

ENG

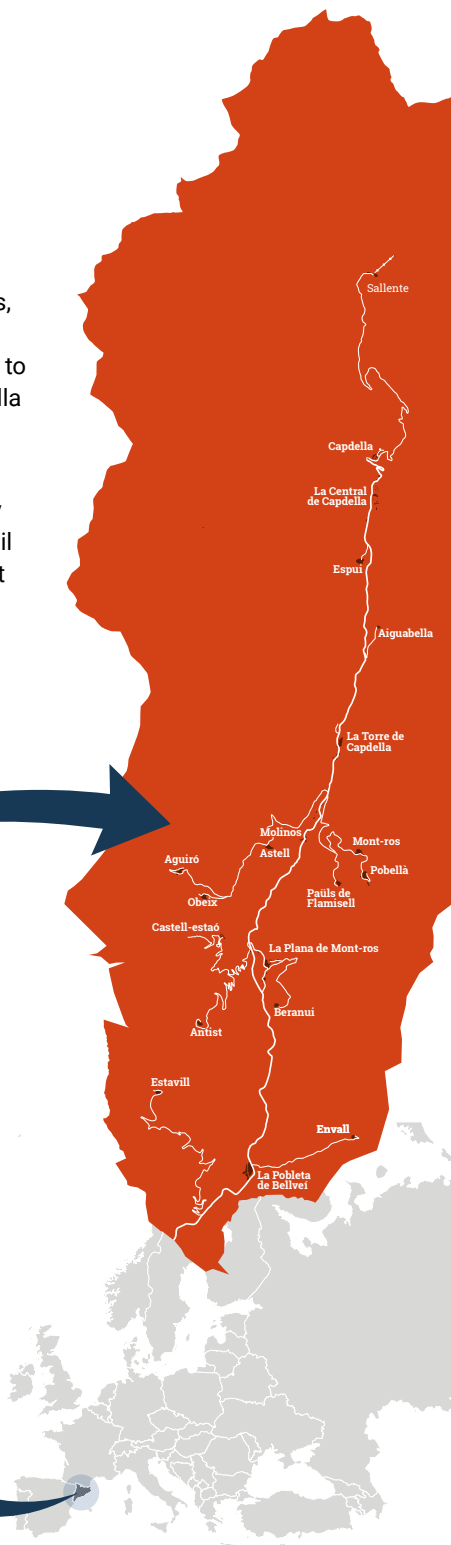

THE ENERGY OF THE PYRENEES

WWW.VALLFOSCA.NET

VALL FOSCA

Located in the Pyrenees, in the north of the Pallars Jussà region, this valley and its high mountain landscapes, lakes, paths, villages and history linked to livestock farming and electricity can be enjoyed all year round, from 800 metres to 3,000 metres above sea level. Its highest village is Capdella (1,420 m), the latest of the 19 villages that make up the municipality of Vall Fosca.

The river Flamisell is the axis of the valley. The whole way upstream rimes with constantly changing landscapes until reaching the very top of Vall Fosca, with the cable car that takes you to the entrance of **Aigüestortes and Estany de Sant Maurici National Park**.







A VALLEY TO ENJOY ALL YEAR ROUND

Spring is synonymous with intense colourful landscapes you can admire from eight viewpoints or from the more than 100 kilometres of paths of the valley.

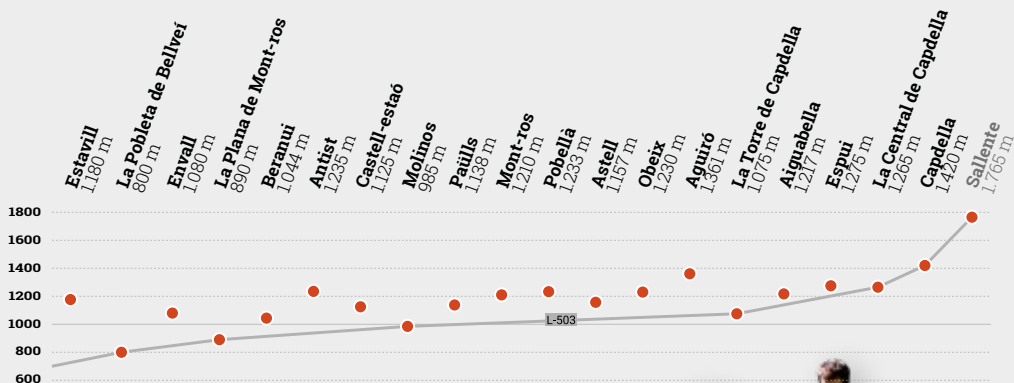
Summer is the best time to discover **Aigüestortes and Estany de Sant Maurici National Park** as well as the routes through the more than 30 lakes of Vall Fosca you can have access to by **cable car**.

