

# EL RIPOLLÈS

## ACTIVE NATURE



**EL RIPOLLÈS**  
Live your story in the Pyrenees



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## **In El Ripollès we live an active life all year round, in boots, on skis or on two wheels!**

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Real experiences and authentic emotions await you here, and you'll find everything you need to connect with the spirit of the region. There are interesting options throughout the year for everyone and

all ages: families, couples, hikers, adventurers, senior citizens, groups... Indeed, there's a fitting experience for everyone, whether it's exploring nature, hiking, enjoying the snow, cycling or heading out on an adventure. And you can go on your own or with specialised guides who will make you feel like privileged adventurers. In El Ripollès we work every day to offer you our full catalogue of nature, sport and adventure activities, so that you too can enjoy them in all their intensity.



# GENERAL INFORMATION

El Ripollès is an ideal destination for sport thanks to its weather and natural features, its long tradition of hiking and outdoor activities and the high quality of its tourist services. You can find trail zones, training camps and municipal sports centres, such as the Avellaneda High-Performance Sports Centre in Ripoll,

all nestled in natural surroundings and scenery. Because of these traits, El Ripollès is among the Catalan counties hosting the most mountain races each season. And throughout the year, you'll find a large number of sporting events, such as trail runs, duathlons and bike races.



Mountain races in El Ripollès



# ACTIVE FAMILY TOURISM

We offer a world of activities to enjoy as a family. You can discover places together, explore and learn about our natural and cultural heritage, and share unique experiences that are sure to bring you back to the area again.

Don't miss the fun routes! They'll immerse you in our natural and cultural heritage and give you a chance to discover the stories surrounding it:

## **El Met de Ribes**

is a game centred around the popular figure of Met, which consists of finding 13 figures hidden in different places across the town of Ribes de Freser. Along the way you'll discover its history and natural and cultural heritage. It can be played with an explanatory print-out or via the website [www.metderibes.cat](http://www.metderibes.cat).

## **The junior heritage detectives**

of the Camprodon Valley will help you discover its villages in an entertaining way by solving puzzles, unravelling mysteries and visiting beautiful sites.

## **Encanteri**

is a game of cards and discovery where the board is the land. Discover the names of the spirits that are hiding in the River Ter, in the towns of Camprodon, Sant Pau, Sant Joan de les Abadesses and Ripoll.

## **Paths and Battles**

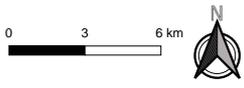
in the Camprodon Valley offers three educational routes to experience various military episodes from history.

## **The Camprodon Retreat**

allows you to travel back in time to the period of the retreat to see how Camprodon was affected by the Spanish Civil War.

Our active family tourist services have also been officially recognised, with the Camprodon Valley being certified as a family-friendly adventure destination, and the Vallter and Vall de Núria mountain resorts as family tourism destinations by the Catalan Tourist Board.





**Parc Natural de les Capçaleres del Ter i del Freser**  
 Parque Natural de las Capçaleres del Ter i del Freser  
 Parc Naturel de les Capçaleres del Ter i del Freser

**Centre d'informació del Parc Natural**  
 Centro de información del Parque Natural  
 Natural Park Information Center  
 Centre d'informació del Parc naturel

