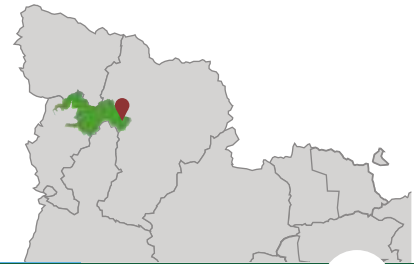




# Lake Sant Maurici Way



An itinerary on which you can walk from the car park at the entrance to the park to the lake through the dense riverside spruce woods

**Start: Prat de Pierró (Espot) car park** Card PN **1**



**What you'll find there**

An itinerary that runs between the meadows and woods of the lowest part of the park, where you can see evidence of stockbreeding, one of the traditional uses of the valley. You will come across various interpretative panels that explain different aspects of the valley's natural and cultural heritage, as well as an exhibition about the traditional exploitation of the forest in Pyrenees in the hut at Pallers bridge.

The first part of the footpath, through the spruce woods that skirt the River Escrita, is a wooden walkway suitable for wheelchairs (450 m). After crossing the river, the path continues along the sunny side of the valley. Shortly after, you cross the road and go back into the woods, climbing among pines, spruce, birch and whitebeam, until you cross a small gully near Sant Maurici Chapel. From this point, it is a ten-minute climb to Lake Sant Maurici.

**How to get**

Map showing the route from Espot to Lake Sant Maurici through the park. The route is marked in red and passes through various points of interest like Cerdos de Boi, Estany Gento, and Sant Maurici Chapel. A red dot marks the starting point at Espot.

Navigation icons: Information (i), Information (i), Parking (P), Wheelchair access, Building, Directional arrow, Mountain, and Hiking stick.



The path to Lake Sant Maurici from Prat de Pierró



Fox



View of Els Encantats and Lake Sant Maurici



Pyrenean lily

## To take into account

- Low difficulty itinerary
- Please respect the signposting
- Recommended period: April to November
- Camping outside controlled areas is not allowed
- Recommended equipment: water, food, walking boots, warm clothing, a waterproof, sun protection lotion

## The main attractions

- The Spruce Woods. A good example of the forest ecosystem found in the lowest part of the alpine habitat. Observe the deforested zones that correspond to the gullies down which the avalanches flow in years of abundant snow.
- Toll de la Gorga Bridge. A small bridge that crosses the River Escrita and links the sunny and shady sides of the valley. Once you are on the sunny side, you can see the spruce woods in all their extension and the masses of Scots pine that stretch out behind you on the steep slopes of the Pinetó.
- Sant Maurici Chapel. Sheltering below a rocky threshold, this small chapel is a place of meeting and worship for the people of the Espot Valley, who get together there twice a year to honour their patron saint. In front of it is the slender silhouette of Els Encantats (2,745m).
- Lake Sant Maurici. The lake preserves its great beauty and emblematic nature. About ten minutes from there is the Ernest Mallafré Refuge, a good base for numerous climbs.
- Panoramic view of Els Encantats. These are the most emblematic mountains in the National Park. Their two peaks are separated by a fork in which, if you look closely, you will see the silhouettes of two hunters who, according to legend, were cursed and petrified forever, giving the mountains their name.

## Services for visitors

### Guided tours

The National Park organises excursions and activities all year round. For more information visit the website at <http://parcsnaturals.gencat.cat/ca/aiguestortes>. You can also contact the Aigüestortes National Park and the Lake Sant Maurici Interpreter-Guides Association: [www.guiesdelparc.org](http://www.guiesdelparc.org) (QR code)

During the summer months, the Valls d'Àneu Ecomuseum organises cultural tours of the village and its surroundings. For more information, please call 973 62 64 36.

### Espot Taxis

Espot Taxi Association: 973624105  
<http://www.taxisespot.com> / [info@taxisespot.com](mailto:info@taxisespot.com)

### Accommodation and tourist establishments

You will find all the information on the accommodation and tourist establishments in the area on the Pallars Sobirà Tourism website in the services section: [turisme.pallarsobira.cat](http://turisme.pallarsobira.cat)

## Options for visitors

Below is a selection of recommended itineraries with their starting point at Prat de Pierró or Lake Sant Maurici.

### On foot

#### 1 Lake Sant Maurici Way

Start/Finis: Prat de Pierró - Lake Sant Maurici  
Time : 1h 15' (one way)  
Elevation gain: 260 metres  
Distance : 3.8 km (one way)  
Difficulty : low

#### 2 Optional itinerary: Lake Sant Maurici lookout point

Start/Finish : Lake Sant Maurici - Ratera Waterfall - Lake Ratera - Lake lookout point - Lake Sant Maurici  
Time : 2h 30' (circular distance)  
Elevation gain : 300 metres  
Distance : 6.9 km  
Difficulty : low

#### 3 Optional itinerary: To the Agulles d'Amitges

Start/Finish: Lake Sant Maurici - Ratera Waterfall - Ratera Lake - Amitges Lakes  
Time : 1h 45' (one way)  
Elevation gain : 480 metres  
Distance : 4.6 km (one way)  
Difficulty : low as far as Ratera Lake, moderate to Amitges Lakes

#### 4 Optional itinerary: El Portarró d'Espot

Start/Finish : Lake Sant Maurici - Portarró d'Espot  
Time : 2h 30' (one way)  
Elevation gain : 525 metres  
Distance : 4 km (one way)  
Difficulty : moderate

Difficulty: ● low, ● moderate, ● high, ● very high

### By car and mountain bike

You can drive to the Prat de Pierró car park from where the itinerary on foot begins. It is also possible to reach Sant Maurici using the public 4x4 taxi service, unless it is suspended due to snow. You can also reach Lake Sant Maurici by mountain bike.

#### Facilities

- Wooden walkways adapted for people with functional diversity from Toll de la Gorga and Sant Maurici.
- The Casa del Parc (House of the Park) in the village of Espot, where you will find basic information, guidance on the conditions and access to the territory, as well as a whole range of activities to undertake all year - Tel. 973 624036.
- Prat de Pierró entry checkpoint, where you will find information staff from Easter to November.
- Information booth at Lake Sant Maurici (open in summer)
- Lake Sant Maurici lookout point. Easy to reach and with an informative table identifying the main features of the landscape.
- Amitges Refuge and Ernest Mallafré Refuge. Tel. 973641681 - [www.refusonline.com](http://www.refusonline.com)

#### As well as...

- A tour of the Valls d'Àneu Ecomuseum and its heritage centres in different parts of the Pallars territory. More information: [www.ecomuseum.com](http://www.ecomuseum.com)
- The Casa de l'Òs (House of the Bear) in Isil. More information: [www.fundacionosopardo.org](http://www.fundacionosopardo.org)
- Centre Món Nature Pirineus (Pyrenees World of Nature Centre). More information: [www.monnaturepirineus.com](http://www.monnaturepirineus.com)
- The Heritage of the Viles Closes d'Escaló Interpretation Centre. More information: [www.lorebostdescalo.com](http://www.lorebostdescalo.com)
- Footpaths of Pallars Sobirà website <http://senders.pallarsobira.cat/>



Guide tours



Accommodat. Pallars Sobirà



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[WWW.LEADERNATURA.CAT](http://WWW.LEADERNATURA.CAT)

More information:

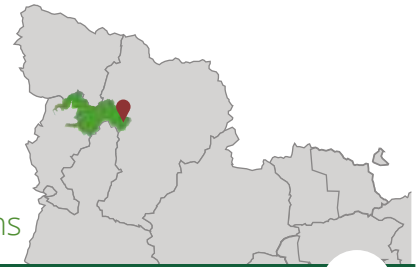






# Lake Sant Maurici lookout point and the Amitges Lakes

A classic walk on which to discover two of the great natural features of the Pyrenean landscapes: Lake Sant Maurici and Els Encantats Mountains



Start: Lake Sant Maurici (Espot) Fitxa PN **2**



## What you'll find there

The walk around Lake Sant Maurici is an ideal itinerary to get an overall view of the upper basin of the River Escrita and enjoy the spectacular scenery dominated by peaks and cropped crests.

From the Sant Maurici information booth take the path that leads to Ratera Waterfall and connects to the track that climbs to Ratera Lake. At the fork after the lake take the left-hand path that leads to the lookout point. If you continue, flanking the buttresses of Portarró Peak along a well-marked footpath, you will come to the path that descends from the col of the same name and leads down to Lake Sant Maurici.

Once at Ratera Lake, you can also opt to visit the Amitges Lakes, another classic itinerary that allows you to observe the changes in the landscape as you climb.

## Com arribar



Lake lookout point



Amitges Refuge and Needles



Squirrel



Pasque flowers

## To take into account

- Itinerary of moderate difficulty
- Respect the signposting
- Recommended period for visiting: from May to the end of October.
- Camping outside controlled areas is not allowed
- Recommended equipment: water, food, walking boots, warm clothing, a waterproof, sun protection lotion



## The main attractions

- Ratera Waterfall. One of the most spectacular waterfalls in the National Park that cascades from the hanging valley of Ratera to the main Sant Maurici valley.
- L'Ordigal. A strategic point with excellent views of the glacial valleys of Monestero and Subenuix, as well as El Portarró d'Espot col, a natural pass to the banks of the River Sant Nicolau.
- Ratera Lake. Located at an altitude of 2,100 m, a good place to see much of the typical vegetation of the high mountain lakes.
- Puiador d'Amitges. If you decide to continue to the Amitges Lakes, follow the indicated footpath long which, just before you reach the track, there is an ideal spot for observing marmots.
- Amitges Lakes. Almost alongside the refuge, the Gran Amitges, Els Barbs and La Muniydera lakes occupy the bottom of the ancient glacial troughs.
- Agulles d'Amitges. Behind Gran Amitges Lake there are two granite needles that were left isolated by the glaciers.
- The Lake Lookout Point. Located on a path that links the two slopes of the River Escrita Valley, this is a unique spot from which to contemplate the relief that surrounds you. An orientation table allows you to identify the geographical features of the surroundings.
- Subenuix Gully. A magnificent example of the park's subalpine woods. You will find fine examples of spruce, mountain pine, mountain ash, birch, willow, etc.

## Services for visitors

### Guided tours

The National Park organises excursions and activities all year round. For more information visit the website at <http://parcsnaturals.gencat.cat/ca/aigüestortes>. You can also contact the Aigüestortes National Park and Lake Sant Maurici Interpreter-Guides Association: [www.guiesdelparc.org](http://www.guiesdelparc.org) (QR code).

In summer, the Valls d'Àneu Ecomuseum organises cultural tours of the village and its surroundings. More information: 973 62 64 36

### Taxis d'Espot

Espot Taxi Association: 973624105  
<http://www.taxisespot.com/> / [info@taxisespot.com](mailto:info@taxisespot.com)

### Accommodation and tourist establishments

You will find all the information on the accommodation and tourist establishments in the area on the Pallars Sobirà Tourism website in the services section: [turisme.pallarssobira.cat](http://turisme.pallarssobira.cat)

## Options for visitors

The itinerary starting point is the Lake Sant Maurici information booth.

### On foot

#### 3-2 Lake Sant Maurici and the Amitges Needles lookout point

Start/Finish : Lake Sant Maurici – Ratera Waterfall – Ratera Lake – Obagues de Ratera Lake – Amitges Lakes and Needles – Lake lookout point – Lake Sant Maurici  
Time : 5h (circular distance)  
Elevation gain : 480 metres  
Distance : 10 km  
Difficulty : moderate

#### 2 Mirador de l'estany de Sant Maurici

Start/Finish : Lake Sant Maurici – Ratera Waterfall – Ratera Lake – Lake lookout point – Lake Sant Maurici  
Time : 2h 30' (Circular distance)  
Elevation gain : 300 metres  
Distance : 6.9 km  
Difficulty : low

#### 3 To the Agulles (Needles) of Amitges

Start/Finish : Lake Sant Maurici – Ratera Waterfall – Ratera Lake – Obagues de Ratera Lake – Amitges Lakes and Needles  
Time : 1h 45' (one way)  
Elevation gain : 480 metres  
Distance : 4.6 km (one way)  
Difficulty : low as far as Ratera Lake, moderate to the Amitges Lakes

#### 4 Optional itinerary: Portarró d'Espot

Start/Finish : Lake Sant Maurici – Portarró d'Espot  
Time : 2h 30' (one way)  
Elevation gain : 525 metres  
Distance : 4 km (one way)  
Difficulty : moderate

Difficulty: ● low, ● moderate, ● high, ● very high

More information:



### By car

A public 4x4 taxi service will take you to the Amitges Lakes. The Amitges Refuge is a good starting point for numerous climbs, among them Pic de Ratera, Tuc de Saboredo, Pic d'Amitges and the summit of El Bassiero, as well as crossings to the summits of Colomers and El Saboredo or the Gerber Valley, all suitable only for experienced mountaineers.

