

ROUTE 1



ARAMUNT - SANT MARTÍ DE CANALS

<http://es.wikiloc.com/wikiloc/view.do?id=5653733>

Distance: **17.5km** Duration: **1h. 15 min** Inclination: **195 m**

Level of difficulty: **MEDIUM**

It starts at a flat area, surrounding the northwest part of the **Sant Antoni Lake** towards the village of **Aramunt**. It goes through a bridge that passes by the **Noguera Pallaresa** and the small village of **Pont de Claveral**. It follows a local road where we can enjoy a landscape of cultivated fields at one side and the **Sant Antoni Lake** at the other. In one of its beaches we can find the Xiringuito Bar, where we can recover our strength. From the village of Aramunt we will start climbing to the village of **Sant Martí**. This is the hardest part of the route, that goes through a rural road in good condition where we can also find the **Sant Martí Fountain**. Here we have a magnificent view of the **Sant Antoni Lake**. From here on, the route continues with a comfortable descent through the local road that will lead us to **La Pobla de Segur** once again.

ROUTE 2



SANT ANTONI LAKE — EL VERNEDOT

<http://es.wikiloc.com/wikiloc/view.do?id=5653726>

Distance: **17.5km** Duration: **1h** Inclination: **95 m**

Level of difficulty: **EASY**

This route is perfect to spend the day with the family. At firsts, it follows the same pat as **ROUTE 1**, so you can enjoy the magnificent view of the **Sant Antoni Lake**. From the village of **Aramunt** we recommend a visit to the old village, situated at the top of a hill. It follows towards **La Masia de Cal Caputxí** and it ends as well at the Xiringuito Bar. It goes on towards **La Pobla de Segur**, passing through the **Socors Chapel**. Once we cross the **Noguera Pallaresa** bridge, it turns to the right, as it keeps going parallel to the river, towards the picnic area called “**El Vernedot**”. It follows towards the core of **La Pobla de Segur**, where we can walk around the streets and enjoy the magnificent modernist building called **Casa Mauri**, the Municipal Park and the Church.

ROUTE 3



TORALLOLA — RIVERT — SALÀS DE PALLARS

<http://es.wikiloc.com/wikiloc/view.do?id=5653738>

Distance: **29km** Duration: **3h** Inclination: **680 m**

Level of difficulty: **Difficult**

This route goes parallel to the road C-13 towards **Sant Joan de Vinyafrescal**, a village that offers a magnificent panoramic view of **Sant Antoni**. It leads towards the **Sant Roc Chapel**. Following this itinerary, we advance leaving the villages of **Torallola** and **Toralla** at our right all the time, in order to arrive at the crossing of the **Rivert** road, where we can visit its beautiful fountain and the pond in the Villa’s Square. The road follows though the **Salas forest**, rich in mushroom during autumn, until we arrive at **Salas de Pallars**. This village was surrounded by walls in the past, and visiting it is highly recommended. In order to come back to **La Pobla de Segur**, it takes the old road, going under the **old Solà bridge**, and making its way back to the starting point.

ROUTE 4



THE ERINYÀ FOREST

<http://es.wikiloc.com/wikiloc/view.do?id=5653742>

Distance: **30km** Duration: **3h. 50min** Inclination: **700 m**

Level of difficulty: **DIFFICULT**

At first, it goes the same way as **ROUTE 3**, until it arrives at a crossing that leads to **Toralla**. Here we can leave the bike and go by feet to the bronze era caves or, if we prefer a more peaceful visit, we can climb to a lookout called “**El Coll**” and enjoy a magnificent panoramic view of the Pyrene mountains. After that, the route goes down the **shady spot of Serradell**, crosses a river with its same name and continues until it arrives to the **Erinyà Village**. As the road continues, we find the **Erinyà Canyon** and, before de tunnel, it crosses the road N-260 in order to take the old road of **La Pobla de Segur**. There, we can find **Sant Miquel**, a chapel from the 12th Century. Finally, the route goes back to **La Pobla de Segur**.

