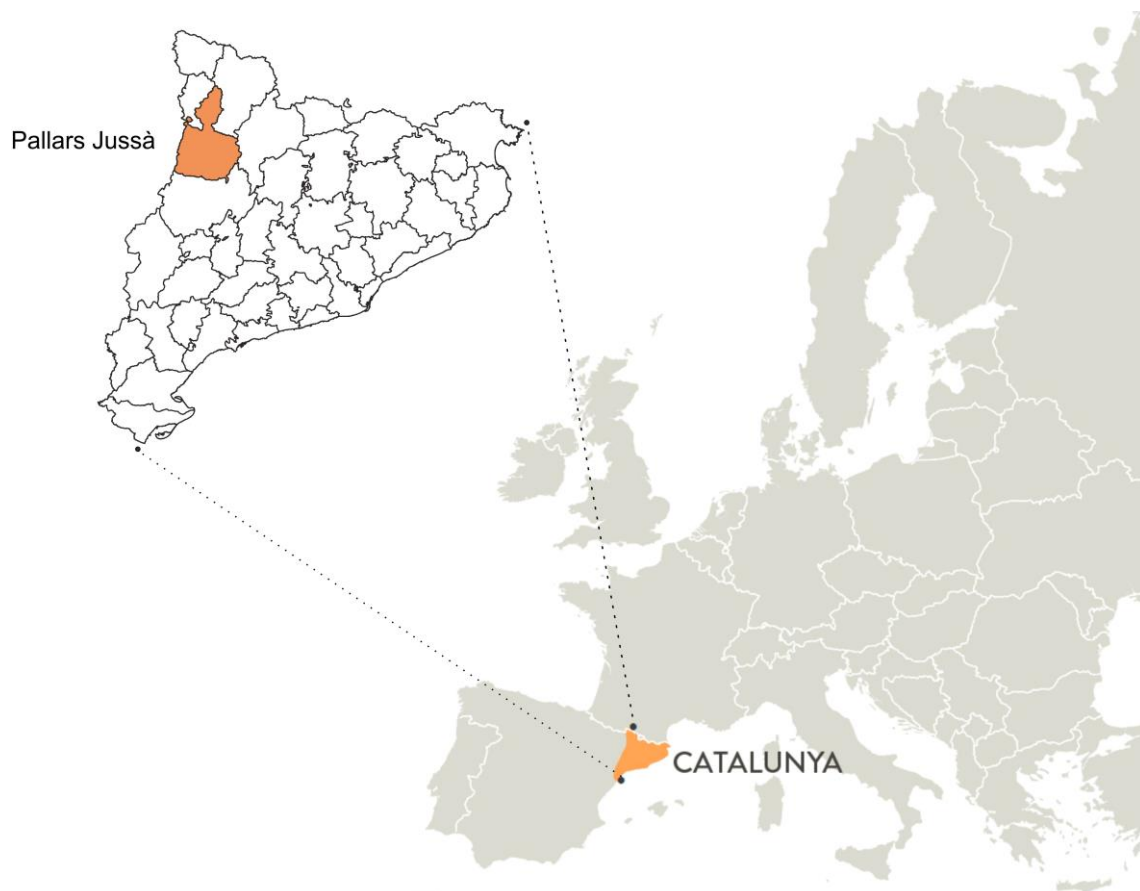


# PALLARS JUSSÀ, A WORLD TO DISCOVER

PROFESSIONAL DOSSIER 2024





This dossier wouldn't have been possible without the support of entrepreneurs, organizations and associations that have actively participated in the tourism development workshops of the Pallars Jussà.

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# 1. PALLARS JUSSÀ. A WORLD TO DISCOVER

## A WELCOMING LAND

Halfway between the highest peaks of the Pyrenees and the vast Lleida plain lays the region of Pallars Jussà, a land of staggering contrasts which remains true to its roots and awash with stunning natural beauty.

The contrasts are provided by the variety of landscapes that enables visitors to take in agricultural plains and thickly wooded forests, audacious cliff-tops, high-lying mountainous areas and the dramatic beauty of Aigüestortes and Estany de Sant Maurici National Park, where the glacial and Karst lakes gleam and the mighty rivers slice through the hills. All of these diverse landscapes are home to a rich and diverse flora and fauna, in which carrion-eating birds and raptors are particularly prominent.

However, the region's character and authenticity come from the legacy left by the passage of time and history. Pallars Jussà is a reference point for geology enthusiasts and people keen to learn more about the very formation of the Earth. It is also a rich source of information for anyone interested in the origin of life itself: its paleontological sites carry us back 65 million years to a time when dinosaurs roamed these lands and the Pyrenees began to form.

One land, with thousand stories. From Pallars we can follow nearly the whole of the transformation of the history of Europe through the area's Stone Age, Iberian and Roman sites, as well as its unquestionable architectural and artistic wealth. A millennium ago, Europe fought to preserve its borders from the Saracens in these mountains, which marked the limits of the Marca Hispanica, or Spanish March. From these times we can still see border castles, medieval towns and Romanesque jewels... and through to the present day, the waters that flow across the region work hard to light Catalonia's cities and power its industrial base.

But above all, Pallars is a living region. The economy is based fundamentally on agriculture, including the cultivation of wine, cereals, olives and almonds and the raising of pigs, sheep and cattle. All of these sectors are of vast potential because of the quality of the produce that shapes the wonderful local cuisine and underpins the artisan specialty food industry.

The many possibilities it affords means that **Pallars can be whatever you want it to be: a welcoming and peaceful land in which to eat well, relax and savour the architectural and scenic beauty, or a place that entices you to practice sport and have adventures, where you will always find something new. Pallars Jussà is what every person who visits it can make of it.**

## EPICENTRE, THE VISITORS CENTER OF THE GEOPARK

Since its opening in July 2013, the Epicentre is a must-see place for anyone who wants to get to know Pallars Jussà: it is the hub for tourist information about the region and the place where the values of its cultural and natural heritage are explained.

It offers an attractive experience for cultural recreation; it shows the attractions in the region and encourages visitors to discover landscapes, historical legacy, resources, products and services. Contents are organized into six areas on two floors. The first floor is devoted to nature: "Geology and land of dinosaurs", "The spectacle of nature" and "The Sounds of the Night"; while on the second floor the rooms are related to society and local culture: "The passage of cultures", "Listen to a story" and "Pallars Stories". It also has auditorium and consultation room for researchers. Altogether, about 700 m<sup>2</sup> for promoting tourism in Pallars Jussà.

It is a facility speech with scientific rigor that provides oversight Institutes Catalan Paleontology (ICP) and Geology (IGC) and experts of the territory in these and other matters, since the elements of fauna and flora, in history, sociology and mythology.

The Epicentre also houses the tourism information office, an auditorium for up to 100 persons, and a couple of seminar rooms.



The Epicentre from inside (Trempe)



## TOURIST INFORMATION OFFICES

Visitors will find a good range of places to stay, from comfortable hotels and camping grounds set in the heart of nature to colourful rural tourism accommodation. Tourists can find all the information they require in the tourism offices of Tremp (located in the Epicentre), La Pobla de Segur, Isona and the information point in La Torre de Capdella (Vall Fosca).

## CLIMATOLOGY, THE COLOURS OF PALLARS JUSSÀ

The lands in this region are formed of two very different parts: Vall Fosca and Vall de Manyanet, in the north, with a typically Alpine climate and plant life; and Conca de Tremp and the Serra de Montsec to the south, with a Mediterranean climate. They have a varied relief and a climatology marked by contrasts: cold, sunny winters and cool summers in the highest valleys and, by contrast, hot, dry summers in Montsec and Conca de Tremp. Rainfall is concentrated in spring and autumn.

The colors of Pallars are marked by this diverse climate, from Mediterranean to high mountain climes and the plant life changes accordingly: wild and black pine woods and fir forests at heights of around 1700 meters, with beech groves and Alpine fields if we ascend a bit further. Moving down the mountains, towards Conca de Tremp, we find evergreen oaks, garrigue scrubland, plantations of box-trees, fields of jonquil flowers and kermes oaks, as well as the farmlands where cereal crops, vineyards and almond, olive and fruit trees abound.



Autumn views from the Terradets reservoir

## THE PALLARS JUSSÀ IS A UNESCO WORLD GEOPARK

The **Origens UNESCO Global Geopark** comprises a territory located on the southern slopes of the Catalan Pyrenees, in the province of Lleida. 2,000 km<sup>2</sup> of territory that include all the municipalities of Pallars Jussà (Abella de la Conca, Castell de Mur, Conca de Dalt, Gavet de la Conca, Isona and Conca Dellà, La Pobla de Segur, Llimiana, Salàs de Pallars, Sant Esteve de la Sarga, Sarroca de Bellera, Senterada, Talarn, la Torre de Capdella, Tremp), part of the Noguera county (Àger, Camarasa and Vilanova de Meià), the municipality of Baix Pallars in the Pallars Sobirà county and Coll de Nargó in Alt Urgell county. Its exceptional geological values have made it recognized as a **UNESCO World Geopark** in 2018.

In the Origens Geopark you can make a real trip in time to discover the origins and evolution of the Earth and life, from the Big Bang to our times. You can enjoy various and impressive experiences such as following the trail of the last dinosaurs that lived in Europe or touring spectacular gorges such as Mont-rebei or Collegats. At the same time, you can follow the evolution of humans on Earth, from visits in caves with cave paintings, passing through Romans and medieval times with their churches and castles, until the most recent dates with the production of hydroelectric energy. Even today, you can live the essence of this territory that can be transmitted by its inhabitants and enjoy festive traditions such as “fallas” (to celebrate the summer solstice) or the Raftsmen festivity (the history of brave men who dared to sail down the river on logs). Its rural location, away from the large metropolis, gives this territory one of the best dark skies for stargazing in Catalonia.

More information at [www.geoparcorigens.cat](http://www.geoparcorigens.cat) and [UNESCO site](#).



Geopark views. Photo: Jordi Peró and Llibert Cases

## 2. LOCATION AND HOW TO ARRIVE

Set in the pre-Pyrenean area of Catalonia, North-East from Spain, Pallars Jussà region has 14 municipalities and a population concentrated particularly in the south. It is home to around 15,000 people, with 6,000 inhabitants in the capital, Tremp, and many other large towns including La Pobla de Segur, with over 3,000 people, and Isona and Conca Dellà, with just over a thousand inhabitants. Pallars Jussà is bordered by the Lleida regions of Pallars Sobirà, Alt Ribagorça, Alt Urgell and Noguera, and by Baixa Ribagorça in Aragon.


