

Use all your senses!

Good explorers use all their senses and all the available resources to capture their surroundings. With the help of adults, you can record your dreams, videos or photos with your mobile phone and also create some artistic drawings.



Why not....?

Share your Madriu-Peraita-Claror valley experience on social media and tag your photos with the hashtag #vallmadriuperaitaclaror.

Action!

Discover me!

Following in the footsteps of animals.

Open your eyes and ears. As you go, you can find traces and signs of the animals that live in the Madriu valley. Take photographs and stick them here.

Use the pairs game to find out which animals they belong to.

Did you know...

Foxes mark their territory by leaving their excrement in visible places. We might find it on paths or on stones. If they've eaten fruit, it may be reddish in colour.



Discover the secrets
of the Madriu valley

ENTREMESAIGÜES
FIELD NOTEBOOK
Route

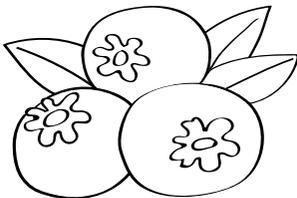
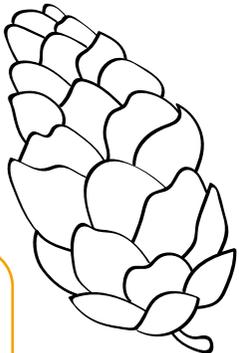
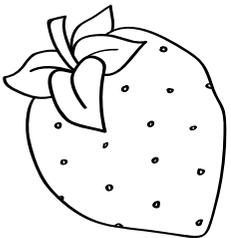


Discover me!

The forest larder.

The fruits and seeds of the plants we find along the way serve as food to many animals in the forest. Ask the adults that are helping you to identify what you've found and give them a name.

Choose the ones you've seen on your outing and paint some pictures.



Remember...

We respect the plants and fruits of the forest. The animals that live in the forest can't buy food from the supermarket.



Be prepared!



Hello explorer!

My name is Mena and I'm a fox. I live in the Madrid valley and yesterday evening, when I came back from a walk, I realised that I'd lost everything I had collected to take back to my den. My rucksack must have had holes in it!

Will you help me find everything again?
Open your eyes and you'll discover my favourites hidey holes

- 1 La Plana Road
- 2 Communal cobblestone road
- 3 Font de Boigot
- 4 Font Peixadera
- 5 Entremesaigües refuges
- 6 Madrid cobblestone path
- 7 La Plana Road

This is the route I took. I'll be waiting for you out there!



To come with me on an adventure, don't forget to wear/bring: **comfy shoes, a full water bottle, something to eat** along the way and **sun protection**. You'll also need: a **pencil and colouring crayons**, a pair of **binoculars** and the **pairs game** you've prepared at home!

Discover me!

Dry stone builders.

The valley's inhabitants were experts in building using the dry stone technique. So... are you up to the challenge?
Look at these constructions up close and try building a wall using this technique. Collect stones that you find on the path. Stick a photo of the result here.

Describe your experience.

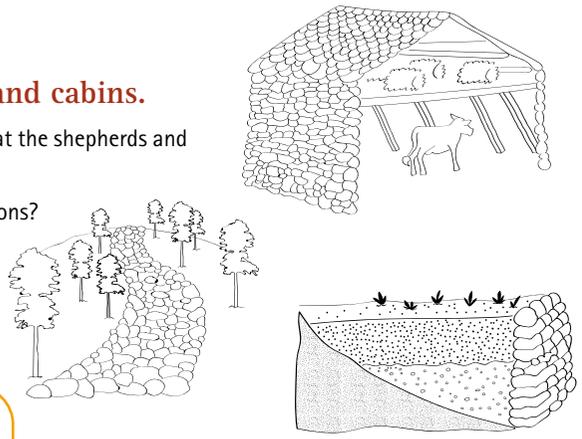
Discover me!

Landscape of springs, refuges and cabins.

Along the way, you'll have seen the imprint that the shepherds and farmers left on this landscape.
Do you know how to identify these constructions?
Connect the drawings to their names.



Did you know...
The region's early inhabitants chose this place with the astuteness of a fox. Why did they choose Entremesaigües?
I'll give you a clue: "I have no colour, I have no odour and in hot weather I make it cooler; who am I?"



- REFUGE
- COBBLESTONE ROAD
- DRY STONE WALL TERRACE

Up, up and up!



Did you know...
The wood of the hazel tree is flexible and elastic. That's why shepherds use it to make their crooks. In olden times, it was attributed magical virtues. Sorceresses and magicians made their magic wands out of it!

Communal cobblestone road.
Grab a branch that you find on the floor and make yourself a stick: it will help you on the climb.
Along the way, you'll have seen lots of **different trees**. Collect any leaves that you find on the ground and trace round them to conserve their shape.