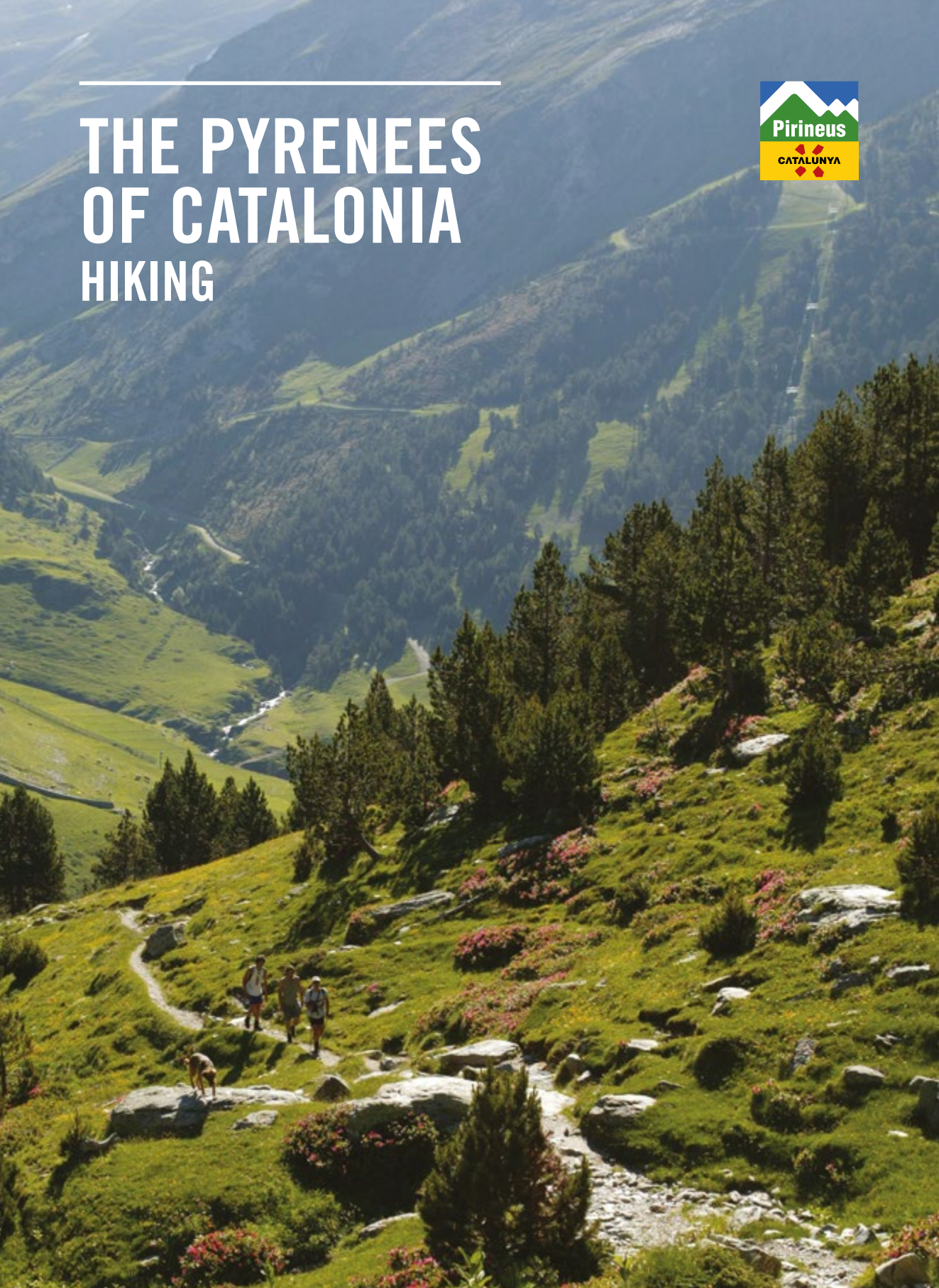


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# THE PYRENEES OF CATALUNYA HIKING







## CONTENTS

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INTRODUCTION	04
LEGEND	06
TRAVERSES IN STAGES	09
GR HIKING TRAILS	23
IDEAS FOR HALF-DAY WALKS	29
BEYOND HIKING	34

The Pyrenees of Catalonia, Europe



Pyrenees, Catalonia



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## DO YOU KNOW THE PYRENEES OF CATALUNYA?

A place where the journey is every bit as important as the destination, where you can spend the whole day enjoying nature at its best and then relax in the evening by the fireside. A land characterised by its high mountains, its rich cultural heritage, and its exceptional cuisine. A pristine natural environment that invites you to come and practise sport, visit the only National Park in Catalonia and the many Natural Parks, and explore the age-old customs and traditions of the mountain communities.

Discover and experience this inland paradise.





