

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.

El Garraf Park


- 1** 4 hrs 35 min 17.6 km
GR 5 The lookout trail
From Sitges to Olesa de Bonesvalles
Starting point: La Fita hill (Sitges)
- 2** 2 hrs 30 min 4.5 km
GR 92 Mediterranean path. Coastal path
Starting point: La Pleta (Sitges)
- 3** 4 hrs 3.5 km
GR 92 Mediterranean path. From La Pleta to La Morella
Starting point: La Pleta (Sitges)
- 4** 2 hrs 30 min 7 km
GR 92 Mediterranean path. From Begues to La Morella
Starting point: Begues
- 5** 6 hrs 22 km
GR 92.3 From La Clota to L'Arboçar
Starting point: Begues
- 6** 5 hrs 45 min 25.7 km
GR 92.4 From Pla de Querol to the Mas de l'Artis trail
Starting point: Pla de Querol (Sitges)
- 7** 5 hrs 45 min 25.4 km
PR-C 37 Farmhouses of El Garraf*
Starting point: Olivella. Suitable for MTB
- 8** 6 hrs 15.4 km
PR-C 39 Eramprunyà trail*
Starting point: Can Llong farmhouse (Gavà)
- 9** 4 hrs 15.8 km
PR-C 143 Sant Pere de Ribes trail. From the Casa del Terme to Olèrdola
Starting point: Casa del Terme (Sant Pere de Ribes)
- 10** 1 hrs 24 min 5.8 km
SL-C 100 Old castle of Olivella*
Starting point: Olivella
- 11** 1 hrs 20 min 6.1 km
SL-C 99 From Cal Ganxo to La Morella
Starting point: Cal Ganxo (Castelldefels)
- 12** 30 min 1.3 km
Vallgrassa artistic route*
Starting point: Vallgrassa Centre Experimental de les Arts (Begues)
- 13** 40 min 1.2 km
La Pleta botanical route*
Starting point: La Pleta (Sitges). Partially adapted for people with reduced mobility
- 14** 9 min 0.5 km
Can Grau sensory route*
Starting point: Can Grau Nature School (Olivella). Adapted for people with visual impairment

- ## Olèrdola Park
- 15** 4 hrs 5 min 17.1 km
GR 92 Mediterranean path. From Vilanova i la Geltrú to L'Arboç
Starting point: Vilanova i la Geltrú
 - 16** 5 hrs 30 min 19.2 km
GR 92 From L'Arboçar to Castelllet
Starting point: L'Arboçar
 - 17** 6 hrs 30 min 27.6 km
PR-C The water and wine route**
Starting point: Moja (Olèrdola)
 - 18** 2 hrs 30 min 6.5 km
SL-C The spring and kiln route**
Starting point: Olèrdola castle

The distances of the itineraries have been calculated with the GoolTracking 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

