that gives it its name, and parallel to the corge granting it high levels of humidity. s itinerary brings to us its most distincve vegetal component, the "canutos". In hem one can find lomatias dentatas and nododendrons, here known as ojaranzos, one of the most emblematic bushes in he park. The leafiness of its exuberant egetation of alder trees, gall oaks laden ith moss, and ferns provide a gratifying eshness. The trail is low difficulty and it rst section is accessible for people with





o a path believed to be of Roman origin, eing known as such by the inhabitants of Castellar de la Frontera. rrounded by cistus plants, we reach fortified watchtower whose initial purpose was surveillance and, then, with onstruction taking place in the 10th entury and of clear Islamic influence, as part of a castle. It is worth noting that this rtification has been inhabited until



livided between the walk through a hick forest of gall oaks in a natural **DEL TIRADERO** space accompanied by cork oaks, and the bank of the beautiful stream where it ends. The abundance of water, oft temperatures, moderate sunshine and its particular soil have made this oak forest possible, in visual contrast vith the alder tree gallery forest lanking its course.







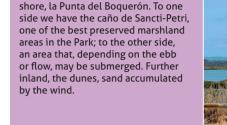


Acantilado de Barbate, a spectacular vertical cliff whose itinerary may be ravelled in both directions, with a nidway landmark, the Tower of el

Tajo, itself with impressive panoramic These walls have been shaped by water, and its permeability has given way to the formation of aquifers that spring off the cliff and receive the name of los Caños (the Pipes) and the Playa de la Yerbabuena (Mint Beach).



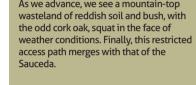
beach of el Castillo we will discover BOQUERÓN that we are at the end of a sandy back-





SUBIDA

The route starts through an oak forest of imposing centenary specimens, to ubsequently continue among gall oaks, nature which, in the winter, beautifies vith water-filled streams and numerous



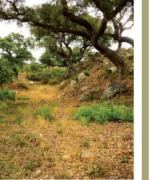
which also shares in interest the pea-





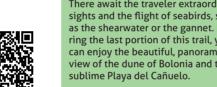
The trail begins making a small loop on a hillside, where we can witness LA TEJA

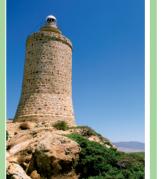
the effects that forest management moval of herbivores tarting in 2001, a model based on rees and undergrowth is now a fact.









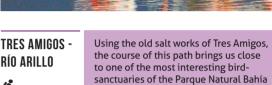






The outset of this pathway is at the El arillo Recreational area, progressing through a route among stone pine trees Area of Majales del Sol, where a eucalyprus arboretum can be observed, a collec tion of ten varieties used for experimen al purposes. Leaving behind the main oath and following the indications we will reach the end of the trail, the Torre de Meca and the Trafalgar outlook, from which to enjoy the panoramic views of the Tómbolo de Trafalgar and Los Caños





anctuaries of the Parque Natural Bahía de Cádiz. The itinerary starts at the amposoto beach car park, progressing to the South, until reaching a series of bservatories that bring closer to the view the waders, with their long, thin and curved beaks: among others, stilts, dunlins, avocets and spoonbills. The colorful flamingos are habitual nhabitants of this area, but the most



PUERTO OSCURO

eful pond of El Picacho and the final erto oscuro forms a valley and flows nto River Barbate, one of the most mportant in the province of Cadiz. On nis way, we may contemplate remains that bear witness to activities such is bakery, stockbreeding, and coal



GUADALMESÍ

housands of years, when the Medierranean was dominated by tropical veather and forests of small trees with leaves similar to those of the aurel tree, hence its name of laurisilva. We can still enjoy the presence f these plants on the banks of River uadalmesí and other parts of Los

P.N. Sierra de Grazalema

It is a nice route from El Bosque

o Benamahoma, in the company of

nown as River of El Bosque and home

You will discover an excellent gallery

orest, with black poplars, ashes and

elm trees, and you will observe diffe-

ourse of the water to generate

le la Sierra, the old power plant.

ent means to take advantage of the

nergy, such as mills and the Eléctrica

Of particular interest is the visit to the

comuseum Molino de Benamahoma.

the River Majaceite, which is also





his path, which takes off from the

rillage of Benaocaz and leads to an

verlook, has the main interest of

llowing for the close contemplation

Being one of the most representative

s name makes reference to a fault

of impressive vertical walls, eighty

neters deep and separated by a fifty

spots of the Sierra de Grazalema,

The itinerary starts in Villaluenga del

of the unusual nature of El Salto

del Cabrero.



