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ATZIJID DIU

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# TURISMEVALLES.COM

A gravel route that allows you to enjoy and engage with unique landscapes, people, and an impressive territory. During the route, you will discover the variety of landscapes within the region, explore the vegetation, discover local products, and visit natural parks.

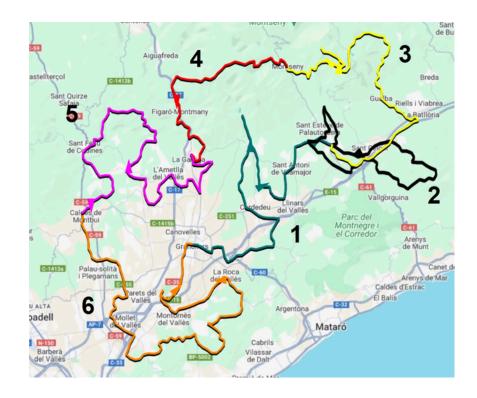
# CIRCULAR ROUTE THROUGH THE VALLÈS ORIENTAL REGION.



# PRACTICAL INFORMATION FOR THE ROUTE

It is a circular route, and even though the starting point is marked in Granollers as the first stage, it can be initiated from any overnight location.

As it is a sustainable route, Granollers has been chosen as the first stage because of its location, featuring a train station, various bus services, and its proximity to both Barcelona and Girona airports, as both are within an hour of the selected municipality for the first stage.



# HOW TO ARRIVE TO THE STARTING POINT IN GRANOLLERS

- The R11 line with FGC (Catalan Government Railways), stopping at Granollers Centre.
- The R2 or R8 line with RENFE (Spanish National Railway Network), stopping at Granollers Centre or R2 Nord with stops at Granollers Centre and Les Franqueses – Granollers Nord.
- By bus, you can also take the L500, which connects Barcelona with the Granollers Bus Station.

### **TECHNICAL DIFFICULTY:**

This is a gravel route that includes some sections with elevation and certain technical difficulty, especially in terms of gradients, as some stages pass through quite steep slopes. To complete the 6 stages, it is necessary to have a good level of physical fitness and be accustomed to cycling, particularly in the gravel category.

The stages are expected to be covered in an average time of between 3 and 4 hours per day, not accounting for any stops that may be made.

Total distance: 343 km Accumulated elevation gain (average): 1,213 m

#### CLIMATE

In the region, the predominant climate is a temperate Mediterranean climate, with the absence of a harsh winter marked by low temperatures. Precipitation varies significantly depending on the season, being more abundant in spring and autumn.

The average temperature is 15°C, with a winter average of 6°C and around 23°C in the summer.

#### **RECOMMENDED SEASON**

We recommend spring and autumn as the most suitable seasons for the route, both for the temperature and the landscape. However, the mild Mediterranean climate allows for the route to be completed throughout the year, even during mild summers and winters.



### **DAY 1** GRANOLLERS – SANTA MARIA DE PALAUTORDERA

Distance: 54 km Elevation gain: 811 m Elevation loss: 751 m



The first stage of the 6 that make up the product starts in Granollers, capital of the region and municipality with more population.

The first 8 km of the route passes through crop fields with gravel roads combining with asphalted stretches and urbanizations as well as the impressive views of both the Montseny Park and the Montengre.

