



FONT DELA FORMIGA ROUTE

Sant
Hilari
Sacalm



Sant Hilari Sacalm

LesGuilleriesKm0.cat

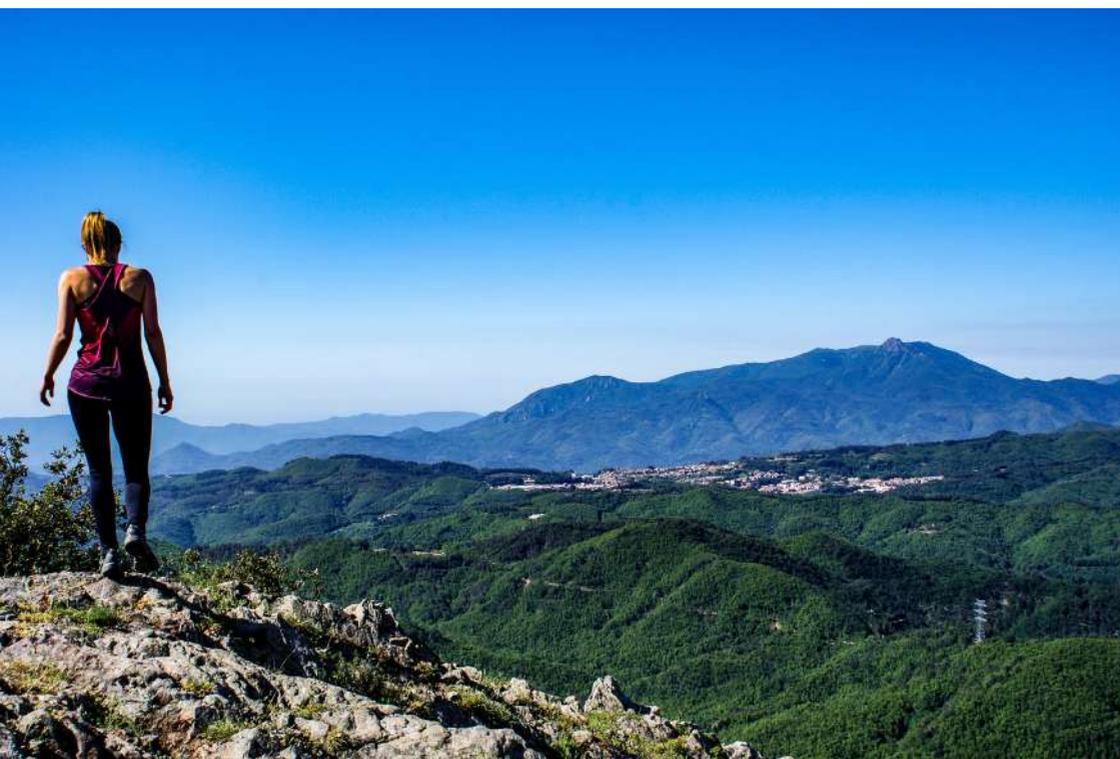
Sant Hilari Sacalm és la **capital de les Guilleries**, el km 0 d'un feréstec i -encara- poc conegut massís a tocar del Montseny. Un indret on la natura, els boscos i l'aigua ens regalen amb generositat innumbrables sensacions i experiències per gaudir del privilegiat entorn que ens envolta.

Les Guilleries és un lloc ideal per tots els amants de la natura que busquen refugis autèntics on poder connectar amb si mateixos i despertar tots els seus sentits. Un indret on s'hi poden viure estones de tot tipus, com per exemple gaudir de moments refrescants tot bevent l'aigua natural que brolla de les més de **100 fonts municipals**. També poden banyar-se en les aigües transparents d'algunes **rieres o gorgues** que hi ha amagades per l'entorn o, simplement, asseient-se, tancant els ulls i escoltant la força de l'aigua que cau d'algun salt tot aprofitant per deixar anar els pensaments, per uns moments.

Per tots aquells que volen sentir l'adrenalina poden **practicar diferents esports** d'alta intensitat com recorreguts per llargs camins, BTT i trail running, entre d'altres. Tanmateix, pels que busquen gaudir d'una experiència més calmada hi ha diverses rutes per poder fer passejant per camins agradables que permeten **descobrir la natura més pura** de Sant Hilari Sacalm.

