

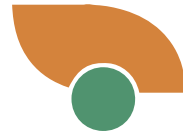
CATALONIA

MEDITERRANEAN

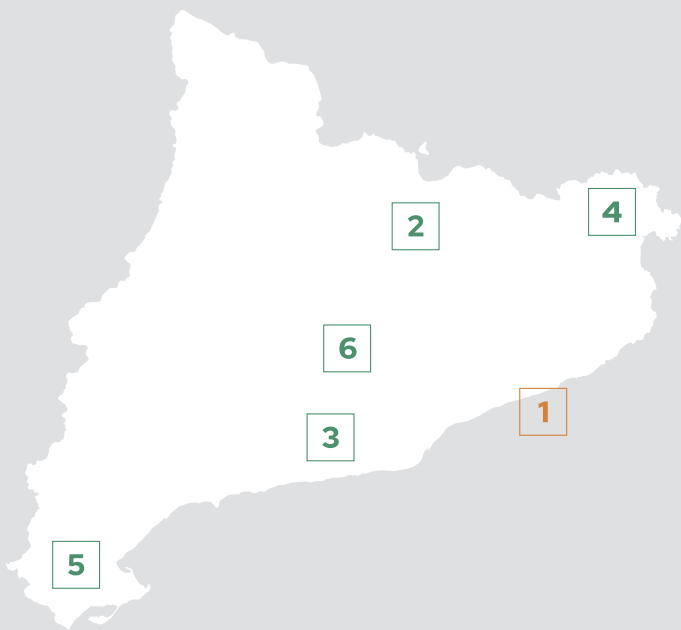
ADVENTURES

Hiking e-guide





CATALONIA



Primary trail

1. GR92
THE MEDITERRANEAN TRAIL

Secondary trails

- 2. Camí dels Bons Homes**
- 3. Via Augusta**
- 4. Ruta dels Aspres i l'Albera**
- 5. Val de Zafan Greenway i GR99**
- 6. Agulles de Montserrat**

From coastal paths to rugged mountain trails, there is a wealth of fantastic hiking options in Catalonia, from one-day excursions to walks lasting several weeks.

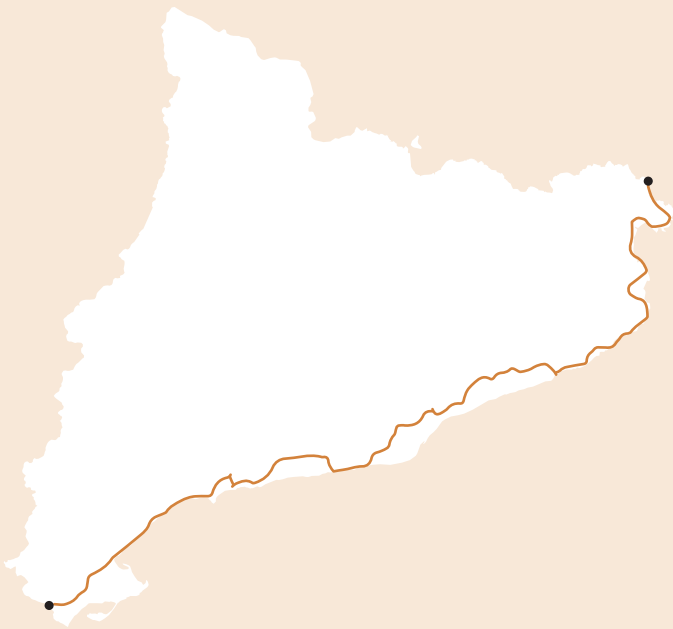
Hikers can fill their lungs with fresh air while enjoying the spectacular natural wonders the region has to offer. From stunning national parks and nature trails to beautiful; cascading waterfalls, Catalonia boasts some of the most stunning scenery around! Get back to nature and check out the list below to see some of the best areas for walking in the countryside.





1. GR92

CATALONIA



GR 92

THE MEDITERRANEAN TRAIL

from Portbou to Ulldecona





1.GR92

from Portbou to Ulldecona

CATALONIA

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
561,90 km	31 stages	+18.422 m / -18.296 m	0 m / 640 m

START / FINISH

Portbou / Ulldecona.

BEST TIME TO VISIT

All year round

SIGNPOSTING

The whole path is marked as a long-distance trail with red and white stripes.

TECHNICAL DIFFICULTY

A hiking route with no technical difficulties that runs along the coast crossing coastal villages and natural areas.

PHYSICAL DEMANDS

Route suitable for people used to full-day walks. Most of the stages are shorter than 20km but there are some exceptions. A fairly high level of fitness is required for the longer stages.





