

# IL SENTIERO DELLE 4 VALLI



## THE 4 VALLEYS TRAIL



Comunità Montana "Alpi Leopontine" A.P.T. - Como C.A.I. Menaggio - (CO)



## FIRST SECTION BREGLIA - MALÈ

*Time: 5.30 hrs. - Ascent: 519 m  
Water: there are many fountains*

This part of the trail will lead you through the wild and little known Val Senagra 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, cross the road and pick up the sealed road leading uphill to Monte di Breglia - Rifugio Menaggio. After ca. 500 m you leave it and pick up the trail on the left. (sign rifugio Menaggio and Sentiero delle 4 Valli) After just 30 m you come to a bifurcation. The trail leading to the Rifugio Menaggio leads up to the right, but the 4 Valley trail continues straight on. You come through a dense and steep pine wood. After crossing some streams you get on a wide track going slightly downhill, and leaving some abandoned farmhouses on the left, you soon reach

**PALIRA (900 m - 30 min.)** some farm buildings. The cart-track continues through the woods and fields. Then in order to avoid passing through a number of private properties you leave the cart-track and pick up a rocky not well defined path (but well marked) to your left. After a few hundred meters it leads on to a wide cart-track which you follow down to

**MONTI DOSSO (850 m - 0.30 ; 1.00 hr)** with beautiful views of Lake Como and Val Senagra. Here you pick up a muletrack leading down to the right. You enter the Val Senagra on a trail half way up the steep south west side of Monte Grona. The even trail crosses some streams and soon brings you to

**MONTI STANGA (872 m)** farmhouses in the shade of big chestnut trees. The trail then leads on to

**MONTI TAMPIGLIA (864 m - 0.40 ; 1.40 hrs)** old group of farmhouses (not yet completely abandoned). Going uphill and crossing some streams, at a height of about 1000 m, the path passes through an area of the mountainside covered by limestones. 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 VARO. Passing tall trees with thick undergrowth and crossing the stream Varò, the path now leads on to a vast meadow, just below the restored mountain hut of the ancient

**ALPINE PASTURE VARÒ (1.141 m - 1.10 ; 2.50 hrs).** A wide trail used as a fire barrier leads uphill to a wooded area. *From here it's possible to make a detour to the alpine pastures Nesdale and to Mt. Grona in 2 hours.* The path continues through thick woods with lots of high conifers and beech trees and over an even-going trail and then slightly downhill you reach the river

**SENAGRA (1.200 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 km to the

**ALPINE PASTURE ERBA (1.190 m - 1.10 ; 4.00 hrs)** (picnic area). Continue downhill on the cart track for another kilometer, then leave it by turning right and picking up a cart-track closed by a bar at the beginning. Following this track uphill you arrive at the beautiful pasture of

**ALPE LOGONE (1.184 m - 1.00 ; 5.00 hrs)** which is the border area between Val Senagra and Val Cavargna. You cross the pasture in a straight line. The farm house recently restored is up on the right and producing 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 (near a small parking place) you turn left. On the left you will see a hilltop dominated by the church la Madonna della Salute di Malé; you then soon arrive at

**MALÉ (1.144 m - 0.30 ; 5.30 hrs).** Here finishes the first section and at Locanda Maria at the far end of the town you can find food and lodging. Who continues the trail picks up the path leading from the middle of the town up to the right (note the signs on the houses).

*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.)*



*In the direction of Alpe Erba in Val Senagra.  
(Foto p. Sgardini).*



*Near Alpe Logone.  
(Foto P. Sgardini).*





## SECOND SECTION MALÈ - CAVARGNA

Time: 8,00 hrs. - Ascent: 460 m  
Water: there are many fountains

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 with ancient settlements surrounded by mountains more than 2000 m high.

