



ITINERARY

1



FROM LAGO CERESIO TO LAKE MAGGIORE THROUGH LA VALCUVIA



LENGTH OF THE ROUTE:	29,7 Km
DEPARTURE - ARRIVAL:	Lavena Ponte Tresa
ARRIVAL - DEPARTURE:	Cittiglio

THE CONDITIONS OF THE TRACK: Roads that are in part used solely for cycle use, and sometimes the track requires the bicycle to be pushed and the steep slopes are not negligible. A mountain bike is recommended for the excavated roads and you are recommended to take great care on the tracks that are both for cyclists, pedestrians and vehicles. On some tracks which are still at the planning stage it will be necessary the use of normal roads as an alternative to the tracks.

ROUTE TIME:	2,30 - 3,30 hours
COURSE DIFFICULTY:	Moderately difficult. Routes:
Difficult:	Locality Camartino-Laghetto and Locality ex. Filatoio in the town of Ferrera;
Sporty:	Locality Valcanasca in the town of Rancio Valcuvia.

PLACES FOR STOPS: Lavena Ponte Tresa, Cadegliano Viconago in the locality of Argentera, Valganna in the locality of Maglio di Ghirla, Cassano Valcuvia in the nearby the torrent of Rancina, Cunardo in the locality of Ponte Nativo (near the Orrido), Cuveglio in the locality of Cavona and Azzio.

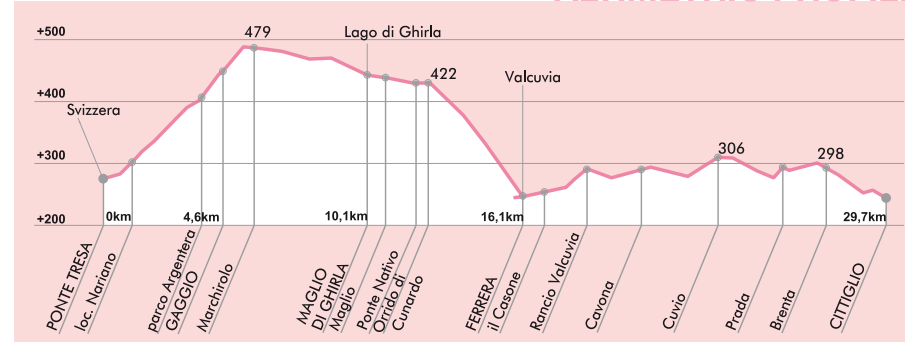
PANORAMIC PLACES AND SCENIC STOPS:

Cadegliano Viconago in the locality of Argentera, Cunardo in the locality of Ponte Nativo (near to the orrido), Cuveglio in the neighbourhood of the Santuario di Cavona.

LINKS WITH OTHER ITINERARIES:

By bicycle: a link with itinerary 2 " By bicycle along the banks of the Lake of Varese".
By train: a link with itinerary 2 "By bicycle along the banks of the lake of Varese"
And with itinerary 3 "Nature and culture while crossing the Valle dell'Olonza" (Varese-Cittiglio FNM line)

ALTIMETRIC PROFILE





INFORMATION REGARDING ACCESSIBILITY

DEPARTURE/ARRIVAL: LAVENA PONTE TRESA

By car: motorway A8, take the turn off for Varese and follow the S.S.233 in the direction of Ponte Tresa (about 21km).

By train: direct line Ponte Tresa-Lugano (FLP), the station of Porto Ceresio (FFS about 10km).

By bus: Ghirla-Ponte Tresa-Lavena, Luino-Ponte Tresa line.

By boat: The navigational service Lago di Lugano (links with and for Lugano).

Starting point: the centre of Ponte Tresa.

ARRIVAL/DEPARTURE : CITTIGLIO

By car: motorway A8, take the turn off for Varese and follow the s.S.394 in the direction of Cittiglio.

By train: the FNM station of Cittiglio.

By bus: the Cittiglio-Travedona line, Cittiglio-Brescia, Luino-Cittiglio.

Starting point: behind the Ferrovie Nord station of Cittiglio.

The route which crosses the whole of Valcuvia, starts from the centre of Ponte Tresa, running along the lake towards the ex railway, in the direction of Cadegliano Viconago. In this town there is the **Parish of Sant'Antonio Abate** dating back to the high Roman time.

The itinerary follows the ex railway towards the town of Marchirolo following the SS233, until you reach Cugliate Fabiasco. From here, continue in the direction of Valganna, reaching the area of Maglio di Ghirla.

