

# Hiking in Catalonia

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## Routes in a unique and diverse world

In the "A unique and diverse world" section of this guide, you will find proposals adapted to all types of hikers: for those who are experts or experienced hikers, or those who are getting ready for their very first trip:

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## Hiking in Catalonia

What does this publication offer?

**04 Beyond the road.**  
Hiking in the 21<sup>st</sup> century is about much more than having lots of kilometres under your belt.

**Sustainable hiking.** Responsible sustainability.

**05 Catalonia, a great distance to travel.**  
A selection of the busiest GRs and other routes.

**06 Catalonia, essential routes.**  
Great routes to travel on and get to know the area.

**10 Challenges and tailor-made routes.**  
Journeys with their own names.

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A list of accommodation and companies.  
Routes for experienced hikers and experts - Routes for beginners and/or open to all.



## Beyond the road

Travelling on foot is about much more than having lots of kilometres or metres climbed under your belt. The 21st century hiker is an explorer who is in love with the landscape, a traveller who enjoys practising sport in harmony with nature, the environment and the cultural heritage that surrounds them. In Catalonia, all hikers have countless tailor-made routes to choose from. There are half-day excursions, full-day routes, two- or three-day trips and, for the more experienced, long-distance itineraries that last for a week or even longer. The possibilities are endless. 📍

## Sustainable hiking

Catalonia was the first complete destination in the world to obtain the Biosphere Responsible Tourism certification, which recognises the drive for tourism that practises environmental sustainability, social inclusiveness and accessibility for all. Hiking meets all of these requirements: it is the most environmentally-friendly leisure activity and is an effective tool for the economic development of rural areas. To this end, Catalonia continues to broaden its offering for all kinds of audiences through the creation of local trail networks and participation in international route development programmes, such as Hiking Europe. 📍

# 365

## DAYS PER YEAR

A MILD AND FAVOURABLE CLIMATE, A MOUNTAINOUS TERRAIN FULL OF CONTRASTS AND A GREAT WEALTH OF LANDSCAPES AND CULTURE MAKE CATALONIA THE PERFECT DESTINATION FOR HIKING.

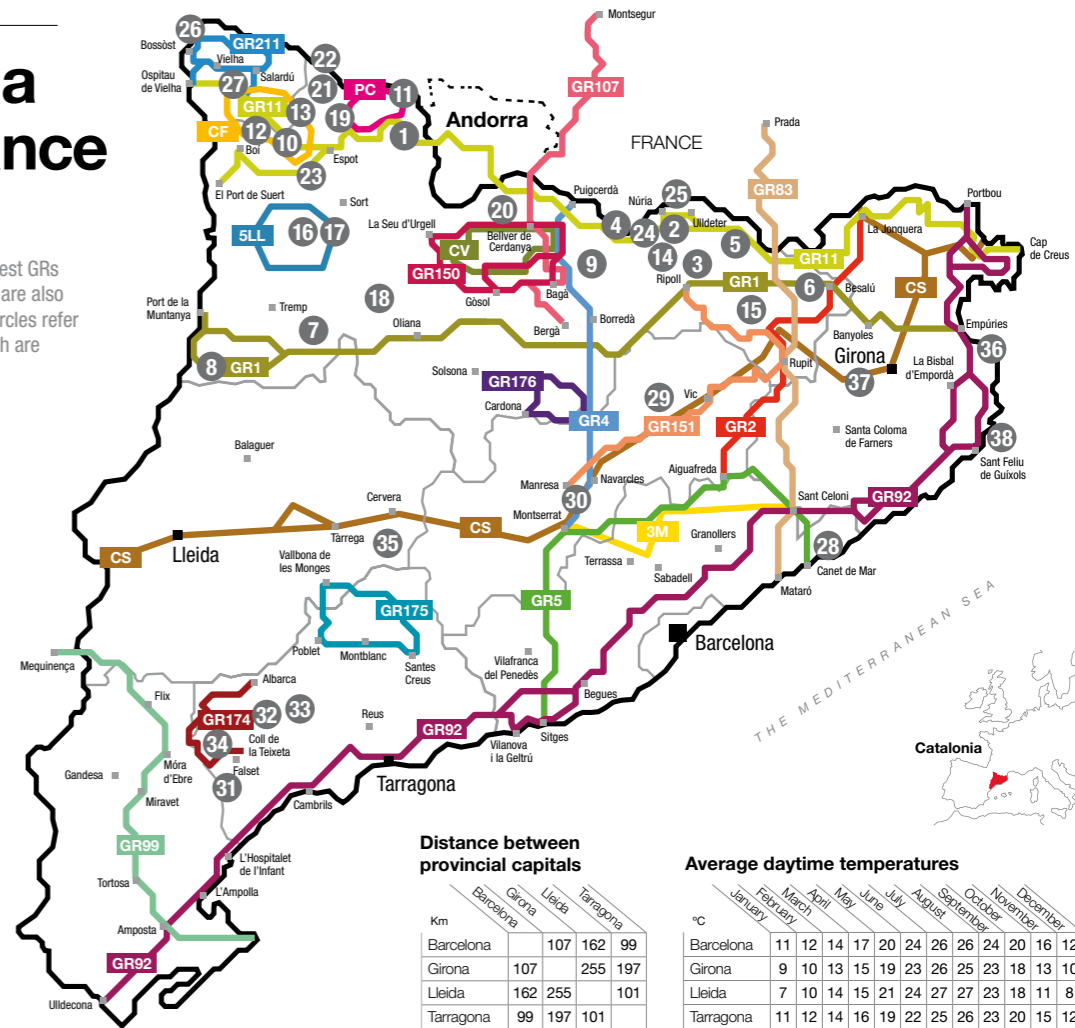
# Catalonia, a great distance to travel

The map shows a selection of the busiest GRs and other routes across Catalonia that are also recommended. The numbers in grey circles refer to the proposals listed on page 3, which are explained throughout the booklet.

- GR1 Transversal Path
- GR2 From La Jonquera to Aiguafreda
- GR4 From Puigcerdà to Montserrat
- GR5 The Viewpoint Trail
- GR11 Pyrenean Trails
- GR83 The Path of Exile
- GR92 The Mediterranean Trail
- GR99 Ebro Path
- GR107 Camí dels Bons Homes
- GR150 A Trip Around Cadí-Moixeró Natural Park
- GR151 Paths of the Bishop and Abbot Oliba
- GR174 El Priorat Trail
- GR175 The Cistercian Route
- GR176 Route of the Romanesque Hermitages
- GR211 Circular Route in the Val d'Aran

### Other routes

- CF Carros de Foc
- PC La Porta del Cel
- 3M Els 3 Monts
- CV Cavalls del Vent
- SLL El Cinquè Llac
- CS Way of Saint James



### Distance between provincial capitals

	Barcelona	Girona	Lleida	Tarragona
Barcelona		107	162	99
Girona	107		255	197
Lleida	162	255		101
Tarragona	99	197	101	

### Average daytime temperatures


°C	Average daytime temperatures											
	January	February	March	April	May	June	July	August	September	October	November	December
Barcelona	11	12	14	17	20	24	26	26	24	20	16	12
Girona	9	10	13	15	19	23	26	25	23	18	13	10
Lleida	7	10	14	15	21	24	27	27	23	18	11	8
Tarragona	11	12	14	16	19	22	25	26	23	20	15	12



© VAL D'ARAN

# Catalonia, essential routes

Among all the possible options, we present an inspiring and varied selection of routes to travel on and discover Catalonia and its scenic beauty. Although we should not forget that this guide is only a starting point for anyone wishing to explore the varied geography of Catalonia, here you'll find a list proposed hiking trails.

 Activities suggested by companies specialising in hiking



© VAL D'ARAN

Costa Brava - Pirineus - Val d'Aran

## GR 11. From the Mediterranean Sea to the Cantabrian Sea



The GR 11, also known as the Pyrenees Trail, runs along the entire southern slope of the Pyrenees, from Cap de Creus in Girona to Cape Híguer in Gipuzkoa. In the Catalan section, this long-distance path allows walkers to enjoy many diverse

places, from rock formations in the Cap de Creus Natural Park right by the sea, to the lacustrine landscapes of the Aiguestortes i Estany de Sant Maurici National Park high in the Pyrenees mountains. During the trip, in which you are always surrounded by mountains that reach and sometimes exceed 3,000 m, hikers can discover medieval monasteries such as Sant Pere de Rodes, the emblematic Núria Sanctuary and countless picturesque villages.



