



La Muga and the Torre
dels Moros, in Sant
Llorenç de la Muga

Routes in La Muga

Alta Garrotxa Protected Natural Area









Muga Partial Nature Reserve






Generalitat
de Catalunya

Diputació de Girona

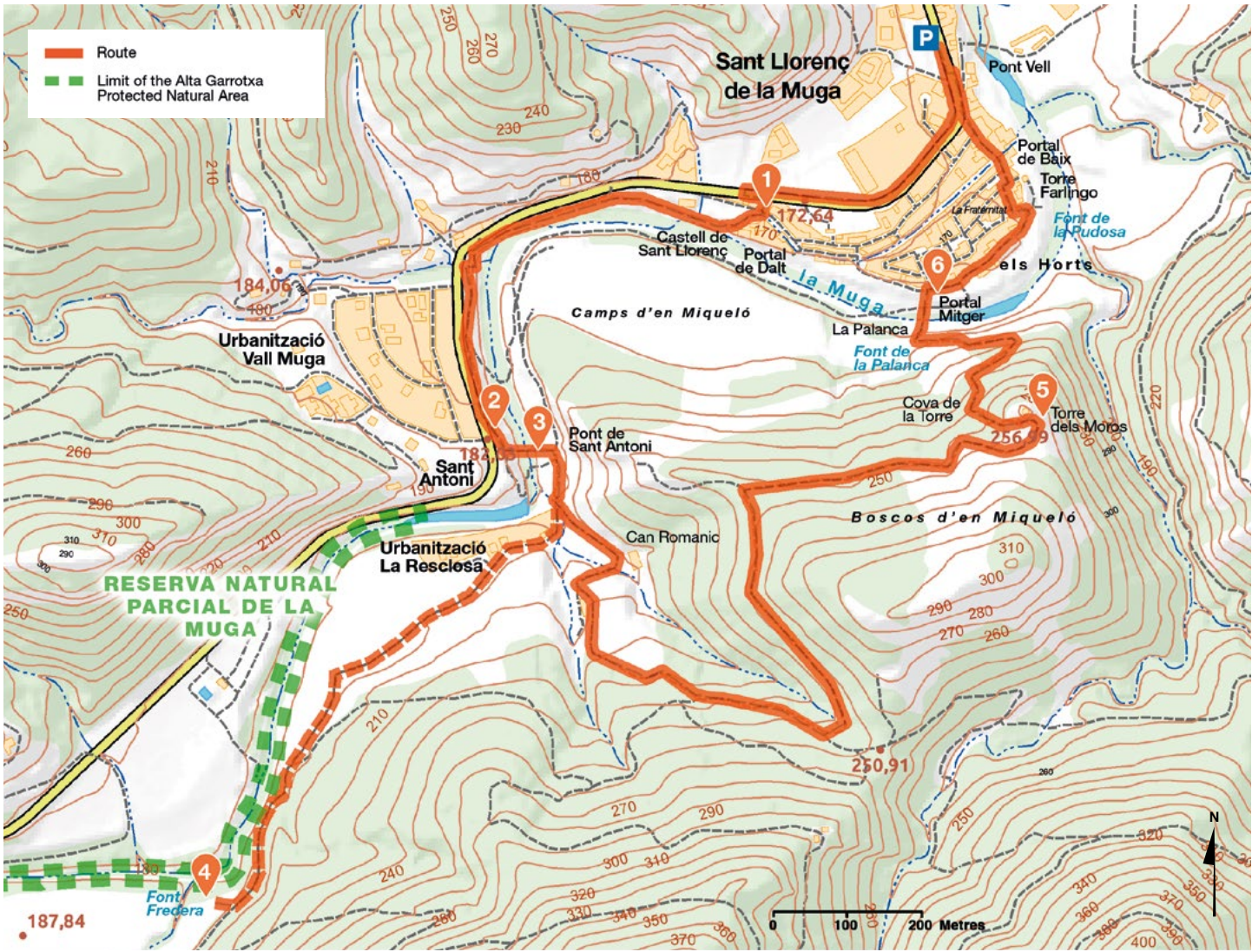
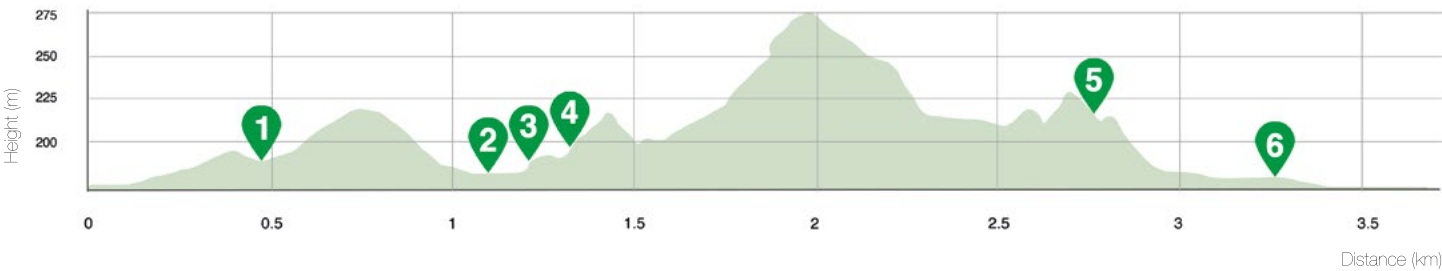


