



El Berguedà
terra de futurs

BERGUEDA, CYCLING MOUNTAINS





DIFFICULTY
(Based on distance and elevation gain)

- Easy
- Moderate
- Difficult
- Very Difficult



CREDITS
 Texts: **Alba Xandri i Isaac Vilalta**
 Translation: **Traduït**
 Design and illustrations: **Salvador Vinyes**
 Coordination: **Servei de turisme del Berguedà**

PHOTOS:
Rafael López Monné (page 10,11)
Oscar Ròdbag (page 6,8,9,13,14,15,73,81)
Marc Sixto (page 12)
Bergaenduro (page 16,68)
Ricard Calmet (page 1, 18,20,22,24,26,30,32,34,36,38, 40,42,44,46,48,50,52,54,56,58,60,62,64,68,70,72,78)
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PRESENTING THE REGION

Berguedà is a place worth visiting any time of the year for activities and staying.

Here, you will discover the Cadí-Moixeró, one of the largest natural parks in Catalonia; the Pedraforca and other protected natural areas; as well as La Baells reservoir, which will allow you to come closer to nature, either on your own or in the company of a specialised guide: Hiking, cycling, climbing, paragliding, swimming in open water or any other activity in the natural environment.

In terms of culture, you will find historical elements and museums to learn about the evolution of Berguedà from its origins to the

present day. Thus, Dinsaures Fumanya will transport you to the era of the dinosaurs. Romanesque churches, towns and bridges evoke medieval times, and the Museu de les Mines de Cercs (Cercs Mine Museum), Museu del Ciment (Cement Museum) in Castellar de n'Hug, and the Museu de la Colònia Vidal will make you relive the sensations of the Industrial Revolution.

If you want fun, La Patum is the region's festivity par excellence. UNESCO has declared it an intangible cultural heritage, like the Fia-Faia held in Bagà and Sant Julià de Cerdanyola on Christmas Eve. Besides, each town celebrates its main festivity with its own

particular character.

Berguedà offers typical mountain cuisine with unique elements such as black peas and corn, complemented by prized mushrooms, whenever nature allows.

There are many accommodations and restaurants to choose from when staying here or participating in any event.

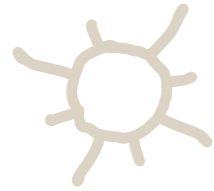
You'll feel at home!

WHEN TO COME

Berguedà, with its mountain-influenced Mediterranean climate, is a destination that will captivate you at any time of the year. With altitudes ranging from 400 to 2,600 meters, it offers diverse experiences to suit every season and type of activity.



The region flourishes in all its splendour in spring: colourful meadows, green forests and pleasant temperatures of 15-20 °C, ideal for discovering natural landscapes.



Summer is a perfect time to escape the sweltering heat of the plain. In the mountains of Upper Berguedà, you will find cool forests and the relaxing murmur of rivers and streams. The long hours of daylight encourage unforgettable excursions.



Autumn clothes Berguedà with a palette of golden and russet tones, turning the forests into works of art. When the weather is right, the magic of mushrooms will unfold throughout the territory.



In winter, the heights are transformed into a snowy paradise, perfect for those who love the cold. The lower areas offer mild temperatures, so you can continue enjoying nature. After a day of exploration, you can find accommodation in the many homes that await you with the comforting warmth of a fireplace.

HOW TO GET HERE



MOVING AROUND

There are currently no trains to Berguedà. However, in a constant drive for sustainability and emission reduction, it is becoming easier to reach the different municipalities by public transport, either with regular bus lines or making use of the on-demand transport system





DO NOT MISS

Parc natural del Cadí Moixeró (Natural Park)



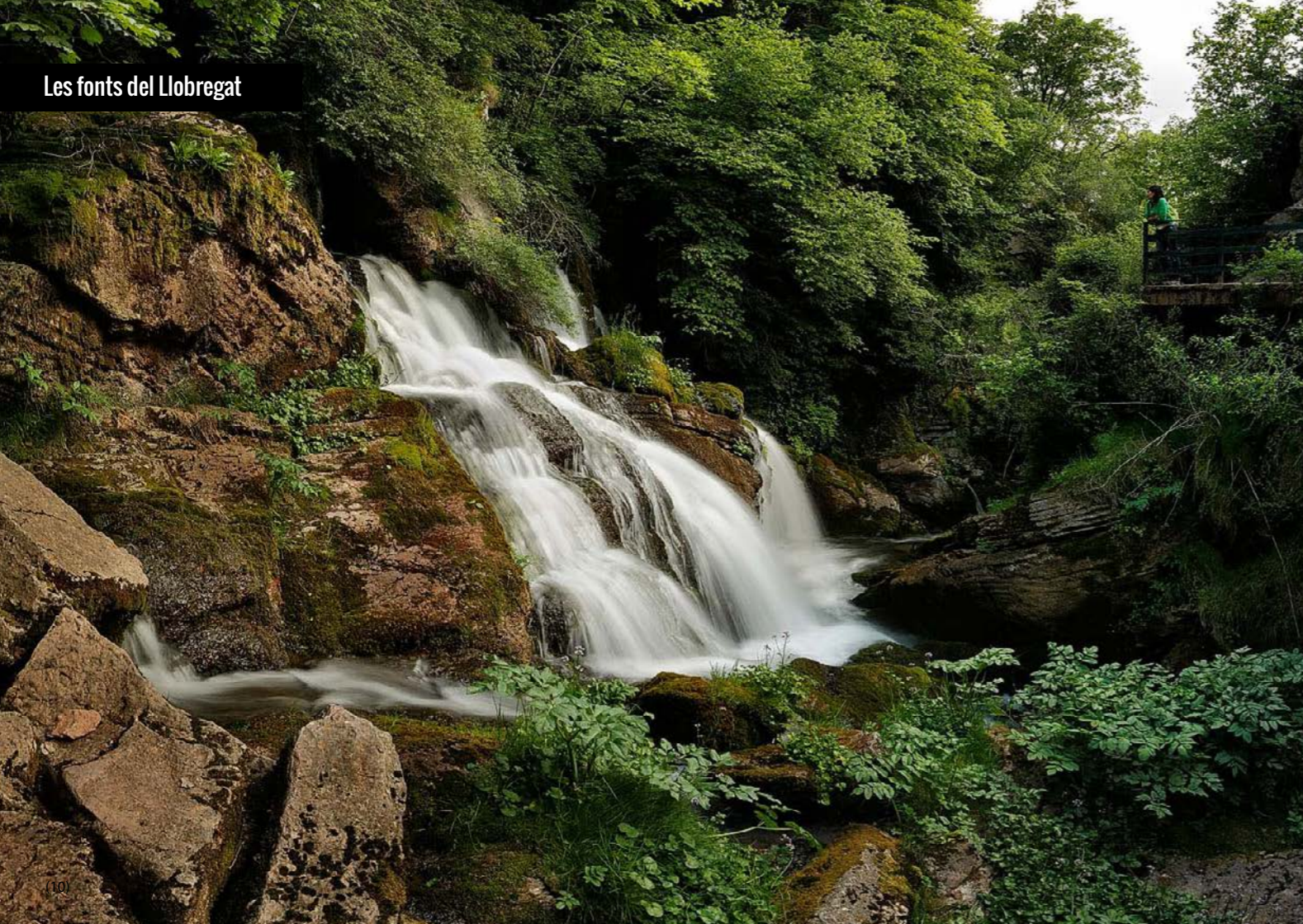
(8)

El romànic (Romanesque architecture)



(9)

Les fonts del Llobregat



Gaudí i ciment (Gaudí and cement)





Active tourism



Terra, carbó i dinosaures
(Earth, coal and dinosaurs)



Colònies tèxtils del Llobregat
(Textile colonies on the River Llobregat)



La Patum and Fia Faia (UNESCO World Heritage Sites)



Cycling through Berguedà is a pleasure with endless possibilities beyond mountain terrain. Although Berguedà has many mountains, there are also easier routes that are flatter and more suitable for the whole family. There are green routes where you can learn to cycle, unexplored corners, high mountain passes, attractive trails, and scenic gems. Above all, the peace and quiet of Berguedà's natural environment offers cyclists what they value most: safety.

Every day, Berguedà is visited by local cyclists as well as those from other areas looking for an ideal setting. The roads are quiet, almost without motor vehicles, and have good quality road surfaces. The most demanding have a score of mountain passes, ranging from short and tough to long and sustained climbs, and even special



category mountain passes such as Coll de Pradell, Rasos de Peguera, Coll de Pal and La Creueta. The routes, many of which are circular, pass through different towns where you can get refreshments.

But Berguedà also offers more modern modalities, such as gravel cycling, with countless rural slopes, which are easier in the south and more demanding in the north. The different mountain ranges, such as Catllaràs, offer routes to enjoy a high-quality enduro, and the different cycling clubs in the region have worked

hard to open new MTB routes that have been maintained over the years.

It is also possible to go on large bikepacking routes in different stages or spend the day cycling with the family to discover ancient trees, Romanesque shrines, lakes, or suspension bridges.

The challenge is as big as it is exciting. It involves a mixture of effort and fun, physically demanding trails and discovering the region's historical, landscape, and social heritage. Berguedà has mountains for cycling galore.





ROAD CYCLING

The roads of Berguedà are rich in content; in a single cycling day, you can talk to Picasso and Pogacar, see dinosaurs and coal mines, cool off in Llobregat or the Riera de Merlès, and suffer what is probably the most challenging mountain pass in Catalonia, the Coll de Pradell. But the best thing is the quality of roads that hark back to a time without cars, and also discovering its people. Cycling along the roads of Berguedà is synonymous with discovering tiny villages and industrial colonies where you can stop for refreshments, a coffee or breakfast.

We suggest different routes that cross Berguedà from north to south and east to west. They are fluid routes in the sense that what you find here is just an invitation to discover the territory because each one has alternatives, neighbouring roads, shortcuts or extensions. A

few years ago, the construction of the C16 road crossed the region from north to south, but in a rebellious act, the Berguedà cyclist found the solution to what seemed like an incurable scar. The old roads connecting the different villages have been almost deserted by cars, meaning they have become a cycling paradise. If you add to this the fact that many old rural paths have been asphalted, you will find a map of veins and arteries where you can pedal almost infinitely.

With this ecosystem, the local cycling community has a lot to choose from. There are short and classic routes, such as the Volta Gran, where less is more. It is the solution for afternoons with little time to go cycling, but you want to cycle up and down, ride safely and push yourself to the limit. If you have more hours, the Volta al Cobert

will remind you of the first great outings of adolescence, rediscovering eastern Berguedà. The Catllaràs route opens up a new world, more challenging and demanding, but above all, bucolic. The Ruta Minera (Mining Route) and the stage of the Volta a Catalunya 2024 will make you feel like a professional with collections of hidden mountain passes as if you were in the Pyrenees or the Alps.

This is the great secret of Berguedà. You can either tell people or keep it to yourself; that's up to you!



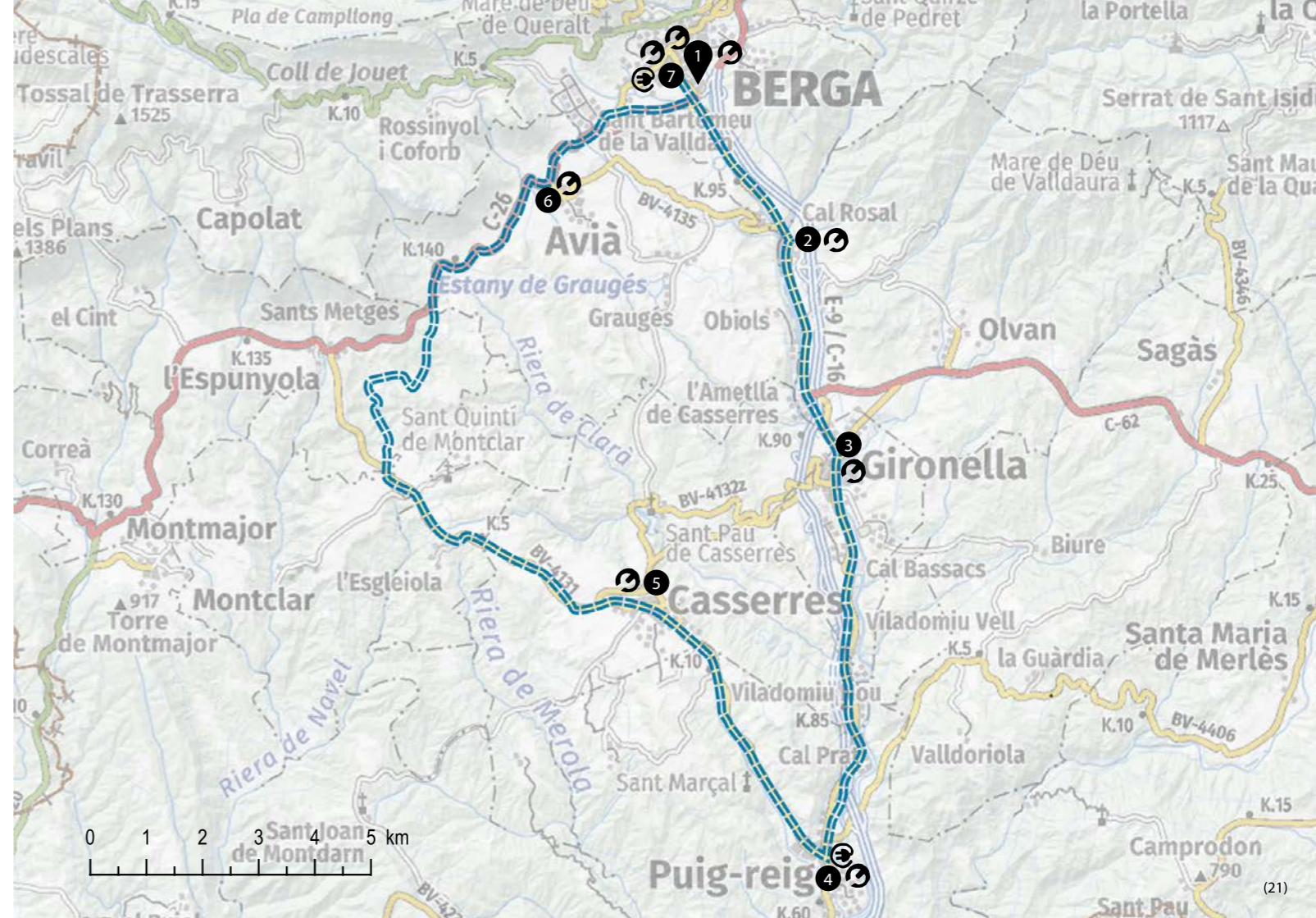
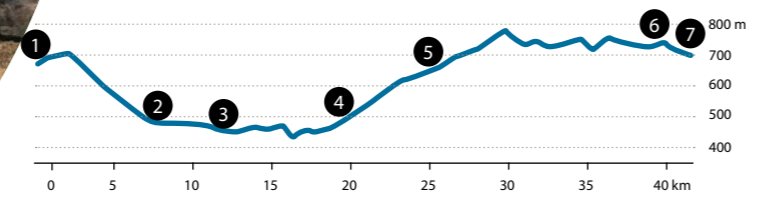


La Volta Gran ↻



- ↔ 43.5 km
- ↗ 525 m
- ↑ 754 m
- ↓ 425 m

This is a classic route for local cyclists who have little time to ride. It is a quiet circular route on secondary roads in excellent condition, with gentle climbs despite the elevation gain. The route passes through different villages in Lower Berguedà and offers good alternatives for making it shorter or longer.





