

## LA SELVA ON FOOT



## La Selva - the water region

Throughout history, water has connected Man with the land. It has also been a link that unites landscapes as diverse as mountains, plains and the coast. This link is especially apparent in the numerous streams, springs, waterfalls and gorges that invite us to head off into hidden-away places that are practically untouched...whilst not forgetting the sea, where the waves and tiny coves of the Costa Brava have countless visual surprises in store for us.

However, water has not only defined the landscape; it has also left its mark on the region's architectural heritage - which includes an interesting collection of prehistoric archaeological sites, Roman villas, Romanesque churches, Gothic fortresses, and colonial houses - as well as a valuable historic heritage that includes legends, traditional festivals, gastronomy, fairs and markets, ancient religious traditions, and museums, etc., all of which reflect the character of a hospitable people ready to invite visitors to discover the magnificent places found in La Selva - the water region.

## Hiking in La Selva

So as to maximise your enjoyment of La Selva, we have put together a network of paths suitable for hiking that run from north to south, and from east to west. These paths are known as the **Grans Camins de l'Aigua** (Great Water Paths) and connect all the region's municipalities via stretches of different length and difficulty.

The network gives walkers the option of organising their own programme or of enjoying the **Walking routes through La Selva** we recommend here. The walking routes include paths that are steeped in history, a number of old paths that follow in the footsteps of bandits, paths that run alongside the region's rivers, and paths that end at the shores of the Mediterranean Sea. There is both a general and a detailed description of each walk as it passes through La Selva, including both factual and practical information to help you prepare for your walk. At the end of the guide, we've included a number of one-day, local routes that will give you the chance to get to know the natural area surrounding the towns and villages of La Selva.



Walking routes through La Selva invites you to discover not just La Selva's cuisine and traditions, but also a range of complementary activities and, in particular, its wonderful and little-known natural and cultural heritage that includes rivers, windmills, reservoirs, rivers, bridges, dams, cliffs, pools and ice wells.

## 1 Camí del Nord/Camí del Canigó (Northern Route)

The Northern Route, also known as the Camí de L'exili, is a long-distance path covering 212 km, which runs between Mataró (Catalonia) and Prades (Languedoc-Roussillon, France). The walk aims to recreate the route followed by thousands of republican exiles in 1939, after the end of the Spanish Civil War, when they fled to France after Franco's troops entered Barcelona and Girona. The walk takes in a wide variety of scenery, from the sea to the Pyrenees, with the route ending at the top of Mount Canigó.

### **The Northern Route through La Selva**

More than 60 km of the Northern Route are in La Selva, making it possible to cross the region's mountainous area from north to south, across the three great mountain massifs of Montseny, Les Guilleries and Collsacabra. Forests dominate the route as it passes through Mediterranean woodlands, home to holm oaks, and damper woods such as chestnut and beech groves. Most of the woods are in conservation areas such as Montseny Natural Park or pass through the conservation areas of Les Guilleries and Collsacabra. We suggest breaking up the La Selva part of the walk into three stages, running from south to north, which we describe below:

**Viabrea – Joanet:** from the Viabrea train station, the walk follows tracks and narrow paths along the eastern side of Montseny until the little village of Joanet - a quite, rural spot, where you can spend the night at a bed and breakfast. Before reaching Joanet, you go through Arbúcies, at the foot of Montseny, where you will find all manner of shops, along with the Museu Etnològic del Montseny (Montseny Ethnological Museum) and a good number of restaurants.

**Joanet – Osor:** on leaving Joanet, you head for Sant Hilari Sacalm, located in the middle of the Les Guilleries massif, where you will find a large number of shops, bars and restaurants. This is a good place to stock up on provisions before heading into the extensive chestnut groves along the path towards the peaceful village of Osor.

**Osor – Les Planes d'Hostoles:** the last stage of the walk starts at Osor and heads towards the top of the Susqueda i Sant Martí Sacalm reservoir and on to the village of Planes d'Hostoles in the region of Garrotxa. Along the way you will find the hermitage of Mare de Déu del Part (now in ruins), and will go over the Susqueda dam and along the Far cliffs, which are part of the Collsacabra massif.




## WALK DETAILS

**Level:** difficult

**Total km:** 62 km

**Ascent/descent:** 1,150 m (maximum altitude)

**Stages:**

Stretch	Distance	Difficulty	Signage
Viabrea – Joanet	21 km	Difficult	
Joanet – Osor	18 km	Difficult	
Osor – Les Planes d'Hostoles	23 km	Difficult	

**Type of route:** lineal path (section in La Selva)

**Recommended season:** throughout the year



### Did you know...?

Within the area of Montseny Natural Park, between Arbúcies, Breda and Sant Feliu de Buixalleu, is the majestic Montsoriu castle. Standing 642 m high, and dating back to between the 9<sup>th</sup> and 15<sup>th</sup> centuries, the castle is an example of feudal splendour during the time of the Cabreras in the 12<sup>th</sup> and 14<sup>th</sup> centuries. The castle can be seen from the valley and also from Montseny.

### Worth trying...

Ruta Dolça de la Selva (Sweets of La Selva Route). La Selva produces a huge number of sweets and tasty things to eat. Throughout the whole year along the Northern Route you can find:

### Don't miss...

The Museu de la Gabella a Arbúcies (Gabella Museum at Arbúcies) is the best starting point to discover Arbúcies Valley and Montseny Natural Park - areas of particular interest from a heritage standpoint where scenery, nature, culture and tradition come together to produce a visit that has everything.

