



Sant Joan de l'Erm



Through the extensive woods of the ancient vis-county of Castellbò

Start: La Basseta or Montenaró Refuge

Card PNAP

1



What you'll find

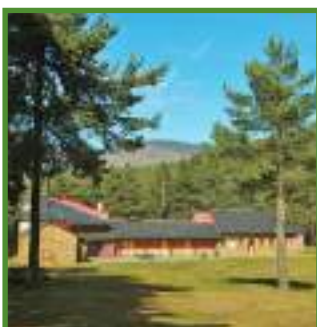
Extensive conifer woods dominate the site of the old sanctuary of Sant Joan de l'Erm Vell, today in ruins. You feel you could almost be in the taiga. It is a place inhabited by numerous species of forest fauna, such as the capercaillie, and is perfect for all kinds of activities that bring you in contact with nature. The refuges of La Basseta and Abadia de Montenaró are the starting point for summer itineraries on foot, by mountain bike, by Nordic walking and on horseback. And in winter, the pistes of the pioneering cross-country ski resort of Sant Joan de l'Erm is a firm favourite with enthusiasts of that winter sport.

Sant Joan de l'Erm is at the head of the beautiful Castellbò Valley, which has a rich heritage just waiting for you to discover. Castellbò itself is the main exponent of that heritage with its collegiate church, mediaeval bridge, castle ruins and pigeon lofts, and all its past linked to the Cathars and the viscounty of Castellbò.

How to get



P i i



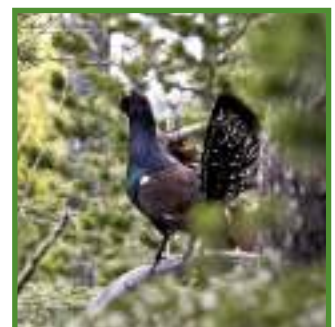
La Basseta Refuge



Sant Joan de l'Erm Vell
lookout
point



Sant Joan de l'Erm Nou



Capercaillie (photograph: Toni Batet)



To take into account

- Camping outside controlled areas is not allowed. You can only overnight between 8 pm and 8 am; no tents can remain set up outside these times. There is a controlled camping zone in Sant Joan de l'Erm; please ask the staff at La Basseta Refuge.

The main attractions

- **Sant Joan de l'Erm Vell** is home to the ruins of what was once a hostelry and a sanctuary on the mediaeval road that linked the regions of Alt Urgell and Pallars Sobirà. It is surrounded by magnificent conifer woods and was once of great spiritual importance and the site of many pilgrimages.
- **The Castellbò Valley** has a strong historical and geographical personality. It is dotted with small mountain villages and its focal point, Castellbò, has been declared a "village with charm".
- **The woods of Sant Joan, Montenartró and Pallerols** constitute an extensive forest that is home to emblematic species of subalpine fauna such as the capercaillie and the boreal owl, as well as different species of woodpecker. In addition to an interesting flora and fauna, these forests offer rich pickings in mushrooms for a good part of the year.
- **Sant Joan de l'Erm Nou**, a Modernist-style church surrounded by huge Scots pines.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the Park's website. <http://parcsnaturals.gencat.cat/ca/alt-pirineu/visiteu-nos/divulgacio-interpretacio-patrimoni/>

Taxis

(Alt Urgell) Casa Ferrer. Telephone: 649 82 42 10 (Pallars Sobirà)

For taxis in the southern zone of the park call 646 18 43 87

Accommodation and tourist establishments

On the sectorial map-guide of the Vall de Santa Magdalena you will find all the information on accommodation and tourist establishments in the area. You can download it using the following QR code/codi QR.

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

F A short tour of Sant Joan Erm Vell

Start/Finish : La Basseta Refuge
Time : 2h 35'
Elevation gain: 320 m
Distance : 9 km

K A long tour of Sant Joan Erm Vell

Start/Finish : La Basseta Refuge
Time : 3h
Elevation gain: 440 m
Distance : 9.6 Km

5th stage of the Way of the Last Cathar

Start : La Basseta Refuge /
Finish : Castellbò
Time : 5h
Elevation gain: -1270 / +180
Distance : 15.2 km

By mountain bike

S Santa Magdalena

Start/Finish: La Basseta Refuge
Time : 3h 45'
Elevation gain : 445 m
Distance: 37.8 km

By car

With an off-road 4x4 vehicle you can reach the recreation area and the old Pallerols foresters' house and from there take a short walking itinerary to see the beautiful Sant Miquel Valley.

Cross-country skiing

In winter there are different cross-country skiing itineraries that take advantage of the marked pistes of the Sant Joan de l'Erm ski resort.

Snowshoeing

There are different marked snowshoeing itineraries.

Recommended visit

Visit Sant Joan de l'Erm Vell with the remains of the sanctuary and panels with photographs taken before it fell into ruins, a panoramic lookout point and interpretative signposting. Take one of the first two signposted itineraries on foot or with a 4x4 vehicle on a 5-km track.

Facilities

- **Interpretative signposting and panoramic lookout point.** You can have your Explore the Park passport stamped at Sant Joan de l'Erm Vell.

- **La Basseta Refuge.** Refuge with a warden all year round. Headquarters of the cross-country ski resort as well as a controlled campsite area. More information at www.santjoandelerm.com

- **Recreation area adjoining La Basseta Refuge,** barbecues fitted with spark arresters.

- **Abadia de Montenartró Refuge.** Refuge with a warden all year round, accredited guide service, snowshoe and taxi hire. More information at refugiomontenartro.blogspot.com.

- **Bosc de Pallerols recreation area,** picnic tables and a shelter.



Accommodation



Guide



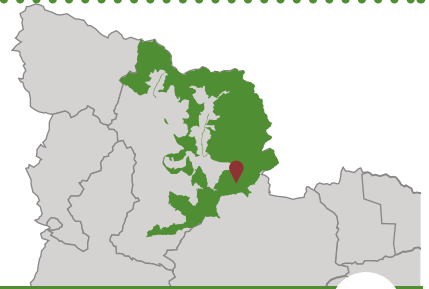
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Santa Magdalena Valley

A mosaic of woods, stone shepherds' huts and extensive pastures



Start: *Ars, Civís or Os de Civís and Farrera*

Card PNAP

2



Bordes de Conflent

What you'll find

The Santa Magdalena Valley is a large, practically unpopulated valley dominated by extensive pine and fir woods, with some areas of centenarian trees. You will be surprised by the unique landscape moulded by pastoral stockbreeding, with its extensive pastures and areas of stone shepherds' huts, such as those of Conflent, Bedet, Tressó and Civís. All these areas of stone shepherds' huts, pastures and mown meadows speak to us of centuries of life based on the mountain stockbreeding economy.

Accessible from El Pallars Sobirà and L'Alt Urgell, the small villages that act as the gateway to the Santa Magdalena Valley have an impressive historical heritage that, together with an exceptional natural environment, delight all those who visit them.

How to get



Ras de Conques Refuge



Conflent lookout point



Chapel of Santa Magdalena



Civís to Coll d'Ares itinerary

To take into account

- Respect the signposting and drive at a maximum speed of 30 km/h on the unregulated forest tracks. Remember that an off-road vehicle is necessary and if you do not have one, 4x4 taxis are available.
- If you would like to enjoy the valley with your off-road vehicle, take advantage of the good weather. In winter the tracks may be impassable. In any event, you should ask for information about their state before setting off on any journey.



The main attractions

- **Forests.** The mountain pine, Scots pine and fir groves, such as those we find in the Santa Magdalena Valley, are the most common types of woodland in the Natural Park and they are the principal habitat of many different animal species.
- **Stone shepherds' huts and stockbreeding areas.** When you see the countryside around Civís, with its mown meadows and stone shepherds' huts, you can understand how human activity has shaped and instilled a strong personality in this beautiful spot. Other outstanding examples of stockbreeding areas are the stone shepherds' huts of Conflent, Jussà, Bedet and Tressó, as well as Ras de Conques with its extensive pastures. They make this a unique natural area.
- **The pubescent birch groves in Bedet and the mountain ash woods in the shady area of Ós de Civís** are unique woods and very unusual in Catalonia. In autumn, they are decked out with magnificent colours.
- **The proximity of this territory to the Andorran border** led Franco to have it fortified to prevent an allied or maquis invasion. You can see part of these defences when you visit the bunkers of Collada de Conflent and Coll d'Ares.
- **Small inhabited villages.** In addition to admiring the traditional mountain architecture (beamed roofs, wooden doors and balconies, slate tile roofs and stone walls), a visit to the villages of Ars, Civís and Os de Civís in Alt Urgell and Burg and Farrera in Pallars Sobirà will delight you with the countryside that surrounds them. They are also the starting point for various signposted itineraries.
- **Numerous legends** are associated with the small chapel of Santa Magdalena de la Ribalera. It is the symbol of the valley and its singular beauty is not to be missed.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the Park's website.
<http://parcsnaturals.gencat.cat/ca/alt-pirineu/visiteu-nos/divulgacio-interpretacio-patrimoni/>

Taxis

From Pallars Sobirà telephone 609 357 926 and if you are in Alt Urgell the number is 973 369 149.

Accommodation and tourist establishments

On the sectorial map-guide of the Santa Magdalena Valley you will find all the information on accommodation and tourist establishments in the area. You can download it using the following QR code.

