

Greenway

The Thermal Route

The Thermal Green Route crosses places of great natural and social importance: meadows, farms, deep forests, hot springs and links three main historical communication ways: the Cami Ral (Royal Road) -and possibly also the Via Augusta-, the Carrilet Route (the old narrow-gauge railroad Olot - Sant Feliu de Guixòls) and the railway Barcelona - France.

If we start the route in the meeting point at the guesthouse in Franciac, we must follow the signs that lead us over the A-2 bridge and afterwards we follow straight on a dirt road, the Royal Road, that passes in front of the old inn named La Thiona until the Cross Hand spot. The first part of the route follows the same roads of the Golf Course until its exit gate. At this point, we will ride in parallel to the service road of the A-2 until we'll cross it over and we'll take the dirt road to Can Català, after a strong ascent. Once at the top we turn left, passing in front of Can Gelada, and shortly after we turn on the right to get into the forest known as Can Català and getting to the meadows of Can Solà. We'll cross the ravine of Can Solà through a small concrete walkway leading us into a magnificent area of open fields with good views to the Guàrdies and Montseny mountains. We will follow the path, leaving the ruins of the old Can Solà del Bosc farmhouse on the left. We continue the road passing in front of Can Camps, going into the Cal Teixidor forest, to find the paved path that connects the village of Caldes and the Can Solà residential area. We will continue towards the city center to the Avenue Doctor Furest after crossing under the railroad tracks. At this point, we have the train station 300m to the left, where we can find tourist information on panels and totems. If we continue the route we'll turn right passing in front of the Vichy Catalan, and then we'll go straight through the same avenue until Sant Esteve square, with some shops and the Balneari Prats (Baths). Following the facade of the Balneari Prats, going down the street Pla i Deniel, we reach the roman baths of the Puig de Sant Grau, a monument of national interest, a hill with two thermal springs: Bullidors Fountain and St. Narcis Fountain.

Great paths · MTB and hiking

Great path to Riudellots

It is a short route, with medium difficulty, that can be done on foot or by bike. The Via Augusta path follows the original route of this important Roman road, with a length of 1.500 km that connects the cities of Rome and Cadiz.



The path begins in Caldes de Malavella, a town with a rich architectural, historical and thermal heritage. Historically, the Via Augusta was one of the most important routes for communication and commercial activities between roman cities, provinces and ports of the Mediterranean, always seeking a path that could exploit the natural corridors and the easiest and lowest crossing areas. We can start the tour at the Tourist Office of Caldes de Malavella. To find the path we must leave the village by the Girona street, where we find the first signpost pointing northbound, the road towards Riudellots de la Selva. This first section between Caldes de Malavella and Can Solà Gros runs along a paved road, but with little traffic. The trail follows the route of the Via Augusta between the towns of Caldes de Malavella and Riudellots de la Selva. Despite being a path that has no complications, the section between Caldes and the Onyar river fields is still not painted with the Via Augusta marks (yellow and blue), and only has four vertical signals. Always follow the main track and never leave it, unless the vertical signs indicate otherwise. Approximately halfway (3 km), the road crosses the railway track upon a bridge, and 2 kilometers further on at an intersection a vertical sign indicates the direction to reach Riudellots de la Selva. At about 1,200 meters from the path, following the signs to Sant Mateu de Franciac and Vilobí d'Onyar, we can turn to see the Torre Ponça, a private fortified farmhouse from the XVI century. Following this same indication, at 2,000 meters we reach the parish church of Sant Mateu Franciac, known since the thirteenth century and heavily remodeled in the eighteenth century. Back to the main path we go up for the final stretch towards Riudellots de la Selva, passing by an area characterized by farmhouses and crop fields. This section runs along a paved road with low traffic. Shortly before reaching the center of Riudellots de la Selva the path crosses the river Onyar, which drains part of the plain of La Selva

TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★★☆☆☆  
Length: 6.5 km  
Slope: Positive 47 m  
Activity:   
Trail type: Lineal  
Duration by bike: 30 minutes Duration on foot: 90 minutes

Terra Negra route: Tossa de Mar

It is a middle route, great to spend the whole day with family or to take a mountain bike tour. Terra Negra path will let you discover the Cadiretes massif and its forests. For 25 kilometers you can go from the plain to the coast.

