THE PYRENEES: SENSATIONS FOR ALL
Welcome to the Catalan Pyrenees, a unique and beautiful region in which all visitors will find the emotions their spirits seek.

The great northern strip of Catalonia formed by the Pyrenees and the Pre-Pyrenees stretches from Cap de Creus on the coast to Val d’Aran far inland. These are spectacular landscapes dominated by soaring mountain peaks, deep valleys where great rivers are born, alpine meadows and firwoods. Give free rein to all the emotions that will be awoken as you delight in all the possibilities the Catalan Pyrenees offer.

Excellent communications, quality tourist facilities, accommodation and cuisine, not forgetting the richest natural, historic and monumental heritage, guarantee an unforgettable stay.

Relax… thrill… escape… and rediscover yourself… all this and more awaits in the Pyrenees; enjoy it.

The Pyrenees above all.
RELAX

Forget about everything, breathe in deeply, take your time, find the heart of the mountain and the peace of the gentle valleys. Enjoy an authentic, unforgettable experience, walking around villages and along paths, letting the Pyrenees take you over, body and soul.
The rich natural heritage of the Pyrenees includes more than 60 spaces of natural interest, 10 specially protected areas and some of Catalonia’s most outstanding natural parks. A cradle of cultures and a repository where old customs and traditions are conserved, the Pyrenees are an ideal destination for those seeking to relax and slowly savour the essences of a region that has lost none of its authenticity. Marvel at the beauty of the landscape; follow Pyrenean footpaths; discover over a thousand years of history in villages and monuments; these are just some of the myriad possibilities Europe’s second-highest mountain range offers visitors.

Aigüestortes and Sant Maurici Lake National Park

In the very heart of the Pyrenees, Aigüestortes offers visitors over 40,000 hectares of natural beauty, magnificent woods and meadows, majestic snow-capped peaks and the most important lake zone in southern Europe, with over 200 lakes.

Alt Pireneu Natural Park

Created in August 2003, the Alt Pireneu Natural Park is the largest in Catalonia, covering an area of 60,000 hectares. Straddling the Pallars Sobirà and Alt Urgell counties, the park contains the last of original mountain forests and is the habitat of exceptional fauna and flora.

Cadí-Moixeró Natural Park

Covering an area of 41,342 hectares, this park contains the mountains of El Cadí and Moixeró as well as the Mount Pedraforca Area of Natural Interest. The park’s main attractions are its geological, plant and animal diversity.

Cap de Creus Natural Park

Catalonia’s first maritime-terrestrial park protects the cape Cap de Creus peninsula and its marine environment. Situated at the most easterly point on the Iberian Peninsula, the park, which covers a terrestrial area of 98,813 hectares and 3,973 marine hectares, contains 4 integral reserves.

Albera Massif Natural Area of National Interest

A transitional zone between the Pyrenean mountains and the Mediterranean plains, the Albera Massif forms an ecological and landscape unit of great quality that stretches from El Pertús right down to the sea.

Empordà Wetlands Natural Park

Catalonia’s second-most important wetlands occupy 4,800 hectares in 9 municipal boroughs. Particularly outstanding in this true birdwatcher’s paradise are the integral reserves of Illa de Caramany, Les Llaunes and Els Estanys.

La Garrotxa Volcanic Zone Natural Park

The most important volcanic region in the Iberian Peninsula is formed by over 40 volcanoes, inactive but not extinct, and a score or so lava flows. Holm oak, oak and beech forests and over 1,000 flowering plants also inhabit this unique landscape.

Val d’Aran lake zone

The Val d’Aran is an Atlantic valley crossed by the River Garonne, which has its source in Aquitaine and reaches the sea at Bordeaux. Here, the mountains form a natural barrier, with 30% of the area at an altitude of over 2,000 metres.
An unbeatable destination for hikers, the Pyrenees boasts over 1,000 km of signposted paths enabling visitors to enjoy the pleasure of walking without problems. Providing direct access to Catalonia’s history, customs, natural beauty and heritage, the GR long distance paths are complemented by a large number of tourist routes, a network of local paths and a multitude of variants leading visitors to all the places of interest in the area around them.