La Volta al Cobert ↻



↔ 74 km

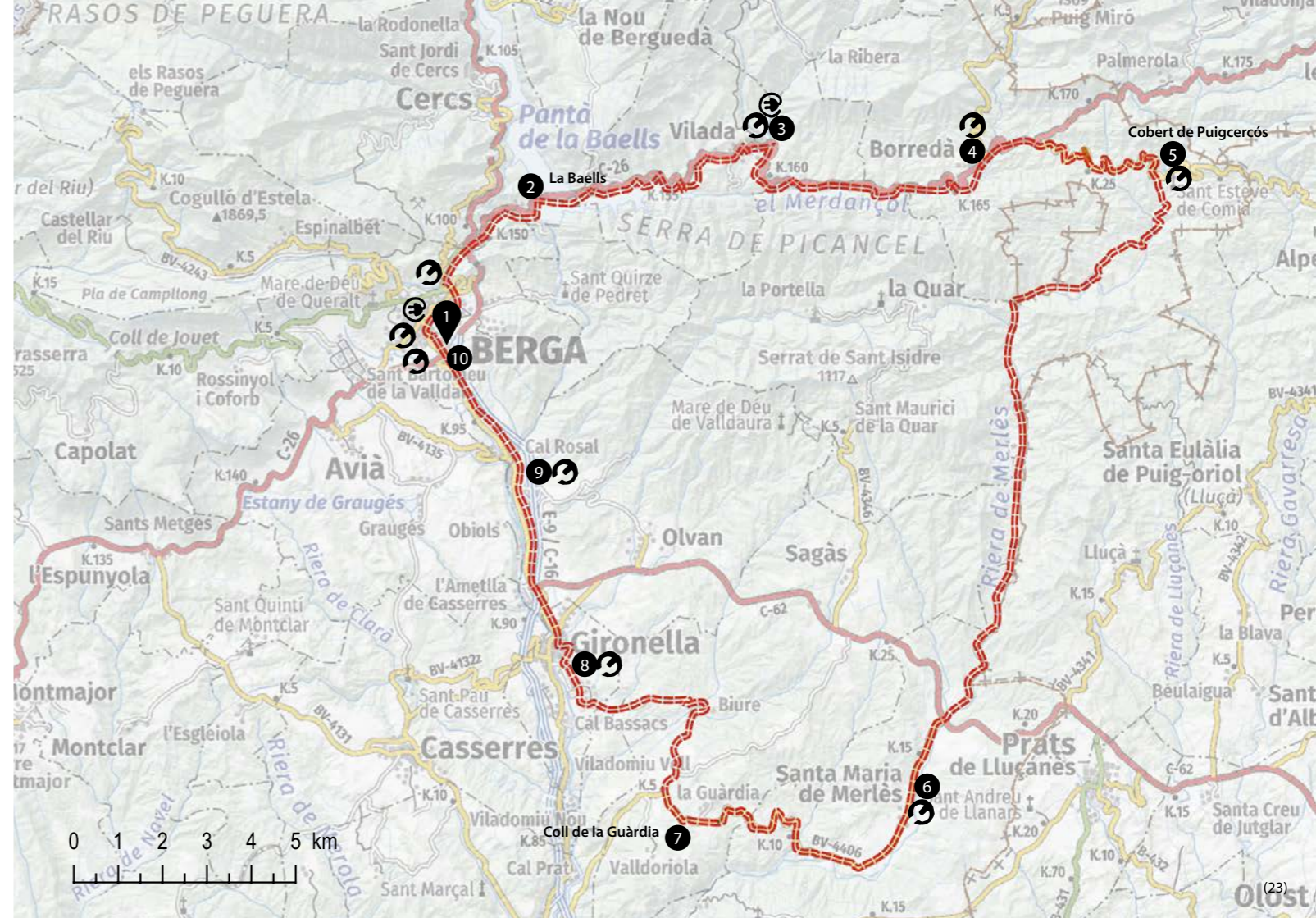
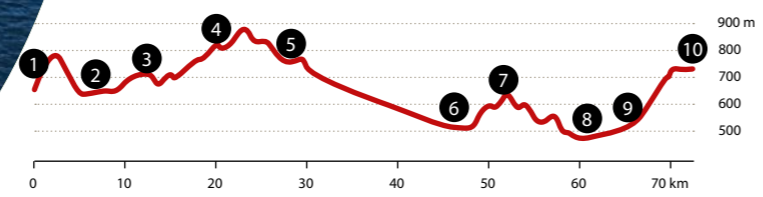
↗ 1115 m

↑ 890 m

↓ 450 m



The Volta al Cobert has two distinct parts. The first passes through lush forests and roads with good quality tarmac, but the terrain gradually changes when you reach the Cobert de Puigcerçós. Following the stream of Riera de Merlès, you will find a more irregular terrain with short and challenging climbs that will make you suffer until reaching La Guàrdia.



0 1 2 3 4 5 km



La Catllaràs



↔ 82.5 km

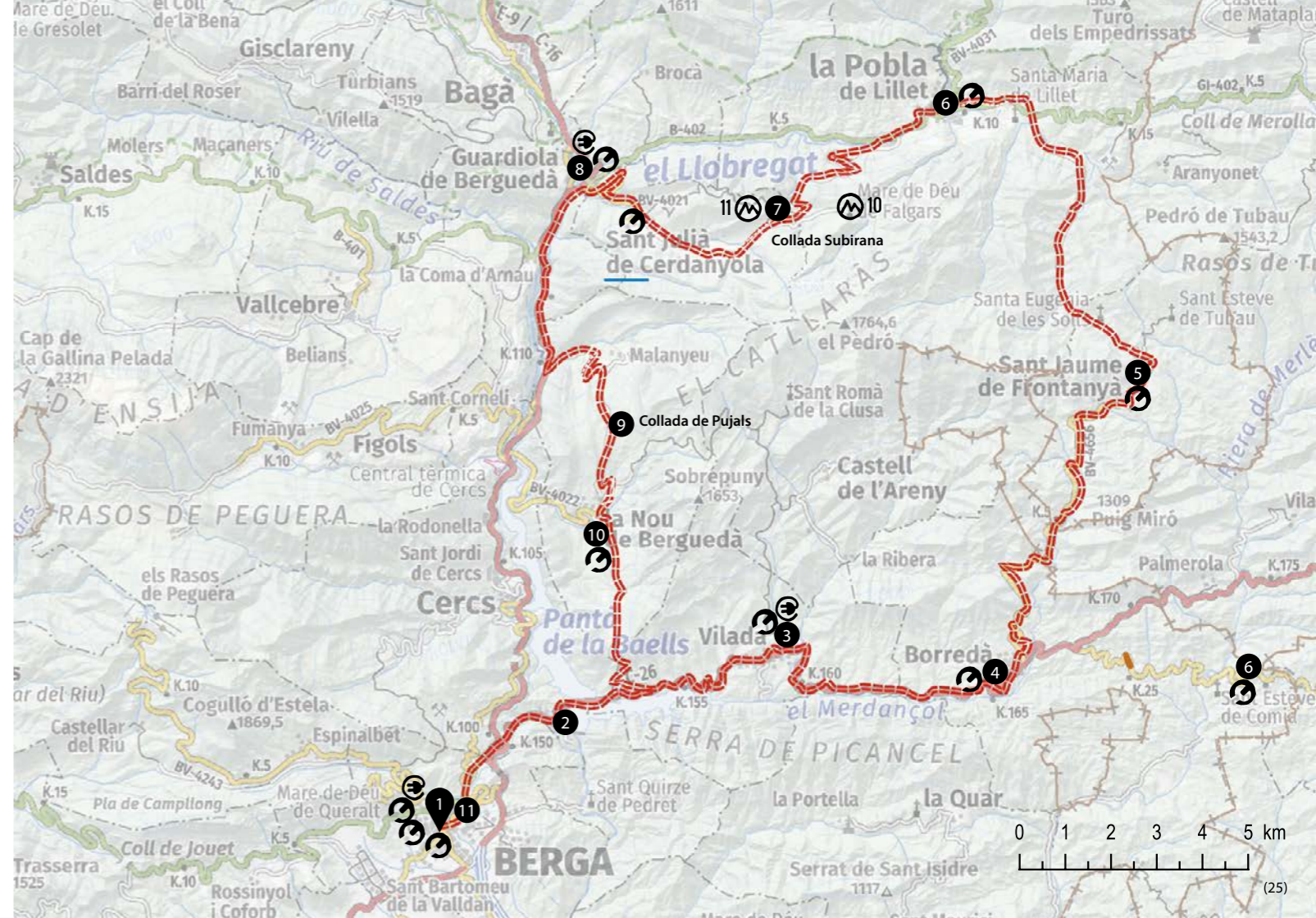
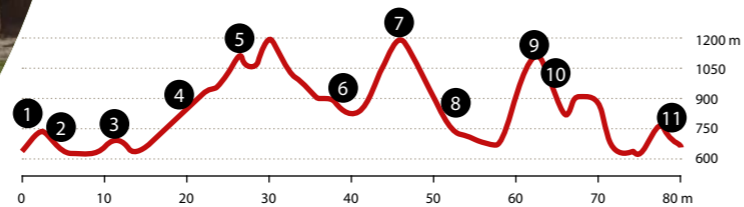
↗ 1992 m

↑ 1232 m

↓ 624 m



A route of great beauty around the Catllaràs mountain range, offering the best and worst of cycling. You will see tiny picture postcard villages such as Sant Jaume de Frontanyà, Sant Julià de Cerdanyola or La Nou. At the same time, you will have three challenging hill climbs: Batallola, Falgars and Sant Isidre —a day to remember.





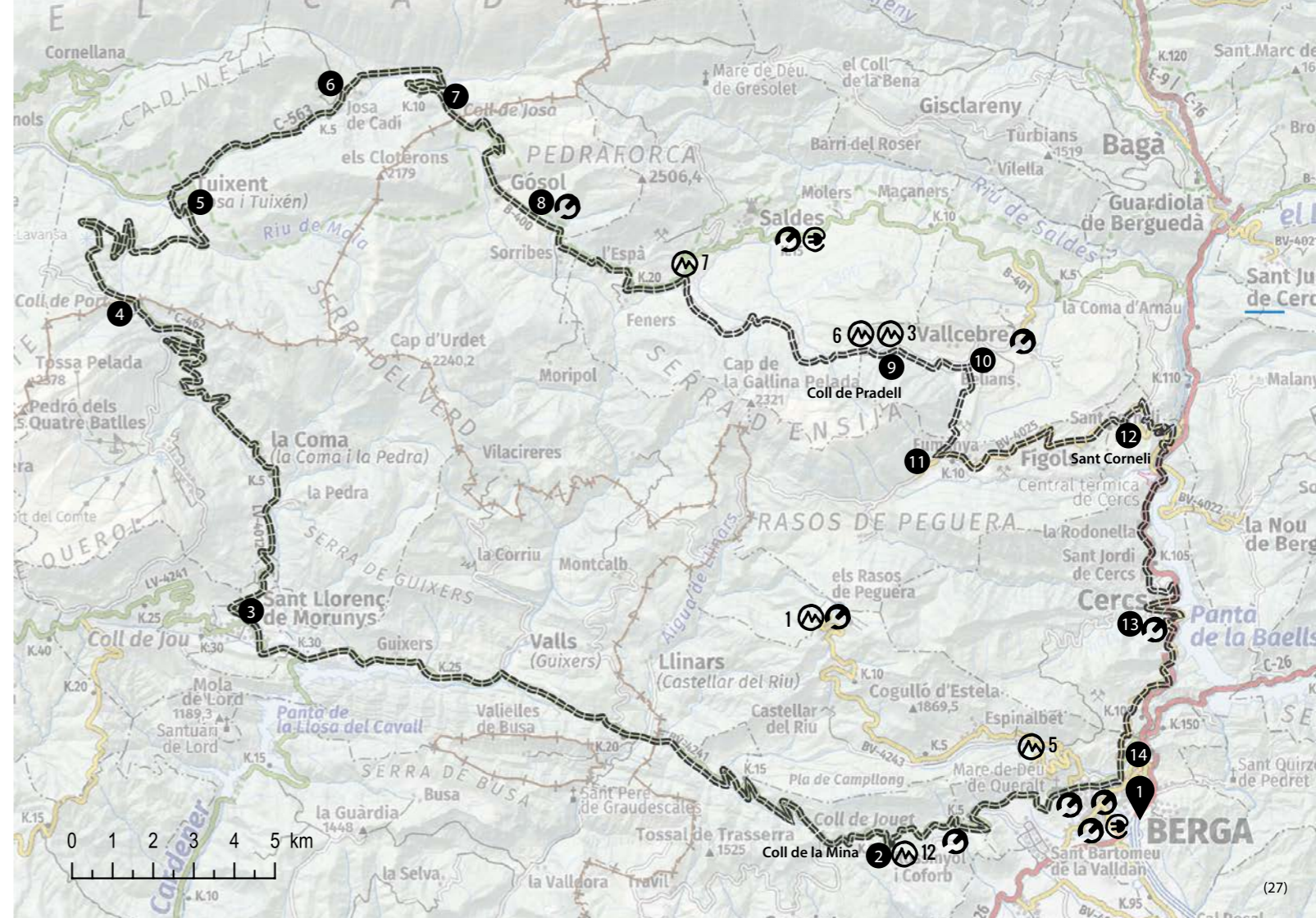
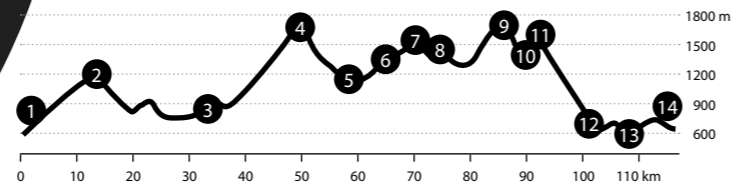
The Ruta Minera from Berga



- ↔ 118 km
- ↗ 3170 m
- ↑ 1743 m
- ↓ 638 m



The Ruta Minera requires the maximum effort, making it a hard day. It has long unpopulated sections and special-category mountain passes. Even so, there will be little room for boredom because of Picasso, the Coll de Pradell, the witches of Vansa, the coal mines, and the dinosaurs. This will not exhaust your cycling plans, as there are possible alternatives that will surely invite you to return.





