84710 - cell. 333 1313313 - info@agriturismogiacomino.it

SORICO

see Lago di Como Accommodation Guide

IL SENTIERO DELLE 4 VALLI



The 4 Valleys Trail is a beautiful hiking trail about 50 km long. It starts at Breglia, a small mountain village, 7 km above Menaggio and leads through 4 different valleys: the Val Sanagra, Val Cavargna, Val Rezzo and Valsolda ending at Dasio, a little town situated above S. Mamete on Lake Lugano.

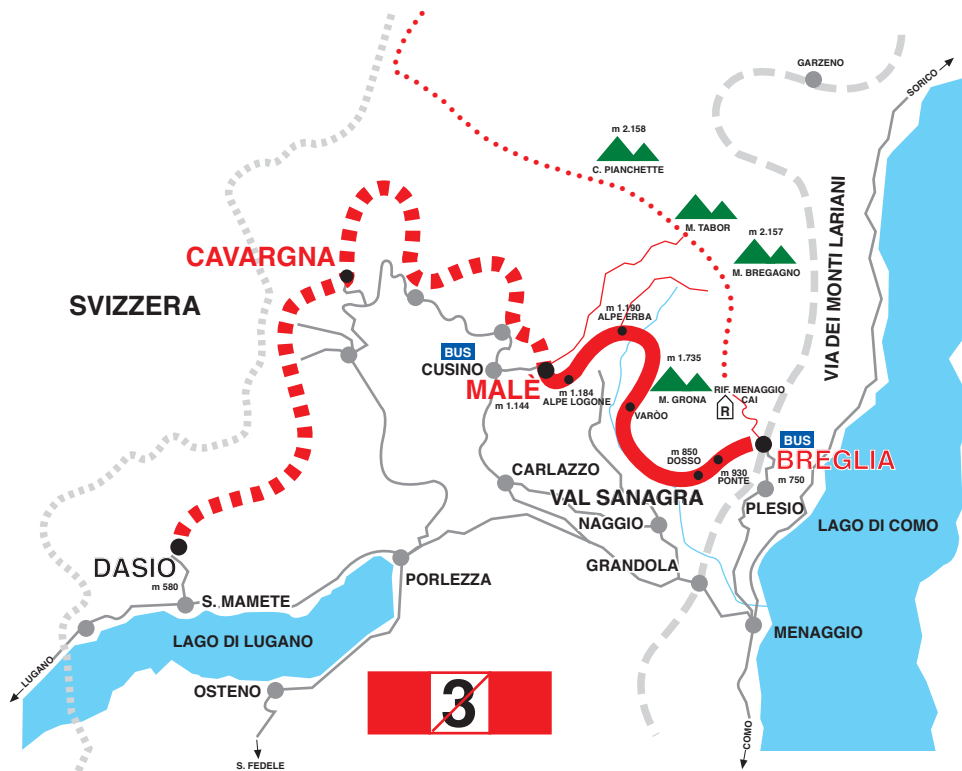
The trail is divided into 3 sections. The first one leads from Breglia to Malé and is 13 km long, the second section starts at Malé and ends at Cavargna and is about 19 km long, and the third leads from Cavargna to Dasio (13 km).

You can hike each of these sections as a day-excursion, or you can hike for three days, spending the night at one of the "locandas" you find at the end of each section.

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" by the Comunità Montana Alpi Lepontine scale 1:25.000, or the "Kompass map n° 91" scale 1:50.000



FIRST SECTION: BREGLIA - MALE'

TIME: 5.30 HOURS

ASCENT: 519 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 “del 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 1.00 hr)** with a beautiful view of Lake Como and of the Val Sanagra valley. Here 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, crossing some streams and leading to **MONTI STANGA (872 m)** where there are some farmhouses in the shade of big chestnut trees. You reach a fork above **MONTI TAMPIGLIA (864 m 0.40 ; 1.40 hrs)** where you take to the right. The path leads uphill and crosses some streams, and then turns to the west face of Monte Grona. You now enter a wooded area called **BOSCO DI VAROÙ**. You walk among tall trees with thick undergrowth and after crossing the stream Varòù, the path leads on to a vast meadow, just below the restored mountain hut of the ancient farm **ALPE VAROÙ (1.141 m 1.10 ; 2.50 hrs)**. 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 leading up from Naggio.