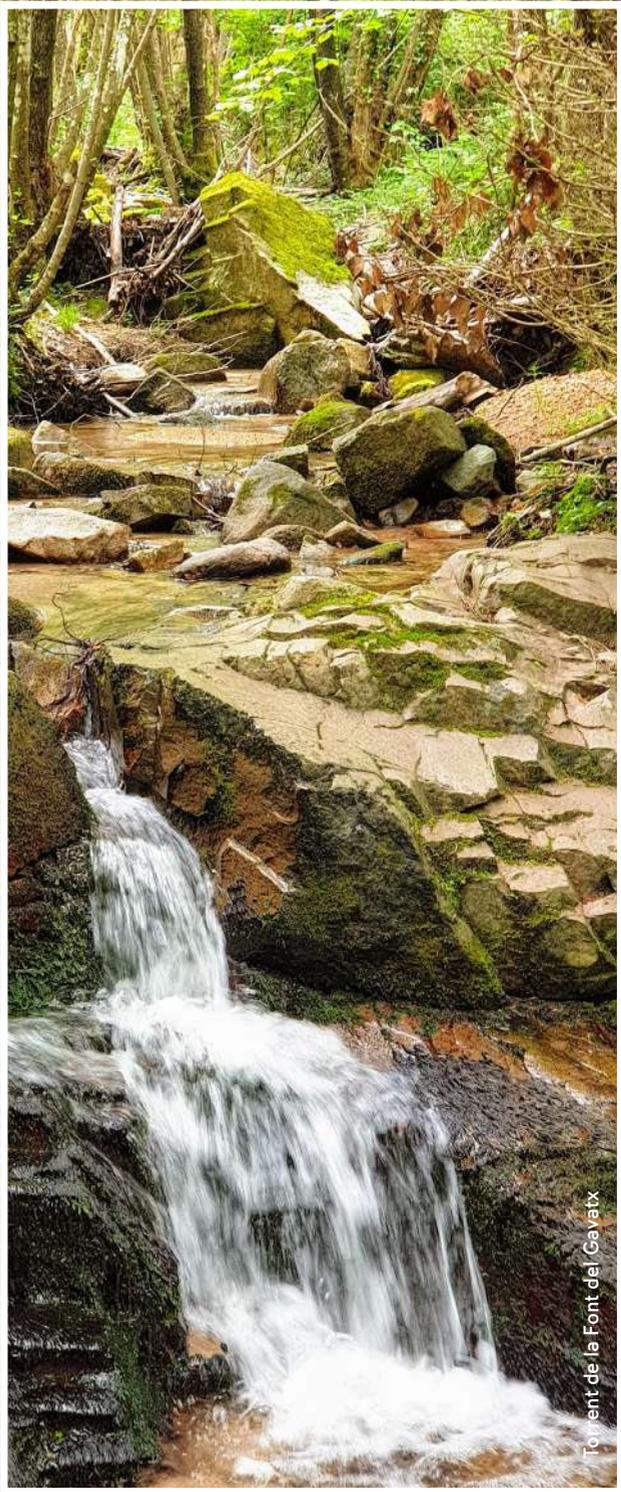
Altrament, si es busca el silenci només cal relaxar-se en alguns dels miradors del municipi i gaudir de les vistes panoràmiques que ens regalen els seus paisatges, tot escoltant el so dels ocells i la remor del vent passant entremig de les fulles dels arbres.

Així doncs, Sant Hilari és un **lloc privilegiat** on els amants de la natura poden **gaudir-la i sentir-la de mil maneres diferents**.



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Torrent de la Font de Cavatx

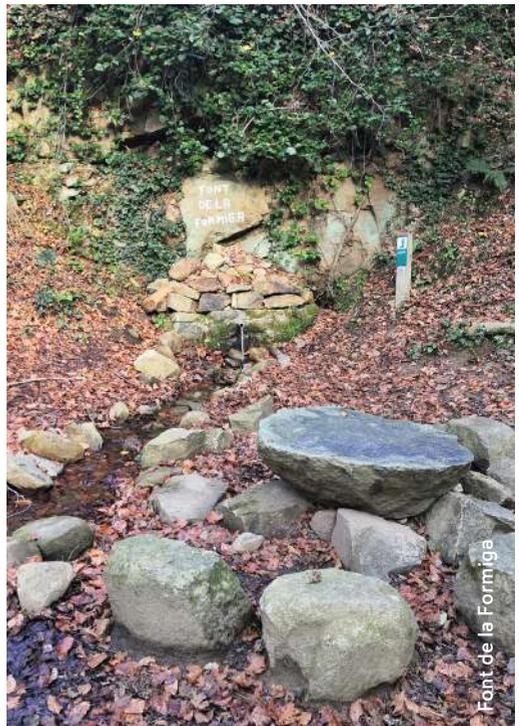
General information

It is an ideal route for families because it is a shady and cool route. The route ends at the Salt de Sant Martí, located right next to **Font de la Formiga**.

