



PROVINCIA DI COMO

Assessorato al Turismo



# LAKE COMO

## TREKKING

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





In our future *active holidays* will bet the winning formula for touristic development in every territory. Lake Como has always been considered as a good place for a relaxing holiday but now we want to reinforce and increase our interesting offer in this strategic market section as well.

Nowadays one can practise different kinds of sport in our territory, from the classical water sports such as sailing, wind- and kitesurfing or rowing to bicycle riding or the more sophisticated golf playing, not to mention horseriding. But above all trekking has always fascinated because it allows tourists to discover old paths, even communication trenches and in the same time to enjoy wonderful views.

For these purposes we have printed a new edition of the guide **Lago di Como –**

**Trekking**, with an updated version of the descriptions, the list of lodging and restaurants and clearer and more modern graphics. In the same booklet have been gathered the three most tested walking tours of our area.

The **Via dei Monti Lariani** is the historic tour, 125 km along the slopes of the western mountains of lake Como with breathtaking panoramic views.

The **Dorsale Como Bellagio** is a wonderful tour of two days all through the so called 'Triangolo Lariano', the triangle shaped land between the two southern arms of the lake.

The **Sentiero delle 4 Valli** 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 booklet we want to offer our tourists a good guide to discover unknown corners of our area and a good reason to stay longer in this paradise.

**Councillor responsible for provincial Tourism**  
**Achille Mojoli**

*Copertina: 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](http://www.lakecomo.it)

Ufficio I.A.T. Menaggio - 22017 Menaggio (CO) - Piazza Garibaldi 4 - tel. 0344 32924 - [www.menaggio.com](http://www.menaggio.com)

Ufficio I.A.T. Bellagio - 22021 Bellagio - P.zza Mazzini - tel. 031 950204 - [www.bellagiolakecomo.com](http://www.bellagiolakecomo.com)

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

Comunità Montana Alpi Lepontine - 22018 Porlezza - Via Cuccio, 8 - tel. 0344 62427

Comunità Montana Alto Lario - 22015 Gravedona - Via Regina Lavente 2 - tel. 0344 85.218

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

Weather forecast 848837077 - [www.centrometeolombardo.com](http://www.centrometeolombardo.com)

Soccorso Alpino (First Aid) - 118

ASF Autolinee (Bus lines) - tel. 031 247111 - [www.sptlinea.it](http://www.sptlinea.it)

Navigazione Lago di Como (boat lines) - tel. 031 579211 - [www.navigazionelaghi.it](http://www.navigazionelaghi.it)

Funicular Como-Brunate - tel. 031 303608 - [www.funicolarecomo.it](http://www.funicolarecomo.it)

We advise to ask for the following additional information: an accommodation list of lake Como, a bus and a boat time table.

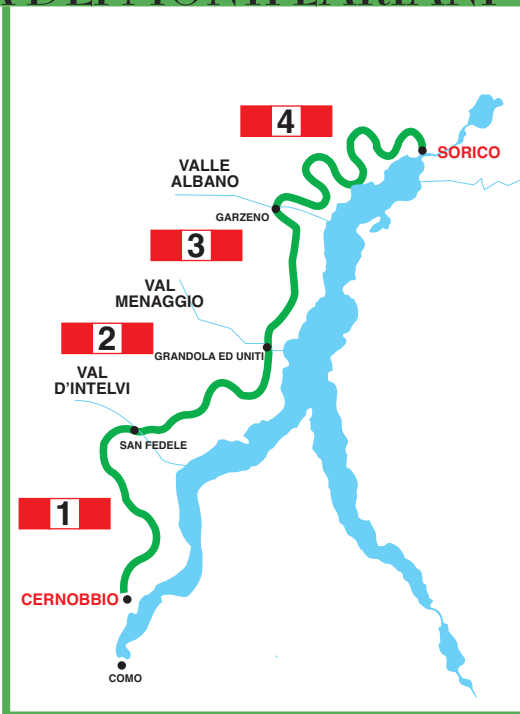
# LA VIA DEI MONTI LARIANI

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 1000 m., most "monti" being situated between 600 and 1200 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).

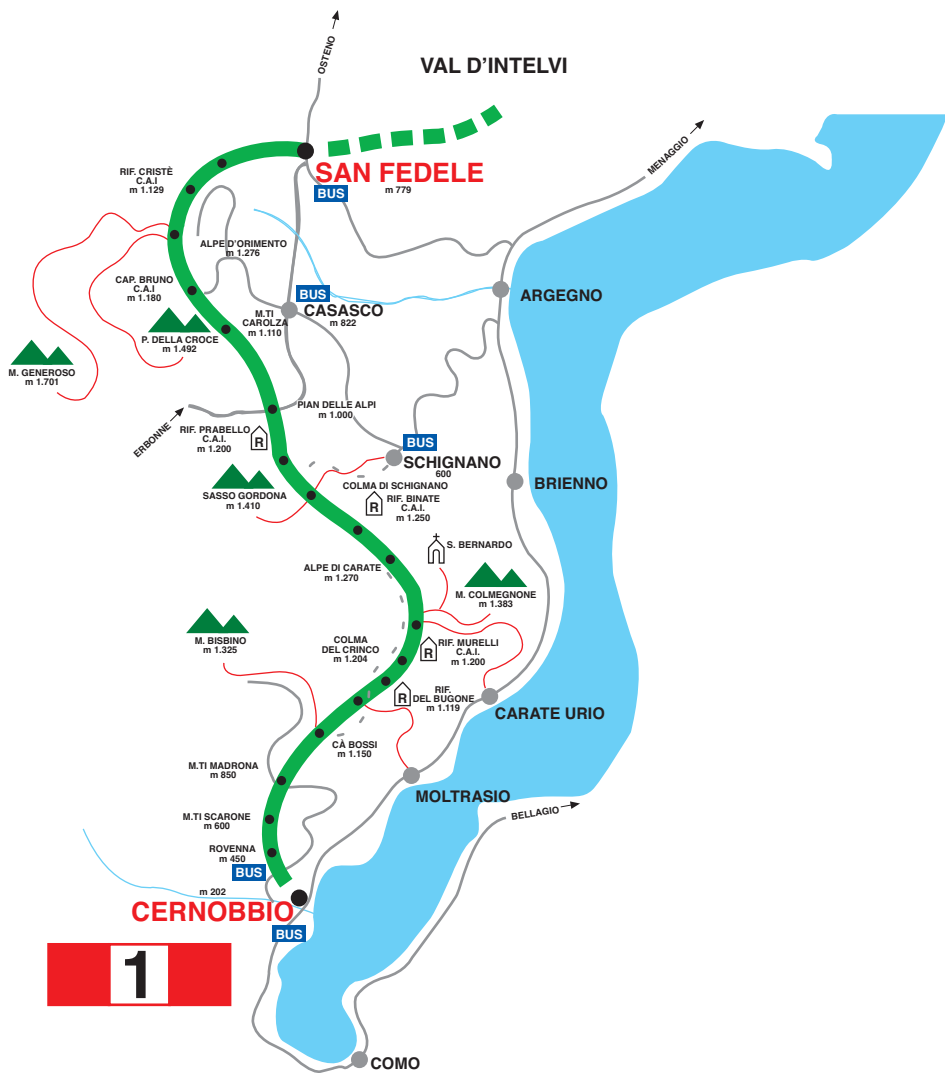
The trail is well-marked with red-white-red signs in aluminium on tree trunks or walls, or painted on rocks numbered from 1 to 4 according to each section.

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:** La Carta dei Sentieri della Comunità Montana Lario Intelvese scale 1:35.000, La Carta Topografica Escursionistica della Comunità Montana Alpi Lepontine scale 1:25.000 and La 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.

# LA VIA DEI MONTI LARIANI - PATH 1



## 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 1000 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 circus continue straight on in the direction of Rovenna and Monte Bisbino. At the end of the road, just past the bend, after 20 m, pick up Via

G. Parini on the left. Once on the road again, follow it as far as Casnedo and at the church turn right. Cross a bridge and take left and pass through the village Stomaiino. A shortcut leads to

**ROVENNA (450 m. 0.45 hours)** – which can also be reached by bus (line C28) from Cernobbio. You pass the church square (where also the bus stop is). At the bend turn left following the indications for **Scarone** and **Madrona**. After a brief stretch you reach the beginning of the mule track that leads up in large bends to **MONTE SCARONE** and from there to

**MADRONA (850 m. 1.00 ; 1.45 hours)**. 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, before reaching the road leading to the top of Monte Bisbino turn right in order to reach

**CA' BOSSI (1188 n. 1.00 ; 2.45 hours)**. From here a wide track goes slightly downhill to

**COLMA DAL BUGONE (1119 m. 0.40 , 3.25 hours)** where rifugio Bugone is located. This is where two paths coming up from Moltrasio meet. You pass 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 (1200 m 0.45 ; 4.05 hours)** where you find Rifugio Murelli [*From this point you can make a detour of about half an hour to Monte Colmegnone (1383 m.), which has a magnificent view, or to Monte San Bernardo (1348 m.) with its characteristic little church and Agriturismo.* From Colma dei Murelli an easy cart-track leads to **ALPE DI CARATE** where you pick up the mule-track to

**RIFUGIO BINATE (1200 m. 0.35 ; 4.40 hours)** From here the mule-track becomes a path which runs half way up the mountainside, the Swiss-facing slope, through fields and alpine pastures to

**COLMA DI SCHIGNANO (also called della Crocetta) (1135 m. 0.20 ; 5.00 hours)** [*from here it's possible to go down to Schignano (0,45 min) where there is a bus stop or to Argegno (2.00 hrs)*]. At the next intersection at the height of a cross, take right over to the side that faces the Val d'Intelvi and 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 thwart a possible German offence. At the intersection with the indication Alpe Cerano / San Fedele turn right. [*The ones who have booked an overnight stay at Rifugio Prabello (1200m) go straight on and will reach the "rifugio" in about 15 min.*] An easy track leads down to

**ALPE DI CERANO (960 m 0.50 ; 5.50 hrs)** (also called **Pian delle Alpi**) – [*road connection with Casasco 40 min. where there is a bus stop (line C21).*] Follow the road **Casasco to Erbonne** to the right, and just past the pic-nic area leave the road and pick up the mule-track to the left in the direction of Erbonne (sign). At the intersection with some

trail signs on a tree, turn right and follow the track that leads up the farm house of **ERMOGNA**.