### By mountain bike

Les BTT poden arribar fins a l'estany de Sant Maurici.

### Facilities

- The Casa del Parc in the village of Espot offers you basic information, guidance on the conditions and access to the territory and a whole range of activities to undertake all year round. Tel. 973 624036.
- Lake Sant Maurici information booth, open in summer.
- Lake lookout point. Easily reached and with an informative table identifying the main features of the landscape.
- Amitges Refuge and Ernest Mallafré Refuge. Tel. 973641681 - [www.refusonline.com](http://www.refusonline.com).

### As well as...

- A tour of the Valls d'Àneu Ecomuseum and its heritage centres in different parts of the Pallars territory. More information: [www.ecomuseum.com](http://www.ecomuseum.com)
- The Casa de l'Òs (House of the Bear) in Isil. More information: [www.fundacionosopardo.org](http://www.fundacionosopardo.org)
- Centre Món Nature Pirineus (Pyrenees World of Nature Centre). More information: [www.monnaturepirineus.com](http://www.monnaturepirineus.com)
- The Heritage of the Viles Closes d'Escaló Interpretation Centre. More information: <http://lorebostdescalo.wordpress.com>
- Footpaths of Pallars Sobirà website <http://senders.pallarssobira.cat/>



Guide tours



Accommodat. Pallars Sobirà



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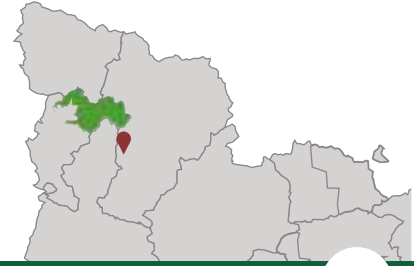
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# The Àssua Valley

Enter the National Park through the Àssua Valley and you will discover a valley of gentle contours full of life, culture, flocks and herds



Start: Llessui

Card. PN **3**



## What you'll find there

You will find two completely different areas in the Àssua Valley. On the one hand, this valley is one of the most important stockbreeding areas in the Pallars region. In these rounded, treeless mountains you can see and experience country and stockbreeding life, with the herds of cows, mares and sheep that graze there during the summer and the remains of old shepherds' buildings. On the other hand, you will also find woods, including a birch wood and the Mata de Caregue, that contrast with the barer parts of the valley.

On a walk through the Àssua Valley you can see surviving ancient crafts and rediscover the essence of the mountain territory.

## How to get



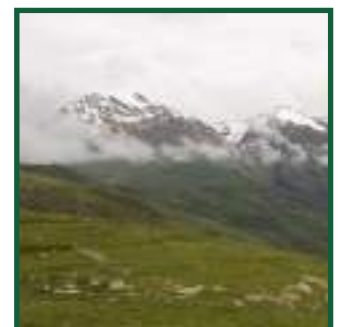
Village of Llessui



Shepherd's hut in the Àssua Valley



Vulture



Mountain pastures with the Montsent Mountain in the



### To take into account

- Summer is the best time of the year to see flocks and herds in the mountains. If you have an off-road vehicle you can drive up to where the animals graze or you can hire one of the local 4x4 taxis that will take you to the highest areas.
- If you are a keen walker, the Àssua Valley offers a series of itineraries on which to discover its every nook and cranny.
- Les veus del Pamano, Verd madur and Pedra de tartera are all novels set in the landscapes and the villages of the valley.

More information:

## The main attractions

- The widespread stockbreeding that fills the valley with thousands of animals during the summer.
- An extensive footpath network covering the whole valley. These paths will let you get to know its essence at leisure. The footpaths laid out by the National Park, the Caminos Naturales, the County Council and Sort Town Council are all part of this network.
- The Monsent and Montorroio Mountains that crown the valley and from which you have exceptional panoramic views of the territory.
- Churches, stockbreeding structures and drystone walls are some of the features that indicate a humanised landscape.
- The valley's cheese-makers give you an opportunity to taste some of the region's traditional craft products.

## Services for visitors

### Guided tours

Guided tour of the Park Information Centre/Shepherds of the Àssua Valley Ecomuseum. A tour that will show you the past and present of being a shepherd. Tours must be arranged in advance by calling 973 62 17 98 or booking online at <https://www.reservasparquesnacionales.es/real/parquesnac/index.aspx>

Activity programme organised by the Park:

The Shepherds of the Àssua Valley Ecomuseum offers different activities to learn about stockbreeding in the valley. In keeping with the annual cycle of the flocks, it offers four different activities depending on the time of the year:

- Winter: We turn the animals loose
- Spring: The shearing
- Summer: Shepherds for a day
- Autumn: The sorting

Visits must be arranged in advanced by calling 973 62 17 98

Tours of the valley's cheese-makers:

- La Peça d'Altron. Altron. Cow's milk cheese. Visits by appointment. Tel. 973 62 17 32
- Casa Mateu. Surp. Sheep's milk cheeses. Visits by appointment. Tel. 973 62 14 05 [www.formatgeriacasamateu.com](http://www.formatgeriacasamateu.com)
- Formatgeria Monsent de Pallars. Rialp. Tel. 687 86 36 95
- El Tros de Sort. Sort. Cow's milk cheeses. Visits by appointment. Tel. 973 62 12 20. <http://trosdesort.cat/>

### Taxis

Sort Taxis. Telephone: 646 18 43 87

## Options for visitors

The following are some recommended itineraries. You can find out more about them at the Park Information Centre in Llessui



### On foot

#### 4 The Bordes (shepherd's huts) of Saurí

Start/Finish : Llessui  
Time : 2 hours  
Elevation gain : 200 m  
Difficulty : low

#### 5 A walk along the ancient tracks of the Àssua Valley

Start/Finish : Llessui  
Time : 3 hours  
Elevation gain : 350 m  
Difficulty : low

#### 3 The Carrilet Way

Start : Coll del Triador  
Finish : Gento Lake  
Time : 1h 30' (one way)  
Elevation gain : 50 m  
Difficulty: low. The footpath is almost flat, but rather long.  
Observations: You need an off-road vehicle to reach the starting point.

#### 2 The La Mainera Lakes

Start/Finish : Clot de la Mainera  
Time : 1h 30' (one way)  
Elevation gain : 300 m  
Difficulty : low. A high mountain footpath, but with a gentle climb.  
Observations: You need an off-road vehicle to reach the starting point. The recommended period for this route is from June to the end of October.

Difficulty: ● low, ● moderate, ● high, ● very high



### By car or mountain bike

#### 1 The path from Llessui to Esport

Start : Llessui - Esport  
Time : 3h in an off-road vehicle  
Elevation gain : 825 m climb and 915 m descent  
Distance : 40 km  
Observations: This route can be taken by bicycle, although you must be prepared for some steep climbs. The recommended period for this route is from June to the end of October.

### Guided tour

Admire the Romanesque church of Santa Maria de Bernui, which preserves an original carving of the Virgin Mary. For more information, please call the Shepherds of the Àssua Valley Ecomuseum on 973 62 17 98

### Facilities

- Bordes de Llessui recreation area (you need an off-road vehicle)
- Sant Jaume and Roca de Canasso lookout points.

### As well as...

- Discover the Museum of the Butterflies of Catalonia in Pujalt (Sort)
- Discover the old Llessui ski resort
- Discover the world of wool in the workshops of the Shepherds of the Àssua Valley Ecomuseum

### Accommodation and tourist establishments

At the Park Information Centre in Llessui or the tourist information office in you can find all the information on the area's accommodation and tourist establishments.



Guide tours



Accommodat. Pallars Sobirà



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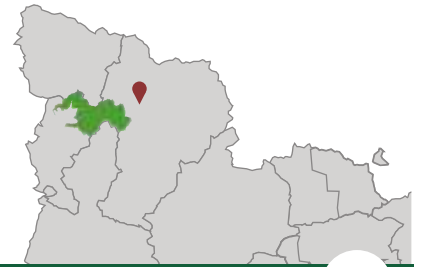
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# The Bonaigua and Son Valleys

In these valleys discover verdant woods, waterfalls, lakes and lookout points with magnificent panoramic views of the park



Start: Pla de la Font Refuge, Bosc del Gerdar and La Peül·la

Card PN

4



## What you'll find there

The itinerary to Gerber Lake from the La Peül·la car park in the Bonaigua Valley is ideal for observing the phenomena caused by glacial erosion. Don't miss the Gerber Waterfall, near the Chapel of La Mare de Déu de les Ares. At the head of the Gerber Valley is the Mataró bivouac refuge, from where experienced mountaineers can begin good climbs and crossings.

La Mata de València is the largest spruce forest on the Iberian Peninsula. Seasoned walkers can complete the hike to the Black Lake of Cabanes or make a spectacular circuit, even spending a night at the Pla de la Font Refuge.

From the Pla de la Font Refuge it is easy to reach the Coll de Fogueruix lookout point, from where you can enjoy spectacular views over the park and the mountains that separate the Pallars region from the French valleys of the Ariège.

## How to get



Gerber Lake



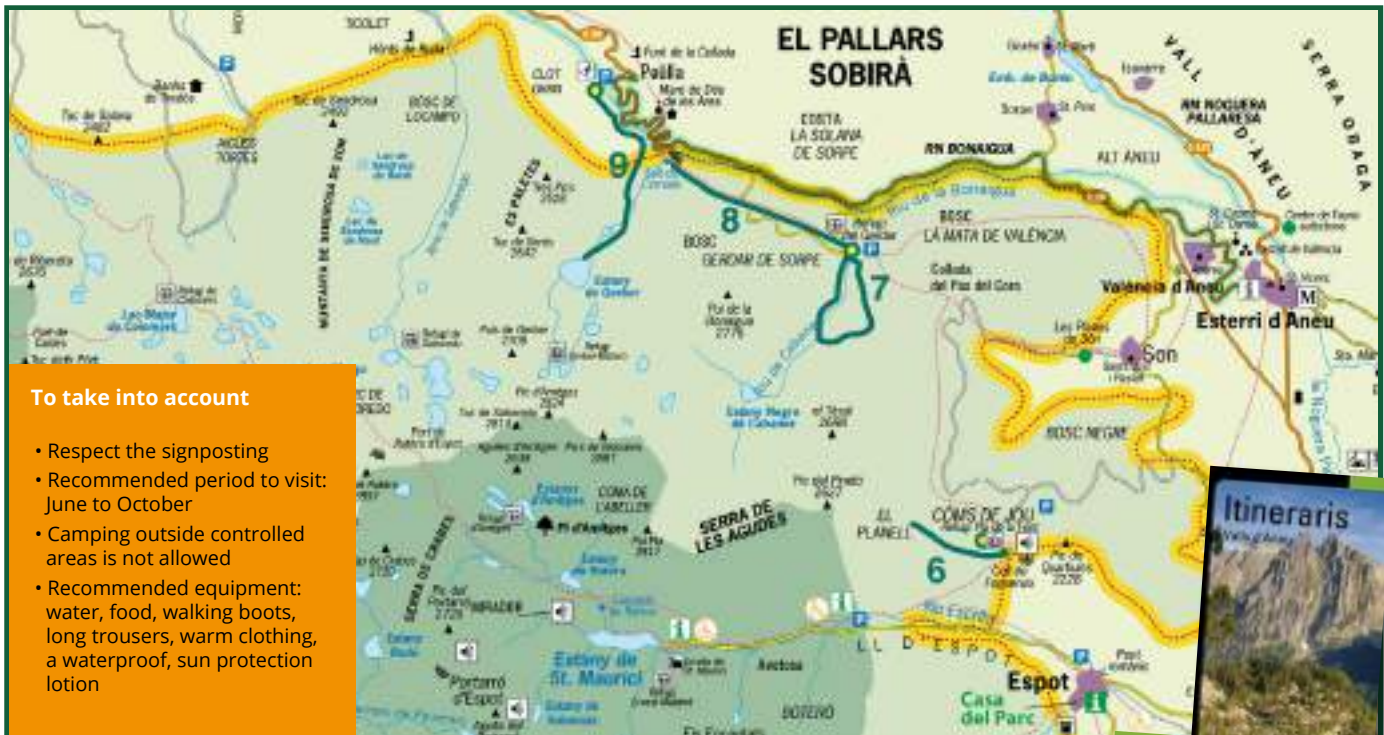
Bearded vulture



Pla de la Font Refuge



Informative panel in the Cabanes Valley



### To take into account

- Respect the signposting
- Recommended period to visit: June to October
- Camping outside controlled areas is not allowed
- Recommended equipment: water, food, walking boots, long trousers, warm clothing, a waterproof, sun protection lotion

## The main attractions

- **La Mata and El Gerdar Forest.** This is the largest spruce forest in area on the southern slopes of the Pyrenees. It is unique in forming an unbroken body of forest. Despite centuries of exploitation, it is one of the best-preserved forest ecosystems and has a highly diverse fauna.
- **Costa Solana.** An area of meadows, where the woods open up and you can see the remains of the stone walls that were used as animal pens. If you look at the buttresses of the Pui de la Bonaigua, you can see the spectacular contact between the granite and the limestone.
- **Cabanes Ford.** Plains situated below the buttresses of the Tèsol de Son, by which you cross the Cabanes gully, where you can often surprise roe deer drinking in the river.
- **Breviari Plains.** An area of meadows situated between Cabanes and El Coro pass.
- **Gerber Waterfall.** A spectacular waterfall more than 100 metres high, equal to the elevation gain between the Bonaigua and Gerber valleys. A path from El Gerdar refuge takes you to it.
- **Gerber Lake.** A large lake enclosed by spectacular rock walls. For a good view of the lake, walk a short distance up the path on its left-hand side.
- **Coll de Fogueruix lookout point** located about a 20-minute walk from Pla de la Font Refuge..