**Pallars Jussà is a communications hub for roads and train lines across the Pyrenees.** Of note is the C-13 highway, which cuts north to south along the Noguera Pallaresa River, from La Pobla de Segur to Terradets, and the Pyrenean arterial road N-260, which connects Sort with Pont de Suert, passing through La Pobla de Segur, as well as other secondary roads that join the other towns.

The railway line **Tren dels Llacs** (Train of the Lakes) connects Lleida with La Pobla de Segur, crossing the province from north to south. <http://www.trendellsllacs.cat/en/index/>

**The ALSA coach company connects all towns with Lleida and some with Barcelona.**

**Tremp lies around 90 km from Lleida-Alguaire airport and can also be reached from Barcelona-El Prat aboard the high-speed train to Lleida-Pirineus station.**

**Easy ways to reach Pallars Jussà:**

 <p>BY CAR</p>	<p>⇒ From Barcelona and the city's metropolitan area, those are the options:</p> <ul style="list-style-type: none"><li>✓ A2 + L303 + C14 + L512 + C1412 (itinerary through Cervera – Agramunt – Artesa de Segre)</li><li>✓ A2 + C14 + L512 + C1412 (itinerary through Tàrrrega – Artesa de Segre)</li><li>✓ A2 + C1412 (itinerary through Jorba – Calaf – Ponts)</li></ul> <p>⇒ From Girona/France:</p> <ul style="list-style-type: none"><li>✓ AP7 motorway to Barcelona and follow the instructions above</li><li>✓ AP7 + C-25 (route though Vic – Manresa - Tàrrrega) + L512 + C1412 (Tàrrrega – Artesa de Segre)</li></ul> <p>⇒ From Zaragoza/Madrid: A2 to Lleida + C13</p>
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### BY TRAIN

⇒ The [Train of the Lakes](#) carries you through spectacular scenery from Lleida-Pirineus station to La Pobla de Segur.

⇒ You can also take the high-speed train (AVE) as far as Lleida [París-Figueres-Barcelona-Tarragona-Lleida-Zaragoza-Madrid line] or travel in the conventional train [lines Barcelona-Valls-Lleida, Barcelona-Tarragona-Reus-Lleida, or Barcelona-Manresa-Lleida] [RENFE](#)



### BY COACH

Pallars Jussà has regular bus lines that connect the main towns with Lleida and Barcelona. [ALSA](#)



### BY TAXI

The local taxi service is a good way of getting around the area. Associació de Taxistes del Pirineu (phone 24h): +34 619 078 273



Pallars Jussà's access.

## SOFT MOBILITY AND ACCESSIBILITY

Gradually, Pallars Jussà is getting involved into **tourism models that reduce their environmental impacts**.

One of the most outstanding elements is the Train of the Lakes. This railway line connects the Pallars Jussà with Lleida, offering spectacular panoramic views and including a total of 41 tunnels and 31 bridges, during a two hour journey.

Therefore, all visitors willing to travel to Pallars Jussà by public transport can easily do it, arriving first at Lleida Pyrenees train station (either with high-speed train or conventional train). Also a scheduled coach transport service connects Pallars with Lleida and Barcelona, among many other destinations.



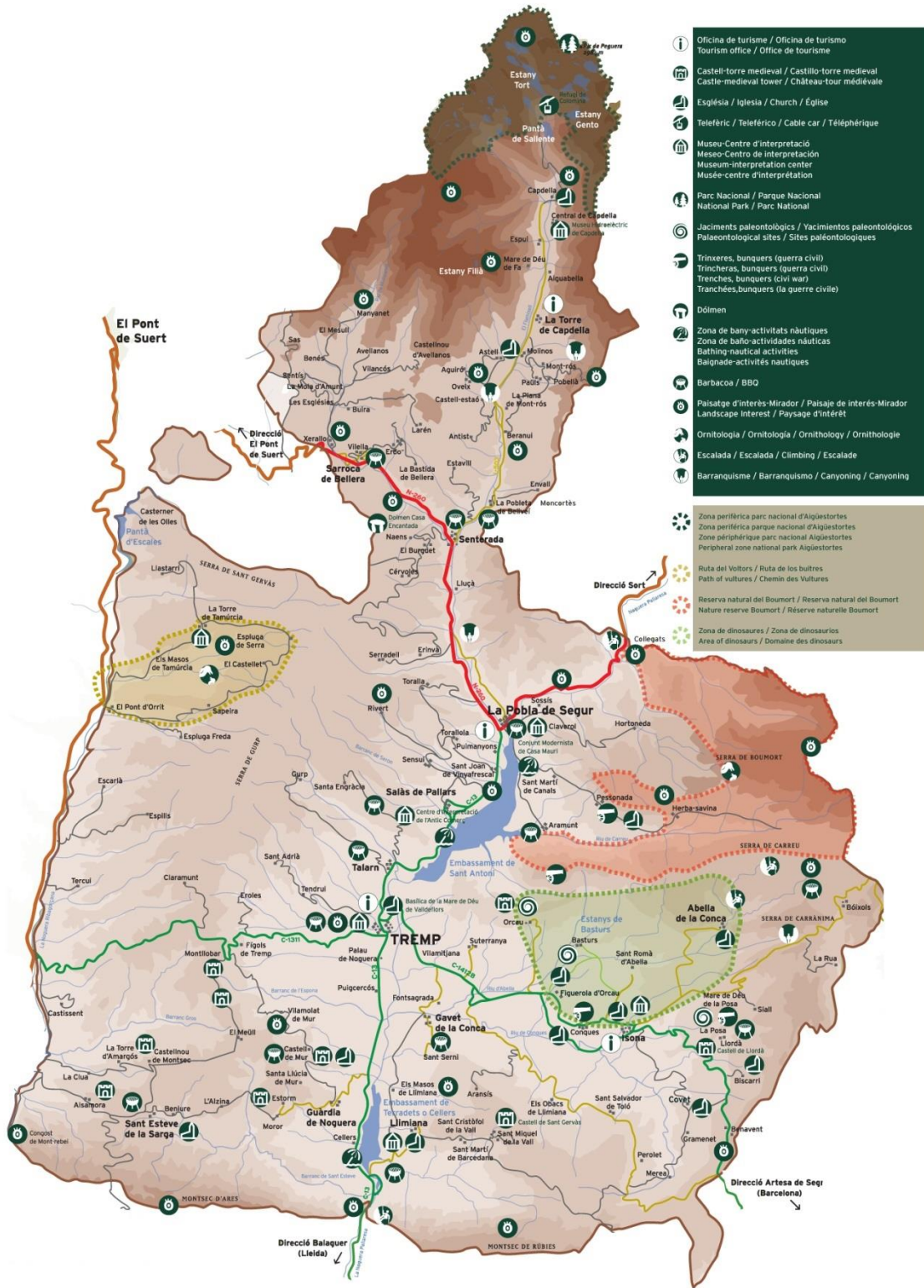
Historical train (saturdays)



Daily train

At the same time, Pallars Jussà's tourism sector is getting involved in *accessible tourism*, which is based on enabling access to **people with disabilities or reduced mobility** to the greatest possible number of assets (accommodation, cultural facilities, natural areas...).

On the "Tourism for All" website [promoted by the Catalan government] visitors can find out which accommodation providers and other facilities are adapted to people with special needs (as reduced mobility, wheelchair users, hearing impaired or visually impaired).



The main towns, rivers and reservoirs, transport links to the neighbour areas, the Train of the Lakes stations and the Tourist Information Offices of the Pallars Jussà. <https://www.pallarsjussa.net>

## 3. THE BEST OF PALLARS JUSSÀ

### THE SPECTACLE OF NATURE

**Pallars offers more than just one picture postcard view**; it boasts a full range of varied landscapes. The Serra del Montsec, the Serra de Carreu, the Boumort hills and the highest peaks of Vall Fosca (the Saburó, at a height of 2,900 m) afford different outlooks, each with its own colours and typical flora and fauna.

**Whether you travel by car, on foot along the numerous roads and routes, or on mountain bike, Pallars is never anything but special.** The Fosca and Manyanet valleys invite visitors to enjoy over 30 lakes and high-lying mountainous areas with peaks that soar to around 3,000 metres. Aigüestortes and Estany de Sant Maurici National Park is a must-see for nature lovers. The entrance from the region to the only national park in Catalonia is via the Sallente-Estany Gento cable car, which carries you 450 metres up the mountain in 13 minutes, at a speed that is ideal for enjoying the views.



Hiking in Tort Lake

But Pallars is also the surprising landscape of the Serra de Montsec and its outstanding precipices. These are dramatic lands where you can see birds of prey including eagles, Egyptian vultures, golden eagles and bearded vultures. The rivers cut swathes through the land and support migratory bird species including cranes and mammals such as foxes, martens, badgers, deer, roe deer, bucks and wild boar.

The Mont-rebei canyon has been declared a wildlife refuge. It is the only gorge in Catalonia that remains practically virgin and which can be travelled by following an old mule track. Collegats canyon is home to the “Argenteria” rock formation, said to have inspired Gaudi in his design of the façade of Barcelona’s La Pedrera.

Montcortès Lake and the lakes of Basturs are of Karst origin, typical to Pallars, and are included in Catalonia’s PEIN programme of plans for areas of natural interest. As well as being home to mallards, eagles and a vast diversity of fish, they are also the source of a legend that the locals will be only too happy to tell you when you visit. Sant Antoni and Terradets are two reservoirs built to produce energy. From here you can follow a selection of hiking routes or take part in sports activities including kayaking and caving. [Water is one of the great attractions of Pallars.](#)



Terradets reservoir



## PALLARS JUSSÀ: LIVE

Pallars Jussà is firmly committed to nature tourism. One example is found at Tremp, which boasts an ecotourism project for the promotion of biodiversity and to help the economic development of the biggest municipality in this part of Catalonia.

For all of these reasons, you will find an extraordinary range of things to do in Pallars that will help you really get to know the area by participating in locally designed environmental projects. The Fifth Lake [El Cinquè Llac], for example, is a well-signposted hiking route designed in five stretches covering just over 100 km where you can enjoy the scenery and the local historical, architectural and cultural heritage. Staying in any of the local country houses is a good way to meet the people of Pallars and discover their local cuisine.

To discover this territory calmly, the Regional Council promotes the network of roads “Camins del Jussà” through 57 routes and 400 km gets old bridle paths and other historical and traditional paths in the region

There are many more routes, such as the **Valley of the Vultures** [Vall dels Voltors], which you can do by car, bike or on foot. Torre de Tamúrcia is home to the *Casal dels Voltors*, a study and observation centre for nesting birds of prey, and from where you can enjoy the discover the Sant Gervàs and Terreta hills



Pallars Jussà is a perfect place for nature tourism.

