



Gate of La Gallarda in Castello d'Empuries



Crossroads, with the Monastery of Sant Feliu de Cadins in the background



Waterfall of La Caïla

7. After crossing this road, the trail descends towards the river once again. You cross the river via an old stone bridge and you will come to a resting area among banana trees. The trail moves away from the river in search of the Boadella reservoir dam road. Following the dam road for some two kilometers, you now have to cope with the ascent up to the dam viewpoint. From this point onwards and for some five kilometers, the trail becomes increasingly more difficult, although the landscape and the environment are worth this small effort. At the top of the highest peak in the area, you can see the Chapel of Santa Magdalena de Terrades and during your walk, you can see the reservoir. After descending via a concrete ramp, you access the head of the reservoir and once the valley widens, you will see the town of Sant Llorenç de la Muga, the end of your trek.

5. The change in the scenery towards the mountains is obvious. After a winding stretch of the path, you will come to a walkway over the river that will take you to an old flour mill. This is a good time to rest and contemplate the river water flowing over a small waterfall. Following the route, the trail crosses the Boadella road, passing through a riverbank woodland and diverse estates where olive trees, grapevines and vegetable gardens grow. In the background, you can see the district of Les Escalles, with its noteworthy medieval tower and the waterfall known as La Caïla, which becomes a magnificent sight in the rainy season.

3. Continuing the route on the trail, you once again cross the road that connects Peralada with Vilabertran and Figueres, under a bridge. You have to cross the river again, through the Cabanes to Vilabertran and Figueres road bridge, to continue the trail upstream along the left bank of the river. When the path joins an irrigation canal,

2. A flat trail starts here that runs among farmlands until it reaches Vilanova. Following the road coming from the town, you will cross the river Muga via a concrete ford which is usually inaccessible during the flood season. If you continue following the road along the right bank of the river, the trail will then leave the road and plunges once again into crop and fruit tree fields. If the day is clear, you can see the mountain of El Canigó in the background. After leaving some farms behind, the trail passes under a railway and under a road. Even though it is rather a long way from the trail, it is worth visiting the town of Peralada and strolling down its streets.

1. The trail begins at Empuriabrava, on a beach, where you can see the mouth of the river Muga, the Gulf of Roses, and the landscape of the Creus Cape, a spot of scenic and cultural interest. Along the first kilometers of the route, trail users will be able to enjoy Els Aiguamolls de l'Empordà Natural Park, which consists of natural marshlands that give shelter to a diverse array of bird species. After five kilometers, you will reach the town of Castello d'Empuries. Its old wall and the gate of La Gallarda are a must-see, as well as the cathedral and La Farinera eco-museum.

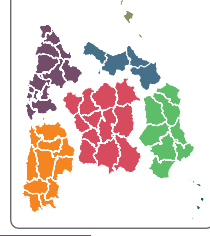
you will spot the monastery of Sant Feliu de Cadins. After passing a couple of forks, indicated by the trail signposts, you will pass under the AP-7 motorway going to France.

4. The trail widens considerably, because it is a passing area for trucks. Some two kilometers further on, you turn left to walk alongside the river again and reach Pont de Molins. You will access the town via some wooden steps. Cross the river over the road bridge and, on the right-hand side, you will get back on the trail again. Before passing under the viaduct of the AVE (high-speed rail), you will come to an information panel and the first and best preserved lime kilns you will find on the route. Two kilometers further on, the trail turns right changing into a path that goes through holm oaks and other typical riverside trees.

6. Very close to this waterfall, you will come to the best-preserved ice well (pou de glaç) in the whole area. In these holes, generally found in rock, ice was formed and preserved, and was then used in houses or sold in the city. Follow the route upstream passing by a small dam and the Molino de las Pulgas, an old flour mill. Following the mill canal, the trail passes over a concrete walkway and, once you have climbed down some steel steps, it continues among black poplars and alder trees as far as the mill water intake. Two kilometers further on, you come to Boadella d'Empordà. The trail passes alongside the schools and the town hall and heads uphill in search of the Terrades road.



SECTOR NORTHEASTERN PENINSULAR



Guide to the Nature Trails of Spain



Since 1993 the Ministry for Agriculture, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment.

These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country.

We invite you to visit them and offer you the keys to enjoy the trip. In this brochure you will find a brief description of La Muga Nature Trail and the map for the journey, along with recommendations to make the most of this experience. We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

TELEPHONES OF INTEREST:

- Alt Empordà Turisme: 0034 972 51 44 31

FROM THE MEDITERRANEAN SEA TO THE PYRENEES

The course of the river La Muga guides the nature trail through different natural spaces in the province of Girona, between the Mediterranean Sea and the region of l'Alt Empordà and, following a route that will allow you to catch a glimpse of this region and of its close link to the river, in a border territory where culture and biodiversity come together.

La Muga Nature Trail follows the course of the river Muga and links together different natural spaces in Gerona, such as the l'Alta Garrotxa Natural Interest Area (NAI), Les Salines NAI, Penyasegats de La Muga NAI and Els Aiguamolls de l'Empordà Natural Park, unveiling different river-related habitats on its way, ranging from riverbank woodland to alluvial plains, linking the Pyrenees to the Mediterranean Sea.

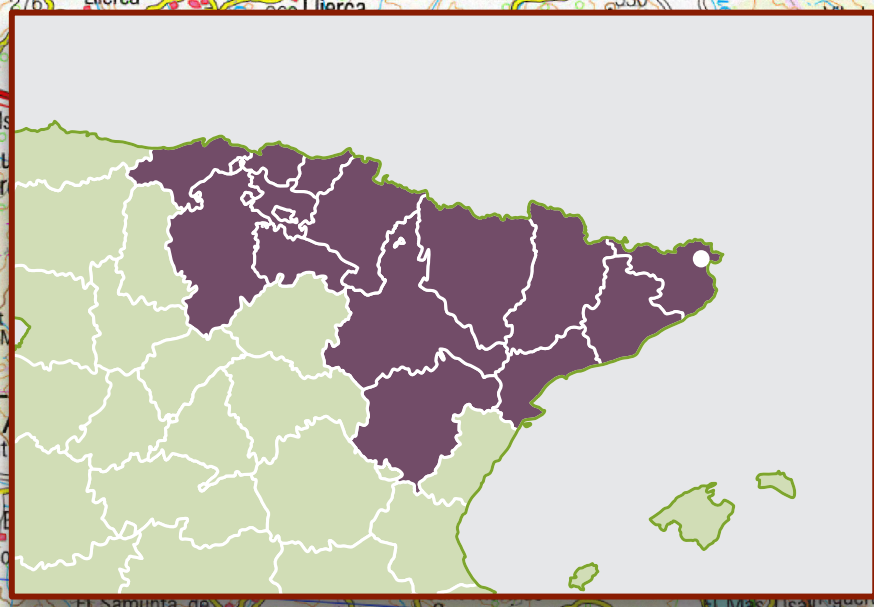
NATURE TRAIL LA MUGA

MIDE

Harshness of natural environment	2	▲ Upward gradient	332 m
Guidance along the route	2	▼ Downward gradient	165 m
Route difficulty	2	📏 ROUTE LENGTH	40,5 km
Amount of effort needed	4	🕒 TIME	8,49 h

◆ town ● point of interest








Empuriabrava → Sant Llorenç de la Muga



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NATURE TRAIL LA MUGA

-  Starting point
-  Religious building
-  Water sports
-  End of trail
-  Feature of environmental interest
-  Ruins
-  Museum
-  Monumental area