## Services for visitors

### Guided tours

The National Park organises excursions and activities all year round. For more information visit the website at <http://parcsnaturals.gencat.cat/ca/aigüestortes>. You can also contact the Aigüestortes National Park and Lake Sant Maurici Interpreter-Guides Association. 686 286 282 or <http://www.guiesdelparc.org/>

### Accommodation and tourist establishments

You will find all the information on the accommodation and tourist establishments in the area on the Pallars Sobirà Tourism website in the services section: [tourism.pallarssobirà.cat](http://tourism.pallarssobirà.cat)

## Options for visitors

### On foot

#### 7 The Spruce Route: La Mata and El Gerdar

*Start/Finish* : Bosc del Gerdar (El Callau car park) – Plans de Breviari – El Callau car park  
*Time* : 3h (round trip)  
*Elevation gain* : 340 metres  
*Distance* : 5 km  
*Difficulty* : low and moderate due to the steep gradient of the itinerary

#### 9 The Gerber Valley

*I Start/Finish* : La Peüllà car park (Bonaigua Valley) – Gerber Lake – La Peüllà car park  
*Time* : 3h (round trip)  
*Elevation gain* : 230 metres  
*Distance* : 8 km (round trip)  
*Difficulty* : low

#### 6 Following the Crest Line: Pla de la Font Refuge, Collada de Fogueruix and Lo Planell

*Start/Finish* : Pla de la Font Refuge – Collada de Fogueruix – Lo Planell  
*Time* : 1h (one way)  
*Elevation gain* : 300 metres  
*Distance* : 3 km (one way)  
*Difficulty* : low, but with a considerable elevation gain to the Collada de Fogueruix.

#### 8 La Gerber Waterfall

*Start/Finish* : Bosc del Gerdar (El Callau car park) – Pla de la Dinada – Gerber Waterfall lookout point  
*Time* : 1 h 15 min (one way)  
*Elevation gain* : 180 metres  
*Difficulty* : low, the path is almost flat, except for the final climb to the lookout point

Difficulty: ● low, ● moderate, ● high, ● very high

### By car

• **The Els Avets Itinerary.** From Esterri d'Àneu on the Bonaigua Pass road (C-28) to the village of Els Avets and the El Gerdar refuge.

• **The Gerber Valley Itinerary.** From Esterri d'Àneu on the Bonaigua Pass road (C-28) to the La Peüllà chairlift car park, some 2 km above the Chapel of La Mare de Déu de les Ares.

• **Access to the Planes de Son (Nature Centre) and the Pla de la Font Refuge.** From Esterri d'Àneu on the Bonaigua Pass road (C-28) and 300 m from the València d'Àneu crossroads, take the road to the left signposted for the villages of Son and Jou. Go through Son, and once you have passed the church you will find a signposted crossroads to the right that takes you to the Nature Centre after a 1.5 km climb. To reach the Pla de la Font refuge by car you have to go through the village of Son and after 4 km you will come to an 8-km track that takes you to a car park located 500 m from the refuge (passable only in summer).

### Guided tour

In summer, the Valls d'Àneu Ecomuseum in Esterri organises cultural tours of the village of Esterri d'Àneu and the surrounding area. More information: 973 62 64 36.

### Facilities

- Car parks with informative signs at Son, Cabanes, Gerber.
- Planes de Son Mòn Nature Pyrenees Nature Centre. More information: 973 62 67 22.
- Coll de Fogueruix lookout point
- Gerber Waterfall lookout point
- Gerdar and Pla de la Font refuges. Tel. 973641681 - [www.refusonline.com](http://www.refusonline.com)



Guide tours



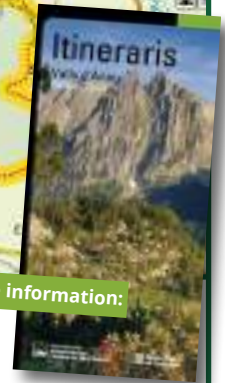
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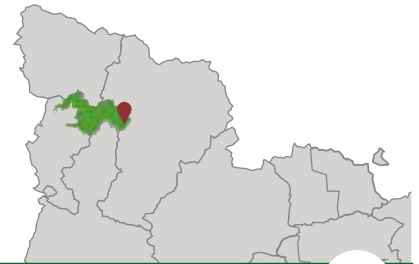
More information:







## Peguera Valley - Josep Maria Blanc Refuge - the Black Lake (Estany Ne-



An essential itinerary for all those who want to see the eastern sector of the National Park in all its magnitude

Start: *Espot*

Card PN

5



### What you'll find there

An essential itinerary for all those who want to see the eastern sector of the National Park in all its magnitude. It has an impressive collection of high mountain lakes, including the Estany Negre (Black Lake), the deepest in the park. Near the lake is the Josep Maria Blanc Refuge, set in bucolic mountain surroundings on the shore of Tort de Peguera Lake, from where there is easier access to the upper part of the valley, which is occupied by a rosary of small lakes.

The route begins at the village of Espot, from where you take the GR that follows the road of the ski slopes as far as the Peguera Valley. From there the path follows the left bank of the gully and climbs up the valley to the Lladres Dam, after which it follows the track that climbs to Tort de Peguera Lake, the eastern shore of which you skirt until, after about 10 minutes, you reach the Josep Maria Blanc Refuge. The track ends at the Black Lake.

### How to get



*Yellow gentian*



*Climbing to Monestero Col*



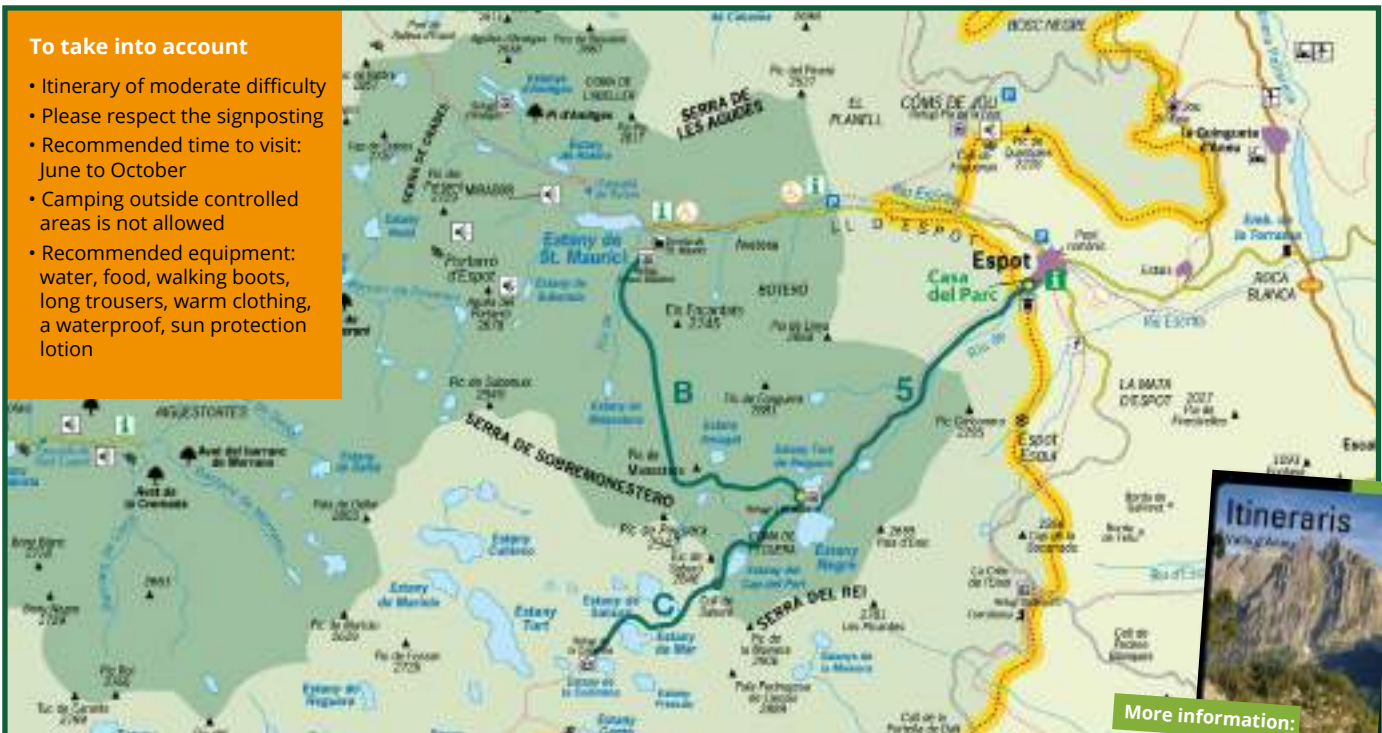
*Rock ptarmigan*



*Estany Negre (Black Lake)*

## To take into account

- Itinerary of moderate difficulty
- Please respect the signposting
- Recommended time to visit: June to October
- Camping outside controlled areas is not allowed
- Recommended equipment: water, food, walking boots, long trousers, warm clothing, a waterproof, sun protection lotion



More information:

## The main attractions

- **Peguera Waterfall.** A terraced waterfall that flows among mountain pines. The effects of winter avalanches can be seen here.
- **Lladres Dam.** From here you have a full view of the valley and a chance to catch your breath on your climb up the slope. Once you start to gain height above this lake, keep a lookout for views of the magnificent Trescuro Lakes.
- **Josep Maria Blanc Refuge.** At an altitude of 2,350 metres in an idyllic setting on a small peninsula in Tort Lake. It has 60 places equipped with mattresses and blankets for overnight stays, as well as toilets and hot showers. The food service offers you the convenience of not having to worry about cooking, as well as the opportunity to try some of the typical specialities of a high mountain refuge. The refuge has recently been refurbished to make your stay even more comfortable.
- **Black Lake of Peguera.** An impressive circular lake surrounded by granite peaks, including the Mainera, Saburó and Peguera (almost 3,000 metres high). Farther up, following the GR and the Chariots of Fire route, you come to another horizontal shelf in the upper Peguera valley where there are three lakes: Llastra, Cabana and Coveta. From there you can continue to the Saburó col and the Colomina refuge in the Fosca Valley or to Monestero Col, from where you can make your way back through that valley.

## Services for visitors

### Guided tours

The National Park organises excursions and activities all year round. For more information visit the website at [www.gencat.cat/parcs/aiguestortes](http://www.gencat.cat/parcs/aiguestortes). You can also contact the Aiguestortes National Park and Lake Sant Maurici Interpreter-Guides Association on 686 286 282 or at <http://www.guiesdelparc.org/>

### A ccommodation and tourist establishments

You will find all the information on the accommodation and tourist establishments in the area on the Pallars Sobirà Tourism website in the services section: [tourism.pallarsobira.cat](http://tourism.pallarsobira.cat)

## Options for visitors

### On foot

The itinerary starts from Espot and takes you along the old Black Lake trail (which coincides with the GR11-20).

#### **5** Peguera Valley and the Black Lake

*Start/Finish* : Espot - Black Lake of Peguera  
*Time* : 3h 30' (one way)  
*Elevation gain* : 1,020 metres  
*Distance* : 7.7 km  
*Difficulty* : moderate with steep gradients at the beginning and end of the route

Itineraries from the Josep Maria Blanc Refuge

#### **B** Optional itinerary: Josep Maria Blanc Refuge - Coll de Monestero and the Mallafré Refuge

*Start/Finish* : Josep Maria Blanc Refuge - Mallafré Refuge  
*Time* : 4h 30' (one way)  
*Elevation gain* : 700 metres  
*Distance* : 5.5 km  
*Difficulty* : high

#### **C** Optional itinerary: Josep Maria Blanc Refuge - Coll de Saburó - Colomina Refuge

*Start/Finish* : Josep Maria Blanc Refuge - Colomina Refuge  
*Time* : 4h (one way)  
*Elevation gain* : 355 metres  
*Distance* : 6.1 km  
*Difficulty* : high

### By car

From the C-13 near the Torrassa Dam take the LV-5004 to the village of Espot. Vehicle access is possible using the public transport service from Espot to the Black Lake.