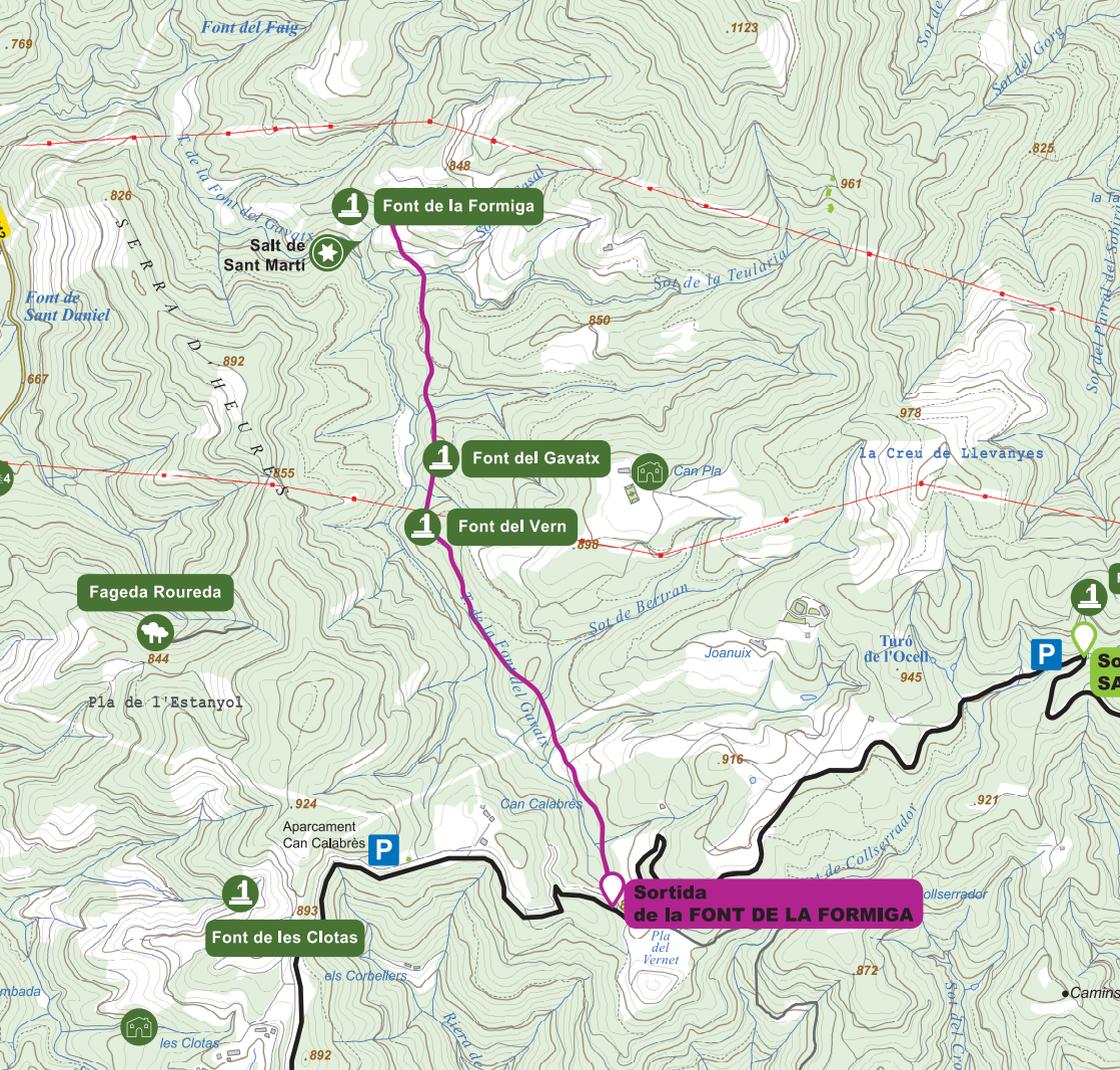
All along the route, we find **Font del Gavatx**, **Font del Vern** and **Font de la Formiga**, which are located along Torrent del Gavatx. The most abundant and characteristic vegetation is the riparian forest where water is the protagonist. It goes through different places rich in wet forest and riparian vegetation.



Section of the route



Font de la Formiga



Symbols and markers



5 KM



271 M



1 H 45 M



Route markers

This route is marked in purple in this way:

-  Continuation of the path
-  Wrong way

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

Use wikiloc and see the route and all the information at the following link:

<https://www.wikiloc.com/walking-trails/ruta-de-la-font-de-la-formiga-des-de-pla-de-vernet-67014430>

Flora

Along the route, we find Scots pines, chestnut trees, and trees characteristic of the riparian forest such as common alders, ashes and Italian maples, among other types of vegetation.

SCOTS PINE OR EUROPEAN RED PINE (*Pinus sylvestris*)

This tree is characterized by having a **reddish bark**, especially on the branches and the top of the trunk, which makes it easier to identify. Its trunk is straight and its leaves are thin, short, about 3 to 7 cm, grouped in pairs.

This **tree tolerates cold**, low winter temperatures, wind, frost and snow, but it does not tolerate dryness. It adapts well to any soil, but needs certain humidity. Its **wood is highly** prized as it is compact, tough, with few knots and easy to work with in carpentry, cabinetmaking, construction and packaging. On the other hand, it is also valued as fuel.

