THE CATALAN PYRENEES HIKING
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.
HIKING IN THE
CATALAN PYRENEES

FACT FILE
- Route length (in km)
- Cumulative elevation gain
- Route type: linear
- Route type: circular

CALENDAR
- Best time of year for this route

FURTHER INFORMATION
- Sustainable
ADVENTURES STEP-BY-STEP

The Pyrenees are full of kilometres and kilometres of well-marked trails. Some can be done in just one day, whereas others need several days to complete. The following itineraries all take more than one day: their variety of landscapes and natural and cultural uniqueness have made them a must for nature-lovers wishing to enjoy an exceptional experience.
TRAVESSES IN STAGES

Self-guided itinerary in five stages beginning and ending in Vielha. The route goes over three mountain passes: Coll de Guerri (2320m), Port de Rius (2340m), and Port de Vielha, a history-laden pass and the culminating point of this traverse. The route mostly follows the GR211 walking trail. Baggage transport service available.

Not to be missed: fabulous views of the Aranese landscape; Val d’Aran gastronomy and cultural heritage.

www.setausageth.com

Discover this cross-border route in the central Pyrenees between Catalonia and France, in the heart of the Castillonais, Birós, and Aran valleys. The traverse takes in legendary peaks and mountain passes such as Crabère, Maubermé, Barlonguère (Tuc d’Eth Milh) and Valier. Five mountain refuges and gîtes enable you to complete the circuit without major difficulty.

Not to be missed: legendary peaks along the way.

www.passaran.com
TRAVESSES IN STAGES

3 CAMIN REIAU

All-year round hiking route along paths formerly linking the 33 villages in the Val d’Aran, of great interest to those who wish to immerse themselves in the history, culture and natural heritage of the area.

Not to be missed: churches in Salardú, Arties, Bossost, and Vielha; flora and fauna of the Val d’Aran.

www.caminreiau.cat

FACT FILE

- 150 km
- 12,000 m
- Circular
- All year round

4 CARROS DE FOC

Classic high mountain route linking up the nine mountain refuges in Aigüestortes i Estany de Sant Maurici National Park, the only one of its kind in Catalonia. The refuges are located at an altitude of 1900 – 2400 metres, and the highest point reached on the itinerary is Contraig Pass (2475m). Five to seven days are required to complete this route.

Not to be missed: numerous natural lakes along the way.

www.carrosdefoc.com

FACT FILE

- 55 km
- 9200 m
- Circular
- Summer months

5 VIA CALDA

The Via Calda is a self-guided itinerary, providing a perfect combination of hiking plus the best thermal waters in the Pyrenees: Boí, Tredòs, Arties, Les, and Vielha. Baggage transport service available for each stage. Imagine exploring the Colomers Cirque and its 48 lakes in the Val d’Aran, visiting the Romanesque churches of the Vall de Boí (UNESCO World Heritage Site), and then sleeping in the modern Caldes de Boí hotel spa!

Baggage transport service is also available for the Encantats and Gran Bucle (Big Loop) routes.

Not to be missed: Val d’Aran and Vall de Boí; thermal circuits at Les, Caldes de Boí and Banhs de Tredós.

www.andandosinequipaje.com

FACT FILE

- 88 km
- 4450 m
- Linear
- Late May to early October

6 SHEPHERDS’ ROUTE

The route follows the paths and trails used by shepherds since time immemorial, helping you to understand the lives and the history of the transhumant shepherds in Alta Ribagorça County. The route starts in the town of El Pont de Suert and the four stages (maximum) can be completed in 3-4 days, depending on your physical fitness.

Not to be missed: conversations with the shepherds you will meet on your way.

www.larutadelpastor.com

FACT FILE

- 50 km
- 1400 m
- Linear
- All year round
**TRAVERSE IN STAGES**

**ROUTE OF THE THREE VALLEYS**

A circular traverse through Boí, Barravés and Castanesa valleys, the best way of enjoying these incomparable landscapes beside Aigüestortes i Estany de Sant Maurici National Park and Posets-Maladeta Natural Park, discovering the local cultural heritage, and sleeping in any of the picturesque villages in the valleys.