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

H Itinerari d'Ars al Ras de Conques

Start/Finish : Ars
Time : 3 h
Elevation gain: 480 m
Distance : 8 km

I Civís to Coll d'Ares Itinerary

Start/Finish : Civís
Time : 1h 55'
Elevation gain: 380 m
Distance : 4.6 km

J River Salòria Itinerary

Start/Finish : Os de Civís
Time : 2 h 10'
Elevation gain: 315 m
Distance : 5.7 km

B Santa Magdalena Itinerary

Start/Finish : Chapel of Santa Magdalena
Time : 1h 5'
Elevation gain: 120 m
Distance : 3.9 km

By mountain bike

T Setúria Itinerary

Start/Finish : Os de Civís
Elevation gain: 355 m
Distance : 9.8 Km

By 4x4 vehicle

The Santa Magdalena Valley is accessible on foot, mountain bike or with a 4x4 vehicle on the many tracks that cross it. Once you have checked the condition of the tracks, we highly recommend you visit the beautiful chapel of Santa Magdalena, the heart and symbol of the valley.

Facilities

- **The Coll d'Ares lookout points.** Two panoramic lookout points (east and west) and a bunker from the Pyrenees Line.
- **The Collada de Conflent lookout points.** Two panoramic lookout points (east and west) and two bunkers from the Pyrenees Line.
- **Ras de Conques Refuge.** With a warden, except in winter when it is closed. It has picnic tables. More information: www.facebook.com/refugiras.deconques.
- **Coll de So lookout point.** Two panoramic panels and a bench.
- **Bordes de Conflent recreation area** and the chapel of La Mare de Déu de la Pietat. Two picnic tables and a natural spring.

As well as...

- Reaching Coll de Conflent with a 4x4 vehicle, from there it takes about three hours to climb to the highest peak in Alt Urgell, the Salòria, with an elevation gain of 615 m from the coll (pass) and a total distance of 3.6 km.
- On Pentecost Sunday the people of Farrera, Tírvia, the Valira and Montferrer valleys and Castellbò make their way to the chapel of Santa Magdalena for an aplec (gathering).
- Farrera has the Art and Nature Centre with a comprehensive calendar of events, courses and seminars. More information at www.farrera.cat.
- At Solana de la Coma de Burg (Burg) you will find a gastronomic and cultural area. You can see the agenda at www.lasolana.cat



Accommodation



Guide



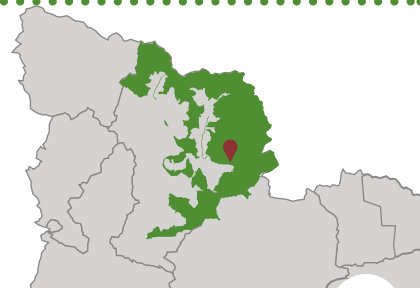
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Virós Wood



A wood full of stories about iron, wood and charcoal

Start: Bordes de Virós or Gall Fer Refuge

Card PNAP

3



Fageda del bosc de Virós

What you'll find

Mown meadows, clearings, Scots and mountain pine woods, fir and beech groves, old charcoal burners, clinker and mines... the essence of Virós Wood.

The Bosc de Virós (Virós Wood) is an extensive forested area with many different uses, all managed under sustainability criteria. It is an example of planning in which wood harvesting, stockbreeding, tourism, mushroom picking and capercaillie conservation, among other activities, coexist.

A walk along its paths takes you on a journey of discovery through a very long history. From Roman to modern times it has been closely linked to the exploitation of iron mineral and charcoal, the raw material of the three forges that once operated in the Vall Ferrera and produced the best iron in the Catalan Pyrenees.

The diversity of uses is the result of the wide variety of tree species found there: beech (virtually unique in Pallars Sobirà), Scots pine, mountain pine, spruce, small oak, hazelnut, aspen and birch. All these make up an exceptionally rich forest mosaic that can be enjoyed in all four seasons of the year.

Discover its natural and cultural values by taking one of its itineraries. Discover the "iron woods"!

How to get



P i i



Bordes de Virós (shepherd's huts)



The Iron Museum



Capercaillie Refuge



Romanesque Chapel of Sant Lliser

To take into account

- Bordes de Virós and the Capercaillie Refuge are accessible by normal car; for the rest of the tracks you need an off-road vehicle. Some of the tracks are regulated. In winter, you must have winter tyres or chains fitted to use them.
- This is first mushroom reserve in Catalonia. If you want to "hunt" mushrooms, please remember that picking them is regulated. You can buy a daily ticket (5 €) at the tourist establishments in the Vall Ferrera.



The main attractions

• One of the largest woodland areas in Catalonia, it has great biodiversity and allows you to observe or detect a wide variety of animal and plant species, including roe deer – a small deer that barks like a dog– and capercaillie, a large bird that lives in the best preserved subalpine woods.

• For more than 1,800 years, **iron exploitation** was the main economic resource in the Vall Ferrera and it has left a major imprint on the Virós Wood in the form of mines, clinker (slag from the kilns), charcoal burners, huts, forges and tracks. To recall this past and preserve the blacksmithing tradition, the "Coast of the Mines" itinerary has been set up as part of the "Woods of Iron" project. Each summer the Pyrenean Iron Fair is organised in Alins and the best smiths in the country get together to demonstrate their ironworking skills.

• **The remains of old charcoal burners.**

A wood of this size, with so many different species, offered a clear opportunity to supply charcoal to the forge sites that grew up in the valley. The numerous charcoal burners are a silent testimony to this past. You can see some of them on the Buiro and Costa dels Meners itineraries.

• This is an ideal area to enjoy **sports in the countryside with the whole family**. In summer, you can walk or mountain bike along the signposted itineraries, and in winter you can follow the cross-country skiing and snowshoeing circuits from the Virós–Vall Ferrera mountain resort, with its Capercaillie Refuge.

Culture is well served by the many churches and Romanesque chapels to be discovered in the valley and the woods; the chapels of Sant Llisier de Virós and Santa Creu de Buiro are two of the buildings in this wood that invite spirituality and mysticism. Neither should you miss the oldest of them all, Sant Francesc d'Araós.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the Park's website.

Taxis

- Taxis in the northern sector of Pallars Sobirà
Tel: 609357926

Accommodation and tourist establishments

On the sectorial map-guide of the Vall Ferrera you will find all the information on the area's accommodation and tourism establishments. You can download it using the following QR code

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

Details of the recommended itineraries

B Buiro and Santes Creus

Start/Finish : Bordes de Virós
Time : 1h 30'
Elevation gain: 200 m
Distance : 5.5 km

C Costa dels Meners

Start/Finish : Capercaillie Refuge
Time : 1h 20'
Elevation gain : 185 m
Distance : 4.3 km

F Camí ral de la Vall Ferrera

Start : Tírvia *Finish*: Alins
Time : 2h 15'
Elevation gain : 185 m
Distance : 8.5 km

H La fageda de Virós

Start/Finish : Bordes de Virós
Time : 2h 35'
Elevation gain : 445 m
Distance : 7.9 km

By mountain bike

P Bosc de Virós

Start/Finish : Bordes de Virós
Elevation gain : 400 m
Distance : 12,1 km

By car

If you have an off-road vehicle, from July on you can drive the main track to the Capercaillie Refuge via Bordes de Buiro and return to Bordes de Virós via the Carruadreta Spruce, on a circular route.

Facilities

• **Capercaillie Refuge.** Open all year offering meals, a place to sleep and guides. In winter, it is the headquarters of the Virós–Vall Ferrera winter mountain resort, with 18 km of cross-country skiing circuits and three snowshoeing circuits. You can hire snowshoes, cross-country skis and snow sleds. www.refugigallfer.com

• **Bordes de Virós recreation area,** with a spring and barbecues with spark arresters. In summer grill-cooked meals are available at Bordes de Virós.

• **Sant Francesc d'Araós recreation area.** A small area that will bring you into contact with the mysticism and origins of the Vall Ferrera.

• An extensive **network of lookout points** prepared for visitors in many different parts of the woods and the surrounding area. They are linked by itineraries, making them reachable by anybody. The lookout points of Torredo, Les Fargues, Torre de les Bruixes and Cassos are ready and waiting for you.

• Learn about the world of iron and what the last forge in the Vall Ferrera was like at the **Casa Sintet Iron Museum** in Alins.

As well as...

• Don't forget to stamp your **Explorer's Passport** at the lookout points and the Gallfer refuge. www.exploraelparc.cat

• The **Baixada de Falles d'Alins** on St John's Eve, the shortest night of the year, is a historic spectacle of fire and magic. Discover it the rest of the year on the Falles d'Alins itinerary.

• Don't miss the **Pyrenean Iron Fair in Alins**, where the best smiths meet up every year to demonstrate their trade by forging iron and creating sculptures of great artistic value. Exhibitions, workshops, performances and an artisan's market complement this grand event. Boscoseferro.blogspot.com

• Discover the **unique and magical village of Besan and the chapel of Sant Miquel**. Only accessible on foot (1h 40').



Accommodation



Guide



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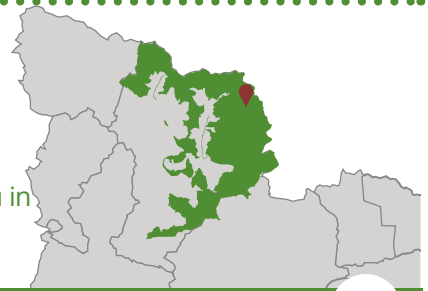
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The Head of the Ferrera Valley

Steep landscapes, lakes, flora, fauna and high mountain stockbreeding await you in the heart the High Pyrenees Natural Park at the foot of the roof of Catalonia



Start: *La Molinassa car park*

Card PNAP

4



Senderista seguint el GR-11 en direcció a l'estany de Baiau

What you'll find

The Pla de Boet is an obligatory stop if you want to taste the essence of the park. It is a unique landscape of pastures and sinuous waters surrounded by high mountains, waterfalls and centenarian woods.