La Volta a Catalunya 2024



↔ 155 km

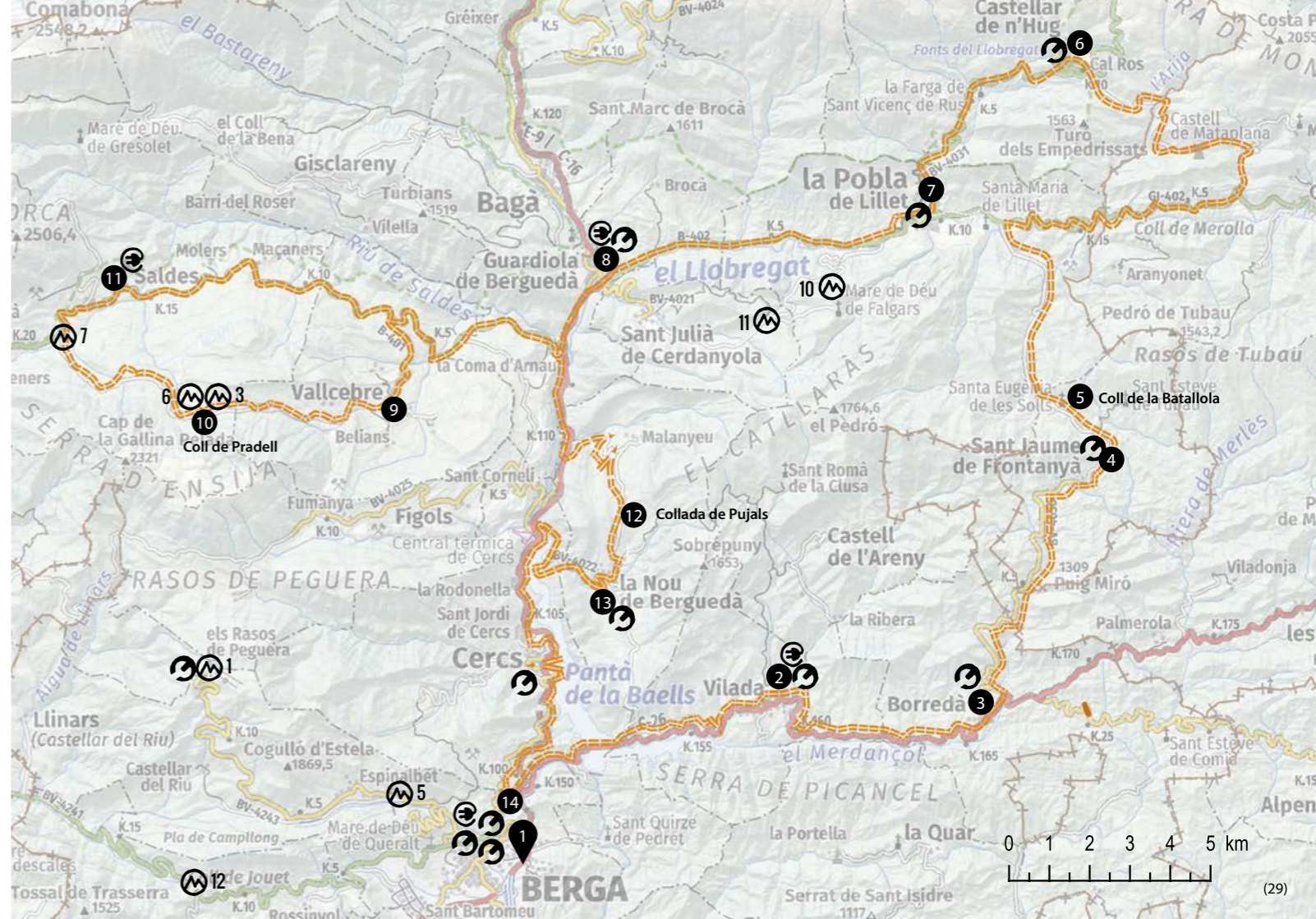
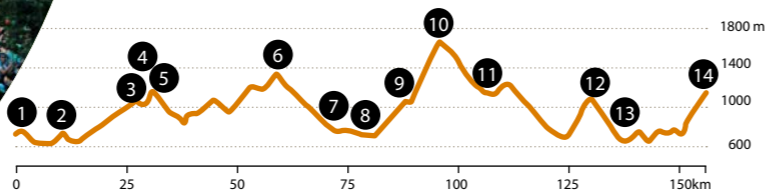
↗ 4185 m

↑ 1726 m

↓ 630 m



The main stage of the Volta a Catalunya 2024 was won by Tadej Pogacar after escaping alone for the last 30 kilometres. You can relive that day with five mountain passes, including the dreaded Coll de Pradell and the end of the stage in Queralt, an icon of professional cycling. The roads are quiet and cyclable practically all year round.





GRAVEL CYCLING

Can you do gravel cycling in Berguedà?
Are there gravel tracks in Berguedà?
Berguedà is all MTB, right?
Have there been any gravel
races in Berguedà?

We have heard these types of questions many times, and can safely say that the gravel is fantastic in Berguedà with constantly changing landscapes: Farmland, wooded areas, impeccable slopes, flat roads, or more climbs. We dare to say that this region offers gravel for all tastes.

Most of the routes we present here pass through the Lower Berguedà area, offering smoother gravel with fewer slopes and more rolling surfaces than the Upper Berguedà. However, do not forget the northern part of the region. Some mountain biking routes, such as La Catllaràs, will offer the gravel cyclist extra adventure with more physical and technical difficulty, which many will

indeed also enjoy. But if you want to enjoy authentic gravel in Upper Berguedà, we recommend the Pedraforca route, which will take you to the mountain of the same name, an emblematic symbol of the region, within the Cadí-Moixeró Natural Park. This route will also allow you to reach viewpoints with 360-degree views, a real treat for the eye.

The gravel routes in the southernmost part pass through a natural and agricultural space that sums up the essence of Lower Berguedà: plateaus with small hills and valleys formed by rivers and streams. All this natural wealth blends with the unique culture and history of the region. As you pedal, you can experience life in the farmhouses scattered around the area, the history and legacy of the textile colonies built along the

Llobregat River, or the grandeur of the Romanesque churches and shrines that decorate the landscape.

All these elements will make each route a real journey for your senses, without forgetting the gastronomic offer of the region's towns, from a stop for refreshments to an ancient bakery to a good menu after a challenging ride.





El Roseret ↻

↔ 45 km

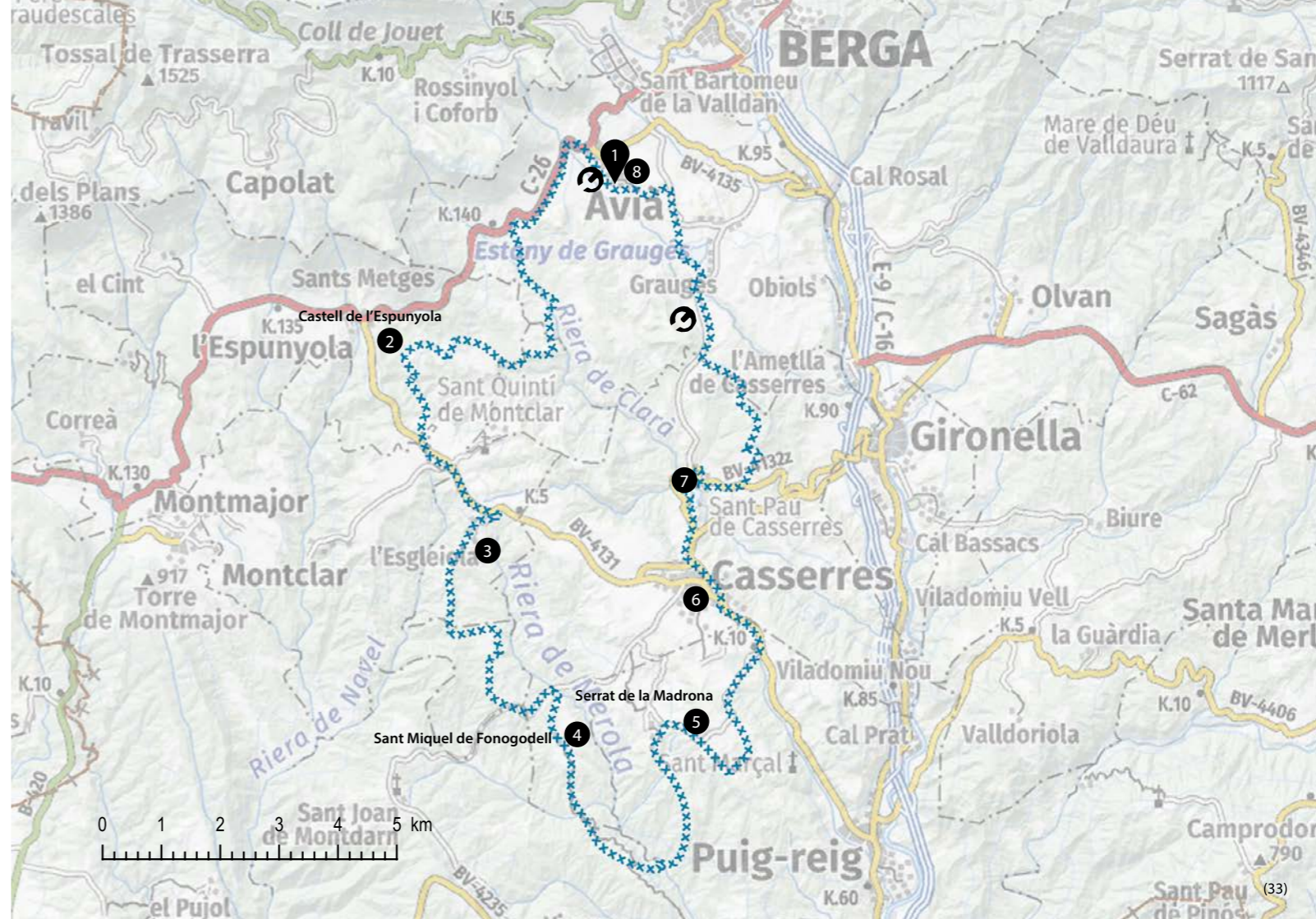
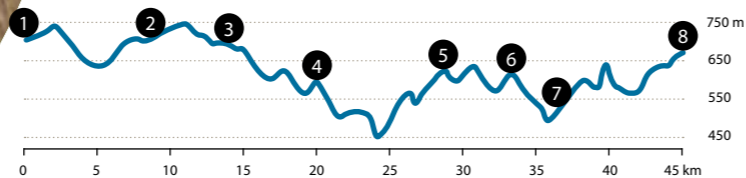
↗ 755 m

↑ 757 m

↓ 469 m



The Upper Berguedà is a region with lands intertwined between narrow roads, connecting farmhouses and Romanesque shrines, such as the Roseret chapel. The agricultural and natural landscape is full of fields with herds of cows, offering a unique visual experience each season. The route passes through areas affected by the 1994 fires, which devastated forests and farmhouses. These have begun to recover, and this transformation continues, proof of the region's natural and human resilience.





