



Cerdanya

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Ascents

1. CARLIT (2.921 m), from Bollosa

Prominent mountain of pyramid forms, the Carlit is the highest lookout point in La Cerdanya and also in the Oriental Pyrenees. This massif, surrounded by small lakes and exuberant vegetation, is also the most frequented mountain in all the region of La Cerdanya, especially in summer.

From the Hotel Bones Hores car park, we take the path that starts on its left (indications). We go deep into the forest and overcome a granite block area. Further on, the path turns to the right and, following milestones that are very distinctive, we arrive next to the Viver Lake (30 min), which is located on the right. The path continues along a wet area and goes past the Sec and the Comassa lakes. Afterwards we walk up along a small shoulder that leads us to an open area from which we can see the Carlit. Once we have passed this plain, we go down a little and we arrive near the Vallell Lake (2.143 m, 1 h). In this key spot, we cross the lake drain over a footbridge and we turn to the left (W). Now we will have to overcome rocky terraces, surrounded by turf. The path leads us to a hillock and right afterwards to the beginning of an open area, from where the Carlit seems to be nearby. We cross an area of reddish rocks that are fallen off from the Tossal Colomer Mountain and, overcoming a high slope, we get to the Gelat de Subirà Lake, the one at the highest altitude in La Cerdanya (1.50 h, 2.598 m). Now we are situated at the base of the Carlit. We must turn to the left and after a slight climb we are situated next to the Colomer Col. We tackle the east ridge of the mountain following the zigzags of the path and we trespass a small crest until we arrive in a small col, indicated with a large milestone. Immediately afterwards, we climb along some canals with good dams. Then, a diagonal short cut and an ascent along a decomposed terrain lead us directly to the crotch of the mountain.

From the crotch we just have to turn to the left and reach, without more difficulties, the peak of the Carlit (2.921 m, 2.30 h). Here there is an exceptional view of the surrounding mountains and of the Lanós and the

Bollosa reservoirs. The view spans from the Canigó Mountain until the Maladeta Massif.



Access: From Montlluís we go on along D-118 road towards the Llaguna until we find, on the left, the turning of D-60 road that goes up to the Bollosa Lake.

Start: The Bollosa car park **Difficulty:** Easy-Medium **Elevation:** 2.921m

Difference in level: 900m **Total duration:** 4.45 h (2.30 h ascent / 2.15 h descent)

Best seasons to climb: Spring, summer and autumn. In winter it is a tough excursion.

Observations: In the last stretch a scramble must be done (I+) over rocks with good dams. The D-60 road is closed in winter in the Pla dels Avellans. In summer the traffic is restricted during July and August, but special buses are provided.

2. TOSSA PLANA DE LLES (2.916m), from Pradell

Voluminous, the Tossa Plana de Lles or the Portelleta peak is the second highest mountain in La Cerdanya. Its simple ascent from the Padrell, accessible by car from Cap del Rec, is highly made up for the wonderful view seen from the top.

From the Padrell (2.115 m) we take the path No. 19 (indicator) of Senders de La Cerdanya route, indicated with yellow rectangles. We will immediately go in to a black pine forest. Next, there is a slope fairly steep that comes out from the forest and gets to the vast plain Pla de les Someres (2.335 m, 35 min), where there are the remains of a hut. We must go up along a grassy crest with pine trees on the left until the base of the wide south slope of the mountain. The path is a little diffuse, but the rest of the ascent is clear. The route is indicated with paint marks and several milestones. On the left, a small path, which we need not to follow, leads us to the puddle Bassota de Setut. The route gains altitude constantly until a first plain, afterwards it increases appreciably and finally it dims at the top, at the beginning of the rocky granitic culminating high plain.

Without more obstacles we reach the Tossa Plana de Lles peak (2.916 m, 2 h), excellent viewpoint of La Cerdanya, Andorra and the Pyrenees. In the west, we can see the Maladeta Massif and the Mieidia de Bigorra peak. In the south, the Cadí mountain range and the Baridà Mountain and in the east, the view goes on until the Canigó Mountain.



Access: From Martinet we take the LV-4036 road until Lles and then a tarmac road until the reception of the Nordic ski resort of Cap del Rec. Afterwards, we must take a dirt track, able for cars, until the Padrell, where there is a refuge.

Start: The Pradell **Difficulty:** Easy-Medium **Elevation:** 2.916m

Difference in level: 801 m **Total duration:** 3.30 h (2 h ascent + 1.30 h descent)

Best seasons to climb: Spring, summer and autumn.

Observations: In winter the track is closed from Cap del Rec and if we do not have skis we must follow an indicated path for snowshoeing until the Pradell (45 min). The ascent is easy, perfect for beginners.

3. PUIGPEDRÓS (2.914 m), from Malniu

The Puigpedrós peak, located in the north in the Planell de Campcardós, is an excellent viewpoint in the most of the Pyrenean mountains, since its view extends from the Canigó Mountain to the Maladeta Massif passing over the highest peak in Catalunya: the Pica d'Estats.

From the Malniu refuge we start the path following the marks of the GR11 path to the west to cross a wooden footbridge that overcomes the Sec Lake drain. Shortly afterwards, we go out to a wide meadow, which we cross towards the same direction, and it helps us to gain height along a granite rocky area, until we arrive at a signpost.

From here, we leave the GR11 path on the right, which would lead us to the Engorgs refuge. Following the indications, we turn to the left (NW) and we start walking up along a turf area ploughed by some streams that come down from the Molleres Col. The path turns to the north with a tough slope and goes up along a grassy crest until it places us in a flatter pasture area.

This is the moment to cross diagonally this false following the stream that comes down on the right (NNE) and that it will guide us during a stretch of the path, since it comes from the Planell de Campcardós. Following the milestones, we find a steep slope from where the mentioned stream comes down. Leaving it on the right, we will overcome little by little the steep slope, crossing some rocky area, until we get to the southern part of the Planell de Campcardós (1.15 h), a vast open area where the cupola of the mountain we are heading for enhances.

We cross the plain, which gains height gradually, to NE, towards the cairn that forms the Puigpedrós summit. When we get to the mountain base, we dodge the last stony area around the right and we reach the Puigpedrós peak (2.914 m, 2 h) where we find a cross and a geodesic vertex in the highest point. If we head for the north, apart from the immense perspective of the Pyrenean mountains and the peaks close to Andorra, we will be able to see all the depression that forms the Campcardós Valley until arriving in

the Porta village.



Access: In both Meranges and Guils Fontanera ski resorts there are forestry roads, quite passable, which lead us to the Malniu refuge (2.130 m).

Start: Malniu refuge car park (2.130 m) **Difficulty:** Easy-Medium

Elevation: 2.914 m **Difference in level:** 784 m

Total duration: 3.30 h (2 h ascent + 1.30 h descent)

Best seasons to climb: At the end of spring, summer and autumn. In winter, snowshoeing can be done. **Observations:** The track from Guils Fontanera is closed in winter. Also in this season, the track that goes up from the village of Meranges is often impassable because of the snow accumulation or the snowdrifts. Therefore we must be careful for the approach.

4. PUIGMAL (2.911 m)

The Puigmal Mountain is the fourth elevation of La Cerdanya and one of the four mountains of this region that exceed 2.900 m. It is also the highest peak in the Ripollès region. For this reason, the summit is very frequented by the mountain climbers that reach it for both sides La Cerdanya and Ripollès.

We start in the last capacitated car park of the Puigmal ski resort and we follow the tarmac road stretch until a water treatment building. From here, we leave the tarmac and we go on along a narrow dirt track, surrounded by broom thickets, that crosses the irrigation channel of Aiguaneix. We cross it and we go on along a grassy slope until we find a track.

In this key spot, instead of following the river course, we turn to the right and shortly after we see a marked big rock that shows us the path towards the Puigmal Mountain. We begin the sudden and winding ascent (S), among rhododendron thickets, following the paint yellow marks. At the end of this slope we find a plain. Here, we must turn to the east and walk up along another steep slope with decomposed soil until we arrive in a turf plain.

From this plainer area, we start a diagonal short cut, we pass past a hut in ruins (1 h), and we head for the south to find the visible hollow Clot de la Pastera. When we arrive, we find the wide path that comes from the Tossa del Pas dels Lladres on the right. However, we start walking up towards the left along a decomposed and vertical path. Higher up, the route goes in to a rocky chaos, where the snow remains until the beginning of the spring. Several little paths cross this rocky area, but all of them end up at the mountain crest (1.45 h). When we get to the crest, we already see the undulating landscapes of the Ripollès region. Now, we must follow to the right (E), along the path that goes on along the hillside that leads to the top and arrives at the base of a rocky hill. We pass this hill and we reach its highest part, from where we begin to distinguish the Puigmal peak. We head it for crossing an area of plain rocks and we arrive in the Puigmal peak

(2.911 m, 2 h), where we find a cross and also a plaque with a passage of the Canigó, a notable poem of the Catalan poet Jacint Verdaguer.