### Facilities

- **Casa del Parc (House of the Park)** in the village of Espot, where you will find basic documentation, orientation on the conditions of the territory and access and a wide range of activities to do all year round. Tel. 972624036.
- **Josep Maria Blanc, Ernest Mallafré and La Colomina Refuges.** Tel. 973641681 - [www.refusonline.com](http://www.refusonline.com).

### As well as

- A tour of the Valls d'Àneu Ecomuseum and its surroundings. For example, La Roseta de Gavàs cheese factory and the area's Romanesque churches. More information: [www.ecomuseum.com](http://www.ecomuseum.com)
- The Casa de l'Òs (House of the Bear) in Isil. More information: [www.fundacionosopardo.org](http://www.fundacionosopardo.org)
- Centre Món Nature Pirineus (Pyrenees World of Nature Centre). More information: [www.monnaturepirineus.com](http://www.monnaturepirineus.com)
- The Viles Closes d'Escaló Interpretation Centre. More information: <http://www.lorebostdescalo.com>
- The footpaths of the Pallars Sobirà website.

Difficulty: ● low, ● moderate, ● high, ● very high



Guide tours



Accommodat. Pallars Sobirà



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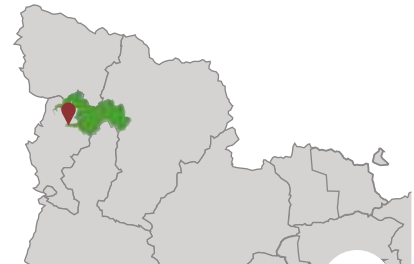
[WWW.LEADERNATURA.CAT](http://WWW.LEADERNATURA.CAT)





# The Otter Route

This route offers the opportunity to walk through a valley that shows you the variety and wealth of nature in the high mountains and their aquatic ecosystems



Card PN

6

**Start: Palanca de La Molina, Alta Ribagorça**



## What you'll find there

The Otter Route takes us into the Ribagorça sector of the park. Lakes, waterfalls, wetlands, conifer woods, alpine meadows and jagged crests are some of the landscape features you will find.

The route begins next to the Caseta del Parc (Park Hut) to the left of the river. Known traditionally as the camí del Pago (shady path), the itinerary goes upriver until it reaches the Pei footbridge (a small bridge across the Sant Nicolau River), where you have two options: to continue on the shady side of the mountain or to cross over to the sunny side. If you choose the latter option, you will pass alongside Sant Nicolau chapel, just before the two tracks join up again. From there the path continues up the valley, passing Llebrete Lake and Sant Esperit waterfall before finally reaching Aigüestortes.

## How to get



Llebrete Lake



Aigüestortes walkway



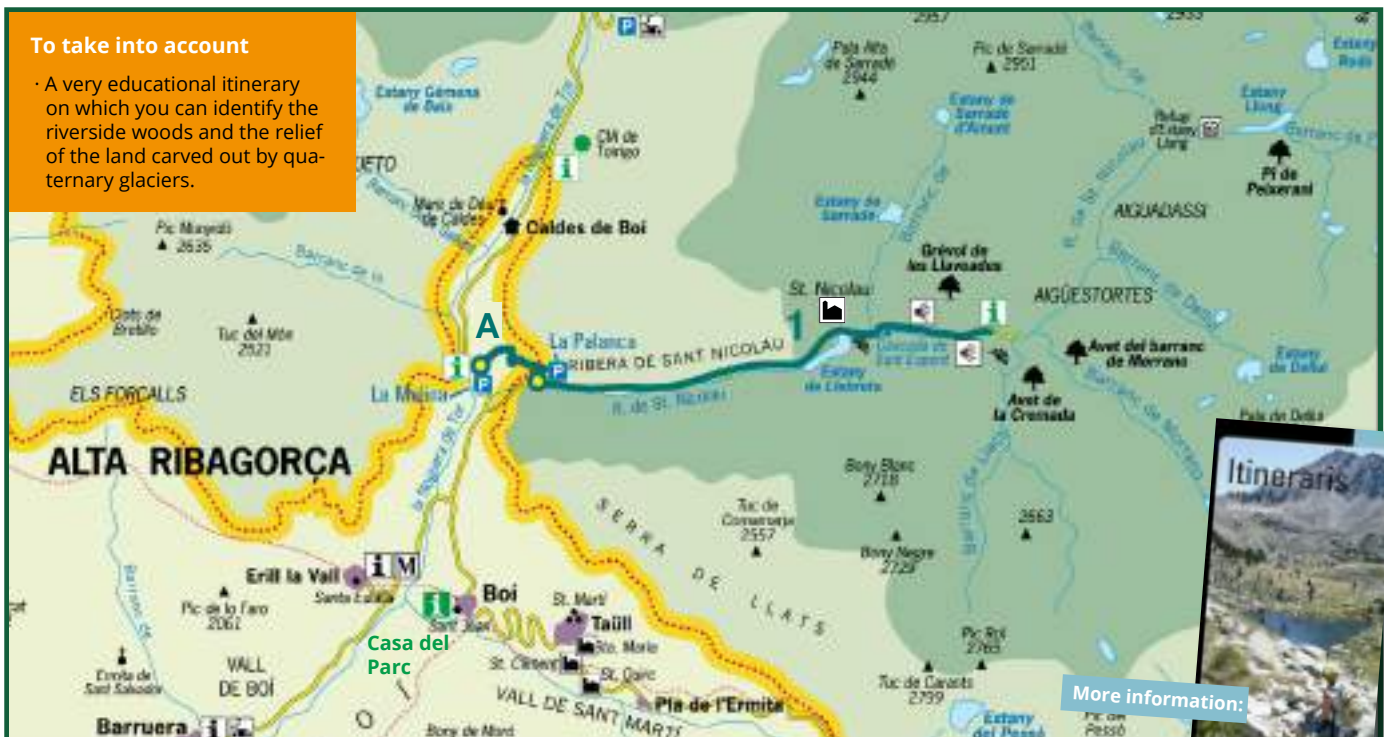
Alpenrose flower



Sant Esperit waterfall

## To take into account

- A very educational itinerary on which you can identify the riverside woods and the relief of the land carved out by quaternary glaciers.



More information:

## The main attractions

- The waters of the Sant Nicolau River carve out very varied landscapes as they pass through the valley. They flow consecutively over granite, limestone and slate and give rise to highly diverse aquatic ecosystems. The otters reach the park by swimming upriver.
- Llebreta Lake is very rich in aquatic flora and is a good habitat for diverse species of aquatic birds and amphibians. In the shady area, you will find one of the best mixed deciduous and conifer woods in the park. On the sunny side is Sant Nicolau chapel surrounded by pasture meadows and box.
- Sant Esperit Waterfall. A magnificent geomorphological example of how the river acts on the bedrock to create terraces and pools known as "giant's pots". There is a lookout point with wooden rails from which to enjoy and photograph the spectacular waterfall.
- Sant Esperit lookout point. A panoramic lookout situated on a rounded rock just five minutes from the Aigüestortes information booth. From here you have a bird's eye view of practically the whole of the Otter Route.
- Aigüestortes Plain. Furrowed by a thousand arms of the river that loses its wild power here to become calm and gentle.

## Services for visitors

### Guided tours

The National Park organises excursions and activities all year around. For more information visit the website at [www.gencat.cat/parcs/aiguestortes](http://www.gencat.cat/parcs/aiguestortes). You can also contact the Aigüestortes National Park and Lake Sant Maurici Interpreter-Guides Association: 686 286 282 or <http://www.guiesdelparc.org>

### Taxis

Boí Valley Taxi Association:  
973696314 and 629205489  
[www.taxisvalldeboi.com](http://www.taxisvalldeboi.com)  
[info@taxisvalldeboi.com](mailto:info@taxisvalldeboi.com)

### Accommodation and tourist establishments

See our Service Guides (QR code) on the Boí Valley and Alta Ribagorça Tourism Boards website

## Options for visitors

The Otter Route is of medium difficulty. The whole route is marked with directional signposting.

### On foot

#### 1 The Otter Route

*Start/Finish : La Molina footbridge from the car park near the L-500 – Aigüestortes Plain*

*Distance: 6.5 km*

*Time : 2h 30 minutes*

*Elevation gain : 430 m*

*Difficulty : medium*

#### **A** Optional itinerary: Camí dels Enamorats (Lovers' Way)

*Start/Finish : La Farga car park next to the L-500 - La Molina footbridge*

*Distance: 600 metres*

*Time : 20 minutes*

*Elevation gain : 100 metres*

*Difficulty : low*

### By car

Access to the Aigüestortes Plain is only possible by 4x4 taxi from Boí. Private vehicles can only go as far as the La Molina footbridge car park.

### By mountain bike

The Aigüestortes booth can be reached by mountain bike using the forest trail, but not the footpath.

Difficulty: ● low, ● moderate, ● high, ● very high

### Guided tours

- **Boí Casa del Parc (House of the Park)**  
A permanent exhibition and audiovisuals for visitors  
Tel. 973696189
- **Pont de Suert Fauna Centre**  
Tel. 973 691213/675781875
- **World Heritage Romanesque churches.** Boí Valley Romanesque Centre. Tel 973696715
- **Guided tours of food producers, artisans and artists.**  
[www.tourismaltaribagorca.com](http://www.tourismaltaribagorca.com)

### Facilities

- **La Molina footbridge car park area**
- **Aigüestortes Plain information booth** with interpretative panels on the geology, flora and fauna
- **Wooden walkways adapted for people with functional diversity** on Aigüestortes Plain
- **Waterfall and Sant Esperit lookout point**

### As well as...

- Discover the Romanesque heritage of the Boí Valley: [www.centreromanic.com](http://www.centreromanic.com)
- Sant Nicolau Gathering on the first Sunday in July.
- Network of trails in the Alta Ribagorça: [www.tourismaltaribagorca.com](http://www.tourismaltaribagorca.com)



Guide tours



Accommodations  
Alta Ribagorça



Accommodations  
Vall de Boí



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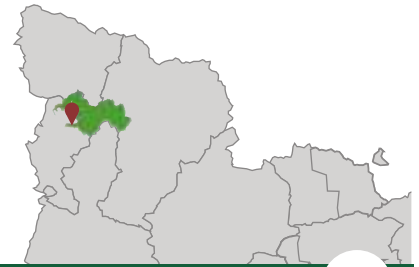
[WWW.LEADERNATURA.CAT](http://WWW.LEADERNATURA.CAT)





# Aigüestortes and Llong Lake

The route between Aigüestortes and Llong Lake is one of the most emblematic itineraries of the Boí Valley



**Start: Aigüestortes Plain**

Card PN

7



## What you'll find there

The route between Aigüestortes and Llong Lake is one of the most emblematic itineraries for getting to know the landscapes of Aigüestortes.

The forest trail that begins at the Aigüestortes information booth is a magnificent walking itinerary that takes you, from west to east, towards the head of the Sant Nicolau River. On it you can discover, both on the sunny and the shady sides, the different valleys that are suspended high above the main river course (Morraño, Dellui, Les Corticelles, Contraix, Coma d'Amitges, Gavatxos and Colomers d'Espot). The first stretch is very easy and passes through woods and pastures. Here you will find two springs: Planell Gran and Forn de la Pega. A little farther on you can see the destructive effects of avalanches, before coming to the Aiguadassí meadows, a former lake now turned into a formidable carpet of meadows and marshes with water meandering through it. From here you begin the climb to Llong Lake, located at the 2,000-metre limit.

