



Andalucía

Professional Thematic Guide

Cycle Tourism



ANDALUSIA CYCLE TOURISM GUIDE



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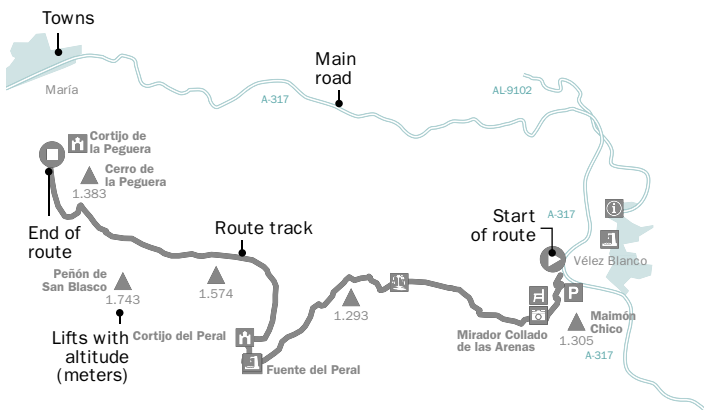
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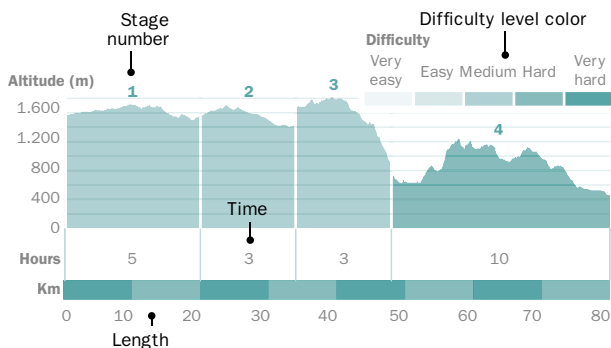
MAPS

There are different types of maps according to the type of representation: large areas (provinces, natural parks...), stages or details of the routes. Each has a different treatment to improve their reading.



PROFILE

Altimetry profiles, in addition to the differences in height, show interest aspects of the journey, the difficulty or length in each section or stage.



QR CODES

The guide is completed with related information that can be downloaded in PDF by QR codes.



SYMBOLS

All symbols follow the Manual Signaling Public Use of the Andalusian on his behalf :

- | | | | | | |
|--|-------------------------------|--|------------------------------|--|---------------------------|
| | Information Point | | Lookout | | Fish farm |
| | Visitor center | | Botanical Garden | | Nursery Garden |
| | Documentation center | | Park wildlife | | Natural spring birth |
| | Observatory for public use | | Visits with monitor | | Archaeological remains |
| | Observatory scientific use | | Office of the Nature reserve | | Ethnographic site |
| | Recreational area | | Restoration | | Dam |
| | Refuge | | Visit caves | | Beach |
| | Hotel | | Speleology | | Plant species of interest |
| | Marked trail | | Swimming | | Cortijo |
| | Cycling lane | | Diving | | Bridge |
| | Equestrian route | | Fishing | | Parking |
| | Shoreline route | | Water activities | | Ladders |
| | Sale of products and services | | Air activities | | Tower |
| | Sale of publications | | Climbing | | Bench |
| | Nature Classroom | | Hydrotherapy | | Ermitage |
| | Sea classroom | | Hunting | | Footbridge |
| | Ecomuseum | | Cave / Sima | | Ford |
| | Camping | | Panoramic view | | Natural monument |
| | Organized camping area | | Fountain | | |
| | Hostel | | Architectural element | | |

SECTIONS

The guide is divided into six sections identifiable by the color of all elements, which refer to different types of routes and interesting content.

CYCLING IN ANDALUSIA

Basic information about the Andalusian provinces and the routes that we can find.

Most significant information



QR codes to download information on mobile devices

Additional information

CITIES BY BICYCLE

Information about cycling in the Andalusian cities with data on their bike lanes and rental options.

Selection of images



Information by cities

Most significant information

LONG DISTANCE ROUTES

Andalusia is one of the regions with a wider network of long-distance bike trails, which have a minimum of 150 kilometers and takes at least two days to complete.

Indications of the best seasons:



Winter



Spring



Summer



Autumn

'VIAS VERDES'

The old railway paths have been recovered to become Greenways. Andalusia has almost 500 kilometers.

NATURAL PARKS

The 24 natural parks of Andalusia offer travelers more than a hundred marked bike trails.

Ecosystem types



Forest



Seaboard



Mountain



Pasture



Marsh



Bank

Figures for international protection



World Heritage



Man and biosphere program



Ramsar



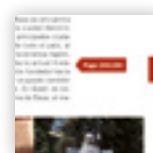
Europarc



Geoparks

DO NOT FORGET...

No visit to Andalusia is complete without a visit to its people, its culture and gastronomy. Tips to finish the bike path with a different experience.



Indication of the page related route

What to take

The equipment needed for bicycle touring will depend on the cycling route. A family outing cycling along a Vía Verde (Greenway) is not the same as a multi-day mountain bike ride or a route along secondary roads with little traffic. Although equipping a bicycle for active tourism is not complicated, there are some guidelines that should be followed to facilitate the pedalling action and prevent possible cycling-related injuries. It is important to distribute the weight between the rear panniers (two thirds of the total) and the front panniers (one third), it should be balanced and as close as possible to the axles of the wheels. It is also advisable to carry some spare parts, supplies and basic equipment as shown on this page. Nowadays we can find all types of bike accessories in bike shops and chain stores at very reasonable prices.

Energy supplements

Energy bars and gels to eat en-route

Cycling clothing

Cycling tops and shorts are designed to enhance transpiration and minimise chafing.

Luggage

Rucksacks for short routes and panniers for longer journeys. Always waterproof.

Reflective elements

Particularly at the rear end of the bike and on the cyclist's back.

Helmet

Bicycle Frame

There are specific touring bike frames that enable cyclists to sit comfortably, which will be appreciated on long journeys.

Inside the panniers

- Rain and/or wind jacket
- Penknife
- Basic first-aid kit
- Allen keys
- Inner tubes
- Spare spokes
- Spoke wrench
- Chain cutters
- Lubricating oil
- Bicycle pump
- Disassembling levers
- Patch kits



Tyres It is advisable to have mixed tyres.

Tips and warnings

- Choose a suitable route to the physical condition of the group.
- It is better to respect the layout of the routes. A shortcut without guarantees may endanger your safety or astray.
- Enjoy the silence and do not disturb. Listen to the music of nature.
- Inform someone of the route you want to go.
- Calculate the time and prevents dark.
- Read some information or visit the visitor center to better understand what you will see.
- Calculate the time it will take to walk the route and avoid the dark.
- Check the weather forecast and be prepared for rain or cold.
- Bring water and some food.
- Be careful, particularly in areas with road traffic and on tracks used by hikers or horse riders.
- Local people are often generous and interesting source of information. Coexists with nature and with them.



Route across the eight provinces of Andalusia and its immense protected natural heritage. Let's start pedalling.

Cycling in Andalusia



ANDALUSIA

Endless tracks

Information about
culture, festivals,
food and sights



1

1. A child cycling along an accessible trail.
2. Signs along the Via Verde de los Molinos del Agua.
3. Along the Via Verde de la Sierra Norte.
4. Tourists on a cycling tour around Seville.

More information:
www.andalucia.org
www.ventanadelvisitante.es

Andalusia is the ideal place for bicycle touring, whether you are looking for a shorter route through protected sites or if you want to discover the rich heritage of its cities along accessible cycling tracks. It is also perfect for longer routes that require preparation and effort. Andalusia's climate, the exceptional natural environment and the existing road network make it the ideal place for us to enjoy this form of travel and discover all that the area has to offer.

Bicycle touring is one of the most enjoyable activities available, combining sports, tourism and contact with nature and the outdoors. The tracks seem to have been made for cycling at just the right speed and pace: Not too slow and not too fast, so we can make progress while still enjoying the surroundings, aware of all the sounds and sights that surround us.

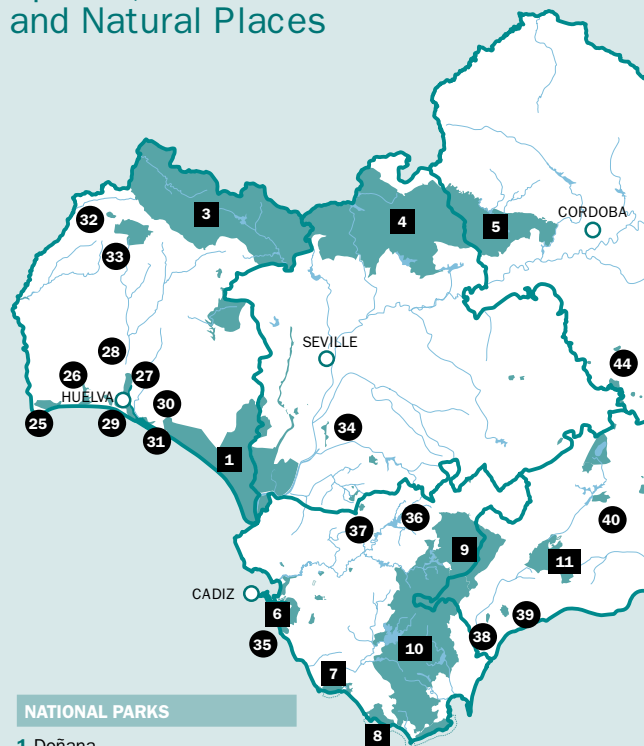


2

3

4

Spaces, Parks and Natural Places



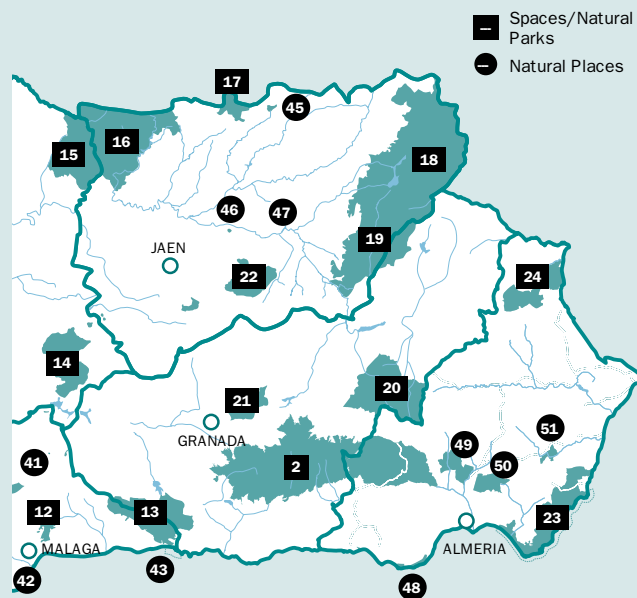
NATIONAL PARKS

- 1. Doñana
- 2. Sierra Nevada

NATURAL PARKS

- 3. Sierra de Aracena y Picos de Aroche
- 4. Sierra Norte de Sevilla
- 5. Sierra de Hornachuelos
- 6. Bahía de Cádiz
- 7. De la Breña y Marismas del Barbate
- 8. Del Estrecho
- 9. Sierra de Grazalema
- 10. Los Alcornocales
- 11. Sierra de las Nieves
- 12. Montes de Málaga
- 13. Sierras de Tejeda, Almijara y Alhama

- 14. Sierra Subbéticas
- 15. Sierra de Cardeña y Montoro
- 16. Sierra de Andujar
- 17. Despeñaperros
- 18. Sierras de Cazorla, Segura y las Villas
- 19. Sierra de Castril
- 20. Sierra de Baza
- 21. Sierra de Huetor
- 22. Sierra Magina
- 23. Cabo de Gata-Níjar
- 24. Sierra María-Los Vélez



NATURAL PLACES

- 25. Marismas de Isla Cristina
- 26. Marismas del Río Piedras y Flecha del Rompido
- 27. Marismas del Odiel
- 28. Islas de Enmedio
- 29. Enebrales de Punta Umbria
- 30. Estero de Domingo Rubio
- 31. Laguna de Palos y Madres
- 32. Peña de Aroche
- 33. Sierra Pelada y Rivera del Aserrador
- 34. Brazo del Este
- 35. Marismas de Sancti Petri
- 36. Cola del Embalse de Bornos
- 37. Cola del Embalse de Arcos
- 38. Sierra Crestellina
- 39. Los Reales de Sierra Bermeja
- 40. Desfiladero de Los Gaitanes
- 41. Torcal de Antequera
- 42. Desembocadura del Guadalhorce
- 43. Acantilados de Maro-Cerro Gordo
- 44. Embalse de la Cordobilla
- 45. Cascada de la Cimbarra
- 46. Laguna Grande
- 47. Alto Guadalquivir
- 48. Punta Entinas-Sabinar
- 49. Desierto de Tabernas
- 50. Sierra de Alhama
- 51. Karst en Yesos de Sorbas



Download the map with all the details in PDF



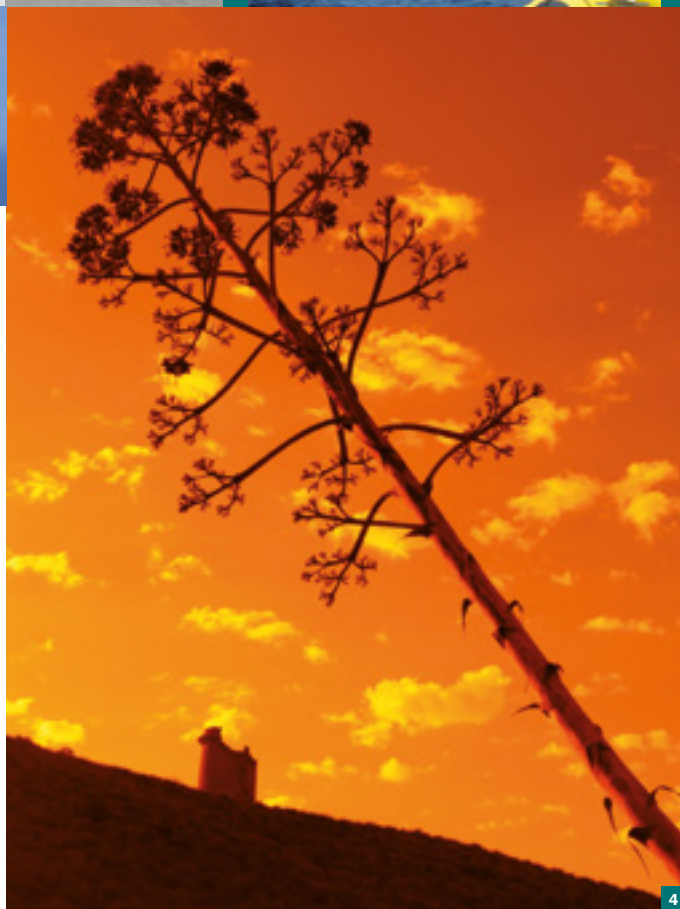
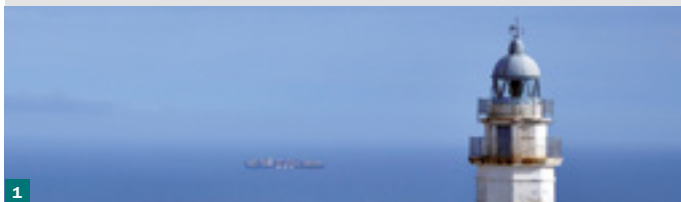
ALMERIA

The most beautiful setting



Information about
culture, festivals,
food and sights

Towns	102	Natural Parks	3
World Heritage Site	1	Protected area	239,000 ha
Protected Areas	18	Paths	32
Biosphere Reserves	2	Ramsar wetlands	3



1

2

3

4

1. Mesa Roldan Lighthouse.
2. Cyclist in Almeria.
3. Water sports in Cabo de Gata.
4. 'Pitaco' at nightfall.

Almeria does not disappoint. A deep blue sea, a unique desert, villages to be discovered and mountains for everyone. Add to this the wide range of cycling tracks available across the province of Almeria and our visit to Andalusia's easternmost province is more than justified.

The intense mining activity in the area has left a number of railway routes, now converted into 'Vias Verdes' (greenways) that go deep into arid and rough landscapes that are also exceptional and offer glimpses of ancient cultures around the Almanzora River. The long bicycle routes also pass through the central areas of the province. And three of the area's most outstanding gems have to be visited: Sierra Nevada, the Tabernas sub-desert and Cabo de Gata. These Protected Sites are all exceptional in their own way. Divers from all over the country travel to Almeria to enjoy the seabeds of Cabo de Gata. Tabernas is Europe's finest example of a sub-desert. And the renowned Sierra Nevada national park, with its Moorish influence still evident and its high peaks serving as a backdrop, is also accessible on mountain bikes.







