

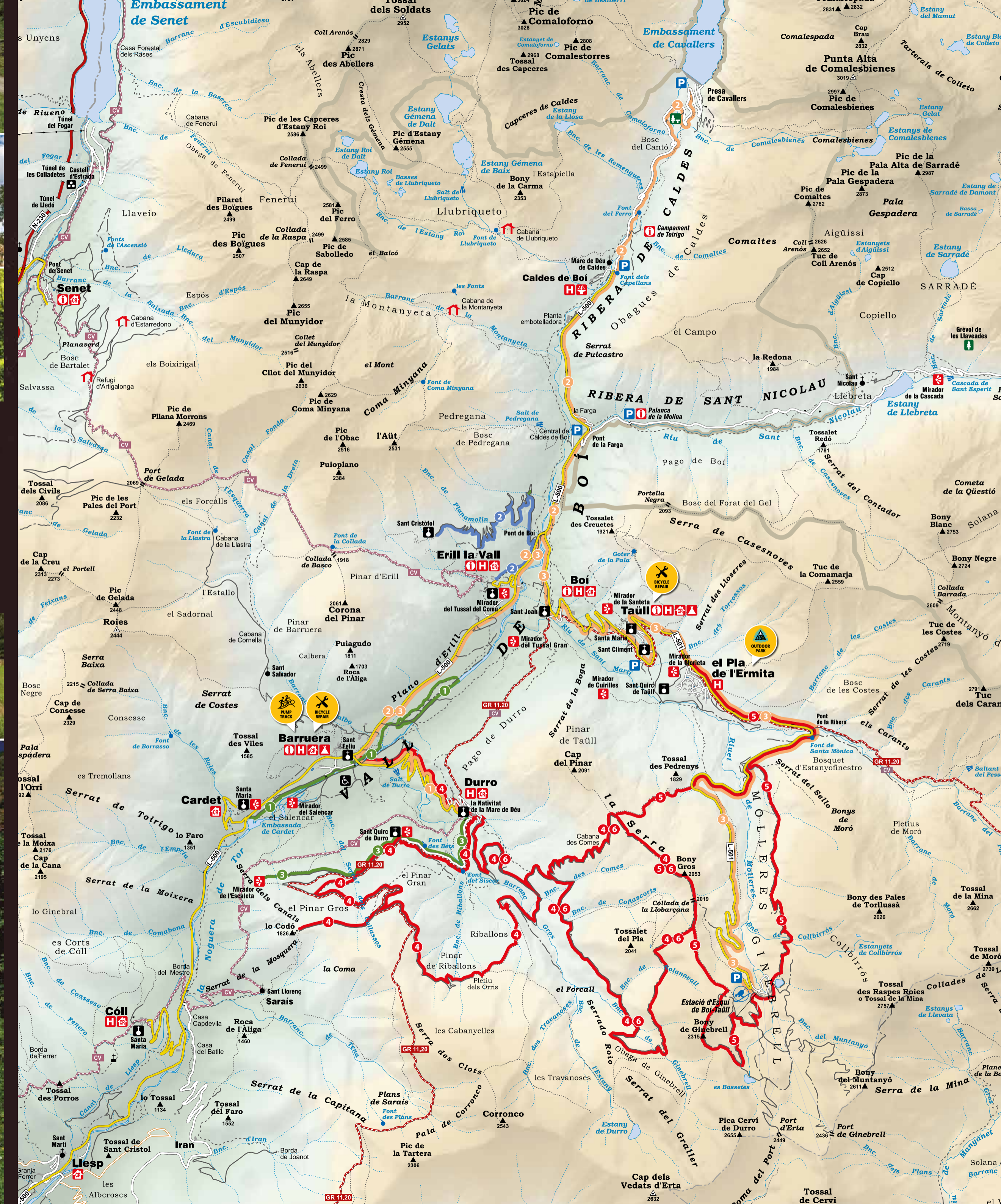