Follow this track downhill for about 1.5 km to the pastures of **ALPE ERBA (1.190 m 1.10 ; 4.00 hrs)**. Continue downhill on the cart track for another kilometre, 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 1.00 ; 5.00 hrs)** which is the watershed between the Sanagra and the Cavargna valleys. You cross the pasture adorned with beautiful beech trees in a straight line. The recently restored farm house, up on the right produces excellent cheese.

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 0.30 ; 5.30 hrs)** 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).



SECOND SECTION: MALE' - CAVARGNA

TIME: 8.00 HOURS

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, rich in water and vegetation and with 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 up to 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, and 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 1.00 hr)**.

Keep to the upper part of the village and follow the path that leads slightly uphill and 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 woods 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 neighbouring settlement **OGGIA (1.118 m 0.30 ; 1.45 hrs)**. Cross the road and walk through this charming village following 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, it goes down to the left and soon reaches a concrete footbridge over the stream **CUCCIO DI SEBOL** in the **VAL DEI MOLINI (1.134 m 0.30 ; 2.15 hrs)**. Here you'll notice the entrance of an old abandoned iron mine used till 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 0.45 ; 3.00 hrs)**. *(From here it's possible to make a detour to the RIFUGIO CROCE DI CAMPO (1.15 hrs), to the top of PIZZO DI GINO (2.245 m 3.30 hrs) or to CIMA PIANCHETTA (2.158 m 3.00 hrs).*

We recommend a small detour to the little church "La Regina dei Monti" up on the right with a marvellous 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 beautiful view point. You then soon reach **TECCHIO (1.280 m 0.40 ; 3.40 hrs)** where there are some wooden bungalows and a fountain. The path leads on to the rural road which leads up from the town San Nazzaro *(it is possible to reach the town in 40 min where there is a bus stop for the line C14)* to the pastures of Piazza Vacchera passing by the mountain shelter **Rifugio Croce di Campo (1.741 m)** reachable in 1 hr from Tecchio *(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 half way up the slope. 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 0.40 ; 4.20 hrs)** 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; direct yourself to an isolated white 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 0.30 ; 4.40 hrs)** 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 reaching the larger stream below and after crossing it a nice trail goes up to the farm-

houses of **PIAZZA (1.179 m)** just above the settlement **FOUS**.

The path leads to the farmhouses of **MONTI GROMIA (1.298 m 0.25 ; 5.20 hrs)** 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 0.30 ; 5.50 hrs)** 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 1.10 ; 7.00 hrs)** inhabited all year round. *(From here it's possible to make a detour to Cima Verta (2.078 m 2.30 hrs) 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 town you pick up the descending track to the left which passes just below the hamlet; you skirt the little cemetery of **FINSUE** and pick up a not very well defined path which leads in 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 1.00 ; 8.00 hrs)**, 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 afternoon from Easter till the 1st of November, other days on request tel. 0344 63162. The bus stop is 50 meters past the parish church.

Sentiero delle 4 Valli (photo Camillo Tassoni)



IL SENTIERO DELLE 4 VALLI - THIRD SECTION



THIRD SECTION: CAVARGNA - DASIO

TIME: 5.00 HOURS

ASCENT: 430 m

This section of the trail leaves the Val Cavargna just below the mountain pass S. Lucio (on the Swiss/Italian border) and enters the green and wooded Val Rezzo passing through the village Seghebbia. From there it goes on through the rocky Valsolda.

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 the opposite side of the valley. At the fork turn right and follow the track through the pastures to the top of the slope to the settlement **MONTI COLONE' (1.400 m 1.20 hrs 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 (0.30 min) situated on the Swiss-Italian border; close by stands the refuge "Rifugio San Lucio").*

From Monti Colone' 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 where 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 0.55 ; 2.15 hrs)**.

