

The Network of Natural Parks

The Network ensures a territorial and environmental balance for the hundred municipalities in the geographical area.

The Barcelona Provincial Council's Network of Natural Parks contains a dozen protected natural areas of great scenic, ecological and cultural value.

It covers 102,587 hectares and 100 municipalities. The municipalities represent 22% of the Barcelona region and 70% of Catalonia's population.

The Network plans and manages natural and agricultural areas through special schemes devised with the participation of everyone involved.

It protects every park's natural, agricultural, forest, cultural and scenic values.

It seeks to strike a balance between the parks' preservation and the economic development of the local population.

It promotes environmental education and public use of natural and cultural heritage.

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The first natural park of Catalonia and Spain

Escarpments and original monoliths reign over a unique landscape.

In 1972, Sant Llorenç del Munt i l'Obac was declared the first natural part in the whole of Spain.

The Sant Llorenç del Munt i l'Obac Natural Park can be found along the Catalan Pre-Coastal mountain range, in the regions of Bages, Moianès and Vallès Occidental, between the River Llobregat to the west and the River Ripoll to the east.

Formed by the main ridges that are transversally joined together at the Coll d'Estenalles, it covers a surface area of 13,691 ha. The highest peaks are La Mola (1,103 m), where we find the Romanesque Monastery of Sant Llorenç which gives its name to the massif, and Montcau (1,056 m).

Rugged and rocky, the unique landscape of the Natural Park is due to the constant erosion that the rocks are subjected to, resulting in cliffs and monoliths of red conglomerates of rock of outstanding beauty (which is why it forms part of UNESCO's Global Geoparks of Central Catalonia) which contrast sharply with the green of the pine forests and holm oaks that are common along the slopes and channels of the mountain.

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Network App



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Press and Communications Office. DL 13685-2019

Parc Natural de Sant Llorenç del Munt i l'Obac

English



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Diputació
Barcelona

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Great diversity of environments

In a Mediterranean setting, the mountains of Sant Llorenç del Munt i de l'Obac rise up like a wall that shapes subclimates.

Vegetation and fauna can be found along the mountain shelves or within its streams and channels.

The most characteristic vegetation found in the Natural Park is holm oak, which is accompanied at heights above 800 metres by species typical of damp areas (whitebeam, boxwood, oak), and at lower altitudes by a mixture of pine trees and Mediterranean bushes such as heather and strawberry trees. The base of the massif is home to white pine forests which are replaced in the most shady areas by red pine and black pine.

In terms of fauna, the great diversity of ecological settings means that many species characteristic of Mediterranean and central European regions can be found in the Park, which is home to over two-hundred different species of vertebrates. Some of the most representative species include salamanders, green snakes, Eurasian jays, robins, wild boar, roe deer, the common genet and different birds of prey.

The bat populations found in some of the caves are particularly interesting, and some invertebrates can also be found that are very rarely observed in other parts of Catalonia today.

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Land of castles, towers and country houses

Human settlements on the massif can be traced back to prehistoric times.

The remains and ruins accumulated over the centuries bear witness to the human settlements from different historical periods.

Contemporary archaeology has confirmed the presence of caves and caverns from neolithic settlements. However, the period that left the most indelible mark was the middle ages. During this period, most of the populated areas that make up today's towns and cities started to be developed around the massif. The most noteworthy architectural remains are the Romanesque churches, particularly the Benedictine Monastery of Sant Llorenç del Munt, built at the very top of La Mola.

The massif is also home to other buildings – many of them in ruins or damaged – such as the L'Obac Vell and La Mata country houses, the Santa Agnès hermitage (an adapted cavern), the tower of L'Obac, the remains of the Serra Llarga medieval house, the rock castles of Pera, Mura, Rocafort, Granera and Talamanca, as well as the castles of Cartoixà de Vallparadis and Castellar on the plain.



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The environment and life

The park is currently undergoing a period of recovery of economic activity.

Country houses, stone wine presses among the vineyards, water wheels... remind us of the area's agricultural past.

Over the years, the traditional human activities most typical of the massif – charcoal making, wine making or farming – have virtually disappeared, with the lack of pastureland reducing livestock to the presence of the occasional herd of sheep found in the recesses of the massif.

At this moment in time, new ecology-driven agricultural initiatives are helping to maintain the landscape and biodiversity of the area, as well as promoting tourism and environmental education in the Natural Park.

In addition, the tertiary activity linked to the service sector has grown over recent years, increasing the offer of educational and recreational facilities in the park, as well as catering and restoration. Twenty companies have been awarded the "European Charter for Sustainable Tourism" (ECST), a European certificate that guarantees tourist facilities compatible with conservation.

