

Circ d'Ulldeter

Distances: 3,1 km

Time: 2h

Difficulty: Medium

<https://parcsnaturals.gencat.cat/ca/xarxa-de-parcs/ter-freser/gaudeix-del-parc/equipaments-i-itineraris/itineraris/itineraris-interpretatius-del-parc-natural/circ-ulldeter/>

<https://ca.wikiloc.com/rutes-senderisme/itinerari-interpretatiu-9-pnctf-circ-dulldeter-103680100>

Ulldeter Circus. Interpretive itinerary 9

Itinerary that leads us to the source of the Ter river and to the remains of the pioneer refuge of the Iberian Peninsula. Pine forests of black pine, subalpine thickets, pasture meadows, mountain ash and scree are the different habitats that the route crosses, always under the watchful eye of the Gra de Fajol and the great peak of the Bastiments.

We start the itinerary by taking the path that leads to the Ulldeter refuge, where we find the intersection of Itinerànnia **R207** and which leaves the car park, located at a curve in the **Vallter road**. The path ascends between pine forests of black pine and subalpine thickets of neret and juniper. Arriving at the current Ulldeter refuge, we find a crossroads and go to the right, leaving the protection of the forest to continue through open pastures at the mercy of the wind. A path takes us, after a steep climb, to what were the few ruins of the old Ulldeter refuge, the first built in the Iberian Peninsula and the tallest building in this time. Under the feet of the old refuge we find an area of moleras, it is the real *Ull del Ter*, that is to say the place where the river originates, which, 210 km below, flows into the Mediterranean, at L'Estartit.

The path continues descends through the scree of the Coll de la Marrana (Marrana pass), we go left, to return to the starting point while again passing by the Ulldeter refuge.



Linia lila

Carboner-Baidana-Cabanes-Setcases

Distance: 8,1 km

Time: 3h25min

Difficulty: Medium

<https://parcsnaturals.gencat.cat/ca/xarxa-de-parcs/ter-freser/gaudeix-del-parc/equipaments-i-itineraris/itineraris/itineraris-interpretatius-del-parc-natural/carboner-baidana-cabanes-setcases/>

<https://ca.wikiloc.com/rutes-senderisme/itinerari-interpretatiu-10-pnctf-carboner-baidana-cabanes-setcases-103680537>

Camí del carboner, Baidana, Cabanes, Setcases. Interpretive itinerary 10

The circular route takes us into the Carboners valley, passing by its waterfalls and crossing the most south-eastern spruce of the Pyrenees. The views of Setcases from the viewpoint of Baidana and Serra will not leave us indifferent either.

The start of the itinerary is at the intersection of Itinerànnia **R104 Pont d'en Jepet (Xecó?)**, we go along Carrer del Rec and a little further up Camí d'Ulldeter until we find the road, at crossing **R105 Pont Nou**. At about one kilometer, at the Farga bridge, we find a new crossing **R209 Camí dels Carboners** and go to the right, leaving the road. We go up the Carboners valley, while enjoying some of its waterfalls, such as the Cossi del Batlló. We will always follow the yellow marks.

We turn away from the river to climb a path and enter a black pine forest and a spruce forest. The path leads to the dirt track of Espinavell, which you will have to follow to the Baidana viewpoint, from where we can enjoy good views of the mountains that surround the town of Setcases.

We continue along the track again, until the Puig de Santana. We leave the road to descend quickly, all the while making zigzags, along the terraces full of weeds.

We pass by three shepherd's hut, until we arrive, on a wider path to La Creueta and to the **R217 Camí de la Creueta** crossing, near the town of Setcases, cross the bridge and reach the beginning of the route .

From Puig de Santana to Setcases, it is also the route called *Camí de la Serra*.



Línia rosa

Collada Fonda-Costabona- Balmeta

Distance: 7,7 km

Time: 3h15min

Difficulty: High

[https://parcsnaturals.gencat.cat/ca/xarxa-de-parcs/ter-frezer/gaudeix-del-parc/equipaments-i-itineraris/itineraris/itineraris-interpretatius-del-parc-natural/collada-fonda-costabona-balmeta-/](https://parcsnaturals.gencat.cat/ca/xarxa-de-parcs/ter-frezer/gaudeix-del-parc/equipaments-i-itineraris/itineraris/itineraris-interpretatius-del-parc-natural/collada-fonda-costabona-balmeta/)

<https://ca.wikiloc.com/rutes-senderisme/itinerari-interpretatiu-11-pnctf-collada-fonda-costabona-balmeta-103748837>

Collada Fonda, Costabona, Balmeta. Itinéraire Interpretative itinerary 11

Ascent to the pyramidal summit of Costabona, the last 2,000 of the Pyrenees before the mountain range disappears under the waters of the Mediterranean, at Cap de Creus.

