



ACTIVE NATURE

Andalusian nature: a bridge between two continents, Africa and Europe, and between two seas, the Atlantic and the Mediterranean. It is vast, rich and varied, one of the jewels of the European Natural Heritage. In fact, Andalusia is the Spanish Autonomous Community with the largest area and number of protected natural areas, totalling approximately 242, which cover a total area of 2.74 million hectares, one-third of Andalusia. National Parks, Natural Parks, Natural Areas, Nature Reserves, Protected Areas, Natural Monuments and Peri-urban Parks, together with other spaces catalogued internationally, all form part of the Network of Protected Natural Spaces of Andalusia, known as the RENPA. A very diverse set of landscapes of outstanding natural beauty, ranging from the Mediterranean high mountain, the peninsular ceiling, the extensive wetlands and Atlantic salt marshes and, thick and

shady forests to arid deserts, stretches of coastline with little trace of any human footprint, ravines and defiles. A true world of overwhelming nature! Within the network of protected areas, the largest expanse are occupied by parks, natural landscapes full of resources and wildlife, some are specially set out and equipped to meet the most evocative tourist experiences. They offer from extreme sports to calmer days of leisure in nature, which always end with enjoying the pleasures offered by its attractive towns, themselves full of history, culture and gastronomic delicacies. Other landscapes and nature reserves also provide facilities and infrastructure to enjoy nature actively.



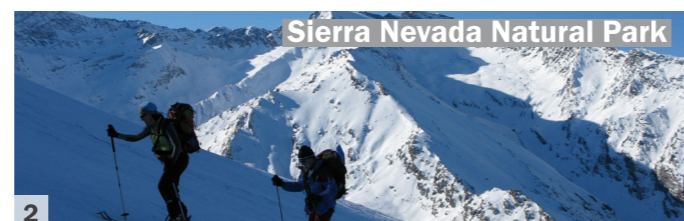
www.ventanadelvisitante.es

Very complete information of the RENPA, its areas and services can be seen on the Ventana Del Visitante, a website where you will find all you need to know to plan a visit to the protected natural areas of Andalusia.



Natural Area of Doñana

The great Guadalquivir estuary, one of the primary ecological reserves in Europe, is a paradise for birds and ornithologists alike. A beautiful labyrinth of land and water in which salt marshes, lagoons, the so-called caños, reserves and pine forests, vetas and veras, dunes, endless pristine white sandy beaches and dramatic cliffs are all outlined. Live unforgettable experiences deep in the natural surroundings, through guided tours either in 4x4 vehicles or aboard a boat. A pure luxury for the senses!



Sierra Nevada Natural Park

Perpetual snow on the peaks and lush forests that slope down towards the lowlands... Sierra Nevada and the Puerto de la Ragua installations facilitate a complete range of activities, both winter and summer sports, such as hiking, mountain biking, climbing, horseback riding, air and water sports, canyoning, astronomical observation and many more exciting activities. An Interpreting Service of the Altas Cumbres brings visitors closer to learning about the peculiarities of the massif.



Cabo de Gata-Níjar Natural Park

Its unique volcanic character and the richness of its seabed confer an extraordinary world-renowned environmental value. Ancient volcanoes, craters and lava flows form a remarkable landscape with its brown, black and red landscape, reminiscent of Africa, which is sure to captivate the visitor. Dreamlike beaches and cliffs succeed one after another throughout its 50 km of coastline. Their extensive range of services includes diving in unique seabeds, boat excursions and also walking, horseback, bicycle or 4x4 routes through a dense network of marked trails. Some are even thematic.



Sierra María-Los Vélez Natural Park

The rugged mountains of María, el Mahimón and Las Muelas rise imposingly over the historic corridor of Los Vélez. Limestone landscapes, rocks, caves, karst reliefs give way to mighty mountain springs. Lovers of mountain activities, climbing, caving and canyoning will find a very interesting offer here. Free flight amateurs will also be able to take-off from the Cerro del Gabar. A dense network of viewpoints and marked trails, passable on foot, by bicycle or on horseback, enable visitors to explore its beautiful scenery, some of which show off rare examples of rock art.



