




El Berguedà
terra de futurs



The 7 faces of Pedraforca mountain



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Photo: Rafael López-Monné

Introduction

Emblematic Mediterranean Mountains



Dear reader,

What you have in your hands is not only a tourist guide of The 7 faces of Pedraforca, but also the result of an ambitious project carried out by the Emblematic Mediterranean Mountains network. Pedraforca Mountain belongs to a group of Mediterranean mountain areas that work together in order to offer you a more intensive, authentic and sustainable travel experience. You can enjoy these experiences through 9 different *ecojourneys* (see map above), which lead you to discover with all senses the hidden gems lying around some of the most amazing mountains across the Mediterranean basin.

Each *ecojourney* offers you a route or a group of routes across the hinterland area of these mountains. Whilst enjoying this journey on foot, biking or riding, or using public transports, you have a chance to explore the areas' singularities and to discover activities, creations and festivities offered by locals. All routes are perfectly integrated in landscapes that still preserve the footprints and the spirit of their ancient cultures and gorgeous nature.



But there's more: because we know how important aspects such as sustainability and responsible tourism are for you, we are committed to offer you an experience that:

- Is located in hinterland areas that are outside of the usual (and overcrowded) touristic routes;
- Has been conceived and developed mainly using and placing value on already existing infrastructure;
- Is a result of participatory processes with local stakeholders who are aware of environmental good practices related to water and energy consumption, waste management, fostering local and seasonal products, and obtaining ecolabels;
- Is conceived to favour interaction with local people and producers;
- **Will allow you to live for a while the essence of a Mediterranean mountain area, its nature, its culture and its people and traditions. Go for it, it's waiting for you!**

Your EMbleMatiC Hosts

Nine EMbleMatiC ecojourneys

Once you will have enjoyed the ecojourney of this guide, you will be very welcome to carry on visiting the others 8 slow tourism routes located across the hinterland areas of the territories of the EMbleMatiC Mediterranean Mountains network. More information available on the network website www.emblematic-med.eu and below:

Canigó, France

The foothills of the Canigó

Come to explore, to taste and be amazed whilst enjoying everchanging views over the Sacred mountain of Catalans! The foothills of Canigó, the promise of a slow and curious walk full of natural scents.

www.canigo-grandsite.fr



Çika, Albania

From Çika highlands to the beach

A scenic route running in parallel to Çika crest, enriched with a bouquet of 5 extending paths to balconies and paysages, natural & cultural heritage and welcoming people, is the heart of this journey.

<http://himara.gov.al/>



Pedraforca, Spain

The seven faces of Pedraforca mountain

The seven faces of Pedraforca is a new tourist experience that will take you to discover all the secrets hidden by this magical mountain. From one day up to seven days to impregnate yourself!

www.elbergueda.cat / www.visitbergueda.cat



Gran Sasso, Italy

The Gran Sasso, a mountain of Saints and Warriors

Ascend from the Tirino Valley to the Gran Sasso, the highest peak of the Appennini Mountains. Enjoy an emotional journey through nature, ancient traditions, landscapes and tasty local products.

www.galgransassovelino.it / www.yesgransasso.com



Olympus, Greece

"Olympios Zeus", Cultural Route

A mythical route that combines grandiose environment with remarkable historical monuments in a unique harmony. Organized infrastructure and services offer experience that really worth the visit!

www.pieriki-anaptixiaki.gr



Etna, Italy

An ecojourney through pathways of Etna "Ginesta" and "Vineyard" flowered fields

Discover traditions that have not changed for hundred years. Live with the locals, experience their culture and everyday lifestyle whilst falling in love with this very special part of the world.

www.galetnaalcantara.org



Serra de Tramuntana, Spain

The route of Comte Mal

Under the shelter of the majestic Mount Gatzó, that rises above the sea, you will wander on a land of legends, through an outstanding cultural landscape, shaped over centuries by proud local people.

<https://caminsdepedra.conselldemallorca.cat/en/-/la-ruta-del-comte-mal>



Mnt (Psiloritis) Ida, Greece

On the Paths of Myth

Through the ecojourney of Mt Ida (Psiloritis) visitors could discover the Paths of Myths, History, Cultural Heritage and Natural Wealth in order to meet the original side and timeless value of Crete.

www.psiloritisgeopark.gr/Home/2/1.html



Sainte-Victoire, France

In the mood for Sainte-Victoire

We want you to enjoy the unexpected Sainte-Victoire and share it's authentic mood. Experience our local way of life and meet people who embody the spirit of our living territory.

www.fuveau-tourisme.com



Photo: Rafael López-Monné



**Introduction
to the area**

Introduction to the area

Photo: Penadri / Guies

Berguedà is in the north of the province of Barcelona, where the plain gives way to the first Pyrenean foothills when it meets the Queralt, Picancel or Catllaràs mountain ranges. From here on, all are mountains that overwhelm the visitor.

The comarca (or county, in English usage), which is united by the Llobregat river, crossing it from north to south with its diverse tributaries and the C-16 as the main road connection, can be seen as a small world of great landscape, historical and human interest.

In fact, the comarca of Berguedà was an agricultural and livestock farming region until the first industrialization -initially related to the transformation of wool and later with the introduction of cotton at the end of the 18th century, radically transforming the area to the point that the city of Berga became the second cotton hub of Catalonia, after Barcelona.

From 1887, the region will begin a long period of population growth that will last until the 1960s. This increase was due to the establishment of factory colonies in the Llobregat river basin, and the beginning of coal mining, from the second half of the 20th century.

In less than 40 years, the comarca grew from 27,000 inhabitants to almost 40,500, concentrated in areas where the textile colonies were established -next to the Llobregat river-, the mining colonies -in alt Berguedà-, the cement factory in Clot del Moro and the cotton industry of Pobla de Lillet.

However, optimism was to be short-lived, as, from the 1960s onwards, with the beginning of the mining and textile crisis, the population began to decrease, and has not stopped doing so. The popu-



Peguera. Photo: Òscar Rodbag.



Cercs Mines Museum. Photo: Òscar Rodbag.

lation in the 31 municipalities of the comarca, occupying an area of 1,185 km² does not amount to even 40,000 people, which is a density of population of 33 inhabitants per km².

This fall in population responds to a regression in the industrial sectors that are the mainstay of economic activity and jobs in the area.

Thus, most of the factories that were built next to the Llobregat river during the 19th century, taking advantage of the water power, began to suffer a severe crisis in the latter years of the 80s and early 90s. The closure of factories was a shock for the economy and the perspectives of many families. At the time, working in a textile colony had been an

improvement on agricultural work, but the closure of these industries implied the dismantling of an economic system that had been predominant for two or three generations. It meant the end of a system of social organisation in which the factory owner controlled everything, from the entries and exits of the colony to the religious practices of the workers.

Another economic pillar of the region was the coal mining industry, concentrated in the north. At one point, mining companies employed about 4,000 workers. But these installations progressively closed, for several reasons. The Fígols mines closed in 1991, although the crisis arose in the 1960s, when a lack of demand for coal from their main client, industry, takes place. However, this client was replaced by another; the Cercs power station.

Nevertheless, mining lost workers, from 3,500 miners in the early 70s to none in 2007, when Saldes, the last mine in the comarca closed.

The closure of the coal mines and the textile sector crisis will force the comarca to find new strategies to reactivate the economy, among which we can highlight tourism and the creation of new leisure activities and services.

In the alt Berguedà area, interest in tourism had already existed for some years thanks to its landscape and surroundings that motivated many people from outside the region to visit, and also thanks to different movements to protect some of the natural spaces that were beginning to be perceived as threatened. In this regard, the Pedraforca Natural Site of National Interest was declared in 1982, making this mountain the first protected space in the comarca. One year later, the Natural Park of Cadí Moixeró was created. And after a few more years, the eleven protected spaces that confirm the great natural and landscape value of this territory were created.

From then on, tourism and leisure related to nature has grown, becoming the principal reason for people to visit the region. Thus, places such as the springs of the Llobregat, Dou del Bastareny, Els Empedrats, La Gallina Pelada or the Pedraforca itself, all compete for the maximum number of visitors, while at the same time there is a drive to preserve the areas as much as possible, so future generations can enjoy them just like we do now.

In any case, this territory is not just pure nature, it also has a combination of historical elements such as churches, castles, old routes as well as industrial heritage, now converted into interpretation centres or museums where we can relive our history, back to 65 million years ago -when dinosaurs populated these surroundings- up to the most recent history of the closure of the coal mines.



Molers, in Saldes. Photo: Rafael López-Monné.



The Via Nicolau, in Bagà. Photo: Rafael López-Monné.



Photo: Rafael López-Monné

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Presentation of the ecojourney

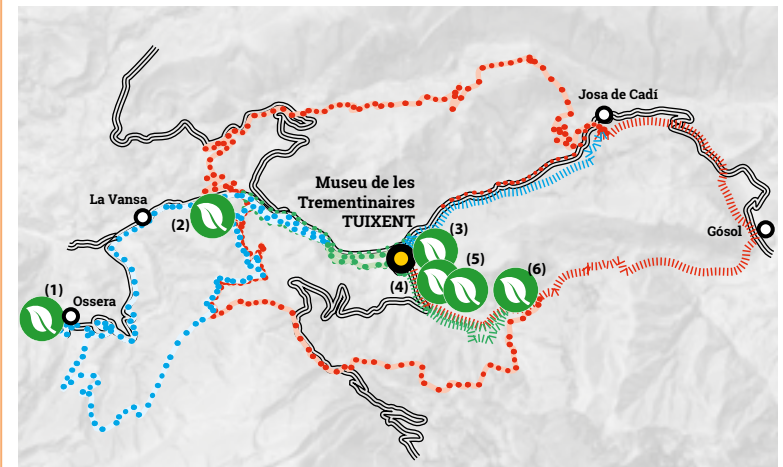
The 7 faces of the Pedraforca is a proposal for a seven-day journey to discover everything about this emblematic mountain. We propose seven days to learn seven aspects that have always been closely related to this mountain: Herbs, remedies and women who went around the world; the art of Picasso in Gósol; earth, coal and dinosaurs; Cathars and troubadours; the waters of the Pedraforca; the mountain itself; and active tourism in the valleys and mountains.

Every day will have a different theme, and you will visit a touristic installation to learn in-depth about the topic in question. From this resource, you can visit another three complementary spaces that will allow you to learn more about the subject or some of its nuances. If you like to explore the most unusual or unknown places, in each theme you will find details on three walking routes and three routes for mountain biking. For each modality, you will find a short experience, a half-day trip and a complete day activity. And why do we say experience and not excursion? Because we are not proposing walking for the sake of walking or pedalling for the sake of pedalling; instead, we suggest that you go on foot or by bicycle to places that you would probably pass by without noticing if you used any other mode of transport. Enjoy calmly and explore the most unusual corners, with no hurry at all. Rummage around. Speak with the farmers, the cattlemen and the shopkeepers. Taste the country veal, lamb and chicken. Lick your fingers after having tasted a fresh or cured cheese, cured sausage, some tasty wild mushrooms, honey or jam.

The Pedraforca and the villages and valleys around offer all of this, and much more. But to enjoy it, you need to do it leisurely. If you don't have a whole week, do what you can! One day, two days, three days... Any occasion is good to enjoy these valleys and mountains, even if it is just a first snippet. Once you have tried, you will surely return.

We dare you to begin

1 Herbs, remedies and women who wandered the world



■ Short ■ Half day ■ Full day ■ Walking icon ■ Cycling icon

Route	km	⚡	🕒
■■■■■ Trementinaires route	7,5	200	2 h
■■■■■ The Josa valley	13,5	750	3,5 h
■■■■■ From Tuixent to Gósol	23	1250	7 h
■■■■■ A beautiful walk	11	250	2 h
■■■■■ Pedaling through the Tuixent valleys	40	1100	4 h
■■■■■ The big tour of the 2 passes	51	1600	6 h

Popular wisdom takes place when there is a connection between vital needs and the resources offered by nature. At the turn of the 19th to 20th century, in the valley of Tuixent and la Vansa, where the Pedraforca opens totally to a string of isolated and lost villages, the trementinaires (or turpentine women or peddlers) will turn all their knowledge into a unique occupation. These were brave and wise women, who made small miracles with the herbs they came across every day. In 1982, Sofia d'Ossera, with her husband (a man!, an exceptional case), made a last trip to sell oils and remedies they extracted from the medicinal herbs of the valley. It would be the last episode of a trade that was destined to disappear.