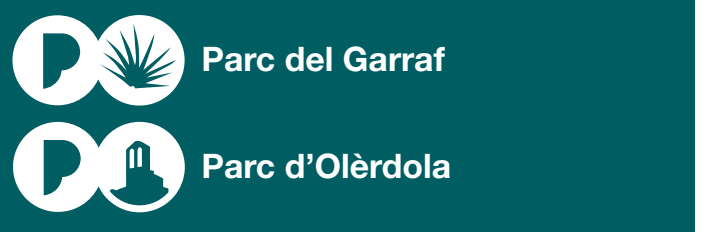
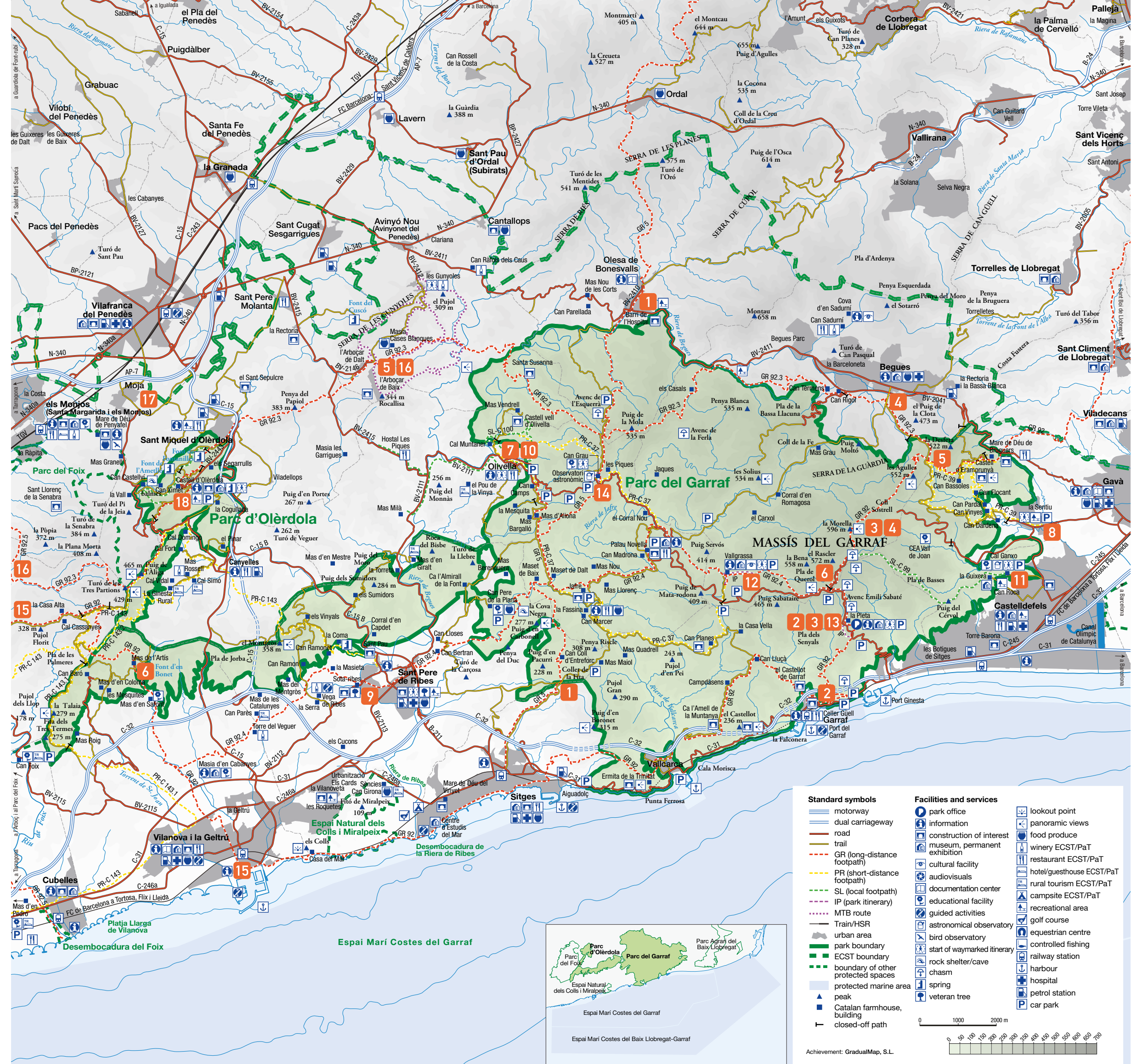
Your opinion helps us to improve
You can fill out the questionnaire by scanning the QR code



0 Itinerary
Low difficulty
Moderate difficulty
High difficulty
Approximate duration
Total distance
Leaflet available

Signposted itineraries

Instagram: @parcgarraf
Facebook: parcgarraf
Twitter: Parcs Naturals



English

In El Garraf park, the limestone has created an exotic landscape rich in karst formations – chasms, dolines and karren – and vegetation characteristic of the region. Stone huts and drystone walls blend in among the white stone and surround old farmhouses and some of the small villages situated in the park's solitary interior.

Situated in the spurs of El Garraf, Olèrdola park boasts a landscape comprised of cropland, scubs and maquis shrubland. Olèrdola is a natural vantage point crowned by ancient ruins and surrounded by a wall, the work of successive Iberian, Roman and medieval civilisations. At the summit is Sant Miquel church, whose main section dates from the 12th. century.

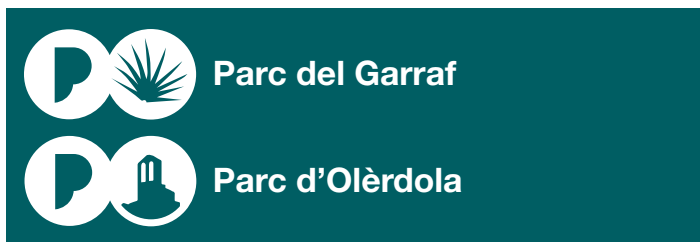
Key information

EL GARRAF PARK
Year in which the Special Plan was approved: 1986
Supervisory body: Department of Natural Spaces and Green Infrastructure of Barcelona Provincial Council
Councils: Avinyonet del Penedès, Begues, Castelldefels, Gavà, Olesa de Bonesvalles, Olivella, Sant Pere de Ribes, Sitges and Vilanova i la Geltrú
Surface area of the park: 12,377 ha

