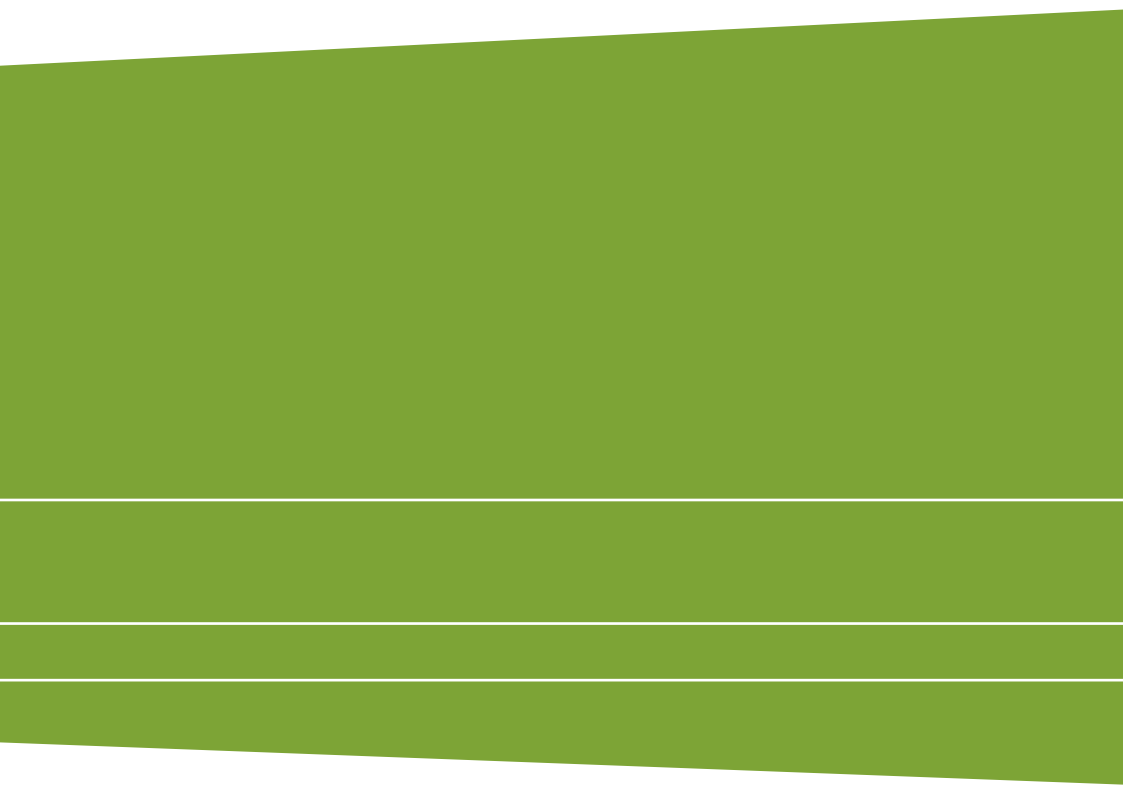




Catalonia **is** Mountain Bike





BTT Catalunya Mountain Bike Centres



**Centres BTT**

ACTIU-NATURA

# Catala



# lonia

## is Mountain Bike

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This Guide to the BTT Catalunya Mountain Bike Centres is conceived as a pleasant, practical and user-friendly tool for anyone that wants to enjoy the beauty spots of Catalonia on a mountain bike. Pedal away and enjoy the endless natural resources, landscapes, culture, gastronomy and tourist delights of a land flowing with diversity.

You can expand this and other information on BTT Catalunya Mountain Bike Centres on the website: [www.catalunya.com](http://www.catalunya.com)

## Presentation of the BTT Catalunya Mountain Bike Centres

In 1997, Turisme de Catalunya began to work on a project to create a network of BTT Catalunya Mountain Bike Centres, a ground-breaking initiative in the Spanish state. The Pla de l'Estany - Banyoles Mountain Bike Centre was to first to open, in 1999, which means that the network of Catalunya Mountain Bike Centres now has more than 10 years of experience, with 18 mountain bike centres operational.

Mountain bike fans can now enjoy a network of **18 Centres**, with a total of **311 routes** and more than **6.000 km signposted**.

The Catalan Tourist Board manages the BTT Catalunya Mountain Bike Centres programme jointly with the Consell Català de l'Esport and the Federació Catalana de Ciclisme, and has registered specific signs for the BTT Catalunya Mountain Bike Centres in Spain.

### What is a BTT Catalunya Mountain Bike Centre?

It is a free-access site for mountain biking. All the BTT Catalunya Mountain Bike Centres have at least one welcoming point which offers tourist information and complementary services related to this sports activity, as well as recreational facilities. At the same time, they become the points of departure for different itineraries signposted in the surrounding area. All the routes of a BTT Mountain Bike Centre add up to at least 100 kilometres, and are signposted to facilitate biking and to help the user get to know the country's natural treasures, scenery and culture.

### What does a BTT Catalunya Mountain Bike Centre offer?

- At least 100 km of itineraries designed for all levels of experience, signposted and classified according to the degree of difficulty.
- A welcoming point that provides bike-related services and also acts as a tourist information point, offering information on the routes, tourist resources and accommodation and restaurants in the area. It also offers leaflets or fliers about the centre and other technical or tourist information on each route in different languages.
- Other complementary services to facilitate mountain biking include: bike rental, parking area, washing points, showers, health services...
- Information points located in restaurants, hostels, hotels and other establishments.
- A quality standard. All BTT Catalunya Mountain Bike Centres are officially approved by the Consell Català de l'Esport and the Federació Catalana de Ciclisme.

### Characteristics of the routes

In general, the routes are circular, avoiding vehicle traffic and minimising asphalted surfaces and two-way traffic. The level of difficulty is indicated by a colour code that is shown on all the information and sign posts along the way.

Colour of the signs. Degree of difficulty of the route

easy                  average                  difficult                  very difficult

Departure point 

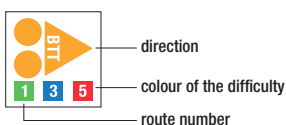


Most of the routes of a BTT Catalunya Mountain Bike Centre depart from the welcoming points. Nevertheless, and when justified by the interest of the space and the itinerary, some routes may depart from isolated points that do not have the services of a welcoming point.

## Signs along the land

At the departure point of the routes, be it a welcoming point or an isolated point, there is an information panel. The information on these panels is complemented by signs that help the user to locate the different services and follow the routes.

To follow the itineraries, direction signs have been installed from the departure point to the point of arrival, with an average frequency that varies depending on the land. These signs are placed particularly where there are points of intersection and sudden changes of direction.



**Direction signs.** They point the direction and indicate the route number and the corresponding difficulty by a colour code. The signs may contain info on more than one route. They are installed on different kinds of vertical mounts, and some make the most of existing material.



**Link-up signs between routes and between BTT Catalunya Mountain Bike Centres.** They indicate the direction to be followed to link up with other routes of the same Centre, or routes with another BTT Catalunya Mountain Bike Centre.



**Wrong direction signs.** They are located at crossroads or junctions where there may be confusion as to the direction to be followed.



**Danger signs.** Great caution should be taken at these signs. They are located just before a special difficulty, before a traffic junction, or any other potentially hazardous situation.



**Two-way signs.** They indicate sections of the route where other users may be cycling in the opposite direction because they are on another route.



**Location signs.** They indicate the location of a specific and typical service of the BTT Catalunya Mountain Bike Centre (here, showers).



## Route signposts

The signs that indicate services or how to follow the routes are placed on mounts or supports created specifically for this purpose, such as wooden poles or natural or urban elements, depending on the place and the local by-laws.

Besides the information panel at the departure points and the other signs, there may be other specific signs about tourist resources on the route, or else near it. These signs are normally placed on the materials and formats normally used by the General Board of Tourism of the Government of Catalonia in the rural setting.



# How to use

## the guide to the BTT Catalunya Mountain Bike Centres

This guide provides information in the form of a data sheet on all the BTT centres in the network of Catalunya Mountain Bike Centres, with a description of their general characteristics. You will also find general information on the Transcatalunya route, a long-distance itinerary to travel across Catalunya in mountain bike, linking up the different BTT Catalunya Mountain Bike Centres.

More information at [www.catalunya.com](http://www.catalunya.com) and in the different BTT Catalunya Mountain Bike Centres.

Labels on the screenshot:

- Mountain Bike Centre
- Description of the Mountain Bike Centre
- Number of routes of each level of difficulty:
  - Very easy (green)
  - Easy (blue)
  - Difficult (red)
  - Very difficult (black)
- Total km of each level of difficulty
- Total km of the Mountain Bike Centre
- Services of the Mountain Bike Centre
- Opening period of the Welcoming Point
- Welcoming Point and tourist information
- Competitions and events
- Certifications
- Location of Welcoming Point
- Tourist Mark
- Information on the routes

### Legend icons Mountain Bike Centres

- |                                     |                              |                     |   |
|-------------------------------------|------------------------------|---------------------|---|
| Rental material                     | Toilet                       | Swimming pool       | Paragliding   |
| Bike wash                           | Changing rooms               | Internet connection | GPS rental  |
| Bike workshop                       | Accommodation                | Information         | Family Tourism Destination  |
| Minor repairs                       | Free bike with accommodation | Rest Area           | Sports Tourism Destination  |
| Complementary material for children | Bar                          | Guides              | Water sports resort   |
| Car Park                            | Vending machines             | Mountain bikes      | Tourist quality commitment  |
| Bike parking                        | Restaurant                   | Hybrid bikes        | Services of the Mountain Bike Centre Centralised in the Welcoming Point |
| Showers                             | 24-hour                      | Mechanical lifts    | Services of the Mountain Bike Centre in different points                |
| Welcoming Point                     | Departure point              |                     |   |

## An explosion of colour

El Lluçanès is a natural mountain bike country. It has eight routes: green, blue, red or black, according to the degree of difficulty, which cross equally colourful places, albeit of a different kind: the changing green of the oaks, holm oaks and pine trees, the toasted tones of crops of cereals, blue riverbanks, the explosion of flowers along the roadsides in spring... A diverse colour palette that is a delight to behold all year round.

From the bicycle, Lluçanès shows off its best beauty spots, combining cliffs, caves, hundreds of farmhouses, cattle tracks, Romanesque buildings and magnificent views. Plus all the tourist services it has to offer - country houses, holiday homes, campsites, hostels, restaurants and shops - local fiestas and deep-rooted traditions, top-level gastronomy and age-old legends of witches and bandits.



## The Routes

**2**

15.1 km

**2**

45.8 km

**3**

106.6 km

**1**

52.2 km

**Total 219.7 km**

## Mountain Bike Centre Services



## Opening period

From April to June: weekends and holidays, from 10 am to 2 pm and from 4 to 8 pm. July and August: every day, from 8 am to 2 pm.

September and October: weekends and holidays, from 10 am to 2 pm and from 4 to 8 pm.

From November to March: weekends and holidays, from 10 am to 2 pm.

## Welcoming Point

Prats de Lluçanès

Sports Centre of Prats de Lluçanès

c/ Mateu Garreta, 2

08513 - Prats de Lluçanès

Tel. 938 508 160 • Fax 938 880 456

turisme.consorci@llucaenes.cat • www.turisme.llucaenes.cat

## Tourist information

Tel. 938 880 050

turisme.consorci@llucaenes.cat • www.llucaenes.cat

## Competitions and events

Popular bike event every year at the end of March organised by the Unió Ciclista del Lluçanès.