Before reaching the farm house you pass a “bolla” a natural depression in the terrain adapted by man to conserve rain-water and create a beverage place for the cattle. Near the farmstead you notice a cylindrical formed construction called “nevera”. These constructions out of stone, which lead deep into the ground, were filled with snow (neve) and used to conserve food. The easy track leads to **MONTE di CAROLZA (1100 m.)**, and from there after a stretch through the woods you reach some recently built 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

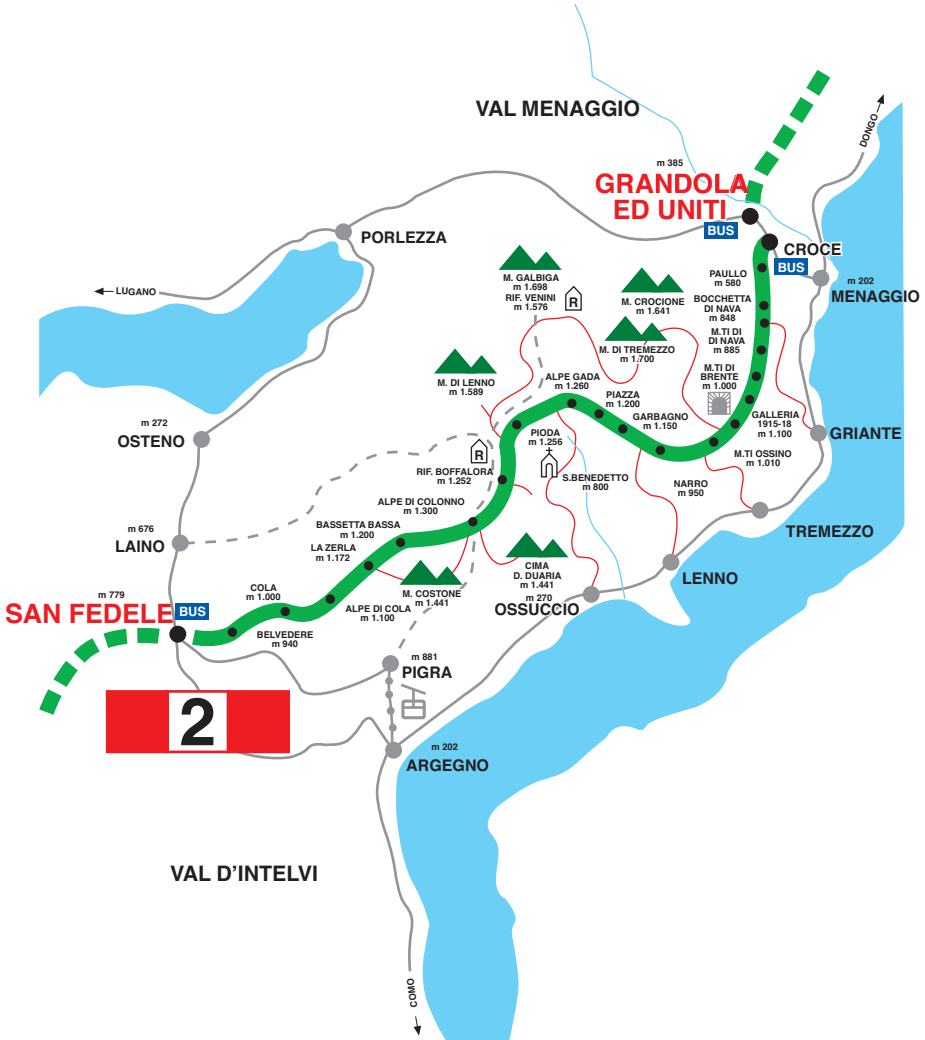
**CAPANNA GIUSEPPE AND BRUNO (1180 m. 1.30 ; 7.20 hours)**. Just past the restaurant on the right you find the trail signs for Alpe Orimento / San Fedele. An almost flat trail leads over the steep fields of Mt. Crocione, and crosses under a ski lift. The trail leads on to a track and after a stretch downhill at the intersection, take the trail left leading uphill. At the next intersection keep left again in order to reach

**BOCCA DI ORIMENTO (1275 m. 0.45 ; 8.05 hours)** where the inn Baita d’Orimento is located (*starting point of the excursion to Monte Generoso (1701 m.)*). Follow the road leading down to Casasco to the right and after approx. 2 km you reach **RIFUGIO CRISTE’ (1250 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 to your right, going to Casasco, and follow the road left in the direction of San Fedele. After 300 m 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. 1.25 ; 9.30 hours)** - hotels - restaurants – bus stop (line C20/21/22) where near the bus depot, this section ends.

*Bocchetta di Nava (photo Jutta Bents)*





## PATH 2: SAN FEDELE D'INTELVI - CROCE

TOTAL WALKING TIME: 9.00 HOURS

DISTANCE : 26 KM

This section of the trek leads from the Val d'Intelvi to the 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).

At the bus stop "bus depot" (deposito delle corriere) cross the main road and follow the road leading past the cemetery to the upper part of the town; a wide track goes to **BELVEDERE (940 m.)** with a good view over the valley. Pass through **COIA** and from there follow a trail through the woods leading to a group of farm buildings called

**LA ZERLA (1150 m. 1.40 hours)**. You enter a pinewood, and then a beech wood, to arrive at the steeply sloping meadows near the pasture of

**BASSETTA BASSA (1300 m. 0.45 ; 2.25 hours)** from where there is 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 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 the road to the left. You soon arrive at

**RIFUGIO BOFFALORA (1250 m. 0.50; 3.15 hours)** surrounded by beautiful pastures with a splendid view of Monte Galbige and Monte di Tremezzo. From Boffalora follow the old military road heading towards Rifugio Venini (*Rifugio Venini 1576 m can be reached in about 1 hr*). Also this area was part of the great defence line called Linea Cadorna, built in 1915 along the Swiss-Italian border, to thwart a possible offence. You leave the road at the first bend and go up to the right where you find the trail sign for Grandola ed Uniti. The 'VIA' follows the upper part of the Perlana Valley through the woods, passing the farm buildings of

**PIODA (1256 m. 0.40 ; 3.55 hours)**. After you have past "la TAIADA" the trail leads out of the woods and over an open pasture, with a fine view of the Val Perlana, you reach

**ALPE GADA (1260 m. 0.50 ; 4.45 hours)** and then **PIAZZA** from where there is a beautiful view of the lake below and the surrounding mountains. You can also see the Monastery of San Benedetto below you, 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 hours)**. Above the settlement you pick up another trail to the right leading through the woods (this part of the trail can get somewhat overgrown) to

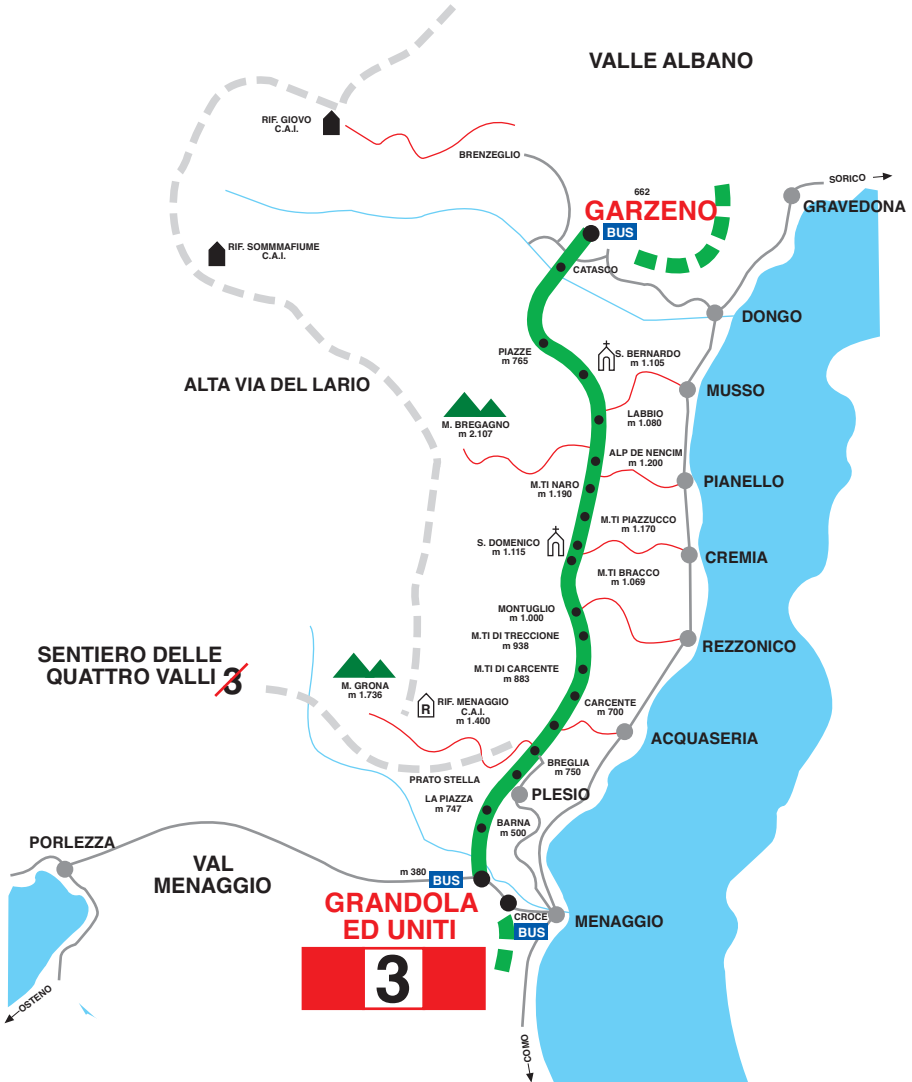
**OSSINO (1010 m. 0.45 ; 6.30 hours)** from where you can enjoy a beautiful view of the lake. [*From Ossino there is a track leading down to Mezzegra (1.20 hrs)*]. The trail passes through two rocky valleys and then end onto a military road, hewn out of the rock and running through a 120 m. long tunnel. (flash light not indispensable but mind your step) Also this 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, you go down to the pastures of