The significant fall in population suffered by this valley in mid-nineteenth century will force people to reinvent themselves. Men left their home for some months to work as day labourers, carpenters or miners, while the women went to work as wet nurses. In this context, however, many women decided to take advantage of their knowledge of medi-

cial plants to invent a new profession; the trementinaires. From pine trees, for example, they extracted the resin and distilled it to make turpentine, used as a painkiller, for headaches and sprains as well as to cure spider or scorpion stings. Other remedies they made with juniper oil, lizard oil, white snake or viper, or black tobacco. With all sorts of herbs, flowers, mushroom, bark and roots, the trementinaires made a wide variety of macerated oils, syrups, ointments and infusions.

These jobs involved the whole family, and when the remedies were ready, the women left their houses accompanied by a young apprentice, to travel around the country. They travelled once or twice a year, normally in winter, because this was when they had less work at home and could be away for a few days or up to four months, travelling up to 600 kilometres. The trementinaires and their apprentices stopped in farmhouses and small villages, staying in private houses to save money. As time passed, it got more and more difficult to find apprentices, as the cities offered better-paid jobs. The oral transmission of knowledge broke down, and this profession that had enabled the women of the valley of Tuixent and La Vansa travel the world died out. The name trementinaires was given outside the valley; they used to call themselves “women who went around the world”.

MUSEUM OF THE TREMENTINAIRES

Located in the centre of Tuixent, a small village of just over a hundred inhabitants and main village in the Tuixent and La Vansa valleys, the **Museum of the Trementinaires** offers a total perspective of the trementinaires and their trade, which became a unique and exclusive activity of this valley. It contains all the information collected on this topic such as tools, dresses, samples of their products and the reproduction of a workshop like the ones they used in those days to prepare their remedies. Therefore, you can learn who they were, what herbs and remedies they used and sold, and how they organised their routes all over Catalonia. They always left the valleys of Tuixent and La Vansa and did so in a group, to end up separating by couples on arriving at the interior plains and the coast of Catalonia and even across the border with France. This was a woman’s occupation; they cured illnesses at a time when, especially in the rural world, there were few doctors or vets. The trementinaires were women; to find a man in this occupation was exceptional.

Visitors to the museum end up forming a part of a space in movement, as many of them provide details of the travels of the trementinaires around the country. With their memories of the visits of the trementinaires to their villages still alive, these people enrich the contents of the museum. These elderly inhabitants of the valley have become one of the attractions of Tuixent, where each spring a feast is held in tribute and memory of their ancestors. Opened in 1998, the Museum of the Trementinaires is a part of the Route of Older Crafts, it also hosts



Trementinaires.

Images given by the Rifà Llimona family

travelling exhibitions. It is open every weekend of the year and accepts pre-arranged visits for at least fifteen people.



TO KNOW MORE

The trementinaires and medicinal plants are the principal touristic resource of the Valley of La Vansa and, around it, a collection of facilities and activities have arisen. The **Urban Botanical Garden**⁽³⁾ is in the village of Tuixent, an initiative that takes the visitor to forgotten but enchanting corners, guiding them through houses and streets, and which can even end in a conversation with the locals who look after the plants. An original and suggestive way to enter a singular world. The growing interest for these issues led, in March 2014, to the opening of the **Centre for Flora of the Cadí Moixeró Natural Park**⁽⁴⁾ which, together with the **Botanical Gardens of the Trementinaires**⁽⁴⁾, form a unique museum and leisure facility, located in the old forest house, on the outskirts of the village. The permanent exhibition of the flora of the Cadí Park completes this proposal didactically.

Beyond the village of Tuixent, one kilometre away, on the way to Sant Llorenç de Morunys, the **Botanic Route of the Mola valley**⁽⁵⁾ begins. This area has a large variety of trees and bushes and you can follow a circular route that is not very long and has three zones: The forest on the river bank, the sunny forest and the shady forest. In short, a natural catalogue in the open air. It is two and a half kilometres, on the old path along the river banks and only for walking, and it ends in the **Arboretum dels Planells del Sastró**⁽⁶⁾, where you can also see more than sixty species of remedial plants. Surely one of the most visited places by the trementinaires years ago.

A bit further away from Tuixent is a spot with spaces that are attractive for tourists, such as the **Moixons Park**⁽²⁾ and the **Artisan Village of Ossera**⁽¹⁾. In the park, dedicated to observation of fauna, flora and birds, you can contemplate the nest boxes and walk around the mini botanical garden. Ossera, in contrast, is a village that, during the 20th century, lost almost all its inhabitants -many of whom were trementinaires- until it reached the current population of just two people. From 1978 onwards, new inhabitants from different parts of the world began to repopulate it, with the particularity that they are craftspeople. Today, visiting the village has become a unique artistic experience.



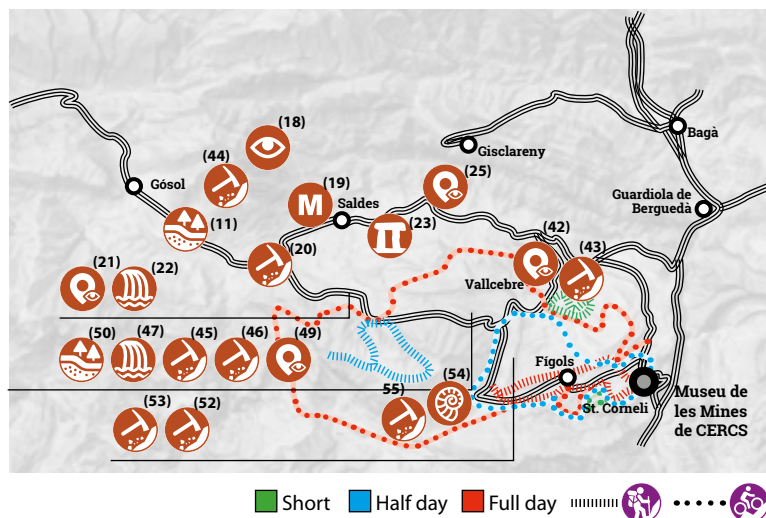
Walking routes. The three walking routes we have chosen start in the Museum of the Trementinaires in Tuixent and they cover from 7.5 Km (the shortest) to 23 Km (the most demanding). These are three possibilities that on the one hand enable you to learn details about the trade of the trementinaires, and on the other, propose long walks in a demanding area with peaks up to two thousand metres high. The first route enables you to learn more about the trade of the trementinaires, acquiring in-depth knowledge about La Mola valley and the

diversity of medicinal plants it contains. The two longer routes, however, enable you to experience the harshness of the environment, despite continuing with the route of the medicinal plants walking through the Centre for Flora and the Botanical Garden. From here, the second route includes the beautiful Josa valley, arriving at this singular village, passing the Romanesque chapel of Sant Jaume, the shady forest of Cloterons and Molí de Josa. It is a route to walk along and return, always going through the catchment area of Cadí mountain range. Finally, the toughest route goes from Tuixent to Gósol, crossing paths and tracks and going over the Coll de la Mola outbound and Coll de Josa on the way back. In between, a singular route that goes through three valleys and two rivers, offering splendid views of Pedraforca.



MTB routes. It is possible to follow some of the routes of the trementinaires by bike. Therefore, in a few kilometres, you can enjoy natural surroundings where it is possible to find many varieties of plants. This is the case of the Camí del Molí route, an accessible route, which, in just eleven kilometres, offers a surprising variety of landscape and vegetation. Molí de Fórns is in the middle of this route, currently converted into a restaurant, a good place to rest, with a small square, some benches and a fountain. If you wish to go a bit further, a second route of almost forty kilometres will enable you to discover much richer surroundings, with riverside forests, as well as practically barren mountain meadows. This is an area that is located in the Pre-Pyrenees, with harsh weather for some months of the year. The rewards are many, for example, the marvellous views on the route-flat on many parts but with tougher stretches - or visits to the enchanting villages. Sant Pere de Lavansa, which has only six inhabitants, is almost abandoned, and Ossera has been repopulated with artists from all over the world. Finally, and for the best prepared, the Grand Tour of the Two Colls, with even more spectacular landscape, with beech, boxwood or pines. 51 kilometres in which you pass through Coll de Port and Coll de Jovell, at 1,791 metres. The last descent, passing through Josa, is demanding, due to the rocks and streams on the way. In short, three options that will enable you to imagine how those women, with their wisdom in herbs and remedies travelled these same routes, although in their case it was on foot.

2 Land, coal and dinosaurs



Route	km	⚓	🕒
Turn to the lagoon	4,5	200	1'5 h
The Gallina Pelada	10,5	875	4,5 h
Coal mines and dinosaur traces	14	700	4,5 h
From Sant Corneli to Figols	7	225	2 h
Between mines and dinosaurs	22,5	800	4 h
The Great Circular of Ensija	46,5	1600	5,5 h

The diversity of alt Berguedà enables you to pass, in a few minutes, from seeing thousands of dinosaur footprints from more than 65 million years ago to seeing, from the inside, the everyday life of a coal mine. Two apparently unconnected worlds that share space and complement each other with great ease. To discover the relationship between geology, dinosaurs and coal, it will be sufficient to visit Figols, Cercs, Saldes or Vallcebre and their surrounding areas. Here, different geological processes created the layers of coal that have recorded the dinosaur footprints from millions of years ago, revealed by the recent mining operations. This is the close relationship of Berguedà with mining, geology and palaeontology, i.e., between the earth, coal and dinosaurs.

In these areas, an opencast mining operation in 1985 revealed the palaeontological site of Fumanya, the largest in Europe, with footprints of sauropods from the upper Cretaceous era, and one of the most important in the world. The Fumanya Interpretation Centre for Dinosaurs is located at an altitude of over 1,400 metres, where you can observe the footprints and learn about life millions of years ago.

This centre is in the old open cast coal mining installations of Fumanya, which closed definitively in 1991. Mining presided the life of most of the villages in alt Berguedà during the 20th century. The economic depression resulting from the end of mining activities affected the whole region and has been overcome with the reconversion of these and other spaces. The old mines have become museums, so as not to lose the memory of this way of life. Thus, visitors can experience the life of miners and learn about the colonies, which were a unique institution that conditioned an essential era of alt Berguedà. Everybody still remembers one episode or another of the mine. Such as the revolt of 1932, when during the Republic, libertarian communism was proclaimed in Figols, or the explosion of firedamp in the Consolació mine, where thirty miners died, all locals.

CERCS MINES MUSEUM

The **Cercs Mines Museum** takes visitors back a hundred and fifty years, enabling them to relive a day in the life of a miner living in the Sant Corneli colony, in Cercs, in the 20th century. The Museum is a collection of exhibitions, audiovisual material and personal experiences. Because mining has conditioned in one way or another, the history, memories and personality of the inhabitants of alt Berguedà and even today, many of them can still speak about the mines from their personal memories. Founded in 1999, the Mine Museum is dedicated monographically to coal mining, and it has become a centre for interpretation that shows the relationship of the mines with the geological surroundings, the landscape, economy and society of the area.

The Museum has a permanent exhibition that displays everything related to coal such as its extraction, transport or use as a fuel. You can also see two audio-visual presentations that show the 1932 Events in Figols and the Closure of the mines in 1977, two of the most significant social protests that took place in that area. And you learn about life around the mine: festivities, leisure, work done by women, the school, the church, the dispensary, businesspeople, workers... This journey in time -not so long ago- has a special intensity when the visitor becomes a part of the natural background and enters the house of a miner, becoming aware of the distribution of the house, its dimensions and its corners and details.

For an hour and a half, visitors will see the life of mining families in an experience that includes a trip in a wagon taking them 450 metres into the gallery of Sant Romà, open in 1860 and active until 1991. In this guided tour, visitors can perceive the harsh conditions of the miners when they went to work in the colony of Sant Corneli, which together with nearby Sant Josep and La Consolació, formed the most important mining area in Catalonia.



The cliffs of Vallcebre. Photo: Sílvia Massana.



TO KNOW MORE

The consequences of mining in alt Berguedà are clearly visible today, and in a reasonable time, you can visit the different spaces that will transport you to the heydays of mining, through the interpretation centres, old mines, viewpoints and routes that coincide with the presence of dinosaurs. In Fumanya, the **Interpretation Centre for Dinosaurs**⁽⁵⁴⁾ was created from the open cast mining that revealed dinosaur footprints more than 65 million years old. It is a building that takes you through history and has splendid views of the prints, which according to the time of day and the impact of the sun, will be more or less visible.