Small pines and tender sprouts have got healing properties that can cure respiratory illnesses.

COMMON BOX (*Buxus sempervirens*)

Depending on its height, this shrub can **look like a tree**. It has a dense, persistent and highly branched foliage. It emits a very peculiar smell.

Its **wood** is yellowish and prized because it is hard, compact and smooth. It has traditionally been used to make musical instruments, smoking pipes, tool handles and kitchen utensils, among other objects.

Unfortunately, in recent years, many box trees in Catalonia have been affected by the **box tree**



Scots pine



Common box

Flora

moth. It is a moth native to China that feeds on box leaves and can leave it leafless in no time. The only known predator is the Asian hornet.

ALDER (*Alnus glutinosa*)

The alder is a deciduous tree which can be **20 meters high**. It usually lives on the banks of rivers and streams, forming part of riparian forests. That is why on this route it is present next to the Vallicrosa stream.

Its **wood** is highly prized because it is not damaged when submerged in water. Its fruit is small, inside a kind of small compact green pineapple which opens in autumn and the fruit falls down.

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.



Alder

ITALIAN MAPLE (*Acer opalus*)

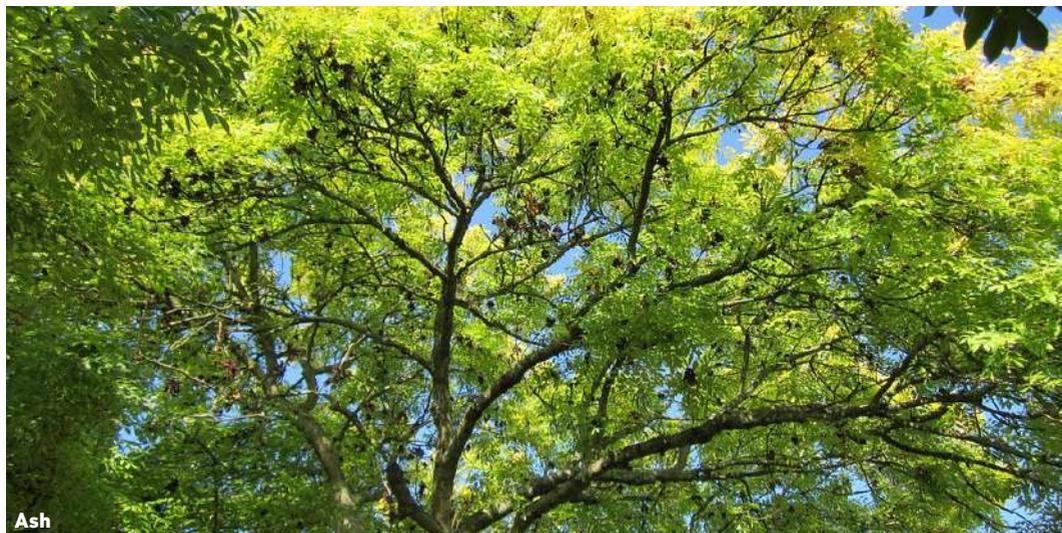
This deciduous tree has dense branches and a broad crown. When the tree is young, the bark of the trunk is smooth and greyish or reddish. As the bark grows, it tends to be dark brown or yellowish, with cracks. Its **leaves** are simple and have five-lobed with serrated margins. They are green and shiny 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.

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

Flora

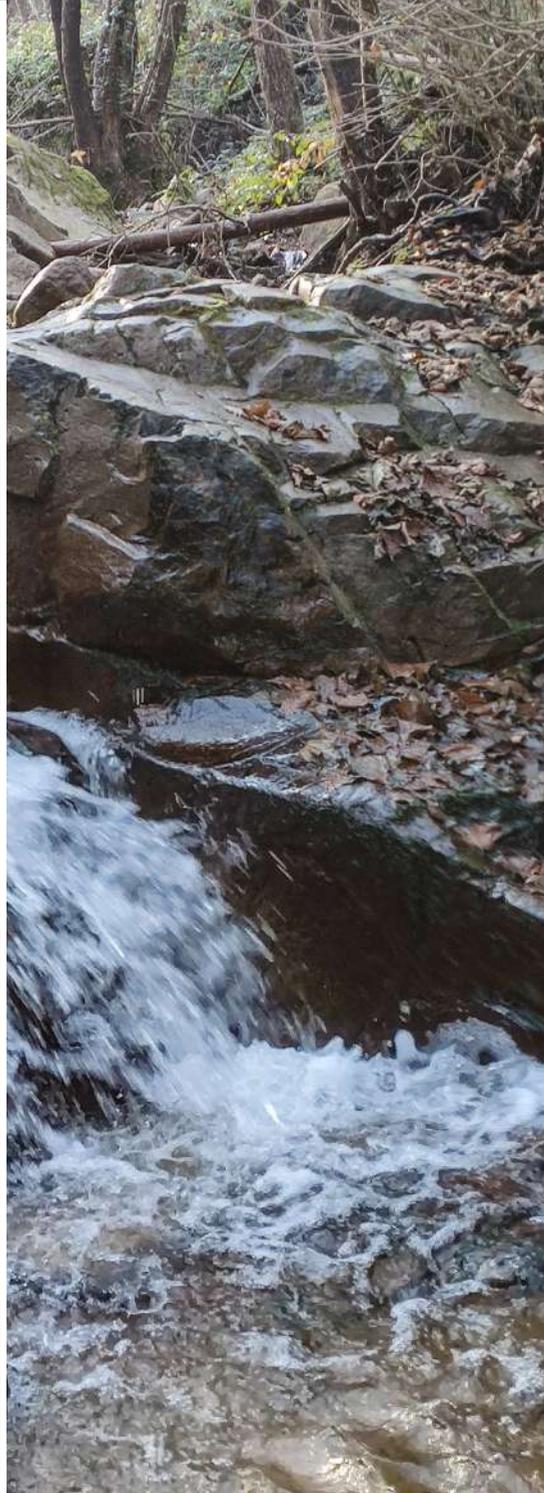
CEDAR (*Cedrus*)