Llobregat Gravel

↔ 50 km

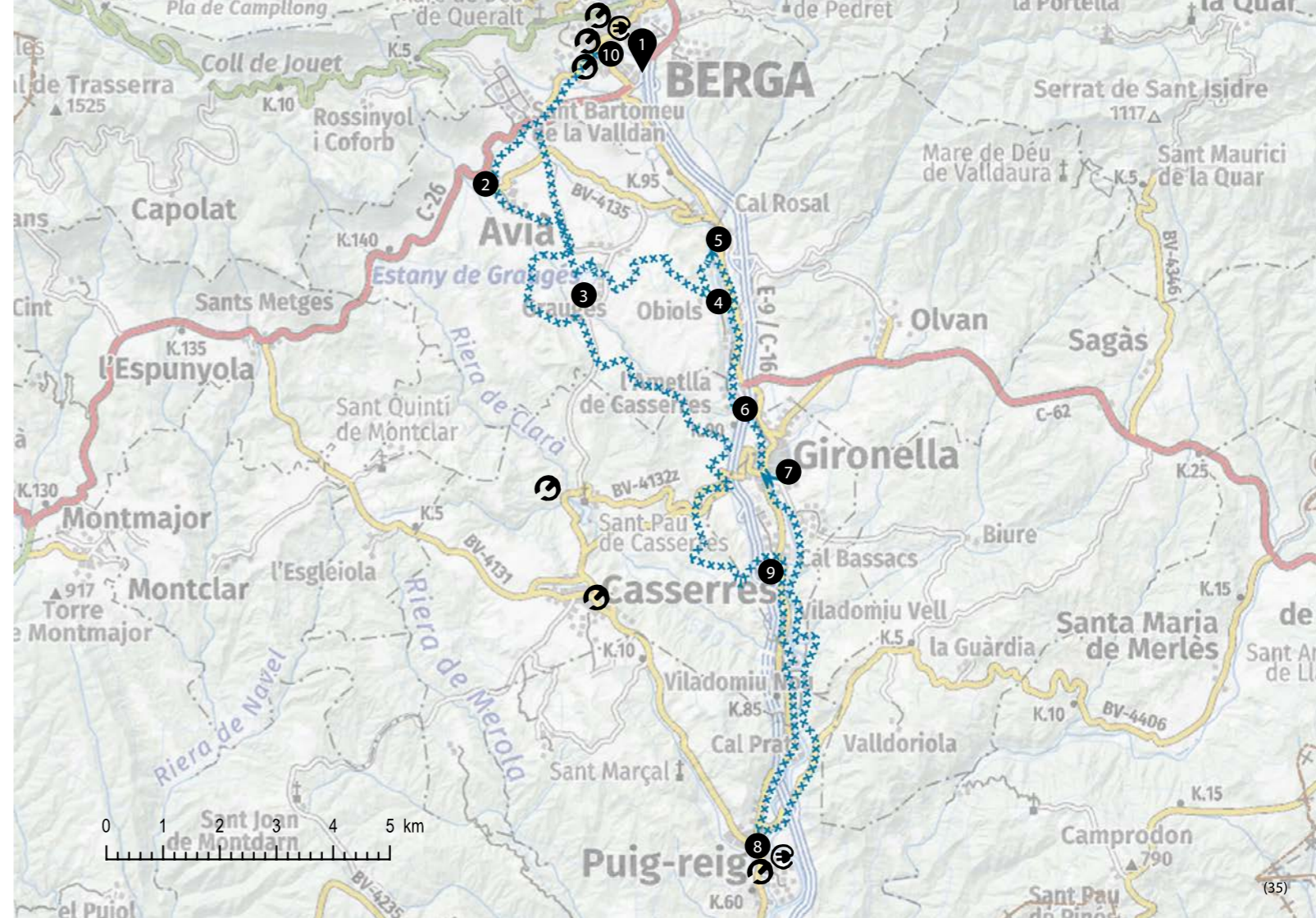
↗ 711 m

↑ 710 m

↓ 415 m



Llobregat Gravel is a circular route combining dirt tracks, corridors and asphalted sections, with the Llobregat River as its central axis. It passes through historical textile colonies of Berguedà, such as La Plana and L'Ametlla de Casserres, which prospered during the Industrial Revolution. After touring emblematic landscapes, the route returns to towns such as Puig-reig and Gironella, where you can take a break before returning to Berga, always immersed in the region's industrial history.





Sant Martí i Sant Esteve



↔ 58 km

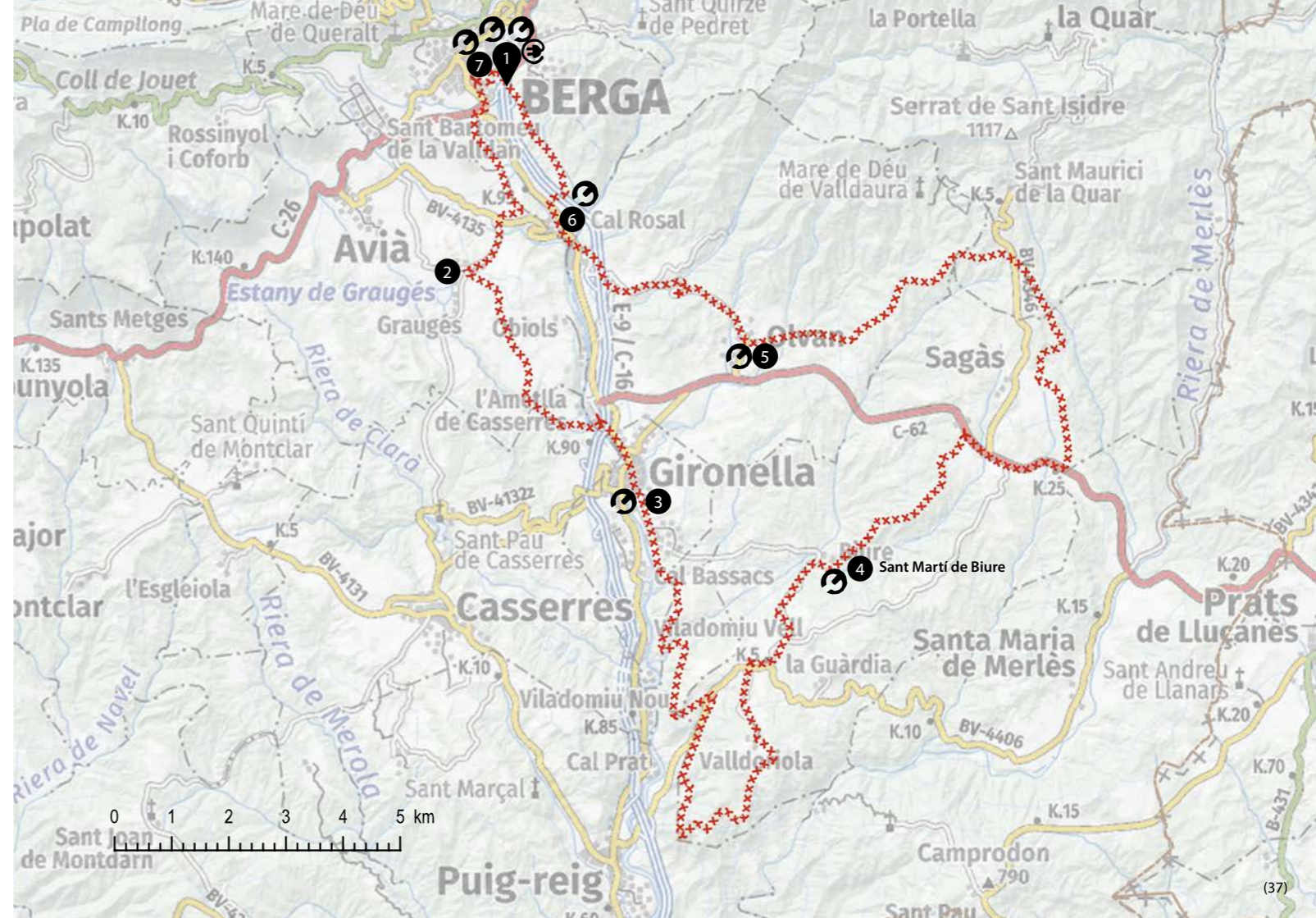
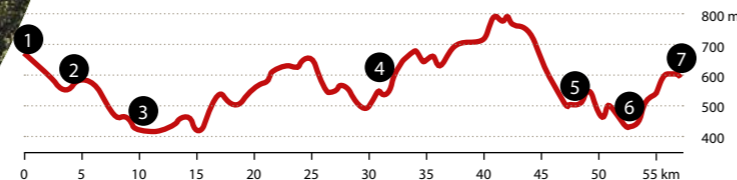
↗ 1390 m

↑ 800 m

↓ 420 m



The "Sant Martí i Sant Esteve" route offers a captivating journey through eastern Berguedà, with hills, valleys, and pre-Romanesque and Romanesque shrines. With spectacular views of Berga and the Serra de Queralt mountain range. The route passes through towns such as Gironella, Olvan, and Cal Rosal and includes a recommended stop in Sant Maurici de la Quar for good home cooking. It is a perfect combination of nature, history, and gastronomy.





El Pedraforca



↔ 55 km

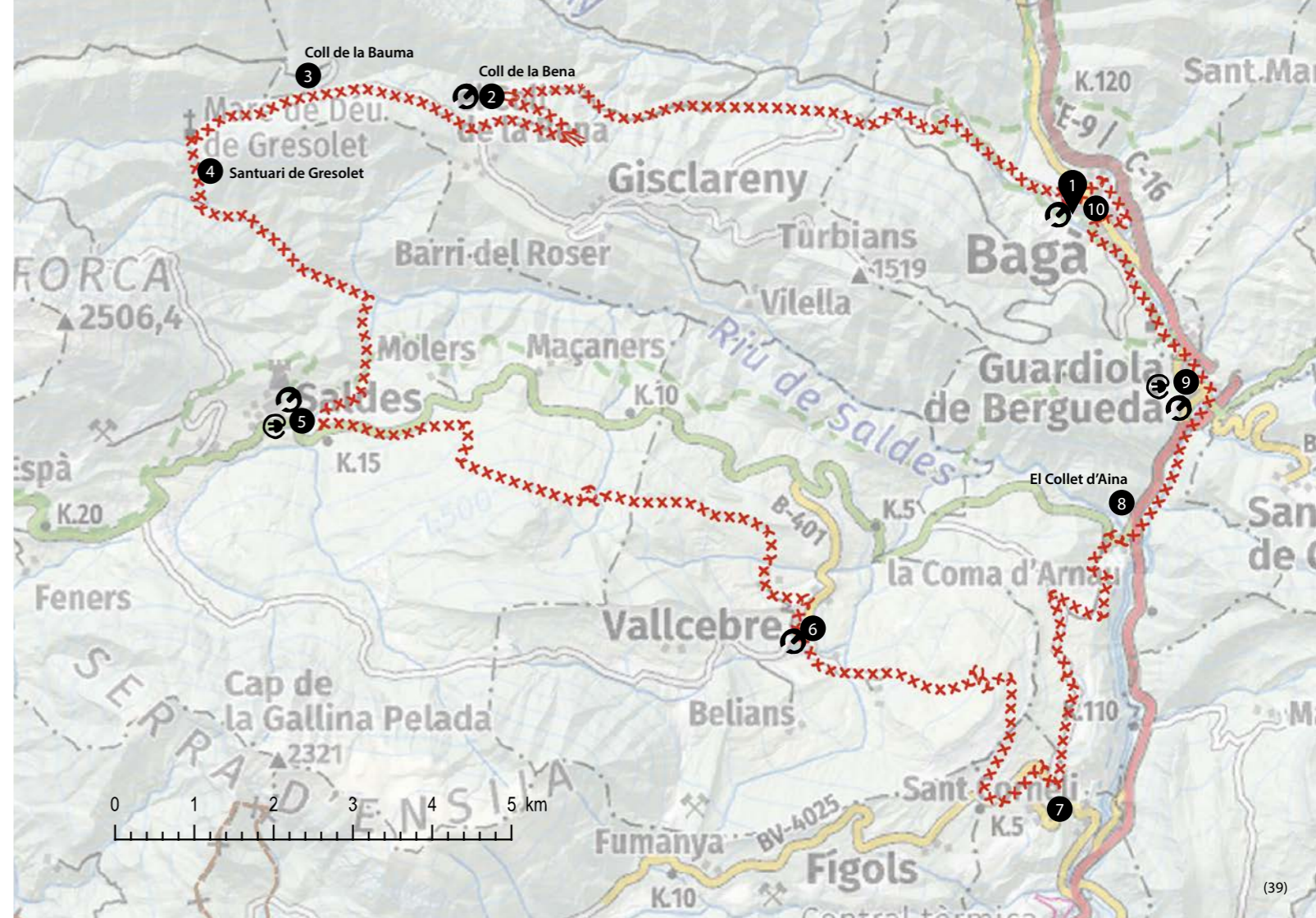
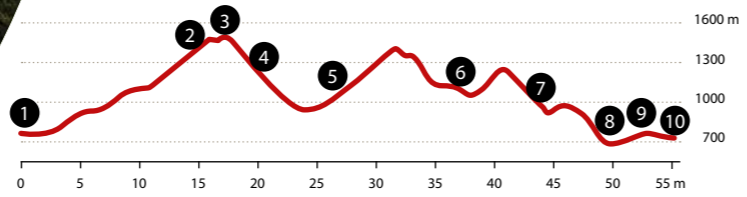
↗ 1770 m

↑ 1560 m

↓ 740 m



The route begins in Bagà, a medieval town with cobbled streets. The route's name comes from mount Pedraforca, an emblematic mountain 2,506 meters high, which can be seen at different points along the route. After a long climb, you enter the Cadí-Moixeró Natural Park, with well-maintained slopes and mountainous landscapes. The route passes through emblematic points such as the Gresolet sanctuary and the Tossal Llisol hill. After a great day of gravel cycling, the route ends following a part of the Via del Nicolau rail trail, a historic route used to transport wood.





MOUNTAIN BIKING

In Berguedà, mountain biking (MTB) needs no introduction. This region of Catalonia is a true benchmark in the world of MTB. It is known for its network of paths, tracks, and trails, which make it a dream destination for any MTB enthusiast. With a long cycling tradition, groups of friends, clubs, and local organisations have helped build a network of routes that offer a unique experience on two wheels.

Berguedà has hosted numerous MTB competitions, such as the Catalan and Spanish Championships, and continues to be a reference for the most outstanding competitions in Catalonia and Spain. Its varied geography, with terrain ranging from extensive forests to spectacular mountain peaks, makes it a perfect place for mountain biking, with routes challenging beginners and experienced cyclists alike.