Walking, the perfect way to contemplate the charms of the valleys of Núria, Ribes, Camprodo to enjoy the marvels of the green routes of the Olot dissused railway lines or the Iron Route, or to discover the secrets of Catalonia’s natural parks.

The Pyrenean Path
GR 11 is the star amongst paths in the southern Pyrenees. This is a route of outstanding beauty and landscape diversity that crosses the Catalan Pyrenees from cape Cap de Creus to Alta Ribagorça county, passing through Alt Empordà, Garrotxa, Ripollès, Cerdanya, Alt Urgell, Pallars Sobirà and Val d’Aran.

The Val d’Aran Path and the Bons Homes Path
GR 211, a circular path from which branch off such variants as the Viella Pass Route, rich in history as a communications route for the Aranese people, enables us to discover Val d’Aran in the most natural way imaginable. GR 107, which follows the old Cathar Route along the so-called Camí dels Bons Homes path, is also an ideal route for families. Well-maintained, with excellent accommodation facilities and other services, such as baggage transport, these paths are a complete tourist product fully up to European standards.
The Kingdom of Peace and Quiet

Life-giving water is a basic element in the Pyrenean landscape. An example of the importance and quality of the water resources in the region are the splendid Pyrenean lakes and its valleys, where the great Catalan rivers are born. Swimming, fishing and a relaxing stay at a spa hotel are just some of the many pleasures offered by the Pyrenees, land of pure water.

Fishing
The Pyrenees offers over 150 controlled fishing zones and around 90 refuges for lovers of this sport. The complete range of facilities includes trout reserves, catch and release fishing zones, high mountain lake reserves, intensive reserves and children’s areas.

Spa hotels and health centres
The countless Pyrenean springs and fountains give forth waters of different compositions and temperatures. Their properties make these waters suitable for health and beauty treatment and superbly-equipped centres with specialist staff, all under strict medical supervision. Spa hotels and centres that will soon have you feeling better than ever.

Activities
Fishing
Swimming
Spas
Golf

Caldes de Boí Spa (Alta Ribagorça)
Tredós Thermal Baths (Val d’Aran)
La Baronia de Les Thermal Baths (Val d’Aran)
Sant Ferriol Hotel (Garrotxa)
Peralada Wine Spa (Alt Empordà)
Torremirona Spa Resort (Alt Empordà)

The golfing heights
Every year, more and more golf lovers come to discover that the Pyrenean courses provide an unbeatable natural setting for playing golf. Thanks to the quality of the facilities and the variety of courses, the Pyrenees hosts many international tournaments. Breathe in, head down, and hit the ball long and straight, for this could be your finest round.

Main golf courses
Aravell Golf Club
Aravell - Alt Urgell
Holes: 18
Club de Golf Camprodon
Camprodon - Ripollès
Holes: 9
Club de Golf Ribera Salada
Solsona - Solsonès
Holes: 9
Golf Fontanals de Cerdanya
Queralt - Cerdanya
Holes: 18
Reial Club de Golf de Cerdanya
Puigcerdà - Cerdanya
Holes: 27
Peralada Golf Club
Peralada - Alt Empordà
Holes: 18
Torremirona Golf Club
Nàcul - Alt Empordà
Holes: 18
Golf Saladar Pich & Putt
Saldes - Val d’Aran
Holes: 9
Golf Garrotxa Pich & Putt
Beauf - Garrotxa
Holes: 9

The most relaxing of baths
The golfing heights
Golf in the very heart of nature

The Kingdom of Peace and Quiet

Pure water, pure emotion

The most relaxing of baths

Golf in the very heart of nature
THRILL

Enjoy nature actively, explore new, fresh emotions. Take a tour of the Pyrenees and delight in the endless possibilities this destination offers. A pleasure above all.
Besides enjoying a benign climate, the Pyrenees has over 300 alpine ski slopes and 300 kilometres of cross-country ski paths, offering an endless range of ways to discover the snow-caps of Catalonia. Prepare to enjoy the finest facilities, operating as ski resorts in winter and as mountain resorts, offering all sorts of tourist activities, in summer. A complete range of services, from crèches to top-class restaurants, not forgetting ski schools and equipment hire.