Autumn is ideal for a deep walk into the forests, pick up mushrooms, go over the paths that connect all the villages of the valley together, enjoy colourful landscapes and live traditions such as the **Livestock Fair in La Pobleta de Bellvei**.

And **winter** rimes with snow experiences – with snowshoes, sledge or skis –, as well as with the typical idyllic landscapes of the cold season.

Capdella Hydroelectric Museum is open **during the whole year** and shows how the first hydroelectric power station in Catalonia was built and how people used to live in Vall Fosca 100 years ago.

The restaurants and shops of the region also give you the opportunity to buy and taste local products such as organic veal and pâté.



HIGH MOUNTAIN VILLAGES

16 out of the 19 rural villages that make up the municipality are located higher than 1,000 metres above sea level.





LA VALL FOSCA CABLE CAR

THE VALLEY OF THE LAKES

La Vall Fosca cable car gives you the opportunity to experience the adventure of getting to the only National park in Catalonia – **Aigüestortes and Estany de Sant Maurici** –, 2,200 metres above sea level.

The service is available every day of the week in July, August and September from 8 a.m. to 6 p.m.

From Telefèric 2.200, you can start a wide range of treks to the more than 30 lakes that make up this spectacular site, such as the 5-kilometre Carrilet green route, along the ancient railway –ideal to do with the family–, the ascent to the highest peaks (around 3,000 m) like Peguera and Montsent de Pallars, or the famous trek through all the mountain huts of the National Park, called “*Carros de foc*”.



TURISMAIS

DID YOU KNOW THAT...

The cable car was built in the eighties for the construction of Sallente's reversible power station. It can transport up to 25,000 kg. It once loaded a lorry full of cement. After the works, it was handed over for touristic use in summer.

OPENING SEASON OF THE CABLE CAR – TIMETABLE, PRICES AND ONLINE PURCHASE

www.vallfosca.net

INFORMATION OF INTEREST

- Capacity of the cable car: 58 passengers.
- La Torre de Capdella town council reserves the right to change the schedules in case of unfavourable weather or in order to guarantee the passengers' safety.
- Compulsory insurance is included in the price of the ticket.
- Warm clothes, raincoat, sunglasses, sunscreen and suitable shoes are recommended.



AIGÜESTORTES AND ESTANY DE SANT MAURICI NATIONAL PARK

GENUINE HIGH MOUNTAIN LANDSCAPE

La Vall Fosca is the southern entrance to the **Agüestortes and Estany de Sant Maurici National Park** through the Pallars Jussà region. La **Vall Fosca cable car**, unique in the southern Pyrenees, takes you to the National Park and allows you to enjoy the high mountain landscapes and the great variety of wildlife and flora.

With almost 200 lakes and an endless number of streams, water is the park's real main attraction. La Vall Fosca hosts more than 30 lakes that belong to the National Park and are located above 2,200 metres high.

This area allows you to hike along different routes that connect the lakes above 2,000 metres, to follow the **GR-11-20** route (long-



distance footpaths) between Espot and Boí or the **Carrilet Green railway**, to ascend some peaks such as Peguera (2,942 m) and Montsent de Pallars (2,883 m), or to walk through all the National Park's mountain huts.

Thanks to the quality of its night sky, the National Park has been listed as **Starlight Reserve and Destination by UNESCO** since 2018. It is thus an ideal place to enjoy astronomical observations.

**INFORMATION OFFICE OF
AIGÜESTORTES AND ESTANY DE SANT
MAURICI NATIONAL PARK IN ESTANY
GENTO**

July, August and September, from 9 a.m. to 6 p.m.
Tel.: (+34) 973 696 189 and 973 624 036

DID YOU KNOW THAT...

The park is a place to be discovered walking, following the existing network of paths. If you are accompanied by a specialised guide, you will enjoy the beauty of the landscapes in all its splendour and details. In summer, the upper station of the cable car in Estany Gento (2,200 m) hosts a centre where you can find all kinds of information about the Park and a permanent exhibition on the world of water.





HIKING

A VALLEY WITH 100 KM OF PATHS

Vall Fosca region offers a wide range of tracks, from the paths of the lakes area to the paths that connect the villages of the municipality, including the GR-11-20, the path that crosses the whole Pyrenean Chain.

Carros de Foc trek, which goes all over the 9 huts of Aigüestortes and Estany de Sant Maurici National Park, also crosses Vall Fosca. Colomina mountain hut is one of the checkpoints of this 55-kilometre and 9,200-metre height difference hike.

The mountain bike route **Pedals de foc** also crosses La Vall Fosca, especially the stage Espui-Espot which, coming from Les Esglésies, enters La Vall Fosca at the checkpoint of La Torre de Capdella and goes up to Espui before following the forest track to Llessui and Espot.

The **Trans-Pyrenees** route, very famous among mountain bike lovers, has two stages that go through the Vall Fosca region.

