catalonia is hiking
catalonia is hiking
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This booklet is a practical and easily readable guide. It is a tool we provide for visitors who are interested in seeing Catalonia, exploring its diverse landscape and enjoying the wide variety of natural produce and resources it has to offer.

Hiking, or rambling, is a very popular activity with a long tradition in Catalonia. It provides the visitor with an enjoyable way of discovering the history and customs of the land, as well as the nature of the culture and its heritage.

Here you will find an overall description of the terrain, the produce available, their characteristics and a summary of the suggested itineraries.

This booklet has been designed to complement the online guides available, which provide more detailed information and more precise descriptions of the routes we describe here. The web page www.turismedecatalunya.com/hiking, is easy to navigate and includes route maps, descriptions, and downloadable GPS tracks of each stage together with images of the areas you will pass through.

Access to both forms provides the visitor with a quality product tailored to hikers’ specific needs.

In short, in this guide we provide a unique option of how to discover and enjoy the natural resources of Catalonia by way of hiking.

Catalonia is a land of contrasts, and as such, it has become one of Europe’s most attractive and popular tourist destinations. Below, we offer a taste of some of the natural areas that we recommend you visit. This is by no means an exhaustive inventory of what is on offer for hikers in Catalonia, but merely some specific proposals we have taken the liberty to suggest to you.

The road is long and the views are spectacular. Enjoy the trip!
Catalonia is a land of extraordinary diversity, evident not only in its history, culture and rich heritage, but also in the variety of spectacular landscapes. The 10 tourism trademarks are the best way of identifying the characteristics and specialities of each area.

**Barcelona**

**Costa Brava**
Alt Empordà, Baix Empordà, Gironès, La Selva, Pla de l’Estany.

**Costa Daurada**
Alt Camp, Baix Camp, Baix Penedès, Conca de Barberà, Priorat, Tarragonès.

**Costa de Barcelona Maresme**
Maresme.

**Costa del Garraf**
Alt Penedès, Baix Llobregat, Garraf.

**Terres de l’Ebre**
Baix Ebre, Montsià, Ribera d’Ebre, Terra Alta.

**Catalunyana central**
Anoia, Bages, Osona, Vallès Occidental, Vallès Oriental.

**Terres de Lleida**
Garrigues, Noguera, Pla d’Urgell, Segarra, Segrià, Urgell.

**Pirineus**
Alta Ribagorça, Alt Urgell, Berguedà, Cerdanya Garrotxa, Pallars Jussà, Pallars Sobirà, Ripollès Solsonès.

**Val d’Aran**
HIKING IN CATALONIA
Hiking, traditionally practised in Catalonia as trekking, is a physical activity that provides walkers with the opportunity to interact directly with nature, and one, which is becoming more and more popular in Catalonia. Practising hiking in Catalonia is the ideal way to combine physical exercise with discovering and exploring this land. Travelling the sign-posted trails on foot, you can appreciate and admire the beauty of the landscape unfolding before you. The wide variety of trails, long distance (GR), *gran recorregut*, short distance (PR), *petit recorregut* and local (SL), *senders locals*, makes it possible for anyone to practise hiking, thus making this the ideal sport to share with your family or friends.

The array of geographic formations in Catalonia is rich and diverse, resulting in scenes of breathtaking beauty. The benign climate, the array of landscapes, the basically mountainous character of Catalonia, together with the remarkable natural, architectural and cultural splendour of the area places the Catalan hiking trails among the most interesting in Europe.

The trail markings have been there since ancestral times. Over the years, these trail markings have been revised and improved several times, and these improvements have made the trails accessible to more people and therefore increased the popularity of hiking. The Centre Excursionista de Catalunya-Club Alpí Català was founded in 1876 and is one of the oldest in Europe. The club has sown the seed from which a huge number of centres have sprouted and in its impressive one hundred and thirty years in operation, it has catered for hundreds of thousands of hikers. 1975 saw the beginning of the marking of the first officially approved hiking trail in Catalonia, the GR-7, which covers the journey from Andorra to Fredes in Valencia over 399 Kilometres.

Currently, the Catalonia network is one of the most important in Spain, thanks to the generous work of multiple hiking and rambling associations. There are more than 5,000 kilometres of signposted long distance trails connecting the Pyrenees with the peninsular inland and France, not to mention the extensive network of local trails and short distance trails which all together, makes Catalonia a privileged destination for hikers and hill walkers. From the Pyrenees to the Mediterranean, the wealth of natural resources and heritage of this land is within easy reach of all those who enjoy active tourism in the heart of nature.
Types of trails
Catalonia joins up with the European and Peninsular networks thanks to almost 9,000 kilometres of signposted trails, many of which are ancient trails that have been reclaimed. Currently there are three different types of trails:

· The long distance hiking trails, or GR, are a network of trails, paths and tracks, which cross Europe in every direction joining countries and towns and are suited for pedestrian tourism. The European Ramblers Association (ERA) is the organisation responsible for coordinating the entire network.
· The short distance trails or (PR) are more local or regional itineraries and cannot exceed 50 kilometres in length.
· The local trails or (SL), as the name suggests, are short local trails no longer than 10 Kilometres.

The itinerary of officially approved trails is signposted and marked throughout. These markings may appear in the form of directional signs, posts, or markings painted on trees, rocks, or other natural elements.

There are three types of markings: those indicating the continuity of the trails, a sudden change in direction, or those indicating discontinuity.

The colour of the signpost, or marking, indicate which type of trail you are on (GR, PR or SL).

For further details please contact the website of the Federació d’Entitats Excusionistes de Catalunya, (Catalan Federation of Rambling Associations) www.feec.cat.
Sender transversal
La Jonquera-Aiguafreda
Sender central de Catalunya
Puigcerdà-Montserrat
Sender dels Miradors
Barcelona-Montserrat
Andorra-Fredes
Sender del Pirineu
Camí de St. Jaume
Camí de l’exili
Sender del Mediterrani
Camí Romeu a Montserrat
De la Tordera al Llobregat
Camí dels Bons Homes
Entorn a la serra del Cadí
Santuari de Pinós-Refugi Caro
Bellprat-Mussara
Vallès natural
Sender del Priorat
Ruta del Cister
Ruta del Romànic
Ruta del Moianès
Ruta d’en Serrallonga
Camí dels Maquis
Cambrils-Amposta
Camí vora Ter
Circular de la Val d’Aran
Circular de Borredà

Hiking in Catalonia | p. 11
Below is a selection of six different hiking routes catering to all tastes and which will allow you to discover the diversity of breathtaking landscapes in Catalonia.