The Pica d'Estats (3,143 m), the roof of Catalonia and a place of pilgrimage for many hikers, is without doubt the most emblematic and symbolic element of the High Pyrenees Natural Park. Around it you will find the rest of the peaks of over 3,000 metres in the Park: Sotllo, Pic Verdaguer, Punta Gabarró and Rodó de Canalbona.

Water, another living element in the park, gushes out everywhere you look during the warm months, feeding hidden lakes (estany) and marshes, spectacular flower-covered meadows and enigmatic woods.

From Port de Boet you can relive the trade that was the traditional livelihood of the residents of the Ferrera Valley and Ariège, and the excursion to the Baiau lakes will delight you with its views of the impressive Baiau glacial cirque.

How to get



P i i



Boet lookout point



Cross on the Pica d'Estats



Vallferrera Refuge



Àreu sawmill

To take into account

- Summer and autumn are the best times to visit this area. In spring and winter the snow tends to limit access to the forest tracks.
- Respect the signposting and only drive on the unregulated forest tracks. Remember that you need an off-road vehicle. If you do not have one, 4x4 taxis are available for hire.
- Camping outside controlled areas is not allowed. You can only overnight between 8 pm and 8 am; no tents can remain set up outside these times.
- You must remove all your own rubbish and leave the area exactly as you found it.



The main attractions

- **The Pica d'Estats**, the highest mountain in Catalonia and the mecca of Pyreneism. Reaching its summit and having your photo taken next to its giant cross is one of the most important challenges for the many hikers who visit the park. The rest of the visitors can admire it at a distance from the panoramic lookout point that is easily reached from the Aixeus car park.
- **Glacial geomorphology.** Over thousands of years' snow and ice have carved these valleys into their present-day relief, forming imposing glacial cirques such as those of Baiau and Aixeus, and deep, high-mountain lakes such as those of Baborte, Sotllo, Areste, Baiau and Aixeus.
- **The wide biodiversity of environments** fills this area with the typical Pyrenean high-mountain flora and fauna.
- **The Pla de Boet** is an area of stunning scenery with springs, waterfalls and sinuous water courses that feed productive pastures. You can discover it on a short circular itinerary.
- **The water** that flows in abundance through the valley, whether in the form of large rivers, such as the Noguera de Vall Ferrera, wild gullies, such as those of Baborte and Sotllo, or shallow waters, such as the marshes of Pla de Boet, Arcalis and Lo Mercat.
- **The spruce woods** that line the River Noguera in the Ferrera Valley and the area around Pla de la Selva, with its monumental spruce tree and the lair of the last native bear in Catalonia, will not disappoint you either.

An extensive signposted footpath network covers this whole area and will bring you into contact with its heritage and its people.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the park's website.

Taxis

- Taxis in the northern zone of the park: 609 35 79 26.

Accommodation and tourist establishments

On the sectorial map-guide of Vall Ferrera you will find all the information on the accommodation and tourist establishments in the area. You can download it using the following QR code

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

D Pica d'Estats lookout point

Start/Finish : Aixeus car park
Time : 50'
Elevation gain : 135 m
Distance : 2.5 km

E Pla de Boet

Start/Finish : La Molinassa car park
Time : 1h 20'
Elevation gain: 210 m
Distance : 3.9 km

I Estany d'Aixeus

Start/Finish : Aixeus car park
Time : 2h
Elevation gain : 415 m
Distance : 3.1 km

N Ascent to Pica d'Estats

Start/Finish : La Molinassa car park
Time : 8h 15'
Elevation gain : 1490 m
Distance : 18.6 km

O Estanys de Baiau

Start/Finish : La Molinassa car park
Time : 4h
Elevation gain : 680 m
Distance : 12.9 km

By car

The access from Força d'Àreu to the La Molinassa car park is over some 10 kilometres of forest trail that is only suitable for off-road or high vehicles. Along the route there are points of interest such as Pla del la Farga, the plain and monumental spruce of La Selva and El Ferro spring, all of which are worth stopping to see.

From Pla de la Selva you can reach the

Aixeus car park on 4 km of forest track only suitable for off-road vehicles.

If you have a little more time, you can go to the Tor Valley, reaching the village by an asphalted track. From Tor you can go as far as Port de Cabús, on the border with Andorra, or take the circular route to El Pla and Roc de Lluaneres along a forest trail that is only suitable for off-road vehicles.

Facilities

Pla de Boet lookout point. At the entrance to El Pla you will find this stone lookout point with a wooden bench on which you can sit and, at your leisure, take in the spectacular landscape that surrounds you. You can also stamp your Explore the Park passport here www.exploraelparc.cat

Pica d'Estats lookout point. Accessible on foot. At this lookout point you can learn about the history of the ascent and the natural values of the Pica d'Estats massif and see the names of the other mountains that surround this summit. You can also stamp your passport here.

Pla de Boet recreation area. Two picnic tables

Pla de la Selva recreation area. Two picnic tables and a shelter

Vallferrera Refuge with warden. Meals and 60 places to sleep, a key operations base for climbing the Pica d'Estats or as a final of stage of the GR-11 and the Way of the Last Cathar. www.feec.cat

Baiau or Josep M^a Montfort unattended refuge. A metallic refuge on a rock promontory next to the Baiau Lakes. 9 places. www.feec.cat

Baborte or Cinquantenari unattended refuge. A metallic refuge above Baborte Lake, at the foot of the summit of the same name. 7 places. www.uec.cat



Accommodation



Guide



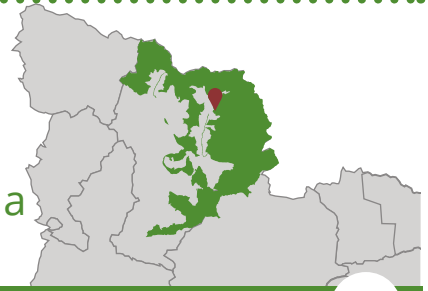
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The Lladorre Valley



The valley with the most lakes in the whole park and a refuge for the brown bear

Start: *Tavascan and Montalto Dam*

Card PNAP

5



Estans de Naorte

What you'll find

The Lladorre Valley is the park's most important water reservoir. Lakes, waterfalls, marshes, rivers and streams descend from sheer peaks. They provide sustenance for the imposing woods that give refuge to the king of the forest, the brown bear, and the green pastures that feed the herds and flocks in the summer. The water also circulates through a 75-kilometre subterranean network of tunnels, part of one of the most spectacular hydroelectric complexes in the Pyrenees.

The intoxicating beauty the Pla de Boavi will captivate you. Splendid at any time of the year, in winter you can cross it on snowshoes and in autumn you can enjoy the hypnotic spectacle of colours it offers.

Perched high at the end of winding roads, replete with beautiful panoramic views, you will find villages with charm like Boldís Jussà and Boldís Sobirà.

How to get



P i i



Pla de Boavi



Romedo de Dalt Lake



Mare de Deu de la Serra



Certascan lake and refuge

To take into account

- It snows heavily in the Lladorre Valley in winter. Check the condition of the tracks and the avalanche risk when you are preparing your visit.
- It is possible to hire a professional guide for local trout fly fishing. More information at www.marctfly.com



The main attractions

- **A host of glacial lakes** fills the head of the valley. They include the estanys of Closell, Naorte, Canedo, Broate, Guiló, Romedos and Certascan (the largest on the southern side of the Pyrenees). Their accessibility varies, whether on foot or by 4x4. Be prudent and prepare your visit in advance.
- The **Pla de Boavi** is not to be missed. The gentle orography surrounded by steep mountains can be enjoyed at any time of the year.
- **Paths of Memory.** Initiatives such as “The Mountains of Freedom” and “The Persecuted and the Saved” tell us of the routes and migratory movements linked to the conflicts of the 20th century.
- The important role of water as a natural and energy resource becomes clear when you take a guided tour of the Water Interpretation Centre and **Hydroelectric Complex of Tavascan.**
- **Villages with charm**, such as Boldís Jussà, Sobirà and Lladorre, where you can discover the peculiarities of the mountain architecture.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the park's website or visit us at www.parcsnaturals.gencat.cat/ca/alt-pirineu

Taxis

For information and prices, call the taxi service for the northern zone of the park on 609 35 79 26.

Accommodation and tourist establishments On the sectorial map-guide of the Vall de Cardós, you will find all the information on accommodation and tourist establishments in the area. You can download it using the following QR code.

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

E Pla de Boavi

Start/Finish : Montalto Dam
Time : 1h 15'
Elevation gain : 100 m
Distance : 5.1 km

O Romedo and Guiló Lakes

Start/Finish : Montalto Dam
Time : 7h
Elevation gain : 1,195 m
Distance : 18 km

L Certascan Lake

Start/Finish : Montalto Dam
Time : 4h 50'
Elevation gain : 845 m
Distance : 12.5 km

K Alt Cardós

Start/Finish : Tavascan
Time : 5h 35'
Elevation gain : 820 m
Distance : 15.5 km

By car

This area of the Alt Cardós has a network of forest tracks that provide access to the highest zones. Those that lead to the Certascan and Romedos Lakes are privately owned and have their own regulations of use. Consult the options for off-road trips in this specific area with Sports Lladorre Certascan Boavi SL on 697 25 59 85. www.lladorre.com

By mountain bike

Q Tavascan-Romedo

Start/Finish : Tavascan
Elevation gain : 900 m
Distance: 33.6 km

Facilities

- **Roc Bataller lookout point.** Currently under construction and accessible from the GR-11 footpath that departs from Boldís Sobirà in the direction of Àreu, from where you have a splendid panoramic view of the upper Cardós Valley.
- **Certascan refuge with warden.** On the shores of Certascan Lake offering food and beds. 40 places. www.feec.cat
- **Broate unattended refuge.** On a spur on the left side of the River Broate. 18 places. www.feec.cat
- **Sellente Hut.** A former shepherd's hut rebuilt as a small unattended refuge halfway between Pla de Boavi and Canedo Lake. 6 places. Property of Vall Cardós Town Council.