Information

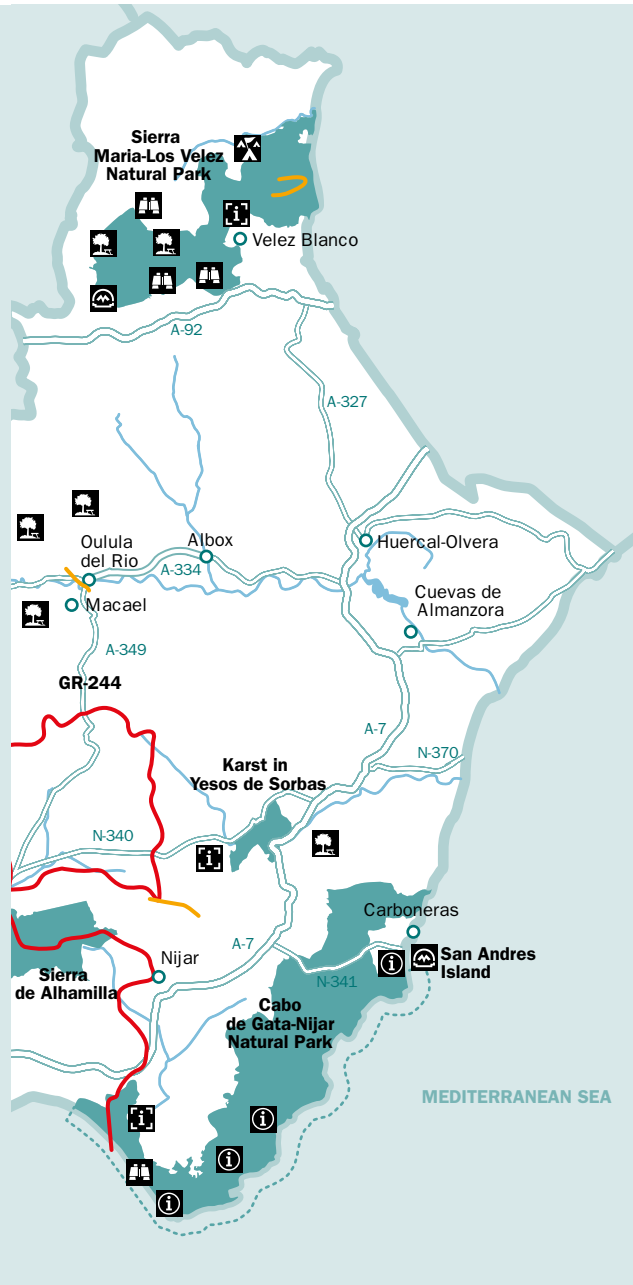
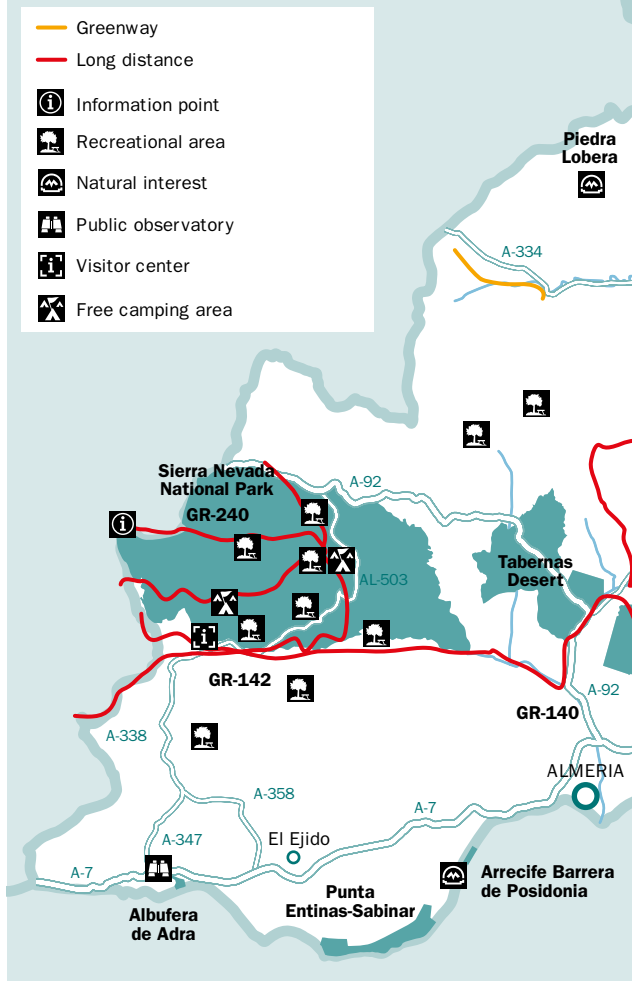
www.turismoalmeria.com

Map province



Download the map with all the details in PDF

- Greenway
- Long distance
-  Information point
-  Recreational area
-  Natural interest
-  Public observatory
-  Visitor center
-  Free camping area



CADIZ

Salt and white villages



Information about
culture, festivals,
food and sights

Towns	44	Natural Parks	6
World Heritage Site	1	Protected area	315,000 ha
Protected Areas	30	Paths	53
Biosphere Reserves	3	Ramsar wetlands	6



Cadiz is the perfect province to explore by bike. Its long distance bike routes allow cyclists to discover the Natural Park of Los Alcornocales, the big Mediterranean jungle, as well as the gorges and caves of the Grazalema Natural Park.

It also crosses the Natural Park of the Straits of Gibraltar, almost reaching Africa, where the omnipresent wind accompanies the birds on their journey between two continents.

Lying parallel to the Atlantic coast are the parks of the Bay of Cadiz and Doñana, where the topography is ideal for gentle and serene bike rides. This region has three Vias Verdes between Sanlucar and San Fernando, accessible for all types of bicycle touring.

1. Chiclana Salt Mines.
2. Cork.
3. Cadiz.
4. Landscape road sign.

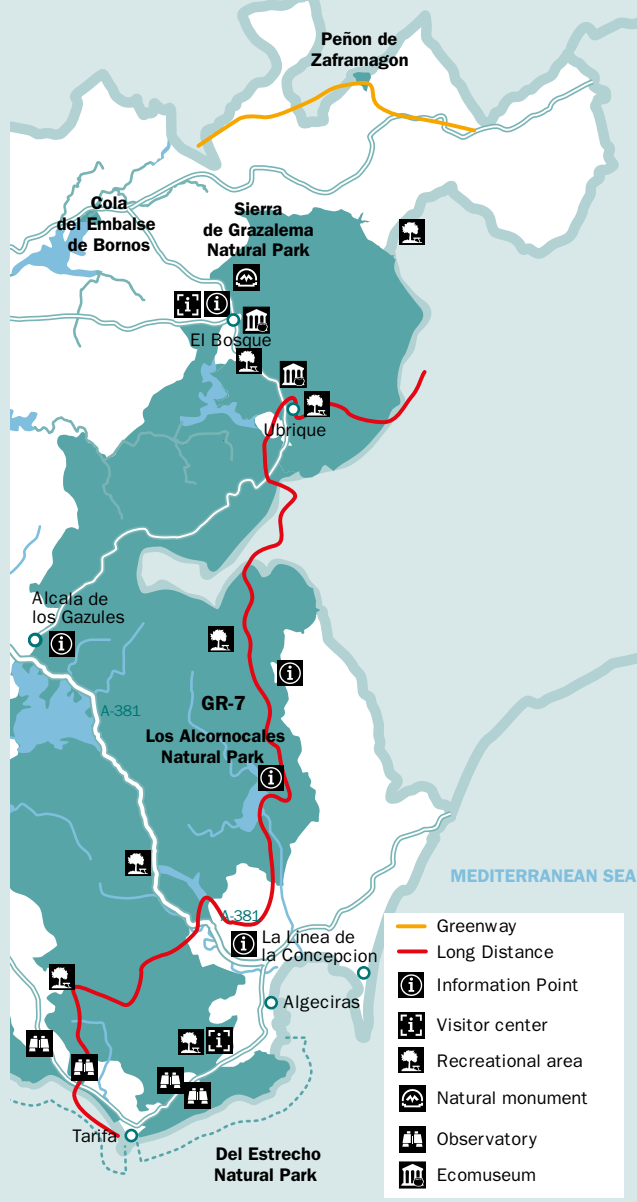
i Information

www.cadizturismo.com

Map province



Download the map with all the details in PDF



CORDOBA

The crossroads



Information about
culture, festivals,
food and sights



1



2

Towns	75	Natural Parks	3
World Heritage Site	2	Protected area	169,000 ha
Protected Areas	20	Paths	27
Biosphere Reserves	1	Ramsar wetlands	5

1. **Cabra Via Verde.**
2. **Callejon de las Flores in Cordoba.**
3. **Medina Azahara.**
4. **View of the Mosque.**

The province of Cordoba is set in an area enabling it to be easily connected with the bordering autonomous communities of Extremadura and Castilla La Mancha. The geography of the area offers cyclists a large variety of landscapes that can be easily explored. The Guadalquivir valley and the Cordoba countryside to the south of the great Andalusian river offer mild gradients that are ideal for gentle routes, while more adventurous cyclists can enjoy the regions of Guadiato and Los Pedroches, where the pasturelands offer a number of bike routes where cyclists follow paths and trails used for moving cattle and other livestock. Furthermore, the province of Cordoba has two Natural Parks situated in the heart of the Sierra Morena (Hornachuelos and Cardeña-Montoro) and a third one located in the last of the foothills of the Sub-Baetic mountain range in the south.

Information

www.cordobaturismo.es

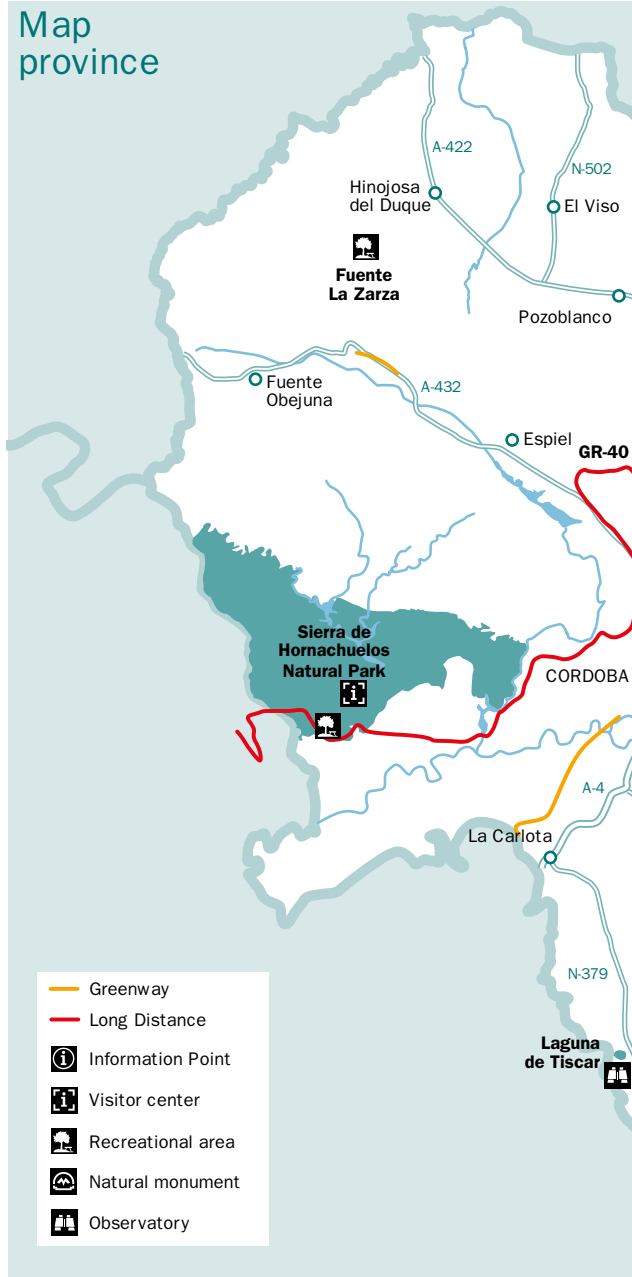


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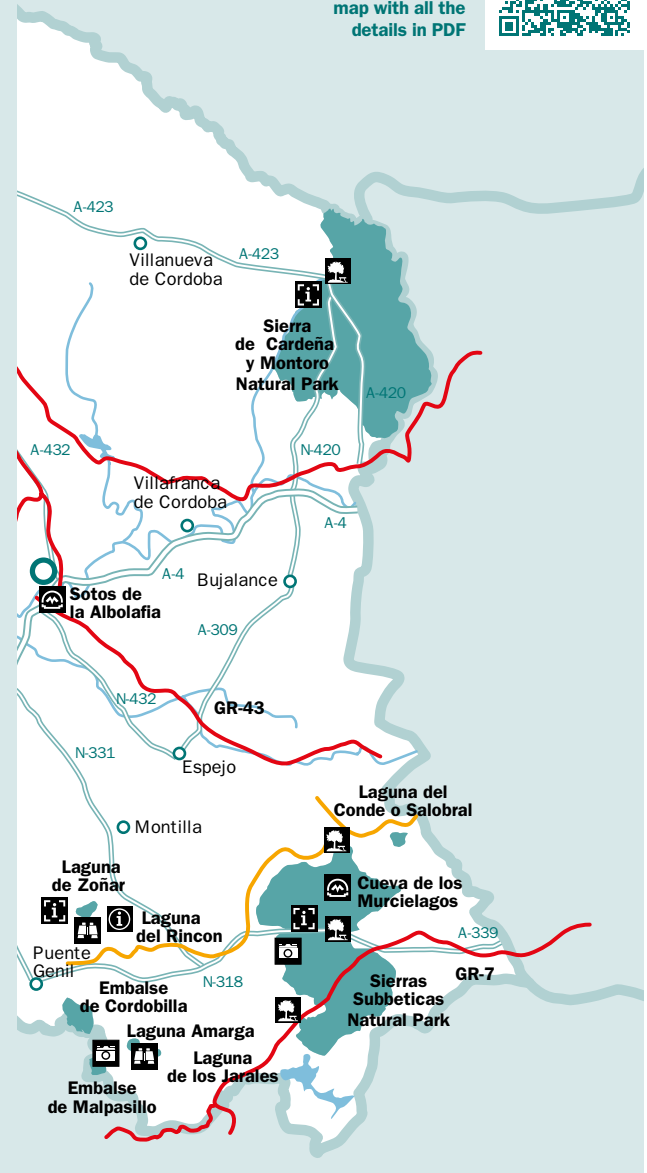
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Map province



- Greenway
- Long Distance
- Information Point
- Visitor center
- Recreational area
- Natural monument
- Observatory

Download the map with all the details in PDF



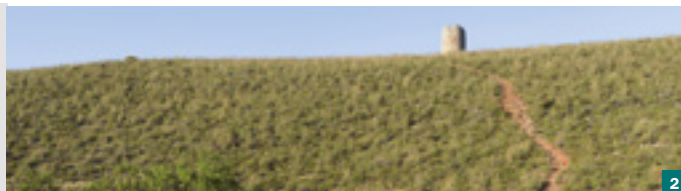
GRANADA

The summit of Andalusia



Information about
culture, festivals,
food and sights

Towns	169	Natural Parks	5
World Heritage Site	3	Protected area	297,000 ha
Protected Areas	17	Paths	49
Biosphere Reserves	1	Ramsar wetlands	1



2



1



3

1. Granada and its unforgettable views.
2. Alhambra in Granada.
3. 'Tinajo', a typical building of the Alpujarra region.
4. Cyclist on the Sierra Nevada peaks.

The province of Granada is one of the most mountainous in Spain, which enables cycle touring enthusiasts to enjoy a large number of mountain stages, moderate difficulty trails and mountain pass climbs. It also has a number of Vías Verdes and above all, long distance routes that border Sierra Nevada.

The most popular and well-known is Transnevada, which borders the mountain range and is linked to the Surlayr long distance hiking route. This is the perfect opportunity to discover and lose oneself in these beautiful picturesque white villages of the Alpujarra region of Granada, or to descend to the Mediterranean coastal area. Together with the Sierra Nevada National Park, the province also has a number of natural parks: Sierra de Baza (inland), Sierras de Tejeda, Almijara and Alhama (shared with Malaga) and Sierra de Huetor (just to the north of Sierra Nevada).

Information

www.turgranada.es



4

HUELVA

Essential nature

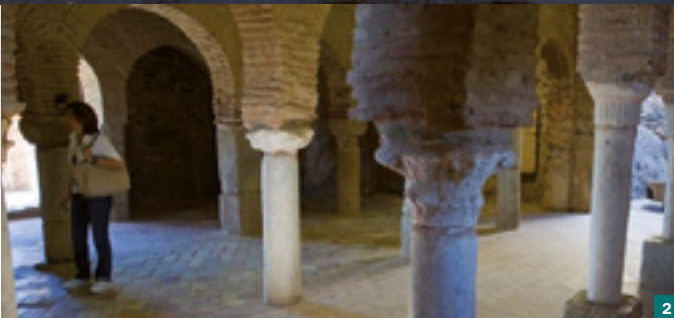


Information about
culture, festivals,
food and sights



1

Towns	79	Natural Parks	2
World Heritage Site	1	Protected area	340,000 ha
Protected Areas	23	Paths	45
Biosphere Reserves	2	Ramsar wetlands	3



2

1. **El Rocio Marshlands.**
2. **Almonaster Mosque.**
3. **Acorns.**
4. **Touring cyclists in the Marismas del Odiel.**

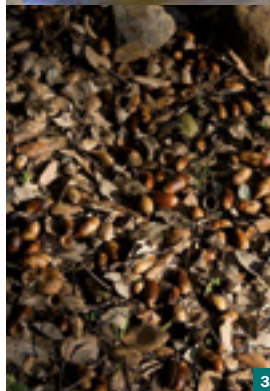
Cycling around the province of Huelva gives visitors the chance to embrace the integrity of its varied and beautiful landscapes, brimming with culture and culinary excellence.

From Sierra de Aracena and Picos de Aroche, a rainy, centuries-old border region, full of castles and villages protected because of their beauty, to the Tinto and Odiel Rivers. Our journey will finally take us to Doñana and the Atlantic, home to hundreds of bird species, wetlands, eagles and lynx. Two types of very different forests, both of them Biosphere Reserves.

The Vias Verdes de Guadiana and los Molinos del Agua take cyclists through two other mining regions, always next to riverbeds. Everything about Huelva is good and cyclists will discover this the moment they get off their bikes to eat.

