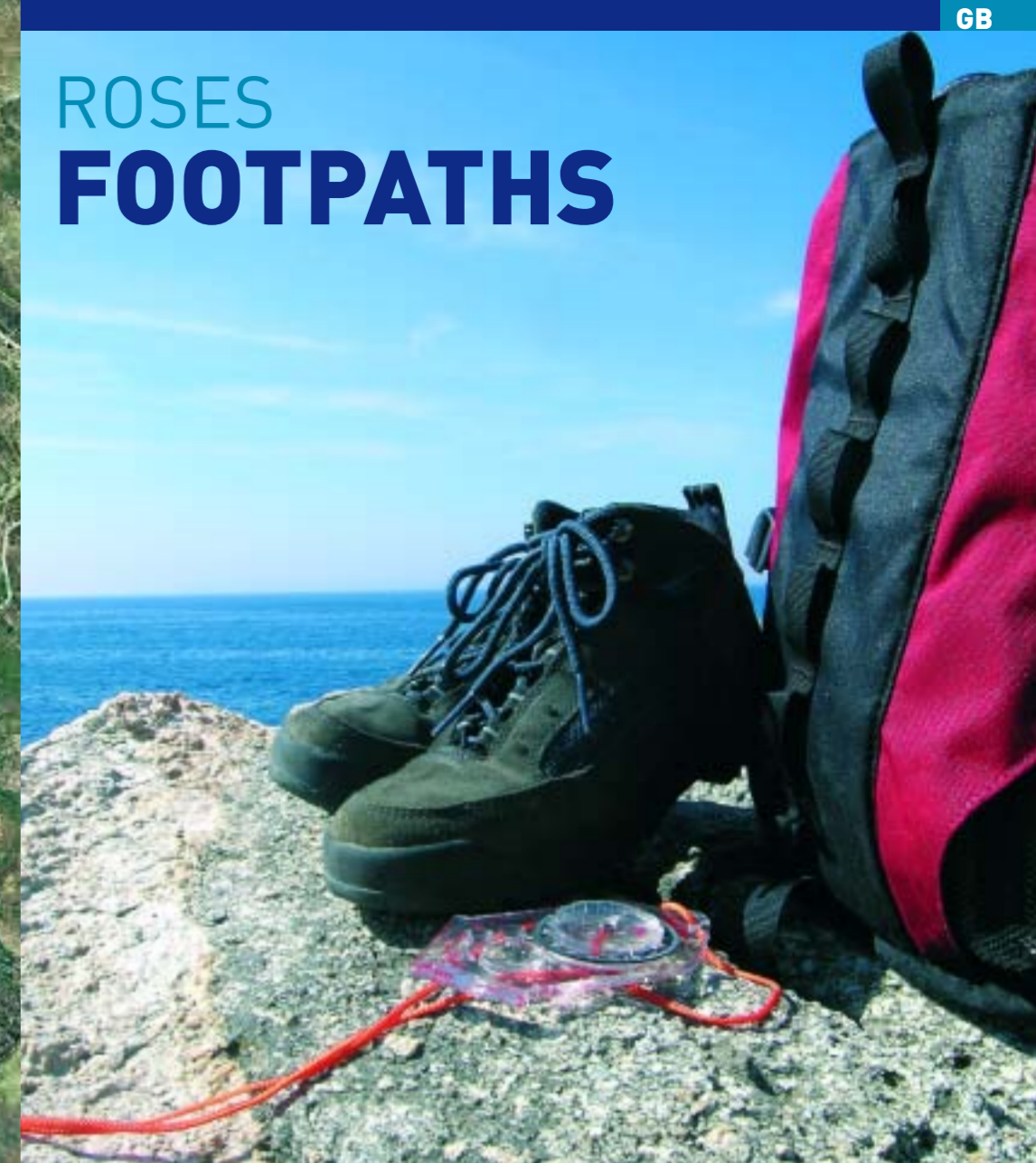


ROSES FOOTPATHS



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GR92 «

R1 FARMLANDS & LIVESTOCK TRACKS

R4 CAP DE CREUS & THE BAY OF ROSES

ROSES-FIGUERES «

R2 OLIVE ROUTE

ROSES-AIGUAMOLLS «

R3 MEGALITHIC ROUTE

GR92 «

R5 SEASIDE PATH 1

R6 SEASIDE PATH 2

R1 ROUTE THROUGH FARMLANDS AND LIVESTOCK TRACKS



APPROXIMATE DURATION »

Option A. 2 hours 30 minutes | Option B. 3 hours 20 minutes

DIFFICULTY »

Medium

PLACES OF INTEREST »

Traditional olives, reservoir, stone pine and holm-oak woods, traditional farmhouses

ROUTE » The route begins and ends at the crossroads of the paths called Camí del Mas d'en Berta and Carretera de les Arenes, preferably in clockwise fashion.

