



EN



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VORATER

Places for calm and contemplation

WELCOME Welcome to VORATER. According to a legend told by Joan Amades in the early 20th century, in days gone by, during a particularly dry and hot summer, an old man knocked on the door of a shepherd's hut to ask for water. The shepherd, although he did not have much and had to travel a long distance to get it, gladly offered it to him. To reward this altruistic gesture, the old man gifted him with a never-ending bottle of water. However, one fine day, the poor shepherd lost the bottle amidst the scree and the water never stopped flowing. This marked the beginning of the River Ter's springs.

The fascination with water and the metaphor of the river as a life that runs, changes and is in perpetual motion is ubiquitous in many cultures. Nevertheless, we may have sometimes turned our back on it, on account of its occasional ferocity or erratic behaviour. VORATER invites you to revisit and reclaim this river heritage, breathing new life into it and relishing it, to reconnect with nature, and with ourselves, in places of calm and contemplation.

EXERCISES The four VORATER trails to **Camprodon, Sant Pau de Segúries, Sant Joan de les Abadesses** and **Ripoll** feature five places for calm and contemplation, as well as exercises corresponding to each point marked with the following icons:

1. Movement. Physical exercise to improve lung capacity and relieve muscle tension.
2. Calm. Breathing exercises, meditation and mindful presence to calm the mind and balance emotions.
3. Contemplation. Close observation of the surroundings to absorb and assimilate them.
4. Writing. Communication with ourselves, the sharing and preservation of memories, reflections and the spirit of the experience.

EXPERIENCE Anyone who has had the opportunity to enjoy some quiet time by the riverside knows the meaning of words such as relaxation, serenity, peace and harmony. The sound of the water, birdsong, the rustling of the breeze and the creaking of the branches compose a **natural melody that fosters people's well-being and improves their overall health**. Science supports the belief that contact with nature has preventive, therapeutic and restorative properties and is imperative for nurturing our physical, emotional and social balance.

VORATER seeks to give you the experience of **communing with the river**. In an endeavour to make you mindful of the **experience of the present** moment with interest, eagerness and acceptance, this booklet proposes a series of exercises that will help you make that possible: movement (1), calm (2), contemplation (3) and writing (4). What's more, some lessons will help you **prepare your body and spirit** for the experience you are about to embark on.

Simply put, our goal is to make you aware and mindful of everything that is happening while it is happening and to actively embrace the flow of life as you are living it.

TIPS FOR YOUR VISIT All the points are easy to access and do not require special equipment, just comfortable clothes and proper footwear. Make sure to respect nature and not litter!

If you take your mobile with you, you can enjoy audio exercises specially created for each occasion. Access **VORATER.CAT** via your browser or the QR code. You will also find a self-test so that you can evaluate your emotional state; 360° images in VR; and geolocated places for calm and contemplation that will help you during the experience that is about to begin.

CAMPRODON: A mature forest

Camprodon is home to the mature forest of the Roueda de Can Pascal oak grove, which occupies a large part of La Rovira hill. It is an area of outstanding ecological, forest and landscape value, with large-leaved oaks and many specimens over 200 years old. The route, which is not hard at all, entails a gentle ascent from the Font del Vern spring to La Rovira, at an elevation of 1,158 metres. Although this route does not run alongside the river, we are close to the confluence of the River Ritort and the River Ritortell, which flow into the Ter in the middle of the town. A burst of centuries-old nature to put our five senses to the test and understand the forest and nature in its own and natural evolution.



1. Font del Vern spring / 2. Roca dels sentits (Rock of the Senses) / 3. At the end of the oak grove... birches / 4. The meadow / 5. La Rovira

"The leaf flutters and flutters, dreaming for an instant it is a butterfly."

We've seen it all, we've seen the entire world, and we've always seen it. Or almost. From up high and from down below we have seen our big leaves budding, and the red pine companion and the birch companion, and the bare feet and the espadrilles and the boots and the wheels and... We've seen them die too. And we've seen them being reborn. There are only a handful of us mature forests. But we exist. And we will keep existing.