## How to get



Snowshoeing excursion



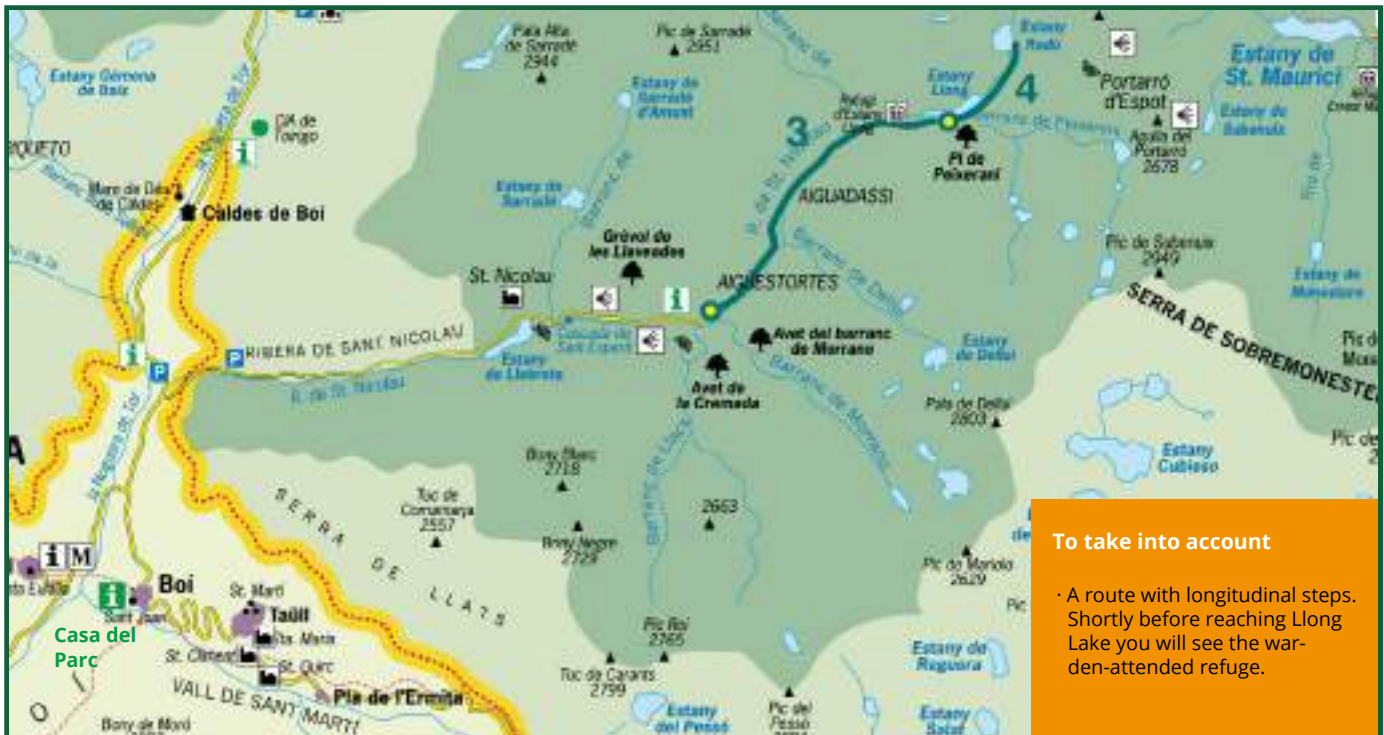
Orchid



Aigüestortes



Apollo butterfly



**To take into account**

- A route with longitudinal steps. Shortly before reaching Llong Lake you will see the war-den-attended refuge.

## The main attractions

- **Font del Planell Gran.** The waters of this spring emerge from a scree on the sunny slopes, a perfect habitat for one of the National Park's most charismatic residents, the adder. In a little more than 50 metres, this same path takes us from the roar of the waters to a penetrating silence.
- **Aiguadassi Meadows.** On the last plain before the climb to the lake you will find, among the woods (pay attention to the signposting), La Centraleta refuge, which is open when Llong Lake refuge is closed. Before that, if you look back, you can see the peaks of the Montanyó de Llacs, one of the few zones in the park where there is a predominance of schistose and limestone rocks.
- **Llong Lake** is an elongated, half-moon-shaped lake where you will see large numbers of the cows and horses that graze on the alpine pastures in summer. To the left is a beautiful wood of mountain pine with alpenrose, while the right-hand side is deforested. The spiky fescue meadows that cover it and the scree mixed in with them are favourite places for chamois. In the background, you will be able to see a wide mountain pass, El Portarró d'Espot.

## Services for visitors

### Guided tours

The National Park organises excursions and activities all year round. For more information visit the website at <http://parcsnaturals.gencat.cat/ca/aiguestortes>. Tel. 973696189. You can also contact the Aiguestortes National Park and Lake Sant Maurici Interpreter-Guides Association: [www.guiesdelparc.org](http://www.guiesdelparc.org) (QR code).

### Taxis

Boí Valley Taxi Association: 973696314 and 629205489 [www.taxisvalldeboi.com](http://www.taxisvalldeboi.com) [info@taxisvalldeboi.com](mailto:info@taxisvalldeboi.com)

### Accommodation and tourist establishments

See our Service Guides (QR code) on the Boí Valley and Alta Ribagorça Tourism Boards websites

## Options for visitors

The whole route is marked with directional signposting.

### On foot

- 3 Aiguestortes - Llong Lake**  
*Start/Finish : Aiguestortes Plain - Llong Lake*  
*Distance: 4.2 km*  
*Time : 1 h 30 minutes*  
*Elevation gain : 178 m*  
*Difficulty : Moderate*

- 4 From Llong Lake to Redó Lake**  
*Start/Finish : Llong Lake - Redó Lake*  
*Distance: 1.5 km*  
*Time : 45 min (one way)*  
*Elevation gain : 100 m*  
*Difficulty : low. Keep to the good path and avoid making new shortcuts. Follow the yellow-painted wooden signs.*

### By car

Access to the Aiguestortes Plain is only possible by taxi from Boí. Private vehicles can only go as far as the La Molina footbridge car park.

### By mountain bike

The Aiguestortes booth can be reached by mountain bike on the forest trail, but not the footpath.

Difficulty: ● low, ● moderate, ● high, ● very high

### Facilities

- **Aiguestortes Plain Information Booth** with interpretative panels on the geology, flora and fauna
- **Wooden walkways adapted for people with functional diversity** on Aiguestortes Plain
- **Sant Esperit lookout point**
- **Llong Lake and La Centraleta Refuges.** Tel. 973641681 - [www.refusonline.com](http://www.refusonline.com).

### As well as...

- Discover the **Romanesque heritage of the Boí Valley.** Guided tours of the World Heritage Romanesque churches. Boí Valley Romanesque Centre. Tel 973696715 - [www.centreromanic.com](http://www.centreromanic.com)
- **Network of trails of the Alta Ribagorça.** [www.tourismaltaribagorça.com](http://www.tourismaltaribagorça.com)



More information:



Guide tours



Accommodations Alta Ribagorça



Accommodations Vall de Boí



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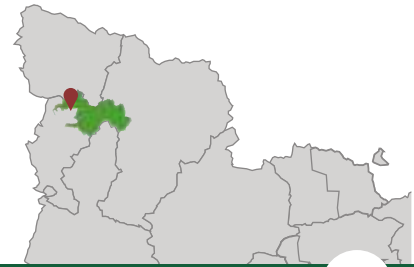
[WWW.LEADERNATURA.CAT](http://WWW.LEADERNATURA.CAT)





# The Route of the Marmot

The banks of the Caldes offer you the opportunity to walk from the Cavallers Reservoir along well-signposted trails that take you on a journey of discovery through the high Pyrenean mountains



Start: *Cavallers Reservoir and Caldes de Boí*

Card PN

8



## What you'll find there

The Route of the Marmot offers you the opportunity to discover one of the most likeable of the National Park's animal residents. The trail runs up a valley from which you have magnificent views of the Besiberri Massif and the highest peaks in the park (over 3,000 metres). Higher up you come to the Black Lake and the Ventosa i Calvell refuge, one of the most spectacular mountain refuges in the park. The path takes you to the upper basin of the River Caldes. The animals that are taken to pasture in the meadows of the Aran Valley also use this route to cross the Caldes Pass to Colomèrs. When you can make out the waters of Cavallers Reservoir, a well-marked path skirts the reservoir that, depending on the time of the year, offers a more or less attractive image. From the end of the reservoir there is a slight climb to the Riumalo fold. Next comes the steepest part, Les Llastres de la Morta. Zigzagging between ice-polished rocks, you finally see the sunken Black Lake just below you.

## How to get



Marmot



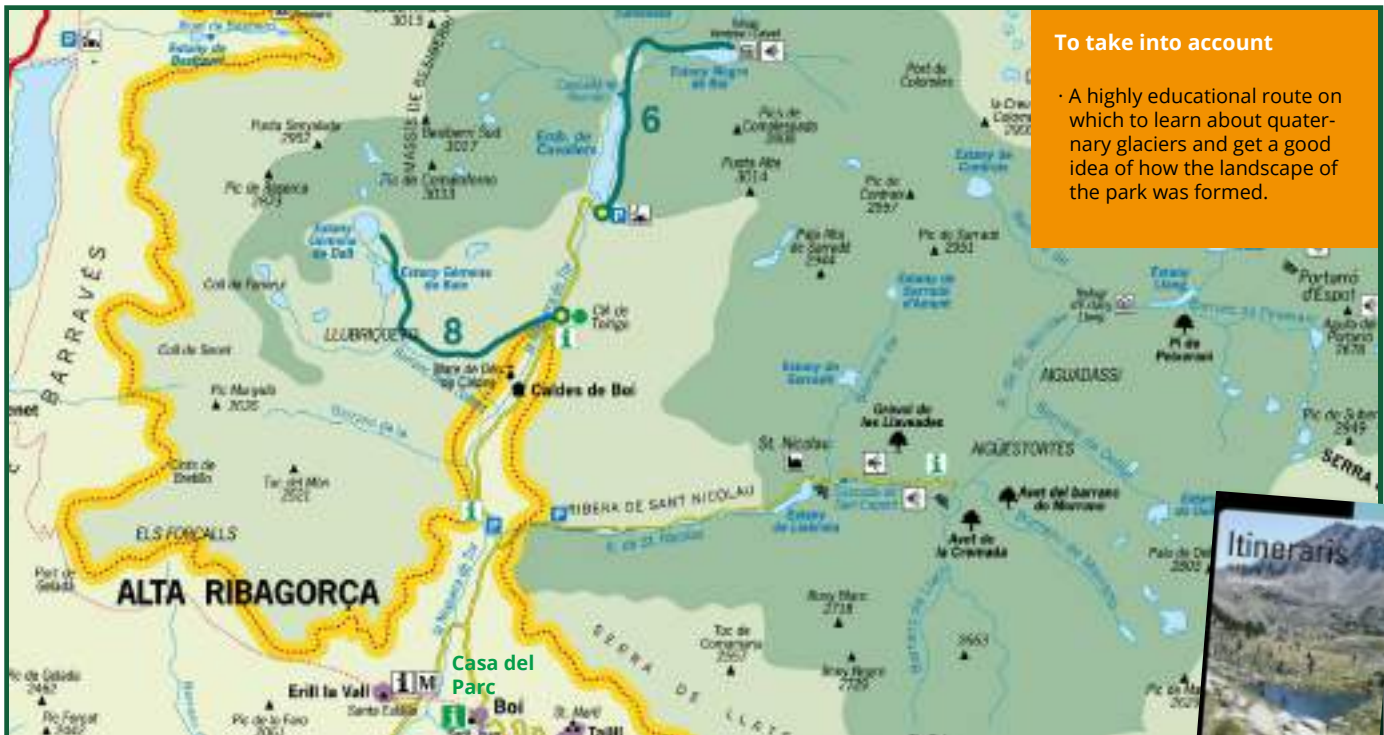
Besiberri Massif



Spanish foxglove



Cavallers Reservoir



**To take into account**

- A highly educational route on which to learn about quaternary glaciers and get a good idea of how the landscape of the park was formed.

## The main attractions

- **Cavallers Reservoir.** A major hydroelectric project built in the mid-20th century between the granite walls of the valley.
- **Riumalo Waterfall.** A spectacular almost-20-metre-high waterfall on the descent of the Noguera de Tor.
- **Riumalo Fold.** An extensive area in which you can enjoy watching marmots, one of the most likeable animals in the Pyrenees.
- **Llastres de la Morta.** A collection of rocks with spectacular polished granite surfaces.
- **Black Lake.** This la

## Services for visitors

### Guided tours

The National Park organises excursions and activities all year round. For more information visit the website at <http://parcsnaturals.gencat.cat/ca/aigüestortes>. Tel. 973696189. You can also contact the Aigüestortes National Park and Lake Sant Maurici Interpreter-Guides Association: [www.guiesdel parc.org](http://www.guiesdel parc.org) (QR code).

### Taxis

Boí Valley Taxi Association:  
973696314 and 629205489  
[www.taxisvalldeboi.com](http://www.taxisvalldeboi.com) / [info@taxisvalldeboi.com](mailto:info@taxisvalldeboi.com)

### Accommodation and tourist establishments

Consulteu (codi QR) les nostres Guies de Serveis als webs del Patronat de la Vall de Boí i del Patronat de Turisme de l'Alta Ribagorça.

## Options for visitors

The Route of the Marmot is of medium difficulty. The whole route is marked with directional signposting.

### On foot

#### 6 Route of the Marmot

*Start/Finish : Cavallers Reservoir - Planell de Riumalo - Black Lake of Boí - Ventosa i Calvell Refuge*  
Distance: 5.5 km  
Time : 2.15 h  
Elevation gain : 350 m  
Difficulty : Moderate

#### 8 The Gémena Lakes

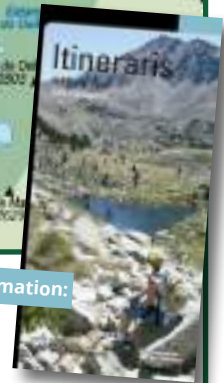
*Start/Finish : Caldes de Boí - Pont de Toirigo - Llubriqueto - Gémena Lakes*  
Distance: 4.5 km  
Time : 2.50 h  
Elevation gain : 810 m  
Difficulty : moderate; footpaths with a steep gradient

### By car and mountain bike

As far as the Cavallers car parks

Difficulty: ● low, ● moderate, ● high, ● very high

More information:



### Facilities

- **Cavallers Reservoir car park area**
- **Toirigo information booth** (open from Easter to autumn)
- **Toirigo Youth Camp**
- **Ventosa i Calvell Refuge.**  
Tel. 973641681 - [www.refusonline.com](http://www.refusonline.com).