LEGEND

# HIKING IN THE PYRENEES OF CATALONIA

## FACT FILE



Route length (in km)



Cumulative elevation gain



Route type: linear



Route type: circular

## CALENDAR



Best time of year for this route

## FURTHER INFORMATION



Sustainable











## TRAVERSES IN STAGES

# ADVENTURES STEP-BY-STEP

The Pyrenees are full of kilometres and kilometres of well-marked trails. Some can be done in just one day, whereas others need several days to complete. The following itineraries all take more than one day: their variety of landscapes and natural and cultural uniqueness have made them a must for nature-lovers wishing to enjoy an exceptional experience.

## TRAVERSES IN STAGES



### LEGEND

- |                              |                            |
|------------------------------|----------------------------|
| 1 Setau Sagèth               | 11 Mountains of Freedom    |
| 2 Pass'Aran                  | 12 Estanys Amagats         |
| 3 Camin Reiau                | 13 Cavalls del Vent        |
| 4 Via Calda                  | 14 Route of the Cathars    |
| 5 Carros de Foc              | 15 La Ruta del Caracremada |
| 6 Ramat de Camins            | 16 Route of the Hermit     |
| 7 Shepherds' Route           | 17 Els Bastions            |
| 8 Route of the Three Valleys | 18 Els Tres Refugis        |
| 9 El Cinquè Llac             | 19 Refugis del Torb        |
| 10 Gate of Heaven            | 20 Serra de Monestirs      |

## 1 SETAU SAGÈTH



Self-guided itinerary in five stages beginning and ending in Vielha. The route goes over three mountain passes: Coll de Gueri (2320m), Port de Rius (2340m), and Port de Vielha, a history-laden pass and the culminating point of this traverse. The route mostly follows the GR211

walking trail. Baggage transport service available.

**Not to be missed:** fabulous views of the Aranese landscape; Val d'Aran gastronomy and cultural heritage.

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

### FACT FILE

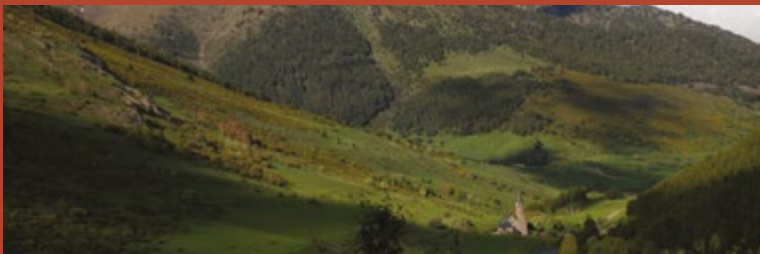
 103 km

 9.480 m

 Circular

 Late May to early October

## 2 PASS'ARAN



Discover this cross-border route in the central Pyrenees between Catalonia and France, in the heart of the Castillonais and Virós valleys and Val d'Aran. The traverse takes in legendary peaks and mountain passes such as Crabère, Maubermé, Barlonguère (Tuc d'Eth Milh) and

Valier. Five mountain refuges and gîtes enable you to complete the circuit without major difficulty.

**Not to be missed:** legendary peaks along the way.

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

### FACT FILE

 64 km

 10.205 m

 Circular

 Summer months

## TRAVERSES IN STAGES

### 3 CAMIN REIAU



All-year round hiking route along paths formerly linking the 33 villages in the Val d'Aran, of great interest to those who wish to immerse themselves in the history, culture and natural heritage of the area.

**Not to be missed:** churches in Salardú, Arties, Bossòst, and Vielha; flora and fauna of the Val d'Aran.

[www.caminreiau.cat](http://www.caminreiau.cat)

#### FACT FILE



150 km



12.000 m



Circular



All year round

### 4 VIA CALDA



The Via Calda is a self-guided itinerary, providing a perfect combination of hiking plus the best thermal waters in the Pyrenees: Boí, Tredòs, Arties, Les, and Vielha. Baggage transport service available for each stage. Imagine exploring the Colomers Cirque and its 48 lakes in the Val d'Aran, visiting the Romanesque churches of the Vall de Boí (UNESCO World Heritage Site),

and then sleeping in the modern Caldes de Boí hotel spa!

Baggage transport service is also available for the Encantats and Gran Bucle (Big Loop) routes.

**Not to be missed:** Val d'Aran and Vall de Boí; thermal circuits at Les, Caldes de Boí and Banhs de Tredòs.

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

#### FACT FILE



88 km



4.450 m



Lineal



Late May  
to early  
October

## 5 CARROS DE FOC



Classic high mountain route linking up the nine mountain refuges in Aigüestortes i Estany de Sant Maurici National Park, the only one of its kind in Catalonia. The refuges are located at an altitude of 1900 - 2400 metres, and the highest point

reached on the itinerary is Contraig Pass (2475m). Five to seven days are required to complete this route.