OLÈRDOLA PARK
Year in which the Special Plan was approved: 1992
Supervisory body: Department of Natural Spaces and Green Infrastructure of Barcelona Provincial Council
Councils: Canyelles and Olèrdola
Surface area of the park: 608 ha

Diputació Barcelona | Xarxa de Parcs Naturals

Gerència de Serveis d'Espais Naturals
Comte d'Urgell, 187. 08036 Barcelona
Tel. 934 022 428
xarxaparc@diba.cat · parcs.diba.cat



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. Follow advice on the use of motor vehicles.
- For justified reasons, in certain areas of the park cycling may be restricted temporarily or permanently.

Motor vehicles

- The use of motor vehicles is limited to public trails; travelling crosscountry, across firebreaks or over streams and riverbeds is not permitted.
- Moderate your speed in order to avoid collisions with people or wildlife. Remember that the maximum speed permitted on paths is 30 km/h.
- 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.

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 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.

Caving

- Safety precautions must be taken and you must let someone know which cave or chasm you wish to visit. Obtaining proper training is recommended. Caving may not be permitted at certain times of the year in order to protect biodiversity in subterranean environments. Further information is available at cave entrances.

- There is a high risk of hypoxia inside some cavities due to the low oxygen levels. Carrying a device to measure oxygen levels (there is one available for loan in La Pleta) is recommended, as well as informing the park office or the Catalan Caving Association of the situation.

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 is not permitted in any of its modes, including motorhomes.
- 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 the 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.
- If you come upon any tortoises, please act in a respectful manner. Bear in mind that they are a protected species and capturing or possessing them is punishable by law.
- European fan palms are a species protected by law and harvesting them is illegal.
- Rock climbing is regulated. Please obey the instructions found at some of the access points for climbing routes.

Borrowing adapted equipment

At the El Garraf and Olèrdola park office in La Pleta there is a hire service for adapted equipment including handbikes and third wheels for adapting users' wheelchairs, as well as different educational materials and braille texts for public use. A hire form must be filled out. Tel. (+34) 935 971 819

European Charter for Sustainable Tourism

El Garraf and Olèrdola Parks are accredited with the European Charter for Sustainable Tourism (ECST), a management tool to ensure that tourism in the parks is developed in line with the area's conservation. The following companies are accredited with the ECST and participate in the park's tourism strategy to offer high quality services for sustainable tourism:

Accommodation

Càmping El Garrofer. Crta. C-246a, km 39. Sitges. Tel. 633 144 126. www.campingelgarrofer.com

Càmping Sitges. Crta. C-246a, km 48. Sitges. Tel. 938 941 080. www.campingsitges.com

Masia Can Parès. Disseminat Masia Can Parès, 46. Sant Pere de Ribes. Tel. 671 930 516. <https://masiacanpares.com>

Masia Mas d'en Giral. Crta. BV- 2111, km 9,5. Sant Pere de Ribes. Tel. 697 715 974. www.masdengiralt.com

Masia Pou de la Vinya. Masia Pou de la Vinya. Olivella. Tel. 639 658 986. www.poudeLavinya.com

Residència Casa de Pagès Cal Simó. Fondo de les Alsinies, 109 (Disseminat Can Coll, 20). Canyelles. Tel. 673 208 025. www.masiaruralcalsimo.com

Sències Can Girona. Crta. C-246a, km 39,2. Sitges. Tel. 620 804 899. www.sencies.com

Wine tourism

Celler Vega de Ribes. Camí del Montgròs, 18. Sant Pere de Ribes. Tel. 649 480 024. www.vegaderibes.com

Centre d'Interpretació de la Malvasia de Sitges. Plaça Joan Duran i Ferrer, s/n. Sitges. Tel. 649 929 302. cellerdelhospital.cat/cim-centre-interpretacio-malvasia/

Restaurants

La Posada de Sant Pere Molanta. C. Sant Pere, 20. Sant Pere Molanta (Olèrdola). Tel. 665 258 254. www.posada-piques.com

Les Piques. Avinguda de Can Turíols, 1A. Olivella. Tel. 665 258 254. www.posada-piques.com

Nòmada Beach. Platja de Sitges. Sitges. Tel. 695 180 187. www.greenplanetnomada.com

