

WALKING TRAIL GUIDE

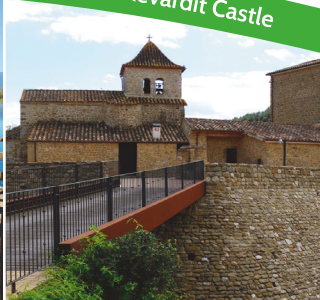
2026
VERSION

Take a stroll around Pla de l'Estany

Espolla lake



Palol de Revardit Castle



Santa Maria de Loreto hermitage



Esponellà Castle



Sant Miquel de la Roca



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PLA DE L'ESTANY
COMARCA QUE BATEGA



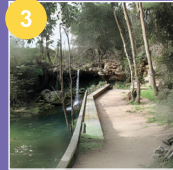
The digitised heritage sites include:



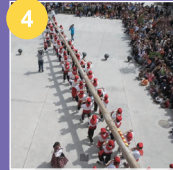
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in Banyoles



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Camós



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Dalmau spring
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Arbre de Maig
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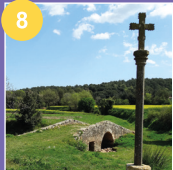
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Martís bridge
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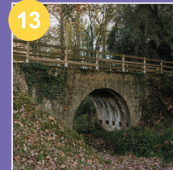
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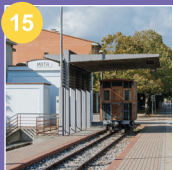
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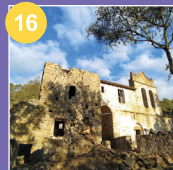
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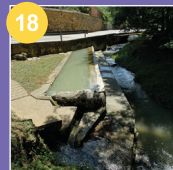
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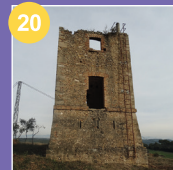
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hermitage,
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WELCOME TO PLA DE L'ESTANY

Take a stroll and discover its natural surroundings!

Pla de l'Estany is one of the country's most exceptional and diverse natural settings. What makes it truly unique is its connection to water, whose lake system, formed of a set of lagoons and presided over by the Lake of Banyoles, is its defining feature. The Lake of Banyoles is an exceptional phenomenon in Catalonia due to its karstic and tectonic origins (fed by underground waters from the Fluvià basin), at the foot of the great fault between the Empordà plain and the Garrotxa mountains.

This makes the region an ideal base for any trip or route. This guide features a collection of walking trails to help you explore the area. With over 200 kilometres of trails for all abilities, there is something for everyone, from the family-friendly Lake circuit to the more challenging Refuge-friendly Lake circuit to the more challenging Refuge-friendly Lake circuit for the ambushed trail for adventure seekers.



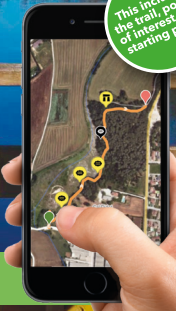
WALKING TRAIL INDEX

Trails for every level

Level of difficulty of the trail: ● Easy ● Medium ● Difficult ● Very difficult

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This includes the trail, points of interest, and starting point



Each trail features a QR code to access the track

Aquesta acció està subvencionada pel Servei Públic d'Ocupació de Catalunya en el marc dels Programes de suport al desenvolupament local.



Wikiloc

Gradient: +10 m

231 m



Espolla lake trail

📍 ROUTE: Espolla lake – Roca Foradada Palaeolithic Site – Espolla lake

- 📊 Level of difficulty: **Easy**
- 📏 Distance: 1.38 km (there and back)
- ⬆️ Gradient: +10 m
- ⏱️ Duration: 20 mins (there and back)
- 📍 Signage: Marked with its own trail signs
- 📍 Starting point: Pltja d'Espolla (Espolla lake)
Coordinates: 42.149088 / 2.765699

Description:

The trail runs along one side of the beach and reaches the Roca Foradada Palaeolithic site, located on the northeast side of the excavation.

It is a flat route that can be walked with a baby stroller.



📍 Points of interest:

Discover the surrounds of the Espolla lake

PLATJA D'ESPOLLA (ESPOLLA LAKE): the temporary lake of Espolla is one of the most striking features of the entire Lake of Banyoles basin. It occasionally fills with water in spring and autumn after heavy rainfall. During periods of drought, it may remain empty for several years or fill only during a single rainy season. The water from Espolla lake flows through an irrigation channel that empties into the Fluvià River via the Martís waterfalls (Esponellà). Espolla lake is part of the Lake of Banyoles Natural Area of Interest.

The presence of the red-footed tortoise (*Triops cancriformis*) is particularly noteworthy in terms of fauna. This is a very primitive brachiopod crustacean, whose eggs are able to survive long periods of drought, allowing it to occupy areas of temporary water. It has been a protected species since 1993. There are sculptures at the beginning of the trail of a triop, a spadefoot toad and a green frog, representing the most characteristic animals of the lake.

MIRADOR D'EN XICU (XICU'S VIEWPOINT): terraced construction to allow you to take in the surrounding landscape.

BULLIDOR DELS JONCS (WHIRLPOOL SPRING AREA): you can see the 'whirlpools', inlets of underground water with pressure and air that generate bubbles or water movement, whenever the Espolla lake fills up.

BULLIDOR DELS JONCS (REED WHIRLPOOL): groundwater inlet with pressure and air that generates bubbles or water movement.

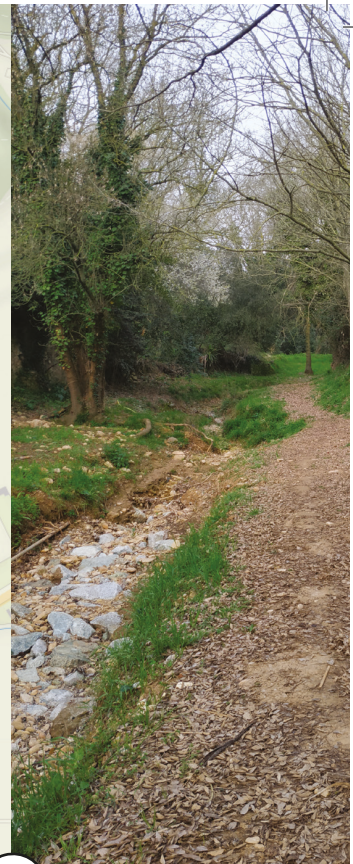
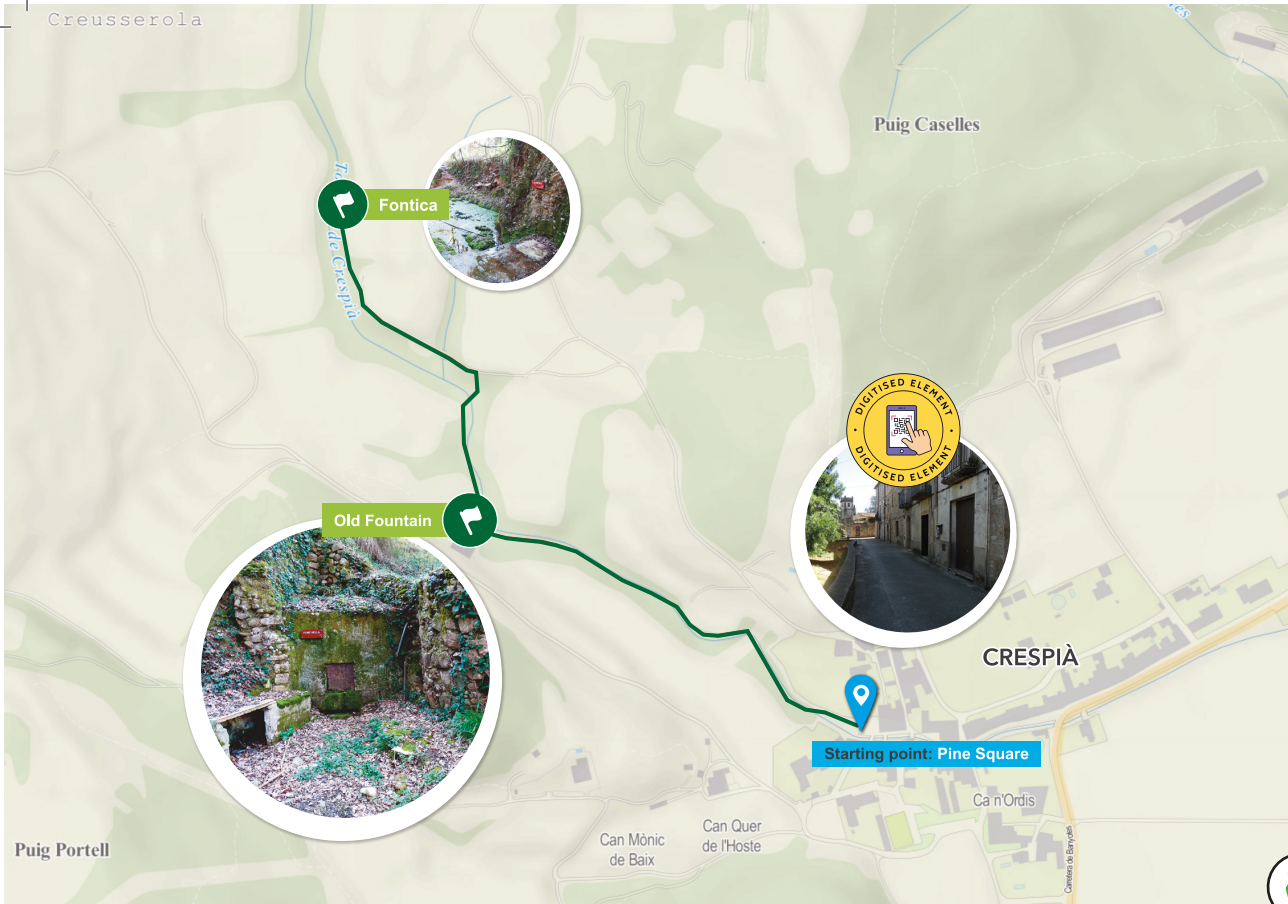
ROCA FORADADA PALAEOLITHIC SITE: located in the municipality of Fontcoberta, it was discovered in 1982, but excavation only began in 2014. Dating from the Middle Palaeolithic period, between 80,000 and 40,000 BC, it is the only site in the region that is located in the open. This area was a large Neanderthal settlement where people lived in huts during certain times of the year, as the area was prone to flooding. One notable find is cobble that was used to craft stone tools.



Download trail



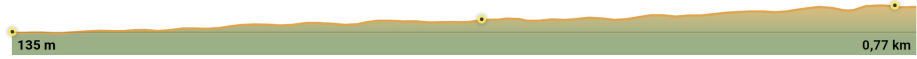
Ideal trail for families | 07



Wikiloc

Gradient: +14 m

150 m



135 m

0,77 km





Crespià springs trail

📍 ROUTE: Pine Square – Old Fountain – Fontica – Old Fountain – Pine Square

- 📊 Level of difficulty: **Easy**
- 📏 Distance: 1.5 km (there and back)
- ⬆️ Gradient: +14 m
- 🕒 Duration: 25 mins (there and back)
- 📍 Signage: Marked with its own trail signs
- 📍 Starting point: Plaça del Pi (Pine Square)
Coordinates: 42.18791 / 2.79751



Download trail



Description:

The route follows the Merler stream in Crespià, which it crosses several times, allowing you to see two springs: the Old Fountain and Fontica.

📍 Points of interest:

Follow the Crespià stream and discover the hidden springs

MERLER STREAM: he stream has a short course, originating in the Portell hamlet, and emptying out before reaching Espinavessa. Two springs can be found along its course: the Old Fountain and Fontica. One of the uses for the stream water was to irrigate the vegetable gardens tended by families along its banks, thanks to which the wells and stone walls that bear witness to the life that once thrived there still remain today. People also used the stream's water for washing clothes, with the local women using ponds located near the village or in the Little Fountain, until 1962 when a public washing place was built, which operated for a couple of decades.

FONTICA: spring located in a stone grotto within the Merler stream. The spring has been supplying water to the town's three urban fountains for decades. Locals often used to go there for walks, especially on Sundays after mass, while schoolchildren would picnic there.