The network of long and short distance trails (GR and PR) has served as the basis of hiking and rambling in Catalonia. Although not all the sections of trails included in the guide fall within these categories, all the routes included here are equipped with similar markings and suitable services.

Here are some suggested routes:

- **Carros de foc**  
  Chariots of fire
- **La Porta del Cel**  
  Heaven’s gate
- **Cavalls del Vent**  
  Wind horses
- **Camí dels Bons Homes**  
  The cathars way
- **From Sant Pau de Segúries to Lladó**
- **Estels del Sud**  
  Southern stars

**Difficulty level of routes:**

- **Easy**  
  Suitable for people who go on hikes occasionally, between 4 and 6 times a year.
- **Moderate**  
  Suitable for people in good physical condition and regular hikers, between 7 and 12 times a year.
- **Strenuous**  
  Suitable for well-trained people and who go hiking on a regular basis.
CARROS DE FOC
CHARIOTS OF FIRE

Restanca shelter ➔ Restanca shelter

Level: ★
Total Km: 62.7
Stages: 9

Height climbed: +4,850 m / -4,850 m

Detailed information of each stage is available at www.turismedecatalunya.com/hiking
The natural surroundings
The Carros de Foc route takes in the Aigüestortes and Estany de Sant Maurici National Park, the only National Park in Catalonia. The landscape, mostly alpine, boasts some extraordinarily spectacular views with an abundance of rich and varied flora and fauna. There are over 200 lakes of glacial origin and countless streams along the route. Some of the lakes are rich in sediment, which has given rise to flat areas that cause the rivers and gullies to divide into numerous channels that form the aigüestortes or “windy waters” that are one of the Park’s greatest attractions and give it its name. Five of the mountain peaks are over 3,000 m high and the total surface area of the park is 408.52 Km².

Accommodation and services
Overnight accommodation between stages is provided at the mountain shelters along the way with restaurant, bar, shared dining and sleeping facilities. Please check in advance for additional services (showers with warm water, bedclothes, etc.). You can book this route on their website (www.carrosdefoc.com). There are several companies who provide guide and transportation services in the area. Please see the Directory (p. 55).

This is a high Pyrenees Mountain circular crossing linking the mountain shelters of the Aigüestortes and Estany de Sant Maurici National Park. The walk can take 4 to 5 days in a relaxed leisurely mode, or less than in a day in race mode.

Technical characteristics and difficulty level
The trail is between 1.800 metres and 2.800 metres above sea level, with an overall distance of 63 Km, climbing a total height climbed of 4.850 metres and mostly takes mountain ways. It is of moderate difficulty most suitable for walkers in good physical shape and who walk regularly, at least 10 or 12 times a year. There are no especially strenuous technical difficulties involved. Until mid-June please seek accurate information about the risk of blizzards.
Level: moderate, suitable for people in good physical condition, regular walkers, between 7 and 12 times a year.
Total Km: 62.7
Height climbed: +4,850 m / -4,850 m

Stages:
- Restanca shelter
- Joan Ventosa i Calvell shelter
- Estany Llong shelter
- Colomina shelter
- J.M. Blanc shelter
- Ertnest Mallafré shelter
- Amitges shelter
- Saboredo shelter
- Colomèrs II shelter

Itinerary type: 9 stage circular trail.
Marking: stone signs and GR markings.
Suitable time of year: from June to September.

Complement this information and download the GPS tracks together with the Road Book at www.turismedecatalunya.com/hiking
Did you know...?

The group of Romanesque churches of the Vall de Boí, declared World Heritage sites by the UNESCO in 2000, are equipped with their own Centre of Romanesque Interpretation to help you get the most from your visit.
Don’t miss...

· The Mushroom Gastronomy Festival in October in the Alta Ribagorça region.

· The Aran Valley Cuisine Gastronomy Fair held in autumn in October in the town of Vielha.

· The spectacular bird life of the Aigüestortes and Estany de Sant Maurici National Park. European ornithologists delight at the prospect of catching a glimpse of the several rare Pyrenean species, and here you can observe the rare bearded vulture, the griffon vulture, the golden eagle, the boreal owl or the greenfinch just to mention a few.

· The veritable explosion of nature in the Val d’Aran: the waterfall from the Aneto mountain peak, only a few kilometres from Artiga de Lin; the fir wood land of Baricauba, near Gausac; Colomers cirque or the Montgarri sanctuary from where you can admire the breathtaking beauty of the landscape.

Did you know...?

In the Val d’Aran the breeding of sturgeon has been revived in the Garona River, where the quality of the caviar is magnificent.
General information

Carros de Foc
Tel: + 34 902 180 930
www.carrosdefoc.com

Bibliography and cartography

Mapa Comarcal de Catalunya.
(Regional Map of Catalunya)
Pallars Jussà. 1:50.000
Catalunya Institute of Cartography

Mapa Comarcal de Catalunya.
(Regional Map of Catalunya)
Pallars Sobirà. 1:50.000
Catalunya Institute of Cartography

Mapa Comarcal de Catalunya.
(Regional Map of Catalunya).
Alta Ribagorça. 1:50.000
Catalunya Institute of Cartography

ICC-Institut Cartogràfic de
Catalunya (Catalunya Institute of Cartography) www.icc.cat

Mapa Excursionista (Hiking map)/Carte de Randonnées Pica d’Estats-Aneto.
1:50,000 (n° 22)
Catalunya Institute of Cartography/Rando Éditions

Parc Nacional d’Aigüestortes i Estany de Sant Maurici.
1:25,000
Editorial Alpina

Parque Nacional de
Aigüestortes i Estany de Sant Maurici.
1:25,000
Editorial Piolet

Mapa carros de foc.
(Map of Carros de Foc)
1:50,000
The website provides its own maps
www.carrosdefoc.com
LA PORTA DEL CEL
HEAVEN’S GATE

Tavascan ➔ Tavascan

Level: ★
Total Km: 58,25
Stages: 5

Height climbed: +5,490 m / -5,490 m

Detailed information of each stage is available at www.turismedecatalunya.com/hiking
The route

This route is a high mountain crossing through the Pyrenees joining three mountain shelters, the centre of Graus and the town of Tavascan in a circular route. The route can be covered in five days at a leisurely pace, or in under a day in race mode.

