

# Signposted itineraries

These are circular routes that return to the starting point, except routes marked with an asterisk (\*). The routes are designed to reveal the richness of the natural and cultural heritage of different places within the park and are usually adapted for families.

### El Garraf Park

**1** 4 hrs 35 min **A→B** 17.6 km

**GR 5** The lookout trail  
From Sitges to Olesa de Bonesvals  
Starting point: La Fita hill (Sitges)

**2** 2 hrs 30 min **A→B** 4.5 km

**GR 92** Mediterranean path.  
Coastal path  
Starting point: La Pleta (Sitges)

**3** 4 hrs **A→B** 3.5 km

**GR 92** Mediterranean path.  
From La Pleta to La Morella  
Starting point: La Pleta (Sitges)

**4** 2 hrs 30 min **A→B** 7 km

**GR 92** Mediterranean path.  
From Begues to La Morella  
Starting point: Begues

**5** 6 hrs **A→B** 22 km

**GR 92.3** From La Clota to L'Arboçar  
Starting point: Begues

**6** 5 hrs 45 min **A→B** 25.7 km

**GR 92.4** From Pla de Querol to the  
Mas de l'Artis trail  
Starting point: Pla de Querol (Sitges)

**7** 5 hrs 45 min **A→B** 25.4 km

**PR-C 37** Farmhouses of El Garraf\*  
Starting point: Olivella. Suitable for MTB

**8** 6 hrs **A→B** 15.4 km

**PR-C 39** Eramprunyà trail\*  
Starting point: Can Llong farmhouse (Gavà)

**9** 4 hrs **A→B** 15.8 km

**PR-C 143** Sant Pere de Ribes trail.  
From the Casa del Terme to Olèrdola  
Starting point: Casa del Terme (Sant Pere de Ribes)

The distances of the itineraries have been calculated with the GoolTracking platform and may vary significantly if other measuring systems are used.

GR: a long-distance trail of over 50 km, waymarked with white and red markings  
PR: a short-distance trail of between 10 and 50 km, waymarked with white and yellow markings.  
SL: a local trail of less than 10 km, waymarked with white and green markings.

