



# BOSCOS D'EN SERRALLONGA ROUTE

Sant  
Hilari  
Sacalm



# Sant Hilari Sacalm

**LesGuilleriesKm0.cat**

**Sant Hilari Sacalm** is the **capital of Les Guilleries**, the km 0 of a wild and -still- little-known massif near the Montseny, a mountain range. A place where nature, forests and water generously give us innumerable emotions and experiences to enjoy the privileged environment which surrounds us.

Les Guilleries is the ideal place for all nature lovers searching for authentic havens where you can connect with yourself and awaken all your senses. A place where you can live all kinds of experiences, such as enjoying cool moments drinking the natural water that comes from more than **100 municipal springs**. You can also have a bath in the transparent waters of some **streams or pools** hidden by the environment, or simply sit and close your eyes to listen to the force of the water falling from a waterfall while letting go your thoughts for a few moments.

For those who want to feel the adrenaline, you can **practice different high-intensity sports** such as hiking along long paths, mountain biking and trail running, among others. However, for those who want to enjoy a calmer experience, there are several routes to go for a walk along pleasant paths which allow you to **find out the most authentic and pure nature** of Sant Hilari Sacalm.

Otherwise, if you are searching for silence, you just need to relax in some of the town's viewpoints and enjoy the panoramic views that its landscapes give us, while listening to the birds singing and the rustling of the leaves moved by the wind.

So, Sant Hilari is a **privileged place** where nature lovers can **enjoy and feel it in a thousand different ways**.