Access: From Bourg-Madame we take the N116 road towards the village of Sallagosa until we find, on the right, the turning that leads to the Puigmal ski resort. Along this tarmac road, we cover the 11 km that guide us to the last car park. **Start:** The last car park of the Puigmal ski resort. **Difficulty:** Easy-Medium. **Elevation:** 2.911 m **Difference in level:** 940 m **Total duration:** 3.30 h (2 h ascent + 1.30 h descent) **Best seasons to climb:** The entire year. **Observations:** As we move along high mountain terrain, we must be well-equipped. In winter, snowshoeing or mountaineering ski can be done. In winter conditions, ice axe and crampons are required.

5. COMA D'OR (2.826 m)

This route, formed by an ascent of light and undulating slopes, will lead us to the Coma d'Or peak, a lookout point with amazing views of the Lanós reservoir and the Carlit Massif, which we will be able to contemplate in their entire magnitude from here.

Once we have parked next to the water collect dam, we ascend across the centre of the valley among paths, avoiding the turns of the track. When we get to the end, we find a little path that goes up along a grassy and fairly sloping slope, and we walk it up easily until we reach a kind of imperceptible pass that arrives in a small valley. We cross this valley and, going up another grassy slope, we come out at the first col of the day, the Portella d'en Garcia (2.345 m, 50 min).

From this col we can distinguish, on the left, the three characteristic hillsides that form the Trespunts peak. In front of us, we can perfectly see the Coma d'Or peak and all the way up. Now we descend along a stretch with some rocky areas and, after a few minutes, we arrive at the Coma d'Or Col, from where we see the homonymous lake located on the right. The path, indicated with some milestones, winds again along a grassy slope and, at the last stretch, arrives in a kind of slate terraces, covered with snow during the most part of the year.

We cross these terraces, always facing the Coma d'Or silhouette, and we gain height among the stony plain area until we arrive practically at the base of the mountain. Patiently, we walk up along the path that takes this last slope, until we come out at the crest and at the previous peak of Coma d'Or (2.825 m). The principal summit is on the left. However, to reach it we will have still to overcome a fairly complicated aerial pass, but we can avoid it going to the right, and carrying on along the short crest that leads to the Coma d'Or peak (2.826 m, 2 h). From this peak we can perfectly see the Lanós Lake at our feet. The Carlit stands out at the horizon, in front of us, whereas the mountains of the Pas de la Casa are located in the west.



Access: Following the N-20 road we arrive at the Pimorent Col. Then we have to take the track on the right (NE) that goes in to the Garcia Valley. We must walk it up during 3 km (the last stretch is in bad conditions) until parking next to the small water collect dam. **Start:** Water collect dam car park.

Difficulty: Easy **Total duration:** 3.45 h (2 h ascent + 1.45 h descent)

Difference in level: 684 m **Elevation:** 2.826 m

Best seasons to climb: The entire year **Observations:** Easy access mountain, but with a considerable elevation. We must be well-equipped to avoid frights. The aerial pass that must be overcome is complicated at the last crest and people not used to it must be careful.

6. COMABONA (2.554 m), from prat d'Aguiló

At the oriental extreme of the Cadí mountain range the Tancalaporta Mountain rises, also known in the hiking world as Comabona. Its strategic situation turns the peak into one of the best viewpoints in La Cerdanya. The easiest ascent route to reach the Golosans pass and the peak following a rocky crest line without difficulties is from Prat d'Aguiló, accessible by a track from Montellà.

From the car park at the end of the track (1.980 m) that comes from Montellà, we must go up on foot –there is a chain that prevents the entrance of the no authorized cars– until Prat d'Aguiló, where there is its kept refuge (2.040 m, 10 min). The white and green strips of the PR C-124 path that follows the route Ruta dels Segadors –which the harvesters from the village of Gòsol did in the past when they went to reap to La Cerdanya–, and the orange circles of Cavalls del Vent –the circuit that links all the Parc Natural del Cadí-Moixeró refuges– indicate a path that passes past a fountain and goes up to a grassy flat area with a small black pine forest. Afterwards, it goes deep into the top of the Bastanist Valley and, doing some loops with a steep slope, crosses a limestone area and arrives in a rocky cornice where the slope decreases. That is how we reach the Gosolans pass (2.430 m, 1 h), that also crossed the painter Pablo Ruiz Picasso in the summer of 1906 when he finished his stay in Gòsol. We leave the PR C-124 path and we can take the GR 150-1 on the left, a path that crosses the Cadí mountain range and the Moixeró Mountain along the crest line. Anyhow, it is better not to follow it because it does not go up to the top of the Comabona Mountain, since it avoids it across the southern hillside. The more useful and attractive thing to do, it consists in covering the Cadí mountain range crest line, located on the left, until the next Aguiló peak (2.494 m, 1.10 h). The crest line turns to the right. We cross some meadows and overcome a calcareous step to arrive to the hill top of Font Tordera (2.526 m, 1.15 h). Then we go down to the Comabona Col and we continue along the crest line. After, we go round a small terrain fault and we

finally reach the panoramic peak of the Comabona or Tancalaporta (2.554 m 1.30h), where there are the remains of a geodesic small tower.



Access: From Martinet we take the LV-4055 road until Montellà and then a narrow tarmac road. Shortly after, we find the long track on the right (13 km), not always in good conditions. **Start:** Prat d'Aguiló **Difficulty:** Easy

Elevation: 2.554 m **Difference in level:** 604m **Total duration:** 2.30 h (1.30 h ascent + 1h descent) **Best seasons to climb:** Late spring, summer and autumn.

Observations: In winter, the track is usually impracticable because of the snow and it is not until the late spring that can be passed. The ascent to the Golosans pass is, anyway, complicated due to the inclination of the snow-covered slope (35°). There are generally snowdrifts before the Gosolans pass (ice axe and crampons are useful).

7. LA TOSA D'ALP (2.537 m), from coma Oriola

La Tosa d'Alp or the Alp hill is maybe the most humanized mountain in La Cerdanya due to the fact that the Alp-2500 area is located there. This area includes La Molina and Masella ski resorts. It is very frequented because a lot of ski lifts, among them a box lift, arrive at the topmost high plain, where there is the Niu de l'Àliga refuge. However, in the off-tracks this humanization disappears and we find the nature reserve Parc Natural del Cadí-Moixeró. The view from the peak, though, spans all La Cerdanya and a large part of Catalunya.

From the car park of Coma Oriola Mountain (1.940 m) we must go towards the homonymous hollow, but we leave the ski trail that covers it on the left. At the first grassy flat area (2.000 m, 5 min) we take a path on the right that is blurred at the beginning because of the livestock pass. This path goes round a calcareous spur and goes deep into a black pine forest. Indicated with milestones, it immediately gains height with a steep and constant slope through the forest. When we come out, we find the Prat de la Tosa (2.200 m, 45 min), a flat area surrounded by rocks. We turn to the left and we go on along the bottom of a dry torrent. The Tosa peak, with its TV aerial, is visible on the left. We must cross the Urus open countries and then, doing loops in the rocky area, we reach the crest line Serrat de les Pedrusques, from where there is a view over the Moixeró Mountain, the Cadí mountain range and the Pedraforca Mountain. Following this crest line to the left we find the Tosa de Das peak (2.448 m, 1.15 h), with a good perspective of the Fontllebrera hollow, on the right. Along the same crest line, without obstacles, we go down the small col where there are the remains of the booth of the miners Minaires and we cross the old track that led to the Mena, a manganese mine. We undertake the final ascent, with a notable but short slope, until the TV aerial and shortly after until the geodesic small tower of the Tosa peak (2.537 m, 1.30 h). From up there, in a clear day, we can even see the Collserola aerial of Barcelona and, on the west, the Pre-Pyrenean mountain ranges of Aragó, such as the Turbó, the Cotiella or the Serra de Guara.



Access: From Alp we take the road that goes to the reception of the Masella ski resort. Afterwards, we go on along another road on the right until it ends at the car park of the Coma Oriola.

Start: Coma Oriola car park **Difficulty:** Easy **Elevation:** 2.537 m

Difference in level: 615 m

Total duration: 2 h (1 h ascent + 1 h descent)

Best seasons to climb: Spring, summer and autumn.

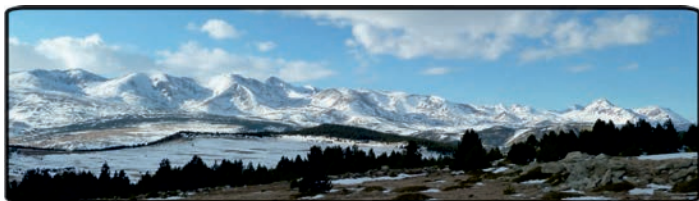
Observations: In winter it is a tough ascent due to the snow-covered slope, with a last stretch where ice axe and crampons will be necessary if there is hard snow.

8. MOROS PEAK (2.137 m)

This modest mountain in the south is an excellent viewpoint of La Cerdanya. Located in the southern extreme of the Calma, it is accessible from the reception of the Font-Romeu ski resort. However, from the solar power station Thémis the route is more direct and attractive. The peak is also used to go paragliding.