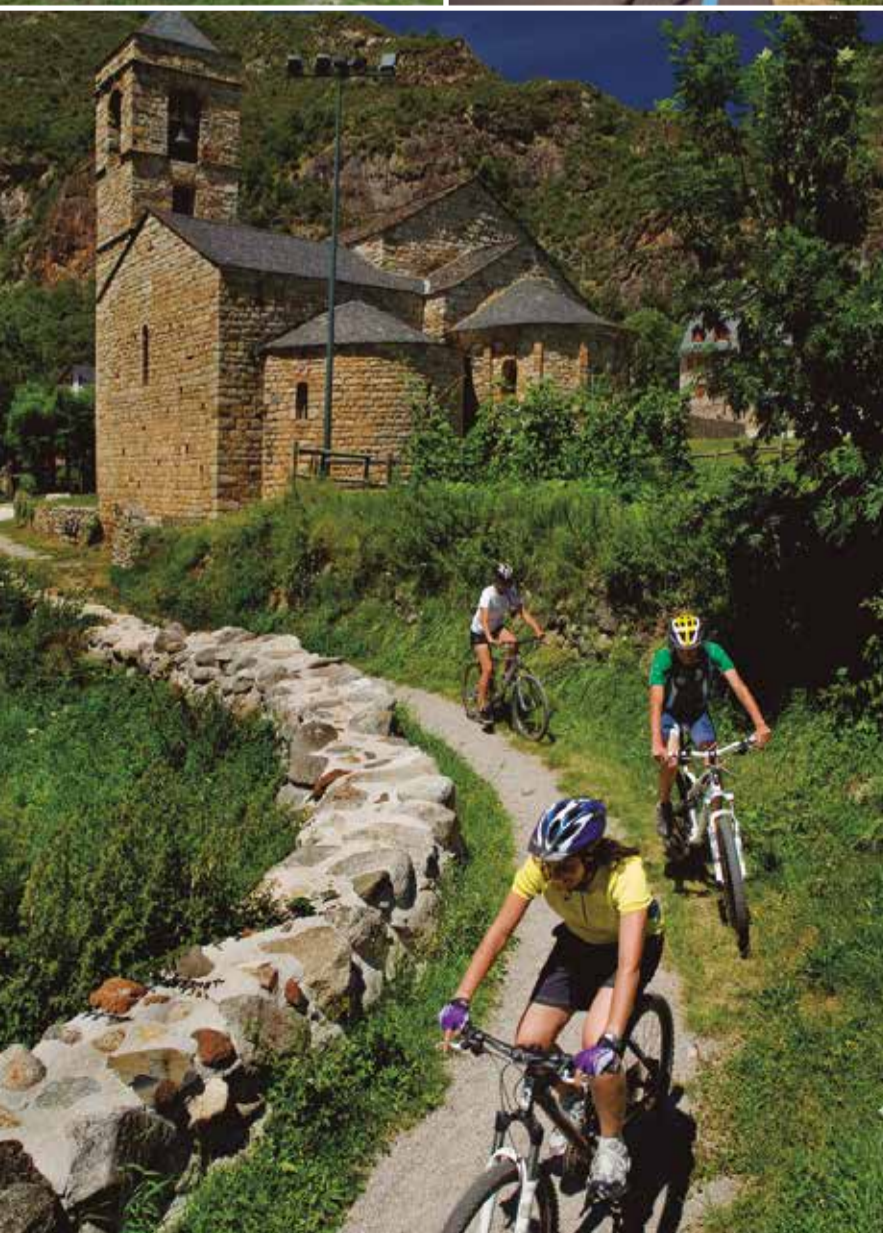


