
THE CATALAN PYRENEES BY BIKE



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Pyrenees, Catalonia



DO YOU KNOW THE PYRENEES?

A place where the journey is as important as the destination, where you can spend the day enjoying nature at its very best and end the day with a relaxing evening beside a fire. A land of high mountains, rich cultural heritage and outstanding food. Nature at its purest awaits you, so you can enjoy your sport, visit Catalonia's only national park and discover a culture going back a thousand years.

Enjoy an inland paradise!



CAPTION

ROUTES

DATA SHEET

-  Level of difficulty: difficult
-  Level of difficulty: average
-  Level of difficulty: easy
-  Kilometres
-  Time taken
-  Ascent/Descent
-  Type of route: straight out
-  Type of route: loop
-  Waymarking
-  Stages
-  Highest/lowest point
-  Cumulative ascent
-  Equipment
-  Best time of year for the route
-  Sustainable
-  Accessible

CALENDAR

OTHER INFORMATION







BY MTB

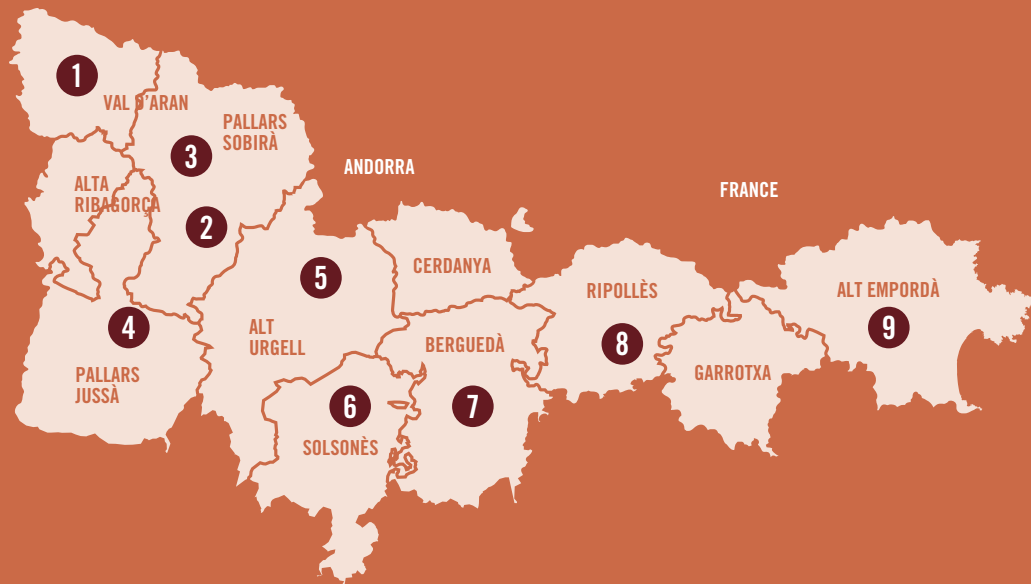
MTB CENTRES IN THE CATALAN PYRENEES

What is an MTB Centre?

An MTB centre is a facility that has been set up for off-road cycling. All MTB Centres in Catalonia have at least one reception point with tourist information and free MTB services, like bike hire, showers and parking. Each Centre has a leaflet about itself and other technical and tourist leaflets about each route in various languages. MTB Centres are the starting points for waymarked bike routes.

Each MTB Centre has routes that total at least 100 kilometres for off-road cycling within its country area. The routes are listed according to length and difficulty so from expert to novice any cyclist can venture onto a trail.

MTB CENTRES



1 VAL D'ARAN

Reception

Copos Bike
Ap. Elurra
25539 Betren
Tel: + 34 973 640 024
info@coposbike.com
www.coposbike.com

Season

15 May-12 October, Monday-Sunday, 9:00 am-1:00 pm
and 5:00 pm-9:00 pm

29 ROUTES, WITH A TOTAL OF
531 KILOMETRES OF WAYMARKED ROUTES

- 8 VERY EASY ROUTES
40.9 km
- 7 MODERATELY DIFFICULT ROUTES
60 km
- 7 DIFFICULT ROUTES
140.5 km
- 7 VERY DIFFICULT ROUTES
290 km

2 SORT-RIALP-SORIGUERA-
BAIX PALLARS

Reception

Poliesportiu Els Til·lers, s/n
25560 Sort
Tel: 973 620 010 - 973 621 457
esports@sort.cat
www.sortturisme.com

Season

Visit website

9 ROUTES,
WITH A TOTAL OF 213 KILOMETRES

3 VALLS D'ÀNEU - PALLARS SOBIRÀ

Reception

Tourist Information Office Esterrí d'Àneu Major, 40
25580 Esterrí d'Àneu
Tel: + 34 973 626 568
centrebttvallsdaneu@gmail.com
www.vallsdaneu.org

Season

Visit website

14 WAYMARKED ROUTES, WITH A TOTAL
OF 298 KILOMETRES

- 3 VERY EASY ROUTES
26.4 km
- 3 MODERATELY DIFFICULT ROUTES
52.9 km
- 3 DIFFICULT ROUTES
66.7 km
- 5 VERY DIFFICULT ROUTES
152 km