In Upper Berguedà, cyclists can enjoy more demanding routes with corridors that will test their skills. For example, emblematic routes such as La Catllaràs

or La Destralera, which pass through the Natural Area of Natural Interest of Catllaràs, offer a perfect combination of wild nature and impressive landscapes, with viewpoints such as the Roc de la Lluna or the Catllaràs Chalet, built by Gaudí, which add a touch of uniqueness to the experience. In addition, the area's varied geography offers routes with considerable differences in level, ideal for more experienced cyclists looking for a physical and technical challenge.

As for Lower Berguedà, the area is smoother and more accessible, with rolling routes in excellent condition, which is ideal for those looking for less demanding but equally attractive routes with a technical aspect. The routes in the south of the region will allow you to explore agricultural lands and Aleppo pine forests, oaks and holm oaks, with places of interest such as the Torre de Merola and the pre-Romanesque church of Sant Vicenç d'Obiols, which can be visited during the tour. The panoramic views offered by the viewpoints along

the routes are another attraction that will capture your attention.

In addition to nature and landscape, Berguedà's mountain biking routes combine culture, history, and a unique gastronomic offer. From ancient textile colonies to Romanesque churches adorning the region, every ride immerses you in the region's history. After enjoying the routes, cyclists can relax with a good meal in the various local establishments that offer traditional quality dishes.

In short, Berguedà is a paradise for mountain bikers. With a wide range of routes adapted to all levels, from beginners to experts, it offers a complete experience combining sport, nature, history and culture. Whether you are looking for a simple, rolling route or a more technical, challenging tour, Berguedà has the perfect itinerary for an unforgettable day of mountain biking.





La Casserrenca ↻



↔ 27 km

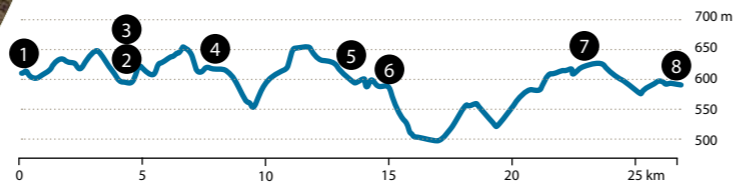
↗ 408 m

↑ 669 m

↓ 508 m



“La Casserrenca” is a mountain bike route in Lower Berguedà that combines landscapes typical of Central Catalonia and the pre-Pyrenees, such as pine and holm oak forests—starting in Casserres, where a group of mountain bike enthusiasts created the route a few years ago. The route is accessible but requires some skill and is a real “game changer”. After all the effort, Casserres offers options to regain strength, such as homemade food and local products. You can also visit the Bauma de les Set Portes (i.e., the Cave of the Seven Doors), a historical site full of legends.





Cal Marçal ↻



↔ 24 km

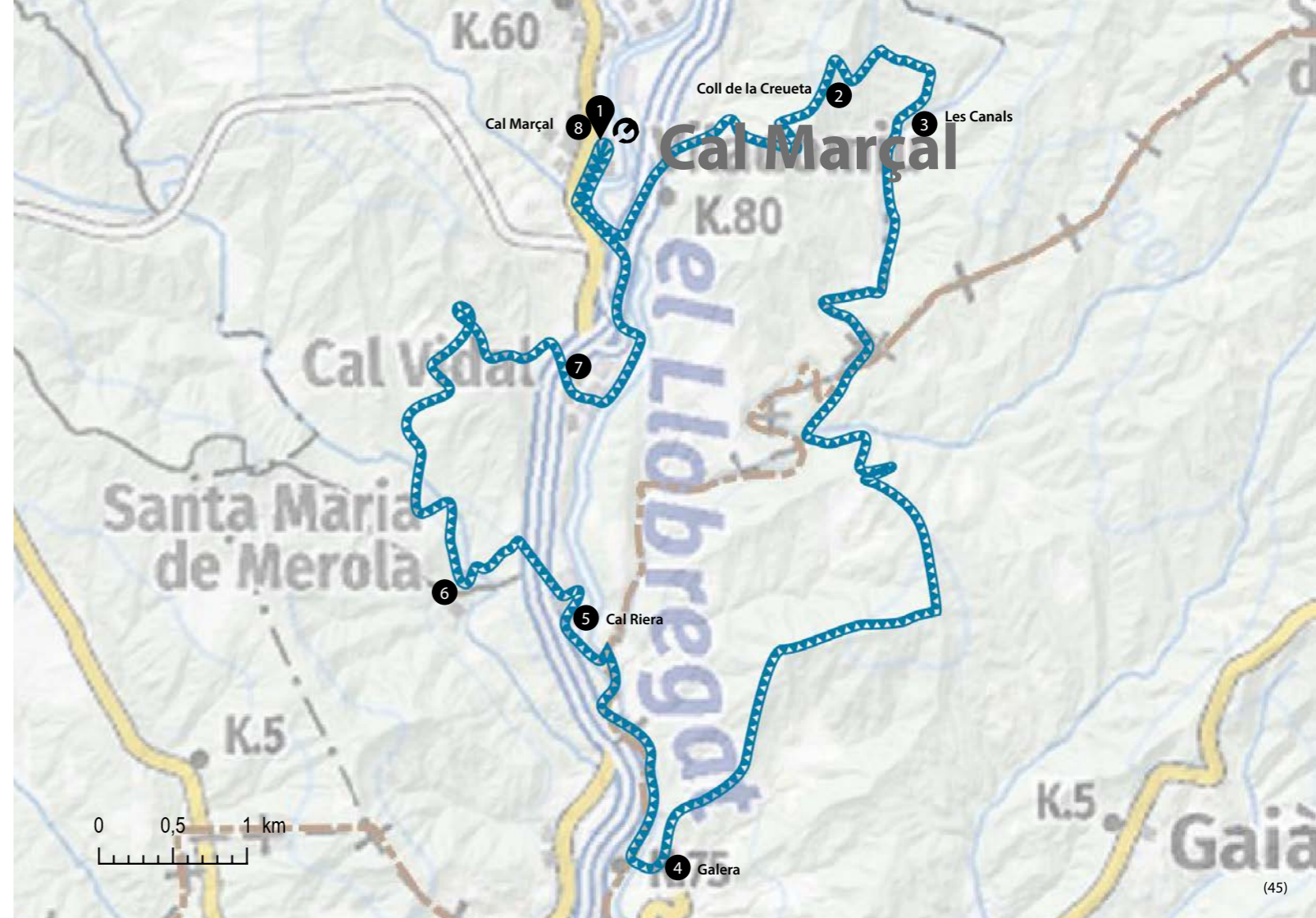
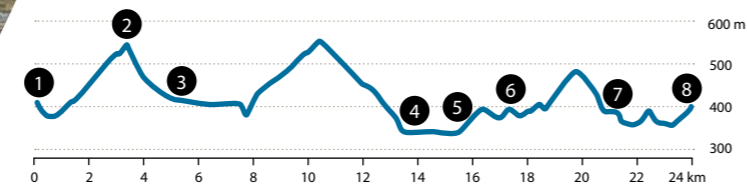
↗ 598 m

↑ 559 m

↓ 334 m



Cal Marçal is a textile colony with a life of its own. Passers-by, farmers, and cyclists still gather there. The Raid Cal Marçal MTB race, with more than 30 years of history, is the oldest in the region. The route combines trails and paths with the Llobregat River as its central axis. It passes by the ruins of the castle of Merola, where you can stop for a bite and enjoy the spectacular views of the Lower Berguedà. It is ideal for getting to know the southernmost part of the region.





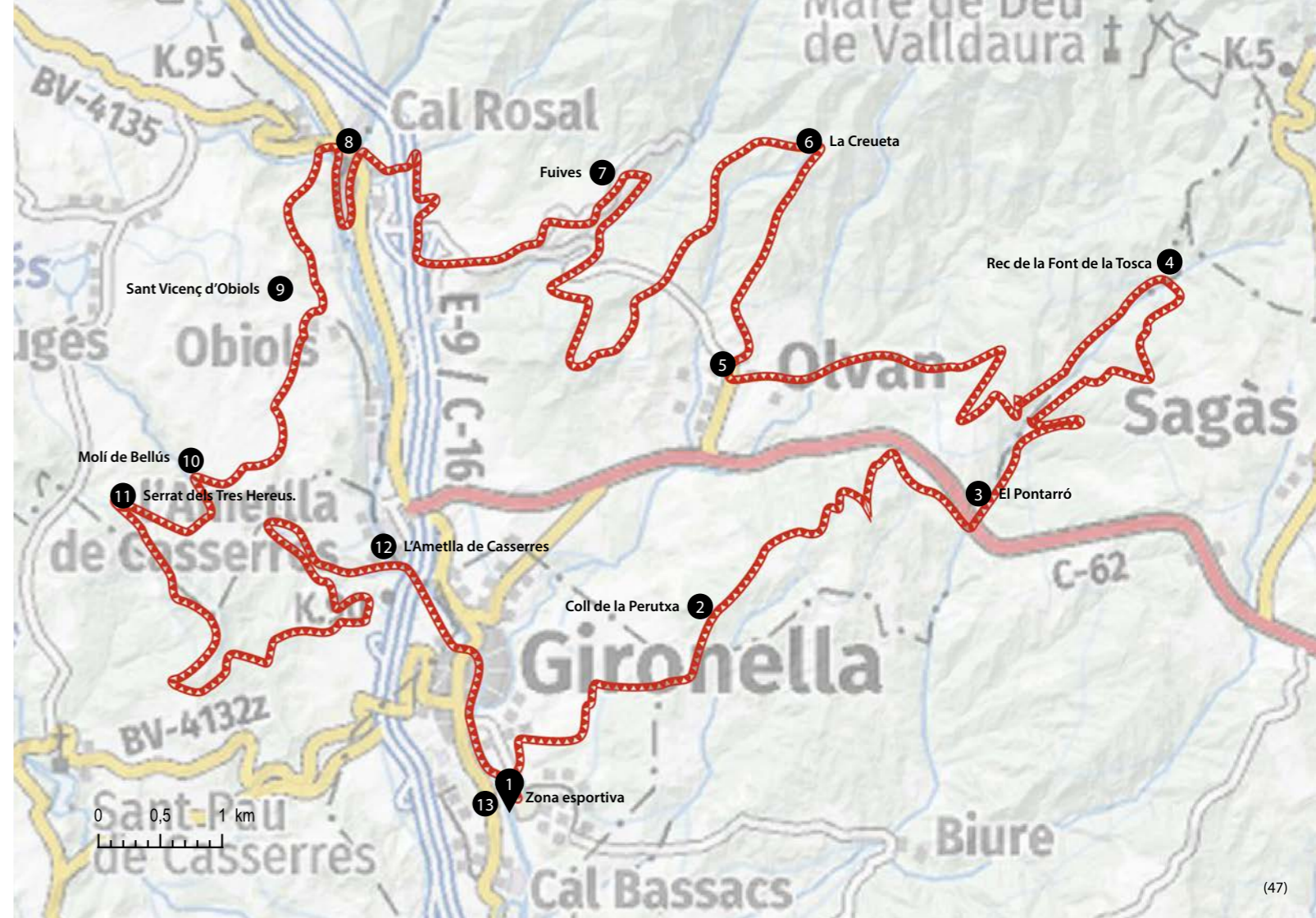
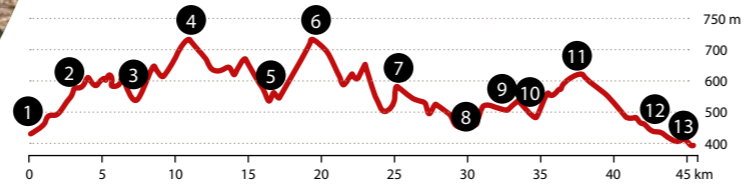
Gironella BTT ↻



- ↔ 46.5 km
- ↗ 1095 m
- ↑ 725 m
- ↓ 439 m



The Gironella BTT combines streams and slopes in Lower Berguedà with typical and varied landscapes. Berguedà is an area rich in mushrooms, and the route can offer good pickings in the autumn. Olvan and Cal are refreshment points, with the Mercat del Bolet (Mushroom Market) in Cal Rosal in the autumn. The route crosses the Pont d'Orniu bridge (14th century), passing through the old road to Osona, to the church of Sant Vicenç d'Obiols, where the Sant Vicenç fountain is located, a good place to rest before returning to Gironella.





La Destralera ↻



↔ 29 km

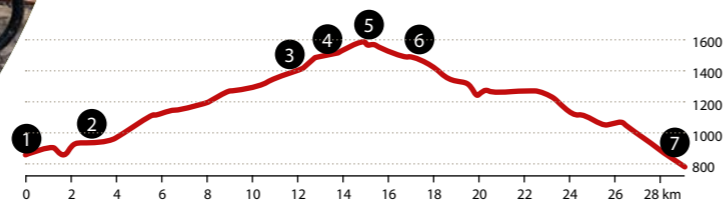
↗ 818 m

↑ 1548 m

↓ 838 m



The route begins in La Pobla de Lillet, a historic town with a medieval castle and the Pont Vell (old bridge). It passes through the Catllaràs Natural Area of Interest, a wildlife massif with lush nature and surprising streams. Cyclists will enjoy spectacular views, such as the Santa Maria de Lillet monastery, the Roc de la Lluna viewpoint and the Falgars sanctuary, and they can admire Gaudí's Catllaràs Chalet. You can also participate in the annual La Destralera race.





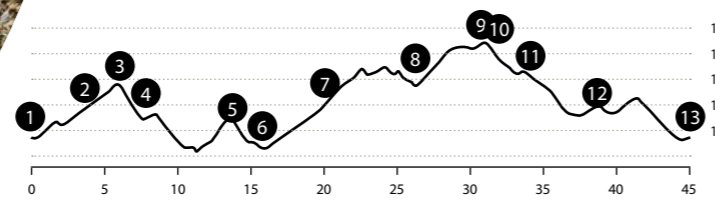
La Catllaràs ↻



- ↔ 45 km
- ↗ 1940 m
- ↑ 1699 m
- ↓ 874 m



The route through the Catllaràs massif passes through an Area of Natural Interest unknown to many, with a wild and lush landscape. Demanding climbs and limestone terrain take you through beech, pine and oak forests, with spectacular views of the Pre-Pyrenees and Pyrenees. A natural habitat for deer and capercaillie, this route offers an intense and rewarding experience based on the well-known and legendary La Catllaràs race, organised in Sant Julià de Cerdanyola.





