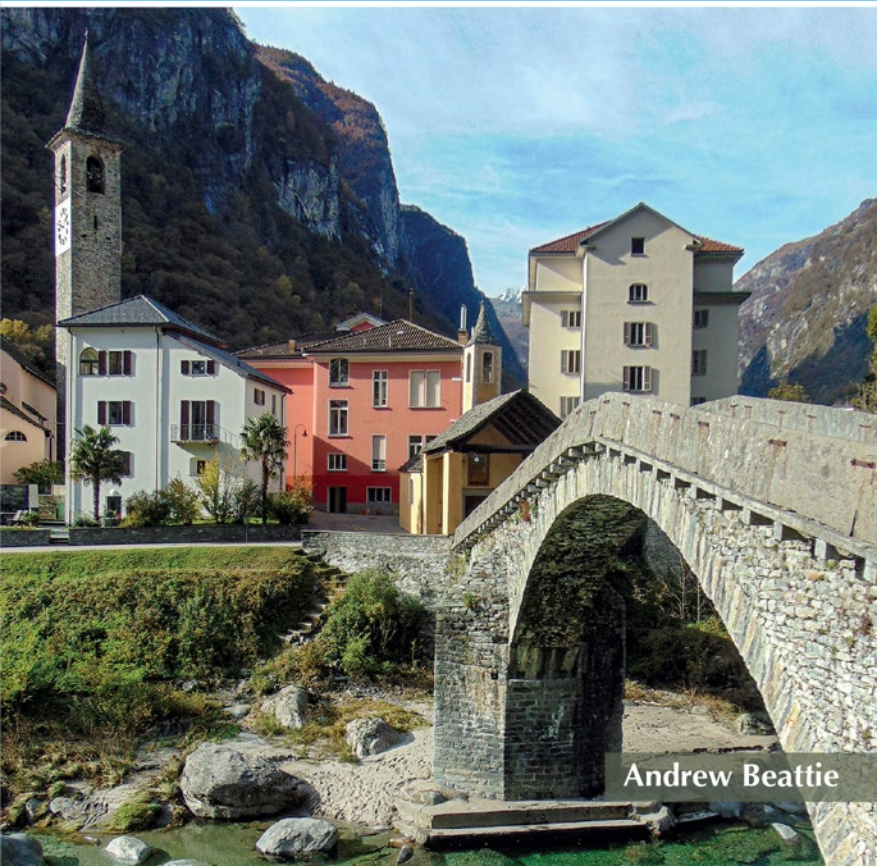


CICERONE

WALKING IN TICINO

Lugano, Locarno and the mountains
of southern Switzerland



Andrew Beattie

WALKING IN TICINO

LUGANO, LOCARNO AND THE MOUNTAINS
OF SOUTHERN SWITZERLAND

by Andrew Beattie

CICERONE

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Updates to this guide

While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. This guidebook was researched and written during the Covid-19 pandemic. While we are not aware of any significant changes to routes or facilities at the time of printing, it is likely that the current situation will give rise to more changes than would usually be expected. Any updates that we know of for this guide will be on the Cicerone website (www.cicerone.co.uk/1060/updates), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time.

We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to updates@cicerone.co.uk or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

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Front cover: This bridge in Bignasco is crossed towards the end of Walk 15

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Mountain safety

Every mountain walk has its dangers, and those described in this guidebook are no exception. All who walk or climb in the mountains should recognise this and take responsibility for themselves and their companions along the way. The author and publisher have made every effort to ensure that the information contained in this guide was correct when it went to press, but, except for any liability that cannot be excluded by law, they cannot accept responsibility for any loss, injury or inconvenience sustained by any person using this book.

International distress signal (*emergency only*)

Six blasts on a whistle (and flashes with a torch after dark) spaced evenly for one minute, followed by a minute's pause. Repeat until an answer is received. The response is three signals per minute followed by a minute's pause.