Technical characteristics and difficulty level
The trail runs between 1,108 and 3,143 metres over a total distance of 59 kilometres with an overall height climbed of 5,840 metres. Almost the entire route takes the high mountain paths and is extremely strenuous and therefore most suited to hikers who are experts in high mountain terrain, physically well-trained and/or regular hikers (at least once a month). Apart from some areas where blizzards are common there are no other real technical complications along the route.

The natural surroundings
The path that runs along the Porta del Cel route goes from el Pallars, right in the heart of the Alt Pirineu Natural Park, the biggest in Catalonia at 698.50 Km2 in surface area, and Ariège, taking in century-old trade routes used by the Catalan and Occitan peoples and places of important cultural interest. The area is alpine with a marked difference in precipitation between slopes with rich and varied flora and fauna in a habitat, which plays host to the brown bear. The itinerary takes the visitor to one of the most emblematic mountain peaks in the Pyrenees and the highest mountain in Catalonia, the Pica d’Estats. At 3,143 metres, it provides a far-reaching panoramic view that stretches from the mountain peaks of la Cerdanya in the east, all the way to the highest peaks of the Sierra in the west. Another feature along the route is Lake Certascan, which at 56 hectares, and at an altitude of 2,234 metres, is the largest lake in the Catalan Pyrenees.

Accommodation and services
Overnight accommodation between stages is provided in the high mountain shelters along the way with restaurant, bar, shared dining and sleeping facilities, warm showers, and bedclothes, although it is advisable to check availability of bedclothes etc. in advance. You can also avail of the services at the Graus campsite and the hotels and hostels in Tavascan. You can book the Porta del Cel route on their website www.laportadelcel.com. There are several companies that provide guide and transportation services in the area. Please see the Directory (p. 55).
Technical File

Level: strenuous, suitable for well-trained people and who go hiking on a regular basis.
Total Km: 58.25
Height climbed: +5,490 m / -5,490 m
Stages:
- Tavascan
- Graus Graus Campsite
- Graus Graus Campsite
- Certascan shelter
- Certascan shelter
- Pinet shelter

Itinerary type: clockwise circular route over 5 stages.
Marking: vertical signposting, (those of the natural park itself) and horizontal for the different GR.
Suitable time of year: from June to September.

Complement this information and download the GPS tracks together with the Road Book at www.turismedecatalunya.com/hiking

Altimeter
Did you know...?

The Noguera Pallaresa River, with over 60 Km of navigable waters, is considered to be one of the best rivers in Europe for practising whitewater sports.
Don’t miss...

- Take a trip down the rapids of the Noguera Pallaresa.
- Enjoy a meal at one of the Associació Gastronòmica de la Xicoia restaurants in Pallars Sobirà.
- Savour the supreme delight of a plate of D.O. Pirineus beef with local mushrooms!
- Pay a visit to the Santa Maria de Gerri de la Sal Monastery.
- Take the opportunity to discover the way of life in the Pallars region at the turn of the 20th century by visiting the Valls d’Àneu Ecomuseum.

Did you know...?

In the town of Gerri de la Sal you can visit the salt mines and learn about the process of salt production and trading.

You can also see the varieties of butterfly found in Catalonia and discover how they live and interact with their habitats at the Butterfly Museum of Catalonia (Museu de les Papallones de Sort).
General information
La Porta del Cel
Tel. +34 704 101 106
www.laportadelcel.com

Bibliography and cartography
Mapa excursionista
Hiking map
La Porta del Cel. 1:25,000
Alpina/ Geo Estel

Mapa Excursionista (Hiking map) /Carte de Randonées Pica d’Estats-Aneto
1:50,000 (nº 22)
Catalunya Institute of Cartography / Rando Éditions

Mapa y Guía excursionista Pica d’Estats-Mont-roig.
(Hiking map Pica d’Estats-Mont-roig) 1:25,000
Alpina/ Geo Estel

Mapa Comarcal de Catalunya. Pallars Sobirà.
(Regional Map of Catalunya. Pallars Sobirà) 1:50,000
Catalunya Institute of Cartography

Guía Certascan
(Certascan Guide)
Alejandro Gamarra
Editorial SUA

Caminando por la Porta del Cel
(Walking Heaven’s Gate)
David Buenacasa and Marc Subirà.
Edicions Lectio.

ICC-Institut Cartogràfic de Catalunya (Catalunya Institute of Cartography) www.icc.cat
CAVALLS DEL VENT
WIND HORSES

Rebost shelter ➔ Rebost shelter

Level:  ●
Total Km: 71.2
Stages: 8

Height climbed: +5.100 m / -5.100 m

Detailed information of each stage is available at www.turismedecatalunya.com/hiking
The Cavalls del Vent route is a high and medium altitude mountain trail across the Catalonia pre-Pyrenees. The route joins eight mountain shelters of the Cadí-Moixeró Natural Park in a circular path. It can be walked in eight stages as a leisurely outing, or in less than a day in competitive race mode.

Technical characteristics and difficulty level
The trail runs between 890 and 2,510 metres over a total distance of 97 kilometres with an overall height climbed of 5,200 metres. The route uses almost entirely mountain paths. It is a moderately difficult trail best suited to people or groups in good physical shape and / or regular walkers who walk at least between 10 and 12 times a year. Apart from the presence of snow along the way from the end of autumn until the end of spring, there are no other real technical complications along the route.

