

LAGO DI COMO

ITALIA

A WORLD WITHIN A WORLD

TREKKING





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.navigazionelaghi.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 DORSALE DEL TRIANGOLO LARIANO



In two days from Como to Bellagio

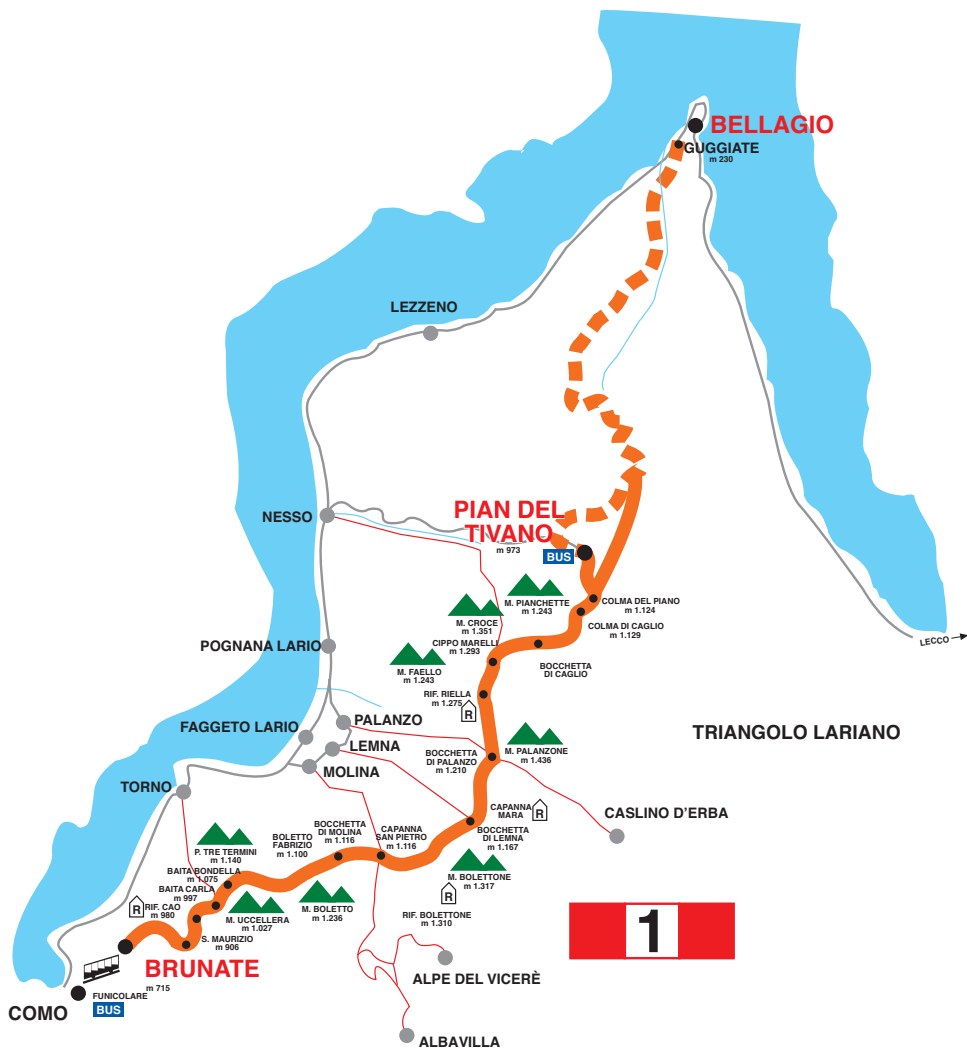
The “Dorsale del Triangolo Lariano” is a beautiful 2-day hiking trail of about 30 km, connecting Como with Bellagio. It stretches out at an average height of 1.200 m following the mountain ridge that crosses from south to north through the “Triangolo Lariano”. This is a triangle-shaped area enclosed 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 - TORNO (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 Boletto (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.