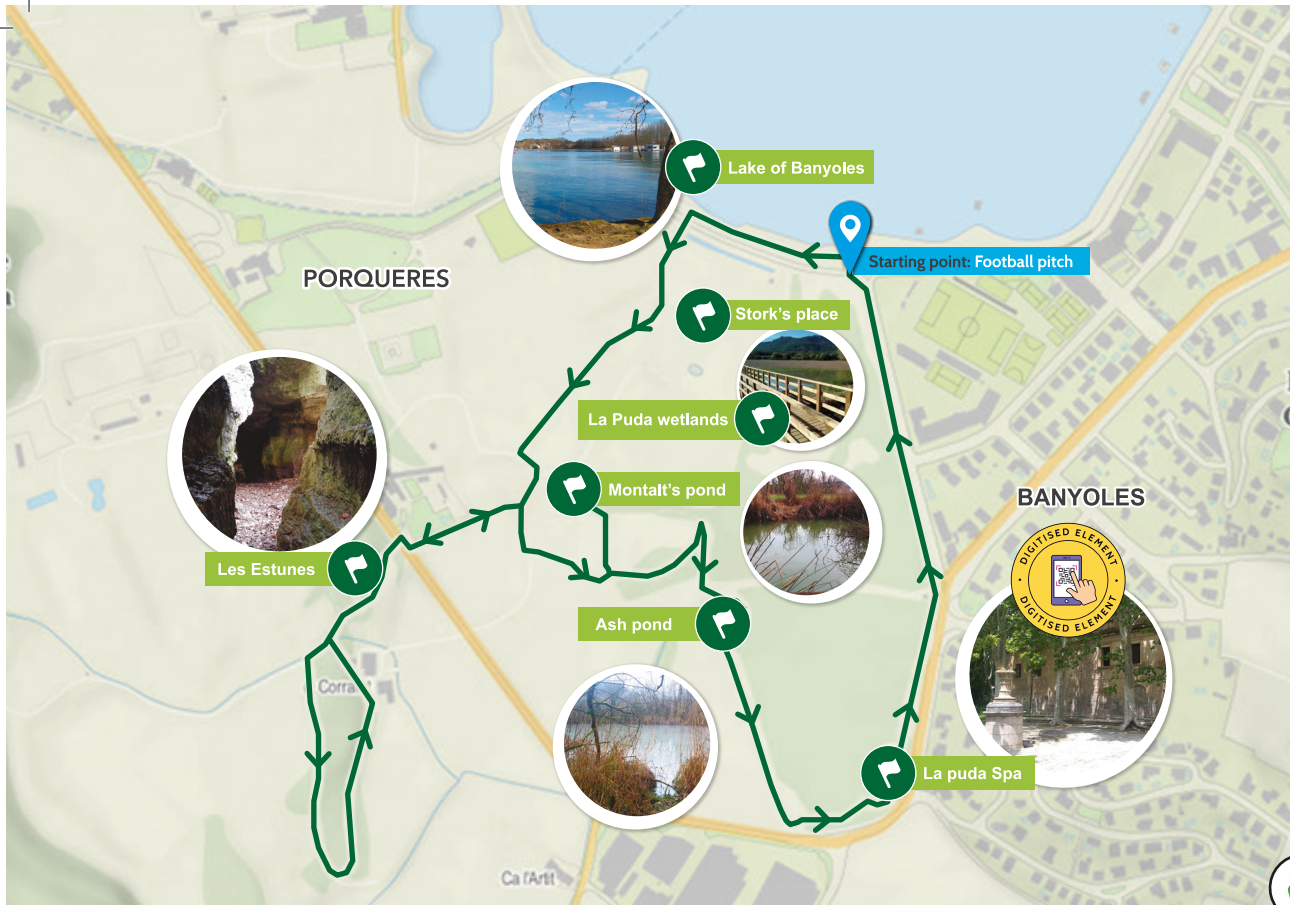
Picnic area in the two springs



Ideal trail for families



Water not generally safe for drinking | 09



Wikiloc

Gradient: +7 m

188 m





Les Estunes and La puda wetlands

📍 **ROUTE:** Football pitch – Lake of Banyoles – Stork's place – Les Estunes – Montalt Pond– Ash Pond
La Puda Fountain and Spa – Football pitch

- 📊 **Level of difficulty:** Easy
- 📏 **Distance:** 3.25 km
- ⬆️ **Gradient:** +7 m
- ⌚ **Duration:** 1 hora
- 📍 **Signage:** Trail 2 – La Puda and Les Estunes
- 📍 **Starting point:** Football pitch
Coordinates: 42.116333 / 2.752567

Description:

This walking trail allows you to discover different unique landscapes in the lake region southwest of the Lake of Banyoles.

It offers views over the Lake of Banyoles and the Stork Lagoons before continuing through the crevices of the enchanted Les Estunes spot, which, according to legend, is inhabited by mythical creatures. The trail ends in a wetland and lagoon area that has retained its wildest state and shows a part of the daily life of Banyoles' inhabitants in the mid-19th century at the Font Pudosa spring and the former spa.

📍 Points of interest:

Discover Les Estunes, a forest bustling with magic

ESTANY DE BANYOLES (LAKE OF BANYOLES): both the source and the key symbol of the city's identity. Together with its lake basin, they are considered the most extensive karst formation on the Iberian Peninsula and a unique site of exceptional geological, ecological, scenic, and cultural significance.

PARATGE DE LES CIGONYES (STORKS' PLACE): work began on restoring the wetlands in this area in 2007. Two lagoons can be seen, along with reedbeds and rushes, the typical vegetation of these environments. One notable feature is the white stork's nest, a result of the reintroduction project for this species at the Lake of Banyoles.

LES ESTUNES: one of the landmarks in the municipality of Porqueres: the travertine crevices and caves, the proud oaks and holm oaks, the legend of the fairies, the silence that cuts through the cool shade, the ivy vines and the subtle birdcalls make for a serene walk. Includes a picnic area.

ESTANYOL D'EN MONTALT (MONTALT POND): this small, circular pond is complemented by a wooden boardwalk. The water is greenish-grey or very dark grey. The vegetation is typical of wet environments, with rushes, cattails and reeds, and the area is home to the wildlife commonly found in calm aquatic habitats. The large circular pond is about 44 meters in diameter and 24 meters deep, whose calm waters have turquoise, light blue, and grey hues. It is also known as the Iron pond, its mud deposits reveal the iron-rich nature of the water. Adjacent to it is a viewpoint that allows you to see the Casa Nostra lagoon and the stork aviary.

ESTANYOL DE LA CENDRA (ASH POND): formed by a karst depression. It owes its name to the ashy colour of its water, caused by shale at the bottom that is stirred up by the inflow of underground water.

BALNEARI DE LA PUDA (LA PUDA SPA): a protected monument, designated as a Local Cultural Asset of the municipality of Banyoles. The spa was built around the mid-19th century, making it Banyoles' main tourist attraction and that remained open until the 1950s. Its water was used for medicinal purposes and was even sold commercially in modern times. Today, it lies in ruins.

FONT PUDOSA FOUNTAIN: a natural spring with healing properties, strong odour, and a distinctive taste. It contains hydrogen sulphide and smells like rotten eggs. During the 18th century its waters were recognised for their healing powers. Ever since, patients have flocked to the site in search of a cure.

Download trail

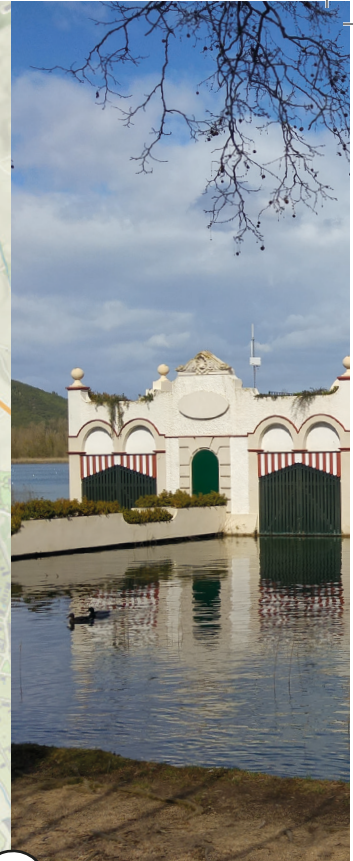


Ideal trail for families



Picnic area in Les Estunes

| 11



Wikiloc

Gradient: +14 m

181 m





Lake of Banyoles circuit

📍 **ROUTE:** Tourist Office – Lake of Banyoles – El Vilar Pond – Santa Maria de Porqueres Church – Can Morgat Wooden Hut - La Draga – La Draga Neolithic Park – Tourist Office

📊 **Level of difficulty:** Easy

📏 **Distance:** 6,29 km

⬆️ **Gradient:** +14 m

🕒 **Duration:** 2 hores

📄 **Signage:** Trail 1: Volta a l'Estany de Banyoles

📍 **Starting point:** Banyoles Tourist Office
Coordinates: 42.117843 | 2.756433

Description:

The Lake of Banyoles circuit is one of the most popular walks in the area, both for visitors and locals.

This walk, which circles the entire lake, allows you to enjoy the area's rich natural beauty and stunning landscapes, exploring the viewpoints and ponds along the way.

It is a flat route, suitable for baby strollers.



📌 Points of interest:

Enjoy the route and discover the surroundings of the Lake

TOURIST OFFICE. Fishing pier No. 10, also known as Lero's fishing pier: the first fishing area dates back to 1886 and was remodelled during the early 20th century. For many years the fishing pier was used as a tourist attraction and dock for the Oca vessel.

ESTANY DE BANYOLES (LAKE OF BANYOLES): both the source and the key symbol of the Banyoles city's identity. Together with its lake basin, they are considered the most extensive karst formation on the Iberian Peninsula and a unique site of exceptional geological, ecological, scenic, and cultural significance.

ESTANYOL DEL VILAR (EL VILAR POND): the most well-known ponds in the region. It is located right on the southern shore of the Lake and, like the lake itself, resembles a figure 8, due to the two basins it is composed of.

SANTA MARIA DE PORQUERES CHURCH: a Romanesque church located in the municipality of Porqueres. It was rebuilt at the end of the 12th century and consecrated on 5 April 1182 by Ramon Guissall, Bishop of Girona.

CAN MORGAT: perched on the hill, the farmhouse evokes the legend that offers a traditional explanation of how the lake came to be: "Morgat! Morgat! Ves-te'n a casa o seràs negat!" (Morgat! Morgat! Go home before you end up drowning!). The stream bearing the same name, fed by underground springs and flowing all year round, is now a refuge for the lake's last native fish species: the mountain barbel and the catfish.

CASETA DE FUSTA (WOODEN HUT): bathing area located on the shores of the lake which can only be accessed by bicycle or on foot. It is one of the three sites that is equipped for public bathing and the only one that is free.

LA DRAGA: large park next to the lake inaugurated on the occasion of the Barcelona 92 Olympics. There are picnic tables and a fountain adjacent to the parking area. The park houses the municipal sports pavilion and the Neolithic village of La Draga.

LA DRAGA NEOLITHIC PARK: one of the first Neolithic Lake settlements in Europe (5300-5000 BC) where numerous remains of its material culture have been found, an exceptional occurrence on the Iberian Peninsula. Visitors can explore the ancient hut replicas and discover what life was like during the Neolithic period.

Download trail



Ideal trail for families



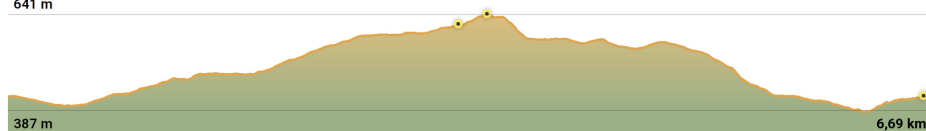
Picnic area in La Draga | 13



Wikiloc

Gradient: +279 m

641 m



Trail from Pujarnol to Sant Patllari

📍 ROUTE: Sant Cebrià de Pujarnol Church – Sant Patllari Hermitage – Sant Cebrià de Pujarnol Church

- 📊 Level of difficulty: **Easy**
- 📏 Distance: 6,69 km
- ⬆️ Gradient: +279 m
- 🕒 Duration: 2 h 30 min
- 📍 Signage: Vertical signs with directions specific to the trail
- 📍 Starting point: Sant Cebrià de Pujarnol church, Porqueres. Coordinates: 42.10195|2.70828

Description:

This trail begins with a visit to the Romanesque church of Pujarnol and the surrounding architectural complex, before beginning the route that leads to Sant Patllari mount, the highest point in the Porqueres area. Topped by an elegant chapel, it provides expansive views that reach well beyond the surrounding region.



📍 Points of interest:

Marvel at the splendid views from Sant Patllari mount

SANT CEBRIÀ DE PUJARNOL CHURCH: a Romanesque-style religious building dating from the 12th–13th centuries. The church dedicated to Sant Cebrià was consecrated in 1248. In 1426, the church had two altars, the main one dedicated to Sant Cebrià and another dedicated to Sant Pere.

PUJARNOL TOWER: formerly a castle or fortified house. Two towers still remain at opposite corners. There is no record of the castle before the 18th century. The tower currently belongs to a foundation.

SANT PATLLARI VIEWPOINT: this 646-meter mountain in the municipality of Porqueres offers spectacular panoramic views of the surrounding region.

THE HAND OF GOD STONE: legend has it that, according to a local tale documented by the Banyoles Hiking Club, Our Lady used this stone to gain a running start before ascending to heaven. In doing so, he would have left his handprint. The north side of the stone contains three incisions that could resemble the three arms of a cross. The hand carved into the rock is faintly visible at the rear.

SANT PATLLARI HERMITAGE: modest-sized chapel with a single nave dating from the 13th century. It is located on the mountain formerly known as Mount Speculo (1182). Hermits are recorded as having lived here until the latter half of the 19th century. Around 1727, a series of renovations were carried out on the church, giving it its current appearance. Adjacent to the chapel is a shelter with a fireplace, which can offer refuge for around eight people if necessary. Open for use by the public.