© DANIEL PUNSETI

Costa Brava - Costa Daurada - Terres de l'Ebre

## GR 92 Catalonia with sea views



From Portbou, on the border with France, to Ulldecona, in Terres de l'Ebre, the GR 92 stretches along the entire Catalan coast, passing by magnificent coves that can only be reached by old paths that

have now been recovered. The route stops at beautiful fishing villages such as Cadaqués, and passes by untouched beaches and natural parks such as Cap de Creus, Aiguamolls de l'Empordà, Serra de Collserola, and el Garraf.

 **PART OF THE WAY, JUST A CLICK AWAY**

A linear and self-guided route lasting 2 days along Costa Brava's *camins de ronda*, with accommodation, transfers and the option of an official guide and luggage transport.

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

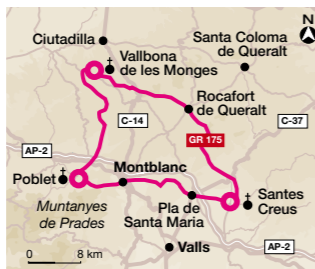
# Cultural heritage

Hiking is a response to the human need to explore and be in contact with nature. However, not everything is about landscapes, mountains, rivers and lakes. The paths also lead to walled villages, prehistoric sites, Greek temples, Roman villas, medieval cities, monasteries, hermitages and sanctuaries. Some are in remote locations, and others require only a short walk along one of the local trails (SL) that are springing up throughout the country and are suitable for hikers of all levels. Don't forget to get informed before setting off on these routes.



Costa Daurada - Terres de Lleida

## GR 175 The Cistercian Route



This is a route through the three most emblematic monasteries of the Cistercian Order in Catalonia. It is a passport to a world of prayer, communion with nature and a passion for beauty. The GR 175, also

known as **The Cistercian Route**, is a triangular route that passes by three monasteries: Santes Creus, the oldest of the Order in Catalonia and where the remains of ancient kings rest, Vallbona de les Monges, which has been run by a female religious community for over 850 years, and Poblet, a UNESCO World Heritage Site that is home to a monastic community.

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

MEDIEVAL VILLAGES, ROMANESQUE CHURCHES AND THOUSAND-YEAR-OLD MONASTERIES AWAIT WALKERS EAGER FOR CULTURE AND TRADITION.



Costa Brava - Paisatges Barcelona - Terres de Lleida

## Pilgrims of the 21st Century The Way of Saint James



In medieval Catalonia, pilgrims heading to Santiago de Compostela crossed the Pyrenees via the Coll de Panissars mountain pass in La Jonquera. Today, the monastery of Sant Pere de Rodes, overlooking the Mediterranean,

is a great starting point for hikers wishing to follow the old Jacobean route as it passes through Catalonia. The itinerary has been recovered and signposted in order to link together a long list of towns and cities marked by the course of history and by the passage of the pilgrims themselves, who stopped in towns such as Girona, Vic or Manresa and in noteworthy sanctuaries such as Montserrat.

<http://www.catalunya.com/cami-de-sant-jaume-24-1-61>



Pirineus

## GR 107 Camí dels Bons Homes



The **Camí dels Bons Homes** traces the route taken through the mountains by the Cathars as they fled in the 13th century. They were Christians who advocated spiritual purity, opposing the materialism adopted by high

standing members of the Catholic Church at the time. This trans-Pyrenean route connects Queralt Sanctuary, in Berga, with Montsegur Castle, in France, passing through the Cadí-Moixeró Natural Park.

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

### A SUGGESTION IN ONE CLICK









A self-guided 10-day trek with half-board accommodation, journey guidebook, maps and the option of luggage transport.

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



# Challenges and tailor-made routes

In recent years, the routes between mountain refuges have become more popular. These are circular routes that can be covered in 4 or 5 days, with nights being spent in accommodation that includes dinner, breakfast and a picnic for the following day. For many of these routes, there is a package that includes accommodation bookings and a stamped passport that certifies that all stages of the route have been completed.







-  Difficulty
-  Stages
-  Elevation Change
-  Distance
-  Time of Year
-  Interest
-  Circular
-  Age



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## Carros de Foc

Between lakes and refuges in Aigüestortes

-   55 km
-  5-7
-  9.200 m+
-  

**Carros de Foc** is a mythical journey that takes walkers through impressive landscapes and is designed for those with good physical preparation. This high mountain route connects nine refuges in the Aigüestortes i Estany de Sant Maurici National Park. It passes through iconic sites such as the summits of Els Encantats and the Estany Negre.







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



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## La Porta del Cel

Crowning Catalonia's summit

-   65 km
-  5
-  11.000 m+
-  

**La Porta del Cel** is a route that takes place entirely in high mountain areas. The mountain crossing links four refuges within the Alt Pirineu Natural Park, the largest in Catalonia, reaching the Pica d'Estats (3,143 m) that is known as the "roof" of Catalonia. It passes through lakes of glacial origin, among them the Certascan lake.







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



Costa Barcelona

## Els 3 Monts

From Montseny to Montserrat

-   105,5 km
-  6
-  1.384 m+
-  

**Els 3 Monts** is a route without technical difficulty through three protected areas: the Montseny Natural Park, Sant Llorenç del Munt i l'Obac Natural Park and Montserrat. The route passes via beech forests, rock formations and Romanesque and modernist architecture, and has the added bonus of being just 45 minutes away from Barcelona by car.

[www.els3monts.cat](http://www.els3monts.cat)



© PEDRAFORCA

Pirineus

## ♥ Cavalls del Vent

A Tibetan inspired journey

!	●	∞	84,2 km	🔄
🏠	4-5	⚙️	☀️	
⬇️	5.600 m+	👁️	🌿	

The **Cavalls del Vent** route is a must if you wish to discover the ecosystems and landscapes of the Cadí-Moixeró Natural Park. It revolves around eight mountain refuges where walkers can see the Tibetan prayer flags that give the crossing its name ("Wind Horses"). Over the course of the route, you can admire the Pedraforca massif.

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



© EL CINQUÈ LLAC

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## ♥ El Cinquè Llac

Paths of magic and mystery

!	●	∞	105,30 km	🔄
🏠	5	⚙️	🌸	☀️
⬇️	6.299 m+	👁️	🌿	

**El Cinquè Llac** is a circular route without technical difficulties that allows walkers to discover the Catalan Pyrenees. The five-day route finishes at the enigmatic "fifth lake" of Montcortès, a reservoir of karstic origin. All along the way, hikers can enjoy walking by water, gain sustenance from the delicious local gastronomy and rest in guesthouses that pride themselves on rural and sustainable tourism.

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



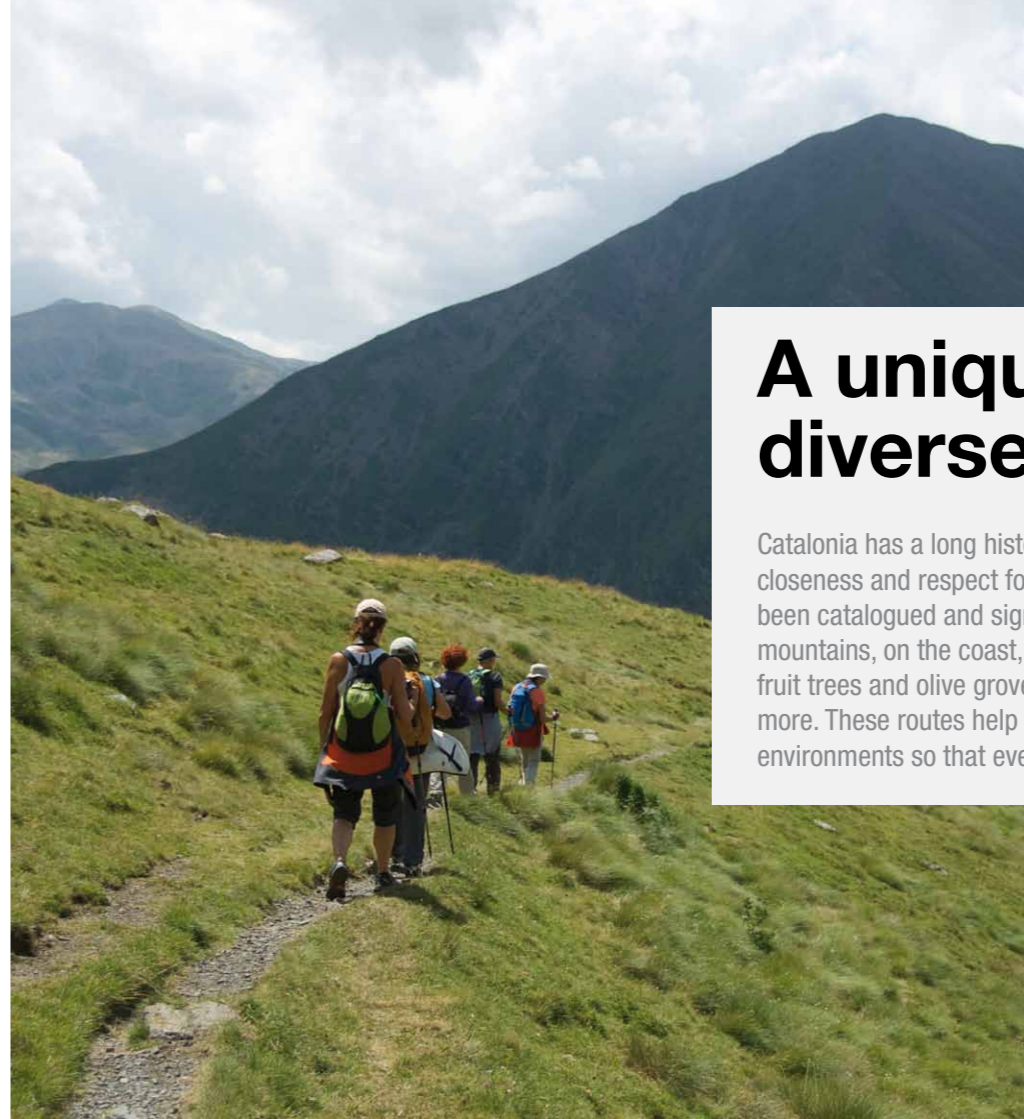
## HIKING EUROPE: ROUTES WITHOUT BORDERS