VALL FOSCA ROUTES

A 1:25000 map will show you all the marked routes and give you information such as difficulty level, distance, height differences, approximate duration, ...





← Estany Gento (20')
Capdella (2h)
Coll de Triador (1h 30')
■ Port de Rus (4h 50')

← Estany Tort
Refugi Està
de Colomina (2h)



SPORT AND NATURE

VALL FOSCA – PYRENEES HIKING FESTIVAL

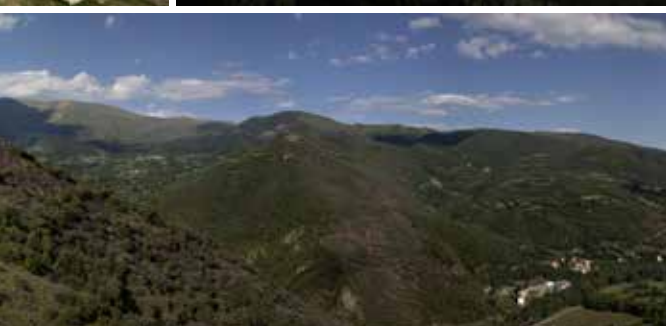
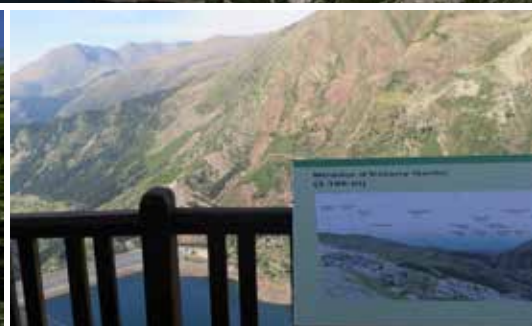
Held in July, Vall Fosca – Pyrenees Hiking Festival is a great opportunity to discover the area walking through the paths with a guide, to taste the local products and discover the heritage, the traditions, the farming sector, etc. of the region.



SPORTS FESTIVAL

Vall Fosca Sports Festival is a great sports festival including BTT and trail running competitions with spectacular routes: long distance BTT race, mountain marathon, BTT uphill time trial to the Triador's giant, and La Cabanera, a popular mountain race that goes across the mountain paths and the villages of Vall Fosca region.

The routes and the race start change every year to promote the different paths of the valley. There are two routes: a long distance one (22-24 km and around 1,500-metre height difference hike) and a short distance one (11-14 km and below 1,000-metre height difference hike). The festival ends up with a popular lunch with all the participants.





J. Turius

CAPDELLA HYDROELECTRIC MUSEUM

A VALLEY FULL OF ENERGY

Electricity is one of the inventions that has altered our lives most substantially. It shook up the sectors of industry, public transport, medicine, leisure and household consumption. Capdella power station, the first big power station that lit up Barcelona, was put in operation on 28th January 1914.

DID YOU KNOW THAT...

The most impressive work is invisible?

A 15-kilometre underground network connects the lakes and takes the water to Estany Gento and from there to the power station.





This work designed by Emili Riu was achieved thanks to the titanic efforts of 4,000 workers who, in just 23 months, were able to materialize that audacious and risk-taking project that changed the life of the inhabitants of Vall Fosca forever and launched the Second Industrial Revolution in Catalonia.

Visit the Museum and find out about the hydroelectric power station and the building process of this titanic work that transformed Catalonia.



OPENING TIMES AND PRICES

www.museuhidroelectricdecapdella.cat



MARTORELL ROUTE
HISTORICAL INTERPRETATION

DISCOVER PART OF THE LOCAL PAST WALKING

Summer camps

Catalonia held the first summer camps in the 19th century. These were initially aimed at ill or delicate children from poor families who lived in cities.

The places where the summer camps were organized had to meet a series of requirements such as fresh air, optimal hours of sunshine, healthy food, places to hike, swim and play, ...

In Barcelona, the city council, in charge of the organization of the summer camps, used to ask private companies for funding. Energia Eléctrica de Catalunya, SA, owner of Capdella's Hydroelectric power station, in response to the city's need, committed to hosting the summer camps in 1917 and 1918.





FURTHER INFORMATION

Boneta i Carrera, Martí. *Llums a la Vall Fosca. Memòries d'Artur Martorell de les colònies escolars a Capdella (1917 i 1918)*. Tremp: Garsineu, 2017. ISBN 978-84-946328-2-2

Artur Martorell

Vall Fosca summer camps, which would gather 25 kids each year, were directed by Artur Martorell and Jaume Trujols.

For Martorell, the idea was that “those kids had to go back to Barcelona with all the beauty of those places inside, like if they were possessed by nature”.

Landmarks

Martorell Route goes through 5 landmarks that reflect the activities prepared by Artur Martorell for the kids. Each location has a sign with texts the were written by the director and the kids (link to map).