**MONTI BRENTI' (880 m.)** and then along the old military road to

**BOCCHETTA DI NAVA (848 m. 1.45 ; 8.15 hours)** – [*you can reach Griante from here (1.00 hrs).*] 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 you pick up the path that leads down to

**CROCE (385 m. 0.45 ; 9.00 hours)** hotel - restaurant - bus stop (line C12), which is a hamlet part of the township Menaggio 2 km away. 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) 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 the Val Menaggio to the 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) 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 township Grandola). Turn into 'Via Carlo Galbiatti' where path 3 starts. From here follow the road (there are a few short cuts) to

**CODOGNA (479 m. 0.15 hours)**. Here, on your left, you can see the 17<sup>th</sup> century Villa Camozzi which is now seat of the town hall, as well as cultural centre and seat of the Naturalistic Museum of the Valley Sanagra. 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 hours)**. Cross through the town (pay attention to the signs on the houses) with it's pretty church square. Leave the town behind you where a steep mule track 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 hours)** surrounded by beautiful pastures where the track ends on a road near a little chapel called "cappelletta del Bergum". ***NB Beware that the sign with a number 3 crossed with a red stripe indicates the "4 Valleys Trail"***. Follow the road to the left for just a brief stretch, then leave it and follow a track to the right through the woods in an area where there are many summer residences. Just past the Troi mineral water spring, you reach

*San Bernardo (photo Paolo Ortelli)*



**BREGLIA (749 m. 0.40 ; 2.00 hours)** Refreshments available hotel, bus stop.

For those starting this section at Breglia, from the bus stop pick up the road leading to Rifugio Menaggio (1.30 hours from Breglia) to the left and follow it for about 50 m. Then at a recently constructed residence turn right into the little alley and follow the signs for path 3. **NB Beware that the sign with a number 3 crossed with a red stripe indicates the '4 Valleys Trail'.**

You follow the easy track leading out of town and after 10 min. you arrive at a fork where you pick up the mule track down to the right. It leads through the chestnut woods down into the Val di Greno, crosses the valley over a little bridge, and leads to the hamlet Carcente. In the middle of this nice hamlet beware not to miss the turn of to the left in order to pick up the cobbled track leading in bends up to

**MONTI DI CARCENTE (847 m. 1.20 ; 3.20 hours)**. From there 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 Rezzonico (1.30 hours). The path then goes through the Vezzedo valley, and then on to **Luina** and to the beautiful

**MONTI DI BRACCO (1060 m. 1.00 ; 4.20 hours)** coastal connection with Cremia (1.45 hours). Just past the little church of S. Domenico, you continue on to **PIAZZUCCO**. After an uneasy stretch through the dry and rocky Quaradella Valley you reach **MONTI DI NARO (1190 m. 0.50 ; 5.10 hours)** surrounded by a pinewood. From the fountain in the middle of the houses the trail continues to the pasture fields of Alpe **N'ALCIM (1200 m.)**, with beautiful view of the surrounding peaks. A bit further, and you are at the highest point (1250 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 **SCIRESÒ**. Among pasture fields you pass through **BRECCHIO** and the upper part of

**LABBIO (1020 m. 1.50 ; 7.00 hours)** where the Agriturismo Labbio is located. From Labbio the path climbs to the **SADDLE OF SAN BERNARDO (1105 m. 0.20 ; 7.20 hours)**. 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 hours)**. Right at the beginning of the settlement, where you find the yellow sign indicating its name, you turn to the right in the direction of Catasco. At the lower part of the hamlet you will find the recently constructed road that leads down through a beautiful chestnut wood to the bridge over the river Albano. You soon arrive at **CATASCO (620 m)**. from where you follow the track leading up to

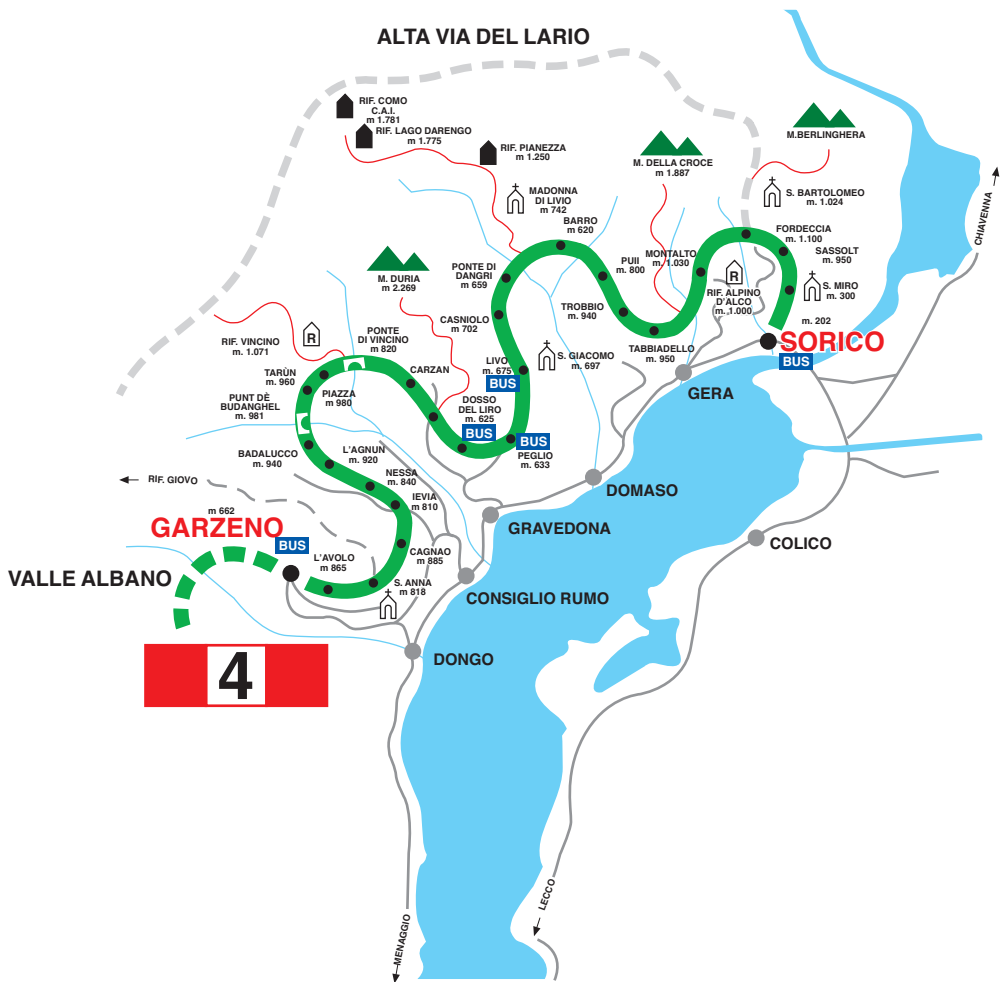
**GARZENO (662 m. 1.00 ; 9.00 hours)** Bus stop (line C17) refreshments-hotels.

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 valleys of S. Jorio and Dosso and passes by some interesting rural settlements.

**GARZENO (662 m.)**. You can reach Garzeno by bus (line C17) from Dongo. From the bus stop in the church square follow a steep path marked with a 3 superimposed by a 4 (path 3 used to pass here) as far as a waterworks cabin. You cross the field keeping to the right and follow a trail which leads to

**L'AVOLO (865 m.)**, a picturesque little hamlet. When you reach the houses (once the roofs were in straw) you end up on a wide track which you follow to the left, and just before reaching a small chapel, you leave the track and pick up the trail leading up to the right to

**SANT'ANNA 920m. 0.45 hours**) where you find the osteria "Gallo Forcello". From the "osteria" you follow the road leading from GARZENO to rifugio GIOVO for a small stretch to the right and at the bend you pick up the mule track leading down to **CAGNAO (885 m.)** Cross the field and pick up the trail leading into the woods which heads towards the mountains dominating the lake out of the Valle Albano. You end up on a road which you follow as far as the bend at the settlement CRAGNO (850 m) where you 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 leave it at the settlement STABIE' in order to descend to **IEVIA (810 m.)**.