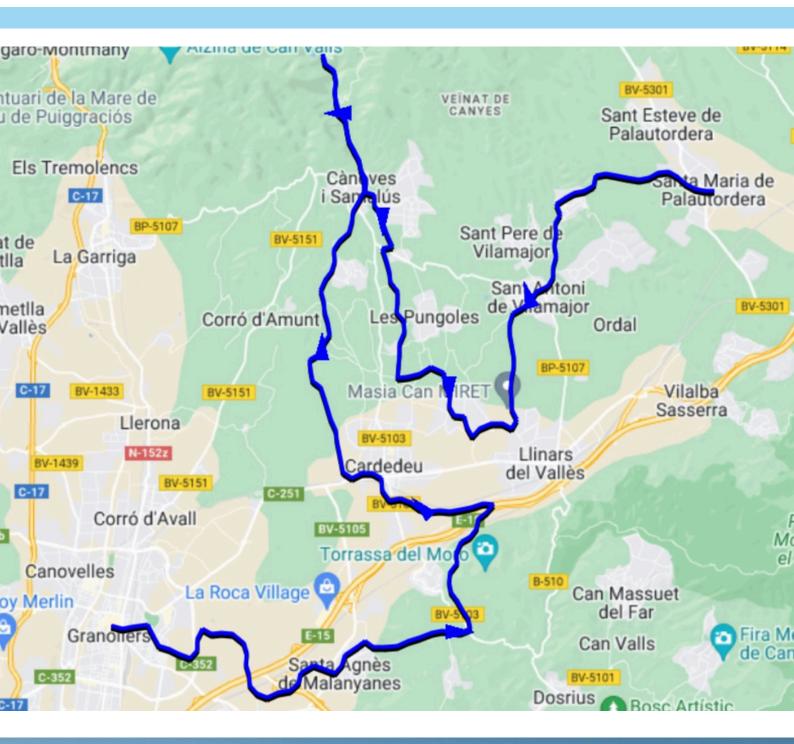
Then we face 4 km of asphalted ascent in the middle of urbanizations passing by the church of Santa Agnès de Malanyanes and then a descent by compact track to Cardedeu where we will cross the center of the municipality and then we will take some gravel tracks with views to the Turó de l'Home (ascent that will be done in the 3rd stage) and to different municipalities of the region where the route will go up until arriving to Cànoves i Samalús.

From this municipality the next 7 km are round trip on the same road, 3.5 km uphill along a track parallel to the river with a wide vegetation until you reach the Vallforners reservoir located at 500 m altitude and where you can enjoy panoramic views of the region.

Then we take the track that goes down to the municipality of Cànoves i Samalús to face 14 km of descent without steep slopes and varying stretches of asphalt with secondary roads and rural roads passing by fields, horse farms and farms until arriving at Llinars del Vallès. It is a very open area that allows you to enjoy the mountains that surround the region.

Once you reach Llinars del Vallès you take a rural road uphill with some farmhouses and adventure parks along the way until you reach Sant Antoni de Vilamajor, where you cross the center of the town and then the urbanization Vallserena to face the last descent on the gravel road to the center of Santa Maria de Palautordera and thus complete the first 54 km of stage 1.

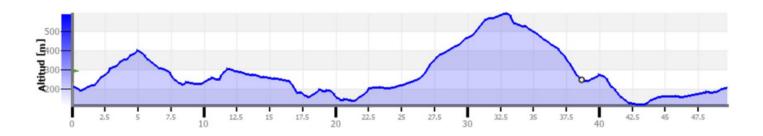
#### **GRANOLLERS – SANTA MARIA DE PALAUTORDERA**





**DAY 2** CIRCULAR STAGE IN SANTA MARIA DE PALAUTORDERA

Distance: 50 Km Elevation gain: 944 m Elevation loss: 948 m



This is the only one of the 6 stages that is circular, starting and finishing in Santa Maria de Palautordera.