Starting from Caldes de Malavella you'll capture its rich heritage culture and its spa tradition, its fountains and its ancient Roman Thermal Baths. Before the ascent you'll see the Sant Maurici sanctuary, the remains of Malavellà's Castle and the Santa Seclina's church. From the Tourist Office you can go to the St Maurici Avenue to take the road southbound. In this direction we will go towards Malavella Parc residential area. We'll find the first signpost just outside the Caldes de Malavella town center, and from there follow always the white and blue marks. At the beginning of the route you must follow the signs to Sant Maurici and Tossa de Mar, pass by the Malavella Parc urbanization and reach the sanctuary of Sant Maurici and the remains of Malavella castle. From this point, follow the signs to Santa Seclina and Tossa de Mar, cross the Vidreres road. When reaching Can Poch you need to cross Can Carbonell up to Santa Seclina parish church (documented in the thirteenth century, although the current building is from the XVIII century). The road continues southbound along a wide forest track that coincides with the old Tossa Pilgrim Road. We follow the signs to Coll de Terra Negra, and Tossa de Mar.

TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★★★★★  
Length: 12.4 km  
Slope: Positive 332 m  
Activity:   
Trail type: Lineal  
Duration by bike: 1 hour 15 minutes Duration on foot: 6 hours

Taking the road to the right, the Roman Baths Street, and following the signs, we will reach the Transmuralla Street, where we could see a drop on the right: at its bottom are the Font de la Mina and the thermal water public washing place. Following this street, we get to Moleres Park with a fountain, picnic tables, a playground and a basketball court. From there we climb the paved road that connects the town, the municipal cemetery and the Aigües Bones residential area. We pass by the streets until a point where we should cross very carefully the road from Caldes to Llagostera (GI-674). We take the path of Can Riurans, we cross the Benaula stream by a concrete footbridge and we follow the path through the fields that make up the Benaula Plain. Just after crossing a small irrigation called Rec Madral, and at the point of a farmhouse known as Ca l'Arriu, we take a path on the right that climbs into a forest known as La Sureda. We continue straight on the same forest, beside the fields to the farmhouse called Can Masgrau and reach a junction, where we'll take the left. We will follow the path until we reach a crossroad where we'll turn again to the left and we'll follow the path through north towards San Vicenç d'Esclet. This section runs along the Gotarra stream Plane, which we will cross by a low concrete crossing. We'll enter into a plain area of fields, crossing the first irrigation, and just after crossing the Cagarella stream by a footbridge. Following this path, after 2km we will find the intersection of the Carrilet Route, where we can go, if we want, to Llagostera / Sant Feliu or Cassa de la Selva / Girona.

TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★★☆☆☆  
Length: 14.8 km  
Slope: Positive 51 m  
Activity:   
Trail type: Lineal  
Duration by bike: 1 hour Duration on foot: 3 hours 45 minutes

Great path to Vidreres

It is a medium difficulty short route that can be done on foot or by bike. The path of the Via Augusta follows the original route of this important Roman road, with a length of 1.500 km, connecting the cities of Rome and Cadiz.

Historically, the Via Augusta was one of the most important routes for communication and commercial trades between roman cities, provinces and ports of the Mediterranean, always seeking a path that could exploit the natural corridors and the easiest and lowest crossing areas. From the Tourist Office we need to head to Sant Maurici street to take the path that will continue southbound. In this direction we will go to the Malavella Parc residential area and we'll find the first signpost just out of Caldes de Malavella town center. It's a section of the Via Augusta route that it's not yet marked with paint, but it is stated in the header of the signaling flags. Tracking the route is easy because we will always have to follow the main trail and never leave it, except in the access to the Malavella Parc residential area, where we need to take the forest path on the right without getting inside the area. About 150 meters ahead we find an intersection. The trail that climbs up to the left reaches the church of St. Maurice (600 meters) and the remains of the ancient Malavella's Castle. On the other site, the trail on the right will take us straight to Vidreres.



TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★★☆☆☆  
Length: 6.23km  
Slope: Positive 45 m  
Activity:   
Trail type: Lineal  
Duration by bike: 20 minutes Duration on foot: 90 minutes

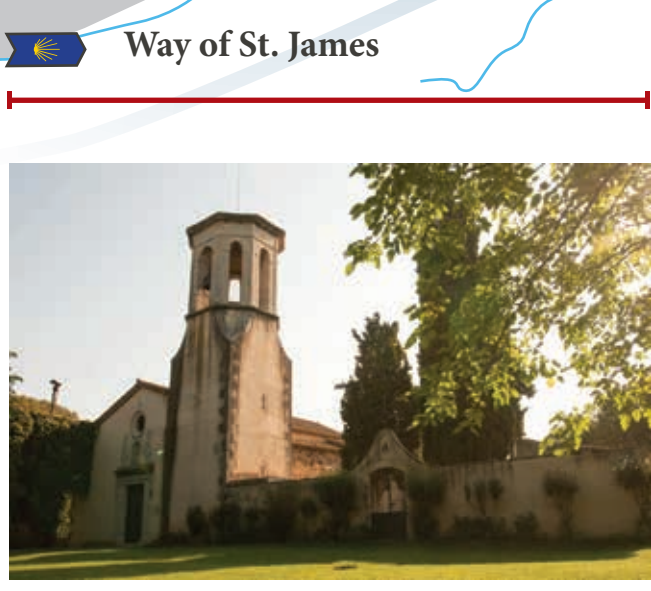


Around the Ardenya: Llagostera

This is a low difficulty route, perfect to spend the morning with the family, on foot or by bike.

The Ardenya-Cadiretes massif is located in the intersection of three counties (Baix Empordà Selva and Gironès) and extends over seven municipalities (Llagostera, Caldes de Malavella, Vidreres, Lloret de Mar, Tossa de Mar, Sant Feliu de Guixòls and Santa Cristina d'Aro). The county councils had signed the most suburbs of the ring, over their territories but there hasn't been a joint work of management between all of them. With the redesign of the route the signage has also been redesigned, and new sections for bicycles have been created in some areas where the path did not allow the passage of these vehicles. We can start this route at the train station in Caldes de Malavella, but we can do it on the other way around, from the greenway El Carrilet in Llagostera and following a forest track that runs along the Benaula stream headwaters and its tributaries through the Pla of Benaula, climbing to 'den Xiberta' to enjoy their forests. Upon reaching the top of the mountain (which is not very high), we begin a gentle descent through the ridge to reach Caldes de Malavella.

TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★★☆☆☆  
Length: 12.4 km  
Slope: Positive 270 m  
Activity:   
Trail type: Lineal  
Duration by bike: 45 minutes Duration on foot: 3 hours 15 minutes



List of hermitages

Sant Mateu de Franciac  
Sant Maurici  
Sant Sebastià  
Santa Seclina  
Sant Esteve de Caulers

Farmhouse classified

Creu de la mà

Golf course



The region of La Selva boasts one of the most attractive landscapes of Catalonia for the diversity and richness of its natural elements. La Selva is the region of water. Throughout history, water has connected man to land while establishing a link between landscapes as diverse as mountains, plains and the coast. That link is evident in the large numbers of streams, springs, waterfalls and rock pools that invite us to penetrate almost untouched areas. And this is not to mention the sea, where the waves and the Costa Brava's small coves hold many visual surprises.

Caldes is situated on the plain of La Selva, between the Depression of la Selva and the Serralada Litoral; a location that allows the co-existence of Mediterranean and central European elements and gives it a rare biological variety. To begin, we would like to warn you of the apparent monotony that the landscape as a whole seems to offer at first glance. This is an impression that can be misleading, and indeed is.