ADVICES AND NORMS

Before starting, check the state of the bike, and learn about

the route and the expected weather

Learn about the chosen route

Use helmet

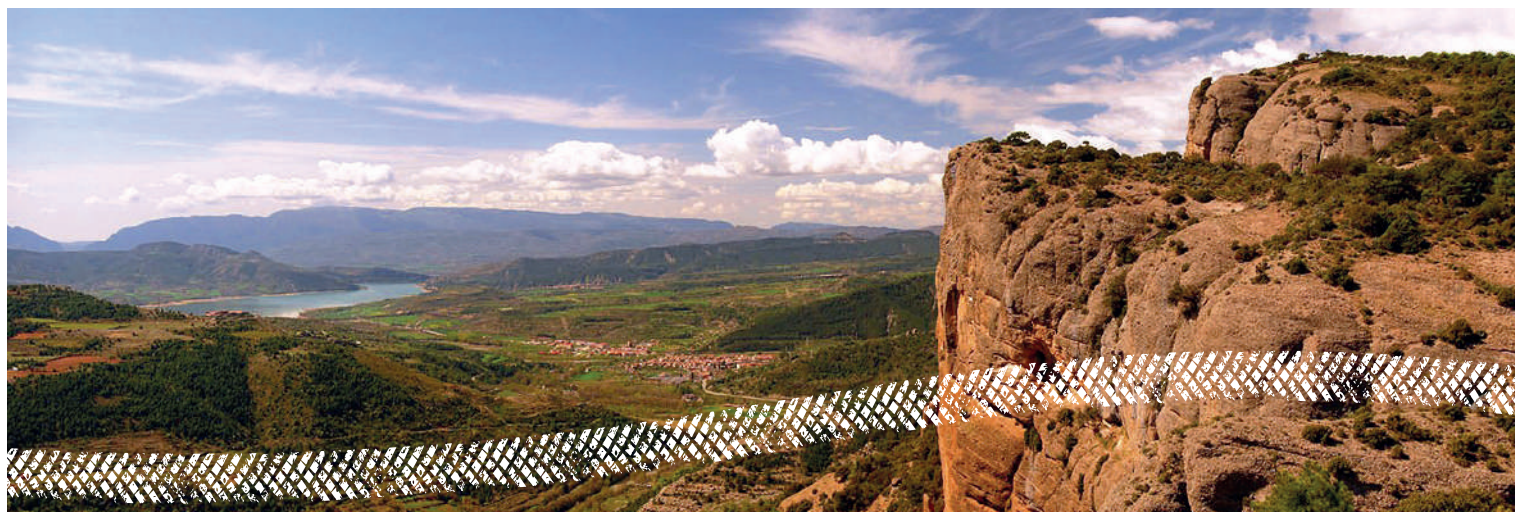
Respect the environment and the nature

Follow the signaled routes and do not enter particular roads

Keep the forest clean

Respect the fences for animals and close them after going

through



INFORMATION

BTT CENTER PALLARS JUSSÀ

Sports Center
C/ La Font, s/n
25500 La Pobla de Segur
Tel. 973680644
patronatesports@lapobladesegur.cat

TOURIST OFFICE LA POBLA DE SEGUR

Av. Verdaguer, 35
25500 La Pobla de Segur
Tel. 973680257
turisme@lapobladesegur.cat

EPICENTRE VISITORS CENTER PALLARS JUSSÀ

Pg. del Vall, 13
25620 Tremp
Tel. 973653470
epicentrevisitants@pallarsjussa.cat

112
emergencies



PALLARS JUSSÀ

A TERRITORY OF CONTRAST

The Pallars Jussà BTT Center gives the opportunity to discover by bike the Pre-Pyrenees region’s geography, where the landscapes are full of contrast. The eleven routes proposed go over more than 315 kilometers, with options for everyone. The routes go through some of the most emblematic places in the Pallars region.

The starting point of the Pallars Jussà BTT Center is the Municipal Pavillion of Sports from La Pobla de Segur. This village is strategically situated in the center of the region and it is the best starting point to discover all its secrets.