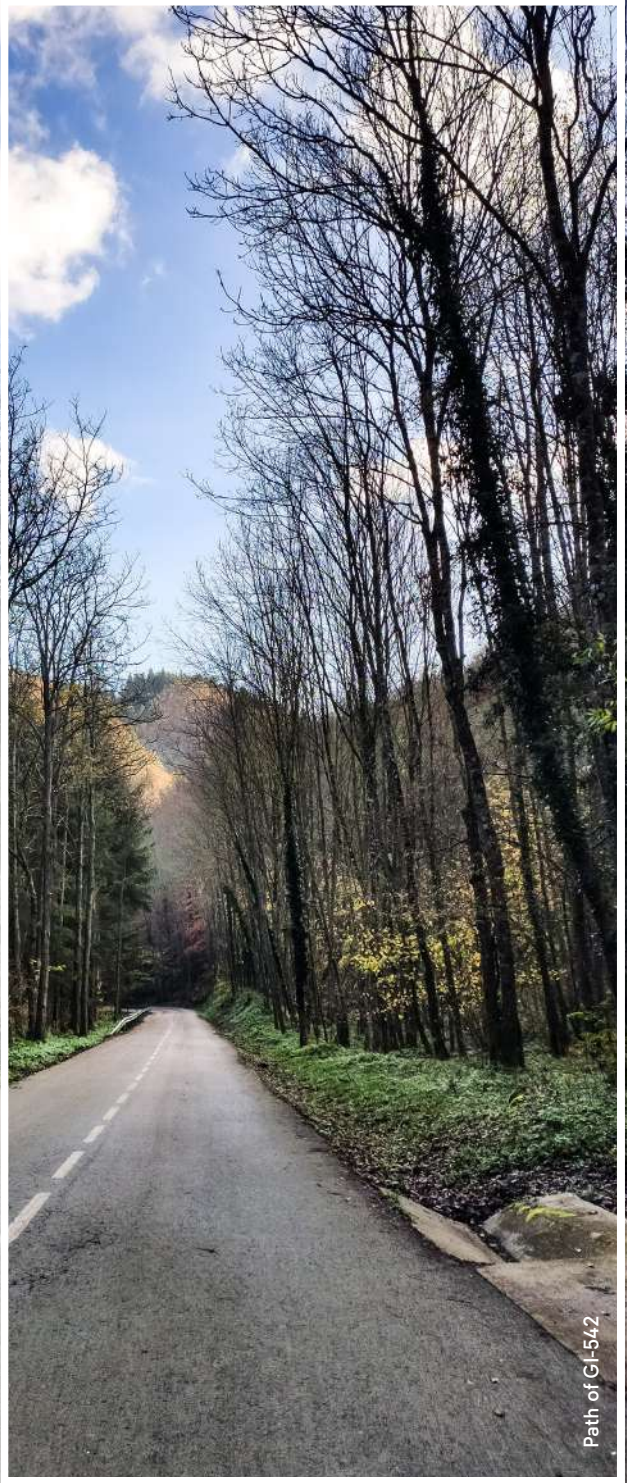


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Path of GI-542



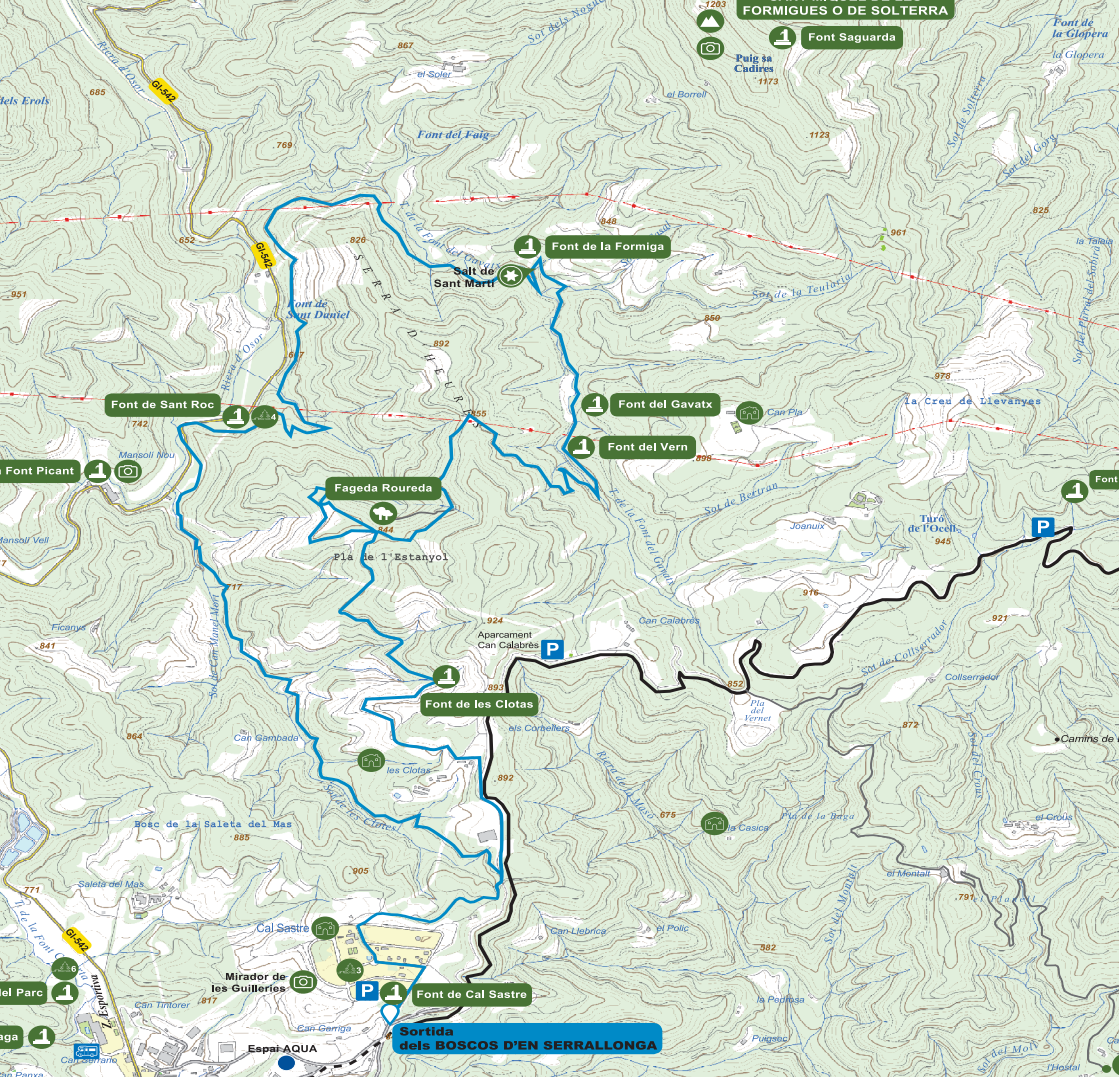
## General information

It is a round route which allows us to learn about different elements that are part of the **cultural heritage** of the area. Most of the route passes through dense wild forests.

During the first half of the route, we will follow the path that will take us to the **ancient gardens of Balneari de la Font Picant**, where we will find an **ice well**. Then, there is **Font de Sant Roc**, located in the picnic area that has got the same name. Afterwards, we reach **Salt de Sant Martí** and **Font de la Formiga**. The path continues towards **Fageda and Roureda de Serra d'Heures**, a therapeutic forest, and then towards **Font de les Clotas**, very near the rural touristic house that has got the same name, until we reach the starting point.

