Hiking in Catalonia
Catalonia, a lot to explore

On the map, a selection of the most frequented GR and other equally recommendable routes in Catalonia are indicated. In the grey circles, the numbers refer to the proposals listed on the opposite page and explained throughout the leaflet.

Other routes
- 3M: Els 3 monts (The 3 hills)
- PC: La Porta del Cel (The Gateway to Heaven)
- 5LL: El Cinqué Llac
- ES: Estels del Sud (Kites of the South)
- CF: Carros de Foc (Chariots of Fire)
- CS: Way of Saint James

Distance between capitals

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Average daytime temperatures

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Routes in a unique and diverse world

1. Boí, Barravés and Castanesa. From valley to valley through the Alta Ribagorça
2. Aiguèstortes. The secrets of the national park
3. Romanesque Val de Boí. Learn on every step
4. Between La Cerdanya and Andorra. Hidden border lakes
5. Cadi-Moixeró Natural Park. Tibetan inspired traverse
6. The Encantats peak. The majesty of the mountains
7. Pyrenean border. The other route of the great heresy
8. From the Ripollés to La Cerdanya. From summit to summit
9. Mountain path. Homage to the Persecuted
10. La Cerdanya. Walk while playing with all the family.
11. Vall de Ribes. Over the peaks of the Eastern Pyrenees
12. Ripollés. From the Vall de Núria to the Canigó
13. Through Pyrenean forests. Trails of the maquis
14. Picasso in Gósol. Pictorial footprints
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16. Recluse Pyrenees. 21st-century hermits
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18. The course of the river Garonne. Ancient Roman roads
19. Pyrenean Via Calda. Hiking and thermal springs
20. Around the Port de Vielha pass. The Seventh Seal (Setau Sagèth)
21. Montgarri. High mountain routes
22. Coastline. On the shores of the sea
23. Ripollés, Garrotxa and Alt Empordà. From the Pyrenees to the sea
24. Nature areas in Barcelona. Between natural parks
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26. GR 151 Camí de l’Abat Oliba. From Montserrat to the Pyrenees
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28. El Priorat and El Montsant. Wine hiking, routes and wine
29. Prades Mountains. Rivers of crystal clear waters
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31. Castellfollit Forest. Enchanted forests
32. Ignatian Way. The route of conversion
33. GR 99 The Ebro Trail. The river of life

Hiking in Catalonia

What does this publication offer?

04. Beyond the trail. 21st-century hiking, much more than accumulating km
05. Hiking, a sustainable activity. Responsible sustainability
06. Catalonia, essential routes. Cultural heritage Challenges and routes to measure Hiking Europe. Routes without borders
13. A unique and diverse world. More than thirty suggestions to choose from
29. Practical information. Routes for beginners and experts Routes for beginners and/or everyone
Beyond the trail

Travelling on foot is much more than building up kilometres or height difference. 21st-century hikers are explorers in love with the countryside, committed to respect for the environment and sustainable development. They are travellers who love doing sport in harmony with nature and the cultural heritage around them while meeting people, discovering traditions and little villages, visiting museums and churches, trying local recipes and shopping in craft markets.

In Catalonia, every hiker has infinite routes to their measure. There are half day and full day walks, two or three-day traverses, and for the more experienced, long-distance routes going on for a week or even more. An infinite number of possibilities.

The networks of Grandes Routes (GR) and Petites Routes (PR) cover the whole of the country. All you need is to choose; there are those ranging from Mediterranean beaches to the highest summits of the Pyrenees, passing through thick forests that change colour with the seasons, glacial lakes and dormant volcanoes.
Hiking, a sustainable activity

When walking, travellers cross a region at a speed that not only allows them to be respectful of the environment, but which also gives them the chance to see and understand the way of life of the people who live there, and even to interact with them.

Catalonia was the first comprehensive tourist destination in the world to be awarded the Biosphere Responsible Tourism certification. This stamp recognises that a territory promotes tourism of the following characteristics: environmental sustainability, social inclusiveness and accessibility to all. Hiking does it all; an environmentally friendly leisure activity as well as an effective tool for the economic development of rural areas in which other resources do not abound.

In Catalonia, the results of creating routes with this double purpose have been plausible for years. This is why new Proposals are therefore constantly made for all kinds of people, by creating networks of local paths and taking part in international route development programmes such as Hiking Europe.
Of all the possible options, we present an inspiring and varied selection of ten routes to see Catalonia and its scenic beauty. However, this guide is only the starting point for anyone who wants to explore Catalonia’s varied geography. Below you will find more suggestions for hiking routes.
The GR 11, which is known as the Trail of the Pyrenees, follows the whole of the south side of the range from Cap de Creus in Girona, to Cabo Híguer, in Guipúzcoa. In the Catalan section, this grande route offers such varied scenery as the rocky formations of the Cap de Creus Natural Park and the Lakes of the Aigüestortes i Estany de Sant Maurici National Park. Along the way, surrounded constantly by mountains stretching up to 3,000 m, hikers discover mediaeval monasteries like that of Sant Pere de Rodes, the emblematic sanctuary of Núria and endless picturesque villages.

