

# 92 ITINERARI DE FONTVERD

WALKING IN ANDORRA



## DON'T MISS...

visiting the Escaldes-Engordany art centre, a cultural space that houses and exhibits two permanent collection: one dedicated to the sculptures of Josep Viladomat and the other to the models of Romanesque art of Andorra.

## DID YOU KNOW...

The white willow was used as an alternative to aspirin. In fact, aspirin was originally extracted from willow and birch species before being chemically synthesised in 1890. In the past, willow would be used to treat headaches, muscle pains, sciatica, earaches, etc.

## BEHIND THE NAME

**Fontverd:** Compound noun coming from the Latin *fons* ("fountain") and *viride* ("green"). Indeed, in the region a water source has spilled out over a granite base "filter", and this helps to give life to a spontaneous garden full of a variety of plants.



Tunnel on the Matxos path



Holly  
(*Ilex aquifolium*)



Bearberries  
(*Arctostaphylos uva-ursi*)



The Madriu valley

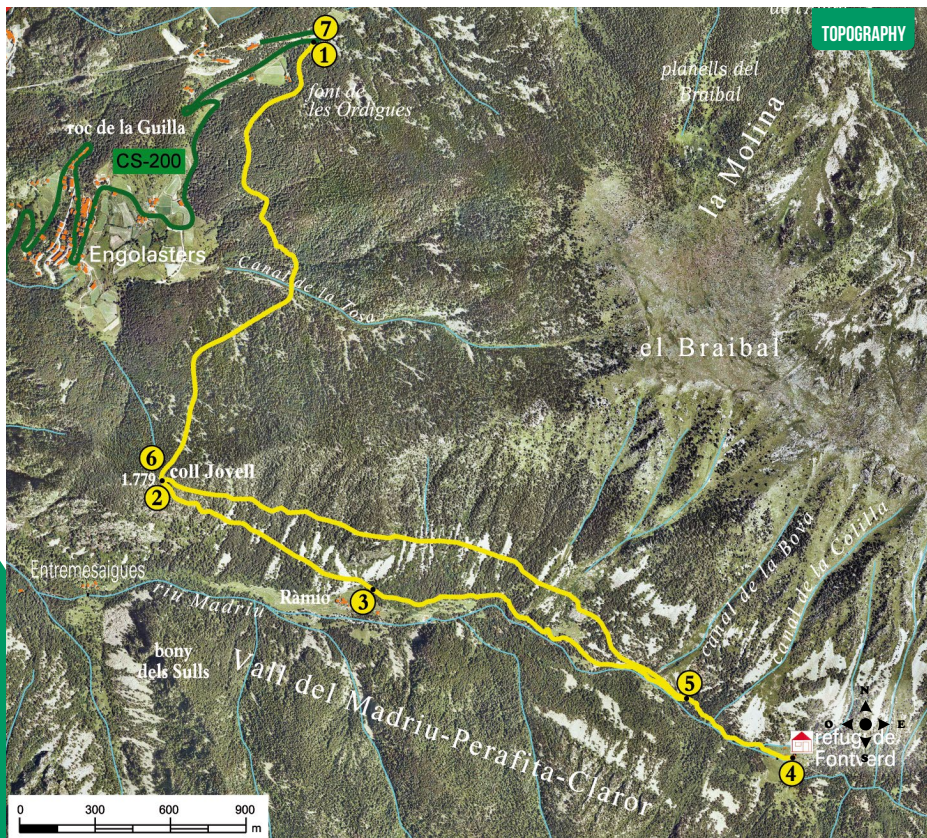
The Fontverd route passes through the Madriu-Perafita-Claror valley, which was declared a World Heritage Site by UNESCO in 2004. It offers a light hike perfect for families and anybody who wants to enjoy the extraordinary landscapes.

Throughout its history, the Madriu Valley has been important to the inhabitants of Escaldes-Engordany. This is especially true because of its natural resources, which have many industrial and commercial uses, including to meet basic food and health needs.

Mountain people used to be very knowledgeable about the medicinal herbs growing in the valley's forests. The teas and poultices made by them were the initial treatments for both people

and livestock, and were even like a first aid kit for pastors, messengers or anyone who had to spend a long time away from home.

Found in this chemist shop of plants, is holly (*Ilex aquifolium*), whose leaves were used for diuretic and laxative teas. The common bearberry (*Arctostaphylos uvaursi*) was known to be the best remedy for kidney stones or diarrhoea, and was even used to heal wounds and prevent infection. The leaves of the wild strawberry (*Fragaria vesca*) were used to make tea, to fight against uric acid concentrations and arthritis while also helping to reduce high cholesterol levels. The scrambling rose (*Rosa canina*) was a very good remedy for acne and was mixed with bath water to tone skin.



## TECHNICAL INFORMATION

- 
- 3h 45 MIN
- +410 M  
-251 M
- 13.000 M
- SI
- APPROXIMATE TIME

## ROUTE SIGNAGE

- GR 7/11
- WRONG DIRECTION
- 

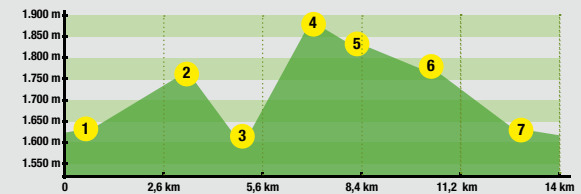


escaldes-engordany

PLACE	ALTIMETRY	DISTANCE ASCENT/DESCENT	TIME	COORDINATES	DESCRIPTION
<b>1</b>	<b>FOUNTAIN CIRCUIT</b>	-- (--)	--	N42 31.047 E1 34.255	To get to the starting point from Escaldes-Engordany, you'll need to follow the Engolasters road (CS-200) until the 6.2 km mark. At the starting point there is a parking lot and information signs.
<b>2</b>	<b>COLL JOVELL</b>	1.756 m (+145 m)	50'	N42 30.102 E1 33.827	From the parking lot, you'll follow the Matxos path (GR-11) over a wide track. Going up through a fir forest until you reach Coll Jovell.
<b>3</b>	<b>RÀMIO</b>	4.250 m (-6 m)	1h 15'	N42 29.873 E1 34.442	The path descends the southern slope of Madriu valley, in a zone with spectacular and unique panoramic views. When you pass by some scree you will know you are near the intersection with the long-distance path, just above the group of huts at Ràmio.



## ROUTE PROFILE



PLACE	ALTIMETRY	DISTANCE ASCENT/DESCENT	TIME	COORDINATES	DESCRIPTION
<b>4</b>	<b>FONTVERD REFUGE</b>	7.300 m (+265 m)	2h	N42 29.509 E1 35.661	Continuing through the intersection, go on through the Madriu Valley, passing through forests and clearings. When you go through a gate for livestock you have reached the Fontverd plateau, with the cabin and refuge of the same name.
<b>5</b>	<b>INTERSECTION WITH THE SUNNY RÀMIO PATH</b>	8.020 m (-40 m)	2h 10'	N42 29.645 E1 35.355	From the refuge, you'll continue down the same path you came up until you find a intersection with the sunny Ràmio path, marked with pen and yellow dots.
<b>6</b>	<b>COLL JOVELL</b>	10.530 m (-65 m)	3h	N42 30.102 E1 33.827	You'll continue on in the sun with a few small uphill climbs, but overall you will have an easy trip to Coll Jovell.
<b>7</b>	<b>STARTING POINT</b>	13.000 m (-140 m)	3h 45'	N42 31.047 E1 34.255	Following the same path you took to come, you should continue down the GR until you reach the Fountain Circuit, leading you back to the starting point.