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 0.25 ; 2.40 hrs)** 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 0.25 ; 3.05 hrs)** where the farm house has been recently restored. The landscape here resembles the Dolomites: rocky limestone mountains, pine and larch trees, lots of water.

The path follows the stream of the **VAL RICCOLA** and leads to **PASSO STRETTO (1.102 m 0.40 ; 3.45 hrs)** a narrow passage where you leave **VAL REZZO** and enter **VALSOLDA**. The trail then descends giving views of the Lake Lugano basin.

The "Regione Lombardia" 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 area which 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 0.45 ; 4.30 hrs)**. From here 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 0.30 ; 5.00 hrs)**. 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 (0.45 min. on foot) to the bus stop of line C12 (MENAGGIO-PORLEZZA-LUGANO).

IL SENTIERO DELLE 4 VALLI – LODGING AND RESTAURANT LIST

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

ALBERGO BREGLIA

at Breglia

tel. 0344 37250

info@breglia.it

RIFUGIO MENAGGIO

1.30 hours from Breglia

1.30 hours from the "Sentiero" reachable from Breglia

open on Saturday and Sunday. From 15 June to 15 September daily

tel. rifugio 0344 37282 - tel. manager 327 8855090 - info@rifugiomenaggio.eu

LOCANDA MARIA

at Malè

open from the beginning of May till the end of November

tel. 0344 66158

RIFUGIO CROCE DI CAMPO

5.00 hours from Breglia

at Croce di Campo

1.20 hrs. from the "Sentiero" - reachable from Tecchio

open daily from July to September. All year on demand.

tel. 339 4373186 - rifugiocrocedicampo@gmail.com

LOCANDA MIRAVALLE

at Cavargna

open almost all year round

tel. 0344 63154

COLONIA

at Cavargna

Reservation and key at the town hall for groups only

tel. 0344 63164

RIFUGIO SAN LUCIO

1.50 hours from Cavargna

at Passo San Lucio

0.30 hrs. from the "Sentiero" - reachable from Monti Colóné

open all year round

tel. 338 3110521 - ivanmerlo@hotmail.it

RIFUGIO GARZIROLA

3.15 hours from Cavargna

on Monte Garzirola

2.00 hrs. from the "Sentiero" - reachable from Monti Colóné

open every day from May till October. Closed in case of snow

tel 0344 63253 - 338 3110521

CAMPEGGIO S. ROCCO

at Dasio

open almost all year round

tel. 0344 68500 - campeggio-sanrocco@hotmail.it

LA DORSALE DEL TRIANGOLO LARIANO



In two days from Como to Bellagio

The “Dorsale del Triangolo Lariano” is a beautiful 2-day hiking trail of about 30 km, connecting Como with Bellagio. It stretches out at an average height of 1.200 m following the mountain ridge that crosses from south to north through the “Triangolo Lariano”. This is a triangle-shaped area enclosed by the two arms of Lake Como (also called Lario) with Bellagio at its northernmost point”.

Much of this walk is fairly easy and follows mule and cart tracks or easy paths. From it you can enjoy beautiful mountain scenery. There are numerous accommodation possibilities on the way listed at the end of the description. You can walk the whole way or just part of it; there are trails that lead from the main path at the top down to the towns on the lake shore or into the valleys where there are bus stops or other means of public transport.

The walk is way signposted with red-white-red striped markers with the number 1 on them. It starts from Brunate – that you can reach by funicular from Como.

Available maps: Kompass map 91 Lago di Como/Lago di Lugano scale 1:50.000 or Carta dei Sentieri scale 1:25.000 edited by Comunità Montana Triangolo Lariano.