Your opinion helps us to improve

You can fill out the questionnaire by scanning the QR code



Signposted itineraries



**0** Itinerary

Low difficulty

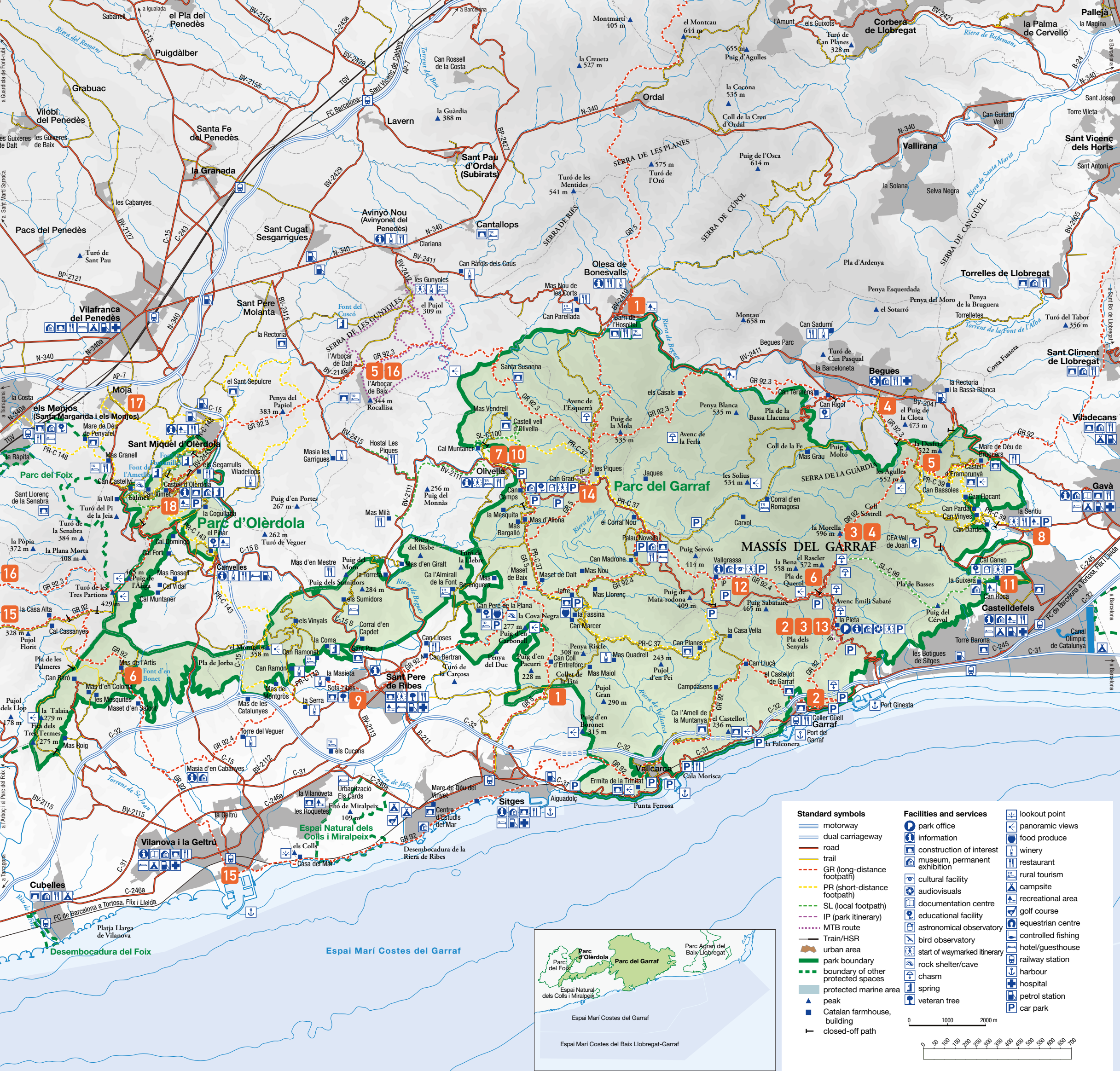
Moderate difficulty

High difficulty

Approximate duration

Total distance

Leaflet available



# El Garraf and Olèrdola Parks



In El Garraf park, the limestone has created an exotic landscape rich in karst formations – chasms, dolines and karren – and vegetation characteristic of the region. Stone huts and drystone walls blend in among the white stone and surround old farmhouses and some of the small villages situated in the park's solitary interior.

Situated in the spurs of El Garraf, Olèrdola park boasts a landscape comprised of cropland, scubs and maquis shrubland. Olèrdola is a natural vantage point crowned by ancient ruins and surrounded by a wall, the work of successive Iberian, Roman and medieval civilisations. At the summit is Sant Miquel church, whose main section dates from the 12th century.

## Key information

EL GARRAF PARK  
Year in which the Special Plan was approved: 1986  
Supervisory body: Department of Territory and Sustainability of Barcelona Provincial Council  
Councils: Avinyonet del Penedès, Begues, Castelldefels, Gavà, Olesa de Bonesvals, Olivella, Sant Pere de Ribes, Sitges and Vilanova i la Geltrú  
Surface area of the park: 12,377 ha

OLÈRDOLA PARK  
Year in which the Special Plan was approved: 1992  
Supervisory body: Department of Territory and Sustainability of Barcelona Provincial Council  
Councils: Canyelles and Olèrdola  
Surface area of the park: 608 ha



Diputació  
Barcelona

Xarxa de Parcs Naturals



# El Garraf and Olèrdola Parks



## Useful advice for visiting the park

### Good practices

- The protected natural spaces are places where one can practise outdoor activities and learn about our natural and cultural heritage. Use the network of marked paths and trails.

### Use of bicycles

- Respect the priority of pedestrians and avoid causing inconvenience to them.
- Adjust your speed in accordance with the type of path. On trails, the maximum speed permitted is 20 km/h.
- Cycle only on roads, forest trails or paths that are more than three metres wide. Follow advice on the use of motor vehicles.
- For justified reasons, in certain areas of the park cycling may be restricted temporarily or permanently.