Caldes, which extends 56 km2, presents a wide variety of forests: downy oaks, cork oaks, holm oaks and pines.





MTB Routes

Sant Maurici route

This route begins at the Caldes de Malavella sports complex (on Avinguda de Caldes), opposite to the sports hall and close to the tourist office. This is a very easy route as it's not too long and features only slight changes in level.

This route starts in the sports area of Caldes de Malavella (Av. Caldes), in front of the sports center and close to the police station building. The first leg of the route runs mainly from the town center of Caldes de Malavella, until it leaves the village heading south along the road to Vidreres. Shortly after the crossroad towards the Malavella Parc residential area, the route deviates to a forest trail on the left which leads directly to Sant Maurici (that names the route). Sant Maurici is a nineteenth century sanctuary located right next to the remains of the ancient Castle of Malavella. This castle was of military origin and was in operation until the fourteenth century. It dates from the XI century and was part of the barony of Llagostera. During the route it is interesting to observe the typical landscape of the La Selva plain, with its farmlands and forests. This route starts at the same place as the route of Camps de l'Onyar, which can serve as a supplement if you want more biking.


TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★★☆☆☆  
Length: 8.6 km  
Slope: Positive 100 m  
Activity:   
Trail type: Circular  
Duration by bike: 30 minutes

Hiking routes

Benaula stream route

This is a different route in which you can find lots of vegetation, fields, forests and farmhouses. It's ideal for hiking with children. This trail goes away from the town until you reach the Benaula stream and surrounding crop fields. You can see a number of farmhouses and walk through forests and meadows.

The route starts at the end of the Carrer de les Roques. It goes up through a grove of pines, where you will find a signpost. About 600 meters further along you will reach the Aigües Bones residential area. Take the first street heading downhill (carrer de la Benaula). Then turn left and you will see a path across the grass that leads to a road. Once you have crossed this road to Llagostera, follow the trail on the other side and cross the bridge over the stream. Follow a path on the right and go into the forest. You will find another signpost. Making a right turn, leave the forest and go ahead towards some crop fields. Cross the road from Caldes to Llagostera again and follow the trail. The last stretch of the route coincides with the Hermitages Route. Leave the Hermitages Route by turning right when you see a signpost. Turn to the left about 1 km further along. You will pass by a farmhouse and some fields on your right. You will pass by two more farmhouses before you take a path on the left that leads into the forest. About 700 meters further along, and after having crossed the forest, you will come out in the Aigües Bones development again. Continue straight along the street. Turn left to find the trail that leads to Caldes de Malavella. You will arrive at the starting point once you have passed by the cemetery.


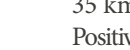
TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★☆☆☆☆  
Length: 8.8 km  
Slope: Positive 40 m  
Activity:   
Trail type: Circular  
Duration on foot: 2 hours



Hermitages route

This is a perfect route to tour through the mountains and to enjoy religious architecture and nature. This is a circular route linking different hermitages, churches and chapels, in a long but quite flat journey. At various points in the route we will find different links to other hiking and biking routes.



This is a circular route linking different hermitages in a long but quite flat journey. It begins in the town hall square, where is situated the Tourist Office. We advance towards the train station. Before reaching it, we cross the railway through a tunnel on the left. From this point onwards, the trail is marked. Go straight on, leaving the Can Solà Gros residential area to your right until you reach Can Català. You will come across a fork in the road, then take the right-hand path that leads straight into a forest. Walk through it until you see a meadow, at which point the trail almost disappears. Turn slightly to the left and walk some 300 meters until you reach a small stream. Go across it, and continue walking until you reach the forest, then make a right turn, and keep walking until you reach a paved road; take this road, and make a right turn again. Some 400 meters along you will reach Franciac, which you should keep on your right. Keep going and you will pass near the Torre Ponça. After a detour, go straight ahead, leaving the paved road and go into the forest. Cross the railroad track and go towards the stream, from which you will see Sant Andreu Salou church. Keep going, and take the paved road on your right. Cross the road that links Cassà de la Selva and Caldes. Continue along a dirt road until you see a detour on the right. Walk through the forest for about 400 meters, and then take the path to the left. Walk through the forest until you reach some fields on your right. Cross the road that leads to Llagostera and continue along the dirt road. Cross the stream and keep walking straight ahead until you reach another fork, and then take the path on your left. You will have to go up, and then in parallel to a long gate. Cross the road that leads to Vidreres and follow the path that you will find in the middle of a residential area. Go up a short but sharp slope. You will arrive at the Santa Seclina Hermitage. In keeping the hermitage on your right, go down taking the steep slope along a paved road to go back to the

TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★★★★★  
Length: 35 km  
Slope: Positive 263 m  
Activity:   
Trail type: Circular  
Duration on foot: 8-9 hours

Onyar river fields route

This is one of the easiest routes of the whole BTT La Selva mountain biking center, running between the municipalities of Caldes de Malavella and Riudellots de la Selva over a totally flat terrain. It is a short route of just 16 km that we can do in just one hour.

This route starts in the Caldes de Malavella sports area, in front of the sports center and near the police station. The first section of the route runs mainly from the town of Caldes de Malavella until it leaves the village towards Riudellots de la Selva, a road with little traffic, which allows interesting views of the plain of La Selva landscape, its extensions of crops, and forests, etc, as seen in the picture. Among several farmlands, the river Onyar is situated approximately alongside the middle of the tour route. Later we can see Torre Ponsa, a fortified farmhouse of the XVI century, and a few meters further we can visit the parish church of St. Matthew in Franciac, known from the s. XIII, a building that gives its name to the whole neighborhood. If we want more biking we can take the St. Mauritius rout because it shares its departure point with the Onyar route.

TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★★☆☆☆  
Length: 15.8 km  
Slope: Positive 106 m  
Activity:   
Trail type: Circular  
Duration by bike: 1 hour

Santa Maria stream route

This is an amusing short route for families in which they will enjoy nature. It's a circular route that runs along the Santa Maria stream and allows people to enjoy a heavy forested landscape not far from the town.

We start the route at City Hall Square, where is located the Tourist Office. From here we take the Trasmuralla Street, where we will find a panel with the layout of the map, the first directional flag and brands of paint - green - that will guide us throughout the route. The trail follows the street towards the Park Moleres and then climbs towards Aigües Bones residential area. When we reach Can Rufi's pond, we turn right along a track that descends gently. You will see a signpost showing different trails some 40 meters away. Following a path through a pine grove, and about 1 km further ahead you will see a stream, go across it, and at some 200 meters, you will find yourself walking through a grove of cork oaks and pine trees. Walking for another 900 meters and then turn left, you will go up a steep slope of about 50 meters long, and then across a flat field some 350 meters long, after that you will go down a rather dense wooded path. Once you reach the bottom, go across another dry streambed, and then across a meadow. After 150 meters turn right taking a trail that goes uphill; a little further up you will come across with a wider trail for vehicles. Turn right, and 300 meters further along you will see that there are no more trees and that you have entered some crop fields. Take the trail to the left and then continue straight on. You will reach a spot offering stunning views of Les Gavarres, l'Ardanya, some farmhouses and the Santa Seclina Hermitage. Follow the trail for about 1 km. You will find a sign that shows the way back to Caldes de Malavella (4.7 km). The trail turns to the right, and about 650 meters further along you will find a fork in the road. If you take the first path on the right, it will lead you straight to Caldes de Malavella. If you take the second one, also to the right, it will lead you to the Ca l'Amargant farmhouse on the left. If you continue straight ahead on the trail, you will also reach Caldes de Malavella.

TECHNICAL DETAILS:  
Route markers:   
Level of difficulty: ★☆☆☆☆  
Length: 9 km  
Slope: Positive 86 m  
Activity:   
Trail type: Circular  
Duration on foot: 2 hours