From the previous open land of the solar power station Thémis (1.622 m), we take a track and then an indicated path that goes round right the mirror premises towards the Vilalta hollows. This solar power station, which has a big unmistakable chimney that we can see from the distance, is constituted by a set of conic mirrors that concentrate the sun light in a solar furnace that reaches the 3.000 °C. Once we arrive at the hollows, without crossing the torrent, we follow a path on the right that gains height among broom thickets. We leave on the left the fountain La Font Grossa (1.860 m, 30 min), whose water comes out from schistose slabs. On the other side of the torrent, we can see the remains of a hut.

The path appreciably turns to the right and we find meadows, where the livestock can graze in depths of winter if there is no snow. Along a moderate and constant slope we arrive at the Calma, a wide high plain with more pastures. Among some black pines and jumping some wires for the livestock, the path is linked to the track that comes from the Clots marsh, at the reception of the Font-Romeu ski resort level. If there is snow in this track, Nordic skiing can be practised. Then, we go on to the right until we find a diversion on the right towards the same direction.



After a couple of loops, we reach the top of the Moros peak (2.137 m, 1.15 h), from where there is a view over all La Cerdanya.



Access: From the village of Ur, we take the D-618 road that goes along Vilanova de les Escaldes and Angostrina and crosses the Caos de Targasona, a place with curious granite rocks that are used by the climb schools. Shortly before of Targasona, we take the road on the left that goes to the solar power station Thémis. **Start:** Solar power station Thémis car park **Difficulty:** Easy **Elevation:** 2.137 m **Difference in level:** 515 m **Total duration:** 2 h (1.15 h ascent + 45 min descent) **Best seasons to climb:** The entire year, also in winter with not much snow. **Observations:** The ascent with snow is still easy and it is useful to use snowshoeing and walking sticks to walk to the peak.

9. MOIXERÓ PEAK (2.091 m)

Despite its modest altitude, the Moixeró peak enjoys the fabulous perspective of the La Cerdanya Valley, the Cadí mountain range and the Pedraforca Mountain. From its top, we also perceive most part of the Catalan central depression where the Llobregat River waters winds.

We cross the metal barrier that blocks the pass of vehicles and, instead of going on towards the south, we immediately take the track that turns to the left. The route follows this track until the Trapa Col (1.824 m). From here, instead of going down, we follow its route towards the south.

We walk up gradually along this route until we arrive in a kind of green plain, from where the path goes down a little bit until, in its lowest part, we pass along the Bagues de Riu, a shadowy and wet area with drinking troughs for the livestock. Afterwards, we begin to walk up again until the track practically disappears in a meadow, from where we already see, facing us, the La Font Freda de Riu Col. We can get to this col doing a diagonal short cut or following the detours of the track, that go up along the right part of the meadow.

Font Freda de Riu Col (1.979 m). Suddenly the view gets wider and we see, at the end of the pasture meadows, the Moixeró peak and, on the left, the Penyes Altes Mountains, that clearly show us their upper high. Now, we must cross the meadows along a small path that comes out on the right of the pastures and leads us to the Moixeró Col (1.972 m, 1 h), along an area practically plain.

From this col, we perfectly see the silhouette of the Cadí mountain range, the north side of the Pedraforca Mountain and the path that goes down towards the Sant Jordi refuge, located at the bottom of the valley. From the col we are situated in, we turn to the left and go up along a path that leads us to the mountain crest, where we find some granite dots that mark the dividing line between La Cerdanya and Berguedà. Now, we just have to make a last effort to be able to overcome some calcareous rock rungs and

reach the Moixeró peak (2.091 m, 1.15 h). The Montseny and Montserrat massifs stand out in the south, often among a sea of clouds.



Access: Situated in Riu de La Cerdanya, we cross the village and we take the track, tarmac at the beginning, that goes to the Serrat de les Esposes refuge and then to the Pendís Col. We follow it until near the turning that would lead us to the Ingla refuge, where a fence blocks the passage. There is place to park.

Start: Car park located in front of the metal fence **Difficulty:** Easy **Elevation:** 2.091 m **Difference in level:** 340 m **Best seasons to climb:** The entire year. **Total duration:** 2.15 h (1.15 h ascent + 1 h descent) **Observations:** Route with small drop and very recommendable to go for a walk with the family. However, it is a grateful excursion, since from the Moixeró peak we will enjoy of an unforeseen and magnificent view. The nature reserve rules must be respected.



Walks

1. SANT MARC PATH

This walk will take us along a plain and pleasant route from Puigcerdà to the Sant Marc chapel, located in the municipal district of this village. Afterwards, we will go until the bank of the Segre River and go back to Puigcerdà along the path that comes from Les Pereres. This route is part of one of the healthy routes by DipSalut (Diputació de Girona).

We can leave the car at the car parks located on the south side of the N-152 road, around the square of Sant Martí del Canigó and near the Sant Martí industrial area. At the beginning of the Age road, a sign located on the right path indicates: “camí de Sant Marc”.

It is here where really starts this route. The path, completely plain and tarmac, goes towards the south. We start walking quietly following the straight road that traces this wide path. We are surrounded by a line of trees, in both sides, that will go with us during all the way and where we can distinguish ash trees, alder trees, poplars and plane trees, among others. This route, of about 900 m, will lead us until the square that is in front of the Sant Marc chapel. From here, we can contemplate, turning 360°, the massifs that surround the La Cerdanya Valley: Puigpedrós, Carlit, Puigmal, Tosa d'Alp, Moixeró and Cadí.

To complete this walk, we will go on along the tarmac road that goes past the chapel and that goes on between meadows towards the west; finally, it passes next to the Sant Marc golf course. We must take the first detour on the left and go on towards south along a nice walk, without tarmac and full of trees in each side. After leaving the country house Mas Prat on the left of the path, this goes on between meadows and trees until that a small way down leads us next to Segre River, which we cross over an original bridge.

We are situated in a crossroads where the signs indicate the direction to Queixans, on the right, or to Puigcerdà (4.3 km) on the left, the one we will take it. In this direction, the path leads us along a route of about 300 m, until the tarmac road again. We take it towards the same direction until we

find a wide bridge, able for cars, that cross the river again and, going to the north, guides us until the golf course again and the Sant Marc chapel, from where we will go back, along the already known path, to the starting point.



Access: From de Baronia neighbourhood, we cross the N-152 road, we park the vehicle in an arranged area around the square of the Sant Martí del Canigó, and we go towards the Sant Marc industrial area and the beginning of the Age road (indicators).

Start: Car park of the square of Sant Martí del Canigó and of the Sant Marc industrial area.

Difficulty: Very easy. **Elevation:** 1.200 m **Difference in level:** Insignificant

Total duration: 1.45 h **Best seasons to climb:** The entire year due to the closeness to Puigcerdà.

Observations: Recommendable route to do with the family.

2. ELS ENAMORATS PATH PUIGCERDÀ–RIGOLISA

It is a very frequented route and its starting is at the environs of the Puigcerdà Lake. The route, surrounded by trees and with good views of La Cerdanya, follows the network of Senders de La Cerdanya and also a stretch of the ditch that transports water to the lake. This one was the former “Sant Jaume” Path. It is also part of the healthy routes net created by Diputació de Girona.

Located in the Dionis I Puig square, in the north-eastern part of the Puigcerdà Lake, we follow the indications of Senders de La Cerdanya that mark the direction of the camí d'Ur (route 221). And so then, we take the direction of this path (north), and we leave on the right the edification of the Villa de San Antonio, which is located inside the Ruiz Zafón literary route of Puigcerdà. Soon, we leave the last houses of the village and we head for the building of the Hospital Transfronterer de La Cerdanya. After the hospital, the views of the mountains located in the northern La Cerdanya, Puigpedrós, Roig Col, the Moros peak, etc., are amazing. The tarmac road goes on until arriving at a crossroads where we find the ditch and more signs. In this place, we must turn to the right and take the route number 222, known as “El camí dels Enamorats” (1.6 km). This route follows a stretch of the ditch and it is really nice, especially in autumn, since it is completely surrounded by trees that give an appearance quite bucolic. Halfway of Els Enamorats path, we can follow this path or, if we prefer, we can go off course to the left to take another unpaved track, which leads us to the square where there is the Sant Jaume church of Rigolisa, with a Neo-Gothic chapel that is made up of three parts: a crypt under the presbytery, the chapel itself and a square belfry of 17 m of height.

We leave behind this place and we take, to the west, a wide promenade surrounded by poplars, with a route that leads us again to the end of Els Enamorats path, in the southern entrance. From here, we follow the Rigolisa Avenue, again with the ditch on our right and, sheltered by the wide structure of the wall that kept the old prison of Puigcerdà,

we get again to the Ruiz-Zafón literary route and to the starting point.



Access: From Barcelona square of Puigcerdà we go, along the Pons i Gasch Street, to the Puigcerdà Lake. When we get there, we must continue on the right along the Pere Borrell Avenue, which goes around the lake in the south, and then we will arrive at the Dionis Puig square.

Start: Dionis Puig square, in the east of the lake **Difficulty:** Very easy

Elevation: 1.230 m **Total duration:** De 45 min to 1 h.

Best seasons to climb: The entire year **Observations:** The length of this walk is 3.5 km if we take the straight route along the avenue Els Enamorats Avenue, and 4.1 km if we go along Rigolisa. It is recommendable doing it with the family, on foot or by bicycle.