Information

www.turismohuelva.org

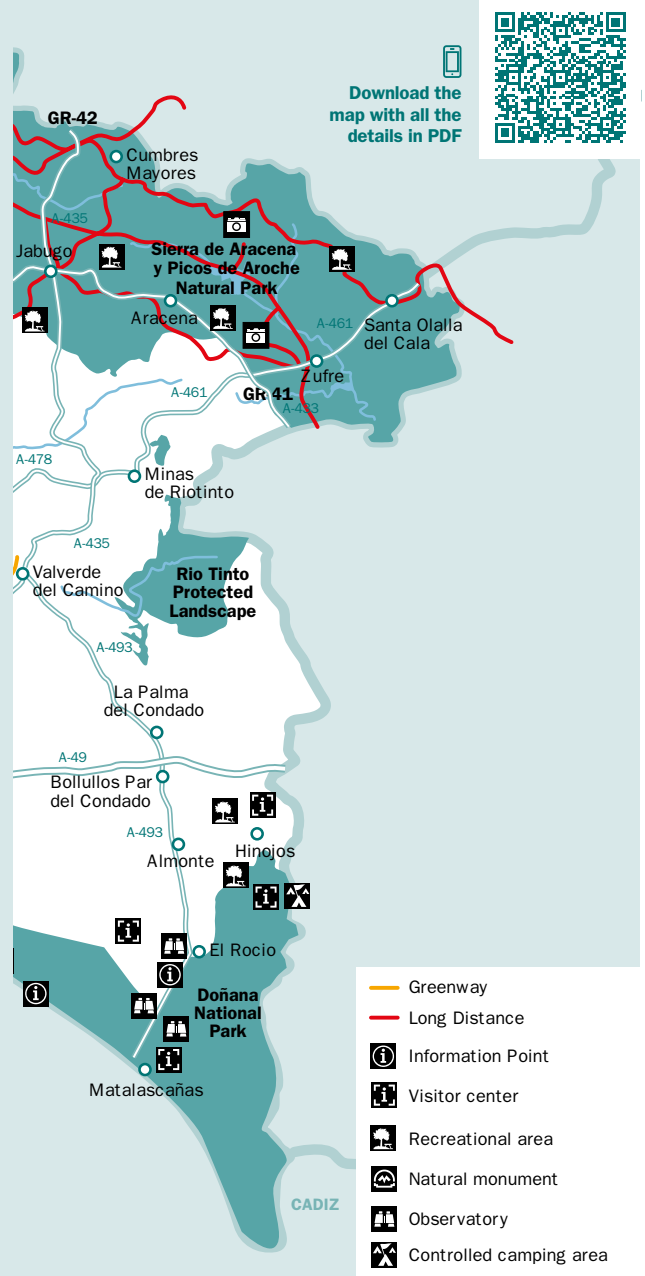
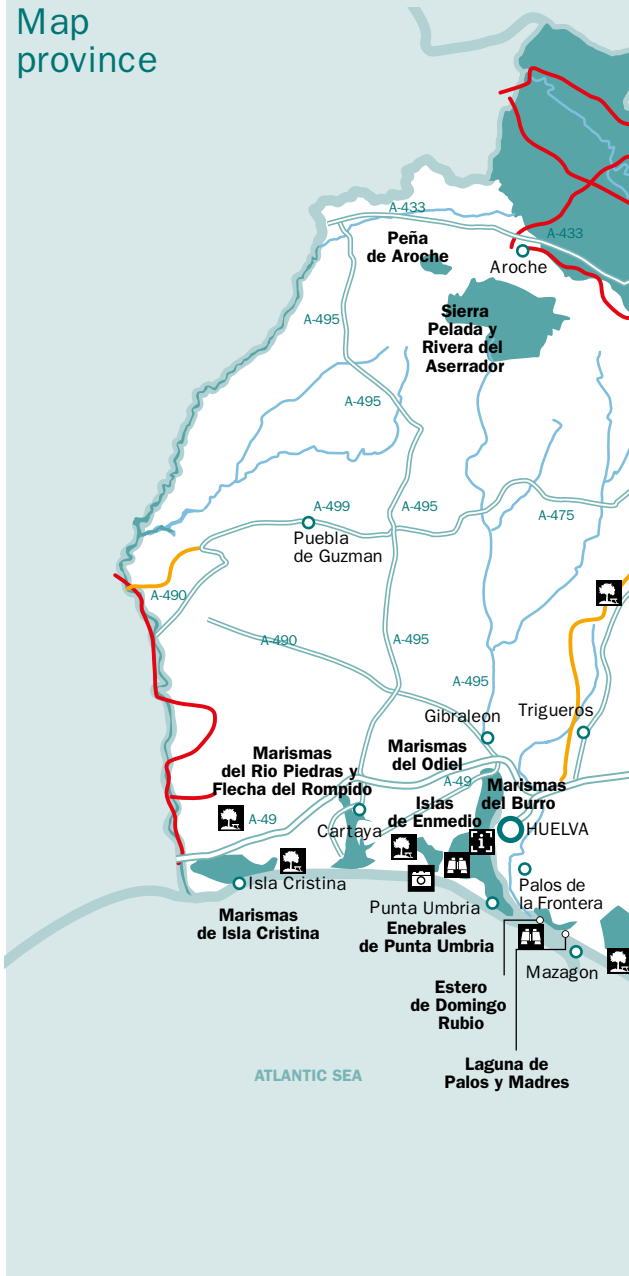


3



4

Map province



JAEN

A sea of olive groves



Information about culture, festivals, food and sights



Towns	97	Natural Parks	4
World Heritage Site	2	Protected area	317,000 ha
Protected Areas	17	Paths	43
Biosphere Reserves	1	Ramsar wetlands	3



Endless olive groves define the landscape par excellence in the inland area of the province of Jaen, which will delight bicycle touring enthusiasts thanks to a number of long distance routes and renovated Vias Verdes that use the old abandoned railway infrastructures, such as the Tren del Aceite, (Oil Train Line), which are practically flat and ideal for cycling.

However, if you prefer more demanding mountain routes, you can choose one of the routes that border or cut through the Natural Park of Sierras de Cazorla, Segura y Las Villas, an impressive mountain range offering a wealth of activities for tourists. The natural parks of Despeñaperros, the gateway to Andalusia; Sierra de Andujar, bordering with Cordoba, or Sierra Magina, in the inland region of the province are also very accessible.

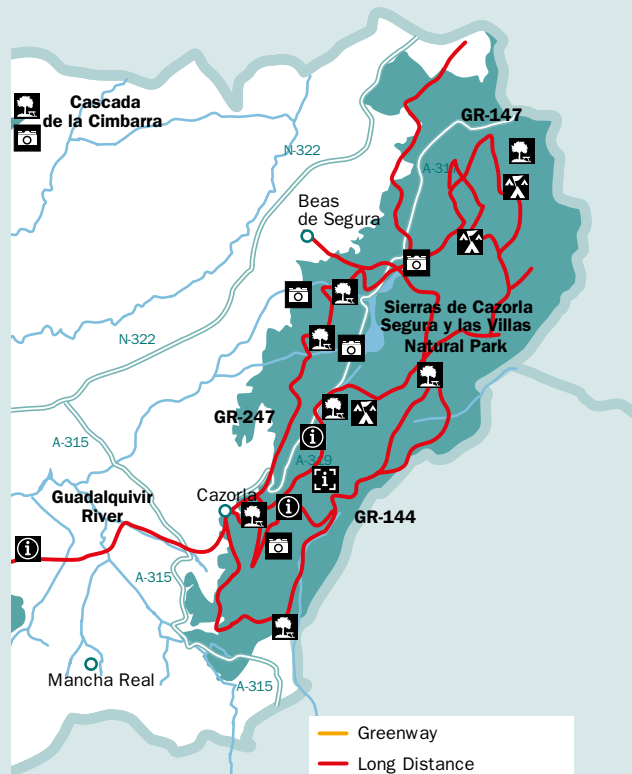
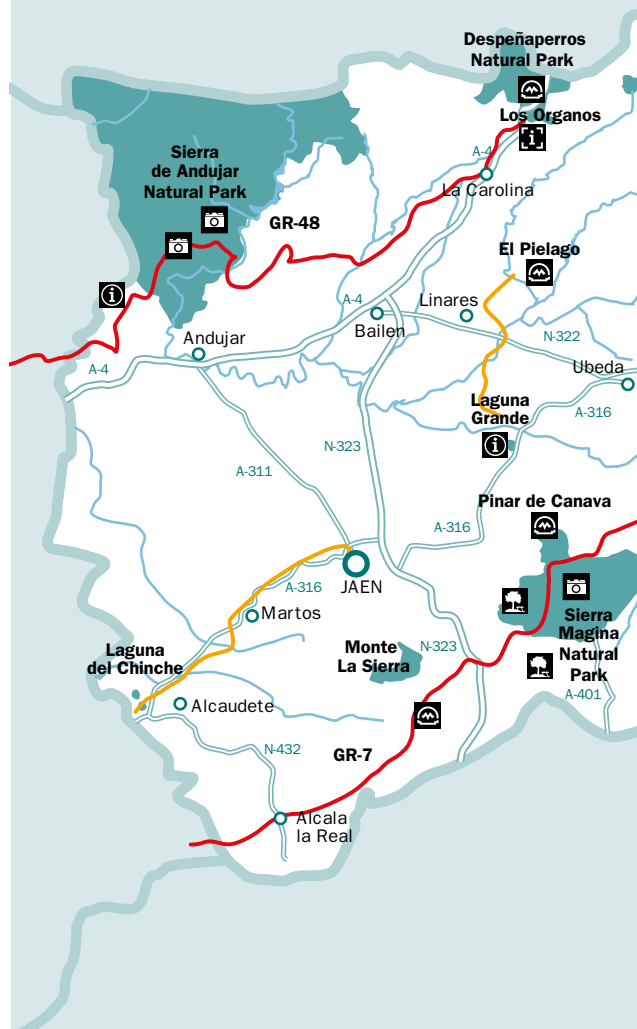
Information

www.jaenparaisointerior.es

1. Typical landscape of Jaen.
2. Sunflower field.
3. Industrial architecture in Linares.
4. Martos Castle.
5. Tourist in Cazorla.

Map province

Download the map with all the details in PDF



- Greenway
- Long Distance
- Information Point
- Visitor center
- Controlled camping area
- Recreational area
- Natural monument
- Observatory
- Viewpoint

MALAGA

Much more than just beaches



Towns	101	Protected area	304,000 ha
Protected Areas	28	Paths	51
Biosphere Reserves	3	Ramsar wetlands	3
Natural Parks	5		

The province of Malaga offers a wide range of tourist attractions, with the finest example being on the Costa del Sol. However, the inland, mountainous areas of the province offer fertile meadows and valleys that are ideal for bicycle touring, taking advantage of the high quality of its infrastructures. The best example of this is the newly inaugurated Gran senda de Malaga (The Great Trail of Malaga), a route across the entire province where we can visit the recently renovated Caminito del Rey at the Desfiladero de los Gaitanes. Other long distance routes cross this province from west to east and northwards, without forgetting the wide selection of routes within its five Natural Parks: Sierra de las Nieves, Montes de Malaga, Los Alcornocales, Grazalema (these two are shared with Cadiz) and Tejada, Almijara and Alhama (with Granada).

Information

www.malaga.es/turismo

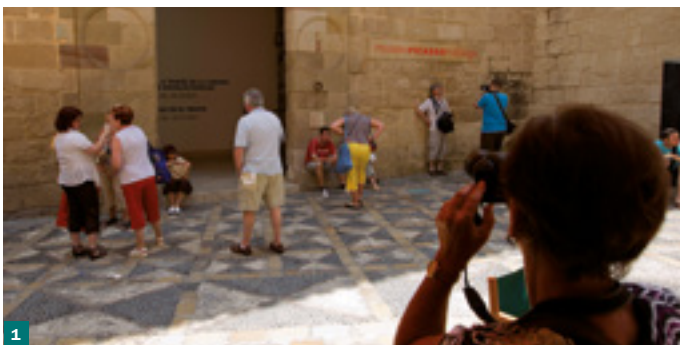
1. Picasso Museum.
2. Maro Cliffs.
3. Photograph in Calle Larios.
4. Golfing paradise.



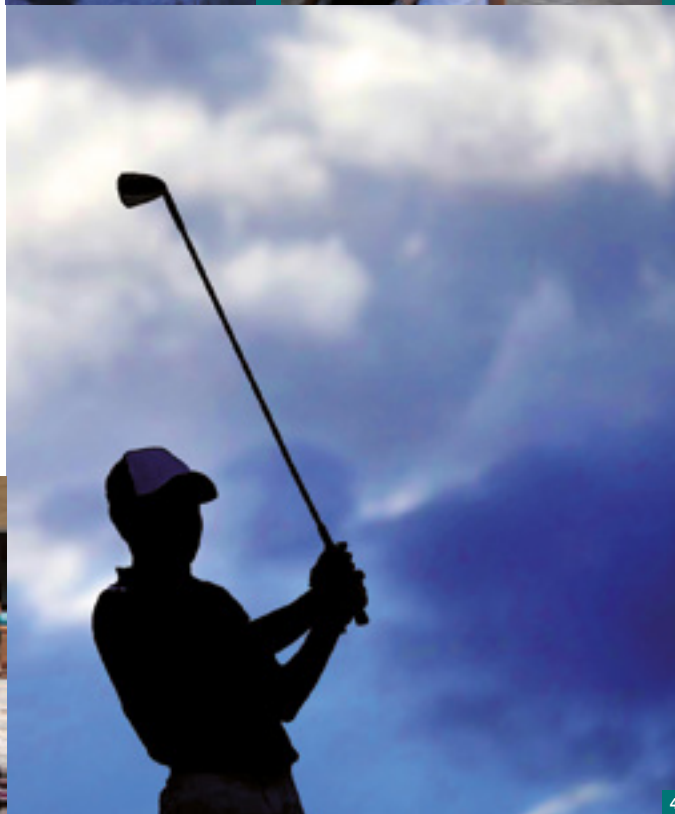
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3



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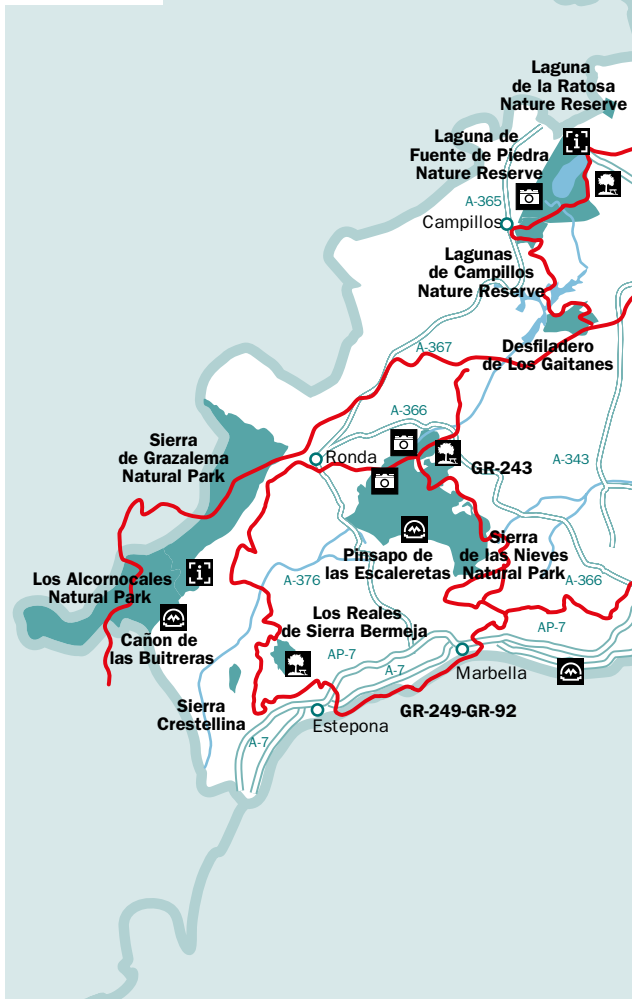


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Map province



Download the map with all the details in PDF



MEDITERRANEAN SEA

- Long Distance
- Information Point
- Visitor center
- Recreational area
- Viewpoint
- Natural monument
- Observatory
- Controlled camping area

SEVILLE

City, marshlands and mountains



Information about
culture, festivals,
food and sights

Towns	105	Natural Parks	2
World Heritage Site	4	Protected area	307,000 ha
Protected Areas	24	Paths	14
Biosphere Reserves	2	Ramsar wetlands	4



1



2



3



4

Information
www.turismosevilla.org

Two of the most characteristic and varied landscapes of the province of Seville can be discovered on bikes. Both areas are Biosphere Reserves, areas in which man and nature have reached a perfect balance: Sierra Norte and Doñana.

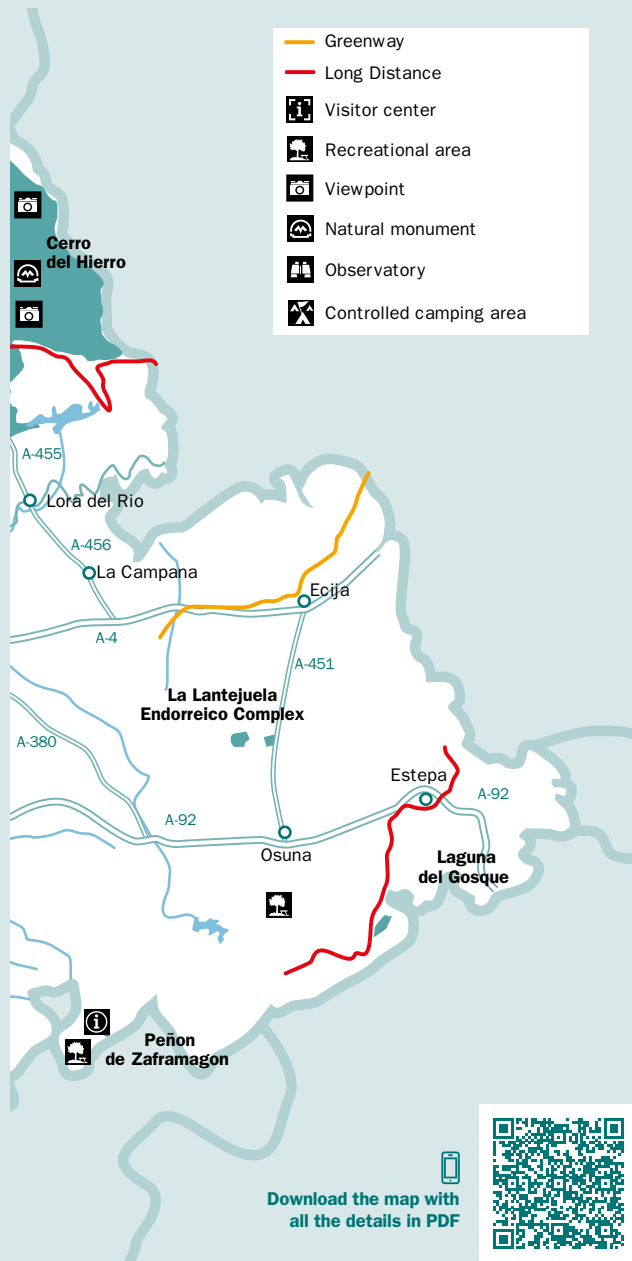
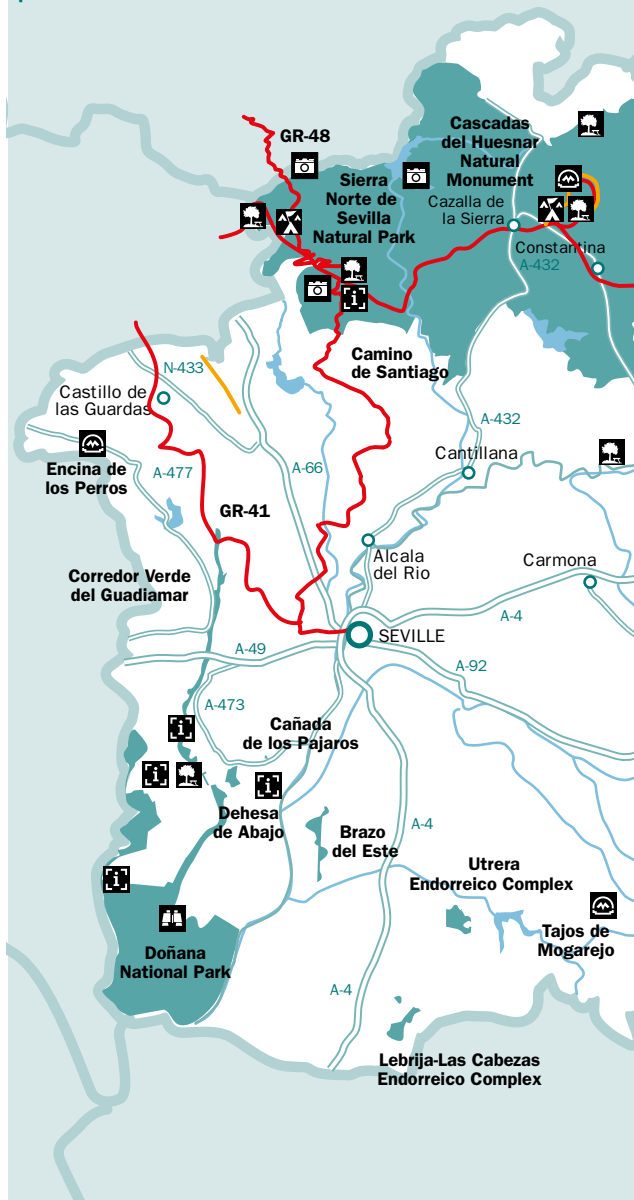
The Transandalus route and the Camino de Santiago pass through the Sierra Norte. This park has fine examples of pastureland. It also has riparian forests, particularly that of the Huesna River, and unique features such as the Cerro del Hierro, an old Roman mine which has been declared a monument for its

geological value. Cyclists will reach Doñana once they have crossed the marshlands of Seville. These are marshlands and pools full of truly spectacular and unique birdlife. True paradise on infinite flatland. The Dehesa de Abajo and Brazo del Este are located along the border of Doñana and they are very popular areas given their proximity to the city.