Under continuous development

In recent years, Pyrenean alpine resorts have quickly adapted to the new sports that have sprung up to stand beside traditional skiing. These resorts now offer facilities for such activities as snowboarding, born in the 1970s and now an Olympic sport, carving, the latest fashion, involving technology applied to geometry and ski manufacturing, and telemark, inspired in old Northern European practices. All these sports and more find a perfect setting in the Pyrenees.

Unspoilt nature

Lovers of peace and quiet will find that the network of Pyrenean Nordic skiing resorts offers a complete range of trails for all levels. Cross country, back country skiing, walks on snowshoes and adventures on a sleigh pulled by dogs are just a few of the ways visitors can enjoy themselves in these snowy mountain landscapes.

Activities

Alpine skiing
Snowboarding
Carving
Telemark skiing
Mini skis
Cross country skiing
Snowshoes
Dog sleighs

ALPINE SKIING

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NORDIC SKIING

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Events

The thrill of mountain biking

Lovers of mountain biking will find everything laid on for them in the Pyrenees. Here are circuits from the toughest to family routes, a vast array of possibilities with something for absolutely everyone.

The Catalan network of mountain bike/FCC centres, moreover, forms the perfect complement to the varied Pyrenean landscape, providing cyclists with complete information, assistance and services to ensure they enjoy both cycling and route to the full.

Cycling along the green routes

Certain Pyrenean routes are particularly suited to cyclotouring. Two good examples are the Iron Route from Ripoll to Sant Joan de les Abadesses, and the Olot Carrilet route, which links Olot with Girona and the Costa Brava. These green routes follow old narrow gauge railway lines, now rehabilitated and turned into perfect facilities for active tourism.

Catalan Mountain BIKE /FCC Centres

A Mountain bike/FCC Centre is a free-access space designed for mountain biking. Such centres provide:
- A minimum of 100 km of circuits for all levels, mapped and signposted by degree of difficulty.
- An office providing services for cyclists and which also operates as a small tourist information office.
- Complementary services: bike hire, parking area, cleaning points, showers and toilets.
- Information points in restaurants, hostels and hotels.
- Standards approved by Turisme de Catalunya and the Catalan and French cycling federations.

Mountain Bike Centres

Val d’Aran
Bossost Sports Zone
Bossost – Val d’Aran
La Seu – Alt Urgell
Segre Olympic Park
La Seu d’Urgell – Alt Urgell
Solsonès-Vall de Lord
Vall de Lord Tourist Office
Santuari de Montanyas – Solsonès
Berguedà
Casa Subeestrada
Avís – Berguedà
Ripolles
Resort Leisure Centre Sant Joan de les Abadesses – Ripolles
Alt Empordà
Salines-Bassegoda

The Pyrenees on two wheels.

The finest routes for mountain students.

Getting back to nature by mountain bike.
Contemplating the Pyrenean landscape from the air is one of the most delightful ways of falling in love with this region. Expert professionals and the most modern equipment invite visitors to breathe in the purest mountain air in complete safety.

**Balloon flights**
Spectacular balloon trips over the Garrotxa Volcanic Zone, the Cerdanya Valley, the Serra del Cadí mountains or across the Pyrenees: an unforgettable experience.

**Free flight**
Enjoy all the thrills of free flight on a two-seater paraglider piloted by an expert, or go up in a hang-glider, the vehicle whose only control is the human body.

**Aviation**
Take a flight by light or ultra light aircraft, or by paramotor, to enjoy a bird’s eye view of the magnificent Pyrenean landscape.