Bahía de Cádiz Natural Park

The old estuary of the Guadalete and San Pedro rivers smells of sea, salt, salt mines and, ultimately, of Cadiz. Seascapes, beaches and dunes, salt mines, marshes and caños are today dedicated to the cultivation of "estuary" species, clams, oysters, sea bass, sole and shrimps, which are all the basis of an exceptional local seafood cuisine. The unbeatable climate guarantees being able to visit the park by boat, by flying over the waves windsurfing or by diving in its seabed all year round. Back on dry land, a dense network of marked trails, passable on foot, bike or horseback, is where you can enjoy the fascinating bird life from strategically placed observatories.



La Breña y Marismas de Barbate Natural Park

Mosaic seabed, beaches, marshes, pine forests and beautiful cliffs topped by old watchtowers, which, back in the day were witnesses of a historical past of epic naval battles and today, beautiful viewpoints over the blue waters of the Straits. Free flight enthusiasts can visit a school in Vejer. Fishing is a traditional activity here, both the curious and surprising traditional tuna fishing, the tunny fishing, and fishing in interior marshy waters. Its crystal clear waters offer an enviable framework for those who prefer diving and surfing in mythical seabeds and beaches. The Breña pine grove invites you to lose yourself in its beautiful retreats.



Del Estrecho Natural Park

More than 60 km of natural coastline, between Europe and Africa, defined by the Mediterranean and the Atlantic... the protagonist, the wind, has between the migratory routes of birds and marine life through the Straits and turned the beaches of Tarifa into the European surfing capital, in all its forms. It is a unique place to enjoy watching birds and migratory marine species, whales, dolphins and tuna. The special conditions for climbing offered at the Sierra de San Bartolomé or the archaeological heritage of Baelo Claudia complete this offer.



Los Alcornocales Natural Park

The western highlands of Cádiz and Málaga host one of the most beautiful and vast oak forests in Europe, and around it, an ancestral culture survives: Cork. Its seven reservoirs allow fishing, doing water sports and bird watching. Collecting mushrooms in autumn is popular, and so is climbing the Aljibe peak or up the Picacho, or caving or descending the Garganta de las Butiferas. For the less active, there are interesting routes that can be done on foot, on a bicycle or horseback.



Sierra de Grazalema Natural Park

Steep limestone mountains carved by water in the shape of ravines, canyons, chasms and caves, among which we highlight the Hundierto-Gato, a real paradise for cavers, or the Cueva de la Pileta, known for its cave art. A network of trails, including the GR-7 (Athens-Tarifa), is ideal for hiking, horseback riding or cycling. The Majaquito River is the largest trout preserve in southern Europe. The Algodonales and El Bosque airstrips encourage airborne activities and the reservoir of Zahara de la Sierra, nautical ones.



Sierra de Cardena y Montoro Natural Park

Lush Mediterranean forests, where the Iberian lynx roams his territory, mingles with young holm oak and cork meadows, alongside the much renowned Iberian pig and the no less valued "retintas" cows and deer. It is the land of big game and mushroom collecting. Observation of the bellow, bird of prey and the Iberian lynx are some of its attractions, plus a peculiarity: observing the sky. At the astronomical viewpoint of Cardena, astronomy enthusiasts will find a superb reservoir to enjoy this activity.



Sierra de Hornachuelos Natural Park

Dense forests of holm oak, cork and gall oaks thin out towards traditional Iberian pastures. It is the territory of the lynx and large birds of prey. The GR-48 trail connects with six natural protected areas of Sierra Morena and coordinates a network of routes for wildlife observing. It is also a rich hunting territory, especially big game but other activities, such as photography, mountain biking, horseback riding or watching the bellowing deer are also popular. The reservoirs in this area provide for water sports.