**Not to be missed:** numerous natural lakes along the way.

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

### FACT FILE

 55 km

 9.200 m

 Circular

 Summer months

## 6 RAMAT DE CAMINS



An itinerary you can customize, visiting 70 Pyrenean villages in Pallars Jussà, Pallars Sòbirà, Val d'Aran and Alta Ribagorça. Inspired by the trip made by Camilo José Cela and Josep Maria Espinàs in 1956, and by Núria Garcia Quera fifty years later, you can follow this trail along traditional country paths on foot, accompanied by a Catalan donkey to carry your pack, or by car. The

landscapes and the local cuisine and traditions will capture your attention.

**Not to be missed:** the heritage (cultural, culinary and natural) and the traditional paths through the Alt Pirineu Natural Park, the Aigüestortes i Estany de Sant Maurici National Park and the Collegats-Queralt Area of Natural Interest.

[www.ramatdecamins.cat](http://www.ramatdecamins.cat)

### FACT FILE

 314 km

 14.000 m

 Linear

 All year round



## TRAVERSES IN STAGES

## 7 SHEPHERDS' ROUTE








The route follows the paths and trails used by shepherds since time immemorial, helping you to understand the lives and the history of the transhumant shepherds in Alta Ribagorça County. The route starts in the town of El Pont de Suert and the four stages (maximum) can be

completed in 3-4 days, depending on your physical fitness.

**Not to be missed:** conversations with the shepherds you will meet on your way.

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

## FACT FILE

-  50 km
-  1.400 m
-  Linear
-  All year round
- 

## 8 ROUTE OF THE THREE VALLEYS



A circular traverse through Boí, Barravés and Castanesa valleys, the best way of enjoying these incomparable landscapes beside Aigüestortes i Estany de Sant Maurici National Park and Posets-Maladeta Natural Park, discovering the local cultural heritage, and sleeping in any of the picturesque villages in the valleys.

**Not to be missed:** waterfowl on the River Noguera de Tor; Romanesque churches of Vall de Boí; Interpretation Centre (in Senet) of Aigüestortes i Estany de Sant Maurici National Park

[www.ruta3valls.com](http://www.ruta3valls.com)

## FACT FILE

-  74.640 km
-  + 3215 m
-  Circular
-  May to October
- 

## 9 EL CINQUÈ LLAC



Medium-altitude mountain route running just below Aigüestortes i Estany de Sant Maurici National Park, accessible for all types of hikers. Baggage transport service available. The route involves overcoming the changing natural relief of this mountain terrain, and takes you through one of the most unknown

and unexpected areas of the Pyrenees until you reach Montcortès Lake (the “Fifth Lake”).

**Not to be missed:** the legends associated with each stage, which will add a touch of magic to your route through the mountains.

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

### FACT FILE

-  102.3 km
-  12,963 m
-  Circular
-  Spring & autumn
- 

## 10 GATE OF HEAVEN



Five-stage route running through wild, impressive landscapes of spectacular beauty in the Alt Pirineu Natural Park (Catalonia) and the Pyrénées Ariégeoises Regional Natural Park (France), with four mountain refuges along the way. The itinerary passes the emblematic Pica d’Estats (3143m), the highest peak in Catalonia,

and Certascan Lake, the largest natural lake in the Pyrenees.

**Not to be missed:** Certascan Lake surrounded by mountains, with the dramatically located Pinet refuge; early-morning reflections of the peaks in the lake waters; climbing Pica d’Estats.

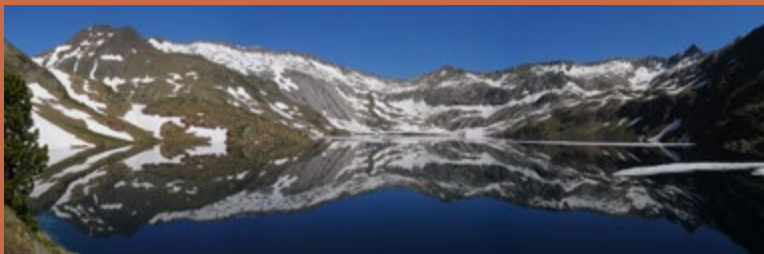
[www.laportadelcel.com](http://www.laportadelcel.com)

### FACT FILE

-  65 km
-  11.000 m
-  Circular
-  June to September
- 

## TRAVERSES IN STAGES

### 11 MOUNTAINS OF FREEDOM



Route running through the Alt Pirineu Natural Park (Catalonia) and the Pyrénées Ariégeoises Regional Natural Park (France). This 4-stage itinerary is steeped in history as it follows the paths taken by refugees fleeing to France to escape the Spanish Civil War and later by European Jews fleeing south to escape the Holocaust.