Download trail

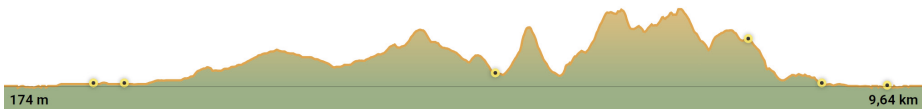




Wikiloc

Gradient: +91 m

215 m



Trail from the Lake to Matamors

📍 **ROUTE:** El Vilar Pond – Lake of Banyoles – La Puda Fountain and Spa – Sant Romà church, Miànigues – El Matamors – Ash Pond – Montalt Pond – Les Estunes – El Vilar Pond

📊 **Level of difficulty:** Easy

📏 **Distance:** 9.6 km

📈 **Gradient:** +91 m

🕒 **Duration:** 2 h 30 min

📋 **Signage:**
Marked with its own trail signs

📍 **Starting point:** Estanyol del Vilar (El Vilar pond)
Coordinates:
42.118705 / 2.748282

Description:

This route allows a chance to discover the village of Miànigues and its surroundings by walking along the banks of the Matamors stream and discovering the landscapes. This trail is exposed to the sun and generally runs along gentle, nearly level tracks.

📌 Points of interest:

Take a stroll through the village of Miànigues and discover the Matamors stream

ESTANYOL DEL VILAR (EL VILAR POND): the most well-known ponds in the region. It is located right on the southern shore of the Lake and, like the lake itself, resembles a figure 8 created by its two basins.

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LA PUDA FOUNTAIN: a natural spring with healing properties, strong odour, and a distinctive taste. It contains hydrogen sulphide and smells like rotten eggs. During the 18th century its waters were recognised for their healing powers. Ever since, patients have flocked to the site in search of a cure.

SANT ROMÀ CHURCH, MIÀNIGUES: single-nave church headed by a pentagonal apse. While originally Romanesque (13th century), the church underwent major renovations in the 18th century and now has a Baroque appearance. The bell tower was rebuilt during the second third of the 20th century.

EL MATAMORS: a small river that originates in the vicinity of the Cal Negre pass (Porqueres) and collects water from places in Pujamol (Porqueres) and from the streams that come down from the Camós mountain range. Although the river usually runs dry during periods of severe drought, in periods of intense rainfall, the water level can rise abruptly, making it very dangerous. The river's name stems from a historical event that pitted Saracens against Christians, in which the latter achieved a significant victory. It is said that the stream's water was tinged with blood. From then on, the river bore the name "Matamors" in memory of the countless Saracens who lost their lives at the hands of the Christians.

ESTANYOL DE LA CENDRA (ASH POND): formed by a karst depression. It owes its name to the ashy colour of its water, caused by shale at the bottom that is stirred up by the inflow of underground water.

ESTANYOL D'EN MONTALT (MONTALT POND): small circular pond between 4 and 5 meters in diameter with a wooden boardwalk. It is bordered on one side by tall trees and several false acacias. It is a large pond with calm waters in shades of turquoise, light blue, and grey.

LES ESTUNES: one of the landmarks in the municipality of Porqueres: the travertine crevices and caves, the proud oaks and holm oaks, the legend of the fairies, the silence that cuts through the cool shade, the ivy vines and the subtle birdcalls make for a serene walk. Includes a picnic area.

Download trail

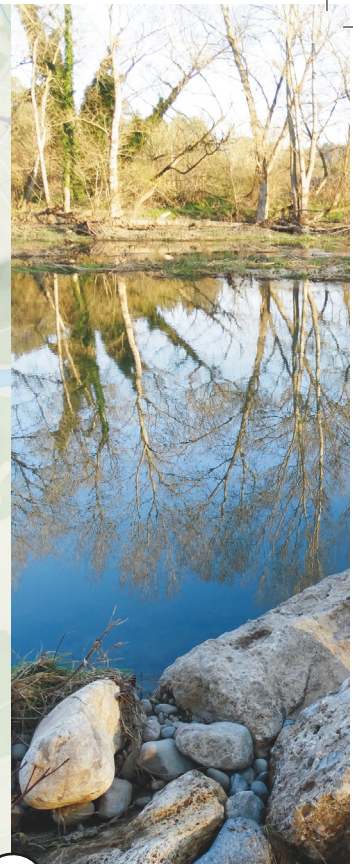


Ideal trail for families



Les Estunes picnic area

| 17



Wikiloc

Gradient: +7 m

75 m





Trail along the banks of the Fluvià

📍 **ROUTE:** Orfes Main Square – Orfes Main Road – The Lock – Orfes Main Square

- 📊 **Level of difficulty:** Easy
- 📏 **Distance:** 3.4 km (there and back)
- ⬆️ **Gradient:** +7 m
- 🕒 **Duration:** 40 min (there and back)
- 📍 **Signage:** Vertical signs with directions specific to the trail
- 📍 **Starting point:** Orfes Main Square, Vilademuls
Coordenades: 42.172882 | 2.867016

Description:

Two routes are recommended to discover the landscapes near the Lock and the surroundings of the village of Orfes:

The route to the right of the riverbank runs partly along a forest path and partly along a section of road.

📍 Points of interest:

Trail to discover the landscapes near the Lock and the surroundings of the village of Orfes

ORFES MAIN SQUARE: main square of the centre of Orfes, which belongs to the municipal area of Vilademuls.

ORFES MAIN ROAD: flanked on either side by banana trees that give it an orderly and elegant appearance. The trend of planting banana trees (*Platanus x hybrida*) dates back to the 19th century, when this type of tree became popular. The use of banana trees was basically to harness their shade.

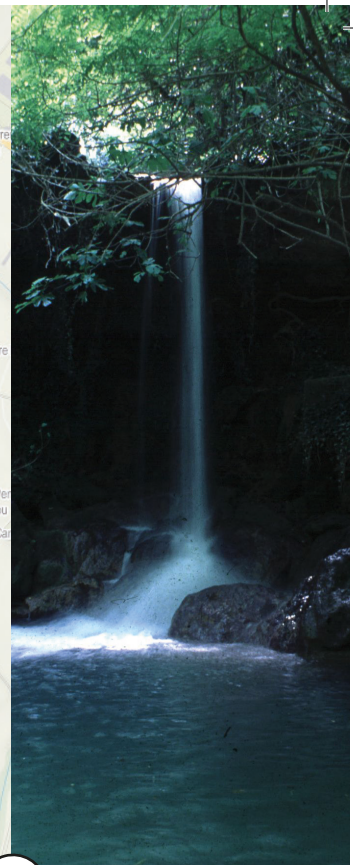
LA RESCLOSA D'ORFES (THE ORFES LOCK): nestled in a shaded riverside setting and surrounded by farmland, it is easily accessible, making for a delightful walk from Orfes.

It is one of the many locks in the middle section of the Fluvià river that runs through the region, which served to dam the water and partially divert it to a canal.



Download trail





Wikiloc

Gradient: +28 m







149 m





Walk home from school

📍 **ROUTE:** Iron Bridge – Blue Pool – Can Lleter washing place – Can Reparada washing place – Pecú's hut – Can Carxofa washing place – Caves – Washing place – Dalmau waterfall, spring and bridge – Iron Bridge

-  **Level of difficulty:** medium
-  **Distance:** 3.6 km (there and back)
-  **Gradient:** +28 m
-  **Duration:** 1 hora (there and back)
-  **Signage:** Yellow markings and explanatory signs along the route
-  **Starting point:** Trail next to the bike path iron bridge (Can Barrera), Cornellà del Terri
Coordinates: 42.098936 | 2.789001

Description:

This path was traditionally used by children from Corts to walk to school in Camós during the 1950s, and by villagers heading to the laundry spots along the Matamors River.

The path runs almost parallel to the river and runs from the Blue pool to the Dalmau waterfall. Schoolchildren continued their journey to the school, location of what is today the Camós Town Hall. The circular trail can be made if linked to the local bike path

📍 Points of interest:

A trail full of history

GORGA BLAVA (BLUE POOL): this spot holds a special place in the history of Corts and nearby villages, as almost every child and young person has spent time swimming or enjoying themselves here. It was very common for the village kids to head here to cool off after Sunday mass.

RENTADOR DE CAN LLETER (CAN LLETER WASHHOUSE): around 1955, a heavy downpour damaged the washhouse, and it had to be rebuilt.

RENTADOR DE CAN REPARADA (CAN REPARADA WASHHOUSE): communal washhouse used by the households of Can Reparada, Can Quelistrus, and Cal Vermell.

BARRACA DE LA PECU (PECU'S HUT): inhabited until around 1960 by a family of scrap dealers.

RENTADOR DE CAN CARXOFA (CAN CARXOFA WASHING PLACE): washhouse used by the households of can Carxofa, can Jou and can Pardoí. This washhouse also served as a footbridge to cross the river and as a lock.

BAUMES DEL SALT DALMAU (DALMAU WATERFALL CAVES): these consist of two shallow caves that were used to shelter wandering beggars who stayed there, usually for short periods of time.

RENTADOR DEL SANT DALMAU (DALMAU WATERFALL WASHING PLACE): an ancient washhouse used collectively by the nearby homes.

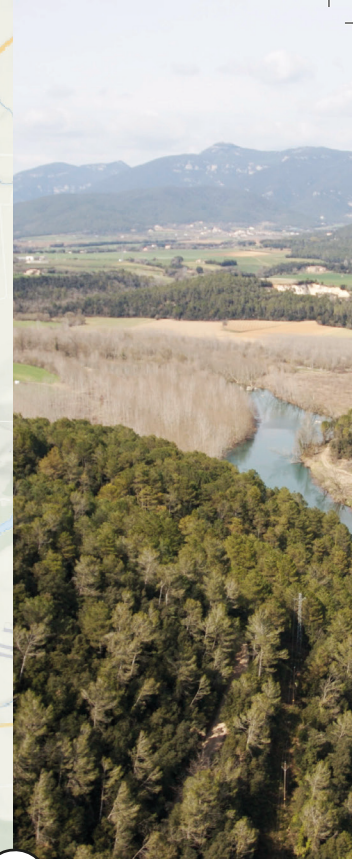
SALT DALMAU: waterfall on the Matamors River, to which references are made back as far as 1017. The river originates in Pujarnol. It is arguably the most iconic and well-known natural site in Camós.

FONT DEL SALT DALMAU (DALMAU WATERFALL SPRING): fspring located next to the Matamors river waterfall, the Dalmau waterfall. This site is a popular meeting place for picnics and used to be used for bathing.

PONT DEL SALT DALMAU (DALMAU WATERFALL BRIDGE): Mayor Vicenç de Besalú ordered the bridge to be built in 1880 to facilitate a new access to Banyoles.

Download trail

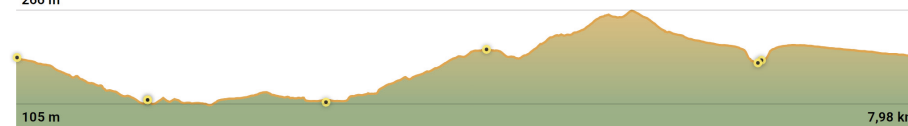




Wikiloc

Gradient: +193 m

266 m





Trail around Esponellà

📍 **ROUTE:** Engineers' House – Views of Sant Miquel de la Roca – The Lock – Martís Power Plant – Esponellà Bridge – Esponellà Castle – Martís Waterfall – Hospice Spring – Engineers' House

- 📊 **Level of difficulty:** Medium
- 📏 **Distance:** 8 km
- ⬆️ **Gradient:** +193 m
- 🕒 **Duration:** 2 h 15 min
- 📄 **Signage:** Short trail without any specific signage.
- 📍 **Starting point:** Engineers' House, Esponellà
Coordinates: 42.183599 | 2.778979

Description:

A trail that runs along pleasant and awe-inspiring spots, such as Sant Miquel de la Roca and the Martís waterfall, and with important historical sites such as the Esponellà castle, to name a few.



Download trail



📌 Points of interest: *Discover the most fascinating landscapes in the area*

CASA DELS ENGINYERS (ENGINEER'S HOUSE): early 20th century building constructed to house the technical and management team responsible for the construction of the large Pla de l'Estany reservoir, designed to serve mainly a large part of the Alt Empordà region. The works on the dam were never completed, and the house was therefore never used for the purpose for which it had been built.

SANT MIQUEL DE LA ROCA: a Gothic church in the municipality of Crespià, located in the Fluvià gorge. It has been protected as a Local Cultural Asset since 1989. It is accessed via a path from Crespià, passing by the dilapidated church of Sant Bartomeu de Portell.

CENTRAL DE MARTÍS (MARTÍS POWER PLANT): its use dates back to the Middle Ages, when the force of water was harnessed to turn the flour mill millstones. It was adapted and used to generate electricity with the arrival of new technologies. This upgrade was carried out by the Coromina company in 1910.

