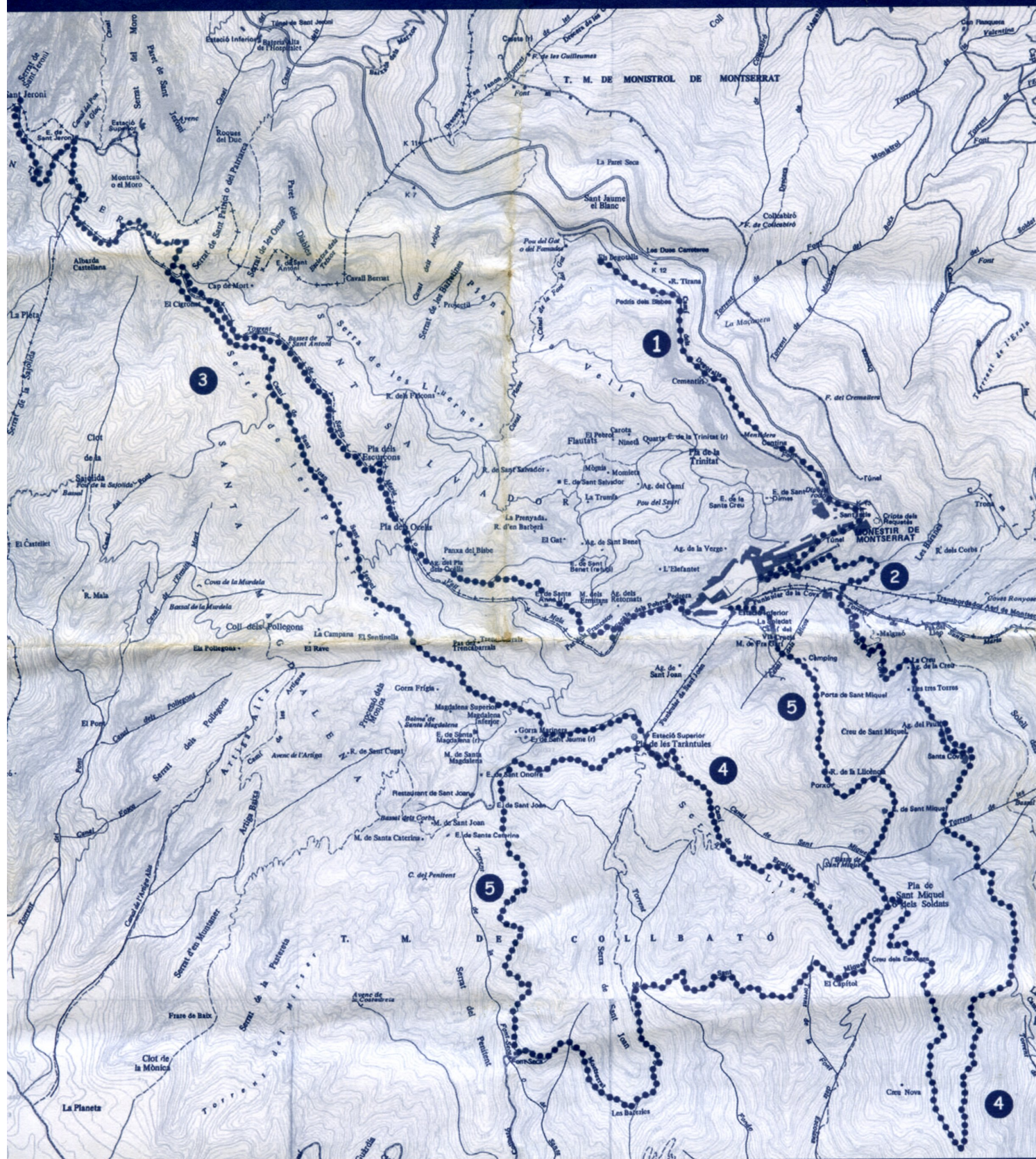


# Itineraries from the Monastery



**Montserrat**

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### Itinerary 1: Monastery - The "Degotalls" - Monastery

Slope: 20 m

Length of trip: 3,20 km

Duration: 50 min

Difficulty: Very easy

The walk of the "Degotalls" runs by the walls descending from the flats of the Trinity, situated about 200 meters over the walk. Below, with the Pyrenees as background, the flat lands boil with vitality. The lush vegetation, the nitid shady light gives the feeling of being in midair thus it is ideal for self meditation.

Follow the highway towards Monistrol. In front of Mirador dels Apòstols building, you have to take the left path that runs parallel to the highway, direction North-West until the corner of the "Degotalls" (about 25 min.), then you return back. The walk is ornamented with monuments of artists and majolica wares that call out Marian vocation. Botanically speaking, there are wonderful examples of trees, particularly evergreen oaks (*Quercus ilex*), yew (*Taxus bacatta*), white maple (*Acer Opals*), etc.

### Itinerary 2: Monastery - Santa Cova - Monastery

Slope: 120 m

Length of trip: 2,70 km

Duration: 1h 10min

Ending ascent avoidable

Here is where, traditionally, The Virgin of Montserrat was housed in the Holy Cave (Santa Cova). The chapel is of the XVIII century. Of interest is the remarkable series of monuments that embraces the Mystery of the Rosary along the path.

