

ITINERÀNNIA, NETWORK OF TRAILS

"Itinerànnia" is a network of trails, with over 2500 kilometres between the neighbouring regions of "Ripollès", "Garrotxa" and "Alt Empordà".

A network of hiking trails is like a road map, but with footpaths, allowing the hiker to get from any one point to another.

It retrieves the old historic roads between the villages to reach many small places.

The network offers many different hikes depending on the time or difficulty and you interest over nature, architecture or culture.

Each route that we propose is just a little taste of an extensive network of trails that you can walk to discover the Ripollès, Garrotxa and Alt Empordà counties.

THE SIGNS

all the trails of the network are marked regularly over the paths with horizontal painted yellow signs.



The marks are placed approximately every 300 metres painted on tree trunks, stones or using and other mediums already deployed in the area.

The vertical signs is located at crossroads. The basic network signalling (banners with red tip) indicate the 4 nearest population in each direction and time needed. The banners of the itineraries of the municipalities, as the one you have in your hands, have a green tip shows the name and direction of the route.

Each signpost has a small plaque hat shows the name of the place where it is located, the altitude, the UTM.

You will find information boards with a map of the county's trails in every village or city integrating the network.



+INFO:

www.itinerannia.net
www.turismegarrotxa.com

EN

01

SANT JOAN
LES FONTS

THE SPRINGS AND 'ELS VERLETS'



Easy



1h. 15min.



Reduced mobility
(with help)

ITINERÀNNIA
XARXA DE SENDERS
Ripollès - Garrotxa - Alt Empordà



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-  ITINERÀNNIA NETWORK
-  ROUTE
-  ROAD-TRAIL
-  RIVER
-  TOURIST SERVICES
(See website)
-  VERTICAL SIGNPOSTS
OF THE NETWORK

ROUTE SPECIFIC INFORMATION

Time: 1h 15 min

Distance: 3,81 kms

Max. height: 364 m

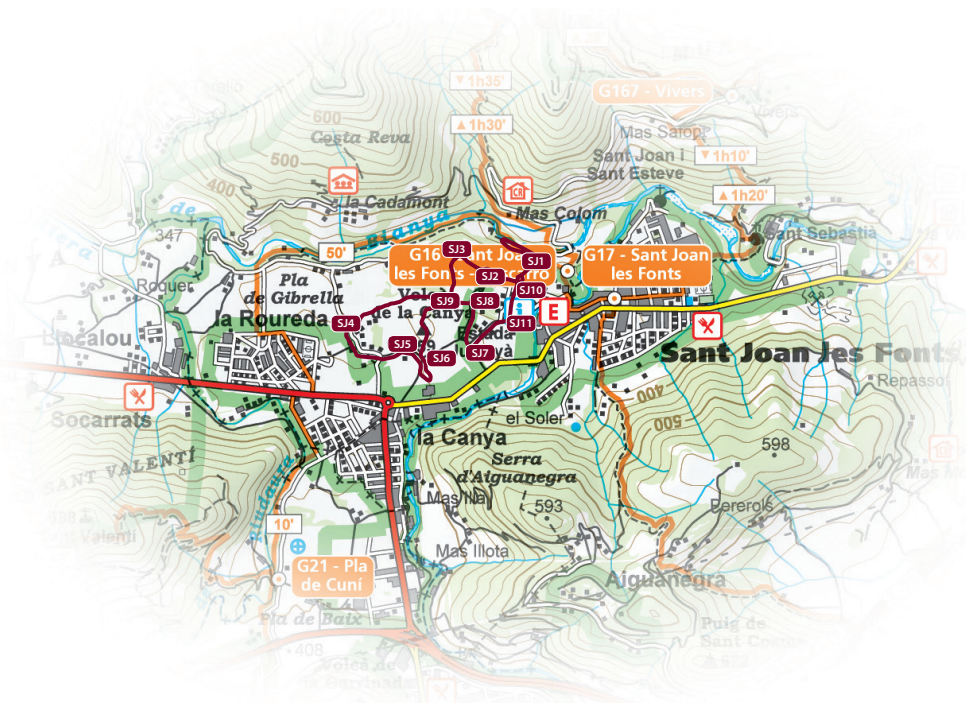
Min. height: 338 m

Difficulty: Easy

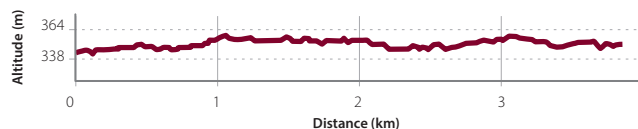
ACCUMULATIVE SLOPE

Total climb: 51m

Total descent: 51 m



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This walk takes you through an area full of natural springs where local people once went to relax, above all in summer.

This circular walk can be started from many different places and you will find in this leaflet two different proposals. One possible starting point is the spring Font de la Rompuda, where there is a car park and information board that describes the route of this first walk.

Route apt for people of reduced mobility (with help)

Begin at the crossroads between Carrer de la Rompuda and Carrer Sant Pere where you will find the signpost **SJ11**; head towards 'Font de Can Xervanda' and after a just few metres you'll come to signpost **SJ10**, where you should turn left along Carrer Marc Maruny towards 'Font de les Mulleres'. You quickly come to signpost **SJ2**, where you should turn right. From here, the route runs along a very quiet minor road between old houses and fields, passing by two other signposts, **SJ3** and **SJ4**, where you always should continue straight on towards 'Font de les Mulleres'. Just after passing signpost **SJ4**, you come finally to La Font de les Mulleres and then a few metres further on to an information board that heralds the route of the Les Fonts i Els Verlets. Here you leave the tarmac and you start the part of the walk that will be most difficult for people of reduced mobility. Reach the next junction, signpost **SJ5**, and then almost immediately signpost **SJ6**, where you rejoin the road, now heading for 'La Font de la Rompuda'.

Walk to the volcano of La Canya

At the junction of Carrer de la Rompuda and Carrer Sant Pere you will find signpost **SJ11**, where you should head towards 'Font Bona'. Once at signpost **SJ7**, head right towards 'Font Freda (per Verlets)' along the minor road as far as signpost **SJ8**. Turn left here on a path that follows the restored canals and channels, passing through a number of cattle gates in the fences. Continue towards La Font de Fontfreda, passing signpost **SJ9** before reaching the stepping-stones that take you over the stream to the spring. From the spring onwards, keep on along the path that will take you up to a minor road at signpost **SJ4** and then in a few metres you will come to another spring, Font de les Mulleres. Just a few metres further on you reach an information board indicating the route of the Les Fonts i Els Verlets. Here you leave the road and pick up a broad track that will take you to signposts **SJ5** and **SJ6**; at the latter signpost a short 5-min detour will take you 'La Font Bona' and back. Retrace your steps to signpost **SJ5** and head over the volcano of La Canya following the signs towards 'Font Freda' and 'Font de Can Xervanda'. This is the part of the walk with the best views of the town of St Joan. You reach signpost **SJ9**, where you should continue towards 'La Font de Can Xervanda' and on to signpost **SJ3**. Here, turn right towards 'La Font de Can Xervanda' along the minor road. At signpost **SJ2**, continue straight on along Carrer Marc Maruny to signpost **SJ10**, and then left down towards 'La Font de Can Xervanda'. After a few metres ahead in the mid-distance you will see the basaltic lava flow and on the left a sign for the Natural Park itinerary that heads down to La Font de Can Xervanda. Here, you leave the yellow paint marks. Once you have visited this spring, retrace your steps back to **SJ10**, where you can carry straight back on towards 'La Font de la Rompuda' along Carrer Rompuda and the starting point of this walk.