

Melide (297m) - Monte San Salvatore (912m) - Monte Arbòstora (822m) - Cima
Pescia (835m) - Melide

The trip on Friday is always with short time because I have a lot of other commitments to fulfill. So I plan a tour that allows me to be home soon and shows me new things. So I decide to visit the Monte San Salvatore area that I had always admired towering over Lake Lugano but really not so high. I leave the car at Melide to gain kilometers and elevation and I reach Carona with a comfortable trail. From there I head to Ciona and then to Monte San Salvatore. There I stop over a bit to admire the splendid landscape that I try to photograph as I can. Then I get down quickly to Carona where I go on South (towards Vico-Morcote) through the beautiful Botanic Park of San Grato to reach the base of Monte Arbostora. Now you may wonder what could push someone to climb a mountain as this, without mentioned paths, between bushes, shrubs and various impediments, directly to the maximum slope, and that's definitely not a viewpoint. Well I too have asked me but I wanted to do anyway. The same applies, while go back, to the ascent of Cima Pescia, equally difficult to climb but reached by an unknown path that comes from the West that I have not followed. Visual navigation with no view to enjoy. But, back home I had my satisfaction when I found out I have covered 20 km, rising 1188m, all within 6 hours and a handful of minutes.

Travel times:

Melide-Carona **48'** – Monte S.Salvatore **2h03'** – Carona **3h07'** – Monte Arbòstora **4h21'** – Cima
Pescia **5h06'** – Melide **6h07'**

Key data:

Real altitude difference ascent **1188m** ; descent **1173m**

Total length **20 km**

Total time **6h07'** stops included

Estimated time **6h09'**

SLE = **35,96 km**