### Motor vehicles

- The use of motor vehicles is limited to public trails; travelling cross-country, across firebreaks or over streams and riverbeds is not permitted.
- Moderate your speed in order to avoid collisions with people or wildlife. Remember that the maximum speed permitted on paths is 30 km/h.
- The noise caused by some vehicles is harmful to certain sensitive species, such as birds of prey, which may abandon their nesting areas.
- Erosion caused by skidding causes potholes and ditches to appear on the path network. Drive with moderation and restraint, particularly on slopes and when the ground is wet.
- Do not park in front of chains that cut off access to paths or on road verges.

### Visit the park safely

- Plan your route and always bring a map to guide you.
- Try to always walk on trails or paths that are clearly marked or signposted.
- Bring water and food supplies and wear appropriate footwear, comfortable clothing and a coat, as well as a cap, sunglasses and sunscreen.
- If you are in a group, do not lose sight of your companions. Do not ever abandon or leave anybody behind.
- Strong wind can cause branches and other elements to fall. The risk of accidents may be increased on peaks and crests. Avoid open spaces during high wind conditions.

- When it is foggy it is easy to become disoriented; do not leave the main path.

- In the event of downpours or thunderstorms, stay away from peaks, isolated trees and cave entrances. A dense and leafy forest may provide suitable refuge.

### What to do with litter

- It is the responsibility of visitors to take the waste that they have created away with them and to recycle it.

### How to help prevent fires

- It is prohibited to light fires or barbecues outside authorised areas.
- Exercise caution with anything that could cause fires, such as cigarettes, driving/motorcycling or dropping litter.
- Raise the alarm if you detect any suspicious smoke. Call 112.














### Pets

- Pet owners are responsible for their behaviour not disturbing the activity or inhabitants of the park or other visitors.
- Keep your dog on a lead. You must take special care with regard to the behaviour of your dog or other pets, particularly when close to people, farmhouses or flocks.
- Clean up animal excrement, particularly in areas with a high number of visitors.
- Never abandon pets; such negligence is classified as an offence. Animals can become aggressive, as well as being harmful to natural ecosystems.
- In addition to being kept on a lead, dangerous dogs must also wear a muzzle. By dangerous dog we mean that which is classified as such in law, but also any dog that behaves aggressively.

### Caving

- Safety precautions must be taken and you must let someone know which cave or chasm you wish to visit. Obtaining proper training is recommended. Caving may not be permitted at certain times of the year in order to protect biodiversity in subterranean environments. Further information is available at cave entrances.
- There is a high risk of hypoxia inside some cavities due to the low oxygen levels. Carrying a device to measure oxygen levels (there is one available for loan in La Pleta) is recommended, as well as informing the park office or the Catalan Caving Association of the situation.

### Other recommendations

-  If there is a risk of snow or if it has snowed, check road and trail conditions on the park's website. Drive cautiously, respect the signals and signs of guards and wardens.
-  Free camping is not permitted in any of its modes, including motorhomes.
-  Human presence and activity have left behind a host of architecture and art over the years. This rich cultural heritage must be respected.
-  Respect the nature and the peacefulness of the environment. Avoid making unnecessary noise.
-  Respect agricultural and stockbreeding activities, since they provide the livelihood of many of the park's inhabitants.
-  Logging is a traditional activity in most of the parks. Tree felling is regulated by the Forestry Act of Catalonia and the park regulations.
-  To protect native wildlife populations, it is prohibited to release pets or non-native animals that could displace them from their habitat.
-  Hunting is regulated by law and is only allowed in existing hunting grounds. If you encounter a wild boar drive, you must respect the signs and not stray from the paths.
-  Horse riding must be restricted to public paths; cross-country riding and riding on firebreaks or streams and riverbeds is not permitted.
-  If picking mushrooms, do not damage the forest by using tools or digging into the earth.
-  If you come upon any tortoises, please act in a respectful manner. Bear in mind that they are a protected species and capturing or possessing them is punishable by law.
-  European fan palms are a species protected by law and harvesting them is illegal.
-  Rock climbing is regulated. Please obey the instructions found at some of the access points for climbing routes.

## Borrowing adapted equipment

At the El Garraf and Olèrdola park office in La Pleta there is a hire service for adapted equipment including handbikes and third wheels for adapting users' wheelchairs, as well as different educational materials and braille texts for public use. A hire form must be filled out. Tel. (+34) 935 971 819.