FUN AND ADVENTURE IN THE VALL DE BOÍ The Pump Track

Excitement and activity await around every corner of the Vall de Boí, and the Pump Track in Barruera is no exception. Part of the Outdoor Park of Vall de Boí, 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 Barruera, near the river and the children's playground, it's the perfect spot for a day of adventure.



MTB AND E-BIKE IN VALL DE BOÍ Biking for Everyone

La Vall de Boí 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 CULTIA
- 3 WILDLIFE ROUTE
- 4 THE AUBAGA AND SOLANA OF DURRO
- 5 BOÍ - TAÜLL
- 6 JOC DE LA PILOTA



CYCLING IN VALL DE BOÍ Three Epic Mountain Climbs

La Vall de Boí is a dream destination for road cycling enthusiasts, offering three remarkable mountain ascents.

One standout challenge is the climb to the Boí Taüll Mountain Resort, with an impressive elevation gain of nearly 1,000 meters over 18 kilometers.

Other must-try 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 BOÍ TAÜLL RESORT CLIMB





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.

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 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 minimise disturbance to wildlife.

TRAIL MARKINGS FOR MTB/E-BIKE ROUTES

Routes are marked in a single direction, except for short out-and-back sections.

Route Direction

DIFFICULTY LEVEL

- Easy
- Medium
- Difficult

Route Number

Color Difficulty

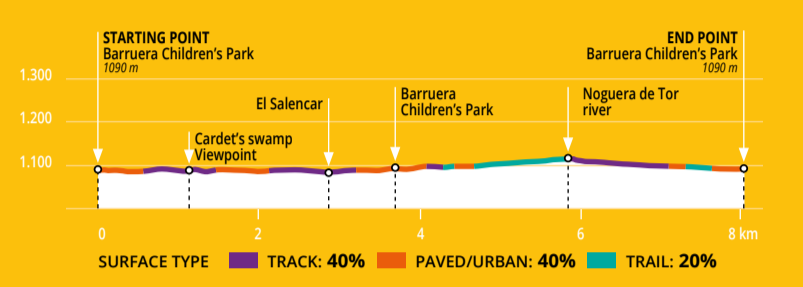
1 LOS PLANOS

This easy, flat route is perfect for all ages and passes through the picturesque plains of Barruera and Salenar. The trail follows the Noguera de Tor River, with the first section forming a circular loop along the river's right bank through the plains. The second section extends linearly along the same bank to the Carlet Dam, with the option to continue to the Salenar pond on the opposite side of the river. The route starts at the children's playground in Barruera and follows the path toward Erill la Vall.

NOTES

- Exercise caution when crossing the footbridge over the river.

DIFFICULTY	DISTANCE	DURATION
○○○○	○-○ 8.05 km	🕒 0.35 h
ELEVATION	ASCENT	DESCENT
▲ 20 m	▲ 20 m	▼ -20 m



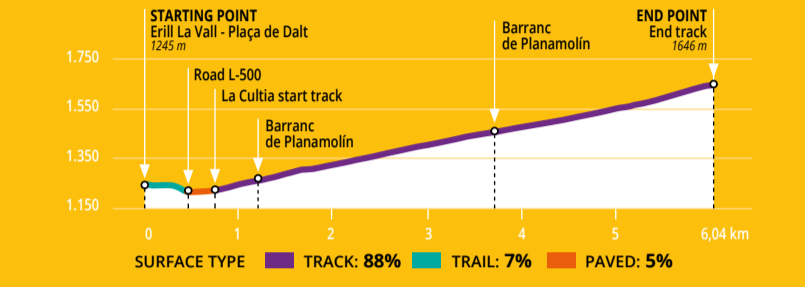
2 THE CULTIA

The route starts in Dalt Square in Erill la Vall, following a traditional footpath that descends to the road leading to Boí. Take extra care as you pedal along the road for about 300 meters until you reach the beginning of the Cultia trail. From here, the trail ascends steadily, with a consistent and manageable gradient. After crossing the Planamolín Ravine, the trail winds through a series of short, continuous switchbacks within the peripheral protection zone of the Aigüestortes and Estany de Sant Maurici National Park. It continues past the head of the Ribampiedro Ravine, ending in the meadows near the Erill or Basco Huts. The descent follows the same route.

NOTES

- Exercise caution during the descent and while navigating the road section of the route.
- The upper part of the route enters the peripheral protection zone of the Aigüestortes and Estany de Sant Maurici National Park.

DIFFICULTY	DISTANCE	DURATION
●●○○	○-○ 6.04 km	🕒 1.30 h
ELEVATION	ASCENT	DESCENT
▲ 401 m	▲ 432 m	▼ -31 m



CYCLING TOURISM

Cycling tourism is also available in Vall de Boí. We offer three routes of varying difficulty that start in Barruera 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 kilometre.

