



# MTB • E-BIKE • CYCLING TOURISM

## OUTDOOR PARK

- VALL DE BOI -



### MTB AND E-BIKE IN VALL DE BOI

#### Biking for Everyone

The Vall de Boi boasts over 60 km of mountain biking trails, featuring five marked routes. Cyclists of all levels can explore a wide range of terrains, from gentle valley-side paths and forest tracks to more demanding trails winding through alpine meadows and black pine forests. For an added adventure, guided e-bike tours are available, along with a pump track for extra thrills. Bike rentals are also on hand, making it easy to dive into the fun.

- 1 Los Planos
- 2 La Culla
- 3 Wildlife tours
- 4 The Aubaga and Sabana de Durro
- 5 Boi - Taüll
- 6 Joc de la pilota

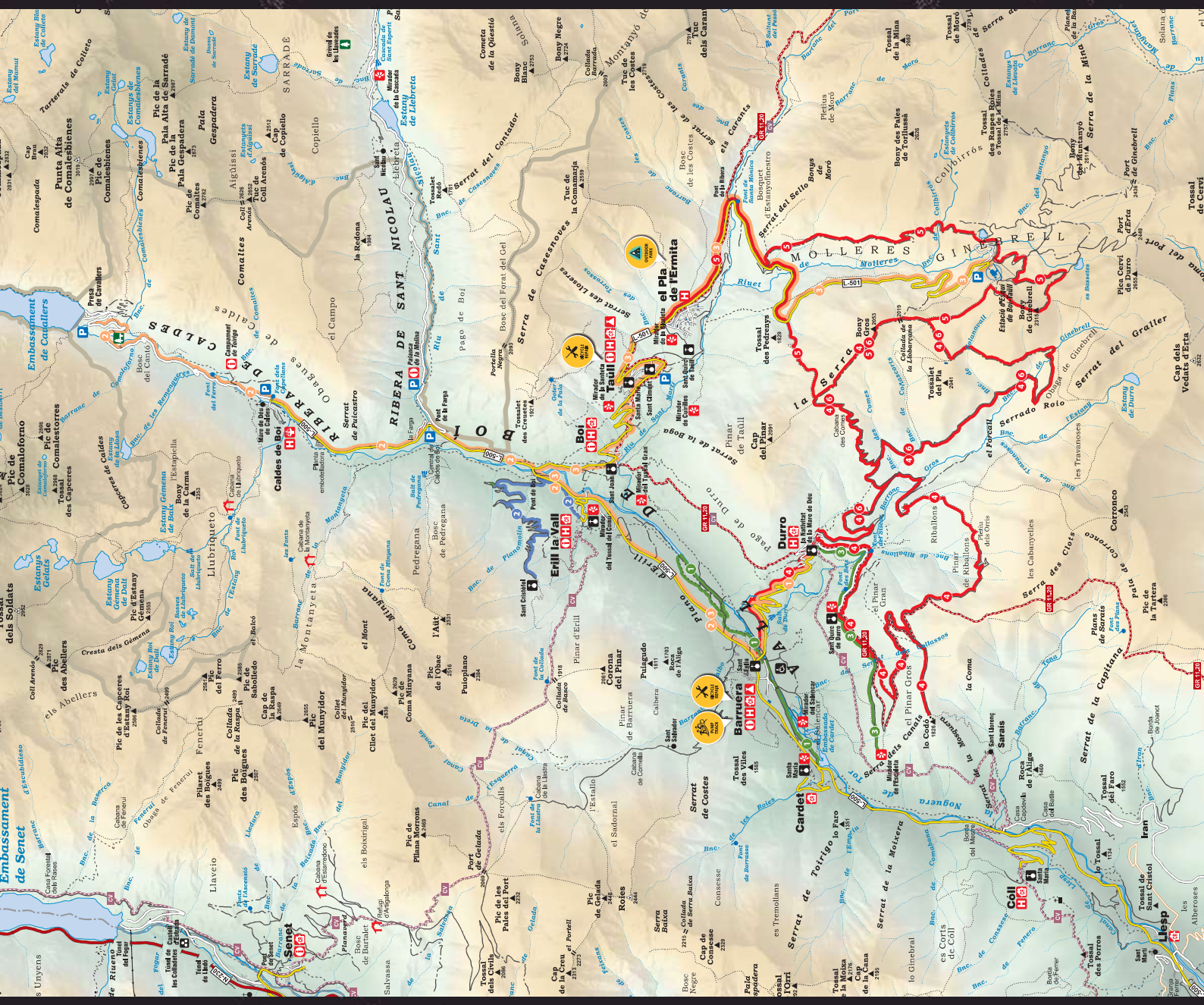
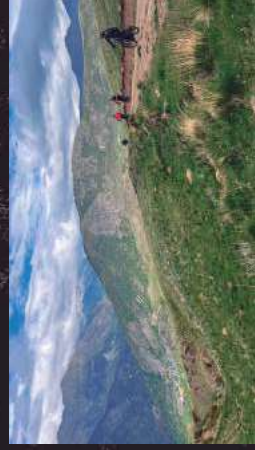