Hiking Europe's aim is to allow, through hiking, the discovery of rural areas of significant natural and cultural interest that have traditionally been on the margins of conventional tourist routes. This creates new opportunities for sustainable development and drives the creation of affordable routes for enthusiasts of all levels. All the itineraries meet a series of requirements that make them suitable for people just starting out with this type of holiday activity. The routes cover 1,170 km and are spread over areas in four countries: Dubrovnik-Neretva County in Croatia, the Emilia-Romagna region in Italy, County Donegal in Ireland and, in Catalonia, the Pyrenees region and El Priorat wine region on the Costa Daurada.

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



© Maria Pòsset Ferré / Infotur



© CASA LEONARDO

# A unique and diverse world

Catalonia has a long history of hiking that fuels a feeling of closeness and respect for nature. Routes of all distances have been catalogued and signposted in places such as the Pyrenean mountains, on the coast, in valleys, alongside rivers, among vines, fruit trees and olive groves, near towns and cities, and much more. These routes help to preserve unique and one-of-a-kind environments so that everyone can enjoy them.

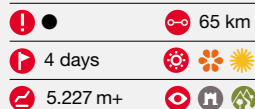


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## 1 The Route to Freedom

An homage to the persecuted



Straddling the Alt Pirineu Natural Park and the Pyrenees of Ariège in France, this route between four mountain refuges is an homage to all those who, throughout history, crossed the Pyrenees in one direction or another in search of freedom. **Muntanyes de Llibertat** is a high mountain route for experienced hikers, which allows you to enjoy places such as the Certascan lake.

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

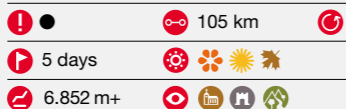


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## 2 Els Bastions

Across the peaks of the eastern Pyrenees



Beginning and ending in Ribes de Freser, this mountain route passes by the most imposing peaks of the Ribes Valley, in the heart of the Catalan Pyrenees. This mountain crossing includes emblematic peaks such as Puigmal (2,910 m), Bastiments (2,883 m) and Taga (2,038 m), which make up a marvellous Pyrenean viewpoint in an area of great mountain tradition and remarkable gastronomy.

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



© PIRINEU EMOCIO

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## 3 Serra de Monestirs

At the medieval birthplace of Catalonia



**Serra de Monestirs** is a circular route covered in five stages. It begins in Ripoll, "the cradle of Catalonia", and links three great medieval monasteries: Santa Maria de Ripoll, with its 12th century Romanesque entrance, Sant Joan de les Abadesses, built in the 9th century, and Sant Pere de Camprodon. There is the option to take advantage of an auto-guide, accommodation service and meals in old buildings.

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

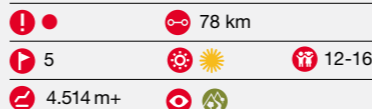


© A PAS D'ISARD

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## 4 El Torb Refuges

A route of nomads and pilgrims



The **El Torb Refuges** route connects the Vall de Núria with El Canigó, two emblematic places with their respective peaks: Puigmal (2,910 m) and Pica del Canigó (2,784 m). The route progresses along historical paths, used for centuries by nomadic shepherds, pilgrims and soldiers. You can rest in refuges and book half board, GPS tracking and technical equipment.

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



© A PAS D'ISARD

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5 From the Pyrenees to the Sea. A route with a Mediterranean feel



This mid-mountain crossing connects Camprodon and Cotlliure, in the eastern French Pyrenees. The route alternates landscapes of Atlantic beech forests, Mediterranean cork oaks and solitary villages, and offers breathtaking panoramic views with the sea on the horizon. During the self-guided itinerary, hikers can learn about historical events that occurred in these mountains over the years.

[www.apasdisard.com/en](http://www.apasdisard.com/en)  
[www.delpirineualmar.com](http://www.delpirineualmar.com)



© CABLEPRESS / INFO TUR

## Núria Sanctuary THE POT OF FERTILITY

Legend and tradition say that a woman who rings the bell while putting her head inside the pot at Núria Sanctuary will go on to conceive a child. The origin of this belief is unknown, but according to ethnologist and folklorist Joan Amades, it could have stemmed from ancient times when a menhir that existed in the valley was already thought to give women who touched it the gift of fertility.





© ACVA / INFOTUR

Did you know?

## THERE'S A PATH DUG INTO THE ROCK

The slope of the Mont-rebei gorge, between the regions of el Pallars Jussà and la Noguera, has a vertical drop of more than 500 metres, and in some areas, the minimum width is just 20 metres. It is crossed via a single path that has been partially excavated in the rock, which allows you to enjoy an impressive and spectacular view of the area without the feelings of vertigo.



© ORIOL ALAMANY / INFOTUR

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**6 El Ripollès-L'Alt Empordà.** Ancient roads that lead to the sea



500 km



The Itinerànnia route network has recovered the old paths and trails that linked the villages of the el Ripollès, la Garrotxa and l'Alt Empordà regions. The result is a network of more than 2,800 km of paths marked with a yellow signpost. The routes can be combined with one another, and pass through areas of historical, cultural and gastronomic interest. The platform proposes several routes as well as the possibility of customising them.

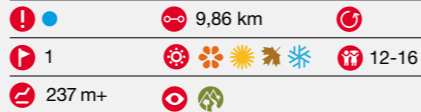
[www.itinerannia.net/en](http://www.itinerannia.net/en)



© MAS DE BRUQUET

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**7 Vall de Barcedana** Forests, fields and waterfalls at your leisure



9,86 km



1

12-16



237 m+

This circular route runs eastwards, and the starting point is the Mas de Bruquet country house in el Pallars Jussà. The path is relaxed and ideal for stopping to take in the contrasting landscapes and the perfect combination of forests, torrents, waterfalls, country houses and croplands. The route can be extended to include the spectacular Cova Negra in Mata-solana.

[www.masdebruquet.es](http://www.masdebruquet.es)



© MAS DE BRUQUET

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**8 Mont-rebei** The gorge's dizzying drop

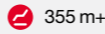


6,9 km



1

6-11



355 m+

The force of the river has cut through the Montsec mountain range and created the Mont-rebei gorge. A manmade path has been dug into the rock, and the Canelles dam often raises the water level... It is a spectacular and dramatic landscape. The circular route, organised by Mas de Bruquet, covers almost 7 km until it reaches the end of the gorge. If the reservoir is full, you must go back the way you came.

