



SANT MIQUEL DE LES FORMIGUES ROUTE

Sant
Hilari
Sacalm



Sant Hilari Sacalm

LesGuilleriesKm0.cat

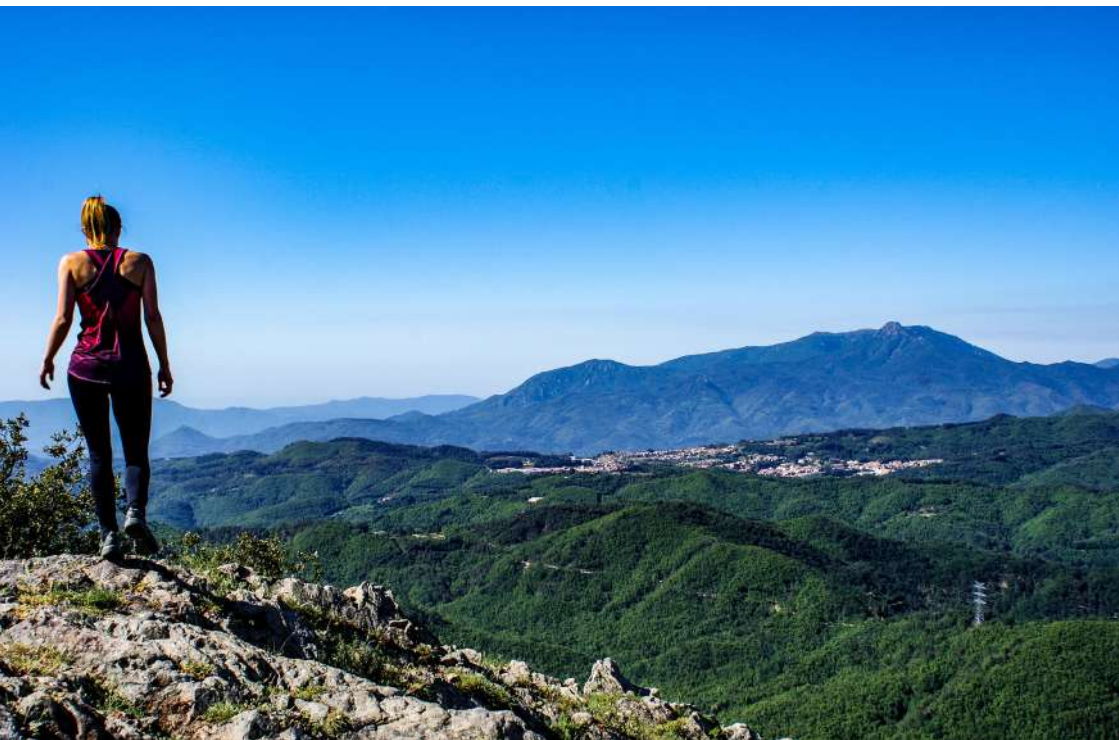
Sant Hilari Sacalm is the **capital of Les Guilleries**, the km 0 of a wild and -still- little-known massif near the Montseny, a mountain range. A place where nature, forests and water generously give us innumerable emotions and experiences to enjoy the privileged environment which surrounds us.

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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General information