4 PALLARS JUSSÀ

Reception

**Tourist Information Office - Reception Centre
and Sports and Nature Resort in the Pyrenees**

Passeig del ferrocarril, s/n
25500 La Pobla de Segur
Tel: + 34 973 680 257
esports@lapobladesegur.cat
www.pobladesegur.cat

Bike hire at the Municipal Sports Hall

Carrer de la font, s/n
25500 La Pobla de Segur
Tel: + 34 973 680 644

9 WAYMARKED ROUTES,
WITH A TOTAL OF 265.5 KILOMETRES

- 1 17.5 km
- 2 28.5 km
- 3 77.8 km
- 3 141.3 km

+ INFO

5 LA SEU - ALT URGELL

Reception

Parc Olímpic del Segre.
Parc del Segre, s/n
25700 La Seu d'Urgell
Tel: + 34 973 360 092
parcolimpic@parcolimpic.cat
www.parcolimpic.cat

Season

November-March, Monday-Friday, 10:00 am-
2:00 pm and 4:00 pm-7:00 pm
Saturday and Sunday, 10:00 am-2:00 pm

April-October, Monday-Saturday
10:00 am-2:00 pm and 4:00 pm-7:00 pm
Sundays, 10:00 am-2:00 pm August, daily,
9:00 am-8:00 pm

30 WAYMARKED ROUTES,
WITH A TOTAL OF 1205.1 KILOMETRES

- 3 VERY EASY ROUTES
20.7 km
- 11 MODERATELY DIFFICULT ROUTES
192.6 km
- 6 DIFFICULT ROUTES
177.7 km
- 10 VERY DIFFICULT ROUTES
814.8 km

6 EL SOLSONÈS - VALL DE LORD

Reception

La Vall de Lord Tourist Information Office
Carretera de Berga, s/n
25282 Sant Llorenç de Morunys
Tel./Fax: + 34 973 492 181
www.lavalldelord.com/btt

Season

July-October, Tuesday-Saturday
10:00 am-1:00 pm and 4:00 pm-7:00 pm and
Sundays, 10:00 am-1:00 pm
September-June, Saturdays. 10:00 am-1:00 pm and
4:00 pm-7:00 pm; Sundays and public holidays, 10:00
am-1:00 pm

11 WAYMARKED ROUTES,
WITH A TOTAL OF 143.21 KILOMETRES

- 1 VERY EASY ROUTES
2.7 km
- 6 MODERATELY DIFFICULT ROUTES
65 km
- 2 VERY DIFFICULT ROUTES
75.51 km

7 EL BERGUEDÀ

Reception

El Berguedà Tourist Information Office

Ctra. C-16 km 96.
Berga Sud Exit
08600 Berga
Tel: + 34 938 221 500
www.elbergueda.cat

Season

All year, except 25 and 26 December and 1 and 6 January.
Summer opening times (Easter until 15 September): 9:00 am-1:00 pm and 4:00 pm-7:00 pm, Monday-Saturday.
Sundays and public holidays, 9:00 am-2:00 pm
Winter opening times (16 September to Easter): 9:00 am-1:00 pm and 3:00 pm-6:00 pm, Monday-Saturday.
Sundays and public holidays, 9:00 am-2:00 pm

8 EL RIPOLLÈS

Reception

La Ruta del Ferro rural hostel

Parc de l'Estació, s/n
17860 Sant Joan de les Abadesses
Tel./Fax: + 34 972 720 495
alberg@santjoandedelesabadesses.com
www.rutadelferro.com

Season

All year, Monday-Sunday, 10:00 am -2:00 pm and 4:00 pm-8:00 pm
October to May, closed on Sunday afternoon.

36 WAYMARKED ROUTES, WITH A TOTAL OF 689 KILOMETRES

- 13** VERY EASY ROUTES
118.5 km
- 10** MODERATELY DIFFICULT ROUTES
160.5 km
- 7** DIFFICULT ROUTES
118 km
- 6** VERY DIFFICULT ROUTES
292 km

20 WAYMARKED ROUTES, WITH A TOTAL OF 476.94 KILOMETRES

- 1** VERY EASY ROUTES
4 km
- 4** MODERATELY DIFFICULT ROUTES
75.14 km
- 10** DIFFICULT ROUTES
267.7 km
- 6** VERY DIFFICULT ROUTES
134.1 km

9 SALINES - BASSEGODA

Reception

Tourist Information Office and Miquel Barnadas Cultural Centre,

Aparcament del Pont, s/n. 17720 Maçanet de Cabrenys.
Tel: + 34 972 544 297 · Tel. + 34 972 544 005
turisme@massanet.org · www.massanet.org

Navata

Tel: + 34 972 982 983
ajuntament@navata.org · www.navata.org

Season

Maçanet de Cabrenys.
June-September, 11:00 am-2:00 pm and 4:00 pm-8:00 pm
Rest of the year, public holidays: 11:00 am-2:00 pm
When closed, the key is available on request
(Tel: +34 617 805 759).