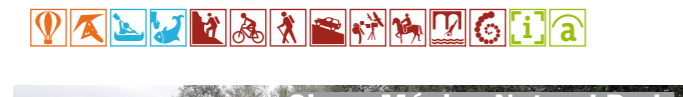
Sierras Subbéticas Natural Park

Here we can find limestone reliefs carved by water in the form of canyons, gorges and cavities, such as the chasm of Cabra or the tourist Cueva de los Murciélagos. There are mountains lined with forests of holm and gall oaks, and extensive olive groves. Bikers can enjoy the Greenway, a former railway line that has since been reformed. For hikers, the mythical GR7 offers several different stages within the park. Some routes offer themed content areas, such as the Picacho, a real outdoor geological museum. Caving, climbing and canyoning are also everyday activities here.



Sierra de Baza Natural Park

It stands imposing from the white and arid steppes of the Altiplano de Baza as a gigantic forest iceberg. Its forests are highly regarded among amateur nature photographers and mushroom collectors. It has a network of marked trails and viewpoints that accommodate hiking, biking and horseback riding enabling visitors to get an insight into the area's rich natural and ethnographic heritage, formed by old mining villages, farmsteads, water mills, and monumental snow pits. Interestingly, some of these pits have been used since Roman times.



Sierra de Castril Natural Park

The Castril River rises in spurts between vertical limestone walls in the very heart of the park. Below, in the river valley, a large crystal clear turquoise artery escorted by a magnificent riparian forest of elms, poplars, willows and ash opens up, which even offer trout fishing. This beautiful space offers the ideal setting for hiking, mountain biking, climbing, caving and canyoning. The Portillo swamp offers the possibility of doing various different types of water sports, such as kayaking and canoeing.



Sierra de Huétor Natural Park

This forest space, superbly equipped, serves as the city of Granada's urban park. Generous springs turn the mountains giving birth to rivers as emblematic as the Darro or the Fardes, highly valued by trout fishermen. Climbing and caving are everyday activities here, not to mention hiking and cycling. Riparian forests offer beautiful autumn prints: a moment well waited for by fans of nature photography and mushroom pickers.



Sierra de Aracena y Picos de Aroche Natural Park

Forests and vast pastures with holm oak trees, home of pork and ham, land of old borders, castles and fortresses. Beautiful narrow passes, trails and multiple cycling routes empower this space as outstanding to do hiking, biking or horseback riding. The visit to the Gruta de las Maravillas is a must. Those who prefer a bit more action can practice canyoning and climbing. Ornithological routes are also very attractive and the visit to the meadows makes a very complete and unique experience.



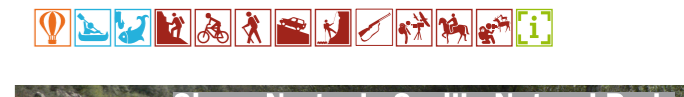
Despeñaperros Natural Park

The Despeñaperros River enters Andalucía through forests of holm and gall oaks digging a spectacular defile on its way, a forced passage between the Castilian plateau and Andalucía, for hundreds of thousands of years, as witnessed by its rich prehistoric heritage. Los Órganos de Despeñaperros surrounding the Cascada de Cimbarra appear among the natural sites of interest. Hiking, cycling and climbing also find very suggestive enclaves here, favouring the observation of forest birds. This is also big game territory.



Sierra de Andújar Natural Park

Forested mountain ranges, granite scree, scenic pastures with fighting bulls, extensive forests of holm and gall oak, and brambles, painting the mountains yellow and blue in spring. It is big game territory for deer, roe deer, mouflon, fallow deer and boars that share their habitat with the lynx and wolf. The GR-48 connects it with the rest of Sierra Morena and a complete network of trails and lookouts provide excellent infrastructure for hiking and photographic hunting, mushroom picking, bird watching, the bellowing deer or tracking the lynx.