**Equestrian pleasures**
Equestrian tourism offers a unique opportunity to really “get back to nature”. Ride the valleys, mountains and volcanoes along the many routes crossing the Pyrenean region, in Val d’Aran approaching the Maladeta Massif, La Renclusa refuge. The finest horse riding facilities and routes with different degrees of difficulty, with something for all ages. Strong, hardy, agile horses, or ponies for younger visitors, await to carry us to the most beautiful sites in the Pyrenees.
When the thirst for adventure becomes pure adrenaline. The Pyrenees, a region packed with rivers, great mountains, snow-caps and unspoilt paths, is ideal ground for competitive and adventuring spirits.
When the river carries

Rapids, currents and whirlpools. The power of Pyrenean rivers, every year, when the snow begins to melt, become a major attraction for aquatic adventure lovers. This was a tradition first started by the local rafters, true masters of these raging waters who used to journey downriver each spring, transporting goods and the very timber with which they built their rafts.

The vast experience accumulated, the thorough safety measures, the quality of the equipment used and the fact that major championships are staged here, combine to make the Pyrenees a leading destination for adventure sport lovers.

**The Noguera Pallaresa**

Situated in the very heart of the Pyrenees, the Noguera Pallaresa offers 40 km of navigable water throughout the year, even in summer, as the flow can be regulated. From Pla de Beret to Terradets, passing through the Collegats gorge, the Noguera Pallaresa contains different stretches, with something for all tastes and levels. Those seeking powerful emotions should brave the most complicated stretches of this river in May and June, when the snow is melting.

**The Garonne**

This great river, which links the towns and villages in Val d’Aran, is born at the western extreme of the Catalan Pyrenees, where Beret meets Orri. The Garonne is a superb river for whitewater sports such as rafting or canyoning, from Les Bordes to Les.

**The Segre**

The Segre Olympic Park in Seu d’Urgell is a centre for those interested in learning and taking part in canoeing, kayaking and rafting along the Olympic whitewater canal. The canal flow is regulated to satisfy the needs of both experienced canoeists and beginners.

**The Noguera Ribagorçana**

Famed for the quality of its waters, the Noguera Ribagorçana is a destination fast becoming ever more popular with water sports lovers in the Pyrenees. The Escales reservoir and the canyons that feed the great river form the ideal venue for a host of sporting activities.

**The Freser**

Lovers of canyoning will find the perfect setting in Girona province: the gorges of the River Freser, the Queralbs Cave stream and the area around Sadernes Montagut.
Direct contact with the earth, self-improvement and knowledge. High mountain poetry in the Pyrenees. Mythical peaks such as the 3,143-metre Pica d’Estats, the highest in Catalonia, Canigó, Puigmal, Iscarberris, Mulières and Montardo will more than meet the expectations of all keen climbers. Climbing zones such as Montsec, with the magnificent Terradets, Vilanova de Meià and Montrebei tracks, or Collegats gorge, Pedraforca and the mountains of El Cadi, make the Pyrenees a truly unique destination for this sport.

An excellent climate, a superb network of mountain refuges, complete weather information and mountain rescue services form the perfect complement to these superb facilities.

Climbing tracks
An excellent way of attracting the general public to this sport, climbing tracks are mountain routes equipped with irons, cables and ropes to make the ascent easier. Such tracks are becoming ever more popular, drawing more and more people to enjoy climbing. Soaring over the Oliana reservoir in Alt Urgell county, the Regina climbing track is excellently equipped, a sheer ascent guaranteed to thrill all budding climbers.

Extreme sports in the snow and ice
In the Pyrenees, the energetic can go on long hikes through the snow, climb ice-bound waterfalls, crags and chimneys, or reach the peak by helicopter, descending off-piste. Thrilling experiences for those in form, activities requiring thorough preparation and strict observance of all necessary precautions.