**Not to be missed:** Ars Waterfall, probably the most beautiful in the Pyrenees; monuments commemorating the Jewish exodus in Tavascan and Aulus-les-Bains.

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

#### FACT FILE



65 km



9.500 m



Circular



June to  
September



### 12 ESTANYS AMAGATS



High mountain route running between mountain refuges. Discover the Alta Cerdanya area around the Cerdanya-Alt Urgell National Reserve. The itinerary also includes the higher levels of Madriu Valley in Andorra, a privileged environment surrounded by peaks of almost 3000m high and a mountain pass

formerly used by pedlars and frequented by smugglers.

**Not to be missed:** impressive views of the mountains surrounding the Andorran valleys; Cerdanya County; valley of the River Segre; Cadí-Moixeró Mountains.

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

#### FACT FILE



73 km



3.599 m



Circular



June to  
September



## 13 CAVALLS DEL VENT



Itinerary running between the eight mountain refuges located in the beautiful landscape of Cadí-Moixeró Natural Park, at altitudes ranging from 900m to 2510m. The marked trail may be joined at any point and walked in either direction.

**Not to be missed:** Els Empedrats;

views of the legendary Pedraforca Mountain.

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

### FACT FILE

 90 km

 5.200 m

 Circular

 May to October



## 14 ROUTE OF THE CATHARS



Tourist itinerary along the GR107 hiking trail, following the escape routes across the Pyrenees used by the persecuted Cathars in the 13<sup>th</sup> and 14<sup>th</sup> centuries. The trail starts at Queralt sanctuary in the town of Berga and ends at Montségur Castle in Ariège (France), and can be completed on foot or on horseback.

Most of the stages can also be done on mountain bike.

**Not to be missed:** panoramic views of Pedraforca Mountain and the Cadí Mountains; picnic at Molí del Salt Waterfall.

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

### FACT FILE

 189 km

 5.530 m

 Linear

 April to November



## TRAVERSES IN STAGES

### 15 LA RUTA DEL CARACREMADA



Circular route taking 3-6 days, through some of the most emblematic places in the Catalan Pre-Pyrenees: Rasos de Peguera, Serra d'Ensiya, Pedraforca, Serra del Verd, Port del Comte mountains, Busa Mountains, and many charming mountain villages. The route starts and ends at Rasos de

Peguera (Berguedà).

**Not to be missed:** sunsets at Arp refuge; views from the summits of Cap del Verd and Port del Comte; Pont Cabradís; kayaking across Llosa del Cavall reservoir.

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

#### FACT FILE



80 -160 km  
(depending  
on options  
taken)



1.000  
m daily  
(average)



Circular



All year round

### 16 ROUTE OF THE HERMIT



Marked route suitable for hiking, horseback riding or mountain bike, mainly running through Cadí-Moixeró Natural Park and taking in over twenty Romanesque buildings along the way. With altitudes ranging from 800m in the village of La Pobla de Lillet to 2520m at the summit of Tosa d'Alp, this route is a suitable

first traverse for a wide sector of the population, for families or groups of young people.

**Not to be missed:** over twenty Romanesque churches, sanctuaries and hermitages along the route.

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

#### FACT FILE



105 km



6.270 m



Circular



April to  
November

## 17 ELS BASTIONS







The route starts and ends in the town of Ribes de Freser and runs through the main sights in Vall de Ribes in the Eastern Pyrenees. Places of interest include Vall de Núria, Taga (2038m), Puigmal (2910m), the highest mountain in Girona province, Bastiments (2883m), the easternmost Pyrenean

peak exceeding 2800m.

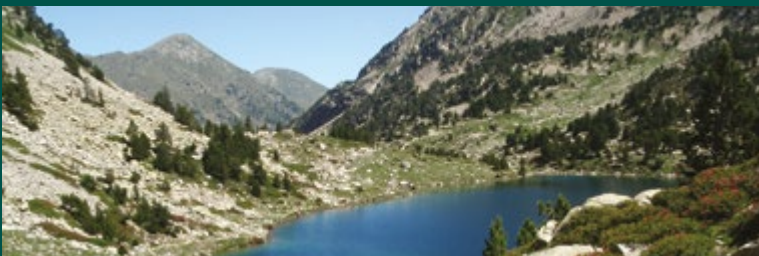
**Not to be missed:** Vall de Núria with its unique natural landscape; Taga, Puigmal, and Bastiments peaks.

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

### FACT FILE

-  105 km
-  15.200 m
-  Circular
-  June to September
- 

## 18 ELS TRES REFUGIS








Route enabling you to discover some memorable places in the Eastern Pyrenees as you enjoy spectacular landscapes with abundant wild fauna. The itinerary takes in Ulldeter, Ras de la Carançà and Coma de Vaca mountain refuges. You can also include the most representative peaks in the area:

Balandrau, Bastiments, Gra de Fajol, Gallinàs, Torreneules and Puigmal.