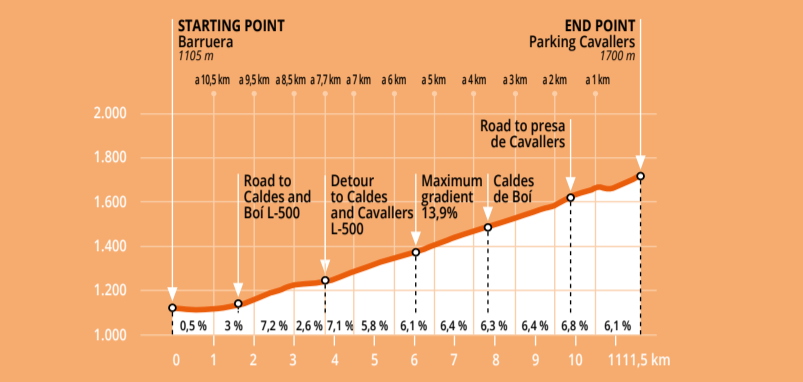
1 ASCENT TO CAVALLERS

This cycling route begins in Barruera and follows the Noguera de Tor River, culminating at the Cavallers Dam. The route spans 11.5 kilometers of paved road, 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 Caldes de Boí, is on a well-maintained road. Beyond Caldes de Boí, the road becomes narrower, and the surface quality declines, requiring extra caution. From this point onward, the route enters the peripheral protection zone of the Aigüestortes i Estany de 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 Caldes de Boí to the Cavallers Dam is usually closed due to snow.

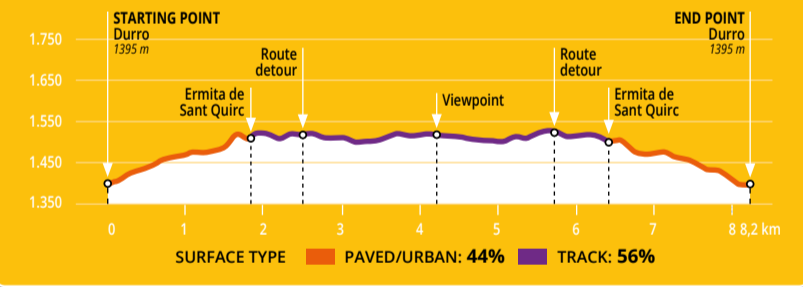
DISTANCE	ELEVATION	ASCENT	DESCENT
○-○ 11.50 km	▲ 617 m	▲ 617 m	▼ 22 m
AVERAGE GRADIENT	MAXIMUM GRADIENT	STARTING ALTITUDE	ENDING ALTITUDE
▲ 5.30 %	▲ 13.90 %	↕ 1105 m	↕ 1700 m



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, at the first crossing we will continue to the right and continue until the next crossing where we will take to the left until the bicycle parking, where we will leave the bike and we will walk a few meters until we reach the Escaleta viewpoint where we will find a panoramic table to identify the mountains we will see. We will return the same way.

DIFFICULTY	DISTANCE	DURATION
○○○○	○-○ 8.40 km	🕒 1.45 h
ELEVATION	ASCENT	DESCENT
▲ 199 m	▲ 199 m	▼ -199m

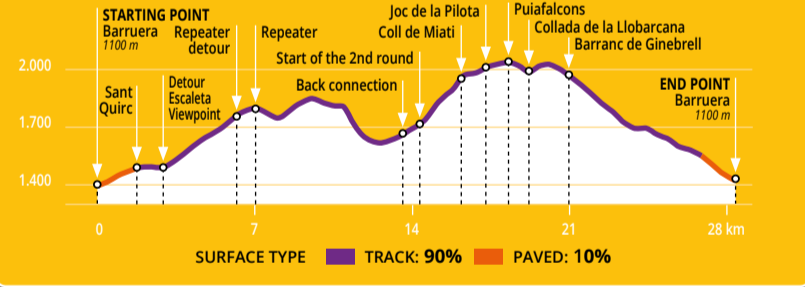


4 LA AUBAGA AND LA SOLANA DE DURRO

This route begins in Barruera and climbs towards Durro via the main road. In Durro, it transitions to a trail leading to the Sant Quiric Hermitage and continues towards Plana del Rei (telecommunications towers). The route then follows a new trail that connects to Joc de la Pilota, Route No. 6, the highest point of the journey. From there, it descends through Ginebrell, returning to Durro.



