

TEACHING GUIDE

Explore the
surroundings of
**ENTREMESAIGÜES
AND RÀMIO**



Vall del
Madriu·Perafita·Claror

ENTREMESAIGÜES AND RÀMIO Route

Be prepared!

Information on the surroundings and the route:

The Madriu-Perafita-Claror valley is a long glacial valley that goes from the east to the west and is highly valued, both thanks to its UNESCO-recognised cultural heritage and its natural assets.

The Entremesaigües and Ràmio route is situated within the valley and belongs to the Escaldes-Engordany parish. On an attractive tour of wooded places, you'll discover the traces of traditional activities and trades left by the valley's ancient inhabitants (constructions such as the cobblestone road, refuges, cabins, bridges and springs).



Look after the surroundings:



Access to motorised vehicles is forbidden.



Between September and February, hunting may take place. Do not leave marked paths and wear clothing in visible colours.



Wild camping is not allowed. Overnight tent camping is only allowed from sunset to sunrise. You must always ask for permission from the Municipality.



Part of the valley is private property. Respect it.



Respect the animals in the mountains. Do not touch them, frighten them or give them anything to eat.



Take any rubbish home with you and discard it in the appropriate bins.



For safety and conservation reasons, it is strictly forbidden to light fires, except in recreation areas with barbecues.



The valley has an extensive network of footpaths. Avoid leaving marked paths so as not to damage local ecosystems.

We recommend...

Wear comfy shoes, take a full water bottle, something to eat along the way and sun protection. It may also be a good idea to have a pencil and some colouring crayons to fill in the field notebook, a camera or mobile phone to record images or videos and binoculars to make observations.

Check the weather when you're planning your outing!



ENTREMESAIGÜES AND RÀMIO Route

Information on the route:

	place altitude	distance ascent	time	coordinates	description
1	La Plana Road 1,235 m	(-)	(-)	N42 30.528 E1 33.059	Follow the Engolasters d'Escaldes-Engordany road. After 1 km, on the right, you'll find the road to La Plana. Follow it for about 100 m to the starting point of the route, where you'll see some information signs.
2	Crossroads with the communal road 1,300 m	415 m (+65 m)	10'	N42 30.084 E1 33.188	Going up the cobblestone path, on the right, we find a path marked with yellow dots. Follow this up.
3	Font de Boïgot 1,365 m	760 m (+65 m)	20'	N42 29.941 E1 33.288	Continue up a pleasant, shady hillside until you reach Font del Boïgot, which is in front of a mountain refuge.
4	Font Peixadera 1,515 m	1,780 m (+150 m)	50'	N42 29.701 E1 33.656	Suddenly, the path stops climbing and leaves the forest, crossing the Claror i Perafita river over a small footbridge. You'll join the GR 11.10 road, which you must continue down until you come across Font Peixadera. Watch out! When the ice is melting, the river can be very full and make it more difficult to cross the footbridge. The valley is a natural environment and these things are out of our control!
5	Entremesaigües Bridge 1,460 m	2,120 m (-55 m)	1 h	N42 29.868 E1 33.616	Going down the GR road, you'll reach Entremesaigües bridge, where there is a group of refuges of the same name.
6	Ràmio 1,614 m	2,660 m (+140 m)	1 h 20'	N42 29.865 E1 34.328	Going up through the Madriu valley, you'll arrive at the Ràmio refuges.
7	Sassanat Bridge 1,315 m	2,910 m (-145 m)	2 h 10'	N42 30.046 E1 33.248	Follow GR 7 down to the left, down the Madriu cobblestone path, until you reach Sassanat bridge, a neat granite construction.
8	La Plana Road 1,235 m	3,910 m (-84 m)	2 h 30'	N42 30.253 E1 33.059	After crossing the Madriu river, continue going down until you reach the start and end point.



Preparatory activity

Building memory game

During the route, you'll find many dry stone constructions made by the valley's ancient inhabitants. Cut out each pair of picture cards, flip them upside down, and test your memory.

Take them with you on the route as they will help you to identify them.

- 1 **Refuge.** Dry stone and wooden construction used as a stable or haycock or tool store.
- 2 **Dry stone walls.** Used by farmers to demarcate terraces and adapt the ground for cultivation.
- 3 **Cortal.** Set of refuges and other buildings in which peasant and shepherd families lived from spring to autumn while they monitored their herds and flocks and worked the fields.
- 4 **Shepherd's cabin.** Dry stone construction using traditional architecture in which shepherds and colliers temporarily slept. When they were located near a barn, they also served to make and store cheese.