The city offers cyclists the largest and most accessible network of cycling lanes in Spain, which makes Seville one of the best Spanish cities for practicing urban bicycle touring.

1. **Ecija.**
2. **Osuna.**
3. **El Real de la Jara.**
4. **Puente del Dragon in Alcalá de Guadaíra.**

Map province



- Greenway
- Long Distance
- Visitor center
- Recreational area
- Viewpoint
- Natural monument
- Observatory
- Controlled camping area

Download the map with all the details in PDF





Andalusian cities are becoming increasingly bicycle-friendly, with convenient bike lanes and bike rental services. One more reason to discover Andalusia on two wheels.

Cities by bicycle





1. Dozens of children walk Seville on a guided bike route.

Bicycles have conquered the city streets in Andalusia. It is a sign of civilisation. After a period in which motorised vehicles were the only choice for getting around urban centres, the main Andalusian cities have designed a network of bicycle lanes that at last promotes sustainable mobility, without noise or pollution, either for travelling to work or simply for pleasure.

Cyclists can move from one place to another in major Andalusian cities and they even have rental bikes available in a number of docking points. Various Andalusian cities, in particular Seville, have been rec-

At the moment there are approximately 800 kilometres of cycling lanes in nine large metropolitan areas in Andalusia

ognised in international travel guides as the most bicycle-friendly cities in the world. Monuments, activities, shopping and the delicious local cuisine are accessible in a convenient and safe manner thanks to the

bicycle lanes and the rental and loan infrastructures.

Cycling can also be enjoyed outside of the city. One of the most relevant aspects is the connections between the urban bicycle lanes with other metropolitan areas, which means we are able to cycle in and outside of the city centres. This is particularly the case in Seville, where the existing infrastructure continues to expand. The Andalusia Cycling Plan intends to continue extending this network with the construction of new bicycle lanes that will make cities more habitable and accessible.

In terms of urban infrastructures the cities of Seville (136 kilometres), Cordoba (58 kilometres) and Malaga (29 kilometres) are particularly relevant. In the case of metropolitan roads, those of Huelva and the Bay of Cadiz are particularly significant.

1 Seville

The Andalusian capital is the leader in terms of cycling infrastructures in Andalusia and in Spain. The network of bicycle



lanes is 136 kilometres long, enabling 68,000 journeys every day. There is no doubt that bicycles have changed the way the locals in Seville get about and this has also encouraged tourists to do the same and discover the Giralda in a different way. Part of the success of this model is the fact that bicycles can be rented, with a fleet of 2,500 bicycles distributed across 260 stations throughout the city. The metropolitan area of the city has 106 kilometres which are accessible from different points.

The more than 200 km of cycle paths allow 68.000 journeys in Seville city every day

The current Andalusia Cycling Plan intends to create 205.6 new kilometres in the metropolitan area.

2 Cordoba

The city of Cordoba has 58 kilometres of bicycle lanes, which it plans to extend significantly over the next few years to more than 80. There is a network of bicycle parking areas that add up to 241 vehicles. Given the

topography of the area, the city of Cordoba is ideal for cycling.

3 Malaga

The city of Malaga is very convenient for cycling, it has an excellent climate and beautiful seaside routes, with 29 kilometres of bicycle lanes, which will be extended to 100 kilometres thanks to ongoing initiatives that will provide a complete grid across the entire city. The city has a bike hire service offering 400 vehicles in 24 docking points. Long distance routes such as the 'Gran Senda de Málaga' also run through the city centre.

4 Granada

Granada has 23 kilometres of bicycle lanes in a relatively flat city centre where bicycles are highly recommended given the narrowness of many of its streets. There is also a specific service for the large university community.

5 Almeria

At the moment Almeria has 18 kilometres of bicycle lanes, however it should have

1. Bicycles in the Park of Maria Luisa, Seville.

2. Bicycle rental service by the sea in Malaga.



1

more than 40 kilometres with the plans that are currently underway. The most interesting areas from a tourism point of view will be communicated with this network.

6 Huelva

The city of Huelva has 18 kilometres of bicycle lanes, which shall soon be extended to 57 kilometres. The routes that connect the

The city of Huelva has 18 kilometres of bicycle lanes, which shall soon be extended to 57 kilometres

city with the wetlands of Odiel and the nearby beaches are particularly popular, along beautiful tracks where cyclists, hikers and long distance runners enjoy their daily exercise through protected pine forests and wetlands with a variety of birds.

7 Cadiz

The city of Cadiz currently has 10 kilometres of bicycle lanes, although plans are in place to triple this figure to around 30 kilometres in this city. The connection with nearby municipalities and the Bay of Cadiz Natural Park enables the experience to be extended beyond the limits of the millenary city.



2

8 Jaen

Jaen, famous for its steep streets, has 8 kilometres of bicycle lanes in an area located away from the city centre, although there are plans in place in this city to reach 37 kilometres.

9 Other cities

Jerez has 15 kilometres of bicycle lanes and Algeciras 7.

1. The spectacular bridge 'The Dragon' of Alcalá de Guadaíra is usually tour cyclists.
2. A young man with his bicycle in Cordoba.

Andalusia offers a number of long distance cycling routes where targeted daily distance will have to be met.

Long distance routes



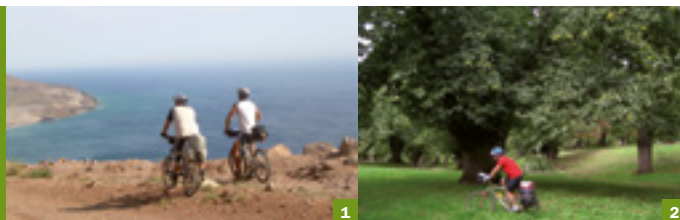
This is Andalusia: Transandalus



All information
about the route
scanning this QR
code



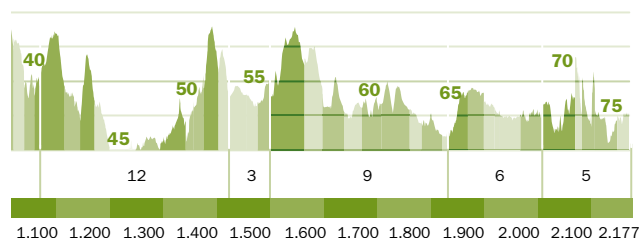
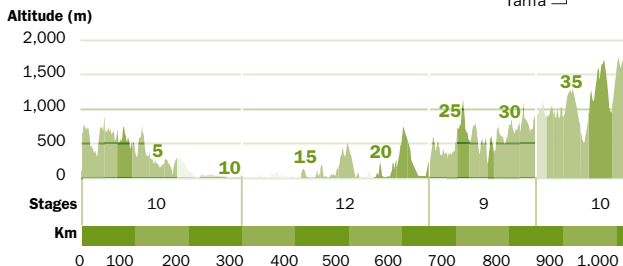
Route	Circular across Andalusia
Distance	2.000 km
Average difficulty	Medium
Duration	83 stages of variable distances
Provinces	The whole of Andalusia

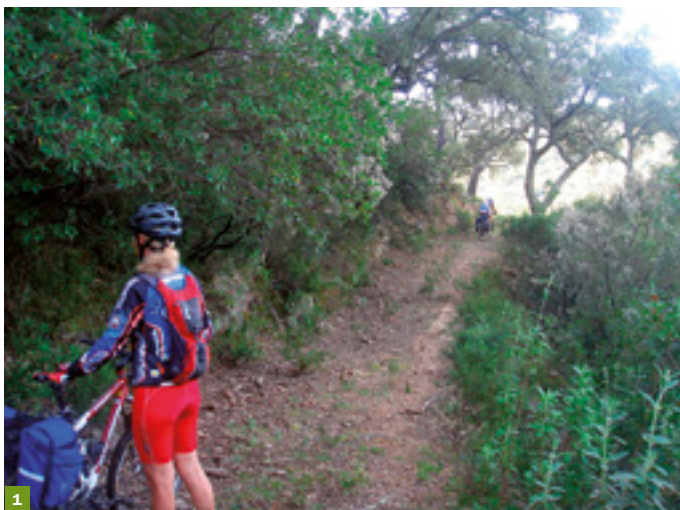


1. Two touring cyclists resting and admiring the beauty of the Almeria coast. 2. Cycling through the mountains of Jaen

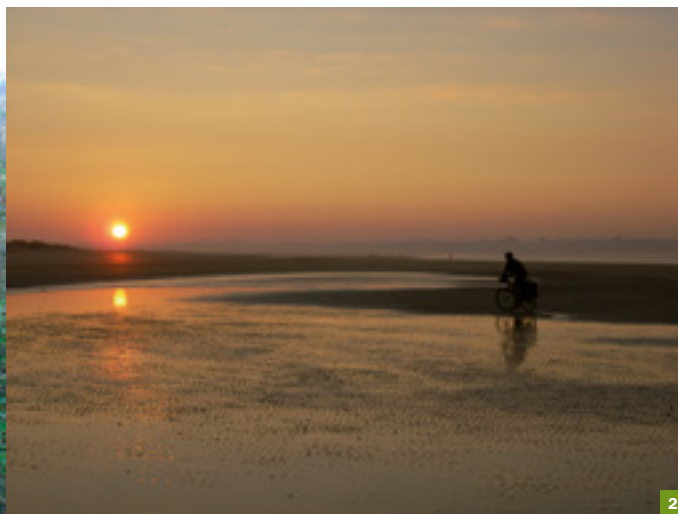
Information

More detailed information about the route through each Andalusian province can be obtained on the website: www.transandalus.org





1



2

Q The detail
Transandalus is a route designed specifically for mountain bikes and it has a real countryside feel to it compared with other more touristic routes.

Transandalus is a route that has been designed and created entirely by mountain biking enthusiasts from Andalusia that have worked on the project voluntarily. It is divided in provincial stages, covering an area of over 2,000 kilometres across the Andalusian region; it is a circular route, which means it can be started at any point.

All the stages have been cycled by the authors of Transandalus and they have also designed a complete guide with detailed descriptions of the different aspects and difficulties of the stages.

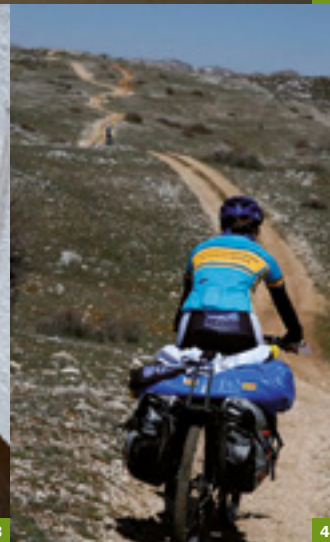
An interesting fact is that the majority of the Transandalus route takes place through protected areas of Andalusia, around 35%. These are Cabo de Gata, Gypsum Karst in Sorbas, Sierra de Baza, Cazorla, Despeñaperros, Andujar, Cardeña y Montoro, Sierra Norte, Aracena y Picos de Aroche, Doñana, El Estrecho, Los Alcornocales, Sierras de Tejeda, Almirajara y Alhama and Sierra Nevada.

So you do not have to do the entire route, or even start and finish it at a specific point, making the journey extremely flexible. What you most definitely will come across are the great ecosystems of Andalusia.

From the high plateaus of the Campos



3



4

de Hernan Perea in Cazorla, to the pastures of Cordoba and Seville, the beaches and mountain ranges of Cadiz, the mystical landscape of Almeria, the whitewashed streets of the Alpujarras, the route of the Almoravids in Malaga to the Doñana trails in Huelva. Pedalling across Andalusia with panniers.

- 1. Bicycle touring in Malaga.**
- 2. Beaches in Huelva.**
- 3. Biking in Pampaneira**
- 4. Bicycle touring with panniers in the Campos de Hernen Perea.**



All information about the route in www.andalucia.org



ALMERIA

12 stages • 347,6 km

The route reaches the province of Almería from near to the Puerto de la Ragua mountain pass, it cross the Alpujarras, the Andarax Valley, the Sierra de Gador and the Campo de Dalías. Then, bordering the coast through the Natural Park of Cabo de Gata-Níjar, it reaches the Tabernas desert and from there, the Almanzora valley. Seron is the last province before returning to Granada en route to Cazorla.



A cyclist in front of a mill in Níjar.



CADIZ

12 stages • 341,5 km

The Guadalquivir will welcome you to Cadiz where the route will take you through the gentle contours of the Bay, Chiclana, Conil and Barbate. Once you reach Tarifa, the mountain ranges of El Estrecho and Los Alcornocales represent an inflection, in terms of landscape and ruggedness, where the route will culminate with the unforgettable roads of the Sierra de Grazalema.



A road in Cadiz with the Straits of Gibraltar in the background.

CORDOBA

6 stages • 182 km

The Transandalus route through Cordoba begins in the natural territory of the Cardeña Natural Park. After crossing the Guadalquivir River, we will come across the Yeguas River dam, gradually leaving the Valle del Guadalquivir until we reach Los Pedroches and its pastures. We will then reach the Valle del Guadiato from Hinojosa del Duque.



Valle de los Pedroches.



GRANADA

13 stages • 297,5 km

Once we enter the province of Granada, the route takes us to the high plateau of Baza with its ravines through riparian forests. Always heading south, we will be greeted by the contrasting areas of the Natural Park of the Sierras de Alhama, Tejeda y Almijara, the Valle de Lecrín, Sierra Nevada and the Alpujarras, where the villages brimming with culture, history and gastronomy await us.



Descent along the route to Jayena, Granada.





HUELVA

12 stages • 347,6 km

Transandalus in Huelva enables two of the most unique natural areas of Andalusia to be discovered: Doñana, which will be covered via the tracks of the Natural Park and Aracena y Picos de Aroche, where we will come across demanding inclines, unique villages and first-class gastronomy. Touring cyclists will have to be prepared for this route.



Stone walls in the Sierra de Aracena.



JAEN

12 stages • 341,5 km

The true splendour of the mountain ranges of Jaen can be enjoyed on this route, which reaches the Sierra de Segura across the high plateaus of the Campos de Hernan Perea until it reaches the Guadalquivir and exits the Natural Park crossing the olive groves of the Guadalimar. Sierra Morena will be the next destination along our route across Andalusia.



Cyclists along the Campos de Hernan Perea.

MALAGA

6 stages • 182 km

The inclines of the Malaga mountains will surprise cyclists. Even the maximum height barely reaches 1,000 metres, cyclists will find the Sierra de las Nieves, the basin of the Guadalhorce and the Valle de Abdalajis quite trying. The Transandalus route follows a large part of the GR 7 Long Distance footpath.



Cyclists crossing a bridge in Ardales, Malaga.

SEVILLE

13 stages • 297,5 km

The Sierra Norte will be the entrance point to Seville. Most of the San Nicolas del Puerto to Cazalla stage takes us along the Ribera del Hueznar and its gallery forest. Then, following the Valle del Viar, we will reach Huelva. If we do not want to cross the beaches of Doñana, we can go to Coria del Rio to cross the Guadalquivir.



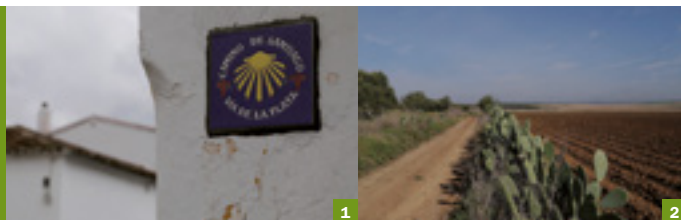
We will come across plenty of water along the Sierra Norte tracks in Seville.

Cycling to Santiago

Scan this QR code for full information about the Via de la Plata route



Route	Variable depending on the selected route
Distance	Variable depending on the selected route
Difficulty	Medium
Duration	21 stages from Almería to Extremadura
Provinces	Sevilla, Cadiz, Huelva, Cordoba, Malaga, Jaen, Granada y Almería



⚡ Signaling

Well marked with yellow arrows shells and pilgrims all the way.

🏠 'Via de la Plata' Hostels

Seville. 955 056 500

Triana. 954 459 960

Guillena. 672 373 099

'Luz del Camino'. Guillena (Seville)
955 785 262, 665 068 222 y 667 727 380

Castilblanco de los Arroyos.

955 734 811 (Town hall)

Almaden de la Plata.

615 548 597 (Hostel),

954 73 50 82 (Town hall)

Casa del Reloj. Almaden de la Plata (Seville). 622 175 519

El Realejo. El Real de la Jara (Seville). 954 733 007

Pilgrim Hostel. El Real de la Jara (Seville). 654 862 553

🏠 Inturjovent hostels

Inturjovent hostels. 902 510 000 y 955 035 886

Provincial Hostels Inturjovent en Almería, Jerez, Huelva, Malaga, Cordoba, Granada, Jaen y Seville.

📍 Information points

Friends 'Camino de Santiago de Seville'. 954 335 274, 696 600 602

➔ Access

Seville: A-4, A-92, A-66 (Autovia de la Plata), AP-4, N-IV y A-49. Train and airport. **Almería:** N-344 y A-7. Train and airport. **Granada:** A-92 y A-44. Train and airport. **Jaen:** N-323 y A-316. Tren. **Malaga:** A-7 y A-45. Train and airport. **Cadiz:** N-340, A-4 y N-IV. Train and airport (Jerez). **Huelva:** A-49 y N-435. Train. **Cordoba:** A-4, A-45 y N-432. Train.