Along the route, we find a wide range of the most **characteristic trees and vegetation** of Les Guilleries. We will go through forests of Douglas firs, European beeches, riparian forests formed by silver poplars, ashes, Eurasian aspens, elms, common hazels and some chestnut trees, as well as oaks and holm oaks forests.





## Symbols and markers

## Route markers



9,9 KM





332 M



2H 30M



-  Continuation of the path
-  Wrong way

In addition, there are also small wooden signs along the route with a blue mark indicating the way to follow.

Use wikiloc and see the route and all the information at the following link:  
<https://es.wikiloc.com/rutas-senderismo/boscos-den-serrallonga-80475831>



## Flora

The most typical vegetation of this area is the riparian forest, as well as the deciduous forest formed by European beeches, aulets (*Fraxinus angustifolia*) and chestnut trees. It is a typical forest where the forestry trade was very present in the past, related to forestry production.

### EUROPEAN BEECH (*Fagus sylvatica*)

Also known as common beech, it is a deciduous tree which can grow up to 30 meters. Its leaves and bark stand out for their **medicinal properties**. They have traditionally been used as an antiseptic, antidiarrheal, healing and analgesic, among others. It was popularly used to treat the flu, colds, bronchitis and diarrhoea.

Its **wood** is highly prized in carpentry and turnery. Formerly, it was also used by charcoal burners to make coal.

Its **fruit** is edible, although you should not consume an excessive amount, since it can cause food poisoning. It tastes like walnuts and it can be eaten raw or toasted with salt.

### SWEET CHESTNUT (*Castanea sativa*)

It is a deciduous tree that can grow **up to 20 meters**. Its leaves are large, long and serrated. Its fruit is the **chestnut**, which is edible and really prized as a food in this area.

The wood extracted from this tree is white and soft, and it is often used as **firewood or to make**





**boxes.** Its fruit is the horse chestnut, very similar to the chestnut, although it is usually larger and does not have a tail. In the past, it was believed that carrying a chestnut in your pocket cured headaches, bruises and toothache.

### **ASH (*Fraxinus excelsior*)**

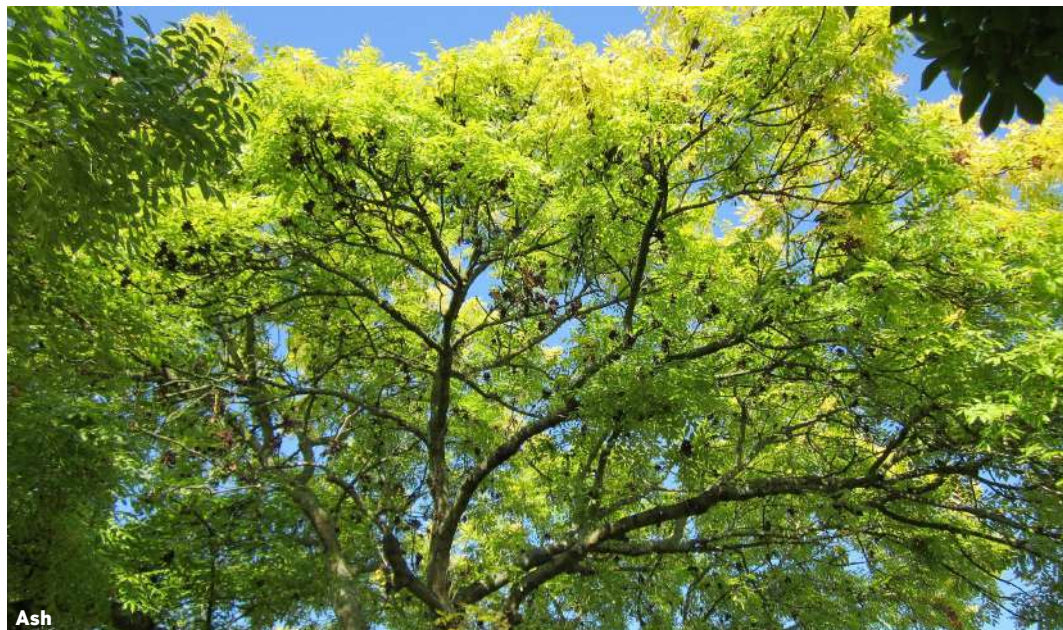
It is a tall, strong, deciduous tree with a **broad crown and greyish bark**. It can grow up to 10-12 meters. When the tree is young, the bark is smooth; as it grows, it becomes rougher, with lengthwise cracks. Its leaves are used as **livestock fodder, laxatives and in diuretic and antirheumatic medicines**.