- Two rivers (Filià and Riquerna). Swimming area
- Our lady of Fa. Hiking and discovery of nature
- Molinos water tank. Hiking and nature activities
- La Central de Capdella Square. Play and gymnastics area
- Entrance of Capdella Hydroelectric Museum. Hike to the lakes and discovery of the hydroelectric heritage





DID YOU KNOW THAT...

The mine is located in a strip of red sedimentary rocks (mainly sandstones) that extends from the Mediterranean to the Atlantic. The red colour is due to the presence of iron oxide.

LES MINES DE CASTELL

A MINING VALLEY

The mines

A walk through the mining site of Castell-estaó allows the visitor to discover a unique place whose former elements are still preserved, such as the hoppers, the railways and the trolleys.

The mines of Castell-estaó were first used in 1962, but were abandoned after three years because of their lack of profitability. Only 16 people would work there. All of them were from the Valley, except 4 professional miners.

Along the strip of sedimentary rocks –formed more than 235 millions years ago during the early Triassic– we can find four galleries, the longest of which is 100 metres deep.

Abellaite

Abellaite is one of the most distinguished of the 113 mineral species hosted in the mines. This new mineral, whose worldwide discovery was made here, is considered as the very first specie discovered in Catalonia.

This mineral is a translucent white lead and sodium basic carbonate that was recognised by the International Mineralogical Association (IMA) as a new specie in December 2015.

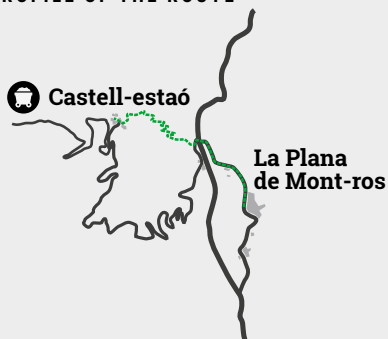
FOR FURTHER INFORMATION

Read the book *Les mines de Castell: de l'urani de Franco al descobriment de l'abellaïta*. [The mines of Castell: from Franco's uranium to the discovery of abellaite]. Garsineu, 2018. ISBN: 978-84-947899-8-4

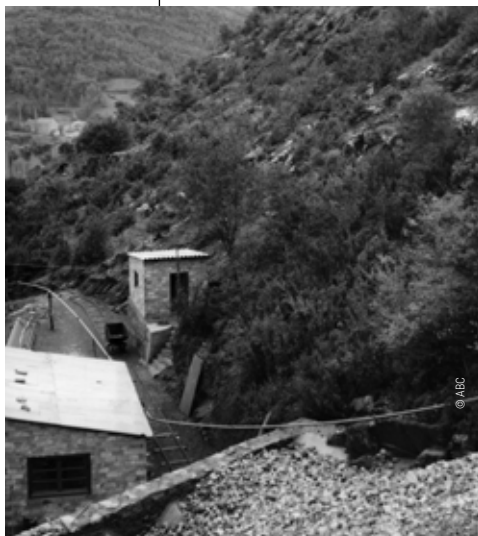


◀ Abellaite

PROFILE OF THE ROUTE



Apart from the mines located in Castell-estaó, the valley hosts some others in Aguiró, Capdella, Mont-ros and La Torre de Capdella, where we can find coal, iron, manganese, copper and lead.





CULTURAL HERITAGE

SANT VICENÇ CHURCH, IN CAPDELLA

DID YOU KNOW THAT...

Some graffiti from the Middle Age were found on the original altar made of rough stone. They are actually inscriptions of proper names such as Gonsalus, Atone, Ramigo or Eldrellolo, who were probably people who were commended to God or who the mass was dedicated to.

The Museum offers guided tours for groups prior booking at +34 973 66 30 01.

Key location

The church was built on a crossroads, a key location to control the movements of goods, livestock and people.

The church was built out of the town centre, after the settlement of the population.

Considering the presence of the old cemetery, the temple is supposed to be located on a site that presumably hosted another church or place of worship.