1.GR92 from Portbou to Uldecona

CATALONIA

DESCRIPTION OF THE ROUTE

From Portbou to Uldecona, the GR92 runs through beautiful landscapes close to the sea and typifies the essence of the Mediterranean in Catalonia. The GR92 is one of the most important routes because it crosses Catalonia from north to south along the Mediterranean slope, hugging the coastline most of the way. Along its 562 kilometres of main route and almost 150 kilometres of variants, it covers all the Catalan coasts, with landscapes ranging from long beaches to cliffs, as well as caves and fishing villages. From its beginning in Portbou to its end in Uldecona, the route passes through natural spaces such as the Cap de Creus, Aiguamolls de l'Empordà, Montnegre-Corredor, Collserola and Garraf parks, as well as bordering the Ebre Delta Natural Park. It also encompasses important architectural and cultural ruins giving hikers a clear picture of costal Catalonia and of the area's culture. The GR92 is part of the European trail E-10 (Baltic-Mediterranean), and has links to the north with France and to the south with the Valencian Community.





1. GR92 from Portbou to Ulldescona

CATALONIA

ATTRACTIONS ALONG THE ROUTE

- > The route crosses several natural parks with beautiful landscapes and rich biodiversity: Cap de Creus, Aiguamolls de l'Empordà, Montnegre i el Corredor, Serralada de Marina, Collserola, Garraf and Ebre Delta.
- > Along the route hikers can discover the rich cultural heritage of the villages as well as finding beautiful castles, lighthouses and monasteries such as Begur castle, Tossa de Mar castle, Sant Sebastià lighthouse, Sant Pere de Rodes monastery and the Roman remains in Tarraco.