Driven by adventure
There is a space, too, for motor vehicles in the Pyrenees, as long as the Autonomous Government of Catalonia Environment Department regulations are observed. Quad, snow mobile and 4x4 routes are just some of the opportunities that await lovers of such adventure sports.
Share your love for nature with your friends, bring the family together around a table and prepare to enjoy the wisest and best rhythm of life, one that revolves around meals, culture, festivals, music and leisure.

DISCOVER YOURSELF
Romanesque art in Vall de Boí (11th-12th centuries)
Monastery of Santa Maria de Ripoll (12th-14th centuries)
Museum of Sant Pere de Roda (10th-12th centuries)
Abbey of Santa Maria de Gerri de la Sal (12th century)
Church of Sant Miquel de la Seu d’Urgell (11th century)
Church of Sant Joan de la Montaneta (11th century)
Basilica Santa Maria de Castelló d’Empúries (14th century)
Chapel of El Miracle de Riner (17th century)
Church of Santa Maria de Talló (11th-12th centuries)

Admire the churches and monasteries that populate the Val d’Aran, the valleys of Àneu, Alt Empordà, Garrotxa and Ripolles counties. Visit the breathtaking heritage of Besalu, Camprodon and Beget. Journey into the distant past at the dolmens of the Serra de l’Albera, the Sant Sepulcre de Palera Basilica or the castles of Rocabruna and Perelada.

Discover a rich legacy certain to waken awe and admiration. Religious architecture, Romanesque mural painting and ancient carvings of the Madonna are just a few examples of Pyrenean historic riches. Outstanding amongst this heritage is Romanesque art, a veritable symbol of these lands and of Catalonia as a whole.

Romanesque

From the Val d’Aran to the Monastery of Sant Pere de Roda in Alt Empordà county, several are the routes leading us to discover Pyrenean Romanesque art. Visit one of Europe’s most outstanding historic and artistic heritage regions, part of which the Boí Valley was catalogued as World Heritage by UNESCO in 2000.

The Boí Valley, World Heritage

In Alta Ribagorça county, the Boí Valley contains no fewer than nine religious monuments dating to the 11th and 12th centuries, considered one of the purest examples of Catalan Lombard Romanesque art. The churches in this delightful valley are characterised by their finely-worked stone and graceful bell towers.

L’Assumpció de Cóll – Santa Maria de Taüll – Sant Climent de Taüll – Sant Joan de Boí – Sant Feliu de Barruera – Santa Eulàlia d’Erill la Vall – Santa Maria de Cardet – La Nativitat de Durro – Sant Quirze de Durro chapel

Romanesque art in the Val d’Aran

The principal Romanesque churches in the Val d’Aran are those of Sant Joan d’Arties, Santa Eulàlia d’Urgell, Sant Andreu de Salardú, Sant Martí d’Arro, l’Assumpció de Tuïll, Sant Miquel de Vielha and Scu Cast de Miñaran, forming one of the most magnificent Romanesque routes in the entire Pyrenean region.
The identity of a people

The art of eating well

Mushroom fairs and festivals

Bean Fair in Santa Pau
Pyrenean Craft Cheese Fair in la Seu d’Urgell
Turnip day in Ger
Chaiory Festival in Meronges
Festival of El Trinxat in Puigcerdà
Pallars Jussà Food Show
Codina Aranesa Food Show
Val d’Aran Occitan Mountain Cuisine Week
La Garrotxa Food Show
Alt Urgell Gastronomic Days

The Pyrenean kitchen, the true heart of the mountain home, has been the repository of a magnificent cuisine based on mushrooms, pork cold meats, cheese, game and fish. The local woods, vegetable gardens, livestock and farmyards continue to provide Pyrenean cuisine with the finest ingredients, including such famed products as Ripollès lamb. Most appreciated produce supplied to the latches of excellent restaurants mentioned in the leading guides.

Mushrooms

Many Pyrenean gastronomic fairs and festivals centre on beans, chicory and turnips, but there can be no doubt that the mushroom is the most popular ingredient in the local mountain cuisine. The most highly-appreciated types include boletus, wild mushrooms, meadow mushrooms, chanterelles, elms and gomphidus. These form the basis of exquisite dishes and the perfect accompaniment, yet the mushroom tradition goes beyond cuisine: mushroom hunting is a thoroughly enjoyable activity that, with a little information and advice, one and all can take pleasure in.