Nearby, you can find the palaeontological site of **North Fumanya**⁽⁵²⁾, a wall where different fossil footprints have been found. And the two **Mines of Coll de Pradell, Enriqueta Mine and Nova Mine**⁽⁴⁵⁾, which closed in the mid 20th century and where you can still see the original rail tracks, the entrance of the mine and the **Miner Tourist Train**⁽⁴⁶⁾. This route can be done on foot, and it is ideal for enjoying with children. In the same area, the **Tumí Lake**⁽⁴⁷⁾ which is a result of mining activity and which also has fossilised footprints. On the way to Vallcebre, you will find the **Cable car Viewpoint**⁽⁴⁹⁾ and, after passing the village, the **Cap Deig Viewpoint**⁽⁴²⁾. This is a land of crags and **gullies**⁽⁵⁾ and corners such as the Engorjat (or gorges) of **La Foradada**⁽⁴³⁾ that enables you to have a close up of the limestone crags and the lutites of

the Lower Red Garumnian. The **Geological space of Vallcebre**⁽⁵⁰⁾, located in the urban centre of the municipality, explains, in an open route, the geological formation of Berguedà during the last 500 million years.

Resources are never-ending in this area. The **abandoned village of Peguera**⁽⁵⁵⁾ is a hiking classic of this area. Located below the Rock of Peguera and the Castle, the church of Sant Miquel and the Ensija mountain range like a backcloth, altogether comprising an extraordinarily photogenic location. The **Esquirol Mine**⁽⁵³⁾, the **Rock of Hippurites**⁽¹¹⁾ or the **Open cast mine of Coll de la Trapa**⁽²⁰⁾ would complete a session spanning millions of years if it were not because at the foot of the Pedraforca there is another unexpected surprise. Between Cantinals and Coll de Jou, in Saldes, a **cable car**⁽⁴⁴⁾ was opened in 1942, used for transporting coal from the Clara mine (close to L'Espà) to the station of Collet (close to Guardiola de Berguedà). Due to problems with the owners, the cable car stopped 4 km from its final destination, and the coal had to finish its transport by road. This area has recently restored a section of the old cable car route, three pylons and a wagon, enabling the visitor to recreate this magnificent infrastructure and get an idea of how it worked.



Walking routes. The variety of options in this area is comparable to the historical scope displayed here. That is to say, from dinosaurs to mines, including the never-ending landscape. Therefore, we propose three routes of variable difficulty; the first, just over four kilometres long, near the village of Vallcebre; the second is a route to La Gallina Pelada, another of the emblematic peaks of the area; and the third is of medium difficulty and spans from coal mines to dinosaur footprints.

The walk around the Llacuna (or lake) is a simple trip around Vallcebre, crossing bridges, dirt paths and paved paths that have survived from medieval times. This is a route that will show you country houses in the area, as well as natural, landscape and historical aspects, starting and finishing in the centre of the village. The second route crowns La Gallina Pelada, a classic hiking destination in the area. Just over ten very demanding kilometres, in which you will crown the Ensija plain -a surprising place that appears after climbing and climbing -, the shelter, the Creu de Ferro and La Gallina Pelada, unique viewpoints with views of the nearest areas as well as others further away, such as Andorra, Puigmal, Montseny or Montserrat. Finally, the Cercs Mine Museum, in the colony of Sant Corneli, is the starting point for the third route. The route crosses the village of Fígols, a lost jewel in the middle of the mountain, passing through the Romanesque shrine of Sant Mateu de Fumanya and further up, always climbing up, to the palaeontological site of Fumanya from where you can observe the great wall with more than three thousand five hundred dinosaur footprints. The trip back offers a magnificent panorama of the Llobregat valley and Catllaràs mountain range.



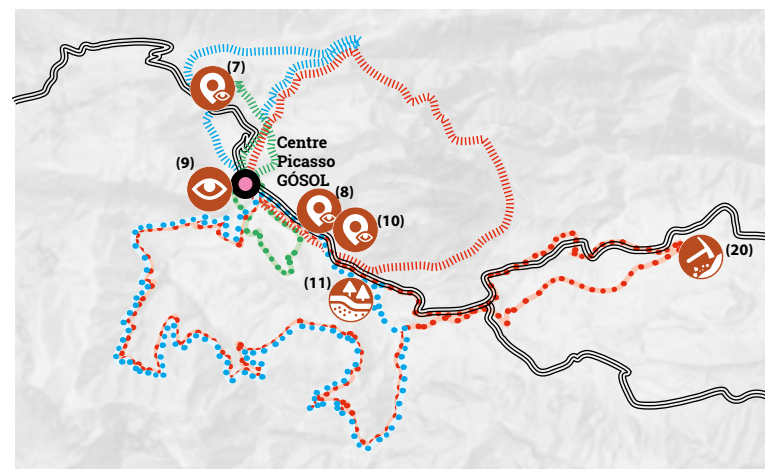
Dinosaurs Fumanya. Photo: Rafael López-Monné.



MTB routes. The mining world, signs of dinosaurs from the distant past and the discovery of abandoned villages are the ingredients that will fill mountain bike routes around Sant Corneli, Fumanya and Rasos de Peguera. They are three very different options, from the easiest -a seven-kilometre family route- to the most demanding -almost fifty kilometres climbing 1,600 metres- for people who are well-practiced in cycling.

The family route, with its epicentre in the old colony of Sant Corneli, is strictly linked to the mining world. It is just under seven kilometres, and it is a perfect alternative to a day visiting the Museum of the Mines and the train that enters one of the galleries. The route is continuously climbing, although not very steeply, until you reach the old wash house used by the inhabitants of Fígols and Sant Corneli. The second route, just over twenty-two kilometres, is more demanding. It also starts from Sant Corneli, but it goes to Fumanya, location of the findings related to dinosaurs. It is a proposal that offers a lot more; from the charm of the village of Fígols, the escarpments of Vallcebre and the spectacular Coll de Grau, on the way down. The paths followed are the same as were used by the miners to go to work, another part of the attraction of this cycle trip. Finally, the toughest option, about forty-six kilometres, and which in addition to the mining colony, the dinosaurs of Fumanya and the escarpments of Vallcebre, incorporates the forests and landscape of Ensija mountain range and the abandoned village of Peguera, a point for many cycling routes in the area and very close to the ski slopes of Rasos de Peguera, a resort closed in 2004. Without any doubt, you will have to be fit to do this route.

3 The art of Picasso in Gósol



■ Short ■ Half day ■ Full day ■ Picnic table ■ Person ■ Bicycle

Route	km	⌄	🕒
■■■■■ In the Tossal of the Termes castle	6	375	2 h
■■■■■■ The picturesque valley of Cernerres	12	625	4 h
■■■■■■■ Pedraforca 360°	17	725	5 h
■■■■■■■ Pedaling behind Picasso	6	130	1,5 - 2 h
■■■■■■■■ The southern tour of Gósol	31,5	950	5,5 h
■■■■■■■■■ The great route of Gósol and Picasso	46	1225	5,5 h

Pablo Picasso was a contemporary art genius, a universal name known everywhere, with work exhibited in the principal cities of the world. A unique artist who changed the idea of what painting had been since the Renaissance. Born in Malaga, he lived in Barcelona and Paris, but there are some little known moments in his life. When he was young, he suffered a deep artistic crisis and distanced himself from the cultural and artistic circles of the great cities. He was distressed, tired and blocked. He was looking for a different language to fill his work, to break away from the predominant artistic trends in Europe in the last half a century. He needed a change of scenery.

In this situation, in 1906, two young strangers arrived on foot in Gósol, accompanied by a muleteer and his mules. He was a 24-year-old painter who nobody yet knew and who they would soon call "Pau" in the village. She was Fernande Olivier, an artists' model from Montmartre in Paris. The young couple had arrived at Gósol from Barcelona thanks to the references given by a friend. They stayed in the small village in Berguedà for three months, which were highly important for the artistic evolution of the painter. Picasso would have time and

space for thinking, walking, painting and drawing. He spent hours with shepherds, playing cards with smugglers in the village inn, dancing on Sundays in the Main Square and collecting fossils from the river.

His work was suddenly going to change. Ochre tones, very present in the mountainous and rural areas of Gósol, began to appear on his canvases. The eighty days he stayed in Gósol mark an evolution towards simplification of shapes. In mid-August, Pablo Picasso and Fernande Olivier left the village, a few days before the beginning of the village festivity. The artist was full of ideas that he needed to put into practice. In Gósol, in the Cal Tampanada inn, is where Picasso would begin a new chapter in the history of art.

PICASSO CENTRE IN GÓSOL

The **Picasso Centre** of Gósol is located in the middle of the village, in the main square, next to Cal Tampanada, where it is easy to imagine the genius. This small space has the most representative display of the three hundred and two works attributed to the period of the artist in Gósol. The originals are in different museums in Europe and the United States, but only here can you link the works with the landscape that surrounded -and surely inspired- Picasso in 1906.

Gósol inspired Picasso, and as a result of this renovation, works such as “Young woman of Gósol”, “Head of Young Man from Gósol” and the enigmatic “Woman with Loaves”, a work reproduced in the Square of Gósol as a statue and which inspired all sorts of legends around Picasso’s stay in the village. The Pedraforca also seduced the genius, the works “Fernande with a black mantilla” and “Fernande on a mule” show the emblematic mountain. To contemplate the works of Picasso with their real-life backgrounds is doubtlessly a unique experience.

But in the Centre, you can find valuable objects such as the notebook where he constantly recorded details he saw, a collection of old photographs of Gósol or the everyday furnishings of the time. In short, an approximation to the summer of 1906. But, the arrival in the village has nothing to do with the route on the steam train to Guardiola, where there is still a stretch to do on foot following the royal road until you arrive in Gósol. And this is the route of Picasso and Fernande. And that is how they will leave, just as they had arrived, this time on foot through the Pas dels Gosolans crossing the Cadí mountain range. Even today, many inhabitants of Gósol have anecdotes as well as legends full of mysticism about the stay of the genius, who changed their lives.

Currently, the Picasso route is a cultural hiking proposal that follows the route the couple walked and part of the route of their farewell from the lands of Berguedà. The route spans 60 kilometres, to be covered in three or four days.



Gósol. Photo: Rafael López-Monné.



TO KNOW MORE

To contemplate and study Pablo Picasso’s work and life is a complex task, but Gósol offers more possibilities, which surely also captivated the genius from Malaga. On the outskirts of the village, it is still possible to see the structure of the **Castle of Gósol**⁽⁹⁾, which has existed since the mid 10th century. You can see a part of the wall, of the houses and the church, and above all, we can highlight the **Tower**, which is located on the northern side. Its purpose is not known exactly, although it is reasonable to associate it with a religious building which it seems attached to, but it is not possible to rule out a defensive purpose. The views it offers of the Pedraforca, Cadí mountain range and Ensija mountain range are spectacular.

In general, those who observe the tower, observe the whole complex, known as “Vila Vella” (Old Town). It is true that the castle has practically disappeared, but inside the fortified area, the ruins of the old Romanesque **Church of Santa Maria** can still be seen. Although it is in a deteriorated state, work was carried out in 1992 to consolidate the structure and ensure its preservation. The Path of the Good Men (the Camí dels Bons Homes in Catalan) passes through the Gósol Castle complex.

Beyond these constructions, and leaving aside the quiet walks in the fields, mountain ranges and paths to pastures, there is also the **Mirador del Roser**⁽⁸⁾ viewpoint, from where you can observe the torrent of Rubinat, which descends from the Coll del Verdet, at the high point of the climb to the Pedraforca.



Walking routes. Three walking routes of different difficulty, always taking Gósol and its surroundings as reference. Thus, with the route of the coal tit, we will go around the village, enjoying the magnificent views it has to offer; we can also discover a solitary valley that hides stories of shelters and persecutions; and, in the most demanding of the three, we will go around the Pedraforca, without going to the peak of the magic mountain.