## No. Name Route

- 1 Els Elois
- 2 Sant Andreu de Llanars
- 3 Salselles
- 4 Costa de la Cavalleria
- 5 Els Carlins
- 6 Aiguabarreig
- 7 Els Sorreigs
- 8 Les Gatoses



Cal Dama (junction with c/ Cinc de Febrer and Gironella road). Prats de Lluçanès.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Prats de Lluçanès	5.1	95	45 min	■
Prats de Lluçanès	10	170	1 h	■
Prats de Lluçanès	30.1	860	2 h 45 min	■
Prats de Lluçanès	21.6	370	1 h 30 min	■
Prats de Lluçanès	52.2	1,574	4 h	■
Prats de Lluçanès	41.9	937	3 h	■
Olost	34.7	859	2 h 45 min	■
Prats de Lluçanès	24.2	501	1 h 30 min	■

## Excitement and peace and quiet

Hues of green, blue, red or black, any one of the eleven mountain bike itineraries in la Plana de Vic are a pure pleasure for the senses. The different signposted circuits link Vic, Manlleu and the territory of Portes del Montseny. La Plana de Vic BTT Centre links up with a further two centres, in Vall de Sau-Collscabra and Lluçanès, thus creating a huge network of routes through the county of Osona.

La Plana de Vic has plenty to see: The city of Vic is the main commercial and service centre, with a vast heritage of monuments and cultures, where pride of place goes to the historic centre, the Cathedral, the Roman temple or the Episcopal Museum. The routes across the land take in beautiful churches, castles, bandit hideouts and an industrial heritage along the river headed by the Industrial Museum of the river Ter.

This vast heritage of nature and monuments, as well as the broad range of hospitable restaurants and accommodation, all makes la Plana de Vic a delightful place to visit. The bike routes are also a healthy way of discovering a dynamic county packed with spots where you can enjoy peace and quiet and serenity.



## The Routes



**Total 299.3 km**

## Mountain Bike Centre Services



## Opening period

Closed for two weeks at Christmas and over the Easter holiday.  
Open every day the rest of the year from 9 am to 2 pm and from 4 to 8.00 pm.

## Welcoming Point

Vic  
Hostel Canonge Collell  
Av. Olímpia, 4 • 08500 - Vic  
Tel. 938 894 938  
alberg.vic@gencat.cat • www.xanascat.cat

## Tourist information

County Tourism Office of Osona  
Tel. 938 851 715 • info@osonaturisme.cat • www.osonaturisme.cat  
Vic - Tourist Office  
Tel. 938 862 091 • turisme@vic.cat • www.victurisme.cat  
Seva - Consortium Portes del Montseny  
Tel.: 938 125 712 • tur.laplana@diba.cat  
www.portesdelmontseny.com  
Manlleu - Tourist Office  
Tel. 938 515 176 • turisme@mitmanlleu.org • www.manlleu.cat

## No. Name Route

- 1 Vic - Gurb - Vic
- 2 Vic - Sta. Eulalia de Riuprimer - La Guixa - Vic
- 3 Vic - Gurb - Sta. Eulalia de Riuprimer - La Guixa - Vic
- 4 Vic - Gurb - Chapel of St. Sebastià - Fontfreda - Sta. Eulàlia de Riuprimer - Vic
- 5 Vic - Malla - Tona - Múnter - La Guixa - Vic
- 6 Vic - Mont-rodon - Puig l'Agulla - St. Julià de Vilatorrada - Calldetenes - Vic
- 7 Vic - Creu de Gurb - St Bartomeu Grau - Sta Cecília - Vic
- 7.1 Vic - Creu de Gurb - St. Bartomeu del Grau - Sta. Cecília de Voltregà - Vic
- 8 Vic - Manlleu - Vic
- 9 Manlleu - Sanctuary of Puig Agut - Manlleu
- 10 Tona - Mare de Déu de l'Ajuda - St. Miquel de Vilageriu - Tona
- 11 Tona - Múnter - Muntanyola - St. Cugat de Gavaldons - Collsuspina - Tona



Chapel of Sant Miquel de Vilageriu. Tona. Osona.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Vic Welcoming Point	8.3	94	1 h 30 min	■
Vic Welcoming Point	14.8	202	1 h 30 min - 2 h	■
Vic Welcoming Point	19.5	249	2 h - 2 h 45 min	■
Vic Welcoming Point	37.6	725	4 h 30 min - 5 h 30 min	■
Vic Welcoming Point	32.1	471	3 h 30 min - 4 h 30 min	■
Vic Welcoming Point	35	610	4 h 30 min - 5 h 30 min	■
Vic Welcoming Point	32	980	4 h 30 min - 5 h 30 min	■
Vic Welcoming Point	42.8	1,375	6 h 30 min - 7 h 30 min	■
Vic Welcoming Point	22.8	229	2 h - 3 h	■
Manlleu	13.8	162	1 h 30 min - 2 h 30 min	■
Tona	9	150	1 h - 2 h	■
Tona	31.6	992	4 h 30 min - 5 h 30 min	■

# Vall de Sau - Collsacabra Paisatges Barcelona

## The force of nature

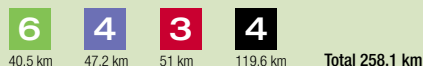
Paths through forests, gullies, waterfalls, impressive vantage points and even Monoliths with the poetry of Jacint Verdaguer, all mirroring the variety of the 16 mountain bike routes through the Sau-Collsacabra Valley, totalling 256 kilometres split into degrees of difficulty: easy, moderate or difficult.

The routes depart from the different towns and villages of the area, with topographic and landscape characteristics that make Vall de Sau-Collsacabra a very appealing place for mountain-bike lovers.

Indeed, nature is the main asset of the area, which is crossed by the river Ter and smattered with picturesque villages full of history and tradition: Folgueroles, l'Esquirol, Rupit i Pruit, Sant Julià de Vilatorça, Tavèrnoles, Tavertet i Vilanova de Sau. Mention must be made, moreover, of the restaurants and accommodation, full of the tradition and spirit of the mountain.



## The Routes



## Mountain Bike Centre Services



## Opening period

From March 15 to October 15, from Monday to Sunday from 10 am to 7 pm.

## Welcoming Point

Anigami - (Masia Les Comes)  
Road C-153 from Vic to Olot, km 18,7 • 08511 - L'Esquirol  
Tel. 937 447 295 • info@anigami.cat

## Tourist information

Regional Tourist Information Office  
Tel. 938 851 715  
info@osonaturisme.cat • www.osonaturisme.cat

## Competitions and events

Support and information for the annual popular Cabrerès mountain bike race that is held in May.  
Duathlon of Collsacabra, mountain-bike race held in May.

## No. Name Route

- 1 Tavertet - Pla del Castell - Tavertet
- 2 Santa Maria de Corcó - La Barra de Ferro - Santa Maria de Corcó
- 3 Tavertet - Fageda de La Cau forest - Sant Corneli - Tavertet
- 4 Santa Maria de Corcó - Cantonigrós - Tavertet - Rupit - Santa Maria de Corcó
- 5 Santa Maria de Corcó - Sant Julià de Cabrera - La Foradada - Santa Maria de Corcó
- 6 Rupit - Puig de la Batalla mountain - Waterfall of Salent - Rupit
- 7 Folgueroles - Casol de Puigcastellet - Sant Pere de Savassona - La Damunt - Folgueroles
- 8 Folgueroles - La Damunt - Sant Jordi de Puigseslloses - Folgueroles
- 9 Folgueroles - La Damunt - Monoliths de Jacint Verdaguer - Folgueroles
- 10 Folgueroles - Font Trobada - Folgueroles
- 11 Folgueroles - Els Munts - Sau Reservoir - Savassona - Tavèrnoles - Folgueroles
- 12 La Riba - El Bruger - La Riba
- 13 Link-up point: Vilanova - Information Point - Rupit Information Point
- 14 Vilanova de Sau - Sant Romà de Sau - Vilanova de Sau
- 15 Vilanova de Sau - Cal Joan - Vilanova de Sau
- 16 St. Julià Vilatorça - Puiglagulla - Sant Julià
- 17 Route for beginners



Sau Reservoir. Tartert (Morro de l'Abella).

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Tartert Information Point	7.5	50	45 min	■
Welcoming Point	7.4	80	1 h	■
Tartert Information Point	14.8	250	1 h 30 min	■
Welcoming Point	41	89	4 h 15 min	■
Welcoming Point	25.5	900	3 h	■
Rupit Information Point	17	450	1 h 45 min	■
Folgueroles Information Point	14.5	300	1 h 15 min	■
Folgueroles Information Point	15	100	1 h 15 min	■
Folgueroles Information Point	10.5	75	1 h	■
Folgueroles Information Point	6.8	50	45 min	■
Folgueroles Information Point	36.1	600	3 h 30 min	■
La Ribba	4	50	30 min	■
Vilanova Information Point	21.7	300	2 h	■
Vilanova Information Point	14	100	1 h 15 min	■
Vilanova Information Point	10	70	1 h	■
St. Julià Vilatorca Information Point	10.8	192	1 h 30 min	■
Welcoming Point	1.7	28	30 min	■

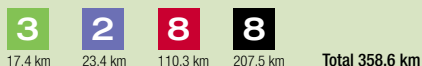
## Nature and fun a few turns of the pedal away

Sheer sport, fun and nature come together in Baix Empordà. The Mountain Bike Centre of this county calls upon bike-lovers to delve into the massifs of Gavarres and Ardenya against a backdrop of mountain beauty sports facing the sea. The 21 routes prepared for this spots are all connected, which makes it possible to combine different routes, levels and degrees of difficulty over 359.17 kilometres.

Besides offering beautiful sites for mountain bike lovers, Baix Empordà also has a varied and comprehensive tourist offer: sea and mountain, culture, local fiestas, superior gastronomy... Top-notch sites to enjoy as you pedal along during your stay on the Costa Brava.



## The Routes



## Mountain Bike Centre Services



## Opening period

June, July, August and September open from Monday to Sunday from 9 am to 1 pm and from 3 to 6 pm. Rest of the year open weekends and holidays from 9 am to 1 pm and from 3 to 5 pm. Outside this timetable the Welcoming Point will be open for groups by booking only.