The natural surroundings
The Cadi-Moixeró Natural Park and the Massís del Pedraforca Natural Park, included on the Cavalls del Vent route, are areas of great interest due to the geological diversity and wide variety of flora and fauna, which includes everything from Mediterranean to wet mountain habitats taking in subalpine and alpine regions. The area is principally limestone in origin and comprises the pre-Pyrenean orographical group taking in the Sierra del Cadí and del Moixeró, Pedraforca massif and a good part of la Tosa and Puigllançada. Over the past few years the wolf has made an independent return to the area, by natural means, after over 80 years of absence.

Accommodation and services
Overnight accommodation between stages is available in the high mountain shelters along the way with restaurant, bar, and shared dining and sleeping facilities. Please check in advance for additional services such as showers with warm water, bedclothes, and blankets. Cavalls del Vent has its own website which organizes visitors’ stays: www.cavallsdelvent.com. There are also several companies who provide guide and transportation services in the area. Please see the Directory (p. 55).
**Level:** moderate, suitable for people in good physical condition, regular walkers, between 7 and 12 times a year.

**Total Km:** 71,2

**Height climbed:** +5.100 m / -5.100 m

**Stages:**
- Rebost shelter
- Niu d’Àliga shelter
- Niu d’Àliga shelter
- Serrat de les Esposes shelter
- Serrat de les Esposes shelter
- Cortals de l’Ingra shelter
- Cortals de l’Ingra shelter
- Prat d’Aguiló shelter
- Lluís Estasen shelter
- Lluís Estasen shelter
- Lluís Estasen shelter
- Gresolet shelter
- Gresolet shelter
- Sant Jordi shelter
- Sant Jordi shelter
- Rebost shelter

**Itinerary type:** clockwise circular route over 8 stages.

**Marking:** vertical (Direcció General de Turisme) and horizontal (orange points).

**Suitable time of year:** from June to September.

**Complement this information and download the GPS tracks together with the Road Book at**
www.turismedecatalunya.com/hiking
Did you know...?

The **Cadi-Moixeró Natural Park** takes in 30 habitats, rich in animal life and species that are classified as being of great European interest.
Also, one of the most important industrial colony centres in Catalonia is located in Berguedà.
Don’t miss...

- The Museu de les Mines de Cercs (Cercs Mining Museum) recreates the day-to-day life and working of a mining colony at the end of the 19th century.

- The Fiesta de la Patum de Berga (Patum of Berga) during Corpus Christi, declared a World Heritage site by the UNESCO.

General information

Cavalls del Vent
Tel. +34 973 35 53 80
www.cavallsdelvent.com

Bibliography and cartography

Mapa Cavalls del Vent.
(Map Cavalls del Vent) 1:30.000
Editorial Alpina

Mapa Comarcal de Catalunya. Berguedà.
(Regional Map of Catalunya) Berguedà. 1:50.000
Catalunya Institute of Cartography

Mapa Comarcal de Catalunya. Cerdanya.
(Regional Map of Catalunya) Cerdanya. 1:50.000
Catalunya Institute of Cartography

ICC-Institut Cartogràfic de Catalunya (Catalunya Institute of Cartography) www.icc.cat

Mapa Excursionista (Hiking map)/Carte de Randonées Andorra-Cadí.
1:50.000 (nº 21)
Catalunya Institute of Cartography / Rando Éditions

Mapa y Guía excursionista Serra del Cadí-Pedraforca.
(Map and trail Guide Serra del Cadí-Pedraforca) 1:25.000
Alpina/ GeoEstel

Mapa y Guía excursionista Moixeró-la Tosa.
(Map and trail Guide Moixeró-la Tosa) 1:25.000
Alpina/ GeoEstel
CAMÍ DELS BONS HOMES
THE CATHARS WAY

Mare de Déu de Queralt ➔ Porta (France)

Level: ●
Total Km: 118,7
Stages: 8, 4 in Catalonia

Height climbed: +5.530 m / -5.530 m

Detailed information of each stage is available at www.turismedecatalunya.com/hiking
The route

The Camí dels Bons Homes is a linear mountain crossing between Catalonia and Occitan that retraces the historical route used by the Cathars to escape persecution from the Second Crusade. The Catalonia section is made up of four or five stages between the Sanctuary of Queralt (Berga) and Porta (Cerdanya Nort) and later continues on to the Montségur Castle (Ariège). There is an alternative route running between Miracle (Solsona) and Gósol. The route is marked by GR 107 signposting.

Technical characteristics and difficulty level

The route is either 189 kilometres or 205.2 kilometres long, depending on which alternative you take. The Catalonia section goes from an altitude of 780 metres to 2,510 metres over a distance of 118.70 kilometres with an overall height climbed of 5,530 metres in ascent and 5,130 metres in descent. There is an alternative trail in the Solsonès and Alt Urgell regions between the Sanctuary of Miracle and Gósol. The route follows mountain paths and trails and in some sections, by road, but you can avoid walking these sections if you use transport. The route is strenuous and even very strenuous without motor vehicle support. It is best suited to those who are physically well-trained and / or very regular walkers. There are no other real technical difficulties.

The natural surroundings

The Camí dels Bons Homes trail between the pre-Pyrenees and the Pyrenean Axial Zone runs from areas typical of Mediterranean wet mountain terrain, to typical alpine areas through protected zones of great interest such as the Serra de Queralt, Ensija, the Cadí-Moixeró Natural Park, Pedraforca Nature Reserve, The Llosa Reserve, el Miracle and Port del Compte, in the county of Solsonès.

Accommodation and services

Overnight accommodation between stages is available at hotels, rural tourism accommodation, mountain shelters and campsites approved by the Regulating Board of the Route of The Cathars (Consell Regulador del Camí). The Board has an Information Centre to help organise visitors’ stays. (www.camidelsbonshomes.com). There are also several companies that can provide guide and transportation services in the area. Please see the Directory (p. 55).
Level: strenuous, suitable for well-trained people and who go hiking on a regular basis.
Total Km: 118.7
Height climbed: +5.530 m / -5.530 m

Stages:
- Mare de Déu de Queralt
- Gósol
- Gósol
- Bagà
- Bagà
- Bellver de Cerdanya
- Bellver de Cerdanya
- Porta

Itinerary type: 8-stage crossing, 4 of which are in Catalonia.
Marking: vertical (the routes own particular signposting) and horizontal (GR 107).
Suitable time of year: from May to October.