Mozarabic Route



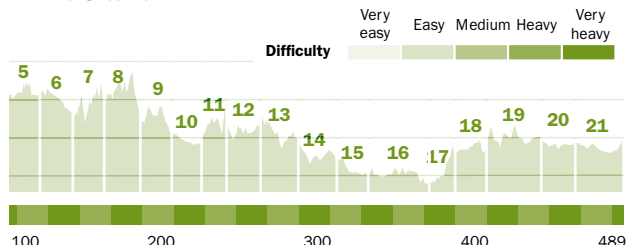
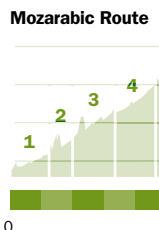
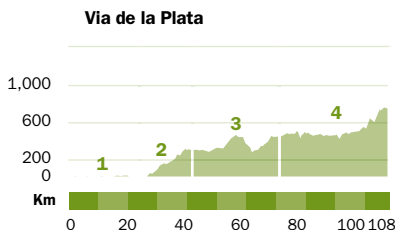
1. Via de la Plata sign. 2. The road.



Via de la Plata Route



- Asphalt
- Trail
- Mixed
- Alternative route





Cycling the Santiago de Compostela route is one of the finest experiences touring cyclists could wish for. They will be able to enjoy natural areas, historic monuments and, of course, the company of other pilgrims covering the trails once used by the Mozarabs on their march to the north of the country escaping from the Arab dominance and which later, as the Christian Reconquest extended, would be used by the people of the south travelling to Santiago.

There are signs throughout Andalusia indicating the way for pilgrims from any province to reach the Apostle, although they do not all have the same infrastructures in terms of recommended hostels (albergues) and places to visit.

The most transited and popular route is the Via de la Plata from Seville, covering a stretch of almost 90 kilometres, it connects the Andalusian capital with Extremadura and has two alternative routes, one that stems from Huelva and another from Cadiz. Although there is evidence to suggest that the first inhabitants of the Peninsula already used this route, the first documentary proof dates back to the Roman era and there are a number of remains from this period, such as stages of road, bridges and arches that have been used

constantly until present day. However, this is not the only way of getting to Santiago from Andalusia. The Camino Mozarabe, an old road that connected Merida with Western Andalusia, covers all the other Andalusian provinces.

In the past it was used by the Christians living in the Arab kingdoms to join up with the Via de la Plata to Santiago de Compostela and it is one of the oldest routes of the Camino de Santiago.

Its main branch stems from Almeria and runs through the province of Granada from the south to the north, then entering Cordoba where it reaches the Valle del Guadato, then leading to Badajoz.

An alternative route links Jaen with Cordoba at Alcaudete, on the border between the two provinces; and another enables pilgrims to join the Camino from Malaga to the south of Cordoba.

Anyone thinking of doing this route should bear in mind that villages are often very far from one another in Andalusia, and you may have to travel 20 kilometres before finding somewhere to buy provisions. Furthermore, there are very few fountains along the pilgrims route. It is therefore advisable to carry some food and plenty of water to cover each day.

1. The Via de la Plata crosses the Sierra Norte Natural Park in Seville.

2. Pilgrims

 Links

www.viaplata.org

www.caminomozarabedesantiago.es/guia.php



Scan this QR code for full information about the Camino Mozarabe

The summit of Southern Europe



All information about the route scanning this QR code



Route	Güejar Sierra-Güejar Sierra ((circular route))
Longitud	450 km
Difficulty	Medium
Duration	8 stages plus 11 one-day routes
Provinces	Granada and Almería



Visitor center

Visitor center El Domajo

958 340 625

Visitor center Laujar de Andarax

950 513 548

Information points

National Park Sierra Nevada

Carretera antigua de Sierra Nevada, km 7. Pinos Genil (Granada)
958 026 300.

Office off Hueneja

958 699 725

Office off Canjajar

950 515 539

Information Point Pampaneira

958 763 127

Nature Classrooms El Aguadero

958 489 759

Nature Classrooms Paredes

950 521 069

Botanical Garden La Cortijuela

958 026 300

Botanical Garden Hoya de Pedraza

958 026 300

Access

From Granada must go to Pinos Genil on the A-395 or GR 420, and then to Güejar Sierra on the GR 3200.

Web

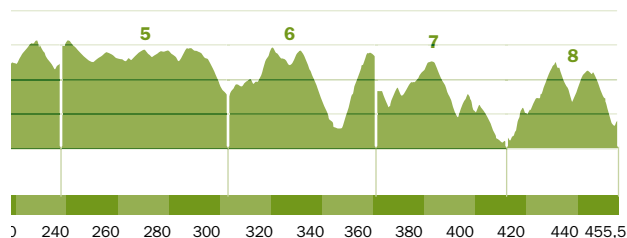
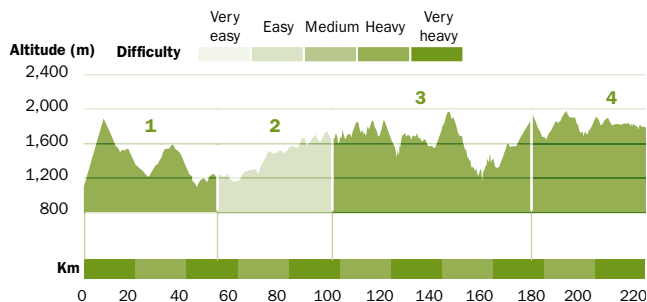
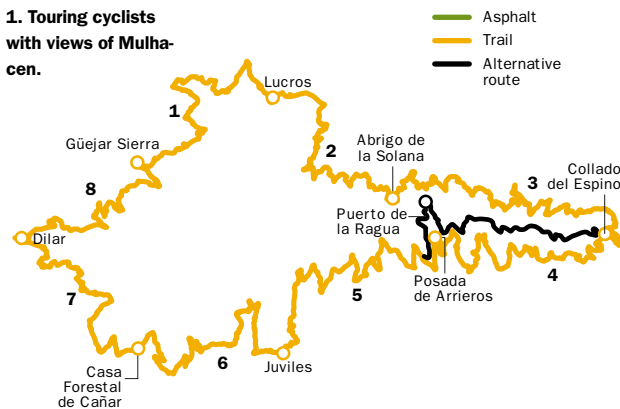
www.ventanadelvisitante.es

Nature Classrooms

Nature Classrooms Ermita Vieja

958 340 472

1. Touring cyclists with views of Mulhacén.





The detail

There are two small stages during the last stage, which cannot be cycled, so we will have to walk them, but the rest of the 450 kilometres are not difficult, although they are steep in some stages.

This bicycle touring route follows a path in the shadow of the Sierra Nevada mountains, which will take us along 450 kilometres through high mountain landscapes and beautiful valleys, always at altitudes between 1,500 and 2,000 metres. It is a unique experience to cycle across the great mountain of southern Europe and its villages.

The Transnevada includes eight stages covering varying levels of difficulty and distances, bordering the limits of the protected site, however, as it is a high mountain route it does require a certain degree of technical and physical fitness, given the steep slopes. Furthermore, it is essential to bear in mind the temperature fluctuations that occur at these heights and to be prepared for possible contingencies.

Almost the entire route takes place along dirt tracks and includes very few roads. The length of each stage ranges between 45 and 80 kilometres, although cyclists can cover one section, a number of stages or the entire route depending on their fitness and the time available.

Together with the main route, the Transnevada includes 11 more one-day stages where cyclists can discover the different landscapes and points of interest with trips that require less pedalling.



The route is marked by a number of sign-posted accesses from villages, which can also be used as escape routes from the cycling route if desired. Transnevada has a very good guide that can be downloaded online via the web 'Ventana del Visitante'.

1. View of the Alpujarras.
2. Cyclists along the high mountain of Sierra Nevada.

The great forest of southern Spain



All information about the route scanning this QR code



Route	Peña del Olivar (start and finish). Circular route
Distance	478 km (including alternative routes)
Difficulty	Medium-high
Duration	21 stages, 11 branches and 3 alternative routes.
Province	Jaen



1. Aerial view of Cazorla.
2. Fauna.

Signaling

All the way.

Visitor center

Torre del Vinagre (Sierras de Segura, Cazorla y Las Villas)
Carretera A-319, Km 48,5.
953 721 351. info@turisnat.es

Information points

Area of Promotion and Tourism. Deputation of Jaen
www.jaenparaisointerior.es

Office of the Natural Park of Cazorla
c/Martínez Valero, 11. Cazorla.
953 72 01 25

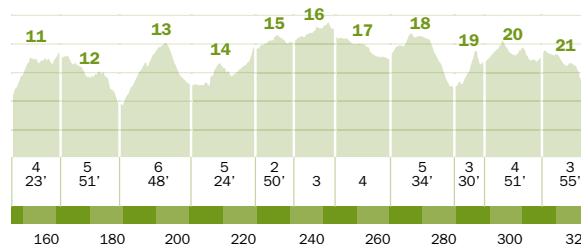
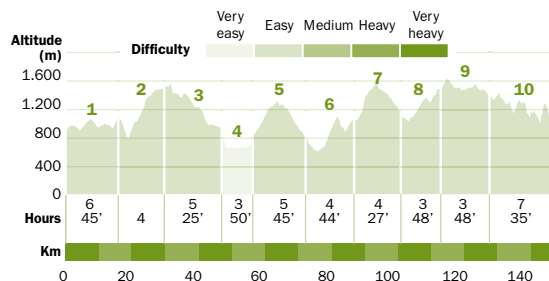
Andalusian Federation of Mountaineering
www.fedamon.com. 958 291 340

Association for Rural Development of the Sierra de Cazorla
www.nueva.comarcasierradecazorla.es

Association for Rural Development of the Sierra de Segura
www.sierradesegura.com

Access

La Peña del Olivar is reached from the town of Siles, through the A- 310.





1



2

A long distance route, the GR 247 Bosques del Sur (Forests of the South) cuts through the middle of the Natural Park of Sierras de Cazorla, Segura y Las Villas along roads that are ideal for exploring the area by bike. This is one of the longest circular routes in

This is one of the longest circular routes in Spain

Spain, almost 500 kilometres long, whether you choose the main route and or the alternative routes.

The distance between each stage has been designed to be covered on foot, but bicycle routes can be easily planned by grouping together a number of stages. In general terms, although there are some steep slopes, all the stages can be cycled without any problem, however, sometimes it is advisable to walk some sections of the Natural Park (indicated in the guide, which can be accessed with the QR code and the different links in this guide).

The detail

Some sections include high-mountain areas with difficult access, so it is advisable to check the weather conditions before you go.



3

The GR Bosques del Sur route has plenty to offer, such as the sources of the Guadalquivir and Segura Rivers, high mountain areas that are still home to a number of inhabited villages, castles and historic places, high plateaus and lush valleys, transhumance routes and crop fields.

1. Mountain bike.
2. We will probably come across cattle on the high areas of the Sierra.
3. Deers.

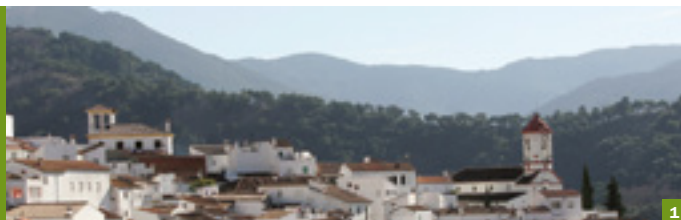
Between the coast and the mountains



All information about the route scanning this QR code



Route	Malaga-Malaga (circular route)
Distance	427 km
Difficulty	Medium
Duration	35 stages
Provincia	Malaga



🚦 Signaling

Horizontal and vertical.

📍 Visitor center

Cortes de la Frontera (Sierra de las Nieves). 952 154 599

El Bosque (Grazalema)

956 709 733

Torcal Alto. 617 444 772

952 243 324.

Jose Antonio Valverde (Reserva

Natural Laguna de Fuente de Piedra).

952 712 554

Ecomuseo Lagar de Torrijos (Montes de Malaga). 951 042 100

Sedella (Sierras de Tejeda, Almijara y Alhama). 952 508 523.

📄 Information points

Municipal Tourist Office of Malaga.

951 926 020.

Visitor Center El Burgo. 952 160

002.

Visitor Center Axarquia-Pantano de La Viñuela

Pantano de La Viñuela, ctra C-335.

Torremolinos. 952 372 956

Alora. 952 498 380

Antequera. 952 702 505

Fuengirola. 952 467 457

Marbella. 952 785 252

Mijas. 952 485 900

Nerja. 952 521 531

Velez-Malaga. 952 541 104

Ronda. 952 187 119

Archidona. 952 716 479

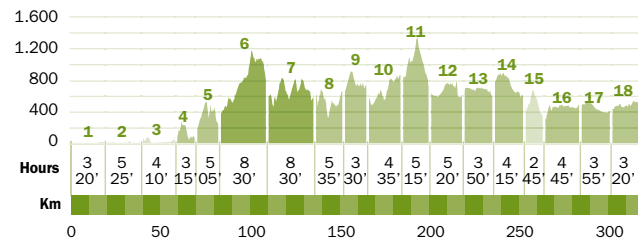
Antequera. 952 702 505

Andalusian Federation of Mountaineering. 958 291 340

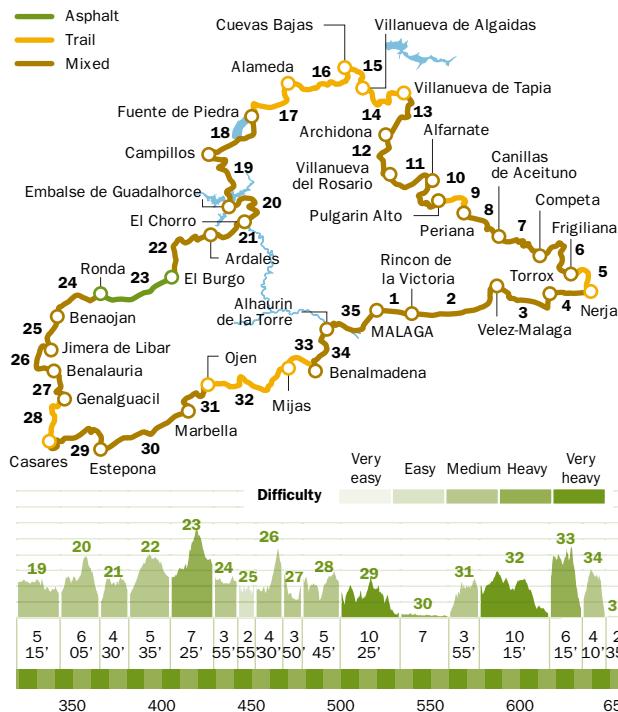
📍 Access

Malaga city is the starting and finishing point for this route. The city can be reached along the road from Seville, Madrid or Granada, or by plane from the international airport or by train.

Altitude (m)



1. View of Genalguacil, Malaga.





1

Q The detail

The 'Caminito del Rey', one of the most spectacular hiking routes in the world is really close to our cycling route. It is worth stopping to enjoy this unique experience.

More information at www.caminitodelrey.info

The 'Gran Senda de Malaga' covers the entire province along 400 kilometres, offering a wide variety of landscapes that include the beaches of the Costa del Sol to the incredible mountains inland, the countryside or the coastal meadows. Touring cyclists will cross 4 natural parks, 2 nature reserves and 3 natural sites with a unique variety of ecosystems.

The Gran Senda route is divided into 35 stages that can be grouped together into a number of sections for cyclists, since all of them have been designed to accommodate bicycles. However, some sections may be temporarily restricted depending on municipal regulations, therefore it is advisable to prepare alternative routes. There are also some points that are technically difficult, due to irregular or uneven terrains.

The 'Gran Senda de Malaga' joins a number of local routes and two long distance routes, the Camino Mozarabe de Santiago (Mozarabic Path of Santiago) and the European route, GR-92 E-12.



2

It also offers cyclists the opportunity to visit a whole host of tourist attractions where they can enjoy the vast wealth of cultural heritage such as museums, monuments, cultural spaces and archaeological sites; fabulous nature; ancient traditions; catering establishments or leisure facilities such as spas, wineries, viewpoints, marinas, golf courses...

- 1. The Laguna de Fuente de Piedra can be visited on bikes.**
- 2. A stop along the way.**

The delightful villages of Seville



All information about the route scanning this QR code



Route	Coria del Rio-Coria del Rio (circular route through the province of Seville)
Distance	495 km
Difficulty	Low
Etapas	18 stages
Provincia	Seville

Information points

Tourism in the Province of Sevilla

www.prodetur.es

Almaden de la Plata

954 735 082

Aznalcazar

955 750 209

Cazalla de la Sierra

954 884 326

Constantina

955 881 297

Coria del Rio

954 779 080

El Real de la Jara

954 733 007

El Ronquillo

954 131 009

Fuentes de Andalucía

954 838 829

Marchena

955 846 000

Moron de la Frontera

955 854 821

Sanlucar la Mayor

955 100 600

Santiponce

955 998 028

Access

Although this is a circular route and can be started at any point, the route outlined here begins in Coria del Rio, a town accessed from Seville via the A-8058.

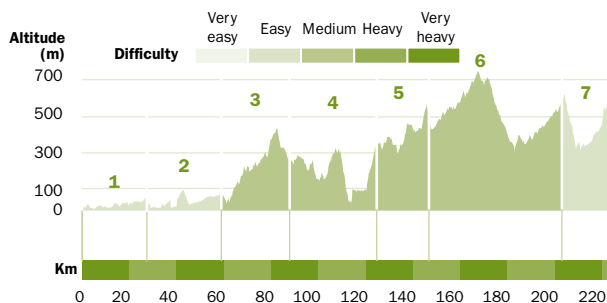
Trains acces:

All the towns in which a stage begins or ends have train stations, which facilitates access to any starting point.



1

1. Touring cyclists in Alcala de Guadaira





1

Seville has approximately 300 Properties of Cultural Interest. Most of them, together with the six tourist regions in the province (Doñana, El Aljarafe, La Via de la Plata,

The province of Seville has approximately 300 Properties of Cultural Interest

Sierra Norte, Campiña and Sierra Sur) and the vast network of protected natural areas (with more than 250,000 in 23 sites), can be visited along this circular route for touring cyclists that covers nearly 500 kilometres. This is an extremely versatile route, making day routes very feasible or longer routes combining the tourist regions of Seville with villages and protected sites.