**MALÈ (1.144 m).** Leaving the 'Locanda Maria' behind you after 50 m you turn left (note the signs on the houses) and you soon arrive at a big pasture, **LA SELLA DI MALÈ** just above the hamlet Malé, from where you enjoy a beautiful view of the whole **VAL CAVARGNA**. Ignoring the wide trail leading up to Alpe Rozzo, you keep to the trail passing through the woods (note the signs on the trees). Following the trail downhill and crossing numerous streams, you then cross the bridge over the river **CUCCIO DI SAN BARTOLOMEO**. The trail then leads uphill through the woods to the green meadow land of the hamlet **COSTA (925 m - 1,15 hours)** still inhabited. From here you can get down to the provincial road leading through Val Cavargna in a few minutes. The path from here leads slightly uphill and then reaches the rural road leading up from San Bartolomeo. Cross it and continue your way on the continuation of the path which passes the house of **SELVA**. At Selva keep close to the house above the fountain, ignoring the path to the left. It then goes on through chestnut woods and beech woods and, near the little church of **VRACCIA** in green meadowland, you meet the muletrack coming up from San Bartolomeo. You follow the muletrack to the neighbouring town **OGGIA (1118 m - 0.30 ; 1.45 hrs)**. *From here it is possible to make a detour to Monte Tabor (2079 m - 2.30 hours) via Alpe Sebol (1766 m - 2.00 hrs).* Leaving Oggia behind you and going over steeply sloping meadows, the path leads to **PIAZZA MEZZANA**. In sight of this hamlet and near a stream it goes down to the left and in a few minutes you arrive at a concrete footbridge crossing the stream **CUCCIO DI SEBOL** in the **VAL DEI MOLINI (1.134 m - 0.30 ; 2.15 hrs)**. Here you'll notice the entrance of an old abandoned iron mine used up to the end of the 19th century. The path then follows the right side of the Val dei Molini. The path continues slightly uphill and passes through the upper part of **DARNI (1.135 m)**. Here the trail gets to the road leading up from San Bartolomeo, which finishes just here. You cross the road and pick up the path leading to the settlement **RUS DI VORA INFERIORE (1.224 m - 0.45; 3.00 hrs)**. *From here it's possible to make a detour to PIZZO DI GINO (2.245 m - 3.30 hrs) or to CIMA PIANCHETTA (2158 m - 3.00 hrs).* We recommend a small detour to the little church 'La Regina dei Monti' up on the right with a marvellous view in every direction. Back on the trail, the path goes slightly downhill over a wide pasture and then passes a rocky area. After passing the ruins of an old mountain hut it goes steeply downhill to the stream of the **VAL DI LANA**. Then it goes uphill and following the signposted path, you skirt an old trench, a reminder of the First World War, to reach the settlement of **TECCHIO (1.280 m - 0,40 ; 3,40 hours)** where you find a house and a fountain. Just past Tecchio the path meets up with a road leading up from the town San Nazzaro to the alpine pastures of Piazza Vacchera. *From Piazza Vacchera it's possible to make a detour to PIZZO DI GINO (.,245 - 3.30 hr)* The road leads into a pinewood and after a short stretch you leave it and pick up the continuation of the path up on the right

(Continuing on the road it is possible to reach the town San Nazzaro in ca. 40 min.)

The path continues for another short stretch through the pinewood and then reaches a waterworks cabin, where there is a fountain and a picnic area. Here you pick up the trail on the left, which runs right around the side of Val Ruina about 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

**CASDO DI BURENA (1.275 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. Just past the group of mountain cabins, you arrive at an isolated fairly new house on the ridge; here keep to the left of the house, ignoring the path on the right and pick up the trail near a birch tree. The trail then goes off in the direction of **VAL PIAZZA**, an area plagued by disastrous floods. At

**MONTI BEZZACO (1.259 m - 0.30 ; 4.50 hours)** keep to the left and follow the trail down through a meadow at the edge of a landslide. Then the trail leads to a stream down below and after crossing it goes up to the humble farmhouses of **PIAZZA (1.179 m)** just above the settlement FOUS. From there a path leads to the farmhouses of

**MONTI GROMIA (1.298 m - 0.25 ; 5.20 hours)**. The trail leads along the mountain side, through steeply sloping meadows to the scattered farmhouses of

**MONTI CARAVA (1.275 m - 0.30 ; 5.50 hours)** in the shade of beech and maple trees. Going slightly downhill the trail leads down to the river **CUCCIO DI CAVARGNA** at a height of 1.200 m dominated by the impressive peaks of Mount Cima Verta. A bridge makes it possible to cross the river. The trail then goes uphill, through a thick state forest plantation. Then going downhill and crossing another stream you get on to the muletrack coming up from **CAVARGNA** near the hamlet of

**MONTE COLLO (1.200 m - 1.10 ; 7.00 hours)** inhabited all year round. From here it's possible to make a detour to Cima Verta (2.078 m - 2.30 hrs) and to Vetta del Vallone. Monti Collo is part of the area called **VEGNA DI CAVARGNA**

*N.B. For those who have made reservations at VEGNA DI CAVARGNA, just past the farmhouses MONTI COLLO, follow the road to*

**MONTI DOSSO - VEGNA (1.150 m - 0.10 ; 7.10 hrs)** where you find the holiday camp. For those continuing to Cavargna, just past the farmhouses MONTI COLLO follow the road to Monti Dosso but just before the town you pick up the downhill muletrack to the left and you pass just below the hamlet; you skirt the little cemetery of FINSUE and after some bends you cross an iron bridge over the gorge of the VAL SEGUR. Passing some chapels which are part of an antique 'Via Crucis' you arrive at

**CAVARGNA (1.071 m - 0.50 ; 8.00 hrs)** near the parish church. Here ends this second section of the walk. You'll find the locandas in town and the holiday camp is above the town continuing 50 m on the 4-Valley trail. The bus stop is, leaving the church behind you, 30 m further into town.