**Not to be missed:** the experience of sleeping in mountain refuges!!

[www.t3r.cat](http://www.t3r.cat)

### FACT FILE

-  52.5 km
-  3.054 m (6000 including optional peaks)
-  Circular
-  June to September
- 

## TRAVERSES IN STAGES

### 19 REFUGIS DEL TORB



Five-stage high mountain itinerary linking Puigmal (2910m) and Canigó (2784m), the two most emblematic peaks in the Eastern Pyrenees.

Along the way, the route goes by places much beloved of hikers, such as Coma de Vaca Valley, Ulldeter Cirque, the Pla Guillem, Marialles, Mentet o Carançà Valleys.

**Not to be missed:** Vall de Núria, Ulldeter Cirque, Canigó Massif, Mentet village, Carançà Lakes.

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

#### FACT FILE

 73.37 km

 4.972 m

 Circular

 June to September



### 20 SERRA DE MONESTIRS



Route running through the southern part of Ripollès County, starting and ending in the town of Ripoll, with the highest point at Taga peak (2040m). More than a just mountain itinerary, this route brings you into contact with the essence of this area, its history and legends, its landscapes and farmers, and its renowned gastronomy.

**Not to be missed:** guided visits around the monasteries of Ripoll and Sant Joan de les Abadesses; countryside in the valley of the River Ter; meals prepared with local produce.

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

#### FACT FILE

 58.5 km

 2.600 m

 Circular

 April to October





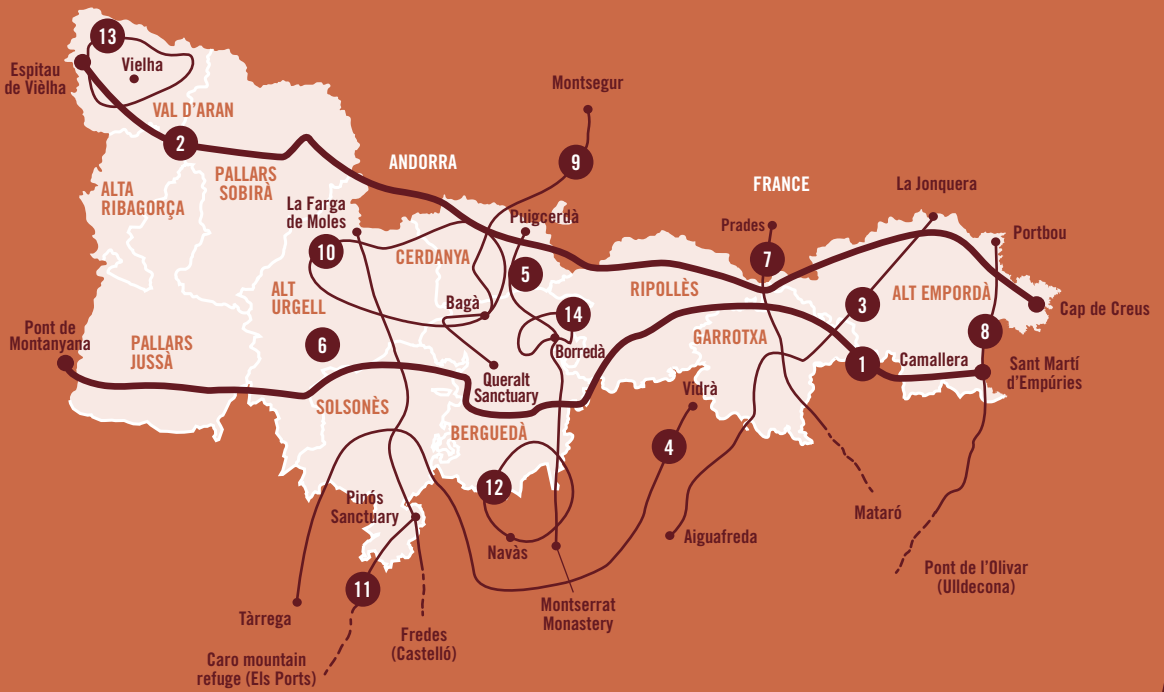


GR HIKING TRAILS

## ONE PATH, MANY LANDSCAPES

GRs are long trails of over 50km, mainly designed for hikers. Each stretch is maintained by local hiking federations, which also mark the trails with the characteristic red and white stripes. Up to thirty GR trails run through Catalonia.