Helicopter rescue

The following signals are used to communicate with a helicopter:

Help needed:
raise both arms
above head to
form a 'Y'



Help not needed:
raise one arm
above head, extend
other arm downward



Emergency telephone numbers

If telephoning from the UK the dialling codes are:

Italy: 0039; *Switzerland:* 0041

Medical emergency number in Ticino (Ticino Soccorso): 144

Rega (Swiss Air-Rescue) has a base in Locarno; emergency number: 1414

Police emergency number: 117

General emergency number: 112

Road emergency and breakdown number: 140

Weather reports

Switzerland: see <http://www.meteoswiss.admin.ch>

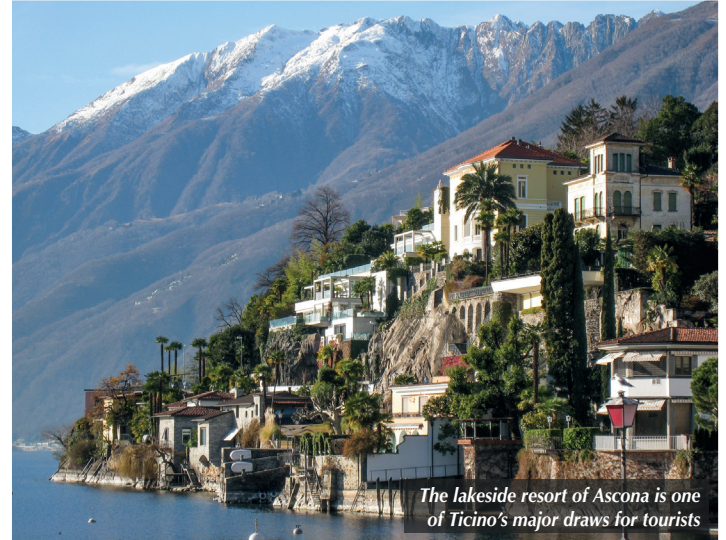
or <https://www.meteocentrale.ch>

Mountain rescue can be very expensive – be adequately insured.



Picturesque Lavertezzo is at the start of walks 19 and 20, and the end of Walk 18

INTRODUCTION



The lakeside resort of Ascona is one of Ticino's major draws for tourists

In 1875 the great Alpine writer Douglas W. Freshfield wrote in his book *The Italian Alps* that 'Lago Maggiore is a name well known to thousands, but I doubt whether, even in the Alpine Club, ten could be found ready to point out off-hand the whereabouts of Valle Maggia (to its north). Yet the valley offers a type of beauty as rare and worth knowing as the lake into which its waters flow!' Nearly a century and a half later, much the same could be said: everyone seems to know Lake Maggiore – and Lake Lugano, close by – but few know of

the fabulous Alpine scenery that surrounds these lakes.

The Valle Maggia is part of the Italian-speaking Swiss canton of Ticino, and just as in Freshfield's day, this part of the Alps is not well known to English-speaking visitors, and those who do know it tend to think of it as a 'lakes' destination rather than 'mountains'. The tourists in Ticino are overwhelmingly German speakers from Zurich, Basel or Frankfurt, who cross the spine of the Alps via the Gotthard tunnels from the cool climes of Northern Europe to experience

the sweet scents, vibrant colours and blazing sunshine of the South. Ticino is Switzerland, to be sure, but with its Italian food and language, its warm summer weather and its stylish cities, it's Switzerland with a decisive Mediterranean twist. Lakes Lugano and Maggiore – and the palm-fringed resorts of Lugano and Locarno – are the draw for many, but beyond these cities – as Douglas Freshfield noted – there is fabulous mountain scenery, which attracts hundreds of thousands of walkers every year.