### As well as...

- **Boí Valley Board.** Information office. Barruera (open all year round)
- **Discover the Romanesque heritage of the Boí Valley:** [www.centreromanic.com](http://www.centreromanic.com)
- **Caldes de Boí Spa:** [www.caldesdeboi.com](http://www.caldesdeboi.com)
- **Network of tracks of the Alta Ribagorça:** [www.tourismaltaribagorça.com](http://www.tourismaltaribagorça.com)

### Guided tours

- **World Heritage Romanesque churches:** Boí Valley Romanesque Centre  
Tel. 973696715
- **Pont de Suert Fauna Centre.** Tel. 973691213 - 675781875.
- **Guided tours of food producers, artisans and artists.**  
[www.tourismaltaribagorça.com](http://www.tourismaltaribagorça.com)



Guide tours



Accommodations  
Alta Ribagorça



Accommodation  
Vall de Boí



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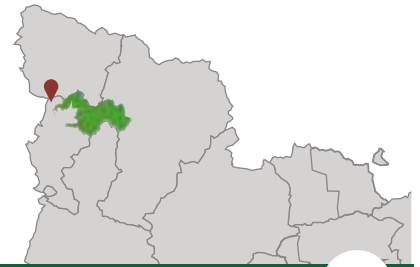
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# The Barravés and Besiberri Valleys

This itinerary is through the most north-westerly part of Alta Ribagorça county, on the border between Catalonia and Aragon



**Start: Conangles car park and Hospitalet de Senet**

Card PN

9



## What you'll find there

The routes in the Barravés and Besiberri Valleys run through the most north-westerly part of Alta Ribagorça county, on the border between Catalonia and Aragon, between mountains and woods of great beauty crossed by the Noguera Ribagorçana. There are many excursions that can be taken from the Barravés Valley. We would particularly recommend the ascent to the Besiberri Lakes, to the north. There you can relax at the lakeside or climb well-known peaks, including Besiberri North and South (3,015m) or the highest peak in the whole

## How to get



Waterfall on the Besiberri River



Snowshoeing routes



Besiberri Lak



Mountain lilies



**A To take into account**

- A route that takes you through a beech and spruce wood of great scenic beauty and climbs alongside the course of the Besiberri River past many spectacular waterfalls.

## The main attractions

- **Barravés Valley.** The head of this valley presents you with a mosaic of landscapes made up of mountains, woods and water.
- **Conangles beech and spruce wood.** A mixed beech and spruce wood with a spectacular range of colours in autumn.
- **Waterfalls** of the Besiberri River.
- The **Besiberri Refuge** is the perfect place to rest and shelter or use as a base from which to take on peaks such as the Besiberri North (for climbers) and the Besiberri South (for experienced walkers).

## Services for visitors

### Guided tours

The National Park organises excursions and activities all year round. For more information visit the website at <http://parcsnaturals.gencat.cat/ca/aigüestortes>. You can also contact the Aigüestortes National Park and Lake Sant Maurici Interpreter-Guides Association: [www.guiesdelparc.org](http://www.guiesdelparc.org) (QR code).

### Taxis

For information please contact the Alta Ribagorça County Council (Tel. 973690353) or visit the website at [www.altaribagorca.cat](http://www.altaribagorca.cat)

### Accommodation and tourist establishments

See our Service Guides (QR code) on the Alta Ribagorça Tourism Board website.

## Options for visitors

The whole route is marked with directional signposting.

### On foot

#### 5 Besiberri Valley Route

*Start/Finish : Conangles Refuge - Besiberri Lake*  
*Distance : 5.8 km*  
*Time : 1.45 h*  
*Elevation gain : 492 m*  
*Difficulty : moderate*

#### 4 The Fenerui Valley

*Start/Finish : Hospitalet de Senet - Cabana de Fenerui - Font de l'Orri*  
*Distance : 3 km*  
*Time : 3h*  
*Elevation gain : 800 m*  
*Difficulty : moderate to high, due to the cumulative elevation gain during the route*

### By car and mountain bike

As far as Conangles car park.

### Guided tours

- **“La Serradora” Information Centre in Senet.** Telephone bookings: 973698232 or online at

<https://www.reservasparquesnacionales.es/real/parquesnac/index.aspx>

- **Guided tours of food producers, artisans and artists.**

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

Difficulty: ● low, ● moderate, ● high, ● very high

### Facilities

- **“La Serradora” National Park Information Centre in Senet.** A large interpretative exhibition on the Barravés Valley and a permanent exhibition on “Animals and Human Beings: from competition to coexistence”.
- **Conangles car park and recreational area**
- **Conangles Refuge and Besiberri bivouac refuge.** Tel. 973641681 - [www.refusonline.com](http://www.refusonline.com).

### As well as...

- **Network of tracks of the Alta Ribagorça:** [www.tourismaltaribagorca.com](http://www.tourismaltaribagorca.com)
- Visit the **old quarter of Vilaller and the Prat de Sala Parc de les Olors (Park of the Smells).**
- **“Falles” festivals in Senet, Vilaller and Casòs.**
- **All Saints Fair (Vilaller)**



More information:



Guide tours



Accommodations



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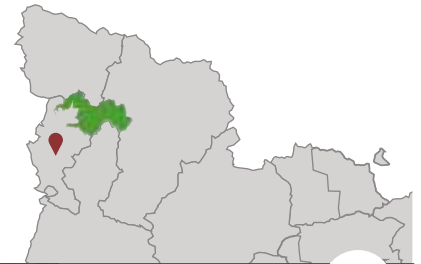
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# The Way of the Water

The Way of the Water (Camí de l'Aigua) is the focal point of the traditional footpath network in the Alta Ribagorça and links the municipalities of Pont



Card PN

10

Start: Font de la Mena



## What you'll find there

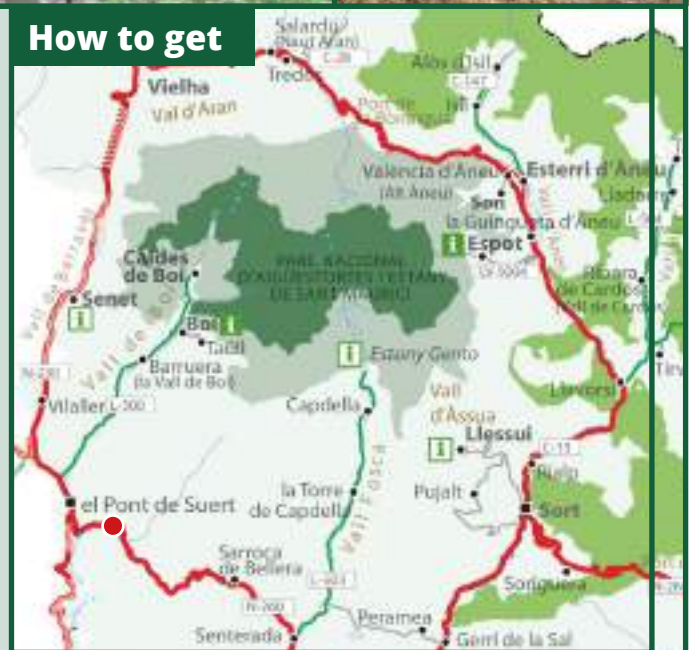
The Way of the Water (Camí de l'Aigua) is the focal point of the traditional footpath network in the Alta Ribagorça and it links the municipalities of Pont de Suert and the Boí Valley, following the course of the Noguera de Tor and the Noguera Ribagorçana.

Along this footpath you can get to know part of the county's natural, cultural and scenic heritage.

The Way of the Water takes advantage of the highways, cattle tracks and bridle paths that have historically linked the villages of the valley. There are some 27 kilometres of them and they are linked by the common theme of water, which is ever-present in this county.

During the itinerary, the landscape combines riverside woods with meadows and oak and pine woods in which you can observe different bird species. Also of great interest is the local and, of course, Romanesque architecture.

## How to get



Wood nuthatch



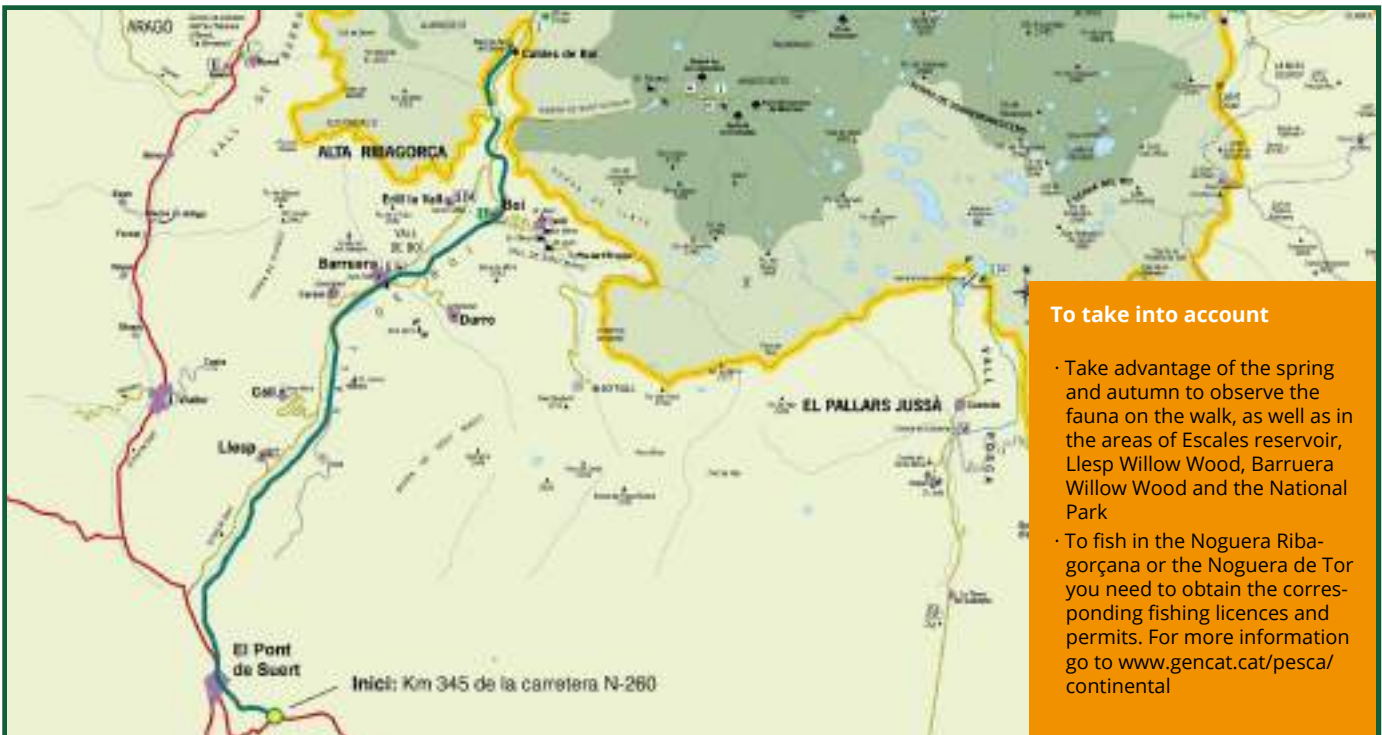
El Remei Bridge



Barruera rest area



Way of the Water signposting



### To take into account

- Take advantage of the spring and autumn to observe the fauna on the walk, as well as in the areas of Escales reservoir, Llesp Willow Wood, Barruera Willow Wood and the National Park
- To fish in the Noguera Ribagorçana or the Noguera de Tor you need to obtain the corresponding fishing licences and permits. For more information go to [www.gencat.cat/pesca/continental](http://www.gencat.cat/pesca/continental)

## The main attractions

- **Ruins of Lavaix Monastery**
- **Pont de Suert Fauna Centre**
- **El Remei Bridge** (15th-16th century)
- **Llesp Willow Wood** Nature Area
- The World Heritage **Romanesque churches** of the Boí Valley
- **Barruera Willow Wood** Nature Area
- Aigüestortes National Park and Lake Sant Maurici

## Services for visitors

### Guided tours

See our calendar of activities (QR code) on the Alta Ribagorça County Council Tourism and the Boí Valley Board websites  
National Park activity programme  
Craft food producers of the area (arnica, honey, cheese, organic meat)

### Taxis

For information please contact the Alta Ribagorça County Council (Tel. 973690353) or online at [www.altaribagorça.cat](http://www.altaribagorça.cat)

### Accommodation and tourist establishments

See our Services Guide (QR code) on the Alta Ribagorça Tourism Board website.