It is a type of **coniferous tree** in the plant family Pinaceae. It is a tree with a big conical-shaped crown. Its wood is quite fragile, which limits its use in carpentry. However, it is commonly used to create musical instruments and to make handicrafts. It stands out for its peculiar smell, which scares away insects and worms.





Torrent de la Font del Gavàtx



Fauna

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

SQUIRRAL (*Sciurus vulgaris*)

It is a reddish mammal in summer and more greyish in winter. It has a very furry tail which helps it maintain balance when jumping from branch to branch and from tree to tree. It eats **tree seeds**, especially pine nuts but also hazelnuts, acorns, walnuts and chestnuts.

It usually buries fruits and seeds to store them for the winter, but it does not always catch them, so they germinate and new trees and shrubs appear. It builds nests in trees, which it covers with leaves and moss. He easily gets frightened of the human presence and runs away quickly. It mainly lives in pine forests near water areas.

EUROPEAN BADGER (*Meles meles*)

Also known as **Eurasian badger**, it is a mammal of the mustelid family. It has two black stripes on its head. It can grow up to 80 cm, its tail can be 18 cm long and it weighs between 7 and 15 kilos. This sociable animal usually lives in groups of 2 to 12 individuals, with an average of 4 to 6 adults. It lives in long underground setts they have themselves excavated with its large claws.

It has **nocturnal habits** and can begin its outings when the sun begins to set. It is very rare to find it during daylight. It can climb and swim quite well. It can also run quite fast. When in danger or cornered, it howls. It is very playful with its companions, both young and adult, and takes part in the body cleansing of its fellows.

It is an **omnivorous animal** as it eats fruits, roots, tubers, corn, fruit, plants, earthworms,



Flora

beetles, bees, honey, etc. It also eats mice, moles, frogs, toads, snakes and does not waste carrion. During the autumn it accumulates large reserves of fat, so it can live long on an empty stomach. This animal helps control the population of some insects such as wasps, and small mammals such as the hedgehog. They can live 12 to 15 years.

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.

WHITE-THROATED DIPPER (*Cinclus cinclus*)

Also known as European dipper, this bird is closely linked **to the rivers and streams** of the wet Catalonia. It is always seen near water, where it dives to capture and eat small invertebrates. It is a very sensitive species to pollution, and they disappear quickly when the water is a bit polluted.

The white-throated dipper is a peculiar round bird, like a black or dark ball with a large white bib and a very short tail. It is **easy to identify** if it is well observed since it cannot be confused with any other bird in its habitat.



Great tit

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.

LIBÈL·LULA (*Crocothemis erythraea*, *Aeshna cyanea*...)

In the territory there are **different species** under the name of dragonflies. When in growth phase and not yet an adult, it is known as a nymph. It is between 6 and 12 cm long, it has a pair of transparent wings, 2 short antennae and very showy eyes at the top of its head.