Complement this information and download the GPS tracks together with the Road Book at www.turismedecatalunya.com/hiking
The Cathars, or Good Men and Good Women, were spread throughout Western Europe in the 12th and 13th centuries. Many of the castles they built are still standing and can be seen in the regions around French Catalonia.

In Bagà there is a Medieval and Cathar Study Centre.
Don’t miss...

- The **Festa del Trinxat de la Cerdanya**, (Cauliflower and potatoes fried with bacon), in February in Puigcerdà.
- A Cathar dining experience in Berguedà.
- Just some of the Romanesque churches in the area: **Sant Jaume de Frontanyà**, **Santa Maria de Lillet**, **Sant Quirze de Pedret** ... A fascinating route!
- The **Fira del Bolet de Berga**, (Berga Mushroom Festival) the first week in October.
Consell Regulador del Camí dels Bons Homes
Tel. +34 93 824 41 51
www.camidelsbonshomes.com

Complete coverage of the Catalan stages:
Mapa Excursionista (Hiking map) / Carte de Randonées Andorra - Cadi.
1:50.000 (nº 21)
Catalonian Institute of Cartography / Rando Éditions

Partial coverage of the Catalan stages:
Mapa Comarcal de Catalunya. La Cerdanya.
(Regional Map of Catalunya. La Cerdanya) 1:50.000.
Catalunya Institute of Cartography

Mapa y Guía excursionista
Serra del Cadí-Pedraforca. (Map and trail Guide Serra del Cadi)-Pedraforca. 1:25.000.
Editorial Alpina-Geostel

Mapa y Guía excursionista Rasos de Peguera-Serra d’Ensija.
(Map and trail Guide Rasos de Peguera-Serra d’Ensija) 1:25.000
Alpina-Geoestel

Mapa y Guía excursionista Moixeró - La Tosa.
(Map and trail Guide Moixeró-La Tosa) 1:25.000
Alpina/ Geo Estel

Mapa La Cerdanya.
(Map of La Cerdanya) 1:40.000
Editorial Alpina
FROM SANT PAU DE SEGÚRIES TO LLADÓ

Sant Pau de Segúries ➔ Lladó

Level: ⬤
Total Km: 75.2
Stages: 4

Height climbed: +1.910 m / -2.560 m

Detailed information of each stage is available at
www.turismedecatalunya.com/hiking
The 4-stage route we suggest below uses the network of trails linking the regions of Ripollès and Alt Empordà and are culturally which naturally of great interest.

Technical characteristics and difficulty level
The route goes from between 130 metres and 990 metres altitude over a total distance of 75.2 kilometres and the overall height difference is 1,910 metres in ascent and 2,560 metres in descent. This route is best suited to walkers in good physical shape and who go on walks between 10 and 12 times a year.

The natural surroundings
The route from Sant Pau de Segúries to Lladó takes in the mid-mountain wetland areas of Ripollès, Garrotxa and Alt Empordà, and the Mediterranean regions close to the coast, the Natural Park of the Volcanic Zone of la Garrotxa, the best example of volcanic landscapes in the Iberian Peninsula, the area of the Sierra de la Albera and part of the Aiguamolls Natural Park in Empordà, itself a privileged habitat for aquatic fauna. All this is complemented by a rich cultural heritage which includes, megalithic culture, Romanesque, Gothic, Baroque, and Modernist architecture, literature and pictorial arts and sculpture, not to mention a first class and world renowned gastronomic heritage with its origins firmly rooted in traditional mountain cuisine, seafood cuisine and exceptionally high quality produce with designation of origin.

Accommodation and services
The surrounding areas have a wide variety of accommodation options on offer in hotels, rural accommodation, hostels, campsites, mountain camps, as well as restaurants many of which are affiliated with the tourism trademark. There are also several companies that can provide guide and transportation services in the area. Please see the Directory (p. 55).
Level: moderate, suitable for people in good physical condition, regular walkers, between 7 and 12 times a year.
Total Km: 75.2
Height climbed: +1.910 m / -2.560 m

Stages:
- Sant Pau de Segúries
- Olot
- Santa Pau
- Besalú
- Lladó

Itinerary type: 4-stage crossing.
Marking: vertical (route’s own markings) and horizontal (route’s own yellow lines markings).
Suitable time of year: all year round depending on the area.

Complement this information and download the GPS tracks together with the Road Book at www.turismedecatalunya.com/hiking.

From Sant Pau de Segúries to Lladó p. 40
The Monastery of Santa Maria de Ripoll was founded by Guifré el Pilós (Wilfred the Hairy), towards the end of the 9th century. The portal of the Monastery is one of Catalonia’s Romanesque masterpieces, the iconography in its impressive carvings is known as “The Stone Bible”.

The Fageda d’en Jordà is one of 26 nature reserves in the Natural Park of the Garrotxa volcanic area and which has thrived on the lava from the Croscat volcano.

Besarú hosts one of the three remaining miquv, Jewish ritual bathhouses, in Europe.
Don’t miss...

- The fesols (beans) of Santa Pau or the volcanic cuisine of la Garrotxa.

- The National Wool and Country Wedding Festival held during the month of May in Ripoll.