Les Enramades d'Arbúcies is a traditional flower carpet festival. Dating back to the 16th century and secular in origin, the festival is held every year in the middle of June.

If you happen to be visiting during the first weekend in May, it's worth visiting the Fira del Senglar d'Osor (Osor Wild Boar Fair), when the town's best cooks prepare traditional and *nouvelle cuisine* recipes using wild boar meat.

## 2. RUTA DEL CARRILET (RAILWAY ROUTE)



### Ruta del Carrilet (Railway Route)

The 'Ruta del Carrilet', or narrow gauge Railway Route, is a Green Route that links the cities of Girona and Olot by means of a 57-km path. Made of compacted coarse sand, the path is very flat and of minimal difficulty. The route passes through the regions of Girona, La Selva and Garrotxa, and follows the former narrow-gauge railway line between Olot and Girona. The path, which is suitable for walkers and cyclists, incorporates amenities such as bridges, handrails and specific signage. The walk crosses areas of great scenic, ecological and cultural value such as the Garrotxa Volcanic Zone, the Ter valley, and Salt's meadowlands.

### The Railway Route through La Selva

Some 20 km of the Railway Route through La Selva follow sections of the Brugent and Ter rivers. The route passes by the old narrow-gauge railway stations that served the main towns and villages of Amer, El Pastoral, La Cellera de Ter, Anglès and Bonmatí. We suggest splitting it into two stages, to make time to visit the various villages along the way. The walk can be done in either direction:

**Les Planes d'Hostoles - Amer:** setting off from Les Planes d'Hostoles, take the Green Route and head south, where you will come across a number of bridges along the way, with sections that lead directly into the mountain. Shortly before reaching Amer is the Font Picant, well-known for its carbonated water bottling.

**Amer - Bonmatí:** this section gives you the opportunity to observe the various ways that water has been used as a hydro resource. On leaving the narrow-gauge railway station at Amer (Oficina de Turisme i

Punt d'Acolliment BTT - Tourist Office and Mountain Bike Reception Centre), you need to head south towards El Pastoral, where you will see the dam, which plays an important part in supplying water for human consumption, and the old El Pastoral train station. Further on are the villages of La Celler de Ter, Anglès and Bonmatí, the last two of which were important company towns associated with the now-defunct textile industry.



## WALK DETAILS

Level: easy

Total km: 20 km

Ascent/descent:

Stages:

Stretch	Distance	Difficulty	Signage
Les Planes d'Hostoles – Amer	8 km	Very easy	
Amer - Bonmatí	12 km	Easy	

Type of route: lineal path (section in La Selva)

Signage: vertical signage

Recommended season: throughout the year

## ALTIMETER

## Did you know...?

The municipality of Anglès is home to an old steam engine ("Vapor de la Burés") dating back to the town's 19<sup>th</sup>-century textile industry. A reminder of the industrial revolution, the engine is unique in Catalonia.

## Worth trying...

Sweets that are typical of the area such as the "capricis" biscuits from Amer, the "rierencs" biscuits from La Celler de Ter and a kind of sponge cake from Anglès known as "modernistas". These villages are part of the Ruta Dolça de la Selva (Sweets of La Selva Route).

## Don't miss...

The pig slaughtering festival at La Celler de Ter (**Festa de la Matança del Porc**). The festival takes place in March when thousands of people turn up to witness the traditional pig slaughter, which is followed by a lunch open to all-comers.

The fully restored **Romanesque bridge at Sant Julià del Llor i Bonmatí** is one of best examples of the civic late-Gothic style that remain in La Selva. Oddly enough, no rivers have flowed under its arches since 1777, when the river Ter was diverted following a flood.

It's well worth visiting the **Plaça Porxada at Amer** on 15 August, the day of its summer festival, to see the only sardana (Catalonia's traditional folk dance) where the dancers are not in a circle: La sardana de l'Alcalde (Mayor's sardana). Not far from the Plaça, the Museu Lluís Sidera (Lluís Sidera Museum) has a collection of agricultural tools, besides a temporary exhibition room.

## 3. SENDER MEDITERRANI (MEDITERRANEAN PATH)

### 3. Sender Mediterrani (Mediterranean Path) (GR 92)

The Mediterranean Path is a long-distance, 583-km path that runs all the way along the coast of Catalonia, offering views of small coves, beaches and the Catalan seaboard. The path starts at Portbou, along the Costa Brava, and ends at Ulldecona, after crossing the Delta de l'Ebre (Ebro Delta). The route passes through areas of great ecological value, including a number of natural parks (Cap de Creus, Aiguamolls de l'Empordà and Delta de l'Ebre, amongst others).

#### The Mediterranean Path through La Selva

Getting on for 40 km of the Mediterranean Path pass through La Selva, from Les Cadiretes massif to the Tordera river. Along the whole walk through La Selva the scenery alternates between coastal forests dominated by white pines, small coves, and beaches, etc. Where there are no tracks next to the sea, the path goes through built-up areas, which are not particularly attractive. However, ample compensation comes in the form of the "camins de ronda" (coast paths) and the old look-out paths used to warn of maritime attacks from smugglers, taking walkers through characteristic locations along the cliffs. We suggest splitting the walk into two stages, which we describe as it runs from south to north, although it can be done in either direction:

**Blanes - Lloret de Mar:** setting off from Blanes, you head towards Sant Joan de Blanes hill (which is easy to spot on account of the castle at the top), where you can visit the Jardí Botànic Marimurtra (Marimurtra Botanical Garden) and then Pinya de Rosa, another botanical garden further on. This stretch of the route passes through built-up areas and coastal paths and tracks of outstanding beauty. Before reaching Lloret de Mar, the path passes by the Jardins de Santa Clotilde (Santa Clotilde Gardens), and the beach and the Sant Joan castle at Fenals. From there, a narrow section of the path follows the coast to Lloret, via the Dona Marinera monument. To round off your visit to Lloret, we suggest going to the Museu Obert de Lloret (Lloret Open Museum), which comprises a number of different municipal areas including the Museu del Mar (Sea Museum), and various archaeological sites, etc.