This book divides Ticino into four regions, each using a specific town or city as a base. The first section looks at walks around Lugano, right in the south of the Canton, where paths tend to take walkers along the lake shore or along ridges high above it. The second section describes walks accessible from Locarno, on Lake Maggiore, where the emphasis is less on lake views and more on high mountain scenery, for it is from Locarno that access can be most easily gained to the dramatic Cristallina range in the northwest of the Canton. The third section focuses on the towns of Bellinzona and Biasca, which lie on the main road and railway lines through the Canton, and provide access to relatively easy forest walks in the broad valley of the Ticino river as well as to more challenging walks through the wilder scenery of a beautiful side valley, the Val Blenio. The last section of the book describes walks through the dramatic scenery of the northern part of the Canton, around

Airolo and the St Gotthard Pass, where trails lie in the shadow of Ticino's highest and most snow-bound peaks.

Throughout the book the walks highlight the best that the Ticino countryside has to offer: ancient trails through stone villages characterised by colourful window boxes and cobbled lanes, lush narrow valleys that lie in the shadow of granite peaks, and forests of chestnut and silver birch that hide gushing waterfalls and crystal streams. The trails walkers follow are often former mule tracks used by traders, which, as they ascend beyond the high pastures and into raw mountain scenery, give way to rocky paths once trodden by hunters – all of which allow access to untamed nature rather than the crowded familiarity found in many other parts of Switzerland.

HISTORY

During the Iron and Bronze Ages the area that is today Ticino was settled by the Lepontii, a Celtic tribe whose main centres were at Oscela, now Domodossola in Italy, and Bilitio, now Bellinzona, the cantonal capital of Ticino. Their territory included the southern slopes of the St. Gotthard Pass and Simplon Pass. Later, probably during the rule of Augustus (27BC–14AD), the area became part of the Roman Empire. After the fall of the Western Empire, Ticino was ruled by Germanic tribes from northern Continental Europe – the Ostrogoths, the Lombards and the Franks, and

in the early twelfth century Ticino became the focus of a territorial struggle which led to its eventual acquisition by the Dukes of Milan.

Switzerland itself was founded in 1291 when three rural communities situated around Lake Lucerne – Uri, Schwyz and Unterwalden – formed an alliance that later grew to include the cities of Lucerne, Zurich and Bern. During the fifteenth century the Swiss Confederates sought to expand their territory and gain independence from the Habsburg Empire. Between 1403 and 1422 some parts of Ticino were conquered and subsequently lost by forces from Canton Uri. A subsequent campaign was more successful: Uri conquered the Leventina Valley in



At the end of Walk 18 and the start of Walk 20, the routes cross this medieval arched bridge at Lavertezzo

the north of the Canton in 1440, and sixty years later forces from Cantons Schwyz and Nidwalden pushed on south and brought the town of Bellinzona under Confederate control. The Confederates had always controlled the northern approach to the St Gotthard Pass, one of the most important trade links over the Alps: now they controlled the southern approaches as well.

These Confederate victories in Ticino were finally consolidated in 1512 when Locarno, the Maggia Valley, Lugano and Mendrisio were annexed – creating the familiar wedge of Swiss territory (shaped like an inverted triangle) that to this day forms an arrow-head piercing northern Italy. These territories were the last to be conquered by the Swiss Confederation, which gave up further expansion after its defeat at the battle of Marignano in 1515 by Francis I of France.

For nearly three centuries the northern part of the region was ruled by Canton Uri while the southern part – including the main centres of Lugano and Locarno – was ruled directly by the Swiss Confederacy. Between 1798 and 1803, during the Helvetic Republic, Napoleon carved the region into two cantons (Bellinzona and Lugano) but in 1803, after Napoleonic rule ended, the two were unified to form the canton of Ticino, which joined the Swiss Confederation as a full member in the same year. Until 1878 the three largest cities,



Tourist boats on Lake Lugano give access to many walks in the first part of this book

Bellinzona, Lugano and Locarno, alternated as capital of the canton, but in 1878 Bellinzona became the permanent cantonal capital.