From Portbou, on the French border, to Uldecona, in the Terres de l’Ebre, the GR 92 stretches the length of the Catalan coastline, revealing magnificent coves that can only be reached along old paths now recovered. The route stops over in beautiful fishing villages like Cadaqués, and passes pristine beaches and natural parks such as Cap de Creus, Aiguamolls de l’Empordà, the Collserola range, the Garraf...
Cultural heritage

Hiking is a response to man’s innate need to explore and be in contact with his surroundings. But not everything is countryside, mountains, rivers and lakes. The trails also lead to walled villages, prehistoric sites, Greek temples, Roman roads and villas, mediaeval cities, monasteries, hermitages and sanctuaries. Some are found in recluded sites, others only require a short and easy stroll on one of the many local paths (in Catalan ‘Senders Locals - SL’) around the country, which are suitable for hikers of all levels. Don’t forget to find out before doing these routes.

Alt Camp - Conca de Barberà - Urgell

GR 175: Journey to the spiritual mediaeval Catalan

This is a route that connects the three most important monasteries of the Cistercian order in Catalonia. This is a passport to a world of prayer, a communion with nature and passion for beauty. The GR 175, also known as the Ruta del Cister, follows a triangular route including the monastery of Santes Creus, the oldest of the Cistercian order in Catalonia and where the remains of ancient kings lie; the monastery of Vallbona de les Monges, which has been run by a female religious community for more than 850 years; and thirdly the monastery of Poblet, UNESCO World Heritage, which houses a monastic community (rutadelcister.info).
In mediaeval Catalonia, the pilgrims going to Santiago de Compostela crossed the Pyrenees via the Coll de Panissars pass at La Jonquera. Today the monastery of Sant Pere de Rodes, which overlooks the Mediterranean, is a magnificent starting point for hikers seeking to follow the ancient Jacobean route through Catalonia. The route has been recovered and sign-posted to connect a long list of villages and cities marked by history and by the passing of the pilgrims themselves, who sought refuge in cities like Girona, Vic and Manresa, and in such important sanctuaries as Montserrat (catalunya.com/cami-de-sant-jaume-24-1-61).

The Camí dels Bons Homes remembers the escape route over the mountains followed in the thirteenth century by the Cathars, Christians who put forward the pureness of spirit over the materialism adopted by the upper hierarchy of the Catholic Church of the time. This route across the Pyrenees connects the sanctuary of Queralt, in Berga, with the Castle of Montsegur, in France, crossing the Cadí-Moixeró Natural Park through solitary valleys and mediaeval villas.

PROPOSAL AT A CLICK
Ten days of self-guided tracking with half-board, dossier of the traverse, maps and optional luggage transportation.

pedratour.com
Challenges and routes to measure

Carros de Foc, Cavalls del Vent, La Porta del Cel… In recent years, several-day routes between mountain huts have become popular and new routes have spread around Catalonia. These are circular routes that are done in 4 or 5 days, always spending the night in manned huts offering dinner, breakfast and picnic for the following day, so hikers only have to carry a small and light rucksack with the most basic items. In almost all of them there is a registration forfait which includes booking at the accommodation and a passport of stamps certifying that all of the stages have been done.

Carros de Foc
Between lakes and huts around Aigüestortes

Since it started in the 1980s Carros de Foc has been a mythical traverse that impresses visitors with its beautiful and spectacular alpine landscape, its glacial lakes and its sunsets. Aimed at hikers who are physically well-prepared, this high mountain route connects the nine huts in the Aigüestortes i Estany de Sant Maurici National Park. Whether it is done independently or on a guided trip, Carros de Foc is unforgettable adventure through iconic territories such as the Circ de Colomers, the summits of Els Encantats and L’Estany Negre, all strongly inspiring for budding photographers.

PROPOSAL AT A CLICK
Proposal of six days of guided trekking including booked accommodation in mountain huts, breakfast, picnic lunch and dinners.

pedratour.com
Els 3 Monts
From Montseny to Montserrat

Els 3 Monts suggests a route through three protected areas that stand out for their biodiversity, the variety of their countryside and the comfort of their proximity to Barcelona. Beech forests in Montseny Natural Park, rocky formations in the Sant Llorenç del Munt i l’Obac Natural Park and Montserrat feature on a route that includes Romanesque and modernist architecture as well as traditional country houses (els3monts.cat).

La Porta del Cel
Climb to the summit of Catalonia

La Porta del Cel is a true adventure with a splendid route entirely in high mountain areas. The traverse connects four mountain huts in the Alt Pirineu Natural Park, the largest in Catalonia, crowned by the highest peak in Catalonia, the Pica d’Estats at 3,143 metres. It passes glacial lakes, including Certascan, with waters reflecting the clouds and the stars and showing the way to the “gateway to heaven.”

Terres de l’Ebre
Paisatges Barcelona
Pirineus

To the extreme south of Tarragona, the Els Ports range offers the stage for one of the most beautiful routes in the country. Sliced by innumerable canyons, gorges and screes leading to valleys, this steep chalk labyrinth is an inexhaustible source of surprises. Sharp ridges, streams and thick forests, this traverse reveals a world that seems anchored in other times (estelsdelsud.com).