### CYCLING IN VALL DE BOI

#### Three Epic Mountain Climbs

The Vall de Boi is a shaman destination for road cycling enthusiasts, offering a wide range of routes to suit all abilities. One of the most challenging climbs is the Boi - Taüll Mountain Road, with an impressive elevation gain of nearly 1,000 meters over 18 kilometers. Other musty routes include the climb to the Cavallers Dam, featuring a challenging 600-meter elevation gain spread over 11.5 kilometers, and the shorter yet steeper ascent to Durro, which packs a 300-meter climb into just 3 kilometers.

- 1 Cavallers Climb
- 2 Durro Climb
- 3 Boi - Taüll Road Climb



### FUN AND ADVENTURE IN THE VALL DE BOI

#### The Pump Track

Excitement and activity await around every corner of the Vall de Boi, and the Pump Track in Barrera is no exception. Part of the Outdoor Park of Vall de Boi, this circuit promises thrills and challenges for both sports enthusiasts and those looking for fun.

The Pump Track is a closed-loop course featuring curves, jumps and descents, designed for riders to keep moving using only body movements. It's the ultimate test of balance and skill as you navigate turns and pick up speed.

Conveniently located in Barrera, near the river and the children's Playground, it's the perfect spot for a day of adventure.





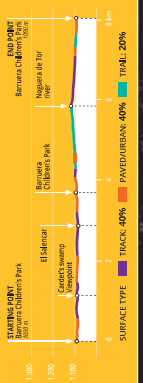
## MTB/E-BIKE TRAILS

La Vall de Boí features marked trails for both MTB and E-Bikes, catering to all skill levels. Choose from easy, family-friendly routes along flat valley paths or tackle more challenging trails that wind through high mountain alpine meadows.

### 1 LOS PLANOS

This easy, flat route is perfect for all ages and passes through the picturesque landscape of the Vall de Boí. The route starts at the Carner Dam, where the first section forming a circular loop along the river's right bank through the plains. The second section extends nearby along the same bank to the Carner Dam, with the final section leading back to the starting point. The route is suitable for all ages and is a great starting point for children's adventures in Barriureta and follows the path toward Erill la Vall.

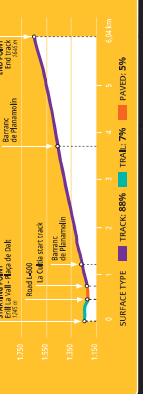
- NOTES**
- Exercise caution when crossing the footbridge over the river.