El Nàutic. Port Garraf. Escullera de Ponent, s/n. Sitges. Tel. 609 107 331. elnautic.com

Recreational activities and environmental education companies

Associació Cetàcea. Torre de Capitània, s/n. Passeig de les Drassanes. Sitges. Tel. 666 985 631. associaciocetacea.org

Can Grau Escola de Natura. Pista forestal asfaltada d'Olivella a Plana Novella, km 3,5. Olivella. Tel. 650 540 246. cases.fundesplai.org/equipament/can-grau/

Club Nàutic del Garraf. Port del Garraf. Sitges. Tel. 639 307 919. www.clubnauticgarraf.com

Cova d'en Sadurní. Pla de Can Sadurní, s/n. Begues. Tel. 606 805 537. www.begues.cat/begues/equipaments/cova-de-can-sadurni.html

Descoberta. Rambla de l'Exposició, 107, local 2. Vilanova i la Geltrú. Tel. 661 658 192. descoberta.cat

Edulis. Centre Cívic Molí de Vent, despatx 1. Carrer de l'Aigua, 203-205. Vilanova i la Geltrú. Tel. 630 678 885. www.edulis.cat

Hacia El Sup. Platja de les Casetes, Garraf. Sitges. Tel. 639 649 569. www.haciaelsup.com

Mas d'en Safont. Torrent de la Pastera, km 4. Vilanova i la Geltrú. Tel. 634 676 787. www.masdensafont.com

Monestir Budista del Garraf. Plana Novella, s/n. Olivella. Tel. 658 431 466. www.monjesbudistas.org

Nootka Kayak. Platja de les Anquines, s/n. Sitges. Tel. 938 100 256. www.nootka-kayak.com

Observatori Astronòmic del Parc del Garraf. Camí d'Olivella a Plana Novella, km 3,5. Olivella. Tel. 651 426 872. www.planetari.cat

Roc Roi. Moll de Ponent, s/n. Vilanova i la Geltrú. Tel. 938 160 351. www.rocroi.com

Saphira Dive. C. Manuel Tomàs, 26, baixos esquerra. Vilanova i la Geltrú. Tel. 657 196 231. www.saphiradive.com

Turismo Vivencial. Rambla de l'Exposició, 59. Vilanova i la Geltrú. Tel. 623 599 388. www.turismovivencial.com

Cuisine linked to the park



Parc a taula is an economic development programme promoted by Barcelona Provincial Council aimed at private agents who, through their activity, can assist in the conservation, enhancement and promotion of protected natural areas. You can download and find more information at parcs.diba.cat/web/parc-a-aula and by using the following app:



Parc a taula

Information points and centres

EL GARRAF PARK

La Pleta Information Centre and Office
Carretera de Ratpenat a Plana Novella, km 3,5
Sitges
Tel. 935 971 895

Vallgrassa. Centre Experimental de les Arts
Carretera de Ratpenat a Plana Novella, km 7,5
Sitges
Tel. 937 440 656

El Garraf Park Astronomical Observatory
Camí d'Olivella a Plana Novella, km 3,5
Olivella
Tel. 685 233 575

Petit Casal de Begues Information Centre
Passeig de l'Església, 1
Begues
Tel. 936 392 509

Catalan Caving Federation Olesa de Bonesvalles Information Point
Plaça de la Vila, s/n
Olesa de Bonesvalles
Tel. 938 984 375

La Sala d'Olivella Information Centre
Plaça Major, s/n
Olivella
Tel. 938 968 465

Sant Pere de Ribes Tourist Information Point
Plaça la Vila, 1
Sant Pere de Ribes
Tel. 938 962 857

Castelldefels Tourist Information Point
Carrer del Pintor Serrasanta, 4
Castelldefels
Tel. 936 352 727

Sitges Tourist Information Point
Plaça d'Eduard Maristany, 2
Sitges
Tel. 938 944 251

Centre d'Estudis del Mar
Passeig Marítim, 72
Sitges
Tel. 938 945 154

OLÈRDOLA PARK

La Pleta Information Centre and Office
Carretera de Ratpenat a Plana Novella, km 3,5
Sitges
Tel. 935 971 819

Archaeology Museum of Catalonia - Olèrdola. Information Point Conjunt Monumental d'Olèrdola
Tel. 938 901 420 / 934 246 577
675 782 936

Consult opening hours at:
<https://parcs.diba.cat/web/garraf>
<https://parcs.diba.cat/web/olerdola>