**Lloret de Mar - Tossa de Mar:** from Lloret de Mar, take the coast path in the north of the village that starts just below the En Plaja Castle, which can be clearly seen from the town. This whole section of the path is stunningly beautiful and gives walkers with the chance to discover some of the area's cliffs and small coves, etc.

## WALK DETAILS

Level: easy/medium

Total km: 22 km

Ascent/descent:

Stages:

Stretch	Distance	Difficulty	Signage
Blanes - Lloret de Mar	9 km	Easy	
Lloret de Mar - Tossa de Mar	13 km	Medium	

Type of route: lineal path (section in La Selva)

Signage: white and red marks

Recommended season: throughout the year

## Did you know...?

La Selva's coast is home to three botanical gardens: Jardins Botànics Marimurtra (a Cultural Asset of National Interest), Pinya de Rosa (which houses a collection of succulent plants), and the Jardins de Santa Clotilde. All three gardens can be visited along the route.



## Don't miss...

The summer festival at Santa Anna de Blanes. It includes one of Europe's leading **firework displays**, held on St Anne's day (in July).

The **Mediterranean Lighthouse Interpretation Centre**, found in the highest part of Tossa de Mar's Vila Vella (Old Town). A key place for anyone interested in having a more comprehensive vision of the world of maritime signalling, lighthouse history and technology, and the lives led by former lighthouse keepers.

Every April, the Association of Bars and Restaurants of Lloret, the Lloret Hotel and Catering Association, and Lloret Turism, organise special events that celebrate cooking with rice (**Jornades Gastronòmiques de l'Arròs**).

Lloret de Mar has long been a pioneer in La Selva in offering a new style of hiking that combines nature and health - Nordic walking. You will find everything you need to practice Nordic Walking throughout the year in Lloret, where one-and-a-half-hour walks are organised. Walkers can opt to be accompanied by a guide or be independent.

## GENERAL INFORMATION

### Camí de Ronda (Coast Path)

Tourism Association of La Selva - the water region

Tel. 972 841 702

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

Mediterranean Lighthouse Interpretation Centre

Tel. 972 343 359

[www.tossademar.com/far](http://www.tossademar.com/far)

Marimurtra Botanical Garden

Tel. 972 330 826

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

Pinya de Rosa Botanical Garden

Tel. 972 355 290

Santa Clotilde Gardens

972 364 735

[www.lloretdemar.org/info/Jardins-de-Santa-Clotilde.jsp](http://www.lloretdemar.org/info/Jardins-de-Santa-Clotilde.jsp)

Lloret Open Museum

972 364 735

[www.lloretdemar.org/info/que-visitat.jsp](http://www.lloretdemar.org/info/que-visitat.jsp)

Nordic walking (information and reservations)

972 365 788

[www.lloretdemar.org/info/nordic-walking.jsp](http://www.lloretdemar.org/info/nordic-walking.jsp)

## 4. LA VIA AUGUSTA (ROMAN ROUTE)

### La Via Augusta (Roman Route)

The Roman Route follows the same route as the original Roman road - an important 1,500 km-long link between the cities of Rome and Cádiz. Historically, the Roman Route was one of the most important routes from a commercial and communications point of view, connecting cities, provinces and ports in the Mediterranean. The road was built so as to make the most of natural corridors and areas where the terrain was easier to cross.

### The Roman Route through La Selva

Some 40 km of the Roman Route pass through La Selva, across the flattest parts of the region. Interest is added to the scenery, which is largely agricultural, by the presence of castles and fortresses (such as Torcafelló castle and Hostalric's fortress) on top of a number of small hills near the route. You can also visit locations associated with water such as Estany de Sils (Sils Lake), or the rich heritage of the village of Caldes de Malavella, with its spas and springs, etc. We suggest crossing La Selva's plain in a northerly direction along the Roman Route, via Sils Lake before rejoining the path to visit the village of Caldes de Malavella, rich in historic, architectural and cultural heritage.

**Viabrea - Maçanet de la Selva:** setting off from Viabrea train station, you need to head for the Tordera river, which you cross following the GR indications used along the Northern Route. Just after crossing the river you will find a vertical sign (characteristic of the Roman Route) indicating the way to Hostalric, the first town you will come to. This is a good opportunity to visit this medieval town and have breakfast whilst passing through. There is still a good way to go before reaching Maçanet de la Selva, with various points of interest along the way such as the ice well at Buscastell and Torcafelló castle.

**Maçanet de la Selva - Caldes de Malavella:** after taking the road towards Caldes, you will soon approach the area surrounding Sils Lake. It's easy to know when you're getting near because the scenery changes, becoming much damper and with an abundance of poplar trees. It's important to pay close attention at this stage. When you come across the first sign for Sils Lake, you can leave the path and head towards Vidreres where you can have a wander around, visit the lake and enjoy a leisurely breakfast. Afterwards, you need to walk in the direction of Vidreres, where you will pick up the signage for the Roman Route, which will take you as far as Caldes de Malavella.