After walking along the highway some 200 metres, you take the traditional livestock tracks which were used of old to herd livestock to the high or low mountain pasturelands, depending on the season.

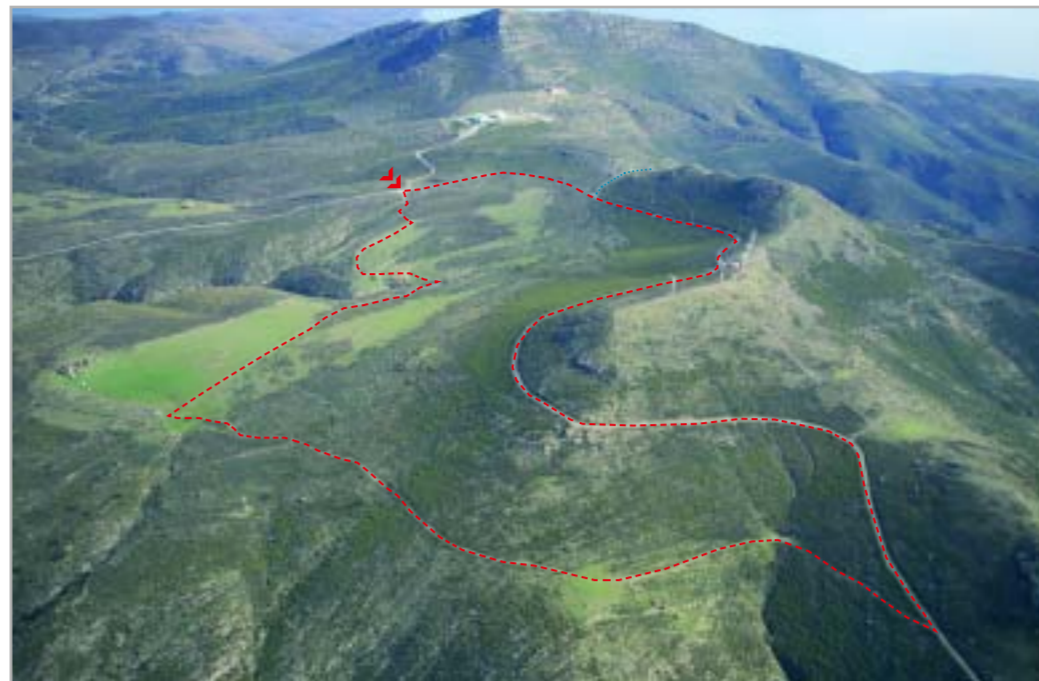
These tracks, which are lined with dry stone walls, are one of the jewels of Cap de Creus's popular and civil architecture.

Along the way you can admire the area's traditional crop, the olive, from which first-rate oil is drawn as a result of the weather conditions and the quality of the land.

About halfway through the route, you can choose to follow the path that runs down to Trencada stream, or continue through the Mediterranean wilderness of the natural park until you reach the Can Ponac sands, where sand was once strip-mined, and which currently serves as a water collection point for fire prevention purposes. It also serves as a drinking spot for the area's fauna, including wild boars or the fox, as well as other mammal and bird species.

Continuing down this trail you will pass close by the Mas d'en Berta farmhouse, located in the midst of a natural meadow, and a little farther down you will come across Mas Pairat, which has been inhabited until recently. Both farmhouses brought life to the valley with the growing of olives and subsistence stockbreeding. This trail takes you back to the start of the route, at the crossroads with the Carretera de les Arenes.

R4 CAP DE CREUS & THE BAY OF ROSES



APPROXIMATE DURATION »

2 hours 30 minutes

DIFFICULTY »

Low

PLACES OF INTEREST »

Mas d'en Caussa, Pla d'en Caussa, Mas dels Arbres, wind farm, Font de la Bich, Puig Alt

ROUTE » As you go down the highway joining Roses with Cadaqués, take the turn-off to the right that leads to the El Pení air base. Two km from this turn-off, and after having left your vehicle behind in a small embankment used as a car park, take the dirt track that climbs gently up to the Roses wind farm.