To the north of Gósol, there is a hill with beautiful views that links up with a route for interpretation of the discovery of the coal tit. On the way to the area of Coll de la Guàrdia, to the north-west of the pass, one can find the remains of a drystone wall whose origin and functionality is unknown, while in the north-west you can find the remains of a modern sheep pen. All surrounded by remains of cultivated land with dry stone walls of uncertain origin. Once you have arrived Font Terrers, thanks to information panels and not very difficult stretches, you will learn everything that is known about this small bird and, with a bit of silence, you may also enjoy its songs. The second option proposes a discovery of the Cernerres Valley. Twelve kilometres through a place that in past times was used as a hideout of the maquis (resistance movement) who escaped from the Civil Guard and Franco's army. The remains of an old neighbourhood show that when the fugitive guerrillas were discovered, the consequences were devastating. It is, in fact, a route that is in a strategic point and junction of routes, those that come from Gósol, from Saldes, from the Gresolet valley, from Gisclareny and those that go to Cadí and Cerdanya. In third place, a classic route that enables you to go around the Pedraforca 360°, the authentic landmark of this area, which was also a source of inspiration for Pablo Picasso. Seventeen kilometres starting and ending in Gósol. Immediately, you are

going towards the Collell, the natural path from the Cadí to the Pedraforca, which provides water to the rivers Segre and Llobregat. As the route can also be started from Saldes, we offer the possibility of doing it in two days, staying overnight in one of the two villages.

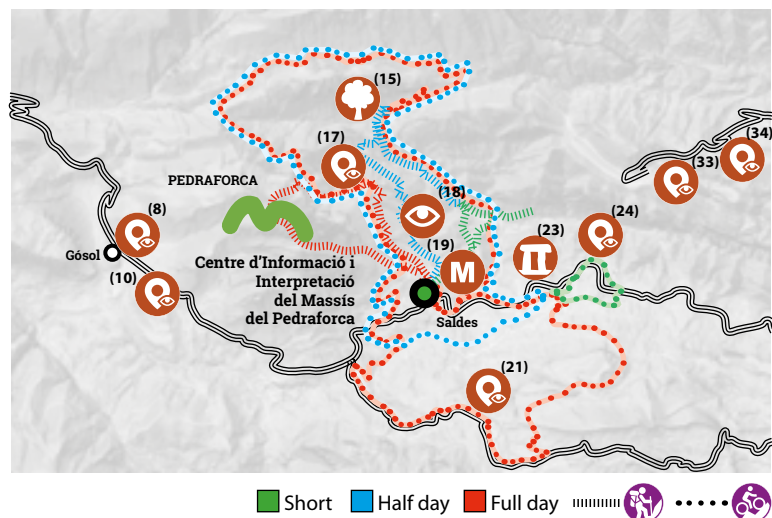


MTB routes. These routes, designed for cycling, remind one of Picasso, following some of the routes he took and remembering spaces that inspired the painter from Malaga. To begin, a short walk to do with the family on the southern slope of Gósol, then a more demanding option where you can discover old hamlets and finally a grand route of forty-six kilometres that follows part of Picasso's Route, made by the painter and his companion on foot to get from Guardiola to Gósol.

Fernande Olivier explained that, to get to Gósol, they needed to follow a route of several hours on a mule, along paths with vertical rock walls that grazed your hands and knees on one side, and a cliff that made you shut your eyes on the other. These are memories from the early 20th century, and things have changed a lot since then; in any case, these three routes will enable you to relive what the couple saw in that summer of 1906. The shortest route is a walk around the outskirts of Gósol going around the castle hill. The second one, of thirty-one kilometres, also goes south and passes by derelict houses, a church and the remains of the castle of Moripol, as well as through the hamlets of Feners and L'Espà. And finally, the longest route goes to Coll de la Trapa to find the old road to Guardiola, these sections that Fernande was so afraid of when she went along them on a mule. In any case, the views of the Pedraforca are splendid. The path goes down to Gresolet, passes by the Molí de la Palanca and carries on to Saldes, where you can continue on the Picasso's Route or look for the modern road.



4 Pedraforca: the emblematic mountain



Route	km	⚡	🕒
From Saldes to Sant Sebastià del Sull	7,5	325	2 h
From Saldes to Gresolet	12,5	650	3,5 h
Ascension to Pedraforca from Saldes	12,5	1500	6,5 h
Maçaners and Pedraforca	5	125	2 h
The views of the Pedraforca	36	1175	4 h
All the faces of the Pedraforca	47,5	1650	5 h

Pedraforca is one of the most emblematic mountains known. Its shape, the legends around it and the extremely long tradition of climbing and hiking, have made it a landmark of mountaineering and popular culture. Its forked shape, with two rounded and almost perfect peaks and the fact that it is not part of any range, "living" completely alone, have made it a photographic attraction. It has two parallel slopes: Pollegó Superior (or upper ridge), 2,506 metres high, and Pollegó Inferior (or lower ridge), 2,444 metres, joined by L'Enforcadura (or the Fork), of 2,356 metres, with a scree on each side, the one facing the village of Saldes -on the east- and the one facing Gósol -on the west-, and it also has a secondary peak connected to the Pollegó Superior, which is the Calderer, 2,496 high. The main characteristic of the Pedraforca massif is its geological complexity. Additionally, it has been declared Natural Site of National Interest and the surrounding area is a part of the Cadí-Moixeró Natural Park.

The Pedraforca is a hiking icon, with routes to the peaks that include some small climbing stretches. However, it is necessary to be fit, take into consideration possible weather changes and use adequate gear.

For those who want to climb, Via Estasen, open in 1928, is considered a reference that opened many possibilities. The difficulties of the north face of the Pedraforca in winter were comparable to some winter climbs in the Alps. The Lluís Estasen shelter is a good starting point for any outing.

The mystique of the magic mountain, as the Pedraforca is also known, is sustained principally by the legends that link it to witches and the night of Saint Sylvester, the last night of the year. They are stories that speak about witches' Sabbaths and justify the singular shape of the mountain. Because the Pedraforca is attractive by day as well as night-time. With or without witches, the quality of the sky in Saldes has darkness thirty times more intense than the metropolitan area and can be enjoyed with the naked eye or from the recently opened **Pedraforca Astronomy Centre**⁽¹⁹⁾. The municipality has the seal of Space with Quality Night-time Sky.

CENTRE FOR INFORMATION AND INTERPRETATION OF THE PEDRAFORCA MASSIF

In the **Centre for Information and Interpretation of the Pedraforca Massif**, you can find all the necessary references to the magic mountain. It is in the Pedraforca square in Saldes, at the foot of the mountain, and offers tourist information of the area, a monographic exhibition on the massif and another about mining in Saldes. Additionally, it has a scale model and books and maps about the Pedraforca. Therefore, it is a space that brings together the meaning and particular characteristics of the mountain as well as the influence of coal mining, an industrial activity that has marked the history of the municipality for the last hundred years.

Pedraforca has a unique heritage that is not visible at first sight and that it is good to know. The massif is a testimony of the raising of the Pyrenees during the Alpine orogeny. Therefore, it is an area of great interest as, in a few square kilometres, there is a confluence of layers from different eras formed with materials from the Keuper, the Jurassic, a considerable thickness of sediments from the Early Cretaceous and some metres of the Late Cretaceous. In short, a calcareous festival which, among other things, will configure the singular shape of the mountain and can also be seen along the Natural Site in places such as the Gresolet crags.

As well as its geological characteristics, the area around the Pedraforca also offers a window to the wide range of historical and cultural heritage based principally on religious architecture thanks to the many Romanesque churches and chapels that can often only be found in hidden locations. As is the case, for example, of the sanctuary of Gresolet, Sant Ponç de Molers, Santa Eulàlia de Bonner or Sant Andreu de l'Espà. Along the Pedraforca massif, there are also ruins of some mediaeval fortifications. Both the shrines and the fortifications can be discovered



Gresolet. Photo: Òscar Rodbag.

by following many of the traditional paths that exist in the Natural Site, many of which are cattle farmer routes, which also allow you to enjoy the flora and fauna of the area.

+ TO KNOW MORE

The potential and attraction of Pedraforca draws everyone's attention, but there are other points of interest that, it must be said, are also related to the magic mountain. This is the case of the **Gresolet Viewpoint**⁽¹⁷⁾, located in Salde, which has become one of the most visited areas by tourists. They are a collection of balconies built at the foot of the Pedraforca that offer magnificent views of the Pedraforca as well as Ensija mountain range, Cadí mountain range -with the Comabona as a protagonist- as well as several cliffs. The construction of a footbridge has made it accessible for people with limited mobility.

If, in addition to observing, the visitor wishes to walk, an attractive option is to wander in Gresolet forest, classified as a Natural Site of National Interest, which conceals different treasures. The forest reaches 2,000 metres in its highest points, to 1,000 metres at the bottom of the valley, which creates great biological diversity. As well as the areas of Scots pine, there is the **Beech forest of Gresolet**⁽¹⁵⁾ and the presence of different monumental trees such as the Large Beech tree of Molleres de Gresolet, the different beech trees in Clot de l'Om, the Beech tree of Baga de Gresolet, the fir trees of Molleres, the Old Pine trees of Pleta dels Baganesos or the Pine tree of the Rock of the Castellots. All these trees are grouped in a route that begins in Gresolet.

Waling in the area around Pedraforca offers surprises that you can enjoy from the many viewpoints that exist in the area. Such as the **Maçaners Viewpoint**⁽²⁵⁾, the **Gargallosa Viewpoint**⁽³³⁾, the **Albert Arilla**



The Milky Way over the Gallina Pelada. Photo: Josep Picas.

Viewpoint⁽³⁴⁾, the **Palomera Viewpoint**⁽²¹⁾ or the **Cap de la Creu Viewpoint**⁽¹⁰⁾, which offer views of the different mountains, crags, cliffs, hidden villages and, especially, of the geological formation of this area. We can highlight the **Medieval village of Palomera**⁽²¹⁾, a collection of twenty-seven homes, where the shepherds enclosed their flocks in the shelters located at the lower end of the rock, and which was inhabited from the 12th to the 15th century. Additionally, you can also visit the **Molers Dolmen**⁽²³⁾, one of the most important megalithic monuments in the comarca, dating from the Middle Bronze Age, around 1500 BC, which revealed human remains and fragments of pottery when it was excavated.



Walking routes. The Pedraforca is a great monster that devours everything. The stories, photographs, routes referring to this massif all revolve around the magic mountain. Its halo leaves no space for anything else, but even so, there are many more possibilities. In fact, you can discover routes around the Pedraforca, but also around Gresolet, an iconic sanctuary of the comarca, surrounded by a unique natural environment, and a small monastery full of history; **Sant Sebastià de Sull**⁽²⁴⁾.

This is the first of the routes. Seven and a half kilometres, starting in the Square of Salde, heading to Coll de la Bena and continuing along the left-hand bank of the River Salde. In the 9th century, under the sunny side of Alzineta, a small monastery was founded, which with the passing of the centuries consolidated, until its decline due to abandonment by the monks, firstly, and the confiscation of Mendizábal, later. Currently, you can contemplate the remains of a temple, a cemetery, a patio and a tower. The second route goes from Salde to Gresolet. Twel-

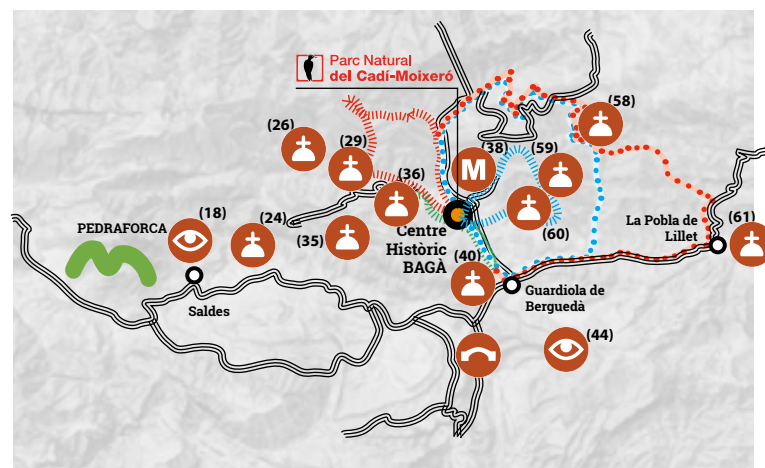
ve kilometres in which to enjoy the beauty of the environment; the outbound route on the Camí de la Costa and the return following the river course, the Someretes pass and the Faig spring. The route passes along walls, wild areas, a magnificent fir forest and reaches the sanctuary of Gresolet. Finally, the third route is an authentic classic, climbing the Pedraforca from Saldes. This is one of the most popular excursions in the history of Catalan mountaineering, where most people know all the steps to follow by heart: Lluís Estasen shelter, passing the Coll del Verdet, climb to Pollegó Superior and descent over the scree. Like a mantra, there is no getting lost, but there is a clear rule: It is necessary to be careful and accompanied or at least advised by a guide. The Pedraforca is one of the mountains where there are more accidents for different reasons such as poor preparation, inadequate equipment or sudden changes in weather. However, having taken into consideration all the risks, the views and the sensation of being in the middle of the fork are unique.