As well as...

- **Tavascan Water Interpretation Centre.** Water as a natural heritage of the High Pyrenees Natural Park and as an energy resource. Includes a tour of the cavern and Tavascan Hydroelectric Power Station. For more information on tours call 656 814 557 (Xavier Solé) or 973 62 30 00 (Lladorre Town Council).
- **Guided tour of the village of Tavascan.** The castle, mediaeval bridge, church and the tracks across the frontier. Telephone: 656 814 557 (Xavier Solé).
- Guided tour of the **Tavascan fish farm**, which specialises in the breeding and production of local river trout. You have the possibility of catching your own trout and taking it home. Ideal per families. For more information, telephone 973 62 30 47 or 675 90 65 18.



Accommodation



Guide



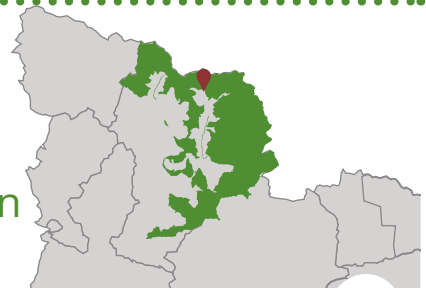
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The Tavascan Valley



All the elements of the high mountain landscape in a large valley

Start: *Bordes de Graus or Pleta del Prat Refuge*

Card PNAP

6



Capçalera de la vall de Tavascan des del mirador del Corbiu

What you'll find

Accessible lakes, such as those of Port de Tavascan and Mascarida, and other sites in settings of spectacular beauty, including Mariola, Flamisella and La Gallina, are waiting for you at the head of the Tavascan Valley.

Bordes de Graus and the refuge at Pleta del Prat are good starting points for both family excursions and long-distance routes on which to enjoy the high mountains in their purest state. Among natural woods, alpine pastures and steep slopes, allow yourself to be captivated by places full of charm, such as the shepherd's huts of Noarre. And in winter, the Tavascan winter resort offers an extensive area in which to enjoy the snow in the park with alpine and cross-country skiing, snowshoeing and, for the most adventurous, mountain skiing.

How to get



P i i



L'Estany del Port



Bordes de Noarre



Corbiu lookout point (Pleta del Prat)



Mariola Lake and Peak in spring

To take into account

• The Tavascan Valley is worth visiting at any time of the year, but in winter it is best to remain in the safety of the Pleta del Prat area.

• It is possible to hire a professional guide for local trout fly fishing. More information at www.marcfly.com



The main attractions

• **El Port de Tavascan** pass is one of the most accessible natural connections with the department of Ariège in France. Here you can enjoy the most characteristic elements of the high mountain scenery: lakes such as El Port and Mariola; gentian, alpenroses and other colourful flowers; chamois and large birds of prey; and peaks around 3,000 m high. The route to the coll or pass is part of the Mountains of Freedom crossing and witnessed the flight into exile of many people during the 20th century.

• **Walk through the deep Noarre Valley** to discover herd management and life in the shepherds' huts; waterfalls like the Noarre Cascade; and a wide variety of birch, spruce and mountain pine woods, home to such threatened species as the brown bear. You can also enjoy the autumn colours and mushrooms in the right seasons.

• **The Tavascan high mountain resort** allows visitors to enjoy the park in winter, when many areas are out of bounds due to the high avalanche risk. Here you can safely go mountain and cross-country skiing and snowshoeing, with the option of climbing easy-to-reach peaks such as the Coma del Forn.

• Many of these places can be admired from the **Corbiu lookout point** (Pleta del Prat) after just a short walk. It is even accessible in winter to people with reduced mobility using the resort's equipment.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the park's website or in the visit us dissemination and interpretation section at www.parcsnaturals.gencat.cat/ca/alt-pirineu

Taxis

For information on the taxi service in the northern zone of the park, telephone 609 357 926

Accommodation and tourist establishments

On the sectorial map-guide of the Vall of Cardós, you will find all the information on the accommodation and tourist establishments in the area. You can download it using the following QR code.

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

D Noarre

Start/Finish : Bordes de Graus
Difficulty : low
Time : 1h 50'
Elevation gain : 310 m
Distance : 5.3 km

G Itinerary of Mascarida

Start/Finish : Refuge Pleta del Prat
Difficulty : medium
Time : 2h 55'
Elevation gain : 600 m
Distance : 5.6 km

M Port de Tavascan

Start/Finish : Bordes de Graus
Difficulty : high
Time : 5h 30'
Elevation gain : 910 m
Distance : 15.5 km
This itinerary passes El Port Lake and a diversion allows you to reach La Mariola Lake.

N Estanys de la Gallina

Start/Finish : Bordes de Graus
Difficulty : high
Elevation gain : 1,185 m
Distance : 21.3 km

By car

With an off-road vehicle, drive to the Font de la Costa car park from where it is a 45-minute walk to El Port Lake.

Facilities

• Interpretative panels, the starting point for itineraries, and **El Pont de la Bolle recreation area** (on the roadside between Tavascan and Pleta del Prat).

• **Corbiu lookout point**. Panoramic panel and bench, plus a place to stamp your Explore the Park passport.

• **Tavascan High Mountain Resort**:

• **Pleta del Prat Refuge** attended by a warden all year round: www.tavascan.net

• **Alpine and cross-country skiing and snowshoeing resort** with adaptations for people with reduced mobility and sensorial abilities.

• **Mont-roig unattended refuge**. To the left of the outflow of the lower La Gallina lake. Possible ascents to El Mont-roig and El Ventolau. 18 places. www.feec.cat

As well as...

• **Tavascan Water Interpretation Centre**. The industrial heritage of the cavern and the Hydroelectric Power Station of Tavascan. For more information about the tours telephone 656 814 557 (Xavier Solé) or 973 62 30 00 (Lladorre Town Council).

• **Guided tour of the village of Tavascan**: the castle, the mediaeval bridge, the church and the cross-border tracks. Telephone: 656 814 557 (Xavier Solé).

• **Guided tour of the Tavascan fish farm** specialising in the breeding and local production of river trout. You have the possibility catching your own trout and taking it home. Ideal for families. More information at 973623047 or 675906518



Accommodation



Guide

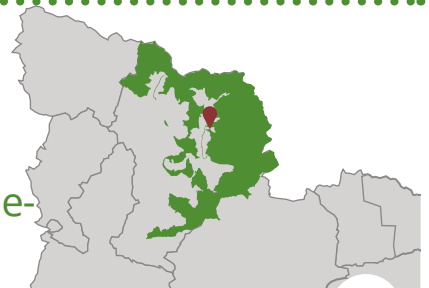
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www.femarc.cat





The Estaon and Esterri de Cardós Valley



Cows, horses, sheep... the sound of cattle bells, the smell of cut grass... the balance of nature, culture and man

Start: Ginestarre, Estaon, Esterri de Cardós or Ribera de Cardós

Card PNAP

7



Vall d'Esterri de Cardós

What you'll find

The valleys of Estaon and Esterri de Cardós are tranquil areas full of charm and the essence of Pallars Sobirà. What these two valleys have in common is the importance of stockbreeding in shaping the landscape. El Vallat (the Estaon Valley) and the Esterri Valley (Cardós) are two small valleys that begin on either side of middle of the Cardós Valley. They are full of life, with four villages in one and three in the other.

In them you will discover the day-to-day life of the herders who have been creating this captivating landscape for hundreds of years; opening the pens to let the animals out to pasture, cutting the grass, placing the bells around the necks of the heads of the herds, making feed, etc. The mown meadows of the Vall de Esterri and the stockbreeding constructions in the Vall de Cardós are a sight well worth seeing.

It is difficult to find greater integration between villages and their surrounding landscape than at Ginestarre or Estaon. They are living examples of this symbiosis. It is extraordinary to see how the high mountain landscape has been worked for centuries by humankind and to see its unmissable cultural, scenic and natural contribution!