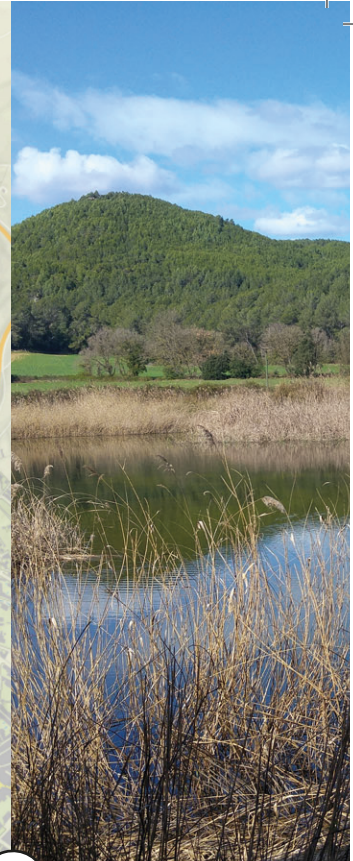
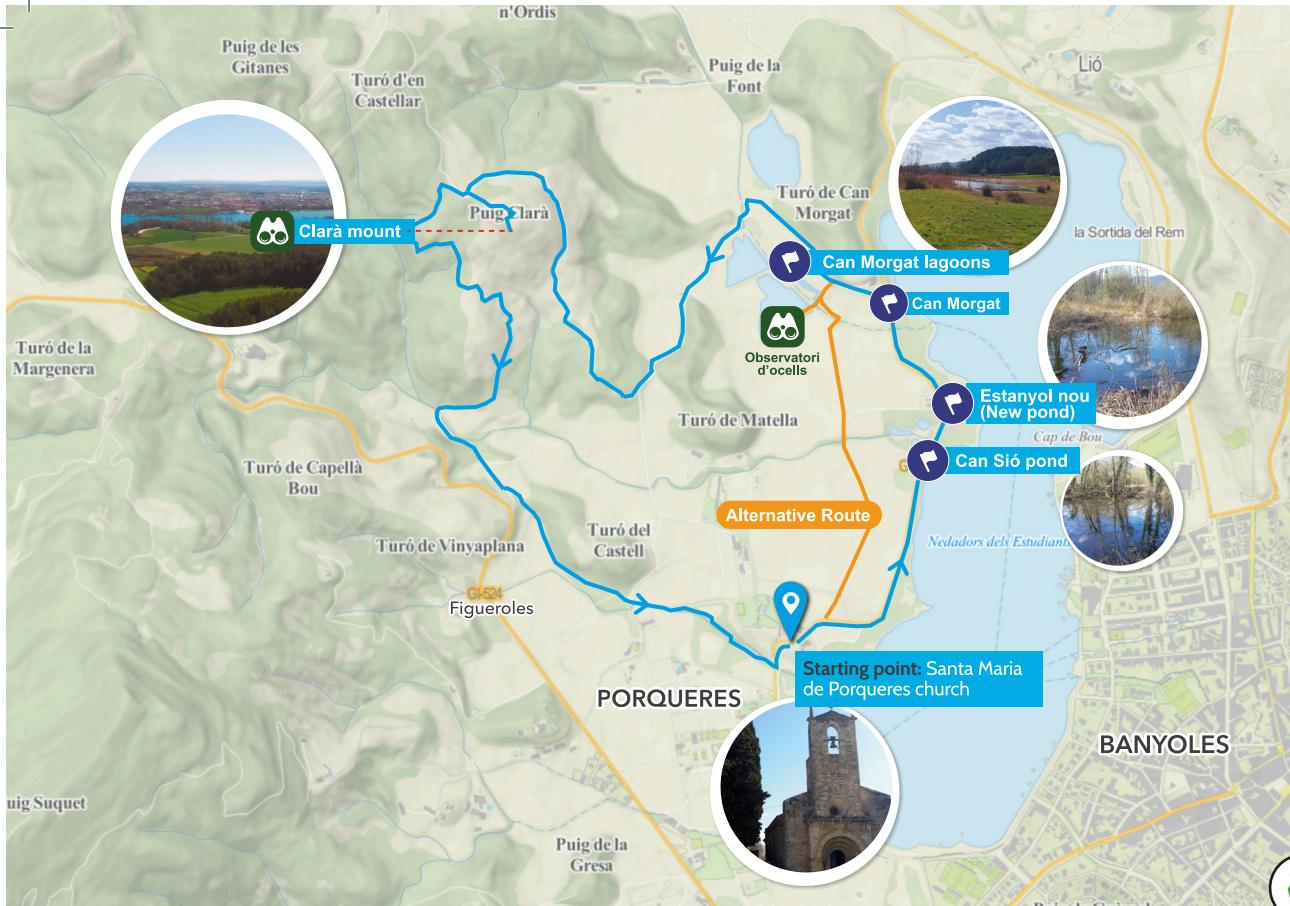
LA RESCLOSA (THE LOCK): work performed transversely in the course of the Fluvià river to raise the water level and divert the current away from its riverbed. It has a 7-meter-high waterfall and a total length of 75 meters.

PONT D'ESPONELLÀ (ESPONELLÀ BRIDGE): erected over the Fluvià River, it was authorised by Donna Sibila, Viscountess of Rocafort, in 1392, measuring 156 m in length, 4 m in width, and rising 17 m above the riverbed.

CASTELL D'ESPONELLÀ (ESPONELLÀ CASTLE): was the centre of an important barony established at the end of the 14th century. In 1381, it occupied the territory of the present-day municipality and is thought to have originated from a watchtower.

SALT DE MARTÍS (MARTÍS WATERFALL): the water is supplied by a canal from Espolla beach and empties into the Fluvià river. A short trail with viewpoints offering visitors to observe a series of waterfalls. Along the route, pools form that hold water when the canal dries, exposing intriguing limestone deposits.

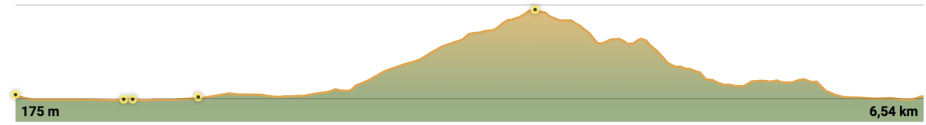
FONT DE L'HOSPICI (HOSPICE SPRING): it is named after the house located at the beginning of the waterfall trail, known as the Hospice house. In the mid-19th century, the farmhouse was divided into several dwellings, each home to families with many children. The large number of kids living there earned it the nickname "Hospice". The tenants used water from the pond beside the spring to water their gardens.



Wikiloc

Gradient: +130 m

312 m



Can Morgat and Clarà mount trail

📍 ROUTE: Santa Maria de Porqueres Church – Can Morgat – Clarà Mount – Santa Maria de Porqueres Church

📊 Level of difficulty: **Medium**

📏 Distance: 6.6 km

⬆️ Gradient: +130 m

🕒 Duration: 2 h

📌 Signage: Trail 3:
Can Morgat and Clarà mount

📍 Starting point: Santa Maria de Porqueres church
Coordinates: 42.121763 | 2.748410

Description:

This trail leads you past several ponds bordering the Lake of Banyoles, where you can observe different bird species and other native wildlife, before starting the ascent to Clarà mount. This point allows you to enjoy stunning panoramic views of the Lake of Banyoles, the city, and a large part of the Empordà plain.

📌 Points of interest:

Discover the lake from a different perspective

SANTA MARIA DE PORQUERES CHURCH: this 12th-century church is located in the municipality of Porqueres. Historical records reference Santa Maria of Porqueres as early as 906.

ESTANYOL DE CAN SISÓ (CAN SISÓ POND): also known as the red pond due to the seasonal shifts in the colour of its waters, caused by the shifting communities of bacteria on its surface. The red colouration no longer appears on the surface, as the bacteria now remain deeper in the water. The negligent use of the pond water for irrigation by a local farmer during the 1990s resulted in the banks collapsing. Since then, only faint reddish tones can be observed.

ESTANYOL NOU (NEW POND): the most recently formed large pond in the lake region, formed in 1978 after an exceptionally dry summer. It is roughly 40 m across and 7 m deep. The water is greenish and slightly eutrophic.

CAN MORGAT: perched on a hill, the farmhouse evokes the legend that provides a traditional explanation of the lake's origin: "Morgat! Morgat! Ves-te'n a casa o seràs negat!" (Morgat! Morgat! Go home before you end up drowning!). The stream bearing the same name, fed by underground springs and flowing all year round, is now a refuge for the lake's last native fish species: the mountain barbel and the catfish.

LLACUNES DE CAN MORGAT (CAN MORGAT LAGOONS): located very close to the Lake of Banyoles, this wetland, once drained for agriculture, was restored between 2005 and 2007. A wildlife hide in Margarit lagoon offers visitors views of aquatic fauna.

PUIG CLARÀ (CLARÀ MOUNT): offers a striking view of the lake and its surroundings. To the east, we can see the Can Morgat lagoons and the patchwork of fields and hills across Porqueres. Beyond lies the lake basin, the city of Banyoles, the Martis plain, and on clear days, the Empordà plain all the way to Montgrí and the sea. To the north and west, the mountains of Garrotxa and the Eastern Pyrenees dominate the horizon, along with the nearby peaks of the Transversal Range, with the ridge and Sant Patllari hermitage in the foreground.



Download trail

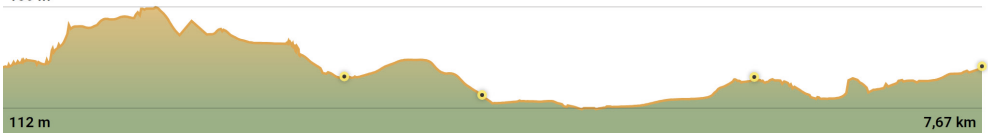




Wikiloc

Gradient: +78 m

180 m



112 m

7,67 km





Historic site trail

📍 **ROUTE** : Palol de Revardit Church – Sant Martí Church, Riudellots de la Creu – Marmanya bridge – Ice Well – Palol de Revardit Church

- 📊 **Level of difficulty:** Medium
- 📏 **Distance:** 7,7 km
- 📈 **Gradient:** +78 m
- 🕒 **Duration:** 1 h 45 min
- 📋 **Signage:** Route-specific signs
- 📍 **Starting point:** Palol de Revardit castle
Coordinates: 42.069694 / 2.79098

Description:

This trail explores several sites in Palol de Revardit, highlighting the architecture of the area from the Middle Ages to modern times. The longer route takes you through the forests and fields of the northern part of the municipality.



📌 Points of interest:

Discover history one step at a time

PALOL DE REWARDIT CASTLE: strategically positioned at a narrow pass in front of Mont-Rodon and Vila mountains, this was a key point for crossing the Revardit river. The first documented mention dates back to the will of Bernat Bernat (1074), Bishop of Carcassonne, who died at Palol de Revardit castle. The castle was historically tied to the Lords of Palol, and at the end of the 16th century it came into the hands of the Cruilles family. From the 17th–18th centuries, the castle was converted into a farmhouse. In 2005, the castle was acquired by the Town Hall of Palol de Revardit

SANT MARTÍ CHURCH, RIUDELLOTS DE LA CREU: originally Romanesque with a single rectangular nave with side chapels built in later periods. The first recorded mention dates to 1019, in relation to Countess Ermessenda of Barcelona's restitution.

PONT DEL MARMANYA O PONT VELL (MARMANYA BRIDGE OR OLD BRIDGE): this 17th-century building stands on the former road from Girona to Banyoles. On 2 March 1812, it was the site of a fierce clash between local guerrillas and French troops, causing significant French casualties. At this point, the river formed a pond used to harvest ice blocks, which were then stored in the ice well.

POU DE GLAÇ (ICE WELL): this 10.10-meter-deep, 8.35-meter-wide pit was filled in winter with ice blocks layered with straw, branches, or soil. The ice was commercially sold and used to preserve food, cool drinks, or make ice cream. According to historical documents, the well was in operation from the 17th century until the early 20th century. The ice was harvested from ponds along the Marmanya stream, at the Old bridge or Marmanya bridge, where the blocks were cut.

Download trail

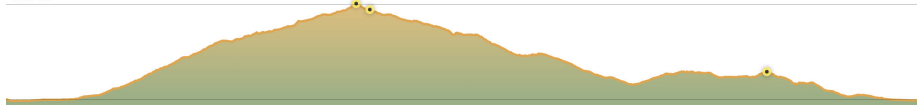




Wikiloc

Gradient: +536 m

641 m



174 m

16,21 km



Trail from the Lake to Sant Patllari

📍 ROUTE: Santa Maria de Porqueres Church – Clarà mount – Sant Patllari Hermitage – Santa Maria de Porqueres Church

📊 Level of difficulty: **Medium**

📏 Distance: 16.21 km

📈 Gradient: +536 m

🕒 Duration: 4 h 50 min

📋 Signage: Route-specific signs

📍 Starting point: Santa Maria de Porqueres church
Coordinates: 42.121763 / 2.748410

Description:

This trail meanders through forest tracks and woodland paths, culminating at Sant Patllari mount, the highest point in Porqueres. Topped by an elegant chapel, it provides expansive views that reach well beyond the surrounding region.



📌 Points of interest:

Venture into the woods and discover Sant Patllari mount

SANTA MARIA DE PORQUERES CHURCH: a Romanesque building located in the municipality of Porqueres. The current building replaced the existing early Christian temple. It was rebuilt at the end of the 12th century and consecrated on 5 April 1182 by Bishop of Girona, Ramon Guissall.

PUIG CLARÀ (CLARÀ MOUNT): offers a striking view of the lake and its surroundings. To the east, we can see the Can Morgat lagoons and the patchwork of fields and hills across Porqueres. Beyond lies the lake basin, the city of Banyoles, the Martís plain, and on clear days, the Empordà plain all the way to Montgri and the sea. To the north and west, the mountains of Garrotxa and the Eastern Pyrenees dominate the horizon, along with the nearby peaks of the Transversal Range, with the ridge and Sant Patllari hermitage in the foreground.

