
THE CATALAN PYRENEES



The Catalan Pyrenees, Europe



Pyrenees, Catalonia



KNOW THE CATALAN PYRENEES?

A place where the journey is every bit as important as the destination, where you can spend the whole day enjoying nature at its best and then relax in the evening by the fireside. A land characterised by its high mountains, its rich cultural heritage, and its exceptional cuisine. A pristine natural environment that invites you to come and practise sport, visit the only National Park in Catalonia and the many Natural Parks, and explore the age-old customs and traditions of the mountain communities.

Discover and experience this inland paradise.







NATURE - HIKING

HEARTBEAT OF THE MOUNTAINS

Come and immerse yourself in our mountain landscapes, with accessible, reachable peaks of up to 3000 metres high, leafy forests, countless lakes, and green grassy meadows.

Environments still untouched by humans. Natural surroundings of great beauty. Ideal places for losing yourself a little while discovering your inner self.



ACTIVE - NATURE: MOUNTAIN BIKING,
WHITE-WATER RAFTING, HOT AIR BALLOONS

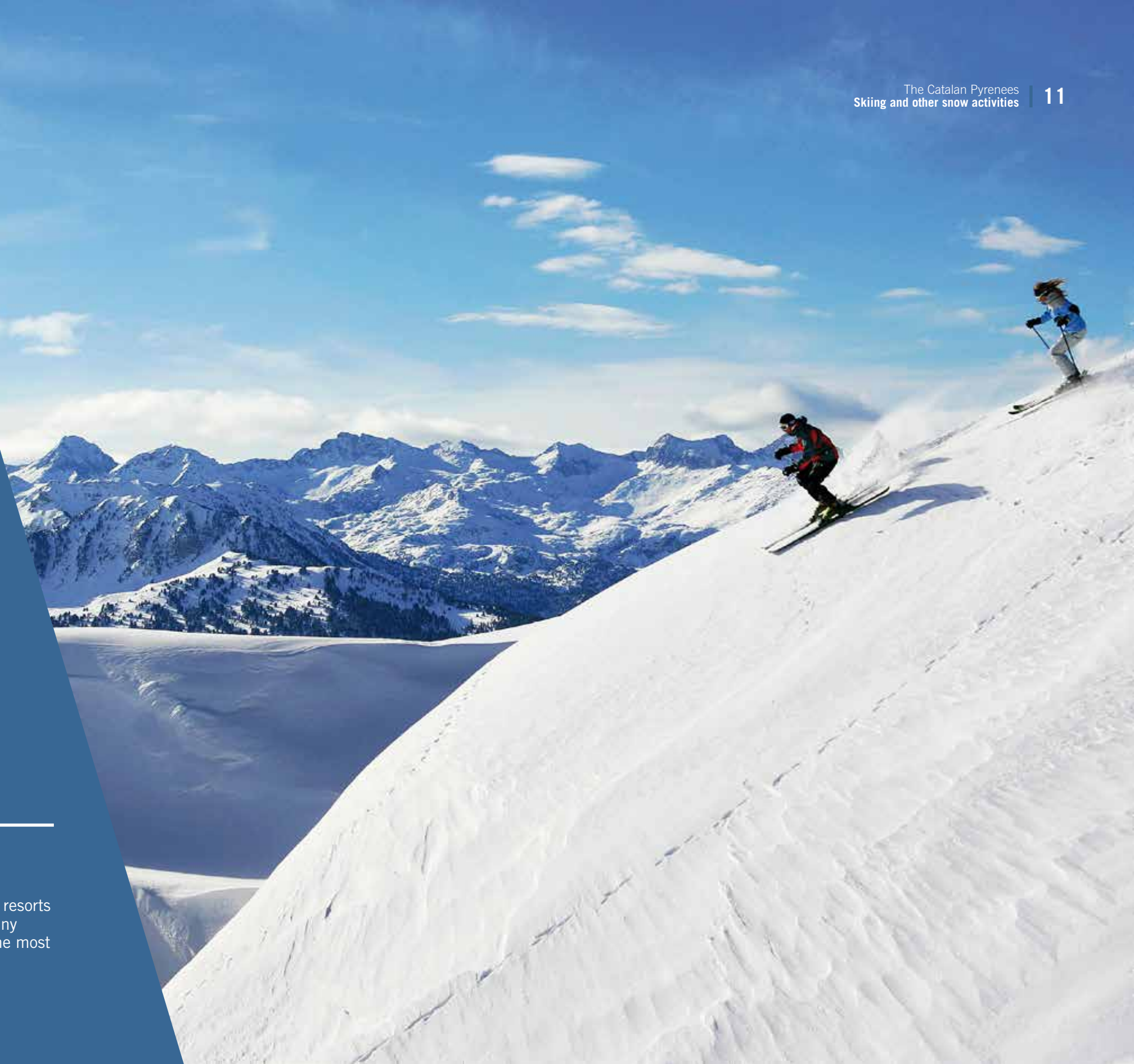
THE THRILL OF THE SINGLE HORIZON

A single horizon and loads of thrills: having fun, enjoying new experiences, getting away from it all, and making the best of your stay. A landscape full of contrasts, where you can practise many different sports, including mountain biking, cycle tourism, rock climbing, canyoning, white-water rafting, and hot air balloon rides.

SKIING AND OTHER SNOW ACTIVITIES

REACH TO THE SKY

Ten downhill ski resorts and six cross-country ski resorts with a total of over 600km of pistes, plus the many snow activities on offer, enable you to discover the most snow-covered parts of the Pyrenees.





CULTURE AND HERITAGE

MEMORY OF A PLACE

The backbone around which modern Catalonia developed, the Pyrenees boast an outstanding architectural and cultural heritage, and resources of World Heritage status. The source of inspiration for writers and painters, as well as the cradle of the thousand-year-old Catalan culture, they are home to Romanesque churches and monasteries, castles, mediaeval villages, and archaeological sites, as well as over fifty museums, devotional sanctuaries of great beauty, places of worship, and interesting ruins full of history.

CUISINE

NATURE AND FINE CUISINE

The fine Pyrenean gastronomy makes it a pleasure to sit down and enjoy our mountain specialities. Mushrooms, game, cold meats, cheeses made from sheep's, cow's or goat's milk... Pyrenean cuisine combines local produce with time-honoured culinary skills to surprise and satisfy even the most demanding palates.