The 18 stages, which have been perfectly defined and outlined in a guide edited by

the Regional Government of Seville (downloadable with the QR code on this website), will enable visitors to discover the beauty and diversity of the villages of Seville,

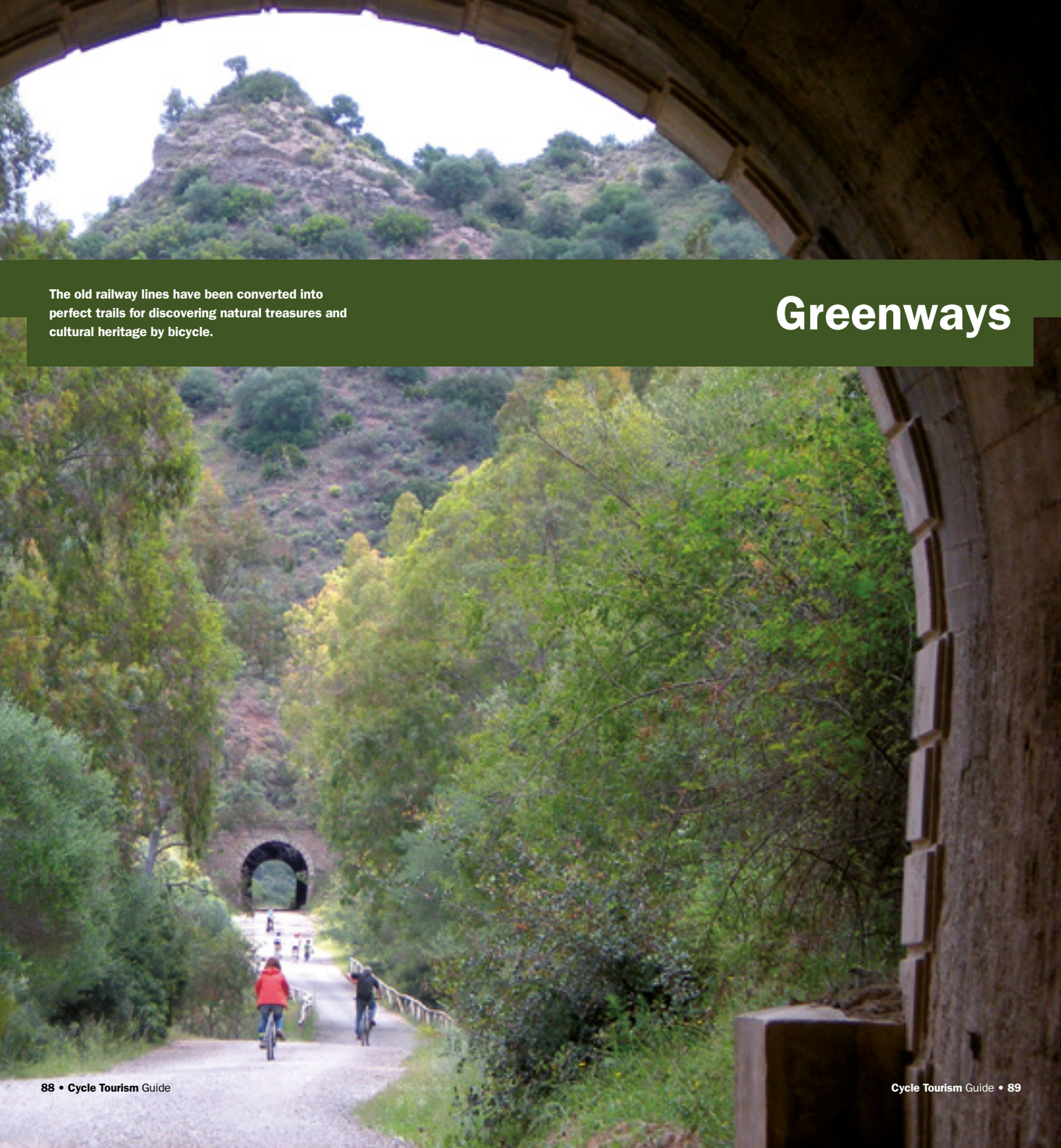
1. The route for touring cyclists is well sign-posted along various points in Seville.

The Seville bike route is suitable for any type of bike as it is not a difficult route

which can be reached by bike, car or public transport, particularly the train, which is a convenient, cheap and sustainable choice. The Seville bike route is suitable for any type of bike as it is not a difficult route in terms of relief or distances between stages, given that only two exceed 40 kilometres. However, special care should obviously be taken in the sections where there is traffic, and cyclists should be fit enough to complete each of the selected routes.

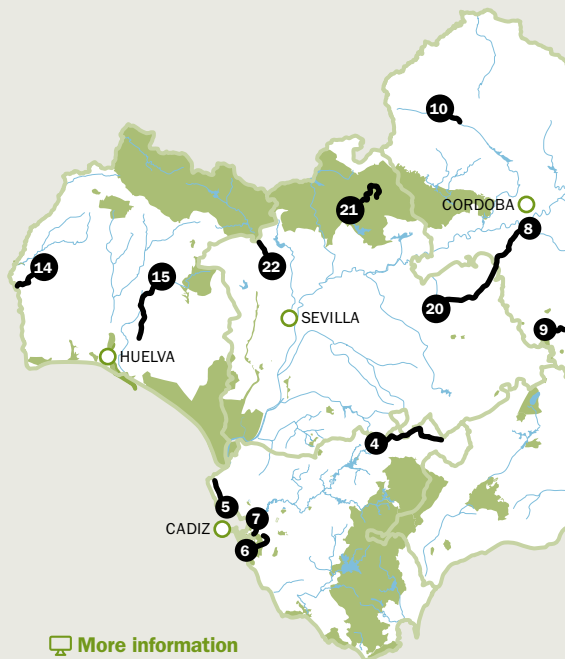
Q The detail

A large number of the towns in which the stages begin or end have train stations, which means that any starting point can be easily accessed.



The old railway lines have been converted into perfect trails for discovering natural treasures and cultural heritage by bicycle.

Greenways



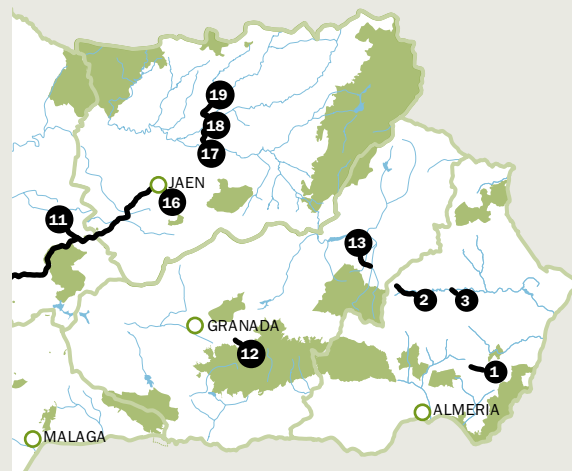
 More information

www.viasverdesandalucia.es

The Vias Verde (Greenways) routes are old disused railway lines that have been recovered and reconditioned for non-motorised transport, making them the ideal choice for bicycle touring, creating new uses for this valuable railway heritage and encouraging sustainable local development.

There are around 500 kilometres of Vias Verde routes cutting across Andalusia, offering cyclists twenty enjoyable routes to discover this region without missing a thing.

From the coastal routes of the Atlantic to the dense and mysterious forests bordering with Castile; from the desert landscape laden with nuances, to the lush riverbanks, salt lakes, mountains or wetlands. And of course, the hundreds of urban and city centre bicycle routes, since Andalusia is now a bicycle-friendly region.



ALMERIA

1. Lucainena de las Torres
2. Almanzora - Tramo del Hierro
3. Almanzora - Tramo Olula del Rio

CADIZ

4. La Sierra
5. Entre Rlos
6. Puerto Real - San Fernando
7. Matagorda

CORDOBA

8. La Campiña
9. Subbética
10. La Maquinilla
11. Guadajoz - Subbética

GRANADA

12. Sierra Nevada
13. Sierra de Baza

HUELVA

14. Gadiana
15. Molinos del Agua

JAEN

16. El Aceite
17. Guadalimar
18. Linares
19. Vadollano

SEVILLE

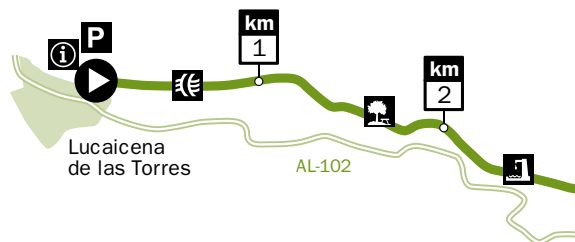
20. Campiña
21. Sierra Norte
22. El Ronquillo

LUCAINENA DE LAS TORRES

All information about the route scanning this QR code



Route	↔	Access	A-370.
Length	5 km.	Landmarks	Calcination mining ovens.
Duration	30'	Services	3 resting areas, 1 viewpoint.
Surface	Asphalt and gravel.		
Difficulty	Easy.		
Towns	Lucainena de las Torres.		



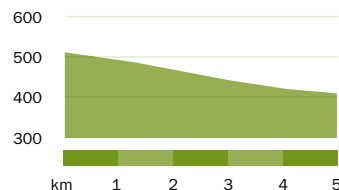
The trail begins in the old mining station of Lucainena and follows to the inland areas of Almeria offering views of the Sierra de Alhamilla and overlooking the Rambla de Lucainena.

This is an extremely calm route under the sun among country houses, desert, sol-

A calm route under the sun among country houses and desert solitude

itude, gorges and mountains. Remnants of old water mills, green enclaves like oases and silence all form part of this route.

The trail ends on the road from Rambla Honda to Polopos. At kilometre 3 the route overlooks Rambla de Lucainena and multiple gorges that cut through it full of fig trees, rosebay and fruit trees. We will pass the



Information point

Bridge

Parking

Recreational area

Fountain

Kilometer

0 500
m



Cortijo de la Guitarra and an obsolete aqueduct offering views of the mountains as the land becomes drier with a predominance of scrubland.

The route can be extended a further 7 kilometres along the road to Polopos

A couple of kilometres further on, we will come across the ruins of an old water mill next to the Cortijo de las Tejas. However we can continue for another 7 km along the road to Polopos, a popular suburb of Lucainena that was built on the old railway platform. This section is not part of the via verde yet, therefore care must be taken.

ALMANZORA- TRAMO DEL HIERRO

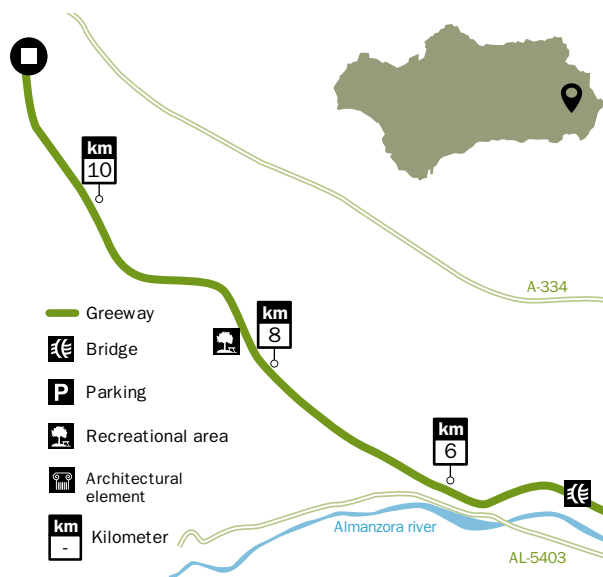
All information about
the route scanning
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Route	↔	Towns	Seron.
Length	12 km.	Access	A-339
Duration	1h 30'	Landmarks	Story Museum.
Surface	Asphalt and gravel.	Services	2 resting areas
Difficulty	Easy.		



1

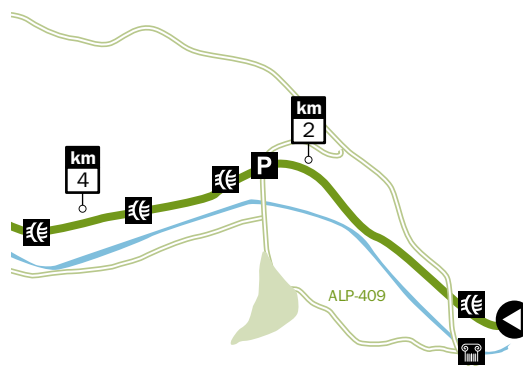


The route
takes us
past three
old iron
ore loading
docks

The greenway, which is just over 11 kilometres long, is easy to locate between the Cargadero de los Canos and the iron bridge over the Rambla del Ramil, on the border between the villages of Seron and Alconzar. The surface is a mixture of asphalt and crushed gravel, enabling cyclists to discover the complex natural environment of the Alanzora river valley, the Sierra de los Filabres and the Sierra del Lucar.

It is a particularly important route in terms of its cultural and historic heritage such as the Anunciacion church; the chapels, including Los Remedios, La Virgen de la Cabeza and Fuencaliente; the Nasrid castle; the Ramil and La Jauca watchtowers. Mining archaeology also plays an important part, represented by the old train station, the mining town of Las Menas and the Air Interpretation Centre in Seron.

1. Layout of the 'Via Verde'.



There are various access points by car and a number of parking areas, which makes getting there more convenient.

The trail runs parallel to the Alanzora River, amid very lush areas, with fertile land and beautiful landscapes of great environmental value.

ALMANZORA- TRAMO OLULA DEL RIO

All information about
the route scanning
this QR code



Route	↔	Towns	Olula del Rio.
Length	1,2 km.	Access	A-349.
Duration	12'	Landmarks	Paleolithic Sites.
Surface	Asphalt.		
Difficulty	Easy.		



The Almanzora Via Verde covers a number of towns in the region. The Olula del Rio section forms part of the route that covers the Guadix-Almendricos (Granada-Murcia) railway line, built in its day to provide quick access to the mineral substances in the area. The Estancias and the Filabres mountains, famous for their marble quarries, form the backdrop to this very short route. The area is made up mainly of scrubland,

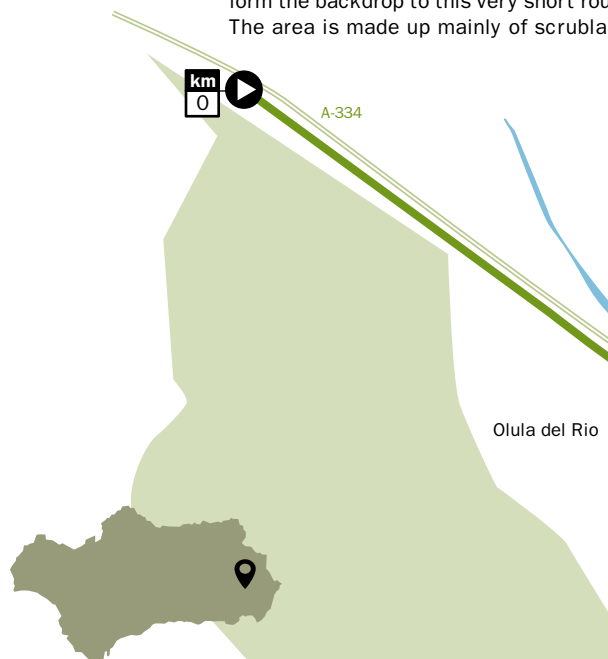
including nutritious thyme, aromatic rosemary and the very useful esparto grass and boxwood.

1. Olula del Rio.

The route which is made up entirely of asphalt roads is surrounded by an extremely interesting cultural heritage which includes the beautiful ruins of an ancient Moorish fort. Important landmarks include the 18th century San Sebastian church and the more recent Concepcion church together with an archaeological site dating from the Paleolithic period.

There are a number of easy access routes from the town of Olula del Rio, through any of the following streets: Triana, Azahara, Ecuador and Venecia, and the route is particularly accessible for disabled people.

New projects to enhance the Vias Verdes along the old Guadix-Almendricos railway line will offer one of the longest routes in the southeast of the peninsula in the not too distant future.



DE LA SIERRA

All information about
the route scanning
this QR code



Route	↔	Access	A-375
Length	36 km.	Landmarks	Peñon de Zaframagon
Duration	4h	Services	9 resting areas, 7 parking areas, 5 children areas.
Surface	Asphalt and gravel.		
Difficulty	Easy.		
Towns	Olvera, Coripe, Puerto Serrano, Montellano and El Coronil		

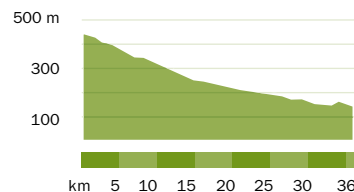


Puerto Serrano, with views across the Guadalete valley, sees the start of a route along a planned railway line that was never completed, but the 36 km via verde takes us to Olvera.

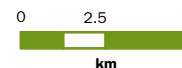
This beautiful route runs alongside a number of rivers, allowing us to discover spectacular areas such as the Peñon de Zaframagon, one of the most populated vulture reserves in Europe. Canyons cut out by the Guadalete river, tunnels, viaducts and a number of other infrastructures make this a beautiful route.

The route begins in the old Puerto Serrano Station, which is now a hotel and restaurant catering for those visiting the Via Verde, and which sits above the Guadalete valley. The natural route to follow is very clear and takes us to the evocative area of Llanos de la Reyerta with its hydraulic mill and then to the Azares tunnel. At this point

The
planned
railway
line never
reached
this route



- Greeway
- Information point
- Bridge
- Parking
- Viewpoint
- Kilometer



the Via Verde rather dauntingly hangs over the Guadalete river and this is followed by another curved tunnel, almost 500 metres long. This is the first of a series of illuminated galleries that we will come across.

Tunnels, viaducts and infrastructures make this a very attractive route

Even so, it is advisable to carry a torch just in case.

A few kilometres further along, the Zaframagon station, now an interpretation centre and a vulture observatory, precedes the most stunning part of the route, the rock with the same name, where we will see dozens of vultures constantly hovering above. The last section of the route takes us over the hill that separates the river basins of the Guadalporcun and the Guadamaniil.

ENTRE RIOS

All information about the route scanning this QR code



Route	↔	Towns	Rota, Chipiona and Sanlucar.
Length	16,2 km.	Access	A-480 o A-491.
Duration	1h 30'	Landmarks	Castillo de Luna (Rota).
Surface	Asphalt and gravel.	Services	1 station, 1 stopping place and 2 walkways
Difficulty	Easy.		



1. Cyclists along the Entre Rios Via Verde.

The old railway line between Sanlucar and El Puerto de Santa Maria cuts through farming lands, pine forests and the string of dunes that occasionally appears along the Atlantic coast. It begins in Rota close to the Tourist Information Office.

The beauty of the Punta Candor beach or the viewpoint from the bunker are just an introduction to discover the old Roman fishing pens of Chipiona which use the tide to enclose the fish, or the tallest lighthouse in Spain.

A bike lane from here takes us to Sanlucar after passing Costa Ballena.