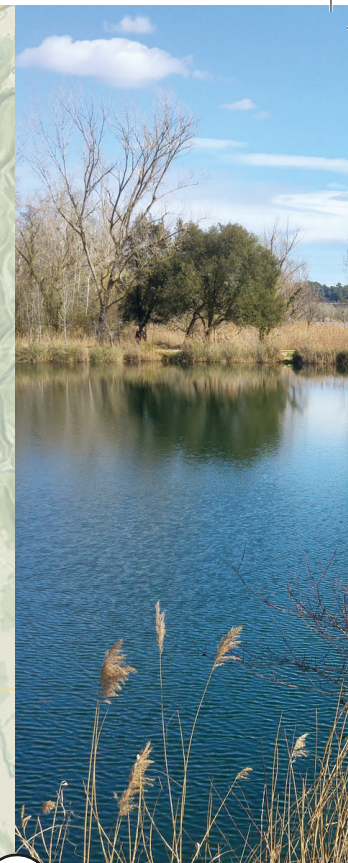
MIRADOR DE SANT PATLLARI (SANT PATLLARI VIEWPOINT): Sant Patllari is a 646 m mountain located in the municipality of Porqueres. From there, you can enjoy spectacular views of the region.

LA PEDRA DE LA MÀ DE DÉU (THE HAND OF GOD STONE): legend has it that, according to a local tale documented by the Banyoles Hiking Club, Our Lady used this stone to gain a running start before ascending to heaven. In doing so, he would have left his handprint. The north side of the stone contains three incisions that could resemble the three arms of a cross. The hand carved into the rock is faintly visible at the rear.

SANT PATLLARI HERMITAGE: modest-sized chapel with a single nave dating from the 13th century. It is located on the mountain formerly known as Mount Speculo (1182). Hermits are recorded as having lived here until the latter half of the 19th century. Around 1727, a series of renovations were carried out on the church, giving it its current appearance. Adjacent to the chapel is a shelter with a fireplace, which can offer refuge for around eight people if necessary. Open for use by the public.

Download trail



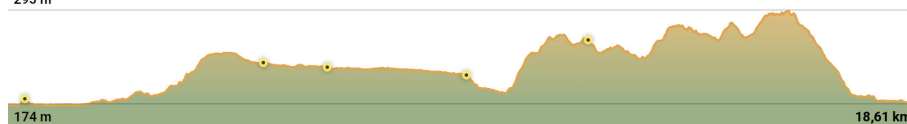


Wikiloc



Gradient: +210 m

295 m





Trail from the Lake to Espolla lake

📍 ROUTE: El Vilar Pond – Santa Maria de Porqueres – Usall – Espolla lake – Serinyà Cave Arqueopark – Sant Miquel Sesvinyes – Vilar Pond

- 📊 Level of difficulty: **Medium**
- 📏 Distance: 18,6 km
- ⬆️ Gradient: +210 m
- 🕒 Duration: 5 hours
- 📋 Signage: Vertical signs with directions specific to the trail
- 📍 Starting point: Estanyol del Vilar (El Vilar pond)
Coordinates: 42.118366 | 2.746941

Description:

A long but enjoyable route. It starts at the pond next to the Lake of Banyoles and ascends to Sant Cristòfol d'Usall before descending into the Martís plain, taking in the remarkable natural scenery of Espolla pond.

The trail then leads to the Prehistoric Caves Park in Serinyà and finishes with a visit to the Sant Miquel Sesvinyes church.

📌 Points of interest:

History and nature combined in a single route

ESTANYOL DEL VILAR (EL VILAR POND): the most well-known ponds in the region. It is located right on the southern shore of the lake and, like the lake itself, resembles a figure 8.

SANTA MARIA DE PORQUERES CHURCH: this Romanesque church is located in the municipality of Porqueres. It was rebuilt at the end of the 12th century and consecrated on 5 April 1182 by Bishop of Girona, Ramon Guissall.

ESTANY DE BANYOLES (LAKE OF BANYOLES): both the source and the key symbol of the identity of the city of Banyoles. Together with its lake basin, they are considered the most extensive karst formation on the Iberian Peninsula and a unique site of exceptional geological, ecological, scenic, and cultural significance.

SANT CRISTÒFOL D'USALL CHURCH: This Romanesque building was first documented in 1086 as a dependency of the Monastery of Sant Esteve in Banyoles.

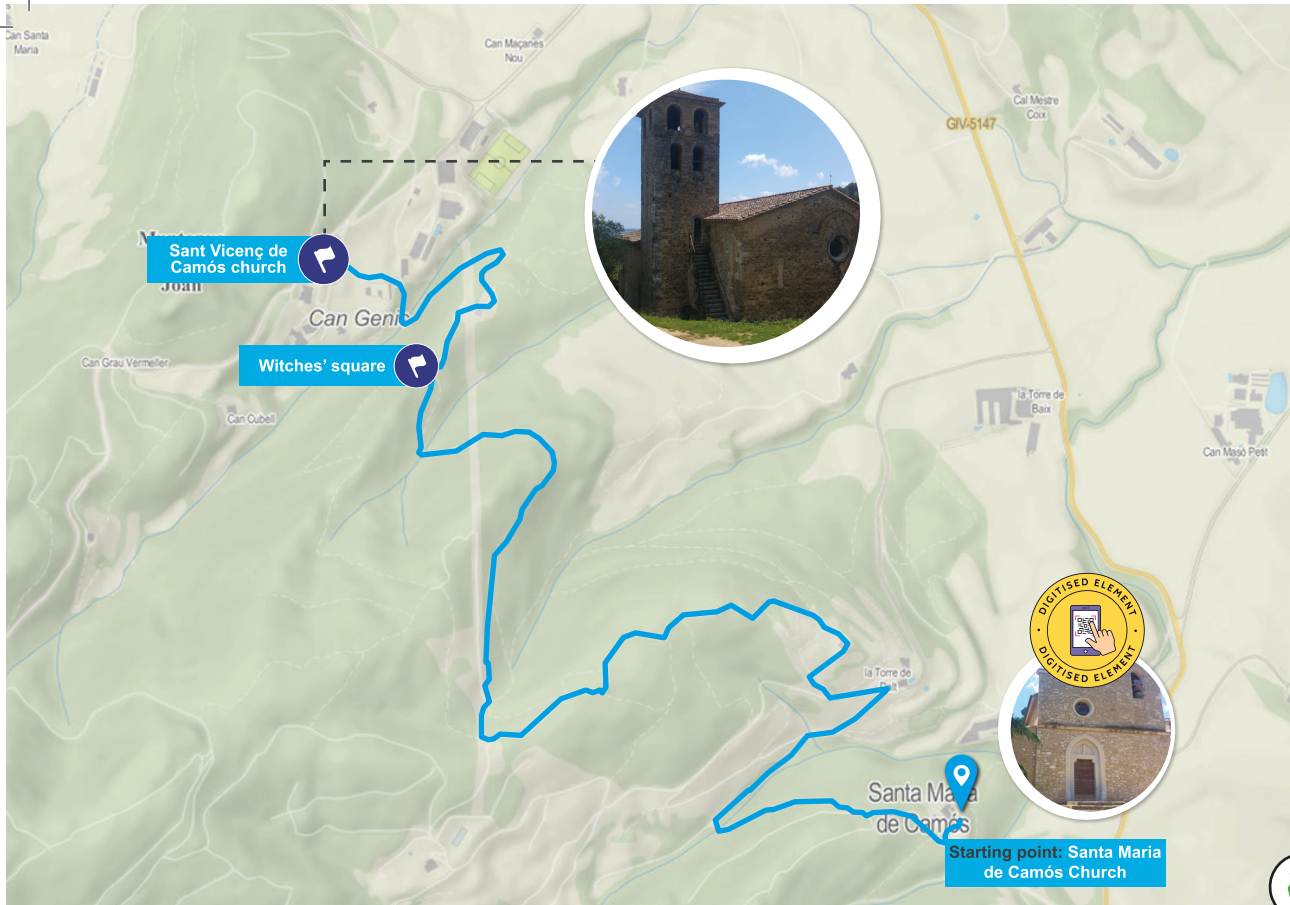
PLATJA D'ESPOLLA (ESPOLLA LAKE): the temporary lake of Espolla is one of the most striking features of the entire Lake of Banyoles basin. It occasionally fills with water in spring and autumn after heavy rainfall. During periods of drought, it may remain empty for several years or fill only during a single rainy season. When the area fills, the "whirlpools" (pressurised underground water inlets that create bubbling and movement) become visible. The water from Espolla lake flows through an irrigation channel that empties into the Fluvià river via the Martís waterfalls.

SERINYÀ CAVES ARCHEOPARK: the park comprises a collection of prehistoric sites from the Middle and Upper Palaeolithic periods. It is the best site in Western Europe for getting a better understanding of the transition from Neanderthals to modern humans. It was discovered in the mid-20th century.

SANT MIQUEL SESVINYES CHURCH: a small Romanesque church with a gabled roof and a bell tower above the entrance. The first recorded mention of the church dates to 1208. It once housed a venerated image of the Virgin and Child, which is no longer in existence.

Download trail

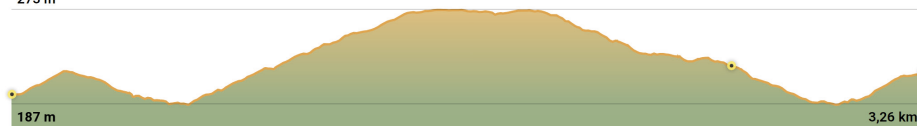




Wikiloc

Gradient: +123 m

273 m





Camós churches trail

📍 **ROUTE:** Santa Maria de Camós Church – Witches' square – Sant Vicenç de Camós Church – Witches' square – Santa Maria de Camós Church

- 📊 **Level of difficulty:** Medium
- 📏 **Distance:** 6,6 km (there and back)
- ⬆️ **Gradient:** +123 m
- 🕒 **Duration:** 2 hores (there and back)
- 📍 **Signage:** Marked with its own trail signs
- 📍 **Sortida:** Santa Maria de Camós Church
Coordinates: 42.08052 | 2.77447

Description:

The Camós Churches Trail connects the two churches in the municipality, Santa Maria and Sant Vicenç.



📍 Points of interest:

The route winds along shaded paths and trails, revealing stunning panoramic views of the surroundings

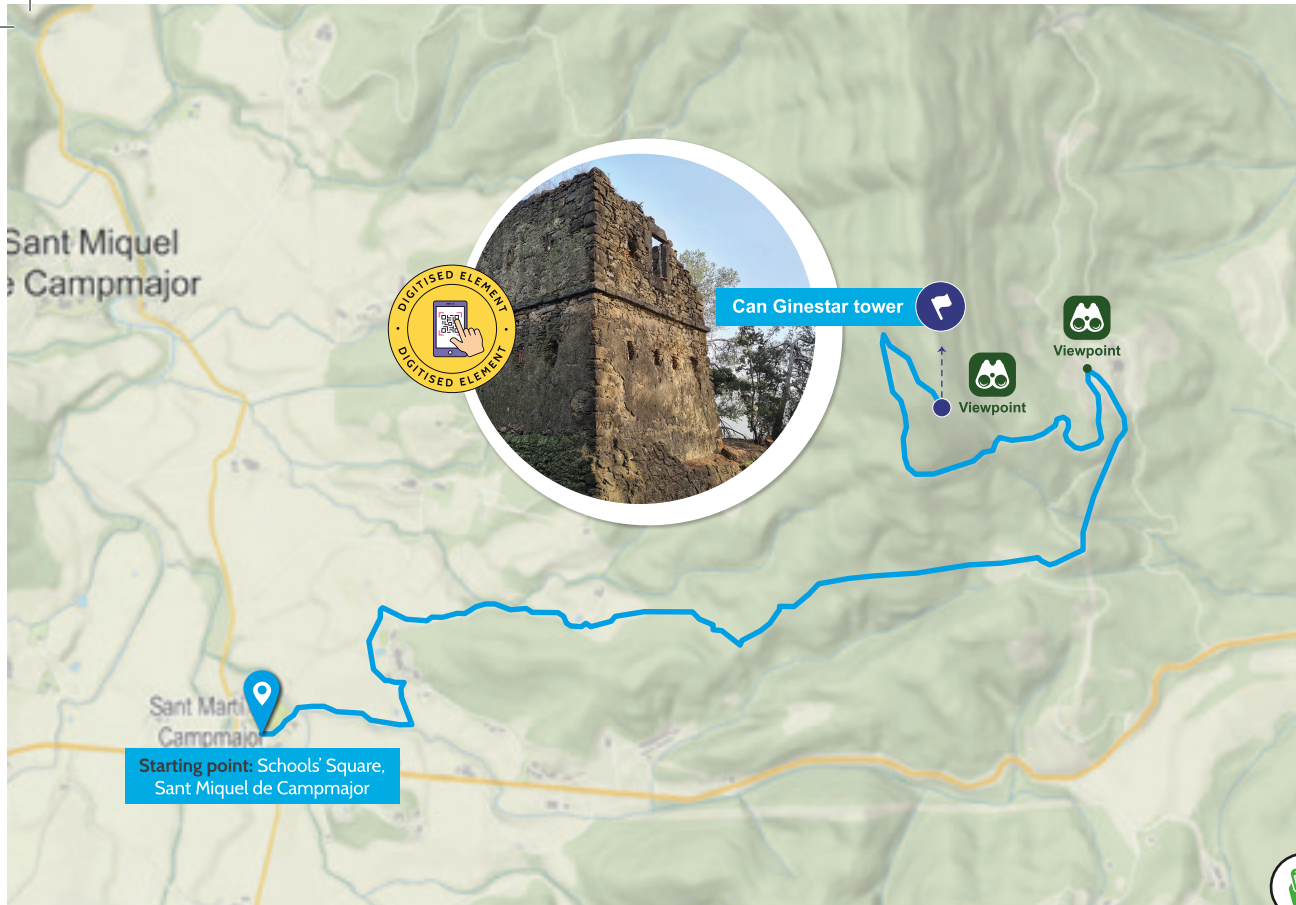
SANTA MARIA DE CAMÓS CHURCH: originally Romanesque, the church now retains only one Romanesque wall—the south-facing wall, which contains a double-splayed window topped with a semicircular arch. The church experienced major alterations from the 16th century onward, particularly during a significant restoration in 1906. Renovation work performed on the church square in 2017 revealed several structures connected to the former church and its surrounding parish cemetery. One noteworthy find is the original Romanesque apse, whose restoration and incorporation into the square can be seen beneath the church's access ramp. Santa Maria de Camós church was also known as Santa Teresa church, as a Baroque altar dedicated to this saint was once housed inside.

