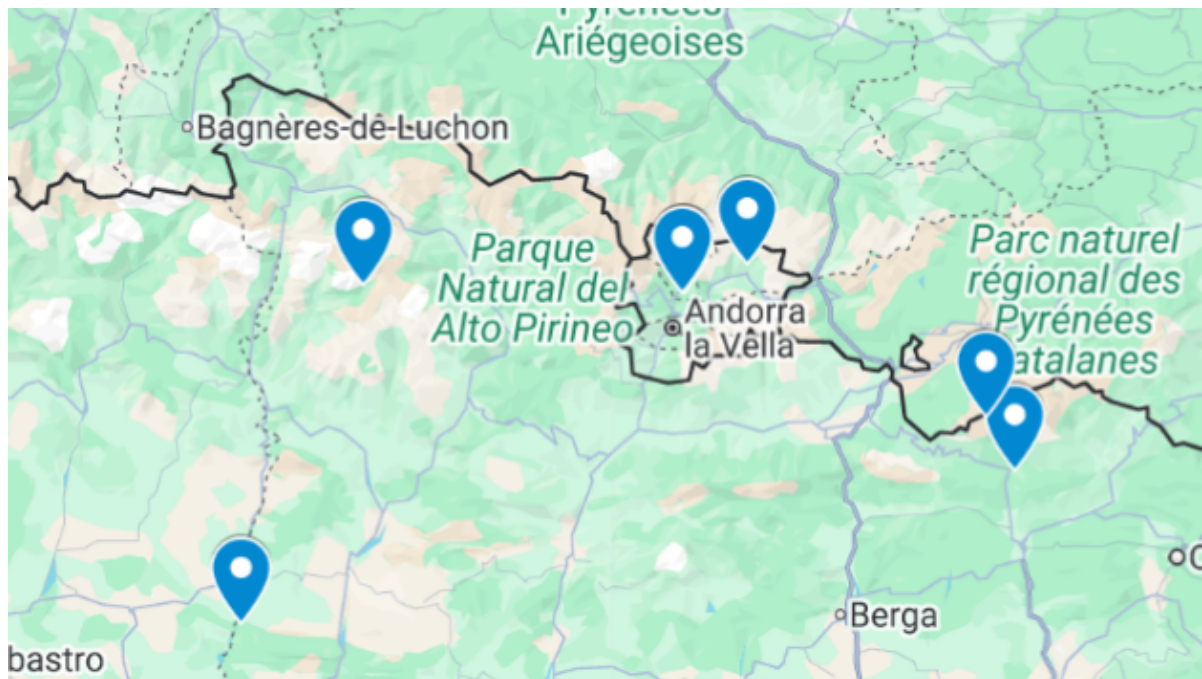




8 DAYS PRE-PYRENEES COSTA BRAVA AND ANDORRA



Montrebei Gorge

DAY 1 AND 2 CONGOST OF MONT REBEI Location

In this spectacular setting lies one of Spain's most impressive gorges, a place any hiking enthusiast should visit at least once. Located between the provinces of Lleida and Huesca, this breathtaking canyon, carved by the Noguera Ribagorzana River, marks the natural border between Catalonia and Aragon. The adventure begins with the via ferratas in the area.ROUTE HERE On the first day after arrival, when I did the route, I was able to park in the Pertusa parking lot.Location After this warm-up, I headed towards the challenge of the day: the Urquiza via ferrata. Merry Christmas!

[ROUTE HERE](#) A strenuous but incredible day of adventure. It should be noted that these last two via ferratas are quite difficult and not suitable for everyone.



Via Ferrata Collapse Merry Christmas



Views from the Urquiza Olmo Via Ferrata



Via Ferrata Teletubbies

The second day begins with a walk along the Montfalcó walkways, offering spectacular views of the entire gorge.[ROUTE HERE](#)



Walkways of Montfalcó

A challenging route due to the accumulated elevation gain and the narrowness and difficulty of certain sections. After a lovely morning, I decided to cap it off with a long paddleboard trip on the reservoir. [ROUTE HERE](#).