MORE INFORMATION: <https://senders.feec.cat/gr-92-sender-de-la-mediterranea>





1. GR92 from Portbou to Ulldesona

CATALONIA

STAGE 1 > **Portbou - Llançà**

START: Portbou

FINISH: Puerto de Llançà

DISTANCE	DURATION	ELEVATION GAIN
9,81 km	2 h 50'	+484 m / -484 m

STAGE 2 > **Llançà - Cadaqués**

START: Puerto de Llançà

FINISH: Cadaqués

DISTANCE	DURATION	ELEVATION GAIN
20,29 km	4 h 30'	+774 m / -771 m

STAGE 3 > **Cadaqués - Roses**

START: Cadaqués

FINISH: Roses

DISTANCE	DURATION	ELEVATION GAIN
21,66 km	5 h 05'	+1.068 m / -1.070 m

STAGE 4 > **Roses - El Cortalet**

START: Roses

FINISH: El Cortalet

DISTANCE	DURATION	ELEVATION GAIN
16,34 km	3 h 35'	+70 m / -69 m

STAGE 5 > **El Cortalet - L'Escala**

START: El Cortalet

FINISH: L'Escala

DISTANCE	DURATION	ELEVATION GAIN
20,23 km	4 h 55'	+135 m / -135 m





1.GR92 from Portbou to Ulldecona

CATALONIA

STAGE 6 > **L'Escala - Torroella de Montgrí**

START: L'Escala

FINISH: Torroella de Montgrí

DISTANCE	DURATION	ELEVATION GAIN
20,01 km	5 h 00'	+936 m / -913 m

STAGE 7 > **Torroella de Montgrí - Begur**

START: Torroella de Montgrí

FINISH: Begur

DISTANCE	DURATION	ELEVATION GAIN
21,30 km	5 h 15'	+411 m / -257 m

STAGE 8 > **Begur - Palamós**

START: Begur

FINISH: Palamós

DISTANCE	DURATION	ELEVATION GAIN
23,01 km	5 h 50'	+1.091 m / -1.264 m

STAGE 9 > **Palamós - Sant Feliu de Guíxols**

START: Palamós

FINISH: Sant Feliu de Guíxols

DISTANCE	DURATION	ELEVATION GAIN
16,78 km	4 h 10'	+741 m / -743 m

STAGE 10 > **Sant Feliu de Guíxols - Tossa M.**

START: Sant Feliu de Guíxols

FINISH: Tossa de Mar

DISTANCE	DURATION	ELEVATION GAIN
20,23 km	5 h 00'	+816 m / -813 m





1.GR92 from Portbou to Ulldescona

CATALONIA

STAGE 11 > Tossa de Mar - Lloret de Mar

START: Tossa de Mar

FINISH: Lloret de Mar

DISTANCE	DURATION	ELEVATION GAIN
14,37 km	3 h 35'	+669 m / -670 m

STAGE 12 > Lloret de Mar - Tordera

START: Lloret de Mar

FINISH: Tordera

DISTANCE	DURATION	ELEVATION GAIN
17,23 km	4 h 20'	+441 m / -421 m

STAGE 13 > Tordera - Hortsavinyà

START: Tordera

FINISH: Hortsavinyà

DISTANCE	DURATION	ELEVATION GAIN
12,81 km	3 h 15'	+723 m / -249 m

STAGE 14 > Hortsavinyà - Vallgorguina

START: Hortsavinyà

FINISH: Vallgorguina

DISTANCE	DURATION	ELEVATION GAIN
17,41 km	4 h 20'	+807 m / -1.095 m

STAGE 15 > Vallgorguina - Can Bordoï

START: Vallgorguina

FINISH: Can Bordoï

DISTANCE	DURATION	ELEVATION GAIN
14,35 km	3 h 35'	+580 m / -486 m





1.GR92 from Portbou to Ulldesona

CATALONIA

STAGE 16 > **Can Bordoí - Font de Cera**

START: Can Bordoí

FINISH: Font de Cera

DISTANCE	DURATION	ELEVATION GAIN
23,09 km	6 h 00'	+812 m / -864 m

STAGE 17 > **Font de Cera - Montcada i Reixac**

START: Font de Cera

FINISH: Montcada i Reixac

DISTANCE	DURATION	ELEVATION GAIN
16,91 km	3 h 50'	+659 m / -893 m

STAGE 18 > **Montcada - Vallvidrera**

START: Montcada

FINISH: Baixador de Vallvidrera

DISTANCE	DURATION	ELEVATION GAIN
16,74 km	4 h 15'	+913 m / -710 m

STAGE 19 > **Vallvidrera - Sant Vicenç H.**

START: Baixador de Vallvidrera

FINISH: Sant Vicenç dels Horts

DISTANCE	DURATION	ELEVATION GAIN
13,63 km	3 h 00'	+410 m / -626 m

STAGE 20 > **Sant Vicenç H. - Bruguers**

START: Sant Vicenç dels Horts

FINISH: Bruguers

DISTANCE	DURATION	ELEVATION GAIN
16,18 km	3 h 48'	+765 m / -553 m





1.GR92 from Portbou to Uldecona

CATALONIA

STAGE 21 > **Bruguers - Garraf**

	DISTANCE	DURATION	ELEVATION GAIN
START: Bruguers	15,59 km	5 h 00'	+635 m / -842 m
FINISH: Garraf			

STAGE 22 > **Garraf - Vilanova i la Geltrú**

	DISTANCE	DURATION	ELEVATION GAIN
START: Garraf	21,98 km	6 h 00'	+859 m / -887 m
FINISH: Vilanova i la Geltrú			

STAGE 23 > **Vilanova i la Geltrú - Calafell**

	DISTANCE	DURATION	ELEVATION GAIN
START: Vilanova	13,38 km	3 h 20'	+85 m / -85 m
FINISH: Calafell			

STAGE 24 > **Calafell - Torredembarra**

	DISTANCE	DURATION	ELEVATION GAIN
START: Calafell	15,04 km	3 h 45'	+124 m / -124 m
FINISH: Torredembarra			

STAGE 25 > **Torredembarra - Tarragona**

	DISTANCE	DURATION	ELEVATION GAIN
START: Torredembarra	19,96 km	5 h 00'	+449 m / -426 m
FINISH: Tarragona			





1.GR92 from Portbou to Uldecona

CATALONIA

STAGE 26 > **Tarragona - Cambrils**

START: Tarragona

FINISH: Cambrils

DISTANCE	DURATION	ELEVATION GAIN
28,13 km	7 h 00'	+196 m / -220 m

STAGE 27 > **Cambrils - L'Hospitalet de l'Infant**

START: Cambrils

FINISH: L'Hospitalet de l'Infant

DISTANCE	DURATION	ELEVATION GAIN
16,27 km	4 h 05'	+232 m / -229 m

STAGE 28 > **L'Hospitalet I. - L'Ametlla M.**

START: L'Hospitalet de l'Infant

FINISH: L'Ametlla de Mar

DISTANCE	DURATION	ELEVATION GAIN
22,78 km	5 h 00'	+875 m / -877 m

STAGE 29 > **L'Ametlla M. - El Perelló - L'Ampolla**

START: L'Ametlla de Mar

FINISH: L'Ampolla

DISTANCE	DURATION	ELEVATION GAIN
15,29 km	5 h 00'	+703 m / -703 m





1.GR92 from Portbou to Uldecona

CATALONIA

STAGE 30 > **L'Ampolla - Deltebre**

START: L'Ampolla

FINISH: Amposta

DISTANCE	DURATION	ELEVATION GAIN
12,92 km	3 h 45'	+97 m / -102 m

STAGE 31 > **Deltebre - Amposta**

START: Deltebre

FINISH: Amposta

DISTANCE	DURATION	ELEVATION GAIN
13,52 km	4 h 00'	+61 m / -62 m

STAGE 32 > **Amposta - La Ràpita**

START: Amposta

FINISH: La Ràpita

DISTANCE	DURATION	ELEVATION GAIN
17,90 km	4 h 15'	+110 m / -99 m

STAGE 33 > **La Ràpita - Les Cases d'Alcanar**

START: La Ràpita

FINISH: Les Cases d'Alcanar (riu Senia)