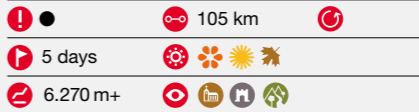
[www.masdebruquet.es](http://www.masdebruquet.es)



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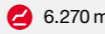
**9 The Route of the Hermit** A quiet path of refuges and hermitages



105 km



5 days



6.270 m+

**The Route of the Hermit** straddles the Cadí-Moixeró, Catllaràs and Picancel mountain ranges, and makes use of the paths that connected the old counties of Berga, Urgell and Ripoll. Through wooded valleys and alpine peaks, this crossing between refuges uncovers around twenty historical monuments, temples and Romanesque hermitages, and allows walkers to experience a sense of tranquillity and closeness with nature.

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



© RUTES PIRINEUSTURISME ACTU DE MUNTANYA, SL

Pirineus

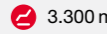
**10 Aigüestortes** The magic of water up high



54 km



4 days



3.300 m+

**The Magic of Aigüestortes** is a journey of four stages that covers the two main sections of the Aigüestortes i Estany de Sant Maurici National Park. The itinerary will amaze hikers with its great beauty and for the starring role water plays in the route in the form of small lakes of glacial origin. A qualified mountain guide and expert in the park's fauna, flora and geology joins you on the route.

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



© IMAGEN.A.S. / INFOTUR

## Did you know? THERE IS WORLD HERITAGE IN LA VALL DE BOÍ

The towns that make up La Vall de Boí hold a treasure that in 2000 was declared World Heritage by UNESCO. This is a group of Romanesque churches, which have been preserved over the centuries thanks to valley's isolated location until well into the 20<sup>th</sup> century.



© RUTES PIRINEUS TURISME ACTIU D'ALTA MUNTANYA, SL

Pirineus

### 11 Pica d'Estats

The classic 3,000 m summit, the roof of Catalonia

!	●	∞	18 km	
▶	1	⚙️	☀️	👤 12-16
↪️	1.500 m+	🏠	🌿	

The **Pica d'Estats**, with its 3,143 m of altitude, is the highest point in Catalonia and one of the most popular and well-known mountains across Catalan territory. The spectacular ascent of the "Pica" via La Vall Ferrera, a quiet valley with little footfall, can be done in one day and is one of the greats of mountaineering in the Catalan Pyrenees. The summit is a magnificent natural vantage point that offers marvellous views of the entire Catalan Pyrenees.

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



© ARXIU DEL PATRONAT DE LA VALL DE BOÍ

Pirineus

### 12 Romanesque Pyrenees

Eight churches on the Camí de l'Aigua

!	●	∞	5-6 km	
▶	3 days	⚙️	☀️	👤 6-16
↪️	160-200 m+	🏠	🌿	

La Vall de Boí is home to a beautiful set of Romanesque churches, built in the 11<sup>th</sup> and 12<sup>th</sup> centuries, that adorn this welcoming and rustic valley. The **Romanesque route along the Camí de l'Aigua** proposes a three-day visit on foot to the eight Romanesque churches of the valley, starting from the Caldes de Boí spa. There is the option of choosing between three self-guided itineraries according to the level of difficulty.

[www.vallboi.cat/en](http://www.vallboi.cat/en)



© ORIOL LLIBREDO / INFOTUR

Pirineus

### 13 La Vall de Boí

The ancestral charm of the *faies*

!	●	∞	10 km	
▶	1	⚙️	☀️	👤 6-16
↪️	120 m+	🏠	🌿	

Summer is the time of *faies* (rustic torches) in the Pyrenees, and especially in La Vall de Boí, where the tradition is to descend the mountain with the *faies* burning. An excellent way to get to know this ancestral tradition and culture is with the route from Boí to Barruera that joins the *faros*, the burning trunks where the *faies* are lit, at the top of the mountain.

[www.vallboi.cat/en](http://www.vallboi.cat/en)



© PEDRATOUR

Pirineus

### 14 Magic Mountains

The challenge of walking along the summits

!	●	∞	98,47 km
▶	5	⚙️	☀️
↪️	7.489 m+	🏠	🌿

**Magic Mountains** is a challenge for lovers of high mountain hiking. You can travel on foot during the summer, when the snow gives way to the green meadows, from Ribes de Freser (el Ripollès) to Estana (la Cerdanya), taking on a total of seventeen summits (including Bastiments and Puigmal). It is a demanding yet spectacular route, which in winter is reserved for skiers and mountaineers.

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



© JOSÉ LUIS RODRÍGUEZ / INFOTUR

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### 15 La Garrotxa

Between volcanoes and lava flows

!	●	∞	21 km
▶	3 days	⚙️	☀️
↪️	480 m+	🏠	🌿

Between the mountains of the Pyrenees and the sand of the Costa Brava hides a natural area of volcanoes and basaltic lava flows. This three-day route through la Garrotxa Volcanic Zone Natural Park passes through landscapes of lush vegetation of great botanical value, forests of holm oaks, beeches and English oaks, rivers, wetlands and up to fourteen volcanoes!

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



© CASA LEONARDO

Pirineus

## 16 La Vall Fosca Paths, plants and natural recipes



- ! ●
- 📍 6 outings
- 🌿
- 🕒 6-16
- 📏 200 m
- 🏠

The valley's climate and a privileged location at the foot of the Aigüestortes i Estany de Sant Maurici National Park mean la Vall Fosca is home to a wide variety of aromatic and medicinal herbs, as well as flowers and fruits for making soaps and liqueurs. The rural house Casa Leonardo, together with the company Naturalwalks, organises six outings that combine hiking and ecotourism.

[www.casaleonardo.net/en](http://www.casaleonardo.net/en)



© CASA LEONARDO

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## 17 Through el Pallars Jussà. Four routes like a four-leaf clover



- ! ●
- 📏 7-15 km/stage
- 📍 4
- 🌿
- 🕒 12-16
- 📏 400 m+
- 🏠

Similar to the leaves on a four-leaf clover, **The flower of Casa Leonardo** is a proposal of four circular itineraries that begin at the rural house in Senterada, the natural gateway to la Vall Fosca. Each of the stages can be followed on the corresponding paths and with the help of a free GPS.

[www.casaleonardo.net/en](http://www.casaleonardo.net/en)



© TURISMO VERDE - S.L. / INFOTUR

## The fantastical Pyrenees THE REFUGE OF THE FOREST ELVES

Legend has it that, since time immemorial, the Pyrenees have been inhabited by tiny beings of mythological origin, called *minairons*. They live inside the dry logs and whoever finds them becomes their master, for whom they work tirelessly. Much of the scree in the Pyrenees, they say, was the work of these elves.



© HOTEL CAN BOIX

Pirineus

## 18 Roca del Corb A tour of prehistoric nature



- ! ●
- 📏 10,1 km
- 📍 1
- 🌿
- 🕒 12-16
- 📏 570 m+
- 🏠

You can walk to the emblematic Roca del Corb and Roc de Cogul, starting from the Hotel Can Boix, and on your way back visit Peramola, a beautiful town in l'Alt Urgell. Hotel guests will have detailed information about this self-guided route (map, geolocations, points of historical interest, etc.). The tour includes visits to troglodyte constructions and the Romanesque chapel of Sant Salvador.

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



© MONNATURA PIRINEUS

Pirineus

## 19 Son, el Pallars Sobirà Wildlife in the Pyrenees



- ! ●
- 📏 2 km
- 📍 1
- 🌿
- 🕒 6-16
- 🏠

The area surrounding MónNatura Pirineus offers nature lovers, and in particular walkers, a wide range of landscapes, colours and routes that vary according to the season of the year. In this space, located a few kilometres from Son (el Pallars Sobirà), hikers can discover leafy black pine forests and green meadows, and can see the awakening of marmots, bears and butterflies.

[www.monnaturapirineus.com/en](http://www.monnaturapirineus.com/en)



© ARTHUR FREDERICH SELBACH / INFOTUR

## Stone art EL PALLARS BRIDGES

The region of el Pallars Sobirà still conserves many medieval bridges, built with stones. These bridges, of great beauty and representing the area's architectural heritage, were key in connecting the valleys' villages that are separated by an endless number of rivers and streams. What's more, they are found in idyllic places that take us back to the past.



© CERDANYA ECORESORT

Pirineus



## 20 Viewpoints of el Cadí

Ecotourism hiking at a family rhythm

!	●	↻	7-8 km
📅	1 day	🌻🌻🌻🌻	👤 0-11
📏	250 m+	🏠🌿	

This route runs at a family pace around Prullans (la Cerdanya) until it reaches the Viewpoints of el Cadí, stopping off first at the organic vegetable garden: a large area cultivated with a rich variety of vegetables that younger hikers can collect and eat later in the Cerdanya EcoResort restaurant.