How to get



P i i



Borda (shepherd's hut) of Llosaus



Bordes (shepherd's huts) of Nibrós



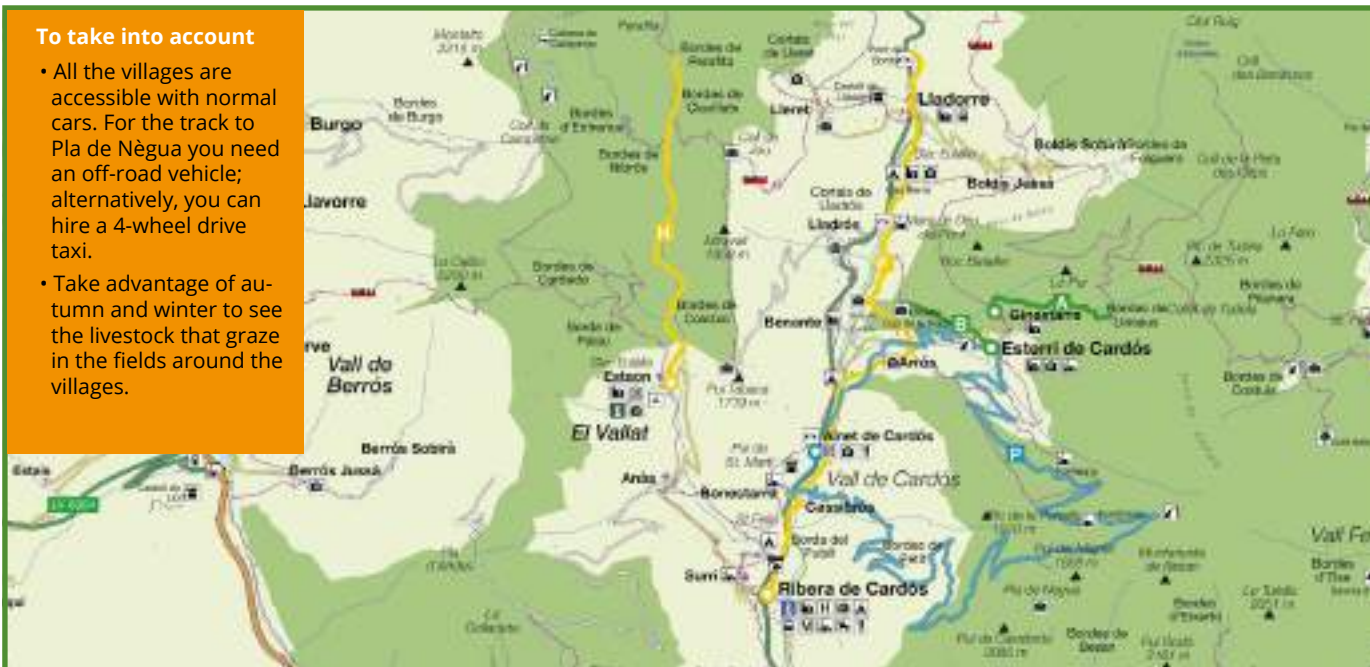
Gorja de Lladrós lookout point



Cassibrós mediaeval bridge

To take into account

- All the villages are accessible with normal cars. For the track to Pla de Nègua you need an off-road vehicle; alternatively, you can hire a 4-wheel drive taxi.
- Take advantage of autumn and winter to see the livestock that graze in the fields around the villages.



The main attractions

- **The important traditional stockbreeding activity** that fills the valley and allows us to observe the different domestic races that graze the meadows, including the Pyrenean Bruna cow, the Aranese sheep and the Catalan Pyrenean horse. In summer the numerous mown meadows offer a wide diversity of flowers and butterflies.
- The **Pla de Nequa**. The traditional meeting place for the witches of the Cardós and Ferrera Valleys to hold their sabbats. It is a unique and very beautiful spot with a grand panoramic view of the surrounding mountains and woods and is ideal for family walks. Accessible by 4x4 vehicle or mountain bike.
- The **glacial geomorphology**. Ice and water have carved out these valleys and given them their present-day relief, leaving traces of the passage of the glaciers in the erratic blocks.
- The spectacular **spruce forest of La Selva d'Anès** or the **birch wood of La Mata d'Arrós and Esterri de Cardós**, as well as singular trees such as the silver poplar of El Cardaire or the holm-oak of Bonestarre.
- The groups of bordes (stone shepherds' huts) in the Estaon Valley: **the bordes of Nibrós, Perafita, Clavillats and Cardedo** are testimonials to a stockbreeding past and present and are used to store grass and enclose the animals. At the **Borda of Llosaus**, in the Esterri de Cardós Valley, you can see exactly what the old stone shepherd's huts were like with their straw roofs, today a testimony to a past.
- Important vestiges from the Spanish Civil War and the post-war period make the Cardós Valley a particularly interesting place in which to learn about this human drama and perhaps understand it a little better. That is the aim of the **Front, Exile, Evasion and Bunkers Interpretation Centre** in Ribera de Cardós and the Democratic Memorial itineraries that cross the valley.
- **Romanesque churches and chapels of great historical and artistic value** with spectacular bell towers, such as that of Ribera de Cardós, and reproductions of Romanesque mural paintings in Esterri de Cardós and Ginestarre..

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the park's website or in the visit us dissemination and interpretation section at www.parcsnaturals.gencat.cat/ca/alt-pirineu

Taxis

For information on the taxi service in the northern zone of the park, telephone 609 357 926

Accommodation and tourist establishments

On the sectorial map-guide of the Vall de Cardós you will find all the information on the accommodation and tourist establishments in the area. You can download it using the following QR code.

Options for visitors

On foot

A Borda de Llosaus
(the only remaining stone shepherd's hut with a straw roof)
Start/Finish : Ginestarre
Time : 1h 25'
Elevation gain : 260 m
Distance : 4 km

B Cap de la Roca lookout point

Start/Finish : Esterri de Cardós
Time : 45'
Elevation gain : 40 m
Distance : 2.9 km

H Stone Shepherd's Huts (bordos) of Nibrós and Perafita

I Start/Finish : Estaon
Time : 3h 5'
Elevation gain : 455 m
Distance : 10 km

F Mediaeval Bridges

I Start/Finish : Ribera de Cardós/Lladorre
Time : 2h 30'
Elevation gain: 255 m
Distance : 9.9 km

B By mountain bike

P Pla de Nequa

Start/Finish : Ainet de Cardós
Elevation gain : 1,040 m
Distance : 26.7 km

C By car

The stretch from Esterri de Cardós to Pla de Nequa is only suitable for off-road vehicles. Use of the track to enter Pla de Nequa is restricted. You will have to leave your vehicle approximately 300 m from the plain and it is just a five-minute walk from there.



Accommodation



Guide

Difficulty: ● low, ● moderate, ● high,

Facilities

- Visit the **Front, Exile, Evasion and Bunkers Interpretation Centre** in Ribera de Cardós to gain in-depth knowledge about this conflict of our recent past. For more information please call 973 62 31 22 or 973 62 32 39*. Check the opening times.
- **Cap de la Roca lookout point** with the possibility of stamping your Explore the Park passport.
- **Gorges de Lladrés lookout point**. Discover it by following the Itinerary of the Mediaeval Bridges between Arrós and Lladrés.
- **Pui Tabaca lookout point**. Recently built and only accessible on foot, it offers you an extensive panoramic view of the Cardós Valley
- **Cassibrós recreation area** with 3 picnic tables, a barbecue and a shelter. Located between the main road and Noguera de Cardós.
- **Pont de la Reguera recreation area**. On the eastern side of Noguera de Cardós, very close to Ribera de Cardós.
- **Rentador de Ginestarre recreation area** located at the beginning of the way to Boldís Jussà.
- **La Serradora i Mola d'Esterri de Cardós recreation area** at the beginning of the track to Pla de Nègua.

As well as...

- **Textile craft workshop**. Ginestarre. See the traditional way of making clothing and home accessories with low-warp looms. Live demonstration and shop <http://artesianiatextilginestarre.blogspot.com>
- Enthusiastic walkers can participate in or follow the route of the **Vall de Cardós, Romanesque in La Claror Walk** (41km), passing through the 18 villages of the Cardós Valley on historic bridle paths.
- The High Pyrenees Natural Park and **Aranese Sheep Products Fair**. June. Arrós de Cardós.
- Mata d'Arrós and Esterri de Cardós **Municipal Mushroom Reserve**. Day tickets can be purchased at Casa Borrut (Esterri de Cardós) and Casa Mora (Arrós de Cardós)
- Professional guide service for native trout **fly fishing**. More information at www.marçfly.com



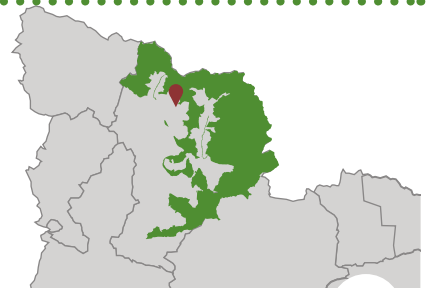
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The Unarre Valley



Tranquil, magic villages with the essence of the high mountains, a paradise waiting to be discovered

Corbiu lookout point

Card PNAP

8



What you'll find

The little known and peaceful Unarre Valley is one of the places it is worthwhile taking time to discover. It is a valley with the purest Pyrenean essence, where you can taste and discover what the Pyrenees are all about.

Small villages with charm that invite you to stroll around them. Villages surrounded by steep mountains that reveal the harshness of the landscape. Stone shepherds' huts, churches and other buildings for livestock give life to the environment.

You will also find the stockbreeding essence in the village of Gavàs and its cheese factory, and you can enjoy the magic of water in the numerous glacial lakes, such as La Gola, Calberante and Els Tres Estanyes.

It is also a starting point for climbing the highest peaks and viewing the park from a bird's eye view.

How to get



La Gola Waterfall



La Gola Lake in summer



Sartari Waterfall



La Gola Refuge



To take into account

- Take advantage of the summer to climb to the summit of El Ventolau or El Mont-roig. The more adventurous can make the ascent in winter with skis or snowshoes, but you must find out beforehand if there is any avalanche risk.
- The track to Pla de Sartari and La Gola Lake is only suitable for off-road vehicles. You can hire a taxi or begin the excursion on foot from the Cerbi car park.