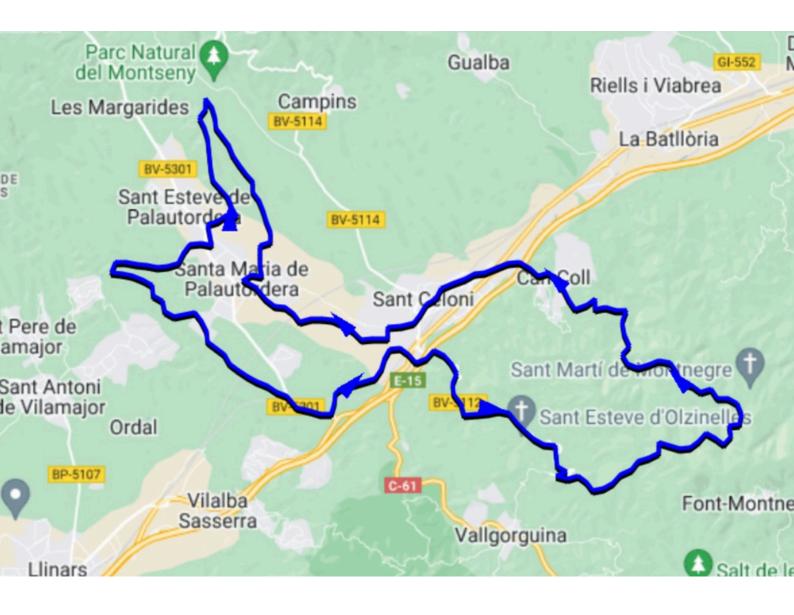
It is a very complete and affordable stage in terms of gravel bike. Just leaving the municipality faces a first climb of approximately 4 km where asphalt sections are combined with a dirt track to reach Mosqueroles which has spectacular views from the foot of the ascent of the Turo de l'Home and the Montseny park. Then we cross the municipality of Sant Esteve de Palautordera and we face a steep slope with stretches of track and asphalted urbanizations until Km 22 of the route where we reach the municipality of Sant Celoni, thus completing almost half of the route in a very fast way.

Once arrived in Sant Celoni the route changes landscape and becomes a little more demanding in terms of slope but not because of the technical difficulty. First we take a road of about 4 km with very little car traffic. Not having large slopes allows us to enjoy the landscape and vegetation that leads to Sant Esteve d'Olzinelles and that allows full entrance into the Park of Montnegre i El Corredor.

Then the track deviates from the road to take the GR - 92 and continues climbing on a dirt track up to 600 m altitude crossing the park. This time the ascent has more demanding parts to reach the top of Montengre and go through a wide downhill track without technical difficulty returning to Sant Celoni with its panoramic views of the region and specially Montseny Park.

Once the descent to the town has finished, this time crossing through the center of town to complete the last 8 km of the route, you will pass through completely flat fields and nature to finish again at the same point where the stage began and thus complete the nearly 50 km of the second stage.

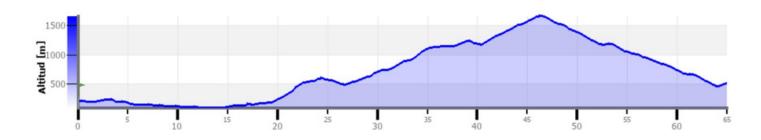
#### ETAPA CIRCULAR SANTA MARIA DE PALAUTORDERA





### **DAY 3** SANTA MARIA DE PALAUTORDERA - MONTSENY

Distance: 65 Km Elevation gain: 1.871 m Elevation loss: 1.557 m



The third stage is one of the most complete in terms of variety of terrain and slope, leaving from Santa Maria de Palatordera towards Sant Celoni. The first 20 Km approximately pass through different greenways parallel to the river La Tordera and the highway until you reach Gualba.

These first 20 Km are completely flat and can be done very quickly with a gravel bike where the asphalt is practically untouched. Here, in these first 20 km, you can enjoy the tranquility and the noise of the river and the fields of conreo.

Once in Gualba, at the foot of the Turó de l'Home, the landscape changes completely. First, you can find different establishments where you can stop to eat and get your strength back for the first great challenge of the stage. Where you will start a 3 km climb without rest and then 3 km flat to Riells.