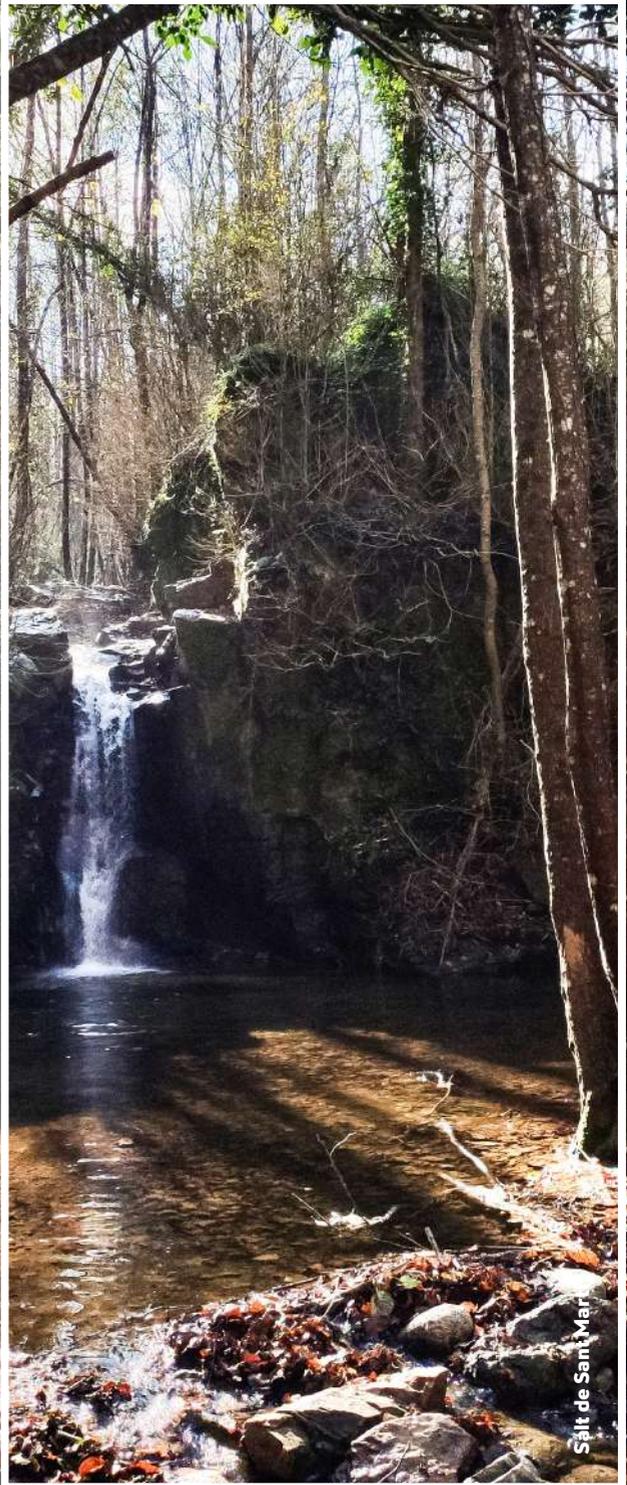
It eats small aquatic animals and it can catch other insects while flying. Adult specimens constantly move on the surface of the water in search of food. They can reach 50 km/h. They have the ability of standing still at a point a few centimetres from the water.

It differs **from the aeshnidae** (also known as aeshnids, hawkers, or darners) because when it stands on a plant, it keeps its wings open and horizontal, while the aeshnidae keeps them vertical.

Adults live for a few weeks, long enough to reproduce.



Fox



Sait de San Mai

Places of interest - Springs

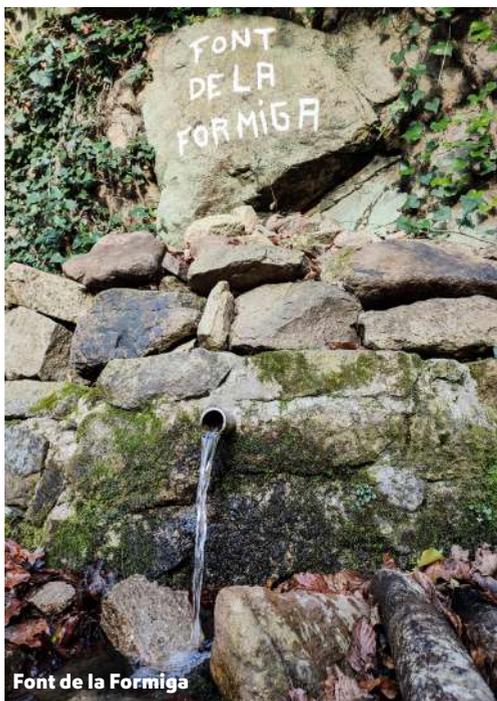
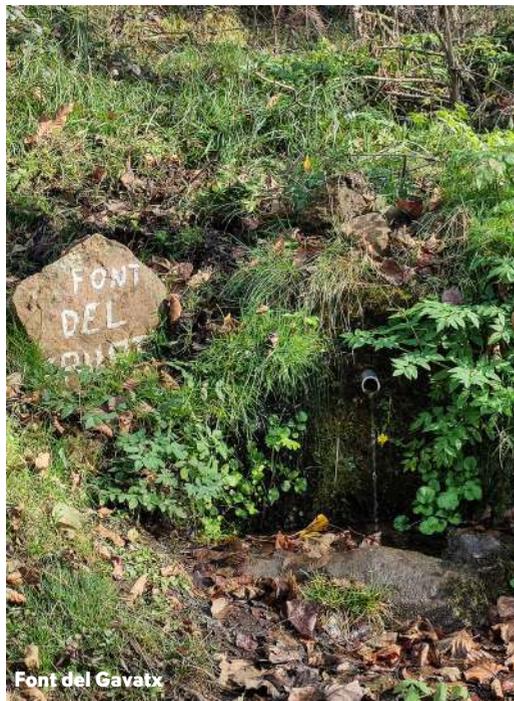
Along the route, we find different points of natural interest in Les Guilleries.