EVERYTHING AT A CLICK
Five days of guided trekking including booked accommodation in mountain huts, breakfast, picnic lunch and dinners.

pedratour.com
El Cinquè Llac
Trails of magic and mystery

El Cinquè Llac is a circular route without technical difficulty across medium mountains to discover the Catalan Pyrenees. For five days, you walk in a tranquil, solitary rural environment. The route leaves for the end the enigmatic “fifth lake”, the Montcortés, a reserve of karstic water that has served as inspiration for popular legends and is considered an exceptional lacustrine system. Along the whole route, hikers feed on the rich local gastronomy based on the products of the area, and rest in houses of rural tourism, promoting sustainable and responsible development.

Hiking has allowed rural areas to be reactivated by extending their economic activity and wagering on development.

HIKING EUROPE ROUTES WITHOUT BORDERS

Hiking Europe aims to use hiking to present rural areas of great natural and cultural interest that traditionally have remained off the conventional tourist routes. In this way, new opportunities are created for sustainable development and the creation of routes for hikers of all levels is enhanced. All of the routes meet a series of requirements that make them suitable for people starting out in this kind of holiday activity. They add up to a total of 1,170 km and are spread around four countries: the county of Dubrovnik-Neretva in Croatia; the Emilia-Romagna region in Italy; the county of Donegal in Ireland; and the regions of the Catalan Pyrenees and the Priorat wine area on the Costa Daurada, in Catalonia.

For more information
www.hikingeurope.net
A unique and diverse world

Catalonia cradles a long-standing hiking tradition that is born and nourished on a feeling of attachment and respect for nature. Routes of all distances have been classified and signposted in places like the mountains of the Pyrenees, on the coast, in the valleys, by rivers, among vineyards, orchards and olive groves, near villages and cities... These routes help to preserve unique and unrepeatable sites for everyone’s enjoyment.
From valley to valley through the Alta Ribagorça

The Route of the 3 Valleys offers the discovery of the natural and cultural wealth of the Boí, Barravés and Castanesa valleys, walking through medium and high mountain countryside in a region where there are no plains, and not even a wide valley. This proposal contemplates staying in picturesque villages that have maintained their original charm and getting a first-hand view of the valuable religious architectural legacy of the Alta Ribagorça.

More info: vallboi.cat

The secrets of the national park

Starting in the Val de Boí, there is a wide range of hikes to safely have fun enjoying the paths of the Aigüestortes i Estany de Sant Maurici National Park. There are excursions for the whole family such as the Route of the Marmot or the Route of the Otter. Here an official guide shows participants all of the secrets to interpret the traces of the animals in their natural environment and the keys to becoming familiar with the information offered on topographic maps.

More info: vallboi.cat

Learn on every step

The Val de Boí combines the appeal of unbeatable nature with cultural heritage of incalculable value. The Romanesque in Boots route encourages us to walk through history and along the tracks connecting the villages of this valley since time immemorial, to discover interesting anecdotes from a guide, related to the most important jewels of Catalan Romanesque in the churches of Sant Climent de Taüll, Sant Joan de Boí, Santa Eulàlia d’Erill...

More info: vallboi.cat

The route uses demanding and varied tracks and paths used in the past by smugglers and medicine women. Along the route, we can admire the mountains of Pedraforca and on our way through Saldes can visit Fumanya, where dinosaur footprints have been found.

More info: cavallsdelvent.com

PACK WITH GUIDE
This traverse can be done self-guided, either by getting a forfeit from the booking centre on your own or in a group with qualified mountain guides. The company Rutas Pirineos organises it in 6 stages, starting and ending in Bagà. Available from May to October.

More info: rutaspirineos.org
The legendary Carros de Foc route, which goes around the Aigüestortes i Estany de Sant Maurici National Park, is the great hiking classic. But if time is short to do the whole route, there is also the option of concentrating the experience on a weekend and enjoying the **Encantats 360°** itinerary. This route offers a spectacular two-day traverse through the most majestic sites of Sant Maurici, the westernmost section of the park, following the Monestero, Peguera and Els Encantats valleys.

This is an activity run by an official mountain guide, which includes spending a night in the cosy Josep Maria Blanc mountain refuge. More info: rutespirineos.org

A cross-border traverse through the Catalan Pyrenees between Bagà, in the Berguedà region, and Tarascó, in l’Ariege, recreating the **journey of Guilhem Bélibaste**, the last known Cathar elder or prefect who was burned at the stake 1321. The route proposes an alternative parallel path to the traditional Camí dels Bons Homes, known as the GR 107, allowing us to explore the Cadí-Moixeró and l’Alt Pirineu natural parks. More info: rutaspirineos.org

**SELF-GUIDED TREKKING FOR 10 DAYS**
Following the Camí de l’Últim Càtar route between Bagà and Tarascó, with selected accommodation, transfers and optional luggage transportation.
From summit to summit

Walking over crests, reaching the highest summits, is one of the main attractions of the high mountains in the summer months, when the snow disappears and the grassy meadows shine in splendid green. **Muntanyes Màgiques** is a challenge for lovers of high mountain hiking, walking in the summer from Ribes de Freser, in the Ripollès region, to Estana, in the La Cerdanya Valley, crowning a total of 17 summits (including Bastiments, Puigmal...), on a demanding and spectacular route that the snow reserves for mountain skiers and alpinists in the winter.  
More info: pedratour.com

Mountain Trail

Between the Alt Pirineu Natural Park in the Pallars Sobirà region, and the Ariège Pyrenees Natural Park, in France, this route between four mountain huts is a homage to all of those who crossed the Pyrenees in either direction in history in search of freedom. The traverse recovers the mountain trails used by the Jews fleeing from occupied France in the Second World War, the same as those used by the Spanish Republicans at the end of the Civil War, and is also a tribute to the area’s inhabitants who gave them help. **Muntanyes de Llibertat** is a high mountain route intended for experienced adventurers, which allows you to enjoy beautiful scenery and explore the picturesque ‘bordas’, or country houses, at Noarre, while you climb to breathtaking sites like the Certascan lake.  
More info: muntanyesdellibertat.com

Pack with guide

Enjoy the Muntanyes Màgiques between Ribes de Freser and Estana, with selected accommodation, transfers and optional luggage transportation.