Albanyà - Camping Bassegoda Park

Tel: + 34 972 542 020
info@bassegodapark.com
www.salines-bassegoda.org/centrebtt

Vilafant

Tel: + 34 972 502 850
info@sappysport.com
www.sappysport.es

32 WAYMARKED ROUTES, WITH A TOTAL OF 585.1 KILOMETRES

- 6** VERY EASY ROUTES
70.24 km
- 12** MODERATELY DIFFICULT ROUTES
192.35 km
- 9** DIFFICULT ROUTES
136.58 km
- 5** VERY DIFFICULT ROUTES
185.93 km



BY MTB

MTB ROUTES IN STAGES

Here is a selection of routes in stages in the different areas of the Catalan Pyrenees. All the routes have paid services, so you can hire a guide and/or tracks, accommodation along the route, luggage transport and meals to guarantee a trip free of snags and with complete enjoyment of the region.

MTB ROUTES IN STAGES



THE TRANSPYRENEAN TRAIL BY MTB

STAGES 12 stages from Roses to Hondarribia. 6 stages from Roses to Camp.



Probably the hardest and most epic route, the Transpyrenean Trail runs from the Mediterranean to the Cantabrian Sea, and traverses the entire Pyrenees. You can ride through Catalonia, Aragon, Navarre and the Basque Country and admire the most imposing summits in the Pyrenees.

+ INFO AND BOOKINGS

DATA SHEET

- 1,000 km
- over 6100 metres
- end to end

CALENDAR

- June to October

ALTA RIBAGORÇA AND VAL D'ARAN



1 PEDALS D'OCCITÀNIA

STAGES 3, 4, 5 or 6



The route runs through forests with unforgettable panoramas and the highest mountains in the Pyrenees. It passes into France, crossing from La Val d'Aran to Luchon Valley along centuries-old roads and never-ending paths, to cover a total of 226 kilometre and 6000 of ascent. The route forms part of the *Pedales del Mundo* network.

+ INFO AND BOOKINGS

DATA SHEET

- 226 km
- over 6100 metres
- Loop

CALENDAR

- May to November

2 ERA RODA CLASSIC

STAGES 2, 3, 4



The Era Roda route covers all the valleys in La Val d'Aran. You can pedal along the borders of the Aigüestortes and Estany de Sant Maurici National Park and visit the Romanesque villages of Aran.

80% of the route is on paths, tracks and trails. Depending on fitness and experience, the route can be completed in 2, 3, 4, 5 or 6 days.

View other modes

+ INFO AND BOOKINGS

DATA SHEET

- 210 km
- 6700 metres ascent
- Loop

CALENDAR

- May to November

MTB ROUTES IN STAGES

VALL D'ARAN, ALTA RIBAGORÇA, PALLARS SOBIRÀ AND PALLARS JUSSÀ



3 PEDALS DE FOC

STAGES 3, 4, 5 or 6



The route runs along the outer edge of the Aigüestortes and Estany de Sant Maurici National Park. It is on typical mountain paths, forest tracks and trails, making the most of the hotel and rural tourism infrastructure in the area, and traverses the counties of La Vall d'Aran, El Pallars Sobirà, El Pallars Jussà and L'Alta Ribagorça.

+ INFO AND BOOKINGS

DATA SHEET

- 215 km
 - 5700 metres ascent
 - Loop
- CALENDAR
- Autumn, summer

4 ERA RODA PALLARS

STAGES 3 or 4



The Era Roda Pallars route starts in Estèrri d'Àneu and passes through La Valferrera, Vall de Cardós and Valls d'Àneu, providing wonderful views of the county.

+ INFO AND BOOKINGS

DATA SHEET

- 170 km
 - 6300 metres ascent
 - Loop
- CALENDAR
- May to October

5 FERA PYRENEES MOUNTAIN GRAVEL

STAGES 8



The FERA is a circular route that runs through the heart of the Central Pyrenees, between the valleys of the rivers Noguera Pallaresa, Noguera Ribagorçana, Garona and Segre. The northern and southern slopes of the range. This route is fruit of a commitment to share the very best path to give access to the full diversity of the natural and cultural landscapes of the Central Pyrenees, avoiding busier roads and using the most bike-friendly paths. The route runs along high mountain dirt tracks that join up with lanes and metalled roads. Half-way between MTB and road bike riding.

+ INFO AND BOOKINGS

DATA SHEET

- 506 km
 - 13,563 metres ascent
 - loop
- CALENDAR
- May to October

The route can be divided into two independent halves: FERA 300 and FERA 200, of 5 and 3 stages. Where possible, stages pass through the towns with the most services at the start and finish.

6 TRACKS PALLARS BIKE TRAIL

STAGES 2, 3 or 4



With Tracks Pallars you can discover one of the most spectacular areas in the Pyrenees, to be found between the counties of El Pallars Sobirà and Andorra.

Two types of route allow you to choose how you want to cover the distance: enduro, more intense and designed take you along the network of tracks through the Pyrenees. Trail, more focused on covering distance to see more of the area.

[+ INFO AND BOOKINGS](#)

DATA SHEET

185 km

6753 metres ascent

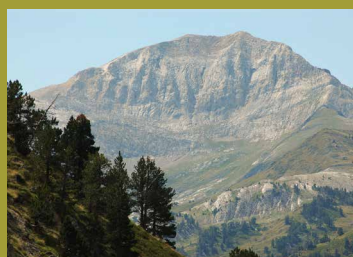
Loop

CALENDAR

15 May to late October

7 SALORIA BIKE TRAIL

STAGES 4 (3 or 2 in harder variants)



Route between El Pallars Sobirà and L'Alt Urgell. A route chosen for its tracks and paths, crossing rivers and meadows and constantly surrounded by nature in the Alt Pirineu Natural Park. With climbs to legendary passes: Cabús, Conflent, Prat Muntaner, which will take you from one valley to another and enable you to enjoy the magnificent views that only the peaks of the Pyrenees can offer.