A new path branches off to the left some 200 metres after taking the dirt track. Follow this path a few metres to enjoy a magnificent view of Cap Norfeu in all its majesty. The site is catalogued as a natural reserve of the Cap de Creus Natural Park, and it is characterised by a great richness of flora and fauna, both on land and underwater. You will also come across the remains of a cremation site built by Indo-European tribes in the 8th century BC.

Return to the initial track and take it up to Puig Alt, a peak whose surrounding landscape is dominated by the turbines of the Roses wind farm. From this location you can also enjoy one of the site's most beautiful views: the Bay of Roses on one side, and the Cala Montjoi cove on the other.

The route continues bordering the Puig Alt and then makes a turn of almost 360 degrees to arrive at the Font de la Bich, with a water fountain and a drinking trough for animals. Beyond the fountain, you will discover a magnificent vista of the town of Roses before the path takes you to the crossing of Pla de Can Caussa, in honour of the farmhouse which gives its name to this plain. This is a good spot to stop and rest a bit and have a bite to eat.

From here on, the site you will see is the exact opposite view of the Bay of Roses, namely the northern edge of the Cap de Creus with the waters of the Mar d'Amunt in the background.

A little farther ahead you reach a little hollow with a grove of trees that gives its name to the nearby building: the Mas dels Arbres (literally, the "Trees Farmhouse").

Finally, you return to the starting point, where you left your vehicle, after having taken a route that has shown you views to the north and south of Cap de Creus, with all its splendid beauty laid out before your eyes.

■ MAIN PATH

■ INTERESTING PATH

R2 OLIVE ROUTE



APPROXIMATE DURATION »

2 hours

DIFFICULTY »

Low

PLACES OF INTEREST »

Traditional olives, Pi d'en Rahola, centuries-old olive tree

ROUTE » The route starts and ends at the entrance to the Mas Oliva residential estate. The first section follows Carrer Oslo, parallel to the Ginjolers stream, the most important of Roses's waterways.

The route goes on past the paved road through fields with rows of olives that yield exquisite oil thanks to the mild climate and fertile soil.

Mas de l'Alzeda, which is still inhabited, dominates the landscape at the end of the valley.

At the first intersection you find, if you take the path to the right you will reach the centuries-old Roses Olive Tree, a tree whose massive trunk is proof of its solemnity and persistence throughout the years. The route, from the point where you turned off and back, can take you approximately 30 minutes.

Farther ahead, just 200 metres in a straight line from the first crossing, you will come to a second crossing, where you can also choose to take the path that branches off to the right, leading to another tree that is of local interest: the Pi d'en Rahola, a pine tree that also impresses with its massive size and height.

Once back on the route, following the markings, the path crosses through olive groves which reveal the importance of this crop in the past, which has become one of the most significant elements of Roses's natural, cultural and social heritage.

The path leads back to the paved road and the starting point of your trek.

■ MAIN PATH

■ INTERESTING PATH

R5 SEASIDE PATH 1



APPROXIMATE DURATION »

2 hours 30 minutes (there & back)

DIFFICULTY »

Low

PLACES OF INTEREST »

Seaside path, Roses lighthouse, Trinitat castle, Canyelles Petites, Canyelles Grosses (Almadrava), Punta de l'Omella, Punta de l'Ullastrell, Els Brancs.

ROUTE » The "camins de ronda" (literally, "patrol roads") owe their name to the traditional patrols bordering the coastline to watch out for smuggling and coastal maritime traffic.

The route follows a section of this seaside path from the Roses lighthouse, which was built during the reign of Isabel II in 1864, located 24 metres above sea level and facing southwards, to the Canyelles Grosses or Almadrava beach.

The lighthouse, which was electrified in 1921 with a 500-watt incandescent lamp, is located just below Trinitat castle, which was recently restored and will be open to visitors.

Throughout the entire route, all the way to Canyelles Petites beach, you can enjoy the unique outcroppings with veined white marble, which are very interesting from a geological perspective.

Right before Canyelles Petites beach there is an islet made up of various rocks, called Els Brancs, which is a resting spot for birds like the cormorant, which can be seen drying off with its wings stretched out and facing the sun.

Continuing along the route past the first beach, the seaside path continues winding along the coast. Between Canyelles and Almadrava beaches, there are two rocky outcroppings that are frequently used by fishermen: Punta de l'Omella and Punta de l'Ullastrell.

Finally, you reach Almadrava beach, whose name comes from the type of fishing with nets strategically placed to drive the fish landward from the end of the cove, until they were finally caught.