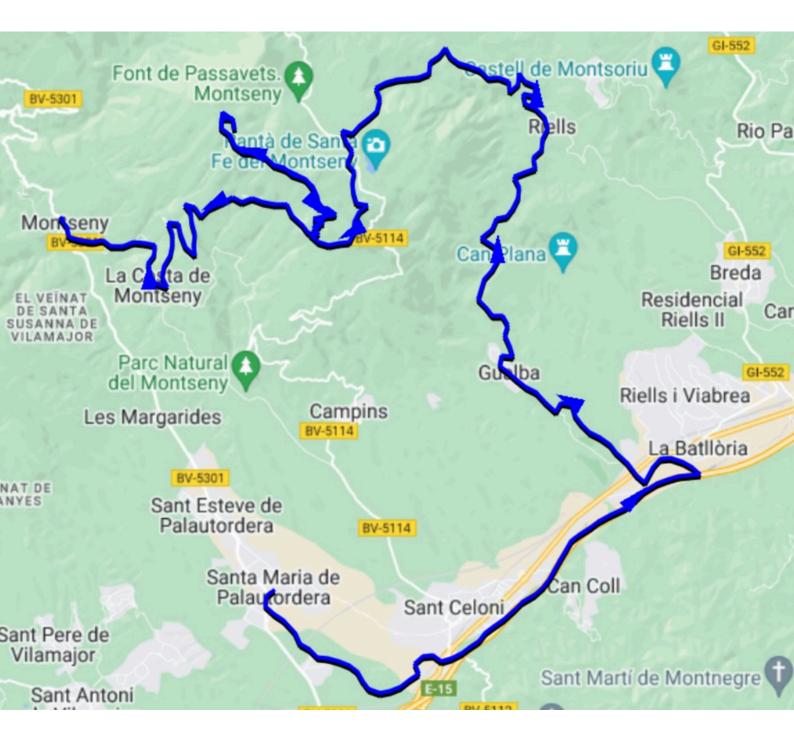
During these last 6 Km that separate Gualba and Riells, you will pass by many historic farmhouses and enjoy views of the region. Once Riells is left behind, the second climb of the day begins, entering fully into Montseny Park until Santa Fe. During these approximate 11 Km of ascent, without rest, you will combine the hardness of the terrain with the tranquility and ample vegetation of the park full of oaks and pines.

After arriving in Santa Fe, the trail ends and you take a road that will lead you to the last climb to the Turó de l'Home, which is only 6 km away. During this last final climb to the top you can see more open landscape due to its altitude (1705 m above sea level). Wide panoramic views not only of the region of Vallès Oriental but also to Barcelona and the Mediterranean Sea can be enjoyed as long as it is not a cloudy day and the weather is good.

(If this stage is too demanding, the last assent to the top can be skipped. Thus cutting about 10 km and about 400 m of elevation).

#### SANTA MARIA DE PALAUTORDERA - MONTSENY

Finally, once the top has been reached there are only 15 km of asphalted decent. Very fun with steep slopes and curves of 180  $^{\circ}$  that will lead you to the town of Montseny which will end the 3rd stage.



DAY 4 MONTSENY – LA GARRIGA



After a third, quite demanding stage in terms of slope, the 4th stage starts from the same municipality of Montseny, located in a small valley between the top of Turó de l'Home and Pla de la Calma. This stage can be divided into two clearly defined parts, with the first 30 km having significant positive and negative elevations, and the remaining 10 km being flatter.

At the beginning of the stage you will take an uphill track without any technical difficulty in terms of terrain, leaving aside the slope. Of the 1,300 m of total elevation gain during the stage, about 900 meters are accumulated in the first 15 km, although the difficulty caused by the slope is diminished by the spectacular views that can be enjoyed throughout the climb with a very open landscape and a very wide track. Even when you reach the top, where the tranquility and calmness stand out along with the views of the 4 winds from about 1300 meters.