For those who want to do this section as a day excursion we suggest the following possibilities:

**1. Cusino - Alpe Logone - Tecchio - San Nazzaro: 5.45 hours**

From the bus stop (line C14) in front of the church, go back  $\pm$  30 m over the road (past the bar) and pick up the cart track to the left leading to Alpe Logone. At Alpe Logone you'll find the signs of the trail and you continue on the cart track leading up to Malé (see the description).


**2. San Nazzaro - Pineta - Val Ruina - Cavargna: ore 5,30 hours**

From the bus stop at the beginning of the town of San Nazzaro, near the square with benches just below the post office (ufficio postale), you continue on the road in the direction of Cavargna for just about 30 m. You then leave it and pick up the "Via Sant'Antonio" on the right. You follow the Via Sant'Antonio which leads through the centre of the town. At the end of the town just past the last houses, you pick up the road leading up to the right to "Piazza Vacchera". You follow the road leading steeply uphill till you reach a pinewood (pineta 1280 m 1.10 hrs) After a short stretch you see the signs of the "Sentiero delle 4 Valli" up on the left. Here you leave the road and start following the trail (see description).

N:B: Check the bus times before starting the walks.



*Piazza*  
(Foto Sandro Dell'Oro)

CARTA KOMPASS K 91 - scala 1:45.000 



## **THIRD SECTION** **CAVARGNA - DASIO**

*Time: 5.00 hrs. - Ascent: 430 m*  
*Water: there are some fountains.*

During this section of the walk 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 the trail leads through the rocky Valsolda. Following the valley you arrive at Dasio where the trail and our walk ends.

**CAVARGNA (1.071 m).** Leaving Cavargna through the upper part of the town by taking the trail on the left side of the church, it starts to go steeply uphill and in some minutes you pass the Colonia (holiday camp); it skirts a beautiful beech wood called '**BOSCO SACRO**' which forms a natural barrier against avalanches and leads into the narrow and steep **VAL MARDA**. On your way up to **MONTI COLONÈ** you cross a little iron and wooden bridge over the stream **MARDA** and from there going uphill you pass some farmhouses and ruins where the trail goes up to the right over some rocks. From the pastures of

**MONTI COLONÈ (1.400 m - 1.20 hrs from Cavargna)** you get a wonderful view which embraces the whole valley. From here it's possible to make a detour to the XIV th century church San Lucio (0.20 min.) situated on the Swiss- Italian border; close by stands the refuge 'Capanna San Lucio'. From Coloné you keep to the sandy road going downhill and through beautiful woods you reach **ROCCOLI** situated on the watershed between **VAL CAVARGNA** and **VAL REZZO**. The trail then leads to the muletrack coming up from Buggiolo leading to Passo San Lucio. You follow it downhill to the left, to the drinking fountain near the chapel called

**MADONNA DEL CEPP (picnic area).** You leave the muletrack and pick up the path to the right and going downhill through a beautiful beech wood (follow the signs on the trees) you then cross a stream just before getting to some farmhouses situated above the village

**SEGHEBBIA (1.100 m - 0.55 ; 2.15 hrs).** At Seghebbia it's possible to find refreshments and there is a road connection with Porlezza. From Seghebbia you can also make a detour to Alpe Colmine (1.483 m - 1.00 hours) and, by following the ridge demarking the border go right up to Cima Fiorina (1808 m - 2.00 hours). You pass through the town (pay attention to the signs on the houses) and then you follow the road for about 50 m. Just past the cemetery you leave the road and you go down to the right through green meadows passing some farmhouses to another stream. Over the stream the trail leads up through the woods and ends in a beautiful clearing with an antique farmhouse called

**PRAMARZIO (1.061 m - 0.25 ; 2.40 hrs)** which used to be an important resting point for the local smugglers called 'contrabbandieri', who smuggled goods like cigarettes from Switzerland into Italy. The path then enters a beautiful little valley that connects **VAL REZZO** with **VALSOLDA**. Follow it through a beech wood and you end up at

**PRALUNGO (1.116 m)**, a very green meadow with a stream running through it. The trail leads through another beech wood and, going slightly downhill and after crossing a stream, you arrive at

**ALPE RICCOLA (1037 m - ore 0,25 ; 3,05 hrs)**, recently restored. The landscape here is

reminiscent of 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 - ore 0,40 ; 3,34 hrs) a narrow passage; here you leave **VAL REZZO** and enter **VALSOLDA**. The trail then goes downhill and after a few minutes you're able to look down on the Lake Lugano basin. The muletrack now goes down steeply, closed in by a valley and passes by a little mountain hut (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 hrs) where you find a camping site. From here a winding muletrack leads down to the end 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 hrs). The Sentiero delle 4 Valli' finishes here. From Dasio you'll find a bus connection to Porlezza (line C15). Mind that the last bus leaves quite early.