PLAÇA DE LES BRUIXES (WITCHES' SQUARE): situated above the Farnés house, a farmhouse that today lies in ruins, where local children from Camós would take a break to play ball after catechism. The villagers believed these squares were where witches held their dances, therefore thinking grass would never grow there as a result.

SANT VICENÇ DE CAMÓS CHURCH: the oldest document mentioning the church dates back to 1019-1020. The church underwent several modifications due to the earthquakes of 1427-1428 and also in the 17th and 19th centuries. It has a single nave with an apse on the east wall. On the north side, the square-based bell tower stands out, accessed by a staircase adjoining the church wall. It was looted during the Spanish War of Independence and the Civil War, with the religious images being burned during the latter. Almost attached to the church is the Rectory building ("La Sala") declared a Spanish Cultural Asset.

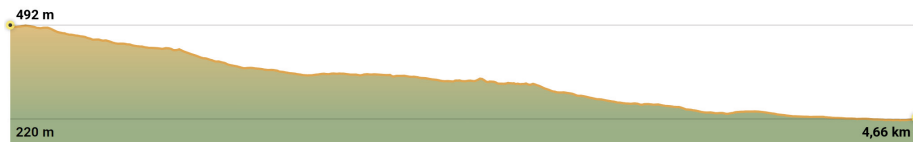
Download trail





Wikiloc

Gradient: +3 m



Ginestar tower trail

VIOLET ROUTE

📍 ROUTE: Schools' Square - Can Ginestar Tower - Schools' Square

- 📊 Level of difficulty: **Medium**
- 📏 Distance: 9,4 km (there and back)
- ⬆️ Gradient: +3 m
- 🕒 Duration: 2 h 40 min (there and back)
- 📋 Signage: Marked with its own trail signs
- 📍 Starting point: Schools' Square
Coordinates: 42.126010 / 2.684389

👁️ Points of interest:

Enjoy a 360° panoramic view

CAN GINESTAR TOWER: riginally part of the network of optical telegraph towers used to send coded messages, Can Ginestar tower dates back to the 18th and 19th centuries. It formed part of the Girona-Olot military line.

The tower is now in ruins, with only three of the original four houses remaining. Firing slits are visible in the walls, along with an elevated entrance that likely served as the main access. The surrounding moat, about one meter deep, has largely been preserved.

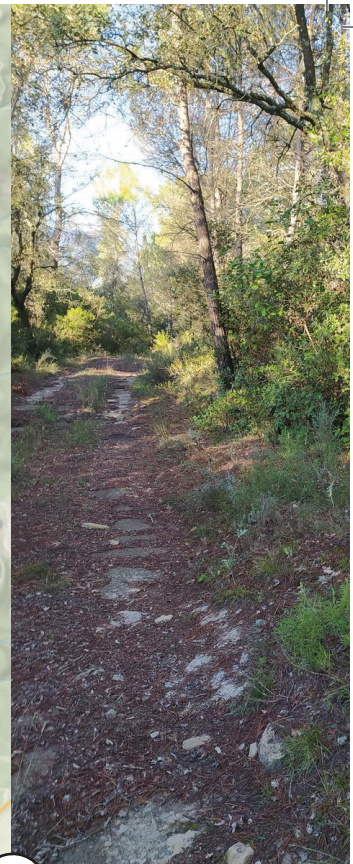
Description:

The trail winds through wooded paths and culminates at the Can Ginestar tower mount, offering 360° panoramic views of the Campmajor valley and the regions of La Garrotxa, Alt Empordà, Baix Empordà, Gironès, and Pla de l'Estany. The route also offers stunning views of the Pyrenees and the Costa Brava.



Download trail

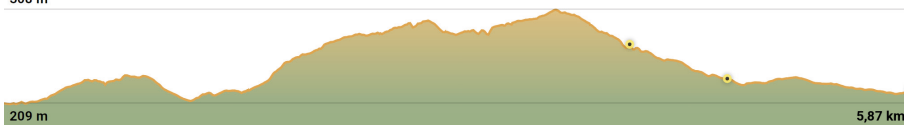




Wikiloc

Gradient: +119 m

308 m





Roca hamlet trail

BLUE TRAIL

📍 **ROUTE:** Schools' Square – Sant Martí de Campmajor church or Santa Quitèria church – Borada Spring – Sant Martí de Campmajor church or Santa Quitèria church – Schools' Square

- 📊 **Level of difficulty:** Medium
- 📏 **Distance:** 11,74 km (there and back)
- ⬆️ **Gradient:** +119 m
- 🕒 **Duration:** 3 h 10 min (there and back)
- 📋 **Signage:** Marked with its own trail signs
- 📍 **Starting point:** Schools' Square
Coordinates: 42.126010 / 2.684389

Description:

A route connecting Sant Miquel de Campmajor, starting from Schools' Square, with the Roca hamlet. The end of the route connects with the Roca hamlet and Briolf route and with the sixth stage of the Campmajor valley circuit.



📌 Points of interest:

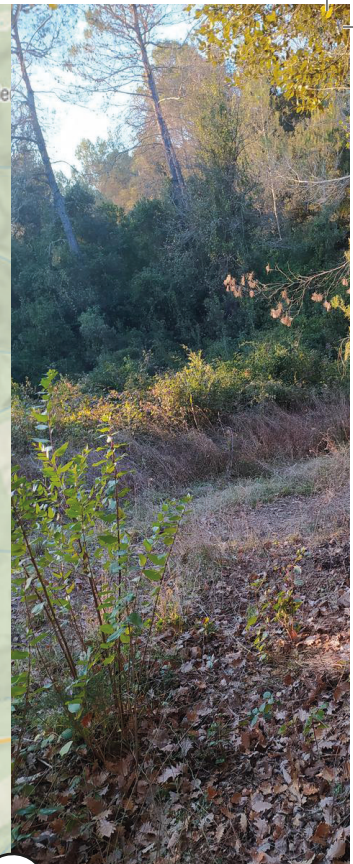
Discover the Roca hamlet along trails and footpaths

SANT MARTÍ DE CAMPMAJOR CHURCH OR SANTA QUITÈRIA CHURCH: originally commissioned in 844 by Abbot Elies from the Monastery of Sant Esteve in Banyoles, no remnants of the church's original construction remain today. However, the apse, a wall section, the portal, and part of the 11th-century Romanesque bell tower have been preserved. Its present appearance is largely due to an extensive renovation that took place during the 18th century.

FONT DE LA BORADA (BORADA SPRING): a spring that flows from the ferns forming a small pool and the beginning of a stream.

Download trail

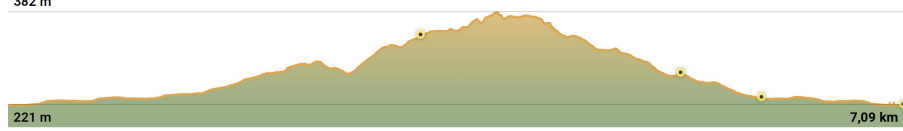




Wikiloc

Gradient: +172 m

382 m



221 m

7,09 km





Campmajor ridge trail

ORANGE TRAIL

📍 **ROUTE:** Schools' Square – Sant Martí de Campmajor church or Santa Quitèria church – Borada Spring – Can Garsa – Can Jofre Spring – Sant Martí de Campmajor church or Santa Quitèria church – Schools' Square

📊 **Level of difficulty:** Medium

📏 **Distance:** 7,09 km

⬆️ **Gradient:** +172 m

🕒 **Duration:** 2 h 10 min

📍 **Signage:** Marked with its own trail signs

📍 **Starting point:** Schools' square
Coordinates: 42.126010 / 2.684389

Description:

Circular trail that follows the paths connecting the farmhouses of the Campmajor ridge with the Campmajor valley, which today serves as the municipality's service hub.



📌 Points of interest:

Trail surrounded by farmsteads and springs

SANT MARTÍ DE CAMPMAJOR CHURCH OR SANTA QUITÈRIA CHURCH: originally commissioned in 844 by Abbot Elies from the Monastery of Sant Esteve de Banyoles, no remnants of the church's original construction remain today. However, the apse, a wall section, the portal, and part of the 11th-century Romanesque bell tower have been preserved. Its present appearance is largely due to an extensive renovation that took place during the 18th century.

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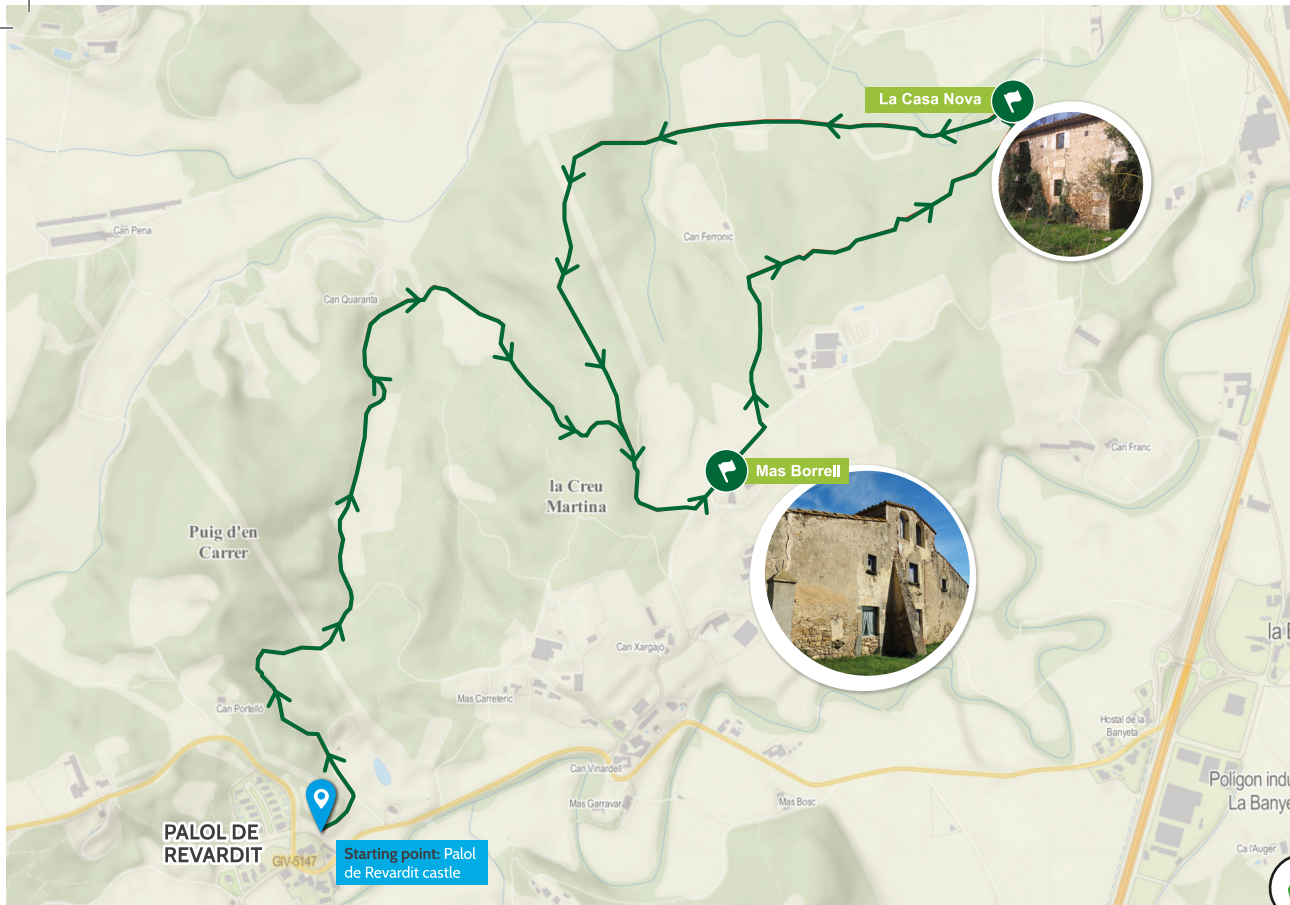
CAN GARSA: farmhouse that lies in ruins.

FONT DE CAN JOFRE (CAN JOFRE SPRING): can Jofre house spring.

