

The Monastery route

00,000 In front of the monastery of Sant Ramon, taking the path next to the school.
00,300 leaving the path or tarmacked street. After the phone antenna, turn left by an untarmacked path.
00,500 go past a picnic area, take the path on the right.
01,000 going straight on. Leaving the path on the right.
01,200 turn right to a gentle slope.
01,600 going on by the main track leaving a path up to the right.
02,600 going straight on to the village of Portell.leaving a path on the right.
03,100 Getting into the village of Portell. Cross the Sant Ramon-Torà road.
03,350 going up along the road. Turn right till you get to the church.
03,450 in the main square, opposite the church turn right. Going straight on along the main street.
04,200 junction. Taking the untarmacked path on the right. Going straight on.
04,800 junction. Turning left.
05,000 leaving the main track and taking the path on the right.
05,800 we find a main track and then turn right.
05,900 turning left. Steep slope.
06,400 going straight on . We can see the village of Ivorra at the bottom.
06,700 going straight on . Leaving a path on the right.
06,900 going straight on. Leaving a path on the left.
07,200 going straight on leaving a path on the right.
07,300 junction. Cross the Ivorra's stream. We find a spring on the right. Turn right to go up to the village.
07,450 taking the road that leads to the village.
07,900 going around the village by the right hand side. Leaving the tarmacked road. Taking the untarmacked track on the left.
08,150 turn left leaving a farm on the right. Going on along the track downwards.
08,650 going straight on crossing the small bridge over the stream.
09,000 crossroad. Crossing the San ramon-Torà road and going straight on.
09,150. junction. Turning right.
09,200 going straight on. Leaving a path on the right.
09,400 going straight on to Vichfred. Leaving a path on the right.
09,850 going straight on . leaving a path on the left.
11,000 leaving a path on the right. Going straight on to Vichfred.
11,400 going along the main track. Leaving a path on the left.
11,500 going along the main track to Vicfred. Leaving a path on the left.
11,900 junction. Going on up by the left until you get to the vicfred road.
12,250 going straight on down by an untarmacked path.
12,400 junction. Going along the path on the right.
13,800 crossroad. Going straight on to sant guim de la plana.
14,100 going straight on. Leaving a path on the right.
15,400 going through sant guim de la plana. Leaving the village by the path that leads to Llor.
15,750 going straight on along the road.
16,750 going along the same road.
16,900 going straight on to Llor. Leaving the road on the left.
17,450 going straight on to Llor. Leaving a track that leads to Els Plans farmhouse. Getting into the village of Llor and going around by the left hand side.

17,700 going around the village by the left hand side.
17,800 leaving from the village. Going along the road that leads to Tarroja.
18,600 getting to a crossroads. Turn left to Sant Ramon.
18,800 leaving the road and taking the path that leads to Castellmeià.
19,250 leaving from castellmeià to the plains.
19,450 taking the path up to the left.
20,300 leaving the path on the right and going straight on.
20,400 turning left and crossing the valley.
20,500 crossing the valley and going along a gentle slope.
20,600 going on along the slope.
20,900 going straight on, leaving two paths on the left.
21,300 Once on the Plains, after a steep slope turn right.
21,500 going straight on, leaving a path on the right.
22,200 going down. Next to the road sign there is a holm oak and the village of La Prenyanosa in front of us.
22,350 getting by the main path that leads to Tarroja to les OLuges, turning left.
22,550 going straight on by the main path. Leaving a path on the right that leads to la Prenyanosa.
22,600 going straight on by the main track.
23,250 leaving the main track, turn left to the village of Malgrat.
23,500 going around Malgrat on the left. There is a spring in the village.
23,675 turn right to get to Malgrat. We can see the castle on the right.
23,700 going up the slope. We can still see the castle on the right.
23,950 leaving the castle at the back.
24,100 going straight on. Leaving a path that goes down on the left.
24,850 going straight on. Leaving a path on the left.
25,000 junction. Turn left to the north. Taking the main track till Sant Ramon.
26,300 turning left along the main track.
27,450 there is a cottage and a tree next to the path on the left. Going straight on by the main track.
27,600 going straight on.
27,800 going straight on by the main track.
Leaving a path on the left.
28,050 going along the main track.
28,300 going along by the main track.
28,400 going along by the main track.
29,400 getting into la Manresana.
30,700 getting to the starting point.