At this point a first deviation is recommended to admire **Lake Ghirla**, a small pool of water, surrounded by the mountains of the Valganna, where it is possible to have a stop in an area where there with facilities. In the surrounding area, for those who are interested, there is also the possibility to visit the nature reserves of the **Torbiera di Pralugano** and of **Martica Chiusarella**.

From **Lake Ghirla** you can then continue towards Valganna, whose lake, only three metres deep and surrounded by canes and full of water lilies, was declared a nature reserve in 1984.

At Ganna it is worth visiting the **Badia di S. Gemolo**, a monastery at the beginning of the valley that links Valganna and Valcuvia, once an important reference point for Christianity in the area north of Varese. The first Roman unit probably was here established at the end of the 11th century, with the seal of the archbishop of Milan, Arnolfo II so to oppose the county of Seprio, and to limit the power of Como (whose region extended to up to Lake Lugano), and to exercise control over Valganna and its alpine passes.

The monastery, in the following century joined the powerful Benedictine abbey of San Benigno of Fruttaria and became one of the most important monastic pre-alpine settlements. It's prosperity lasted until halfway through the 15th century, when the abbey was first entrusted in commendam, to then be given up in 1556 to the Ospedale Maggiore of Milan. Finally halfway through the 19th century, the abbey was sold, with all its goods to private buyers.

Today the building is the result of several restoration works, in consequence of only the church, the bell

tower and the unprecedented pentagonal cloister have maintained the original aspect. The guest quarters, the refectory and the cells have been transformed into buildings for agricultural use. Inside the church, frescoes from the 15th and 16th centuries have been preserved. Of particular note is the figure of 'Cristo Re' that dates back to the years between 1325 and 1350, a 'Madonna della Misericordia' (end of the 15th century), the figure of 'profeti' (first half of the 15th century), a canvas

of 'San Gemolo martire' (1590-1597). In the upper corridor of the cloisters of the abbey, is the small Museo della **Badia di S. Gemolo**, founded in 1962, where there are some remains of the Mesolithic area (the Tène of the Canton Ticino and of the Velate) vestments, altar cloth and holy vessels, sculptures, paintings and ceramics from the Charlemagne period to the 20th century, and a lace and embroidery collection from 19th century. From the locality of Maglio di Ghirla the route





continues in the direction of Cunardo reaching Ponte Nativo where it is possible to see the Orrido, and to visit the Fornaci Ibis in Camartino an important example of the reclaiming and restoration of the ancient 18th century **buildings** characterised by having smokestacks, typical for the production.

Valganna boasts its ancient traditions in ceramics, thanks to the copious amounts of clay in the area. It is thought that the start of their craft dates back to the times of the Emperor Tiberio, who in 34 B.C sent craftsmen into the area. Around 1200 furnaces were common in the area, like that at Ghirla on the initiative of the Mantovanian family De Laurentis from Mantua.

So a productive tradition began that spread in the high Varese area. In 1796 the ceramics of Camillo Adreani grew famous, spreading the tradition of the renowned 'blu di Cunardo' or 'blu di Ghirla'. In 1896 there were four ceramic factories in



View of Lake Varese from Cazzago; on the background Parco Campo dei Fiori

Cunardo and today it is only possible to visit only the '**Fornace Ibis**'. Following the route in the direction of the town of Ferrara di Varese and by passing it, you arrive at Cassana Valcuvia where it is possible to turn into the path that leads to the church of S.Giuseppe, next to which it is possible to see some of the Linea Cadorna, a fortification line which was created in 1916 by the namesake general of the same name. It consists of a thick network of trenches, with munition rooms and a network of underground tunnels, organised around a main route. The piece of fortification of S.Giuseppe in Cassano is also a good position and well kept for machine guns.

The itinerary continues to Rancio Valcuvia from where a deviation can be taken in the direction of Brinzio for the view of the **Laghetto di Brinzio** and to the **Parco Regionale del Campo dei Fiori**. Continuing from Rancio in the direction of Cittiglio, before reaching this town you will pass through Cuveglio at first and then, Cuvio and Azzio from where you continue until you reach Casalzuigno, where it is worth taking a break at **Villa della Porta Bozzolo**, which is an important stop for those who are arriving in Valcuvia. The building, which is on the edge of the town, determining the direction of expansion in the modern age, represents an important example of a noble residence of 16th century origin.

While maintaining the typical character of a farm-villa, the structure and the vast parklands underwent numerous expansion and restoration projects, in particular in the first half of the of the 18th century. This was when Gian Angelo III della Porta provided it with, a richly decorated and one of the most well preserved Italian gardens, to the present day. The whole estate is now owned by FAI. From Casalzuigno the route continues until you

reach Brenta and ends at the back of the Railway Station 'Ferrovie Nord Milano' in the town of Cittiglio, and from here there is a path that leads to an attractive **cascade**.