3. EXCURSION TO BELL-LLOC, from Dorres

Pleasant walk that can be done, slowly, in half a morning. The easiest route goes along a cobbled road until the Jovell Col, then it reaches the Argila peak and arrives at the Mare de Déu de Bell-lloc monastery, from where we can enjoy a dilated view of La Cerdanya.

We can start the excursion at the principal square of Dorres or 10 min further up, at the Mageta chapel. However, it is better to start at the square (1.431 m), since the Sant Joan Evangelista Romanesque church of the 12th century of Dorres —inside the Bell-lloc Virgin is venerated— is an attraction of the village. Dorres is also known for the thermal waters. The route is well indicated. We take a narrow street with red and yellow stripes of two GR de Pays (French paths of small routes): the Tour du Carlit route and the Tour du Cerdagne route. Shortly after, we leave on the left the GR P du Tour de Cerdagne, which turns to another street. The other one, the GR P du Tour du Carlit, goes on along the same street. When it turns to the right, we find the Mageta chapel with an oratory dedicated to Saint Mark, considerate in Dorres as the protector of the bad weather and of the lightnings. The signs go on to the left along an interesting path with cobbled stretches. The path, among birches and hazels, crosses the Jovell irrigation channel and after few steps we find, on the left, a turning (indicator) with yellow paint marks. The slope becomes more pronounced, comes out from the forest and passes along a pastures before reaching the Jovell Col (1.633 m, 50 min), the passage for going to Brangolí and Feners small villages, where the

GR P du Tour du Carlit goes. The GR P du Tour du Cerdagne goes along a track that goes directly to the Bell-lloc hill, but it is better to go there along another path indicated with yellow strips that is higher up on the left (indicator), and which after a short stretch of a steep slope goes past the Argila peak (1.704 m). From here, its height decreases along the culminant plains of the Bell-lloc hill until the legendary monastery (1.685 m, 1.10 h), a marvellous viewpoint of La Cerdanya and of the Alt Conflent region until the Canigó Mountain. The temple is a Romanesque building of the 12th century.



Access: From the village of Ur we take the D-618 road, which passes past Vilanova de les Escaldes. There, in a roundabout, we take on the left the D-10 along the Escaldes until Dorres. **Start:** Dorres **Difficulty:** Easy **Elevation:** 1.704 m **Difference in level:** 375 m **Total duration:** 1.45 h (1.10 h ascent + 35 min descent) **Best seasons to climb:** The entire year **Observations:** In depth of winter we can find glass in the stretches next to the Jovell irrigation channel.

4. PRAT DE CADÍ, from Pallers Col

Today, walking until Prat de Cadí has become one of the favourite activities for the tourists that come to La Cerdanya. The truth is that it is a really grateful excursion that leads people to one of the nicest and most spectacular places of La Cerdanya and of the nature reserve Parc Natural del Cadí-Moixeró.

At Pallers Col (1.490 m) we leave the GR 150 on the right —it goes to the Querforadat— and we take towards south the PR C-121, indicated with red and white stripes. First, it goes along a track and then it takes a path to the right that goes up along meadows. Afterwards, it goes deep into a red pine forest with box trees and shallows. Higher up, it goes along the crest line of the spur that forms the Mataplana mountain range and then it arrives at the Reineres Col, where there is a wooden breach at the entrance.



The calcareous northern face of this mountain range is seen in most part of its extension. Once we arrive at the Roig Col (1.770 m, 45 min) the path becomes plain and crosses a hillside towards the Bastanist Valley, lush of vegetation: black pine forest with firs, white beam trees, birches and rhododendrons. Then, it links with a track and reaches the Prat de Cadí (1.820 m, 1 h), magnificent place at the base of the northern face of the Cadí mountain range. In front of it, between the Verda and the Ordiguer rocks, the Canal del Cristall Mountain stands out, where the PR C-121 goes to, until the Canal de Cristall Col, at the crest line of the Cadí. However, this ascent is only recommendable for experienced hikers in high mountain. In the southern extreme of the Prat de Cadí we find the Pi Fountain, next to the livestock drinking troughs.



Access: From Martinet we take the LV-4055 road towards Montellà, but shortly after we leave it on the right and we take another narrow road that comes out to cross the Bastanist River. We also leave on the left the Bastanist road and on the right the Béixec road. 100 m. before to arrive to Estana, in summer and Easter months, there is a parking on the left side. From there it takes a walk for about 500m. to Coll de Pallers, passing through Estana.

Start: Pallers col **Difficulty:** Easy **Elevation:** 1.820 m **Difference in level:** 330 m

Total duration: 1.45 h (1 h ascent + 45 min descent)

Best seasons to climb: Spring, summer and autumn.

Observations: In low season it's possible to drive to Col de Pallers, along a short and narrow track until a space to leave the car. In depth of winter and with snow, it may not be accessible.

Lakes



1. LA PERA LAKES

The Pera Lakes have been for years a passage used by smugglers from and to Andorra. These two lakes are at the catchment area of the Molí River, in a cirque glacier located in the head water of the Arànsér Valley.

From the Pollineres (2.140 m) we take the path No. 1 (indicator) of Senders de La Cerdanya (yellow rectangles), that comes from the Fornell area. This path continues up on the right and avoids a turn of the track. Then, it follows few meters to the right the track that goes to Cap del Rec area until it crosses over a bridge the Molí River. Next, the path we must follow turns to the left, the same does the GR 11-10 —white and red stripes, turnoff of the GR 11, long path that crosses the Pyrenees from the Biscaia Gulf to the Cap de Creus— and the Ruta dels Estanys Amagats —blue points, high mountain route that links several refuges from La Cerdanya and Andorra—. Then, the path goes deep into the forest and crosses the Molí River across a shallow stretch. Higher up, it crosses twice the access track to the Estanys de la Pera refuge and goes along the bottom of the valley, among black pine forests and glades, until it arrives at the base of granite scarps from where it comes out a waterfall. From here, the inclination increases until it finds again the track before the Pera small lake, on the left. The Truita hill or the Perafita peak, of pyramid form, stands out at the end.

The path avoids the track along the right, it crosses some pastures and it arrives at the Estanys de la Pera refuge (2.357 m, 45 min), kept in summer, in holiday periods and some weekends. We can arrive at the Pera big lake along a track and a plain path on the right in few minutes (2.350 m, 1 h). It must be said that the name Pera does not have to do with the translation into Catalan of the word pear, but it refers to a rock as a sign. Similar names in Catalunya are Peramola, Peralada, Peratallada o Peramea, among others.

Scan
Virtual Tour 360



Access: From Martinet we take the LV-4036 road towards Lles, but shortly before arriving in Lles we take the road that goes to Arànsér. Then, we go on along a tarmac road that goes up to the Fornell area, at the reception of the Aransa Nordic ski resort. From here, to arrive to Prat Miró and Pollineres (track closed to motor vehicles traffic all year round) there is a shuttle-bus transport service from the end of July, August and September. This service is also available from the Lles Nordic ski resort at Cap del Rec. Ask for the timetable and prices at the tourist office.

Start: The Pollineres **Difficulty:** Easy **Elevation:** 2.140 m

Difference in level: 217 m **Total duration:** 1.45 h (1 h ascent + 45 min descent)

Best seasons to climb: Late spring, summer and autumn.

Observations: at Aransa Nordic ski resort, there is a snowshoe trail until The Pollineres that it takes 1 hour. This walk and the next one to the La Pera lakes are highly recommended.

2. MALNIU LAKES

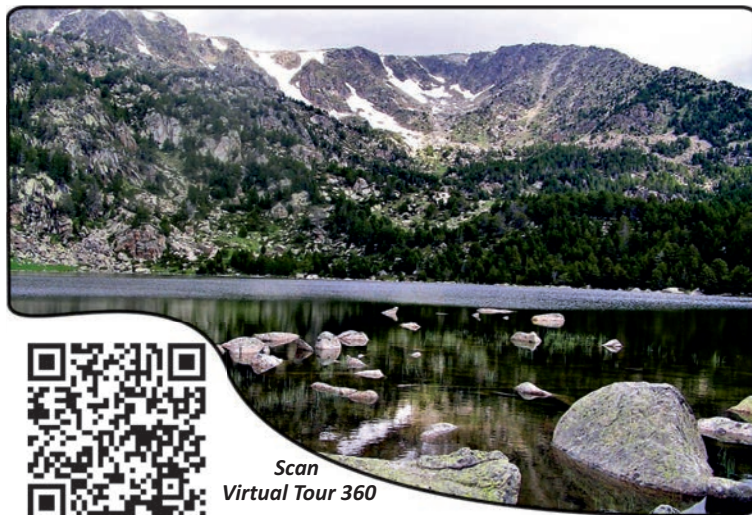
Owing to its beauty, the Malniu Lakes are the most visited lakes of La Cerdanya in summer, even more than the Pera Lakes. Undoubtedly, their easy access and the location of the Malniu refuge, have a lot to do with it.

Once we have parked our vehicle, we go back few meters until the car park entrance. Just before crossing the stream that comes from the Malniu Lake drain, we find on the right the signs that indicate the beginning of the route. The route starts next to the river, goes deep into the forest and, during a while, continues along the river bank.

