

HERITAGE TRAIL

“Around Senterada: A General View of Pallar's Culture”

Introduction

This is a medium-high difficulty route where you can enjoy elements of both nature and the general culture of Pallar's in its different aspects.

A walk that combines enjoying points with spectacular views over the entire region in the towns of Cèrvoles or Naens offering a deeper understanding of the area's diverse landscapes.

See very diverse elements that link geology with architecture from the most ancestral, such as dolmens and necropolis, to a variety of current constructions of houses, churches or dry-stone walls.

Walk through the interior of a mature forest with a high diversity of flora and fauna where you can experience the feeling of tranquillity and peace.

Finally, understand and take part in activities carried out by local population to maintain their food sovereignty and local traditions linked to agricultural production and Pallar's culture in its most immaterial expressions: language, myths, traditions - all very visible in the accommodation of Casa Leonardo.

What you'll discover

- **Cèrvoles:** A small municipality offering a breathtaking panoramic view over the entire Pallars region.
- **Dolmen de La Cabaneta del Moro:** Megalithic structure dating back around 10,000 years and accompanied by a necropolis or funerary city.
- **Tremoluga de Naens:** A mature forest, home to a great diversity of local plant and animal species where calm is breathed in.
- **Comunitary Senterada Orchards:** A recently created orchard as a response to the global COVID-19 crisis promoting collective food autonomy. (optional)
- **Casa Leonardo:** A small rural museum featuring the tangible and intangible heritage of Pallars. (optional)

Heritage stories

Story 1 “From Huge to Tiny View: Exploring the Diveristy of Pallars Landscape”



Cèrvoles is a privileged point where, thanks to its strategic location, we can enjoy a complete panoramic view over the landscapes of the entire Pallars region, from the plain in the lower parts of Pallars Jussà to the alpine peaks of the Pyrenees range and in Pallars Subirà.

This holistic view allows us to understand the relationships that its inhabitants have had with the place since ancient times: the use of the land to produce grass for grazing animals, the obtaining of wood in plantations, the exploitation of rock and minerals for construction. And at the same time to observe the changes in the various uses of the land towards an increasingly wooded, uniform and less inhabited landscape.

Its architecture—housing, religious monuments, structural elements, etc.—also allows us to explore the relationship between geology (rock types) and construction, and to compare it with other locations in the varied geography of Pallars simply by paying attention to the details on a simple wall. Visit Cèrvoles and explore this trail.

Story 2 “Ancient Stones Reaching for Eternity”



The relationship with death has been a recurring theme since the dawn of humanity, always closely tied to spirituality and the concept of eternity. Like in all cultures, this theme is present in Pallars, which offers an exceptional setting for exploring it.

There are numerous funerary monuments that we can find in Pallars and on this route we will get to know one of the Dolmens and necropolis: the

Dolmen of Cabaneta del Moro.

It is an open space, free from dense forests, offering a 360-degree panorama—perfect for visitors who appreciate grand landscapes. Dating back approximately 10,000 years, its construction invites reflection on the advanced architectural knowledge required at the time, particularly the techniques used for cutting, polishing, and moving massive limestone blocks weighing several tons.

It also reflects a remarkable sensitivity in choosing a strategic location for a funerary monument—an open space, elevated and closer to the celestial vault. Visit the Dolmen of Cabaneta del Moro and explore this trail.

Story 3 “The Forest Where the Leaves Make Our Curiosity Shiver”



La Tremoluga de Naens allows us to walk through the best-preserved and diverse wooded nature of the Pallars in a small space, all within a small area dominated by a mature forest of oaks and aspen trees—species that are rare in the region.

The maturity of the forest allows you to enjoy both the diversity of an exceptional forest landscape dominated by birds of high naturalistic value such as woodpeckers, various raptors and

mammals typical of central Europe, as well as numerous species of flora of all types, such as diverse spring orchids and the associated variety of mushrooms.

At the same time, La Tremoluga invites us to experience calm and well-being shaped by centuries of natural harmony between its wild inhabitants. It encourages a deep sensory connection—whether through the gentle trembling of the aspen leaves or the song of the birds. This place is also rich with Pallaresan beliefs, myths, and legends, full of mystery and a strong sense of local identity. Walk through La Tremoluga de Naens and explore this trail.