From the historical-artistic point of view, the area of Valcuvia has several architectural interest, such

as civic towers and bell towers, churches or sacred places, rocks, forts and evidence of industrial archaeology. The rich culture is further witnessed by the findings of archaeological remains.

THEMATIC ROUTES

DISCOVERING THE PROTECTED AREAS IN VALCUVIA AND VALGANNA

The itinerary which follows the cycle track, is dedicated to those who want to visit the protected area on foot and by bike, combining the desire to know more, with relaxation, in an environment, like Valcuvia and Valganna, that is still intact. The aim of the route is to discover the beauty of the local landscape, localising in the neighbourhood of Valganna, the area where there is the **Lago di Ghirla** and the **nature reserve of Lago di**

Ganna, the **torbiera di Pralugano** and the **Martica Chiusarella**. Following the itinerary in the direction of Cittiglio, it is possible to visit the **l'Orrido di Cunardo** and le **Cascate di Cittiglio**.

Not to be missed is a visit to **Parco del Campo dei Fiori** and the **Laghetto di Brinzio**, which can be reached by making a deviation from the cycle route at Rancio Valcuvia.



Lake Ganna



WE RECOMMEND THE FOLLOWING PLACES TO VISIT:

Lago di Ghirla and riserve del Lago di Ganna and Torbiera di Pralugano and della Martica Chiusarella in the neighbourhood of Valganna.

ACCESSIBILITY:
can be easily reached from the municipality of Valganna (2-3km).
INFORMATION:
Town Hall of Valganna
tel. [0332719755](tel:0332719755)

Cascate di Cittiglio

ACCESSIBILITY:
can be reached smoothly by a path that starts in the town (picnic areas, 10 mins. To the first cascade, 30 mins to the second and to the third).
INFORMATION:
Town Hall of Cittiglio
tel. [0332601467-17](tel:0332601467-17)

Orrido di Cunardo
(*in the locality of Ponte Nativo*)

ACCESSIBILITY:
the locality of Ponte Nativo can be reached directly from the cycle route.
INFORMATION:
Town Hall of Cunardo
tel. [0332999211](tel:0332999211)

Parco del Campo dei Fiori, riserva naturale del Laghetto di Brinzio

ACCESSIBILITY:
the small lake of Brinzio can be reached by making a deviation from the cycle route at Rancio Valcuvia.
INFORMATION:
for further information and guided tours contact the following numbers:
Town Hall of Brinzio
tel. [0332435714](tel:0332435714)
Parco Regionale Campo dei Fiori
tel. [0332435386](tel:0332435386)
www.parcocampodeifiori.it
Coop. Esplorando
tel. [0332975333](tel:0332975333); esplorando@libero.it

THEMATIC ROUTES

ART AND FOOD IN VALCUVIA

The route from Lavena Ponte Tresa to Cittiglio is dedicated to those who like good food and local products, but who would also not renounce the enjoyment of a good bike ride. A combination of excellent refreshments with the desire to discover the local places and culture. Valcuvia, apart from being of noteworthy

environmental interest, is also characterised by its different kinds of gastronomy, which can be tried at the numerous farms in the area. There are some of the most important historical-artistic testimonies in the province of Varese. Among the most significant cultural assets we recommended:

ABBAY OF GANNA

According to the tradition, the abbey was built on the place of Saint Gerolamo martyrdom, at the end of XI Century. Due to its strategic position it became a pass over for merchants and pilgrims going to the Alps, so that the community of Ganna gained a remarkable power and a wide jurisdiction above the surrounding territory.

In the middle of XII Century, at the height of its expansion, the priorato would count the conspicuous number of thirty monks. The feudal power of the abbey was expressed in its architecture, with wide fortified walls and towers, then destructed. The most interesting parts of the building date back to the Romanic age: the church plant, the bell tower and the original pentagonal cloister.

Accessibility from the cycle route:
detour from Maglio di Ghirla
3 km, flat
Information:
www.badiadiganna.it - tel. [0332994532](tel:0332994532)



Abbey of Ganna



LINEA CADORNA

The fortification line of Cadorna is a complex military structure, which was functional above all in the years just before the First World War. It runs from the high ground of the Piemontese bank of Lago Maggiore, to Valceresio. It has a total of 88 emplacements for cannon battery of which 11 are in dugouts and 296 km are open to lorry traffic. This military operation though, has never been used or armed and soon after it was created, it was abandoned (as was all the defence system in Lombardy in 1919), to help reinforce the Venetian line. Four lines were created. Montorfano - Ossola - Zeda. Verbano - Ceresio, Ceresio - Lario, Colico - Adda - Mera. In the area of Valcuvia, the tracks of the Fortificazione di San Giuseppe in Cassano Valcuvia must be pointed out, the Costruzioni presso Masciago, the one

at Da Masciago a Cunardo and the one at Campo dei Fiori. Of particular interest is the Fortificazione San Giuseppe in Cassano Valcuvia, which is near the small church of the same name.

