



You'll find the sign for the start in Sant Cebrià de Vallalta Puigvert Park **1**, entering from the BV-5128 road. After crossing the bridge over the Vallalta Stream, take the first turning to the right and then turn right again. We start our route on the asphalted road heading east. After a few metres, cross the Can Mates stream.

The Can Mates stream valley

The town of Sant Cebrià still contains fine examples of the old farming lifestyle.

1 Continue along the main track that winds along the Can Mates valley **2 3 4 5 6**. As you walk alongside the stream, you'll see poplars, bays and other examples of riverside vegetation. The path begins to ascend as it reaches Can Jan Llorç **7**. From there, there is a very steep, constant ascent.

L'Era d'en Móra

From this point on **8** the route offers breathtaking panoramic vistas of the coast. We are now in the land of the holm oak, with stunning views over the Les Guilles Mountains, Puig de Popa and the sea.

1 From L'Era d'en Móra, on the right there is a track that enters the Les Guilles Mountains. When you reach the Calella-Hortsavinyà road **!**, cross it and continue along the track towards Ca l'Estol **9**. Continue along the track until you reach the crest, flanked by a wood of cork oaks, strawberry trees and tree heath shrubs. The path leaves the crest to skirt the base of El Turó de Garbí to reach the col of the same name.

Coll de la Punta de Garbí

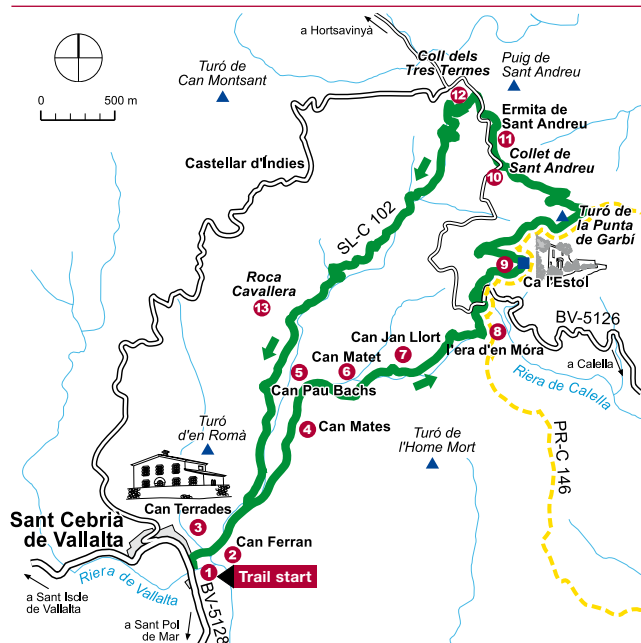
From the col, a little-used path, which goes up a steep slope, winds towards the small plateau crowning El Turó de Garbí, a strategic point on this coastline affording great views.

1 Take the track on the left, which drops quite steeply, to reach the small saddle of El Collet de Sant Andreu **10**. If you enter the stone pine wood on the other side of the plateau by a path, you'll soon find the remains of the chapel of Sant Andreu de l'Arboceda **11**, dating back to the 13th century but now in ruins. Continue along the trail and, a little before Els Tres Termes **12**, turn to the left, southwards.

Les Torreneres

The woods of El Montnegre often provide damper corners that contrast with the normally dry Mediterranean formations and are of great ecological value, as they provide the perfect environment for many species. Les Torreneres is one of those places that provides a cool respite from the summer heat.

1 Descend through holm oaks and tree heath shrubs, losing height at first to find the bed of the stream. At this point, ahead of you, you'll see Roca Cavallera **13**, an ancient place of worship. Cross the gully onto the right-hand side. Almost immediately you'll pass the Siula Valley stream, continuing on to the Can Xuxa housing development, with the 11th-century farmhouse that gives it its name at the bottom of the valley. From here on, the track (once again earthen) widens until it reaches the turning you took at the start to enter the Can Mates valley.



112
emergències

How to get there

By car

From the N-II road to Sant Pol de Mar, take the BV-5128 road to the edge of Sant Cebrià de Vallalta.

By bus

Barcelona Bus, SL
Tel. 972 350 487
and 902 130 014
www.barcelonabus.com
The Calella – Sant Pol de Mar – Sant Cebrià de Vallalta route

Nearest amenities and services

El Montnegre i el Corredor Park Office

Església, 13, 2n. 08471 Vallgorguina
Tel. 938 679 452. Fax 938 679 092
p.montnegre@diba.cat

Sant Cebrià de Vallalta Information Centre

Casal de Cultura i Joventut
Miquel Martí i Pol, 2
08396 Sant Cebrià de Vallalta. Tel. 937 630 822

Sant Iscle de Vallalta Information Point

Escoles, 2. 08359 Sant Iscle de Vallalta
Tel. 937 946 005

Hortsavinyà Information Centre

Veïnat d'Hortsavinyà. 08490 Tordera
Tel. 937 443 327
p.montnegre.hortsavi@diba.cat

Arenys de Munt Information Centre

Parc de Can Jalpí (La Central)
08358 Arenys de Munt. Tel. 931 160 030

El Montnegre i el Corredor Park

Documentation Centre. Mataró
Pascual Madoz, 28-30. 08302 Mataró
Tel. 937 410 484. Fax 937 582 402
p.montnegre.cdmataro@diba.cat

<http://parcs.diba.cat/web/Montnegre>



Diputació
Barcelona



Distance: 9.95 km



Time needed: 3 hours 10 minutes



A long route of intermediate difficulty with one very steep section. The route is waymarked as a local path (white on green, SL-C 102) on wooden posts.



A walking route suitable for all abilities. Wear proper footwear and take water. Please do not disturb the area's peace and quiet. Leave no litter and respect private property.