[+ INFO AND BOOKINGS](#)

DATA SHEET

200 km

6600 metres ascent

Loop

CALENDAR

June to October

PALLARS JUSSÀ

8 THE FIFTH LAKE BY MTB OR eMTB

STAGES 5



A route that takes you through the most hidden Pyrenean valleys in Lleida (Vall Fosca, Vall de Manyanet, Vall d'Adons and Plan de Corts). Care-free riding. All you have to do is ride and enjoy everything the Pyrenees has to offer, including the landscape, the food, their heritage and the people.

[+ INFO AND BOOKINGS](#)



DATA SHEET

172 km

5670 metres ascent

Loop

CALENDAR

May to October

CERDANYA / ALT URGELL

9 TRACKS DE CERDANYA TRAIL

STAGES 3, 4 or 5



This is the high Pyrenean route that runs through the Cerdanya Valley and crosses the Capcir plateau. It's a loop that has been chosen with attention to the tiniest detail to enable you to enjoy each and every kilometre. A cross-border route, more than half of which is along paths of low and average difficulty. A route with spectacular views that showcases a region full of contrasts. Start and end of the route in Llivia.

View other options via the same link.

[+ INFO AND BOOKINGS](#)



DATA SHEET

170 km

4,750 metres ascent
4,750 metres descent

Loop

CALENDAR

spring and summer

10 TRINXAT BTT

STAGES 5 (2 or 3 extreme variant)



+ INFO AND BOOKINGS

Covering 298 kilometres, this route traverses the counties of L'Alt Urgell and La Cerdanya in a loop, skirting El Pallars Sobirà and Andorra. Throughout five stages (two or three in the extreme variant), you'll be guided by tracks along a demanding route, designed to reveal a land rich in contrasts and to allow you to enjoy the length and breadth of the plains of L'Urgellet and La Cerdanya, riding along pleasant tracks running beside fields and the banks of the river. The route is at high altitude, on tracks at around 2,000 metres that provide exceptional views.

DATA SHEET

- 298 km
- 7,600 m
- Loop
- May to October



CERDANYA / EL BERGUEDA

11 CAMÍ DELS BONS HOMES

STAGES 8



+ INFO AND BOOKINGS

+ INFO

The Camí dels Bons Homes is a route that crosses the Eastern Pyrenees south to north, from the Shrine of Queralt in Berga to the Occitan town of Montségur. It's a major challenge divided into 7 stages that follows a route that's physically and technically demanding which is only suitable for expert MTB or eMTB riders.

The route starts in Berga and ends in the French city of Foix.

DATA SHEET

- 300 km
- 9250 metres ascent
- end to end
- CALENDAR**
- spring and summer

EL BERGUEDA

12 CAVALLS DE VENT

STAGES 4



+ INFO AND BOOKINGS

Cavalls del Vent MTB is a route that allows you to see the area around the Cadí-Moixeró Natural Park. Enjoy the spectacular walls of the southern slope of the Moixeró, travel along the southern slope of the Serra del Cadí and enjoy the magnificent views of the eastern and northern slopes of the Pedraforca massif as you move from valley to valley along high-altitude tracks and paths. Then you'll ride along the spectacular northern slope of the Serra del Cadí with its steep walls, narrow valleys and magnificent hidden corners.



DATA SHEET

- 97.6 km
225 km / 3 stages
230 km / 4 or more stages
- 7,300 m
- Loop
- CALENDAR**
- May to October

13 PEDALS DE FERRO

STAGES 2, 3, 4 or 5



+ INFO AND BOOKINGS

Pedals de Ferro links the Alt Berguedà and the Baix Berguedà in a loop with attractions such as the Cadí-Moixeró Natural Park, Pedraforca, Catllaràs, La Serra del Picancel, the textile colonies, Peguera and Capolat. They're all points along the route, so you'll be able to enjoy their beauty and magnificent scenery.

DATA SHEET

- 260 km
- 8,350 m
- end to end
- CALENDAR**
- all year when there's no snow

RIPOLLÈS

15 BI6000

STAGES 3, 4 or 5



[+ INFO AND BOOKINGS](#)

The BI6000 traverses the wildest areas of the Eastern Pyrenees and allows you to discover locations in El Ripollès, El Vallespir and La Garrotxa, including the Capçaleres del Ter and Freser Natural Park. Starting in Camprodon, it's a route of high difficulty and an average technical level that you can complete in four days, self-guided by route book or GPS and it benefits from a luggage transport service.



DATA SHEET

250 km

6,600 m

Loop

CALENDAR

from May to November

16 BI3000

STAGES 2



[+ INFO AND BOOKINGS](#)

This is the reduced version of the BI6000, but only in terms of the distance, because the scope for adventure and adrenalin is just as great. Departing from and arriving in Camprodon. The route is called by some "the route of the retreat", because it follows the paths used by Republicans to escape from the country during the Civil War and that have been used smugglers and bandits.