## Options for visitors

The Way of the Water is of medium difficulty and is suitable for mountain bikes, although on some stretches the tracks are rather narrow and require some skill to negotiate. The use of this footpath is not compatible with motorised vehicles.

If you would like to walk the route in sections, the distances are as follows:

- Font de la Mena - Pont de Suert: 2.5 km
- Pont de Suert - Llesp Willow Wood: 6.5 km
- Llesp Willow Wood - Barruera: 8 km
- Barruera - Boí: 3.5 km
- Boí - Caldes de Boí: 6,5 km

The whole route is marked with directional signposting.

### On foot

*Type of route : linear*  
*Start : Font de la Mena, at Kilometre 345 on the N-260 road*  
*Finish : Caldes de Boí*  
*Distance: 27 km*  
*Time : 7 h 30'*  
*Elevation gain : 822 m*  
*Difficulty : medium*  
*Suitable for mountain bikes*

### Guided tours

- **Pont de Suert Fauna Centre**
- Access to **historical centre of Pont de Suert** from the Abbatial Palace
- **Romanesque churches of the Boí Valley**
- **Rest area**
- **Guided tours of food producers, artisans and artists.**

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

### Facilities

- **Llesp Willow Wood and Barruera rest area**
- **Tourist information office** of the Boí Valley Board
- **Boí Valley lookout point**
- **Caldes de Boí Spa rest area**
- **Boí Casa del Parc (House of the Park)**. Tel. 973696189

### And more...

- Discover the **Romanesque heritage of the Boí Valley**: [www.centreromanic.com](http://www.centreromanic.com)
- Visit Aigüestortes National Park and Lake Sant Maurici: <http://parcsnaturals.gencat.cat/ca/aigüestortes>.
- **Exhibition of sacred art** in the old church of Pont de Suert
- **Caldes de Boí Spa**
- **Network of tracks of the Alta Ribagorça**: [www.tourismaltaribagorça.com](http://www.tourismaltaribagorça.com)
- **Routes and excursions in the Boí Valley**: [www.vallboi.com](http://www.vallboi.com)
- **Girella (lamb sausage) Fair** in Pont de Suert (October)



Guide tours



Accommodations



Camí de l'Aigüa



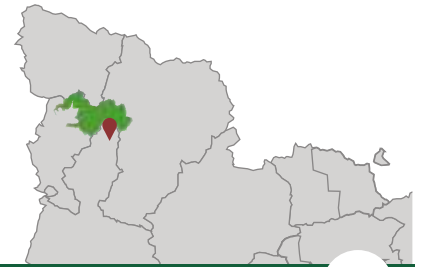
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# The Lakes of the Fosca Valley and the Carrilet with a Cable Car



The Fosca Valley lake area offers imposing landscapes where on clear days the lakes take on an intense blue colour

**Start: Gento Lake** Card PN **11**



Jordi Tutusaus

## What you'll find there

The Fosca Valley lakes area is over 2,000 metres high and offers imposing landscapes with a predominance of granite, which on clear days gives the lakes an intense blue colour. The route of the old narrow gauge railway (carrilet) that once transported workers and goods is now part of the Green Way that crosses the mountain through small tunnels and offers impressive views of the south of the valley. Take advantage of the silence to catch a glimpse of the chamois that allow themselves to be seen at first light or in the final hours of the day. If you're a fishing enthusiast, don't miss the opportunity to fish in these lakes.

## How to get



Arnica



The Carrilet Green Way



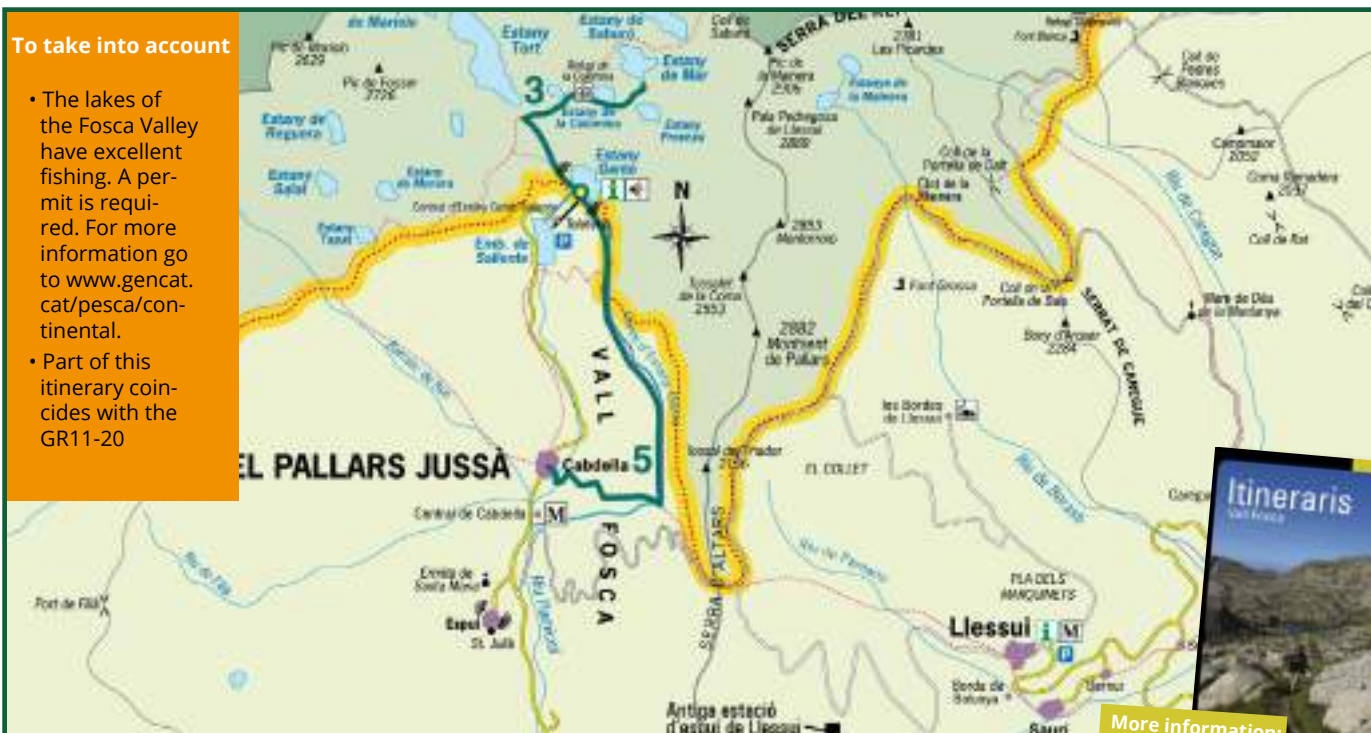
Tort Lake (a section of the GR11)  
Foto: Jordi Tutusaus



La Colomina Lake and Refuge

## To take into account

- The lakes of the Fosca Valley have excellent fishing. A permit is required. For more information go to [www.gencat.cat/pesca/continental](http://www.gencat.cat/pesca/continental).
- Part of this itinerary coincides with the GR11-20



## The main attractions

- **Lacustrine zone** with some thirty lakes of glacial origin.
- **Gento Lake** is one of the best-known and most visited lakes of the El Famicell lacustrine cirque, thanks to the cable car that goes up to it from the Sallente Reservoir in summer. If you want to make the climb on foot, it takes about 1h 30 min from the Pigolo Canal.
- **Tort Lake crossroads.** From this point, you can take a diversion to one of the largest lakes in the lacustrine region and one of the longest in the park. It is distinguished by a huge chaos of stone blocks and a complete lack of trees.
- **La Colomina Lake.** Encircled by imposing granite mountains, this is the location of the refuge of the same name, an excellent starting point for excursions and crossings.
- **Frescau Lake.** Hidden between La Colomina and El Mar, this is a quiet spot at an altitude of 2,400 metres. From here you can discover such peaks as the Mainera, the Saburó and the majestic Montsent.

## Services for visitors

- **Gento Lake Information Centre** (open in summer): guided tours
- **Fosca Valley Cable Car** (open to the public in summer)
- Guided tours of the **Capdella Hydroelectric Museum.** Guide service provided by specialist companies.
- **Taxi service** to reach the Sallente Reservoir and the beginning of the cable car.

More information on these services at [www.vallfosca.cat](http://www.vallfosca.cat) or by calling 973663001

## Options for visitors

### On foot

#### 3 The Lakes of the Fosca Valley

**Start** : Gento Lake  
**Finish** : Frescau (2,424 m)  
**Time** : 1:30 – 2 h (one way)  
**Elevation gain** : 224 m  
**Distance**: 3.5 km

You can start from Sallente on foot or by cable car (1750 - 2200 m). If you are making the ascent on foot, add 4 km to the itinerary and almost 400 m of elevation gain. You will enjoy the excursion more if you overnight at the Colomina Refuge and see the sunset and sunrise.

#### 5 The Carrilet Green Way

**Start** : Sallente (cable car 1750-2200 m)  
**Finish** : Cambra d'aigües de Capdella  
**Time** : 2h  
**Elevation gain** : 50 m  
**Distance**: 6 km

You can start from Sallente on foot or by cable car (1750 - 2200 m). If you are making the ascent on foot, add 4 km

Difficulty: ● low, ● moderate, ● high, ● very high

### By car

At the end of the Carrilet Green Way, one option is to return to the Capdella water chamber and at the Coll del Triador, from where you can see slopes of Llesui and the Fosca Valley, take the forest trail back to Espui.

### Facilities

- **The Fosca Valley Cable Car.** Built to transport materials for the construction of the Sallente power station, it is now open to the public and is the only one of its kind in the Catalan Pyrenees.
- **Colomina Refuge.** Tel. 973641681. [www.refusonline.com](http://www.refusonline.com)
- **Gento Lake Park Information Centre.** Located in the services building of the upper cable car station. Open during the months of July, August and September.
- **Capdella Hydroelectric Museum.** Helps you understand the history of the valley.

### As well as...

- From the village of Capdella, following the L503 towards the south, you can visit five more lookout points in the Fosca Valley: Mare de Déu de Fa, Sant Quiri, Obeix, Castell-Estaó and Beranui.
- **Pobleta de Bellvé Fair**
- **The network of tracks of the Fosca Valley**



Guide tours



Accommodations



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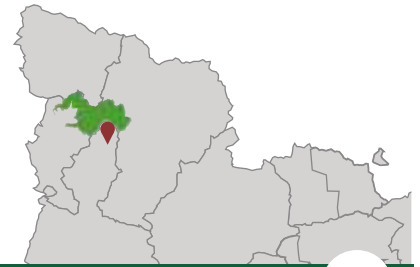
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# From Capdella to Boí through the Rus Pass

One of the most important traditional tracks in the Pyrenees linking the Tremp Basin and the Fosca Valley with the Boí Valley and Alta Ribagorça



Card PN

12

Start: Capdella



## What you'll find there

This itinerary is a historical communications route for the people of the Fosca and Boí Valleys. Some of it is paved and you can see old cheese-making facilities, huts, corrals and the dry-stone walls that marked out the fields.

The landscape clearly tells us of the glacial origin of the valley, in which the meadows and pastures form very well preserved natural mosaics. Of particular interest are the fluvial ecosystems linked to the Riquerna River, one of the most important tributaries of the Flamicell.

The culminating point is the Rus Pass, a magnificent lookout point over the Central Pyrenees, with mountains, mountains and more mountains, on either side of the col and with interesting geomorphological formations in the surroundings.