Architecture

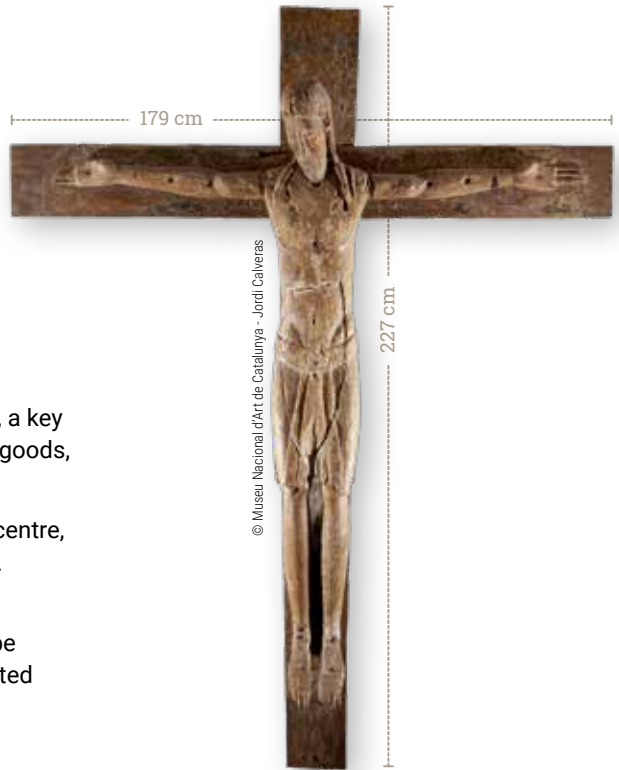
Built with a single nave in the 13th century, the church suffered some damage due to the earthquake of March 3rd, 1373, whose effects are still visible in the apse.

The side chapels were added subsequently and the bell gable was replaced by the current tower bell.

Pictorial decoration

In July 2018, some paintings dating back to the first half of the 14th century –period of the linear gothic style– were found under several layers of plastic paint, cement, lime and lime mortars.

The paintings, that represent Sant Vicenç martyr, are some of the only gothic mural paintings in Alt Pirineu region. The remodelling carried out in 1610 covered them all.



Christus

Copy of the original piece dated back to the second half of the 13th century, preserved in the Art Museum of Catalonia.

This suffering Christus was hung on the right wall of the church. In the 14th century, it was attached to the polychromatic cross, hiding the reliquary.

OTHER INFORMATION

Vall Fosca hosts other architectural ensembles of high patrimonial value such as the following churches: Sant Julià (Espui), Sant Esteve (Antist), Sant Feliu (La Pobleta de Bellvei) and Sant Martí (La Torre de Capdella).



TRADITIONS

AN HERITAGE TO SHARE

At the first weekend of October, Vall Fosca holds the **Livestock Show in La Pobleta de Bellveí**. Documented from 1845 –at least–, it used to take place on October 5th.

This two-day long fair is now the opportunity to see an exhibition of horses from the Catalan Pyrenees, cows of different breeds –mainly the Pyrenean Brown– and Xisqueta sheep.

Visitors can also enjoy the typical gastronomy during the popular lunch, which basically consists of cap i pota (lamb head and legs) and girella (cold meat made of rice and lamb).



GIRELLA

Girella is made of different parts of lamb and rice. You can buy it in Vall Fosca's butchereries and eat it stewed or slightly fried with a bit of olive oil, as it has been previously boiled.





LOCAL PRODUCTS AND TRADE

Vall Fosca hosts more than 30 farms that breed Brown Pyrenean, Salers and Charolais cows as well as Xisqueta sheep and Catalan Pyrenean horses. Most of the rural accommodations give you the opportunity to see animals and to enjoy local products such as cold meats, pâté, girella and biscuits, sold in the local shops. Other products such as mountain shoes are also available in a shop that is specialised in mountain equipment.