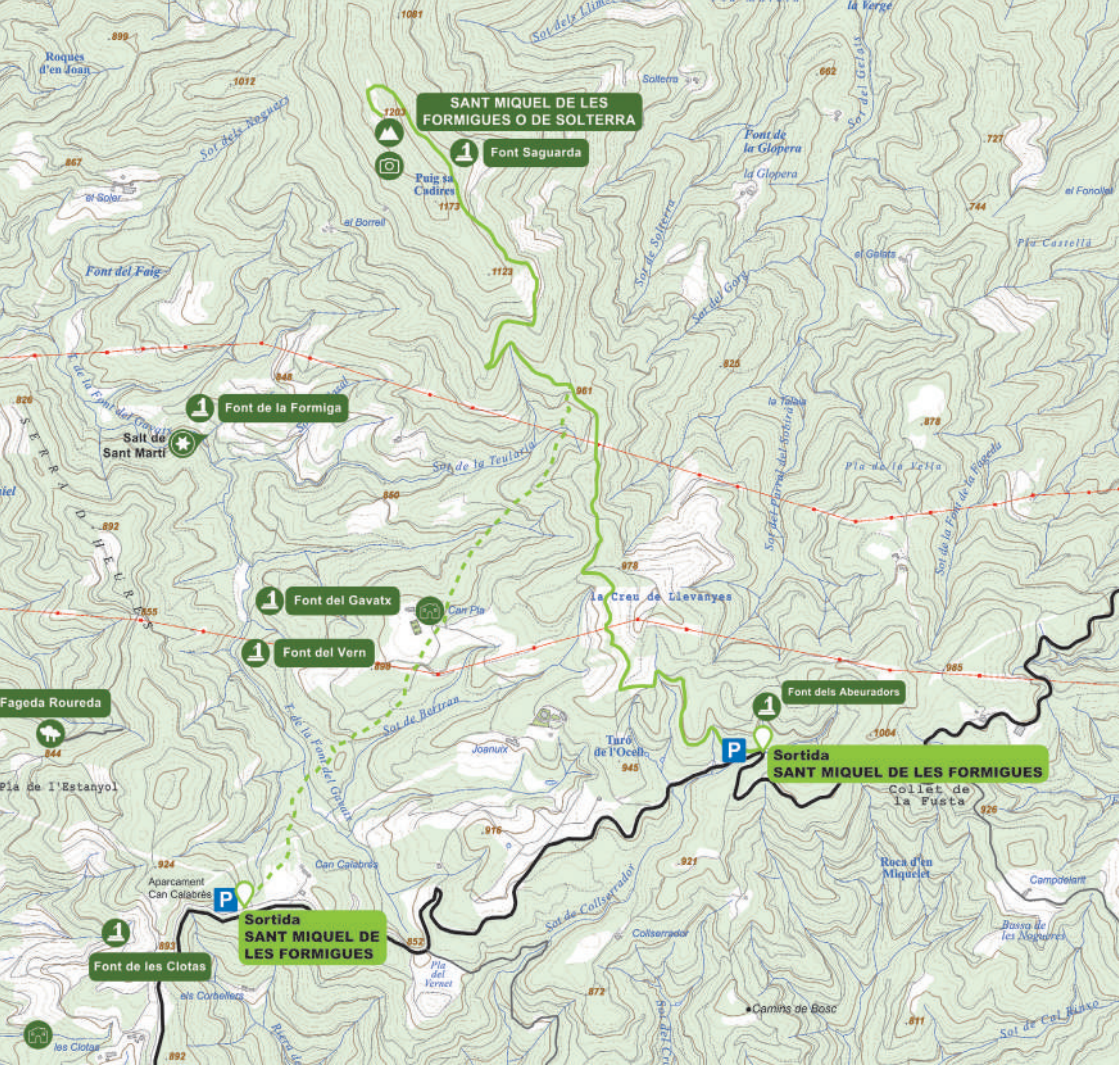
The route of **Sant Miquel de les Formigues** consists of a linear route of about 8 kilometres which is of medium difficulty level that goes up to the highest peak of Les Guilleries, located at an altitude of 1,204 meters. The route follows a signposted and easily accessible forest path that reaches Font sa Guarda, from where there is another path that will guide you to the top.

The official starting point is at **Font dels Abeuradors**, located at kilometre 6.7 of the Sobirà forest path. This route can also be done by mountain bike, although the final part from Font Saguarda to the top is considerably difficult.

On the other hand, there is also an alternative starting point located before Font dels Abeuradors, which leaves from the car park in **Can Calabrès**. Part of the beginning of this route runs along a stretch of the GR footpath.

At the top, the **panoramic views** allow you to have a view of part of Costa Brava, such as Cap de Creus, Blanes, the mountains of Montserrat, Montseny, Pedraforca, the Pyrenees, Cingles del Cabrerès, Puig de Sant Benet, Mare de Déu del Coll, Osor and the depression between the regions Selva and Gironès.





Symbols and markers

Des de la Font dels Abeuradors:

3,9 KM

272 M

1 H 20 M

Des de l'aparcament de Can Calabrès:

5,4 KM

272 M

1 H 40 M

Route markers

This route is marked in green in this way:

Continuation of the path

Wrong way

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

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

<https://ca.wikiloc.com/rutes-senderisme/ruta-de-sant-miquel-de-les-formigues-55134863>

The **vegetation** we will find along the route is the following:

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.

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.

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.

