

# 81 CAMÍ DE ROCAFORT



## DON'T MISS...

If you have time, don't miss out on the Moments Route: *Som Bosch*, a path of well-being to connect with nature and oneself.

## DID YOU KNOW...

In the historic centre of Sant Julià de Lòria you can find a road called Carrer Mossèn Enric Marfany, which used to be called the "whistling street" because of noise made by the weaving machinery once located there.

## BEHIND THE NAME

**Rocafort:**  
*Roca* comes from the Pre-Roman word *rocca*, of the same meaning, whose exact origin is unknown. The Catalan word *fort* comes from the Latin *forte*, in the sense of "resisting passage, hard to take, which forcefully resists being taken".



Sant Julià de Lòria



Stretch equipped with fixed rope



Dwarfism in Finestres pass



Rocafort route

The Rocafort route starts from the Fontaneda road, in the parish of Sant Julià de Lòria. From above, Rocafort mountain will treat you to fantastic, bird's-eye views of the parish.

Along the route, on the riverbank, you'll be able to see black poplars (*Populus nigra*), white willows (*Salix alba*) and ash trees (*Fraxinus excelsior*), in addition to lovely summer lilac shrubs (*Buddleja davidii*). The most common animals found in these parts include the viper (*Natrix maura*), which is not totally harmless, and the brown trout (*Salmo trutta*).

Further along, you'll see a great variety of bushes, including Phoenician juniper (*Juniperus phoenicea*) and fly honeysuckle (*Lonicera xylosteum*). The blue rockthrush (*Monticola solitarius*) can also be seen, if time permits.

Along this route, you can also discover the Cova de l'Óssa, a small cave linked with a cruel legend that tells how a farmer killed a bear that lived there. After building a fire in the cave's entrance, the farmer killed the bear with an axe when it tried to enter to save its cubs.

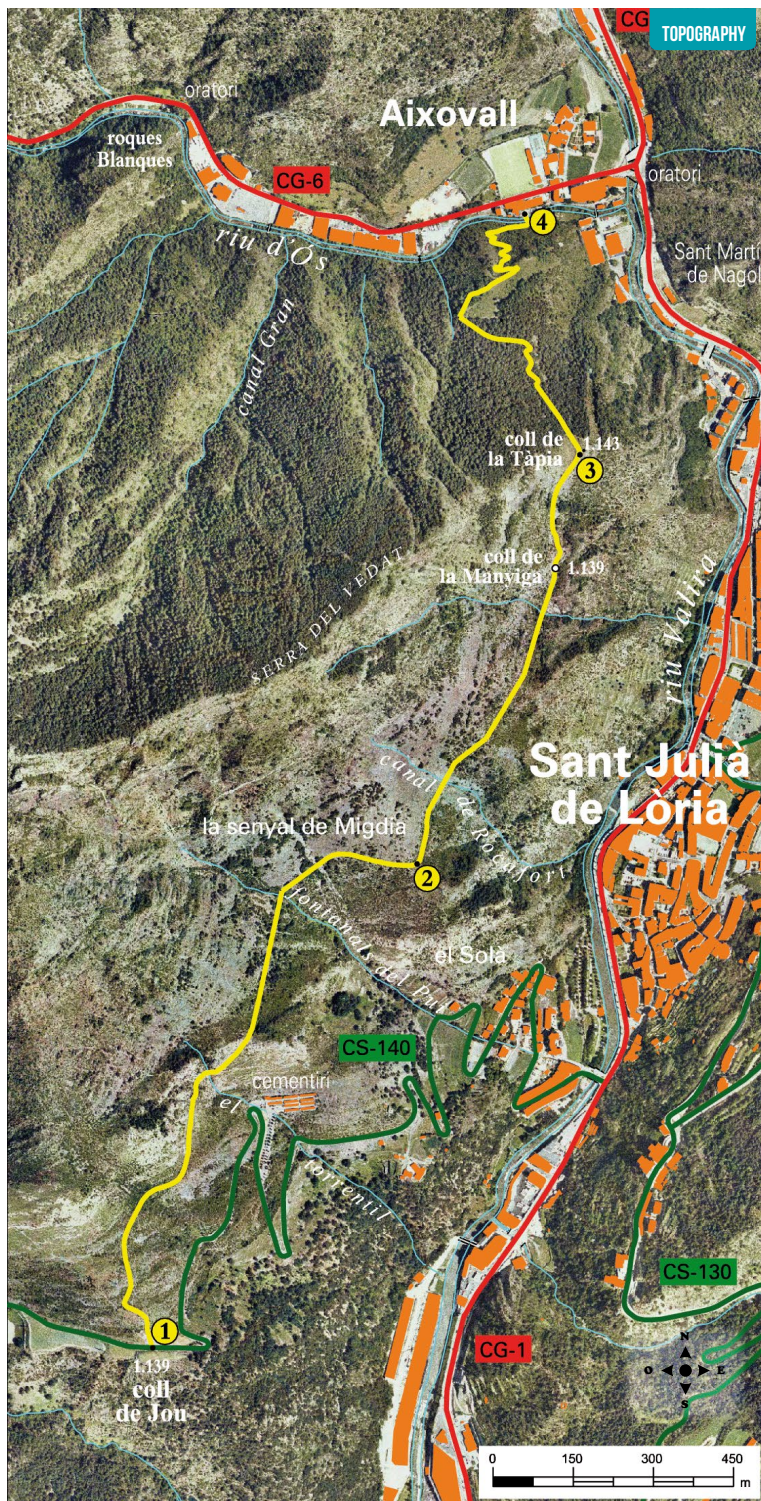
It must be mentioned that you can also enjoy views of the church of Sant Martí de Nagol, a temple dating from 1048 that was built against the rock over a cliff, a fact that affected its orientation. The somewhat irregular nave is on a rectangular base, and the wall leaned against the rock on the north side. Due to its conditioned orientation, the north end has a semicircular apse, since the only access point is from the east side, where the entrance is located. It has four windows: one at the feet, one in the apse and two in the southern wall. The roof, built in the 20th century, has two slopes.