[www.discoverpyrenees.com](http://www.discoverpyrenees.com)  
[www.cerdanyaecoresort.com](http://www.cerdanyaecoresort.com)



© HOTELERIA DANIEL S.L

Pirineus



## 21 Gerdar Forest

The paradise of fantastical creatures

!	●	↻	2,5 km
📅	1	🌻🌻🌻🌻	👤 0-16
📏	180 m+	🏠🌿	

A fantastic, family-friendly route through the Gerdar forest, situated close to the Aigüestortes i Estany de Sant Maurici National Park. It is based on the legend of the *minairons*, tiny fantastical beings that have inhabited the Pyrenees since time immemorial. The route, organised by Hotel La Morera, follows the path of the brown bear until it reaches the Gerber waterfall.

[www.hotel-lamorera.com/en](http://www.hotel-lamorera.com/en)



© HOTELERIA DANIEL S.L

Pirineus



## 22 Valls d'Àneu

A sustainable visit to the Gerber valley

!	●	↻	8,4 km
📅	1	🌻🌻🌻	👤 6-16
📏	230 m+	🏠🌿	

One of the pearls hiding in the Valls d'Àneu is the Gerber valley. The route organised by Hotel La Morera runs through this glacial valley, with high mountain lakes of great natural beauty. It is ideal for families and allows you to enter the world of hiking in a high altitude environment.

[www.hotel-lamorera.com/en](http://www.hotel-lamorera.com/en)



© HOTEL VALL FOSCA. FOTO DE JORDI TUTUSANUS

Pirineus



## 23 Pyrenean Ponds

Through the landscapes of electricity

!	●	↻	5,5 km	♿
📅	1	🌻🌻	👤 6-11	
📏	281 m+	🏠🌿		

The landscape and history of la Vall Fosca are combined in one circular route that explains to hikers how people lived and what they experienced at the beginning of the 20<sup>th</sup> century, in the very place they are now standing. Indeed, these valleys bore witness to the birth of the power stations that bring industrial electricity to the rest of Catalonia. The route connects the lagoons of Gento, Tort and Colomina.

[www.hotelvallfosca.com/en](http://www.hotelvallfosca.com/en)



© KOKOPELLI

Pirineus



## 24 Vall de Núria

Descent from the sanctuary

!	●	↻	6,5 km
📅	9 hours	🌻🌻🌻🌻	👤 6-16
📏	1.100 m-	🏠🌿	

The rack train makes its way between the narrow mountain walls until it reaches the Vall de Núria, a beautiful and emblematic spot situated between the high peaks of the Pyrenees and the refuge of the Núria Sanctuary. At this point, located at an altitude of 2,000 m, the descent begins along the signposted paths to the village of Querolbs.

[www.kokopeliadventure.com/en](http://www.kokopeliadventure.com/en)



© MAR FERNANDEZ NUJALARY / INFOTUR

Hiking with history

## THE FIRST HYDROELECTRIC PLANT IN CATALONIA

The large reservoir of La Vall Fosca, which exceeds 50 million m<sup>3</sup>, enabled the construction of the Cabdella hydroelectric power station to be planned at the end of the 19<sup>th</sup> century. It was a monumental construction for which roads, cable cars and canals were also built, so that, as early as 1914, the first large hydroelectric plant in Catalonia could be put into operation.

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



© PATRONAT DE TURISME DE LA Cerdanya



Pirineus

## A PILGRIMAGE THROUGH LA CERDANYA

Pilgrims from southern Europe used an alternative route to cross Catalonia on their pilgrimage to Santiago de Compostela. This route runs through La Cerdanya from east to west, in five stages. A 41-kilometre route, with little elevation change, during which hikers enter a quiet area and cross a beautiful valley that is suitable for walking with the family.

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



© GUIES AMA DABLAM

Pirineus

### 25 El Ripollès

A winter route to build an igloo



!	●	∞	4 km			
▶	1/2 day	⚙️	🌸	❄️	👨👩👧👦	6-16
↪️	150 m+	🏠	🌿			

The route begins at the Vallter 2000 ski resort, in the far north of the el Ripollès region. Following the course of the torrent and equipped with snowshoes, hikers head up to the refuge of Ulldeter, the setting for the main activity of the walk: finding a suitable place to construct an igloo. This is a very useful activity for mountaineers, since an igloo is a natural refuge to spend the night, at 0 °C and without wind.

[www.guiesamadablam.com/en](http://www.guiesamadablam.com/en)



© JOSÉ LUIS RODRÍGUEZ / INFOTUR

Val d'Aran

### 26 Camin Reiau

The old paths of Val d'Aran

!	●	∞	150 km			
▶	10 days	⚙️	🌸	☀️	🌿	❄️
↪️	6.070 m+	🏠	🌿			

The walker does not live by walking alone. History, culture and gastronomy are also aspects that fuel the hiker's journey. **Camin Reiau** is a route that crosses the Val d'Aran, from Montgarrí to Sant Joan de Toran, and connects the 33 villages of the valley via the paths of yesteryear. A journey on foot, without technical difficulties, to discover the customs and history of this area.

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



© NANO CANALS / INFOTUR

Val d'Aran

### 27 Via Calda

A spa route through la Vall de Boí



!	●	∞	88 km		
▶	4/5 days	⚙️	🌸	☀️	🌿
↪️	4.445 m+	🏠	🌿		

Hiking and hot springs circuits are a very good combination. The best proof of this is the Via Calda, a journey that links the best thermal baths in the Catalan Pyrenees through the mountains, in the towns of Boí, Tredós, Arties, Vielha and Les. Between spas, hikers can discover the Romanesque churches and lakes of la Vall de Boí.

<https://www.visitvaldaran.com/en/item/via-calda-grandes-rutas/>



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Costa Barcelona

### 28 Catalan Coastal Range

Strolls with a Mediterranean feel

!	●	∞	106 km			
▶	6	⚙️	🌸	☀️	🌿	❄️
↪️	3.656 m+	🏠	🌿			

El Maresme is an ideal setting for hiking enthusiasts who wish to alternate walks on the seashore with routes along the Catalan Coastal Range. The route called **El Maresme Trails** consists of 500 km of roads, tracks and trails to be covered on foot, by bicycle or on horseback.

[www.costadebarcelonamaresme.cat/ca/natura/rutes-i-senderisme/xarxa-de-senders-del-maresme](http://www.costadebarcelonamaresme.cat/ca/natura/rutes-i-senderisme/xarxa-de-senders-del-maresme)



© MARC CASTELLETT PUG / INFOTUR

Costa Barcelona

## HARVEST FESTIVALS

Vilafranca del Penedès has more than 50 kilometres of rural paths, a wide and impressive radial structure of roads that allows you to walk from the city to the nearby villages and get to know the natural area surrounding the capital of l'Alt Penedès.

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



© ASSOCIACIÓ RUTES DEL ROMANIC

Paisatges Barcelona - Pirineus



**29 GR 151. Camí Oliba**  
A route between churches and monasteries

! ● 115,18 km  
6 6  
486,7 m+

This long-distance path proposes a journey harking back to the origins of Catalonia, when people such as the bishop and abbot Oliba Christianised these lands by establishing churches and monasteries. The section that links Vic with Sant Joan de les Abadesses, of high scenic value, uncovers Catalan Romanesque jewels such as the monasteries of Sant Pere de Casserres, Ripoll or Sant Joan de les Abadesses.

[www.camioliba.cat/en](http://www.camioliba.cat/en)  
[www.pedratour.com](http://www.pedratour.com)



© ASSOCIACIÓ RUTES DEL ROMANIC

Paisatges Barcelona



**30 From Montserrat to Vic**  
In the footsteps of pilgrims

! ● 88 km  
5 5  
334,6 m+

Another section of the **Camí Oliba** is that which links Montserrat, a symbolic pilgrimage centre, and Vic, in Osona, a city that combines different architectural styles with a high historical value. Along the route, you can admire examples of first-class Romanesque heritage, such as Mòn Sant Benet, the Basilica of Santa Maria de la Seu in Manresa or the monastery of Santa Maria de l'Estany.

[www.camioliba.cat/en](http://www.camioliba.cat/en)



© JUAN JOSÉ PASQUAL / INFOTUR

## Medieval hiking FROM BARCELONA TO MONTSERRAT

In the Middle Ages, in order to reach Montserrat on foot from Barcelona, pilgrims had to cross the Llobregat River on several occasions. For a long time, there were only two bridges to cross it: the Pont del Diable in Martorell, built on Roman foundations at the end of the 13<sup>th</sup> century, and that of Monistrol, built at the beginning of the 14<sup>th</sup> century.



