

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.

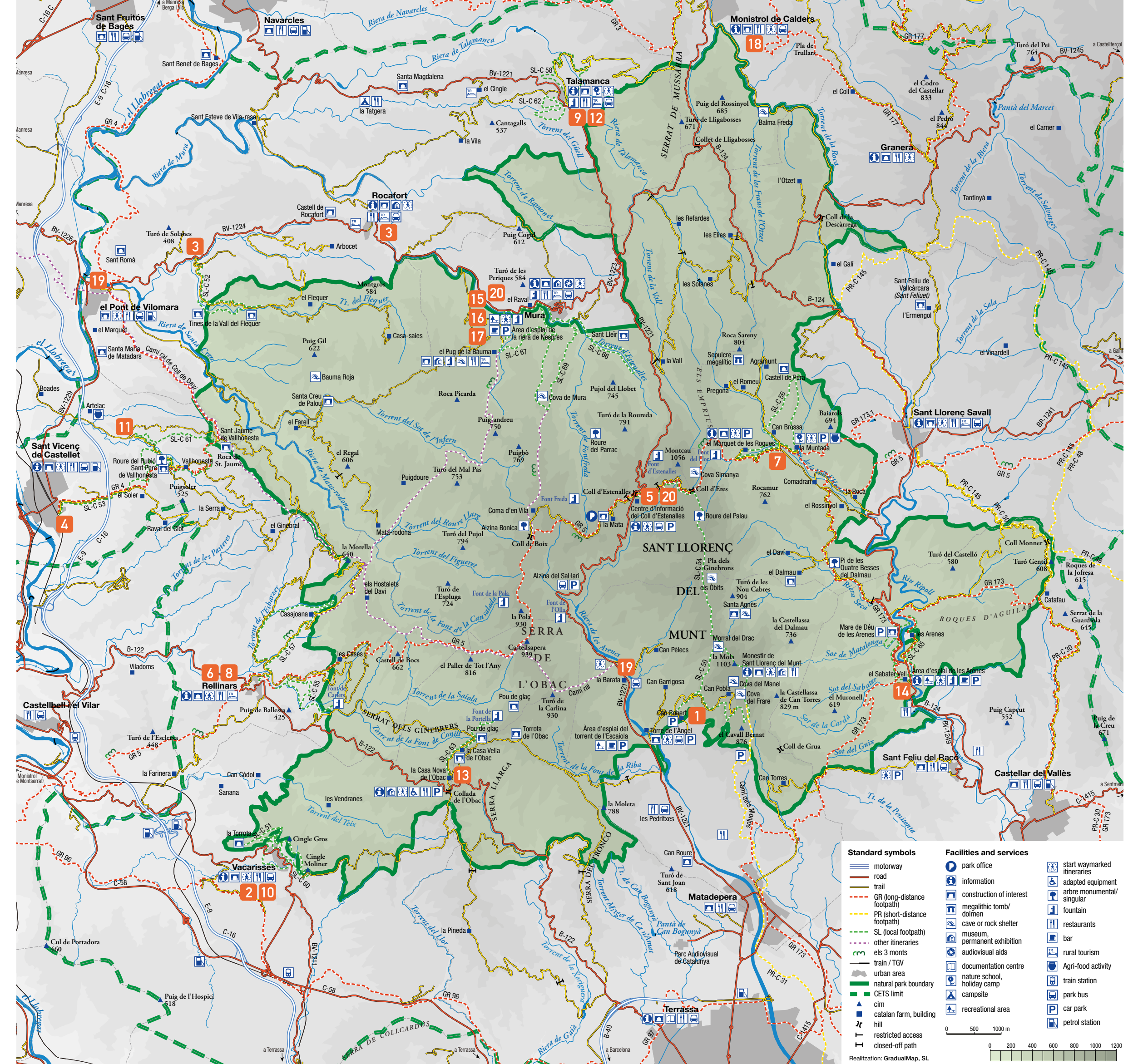
- 1** 2 hrs 30 min 7 km
SL-C50 To La Mola from Can Robert
Starting point: Can Robert car park. Matadepera.
 - 2** 1 hr 4 km
SL-C 51 La Torrota de Vacarisses
Starting point: Plaça de Joan Bayà. Vacarisses.
 - 3** 1 hr 30 min 5.3 km
SL-C 52 The wine vats of the El Flequer Valley
Starting point: BV-1224 road, KM 4.1 (between Rocafort and El Pont de Vilomara).
 - 4** 2 hrs 6.9 km
SL-C 53 From Sant Vicenç de Castellet to Sant Pere de Vallhonestà
Starting point: Plaça de l'Ajuntament. Sant Vicenç de Castellet.
 - 5** 2 hrs 5.8 km
SL-C 54 To La Mola from Estenalles Hill*
Starting point: El Coll d'Estenalles Information Centre. Mura.
 - 6** 1 hr 45 min 6 km
SL-C 55 To Carlets spring
Starting point: Plaça de l'Ajuntament. Rellinars.
 - 7** 2 hrs 6.5 km
SL-C 56 Pera Castle
Starting point: La Muntada bridge. Sant Llorenç Savall.
 - 8** 2 hrs 6.4 km
SL-C 57 The dry stone route
Starting point: Plaça de l'Ajuntament. Rellinars.
 - 9** 1 hr 30 min 4 km
SL-C 58 Talamanca creek
Starting point: Talamanca Information Point.
 - 10** 1 hr 3 km
SL-C 60 Way of the water pipes
Starting point: Plaça de Joan Bayà. Vacarisses.
 - 11** 2 hrs 6 km
SL-C 61 To Sant Jaume de Vallhonestà along the Maquis trail
Starting point: Vallhonestà trail.
 - 12** 45 min 2,5 km