DATA SHEET

100 km

3,613 m

Loop

CALENDAR

from April to November

LA GARROTXA

17 TRACKS DELS VOLCANS

STAGES 3 (Also in 4 stages and a weekend version)



[+ INFO AND BOOKINGS](#)

A ride through the land of volcanoes: that is what this route offers, crossing forests that appear to be impenetrable. Wild paths and trails that you can cover in three or four stages, with the option of completing the 260-kilometre route over two weekends. The Garrotxa Volcanic Zone Natural Park, with nature reserves as unique as the Jordà beech forest, offers you the privilege of riding demanding stretches and gentle paths that will take you as to the spectacular cliffs of Tavertet, Besalú and Olot. Cycle touring and nature in eruption, with comprehensive services for travellers.



DATA SHEET

236 km

6,306 m

Loop

CALENDAR

all year

ALT EMPORDÀ

18 GRAN VOLTA A L'EMPORDÀ

STAGES 2, 3, 4 or 5



[+ INFO AND BOOKINGS](#)

The Gran Volta a l'Empordà (Grand Tour of El Empordà), with a total route of 185 kilometres, starts and ends in L'Escala and is designed to be completed in two or three days. A route that cuts through the Pyrenees and allows you to discover the paths of the Montgrí, Medes Islands and the Baix Ter Natural Park, the Pals rice fields, the banks of the Ter and the Gavarres, with the Medes archipelago constantly in the background. A masterful combination of mountain biking and nature.



DATA SHEET

167 km

1,320 m

Loop

CALENDAR

all year



BY MTB

BIKE PARKS, ENDURO AND DH

In the Pyrenees you can enjoy your favourite sport at these facilities with downhill and enduro circuits in the heart of nature.

BIKE PARKS

VAL D'ARAN MOUNTAIN BIKE PARK

+ INFO

The Vall d'Aran Mountain Bike Park is in La Bassa d'Oles. Two circuits designed and perfectly waymarked for DH. The Park can be reached by a metalled track from Gausac and Aubert.

ENDUROMIES (VAL D'ARAN)

+ INFO

Enduromies is an area created for Enduro by bike. It's currently one of the main bases of the Catalan Enduro MTB Cup.

It's an unforgettable place with natural descents that run along restored old paths that have been adapted for mountain biking.

BIKEPARK LA MOLINA

+ INFO

At La Molina Bike Park you can enjoy the surroundings and discover new routes. There are different downhill circuits for cyclists of all levels, easy for people who are new to the world of downhill and more difficult ones for more experienced riders. There are a total of 14 downhill tracks covering almost 40 kilometres which can be reached by La Molina Gondola Ski Lift and the Cap de Comella Gondola Ski Lift.

14 downhill tracks · 40 km of route

Categories: Downhill, cross-country, wood park and a Txiqui Bikepark with enduro, off-road and MTB tracks.

4 RIDERS BIKE PARK (EL BERGUEDÀ)

+ INFO

The Bikepark is in the town of Avià, an hour from Barcelona airport. Thanks to the fantastic climate, you can enjoy the Bike Park all year round.

- A wide range of descents, from fully artificial runs to fully natural ones.
- A MTB learner area for children and/or adult learners, in the Mini DH.







vallter²⁰⁰⁰
ESTACIÓ D'ESQUÍ I MUNTANYA

km
3

Altitud **1.501 m**

Pendent proper km
8,2 %

Resten
8,4 km

BY ROAD BIKE

WAYMARKED MOUNTAIN PASSES

The terrain and low levels of traffic on the roads in the Catalan Pyrenees allow road cyclists to enjoy riding to the full and go through very attractive passes, some of them highly demanding. Here are some waymarked passes.

ROAD CYCLING WAYMARKED PASSES

PASSES IN LA VAL D'ARAN

1 BOSSÒST - PORTILHON

DATA SHEET



2 BOSSÒST - GUARDADES D'ARRES

DATA SHEET



3 PONT D'ARRÒS - VILAMÒS

DATA SHEET



4 ES BÒRDES - ARTIGA DE LIN

DATA SHEET



5 PÒNT D'ARROS - SAUT DETH PISH

DATA SHEET



6 AUBERT - BASSA D'OLES

DATA SHEET



7 BAQUEIRA - PLA DE BERET

DATA SHEET



+ INFO

ROAD CYCLING WAYMARKED PASSES

PASSES IN ALTA RIBAGORÇA

1 CLIMB TO THE BOÍ-TAÜLL SKI RESORT (2,045M)

DATA SHEET



2 CLIMB TO CAVALLERS (1,700 M)

DATA SHEET



3 CLIMB TO DURRO (1,375M)

DATA SHEET



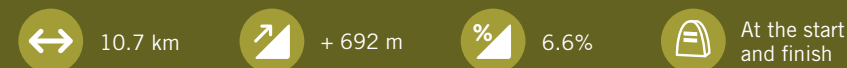
+ INFO

ROAD CYCLING WAYMARKED PASSES

PASSES IN EL BERGUEDÀ

5 EL COLL DE LA CRUETA PASS (CASTELLAR DE N'HUG)

DATA SHEET



6 COLL DE PAL PASS (GUARDIOLA DE BERGUEDÀ)

DATA SHEET



7 COLL DE PRADELL PASS FROM COLL DE LA TRAPA (SALDES)

DATA SHEET



1 COLL DE PRADELL PASS FROM VALLCEBRE

DATA SHEET



At the start, at each kilometre point and at the finish.