ASPEN (*Populus tremula*)

This species grows well in **deciduous forests and shady areas**, but does not tolerate rivalry from other trees, such as oaks and beeches, which soon replace it.

Its wood is white, soft and light. It is ideal for packaging and indoor furniture. It is also used to



make paper pulp, matches, toothpicks, toys and boxes. One of the **most relevant features** is the light weight of its wood. Its leaves are simple, alternate and with a rounded outline with an irregularly wavy margin and obtuse teeth, and a pointed end.

It is a broad, **rounded crown tree with a white**, smooth bark trunk and branches, except for the base of the tree, which is usually cracked and dark, especially in older trees. It is a tree that grows back very easily, which makes its expansion easier in open areas.

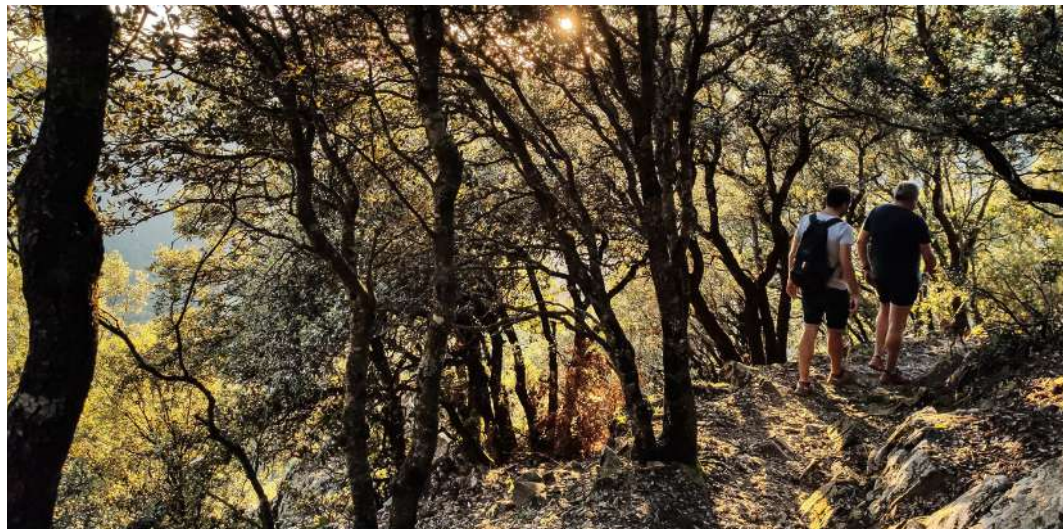
STRAWBERRY TREE (*Arbutus unedo*)

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.

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.



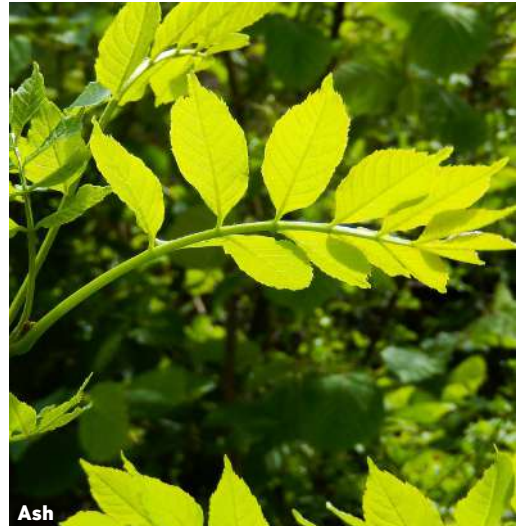
Flora

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.



Fauna

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

FIRE SALAMANDER (*Salamandra salamandra*)

It is an amphibian of the **salamander** family, which is usually about 20cm long. It has got a smooth black skin with very bright yellow spots on top. It lives in wet environments and is considered a bioindicator of the quality of the water in which it is found.

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.

EUROPEAN GREEN WOODPECKER (*Picus Viridis*)

It is the most well-known and difficult to see woodpecker, despite being **sedentary**. Its feathers are greenish, mainly on the outside of the wings, and its tail has yellowish and black touches. The male has bright red plumage on its head, and a peculiar black and red moustache.

It makes holes into trees to make the nest and prefers softwood, riparian forests or pine forests. It has an undulating flight and often eats from the ground, mainly ants, beetles and flies.



Fauna

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.

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.