Every route suggested starts at this point and goes over places such as the Sant Antoni Lake, the Noguera Pallaresa and Flamisell rivers’ basins, and the Boumort, Sant Corneli, Nerets, Sant Salvador, Camporan and l’Estall mountains.

The main feature of the Pallars Jussà region is the fact that two rivers, the Noguera Pallaresa and The Flamisell, go all over its core from north to south. Their courses lead into three lakes -Sant Antoni, Cellers and Camarasa- and two amazing canyons -Collegats and Terradets-. The valuable presence of nature in the Pre-Pyrene and the Pyrene is the most attractive point of this BTT center.



DL L1441-2016



PALLARS JUSSÀ

BTT
CENTER





ROUTE 5

SANT MIQUEL — COSTA PERA
<http://es.wikiloc.com/wikiloc/view.do?id=5653763>
Distance: **11km** | Duration: **1h. 30 min** | Inclination: **240 m**

Level of difficulty: MEDIUM

Short itinerary, but quite demanding during its middle part. From the highest point in the route, the **Camera d'Aigues**, we can enjoy an impressive panoramic view of **La Pobla de Segur** and the whole **Conca de Dalt**, with the **Sant Antoni Lake** at our feet. It continues towards the **Sant Miquel Chapel** from the 12th Century in **Pui de Segur**. It is said that the ancestors of the present villagers of **La Pobla de Segur** used to live in this spot. There is a fountain here, so we can stop and recover our strength for a while. The final part of the route is quite easy, since it just keeps going until we arrive at the **Sant Furctuós Chapel**. From there, it descends to the starting point.

ROUTE 6

MONTESQUIU — GALLINER
<http://es.wikiloc.com/wikiloc/view.do?id=5653765>
Distance: **35,50km** | Duration: **3h.** | Inclination: **680 m**

Level of difficulty: VERY DIFFICULT

During its first part, it goes the same way as **ROUTE 1 and 2**, until arriving to **Aramunt**. From there, we have to take the road that goes from the village towards **Pui de l'Anell**. The route follows the base of the mountain and, following the side of the **Sant Antoni Lake** by a road in good condition, we arrive at **Casa Cassasses**. From there we have to climb a steep ascend to the **Neret rock**, leaving at our left side the old **Galliner** village. The view from the **Neret rock** is impressive. At our feet, we can see the whole **Conca de Tremp** with the **Sant Antoni and Cellers Lakes** and the **Montsec mountains** at the end. The effort to this point is worth it just so we can enjoy this view. From here we begin the steep descent that leads back to **La Pobla de Segur**. On the way back, we find the **Montesquiu** village and the **Pujol and O Fountains**, where we can cool off. The route ends following the road towards **Sant Martí de Canals** and going back to the road we took at first towards **La Pobla de Segur**.

ROUTE 7

CLAVEROL
<http://es.wikiloc.com/wikiloc/view.do?id=5653767>
Distance: **18,30km** | Duration: **2h. 30 min** | Inclination: **520 m**

Level of difficulty: DIFFICULT

This route is quite short but at the same time difficult due to the inclination. From the starting point towards **Pont de Claverol**, we climb **Claverol** by an unpaved road that goes by fields and oak forests and has a magnificent view of the **Sant Antoni Lake** and the **Pessonada scarp**. We then go to the **Llenasca rock**, going through a pine forest, rich in mushrooms during autumn. If we are lucky enough, we may see some autochthonous animals of the region.

MAP LEGEND

Bar

Cottage

Church

Chapel

FGC Station (Train Station)

Chapel

Fountain

Bike Rental

Park or garden

Meeting Point

Starting Point

Information Point

Repairing

Panoramic views

WC

From the **rock of Llenasca** we start the descend by a narrow road that will let us enjoy an amazing panoramic view of the **Collegats canyon** and the **Llania dam**, until we arrive at **Sassis**, a place known for its important coal mines from the beginning of the 20th Century. The route concludes parallel to the **river Noguera Pallaresa** towards **Pont de Claverol**.