© MARIA ROSA FERRE / INFOTUR

Costa Daurada



**31 El Priorat**  
Wine hiking: routes, vineyards and wine

! ● 370 km  
6 6  
4.448 m+

**Priorat County Paths Network** is a network of footpaths in the el Priorat region that recovers old and historical paths for hiking and discovering, at the same time, the excellent vineyards of the region, tasting the products that have given it international renown, oil and wine, and visiting architectural monuments such as the Carthusian monastery of Escaladei.

[www.turismepriorat.org/en](http://www.turismepriorat.org/en)



© MIGUEL PAURICH / INFOTUR

Costa Daurada

**32 The Route of the Refuges.** An adventure among vineyards

! ● 90 km  
4 days 4  
4.448 m+

Passing through the unique topography of the Serra de Montsant Natural Park and the Muntanyes de Prades, **The Route of the Refuges** proposes a route in stages between four shelters: Cornudella de Montsant, La Mussara, Mont-ral and Prades Park. The itinerary takes advantage of the historical paths that, as they meander, allow hikers to discover small villages and hidden corners between vineyards and mountains.

[www.larutadelsrefugis.cat/en](http://www.larutadelsrefugis.cat/en)



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## Costa Daurada GAUDÍ'S INSPIRATION

The sinuous and whimsical forms of nature were a source of inspiration for the modernist architect Antoni Gaudí. In the mountains of the Costa Daurada, in the municipality of Argentera, we find the Collet Rodó. Its rocks and caves served as a "model" for the Catalan artist to create works such as La Pedrera or Park Güell.

[www.muntanyescostadaurada.cat/en](http://www.muntanyescostadaurada.cat/en)



© MARIA ROSA FERRÉ

## A stop on the way LOCAL DELICACIES

The charm of the medieval village of Montblanc, capital of the Conca de Barberà region, is already an excuse to make a stop along the way. Within its walls still resounds the legend of the knight St. George and the *trepat*, a local variety of grape, is grown there, which hikers can taste as excellent wines.



© MIGUEL RAURICH/INFOTUR

Costa Daurada

**33 El Brogit de la Vall**  
Following the course of the Brugent river



The circular route of **el Brogit de la Vall** is divided into four stages, passing through the regions of Baix Camp, Conca de Barberà and l'Alt Camp. It follows the course of the Brugent river from its source in Capafonts to its mouth in the Francolí river. Although it can be done in less time, this modality (the *Trescamons*) allows you to savour all the details and contrasts of the landscape. The route can be done with a guide or self-guided.

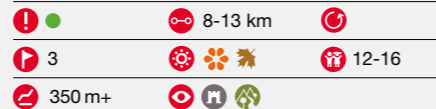
[www.elbrogit.com/en](http://www.elbrogit.com/en)



© EL BROGIT

Costa Daurada

**34 Trek&Wine in el Priorat.** Along the paths of Montsant



**Trek&Wine in el Priorat** is a proposal to discover the corners of the mystical mountain of Montsant: its history, landscapes, gastronomy and wines, through three very different circular excursions. Hikers can admire el Priorat from the impressive crags of the southern slope of Montsant, walk through the mythical village of Siurana and taste excellent wines of the DOQ Priorat.

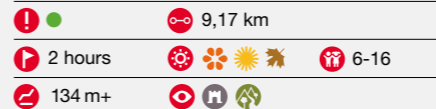
[www.elbrogit.com/en](http://www.elbrogit.com/en)



© LA TORRE DEL CODINA

Terres de Lleida

**35 From l'Urgell to la Segarra.** Discover the rural architectural heritage



The rural environment that connects the villages in l'Urgell and la Segarra allows hikers to discover a very rich rural architectural heritage, formed by constructions (or *pletas*) of dry stone, a typical material in Mediterranean areas. The route that follows these paths, starting at the rural house La Torre del Codina — catalogued as heritage of local interest — showcases an interesting set of these houses and cabins.

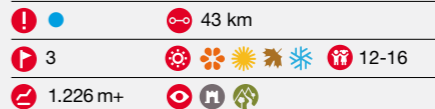
[www.latorredelcodina.com/en](http://www.latorredelcodina.com/en)



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Costa Brava

**36 Coastline**  
Paths with the sea in the background



The **Camí de Ronda** proposes a linear route covering 43 km to carry out in three stages between Sant Feliu de Guixols and Begur, using the old path that bordered the coast. The route intertwines the different beaches, coves and towns on the coast while crossing protected natural areas. The entire route runs by the sea along paths and trails that are only suitable for walking.

[www.camideronda.com/en](http://www.camideronda.com/en)



© ORHOL CLAVERA/INFOTUR



## Terres de Lleida THE IGNATIAN WAY

The pilgrimage route between Azpeitia (Gipuzkoa) and the sacred cave of Manresa (Barcelona), in which Saint Ignatius of Loyola had the spiritual experience that marked his life, is known as The Ignatian Way. On the Catalan section of the route, pilgrims can visit churches, hermitages and monasteries, travelling through the landscapes and villages that led the Saint to his Spiritual Exercises.

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



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## Wonders of nature PROTECTED AREAS ON THE COSTA BRAVA

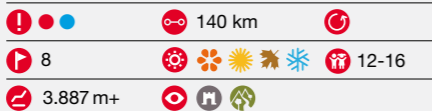
The Aiguamolls de l'Empordà Natural Park is the second largest of its kind in Catalonia and one of its main wetlands areas. Its almost 5,000 hectares are home to a large number of indigenous species of flora and fauna. Rivers, wetlands, sea... All are wonders to discover and explore.



© DANIEL PUNSETI / ARXIU CAMÍ DE RONDA®

Costa Brava

**37 From Girona to the Coast**  
Historical paths between the city and the sea



Connecting the city of Girona with the Costa Brava and the *camí de ronda* is a circular route designed to explore the charm of the contrasts between the sea, the mountains and the rugged cliffs of the Costa Brava. The route allows you to discover historical paths, medieval villages, paradisiacal beaches of l'Empordà and the city of Girona. 80% of the route passes through protected natural areas.

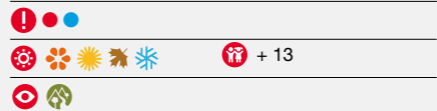
[www.camideronda.com/en](http://www.camideronda.com/en)



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Costa Brava

**38 The Girona Pyrenees**  
Nature-based activities



**Ennatura't** is a programme that brings together all kinds of outdoor activities on the Costa Brava and in the Girona Pyrenees. There is a wide range of proposals that include all modalities and that can be done throughout the year.

<https://es.costabrava.org/que-hacer/naturaleza-y-turismo-activo/ennaturat-el-festival-de-las-actividades-en-la-natura>



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## Catllaràs mountain range BUCOLIC PATHS

Walking along the long- or short-distance paths that extend through the Catllaràs mountain range in l'Ait Berguedà, hikers will have the opportunity, and the surprise, to find remains of this area's mining past while entering into leafy and lush forests of beeches, hazels and pines. In autumn, the landscape is tinted with ochres and the ground is overflowing with mushrooms.



© FELIPE J. ALCOCEBA / INFOTUR

Paisatges Barcelona - Costa Barcelona

**39 GR 5. The Viewpoint Trail.** From Sitges to Canet de Mar



Known as **The Viewpoint Trail**, the GR 5 begins and ends on the Mediterranean coast, from Sitges to Canet de Mar, but its route runs through the inland area. It covers six natural parks: el Garraf, l'Ordal, Montserrat, Sant Llorenç del Munt i l'Obac, el Montseny, and el Montnegre i el Corredor. It is recommended to bring binoculars to enjoy the landscape and architectural heritage.

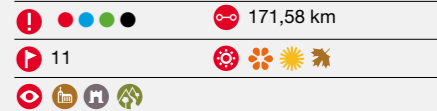
<http://senders.feec.cat/gr-5>



© ORCOL ALAMANY / INFOTUR

Pirineus - Paisatges Barcelona

**40 GR 4. From Puigcerdà to Montserrat.** Descent to the place of worship



It starts in l'Alta Cerdanya, less than a kilometre from Puigcerdà, and goes as far as Montserrat. It reaches 2,106 m in the Coll de Pal and passes through places of great beauty such as the Cadí-Moixeró Natural Park and the Catllaràs mountain range. Leaving the mountain behind, the path crosses the region of el Bages and passes through the outskirts of Sant Llorenç del Munt i l'Obac Natural Park until reaching Montserrat.

