



# VERTICAL ROUTE

## ROCA DE NARIEDA

The Camí Vertical de la Roca de Nareda (Vertical Route up the Roca de Nareda) climbs the southwest slope of the Tossal de Balinyó, in the municipality of Figols i Alinyà. It can be reached by following a track which starts opposite the car park. This leads to a path (signposted Camí Vertical), which branches off to the right and, after a 25-minute walk, will take you the beginning of the route.

The Camí Vertical de la Roca de Nareda can be divided into two sections with two independent accesses depending on the level. The first, which is a grade (K3) route, is slightly less difficult. It has some aerial sections and sheer drops and is equipped with chains and steps, and with two bridges. This first section leads up to a natural platform where is where the return route is located. To leave, it is necessary to take this path, off to the left, looking towards the wall, in the direction of Figols, which finishes with a 15-minute descent, through a quarry, to the starting point of the vertical path. This section can be covered in approximately 1 hour. It is 278 m long and a variation in altitude of 80 m.

The second section can be reached by following the path at the end of the previous section, veering off to the right. This grade (K4) section is more difficult than the previous one. It alternates vertical sections, side crossings and walks along ledges with vegetation. All parts are perfectly equipped with steps, stairs and a Tibetan bridge, which will lead you to the top of the Roca de Nareda, from where you will enjoy a splendid view of the whole valley. The route of this second section, from where it leaves the previous one, is 841 m long, with a variation in altitude of 375 m. It is possible to return by following a marked path which, after a descent of over 500 m, will take you back to the car park. The return to the car park will take about 1 hour. The approximate time required to complete the whole activity: access, vertical route, and return to the car park, is at least 5 hours. Do not shout and try to go unnoticed. Be careful of falling stones and other objects.

**With a net variation in altitude of 455 m, the two consecutive sections of the Camí Vertical de la Roca de Nareda make this the vertical path with the greatest variation in altitude in Spain. It is also the third longest, with a length of 1119 m.**

### ACCESS

Leaving the village of Figols, head south along the road towards El Pont d'Espia. Once there, you will find a car park to your right, with a spring. This is where the path begins.



- Tibetan bridge
- Hanging wooden bridge
- Monkey bridge
- Vertical stars
- Rest platform
- Path
- Athletic loop
- Family loop
- Access path
- Return family



- Start loop
  - End loop
  - Lookout of Nareda
- Approach
  - Trail zone
  - Return
  - Vertical Route

### TECHNICAL INFO

DIFFICULTY	DISTANCE AND TOTAL ELEVATION CHANGE	APPROACH AND RETURN	INFORMATION	OBSERVATIONS	TIME (4 PEOPLE)
LOOP K4	Distance <b>841 m</b> . Elevation change <b>+375 m</b> .	Access from family loop <b>1 min</b> . Direct access <b>60 min</b> . Return along the path <b>55 min</b> .	Maximum height above the ground <b>185m</b> . <b>1 hanging wooden bridge 38 m</b> . <b>1 Tibetan bridge 35 m</b> . <b>Vertical stars 16 m</b> . <b>Ramps equipped with chains</b> . <b>3 resting platforms</b> .	Minimum altitude <b>1,50 cm</b> .	<b>3 hours</b>
LOOP K3 familiar	Distance <b>278 m</b> . Elevation change <b>+75 m</b> .	Access <b>25 min</b> . Return along the path <b>40 min</b> .	Maximum height above the ground <b>40 m</b> . <b>1 hanging bridge 22 m</b> . <b>1 monkey bridge 8 m</b> . <b>Ramps equipped with chains</b> .	Minimum altitude <b>1,20 cm</b> .	<b>1 hour</b>

## RULES OF USE

- 1 Use material designed for vertical trails.
- 2 On horizontal stretches, only one person per cable section may proceed. On vertical stretches, one length of cable must be left free between climbers to avoid the risk of impact in a fall.
- 3 On cable bridges, only one person may cross at a time.
- 4 On wooden bridges and as an exception, a child may cross accompanied by an adult if necessary.
- 5 Do not abandon the facility except via marked exits. Always remain anchored to the safety cable.
- 6 Pay attention in areas where loose rocks may appear and relocate them to a safe place to prevent their accidental fall.
- 7 Using the vertical trail in a storm is prohibited. If surprised by a storm while climbing, immediately leave the trail via the nearest exit.
- 8 Respect your surroundings and do not leave the marked areas.
- 9 This is a nesting area for birds, so do not make sounds which may bother them.
- 10 The return path has exposed areas; go very carefully.
- 11 Pause only in permitted areas.

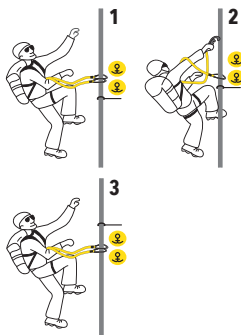
## SAFETY INDICATIONS

- 1 Due to the characteristics of the vertical trail, it is very important not to climb it if you suffer from vertigo or fear of heights.
- 2 Due to humidity, orientation and temperature, especially in winter, there may be icy or slippery areas.
- 3 To climb this trail, you must be in good physical shape and have adequate technical knowledge. Use standardized material designed for vertical trails.
- 4 Before suffering a fall due to exhaustion, it is advisable to anchor yourself to any rung.
- 5 If you do not have the necessary training or knowledge, contact guides who are specialized in vertical trails.
- 6 Purchase an insurance plan for practising mountain sports, for both your own safety as well as any harm you may inflict on others. A mountain and/or speleological federation can provide you with one.

**Conservation:** If you find any part of the facilities deteriorated or in poor condition, contact us immediately (and, even better, send us a photo, if you can!).

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## PROGRESSION TECHNIQUE



## REST POSITION



## REQUIRED EQUIPMENT

Helmet, harness and dissipater for vertical trails (energy absorber or dissipating plate and type K carabiners).



## RECOMMENDED EQUIPMENT

### INDIVIDUAL

Anchoring or resting head with large opening carabiner, mountaineering boots, gloves and water.

### GROUP

Dynamic rope, descender and first aid kit.



## NOTE!

The Camina Pirineus team must warn users that they must personally assume responsibility for any harm or suffering that they could cause to others.

It is necessary to respect the obligatory rules of use, to be aware of the safety advice, and to use the equipment that is obligatory for vertical paths.

If you do not accept these conditions, **DO NOT USE** these facilities.



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Town Hall Figols i Alinyà **973 38 31 00**  
Emergencies **112**