MTB routes. To discover this area on a mountain bike is an option that enables you to get a perspective of the power and attraction constantly generated by the Pedraforca. It will surely be ubiquitous, as in the simplest route, a walk of not more than five kilometres and almost flat, in Maçaners and the surrounding area. The second route, of thirty-five kilometres, goes around the Pedraforca massif, and although it is not demanding technically, it does require certain physical preparation. And finally, the longest route is an extension of the second route, reaching the area of Gresolet.

Because, even though the Pedraforca is always in the corner of your eye, it is possible to contemplate other options, as in the first route. Although it is a very short route, you can discover a dolmen, some springs, some laundry pools and several country houses and old water mills. The second option offers more variety and requires more physical resources; it is a tour around the Massif, always within the Cadí-Moixeró Natural Park, going from the southern to the northern slope. Moreover, it enters the valley of Gresolet torrent, crossing the beechwood forest in the background. The variants available in the third option pass mainly through the Pedraforca Adventure Park, a space where you can walk in the treetops in a singular adventure park -recommended for families with children- and through the majestic Coll de Pradell, a Catalan cycle-tourism classic and on the route to crown it. Once at the top, you descend down the other side, entering the mine and dinosaur area, but this time the route will go towards Saldes. It is not possible to get lost. The Pedraforca always shows you the way.

5 Cathars and troubadours



Route	km	⚡	🕒
For the Via del Nicolau from Bagà	14	375	3,5 h
From Bagà to Brocà by Paller	14	1025	5 h
One day along the path of the Cathar route in Bagà	19	1150	6,5 h
Along Via Nicolau	14,5	375	3 h
Through Bagà Medieval	34,5	1300	4 h
From Bagà to La Pobla medieval	48,8	1749	5 h

From the 12th to the 14th centuries, the Occitan Cathars promoted a pure form of Christianity, simple and based on spirituality. But this attitude made them enemies of the Catholic church that had become authoritarian, corrupt and ostentatious. Therefore, they were persecuted and had to leave as exiles. Also called Good Men and Good Women, their escape was materialised in the Path of the Good Men (Camí dels Bons Homes in Catalan), a route that crossed the Pyrenees and was about two hundred kilometres long, joining the Sanctuary of Queralt, in Berga, and the Montsegur castle in the Ariège department. This route is the GR-107 and can be completed on foot, on horseback and most popularly, by mountain bike.

Through mediaeval villages, Romanesque churches and castles, the Path of the Good Men refers to history, by also to natural spaces such as the Natural Park of Cadí-Moixeró. In the south of France, for centuries, a religious belief spread based on austerity that did not believe in the Old Testament and rejected, among other things, the feudal system. The Cathars were persecuted and considered heretics due to their beliefs. One of the last points of resistance was the castle of Montsegur,

and when it fell, many escaped to different villages such as Berga, Bagà, Gósol or Josa del Cadí.

The Path of the Good Men is an initiative that arose in 1995 and has achieved wide international repercussion. Among the different points of interest of the route, we can mention Bagà, which records the mysteries and legends of the medieval time, thanks to its old centre, the arcaded square and the Palace of Pinós, which has a permanent exhibition about Catharism. This town is also one of the entrance points to Cadí-Moixeró Natural Park and in its surrounding area, where there are small marvels such as the monastery of Sant Llorenç, Guardiola de Berguedà, or Santa Maria de Lillet, in La Pobla de Lillet.

HISTORIC CENTRE OF BAGÀ

As well as its natural surroundings, the small town of Bagà has interesting medieval architecture, and walking around its **Historic Centre** will make you relive times past. This old quarter, built under the Palace of Pinós, holds most of the appeal of the town. It is protected by the old walls, and it is the only town that preserves its medieval urban layout intact, as designed and built by Galceran de Pinós, around the 13th century. In July, Bagà holds a medieval festivity that will transport you even more to the middle ages.

Of the different spaces in this old quarter, one of the most significant is, undoubtedly, the Arcaded Square or Galceran de Pinós Square, with ancient buildings and where you can feel a deep calm which will allow you to imagine yourself as a protagonist of episodes from centuries past. In this respect, we can also highlight the Palace of Pinós, the noble centre of the village, located high up and holding the Medieval and Cathar Centre as well as the Tourist Office.

The parish church of Sant Esteve, which opened on August 3rd 1339 so the peasants could have a place to go to mass, but it was not finished until a century later, being a clear example of the transition from Romanesque to Gothic style. The temple, along with the Tower of La Portella, are another two attractions in Bagà. This watchtower is, in fact, one of the symbols of the medieval village, as it is the only remaining part of the old wall that surrounded it. Located at the end of the Arcaded Square, it closes the historic quarter of the village and exiting through its arch; you can begin a walk to other emblematic places in Bagà: the Romanesque bridge and the river Bastareny. This medieval bridge has two arches and is known as the bridge of the town.



TO KNOW MORE

The appeal of Bagà is, to a great extent, its medieval past and the presence of the Cathars, well documented in the **Medieval and Cathar Centre**⁽³⁸⁾ but, beyond the town, there are other attractive places. Such as the **Monastery of Sant Llorenç**⁽⁴⁰⁾, located to the north of the town of Guardiola de Berguedà. It was an old Benedictine shelter that has



Historic centre of Bagà. Photo: Rafael López-Monné.

gone through different phases. Its origin dates back to the 10th century, in 1428 it was affected by an earthquake, and in the 17th century, it was partly demolished. Finally, it began to be restored in the 1980s to recover its past splendour. It currently offers different cultural proposals. In alt Berguedà, the **Monastery of Santa Maria de Lillet**⁽⁶¹⁾ is also important, next to La Pobla de Lillet, located at the foot of a mountain and surrounded by meadows and crops, next to a farmhouse. Close by, is the Romanesque chapel of **Sant Miquel de Lillet**, one of the eleven unique round-plan churches in Catalonia.

Beyond these monasteries, there are other significant religious buildings located relatively close by, such as **Sant Miquel de Turbians**⁽³⁵⁾, a small Romanesque shrine documented since the 10th century, located at the top of a hill and only accessible on foot. In May, a meeting is held which continues the tradition of giving out bread baked in a wood-fired oven to all those attending. Or the case of **Sant Joan de l'Avellanet**⁽³⁶⁾, a church close to Bagà, **Sant Martí del Puig**⁽²⁹⁾ and **Sant Romà d'Oreis**⁽²⁶⁾ both in Gisclareny, the church of **Sant Genís de Gavarrós**⁽⁵⁸⁾, the church of **Sant Martí de Brocà**⁽⁶⁰⁾ or the mountain of **Sant Marc**⁽⁵⁹⁾ de Brocà, in Guardiola de Berguedà, or the Benedictine **Monastery of Sull**⁽²⁴⁾, in Saldes. All have common elements despite the ruinous state of many of them. Declared as cultural heritage of local interest, they are often located on the top of a hill, with excellent views, and have an important historical value. The same can be said of **Saldes Castle**⁽¹⁸⁾ and **Guardiola Castle**⁽⁴⁴⁾, strategically located to dominate the surrounding area. Two villages such as **Bonner** and **Moripol**, both in the municipality of Gósol, complete a map full of escapades where you can enjoy the surroundings and learn about the history of the area.



Walking routes. Two routes of fourteen kilometres and one of nineteen will enable you to learn more about the medieval history of Bagà. In fact, the history of the town does not really begin until the end of the middle ages, and it is closely related to the Pinós family. These walks will enable you to discover details of this relationship, which will appear while you discover other corners. As is the case of the old town of Brocà, also of medieval origin, the particular history of the Via Nicolau or a small approximation to the Path of the Good Men.

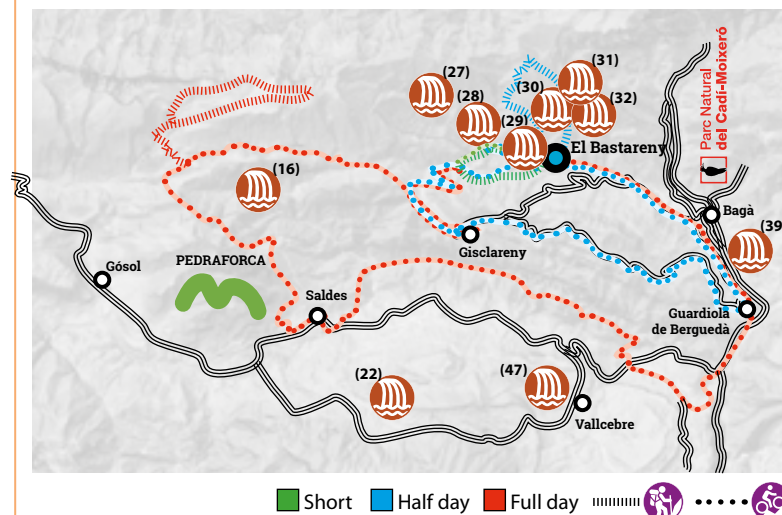
To begin, Via Nicolau follows the route of the old railway line built in 1914 to transport wood, and which has become a walking path between Guardiola de Berguedà and Sant Joan de l'Avellanet, crossing wooded areas, tunnels and different types of walkways such as a thirty-five-metre cable. The second route reaches the shrine of Sant Marc de Brocà and the village of Sant Martí de Brocà. The route is charming from its start in the Information Centre of the Cadí-Moixeró Natural Park, following an alleyway that exits on the side of the old laundry pool and below the Tower of La Portella to the Porticoed Square where a plaque remembers the legend of the hundred maidens. Later, you pass by the two sanctuaries of Paller -a territory that is practically uninhabited today but is full of history- passing the Font del Sofre, the chapel of Sant Pelegrí and the Collada Grossa. Finally, the third route is just nineteen kilometres of the Path of the Good Men (the whole route is two hundred kilometres long!). It will serve as an introduction to the complete route and it returns to the municipality of Bagà through the Riugréixer valley until the Coll d'Escriu, Coll de Pendís and Els Empedrats. In short, the Cadí Moixeró Natural Park in essence.



MTB routes. You can enjoy the same walking routes on mountain bike, through the same areas, but, extended in some cases, crowning the mountain range of Cadí-Moixeró and reaching other municipalities, thus discovering more points of interest that are a little more distant, such as the cement factory in Clot del Moro, Santa Maria de Lillet or the monastery of Sant Llorenç. Three routes, of fourteen, thirty-five and almost fifty kilometres, not very difficult technically but on considerable slopes. Therefore, it is recommendable to be fit.

As proposed for walking, Via Nicolau is also recommended for mountain bike, as it is an uncomplicated route to do with the family, good fun and not climbing too much. The other two routes share part of the circuit, leaving Bagà, at eight hundred metres and reaching Collada de la Bòfia, at almost two thousand. The shortest option has an almost pyramidal plan, first climbing, and then almost everything is downhill. The longest has a stepped descent passing through Coll Roig and reaching La Pobla de Lillet, descending to Clot del Moro, where you can see the first Asland cement factory, the Monastery of Santa Maria de Lillet or the round church of Sant Miquel.

6 The waters of the Pedraforca



Route	km	⚡	🕒
Waters of the Bastareny	8,5	425	2,5 h
Empedrats route	10	1000	4 h
Ascension to Comabona from the Bassotes	16	950	5,5 h
Discovering the Bastareny river	6	250	1 h
For the neighborhoods of Gisclareny	37	1175	4 h
The great tour of Gisclareny between Saldes and Bagà	69	2000	5 h

One of the elements associated with the mountain is water. And in a context where the Natural Park of Cadí Moixeró dominates the landscape, the formation of rivers, streams and torrents is constant. In the collective imagination of the local inhabitants, the rivers Llobregat and Bastareny, and the countless corners with pools and places to bath, are the protagonists of family stories and memories with friends. Without all the watercourses of the Pedraforca, the character of the people of Berguedà would be different; landmarks would be missing, landmarks which are often the reason for lovers of the mountain to visit again. Because many of them are a constant resource when hiking, spending the day, or for kids to discover them.