Sierra Mágina Natural Park

It rises like a giant watchtower between seas of olive groves, reliefs that were natural borders between Arab and Christian kingdoms for centuries and exhibit a magnificent legacy of castles and fortresses. This area offers excellent conditions to practice mountain activities, caving, and climbing, hiking, biking or horseback riding. The climb to the peak Mágina is a classic. The Siete Pillars station offers excellent infrastructure for airborne activities. Visitors also have the chance to live the life of an olive picker for a day.



Sierras de Cazorla, Segura y Las Villas Natural Park

A dense woodland lines a succession of sharp limestone mountain ranges that give birth to water on all sides. Here is where two of the most important Iberian rivers, the Guadalquivir and the Segura, are born. Springs, waterfalls, lagoons and reservoirs dot the landscape. Its tourist offer is outstanding. The GR 247, Bosques del Sur, runs inside the park linking its beautiful towns on foot or by bicycle. Highlights include other activities such as climbing, caving, canyoning, rafting, paragliding, water sports, equestrian, hunting and fishing.



Montes de Málaga Natural Park

The Guadalmedina River basin was extensive Mediterranean woodland until processed for planting vines, back in the XVII century. It was a beautiful and prosperous wine valley, which has left an interesting ethnological heritage in the form of wineries and aromas of sweet wine, in its culture and its traditions. Later, the area would be reforested again and today, the pine groves, only 5 km away from the city, are an appealing urban park and green lung, to the delight of cycling and hiking fans.



Sierra de las Nieves Natural Park

The mountains offer fascinating landscapes and karst rocks, cut by deep ravines and spectacular gorges. Rare rocks support an exceptional forest of firs; a species of fir regarded a botanical relic of the cold glacial periods of the Quaternary era. With remarkable infrastructure and equipment, this area is ideal for performing virtually any type of activity, especially hiking, cycling, caving and climbing. Equestrian activities are also a reference here.



Sierras de Tejeda, Almajara y Alhama Natural Park

These mountains rise from the sea cliffs of Maro-Cerro Gordo and Nerja up to the 2065 meters of peak Tejeda. The tropical fruit trees flower on steep terraced slopes of a quasi-impossible design. Pine groves and bare rocks occupy their summits, a place where the mountain goats reign and eagles fly. A real paradise for those who like canyoning, rafting or caving, although its variety of services is all-inclusive, including nautical activities in its marine and inland waters.



Sierra Norte de Sevilla Natural Park

Beautiful cattle pastures, with holm oaks, mingle with Mediterranean forests, vineyards and olive groves. The Carro del Hierro stands out in the undulating landscape, a unique karst and archaeological landscape. Its hilly nature invites to hiking and biking and it is passable on any of its eighteen marked trails. The Greenway is especially recommended, which has an exceptional infrastructure for bird watching, collecting mushrooms or learning about its unusual geology. Climbing, caving and canyoning are also available for the more active.



Karst en Yesos de Sorbas Natural Site

Under the Almería desert lays one of the most fascinating underground landscapes of the continent, an invisible world of carved plaster, one of the geological jewels that Andalusia offers the world, the so-called Cuevas de Sorbas. These caves are a huge underground maze of halls and galleries displaying amazing and delicate forms of crystalline gypsum. These can be visited guided by expert speleologists. The natural site offers hikers routes as attractive as that which crosses the great plaster cornice or that which delves into the wetland waters of the Molinos de the Aguas River, a real oasis.



Desierto de Tabernas Natural Site

The Almería desert landscape is tremendously stimulating and startling, one of the most valued film sets of the Peninsula. A geological landscape of African reminiscences, where wide boulevards have dug deep canyons between eroded slopes in an endless succession of gullies and sharp edges. The environment of their film villages offers the beginning of trails that provide an approach to enclaves of great geological, botanical and landscape value. The observation of steppe birds is another of its attractions.