## WALK DETAILS

Level: difficult

Total km: 36 km

Ascent/descent:

Stages:

Stretch	Distance	Difficulty	Signage
Viabrea – Maçanet de la Selva	19 km	Difficult	
Maçanet de la Selva – Caldes de Malavella	17 km	Medium	

Type of route: lineal path (section in La Selva)

Signage: yellow and blue marks

Recommended season: throughout the year

## ALTIMETER

## Did you know...?

Maçanet and Santa Coloma de Farners are the only two villages on the plain where there are known to be ice wells. The Buscatell ice well is the only large well that it has been possible to preserve. The first historic references date from 1650. Visits can be made from Torcafelló castle.



### **Don't miss...**

Hostalric's cultural heritage and its fortress by taking the multimedia tour or the "e-ruta" from Hostalric - a GPS-guided walk providing an interactive experience.

The municipality of Riudellots de la Selva is home to a primate recovery centre called **Fundació Mona (Mona Foundation)**, known throughout Europe. Visits need to be arranged in advance.

Points of interest as you pass through Maçanet de la Selva: **Torcafelló castle**, 1 km from the town and known popularly as Torre de Sant Jordi (the Tower of St George), which is at the top of a hill that offers impressive 360-degree views across the esplanade.

The village of **Caldes de Malavella**, which is part of the Consortium of Thermal Towns of Catalonia. Water bottling, spas and the Sant Grau thermal springs have served as a link between water and the village of Caldes de Malavella. To maintain this association and to preserve such a scarce resource, the Fira de l'Aigua (Water Fair) is held every year over the first weekend in October.

## **GENERAL INFORMATION**

### **Roman Route**

Tourism Association of La Selva - the water region

Tel. 972 841 702

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

Mona Foundation

Tel. 972 477 618

[www.fundacionmona.org](http://www.fundacionmona.org)

Estany de Sils (Sils Lake) Information Centre

Tel. 972 168 285

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

Caldes de Malavella Tourist Office

Tel. 972 480 103

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

Hostalric Tourist Office

Tel. 972 86 45 65

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

Visiting Torcafelló castle

Phone reservations 972 858 757

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

# 5. LA RUTA D'EN SERRALLONGA (SERRALLONGA ROUTE)

Ruta d'en Serrallonga (Serrallonga Route) GR 178

The Serrallonga Route is a long-distance route covering 56 km. It is comprised of a series of lineal paths that link the main towns of the Les Guilleries massif: Santa Coloma de Farners, Sant Hilari Sacalm, Osor and Anglès. This walk offers visitors the chance to discover the main locations where the legendary Les Guilleries bandit Joan Sala (also known as Serrallonga) perpetrated his lawless deeds. In a forest-dominated environment, the route covers the crossings where Serrallonga carried out his attacks, cols where mayors and militiamen lay in wait for him, the house where he lived (Can Serrallonga), the farmhouses where he hid, and other locations including the place where he was captured after being betrayed. The route is also of great interest from a nature point of view as it passes through the conservation area of the Les Guilleries massif, home to important woods of holm oak, cork oak, chestnut and beech trees.

Nearly all of the route is within La Selva, with the exception of a few hundred metres that lead up to the Sau reservoir. To discover all the hidden-away places associated with Serrallonga, we suggest splitting the route (which can be done in either direction) into three stages:



### Serrallonga Route through La Selva

**Santa Coloma de Farners - Sant Hilari Sacalm:** if you set off from Santa Coloma de Farners, it's worth while paying a visit to the Museu de la Galeta Trias (the Trias Biscuit Museum), where you can try the well-known Santa Coloma biscuits known as "teules", one of the star products along the Ruta Dolça (Sweets of La Selva route). Don't spend too long, though, because it's a long walk to Sant Hilari Sacalm along a path that passes through the thick forests where Serrallonga used to hide. If you're visiting in September, you can enjoy the Torna en Serrallonga! (Serrallonga is Back!) festival in Sant Hilari.

**Osor - Santa Coloma de Farners:** if you start your walk at Osor, you will be setting off on one of the longest stretches of the walk. Points of interest include Taberna del Sobirà (Sobirà Tavern) - a fortified, 13<sup>th</sup>-century farmhouse visited by Serrallonga on numerous occasions, where you can have a meal - the snow well at Sobirà, and the huge oak tree at Ca n'Iglésies.




**Osor - Pantà de Sau:** if your starting point is Osor, you will head off towards the woods on the eastern slopes of Les Guilleries, where you will have some superb views across the Susqueda reservoir and be able to visit some fascinating places such as the Mare de Déu del Coll hermitage and the house where Serrallonga lived. If the water in the reservoir is very low, you can use the Queròs bridge to reach the Sant Martí de Queròs hermitage. If the water level is high you will be able to make out the hermitage on the other side of the reservoir.

Level: difficult

Total km: 91 km

Ascent/descent:

Stages:

Stretch	Distance	Difficulty	Signage
Santa Coloma de Farners - Sant Hilari Sacalm	28 km	Difficult	
Osor - Santa Coloma de Farners	36 km	Difficult	
Osor - Sau reservoir	27 km	Difficult	

Type of route: cross-country, lineal

Signage: white and red marks

Recommended season: throughout the year

#### Did you know...?

The Susqueda reservoir was the latest to be built and is the most important in making use of the water of the Ter river. Opened in 1968, the reservoir "buried" the village of Susqueda and the land and farm houses of the Susqueda and Queròs valleys.

