

ROUTE 1

Roses- Natural Park of the Aiguamolls- Castelló d'Empúries- Muga River- Empuriabrava-Sta. Margarita- Roses

Circular route

Difficulty level: Low

Distance: 32,95 km

Average time: 3h15/5 h

Maximum inclination: 2,2%

Accumulated ascension: 20,2m

This route can be done in half day or full day, depending on the time you spend enjoying the countryside, the Marshes of the Natural Park and visiting Castelló d'Empúries, medieval city, that have many points of interest such as the church of St. Mary the medieval prison, convents, the eco-museum of flour and also, the Butterfly Park. It is a sight to see the fly-surf on the beach of Empuriabrava.

Along the route, you will find different picnic areas. Also, Castelló d'Empúries and Empuriabrava offer a wide variety of restaurants.

Leaving Roses, along the Cuitadella you will reach the Marshes Natural Park. Once inside, first you will pass through the ponds of Les Garrigues. Then you will come to a crossroads where on one side is the first buffala farm and on the other side you can go to the bird observatory of Vilaüt. Then pedalling through fields of crops, farms with horses and cows up to the square of Castelló d'Empúries, where I recommend a walk in medieval streets and visit its various cultural attractions. After the visit, you will come out and go riding in the shadow of the river Muga, until the beach of Empúries, where you can enjoy the beauty of the bay of Roses.

You will cross these residential marinas area, the largest of the Mediterranean, for its canals to return to the Park. There, you will come to another bird observatory. Finally, you will return to Roses, crossing first Santa Margarita.



Castelló d'Empúries



Vilaüt Lagoon



Vineyards of the Garrigues



Map of Alt Empordà



Beach of Empúries



Empordà Marshes



Picnic area in Muga river



Ponds of the Garrigues

Vilaüt Lagoon

Bird Observatory

Tower of en Mornau

Castelló d'Empúries

Picnic area

Bird Observatory