E.N. de Doñana

CERRO DEL ÁGUILA

Departing from the farming colony of La algaida, we can cover the route leading to the pine forest of Monte Algaida, a repopulated forest where we will be able to find marshland shacks, a typical example of popular

architecture. Circling the pine forest, we come across a sandy area surrounded by marshes and an elevation which has raditionally named this path.

This greenway, designed in the 30s, joins





Remain on the paths.

Place all trash

> DEAR HIKER



No free camping.

No rock and mineral

No plant collection.





>> AND REMEMBER:

> Use suitable footwear and comfortable clothing.

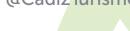
> Protect yourself from the sun.

> Bring along drinking water. > Before starting with the path, check the weather forecast.

>> PHOTOGRAPHS: EVARISTO BENAVENTE (PORTADA) / ROMÁN RÍOS (PORTADA) / JUAN TEBAR / FERNANDO RUSO / FRANCISCO CRUCES / ANTONIO D. REVIRIEGO / CARLOS DE LA CALLE MIRIAM REIK / PEPE LUQUE / MIGUEL LORENZO VILCHEZ / JOSÉ LUÍS GARCÍA / JOSÉ MARÍA CABALLERO / F. VARGAS / @JIDEFRO

















arganta Verde is a spectacular nyon of rock resulting from the Garganta. Due to its similarity with the cupula of a religious temple. In addition, this emblematic enclave is the habitat of an important colony of griffon vultures. This is a restricted access area, which requires of a special permit issued by the Consejería de Medio Ambiente

El Torreón (1,648 m) is the highest

limb to its summit of considerable

views of the Sierra de Grazalema.

os Alcornocales and even the Cadiz

oastline. The initial Mediterranean

orest formation makes way for the

aked rock at its summit where, with

any luck, one can discern Iberian wild

oats. This path has restricted access,

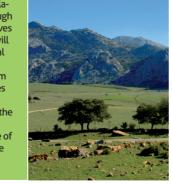
equiring a special permit issued by

the Consejería de Medio Ambiente of the Andalusian government.

peak of both the sierra del Pinar



Rosario and comes to an end in Los Lla-REPUBLICANO nos de Libar, previously passing through Los Llanos del Republicano, which gives name to the route. The entire route will let us appreciate important geological formations and impressive views. A sensation of isolation, peace and calm revails in this place and accompanies he hiker throughout its length. here are a number of chasms along the rail, which recommend walking with due caution. Because of the presence of cattle, all fences need be closed as we





LA CALZADA

PUERTO DE LAS

Roman road, the origins of which are described on the trail's informative of the Natural Park, its final part, cowards Ubrique, goes deep into an oak forest, scattered with cattle farms. Once within the town, it is efinitively worth visiting some of its vpical fountains.

This trail, that starts in El Puerto de el Bo-

yar, will offer us the opportunity to learn







Long-Distance Paths



Dos Bahías runs northwest-southeast, entirely on cattle routes of the provinc of Cadiz, from Puerto Real to Los Barrio through the municipalities of Medina Sidonia and Benalup-Casas Viejas.

activities.





Part of its route goes into the Los Alcornocales Natural Park, making it an ideal setting for tourist and recreational

the towns of Olvera and Puerto Serrano via an old train track (never used for that purpuse). This beautiful landscape route progresses parallel to the banks

and stations along its course.

R.N. Peñón de Zaframagón



VÍA VERDE







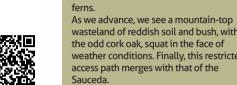














oic Guadalmesí, River of the Women.



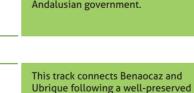


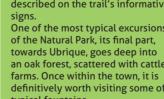


LLANOS This path (also known as Llanos del Revés) sets off in the vicinity of DE RABEL Puerto de Los Acebuches, to then go deep into the Reservation Area of the latural Park, reaching the Sierra del inar's shaded slopes.













CORREDOR VERDE









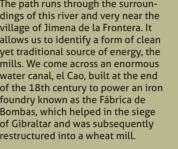




physical disabilities.



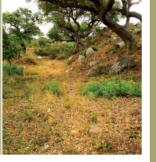


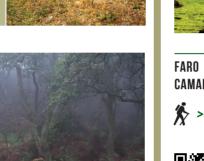




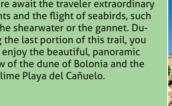
SAN CARLOS

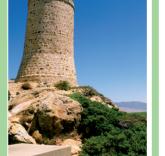
has had on this range, in particular the nclosures, impeding access to large erbivores, and repopulation was imemented. The model has borne fruit nd now the natural regeneration of





here await the traveler extraordinary ights and the flight of seabirds, such s the shearwater or the gannet. Duing the last portion of this trail, you an enjoy the beautiful, panoramic iew of the dune of Bolonia and the









common species are seagulls, alongside the ever-present waders.



ashing of the waters of Brook Bocaleones, and ending in a cavity known as Cueva de la Ermita or Ermita de la of the Andalusian government.