TICINO TODAY

By some measurement methods Switzerland has the highest living standards in the world – and Ticino is among the wealthiest cantons. The economy is based around services, particularly banking (Lugano is Switzerland's third-largest financial sector after Zurich and Geneva), while other noteworthy industries are gold refining and viticulture (many walks around Bellinzona run through vineyards growing grapes for Merlot wines). A large proportion of the

workforce are *frontalieri*, living in the Italian cities of Como and Varese and commuting across the border into Ticino each day.

Tourism is a major sector of the economy. Around 21 million tourists visit Ticino each year – a figure that includes day-visitors from Italy and German-speaking parts of Switzerland – and anyone visiting the Canton in summer will testify to Ticino's popularity with visitors. The lakeside cities of Lugano and Locarno, along with the latter's neighbouring resort of Ascona, provide the main draws. In winter the picture is rather different, with some low-key skiing at Bosco Gurin, Airolo and in the Val Blenio, but nowhere that could classify as a Verbier or St Moritz-style 'ski resort'

– the mountains are too low, and the weather this side of the Alps too warm, for there to be enough scope for 'serious' skiing.

A sizeable proportion of Ticino's residents – over a quarter – are foreign nationals. Of these, most are Italian, though there are also substantial minorities of Portuguese and Croats; the region's Italian heritage means that Roman Catholicism is the predominant religion.

GEOLOGY AND LANDSCAPE

Evidence of the great tectonic upheaval that formed the Alps is clearly visible in Ticino – specifically in a hamlet named Pianezzo, which is situated in the Morobbia valley just south of Bellinzona. Here a medieval bridge spans the rushing Morobbia torrent – and as it does so, it passes over horizontal beds of schist rock. Yet on the valley sides above the bridge is another rock type entirely – mica – whose deposits are laid down vertically. The mica was twisted into this position by tectonic forces that accompanied the collision of the African and Eurasian tectonic plates, which began some 80 million years ago; geologists point to the schists at Pianezzo being part of the African plate and the adjacent mica outcrops being part of the Eurasian plate – and so the ancient bridge, where contrasting rocks from the two colliding plates are actually exposed, is something of a pilgrimage place for them.

The geological acrobatics exposed at Pianezzo form a small section of what geologists know as the Insubric line. This is a 1000 km fault cutting east-west across the Southern Alps, marking the place where continental collision is still ongoing: in fact, this process lifts the mountains a little higher each year, while the line itself divides the limestone Alps to the south from the largely crystalline, metamorphic rocks to the north. Some of the material that has been churned upwards by the collision of the two plates is actually buckled-up sea floor, and at the summit of the San Bernardino Pass, which gives access to Ticino from northeastern Switzerland, are outcrops of a grey, slaty rock known as gneiss, which was once buried 100km down inside the earth.

During the Quaternary era – the most recent geological period, extending from 2.6m years ago to the present – the Alps have witnessed repeated cold periods during which ice has advanced, only to retreat during the warmer periods (such as the one we are living in now). The spectacular scenery of Ticino, and the rest of the Alps, owes much to the erosive power of this moving ice, which has created the distinctive steep-sided, flat-bottomed valleys such as the lower Ticino valley (best appreciated from the many walks that rise above Bellinzona, covered in part three of this book). The lakes that dominate the southern part of the region, Lugano and Maggiore, also have glacial origins: long, thin, spindly and

very deep, they are the result of river water filling in glacially deepened valleys after the ice has retreated.

In terms of scenery, the further north you go the higher the mountains and the more rugged and wild the environment for walkers. The lowest point in Ticino is the shoreline of Lake Maggiore, which at 193m is the also lowest point in Switzerland, while at Chiasso, in the very south of the canton, the Alps come to an end and the flat plains of Northern Italy open up.

