

# HIKING IN THE AREA AROUND MENAGGIO

The area around Menaggio is ideal for hiking. Below follows a number of walks and hikes of various length and difficulty. Every walk begins with a small introduction; then follows the detailed information: starting point, time, ascent, trail signs and the route description. Maps showing the paths are the local Menaggio map available at the tourist office, the Kompass map 91 Lago di Como / Lago di Lugano scale 1:50.000 and Strade di Pietra n°3 and n°4 scale 1:30.000 available at the bookstores. We remind you that for the transfers by bus, tickets must be bought before boarding. Apart from this brochure you are able to find information about other hikes in the lake area at the Menaggio Tourist office. (see list on the back).



issue by Mathilde Zuydweg - Menaggio Tourist office

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## 1. RIFUGIO MENAGGIO

The Rifugio Menaggio (1400 m) is situated on the southern slope of Monte Grona (1736 m) and from it one can enjoy a spectacular view of Lake Como and the surrounding mountains. From the rifugio you can take various hikes on the Prealps; it is also the starting point of the "Alta Via del Lario" - a 3 day hike for experienced hikers over the tops of the Prealps. At the rifugio, meals and accommodation are available; it is open every day during the summer months and during the rest of the year on Saturday and Sunday. Tel. 0344.37282 - tel. manager 3337115501.

- **starting point: Breglia 749m (6km from Menaggio)**
- **Menaggio - Breglia by bus: line C13**
- **time: (one way) 1.45 hrs.**
- **ascent: 650 m**
- **trail signs: red and yellow (will change in red, white, red)**

*route:* from the bus stop at Breglia (749 m) cross the road and ascend the small road leading up to "Monti di Breglia" (sign indicating "Rifugio Menaggio"). At the second bend, just beyond a fountain, you find the first shortcut to the right (sign Monti di Breglia / Rifugio Menaggio). The steep trail ends up on the road again, which you cross to pick up the next shortcut. After 20 m, you turn right following the sign for Rifugio Menaggio. The steep trail leads on to the road once more, which you follow for about 300m. Then you find the next shortcut to the left which leads across a field. Cross the road another time and follow the trail through the woods which leads on to the road at Monti di Breglia (1.000 m) After another 100 m you reach a picnic area with fountain and beautiful view (you deserve a rest). Here you leave the road and follow the trail over some rocks up to the left (sign). Once on this trail you continue to follow the signs. You reach a open space used as parking area which you cross and then pick up the trail to the left. At the junction where you find the metal trail sign we recommend the "sentiero alto" to the right because of the better view. (after heavy snow fall we recommend sentiero basso to the left) It leads among birch trees and broom up to the junction for S. Amate and Monte Bregagno. At this junction you keep to the left. The now even trail leads along the slope and you soon reach the rifugio. Ten minutes from the rifugio there is a viewpoint called "Pizza Coppa" from where you have a view not only of Lake Como but of the whole Menaggio valley with Lake Piano and Lake Lugano.



## FROM RIFUGIO MENAGGIO (see walk 1) TO MONTE GRONA (1736 m)

From the top of Monte Grona (1736 m) one can admire one of the best views of the Prealps; apart from the three lakes (Como, Lugano and Piano) you can also see the close by peaks of Monte Bregagno, Legnone, Pizzo di Gino, Grigne and if the day is clear enough, many peaks of the Alps from Monviso to Bernina. Here 3 different ways to get to the top of the Grona from Rifugio Menaggio:

- **VIA NORMALE - time: 1.15 hrs.; ascent: 336 m**

*the beginning of this trail (the easiest) is behind the rifugio. It leads up to the "Forcoletta" and from there to the left a steep rocky trail leads to the top.*

- **VIA DIRETTISSIMA - Time: 1 hr; ascent: 336m;**

*the beginning of this trail is behind the rifugio. The steep trail winds up the south face of the mountain. During the winter this trail, as it is exposed to the south, remains snow covered less time compared to the Via Normale on the north side of the mountain.*

- **VIA FERRATA - only for Alpinists with adequate equipment, time: 2 hrs.**

*In order to reach the beginning of the Via Ferrata you follow part of the Via Panoramica.*

## RIFUGIO MENAGGIO - FORCOLETTA - SELLA DI SANT'AMATE - BREGLIA

Amazing walk from Rifugio Menaggio to the little chapel Sant' Amate (1623 m). From the "Forcoletta" it goes over the mountain - ridge with a marvelous view of lake Como to south side and view of the alpine pastures and Val Senagra to the north.

*starting point: Rifugio Menaggio (see the first walk)*

*time: 2.15 hrs. (from the Rifugio)*

*ascent: 260 m.*

*trail signs: red white red*

*route:* Pick up the steep trail behind the Rifugio with the indication Forcoletta/Grona Via Normale. At the bifurcation Forcoletta - Grona /S. Amate keep to the left and follow the indication for Forcoletta. Once at the "Forcoletta", right on the mountain - ridge, you go right (to the left it goes up to the top of the Grona (1736m). Spectacular view on the lake as well as on the woods and pastures of the Val Sanagra. You follow the grassy ridge to the little chapel of S. Amate. If you wish from S. Amate you can follow the ridge to the top of Monte Bregagno (2.107 m - 1.30 hrs.) Back at S. Amate you

