

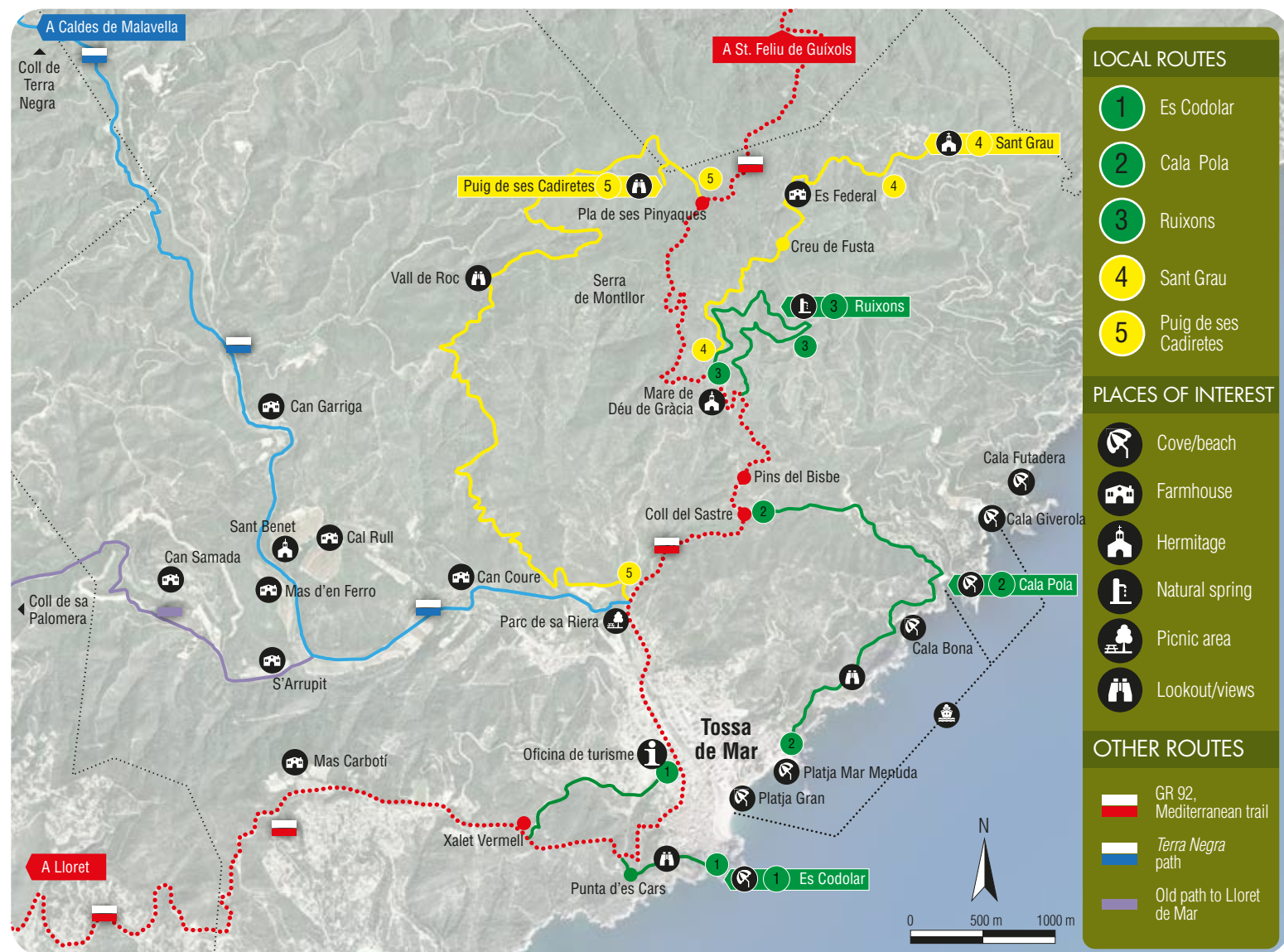
www.gdic.cat

ROUTES AND ITINERARIES TOSSA DE MAR

LOCAL TOURIST OFFICE
Avinguda del Pelegrí, 25 · Edifici La Nau · 17320 Tossa de Mar · Costa Brava · Girona · Spain
Tel. +34 972 340 108 · email: info@infotossa.com

www.infotossa.com





TIPS

- Decide whether you are fit enough to complete your chosen route, be aware of your own limitations, and use common sense in all situations.
- Wear appropriate walking shoes.
- Mountain bikers should wear a helmet and carry a spare inner tube.
- Look at the weather forecast before you set out.
- Wear suitable clothing for the weather conditions.
- Bring plenty of water with you, especially in summer.
- Use sun block.
- It is advisable not to walk alone.
- Tell somebody which route you intend to take, especially if you decide to go alone.
- Recharge your mobile battery before you set out.
- Extreme caution is advisable on the stretches of coastal path running near the cliffs. Never leave the path.
- Fires are not permitted.
- Please show respect for the environment, and enjoy your walk.