## GR HIKING TRAILS

[www.feec.cat](http://www.feec.cat)

## LEGEND

- |                                 |  |
|---------------------------------|--|
| 1 GR1: Transversal Trail        | 8 GR92: Mediterranean Trail                      |
| 2 GR11: Pyrenean Trail          | 9 GR107: Route of the Cathars                    |
| 3 GR2: La Jonquera - Aiguafreda | 10 GR150: Cadí Mountains                         |
| 4 GR3: Central Catalan Trail    | 11 GR171: Pinós sanctuary - Caro mountain refuge |
| 5 GR4: Puigcerdà - Montserrat   | 12 GR176: Route of the Twenty Hermitages         |
| 6 GR7: Andorra - Fredes         | 13 GR211: Val d'Aran Circular Trail              |
| 7 GR83: Northern (Canigó) Way   | 14 GR241: Borredà Circular Trail                 |



## 1 GR1: TRANSVERSAL TRAIL


The Transversal Trail (GR1) starts at the emblematic Greek and Roman ruins of Empúries on the Mediterranean coast, and crosses the Iberian Peninsula from east to west until reaching Finisterre. The Catalan stretch goes up to Pont de Montanyana, from where it continues into Aragón.


The Transversal Trail runs parallel to the Pyrenean Trail (GR11), but through the more Pre-Pyrenean area of great landscape interest. It passes through towns of major importance in Catalan history such as Besalú and Ripoll, with Romanesque architecture as the leitmotif. It goes through the former textile colonies along the banks of the River Llobregat, and the village of Sant Llorenç de Morunys. The final stretch takes in Mont-rebei, the only long canyon in Catalonia traversed solely by a bridle path carved out of the rock.

### FACT FILE

 355 km

 Linear

 GR blazes and vertical signposting

 Spring to autumn (but possible all year round)

## 2 GR11: PYRENEAN TRAIL


The GR11 is the most mountainous of all GR trails running through Catalan territory. It traverses the southern side of the Pyrenees from the Mediterranean to the Cantabrian Sea linking Catalonia with Andorra, Aragón, Navarre, and the Basque Country. It goes through large natural spaces such as Aigüestortes i Estany de Sant Maurici National Park, Alt Pirineu and Cap de Creus Natural Parks, and numerous Places of Natural Interest such as the Albera Mountains, Alta Garrotxa, Tossa Plana de Lles Mountain, and the sources of the River Ter and the River Freser.


The trail leads through places of major historical and religious importance, such as Núria sanctuary and Sant Pere de Rodes monastery. Please note that some of the higher stretches require specific skills and abilities. There is abundant snow for several months of the year.

### FACT FILE

 378 km

 Linear

 GR blazes and vertical signposting

 Spring and summer

## GR HIKING TRAILS

**3 GR2: LA JONQUERA - AIGUAFREDA**

The route starts at the French border in La Jonquera, passing through Besalú and Santa Pau en route to the Garrotxa Volcanic Area Natural Park, and ends in the town of Aiguafreda.

FACT FILE

 165 km**4 GR3: CENTRAL CATALAN TRAIL**

This route through inland Catalonia takes in interesting landscapes, towns, and villages, and goes through wooded areas in Berguedà, Bages and Solsonès counties on its way from the Plain of Vic to the Plain of Lleida.

FACT FILE

 226.9 km**5 GR4: PUIGCERDÀ - MONTSERRAT**

This route is the continuation of a European GR. It starts at Puigcerdà, goes over Coll de Pal into Berguedà County, and continues into Bages County. The route ends with a climb in Montserrat Mountains.

FACT FILE

 158 km**6 GR7: ANDORRA - FREDES**

The trail starts in La Farga de Moles, crosses the Iberian Peninsula via La Seu d'Urgell, Tuixén, Sant Llorenç de Morunys and Solsona, before finally entering the Valencian Community from Els Ports de Beseit.

FACT FILE

 399 km**7 GR83: NORTHERN (CANIGÓ) WAY**

Following the same route taken by thousands of exiles fleeing to France in 1939 after the Spanish Civil War, the trail starts in Callao beach in Mataró and heads northwards through Maresme, Vallès Oriental, La Selva, Garrotxa, Ripollès, Vallespir and Conflent.

FACT FILE

 212 km**8 GR92: MEDITERRANEAN TRAIL**

This trail runs along the Catalan coast, with its wide range of coves, beaches, and Mediterranean landscapes. It starts at Portbou, the point where the Pyrenees sweep down to meet the Mediterranean Sea.

FACT FILE

 583 km

## 9 GR107: ROUTE OF THE CATHARS

Route enabling hikers to retrace the paths used by Cathars fleeing persecution in the 12<sup>th</sup>-14<sup>th</sup> centuries. The trail starts in Queralt (Berguedà) and ends at Montségur Castle in Ariège (France).

FACT FILE

 201 km

## 10 GR150: CADÍ MOUNTAINS

This trail runs around Cadí-Moixeró Natural Park enabling you to discover the magnificent landscapes in the area, and the main points of interest in the towns and villages surrounding the Cadí Mountains.

