

STOP 1



CERVANTES PARK

Cervantes Park is located on the land previously occupied by a stream called Estela. This stream collected the water coming down from the top of Sant Pere Màrtir mount. You can walk along the park going up from Diagonal Avenue (main park entrance), or in a more relaxed way, walking down from Ronda de Dalt.

The wide ways within the park create different areas which are very spacious. In fact, everything is spacious and accessible in this park since there are only a few stairs.

Latitude: 41.398287 N 41° 23' 53"
 Longitude: 2.100355 E 02° 06' 01"
 Altitude: 398,31

STOP 2

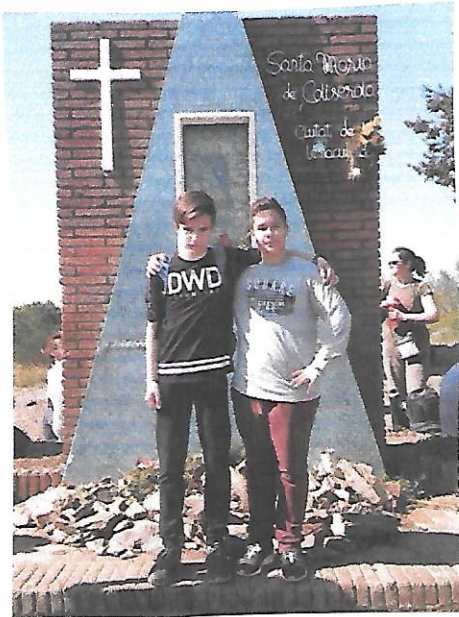


CYPRESS VIEWPOINT

At the southern end of Collserola Park and Passeig de les Aigües, the Cypress viewpoint offers one of the best area views. From there, you can see part of Barcelona and Llobregat Delta. It has recently been restored and rehabilitated.

A drinking fountain has also been built. The land has been shaped throughout the area and fences have been built to define spaces and to protect visitors from slopes. Finally, cypresses, pines and broom have been planted to uniform it and to provide shade to the two seats that have been placed. The slab on the crown wall deserves special attention. It serves also as a seat and leaves and small trees similar to the ones in the park have been sculptured on its surface. This slab was designed by the sculptor Josep Sardà and the architect Andrea Ortega.

Latitude: 41.389870 N 41° 23' 23"
 Longitude: 2.100052 E 02° 06' 00"
 Altitude: 337,72

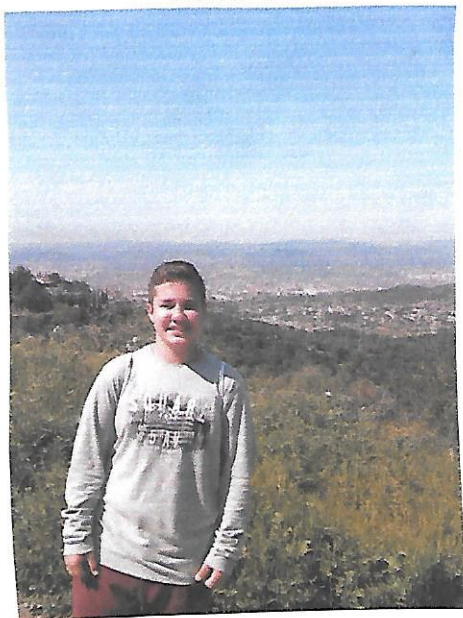


TURÓ D'ÉN CORS

This hill is about 390 metres high and it is located between the towns Sant Just Desvern in the region of Baix Llobregat and Barcelona in the region of Barcelonès.

Latitude: 41.403836 N 41° 24' 13"
Longitude: 2.103829 E 02° 06' 13"
Altitude: 399.50

STOP 4

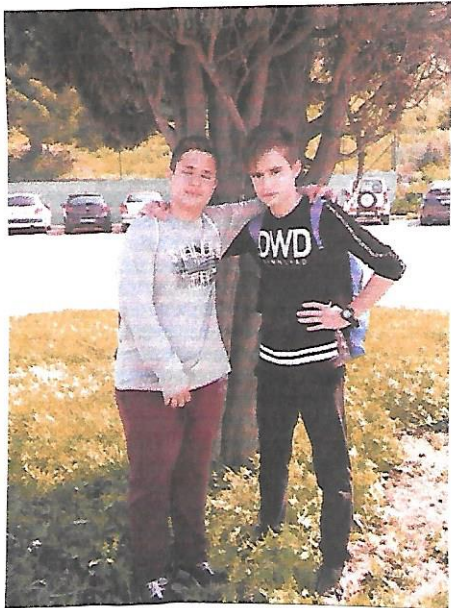


SANT PERE MÀRTIR

Mount Sant Pere Màrtir is easily identifiable by the communication antennas on the top that replaced an old church. In this area there are remains that give information about its agricultural past. For example, it's not surprising to find almond trees, carobs and other fruit trees. Due to the lack of crops and some fire the area is now covered by grasslands. In the places where there is more water, it is easy to find some woods.

The particular situation of this place makes it ideal as a starting point for various routes. The existence of numerous sources, at the foot of the same recreation area, gives opportunity to walk through ravines. At the same time, the high position of the picnic area, makes it a good starting point for all the itineraries from Collserola (30 min), the top of St. Pere Màrtir (20 min) and Vallvidrera(40 min).

Latitude: 41.384937 N 41° 23' 05"
Longitude: 2.104719 E 02° 06' 16"
Altitude: 130.27



PLAÇA MIREIA

This square is located in Collserola Park, below Sant Pere Màrtir, and one can easily get there by car from Pau Vergós Street in Esplugues city. A picnic area has recently been opened called Plaça Mireia Area near Mandra Fountain (La Font de la Mandra), right next to the square.

Utm. North: 41. 393904

N 41° 23' 38"

Longitude: 2.093737

E 02° 05' 37"

Altitude: 309.09

BENEFITS FOR HEALTH

- It decreases blood pressure at rest and during submaximal efforts.
- It helps control hypertension.
- It increases efficiency of the heart, it beats fewer times per minute but more blood pumps the body.
- It increases capillarization. That is, the amount of tiny veins that run throughout the body to nourish and carry oxygen to all muscle cells.
- It benefits the heart, lowers the heart rate and is an ideal sport for heart patients.
- It tones the muscles of the legs and helps maintain bone mass.
- It combats overweight because it increases caloric expenditure.
- The contemplation of natural beauty relaxes us and is a very effective way to combat stress and anxiety.
- It improves our social ties with family and friends.