There were also barns. Simple dry stone construction where sheep were milked for making cheese.

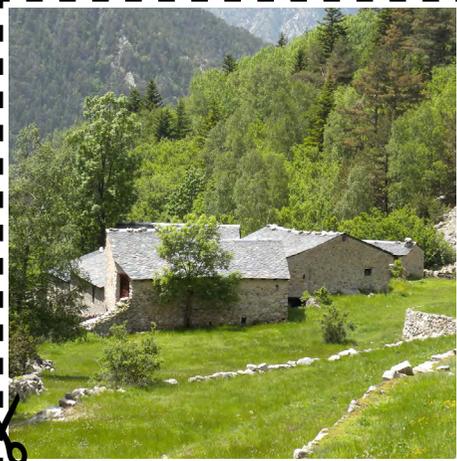
Today there are none left standing in the valley.



ENTREMESAIGÜES AND RÀMIO Route



1



2



3



4



ENTREMESAIGÜES AND RÀMIO Route

Discover me!

The aim of the Entremesaigües and Ràmio route is to get to know the most characteristic features of biodiversity and the cultural heritage of the valley through the character of a fox, who sets you a challenge and asks you to follow the route she took.

The challenge:

My name is Mena and I'm a fox. I live in the Madriu valley and I'm very curious. That's why I travel up and down the valley getting to know stories from the past. Would you like to help me?

Following the Mountain path, you'll discover the secrets hidden in the valley.

I'll see you out there!



Field notebook:

The route is planned as a journey of discovery that heightens children's capacity for observation and curiosity. The field notebook will be used to take down answers/actions for the proposed activities:

1. The treasures along the route

Along the route, collect a sample of the objects you find on the ground (leaves, pine cones, acorns, stones, twigs, seeds, etc.). You'll be able to use these to make an artistic composition that represents what you've seen on your outing. Take a picture of it.

The composition may feature the forest, using plant elements (leaves, pine cones, acorns, twigs, seeds and so on). You could choose to focus on construction, using mineral elements (earth, stones). Alternatively you free to choose whatever subject you like.



It's important to collect objects found on the ground and not damage the surrounding vegetation. You do not need to take them home.

2. Riddle me this...

1 I am small and round. My first name is 'Hazel' and my surname is 'Nut.'

Who am I?

Hazelnut

2 I come into life white, I turn green immediately, I'm red when I'm no longer growing and black when I leave the world.

Who am I?

Blackberry

3 One leg and a hat... standing upright.

Who am I?

Mushroom

4 A head that is yellow then white, leaves like an animal's teeth.

Who am I?

Dandelion. Also known as the common dandelion.

ENTREMESAIGÜES AND RÀMIO Route

3. Corners full of life

In open areas like grassland or garlic meadows, it's easy to see insects fluttering around flowers, especially in spring and summer. Look at the pictures and mark the ones you see along the way.



Look carefully at the insects you find through a magnifying glass or binoculars, but don't touch them as they're very fragile. If you catch them, you can easily break their legs or antennae or, in the case of butterflies, remove the protective covering on their wings.

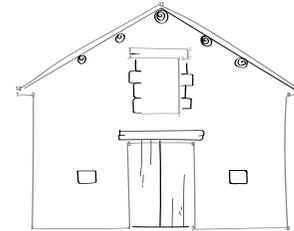
Agriculture and animal husbandry are traditional activities in the Madriu-Perafita-Claror valley. The valley floor was well-suited as a cultivation area for agricultural and livestock products.

Pasture land was exploited differently and was classified according to the quality of the grass and the time of year. The different classifications are *cortons* (the most prized), *solans* (which were used in spring and autumn, and which during the summer were usually pastured to livestock in order to reserve the grass for the herds that came down from the high pastures) and *rebaixants* (located in the lower valley and reserved for early spring and autumn, before the herds climbed to the high pastures or when they were already on the way down).



4. Iconic constructions

Along the route, you'll have seen some constructions built by peasant and shepherd populations to protect their herds and flocks or to sleep in when they were working in the field. If you join the dots, you'll find out which ones they are. Use the building game to find out the name.



Use the building game to find out the name.

