

23 Around the Cap de Norfeu

Along the Camí de Ronda to a peninsular viewing point

Montjoi – Cap de Norfeu – Torre de Norfeu – Cala Jóncols and back

Starting point: Montjoi, 0m. From Roses along the coast road, follow the signs for Montjoi; car park in front of the «Ciutat de Vacances».

Walking times: Montjoi – Cap de Norfeu 1¼ hrs, Cap de Norfeu – Torre de Norfeu ½ hr, Torre de Norfeu – Cala Jóncols 1 hr, return 1¼ hrs; total time 5 hrs.

Ascent: About 280m.

Grade: Some strenuous stretches of ascent.

Trail markings: Between Montjoi and Cala Jóncols, the GR 92 (white-red); along the excursion to the Cap de Norfeu, a distinct path.

Refreshment: Montjoi and Cala Jóncols.

Map: Parc Natural del Cap de Creus (Mapa topogràfic), 1:25,000 (ICC).

Info: Oficina de Turisme in Roses, Avinguda de Rhode; ☎ 902.103636.

Notice: To only make an excursion to the Cap de Norfeu, start off at the Cala Canadell. From Montjoi continue driving along the bumpy road until reaching the sign «Cala Canadell»; here are places to park. The route is described below; total time 1¼ hrs.

Tip: Along the way, take a swim at the lovely little sandy bay Cala Pelosa.

The Camí de Ronda between Montjoi and Cala Jóncols is a pleasant trail destined to fulfil every walker's hopes and dreams. In early summer, ramble through an ocean of flowers along the steep coastal cliffs, time and again passing delightful bays perfect for a dip in the water. For an excursion on the way, the Cap de Norfeu, a rocky promontory reaching far into the sea, almost insists on being walked. From the tip of the cape, enjoy a marvellous sweeping view southwards over the never-ending coastline.

In **Montjoi**, walk to the beach and over to the other side to pick up the rocky coastal track; follow this for 1km. At a trail sign, turn right onto the Camí de Ronda then traverse the coastal slopes, dropping down to a small bay. On the other side of the pebble beach, ascend again for a couple of metres and



then continue on the level, passing steep, rocky little inlets, descend to the Cala Pelosa, boasting a beach of fine sand. On the other end of the bay, the trail ascends again, somewhat higher, leads past a small gully (to the right is an information board – «El Pi») and begins an arduous ascent along the steep coastal slopes. The trail is sometimes stepped. Along the ridge of the cape's promontories, the trail levels out again, changes direction and merges with the coastal track above the Cala Canadell. Now take the signed track to «Cap de Norfeu» and ignore a path to the right which climbs to the Torre de Norfeu. Just after, the track becomes a path; along this, at first pass by the walled-in cliff grotto «Cova de les Ermites» and then a path forking off which ascends to «Cova les Encantades». High above the sea, walk through the densely overgrown slopes with a view of the cliffs on the other side. Now reach the ridge of the promontory and head for the eastern tip; at a trail junction on the way, continue straight ahead (on the return route, a turn will be made here). Pass a squat stone hut and then reach the very end of the **Cap de Norfeu**, 130m, at the edge of the steep coastal slopes.

Return to the junction last mentioned and turn left here along the leisurely ascending path through the southern slopes of the cape. Soon after, the imposing ruins of a round watchtower appears – head straight for it to reach the **Torre de Norfeu**, 160m, with an information board. Go left to pass around it and then, at the back, immediately turn right to steeply descend over rock. Now along the rapidly descending cape ridge – ignore the transecting trail that climbs down to the right and drops to a track – reach the GR trail; take this to the starting point for the excursion. At the trail sign, continue along the Camí de Ronda through the slopes above the Cala Canadell and then rapidly descend into the little valley of the watercourse that cuts to the bay. Cross the stream and immediately ascend to a small saddle, behind which the Cala Jóncols appears. Through terraced slopes, descend steeply along the trail to reach the beach of the **Cala Jóncols**, 0m.



The ascent to the Cap de Norfeu.