The main attractions

- **Glacial geomorphology.** Ice and the water have carved out these valleys and given them their present-day relief with many beautiful lakes of crystalline waters, including La Gola (the largest), Calberante, Buixasse, Tres Estanys and Ventolau. Rising high above them are peaks such as Mont-roig (2,846 m) and Pic de Ventolau (2,851 m).
- **Pla de Sartari.** Near the car park in Sartari. A walk will take you to one of the most spectacular places in the area, a large plain crossed by sinuous waters and surrounded by steep slopes with two lovely waterfalls, Sartari and La Gola.
- **The stone shepherds' huts of Aurós,** testimonies to a stockbreeding past and present used to store grass and enclose the animals.
- **Romanesque churches and chapels** and historical heritage make their presence known in the area and help create its characteristic features. Of note are the Chapel of Sant Beado and the Romanesque church of Sant Pere d'Aurós.
- Very well preserved **high mountain villages**, such as **Cerbi, Gavàs and Unarre**, offer the visitor a sensation of great peace. Gavàs also has a craft cheese factory that can be visited on a guided tour.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the Park's website.

Taxis

For information on the taxi service in the northern zone of the park, telephone 609 357 926

Accommodation and tourist establishments

On the sectorial map-guide of the Valls d'Aneu you will find all the information on the accommodation and tourist establishments in the area. You can download it using the following QR code.

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

C The Sant Beado Itinerary

Start/Finish : Cerbi car park
Time : 2h 30'
Elevation gain : 410 m
Distance : 7.8 km

Route through the Unarre Valley

Start/Finish : Unarre
Time : 2h
Elevation gain : 200 m
Distance : 4 km

E Estany de la Gola and Tres Estanys (lakes)

Start/Finish : Sartari car park
Time : 3h 05'
Elevation gain : 600 m
Distance : 8.3 km

H Serra Mitjana Itinerary

Start/Finish : Cerbi car park
Time : 6h
Elevation gain : 1,055 m
Distance : 17.7 km

By mountain bike

Q The Chamois Route

Start/Finish : Unarre
Time : 45 min
Elevation gain : 260 m
Distance : 7.8 km

By car

From the village of Unarre in the direction of Llavorre there is a forest road (only suitable for off-road vehicles) that will take you to Campirme and the extensive pastures at the head of the Estany Valley. From there a gentle itinerary takes you to the Soliguera lakes.

Facilities

- **Burgo lookout point.** A roadside lookout point between Unarre and Burgo. It has a bench and a picnic table from which there is a magnificent panoramic view of the Vall d'Unarre and the Valls d'Aneu.
 - **Les Bordes de Aurós recreation area.** Located next to the dam that collects the waters from the River Gola, it has several stone tables.
 - **La Gola unattended refuge.** Located 170 m from La Gola Lake at an altitude of 2,231 metres. It has a wooden platform with places for 10 people, a table and a fireplace. It is the ideal base for climbing the highest peaks in this valley.
 - **Formatgeria de Gavàs.** This is where they make "Roseta de Gavàs", a cheese made with raw milk from their own goats, as well as tupí, a Pyrenean fermented cheese. In summer, there are guided tours from the Valls d'Aneu Ecomuseum that include the opportunity to buy some of the cheese and enjoy a painting exhibition.
- For more information please call 973 62 64 36
www.ecomuseum.com.

As well as...

- From the village of Llavorre you can visit the Chapel of Sant Roc, a 30-minute walk. From there you have an exceptional panoramic view of La Mollera d'Escalarre and the Valls d'Aneu.
- In Esterrí d'Aneu you can visit the Valls d'Aneu Ecomuseum, a museum devoted to the traditional life in the Valls d'Aneu and El Pallars in the early 20th century. At the same time, it is a living entity dedicated to investigating, preserving and disseminating all the heritage of this region. It offers guided tours of the museum and surrounding places of interest, including the Gavàs cheese factory and the church of Sant Julià d'Unarre. Some of the tours may be dramatised. It also has its own shop and handicrafts. For more information please call 973 62 64 36 www.ecomuseum.com



Accommodation



Guide



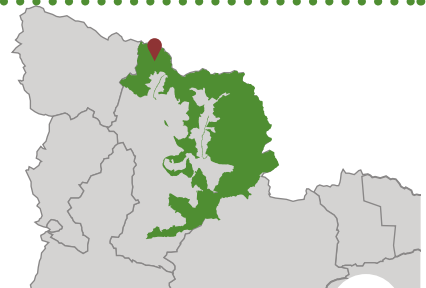
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The Bonabé Valley



A land of fallaires, centenarian woods and endless meadows... the home of the Pyrenean brown bear!

Start: Isil, Alòs d'Isil or El Fornet Refuge

Card PNAP

9



Vall de Bonabé i al fons el port de Salau i el pic de Gel

What you'll find

The Bonabé Valley is the maximum exponent of the Pyrenean high mountains. The excellent state of preservation of the landscapes that surround the villages of Àrreu, Isil and Alòs d'Isil and the area of Bonabé, together with the tranquillity and the huge diversity of geology, flora and fauna and the maturity of its forests, make this one of the best places in the Pyrenees to enjoy nature at its purest.

The brown bear also knows this and that is why it has chosen this sector of the High Pyrenees Natural Park as its main home and breeding ground, decades after it almost became extinct in the Pyrenees. The House of the Pyrenean Brown Bear in Isil is the ideal place for a family visit to discover the bears' secrets and feel closest to them.

This is also the country of the magical and ancestral fire of the falleres, a world of intangible heritage waiting to be discovered in the villages of Isil and Alòs d'Isil. Romanesque churches and historical heritage linked to the exploitation of wood will round off a series of unforgettable experiences.

How to get



P i i



Sant Joan d'Isil



Fornet Refuge



Port de Salau



House of the Pyrenean Brown Bear



To take into account

- The El Fornet Refuge forest trail to Montgarri is closed to motorised traffic from 31 November to 1 May due to ice patches and high avalanche risk.
- Discovering the habitat and traces of the brown bear is only possible on a guided tour. You can book your guide at the House of the Pyrenean Brown Bear in Isil.

The main attractions

- The **brown bear** is this region's most emblematic animal and the king of the Pyrenean animal world. Discover its secrets in the House of the Pyrenean Brown Bear in Isil, an interpretation centre prepared for all ages and especially families.
- An **ideal area for ecotourism**. In addition to the brown bear, we have to highlight deer rutting, the mature woods and the unique flora of the high limestone mountains. You can discover all this by hiring a Natural Park guide-interpreter.
- **If you walk the signposted footpath network** you will discover exceptional landscapes including Airoto Lake, the enigmatic Arreu Valley and the trans-frontier mountain passes, across which many of those persecuted in the conflicts of the 20th century found freedom. You can use the refuges of El Fornet and Alòs as bases to organise your excursions.
- The **Isil falles**, declared a Festival of National Interest, is intangible heritage whose origin is lost in the mists of time. You can learn more about it in one of the exhibition rooms in the House of the Brown Bear or in the village itself on St John's Eve.
- The **Romanesque architecture** of Sant Joan d'Isil, Alòs d'Isil, Mare de Déu de les Neus, the mediaeval bridges of Arreu and Alòs, and the sawmills of Alòs and La Matussiere complement your visit with an exceptional cultural heritage.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the Park's website or the dissemination and interpretation area of the visit us section at www.parcsnaturals.gencat.cat/ca/alt-pirineu.

Taxis

For information on the taxi service in the northern zone of the park, telephone 609 357 926.

Accommodation and tourist establishments

On the sectorial map-guide of the Valls d'Àneu you will find all the information on the accommodation and tourist establishments in the area. You can download it using the following QR code.

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

The following are some recommended itineraries

D Volta d'Àreu

A round trip in Àreu
 Start/Finish : Borén
 Time : 1h 15'
 Elevation gain : 230 m
 Distance : 3.5 km

M The Brown Bear Route

Start/Finish : Isil
 Time : 50'
 Elevation gain : 150 m
 Distance : 2.4 km

G Port de Salau Itinerary

Start/Finish : El Fornet Refuge
 Time : 3h 40'
 Elevation gain : 715 m
 Distance : 8.4 km

J Itinerari del Port d'Aulà

S Start/Finish : Perosa car park
 Time : 3h 55'
 Elevation gain : 800 m
 Distance : 8.7 km

By mountain bike

L Bonabé

I Start/Finish : Alòs d'Isil
 Elevation gain : 410 m
 Distance : 34.6 km

By car

Discover the whole of the Bonabé Valley starting from Isil and heading in the direction of El Fornet Refuge and from there, with an off-road vehicle and

making stops to enjoy the scenery, to the Sanctuary of Montgarri and the Pla de Beret in the Aran Valley. You can return to your starting point by road via the Bonaigua Pass.

Facilities

• **The House of the Pyrenean Brown Bear in Isil**. An interpretation centre where you can learn about this emblematic animal and organise your guided tours of the surrounding country. Tel. 973 083044. More information at www.fundacionosopardo.org

• **Alòs Refuge**. A former village school refurbished as a refuge with a warden. It sleeps 20 persons and has a kitchen for free use. 642 580 685 refugialos.wix.com/refugialos

• **El Fornet Refuge**. Refuge with warden and information point associated with the park. It has 3 bedrooms with a total of 28 places and a bar-dining room. Open all year. 618 146 705/6 www.facebook.com/refugidelfornet

• **Airoto Refuge**. An unattended refuge at an altitude of 2,200 metres next to Airoto Lake. 10 places. www.uec.c

As well as...

