

The Fifth Lake "Cinquè Llac" is a **circular 5-day hiking trail in the Pyrenees**, just **200 km** from Barcelona, which begins and ends in La Pobla de Segur. It runs through the mountains of the Pyrenees of Lleida, in Catalonia. The route includes the counties of Pallars Jussà, Pallars Sobirà and Alta Ribagorça. It is a mid-mountain route, accessible to all kinds of hiking enthusiasts, at the foot of the Aigüestortes i Sant Maurici Natural Park, by way of an itinerary divided into **5 stages** (between **15 km and 25 km per day**).

For over **100 kilometres**, hikers will conquer the changing terrain nature offers us, while enjoying one of the most unknown and astounding areas of the Pyrenees: the Pla de Corts plain, the valleys of Vall Fosca and Vall de Manyanet, and discovering Montcortès lake, the Fifth Lake.

One of the **trail's key values** is that most of the route follows bridle paths and mountain trails (62%), some especially retrieved for the occasion and others already marked out by the respective town councils. However, each stage has sections by track (26%) and road (12%).

- The trail product **Five Lakes** is a **good example of how local actors** - in this case, the **rural tourism accommodation establishments** of the region and the agency marketing the product, Pirineu Emoció - have joined forces to manage the Fifth Lake and to start **revitalising a region through this sustainable tourism approach**.
- **Different ways of travelling** the Fifth Lake trail: hiking, by mountain bike, on horseback and even astride a **Catalan donkey** or guided by a local expert.
- **Target groups:** Nature and cultural interested hikers from Europe.