- The Medieval Festival in Besalú held at the end of August and the beginning of September.
Mapa Comarcal de Catalunya. Ripollès.
(Regional Map of Catalunya. Ripollès) 1:50,000
Catalunya Institute of Cartography

Mapa Comarcal de Catalunya. Garrotxa
(Regional Map of Catalunya. Garrotxa) 1:50,000
Catalunya Institute of Cartography

Mapa Comarcal de Catalunya. Alt Empordà.
(Regional Map of Catalunya. Alt Empordà) 1:50,000
Catalunya Institute of Cartography

ICC-Institut Cartogràfic de Catalunya (Catalunya Institute of Cartography) www.icc.cat

Mapa y Guía excursionista Alta Garrotxa.
(Map and trail Guide Alta Garrotxa) 1:25,000
Editorial Alpina - Geostel

Mapa y Guía excursionista Garrotxa - Zona Volcànica.
(Map and trail Guide Garrotxa - Zona Volcànica) 1:25,000
Editorial Alpina - Geostel
ESTELS DEL SUD
SOUTHERN STARS

Paüls ➔ Paüls

Level: ★
Total Km: 99.2
Stages: 5

Height climbed: +4,200 m / -4,200 m

Detailed information of each stage is available
www.turismedecatalunya.com/hiking
The route

The Estels del Sud route is a mountain crossing, which links five mountain shelters in the Els Ports Natural Park in a circular trail. The park is located to the south of the lower course of the Ebro River. The route can be covered in five days as a leisurely crossing, or in less than a day in competitive race mode.

Technical characteristics and difficulty level
The route goes from between 280 and 1.250 metres altitude with an overall distance of 99.2 kilometres and overall height climbed of 4.200 metres. The route almost entirely follows mountain paths and trails. It is a moderately difficult route and best suited to the physically well-prepared and / or regular route takers.

The natural surroundings
The Estels del Sud trail runs through the Els Ports Natural Park, an enormous mass of calcareous Mesozoic rock formations which give rise to an abrupt relief broken only by the many faults with remarkable breaks forming a spectacular system of karst formations with a multitude of caves, gorges, cliffs and sinkholes. Among the many species of animals in the Park you can find almost exclusively the Iberian Ibex (Capra pyrenaica). Another feature of the park is the presence of one of Europe’s southern most beech forests.

Accommodation and services
Overnight accommodation between stages is available at mountain shelters and urban shelters with restaurant, bar, and shared dining and sleeping facilities. Please check in advance for additional services such as showers with warm water, bedclothes, and blankets. You can sign up for the route at the website [www.estelsdelsud.com](http://www.estelsdelsud.com), which also organises the visitors’ stay. There are also several companies that can provide guide and transportation services in the area. Please see the Directory (page 55).
Level: moderate, suitable for people in good physical condition, regular walkers, between 7 and 12 times a year.

Total Km: 99.2

Height climbed: +4,200 m / -4,200 m

Stages:
- Paüls
- Arnes
- Arnes
- Beseit
- Beseit
- Font Ferrera shelter

Itinerary type: 5-stage circular route.

Marking: vertical (Els Ports Natural Park signs) and horizontal (continuity signs).

Suitable time of year: all year round but avoid the hotter times of the year.

Altimeter

Complement this information and download the GPS tracks together with the Road Book at www.turismedecatalunya.com/hiking
In April during the Montblanc Medieval Week there are over thirty festive events organised, centred around the figure of the patron saint of Catalonia, Sant Jordi (Saint George).

The Els Ports Natural Park is one of the most important refuges in Catalonia for the wild goat and the otter.

Miravet Castle, dating from the 12th century, once belonged to the Knights Templar, or Order of the Temple.

The Festa del Renaixement (Catalan Renaissance Festival) in Tortosa, held during the second fortnight in July, has been declared of National Interest by the government.

The Picasso Centre is located in Horta de Sant Joan in commemoration of the artists stay in the town.

Did you know...?

The Miravet Castle

The Picasso Centre

The Festa del Renaixement

The Els Ports Natural Park
Don’t miss...

- A day trip to the **Els Ports Natural Park**, a protected area of over 35,000 hectares.

- The **Prades potatoes**.

- The **medieval market in Montblanc** for Sant Jordi (23rd April).

- Wine tasting of **D.O. Terra Alta** wines.

- The **Mussel farming route** in a fishing boat along the Ebro delta.

- The **Mussel and Oyster Conference** in June and the shrimps of Sant Carles de la Ràpita.

- The cooperative and modern wineries like **Pinell, Brai, and Gandesa**.

- Relax on the “muletes” (small barges) on the Ebre; navigate in these small barges with oars and a helmsman just like the Ebro townspeople of old. **viu lo riu!** (Live the river!)
General information

Estels del Sud
Tel. +34 619 931 278
www.estelsdelsud.com

ICC-Institut Cartogràfic de Catalunya (Catalunya Institute of Cartography) www.icc.cat

Bibliografía y cartografía

Mapa Els Estels del Sud.
La travessa del massís dels ports.
(Map of Els Estels del Sud.
La travessa del massís dels ports) 1:25,000
Editorial Piolet

Mapa Comarcal de Catalunya.
Terra Alta.
(Regional Map of Catalunya. Terra Alta) 1:50,000
Catalonian Institute of Cartography

Mapa Comarcal de Catalunya.
Montsià.
(Regional Map of Catalunya. Montsià) 1:50,000
Catalonian Institute of Cartography
OTHER RECOMMENDED ROUTES

Xarxa del Baix Empordà
Lleida
Tarragona
Girona
Barcelona

Other recommended routes
| p. 50

Els 3 Monts
Paisatges del Ter
Ruta del Cister
Ruta dels Refugis

ARAGÓN
ANDORRA
FRANCE
PAÍS VALENCIÀ
THE MEDITERRANEAN SEA
The network of trails and paths of Baix Empordà take the visitor through low mountain terrain and across the coastal plains of Empordà. The trails are designed with walkers of any level and experience in mind and allow for independent planning of itineraries.

**Level:**

**Total Km:** 370

Consell Comarcal del Baix Empordà - Àrea de Turisme
Tel. +34 972 642 610
www.visitemporda.com

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**Els 3 Monts**

The Els 3 Monts route is a low mountain crossing for walkers. The 6-stage route joins the 3 most singular Prelitoral Ranges in Catalonia, Montseny, Sant Llorenç de Munt and Montserrat, all of which are Natural Parks.

**Level:**

**Total Km:** 97.71

**Time:** 6 etapes

**Height climbed:** +4300 m / -4.080 m

Els 3 Monts
Tel. +34 938 600 702
www.ccvoriental.es

---

**Paisatges del Ter**

Paisajes del Ter is a network of pathways located to the north of the Osana region, a territory of 195 Km2 right at the heart of Catalonia.