By contrast, the highest peak is Adula (3402m), more commonly known by its German name Rheinwaldhorn, which lies in north-eastern Ticino on its border with the neighbouring Canton, Graubünden, and which forms part of a 'wall' of

high peaks that separate Ticino from the rest of Switzerland (and which is best seen from walk 28). However, to reach its summit – and the summits of similarly lofty peaks – requires specialist climbing experience and equipment; the highest altitude reached by walks in this book is a rather more modest 2575m, which is the height of the mountain hut Capanna Cristallina, reached (from different directions) on walks 16 and 33.

PLANTS AND FLOWERS

The breadth of altitudes and habitats in Ticino give rise to a huge variety of plants, which include species associated with both high Alpine and with lower Mediterranean environments.

In fact, all over the Southern Alps, mountain species have colonised lowland areas, their seeds carried by the wind or streams, while some hardy Mediterranean species have found a home in mountain glens protected from winter frosts by warm southerly winds.

High meadows are often covered in colourful bloom while higher up white, yellow or pink flower heads can flourish amidst scree slopes and expansive cushion plants can drape themselves across rock surfaces. The most common species that walkers will see are gentians, instantly recognizable for their large, trumpet-like and intensely blue flowers emanating from a slender stem; and orchids, whose smaller but more numerous petals have a purple-pink hue and stand more prominently above the ground. *Alpenrose*, a dwarf rhododendron, is also common; these plants have characteristic deep pink to purple flowers and dark green elliptical leaves, but do not stand upright in the way that orchids do. If you are walking above 1800m you may be lucky enough to see an edelweiss (*stella alpina* in Italian), the daisy-like flower that is the national emblem of Switzerland: experts will tell you that it is not really a flower as such, but a set of 500 to a thousand tiny florets grouped in several heads (between 2 and 10 of them) surrounded by 5 to 15 white velvety leaves.

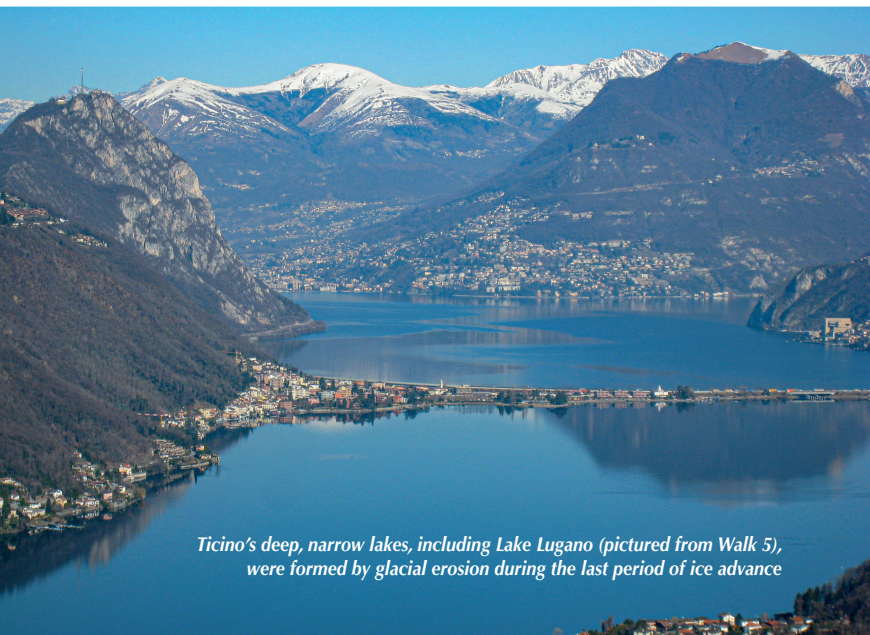
Mention too must be made of the planted subtropical gardens that



Gentians are typical flowers seen on walks (photo: David Short, Wikimedia Commons)

occupy many lakeside locations in Ticino (and neighbouring parts of Italy): lush with basins of waterlilies and stands of tall palm trees, giant figs or beautiful succulents (such as cacti), these gardens are must-visit for any plant-lover – and Walk 3 passes right through one of them (the Parco San Grato), ending close to another, the Parco Scherrer in Morcote.

