



Cycle tour routes through the Vall de Boí

Cycle touring can also be done in the Vall de Boí. We offer you three routes of greater or lesser difficulty which, leaving out of Barruera, run to the ski resort of Boí-Taüll, to the reservoir of Cavallers, and to Durro. They are a total of 32.5 km by road (only counting the journey in one direction), duly marked with route signs that inform at each kilometre regarding the gradients, elevations and distance to the destination.



Trail Running Routes through the Vall de Boí

The Vall de Boí is a centre for the practice of trail running with different routes marked along the length and breadth of the valley. It has an extensive network of itineraries with different degrees of difficulty in a high mountain environment that is ideal for altitude training. These are routes that range from 1,000 m elevation of the valley floor to the nearly 3,000 m of the highest peaks, with considerably steep slopes on most of the routes and with lengths that range from 4.5 to 28 km. The Trail Running Centre of the Vall de Boí offers not only marked routes, but also a whole set of complementary services, both for those starting out in this sport, and for those experts who want to improve their performance and seek a place to train or organize training sessions.



ATB Routes through the Vall de Boí

The Vall de Boí also offers you routes marked for mountain bike or ATB with different degrees of difficulty. From routes that run with hardly any unevenness through the valley floor, following roads and forest trails, to others that are much more demanding, travelling over high mountain alpine pastures. Most of them are circular routes that have one of the localities of the valley as their start and finish. In total, there are 60 km of marked routes that will allow you to enjoy the bicycle in its pure state, in natural and unequalled surroundings and landscape.

CYCLE TOUR ROUTE RECOMMENDATIONS

- Choose the cycle tour route according to the technical possibilities and the personal physical preparation, always respecting the traffic rules.
- The roads on which cycle tour routes run are much travelled by motor vehicles, especially in summer. This is why special attention must be paid to the traffic and it is recommended to undertake the ascent on bicycle in the early hours of the morning.
- Extreme caution must be taken in the descent, given the speed that can be reached.

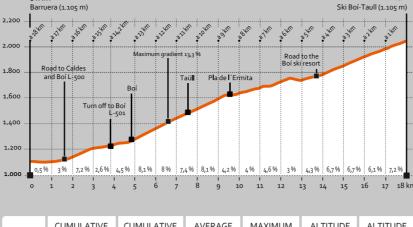
TRAIL AND ATB ROUTE RECOMMENDATIONS

- Plan your route. Learn about the technical aspects and about the forecast weather conditions.
- On the ATB routes always use a helmet, do not forget to check the condition of your bicycle and always carry water, warm clothing, a repair kit and a charged mobile telephone.
- On the Trail routes always carry water, warm clothing and a charged mobile telephone.
- Always follow the marked route and respect private property and the environment.
- The routes run in part through livestock areas: respect and be careful with the livestock enclosures you may find on your way.
- Circulate carefully and respect the right of way of the pedestrians and of the livestock and traffic rules.

Do not throw litter and do not make too much noise, in order to not

SKI STATION (2,045 m)

ASCENT TO THE BOI-TAULL

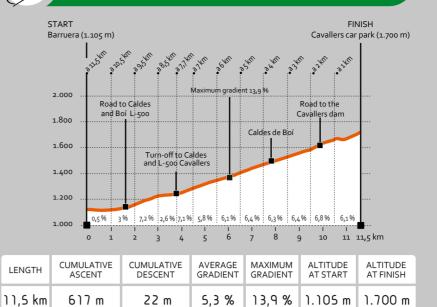


18 km 967 m 27 m 5,4 % 13,3 % 1.105 m 2.045 m	LENGTH	CUMULATIVE ASCENT	CUMULATIVE DESCENT	AVERAGE GRADIENT	MAXIMUM GRADIENT	ALTITUDE AT START	ALTITUDE AT FINISH
	18 km	967 m	27 m	5,4 %	13,3 %	1.105 m	2.045 m

A long journey, with personality, that ascends from Barruera to the ski resort of Boí-Taüll. It climbs up a slope of nearly 1,000 m, travelling 18 kilometres of asphalt. The demands of this journey are compensated with the human aspects of the route, interspersed with visits to different localities such as Boí, Taüll and Pla de l'Ermita, where there are noteworthy Romanesque churches recognized as World Heritage. The ascent is on a wide and well-maintained road with a surface that is in perfect condition, but with considerable vehicle traffic; thus, extreme caution is recommended.