### **Don't miss...**

The **Via Crucis (Stations of the Cross) festival at Sant Hilari**. A Traditional Festival of National Interest, historical records of the festival go back 250 years. The festival takes place on Good Friday, during Easter Week, and attracts a great number of visitors and active participants.

The **Les Guilleries Museum** in the old part of Sant Hilari Sacalm, along with the Les Guilleries environmental interpretation centre and the selection of medicinal plants on the terrace.

### **Worth trying...**

**Salsafí de la Selva** (salsafí is a root vegetable similar to a turnip) in any of the restaurants that are part of the Ruta del Salsafí all over La Selva. Salsafís are served as an accompaniment to meat, fish or as a starter.

For one week a year, in October, mushrooms are the omnipresent star attraction at **Sant Hilari Sacalm**, where the **Fira del Bolet i la Micologia** (Wild Mushroom and Mycology Fair) is held.

## **GENERAL INFORMATION**

### **Serrallonga Route**

Tourism Association of La Selva - the water region

Tel. 972 841 702

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

Associació d'Hostaleria de la Selva (La Selva Hotel and Catering Association)

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

Santa Coloma de Farners Tourist Office

Tel. 972 840 977

Sant Hilari Sacalm Tourist Office

Tel. 972 869 686

Les Guilleries Museum

Tel. 972 869 447

## 6. CAMÍ DELS SEGADORS (HARVEST ROUTE)


Camí dels Segadors (Harvest Route) is a short walk that connects the first Les Guilleries spurs, at Santa Coloma de Farners, with the very middle of the region's plain, at Vidreres. The route is a reminder of a key event in the history of Catalonia: when Spanish troops were staying in Catalonia, and being provided for by the Catalans living there during the war against the French (a war that ended with the Treaty of the Pyrenees), the country dwellers rebelled against the demands and abuses of the soldiers. The first revolts took place after the plundering and burning of villages such as Riudarenes, Santa Coloma de Farners and Amer. We suggest completing the 17-km route, which includes many reminders of this period of Catalan history, in a single day. You can include visits to the main villages you will pass through en route: Santa Coloma de Farners, Riudarenes, Sils and Vidreres.

Our suggestion is to walk between **Vidreres** and **Santa Coloma de Farners**, starting at either end. If you set off from Santa Coloma de Farners, don't miss a stroll through the park that marks the start of the route: Parc de Sant Salvador (San Salvador Park). The park is a good place to fill up with water from the spring and to start the trail, which, for a good way, runs alongside the Santa Coloma river through a mosaic of agricultural land and nurseries that go as far as Riudarenes.

When you reach Riudarenes, we suggest you take a detour to the small La Camparra lake, which will be a sort of aperitif for what awaits you further on: the Estany de Sils (Sils Lake). This is an enjoyable natural space where you can watch the area's nature from the viewpoints, hides and bridges you come across. When you rejoin the path, you won't have to go far before you reach Vidreres, the destination for today.



**Difficulty:** medium  
**Total km:** 17 km  
**Ascent/descent:**  
**Stages:**

Stretch	Distance	Difficulty	Signage
Santa Coloma de Farners – Vidreres	17 km	Medium	

**Type of route:** lineal path (section in La Selva)  
**Signage:** marks  
**Recommended season:** throughout the year

ALTIMETER

Did you know...?

Sils Lake has a Fauna Interpretation Centre with information about three different walks of differing length that can be done in the company of a guide or independently. There is also the option of an e-route (using a PDA) - a way of enjoying the countryside and finding out about the surrounding area. (PDAs are available at Sils Lake if you need one.)

**Don't miss...**

The Mare de Déu d'Argimón castle and sanctuary are quite a way from the trail but they can be clearly seen from Riudarenes. The sanctuary offers spectacular views whilst the silence offers visitors an inner calm in an exceptional part of La Selva. From the top, on a clear day, you can enjoy views across La Plana, Montseny and Les Guilleries. It is possible to spend the night if you book in advance.

Every year, in November, the Cava and Salsafi festival puts Vidreres on the gastronomic festival map. Besides providing a boost to the local cava and meat producers, the festival is an excellent opportunity for the area's restaurants to publicise their fare.

The Fira de la Ratafia de Santa Coloma de Farners (the Santa Coloma de Farners Ratafia Festival) is held during the second week of November and has consolidated itself as one of Catalonia's most important cultural events. The festival includes a home-made ratafia competition and other attractions associated with the drink.

The Col·lecció d'Automòbils Salvador Claret (Salvador Claret Automobile Collection) includes more than 200 antique vehicles, besides motorcycles, velocipedes and bicycles. Wandering round the collection you will find emblematic makes such as Hispano Suiza, Rolls Royce and Bugatti, and models as popular as the Ford T, Biscuter, and Seat 600. There are also classic motorcycles from makes such as Bultaco, Montesa and Ossa.

## 7. CAMÍ DE LA TORDERA (TORDERA ROUTE)

Camí de la Tordera (Tordera Route) follows the middle and lower sections of the Tordera river, with stops along the way at Hostalric, Fogars de la Selva and Tordera. The walk can be continued as far as Blanes. The scenery en route is varied, including areas of natural and cultural interest associated with the river, such as the lakes in the Tordera area and the medieval legacy of Hostalric.

