

46 ROUTE TO LA NOU LAKE

HIKING IN ANDORRA



46

DON'T MISS...

The chance to sleep in the Claror or Perafita shelters and enjoy the amazing views at dawn.

DID YOU KNOW?

That the Riguer and Prat Primer areas are part of the Buffer zone of the Madriu-Perafita-Claror valley (VMPC), which became a UNESCO World Heritage Site in 2004 and houses the Estany de la Nou pond.

TOPONYMY

La Nou lake: From the Romanesque *noc*, coming from the Latin *naucu* (derived from *navis*), related in this case with hydronymy. The nature of this lake and its water supply system lead one to think it is fed by subterranean water.



Hiking in Perafita



Marmota



Mountain hut

Over the centuries, the Riguer and Prat Primer areas have been witnesses to the local farming and forestry. At an altitude of about 400 metres, excavations have located the sites of 14 coal mining areas, used for obtaining charcoal.

The vegetation seen in the area is typically alpine, with grassy meadows taking the centre stage.

Upon arriving to the Prat Primer and Claror shelters, the marmots soon appear. The grassy meadows are scattered with isolated specimens of common juniper (*Juniperus communis*) and Alpenrose (*Rhododendron ferrugineum*). These shrubs are very small and grow at ground level, with flexible branches, given that in winter months they are covered by a blanket of snow. The monk's-hood or aconite (*Aconitum napellus*), mountain hens (*Sempervivum montanum*), citril finch (*Serinus citrinella*) and northern wheatear (*Oenanthe oenanthe*) are a few of the plants and birds that can be seen in this area. The citril finch and northern

wheatear can be seen on the granite rocks and the branches of the trees. The route follows the GRP signs, along the Estany de la Nou path. The mountain pine (*Pinus uncinata*) increases its presence and, in the area surrounding the pond, at the end of the route, this specimen forms whole pine forests.

This is the habitat of small birds such as the goldcrest (*Regulus regulus*), the coal tit (*Parus ater*) and the European crested tit (*Parus cristatus*). The Estany de la Nou pond feeds from the groundwater which runs beneath the area, unlike most other ponds in the Pyrenees which are fed by river water. This is the most southerly pond in the Principality and also the warmest. If you don't want to return through Prat Primer, you can do so via the Perafita and Madriu valleys. A chance to enjoy and gain first-hand knowledge of the elements that have led the valley to be declared a UNESCO cultural heritage site. This is tangible in a range of manifestations, fruit of the orderly and respectful coexistence between nature and man over the centuries.



DATA SHEET



4H

+1.151 M

-260 M

7.100 M

NO*

APPROXIMATE WALKING TIMES

ROUTE SIGNPOSTING



GRP



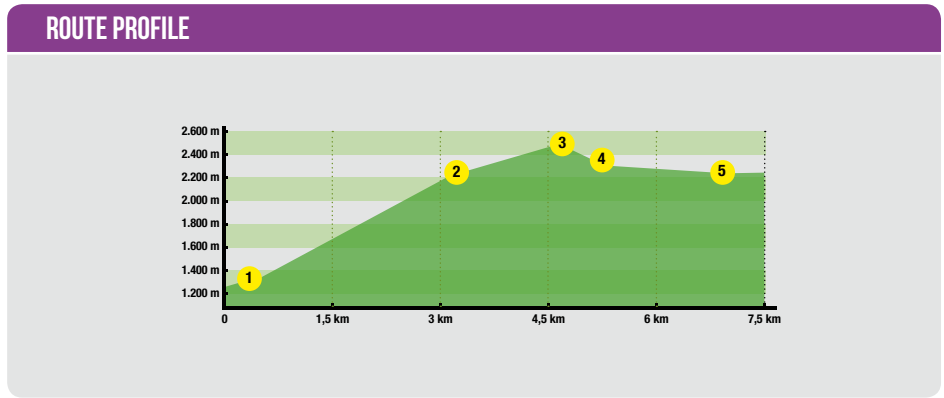
WRONG WAY



Andorra la Vella

LOCATION HEIGHT	DISTANCE DROP	TIME	COORDINATES	DESCRIPTION
1 LA COMELLA PARK URBAN AREA 1.340 m	-- (--)	--	N42 29.909 E1 31.825	To get to the starting point, follow the La Comella road (CS-101) that leaves from Andorra la Vella and continues climbing. After the km 4 mark, you'll come to an intersection on the right and a car park where you can leave your vehicle.
2 PRAT PRIMER REFUGE 2.230 m	3.500 m (+890 m)	1h 30'	N42 28.697 E1 33.030	The path goes back up to Prat Primer valley, continuing past Cortal de la Plana. Further ahead, it rises through alpine meadows until you come to the refuge located on a small shelf.

LOCATION HEIGHT	DISTANCE DROP	TIME	COORDINATES	DESCRIPTION
3 COLLADA DE PRAT PRIMER 2.491 m	4.600 m (+261 m)	2h 30'	N42 28.367 E1 33.376	Continue rising along a rather steep stretch above the refuge. After a final and somewhat unstable climb, you'll draw near to Prat Primer pass.
4 CLAROR REFUGE 2.280 m	5.500 m (-211 m)	3h	N42 28.206 E1 33.827	After the hill, start to descend alongside the Roges ponds, where you will come across the remains of the path which runs along a steep slope and will lead you to the Claror shelter. Continue along the Estany de la Nou path.
5 LA NOU LAKE 2.231 m	7.100 m (-49 m)	4h	N42 28.544 E1 34.480	Following the GRP along rather flat stretches, you'll come to La Nou lake, the route's final destination.



* You can return by following the same ascending route, or by going back to the Perafita refuge (following the GRP) and then descending through Perafita valley, following the variation of the GR heading toward Escaldes-Engordany.