**Oficina Turisme**  
 Oficina turismo  
 Tourist information office  
 Office de tourisme

**Població**  
 Población  
 Village

**Riu**  
 Río  
 River  
 Fleuve

**Cim**  
 Pico  
 Peak  
 Sommet

**Carretera**  
 Carretera  
 Road  
 Route

**Carretera secundària**  
 Carretera secundaria  
 Secondary road  
 Route secondaire

**Pista forestal**  
 Pista forestal  
 Forest track  
 Piste forestière

**Ferrocarril**  
 Ferrocarril  
 Railway  
 Chemin de fer

**Tren Cremallera**  
 Tren Cremallera  
 Rack Railway  
 Voie ferrée à Cremallière

**Pistes d'esquí**  
 Pistas de esquí  
 Ski station  
 Station de ski

**Refugi**  
 Refugio  
 Mountain shelter  
 Refuge

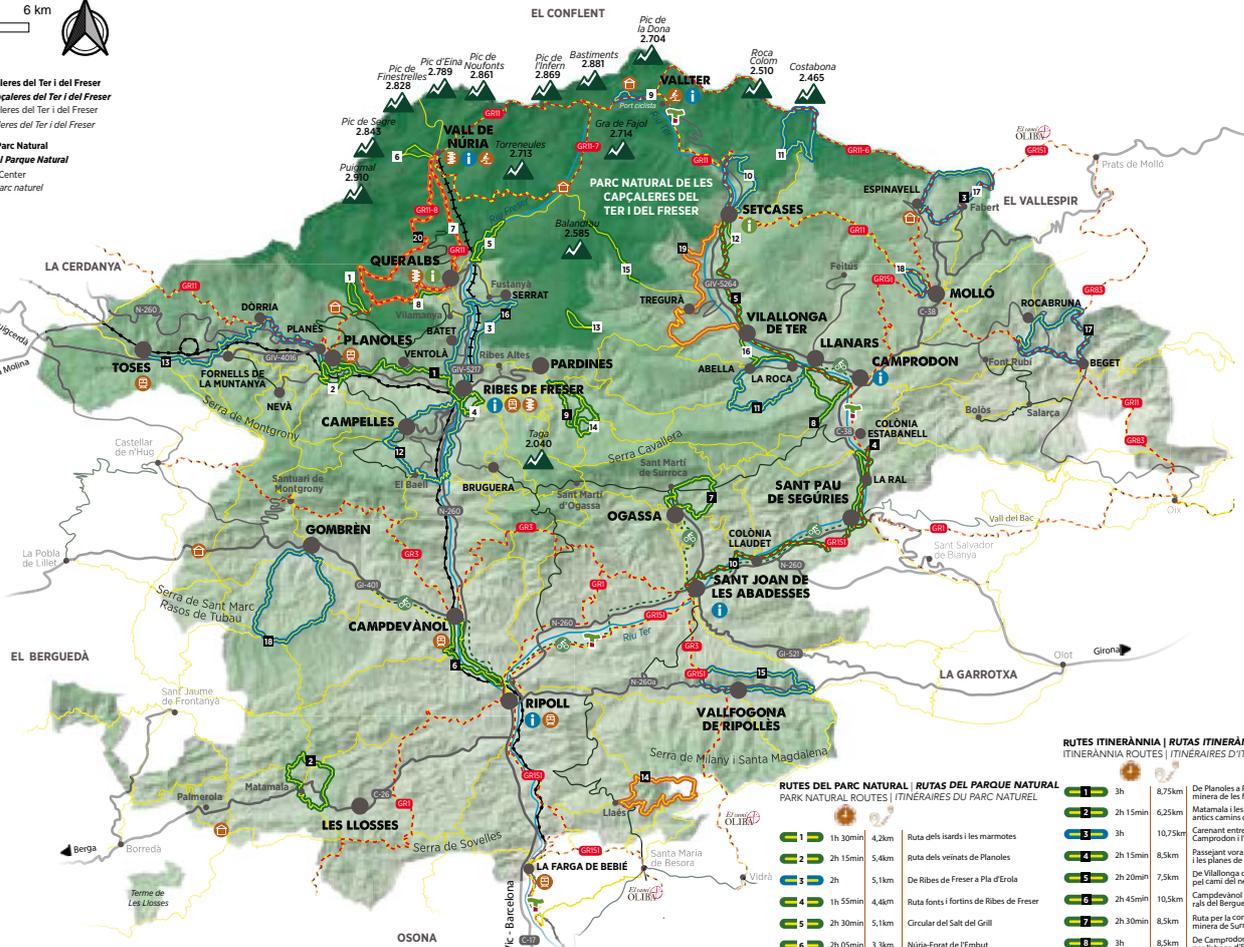
**GR 151 - El Camí Oliba**  
 GR 151 - El Camino Oliba  
 GR 151 - Oliba path  
 GR 151 - Sentier Oliba