More info: pedratour.com
**LA CERDANYA**

Walk while playing with all the family

Fantasy, history, reality and technology come together in **Fantashistory**, a game created to discover La Cerdanya in a funny and creative way, unveiling legends and walking with your family through natural surroundings. The route is followed with GPS and iPad. When you reach each waypoint, a character addresses the participants on a screen, explaining their story and the steps to follow to continue with the adventure. The games of Legends of Fantastic Cerdanya and Prehistory in Prullans are available in Catalan, Spanish, English and French.  
More info: [prullans.net](http://prullans.net)

**VALL DE RIBES**

Over the summits of the Pyrenees

With its starting and end points in the town of Ribes de Freser, this mountain route passes the most imposing summits of the Vall de Ribes, in the heart of the Catalan Pyrenees. The traverse offers hikers emblematic peaks such as Puigmal (2,910 m), Bastiments (2,883 m) and Taga (2,038 m), a marvellous overlook of the Pyrenees in an area of great mountain tradition and noteworthy gastronomy.  
More info: [elsbastions.com](http://elsbastions.com)

**RIPOLLES**

From the valley of Núria to the Canigó

A mountain traverse between the valley of Núria and the Canigó Mountains, through the Ripollès, Vallespir and Conflent local regions, stopping in manned mountain huts and exploring historical trails frequented for centuries by shepherds driving their flocks, pilgrims, soldiers, and more recently, hikers avid for new horizons. There is the option of contracting the services of an official guide or doing the route self-guided.  
More info: [refugisdeltorb.com](http://refugisdeltorb.com)
13 THROUGH PYRENEAN FORESTS

Paths of the maquis

Each stage crosses a different range, from Port del Comte to Busa, Verd, Ensija and Rasos de Peguera. The scenery therefore changes each day, offering forest valleys with abandoned country houses, immense panoramic views, huge plains, steep cliffs … The route bears the name with which Ramon Vila Capdevila, alias Caracremada (burned face), was known, apart from Long Foot or Capità Raymond, who was the last freedom fighting maqui to combat fascism in Catalonia, and a collaborator of the French resistance during the Second World War. More info: rutacaracremada.com

14 PICASSO IN GÓSOL

Pictorial footprints

In the spring of 1906, a very young Pablo Picasso arrived in the little village of Gósol in Lleida, on a mule. The genius from Malaga was travelling with his companion Fernande Olivier ‘la belle Fernande’, carrying an easel, some boxes of oil paints and brushes, and a creative crisis that had driven him out of Paris, where he was beginning to become known. Back in France, three months later, the master needed a whole train to carry what he had painted on his brief retreat. The Camí de Picasso is a walk through the Pyrenees of Catalonia, from Guardiola de Berguedà to Bellver de Cerdanya, along the route the artist used. More info: rutaspirineos.org

SELF-GUIDED TREKKING FOR 5 DAYS

Following the Camí de Picasso between Guardiola de Berguedà and Bellver de Cerdanya, with selected accommodation, transfers and optional luggage transportation. More info: rutaspirineos.org
At the medieval birthplace of Catalonia

A mountain route through the Cavallera range in the Catalan Pyrenees. The adventure starts in the county town of Ripoll, known as the birthplace of Catalonia, and the route connects three large medieval monasteries: Santa Maria de Ripoll, with its incomparable 12th-century Romanesque portal, which is a candidate to become a UNESCO World Heritage Site, Sant Joan de les Abadesses, founded in the ninth century, and Sant Pere de Camprodon. Although it is not a difficult route, it crowns the Tàga peak (2,038 m), from which you have a generous panoramic view of the Pyrenees, from Puigmal to Canigó.

More info: serrademonestirs.com

Astride the Cadí-Moixeró, Catllaràs and Picancel ranges, the Ruta de l’Ermità recovers the paths that connected the ancient counties of Berga, Urgell and Ripoll. Through silent forest valleys and distant Alpine peaks, this traverse between mountain huts unveils some twenty historic monuments, temples and Romanesque hermitages, awakening in walkers a pleasant sensation of peace, perspective and contact with the environment.

More info: rutaermita.com

Where the mountains fall into the sea

Exploring the most beautiful and panoramic trails of the Pyrenees with constant changes in the scenery: from Alpine Meadows and beech groves on the northern side to the Mediterranean forests and cliffs plunging into the sea. The route is based on the different border mountain passes that witnessed the Republican retreat in 1939. Each stage offers remains and new details of the story. The traverse is not technically difficult, but requires you to be accustomed to walking.

