
CAMÍ DE LES CANALS I DE L'AIGUA, GR 5/96 (CANAL AND WATER PATH).

00' Plaça de la Font Gran, in Monistrol de Montserrat. From the *Font Gran* square, take *La Font* street to the Montserrat road.

02' Montserrat Road 175 m. Crossing the road, take the wide path going up in an easterly direction.

Signpost: GR 5/96, Monestir de Montserrat (Monastery). Follow the GR 5 signs.

22' Drecera dels Tres Quarts path, (Three Quarters shortcut) 270 m. Signpost: *Camí dels Tres Quarts, Monestir* (Monastery). Leave this path, which goes up to the right, taking the track to the south, skirting another gully.

30' Pla de Sant Bernat, 295 m. To the left of the path, on the flat area at the end of the ridge, stands a tiny chapel dedicated to Saint Bernard of Menton. Follow the path southwards.

49' Camí de l'Aigua (water path), 385 m. The path meets another coming straight up from the cable car station. Taking the path up, we cross under a power cable, taking a tight bend to the right and head towards the building we see in front of us.

56' Montserrat water pumping station building, 425 m. Leaving the building behind on the right, take the path that ascends steeply up the canal (S). Follow the GR 5 signs. The path is very steep, much of it made easier by steps.

76' Path forks, 530 m. Leaving the *Drecera dels Tres Quarts* path (GR 96) behind us to the right, we take the path going up towards the northwest. Coming to the top of the canal, we take the path westward, then go down to a path on the left that soon leads us to the *Camí de la Santa Cova* (Holy Grotto Path), going round a tight bend.

92' Camí de la Santa Cova (Holy Grotto Path), 630 m. Signpost: *Monestir de Montserrat* GR 5/96 (right, west), Holy Grotto (left, southwest). Take the cement path with broad steps up to the right, following the steep track of the rack railway, right. Pass the cable car station on the left, steps skirting the rack railway station lead into *Plaça de la Creu*.

100' Sanctuary of Montserrat, 705 m. *Plaça de la Creu*, where we find the Tourist Information Office, rack railway station, etc.