Story 4 “The People Hands That Create a Fertile Land for The Future”



The Orchard of Senterada was created during the global COVID-19 crisis as a way for neighbours to come together and promote collective food autonomy.

More than 150 neighbours in the municipality of Senterada share their work collectively, exchanging knowledge on how to produce local food and promote the culture connected to the land: agriculture.

It is a space created by the Senterada Association, a living and sustainable

municipality, to unite and integrate different generations and people with the same objective: to make the town grow and give it life through food autonomy.

It is a space for exchange between generations and different knowledge and ways of thinking, so it is also a space where new visitors to the town and tourists are invited to actively participate for a few hours in some of their community tasks in an altruistic way. Visit the Orchard of Senterada and explore this trail.

Why this trail matters

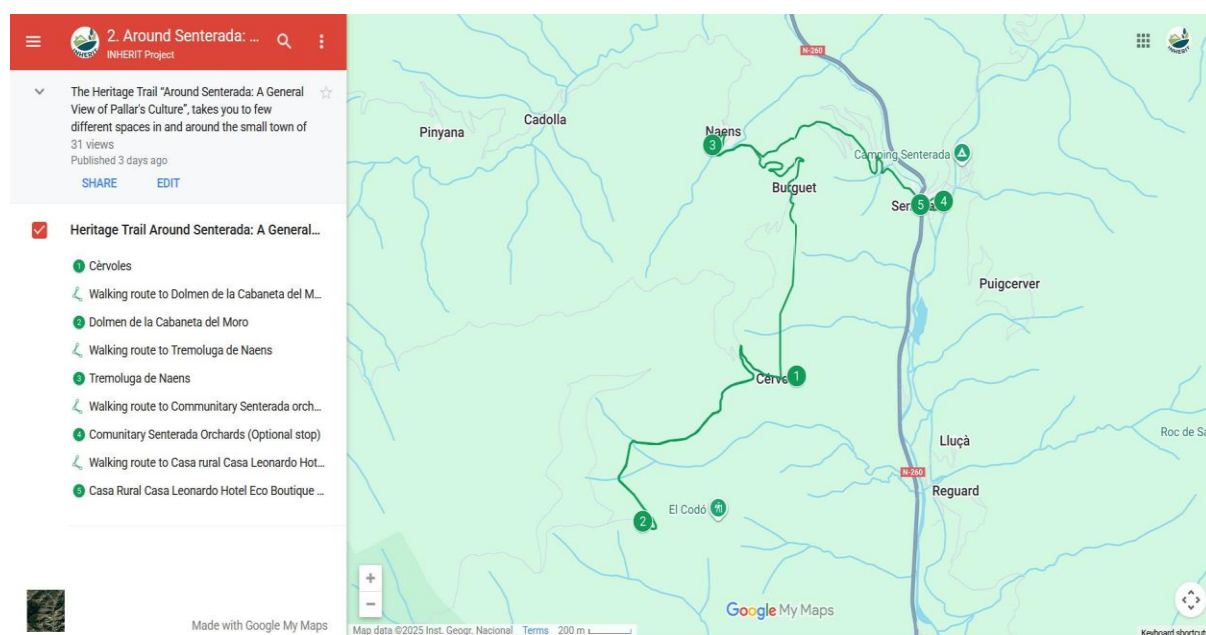
This trail helps travelers to:

- Understand the diversity of landscapes from the lowlands of Pallars Jussà to the alpine peaks of Pallars Sobirà, the different types of vegetation and the traditional and historical use that has been made of the territory: from animal grazing to the production of vegetables, wood, or rock for construction, today all in decline.
- Have a broad perspective to understand the geological importance of the place and its relationship with local architecture. See ancestral architecture, for example, the Dolmen and other funerary monuments from 10,000 years ago and the use of geology in current architecture in houses, religious or structural constructions such as dry-stone walls and be able to understand the evolution of construction techniques.
- Enjoy a quality mature forest Tremoluga de Naens where you can see a good example of high diversity of many of the most spectacular species in the region in flora - oak and aspen forests, fauna species of woodpeckers or birds of prey, or fungi and mushrooms.

- Be able to learn first-hand about the productive projects of collective organization that recover local agricultural varieties and the knowledge of the tangible and intangible Pallar's culture vocabulary, oral traditions, legends, etc. also well represented in the accommodation of Casa Leonardo, a small rural museum.