ACCOMMODATION

A WELL-DESERVED REST

Hotels, rural accommodation, hostels, and campsites... in the Catalan Pyrenees you will find accommodation to suit all tastes, each with its own personality and speciality. The welcoming, enthusiastic Pyrenean accommodation options provide a place to rest after your adventures or simply to enjoy a few days' relaxation.





HIGHLIGHTS

THE ESSENCE OF THE PYRENEES

The Catalan Pyrenees offer authentic natural and cultural treasures of great value. With such a wealth of options available, it can be hard to know where to start, so let us suggest a selection of activities, natural parks, and architectural remains that will help you get to know the essence of nature in its purest form.

HIGHLIGHTS

THE ESSENCE OF THE PYRENEES



LEGEND

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- 2 VALL DE BOÍ ROMANESQUE ENSEMBLE
- 3 AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK
- 4 MONT-REBEI CANYON
- 5 WHITE-WATER RAFTING ON THE RIVER NOGUERA PALLARESA
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1 THE VAL D'ARAN



The Val d'Aran has its own distinctive personality. This high mountain territory is the only valley in the Catalan Pyrenees with an Atlantic climate. Its exceptional location, former links with Occitania, and century-old isolation during the winter months have left this small area with its own language (Aranese), officially recognised throughout Catalonia, and deep-rooted traditions originating in what is

now the south of France. With impressive landscapes, glacial lakes, and peaks over 3000 metres high, the Val d'Aran is an ideal destination for skiing and adventure sports; Baqueira Beret resort is considered to have the best winter sports infrastructure in the whole of the Iberian Peninsula. The rich artistic and cultural heritage and the unique gastronomy complete the attractions of this mountain territory.

www.visitvaldaran.com
o.torisme@aran.org
 Tel. +34 973 640 110

HIGHLIGHTS

THE ESSENCE OF THE PYRENEES

2 VALL DE BOÍ ROMANESQUE ENSEMBLE



The Vall de Boí Romanesque ensemble was listed as a UNESCO World Heritage Site in 2000. The hermitage and eight churches were all built during the 11th and 12th centuries, and conserve the original Lombard Romanesque style developed in northern Italy and characterised by functional construction techniques, meticulous stonework, slim

bell towers, and decorative finishes on the exterior and interior. The Vall de Boí Romanesque ensemble is exceptional for its concentration of so many churches in such a small area, and for the unity and authenticity of their architectural style, which has undergone few modifications over the centuries.