EL PINSAPAR

We begin the path that connects Grazalema and Benamahoma with a climb up the north slopes of the Sierra del Pinar, which grants a view in the distance of Grazalema, Ronda, the Sierra de las Nieves and even Sierra Nevada. the main attraction lies in contempla ring the pinsapos (Spanish firs) which at first are dispersed, and then, in shaded areas, become a dense, thick, lush and magical forest. This path has restricted access, requiring a special permit issued by the Consejería de Medio Ambiente of the Andalusian government.



PRESILLAS

about one of the mountain ranges with more personality of the Parque Natural Sierra de Grazalema: the Sierra del Endrinal. Its limestone formations, the elusive Iberian wild goat, its panoramic views and ethnological legacy in the shape of ice pits, limekilns, threshing floors and drinking oughs will make of this beautiful path a rue pleasure for nature lovers. rom this track we will make out high peaks in the topography of Cadiz such as El Reloj (1,535 m), El Simancón (1.569 m) and El Torreón (1,648 m), highest in the





Length: 4 kms. | Duration: 1:30 h. | Difficulty: Low.

R. N. COMPLEJO ENDORREICO DE ESPERA 02. LAGUNAS DE ESPERA

Length: 2 kms. | Duration: 45 min. | Difficulty: Low.

05. LA GARGANTA VERDE

03. PUERTO DE LAS PRESILLAS

Length: 4,3 kms. | Duration: 2:45 h. | Difficulty: Mid.

04. LA BODEGA Length: 1 km. | Duration: 20 min. | Difficulty: Low.

Length: 2,5 kms. | Duration: 1:40 h. | Difficulty: High. 06. LLANOS DEL RABEL

Length: 6,3 kms. | Duration: 2:30 h. | Difficulty: Low.

Length: 11,1 kms. | Duration: 4:30 h. | Difficulty: Mid. 08. RÍO MAJACEITE

Length: 4,4 kms. | Duration: 2 h. | Difficulty: Low. 09. EL TORREÓN

Length: 3,2 kms. | Duration: 2 h. | Difficulty: High. 10. EL TESORILLO

Length: 1,2 kms. | Duration: 30 min. | Difficulty: Low. 11. ARROYO DEL DESCANSADERO

Length: 1,2 kms. | Duration: 30 min. | Difficulty: Low. 12. LLANOS DEL BERRAL

Length: 1,6 kms. | Duration: 40 min. | Difficulty: Low. 13. CAMINO DE LOS CHARCONES (PTO. DEL BOYAR) Length: 1,9 kms. | Duration: 45 min. | Difficulty: Low.

14 LLANOS DEL REPUBLICANO ength: 5,4 kms. | Duration: 2 h. | Difficulty: Mid.

15. LLANOS DEL ENDRINAL Length: 3,1 kms. | Duration: 1:30 h. | Difficulty: Mid. 16. SALTO DEL CABRERO

Length: 3,4 kms. | Duration: 2 h. | Difficulty: Mid.

Length: 1,4 kms. | Duration: 45 min. | Difficulty: Low.

18. LA CALZADA ROMANA Length: 3,4 kms. | Duration: 1 h. | Difficulty: Low.

P. N. LOS ALCORNOCALES

19. LA TEJA Length: 3,6 kms. | Duration: 1:30 h. | Difficulty: Low.

20. VALDEINFIERNO Length: 4,3 km. | Duration: 2:30 h. | Difficulty: Low.

21. TRAVESÍA DEL ALJIBE Length: 10 kms. | Duration: 5-6 h. | Difficulty: High.

22. GARGANTA DE PUERTO OSCURO Length: 0,9 kms. | Duration: 30 min. | Difficulty: Low.

23. SUBIDA AL PICACHO

Length: 3,3 kms. | Duration: 1:30 h. | Difficulty: High.

Length: 6,9 kms. | Duration: 4 h. | Difficulty: High.

