

Signposted itineraries

These are circular routes that return to the starting point, except routes marked with an asterisk (*). The routes are designed to reveal the richness of the natural and cultural heritage of different places within the park and are usually adapted for families.

1

1 h 15 min

3.9 km

GR-2 La Jonquera-Aiguafreda.

From Sant Julià de Vilatorota to Sant Llorenç del Munt*

Starting point: Les Set Fonts de Sant Julià de Vilatorota Park.

2

2 h 30 min

8 km

GR-2 La Jonquera-Aiguafreda.

From Vilanova de Sau to Sant Llorenç del Munt*

Starting point: Office of the Natural Area of Les Guilleries-Savassona.

3

50 min

3.1 km

GR-151 El Bisbe i Abat Oliba trails.

From Sant Julià de Vilatorota to Folgueroles*

Starting point: Les Set Fonts de Sant Julià de Vilatorota Park or Folgueroles Information Centre.

4

3 h 10 min

12.1 km

GR-151 El Bisbe i Abat Oliba trails.

From Folgueroles to Casserres*

Starting point: Folgueroles Information Centre.

5

2 h 50 min

11 km

GR-151 El Bisbe i Abat Oliba trails.

From Casserres to Vilanova de Sau*

Starting point: Els Vernets de Ca la Martra Recreational Area.

6

2 h 30 min

9.6 km

GR-151 El Bisbe i Abat Oliba trails.

From Vilanova de Sau to Tàvertet*

Starting point: Els Vernets de Ca la Martra Recreational Area.

7

4 h 30 min

16.7 km

PR-217 Verdaguer trails

Starting point: Folgueroles Information Centre or Tàvèrnoles Information Centre.

8

1 h 30 min

3.5 km

SL-C 94 Ruta de les carboneres

Starting point: Sau Reservoir Recreational Area.

9

1 h 10 min

4.1 km

SL-C 121 Malafogassa bridge*

Starting point: Els Vernets de Ca la Martra Recreational Area or El Pont campsite.

10

3 h min

7.8 km

SL-C 122 Puig del Far

Starting point: Els Vernets de Ca la Martra Recreational Area.

11

2 h 30 min

7.4 km

SL-C 123 El Casol de Puigcastellet

Starting point: Folgueroles Information Centre.

12

1 h 30 min

5.5 km

SL-C 124 Puigsec

Starting point: Les Set Fonts Park.

13

1 h 40 min

6 km

SL-C 125 Sant Feliu de Savassona

Starting point: Tàvèrnoles Information Centre.

14

30 min

1.5 km

Can Mateu

Starting point: Sau Nature School, Can Mateu Bookings must be made in advance for the Sau Nature School.

15

30 min

1.1 km

Bellpuig castle

Starting point: Les Set Fonts Park.

16

45 min

2.2 km

Lledoner torrent

Starting point: Folgueroles Information Centre.

17

1 h 20 min

4.4 km

La Riera spring

Starting point: Les Set Fonts Park.

18

1 h 20 min

5.3 km

The farmhouse route

Starting point: Els Vernets de Ca la Martra Recreational Area.

19

30 min

1.2 km

La Domus del Pi*

Starting point: Sau Reservoir Recreational Area.

20

30 min

0.9 km

La Polleda torrent

Starting point: Office of the Natural Area of Les Guilleries-Savassona.

21

53 min

2.4 km

Insect discovery itinerary

Starting point: Tàvèrnoles Information Centre.

Other trails that go through the park are the GR-2, the GR-151, the GR-178, the GR-210 and the PR-C 40, together with the variants PR-C 40.1 and PR-C 40.2.

The distances of the itineraries have been calculated with the GooTracking platform and may vary significantly if other measuring systems are used.

GR: a long-distance trail of over 50 km, waymarked with white and red markings
PR: a short-distance trail of between 10 and 50 km, waymarked with white and yellow markings
SL: a local trail of less than 10 km, waymarked with white and green markings

0

Itinerary

Low difficulty

Moderate difficulty

High difficulty

Approximate duration

Total distance

Leaflet available

Signposted itineraries

@xarxaparc

The map displays the Espai Natural de les Guilleries-Savassona, a natural area in Catalonia, Spain. It shows a network of trails (GR, PR, SL) and various geographical features like rivers (Riera de Vilatorota, Riera de Vilatorota, Riera de Vilatorota), lakes (Llac de Vilatorota), and towns (Sant Julià de Vilatorota, Vilanova de Sau, Tàvertet, Espinelves, Taradell, Manlleu, Roda de Ter, Sant Sadurn d'Osona). The map also includes a legend for standard symbols (dual carriageway, road, trail, etc.) and facilities and services (information, restaurant, etc.). A scale bar indicates distances up to 1400 meters.