**Not to be missed:**
- Waterfowl on the River Noguera de Tor;
- Romanesque churches of Vall de Boí;
- Interpretation Centre (in Senet) of Aigüestortes i Estany de Sant Maurici National Park

www.ruta3valls.com

**FACT FILE**

- **Distance:** 74.640 km
- **Elevation Gain:** + 3215 m
- **Type:** Circular
- **Season:** May to October

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**EL CINQUÈ LLAC**

Medium-altitude mountain route running just below Aigüestortes i Estany de Sant Maurici National Park, accessible for all types of hikers. Baggage transport service available. The route involves overcoming the changing natural relief of this mountain terrain, and takes you through one of the most unknown and unexpected areas of the Pyrenees until you reach Montcortès Lake (the “Fifth Lake”).

**Not to be missed:**
- The legends associated with each stage, which will add a touch of magic to your route through the mountains.

www.elcinquellac.com

**FACT FILE**

- **Distance:** 102.3 km
- **Elevation Gain:** + 12,963 m
- **Type:** Circular
- **Season:** Spring to autumn

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**GATE OF HEAVEN**

Five-stage route running through wild, impressive landscapes of spectacular beauty in the Alt Pirineu Natural Park (Catalonia) and the Pyrénées Ariégeoises Regional Natural Park (France), with four mountain refuges along the way. The itinerary passes the emblematic Pica d’Estats (3143m), the highest peak in Catalonia, and Certascan Lake, the largest natural lake in the Pyrenees.

**Not to be missed:**
- Certascan Lake surrounded by mountains, with the dramatically located Pinet refuge; early-morning reflections of the peaks in the lake waters; climbing Pica d’Estats.

www.laportadelcel.com

**FACT FILE**

- **Distance:** 65 km
- **Elevation Gain:** 11,000 m
- **Type:** Circular
- **Season:** June to September

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**MOUNTAINS OF FREEDOM**

Route running through the Alt Pirineu Natural Park (Catalonia) and the Pyrénées Ariégeoises Regional Natural Park (France). This 4-stage itinerary is steeped in history as it follows the paths taken by refugees fleeing to France to escape the Spanish Civil War and later by European Jews fleeing south to escape the Holocaust.

**Not to be missed:**
- Ars Waterfall, probably the most beautiful in the Pyrenees; monuments commemorating the Jewish exodus in Tavascan and Aulus-les-Bains.

www.muntanyesdellibertat.com

**FACT FILE**

- **Distance:** 65 km
- **Elevation Gain:** 9500 m
- **Type:** Circular
- **Season:** June to September
TRAVERSES IN STAGES

11 ESTANYS AMAGATS

High mountain route running between mountain refuges. Discover the Alta Cerdanya area around the Cerdanya-Alt Urgell National Reserve. The itinerary also includes the higher levels of Madriu Valley in Andorra, a privileged environment surrounded by peaks of almost 3000m high and a mountain pass formerly used by pedlars and frequently by smugglers.

Not to be missed: impressive views of the mountains surrounding the Andorran valleys; Cerdanya County; valley of the River Segre; Cadi-Moixeró Mountains.

www.rutadelsestanysamagats.com

12 CAVALLS DEL VENT

Itinerary running between the eight mountain refuges located in the beautiful landscape of Cadi-Moixeró Natural Park, at altitudes ranging from 900m to 2510m. The marked trail may be joined at any point and walked in either direction.

Not to be missed: Els Empedrats; views of the legendary Pedraforca Mountain.

www.cavallsdelvent.com

13 ROUTE OF THE CATHARS

Tourist itinerary along the GR107 hiking trail, following the escape routes across the Pyrenees used by the persecuted Cathars in the 13th and 14th centuries. The trail starts at Queralt sanctuary in the town of Berga and ends at Montségur Castle in Ariège (France), and can be completed on foot or on horseback.