During a stretch we follow the red and white marks of the GR 11 route, painted on the rocks, and also the white and yellow marks that indicate the small lakes circuit. We go up a first small slope and then another steeper slope that allows us to gain height. The path is wide and the milestones and the paint marks guide us to the forest. Then, we arrive in a small plain from where we can see, in a glade, the Malniu refuge and the car park.

Further on, the GR 11 path turns to the right towards the Feixa refuge, but we must continue up along the left path, indicated with red and yellow paint. We pass near a granite rocky area full of rhododendron thickets. Afterwards, we go out to plainer place where there is a crossroads with a signpost. We must follow the sign that indicate the right because it is the correct direction to the lakes. Thus, we cross the plainer area and we get to the lake drain.

The Malniu Lake (2.250 m, 35 min) is located in a nice place, under the rocks that are fallen off from the Castell dels Lladres and the Pedró de la Tossa. The dimension of this lake is amazing. It is recommendable to go for a walk around the lake to admire its beauty. If we go on along the path, less indicated now, we can get to the Mal Marsh or to the Guils Lake, surrounded by rocks.



Access: From Meranges we can get to the Malniu refuge following the forestry track that goes up there. We can also get there from the Guils Fontanera Nordic ski resort, following the track that continues along the Pla de la Feixa and then goes down until the refuge, where there is the car park.

Start: Malniu refuge car park **Difficulty:** Very easy **Elevation:** 2.250 m

Difference in level: 120 m **Total duration:** 1 h (35 min ascent + 25 min descent)

Best seasons to climb: The entire year. In winter, snowshoeing can be done.

3. FONT VIVA LAKE

In a small place of the Porté Valley, we find the picturesque Font Viva Lake, located at the base of homonymous mountain range. This lake, with rounded forms and surrounded by hillocks, delight the fishermen that go to its environs in summer.

We take the path that starts going up in front of the Passet car park towards the Lanós Lake. A few meters further we find, on the right, another path less indicated that goes among thickets. We follow it and then we go past some pine trees and cross a first stream that comes from the Font Viva mountain range. We go on along a small shoulder and we cross another stream.

As we go down, we see the Passet Lake on the right, at the bottom of the valley.

Further on, we climb along small rocky terraces and we pass next to a shepherd rocky shelter, which is located on the right of the path. Finally, we go out to a grassy plain, where the landscape gets wider. We must cross this diagonal inclined plain, towards a hillock on the left. We follow the indicated path that passes along an area where we find some dry-stone walls.

We go on climbing along the path, which always is located under the foot of the Font Viva peak. We still have to overcome a couple of terraces to get to a kind of a hill, from where we will see the Font Viva Lake in front of us. From this hill, we see the entire route we have done and also the Pic de Font Freda butte, which stands out powerfully at the horizon.

A small descent will lead us next to the bank of the Font Viva Lake in a few minutes. From here, we see the remains of an old refuge. The path goes around the lake and ends in a green plain located in the eastern part of the lake (45 min). It is the moment to enjoy the charming landscape that surrounds us. In the west, we see the mountains located on the Pas de la Casa area, whereas in the south the col and the Coll Roig peaks clearly stand out.



Access: Following the N-20 road towards the Pimorent Col, we go across the Tour de Querol and Porta villages. When we get to Porté, we must take a turning to the right with a signs that indicate: Massís del Carlit. We continue along the tarmac track until the car park located on the Passet Lake dam.

Start: Passet Lake car park **Difficulty:** Very easy **Elevation:** 1.890 m

Difference in level: 185 m

Total duration: 1.30 h (45 min ascent + 45 min descent)

Best seasons to climb: The entire year. In winter, snowshoeing can be done.

Observations: Easy and quiet walk to do with the family that will lead us to an unequalled beauty small place.

4. LANÓS LAKE

The biggest mass of water in La Cerdanya, the Lanós Lake is located in an idyllic place and is surrounded by a multitude of spectacular mountains. At the same time, this small lake is one of the starting points more used to climb the Carlit massif.

At the Passet car park (1.705 m) next to the signs on the left, we see the path that goes up among thickets and black pines. We take this path and, following its loops, we gain height. Few minutes later, we find on the left, the path that comes from the N-20 road that goes up to the Pimorent Col. However, we continue on the right and we climb patiently the southern hillside of the Font Viva mountain range. We are always surrounded by broom thickets.

When we get next to the cables of the old cable railway (50 min), we see the Font Viva Lake on the right. From here, the path is plainer and passes along a spur and then it turns to the left towards the north. Soon, we cross a small gully and we see, at the bottom of the valley, the spectacular dimension of the Lanós dam.

We continue along the *camí dels Enginyers*, a kind of balcony hung on the left of the valley. The white and red marks of the GR 7 guide us in a wrong direction towards the dam. We must follow the route of this path, practically plain, during a while. When it gets near the reservoir, the path crosses a small wooden bridge that avoids the waters of the Lanós irrigation channel. Going on towards the north, we leave on the right the path that would lead us to the Carlit massif and we continue along a grassy flat area, where the path goes up towards the left part of the reservoir. Thus, we get next to the lake.

Lanós Lake (2.213 m, 1.45 h). Fabulous place. The enormous mass of water seems not to have end. On the right, we see the Coma d'Or hill and the rugged silhouette of the Puigpedrós de Lanós. In the east, it clearly stands out the Castell Isard peak and the majestic silhouette of the Carlit, which

clearly shows us its hegemony towards the rest of the mountains.



Access: Following the N-20 road towards the Pimorent Col, we go across the Tour de Querol and Porta villages. When we get to Porté, we must take a turning to the right with a signs that indicate: Massís del Carlit. We continue along the tarmac track until the car park located on the Passet Lake dam.

Start: Passet Lake car park **Difficulty:** Easy **Elevation:** 2.213 m

Difference in level: 508 m **Total duration:** 3.15 h (1.45 h ascent + 1.30 h descent)

Best seasons to climb: The entire year.

Observations: The climb to Lanós has not difficult at all during the summer, but in winter we must be careful if it has just snowed, since in the curve of under the cable railway cables, avalanches can be formed. It is better not going there in these conditions.

5. ROUTE ALONG BOLLOSA LAKES

The local path of the PR 8 route integrally follows the route of the five lakes that are located under the Bollosa reservoir. It is a nice and easy route that will show us one of the nicest lakes in La Cerdanya: La Padrella.

From the car park where there is the barrier (1.704 m), we go towards the south along a track that goes to the plain Pla dels Avellans. After crossing a bridge, we go out in the middle of the plain and we turn to the north to go to the chair ski lift installations. Behind it, we find the starting point of the route (indicators).

We go deep into the forest and we follow the path, which immediately turns to the west. We begin to gain height following the yellow paint marks and we climb along a slope, which goes through a birch forest, until we arrive at



a forestry track with more indications.

These indications show us the direction towards the Bollosa (GR 10). Then, we turn to the right and along a plainer terrain we move forward through a small forest. Next, the path goes up along some rocky stretches until we get to a hillock where the Padrella Lake is located behind (1.960 m, 55 min).

On the right of the lake, we see the PR 8 path, which we must follow. This path follows the Padrella bank during a stretch to overcome, afterwards, a hillock and to go down until the Negre Lake, which is located in a shadowy place (1.947 m, 1.10 h). Now, the path goes on along the left part of this lake until it arrives at the west part. From here, we start a steep climb, among big rocks. We go up without a break until the Llarg Lake, which is located down on the right.

After this lake, we must go on along a grassy hollow that will lead us to the Racó Lake, which is shallow. We leave it behind to cross a forest stretch, turn to the left and go out in a plain where we find the Bolloseta (2 h), which is a marsh. The path goes on towards west, under the Bollosa dam, and arrives at the GR 10 path. When it arrives at the Pla de Bones Hores plain, turns to the south and leads us again to the Padrella Lake and to the Pla dels Avellans plain (3.10 h).



Access: From Montlluís we go on along the D-118 road towards the Llaguna until we find, on the left, the turning of the D-60 road that goes up to the Pla dels Avellans plain and the Bollosa Lake.

Start: Pla dels Avellans car park.

Difficulty: Easy **Elevation:** 2.005 m **Difference in level:** 300 m

Total duration: 3.10 h the entire route **Best seasons to climb:** The entire year

Observations: The D-60 road is closed in winter at the Pla dels Avellans level and, for this reason, it is the starting point of this excursion. In summer, the traffic of the D-60 road is restricted during July and August, but special buses are provided.

Valleys



1. LLOSA VALLEY

This route, which crosses the wild the Llosa Valley, was used years ago by smugglers, shepherds, bandits and farmers to go to Andorra. It was also used by the skinners that carried out the iron that was extracted from the mine located in Pimorent.

From Can Jan de la Llosa (1.610 m), we take a rocky path that is located on the right and leads us to the Llosa River, which we cross over a bridge. At the beginning, the path is wide and does some loops among meadows and dry-stone walls until it arrives at the track that comes from Corrobiu. Shortly after, we turn to the north and we find a cemented stretch that arrives at the metallic fence that closes the pass of the vehicles.

We begin to gain height as we see, on the left, the remains of the Llosa castle. We go deep in to the valley walking along the track (GR 11-10 i 107) that crosses through a thick blank pine forest, until we pass next to the Farga booth, located on the right. Following along the track, we arrive at a wide plain that is crossed by the Calm Colomer torrent, which comes from the homonymous lake.

