

**RAMAT  
DE CAMINS**

## STAGE 9: ESPOT – ESTERRI D'ÀNEU

ESPOT – JOU – LA GUINGUETA – ESTERRI D'ÀNEU

**Time needed:** 4.40 h

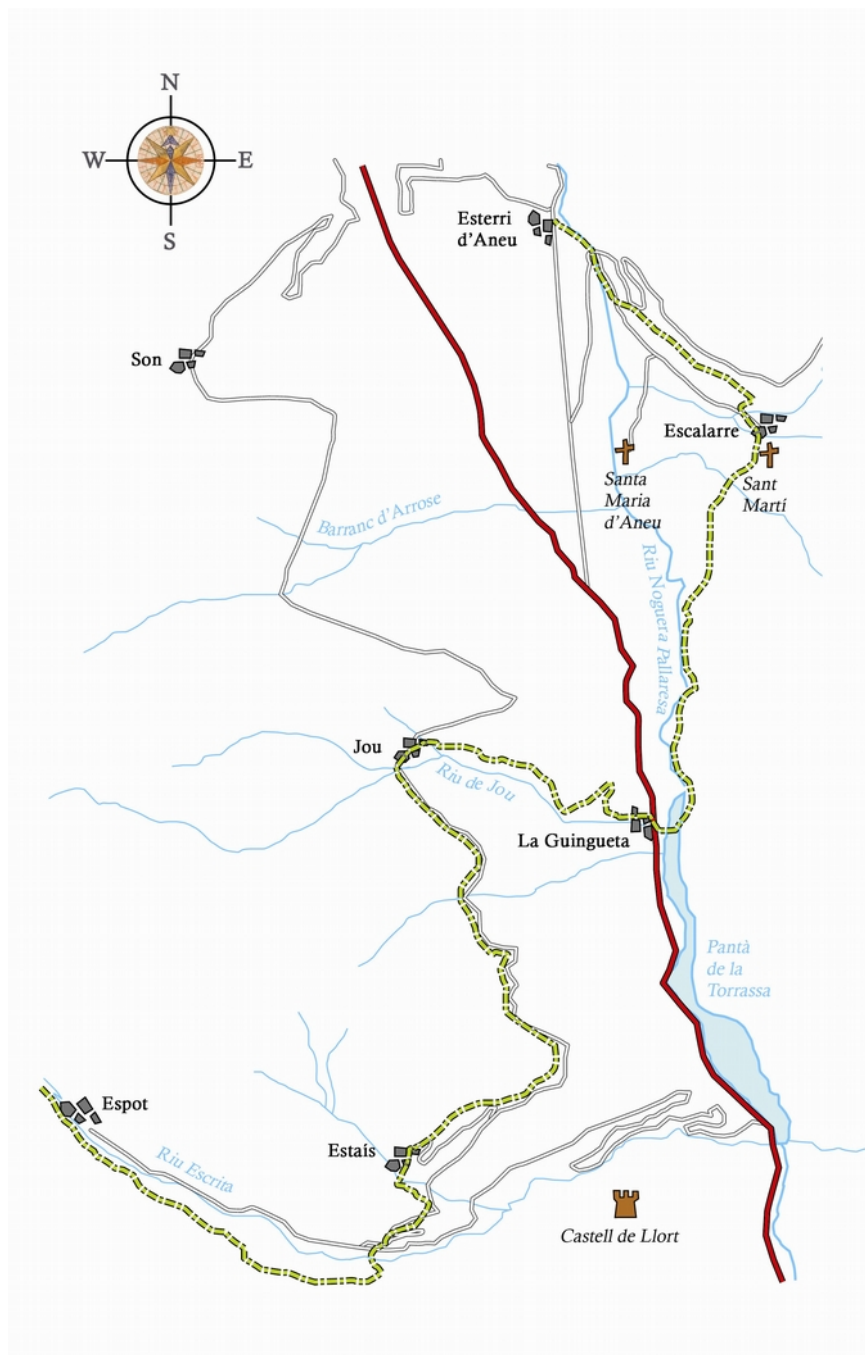
**Ascent/descent (approx):** 285 m ascent, 620 m descent