Mont Rebei Gorge

DAY 3 AIGÜESTORTES [Location](#)



Aigüestortes Natural Park

I explore some of the most iconic landscapes surrounding the park, combining forest tracks, mountain paths, and spectacular viewpoints overlooking the Pyrenean valleys. Although access to the interior of the National Park is regulated to protect its ecosystem, the route utilizes the authorized tracks that encircle this protected area, allowing you to enjoy stunning views while respecting the natural environment. [ROUTE HERE](#)

The route is physically demanding, with long ascents and fast descents on mountain tracks. The reward comes in the form of continuous panoramic views of the granite peaks, the extensive high-mountain forests, and the numerous glacial lakes that characterize this unique corner of the Catalan Pyrenees. It's worth noting that my phone battery died, so the entire route wasn't recorded, and the initial section was left unrecorded. Keep in mind that the elevation gain is over 1900 meters. I spent the night in the Spot parking area [.LOCATION](#)

DAY 4 FRESER RIBS [Location](#)

The Serra Cavallera mountain range in the Girona Pyrenees offers a spectacular circular mountain bike route that combines long forest tracks, mountain passes, and magnificent panoramic views over the Ripollès region. The route ascends to the Coll de Medianell pass and the Refugi de Tegurà mountain refuge, from where it continues along the high mountain tracks of the Serra Cavallera, passing through the Coll de la Gralla pass and the Mirador de la Creu de Fusta viewpoint, one of the best natural viewpoints in the area. The second part of the route descends through forests and small villages with significant Romanesque heritage, crossing places such as the Collada Verda pass, the Font de l'Arç spring, and the historic Pont Margó bridge, before returning to the starting point where the overnight stay was spent.

This is a physically demanding route, ideal for experienced cyclists looking to enjoy a day of mountain biking surrounded by some of the most spectacular landscapes of the Catalan Pyrenees. [ROUTE HERE](#)



Panoramic view of the Serra Cavallera

DAY 5 PUIGMAL [Location](#)

I start the day from Ribes since overnight stays are prohibited in Fontalba. From Freser towards Fontalba, keep in mind that the last stretch from Queralbs is in very bad condition, so you need to be very careful. The ascent to Puigmal (2,910 m) from Fontalba is one of the most popular hiking routes in the eastern Pyrenees. This circular route allows you to reach the highest peak in Girona while enjoying sweeping panoramic views over the Núria Valley and the French border. The route climbs gradually, passing the Cim de la Dou and the Cim del Borrut, until reaching the summit of Puigmal, from where you can enjoy spectacular views of the entire Pyrenees. The descent takes you past Fontalta, the spectacular Salt de l'Embut waterfall, and the Cova del Catau de l'Ós cave, continuing past the Hermitage of Sant Gil and several viewpoints before returning to Fontalba.. [ROUTE HERE](#)



Fontalba Parking

DAY 6 SEGUDET ANDORRA [Location](#)

Daymore playful after the tough previous days! enjoy this activity The Segudet Ravine, located in the parish of Ordino, is one of the most popular canyoning routes in Andorra. Its combination of waterfalls, rappels, and crystal-clear pools makes it an ideal activity for those who want to try canyoning for the first time or enjoy a moderately challenging technical descent. It features four rappels between 6 and 15 meters, starting from the Creu del Noral parking area in Ordino, in the Pyrenees (Andorra). [ROUTE HERE](#) After completing the route, I spend the night at the parking point.



Segudet Ravine

DAY 7 ORDER ANDORRA [Location](#)

It starts right from the parking lot
The next activity is a mountain bike route that
It combines high mountain nature,
Romanesque heritage and viewpoints of the
Andorra. Overall, the route is interesting.
by mixing forest, water and architecture
traditional religious. [ROUTE HERE](#) The route
I categorize the question as having moderate
both physically and technically.