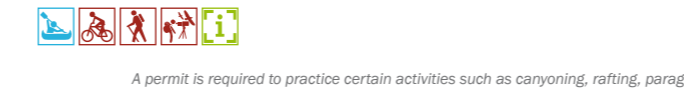
Torcal de Antequera Natural Site

A giant stone city carved by water on old limestone, a labyrinthine structure of corridors and passageways that connect sinkholes and torques, in the form of streets and squares. Climbing and caving are two of the most common sports activities. The visitor centre of El Torcal Alto has an impressive astronomical observatory, which makes the most of the cleanliness and clarity of the sky. Paths that pass between this fascinating museum of natural sculptures radiate from this spot.



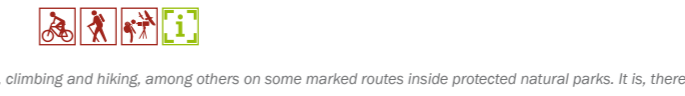
Marismas de Odiel Natural Site

In the vicinity of the city of Huelva, the Tinto and Odiel rivers meet the Atlantic Ocean in a broad marsh, a meeting place for fresh and salt water, salt mines, lagoons, islands and caños dominated by birds and ports and docks full of history. It is believed that the ancient city of Tartessos settled in these parts. One of the main attractions of this space is its bird life, which you can enjoy while hiking, biking, boating, canoeing, canoeing or kayaking.



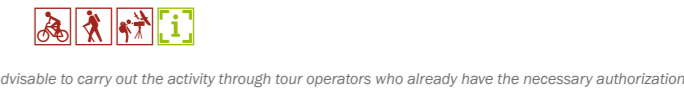
Laguna de Fuente Piedra Natural Reserve

Located in the Antequera countryside, this nature reserve with a large, thin sheet of water, hosts the miracle of receiving colonies of flamingos and waterfowl from all over Europe every year. It is definitely a place to enjoy the silence, the peace, the wonderful world of birds and their attractive sunsets. The best observatory is the visitor centre itself; others are located on the trails that take visitors to the wetland crossing its periphery. A good pair of binoculars is essential if you want to make the most of the visit.



Laguna de Zónar Natural Reserve

This lagoon is located in the wetland complex of southern Córdoba and it is the only natural lake in Andalusia, for its depth. This area is a paramount enclave for wintering and nesting waterfowl. Western marsh harriers, Purple swamphen and different types of ducks, including the Shelduck and Stiff-tailed duck, live alongside long-legged wading birds. It is a real treat for fans of the world of birds, who can benefit from a good infrastructure for bird watching, including the observatory terrace of the visitors' centre itself.