Get the most out of your visit

It's easy to do, whether it's an impromptu stroll or an activity-packed stay.

The Natural Park offers a large network of facilities and programmes for you to get to know the place better and enjoy everything on offer.

The Sant Llorenç del Munt i l'Obac Natural Park has different strategically located information points and centres, as well as a documentation centre, in addition to its signposted paths, guided walks, inclusive dramatized routes, educational and cultural facilities, leisure and parking areas, permanent and temporary exhibitions, publications and audiovisual material.

Workshops and environmental education activities are also organised, as well as recreational and cultural programmes such as "Viu el parc (Live the park)" and "Poesia als parcs. Lletres i paisatges (Poetry in the park. Words and countrysides)" and the educational programme "Coneguem els nostres parcs (Discover our parks)"; a whole range of options to discover and enjoy nature, always respectfully.

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1 La Mola

At 1,103 m, this represents the peak of the Sant Llorenç del Munt massif.

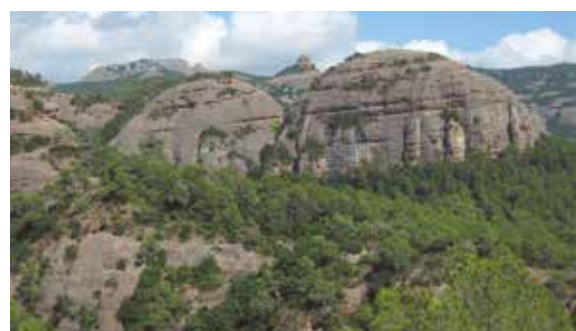


NOTES:
We also find a geographical orientation table here, identifying elements that can be spotted within the landscape, and a triangulation station.

La Mola is home to numerous places of interest: caves, caverns, needle points, fountains, and, at its peak, in all its emblematic and non-mistakable glory, we find the Romanesque Monastery of Sant Llorenç del Munt. Within this construction, consecrated in the 11th century and declared a Cultural Landmark of National Interest, we can find an information point and bar.

2 Rellinars: the GR 5 and the Camí Ral

Contrast between rocks and woodlands with extraordinary views.



NOTES:
The Camí Ral is associated with many elements from the area's heritage, history and legends: three inns, stoned pathways and the escapades of the bandits.

The GR5 and the Camí Ral from Barcelona to Manresa are two good reasons for getting to know this landscape, which offers us an extraordinary mosaic of rocks, monoliths and caverns that contrast with mountain holm oak forests, coastal holm oaks with laurestine shrubs, downy oak, and pine forests of black, red and Aleppo pine.

3 Marquet de les Roques

An impressive historicist stately home, meeting point for intellectuals and artists during the 20th century.



NOTES:
Currently undergoing restoration, the detailed brick work in the mouldings and crests of the building stands out in particular.

This incredible place, located at the bottom of La Vall d'Horta, was summer home to the family of poet Joan Oliver (Pere Quart). Made up of different juxtaposed sections, from the old country house we can still find the old semi-detached farmhouse, the courtyards and the chapel.

4 Mura

A charming and picturesque place.



NOTES:
Mura grew alongside the parochial church of Sant Martí, documented from 1004. It is also possible to visit Puig de la Balma and Moi del Mig.

The small rural village of Mura is known for its houses and streets made of stone, and its caves, springs and upwellings. Different signposted paths can be taken from the Information Centre: SL-C 69 Mura Cave, SL-C 67 Caverns, Country Houses and Mills, SL-C 66 The Thousand Springs of the River Nespres, and the Three Mountains.

5 The Ricardo and L'Escudelleta Wine Vats

Samples of the rich architectural heritage found in the Vall del Flequer.



NOTES:
Between Talamanca, Mura and the Vilomara i Rocafort Bridge, we find three sets of wine vats among the vineyards. Path SL-C 52 passes by some of these.

Wine vats located in the vineyards were used to produce wine on the spot. The Ricardo and L'Escudelleta sets, at the Vilomara i Rocafort Bridge, are included in the List of Architectural Heritage Sites of Catalonia. Recovered and restored, guided visits and walks are organised along the path.

7 Sant Pere de Vallhonesta

11th century Romanesque Hermitage, noteworthy for the double seat of its bell tower.



NOTES:
Restored on different occasions throughout the 20th century, the Aplec del Panelllet festival has taken place here every year since 1954, celebrating the local speciality bread known as Panelllet.

This church is one of the points on signposted route SL-C 53 from Sant Vicenç de Castellet to Sant Pere de Vallhonesta, allowing the rich architectural, cultural, geological, natural and landscape heritage of the Vallhonesta area to be enjoyed, along with exceptional views of the Pyrenees.