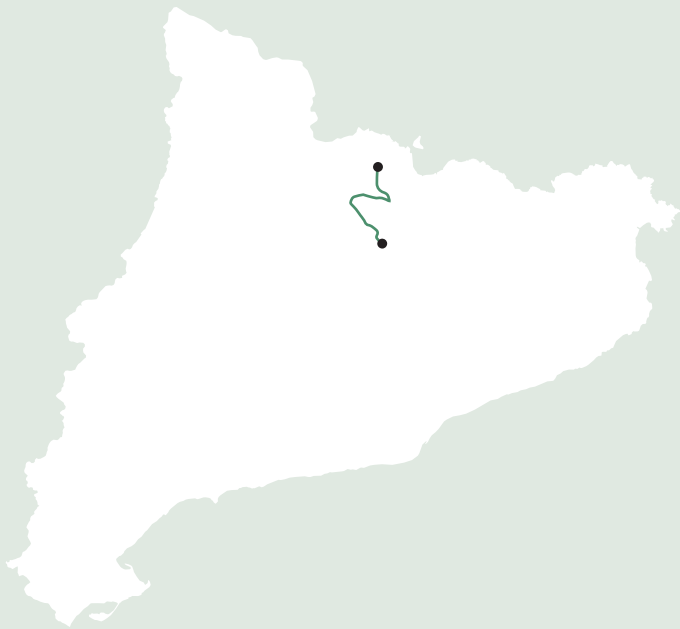
DISTANCE	DURATION	ELEVATION GAIN
13,64 km	4 h 10'	+122 m / -130 m





2. CAMÍ DELS BONS HOMES

CATALONIA



CAMÍ DELS BONS HOMES (GR107)

from Berga to
Bellver de Cerdanya
(Berguedà)





2. CAMÍ DELS BONS HOMES

from Berga to Bellver de Cerdanya

CATALONIA

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
76,5 km	3-4 stages	+3.155 m / -3.377 m	600 m / 1.975 m

START / FINISH

Berga / Bellver de Cerdanya

BEST TIME TO VISIT

From April to October (depending on snow).

SIGNPOSTING

The whole path is marked as a long-distance trail with red and white stripes, GR-107.

TECHNICAL DIFFICULTY

A hiking route with long stages and some elevation gain that makes it medium to difficult.

PHYSICAL DEMANDS

Route not suitable for everybody, the stages are long (with the option to divide them into two rather than one-day stages). There is also considerable elevation gain.





2. CAMÍ DELS BONS HOMES from Berga to Bellver de Cerdanya

CATALONIA

DESCRIPTION OF THE ROUTE

The Camí dels Bons Homes (Trail of the Cathars) is a trans-Pyrenean hiking route of approximately 200 km that runs along the GR107 from Catalonia into France. This itinerary recalls the exile of the Occitan Cathars, otherwise known as Good Men and Good Women, who promoted pure, simple Christianity, based on spirituality, and were against the corrupt, ostentatious and authoritarian Catholic Church of the 12 to 14th centuries. Nowadays it is a tourist route, marked by stages with lodging facilities and hiking services, connecting two European countries via beautiful and changing landscapes along the way.

TOURIST ATTRACTIONS

- > Cadí-Moixeró Natural Park
- > Tossa Plana de Lles-Puigpedrós Protected Natural Area
- > Sanctuary of Queralt
- > Gósol Picasso Centre
- > Bagà old town and the Medieval and Cathar Center
- > Bellver de Cerdanya Plaça Major

MORE INFORMATION: www.camidelsbonshomes.com





2. CAMÍ DELS BONS HOMES from Berga to Bellver de Cerdanya

CATALONIA

STAGE 1 > **Berga - Gósol**

START: Berga

FINISH: Gósol (or Fígols, more or less at half the way)

DISTANCE	DURATION	ELEVATION GAIN
29,36 km	8 h 11'	+1.325 m / -1.150 m

*You can split these stage in Peguera:

START/FINISH: Berga- Peguera: 13 km

START/FINISH: Peguera- Gósol: 16 km

STAGE 2 > **Gósol - Bagà**

START: Gósol

FINISH: Bagà

DISTANCE	DURATION	ELEVATION GAIN
25,30 km	6 h 23'	+634 m / -1.271 m

STAGE 3 > **Bagà - Bellver**

START: Bagà

FINISH: Bellver

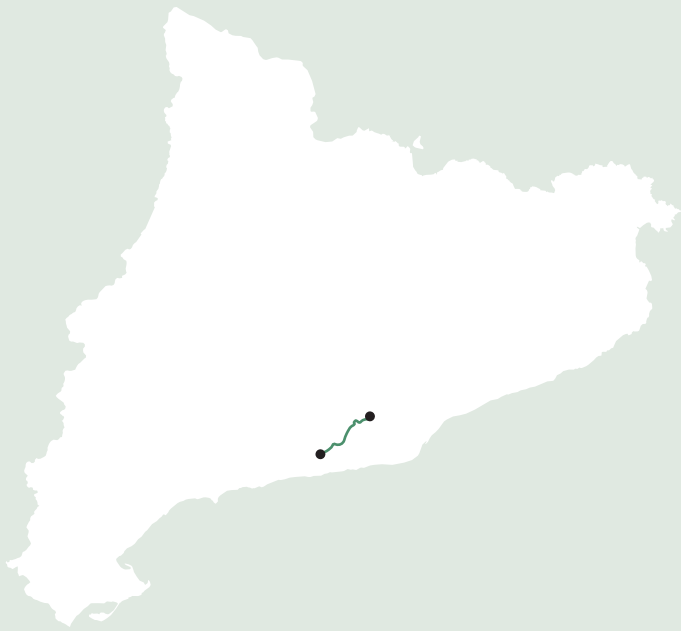
DISTANCE	DURATION	ELEVATION GAIN
21,71 km	6 h 45'	+1.196 m / -956 m





3.VIA AUGUSTA

CATALONIA



VIA AUGUSTA

from Gelida to Bellvei
(Alt Penedès)





3.VIA AUGUSTA

from Gelida to Bellvei

CATALONIA

DISTANCE
51,25 km

DURATION
2-7 stages

ELEVATION GAIN
+1.077 m

ALTITUDE
74 m / 276 m

START / FINISH

Gelida / Bellvei.

TIME TO VISIT

All year round.

SIGNPOSTING

The whole path is marked as a long-distance trail with red and white stripes.

TECHNICAL DIFFICULTY

None.

PHYSICAL DEMANDS

Stages for a light walk, suitable for almost everybody.





3.VIA AUGUSTA from Gelida to Bellvei

CATALONIA

DESCRIPTION OF THE ROUTE

The Penedès has many unmissable attractions: from its countryside, forests and sea, through its wine, cava and gastronomy to its tourism, culture and heritage, not forgetting its history and traditions. That's why you are so spoilt for choice here. We have everything that you could possibly want to see and experience. And most importantly, it's all just 20 minutes from one point to another.

Over the years, the 1500-kilometre Via Augusta has been used by legionnaires, tradespeople, government officials, rich people and poor people...It ran from Cadiz to the Pyrenees, linking the Iberian peninsula with Rome and was one of the 80.000 km networks of roads that intersected the Roman empire, from the Sahara to Asia.

The Via Augusta, originally called the Via Heraclea before the reign of the Emperor Augustus (27 BCE-14 CE), was an ancient Iberian path which was made into a Roman road in the second century BCE. Inns, resting posts, and repair stations were soon established to cater to the needs of travellers who arrived on foot, on horseback, or in carts and carriages. The modern Via Augusta through the Penedès recreates the charm of the original route allowing travellers to discover the magic of the region with its landscape of paths, farms, wildlife crossing, and ever-changing patchwork of vineyards.





3.VIA AUGUSTA from Gelida to Bellvei

CATALONIA

TOURIST ATTRACTIONS

- > Gelida castle
- > Sant Sadurní d'Anoia Cava Center
- > Subirats castle
- > Vilafranca del Penedès historical centre
- > Vinseum. Museum of Catalan wine culture
- > Vilafranca del Penedès "Casa de la Festa Major"
- > Penyafort castle
- > El CIARGA
- > E-bike tours
- > Wine tourism
- > Gastronomy