FACT FILE

 157.7 km

## 11 GR171: PINÓS SANCTUARY - CARO MOUNTAIN REFUGE

This trail runs parallel to the GR7, taking in many interesting places and historic buildings along the way. It starts at Pinós sanctuary (Solsonès) and passes by churches and monasteries located in landscapes of great beauty.

FACT FILE

 292.85 km

## 12 GR176: ROUTE OF THE TWENTY HERMITAGES

Circular route running through Berguedà, Bages and Osona Counties, taking in many Romanesque churches on its way through villages, towns, and other places of interest.

FACT FILE

 80.2 km

## 13 GR211: VAL D'ARAN CIRCULAR TRAIL

Trail starting and ending in Vielha. The route and its detours enable you to discover the landscapes, architecture, traditions, and villages of the Val d'Aran.

FACT FILE

 93 km

## 14 GR241: BORREDÀ CIRCULAR TRAIL

Circular trail affording spectacular panoramic views of Berguedà County, taking in churches and hermitages of notable interest, e.g. the church of Sant Jaume de Frontanyà.

FACT FILE

 55 km



IDEAS FOR HALF-DAY WALKS

## WALKS AND EXCURSIONS

Enjoy the pleasures of walking in the Catalan Pyrenees and discover the hidden surprises tucked away. The following walking routes bring you into spectacular landscapes in just one day or less.



## IDEAS FOR HALF-DAY WALKS

### 1 SETAU SAGÈTH

Discover the history of the Val d'Aran through its villages, riverbanks, and mountain passes, starting and ending in Vielha.

[www.camins.net](http://www.camins.net)

#### FACT FILE



103 km



Circular



9100 m

### 2 CORSA E CAMINADA DES 15 PÒBLES

Walk along the former communication lines linking up the villages in the Val d'Aran.

[www.corsa15pobles.org](http://www.corsa15pobles.org)

#### FACT FILE



10 km



Circular



600 m

### 3 WATERWAY

Route following former shepherds' paths along the banks of the River Noguera de Tor.

[www.turismealtaribagorca.cat](http://www.turismealtaribagorca.cat)

#### FACT FILE



27 km



Linear



822 m

### 4 SENET WILDLIFE ROUTE

Wildlife route starting and ending in the village of Senet.

[www.turismealtaribagorca.cat](http://www.turismealtaribagorca.cat)

#### FACT FILE



6.5 km



Circular



430 m

### 5 PATHS OF "VOICES OF THE RIVER PAMANO"

Route passing through places described in the novel *Voices of the River Pamano*.

[www.valldassua.cat](http://www.valldassua.cat)

#### FACT FILE



5.7 km



Circular



300 m

### 6 MOLLERA D'ESCALARRE ITINERARY

Path leading to Mollera d'Escalarre, a mountain wetland zone of glacial origin.

[www.pallarssobira.info](http://www.pallarssobira.info)

#### FACT FILE



1,8 km



Linear



50 m

## 7 MONT-REBEI CANYON

Itinerary along a path carved out of the rock at an altitude of 500m, over the River Noguera Ribagorçana.

[www.pallarsjussa.net](http://www.pallarsjussa.net)

### FACT FILE



3 km



Linear



120 m

## 8 TERRADETS RESERVOIR BANKS

Itinerary along the banks of Terradets reservoir.

[www.pallarsjussa.net](http://www.pallarsjussa.net)

### FACT FILE



3.3 km



Linear



60 m

## 9 SANT JOAN DE L'ERM FOREST ROUTE

Route through the leafy forests of Alt Urgell County.

[www.geomapa.cat](http://www.geomapa.cat)

### FACT FILE



9.3 km



Circular



900 m

## 10 BOSCALT SANCTUARY

Walk up to Boscalt sanctuary, with impressive views over the Cadí Mountains.

[www.geomapa.cat](http://www.geomapa.cat)

### FACT FILE



3.5 km



Circular



110 m

## 11 VALL DE LORD GREEN PATH

Itinerary along the River Cardener.

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

### FACT FILE



7.5 km



Linear



221 m

## 12 SANT CLIMENÇ NATURAL SPRINGS

Route around Sant Climenç village, starting and ending at the natural springs of the same name.

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

### FACT FILE



6.2 km



Circular



115 m

## IDEAS FOR HALF-DAY WALKS

## 13 ST JAMES' WAY

Secondary branch of the St James' Way to Santiago de Compostela, through Cerdanya County.

[www.cerdanya.org](http://www.cerdanya.org)

## FACT FILE



36 km



Linear



252 m

## 14 TOSSA PLANA DE LLES

Climb Tossa Plana de Lles (2916m), the highest mountain in Cerdanya County.