An asphalt road leads from here to the byres of **NESSA**, where you leave it and turn down to the right. Over a path through thick woods you arrive at the clearing of

**L'AGNONE (920 m. 1.30 ; 3.00 hours)** near a fountain. The 'Via' then leads on amongst mountain-ridges and mountain streams to the cattle byres of **LAMBROSETTO ( 980 m.)** and **BADALUCCO**. From here the trail descends into the S. Jorio valley. Beware of possible landslides in this area! In the distance you can make out the arch of the old

**BODANGHEL bridge (985 m. 0.50 ; 3.50 hours)** which you cross. The 'Via' then passes, half way up the mountain slope, several groups of cattle byres out of stone with an interesting architectonical style. The trail ends on to a cart track near a small bridge and leads to **BOIENA (960 m – picnic area)**. After a few hundred meters the cart track ends and you continue on a path. Through woods and over fields you enter the heart of the Val del Dosso and meet a path signed with yellow paint which leads to Rifugio Vincino. After you passed a bridge you reach **PIAZZA (998 m.)** where you leave the path leading to Rifugio Vincino (20 minutes from the "Via") and follow the mule track that leads steeply down to the

**VINCINO bridge (828 m. 1.30 ; 5.20 hours)** over the river Liro. At the other side of the bridge, an easy trail leads uphill over steep fields, passes some isolated farm buildings, and ends up on a cart track. When you reach the road leading up from **DOSSO DEL LIRO** you follow it as far as **CARZAN**, from where a cobbled mule track leads down to

**DOSSO DEL LIRO (625 m. 1.30 ; 6.50 hours )** where you find the "Ostello Dosso del Liro" and a bus stop (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 hours)** and gets down to the road PEGLIO-LIVO near the little church La Madonna di Pian di Gorghiglio. This section finishes here. To continue turn left to Livo, in order to reach

**PEGLIO (650 m. 0.30 ; 8.00 hours) – 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 you follow the road in the direction of Livo passing the little church of la Madonna del Pian di Gorghiglio where the section Garzeno – Peglio of path 4 ends. Once at **LIVO (657 m.)** refreshments available – bus stop you cross the village centre and then follow the road leading to Dangri past the cemetery where the antique church S. Giacomo stands. From here the cart track continues down to characteristic stone bridge **PONTE DI DANGRI (659 m. 1.15 hours)** on the Livo stream where the typical inn Crotto Dangri is located. After you cross the bridge you 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 hours)** an interesting rural settlement. From here the path leads steeply down hill 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 you climb up a 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)** out of the woods surrounded by fields with a beautiful view of the Livo valley. Then it goes up to

**TROBBIO (950 m. 1.40 ; 3.00 hours)**. From the fountain move to the upper part of the settlement and from here to the right a path half way up the mountain slope leads to

**TABBIADELLO (980 m. 0.30 ; 3.30 hours)** with a marvellous view of the northern part of the lake, Pian di Spagna and the surrounding mountains. Cross the cemented track leading up from Domaso and pick up the even trail that leads to **Roncai (1000m)** and from here into the **SAN VINCENZO VALLEY**. The trail reaches

**INCISA (950 m. 0.45 ; 4.15 hours)** and from here continues deep into the valley. Then it goes down steeply through a birch wood, mind the land slides, to the stream which you cross over a bridge. The path climbs up the other side of the valley. Out of the woods it goes half way up the mountain slope to

**MONTALTO (1030 m. 0.45 ; 5.45 hours)** - refreshments and lodging available at Rifugio Alpino Dalco. The path leads through the village and gets 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" though continues over the road to the left. After 200 m you pick up a mule track on the left that crosses some fields and then again ends on to the road. From here the path leads into the valley of Sorico, overlooked by Monte Berlinghera (be careful, in this area for possible landslides). You cross two streams and then the path climbs up to the other side of the valley and then evens out at the fields of **PIAZZA LUNGA (965 m.)** From here follow the cart track for a brief stretch and then take the path on the left which in a short time leads to

**FORDECIA (1094 m 1.30 ; 6.30 hours)** where you find the Agriturismo Giacomino and a road connection with Gera Lario (2.00 hours) You go down the fields with a view of Sasso Manduino, and you reach the cart track that leads to **COLORINA** and from there to **SASS OLT (950 m.)** Marvellous view of Lago di Mezzola and Val Chiavenna. The path passes various settlements and goes down through thick chestnut woods to the clearing of **POZZI**. The descent continues 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 hours)** – bus stop (line C10) hotels - restaurants where path 4 finishes.

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

**PATH 1: CERNOBBIO / SAN FEDELE - 9.30 HOURS**

- CERNOBBIO** see hotel list Lago di Como
- RIFUGIO DEL BUGONE** 3.25 hours from Cernobbio - 18 Beds and restaurant service  
open: the whole year on Saturdays, Sundays- and holidays from 15/6 till 15/9 daily  
tel.031513808-tel. manager 3334276812 or 3391987409  
[www.rifugiobugone.com](http://www.rifugiobugone.com)
- RIFUGIO DEI MURELLI** 4.10 hours from Cernobbio- 24 beds and restaurant service  
tel. 338 8241727  
Open from April till the end of November on Saturday and Sunday from 15/7 till 15/9 daily
- AGRIT. ROCCOLO DI SAN BERNARDO** 4.20 hours from Cernobbio 10 min. from Colma dei Murelli - 10 beds and restaurant service  
Open on Saturday and Sunday almost all year round; other days on request  
Tel 339 3150561
- RIFUGIO BINATE** 4.40 hours from Cernobbio - 25 beds and restaurant service  
open the whole year on Saturdays, Sun- and holidays from 1/7 till 15/9 daily  
Tel. 334 3691854 manager 031 378035
- RIFUGIO PRABELLO** 5.30 hours from Cernobbio- 10 beds and restaurant service  
Open from 15/2 till 1/1 on Saturday, Sun- and holidays on reservation  
tel. 3407969786 or 031 831905 [www.prabello.it](http://www.prabello.it) [info@prabello.it](mailto:info@prabello.it)
- CAPANNA GIUSEPPE E BRUNO** 7.20 hours from Cernobbio - only restaurant service  
open from 1/6 till 30/9 every day except Monday, the rest of the year  
only on Saturday and Sunday  
tel. 031 83.02.35
- ORIMENTO** 8.05 hours from Cernobbio- restaurant service and lodging possibility  
Baita d'Orimento  
open from 1/5 till 30/9 - rest of the year on Saturday and Sunday  
tel. 031 83.04.12 or 335 6380242
- SAN FEDELE** 9.30 hours from Cernobbio  
see hotel listing Lago di Como

**PATH 2: SAN FEDELE D'INTELVI / CROCE - 9.00 hours**

- SAN FEDELE** see hotel listing Lago di Como
- RIFUGIO BOFFALORA** 3.15 hours from San Fedele - 20 Beds and Restaurant service  
open from Easter till 30/10 Friday, Saturday Sunday and Monday, August daily  
tel. 0344 56.486 - manager tel. 031 30.77.24
- RIFUGIO GALBIGA/VENINI** 4.15 hours from San Fedele - 20 Beds and restaurant service  
tel. 0344 56.671
- CROCE** see hotel list Lago di Como - Menaggio  
Albergo Adler—tel 0344 32171
- GRANDOLA ED UNITI** see hotel list Lago di Como - Hotel Merloni - Tel. 0344 32.012  
Closed from Christmas until March
- MENAGGIO** See hotel list Lago di Como

**PATH 3: GRANDOLA ED UNITI / GARZENO - 9.00 HOURS**

- GRANDOLA ED UNITI** See hotel list Lago di Como  
hamlet Mulino Chioderia – Agriturismo LA VECCHIA CHIODERIA Tel. 034430152
- BREGLIA** 2.00 hours from Grandola  
Albergo Breglia - tel. 0344 37.250 - Closed Jan and Feb
- BREGLIA** 3.30 hours from Grandola ed Uniti - 1.30 hours from the „Via“  
**1.30 hours above Breglia** 20 beds and restaurant service  
*Rifugio Menaggio* Open on Saturday and Sunday; from 15.6 to 15.9 daily  
tel. 0344 37282 -tel. manager 335 5492389
- CARCENTE—loc. San Martino** 2.50 hours from Grandola ed Uniti - 4 beds and restaurant service  
*Locanda San Martino* Open from Easter till 30/6 Fri. Sat. Sun. From 1/7 till 30/9 every day closed on  
Monday. From 1.10 till 7.1 Sat and Sun. Closed from 8.1. till the end of March  
Tel. 0344 50167
- LABBIO** 6.40 hours from Grandola ed Uniti - 10 beds and restaurant service  
*Agriturismo Labbio* Open all year round on reservation  
tel. 0344 80120 - tel. 333 8906025 [www.agriturismolabbio.it](http://www.agriturismolabbio.it)
- GARZENO** see hotel list Lago di Como  
Albergo de Jean - tel. 0344 88.022



**PATH 4: GARZENO / PEGLIO - 8.00 HOURS**

**GARZENO**

see hotel list Lago di Como - Albergo de Jean - tel. 0344/88.022

**SANT'ANNA**

*Osteria Il Gallo Forcello*

1.00 hour from Garzeno - only restaurant service  
open on weekends and every day in summer - tel. 0344 88.501