In its first stretch, until the turn-off to Caldes, the route coincides with the Ascent to Cavallers.

ASCENT TO CAVALLERS (1,700 m)



A cycle tour route that runs from Barruera to the Cavallers dam, climbing up the Noguera de Tor. It ascends a slope of more than 600 m, travelling 11.5 kilometres of asphalt in constant ascent, practically at all times tracing a constant diagonal line. The first part of the ascent, up to Caldes de Boí, is on a well-maintained and wide road, with surface in very good condition. From there, the road narrows and the surface worsens; thus, extreme caution is recommended. From Caldes de Boí,

It must be taken into account that in winter, the road from Caldes to Cavallers is usually closed due to snow.

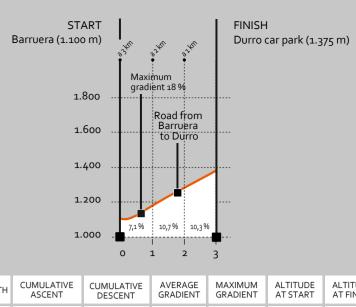
the itinerary enters the peripheral zone of protection of the National

Park of Aigüestortes i Estany de Sant Maurici, which allows the enjoy-

ment of a privileged high mountain landscape. In its first stretch, up to

the turn-off to Boí, the route coincides with the Ascent to the ski resort

ASCENT TO DURRO (1.375 m)

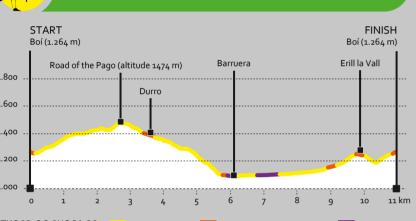


LENGTH CUMULATIVE CUMULATIVE AVERAGE MAXIMUM ALTITUDE ALTITUDE ASCENT DESCENT GRADIENT GRADIENT AT START AT FINISH 3 km 281 m 9,4 % | 18 % | 1.100 m | 1.375 m 5 m

This is a short but demanding ascent climbing from Barruera to the locality of Durro. The road runs to the Durro narrow road which, through the forest, climbs with constant zig-zags up a steep slope of almost 300 m in only three kilometres. Except for the first metres of the route, which run practically flat, the rest of the ascent is demanding, with no allowance for rest, as the gradient practically never goes below 10%.

From Durro, the route can be extended to the Romanesque hermitage of Sant Quirc, adding 2 km more of paved trail with low gradient.

ROUTE OF THE 4 VILLAGES



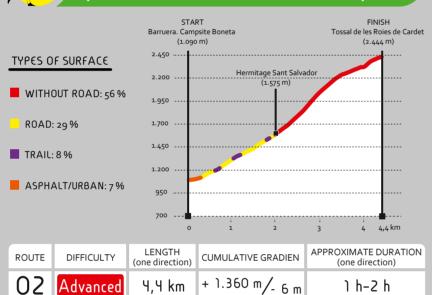
ROUTE	DIFFICUL	TY	LENGTH	CUMULAT	IVE GRA	DIENT	APPRO	XIMAT	E DURA	TION
TYPES	OF SURFAC	<u> </u>	ROAD: 8	2 %	ASPHA	ALT/URB	AN: 10 9	6	TRAI	L:8%
1.000 .	1	2	3 4	; 5	6	; 7	8	; 9	10	11 km
1.200										

A circular route that, starting and finishing in Boí, joins the localities of Boí, Durro Barruera and Erill la Vall, following the traditional roads of the valley floor. A route of medium difficulty, ideal for initiation in trail running. The itinerary leaves from Boí taking the road of the Pago which, with gentle slopes and excellent views of the valley, travels to Durro. From Durro, the route descends to Barruera directly nust continue on the road to Erill, which, climbing up the banks of the river and ombining stretches of trail and road, runs through the Planos. After a gentle climb up a traditional road, we arrive in Erill. From Erill to Boí the road is followed between the two towns, which in its first stretch, descends to the Noguera de Tor River. After crossing the pedestrian walkway over the river, we only need to make the pleasant ascent through the forest until arriving again in Boí

OBSERVATIONS

Pay particular attention in the 150 m stretch of road that we find at the entrance to Barruera and at the crossing of the L-500 road between Erill and Boí.