2 RASOS DE PEGUERA PASS (BERGA)

DATA SHEET



At the start and finish

3 SHRINE OF FALGARS PASS (LA POBLA DE LILLET)

DATA SHEET



At the start, at each kilometre point and at the finish.

+ INFO

ROAD CYCLING WAYMARKED PASSES

PASSES IN EL RIPOLLÈS

5 VALLTER PASS (SETCASES)

DATA SHEET



6 EL COLET DE LES BARRAQUES PASS (FROM RIBES DE FRESE)

DATA SHEET



7 CLIMB TO THE SHRINE OF MONTGRONY (FROM MONTGRONY)

DATA SHEET



+ INFO



RIDING ON A ROAD OR GRAVEL BIKE

BIKE ROUTES ON ROADS AND GRAVEL

Here is a selection of road and gravel bike routes. Some have several stages, others can be completed in a single day.

ROAD AND GRAVEL BIKE ROUTES



THE QUEEN OF THE PYRENEES

THE TRANSPYRENEAN TRAIL BY ROAD BIKE



HOW TO GET THERE

Departure from Roses and arrival in Hondarribia

+ INFO AND BOOKINGS

Probably the hardest and most epic route, the Transpyrenean Trail runs from the Mediterranean to the Cantabrian Sea, and traverses the entire Pyrenees. You can ride through Catalonia, Aragon, Navarre and the Basque Country and admire the most imposing summits in the Pyrenees. On this route you'll ride long days as you admire spectacular coastal cliffs, lush forests and endless climbs. On the way you'll see lost villages, unforgettable landscapes and enjoy high mountain food.

DATA SHEET

- 800 km
- 8
- + 12,000 m
- end to end

CALENDAR

- June to October

VAL D'ARAN, ALTA RIBARGORÇA, PALLARS SOBIRÀ, PALLARS JUSSÀ AND ALT URGELL

1 FERA PYRENEES MOUNTAIN GRAVEL



HOW TO GET THERE

Departure and arrival in Pobla de Segur

+ INFO AND BOOKINGS

The FERA is a circular route that runs through the heart of the Central Pyrenees, between the valleys of the rivers Noguera Pallaresa, Noguera Ribagorçana, Garona and Segre. The northern and southern slopes of the range. It runs along high mountain dirt tracks that link up with lanes and metalled roads. Half-way between MTB and road bike riding. Where possible, stages pass through the towns with the most services at the start and finish.

*and the option of dividing it and doing 5 stages (Fera 300) or 3 stages (Fera 200)

DATA SHEET

- 506 km
- 8 *
- + 13,563 m
- Loop

CALENDAR

- May to October

2 PYRENEXUS ON A GRAVEL BIKE



+ INFO AND BOOKINGS

The Pirinexus route is a gravel road that connects the Pyrenees and the Mediterranean Sea along paths of low technical difficulty and great scenic value.

The Pirinexus is ideal for gravel and trekking bikes, but it can also be enjoyed on a mountain bike or road bike.

Depending on whether you choose the 3 or 4-stage option, it can be a cycle touring route or a challenge. The philosophy of the route changes completely depending on the option you choose. Either way, you'll stop in charming towns like Girona, L'Escala and Ceret.

DATA SHEET

- 285 km / 345 km
- 3-4
- 700 metres ascent (3 stages)
- Loop

CALENDAR

- All year

OTHER ROUTES IN STAGES

3 LE DEFI OCCITAN (VAL D'ARAN)



HOW TO GET THERE

Departure and arrival in Vielha, Vall d'Aran

[+ INFO AND BOOKINGS](#)

This route runs practically the whole way along secondary roads in the Pyrenees. It starts and ends in Vielha and passes through the mountain ranges of Pla Batalher, Col de Menté, Col de Buret, Col d'Ares, Port de Balès, Portilhon and Guadadèr d'Arrés. It's a fairly manageable route for almost all cyclists, as the difficulty of the route is split into stages covering an average of 65 km.

DATA SHEET

- 197 km
- 9
- + 19,470 m
- end to end

CALENDAR

- June to October

4 CERDANYA ROAD



HOW TO GET THERE

Departure and arrival in Llívia

[+ INFO AND BOOKINGS](#)

Legendary passes where the professionals train, lonely roads with perfect tarmac and a cross-border route through Spain, France and Andorra. Col de Pailhères, Col de Puymorens, Collada de la Gallina, Port d'en Valira, Coll d'Ordino, and many others, are passes that have made this region famous in the world of cycling.

DATA SHEET

- 382 km
- 4
- 2,120 m
- Loop

CALENDAR

- June to October

5 CERDANYA GRAVEL



HOW TO GET THERE

departure and arrival in Llívia

[+ INFO AND BOOKINGS](#)

If you want to get away from the hustle and bustle and cross unmetalled high mountain passes, this is the route for you! A route covering the tracks and mountain passes you've always wanted to complete that was impossible due to missing road sections.

A high-mountain gravel route designed specifically for this kind of bike and rider.