You return to the starting point via the same route, but you can take advantage of any of the beaches or rock formations to take a refreshing dip in the sea.

R3 MEGALITHIC ROUTE



APPROXIMATE DURATION »

2 hours 30 minutes

DIFFICULTY »

Low

PLACES OF INTEREST »

Creu d'en Cobertella dolmen, Casa Cremada ruins, Casa Cremada I and II menhirs, Llit de la Generala dolmen, Cap de l'Home dolmen, dry stone walls, livestock track.

ROUTE » The route starts at the highway from Roses to Montjoi, taking a path with sett paving that leads directly to one of Catalonia's biggest dolmens, the Creu d'en Cobertella (3000-2700 BC). This dolmen, which features a large gallery grave covered by a stone slab weighing four tons, was declared a historic-artistic monument in 1964.

Continuing along the path, you pass by a string of dry stone walls that divide the different properties and criss-cross the terraced land in every direction. For hundreds of years, these walls made the task of tending the vines less tedious.

The livestock tracks, which are lined with dry stone walls, cut straight across the land. These tracks were used to move the herds to greener pastures.

At various points you will see – and, in fact, visit – a number of stone sheds that were used by the shepherds for shelter or to store farming tools.

Farther ahead, turn right to reach two more milestones along this megalithic route, the first being the remains of the burnt house, which is the name given to two of the most important menhirs in the area – the Casa Cremada I and Casa Cremada II menhirs. There is also a kist bearing the same name; like the dolmens, its use was for funerary purposes.

Along the same route you will also visit two well-preserved dolmens: the Llit de la Generala (3200 BC) and the Cap de l'Home dolmens.

On the way back, which will take you to the dolmen where you started, you can enjoy the breathtaking vistas of the Bay of Roses and admire up close the network of walled terraces.

■ MAIN PATH

■ INTERESTING PATH

R6 SEASIDE PATH 2



APPROXIMATE DURATION »

5 hours (there & back)

DIFFICULTY »

Medium

PLACES OF INTEREST »

Seaside path, Almadrava, Punta Falconera, bunker, Cala Lladó, Cala Murtra, Cala Rostella, Cap Trencat, Cap Blanc, Calis beach, Cala Montjoi, Mas de Montjoi de Baix, Mas de Montjoi de Dalt, shoals, Cap Norfeu

ROUTE » The seaside path follows a narrow path at the water's level between Almadrava beach and Cala Montjoi cove, bordering cliffs and sheer rock faces interspersed with pine groves and typical Mediterranean shrubs.

It's an ideal route for refreshing yourself in any of the coves and beaches along the way, taking a dip in the sea in the summertime.

The seaside path begins at the last house on Carrer Gauguin in Almadrava, which is also where the Cap de Creus Natural Park begins.

About 1 km into the route you will reach Punta Falconera ("Falcon's Point"), so named because of the presence of falcons some years ago. This point was occupied by the military until the 1990s because of its interest as a strategic enclave, as it offers a view that dominates the Bay of Roses. As a result of the military use of the area, there is a network of underground galleries and walkways that are connected to the surface through bunkers with artillery batteries and slits through which the mouths of the artillery pieces once projected.

Past Punta Falconera, the path rises and drops with the sharp coastline, crossing through pine groves and cliffs along the sea, along with a number of well-defined coves. The first of these is Cala Lladó. The quarry, still visible, was used to extract marble, which was then transported by sea to Roses. The ramp and the landing stage where the marble was taken down to the boats at sea level can still be seen today.

After Cap Trencat (literally, "Broken Cape"), which owes its name to the rocks that have broken off over time and fallen into the water, you reach Cala Murtra (a cove where nudism is allowed), named after the Mediterranean myrtle ("murtra" in Catalan), the area's predominant vegetation. Beyond Cala Murtra lies Cala Rostella, the two coves separated by the Cap Blanc cape.

There are numerous shoals along this section of the coast, dangerous rock formations lurking just below the surface of the water that for centuries had caused shipwrecks. The area is now popular among scuba divers.

Finally, the seaside path reaches the beach at Cala Montjoi. Here, looking towards the end of the valley of the same name, you can distinguish two buildings: Mas de Montjoi de Baix and Mas de Montjoi de Dalt, two farmhouses that gave life to this area in the past.

For those who wish to enjoy the landscape even further, the seaside path continues to wind along the coast. The return route is along the same seaside path to Almadrava beach.