

ITINERÀNNIA, NETWORK OF TRAILS

"Itinerànnia" is a network of trails, with over 2500 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.

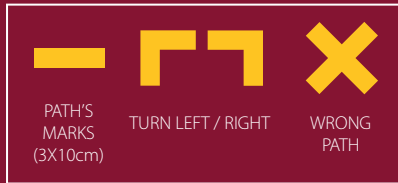
It retrieves the old historic roads between the villages to reach many small places.

The network offers many different hikes depending on the time or difficulty and you interest 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 trunks, stones or using and other mediums already deployed in the area.

The vertical signs is located at crossroads. The basic network signalling (banners with red tip) indicate the 4 nearest population in each direction and time needed. The banners of the itineraries of the municipalities, have a green tip shows the name and direction of the route.

Each signpost has a small plaque hat shows the name of the place where it is located, the altitude, the UTM coordinates.

You will find information boards with a map of the county's trails in every village or city integrating the network.



+INFO:

www.itinerannia.net
www.turismegarrotxa.com



www.lesplanes.cat

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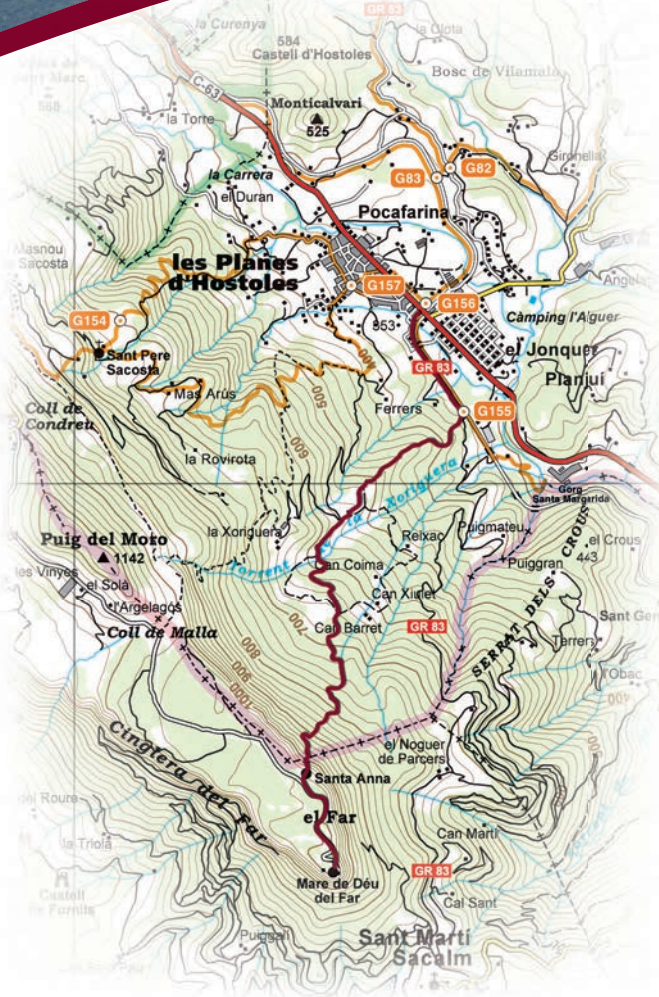
EL FAR

High 2h 40min

ITINERÀNNIA
 XARXA DE SENDERS
 Ripollès - Garrotxa - Alt Empordà

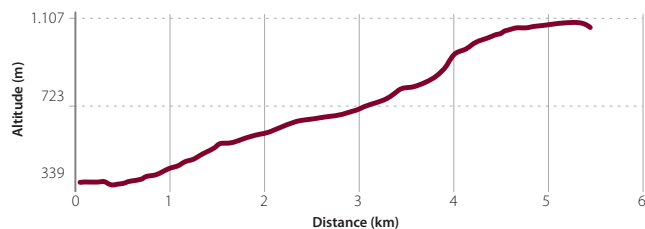
ITINERÀNNIA
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ROUTE SPECIFIC INFORMATION

Time: 2h 40min
Distance: 5,4kms
Max. height: 1.107m
Min. height: 339m
Difficulty: High
ACCUMULATIVE SLOPE
Total climb: 782m
Total descent: 88m



This building dates from the seventeenth century but documents talk of a church on the site from the thirteenth century onwards. Today, a restaurant stands alongside the sanctuary.



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Start at signpost **G156 Les Planes d'Hostoles** and head for 'El Far' (2h 40 min)!. Initially, follow the bike lane running along the old railway line that once linked Olot and Girona as far as signpost **G155 Pont de la Torre Dusol**, where you should continue on towards 'El Far' (2h 25 min)!

Pass over the bridge that the people who lived on the slopes that run down from the mountain of El Far – an area known as La Costa – would use to avoid crossing the railway line when they came down to work in the textile factories along the river Brugent.

Walk uphill, always following the yellow Itinerànnia waymarking. Pass by an old limekiln and continue until you reach a crossroads known as 'Quatre Camins' (Four Ways). Keep straight on and in a short while you will reach the ruins of a house, La Serra, graced by a monumental holm oak. Once past this house, you reach another house, La Costa, with a large deciduous oak on the right.

Here, pick up a forest track that will lead you into an area of pastures; cross and head into the forest. Cross a gully, Torrent de Sant Cristòfol, to reach in a little while a curious large stone, La Pedra del Llamp or del Diable (the Lightning or Devil's stone), which is cleaved in two. After this stone, the path climbs up to another large deciduous oak, El Roure de la Xuriguera, thought to be the tallest downy oak in Catalonia.

After this oak, turn left along an old track until you then have to continue along a path that starts to climb steeply uphill.

Pass by yet another large oak, El Roure d'en Comara, and continue climbing as far as the last of these huge oaks, El Roure de la Font de l'Àliga, where, a little further on, you will come to a spring, La Font de l'Àliga. The path continues to climb more and more steeply as it heads for the gap (grau) in the line of cliffs above known as Grau de Santa Anna or Grau Gros.

At the foot of the cliff you come to the broad footpath that runs up from the village of Sant Martí Sacalm. Here, your onward path starts to wind up through Grau de Santa Anna and very soon – even before you know it – you reach the small church of Santa Anna (eighteenth century). Here, turn left and follow the metalled road that connects Coll de Condreu to El Far.

Follow the road until, at a bend, you can pick up a path that runs along the cliff edge. Almost immediately, you reach the sanctuary of El Far, from where there are magnificent views of the Sau, Susqueda and Hostoles valleys, the mountains of Serra de Finestres and Rocacorba, the Girona plain and even the Mediterranean sea.

To return to Les Planes d'Hostoles, simply retrace your steps.