







Photographs: CCAU archive, Lluís Vidal, M. Tartera, J. Oliva, Joan Gispert, Albert de Gracia, PNCM, PNAP, Jordi Dalmau, Rutes Patrimoni, Ajuntament d'Oliana archive Museu de les Trementinàires, Montse Pagès, Ministerio de agricultura y pesca, alimentación y medio ambiente, Camí de l'últim catar, Perseguits i salvats.

Collaborate





The Alt Urgell

↑ It Urgell is a Pyrenean region, located northwest of Catalonia, crossed by the River Segre and surrounded by the Alt Pirineu Natural Park and the Cadí-Moixeró Natural Park.

From time immemorial, walkers from all over the world have gone through our region for very different reasons, including devotees who pass by in their way to The Way of Saint James, Jews who used it as a means of escaping persecution, Cathars who made it a meeting point, armies which marched through it by foot and horseback, farmers who used it for the displacement of their cattle, Traginers (mule drivers) who travelled through the region, and, of course, the inhabitants of our towns who used it to meet their needs.

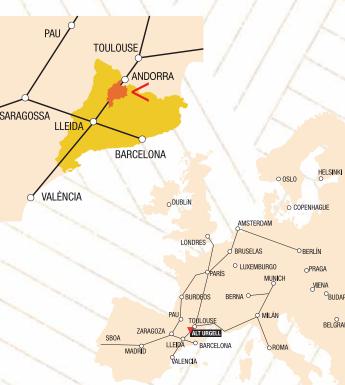
We invite you to know these paths and explore the natural and cultural heritage of our region. You will find uninhabited villages with a marked historical past, ponds and rivers to cool off, caves built on the rock and many other elements that will make you enjoy these itineraries.

Walking through our paths you can discover local cuisine, visit the artisans' workshops, chat quietly with other travelers, contemplate the numerous examples of architecture, and enjoy the magnificent panoramic views.

You can also combine hikes with other activities such as rafting or canoeing at the Rafting Park, paragliding, canyoning, climbing, mountain or road biking, golfing, and Nordic skiing during the winter months.

These 30 itineraries on foot in the Alt Urgell are suitable all year long and they will definitely surprise you!

www.alturgell.cat and www.turismeseu.com



The Natural Areas

The region has 9 protected natural areas that occupy an area of 70.559 hectares (49% of the regional area). Two of them are protected under the category of Natural Parks: the Cadí-Moixeró and the Alt Pirineu. In addition, these 9 spaces are part of the Xar-

xa Natura 2000 (Nature 2000 network).

spaces house a rich and diverse number of habitats, species, landscapes and natural phenome-

All these natural na that makes it an ecotouristic resource of the first order.

To enjoy this nature, the Natural Parks and l'Espai Natura Muntanya d'Alinyà offer several information and interpretation centers, as well as a series of infrastructures for the local population and visitors, including forest tracks, a network of paths, viewpoints, recreational areas, naturalistic itineraries, shelters, etc., all of which are complemented by various organized activities.

parcsnaturals.gencat.cat

LONG-DISTANCE ITINERARIES (4)

ifferent long-distance itineraries cross the Alt Urgell region. They are routes with different themes and interests, and we encourage you to explore them in full or in the stages that go through our region. It is said that there is no better way to know the territory than to walk it!

We also have "4 senders de Gran Recorregut" long distance paths that pass through the region. They are the GR-1 that passes through the municipality of Oliana, the GR-7 that crosses the municipalities of Valls de Valira, Seu d'Urgell and Josa-Tuixent, the GR-150 that runs through the municipalities of la Vansa-Fórnols , la Seu d'Urgell and Cava and the GR-107.3 that passes through the municipality of Josa-Tuixent.

CAMÍ DE SANT JAUME

The stretch of this popular path, which for many centuries was visited by thousands of pilgrims to visit the tomb of the apostle Saint James in Galicia, as it passes through the Alt Urgell passes along the banks of the River Segre. It coincides with great measure with the works attributed to Bishop Ermengol. The section recovered in Alt Urgell has a total distance of 44 signposted km.

www.alturgell.cat



Catharism was a heretic religious movement that, during the 12th-13th centuries, spread between the high classes and the nobility. Guillem de Belibasta was the last prefect of Cathar who was imprisoned in Castellbò. The path starts at the Queralt Sanctuary and enters the Alt Urgell village of Josa-Tuixent. It goes through the municipalities of Alàs i Cerc, La Seu d'Urgell, Valls de Valira and Montferrer -Castellbò, to enter the neighboring region of El Pallars and continue to the Castle of Montsegur. The path of the Last Cathar has a total distance of 190 km.



This path crosses the route undertaken by Saint Josepmaria Escrivà de Balaguer in 1937, when he and others were forced to flee to Andorra following mountain paths. The path leaves Peramola, passes through the municipalities of Oliana, Coll de Nargó, Organyà, Cabó and Montferrer-Castellbò to enter into Andorran territory as a final destination of the fugitives. It has a total distance of 80 km.

