types of water birds. The easy trail leads along the foot of Monte Galbiga through woods and fields. Very interesting is the Castel San Pietro, a medieval fortified rural group of houses on the penisola "Brioni".

- starting point: La Santa 377 m (5 km from Menaggio
- Menaggio - La Santa by bus: line C12 - return: from Piano di Porlezza - Menaggio by bus line C12
- time: 2.15 hrs.
- ascent: almost none - ideal for children
- some signs

route: From the bus stop "La Santa", cross the main road and pass the little church "La Santa"on the left side. Take the path / stairway to the left which leads down to a crossroad. Follow the sign for Bene Lario. Ignore the cart track "Portaiola antichi Mulini" and pick up the road leading uphill to Piazza Comunale. Then follow Via Cavour which leads to Piazza Garibaldi. Here you pick up Via del Torchio on the right which soon becomes a cart track. It leads to the old wash house "Lavatoio del Lembra" and from there to "Antichi Mulini" (sign) (old mills). Here begins the protected oasis of Lago di Piano (sign and map). Continue to the left. The cart track becomes a path with view of a large reedy area. You soon reach the southern shore of the lake which you follow for about 500 m. You then reach a private property with a not very evident fencing and here you pick up the trail going uphill to the left which after ca. 30 m ends on a large cart-track; turn right. You soon arrive at camping site "ok la rivetta" where we reccomend a stop on the little public beach. Continue ca. 200 m on a tarred road and then turn right. After ca. 300 m you see "Castel San Pietro" up on the right (the ones who want to finish the walk here, can continue ca. 100 m to the bus stop on the main road at San Pietro). Follow the alley leading up to the old settlement with its houses clustered close to each other and with only one entrance closed by a gate. The stone wall, the small arched windows, the narrow passages give the idea of a fort and how it used be in the Middle Ages. On the other side of the fort you pick up a large cart track which leads among fields and then downhill through the woods. It becomes a small path and after a small steep stretch downhill it ends upon another path which you follow to the left (to the right you reach the lake) This path reaches a cycle track which you follow to the right and you soon reach the "casa della riserva" with picnic tables and an information office. From here follow the lake passing over a wooden bridge and having passed 2 camp sites you reach the main road and the bus stop at Piano di Porlezza.

N. B. Who wants to turn back to Bene Lario just past the entrance of camp-site Ranocchio, turn right into a narrow street which soon becomes an untarred track. It leads along the back of the camp-site to some fields where you have to cross a stream. You then reach a rocky dry riverbed which you follow to the left. You almost immediately get to a good track which leads to BENE LARIO (377 m).

9. L'ANTICA STRADA REGINA FROM MENAGGIO TO REZZONICO

The Antica Strada Regina, which leads along the west coast of Lake Como at an average height of 300 m was built in the roman age. It was an important road connection between Como and the countries north of the Alps. It follows some stretches of today's main road but runs mostly paralel to it. It was in use till the end of the 18th century when today's road on the lake (also called Regina) was built. This stretch starts at Nobiallo and leads along the slopes of "Sasso Rancio" to Rezzonico with splendid views of the lake.

- starting point: Menaggio 200m
- time: 2.30 hrs.(one way)
- ascent: 150 m
- trail signs: wooden signs with"il sentiero del giubileo 2000

route: From Piazza Garibaldi follow the lake promenade "Lungo Lago Castelli" and pass by the Lido Giardino. Once on the main road follow it in the direction of Colico (north). Just before the entrance of the tunnel you pick up the road on the right side of it which is only for pedestrians. It passes the rock-climbing gym and at then leads on to the main road again which you follow for about 150 m, on the side walk. You are now at the village Nobiallo. Leave the main road and pick up the street leading to the carabinieri station. Turn right and pass the church of S.Bartolomeo and Nicolao with its leaning bell-tower of the 13th century. At the end of the village Nobiallo, you arrive at the "Santuario della Madonna della Pace" built in 1660. From here the "Vecchia Strada Regina" starts to climb up the slopes of "Sasso Rancio". You see the "Villa La Gaeta" built in the twenties below you. Past a modern residence, you cross a private road and continue straight on. The track eventually leads down to a road, which you follow left. You then reach the main road in between two tunnels. Paying attention to the traffic, follow it to the entrance of the next tunnel where you pick up the road on the right of the entrance. After 30 m there is a track on the left which leads to town Acquaseria. Pass the church of S. Abbondio on the left. Leave the road that leads up to Pezzo and pick up a track to the right. Once at the village Molvedo the old road is interrupted by the park of villa Zanoletti. You again follow the main road for about 50 m paying attention to the traffic which is not very visible because of a bend in the road. Then take the steps leading up to the left at the end of the villas fencing. and continue on the "Antica Strada". At an intersection where there is a little church we recommend a small detour to the lake to admire the church of Santa Maria (1464) next to the ruins of an old roman fortress. Turn back to the little church and then cross the road leading up to the various hamlets of San Siro. Follow Via Legnone in the direction of Rezzonico. Once at Rezzonico go down one of the narrow lanes to its beautiful picturesque harbor. Having passed under the portico, the alley leads up to the castle of Rezzonico with a tower from the 14 century. From here you go to the main road where you find the bus stop.

LIST OF LEAFLETS AVAILABLE ON OTHER WALKS

By foot through the Province of Como by APT Como - 23 itineraries in the province of Como
Excursions in nature – by Comunità Montana Alpi Lepontine - 10 walks with splendid photos in the area Menaggio- Porlezza

- Parco Val Sanagra – The Gorge 2.30 hrs
- Rifugio Galbiga / Monte Crocione: 1.30 hrs. (one way)
- Monte Berlinghera: 2.15 hrs. (one way)
- Alpe Erba / Alpe Nesdal: 2.30 hrs. (one way)
- Rifugio Il Giovo
- Capanna Como / Lago Darengo: 4 hrs. (one way)
- Parco Val Sanagra – Romantic Park 3.00 hrs
- Alpe Stabiello / Rifugio Sommafiume: 3 hrs. (one way)
- Sentiero delle 4 Valli: 3 days
- Dorsale del Triangolo Lariano: 2 days
- Via dei Monti Lariani: 7 days
- Parco Val Sanagra – Industrial Archaeology