Starting from **Collada Fonda**, intersection of Itinerànnia **R226**, located on the dirt road that joins Setcases and Espinavell. You must follow the thread that goes up the ridge in the direction of the visible rocks of Mercer first and further up to Roca Blanca of the Soms. A little further up we find the **R230 Les Terrelleres** crossing, aiming for the summit, with some round to facilitate the ascent, we will reach the summit rock of Costabona, where we can enjoy 360º panoramic views. An orientation table will help us identify the peaks.

We quickly go down to the **Coll de Pal**, crossing **R227**, through alpine meadows and from there we will go of the Serra de la Balmeta while crossing some black pine woods to the homonymous pass.

We arrive at the Jaume Ferrer refuge, near the pass, and along a dirt track, we find the **road from Setcases to Espinavell** at the **R228** junction, we will climb it gently to the Fonda pass, the start and end point of the itinerary.



Línia rosa vell

Camí de Socarrats a Beduís

Distance: 3,8 km

Time: 2h

Difficulty: Medium

<https://parcsnaturals.gencat.cat/ca/xarxa-de-parcs/ter-freser/gaudeix-del-parc/equipaments-i-itineraris/itineraris/itineraris-interpretatius-del-parc-natural/cami-socarrats-beduis/>

<https://ca.wikiloc.com/rutes-senderisme/itinerari-interpretatiu-12-pnctf-cami-de-beduis-a-socarrats-104335831>

Route from Socarrats to Beduis. Interpretive itinerary 12

A circular route that allows us to access the extensive Beduis pastures along ancient paths, with spectacular views of the mountains that surround Setcases, and descend through pine forests and old farmland all the way past the Socarrats hut.

We start the itinerary at the entrance to **Setcases** at the Itinerànnia **R102** junction, we go about 250 meters from the road in the direction of Vilallonga de Ter. After the cemetery we take the old road to Vilallonga de Ter, which, between dry stone walls and hazel, aspen and birch trees, leads us to the Beduis pastures. From this large livestock area we enjoy good views of the mountains at the head of the Ter, from Costabona to Pastuira. **R210 Camí de Socarrats** intersection. This first section coincides with the itinerary *De Setcases Vilallonga de Ter along the Camí del Nen de Llebro*.

We continue descending through a clear pine forest that, crossing a couple of streams, leads us to the old farmland of Socarrats, where further down we find the cabin of the same name, currently in very bad state.

Finally we go down through the increasingly dense forest, we meet the GR at the **R211 Camps de Beduis** junction and continue towards Setcases until crossing the **Vall-Llobre** torrent **R106** junction, just below the **Creueta**, **R217** junction, we cross the Ter and we are already in the village of Setcases.



Línia rosa

Itinerari de les creus i les mines

Distance: 2,9 km

Time: 1h20min

Difficulty: Easy

ENG

Itinerary of the crosses and the mines

The exploitation of the Crestella mines dates back to the end of the 19th century, around 1890. The most important mineral that was mined was arsenopyrite, from which arsenic was obtained. The extracted ore was loaded into wagons and transported to the road via a 1,300 meter cable.

The path starts at **Camí de les Creus**. We go up along a wide and well-marked path. We continue until we reach the Roc d'Esquer cabin (Cabana d'en Ras), where there is a spring. After several bends that take us up, we reach a rocky section. We leave the main path and take a secondary path marked with a blue arrow. From here, the path levels out. We easily reach a cabin in ruins (the miner's house). Lastly, after crossing the torrent dels Pins, we will arrive at the place where **the mines** were. We can see the debris of the extracted ore and a dry stone wall that was the upper station of the cable. The same route can be used to go back.