DATA SHEET

- 285 km
- 3-4
- + 1,950 m
- Loop

CALENDAR

- June to October

6 GRAN VOLTA A L'EMPORDÀ



[+ INFO AND BOOKINGS](#)

The Gran Volta a l'Empordà (Grand Tour of L'Empordà) starts in the city of Girona and the whole Alt and Baix Empordà. Within an area of just a few kilometres there's a wide array of landscapes, mediaeval towns, small bays and traditional fishing villages. It's a difficult route for intermediate cyclists, due to the gradients that include 5 and 10-kilometre mountain passes. This route goes to Cap de Creus, the easternmost point in Spain.

DATA SHEET

- 370 km
- 6
- metres
- Loop

CALENDAR

- All year

7 ROUTE OF THE 16 PASSES IN EL BERGUEDÀ



A great route for true cycling enthusiasts. A good way to discover El Berguedà on two wheels, getting to know the towns, food and heritage and the spectacular landscapes.

[+ INFO AND BOOKINGS](#)

DATA SHEET

	293 km
	3
	+ 6,570 m
	Loop

CALENDAR

	All year
--	----------

ROUTES THAT CAN BE COMPLETED IN ONE DAY

8 VIELHA CIRCULAR



A 26 kilometre route that allows you to cycle around Vielha along roads with low levels of traffic with some significant climbs on offer.

One of the attractions of the route is that you can link it up with four really interesting climbs: Saut deth Pish, Vilamòs, Artiga de Lin and Bassa d'Oles.

[+ INFO AND BOOKINGS](#)

DATA SHEET

	26 km
	1
	+ 550 m
	Loop

CALENDAR

	June to October
--	-----------------

9 TOUR OF LA BAIXA CERDANYA



This is a classic trip from Cerdanya for riders who don't want to do any steep climbs.

You'll leave Puigcerdà along the N260 in the direction of La Seu d'Urgell, reach Martinet with a gentle drop and then embark on the steepest section of the route, all the way up to Montellà and, from there, along a small road towards Santa Eugènia de Nerellà. Passing through Pi, you'll return to Bellver and take the Bagà road towards Prats, then head towards Sanavastre and Soriguerola and return along the old road to Puigcerdà.

[+ INFO AND BOOKINGS](#)

DATA SHEET

	54 km
	-
	+ 605 m
	-

CALENDAR

	-
--	---

10 TOUR THROUGH THE CERDANYA VALLEY



This is a tour through upper and lower Cerdanya. You'll start in Alp and head towards Puigcerdà, passing through Soriguerola and along the old road. Once in Puigcerdà, you can take the road to Llivia and, from there, start climbing from Estavar until you reach the top of Fon-Romeu. Continue climbing until you reach Montlluís and then Bolquera and then cross the valley towards Eina. You'll go along a really nice road that will take you to Sallagosa. From there you'll take the road from Llivia to Puigcerdà and head slightly downhill from Puigcerdà towards Bellver along the N-260. Once in Bellver you can return to Alp via Prats.

[+ INFO AND BOOKINGS](#)

DATA SHEET

	87.4 km
	1,091 m
	1851 metres (Font Romeo)
	1018 metres (Bellver de Cerdanya)
	2.7%

11 PUIGCERDÀ - TOSES - LA MOLINA - PUIGCERDÀ



The classic Cerdà cycling route.

Leave Puigcerdà and head along the N-260 towards Ripoll, climb the legendary Collada de Toses and, before reaching Planoles, cycle towards Dòrria and Toses and climb again towards La Molina. Then head towards Masella and down to Das, returning to Puigcerdà through Urtx and Queixans.

[+ INFO AND BOOKINGS](#)

DATA SHEET

80.2 km

1,473 m

1811 metres
(La Molina)

1091 metres
(Queixans)

3.7%

12 CLIMB OF PUIGMAL



This is a tough climb that will take you very close to the legendary peak of Puigmal. You'll leave Sant Martí d'Aravó towards France, crossing the border at Puigcerdà in the direction of Santa Llocaia and taking the road towards the old Puigmal ski resort until you reach the end of the tarmacked road at 2283 metres. The descent is along the same road in the direction of Errand, from there, towards Sallagosa and Llivia and back to the start via Caldegas.

[+ INFO AND BOOKINGS](#)

DATA SHEET

58.3 km

1,334 m

2283 metres
(Puigmal)

1128 metres
(Bourg-Madame)

4.3%

13 GUARDIOLA DE BERGUEDÀ-LA POBLA DE LILLET-MONTGRONY- CASTELLAR DE N'HUG-LA POBLA DE LILLET-GUARDIOLA DE BERGUEDÀ



This route will allow you to learn more about one of lesser known places to be found between El Berguedà and El Ripollès: Montgrony
Start and finish: Plaza de la Església in Guardiola de Berguedà

[+ INFO AND BOOKINGS](#)

DATA SHEET

53 km

1,106 m

-

-

-



RIDING THE GREENWAYS

RIDING THE GREENWAYS

Greenways are routes on old railways with no traffic and paths through nature that are intended for non-motorised users, pedestrians, cyclists and people with reduced mobility. They can be used for recreational purposes and they constitute a peaceful, sustainable and alternative form of travel.