Espai Natural de les Guilleries-Savassona

English

All the colours of nature. The area's character is formed by a landscape dominated by Central European and Mediterranean forests, which stands out due to the presence of bare rock cliffs. Traces of human existence are seen in the important historical-architectural heritage, in the many traditional activities that are still performed today, and in the dominance of the reservoir that flooded the village of Sant Romà de Sau changing the area's landscape.

KEY INFORMATION
Year in which the park committee was established: 1998
Year in which the Special Plan was approved: 2004
Supervisory body: Office of the Natural Area of Les Guilleries-Savassona.
Institutions that form the park committee: Barcelona Provincial Council and the town councils of Folgueroles, Sant Julià de Vilatorota, Tàvèrnoles, Vilanova de Sau and Sant Sadurn d'Osona.
Surface area of the park: 8,376 ha

Xarxa de Parcs Naturals

Diputació de Barcelona

Gerència de Serveis d'Espais Naturals

Àrea d'Espais Naturals i Infraestructura Verda

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Useful advice for visiting the park

Good practices

The protected natural spaces are places where one can practise outdoor activities and learn about our natural and cultural heritage. Use the network of marked paths and trails.

Use of bicycles

- Respect the priority of pedestrians and avoid causing inconvenience to them.
- Adjust your speed in accordance with the type of path. On trails, the maximum speed permitted is 20 km/h.
- Cycle only on roads, forest trails or paths that are more than three metres wide.
- For justified reasons, in certain areas of the park cycling may be restricted temporarily or permanently.
- Follow advice on the use of motor vehicles.

Motor vehicles

- The use of motor vehicles is limited to public trails; travelling cross-country, across firebreaks or over streams and riverbeds is not permitted.
- Remember that the maximum speed permitted on paths is 30 km/h.
- Moderate your speed in order to avoid collisions with people or wildlife.
- The noise caused by some vehicles is harmful to certain sensitive species, such as birds of prey, which may abandon their nesting areas.
- Erosion caused by skidding causes potholes and ditches to appear on the path network. Drive with moderation and restraint, particularly on slopes and when the ground is wet.
- Do not park in front of chains that cut off access to paths or on road verges.

Regulations of public use of the recreation area of Sau reservoir

At certain times, the Guàrdies-Savassona Natural Area regulates motor vehicle access to the Sau Reservoir Recreation Area with an online booking system.

- Bookings are mandatory if you want to access the Sau Reservoir Recreation Area and surroundings by motor vehicle on the days and times indicated with restricted access.
- Bookings can be made at any time as long as parking space is available.
- It is essential to make one online booking per vehicle.
- If the booking cannot be used, it will not be possible to make a refund.
- The booking is only valid for one day during visiting hours between 9 am and 7 pm. The vehicle may not be parked within the regulated area outside these hours. Camping and/or overnight stays are prohibited.

- Once the booking is made, the vehicle will be able to enter it only once through the access control point to the Sau Reservoir and Surroundings Recreation Area.

You can manage the reservation through the platform set up for this purpose: <https://parcs.diba.cat/web/guàrdies/regulacions-accessos-vall-de-sau>.

Visit the park safely

- Plan your route and always bring a map to guide you.
- Try to always walk on trails or paths that are clearly marked or signposted.
- Bring water and food supplies and wear appropriate footwear, comfortable clothing and a coat, as well as a cap, sunglasses and sunscreen.
- If you are in a group, do not lose sight of your companions. Do not ever abandon or leave anybody behind.
- Strong wind can cause branches and other elements to fall. The risk of accidents may be increased on peaks and crests. Avoid open spaces during high wind conditions.
- When it is foggy it is easy to become disoriented; do not leave the main path.
- In the event of downpours or thunderstorms, stay away from peaks, isolated trees and cave entrances. A dense and leafy forest may provide suitable refuge.