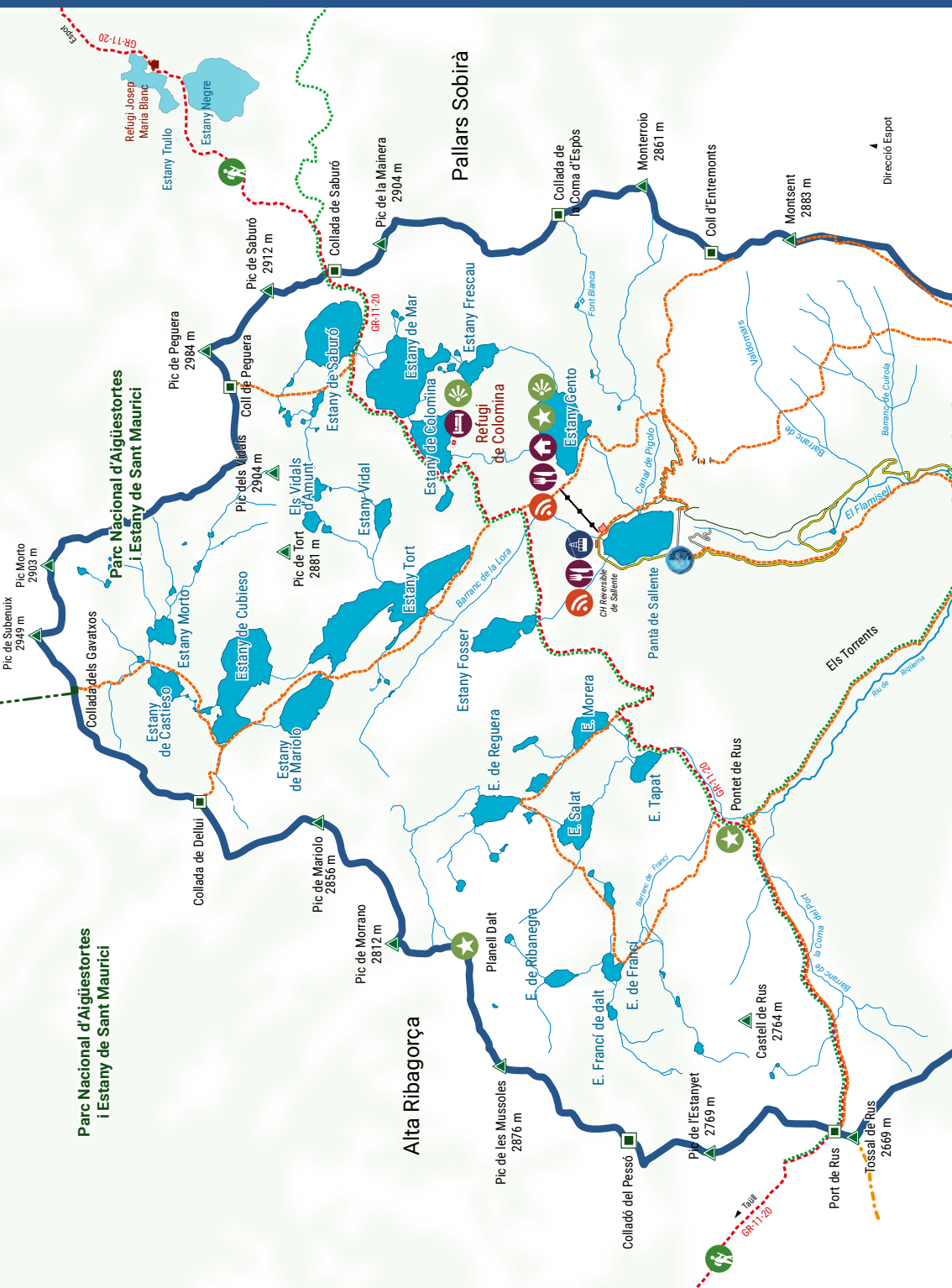


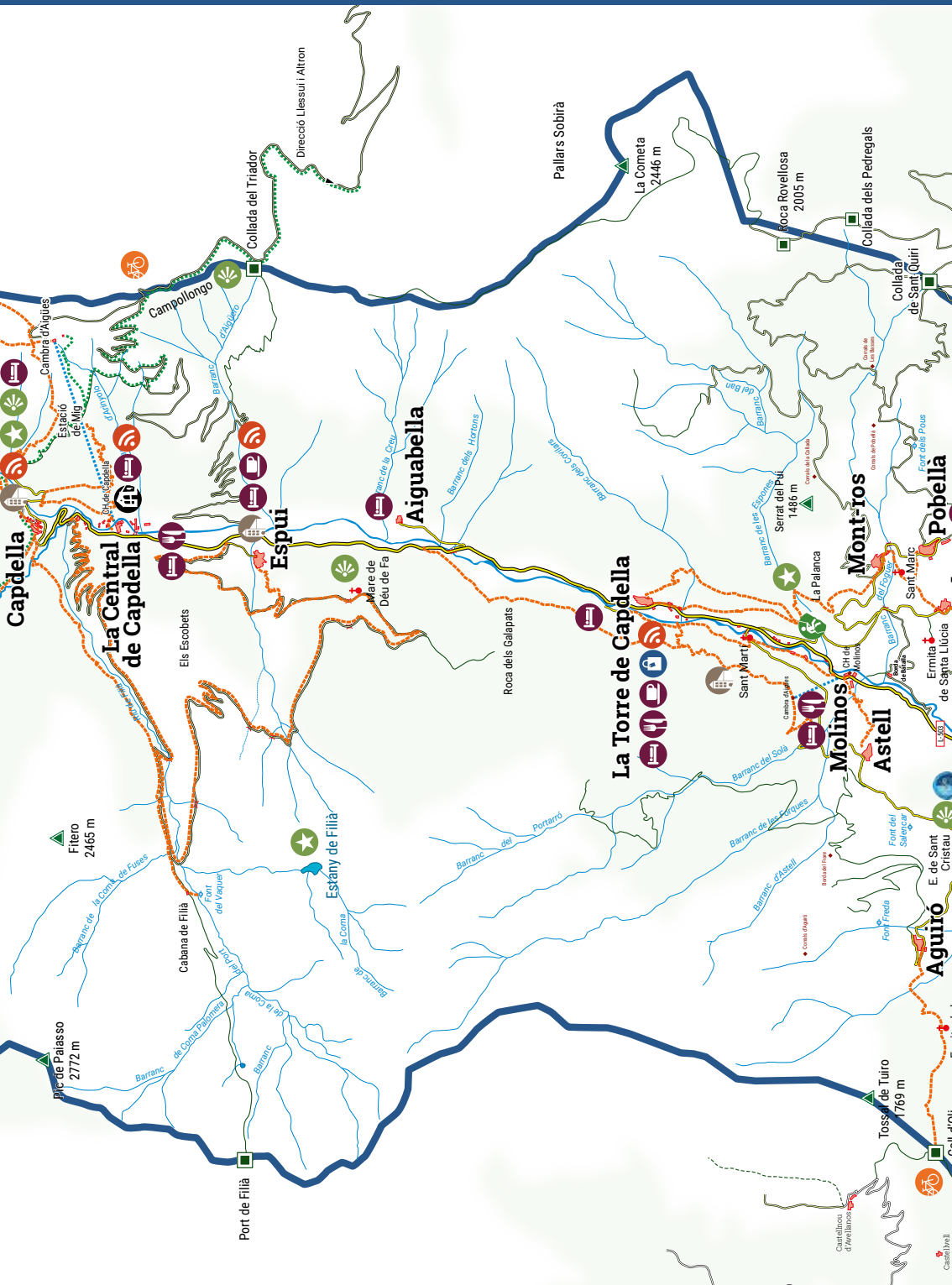
VALL FOSCA TOURIST OFFICE

25515 La Torre de Capdella
Pallars Jussà - Lleida
Tel. (+34) 973 663 001
ajuntament@torrecapdella.ddl.net

WWW.VALLFOSCA.NET

 [@visitvallfosca](https://www.instagram.com/visitvallfosca)  [@vallfosca](https://www.facebook.com/vallfosca)  [@visitvallfosca](https://twitter.com/visitvallfosca)







SERVICES


LA POBLETA DE BELLVEÍ

-  **Hotel Arturo** *HL-000332*
-  Bar & Restaurant
-  973 661 721
-  **L'Era del Marxant - Grill House**

HL-000332 / HL-000819
L'Estança - Hotel apartment
973 661 735

-  **Bar Felip**
973 661 773

-  **Ca d'Antema's Grocery**
973 661 844

-  **Karmepuntnet Laundry**
973 661 874
618 133 236


-  **Pep Canal Construccions**
622 260 349

-  **Apartament Flamisell**
HUTL-044597
Tourist apartment
690 081 961


ENVAL·L

-  **Refugi Casa Bigodé**
621 199 688
600 720 533

LA PLANA DE MONT-ROS

-  **Casa Teixidó** *PL-000352*
Rural tourism
973 663 119

-  **Casa Gallart** *HUTL-001174*
Bar-restaurant and
apartments
973 663 114
649 380 014


-  **Casa Teresina** *PL-000162*
Casa rural
641 427 429

-  **Ca d'Antema's Grocery**

973 663 123
679 274 733

-  **Taxi 4x4 R. Afonso**
609 804 976

-  **Fusteria Alegret**
973 663 041

-  **Buggy & Natura**
622 260 349
616 309 258


BERANUI

