

# INTRODUCTION



- The Walking Area
- The Natural Parks
- Climate and When to Go
- Geology and Geography
- Wildlife
- History, Architecture and Culture
- Getting There
- Getting Around
- Where to Stay
- Emergencies
- Language
- Money
- Food and Drink
- What to Take
- Waymarking and Access
- Hunting and how to avoid it
- Maps
- Using the guide

## THE WALKS

- Walk 1 Punta de l'Aigua
- Walk 2 Montaspre ridge
- Walk 3 Moleta de les Canals circuit and summit ridge
- Walk 4 Barranc del Camp
- Walk 5 Solana route
- Walk 6 Cova dels Adells
- Walk 7 Coll d'en Caubet and Vallfiguera
- Walk 8 Cervera and Figuera valleys
- Walk 9 La Moleta
- Walk 10 Vall d'Infern
- Walk 11 Pi del Perillo

Walk 12 Mont Caro summit  
Walk 13 Mola del Moro  
Walk 14 La Barcina  
Walk 15 Cresta del Marturi  
Walk 16 Sources of the Matarranya  
Walk 17 Roca del Migdia  
Walk 18 Caramella gorge  
Walk 19 Mola Castellona  
Walk 20 Lloret high level route  
Walk 21 Barranc de Lloret  
Walk 22 Roca Xapada  
Walk 23 Font del Paradis  
Walk 24 Coll de Lloret  
Walk 25 Sant Roc to Arnes and back  
Walk 26 La Creu de Santos  
Walk 27 Seven ermitas and a ridge  
Walk 28 Mas de Mata-redona  
Walk 29 La Foradada  
Walk 30 Coastal path

Appendix A Route summary table

Appendix B Finding the walks

Appendix C Catalan–English glossary of mountain terms

Appendix D Useful contacts