## Cuisine linked to the park



**Parc a taula** is a programme in which restaurants situated in areas linked to the park invite you to taste a range of dishes made with natural ingredients and cooked by experts. Wineries, producers and artisanal food makers in the local area also participate by providing the high-quality produce that goes into making the finest gastronomy. Accommodation situated in close proximity to the park, offering excellent services so visitors can enjoy a relaxed and comfortable stay, also partake in the programme.

### Accommodation

Ca l'Helena. Tel. (+34) 637 539 980. Castellet i la Gornal  
Camping de Sitges. Tel. (+34) 938 941 080. Sitges  
Can Grau Nature School. Tel. (+34) 934 744 678. Olivella

### Restaurants

Cal Barretet. Tel. (+34) 931 022 269. Castellet i la Gornal  
El Cellar d'en Sadurni. Tel. (+34) 936 390 161. Begues  
El Parador. Tel. (+34) 678 307 869. Olivella  
El Rossegall. Tel. (+34) 938 157 063. Vilanova i la Geltrú  
Hostal Les Piques. Tel. (+34) 938 968 180. Olivella  
La Canasta. Tel. (+34) 936 656 857. Castelfdefels  
La Nansa. Tel. (+34) 938 941 927. Sitges  
La Posada de Sant Pere. Tel. (+34) 938 921 399. Sant Pere Molanta  
Masia Segarrulls. Tel. (+34) 938 903 799. Sant Miquel d'Olèrdola  
Parrilla del Pou Nou. Tel. (+34) 938 973 032. Canyelles  
Club Nàutic del Garraf restaurant. Tel. (+34) 936 320 279. Garraf (Sitges)  
Gaudi Garraf restaurant. Tel. (+34) 936 320 180. Garraf (Sitges)  
Restaurant Picnic. Tel. (+34) 938 110 040. Sitges

### Wineries

Baptista Celler de la Malvasia de Sitges. Tel. (+34) 938 940 003. Sitges  
Bodegues Torre del Veguer. Tel. (+34) 938 963 190. Sant Pere de Ribes  
Can Ràfols dels Caus Caves. Tel. (+34) 938 970 013. Avinyonet del Penedès  
Cava Grau Dòria. Tel. (+34) 938 973 263. Canyelles  
Caves Montau de Sadurni. Tel. (+34) 936 390 161. Begues  
Caves Ventura Soler. Tel. (+34) 938 183 003. Sant Sadurni d'Anoia  
Cellar Credo. Tel. (+34) 938 910 214. Sant Sadurni d'Anoia  
Cellar Jordi Lluç-Vinya Escudé. Tel. (+34) 938 988 138. Sant Quinti de Mediona  
Finca Viladellops. Tel. (+34) 938 188 371. Olèrdola  
Vega de Ribes. Tel. (+34) 938 960 024. Sant Pere de Ribes  
Vins i Caves Cuscó Berga. Tel. (+34) 938 970 164. Avinyonet del Penedès

### Producers

Artcava Celler Can Batlle. Tel. (+34) 938 970 580. Avinyonet del Penedès  
Associació Apicultors Ecològics Associats (honey). Tel. (+34) 670 296 376. Begues  
Associació de Productors de Prèsec de l'Ordal (peaches). Tel. (+34) 938 993 146 | (+34) 639 900 787. Subirats  
Associació Espigalls del Garraf. Tel. (+34) 938 100 722. Vilanova i la Geltrú  
Asociación La Abeja Loca (wine, cava, cheese, charcuterie and honey). Tel. (+34) 937 432 129. Mas Quadrell Sitges  
Bouquet d'Hort (fruit and vegetable producer). Tel. (+34) 607 982 296. Sant Pere de Ribes  
Cal Beatris (vegetables). Tel. (+34) 936 628 712. Gavà  
Can Pere (cheese, honey and guided tours). Tel. (+34) 938 960 827. Sant Pere de la Plana  
Confraria de Pescadors de Sitges (artisanal fish). Tel. (+34) 938 940 002. Sitges  
Esteve Lloret (Ordal peaches). Tel. (+34) 938 970 131. Avinyonet del Penedès