• At Port de Salau pass, near the remains of the old La Matussiere wooden cable car, on the first Sunday in August there is a festive get-together of Catalans and Occitaneans, with traditional dances and tastings of Pallars wine and Occitanean cheese.

• At the Valls d'Àneu Ecomuseum in Esterri d'Àneu a guide will tell you all about traditional life in these valleys in the early 20th century. The Ecomuseum also organises guided tours of the Romanesque church of Sant Joan d'Isil and the sawmill of Alòs. Tel. 973 62 64 36 www.ecomuseum.com



Accommodation



Guide



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La Mollera d'Escalarre



La Mollera of Escalarre is the largest wetland area in the High Pyrenees Natural Park

Start: Guingueta d'Àneu Card PNAP **10**



Mollera d'Escalarre

What you'll find

La Mollera d'Escalarre is the largest wetland in the park and an excellent place for family tourism. In just a small area you will find the most extensive riverside woods, numerous species of birds that seek refuge here, especially during the migratory period, remarkable historical and cultural heritage and an important fishing zone.

Discover its unique heritage and gentle orography as you walk along its network of itineraries, many of which are suitable for visitors with reduced mobility.

How to get



P i i



La Llobatera itinerary



La Vinyeta lookout point



Sant Pere del Burgal Monastery



Mollera Escalarre watchtower

To take into account

- If you would like to observe aquatic birds and otters, early morning or sunset are the best times, as the fauna is most active then. Don't forget your binoculars and a guide to the flora and fauna of the Natural Park to identify the birds.



The main attractions

- **The geomorphology of La Mollera d'Escalari.** Water and ice have worked for more than 70,000 years to create the present-day landscape.
- **The best riverside woodlands in the park.** Luxuriant, shady and full of life.
- One of the most important and most accessible areas of Catalonia in which to **catch native river trout**, with a kill and a no-kill zone.
- **A complete network of itineraries with numerous facilities:** birdwatching hides with panels describing the landscape, flora and fauna; panoramic lookout points and recreational areas.
- **Churches, chapels and historical heritage** linked to the conflicts of the 20th century.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the park's website.

Taxis

For information on the taxi service in the northern zone of the park, telephone 609 357 926.

Accommodation and tourist establishments

On the sectorial map-guide of the Valls d'Àneu, you will find all the information on the accommodation and tourist establishments in the area. You can download it using the following QR code.

Options for visitors

On foot

The following are some recommended itineraries. The suggested starting point is the village of La Guingueta d'Àneu, where you will find interpretative posters with all the information of interest

A La Llobatera Itinerar

Start/Finish : Pont de Poldo (La Guingueta d'Àneu)
Time : 50'
Elevation gain : 45 m
Distance : 1.8 km

B Walk around La Torrassa

Start/Finish : Pont de Poldo (La Guingueta d'Àneu)
Time : 20'
Elevation gain : 0 m
Distance : 1.2 km

C La Mollera Itinerary

Start/Finish : Pont de Poldo (La Guingueta d'Àneu)
Time : 1h 25'
Elevation gain : 50 m
Distance : 5.75 km

D Lo Castellot Route

Start/Finish : La Guingueta d'Àneu
Time : 4h 45'
Elevation gain : 600 m
Distance : 12 km

By mountain bike

A La Mollera

Durada : 1 h
Desnivell : 70 m
Distance : 12,8 km

Difficulty: ● low, ● moderate, ● high,

Guided tour

Admire the Romanesque architecture of Santa Maria d'Àneu or see early-20th-century rural life by visiting Casa Gassia. For more information please call the Valls d'Àneu Ecomuseum on 973 62 64 36.
www.ecomuseum.com

Facilities

- **Recreation areas alongside Pont de Poldo** with several picnic tables.
- **Birdwatching points at El Pla and La Llobatera.**
- **La Vinyeta lookout point and the raised lookout point of La Mollera d'Escalari.** Birdwatching and scenery, interpretative panels and the chance to stamp your Explore the Park passport.

As well as...

- Discover the heritage values and facilities of Escaló:
- Visit the mediaeval walled town of Escaló, the interpretation centre and the farm shop. For more information please call 973 25 06 01.
- Take a guided tour of the monastery of Sant Pere del Bungal. It is possible to visit the interior to see the original Romanesque paintings on the guided tour organised by the Valls d'Àneu Ecomuseum. For more information, please call 973 62 64 36.



Accommodation



Guide



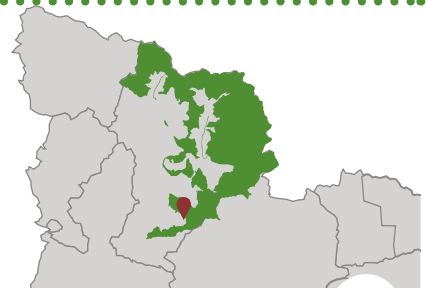
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The Siarb Valley



The valley of red soils and mediaeval villages

Start: *Llagunes or Comes de Rubió Refuge*

Card PNAP

11



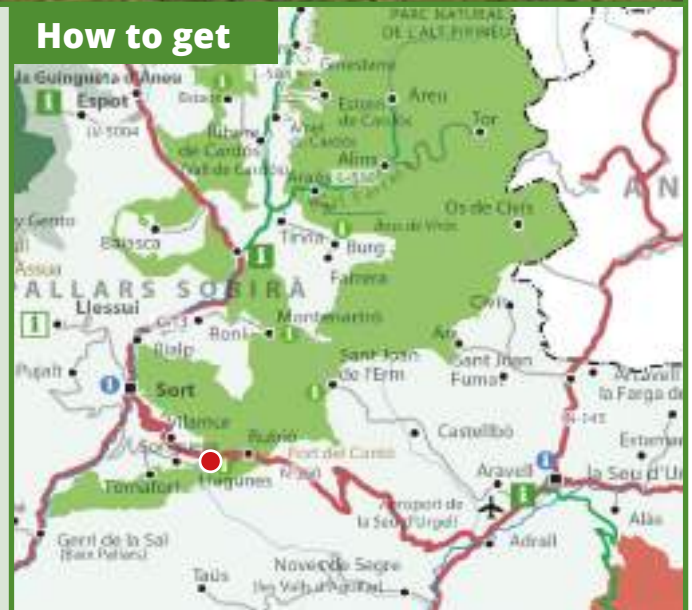
Vall de Siarb i Llagunes

What you'll find

The impressive natural lookout point of La Torreta de l'Orri presides over the Vall de Siarb, a valley with extensive mountain and Scots pine forests and such unique spots as Les Comes de Rubió. The red soils of El Cantó alongside the green of the meadows offer a contrast of colours that is greatly enhanced in autumn. The red houses of Rubió and Llagunes are an example of how the materials from the area have been used to build and give their own personality to these small, charming villages.

The history of this region is manifested in places such as Vilamur, a walled town and capital of an old viscounty with a mediaeval quarter full of interesting details. However, you will find the maximum exponent of the valley's past at Santa Creu de Llagunes, the impressive remains of a mediaeval village with a history dating back more

How to get



P i i



Ruins of Santa Creu de Llagunes



Torreta de l'Orri



Les Comes de Rubió Refuge



Tornafort

To take into account

- There is a geocaching activity around Llagunes to help you enjoy the valley's landscape.
- The Vall de Siarb Popular Walk is held on the last Sunday in May.
- An excellent time to enjoy the Siarb Valley is in autumn with all the colours that fill the scenery with contrasts.
- At El Cantó pass you can often observe large birds of prey circling. With the help of binoculars, you may be able to identify the four European vulture species: the bearded vulture, the griffon vulture, the black vulture and the Egyptian vulture.



The main attractions

- Despite its modest altitude, **La Torreta de l'Orri** or Pic de l'Orri (2,439 metres) is a first-class natural lookout point with impressive views over the Catalan Pyrenees.
- The **subalpine mountain pine and Scots pine forests** of this valley are home to a rich and varied fauna with species such as deer, roe deer and the mythical capercaillie.
- **The geology of El Cantó.** The red soils we see at El Cantó are conglomerates of sandstone, clay or muds of fluvial origin, the result of the erosion of the ancient Hercynian mountains. Another geological peculiarity of this area is the overlap plain of the Freixa Mountains, where the calcareous materials can be seen above the red materials of the Triassic, which are older and harbour vestiges of the first reptiles that populated the Earth.
- **The small populated villages** of Vilamur, Llagunes, Tornafort and Rubió are worth a visit for the singular vestiges of their mediaeval past and the extraordinary scenery that surrounds them. Rubió, at an altitude of 1,687 metres, is the highest village in Catalonia.
- **Les Comes de Rubió.** A captivating setting of subalpine meadows and mountain streams surrounded by extensive mountain pine woods. At its heart is Les Comes de Rubió refuge, an ideal base from which to enjoy the surrounding nature with the whole family.
- **Santa Creu de Llagunes.** With thousands of years of history, the remains of this fortified site dating back to 1500 BC help us understand how its inhabitants lived from the Iberian period to the Middle Ages. It is the "Empuries" of the High Pyrenees Natural Park and can only be visited with a guide.
- **The Bunkers of Vilamur.** The bunkers and machine gun nests built on the Pallars front by the Nationalist side in the Spanish Civil War. These are some of the best-preserved remains from the civil conflict that can be visited in the Pyrenees.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the Park's website

Taxis

For information on the taxi service in the southern zone of the park, please call 646 18 43 87.