## Welcoming Point

Castell d'Aro  
 Av. del Carrilet, s/n (former Carrilet train station)  
 17250 - Castell d'Aro  
 Tel./Fax 972 825 151 • info@sportivament.com  
**Tourist information**  
 Tel. 972 642 310 • Fax 972 645 575  
 turisme@baixemporda.cat • www.visitemporda.com

## No. Name Route

- 1 The d'Aro Valley
- 2 El Riudaura
- 3 The castle of Solius Mas Pla-Solius
- 4 Valley of Sant Amanç
- 5 The chapel of Sant Elm
- 6 The Gros Hill
- 7 Tour of Ardenya
- 8 Coastal Gavarra
- 9 Arques Hill
- 21 Right bank of the Daró
- 22 On both banks of the Daró
- 23 From la Bisbal to Sant Miquel de Cruïlles
- 24 Along the foot of les Gavarres
- 25 From la Bisbal d'Empordà to Fitor
- 26 To Santa Lúcia d'Arboç and the Perduts mountain range
- 27 Coll de la Ganga path and Sant Cebrià dels Alls
- 31 Santa Maria de Bell-lloc
- 32 The mountain of Cant Mont
- 33 Puig Cargol and Sant Cebrià dels Alls
- 41 Long tour of Massís del Montgrí
- 42 Link up between l'Estartit and Torroella





Photo by ALCOBE - Daniel Punseti

Gully of Fitor. Fonteta. Baix Empordà.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Castell d'Aro Welcoming Point	8.9	30	45 min - 1 h 15 min	■
Castell d'Aro Welcoming Point	16.8	100	1 h - 1 h 30 min	■
Mas Plau de Solius (Santa Cristina d'Aro)	6.3	80	45 min - 1 h 15 min	■
Monastery of Sant Feliu de Guíxols	6.7	150	1 h - 1 h 30 min	■
Monastery of Sant Feliu de Guíxols	7.9	125	1 h - 1 h 30 min	■
Monastery of Sant Feliu de Guíxols	11.4	290	1 h 30 min - 2 h	■
Monastery of Sant Feliu de Guíxols	30.2	680	2 h 30 min - 3 h	■
Castell d'Aro Welcoming Point	25.9	600	2 h - 2 h 30 min	■
Romanyà de la Selva (Santa Cristina d'Aro)	25.9	605	2 h 30 min - 3 h	■
Bisbal d'Empordà Public Swimming Pool	3.6	25	30 min - 1 h	■
Bisbal d'Empordà Public Swimming Pool	4.9	22	30 min - 1 h	■
Bisbal d'Empordà Public Swimming Pool	6.6	60	45 min - 1 h	■
Bisbal d'Empordà Public Swimming Pool	16.6	150	1 h - 1 h 30 min	■
Bisbal d'Empordà Public Swimming Pool	25.3	300	2 h - 3 h	■
Bisbal d'Empordà Public Swimming Pool	24.9	400	2 h 30 min - 3 h	■
Bisbal d'Empordà Public Swimming Pool	36.8	700	3 h - 4 h	■
Sports Hall of Palamós	20.5	510	2 h - 3 h	■
Town Hall of Calonge	13.2	300	1 h 30 min - 2 h	■
Town Hall of Calonge	31.9	700	2 h 30 min - 3 h	■
Montgrí Secondary School	20	375	2 h	■
Fountain of Santa Anna	14.3	254	1 h 25 min	■

## A land for travelling in

More than 200 kilometres of nature, landscape and culture make up the mountain bike routes through Gironès. Peaceful and charming, this county may be said to have been made to travel through, either by bike or on foot.

Beyond the capital, Girona, –a must-see– lie small villages slotted into unique natural spaces, farmhouses converted into rural tourism houses, Romanesque hermitages, panoramic views, restaurants featuring the best dishes of the local cuisine...

The numerous delights of Gironès look even better from the saddle of a mountain bike. There are wild spots, flat lands, paths along the Rivers Ter, Onyar or Celrà, routes across meadows, others leading up the mountainside... A huge exciting world to choose from, in the knowledge that you cannot go wrong.



## The Routes



## Mountain Bike Centre Services



## Opening period

From May to October, at weekends.

## Welcoming Point

Sant Gregori Mountain Bike Centre

La Pineda, s/n • 17150 Sant Gregori

Tel. 972 428 300

centrebtt@santgregori.cat • promocio@santgregori.cat

www.stgregori.com/centrebtt/

## Tourist information

El Gironès Visitor's Centre

Av. França, 221 • 17840 Sarrià de Ter

Tel. 972 011 669

centredevisitants@girones.cat • www.turismegirones.cat

## Competitions and events

Contact the Welcome Point for the agenda of activities.

## No. Name Route

- 1 The churches of Quart
- 2 The Farmhouse route
- 3 Les Gavarres
- 4 The Adri Valley
- 5 Sant Grau
- 6 The carrilet station of Llambilles
- 7 La Torratxa
- 8 South Bescanó
- 9 The middle Ter
- 10 The villages of the right Ter
- 11 The sanctuary of the Angels
- 12 From Sarrià de Ter to Canet d'Adri
- 13 Rocacorba

## Link-up routes

- A Aiguaviva and Fornells de la Selva
- B Llagostera



Beauty spot of the chapel of Sant Cristòfol del Bosc, Llambilles, Gironès.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Quart	6	98	30 min	■
Quart	13	115	45 min	■
Quart	23.7	400	2 h - 3 h	■
Sant Gregori	16	202	1 h 15 min	■
Sant Gregori	19	450	2 h - 3 h	■
Quart	6,1	55	20 min	■
Vilablareix	14	208	45 min	■
Bescanó	18	385	1 h - 2 h	■
Sant Jordi Desvalls	17.2	373	1 h - 2 h	■
Celrà	21.7	254	1 h 30 min	■
Celrà	19	580	2 h - 3 h	■
Sarrià de Ter	22.6	204	1 h 30 min	■
Canet d'Adri	19	678	2 h - 3 h	■
Aiguaviva	4.9			■
Llagostera	8.7	447	1 h	■

# El Pla de l'Estany - Banyoles Costa Brava

## Paths in green and blue

The mountain bike is one of the best ways to get to know Pla de l'Estany. The county has ten bike routes, places full of charm which depart from the county capital, Banyoles. The famous lake around it is one of its main highlights, although there is plenty more to discover in full contact with nature.

The different circuits that depart from the Pla d'Estany - Banyoles BTT Mountain Bike Centre and other places in the county, such as Pujarnol, Palol de Revardit or Veïnat de Martís, traverse beauty spots where water, the lush green of nature and Romanesque architecture are the true stars of the show.

Banyoles was an Olympic rowing sub-site in 1992, in recognition of the county's sports tradition and the excellent infrastructure for activities such as swimming, rowing, canoeing. This is all complemented by the network of BTT Centres and numerous and varied tourist services: rural houses, hotels, camp sites, holiday homes, restaurants...

A great stay amid blue and green paths.



## The Routes



## Mountain Bike Centre Services



## Opening period

From September to June; Saturdays, Sundays and holidays from 9.30 am to 1.30 pm and from 4 to 8 pm.

July and August; every day from 9.30 am to 1.30 pm and from 4 to 8 pm.

## Welcoming Point

Porqueres

Pla de l'Estany - Banyoles Mountain Bike Centre

Casa de Colònies El Vila

Road Circumval·lació de l'Estany, s/n • 17834 - Porqueres

Tel. 699 770 647

centrebtt@plaestany.net • www.plaestany.cat/centrebtt

## Tourist information

Tel. 972 573 550

turisme@plaestany.cat • www.plaestany.cat/turisme

## Certifications



## No. Name Route

- 1 From Puig Clarà to Camós
- 2 The Torrentmal path
- 3 Can Ramió de Camós and la Mota
- 4 Ascent of Sant Patllari
- 5 Brif and Guixeres route
- 6 Ollers and Fluvià route
- 7 Espasens - Vilademuls - Ravós del Terri
- 8 Tour of Banyoles lake
- 9 Tour of Pla de Martís
- 10 Serinyà and the pond route

## Link-up routes

- A Link-up Rocacorba route
- B Link-up Biert route
- C Link-up Refugi de la Mota route



Banyoles Lake. Pla de l'Estany.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Welcoming Point	19.9	260	1 h 15 min	■
Welcoming Point	8.4	45	30 min	■
Neighbourhood of the la República (Palol de Revardit)	43.7	960	3 h 30 min	■
Welcoming Point	20.9	460	2 h	■
Martís	46.7	830	3 h 30 min	■
Martís	30.6	500	2 h	■
Neighbourhood of the la República (Palol de Revardit)	43	750	3 h	■
Alberg de l'Estany Hostel	6.5	imperceptible	25 min	■
Welcoming Point	12	imperceptible	45 min	■
Welcoming Point	20	100	1 h 30 min	■
Pla de l'Estany, neighbourhood Pujarnol (route 4)	16.5	425	1 h 15 min	■
Pla de l'Estany, neighbourhood Pujarnol (route 3)	10.5	150	45 min	■
Pla de l'Estany, Els Refugis de la Mota residential area (route 3)	5.5	120	20 min	■

## Water paths

Water becomes a common element in the different landscapes of the county of la Selva: the coves, beaches and cliffs of the Costa Brava, the lush forests of the Guillerries and Montseny, the riverside spaces and the crops on the plains, the volcanic areas, the gullies, the Onyar, Ter or Tordera rivers, the reservoirs of Susqueda and Pasteral, the pond of Sils...

More than 400 kilometres of paths for mountain biking scattered over 25 routes with different degrees of difficulty, are an excellent way of getting to know all these water and other equally attractive paths to enjoy, first hand, the monuments, traditions, botanical gardens, the museums and the gastronomy of the county.

La Selva has a longstanding experience in coastal and inland tourism. Hence it boasts numerous top-quality establishments: rural houses, hotels in the mountain or on the beach, spas, restaurants... The perfect complement to an unforgettable holiday in the water county.



## The Routes

**2**

16.5 km

**7**

100.4 km

**11**

178.8 km

**5**

115.4 km

**Total 411.1 km**

## Mountain Bike Centre Services

Amer



Tossa de Mar



## Opening period

Amer

All year round, Fridays and Saturdays from 9 am to 2 pm and from 3 to 6 pm, Sundays and holidays from 10 am to 2 pm.

Tossa de Mar

Every day from October to April from 9 am to 6 pm and May to September from 9 am to 8 pm.

## Welcoming Point

Amer

C/ Pujada de l'Estació, 15 (former Carrilet train station)  
17170 - Amer • Tel. 972 430 160 • [informaciot@amer.cat](mailto:informaciot@amer.cat)  
[www.laselvaturisme.com](http://www.laselvaturisme.com)

Tossa de Mar

Zona esportiva, s/n • 17320 - Tossa de Mar  
Tel. 972 340 108 • [info@infotossa.com](mailto:info@infotossa.com)

## Tourist information

Tel. 972 841 702 • [www.laselvaturisme.com](http://www.laselvaturisme.com)

## No. Name Route

- 1 Puig de Cadiretes
- 2 Planes de l'Aromir
- 3 Aiguafina
- 4 Sant Pere del Bosc
- 5 Sant Pere Desplà
- 6 El Vilar
- 7 Blanes
- 8 Vallcanera - Serramagra
- 9 Sils Pond
- 10 Sant Marçal
- 11 El Soler
- 12 The chapels
- 13 Les Planes - Joanet
- 14 Fields of Onyar
- 15 Sant Maurici
- 16 Crosa de Sant Dalmai
- 17 Puig de Montgrós
- 18 Santa Brígida
- 19 Bonmatí
- 20 Sant Pere Màrtir
- 21 The reservoirs
- 22 Montsoriu
- 23 Sant Pere Sestronques
- 24 The Farmhouses of Sant Amanç
- 25 Puig d'Afrou



Susqueda reservoir. Sant Hilari Sacalm. La Selva.