Tipus de senyalització actual: Punts blaus



Línia blava

Itinerari la Fageda, les cabanes i Camí de l'Aigua

Distance: 6,7 km

Time: 3h15min

Difficulty: Medium

ENG

Itinerary the Fageda, the cabins and Camí de l'Aigua

This itinerary starts on the Camí de les Creus, where we find the bifurcation with the Camí de les Mines. We follow the blue markings. Initially we continue along the forest track with a gentle slope until you find a livestock fence.

After a sharp 180º turn, we will leave the track and take a wide path in a northerly direction. After a few meters we will reach a first meadow that we must cross without losing height. At the end of this, a small path between brooms will take us to a second enclosure, which we will also cross passing under a tree and some stone walls.

We take a path until we find an old ruined building, which we go past along the top, and then an enclosure that we will have to climb over, then go up diagonally along a small path. After the climb we will find another meadow, we cross it at the bottom, next to a line of trees. We will see Rostoll's cabin.

At the end of the meadow we will find a track descends and take to another track that goes to Bundanci's cabin. We take this trail that in just over 400m takes us to Coll del Llop, where the Fageda track begins. Along a well-marked trail, we go along the river to the forest refuge or Picot's house. From here, we can follow the yellow markings and go towards the pla de la Fageda plain. We take a path that goes up until we cross a stream in a forest clearing. We continue to ascend, now more gently. We enter a wooded area of red pine and spruce, some of which are very tall. The path begins to descend, until we find another torrent that we have to cross. We continue the descent, where we will find water manholes channel the town.

We continue the descent, where we will find several caskets that channel the town's water. We continue to descend gently and enter a forest of chestnut trees, boxwoods, beeches and poplars until we reach the track, which leads to the town's water tank. We follow it towards Setcases, pass a stile and arrive at Pont Nou.

Tipus de senyalització (actual): Punts blaus i marques grogues



Línia lila

Itinerari dels Solans i el Catllar

Distance: 4,8 km

Time: 2h10min

Difficulty: Medium

ENG

Itinerary the Solans and the Catllar

The path begins in the upper part of the village of **Setcases**, at **Font street**, Itinerànnia crossing **R103**. We can follow the yellow markings. This first section coincides with the route from *Setcases to Vilallonga de Ter via Tegurà and the Camí del Port*. Initially it goes into the woods by the side of stone walls until reaching the Pastuira torrent (Clot dels Solans), which we have to cross. We follow the route and reach the Clot de Pastissol (a small mountain torrent). Soon after, we reach the bend in the Cabanes del Catllar track. We leave the Itinerànnia track and the yellow markings. We can follow the red rectangles. We go down a track until reaching the Hermitage of Santa Maria del Catllar. We return towards Setcases we go along a path covered by beech, almond and ash trees.

We enter a wooded area where we find a cattle pass. We continue past enclosures and planes until we reach the Pastuira torrent. We will cross some pastures and continue along the right bank of the river Ter (200m). We go up until the sewage treatment plant and enter **Setcases**, where we find the **R102** Itinerànnia crossroads and we return to the centre of town.

Tipus de senyalització (actual): rectangles vermells i marques grogues (parcialment senyalitzat)



Línia rosa

Camí dels Contrabandistes (seguint la xarxa de senders Itinerànnia)

Distance: 5,5 km

Time: 2h40min (one way)

Difficulty: medium

ENG

The smugglers' path (following the Itinerànnia footpaths network)

In the 1950s and 1960s, part of the population of Setcases had to go to work in Prats de Molló. Over time, from the constant coming and going to France, contraband or bootlegging spread.

The path starts at Itinerànnia crossroads **R104 Setcases-Pont d'en Jepet**. We follow the path painted yellow, we go along the track and we pass by the Can Buixat spring. We find crossroads **R217 Camí de la Creueta** and we continue towards Coll de Pal. A little further on, we find the **R106 Pont de Vall-llobre** crossroads and we continue towards Coll de Pal. After just over one kilometre, at the Solana cabin, the track gives way to a well-marked path and crosses the Vall-llobre torrent.

From this point the path turns into a narrower trail. After crossing the river, we will continue to climb gently until we find a cabin in ruins, the Rodonella. We have to cross the torrent and follow the path along the left side of the stream. Shortly afterwards you have to cross it again (we will do it several times) until you reach a wooded area.