There are many rivers in the Natural Park, but the most important are the Llobregat and Bastareny. The most important and bearing the largest amount of water is the Llobregat, born in the springs of the Llobregat, in some crags close to Castellar de N'Hug, and flowing into the delta it forms close to Barcelona. It is, in fact, one of the key axes of the comarca, as it crosses Berguedà from north to south, almost dividing it into two symmetrical parts. The area of the birth of the river is

adapted for tourist walks; as well as the Springs, there is a picnic area, a hotel and an old flour mill converted into a hydroelectric power station. The Llobregat is also the main river that fills the Baells reservoir, a very important tourist attraction as it is used to practice many water sports.

Both the birth of the Llobregat and the Bastareny are spectacular in the rainy seasons when water is abundant thanks to the rains and the thawing of mountain snow. Along its initial course, it forms countless springs, waterfalls and hidden spaces where you can bathe, which are in a good state, thanks to the work carried out to restore them.

BASTARENY RIVER

The river which takes centre stage in Berguedà is the Llobregat, but Bastareny has countless almost secret and very attractive springs and torrents. Born in the **Dou del Bastareny**⁽²⁸⁾, in the municipality of Gisclareny, not very far away from Bagà, an area of great natural beauty, at an altitude of over one thousand metres. The river suddenly appears in a large rock wall, where it flows out with force, surrounded by trees, boxwood and moss, forming a picture-postcard image. Around it, there are natural spillways such as the Bullidor de Sant Esteve or the Bullidor de la Llet (the Milk Boiler).

The **river Bastareny**⁽³⁹⁾ collects water from two valleys and flows into the Llobregat in Guardiola. Although it is not considered an important river, it does have sufficient length to form different and very charming spaces. It is born in the Cadí mountain range; in fact, **Bastareny and Cadí Moixeró Natural Park** are inseparable. The waters of the mountain range appear and disappear in one of the largest natural areas in Catalonia. Cadí Moixeró, in the Pre-Pyrenees, spans several mountain ranges and massifs -Cadí, Moixeró, the Pedraforca and part of Tosa d'Alp and Puigllançada- and it is located between three comarques: Berguedà, Cerdanya and Alt Urgell. The highest mountain in the Park is the Puig de la Canal Baridana (or Vulturó): 2,648 metres.

The escarpments of the north face of the Cadí mountain range are one of the most significant elements, together with the enormous variety of flora and fauna and countless hiking paths. In addition, there is a network of mountain shelters that will enable you to tour the park in several days. We can highlight the peaks of Costa Cabirrolera, les Penyes Altes del Moixeró and Comabona as well as Roca Verda and Roca de l'Ordiguer where mountain climbing is practised. Cadí Tunnel, located under the Moixeró mountain range, is one of the principal civil engineering works in the country and joins the comarques of Berguedà and Cerdanya.



TO KNOW MORE

Apart from the Dou, Bastareny offers many places where you can stop and enjoy. Natural waterfalls infrequently visited spillways and all very close to each other, so that they can be enjoyed in a single day, especially after the rainy season. The first is the **Murcurols waterfall**⁽²⁷⁾, a torrent that drops about thirty metres and, as it is in a shady area, can be found frozen in winter. Not very far from this point is the **Bullidor**



Bastareny river. Photo: Rafael López-Monné.

de Sant Esteve⁽²⁹⁾, which is reached after descending some steps and from where you can observe how, on the left-hand side of the river, some springs flow out. Both Murcurols waterfall and Bullidor de Sant Esteve can be accessed from Cal Cerdanyola, an old flour mill that is currently a camp hostel and where the Font Nostra is located, and, just on the other riverbank, is the Vents del Cadí Shelter.

From this point, but going in another direction, is the beginning of the route of **Els Empedrats**⁽³²⁾, a demanding but very beautiful path that reaches the shelter of Sant Jordi, almost crowning the Cadí mountain range. The climb is interesting and fun, and you have to constantly cross water, which, according to the time of the year, can descend with such force that it will cover the path. At the middle of the climb, there is a signposted point that leads you to the **Bullidor de la Llet**⁽³⁰⁾, an authentic natural spectacle -when it bears a lot of water- that shows how water flows out from holes in the limestone rock in different springs. In one of these, the water hits the bottom with an effect that looks like boiling. The Bullidor de la Llet works like a spillway or as a swallower of water according to the amount of water present. Not far from here, and also on the Route of Els Empedrats, is the **Cua de Cavall waterfall**⁽³¹⁾, located in a gorge, on the left-hand side if you are climbing. It is a lovely waterfall, a magnificent background for a photograph you may want to take in this point.



Walking routes. The municipality of Gisclareny, with 26 registered inhabitants in 2018, is the smallest in Catalonia. However, its natural surroundings are some of the most outstanding with places like the valley of the river Bastareny, of unquestionable wealth, linked to the waters of the river, streams, torrents and springs. These are routes that cannot be understood without the personality provided by the constant and persistent water. As is the case of the walk to Murcurols waterfall, the climb of the Empedrats or the much more demanding long

excursion to Comabona peak.

The first proposal, of about eight kilometres, goes along the valley of Bastareny river, following the paths between the houses and old farmhouses, which are now abandoned. All in the Cadí Moixeró Natural Park, full of attractive corners such as the Murcurols waterfall and the Dou del Bastareny, where this river is born. It is a route starting in the neighbourhood of Hostalet where Cal Cerdanyola is located, an old mill that today is the La Salle Nature Classroom, and next to the recently restored Hostalet house, which is the Vents del Cadí shelter. The walk includes the old Forat flour mill, the House of Monnell, the Bullidor de Sant Esteve or the Font del Violí. The second route, of ten kilometres, is the spectacular climb of Els Empedrats, following the old royal road of Cerdanya. It is shady and refreshing, as it constantly crosses the river Pendís and passed by the Bullidor de la Llet, Cua de Cavall waterfall, Gorja d'Escriu or Font del Faig. The ascending route is of medieval origin, and it is classified as an archaeological site. The third option is the climb up the Comabona, 2,548 metres and one of the highest peaks in Cadí mountain range. The proposed route is semi-circular and crosses the south-west part of the mountain range, combining a diversity of paths and landscapes. A marvel.



MTB routes. As proposed in the walking routes, some of them start in Cal Cerdanyola or Vents del Cadí shelter, a hub for different excursions in Bastareny valley. The first is six kilometres long, the second is thirty-seven and the third practically seventy. The choices, therefore, span from a short family bike ride to a very demanding excursion of many kilometres and slopes. The abundant water along the routes will enable you to find refreshment, especially in summer, to combat the heat.

The first excursion will enable you to enjoy the Bullidor de Sant Esteve, the Dou del Bastareny and Murcarols waterfall. It is a beautiful route designed for cycling due to the slight slopes. The second covers much more territory than just the area of Gisclareny. The church of Sant Miquel de Turbians, the landscape of Gisclareny, the views of Coll de la Bena and the Sant Martí del Puig path are some of the places to see on this route, which also passes through Bagà and Guardiola. And finally, the third proposal is much more demanding and long, repeating some of the elements of the previous excursions, but departing from these routes to find the Llobregat river and follow it for a long stretch southwards through a riverbank wood. This route continues towards Saldes, crossing the river Saldes after passing the hill and following a path that links up to the Torre de Foix path. Here, the path becomes steep until you arrive at the church of Sant Climent de Foix. After the torrent of Bonsoms, you must follow the river upstream for ten kilometres, along a very quiet stretch, without any other paths or houses or farms. It is not a difficult ascent, but it is long and isolated. The route continues to Saldes and Coll de la Bena, returning to Bastareny valley and thus completing a never-ending descent to the starting point.

7 Active tourism in mountains and valleys



The Pedraforca has a unique power, a magnetism that traps you and allows escape. The Pollegó Superior, the scree, the fork, the unique colour of the mountain, Saldes and Gósol, Gresolet and the woods and the chapels. It is the Cadí Moixeró Natural Park with the Comabona, the Penyes Altes, the different hills, the crags. The paths and routes that cross it. Bastareny and all the torrents and gorges that derive from it. The mines, the dinosaurs. The people of this area and their history and legends. All under the attentive watch of the Pedraforca, the reflection of the magic mountain appears in each movement. It is a unique area that can be experienced in a particular and original, authentic and singular manner.

One of the most diverse ways to discover Pedraforca and all its surroundings is through sports, leisure and adventure activities. Among the countless resources available, there are vias ferratas, ravines, climbing, potholing, paragliding, cycling and an adventure park that can be enjoyed with the family or individually. It is proof that the Pedraforca, far from grabbing all the attention, is the driving element that brings them together. The Pedraforca or if you prefer, alt Berguedà or even Berguedà as a comarca, is a place where you can enjoy all these activities available in this incomparable place, soft tourism in a multidisciplinary environment.

The great diversity of spaces to practice all sorts of sports -or open-air activities- has the added value they can be found in a very small area. Which is to say that in a few kilometres or in a short time, you can move from one place to another, from paragliding to exploring caves and end the day pedalling on enchanted paths or authentic mountain passes. Of all these resources, we have only mentioned the most significant here. As is the case of the twenty or more located and listed

ravines and torrents, of which two are outstanding. One is the **Olla de Mel ravine** (or Honey Pot ravine), a vertical and deep cliff that descends the Gresolet crags to reach the beechwood. It is a very enclosed channel, and very narrow in some points, requiring eight abseiling sections to get through it. Along the route there are charming corners, like a natural rock bridge that can be found at the middle of the descent. This is a totally regulated ravine and the guide service is recommended to do the route and learn how to interpret it. An alternative better adapted to families and ideal to begin canyoning is the **Forat Negre ravine** (or Black Hole ravine), in Vallcebre. Much more accessible when arriving by car, along its descent there are abseiling sections of seventeen metres, scrambling, jumps, a cave and narrow passages with space for only one person to pass.

The possibility of linking activities of different types is evident when you leave these ravines. Because Vallcebre is one of the centres of *vias ferratas*, and in the same day, once you have done the Forat Negre ravine, you can complete some perfectly equipped *vias*, adapted for kids, which are close by. This is the case of the **Via Ferrata of Roques d'Empalomar**, very entertaining and which, in addition, since 2012, has enlarged the sectors, with a twelve-metre Tibetan bridge and a zone of considerable difficulty, for the most experienced. In general, but, it is a great path to begin this modality that contains rocks, hanging passages, cables or cramps to live an incredible experience. In Vallcebre you can also find the **Via ferrata of La Canalassa**, adapted to be accessible for children, and the **Via ferrata Cal Curt**, a must, and where, taking advantage of the most subsided walls, an athletic path has been made. Of considerable difficulty, it requires resistance and strong arms. On leaving the *vias ferratas*, you have the option of extending the adventure by taking the *Camí Aeri de l'Àrtic*, a peak equipped with cramps and protected with some handrails that brings you close to the area of the palaeontological site of Fumanya.

In all cases, they are modalities in which it is important to be careful and respectful with the environment and with the conditions of these proposals, regarding the material, as well as the permissions, and the need to have a guide. This is also the case with caving, regarding which the area around the Pedraforca has a very rich offer. The **Graller de Roca Cerdana** and the **Graller de Carbasser** are in Saldes and the **Chasm of the l'Antic Bullidor** is in Gisclareny. Roca Cerdana is a vertical tube of almost a hundred metres, a pure chasm; the Graller de Carbasser, also known as the *Avenc dels Escaladors* (Chasm of the Climbers), in the Pedraforca itself and with 170 metres difference of altitude and about 480 metres long; the chasm of the Antic Bullidor has a depth of 188 metres, but it is conditioned by the level of the underground waters.

Without leaving this area, there are many more options. The comarca offers countless climbing routes, but without any doubt, for



Forat Negre canyon, Vallcebre. Photo: Marc Sixto.

the most romantic, one of the most significant routes is the **classic via Lluís Estasen**, open in 1928 in the north face of the Pedraforca, which is semi-equipped and of level IV difficulty. It is a constantly ascending route and which has two marked parts, one until the flank, where it is necessary to climb, and the other to the peak where it is mainly necessary to clamber. Among the considerations of this route, in addition to the return to the origin, it is necessary to bear in mind that this is an area full of possibilities for climbing, but also that in the Pedraforca, the weather is always a factor to take into account. It is basic to bear in mind the importance of having a guide and not to do it alone unless you are a real expert.