DIFFICULTY	DISTANCE	DURATION
●●●○	○-○ 28.75 km	🕒 3.25 h
ELEVATION	ASCENT	DESCENT
▲ 910 m	▲ 910 m	▼ -910 m



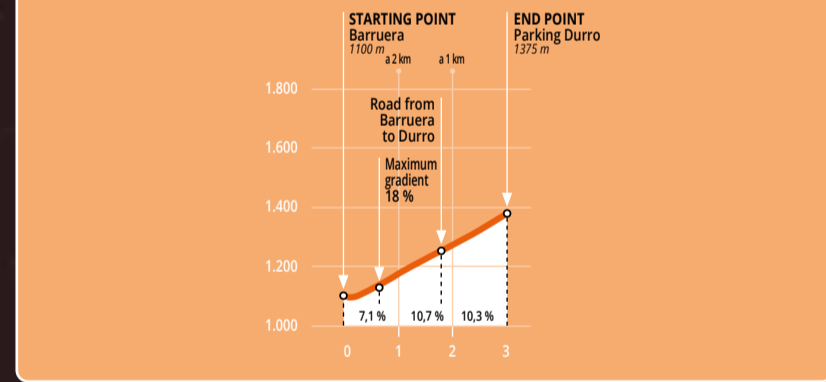
2 ASCENT TO DURRO

This short but challenging climb begins in Barruera and ascends to Durro. The route follows a narrow, winding road that gains nearly 300 meters of elevation over just three kilometers. After the initial flat section, the climb becomes consistently steep, with an average gradient of nearly 10%, offering no 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.

DISTANCE	ELEVATION	ASCENT	DESCENT
○-○ 3.00 km	▲ 281 m	▲ 281 m	▼ 5 m
AVERAGE GRADIENT	MAXIMUM GRADIENT	STARTING ALTITUDE	ENDING ALTITUDE
▲ 9.40 %	▲ 18.00 %	↕ 1100 m	↕ 1375 m



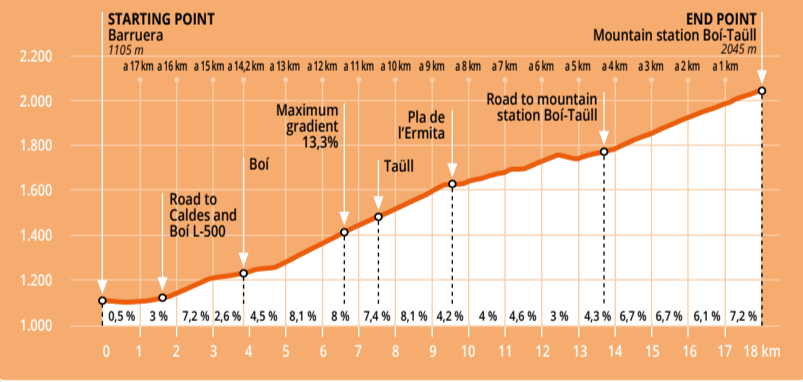
3 ASCENT TO BOÍ TAÜLL SKI RESORT

This long and rewarding ascent starts in Barruera and climbs to the Boí Taüll Ski Resort. Covering 18 kilometers of paved road, the route gains nearly 1,000 meters of elevation. While the climb is demanding, it offers stunning views of nearby villages such as Boí, Taüll, and Pla de l'Ermitta, home to Romanesque churches designated as UNESCO World Heritage Sites. The road is well-maintained but can be busy, so extra caution is advised.

NOTES

- The first section of the route, up to the Caldes junction, overlaps with the ascent to Cavallers.