USEFUL PHONE NUMBERS

- Police Station: (+34) 972 34 01 35
- Tourist Office: (+34) 972 34 01 08
- Emergencies: (+34) 112





ROUTES AND ITINERARIES AROUND THE “BLUE PARADISE”

The GR 92 trail runs down the Mediterranean coast, and crosses Tossa de Mar municipality from north to south. The GR 92 is the backbone for each of these five suggested routes, which follow it for part of the way but branch off along other marked footpaths that will enable you to discover the landscape and the natural beauty of Tossa de Mar.

Our guided routes are designed to complement and extend your knowledge of the local surroundings, with an expert local guide who will help you to understand and appreciate the most treasured features of the area. Our guided routes programme can be requested from info@infotossa.com.

1 | ES CODOLAR



Departure point: Tourist Office.

Difficulty: Low.

Most of the itinerary is along a track in a perfect state of repair, until you reach the stretch of coastal path. This path runs close to the cliffs at some points, so extreme caution should be taken.

Maximum altitude: 117 m.

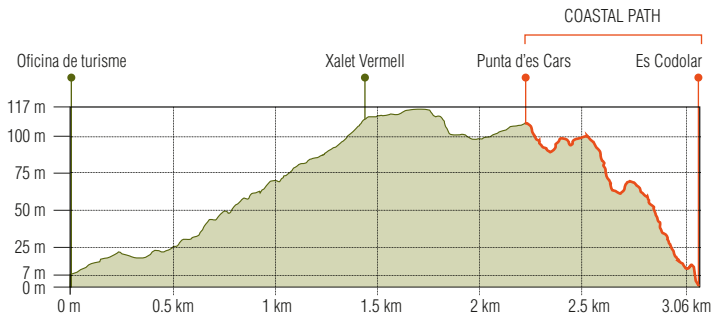
Duration: 1 h

Distance: 3 km.

Best time of year: All year round.



Description: Circular itinerary along the sea-facing side of the *Ardenya Cadiretes* Massif until reaching *Es Codolar* cove, located at the foot of the impressive walled enclosure of the Old Town (*Vila Vella*) in Tossa de Mar. The route runs along a stretch of coastal path, affording spectacular views of one of the most emblematic Costa Brava landscapes.



2 | CALA POLA



Departure point: Tourist Office.

Difficulty: Low.

Part of the itinerary is along a track in a perfect state of repair, until you reach the stretch of coastal path. This path runs close to the cliffs at some points, so extreme caution should be taken.

Maximum altitude: 123 m.

Duration: 2 h

Distance: 6.6 km.

Best time of year: All year round. In the summer season, a boat runs between Platja Gran (main beach) in Tossa and Pola cove.



Description: Circular itinerary affording spectacular views of the sea-facing side of the *Ardenya Cadiretes* Massif. The mountains sweep dramatically down to the sea, along a coastline of large cliffs alternating with small coves in a natural setting of exceptional landscape beauty.



3 | RUIXONS



Departure point: Tourist Office.

Difficulty: Low.

The whole itinerary is along tracks in a perfect state of repair.

Maximum altitude: 303 m.

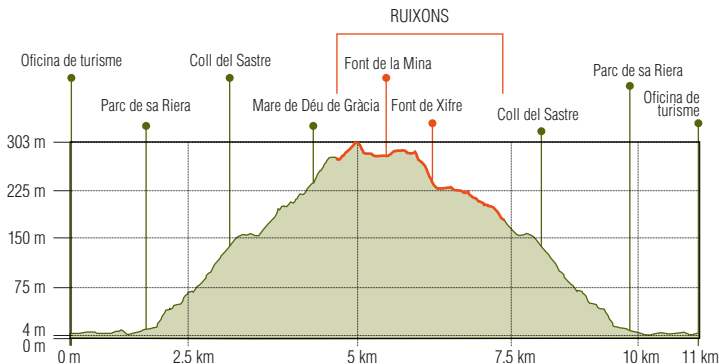
Duration: 3 h

Distance: 11 km.

Best time of year: All year round.