**RIFUGIO VINCINO**

5.00 hours from Garzeno (20 min. away from the trail) - 20 Beds  
refuge without management - reservation and keys available at pizzeria Ponte at Gravedona  
tel. 0344 85223 / 3337148144 (Pro Loco Consiglio Rumo)

**DOSSO DEL LIRO**

*Ostello Dosso del Lliro*

6.50 hours from Garzeno - 25 beds  
For information and reservation tel. 0344 89941

**DOSSO DEL LIRO**

*Osteria da Duilia*

6.50 hours from Garzeno - only restaurant service  
tel. 0344 80.330

**PEGLIO**

*Trattoria Falco*

8.00 hours from Garzeno - 25 beds and restaurant service  
open all year -tel. 0344 85.444

**PATH 4: PEGLIO / SORICO - 8 HOURS**

**PEGLIO**

*Trattoria Falco*

8.00 hours from Garzeno - 25 beds and restaurant service  
open all year -tel. 0344 85.444

**PONTE DANGRI**

*Crotto Dangri*

1 hour from Peglio - restaurant service  
Open almost all year round  
tel. 3683725705

**MONTALTO**

*Rifugio Alpino Dalco*

5.00 hours from Peglio (200 m. away from the trail)  
20 beds and restaurant service  
open from Easter till the end of October in the weekends on reservation  
from 15/7 till 15/9 daily  
tel. 0344 84.572 manager tel. 0344 84387 - Rifugio.dalco@libero.it

**FORDECCIA**

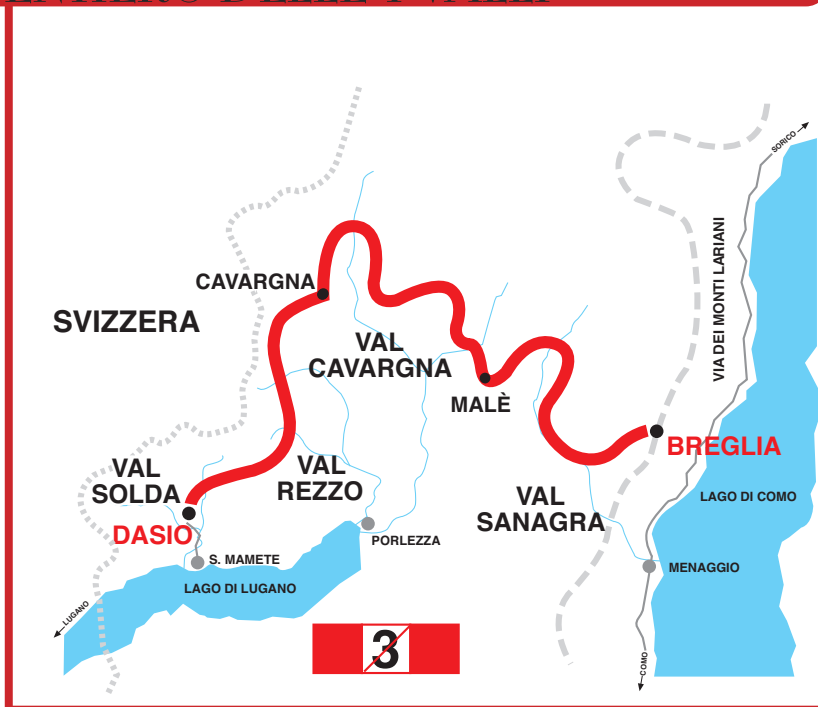
*Agriturismo Giacomino*

6.30 hours from Peglio - beds and restaurant service  
open from March till October other months on request  
tel. 0344 84710 mobile 333 13133313  
info@agriturismogiacomino.it

**SORICO**

see hotel list Lago di Como

# IL SENTIERO DELLE 4 VALLI



The 4 Valley 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.

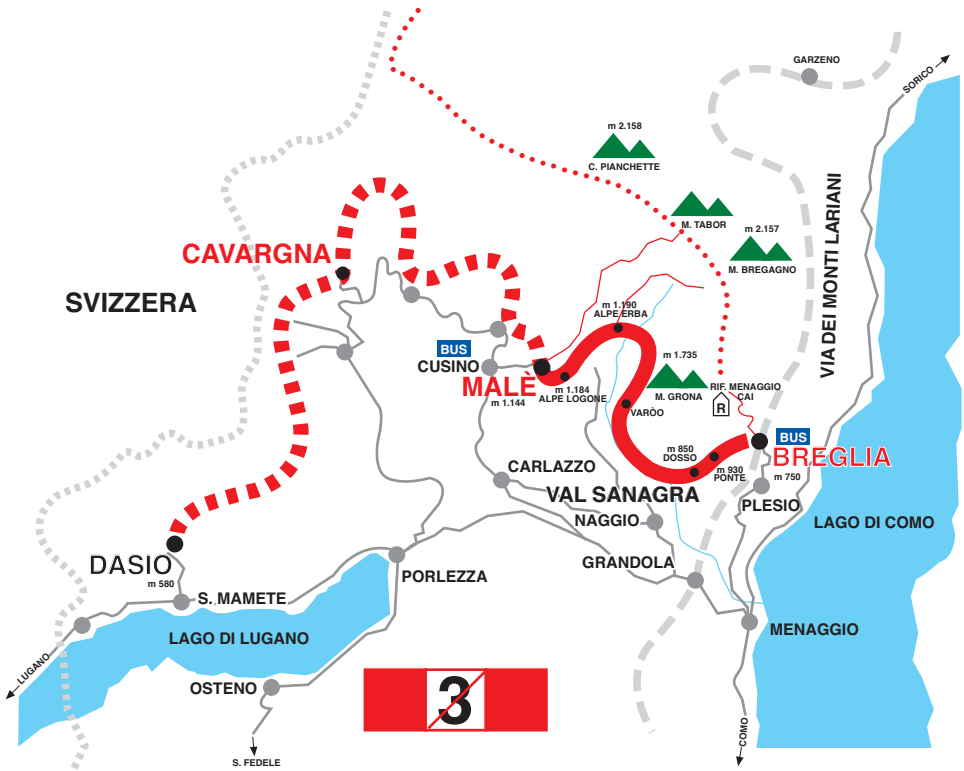
The trail is divided into 3 sections. The first one leads from Breglia to Malé and is 13 km long, the second section starts at Malé and ends at Cavargna and is about 19 km long, and the third leads from Cavargna to Dasio (13 km).

You can walk 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 1000 m and reaches its highest point of 1400 m at Alpe Coloné in Val Cavargna; it is marked by red-white-red signs with a number 3 crossed with a red stripe.

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'

Total walking time: 5.30 hrs.

Ascent: 519 m.

This part of the trail will lead you through the wild and not well known Val Sanagra once full of alpine pastures and farms now abandoned.

**BREGLIA (749 m.)** can be reached by bus (line C13) from Menaggio (7 km). From the bus stop at Breglia turn left and pass in front of the hotel Albergo Breglia. During the first part of the hike you will also find the signs of the Via dei Monti Lariani, (red, white, red 3, the 3 without the stripe) as the two hiking routes follow the same itinerary for a small stretch. You leave the hamlet Breglia behind you and enter the woods. You cross a small wooden bridge near the spring of Troi and then continue uphill through the woods. You reach the area called Ponte, where there are many summer houses and a holiday camp. You reach a small road which and follow it 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. You pass the area called Ferée and will then reach **MONTI DOSSO (850 m 1.00 hour)** with a beautiful view of Lake Como and Val Sanagra. Here you pick up a cart track leading down to the right. You enter the Val Sanagra on a trail half way up the steep south west slope of Monte Grona. The even trail crosses some streams and soon brings you to **MONTI STANGA (872 m.)** with farmhouses in the shade of big chestnut trees. You reach a fork above

**MONTI TAMPIGLIA (864 m. 0.40 ; 1.40 hours)** where you take to the right. Going uphill and crossing some streams, at a height of about 1000 m., the path passes through an area of the mountainside covered by lime stones. Then it goes over to the other side of Monte Grona. The contrast between the two sides is enormous. You now enter a wooded area called **BOSCO DI VARÒO**. You walk among tall trees with thick undergrowth and after crossing the stream Varòo, the path leads on to a vast meadow, just below the restored mountain hut of the ancient

**ALPINE PASTURE VARÒO (1141 m. 1.10 ; 2.50 hours)**. The path continues through thick woods with lots of high conifers and beech trees and will then lead down to the river **SANAGRA (1200 m.)** which you can easily cross when the water is at a normal level. Then the trail goes up steeply till you get to the cart track coming up from **Naggio**. You follow this track downhill about 1.5 km. to the

**ALPINE PASTURE ERBA (1190 m. 1.10 ; 4.00 hours)** Continue downhill on the cart track for another kilometre, then leave it by turning right and picking up a cart-track closed by a bar. Follow this track uphill to the beautiful pasture of **ALPE LOGONE (1184 m. 1.00 ; 5.00 hours)** which is the border area between Val Sanagra and Val Cavargna. You cross the pasture in a straight line. The farm house, recently restored, is up on the right and produces excellent cheese. At the end of Alpe Logone you pick up the cart-track leading up to the right (read N.B. below) and after about 100 m. 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' (1144 m. 0.30 ; 5.30 hours)** must turn left. Here finishes the first section and at Locanda Maria at the far end of the town you can find food and lodging.

N.B. For those walking this section as a day excursion: at the end of **ALPE LOGONE** pick up the cart track leading down to the left to **CUSINO (40 min.)** When you arrive on the main road at Cusino, turn right and after 100 m. you see the bus stop (line C14.)