## How to get



Church of St. Vicenç de Capdella



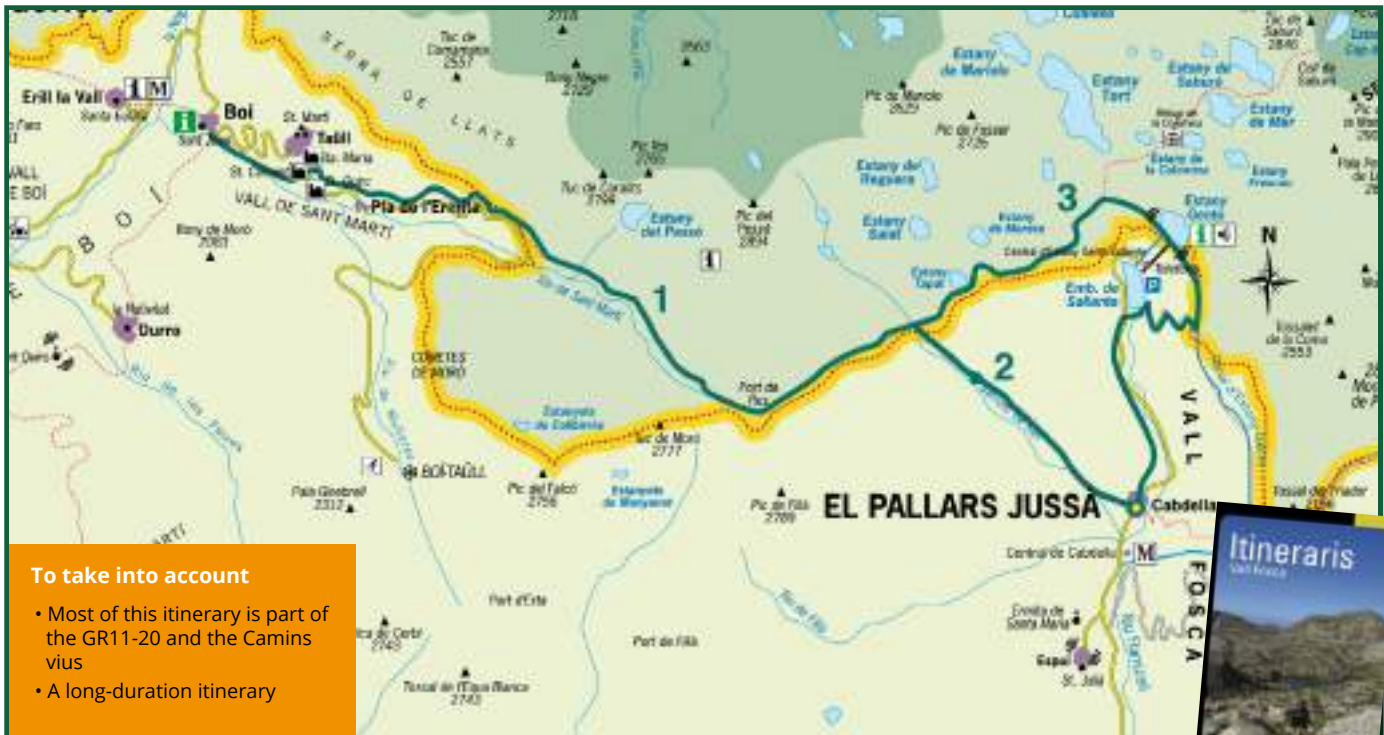
Pontet de Rus



Chamois



Bilberries



**To take into account**

- Most of this itinerary is part of the GR11-20 and the Camins vius
- A long-duration itinerary

## The main attractions

- **Riquèrna.** Valley and river, of great scenic beauty, through which the water descends from the numerous lakes in the area.
- **Pontet de Rus.** A crossing of tracks alongside a magnificent waterfall. On one side the path leads to Tapat Lake and on the other it begins the climb to the Rus Pass.
- **Rus Pass.** A magnificent natural lookout point over the Boí and Fosca Valleys, with views of the Maladeta Massif and the Aneto.
- **Sant Martí.** High mountain riverside rich in pastures in a spectacular geological setting.

## Services for visitors

- **Guided tours of the Capdella Hydroelectric Museum.** Guide service provided by specialist companies.
- **Guided tours of the National Park.** Activity programme
- **Guided tours of the Boí Valley Romanesque Centre**

**Taxis**  
 Boí Valley Taxi Association:  
<http://www.taxisvalldeboi.com>  
 Taxi service to Sallente.  
 For more information about these services go to [www.vallfosca.cat](http://www.vallfosca.cat) or telephone 973663001

## Options for visitors

### On foot

**1 From Capdella to Boí via the Rus Pass**  
*Start : Capdella*  
*End : Boí*  
*Time : 6 h 45 min*  
*Elevation gain : 1,200 m (positive)*  
*Distance: 20.15 km*

**2 From Capdella to Pontet de Rus**  
*Start : Capdella*  
*End : Pontet de Rus and the beginning of the GR11-20*  
*Time : 1 h 45 min*  
*Elevation gain : 568 m (positive)*  
*Distance: 5 km*

**3 Tour of Capdella via Tapat Lake and Sallente Reservoir**  
*Start : Capdella*  
*End : Capdella*  
*Time : 8 h*  
*Elevation gain : 1,100 m (positive)*  
*Distance: 23 km*

### By car

Less than 2 km from Capdella you come to the forest trail that will take you to the area of Filià, from where you can begin the walk to Filià Lake.

Difficulty: ● low, ● moderate, ● high, ● very high



More information:

### Facilities

- **Gento Lake Information Centre**
- **Capdella Hydroelectric Museum.** Helps you understand the history of the valley.
- **Boí Casa del Parc (Park House)**  
 • From the village of Capdella, following the L-503 to the south, you can visit five lookout points in the Fosca Valley: Mare de Déu de Fa, Sant Quiri, Obeix, Castell-estaó and Beranui.
- **Capdella lookout point and recreation area**

### As well as...

- Less than 2 km from Capdella you come to the forest trail that will take you to the area of Filià, from where you can begin the walk to Filià Lake.
- **The network of tracks of the Fosca Valley.**
- **The 11th-century Romanesque church of Sant Vicenç de Capdella** declared an Asset of National Cultural Interest.
- **The Romanesque churches of the Boí Valley** declared World Heritage.



Guide tours



Accommodation



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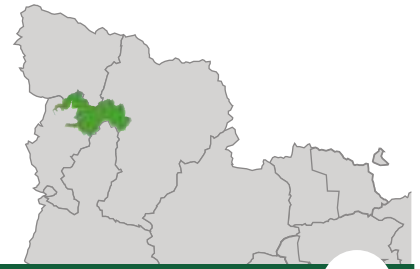
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# Camins vius" (Living Footpaths)

A network of historic footpaths that links the villages in the area of the National Park through the pastime of hiking



**Start:** Any of the villages through which the "Camins vius" pass

Card PN

13



## What you'll find there

A walking tour of the park is a tourism initiative that covers a whole network of paths in Alta Ribagorça, Pallars Sobirà, Val d'Arán and Pallars Jussà.

Human and natural landscapes combine in the six valleys within the current borders of the park: the Àneu Valleys, the Àssua Valley, the Fosca Valley, the Boí Valley, the Barravés Valley and the Aran Valley. Each stage ends at a village whose attractions are waiting for you to discover.

## How to get



Gerber Waterfall



Shepherd and his flock



Rampion



Hikers in the park



### To take into account...

- Visit the tourist information offices and other cultural facilities to add to your knowledge of the area.
- Don't miss the Pont de Suert Fauna Centre, the Parc dels Olors (Park of Smells) in Prat de Sala de Vilaller, the Àneu Valleys Ecomuseum (Esterrí d'Àneu), the PyrenMuseum (Salardú), the Aran Valley Museum (Vielha), the Butterflies of Catalonia Museum in Pujalt, the Capdella Hydroelectric Museum (Fosca Valley) and the Boí Valley Romanesque Centre (Erill la Vall)

## The main attractions

- **Natural scenery** of great aesthetic beauty.
- **Valleys between mountains** in which the harmony has been preserved with the farming and stockbreeding that characterise them.
- **Well-preserved footpaths** that offer a relaxing way of getting to know the geography of the Pyrenees.
- **Animal and plant species** adapted to the environment.
- The discovery of a rich **cultural legacy**: villages, churches, legends, gastronomy and traditional festivals, such as the falles.

## Services for visitors

### Guided tours

See our website <http://parcsnaturals.gencat.cat/ca/aiguestortes> for the agenda of activities organised periodically by the park's interpreter-guides.

### Taxis

Boí Valley Taxi Association. Tel. 973 696 314/ 629205489  
Espot Taxi Association. Tel. 973 624 105

### Bus

Information ALSA: [www.alsa.es](http://www.alsa.es) or from the Cases del Parc (Houses of the Park) at Boí (Tel. 973 696 189) or Espot (Tel. 973 624 036)

### Accommodation and tourist establishments

You can find information on the rest of the accommodation and tourist establishments in the four counties by downloading the following QR codes.

## Options for visitors

Walkers can join the route, which is almost 250 km long, at any point. The villages it passes through include Boí, Durro, Vilaller, Senet, Vielha, Artes, Salardú, Esterrí d'Àneu, Son, La Guingueta d'Àneu, Espot, Llessui, Capdella and Taüll.

The departure points, therefore, vary according to the expectations of the visitors. The whole route takes between 7 and 9 days on foot, walking between 6 and 8 hours a day.

You can find more detailed information on the different stages of the route on our website.

The whole route is marked with directional signposting.

### Facilities

- **The Cases del Parc (Houses of the Park)** in Boí and Espot and the information centres of Llessui and Senet.
- **Adapted tracks** at El Salto (Senet) and Roca Blanca (Espot) with information in Braille.
- **Informative panels** at the entrances to the main valleys.
- **24-hour touch screens** at the tourist offices of the main towns in the park's area of influence.
- **Lookout points** with interpretative panels along the route.

### As well as...

- Visit the craft producers you will find during the route

Camins Vius website: <http://www.caminsvius.org>



Accommodat. V. F.



Accommodat. A. R.



Accommodat. P. S.



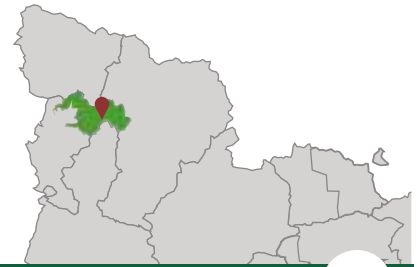
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# Across the Park



An itinerary that can be taken from Boí or Espot via El Portarró and returning to your starting point with the Park Bus.

**Start: Boí or Espot**

Card PN

**14**



## What you'll find there

This one-day itinerary takes you to two of the most emblematic places in the park, the Aigüestortes Plain and Lake Sant Maurici.

The footpath passes through El Portarró d'Espot (2,430 m) one of the best-known mountain passes in the Pyrenees, a natural pass between the counties of Alta Ribagorça and Pallars Sobirà. Peaks, valleys, woods, meadows and many lakes make up this spectacular and captivating landscape.

## How to get



*View of the Agulles d'Amitges from the El Portarró footpath*



*Chamois kid*



*Aigüestortes*



*Crocus*



## The main attractions

- **A spectacular landscape** where you will find, on the one hand, some of the best-known mountains in the park, including Els Encantats, El Gran Tuc de Colomers and Les Agulles d'Amitges, and on the other, lakes such as Sant Maurici, El Llong and El Redó.
- **Glacial morphology:** glacial cirques, U-shaped valleys and lakes tell us of the erosive action of the ancient glaciers that occupied these valleys 50,000 years ago.
- **Meadows and pastures** where you can see species of flora and fauna adapted to the harsh environmental conditions of the high mountains.
- **A monumental tree:** the mountain pine of Peixerani.
- A unique site, the **Aiguestortes Plain** where the Sant Nicolau River traces a series of meanders with silently flowing water.
- **The Romanesque churches** of the Boí Valley, declared World Heritage by UNESCO.

## Services for visitors

### Guided tours

See our website <http://parcsnaturals.gencat.cat/ca/aiguestortes> for the agenda of activities organised by the park interpreter-guides.

### Taxis

Boí Valley Taxi Association. Tel. 973 696 314/ 629205489  
Esport Taxi Association. Tel. 973 624 105

### Bus

ALSA information: [www.alsa.es](http://www.alsa.es) or the Cases del Parc in Boí (Tel. 973 696 189) or Esport (Tel. 973 624 036)

### Accommodation and tourist establishments

Along the route you will find two refuges –the Ernest Mallafré and the Llong Lake– where you can rest and recover. You can find information on the rest of the accommodation and tourism establishments in the two counties by downloading the following QR codes.

## Options for visitors

The following is the information on the itinerary, depending on your starting point.



### On foot

#### Route: Boí-Planell d'Aiguestortes - Portarró d'Esport - Lake Sant Maurici - Esport

Start : Planell d'Aiguestortes  
End : Lake Sant Maurici  
Time : 5 - 6 h  
Elevation gain : 600 m

#### Route: Esport - Lake Sant Maurici - Portarró d'Esport - Planell d'Aiguestortes - Boí

Start : Lake Sant Maurici  
End : Planell d'Aiguestortes  
Time : 5 - 6 h  
Elevation gain : 525 m

### Facilities

- Shelters with informative and interpretative panels at Planell d'Aiguestortes and Lake Sant Maurici.
- **Lookout points** along the route.
- **The Llong Lake and Ernest Mallafré Refuges:** Tel. 973641681 - [www.refusonline.com](http://www.refusonline.com)

### As well as...

- Visit the Cases del Parc (Houses of the Park) in Boí and Esport where you will find specialist staff, interpreter-guides, exhibitions, audiovisuals and publications.
- If you have time, you can visit one or more of the World Heritage Romanesque churches or the Boí Valley Romanesque Centre. More information: 973 696 715



### By car

**Boí - Planell d'Aiguestortes:**  
30' by 4x4 taxi

**Lake Sant Maurici - Esport:**  
20' by 4x4 taxi

**Esport - Lake Sant Maurici:**  
20' by 4x4 taxi

**Planell d'Aiguestortes - Boí:**  
30' minutes by 4x4 taxi

Difficulty: ● low, ● moderate, ● high, ● very high



Guide tours



Accommodation  
Pallars Sobirà



Accommodation  
Vall de Boí



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