FAMILY ROUTES

Although we associate Berguedà with large mountain passes, demanding mountain bike routes or long gravel crossings, the region offers more relaxed possibilities for cycling with the family. There are simple routes where many Berguedà children have learned to cycle and more complete ones in which they have discovered what the freedom of cycling means when you become a teenager. Simply put, the region offers getaways to enjoy the surroundings and discover natural and architectural spaces full of history that are a gift to share, pedalling with family and friends.

In this section, we propose greenways with no complications and routes that are more demanding, short and acceptable for those who either have little

time or simply do not have much experience pedalling. In addition, the different options present a range of terrains that will allow you to enjoy the bike in all its modalities, cycling on paths, conditioned tracks, asphalted sections and, to a large extent, rural paths where your only company will be a tractor working in the nearby fields. In fact, in many cases, what we have is a mixture of elements that will take you from the Via Verda de Pedret rail trail, which is practically flat, to the suspension bridge of the Via del Nicolau.

Thanks to these routes, you can discover wonders of Berguedà such as the Pedret bridge, the rocks of the Madrona or the Alzina dels Colls, a millenary holm oak tree that is one of the largest in Catalonia. You can escape from Berga by

walking around the Serra de Noet mountain range or get to know the uniqueness of the agricultural colony of Graugés, with its two lakes where it is easy to see ducks and geese. These are not secret corners, but they are rarely visited spaces, and the best way to discover them is by bicycle. It is a great excuse to get to know Berguedà while cycling with the family on the most authentic and, doubtlessly, the least travelled routes.





Via Verda de Pedret ↕



↔ 9.83 km

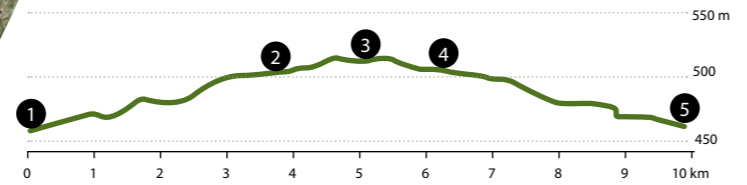
↗ 100 m

↑ 539 m

↓ 485 m



Following the old train tracks, now converted into a greenway, is a great excuse to start cycling with the youngest children. This practically flat round trip connects the Colònia Rosal and the pre-Romanesque church of Sant Quirze de Pedret. Fishermen, illuminated tunnels and the Llobregat River accompany you on such a quiet route.





From Berga to Graugés



↔ 11.8 km

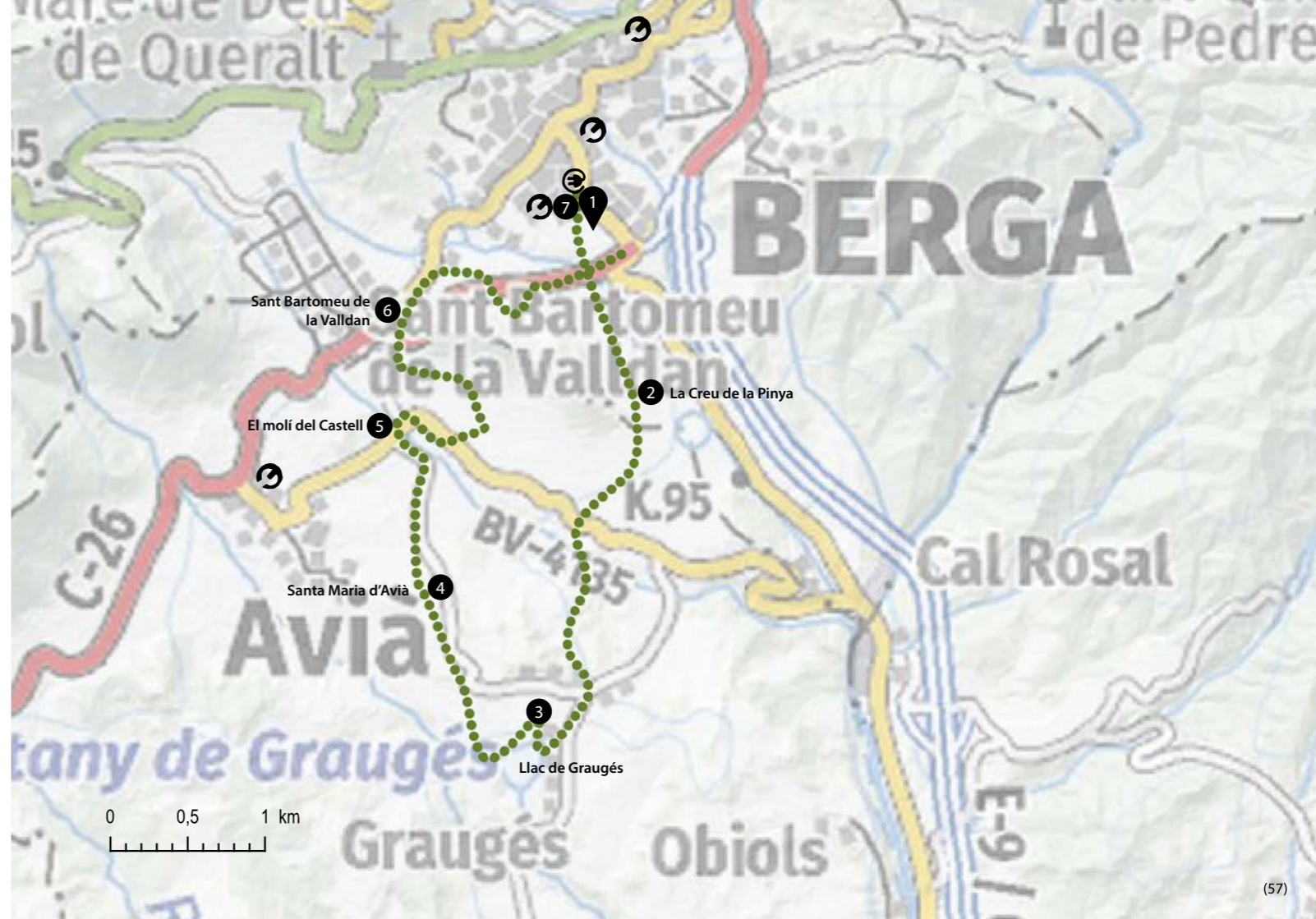
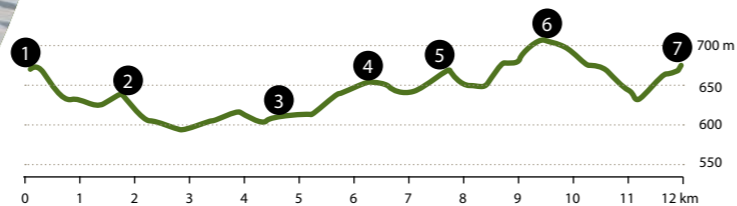
↗ 180 m

↑ 705 m

↓ 580 m



The excursion to Graugés is an easy circular route that allows you to get to know the unique agricultural colony of Graugés. It is a much-visited leisure space built at the end of the 19th century. Its main attractions are the restaurant and the two lakes, where you can see animals such as ducks and geese, and a riverside forest of poplar trees, willows, ash trees and alders.





The Serra de Noet tour



↔ 6.27 km

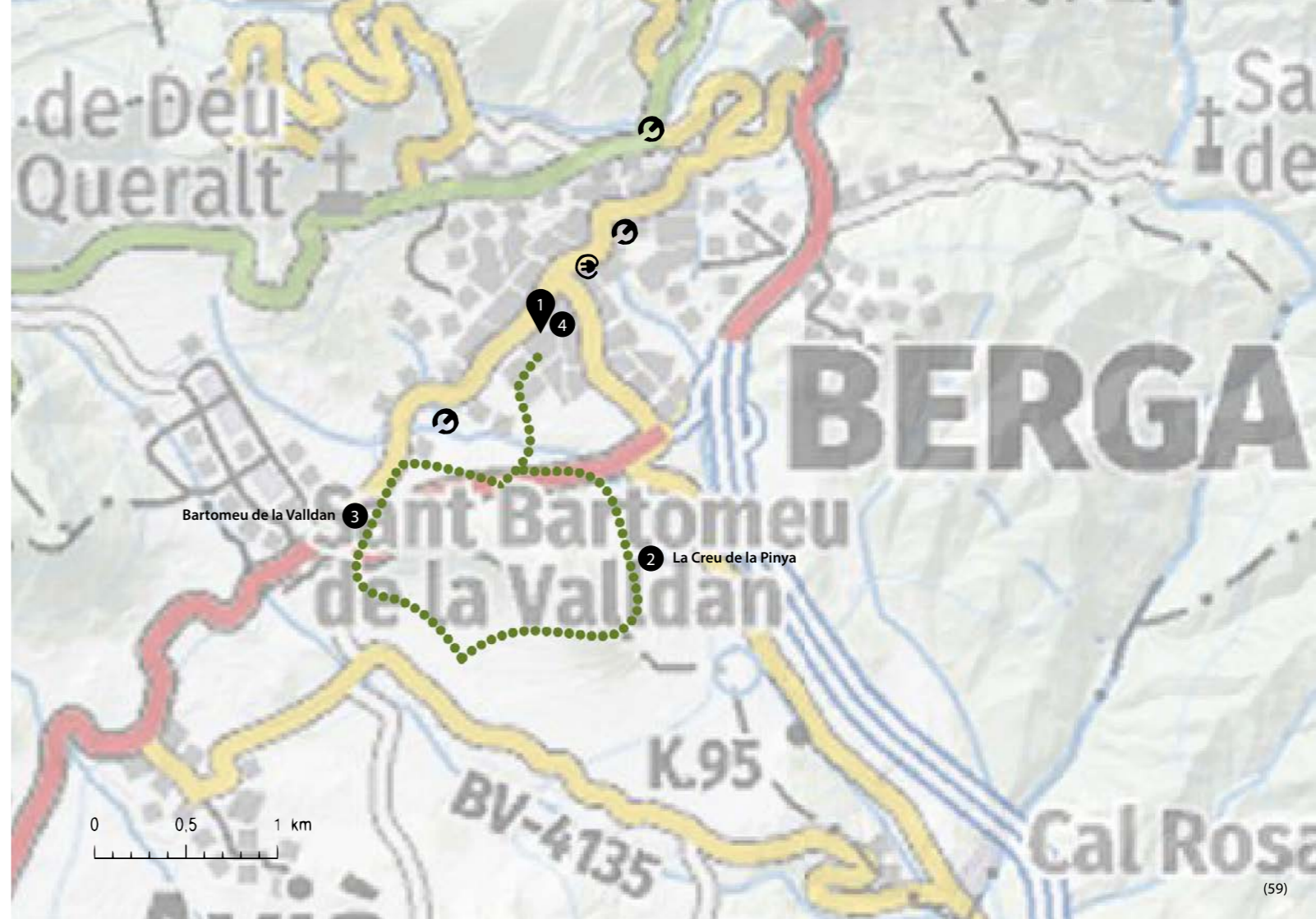
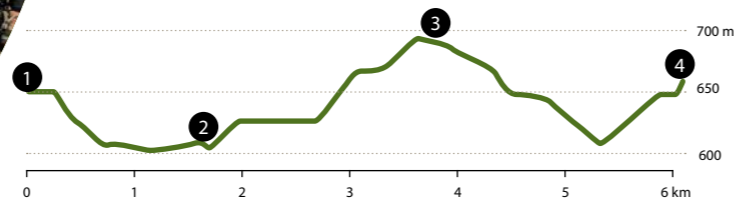
↗ 110 m

↑ 705 m

↓ 620 m



The Serra de Noet tour is short and easy, on the edge of this small wave-shaped mountain range in the south of Berga. It is just over six kilometres long, passing farmhouses and scattered cottages surrounded by cereal fields. On the way back, just in front, you can enjoy the incredible views of the Queralt mountain range and, with some luck, see numerous paragliders flying.