More info: apasdisard.com / delpirineualmar.com
Starting and ending in Vielha, the Setau Sageth (seventh seal in Aranés) route follows the three most emblematic mountain passes of the Val d’Aran. It passes the abandoned mines of Liat and the Aigüestortes i Estany de Sant Maurici National Park along the routes formerly used to move animals, and returns to the start via the Port de Vielha. It is a very long route, but the changes in altitude are moderate and there is no technical difficulty. The name of the route refers to the seven seals that hikers have to have stamped on their pass to prove their route.

More info: setausageth.com

Hiking and thermal water circuits combine really well. The best proof of this is Via Calda, a traverse that through the mountains connects the best spas of the Catalan Pyrenees in Boí, Tredós, Arties, Vielha and Les. Between one spa and another, hikers discover the Romanesque churches of the Vall de Boí, the impressive mountains of the Circ de Colomers and the lakes of the Aigüestortes i Estany de Sant Maurici National Park. There is an optional luggage transportation service between the accommodation to take the weight off the walkers.

More info: catalunya.com/via-calda-24-1-542368?language=es

The Garonne river is the backbone of this route that crosses the Val d’Aran from Montgarri to Sant Joan de Toran, connecting the valley’s 33 villages. The Camin Reiau is a walk without technical difficulty and physically accessible with stages of 15 km and climbs of 600 m as a daily average. The traverse can be divided into sectors, experiencing the excitement of changes in the seasonal countryside, making the seasons coincide with the braying deer (end of September and early October) or the festival of the burning of Eth Haro, in Les, in June.

More info: caminreiau.com

The seventh seal ‘Setau Sageth’
Starting and ending at the Montgarri mountain hut, Pass’Aran is a high mountain traverse between the Val d’Aran and Ariege. The route crosses five mountain passes of over 2,400 metres, so even at the beginning of the summer, snow may be found at some points. The whole of the route is marked, but it requires a minimum of experience to read maps and it is important to find out about the state of the terrain. The route stops over in five huts with restaurant services and there is a booking centre to plan the traverse and obtain the passport of the route.

More info: passaran.wordpress.com

FAMILY ACTIVITY
An excursion between Meadows, Forest of black pine and fir trees leads us to the Victoria mine, a high mountain mining operation made suitable for visits. At the end, the guide will teach the children how to distinguish the offspring of the triton, an endemic species in the Pyrenees, from normal tadpoles. On the next day, the route turns towards the ancient mines of Liat, where a photographic safari is organised with really fabulous views.

experience.catalunya.com/ca/experiencias/mines-de-la-val-daran-en-familia
On the shores of the sea

Walking between beaches, deserted coves and cliffs along the path that connects delightful fishing villages, medieval towers, pirate hiding places and Iberian sites. The Camí de Ronda proposes a 42 km linear traverse along the Mediterranean coastline to do in 2 or 3 days, between Sant Feliu de Guíxols and Begur. It also offers the possibility of connecting the city of Girona and the Costa Brava over a broader and more circular route, visiting the villages of the Empordà and Selva regions via the Gavarres and Ardenya hill ranges. All of the details are conceived for the walkers’ enjoyment and comfort: transfers, optional luggage transportation service, GPS rental, contracting of local guides, etc. More info: camideronda.com

From the Pyrenees to the sea

The Itinerànnia network of routes has recovered the ancient trails and paths that connected the villages of the Ripollès, Garrotxa and Alt Empordà areas to enable hikers to design their own routes in accordance with their priorities. The resulting mesh offers no fewer than 2,500 km of marked parts that can be combined and which connect a total of 700 points of special tourist interest, from the Romanesque porches of the monastery of Santa Maria de Ripoll to the craters of the Garrotxa volcanic area. The routes can be personalised from the website of the project and with a specific app for smartphones. More info: itinerannia.net
Between natural parks

Like a great arc remaining always under 50 km from the city of Barcelona, the GR 5, also known as the Path of the Viewpoints, crosses the five most important of the region’s natural areas. This grande route connects the port of Sitges with that of Canet de Mar, always travelling inland and connecting five natural parks.


Paths of the Maresme

Walks with Mediterranean aroma

The Maresme region is an ideal place for hikers seeking to alternate walks by the sea with routes in the coastal range. In total, for the route named Senders del Maresme, 500 km of paths, tracks and trails have been marked for walking, cycling or horseriding. The aim of this project is to develop the network of communication between towns, creating new leisure spaces in nature for families to hike, to give information on the territory, to do nordic walking, etc.

More info: costadebarcelonamaresme.cat/ca/natura/rutes-i-senderisme/xarxa-de-senders-del-maresme.
From Montserrat to the Pyrenees

From Montserrat to the Pyrenees, the Camí Oliba is a veritable museum of the Catalan Romanesque blended into nature. This Grande Route offers a journey to the origins of Catalonia, a time when figures like bishop and abbot Oliba repopulated and brought Christianity to these lands by sowing them with churches and monasteries. Its route connects some of the most emblematic works of Catalan Romanesque art and stops over in some historic sites like Manresa, Vic, Ripoll and Sant Joan de les Abadesses. This is an inland route that stretches over medium mountain lands, always over easy terrain. 
More info: pedratour.com