The **Serra de Boumort** is an area of outstanding natural interest which includes a game reserve. The wealth of the fauna makes this visit a must. The reserve has deer, fox, martens, badgers, roe deer and bucks, and birds including eagles, peregrine falcons and bearded vultures. The male birds mark their territory and attract the females with their constant squawks. You can also catch sight of bats at *Muricecs* cave, home to 600 examples of six different species. And the biological station Pallars Jussà organizes many activities such as bird photography workshops from scavengers lurking in the reeds of the Serra de Lleràs or output to see butterflies in Talarn.

## GEOLOGICAL FASCINATION - THE DINOSAURS ROUTE

In the late Cretaceous period (between the Jurassic and Palaeogene periods, some 65 million years ago) Pallars was a marine landscape. The collision of the European and Iberian tectonic plates produced the elevation of the Pyrenees, an incredible fold which led to dramatic changes. **Throughout Pallars there are 26 points of special geological interest where visitors can see the transformation process the Earth underwent.**

One indisputable point of interest is the Isona **Cretaceous Park**. A visit here will transport you back through time, not just through geology but also by allowing you to follow the story of the animals that inhabited the region. This is a county very rich in fossils, especially dinosaur remains, including eggs and footprints, which can be visited. The paleontological remains in Basturs, Orcau and Posa show what life was like before the Pyrenees were formed.



Isona i Conca Dellà site

**The rivers that flow south from the Pyrenees cut through the mountain ranges they encounter on their way instead of skirting them.** These open sections, especially visible in gorges such as Collegats, showcase the folds of the earth's crust, the fault lines and different compositions (travertine marble, clays, calcarenite sands...) as well as various types of aquifers.

## HERITAGE BUILT OVER TIME

**At Pallars you can follow the history of Europe from millions of years ago.** As well as sites such as the ones at Nerets Cave, there are also finds from the Neolithic period, Iberian remains and testaments to the arrival of the Romans, who made Aeso (today Isona) the *municipium* of Ludi Emili Patern, a local man three times decorated by the Emperor Trajan.

**Roman architecture in a frontier land. If there is one period when the landmark features of Pallars were truly constructed, it was the Middle Ages.** Following the Arab invasion, construction began on the Marca Hispanica, which was settled by force in this area as the battle front between the Christians and the Muslims was in Pallars. From those times we can still see the border castles built around 1,000 years ago, such as **the fortresses at Mur and Llordà**, as well as the churches that were erected wherever there was an outcrop of resistance, such as Verge de la Cinta church in Llimiana and Santa Maria in Covet, with its impressive sculpted gate. Pallars is truly Roman territory. There are entire towns that invite you to step back in time. A visit to the streets of the historical centre of Tremp and the *viles closes* (walled towns) of Figuerola and Salàs de Pallars are great places to soak up history.



Mur Castle, and Sant Gervàs Castle

The towns have evolved continuously over the centuries and **Pallars boasts important architectural elements linked to the land and its culture**, such as the Mare de Déu de Valldflors gothic carving in Tremp, the baroque altar of Guàrdia, and the baroque organ at Talarn. The Renaissance makes its presence felt at Sarroca and Envall, or you can enjoy the art nouveau ensemble of Casa Mauri in La Pobla de Segur. Many towns have itineraries designed to discover the legacy of their history.

**Pallars became a border area again during the Spanish Civil War.** You can follow a sign-posted route around the trenches and bunkers built at La Posa, which was the frontline between spring 1938 and January 1939. A visit provides an understanding of the defence systems used during this war in which, for the first time, aviation and the bombings of civil populations were decisive. Isona, 75% of which was destroyed, is a good example of post-war reconstruction.

## WATER AND ENERGY

**Pallars Jussà is a land marked by the water of the rivers that cross it and the lakes that capture the reflections of the mountains.**

The rivers have also always connected these lands with the rest of the country. For centuries, *raiers*, or raft-makers, used the young, virgin waters to carry goods and spread their culture, as waterways were also the way to carry ideas. However, the real revolution took place in the first decades of the 20th century, when work began on the construction of the hydroelectricity plants that would produce energy to light Catalonia and power its industrial process.

The people of Pallars knew it as “the Company”. The full name was *Energia Elèctrica de Catalunya* and the men who worked there came to Vall Fosca, one of the most isolated points in the country, to produce electricity, taking advantage of the force of the waters from the lakes at the head of Flamisell River.

**From this time, when progress unexpectedly arrived and turned the way of life upside down, we have a faithful witness in the Capdella Hydroelectric Museum.**



Dam of Talarn

## THE TRAIN OF THE LAKES

Man has created high-speed railways and bullet trains, but in our collective imagination trains still have enormous metal wheels and smoke stacks blowing thick black smoke into the air. **The Train of the Lakes is a chance to turn a trip into an experience** – one that will carry you from the city of Lleida to La Pobla de Segur. The journey lasts under two hours and is a chance to enjoy the passing scenery with its array of colours and stunning natural beauty.

The last leg of the journey passes by four dazzling lakes, each with its own charm: Sant Llorenç, Camarasa and Cellers lakes are surrounded by a woody bank that gives onto Terradets canyon, while Sant Antoni, the largest freshwater lake in Catalonia, is **perfect for water sports and relaxing on its gentle shores**.

**The Train of the Lakes can be your starting point for discovering the region on your own or as part of an organised tour**, with customised trips such as “Pallars Nostalgic”, designed in keeping with contemporary sustainability-oriented travel.



The Train of the Lakes from Lleida to La Pobla de Segur makes for a pleasant journey suitable for all ages and carries you past rivers, canyons and mountain ranges

## TOURIST DESTINATION AND STARLIGHT RESERVATION: MONTSEC + AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK

Linked to UNESCO, a **Starlight Reserve** is a protected natural space where a commitment is established to defend the quality of the night sky and access to starlight, with functions to preserve the quality of the night sky. **Starlight Tourist Destinations** are visited sites, protected against light pollution, with good natural conditions for the contemplation of the night sky and with related infrastructure and activities.

The Montsec and the Aigüestortes i Estany de Sant Maurici National Park are two of the best places in the world to make astronomical observation and enjoy the starlight.

### Mountains of stars. Aigüestortes i Estany de Sant Maurici National Park

In 2018, the only National Park in Catalunya has been certified as one of the best sites in the world with excellent sky quality and an example of protection and conservation. It is part of the National Park together with 10 municipalities in its area of influence, including Vall Fosca.

### The exceptional sky of Montsec. The Astronomical Park of Montsec

In 2013, Montsec became a Starlight Tourist Destination: 24 municipalities of La Noguera and Pallars Jussà form the Starlight Tourist Destination and 11 are also Starlight Reserve. The **Montsec Astronomical Park** is a tool for scientific research and dissemination where exhibits on astronomy and landscape are found; also *the Eye of the Montsec*, a digital planetarium and sky observation platform with a 12 m diameter dome. The Astronomical Park has two facilities: the **Observation Center of the Universe**, for tourist and informative use (Àger), and the **Montsec Astronomical Observatory**, for scientific use (Sant Esteve de la Sarga, Pallars Jussà).



A unique spot in Catalonia, both for academic and divulgation purposes.

Photo: Jordi Bas

## GREEN DESTINATIONS AWARDS

The international association Green Destinations is a global partnership of expert organisations, companies, and academic institutions which annually makes a global recognition of the top 100 sustainable destinations. Their aim is to showcase sustainability good practices of emerging and established destinations.

### **Pallars Jussà Region was selected in the 2020 Sustainable Destinations Top 100.**

Pallars Jussà has been committed for years to a strategy to boost tourism in which sustainability is its transversal value. Its fundamental pillars are public-private collaboration, the valorisation of natural and cultural resources and local gastronomy. Among the tools, the creation of a tourist product or participation in cooperation projects is a commitment to sustainable tourism. This sustainable tourism strategy has facilitated the positioning at national and international level and the recognition of some of its icons. For example, the GEOPARC and Starlight certifications for astronomical tourism and the consolidation of unique tourist products such as the Cinquè Llac.



Pallars Jussà, Green Destination. Trekking in Montsec

## “GRATITUD”, SOCIALLY RESPONSIBLE TOURISM IN PALLARS

The Gritud Project aims to repay nature, the landscape and our region for all the pleasure they provide. Gritud aims to reinforce the ties between people - both local and visitors - and our region via programmes promoting nature conservation and care for our cultural heritage.

The Gritud Project was set up by the Association [Marques de Pastor](#), the Leader Pirineu Occidental Consortium, and a series of volunteers committed to promoting the cultural and natural heritage of the Pyrenees. Marques de Pastor is the guiding force behind the ecotourism project El Cinquè Llac, a five-stage circular walking route that follows the old cart trails of the counties of Els Pallars and L’Alta Ribagorça.



A tourist taking a picture of Montsent de Pallars Mountain



## A LAND WITH A THOUSAND STORIES

The best thing of all about Pallars is its people. Over the centuries, the Pallarese have fought to survive on a land as beautiful as it is dramatic and tough, adapting to the territory and finding ways to make a living.

Until just a few decades ago, the region was practically isolated from the rest of the country. Around 100 years ago the phylloxera epidemic hit the area and led to the loss of many lives. Thousands of people were forced to pack up and leave, many migrating to America in search of a future they couldn't find at home. There was a later wave of migration in the 1950s and 60s when the mechanisation of the fields made farm labourers' work easier but only on the flatter, more open lands, not for the people who worked the patches built from the effort of generations to plant crops on the hillsides.

Pallars nowadays claims the memory of what it was, It reminds it remaking parties and celebrations, fairs and traditions. In order to succeed you cannot forget where you came from. That is why nowadays Pallars is very alive. Pallars people are not separated from the ground. They know that nothing is easy and they have strained working to win tomorrow's battle while creating respectful companies linked to the territory and the wealth it generates.

To find out more about these times, many museums in Pallars explain and interpret the local culture, history and landscapes. Next to the railway station in La Pobla de Segur you'll find the **Espai Raier** (Raftsmen Museum). Until 1930 Pallars was linked to the rest of Catalonia particularly by its rivers. The dams that were built brought timber down from the mountains to the sea and the entire industry revolved around the wood from the forests. The *Espai Raier*, as well as providing information on the river transport systems used in the wood trade, also conserves the heritage of this industry. The Diada dels Raiers is a remembrance day that has been held on the first weekend of July since 1979.



Museu hidroelèctric de Capdella

At Vall Fosca you can visit the **Capdella Hydroelectric Museum**, an interpretation space that offers a route which covers the period from the origins of the hydroelectric plant through to its implementation in 1914 and explains the economic and social repercussions its construction had on Pallars and the whole of the country. The museum pays homage to the 4,000 people who worked there over the years, when progress reached the lands of one of Catalonia's best guarded valleys.