Vall de Boí Romanesque Centre
(Erill la Vall)
www.centreromanic.com
info@centreromanic.com
Tel. +34 973 696 715

3 AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK



Aigüestortes i Estany de Sant Maurici National Park is one of the fourteen natural spaces included in the Spanish Network of National Parks, and the only National Park located in Catalonia. This is the most genuine representation of the high Pyrenees, and is unique for its majestic landscapes and rich flora and fauna.

The park contains fir trees and century-old pine forests, over 200 high mountain lakes

www.gencat.cat/parcs/aiguestortes
info.aiguestortes@oapn.es

Boí Visitor Centre Tel. +34 973 696 189
Espot Visitor Centre Tel. +34 973 624 036

and four peaks over 3000 metres high. It is home to 1500 vegetal species, 150 bird species, and 40 mammal species. A full yearlong programme of activities is available for young and old alike, including guided trips, snowshoe excursions in winter, conferences, exhibitions, etc.

Lllessui Information Centre - Àssua Valley Shepherds' Ecomuseum
Tel. +34 973 621 798
Senet - La Serradora Information Centre
Tel. +34 973 698 232

HIGHLIGHTS

THE ESSENCE OF THE PYRENEES

4 MONT-REBEI CANYON



Mont-rebei is the only large-scale canyon in Catalonia that is still largely unspoiled, uninterrupted by roads, railways or electricity cables.

The canyon is formed by the River Noguera Ribagorçana on its course through Montsec Mountains, and can only be traversed by a bridle path partially carved out of the rock, affording

spectacular views. A large number of hiking and kayak options are available.

The canyon walls have vertical drops of over 500 metres, and minimum widths of a mere 20 metres. The ecological interest includes native fauna (especially birds of prey), rich vegetation, and the beauty of a rugged landscape. Most of the canyon is in Montsec Natural Space.

www.pallarsjussa.net
epicentre@pallarsjussa.cat
Tel. +34 973 653 470

5 WHITE-WATER RAFTING ON THE RIVER NOGUERA PALLARESA



Located in the heart of the Pyrenees, the Noguera Pallaresa is considered one of the best and most emblematic rivers in Europe for white-water rafting and other related sports. The river has 60 km of navigable waters all year round, with stretches offering different levels of complexity, of which the most challenging appear during the peak snowmelt months of May and June.

This long navigable river offers something for everyone, ranging from adrenaline-laden thrills of furious rapids to peaceful rides through enchanting surroundings. The numerous companies operating in the area provide different options for enjoying this type of adventure activity in safety.

www.pallarssobira.info
turisme@pallarssobira.cat
Tel. +34 973 621 002

HIGHLIGHTS

THE ESSENCE OF THE PYRENEES

6 LA SEU D'URGELL CATHEDRAL



The Cathedral of Santa Maria we see today in La Seu d'Urgell is the fourth place of worship built on the same site, over the original Visigoth cathedral, a 9th-century replacement, and the Cathedral of Saint Ermengol. The monumentality and architectural austerity (except for some sculptural profusion in the cloisters and on the west façade) of this Romanesque

cathedral, the only one of its kind in Catalonia, make it the main exponent of the apogee of Catalan Romanesque. The temple shows influences from Occitania and northern Italy, and later exerted its own influence on several nearby buildings, notably the church of Santa Maria de Covet in the neighbouring Pallars Sobirà County.

www.bisbaturgell.org
museudiocesa@bisbaturgell.org
 Tel. +34 973 353 242

7 SOLSONA CARNIVAL



Solsona carnival is listed as a Festival of National Tourist Interest for its outstanding degree of originality. It starts on the last Thursday before Lent and ends on Ash Wednesday.

Typical carnival events are organised on these days, together with burlesque traditions from other seasons of the year,

such as replicas of the town's "giants", the figure of an ass hanging from the bell tower, a mock "sermon", soapbox races, a fun market, and any number of local practical jokes. Traditional carnival fancy dress has been replaced in Solsona by the colourful smocks of the participant groups and by the "mad giants" dancing to the beat of the carnival anthem.

www.turismesolsones.com
turisme@turismesolsones.com
 Tel +34 973 482 310

HIGHLIGHTS

THE ESSENCE OF THE PYRENEES

8 LA PATUM FESTIVAL IN BERGA



La Patum is a traditional festival held every year in the town of Berga. In 2005, it was listed as a UNESCO Masterpiece of the Oral and Intangible Heritage of Humanity for its cultural, historical, and heritage value.