SL-C 62 Janet fountain
Starting point: Talamanca Information Point.
 - 13** 1 hr 3.4 km
SL-C 63 La Portella fountain
Starting point: Casa Nova de l'Obac. Terrassa. Adapted itinerary to l'Obac Vell.
 - 14** 1 hr 15 min 5 km
SL-C 65 Les Arenes trail
Starting point: Les Arenes Recreational Area. Castellar del Vallès.
 - 15** 2 hrs 7.1 km
SL-C 66 The thousand springs of Nespres creek
Starting point: Mura Information Centre.
 - 16** 1 hr 30 min 4.5 km
SL-C 67 Caves, country houses and mills
Starting point: Mura Information Centre.
 - 17** 2 hrs 5 km
SL-C 69 Mura cave
Starting point: Mura Information Centre.
 - 18** 4 hrs 30 min 15 km
The royal path of Davi hill*
Starting point: La Barata, BV-1221, KM 9.2.
 - 19** 2 hrs 30 min 8.2 km
Estenalles hill to Mura*
Starting point: El Coll d'Estenalles Information Centre. Mura.
* Linear routes
- Other itineraries that go through the park**
- Long-distance footpaths (GR)**
GR 3 Central path of Catalonia
GR 4 Puigcerdà-Montserrat
GR 5 Viewpoints trail, from Sant Llorenç Savall to Vacarisses
GR 96 Pilgrims' path to Montserrat
GR 97 From the Tordera river to the Llobregat river
GR 173 Vallès Natural
- Short-distance footpaths (PR)**
PR-C 30 Sabadell trail
SL-C 31 Camí dels Monjos
PR-C 48 Nature route - Culture route
PR-C 145 Sant Llorenç Savall trail
- The three mounts** www.els3monts.cat