### TECHNICAL INFORMATION

-    
-  2H
-  2H
-  +5 M
-  -215 M
-  3.800 M
-  NO\*
-  APPROXIMATE TIME

### ROUTE SIGNAGE

-   
-  GRP
-  WRONG DIRECTION



PLACE ALTITUDE	DISTANCE ASCENT/DESCENT	TIME	COORDINATES	DESCRIPTION
<b>1</b> COLL DE JOU 1.140m	-- (--)	--	N42 27.392 E1 28.785	To get to the starting point, take Fontaneda road from Sant Julià de Lòria (CS-140); the intersection is located at the southern side of the town. After the 2 km point, you'll come to Jou pass, where you can park your vehicle. The entrance to the path is on the right-hand side of the picnic area.
<b>2</b> LA SENYAL DE MIGDIA 1.135 m	1.141 m (-5 m)	30'	N42 27.885 E1 29.138	The route follows the GRP, which crosses Rocafort mountain on a level plane, with the occasional insignificant change in elevation. The views over the Sant Julià de Lòria valley are wide open throughout the route. The route is not especially difficult, but you should be careful when crossing the canal where a fixed rope is installed. It is recommended that you use it, as it is much safer.
<b>3</b> COLL DE LA TÀPIA 1.140 m	2.450 m (+5 m)	1h 20'	N42 28.300 E1 29.355	With no significant inclines, the path crosses canals and projections under Rocafort mountain and leads you to La Manyaiga pass. The spectacular view of the Romanesque church of Sant Martí de Nagol will command your attention.
<b>4</b> AIXOVALL 930 m	3.800 m (-210 m)	2h	N42 28.543 E1 29.276	From the pas, you'll go down through a Scots pine forest, twisting along until you arrive at a meadow. Retrace to the left, and descend along the path that leads to Aixirvall. This is a pleasant descent; after passing over a small bridge spanning the Os river, you'll arrive at the Peralba hotel in Aixovall.

\* The best option is to use a combination of vehicles, leaving one of them in Aixovall beforehand to be able to recover the vehicle at Jou pass. The other option is to return via the same route, which can be a very pleasant alternative after arriving at La Tàpia pass.

### ROUTE PROFILE

