

## ROUTE 4

Roses- Parque Natural dels Aiguamolls- Castelló d'Empúries-Cortalet- Empuriabrava- Roses

Circular route

Difficulty level: low

Distance: 32,95 km

Tiempo medio: 3h15/5 h

Maximum inclination: 2,2%

Ascensión acumulada: 20,2 m

This route passes through the marshes of the Empordà. Part of his journey has been made and developed jointly by the tourist office of Castelló d'Empúries and the center of the Marshes Natural Park. Throughout this route, there are several informative displays about the fauna, flora and buildings as well as various bird observatories. It is a circular route.

You will leave Roses pedaling, along the Ciutadella. until reaching the Marshes. You will cross its and reach Castelló d'Empúries, medieval village, with different cultural-historical points of interest including the Church of St. Mary s.XIII, Prison fourteenth century and the eco-museum Farinera well. You can also visit ButterflyPark. Then, you will cycle in the shadow of the river Muga and later you will pass through the crops reaching the Cortalet where there is the information center of the Aiguamolls. There, you can visit the different exhibitions there are along the year. Once, you will go to Empuriabrava and then to Roses pedaling another time into the Natural Park. This route can be done in half day or full day according to dedicate time to visit the many points of interest not only cultural-historical in Castelló d'Empúries but also with many p biodiversity contents of the park while enjoying a landscape protected.



Rough Lands



Vilaüt Lagoon



Fields



Alt Empordà Map



Yellow lilies in the Muga River



Marshes of l'Empordà



Landscape of l'Empordà