1-FONT DEL VERN SPRING 🦿 With clenched fists, thumb inside the palm and the arm slightly relaxed, breathe in, raising your arm above your head, and breathe out, tightly stretching your arm behind your back towards the ground. Do one arm first and then the other. Close your eyes and imagine you are cleansing yourself of all the bad energy and pollution you are harbouring. If you feel cold, do the exercise for 3 minutes; it is wonderful for warming up for the entire body and activating the metabolism. 🧘 Self-Test Questions: - Close your eyes for 30 seconds to 1 minute. Just observe. - How many sounds can you identify? - How many thoughts come to your mind? How many are urgent? How many can you actually do something about, in other words, how many depend on you? Are there any concerns you can do something about here and now? - Count how many breaths you take (breathing in and out counts as one breath) in 30 seconds. 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

2-ROCA DELS SENTITS (ROCK OF THE SENSES) 🦿 Warming up and energising our legs. Open your legs a little, bend your knees slightly, place your hands gently on your thighs, and open and close your knees for 30 seconds. Then jiggle your legs alternately as if you were shaking off the dust for 1 minute. Imagine the jiggling was shaking off fear. 🧘 Sit on the rock. Lift your gaze a little. From mid-November to April you will be able to see the outline of the mountains facing you. Behind the trees, from May to early December, you will see lush treetops. Whatever the month or season you come to do the trail, closely observe all the possible details. How many colours can you make out on the leaves? Are they on the ground or just on the trees? Are the mountains opposite darker or lighter? What are the tree trunks like? What smells can you pick out? Now close your eyes and try to reproduce the image in your mind in as much detail as you can. This is called *the invisible camera*. 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

3-AT THE END OF THE OAK GROVE... BIRCHES 🦿 Relieve tension in the digestive system. Sitting or standing. Put your hands on your shoulders, if you can't, cross your arms on your chest. Breathe in and turn your waist and head to the left; breathe out and turn to the right. Continue gently, without stopping at any point, for 1-3 minutes. If you wish to do an extra liver cleanse, breathe out a little more forcefully. 🧘 If you wish, lean on the rock on the left side of the path. Look closely at the bark of these trees (birches). What colour are they? Can you make out any patterns in the black marks? What do you see? Try to find 5 different things. Now close your eyes and listen to the forest. How many bird songs can you make out? Does the wind make any sound? Can you identify any human sounds? 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

4-THE MEADOW 🦿 Stand 1 metre away from the tree, with your arms outstretched, touching the trunk. After 5 seconds, bend down until your knees reach a 70 to 90-degree angle and resume an upright position after 5 seconds. Breathe in as you stand up, and breathe out as you go down. Repeat 10 times. An easier way to do this exercise is with your back against the tree trunk and your hands on your waist. 🧘 Rub your hands against the pine bark. Feel its touch. Sit on the ground with your back leaning against the red pine. Put your hands on your face. Stay like this smelling the pine resin, then relax your hands on your thighs or on the ground and take in the scents of nature around you. What other smells can you make out? What name would you give to all the smells together? 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

5-LA ROVIRA 🦿 After this ascent, your legs will need a good stretch. Sit on the ground and stretch your legs forward, root down everything you can, calf muscles and knees; point your toes upwards. Bend over without straining. It's not about touching your feet, but stretching the sciatic nerve at the back of your legs. If you bend your knees to touch your feet, you won't be stretching anything, so don't strain yourself. Close your eyes and breathe from your stomach to your ribs, your chest and your shoulder blades. Gradually let the weight of your body drop. For 1 to 3 minutes. If it hurts at any time, it is because you have overstrained your body. If so, relax or stop and slowly release. Release slowly. Bend your legs, leave your arms by your sides and now lift up your hips and breathe, expanding and contracting your stomach while keeping your feet on the ground, for 1 to 3 minutes. 🧘 Breathe in over 5-6 seconds, feeling your stomach, ribs, chest and back. Try to hold your breath for 5-6 seconds and breathe out over 5-6 seconds. Repeat for 1 to 3 minutes. (If you can't get to 5 seconds, do less, but you need to maintain regularity between the 3 parts of the breath). 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

During your visit you will also be able to relish the magnificent views of the villages of Molló and Costabona. Besides the mature large-leaved oak grove, you will pass through forests, meadows and pastures.

SANT PAU DE SEGÚRIES: Bridges new and old

The trail to Sant Pau de Segúries runs along the banks of the River Ter, along the old royal road to La Ral, where we will be privileged witnesses to the past and the present and the close connection that has existed between nature and humankind since time immemorial. Here, the river shares prominence with new and old infrastructures such as bridges and roads at various points of time in history: from the road to La Ral and the remains of the 14th-century Pont Vell bridge to today's 19th-century bridge, among others. Natural and human engineering through history that allows the visitor to detach themselves and travel beyond space and time.



