

# 5 Festival de senderisme Vall Fosca Pirineus



FESTIVAL DE SENDERISMO WALKING FESTIVAL RANDO FESTIVAL  
 30 DE JULIOL AL 2 D'AGOST 2020

100 KM. DE SENDERS | TELEFÈRIC 1.750M - 2.200M

**vall fosca**  
 L'ENERGIA DELS PIRINEUS  
 WWW.VALLFOSCA.NET

MUSEU  
 HIDROELÈCTRIC DE CAPDELLA  
 Ajuntament de La Torre de Capdella

Diputació de Lleida  
 CRIGENS

Pirineus  
 ara lleida  
 Parc Nacional d'Alta Garrotxa

IDAPA  
 viu el jussà  
 Parc Nacional d'Alta Garrotxa

## THURSDAY, 30TH JULY

### Dinner under the stars and night hike

**Time: 6.30 p.m.**

Ascent by Vall Fosca cable car to the entrance of Aigüestortes i Estany de Sant Maurici Natural Park in Estany Gento, sunset trek, guided descent through Pigolo path, picnic dinner with local products by APAT Association and stargazing.

Distance: 4 km (descent from Estany Gento) Height difference: 400 m  
Physical difficulty: **Moderate** Technical difficulty: **Complex area** Price: €40  
Guidance: **Piritrek** Stargazing: **Celística Pirineus** Max. participants: 20

## FRIDAY, 31ST JULY

### Let's learn about orienteering

**Time: 7.45 a.m.**

Ascent by Vall Fosca cable car at 8.00 a.m. to the entrance of Aigüestortes i Estany de Sant Maurici Natural Park in Estany Gento. After starting our adventure towards Colomina Hut, our map and compass will guide us through the high lakes of Vall Fosca. Depending on the weather and on the group, we will follow a circular route: Estany Gento - Estany Colomina - Estany Xic de Colomina - Estany Vidal - Estany Tort - Estany Gento. We will learn about how to use of the basic orienteering tools (map, compass and altimeter), how to locate our position on the map when we don't know where we are, and how to trace our way on the map and follow it. Descent will be at about 2.00 p.m.

We will all carry the *brena*, the typical mountain breakfast made of local products, given by the guide before departure and shared on the way.

Distance: 6 km Height difference: 400 m Physical difficulty: **Moderate**  
Technical difficulty: **Steep slopes** Age: **minimum 8, accompanied by parents or tutors** Price: €10 (free under 12, but compulsory registration)  
Guidance: **Amaroq Explorers** Equipment: **suitable clothes (according to the weather), middle mountain boots or mountain trainers, small rucksack (20 L), water, sandwich or lunch box** Collaborator: **Al teu gust, aliments del Pallars**  
Max. participants: 12

### Toveria Plain: a glacial landscape

**Time: 6.00 – 8.00 p.m.**

Aimed at both children and adults, this hike will allow you to discover the surroundings of Toveria Plain and its glacial origin as well as to watch its fauna and flora.

Place: **Toveria Plain** Distance: 1 km Physical difficulty: **Fácil**  
Technical difficulty: **None** Age: **minimum 8, accompanied by parents or tutors**  
Price: €10 (free under 12)  
Organizer: **Eureka SGN** Support guidance: **Piritrek**  
Remark: **use suitable clothes and shoes (according to the weather)**  
Max. participants: 20

## SATURDAY, 1ST AUGUST

### Flora and fauna in Aguiró mountain

**Time: 8.00 a.m.**

We will hike deep into an untouched part of Vall Fosca to discover the natural treasures of the mountain meadows. This half-day guided hike will allow you to learn about the most representative flora of mountain fields and –if we are lucky– to watch the local fauna such as chamois, birds of prey and Alpine birds.

We will all carry the *brena*, the typical mountain breakfast made of local products, given by the guide before departure and shared on the way.

Distance: 10 km Height difference: 400 m Physical difficulty: **Moderate**  
Technical difficulty: **Steep slopes** Price: €10 (free under 12, but compulsory registration)  
Guidance: **Salvatgines** Collaborator: **Al teu gust, aliments del Pallars**  
Max. participants: 15

### Vall de Riquierna, a glacial valley

**Time: 9.00 a.m.**

Departure from Capdella viewpoint and ascent to the little bridge of Rus, a section that is part of the Camins Vius (Living Paths) of Aigüestortes i Estany de Sant Maurici National Park and connects with GR-11-20 (long distance hike). We will learn about how to interpret the landscape and to understand how the valley was excavated by an ancient glacier.

We will all carry the *brena*, the typical mountain breakfast made of local products, given by the guide before departure and shared on the way.

Distance: 8 km Height difference: 430 m Physical difficulty: **Moderate**  
Technical difficulty: **Complex area** Price: €10 (free under 12, but compulsory registration)  
Guidance: **Xavier Mir (Geoparc Orogens) and Piritrek**  
Collaborator: **Al teu gust, aliments del Pallars** Max. participants: 15

### How to pack your rucksack before going hiking

**Time: 6.00 p.m.**

Workshop by Cesc Capdevila, mountain guide

Place: **La Pobleta Belvei (town hall)**

### Good habits for safe mountain hikes

**Time: 7.00 p.m.**

Talk by the Mountain Special Actions Group (GRAE) of the Catalonian Squad of Firefighters about their job and the recommendations to follow when hiking in the mountains in order to minimize risks.

Place: **La Pobleta Belvei (town hall)**

## SUNDAY, 2ND AUGUST

### Let's discover shepherd's life!

**Time: 9.00 a.m.**

Departure from the village of Capdella up to the Shepherd's Hut (La cabana del pastor), in Filià. On the way, you will come across some herds of cows, grazing in the mountain. You will see how the rancher gives them salt and talk to him to know more about his daily activities.

Distance: 9.5 km (may change depending on the cattle's location)  
Height difference: 540 m Physical difficulty: **Moderate**  
Technical difficulty: **Steep slopes**  
Price: €10 (free under 12) Guidance: **Piritrek**  
Max. participants: 15

### History of the Power Station and of the Park in Vall Fosca

**Time: 10.00 a.m.**

Ascent by Vall Fosca cable car at 9.00 a.m. to Estany Gento and explanation on the functioning of the hydroelectric power station, the connexions between the lakes and the surroundings. Descent on foot through Pigolo path.

We will all carry the *brena*, the typical mountain breakfast made of local products, given by the guide before departure and shared on the way.

Distance: 10 km (can vary if not all the route is done)  
Height difference: 400 m (descent from Estany Gento) Physical difficulty: **Moderate**  
Technical difficulty: **Steep slopes / Exposure to emptiness**  
Price: €10 (adults) €5 (under 12)  
Guidance: **Aigüestortes i Estany de Sant Maurici National Park**  
Collaborator: **Al teu gust, aliments del Pallars** Max. participants: 20

*The registration for the Vall Fosca – Pyrenees Hiking Festival includes a Welcome Pack.*

*All the activities are carried out by local specialized guides who will help you to know and understand the environment and turn your hike into a really special experience.*