La Patum is one of the most popular festivals in Catalonia, attracting visitors from

all over the country who flock to Berga every year to see the spectacle. The event takes place over five days at Corpus Christi (a moveable feast falling in May or June).

Highlights from the festival can be seen at La Patum Visitor Centre in Berga.

www.lapatum.cat
lapatum@lapatum.org
Tel. +34 938 221 500

9 THE PHARMACY OF LLÍVIA



Llívia is a curious place: a Catalan enclave in French territory, an island of Catalonia within France. The town is surrounded by woods, lakes, and meadows that invite you to come and have a look, stroll around, breathe in the fresh air, and enjoy the natural environment.

The pharmacy of Llivia, documented since 1594, is considered the oldest in Europe.

www.cerdanya.org
patronat@llivia.org
Tel. +34 972 896 313

In the early 17th century, it was taken over by the Esteva family, who ran it for seven generations until the last pharmacist closed it down in 1926. Diputació de Girona acquired the building in 1965 under the agreement that it would remain in Llivia. The museum houses a collection of archaeological material pertaining to the history of the town.

HIGHLIGHTS

THE ESSENCE OF THE PYRENEES

10 VALL DE NÚRIA



Vall de Núria is a protected space located at an altitude of 2000 metres, accessible either by foot or by a rack railway train affording passengers an opportunity to admire the exceptional beauty of the Pyrenean landscape.

The valley is surrounded by peaks of some 3000 metres high, a huge amphitheatre of peace and quiet flanked by gentle

mountain slopes. Of notable interest are the sanctuary of the Virgin of Núria, an important centre for Catalan traditions and religious life, and the ski resort bearing the same name.

The wide range of sports available in the area makes Vall de Núria an ideal base camp for everybody who likes spending time outdoors.

www.valldenuria.com
valldenuria@valldenuria.cat
Tel. +34 972 732 020

11 LAND OF COUNTS AND ABBOTS



Travel into the past in Ripollès County, a land of great monasteries and legendary characters known as the “cradle of Catalonia”, a place where history has left a deep imprint.

Discover the natural and cultural heritage of this land of counts and abbots in the town of Ripoll, where the monastery ensemble, founded in the 9th century, was the scene of major historical events

www.terradecomtes.cat
reserves@terradecomtes.cat
Tel. +34 972 704 556

in Catalonia. An Interpretation Centre was opened to the public in 2013. In Sant Joan de les Abadesses, the monastery and the Abbot's Palace constitute one of the main sites of Catalan Romanesque architecture.

Learn all about the scenarios and legends of Count Arnau at Mataplana Castle and the Myth of Count Arnau Interpretation Centre in Sant Joan de les Abadesses.

HIGHLIGHTS

THE ESSENCE OF THE PYRENEES

12 VOLCANOES IN LA GARROTXA



Garrotxa Volcanic Area, listed as a Natural Park, includes some forty volcanic cones and over twenty lava-flows, and is the best example of a volcanic landscape in the Iberian Peninsula. The climate, the soil type, and the shape of the land combine to give a varied, often exuberant, vegetation of exceptional beauty.

Many parts of the Garrotxa Volcanic Area Natural Park can be visited on foot all year

www.turismegarrotxa.com
info@turismegarrotxa.com
Tel. +34 972 271 600

round, and the volcanoes can be climbed without much difficulty.

Santa Margarida and El Croscat volcanoes should not be missed. Other ways of seeing the park include biking along designated cycle tracks or taking a hot air balloon trip affording an unusual view of the best-conserved volcanic landscape in the Iberian Peninsula.

13 JEWISH BATHHOUSE IN BESALÚ



The medieval historic-artistic site of Besalú is considered one of the best conserved in Catalonia.

Of exceptional interest is the Jewish Quarter with its mikveh, for a long time the only medieval Jewish bathhouse known in Spain, until another was discovered in Girona city in 2014. The Besalú mikveh is one of four of its kind remaining in Europe.

The mikveh is housed in a barrel-vaulted underground room built from carved stone

www.besalu.cat
turisme@besalu.cat
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in the Romanesque style. The bath was filled with naturally flowing spring water, and was used to purify the soul through complete immersion of the body.

