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Discovering
Rural Europe

SUMMARY ROADBOOK

THE FIFTH LAKE

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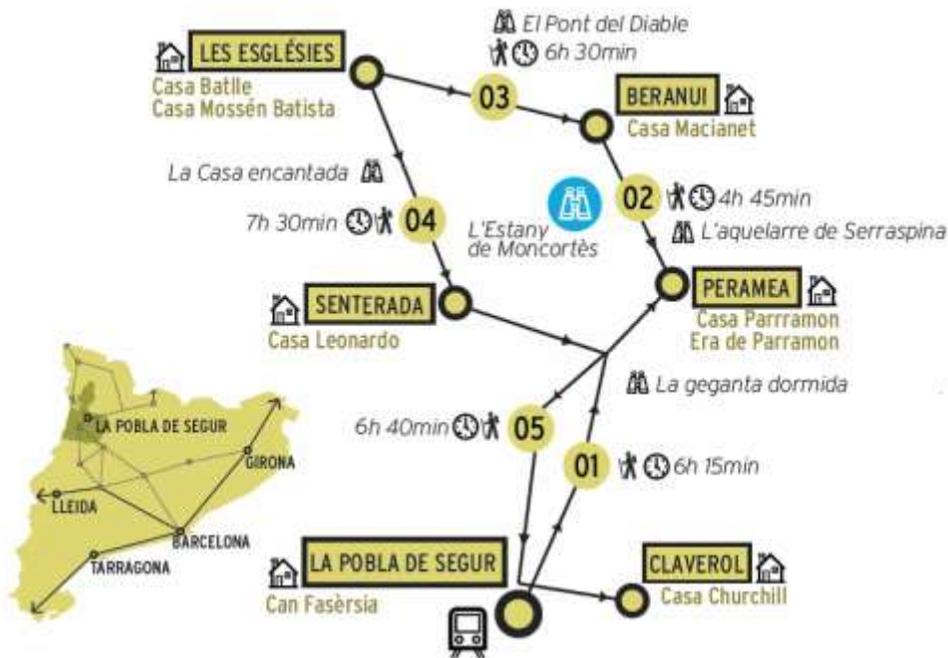
TOPIC OF THE ROUTE:

A five-day self-guided hike through a truly singular part of the Catalan Pyrenees. Responsible and sustainable tourism run by local people.

ONE HIGHLIGHT TITLE OF THE ROUTE:

A rather different souvenir: a shepherd's crook. You will be given a **hazel stick** that will be marked each day when you arrive at your destination with each individual house's **shepherd's mark**. If you obtain all five, you will be awarded the **shepherd's crook** as proof that you completed the circuit.

SCHEMATIC TRAIL MAP WITH NUMBER OF STAGES:



SMALL ARTICLE ABOUT THE HIGHLIGHTS:

The Pre-Pyrenees are a quite unknown region of Catalonia that is ideal to enjoy walking through nature, peace and nostalgia.

Get on the panoramic Train of the lakes and enjoy the wonderful journey that will take you from Lleida's flatlands to the foot of the Pyrenees. You will find four lakes on the way.

The Fifth Lake, the name of the route, is the one you will find while trekking through this circular half-mountain itinerary, accessible to all levels. The route is clearly marked and divided into five 4 to 6-hour long stages with low technical level. Along the 105 km distance, you will walk through changing natural zones and enjoy one of the most amazing areas in the Pyrenees, ending up discovering Montcortès lake; a mysterious, poetic and enchanted lake which is the scene of wonderful legends.

Resting in our rural accommodation will also be a unique experience: your hosts will provide you high quality gastronomy based on delicious local products, lighten your route transferring your luggage door to door, and prepare you a lunch box that is just like the ones shepherds used when walking over those paths.

Come and live a great experience of responsible and sustainable tourism!

NAME OF THE ROUTE: THE FIFTH LAKE

INTRODUCTORY TEXT: The Fifth Lake is a circular hiking trail in the Pyrenees, just 200 km from Barcelona, which begins and ends in La Pobla de Segur.

It is a mid-mountain route, accessible to all kinds of hiking enthusiasts, which takes in the counties of Pallars and L'Alta Ribagorça, by way of an itinerary divided into five stages. For over 100 kilometers, hikers will conquer the changing terrain nature offers us, while enjoying one of the most unknown and most astounding areas of the Pyrenees: the Pla de Corts plain, the valleys of Vall Fosca and Vall de Manyanet, and discovering Montcortès lake, the Fifth Lake.

Glimpses of the Fifth Lake are caught from various peaks on the trail, as if it were a drop of water, until the final stage when hikers see it in its full glory. One of the trail's key values is that most of the itinerary follows bridle paths and mountain trails (62%).

DESCRIPTION OF EACH STAGE / DAY

(Road Description):

Legends shall accompany us and shall lend a name to every day, legends that imbue our journey through the mountains with magic on the quest to discover the Fifth Lake.

Stage 1: The Sleeping Giant

Stage 2: The Witches' Sabbath of Serraspina

Stage 3: The Devil's Bridge

Stage 4: The Haunted House

Stage 5: Montcortès Lake

DAY 1: The Sleeping Giant: We set out from La Pobla de Segur, taking the N-260 road in the direction of Sort, until we get to the rest area of the Vallcarca stream (at 1 km). Here, the old Montsor path begins, which we will make a meandering ascent over old paved paths and stretches carved into the rock.

The views are breathtaking: to the north, we can see Montsor and its crags with birds of prey flying overhead; to the south, Sant Antoni reservoir and the elongated mountain range of El Montsec, divided by two points that mark the two gateways to the Pallars region, the Terradets and Mont-rebei gorges.