CARA AMÓN (vertical Km of Les Roies de Cardet)

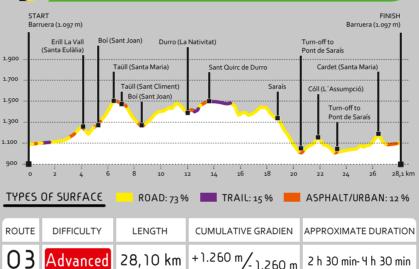


The route begins next to the Boneta Campsite in Barruera, from where it crosses the Calle Mayor of Barruera to take a very steep footpath that continuously crosses the forest trail that climbs up to the Romanesque hermitage of San Salvador. Near the temple, around the 1,575 m level, it leaves the road to directly dertake the ascent through a grassy canal where gradients of up to 50% are reached. After passing through the canal, the itinerary goes toward the edge of the mountain through which it progresses to reach, through a last stretch of rocky terrain, the peak of Les Roies de Cardet (2,444 m). The descent is carried out by following the same itinerary.

OBSERVATIONS

- Caution, high mountain route, and very demanding physically and technically. Do not undertake it in winter or with bad weather.
- In late May the itinerary is used for the vertical mountain race called

ROMANESQUE ROUTE

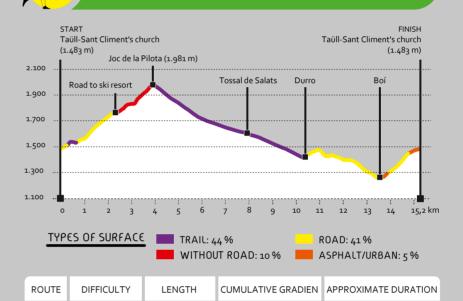


The route joins the localities of the Vall de Boí, passing through all the Romanes-que churches and hermitages declared World Heritage by UNESCO. From Barruera, and following the traditional roads, Erill la Vall, Boí, Taüll, Boí, Durro, Saraís, Cóll, Cardet and again Barruera are interconnected consecutively. The the churches of Santa Maria and Sant Climent. Again in Boí, we continue on the road of the Pago that goes to Durro. In Durro we continue, to visit the hermitage of Sant Quirc, to then take the bridle path that leads to the deserted town of Saraís, from where we will go down to Pont de Saraís, again now on the valley Cóll we will ascend and descend again to Pont de Saraís. After climbing to Cardet to see the church of Santa Maria, we arrive once again in Barruera.

OBSERVATIONS

➤ Very demanding itinerary, only for expert runners in good physical shape, which runs on the traditional roads of the Valley floor.

AROUND LA FEIXA



A circular route that, from Taüll, runs around the mountain with the rock knowr as Roca de la Feixa at its top. In the first stretch of the route, in constant ascent, it to the place known as Joc de la Pilota. From there, with splendid views, the descent begins, following a livestock trail that leads to the locality of Durro. From Durro to Boi the road of the Pago is followed. The arrival in Taüll is in ascent, following the traditional road and a small stretch of road by which we again arrive at the starting point of the route.

O4 Advanced 15,20 km +800 m/2800 m 1 h 30 min-2 h 30 min

OBSERVATIONS

- Until late spring there is usually snow on the route.
- Caution in the arrival at Joc de la Pilota, as there is no road.
- Pay careful attention in the stretch of road at the end of the route.