What to do with litter

- It is the responsibility of visitors to take the waste that they have created away with them and to recycle it.

How to help prevent fires












- It is prohibited to light fires or barbecues outside authorised areas.
- Exercise caution with anything that could cause fires, such as cigarettes, driving/motorcycling or dropping litter.
- Raise the alarm if you detect any suspicious smoke. Call 112.

Pets

- Pet owners are responsible for their behaviour not disturbing the activity or inhabitants of the park or other visitors.
- Keep your dog on a lead. You must take special care with regard to the behaviour of your dog or other pets, particularly when you are close to people, farmhouses or flocks.
- Clean up animal excrement, particularly in areas with a high number of visitors.
- Never abandon pets; such negligence is classified as an offence. Animals can become aggressive, as well as being harmful to natural ecosystems.

- In addition to being kept on a lead, dangerous dogs must also wear a muzzle. By dangerous dog we mean that which is classified as such in law, but also any dog that behaves aggressively.

Other recommendations

-  If there is a risk of snow or if it has snowed, check road and trail conditions on the park's website. Drive cautiously, respect the signals and signs of guards and wardens.
-  Free camping in any form is not permitted, including motor homes.
-  Human presence and activity have left behind a host of architecture and art over the years. This rich cultural heritage must be respected.
-  Respect the nature and the peacefulness of the environment. Avoid making unnecessary noise.
-  Respect agricultural and stockbreeding activities, since they provide the livelihood of many of the park's inhabitants.
-  Logging is a traditional activity in most of the parks. Tree felling is regulated by the Forestry Act of Catalonia and park regulations.
-  To protect native wildlife populations, it is prohibited to release pets or non-native animals that could displace them from their habitat.
-  Hunting is regulated by law and is only allowed in existing hunting grounds. If you encounter a wild boar drive, you must respect the signs and not stray from the paths.
-  Horse riding must be restricted to public paths; cross-country riding and riding on firebreaks or streams and riverbeds is not permitted.
-  If picking mushrooms, do not damage the forest by using tools or digging into the earth.
-  Flying drones for recreational purposes is not permitted in the natural spaces that make up the Barcelona Provincial Council's Natural Parks Network, so that they do not affect the nesting or flight of birds. Check the regulations on the Spanish Aviation Safety Agency (AESA) (www.seguridadaerea.gob.es).

The use of drones will only be allowed in professional activities whose direct or indirect objective are the improvement of prevention and conservation measures, or those of an informative nature that contribute to achieving the aims of the special protection plans in force.

Characteristics

Prehistoric sites

The Savassona plain is an area of special interest due to its architectural and archaeological heritage. It is home to the engraved stones of Savassona, declared a Cultural Heritage Site and an Archaeological Site by the Government of Catalonia, as well as the Pedra del Dau and Pedra del Sacrifici sites.

The Iberian settlement of Casol de Puigcastellet (3rd century B.C.)

This Iberian settlement dating from the 3rd century B.C. and built by the Ausetani tribe had a highly defensive function and was responsible for monitoring the Ter river corridor towards the region of Girona.

Medieval architecture

Of particular note is La Domus del Pi (10th century), Malafogassa bridge (15th century), El Molí de Bojons bridge, Sant Llorenç del Munt castle (12th century) and the hermitages of Sant Feliu de Savassona (10th-16th centuries), Sant Andreu de Bancells (12th century), Santa Maria de Vallclara (12th century), Sant Romà de Sau (11th century) and Sant Sadurní d'Osormort (12th century).

Springs

The abundance of water in the Natural Area of Les Guàrdies-Savassona is exemplified by the high number of springs that still remain, many of which act as places for leisure and excursions. Of particular note are Trobada spring, Cal Guarda spring, Els Peons spring, Foquers spring, El Cargol spring, El Rector spring, El Raig spring, Les Fontiques spring, Sec spring, Terrades spring, El Bisbe spring, Rifà spring, Puigsec spring, Puig-l'Agulla spring and La Riera spring, among others.

Ecosystems

In the Natural Area of Les Guàrdies-Savassona visitors can enjoy a range of different environments including mountainous and coastal oak groves, downy oak forests with box trees, Scots pine groves, beech forests, riparian vegetation and wet environments – with species such as alders, willows, poplars, hazelnut trees and Montpellier maples – fir and chestnut tree plantations, vegetation typical of rocky environments, crop fields, open scrublands and the area surrounding the Sau reservoir.

