



Punsola Route to Cavall Bernat

Montserrat Massif. Barcelona



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1 Introduction

The great classic route of the most emblematic pinnacle of **Montserrat**, the **Cavall Bernat**. This is one of the most popular routes in Montserrat due to its elegance and to the special motivation of climbing the **north face of the Cavall**. The route has an excellent rock and it is equipped with **parabolts**. The obligated difficulties are **V+/Ae**. This is ideal for a first visit to this mountain and for the stronger climbers there is a difficulty up to 6c.

2 Basic information

Destination: **Montserrat Massif**.

Activity: Rock climbing.

Compromise level** /Technical level required: **V+/6a

Meeting point: **El Bruc** or+ **Monistrol de Montserrat**

Duration: 1 day

Time of the year: All year round.

Group size: 1-2 people.

2.1 Compromise level and technical difficulty required

Trip orientated for **people with some experience in rock climbing** and that have already **done multi-pitch routes**. It is required at least to be able to climb a grade **V+**.

It is important that you are clear and honest telling us your previous experience in this type of activity so we can select the most appropriate destination and activity.

Compromise Level	Description
*	Short itinerary, not very remote, easy descent.
**	Itinerary a bit longer with some objective risks, easy descent.
***	Long itinerary with a good mountain experience required. Long approach and a complicated descent.
****	Long itinerary in a big wall; tricky route and exposed to objective risks in both approach and climb. Difficult retreat, via not equipped, difficult descent. The rope team must have an excellent level.

In Spain the most common system used in rock climbing is a mix between the UIAA grading and the French grading, For the less difficult routes we use the UIAA grading (roman numbers from I to V with + or – to be more accurate), from here we switch to the French grading (6, 7, 8, 9 with sublevels a, b or c and + or – to be more accurate).

Difficulty grading	Description
III	Scramble, it is necessary to use the hands but holds are abundant.
IV/VI*	Terrain where the use of a rope is necessary.
V/V*	Difficult climb where the use of belaying is required.
6a/6a+	Difficult climb where the use of belaying is required.
6b/6b+	Difficult climb where the use of belaying is required.

* If there was a part of the route where **aid climbing** progression were necessary, we would add this classification

A0. Pulling on solid protection, often without the use of étriers

A1 Easy aid, no risk of any piece of protection pulling out. Safe falls.

A2 Moderate aid. Short sections of tenuous placements above good protection.

3 Programme

Day 1. Punsola route to Cavall Bernat (240m, 6C, V+ obligado / AE)

Route with a great atmosphere during the climbing and that allow us to climb this impressive spire through an aesthetic spur. It will take us the whole day to go over the 9 pitches and abseil the south face.



4 More information

Price:

- **150** euros per person for a ratio 1 guide / 2 clients.
- **250** euros per person for a ratio 1 guide / 1 client.

4.1 Included

- Mountain guide.
- Accident and rescue insurance.
- Communal climbing equipment.
- Trip management and accommodation arrangements.

4.2 Not included

- Transport. (Transfers can be arranged under request).

4.3 Packing list

It is important to carry a light backpack to climb comfortably, so we recommend to carry only the essential material and clothing. It is possible to hire equipment if necessary, please let us know if this is the case.

- Small backpack to climb comfortably.
- Harness

- Helmet.
- Walking shoes for the approach and climbing shoes.
- Harness, personal anchor tether, belaying and three locking carabiners.
- Dyneema sling 13mm wide and at least 120cm long. 1 sling for a prusik knot.
- Thermal clothing appropriate for the destination and time of the year.
 - Shocks.
 - Mountain trousers.
 - Thermal t-shirt (first layer).
 - Fleece or similar (second layer).
 - Windbreaker jacket.
 - Sun cap.
- Sunglasses.
- Head torch (extra batteries).
- Water bottle or Camelback 1 litre.
- First aid kit and personal toiletries.
- Sun cream and lip balm.
- Camara.

4.4 Observations

Level of the activity

Trip orientated for **people with some experience in rock climbing** and that have already **done multi-pitch routes**. It is required at least to be able to climb a grade **V+**.

It is important that you are clear and honest telling us your previous experience in this type of activity so we can select the most appropriate destination and activity.

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to inform about the meeting point and time along with the guide contact details. At this point any information considered essential to the trip organization will be shared.

Plane tickets (if applicable)

In case you wish us to handle your plane tickets, please contact us with airport arrival and departure details and number of needed luggage. Before issuing any ticket, price and details will be send to the client for its approval.

Muntania fee for plane ticket management is 20€ per person.

If, otherwise, you handle your plane tickets, please coordinate with us before hand to check on arrival and departure information.

Please take into consideration getting with you on your carry-on luggage some set of clothing in case there is any problem with the checked luggage.

4.5 Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancelation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancelation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link:
<https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

4.6 Links of interest

- <http://www.turismemonistrol.cat/>

4.7 Highlights

- Small group. You can make the most of the activity and with safety.
- Specially selected routes to adapt the activity according to the level and interests of the participants.

4.8 Similar trips

- Rock climbing in Costa Blanca, Levante. Bernia Ridge and Peñón de Ifach
- Rock climbing in Picos de Europa. Naranjo de Bulnes.
- Rock climbing in Ordesa, Tozal del Mayo and Gallinero
- Top Sport Climbing Spain
- High Level Experience in the Pre-Pyrenees(4D)

5 Contact

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