25. RUTA DE LOS MOLINOS Length: 1,7 kms. | Duration: 45 min. | Difficulty: Low.

26. VEREDA UBRIQUE-ASOMADILLAS Length: 7,2 kms. | Duration: 2:30 h. | Difficulty: Mid. 27. RÍO HOZGARGANTA

Length: 3,3 kms. | Duration: 1:30 h. | Difficulty: Low. 28. LA CALZADA DEHESA BOYAL

Length: 5,2 kms. | Duration: 2 h. | Difficulty: Mid.

30. EL PALANCAR Length: 2,9 kms. | Duration: 1:30 h. | Difficulty: Low.

31. ARROYO SAN CARLOS DEL TIRADERO Length: 2,6 kms. | Duration: 1 h. | Difficulty: Low. 32. CANUTO DEL RISCO BLANCO

Length: 4,8 kms. | Duration: 2 h. | Difficulty: Mid. 33. RÍO DE LA MIEL

Length: 2,4 kms. | Duration: 1 h. | Difficulty: Low.

34. CAÑADA REAL LOS RATONES Length: 2,4 kms. | Duration: 1:30 h. | Difficulty: Low.

P. N. DEL ESTRECHO

35. LA PEÑA Length: 0,9 km. | Duration: 2:30 h. | Difficulty: Low.

36. CERRO DEL TAMBOR Length: 6,3 kms. | Duration: 2:30 h. | Difficulty: Low.

37. COLADA DE LA COSTA - HUERTA GRANDE Length: 16,2 kms. | Duration: 5:30 h. | Difficulty: Mid.

38. LOS LANCES Length: 1,5 kms. | Duration: 30 min. | Difficulty: Low.

39. LOS ALGARBES - BETIJUELO Length: 5,6 kms. | Duration: 2 h. | Difficulty: Mid.

40. DUNA DE BOLONIA Length: 1,1 kms. | Duration: 30 min. | Difficulty: Low.

Length: 1,7 kms. | Duration: 40 min. | Difficulty: Low.

P. N. LA BREÑA Y MARISMAS DEL BARBATE

42. MARISMAS DEL BARBATE

Length: 8,6 kms. | Duration: 3 h. | Difficulty: Low.

43. DEL ACANTILADO

Length: 7,1 km. | Duration: 2:30 h. | Difficulty: Low. 44. TORRE DEL TAJO

Length: 2,1 kms. | Duration: 1 h. | Difficulty: Low. 45. JARILLO - TORRE DE MECA

Length: 3,9 kms. | Duration: 1:30 h. | Difficulty: Low. 46. CAÑOS - TORRE DE MECA

Length: 3,7 kms. | Duration: 1:30 h. | Difficulty: Low. 47. ARROYO MONDRAGÓN Length: 3,6 kms. | Duration: 1:30 h. | Difficulty: Low.

Length: 2,2 kms. | Duration: 1 h. | Difficulty: Mid.

49. PUNTA DEL BOQUERÓN Length: 2,7 kms. | Duration: 45 min. | Difficulty: Low.

50. TRES AMIGOS - RÍO ARILLO Length: 3,1 km. | Duration: 1 h. | Difficulty: Low.

51. SALINA DOLORES

Length: 3,1 kms. | Duration: 1 h. | Difficulty: Low.

Length: 5,2 kms. | Duration: 2 h. | Difficulty: Low. 53. PINAR DE LA ALGAIDA - SALINA DESAMPARADOS

54 SALINA LA ESPERANZA Length: 0,9 kms. | Duration: 20 min | Difficulty: Low.

Length: 4 kms. | Duration: 1:30 h. | Difficulty: Low.

R. N. LAGUNA DE MEDINA

56. LAGUNA DE MEDINA

Length: 2,9 kms. | Duration: 1:15 h. | Difficulty: Low. 58. LA MUELA - LOS NACIMIENTOS

Length: 6,5 km. | Duration: 3:00 h. | Difficulty: Mid. 59. ALGODONALES - LOS NACIMIENTOS

Length: 10,5 kms. | Duration: 4 h. | Difficulty: Mid.

60. VÍA VERDE DE LA SIERRA

Length: 36 kms. | Duration: 10 h. | Difficulty: Mid.

SENDEROS DE GRANDES RECORRIDOS

61. CORREDOR VERDE DOS BAHÍAS Length: 93 kms. | Duration: 17 h. | Difficulty: Low.

Length: 6,1 kms. | Duration: 2 h. | Difficulty: Low. Length: 1,5 kms. | Duration: 30 min. | Difficulty: Low. SIERRA DE LÍJAR - ALGODONALES

Information

i | P. N. DE DOÑANA

(1) VISITOR CENTRE FÁBRICA DE HIELO

Sanlúcar de Barrameda. | Bajo de Guía, s/n. T. 956 386 577 en.donana-cvfabricahielo.capma@juntadeandalucia.es

NATURAL PARK OFFICE El Bosque. | Avda. de la Diputación, s/n.