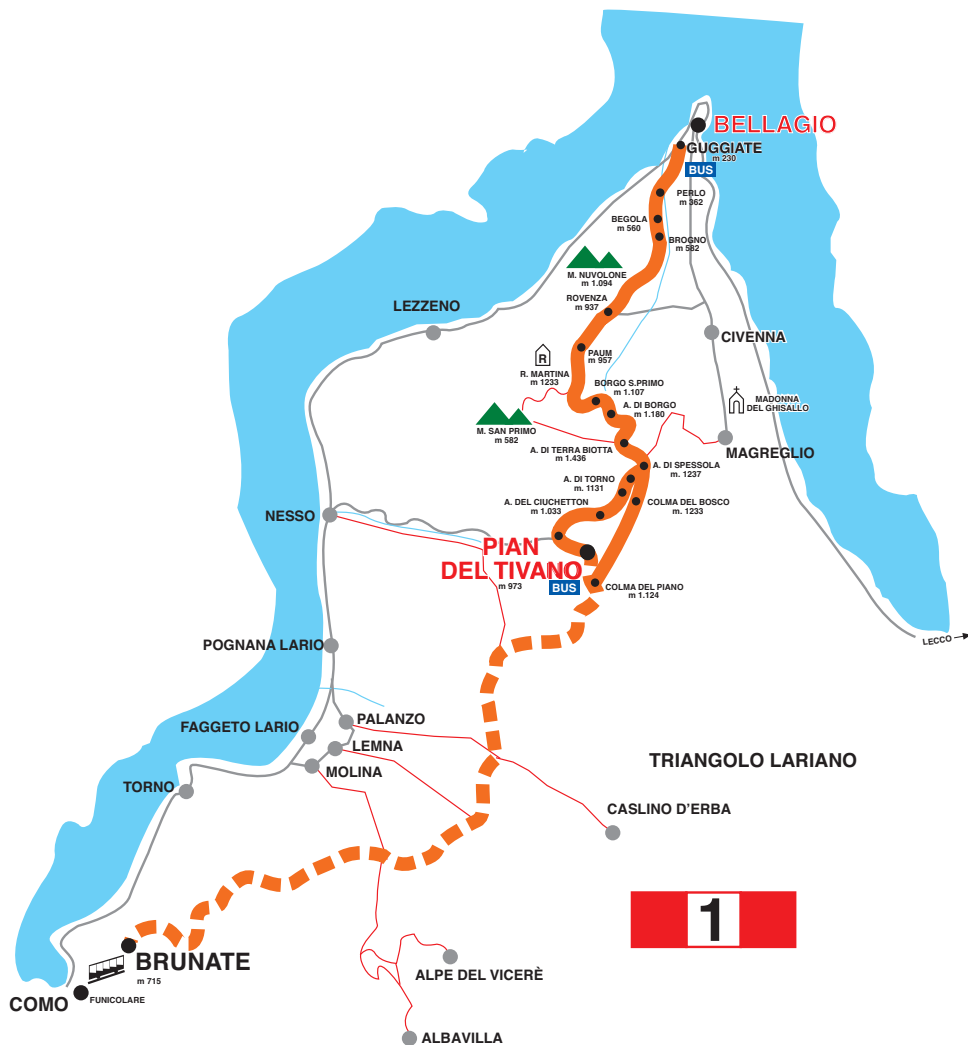
Should you wish to proceed take the large plain cart trek to the left, 50 m below the restaurant Baita Colma (signpost Alpe Spessola – Bocchetta Terrabioatta). The track gently leads up to Colma dei Cippiei (1.185 m), and Colma del Bosco (1.233 m) At the next junction, ignore the trail to Pian del Tivano 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 TORNO (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 Lezeno 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 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 TORNIO**
0.20 hrs. from Pian del Tivano
30 beds - restaurant - open all year, during winter on request
tel. 349 0842203 - 347 9190505 - info@alpettoditornio.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