Download trail

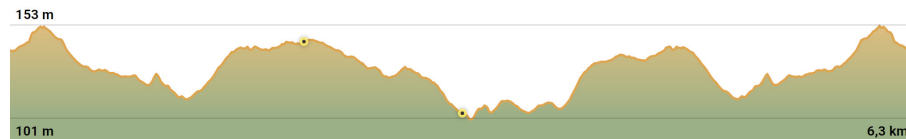


Water not generally safe for drinking. | 39



Wikiloc

Gradient: +97 m











Soldiers of Salamis: friends of the forest

TRAIL 1 : Trail from Palol de Revardit to Cornellà del Terri

📍 ROUTE: Castle – Mas Borrell – La Casa Nova – Castle

-  Level of difficulty: **Easy**
-  Distance: 6,3 km
-  Gradient: +97 m
-  Duration: 1 h 48 min
-  Signage: Salamis route-specific signs
-  Starting point: Palol de Revardit castle
Coordinates: 42.069694 | 2.79098

Description:

The “Soldiers of Salamis” (Soldats de Salamina) trails comprise several routes that run through Cornellà del Terri, Palol de Revardit, and Sant Miquel de Campmajor. These wooded borderlands were strongly affected by the Spanish Civil War, as described in both the novel and the film *Soldiers of Salamis*. These trails also offer an opportunity to discover the natural and cultural heritage of the Pla de l’Estany region.

Rafael Sánchez Mazas, founder of the Spanish Falange, arrived in Palol de Revardit while fleeing from the sanctuary of Santa Maria del Collell (Sant Ferriol). Upon reaching Mas Borrell, he was given food and shown a place to hide. This trail therefore allows visitors to explore the settings that shaped his escape, as well as several locations used in the filming of David Truebàs feature-length.

📍 Points of interest:

Relive Rafael Sánchez Mazas's escape

MAS BORRELL

When Sánchez Mazas arrived exhausted and hungry to the Palol de Revardit area, he ended up at Mas Borrell, where Maria Ferrés family provided him with sustenance and suggested somewhere he could hide. This farmhouse has a basilica floor plan with three naves and a main façade facing south. It consists of a ground floor, an upper floor, and an attic. A prominent buttress projects from the façade. The house still had its original stables, entrance hall and kitchen, with its original fireplace and traditional cooking hearths before the complete renovation of the building. This is private property and cannot be visited.

LA CASA NOVA

La Casa Nova is a farmhouse located in the midst of the forest where Sánchez Mazas hid out for several days with the assistance of Maria Ferrés family. The family lived at Mas Borrell, a farmhouse situated approximately 600 m away, from where they brought him food and warm clothing. The house is currently in ruins.



Download trail



Ideal trail for families | 41



Chaplains' rock

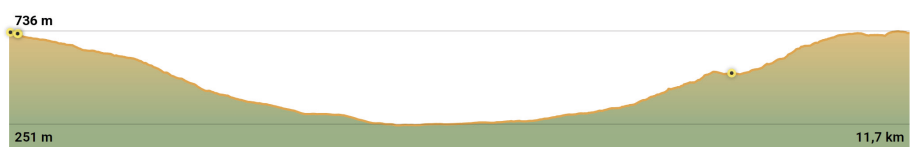


Starting point: Sant Nicolau meadow, Sant Miquel de Campmajor



Wikiloc

Gradient: +469 m





Soldiers of Salamis: refuge for the ambushed

TRAIL 2: Sant Miquel de Campmajor trail

📍 ROUTE: Sant Nicolau Meadow – Chaplains’ rock – Sant Nicolau Meadow

📊 Level of difficulty: **Difficult**

📏 Distance: 11,7 km

⬆️ Gradient: +469 m

🕒 Duration: 3 h 30 min

📍 Signage: Salamis route-specific signs

📍 Starting point: Prat de Sant Nicolau (Sant Nicolau meadow),
Sant Miquel de Campmajor
Coordenades: 42.08692 / 2.68412

Description:

The “Soldiers of Salamis” (Soldats de Salamina) trails comprise several routes that run through Cornellà del Terri, Palol de Revardit, and Sant Miquel de Campmajor. These wooded borderlands were strongly affected by the Spanish Civil War, as described in both the novel and the film Soldiers of Salamis. These trails also offer an opportunity to discover the natural and cultural heritage of the Pla de l’Estany region.

The founder of the Spanish Falange, Rafael Sánchez Mazas, was one of only two people who managed to escape the execution carried out on 30 January 1939 at Santa Maria del Collell (Sant Ferriol). One of the places he hid in during his escape was the site that makes this trail an attraction: the Chaplains’ rock or Golany cave. He then continued on foot toward Palol de Revardit, passing through the Sant Nicolau meadow.

📍 Points of interest:

Immerse yourself in a historic event

PRAT DE SANT NICOLAU (SANT NICOLAU MEADOW): comprises the Sant Nicolau hermitage, possibly built in the 13th century and reconstructed in 1978; the spring located on the Sant Nicolau plain, bordering the first beech forests, and the Sant Nicolau Chestnut Tree, which is listed as a monumental tree.

ROCA DELS CAPELLANS (CHAPLAIN’S ROCK): also known as the Golany cave, it served as a hiding place for deserters from both sides of the conflict, together with a charcoal burners’ hut built directly in front of the cave to provide shelter for any refugees in need. At various times between 1936 and 1939, up to 21 people comprising clergymen and civilians, lived here while fleeing persecution during the war. Families from the villages of Sant Miquel de Campmajor and Falgons supplied food to the fugitives.



Download trail

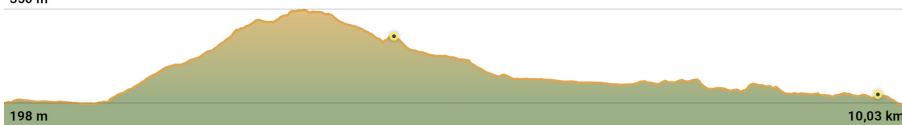




Wikiloc

Gradient: +144 m

350 m





Soldiers of Salamis: the Collell sanctuary, war prison

TRAIL 3: Sant Miquel de Campmajor – Sanctuary of Santa Maria del Collell – Sant Ferriol

📍 ROUTE: Roca castle and mill – Santa Maria del Collell – Roca castle and mill

📊 Level of difficulty: **Difficult**

📏 Distance: 10,03 km

⬆️ Gradient: +144 m

🕒 Duration: 4 h 30 min

📍 Signage: Salamis route-specific signs

📍 Starting point: Roca mill and castle, Sant Miquel de Campmajor
Coordinates: 42.16094 | 2.67859v

Description:

The “Soldiers of Salamis” (Soldats de Salamina) trails comprise several routes that run through Cornellà del Terri, Palol de Revardit, and Sant Miquel de Campmajor. These are wooded borderlands that were heavily affected by the Spanish Civil War.

During the conflict, the facilities of Santa Maria del Collell ceased to serve their educational and ecclesiastical functions and were converted into a prison. Jesús Pascual Aguilar and Rafael Sánchez Mazas managed to escape during the mass execution on 30 January 1939, fleeing into the forest.

📍 Points of interest:

Discover the natural and cultural heritage of the Pla de l'Estany region

CASTELL I MOLÍ DE ROCA (ROCA CASTLE AND MILL): dating back to the 13th century, it is located beside the Ser river. The complex consists of three adjoining buildings. The oldest is the tower on the left side of the main façade. Beyond it lies the medieval flour mill, which harnesses the natural waterfall and the Ser river basin. A little further away is Mas Les Carreras, now uninhabited, where Jesús Pascual sought refuge. He survived the same execution that Rafael Sánchez Mazas escaped and stopped off here before fleeing to France in search of exile. The house was occupied by the mayor of Sant Miquel de Campmajor, who allowed him to stay the night on the condition that he leave the next day. This is private property and cannot be visited.

SANTA MARIA DEL COLLELL: this church and sanctuary, located in the municipality of Sant Ferriol (La Garrotxa), belongs to the parish of Sant Andreu del Torn. According to

tradition, the origins of the first church date back to around the year 780. During the Spanish Civil War, the sanctuary, completed in 1952, suffered revolutionary destruction during the early months of the conflict. The facilities ceased their educational and ecclesiastical functions and were converted into a prison, overseen by Anastasio Sánchez Monroy, which by 1939 housed people associated with the Spanish Falange.

Around 50 men were executed outside the enclosure on 30 January 1939, including Robert Bassas Figa and Joaquim Guiu i Bonastre. Two of them managed to escape the mass execution by fleeing into the forest: Jesús Pascual Aguilar and Rafael Sánchez Mazas.

When Francoist troops arrived at the sanctuary on 8 February 1939, they found over 200 female and 148 male prisoners. Eighteen Republican soldiers remained and were shot, their bodies buried in unmarked graves.

Download trail



It is recommended to do the trail in summer, as part of the river must be crossed barefoot.



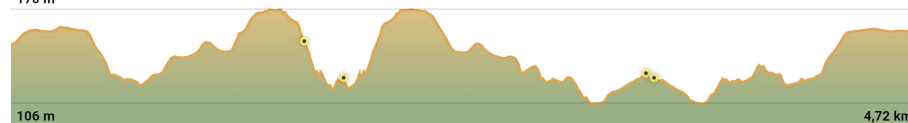
Picnic area in the Sanctuary | 45



Wikiloc

Gradient: +158 m

170 m



106 m

4,72 km



Western trail: Sant Miquel de la Roca

📍 **ROUTE:** Santa Eulàlia Church Square in Crespià - The Tunnel - Roca Caputxa - Sant Bartomeu del Portell hermitage - Sant Miquel de la Roca Hermitage

- 📊 **Level of difficulty:** Difficult
- 📏 **Distance:** 4.7 km (anada i tornada)
- ⬆️ **Gradient:** +158 m
- 🕒 **Duration:** 1 h 40 min (anada i tornada)
- 📍 **Signage:** Route-specific signs
- 📍 **Starting point:** St. Eulàlia church square, Crespià
Coordinates: 42.187122 / 2.798268

Description:

The route follows cattle trails to the demolished Sant Bartomeu del Portell hermitage, continuing uphill to the Sant Miquel de la Roca hermitage, perched on a cliff 170 meters above the Fluvià river. The adjacent path leads to Roca Caputxa and the Fluvià riverbed.



📍 Points of interest:

Enjoy spectacular views from the Sant Miquel de la Roca hermitage.

SANTA EULÀLIA DE CRESPIÀ CHURCH: a Romanesque building dedicated to St. Eulàlia de Merida, patron saint of the village. The first records related to St. Eulàlia date back to 1151. It underwent refurbishment throughout the 16th-18th centuries, and two side aisles with three chapels on each side were added. The bell tower was also modified, becoming a rectangular tower.

EL TÚNEL (THE TUNNEL): onstruction began on a tunnel in 1943, intended to divert the waters of the Fluvià river while works were carried out to create the Crespià reservoir. However, in 1946 the project was abandoned for geological reasons: the permeability of the ground in this area made the planned reservoir unfeasible, and the tunnel, which was intended to be 277 m long, was left unfinished at approximately 200 m. Since its abandonment, access to the tunnel has been dangerous due to numerous water leaks and the resulting risk of collapse.

ROCA CAPUTXA: This is a tall and unusual rock that, due to its slightly concave shape, forms a small cave or crevice. In the early 20th century, this spot was frequented by young people from Crespià, who would come to play, fish, or enjoy picnics.

THE FLUVIÀ: a river that originates in La Garrotxa and flows into the Gulf of Roses near St. Pere Pescador. It crosses the Pla de l'Estany region through the municipalities of Serinyà, Esponellà, Crespià, and Vilademuls.

In the early 20th century, a dam was planned on the river, but it never came to fruition.

SANT BARTOMEU DEL PORTELL HERMITAGE: an advanced Romanesque structure dating back to the late 12th or 13th century. By the mid-16th century, it had fallen into ruins, and it was subsequently rebuilt between 1557 and 1573. By 1828, records show it as being completely destroyed. It no longer has any roof. The base of the walls and traces of the entrance are still in place. There are also remnants of two side chapels in the transept, with the northern chapel being the best preserved. It is known that in 1661 a hermit looked after it, together with the Sant Miquel de la Roca sanctuary.

SANT MIQUEL DE LA ROCA HERMITAGE: sanctuary from the 12th century and later, located within a crevice in a cliff approximately 170 meters above the Fluvià River. It fell into disrepair during the 17th and 18th centuries. The church consists of two naves separated by an arch. Several sealed openings can be seen in the walls. An irregularly oval cistern is located inside. Access is via a narrow path and a section equipped with a handrail. The church has been protected as a Cultural Asset of Local Interest since 1989.

LA RESCLOSA (THE LOCK): work performed transversely in the course of the Fluvià river to raise the water level and divert the current away from its riverbed. It has a 7-meter-high waterfall and a total length of 75m.

CENTRAL DE MARTÍS (MARTÍS POWER PLANT): its use dates back to the Middle Ages, when the force of water was harnessed to turn the flour mill millstones. It was adapted and used to generate electricity with the arrival of new technologies. This upgrade was carried out by the Coromina company in 1910.

