



This itinerary from Breglia (750 m) to Rezzonico (200 m) follows a small part of the antique Roman transit road to the alpine passes: the Strada Regina. The trail leads through chestnut woods and passes small rural settlements with nice views of the lake.

- **starting point of the walk: Breglia (750 m)**
- **itinerary: Breglia - Carcente - Treccione - Noledo - Lucena - Marena - Roncate - Rezzonico**
- **total walking time: 2,15 hrs.**
- **ascent: 50 m descent: - 550 m**
- **trail signs: some white signposts**
- **connections: from Menaggio to Breglia bus C13**
from Rezzonico to Menaggio bus C10

Near the bus stop at Breglia, in front of the cemetery, you can see a late Roman tomb dating back to the VI c. It was custom in the roman age to place tombs along the main roads to keep the memory of the deceased alive. In fact the old Roman road, "L'Antica Strada Regina", one of the main connecting roads with the alpine passes, used to pass by Breglia. It lost its importance when the shorter passage over Sasso Rancio, between Menaggio and Acquaseria, was opened (see walk 8). The Strada Regina was traced during the late period of the Roman Empire, when it was necessary to bring the troops towards the Alps where the Barbarians were threatening to invade. Thus, it was built for military purposes but also served thereafter for commercial trade. A witness to the remote origin of this artery are the stone paved tracks and engineering works such as bridges and retaining walls, as well as churches and chapels that accompanied the passage of the medieval pilgrims.

Route: From the bus stop at Breglia walk along the side of the church of S. Gregorio, to the far end of the parking area and pick up via per Carcente to the left. It leads among the houses to a picturesque little square. Above the fountain pick up the street to the right leading out of the village. You are now on the Via dei Monti Lariani, a hiking trail of 125 km which starts at Cernobbio and leads to the northern end of the lake connecting the small rural settlements scattered along the slopes on the west side of the lake.

The track leads into the chestnut woods down into the Val Greno which you cross over a bridge. You ascend the trail along the valley and will then reach 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 3452461159. You leave the Via dei Monti Lariani that leads from the centre of Carcente to Monti di Carcente, and continue straight through the village.

Having left the village behind you, a relaxing almost even track will lead you to the village of **Treccione** (alt. 647 m). At the beginning of the hamlet take the steps downhill to right (signpost) and at the end, take left. After just 10 meters, in front of a water trough, pick up the track down to the right (signpost).

Follow the track downhill until it comes out to the road which you follow down hill in the direction of the hamlet Noledo, ignore the deviation to Gallio. After the next bend in the road pick up the old track on the left (signpost).

Once at **Noledo** you reach the road which you follow to the left and after just 30 m you pick up the track to Lucena on your right (signpost). Once at **Lucena**, at a fork near a water trough, go left and cross the bridge over the Valle dei Molini. After 100 meters, at the fork, pick up the track (signpost) that descends to **Marena** and at the end of the steps turn left. On the small piazza pick up the street on the left of the washing place. It leads to the road which you cross with caution to pick up the old track again.

You reach the hamlet **Roncate** where (to the right) at the little parking lot you follow the steps leading downhill to the right. At the fork go right and follow the trail along the valley. It ends up on the road; and after just 50m pick up the track again on the left. At the end of the descent with a view of the castle of Rezzonico, you reach the Antica Strada Regina. From here you can reach the main road where there is the bus stop.

We highly recommend to visit the picturesque centre of Rezzonico with its little piazza on the lake. The castle is of the 13th century.

It is also possible to walk from Rezzonico back to Menaggio following the Antica Strada Regina – time required 3 hours – see walk 8