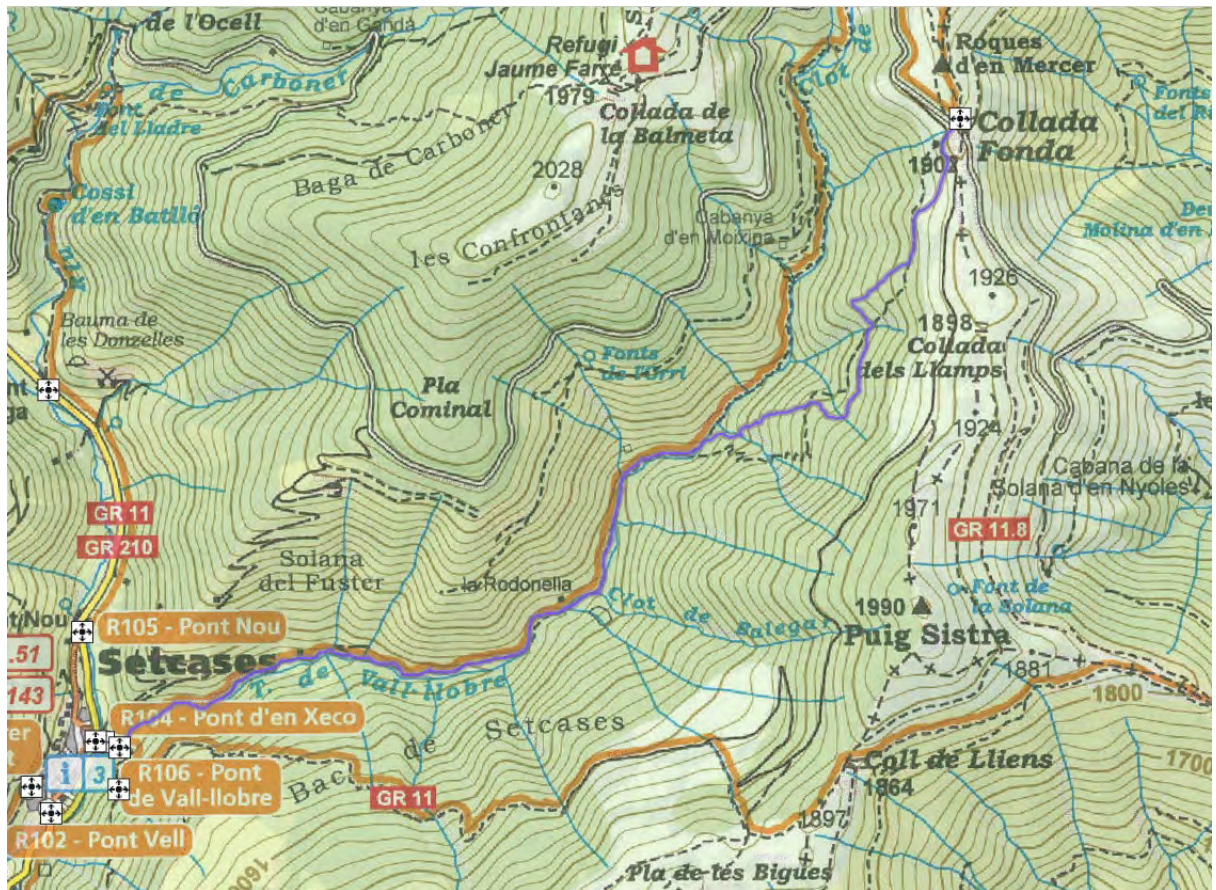
Initially we will climb gently until we cross another torrent (Torrent del camp d'en Malet). From this point we enter the forest zigzagging, we will reach an open space where the slope becomes steeper and we will continue until, suddenly, the path turns to the left.

Once there we will flank the mountain until we reach the Torrent del Solà de Bones. After the torrent the path climbs steeply, just after a pass of brooms, the path turns to the right and ascends gently through an area of meadows (Solà de Bones). We will follow the ascent to a forest track that we will follow until we find the track from Setcases to Espinavell, where we find the **Collada Fonda R226** crossroads, end of route.

The same route can be used to go back. Another option is to take the forest track and follow it to the Pla de Lliens plain, where we can take **GR11**, also painted with Itinerànnia yellow markings, and return to Setcases. This stretch is about 6.6 kilometres, with an estimated time of just over two hours. From here we can also go up Costabona following the *number 11 natural park interpretation route*.

Tipus de senyalització (actual): marques grogues

Itineraris al voltant de Setcases



Línia lila