The track does a detour, on the right, and we pass along a small torrent. Then, it turns to the left until we get to a stretch where we definitely turn to the north along a moderate slope. Thus, we arrive at the Pla de la Molina plain, where we approach the Llosa River course, until we trespass it over a bridge and we go out at a wide and precious pasture plain. The river is on the right, a bit separated. We cross this plain and we go on along the track that goes up again. When we get to the highest part, we see a big glade in front of us.

Prat Xiuxirà (2.011 m). Spectacular and charm place (2.15 h). The river flows on the right, next to the pine trees. The slender siloiuhete of the Muga Mountain is located on the west. At the middle of this plain we find an oratory of the Mare de Déu de la Llosa, next to some stone tables. From here, the track becomes a small path and we can continue, following the

GR 107 indications, until the small bridge that avoids the Vallcivera River waters and arrives at the Esparvers booth (2.30 h).



Access: From Martinet we go towards Lles. At the exit of this village we find, on the right, a turning that will lead us to Viliella. We cross this village and follow the track that leads us to Can Jan de la Llosa (3 km), where there is place to park. **Start:** Can Jan de la Llosa car park **Difficulty:** Easy **Elevation:**

2.060 m **Difference in level:** 400 m

Total duration: 4.30 h (2.30 h ascent + 2 h descent)

Best seasons to climb: The entire year **Observations:** In winter, the Llosa track allows to do this route until the Barraca dels Esparvers on snowshoeing or mountaineering skis. From here, if we follow towards the Portella Blanca d'Andorra, the path becomes steeper.

2. ANGOSTRINA VALLEY

The Angostrina Valley connects La Cerdanya with the Carlit massif. For this reason, it is used as a passage way for the livestock that, from Llívia, goes up to pasture at the Bollosa, using the pasture rights that the stockbreeders of this village have there.

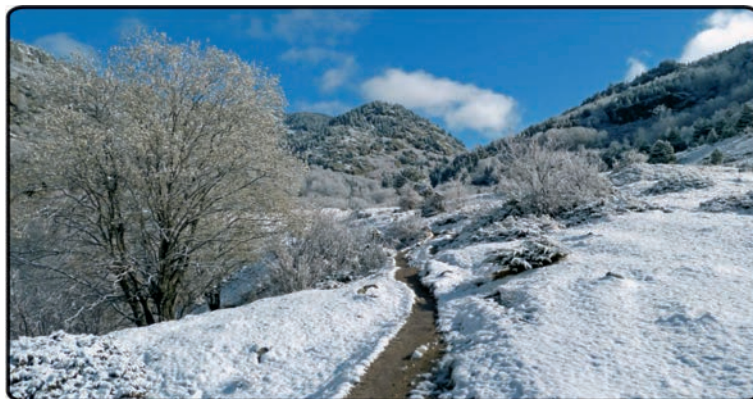
From the car park we cross a barrier with yellow signs. We move forward towards the north along a shallowly stretch until we get to a rest area located next to the Sant Martí d'Envals chapel. After this chapel, the path goes up along a rocky stretch with some water streams. When we finish this climb, we go out at a sunny plain with some dry-stone walls, where the valley definitely gets wider.

We follow the "Tour du Carlit" marks and we get to a small water dam. We cross it and we go up along a small slope from where we can see the Puig del Cap de l'Home Mountain in front of us. After crossing a plain pasture area, we go deep into the black pine and hazels forest. The marks lead us until the Empedrats Bridge, which we use to cross again the Angostrina River (1h). Now, the path goes up along the east side of the Puig del Cap de l'Home Mountain. As we walk, we leave behind us this mountain and we cross along another plain area, where the path is surrounded by rhododendron and broom thickets.

Patiently, we keep moving forward among thickets towards the ski lifts of the Font-Romeu ski resort, which we see far away on the right. Further on, the path we follow leads us to a wide turf area, where the glades predominate. We cross these glades along the left to avoid some wet areas and we get to the nice La Padrella Lake, where there is a refuge (1.960 m, 2.15 h).

Once we have contemplated this lake, we have two options to get to the Bollosa. The first one and the easiest one is to turn to the left to take a wide track that directly leads us to the reservoir. The second one and the nicest one is to continue along the GR-10 path that arrives next to the same refuge

and that, winding among a black pine forest adorned with broom thickets, it also gets to the Bollosa Lake (2.017 m, 2.45 h).



Access: From Puigcerdà we go towards Angostrina. After this village and before crossing the homonymous river, we find a turning with indications on the left that guides us to this valley. We take it and we go up along the road, tarmac at the beginning, that leads us to the previous car park of the Sant Martí d'Envals chapel. **Start:** Can Jan de la Llosa car park.

Difficulty: Easy **Elevation:** 2.017 m **Difference in level:** 475 m

Total duration: 5.15 h (2.45 h ascent + 2.30 h descent)

Best seasons to climb: The entire year.

Observations: The road that goes up at the car park of the Sant Martí d'Envals chapel from Angostrina is closed in summer in the previous capacitated car park and, for this reason, the route time increases one hour.

3. CAMPCARDÓS VALLEY

This valley, closed in the west for the Portella Blanca d'Andorra Mountain, is protected from the northern winds thanks to the mountain range that form the Fontfreda, Font Negra and Envalira peaks. The slender silhouettes of the Pedraforca and Roc Colom mountains accompany us during the route.

From the car park located next to the Querol River, we take towards west the tarmac road that begins to go up along the valley and arrives until a relay station. Here, it starts the dirt track. We invest our efforts to climb the first stretch of the route, the most sloping one, delimited by nice dry-stone walls.

At the end of this climb we arrive at some fences for the livestock, from where the path gets plainer and the valley gets even wider (30 min). From here, we can enjoy the first views of the Roc Colom and the Pedraforca mountains, which dominate the valley. Now and then, we see the red and white stripes on the rocks of the GR 7 path, which comes from Andorra and of the GR 107, which comes from the La Llosa Valley. We continue along the valley going past the Campcardós River that comes down on the left. As we walk, we find some small booths made by the shepherds, with stony walls and the slate roof covered with grass. A plainer stretch guides us to a paved slope, which we go up without difficulties. We get to the highest part of this slope; the refuge silhouette appears on the left. We follow the wide path and we arrive at this refuge (1.950 m, 1.15 h).

The track becomes a path and goes up along a meadow area, which are used by the livestock in summer. After crossing these meadows, we go deep into the bottom of the valley and we get closer to the Camcardós River course. Shortly after, we cross the river across some rocks and we get to the Petit Lake. Then, after passing along hillocks full of rhododendron thickets, we get to the Gros Lake (2.076 m, 1.45 h). From the lakes we could continue until the Portella Blanca d'Andorra Mountain.



Access: Situated in Porta village (N-20), we turn to the left and we cross a bridge that passes under the railway track. We find a tarmac road and we follow it to the left to get to a small bridge that avoids the Querol River. There is a small car park where it is obligatory to leave the vehicles. **Start:** Querol River car park.

Difficulty: Easy **Elevation:** 2.076 m **Difference in level:** 566 m

Total duration: 3.15 h (1.45 h ascent + 1.30 h descent)

Best seasons to climb: The entire year. In winter snowshoeing can be done.

Observations: This route can be done the entire year, but it is interesting to do it especially in winter, when the weather conditions are not favourable in other places, since we move along a safe area, protected from the wind and with no loss possible.

4. EINA VALLEY

From the 17th century, several naturalists have gone along the picturesque Eina Valley due to its botanical diversity: more than one thousand plant species, some of them are endemic and others have scientific and medical interest. A diverse community of insects also lives there. There are more than seventy Lepidoptera species. In order to protect this area and its rich patrimony, the Eina Nature Reserve was created. The path we will follow is one of the classical routes to go to Núria from La Cerdanya.

On the left of the open land (1.599 m) it begins a path that goes along some meadows and goes deep into a black pine forest. Right after, it arrives in a track that comes from the right. We take the track towards left and we go along it until the end. Then, we must continue along a wide path through the Eina forest. We cross an old irrigation channel and a fence for the livestock. We pass along the narrowest part of the valley with the Eina River on the left. We find another fence and we arrive at the Pla de l'Orri plain (2.015 m, 1.15 h), where the valley gets wider. We go on along the path. The suntrap hillside is full of broom thickets and the shady full of rhododendron thickets. In June, when the thickets flower, its contrast becomes bright and colourful. We overcome some schistose terraces along some loops and we find, on the left, a nice waterfall. After a while, the path crosses the river along a shallow stretch and goes up to a shoulder. After a fountain and a short ascent among stony areas and rhododendron thickets, we leave a hut on the right, we go up to another shoulder and we get to the Pla de la Beguda plain (2.335 m, 2.15 h), wide pastures located between the Finestrelles peak and the Eina tower. From here, the path indicated with big milestones gains height in loops to arrive in a high passage that dominates the entire valley: the Eina or Núria Col. Overcoming a constant steep slope, fairly inclined at the end, we reach this col (2.684 m, 3 h), where we can see the Núria sanctuary behind it. Along the path that comes down from the Ripoll region hillside we would get it to in 1.30 h. Another option, high recommendable, is climb the next top of the Eina peak (2.786 m), on

the left, 20 minutes away. Further on, the top of the Noufonts high peak (2.861 m) is 45 minutes away. From the col, we can also reach the panoramic top of the Finestrelles peak (2.828 m) without difficulties in about 30 minutes.