The bathhouse is located on the site of the former synagogue of Besalú, now listed as a Cultural Asset of National Interest.

Other interesting parts of this unique synagogue enclosure are the courtyard, which was used for weddings and festivities, and the prayer room.

HIGHLIGHTS

THE ESSENCE OF THE PYRENEES

14 SALVADOR DALÍ THEATRE-MUSEUM



The Salvador Dalí Theatre-Museum in Figueres, where Dalí chose to create his museum, is considered the largest surrealist “object” in the world. Paintings, drawings, engravings, sculptures, installations, jewellery, photographs, holograms, stereoscopic images, etc. make up the permanent collection spanning his artistic career from the earliest to the later works, running through futurism, impressionism and, of course, surrealism.

www.salvador-dali.org
Tel. +34 972 677 500

The museum also houses works from Dalí’s own private collection.

Other spaces containing works by the great master of surrealism include the Salvador Dalí Museum-House in Portlligat, Dalí’s only fixed abode where he lived and worked on a regular basis; the Gala Dalí Castle Museum-House in Púbol; and the Dalí-Jewels space in Figueres.

15 SANT PERE DE RODES



Former Benedictine monastery and one of the most famous in Catalonia for its valuable architectural ensemble and privileged location overlooking Cap de Creus peninsula.

The most outstanding element of the monastery is the church, considered a jewel of Catalan Romanesque architecture. Built in the 10th-11th centuries as a refuge for pilgrims, it is exceptional for its great height,

grandiose entrance, and richly decorated capitals. Also notable are the defence tower, the bell tower, the two cloisters, and the vestiges of pictorial decoration on the walls.

Discover the monastery legends and admire its impressive location from any of the many sign-posted trails in the surrounding area.

www.mhcat.cat
monestir@terramar.org
Tel. +34 972 387 559

ACTIVITIES

CULTURE AND HERITAGE



1 INLAND EMPORDÀ

Discover the Empordà through its historical buildings, its fine cuisine, and its natural beauty spots. Wine lovers will find here some especially attractive offers.

www.empordaturisme.com

CATEGORY



2 GARROTXA IN MEDIEVAL TIMES, A LAND OF CULTURE

Travel back one thousand years in history as you stroll through the villages of Sant Joan les Fonts, Santa Pau and Besalú, and discover the medieval past of this land.

www.turismegarrotxa.com

CATEGORY



3 LAND OF COUNTS AND ABBOTS

Explore the natural and cultural heritage of Ripollès County, a land of counts and abbots, visit its great monasteries, and discover the legendary characters linked to the origins of Catalonia.

www.terradecomtes.cat

CATEGORY



4 IN PICASSO'S FOOTSTEPS - PAINTING HOLIDAYS IN GÓSOL

Picasso's stay in the village of Gósol marked a turning point in his artistic career. Spend four days here learning to paint and enjoying the beauty of the landscape.

www.elbergueda.cat

CATEGORY



5 VISIT THE HISTORIC TOWN CENTRE OF SOLSONA

Discover the history of the town of Solsona visiting the Cathedral, the Bishop's Palace, and the ice well. Visit the Knife Space and learn all about the major knife industry in the locality.

www.solsonaturisme.com

CATEGORY



NATURE - HIKING



1 GAUDÍ AND THE SOURCE OF THE RIVER LLOBREGAT

Walk along the course of the Llobregat, one of the main rivers in Catalonia, and discover a Modernist factory and some unexpected gardens designed by Gaudí in the middle of the woods.

www.elbergueda.cat

CATEGORY



2 GRAND TOUR OF CERDANYA

Discover Cerdanya County by hiking along the mountain route formerly used to link up the villages in this territory, running between 1000m and 2000m in altitude.

www.gvcerdanya.com

CATEGORY



3 THE PARK ROUTE

A different way to explore Alt Pirineu Natural Park and Aigüestortes i Estany de Sant Maurici National Park: horseback trails, night trips, and ATB routes.

www.pallarssobira.info

CATEGORY



4 THE WATERWAY

Explore Alta Ribagorça County by hiking along the old paths formerly used to link up the villages in the valley, and discover its landscape and its natural and cultural heritage.

www.turismealtaribagorca.cat

CATEGORY



ACTIVITIES

ACTIVE TOURISM

1 NATURE TRACK ALONG THE RIVER MUGA

Follow the course of the River Muga, crossing unexpected landscapes along the way until you reach the marshes of the Aiguamolls de l'Empordà Natural Park.