Most of the stages can also be done on mountain bike.

Not to be missed: panoramic views of Pedraforca Mountain and the Cadi Mountains; picnic at Moll del Salt Waterfall.

www.camidelsbonshomes.com

14 LA RUTA DEL CARACREMADA

Circular route taking 3-6 days, through some of the most emblematic places in the Catalan Pre-Pyrenees: Rasos de Peguera, Serra d’Enssija, Pedraforca, Serra del Verd, Port del Comte mountains, Busa Mountains, and many charming mountain villages. The route starts and ends at Rasos de Peguera (Berguedà).

Not to be missed: sunsets at Arp refuge; views from the summits of Cap del Verd and Port del Comte; Pont Cabradis; kayaking across Llosa del Cavall reservoir.

www.rutacaracremada.com
15 ROUTE OF THE HERMIT

Marked route suitable for hiking, horseback riding or mountain bike, mainly running through Cadí-Moixeró Natural Park and taking in over twenty Romanesque buildings along the way. With altitudes ranging from 800m in the village of La Pobla de Lillet to 2950m at the summit of Tosa d’Alp, this route is a suitable first traverse for a wide sector of the population, for families or groups of young people.

Not to be missed: over twenty Romanesque churches, sanctuaries and hermitages along the route.

www.rutaermita.com

FACT FILE

Marked route suitable for hiking, horseback riding or mountain bike, mainly running through Cadí-Moixeró Natural Park and taking in over twenty Romanesque buildings along the way. With altitudes ranging from 800m in the village of La Pobla de Lillet to 2950m at the summit of Tosa d’Alp, this route is a suitable first traverse for a wide sector of the population, for families or groups of young people.

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www.rutaermita.com

FACT FILE

105 km

6270 m

Circular

April to November

17 ELS TRES REFUGIS

Route enabling you to discover some memorable places in the Eastern Pyrenees as you enjoy spectacular landscapes with abundant wild fauna. The itinerary takes in Ulldeter, Ras de la Carançà and Coma de Vaca mountain refuges.

You can also include the most representative peaks in the area: Balandrau, Bastiments, Gra de Fajol, Gallinàs, Torreneules and Puigmal.

Not to be missed: the experience of sleeping in mountain refuges!!

www.t3r.cat

FACT FILE

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www.rutaermita.com

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www.rutaermita.com

FACT FILE

105 km

6270 m

Circular

April to November

16 ELS BASTIONS

The route starts and ends in the town of Ribes de Freser and runs through the main sights in Ribes Valley in the Eastern Pyrenees. Places of interest include Vall de Núria, Taga (2038m), Puigmal (2910m), the highest mountain in Girona province, Bastiments (2883m), the easternmost Pyrenean peak exceeding 2800m.

Not to be missed: Vall de Núria with its unique natural landscape, Taga, Puigmal, and Bastiments peaks.

www.elsbastions.com

FACT FILE

Marked route suitable for hiking, horseback riding or mountain bike, mainly running through Cadí-Moixeró Natural Park and taking in over twenty Romanesque buildings along the way. With altitudes ranging from 800m in the village of La Pobla de Lillet to 2950m at the summit of Tosa d’Alp, this route is a suitable first traverse for a wide sector of the population, for families or groups of young people.

Not to be missed: over twenty Romanesque churches, sanctuaries and hermitages along the route.

www.rutaermita.com

FACT FILE

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Not to be missed: over twenty Romanesque churches, sanctuaries and hermitages along the route.

www.rutaermita.com

FACT FILE

105 km

15200 m

Circular

June to September

18 REFUGIS DEL TORB

Five-stage high mountain itinerary linking Puigmal (2910m) and Canigó (2784m), the two most emblematic peaks in the Eastern Pyrenees.

Along the way, the route goes by places much beloved of hikers, such as Coma de Vaca Valley, Ulldeter Cirque, the Pla Guillem, Marialles, Mentet o Carançà Valleys.