Known popularly as the Camí de la Sal, the GR-3 covers the gentle route through Cardona, Súria and Manresa following the course of the river Cardener. Like on a journey to the past, the route shows the scenery that a hundred years ago bore witness to the extraction, transportation and trading of salt with Barcelona. The route shows us the mills in which the mineral was processed, as well as a multitude of ancient factories and late 19th-century textile colonies, as well as Cardona castle and the millenary centre of Súria, known as the ‘Poble Vell de Súria’.
More info: caminsdesal.com

Self-Guided Trekking from 4 to 6 Days
Following the two sectors of the Camí Oliba from Montserrat to Vic and from Vic to Sant Joan de les Abadesses, with selected accommodation, transfers and optional luggage transportation.

pedratour.com
Wine hiking: routes and wine

Camins del Priorat, in the Montsant Natural Park, unveils the vines of the Priorat; Siurana, the last Muslim stronghold in Catalonia and allows a visit to the Scala Dei Charterhouse, the cradle of the region’s famous wines.

More info: turismepriorat.org

PRIORAT PATH NETWORK
Known around the world for the high quality of its wines (DOQ Priorat and DO Montsant wines) and olive oils (DOP Siurana), the region offers perfect sites for hiking.

More info: turismepriorat.org

A delightful traverse of the Prades Mountains in stages, in Tarragona. The excursion starts in Capafonts, a town known for its numerous fountains, and after reaching the natural summit of the Mola dels Quatre Termes, the path drops between former paper and flour mills to the village of Riba and climbs back to the starting point via the hidden Fous del Brugent.

More info: prades.altanet.org/natura/itineraris.html

Walking amongst vines

Through the capricious reliefs of the Serra de Montsant Natural Park and the Prades Mountains, the Ruta dels Refugis suggests a walk in stages between four huts. The route follows the historic paths that have structured these regions since time immemorial, flowing with beauty, tranquillity and harmony, while also discovering local wines and gastronomy.

More info: larutadelsrefugis.cat

Enchanted forests

More than 700 species of wild mushrooms grow among the pines, oaks, linden trees, hazelnut trees and firs of the Castellfollit Forest, in the Poblet Natural Site. Along the way, walkers will find mushrooms painted on the trees which are only visible from a certain angle, undoubtedly a game for the whole family, as part of the Cistercian route.

More info: rutadelcister.info
The piligrims route between Azpeitia (Guipúzcoa) and the holy cave of Manresa (Barcelona) in which St Ignatius of Loyola had the profound spiritual experience that would mark his life, called the Ignatian Way, coincides largely with the Way of St James, but goes in the opposite direction.

In the Catalan section of the route, the pilgrims visit churches, hermitages and monasteries, crossing the countryside and villages that led the saint to his Spiritual Exercises.

More info: caminoignaciano.com/ca/catalunya
The Catalan section of the Ebro Nature Trail that starts in Cantabria, commences in Mequinensa, on the strip of Aragon, and follows the course of the Ebro to the Gulf of Sant Jordi, crossing areas of natural interest such as the Aiguabarreig de l’Ebre, Riba-roja reservoir, the Sebes Nature Reserve and the Delta de l’Ebre natural Park, one of the most important bird reserves in Europe, declared, along with the Massís del Ports Natural Park, a UNESCO Biosphere Reserve in 2013. Along the way, hikers can become familiar with the wildlife and vegetation of the river, and also experience the history, culture and local gastronomy on a visit to towns like Miravet, with its castle made by the Knights Templar and its pottery neighborhoods; Tortosa, where the Iberians, Romans, Arabs, Jews and Christians left their mark, Flix, with its air raid shelter and its traditional ‘sirga’ boat, or Amposta, with its magnificent suspension bridge and castle.