With regard to its flowers, they have neither sepals nor petals, since the ash is hermaphroditic or monoecious. Its **flowers**, in short dense panicles, open before the leaves. Its fruit is the samara, which are flat, yellowish green, tongue-shaped and with a terminal wing that makes dissemination easy. They are visible through the winter and usually fall in spring.

Its **wood** is known to be hard and elastic, which makes it a good resource for turnery to make furniture, boat parts and even sporting items.

### **ITALIAN MAPLE (*Acer opalus*)**

This deciduous tree has dense branches and a broad crown. When the tree is young, the bark of the trunk is smooth and greyish or reddish. As the bark grows, it tends to be dark brown or



Ash

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## Flora

yellowish, with cracks. Its leaves are simple and have five-lobed with serrated margins. They are green and shiny on the obverse; on the reverse, they have a paler and duller tone. During autumn, its leaves have a yellowish, orange and reddish colour.

Its wood is good quality, hard, compact, resistant to abrasion and pink or reddish.

It is used in turnery to make shoe shapes, loom shuttles, gift items and even different musical instruments. It was traditionally used to make ox yokes. It was the piece of wood that held the two oxen by the head or neck when working with the plough or pulling the cart.

### STRAWBERRY TREE (*Arbutus unedo*)

It is a **medium-sized tree**, branched from the base, which usually reaches 5 meters. It grows less frequently on dry, rocky ground, and it looks like a bush. It has simple, slightly serrated leaves which can grow up to 11 cm long and up to 4 cm wide.

It is known for its **reddish fruits**, which mature in late summer and early autumn. People used them to make jam, and they were also fermented to make alcoholic beverages and vinegar.

Its **white flowers**, sometimes greenish or pinkish, gather in short pendulous clusters with a corolla with five petals. It blooms in autumn and early winter. The strawberry tree is very characteristic in Catalonia due to its abundance, especially in holm-oak woods and cork oak groves and maquis.





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## Flora

Its **wood**, hard and compact, has been used to make firewood and charcoal, and is very appreciated in turnery and carpentry. Tannins have been extracted from its leaves and bark to tan skins, as well as astringents to combat diarrhoea and dysentery.

### EVERGREEN OAK AND CORK OAK (*Quercus ilex* and *Quercus suber*)

This tree can be 5 to 25 meters high; it is stocky and quite branched; it is very common and characteristic of the **Mediterranean forest**. The leaf is evergreen, hard and with a slightly burry margin. It is dark green on the face and green-grey on the underside.

The **fruit** is the acorn, rounded, elongated and covered by a kind of hat. Acorns are not very sweet, but forest animals have traditionally given them a great use because they mature and fall on the ground from September to February.

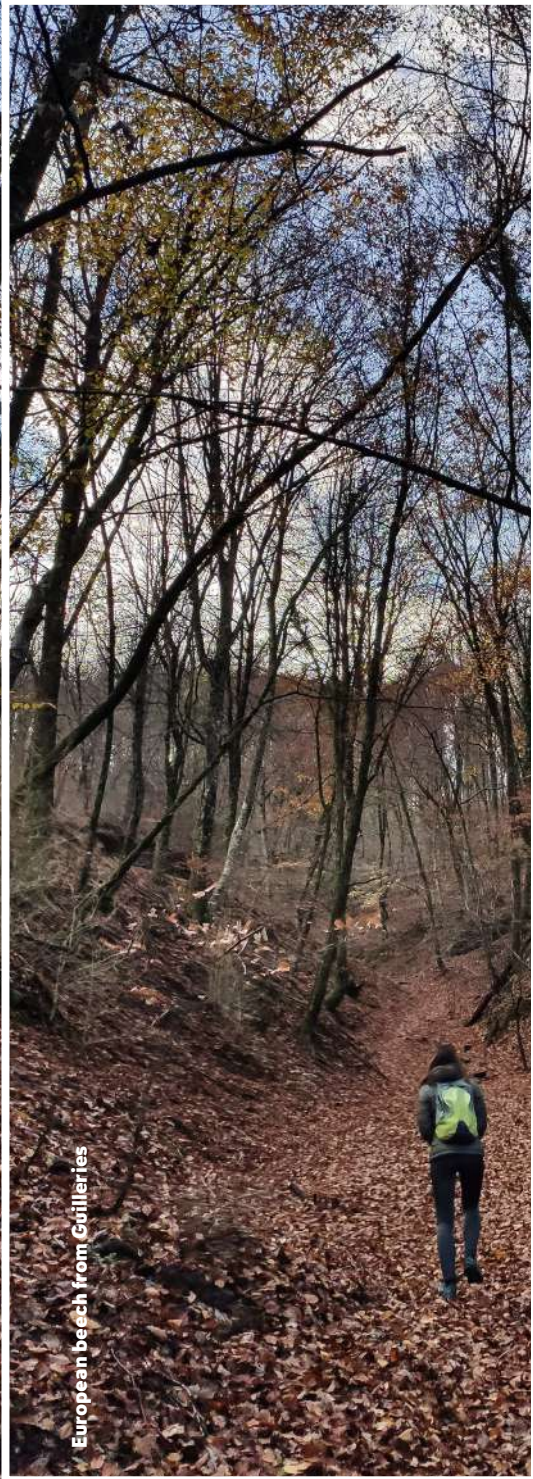
Its **wood** is compact, hard, heavy and brown. It is very useful for pieces that have to hold a lot of resistance. This wood was highly prized by charcoal burners to make charcoal. It is still the favourite **firewood for fireplaces** and woodburning stoves, since it has great calorific power. Straight logs have been used for spokes and curves of carriage wheels, tool handles and loom shuttles.