On arrival at Montsor hill, we have two options:

To follow the track until we come to a point beneath the village of Montsor, from which a track emerges in the direction of the Peracalç farmhouse.

To take a small path that also leads to the farmhouse.

We pass over Peracalç farmhouse, crossing the village of Peracalç, to get to its mountain range, which boasts spectacular views.

More intrepid hikers can venture as far as the peak known as L'Àliga (The Eagle), where they can see for their own eyes how it got its name.

We begin the descent towards the Pla de Corts plain, passing through Cortscastell, near Pujol and the stone cross, with the Sleeping Giant in the background keeping an eye on us at all times, to complete the stage on our arrival in Peramea, an important medieval walled village.

DAY 2: The Witches' Sabbath of Serraspina: From the monumental elm tree in Peramea, we will take the path for Balestui but, beneath the village of Balestui, we turn off

towards Sellui. Then we will go in search of the highest house in Sellui.

Having arrived at La Serreta hill, we will seek out the Sellui barns and follow the track until we come to Els Planells, where we will climb upward to the crest of Serraspina, an iconic spot for witchcraft in the Pallars region.

Once past the fence separating the two grazing areas, those of the Flamisell and Ancs valleys respectively, we will enter La Vall Fosca valley descending towards Gramenet and from there to Beranui.

DAY 3: The Devil's Bridge: We will start the day taking the old path that ran from Beranui to La Plana de Mont-ros, we will pass through La Plana de Mont-ros and begin an ascent to reach Castell-estaó. Here there is a viewing point overlooking La Vall Fosca. We will continue the journey over old paths towards Antist and later towards Estavill, from where we will descend towards the Torres monastery and the Devil's Bridge. The Devil's Bridge is an impressive feat of engineering, particularly on account of the dizzying height on which it is found. Legend has it that it is a diabolical work, executed in just one night.

We will carry on towards La Bastida, a totally deserted village, to head for Erdo and Vilella. From Vilella we will set out for Xerallo, the cement ghost of the Pyrenees, but first we will drop by the Chapel of L'Ascensió. Here we will be able to contemplate the length and breadth of the Manyanet valley and we will cross Xerallo to make our way towards Mare de Déu de Castellgermà until we reach Les Esglésies.

DAY 4: The Haunted House: We will wind our way through the houses in Les Esglésies to take the old path towards the outskirts of Sentís and the village itself. From here we will ascend towards Prat d'Hort, going around its hill and beginning the descent on the track until we come to the N-260. We will pass Perves hill and follow stretches of the old path towards Corroncui. Before getting to the village, we will take the track that leads to El Pla d'Amunt and the Comillini mountain range. A considerable climb that will be worthwhile when, past a small wood, we will discover the Haunted House and its magnificent views. We will make a steep descent to the village of Cadolla from where we will continue on the old path towards Naens to get to Senterada.

DAY 5: Montcortès Lake: In the final stage, we will exit Senterada in the direction of the campsite and then head towards Puigcerver; however, after a few metres, we will take the old Montcortès path, which passes alongside the Comadars ravine until Mentui. From here, we will continue towards Mentui hill to finally come to the Fifth Lake, Montcortès lake.

We will carry on in the direction of Canals, taking the steps known as Les Escales de Peracalç again, which we will have already taken on the first leg of the hike, and continue along the old Peracalç path to Montsor, which runs much higher above the Peracalç farmhouse.

From Montsor, we have two options to return to La Pobla de Segur:

Over the Gelat crest, which is only suitable for expert hikers that do not suffer from vertigo.

Over the old Montsor path to La Pobla de Segur, which descends the section that was ascended on the first leg.

PACKAGES RELATED TO THE ROUTE: There are 4 different packages for the same route:

THE FIFTH LAKE - El Cinquè llac. 105 km. Return train ticket on the Train of the Lakes + **6 nights** in en-suite rooms in charming rural accommodation + Half-board + 6 lunch boxes + Door-to-door luggage transfer + Insurance + map and trail road-book + Contact phone number for emergency + Final gift

SLOW FIFTH LAKE – 62 km. Return train ticket on the Train of the Lakes + **6 nights** in en-suite rooms in charming rural accommodation + Half-board + 6 lunch boxes + Door-to-door luggage transfer + **4 Transfers** + Insurance + map and trail road-book + Contact phone number for emergency + Final gift

THE DEVIL'S BRIDGE and the fifth lake. 71 km. Return train ticket on the Train of the Lakes + **4 nights** in en-suite rooms in charming rural accommodation + Half-board + 4 lunch + Door-to-door luggage transfer + **1 Transfer** + Insurance + map and trail road-book + Contact phone number for emergency + Final gift

LEGENDS OF THE MOUNTAINS. 75 km. - Return train ticket on the Train of the Lakes + **5 nights** in en-suite rooms in charming rural accommodation + Half-board + 5 lunch boxes + Door-to-door luggage transfer + Insurance + map and trail road-book + Contact phone number for emergency + Final gift



GENERAL PRACTICAL INFORMATION:

Difficulty Level: Moderate

Situation: The route starts and ends in La Pobla de Segur with transport from Lleida with the Train of the Lakes

Number of stages / days: 5 stages

Total Distance: 105 km

Total estimated time: 31 hours 40 minutes

Cumulative elevation gain: 6.084 m

Cumulative elevation loss: -6.010 m

Maximum altitude (m): 1.557 m

Minimum altitude (m): 529 m

Signposting: The route is marked throughout the 105-kilometre stretch with official Catalan Tourist Board signage, which includes a **sticker for The Fifth Lake and the continuous yellow line.**

Additional information or advice: Respect the environment, remember we are in a place of great natural value: respect the flora and fauna, the crops and private property.
Our enjoyment of this landscape in the future depends on our sense of responsibility.

General Topographic Profile:



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