Not to be missed: Vall de Núria, Ulldeter Cirque, Canigó Massif, Mentet village, Carançà Lakes.

www.refugisdeltorb.com

FACT FILE

Marked route suitable for hiking, horseback riding or mountain bike, mainly running through Cadí-Moixeró Natural Park and taking in over twenty Romanesque buildings along the way. With altitudes ranging from 800m in the village of La Pobla de Lillet to 2950m at the summit of Tosa d’Alp, this route is a suitable first traverse for a wide sector of the population, for families or groups of young people.

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www.rutaermita.com

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Not to be missed: over twenty Romanesque churches, sanctuaries and hermitages along the route.

www.rutaermita.com

FACT FILE

73.37 km

4972 m

Circular

June to September
TRAVERSES IN STAGES

SERRA DE MONESTIRS

Route running through the southern part of Ripollès County, starting and ending in the town of Ripoll, with the highest point at Taga peak (2040m). More than just a mountain itinerary, this route brings you into contact with the essence of this area, its history and legends, its landscapes and farmers, and its renowned gastronomy.

Not to be missed: guided visits around the monasteries of Ripoll and Sant Joan de les Abadesses; countryside in the valley of the River Ter; meals prepared with local produce.

www.serrademonestirs.com

FACT FILE

58.5 km
2600 m
Circular
April to October
GRs are long trails of over 50km, mainly designed for hikers. Each stretch is maintained by local hiking federations, which also mark the trails with the characteristic red and white stripes. Up to thirty GR trails run through Catalonia.
**GR1: TRANSVERSAL TRAIL**

The Transversal Trail (GR1) starts at the emblematic Greek and Roman ruins of Empúries on the Mediterranean coast, and crosses the Iberian Peninsula from east to west until reaching Finisterre. The Catalan stretch goes up to Pont de Montanyana, from where it continues into Aragón.

The Transversal Trail runs parallel to the Pyrenean Trail (GR11), but through the more Pre-Pyrenean area of great landscape interest. It passes through towns of major importance in Catalan history such as Besalú and Ripoll, with Romanesque architecture as the leitmotif. It goes through the former textile colonies along the banks of the River Llobregat, and the village of Sant Llorenç de Morunys. The final stretch takes in Mont-rebei, the only long canyon in Catalonia traversed solely by a bridle path carved out of the rock.

1. **FACT FILE**
   - **355 km**
   - Linear
   - GR blazes and vertical signposting
   - Spring to autumn (but possible all year round)

**GR11: PYRENEAN TRAIL**

The GR11 is the most mountainous of all GR trails running through Catalan territory. It traverses the southern side of the Pyrenees from the Mediterranean to the Cantabrian Sea linking Catalonia with Andorra, Aragón, Navarre, and the Basque Country. It goes through large natural spaces such as Aigüestortes i Estany de Sant Maurici National Park, Alt Pirineu and Cap de Creus Natural Parks, and numerous Places of Natural Interest such as the Albera Mountains, Alta Cerdanya, Tossa Plana de Lles Mountain, and the sources of the River Ter and the River Freser.

The trail leads through places of major historical and religious importance, such as Núria sanctuary and Sant Pere de Rodes monastery. Please note that some of the higher stretches require specific skills and abilities. There is abundant snow for several months of the year.
The route starts at the French border in La Jonquera, passing through Besalú and Santa Pau en route to the Garrotxa Volcanic Area Natural Park, and ends in the town of Aiguafreda.

**FACT FILE**

- **GR2: LA JONQUERA - AIGUAFREDA**
  - Distance: 165 km

**GR3: CENTRAL CATALAN TRAIL**

This route through inland Catalonia takes in interesting landscapes, towns, and villages, and goes through wooded areas in Berguedà, Bages and Solsonès counties on its way from the Plain of Vic to the Plain of Lleida.

**FACT FILE**

- **GR3: CENTRAL CATALAN TRAIL**
  - Distance: 226.9 km

**GR4: PUIGCERDÀ - MONTSERRAT**

This route is the continuation of a European GR. It starts at Puigcerdà, goes over Coll de Pal into Berguedà County, and continues into Bages County. The route ends with a climb in Montserrat Mountains.