Finca La Gramanosa. Tel. (+34) 938 970 580. Avinyonet del Penedès  
Joan Marcé (Ordal peaches). Tel. (+34) 938 970 333. Avinyonet del Penedès  
L'Horta de les Casetes (ecological agriculture). Tel. (+34) 650 883 315. Sant Pere de Ribes  
Les Filos (jams and preserves). Tel. (+34) 649 993 594. Lavern-Subirats  
Martínez (charcuterie). Tel. (+34) 938 141 102. Vilanova i la Geltrú  
Masia Cases Blanques Natura (organic vegetables). Tel. (+34) 666 548 234. Avinyonet del Penedès  
Masia La Fassina (artisan produce and guided tours). Tel. (+34) 637 775 894. Olivella  
Mel Castell de Penyafort (honey). Tel. (+34) 659 733 583. Santa Margarida i els Monjos  
Pastisseria Marcel (pastries and confectionery). Tel. 936 391 249. Begues  
Pere Catasús Vilamós (Ordal peaches). Tel. (+34) 938 993 311. Avinyonet del Penedès  
Sències Can Girona (vegetables and guided tours). Tel. (+34) 931 013 053. Sitges  
Sínia Sant Gervasi (fruit and vegetables). Tel. (+34) 629 984 963. Vilanova i la Geltrú  
Suc de Vida (grape juice and guided activities). Tel. (+34) 686 396 475. Sant Martí Sarroca

## Information points and centres

### EL GARRAF PARK

**La Pleta Information Centre and Office**  
Carretera de Ratpenat a Plana Novella, km 3.5  
Sitges  
Tel. (+34) 935 971 819

**Petit Casal de Begues Information Centre**  
Passeig de l'Església, 1  
Begues  
Tel. (+34) 936 392 509

**Documentation Centre and Caving Activities**  
**Catalan Caving Federation Olesa de Bonesvalls Information Point**  
Plaça de la Vila, s/n  
Olesa de Bonesvalls  
Tel. (+34) 938 984 375

**La Sala d'Olivella Information Centre**  
Plaça Major, s/n  
Olivella  
Tel. (+34) 938 968 465  
Opening hours: Saturdays, Sundays and public holidays, from 10 a.m. to 2 p.m.  
Closed in August

**Sitges Tourist Information Point**  
Plaça d'Eduard Maristany, 2  
Sitges  
Tel. (+34) 938 944 251

**Sant Pere de Ribes Tourist Information Point**  
Carrer Major, 110  
Sant Pere de Ribes  
Tel. (+34) 938 962 857

**Castelldefels Tourist Information Point**  
Carrer del Pintor Serrasanta, 4  
Castelldefels  
Tel. (+34) 936 352 727

**Vallgrassa Centre Experimental de les Arts**  
Carretera de Ratpenat a Plana Novella, km 7.5  
Sitges  
Tel. (+34) 937 440 656

**El Garraf Astronomical Observatory**  
Camí d'Olivella a Plana Novella, km 3.5  
Olivella  
Tel. (+34) 685 233 575  
By appointment only

**Gavà Information Point**  
**Gavà Museum**  
Plaça de Dolors Clua, 13-14  
Gavà  
Tel. (+34) 932 639 610

**Mines de Gavà Archaeological Park**  
Carrer de Jaume I, s/n  
Gavà  
Tel. (+34) 932 639 620

**Centre d'Estudis del Mar**  
Passeig Marítim, 72  
Sitges  
Tel. (+34) 938 945 154  
Opening hours: Monday to Friday, from 9 a.m. to 2 p.m.

### OLÈRDOLA PARK

**Olèrdola Park Office**  
**La Pleta**  
Carretera de Ratpenat a Plana Novella, km 3.5  
Sitges  
Tel. (+34) 935 971 819

**Canyelles Information Point, Canyelles Town Hall**  
Plaça de l'Onze de Setembre, s/n.  
Canyelles  
Tel. (+34) 938 973 011

**Olèrdola Information Point, Olèrdola Town Hall**  
Avinguda de Catalunya, 12  
Olèrdola  
Tel. (+34) 938 903 502

**Archaeology Museum of Catalonia - Olèrdola**  
**Information Point Conjunt Monumental d'Olèrdola**  
Tel. (+34) 938 901 420  
(+34) 934 246 577  
(+34) 675 782 936

Consult opening hours at:  
<http://parcs.diba.cat/web/garraf>  
<http://parcs.diba.cat/web/olerdola>

