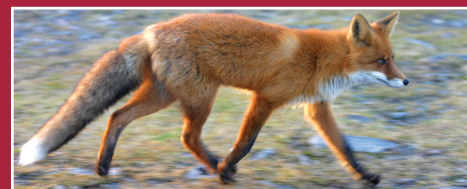


Natural landscape

This trail enables the hiker to walk through and contemplate the unique geological nature of the rock conglomerates of Montserrat, represented by cliffs, grottoes, caves and crags. Between scrubland with pines and remnants of oak woods are large numbers of dry stone walls, left over from the more agricultural landscape of the massif. The most widespread crop is the olive, which provides oil of extremely high quality. **Serra dels Solans [4.2]:** Craggy cliffs on the side of Cabacés that slope gently down to Montsant River on the other side. **Coves Altes [4.4]:** Three grottoes showing the way in which the strata of the rock conglomerate rest one on top of the other, between layers of other materials.

Cultural heritage

Cabacés is situated at an altitude of 358 m on a small hill between the gullies of Les Comes and Montsant. Mediaeval in origin, its land was part of the Barony of Cabacés. **Parish church:** Dedicated to the Nativity of the Mother of God (Mare de Déu), this has an interesting gothic altarpiece from the 14th Century. **Municipal Museum:** This museum contains exhibitions of works by Miquel Montagud Borja and reproductions of works by El Greco. **Chapel of Sant Joan [4.1]:** A Baroque building from the 18th Century, this chapel contains tile mosaic representations of biblical scenes. **Cabin of Peret Bassetes [4.3]:** A circular dry stone building. **La Covassa [4.5]:** A grotto with construction within. **Chapel of La Foia [4.6]:** This is a shelter with stone walls which tradition links to prehistoric cults. This is also known as Les Neus, in reference to the wife of Alfons de Borbó, who visited the chapel in 1873. Beneath the chapel is a spring, which formed the basis of the old irrigation system of the village. **Chapel of Sant Roc [4.7]:** Built in 1594, making the most of the wall of a grotto, the interior is from the late Gothic period.



Fox (Vulpes vulpes). Josep Gener.



TRAIL 4 CABACÉS

Serra dels Solans
Barranc Tancat
Mare de Déu de la Foia
Ermita de Sant Roc

Initiative: Parc Natural de Montsant. Contents: Casa d'Oficis Senders de Montsant / Carrissa. Writing, coordination and control: Pedraera Pedagogia Ambiental.



A trail on the western slopes of the Serra de Montsant, recommended for those who want to enjoy historical and spiritual heritage in a beautiful natural environment.

The trail passes successively three of the nine chapels within La Serra de Montsant Natural Park. Both the climb up, which is reasonably hard at the start, and the descent, are easily accessible for all types of hiking fans and are not overly difficult. Follow the signs for the Serra de les Pinedes -Coves Altes and then the path to the chapels, which are indicated with wooden signs placed by Turisme de Catalunya, the Tourist Board of Catalonia.

This trip can be completed in a morning if enough time is allowed, but it is recommended to stop for lunch, making the most of the facilities with barbecues and tables at the chapel of La Foia. However, remember to take your rubbish with you, as there is no rubbish collection service.

You can take this walk any time of year. On the sunniest days, walkers can refresh themselves and quench their thirst at La Foia.

Technical description

TOTAL DISTANCE:

8.8 km

TOTAL TIME:

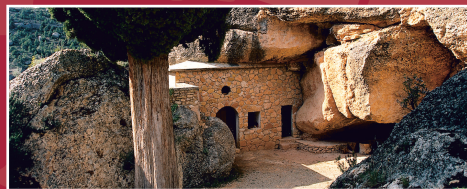
2 h 40 min (rest stops not included)

DIFFICULTY LEVEL:

MEDIUM (not suitable for small children)

TOTAL ASCENT:

340 m



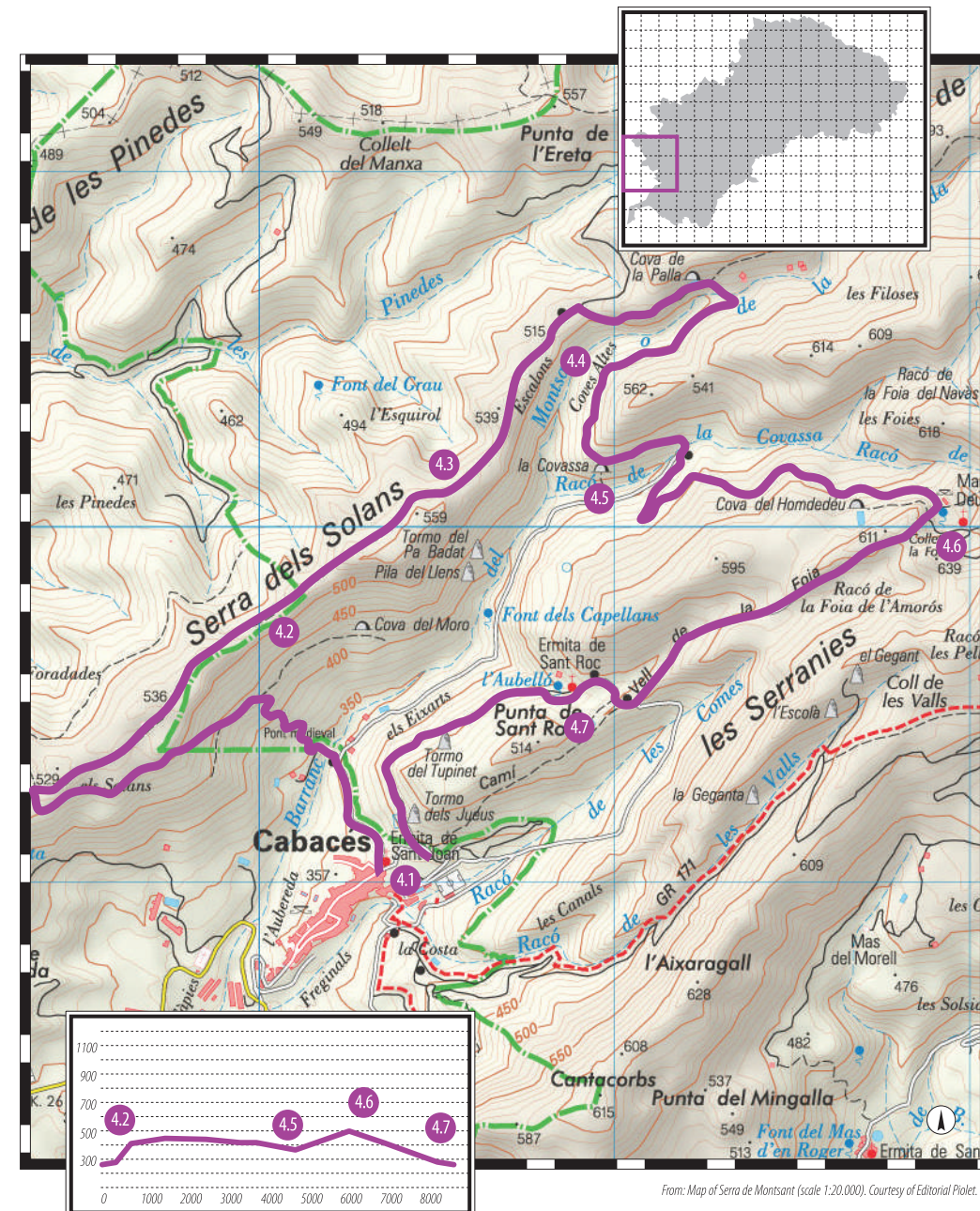
Chapel of Sant Roc. Richard Martin.

Trail description

The departure point for this walk is the car park at the entrance to the village. Climb the street called Carrer Major as far as the **chapel of Sant Joan** [4.1] and take the track to the left. Here you will find the canal and the old washing-places. Follow the track in the same direction. To the left you will pass a cemented track leading down to L'Aubereda. After a short while there is a signpost and at this point, take the track leading off to the left. After passing the Pont (bridge) d'en Solà, another signpost shows the route to be followed. Pass the olive grove, and after that take the old stone track that climbs straight ahead. You should follow the milestones and pass another signpost before arriving at the top, on the left of the **Serra dels Solans** [4.2]. Continue climbing gently up the ridge. The path levels out and after a while you will find the **cabin of Peret Bassetes** [4.3]. From this track, several paths lead off to the grottoes formed by erosion of the cliffs, for example the **Coves Altes** [4.4], although you'll need to concentrate to find them. Continue following the ridge until you reach a path. A sign indicates the direction to take, to the right. After a short while you will reach the Barranc Tancat gully. Continue by the path. On this stretch, various geological phenomena can be seen in the walls of Els Solans. When the appropriate sign is reached, take the track leading down to La Foia. After a short while, you will see at the bottom of the Barranc de la **La Covassa** gully [4.5]. Leave the **chapel of La Foia** [4.6] by the path that first climbs a hill and then passes by the side of olive groves as far as a crossroads. Take the path leading to the right, which goes to the **chapel of Sant Roc** [4.7]. Pass the chapel by the covered passageway on the right to join the path of the irrigation ditch. The path turns into a track and finally enters the village behind the chapel of Sant Joan.



Mare de Déu de la Foia. Richard Martin.



From: Map of Serra de Montsant (scale 1:20,000). Courtesy of Editorial Piolet.