MORE INFORMATION: www.viaaugustapenedes.cat





3.VIA AUGUSTA from Gelida to Bellvei

CATALONIA

STAGE 1 > **Gelida - Sant Sadurní d'Anoia**

START: Gelida

FINISH: Sant Sadurní d'Anoia

DISTANCE	DURATION	ELEVATION GAIN
14,26 km	3 h 30'	+200 m

STAGE 2 > **St Sadurní Anoia - Lavern Subirats**

START: Sant Sadurní d'Anoia

FINISH: Lavern Subirats

DISTANCE	DURATION	ELEVATION GAIN
5,60 km	1 h 25'	+161 m

STAGE 3 > **Lavern Subirats - La Granada**

START: Lavern Subirats

FINISH: La Granada

DISTANCE	DURATION	ELEVATION GAIN
8,00 km	2 h 00'	+195 m

STAGE 4 > **La Granada - Vilafranca del P.**

START: La Granada

FINISH: Vilafranca del Penedès

DISTANCE	DURATION	ELEVATION GAIN
6,40 km	1 h 30'	+89 m

STAGE 5 > **Vilafranca del P. - Els Monjos**

START: Vilafranca del Penedès

FINISH: Els Monjos

DISTANCE	DURATION	ELEVATION GAIN
8,30 km	2 h 00'	+133 m

STAGE 6 > **Els Monjos - L'Arboç**

START: Els Monjos

FINISH: L'Arboç

DISTANCE	DURATION	ELEVATION GAIN
12,50 km	3 h 00'	+208 m

STAGE 7 > **L'Arboç - Bellvei**

START: L'Arboç

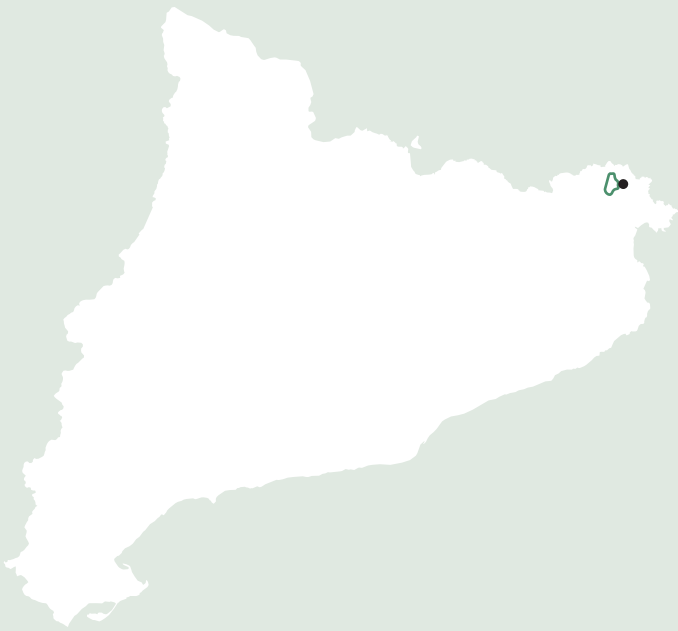
FINISH: Bellvei

DISTANCE	DURATION	ELEVATION GAIN
6,90 km	1 h 40'	+91 m



4. RUTA DELS ASPRES I L'ALBERA

CATALONIA



RUTA DELS ASPRES I L'ALBERA

from Cantallops to
Sant Climent
(Alt Empordà)





4. RUTA DELS ASPRES I L'ALBERA

from Cantallops to Sant Climent

CATALONIA

DISTANCE	DURATION	ELEVATION GAIN	ALTITUDE
42,63 km	2 stages	+1.098 m / -1.098 m	73 m / 716 m

START / FINISH

Cantallops / Sant Climent

BEST TIME TO VISIT

All year round.

SIGNPOSTING

Square plates indicate the route.

TECHNICAL DIFFICULTY

A hiking route with no technical difficulties that runs along the coast crossing coastal villages and natural areas.

PHYSICAL DEMANDS

Route suitable for people used to full-day walks. Most of the stages are shorter than 20km but there are some exceptions. A fairly high level of fitness is required for the longer stages.





4. RUTA DELS ASPRES I L'ALBERA from Cantallops to Sant Climent

CATALONIA

DESCRIPTION OF THE ROUTE

A route through mosaics of vineyards and olive groves, passing prehistoric monuments, the Sanctuary and Castle of Requesens, and the Forn de Calç refuge.

There are four main towns in Els Aspres- Cantallops, Capmany, Espolla and Sant Climent-with a less rugged, more habitable and workable profile, as well as small urban areas, such as Bosquerós and la Vall, in Capmany, the Vilars in Espolla, and Ullastre and Vilartolí in Sant Climent Sescebes. The mountains are home to beech, oaks and corks forests.

This is a perfect two-day hike, starting on the first day with the upper part of the route from Cantallops to Espolla via Requesens castle, and on the second day exploring the towns of Capmany and Sant Climent.