CAMÍ VELL DE LES VALLS D'AGUILAR

It is a project for the recovery, adaptation and signposting of the

old traditional paths used by the inhabitants of the Valls d'Aquilar

to travel through the different villages of the valley. Thanks to

documentary sources, and especially to oral sources that have

transmitted their knowledge, this interesting path has been re-

covered. The route that unites all the villages of the valley has 55

This greenway combines historical and heritage interest

points. It retrieves the paths that led to the three coal mines

operated in the Ribera d'Urgellet municipality. They were the

ways used by miners coming from nearby towns to reach mi-

ning operations. It passes through villages and bordes (typi-

cal constructions), nowadays uninhabited, such as Freita or

Mas d'en Planes. The main path is 17 km long and also has

www.mapama.gob.es/es/desarrollo-rural/temas/caminos-

naturales/caminos-naturales/sector-noreste/les-mines/

km. There are shorter routes around it, all of them signposted.

CAMÍ DE LES MINES

www.pallerols-andorra.org

www.camivell.cat

EL CAM

CAMÍ DE RETROBAMENT

This cross-border path connects the territories of Alt Urgell, Andorra and Ariège. It retrieves ancient paths used by our ancestors to move around the territory. Its long journey allows you to enjoy different types of landscapes from the flattest areas of the Alt Urgell to the great Andorran and French peaks. It has a total distance of 102 km and is designed to be done in 6 or 9 stages.

http://www.camideretrobament.com



It is a project that has allowed to recover and highlight the paths used by thousands of Jews during World War II fleeing the persecution of the Nazis. Alt Urgell was the main route of entry for refugees from Andorra and whose purpose was to reach Barcelona. The itinerary, signposted at Alt Urgell, leaves la Seu d'Urgell, passes through Estamariu, Bescaran and Collada de Pimes to enter Andorran territory.

It is a cultural trekking route that, with a continuous and sig-

nposted route, connects paths and existing routes in all the

Catalan-speaking regions and islands, allowing you to know

the culture, history, landscape and people of each land vivid-

ly. It is designed for all audiences as each person can adapt

its stages according to their preferences.

VERTICAL SANTA FE

www.perseguitsisalvats.cat

metal threads as you have found them.

- Respect the fauna and flora. Do not dispose of waste, you must save it and deposit it into the appropriate containers.
- Choose the itinerary that best suits your physical conditions. The calculation of the duration of each itinerary is indicative.
- a GPS device, a cap, sunglasses, a raincoat and sun cream.

• We recommend carrying: a well-charged mobile phone, a map,

Keep track of the itinerary you want to do. Inform someone about it.

Vertical routes

∧ It Urgell has 4 routes signposted as vertical training Aareas. The signposting of these routes is designed for people who train, but they can be done as hiking routes as they will take you to some of the best viewpoints in the region. The return trip is planned for the same place. The time and distance of the technical data sheet are calculated according to the rise.

These routes have signposts every 500 meters with information on the distance, the accumulated difference and the

All these routes are part of the "Circuit Fer", a mountain race circuit distributed by Alt Urgell, from vertical races to marathons.

We encourage you to discover them! www.circuitfer.cat

www.circuitfer.cat

VERTICAL SANT QUIRI

secondary routes.



Noves de Segre 4,85 km 2h10

+863 m

VERTICAL NARIEDA



Fígols 3,62 km

) 1h15 +630 m 1h45 +993 m

VERTICAL ARP



Sorribes la 5,77 km

Organyà

4,35 km

+650 m

↑ 1h10

www.elcami.cat

ce itineraries.

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Oficina de Turisme d'Oliana Av. Barcelona, 81 • 25790 Oliana Tel.: 973 470339 • turisme@oliana.cat • www.oliana.cat

Turisme de la Seu d'Urgell

C/Major núm 8 • 25700 La Seu d'Urgell

Tel.: 973 351511

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Oficina de Turisme de Tuixent Plaça Serra del Cadí, 1, baixos • 25717 Tuixent Tel.: 973 370030 • museu@trementinaires.org www.trementinaires.org

Oficina de Turisme de Coll de Nargó Ajuntament i DINOSFERA • 25793 Coll de Nargó Tel.: 973 383048 • culturaiturisme@collnargo.ddl.net • collnargo.ddl.net

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Espai La Vansa

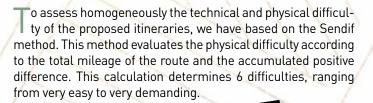
Antigues Escoles de Sorribes • 25717 Sorribes espailavansa@gmail.com • www.lavansatuixent.com



Recommendations

- Respect private property: do not step on harvest meadows or crops, leave the fences and the protection
- · Find out about the weather forecast. Remember that you need to be
- equipped with good shoes or trekking boots and appropriate clothing.

Difficulty guide



With regard to the technical difficulty, 9 difficulties are assessed according to the characteristics of the land of the route.

In all the proposed itineraries you will find this information with the respective icons, except in the vertical itineraries and in the long-distan-

www.sompirineu.cat/som-senderisme/sendif