**Ruta del Ter**  
 Ruta del Ter  
 Ter route  
 Itinéraire Ter

**Via Verda**  
 Via verde  
 Green way  
 Voie verte

**Via Romana**  
 Via Romana  
 Roman way  
 Voie Romaine

**Xarxa de senders Itinerància**  
 Red de senderos Itinerància  
 Itinerància hiking trail network  
 Réseau de sentiers Itinerància



**Dificultat - Dificultad - Difficulty - Difficulté**  
 Fàcil - fácil - easy - facile  
 Mitjà - medio - medium - moyenne  
 Difícil - difícil - difficult - difficile

RUTES DEL PARC NATURAL		RUTAS DEL PARQUE NATURAL	
PARK NATURAL ROUTES		ITINÉRAIRES DU PARC NATUREL	
1	1h 30min	4,2km	Ruta dels isards i les marmotes
2	2h 15min	5,4km	Ruta dels veïnats de Planoles
3	2h	5,1km	De Ribes de Freser a Pla d'Erola
4	1h 55min	4,4km	Ruta fonts i fortins de Ribes de Freser
5	2h 30min	5,1km	Circular del Salt del Grill
6	2h 05min	3,3km	Núria-Forat de l'Embut
7	4h 40min	7,3km	Camí Vell de Núria
8	45min	2,2km	Ruta de l'Estret del Forn
9	1h 25min	4,5km	Circ d'Uldeter
10	5h	8,5km	Cabroner-Baidana-Cabanes-Setcases
11	3h 45min	8,2km	Collada Fonda-Costabona-Balmeta
12	2h	3,7km	Camí de Socarats a Beduís
13	3h 20min	3,8km	De coll de Melagell a Puig Cerveteris
14	2h 15min	5,5km	Ruta de Festany de Can Roca
15	3h 40min	8km	Del Collet de la Graia a Coll de Ties Pies
16	2h 30min	6,2km	Ruta de la Molina
17	4h 40min	9,7km	Espinavell-Coll Pregon-Coll de la Clapa-Fabert
18	2h	3,7km	Camí de Mollo a Santa Magdalena

RUTES ITINERÀNCIA   RUTAS ITINERÀNCIA		ITINÉRAINCIA ROUTES   ITINÉRAIRES D'ITINÉRÀNCIA	
1	3h	8,75km	De Planoles a Ribes per la ruta minera de les ferreses de Ventolà
2	2h 15min	6,25km	Matamala i Les Lloses per antics camins de Feraudrà
3	3h	10,75km	Canerant entre la vall de Campredó i l'Alt Vallespir
4	2h 15min	8,5km	Passant vora Ter pels boscos i les planes de Sant Pau i la Ral
5	2h 20min	7,5km	De Vilallonga de Ter a Setcases pel camí del nen de Llebro
6	2h 45min	10,5km	Campdevàdol i Ripoll pels camins rals del Berguedà i la Cerdanya
7	2h 30min	8,5km	Ruta per la conca minera de Surrroca-Ogassa
8	3h	8,5km	De Campredó a la Torre Cavallera pel fòssat d'Espinalba
9	3h	9km	Pels veïnats de Pardines sota l'ombra de Serra Cavallera
10	3h	11km	De Sant Pau de Segúries a Sant Joan de les Abadeses pel camí vora Ter
11	3h 25min	12,25km	A la font de les Doues per les planes d'Espinalba i d'Abella
12	5h 30min	16km	Per Campelles i Ribes de Freser sota la mirada del Toga
13	4h 54min	13km	Romànic i natura a la Vall del Pilgat
14	3h 45min	12,5km	De Llaès al Castell de Milany per camins entre conques i baumes
15	4h	13,9km	Trescant per la Serra de Puig d'Estela de Vilallonga
16	5h 30min	15km	Pels veïnats de l'Alt Freser
17	5h	14km	Begut i Rocabrana pels camins de contrabandistes
18	5h 30min	14km	Entre antigues parroquies de Gombren, Campdevàdol i les Lloses
19	5h 45min	15,5km	De Setcases a Vilallonga de Ter per Trespatí el camí del Fort
20	5h 45min	16km	De Núria a Queraltó per pastures i camins miners

# A SUPERB NATURAL ENVIRONMENT



Vallter

El Ripollès is home to a wealth of protected environments. Chief among them is [Capçaleres del Ter i del Freser Natural Park](#), whose status was declared in 2015. It is not only an extraordinary setting for one of the county's most valuable assets, livestock farming, but also includes the

major peaks of Puigmal, Bastiments, Balandrau, Noucreus, Noufonts and Costabona. In 2019, the natural park was awarded European Charter for Sustainable Tourism in Protected Areas (ECST) status, extending our commitment to sustainable tourism throughout El Ripollès.