In Isona, the **Conca Dellà Museum** and the **Cretaceous Park** present the fauna and flora of the county from 65 million years ago, when the last dinosaurs roamed the earth. These sites also conserve dinosaur prints and eggs. The Museum furthermore explains the past of Roman Aeso and the importance of the medieval period which has left us with castles such as the ones at Orcau and Llordà. Besides being a Research Center, the museum organizes workshops and visits to Cretaceous Park.



The Museum of Conca Dellà in Isona is host to an exciting journey through time, where we discover dinosaurs and the ancient Roman city Aeso.

The **Epicentre**, located in Tremp, is the **visitors' centre** of the region. Open since 2013 it is a must-see place for anyone who wants to get to know Pallars Jussà: it is the hub for tourist information about the region and the place where the values of its cultural and natural heritage are explained.

By contrast, the museums at Salàs de Pallars are the very streets themselves. The **Ancient Commerce Interpretation Centre** presents a number of old business models relating to the country's trade and decorated with characteristic elements of the mid-20th century. This unusual journey back in time is a fascinating look at the evolution of technologies over recent decades, as well as the development of advertising techniques.



The stores/museum (grocery store, bar and pharmacy) in Salàs are an essential visit for children and adults alike.

In Llimiana, **Casa Bonifaci-Llimiana Museum** is the former home of the Bonifaci family, a dynasty of rural doctors, and preserves the local historical legacy. The house tells us about Doctor Josep Bonifaci Mora, who during the Civil War was General Director of Social Welfare of the Government of the Republic. As a member of the PSUC was forced into exile and worked as a doctor in cities like Moscow, Toulouse, Prague and Bucharest and could not return to his homeland Catalonia until 1970.

**Casal Pare Manyanet** in Tremp was the birthplace of Josep Manyanet, who at the end of the 19th century was responsible for inspiring the construction of the Church of the Sagrada Família in Barcelona. Josep Manyanet was beatified in 1984 and canonised in 2004.

At La Pobla de Segur you can visit the lovely art nouveau building **Palauet Casa Mauri**, the Sant Josep oil mill and the Licors Portet factory, founded in 1884, where the famous Ratafia dels Raiers liqueur is made.

## HOLIDAYS AND TRADITIONS

Anyone who visits Pallars Jussà will enjoy the annual festivals held in all of the towns and cities. The annual festivals have long been the time of the year when families gather and offer the best of what they have to friends and acquaintances. The people of Pallars have always maintained their ties with the land. This translates into a desire to modernise the holidays, festivals and traditions that form their history to carry them forward into the future.

A spectacular event in which a torch is carried down from the mountains is celebrated in many localities, particularly La Pobla de Segur, on 17 June to mark the festival of Mare de Déu de la Ribera. This archaic festivity is a blend of Christian and pagan rituals and one of the traditional 'fire' festivals held throughout Catalonia to mark the summer solstice.

Another important celebration is the *Diada dels Raiers (Raftsmen Celebration)*, which takes place on the first Sunday of July. Each year this international event draws raft-makers from around the world, who come to share their experiences in river navigation with the people of Pallars.



The Raftsmen of Noguera Pallaresa river Cultural Association has been celebrating the age-old trade tradition of raft-making with a spectacular festival every year since 1979.

Indeed, a whole chapter could be devoted to the festivals alone. Many of them were awarded to the people by the Catalan Kings centuries ago. **The festivals were also the time to establish inter-county relations.** One is the Pobleta de Bellvei Festival, and another was the *Bestiar de Peu Rodó* livestock fair, which was held in Salàs de Pallars. Today it has been recovered in the form of a remembrance day at Salàs Fair, and takes place in November.

## TRADITIONAL TASTES

**Pallarés cuisine is rooted in its tradition and that tradition is based on produce from the land.** There are certain foods you can only try here, such as *girella*, a sausage with more than 500 years of history, or *all i oli de codony* (quince aioli), in which this autumnal fruit is used to make a typical mountain sauce that is spread on toast or used to enrich a range of dishes.

You can also sample *civet d'isard*, a stew with its origins in medieval times and made from game, or *xolís*, a pork sausage made in winter. Other local delicacies include the cheeses and desserts.

One of the most popular foods from Pallars is mushrooms. You will find a huge variety of species used in many local dishes, particularly in autumn. In spring, wild herbs release their scents and are a staple at local fairs.

**There are a number of very interesting initiatives afoot, such as the *Amb els 5 sentits* (With the 5 Senses) and *Al teu gust* (As you like it) programmes, which promote the diversity of the quality dishes homemade by master craftspeople and with all the flavours of these lands.**



Pallars typical food

## OUR WINES

**The fruit of the land is also used to make liqueurs**, a longstanding tradition which began when the county was a distinguished liquor exporter. **And Pallars has, of course, been a winegrowing area for centuries**, producing vines in the high basins with their Mediterranean climate and strong temperature contrasts that give the local wine its character and quality. **Many of the wines are part of the Costers del Segre Designation of Origin label.**

Pallars Jussà is dotted with artisan wine cellars. Winemaking, which began in the time of the Romans and was always based on home brewing, has gained enormous prestige in recent years thanks to the promotional work carried out by new, young winemakers committed to quality and getting the best out of the highest vines in Catalonia. You can visit these cellars, taste the wines and learn how they are made either at the cellars themselves or at the various festivals held in the region.



Autumn Landscape with vineyards as protagonists.



Visit and wine tasting at the winery Mas Garcia Muret, DO Costers del Segre.

## 4. SUGGESTIONS FOR DISCOVERING MORE ABOUT PALLARS JUSSÀ

Pallars Jussà, abounding in natural and historical heritage, offers a wide range of possibilities for people of all ages and interests. Ecotourism and nature fans, sports fans and adventurers, foodies and lovers of history, legends and tradition will find what they are looking for. There is virtually no end to the different ways you can enjoy one of the most magical parts of Catalonia.

### ➤ COME TO PALLARS, LIVE THE JUSSÀ

For the 2018 tourist season, the project “*Vine al Pallars, Viu el Jussà*” (Come to the Pallars, Live the Jussà) a paradise for exploring proposes a calendar full of activities

**60 activities with different proposals to live in a unique way the region, throughout sports, cultural, recreational and gastronòmic experiences:** astronomical observation, honey workshops, Raft building, wine tasting, canyoning or becoming a shepherd for one day among others.

They publish an annual guide with all the information of their partners and the activities they propose, which can also be downloaded at <https://www.viujussa.cat>

"Vine al Pallars, Viu al Jussà" project is a public-private partnership: it comes from the private sector, emphasizing the farmhouses residences Association of Pallars Jussà, the Association of Professionals in Tourism Area (APAT) among a set of professionals, producers and equipment of the region. On the public side, it has the Regional Council of Pallars Jussà, 10 municipalities and IDAPA support.



Cover of “Vine al Pallars, Viu el Jussà” guide.

## ACTIVITIES

**Walks and hikes: visiting the region on foot.** The diversity of landscapes that converge in Pallars Jussà makes it one of the best areas for trekking, with clearly marked paths of different levels of difficulty and duration.

**Ecotourism.** Get to know our natural areas in a sustainable, environmentally responsible fashion through activities that promote conservation and the reduction of the environmental impact and foster social and economic involvement beneficial to the local populations.

**Active tourism.** The region has immense possibilities for practising sport (mountain climbing, white-water rafting, kayaking, etc.) in beautiful settings.

**Scenic routes.** These routes are designed to show visitors the majestic natural beauty of Pallars Jussà.

**Recalling history.** A land rich in customs, traditions and ancient trades from when society moved at a slower pace and the main source of wealth came from nature.

**Discover our towns.** Learn more about the cultural wealth of the local towns, the ways they have evolved over time, with routes and guided tours around La Pobla de Segur, Tremp and Talarn.

**Visit the border castles.** As a medieval frontier land, Pallars Jussà conserves numerous examples of military architecture, with around 20 defence towers and castles including the ones at Mur and Llordà.

**Gastronomy, oenology and local products.** The gastronomy of Pallars Jussà, its wines and local produce (sausages, cheese, mushrooms and game stews) are a real pleasure for anyone who enjoys fine dining.

### **Tours and short breaks.**

The geographic and scenic wealth of Pallars Jussà mean that on journeys of just a few kilometres, visitors can experience major contrasts, from pre-Pyrenean basins to high mountain valleys, along routes that anyone can follow, whether you travel alone, with children or with elderly people.



### ➤ JUSSÀ PATHS

Discover this beautiful unspoilt area of northern Catalonia walking through **ancient bridle paths and other historical and traditional ways** that have been restored and grouped under the *Jussà Paths* initiative. The **63 selected walking trails** provide more than 414 kilometres (257 miles) of well managed paths. Trails range in difficulty from easy to difficult and take hikers along beautiful Pre-Pyrenees mountain sceneries. All paths are clearly signposted.



Pobla de Segur to Salàs de Pallars path, crossing the right bank of the reservoir of Sant Antoni, on foot or by bike

**Suitable for:** all visitors, please check the details of each trail.

**Key words:** landscape, nature, gastronomy, culture, history.

**Season:** all year round, depending on the route.

**Further information at:** [Tourism Information Offices](#), [Pallars Jussà tourism web](#), [Wikiloc](#)

**Self-guided walk.** Some of the trails are available for horse riding or mountain biking.

### ➤ AIGÜESTORTES AND ESTANY DE SANT MAURICI NATIONAL PARK

The only National Park in Catalonia, its high-mountain landscape has an impressive relief and a wealth of flora and fauna. **The main feature of the area is water**, with close to 200 lakes and countless streams. The Fosca valley (*Dark valley*) is the entrance to the southern part of the National Park and contains a series of small villages that maintain all of their traditional charm. **5 walking itineraries** have been selected as the most recommended, most of them starting or finishing in Estany Gento.



At *Estany Gento* there is an information centre in the summer months with an exhibition on aquatic life.



The Park has a high biological value due to its great diversity of ecosystems.

**Suitable for:** all visitors.

**Key words:** National Park, landscape, nature, cultural landscape.

**Season:** all year round except Winter months with snow.

**Further information at:** [Tourism Information Offices](#), [Vall Fosca](#), [Nacional's Park web](#)

**Self-guided walks.**

### ➤ THE FIFTH LAKE

The "Fifth Lake" is a **round-trip hiking route that enables the visitor to discover the Pyrenees while enjoying spectacular Pyrenean foothill scenery**. A signposted path of approximately 100 km (62 miles) length leads to the Fifth Lake, the charming Montcortès Lake. The route is divided into 5 stages so it is suitable for all abilities.