Access: From Sallagosa, we follow the N-116 road towards the Perxa Mountain until we find on the right a turning that goes to Eina. Then, we follow on the right the Llo road, which immediately crosses the Eina River. Shortly after, we find an open land to park on the left.

Start: The open land located at the outskirts of Eina.

Difficulty: Easy **Elevation:** 2.684 m **Difference in level:** 1.085 m

Total duration: 5.30 h (3 h ascent + 2.30 h descent)

Best seasons to climb: In late spring, summer and the first half of autumn.

Observations: If there is snow in the lowest part of the valley it is easy to snowshoeing along the route, but from the Pla de l'Orri plain and especially in the Eina Col ascent, ice axe and crampons are necessary.

5. LLO VALLEY

This interesting excursion will allow us to go along the beautiful gorges that are formed by the Segre River in its starting. If we want to reach the source of this river, we will have to continue the walk towards the Finestrelles Col and go off the course before arriving it, at the Font del Segre level.

We start walking passing under the hanging bridge that leads to the beginning of the Les Escadilles iron road. Leaving this equipped road on the left, we go on along the tarmac road during a stretch where there is the Segre River on the left. Soon, we can see the impressive southern face of the Sant Feliu del Castellvell hill and the first narrow turns that the Segre pools form. Further on, the road crosses a small bridge from where the river remains on the right. Surrounded by slender and impressive mountain faces and admiring the beautiful forms of the river, we get to the end of the road, where we find a last bridge, the turning to the country house Mas Patiràs and some signposts (35 min). Here, it starts the forestry dirt road. We follow it until we arrive at a metal fence and at a cattle grid for the livestock (1.604 m).

We continue along the track towards the south. The river flows down on our left now. The track route gains height at the beginning and when it gets closer the river it gets plainer. We cross a nice small black pine forest and we go on along the track. On the left, the Serra dels Clots mountain range stands out and it separates us from the Eina Valley. The track route gains height gradually and the river is on the east. We keep following it, always towards the south, until that at the left horizon we can distinguish the Culassa refuge. Finally, we get at the last bridge of the route. Here, we leave the turning that goes to the right and ascend until the plain Pla de la Creu, in a pronounced curve. However, we must cross this bridge, turn to the left and go towards the surrounding area of the visible Culassa refuge (1.834 m, 1.45 h). A milestones located at the highest part of the meadow

located in front of the refuge, indicate us the beginning of the path that goes to the Segre Fountains and to the Finestrelles Col.

Scan
Virtual Tour 360



Access: N-116 road towards Sallagosa. In this village, we turn to the right to take the road that leads us to Llo. Before entering this village, there is a turning on the right that guides us to the Banys de Llo car park, where we will park the vehicle.

Start: Banys de Llo car park **Difficulty:** Easy **Elevation:** 1.834 m

Difference in level: 450 m **Total duration:** 3.15 h (1.45 h ascent + 1.30 h descent)

Best seasons to climb: The entire year. In winter, snowshoeing until the Culassa refuge is highly recommended.

Observations: Nowadays, the access to the Llo Valley is closed for the vehicles at the Les Escadilles iron road level.

6. RIDOLAINA VALLEY

We can gain access to Prat d'Aguiló along a track from Montellà. However, the recommendable option is from Nas, following the Ruta dels Segadors route along the Ridolaina Valley. It is also known as the Camí de La Cerdanya route, where the groups of harvesters from Gósol, who were hired in the country houses of La Cerdanya, passed. In the summer of 1906, the painter Pablo Ruiz Picasso also passed it.

From Nas (1.225 m), we follow a track with white and yellow stripes of the PR C-124 path. We must cross the Pla de Nas plain and go up along a short cut towards the Collet (1.360 m, 20 min). Then, we reach the track. From the Hereus plains, we can see the ruins of the Sant Romà tower, a medieval fortification located in the other side of the valley. Higher up, we take another short cut on the right that crosses an irrigation channel and arrives at the track in front of the Tosca Fountain. After few steps to the right, along the track, we get to the Cortal de l'Oriol Fountain (1.560 m, 1.15 h). Above it there is a meadow with a shepherds' refuge.

Without leaving the track, we go down to Baga, where the track gains height again. We cross the Abeurador torrent and going past a spur, we cross the Eres torrent. Higher up, we find a detour to the left (1.640 m, 1.45 h) that we must take. We leave the principal track and go up along a secondary track. Shortly afterwards, we must leave it and take a path, on the left, that goes past the Eres torrent, but it does not crosses it. The slope increases, but it is pleasant due to the view of the northern hillside of the Cadí. After a while, we get to a meadow among the forest and we find a forestry road that passes next to a metal hut. The slope moderates and along this track we arrive at the track that goes from Montellà to Prat d'Aguiló at Home Mort Col level (1.850 m, 2.30 h).

We continue along the track towards the left, where a short cut also on the left leads us close to the car park at the end of the track. The same track guides us to the Prat d'Aguiló kept refuge (2.040 m, 3 h). From this meadow, at the foot of the northern face of the Cadí, we can see the entire

Ridolaina Valley.



Access: From Bellver de La Cerdanya we take the local road that goes towards Pi. Then, we continue on the right along another road until Nas. We can park the vehicle at the village entrance.

Start: Nas **Difficulty:** Easy **Elevation:** 2.040 m **Difference in level:** 815m

Total duration: 5.30 h (3 h ascent + 2.30 h descent)

Best seasons to climb: Second half of spring, summer and the two first months of autumn.

Observations: In winter snowshoeing can be done.

LANDSCAPE, VEGETATION, FLORA AND MUSHROOMS IN LA Cerdanya



Regarding the landscape, La Cerdanya can be classified in: the group of the rivers and torrents surrounded by bank forests, the terraces and the pediments, the medium mountain and the high mountain. Due to its orientation, it is also structured in suntrap, plain and shady: in the suntrap area, the scrubs and pastures predominate due to an intense deforestation and it is remarkable the presence of badlands, clayey and knotty terrains that we can find in the villages of All or Sallagosa, the granitic landscape found in the highest part of Baridà and the Querol Valley, and the crown of slates and shales, as the ones in Bolvir and Vallsabollera. The shady place presents brown spots of gorse and broom scrubs, red and black pine forests, fir forests (in Riu de Cerdanya, the Pi Valley, the Mena, Saltèguet and Sagramorta), and higher up alpine meadows. In a calcareous area of the Batllia, the karstic water effects gave rise to caves, rock shelters, shelters and ghylls. The vegetation, of alpine continental nature with Mediterranean features, is arranged by zones: the alpine, the subalpine, the montane and the plain, from highest to lowest altitude. Up until 1,300 m the oak wood land is predominant;

from here to 1,700 m we can find the red pine forest, which is gradually substituted by the black pine forest, which reaches 2.600 m of height. Higher up, grassy soil is found. Among the alpine plants, the scree and rocky vegetation the Pyrenean umbellifer, the Pyrenean violet and the Pyrenean saxifrage stand out and there are also small bushes that withstand the snow pack, such as the juniper. Due to their size and colour, the spring crocus, the Pyrenean gentian, the alpine aster, the cushion pink and the black orchid also stand out. The granitic shale terrains of the subalpine zone are also rich in rhododendron thickets, together with wild rosebushes and blueberries, while the yellow and fragrant broom thicket and the bearberry mainly are the carpet of the calcareous soils. In the lower zone, the fir forests, which are shady and with poor undergrowth, mingles with broad leaved forests where the hazel, aspen and beech predominate—in the Ingla valley.



The highest part of the montane zone is dominated by the red pine, which is the base of the logging and forestry exploitation, and the lowest part abounds with pubescent oak forests of box trees, snowy

mespiluses and hawthorns.

It also has diverse eye-catching, curing, flavoured, toxic and endemic plants to the region or the Pyrenean. It is important to stand out the *Dracocephalum austriacum*, *Delphinium montanum*, a Pyrenean endemism with more than half the specimens in the Cerdanya region; the Pyrenean umbellifer, which more than a half of the world's population is in this region; the alpine daphne (its unique location is in the southern Pyrenees). The orchids, the rhododendron thicket and the water chestnut are living fossils, relics of the Tertiary flora, and the white drias of the Quaternary glaciations. Some of the most colourful and curious plants are the northern rock jasmines and catchflies, the pasque flowers, the butterworts, the cranesbills, the vernalises, the roses, the martagons, the pirola neckers, the buttercups, the water forget-me-nots, the lilies, the dogtooth violets, the alpine snowbells, the snowdrops, the lungworts, the windflowers, the crocuses or the extravagant *Botrychium lunaria*. The fungal diversity of the region accumulates at the moment almost 1,500 spring-like or autumn mushroom species, mainly in the subalpine forests and the hayfields. Due to the gastronomic quality and tradition, it is worth mentioning the penny bun, the scotch bonnet, also known as fairy ring mushroom, the St. George's mushroom, the chanterelle, the ivory waxy cap, the lactarius, the grey knight and the yellow foot. As a curiosity, there is an eatable mushroom quite common in the region but rare or non-existent in the rest of Catalonia: the morel (*Verpa Bohemica*).