We suggest completing the walk, which runs alongside the Tordera river from Hostalric to Blanes, in a day. The 22-km route can also be started at Blanes. Before setting off from Hostalric, it's advisable to buy a few provisions because it's going to be a long day. From Hostalric, you need to follow the vertical signs and the "Camí de la Tordera" milestones. The route will take you to some fascinating places such as the Sant Cebrià de Fogars church, and the Júlia and Can Torrent lakes as you follow the downward course of the river. Shortly after the lake at Can Torrent, you will come to Tordera, where you need to follow the marks of the Mediterranean Path (GR-92) towards Blanes. During the stretch towards Blanes, you will pass through agricultural land alongside the Tordera. This part of the route leads on to the town of Blanes. If you have time when you get to Blanes, make sure you make it to the Tordera river mouth, especially if you like bird watching. To get there, you need to go along the seafront in a southerly direction until you reach the river, some 2 km away.




## WALK DETAILS

Level: medium

Total km: 22 km

Ascent/descent:

Stages:

Stretch	Distance	Difficulty	Signage
Hostalric – Blanes	22 km	Medium	

Type of route: lineal path (section in La Selva)

Signage: red and white marks

Recommended season: throughout the year

### Did you know...?

Declared a Cultural Asset of National Interest, the town of Hostalric has managed to preserve one of the most outstanding monumental legacies from the Catalan Middle Ages - its military fortress. The complex includes a number of notable features including the Torre dels Frares (Friars' Tower), the Torre del Convent (Convent Tower), the Recinte Emmurallat (Walled Enclosure), the Portal de Barcelona (Barcelona Portal), the Cova del Relliguer (Relliguer Cave) and the Fortalesa (Fortress).

### Don't miss...

The Fira Medieval d'Hostalric (Hostalric Medieval Fair), when every year, on the Saturday and Sunday of Easter Week, Hostalric turns into a medieval village featuring a large market along with characters and activities from the Middle Ages. The fair aims to commemorate the splendour of the town's medieval past, when Hostalric was the key centre for the whole of the extensive Viscounty of Cabrera.

Ceramics at Breda. The industrial and handcrafted production of pottery and ceramic products are what have built Breda's extensive reputation. So, if you have time after the walk, don't miss the opportunity to visit Breda's shopping area.

### Worth trying...

The Jornades Gastronòmiques del Peix (Fish Gastronomic Festival) at Blanes, which is held during the second half of June every year. Blanes has a long fishing tradition. The town's bay still retains a picturesque fishing and water-sports port with bar terraces and ice cream parlours, not to mention a lovely promenade.

## 8. CAMÍ DE LA TERRA NEGRA (BLACK COUNTRY ROUTE)

### Camí de la Terra Negra (Black Country Route)

The Black Country Route gives walkers the opportunity to discover the Cadiretes massif and the slope that has the highest density of trees. The 25-km walk stretches from La Selva's plain to the coast (if that's the direction you choose) going through the Black Country col. If you set off from Caldes de Malavella you will have the opportunity to appreciate the rich cultural heritage found in different parts of the village. You'll also notice the tradition surrounding the village's hot springs, with its spas and old Roman baths. Before starting the ascent up to the col, you can also pay a visit to the Sant Maurici sanctuary, the remains of Malavella castle and Santa Ceclina church.



The descent from the col goes through the woods of the Cadiretes massif, a conservation area of great scenic value. The last stage of the walk is near the Tossa river and provides walkers with an opportunity to visit the Sant Benet weir, the Can Garriga mill and the wetlands of the Sa Riera Park. When you reach the park, then you're already in Tossa de Mar, where you can enjoy a visit to the walled enclosure of the Vila Vella (old town), drop into the Mediterranean Lighthouse Interpretation Centre, or climb to the top of one of the town's hills, such as Cadiretes.


### WALK DETAILS

**Difficulty:** difficult

**Total km:** 25 km

**Ascent/descent:**

**Stages:**

Stretch	Distance	Difficulty	Signage
Caldes de Malavella - Tossa de Mar	25 km	Difficult	

**Type of route:** lineal path (section in La Selva)

**Signage:** marks

**Recommended season:** throughout the year

### Did you know...?

The Cadiretes massif is a conservation area included in the Plan for Areas of Natural Interest. It's a beautiful area, home to flora and fauna typical of the Mediterranean but also to species of considerable interest that are more characteristic of the Atlantic. The massif includes an interesting collection of megaliths, including menhirs and paradolmens, and offers interesting views from its 518m-high summit. There are also various hiking and mountain-biking routes to choose from.

### Don't miss...

**A stroll through the Vila Vella (old town) at Tossa de Mar**, declared a National Historic and Artistic Monument in 1931. The town of Tossa de Mar is where one of the most important medieval walls in Catalonia can be found. Today, it is the only example of a fortified medieval village still standing along the coast of Catalonia. The beauty of its beaches and its historic and cultural heritage make a visit to Tossa de Mar a must.

The **Ruta del Termalismo (Thermalism Route)** at Caldes de Malavella is a way of finding out about Catalonia's Noucentist heritage as well as the "rambles" (avenues) and parks that transformed Caldes de Malavella at the end of the 19<sup>th</sup> century, as it welcomed the bourgeoisie attracted by the spas. Taking an hour to stroll through the town is a chance to see the main architectural points of interest in the town centre.

### Worth trying...

In mid October, Caldes' restaurants take part in a festival to celebrate spa cooking (**Jornades Gastronòmiques de la Cuina Termal**) - an opportunity to enjoy the pleasure of eating whilst knowing you're eating healthily. Stews, vegetables, breaded dishes and pulses are some of the dishes that benefit from spa water, assisting digestion and raising the food's nutritive properties.