9 Casa Nova de l'Obac

Home to the Casa Nova de l'Obac Cultural Centre since 1996.



NOTES:
The starting point of the route has been adapted for people with reduced mobility up to the L'Obac Vell, where there is an information point and two exhibitions.

An old Italian style wine distillery built in 1811 fell into decay due to the phylloxera plague of the same century. Acquired by the Barcelona Provincial Council and rehabilitated, L'Obac's Casa Nova Cultural Centre was inaugurated there in 1996, and is home to recreational and environmental education programmes.

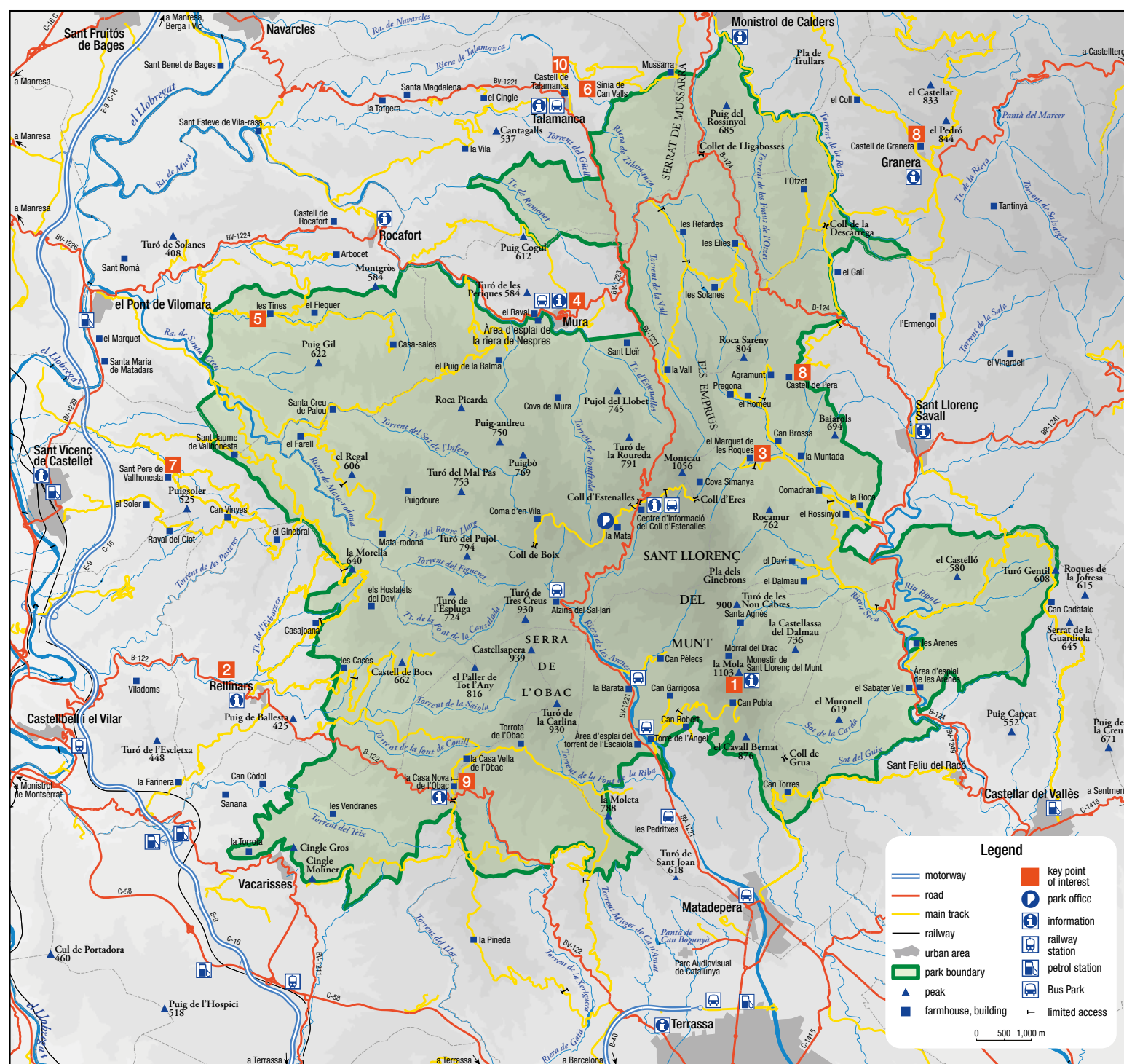
10 Castle of Talamanca

Dating back to the 10th century, this is another of the Natural Park's Cultural Assets of National Interest.



NOTES:
We can complement a visit to the castle with signposted SL-C 58 Talamanca River path, offering a very pleasant walk through the surrounding area.