DISTANCE	ELEVATION	ASCENT	DESCENT
○-○ 18.00 km	▲ 967 m	▲ 967 m	▼ 27 m
AVERAGE GRADIENT	MAXIMUM GRADIENT	STARTING ALTITUDE	ENDING ALTITUDE
▲ 5.40 %	▲ 13.30 %	↕ 1105 m	↕ 2045 m



BIKE RENTAL GUIDED TOURS

If you're interested in exploring the routes with a guide or renting a bike, check out the list of local businesses available at the tourist office and/or make a reservation at www.vallboi.cat



ROUTE MAP MTB/E-BIKE

MTB/E-BIKE RENTAL

GUIDED TOURS

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

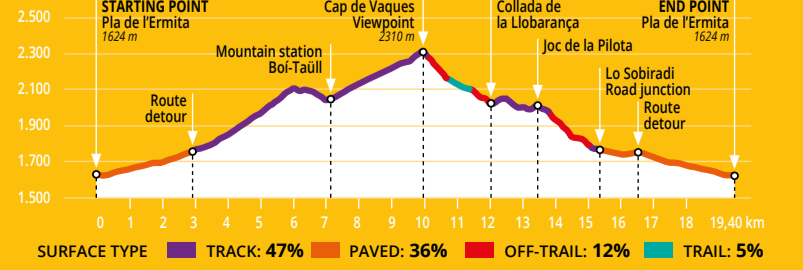
5 BOÍ - TAÜLL

Starting from Pla de l'Ermitta, the route first follows the road towards the Boí Taüll Ski Resort. After 3 kilometres, it veers onto an old trail leading to the resort's entrance. From there, the trail ascends along a path through the resort, climbing to the Cap de Vaques Viewpoint at 2,310 meters. From the viewpoint, you'll enjoy breathtaking panoramic views before starting a steep and technical descent, mostly off-trail, through open meadows. At Collada de la Llobarçana, the route joins a track that serves as the boundary between the Durro and Taüll mountains. 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 l'Ermitta.

NOTES

- Caution: This is a physically and technically demanding route with sections that lack defined trails. Suitable only for experienced bikers accustomed to off-trail riding.
- Snow is often present on the route until late spring.
- Part of the old resort trail passes through the peripheral protection zone of the Aigüestortes and Estany de Sant Maurici National Park.

DIFFICULTY	DISTANCE	DURATION
●●●○	○-○ 19.40 km	🕒 3 h
ELEVATION	ASCENT	DESCENT
▲ 810 m	▲ 810 m	▼ -810 m



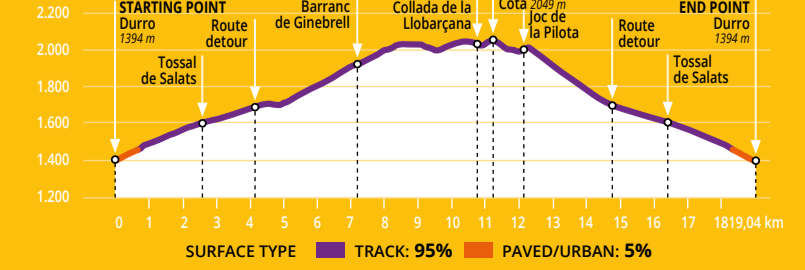
6 JOC DE LA PILOTA

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 that will later be used for the descent and continue ascending through the scenic grazing valley of the Durro mountain. After crossing the Ginebrell Ravine, the route climbs to the ridge separating the mountains of Durro and Taüll. Here, with breathtaking panoramic views, the trail becomes less strenuous, following the ridge with gentle ups and downs. Beyond Joc de la Pilota, the descent begins along a steep trail with sharp bends, eventually reconnecting with the path used for the ascent.

NOTES

- Snow 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.

DIFFICULTY	DISTANCE	DURATION
●●●○	○-○ 19.04 km	🕒 3 h
ELEVATION	ASCENT	DESCENT
▲ 725 m	▲ 725 m	▼ -725 m



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

Pujada a l'estació d'esquí de Boí-Taüll 2.045 m

Remaining distance to the destination

Average gradient of the remaining distance

Altitude Markers for each kilometre

Total elevation gain from the starting point

Arribada a: **16** km

Pendent mitjà amb: 7.2 %

Altitud: 1.133 m

Ascens acumulat: 35 m

Vall de Boí



www.vallboi.cat

www.vallboi.cat/en/mtb-and-e-bike

www.vallboi.cat/en/cicle-touring