Walking along old bridle paths, it is possible to appreciate a combination of the natural elements with dry-stone architecture and other features of traditional farming. On route the visitor can taste dishes made from locally grown, seasonal produce, and wines from the Costers del Segre DO, both a perfect complement to the daily walks.

**Responsible tourism.** The Fifth Lake has been designed with responsible tourism in mind, a tourism that creates better places to live and the best places to visit. This itinerary is the result of the initiative of several small businesses interested in promoting and valuing their landscape. In turn, they also boost the local economy.

The route is divided into 5 stages, giving the possibility to walk either the whole route or just few stages. Get involved by following Fifth Lake's [bloc](#), [Twitter](#) and [Facebook](#).

The Fifth Lake route will be adapted to be taken **by mountain bike, by horse and by donkeys**.



The route is suitable for all abilities, as it has been divided into 5 independent stages

**Suitable for:** all visitors, especially those interested in itinerant hiking routes.

**Key words:** landscape, nature, gastronomy, legends, nostalgia, authenticity.

**Season:** all year round, in particular spring and autumn.

**Further information at:** [Fifth Lake web](#) and [Pirineu Emoció travel agency](#).

**Self-guided walk.** Possibility of hiring local guides.

GPS tracks can be downloaded from the [Fifth Lake web](#) (through [Wikiloc](#)).

### ➤ GUIDED WALKING TOURS

The best way to enjoy the most of natural beauty and cultural richness that Pallars Jussà can offer to visitors is let yourself being carried away by the hand of a local guide.

#### Vall Fosca guides

Based on *Vall Fosca* (Dark Valley) with the help of their local guides You can meet and discover the true Pallars routes through nature, landscape, history and geology.



Canyoning with the families

**Suitable for:** all visitors, family-friendly, groups, students

**Key words:** landscape, nature, ecotourism, walk, Culture

**Season:** throughout the year.

**Further information at:** [Vall Fosca guides](#)

**Specialised Guide.**

### Amaroq Explorers: mountain and expedition guides

With base camp accommodation in Tremp, Amaroq Explorers guides expeditions both internationally and locally. Guided local adventures include the discovery of the Boumort Reserve, ibons of Vall Fosca or routes through the National Park d'Aigüestortes and Estany de Sant Maurici.



Vall Fosca

**Suitable for:** All types of visitors, especially the most adventures

**Key words:** canoe, kayak, climbing, skiing, snowshoeing, hiking and expeditions

**Time of the year:** all year

**For more information:** [Amaroq Explorers](#)

**With guide**

### ➤ GUIDED ROUTES FROM ACCOMODATION PROVIDERS

The diversity of landscapes that converge in Pallars Jussà make it one of the best areas for walking. Following the paths which are clearly marked and they have varying difficulty and length, visitors can discover the beauty of the natural and historical heritage of the region.

Besides the initiative "Come to Pallars live the Jussà" we find other appealing suggestions:

#### **Casa Leonardo's flower: circular routes in Senterada**

Like the four petals of a flower, Casa Leonardo's rural cottage has designed four circular routes for its guests to enjoy the rich natural scenery that surrounds the house. Detailed maps with the itinerary, a GPS navigation device and the corresponding tracks are provided. Each route includes also a geocaching game to add extra fun!

**Suitable for:** all visitors, family-friendly.

**Key words:** landscape, nature, culture, traditions.

**Season:** all year round.

**Further information at:** [Casa Leonardo](#)

**Self-guided walk:** GPS tracks will be available on Casa Leonardo's web soon.

### ➤ FOOT RACES, WALKING EVENTS AND OTHER INITIATIVES

#### **Walking events and races run by local organizations**

An increasing number of organizations (town councils, associations, groups...) offer a wide range of **walking events and foot races** throughout the year. Some examples are: *L'Espardenyada* in Pobla de Segur, or *Caminada de les Carenes* in Tremp.

**Suitable for:** all visitors, depending on the path chosen.

**Key words:** landscape, nature, sport.

**Season:** according to schedule.

**Further information at:** [Tourism Information Offices](#), [SAM Tremp](#).

Some events/races might require registration.

### Urban Health routes in Tremp

Tremp City Council proposes three street circuits for walking. With different lengths (2, 4 and 6 km) They are marked with different coloured arrows that identifies each circuit and they are suitable for everyone. The aim is to introduce visitors to the town and simultaneously promote physical activity among the population.

**Suitable for:** all visitors, depending on the path chosen.

**Key words:** landscape, nature, sport.

**Season:** All year round

**Further information at:** [Tourism Information Offices Ajuntament de Tremp](#)

**Self-guided walk.**



Princess Sophia Fountain, in Tremp (photography by Jordi Peró)

## ECOTOURISM

*Ecotourism involves visiting natural areas to learn about the animals and plants that live there and contemplate its landscapes. Apart from making that in a sustainable and responsible manner*, ecotourism conserves and reduces the environmental impact of various activities, promoting involvement social and economic benefit to local populations as well.

### ➤ BIRDWATCHING

**Due to its geographical diversity, Pallars Jussà is a great place for bird watching.** In *La Terreta* area (located in Tremp) four species of carrion-eating birds coexist: the griffon vulture, the lammergeyer, the Egyptian vulture and the Eurasian black vulture. These birds can reach wingspans of 3 meters, and viewing them gliding or fighting for carrion is a real spectacle.

The "Valley of the Vultures Route" runs through La Terreta, taking the visitor into an area that remains largely unknown and providing an opportunity to enjoy the diversity of natural resources and landscapes. Following the route, the visitor will gain insights into different subjects such as the local geography and history and the characteristics of the towns along the way, as well as the varied plant and animal life, particularly the vulture. This route (31 km or 19 miles) was initially designed for motor vehicles, but it can also be followed by mountain bike or even on foot. Other emblematic places for bird watching are Montsec, Boumort and Vall Fosca.



The Valley of the Vultures Route includes exceptional spots for the observation of the carrion-eating birds. It includes the Casal dels Voltors (Vulture House), which is an information centre and also a place for observing and studying these carrion-eating birds during the nesting season.



## ECOTOURISM

Some of the products being offered:

- ✓ Bird watching tours
- ✓ Photography of carrion-eating birds in flight (hide located in the Serra de Lleràs)

**Suitable for:** all visitors, family-friendly.

**Key words:** landscape, ecotourism, fauna.

**Season:** all year round, according to schedule.

**Further information at:** [Biological station of Pallars Jussà](#)

**With a local guide.**

### ➤ KAYAK TO THE BAT CAVE

This half day excursion combines kayak in the Terradets reservoir with the visit of the beautiful *Muricecs* (bat) cave. After a while kayaking in the calm waters of the reservoir we will reach the base of the cave. Only 10 minutes' walk and we take the headlamp and the helmet as we enter into the cave. Inside we find one of Catalonia's most important reproductive bats' populations. In this tour you will discover stalactites, bats and the history of the cave.



The tour is ideal for families and all ages; it combines kayaking, speleology and the observation of bats. Photo: Oriol Clavera; Patronat de Turisme de la Diputació de Lleida

**Suitable for:** all visitors, family-friendly.

**Key words:** landscape, nature, ecotourism, geology.

**Season:** all year round.

**Further information at:** [Hotel Terradets, Zenith Aventura](#)

**Guided activity.**

### ➤ RED DEER RUT IN BOUMORT

Every year it takes place in Boumort **one of nature's most amazing events**: the red deer rut, a period when the hinds are in heat and the stags bellow and fight each other to be able to mate with a group of hinds. Early morning and late evening are the best moments for deer spotting.

#### **Rut excursions from the rural cottages**

Several rural cottages of the area organize trips that include accommodation and a guided tour with 4x4 cars to the Boumort National Game Reserve during the deer rutting season. There are 3 authorised companies during 2018 to do these guidance through Boumort National Reserve hunting area: Rutes 4x4 Ignasi . (phone number 608130923 ) and Serra Boumort (phone number 608266930) and Salvatgines (phone number. 627753205). "[Vine al Pallars, Viu el Jussà](#) also includes guided trips during the weekends from the end of September to October.

**Suitable for:** all visitors, family-friendly.

**Starting point:** rural cottages participating.

**Key words:** landscape, nature, ecotourism.

**Season:** Autumn.

**Further information at:** [Tourism Information Offices](#), [Rutes 4x4 Ignasi](#), [Vine al Pallars, viu el Jussà](#), [Pallars Jussà](#), [Salvatgines](#)

**Guided activity.**



Red deer rut in Boumort.

## ECOTOURISM

### Interpretation inside Boumort Reserve

RNC establishes 2 information points for all visitors that access to Boumort Reserve by their own. In those strategic areas there is a specialised Guide offering visitors a true experience of the Red Deer Rut helped by a telescope.

**Suitable for:** all visitors, family-friendly.

**Key words:** landscape, nature, ecotourism, red deer rut

**Season:** Autumn.

**Further information at:** [RNC Boumort](#), [Boumort](#)

**Guided activity.**



Wildlife Diversity at Boumort' Reserve: vulture, black vulture, fox, and crow

## ECOTOURISM

### ➤ GEOTOURISM IN PALLARS JUSSÀ, A DIFFERENT VISION OF NATURE

Eureka SGN has the goal to approach geology to everybody, therefore they organizes excursions of half day long with mainly geological content alongside other interesting cultural elements like palaeontology or History



Puigcercós' landslide

**Suitable for:** all visitors, family-friendly.

**Key words:** landscape, nature, ecotourism, geology, dinosaurs.

**Season:** all year round.

**Further information at:** [Eureka SGN](#)

**Specialized guided walk.**

### ➤ GEOLOGY FOR PROFESSIONALS

Geoplay Company is **specialised in Research and Geological formation in the field for Petrol industry professionals**. They are located in south central Pyrenees zone, a place worldwide known for its great diversity. This optimal position allows them to organize practical workshops with a high level of exigence as this Industry demands.

**Suitable for:** all visitors, especially those interested in learning through geology.

**Key words:** landscape, nature, ecotourism, geology.

**Season:** all year round.

**Further information at:** [Geoplay](#)

**Specialized guided walk.**

## ECOTOURISM

### ➤ THE SMELLS PARK OF CLAVEROL

Claverol's Smells Park is an alternative leisure spot that mixes knowledge with amusement. **Visitors can see, smell, touch and taste about 60 different kinds of aromatic, medicinal and culinary herbs.** Located in a Peaceful environment, this special garden has its goal about education and the possibility of a rural and sustainable growth developing products linked to plants. This garden is a member of [Smell Parks Network](#) (Smell Parks Network).