## **SECOND SECTION: MALE' - CAVARGNA**

Total walking time: 8.00 hrs.

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 2000 m. high

**MALE' (1144 m.)** can be reached by foot (40 min) or by car from Cusino by following the sign for Alpe Logone (see N.B. at the end of the first section). From the parking place just before the hamlet Malè you 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 (note 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 hamlet

**COSTA (925 m. 1.00 hour)**. The hamlet is connected with a road leading up from San Bartolomeo. Keep to the upper part of the hamlet 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 of 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 coming up from San Bartolomeo and follow it to the left to the settlement of Vracchia. At the beginning of the hamlet go up to the right in order to reach the church. Just above the little church you once again reach the road ending here at the neighbouring hamlet **OGGIA (1118 m. 0.30 ; 1.45 hours)**. You cross the road and walk through this charming hamlet paying attention to the signs on the houses. From Oggia the path leads over steeply sloping meadows in Val dei Molini. When you get close to the stream, it goes down to the left and soon you arrive at a concrete footbridge which crosses the stream **CUCCIO DI SEBOL** in the **VAL DEI MOLINI (1134 m. 0.30 ; 2.15 hours)**. 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 the Val dei Molini, continues uphill and passes through the upper part of **DARNI (1135 m.)** Here the trail ends onto the road leading up from San Bartolomeo, which you follow uphill for about 300 m. Then you take the path to the left that leads into the hamlet

**RUS DI VORA INFERIORE (1224 m. 0.45 ; 3.00 hours)**. [From here it's possible to make a detour to **PIZZO DI GINO (2245 m. 3.30 hours)** or to **CIMA PIANCHETTE (2158 m. 3.00 hours)**.]

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, the path goes slightly downhill over a wide pasture. The trail enters the Val di Lana and without any difficulty you cross the stream. After a stretch of about 300m, at a fork, pick up the path to the right, which leads steeply uphill to a beautiful view point. You then soon reach

**TECCHIO (1280 m. 0.40 ; 3.40 hours)**. where there are some wooden bungalows and a fountain. The path leads on to a 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 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 2245 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 to slightly downhill to **CASDO DI BURENA (1275 m. 0.40 ; 4.20 hours)** a picturesque group of mountain cabins. 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 (1259 m. 0.30 ; 4.40 hours)** 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 farmhouses of **PIAZZA (1179 m.)** just above the settlement **FOUS**. From there a path leads to the farmhouses of

**MONTI GROMIA (1298 m. 0.25 ; 5.20 hours)** Then, at first a not very evident trail, leads along the mountain side, through steeply sloping meadows to the scattered farmhouses of

**MONTI CARAVA (1275 m. 0.30 ; 5.50 hours)** in the shade of beech and maple trees. Going slightly downhill you descend to the river **CUCCIO DI CAVARGNA** at a height of 1200 m, 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

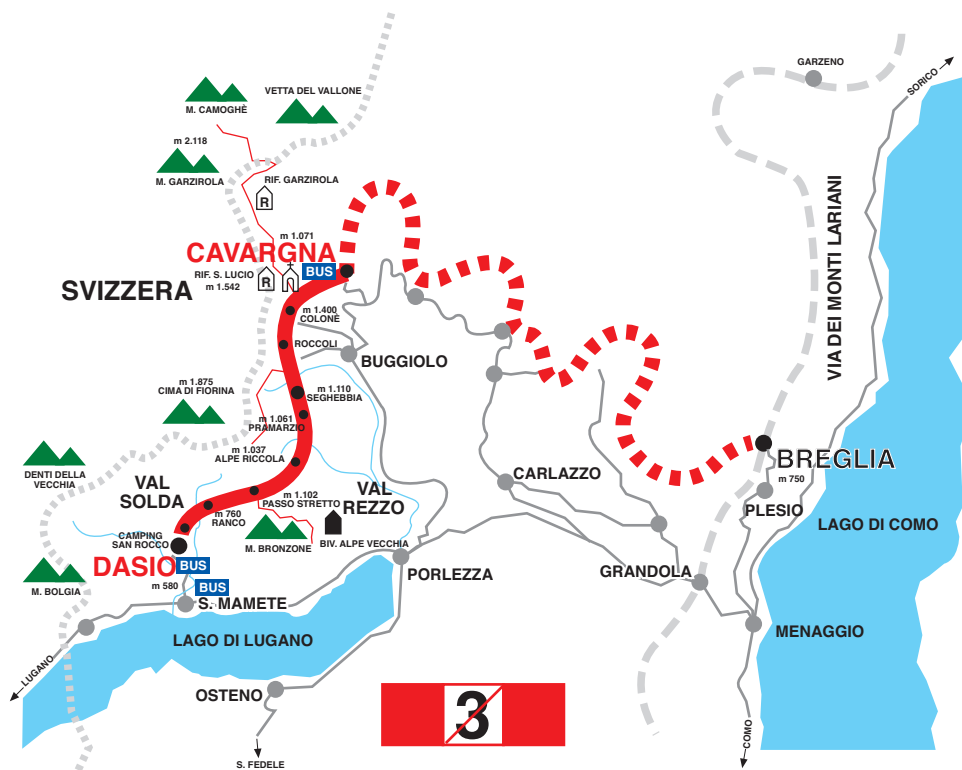
**MONTE COLLO (1200 m. 1.10 ; 7.00 hours)** inhabited all year round. *[From here it's possible to make a detour to Cima Verta (2078 m. 2.30 hours) and to Vetta del Vallone].* Monte Collo is part of the area called **VEGNA DI CAVARGNA**. Follow the road to **MONTI DOSSO** but just before the town you pick up the descending track to the left which passes just below the hamlet; you skirt the little cemetery of **FINSUE** and pick up at first a not very well defined path which leads in bends into the **VAL SEGUR** which you cross over an iron bridge. After a stretch through beautiful woods you arrive at

**CAVARGNA (1071 m 1.00 ; 8.00 hours)** near the parish church. Here ends this second section of the 4 Valley Trail. The "locandas" are in the centre of the town and the holiday camp is above the town which you can reach by continuing 500m on the 4-Valley trail. The bus stop is 50 m past the church. At Cavargna we recommend a visit of the ethnographic "Museo della Valle" open on Saturday and Sunday from 14.00 till 17.00, other days on request tel. 0344 63164.

*Val Cavargna (photo Paolo Ortelli)*



# IL SENTIERO DELLE 4 VALLI - THIRD SECTION



## THIRD SECTION: CAVARGNA - DASIO

Time: 5.00 hrs.

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 (1071 m.)** can be reached by bus line C14. You 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 land slides before leading into the narrow and steep **VAL MARDA**. Having crossed the bridge over the stream **MARDA**, the trail ascends to some ruins of farm buildings. Continue 50 m and then turn right and follow the track through the pastures to the top of the slope to the settlement

**MONTI COLONE' (1400 m. 1.20 hours from Cavargna)** from where you have a wonderful view embracing the whole valley. *[At the fountain in the middle of the settlement it's possible to make a detour to the XIV century church San Lucio (0.20 min.) situated on the Swiss- Italian border; close by stands the refuge 'Rifugio San Lucio']*. From Monti Colone' you 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). 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 (1100 m. 0.55 ; 2.15 hours)**. Pass through the town (paying attention to the signs on the houses) and then follow the road for about 50 m. Just past the cemetery you leave the road and descend to the right through 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 (1061 m. 0.25 ; 2.40 hours)** which used to be an important resting point for the local smugglers called "contrabbandieri", who smuggled goods like cigarettes from Switzerland into Italy. 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 (1116 m.)**, a very green meadow with a stream running through it. The trail enters another beech wood, running slightly downhill and then crosses a stream. You arrive at

**ALPE RICCOLA (1037 m. 0.25 ; 3.05 hours)** 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 (1102 m. 0.40 ; 3.45 hours)** a narrow passage where you leave **VAL REZZO** and enter **VALSOLDA**. The trail then descends and after a few minutes you're able to look down on the Lake Lugano basin. The trail now goes down steeply, closed in by the valley, and passes some cabins with picnic area. It becomes a comfortable cart track passing along the gorges of the valley and then reaches the green slopes of

**RANCO' (760 m. 0.45 ; 4.30 hours)** From here a winding track leads down to the bottom of the valley and after crossing the stream **SOLDO** at a height of 617 m. you arrive at the village

**DASIO (580 m. 0.30 ; 5.00 hours)**. The Sentiero delle 4 Valli finishes here. From Dasio there is a bus connection to Porlezza. Mind that the last bus leaves quite early. There is a track leading down to S. Mamete on the shore of lake Lugano (0.45 min by foot — near the bus stop at Dasio pick up Via Marisem) where the bus line C12 either to Lugano or to Menaggio passes.