LA DORSALE DEL TRIANGOLO LARIANO - FIRST SECTION



FIRST SECTION: BRUNATE - PIAN DEL TIVANO

TIME: 6.00 HOURS

ASCENT: 582 m

BRUNATE (715 m) From Como you can go to Brunate with the funicular (spectacular view over the lake and the town of Como). From the funicular station in Brunate you can either take a bus to **Piazzale C.A.O.** (bus operating on Sundays only) or walk to the left towards the church of S. Andrea. At the church, take the trail on the left to **S. Maurizio**.

The trail ascends among gardens and villas, crossing the main road several times. Once at the village of **SAN MAURIZIO (906 m- time 0.30 min)** we recommend a little detour to the “Faro Voltiano”, a lighthouse built in 1927 to celebrate the centenary of the death of Alessandro Volta, the great Como born scientist.

To continue the route, go back to the square and take the footpath on the left that goes uphill through the woods, ignoring the road signposted “Via alle Colme”. Bear right at each fork. The track ends up on the side of the small church S. Rita at the beginning of the Piazzale CAO square. Across Piazzale C.A.O. take the road to the left which leads past the mountain shelter **Rifugio C.A.O.** (980 m). The trail continues through the woods and soon reaches **BAITA CARLA (997m)**.



Bolla Palanzone (photo Gino Siclari)

Detour 1: BAITA CARLA - TORNIO (3hrs from Brunate)

300 meters past Baita Carla you can pick up trail n° 15 on the left which leads down to Torno by Monte Piatto. From Torno it is possible to return to Como by bus (line C 30) or by boat.

A cart-track leads along the slopes of Pizzo 3 Termini, to reach **BAITA BONDELLA (1.075 m)** from where you have a most beautiful view of the Alps, the Alpi Marittime, and the small lake of Montorfano. The trail continues to **RISTORO DEL BOLETTO FABRIZIO (1.100 m- time 0.50; 1.20 hrs)** Just past this inn, after a brief ascent, you can choose between two itineraries, the “Dorsale per Cresta” (over the tops) on the right and the “Dorsale” downhill to the left. The “Dorsale per Cresta” takes you to the top of Mount Boleto (1.236 m) and then, after the descent, meets up with the Dorsale trail again.

The “Dorsale” leads along the north side of the mountain ridge with a beautiful view over Lake Como and the surrounding mountains. After a level stretch the path veers downhill to the **BOCCHETTA DI MOLINA (1.116 m - time 0.40; 2.15 hrs)** close to the ex Capanna San Pietro. Ignore the deviation to the right.

Detour 2: BOCCHETTA DI MOLINA - ALPE DEL VICERE’ – ALBAVILLA (3:30 hrs from Brunate)

Just past the ex Capanna San Pietro, the path to the right leads down to Baita Patrizi and from there to Alpe del Vicerè. On your way you will find some inns and picnic grounds with barbecue facilities. From Alpe del Vicerè a 5 km long road leads down to the town Albavilla, where bus line C40 will take you back to Como

Detour 3: BOCCHETTA DI MOLINA – MOLINA (3:30 hrs from Brunate)

From Bocchetta di Molina a trail leads down to the left to the town Molina. From there it is possible to pick up the bus line C31 back to Como.

Continuing on the Dorsale trail, you soon reach a fork with a signpost. The trail to the right is the “Dorsale per Cresta”. This route is more scenic but more tiring leading in 45 minutes to the top of Monte Bolettone (1.310 m) and then descending to Bocchetta di Lemna (total walking time 1.10 hr). The trail to the left is the “Dorsale” trail which runs through a beech wood (Senteé di Foo) around the northern flank of Monte Bolettone and arrives at **BOCCHETTA DI LEMNA (1.115 m - time 1.10; 3.10 hrs)** at the end of the north eastern slope of Monte Bolettone in about the same amount of time.

From the Bocchetta you can reach Capanna Mara in about 15 minutes.

(!) Please note that Senteé di Foo is north exposed: after a snowy Winter, the route can remain icy and slippery until late in Spring

Detour 4: BOCCHETTA DI LEMNA - LEMNA (5:00 hrs from Brunate)

From Bocchetta di Lemna the cart track on the left leads down to the town Lemna in about 1.30 hrs. From here you can pick up bus line C31 back to Como.