1. Green bench / 2. Foot bath / 3. Table overlooking El Peiró / 4. Pont de La Rovira bridge / 5. Pont Vell de La Rovira bridge

"Trickles of water brush against the bare stone. Cradle of moss."

From wooden bridge to stone bridge and I take the opportunity to greet and hug you. From stone bridge to metal bridge and I take the opportunity to take you to... to sell you the... to forge bonds with... to avoid the eternal water that all too often takes everything away. Goodbye, valley and thank you, valley. Goodbye, river, and thank you, river.

1-GREEN BENCH 🦿 Sit on the bench; then stand up and sit back down 10 times. To do the exercise properly, the feet must be parallel and use the same strength. Breathe in when you get up, and breathe out when you sit down, just through the nose. If you need to, help yourself by pushing your hands off the bench. 🧘 Self-Test Questions: - Close your eyes for 30 seconds to 1 minute. Just observe. - How many sounds can you identify? - How many thoughts come to your mind? How many are urgent? How many can you actually do something about, in other words, how many depend on you? Are there any concerns you can do something about here and now? - Count how many breaths you take (breathing in and out counts as one breath) in 30 seconds. 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

2-FOOT BATH 🦿 We invite you to take off your shoes and put your feet in the riverbed. The water is cold, but it's great for your health! Breathe in and out deeply through the nose and do a series of 10 to 20 seconds in the water, alternating with rest. If there is someone with you and you enjoy a challenge, you can submerge your body in the river (submerging your head is not advised). 🧘 Sit on a rock by the riverside and, if there is someone with you, propose a 5-minute silence. Observe this beautiful spot: the rocks that make up the river wall and the colours of the moss, the water, the leaves on the trees and the rocks. Note if the wind is blowing and if the leaves are moving. Now close your eyes. Focus on your sense of smell, identify the smell of the river and let it penetrate you. Does it smell the same in the right nostril as in the left one? What does this smell remind you of? Try recording it as if you wished to remember it. 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

3-TABLE OVERLOOKING EL PEIRÓ 🦿 Sit on the bench facing the table. Hold onto the bench with your hands, gently lean back, until you feel your abs tightening up. Hold this position for 3 deep breaths, and then straighten up your back again. Repeat 3-5 more times. When you have finished, bring both shoulders up to your ears and when you breathe out, drop them suddenly. Repeat 10 times. 🧘 Sit on the bench and close your eyes. With the thumb and index finger of your right hand, press the hardest space between your left index finger and thumb. Find that point of discomfort or pain, and massage it until you feel it passing. Repeat on the right hand. (This point accumulates a great deal of tension and anxiety, and this is how it is relieved.) 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

4-PONT DE LA ROVIRA 🦿 Relax your arms, turn your waist and let your arms turn so that, by turning your waist and head to the left, your right hand touches your waist on the left, and your left hand touches your right kidney. When you turn your waist to the right, your left hand will touch your right kidney and your right hand will touch your left kidney. 🧘 Stand within inches of a tree. With your eyes closed, feel its presence. Ask the tree permission to touch it and wait a few seconds to hear its consent. Trees have been shown to detect our presence by activating substances and altering the electric field they emit. Start touching it gently, feel the bark with love; this tree has been very alone and appreciates your affection. If you feel like it, then hug the tree, keep your eyes closed and listen. If you need to, you can ask it a question; sometimes trees will give you answers. Believe it or not, hugging a tree will release the radiation you accumulate in your body and invigorate you. 🧐 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

5-PONT VELL DE LA ROVIRA BRIDGE 🌟 Stimulate the spine. Sit on the steps or a low bench and hold your knees with your hands. Breathe in, open your chest and pull in your lower back; keep your chin down to avoid straining your neck. Breathe out and drop your lower back, bending your spine in the opposite direction. Repeat for 1-3 minutes. Not only does it improve the muscles that hold the spine in place, but it also improves the flow of oxygen to the brain. 🧘 Close your eyes. Note that every drop of the river always moves forward. It can't be any other way. Like our life. This is a great skill; assimilate it. Repeat the mantra "Everything comes and goes", inwardly and slowly. We recommend you do this exercise for 2-3 minutes. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

During your visit you will also have the opportunity to enjoy the village of La Ral, founded in the 13th century by Jaume I, the camí ral ("royal road"), the Pont Vell de La Rovira bridge, the farmhouses and meadows and, of course, the centuries-old tree and the riparian forest.