**FACT FILE**

- **GR4: PUIGCERDÀ - MONTSERRAT**
  - Distance: 158 km

**GR7: ANDORRA - FREDES**

The trail starts in La Farga de Moles, crosses the Iberian Peninsula via La Seu d’Urgell, Tuixén, Sant Llorenç de Morunys and Solsona, before finally entering the Valencian Community from Els Ports de Bessei.

**FACT FILE**

- **GR7: ANDORRA - FREDES**
  - Distance: 399 km

**GR83: NORTHERN (CANIGÓ) WAY**

Following the same route taken by thousands of exiles fleeing to France in 1939 after the Spanish Civil War, the trail starts in Cala del beach in Malard and heads northwards through Maresme, Vallès Oriental, La Selva, Garrotxa, Ripollès, Vallespir and Conflent.

**FACT FILE**

- **GR83: NORTHERN (CANIGÓ) WAY**
  - Distance: 212 km

**GR92: MEDITERRANEAN TRAIL**

This trail runs along the Catalan coast, with its wide range of coves, beaches, and Mediterranean landscapes. It starts at Portbou, the point where the Pyrenees sweep down to meet the Mediterranean Sea.

**FACT FILE**

- **GR92: MEDITERRANEAN TRAIL**
  - Distance: 583 km

**GR107: ROUTE OF THE CATHARS**

Route enabling hikers to retrace the paths used by Cathars fleeing persecution in the 12th-14th centuries. The trail starts in Queralt (Berguedà) and ends at Montségur Castle in Ariège (France).

**FACT FILE**

- **GR107: ROUTE OF THE CATHARS**
  - Distance: 201 km

**GR150: CADÍ MOUNTAINS**

This trail runs around Cadi-Moixeró Natural Park enabling you to discover the magnificent landscapes in the area, and the main points of interest in the towns and villages surrounding the Cadí Mountains.

**FACT FILE**

- **GR150: CADÍ MOUNTAINS**
  - Distance: 157.7 km

**GR171: PINÓS SANCTUARY - CARO MOUNTAIN REFUGE**

This trail runs parallel to the GR7, taking in many interesting places and historic buildings along the way. It starts at Pinos sanctuary (Solsonès) and passes by churches and monasteries located in landscapes of great beauty.

**FACT FILE**

- **GR171: PINÓS SANCTUARY - CARO MOUNTAIN REFUGE**
  - Distance: 292.85 km

**GR176: ROUTE OF THE TWENTY HERMITAGES**

Circular route running through Berguedà, Bages and Osona Counties, taking in many Romanesque churches on its way through villages, towns, and other places of interest.

**FACT FILE**

- **GR176: ROUTE OF THE TWENTY HERMITAGES**
  - Distance: 80.2 km

**GR211: VAL D’ARAN CIRCULAR TRAIL**

Trail starting and ending in Vielha. The route and its detours enable you to discover the landscapes, architecture, traditions, and villages of the Val d’Aran.

**FACT FILE**

- **GR211: VAL D’ARAN CIRCULAR TRAIL**
  - Distance: 93 km

**GR241: BORREDÀ CIRCULAR TRAIL**

Circular trail affording spectacular panoramic views of Bergueda County, taking in churches and hermitages of notable interest, e.g. the church of Sant Jaume de Frontanyà.
WALKS AND EXCURSIONS

Enjoy the pleasures of walking in the Catalan Pyrenees and discover the hidden surprises tucked away. The following walking routes bring you into spectacular landscapes in just one day or less.
1. Setau Sagèth
Discover the history of the Val d’Aran through its villages, riverbanks, and mountain passes, starting and ending in Vielha.
www.camins.net

2. Corsa e Caminada des 15 Pòbles
Walk along the former communication lines linking up the villages in the Val d’Aran.
www.corsa15pobles.org