Accommodation and tourist establishments

On the sectorial map-guide of the Vall Ferrera, you will find all the information on the accommodation and tourist establishments in the area. You can download the map of El Massif de l'Orri from the following QR code

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

B Walk around Les Comes de Rubió

Start/Finish : Les Comes de Rubió Refuge
Time : 1 h 10'
Elevation gain : 125 m
Distance : 4.2 km

C Is Canemassos Itinerary

Start/Finish : Llagunes
Time : 40'
Elevation gain : 45 m
Distance : 2.7 km

N Camí la Serra de Freixa

Start/Finish : Llagunes
Time : 2 h 40'
Elevation gain : 475 m
Distance : 7 km

Pas de Gegant Crossing

Start/Finish : Sort - Comes de Rubió - Sort
Time : 2 days
Elevation gain : 1,600 m
Distance : 44 km
www.refugicomesderubio.com/portal/pas_de_gegant

By mountain bike

R Tour around the Pic de l'Orri

Start/Finish : Vilamur
Elevation gain : 870 m
Distance : 40 km

By 4x4 vehicle

Drive to Les Comes de Rubió in a 4x4 vehicle from the village of Rubió to en-

joy this magical setting. With the possibility of reaching Prat Muntaner, Torreta de l'Orri or Sant Joan de l'Erm.

Facilities

• **Torreta de l'Orri lookout point.** Two interpretative tables from which to observe a grand panoramic view of the mountains of the High Pyrenees Natural Park and nearby nature areas. Accessible from:

- **Comes de Rubió** by 4x4 vehicle, mountain bike or on foot following the track or via La Basseta.

- **Port-Ainé** by 4x4 vehicle or mountain bike along the track, by chairlift in winter or on foot following the signposted itinerary.

• **Les Comes de Rubió refuge with warden and recreation area.** Accessible with a 4x4 vehicle on the track. The refuge prepares mountain meals and crossings of the Pas de Gegant are organised from here. www.refugicomesderubio.com

• **Vall de Siarb warden-attended refuge and the museum of the abandoned village of Santa Creu de Llagunes.** An exhibition of the archaeological remains found during the excavation of the site. Themed excursions and workshops are organised from the refuge. www.balmesblancs.com

• **Tornafort Cultural Hall.** Frequent exhibitions in summer. www.tornafort.cat

• **Rubió recreation area and lookout point.** Accessible from the N-260.

• **Font dels Fornicons recreation area,** accessible on foot from Llagunes.

• **Port del Cantó recreation area** alongside the N-260.



Accommodation



Guide



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Arboló and Gerri de la Sal

The valleys of the south of the park, a bridge between the Pre-Pyrenees and the high Pyrenean mountains



Start: Baro, Tornafort, Arcalís, Sort and Pont d'Arboló

Card PNAP

12



What you'll find

The southern zone of the Natural Park, along the River Noguera Pallaresa between Gerri de la Sal and Sort, is one of its least known areas. It is exceptionally rich due to its situation as a bridge between the more common Pre-Pyrenean sub-Mediterranean habitats and those of the high Pyrenean mountains. Oak, holm oak and give way to Scots pine and you begin to sense you are nearing the High Pyrenees.

The Romanesque sanctuary of Arboló, set on a rocky crag on the left bank of the Noguera Pallaresa, marks the southern end of the Natural Park. It is one of the most important spiritual symbols of the Pallars region, as Our Lady is the patron saint of the county. Not far from here, in Gerri de la Sal, there is another spiritual symbol of great historical meaning, the Romanesque monastery of Santa Maria de Gerri de la Sal, which is entered by crossing a magnificent mediaeval bridge. You can also see the salt pans, a geological and cultural heritage site unique in the Pyrenees

How to get



P i i



Camí d'Arboló (footpath)



Monastery of Gerri de la Sal



Museum of Arboló



Sanctuary of Arboló

To take into account

- Even in deepest winter, when most of the park is snow-covered and largely inaccessible, this is the best area to visit without having to walk through snow. The roofs of the village houses, which are tiled instead of made with stone slabs, are evidence of this.
- On the first Sunday in May there a popular pilgrimage to Our Lady of Arboló. Three masses are held and the Canticles of the Blessed Virgin are sung in the square in front of the chapel. The devotion for this sanctuary goes beyond the annual pilgrimage, as is shown by the fact that a mass is held here every Thursday in summer and that there are always candles burning at Our Lady's feet.



The main attractions

• The **great biodiversity** that fills this zone offers a major contrast in vegetation between the mountain pine woods at the top of the Tornafort i Arcalís forest, the pine and ilex in the valley bottom and the extensive riverside woodland along the Noguera Pallaresa

• **A Land of Vultures.** The rocky crags of this area, such as the Roca del Lladre, are full of the nests of this scavenger and it is very common to see them in flight.

• **A Land of Sanctuaries.** The Romanesque sanctuary of Arboló, the monastery of Santa Maria de Gerri and the chapels of Serenyà and El Soler endow this land with a magnificent spiritual, historic and artistic content. Arboló is one of the sanctuaries most beloved by the people of this territory. It is dedicated to their patron saint and is one of the most important spiritual areas in the park. Situated on a magnificent natural lookout point over the Noguera Pallaresa, it can only be reached on foot. Santa Maria and its mediaeval bridge form an architectural complex that should not be missed.

• **The salt pans of Gerri de la Sal.** The name Gerri de la Sal (sal is salt in Catalan) gives you a clue as to the resource on which this place has based its economy for many years and has also given rise to the characteristic physiognomy of the village. A spring of water rich in salts allowed this important and scarce resource to be obtained through evaporation and for centuries it provided wealth for this village and its monastery until well into modern times. You can take an interesting tour of the salt pans and warehouse and Alfolí de la Sal, where you can see the laborious process required to produce a highly appreciated culinary salt.

• **Geological singularities:** Arboló is located on the façade of the geological mantle of Les Nogueres, exceptional geological outcrops that allow us to interpret the formation of the Pyrenees from its panoramic lookout point.

Services for visitors

Guided tours

See our agenda of activities and the accredited guides currently available in the dissemination and interpretation section of the park's website.

Taxis

For information on the taxi service in the southern zone of the park, please call 646 18 43 87.

Accommodation and tourist establishments

On the sectorial map-guide of the Massís de l'Orri you will find all the information on the accommodation and tourist establishments in the area. You can download it using the following QR code.

Options for visitors

Difficulty: ● low, ● moderate, ● high,

On foot

The following are some recommended itineraries

E Route of the Sanctuaries

Start : Baro Finish : Gerri de la Sal
Time : 1h 10'
Elevation gain: -150m
Distance: 5.4 km

D Walk around Tornafort

Start/Finish : Tornafort
Time : 45'
Elevation gain : 135m
Distance : 2.3 km

J Arcalís Castle

Start/Finish : Arcalís
Time : 1h 15'
Elevation gain : 245 m
Distance : 2.5 km

O or via Tornafort and Malmercat

Start/Finish : Sort
Time : 5h 30'
Elevation gain : 865 m
Distance : 17.7 km

By mountain bike

Q Les Vernedes de Sort

Start/Finish : Sort
Elevation gain : 50 m
Distance : 5.7 km

Route of the Sanctuaries

Start/Finish: El Pont d'Arboló car park
Elevation gain: 650 m
Distance : 17.9 km

By car

Take an excursion by car to El Pla de Corts and you will see villages with charm such as Peramea and the magnificent Estany de Montcortès, an amazingly beautiful lake of karstic origin that is easy to reach.

Facilities

• **Sanctuary of Arboló recreation area, lookout point and museum.** In front of the sanctuary, accessible by a 10-minute walk, there is a large stone where you can enjoy a relaxing meal. A panoramic panel allows you to interpret the geology of the surrounding area. In the Casa de l'Ermita there is a small museum devoted to the sanctuary (only open on days when mass is held).

• **L'Ermita del Soler recreation area and lookout point.** In front of this chapel of Romanesque origin, which can be reached with a short walk, there is an area with three stone tables and a panoramic lookout point over the Siarb Valley. The car park on the other side of the river also has a couple of picnic tables.

• **Barranc d'Enseu birds of prey interpretation area.** Near the village of Gerri de la Sal and reached after a short walk, in a part of the old forestry nurseries there is a small area with life-size reproductions of the birds of prey found in the park.

• **Gerri de la Sal Museum.** This museum, the Alfolí, tells the story of the salt industry in Gerri that began in the 9th century. You will learn about the work carried out in the warehouse, the work of the salt-makers and a small part of the oral memory of former salt pan workers explaining their experiences. It includes a guided tour of the salt pans and the salt water spring, known locally as the Mina Ofita. For more information please call 973 66 20 40 (Town Council). consortiumgerri@gmail.com ajuntament@baixpallars.ddl.net

As well as...

A short distance away by car is the Congost de Collegats Nature Reserve, a unique natural area with numerous birds of prey, bats and an otter habitat. Of particular interest is L'Argenteria, a natural water surge that over millennia has created a large formation of sinuous travertines that remind you of the Modernist façade of Gaudí's Sagrada Família. In winter, the ice stalactites make it even more spectacular. In the area of El Pla de Corts, above Peramea, is the Estany de Montcortès Area of Natural Interest, an almost circular, 46-hectare lake of karstic origin. Its rare flora and fauna make it extremely interesting and it is also an ideal spot to enjoy with family and friends all year round.

And in Escaló:

• Visit the mediaeval walled town of Escaló, the interpretation centre and the farm shop. For more information, please call 973 25 06 01.

• Take a guided tour of the monastery of Sant Pere del Bungal. For more information please call 973 62 64 36.



Accommodation



Guide

