



TEACHING GUIDE

Let's explore the
surroundings of
ENTREMESAIGÜES



Vall del
Madriu·Perafita·Claror

ENTREMESAIGÜES 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 route is situated within the valley and belongs to the Escaldes-Engordany parish. On a pleasant tour of wooded places, you'll discover constructions such as the cobblestone road, mountain refuges, bridges and water springs.

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!

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.



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.



ENTREMESAIGÜES 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	Sassanat Bridge 1,315 m	2,910 m (-145 m)	1 h 20'	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.
7	La Plana Road 1,235 m	3,910 m (-84 m)	1 h 30'	N42 30.253 E1 33.059	After crossing the Madriu river, continue going down until you reach the start and end point.



ENTREMESAIGÜES Route

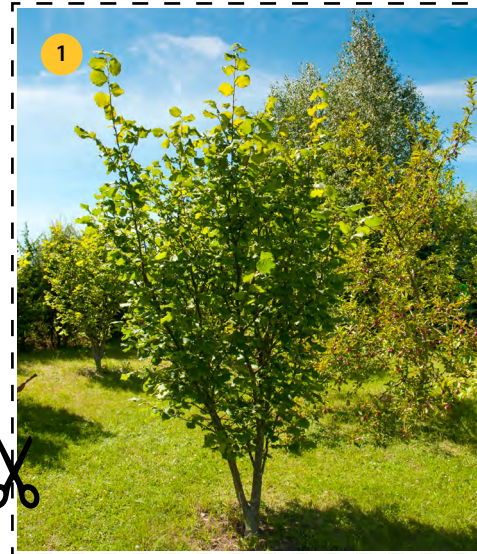
Preparatory activity

Pairs game:

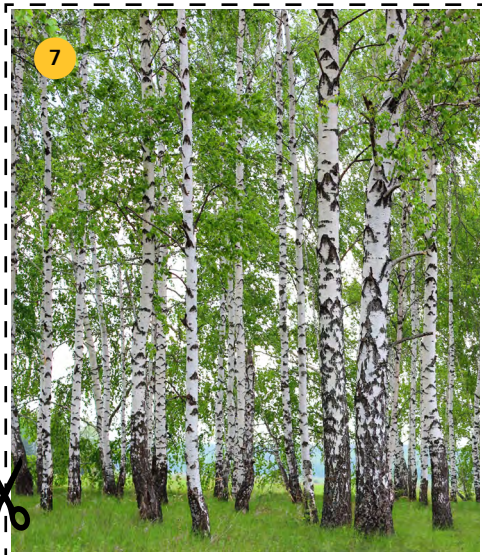
You'll find a huge variety of plants and animals along the route. We've selected some of the most characteristic: cut out the pairs of cards.

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

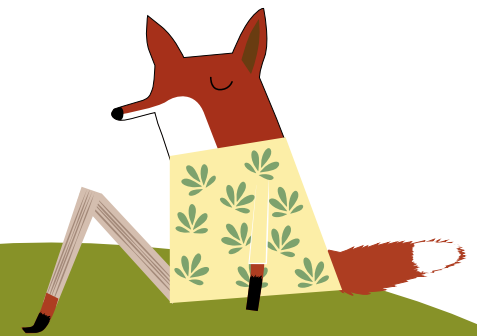
- | | | | |
|--------------------|-----------------------|---------------------------|----------------------|
| 1 Hazel tree | 7 Silver birch | 13 Squirrel | 19 Great tit |
| 2 Hazelnuts | 8 Silver birch leaves | 14 Nibbled pine cone | 20 Great tit feather |
| 3 Scots pine | 9 Bilberry plant | 15 Black woodpecker | |
| 4 Scots pine cones | 10 Bilberries | 16 Woodpecker hole | |
| 5 Strawberry plant | 11 Fox | 17 Short-toed treecreeper | |
| 6 Strawberries | 12 Fox paw prints | 18 Treecreeper feathers | |



ENTREMESAIGÜES Route



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ENTREMESAIGÜES Route

Discover me!

The aim of the Entremesaigües 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 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.

Field notebook:

This route offers you a journey of **discovery through the senses**. The field notebook will be used to take down answers/actions for the proposed activities.

1. 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.

Up, up and up!

It's important to collect leaves that have already fallen on the ground so as not to damage vegetation.

The pairs game can help you to identify them.

How do we trace a leaf?

Place the paper on top of the leaf, pressing down firmly so that it doesn't move. Rub it lightly with a pencil or colouring crayon so that the shape and veins are marked.

2. 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.

Some of the fruits you find can be smelled or tasted, but we recommend not collecting huge quantities of them as they act as a food reserve for animals.

3. 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.

ENTREMESAIGÜES Route

4. 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.

Refuge: Dry stone and wooden construction used as a stable, haycock or tool store.

Dry stone walls: Traditional building technique using stones slotted together without any bonding materials. They are used to demarcate terraces or adapt ground for cultivation.

Cobblestone road: Symbol of and testimony to human presence. Used in the early days by farmers, shepherds, forgers and drovers; later by refugees, travellers and smugglers, and today by hikers.

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?" WATER

The places in which refuges were located were spaces in which there was water, stones (to enable transport to buildings) and quality pastures.

5. 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:

Dry stone walls contribute to increasing biodiversity, as they constitute a habitat for various species of flora and fauna.

Action!

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.

As a follow-up activity, we suggest sharing the experience on the Madriu valley social media pages and tagging your drawings, photos or videos with the hashtag #vallmadiuperafitaclaror.

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