<http://senders.feec.cat/gr-4>





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## Thousands of years ago... GREEKS AND ROMANS IN EMPÚRIES

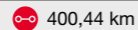
Empúries was the gateway to the Iberian Peninsula of Greek civilisation. Later, the area was conquered by the Romans, who, in 100 B.C., built a prosperous city. Today the ruins of this small empire remain, and these are an almost obligatory visit for the curious walker.



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Costa Brava - Pirineus

**41 GR 1. From l'Empordà to el Pallars Jussà**  
Historical and transversal



400,44 km



14



Also known as the **Historical Path** because it runs through the territories conquered in the 8<sup>th</sup> century by Charlemagne — to make a defensive barrier on the southern border of the kingdom of the Franks — it crosses the Catalan pre-Pyrenees starting from Sant Martí d'Empúries, in l'Empordà. It covers more than 400 kilometres up to the Mont-rebei gorge, in the region of el Pallars Jussà.

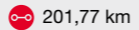
<http://senders.feec.cat/gr-1>



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Costa Barcelona - Costa Brava - Pirineus

**42 GR 83. From Mataró to el Canigó**  
Northern path



201,77 km



10



This path recovers the paths used by people of different trades: miners, goods transporters, nomads, millers, etc., and it was also used by thousands of people who fled to exile in France between January and February 1939. It starts at the beach at Callao de Mataró and crosses the regions of el Maresme, el Vallès Oriental, la Selva, la Garrotxa, el Ripollès, el Vallespir and el Conflent (France).

<http://senders.feec.cat/gr-83>



© VAL D'ARAN

PRACTICAL INFORMATION  
**ACCOMMODATION FOR HIKERS**

**Pirineus**

**Alt Àneu**



**Hotel La Morera**  
HL-000547  
[www.hotel-lamorera.com](http://www.hotel-lamorera.com)

**Castell de Mur**



**Hotel Terradets**  
HL00105  
[www.hotelterrads.com](http://www.hotelterrads.com)

**Conca de Dalt**



**Casa Churchill**  
PL-000618  
[www.casachurchill.cat](http://www.casachurchill.cat)

**Esport**



**Alba d'Esteve**  
PL-000730  
[www.albadestev.com](http://www.albadestev.com)



**Càmping Voraparç**  
KL-000064  
[www.voraparc.com/index.php/ca/](http://www.voraparc.com/index.php/ca/)

**La Guingueta d'Àneu**



**Nou càmping**  
KL-000015  
[www.noucamping.com](http://www.noucamping.com)

**La Seu d'Urgell**



**Hotel Nice**  
HL-000232  
[www.hotelnice.net](http://www.hotelnice.net)

**La Torre de Cabdella**



**L'Era del Marxant**  
HL-000819  
[leradelmarxant.com](http://leradelmarxant.com)



**Hotel Vall Fosca**  
HL 000442  
[www.hotelvallfosca.com](http://www.hotelvallfosca.com)

**Llimiana**



**Mas de Bruquet**  
HUTL-000155  
[masdebruquet.cat](http://masdebruquet.cat)

**Montferrer i Castellbò**



**Càmping Gran Sol**  
KL-000015  
[campinggransol.com](http://campinggransol.com)

**Oliana**



**Hostal Victor**  
HL-000108  
[www.hostalvictor.es](http://www.hostalvictor.es)

**Organyà**



**Hotel Dom**  
HL-000800  
[www.hoteldom.es](http://www.hoteldom.es)

**Peramola**



**Hotel Restaurant Can Boix**  
HL-000110  
[www.canboix.cat](http://www.canboix.cat)

**Prullans**



**Cerdanya Ecoresort**  
HL00032  
[www.prullans.net](http://www.prullans.net)

**Senterada**



**Casa Leonardo**  
PL-000321  
[www.casaleonardo.com](http://www.casaleonardo.com)

**Solsona**



**Càmping Solsonès**  
KCC-000043  
[www.campingsolsones.com](http://www.campingsolsones.com)

**Terres de Lleida**



**Tàrraga**



**La Torre del Codina**  
PL-000734  
[www.latorredelcodina.com](http://www.latorredelcodina.com)

**Val D'Aran**



**Vielha e Mijaran**



**Càmping Verneda**  
KVA-000041  
[www.campingverned.com](http://www.campingverned.com)



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**Rural tourism**



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**COMPANIES SPECIALISING IN HIKING**

**Tourist information**

**Ajuntament de La Pobla de Segur**  
La Pobla de Segur  
+34 973 680 038  
[www.lapobladesegur.cat](http://www.lapobladesegur.cat)

**La Vall Fosca - Ajuntament de La Torre de Capdella**  
La Torre de Capdella  
+34 973 663 001  
[www.vallfosca.net](http://www.vallfosca.net)

**Muntanyes de la Costa Daurada**  
Reus  
+34 977 327 155  
[www.muntanyescosta daurada.cat](http://www.muntanyescosta daurada.cat)

**Oficina de Turisme del Priorat**  
Falset  
+34 977 830 119  
[www.priorat.cat](http://www.priorat.cat)

**Oficina de Turisme del Solsonès**  
Solsona  
+34 973 482 310  
[www.turismesolsones.com](http://www.turismesolsones.com)

**Osona Turisme**  
Vic  
+34 938 851 715 /  
+34 938 832 212  
[www.osonaturisme.cat](http://www.osonaturisme.cat)

**Patronat de Turisme de la Vall de Boí**  
Barruera  
+34 973 694 000  
[www.vallboi.cat](http://www.vallboi.cat)

**Turisme del Berguedà**  
Berga  
+34 938 247 700  
[www.elbergueda.cat](http://www.elbergueda.cat)

**Turisme Cerdanya Puigcerdà**  
+34 972 140 665  
[www.cerdanya.org](http://www.cerdanya.org)

**Turisme Pallars Sobirà**  
Sort  
+34 973 621 002  
<http://turisme.pallarsobira.cat>

**Diputació de Barcelona**  
Barcelona  
<http://diba.cat/turisme>

**Patronat de Turisme Costa Brava Girona**  
Girona  
[costabrava.org](http://costabrava.org)

**Patronat de Turisme Costa Daurada**  
Tarragona  
[www.costadaurada.info](http://www.costadaurada.info)

**Val d'Aran**  
Vielha e Mijaran  
+34 973 640 688  
[www.visitvaldaran.com](http://www.visitvaldaran.com)

**Travel agents**

**Pirineu Emoció**  
La Pobla de Segur  
+34 973 681 518  
[www.pirineuemocio.com](http://www.pirineuemocio.com)

**Creative Rural**  
Sant Cugat  
+34 608 917 099  
[www.creativerural.com](http://www.creativerural.com)

**Rutes Pirineus**  
Molins de Rei  
+34 686 064 736  
[www.rutespirineus.cat](http://www.rutespirineus.cat)

**Pedratour**  
Berga  
+34 938 215 111  
[www.pedratour.com](http://www.pedratour.com)

**Kokopeli Adventure**  
Barcelona  
+34 932 955 877  
[www.kokopeliadventure.com/es](http://www.kokopeliadventure.com/es)

**El Brogit**  
Reus  
+34 689 006 199  
[www.elbrogit.com](http://www.elbrogit.com)

**Others (routes and guides)**

**A Pas d'Isard**  
La Vall de Boí  
+34 628 088 112  
[www.apasdisard.com](http://www.apasdisard.com)

**Camí de Ronda**  
La Bisbal de l'Empordà  
[www.camideronda.com](http://www.camideronda.com)

**The Ignatian Way in Catalonia**  
[www.caminoignaciano.org](http://www.caminoignaciano.org)

**Camí Oliba**  
Vic  
+34 646 295 701  
[www.camiliba.cat](http://www.camiliba.cat)

**The Way of Saint James in Catalonia**  
[www.catalunya.com/camino-desantiago-24-1-61](http://www.catalunya.com/camino-desantiago-24-1-61)

**Guies de Muntanya i Barrancs Ama Dablam**  
La Vall d'en Bas  
+34 615 233 442  
[www.guiesamadablam.com](http://www.guiesamadablam.com)

**Itinerànnia**  
Olot  
+34 972 271 600  
[www.itinerannia.net](http://www.itinerannia.net)

**The Cistercian Route Montblanc**  
+34 977 861 232  
[www.larutadelcister.info](http://www.larutadelcister.info)

**Món Natura Pirineus Son (Alt Àneu)**  
+34 973 626 722  
[www.monnaturapirineus.com](http://www.monnaturapirineus.com)

**Xavi Llongueras, high mountain guide. IFMGA**  
Prullans  
+34 676 510 655  
[www.guiallongueras.com/es](http://www.guiallongueras.com/es)