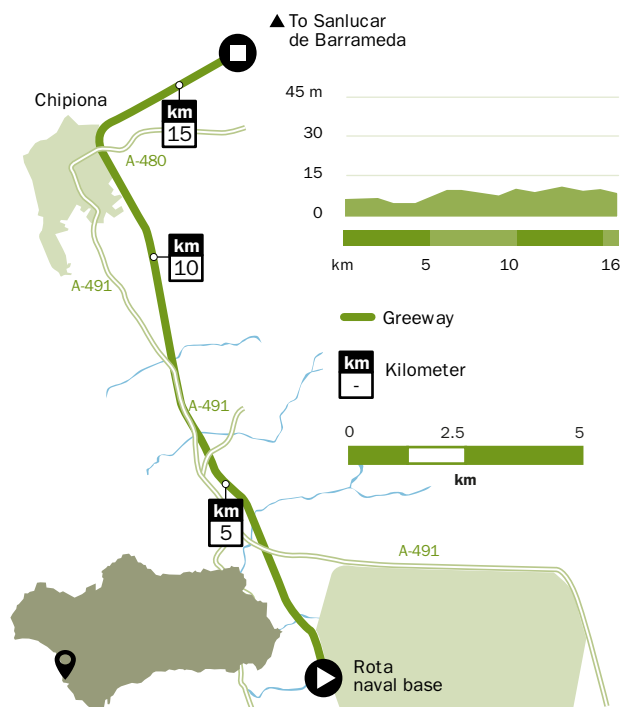
Although the route takes us close to the sea, we will also discover the fertile farming lands of this area of the province

In Punta Candor we will discover the tallest lighthouse in Spain

of Cadiz as well as the odd dense pine forests.

We will also discover an important part of the cultural heritage of the area as route takes us through the historic ensembles of the area, in particular, that of Sanlucar de Barrameda.

The stunning views of the nearby coast of Doñana and the ever-generous gastronomy of the Cadiz coast round off the experience.



PUERTO REAL- SAN FERNANDO

All information about
the route scanning
this QR code



Route	↔	Towns	Puerto Real and San Fernando.
Length	8 km.	Access	A-4
Duration	1h	Landmarks	Arsenal de la Carraca.
Surface	Gravel.		
Difficulty	Easy.		



1

This route takes into the heart of the natural park of the Bay of Cadiz, where the salt mines and the estuaries used for fishing are proof of the respectful use of nature.

The San Fernando iron bridge, or the actual train station, marks the start of a route that connects the Real del Camino de Paterna corridor with the green corridor of Dos Bahias.

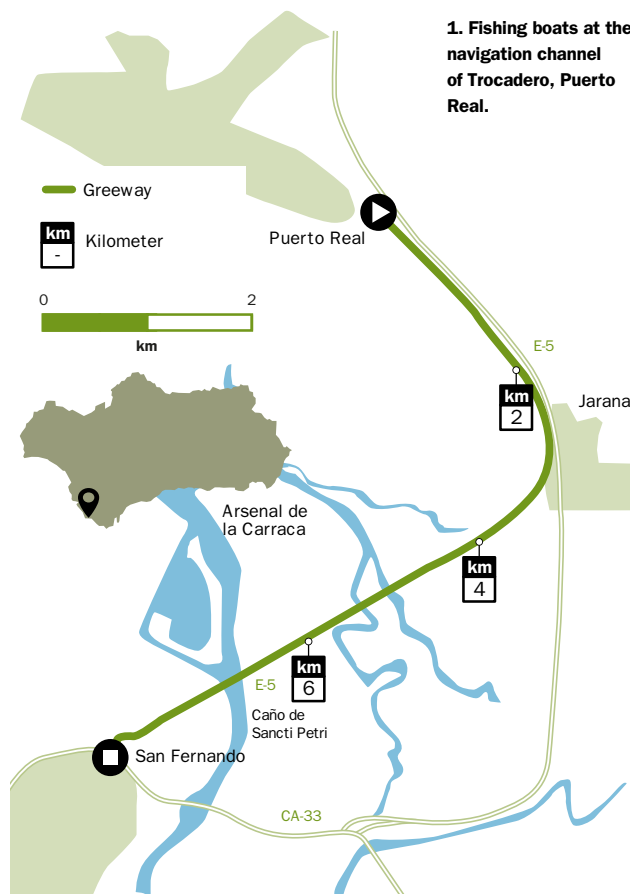
The abundance of birdlife in the area, declared as ZEPA (Special Protection Area for Birds), is one of the main features of the area, along with the spectacular sunsets over the sea.

The Via Verde can be reached from the Puerto de Santa Maria to San Fernando track following the direction of the current railway line or from San Fernando, where the route begins next to the San Marcos sub-station alongside the railway line.

The route follows a gravel track the entire way and we will be able to enjoy the important natural heritage of the area as well as the valuable urban centres of San Fernando and Puerto Real, where the fishing heritage and historic references are ever-present.

Cadiz is located approximately 12 kilometres away and it can be accessed but by leaving the Via Verde. A particularly interesting landmark is the Arsenal de la Carraca, a military centre used for constructing and repairing ships and for storing and distributing arms and ammunition.

The abundance of birds is one of the most important features of this route

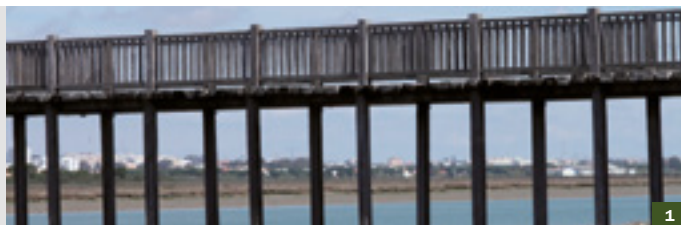


MATAGORDA

All information about
the route scanning
this QR code



Route	↔	Difficulty	Baja.
Length	3,6 km.	Towns	Puerto Real.
Duration	30'	Access	AP-4
Surface	Gravel and wooden boardwalk.	Landmarks	La Algaida Pine Forest.

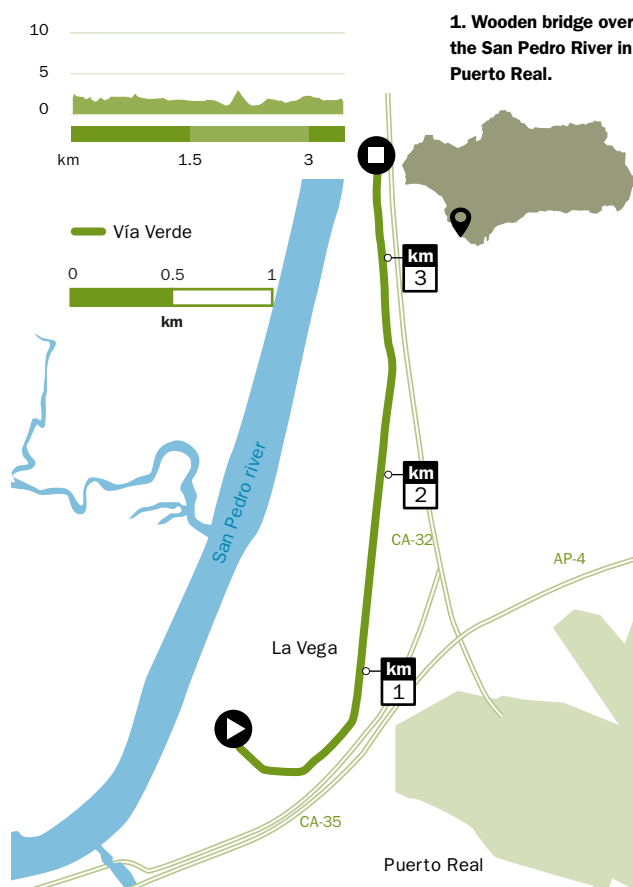


The route begins next to the Faculty of Science. It uses the old Jerez-Trocadero railway line, the first to be opened in Andalusia, built to transport the wine products from the wineries of Jerez to the Trocadero dock, where they headed off to the United Kingdom. We will be able to see the ever-changing wetlands of Los Toruños depending on the tide and the Algaida Pine Forest, where scale-leaf junipers coexist with stone pines and a thick undergrowth formed by brooms, mastic trees, needle-leaf junipers, fan palms... The area is particularly important for the multitude of bird species that have chosen this area for breeding and as their wintering

The old Jerez-Trocadero railway line was the first to be opened in Andalusia

area. Apart from a pleasant walk along gravel tracks and a number of wooden boardwalks, the metropolitan park of Marisma de los Toruños y Pinar de Algaida enables us to carry out a number of activities, in particular those related to bird-watching and water sports such as kayaking.

The current route network has over 30 kilometres which enables us to follow the route through the Metropolitan Park. There are a number of different routes along the network, equipped with wooden boardwalks (which prevent flooding), viewpoints and watchtowers.



LA CAMPIÑA CORDOBA

All information about
the route scanning
this QR code



Route	↔	Access	A-4
Length	46 km.	Landmarks	Urban Centre of Cordoba.
Duration	3h	Services	3 stations, 2 stopping places, 1 tunnel and 9 bridges/viaducts.
Surface	Asphalt and gravel.		
Difficulty	Medium.		
Towns	Cordoba, Guadalcazar, La Rambla, La Carlota and Fuente Palmera.		

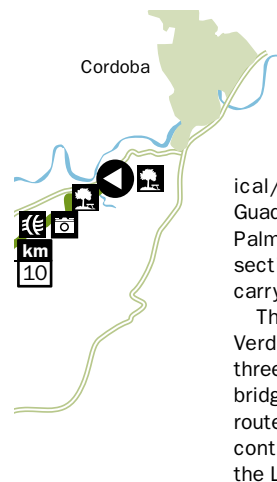


1. Route signpost.

The route begins in the Valchillon station and covers part of the old Cordoba–Marchena railway line, which was used by the train known as “Marchenilla” or “Botijito” until the 1970s.

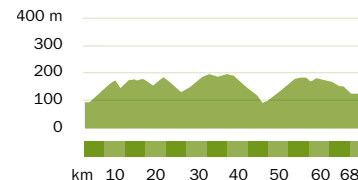
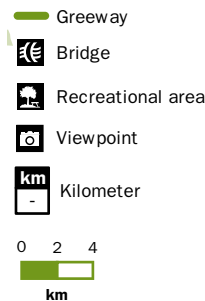
We will be able to admire the sunflower and cereal fields amid olive groves. We will come across two different physical areas: The Countryside and the Guadalquivir Valley, offering panoramic views that include the foothills of Sierra Morena and the famous Castillo de Almodovar. The bird species in the area are special, in particular steppe birds and extremely rare species such as the Little Bustard, the Eurasian stone curlew and the Pin-tailed sand grouse.

The route is over 50 kilometres long and takes us through important histor-



ical/artistic towns of Cordoba including Guadalcazar, La Carlota, La Rambla, Fuente Palmera and Ecija, where it joins the Seville section of this route (next), where we can carry on for another 11.5 kilometres.

The important railway history of the Via Verde de la Campiña is ever-present with three stations, two stopping points and nine bridges and viaducts that form part of the route. It also goes through an old tunnel and continues through the vast cereal fields of the Lower Guadalquivir area.



LA CAMPIÑA SEVILLE

All information about the route scanning this QR code



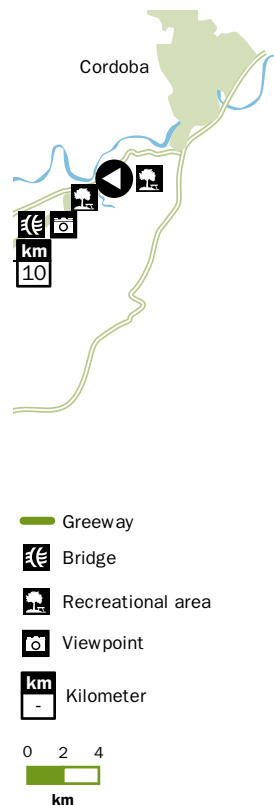
Route	↔	Towns	Ecija.
Length	11,5 km.	Access	A-4
Duration	1h	Landmarks	Historical City Centre of Ecija.
Surface	Asfalt and grave.	Services	1 resting area.
Difficulty	Easy.		



1. Route through Ecija.

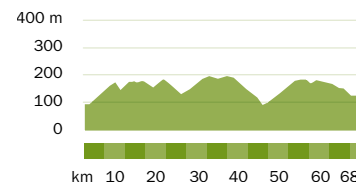
This Via Verde is a continuation of the La Campiña-Cordoba route. Once the province border has been crossed, we will reach Ecija, where the route follows a bicycle lane along the Avenida de la Estacion. Once in Ecija, one of the most important historical and artistic centres of Andalusia, we recommend taking a stroll around the historical city centre and visiting its palaces, convents or churches.

The town was founded in the 8th century BC during the Tartessian civilization and its most splendid period would come during the Roman domination when the Colonia Augusta Firma Astigi was founded, a huge city with paved streets in a rectangular pattern, water, a forum, temples, baths and an am-



phitheatre, next to a bridge over which the Via Augusta crossed the Genil River. We can exit the town of Ecija along calle Boabdil la Via.

Fields of cereals and sunflowers accompany travellers towards the town of Villanueva del Rey, in the municipal area of Ecija, where there is a resting area and the end of the road which is now well-surfaced and signposted. From here the Via Verde is not surfaced, only the railway platform and it continues on to La Luisiana to end in Marchena.

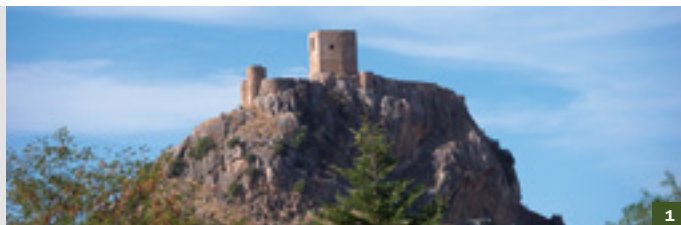


LA MAQUINILLA

All information about
the route scanning
this QR code



Route	↔	Towns	Belmez, Peñarroya-Pueblonuevo.
Length	8 km.	Access	N-432
Duration	1h	Landmarks	French colonial architecture in Peñarroya.
Surface	Gravel.		
Difficulty	Easy.		



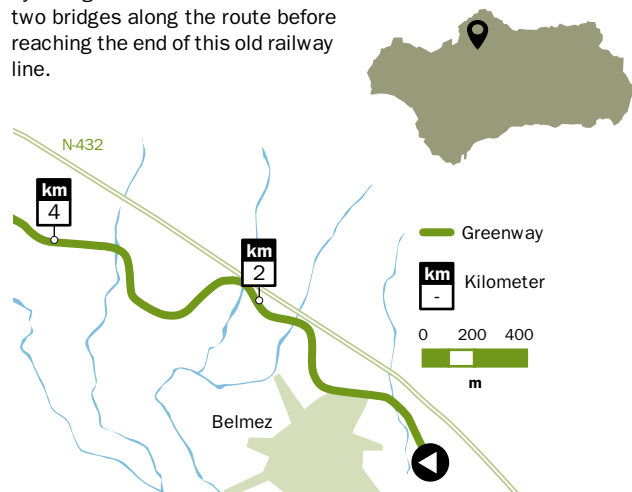
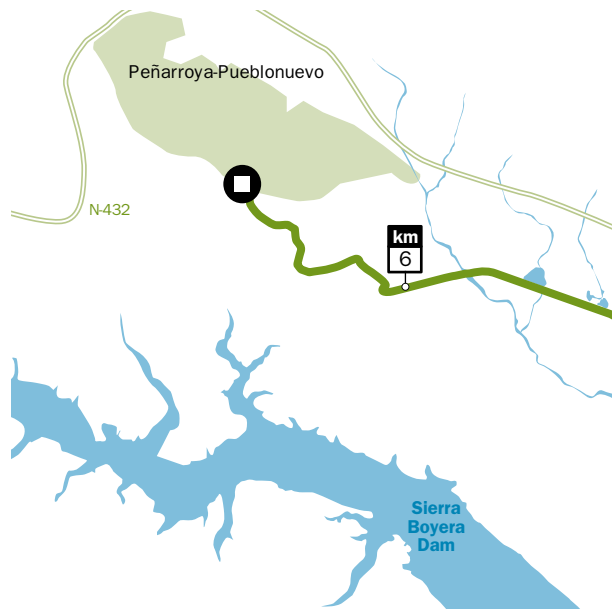
The Via Verde follows the old mining railway line between the coal mine of San Antonio, in the urban centre of Belmez, and the old Industrial Area of Peñarroya-Pueblonuevo. The urban and mining landscapes mingle with the neighbourhoods of the Alto Guadialto Valley, an area declared as ZEPa (Special Protection Areas for Birds) which is home to rare steppe birds (great bustard, cranes, little bustard). There are a number of land-

marks along the way: The Virgen de los Remedios chapel, a building that dates back to the 16th century, the majestic Castillo de Belmez, which can be seen throughout the route and the El Antolin mine which even has galleries that are below sea level.

There are two ways of reaching this route by car. The first begins at the San Antonio mine from the urban centre or the Puerto Rubio lane while the other begins at the old industrial area of Peñarroya-Pueblonuevo, specifically from La Estacion area. A good access point from Belmez is the municipal swimming pool. We can also reach the route by using the bus service. We will cross two bridges along the route before reaching the end of this old railway line.

1. Belmez Castle.

The route follows the old mining railway line of San Antonio

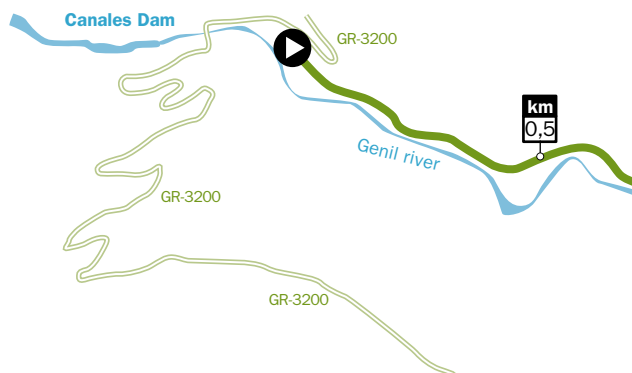


SIERRA NEVADA

All information about
the route scanning
this QR code



Route	↔	Towns	Güejar Sierra.
Length	1,6 km.	Access	GR-3200
Duration	12'	Landmarks	Pools in the Maitena River.
Surface	Gravel.		
Difficulty	Easy.		



The Sierra Nevada Via Verde forms part of the old Sierra Nevada tram line, which connected Granada with Barranco de San Juan and which operated between 1925 and 1974. It begins in the area of Güejar Sierra known as La Fabriquilla, next to the tail of the Canales reservoir and ends at the Maitena station. It takes us along the banks of the Genil River, the natural park,

This route offers views of the highest peaks in the country

offering views of the highest peaks in the country. The most significant features include the pools of the Maitena River, with magnificent clear waters for swimming during the summer months. By the Genil River, with its typical riparian vegetation, we will



come across the chestnut and oak forests of Güejar. There are two recommended points for accessing this Via Verde. The first is from the GR-3200 near the area known as La Fabriquilla, located next to the tail of the Canales reservoir.

The second enables us to park close to the old railway station of Maitena, which has been converted into a restaurant-picnic

The pools of the Maitena River are marvellous for swimming

area within the Via Verde. The urban centre of Güejar Sierra, located 1,000 metres above sea level, completes this route with views of the Veleta summit and the majestic pinnacle of the Iberian Peninsula, the Mulhacén.