Very close to the magic mountain, on the road joining Coll de la Trapa to Saldes, in Coll de Pradell is the **Pedraforca Adventure Park**, a highly recommendable option for spending an enjoyable time with the family or friends. Children -but also adults-can enjoy the circuits in the treetops to move around without touching the ground, by means of Tibetan bridges, ladders, zip-lines, nets or tunnels. If your level of adrenaline is still insufficient, another way to have fun without touching the earth is **paragliding**, with a wide-ranging offer but with two recommendations to fly outside the limits of the Natural Park with Hike&fly, proposing **La Gallina Pelada** as well as **Puigllançada**, two acknowledged mountains and with possibilities for impressive flights.

The characteristics of the comarca, with high-quality roads for your peace of mind and enormous possibilities, due to having mountain passes of all types and categories, leads to the existence of interes-

ting cycle-tourism excursions. As is the case of the 4 Peaks, the Mining Route or Cadí Challenge, events with very abundant participation and which travels on the roads in the Cadí Moixeró Natural Park with mountain passes that have already starred in important professional events and which can be considered first category or special category, due to their length and toughness, such as Coll de Pradell, Coll de la Creueta, Coll de Pal or Rasos de Peguera.

The offer is endless, and the list of options to practice all these modalities is long. Regarding other sports, such as orientation courses, regulated circuits are becoming more popular and are beginning to appear, as well as the constant evolution of mountain courses that have facilitated the creation of a permanent circuit such as the Trail Station, located in alt Berguedà and in the municipalities of Bagà, Guardiola de Berguedà, La Pobla de Lillet, Sant Julià de Cerdanyola and La Nou de Berguedà. The station has thirty routes available, which are travelled, signposted and geolocated and with their level of difficulty indicated by colours. In total, 475 kilometres marked in different circuits that vary from 7 to 85 kilometres, thus making them apt for all types of users. In Berguedà, the mountain courses have, without any doubt, an ideal location, with internationally acclaimed and consolidated events such as UltraPirineu or UltraCatllaràs and others that are finding their place in the panorama of the best courses, such as Ensija Trail and Trail del Moixeró. The best racers in the world discovered these routes years ago and compete here season after season.

In winter, when the paths are covered with snow, they can be travelled with snowshoes, and the highest parts enable some mountain skiing routes. It is also possible to practice nordic skiing in the station of Tuixent-La Vansa.



Via ferrata, Roques d'Empalomar. Photo: Marc Sixto.



Adventure park. Photo: Òscar Rodbag.



Photo: Rafael López-Monné

Where to sleep

Where to sleep

Photo: Rafael López-Monné



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Campsite:

- **Can Susèn** 3a. Cat. • KCC-000159 • Ctra. B-400, km 10,5 • 938 258 103
www.campingsusen.com

Rural Tourism:

- **Cal Mianet 'El Porxet'** • PCC-00072 • Cal Mianet • 610 465 645
www.calmianet.com
- **Cal Mianet** • PCC-000352 • 610 465 645 • www.calmianet.com

Hotel:

- **Cal General** • HCC-002994 • Afores, s/n • 938 258 054

Apartments / Tourist dwelling:

- **Cal Grill** • HUTCC-000148 • Cal Grill, s/n • 938 258 166
- **Cal Pajant** • HUTCC-000148 Paratge Serra del Boix, s/n • 938 244 709

Refuge:

- **Serra d'Ensija** • Serra d'Ensija • 680 795 617 • www.feec.cat
- **Can Cadi** • Ctra. de l'Obaga, s/n • 938 258 044 • www.cancadi.com

Youth hostel (for groups):

- **Pedraforca** • Ctra. B-400 Km 13 • 937 441 029 / 678 563 649
www.visitpedraforca.com/casa-de-colonies-pedraforca

VALLCEBRE

Rural Tourism:

- **Cal Victòria** • PCC-000382 • C. Nicolau, 6 • 938 212 923 • www.calvictoria.com
- **Cal Ponç de Belians** • PCC-000921 • Casa Cal Ponç, s/n • 689 500 097

Hotel:

- **Ca l'Agustinet** • HCC-004347 • Ctra. de Guardiola a Saldes, km 7 • 937 441 362
www.racodelsangels.com

Apartments / Tourist dwelling:

- **Masia Cap del Roc** • HUTCC-000474 • Masia Cap del Roc, s/n
650 610 911 • Instagram: masiacapdelroc
- **Cal Griera** • HUTCC-000397 • 938 227 388 / 618 425 181



Photo: Rafael López-Monné

Where to eat

Where to eat



Photo: Rafael López-Monné

COLLABORATING ESTABLISHMENTS

Associació Valls del Pedraforca

www.visitpedraforca.com



Cal Batista

Raval, s/n, BAGÀ
Tel: +34 938 244 126
www.calbatista.com



La Pineda

Raval, 50, BAGÀ
Tel: +34 938 244 515
www.hotelpineda.com



Niu Nou

Av. Vila-seca, 1, BAGÀ
Tel: +34 938 244 253
www.niunou.cat



Santuari de Paller

Ctra. del Paller, Km 2, BAGÀ
Tel: +34 937 441 041
www.santuaridepaller.com



El Forn

Canal, 2, GÓSOL
Tel: +34 973 370 274
www.restaurantelforn.cat



La cuineta de cal Triuet

Pl. Major, 4, GÓSOL
Tel: +34 973 370 072
www.lacuinetadecaltriuet.com



Cafè bar Cal Farragetes

C. Coll, 7, JOSA I TUIXENT
Tel: +34 669 863 363
Instagram: [bar_cafe_calfarra](https://www.instagram.com/bar_cafe_calfarra)



Cal Gabriel

Camí del Riu de la Mola, 5, JOSA I TUIXENT
Tel: +34 973 370 142
www.calgabriel.es



Campsite Mirador al Pedraforca

Ctra. de l'obaga, s/n, SALDES
Tel: +34 938 258 062
www.miradoralpedraforca.cat



Ca l'Andreu

Ctra. de l'Obaga, s/n, SALDES
Tel: +34 938 258 088
www.hotelcalandreu.com



Youth hostel Cal Manel

Pl. Pedraforca s/n, SALDES
Tel: +34 938 258 004
www.albergcalmanel.eu



Hostal Pedraforca

Barri Maçaners s/n, SALDES
Tel: +34 938 258 021
www.pedraforca.com



Refuge Lluís Estasen

Jaça dels Prats - Pedraforca, SALDES

Tel: +34 608 315 312

refugiestasen@gmail.com



Campsite Repòs del Pedraforca 1a.Cat.

Ctra. B-400, km 13,5, SALDES

Tel: +34 938 258 044

www.campingpedraforca.com



La rectoria de Vallcebre

Pl. Església, s/n, VALLCEBRE

Tel: +34 606 388 977

www.rectoriavallcebre.com



Photo: Rafael López-Monné

OTHER ESTABLISHMENTS

BAGÀ

- **Ca l'Amagat** • Clota, 4 • 938 244 032 • www.hotelcalamagat.com
- **Cal Ramon** • C. Berga, 2 (Barri Terradelles) • 938 245 008

CERCS

- **Santa Bàrbara** • C. Santa Bàrbara, 1 (St. Corneli) • 938 248 179
www.restaurantsantabarbara.com

GISCLARENY

- **Cal Misèria** • Cal Misèria, s/n • 937 441 180

GÓSOL

- **Franciscó** • Ctra. de Berga, s/n • 937 370 075 • www.hostalcalfrancisco.es
- **Cal Vermell** • Pl. Major, 18 • 973 372 157
www.visitpedraforca.com/cal-vermell/

GUARDIOLA DE BERGUEDÀ

- **El Recó de l'Avi À** • La Farga, 10 • 938 227 672 • www.elrecodelavi.com
- **El Cadí** • Ctra. de Ribes, 9 • 938 227 265
- **El Collet** • Ctra. de Gósol • 939 227 269
- **La Brasa** • Cases Noves, 3 • 938 226 009
- **La Taverna** • Ctra. de Bagà, 29 • 938 226 987

JOSA I TUIXENT

- **Ca l'Amador** • Josa de Cadí • 973 370 046 • www.calamador.cat
- **Can Cortina** • Pl. Serra del Cadí s/n • 973 297 667
www.cancortina.cat
- **Cal Peritxola** • C. De la Riba • 690 662 153
www.facebook.com/calperitxola

SALDES

- **Cal General** • Afores, s/n • 938 258 054 • www.fondacangeneral.net
- **Cal Tahona** • Pl. Cadí, s/n. • Tel. 937449161 / 626 268 503
Afores, s/n • 938 258 054 • www.fondacangeneral.net
- **Cal Xic** • El Serrat, s/n • 664 149 686
- **Racó del Pedraforca** • Pl. Pedraforca, s/n • 609 216 458
- **Alberg Cal Manel** • Pl. Del Pedraforca, s/n • 938 258 004
www.albergcalmanel.eu
- **Restaurant "el Cruse" - Cal Xisquet**
Ctra. de l'Obaga, s/n • 938 258 040
- **L'Arc** • Pl. Pedraforca, s/n • 938 258 071

VALLCEBRE

- **Ca l'Agustinet - El Racó dels Àngels** • Ctra. B-400 Km 7,5
937 441 362 • www.racodelsangels.com
- **Cal Borni** • Ctra. de Fumanya, s/n • 619 453 304
- **Cal Bugui** • Pl. del Roser, s/n • 611 056 052
www.facebook.com/barbugui
- **Cal Sastre** • Pl. Església, s/n • 938 227 036
www.facebook.com/calsastrevallcebre

Photo: Rafael López-Monné



**Where to meet
local producers**

Where to meet local producers



Photo: Oscar Rodríguez

COLLABORATING LOCAL PRODUCERS

Associació Valls del Pedraforca

www.visitpedraforca.com



Hort del Met

Can Andreuet (SORRIBES) GÓSOL

Tel: +34 617 678 755

www.hortdelmet.com

Refugi molí de Gósol

El molí de Gósol, GÓSOL

Tel: +34 636 564 310

www.molidegosol.com

La cervesera del Pedraforca

Pl. Pedraforca, 3, SALDES

Tel: +34 938 258 160

www.lacerveradelpedraforca.cat

Formatgeria Serrat Gros

Cal Codina (Ossera) LA VANSA

Cal Jepet (Josa de Cadí) JOSA I TUIXENT

Tel: +34 690 385 556

www.formatgeriaserratgros.com



Photos provided by the establishments themselves

OTHER LOCAL PRODUCERS

BAGÀ

- **Cam del Cadí Moixeró** • C. Font del Sofre, 6 1r. 1a. • 620 041 664
www.camdelcadimoixero.com
- **Carnisseria Cal Negre** • C. Raval, 41 • 938 244 015 • www.fetaqui.com
- **Ecoavícola** • Ctra. C-16 Km 17 • 699 428 241 • www.pollastresecologics.cat
- **Els Bucs d'en Jaume** • C. Raval s/n • 666 556 138
- **Embotits Ca la Masa** • Pl. Catalunya, s/n • 938 244 005 •
www.embotitscalamasa.blogspot.com.es
- **Formatgeria Tiraval** • C. Galceran de Pinós, 11 Baixos • 699 073 112
- **Forn i pastisseria Obiols** • Pl. Galceran de Pinós, 25 • 938 244 081

GÓSOL

- **Cal Puxica** • C. Pintor Picasso, 7 • 973 370 261 • www.calpuxica.com

GUARDIOLA DE BERGUEDÀ

- **Cal Saus** • Ctra. de Ribes, 13 • 938 227 230
- **Carnisseria Xarcuteria Montse Saus** • Passatge Comerç s/n
938 227 063
- **Forn Cal Lluïset** • C. Hostal, 9 • 938 227 330

LA VANSA

- **Herboristeria Nogué** • 973 298 228 / 608 938 348
www.herbesossera.com
- **Melmelades i conserves Cal Casal** • Cal Casal, s/n • 973 298 220

SALDES

- **Forn el Roure** • C. Serra d'Ensija, 16 • 938 258 000
- **La Carnisseria de Saldes** • C. Serra d'Ensija, 22 • 938 258 077
- **Mel del paratge de la Serra del Boix** • Casa Pere Periques s/n
607 026 575 • www.mic-em.com
- **Vedella ecològica del Pedraforca** • Cal Pacient de Baix, s/n
609 791 095 • www.vedellaecologicadelpedraforca.com