AROUND GINEBRELL

1 2 3 4 5 6 7 8 9 10 TYPES OF SURFACE WITHOUT ROAD: 44% TRAIL: 35% ROAD: 21 % ROUTE DIFFICULTY LENGTH CUMULATIVE GRADIEN APPROXIMATE DURATION 11,50 km + 1.130 m/- 1.130 m 2 h-3 h 30 min

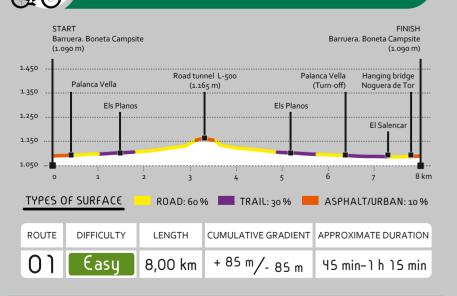
The itinerary travels the line of peaks and hills that surround the ski resort. Leaving from the parking area of the resort, in its first stretch, the route takes the trail that ascends inside the ski resort to Collada de les Bassetes, at an elevation of 2,280 m. From there, the difficult journey begins through peaks and hills, through high mountain rocks and meadows. At first we ascend to the Pica Cerví de Durro to then descend to the strategic Port d'Erta, at all times following the dividing line of the nountain. Then the route rises again to the area around Bony de l'Aigua Blanca to again without a road marked on the terrain, until arriving in Tuc del Muntanyó, i after a short stretch in descent, to climb a steep slope to the highest elevation of the route: the Cap de les Raspes Roies. A continued descent of 700 m among mountain

OBSERVATIONS

This is a very demanding journey, both physically and technically, designed for runners with experience, who are used to off-road and high mountain running.

meadows will again take us to the entrance of the resort.

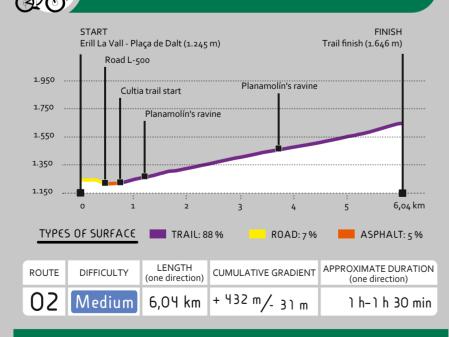
The route can only be done in summer and early autumn, without snow in the journey. lacktriangle The descent from the Cap de les Raspes Roies enters the peripheral zone of



A journey with practically no slopes, recommended for families, which runs through the Planos de Barruera/Erill and Salencar de Barruera. It runs constantly through the area near the Noguera de Tor River: the first stretch travels through the right bank of the river, making a journey to and from Los Planos; and the second stretch, through the left bank, with a circular route by El Salencar. The route begins next to the Boneta Campsite and the Palanca Vella of Barruera taking the road to Erill la Vall. This stretch runs on a level path through Los Planos de Barruera and Erill, combining stretches of road and trail. We finally reach the most difficult stretch of the route, which consists of climbing a 30 m slope, following the bridle path to Erill. Without reaching Erill, at the old road tunnel, the route turns back to arrive again at the Palanca Vella. From there, the second part of the route starts, crossing the Palanca to visit El Salencar. Crossing the suspension bridge, we arrive again in Barruera.

OBSERVATIONS

Caution in crossing of the "Palancas" over the river and stretches of pedestrian road.

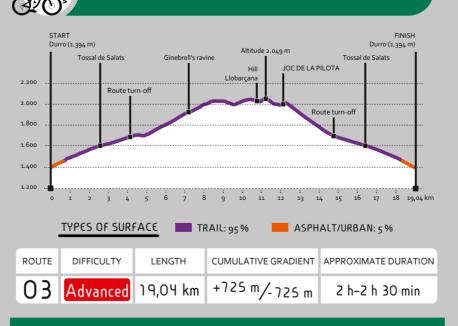


The route begins at the Plaça de Dalt de Erill la Vall, taking a stretch of traditional road that descends, leading to the road to Boí. Taking extreme precautions, we must pedal on this road for 300 metres until reaching the start of the La Cultia trail. Now with no risk, the ascent on the trail begins, which maintains a constant and bearable gradient. Crossing the Planamolín ravine, the route begins to trace short and continuous loops inside the peripheral zone of protection of the National Park of Aigüestortes i Estany de Sant Maurici. After crossing the head of the Ribampiedro ravine, the trail ends at the livestock meadows of the "bordas" (huts) of Erill or Basco. The descent is made following the same

OBSERVATIONS

- Caution in the descent and in the stretch of the road journey.
- The high part of the route enters the peripheral zone of protection of the National Park of Aigüestortes i Estany de Sant Maurici.