**Level:**

**Total Km:** 195

**Height climbed:** +730 m / -1.010 m

Consorci Paisatges del Ter
Tel. +34 938 504 915
www.paisatgesdelter.com

---

**Ruta del Cister**

The Ruta del Cister is a circular crossing in three stages that link the Cistercian monasteries of Santes Creus, Poblet and Vallbona de les Monges, passing through the ducal town of Montblanc along the way. This route has different versions depending on whether you travel by foot, mountain bike or car. The crossing and sightseeing route requires at least four to five days to complete comfortably.

**Level:**

**Total Km:** 110.2

**Time:** 4 días mínimo

**Height climbed:** +2.470 m / -2.470 m

La Ruta del Cister
www.larutadelsrefugis.com

---

**La ruta dels Refugis**

The Ruta dels Refugis is a low mountain walk through the prelitoral ranges of Prades and el Montsant. The circular trail joins four mountain shelters in the Montsant i las Muntanyes de Prades Natural Park.

**Level:**

**Total Km:** 64

**Time:** The route can be covered in four days as a leisurely crossing, or in less than a day in competitive race mode.

**Height climbed:** +3.760 m / -3.760 m

La Ruta dels Refugis
www.larutadelsrefugis.com
**Quick Guide to the Routes**

<table>
<thead>
<tr>
<th>Suggested Routes</th>
<th>Stages</th>
<th>km</th>
<th>Altitude gain in ascent</th>
<th>Altitude drop in descent</th>
<th>Level of Difficulty</th>
<th>Independent Signposting</th>
<th>Central Information</th>
<th>Central Reservation</th>
<th>Luggage Transport</th>
<th>Guide</th>
<th>Itinerary guide</th>
<th>Have own cartography</th>
<th>Railways</th>
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<tbody>
<tr>
<td>Carros de Foc</td>
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<td>Cavalls del Vent</td>
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<td>+5.100</td>
<td>-5.100</td>
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<td>YES</td>
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<td>YES</td>
<td>YES</td>
<td>YES</td>
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<td>Camí dels Bons Homes</td>
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<td>Els Tres Monts</td>
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<td>Paisatges del Ter</td>
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<td>Ruta del Cister</td>
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<td>YES</td>
<td>YES</td>
<td>YES</td>
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<td>NO</td>
</tr>
</tbody>
</table>

(*) Porta Railway station (SNCF), links to the Puigcerdà - Barcelona line (RENFE) at la Tor de Querol.

1 Overall difficulty level of the route
   Easy: ○ Moderate: ● Strenuous: ●
Practical tips for hiking and rambling:

- Gauge whether you are in the right physical condition for your chosen route, be aware of your own limitations and act accordingly.
- Walk with experienced people and those of similar capabilities and physical condition.
- Bring the right gear for each season:
  - In warm weather wear comfortable light clothing and footwear as well as protective clothing.
  - In cold weather wear a hat, anorak and gloves. Always carry a light waterproof jacket or poncho.
- It is of the utmost importance to wear good quality mountain footwear. Some sections of the trail may be rocky and mud-covered which can make them very slippery.
- Get all the relevant information about the areas you plan to visit along the way: accommodation availability, emergency telephone numbers, etc.
- In summer it is recommended that you refill your water bottle at the fountains along the route.
- Even though the weather in Catalonia is predominantly good, you should always check the weather forecast before setting off.
- Although the trails are marked and signposted, every walker should carry a compass and map just in case. If for any reason you do lose your way, the best advice is to return to the previous signpost or marking.
- Always let a family member or friend know which route you are planning to take.
Route related services for walkers

Routes:
1: Carros de Foc
2: La Porta del Cel
3: Cavalls del Vent
4: Camí dels Bons Homes
5: From Sant Pau de Segúries to Lladó
6: Estels del Sud

- A peu (1,2,3,4,5,6)
  www.a-peu.com
- Associació Mediambiental La Sinia
  www.siniadelgaia.com
- Atlas Natura (2,3,4,5)
  www.atlasnatura.com
- Bonviure (1,2,3,4,5,6)
  www.bonviure.com
- Camins - Guias del Pirineo
  (1,2,3,4,5)
  www.camins.net
- Canoa Kayak (6)
  santi.borras@teleline.es
- Catsud (6)
  www.catsud.com
- Drac Actiu (6)
  www.dracactiu.com
- El travel (5)
  www.eltravel.com

- Giroguies (1,2,3,4,5,6)
  www.giroguies.com
- La Barrancada (6)
  www.labarrancada.com
- Llop Aventura (6)
  www.llopaventura.com
- Naturatour (1,2,3,4,5,6)
  www.naturatour.com
- Naturetime Events (6)
  www.naturetime.es
- Nòmades Rurals (1,2,3,4,5,6)
  www.nomadesrurals.com
- Pedrenca (6)
  www.pedrenca.com
- Prades aventura (6)
  www.pradesaventura.com
- Rotpunkt (6)
  info@rotnatura.com

Hiking and Rambling Information

- Turisme de Catalunya
  www.turismedecatalunya.com/hiking
- Federació Entitats Excursionistes de Catalunya
  www.feec.cat
- Servei d’informació de senders
  www.euro-senders.com
- Rutes del Palau Robert
  www.gencat.net/probert
The Club Turisme Actiu is an association of companies and public institutions that work together to promote active tourism and activities that take place in a natural setting and which do not harm nature.