Geological features

From a geological perspective, of particular note are the cliffs of Vilanova de Sau and Taveret, Romegats hill and the adret of Les Valls.

Borrowing adapted equipment

At the Sau Nature School, Can Mateu, there is a hire service for adapted equipment including handbikes and third wheels for adapting the user's wheelchair, as well as different educational materials and braille texts for public use. Bookings must be made in advance. Telephone customer service: weekdays, from 9 a.m. to 2 p.m. and from 4 p.m. to 6 p.m. Tel. (+34) 934 747 474. A hire form must be filled out.

Information points and centres

PARK OFFICE

Office of the Natural Area of Les Guàrdies-Savassona
Carrer Guàrdies, 5
08519 Vilanova de Sau
Tel. (+34) 938 847 888
Opening hours: Monday to Friday, from 9 a.m. to 2 p.m.

INFORMATION POINTS

Folgueroles Information Centre
Pl. Verdagué, 2
08519 Folgueroles
Tel. (+34) 938 122 329 / (+34) 938 122 054
Opening hours: Monday to Friday, from 10 a.m. to 2 p.m.
Permanent exhibition: *Descobrir l'Espai Natural de les Guàrdies-Savassona*

Sant Julià de Vilatorrada Information Centre

Àrea d'espai de les Set Fonts
08504 Sant Julià de Vilatorrada
Tel. (+34) 677 458 583
Opening hours: Saturdays and Sundays, from 10 a.m. to 2 p.m.
During the week, support at the Town Hall and the Anton Carrera Library
Permanent exhibition: *Els usos de l'aigua*

Tàrragona Information Centre

Carrer Montseny, 2
08519 Tàrragona
Tel. (+34) 938 122 036
Opening hours: Saturdays and Sundays, from 10 a.m. to 2 p.m.
During the week, support at the Town Hall from 10 am to 2 pm.
Permanent exhibition: *Guàrdies-Savassona: a gran escala*

Vilanova de Sau Information Centre

Camí del Club Nàutic, s/n
08519 Vilanova de Sau
Tel. (+34) 620 131 211
Opening hours: from March to June and from September to October, Saturdays and Sundays, from 10 a.m. to 2 p.m.
July and August, Tuesdays to Sundays, from 10 am to 2 pm
Permanent exhibition: *Guàrdies-Savassona: a gran escala*

Vilanova de Sau Information Point

Passeig Jacint Verdagué, s/n
08519 Vilanova de Sau
Tel. (+34) 620 131 211
Opening hours: Easter, from Maundy Thursday to Easter Monday, from 10 am to 2 pm; July, Saturdays and Sundays; August, from Thursday to Sunday; and until 15 September, Saturdays and Sundays, from 10 am to 2 pm.

Sau Nature School, Can Mateu

Camí del Parador, s/n
08519 Vilanova de Sau
Tel. (+34) 934 744 678 / (+34) 934 747 474

Verdaguer House-Museum

Carrer Major, 7.
08519 Folgueroles
Tel. (+34) 938 122 157
Opening hours: Tuesday to Sunday and public holidays falling on Mondays, from 10 a.m. to 1.30 p.m.; Tuesdays, from 5 p.m. to 7 p.m.; Saturdays, from 1 April to 1 November, from 5 p.m. to 7 p.m.
Permanent exhibition: *Paisatges traçats per Verdagué*

RECREATIONAL AREAS

La Font Trobada Recreational Area

Ctra. N-141-D, km 6. Folgueroles

Els Vernets de Ca la Martra Recreational Area

Parking for motorhomes
Ctra. N-141-D, km 15,5. Vilanova de Sau

Sau Reservoir Recreational Area (municipal facilities)

Camí del Club Nàutic Vic-Sau

Les Set Fonts Park Recreational Area (municipal facilities)

Les Set Fonts Park. Sant Julià de Vilatorrada

La Damunt Recreational Area (municipal facilities)

Trail from Folgueroles to Tàrragona. Folgueroles

La Font Seca Recreational Area (municipal facilities)

Trail from Can Tordera to Malafogassa bridge.
Vilanova de Sau

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