4

Casserres

↔ 11.7 km

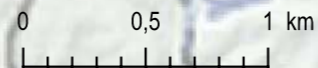
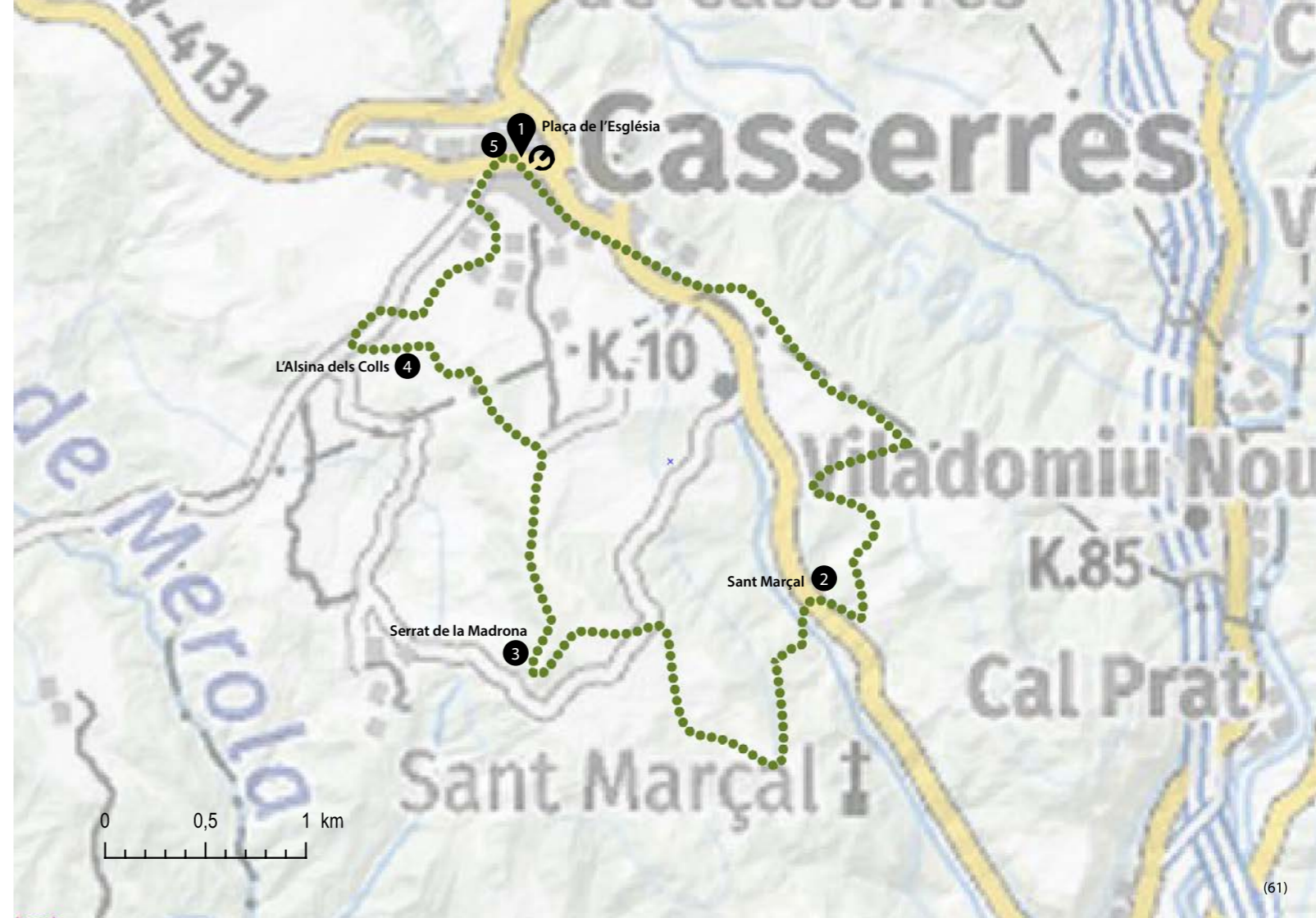
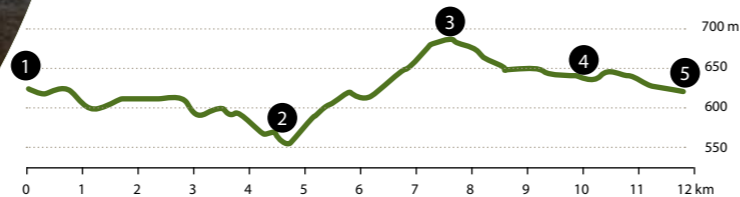
↗ 150 m

↑ 670 m

↓ 550 m



This route starts in Plaça de la Creu, in Casserres, a centre point where livestock fairs and summer dances are held. It follows demanding rural paths through oak and holm oak forests, which require effort. Prepare your camera for the Sant Marçal shrine, the Madrona Rocks, and the Alzina dels Colls, a millenary holm oak tree, one of the largest in Catalonia.





5

Gironella ↻

↔ 9.19 km

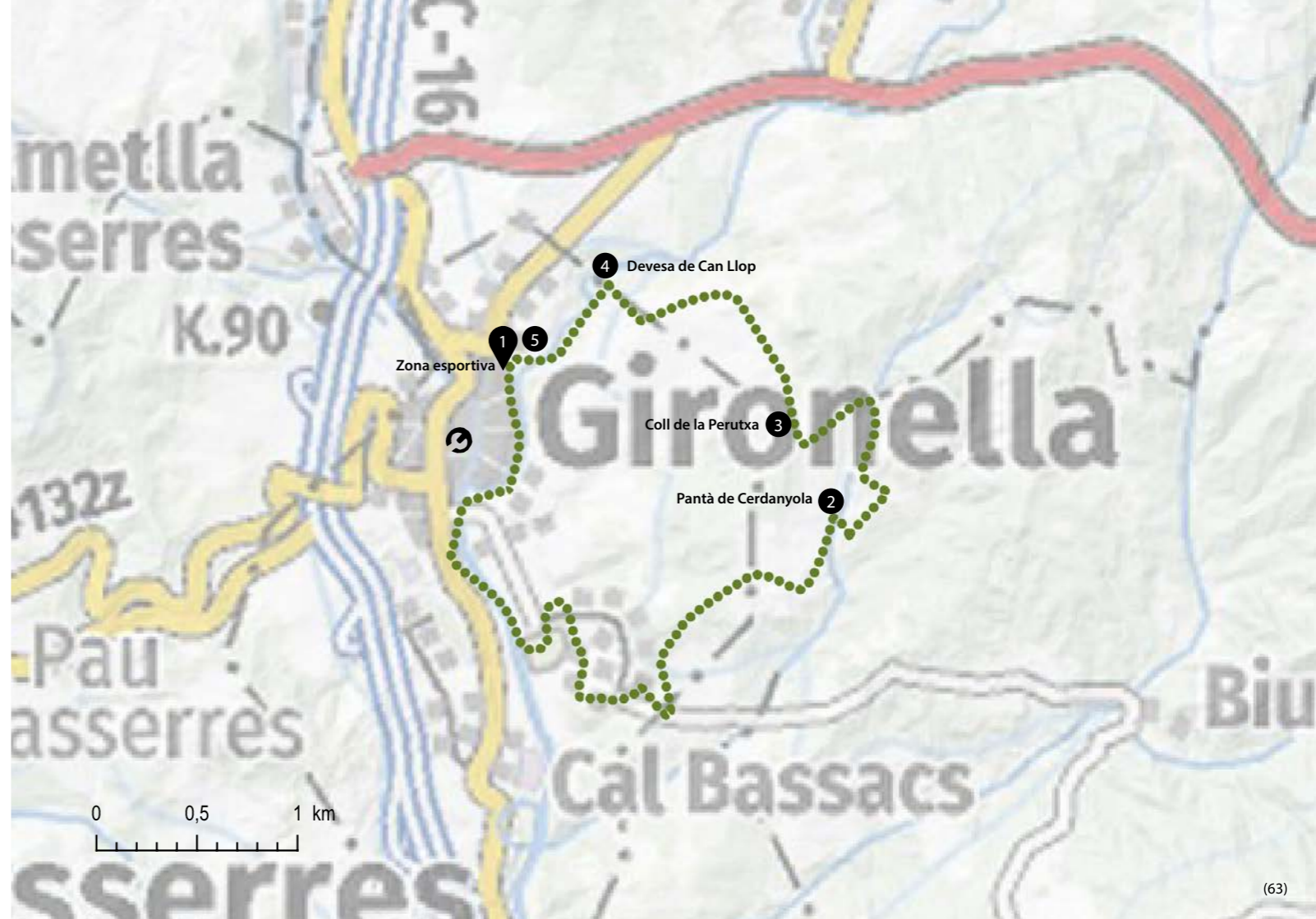
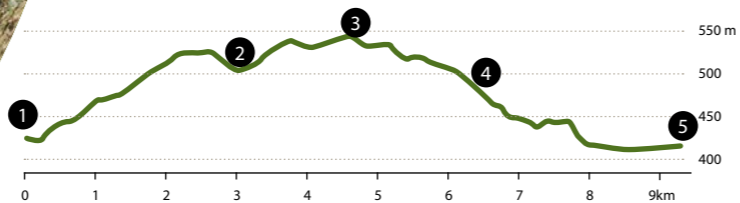
↗ 110 m

↑ 540 m

↓ 440 m



It starts in the Gironella sports area and heads towards the Cal Ramons estate to Pla de la Donzella. From here, the route continues along rural paths, tracing a giant circle that returns to the starting point. This offers a panoramic view of different mountain ranges in Berguedà. On the way back, you enter the old town, where a corridor leads to the Llobregat River bank.





6

La Via del Nicolau ↕

↔ 12.2 km

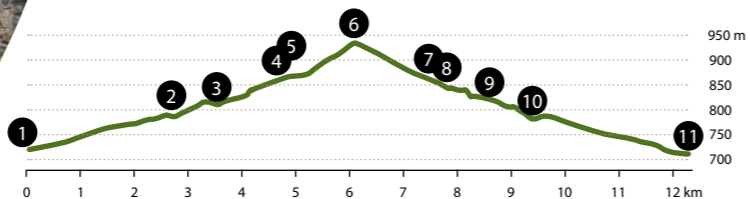
↗ 313 m

↑ 933 m

↓ 724 m



The Via del Nicolau is a signposted path that follows the valley of the Bastareny River. It was built at the beginning of the 20th century to transport wood from Gisclareny to Guardiola de Berguedà. Restored in 2009, it is an ideal route for families, with a gentle slope and attractions such as tunnels, bridges, and the Nicolau walkway. If it's too long, it can be shortened. Bagà and Guardiola offer good options for refreshments and enjoying the local cuisine.



THE BERGUEDA MOUNTAIN PASSES, FROM THE HIGH MOUNTAINS TO THE SOUTHERN HEIGHTS

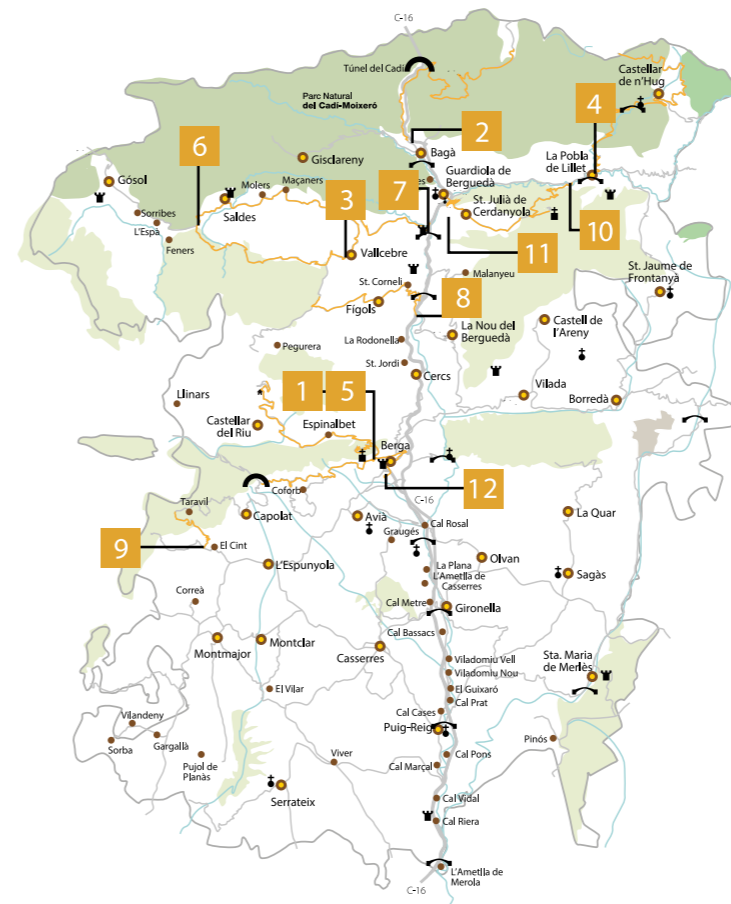


Berguedà has an extensive collection of mountain passes, generally characterised by good quality asphalt and, above all, the peace of mind and safety of tranquil roads. As for difficulty, there are many possible choices, from mountain passes that would be in the Special Category in a professional race to small, short, and challenging climbs that would not even score.

In a single region, four giants of the magnitude of Rasos de Peguera (1), Coll de Pal (2), Coll de Pradell (3), and Coll de la Creueta (4). Among them, Pradell is probably the most challenging mountain pass in Catalonia and one of the most imposing in Spain. Pradell is also not very well known since it was only asphalted in the early 2000s, and La Volta a Catalunya in 2024 became the first professional race to crown it. It can be climbed on different slopes and, together with La

Creueta, it is a mountain rite of passage; However, Rasos de Peguera indeed links with Pradell, there is a stretch of about two kilometres without asphalt.

But beyond these great names, Berguedà has a dozen more mountain passes of all kinds ranging from the Malpàs (9) with extreme slopes exceeding 20%, to gentle and constant climbs such as La Mina (12) or Viver. In between, hidden mountain passes such as Falgars (10) or the Collada Sobirana (11) that pass through small villages and connect with each other, rugged and lonely mountain passes such as Sant Isidre or Coll de la Bena, or already iconic climbs such as the sanctuary of Queralt (5). And in the Lower Berguedà, as if it were a Belgian classic race, there are small infernal heights in the Montclar, Montmajor or Casserres areas, constantly going up and down. This is all in a single region, with alternatives for those who want to emulate the best queen stage of the Tour, which accumulates more than 6000 m of positive slope in a single day, and for those looking for short and explosive mountain passes that do not reach 1000 meters of altitude.



	↔ Km	↗ %	↓ m	↑ m	↗ m
1	Berga i Castellar del Riu				
	RASOS DE PEGUERA	13	7,54	921 ↗	1894
2	Bagà i Guardiola de Berguedà				
	COLL DE PAL	18,5	6,76	872 ↗	2106
3	Vallcebre				
	COLL DE PRADELL	8	8,61	1069 ↗	1736
4	La Pobla de Lillet i Castellar de n'Hug i Toses				
	COLL DE LA CREUETA	20	5,05	845 ↗	1925
5	Berga				
	ALT SANTUARI QUERALT	4,5	7,5	820 ↗	1150
6	Saldes				
	COLL DE LA TRAPA - COLL DE PRADELL	7	6,15	1321 ↗	1736
7	Saldes				
	COLL DE LA TRAPA (des del Collet)	19	3,16	719 ↗	1321
8	Cercs i Figols				
	CREU DE FUMANYA (des de la tèrmica)	13,5	7,7	652 ↗	1678
9	Espunyola i Capolat				
	MAL PAS DE CAPOLAT	4,5	8,47	947 ↗	1289
10	La Pobla de Lillet				
	SANTUARI DE FALGARS (des de la Pobla de Lillet)	7	6,14	834 ↗	1255
11	Sant Julià de Cerdanyola				
	COLLADA DE SOBIRANA (des de Guardiola)	7,5	6,5	728 ↗	1210
12	Berga				
	COLL DE LA MINA	11,5	3,8	772 ↗	1217





ALL MOUNTAIN

It is a privilege to enjoy Berguedà cycling along paths and corridors with constant slopes and in high-quality natural environments, with an enduro route that transports you to a higher level of happiness. We will focus on three proposals, the areas of all-mountain par excellence.