Engolasters Lake

DAY 8 CANILLO ANDORRA [Location](#)

The Racons and Canal del Grau via ferratas, located in the parish of Canillo (Andorra), are two of the most attractive options for via ferrata enthusiasts. Both offer a high-mountain environment with excellent views over the valley, combining vertical sections, exposed passages, and an engaging progression. The Racons Via Ferrata stands out for its accessible and well-equipped route, making it an excellent choice for beginners or those seeking a moderately challenging activity. The progression is smooth and offers several natural viewpoints from which to admire the Pyrenean landscape. Very close by is the Canal del Grau Via Ferrata, longer and with a slightly more demanding route. Its vertical sections

and mountain setting make it an ideal option for experienced climbers looking for a more comprehensive day out. Both via ferratas can be completed on the same day due to their proximity, making them an excellent combination for enjoying an intense day of adventure in one of the best via ferrata destinations in the Pyrenees. [ROUTE HERE](#)



Via ferratas of Canillo

REQUIRED TRAVEL EQUIPMENT

Mountaineering equipment

Perfect for:
Mont-rebei Gorge
Aigüestortes

Puigmal
Sierra Cavallera
Ordino / Engolasters

Mandatory

Backpack 40-50 L
Trekking poles
Waterproof hiking boots
Lightweight trekking shoes
Breathable technical clothing
Fleece lining
Waterproof jacket
Technical trousers
Shorts
Technical socks
Cap
Category 3-4 sunglasses
Crema solar SPF 50
Lightweight gloves
Buff
Frontal
First aid kit
Thermal blanket
Multipurpose knife
GPS or mobile phone with offline maps
Water (2-3 liters)
Energy food

High-altitude equipment (depending on conditions)

Required for:
Puigmal (depending on snowfall)
Aigüestortes highlands in unstable conditions

Equipment

Crampons (only if there is snow/ice)
Ice axe (only if winter conditions)
Mountain helmet (recommended in exposed areas)
gaiters
Waterproof gloves
Thermal jacket
Waterproof trousers

Important: In summer it's usually not necessary, but in the Pyrenees there may be residual snow at higher elevations. Always check the weather forecast.

Via ferrata equipment

Required for:

Mont-rebei (via ferrata area)

Canillo (Nooks + Grau Canal)

Required materials

Approved harness

Via ferrata energy dissipator

Hull

Resting cape

Ferrata gloves

Small backpack (20-30 L)

Water

First aid kit

Advisable

Extra HMS carabiner

Auxiliary anchor line

MTB Team

To:

Sierra Cavallera

Ordino (Engolasters MTB route)

Bicycle

MTB reviewed

Tubeless kit or inner tubes

Pipe

Multiherramienta

Tronchacadenas

Quick link

Detachable

Replacement brake pads

Equipment

Hull
Gloves
Sports glasses
Jersey
Panties
MTB shoes
Hydration bottles or backpacks

Canyoning

To:
Segudet (Ordino, Andorra)

Material

Neoprene (3–5 mm)
Neoprene booties
Hull of ravines or climbing
Canyoning harness or descender (figure eight / reverse)
HMS Carabiners
30M Semi-static Rope
Waterproof bag
Old water shoes or trekking shoes

Material de SUP (Stand Up Paddle)

Stop:
Mont-rebei Reservoir
Lakes and quiet areas of Andorra (if applicable)

Mandatory

SUP board (inflatable or rigid)
Adjustable paddle
Leash (inventory always required)
Life jacket (recommended / mandatory in reservoirs)
Inflation pump (if it's inflatable)
Carrying backpack
Swimsuit

Light towel
SPF 50 water-resistant sunscreen
Sunglasses with a strap

Safety and navigation

Whistle (in case of emergency)
Waterproof bag for mobile phone
Mobile phone with waterproof case
Offline map/location if you are in Embalse Grande
Water bottle (very important due to sun exposure)

Highly recommended (greatly improves the experience)

Water shoes or sandals (rocky bottom)
Lycra shirt or rashguard (prevents sunburn)
Short wetsuit (if the water is cold in the Pyrenees)
Lightweight SUP anchor (if you want to stop in a fixed area)
Puncture repair kit (if inflatable)

Recommended clothing (8 days)

5 technical t-shirts
2 lightweight long-sleeved t-shirts
2 pairs of shorts
2 pairs of long pants
1 fleece lining
1 lightweight thermal jacket or thin down jacket
1 waterproof jacket
6-7 pairs of technical socks
Technical underwear
Cap
Buff
Lightweight gloves

Extra important (key to the trip)

Power bank (10.000–20.000 mAh)
Chargers + cables

Waterproof bags for electronics

Trash bag (very important in the mountains)

Cash (shelters / rural areas)