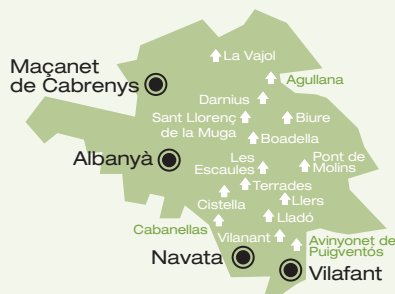
Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Tossa de Mar Welcoming Point	10.9	460	1 h	■
Tossa de Mar Welcoming Point	14.8	200	1 h	■
Tossa de Mar Welcoming Point	18.4	185	1 h 15 min	■
Lloret de Mar	13.2	140	1 h	■
Arbúcies	15.8	425	1 h 15 min	■
Blanes	8.2	140	45 min	■
Blanes	4.4	100	25 min	■
Sils	15.9	80	1 h	■
Sils	12.1	10	45 min	■
Arbúcies	32.6	865	2 h	■
Sant Hilari Sacalm	19.5	220	1 h 15 min	■
Sant Hilari Sacalm	22.8	280	1 h 45 min	■
Sant Hilari Sacalm	16.0	310	1 h	■
Caldes de Malavella	16.1	25	1 h	■
Caldes de Malavella	8.6	65	30 min	■
Vilobí d'Onyar	14.5	40	45 min	■
Lloret de Mar	15.9	295	1 h	■
Amer Welcoming Point	13.4	300	1 h 15 min	■
Amer Welcoming Point	21.1	145	1 h 30 min	■
Amer Welcoming Point	21.3	190	1 h 30 min	■
Amer Welcoming Point	30.9	685	2 h 30 min	■
Arbúcies	23.9	430	1 h 45 min	■
Anglès	12.8	130	45 min	■
Anglès	9.8	95	30 min	■
La Celler de Ter	18.2	655	1 h 45 min	■

## Empordà, waiting to be discovered

The municipalities of the consortium of Salines-Bassegoda, in the Empordà hinterland, are a world just waiting to be discovered. One good way of doing so is by bike, travelling over areas of great natural beauty, taking in monuments and history with a capital H. The Mountain Bike Centre offers 600 kilometres of paths and 33 routes that stop in the most symbolic towns and villages of this territory so full of contrasts.

The mountain bike can take the sports enthusiast to these sites, such as the incomparable scenery of the Plana de l'Empordà and the valleys of la Muga, l'Amèria, el Manol or the Boadella reservoir, enjoying the hermitages, churches, bridges, dolmens and menhirs...

And since nature, besides being beautiful, is wise and has gifted this territory with the ingredients it needs to enjoy a top-level gastronomy, in the restaurants, hotels, rural tourism houses and other establishments scattered across this delightful piece of Empordà.



## The Routes

<b>8</b>	<b>11</b>	<b>8</b>	<b>6</b>	<b>Total 597.18 km</b>
81.08 km	177.1 km	146 km	193 km	

## Mountain Bike Centre Services



## Opening period (Maçanet de Cabrenys)

From June to September, from 11 am to 2 pm and from 4 to 8 pm. Rest of the year, holidays from 11 am to 2 pm. If it is closed you can phone for the key (Tel. 617 805 759).

## Punts d'acolliment

Maçanet de Cabrenys. Office of Information and Tourism and Cultural Centre Miquel Barnadas, The Pont car park, s/n • 7720 - Maçanet de Cabrenys. Tel. 972 544 297 - 972 544 005

turisme@massanet.org • www.massanet.org

Navata Tel. 972 982 983 / 872 004 109 • ajuntament@navata.org www.navata.org

Albanyà - Campsite Bassegoda Park Tel. 972 542 020

info@bassegodapark.com • www.bassegodapark.com

Vilafant Tel. 972 502 850

info@sappysport.com • www.sappysport.es

www.salines-bassegoda.org/centrebtt

**Tourist information:** Tel. 972 565 004 • www.salines-bassegoda.org

## Competitions and events

- 4 annual bike outings departing from the different municipalities of Salines - Bassegoda.
- The Club Ciclista Senglanassos (linked to the Mountain Bike Centre) organises the MASDH every year, the International Downhill Championship on mountain bike in Maçanet de Cabrenys.

## No. Name Route

- 1 Els Bosquets
- 2 Chapel route
- 3 La Porrissa
- 4 Tour of the reservoir
- 5 Fountain route
- 6 Els Senglanassos
- 7 Coll de Pincaró
- 8 Bassegoda - Alta Garrotxa
- 9 Navata - Vilademuls - Vilert
- 10 Navata - Lladó - Navata
- 11 Navata - La Serra - Navata
- 12 Water route - Sant Llorenç de la Muga
- 13 Manol circuit - Vilafant
- 14 Vilafant - Pla del Timoner
- 15 Avinyonet - Les Garrigues - Vilanant
- 16 Avinyonet - Llers - Vilanant
- 17 Link-up Pont de Molins with Biure and Llers
- 18 El Ricardell - Biure
- 19 Can Muné - Biure
- 20 Cistella - Lladó - Manol
- 21 Cabanelles - Navata
- 22 Cistella - Vilarig - Terrades
- 23 La Vajol - Les Salines
- 24 Vilanant - Avinyonet - Travaus
- 25 Llers - Palau Surroca
- 26 Lladó - L'Estela - Lladó
- 27 Lladó - Sant Martí - Sesserres - Lladó
- 28 Lladó - Albanyà - Bassegoda - Lladó
- 29 Terrades - Les Escaules - Palau Surroca
- 30 Terrades - Sant Llorenç - Terrades
- 31 Els Pardals - Darnius - La Vajol
- 32 Boadella - Terrades - Darnius - Biure
- 33 Agullana - La Vajol





Church of Sant Pere de Can Miró. Navata. Alt Empordà.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Maçanet de Cabrenys	8.8	185	40 min	
Maçanet de Cabrenys	23	410	1 h 40 min	
Maçanet de Cabrenys	12.3	200	1 h	
Maçanet de Cabrenys - Sant Llorenç - Darnius	33.6	587	2 h 30 min	
Maçanet de Cabrenys	11.7	205	40 min	
Maçanet de Cabrenys	17.3	520	2 h 30 min	
Albanyà	14.1	500	1 h	
Albanyà	48	970	5 h	
Navata	31	360	1 h 50 min	
Navata	20.4	245	1 h 40 min	
Navata	7.9	98	35 min	
Sant Llorenç de la Muga	9.1	190	40 min	
Vilafant	8.6	104	40 min	
Vilafant	11	117	1 h 10 min	
Avinyonet de Puigventós - Vilanant	10	130	1 h	
Llers - Avinyonet de Puigventós - Vilanant	17	317	1 h 40 min	
Pont de Molins - Biure - Llers	6.3	232	40 min	
Biure	6.4	131	35 min	
Biure	8.8	188	50 min	
Cistella - Lladó	12.8	304	1 h 25 min	
Cabanelles	22.8	465	1 h 40 min	
Cistella - Terrades	17.6	364	1 h 25 min	
La Vajol	21.7	864	2 h 15 min	
Vilanant - Avinyonet de Puigventós	21	305	1 h 40 min	
Llers - Avinyonet de Puigventós - Vilanant	14.1	307	1 h 10 min	
Lladó	20	538	2 h	
Lladó	26.5	683	2 h 20 min	
Lladó - Albanyà	62	1,935	5 h 50 min	
Les Escaules - Terrades	13	372	1 h	
Terrades - Sant Llorenç de la Muga	9.2	242	1 h	
Darnius - La Vajol	17	501	1 h 20 min	
Boadella	16.6	290	1 h 30 min	
Agullana - La Vajol	17.5	530	1 h 50 min	

# Mont-roig del Camp - Miami Platja Costa Daurada

## Mountain and sea

Ten perfectly marked routes of more than 140 kilometres welcome mountain bike lovers to Mont-roig del Camp - Miami Platja, a sunny spot on the Costa Daurada heavily marked by the duality of sea and mountain with an outstanding offer in accommodation and restaurants.

The Mountain Bike Centre of the municipality is the point of departure for interesting excursions of different levels: from those suited to the whole family along places near the coast to those that climb up the mountainside in search of wilder beauty spots and marvellous views from the heights. All these bike routes meander along through olive groves and carob tree crops, enabling the biker to climb up to the Roca and Peiró hermitages, round the marshes and the golf course, take in the old dry stone cabins, pay a visit to the nearby monastery of Sant Miquel d'Escornalbou or delight in the landscapes painted by the artist Joan Miró during his stay in Mont-roig.

The characteristics and climate of the area are also ideal for other sports, such as water-based activities (at the resort shared by the towns of Salou, Cambrils, Mont-roig del Camp - Miami Platja and L'Hospitalet de l'Infant), golf or horse-riding, besides a broad range of cycling modalities.

## The Routes



Total 144.5 km

## Mountain Bike Centre Services



## Opening period

From June 15 to September 15, from 9 am to 1 pm and from 4.30 pm to 7 pm.

From September 16 to June 14, weekends and Easter holiday from 9 am to 1.30 pm and from 4.30 to 6 pm.

Sundays, morning opening times

## Welcoming Point

Mont-roig del Camp

Mont-roig del Camp - Miami Platja Mountain Bike Centre

C/ Aureli M. Escarré, s/n - 43300 • Mont-roig del Camp

Tel. 977 810 978 - 626 771 607 • Fax 977 179 545

turisme@mont-roig.cat • www.mont-roigmiami.cat

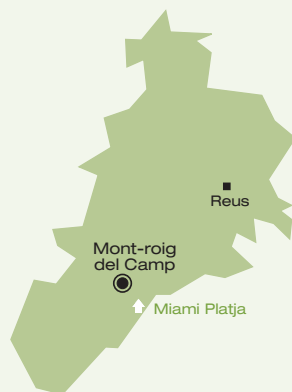
## Tourist information

Tel. 977 810 978 • turisme@mont-roig.cat • www.mont-roigmiami.cat

## Competitions and events

Popular races

## Certifications



## No. Name Route

- 1 Les Planes
- 2 Chapel of Peiró
- 3 Mare de Déu de la Roca
- 4 Els Estels
- 5 Salt Pond
- 6 Gully of Vilanova
- 7 Terres Noves
- 8 Les Arrebassades
- 9 Les Pedreres
- 10 Castle of Escornalbou in Riudecanyes



Les Arrebassades. Route 8, Mont-roig del Camp. Baix Camp

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Mont-roig del Camp	15	70	50 min	■
Mont-roig del Camp	9	90	30 min	■
Mont-roig del Camp	7.5	100	35 min	■
Mont-roig del Camp	6	70	30 min	■
Miami Platja	15	70	50 min	■
Mont-roig del Camp	12	70	50 min	■
Mont-roig del Camp	23	100	1 h 35 min	■
Mont-roig del Camp	15	130	55 min	■
Mont-roig del Camp	18	130	1 h	■
Mont-roig del Camp	24	457	2 h	■

## From coast to mountain view

One of the most interesting points of the coastal municipality that climbs up to the tougher tracks of the Parc del Montnegre and el Corredor, more than 510 metres high. The Mountain Bike Centre of Santa Susanna is the point of departure for routes that total 110 bikeable kilometres between sea and mountain, a combination that adds even greater charm to bike outings in this and other municipalities in the Maresme.

Besides its quality beaches and closeness to the beauty spots of Montnegre, an excellent vantage point onto the Maresme, Santa Susanna offers the visitor other nearby natural areas, as well as an interesting offer in art and culture: the church, watchtowers, chapels... To say nothing of a first-class hotel infrastructure, endorsed by the municipality's longstanding tourist track record.