Circular route that allows us to approach the **Muga Partial Nature Reserve** and take in a wonderful panoramic view of the river valley. The route starts in the town of **Sant Llorenç de la Muga**, skirts the waters of the river and goes up to the **Torre de Guaita** (aka Torre dels Moros). During the route, we can enjoy the riparian forest, the **hermitage of Sant Antoni**, the Muga nature reserve and the historical and cultural heritage of the **medieval centre of Sant Llorenç de la Muga**.

TECHNICAL DATA	 distance	3,08 km	 difficulty (SENDIF)	easy
	 elevation gain	204 m	 equipped pathways	no
	 estimated time	1h	 recommended period	all year round
	 route type	circular	 signage	banners and yellow paint

	<u>How to get there</u> (DIGITAL VERSION)		<u>Track</u> (DIGITAL VERSION)		Regulated parking in certain periods
	By private vehicle	Once you arrive in Sant Llorenç de la Muga, leave your car in the car park on the right, after the Pont Vell bridge.			
	By bus	From the Figueres bus station, take the regular Figueres-Albanyà bus line operated by Sarfa.			

The **Alta Garrotxa Protected Natural Area** is an extensive territory (32,865 hectares) which, due to its **diversity and uniqueness**, is undoubtedly the most significant area of the Eastern Pre-Pyrenees. Among the most characteristic features are **the cliffs and valley floors, which make up a landscape of great beauty and natural value**.





1 Sínia del Parc d'en Pep

Start the route in the direction of Parc d'en Pep, where there is the reconstruction of an old water wheel (or “sínia”) from the Castell de Sant Llorenç de la Muga castle, which was used for watering the vegetation. Right next to the water wheel, take the stairs that go down to Paseo de Sant Antoni, which runs over the stream and from where we can see the Muga River and the riparian forest.



3 Muga Partial Nature Reserve

From the Sant Antoni bridge, there is a magnificent view of the Muga River and the Partial Natural Reserve, a protected area managed by the Alta Garrotxa Consortium. It is a place of great beauty and high ecological interest due to its riparian forests, which are home to many species of fauna and flora. These species are very vulnerable to the impacts caused by overcrowding.



5 Torre de Guaita (aka Torre dels Moros)

Follow the path to Can Roure and take the track on the left. Upon reaching a communications tower, take the track on the right to reach Torre de Guaita (aka Torre dels Moros). This tower was built in the 13th century to monitor the entire Muga valley. The tower, recently restored, is in a good state of conservation and has been declared a Cultural Asset of National Interest.



2 Church and bridge of Sant Antoni

At the end of the path, we reach the church of Sant Antoni and the bridge. The earliest documented mention of the chapel dates from 1835, but it is believed that there had been a place of worship here previously. The bridge is of medieval origin which, in the past, was called Pont del Grau due to its location, above two limestone rocks that serve to narrow the riverbed in this section.



4 Font Fradera







Continue along the track on the right until we reach a fork. If we continue to the right, in the direction of the river, we will reach the Font Fradera spring. This spring has been equipped with a roof and benches. It gushes very close to the Muga River and is known for the freshness of the water. To go up to the Torre de Guaita, we must continue along the path that turns to the left and moves away from the river.



6 La Palanca and the orchards

Take the path that goes down to the Font de la Palanca spring (aka Font del Lleó), and we cross the Muga River using the metal lever bridge. From here, we can see the Muga River, the orchards and the southern area of the walled old town. The wall, of medieval origin, still contains three gateways and its watchtowers. We cross the Mitger gateway and, following the old wall, we cross the Dalt gateway, from where we return to the car park.

SAFETY ADVICE

-  Check the weather conditions before setting out.
-  Always let us know where you are going and when you will be back.
-  Plan the activity; consult the guidebooks and the route map. Respect the signage.
-  Use appropriate material and equipment. Take your mobile phone with you and make sure you have sufficient battery. In case of emergency, call 112.
-  Ensure that you hydrate often and eat energy-dense foods.
-  Set reference points along the route to orient yourself.

REGULATIONS AND GOOD PRACTICES

- Do not light a fire or set up camp.
- Collect your rubbish.
- Follow the marked paths.
- Keep dogs on a leash.
- Respect private property and livestock.
- Do not make unnecessary noises or loud cries.
- Take care of animals and plants.