-  **Casa Macianet**
PL-000506
Rural tourism
973 252 414

MOLINOS

-  **Hotel Vall Fosca**
-  *HL-000442*
Bar & Restaurant
-  973 663 024


OBEIX

-  **Casa Sarrado** *PL-000161*
Rural tourism
973 663 185

POBELLÀ

-  **Casa Agulló** *PL-000479*
Rural tourism
973 663 015

-  **Borda de Turell**
HUTL-051368-90 i HUTL-051369-71
Tourist apartments
973 663 027


-  **Brunc**
Organic Veal
973 663 022
608 899 551
660 837 859

PAÜLS DE FLAMISELL


-  **Casa Llop**
HUTL-054851-61
Tourist apartments
628 734 675

LA TORRE DE CAPDELLA

-  **Vall Fosca hostel-restaurant**
AJ-000304-22
619889915
637415184

-  **Casa Raons** *PL-000089*
Rural tourism
973 663 171


-  **Vall Fosca Campsite**
KL-000029
973 663 080
639 554 892

-  **Vermut Moto - Les Mines**
675 941 052



-  **Casa Fonso's Grocery**
973 663 038


-  **Villaverde's Shoe Shop**
973 663 171


AIGUABELLA

-  **Casa Mora** *HUTL-000960*
Tourist apartment
659 040 316

ESPUÍ

-  **Hotel Montseny**
HL-000776
-  Bar & Restaurant
973 663 060

-  **Casa Sastre** *PL-000182*
Rural tourism
973 663 082



-  **Bar l'Ubla**
973 663 082

LA CENTRAL DE CAPDELLA

-  **Casa Tacita's Hut**
699 461 535
636 520 901

-  **Capdella Hydroelectric Museum**
973 663 001
973 252 236

CAPDELLA

-  **Casa Senallé**
HUTL-001024
Tourist apartments
686 455 665
-  **Taxi 4x4 C. Moyes**
649 442 181

