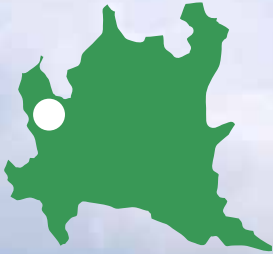


# LOMBARDIA

## Run The Top



**FOXHOLES TRAIL**  
Guide and GPS



Regione Lombardia

**LENGTH:** 21 km

**ELEVATION RANGE:** 1,100 elevation gain

**TECHNICALITY:** the trail develops along war trenches of the beginning of last century with parts in tunnels (a frontal lamp is required) and on staircases. Trail with no technical difficulties. Though, in case of rain, the limestone paved road can be very slippery.

**USEFUL INFORMATION:** [www.rifugi.lombardia.it](http://www.rifugi.lombardia.it)

**BEST TIME OF THE YEAR:** All year round



# FOXHOLES TRAIL

Ambassador Alberto Bresciani





The defense line known as Linea Cadorna - built between 1899 and 1918 to defend the Pianura Padana from any possible attack coming from Switzerland - goes from Val D'Ossola to Lake Como. Fortifications, communication pathways, trenches, and barracks, had been built for defensive purposes only and fortunately they have never been used in a battle. Along the Valcuvia ridge, in the province of Varese, there are still many stretches of trenches and underground walkways which are very well preserved and easily covered on foot. Some of them, in the area of Monte San Martino, were the stage of harsh battles during the Second World War between partisans and fascists.





### TRAIL DESCRIBED BY ALBERTO BRESCIANI

Going to Cassano Valcuvia and running on trails that represent a piece of history, is really fascinating and yet also kind of upsetting: is it correct to perform our beautiful sport in places where our ancestors lost their lives for our country? The nice aspect about going back to our history, is that after leaving Cassano town hall and running for a couple of kilometers on a gravel road, we enter a network of trenches and communication pathways. We start running, driven by curiosity more than by sport attitude, through trenches dug in the soil and delimited by rough calcareous stone walls. At some spots we have to leave them and run short stretches in the woods. After some hundreds of meters, though, we enter the mountain bowels again that were created by hundreds of soldiers one century ago. In this lower section, galleries are lighted up and provide a healthy refreshment thanks to a steady temperature of about 10°C. Once reached Sasso Cadrega we run forward to the crest and we access the longest gallery of our trail. We have to proceed along the steep steps dug into the rock, with slow and constant pace and the support of a headlamp. It is hard

to imagine the sacrifices of our soldiers and the fatigue they could feel under the weight of military equipment, not comparable with our technical clothing!

Once we leave this fascinating tunnel, we go on climbing the mountain quickly on steep trails and short galleries that take us to the first peak of this gratifying experience, Monte San Martino. We quickly leave the peak losing elevation in a short downhill (less than one km) on the only paved stretch of this trail, before starting the last short but steep uphill. The effort is rewarded by the arrival to the highest point of the trail that, immediately out from the wood, rewards us with a breathtaking panorama: a 360° view on Maggiore and Lugano lakes, as well as on the plains surrounding Varese and Como and, with a clear sky, also on Monte Rosa. The view is astounding but we are here to run and close this fantastic ring! To complete the trail we just have to downhill for a short, technical and sharp descent that soon turns into an ancient cart-track and quickly takes us to San Michele. From here, running through a long and undulating military road we go back to Cassano, and thanks to some shortcuts we reach the main square, completing this wonderful ring.



### **ALBERTO BRESCIANI**

He dedicated himself to mountaineering and skiing until he was twenty years old. Then he started running more and more continuously. In the last ten years he has concentrated on mountain running. He loves technical trails, especially downhill. In fact, his favorite races are Scaccabarozzi Trophy, and the legendary Kima. He feels particularly confident on long distances: he scored in the top 25 in races such as Cro Magnon or the Trail of Lago d'Orta.



DOWNLOAD  
THE OTHER SMALL GUIDES

# LOMBARDIA RUN THE TOP

- Grigne Trail
- Orobie Trail
- Valtellina - The Wine Trail
- Cadorna Line - The Path of Monti Lariani
- Adamello Trail - On the Footprints of the Great War
- Trincee Trail

## WHERE

[www.regione.lombardia.it](http://www.regione.lombardia.it)

[www.rifugi.lombardia.it](http://www.rifugi.lombardia.it)

[www.distanceplus.com](http://www.distanceplus.com)