Setcases Mushroom Fair, mid-September
La Pobla de Lillet Mushroom Fair, last Sunday in September
Berga Mushroom Fair, first weekend in October
Alta Ribagorça Mushroom Gastronomy Festival, weekends throughout October
Arties Mushroom Fair, third weekend in September
Cheese Fair, Pyrenees Craftsmen, Seu d’Urgell, third weekend in October

The pleasure of sharing a meal
Shopping is a real pleasure in the Pyrenees. Seu d’Urgell, Vilaflor, Baquedano, Figueres, Sort and Olot are just a few of the Pyrenean towns with important traditions as centres of commerce. Stroll around their streets, drop into the shops and you will find everything you need.

Wonderful little moments

Sit outside in a pavement café, enjoy a drink in a cheerful bar, have an ice-cream or a cup of hot chocolate, delight in the local cakes and pastries or go dancing; all perfect complements to a day spent in communion with nature.

Mountains of music

The great Pyrenean musical traditions are kept alive thanks to meetings of accordionists in such places as Les and Arsèguel considered Europe’s most important diatonic accordion gathering and festivals such as Tradicionàrius in La Pobla de Segur, Cornamusam in Olot and the Land of Troubadours Festival in Castelló d’Empúries.

Summer nights in these mountains are also enriched by such events as the Pyrene Festival, the many classical and chamber music, opera and ballet seasons and concerts by orchestras and solo performers. Moreover, the splendid settings for Pyrenean music festivals include Romanesque and Gothic churches, cloisters and gardens.

Accommodation in the Pyrenees includes, principally, over 600 hotels, including many of the highest standard, more than 100 camp-sites and 500 rural tourism establishments. Top-quality facilities run by qualified professionals ready to satisfy your every need throughout your stay.

At your service

Hotels
Girona Counties Hotel Federation C/ Nou, 7, 1r 17006 Girona Tel. (+34) 972 224 344 www.ghostaleriagirona.org
Lleida Hotel Federation Av. Del Segre, 7 25007 Lleida Tel. (+34) 973 486 858 www.hostaleriazincatalunya.org
Barcelona Hotel Guild Via Laietana, 47, 1r 2a 08003 Barcelona Tel. (+34) 933 016 240 www.barcelonahotels.es

Apartments
A.S.A., Tourist Apartment Association Examinus, 17, 9 A 17006 Girona Tel. (+34) 972 220 927 www.apartamentos-asa.com

Rural Tourism
Girona Rural Tourism Balma, 6, 2r, 17002 Girona Tel. (+34) 972 226 015 www.gironarural.org
Lleida Federation of Country Residences and Farmhouses Major i c - Casa Roca 25639 Sant Martí de Barveda Tel. (+34) 973 651 070
Inland Counties Federation of Country Residences and Farmhouses Gran Via, 36, ent. 3a 08801 Benja Tel. (+34) 938 202 677 www.inlandcatalunya.org/countryreserves
Gîtes de Catalunya Passeig de Gràcia, 101, 3r 08006 Barcelona Tel. (+34) 934 849 900 www.gitesdecatalunya.com

Camp-sites
Catalan Federation of Camp-Sites and Holiday Cities Balma, 24, 08006 Barcelona Tel. (+34) 972 224 948 www.campsincatalunya.org
Association of Mountain and Catalan Pyrenean Camp-Sites Passat de la Canadella, 25, 41a 08600 Berga Tel. (+34) 938 221 188 www.ocipirineu.com
Lleida Federation of Camp-Sites Avda del Segre, 7 25007 Lleida Tel. 973 248 858 www.hostaleria.org

Hostels
Network of Hostels of Catalunya www.ijucat.com

Refuges
Refuge browser www.feec.org