The best time to experience Ticino's floral beauty is from spring to mid-July, though flowers can still brighten walks from late-July right through October – when the woods that cover many of the Canton's lower valleys are bathed in autumnal golds and auburns. Remember, though, that flowers are protected by law and that



Ticino's deep, narrow lakes, including Lake Lugano (pictured from Walk 5), were formed by glacial erosion during the last period of ice advance

picking them is often forbidden. Walk carefully around stands of flowers, but after taking time to photograph them, study them or breathe their heady perfumes, leave them for others to enjoy. If you want to know more, Cicerone's pocket-sized guide *Alpine Flowers* by Gillian Price is excellent for identifying plants when 'in the field', and is crammed full of detail and photographs.

WILDLIFE

The most common animal seen by walkers in Ticino is the marmot, a cute, fat, furry rodent that lives in hill-side colonies and which was known to Romans as the 'alpine mouse' (in fact it's a member of the squirrel family). Marmots grow to be the



An Alpine Marmot (photographed in the French Alps): these intriguing creatures are often seen by walkers around the tree line (photo: DavAnubis, Wikimedia Commons)

size of a large hare and live among boulder slopes and upper pastures – anywhere that offers cover for their burrows. They hibernate in winter and emerge in springtime when they mate; their young are born during the early summer and can be seen romping or play-fighting in short grass. Their most distinctive feature is the loud, shrill whistle that is emitted by a marmot acting as a 'sentry' for the colony, who stands upright and alert like a meerkat as the others forage for food. Whistles warn of approaching walkers – and on occasions of hovering birds of prey too. When it sounds the marmots will dive for cover into their burrows, leaving the approaching walker with a view of a succession of furry behinds disappearing into the ground.

Chamois are rather more elusive and are rarely seen at close quarters. They are goat-like creatures with tawny coats and curving horns and they inhabit high pastureland around the snowline. Sometimes a herd can be seen from a distance picking its way with agility through steep terrain.

Other creatures include red squirrels, foxes, hares, deer, and wild boar. The latter are hairy brown pigs with prominent ears, and make their homes amidst deciduous and mixed woodland – you might see hoof prints in the mud on forest tracks, but the only sight or sound of a boar you are likely to have is of a dark form crashing away through the undergrowth, emitting a series of grunts as it does so. They are hardy, adaptable and intelligent, but are considered a nuisance as they trample and eat crops and are hunted during the months of September to January. In a very small minority of cases, they have been known to be a danger to humans.

In the sky you might be lucky enough to hear – or even see – eagle owls and capercaillie, whose call can be heard ringing through woodlands at dawn in springtime. Above the tree-line golden eagles make their homes on rock ledges, from which they make raids on marmot colonies – their chief source of food in summer.

That said, the most 'wildlife' walkers will encounter is, not surprisingly, farm animals, in the form of cattle and, on higher pastures, sheep and goats; many paths run straight

through fields and enclosures for animals, which are protected by electric fences, though there's always a gate that walkers can open and close to pass through them (with an insulator so you don't get an electric shock).

GETTING THERE

Ticino lies at the heart of Europe, on one of the continent's major international road and rail arteries (linking Milan and Zurich) – making it easily accessible by land routes from Germany and Italy. Europe's dense motorway and rail network means that access from France and other countries in Northern Europe is also straightforward. The following section focuses on surface routes to Ticino from the UK and Ireland and air routes from there and the rest of the world.

By train

It's possible to travel from London to Ticino in a day (though travelling from other parts of the UK would require an overnight stop). The journey can be done in three stages – London to Paris (Gare du Nord) on Eurostar (2 hr 15 min on the fastest trains), Paris (Gare de Lyon) to Zurich by TGV (4 hours), and then Zurich to Airolo, Bellinzona, Locarno or Lugano (2–3 hours). Timetables can be viewed and tickets bought on www.thetrainline.com.

