



Ajuntament
d'Olesa de Montserrat

OLESA DE MONTSERRAT'S NATURAL ROUTES

HEALTHY LIFESTYLE

One of the aims of Olesa de Montserrat City's Council is working to improve healthy lifestyles of our citizens. Considering the natural environment that surrounds the City, people cannot miss the opportunity to enjoy it fully in a safe way.



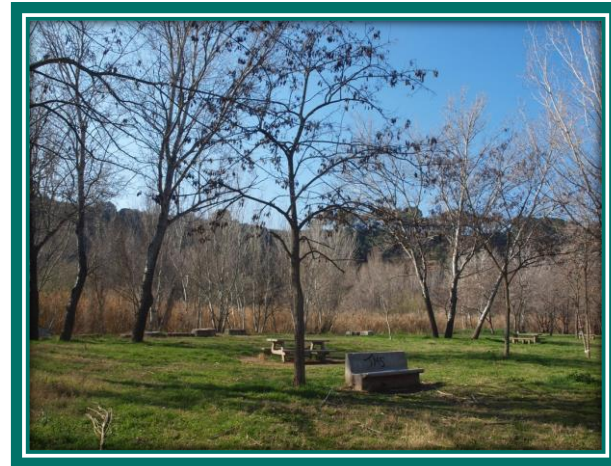
Ajuntament
d'Olesa de Montserrat



ADVANTAGES

BREATHING NATURE

The City Council wants to promote physical activity. Among the many advantages, one of them is breathing fresh air, free from city's pollution..



COMMUNITY

The council encourages the use of our natural routes through popular walks led by the municipal rural guide. These meetings make our area known and promote the integration of the community.



Ajuntament
d'Olesa de Montserrat

RELATED NEWS



Town Hall of Olesa de Montserrat



Economic promotion

03/30/23

The Seven Balconies of Montserrat are inaugurated: a new tourist proposal in the Baix Llobregat

The Seven Balcons of Montserrat are a set of landscape viewpoints that allow you to contemplate the mountain of Montserrat from different points of view in the region.



The project was officially inaugurated last March 29 with the presence of the representatives of the seven municipalities involved and the president of the Tourism Consortium and the Baix Llobregat Regional Council, Eva M. Martínez. During the event, attendees visited the balconies of Castellví de Rosanes. These are the first of the Seven Balconies that were opened to the public and are located in the municipal forest and on Avinguda Mare de Déu de Montserrat. With this event, we wanted to recognize the work done by all the agents who have participated in the initiative and **encourage citizens to discover the Seven Balconies of Montserrat** .

The Seven Balcons of Montserrat are the result of a project started in 2019 and promoted by the Consorci de Turisme del Baix Llobregat and the seven municipalities of the North Zone: Abrera, Castellví de Rosanes, Collbató, Esparreguera, Martorell, Olesa de Montserrat and Sant Esteve Sesrovires. The project aims **to enhance the landscape and natural value of this area** , as well as to promote sustainable and quality tourism.

Each balcony has its own characteristics and offers a different experience to visitors. Some are integrated into the natural environment and others are located in the urban core. All of them are an invitation to discover the territory that surrounds the mountain of Montserrat, to enjoy its heritage and learn about its traditions. It is a different proposal and **an ideal tourist resource for all audiences and for all tastes** . They can be combined with other activities related to hiking, cycling or gastronomy. In addition, the balconies have an information board that explains the peculiarities of the place and its views.



Ajuntament d'Olesa de Montserrat

If you want to know more about the Seven Balcons of Montserrat, [you can consult their website](#) where you will find detailed information about each balcony, how to get there, what to do and what to see. Regarding the Olesa balcony, you will find all the information regarding this viewpoint on the [Tourism website of the Olesa City Council](#) . To visit it, you can follow the adhoc route that the Council has prepared [on the Wikiloc platform](#) .

Seven Balconies

Montserrat

viewpoints

Eva M. Martínez

03/30/23



RELATED NEWS



Town Hall of Olesa de Montserrat



public health

04/04/23

The Olesa City Council installs the signs for the healthy Voltem Olesa routes

Olesa City Council has started the installation of informative signage for the ten urban routes included in the "Voltem Olesa" project, which promotes healthy routes to encourage physical activity in an urban environment.



The Department of Management of Public Space and Equipment of the Olesa City Council has begun to install the informative and directional signs for the ten routes included in the "Voltem Olesa" project.

People who follow the healthy "turns" will soon encounter three types of signs. It has now started with the placement of thermoplastic vinyls adhered to the floor as tracking information. Later, the vertical direction signs will be fixed on some steel frames. And finally, the signage will be supplemented with eleven information boards about the routes. There will be a generic panel about the routes of the "Voltem Olesa" project in Plaça de Catalunya and ten more panels, one for each "turn", with a description of the route, a map of the itinerary and images. Users will also be able to access all the information by scanning the QR codes on the signs and information panels.

Health promotion

These routes are part of a global project promoted by the Public Health Department of Olesa City Council to promote health with healthy habits and lifestyles. These are activities that were planned in the **Local Health Plan 2019-2023**.