From Bocchetta di Lemna the trail heads northwards with a beautiful view of the valley of Caslino d’Erba, the tops of Mount Resegone and Mount Palanzone. After a brief stretch you can choose between the “Dorsale per Cresta” which in 25 minutes takes you to the top of Pizzo dell’Asino (1.272 m) or the Dorsale which leads along the woody east slope of Pizzo dell’Asino. After you have passed two streams you reach **BOCCHETTA DI PALANZO (1.210 m - time 0.40; 3.50 hrs)** situated between the Val di Cairo to the west and Valle Piot to the east, a real crossroad of trails.

Detour 5: BOCCHETTA DI PALANZO – PALANZO (5.30 hrs from Brunate)

From Bocchetta di Palanzo there is a cart track to the left which in about 1.30 hrs. leads down to the town Palanzo. From here it is possible to take the bus line C31 back to Como.

Detour 6: BOCCHETTA DI PALANZO – CASLINO D’ERBA (5.30 hrs from Brunate)

From Bocchetta di Palanzo there is a trail to the right which leads down to the town Caslino d’Erba in about 1.30 hrs. From here it is possible to take the train to Erba and Milan.

At the fork past Bocchetta di Palanzo you can choose again between the “Dorsale per Cresta” and the “Dorsale”. The first one ascends to the top of Monte Palanzone (1.436 m) with its characteristic pyramid-shaped chapel in about 45 minutes and then descends along the northern face of the mountain to reach Bocchetta di Caglio (total walking time approx. 1.10 hrs).

The “Dorsale” leads you along the western slope of Monte Palanzone to **RIFUGIO RIELLA also called Rifugio Palanzone (1.275 m - time 0.10; 4.00 hrs)**. From here you have a beautiful view over Lake Como, Faggeto Lario and the surrounding mountains. There is a fountain just past the refuge.

Continuing on the trail you soon arrive at **CIPPO MARELLI (1.293 m)** and **BOCCHETTA DI NESSO**. You pass the extended fields of Preaola and follow the trail that, with no or little elevation gain, leads around Monte Palanzone with a nice view down on Piano di Nesso and Monte San Primo. At **BOCCHETTA DI CAGLIO (1.297 m. - time 0.20; 4.30 hrs)** ignore the trail to the right leading down to Caglio and continue uphill along the slope of Monte Croce (1.351 m). The large track leads to the beginning of **Braga di Cavallo (1.350 m)**, where you can notice a group of isolated beech trees. Turn right and follow a steep descent heading to **Monte Pianchetta (1.243 m)**. The steep descent continues over the ridge to **COLMA DI CAGLIO (1.129 m - time 0.30; 5.00 hrs)**. At the fork in front of Monte Falò (1.182m), pick up the large cart-track to the left leading down to **COLMA DEL PIANO also called Colma di Sormano (1.124 m - time**

0.20; 5.20 hrs) where there is an inn and an astronomical observatory.

N.B. At this point you can choose whether to interrupt the trek and descend to Pian del Tivano where you can stay overnight or take a bus back to the lake, or continue your walk to Bellagio without descending to Pian del Tivano.