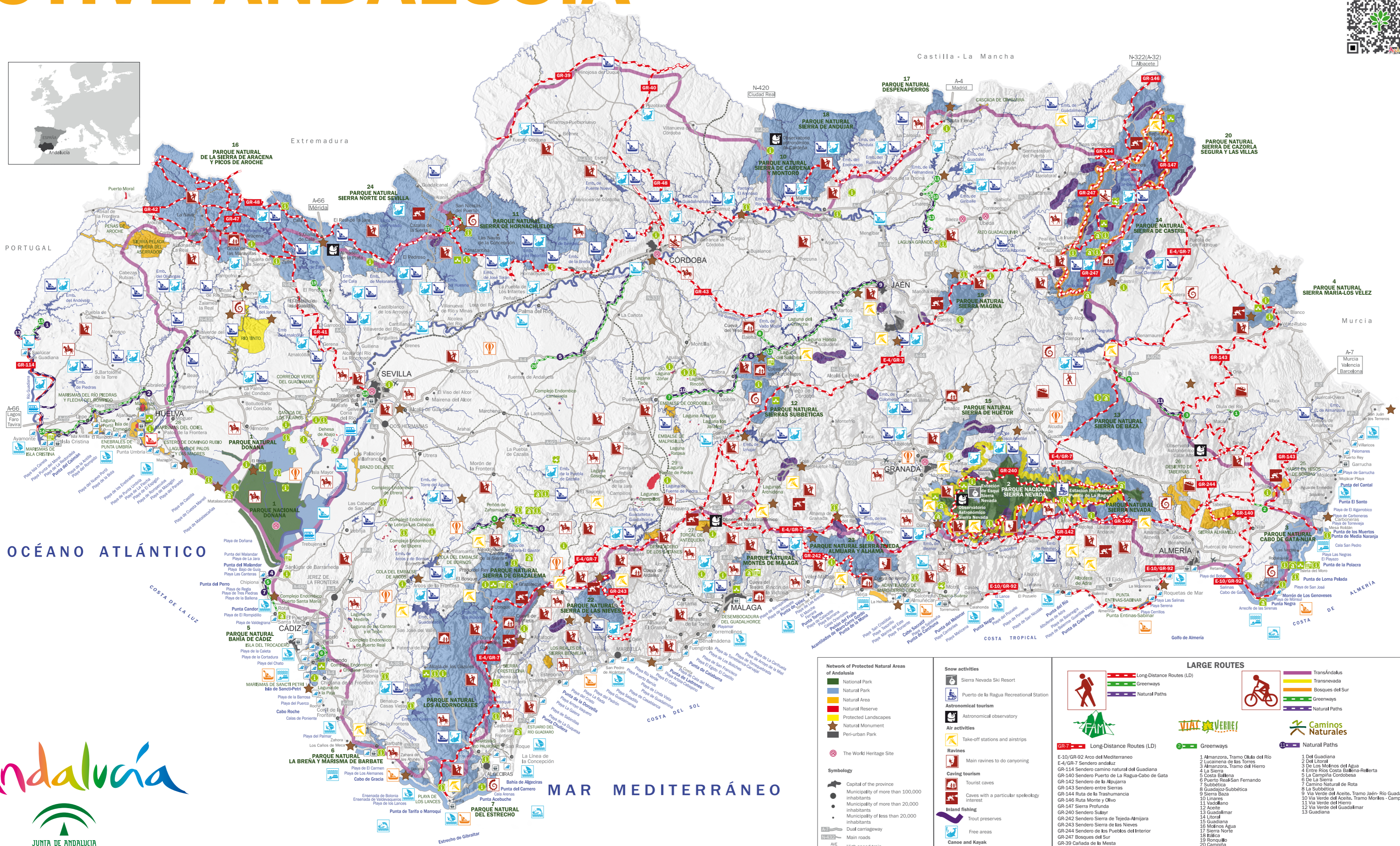
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The use of recycled paper in these brochures contributes towards Andalusia being able to reduce their environmental impact in:

- 116.752 kg of waste
- 17.261 kg CO2
- 172.614 km of car travel
- 3.158.272 litres of water
- 193.575 kWh of energy
- 189.686 kg of wood

A permit is required to practice certain activities such as canyoning, rafting, paragliding, climbing and hiking, among others on some marked routes inside protected natural parks. It is, therefore, advisable to carry out the activity through tour operators who already have the necessary authorizations.

ACTIVE ANDALUSIA



- SNOW**
 - Snow, snowboard and other snow-based activities.
- AIR**
 - Hot air balloon
 - Free flight, paragliding and hang gliding
- WATER**
 - Diving
 - Sailing
 - Canoe and kayak
 - Fishing
 - Surf, windsurf and kitesurf
 - Whale watching
- LAND**
 - Climbing
 - Cycling
 - Hiking
 - 4X4 vehicles
 - Rafting
 - Canyoning
 - Hunting
 - Ornithological tourism
 - Equestrian activities
 - Caving
 - Wildlife watching
 - Astronomical Tourism
 - Astronomical Tourism
 - Geological tourism
- EDUCA**
 - Visitors' Centre
 - Information point
 - Ecomuseums
 - Nature classroom
 - Botanical garden
 - Wildlife Park

FEEL IT

Andalusia is an ideal place to enjoy unique and wonderful experiences. Not only for its splendid beaches, nestled along its almost one thousand kilometres of coastline, under the warmest and sunniest skies of Europe, with more than three thousand hours of sunshine a year, or for its historical and beautiful monumental assets, of global resonance. The inner Andalusia is second to none in beauty and also offers first class tourism experiences. An outstanding variety of adventures oriented to those who prefer to see places and experience new and evocative sensations.