The smells park of Claverol

**Suitable for:** all visitors, family-friendly.

**Key words:** Aromatic and medicinal herbs, landscape, nature, ecotourism, tradition, artisan production.

**Season:** From springtime to autumn.

**Further information at:** [Smell Parks Network](#)

**Specialized guided walk.**

### ➤ OBSERVATION OF THE NIGHT SKY

With the aim of bringing to the public the emotions produced by observing the sky, the Celístia Pyrenees company organizes **astronomical activities that combine travel by night sky with sensations provided by the landscape, nature and gastronomy of the area**. Several Pallars Jussà municipalities of the Montsec area are certified by UNESCO as a **tourist destination and Starlight Reserve**, which puts us in one of the most privileged spots for contemplation of the starry sky and practical activities based on this resource. Within this context Celístia is offering land based activities of astrotourism.



Night is dark here, a privileged place to observe thousands of stars

**Suitable for:** all visitors, family-friendly.

**Key words:** stars, sky, nature, night animals, ecotourism.

**Season:** all year

**Further information at:** [Celístia Pirineus](#)

**Specialized guided walk.**

### ➤ CARRIAGE RIDES

From Aramunt and along part of the reservoir of Sant Antoni and the National Reserve of Boumort, La Carreta offers **a tour combining tranquility and interpretation of the environment with a certain amount of adventure**. The route runs through forgotten villages such as Aramunt Vell and Herba-Savina, while allowing to discover four natural sources and the flora and fauna of the area.

**Suitable for:** all visitors, family-friendly.

**Key words:** landscape, nature, horses, tradition, ecotourism.

**Season:** all year round on demand

**Further information at:** [La Carreta](#)

**Guided walk.**

### ➤ THEMED ROUTES: WILD MUSHROOMS / MEDICINAL HERBS

Casa Leonardo together with Natural walks (botany specialized guide services) have designed **two interesting themed routes that combine walking with the discovery of medicinal and edible herbs, one hand, and wild mushrooms on another**.

The package includes 5 nights in Casa Leonardo, a walk every day to discover herbs or wild mushrooms, and a different workshop every evening related to the herbs collected, for example on the development of natural soap, thyme soup and even liquor.

**Suitable for:** all visitors, especially those interested in medicinal herbs and wild mushrooms.

**Key words:** landscape, ecotourism, tradition, homemade.

**Season:** Summer and autumn (according to schedule).

**Further information at:** [Casa Leonardo](#)

**Specialized guided walk.**

### ➤ ECOTOURISM AT TREMP MUNICIPALITY

The town of Tremp is the largest one in Catalonia, with a surface area (30.200 hectares) that exceeds by far most of the country's national parks' extension. The area is home to **wild, lonely, inhospitable natural areas**. However, at the same time the visitor will experience extraordinary tranquillity. Five singular areas of the municipality of Tremp are ready to provide the visitor a true contact with nature:

- La **Terreta and Sant Gervàs range**: majestic Pre-Pyrenees landscape where we can find the four European vultures: the griffon vulture, the lammergeyer, the Egyptian vulture and the Eurasian black vulture.
- **Gurp and Santa Engràcia range**: breath-taking mountain ranges dotted with caves and caverns.
- **From Tremp to Pont de Montanyana**: former inland sea with amazing geological past.
- **Nerets range**: lunar landscape, with large oaks and steep ravines.
- **Noguera Pallaresa River**: lush forests and riparian wildlife.



Sant Gervàs range seen from the viewpoint of Torogó pass in La Terreta.

**Suitable for:** All visitors.

**Key words:** landscape, nature, ecotourism.

**Season:** all year round.

**Further information:** web [Pallars Jussà](#), [Ajuntament de Tremp Tourism Information Offices](#)  
**Self-guided.**



## LANDSCAPE ROUTES

**Pallars Jussà offers lots of possibilities to practice sports.** Visitors can interact with surprising landscapes full of greatness and beauty. Hiking around mountains, climb its rocks, experience canyoning, sail in calm or turbulent waters, walk along ancient paths there are just few of the appealing suggestions that the region can offer you.

### ➤ MOUNTAIN BIKING

The contrasts found on the spectacular scenery and terrain of Pallars Jussà offer a **unique setting to practice mountain biking.**

#### Guies Vall Fosca

Accredited company for the MTB guide, offers different guided proposals in MTB, Rally or enduro to the Pyrenees. With half-day guided activities like “Enduro by Collegats-Boumort”, where you will see the wildest corners of the Pre Pyrenees where it is easy to find wildlife and discover unpopulated sites that maintain the magic of times gone by.



BTT from Montsor

**Suitable for:** All type of visitors interested in mountain biking.

**Key words:** landscape and nature, cycling, mountain biking.

**Season:** all year round.

**Further information:** [Vall Fosca Guides](#)

**Self-guided.**

## LANDSCAPE ROUTES

### Red Rock Trails

Active and bicycle vacations for families, in a privileged location from the Pyrenees, based on a rural tourism house located in Vilamitjana. The area has land and routes marked for cycling ideal for all ages. The house has a wide range of bicycles for all ages available to guests, with storage area and a small workshop.



MTB around Salàs de Pallars

**Suitable for:** Families and all kind of mountain biking fans.

**Key words:** landscape and nature, ecotourism, families, bicycle.

**Season:** all year round.

**Further information:** [Red Rock Trails](#)

**With guide**

## LANDSCAPE ROUTES

### e-Bike Rent Pallars

Rental of electric bicycles, based in the Pobla de Segur. It offers the possibility of delivery of bicycles in other locations. Also, under the same brand "Bikes nonstop" they offer the service of repair and maintenance of bicycles and assistance "en route".

**Suitable for:** All kind of mountain biking.

**Key words:** landscape and nature, ecotourism, families, bicycle.

**Season:** all year round.

**Further information:** [Bicis Non Stop](#) Tel. 610 42 07 68

**With guide**

### Esierra Bikes

Based on Tremp and Esterra d'Aneu, Esierra Bikes offers a bicycle repair, rental and sale service. Also roadside assistance and 24h taxi service with capacity trailer up to 22 bicycles. In Valls d'Àneu, they have a weekly departures calendar.

**Suitable for:** All kind of mountain biking fans.

**Key words:** landscape and nature, ecotourism, families, bicycle.

**Season:** all year round.

**Further information:** [Esierra Bikes](#)

**With guide**

### Salàs e-BIKES

Based in Salàs de Pallars, they offer guide service by electric bicycle through the landscapes of the Pallars and the Pyrenees.

**Suitable for:** All kind of mountain biking fans.

**Key words:** landscape and nature, ecotourism, families, bicycle.

**Season:** all year round.

**Further information:** [Salàs e-BIKES](#)

**With guide**

## LANDSCAPE ROUTES

### Pallars Jussà's Mountain Bike Centre

The Mountain Bike Centre of the Pallars Jussà, located in the town of La Pobla de Segur, has designed sign posted mountain biking routes that run along 263 kilometres (163 miles).



With Mountain bike around Sant Antoni Lake

**Suitable for:** all visitors.

**Key words:** landscape, nature, ecotourism.

**Season:** all year round.

**Further information at:** [Pallars Jussà Mountain Bike Centre](#) (Phone Nr. +34 973 680644)

**Self-guided activity.**

## LANDSCAPE ROUTES

### ***Pedals de foc* cycling route**

*Pedals de Foc* (Wheels of Fire) is a mountain bike route that goes around the perimeter of the *Aigüestortes and Estany de Sant Maurici National Park* and can be adapted to suit the possibilities and preferences of every visitor. It runs through four of the *comarques* (local districts) of the Pyrenees, The route can be customized by dividing the stages depending on the level of the user, ranging from the milder version of 6 day with a Guide to the expert version of three days without guidance. The necessary equipment is provided reserve accommodation and luggage transfer is made.

**Suitable for:** all visitors, mountain biking enthusiasts.

**Key words:** landscape, nature, ecotourism, National Park.

**Season:** from May to October.

**Further information at:** [Pedals de foc](#) **Either self-guided or with a local guide.**



At Pallars Jussà you find all types of mountain bike trails for everyone with walk or mountain

### **Trans-Pyrenean cycling route**

It is a spectacular mountain bike trail that crosses the Pyrenees from East to West. It starts in Llançà and finishes in Hondarribia, with a total length of approximately 1.000 km (621 mi). The route is divided into 16 stages; 2 of them pass through the lands of Pallars Jussà (Llavorsí - Torre de Capdella - Pont de Suert).

**Suitable for:** mountain bikers with medium to high level.

**Key words:** landscape, nature, ecotourism, mountain biking, high Pyrenees.

**Season:** all year round.

**Further information at:** Tourist Information Offices.

**GPS tracks** available in [Wikiloc](#). **Self-guided activity.**

## LANDSCAPE ROUTES

### ➤ KAYAKING IN CALM WATERS

Calm water **kayaking** is a great way to enjoy the scenic beauty and observe the wildlife of the Terradets reservoir. Either using single or double person kayaks, the paddlers get a unique perspective of the landscape they tour through, as they can manoeuvre up close to wildlife, caves or any other point of interest they may wish to explore.

This activity is suitable for both inexperienced paddlers (small kids included) or for those frequent kayak users.

For the more advanced users, guided kayak expeditions in calm waters are available, which combine 1 day paddling in **Camarasa or Terradets reservoir** with a bivouac night.

**Suitable for:** all visitors, family-friendly, kids.

**Key words:** landscape, nature, ecotourism, active tourism, calm water.

**Season:** all year round.

**Further information at:** [Zenith Aventura](#) / [Piolet Xperience](#)

**Guided activity.**



Kayak in calm waters with guide: an activity for families to enjoy.

Photo: Oriol Clavera; Tourism of Lleida Provincial Council

## LANDSCAPE ROUTES

### ➤ HORSE RIDES

At the Manyanet valley we find an **Equestrian tourism centre** where they performed great diversity of horse trails to enjoy the spectacular scenery, We can also discover spells legends, fantastic creatures and other fantasies about the valley. The tours can be short or long duration, on demand for organized groups, or to start in this world. It is also a leading centre for come for the weekend with your own horse, because they have boxes to rent.



Horse riding tour

**Suitable for:** all visitors, family-friendly, kids.

**Key words:** landscape, nature, ecotourism, horses, Manyanet Valley.

**Season:** all year round.

**Further information at:** [Casa Masover](#)

**Guided activity.**

## LANDSCAPE ROUTES

### ➤ CANYONING

Visitors can enjoy the extraordinary geology of the region covering the **32 reviewed the canyons** at the Pallars Jussà canyoning guide. There is the possibility of hiring the guidance of professionals who will accompany them during practice this adventure sport.