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

<b>BREGLIA</b>	ALBERGO BREGLIA closed in January and February Tel. 0344 37250
<b>1.30 hours above BREGLIA</b>	1.30 hours from the trail RIFUGIO MENAGGIO Open on Saturday and Sunday. From 15.6 to 15.9 daily; Tel. rifugio 0344 37282 - Tel. manager 335 5492389
<b>MALE'</b>	LOCANDA MARIA open from the beginning of May till the end of November Tel. 0344 66158
<b>CROCE DI CAMPO</b> (1 hr from Tecchio)	RIFUGIO CROCE DI CAMPO open daily from July to September. All year on demand. Tel. 339 4373186
<b>CAVARGNA</b>	LOCANDA MIRAVALLE restaurant service open almost all year round Tel. 0344 63154
<b>CAVARGNA</b>	TRATTORIA FRANCA restaurant service only - open almost all year round Tel. 0344 63133
<b>CAVARGNA</b>	COLONIA Reservation and key at the town hall for groups only Tel. 0344 63164
<b>PASSO SAN LUCIO</b>	RIFUGIO SAN LUCIO open all year on reservation Tel. 335 476129 /0344 42290
<b>MONTE GARZIROLA</b>	RIFUGIO GARZIROLA Open every day from May till October. Closed in case of snow. tel 034463253 – 3383110521
<b>DASIO</b>	CAMPEGGIO S. ROCCO 54 pitches open almost all year round Tel. 0344 68500

# LA DORSALE DEL TRIANGOLO LARIANO



## In two days from Como to Bellagio

The “Dorsale del Triangolo Lariano” is a beautiful hiking trail of about 30 km, connecting Como with Bellagio. It stretches out at an average height of 1200 m following the mountain ridge that crosses from south to north through the “Triangolo Lariano” area. This is a triangle-shaped area enclosed by the two arms of Lake Como (also called Lario) with Bellagio at its northern point”.

It is an easy trail, following mainly mule tracks and cart-tracks or easy paths. From it you can enjoy beautiful mountain scenery.

There are numerous lodging possibilities on the way listed at the end of this brochure. 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 waymarked by red-white-red striped markers with a number 1 and 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 the Carta dei Sentieri scale 1:25.000 edited by the Comunità Montana Triangolo Lariano.

# LA DORSALE DEL TRIANGOLO LARIANO - FIRST SECTION



## FIRST SECTION: BRUNATE - PIAN DEL TIVANO

Walking time: 6 hrs.-  
Ascent: 582 m

**BRUNATE (715 m)** From Como you can go to Brunate with the the funicular (spectacular view over the lake and the town of Como) From the funicular station in Brunate it's possible to take a bus as to **Piazzale C.A.O.** (bus service on Sundays only; in July and August daily). If you start the walk from the funicular station in Brunate go left and take the trail to **S. Maurizio** on the left side of the church. The trail stretches among gardens and villas. When in the hamlet of

**SAN MAURIZIO (906 m - time 0.30 min.)** where you ignore the road signed for "Via alle Colme". Before continuing we recommend a little detour to the "Faro Voltiano" (Volta light house), built in 1927 to celebrate the centenary of the death of Alessandro Volta, the great scientist born in Como. Back in the square, go to the left side of it and follow the trail signs uphill through the woods (at the intersections keep right). The track ends up on the side of the small church S. Rita at the beginning of the square Piazzale CAO. Across Piazzale C.A.O. take the road to the left which leads past **Rifugio C.A.O.** (980 m). The trail continues through the woods and soon reaches **BAITA CARLA (997 m)**.



*Bolla Palanzone (photo Gino Siclari)*

**Detour 1: Como - Brunate – Torno (3hrs.)**

*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's possible to return to Como by bus (line C30) or by boat.*

A cart-track leads along the slopes of Pizzo 3 Termini, to **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 the "Dorsale per Cresta" (over the tops) on the right and the "Dorsale" downhill to the left. The "Dorsale per cresta" leads to the top of the Boletto (1.236 m). 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 leads down to the **BOCCHETTA DI MOLINA (1.116 m. - time 0.40; 2.15 hrs.)** close to the ex Capanna San Pietro You ignore the deviation to the right.

**Detour 2: COMO – BRUNATE – ALPE DEL VICERE' 3.30 hrs.**

*The path to the right just past the ex Capanna San Pietro leads down to the Baita Patrizi and from here to Ape 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 the town Albavilla, where bus line C40 will take you back to Como*

**Detour 3 COMO – BRUNATE – BOCCHETTA DI MOLINA – MOLINA 3.30 hrs.**

*From Bocchetta di Molina a trail leads down to the left to the town Molina. From here it's possible to pick up the bus line C31 back to Como.*

## LA DORSALE DEL TRIANGOLO LARIANO – FIRST SECTION

Continue on the Dorsale trail and you soon reach a fork with a signpost; the trail to the right is the more scenic but more tiring “Dorsale per Cresta” leading in 45 minutes to the top of Monte Bolettone (1.310 m) and to Rifugio Bolettone and then descends to Bocchetta di Lemna (total walking time 1hr.10); the trail to the left is the normal “Dorsale” trail which runs through a beech wood around Monte Bolettone arriving in about the same amount of time at

**BOCCHETTA DI LEMNA (1.115 m. - time 1.10; 3.10 hrs.)** at the end of the north eastern slope of Monte Bolettone. From the Bocchetta you can reach Capanna Mara in about 15 minutes.

### **Detour 4 Como - Brunate – Lemna 5.00 hrs.**

*From Bocchetta di Lemna the cart track on the left leads down to the town Lemna in about 1.30hrs. 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 the Resegone and Monte Palanzone. After a brief stretch you can choose between the “Dorsale per Cresta” which in 25 minutes heads to the top of Pizzo dell’Asino (1272 m) or the Dorsale which leads along the woody east slope of Pizzo dell’Asino. After you have passed two streams (note the formation of the sedimentary layers) 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 Como – Brunate – Bocchetta di Palanzo – Palanzo 5.30 hrs.**

*From the 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 Como – Brunate – Bocchetta di Palanzo – Caslino d’Erba 5.30 hrs.**

*From the Bocchetta di Palanzo there is a trail to the right which leads in about 1.30 hrs. down to the town Caslino d’Erba. From here it is possible to take the bus line C 94 back to Como or the train to Milan.*

At the fork after Bocchetta di Palanzo you can choose again between the “Dorsale per Cresta” and the “Dorsale”. The first one ascends in about 45 minutes the top of Monte Palanzone (1.436 m) with its characteristic pyramid-shaped chapel, and then descends the north slope of the mountain to the Bocchetta di Caglio (total walking time approx. 1.10 hrs). The “Dorsale” leads you along the west 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 rifugio (refuge). Continuing on the trail you soon arrive at **CIPPO MARELLI (1.293m)** and at **BOCCHETTA DI NESSO**. You pass the extended fields of Preaola on a level track which leads around Monte Palanzone with a nice view down on Piano di Nesso and Monte San Primo. You then arrive at

**BOCCHETTA DI CAGLIO (1.297 m. - time 0.20; 4.30 hrs.)**. You 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 notice a group of isolated beech trees. Here to the right starts a steep descent heading to Monte Pianchetta (1.243 m). After a brief stretch uphill, 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 (1.182 m), you 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. At the Colma there is 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 pick a bus back to the lake, or to walk the whole trail to Bellagio without descending to Pian del Tivano.**

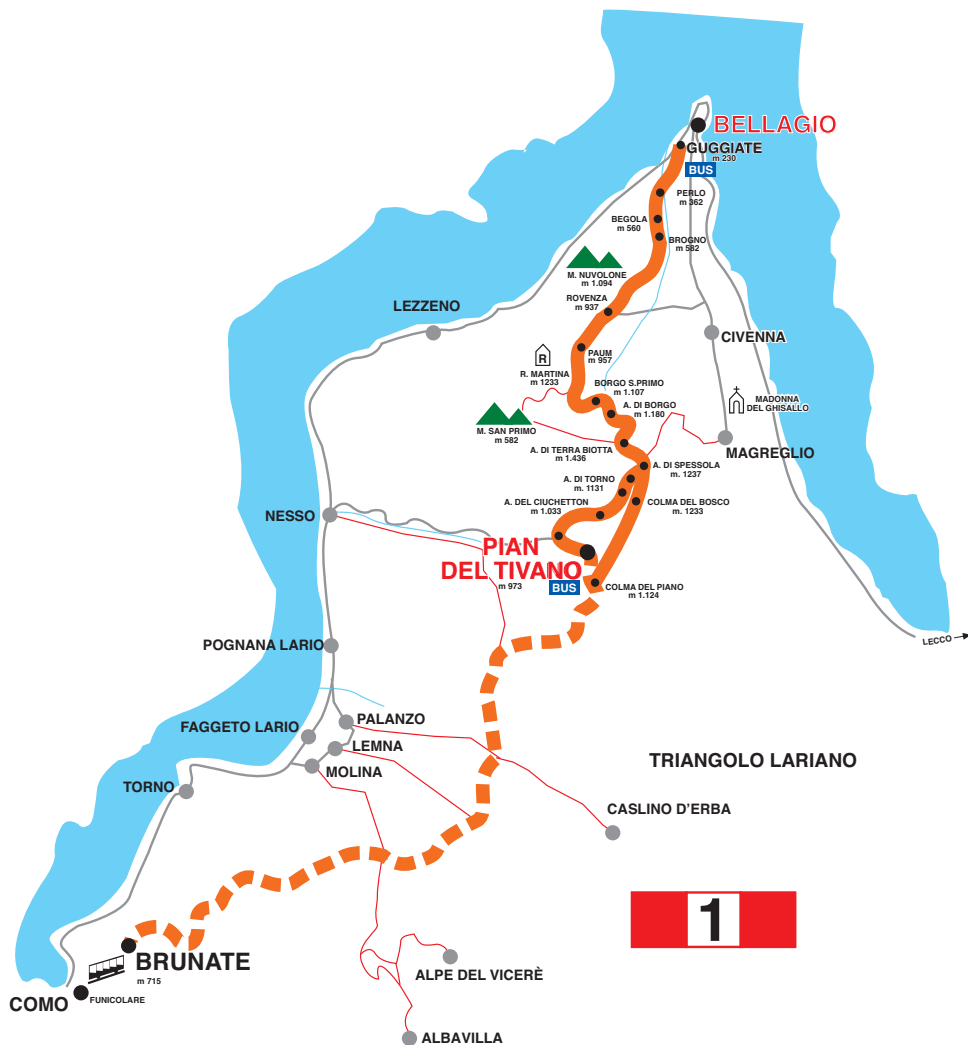
**Those who are wishing to proceed** will pick up the large plain cart trek just past the entrance of the restaurant Baita Colma. The track leads up to Colma dei Cippiei (1.185 m), and past the Colma del Bosco reaches the **ALPE SPESSOLA (1.237 m – 1 hr)** where the second part of the trek also passes. (see below)

**Those who are interrupting the walk** will follow the asphalted road to the left downhill heading to **PIAN DEL TIVANO (973 m - time 0.40; 6.00 hrs.)** - refreshments and lodging available - bus stop to Nesso. If you wish to sleep in the farm "Azienda Conca d'Oro" take the rural road to the right just past the old ski lift near Agriturismo – Restaurant Binda - where also the second section of the trail starts. Otherwise walk ca. 1,5 km further down along the main road to reach the hotel Albergo del Dosso or the bus stop close to the restaurant "Il Nuovo Ministro" (ticket sale) slightly before the hotel.