SALLENTE

-  **Vall Fosca 1750**
-  Bar-Restaurant i
-  Telefèric
973 252 231

ESTANY GENTÓ

-  **Information Centre of Aiguestortes and Estany de Sant Maurici National Park**
973 696 189
973 624 036

-  **Vall Fosca Cable Car 2200**
-  Bar & Restaurant
973 252 337

ESTANY DE COLOMINA

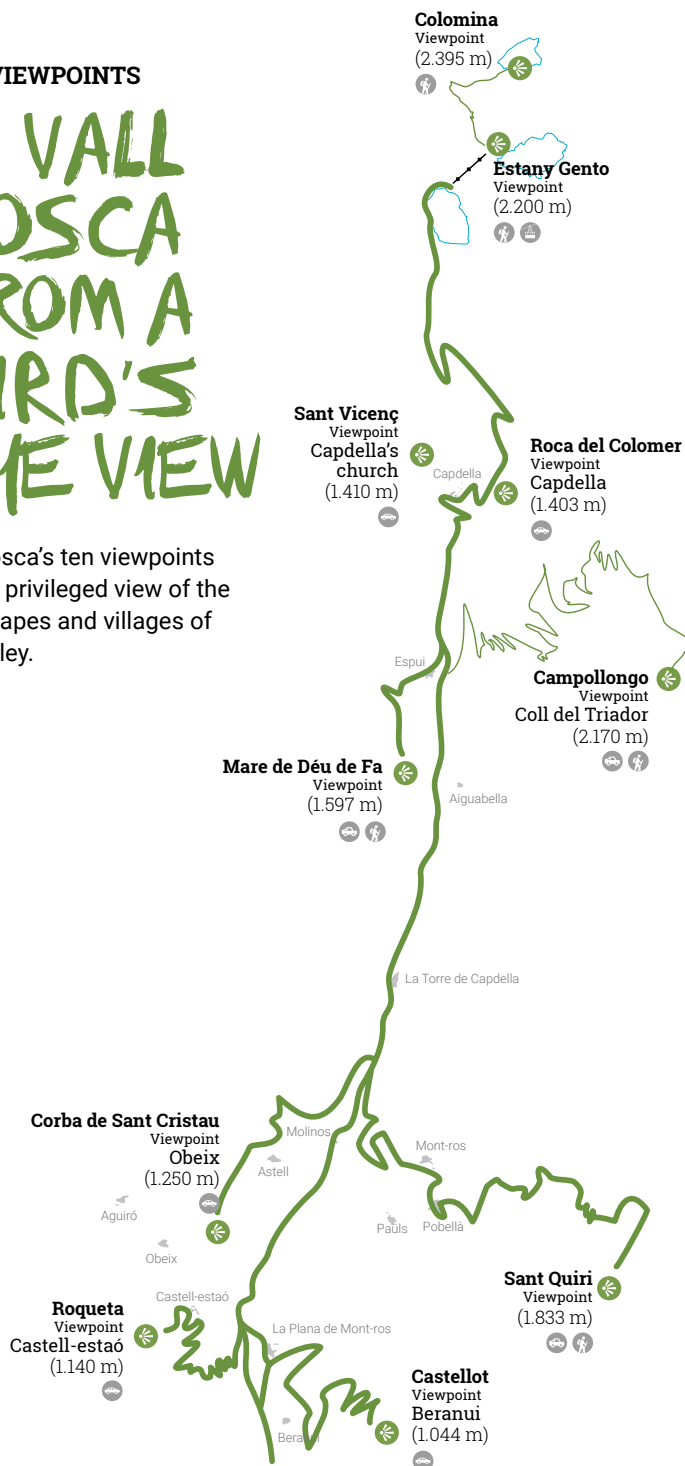
-  **Colomina Hut**
973 252 000



THE VIEWPOINTS

LA VALL FOSCA FROM A BIRD'S EYE VIEW

Vall Fosca's ten viewpoints offer a privileged view of the landscapes and villages of the valley.





vall fosca 2983-1310 ski mountaineering and snowshoeing area



OPEN VALL FOSCA

Held in February every other year since 1995, the international ski mountaineering crossing "Open Vall Fosca" is one of the most massive and attractive ski mountaineering race, as its itinerary is constantly modified so that the participants can enjoy their favourite sport and the local landscapes –located near Aigüestortes and Estany de Sant Maurici National Park– in all their splendour.

Vall Fosca is a great destination for anyone who loves ski mountaineering and snowshoeing in high and steep mountains.

The Ski Mountaineering Area of Vall Fosca offers a map with several routes and with the areas that present risks of avalanches (ATES).

Plan your day:

- Check the forecast on risks of avalanches
- Check the ATES map of the area
- Do not go ski mountaineering on your own
- Take safety equipment (AVD, shovel and probe)
- For more safety, hire a mountain guide