By car

You can bring your car to Switzerland from Ireland or the UK by one of

WALK 1

Lake Lugano shoreline from Paradiso to Gandria

Start	Paradiso <i>debarcadero</i>
Finish	Gandria <i>debarcadero</i>
Distance	6.25km (4 miles)
Ascent	40m
Descent	40m
Difficulty	Grade 1
Walking time	1 hr 45 min
Terrain	Paved surfaces underfoot the whole length of the walk, with minimal ascent and descent
Refreshments	There are bars and restaurants along most of the walk's length, and shops along the first part.

A walk like no other in this book, this route takes in the length of Lugano's gorgeous palm-fringed lakeside promenade, beginning in Paradiso, the city's southern extension, and ending in the carless and picturesque village of Gandria, which clings to the precipitous cliffs that girt the lake's eastern arm. Lugano is Ticino's main cultural centre and boasts a number of fine museums and galleries; this walk passes three of them, along with one of the city's finest churches. The second part of the walk runs along a purpose-built cliff-edge footpath, and while not exactly wild countryside, there's a definite feeling as you approach Gandria that Lugano's often tiresome crowds have been left far behind. Although this walk could really be described as an 'extended lakeside stroll' it's none the poorer for that, and of course it can be undertaken in all weathers.

ACCESS

Bus #2 runs from central Lugano, and the train station, to the Paradiso *debarcadero*; in addition, local trains running south from Lugano towards Chiasso stop at Paradiso station, from where it's a 5-min walk down to the *debarcadero*. In Gandria the #490 bus to Lugano (hourly) leaves from the

parking area behind the San Viglio church: the walk passes right by the front door of the church – follow the terrace round. In addition, Lake Lugano's tourist boats make for a more satisfying – though inevitably more expensive – method of accessing both ends of this walk. Services to Paradiso are very frequent, and in high season Gandria is served by 9 daily boats from Lugano – though watch for the lengthy interval in services in the afternoon.

Set off N from the **debarcadero** at Paradiso along the tree-shaded shoreline promenade. To the L is the appropriately-named **Hotel Splendide**, whose ornate frontage is a splendid riot of balconies and terraces, and this is followed by the **Museo della Cultura** (see boxed text for details of this and the other museums this walk passes). After another 5 min something resembling a ship's hull made out of polished grey-green stone looks as if it is about to launch itself into the water – this is the smart new **Lugano Arte e Cultura** (LAC), Lugano's premier art gallery and cultural venue.

The route passes through the waterside Parco Ciani in Lugano





The LAC is best admired from the promenade itself, where there's a pink granite monument to Franz Kafka set right by the water, amidst a small sculpture park. Next door to the LAC is the **Chiesa Santa Maria degli Angeli**, cool on a hot day and with some wonderful frescoes adorning its walls. On its north side is the disused trackbed of a funicular railway which closed in 1986; the flight of steps beside the trackbed gives access to a good viewpoint over the lake and city.

Beyond the Kafka monument the route continues along the promenade, curving round to the E and passing a fountain (behind which is Lugano's principal square, Piazza Riforma) and the city's two main boat landing stages. The promenade finally ends at the gates to a waterside garden, the **Parco Ciani**; pass through the gates and head on E along the shoreline path, in the shadow of the pastel-pink Villa Ciani. The modern buildings further on to your L are the cantonal library and, immediately beyond, the **Natural History Museum** (entrance to the latter is from the N or 'landward' side).