www.empordaturisme.com

2 CYCLE TOURISM ALONG THE IRON AND COAL ROUTE

Cycle or walk the 12-kilometre train route formerly used to transport coal from the Ogassa mines to Ripoll.

www.rutadelferro.com

3 MOUNTAIN BIKING THROUGH VALL DE LORD

Choose from the many circular mountain bike routes and pedal your way through the natural landscape of Solsonès County, enjoying spectacular views of Vall de Lord.

www.lavalldelord.com/btt

4 ACTIVE HOLIDAYS IN PALLARS SOBIRÀ

Enjoy the fascinating natural surroundings of Pallars Sobirà County as you take part in adventure activities such as white-water rafting, hiking, or mountain biking, and then recover your strength as you savour the delicious mountain cuisine.

www.pallarssobira.info



CATEGORY



CATEGORY



CATEGORY



CATEGORY



SNOW

1 A DAY'S SKIING AT ALP 2500

Spend a day at the largest skiable domain in the Catalan Pyrenees. Go skiing, drive go-karts or 4WDs on ice, have family fun at the adventure park in the trees, or enjoy many other specially designed activities.

www.masella.com www.lamolina.cat

2 CROSS-COUNTRY SKIING TRIP THROUGH THE FORESTS OF SANT JOAN DE L'ERM

Go cross-country skiing through the forests of Sant Joan de l'Erm, the ideal landscape for this type of sport, and enjoy spectacular views of Alt Urgell and Cerdanya Counties.

www.santjoandelerm.com

3 WINTER HIKING TRIPS IN AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK

Take a guided snowshoe trip and experience the snow-covered winter landscape in the National Park.

www.turismealtaribagorca.cat

4 SNOWSHOE TRIP FROM BERET PLATEAU TO MONTGARRI

Put on your snowshoes and explore Montgarri, one of the most emblematic spots in the Val d'Aran.

www.visitvaldaran.com



CATEGORY



CATEGORY



CATEGORY



CATEGORY



ACTIVITIES

GASTRONOMY



1 GARROTXA, LAND OF FLAVOURS

The gastronomy of this volcano-studded territory reflects its surroundings. The Volcanic Cuisine will delight even the most sophisticated of palates.

www.garrotxahostalatge.cat

CATEGORY



2 PALLARS JUSSÀ, LAND OF WINES

Visit the highest located wine-producing territory in Catalonia, where small local wineries run guided visits offering a taste of their wines.

www.pallarsjussa.net

CATEGORY



3 VAL D'ARAN CUISINE

Watch how Aranese cheese is made, discover the Val d'Aran caviar production centre, and visit a small artisan brewery.

www.visitvaldaran.com

CATEGORY



LEGEND

CATEGORY



Nature - hiking



Active tourism



Cycling



Culture and heritage



Snow



Gastronomy



CREDITS

Cover. Aigüestortes i Estany de Sant Maurici National Park with the Encantats in the background. Archives of Aigüestortes i Estany de Sant Maurici National Park.

P3. Fontalba viewpoint, Ripollès. Lluís Carro, ACT.

P4-P5. Mas Garganta, Garrotxa. Itinerànnia. PTCBG Iconographic Archives.

P6. Aigüestortes i Estany de Sant Maurici National Park. Oriol Clavera.

P7. La Collada de Toses. Maria Geli. PTCBG Iconographic Archives.

P9. Val d'Aran. Mikael Helsing.

P10. Church of Sant Climent de Taüll. Patronat de la Vall de Boí.

P13. Maria Geli. PTCBG Iconographic Archives.

P14. Resguard dels Vents, Ribes de Freser. K. Noppé. PTCBG Iconographic Archives.

P18. Rural accommodation, Pallars Sobirà. El Pujalt. Laurent Sansen.

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P41. La Seu d'Urgell cheeses, Alt Urgell. Turisme de La Seu.

P42-43. Vilada, Berguedà. Rafael López-Monné.





Generalitat de Catalunya
 Government of Catalonia
Catalan Tourist Board




Diputació de Lleida
 Patronat de Turisme



Pirineu de Girona


VAL D'ARAN
 The essence of the Pyrenees



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*Institut entant Desenvolupament
 e era Promoció de l'Alt Pirineu e Aran*



www.visitpirineus.com