The castle of Talamanca belonged to the network of medieval castles built to defend the colonists who settled in the lands conquered by the Saracens. Demolished by Borbonic troops in 1717, it was later turned into a stately home by the Castellbells.



How to get there

BY CAR

E-9 C-16 (Barcelona-Terrassa-Manresa). Exits 41 and 49
B-122 (Terrassa-Rellinars)
BV-1221 (Navarces-Talamanca-Terrassa)
B-124 (Terrassa - Castellar del Vallès - Sant Llorenç Savall)

BY BUS

Public transport from Olesa.
Tel. +34 937 780 088
M11 Line (Terrassa - Coll d'Estenalles - Mura). Operates Saturdays, Sundays and Holidays (except Christmas Day and New Year's Day)
M8A Line (Terrassa - Matadepera)
M8D Line (Terrassa FGC/Renfe - Matadepera)
M12 Line (Terrassa - Rellinars - Castellbell i el Vilar). The Terrassa - Les Pedrines service has been cancelled
Costa Transbages. Tel. +34 938 738 454
786 Line (Manresa-Navarces-Talamanca-Mura)
Sarbus. Tel. +34 935 806 700
C3 Line (Sabadell - Castellar del Vallès - Sant Llorenç Savall)
C4 Line (Castellar del Vallès - El Balcó - Sant Feliu del Racó)

BY TRAIN

Renfe. Tel. +34 902 240 202
R4 Line (Barcelona - Terrassa / Manresa). Stops with connections to the Sabadell Centre Park (link to Sarbus services: C3), Sabadell Nord (link to Sarbus services: C3), Terrassa (link to TGO services: M11, M8A and M8D), Castellbell i el Vilar, Sant Vicenç de Castellet, Manresa (link to interurban buses).
FGC (Ferrocarrils de la Generalitat de Catalunya). Tel. +34 932 051 515
S1 Line (Barcelona - Terrassa). Stops at Terrassa Rambla (links to TGO services: M11, M8A and M12), Terrassa Estació del Nord (link to Renfe and link to TGO services: M11, M8A and M8D) and Terrassa Nacions Unides (link to TGO services: M8D).
S2 Line (Barcelona - Sabadell)
R5, R50 Line (Barcelona - Manresa). Stops at Castellbell i el Vilar, Sant Vicenç de Castellet and Manresa Alta (link to Costa Transbages services: line 786)

www.mobilitat.gencat.cat

Facilities

PARK OFFICE

La Mata. Road from Terrassa to Navarces, km 14.8. Apartat de correus, 71 08230 Matadepera
Email: p.santllorencc@diba.cat
Tel. +34 938 318 350

INFORMATION CENTRES AND POINTS

Mura Information Centre
Tel. +34 938 318 375
Rocafort Information Centre
Tel. +34 938 317 149
Coll d'Estenalles Information Centre.
Tel. +34 938 317 300
Granera Information Point
Tel. +34 938 668 339
Casa Nova de l'Obac Information Point.
Tel. +34 937 435 468 and +34 937 855 461
Monistrol de Calders Information Point.
Tel. +34 676 994 356
Rellinars Information Point
Tel. +34 938 345 321
Sant Llorenç Savall Information Point.
Tel. +34 937 140 018
Sant Vicenç de Castellet Information Point.
Tel. +34 936 930 611
Talamanca Information Point
Tel. +34 937 434 373
Monestir de Sant Llorenç del Munt Information Point. Tel. +34 937 435 454 and +34 629 503 040

ADDITIONAL FACILITIES
Sant Llorenç del Munt i l'Obac Natural Park Documentation Centre
Terrassa City Council (Environmental Services and Sustainability)
Pantà 20, 2a planta
Tel. +34 937 397 000, ext. 4131
Les Arenes Recreational Area
B-124 road from Castellar del Vallès to Monistrol de Calders, km 12.3 (Castellar del Vallès)
River Nespres Recreational Area
Local pathway from Mura to Rocafort, km 1 (Mura)
El Torrent de l'Escaiola Recreational Area
Road from Terrassa to Navarces, km 7.5 (Matadepera)
La Muntada Nature and Training School
Vall d'Horta (Sant Llorenç Savall)
Tel. +34 937 141 053 and +34 636 717 821
Casa Nova de l'Obac
Road from Terrassa to Rellinars, km 10 (Terrassa)
Tel. 937 435 468 (Saturdays and holidays) and 937 855 461 (organised visits)
Monastery of Sant Llorenç del Munt La Mola (Matadepera)
Tel. +34 937 435 454 and +34 629 503 040

For information on the opening hours and services of the Natural Park's facilities, see: <http://parcs.diba.cat/web/santllorencc>.