Paths divide outside the S side of the Natural History Museum. Take the one that hugs the south wall of the museum, which leads to a footbridge over the Cassarate river; once over the bridge turn N (L), along the Via Foce, and then R at a road junction along a main road, the Viale Castagnola. Some 10 min from the road junction you pass the **Vermouth by Martini** bar on the L, the last refreshment stop for a while, as it's at this point that the route begins to head out of Lugano's centre. ▶ From the bar it's another 10 min along the main road to the San Domenico bus stop. Here you should fork R along the Via Cortivo (look out for the yellow walking sign for Gandria).

There's an interesting variety of **residences** along the Via Cortivo, from ornate nineteenth century villas to stylish contemporary apartment blocks – all of course affording wonderful views over the lake, and all carrying an air of quiet exclusivity about them.

Beside the bar is the Via Funicolare, which leads to the base station of a funicular railway up Monte Brè, the sugar-loaf mountain that looms over Lugano from the east.

After 10 min the Via Cortivo terminates in a small car park that gives access to a purpose-built footpath, the Sentiero di Gandria (aka the Sentiero d'Olivio), which clings picturesquely to a terrace just above the lake shore and passes through protected olive groves. After 10 min the path passes some public toilets; for the 15 min that follows the path enters a wilder stretch, ducking through some landslip protection arches before curling up and around an attractive cove. Once you drop down from the cove you'll find yourself in **Gandria**.

Gandria is an almost impossibly picturesque village of stone staircases, winding lanes, dark passageways and brightly-coloured window boxes, the



The lakeside village of Gandria, at the end of the walk

whole ensemble looking as if it might slide off the cliff and into the lake at any moment!

The path passes right by the **San Viglio church**, which is the village focal point; a couple of low-key shoreline bar-restaurants lie a minute or so further on, beside the *debarcadere*.

MUSEUMS ALONG THE ROUTE

This walk passes right by three of Lugano's museums. The *Musei della Cultura* (open 11am–6pm daily except Tuesday; www.mcl.lugano.ch) concentrates on ethnographic artworks from Southeast Asia and Oceania; the *LAC* (open 11am–6pm Tue/Wed/Fri, 11am–8pm Thurs, 10am–6pm Sat and Sun; www.luganolac.ch) has a permanent collection of Swiss and international art and also stages temporary exhibitions; while the *Natural History Museum* (open 9am–noon and 2–5pm daily except Monday; free entry; www4.ti.ch/dt/da/mcsn/temi/mcsn/il-museo/il-museo) concentrates on the flora, fauna and geology of the Ticino region, with items well-displayed but unfortunately with no information in English.

WALK 2

Campione d'Italia to Cantine di Gandria

Start	Campione d'Italia <i>debarcadere</i>
Finish	Museo Dogane <i>debarcadere</i> at Cantine di Gandria
Distance	6.75km (4.25 miles)
Ascent	200m
Descent	200m
Difficulty	Grade 1
Walking time	2 hr 15 min
Terrain	Mostly forest paths with some metalled roads
Refreshments	The path passes right by a number of <i>grotti</i> (restaurants) though they are quite pricey. The only shops are in Campione.



- 38 graded walks in Switzerland's beautiful Ticino
- St Gotthard Pass, Lakes Lugano and Maggiore
- Italianate towns, lakeside paths, wild mountain landscapes



The Italian-speaking canton of Ticino is Switzerland with a Mediterranean twist. From stylish lakeside resorts with their palm-fringed promenades and handsome Italianate architecture to the spectacular high mountain passes of the southern Alps, it's home to some magnificent scenery and promises fantastic and varied walking.

This guide presents a selection of some of the best walks the region has

to offer, from level routes along the shores of Lakes Lugano and Maggiore to much more challenging trails that rise through craggy forested valleys dotted with ancient villages to isolated mountain huts close to the permanent snowline. Well provided with public transport links and refreshment stops, the 38 graded routes offer the perfect opportunity to savour Ticino's marvellous scenery.

- best walking in late summer/early autumn
- all walks accessible by public transport
- with background notes on history, geology, plants and wildlife and a wealth of information to help you plan your trip

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