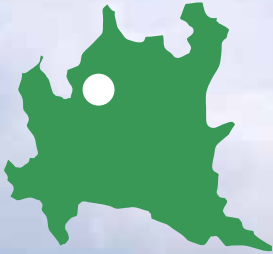


LOMBARDIA

Run The Top



THE CADORNA LINE
THE PATH OF MONTI LARIANI
Guide and GPS



RegioneLombardia

LENGTH: 19 km (go and back)

ELEVATION RANGE: 740 m elev. gain (round trip)

TECHNICALITY: This trail runs exclusively on military paths. No particular expertise required.

ALPINE HUT/MOUNTAIN HOSTELS ALONG THE TRAIL:

Rifugio del Bugone, phone: +39 031/513808

Rifugio Murelli, phone: +39 335/8434493

Rifugio Prabello, phone: +39 031/831905

USEFUL INFORMATION: www.rifugi.lombardia.it

BEST TIME OF THE YEAR: From March to November

MINIMUM EQUIPMENT REQUIRED: GPS, water for at least 3 hours especially on mountain huts closing dates.



THE CADORNA LINE

The Path Of Monti Lariani
Ambassador Massimiliano Mercuriali



The path of Monti Lariani is an itinerary that, starting from Cernobbio, runs for 126 km along the Western side of Lake Como. The first part of this trail, marked for all its length as No. 1, starts from the peak of Monte Bisbino (easily reachable by car) and runs on the military mule tracks of the defense line known as Linea Cadorna, built between 1899 and 1918 to defend the Pianura Padana from any possible attack coming from Switzerland. Especially in the stretch between mount Bisbino and Valle d'Intelvi, it is still possible to come across many barracks of the Guardia di Finanza, nowadays closed or abandoned, fortifications and trenches of the beginning of the century, some of them buried others very well preserved or under renovation. The Swiss border is very close and the history of these trails also includes smugglers' adventures.



TRAIL DESCRIBED BY MASSIMILIANO MERCURIALI

Since I live in Milan, and therefore not far away from the mountain area near Como - between Monte Generoso, mount Bisbino and Valle d'Intelvi - the best solution for me is to train in this area without being forced to spend hours travelling by car.

The first part of the path of Monti Lariani begins at high elevation and the start point is just under the peak of Monte Bisbino, from where, in the most clear days, you can enjoy the view on the entire Pianura Padana.



We run uphill and downhill along perfectly preserved military paths inside a beautiful beech tree forest, which – in addition to limited North sun exposure – allows trail runners to run in a green and fresh environment even during hot days.

The terrain is not technical, it is easy to run across it and the continuous changing slopes also allow a very good training.

The track is always well marked both with the big yellow signs of the “Comunità Montana Lario-Intelvесе” and with the typical white and red flag indicating No. 1. Quite a few mountain huts along the path are open during several months of the year (also on winter weekends) allowing shelter in case of need and water supply: along the trail in fact there is no surface water, and therefore it is highly recommended that you carry with you an adequate water reserve.

Once we reach the Colma of Binate, we come out of the beech tree forest. On the right side, there is a breathtaking view of Valle d’Intelvi and the Swiss mountains and, on the left side, standing out against the sky, the Monte Generoso and the Sasso Gordona. The latter is a rock spur and has been an important stronghold of the Cadorna Line: located along the border, it presents well preserved fortifications and trenches, that can be visited.



Our trail goes back into the beech trees forest and then around this peak up to Rifugio Prabello.

Actually a second option is contemplated, i.e. a technical trail with some exposed stretches, that goes uphill to Sasso Gordona peak and then downhill on the other slope to finally end at Rifugio Prabello. This structure is placed on a plain above Schignano, more precisely on the Swiss border above Val di Muggio. From here there is a breathtaking view over Val d'Intelvi, Monte Generoso and Como Lake. This trail can be run almost all year round, and when covered by snow it can become a very pleasant winter trail. The terrain is not technical but it can present some steep tracks alternating with easy ones. At some points though attention must be paid to the rocks originally placed by the army at the beginning of last century which have emerged from the soil and can be dangerous.



MASSIMILIANO MERCURIALI

He was born in Milan, is a professional engineer and fond of outdoor and mountain sports. After having climbed all the main peaks of the Alps, in 1990 he started running at the Caprioli and Gervasoni Trophys, at the time when races were still called "Mountaineering Rally" and run with a partner. Running and trail during summer, and alpine skiing during winter, are his two great passions which led him to complete the most important trophies in both disciplines: Mezzalama Skyrace, Tor des Geants, Lavaredo Ultratrail, Cervino Xtrail, Trail dell'Oasi Zegna, Valdigne as regards trail races, and Tour du Rutor, Trofeo Mezzalama, Tour del Gran Paradiso and many others in the sport of alpine skiing.

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