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.

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

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

Signposted itineraries



Cliffs and passes. The park's unique landscape is formed of cliffs and monoliths made from reddish conglomerate (known locally by the name of *pinyolenc*), which contrast with the green of the pine and oak forests that dominate the foot of the mountain and its passes.
 Sant Llorenç del Munt monastery, built on the summit of La Mola, is the most emblematic monument in a massif in which neolithic archaeological remains, hermitages and country houses also abound.



KEY INFORMATION:
 Year in which it was declared a natural park: 1987
 Year in which the Special Plan was approved: 1972
 Supervisory body: Department of Territory and Sustainability of Barcelona Provincial Council
 Surface area of the park: 13,694 ha

Parks of Catalonia
 Xarxa de Parcs Naturals de la Diputació de Barcelona
 Parc del Castell de Montsquiu, Espai Natural de les Guilleries-Savassona, Parc Natural del Montseny, Sant Miquel del Fai, Parc Natural de Sant Llorenç del Munt i l'Obac, Parc del Montnegre i el Corredor, Parc de la Serratada Litoral, Parc de la Serratada de Marina, Parc Fluvial del Besòs, Parc Natural de la Serra de Collserola, Parc Agrari del Baix Llobregat, Parc del Garraf, Parc d'Olerdola, Parc del Foix.



Gerència de Serveis d'Espais Naturals
 Comte d'Urgell 187. 08036 Barcelona
 Tel.: (+34) 934 022 428
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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 3 metres wide.
- For justifiable reasons, in certain areas of the park cycling may be restricted temporarily or permanently.

Follow advice on the use of motor vehicles.

Motor vehicles

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

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 in any form is not permitted, including motor homes.
-  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.
-  Forestry is a traditional activity in most of the parks. Tree felling is regulated by the Forestry Act of Catalonia and 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.
-  Chestnuts and pine cones are the food source of various animal species, as well as an economic resource for forest owners. Collect them in moderation and always with permission from the owners.
-  Holly is a rare tree that provides food and shelter for many species of animals. It is protected by law and collecting any part of the tree or its flowers is an offence.

Borrowing adapted equipment

At Casa Nova de l'Obac you will find information about the hire service for adapted equipment including handbikes, tandems, Joëlette chairs, third wheels to adapt the user's wheelchair, horizontal walking supports for the visually impaired and different tactile materials. The service is free of charge but reservations must be made in advance by filling out a hire form. Tel. (+34) 937 435 468 | (+34) 937 855 461. You can also find more information at parcs.diba.cat/web/accessibilitat

European Charter for Sustainable Tourism

Sant Llorenç del Munt i l'Obac Natural Park is accredited with the European Charter for Sustainable Tourism (ECST), a management tool to ensure that tourism in the park 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:

Restaurants

La Mola. Romanesque Monastery of Sant Llorenç del Munt, Matadepera. Tel. (+34) 937 435 454. p.santllorenç.mola@diba.cat
Torrent de l'Escaiola Recreational Area. Ctra. BV-5119, km 7, Matadepera. Tel. (+34) 937 435 454. p.santllorenç.escaio@diba.cat
Les Arenes Recreational Area. Ctra. Sant Llorenç B-124, km 12.3. Castellar del Vallès. Tel. (+34) 937 142 075. p.santllorenç.arenes@diba.cat
Riera de Nespres Recreational Area. Minor road from Mura to Rocafort. Mura. Tel. (+34) 674 434 354. p.santllorenç.nespr@diba.cat
Cal Carter. Pl. Tomàs Viver, 1. Mura. Tel. (+34) 938 317 036. restaurant@calcarter.net
Can Vinyers. C/ Pompeu Fabra, s/n (Club de Golf de Matadepera). Matadepera. Tel. (+34) 937 870 619. info@canvinyers.es
La Pastora. Ctra. de Terrassa a Rellinars B-122, km 9.8. Vacarisses. Tel. (+34) 609 703 734. p.santllorenç.lapast@diba.cat

Accommodation

Escola de Natura i Formació la Muntada. Vall d'Horta, Sant Llorenç Savall. Tel. (+34) 937 141 053, (+34) 636 717 821. lamuntada@lamuntada.cat
Apartaments Cal Ferrer. Pl. Tomàs Viver, 1. Mura. Tel. (+34) 938 317 036. apartaments@calcarter.net
El Salt, rural house of colonies. BV-1223, km 1.3, Mura. Tel. (+34) 938 025 405. adnellsalt@gmail.com