First, let yourself be carried away by the magic of the Catllaràs mountain range in the northeast of Berguedà, declared a Space of Natural Interest in 1992. It is outstanding for its natural wealth, with forests of oaks, beeches, and holm oaks and, especially, for the Edelweiss, a protected flower that grows in this part of Berguedà. It is the habitat of deer, marten and capercaillie and has peaks such as Roc de la Clusa or Pedró that reach 1800 meters. Bike riding in Catllaràs becomes an almost mystical experience, with mazes

of tracks and paths that accumulate between 400 m and 800 m of elevation in a perfect terrain for lovers of the purest enduro. From La Pobla de Lillet or Guardiola de Berguedà, the Collada de Falgars or the Roc de la Luna are all connected by 100% cycle paths and have a lot of flow.

In the west of the region, you can enjoy mountain biking differently, with a much more challenging profile. The Cingles de Vallcebre route crosses this natural limestone wall 1700 meters high and offers panoramic views of Pedraforca, the Serra del Cadí Moixeró and Catllaràs. It is a terrain full of paths of all levels, with small slopes and long and continuous descents.

Finally, in Rasos de Peguera, you can find one of the new enduro jewels in Berguedà. High-quality, long-distance routes that start near the Cross, both on the south and the inhospitable north faces. They are authentic,

complete and powerful, with short but hard uphill sections. The percentage of natural corridors is almost 75%, the longest of all the Pyrenees, and the negative slope reaches around 1500 m. These routes pass through the Sanctuary of Corbera, the Pi de les Tres Branques or the abandoned town of Peguera. In short, varied profiles of all levels where a van lift service can be used to minimise the steep slope.





ITINERARY ROUTES

Berguedà is an ideal place for cycling. It offers a wide variety of routes designed for those seeking adventure and a connection with nature. Its mountains, valleys, and villages and its varied and mountainous terrain provide a perfect environment for long mountain, road, or gravel bike rides. Tours that combine history, culture and nature, and rest in cosy places.

The most outstanding mountain bike routes are the Camí dels Bons Homes, which crosses the Pyrenees, and the Cavalls del Vent, which travels through the peaks of the Serra del Cadí and the Serralada del Moixeró mountain ranges. They offer challenges for experienced cyclists to enjoy these districts' spectacular landscapes and history.

In addition, Berguedà is known for the Ruta dels 16 Colls, a challenging 180-kilometer road cycling route

that traverses the region's most iconic passes. This route features over 4,000 meters of total positive elevation gain, allowing cyclists to explore unique natural landscapes and discover little-travelled roads.

Berguedà also offers a wide range of accommodation, including campsites, shelters, rural houses, and hotels. Many of these are adapted to cyclists' needs, and they offer bicycle storage and specific bicycle repair services. This allows cyclists to cover the stages comfortably and recover optimally.

We must not forget the gift we will find at the end of each stage: Berguedan gastronomy, another of the area's great attractions. Among the most typical dishes are patates emmascarades (or masked potatoes), a delicious mountain dish. Mushrooms are also very popular, especially during Autumn, when the area's forests are filled with rovellons (*Lactarius*

deliciosus), camagroc (*Craterellus lutescens*), and other varieties that local restaurants serve in stews, with egg, or grilled. From mountain dishes to the area's famous cold cuts, every meal is a gastronomic experience and a good way to recover strength after a long cycling day.

Therefore, this is a perfect cycling destination, with a wide range of routes, accommodation, gastronomy, and nature to make each stage unforgettable. The experience of a lifetime that will remain engraved in your soul and heart.



Ruta dels 16 Colls (Road bike)

3 STAGES

↔ 293 km

↗ 6570 m

↑ 1739 m

↓ 397 m



Cavalls del Vent (BTT)

4 STAGES

↔ 223 km

↗ 7315 m

↑ 2108 m

↓ 720 m



Camí dels Bons Homes (BTT)

7 STAGES

↔ 293 km

↗ 9381 m

↑ 2109 m

↓ 385 m





BIKE PARK

4 Riders Bike Park (MTB, Downhill, Enduro)

4 Riders Bike Park is perfect for downhill and enduro cycling all year round. Nestled in nature and situated in the heart of the Pre-Pyrenees, it features slopes suitable for all skill levels, from novices to experts, with superb surroundings and conditions.

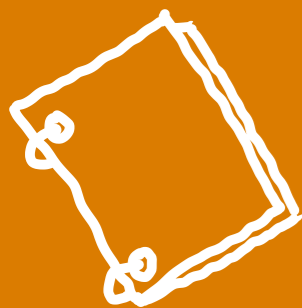
There are five routes:

- **MINI DH (amateur level):** Perfect for children and individuals looking to begin downhill mountain biking. It features banked curves, small dirt drops, and a trampoline to challenge your balance.
- **Commencal Track (easy level):** The premier track. A favourite for enthusiasts of speed and flow. Featuring the steepest bank turns in the country, it is ideal for both amateurs and experts.
- **Snake (medium level):** This technical track, with reverse camber areas, rock gardens and linked curves, technical steps, and some artificial areas, is ideal for mid-level riders.
- **Send It (medium level):** An entirely artificial flow track featuring cambers, jumps of up to 13 metres, and a diverse range of structures such as bonners, rollers, and step-ups. The track is also suitable for beginners, as they can ride without needing to jump.
- **Hard-Line (difficult level):** A track for experts and professionals featuring highly technical, steep sections and rock gardens that culminate in impressive jumps of up to 10 metres in length. It is an ideal track for the most daring to practice their tricks and pirouettes.

The park provides a premium downhill bicycle rental service, a shop for clothing and spare parts, bicycle washing facilities, helmet and protective gear rental, a lift service for both people and bicycles, as well as a bar and food service. Additionally, it offers private lessons with expert instructors and operates a downhill and enduro school.

It is, undoubtedly, a good attraction to complement any cycling stay in the region.



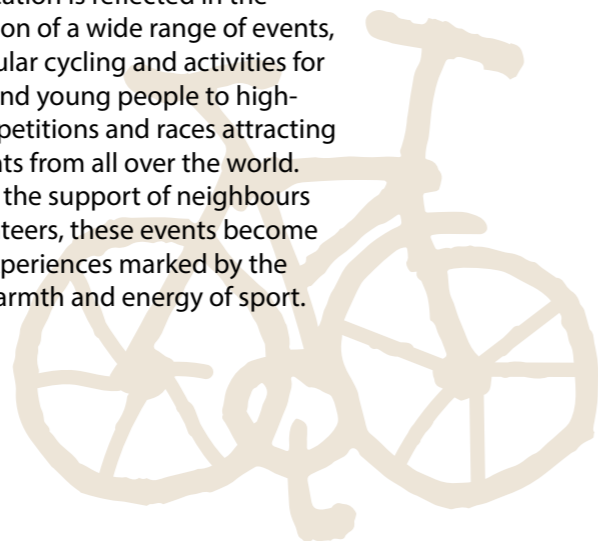


CYCLING EVENTS

Berguedà is much more than a cycling destination: it is a region that lives and breathes a passion for cycling. Here, you can enjoy spectacular routes on your own, discover paths, trails and breathtaking landscapes, and also be part of an active and welcoming community.

Residents, cycling clubs and local authorities are fully involved in making the region known to cyclists. This dedication is reflected in the organisation of a wide range of events, from popular cycling and activities for children and young people to high-level competitions and races attracting participants from all over the world. Thanks to the support of neighbours and volunteers, these events become unique experiences marked by the human warmth and energy of sport.

If you are looking for a destination where you can experience the love of cycling in every detail, Berguedà is the perfect place. Below are the events scheduled for this year. You are sure to find something that will captivate you. Come and cycle, connect with people, and discover the magic of being part of this unique cycling community!



Duatló de Gironella (puntuable lliga catalana)	16/02/2025	Road	Gironella	www.instagram.com/gironellabike www.ecgironella.com
Curso d'orientació en BTT (copa catalana i cursa popular)	01/03/2025	MTB / e-bike	Casserres	www.cob.orientacio.cat/mtbo
La flama del ciclisme femení. FEM revolta	08/03/2025	Road	Avià - Bagà	www.instagram.com/berguedabiketrails
Gironella Bike	16/03/2025	MTB	Gironella	www.instagram.com/gironellabike www.ecgironella.com
Short track MTB series	22/03/2025	MTB	Berga	www.instagram.com/berguedabiketrails
Cronoescalada Berga Queralt / social ride Casserres - Berga	23/03/2025	Road	Casserres	www.instagram.com/berguedabiketrails
Bike trial (puntuable Campionat Catalunya)	23/03/2005	Trial	Gironella	www.instagram.com/foc_als_pedals?igsh=MXJ3an-VhYXgyaGw2Mw==
Etape Volta Catalunya	29/03/2025	Road	Berga	www.instagram.com/berguedabiketrails
Com serà l'eix ciclista del Berguedà?	06/04/2025	Familiar	Berga-Cercs	www.gdnbergueda.cat/
La Casserrenca	06/04/2025	MTB	Casserres	www.lacasserrenca.com
Gran Depart Tour du Lord	01/05/2025	Road	Guardiola de Berguedà	www.tourdulord.com
Km vertical solidari	04/05/2025	MTB / e-bike	Cercs	www.traildecercssolidari.com
Cadí Challenge	30/05-01/06	Road	Guardiola de Berguedà	www.cadichallenge.com
Volta Catalunya femenina	07/06/2025	Road	Bagà	www.instagram.com/berguedabiketrails
4 cims	29/06/2025	Road	Bagà	www.4cims.com/ca
100x100 half	06/07/2025	Triathlon	Berga	www.100x100half.com/ca/berga
Retrotrobada / portal attack	06/09/2025	Road / MTB	Berga	www.retrotrobada.wordpress.com/retrotrobada
La Catllaràs	07/09/2025	MTB	Sant Julià de Cerdanyola	www.instagram.com/lacatllaras
Cat Raid Vilada	4-5/10/2025	Raid	Vilada	www.catraid.org/bergued%C3%A0
Escalada ciclista a Falgars	04/10/2025	Road	La Pobla de Lillet	www.instagram.com/a.c.lillet
Raid Cal Marçal	05/10/2025	MTB	Puig-reig	www.bttcalmarcal.blogspot.com
Cat Raid Vallcebre	25/10/2025	Raid	Vallcebre	www.catraid.org/bergued%C3%A0
La Destralera	26/10/2025	MTB	La Pobla de Lillet	www.instagram.com/destralers_de_la_pobla
Cat Raid Borredà	29/11/2025	Raid	Borredà	www.catraid.org/bergued%C3%A0



SERVICES FOR CYCLISTS

El Berguedà is a region that cares for cyclists and offers a network of services designed to make your two-wheeled experience unique and worry-free. Whether you're an enthusiast discovering the area for the first time or an expert looking for challenging routes, you will find everything you need to make the most of it.

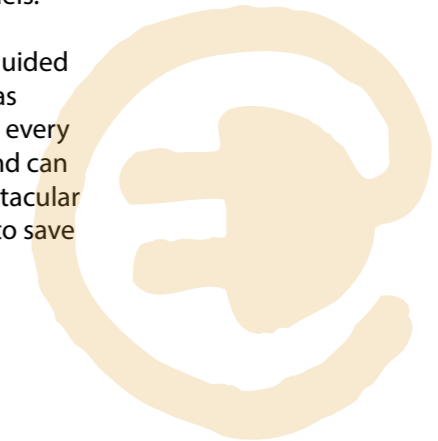
Specialised stores and repair shops are available if you need to equip yourself with the best material or solve any unforeseen problems. In several places in the region, you will also find a small repair station if the breakdown occurs while you are on the road.

If you don't bring your bike, you can rent one adapted to your level and style, from road bikes to enduro and MTB models.

For those who prefer a guided experience, Berguedà has professionals who know every corner of the territory and can show you the most spectacular routes. And if you want to save

energy for the descents, lift transportation services will make accessing the highest points effortless.

Whatever your need, Berguedà has everything ready, so you only have to cycle around and enjoy its privileged surroundings.



STOP AND REST

Berguedà is a paradise for cycling and a perfect place to rest and enjoy its hospitality. Before or after a day on two wheels, the region offers a wide range of accommodations to recover your strength. You can choose from hotels with all the amenities, campsites in the middle of nature or charming rural houses, where hosts welcome you with a smile and the warmth of their hospitality.



The gastronomy of Berguedà

is another reason to stay. Here, you will discover traditional dishes made with local products, such as “patates emmascarades” (masked potatoes), corn stews, artisan sausages, and cheeses.



Restaurants



Gastronomy













Sleeping in Berguedà

is much more than resting; it is living an authentic experience and connecting with the essence of a region that knows how to make you feel at home. Come and enjoy cycling, but stay for the warmth of its people and the pleasure of its cuisine.





RECOMMENDATIONS

-  Check the weather forecast before you leave
-  Plan your route before you leave
-  Let someone know about your route
-  Use appropriate gear
-  Take some food and drink according to the length of the route
-  Please respect private property
-  Respect the livestock and leave gates as you found them
-  Remember to cycle on the right-hand side of the path
-  Take your waste with you
-  Be aware of the farmhouse dogs

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Tel. 654 125 696



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