SPRING

Walking along the route we find three springs: **Font del Vern**, **Font del Gavatx** and **Font de la Formiga**. All three springs were made using the same technique and using natural materials from the environment. Once a spring (water springing up among the ground or the rocks) is located, the place is conditioned so that the spring can be built there.

Stones from the surroundings are used to form a tank and are covered with **dry stone** so that they can be easily dismantled if there is a blockage. A **pipe** (a stainless-steel tube to prevent it from rusting) is placed in front of the tank, from where the water will spring up.

The **drain** is the part of the spring from which the water falls when it reaches the ground. You will usually find alder wood worked in such a way that it allows the water to flow in a small stream. Alder wood is highly valued in these cases since it is not damaged despite being in contact with water.



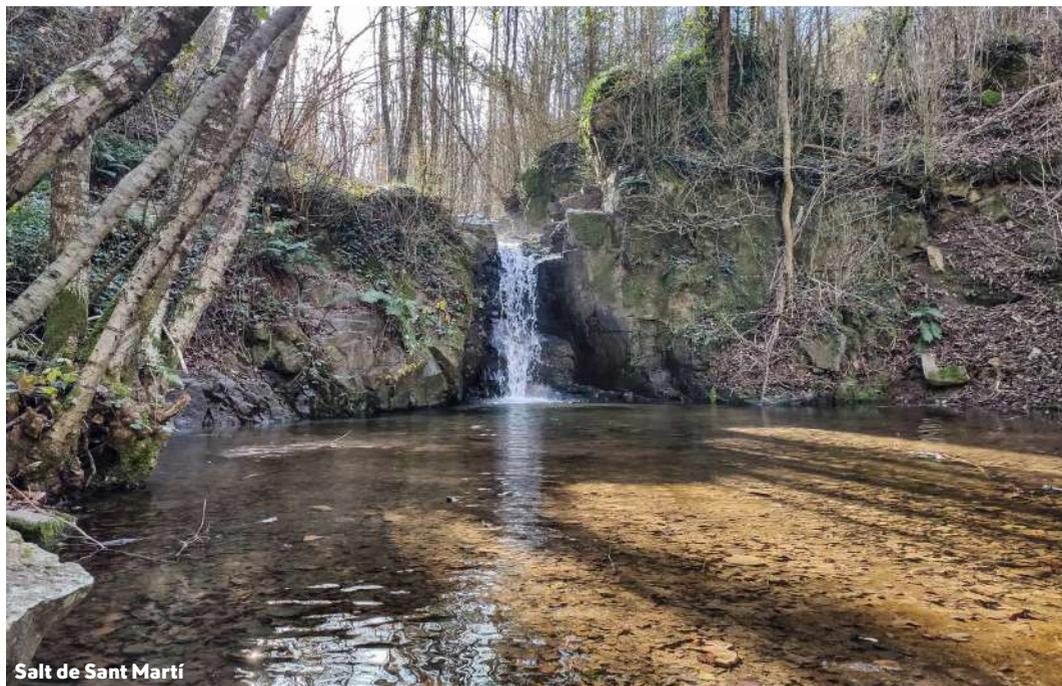
Places of interest - Salt de Sant Martí

SALT DE SANT MARTÍ

Very near **Font de la Formiga**, we find a waterfall called Salt de Sant Martí, despite being popularly called Salt de la Font de la Formiga. It is located below Font de la Formiga, from where there is a path down next to the waterfall that leads to its base.