CERDANYA FAUNA

In the high mountain, in the moors or alpine meadows and in the rocky areas, we can find the chamois, the marmot, the mole, the hare, the lizard and the common frog; in the Carlit Massif, the inserted mouflon of Corsica. Among the birds, the bearded vulture, the golden eagle and the griffon vulture, the peregrine falcon, the rock ptarmigan, the Eurasian dotterel, the white-winged snow finch, the grey partridge and the wall creeper. In the subalpine zone, the black pine forest is richer in fauna because it is a good shelter for small mammals- as the pine marten, the shrew, the field vole or the red squirrel, and the birds -the wood grouse, the boreal owl, the black woodpecker and the common crossbill. Moreover, the suntrap moors conditions are dry and they allow the presence of Mediterranean species - as the orphean warblers and some winter sparrows- in considerable heights. In the medium mountain the mammals are similar, but birds are not: it is worth mentioning the sparrow hawk, the northern goshawk and the tawny owl. There are also great spotted woodpeckers, the bullfinch, the different tits, the common firecrest, the short-toed treecreeper and the Eurasian jay, among others. The small mammals, as the moles, are used to living in meadows and in plains, in hayfields and dry fields, frequented by granivores birds such as the common wood pigeon, the common quail and the red-legged partridge. In the Pi, Ingla and Ridolaina Valleys we can also find some Eurasian eagle-owls. Nowadays, the rabbit and the hedgehogs' population, abundant not long time ago, are highly decreasing. In the glades, the sand lizard has one of the few populations in Catalonia. In any place with enough plant coverage -pine forests and forests of downy oaks-

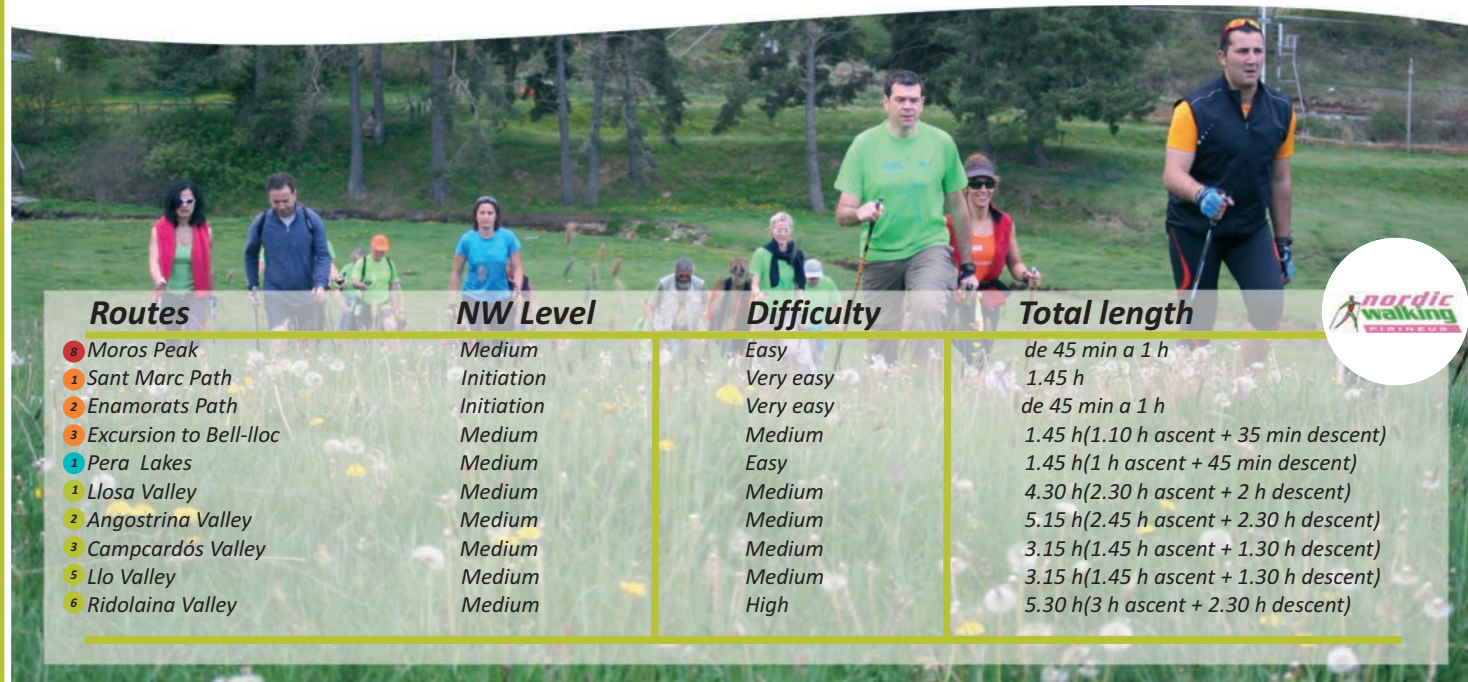


there are many wild boars, and in bank forests we can find the thrasher shark and the Eurasian badger, which often look for more humanized habitats. Among the mammals, the otter and the shore rockling and regarding the birds, lesser spotted woodpecker, the white throated dipper and the little blue heron. The ophidians are represented by the common viper- the only venomous snake in La Cerdanya- the viperine snake, the grass snake, and the green whip snake –often up the trees. As for the slow worm is not an ophidian, but a lacking legs saurian. Some troglobite insects, often blind and translucent, live in the caves –such as in Anes, Olopte and the Fou de Bor – and bats can also be found there. The alpine chough and the chough nest live in the entrance well of some cavity, like the Avenç de les Gralles. The Parc Fluvial de Gallissà has the aim of conserving and protecting the aquatic species that live in La Cerdanya. And with a more touristic view, there is the fauna park of les Angles situated in the Capcir area.

RECOMMENDED ROUTES FOR THE NORDIC WALKING PRACTISE

El Nordic Walking -o marxa nòrdica- neix a Finlàndia, provinent de l'esquí de fons. Aquesta activitat física saludable consisteix a caminar amb la tècnica i amb la postura correcta, adaptant-hi uns pals de Nordic Walking especialment dissenyats per a la pràctica, tot desenvolupant la seva tècnica amb correcció.

Nordic walking starts in Finland and it comes from cross-country ski. This physical and healthy activity involves walking with the correct technique and position using walking poles, which are specially designed for this practise. Its technique, properly implemented, allows people to enjoy numerous health benefits and it can be practised alone or in company with others. Depending on the intensity, the INWA (International Nordic Walking Federation) distinguish three different Nordic walking levels: health level, fitness level and sports level. The technique is very easy, but difficult to execute. It is recommendable to learn it with the support of a qualified instructor. It is also recommendable to drink water along the walk, wear sports clothes and footwear and a backpack correctly fit to allow us to make the back and forth arms movement. Before the walk it would be advisable to do some warm-up exercises and, after the walk, few stretch exercises.



| Routes | NW Level | Difficulty | Total length |
|--------------------------|------------|------------|--|
| 6 Moros Peak | Medium | Easy | de 45 min a 1 h |
| 1 Sant Marc Path | Initiation | Very easy | 1.45 h |
| 2 Enamorats Path | Initiation | Very easy | de 45 min a 1 h |
| 3 Excursion to Bell-Iloc | Medium | Medium | 1.45 h(1.10 h ascent + 35 min descent) |
| 1 Pera Lakes | Medium | Easy | 1.45 h(1 h ascent + 45 min descent) |
| 1 Llosa Valley | Medium | Medium | 4.30 h(2.30 h ascent + 2 h descent) |
| 2 Angostrina Valley | Medium | Medium | 5.15 h(2.45 h ascent + 2.30 h descent) |
| 3 Campcardós Valley | Medium | Medium | 3.15 h(1.45 h ascent + 1.30 h descent) |
| 5 Llo Valley | Medium | Medium | 3.15 h(1.45 h ascent + 1.30 h descent) |
| 6 Ridolaina Valley | Medium | High | 5.30 h(3 h ascent + 2.30 h descent) |

MORE INFORMATION



WARNINGS

It is important to keep in mind that hiking in the mountain can become a risky activity, since it takes place in a changeable environment and, sometimes, dangerous. The edition of this guide just wants to show the corresponding routes, but the practise of this sport is everyone's responsibility.

It is recommendable to take the following precautions:

- Choose routes that suit our physical conditions.
- Find out the weather forecast.
- It is better not doing it alone.
- Record the route we want to cover.
- Be well-equipped with good footwear and enough warm clothes.
- Have plenty of water and energetic food.
- Have the mobile phone charged.
- In the backpack it is necessary to have: a cap, glasses, gloves, a compass, a map, sun cream and an impermeable or Gore-tex.
- The environment must be respected: take away your rubbish, don't light a fire, follow the signed paths, leave the livestock fences as they were, etc.

www.cerdanya.org

www.puigcerda.cat

www.pyrenees-cerdagne.com



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