www.turismedecatalunya.com/turismeactiu

Suppliers of products and services

Companies and public institutions providing Accommodation
- Associació Estacions Nàutiques de Catalunya
  www.encatalunya.info
- Atlas Natura
  www.atlasnatura.com
- Badia Tucana
  www.badiatucana.com
- Baló Tour
  www.balotour.com
- Bonviure
  www.bonviure.com
- Cathelicopters
  www.cathelicopters.com
- Fang Aventura
  www.fangaventura.com
- Giroguies
  www.giroguies.com
- Helipistas
  www.barcelonaahelicopters.com
- Infinit Air
  www.infinitair.com
- La Selva de l’Aventura
  www.selventura.com
- Medaqua
  www.medqua.com
- Natura & Aventura
  www.naturaventura.com
- Nòmades Rurals
  www.camidelsparcs.com
- Obrint Via
  www.obrivtvia.com
- Parc d’Aventura Activ Natura
  www.activnatura.com
- Parc Olímpic del Segre
  www.parcolimpic.com
- Port-Ainé Sport Center
  www.port-aine.com
- Prades Aventura
  www.pradesaventura.com
- Rafting Llavorsi
  www.raftingllavorsi.com
- Roc Roi
  www.rocroi.com
- Rutac Rutes Turístiques i d’Aventura Catalunya
  rutacs@telefonica.net
- Segre Mitjà
  www.segremitja.com
- Taga Esports Natura
  www.taga.ws
- Terra Diversions
  www.terradiversions.com
- Tornasol Aventura
  www.tornasol.com
- Tour Turístic
  www.i-santapau.com
- Turisnat Pirineus Resort
  www.turisnatpirineus.com

Accommodation
- Associació de Càmpings de Muntanya i del Pirineu Català
  www.ocipirineu.com
- Associació de Càmpings i C.V. de Barcelona
  www.campingsbarcelona.com
- Costa Brava Verd Hotels
  www.reservashoteles.net
- e-activ-hotels
  www.e-activ-hotels.com
- Gourmehotel
  www.gourmehotel.org
- Rafael Hoteles La Pleta *****
  www.lapleta.com
- El Montanyà Resort & Spa ****
  www.elmontanya.com
- Hotel Can Boix de Peramola ****
  www.canboix.cat
- Hotel Carlemany ****
  www.carlemany.es
- Hotel La Costa Golf & Beach Resort ****
  www.resortlacosta.com
- Hotel El Grèvol ****
  www.hotelgrevol.com
- Hotel Berga Park ***
  www.hotelbergapark.com
- Hotel Condes del Pallars ***
  www.condesdelpallars.com
- Hotel Estanys Blaus ***
  www.llacscardos.com
- Hotel Garbí ***
  www.hotelgarbi.com
- Hotel Husa Sant Bernat ***
  www.hotelhusasantbernat.com
- Hotel Solana del Ter ***
  www.solanadelter.com
- Hotel Terramar ***
  www.hterramar.com
- Hotel Urbis ***
  www.hotelurbiscentre.com
- Hotel Batalla *
  www.hotelbatalla.com
- Apartaments El Muig Turisme Rural
  www.elmuig.com
- Apartaments Villa Engracia
  www.villaengracia.com
Càmping Berga Resort - 1a categoria
www.bergaresort.com

Càmping Ecològic Lava - 2a categoria
www.i-santapau.com/camping.htm

Alberg la Bruna
www.alberglabruna.com

Reception agencies and Service companies

A Peu
www.a-peu.com

Agenda Gestió Esportiva
www.agenda-sportsactivities.com

Alt Empordà Turisme
www.empordaturisme.com

Boí Taüll Resort
www.boitaullresort.com

Catatour
www.catatour.com

Cicloturisme i Medi Ambient
www.cicloturisme.com

Delta Turístic & Rent
www.deltaturistic.com

El Travel
www.eitravel.com

Grans Espais Ski i Aventura
www.gransespaiss.com

Grupo Natura
www.grupo-natura.com

Makà Ecotourism
www.makaecotourism.com

Molineu Viatges
www.lamolina.es

Turisme Cerdanya Turisme i Aventura
www.turismoresultany.com

Turisverd
www.turisverd.com

Vall de Núria
www.vallnuria.cat

Tourism Promotion Organisations

Ajuntament de Castelló d’Empúries - Oficina de Turisme
www.castello.cat

Ajuntament de Tremp
www.ajuntamentdetremp.cat

Consell Comarcal del Berguedà
www.elbergueda.cat

Consell Comarcal del Pallars Jussà
www.pallarsjussa.net

Consell Regulador Camí dels Bons Homes
www.camidelsbonshomes.com

Consorti de Promoció Turística Costa del Maresme
www.costadelmaresme.cat

Consorti Ripollès Desenvolupament
www.ripollites.com

Consorti de Turisme de l’Alt Berguedà
www.altbergueda.com

Emporda-Costa Brava Consell Comarcal del Baix Empordà
www.visitemporda.com

Enoturisme Penedès - Camins del Vi i del Cava
www.etalpenedes.net

Mancomunitat de la Vall de Camprodon
www.vallecamprodon.org

Ocigirona
www.ocigirona.net

Oficina de Promoció Turística Diputació de Barcelona
www.turismetotal.org

Oficina de Turisme de Vic
www.victurisme.cat

Osona Turisme
www.osonaturisme.cat

Patronat Comarcal de Turisme de la Cerdanya
www.cerdanya.org

Patronat de Turisme Costa Brava Girona
www.costabrava.org

Patronat de Turisme Diputació de Lleida
www.lleidatur.com

Patronat de Turisme Diputació de Tarragona
www.costadaurada.info

Patronat de Turisme Diputació de Tarragona Terres de l’Ebre
www.terresdelebre.org

Patronat Municipal de Turisme de Cambrils
www.cambrils-turisme.com

Torisme Val d’Aran
www.torismearan.org

Turisme de Barcelona
www.barcelonaturisme.cat

Turisme Garrotxa
www.turismegarrotxa.com
Tourism associations and bodies

- Consorci de Promoció Turística Costa del Maresme
  www.costadelmaresme.org
- Diputació de Barcelona
  www.turismetotal.org
- Patronat de Turisme Costa Brava Girona
  www.costabrava.org
- Patronat de Turisme Diputació de Lleida
  www.lleidatur.com
- Patronat de Turisme de la Diputació de Tarragona
  www.costadaurada.info
  www.terresdelebre.org
- Torisme Val d’Aran
  www.torismearan.org
- Turisme de Barcelona
  www.barcelonaturisme.cat
- ACAV – Associació Catalana d’Agències de Viatges
  www.acav.net
- ARAC – Associació d’Agències de Viatge Receptives de Catalunya
  www.aracat.com

Centres de Promoció Turística (CPT) de Catalunya (Catalan Tourism Offices)

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