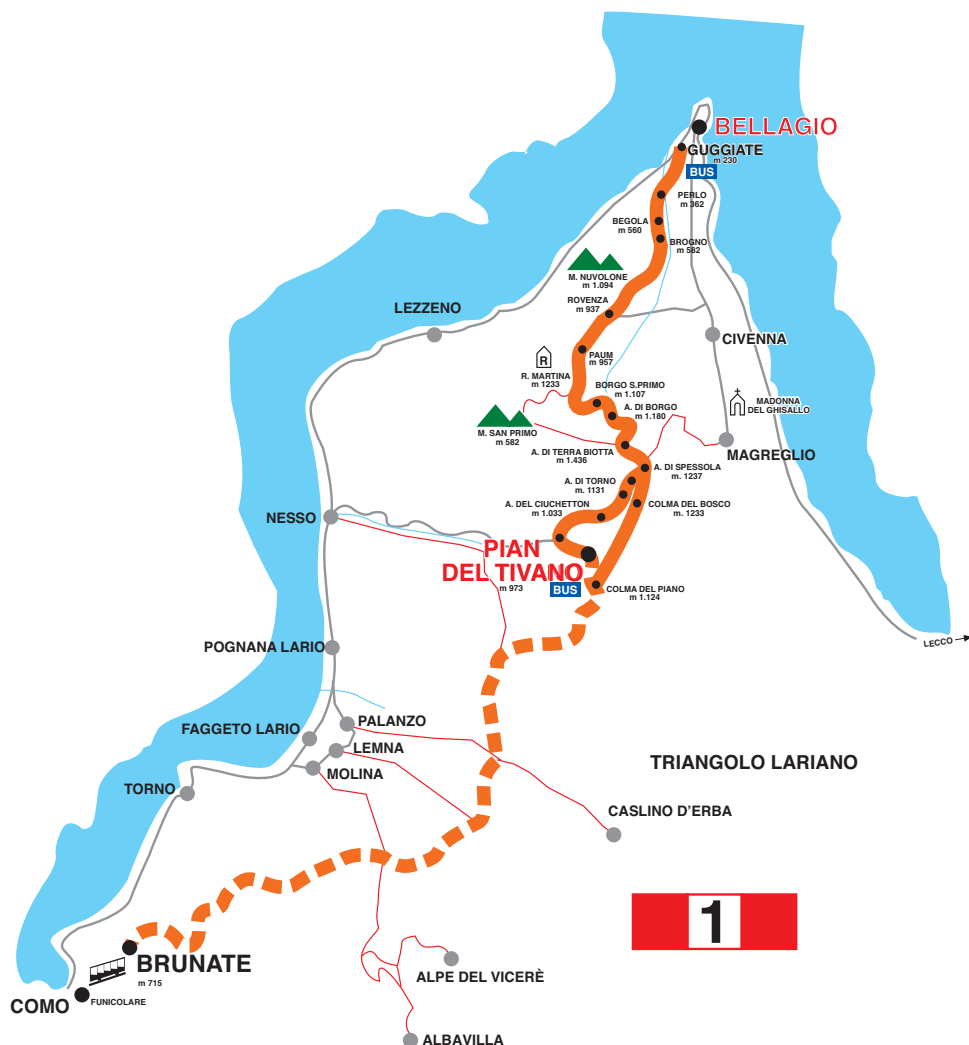
Should you wish to proceed take the large plain cart trek to the left, 50 m below the restaurant Baita Colma (signpost Alpe Spessola – Bocchetta Terrabioatta). The track gently leads up to Colma dei Cippiei (1.185 m), and Colma del Bosco (1.233 m) At the next junction, ignore the trail to Pian del Tivano and bear right to reach **ALPE SPESSOLA (1.237 m – 1 hr from Colma)**

Should you wish to interrupt the walk follow the asphalted road to the left downhill heading to **PIAN DEL TIVANO (973 m- time 0.40; 6.00 hrs)** - meals and lodging available - bus stop for the C32 line COMO – NESSO – PIAN DEL TIVANO. Tickets available at Ristorante Ministro.



Vista dal Palanzone (photo Gino Siclari)

LA DORSALE DEL TRIANGOLO LARIANO - SECOND SECTION



SECOND SECTION: PIAN DEL TIVANO - BELLAGIO

TIME: 5.30 HOURS

ASCENT: 579 m



Vista su Bellagio (photo Promobellagio)

PIAN DEL TIVANO (957 m) - bus stop - lodging - meals - bus C32 Como - Nesso

Pian del Tivano is a plain enclosed by mountains: San Primo, Cippei and Braga di Cavallo. On the west it is bounded by "Il Dosso", a big moraine left there by the Lario glacier during the last Ice Age. The plain is famous for its beautiful flowers like daffodils, gentians and lilies of the valley (protected flora).