If you do the walk in September, a number of restaurants in the town serve a special menu consisting of a first course, a main course of "cim-i-tomba" (a white-fish dish), and a dessert. There are a number of variations of cim-i-tomba and each restaurant has its own method, meaning that the same dish can vary considerably as each chef tries to outdo the others! The **Jornades Gastronòmiques del Cim-i-tomba (Cim-i-Tomba Gastronomic Festival)**.

## 8. CAMÍ DELS AVELLANERS (HAZELNUT TREE ROUTE)

### Camí dels Avellaners (Hazelnut Tree Route)


The Hazelnut Tree Route connects the towns of Santa Coloma de Farners, Brunyola and Anglès. During the route, you will have the chance to discover numerous hazelnut groves that are spread throughout the area. And if the urge takes you, there's the annual hazelnut fair (Fira de l'Avellana) that takes place in the first week of October at Brunyola. The event attracts a lot of people from the surrounding area who take an interest in this variety of nut that is so typical of the area. We suggest you set off from Santa Coloma de Farners, very much a spa town that is also famous for its "teules" (a kind of biscuit). The town's teules are amongst the best-known sweet products in the area and you can find out more about them by visiting the Museu Trias de les Galetes (Trias Biscuit Museum). From Santa Coloma de Farners you need to head for Brunyola, where the route takes you past the hermitage of Mare de Déu de Serrallonga. At Brunyola you will see the castle and the Sant Fruitós church, where you can have a meal at the restaurant. When you return to the walk you will first go through Sant Martí Sapresa and then Sant Pere Sestronques. The walk goes along the Ruta del Carrilet (Railway Route) for some metres before it reaches Anglès.

### WALK DETAILS

Level: medium

Total Km: : 18 km

Ascent/descent:

Stretch	Distance	Difficulty	Signage
Santa Coloma de Farners - Anglès	18 km	Medium	

Type of route: straight

Signage: vertical signage

Recommended season: throughout the year



### **Did you know...?**

The first written reference to hazelnut trees in La Selva was in the 14<sup>th</sup> century. Today, most of the agricultural land in Brunyola and Sant Martí Sapresa is used to cultivate hazelnuts. Brunyola's Fira de l'Avellana (Hazelnut Fair) has been held over the first weekend in October since 1995. The main attraction is the fair/market comprising stalls where visitors can buy hazelnuts grown in the area and products made with hazelnuts.

### **Don't miss...**

The castle at Farners, which is at the top of a granite hill on the eastern spur of the Les Guilleries massif to the west of the town. Dating from the 12<sup>th</sup> century, and covering 211 m<sup>2</sup>, the castle has a trapezoidal floor plan. It can be accessed by car by means of a 5 km forestry road that leads out of Sant Salvador park.

The Trias Biscuit Museum at Santa Coloma de Farners has an exceptional history behind it. The museum shows how the Trias biscuit business developed and displays some of the machines used at different stages of the production process. Founded in 1995, the museum provides a superb view over the production line. The museum attracts some 20,000 visitors every year.

# 10. CAMÍ DE L'ONYAR (ONYAR ROUTE)

## Camí de l'Onyar (Onyar Route)

This route takes walkers across the La Selva plain, following part of the course of the Onyar river and going through villages such as Brunyola, Sant Dalmai, Salitja, and Vilobí d'Onyar, before arriving at Riudellots de la Selva. The scenery is diverse along the 19-km route, which passes through Mediterranean forests, plain cropland, and woods alongside the Onyar river, etc. You need to follow the vertical signs and the route's milestones, except for a short stretch before Riudellots de la Selva, where you follow the yellow and blue marks of the Via Augusta (Roman Route).

We suggest doing the walk in a day, setting off from Brunyola, where you can visit the castle and the Sant Fruitós church. But it's advisable not to spend too long because there's a long walk ahead. Before reaching Sant Dalmai, the path runs alongside the Onyar river - a cool spot to stop for a rest in the summer. Also of great interest is the section of the walk that goes through the Amaradors area, with its Mare de Déu de les Fonts hermitage, the old mill and millpond, and the meadowlands, etc. Carry on through Salitja. Further on you will come to Vilobí d'Onyar, where you can go into the village if you choose - but remember that there are 9 km to go before Riudellots, along a path that passes mainly through cropland.

## WALK DETAILS

Level: medium

Total km: 19 km

Ascent/descent:

Stretch	Distance	Difficulty	Signage
Brunyola – Riudellots de la Selva	19 km	Medium	

Type of route: straight

Signage: vertical signage

Recommended season: throughout the year

### Did you know...?

Whilst in La Selva, you can walk into the crater of the former Crosa volcano, which is between Estanyol (the municipality of Bescanó), Sant Dalmai and Salitja (municipality of Vilobí d'Onyar). With a diameter of 1,250m, this is the largest volcano crater on the Iberian Peninsula and one of the largest in Europe. Today, the area is a conservation area. The village of Estanyol, 2 km away, has a small museum about the history of the volcano.

### Don't miss...

The Amaradors area is a perfect place to stop and have lunch in the picnic area. If you're going as a family, young children can enjoy playing in a spacious play area and also learn about the Amaradors flora and fauna from the various information panels.

The week-long fair/festival celebrating Catalan sweet sausages (**Fira-festa de la Butifarra Dolça**) at Salitja and St. Dalmai coincides with the annual carnival (Carnestoltes), and involves the area's restaurants that prepare appropriately themed menus.