The park's greatest treasure is its natural heritage and landscape, thanks to which you can find a wide variety of flora and spectacular high-mountain fauna. On its interpretive routes you can visit mountain villages, immerse yourself in the pastoral life and identity of our area and discover high-mountain archaeology, the area's mining industry and its hydroelectric power plants.

Other attractions include Vallter and Vall de Núria, two mountain resorts in the heart of the park surrounded by exceptional natural scenery and peaks rising to more than 2,800 metres above sea level.



The Puig Cerverís mountain with Balandrau in the distance

### Montgrony range

Although this is a natural continuation of the **Cadí-Moixeró** mountain range, its more easterly location imbues it with its own unique character. It is home to a wide variety of habitats and species of Community interest, as well as a rich variety of fauna. It is a spectacular natural setting for a whole range of outings and sporting activities.



Shrine of Montgrony in the Montgrony mountain range





Milany Castle in the Milany mountain range

## Mount Taga and the Cavallera range

The Cavallera mountain range, which stands between the valleys of the Ter and Freser rivers, is known for the gentle curves of its relief and splendid panoramic views of the county. Its skirts are home to the charming villages of Ribes de Freser, Bruguera, Pardines, Ogassa, Sant Joan de les Abadesses, Camprodon and Vilallonga de Ter.

Taga, at 2,032 metres above sea level, offers hikers who reach its crown spectacular views of the entire county and the Cavallera range.

## Milany-Santa Magdalena and Puigsacalm-Bellmunt ranges

Located on the county's eastern border with La Garrotxa, these mountain ranges offer both spectacular scenery and tourist attractions, such as the remains of Milany Castle. It is a popular area for hiking, mountain biking and motor sports in the natural environment.



The Cavallera mountain range



La Cabana stream in Campdevàno

## A land of water and surprising rivers

The various rivers that flow through El Ripollès showcase the county's indigenous biodiversity and provide a beautiful backdrop against which to discover the routes and paths that run alongside them. The Ter, one of Catalonia's longest and most emblematic rivers, rises in Ulldeter (Setcases) and crosses several counties before flowing into the sea at La Gola del Ter (Torroella de Montgrí). Other rivers and streams that also have their source in El Ripollès converge with it along its course through the county. These include the Freser, its biggest tributary and the reason why the Ribes Valley is named as such (ribes meaning "riverbanks" in Catalan), as well as the Rigard, the Segadell, the Ritort, the Merdàs, and the Vallfogona and Les Llosses streams.



# CYCLING



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**El Ripollès is a diverse county, offering unique sensations from dawn's earliest light until the sun sets behind the Pyrenees. If you explore the area on the saddle of a bicycle, you're sure to have a thrilling, fun time and want to come back.**

We're talking about all types of cycling for all levels of fitness, from relaxing family rides to ascents to some of the most legendary mountain passes for those wanting to test their limits.

El Ripollès's unique terrain has something for every cyclist. Cycle it your way: bicycle touring, mountain biking, road cycling, gravel cycling, electric cycling...



## Mountain biking

The El Ripollès Mountain Bike Centre offers an extensive catalogue of **signposted and documented routes** with varying levels of difficulty. There are simple rides over a distance of just 4 kilometres through to more demanding routes covering more than 40 kilometres with a cumulative elevation gain of 1,200 metres.