If you start the walk from Pian del Tivano and have arrived by bus, continue on the road for about 1 km from the bus stop. Near the Agriturismo Binda pick up the rural road on the left heading into the **Val di Torno**.

Past the farm Azienda Agricola Conca d'Oro you soon reach **ALPE CIUCCHETTON**.

At the fork just past the farmhouse, keep along the sealed road heading to **ALPETTO DI TORNIO (1.131 m)** first and then to **ALPE GROSSO (1.150 m - time 0.30 min)**. In front of the building pick up the track to the right for 100 meters. Then from here go left steeply uphill over the fields and head to a group of beech trees. Keep left close to the fencing and walk up the steep slope to the above lying cart-track coming from Colma del Piano. You are now at **ALPE SPESSOLA (1.237 m - time 0.40; 1.10 hrs)**.

From here, keep following the track on the left as it winds rather steeply uphill with splendid views over Val di Torno, the tops of the mountains Grigne and Corni di Canzo. After a couple of bends in the road and past a cattle pond, you reach **ALPE DI TERRA BIOTTA (1.536 m - time 0.30; 1.40 hrs)**. In about 100 meters you reach the highest point of this section where you can enjoy outstanding views of the promontory of Bellagio and the surrounding mountains, one of the most beautiful view of this hike!

At this point you can choose again between the "Dorsale per Cresta" and the "Dorsale".

The "Dorsale per Cresta" takes you in 1 hour to the top of Monte San Primo (1.685m), to continue steeply downhill to Rifugio Martina (Alpe dei Picètt) and to Alpe delle Ville (0,45 hr) where it joins with the Dorsale again.

If you follow the "Dorsale" from the Culmen of Terra Biotta you will soon reach another small cattle pond. Take the trail to the right descending to **ALPE DEL BORGO (1.180 m - time 0.30; 2.20 hrs)**, where excellent cheese is made in the summertime.

From here follow the rural road down to the settlement **BORGO SAN PRIMO (1.107 m)** inn - bus stop - (bus service operating in Summer only) Past the restaurant "La Baita" follow the road to the left. You pass the ex holiday-camp Bonomelli on your way to Alpe delle Ville. Just out of the pinewood (slightly before the deviation for Rifugio Martina), leave the track and turn right passing along the wall of a small house. The path leads for rather a long stretch through a wood (follow the signs!) to reach the pastures of **PAUM (957 m - time 0.45; 3.15 hrs)**.

From here a rural road leads downhill with a nice view of the Grigne mountain range, "Pra Filippo" and the hamlet "Cernobbio", situated on the other side of the Val del Perlo. Continue along the road and go past the junctions marked for Bocchetta di Lezzeno and Bocchetta del Monte Nuvolone and you finally reach the village of **ROVENZA (724 m - time 0.40; 3.55 hrs)**. At the fountain turn left, ignoring the road to the right, which leads to Piano Rancio and Cernobbio.

The trail continues through woods and along pastures to a little isolated chapel where you turn right. After crossing a small stream you reach the settlement **BROGNO (582 m - time 0.35; 4.30 hrs)** where the trail leads on to a road which you follow to the left. It leads along the fencing of some nice villas but then you leave it and pick up the mule track to

Bellagio to the right.

The mule track leads down to **BEGOLA (560 m - time 0.10; 4.40 hrs)** a clearing with two farmhouses. It then continues steeply downhill through a chestnut wood. You then arrive at the small village of **MULINI DEL PERLO (362 m - time 0.20; 5.00 hrs)**. Cross the road, and pick up the large mule track to the left. You soon get to a fork where you turn right. You have a beautiful view on the pastures of Cagnanica down below. Past the farmhouse, the track ends up in "Via Susanna" that you follow to the right. After 100 meters, pick up the "Vicolo del Selvetto" to the right that leads down to Piazza S. Andrea in the hamlet **GUGGIATE (230 m - time 0.30; 5.30 hrs)** - meals available - bus stop.