It consists of a dense network of trenches, with places for the ammunition and an underground network of tunnels, which are organised round a main tunnel. The lines are positioned well for machine guns.

Accessibility from the cycle route:
5 Km

Information:
Town Hall of Cassano Valcuvia
tel. [0332995519](tel:0332995519)
www.provincia.va.it/lineacadornavarese



The Cadorna Line

VILLA DELLA PORTA BOZZOLO OF CASALZUIGNO

The building represents an important example of a noble residence of 16th century origin, where the Renaissance framework was largely redesigned in the following two centuries. The building maintains the kind of character of a farm-villa, since the areas concerned with production (for silk worm breeding and for the production of wine) are separated from the residential part. Among the numerous enlargement and restoration projects, the most important dates back to the last ten years of the 17th century and the beginning of the 18th century, when the villa was given a unique and rational character. The buyer, Gian Angelo III Della Porta, provided it with one of the most well preserved Italian gardens, to the present day and with a wide decorative pattern, with sophisticated frescoes of Magatti, an artist from Varese. The villa maintains, as is the tradition in Lombardy, an open courtyard, with

simple decorated divisions. The main salon on the ground floor is positioned as an axis, with a secret garden and with a front garden which links the framework of the scenic perpendicular garden with that of the villa. The garden is organised in a sequence of courtyards, sloping terraces, colossal stairways, the theatre of Verzura and belvedere, according to the rules for the most exquisite Italian garden with a scenic Baroque flavour.

Accessibility from the cycle route:
about 2 km

Information:
Villa della Porta Bozzolo
Casalzuigno (Varese)
tel [0332624136](tel:0332624136) - fax [0332624748](tel:0332624748)
www.fondoambiente.it/luoghi
e-mail: faibozzolo@fondoambiente.it
Guided tours can be organised for groups of up to a maximum of 25 people, only with prior booking.



Villa della Porta Bozzolo



BIKE SALES AND REPAIR

Ballardin Luciano bicycle repairs

via Luino, 53 - 21037 Lavena Ponte Tresa (VA)
tel. [0332551875](tel:0332551875)

(Bicycles can be hired, but there are few and it would have to be concurred)

Botteon Luigi bicycle sales and repairs

via Appennini, 34 - 21034 Cocquio Trevisago (VA)
tel. [0332771709](tel:0332771709)

Casa del Ciclo e del pneumatico di Corigliano Giuseppe

sales, fitting and repairs
viale Marconi, 25 - 21037 Lavena Ponte Tresa (VA)
tel. [0332550422](tel:0332550422)

OTHER SPORTING ACTIVITIES

For who wants to spend a day immersed in the countryside, while doing sport:

The district
of Cadegliano Viconago

HORSERIDING: Az. Agricola Salice Andrea
tel. [3493213907](tel:3493213907)

The district
of Cassano Valcuvia

FISHING: Az. Agricola La Sorgente
di Bardelli Giorgio
tel. [0332995720](tel:0332995720)

The district
of Cuveglio

FISHING: Az. Agricola Lago d'Oro
di Papandrea Cosimo
tel. [0332650572](tel:0332650572)

The district
of Laveno Mombello

WATER SPORTS: Canottieri Laveno
tel. [0332667825](tel:0332667825)
Cerro Sportiva (canoeing)
tel. [0332629229](tel:0332629229)
Club Velico Est Verbano
tel. [0332667588](tel:0332667588)
Circolo Velico Medio Verbano
tel. [0332629010](tel:0332629010)

SOME PROPOSALS FOR TOURIST TREKKING

Cadegliano Viconago: Linea Cadorna path 2: Viconago - Monte Mezzano - Pian della Nave - Monte Sette. Takes 3 hours and is 7 km.

Marchirolo: Linea Cadorna path 1: Marchirolo - Monte La Nave, takes 2,30 hours and is 6 km.

Valganna: You join on the cycle route created by the Province of Varese in collaboration with CTS, that crosses Ganna, Ghirla, Cunardo, Ferrera, Masciago Primo, Bedero Valcuvia and then return to Ganna. (Itinerary for cycling tourists in the Province of Varese, CTS and the Province of Varese).