### 2 THE CULTIA

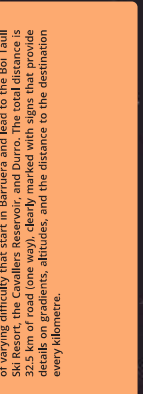
The route starts in Coll Square in Erill la Vall, following a traditional footpath that ascends to the top of the mountain. The route is suitable for all ages and is a great starting point for children's adventures in Barriureta and follows the path toward Erill la Vall. The route is suitable for all ages and is a great starting point for children's adventures in Barriureta and follows the path toward Erill la Vall.

- NOTES**
- Exercise caution during the descent and while navigating the road section of the route.
  - Upper part of the route is not paved, the peripheral protection zone of the Algestorres and Estany de Sant Maurici National Park.



### 3 FAUNA TRAIL

We leave from Durro Car park and continue to Sant Quiric hermitage along the paved track. From there we will continue along the dirt track towards the forest, where we will take to the left until the bridge parking, where we will leave the bike and we will walk a few meters until we reach the Escalera viewpoint where we will see a few meadow cattle to identify the mountains we will see. We will return the same way.



### MTB/E-BIKE ROUTE RECOMMENDATIONS

- Plan your route in advance, considering technical details and weather conditions.
- Always wear a helmet while riding and ensure your bike is in good condition. Carry water, warm clothing, a repair kit, and a fully charged mobile phone.
- Follow the marked trails and respect private property and the environment.
- Be mindful that many routes pass through grazing areas. Close any livestock gates you encounter and treat these areas with care.
- Ride responsibly, giving priority to pedestrians and livestock, and always adhere to traffic regulations.
- Avoid littering and keep noise levels low to minimize disturbance to wildlife.

### TRAIL MARKINGS FOR MTB/E-BIKE ROUTES

Routes are marked with a yellow triangle and a number, except for short out-and-back sections.



### BIKE RENTAL GUIDED TOURS

If you're interested in exploring the routes with a guide, we offer guided tours for MTB and E-Bike. The tours are available at the tourist office and/or at the rental office at [www.valldeboi.cat](http://www.valldeboi.cat).

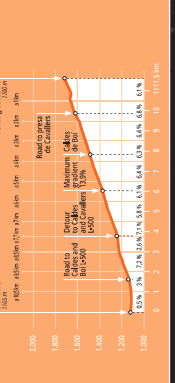
The Vall de Boí Town Hall is not responsible for any damages or injuries incurred while using these routes.



### 1 ASCENT TO CAVALLERS

This cycling route begins in Barriureta and follows the Noguers de Tor River, featuring a steady climb with over 600 meters of elevation gain and a consistent gradient throughout most of the ascent. The initial section, up to Coll de Boí, is a narrow, winding road with a maximum gradient of 13.50%. From Coll de Boí, the surface quality declines, requiring extra caution. From this point onward, the route follows a more gradual descent through the forested area of the Sant Maurici National Park, offering spectacular views of the high mountain scenery. The section leading up to the Boí junction coincides with the climb to the Boí Taüll Ski Resort.

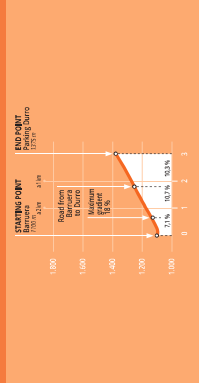
- NOTES**
- During winter, the road from Coll de Boí to the Cavallers Dam is usually closed due to snow.



### 2 ASCENT TO DURRO

This short but challenging climb begins in Barriureta and ascends to Durro. The route follows a narrow, winding road that gains nearly 300 meters of elevation over a distance of 3.00 km, with an average gradient of nearly 10%, offering an opportunity for rest.

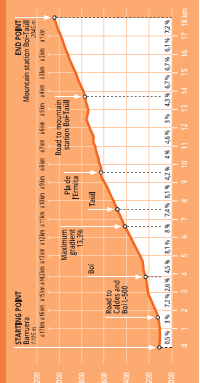
- NOTES**
- From Durro, you can extend the route by continuing to the Romanesque Hermitage of Sant Quiric. This adds 2 kilometers of gently sloping, paved road to your journey.