Fauna

The female, apart from the white markings, has got olive-brown upperparts and lighter underparts.

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.

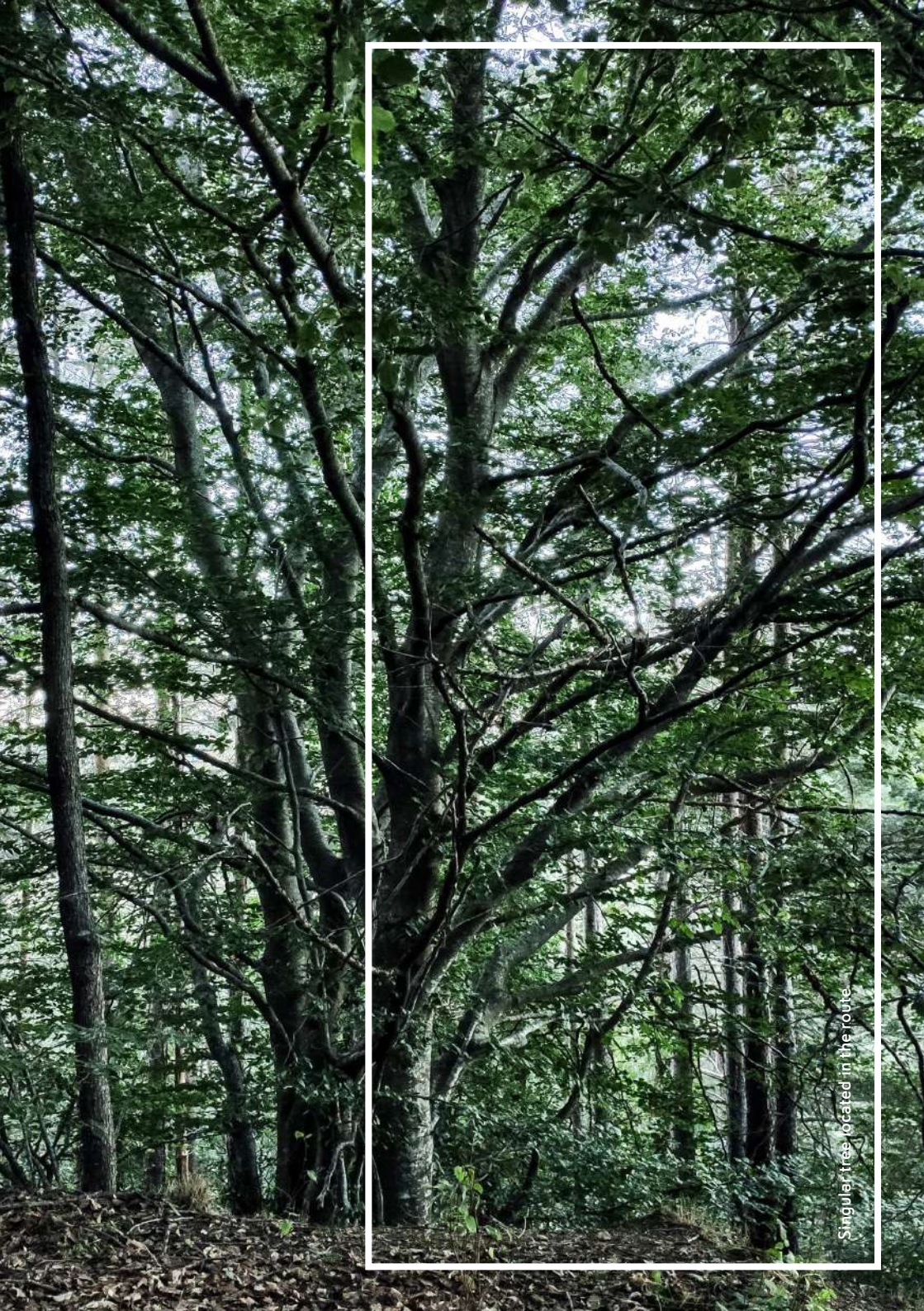
It is a **carnivorous mammal** which eats rabbits, hares, mice, rats, birds, fish, moles and insects. It also eats eggs, fruits and leftover food. They live in forests, in areas near towns and cities, and it moves in the evening and at night. During the day, it hides in the bushes or in the burrows that they dig into the ground. The fox has an excellent sense of smell as well as good hearing and eyesight.