Download trail



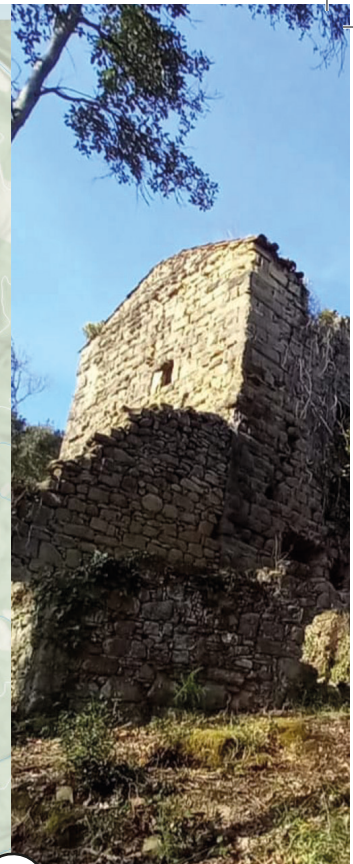
— +18 The route is not recommended for minors



Not suitable for people with reduced mobility

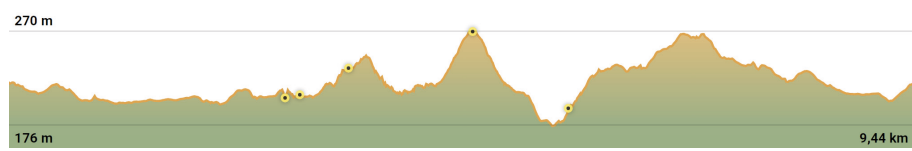


Not suitable for people with vertigo | 47



Wikiloc

Gradient: +203 m





Roca hamlet and Briolf trail

📍 **ROUTE:** Roca Hamlet – Roca Castle and Mill – Roca Castle and Mill Viewpoint – Santa Maria de Loreto Hermitage – Briolf Church – Can Pla – Roca Hamlet

- 📊 **Level of difficulty:** Difficult
- 📏 **Distance:** 9.44 km
- ⬆️ **Gradient:** +203 m
- 🕒 **Duration:** 2 h 30 min
- 📍 **Signage:** Vertical signs with directions specific to the trail
- 📍 **Starting point:** Starting point of the track that leads to the Roca Hamlet (Collell Sanctuary Roadway) Sant Miquel de Campmajor
Coordinates: 42.143404 | 2.678445

Description:

This is a route through a little-known and wild area of the Campmajor Valley, particularly along the stretch from Roca to Briolf. Apart from the summer months, you are likely to encounter water when crossing the river, which will need to be done barefoot.



📌 Points of interest:

Discover the lesser-known sites of the Campmajor Valley

CASTELL DE ROCA (ROCA CASTLE): dating back to the 13th century. It is located beside the Ser River, right next to a waterfall. It consists of three adjoining buildings. The oldest is the tower on the left side of the main façade. A short distance away stands the old mill. This is private property and cannot be visited.

MOLÍ DE ROCA (ROCA MILL): a four mill, dating back to the 13th century, which harnesses the natural waterfall and pool of the Ser river. The artificial channel that once supplied water to the mill is also visible. It has been extensively restored. This is private property and cannot be visited.

MIRADOR DEL CASTELL I MOLÍ DE ROCA (ROCA MILL AND CASTLE VIEWPOINT) : this elevated rocky spot offers magnificent views of the Roca castle and mill complex, the natural waterfall, and the Ser river pool.

SANTA MARIA DE LORETO HERMITAGE: built in the early 20th century on a rocky elevation above the Ser river, in front of Roca castle and the Devil's pool. Its construction was inspired by popular devotion to Our Lady of Loreto.

BRIOLF CHURCH: the former village of Briolf, first mentioned in 977 and no longer inhabited, preserves two important elements. One of these is the Romanesque single-nave church with a semicircular apse. The other is the neighbouring fortified tower, possibly built after the church, with a square plan and a central round-arched opening.

Download trail

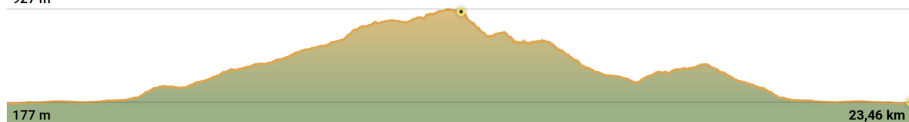




Wikiloc

Gradient: +943 m

927 m



177 m

23,46 km



PR-C 120 trail – Rocacorba

📍 ROUTE: Font Pudosa Spring – Rocacorba Sanctuary – Font Pudosa Spring

- 📊 Level of difficulty: **Difficult**
- 📏 Distance: 23.46 km
- ⬆️ Gradient: +943 m
- 🕒 Duration: 6 hores
- 📋 Signage: PR-C 120 route-specific signs.
- 📍 Starting point: Font Pudosa spring
Coordinates: 42.111245 / 2.752954

Description:

The PR-C 120 is a trail marked as a short route that starts in Banyoles and arrives at the Sanctuary of Our Lady of Rocacorba.

📌 Points of interest:

Savour the breathtaking views from the Rocacorba Sanctuary

FONT PUDOSA SPRING: a natural spring with healing properties, strong odour, and a distinctive taste. It contains hydrogen sulphide and smells like rotten eggs. During the 18th century its waters were recognised for their healing powers. Ever since, patients have flocked to the site in search of a cure.

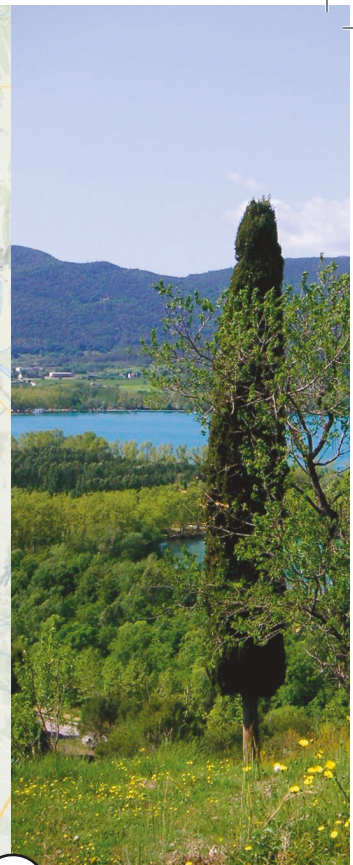
BALNEARI DE LA PUDA (THE PUDA SPA): a protected monument, designated as a Local Cultural Asset of the municipality of Banyoles. The spa was built around the mid-19th century, making it Banyoles' main tourist attraction and that remained open until the 1950s. Its water was used for medicinal purposes and was even sold commercially in modern times. Today, it lies in ruins.

SANTUARI DE MARE DE DÉU DE ROCACORBA (SANCTUARY OF OUR LADY OF ROCACORBA): also known as Rocacorba Castle, it is located on the summit of the Rocacorba massif, in Canet d'Adri (Gironès), at an elevation of approximately 929 metres. This site has been declared a Spanish Cultural Asset. In this corner of the world, the sanctuary stands solemnly atop a rock shaped like a ship's prow, offering views of the Cap de Creus, the Montgrí, the Medes Islands, the Gavarres range, the Montseny massif and the Puigmal peak on clear days.



Download trail

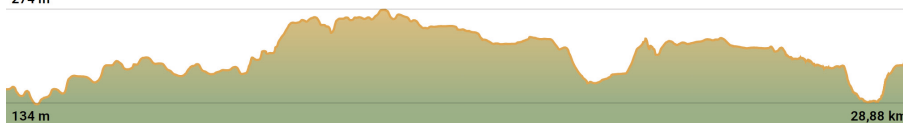




Wikiloc

Gradient: +345 m

274 m



134 m

28,88 km





GR1 trail – Stages 3 and 4

📍 ROUTE: Vilademuls – Fontcoberta – Banyoles – Serinyà

- 📊 Level of difficulty: **Difficult**
- 📏 Distance: 29 km
- ⬆️ Gradient: +345 m
- 🕒 Duration: 7 h 10 min
- 📋 Signage: Signage specific to long-distance routes
- 📍 Starting point: Can Piarnau, Vilademuls
Coordinates: 42.128780 | 2.886764

TRAIL GR1

Start: Sant Martí d'Empúries, Catalonia
End: Fisterra, Galicia



Description:

The GR1, or Historical Trail, is a long-distance route that connects the town of Sant Martí d'Empúries in the Alt Empordà region with Fisterra in Galicia, covering a total distance of over 1,000 km.

The section that passes through Catalonia spans 355 km, from Sant Martí d'Empúries to the Montanyana bridge. According to the Federation of Hiking Associations of Catalonia, the route is divided into 26 stages.

Part of this trail, specifically stages 3 and 4, crosses the Pla de l'Estany region.

The first stage follows routes in the municipality of Vilademuls, reaching the hamlets of Centenys, La Farrés, and the Melianta residential area, all belonging to the town of Fontcoberta.

During the second stage, you can enjoy magnificent views of the Lake of Banyoles from Sant Martirià mount, before crossing an area of cultivated fields to reach the town of Serinyà and entering the La Garrotxa region.



Download trail

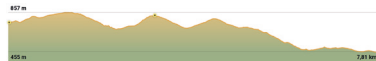




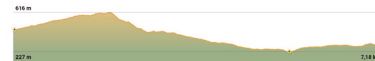
Stage 1: Distance: 7,83 km / Gradient: +616 m



Stage 2: Distance: 7,81 km / Gradient: +350 m



Stage 3: Distance: 7,18 km / Gradient: +249 m



Stage 4: Distance: 7,77 km / Gradient: +381 m



Stage 5: Distance: 6,85 km / Gradient: +260 m



Stage 6: Distance: 10,5 km / Gradient: +476 m





Campmajor valley circuit

📍 **ROUTE:** Can Ginebreda Forest – Sant Nicolau Meadow – Collferrer – El Xalió – La Cadevall – Can Pla – Can Ginebreda Forest

📊 **Level of difficulty:** **Very difficult**

📏 **Distance:** 47,94 km

🕒 **Duration:** 13 h 10 min

📍 **Signage:** Route-specific signs

📍 **Starting point:** Can Ginebreda forest
Coordinates: 42.12924 / 2.72520

Description: The Campmajor valley circuit is a route that traverses the entire municipality of Sant Miquel and part of Porqueres. The trail follows a variety of paths and surfaces, including dirt and paved roads, as well as trails, tracks, and even short sections of local roads. This trail is characterised by its mountainous terrain, allowing hikers to combine culture, nature, and unbeatable views throughout all its stages.

It is recommended to complete the route in 6 stages:

Stage 1: Can Ginebreda forest - Sant Nicolau meadow (7,83 km - 2 hrs 50 mins)

Stage 2: Sant Nicolau meadow - Collferrer (7,81 km - 2 h 30 min)

Stage 3: Collferrer - El Xalió (7,18 km - 2 h 30 min)

Stage 4: El Xalió - La Cadevall (7,77 km - 2 h 30 min)

Stage 5: La Cadevall - Can Pla (6,85 km - 2 h 20 min)

Stage 6: Can Pla – Can Ginebreda forest (10,5 km - 3 hores)

📍 **Points of interest:** *Enjoy culture, nature, and unparalleled views*

BOSC DE CAN GINEBREDA (CAN GINEBRED A FOREST): Can Ginebreda Forest is a typically Mediterranean woodland spanning 40,000 square meters that has been transformed into an open-air museum featuring the sculptures of artist Xicu Cabanyes, many of which explore erotic themes. The trail allows visitors to see over a hundred works and also to visit the artist's workshop. A fee is charged for entry.

SANT PATLLARI HERMITAGE: modest-sized chapel with a single nave dating from the 13th century. Hermits are recorded as having lived here until the latter half of the 19th century. Around 1727, a series of renovations were carried out on the hermitage, giving it its current appearance. Adjacent to the chapel is a shelter with a fireplace, which can offer refuge for around eight people if necessary. Open for use by the public.

PRAT DE SANT NICOLAU (SANT NICOLAU MEADOW): comprises the Sant Nicolau hermitage, possibly built in the 13th century and reconstructed in 1978; the spring located on the Sant Nicolau plain, bordering the first beech forests, and the Sant Nicolau Chestnut Tree, which is listed as a monumental tree.

PUIG MONTNER (MONTNER MOUNT): an ancient volcano included in the Rocacorba Mountains Natural Area of Interest. It is located south of the Sant Miquel de Campmajor valley. Standing at 847 meters, it is the fourth-highest peak in the region.

RITORT RIVER: a river that originates in the Mieres valley. Its name means "twisted river". It receives waters from the Am stream and the Sant Miquel stream and joins the Ser river in the Roca hamlet.

SANTA MARIA DEL COLLELL: this church and sanctuary, located in the municipality of Sant Ferriol (La Garrotxa), belongs to the parish of Sant Andreu del Torn. According to tradition, the origins of the first church date back to around the year 780. During the Spanish Civil War, the sanctuary suffered revolutionary destruction during the early months of the conflict. The facilities ceased their military and ecclesiastical functions and were converted into a prison, overseen by Anastasio Sánchez Monroy, which by 1939 housed people associated with the Spanish Falange.

BRIOLF: the hamlet was completely abandoned by the mid-20th century. The Sant Esteve de Briolf church is small, consisting of a single nave with a semicircular apse facing east, likely dating back to the 13th century. Its large bell-gable, added during a restoration in 1888, is particularly worthy of note. The Tower is a medieval farmhouse-tower located to the west of the church, adjacent to the building. Access is free, but entry is not recommended due to its dilapidated state.

CAN GINESTAR TOWER: originally part of the network of optical telegraph towers used to send coded messages, Can Ginestar Tower, the system was used during the 18th and 19th centuries. It formed part of the Girona-Olot military line. The tower is now in ruins, with only three of the original four houses remaining. Firing slits are visible in the walls, along with an elevated entrance that likely served as the main access. The surrounding moat, about one meter deep, has largely been preserved.

Download trail





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