Go to the cable car station by the steps on the right of the highway. Take the cemented path between the station and the tunnel of the rack railway. In about 8 min. the path veers to the left, turn back and you arrive to the lower station of the funicular railway of "La Cova" (12 min.). Continue the path of the Rosary, ample and flanked by monuments that reproduce the mysteries of the Rosary. In about 20 min. you arrive at the base of Pauli's needle, under the flat of St. Miquel. Continue straight and shortly you arrive at the Holy Cave or Santa Cova (25 min.). Follow the same path to return the base.

### Itinerary 3: Upper station of the cable car of Sant Joan - Sant Jeroni - Flat of Els Ocells - Monastery

Slope: 320 m

Length of trip: 7,50 km

Duration: 2h 5min

Hard ascent sections

Itinerary of extraordinary interest to the highest point of Montserrat, with spectacular breathtaking views of the mountain and a good part of Catalonia.

From "plaça del Monestir", take the funicular to "Sant Joan". From the upper doorway of the funicular railway, turn to your right to the path facing north-west. Before admire the rocks of Sant Salvador. Within 12 min. you will be under the Gorra Frigia and at the horizon you will see Sant Jeroni and the Cavall Bernat. After you have walked the path between the rocks, there is a lookout to your left, continue by the edge of the ridge in an ambient air, ignoring the side road to the Pollegons and the side road to the Pont to your left.

The path leads to the head of the valley, enter the forest and within 35 min., cross the Torrent of Santa Maria using a wooden walk. Go up the cemented path; to your right you have to identify the crossing path that will serve to return. In about 45 min. you will be in the hermitage of Sant Jeroni, where the path divides. Continue to your left, going up.

In about 55 min. you have arrive at the top of Sant Jeroni (1.236 m). The spectacle is out of this world. Directional signals signs allow you to identify the surrounding geography that extend from Pyrenees to the Ports and Majorca. You return is done by way of the valley. It is necessary to turn back. In about 1h. 10min. and before cemented path you will leave a deviation to your left.

Two minutes later you will take the path to your left that goes down zigzagging. Leave the path on your left and continue to the Pla dels Ocells (1h. 35min.). You will leave behind two crossing to your right and another one to your left. Walk under the Panxa del Bisbe and further on the path meets the GR-7.2. Turn to your right and you begin a long descending of steps that crosses the narrow path of Del Francès leading you to the Monastery, where you arrive in about 2h. 5min. from the start.

### Itinerary 4: Upper station of the funicular railway of Sant Joan - Path of La Serra Llarga - Holy Cave - Monastery

Slope: 150 m

Length of trip: 5,20 km

Duration: 1h 30min

Ending part steepy

Easy walk in solitary spots with great views of the Valley of the River Llobregat. On your return you will be at the end of itinerary 2 (the Holy Cave or Santa Cova).

From "plaça del Monestir", take the funicular to "Sant Joan". From the upper funicular railway station of Sant Joan take the wide path on your left going upwards and to the South East until you are facing a peak, then slowly descend towards the Flat of Sant Miquel (20 min.) where you will find the path of the Les Bateriaes. On your very front and to the other side of the path, take the path that borders the long mountain in direction south. In about 35 min. the path abruptly turns to the north.

In that place there is a nice panoramic view of the flow of the Llobregat River and the mountains of Sant Salvador, Puigventós, Sant Llorenç and the Montseny. In about 45min. you arrive at the small mountain of La Fita, where you will find the path del Forat. Continue straight and you arrive at the Holy Cave (1h.) from where you now return to the Monastery (1h.30 min), see itinerary 2.

### Itinerary 5: Upper station of the funicular railway of Sant Joan - Path of La Font Seca - Path of Les Bateriaes - Monastery

Slope: 200 m

Length of trip: 5,20 km

Duration: 1h 35min

Downwards walk and narrow

Walk by the southern side of Montserrat until the Ral path that communicates the Monastery with Collbató. Of importance is the strategic placement of cannons along its path used during the "Guerra del Francès" (at the beginning of the XIX century). That is what gave its name Les Bateriaes. There are an abundance of Mediterranean aromatic and medicinal plants.

From "plaça del Monestir", take the funicular to "Sant Joan". Living the upper station of the funicular railway of Sant Joan you will have to take the West path in direction to the hermitage and the old Sant Joan's restaurant. You will walk under La Gorra Marinera needle, (8 min.). In about 70 meters further and just before the walk softly turns and leads up to the Hermitage, you take a slightly marked narrow path that slants to your left, cross a small peak and you are now at the Valley of the Font Seca (11 min.).

From there you begin to descend. In about 35 min. you leave the walk of the "Les Bateriaes" and continue on a easy upwalk to your left. At 1h. 20min. you arrive at the Flat of Sant Miquel. To your left you will find the path of Sant Joan; to your right that of "El Forat". Continue straight ahead towards the hermitage of Sant Miquel, just there. Further on, there is the access to the lookout of the "Creu de Sant Miquel", with an impressive panoramic view of the Monastery. Later you go down and you find yourself in the splendor of a forest of green oaks until, in about 1h. 35min. you are at the Monastery.

#### NOTE:

- All departures of the Itineraries are from the Information Office.
- We are only considering the upwards slopes
- The duration of the itineraries as indicated does not consider rest periods

#### RECOMMENDATIONS:

- The topography of the Montserrat is complicated. Often we are faced with walls hardly visible from the top. Do not stray from the marked paths and in case of becoming lost, return to back to a point of origin, or identification.
- Montserrat has but few natural drinking fountains. Do take water with you.
- Try not to smoke, above all be prudent with the cigarettes.
- Please do not pick up wild flowers and respect all the plants.
- Take with you the left overs and discard them in the proper garbage bins.