The nearby Tordera is another starting point for some mountain bike routes in the area. The municipality, famous for its traditional gastronomy and Sunday market, also includes the nearby areas of Hortsavinyà, Sant Pere de Riu, Vallmanya, the old monastery of Rocarossa, as well as different farmhouses, chapels and hermitages. A thousand and one places to take in.



## The Routes



Total 110 km

## Mountain Bike Centre Services



## Opening period

From Monday to Friday, from 9 am to 1 pm. Weekends (from March to November) from 10 am to 2 pm. Afternoons (July and August) from 5 to 9 pm. Closed December and January.

## Welcoming Point

Tourist Office of Santa Susanna  
Avda. del Mar, s/n (In front of the train station) • 08398 Santa Susanna  
Tel. 937 679 008 • 937 679 250  
sports@stasusanna-online.com • oi.turisme@stasusanna.org  
www.stasusanna-online.com

## Tourist information

Tel. 937 679 008 • Fax 937 677 652  
oi.turisme@stasusanna.org • www.stasusanna-online.com

## Competitions and events

- Popular Santa Susanna mountain bike outing (scheduled for October)
- Santa Susanna duathlon
- Triathlon

## Certifications








## No. Name Route

- 1 The orchards and vegetable gardens of Santa Susanna
- 2 Pond of Can Torrent
- 3 Illa del Riu
- 4 Cal Raba - La Roureda
- 5 Chapel route
- 6 The Miralles mountain range
- 7 From Santa Susanna to Tordera
- 8 The paths of Montnegre



Sant Isidre, just before Ranxo Mestres. Santa Susanna. Maresme.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Tourist Office of Santa Susanna	6.4	60	1 h	
Town Hall of Tordera	6.2	50	1 h	
Prudenci Bertrana Park (Tordera)	3.5	50	1 h	
Renfe Train station	7.3	50	1 h	
Welcoming Point	12.6	140	2 h	
Welcoming Point	16.1	250	3 h	
Welcoming Point	30.4	300	4 h - 5 h	
Welcoming Point	27.5	510	5 h - 6 h	

## Paths full of history

Pedalling through the Berguedà takes you along paths full of history and nature. The 11 marked mountain bike routes head into the emblematic Camí dels Bons Homes, through the natural space of el Cadí-Moixeró, stopping in the purest Romanesque spots, through the former industrial colonies on the banks of the Llobregat river...

The county's varied orography gives rise to routes with differing degrees of difficulty: from the placid tracks for beginners to the more demanding trails for expert and adventurous cyclists. And to be enjoyed at any time of year.

As added appeal, mention should be made of the diversity of landscapes in the same county, as well as a gastronomy that will convince cyclists to take some time out to savour some high-quality travel fare based on traditional cooking.

## The Routes



Total 226 km

## Mountain Bike Centre Services



## Opening period

Open all year round except December 25th and 26th and January 1st and 6th.

Summer hours (from Easter Week to September 15): From Monday to Saturday, from 9 am to 1.00 pm and from 4 to 7 pm. Sundays and public holidays from 9 am to 2 pm.

Winter hours (from September 16 to Easter Week): From Monday to Saturday, from 9 am to 1 pm and from 3 to 6 pm. Sundays and public holidays from 9 am to 2 pm.

## Welcoming Point

Tourist Office of Berguedà

Road C-16 km 96. Berga Sud exit • 08600 Berga

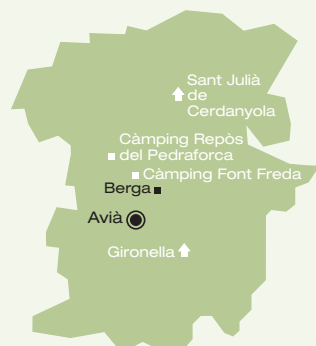
Tel. 938 221 500

[www.elbergueda.cat](http://www.elbergueda.cat)

## Tourist information

Tel. 938 221 500

[turisme@elbergueda.cat](mailto:turisme@elbergueda.cat) - [www.elbergueda.cat](http://www.elbergueda.cat)



## No. Name Route

- 1 Sant Quintí de Monclar
- 2 Pedret
- 3 Gironella
- 4 Noet
- 4.1 Noet - detour
- 5 Pi de les Tres Branques
- 6 L'Estany
- 7 Graugés
- 8 La Riereta
- 9 Els Colls
- 10 Catllaràs route



Casa Sobrestrada. Avià. Berguedà.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Casa Sobrestrada	25	75	3 h	■
Casa Sobrestrada	31	300	4 h	■
Càmping Gironella	15	75	1 h 30 min	■
Casa Sobrestrada	9	30	1 h	■
Casa Sobrestrada	10	30	1 h 15 min	■
Fontfreda Campsite	35	450	4 h	■
Fontfreda Campsite	15	500	3 h 30 min	■
Casa Sobrestrada	5	30	1 h	■
Casa Sobrestrada	20	120	2 h 30 min	■
Repòs del Pedraforca Campsite	35	850	4 h 30 min	■
Sant Julià de Cerdanyola	26	775	2 h 45 min	■

## Contrasts in the Pyrenean foothills

The Pallars Jussà is a land of contrasts. Its green scenery located to the north merges into other harsher, but no less charming, zones. The county, formed by the Noguera Pallaresa and Flamisell basins, is surrounded by the typical mountain ranges and high valleys of the Pyrenean foothills (Montsec, Comiols and Boumort) and of the Pirineus (la Vall Fosca). It all gives rise to a place packed with delights for mountain bike fans.

The mountain bike routes of Pallars Jussà stretch out from around Poblà de Segur to the geographic centre of the county, and run along the areas around the reservoir of Sant Antoni, the Noguera Pallaresa and Flamisell basins, the mountain ranges of Boumort, Sant Corneli, Nerets, Sant Salvador and Camporan Estall. Another mountain bike route that highlights the varieties and the wealth of the country is the one that visits the vineyards of Sant Miquel, starting from the county capital, Tremp.

Moreover, the Pallars Jussà has plenty of cultural, gastronomic and natural features that are well worth the effort.

### The Routes



### Mountain Bike Centre Services



### Opening period

From Monday to Friday from 10 am to midday and from 5 to 10 pm, Saturdays from 9 am to 1 pm and from 5 to 10 pm and Sundays from 9 am to 1 pm, all year round. Closed Tuesday morning.

### Welcoming Point

La Poblà de Segur  
Public Sports Centre  
C/ La Font, s/n • 25500 - La Poblà de Segur  
Tel. 973 680 644 • Fax 973 681 107  
patronatesports@pobladesegur.cat • www.pobladesegur.cat

### Tourist information

Tel. 973 680 257  
turisme@pobladesegur.cat • www.pobladesegur.cat



### No. Name Route

- 1 Aramunt - Sant Martí
- 2 Lake of Sant Antoni - Bernadot
- 3 Torallola - Salàs
- 4 Erinyà Forest
- 5 Sant Miquel - Costa Pera
- 6 Montesquiu - Galliner
- 7 Claverol
- 8 Tour of Sant Corneli
- 9 Serrat - Sant Roc





Reservoir of Sant Antoni. Routes 1 - 2 - 6 - 7 - 8. La Pobla de Segur. Pallars Jussà.

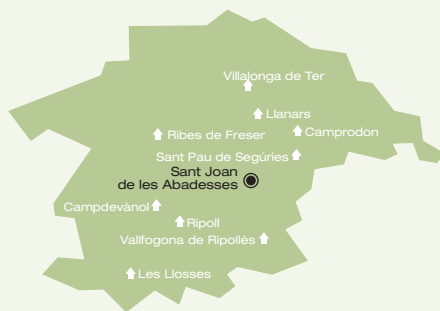
Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Welcoming Point	17.5	195	1 h 15 min	■
Welcoming Point	17.5	95	1 h	■
Welcoming Point	29	680	3 h	■
Welcoming Point	30.5	700	3 h	■
Welcoming Point	11	240	1 h 30 min	■
Welcoming Point	35.5	680	3 h	■
Welcoming Point	18.3	520	2 h 30 min	■
Welcoming Point	62	1,360	5 h 30 min	■
Welcoming Point	43.8	1,400	4 h 45 min	■

## High-flying biking

Riding around Ripollès allows you to have fun in the heights, with routes above 2,000 metres, along the foothills of Puigmal and the main mountains of Ripollès. There are other simpler, but equally interesting, routes, like those that cross the awe-inspiring natural beauty spots of the Freser or Ter valleys. This county is, in fact, a refuge for mountain bike lovers. La Serra Cavallera, la collada Verda, the sanctuary of Núria or the Romanesque heritage are but some of the numerous highpoints of Ripollès, a legendary territory brimming with history.

The Ripollès Mountain Bike Centre has 24 routes perfectly signposted for cyclists, in four levels of difficulty plus a welcoming point in Sant Joan de les Abadesses and different information points in all the towns and villages the routes go through, with tips and guidance on every route.

This will all make it possible to visit the countless beauty spots peppered around Ripollès almost without getting off the bike.



## The Routes



4 km    17 km    208.3 km    312 km

**Total 541.3 km**

## Mountain Bike Centre Services



## Opening period

All year round, from Monday to Sunday from 10 am to 2 pm and from 4 to 8 pm. From October to May, closed Sunday afternoon.

## Welcoming Point

Sant Joan de les Abadesses

Rural Hostel La Ruta del Ferro

Parc de l'Estació, s/n • 17860 - Sant Joan de les Abadesses

Tel./Fax 972 720 495

alberg@santjoandedesabadesses.com • www.rutadelferro.com

## Tourist information

Ripoll

Tel. 972 702 351

Sant Joan de les Abadesses

Tel. 972 720 599

Vall de Ribes

Tel. 972 727 728

www.elripolles.com

Vall de Camprodon

Tel. 972 740 936

Camprodon

Tel. 972 740 010

Setcases

Tel. 972 136 089

## Competitions and events

Support to outings organised by the area's bike clubs.