**Distance (approx):** 15.3 km

**Highest point:** 1,375 m

**Lowest point:** 955 m

**Map recommended:** *Parc Natural de l'Alt Pirineu*. Scale 1:50,000. Editorial Alpina.



- 0 h **Espot**, 1,300 m. Following the GR waymarkers, we leave the village and go down a track to the junction between the paths to Estaís and Escaló.
- 0.30 h **Junction**, 1,243 m. Here we turn left towards Estaís and Jou, cross a bridge over the Escrita river and follow a track to the road a few metres away. We come out opposite the La Mola campsite. There is a shortcut on the other side of the road indicated by stone markers. We go up that and come out on the road to Estaís, Jou and Son del Pi. We cross the road and take a shortcut by one of the well-trodden, narrow paths among the scrub and grass. Once we are back on the road, we follow that for a good while.
- 0.45 h Leaving the road after a bend we take a track on the left which takes us to the village of Estaís under the trees.
- 1 h **Estaís**, 1,375 m. Not to be missed: a walk round the village. We make our way through the village and climb to the highest part. After following a stretch of the road leading into the village for a few metres, we leave the road by a little path on the left which skirts the mountain high above the road. This is an overhead path that gets plenty of sun, where a lot of heather grows. We pass the electricity pylons below us. If we turn round, we can see the Espot ski slopes. Gradually we get above the road that goes to Jou. On some paths above the road we can see La Guingueta and the Torassa reservoir, where we are heading, at the bottom of the valley.
- 1.30 h **Road**. We turn left and follow the road to Jou.
- 2 h **Jou**, 1,315 m. (hostel). Not to be missed: a walk round the village. We follow the road through the centre and on the other side we find the sign to take the GR down to La Guingueta. We go down the horseshoe path which has some paved sections. Just above La Guingueta, we come out by a farm building, from where we follow a path downhill towards the village. We pass a few houses. Then we follow a little road between trees for a few metres. It meets another road at a T-junction. We turn left and immediately come to the road, with hostels on either side.
- 3 h **La Guingueta**, 955 m. (hotel, restaurant, campsite, rural accommodation.) Not to be missed: the Mollera birds observatory. We cross over to the other side of the road and turn right. Once past the Poldo Hotel we will find a signpost. This tells us we have to turn left and cross the reservoir by a bridge. Once we've done that, we turn left to follow a woodland track that will take us to Escalarre. For a good while we will have the Aiguamolls de la Torrassa wetlands to the left of the track where various species of birds can be observed.
- 3.05 h **Mollera d'Escalarre bird observatory** to the left of the path.
- 3.50 h **Sant Martí d'Escalarre church** to the left. We can already see the village houses ahead of us. In a while we will cross the ravine next to the village.
- 3.55 h **Escalarre**, 990 m. (rural accommodation). Not to be missed: a walk round the village, the Santa Maria d'Àneu monastery, where the Romanesque paintings have been reproduced. We turn left and head on down the road into the village. Just after the last houses we take a narrow path on the right which runs parallel to the road but a few metres above it. Soon we begin to see the houses in Esterri. We pass through the middle of some holm-oak woodland. It's a very sunny flank.
- 4.25 h The **narrow path**, leaving the cemetery behind, comes out on the road. We turn right and go down the road. As it splits, we take the left fork and pass under a bridge. We get to Esterri by the Santa Llúcia path.

4.40 h **Esterri d'Àneu**, 959 m. (hotel, restaurant, campsite, hostel, rural accommodation, petrol station, shops.) Not to be missed: a walk round the village, the church and the Valls d'Àneu ecomuseum).

IF YOU FIND ANY MISTAKES IN THE DESCRIPTIONS OR CHANGES TO PATHS,  
OR IF YOU HAVE ANY SUGGESTIONS TO MAKE, PLEASE WRITE TO

[info@ramatdecamins.cat](mailto:info@ramatdecamins.cat).

Support the '[Apadrina un camí!](#)' project and sponsor a footpath.