[www.cerdanya.org](http://www.cerdanya.org)

## FACT FILE



7 km



Linear



801 m

## 15 COLONY ROUTE

Route taking in the former textile colonies along the banks of the River Llobregat, one of the most exceptional concentrations of industrial colonies in Europe.

[www.parcfluvial.cat](http://www.parcfluvial.cat)

## FACT FILE



32 km



Linear



450 m

## 16 THE PICASSO TRAIL

The trail through Berguedà and Cerdanya Counties follows that taken by Pablo Picasso on his way back to France in the summer of 1906.

[www.elbergueda.cat](http://www.elbergueda.cat)

## FACT FILE



60 km



Linear



2370 m  
(uphill gradient)

## 17 UNDER THE GAZE OF TAGA MOUNTAIN

Route through Vall de Ribes, with Taga Mountain as a point of reference throughout the whole itinerary.

[www.itinerannia.net](http://www.itinerannia.net)

## FACT FILE



16 km



Circular



705 m

## 18 BEGET AND ROCABRUNA ALONG SMUGGLERS' PATHS

Itinerary to discover the natural heritage of Alta Garrotxa.

[www.itinerannia.net](http://www.itinerannia.net)

## FACT FILE



14 km



Circular



760 m



## 19 MARIAN VAYREDA'S ALTA GARROTXA

Literary route through the Alta Garrotxa, the backdrop for Marian Vayreda's novel *La Punyalada*.

[www.itinerannia.net](http://www.itinerannia.net)

### FACT FILE



13 km



Linear



392 m

## 20 ZONA VOLCÀNICA DE LA GARROTXA NATURAL PARK

Explore the Natural Park on this route.

[www.itinerannia.net](http://www.itinerannia.net)

### FACT FILE



12 km



Circular



389 m

## 21 DALÍ LANDSCAPES

Discover the landscapes that inspired Salvador Dalí.

[www.itinerannia.net](http://www.itinerannia.net)

### FACT FILE



17 km



Circular



495 m

## 22 AROUND SANT PERE DE RODES

Walk through the area surrounding the Benedictine monastery of Sant Pere de Rodés.

[www.itinerannia.net](http://www.itinerannia.net)

### FACT FILE



17.5 km



Circular



559 m

## BEYOND HIKING

### CULTURE AND HERITAGE



#### MEMORY OF A PLACE

The backbone around which modern Catalonia developed, the Pyrenees boast an outstanding architectural and cultural heritage, and resources of World Heritage status. The source of inspiration for writers and painters, as well as the cradle of the thousand-year-old Catalan culture, they are home to Romanesque churches and monasteries, castles, mediaeval villages, and archaeological sites, as well as over fifty museums, devotional sanctuaries of great beauty, places of worship, and interesting ruins full of history.

### GASTRONOMY



#### NATURE AND FINE CUISINE

The fine Pyrenean gastronomy makes it a pleasure to sit down and enjoy our mountain specialities. Mushrooms, game, cold meats, cheeses made from sheep's, cow's or goat's milk... Pyrenean cuisine combines local produce with time-honoured culinary skills to surprise and satisfy even the most demanding palates.

### ACCOMMODATION



#### A WELL-DESERVED REST

Hotels, rural accommodation, hostels, and campsites...

In the Catalan Pyrenees you will find accommodation to suit all tastes, each with its own personality and speciality. The welcoming, enthusiastic Pyrenean accommodation options provide a place for a well-deserved rest.



## CREDITS

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**P7.** Artiga de Lin. Val d'Aran. Rafael López-Monné.  
**P8.** Solsonès. Oriol Clavera.  
**P11 – P20.** Rafael López-Monné; Pass'Aran; Camin Reiau; Chariots of Fire; Diario de un Mentiroso; Judith Mira; Route of the Three Valleys; Jordi Tutusaus, Traces; Alejandro Gamarra; Jaume Pifarré; Rafael López-Monné; Óscar Rodbag; Pako Crestas; Route of the Hermit; The Bastions; Xavier Fernández; Pep Hubach - Corriols de Llum; Pau Ortiz, Alt-Ter.  
**P21.** Obaga de Queralt path. El Berguedà. Rafael López-Monné.  
**P22.** Hiking around Cap Norfeu, Rosès. Alt Empordà. Francesc Tur. PTCBG Iconographic Archives.  
**P28.** Hiking in the Volcanic Area, Garrotxa. Itinerànnia. PTCBG Iconographic Archives.  
**P34.** Culture and Heritage; El Pont de Suert festival, Alta Ribagorça. Manel Pueyo; Gastronomy: La Seu d'Urgell cheeses, Alt Urgell; Turisme de La Seu; Accommodation: Mas Garganta, Garrotxa. Itinerànnia. PTCBG Iconographic Archives.  
**P35.** Val d'Aran. Mikael Helsing.



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The essence of the Pyrenees



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