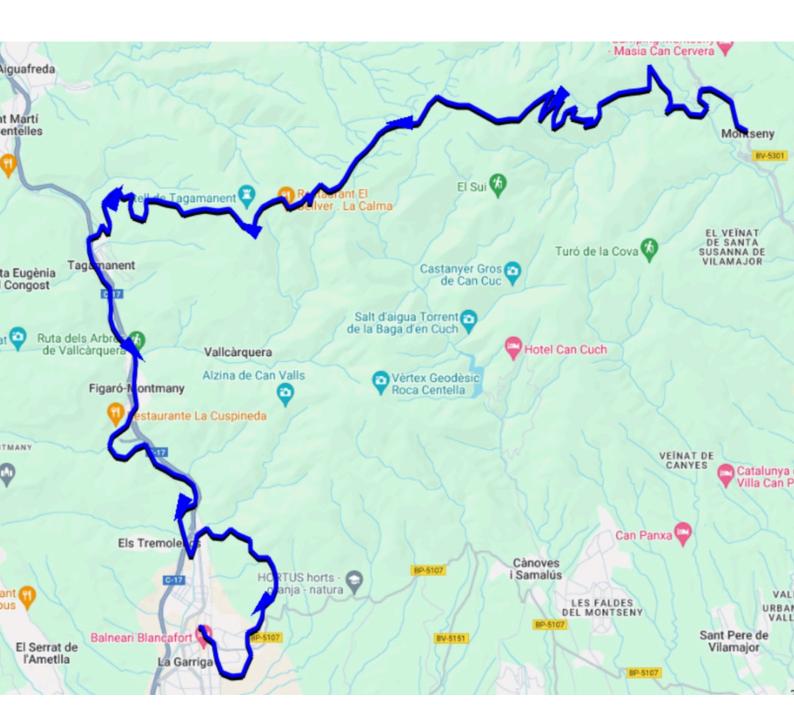
The next 15 km are downhill, leaving behind views of the Montseny Park to head towards the municipality of Tagamanent with distant views of Vallès Occidental. The first section is on a dirt track following the GR-5, and then a paved descent from the Tagamanent Castle to the municipality itself.

Once the descent is finished and Tagamanent is left behind, the landscape changes and you will no longer find steep climbs but tracks that cross through the woods where most of the route runs parallel to the Congost River. Following the path along the Riu Congost, you pass by municipalities such as Figaró – Montmany to reach La Garriga. It is a very busy road both by bicycle and on foot as it is a road that links different municipalities without the need to ascend large slopes.

Just at the entrance of the municipality of La Garriga, the route deviates from the path of the Rio Congost taking an uphill track of about 2 km and goes round the town of La Garriga entering the southern part of the municipality thus lengthening the sections of track.

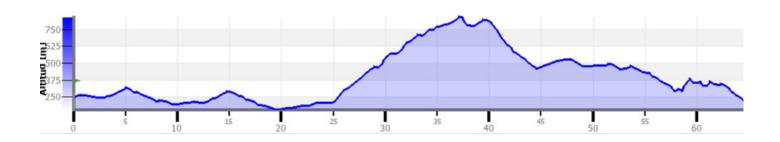
Finally, you cross the streets of the municipality until you reach the church square where the parish church and the Town Hall are located.

#### **MONTSENY – LA GARRIGA**



### **DAY 5** LA GARRIGA – CALDES DE MONTBUI

Distance: 65 Km Elevation gain: 1.137 m Elevation loss: 1.178 m



The fifth stage starts in La Garriga where the first two km goes by the main street of the town until you reach the entrance of a rural road which has very compact terrain where you can ride a gravel bike without problems. You can also enjoy views of fields without adding many meters of slope. Subsequently we ride along a stretch of the Congost River (a road that has already been taken throughout the 5 stages in different municipalities) to reach l'Ametlla del Vallès.

After the town you will take a completely flat track that goes through different fields with views of the Cingles de Bertí, where you will climb in the following km of the stage. On a sunny day you can see the mountain of Tibidabo in Barcelona.

After Km 20 of the route you change course to take the path parallel to the Riera del Tenes which has abundant vegetation and very little slope until you reach Bigues i Riells at Km 25.

Once you leave behind the town of Bigues i Riells, the profile of the stage changes completely, combining asphalted stretches with rural roads for approximately 7 km of ascent until you reach the Sanctuary of the Mare de Déu de Puiggraciós.

Along these 7 Km you can enjoy spectacular views of the different municipalities of Vallès Oriental as well as of the Natural Park of Sant Llorenç del Munt i l'Obac or even of the Mediterranean Sea and Barcelona.