SANT JOAN DE LES ABADESSES: River and stream

In the case of **Sant Joan de les Abadesses**, the trail runs parallel to the Arçamala stream until it meets the River Ter. It is a route around the town centre. It is a winding route around the town centre, brimming with beautiful spots such as the mill, the public washing place and the bridge, where you can get a better grasp of the profound connection with and dependence on this ever-treasured asset, which is water. A trail where this close relationship between humankind and nature allows you to see, experience and enjoy this place of shared contact.



1. Pont Vell bridge and Les Cinc Fonts spring / 2. Path to the Font de la Puda spring / 3. Comamala lock / 4. Washing place / 5. El Molí Petit eco-museum

"Places in the stream, cushioned by pebbles, the moon goes to sleep."

From the river to the stream and from the stream to the flour mill. And the resulting bread with oil is delicious! From the river to the spring. Not one, not two, not three, not four! From the river to the stream or from the stream to the river? Who's who at the confluence? And why? And how? Hush, be quiet because we aren't at the washing place.

1-PONT VELL BRIDGE AND LES CINCO FONTS SPRING 🌟 Stand on your tiptoes and then put your heels on the ground. Repeat for 1-2 minutes. If you have difficulty balancing, you can hold onto the bench. 🧘 Self-Test Questions: - Close your eyes for 30 seconds to 1 minute. Just observe. - How many nature sounds can you identify? And urban ones? - How many thoughts come to your mind? How many are urgent? How many can you actually do something about, in other words, how many depend on you? Are there any concerns you can do something about here and now? - Count how many breaths you take (breathing in and out counts as one breath) in 30 seconds. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

2- FONT DE LA PUDA TRAIL 🌟 Stand. Relax your arms by your sides. Start by opening and closing your hands tightly. When you breathe in, open and close your hands several times. When you breathe out, open and close your hands several times. Now repeat the exercise by raising your arms by your sides above your head and lowering them. Repeat for 1-3 minutes. 🧘 Close your eyes. Focus on your hands. Can you feel the touch of the air on your skin? Can you feel any breeze? What temperature is it? Do you find it pleasant? Inwardly note the feeling of the air on your arms, back, cheeks, lips, nose, forehead, head... Do you notice strands of your hair moving? Where do you like to feel it most? Change your posture or position to get the air where you find it most pleasant. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

3- COMAMALA LOCK 🌟 Clench your fists, and pat your stomach in a clockwise circle. Then give it a good massage. This helps to release the accumulated gases and toxins. Gut health is essential for your emotional health, as 80% of neurotransmitters are produced in the intestines. 🧘 Observe the beauty of the surrounding landscape. (Who'd have thought you were in an urban environment?!) Pick up a pebble. Throw it into the nearby river. Look carefully at the ripples it makes. What are these ripples like? What colour are they? How thick are they? How many metres do you think the impact of the pebble travels? You can count them and, when they disappear, throw another pebble. (The same thing happens with your thoughts, they go much further than you think, take notice of what you express). 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

4-WASHING PLACE 🌟 Place your hands on your shoulders and lower your head slightly. Raise your elbows above your head so that your hands reach behind your neck. Lower your elbows to your ribs. This will allow you to open the side of the lungs and oxygenate yourself better. Repeat for 1-3 minutes. 🧘 Sit on the rock or somewhere comfortable for you. Rest your elbows on your waist and bring your hands towards your belly button; the little fingers and thumbs of both hands touch, while the rest of the fingers are relaxed without touching as if you were making a flower with your hands. Close your lips leaving a small space through which you will breathe in, close your mouth, and breathe out through your nose. Repeat this breath for 1-3 minutes. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

5-EL MOLÍ PETIT ECO-MUSEUM 🌟 Close your eyes, imagine that your nose is a brush you are using to paint a circle in front of you. Breathe in making half a circle above and breathe out making half a circle below. Repeat 4-5 times and then change direction. The slower you do the exercise, the more your neck will adjust and the more oxygen will reach your brain. Less is more in this case. 🧘 Close your eyes. Breathe in for 10 seconds, hold your breath for 10 seconds, and breathe out for 10 seconds. If you don't get to 10 seconds, reduce to 9 or 8, but keep the regularity between breathing in, holding your breath and breathing out. Repeat for 1 to 11 minutes. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

During the visit you will be able to gain a first-hand insight into how water has been used over the passage of time: El Molí Petit, currently an eco-museum, the washing place, Les Cinc Fonts spring and the sulphurous water for medicinal use at La Puda spring.