## No. Name Route

- 1 Castle of Milany
- 2 Sant Bernabé de les Tenes
- 3 Sant Martí de Surroca
- 4 Collada del Muig
- 5 Sant Pau - Resclusanys - Vall del bac
- 6 La Rovira
- 7 El Remei
- 8 El Catllar
- 9 Les Vagonetes
- 10 Les Artigues
- 11 Coll d'Ares
- 12 Tour of Bolós
- 13 Espinalba
- 14 Vall de Camprodon - Vall de Ribes
- 15 Setcases - Pla Liens - Setcases
- 16 Tour of Vall de Ribes
- 17 Sant Pere d'Aüira
- 18 Puig Cornador
- 19 Llaés
- 19.1 Llaés (detour)
- 20 L'Auró
- 20.1 L'Auró (detour)
- 21 L'Adroguer
- 21.1 L'Adroguer (detour)



Park of the station of Sant Joan de les Abadesses next to the Ruta del Ferro hostel. Ripollès.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Welcoming Point	37,7	1.558	5 h	■
Welcoming Point	23,8	805	3 h	■
Welcoming Point	20,63	686	3 h	■
Welcoming Point	9,64	311	1 h 30 min	■
Sant Pau de Segúries (Francesc Estabanell Square)	30	450	3 h 30 min	■
Welcoming Point	4	50	30 min	■
Ripoll (Can Guetes car park)	10,6	250	1 h	■
Ripoll (Can Guetes car park)	16	578	2 h	■
Welcoming Point	10,89	418	1 h 20 min	■
Vallfogona de Ripollès	16,8	840	2 h	■
Camprodon (Tourist Office of Vall de Camprodon)	45,41	1.431	5 h	■
Camprodon (Tourist Office of Vall de Camprodon)	31,63	857	3 h 20 min	■
Llanars (opposite El Grèvol hotel)	12,3	678	2 h	■
Villalonga de Ter (sports centre area)	51,86	1.593	5 h	■
Setcases (Fountain of Pont Nou)	20,02	618	2 h	■
Ribes de Freser (Pavilion)	36,2	1.300	5 h	■
CampdevànoI (opposite old people's home)	17,2	535	3 h	■
Les Llosses (opposite town hall)	18,6	1.023	2 h 30 min	■
Ripoll (Can Guetes car park)	35	710	4 h	■
Ripoll (Can Guetes car park)	21,8	476	3 h	■
Ripoll (Can Guetes car park)	31,2	1.171	3 h	■
Ripoll (Can Guetes car park)	22,2	942	2 h 45 min	■
Ripoll (Can Guetes car park)	17,6	926	2 h 30 min	■
Ripoll (Can Guetes car park)	19,55	1.033	2 h 45 min	■

## Outings with a Capital

Sant Llorenç de Morunys and the municipalities of the surrounds are ideal for spectacular mountain bike outings in the county of Solsonès. Fountains, gullies, farmhouses, reservoirs, forests and hermitages are some of the numerous points to see on the routes in this place. While some itineraries are low or average difficulty, with short sections and biker-friendly level differences, others cover high mountain areas, reaching distances of about 40 kilometres and level differences of up to 1,874 metres.

Before or after finishing the sign-posted circuits proposed by the Sant Llorenç de Morunys Mountain Bike Centre, you must find some time to check out the other things this county in the Pyrenean foothills has to offer. Its capital, Solsona, boasts a magnificent historic centre, featuring the Cathedral, and a rich legacy of festivities and culture. Outside Solsona we have Olius, the reservoirs of Sant Ponç and La Llosa del Cavall, the Miracle sanctuary, the Port del Comte ski resort and a virtually endless list of other interesting spots to see or do sports at...

As for gastronomy, you cannot leave without tasting the mouth-watering delights of the county's mountain cuisine in its many hotels and restaurants.



## The Routes



55.51 km   16.3 km   38.8 km   38 km

**Total 148.61 km**

## Mountain Bike Centre Services



## Opening period

July and August, from Tuesday to Saturday from 10 am to 1 pm and from 4 to 9 pm and Sundays from 10 am to 1 pm.

From September to June, Saturdays from 10 am to 1 pm and from 4 to 7 pm; Sundays and holidays, from 10 am to 1 pm.

## Welcoming Point

Tourist Office of la Vall de Lord

Road to Berga, s/n • 25282 Sant Llorenç de Morunys

Tel./Fax 973 492 181

[www.lavalldelord.com/btt](http://www.lavalldelord.com/btt)

## Tourist information

Tourist Office of Solsonès

Road to Bassella, 1 • 25280 Solsona

Tel. 973 482 310

[turisme@turismesolsones.com](mailto:turisme@turismesolsones.com) • [www.turismesolsones.com](http://www.turismesolsones.com)

## Competitions and events

The Mountain Bike Centre organises the Lord Festival (a race that counts in the Spanish Open) in May every year.

## No. Name Route

- 1 La Creueta
- 2 Les Comes
- 3 The Torrents
- 4 The Sanctuary
- 5 The Fountains
- 6 El Jou
- 7 Sollort
- 8 Pratfarmiu
- 9 La Bòfia



View of Vall de Lord from Cap de Balç. Pratformiu route. Sant Llorenç de Morunys. Solsonès.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Welcoming Point	2,8	67	15 min	■
Welcoming Point	3	120	15 min	■
Welcoming Point	6	178	20 min	■
Welcoming Point	10.3	210	45 min	■
Welcoming Point	12	425	1 h	■
Welcoming Point	17.8	769	1 h 30 min	■
Welcoming Point	18	445	1 h 30 min	■
Welcoming Point	40.7	1,874	2 h 30 min	■
Welcoming Point	38	1,280	3 h	■

## Sport with a Pyrenean flavour

Alt Urgell has more than 1000 kilometres of mountain bike routes, which make it ideal for those who love this sport. Nature prevails in each and every one of the routes, most of which depart from the Olympic Park of the river Segre in Seu d'Urgell, although there are other starting points such as Organyà, Tuixén and Coll de Nargó.

Hotels, hostels, rural tourism establishments and restaurants all collaborate with the Mountain Bike Centre of the La Seu - Alt Urgell to organise activity programmes combining sport, tourism and gastronomy.

La Seu, the county capital, is packed with culture. The bicycle touring routes lead to other charming spots such as the Romanesque site of Sant Climent de Nargó, or the itineraries in the Cadí Park. Although we must not forget to take a rest and have a bite to eat at one of the many establishments that offer the typical and delicious Pyrenean dishes.

## Tour of el Cadí-Moixeró

All the routes begin in the Olympic Park, the Cadí-Moixeró route is particularly outstanding due to its length, quite an experience.

### The Routes

<b>3</b>	<b>11</b>	<b>6</b>	<b>10</b>	
20.7 km	192.6 km	177.7 km	814.8 km	<b>Total 1,205.1 km</b>

Tour of el Cadí-Moixeró

<b>0</b>	<b>0</b>	<b>0</b>	<b>5</b>	
0 km	0 km	0 km	222.3 km	<b>Total 222.3 km</b>

### Mountain Bike Centre Services



### Opening period

From November to March, from Monday to Friday from 10 am to 2 pm and from 4 to 7 pm, Saturday and Sunday from 10 am to 2 pm. From April to October, from Monday to Saturday from 10 am to 2 pm and from 4 to 7 pm, Sunday from 10 am to 2 pm. August, every day from 9 am to 8 pm.

### Welcoming Point

La Seu d'Urgell.  
El Segre Olympic Park. Parc del Segre, s/n • 25700 - La Seu d'Urgell  
Tel. 973 360 092 • Fax 973 360 192  
parcolimpic@parcolimpic.cat • www.parcolimpic.cat

### Tourist information

Tel. 973 351 511 • info@turismeseu.com • www.turismeseu.com  
Tel. 973 353 112 • consell@alturgell.ddl.net • www.ccau.cat

### Competitions and events

Organises different guided and group outings.

### Certifications



### No. Name Route

8	La Mata Negra (Cerdanya)
9	El Collell (Berguedà)
11	Alàs
12	Alàs - Les Peces
13	El Pla
14	Arfa - Castellciutat
15	Tour of Lietó
16	Mesclant de les Aigües
17	La Bastida
18	Bell-lloc
19	Arfa mountain range - Mas d'en Planes
20	Casanoves mountain range - Mas de la Font
25	Tuixén - Moi de Fòrnols
26	Tuixén - Coll de Port
31	Estamariu - Calvinyà
32	La Rabassa
41	Aravell - Bellestar
42	Aravell - Mardiscle
43	Sant Joan de l'Erm
44	Anserall
45	La Seu - Sant Joan de l'Erm
51	Santa Magdalena
52	Sant Joan Vell
53	Pic de L'Orri
54	Prat Muntaner
55	Coll de Leix
56	La Culla
57	Sant Joan - Cuberes
71	Dolmens route
81	Tour of Gavarrà

### Tour of Cadí-Moixeró 1 (anti-clockwise)

1	La Seu d'Urgell - Fòrnols
1	Fòrnols - Bagà
1	Bagà - Martinet
1	Martinet - La Seu d'Urgell

### Tour of Cadí-Moixeró 2 (clockwise)

2	La Seu d'Urgell - Martinet
2	Martinet - Bagà
2	Bagà - Fòrnols
2	Fòrnols - La Seu d'Urgell



Torrent of Casanoves, Route no.20, La Seu-Alt Urgell Mountain Bike Centre, La Seu d'Urgell. Alt Urgell.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Bellver	30.5	700	3 h 30 min	■
Saldes	25	880	3 h	■
Olympic Park	8.9	32	48 min	■
Olympic Park	15.1	203	1 h 27 min	■
Olympic Park	18.3	105	1 h 37 min	■
Olympic Park	12.5	107	1 h 14 min	■
Olympic Park	32.9	867	3 h 16 min	■
Olympic Park	5.8	20	30 min	■
Olympic Park	10.7	291	1 h	■
Olympic Park	9.9	44	1 h 13 min	■
Olympic Park	27.6	656	3 h 10 min	■
Olympic Park	12.5	317	1 h 20 min	■
Tuixén	10.4	193	1 h	■
Tuixén	27.2	868	2 h 50 min	■
Olympic Park	44.1	1,237	4 h 20 min	■
Olympic Park	59.2	1,700	6 h 48 min	■
Olympic Park	20.3	315	1 h 45 min	■
Olympic Park	33.9	790	3 h 13 min	■
Olympic Park	72	2,050	7 h 12 min	■
Olympic Park	14.6	178	1 h 15 min	■
La Seu d'Urgell	72	1,580	7 h 20 min	■
Sant Joan de l'Erm	37.9	681	3 h 42 min	■
Sant Joan de l'Erm	10.9	89	1 h	■
Sant Joan de l'Erm	35.9	952	3 h 30 min	■
Sant Joan de l'Erm	24.3	488	2 h 20 min	■
Sant Joan de l'Erm	6.7	67	50 min	■
Sant Joan de l'Erm	25.5	554	2 h 30 min	■
Sant Joan de l'Erm	52.3	1,124	5 h 20 min	■
Organyà	26.8	325	2 h 40 min	■
Coll de Nargó	47.2	1,300	4 h 43 min	■
Olympic Park	222.3	6,180	23 h 50 min	■
	53.2	1,820	6 h 20 min	■
	61	1,545	6 h 30 min	■
	56	1,520	5 h 48 min	■
	52.1	1,295	5 h 12 min	■
Olympic Park	222.3	6,180	22 h 30 min	■
	52.1	1,560	5 h 10 min	■
	56	1,375	5 h 50 min	■
	61	2,025	6 h 30 min	■
	53.2	1,220	5 h	■

# The Àneu Valleys - Pallars Sobirà Pirineus

## In the Heart of the Pyrenees

The Àneu Valleys, located in the northern part of El Pallars Sobirà, offer visitors landscapes and superb vistas. Dozens of lakes surrounded by towering peaks and hundreds of streams, protected landscapes, Romanesque architecture and mouth-watering cuisine, not to mention the opportunities for active tourism, ensure visitors an unforgettable stay.

The MTB trails in the Àneu Valleys extend throughout the region, making it possible to reach Sant Maurici lake in Catalonia's only national park. Esterri d'Àneu, the area's neurological and service centre, is where you will find the visitor's welcome point and the main services. Hundreds of kilometres appeal to families (they make up the first inland destination certified as a Family Holiday Destination) and the most daring bikers.

A unique experience that can't be beat awaits you in the Àneu Valleys.