## Routes for experienced hikers and experts

	Difficulty	Circular	Elevation Change	Distance	Stages	Age	Time of Year	Interest
PC. LA PORTA DEL CEL. CROWNING CATALONIA'S SUMMIT	●	---	11,000 m+	65 km	5	---		
1. THE ROUTE TO FREEDOM	●	yes	5,227 m+	65 km	4 days	---		
2. ELS BASTIONS	●	---	6,852 m+	105 km	5 days	---		
9. THE ROUTE OF THE HERMIT	●	yes	6,270 m+	105 km	5 days	---		
11. PICA D'ESTATS	●	---	1,500 m+	18 km	1	12-16		
14. MAGIC MOUNTAINS	●	---	7,489 m+	98.47 km	5	---		
CF. BETWEEN LAKES AND REFUGES IN AIGÜESTORTES	●●	---	9,200 m+	55 km	5-7	---		
3M. ELS 3 MONTS. FROM MONTSENY TO MONTSERRAT	●●	---	1,384 m+	105.5 km	6	---		
GR 11. FROM THE MEDITERRANEAN TO THE BAY OF BISCAY	●	---	26,870 m+	421 km	24	---		
GR 92. CATALONIA WITH SEA VIEWS	●	---	18,295 m+	583 km	31 days	---		
CS. PILGRIMS OF THE 21ST CENTURY. THE WAY OF SAINT JAMES	●	---	6,200 m+	388 km	15 days	---		
GR 107. CAMÍ DELS BONS HOMES	●	---	9,250 m+	189 km	8-9 days	---		
CV. A TIBETAN INSPIRED JOURNEY	●	yes	5,600 m+	84.2 km	4-5	---		
4. EL TORB REFUGES	●	---	4,514 m+	78 km	5	12-16		
5. FROM THE PYRENEES TO THE SEA	●	---	5,200 m+	107 km	5	12-16		
10. AIGÜESTORTES	●	---	3,300 m+	54 km	4 days	12-16		
32. THE ROUTE OF THE REFUGES	●	---	4,448 m+	90 km	4 days	---		

## Routes for beginners and/or open to all

37. FROM GIRONA TO THE COAST	●●	yes	3,887 m+	140 km	8	12-16		
38. THE GIRONA PYRENEES	●●	---	---	---	1	+ 13		
3. SERRA DE MONESTIRS	●	yes	2,490 m+	65 km	5	12-16		
7. VALL DE BARCEDANA	●	---	237 m+	9.86 km	1	12-16		
8. MONT-REBEI	●	yes	355 m+	6.9 km	1	6-11		
13. LA VALL DE BOÍ	●	---	120 m+	10 km	1	6-16		
15. LA GARROTXA	●	---	480 m+	21 km	3 days	---		
16. LA VALL FOSCA	●	---	200 m+	---	6 outings	6-16		

	Difficulty	Circular	Elevation Change	Distance	Stages	Age	Time of Year	Interest
17. THROUGH EL PALLARS JUSSÀ	●	---	400 m+	7-15 km/stage	4	12-16		
18. ROCA DEL CORB	●	---	570 m+	10.1 km	1	12-16		
22. VALLS D'ÀNEU	●	---	230 m+	8.4 km	1	6-16		
23. PYRENEAN PONDS	●	---	281 m+	5.5 km	9 hours	6-11		
24. VALL DE NÚRIA	●	---	1,100 m-	6.5 km	1	6-16		
26. CAMIN REIAU	●	---	6,070 m+	150 km	10 days	---		
27. VIA CALDA	●	---	4,445 m+	88 km	4-5 days	---		
28. CATALAN COASTAL RANGE	●	---	3,656 m+	106 km	6	---		
29. GR 151. CAMÍ OLIBA	●	---	486.7 m+	115.18 km	6	---		
30. FROM MONTSERRAT TO VIC	●	---	334.6 m+	88 km	5	---		
31. EL PRIORAT	●	---	---	370 km	1	---		
33. EL BROGIT DE LA VALL	●	yes	800 m+	70 km	4	---		
36. COASTLINE	●	---	1,226 m+	43 km	3	12-16		
GR 175. THE CISTERCIAN ROUTE	●	---	3,295 m+	105 km	3 days	---		
5LL. EL CINQUÈ LLAC. PATHS OF MAGIC AND MYSTERY	●	yes	6,299 m+	105.30 km	5	---		
12. ROMANESQUE PYRENEES	●	---	160-200 m+	5-6 km	3 days	6-16		
19. SON, EL PALLARS SOBIRÀ	●	---	---	2 km	---	---		
20. VIEWPOINTS OF EL CADÍ	●	---	250 m+	7-8 km	1 day	0-11		
21. GERDAR FOREST	●	---	180 m+	2.5 km	1	0-16		
25. EL RIPOLLÈS	●	---	150 m+	4 km	1/2 day	6-16		
34. TREK&WINE IN EL PRIORAT	●	---	350 m+	8-13 km	3	12-16		
35. FROM L'URGELL TO LA SEGARRA	●	---	134 m+	9.17 km	2 hours	6-16		
6. EL RIPOLLÈS-L'ALT EMPORDÀ	●	---	---	500 km	---	---		
39. GR 5. THE VIEWPOINT TRAIL	●●●●	---	---	201.72 km	8	---		
40. GR 4. FROM PUIGCERDÀ TO MONTSERRAT	●●●●	---	---	171.58 km	11	---		
41. GR 1. FROM L'EMPORDÀ TO EL PALLARS JUSSÀ	●●●●	---	---	400.44 km	14	---		
42. GR 83. FROM MATARÓ TO EL CANIGÓ	●●●●	---	---	201.77 km	10	---		

# More information

## Tourism promotion organisations

**Tarragona Provincial Authority Tourist Board**  
www.costadaurada.info  
www.teresdelebre.travel

**The Patronat de Turisme Costa Brava Girona**  
www.costabrava.org

**The Patronat de Turisme (Regional Tourist Board) of the Diputació de Lleida**  
www.aralleida.cat

**The Barcelona Provincial Council**  
www.barcelonaesmoltmes.cat

**The Turisme de Barcelona Consortium**  
www.barcelonaturisme.com

## Catalan Tourist Board

www.catalunya.com

 [www.facebook.com/catalunyaexperience](https://www.facebook.com/catalunyaexperience)  
@catalunyaexperience

 [www.twitter.com/catexperience](https://www.twitter.com/catexperience)  
@catexperience

 [www.instagram.com/catalunyaexperience](https://www.instagram.com/catalunyaexperience)

 [www.youtube.com/user/CatalunyaExperience](https://www.youtube.com/user/CatalunyaExperience)

## Bookings

**Experience Catalunya**  
<https://experience.catalunya.com>

## Foreign branches of the Catalan Tourist Board

**Benelux**  
info.act.bnl@gencat.cat  
+ 32 26 406 151

**Nordic Countries**  
info.act.nordic@gencat.cat  
+ 358 40 7177 295

**France**  
info.act.fr@gencat.cat  
+ 33 140 468 448

**United Kingdom**  
info.act.uk@gencat.cat  
+ 44 20 7583 8855

**Central Europe**  
info.act.de@gencat.cat  
+ 49 69 7422 4873

**Italy**  
info.act.it@gencat.cat  
+ 39 02 873 935 73

**Spain**  
turisme.blanquerna@gencat.cat  
+ 34 915 241 000

**Russia**  
info.act.ru@gencat.cat  
+ 7 495 567 1871

**Palau Robert  
(Centre for Tourist Information on Catalonia)**  
Passeig de Gràcia, 107. 08008 Barcelona  
+ 34 93 238 80 91 / 92 / 93  
www.gencat.cat/palaurobert

**Opening hours:**  
From Mondays to Saturdays: 10 AM to 8 PM  
Sundays and public holidays: 10 AM to 2:30 PM

**Tourist information:**  
012 (Catalonia)  
902 400 012 (outside Catalonia)  
+ 34 902 400 012 (outside Spain)

 Generalitat de Catalunya  
Government of Catalonia  
**Catalan Tourist Board**

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 **Diputació de Lleida**  
Patronat de Turisme

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**Girona** Patronat de Turisme  
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 **BCN+** **Barcelona**  
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 **Circuit de Barcelona**  
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