



# Walking



## Essential walks

10 walking routes recommended by the Department of the Environment.

- Del Aguadero** **SIERRA NEVADA**  
 Distance: 12 Km.  
 Time: 6 - 7 hours  
 Difficulty: Medium  
 Comments: due to its beautiful chromatic contrasts the route is especially recommended in the autumn, which is also an ideal time for mushroom picking.
- Charco de la Boca** **DOÑANA**  
 Distance: 3,5 Km.  
 Time: 1 hours  
 Difficulty: Low  
 Comments: The Arroyo de La Rocina, next to the hamlet of El Rocío, is of special interest as an ideal place to observe waterfowl.
- Cerro del Cinto** **CABO DE GATA - NIJAR**  
 Distance: 10,7 Km.  
 Time: 3 hours  
 Difficulty: Low  
 Comments: For security reasons and due to the existence of deep vertical walls inside the galleries of the mines, walkers are advised not to leave the path at any time.
- Río de la Miel** **LOS ALCORNOCALES**  
 Distance: 2,4 Km.  
 Time: 50 minutes  
 Difficulty: Low  
 Comments: features a number of pools where bathing is possible despite lower water levels in the summer. Upstream there is a large waterfall.
- Guadaluza** **SIERRA DE HORNACHUELOS**  
 Distance: 7 Km.  
 Time: 3 hours  
 Difficulty: Medium  
 Comments: Interesting route for bird watching, particularly during the summer and autumn. Pre-arranged authorisation required.
- Cerro del Maullo** **SIERRA DE HUÉTOR**  
 Distance: 2,9 Km.  
 Time: 1,5 hours  
 Difficulty: Low  
 Comments: Its most attractive feature is the Del Cerro viewing point which contains remains of trenches from the Spanish Civil War.
- El Talenque - Valdejarco** **SIERRA DE ARACENA Y PICOS DE AROCHE**  
 Distance: 3 Km.  
 Time: 2 hours  
 Difficulty: Medium  
 Comments: Interesting local architecture. The historic centre of the village of Valdejarco has been declared a Site of Cultural Interest.
- Río Borosa** **SIERRAS DE CAZORLA, SEGURA Y LAS VILLAS**  
 Distance: 7,4 Km.  
 Time: 2,5 hours  
 Difficulty: Medium  
 Comments: A feature of special interest is the section of the footpath that passes through the Cerrada de Elías, which is barely two metres wide and ends in the mini hydro-electric plant.
- Quejigales - Torrecilla** **SIERRA DE LAS NEVES**  
 Distance: 8,5 Km.  
 Time: 6 hours  
 Difficulty: High  
 Comments: After walking through the pinewoods of Cañada del Cuerno and the Portuguese Oak woods on the mountainsides, we eventually arrive at the Torrecilla peak (2.518 m), the highest in western Andalusia.
- El Rebollar** **SIERRA NORTE**  
 Distance: 8 Km.  
 Time: 3 hours  
 Difficulty: Medium  
 Comments: Circular route around the Cerro del Horno Natural Monument, an area with a rich fauna and flora.



More Information at:  
 GR, PR y SULAYR  
 www.fedamom.com  
 www.ventanadelvisitante.es  
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 www.viasverdes.com



- Vía Verde del Almanzora green route
- Vía Verde de Olula de Rio green route
- Vía Verde de la Sierra green route
- Vía Verde de la Campiña green route
- Vía Verde de la Subbética green route
- Vía Verde del Guadiana green route
- Vía Verde del Litoral green route
- Vía Verde de los Molinos del Agua green route
- Vía Verde del Aceite green route
- Vía Verde de Linares green route
- Vía Verde de la Sierra Norte green route

- Capital of the Province
- Municipality with a population of over 100,000 people
- Municipality with a population of between 20,000 and 100,000
- Municipality with a population of between 5,000 and 20,000
- Tourist body
- Airport
- Marina
- Commercial Port
- Dual Carriageway
- Motorway
- Main road
- Secondary road
- Local road
- High Speed Railway Line
- Railway Line
- Tourist Information
- Place with World Heritage Site designation
- World Heritage Site
- Municipality of Historic Interest
- Municipality awaiting designation as place of Historic Interest
- Roman Bética Route
- Route of the Caliphs
- Washington Irving Route
- Route of the Nasrids
- Museum
- Castle/Wall
- Civil Monument
- Religious Monument
- Archaeological Remains
- Golf course
- Ski Resort
- Panoramic View
- Cave
- Tourist Cave
- Aquatic Park
- Casino
- Zoo/Aquarium
- Megalithic Monument
- Spa town
- GR (Long distance footpath)
- Sulayr Footpath
- Green Route
- Nature Park
- National Park

SCALE 1:1.000.000  
 0 4 8 12 16 20 24 28 32 36 40 km.

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