

## 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".

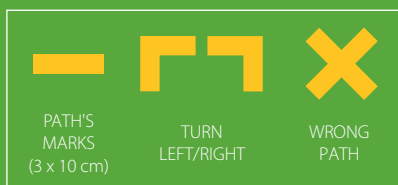
A network of hiking trails is like a road map, but with footpaths, allowing the hiker to get from any one point to another.

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

Unió Europea Fons social europeu



+INFO:  
[www.itinerannia.net](http://www.itinerannia.net)  
[www.elripolles.com](http://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



RIPOLLÈS

WALKING  
 ALONG THE  
 RIDGE BETWEEN  
 CAMPRODON'S  
 VALLEY AND THE ALT  
 VALLESPIR COUNTY



Easy  
 Medium-High  
 (in case of snow in winter)



3 h. 40 min.

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03

# WALKING ALONG THE RIDGE BETWEEN CAMPRODON'S VALLEY AND THE ALT VALLESPIR COUNTY

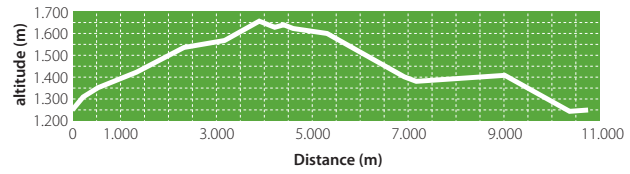


- ITINERÀNNIA NETWORK
- ROUTE
- ROAD-TRAIL
- RIVER
- TOURIST SERVICES (see website)
- VERTICAL SIGNPOSTS OF THE NETWORK



## SPECIFIC INFORMATION

- Time:** 3h 40 min.
- Total distance:** 10,750 Km
- Highest altitude:** 1.655m above sea level (Puig de la Clapa)
- Lowest altitude:** 1.243m above sea level (Stream of Coll Pregon in Espinavell)
- Accumulative slope ascent:** 450 m
- Accumulative slope descent:** 450 m
- Difficulty:** Easy / Medium-high (in case of snow in winter)



**JUST TO PERSUADE YOU:**  
*Circular route that allows you to discover two small mountain settlements in the municipality of Molló: Espinavell and Fabert. The route follows the ridge between Camprodon's valley and Alt Vallespir county offering excellent views of Costabona peak, Esquerdes de Rojà and the Canigó massif, rising in splendid isolation to 2784 meters. Nearby sits the Mir medieval tower, watching over the French town of Prats de Molló.*

The route starts in **Espinavell**, at the church "Mare de Déu de les Neus" **R88** sign. You head to "Coll Pregon" following a steep climb that will take you to a water tank. After this point, take the path heading north that surrounds "El Serrat de Sant Joan", a small hill topped by a cross, above the village of Espinavell. Leave on your right a path that would lead you to the ruins of "Casal d'en Quelet" and you already see in front of you "Coll Pregon", first goal of the route.

After a 45 minutes climb you will reach **Coll Pregon R90** sign. Down below you, at the end of the valley, you can see the spa of "La Presta", already in the Vallespir county, with "Les Esquerdes de Roja" and the Canigó Massif as a backdrop.

Continue to the right following the ridge track that will lead you in a few minutes to "Coll de la Clapa", and further ahead, after a short but steep climb, to the summit of "Puig de la Clapa". It is worth to reach the summit to enjoy spectacular views of 360 degrees: From East to West and facing North: Mt. Costabona, Canigó massif, and Montfalgars and Comanegra in the neighbouring county of Garrotxa. And to the South, with good weather and clear sky, you can even glimpse the mountains of Montseny and Collsacabra.

Leave the summit behind to head to the **Puigsec** ponds, **R91** sign, from where, if you have time, you can make a detour to the "Mir" tower. Follow the GR-151 signs and allow 40 minutes for the roundtrip. This medieval tower of the thirteenth century played an important role in the war between the kingdom of Mallorca, which included the old county of Vallespir, and the kingdom of Aragón. The tower was part of a set of control and communication towers that reported possible attacks with smoke signals in broad daylight and with fires during the nights.

Walk down towards Fabert surrounding "la Clotada de les Dous", and rapidly descent along the range to a stream, nearby the settlement. Once in **Fabert, R89** sign, you must return to Espinavell following the old road that linked both villages. The path, mostly on flat terrain, goes over the ridge coming down from "Serrat de la Perdiu", and in a few minutes you will have Espinavell in front of you. Before you will have to walk down to the stream of "Coll Pregon" and enter the village through the Enllà Street. Within minutes you will arrive at the church of Espinavell, the origin and end of the route.

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