More info: senders.feec.cat/gr-99
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<td><strong>GR11. FROM THE MEDITERRANEAN TO THE CANTABRICO</strong></td>
<td>⚠ ⚠</td>
<td>▲ 26.870 m ▼ 28.359 m</td>
<td>421 km</td>
<td>24</td>
<td>🌞 ☀ ☀ ☀</td>
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<tr>
<td><strong>CF. CARROS DE FOC BETWEEN LAKES AND HUTS AROUND AIGÜESTORTES</strong></td>
<td>⚠ ⚠</td>
<td>▲ 4.850 m ▼ 4.850 m</td>
<td>55 km</td>
<td>5-7</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>PC. LA PORTA DEL CEL CLIMB TO THE SUMMIT OF CATALONIA</strong></td>
<td>⚠</td>
<td>▲ 5.490 m ▼ 5.490 m</td>
<td>62 km</td>
<td>5</td>
<td>🌞 ☀ ☀</td>
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</tr>
<tr>
<td><strong>GR 107. CAMÍ DELS BONS HOMES</strong></td>
<td>⚠ ⚠</td>
<td>▲ 9.250 m ▼ 10.190 m</td>
<td>189 km</td>
<td>8-9 days</td>
<td>🌞 ☀ ☀</td>
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<td><strong>ES. ESTELS DEL SUD ELS PORTS, ROCKS AND WATER</strong></td>
<td>⚠ ⚠</td>
<td>▲ 5.245 m ▼ 5.245 m</td>
<td>99 km</td>
<td>5 days</td>
<td>🌞 ☀ ☀ ☀</td>
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<tr>
<td><strong>5LL. EL CINQUÈ LLAC TRAILS OF MAGIC AND MYSTERY</strong></td>
<td>⚠ ⚠</td>
<td>▲ 6.300 m ▼ 6.300 m</td>
<td>105 km</td>
<td>5 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>GR92. OVERLOOKING THE SEA IN CATALONIA</strong></td>
<td>⚠</td>
<td>▲ 26.870 m ▼ 28.359 m</td>
<td>105 km</td>
<td>5 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
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<tr>
<td><strong>3M. ELS 3 MONTS FROM MONTSENY TO MOUNTSERRAT</strong></td>
<td>⚠ ⚠</td>
<td>▲ 3.295 m ▼ 3.295 m</td>
<td>105 km</td>
<td>3 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
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<tr>
<td><strong>GR175. JOURNEY TO THE CATALAN MEDIEVAL SPIRITUAL</strong></td>
<td>⚠ ⚠</td>
<td>▲ 3.215 m ▼ 3.215 m</td>
<td>74 km</td>
<td>3 days</td>
<td>🌞 ☀ ☀</td>
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</tr>
<tr>
<td><strong>CS. 21ST-CENTURY PILGRIMS WAY OF SAINT JAMES</strong></td>
<td>⚠</td>
<td>▲ 6.200 m ▼ 5.900 m</td>
<td>388 km</td>
<td>15 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>1. BOÍ, BARRAVÉS AND CASTANESA. FROM VALLEY TO VALLEY THROUGH THE ALTA RIBAGORÇA</strong></td>
<td>⚠</td>
<td>▲ 3.215 m ▼ 3.215 m</td>
<td>74 km</td>
<td>3 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>2. AIGÜESTORTES THE SECRETS OF THE NATIONAL PARK</strong></td>
<td>⚠</td>
<td>--- ▼ ---</td>
<td>3-8 km</td>
<td>4 hours</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>3. ROMANESQUE VAL DE BOÍ. LEARN ON EVERY STEP</strong></td>
<td>⚠</td>
<td>▲ 275 m ▼ 275 m</td>
<td>---</td>
<td>4 hours</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>4. BETWEEN LA CERDANYA AND ANDORRA. BORDER LAKES</strong></td>
<td>⚠ ⚠</td>
<td>▲ 3.600 m ▼ 3.600 m</td>
<td>73 km</td>
<td>5 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>5. CADÍ-MOIXERÓ NATURAL PARK. TRAVERSE</strong></td>
<td>⚠ ⚠</td>
<td>▲ 5.600 m ▼ 5.600 m</td>
<td>82 km</td>
<td>3-5 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
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<tr>
<td><strong>6. THE ENCANTATS PEAK. THE MAJESTY OF THE MOUNTAINS</strong></td>
<td>⚠ ⚠</td>
<td>▲ 1.400 m ▼ 900 m</td>
<td>19 km</td>
<td>2 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>7. PYRENEAN BORDER. THE OTHER ROUTE OF THE GREAT HERESY</strong></td>
<td>⚠ ⚠</td>
<td>▲ 7.400 m ▼ 7.400 m</td>
<td>190 km</td>
<td>10 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>8. FROM THE RIPOLLÉS TO LA CERDANYA. FROM SUMMIT TO SUMMIT</strong></td>
<td>⚠</td>
<td>▲ 7.489 m ▼ 7.264 m</td>
<td>98 km</td>
<td>5 days</td>
<td>🌞 ☀ ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>9. MOUNTAIN TRAIL. HOMAGE TO THE PERSECUTED</strong></td>
<td>⚠</td>
<td>▲ 5.227 m ▼ 5.227 m</td>
<td>65 km</td>
<td>4 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td><strong>10. LA CERDANYA. WALK WHILE PLAYING WITH ALL THE FAMILY</strong></td>
<td>⚠</td>
<td>▲ 500 m ▼ 500 m</td>
<td>8-11 km</td>
<td>2-4 hours</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
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<tr>
<td><strong>11. VALL DE RIBES. OVER THE PEAKS OF THE EASTERN PYRENEES</strong></td>
<td>⚠</td>
<td>▲ 6.852 m ▼ 6.852 m</td>
<td>105 km</td>
<td>5 days</td>
<td>🌞 ☀ ☀</td>
<td>🌐</td>
</tr>
<tr>
<td>Route Description</td>
<td>Difficulty</td>
<td>Elevation</td>
<td>Distance</td>
<td>Sections</td>