Cuveglio: The itinerary leaves from Cuveglio for Duno - S. Martino - Monte della Colonna - S. Antonio-Arcumeggia - Cuveglio (itinerary for cycling tourists in the Province of Varese, CTS and the Province of Varese).

Cugliate Fabiasco: Departing from the town hall you climb an asphalted road to the refuge of Monte Sette Termini, Pian della Nave, Alpe Cognolo, Alpe del Campogino, Rifugio Monte Sette Termini (itinerary for cycling tourists in the Province of Varese, CTS and the Province of Varese).

Cittiglio: You join on the route that continues towards Vararo - S. Antonio - Casazuigno and returns to Cittiglio.

For those who love nature, mountain biking and trekking, it must be noted that the districts of Valcuvia, are characterised by the presence of excellent pathways and by routes of international value.

The Sentiero del Giubileo (which links the districts of Lavena Ponte Tresa, Cugliate Fabiasco, Cunardo, and Valganna), the Sentiero finale (a link with the district of Marchirolo), the itinerary naturalistico E1 (links the districts of Valganna, Bedero, Valcuvia, Castello Cabiaglio and Brinzio), the Anulare valcuviano (links the districts of Cassano Valcuvia, Rancio Valcuvia, Casalzuigno, Brenta, Cittiglio, Duno, Castello Cabiaglio, Orino, Laveno), the Via Verde Varesina (links the districts of Cassano Valcuvia, Casalzuigno, Cittiglio, Duno, Orino, Laveno) and the pathway of Campo dei Fiori (links the districts of Valganna, Brinzio, Castello Cabiaglio, and Orino).

For further information, a map of route 3V can be obtained from the region, while the internet sites of the mountain sites of Valganna and Valmarchirolo and of Valcuvia, can be consulted for more news about the paths.

TYPICAL REFRESHMENT

For information about the complete list of restaurants along the route, consult the site www.vareselandoftourism.it or ask at the Tourist Information Offices (listed in Ricettività) for the guide "A tavola in Provincia di Varese, guida ai ristoranti, pizzerie e trattorie".



ACCOMMODATION

LOCALITY	TYPOLOGY	STRUCTURE	ADDRESS	TELEPHONE
Lavena Ponte Tresa	hotels	Du Lac ★★★	v.le Ungheria, 19	0332550308
	hotels	Carillon ★	via Grumello, 4	0332550311
	hotels	Dei Pini ★	via Libertà, 9	0332550627
	camping	International ★★★	via Marconi, 16	0332550117
Cadegliano Viconago	hotels	Stampa ★★	via Stampa, 3	0332591152
Marchirolo	hotels	Drive Hotel Pegaso ★★★	via Statale, 27	0332997139
	B&B	Basilicon	via P. Bozzolo, 14	0332723868
Valganna	rented rooms	Villa Cesarina	via Cattaneo, 33	0332719721
Cunardo	hotels	Delle Arti ★★★★★	via Luinese, 18	0332715002
	hotels	La Vignazza ★★★	via Baraggia, 17	0332716192
	holiday farms	Tenuta del Maglio	via del Maglio, 15	0332716439
Cassano Valcuvia	holiday farms	Al Cavallino Bianco	via per Ferrera, 50	0332995508
Cuveglio	hotels	Bussoladue ★★★	via Provinciale, 3	0332651661
Cuvio	hotels	Corona ★★	via Largo Coppia, 6	0332624150
Azzio	B&B	Il Mulino	loc. Mulino Dolza	0332631006
Casalzuigno	B&B	Antico Borgo Sanda	via Sanda, 16	0332651992
	B&B	Il Cortile	via Libertà, 87	0332618029
Brenta	rented rooms	Capriccio di Pizza	via Valcuvia, 10	0332601486
Cittiglio	hotels	La Bussola ★★★	via Marconi, 26/28	0332602291
	hotels	Cristallo ★★	via Provinciale, 75	0332601336

TOURIST INFORMATION

For further information consult our web site <http://www.vareselandoftourism.it/> or ask for the "Guida all'ospitalità in Provincia di Varese" which can be found at the following:

Tourist Information Office of Cuveglio (open from June to September)
via Battaglia di San Martino, 114 - Cuveglio
tel. [0332651343](tel:0332651343)

Tourist Information Office of Varese
via C. Carobbio, 2 - Varese
tel. [0332283604](tel:0332283604) - e-mail: iatvarese@provincia.va.it

Tourist Information Office of Gavirate
Piazza Dante, 1 - Gavirate
tel. [0332744707](tel:0332744707) - e-mail: ufficio@progavirate.com



The protected area of Valganna