Common chaffinch



Fox



Singular tree located in the route

Places of interest - Font dels Abeuradors and Font Sa Guarda

The route allows you to reach the highest peak of Les Guilleries all along two water springs.

FONT DELS ABEURADORS

This spring is the **starting point** of the route to Sant Miquel de Solterra or de les Formigues: it is located 6.5 km from the centre of Sant Hilari Sacalm.

FONT SA GUARDA

The spring is at the **end of the route**, just before the path that leads to the top.



Places of interest - Cim de Sant Miquel

CIM DE SANT MIQUEL DE LES FORMIGUES

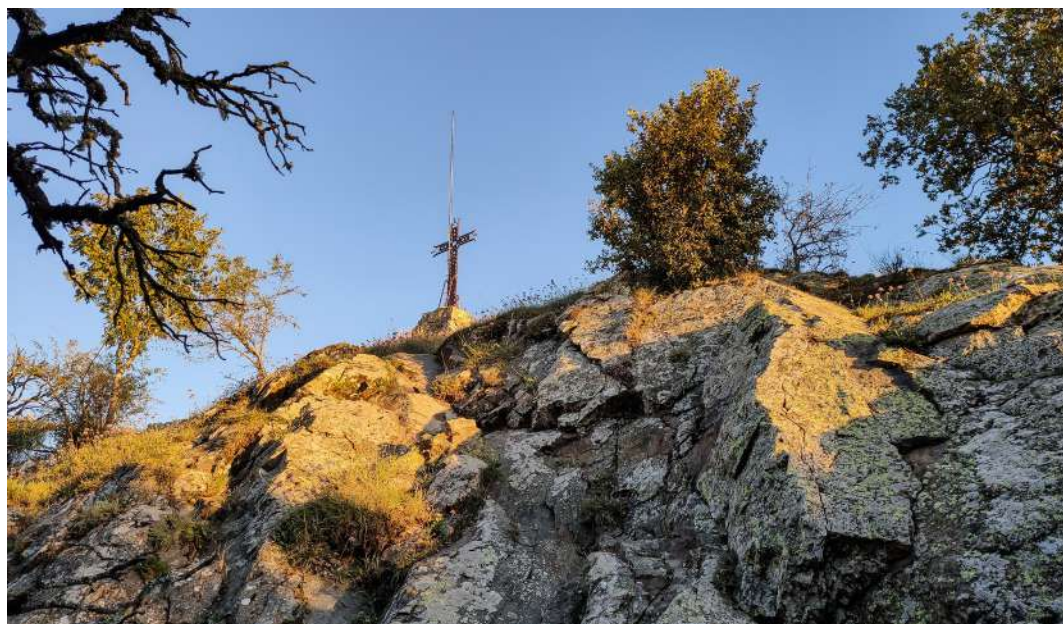
Sant Miquel de Solterra or de les Formigues is a 1,204-meter peak located between Sant Hilari Sacalm and Osor.

Formerly, on the summit we could find the **Castle of Solterra**, a watchtower fortification demolished in 1425 by some earthquakes. It was a round tower building that was never a home, but a fortified point formed by a tower, a wall, a chapel and maybe some outbuildings for the guards. Dangers were warned with a bonfire during the nights, and the horn or optical signals during the day; that is reason why the castle was visually communicated with a network of guards or small towers and strongholds that assured the defence and communication in all the boundary.

Later, a **chapel dedicated to Sant Miquel** was built, which fell down in 1915. However, we can still see its ruins and the base of a round tower, which holds the cross with the 3 ants.

The **legend** says that some fishermen found themselves in a great storm of rain, wind and fog. When they wanted to return, they were so desperate that they promised to build a chapel on the first peak they could see on the mainland. The first peak was Sant Miquel, where they built a chapel.