RIPOLL: Pastures and locks

The last section, in **Ripoll**, also next to the river, begins in the Santa Maria company town (also known as El Roig). It therefore plays a more industrial role than the river, as seen by the presence of the train, the lock, the canal, the Central d'en Botei hydroelectric power station and the treatment plant. This trail is home to natural spots which are ideal for moments of calm, meditation, contemplation and even writing.



1. Wall of rock on the riverbank / 2. Quintans de Terradelles / 3. Lock on the canal d'en Botei / 4. Canal d'en Botei / 5. Scree in La Plana de Llastanosa

"On the warm banks, aromas of thyme fill the air."

During the day, dipper on the beach and dipper in the scree. At night, a water woman on the rock and on the bank of the canal. Dipper by day, woman by night. Pretty by day, beautiful by night. River by day and river by night. Respect me and you will enjoy me. Listen to me and you will not suffer. Betray me and you'll regret it...

1-WALL OF ROCK ON THE RIVERBANK 🌟 Take advantage of the wall of rock to support your right foot and feel how the left leg is stretched; do up to 10 gentle movements forwards and backwards. Switch feet and repeat the exercise with this foot. 🧘 Self-Test Questions: - Close your eyes for 30 seconds to 1 minute. Just observe. - How many nature sounds can you identify? And urban ones? - How many thoughts come to your mind? How many are urgent? How many can you actually do something about, in other words, how many depend on you? Are there any concerns you can do something about here and now? - Count how many breaths you take (breathing in and out counts as one breath) in 30 seconds. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

2-QUINTANS DE TERRADELLES 🌟 Raise your left knee, holding it with your right hand while breathing in, and lower your leg while breathing out; raise your right knee, holding it with your left hand while breathing in, and lower your leg while breathing out. Continue for 1 to 3 minutes. 🧘 Sit in a comfortable place looking upstream. Cover your right nostril with your thumb, and breathe in and out very slowly through your left nostril. When you breathe in, you can repeat to yourself inwardly, "nature", and when you breathe out, "well-being". Or pick any other words you prefer. Repeat for 3 to 5 minutes. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

3- LOCK ON THE CANAL D'EN BOTEI 🌟 With closed fists, gently tap above and below the sternum, then around the breasts and under the armpit, in the armpit and under the arm. If you say the vowels aloud while you do so, you will get more out of it, since your voice makes the more internal tissues vibrate. This exercise helps the circulation of the ganglia and thymus, which stimulates the immune system. 🧘 Standing or sitting, close your eyes. Imagine your body was filled with cloudy water and mixed with mud (thoughts and emotions). Visualise how the mud gradually settles under everything, and your inner water becomes clear and transparent, and you can see the bottom. 3 minutes. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

4-CANAL D'EN BOTEI 🌟 Put your thumb inside your fist, bend your elbow and rest it on your ribs. Breathe in and move your elbow away from the ribs, breathe out and tap each elbow off the respective side of the ribs. This exercise allows you to recover the lungs' space. Do the exercise for 1-3 minutes. 🧘 With the fingers of your right hand, feel for your pulse on your left wrist. When you feel it, on one beat inwardly repeat the mantra Sat ('truth') and on the next beat, Nam ('identify' or 'essence'); follow your heartbeat for 1 to 3 minutes. The mantra allows us to calm the mind more rapidly because there is no associated image. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

5- SCREE IN LA PLANA DE LLASTANOSA 🌟 With your right hand, hold your left elbow above your head; let your body lean to the right, feeling how you stretch your left side. Breathe in and out deeply 5 times bringing the air from your stomach to your armpit. Now switch arms, your left hand holding your right elbow, and let your body lean to the left. Breathe in and out 5 times, filling the entire side well. 🧘 Touch the water with your right hand and feel the temperature. Close your eyes and observe the contrast with your left hand. Then put your right hand on your forehead and your left hand under your skull. Breathe in and out slowly and focus on the space between your hands. 👁 Things you see, things you can touch, things you hear, things you smell, emotions you feel...

During your visit you will be a privileged witness to the ever-delicate coexistence between the river's fluvial space and its industrial uses, such as the Santa Maria company town, the locks from different eras and the canal.

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