The **cork oak** has a cork bark that protects it from dryness, fires and pests. It has multiple uses but is highly valued for wine and champagne caps.





European beech from Guillerries





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## Fauna

The **fauna** in Les Guilleries is very diverse. In this itinerary, we focus on mammals, birds and reptiles, among other species.

### ROE DEER (*Capreolus capreolus*)

It is the smallest **European deer** found in Catalonia. It is characterized by its slender and elegant silhouette, its thin elongated legs, and its ears. It is just over 1 meter tall and its horns are small and a bit branched. The horns only grow on males during the spring and they fall during the winter. It is a solitary animal except for females with babies (1 or 2), which in winter can form small groups. On heat, from June to August, females and males make showy chases. They are active both day and night.

### EDIBLE DORMOUSE (*Glis glis*)

It is a **small grey-haired rodent** that lives in deciduous forests such as beech forests, moist oaks woods and hazel woods. It nests in natural cavities such as tree holes, and eats the fruits of trees such as beech, hazelnut, chestnut, ash, silver birch and walnut, among others. Holes in rocks, cavities in dry stone walls, or even buildings in ruins within its area provide it with protection and shelter during hibernation, which can last about 6 to 8 months.

### COMMON CHAFFINCH (*Fringilla coelebs*)

It is a 15 cm bird **very common** in wet mountain areas. Migratory and wintering. It has a double white stripe on its wings. The male has a black forehead and a slate blue neck. Its cheeks, throat and chest are pink, and its belly, whitish. The female, apart from the white markings, has got olive-brown upperparts and lighter underparts.



Roe deer



Common chaffinch

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## Fauna

### JAY (*Garrulus glandarius*)

This bird of the **crow family** lives in forest areas. It has pink and brown plumage, a white rump visible when it flies, and wing feathers are blue and black. We can often find them along the route. The tail is black and the beak is dark, short and thick, characteristic of corvids.

It gets easily frightened which warns the rest of animals in the forest with loud and noisy yells when it spots a danger or human presence. It usually eats insects, small eggs, larvae, mice and worms, although it likes acorns, which it usually keeps inside the holes in the trees.

### GREAT TIT (*Parus major*)

It is a common bird in wooded areas that often visits troughs and makes its nests in tree holes, among rocks and in nest boxes. The nest is made of moss, wool and feathers. The tick has a black head and beak, and white cheeks. Its chest is yellowish with a vertical black central stripe that looks like a tie. Its wings are dark with blue margins and a transverse white stripe. It eats insects, spiders, seeds and fruits. It is a predator of the pine processionary caterpillar; that is why we can also find it in typically Mediterranean forests, although it usually lives in deciduous forests, orchards, parks and gardens. It is skilled in acrobatic positions upside down while pecking.