ROUTE 8

LAP AROUND SANT CORNELI
<http://es.wikiloc.com/wikiloc/view.do?id=5653769>
Distance: **62km** | Duration: **5h. 30 min** | Inclination: **1360 m**

Level of difficulty: VERY DIFFICULT

This is the longest and most difficult itinerary that the **Pallars Jussà BTT Center** offers. Even so, it is also the one that will let us enjoy the most magnificent beauty of this region. It goes by valleys and mountains, discovering medieval castles like the **Orcau Castle**, karstic ponds that can only be found in Catalonia such as the **Basturs** or the magnificent Romanesque churches of **Sant Esteve de l'Abella**. This church has three-barrel vault naves and a magnificent rectangular two-story bell tower, and it raises majestic guarding the village and the magnificent plane full of almond trees of **Conca Dellà**. Finally, during the last and most technical part of the route, we enter the **National Hunting Reserve of Boumort**, where we can observe all the deer and birds of prey that live there, as well as enjoying the amazingly beautiful landscapes.

ROUTE 9

SERRAT DE SANT ROC
<http://es.wikiloc.com/wikiloc/view.do?id=5653771>
Distance: **43,62km** | Duration: **5h. 30 min** | Inclination: **1400 m**

Level of difficulty: VERY DIFFICULT

This route will lead us to the furthest point at the north of the starting point. Going by the old road of **Sant Miquel** to the **Erinyà Canyon** to the core of **Senterada**. From here we start a hard climb that ascends 800 meters until we arrive to the **Sant Roc mountains**. The effort is rewarded by the amazing landscape that leads us from the natural space of the high valley of **Sarradells** to **Erinyà**. From here on we have to ascend towards **Toralla**, going by the **Santa Maria Chapel de l'Obac**. We continue towards the **Romanic mountains** towards **Torallola** and **Sant Joan de Vinyafrescal**, in order to finish this long itinerary once again at the starting point.

ROUTE 10

SALÀS DE PALLARS
<http://es.wikiloc.com/wikiloc/view.do?id=12444542>
Distance: **12,50km** | Duration: **1 h. 45 min** | Inclination: **170 m**

Level of difficulty: MEDIUM

We start from the **Pallars Jussà BTT Center** and we take the new road that goes by the **Sant Antoni Lake**. This is an itinerary with few slopes and very recommended for a trip with the family, that always has good views of water and mountain. We pass by the **old station of Salàs de Pallars** to the “**Piolet**” zone. Ascend to the village of **Salàs de Pallars**, where we can visit the old part of the village and its famous shops. Finally, under the pools we take again the route, a sunny and calm road that arrives to **Sant Joan de Vinyafrescal**. Here the route goes under the road C-13 and the train railways in order to come back to the starting point.

ROUTE 11

ROCS DE QUERALT - COLLEGATS - GRAMUNTILL
<http://es.wikiloc.com/wikiloc/view.do?id=12448642>
Distance: **31,50Km** | Duration: **4 h. 9 min** | Inclination: **1017 m**

Level of difficulty: VERY DIFFICULT

This route is very difficult (it is **no signaled**, it **only has tracks**). It starts in **La Pobla de Segur** at the old road of **Sant Miquel** to the cross with the village of **Reguard**. We leave the valley of the **river Flamisell** to start the ascent to the village of **Montsor**. We go by the top of the **Queralt Rocks**, where we get in the “**Collegats**” area. Here we have great views of the **Noguera Pallaresa** valley, which has a great geological value and is very rich in terms of autochthonous flora and fauna. It keeps going until arriving to **Gramuntill**. From there, it goes down by a narrow road to the **Us Fountain** where it crosses the road in order to go by the **Noguera Pallaresa river** to **Pont de Claverol** and finally it goes back to the **Pallars Jussà BTT Center**.

ROUTES SIGNBOARD

5

6

7

Direction

Number of the route

Colour of difficulty