Solution: refuge

5. Jobs in the valley

Lots of people have walked along the Mountain path over the years. Use this wordsearch to find out what jobs or activities they did there (9 words).

Solution:

O	I	E	T	Y	U	F	Y	F	E	R	R	E	R	T	P
S	B	N	R	T	T	H	Y	U	J	V	A	X	C	W	I
E	I	O	E	S	R	L	G	R	E	B	G	C	O	A	M
G	R	L	M	U	A	V	A	K	A	P	È	U	N	S	U
M	A	D	E	P	G	U	H	J	V	M	S	R	T	M	A
U	D	O	N	O	I	K	I	L	X	O	S	S	R	U	G
I	R	A	T	D	N	H	D	À	F	E	O	I	A	B	R
P	A	L	I	A	E	P	A	S	T	O	R	O	B	G	E
D	A	Ò	N	N	R	O	O	O	L	E	U	N	A	T	M
Y	G	O	A	M	O	P	A	G	È	S	G	I	N	E	U
X	D	A	I	L	A	R	I	O	A	I	O	S	D	O	L
F	C	A	R	B	O	N	E	R	M	N	U	T	I	R	Y
I	L	B	E	O	I	R	A	D	P	A	G	A	S	P	O
F	A	P	Y	N	I	R	O	R	A	N	L	E	T	I	U
A	D	O	R	F	A	R	G	A	I	R	E	T	A	U	X
B	F	O	A	R	K	E	X	E	Z	I	F	O	T	G	U

ENTREMESAIGÜES AND RÀMIO Route

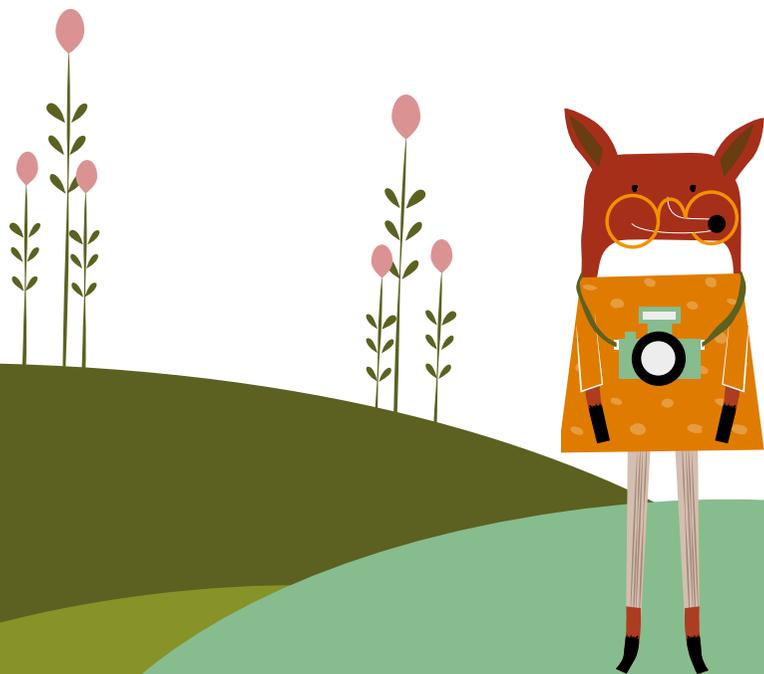
Little known jobs:

Forgers. People who worked in forges producing iron. The forge production system in Escaldes followed the method known as Catalan forging.

Colliers. They were engaged in producing coal by slowly burning pine firewood in the coal mines which were set up in the forests.

Trementinaires. These were normally women who travelled the region selling medicinal herbs and natural remedies. The most well-known remedy was *trementina*, prepared using Scots pine resin.

Traginers. People who worked transporting goods using beasts of burden.



Action!

Before and after photos!

As you've made your way through the valley, you'll have seen traces of the jobs that used to be done there in the past. Look for any old photos that your family or friends may have, compare them with your photos and find the differences and similarities. You can also consult library archives.

As a follow-up activity, we invite you to become a researcher and look for images and articles that reflect the changes the valley has undergone over time. You're sure to make some very interesting finds!



We suggest sharing your images on the Madriu valley social media, tagging them with the hashtag #vallmadiuperafitaclaror.



Remember that completing your field notebook or sharing information on social media adds points to your visitor passport!