Great tit



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## Fauna

### FOX (*Vulpes vulpes*)

The fox (in Catalan, "guilla") has **given its name** to Les Guilleries massif due to the great abundance of specimens that formerly lived in the area. It is about 80 cm long, and its tail is 40 cm long. It has pointed ears, a triangular head and an elongated snout. Slim-bodied, it changes its fur every year, it is reddish brown, except for the belly and the end of the tail, which are white. It is a carnivorous mammal which eats rabbits, hares, mice, rats, birds, fish, moles and insects. It also eats eggs, fruits and leftover food. They live in forests, in areas near towns and cities, and it moves in the evening and at night. During the day, it hides in the bushes or in the burrows that they dig into the ground. The fox has an excellent sense of smell as well as good hearing and eyesight.

### WILD BOAR (*Sus scrofa*)

The wild boar is a **pig-like animal** with dark fur and large tusks. It is the ancestor of the domestic pig and, in fact, they both belong to the same species. It is an omnivorous animal that constantly digs and stirs the ground to find food. It eats roots, fruits such as acorns, potatoes, beets, worms, insects, eggs and small reptiles, among others. In adulthood, they usually move alone, but in breeding season, mother and offspring go together. The young are called squeakers or juveniles. It usually rolls in the mud as it is a protection from insects. The wild boar has practically no sweat glands, and mud baths allow it to lose body heat.



Wild boar





Torrent de Can Manel Mort



## Places of interest - Springs and torrents

This route is distinguished by passing through different places of interest such as dense forests, streams, springs, a waterfall, and by reliving chapters of the history of Sant Hilari Sacalm through the Antic Balneari de la Font Picant, a former spa, and the ice well.

### SPRING

Along the route, we find several springs of mineral water and natural origin. We highlight **Font de l'Andreu**, **Font de l'Albert**, **Font de Sant Roc**, **Font de la Formiga**, **Font del Gavatx**, **Font del Vern** and **Font de les Clotas**.

Next to Font de Sant Roc, we find a picnic area with tables and benches. This is the closest spring to **Antic Balneari de la Font Picant**.

On the way to Font de la Formiga, before reaching it, we find **Torrent del Gavatx** and **Salt de Sant Martí**.

### TORRENTS

Along the route, we pass through dense and humid forests, and across different **torrents of water**.



## Punts d'interès - Antic Balneari de la Font Picant

First, we find **Torrent de Can Manel Mort**, which passes very near the old house of Can Manel Mort, where the laundry of Balneari de la Font Picant used to be done.

**When we leave Font de Sant Roc behind, following the route, we find Torrent de la Font Gavatx**, which brings us to Salt de Sant Martí, Font del Gavatx, and Font del Vern.

### ANTIC BALNEARI DE LA FONT PICANT

At the **lowest point of the route**, if you follow the paved road heading south just when you reach GI-542 road, in only 5 minutes you can get to the Antic Balneari de la Font Picant. This spa enjoyed fame and prestige throughout Spain in the early 20th century since it was known for its **mineral and medicinal springs**. Over time, it became the town's summer resort and a meeting place for the Catalan bourgeoisie.

In the 18th century, **Doctor Gravalosa** discovered the properties of its water and in the following years a total of five springs were available within the same facility.

Due to the growing demand for the mineral and medicinal properties of the waters from the different springs of the site, during the 19th century, the **Hotel Martín** was built, with 250 rooms and different facilities to serve all its guests.



Antic Balneari de la Font Picant



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## Punts d'interès - Salt de Sant Martí

During the Civil War, the Generalitat made it into a **military hospital** and it wasn't used as accommodation anymore. Nowadays, the spa is still closed but you can visit part of the building as well as taste the different waters of the springs. The experience is unique and uncomparable.



Serra d'Heures forest





Font Picant ice well



## Recommendations when going to the forest:



Plan your trip well before going into the woods.



Before setting off, keep the weather in mind.



Adapt your equipment (clothing, shoes...) to the activity.



It is advisable to bring some food, water and a mobile phone with the battery fully charged.



Calculate the time of the activity well. Count how long the trip will take, so that you won't have to leave when it gets dark.



Call the emergency teams at 112 if you need so.



If you see any incident along the route (fallen trees, broken signs, etc.), you can send the photos and location to the email [oficinaturisme@santhilari.cat](mailto:oficinaturisme@santhilari.cat) or by Whatsapp to the phone 972 86 96 86.



In case of bringing a dog or a pet, it is advisable to bring it tied. You can find cattle grazing near the routes.

## And remember that in Sant Hilari Sacalm we take care of nature, please:



Do not leave or throw rubbish in the forest



Do not break or pull up vegetation



Do not light a campfire unless it is in an enabled space.

\*From 15th March to 15th October, no fire can be started on forest land without permission.



# Sant Hilari Sacalm

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