Canyoning

**Suitable for:** all visitors.

**Key words:** landscape, nature, height, water.

**Season:** all year round.

**Further information at:** [Tourist Information Offices](#), canyoning books (*Pallars Jussà: Gorgs i barrancs*). [Vall Fosca Guides](#), [Piolet Xperience](#)

**Self-guided or with a local guide.**



## LANDSCAPE ROUTES

### ➤ ROCK CLIMBING

Pallars Jussà is a **privileged region for climbing**. It is characterized by its **microclimates that along with a proper orientation of the walls make it possible to practice different types of climbing all year round**. Catalonia is one of the major international rock climbing destinations, and in Pallars Jussà the Collegats passage provides excellent climbing in five rock-climbing sectors.

Regarding the variety of rock, we find limestone and granite conglomerate; options with various difficulties. In addition, the Pallars Jussà has prestigious schools and specialised literature where climbing routes on Collegats and Terradets ravines are reviewed.



Pallars Jussà's name is linked to rock climbing, not for nothing has the most spectacular roads and walls in the country

**Suitable for:** all sort of climbers; routes with different levels.

**Key words:** landscape, nature, rock faces, height.

**Season:** all year round.

**Further information at:** Tourist Information Offices, climbing books (*Collegats / Lleida climbs / Guia de escalada de Terradets / Roca caliente en los Pirineos vol. 3 Aran-Pallars*).

**Self-guided or with a local guide.**

### ➤ OTHER ADVENTURE ACTIVITIES

#### **Snowshoeing and skiing**

During winter months in the Vall Fosca [Guiès Vall Fosca](#) offers **guided snowshoe trips and circular routes with mountain** skis to discover unique corners of the Valley and the Pyrenees. In addition, for those who seek more intense emotions they also offer **freeride height** with ascents of peaks over 3,000 meters and then enjoy amazing descents.



Enjoy a different sport, in an inclusive environment and with a height difference will fill your expectations.

#### **Caving**

Pallars Jussà has a wealth of **caves and potholes**. Notorious examples are: Cave of Muricecs, Black Cave, the Cave of Llena, the Cave of the Serpent and the Cave Cuberes or even other types of cavities as Grallera Gran del Corralot the Hole del Toscà, Botet de Casa Rei or la Grallera de Boixeguer. [The Mountain Friends Society of Tremp \(SAM\)](#) organizes caving trips and collaborates in training to start or improve your technique.

### FAMILY SPECIALS

These activities are perfect for families that want to spend time together and have fun:

#### ➤ MONT-REBEI GORGE: PATH TO THE STARS

This 1-day tour is available to suit walkers of all abilities from novices to experienced walkers. It is a great way to discover the Mont-rebei gorge, **the only great gorge in Catalonia which has been kept intact** without being crossed by any road, railway or electricity line. The tour includes breakfast and lunch, and transfer to and from the starting point of the route. The day ends with a visit to the Observation Centre of the Universe.

**Suitable for:** all visitors.

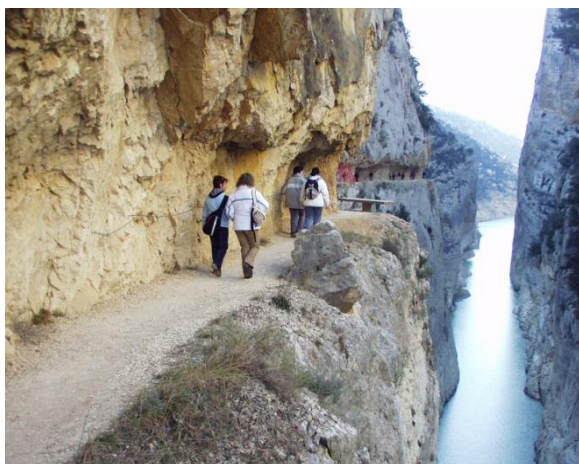
**Departure point:** Àger.

**Key words:** landscape, gorge, natural spectacle.

**Season:** all year round.

**Further information at:** [Pirineu Emoció](#)

**With a local guide.**



The Noguera Ribagorçana river passing through the Montsec mountains. One of the most spectacular Catalan mountain hiking.



## LANDSCAPE ROUTES

### ➤ VALL FOSCA'S CABLE CAR

The cable car Sallente - Lake Gento, located at the north of Vall Fosca, giving **access to the Estany Gento, in the Aigüestortes National Park, the walking trails' starting point**

Early 80s This cable car, was used for the transportation of materials and personnel during the construction of the reversible hydroelectric power station at Sallente-Estany Gento. Since 1991, it is used as a tourist attraction. The cable car journey is already an attraction itself, as it offers beautiful scenic views while ascending 400 m (from 1.747m to 2.154m height) during 13 minutes.

**Suitable for:** all visitors.

**Key words:** landscape, nature, High Mountain.

**Season:** July, August and September.

**Further information at:** [Tourist Information Offices](#) · [Vall Fosca](#)



The cable car gives access to high mountain landscapes where the main actors are the peaks, the shining light, the pristine waters and the pureness of the air

## RECALLING HISTORY

**Pallars Jussà is a rich land in traditions and customs**, in trades hard to find today, that were born in the past when society operated at a different pace and Nature and its resources was the main source of wealth.

### ➤ **PALLARS NOSTÀLGIC**

Historic tour to Pallars Jussà and Pallars Sobirà, at the **heart of the Catalan Pyrenees**, to relive the changes experienced during the first half of the 20<sup>th</sup> century, changes that affected lifestyles and trades. This tour offers fantastic mountain scenery, interesting cultural visits to museums and monuments, and enjoyment of local cuisine. We will discover the transcendental leap from a rural society mainly dedicated to agriculture and livestock (isolated during centuries) to the current industrial development and tourism, thanks in part to the revolution that led to the exploitation of the rich hydropower.

The trip Nostalgic Pallars has two variants of two days each, which can be combined.

**Suitable for:** all visitors.

**Starting point:** Lleida Pirineus train station (connected to Barcelona by high speed train) or Pobl de Segur train station.

**Key words:** nostalgia, culture, local cuisine, landscape, nature, history.

**Season:** all year round.

**Further information at:** [Pirineu Emoció](#)

**Without a local guide, although the program includes guided visits.**



An excellent way to know and love Pallars is to know its people and its products

## RECALLING HISTORY

### ➤ SALAS: THE SHOPS MUSEUM AND THE ANCIENT COMMERCE INTERPRETATION CENTRE

The Shops Museum together with the Ancient Commerce Interpretation Centre in Salàs, are designed **to show what trade used to be like in its original settings and recovering, exhibiting and interpreting everyday consumer goods over a century** (1870-1970). These shops are made up of a barber's, a bar, a tobacconist's, a grocer's and a pharmacy, that illustrate snippets of history through packaging and advertising that covers a period of a hundred years, from Modernism to Pop Art, passing through Arte Deco or Franquist symbology.



*“Ultramarinos y coloniales”, an exhibition of 3.000 different pieces, about 500 posters and plentiful of sales documents.*

This initiative is aimed at recovering the dearest parts of the life of the villages, evoking the objects and images, and turning them into a “Place of Memory”.

**Suitable for:** all visitors, family-friendly.

**Key words:** history, memory, shops, culture, traditions.

**Season:** all year round.

**Further information at:** [Shops Museum in Salàs](#) · [Tourist Information Offices](#)

**Guided visits.**

## RECALLING HISTORY

### ➤ CAPDELLA HYDROELECTRIC MUSEUM

A must for understanding the history of the Valley is a visit to the Capdella Hydroelectric Museum. The museum **shows the social changes that took place at the beginning of the 20th century with the building of the first large hydroelectric power station in Catalonia.**

**Suitable for:** all visitors, family-friendly.

**Key words:** history, energy, electricity, landscape, nature

**Season:** all year round, check timetables at the Museum's website.

**Further information at:** [Tourist Information Offices](#) , [Capdella Hydroelectric Museum](#)

**Guided and self-guided visits**

**School groups workshops and themed tours available.**

### ➤ THE RAFTSMEN MUSEUM

The Raftsmen of the Noguera Pallaresa, a lost trade, is now a recovered tradition. The Raftsmen Museum explains **the history of the past wealth of the Pyrenees, when wood was exported down the river.** It is the history of brave men who dared to sail down the river on logs. The transport of wood by the river was a way of life in Pallars until the early twentieth century. The raftsmen carrying the wood commissioned from the Pyrenean forests to the river port of destination (Balaguer, Lleida, Tortosa, or even to the sea).

There is guidance for groups and schools

**Suitable for:** all visitors, family-friendly.

**Key words:** history, lost trade, culture, landscape.

**Season:** all year round.

**Further information at:** [Raftsmen Museum](#), [Tourist Information Offices](#)

**Guided and self-guided visits. School groups tours available.**

## RECALLING HISTORY

### ➤ CRETACEOUS PARK

The Conca Dellà Museum, which holds the Cretaceous Park, is the **scene for an exciting trip to the past**. The museum offers the possibility to discover an area that was occupied by the Roman culture in the past and, many years before that, inhabited by the last dinosaurs that lived on the Earth.

In the Cretaceous Park visitors will discover about paleontological beds, archaeological remains, historical-artistic buildings, as well as the natural surroundings in which the Park it is set.

**Suitable for:** all visitors, family-friendly.

**Key words:** dinosaurs, history, culture, landscape, nature.

**Season:** all year round.

**Further information at:** [Cretaceous Park](#), [Tourist Information Offices](#)

**Guided and self-guided visits. School groups tours available.**



Scale reproduction of dinosaur  
'Pararhabdodon isonensis' at the Museum  
Conca Dellà



Dinosaur footprints  
at Basturs.



## KNOWN OUR LITTLE TOWNS

Villages and towns of the Pallars region offer rich cultural heritage, as they have been transformed during many years.

### ➤ OLD TOWNS' GUIDED TOURS

Several towns of the Pallars Jussà offer guided tours to visitors, giving details of their rich architectonic and cultural heritage.