JOC DE LA PILOTA

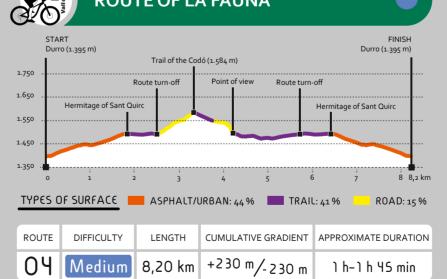


The route begins at the entrance to Durro. In its first stretch, it gains height until reaching a trail crossing that we find at 4.3 km from the start. There, we leave the trail that will be used in the descent, to continue climbing the livestock valley of the mountain of Durro. After crossing the Ginebrell ravine, we ascend to the dividing line of the mountain of Durro and Taüll. On this stretch, and with privileged views, the route gives us a break, travelling over the crest, rising and falling gently. After passing the Joc de la Pilota, begins the descent, following a steep trail that, with sharp curves, connects again with the itinerary used in the ascent.

OBSERVATIONS

- Until very late spring, there is usually snow on the route.
- The trail is usually in poor condition. Caution in descending the steep slopes.
- From the Joc de la Pilota, it is possible to combine with the route no. 5 ATB

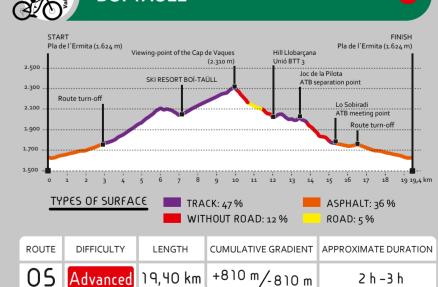
ROUTE OF LA FAUNA



A journey that, starting in Durro, largely follows the interpretation route of La Fauna and visits the Romanesque hermitage of Sant Quirc. A short route, and without great differences in height, but demanding as there are stretches of road with considerable gradients. In its first stretch, the itinerary runs on the paved trail that, in less than 2 km of gentle ascent, leads to the Romanesque hermitage of Sant Quirc de Durro. From there, a flat stretch by trail leads to the start of a road that ascends to the trail of the Codó (climbing up a 100 metre slope in the pine forest). From that moment, the descent begins, first by trail and then taking a sloping stretch of road that leads to an observation point. After this last descent, where it will be necessary to get off the bike to climb the last part, we continue advancing on a wide road through the forest, which, without gaining or losing altitude, reaches the trail of Durro. Through this trail, after again connecting with the route used during the ascent and visiting the hermitage of Sant Quirc, we enter Durro again.

OBSERVATIONS

Caution, pay special attention in the descent to the observation point, as it is a



Leaving from Pla de l'Ermita, at the beginning, the route follows the road toward the ski resort of Boí-Taüll, and after 3 km, it takes the old trail that leads to the entrance of the resort. From there, it advances inside the resort on a dirt trail that climbs to the observation point of Cap de Vaques (elevation 2,310 m). From that moment, with some privileged views, begins a steep and technical descent which is mostly done off-road, among meadows. In La Collada de la Llobarçana it connects with the trail that acts as a dividing line between the mountain of Durro and Taüll. When it ends, a steep and technical descent begins, among meadows and off-road, that leads to the road of the ski resort. Following it, we again reach the Pla de l'Ermita.

OBSERVATIONS

Caution, this route is very demanding, physically and technically, with stretches where there is no road. For experienced bikers used to pedalling off-road.

- Until very late spring, there is usually snow on the route.
- The old trail to the ski resort runs partially through the peripheral zone of protection of the National Park of Aigüestortes i Estany de Sant Maurici.