## The Routes

<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>
26,4 Km	52,9 Km	46,9 Km	84,8 Km

Total 211 km

## Mountain Bike Centre Services



## Opening period

From Monday to Friday, from 9am to 1pm and from 3:30pm to 5pm  
Saturday from 10am to 2pm and from 4pm to 8pm  
Sunday from 10am to 2pm (closed from September to June)

## Welcoming Point

Esterri d'Àneu Tourist Office  
Major, 40 25580 Esterri d'Àneu  
Tel. 973 626 568  
centrebttvallsdaneu@gmail.com • www.vallsdaneu.org

## Tourist information

Esterri d'Àneu Tourist Office  
Tel. 973 626 568 - info@vallsdaneu.org • www.vallsdaneu.org

## Information points

Esierrri Bikes - Av. Francesc Macià, 2 baixos - 25580 Esterri d'Àneu  
Tel. 973 626 041

Camping site "Nou Càmping" - Road s/n - 25597 La Guingueta d'Àneu  
Tel. 973 626 261

Hotel Roya - C/ Sant Maurici, s/n - 25597 Espot.

## Certifications



## No. Name Route

- 1 Mollera
- 2 La Pressalla
- 3 Dorve
- 4 Gerdar
- 5 Pla de la Font
- 6 Mont Caubo
- 10 Roca Blanca
- 11 La Mola
- 12 Sant Maurici
- 20 Bonabé
- 30 Isards





Saints Churches Just i Pastor de Son.

Departure Point	Distance (km)	Level Diff (m)	Estimated Time	Level of difficulty
Esterri d'Àneu	12,8	70	1 h	■
Esterri d'Àneu	5,2	10	30 min	■
Esterri d'Àneu	19,9	650	1 h	■
Esterri d'Àneu	26,6	700	2 h 15 min	■
Esterri d'Àneu	34,5	1.150	3 h	■
Esterri d'Àneu	30,4	1.300	2 h 30 min	■
Espot	8,4	20	35 min	■
Espot	10,5	355	1 h	■
Espot	20,3	770	1 h 45 min	■
Alòs d'Isil	34,6	410	2 h 15 min	■
Unarre	7,8	260	45 min	■

## Kilometres of diversity

Almost 500 kilometres of circuits make the county of Noguera one of the largest areas for mountain bike fans. The sign-posted paths of the Montsec - la Noguera Mountain Bike Centre cross the municipalities of Àger, les Avellanes and Santa Linya, and Os de Balaguer, on 19 routes, 4 variants and 3 link-ups, classified as very easy, easy, difficult or very difficult, depending on the characteristics of each one. The monastery of Santa Maria de Bellpuig de les Avellanes and the Campsite of Àger are, moreover, welcoming points, whereas Os de Balaguer, Tartareu and Fontdepou have information points.

The county of Noguera offers a broad diversity of scenery that is typical of the Pyrenean foothills of Lleida. The mountain bike routes are equally diverse: through narrow passes, such as Mont-rebei; leading to interesting historic buildings, such as the collegiate church of Àger or the monastery of Santa Maria de Bellpuig de les Avellanes; they skirt large dams or reservoirs, such as at Canelles, Santa Anna and Camarasa, and climb up high-mountain areas with gorgeous views.

And after pedalling through all these lovely spots of Montsec, what could be better than a pick-me-up with some of the local delicacies to be found all over the area.



## The Routes

4

24.4 km

5

64.4 km

10

211.9 km

7

205.9 km

Total 506.6 km

## Mountain Bike Centre Services



## Opening period

### Vall d'Àger Campsite

From April to September, open every day from 9 am to 11 pm.

From October to March, open every day except Thursday, from 9 am to 6 pm.

Hostatgeria Monestir de Santa Maria de Bellpuig de **Les Avellanes** All year round, open from Monday to Sunday, except Easter and from 24/12 to 07/01, from 10 am to 8 pm.

## Welcoming Point

### Àger

Vall d'Àger Campsite

Road Vall d'Àger, s/n • 25691 - Àger

Tel. 973 455 200 • Fax 973 455 202

[www.campingager.com](http://www.campingager.com)

Os de Balaguer

Monastery of Les Avellanes (C-12, km 181) • 25610 - Os de Balaguer

Tel. 973 438 006 • Fax 973 438 038

[www.monestirdelesavellanes.com](http://www.monestirdelesavellanes.com)

### Tourist information

Tel. 973 448 933

[consell@ccnoguera.cat](mailto:consell@ccnoguera.cat) • [www.montsec.cat](http://www.montsec.cat)

## No. Name Route

1	Forest of the Monastery
2	Vilanova de la Sal
3	Les Tisores
4	Os de Balaguer
5	Bosc de Privà
5.B	Montalegre detour
5.C	Reservoir of Camarasa detour
6	Les Avellanes - Santa Linya
11	Chapel of Cérvoles
12	Sant Salvador - Montessor
21	Down the Tartareu
22	Reservoir of Santa Anna
23	Reservoir of Canelles
31	Fontdepou
31.B	Sant Urbà detour
41	Carxeu
42	Àger
43	Macierol
44	Ametlla
45	Torres de Cas
46	Montsec - Colobor
46.B	Tour of Sant Alis detour
47	Mont-rebei - La Pertusa

## Link-up routes

A	Monastery - Àger (Route 6)
A	Àger - Monastery (Route 31B)
B	Os de Balaguer - Tartareu (Route 12)
B	Tartareu - Os de Balaguer (Route 22)
C	Tartareu - Àger (Route 22)
C	Àger - Tartareu (Route 45)



Photo by Mirja Santestremas

Ares Pass. Àger. La Noguera.

Departure Point

	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Monastery of Les Avellanes	2.6	47	15 min	■
Monastery of Les Avellanes	10.6	207	50 min	■
Monastery of Les Avellanes	8.2	161	50 min	■
Monastery of Les Avellanes	15.6	352	1 h 15 min	■
Monastery of Les Avellanes	20	403	1 h 45 min	■
Monastery of Les Avellanes	25.5	713	2 h 30 min	■
Monastery of Les Avellanes	26.9	534	2 h 15 min	■
Monastery of Les Avellanes	29.4	761	2 h	■
Os de Balaguer	18.8	504	2 h	■
Os de Balaguer	22.2	661	2 h 15 min	■
Tartareu	8.1	325	1 h	■
Tartareu	27.3	752	2 h 15 min	■
Tartareu	33.6	996	2 h 50 min	■
Fontdepou	18.4	444	1 h 45 min	■
Fontdepou	25.3	669	2 h 15 min	■
Àger	6.7	147	45 min	■
Àger	5.6	172	40 min	■
Àger	6.9	128	50 min	■
Àger	21	555	1 h 30 min	■
Àger	37.2	984	2 h 20 min	■
Àger	24.9	830	2 h 30 min	■
Àger	40.1	1,335	3 h 30 min	■
Àger	36.5	1,311	4 h	■

4.5	209	45 min	■
4.5	169	35 min	■
6.9	223	50 min	■
6.9	149	45 min	■
6.2	255	40 min	■
6.2	162	35 min	■

## Natural Beauty

A total of 414.9 kilometres and 26 routes make the Val d'Aran a paradise for nature and mountain bike lovers. Pedal along the path and forest tracks - properly signposted and with beacons - leading the mountain bike fan through circuits of differing degrees of difficulty, but all of them equally beautiful. Ideal natural itineraries to be enjoyed to the full.

The county, besides a longstanding tourist tradition, offers other delights to visitors: architecture, culture, winter sports, gastronomy, festivities... All this plus all the infrastructure for accommodation and eating, the icing on the cake to a day's biking.



## The Routes



**Total 419 km**

## Mountain Bike Centre Services



## Opening period

From May 15 to October 12, from Monday to Sunday from 9 am to 1 pm and from 5 to 9 pm.

## Welcoming Point

Copos Bike  
Ap. Elurra • 25539 - Betren • Tel. 973 640 024 • info@coposbike.com  
www.coposbike.com

### Information points

**Bossòst**  
Tel. (+34) 973 647 241

**Les.** Tel. (+34) 973 647 303 • www.turismoles.com

**Pònt d'Arròs**  
Tel. (+34) 973 641 024 • www.campingvernedas.com

**Salardú**  
Tel. 973 645 271 • www.tojuaran.com (Alberg Era Garona)  
Tel. 973 645 197 • www.visitvaldaran.com (Informació turística Val d'Aran)

**Vielha.** Tourist Information of the Val d'Aran  
Tel. (+34) 973 640 110 • o.torisme@aran.org • www.visitvaldaran.com

## Certifications



## No. Name Route

- 1 Les - Les (via Sant Blai)
- 2 Les - Les (via Pista Portet)
- 3 Les - Les (via Portet)
- 4 Bossòst - Bossòst (via Bordes Sapòda)
- 5 Bossòst - Bossòst (via Margalida)
- 6 Es Bòrdes - Es Bòrdes (via Pònt deth Coc)
- 7 Es Bòrdes - Es Bòrdes (via Pònt d'Arròs)
- 8 Es Bòrdes - Es Bòrdes (via Benós)
- 9 Aubèrt - Aubèrt (via Pònt d'Arròs)
- 10 Vielha - Vielha (via Vilac)
- 11 Vielha - Vielha (via Pista Salient)
- 12 Vielha - Vielha (via Bords)
- 13 Vielha - Vielha (via Gausac)
- 14 Vielha - Vielha (via Casau)
- 15 Arties - Arties (via Garòs)
- 16 Salardú - Salardú (via Unha)
- 17 Bagergue - Sta. Margalida
- 18 Salardú - Salardú (via Road Aiguamòg)
- 19 Salardú - Salardú (via Tredòs)
- 20 Plan de Beret - Plan de Beret (via Montgarri)
- 21 Salardú - Salardú (via Prüedo)
- 22 Bossòst - Bossòst (via Pònt deth Lop)
- 23 Vielha - Vielha (via Pista de Tuca)
- 24 Portilhon - Bòsc d'Aubàs
- 25 Portilhon - Portilhon (via Bòrdes de Sauvaga)
- 26 Betren - Betren (via Vielha)



Photo by Mikael Helsing

Bassa d'Oles. Gausac. Val d'Aran.

Departure Point	Distance (km)	Level Diff. (m)	Estimated Time	Level of difficulty
Les	4.6	22	30 min	■
Les	34	820	4 h 30 min	■
Les	24.2	850	4 h	■
Bossòst	18.5	700	4 h	■
Bossòst	24	950	4 h 30 min	■
Es Bòrdes	10.5	300	2 h 30 min	■
Es Bòrdes	15.8	650	4 h	■
Es Bòrdes	16.3	450	3 h	■
Aubèrt	6.7	140	1 h	■
Vielha	46.5	1,200	6 h 30 min	■
Vielha	14.6	300	2 h	■
Vielha	38	1,200	6 h	■
Vielha	7.8	120	1 h 20 min	■
Vielha	24	930	5 h 30 min	■
Arties	5.8	50	45 min	■
Salardú	3.4	90	35 min	■
Bagergue	3	100	30 min	■
Salardú	3.8	130	45 min	■
Salardú	18.2	700	3 h	■
Plan de Beret	12.2	215	1 h 45 min	■
Salardú	32	880	4 h 30 min	■
Bossòst	21.8	1,000	5 h 30 min	■
Vielha	13	560	2 h 30 min	■
Portilhon	6.8	225	45 min	■
Portilhon	10.7	80	1 h	■
Betren	2.8	50	20 min	■

# TransCatalunya

## A major challenge on two wheels!

This route consists of different trails that link together and travel throughout the whole of Catalonia, allowing travellers to discover each and every one of the BTT mountain bike centres and the region's most untouched landscapes.