Environmental education companies

Escola de Natura i Formació la Muntada. Vall d'Horta, Sant Llorenç Savall. Tel. (+34) 937 141 053, (+34) 636 717 821. lamuntada@lamuntada.cat
Bages Terra de Vins. C/ Muralla del Carne, 15, 1. Manresa. Tel. (+34) 686 108 724. bagesterradevins@bagesterradevins.cat
GAIA - Serveis Ambientals. C/ Sant Josep, 4. Mojà. Tel. (+34) 938 300 542. montseca@gaiamoia.com
Centre d'Interpretació del Medi Ambient. CIMA. Ctra. de Terrassa a Rellinars B-122, km 9. Vacarisses. Tel. (+34) 937 855 461. p.santllorenç.obac@diba.cat
Emocions. C/ Llac de Vall Paradís, 3. Terrassa. Tel. (+34) 937 850 988. info@emocions.cat
Rossinyol Nou. Camí de la Vall d'Horta, Rossinyol Nou. Sant Llorenç Savall. Tel. (+34) 661 165 995. info@rossinyolnou.cat
Biosfera, associació d'educació ambiental. C/ Anselm Clavé, 1, 2-1. L'Hospitalet de Llobregat. Tel. (+34) 935 182 100. biosferaeduca@gmail.com
3Turons. C/ de la Font Vella, 28, Terrassa. Tel. (+34) 722 753 858.

Agricultural activities

Escola de Natura i Formació la Muntada. Vall d'Horta, Sant Llorenç Savall. Tel. (+34) 937 141 053, (+34) 636 717 821. lamuntada@lamuntada.cat
Artelac- Làctics Casanueva. Les Boades, s/n. Sant Vicenç de Castellet. Tel. (+34) 646 228 193. lacticscasanueva.sl@gmail.com
Casa Museu Moli del Mig. Raval de Mura, s/n. Mura. Tel. (+34) 938 317 269, 689 140 003. elmolidelmig@gmail.com

Getting to the park on public transport

You can reach Sant Llorenç del Munt i l'Obac Natural Park with the integrated public transport system (buses and trains) on Saturdays, Sundays and public holidays (except Christmas and New Year). Buses to Estenalles hill, Mura and Talamanca depart from the Renfe train station and Pla del Bonaire in Terrassa making various stops in between. Consult timetables and fares at: parcs.diba.cat/busparc

Gastronomy 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-taula and by using the following app:



Parc a taula

Information points and centres

PARK OFFICE

Sant Llorenç del Munt i l'Obac Natural Park office, La Mata
 Ctra. BV-1221 de Terrassa a Navarcles, km 14.8. Mura.
 email: p.santllorenç@diba.cat
 Tel. (+34) 938 318 350.
 Opening hours: from Monday to Friday from 9 a.m. to 2 p.m.

INFORMATION POINTS

Common service hours: Saturdays, Sundays and public holidays. from 10 a.m. to 2 p.m. (7 January to 24 December). Summer: closed. Check specific times on the website.



Casa Nova de l'Obac Information Point

Ctra. B-122 from Terrassa to Rellinars, km 9.8. Terrassa.
 Tel. (+34) 937 435 468 (Saturdays and public holidays) | (+34) 937 855 461 (by appointment)

Punt d'Informació La Pahissa del Marquet

Vall d'Horta
 08212 Sant Llorenç Savall
 Tel. 693 504 713 | 937 141 362

Monestir de Sant Llorenç del Munt Information Point

La Mola. Matadepera.
 Tel. (+34) 937 435 454 |
 (+34) 629 503 040

Monistrol de Calders Information Point

Pl. de la Pedrera, s/n. Monistrol de Calders.
 Tel. (+34) 676 994 356.

Rellinars Information Point

Pl. de l'Ajuntament, s/n. Rellinars.
 Tel. (+34) 938 345 321.

Sant Llorenç Savall Information Point

Town Hall. C/ de Sant Feliu, 2. Sant Llorenç Savall.
 Tel. (+34) 937 140 018.

Sant Vicenç de Castellet Information Point

Pl. de l'Ajuntament, s/n. Sant Vicenç de Castellet.
 Tel. (+34) 936 930 611.

Vacarisses Information Point

Biblioteca El Castell. Carrer Major, 3.
 Vacarisses. Tel. (+34) 938 359 348