The excellent communication infrastructures spread out all over Andalusia make these inner experiences seem almost always nearby, and they can diversify and amplify the satisfaction of those who prefer the sun and the beach, since they complement this option beautifully, plus some even take place in these settings. In Andalusia, for example, you can enjoy downhill skiing in the late spring snow of Sierra Nevada, the most southern ski resort in Europe, in the morning and then, pop down to the paradisiacal tropical beaches of Málaga or Granada in the afternoon.

The tourism offer in inner Andalusia is thus considered one of most complete and of the highest quality in the European context. A continental landscape with such a degree of natural exuberance that it sometimes reaches the coast intact, displayed in areas where the human footprint is hardly recognised, or where it has only contributed to magnify them. One-third of the Andalusian territory is protected thanks to its natural and cultural attractions. They are landscapes and scenes of high environmental quality along with a variety of equipment and facilities for public use. Andalusia is thus not only offered as an extremely attractive destination for those looking to experience different forms of active tourism, by practising all kinds of sports and leisure activities but also a privileged one, if you like to do tourism out in nature. In the snow, in the water, in the air or on land... Andalusia is the perfect place to enjoy a thousand fun experiences, as a family, a group, a couple, not only for those who are up for a challenge but also for those who prefer to learn while enjoying nature. Inner Andalusia is also unique.

There are quite suggestive experiences such as to catch the red sunset of Doñana with a camera; dive into the seabed of Cabo de Gata or the Costa Tropical; climb up the Mulhacen or the Veleta peaks; enter as caver in the karst depths of the Sierra de Grazalema, Sierra de las Nieves or Torcal de Antequera; follow the trail of the lynx, be a witness to the following or follow the flight of large forest birds in Sierra Morena; interpret the stars in the closest and clearest skies of the peninsula; enjoy the wind and surf in the sea of Tarifa; see whales and dolphins aboard a boat in the Straits; get to know Andalusia by cycling along the TransAndalus route; attend a day class with a mycology collection, cooking class complete with a mushroom tasting; do the vertiginous Caminito del Rey and climb the Desfiladero de Los Gaitanes, in the Garganta de las Buitreras or the Cahorros de Monachil; horseback riding through ancient trails down the meadows, marshes, in mountains, deserts; live the culture of the olive from within being a labourer for a day; ski and have fun in the snow in Sierra Nevada; do canyoning in the Verde River Canyon; fly down the mountains towards the sea hang gliding and paragliding; or sail leisurely in a canoe, or kayak through the canoes of the Atlantic marshes; descend rapidly one of the crystal clear mountain streams in a raft or the Genil and Guadalquivir, in Jaén and Córdoba; fish in mountain streams of the Sierras de Cazorla and Segura, in the Castril River or in any of the numerous reservoirs, situated mostly in mountain landscapes of unique beauty; fly over the marshes or desert, or over emblematic cities like Granada, Sevilla, Guadix, Ronda and many others in a hot air balloon; enjoy the fascinating world of birds in the nature reserves of the Laguna de Fuente de Piedra, Laguna de Zóñar or Doñana; discover the fascinating landscape and geological treasures of Cabo de Gata, the Sierra Subbéticas, the Sierra Norte de Sevilla, the film sets of Guadix and Tabernas desert, the underground world of the Karst in Yesos de Sorbas or the amazing stone city of Torcal de Antequera.



...pedal

...ski

...sail

...fly

...dive

...climb

...contemplate