### Milany Castle

**Sant Joan de les Abadesses.**  
37 km. 5h. Difficulty: high.



### El Catllar

**Ripoll**  
18,8 km. 2h. Difficulty: high.



### Sant Pere d'Aüira

**CampdevànoI**  
17,2 km. 3h. Difficulty: high.



### Puig Cornador

**Les Llosses**  
18,3 km. 3,2h. Difficulty: high.



### Coll d'Ares

**Camprodon**  
43,21 km. 5h. Difficulty: high.



### Tour of Bolós

**Camprodon**  
31,3 km. 3,2h. Difficulty: high.



### Wagon route

**Sant Joan de les Abadesses.**  
9,6 km. 1,15h. Difficulty: high.



### Sant Pau – Resclusanys – Vall del Bac

**Sant Pau de Segúries**  
31,5 km. 3,4h. Difficulty: high.



### Vall de Camprodon – Vall de Ribes

**Vilallonga de Ter, Pardines**  
51,8 km. 4,2h. Difficulty: high.



### Setcases-Pla de Liens

**Setcases**  
20 km. 2,4h. Difficulty: high.



### Espinalba

**Llanars, Vilallonga de Ter,  
Camprodon**  
12 km. 3h. Difficulty: high.



### El Remei

**Ripoll**  
10,6 km. 1h. Difficulty: medium.



### Sant Bernabé de les Tenes

**Sant Joan de les Abadesses.**  
23,5 km. 3h. Difficulty: medium.



### Collada del Muig

**Sant Joan de les Abadesses.**  
9,6 km. 1,5h. Difficulty: medium.



### La Rovira

**Sant Joan de les Abadesses.**  
4 km. 0,5h. Difficulty: low.



## Road Cycling

On the quiet, epic roads of El Ripollès you can enjoy cycling in all its glory, match spectacular cycling achievements, and try to beat the clock in some of the most demanding passes in the Pyrenees, the site of some of the greatest feats in professional cycling. Challenges like riding up to Vallter, Collet de les Barraques or Col d’Ares.



Vallter cycling pass

**Vallter via Oix and Beget** >  
117 km. Difficulty: high.

**Coll de Jou and Collada de Toses** >  
100 km. Difficulty: high.

**Coll de Jou following the Cavallera range** >  
67 km. Difficulty: high.

**Coll de Canes and Collada de Capsacosta** >  
71 km. Difficulty: medium.

**Coll de la Creueta and Collada de Toses** >  
79,5 km. Difficulty: medium.

**Collet de les Barraques** >  
47 km. Difficulty: medium.

**Coll d’Ares and Prats de Molló** >  
91 km. Difficulty: medium.

**The Walking Tour of Sant Jaume de Frontanyà (Coll de Merolla)** >  
69 km. Difficulty: medium.

**Coll de Santigosa and Coll de Canes** >  
40 km. Difficulty: low.



## Cycling for the whole family

Take advantage of El Ripollès's network of greenways, which offers flat routes for the whole family to enjoy. Any day, at your own pace.



### Greenway – The Iron and Coal Route

#### The Iron and Coal Route

follows the route of the old railway tracks as a nod to the ironworking tradition of the area of El Ripollès and the coal mines of Ogassa. Stretching from Ripoll to Ogassa via Sant Joan de les Abadesses, it offers 12 kilometres of tracks converted into an ideal trail for walking, biking and bringing to mind the industrial past of our ancestors.

### Campdevàno! Royal Road and droveway

From the town of Campdevàno! runs the old royal road and droveway, which offers a route of some 4 kilometres along the livestock path, at the end of which you are within striking distance of the popular Sant Eudald and Querol springs and the Romanesque church of Sant Llorenç de Campdevàno!. This same path connects to the Iron and Coal Route in Ripoll.



## Greenway – Sant Joan de les Abadesses - Sant Pau de Segúries / Camprodon – Llanars

From Sant Joan de les Abadesses you can take the stretch that goes to Sant Pau de Segúries, a new stretch of 9 kilometres along the River Ter that crosses it on numerous occasions thanks to four large gangways. In Sant Pau de Segúries, the Pirinexus route takes us to Camprodon and from there, another section runs for 3 kilometres to Llanars.

In Sant Joan de les Abadesses it connects up with the Iron and Coal Route, which leads to Ripoll and also to another section which take you to Olot and the start of the Route of El Carrilet.