The entire route is composed of 5 long-distance trails totalling 1,911.5 km, with accumulated elevation gains that go from 40 metres at the flattest points to 2,800 meters in the most mountainous areas. Travel time is approximately 184 hours, although this can change depending on a number of factors.

This is an ideal route to follow in stages and not necessarily at all once, but spread out over time.

The TransCatalunya route is georeferenced so that it can be followed with the help of GPS, although the stages that use the existing routes of a Mountain Bike Centre have the specific signs of the BTT Catalunya Mountain Bike Centres. To download the GPS data files of all the itineraries and each stage, as well as maps with the whole route, technical data and description of the stages, please see the website: [www.catalunya.com/ruta-transcatalunya-24-1-131](http://www.catalunya.com/ruta-transcatalunya-24-1-131).

## Great itineraries for a unique route

The TransCatalunya route is a trail designed for exploring the different areas of Catalonia by bike, guiding us along routes that have been waymarked by the BTT centres and others that are totally virgin. Where you will find each and every type of terrain in the region, from the mountains of the Pyrenees to the Mediterranean coastal roads and on through the inland plains.

Each trail offers a different way to get to know our region, and the duration can be adapted to the conditions and availability of each user.

To do the TransCatalunya you must observe a series of basic rules related to safety and respect for the environment in order to make the most of this awesome two-wheel experience and pedals.

The detailed safety recommendations for cyclists, tips on taking care of the itineraries and all the information needed to do the TransCatalunya are all available on the website.

- BTT Catalunya Mountain Bike Centre
- Paisatges Barcelona - Pyrenees Itinerary
- Mediterranean Itinerary
- Western Itinerary
- Costa Brava Pyrenees of Girona Itinerary
- Val d'Aran Itinerary

### Itinerary

#### Paisatges Barcelona - Pirineus Itinerary

La Pobla de Segur - Santa Susanna

Total km: 448 km

Average level diff: 1.350 m

Total estimated time: 44 h 30 min

#### Mediterranean Itinerary

Santa Susanna - Tortosa

Total km: 419 km

Average level diff: 1.465 m

Total estimated time: 41 h 30 min

#### Western Itinerary

Tortosa - La Pobla de Segur

Total km: 356 km

Average level diff: 587 m

Total estimated time: 32 h

#### Costa Brava Pyrenees of Girona Itinerary

Santa Susanna - Tortosa

Total km: 254,5 km

Average level diff: 1.214 m

Total estimated time: 25 h

#### Val d'Aran Itinerary

La Seu d'Urgell - Santa Susanna

Total km: 434 km

Average level diff: 820 m

Total estimated time: 41 h

Total km of the five itineraries: 1.911,5 km

Level Average difference of the five itineraries: 5.436 m





Total estimated time of the five itineraries: 184 h



Salvanya. Alt Urgell. Pirineus.

Stage	Start	End	Distance (km)	Level Diff. (m)	Estimated Time
1	La Pobla de Segur	Sort	58	1.600	6 h
2	Sort	La Seu d'Urgell	64	2.000	6 h 30 min
3	La Seu d'Urgell	Sant Llorenç de Morunys	68	2.800	6 h
4	Sant Llorenç de Morunys	Avià	57	1.400	6 h
5	Avià	Prats de Luçanès	47	600	5 h
6	Prats de Luçanès	Vic	33	300	3 h
7	Vic	Sant Hilari Sacalm	62	1.000	6 h
8	Sant Hilari Sacalm	Santa Susanna	59	1.100	6 h
1	Santa Susanna	Cardedeu	56	1.500	5 h 30 min
2	Cardedeu	Castellbell i el Vilar	76	1.800	7 h 30 min
3	Castellbell i el Vilar	Guialmons	71	1.900	7 h
4	Guialmons	Prades	71	1.900	7 h
5	Prades	Mont-roig del Camp	55	1.200	5 h
6	Mont-roig del Camp	Vandellòs	22	550	2 h 30 min
7	Vandellòs	Tortosa	68	1.400	7 h
1	Tortosa	Gandesa	44	790	4 h
2	Gandesa	La Fatarella	28	470	3 h
3	La Fatarella	Torres de Segre	78	600	6 h 30 min
4	Torres de Segre	Vilanova de la Barca	37	40	2 h
5	Vilanova de la Barca	Monestir de les Avellanès	36	370	3 h
6	Monestir de les Avellanès	Ager	40	725	4 h
7	Ager	Talarn	69	1.500	7 h 30 min
8	Talarn	La Pobla de Segur	24	200	2 h
1	La Pobla de Segur	Castellàs	49	1.650	5 h
2	Castellàs	Vilaller	36,5	1.110	3 h 30 min
3	Vilaller	Vielha	39	1.050	4 h
4	Vielha	Esterrí d'Aneu	54	1.025	4 h 30 min
5	Esterrí d'Aneu	Rialp	52	1.450	5 h
6	Rialp	Sant Joan de l'Erm	24	1.000	3 h
1	La Seu d'Urgell	Bellver de Cerdanya	59	1.500	5 h 30 min
2	Bellver de Cerdanya	Ribes de Freser	58	1.600	5 h
3	Ribes de Freser	Sant Joan de les Abadesses	26	900	3 h
4	Sant Joan Abadesses	Oix	32	850	3 h 30 min
5	Oix	Càming Bassegoda	39	900	4 h
6	Càming Bassegoda	Banyoles	52	600	5 h
7	Banyoles	Flaçà	49	500	4 h
8	Flaçà	Quart	30	450	3 h
9	Quart	Tossa de Mar	53	600	4 h 30 min
10	Tossa de Mar	Santa Susanna	36	300	3 h 30 min

# Summary Chart BTT Catalunya Mountain Bike Centres

Mountain Bike Centre					Total No. routes	Total km Mountain Bike Centre
<b>Paisatges Barcelona</b>						
El Lluçanès	2	2	3	1	8	219,7
La Plana de Vic	2	5	3	2	12	299,3
Vall de Sau - Collsacabra	6	4	3	4	17	258,1
<b>Costa Brava</b>						
El Baix Empordà	3	2	8	8	21	358,6
El Gironès	2	7	2	4	15	228,9
El Pla de l'Estany - Banyoles	2	3	5	3	13	284,2
La Selva	2	7	11	5	25	411,1
Salines - Bassegoda	8	11	8	6	33	597,18
<b>Costa Daurada</b>						
Mont-roig del Camp - Miami Platja	4	3	2	1	10	144,5
<b>Costa Barcelona</b>						
Santa Susanna - Montnegre	3	1	2	2	8	110
<b>Pirineus</b>						
El Berguedà	3	0	5	3	11	226
El Pallars Jussà	1	2	3	3	9	265,1
El Ripollès	1	2	9	12	24	560,63
El Solsonès - La Vall de Lord	3	2	3	1	9	148,61
La Seu - Alt Urgell	3	11	6	15	35	1.227,4
Valls d'Àneu	3	3	2	2	10	211
<b>Terres de Lleida</b>						
El Montsec - la Noguera	4	5	10	7	26	506,6
<b>Val d'Aran</b>						
La Val d'Aran	7	4	7	7	25	419
<b>TOTAL</b>	<b>59</b>	<b>74</b>	<b>92</b>	<b>86</b>	<b>311</b>	<b>6.456,59</b>



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Sant Llorenç de Morunys. Solsonès. Pyrenees.

## Edition

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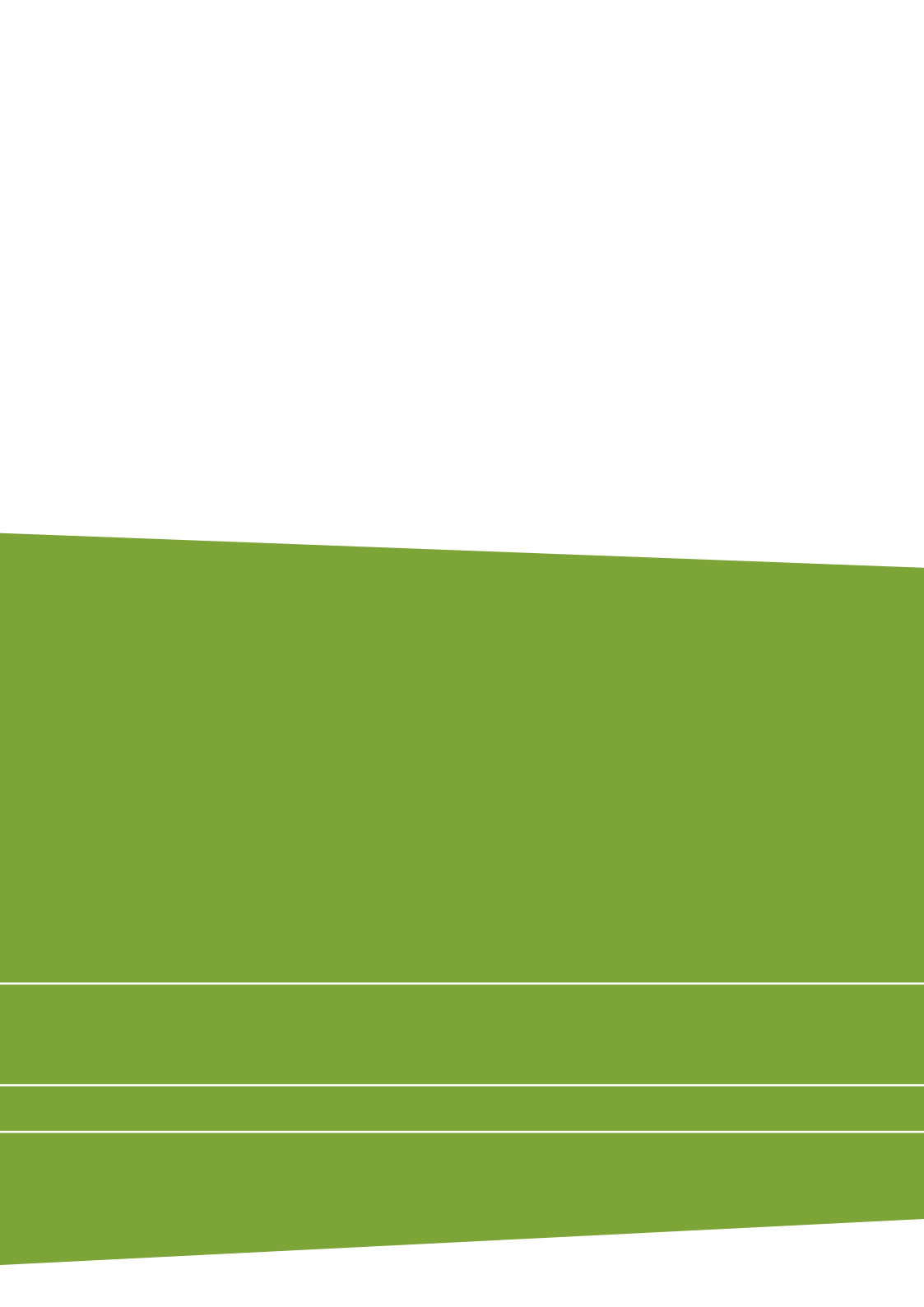
## Photographs

Cablepress (p. 4, 9, 13, 17, 21, 23, 27, 31, 33)  
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