Description: Itinerary leading to *Ruixons* torrents, among the many typically Mediterranean torrents carving through the depressions of the *Ardenya Cadiretes* Massif. Natural sources abound in this territory, giving rise to springs of untreated natural water flowing practically throughout the year. The route also affords magnificent views of the coastline to the north of Tossa.



4 | SANT GRAU



Departure point: Tourist Office.

Difficulty: Low.

The whole itinerary is along tracks in a perfect state of repair, although the gradient is steep.

Maximum altitude: 400 m.

Duration: 4 h (2 h 15 min going and 1 h 45 min. coming back).

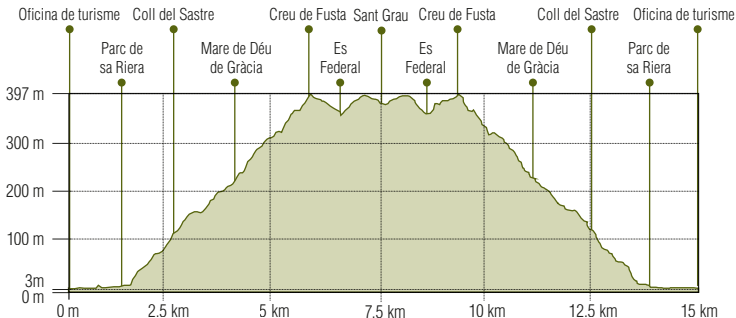
Distance: 15.2 km.

Best time of year: All year round.

Please bear in mind that lack of shade makes this route more arduous in the summer heat.



Description: The itinerary goes through Mediterranean-type woods with dense, compact vegetation (mainly cork oak groves but also some pines and holm oaks), passes by the ruined hermitage of *Mare de Déu de Gràcia*, and on to the sanctuary of *Sant Grau* in the heart of the *Ardenya Cadiretes* Massif. The sanctuary has a major historical legacy of legends and tradition.



5 | PUIG DE SES CADIRETES



Departure point: Tourist Office.

Difficulty: Low.

The whole itinerary is along tracks in a perfect state of repair, except for a short stretch of path leading to the summit, including a final rocky stretch where extreme caution is advised. The gradient is considerable.

Maximum altitude: 519 m.

Duration: 4h 10 min

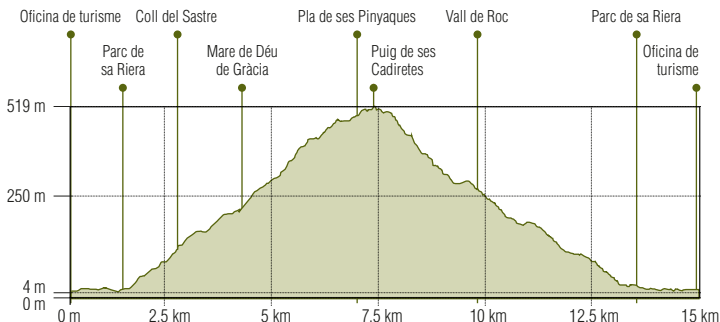
Distance: 15.1 km.

Best time of year: All year round.

Please bear in mind that lack of shade makes this route more arduous in the summer heat.



Description: Circular itinerary going around *Montllor* Mountains and up to *Puig de ses Cadiretes* (519 m), the highest peak in the *Ardenya Cadiretes* Massif. From the summit there is an impressive panoramic view of the area, including the large Mediterranean-type forest.



OTHER ROUTES

GR 92 (Mediterranean trail)



This trail runs down the Catalan coastline with its diversity of coves, beaches, Mediterranean landscapes and coastal mountain ranges. In Tossa de Mar municipal area, the GR goes through the *Ardenya Cadiretes* Massif, partially coinciding with the 98-km circular *Ardenya* route around the spaces and villages of the massif. The GR trail is indicated with its characteristic red and white markings.

TERRA NEGRA PATH



This path links Tossa with Caldes de Malavella. At Tossa, it follows the course of the stream, passing through a riverside area of great beauty, until it reaches *Terra Negra* mountain pass. This is an easy stroll starting from *Sa Riera* park, and accessible to all walkers. The route crosses the riverbed at several different places, so please bear in mind that some stretches may be unfeasible after heavy rain. The route is indicated with blue and white markings.

OLD PATH TO LLORET DE MAR



This route runs along the old path from Tossa to Lloret by Sa Palomera mountain pass. It starts at the turnoff for *Can Samada* from the *Terra Negra* path, and is indicated with light purple markings.

NOTES