From medieval towns to Modernist civil architecture, guided tours are available in:

- La Pobla de Segur (art nouveau in Mauri's House and Oil Mill)
- Tremp (Manyanet House and Old downtown): Saturdays at 10h.
- Llimiana (old downtown + Bonifaci's House+ Santa Maria Church)



Casa Mauri in la Pobla de Segur



Santa Maria de Valldeflors, in Tremp



Church of Santa Maria a Llimiana

**Suitable for:** all visitors, family-friendly.

**Key words:** history, culture, discovering, medieval towns, Modernism.

**Season:** all year round.

**Further information at:** [Tourist Information Offices](#)

**Guided visits.**

## KNOWN OUR LITTLE TOWNS

### ➤ GUIDED TOURS CONNECTED TO THE TRAIN OF THE LAKES

The guided tours start in La Pobla de Segur when the Train of the Lakes arrives at its destination. Many different visits are offered:

- Gastronomy tasting: Includes a tasting homemade nuts liqueur, craft beer and other typical local products.
- A stroll around La Pobla de Segur: includes a visit to the Modernist *Casa Mauri* and the ancient oil mill.
- The light of the Dark Valley (*Vall Fosca*): includes a visit to the Capdella Hydroelectric Museum and its power station.
- Shops Museum in Salàs: includes a visit to the Shops Museum.
- Excursion to Montcortés: Horseback riding on Lake Moncortés.
- The Salt train: Includes a visit to the Salines and a guided tour of Catalan Romanesque Collegiate of Santa Maria.

Transfers from/to the train station in La Pobla are included, as well as lunch with a typical Pallars menu.

**Suitable for:** all visitors, family-friendly.

**Key words:** train, history, culture, traditions, wineries, local cuisine.

**Season:** the historical train runs every Saturday between April and September.

**Further information at:** [Pirineu Emoció](#)

**Guided tours.**

## KNOWN OUR LITTLE TOWNS

### ➤ A WEEKEND IN THE PYRENEES

Some of the proposals for these packages linked to the weekend schedule of the Historic Train of the Lakes are:

- *Mur Castle and Starlight Center*: Includes 1 night in hotel 3\*\*\* amb PC, visiting Mur Castle, visiting Starlight Center, and another free activity.
- *Hiking pack*: Includes 1 night accommodation in FB, Visiting the stores museum in Salàs, 1 typical lunch.
- *National Park Aigüestortes and Estany de Sant Maurici*: Includes 1 night in hotel 3\*\*\* with FB, 1 typical lunch, and visiting a dairy.
  - *Nostalgic Pallars*: Includes 1 night accommodation in HB, a visit to the Oil Mill and Casa Mauri, a visit to the Portet liqueur factory, visiting the stores museum in Salàs and the raftsmen place.



The train of the lakes

## VISIT THE BORDER CASTLES

Pallars Jussà area is full of history; Catalan **lands that were the frontier between Christians and Muslims during the 10<sup>th</sup> and 11<sup>th</sup> centuries**, which is why there are still many different medieval structures. The Montsec mountain range provided a barrier against and defence from attack.

The Mur Castle (a perfect example of military architecture in Catalonia, it was constructed directly on the rock, adapted to the shape of the landscape) and the Llordà Castle (one of the best examples of a feudal palace) are excellent spots where to go back in time to experience how it was life in the late Middle Ages in Europe.

**Suitable for:** all visitors, family-friendly.

**Key words:** history, the Reconquest, castles, landscape, culture.

**Season:** all year round.

**Further information at:** [Castell de Mur town hall](#) · [Llorda's castle](#) · [Tourist Information Offices](#)

**Guided tours.**



Llordà Castle in Isona i Conca Dellà.



The magnificent Mur Castle.

Discover Pallars Jussà's culture through its gastronomy, fine wines and local products.

### ➤ WINE ROUTE IN LLEIDA – COSTERS DEL SEGRE

The geological features of the Pallars Jussà, together with the height and the Mediterranean climate with its sharp contrasts between day and night time temperatures, make it possible to produce a **wine that has developed its own unique character**.

Through the visits to the wineries and to the high altitude vineyards, the visitors will get to know the Pallars' gastronomy, culture and geography. The following wineries are members of the "Wine route in Lleida – Costers del Segre" and are open to visitors: [Castell d'Encús](#) (in Talarn), [Vila Corona](#) (in Vilamitjana), [Mas Garcia Muret](#) (near Terradets lake) [Sauvella](#) (in Orcau), [Terrer de Pallars](#) (in Figuerola d'Orcau), [Celler Miquel Roca](#) (in Sant Cristòfol de la Vall) Xic's cal Borech (Figuerola d'Orcau), [El vinyer](#) (in Fígols de Tremp), [Vidavins](#) (in Figuerola d'Orcau).

**Suitable for:** all visitors.

**Key words:** wine, wineries, landscape, nature, gastronomy, culture.

**Season:** all year round.

**Further information at:** [Tourist Information Offices](#) , [Wine route in Lleida](#)

**Guided visits.**

### ➤ TRADITIONAL SPIRITS AND CRAFT BEERS

#### **Portet Liquors:**

This [Portet liquor](#) factory was founded in 1884 by the Ribera brothers of 'Cal Col·lector de Conques' in a place next to the well of the Pozo de la Pobla de Segur. Today it is Ángel and Carlos, children of Pilar and Juan, who continue with the business. It is therefore a family factory where a series of traditional spirits of the Pyrenees are handcrafted. It has two distillation stills. Visits and tastings are made.

#### **Ctretze beer:**

The [CTretze](#) road was once a link between territories and its function of facilitating trade and the dissemination of culture throughout its route.

The objective of CTretze Pirineus is to publicize the culture of craft beer through its products, to establish itself as a reference in the world of craft beers in Catalonia. In their premises they carry out all kinds of cultural events, in addition to offering the client the possibility of visiting the Brewery while savoring one of their Beers.

### ➤ VISITS TO FOOD PRODUCERS

To know and live near the daily experience of artisan producers and to taste pallars premium products, some producers open their doors to the public offering guided tours, such as:

#### **Vilavella Cheese Factory in Basturs**

At the foot of Mount St. Cornelius [Vilavella](#) cheese factory is engaged in cheese making with a delicious variety of cheeses made from their goat's milk, which are fed the best way to get a good raw material.

They organize guided tours of the farm goats, also showing where and how to produce their varieties of cheeses, ending with a tasting of their products.

#### **Casa Mateu in Toralla**

[Casa Mateu](#) (Mathew house) it's been a family farm for five generations. Engaged in breeding sheep and goat's xisqueta of Toralla.

They offer guided tours of the Xisqueta sheep farm sheep where you can spend an afternoon with the flock of sheep, discovering the secrets of a shepherd, and learning the trade such as how to guide sheepdog, to whistle or even use a shepherd hook.



Flock of sheeps "Xisqueta" in meadows of Toralla (Pallars Jussà)

### ➤ OFFERS COMBINING CULTURE, GASTRONOMY AND ENOLOGY

#### Cheese walking trails

**Combining cheese and walking** in Pallars Jussà. Two cheese walking trails give the visitor the opportunity to enjoy locally produced cheese while also enjoying Pallars' beautiful glorious countryside at the same time.

**Suitable for:** all visitors.

**Key words:** landscape, nature, walking, local producers, cheese.

**Season:** all year round.

**Further information at:** [Casa Leonardo](#)

**Self-guided walk.**



One of the cheeses offered

## TOURING AND HOLIDAYS FOR EVERYONE

The following packages are thought **to highly enjoy the area**. They have been designed for touring groups but are suitable too for families traveling with their own car.

### ➤ HOLIDAYS FOR SENIORS

Aimed at seniors associations, this tailor made tours range from 1 to few nights stay. The region offers many interesting elements for the senior group. Some of the most representative are:

- *Old Shops museum in Salàs*: a real journey into the past, where very probably you could recover a forgotten part of the memory of everyday life.
- *Hydroelectric Museum of Capdella*: a tour of the changes that have transformed the industrial life of rural life in Pallars and Catalonia.

**Suitable for:** all visitors, in particular senior groups.

**Key words:** seniors, associations, group tours, culture, gastronomy.

**Season:** all year round.

**Further information at:** [Pirineu Emoció](#)

**Includes some guided visits.**

The geographic and landscape variety of Pallars Jussà makes it possible to **experience great contrasts in very short distances, going from pre-Pyrenean basin to high mountain valleys**.



### ➤ ACTIVE FAMILY HOLIDAYS

With multi-day programs, combining sports and other fun activities designed for all ages, Pallars Jussà is the ideal setting for family holiday where everyone can live unforgettable and enriching experiences. Some of the options for activities include kayaking, canyoning, geocaching, hiking, biking routes, bird watching ... All this combined with moments of relaxation, where youngsters can enjoy soaking themselves into pools, rivers or lakes and reservoirs.



Pallars Jussà is the ideal setting for family holiday.

## PALLARS JUSSÀ TOURISM INFORMATION OFFICES

### **TREMP – Epicentre, the Geopark visitors' centre**

Passeig del Vall, 13

Phone nr. +34 973 653 470

[oficinaturisme@pallarsjussa.cat](mailto:oficinaturisme@pallarsjussa.cat)

[www.pallarsjussa.net](http://www.pallarsjussa.net)

### **LA POBLA DE SEGUR**

Plaça del ferrocarril s/n

Phone nr +34 973 680 257

[turisme@pobladesegur.cat](mailto:turisme@pobladesegur.cat)

[www.lapobladesegur.cat](http://www.lapobladesegur.cat)

### **ISONA I CONCA DELLÀ**

C/ del Museu, 4

Phone nr. +34 973 665 062

[ofturisme@parc-cretaci.com](mailto:ofturisme@parc-cretaci.com)

[www.parc-cretaci.com](http://www.parc-cretaci.com)

### **LA VALL FOSCA. Information point**

Ajuntament de la Torre de Capdella

Phone nr +34 973 663 001

[turisme@vallfosca.net](mailto:turisme@vallfosca.net)

[www.vallfosca.net](http://www.vallfosca.net)

**THIS DOSSIER HAS BEEN PREPARED WITH THE SUPPORT OF:**



Consell Comarcal del Pallars Jussà



Ajuntament de  
la Pobla de Segur



AJUNTAMENT D'ISONA  
I CONCA DEL·LÀ

**SOC**

Servei d'Ocupació  
de Catalunya



Generalitat de Catalunya  
Departament d'Empresa i Ocupació



Unió Europea  
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L'FSE inverteix en el teu futur

*Aquesta acció ha estat subvencionada pel Servei d'Ocupació de Catalunya en el marc del projecte "Treball a les 7 comarques" i cofinançada pel Fons Social Europeu*

**CONTACT:**

Consell Comarcal del Pallars Jussà  
C. Soldevila, 18. 25620 Tremp  
Phone nr. +34 973 650187  
[turisme@pallarsjussa.cat](mailto:turisme@pallarsjussa.cat)  
[www.pallarsjussa.cat](http://www.pallarsjussa.cat)

Epicentre. Geopark visitors' centre  
Pg. del Vall, 13. 25620 Tremp  
Phone nr.+34 973 653470  
[epicentre@pallarsjussa.cat](mailto:epicentre@pallarsjussa.cat)  
[www.pallarsjussa.cat](http://www.pallarsjussa.cat)