VALLCEBRE

- **La Botigueta** • Dalila Almiñana • Ctra. de la Mina, s/n • 938 227 071
- **Xai ecològic Cal Coix** • Ctra. B-400 Km 3,5 • 630 224 781

COLLABORATING LOCAL SHOPS

Cal Xuko tatto&pircing

C. Raval, 25, BAGÀ
Tel. +34 938 244 509
calxuko@gmail.com



Farmàcia Josefina Costa Fornols

C. Serra d'Ensija, 24 baixos SALDES
Tel. +34 938 258 074
farmaciadesaldes@gmail.com



Photos provided by the establishments themselves



Photo: Rafael López-Monné

Photo: Rafael López-Monné



**What to visit and
what to do**

What to visit and what to do



Photo: Marc Sixto

WHAT TO VISIT

Centre del parc natural del Cadí Moixeró

C. De la Vinya, 1, BAGÀ
Tel: +34 938 244 151
<http://parcsnaturals.gencat.cat/ca/cadi/>



Centre històric

BAGÀ
Tel: +34 619 746 099
www.turismebaga.cat



Centre medieval i dels càtars

Pujada de Palau, 7, BAGÀ
Tel: +34 619 746 099
www.turismebaga.cat



Monestir de Sant Llorenç

Sant Llorenç, BAGÀ
Tel: +34 664 567 581
www.monestirsantllorenç.cat



Museu de les Mines de Cercs

Sant Corneli, CERCS
Tel: +34 938 248 187
www.mmcercs.cat



Fumanya

Fumanya, FÍGOLS
Tel: +34 938 248 188
www.mmcercs.cat



Centre Picasso i Gósol

Pl. Major, 1, GÓSOL
Tel: +34 973 370 055
<http://gosol.ddl.net>



Centre de flora del Parc Natural del Cadí Moixeró i jardí botànic

Antiga casa forestal de Tuixent, JOSA I TUIXENT
Tel: +34 973 370 030
www.tuixent.cat



Museu de les trementinaires

Pl. Ajuntament, s/n, JOSA I TUIXENT
Tel: +34 973 370 030
www.trementinaires.org



Centre d'interpretació del massís del Pedraforca i de la mineria de Saldes

Pl. Ajuntament, s/n, SALDES
Tel: +34 938 258 046
www.saldes.cat



Centre astronòmic del Pedraforca

Casa Forestal, SALDES
Tel: +34 938 258 005
www.saldes.cat



WHAT TO DO AND WITH WHOM

Associació Valls del Pedraforca

www.visitpedraforca.com

Els tres hereus

Cultural guiding

C/ Sant Antoni, 28, BELLVER DE CERDANYA

Tel: +34 680 289 997

elstreshereus@gmail.com

Pedratour

Travel Agency

C. Ciutat, 11, BERGA

Tel: +34 938 215 111

www.pedratour.com

Rutes Silvia Rovira

Hiking and MTB guiding

Tel: +34 636 257 282

www.rutessilviarovira.com

Cuiol nature

Nature guiding

Colònia St Josep, bloc 3, pis 11, CERCS

Tel: +34 686 687 042

www.cuiolnature.com

Pèndol guies

Active tourism guiding

VALLCEBRE

Tel: +34 650 833 479

www.pendolguies.com

Espai actiu Vallcebre

Active tourism guiding

Pla de la Barraca, VALLCEBRE

Tel: +34 650 833 479

www.espaiactiuvallcebre.cat



Adventure Park of Pedraforca

Palomera SALDES

Tel: +34 616 554 039

www.pedraforcaparcaventura.com



Nordic ski station Tuixent-La Vansa

TUIXENT - LA VANSA

Tel: +34 973 058 018

www.tuixent-lavansa.com



TaxiTrail

4x4 taxi service

GUARDIOLA DE BERGUEDA

Tel: +34 637 839 969

www.taxitrail.com



OTHER ESTABLISHMENTS

SALDES

● **Altitud Extrem** *Active tourism guiding* • 616 554 039

www.altitudextrem.com



Photo: Rafael López-Monné

**Responsible
behaviours**

Responsible behaviours



Photo: Oscar Rodbag

Being a responsible traveler and minimizing the impact your visit creates is important for the sustainability of the area. After all, sustainable tourism is a way of traveling and exploring a destination whilst respecting its culture, environment and people.

General Rules

-  Respect **nature (flora, fauna and land)** and don't introduce alien species of flora and fauna
-  Stay on the **paths** and trails waymarked and **camp** only in those authorized places
-  Light **fires** only in the authorized areas
-  Do not drop any of your **litter**, bring it back.
-  Keep **pets** always **on a leash** and under the control of the owner
-  Circulate and park **motorised vehicles** only in authorised **road**/areas

Further Rules

- When entering into a protected area, follow the rules and the instructions from the staff
- Take care of not damaging any signaling and other itinerary facilities
- Respect any kind of private property, incl. buildings, crop fields
- Respect cultural heritage (churches, ruins, walls, and any other constructions)
- Be polite and fair with locals and other users, including hikers, riders and cyclists
- Respect the peace and calmness of the place

Recommendations before you start

- If you walk alone, tell someone of your itinerary.
- Don't overestimate yourself and choose it according to your physical abilities.
- Choose the appropriate clothes and equipment
- Check the weather forecast before leaving and adapt your route according to the weather conditions
- Remember to take enough water.
- Report any breach to the corresponding authority



Photo: Rafael López-Monné

IF YOU ARE DISCOVERING SOME OF THE 7 FACES OF THE PEDRAFORCA, AND WISH TO DEEPEN THE EXPERIENCE:

- Speak with the people you see in the area; the exchange will enrich you.
- Experience the traditions, the festivities and the local fairs. They are immaterial cultural heritage live.
- Let yourself be accompanied by a local guide; you will learn and enjoy things much more, and this will provide you with safety and peace of mind.
- Taste the local gastronomy and products, and visit the establishments where they are produced.
- Visit the interpretation centres of the territory and nature, the museums and other similar installations.
- Enjoy the fauna, flora and geological heritage with respect, and the same applies to the mountain cattle. Leave what you see and like alone: rocks, fossils, flowers, plants or other natural elements.
- Use your private vehicle as little as possible and, when you finish your trip, compensate your footprint. There are different websites where you can do it. Walk, cycle or use public transport.
- Minimize the consumption of resources and leave the area as you would like to find it.
- Choose companies certified for their environmental commitment and use local establishments for accommodation.
- Give back to nature and the territory part of the joy that they have given you during your stay.



Photo: Montse Algerich

IF YOU ARE THINKING ABOUT PRACTISING AN ACTIVITY IN NATURE:

- Enjoy the silence and peace present in natural and rural environments where you are practising your activity.
- Choose routes and activities that are adapted to your experience and physical fitness. If you are in a group, take into account the least prepared member.
- Before starting, collect information about the characteristics of the chosen route, the weather forecast and possible risk situations.
- Wear adequate clothing and gear for the planned activity and the time of the year, take sufficient water and food. In winter, take special precautions and use a guide if you are not experienced in snowy conditions.
- Take maps and devices to follow the route, as well as basic materials for safety. If necessary, take note of emergency telephone numbers: 112.
- Follow signposted paths and routes and avoid those with restricted access or private property.
- Close any gates, wire fences and fences you come across on the routes; they are important to keep the livestock where they should be.
- Avoid using soap or sun cream if you are going to swim in the rivers, springs, gorges or lakes.
- Inform rural agents or those responsible for the protected space if you find dead or injured animals, paths or installations in a bad state or any other incident worthy of reporting.
- If have you enjoyed yourself, share the experience and the route you have followed, except the exact locations of protected species.



Photo: Rafael López-Monné

How to come

How to come



Photo: Oscar Roebag

Travelling responsibly in times of climate change? Yes, you can! Just offset your CO2 emissions...

- Reaching our mountain areas from other parts of Europe or the world would be not possible without air travel. However, aviation is one of the largest emitter of greenhouse gases and, therefore, contributes to the anthropogenic climate change **in a decisive manner**.

- Fortunately, you can **offset the generated carbon footprint on a voluntary basis** in one of the existing carbon offsetting initiatives. These initiatives usually offer a web tool with a calculator so that everyone can calculate the price of their own carbon offsets. By purchasing the emitted CO2, you can mitigate your own greenhouse gas emissions from transportation (e.g. your flight), but also from using non-renewable energy sources during your stay.

- The purchased offsets are usually dedicated to **on- or off-site forest management projects, but also to conservation of biodiversity** in collaboration with local managers. You can contribute to these projects with small amounts. For instance, the offsets from a flight from Berlin to Thessaloniki (round trip) cost less than 20 Euro, and from Stockholm to Catania, about 30 Euro.

- You can offset your emissions wherever you like. We suggest using **"Atmosfair"**, being one of the most well-known and reliable platform. Just have a look at www.atmosfair.de!

- **Thank you for making responsible and sustainable travel possible!**



Photo: Montse Argerich

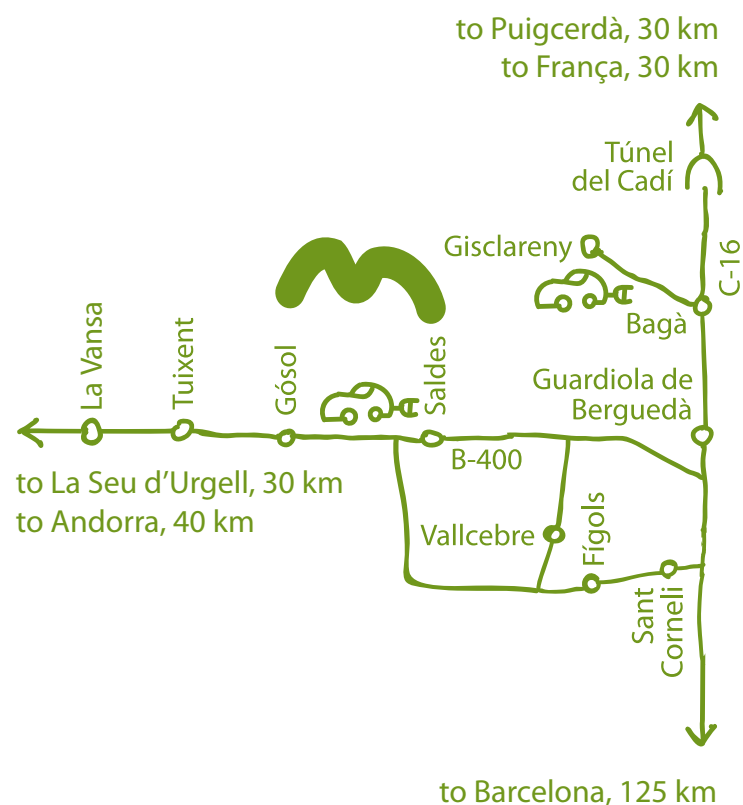




Photo: Rafael López-Monnie

Glossary

Glossary

Photo: Rafael López-Monné



In this section you will find several abbreviations that have been used in the guide as well as the description of the icons used.

BTT. Mountain bike



Natural site



Panoramic viewpoint



Museum / interpretation center



Cultural Site



Geological Site



Paleontological Site



Mining Site



Roman Church / Church



Waterfall / Water Site



Dolmen



Speleology



Monumental tree



Climbing



Canyoning



Via ferrata



Paraglide



Nordic Ski



Hiking route



Mountain Biking route

The **network** of Emblematic Mediterranean Mountains consists of **nine** complex living **mountains** located around the **Mediterranean Sea**, in **France, Greece, Italy, Spain** and **Albania**.

The respective territories are working together on common **challenges**:

- Preserving **patrimonial values** from endogenous and exogenous threats
 - Sharing **positive experiences** and good practices
 - Increasing **international recognition**



EMbleMatic Ecojourneys are nine routes of **experiential slow tourism** across **hinterland areas** of European Mediterranean Mountain regions. By enjoying these journeys, visitors have a chance to **explore** the areas' **singularities** and the **activities** offered by local providers. These are journeys where **nature** and **culture** meet, and the experience with **body** and **soul** is such that it generously conveys the **emblematic character** of the territory.



Project co-financed by the European Regional Development Fund