The "Voltem Olesa" project aims to promote routes suitable for everyone, that is to say, for physically active people but also for those with health or mobility problems. For this reason, they adapt to different needs and groups of the elderly, children and young people.

The healthy routes are linked to a **community health and social prescription project** that the Olesa City Council carries out together with the CAP Olesa. Healthcare professionals provide non-healthcare alternatives to patients with mild or moderate symptoms related to life disorders. "This is a community health project that is developed together with the CAP, where doctors recommend moderate exercise to improve your health. Many people do not have the physical conditions to do long routes and with "Voltem Olesa" they will find accessible and adapted routes close to home", stressed the mayor of Olesa, Miquel Riera.

This project was born in 2018 with six urban routes and currently includes ten that cover a large part of the neighborhoods of Olesa. All are configured in a network system that allows the connection between them and with the natural environment through a green ring. In this way, the healthy urban loop is connected to the network of rural roads.



Ajuntament d'Olesa de Montserrat

Riera explains that "every year improvement actions have been taken along these routes, such as the removal of architectural barriers, tree planting and the installation of urban furniture or brain training games or to exercise the memory. These are actions that improve the itineraries but also the neighborhoods".

These urban routes and those that have been shaped by the natural environment are also guided. Olesa City Council invites the public to participate in the excursions that are organized every Tuesday and Thursday. They are free but places are limited and you must register in advance on the vivetix.com portal.

Health

Healthy routes

Come back Olesa

04/04/23



INNOVATION

DIGITAL MAP

The City Council has taken a step forward in the management of our online map to give it efficient use according to people's interests, "Geoportal" (<https://geoportal.olesademontserrat.cat/olesagis43/visor/guia>)



WIKILOC

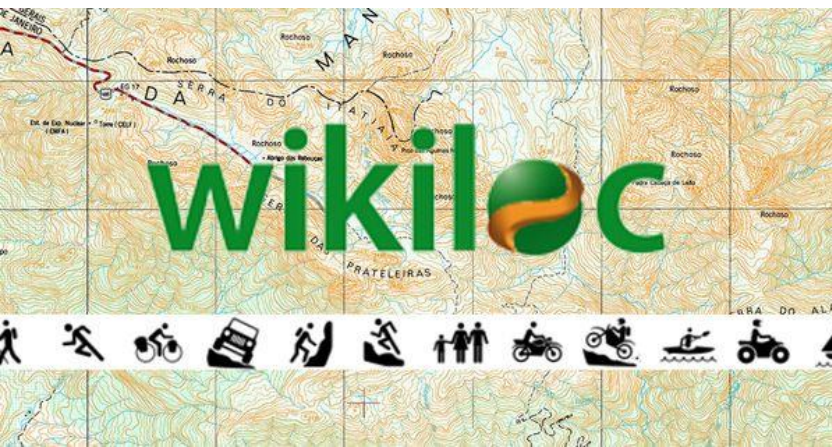
The information included on Wikiloc is designed from our "geoportal", where there is a layer named "Urban Route" that includes the information address to everyone.

WHY WIKILOC?

Wikiloc is a platform that collects natural trails from everywhere. The information is often given by citizens based on their experiences.

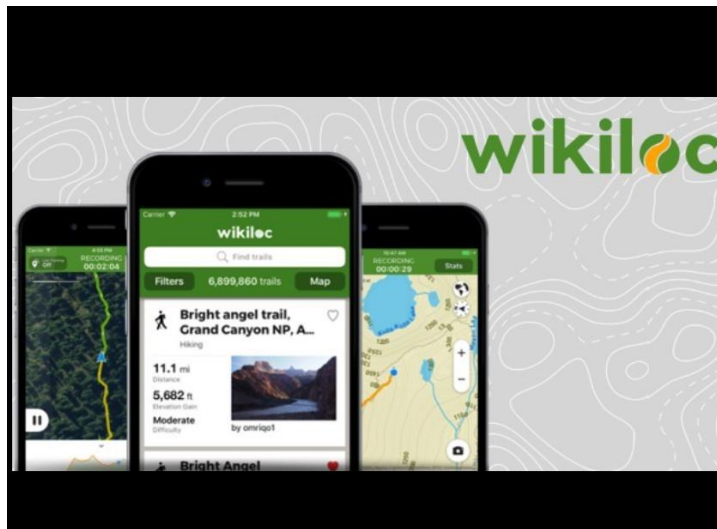
In this project, our experts on this matter have designed the best trails based on everyone's security and interests. All kind of people, from locals to outsiders (all ages) that wants to visit our territory can consult the guides on the website or the app.

Technology has allowed us to share this information (known mostly only by locals), to whom interested on our territory or culture.



We could not miss the opportunity to lead the way and create these paths, always having in mind security, nature preservation and historical interests.