The trail finishes in this hamlet, 2 km away from Bellagio. On the main road you'll find the bus stop either back to Como or to Bellagio. It takes about 25 minutes on foot to the ferry dock of Bellagio.

LA DORSALE DEL TRIANGOLO LARIANO: LODGING AND RESTAURANT

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

COMO

see Lago di Como Accommodation Guide

CAPANNA C.A.O.

0.45 min. from Brunate

20 beds - restaurant service - open all year, in winter weekends only or on reservation
tel. 031 031 8365220

BAITA CARLA

1.00 hr. from Brunate

15 beds - restaurant service - open all year
tel. 031 220186 - info@baitacarla.it

BAITA BONDELLA

1.15 hrs. from Brunate

14 beds - restaurant service - Wednesday closed in winter open only for groups
on reservation - tel. 031 220307 - www.baitabondella.it - baitabondella@gmail.com

BAITA BOLETTO FABRIZIO

1.20 hrs. from Brunate

only restaurant service - open all year - closed on Friday
tel. 031 220235

CAPANNA MARA

3.00 hrs. from Brunate

only restaurant service - Open on Sat, Sun- and holiday. In August daily except Mondays - tel. 335 6776768

RIFUGIO RIELLA

4.00 hrs. from Brunate

24 beds - restaurant service - open on Wednesday, Friday, Saturday and Sunday.
July and August daily
tel. 031 378600 or 031 378051 - 328 9391022
www.rifugioriella.it - palanzone.rifugio.riella@gmail.com

BAITA RISTORO LA COLMA

5.20 hrs. from Brunate

only restaurant service
open all year - closed on Thursday
tel. 031 667051 - 334 3150611

LA DORSALE DEL TRIANGOLO LARIANO – LODGING AND RESTAURANT LIST

LA CONCA D'ORO

Pian del Tivano

5 apartments - open all year

tel. 031 677019 - laconcadorocarrozze@libero.it

AGRITURISMO BINDA

Pian del Tivano

restaurant service - closed on Wednesday

tel. 031 677057 - 331 5410899

ALBERGO "DOSSO"

Pian del Tivano

24 beds - restaurant service

tel. 031 917942 - fax 031 917967 - bellieni1986@hotmail.it

CAMPEGGIO ALPE FUIN AND B&B EMMA

Pian del Tivano

campsite and B&B with 6 beds

tel. 031 667059 - 031 671691 - 347 6240474

franco.sormani@tin.it - info@bbemma.it

RISTORANTE MINISTRO

Pian del Tivano

only restaurant service - closed on Friday - open daily during July and August

tel. 031 667058

RISTORANTE POLDO

Pian del Tivano

only restaurant service

tel. 031 677079 - ristorante.poldo@gmail.com

AGRITURISMO BARBABIANCA

Pian del Tivano

only restaurant service

tel. 031 677082 - 335 5452523 - info@agriturismobarbabanca.it

RIFUGIO ALPETTO DI TORNO

0.20 hrs. from Pian del Tivano

30 beds - restaurant - open all year, during winter on request

tel. 349 0842203 - 347 9190505 - info@alpettoditorno.it

RISTORANTE LA BAITA

2.20 hrs. from Pian del Tivano

only restaurant service - open almost all year - closed on Tuesday

tel. 031 667051

ALBERGO RISTORANTE GENZIANELLA

2.30 hrs. from Pian del Tivano

16 beds - restaurant service - open almost all year.

Closed on Wednesday out of season

tel. 031 964734 - info@ristorantelagenzianella.com

RIFUGIO MARTINA

2.40 hrs. from Pian del Tivano

restaurant service - open from half June till half September daily

rest of the year on Saturday and Sunday - and holiday

tel. 031 964695

BELLAGIO

see Lago di Como Accommodation Guide

TREKKING

- LA VIA DEI MONTI LARIANI
- IL SENTIERO DELLE 4 VALLI
- LA DORSALE DEL TRIANGOLO LARIANO