# HIKING



Ulldeter in Vallter, Setcases

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**The best way to explore a territory is to wander its paths one step at a time, and El Ripollès offers an absolutely fascinating range of trails and routes.**

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In fact, it is the birthplace of Catalan hiking. In this county, which bears traces of ancient culture, walking through valleys and mountains and connecting villages by foot paths has always been part of its people's identity.

Whether you're an expert or amateur hiker, you'll find hundreds of kilometres of paths and routes to suit every preference, from short, pleasant walks for the whole family to ascents to legendary peaks and multi-stage hiking trips. All this in



the exceptional natural setting of the [Capçaleres del Ter i del Freser Natural Park](#) or the Ribes and Camprodon valleys.

What's more, the [Itinerànnia hiking trail network](#), Ripollès - Garrotxa - Alt Empordà, has recovered more than 2,500 kilometres of ancient paths used by our ancestors so you can cover the entire county on foot and visit all its villages. By sticking to the yellow waymarks you can trace your own path, go on a several-day trip or opt for one of the more than 200 recommended routes, which offer various levels of difficulty, either alone or with friends or family. The network

of trails in the counties of El Ripollès, La Garrotxa and L'Alt Empordà offers a wide variety of routes, with difficulty levels to suit everyone. The advanced mobile app allows you to organise your own routes, with all the safety measures necessary to ensure you never get lost.

Hiking through El Ripollès, you'll enjoy all the countryside, nature, history and culture you find along the way and you'll discover beauty spots and charming villages with a rural past that evoke the essence of how our ancestors lived as you pass through unspoilt areas.



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Planning a hiking trip? The website [ripollesturisme.cat](http://ripollesturisme.cat) lists more than 200 routes that you can use to plan the perfect outing for your fitness level and available time.



## Mountain hikes

Exploring El Ripollès on foot allows you to unwind and discover the nearby Pyrenees, and mountain hikes are the perfect way to do this.

There are long-distance trails spanning hundreds of kilometres that offer plenty of multi-stage routes.

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### Walking Tour of El Ripollès

This wonderful 8-stage hiking route, which can even be extended to 9 stages, is the perfect way to immerse yourself in the landscape and discover all the details of its invaluable natural sites. This is an exciting circular route that will take you to the most popular sites in El Ripollès, as well as to lesser-known spots off the beaten path. One of the appeals of this route is the constantly changing scenery. You'll make your way through a wide variety of landscapes, including river-side forests at the bottom of valleys, mountain woodlands, subalpine forests, alpine meadows, glacial cirques and more.

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### Oliba Path

This is a 300-kilometre route through the origins of Catalonia, when people like the Bishop-Abbot Oliba decided to repopulate and Christianise these lands, sowing them with Romanesque churches and monasteries. It runs between Montserrat and the Pyrenees, and passes through some of the most historic towns of Catalunya Vella: Manresa, Vic, Ripoll and Sant Joan de les Abadesses.

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### Way of the Origins

A mountain route connecting El Conflent and El Ripollès, ancient counties that contributed to the birth of Catalonia in the 9th and 10th centuries, and have been twinned since 2013. These valleys, with a common history dating back to the medieval origins of the Catalan nation, language and flag, are among the most iconic in the Catalan Pyrenees.

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### River Ter Route

This route connects two tourist magnets, the Pyrenees and the Costa Brava, following the course of the River Ter and traversing five Catalan counties. Along this route, which can be walked or cycled, you will encounter a wealth of diverse landscapes, cultural features, history, gastronomy and traditions in each municipality you pass through along the way.



## Guided hiking and nature

We also offer more than ten guided nature walks in the Ripollès Discovery Walking hiking festival, one of twelve held as part of the Pyrenees Hiking Festivals.

Other activities you can discover throughout the year with specialised guides include the parade of soldiers and walk along the Roman road in Sant Pau de Segúries, organised hikes for the public, snowshoeing by the light of the full moon, and guided tours of the Capçaleres del Ter i del Freser Natural Park.



# SNOW ACTIVITIES



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In winter, El Ripollès is blanketed with snow, enabling a wide variety of sports to be practised. The Vallter, La Molina and Vall de Núria [ski resorts](#) provide everything you need to enjoy all types of winter sports. Alpine skiing, ski mountaineering, snowshoeing, ice climbing and more. And the resorts' play parks are designed to give children an unforgettable experience in the snow!