# THROUGH LA SELVA'S MUNICIPALITIES ON FOOT

## **Ruta Voramera (Amer) - Voramera Route (Amer), from the bridge at El Pasteral to the Can Paulí gorge.**

The name of the route is taken from the first written document (in 840) found about the Amer river, which used to be known as the "Amera" (*Ruvium Amera*). This flat, short route is ideal for observing the rich scenery surrounding the Amer river. Amer offers visitors areas of well-kept riverside vegetation and a great diversity of plant life. In the spring there is the added beauty of the flowers as they come into bloom.

LEVEL: easy  
TOTAL KM: 6.16 km  
TIME: 1 hour 30 minutes  
TOTAL ASCENT/DESCENT: +184 m /-163 m

Amer Tourist Office  
Pujada de l'Estació, 15  
Tel. 972.430.214

## **"Breda pels quatre costats" (Breda from all four sides)**

The municipality of Breda is actually very small. So we've put together a walk that will let you to discover it from all four sides whilst hardly stepping outside the village itself. The start and finish is at the hiking centre (Centre Excursionista). Amongst other landmarks, you will pass by Santa Anna hill, Can Pinet, Cal Mestre, Cal Rebaixí and the Pont del Mut bridge.

LEVEL: medium - easy  
TOTAL KM: 9 km  
TIME: 2 hours 45 minutes  
TOTAL ASCENT/DESCENT: 600 m

Breda Tourist Office  
"Els Forns"  
Tel. 972.871.530

## **Camí Ral de Susqueda (Susqueda "Camí Ral" Route) - from Sant Benet to the Far sanctuary.**

Camí Ral was the name given to the main public thoroughfares before roads came into existence. Within the old network of paths in Les Guilleries is the Camí Ral, which goes from Sant Benet to the Far sanctuary. The path was the link between these two high points within the municipality of Susqueda. We invite you to come and enjoy a remarkable landscape along this signed path that is clearly indicated.

LEVEL: medium - difficult  
TOTAL KM:  
TIME: 5 hours  
TOTAL ASCENT/DESCENT: +1,144 m /-300m

Susqueda Town Council  
Plaça de l'Ajuntament, 1  
Tel. 972.190.188

## **Ruta de Sant Miquel de les Formigues/de Solterra - Sant Miquel de les Formigues Route (Sant Hilari Sacalm)**

Between firs, holm oaks, oaks, beeches and chestnut trees, the climb to Sant Miquel de les Formigues hill (also known as Solterra hill) affords impressive panoramic views across La Selva's woodlands and the characteristic topography of Les Guilleries with Montseny as the back-drop to the south and the escarpments of Collsacabra to the north.

LEVEL: medium - difficult  
TOTAL KM: 20.94 km  
TIME: 2 hour 30 minutes  
TOTAL ASCENT/DESCENT: +1,204 m /-950 m

**Sant Hilari Sacalm Tourist Office**  
Plaça Dr. Robert s/n  
Tel. 972.869.686

## **Ruta Circular de les Ermites - Hermitage Circular Route (Anglès)**

Not only has water defined the landscape, it has also conditioned the architectural and historic heritage of La Selva and its municipalities. We invite you to discover the wonderful places found in the village of Anglès via our Hermitage Circular Route.

LEVEL: difficult  
TOTAL KM: 17.6 km  
TIME: 4 hours 30 minutes  
TOTAL ASCENT/DESCENT: +710 m

**Anglès Tourist Office**  
Plaça de la Vila, 1  
Tel. 672.059.306

## **Walk to the Estany de Sils (Sils Lake).**

This walk, which is suitable for everyone, visits the reclaimed area of Sils Lake, where you can enjoy fantastic views from the viewpoint and look out for the large number of aquatic birds from the hides.

LEVEL: easy  
TOTAL KM: 3.5 km  
TIME: 1 hour  
TOTAL ASCENT/DESCENT: 0 m

**Estany de Sils (Sils Lake) Information Centre**  
Plaça de l'Estació, s/n  
Tel. 972.168.285

## **Ruta de Puigdefrou - Puigdefrou Route (La Cellera de Ter)**

Being at one of the gateways to Les Guilleries means there are a considerable number of opportunities to enjoy the scenery. This circular walk is practicable at any time of the year, which means walkers can enjoy the different colours, fruits and gorgeous scenery, from the meandering Ter river as it goes through El Pastoral to the views of the characteristic summit of Puigdefrou.

LEVEL: medium  
TOTAL KM: 18 km  
TIME: 5 hours (or 2 hours if you only do part of the walk)  
TOTAL ASCENT/DESCENT: 700 m

**La Cellera de Ter Town Council**  
Av. Montserrat, 20  
Tel. 972.421.902

## Ruta de Tossa a Montllor i Vall de Roc - Tossa to Montllor and Vall de Roc Route (Tossa de Mar)

This is a circular walk in the Cadiretes massif – a natural space of outstanding beauty. The mountains act as a screen against the easterly winds, making the massif home to plants and wildlife that are characteristic of the Atlantic rather than genuinely Mediterranean areas. The walk, which takes in areas that afford fantastic views of the area, and passes by a number of megalithic monuments, leads to the so-called Plaça d'Armes de Montllor – one of the best viewpoints in Tossa.

LEVEL: medium

TOTAL KM: 10.582 km

TIME: 4 hours

TOTAL ASCENT/DESCENT: +400 m / -10 m

Tossa de Mar Tourist Office  
Av. Pelegrí, 25 Edifici La Nau  
Tel. 972.340.108