Trail map

This Heritage Trail "Around Senterada: A General View of Pallar's Culture", takes you to four different spaces in and around the small town of Senterada: the panoramic Pallar's views from Cèrvoles small town showing its relation to the geology of Pallars, the ancient architecture of the Dolmen de la Cabaneta del Moro, the beauty of the mature forest of la Tremoluga, as well as the local project Senterada Comestible promoting the local orchards and food sustainability. This trail also offers you to experience a stay in the amazing Casa Leonardo, an active private hotel that promotes the Pallar's culture.



Link to the map:

<https://www.google.com/maps/d/u/1/edit?mid=1dtUpEb30tDBURODP0gpMFa36yYAnMkw&usp=sharing>

Stop 1	Cèrvoles https://maps.app.goo.gl/zvtaRSx9w3xsexR59
Stop 2	Dolmen de la Cabaneta del Moro https://maps.app.goo.gl/ncTHc3Th4ZfUvuWTA
Stop 3	Tremoluga de Naens

	https://maps.app.goo.gl/K2fuqYS7HkVMsdoE7
Stop 4	Comunitary Senterada Orchards https://maps.app.goo.gl/fRefnQo3ToXvWSf89
Stop 5	Casa Leonardo GPS: 42.32458455204091, 0.9377347479545318

Trail details

- Length (km):
 - 11km
- Level of difficulty:
 - Middle - 310m slope
- Duration:
 - 7-8 hours
- Getting there:
 - Public transport to La Pobla de Segur
 - Taxi / private transport / walking to Senterada
- Clothing:
 - Comfortable hiking shoes
 - Weather-appropriate clothing for outdoor exploration
- Tools needed:
 - Camera for capturing tile discoveries
 - Map or GPS for navigating the journey
 - Binoculars
 - Nature field guides
- Safety guidelines:
 - Sloping and unstable terrain
 - Not recommended in winter
- Guiding:

- Self-guided (on your own)
- Contacts for more details:
 - Naturalwalks
www.naturalwalks.com
+34 662 251 059
info@naturalwalks.com
 - Consell Comarcal del Pallars Jussà. Epicentre centre de visitants del Geoparc Orígens
+34 973 635 470 / 693 100 336
Pg del Vall 13, 25620 Tremp
epicentre@pallarsjussa.cat
 - Casa Leonardo
info@casaleonardo.net
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 - Associació Senterada municipi Viu i sostenible
senteradaviu@gmail.com

Quests / Chances to be creative

Quest 1 “Around Senterada: A General View of Pallar's Culture”

Mission Overview

This is a walk where the traveler will be able to have a broad view of very diverse cultural aspects - both material and intangible - related to the nature of the Pallar's area environment.

Success criteria

Travelers should be able to:

- Identify the diversity of landscapes that Pallars has as an identity element: high mountains, mid and low mountains, plain and riverside areas and how seasonality marks the image of these landscapes throughout the year.



- Identify different types of geological materials and how these can be associated with ancient constructions -dolmens, houses, churches, walls separating properties, etc.-
- Relate the local economy - cultivation of fodder, livestock production, vegetable gardens, etc. with the landscape and climatology of each place.

Quest Questions

- Could you give us some examples of how local constructions are associated with the types of stone or materials in each area?
- Could you give some examples that you have seen along this or other routes?
- Can you identify different types of livestock in the area? And could you comment on whether there is any relationship between what type of animal you have seen and where they live?
- Could you identify different types of forests typical of the region? Some have given names to emblematic places of local nature.
- Could you imagine what changes in the landscape and in people's lives are caused by changes in the climate throughout the year?

Final thoughts

It is important that the walk, especially if guided, can give rise to reflections on how seasonality in mountain and isolated places can change the landscape, for example, with snow in winter and draught in summer.

It should also show the ability of local communities since ancient times to find solutions of many types—architectural, food production, agricultural, etc.—through the observation and use of the immediate nature of each specific place. Today this is reflected in types of crops, constructions, livestock production, and even intangible cultural heritage such as legends, popular stories, and local dialects.

Equally important is the role of cultural practices that have nearly disappeared today, such as transhumance over long distances crossing all of Catalonia to the southern regions as a way of adapting to seasonal changes. This tradition has also left a strong mark on both the tangible and intangible cultural heritage of the area.

Disclaimer:

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