### 3 ASCENT TO BOÍ TAÜLL SKI RESORT

This long and rewarding ascent starts in Barriureta and climbs to the Boí Taüll Ski Resort. Covering 18 kilometers of paved road, the route gains nearly 1,000 meters of elevation over a distance of 18.00 km, with an average gradient of 5.40%. The route passes through villages such as Boí, Taüll, and Pla de Fermià, home to Romanesque churches designated as UNESCO World Heritage Sites. The route is well-maintained but can be busy, so extra caution is advised.

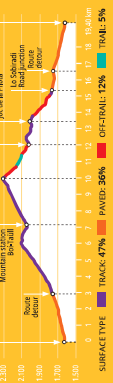
- NOTES**
- In the section of the route, up to the Coll de Boí junction, overlaps with the ascent to Cavallers.



### 5 BOÍ - TAÜLL

Starting from Pla de Fermià, the route first follows the road towards the Boí Taüll Ski Resort. After 3 kilometers, it veers onto an old trail leading to the resort's entrance. From there, the trail ascends along a path through the forest, climbing through the meadows before starting a steep and technical descent. The route is mostly off-trail, though open meadows. At Collada de l'Albacara, the route turns right and descends through the forest. At the end of this section, another steep, technical off-trail descent leads through meadows to the ski resort road, which you follow back to Pla de Fermià.

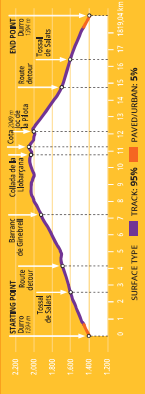
- NOTES**
- This is a physically and technically demanding route with sections that lack defined tracks. Suitable only for experienced bikers accustomed to off-trail riding on the routes with less traffic.
  - Part of the old resort trail passes through the peripheral protection zone of the Algestorres and Estany de Sant Maurici National Park.



### 6 JOC DE LA PILOTA

The route starts at the entrance to Durro, gradually climbing until it reaches a junction 4.3 km from the beginning. At this point, leave the trail and take the road for the descent and continue ascending through the scenic, grazing valley. The route is suitable for all ages and is a great starting point for children's adventures in Barriureta and follows the path toward Erill la Vall. The route is suitable for all ages and is a great starting point for children's adventures in Barriureta and follows the path toward Erill la Vall.

- NOTES**
- Stor may remain on the route until late spring.
  - Exercise caution on the descent due to the steep slopes.
  - From Joc de la Pilota, the route can be combined with route No. 5, Boí-Taüll.



## CYCLING TOURISM

Cycling tourism is also available in Vall de Boí. We offer three routes of varying difficulty that start in Barriureta and lead to the Boí Taüll Ski Resort, the Cavallers Reservoir, and Durro. The total distance is 32.5 km of road (one way), clearly marked with signs that provide details on gradients, altitudes, and the distance to the destination every Kilometer.

### CYCLING TOURISM ROUTE RECOMMENDATIONS

- Select your cycling route based on your technical skills and physical fitness, always adhering to traffic regulations.
- The roads used by these routes experience high motor vehicle traffic particularly during the summer months. For safety, it's recommended to ride early in the morning and remain vigilant to traffic conditions at all times.
- Extra caution is necessary during descents, as high speeds can be reached.

### TRAIL MARKINGS FOR CYCLING TOURISM ROUTES

Route Name and the altitude of the destination

Remaining distance to the destination  
Average gradient of the remaining distance  
Altitude markers for each kilometre  
Total elevation gain from the starting point



[www.valldeboi.cat](http://www.valldeboi.cat)  
[www.valldeboi.cat/en/mtb-and-e-bike](http://www.valldeboi.cat/en/mtb-and-e-bike)

