

ANCIENT TRACKS

from Breglia to Rezzonico

This itinerary from Breglia to Rezzonico follows a small part of the antique Roman transit road to the alpine passes: the Strada Regina.



ITINERARY: Breglia - Carcente - Treccione - Noledo - Lucena - Marena - Roncate - Rezzonico
TOTAL WALKING TIME: 3.00 hrs.
DESCENT: - 550 m.
TRAIL SIGNS: from Breglia to Carcente red-white-red, from Carcente to Rezzonico white-black
DIFFICULTY: easy
PERIOD OF THE YEAR: all year round



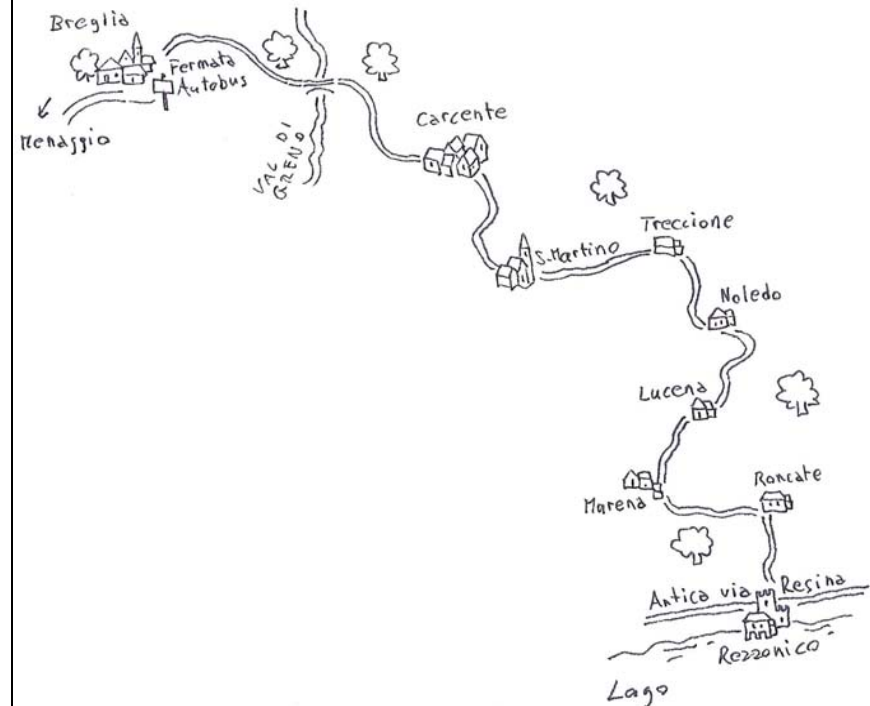
Near the bus stop at **Breglia** (750 m.) you can see a Roman tomb dating back to the VI c. It was custom in the roman age to place tombs along the main roads to keep the memory of the deceased alive. In fact the old Roman road, "L'antica Strada Regina", one of the main connecting roads with the alpine passes, used to pass by Breglia.

It's importance was lost when the shorter passage over Sasso Rancio, between Menaggio and Acquaseria, was opened.

Opposite the bus stop take the road leading to Monti di Breglia and after 30 m. take the street to the right which leads to the end of the village. You are now on the Via dei Monti Lariani, a hiking trail of 125 km which starts at Cernobbio and leads towards the northern end of the lake connecting the small rural settlements scattered along the slopes on the west side of the lake. The track leads into the chestnut woods and down into the **Val Greno**. There cross over the bridge and you will reach the hamlet **Carcente**.

In Carcente there is a small museum illustrating how people used to live and work in the area. It has no opening times but if you are lucky enough to meet someone can ask to see it. **San Martino** is 15 min. below Carcente, and here, near the church, there is a small inn. Take the Via dei Monti Lariani leading from the centre of Carcente to Monti di Carcente. Continue straight and pass underneath the Portec di Moc.

Having left the village behind you, a relaxing almost even track will lead you to the hamlet **Treccione** (alt. 647 m.).



When you arrive at the hamlet take the track downhill to the right. At the small grocery shop, take another right. The track leads on to the road which you follow down hill to the hamlet **Noledo**, ignoring the deviation to Gallio. After the next bend in the road pick up the old track on the left.

At the first houses of Noledo turn left. Cross the road and continue on the old track. At an intersection near a fountain go left. Follow the valley and you will reach **Lucena**. At the bottom of the steps take a left turn and you will pass the small bridge over the **Valle dei Molini**. When you see the mail box on the corner house turn right towards Marena.

At **Marena**, at the bottom of the steps, turn left. In the small piazza pick up the street on the left of the washing place. This leads to the road which you need to cross with caution. There pick up the old track again and you will reach the hamlet **Roncate**. At the little parking lot, take the steps leading downhill to the right. Walk along the valley, and you will end up on the road. After just 30 m. pick up the track again.

During the descent you will have a view of the castle of **Rezzonico**. When you reach the bottom, take the Antica Strada Regina and follow it to the right. On the main road you will find the bus stop. We highly recommend that you visit the picturesque centre of Rezzonico with its little piazza on the lake. The castle is of the 13th century.

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