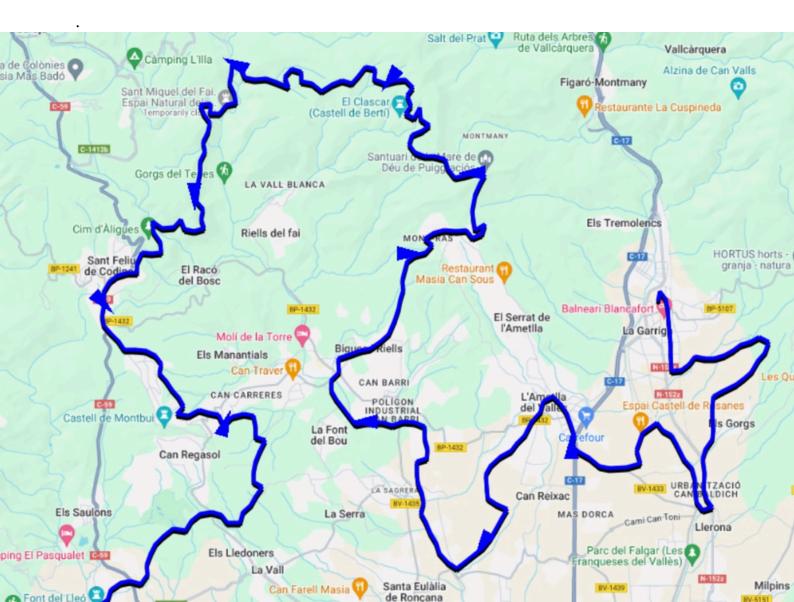
The previous 7 Km do not present any technical difficulty apart from the slope itself, although the following 5 Km are a little more complicated as they enter into the mountain to cross the cliffs and reach the church of Sant Pere de Bertí.

Once you reach the church, you have practically accumulated all the elevation gains of the stage, so you only have to face the 25 km of descent.

The first 3 km of descent to Sant Miquel del Fai are very rocky (following the same landscape as the previous 5 km) and you will have to be careful because gravel bikes do not have suspension.

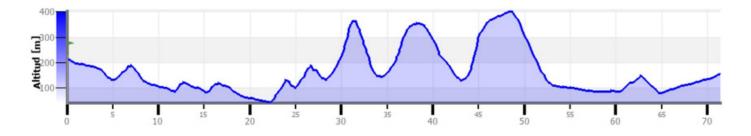
Once in Sant Miquel del Fai the views from the middle of the small valley are spectacular. From here a road with little traffic and very frequented by cyclists begins in order to reach Sant Feliu de Codines.

Once you have arrived in the town there are only 13 km of descent to reach the final destination of the stage, where there is little technical difficulty (passing through rural roads and asphalted urbanizations) and with a favorable slope which makes it very fast to end up arriving at the town of Caldes de Montbui, historically recognized for the thermal waters of Caldes de Montbui.



### **DAY 6** CALDES DE MONTBUI – GRANOLLERS

#### Distance: 70,1 Km Elevation gain: 1.165 m Elevation loss: 1.225 m



The sixth and last stage starts in Caldes de Montbui where the first 23 km are downhill, passing by the International Puppet Museum or the Gallecs Park with spectacular views of the magical mountain of Montserrat or Barcelona with the Tibidiabo mountain.

Once you have crossed the town of Mollet, the first of the three climbs of the day begins. Although none of the three will present great difficulties they always combine dirt tracks with urbanizations and secondary roads.

The first climb offers views of the municipalities of Montmeló, Montornès, Parets del Vallès and, in the distance, you can see the mountains that have been overcoming during the previous days like the Cingles de Bertí or Montseny. Then your descent begins on a track to Vallromanes where you will cross a golf course and connect with the second climb of the day. Once at the top you will be able to see the Mediterranean Sea for a few kilometers since this part will be the closest point with the municipalities of the coast.

Then you will enter another downhill track to start the last climb.

The third ascent is practically all asphalted crossing an urbanization to once at the top take a rural road that will lead you to the Ermita de Sant Bartomeu de Cabanyes.