T. 600 161 916 pn.grazalema.cmaot@juntadeandalucia.es

VISITOR CENTRE EL BOSQUE El Bosque. | C/ Federico García Lorca, s/n. T. 956 709 733

cvelbosque@reservatuvisita.es

i | P. N. LOS ALCORNOCALES

| NATURAL PARK OFFICE / VISITOR CENTRE EL ALJIBE

Alcalá de los Gazules. | Ctra. A-2228 Alcalá-Benalup, km. 1 Oficina del parque: T. 671 537 208. Centro visitantes: 956 418 614

VISITOR CENTRE HUERTA GRANDE

Algeciras. | Bda. El Pelayo. Ctra. N-340 km. 96 T. 956 024 600 cvhuertagrande@reservatuvisita.es

i | P. N. DEL ESTRECHO NATURAL PARK OFFICE San Fernando. | C/ Coghen, s/n T. 856 580 010 / 600 161 897 NATURAL PARK'S INFORMATION POINT Tarifa. | Ctra. N-340, km. 77,5. T. 671 596 146 / 856 159 912 VISITOR CENTRE HUERTA GRANDE Algeciras. | Bda. El Pelayo. Ctra. N-340 km. 96 T. 956 024 600 cvhuertagrande@reservatuvisita.es i | P. N. DE LA BREÑA Y MARISMAS DEL BARBATE NATURAL PARK OFFICE San Fernando. | C/ Coghen, s/n T. 856 580 010 / 600 161 897 pn.brenaymarismas.cmaot@juntadeandalucia.es **(1)** BARBATE INFORMATION POINT Barbate. | Puerto deportivo, s/n. T. 956 459 780 pibarbate@reservatuvisita.es i | P. N. BAHÍA DE CÁDIZ NATURAL PARK OFFICE San Fernando. | C/ Coghen, s/n T. 856 580 010 / 600 161 897 pn.bahiadecadiz.cmaot@juntadeandalucia.es VISITOR CENTRE BAHÍA DE CÁDIZ

San Fernando. | Paraje la "Leocadia", s/n. T. 956 106 386 / 674 088 725

cvbahiadecadiz@reservatuvisita.es

Provincia de Huelva

Parque Nacional de Doñana

El Puerto de San

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Dunas de San Antón

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R.N. Laguna de las Canteras y el Tejón

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de Sevilla

La Suara

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mbalse de Arcos

San José del Valle

Prado del Rey



R.N. Peñón de Zaframagór

El Gastor

Torre Alháquime

Provincia

de Málaga

Alcalá

de las Bodegas

del Valle

Olvera

Puerto Serrano 58 🖹

Zahara de la Sierra

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Benaocaz 17 🐧 14 🐧 6 6

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Overlooks

SIERRA DE LÍJAR - ALGODONALES

P. N. SIERRA DE GRAZALEMA

03. PUERTO DE LOS ACEBUCHES

04. PUERTO DE LAS PALOMAS

05. CINTILLO (LA MANGA)

06. PUERTO DEL BOYAR

P. N. LOS ALCORNOCALES

07. MOJÓN DE LA VÍBORA

11. LA CALZADA

P. N. DEL ESTRECHO

18. CAMARINAL

21. DE TRAFALGAR

22. EL ACANTILADO

23. LAS QUEBRADAS

P. N. BAHÍA DE CÁDIZ

25. SALINAS DOLORES

24. MARISMS DEL BARBATE

26. SALINAS LA ESPERANZA

R. N. LAGUNA DE MEDINA

27. LAGUNA DE MEDINA

28. DE LA MALVASÍA

INFORMATION POINT

Andalucía

CÓRDOBA

MÁLAGA

SEVILLA

JAÉN

GRANADA

ALMERÍA

20. LA PEÑA

15. DUNA DE BOLONIA

16. CERRO DEL TAMBOR

17. MONTE CAMARINAL

19. CUEVA DEL MORO

12. PUERTO DE OJÉN

13. HOYO DE DON PEDRO

08. PUERTO DE LAS PALOMAS

09. PUERTO DE LAS CALABAZAS

10. PUERTO DE LAS ASOMADILLAS

14. CABECERA DEL RÍO DE LA MIEL

P. N. DE LA BREÑA Y MARISMAS DEL BARBATE

Legend

AUTONOMOUS REGION ROAD

AUTONOMOUS REGION ROAD

01. DE PONIENTE

02. DE LEVANTE