ITINERÀNNIA, NETWORK OF TRAILS

“Itinerànnia” is a network of trails, with over 2,500 kilometres between the neighbouring regions of “Ripollès”, “Garrotxa” and “Alt Empordà.”

A network of hiking trails is like a road map, but with footpaths, allowing the hiker to get from any one point to another.

It retrieves the old historic roads between the villages to reach many small places. The network offers many different hikes depending on the time or difficulty and your interests over nature, architecture or culture. Each route that we propose is just a little taste of an extensive network of trails that you can walk to discover the Ripollès, Garrotxa and Alt Empordà counties.

THE SIGNS

All the trails of the network are marked regularly over the paths with horizontal painted yellow signs.

The marks are placed approximately every 300 metres painted on tree’s bark, stones or using and other medium already deployed in the area.

In the cross roads you will find signposts. The signage on the basic network (flags with a red tip) indicates the 4 closest towns/villages in each direction and the time it takes to reach each one. The flags on the itineraries of the municipalities, like the one you have in your hands, have a green tip and indicate the name and direction of the route. Each post bears a plaque indicating the place name of your current location, the altitude, the UTM coordinates and a QR code with more information on the route.

+INFO:
www.itinerannia.net
www.altemporda.org
www.empordaturisme.com

Parc Natural dels Aiguamolls de l’Empordà
El Cortale
Ctra. de Sant Pere Pescador km.13,6
17486 Castelló d’Empúries
Tel. 972 45 42 22
www.gencat.cat/parks

You will find information boards with a map of the county’s trails in every village or city integrating the network.
ITINERARY AROUND LES LLAUINES STRICT NATURE RESERVE

This route provides a very accessible taster of the most emblematic habitats and species of the Park bordering the Les Llauines Strict Nature Reserve. On this circular route you will learn about the habitats of freshwater ponds, animal enclosures and irrigation ditches as well as the rice fields, lakes, salt flats and the beach. This route is closed from 1st April to 1st July due to some birds nesting in the sands, especially the Kentish Plover. However, you can do this round route of El Cortale, going as far as the beach, and at the same time, enjoy many of the park's ecosystems.

This route starts at the Information Centre of the Empordà Marshes Nature Reserve, El Cortale, where you will find the "Itinerànnia" map and the yellow markers that you follow until reaching the beach. Begin your trek around an area of land where you will find several hides from where you will be able to enjoy the scenery of the reserve's interior. After 10 minutes' walk you will see a turning on the left that takes you to the observation point Aigua dels Gantes. From here you can enjoy a good view over El Cortale lake, a freshwater lake where, depending on the time of year, you can see different kinds of ducks, herons, flamingos, and even fallow deer. As you follow the route you will notice how the vegetation changes as you approach the beach. After 15 minutes you will come to another observatory, that of El Pallejá, from where you can observe the Massona lake, the largest and deepest, and the landscape of reed beds and salt flats which reaches the sea. Continue the route heading right until you come to a turning. Turn right here in the direction of Mas Mata farmhouse where you can climb up to the Senillosa hide, old 22-metre high sirolas from where you can enjoy a magnificent view of the Les Llauines Natural Reserve coastal lakes, as well as of the Empordà plain and the splendid scenery of the peaks and crests of the Pyrenees.

Very close to the old sirolas, on your right, you will see an old transformer that has been turned into an observation point, the Mata observatory, a good place to watch the birds nesting and feeding by the ponds of Mata or in the old rice fields.

Next you take the path on the left that you had come off earlier, just in front of a small hill with a bench where you can take a rest. The route continues to the right where, after 5 minutes, you will come to the Aigua del Gall Mari hide. Carry on ahead and after 15 minutes you will reach the Aigua del Brul, where you can still have a good view of the Massona lake and the birds that can be observed there: the day they seek shelter from the Tramontana north wind there are hundreds. Next continue along the route where you will start to see the typical vegetation of salt flats, such as, rushes, orchise, marsh samphire and tamarisks. Just before crossing the irrigation canal Massona Sirvent, on the left you will see a path that takes you up to the Aigua de la Massona hide, from where you can enjoy one of the most beautiful views of the park in the foreground the centre of the lakes with the Mata sirolas standing out above the reeds, and in the background the Canigó massif. Next continue along the path and shortly you will come to the Arabelles observation point, the last on the route before you arrive at the beach.

At this point you will see a "Itinerànnia" yellow marker on the left. At the lookout tower with a view over the dunes and beach of Can Comas, you will see the AE242 - Platja itinerary signpost. Continue along the beach towards the left (Route closed from 1st April to 15th June). In this section you can see the typical coastal dune vegetation and the wonderful view of the bay of Roses. After about 35 minutes you will come to Rogera lagoon, another lake where, depending on the time of year, you can observe the birds that inhabit the area.

Continue along the beach until you come to the Can Comas car park, where there is a small lookout tower. From here you take the track on the left, which passes through salt flats and intermittent lagoons. Follow this track until it comes to a junction of tracks, where you will see the AE243 - Can Comes signpost. At this point take the track on the left. The flag indicates the way to Sant Pere Pescador, following the yellow "Itinerànnia" markers. Shortly you pass Mas Ten cat, an old farm house in ruins, the Aigua dels Ronçaires lookout point, from where you can see El lake from another perspective, and finally you will...