*N.B. For those who want to walk this section as a day excursion, we suggest starting at CAVARGNA and following the trail to DASIO. Both towns can be reached by bus (line C14/C15) but the time that lies between the first and the last bus is too short to accomplish the hike, so one has to be either brought to Cavargna or be picked up at Dasio. One could try and hitch-hike his way down to CRESSOGNO (5 km) and pick up the bus from there (line C12).*

### LODGING ON THE "SENTIERO DELLE 4 VALLI"

BREGLIA	ALBERGO BREGLIA see Plesio on the hotel-list of the Province of Como	open all year	tel. 0344/37250
MALE	LOCANDA MARIA see Cusino on the hotel-list of the Province of Como	open from May till the end of November	tel. 0344/66158
SAN BARTOLOMEO	LOCALITÀ PIZZO DI GINO can be reached in ca. 30 min. from Oggia and in ca. 40 min. from Rus di Vora	open all year	tel. 0344/66334
CAVARGNA	COLONIA Holiday camp, ask at the town-hall of Cavargna for the key		tel. 0344/63164
CAVARGNA	LOCANDA FRANCA see Cavargna on the hotel-list of the Province of Como	open all year	tel. 0344/63133
CAVARGNA	LOCANDA MIRAVALLE see Cavargna on the hotel-list of the Province of Como	open all year	tel. 0344/63154
BUGGIOLO	ALBERGO LA GINESTRA can be reached in ca. 30 min. from the Madonna del Cep. See Valrezzo on the hotel- list of the Province of Como	open from 15/6 till 31/8	tel. 0344/63122
SAN LUCIO	RIFUGIO CAPANNA SAN LUCIO can be reached in ca. 25 min. from Monti Colonné	open Saturday night and Sunday during the day, July and August open every day.	tel. 0041/91 9434873 9432484

## THE 4 VALLEYS TRAIL

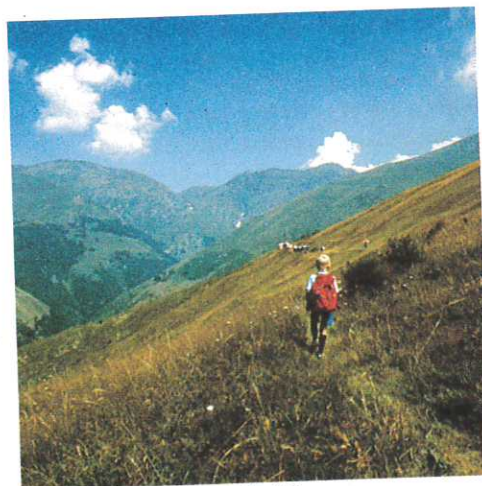
The 4 Valleys Trail - is a beautiful walk about 50 km. long. Starting at Breglia (7 km. from Menaggio) it leads through the Val Senagra, Val Cavargna, Val Rezzo and Valsolda and ends at Dasio, a little town situated above S. Mamete on Lake Lugano. The trail is divided into 3 sections. The first one leads from Breglia to Malé and is 13 km. long, the second section starts at Malé and ends either at Vegna or Cavargna and is about 19 km. long, and the third leads from Vegna or Cavargna to Dasio (13 km.) You can walk any of these sections as a day-excursion, or hike for three days, spending the night at one of the locandas you find at the end of each section.

The trail follows a mean height of about 1.100 m reaching its highest point of 1.400 m at Alpe Colonné in Val Cavargna, and 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 trail is not difficult to walk though, and is quite safe.

The ideal time of the year for the walk is from May till the end of October. Apart from this brochure we recommend the "Kompass 91 Lago di Como, Lago di Lugano 1:50.000" map, available in the bookstores and a bus time-table which you can get at the tourist office. There are lots of fountains along the trail so don't bother carrying too much water with you. For those who want to spend the night at one of the locandas on the trail we advise you to make reservations before starting the walk. The tourist office will be glad to help you in this.



Monti Gromia  
(Foto Sandro Dell'Oro).



In the direction of Casdo di Bureno  
(Foto Sandro Dell'Oro).

For more information:

A.P.T. Como - 22100 Como - Piazza Cavour - tel. 031/3300111  
Ufficio I.A.T. Menaggio - 22017 Menaggio (CO) - Piazza Garibaldi, 8 - tel. 0344/32924  
Comunità Montana Alpi Lepontine - 22018 Porlezza (Co) - Via Garibaldi, 62 - tel. 0344/62427  
CAI Menaggio - 22017 Menaggio (Co) - tel. 0344/30312

(Estratto dal volume "Sentieri di Lombardia" di P. Carlesi e P. Sgardini - Club Alpino italiano - Regione Lombardia)  
testo di Zuydweg Mathilde