4. RUTA DELS ASPRES I L'ALBERA from Cantallops to Sant Climent

CATALONIA

TOURIST ATTRACTIONS

- > Ullastre Bunker, Girasols Dolmen, Cabana Arqueta Dolmen
- > Salt d'en Pelo Dolmen
- > Barranc Dolmen
- > La Gutina Dolmen
- > Quer Afumat Dolmen and Menhir
- > Santa Fe dels Solers church
- > Murtra Menhir
- > Barrel Tap museum (in Oliveda Winery)
- > Capmany defensive wall and tower
- > Cabana Arqueta Dolmen
- > Albera Natural Park
- > Sacrificial stone
- > Sant Martí de Baussitges church

MORE INFORMATION: www.itinerannia.net/ca/itineraris/ruta-dels-aspres-i-l-albera-ruta-14-alt-emporda





4. RUTA DELS ASPRES I L'ALBERA from Cantallops to Sant Climent

CATALONIA

STAGE 1 > **Cantallops - Espolla**

START: Cantallops

FINISH: Espolla

DISTANCE	DURATION	ELEVATION GAIN
25,07 km	6 h 30'	+802 m / -880 m

STAGE 2 > **Espolla - Cantallops**

START: Espolla

FINISH: Cantallops

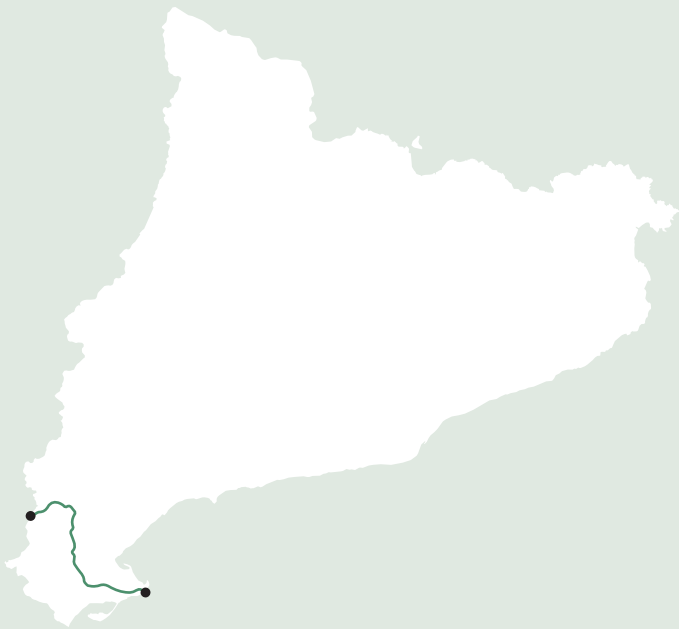
DISTANCE	DURATION	ELEVATION GAIN
18,40 km	5 h 00'	+296 m / -218m





5. VAL DE ZAFAN & GR99

CATALONIA



VAL DE ZAFAN GREENWAY & GR99

from Arnes to Riumar
(Baix Ebre)





5. VAL DE ZAFAN & GR99

from Arnes to Riumar

CATALONIA

DISTANCE

92,68 km

DURATION

4 stages

ELEVATION GAIN

+881 m / -1.138m

ALTITUDE

0 m / 500 m

START / FINISH

Arnes / Riumar

BEST TIME TO VISIT

All year round.

TECHNICAL DIFFICULTY

A hiking route with no technical difficulties that follows green-ways through tunnels and old train stations and along the River Ebre to the Mediterranean Sea.

PHYSICAL DEMANDS

Route suitable for people used to full-day walks. Most of the stages are shorter than 20km but there are some exceptions. A fairly high level of fitness is required for the longer stages.





5. VAL DE ZAFAN & GR99 from Arnes to Riumar

CATALONIA

DESCRIPTION OF THE ROUTE

The Val de Zafan is an old railway line converted into a green-way, that guarantees accessibility for all, without limitations of age or physical ability.

There is no access for vehicular traffic. The Val de Zafan greenway goes from Arnes to Tortosa, 49km away, where it connects with the Ebre Nature Trail (GR99) until it reaches the sea in Riumar.

The route passes through the magnificent landscapes of the western slope of the Port natural park, the gorges of the River Canaletes and the Ebre river plain. It has a descent of 450 m.

In Tortosa, the greenway joins the Tortosa-l'Aldea-Deltebre natural way and crosses the rice fields until it reaches at the mouth of the River Ebre.