GREENWAYS



1 THE IRON AND COAL ROUTE

This route is a 12-kilometre low-difficulty stretch of greenway that follows the old railway used to transport coal from the mines of Ogassa. The entire route, which connects Ripoll, at an altitude of 682 metres, and Sant Joan de les Abadesses, at 775 metres above sea level, is tarmacked and flanked by vegetation. The 160-metre climb is manageable thanks to the gentle 1% slope.

+ INFO

DATA SHEET

- low difficulty, an accessible route
- 15 km
- 1%
- 777 metres (St. Joan de les Abadesses)
- 682 metres (Ripoll)
- Tarmac

2 SANT JOAN DE LES ABADESSES - COLÒNIA LLAUDET (2 KM) - CAMPRODON - LLANARS (3 KM)

This greenway runs for 2 kilometres to the Colònia Llaudet mill town. Then follow the Pirinexus route to Camprodon and connect with Llanars by another new 3 km greenway section. It connects with the Iron and Coal route in Sant Joan de les Abadesses, which will bring you all the way to Ripoll. It also links up in Sant Joan de les Abadesses to the section that from runs to Olot, the beginning of the Carrilet route.

+ INFO

DATA SHEET

- Low
- 5 km (2+3)
- metres
- 988 m (Camprodon)
- 773 m (Sant Joan de les Abadesses)
- Tarmac

3 CAMÍ RAMADER DE CAMPDEVÀNOL: CAMPDEVÀNOL - SANT LLORENÇ DE CAMPDEVÀNOL

The old rural and livestock road leaves the town of Campdevànol and reaches the popular Sant Eudald spring, the Querol spring (a recreational area in an area of great beauty and natural diversity) and the Romanesque church of Sant Llorenç de Campdevànol.

+ INFO

DATA SHEET

- Low
- 4 km
- 2.5%
- 800 metres (Sant Llorenç de Campdevànol)
- 700 metres (Campdevànol)
- Gravel with a surface layer of compacted soil

4 NARROW-GAUGE RAILWAY ROUTE: OLOT - GIRONA

The Olot-Girona Narrow-Gauge Railway drops gently from Olot (440 m) to Girona (70 m) and its highest point is El Coll d'en Bas, at 558 metres above sea level. The route, suitable for pedestrians and bicycles, is in excellent condition and has new bridges, railings and waymarking.

+ INFO **+ INFO**

DATA SHEET



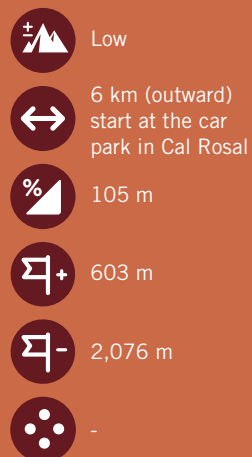
5 GREENWAY FROM CAL ROSAL TO PEDRET

Of all the greenways, the easiest is definitely the one from Cal Rosal to Pedret in El Berguedà. Built at the end of the 19th century, the line from Manresa to Berga and Guardiola was key to the development of the county during the 20th century.

The route has been preserved in perfect condition between Cal Rosal and Pedret. It passes through forests and crosses the magnificent Pedret bridge beside the church of Sant Quirze.

+ INFO

DATA SHEET



6 NARROW-GAUGE RAILWAY GREENWAY VALL FOSCA

Along the route of the railway built in the early 20th century to transport the workers and goods from the Cabdella hydroelectric power plant. The greenway begins at 2200 metres above sea level beside Gento lake, which can be reached by cable car during the summer months, and ends at the old water tower of the Cabdella power station, passing through tunnels and paths surrounded by mountains.

+ INFO

DATA SHEET



7 PIRINEXUS

Pirinexus is a cross-border bike circuit of 353 kilometres for bike and walking enthusiasts, combining outdoor activity in pleasant surroundings with the added value of learning more about the region.

Pirinexus passes through a total of 53 towns and eight different counties, combining greenway and other suitable routes, such as country roads and roads with low levels of traffic.

+ INFO **+ INFO**

DATA SHEET





CULTURE AND HERITAGE



MEMORY OF A PLACE

The backbone around which modern Catalonia developed, the Pyrenees boast an outstanding architectural and cultural heritage, and resources of World Heritage status. The source of inspiration for writers and painters, as well as the cradle of the thousand-year-old Catalan culture, they are home to Romanesque churches and monasteries, castles, mediaeval villages, and archaeological sites, as well as over fifty museums, devotional sanctuaries of great beauty, places of worship, and interesting ruins full of history.

GASTRONOMY



NATURE AND FINE CUISINE

The fine Pyrenean gastronomy makes it a pleasure to sit down and enjoy our mountain specialities. Mushrooms, game, cold meats, cheeses made from sheep's, cow's or goat's milk... Pyrenean cuisine combines local produce with time-honoured culinary skills to surprise and satisfy even the most demanding palates.

ACCOMMODATION



A WELL-DESERVED REST

Hotels, rural accommodation, hostels, and campsites...

In the Catalan Pyrenees you will find accommodation to suit all tastes, each with its own personality and speciality. The welcoming, enthusiastic Pyrenean accommodation options provide a place for a well-deserved rest.



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Patronat de Turisme

 **Pirineu de Girona**


VAL D'ARAN
L'essència dels Pirineus

 **Pirineus
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