*Vista dal Palanzone (photo Gino Siclari)*

# LA DORSALE DEL TRIANGOLO LARIANO - SECOND SECTION



## SECOND SECTION: PIAN DEL TIVANO - BELLAGIO

Walking time: 5.30

Ascent: 579 m.





*Vista su Bellagio (photo Promobellagio)*

**PIAN DEL TIVANO (957 m.)** -bus stop - lodging - refreshments

Pian del Tivano is a plain enclosed in by the mountains San Primo, Cippei and Braga di Cavallo and on the west by "Il Dosso", a big moraine left there by the Lario glacier. The plain is famous for its beautiful flowers like daffodils, gentians and lilies of the valley (protected flora). Those who are starting the walk here and have arrived by bus, continue ca. 1 km on the road. Near the old ski lift and 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 TORNO (1.131 m)** first and

**ALPE GROSSO (1.150 m - time 0.30 min.)** later on. In front of the building pick up the track to the right for 100 meters. Here you go left steeply uphill over the fields heading to a group of beech trees. Keep left close to the fencing and go up the steep slope to the above lying cart-track coming up from Colma del Piano. You are now at

**ALPE SPESSOLA (1.237 m - time 0.40; 1.10 hrs.)**

From here you continue again to the left following the track as it winds rather steeply uphill with splendid views over Val di Torno, the tops of the mountains Grigne and Corni di Canzo to

**ALPE DI TERRA BIOTTA (1.536 m. - time 0.30; 1.40 hrs.)** Just past the farmhouse, you reach the highest point of this section where you enjoy the view of the promontory of Bellagio and the surrounding mountains, one of the most beautiful views of this hike! You can also see the old ski lift coming up from the Alpe del Borgo below. Now you can choose again between the "Dorsale per Cresta" and the "Dorsale". The "Dorsale per Cresta" takes you to the top of Monte San Primo (1.685 m) in 1 hour, and from there over a steep path descends to Rifugio Martina (Alpe dei Piccè) and to Alpe delle Ville (0,45 hr) where it meets up with the Dorsale again.

The ones following the "Dorsale" from the Culmen of Terra Biotta cross the field to the right and near the small "polla", a beverage place for cattle, pick up the trail to the right descending to

**ALPE DEL BORGO (1.180 m. - time 0.30; 2.20 hrs.),** where they produce excellent cheese in summertime. From here follow the rural road down to the settlement

**BORGO SAN PRIMO (1.107 m)** inn - bus stop (bus service only during the summer months)

At the restaurant "La Baita" you get to a road which you follow to the left. You pass the ex holiday-camp Bonomelli on your way to Alpe delle Ville. Just out of the pine wood (slightly before the deviation for Rifugio Martina), you 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 (pay attention to the signs!) and finally reaches the pastures of

**PAUM (957 m - time 0.45; 3.15 hrs.)** From here a rural road leads downhill with a nice view of "Pra Filippo" and the hamlet "Cernobbio", situated on the other side of the Val del Perlo, to the village

**ROVENZA (724 m - time 0.40; 3.55 hrs.)** At the fountain you 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 you have crossed a small stream you reach the settlement

**BROGNO (582 m -time 0.35; 4.30 hrs.)** where the trail leads on to 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, and 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 m, 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.)** - refreshments available - bus stop -

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

### LA DORSALE DEL TRIANGOLO LARIANO: LODGING AND RESTAURANT LIST

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

COMO

**Youth Hostel "Villa Olmo"**

71 beds - service - open from 1/3 till 30/11

tel. 031 573800

**CAPANNA C.A.O.**

0.45 min. from Brunate

17 beds - restaurant service - open all year in winter weekends only

tel. 031 220221 - [capann.cao@libero.it](mailto:capann.cao@libero.it) - [www.caocomo.it](http://www.caocomo.it)

**BAITA CARLA**

1.00 hr. from Brunate

15 beds - restaurant service - open all year

tel. 031 220186

**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](http://www.baitabondella.it)

**BAITA BOLETTTO FABRIZIO**

1.20 hrs. from Brunate

only restaurant service - open all year - closed on Friday

tel. 031 220235

**RIFUGIO BOLETTONE**

on the detour to Monte Bolettone  
3.00 from Brunate

16 beds - restaurant service

tel. 031 628163

**CAPANNA MARA**

on the detour from Monte Bolettone

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 Friday, Saturday and Sunday.  
From Easter till October open from Wednesdays to Sundays - July and August daily  
tel. 031 378600 or 031 378051 - 328 9391022  
Stefano.brenna2@tin.it - www.rifugioriella.it
- Ristorante/ Bar **COLMA DEL PIANO**  
**Capanna Stoppani**  
5.20 hrs. from Brunate  
only restaurant service  
open all year - closed on Thursday and from 1<sup>st</sup> to 25<sup>th</sup> Dec.  
tel. 031 667051 - 3343150611
- RIFUGIO ALPETTO DI TORNO**  
Pian del Tivano  
30 beds - restaurant - Always open on reservation  
tel. 031 684313 - 3479190505
- LA CONCA D'ORO**  
Pian del Tivano - 6.00 hrs. from Brunate  
5 apartments - Min. stay 2 nights - open all year  
tel. 031 677019 - prpianeta@hotmail.com
- AGRITURISMO BINDA**  
Pian del Tivano - 6.00 hrs. from Brunate  
Restaurant service - Closed on Wed  
tel. 031 677057 - 331 5410899
- ALBERGO "DOSSO"**  
Pian del Tivano  
24 beds - restaurant service - open all year  
tel. 031 917942 - fax 031 917967
- RISTORANTE BAR CAMPEGGIO FUIN**  
Pian del Tivano  
camping - open all year - closed on Tuesday  
tel. 031 667059
- RISTORANTE IL NUOVO MINISTRO**  
Pian del Tivano  
only restaurant service - open all year - closed on Friday  
tel. 031 667058
- RISTORANTE LA BAITA**  
2.20 hrs. from Pian del Tivano  
only restaurant service - open all year - closed on Monday  
tel. 031 964731
- ALBERGO RISTORANTE GENZIANELLA**  
2.30 hrs. from Pian del Tivano  
16 beds - restaurant service - open almost all year. Closed on Wed out of season  
tel. 031 964734
- 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 Sun - and holiday  
tel. 031 964695

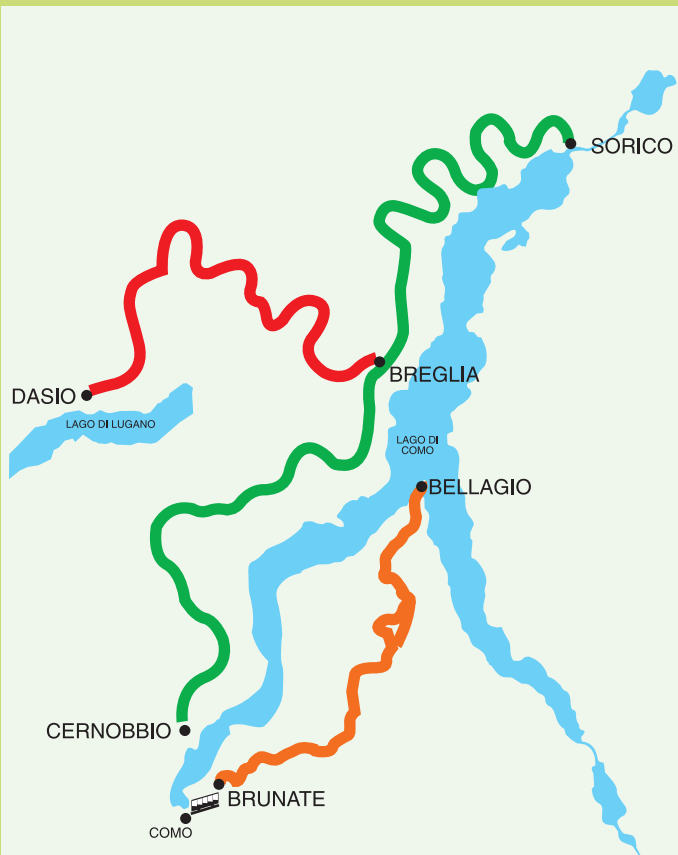


PROVINCIA DI COMO  
Assessorato al Turismo



# TREKKING

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



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