It is also said that, in the past, the ants (in Catalan, formigues) became owners of the mountain,



Places of interest - Creu de Sant Miquel

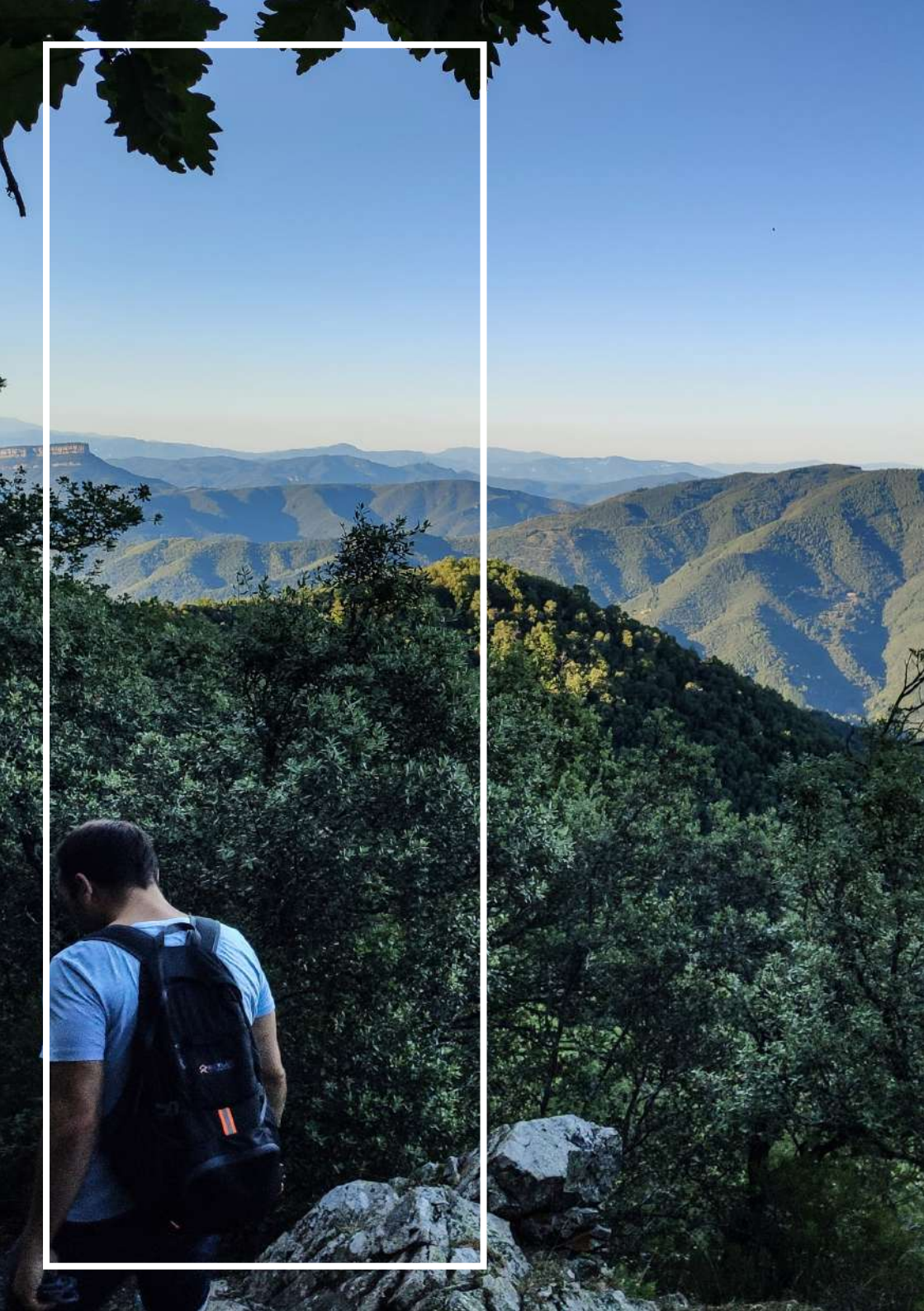
had their underground nests and they accumulated there for no apparent reason. The small animals ran everywhere, both inside and outside the chapel, and they often climbed the altar that dominated the chapel, where there was an image of the holy angel, who in a peaceful attitude had his snake-shaped sword at rest, with its point low and fixed on the ground.

CREU DE SANT MIQUEL

The hiking group "**Forces, Forts i Forns**" was founded in 1947 and just 10 years later, in 1957, they decided to place a monumental iron cross on the highest peak in the village. The cross was created by Xavier Vila, and Simon Padrós did the other building works. The process was difficult as the 4.65-meter cross had to be lifted from Font Saguarda. This cross was paid for with contributions made by people from the town and summer residents, since the town council did not have enough means that year.

On 16 September, the cross was placed on the top and on 29 September, it was blessed with a celebration.





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.

Sant Hilari Sacalm

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