<td>Time of Year</td>
<td>Interest</td>
</tr>
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<td>12. Rípolles, Garrotxa and Alt Empordà. From the Pyrenees to the Sea</td>
<td>![ ]</td>
<td>▲ 4.514 m</td>
<td>▼ 4.514 m</td>
<td>78 km</td>
<td>5 days</td>
<td>![ ]</td>
</tr>
<tr>
<td>13. Through Pyrenean Forests. Paths of the Maquis</td>
<td>![ ]</td>
<td>▲ 5.037 m</td>
<td>▼ 5.037 m</td>
<td>96 km</td>
<td>5 days</td>
<td>![ ]</td>
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<tr>
<td>14. Picasso in Gósol. Pictorial Footprints</td>
<td>![ ]</td>
<td>▲ 2.670 m</td>
<td>▼ 2.370 m</td>
<td>60 km</td>
<td>5 days</td>
<td>![ ]</td>
</tr>
<tr>
<td>15. Rípolles at the Medieval Birthplace of Catalonia</td>
<td>![ ]</td>
<td>▲ 2.490 m</td>
<td>▼ 2.490 m</td>
<td>65 km</td>
<td>4/6 days</td>
<td>![ ]</td>
</tr>
<tr>
<td>16. Recluse Pyrenees. 21st-Century Hermits</td>
<td>![ ]</td>
<td>▲ 6.270 m</td>
<td>▼ 6.270 m</td>
<td>105 km</td>
<td>5 days</td>
<td>![ ]</td>
</tr>
<tr>
<td>17. From the Pyrenees to the Mediterranean. Where the Mountains Fall into the Sea</td>
<td>![ ]</td>
<td>▲ 5.630 m</td>
<td>▼ 6.192 m</td>
<td>115 km</td>
<td>5 days</td>
<td>![ ]</td>
</tr>
<tr>
<td>18. The Course of the River Garonne. Ancient Roman Roads</td>
<td>![ ]</td>
<td>▲ 6.070 m</td>
<td>▼ 6.070 m</td>
<td>150 km</td>
<td>10 days</td>
<td>![ ]</td>
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<tr>
<td>20. Around the Port de Vielha Pass. The Seventh Seal (Setau Sagèth)</td>
<td>![ ]</td>
<td>▲ 4.740 m</td>
<td>▼ 4.740 m</td>
<td>103 km</td>
<td>5 days</td>
<td>![ ]</td>
</tr>
<tr>
<td>21. Montgarrí. High Mountain Route</td>
<td>![ ]</td>
<td>▲ 5.444 m</td>
<td>▼ 5.444 m</td>
<td>63 km</td>
<td>5</td>
<td>![ ]</td>
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<tr>
<td>22. Coastline. On the Shores of the Sea</td>
<td>![ ]</td>
<td>▲ 3.900 m</td>
<td>▼ 3.900 m</td>
<td>42-140 km</td>
<td>2/8</td>
<td>![ ]</td>
</tr>
<tr>
<td>23. Rípolles, Garrotxa and Alt Empordà. From the Pyrenees to the Sea</td>
<td>![ ]</td>
<td>▲ ---</td>
<td>▼ ---</td>
<td>500 km</td>
<td>---</td>
<td>![ ]</td>
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<tr>
<td>24. Nature Areas in Barcelona. Between Natural Parks</td>
<td>![ ]</td>
<td>▲ 9.067 m</td>
<td>▼ 9.067 m</td>
<td>214 km</td>
<td>12 days</td>
<td>![ ]</td>
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<tr>
<td>25. Paths of the Maresme. Walks with Mediterranean Aroma</td>
<td>![ ]</td>
<td>▲ 3.656 m</td>
<td>▼ 2.828 m</td>
<td>106 km</td>
<td>6</td>
<td>![ ]</td>
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<td>26. GR 151 Camí de l’Abat Oliva. From Montserrat to the Pyrenees</td>
<td>![ ]</td>
<td>▲ 700 m</td>
<td>▼ 900 m</td>
<td>40 km</td>
<td>2</td>
<td>![ ]</td>
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<tr>
<td>27. GR 3 Camí de la Sal. From Cardona to Manresa</td>
<td>![ ]</td>
<td>▲ ---</td>
<td>▼ ---</td>
<td>50/60 km</td>
<td>3/8</td>
<td>![ ]</td>
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<tr>
<td>29. Prades Mountains Rivers of Crystal Clear Waters</td>
<td>![ ]</td>
<td>▲ 2.700 m</td>
<td>▼ 2.700 m</td>
<td>70 km</td>
<td>4 days</td>
<td>![ ]</td>
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<td>30. The Serra del Montsant. Walking Among Vineyards</td>
<td>![ ]</td>
<td>▲ 4.448 m</td>
<td>▼ 4.448 m</td>
<td>990 km</td>
<td>4 days</td>
<td>![ ]</td>
</tr>
<tr>
<td>31. Castellfollit Forest. Enchanted Forests</td>
<td>![ ]</td>
<td>▲ 391 m</td>
<td>▼ 391 m</td>
<td>6.5 km</td>
<td>2 hours</td>
<td>![ ]</td>
</tr>
<tr>
<td>32. Ignatian Way The Route of Conversion</td>
<td>![ ]</td>
<td>▲ 3.200 m</td>
<td>▼ 3.200 m</td>
<td>183 km</td>
<td>7</td>
<td>![ ]</td>
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<tr>
<td>33. GR99 Camí de l’Ebre The River of Life</td>
<td>![ ]</td>
<td>▲ 3.355 m</td>
<td>▼ 3.422 m</td>
<td>155 km</td>
<td>7</td>
<td>![ ]</td>
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</table>
Federation of Hiking Organisations of Catalonia
www.feec.cat

Tourist promotion organisations

Patronat de Turisme de la Diputació de Tarragona
Patronat de Turisme Costa Brava i Pirineu de Girona
www.costabrava.org
Patronat de Turisme de la Diputació de Lleida
www.aralleida.cat
Oficina de Promoció Turística de la Diputació de Barcelona
www.barcelonaeSmoltmes.cat
Turisme de Barcelona
www.barcelonaturisme.com

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Estrella Damm

PortAventura
WORLD

PARKS & RESORT

LA ROCA VILLAGE