

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".

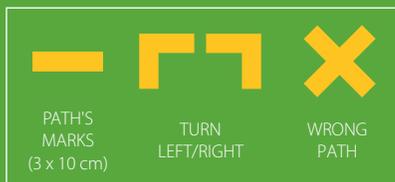
A network of hiking trails is like a road map, but with footpaths, allowing the hiker to get from any one point to another.

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 indicating the nearest four villages in each direction with time information. (a maximum of 6 hours)

If the same village or town appears more than once on different signs of the same signpost, you will need to read the description below the town. If there is no description below the place name then you are looking at the shortest route to the town or village. If the indication says "Per..." (i.e via) it means that this is a longer alternative route to get to the same place.

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

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

SOC Servei d'Ocupació de Catalunya

Generalitat de Catalunya Departament de Treball

Unio Europea Fons social europeu



+INFO:
www.itinerannia.net
www.elripolles.com

In the Ripollès county you will find 18 touch screens located in different towns containing tourist information.

Aquesta actuació està subvencionada pel Servei d'Ocupació de Catalunya en el marc del Projecte "Treball a les 4 Comarques" i cofinançada pel Fons Social Europeu.

ITINERÀNNIA
 XARXA DE SENDERS
 Ripollès - Garrotxa - Alt Empordà



ENG



WALKING THROUGH
 THE FOREST NEAR
 TER'S RIVER BANK
 AND THE FLAT LANDS
 OF SANT PAU LA RAL



Easy

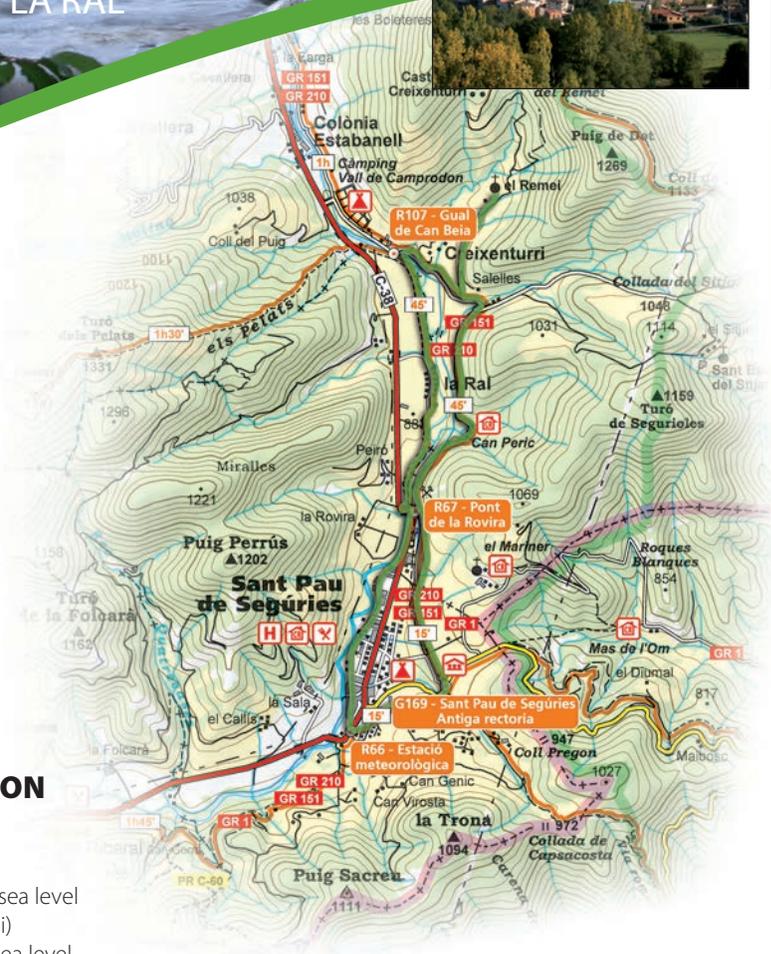


2 h. 45min.

ITINERÀNNIA
 XARXA DE SENDERS
 Ripollès - Garrotxa - Alt Empordà



04 WALKING THROUGH THE FOREST NEAR TER'S RIVER BANK AND THE FLAT LANDS OF SANT PAU LA RAL



- ITINERÀNNIA NETWORK
- ROUTE
- ROAD-TRAIL
- RIVER
- TOURIST SERVICES (see website)
- VERTICAL SIGNPOSTS OF THE NETWORK

SPECIFIC INFORMATION

- Time:** 2h 45 min.
- Total distance:** 8,500 km
- Highest altitude:** 910m above sea level (Trencant del Santuari del Remei)
- Lowest altitude:** 850m above sea level (Sant Pau de Segúries)
- Accumulative slope ascent:** 120 m
- Accumulative slope descent:** 120 m
- Difficulty:** Fàcil



JUST TO PERSUADE YOU:
Nature trail of high ecological and scenic interest within the protected natural area of Riberes de l'Alt Ter (Xarxa Natura 2000). The beech forest of Can Peric, the flat lands of La Ral and the magnificent views over Serra Cavallera mountain range and Mt. Costabona invite you to walk, unhurriedly through these old paths while enjoying the silence of the environment.

The itinerary begins in Sant Pau de Segúries, from the Era square, right in the old part of town. Take the main street until you get to the road, where on the other side you can see the **R66** sign **Estació meteorològica**. Continue towards Camprodon following an uphill street until you find the "old path to go to mass", which linked Sant Pau de Segúries, located at the bottom of the valley with the old parish's church. After walking a few meters on the road to Capsacosta you will arrive at the **G169** sign **Antiga rectoria**.

Head towards Camprodon passing by the old rectory and church of Sant Pau, nowadays a holiday camp. After passing through some meadows above the village, the wide trail suddenly finishes in a quarry. You must climb a few small steps and continue on a little path above a canal until it descends to meet a wide paved track. **R67** sign **Pont de la Rovira**.

Continue on this track towards Camprodon passing along an aqueduct and a former opencast calcium mine. The track deepens for a good while into a shady beech forest. We pass by the "Can Peric" farmhouse, gaining altitude a few meters ahead. On your left you see the flat lands of La Ral with the small village in the middle. Keep walking passing near a trough and leave the road to "Sitja" behind. A few meters ahead you arrive at a junction where you can make a detour to visit the Sanctuary of Remei. It is worth to visit, as it is a great viewing point of the "Serra Cavallera" mountain range. Allow 30 minutes for the roundtrip.

Continue the route down the track following a paved road until you pass underneath an aqueduct. At this point you must leave the track and go down to the river Ter. **R107** sign **Gual de Can Beia**. Cross the ford and turn left in the opposite direction that you were following before. Enter in a hazelnut grove and climb following a little path up to the plains of "Can Falguera".

You are now in the old road from Ripoll to Camprodon. Amid the plains, you arrive at the little village of La Ral, founded by Jaume I. Continue along the old road, always parallel to the river Ter, amid lush vegetation, until find another time the **R67** sign **Pont de la Rovira**, where the trail passes under the bridge, and where it ends at the main road.

Once you have crossed the bridge, leave for a while the Itinerànnia route, to walk on the main road towards Sant Pau de Segúries. A few meters ahead you will arrive at a crossroads, where you must take the path to your right bringing you parallel to the river Ter. Follow this path and in a few minutes you will arrive at the centre of Sant Pau de Segúries, starting point and end of the route.