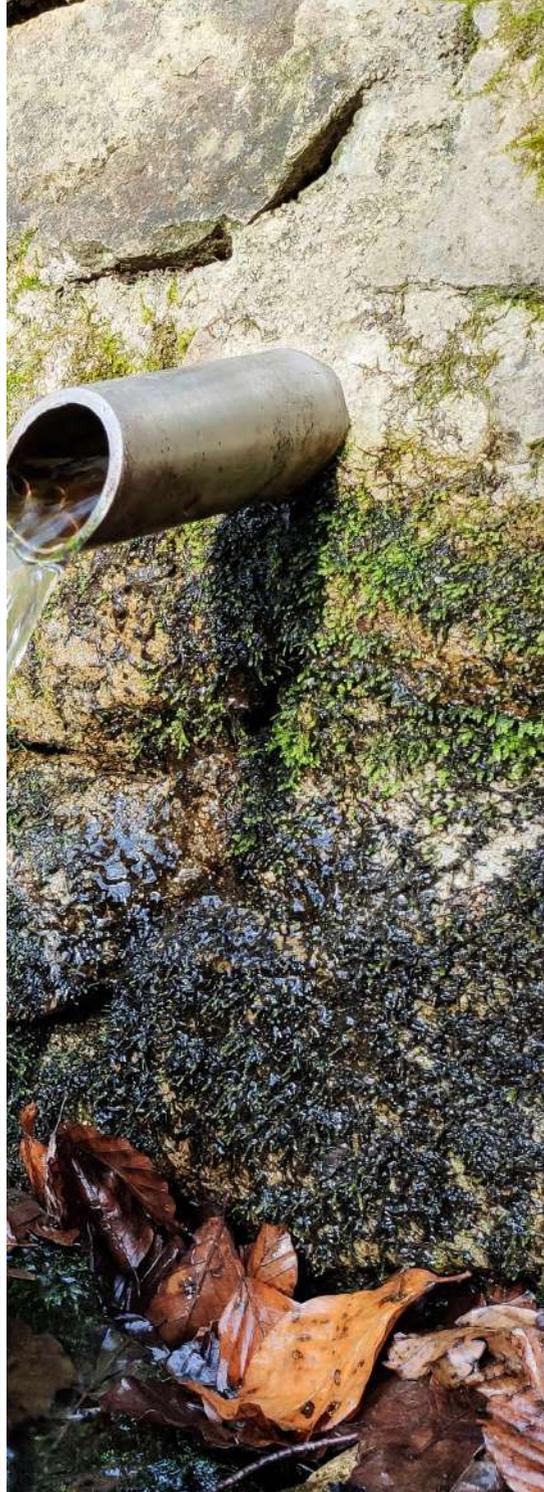
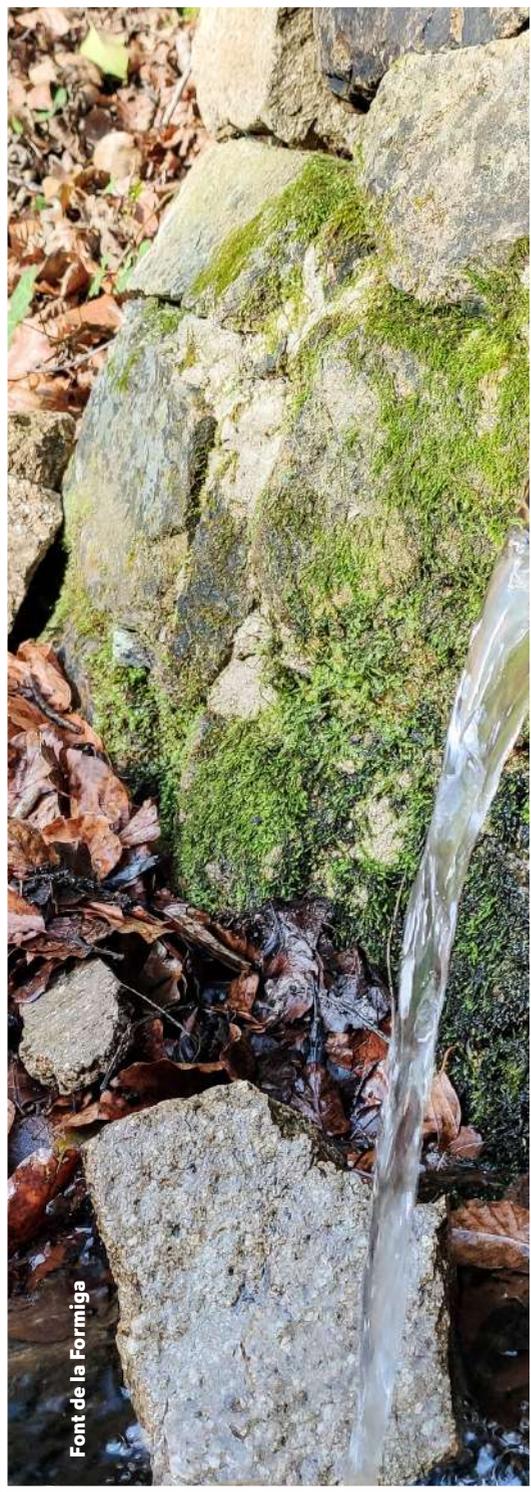
This waterfall follows the course of **Torrent de la Font del Gavatx**. The base of the waterfall accumulates some water, which allows us to soak in the waters of the stream. It is an ideal place for families, its difficulty is low, with little difference in level, and with shady places where you can take shelter from summer heat.

This torrent flows down near the path all along Font de la Formiga route.



Salt de Sant Martí

Font de la Formiga



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 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.

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