3. Waterway
Route following former shepherds’ paths along the banks of the River Noguera de Tor.
www.turismealtaribagorca.cat

4. Senet Wildlife Route
Wildlife route starting and ending in the village of Senet.
www.turismealtaribagorca.cat

5. Paths of “Voices of the River Pamano”
Route passing through places described in the novel Voices of the River Pamano.
www.valldassua.cat

6. Mollera d’Escalarre Itinerary
Path leading to Mollera d’Escalarre, a mountain wetland zone of glacial origin.
www.pallarsobira.info

7. Mont-Rebei Canyon
Itinerary along a path carved out of the rock at an altitude of 500m, over the River Noguera Ribagorçana.
www.pallarsjussa.net

8. Terradets Reservoir Banks
Itinerary along the banks of Terradets reservoir.
www.pallarsjussa.net

9. Sant Joan de l’Erm Forest Route
Route through the leafy forests of Alt Urgell County.
www.geomapa.cat

10. Boscault Sanctuary
Walk up to Boscault sanctuary, with impressive views over the Cadí Mountains.
www.geomapa.cat

11. Vall de Lord Green Path
Itinerary along the River Cardener.
www.turismesolsones.com

12. Sant Climenç Natural Springs
Route around Sant Climenç village, starting and ending at the natural springs of the same name.
www.turismesolsones.com
IDEAS FOR HALF-DAY WALKS

13 ST JAMES’ WAY
Secondary branch of the St James’ Way to Santiago de Compostela, through Cerdanya County.
www.cerdanya.org

FACT FILE
- 36 km
- Linear
- 252 m

14 TOSSA PLANÀ DE LLES
Climb Tossa Planà de Lles (2916m), the highest mountain in Cerdanya County.
www.cerdanya.org

FACT FILE
- 7 km
- Linear
- 801 m

15 COLONY ROUTE
Route taking in the former textile colonies along the banks of the River Llobregat, one of the most exceptional concentrations of industrial colonies in Europe.
www.parctfluvi.cat

FACT FILE
- 32 km
- Linear
- 450 m

16 THE PICASSO TRAIL
The trail through Berguedà and Cerdanya Counties follows that taken by Pablo Picasso on his way back to France in the summer of 1906.
www.elbergueda.cat

FACT FILE
- 60 km
- Linear
- 2370 m (uphill gradient)

17 UNDER THE GAZE OF TAGA MOUNTAIN
Route through Vall de Ribes, with Taga Mountain as a point of reference throughout the whole itinerary.
www.itinerannia.net

FACT FILE
- 16 km
- Circular
- 705 m

18 BEGET AND ROCABRUNÀ ALONG SMUGGLERS’ PATHS
Itinerary to discover the natural heritage of Alta Garrotxa.
www.itinerannia.net

FACT FILE
- 14 km
- Circular
- 760 m

19 MARIAN VAYREDA’S ALTA GARROTXA
Literary route through the Alta Garrotxa, the backdrop for Marian Vayreda’s novel La Punyalada.
www.itinerannia.net

FACT FILE
- 13 km
- Linear
- 392 m

20 ZONA VOLCÀNICA DE LA GARROTXA NATURAL PARK
Explore the Natural Park on this route.
www.itinerannia.net

FACT FILE
- 12 km
- Circular
- 389 m

21 DALÍ LANDSCAPES
Discover the landscapes that inspired Salvador Dalí.
www.itinerannia.net

FACT FILE
- 17 km
- Circular
- 495 m

22 AROUND SANT PERE DE RODES
Walk through the area surrounding the Benedictine monastery of Sant Pere de Rodes.
www.itinerannia.net

FACT FILE
- 17.5 km
- Circular
- 559 m
BEYOND HIKING

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 archeological sites, as well as over fifty museums, devotional sanctuaries of great beauty, places of worship, and interesting ruins full of history.

GASTRONOMY

NATURE AND FINE CUISINE
The fine Pyrenean gastronomy makes it a pleasure to sit down and enjoy our mountain specialties. 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 for a well-deserved rest.