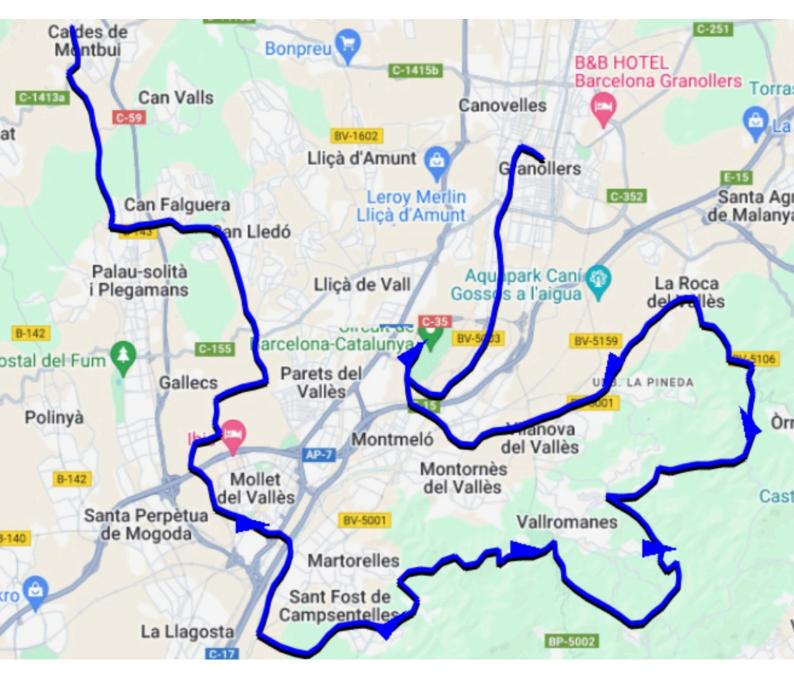
Once at the top, it will be time to go down, this time all on asphalt along the wellknown road of La Roca del Vallès which is very popular with cyclists.

From the town of La Roca del Vallès there are approximately 20 km to reach the end of this stage where most of the km will be on greenways. The first part from La Roca to Montornès is a fluvial road going into some areas with a lot of vegetation.

Then we leave behind the river path to go in search of the Barcelona - Catalunya circuit where Formula 1 or Moto GP championships are held and we will have the opportunity to ride around the circuit with Bicircuit.

Finally we leave behind the racing circuit and rejoin the river path of the Riu Congost which will not be left until you reach the center of the city of Granollers to finish stage 6 and therefore the product of 6 stages with gravel bike.

#### **CALDES DE MONTBUI – GRANOLLERS**



### DAY 7 DEPARTURE DAY

Free day and departure for home



# INFORMATION

- Languages: All the information is available in Catalan, Spanish, French and English.
- Minimum age: It is recommended for individuals over 18 years old and in good physical condition to complete the entire route.
- Informative catalog: A catalog has been created with information about the Vallès Oriental region explaining why the Vallès Oriental is a cycling tourism destination, a guide of services for cyclists' needs (with accommodation, activity companies, specialized stores, etc.), a compilation of good practices for cyclists to improve coexistence with other road users and the objectives of sustainable development.

# **HOW TO ARRIVE**

Barcelona is the city with most connections and can be reached by plane, train or bus Airport 1: Barcelona

Barcelona Bus Terminal

Once in Barcelona, you should take the R11 train (Barcelona Sants - Portbou) from either the Sants or Passeig de Gràcia or El Clot stations to the Granollers Centre stop.

Another option is the R2 train (Castelldefels – Granollers Centre), which passes through various stops in the center of Barcelona and also the Barcelona airport to the Granollers Centre station.

The R2 line is also complemented by the R2 Nord line (Airport – Maçanet Massanes), which also passes through the Granollers Centre station.

Finally, there is the R8 line that connects from Martorell to Granollers Centre.

On the other hand, there is the option to reach Granollers by bus, where the L500 also connects Barcelona (from Avinguda Meridiana - Aragó) to the Granollers Bus Station.

You can also get to Granollers from Girona Airport, and from the city of Girona take a regional train to Granollers Centre station.











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