5. VAL DE ZAFAN & GR99 from Arnes to Riumar

CATALONIA

TOURIST ATTRACTIONS

- > Arnes: old town, honey museum and olive oil mill
- > Old Arnes-Lledó train station
- > Horta de Sant Joan: Port ecomuseum, Picasso centre, and old town
- > Horta de Sant Joan Station
- > Old Bot train station
- > Old Prat de Compte train station
- > La Fontcalda Sanctuary
- > Old Pinell de Brai train station
- > Pinell del Brai Cooperative Winery
- > Old Benifallet train station, Meravelles caves, river boat
- > Old Xerta train station
- > Old Aldover train station
- > Roquetes: Ebre astronomical observatory
- > Tortosa: Old quarter, Suda castle, Santa Maria cathedral
- > Ports Natural Park
- > Ebre Delta Natural Park

MORE INFORMATION:

www.baixebre.cat/arees-dactuacio/dinamitzacio-economica/turisme/la-via-verda-al-baix-ebre





5. VAL DE ZAFAN & GR99 from Arnes to Riumar

CATALONIA

STAGE 1 > **Arnes - Pinell del Brai**

START: Arnes

FINISH: Pinell del Brai

DISTANCE	DURATION	ELEVATION GAIN
23,00 km	6 h 00'	+570 m / -735 m

STAGE 2 > **Pinell del Brai - Tortosa**

START: Pinell del Brai

FINISH: Tortosa

DISTANCE	DURATION	ELEVATION GAIN
26,00 km	6 h 30'	+142 m / -232 m

STAGE 3 > **Tortosa - Amposta**

START: Tortosa

FINISH: Amposta

DISTANCE	DURATION	ELEVATION GAIN
13,98 km	2 h 40'	+82 m / -75 m

STAGE 4 > **Amposta - Riumar**

START: Amposta

FINISH: Riumar

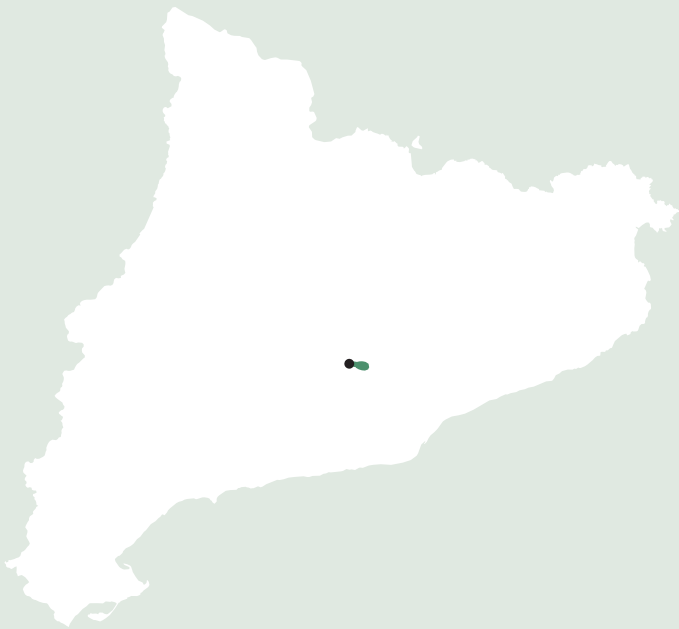
DISTANCE	DURATION	ELEVATION GAIN
29,10 km	7 h 15'	+87 m / -96 m





6. AGULLES DE MONTSERRAT

CATALONIA



AGULLES DE MONTSERRAT

**A TRAIL TO DISCOVER
THE MAGIC OF THE SACRED
MOUNTAIN**

from Coll Can Maçana
(Anoia-Bages)





6. AGULLES DE MONTSERRAT

from Coll Can Maçana

CATALONIA

DISTANCE

7 km

DURATION

3 hours

ELEVATION GAIN

+500 m / -500

ALTITUDE

+714m / -980 m

START / FINISH

Coll Can Maçana car park

BEST TIME TO VISIT

All year round.

TECHNICAL DIFFICULTY

Medium. A hiking route with no technical difficulties but with some steep parts.

PHYSICAL DEMANDS

Route suitable for people used to a half-day walk with some altitude gain.





6. AGULLES DE MONTSERRAT

CATALONIA

DESCRIPTION OF THE ROUTE

Circular walk that allows visitors to enjoy the magnificent views of Montserrat, Catalonia's most sacred mountain. It includes with several chapels, churches, and a very important and operational Benedictine monastery.

Hikers access the Montserrat massif via the Portella pass and the route is the perfect way to safely explore the westernmost region of the massif even for those with no knowledge of rock climbing. A pleasant, clearly marked path follows the south face of the mountain, while all around streams and brooks create a magical atmosphere amongst the eponymous needles -Agulles- and enchanted monks -Frades Encantats- which have been created over millennia by tectonic movement and weathering.

TOURIST ATTRACTIONS

- > Needles
- > Abysses and sub-Mediterranean jungles
- > The "Espai Natura Montserrat" center
- > Montserrat monastery
- > Montserrat art museum

MORE INFORMATION:

muntanyamontserrat.gencat.cat/ca/el_parc/senderisme/itineraris_bruc/agulles_montserrat





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