WHAT'S BEEN DONE?



ajuntamentolesa • MÉS DE 190 SEGUIDORS A #WIKILO
 Des de fa uns mesos ja podeu gaudir dels itineraris autoguiats visitant el perfil que té l'Ajuntament d'Olesa de Montserrat a la plataforma.
 A l'aplicació us hi oferim #rutes per entorns naturals pensades per a la salut.
 #Olesa
 5 sem Ver traducció



4e Olesa Ràdio July 13, 2022

WIKILOC AJUNTAMENT OLESA
 This month of July the Ajuntament d'Olesa de Montserrat released a Wikiloc profile, a virtual platform to discover and share free routes, mountain biking and many other activities.

- Escolta l'entrevista amb Joan Soler, guia de natura: <https://bit.ly/3yXZqdP>
- Perfil de l'ajuntament de l'aplicació Wikiloc: <https://ca.wikiloc.com/wikiloc/user.do?id=9752823>



Dia Internacional de l'Activitat Física 2023

En col.laboració amb l'Ajuntament d'Olesa de Montserrat, farem una Pedalada pels carrers de la Vila.

Sortida i arribada a la plaça Catalunya.

Activitat esportiva gratuïta

16 D'ABRIL 17:00
A la Plaça Catalunya

Inscripcions al QR



OLESA DE MONTSERRAT'S PROFILE

WHERE YOU CAN FIND US?

All our routes can be found on the following link:

<https://ca.wikiloc.com/wikiloc/user.do?id=9752823&event=favorites&listId=553106>

We have an accredited profile so visitors can find easily our official page.

Every path is sorted by its difficulty level and duration.



Hiking (The Best Hiking Trails in Spain → Catalonia → Olesa de Montserrat)

ENTORN NATURAL - Circular pel camí de les Pujades i camí de les Roviroles

Clap Comment 1 comment ★★★★★ Save to a List Share



Author: Ajuntament d'Olesa de Montserrat
2,803 31 1 696

I've navigated this trail

Distance	2.74 mi	Elevation gain	630 ft
Technical difficulty	Moderate	Elevation loss	630 ft
Max elevation	925 ft	Trailrank	5 ★ 5
Min elevation	332 ft	Trail type	Loop

Coordinates: 193
Uploaded: November 11, 2022
Recorded: November 2022

Viewed 212 times, downloaded 19 times near Olesa de Montserrat, Catalunya (Espanya)

 **Park**
Parc i inici del camí de les Pujades



2022 DATA

TOTAL VIEWS

Months	Total Featured (website and app)	Web (%)	App (%)
January	0	0	0
February	0	0	0
March	0	0	0
April	12.211	66	34
May	30.230	63	37
June	30.672	65	35
July	33.107	57	43
August	35.641	58	42
September	29.145	58	42
October	31.247	61	39
November	29.504	65	35
December	26.304	64	36
TOTAL	258.061	62 %	38 %

PROFILE'S VIEWS

Months	Profile's Views (website and app)	Web (%)	App (%)
January	0	0	0
February	0	0	0
March	0	0	0
April	168	43	57
May	356	53	47
June	486	66	34
July	1.619	66	34
August	740	57	43
September	736	64	36
October	508	44	56
November	608	61	39
December	408	54	46
TOTAL	5.629	60 %	40 %

TRAIL'S VIEWS

Months	Trail's views (website and app)	Web (%)	App (%)
January	0	0	0
February	0	0	0
March	0	0	0
April	52	21	79
May	228	57	43
June	138	42	58
July	827	54	46
August	970	61	39
September	885	63	37
October	678	55	45
November	841	66	34
December	634	59	41
TOTAL	5.253	59 %	41 %



2022 DATA

VIEWS BY VISITOR'S COUNTRIES

COUNTRY	VIEWS
Spain	82.053%
United States	7.223%
Sweden	3.749%
France	1.342%
Russian Federation	1.222%
Ireland	0.956%
Germany	0.625%
Poland	0.478%
Estonia	0.285%
United Kingdom	0.23%
Canada	0.221%
Hong Kong	0.165%
Unknown	0.165%
Netherlands	0.119%

Norway	0.11%
Romania	0.101%
Senegal	0.092%
Belgium	0.074%
Brazil	0.074%
Côte d'Ivoire	0.074%
China	0.064%
Denmark	0.055%
Italy	0.055%
Slovenia	0.055%
Japan	0.037%
Turkey	0.037%
Ukraine	0.028%
Egypt	0.028%
Argentina	0.028%
Togo	0.028%
Croatia	0.018%
Nigeria	0.018%

Finland	0.018%
Korea, Republic of	0.018%
Greece	0.018%
Colombia	0.018%
Taiwan, Province of China	0.009%
Portugal	0.009%
Hungary	0.009%
Indonesia	0.009%
Andorra	0.009%
Israel	0.009%
Uruguay	0.009%
Ethiopia	0.009%
Austria	0.009%
Bulgaria	0.009%
Seychelles	0.009%
Oman	0.009%
Czech Republic	0.009%

TO SUM UP

With technology's help, this City Council has been able to provide information about our territory mostly unknown to outsiders.

As well as decrease the chances of mountain accidents by giving important advices on safer routes constantly updated.



Ajuntament
d'Olesa de Montserrat