**Snow activities**  
**An extraordinary range of activities to enjoy the snowscape like never before.**

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## Alpine skiing

Home to the La Molina, Vallter and Vall de Núria ski resorts, El Ripollès offers a spectacular skiing area, with options for all ages and levels. You will become so immersed in the winter landscape that you will feel one with the natural environment. Adrenaline rushes also await thanks to formidable descents and ideal snow conditions to make your best runs ever. Slopes of varying difficulty levels, technology designed for skiers, well laid out routes, ski instructors for beginners, safety systems... all there so that you can enjoy a magnificent time on the snow like never before.

## Ski mountaineering

El Ripollès is the perfect place for both amateur and advanced ski mountaineers. Enjoy descents on fresh powder in fantastic locations beyond the reach of the ski resort lifts.

There are plenty of options for ski mountaineering. Vallter and Vall de Núria are starting points for numerous routes, some of which take you up to stunning peaks.





Snowshoeing in Vallter, Setcases

## Snowshoeing

Snowshoeing can be as easy or as hard as you want it to be, making it suitable for families wanting to go on short strolls and adults hoping to get their first taste of winter mountaineering. Although it does not require a lot of technique, it is still a demanding activity because of the location. Therefore, some basic safety knowledge and use of specific safety equipment are recommended.

El Ripollès is home to companies that offer a range of services, including snowshoe equipment rental, guided tours and suggested routes for snowshoeing at any difficulty level.

## Play parks

The Vall de Núria and Vallter ski resorts offer plenty of activities to enjoy with the whole family: downhill sledging, games centres offering workshops and educational games for children, themed activities and even meet and greets with Vallter's mascot, Fajol the Squirrel.

Packed with fun for the little ones!



# ADVENTURE SPORTS

For outdoor sports lovers, El Ripollès will be your favourite destination. Engaging in sports activities in such an authentic natural environment will make you feel truly privileged and immerse you in your surroundings. The connection with nature will arrive instantly, and with every step will come new stimuli that will draw you in deeper and deeper.



## Mountain climbing

Mountaineering and mountain climbing are a major activity in El Ripollès, which offers all sorts of options, including rock and ice climbing. Expert guides are also available, making this extraordinary outdoor sports service complete.

You can get your start in this sport in Ogassa or La Lleixa, two places renowned for the amount of good-quality rock, ideal terrain for discovering this vertical world.

## Via ferratas

For the general public, a fun way to enter the world of climbing are via ferratas, mountain routes equipped with iron bars, cables and ropes to facilitate the climb. A good example is the via ferrata on [Roca de la Creu in Ribes de Freser](#), which is perfectly equipped and has every safety feature in place so that the whole family can enjoy it. This moderately difficult climbing route is great for thrill seekers and adventurous families. And if that's not enough, you can try your hand at mountaineering, canyoning, rock climbing or paragliding.



Via ferrata on Roca de la Creu in Ribes de Freser





Núria canyon in Queralbs

## Canyoning

To engage in these activities safely, which will also allow you to experience them with even greater intensity, we recommend going with a specialised mountain guide. The local incoming operators will give you all the information you need about hiring a guide.

## Adventure parks

Adventure parks offer unique first-time experiences for the youngest members of the family. You can go through acrobatic courses, zip-line over the trees and take part in a variety of other fun activities, making them the perfect place for families, groups of friends, school outings, birthday parties and any other event or celebration. The parks include Molló Parc Aventura in Molló and Estiulaventura in Campdevàrol.



Zip-line course at Estiulaventura



# SPORTS COMPETITIONS AND EVENTS



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**El Ripollès is a superb destination for sports, boasting an unbeatable natural landscape.**

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Its appeal has not gone unnoticed by international event organisers, who have

found it the ideal setting for major events, making the most of its good weather and high-quality sporting and tourist facilities.

The county plays host to a wide variety of mountain races, including L'Olla de Núria, Bastions, Marrana Skyrace, Batega el Bac and Corriols de Foc. There are also mountain bike and road cycling races, and even a trial competition known as the Santigosa Three Day Trial.