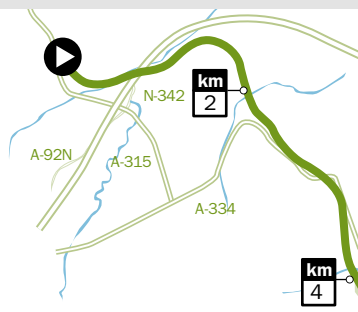
1. Although this Via Verde is short, it offers spectacular landscapes.

SIERRA DE BAZA

All information about the route scanning this QR code



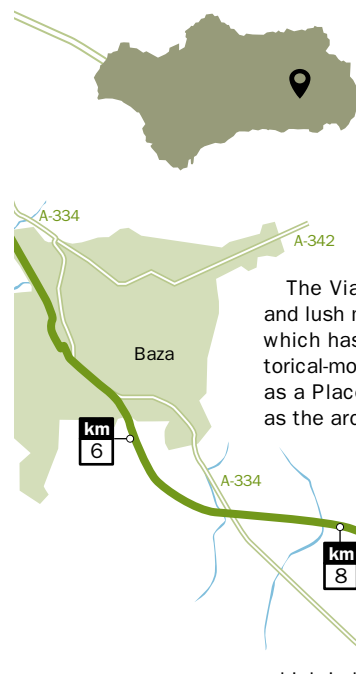
Route	↔ ↻	Towns	Baza and Caniles.
Length	9,5 km.	Access	A-334
Duration	1h 30'	Landmarks	Urban centre of Baza.
Surface	Asfalt and gravel.		
Difficulty	Easy.		



The old Guadix- Almenricos-Lorca line goes from the area of the old railway station of Baza (Granada), to the border of the town of Caniles, which has a restored railway station. The route runs along the border of the Sierra de Baza Natural Park (a mountain area situated over 2,000 metres above sea level with shrub-steppe surroundings) and cuts

The route runs along the border of the Sierra de Baza Natural Park

through the rich and lush meadows of Baza. We will come across elements of environmental and ethnological interest, such as the old Moorish-built irrigation channel, which still maintains some or its original parts.

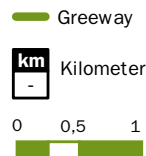


1. Typical landscape of the Sierra de Baza, 2,000 metres above sea level.

The Via Verde runs through the rich and lush meadows of the town of Baza, which has a particularly important historical-monumental heritage, catalogued as a Place of Cultural Interest, as well as the archaeological museum of Baza,

which is home to some important vestiges from the Iberian era, such as the Guerrero de Baza, a replica of the Dama de Baza and the Alhondiga, as well as the Interpretation Centre for Archaeological Sites of Basti.

The most advisable access is from the urban centre of Baza, near to the old railway station.

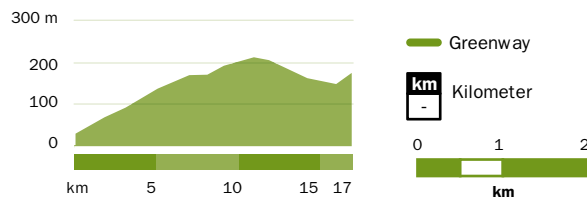


GUADIANA

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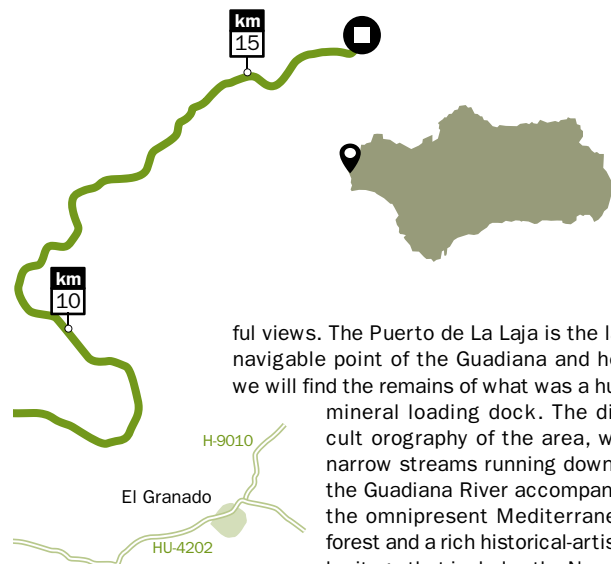
Route	↔	Access	HU-4402 and H-9009
Length	17 km.	Landmarks	El Lobo Roman Bridge.
Duration	2h	Services	2 resting areas, 1 viewpoint.
Surface	Compacted soil.		
Difficulty	Easy		
Towns	El Almendro and El Granado.		



The route follows the old mining route that connected the Herrerias Mine with the Puerto de La Laja for almost a century, which enabled places such as the Mina La Isabel

The Puerto de La Laja is the last navigable point of the Guadiana

to make Spain the first manganese producer in the world at the end of the 19th century. The route runs through the small village of Puerto de La Laja (El Granado) and the mining village of La Isabel (El Almendro), a beautiful setting where we will find the Roman bridge called El Lobo offering wonder-



ful views. The Puerto de La Laja is the last navigable point of the Guadiana and here we will find the remains of what was a huge mineral loading dock. The difficult orography of the area, with narrow streams running down to the Guadiana River accompanies the omnipresent Mediterranean forest and a rich historical-artistic heritage that includes the Nuestra

Señora de Piedras Albas chapel in the town of El Almendro, mining remains and old windmills. Four viaducts and a station are reminders of the area's railway history. There are a number of ways of accessing the route from the Puerto de la Loja, near to the Portuguese border, the regional road HU-6400 and the mining village of La Isabel.

MOLINOS DEL AGUA

All information about
the route scanning
this QR code



Route	↔	Access	A-49
Length	34 km.	Landmarks	Ethnographic Museum in the Casa Direccion.
Duration	4h	Services	4 resting areas.
Surface	Asfalt and gravel.		
Difficulty	Easy.		
Towns	San Juan del Puerto, Trigueros, Beas and Valverde del Camino.		

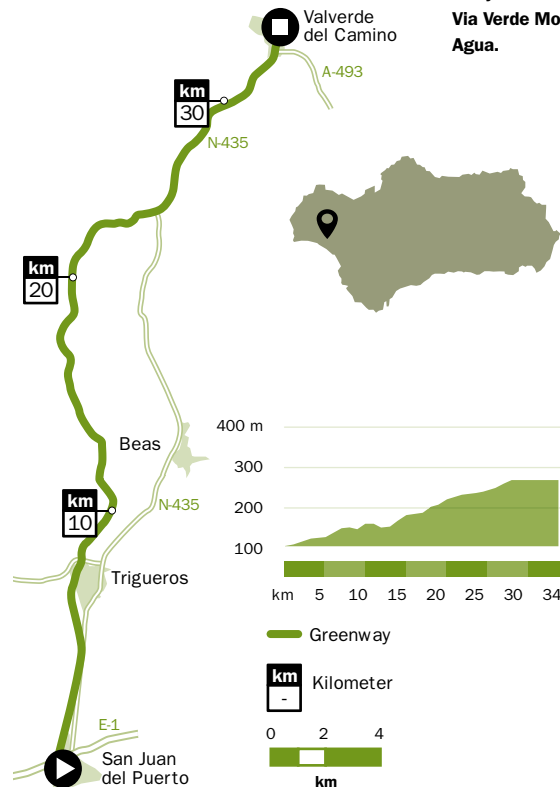


The mining railway line that used to transport copper between San Juan del Puerto and the Buitron mine in Valverde del Camino from the 19th century until 1969, offers us the possibility of discovering the history of the mines that dates back to the Tartassians and has formed the personality of this region, and we will also be able to delve into nature that at times is dense and luxuriant. From the banks of the Tinto River in San Juan del Puerto to Valverde,

We will discover the history of the mines that dates back to the Tartassians

we will come across the flour mills that functioned with the river current, some of which have been restored and are in perfect condition, and the Roman Bridge over the Candon creek. A calm route that ends at a museum where we can learn more about the area's past. The ethnographic ensemble of the Water Mills in Beas, the English houses of Valverde del Camino and the megalithic culture, with the dolmen of Soto in Trigueros, are evidence of the ancestral history of this area and its special relationship with the mining industry which has moulded its character and its landscape. There are plenty of access points by car from different points along the route. The mid-distance train also provides access to the San Juan del Puerto station that covers the Seville-Huelva line.

1. Cyclists along the Via Verde Molinos del Agua.



EL ACEITE

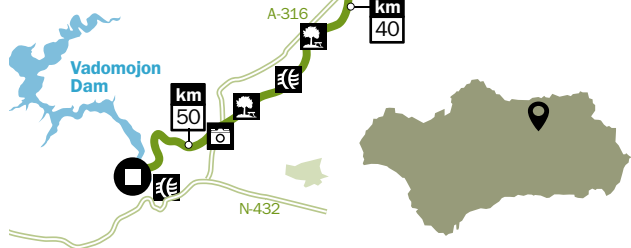
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Route	↔	Access	A-316
Length	54 km.	Landmarks	Laguna Honda Nature Reserve.
Duration	6h	Services	33 resting areas, 6 parking areas, 6 fountains.
Surface	Asfalt and gravel.		
Difficulty	Easy.		
Towns	Jaen, Torredelcampo, Torredonjimeno, Martos and Alcaudete.		



The route begins at the Fuentezuelas sports stadium in Jaen. We will come across the archaeological route of Los Torreones. The landscape mainly offers country properties amid olive groves until we reach the ruins of the Moralduro loading/holding site, where the gypsum from the nearby quarries used to be loaded onto the trains. We will go through tunnels and over bridges (such as the spectacular bridges over the Salado and Guadajoz Rivers), we



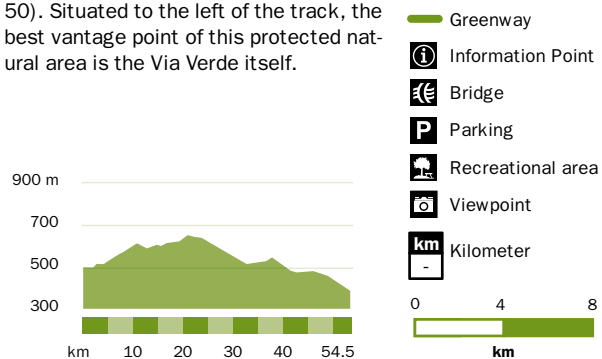
will enjoy views of vast olive groves and of the Martos Rock, at the highest point (650 m) before spotting the Viboras Valley. Towards the end, the olive groves give way to



1. We will come across a number of viaducts along the route.

Mediterranean vegetation and the nature reserve of Laguna Honda.

At the Alcaudete station, the route leaves the monotony of the olive groves and enters a more natural and open Mediterranean plant landscape. The natural value of the area increases as we go on, when we reach the Laguna Honda Nature Reserve a little further on (kilometre 50). Situated to the left of the track, the best vantage point of this protected natural area is the Via Verde itself.



SUBBETICA

All information about the route scanning this QR code

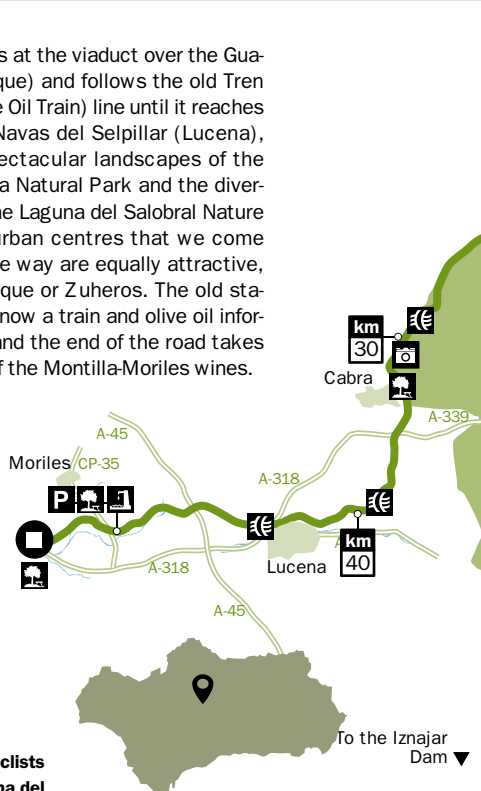


Route	↔	Access	N-432
Length	65 km.	Landmarks	Laguna del Salobral or Conde natural area.
Duration	6h	Services	11 resting areas, 7 parking areas, 8 children areas, 4 fountains.
Surface	Asfalt and gravel.		
Difficulty	Easy.		
Towns	Luque, Zuheros, Doña Mencía, Cabra, Lucena, Moriles, Aguilar de la Frontera and Puente Genil		

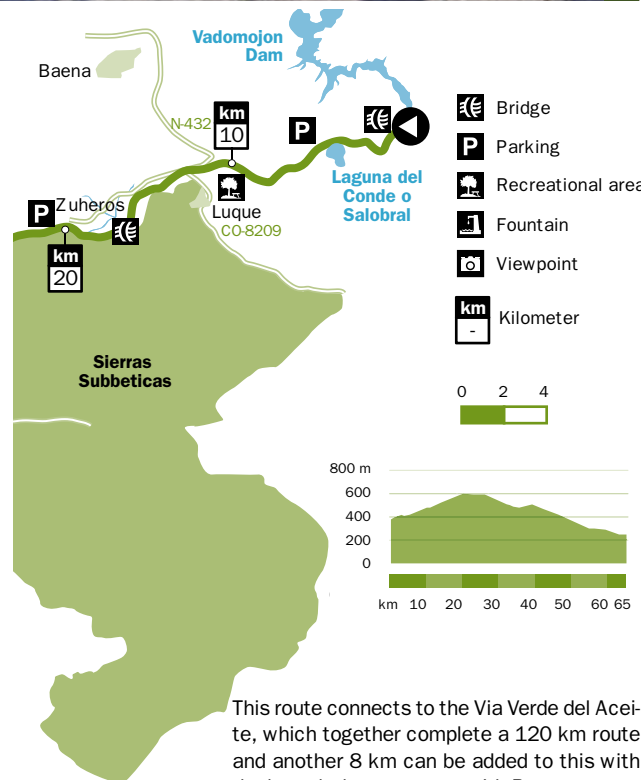


1

The route begins at the viaduct over the Guadajoz River (Luque) and follows the old Tren del Aceite (Olive Oil Train) line until it reaches the district of Navas del Selpillar (Lucena), offering the spectacular landscapes of the Sierra Subbética Natural Park and the diverse bird life on the Laguna del Salobral Nature Reserve. The urban centres that we come across along the way are equally attractive, for example, Luque or Zuheros. The old station of Cabra is now a train and olive oil information centre and the end of the road takes us to the land of the Montilla-Moriles wines.



1. Various cyclists at the Laguna del Salobral viewpoint.



This route connects to the Via Verde del Aceite, which together complete a 120 km route and another 8 km can be added to this with the branch that connects with Baena.

GUADAJOZ-SUBBETICA

All information about
the route scanning
this QR code



Route	↔	Towns	Baena and Luque.
Length	8 km.	Access	N-432
Duration	1h	Landmarks	Urban centre of Baena.
Surface	Asfalt and gravel.		
Difficulty	Esay.		



1



This Via Verde can be followed independently from Luque or as a branch off from the Via Verde del Aceite where it connects with the province of Cordoba. The section begins at the Luque station and explores the region, dominated by olive groves with flat land and little natural vegetation. This will take us to Baena, where we will find a castle, the Olive Museum, the Gypsum cave and the Historical and Archaeological Museum, which all form part of this important town close to the natural park of the Sierras Subbéticas. The route also offers an interesting natural heritage, with the Salobral Lake, located in a nature reserve

that is home to permanent lakes such as the Zoñar, Rincon and Amarga, together with other seasonal lakes such as the Tiscar and Jarales or the Salobral Lake. These oases surrounded by bulrushes, reeds, rushes and canes contrast with the olive groves, vineyards and cereals that form the fertile countryside of Cordoba, but with different characteristics. All of them are protected for their importance in terms of a wintering and nesting area for aquatic birds. The surface of the track is a combination of compacted gravel and asphalt and there are a number of access points to the route either by car or via public transport.

1. Young cyclist along the Via Verde.



GUADALIMAR

All information about the route scanning this QR code



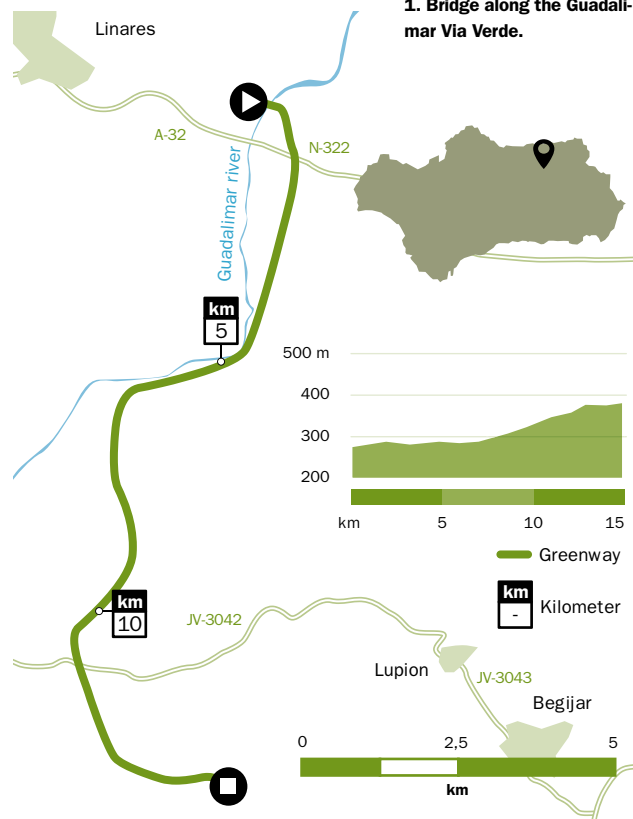
Route	↔	Access	A-32
Length	15 km.	Services	4 resting areas, 5 viaducts, 2 walkways, 7 illuminated tunnels.
Duration	2h		
Surface	Asfalt and gravel.		
Difficulty	Easy.		
Towns	Linares, Ibros, Lupion, Torreblascopedro and Begjjar.		



1

The route begins in the Linares-Baeza (Linares) station and reaches the Vereda de Pajareros- the connection with Camino de Cordoba (Begjjar). The Guadalimar route, meaning red river in Arabic, offers us a beautiful gallery forest during the first few kilometres until a gentle climb takes us to the olive picking fields of the Guadalquivir where the route comes to an end. The Sierra Magina serves as a backdrop to this route where we will be able to discover the intense mining and industrial past of Linares. The district of the Estacion Linares-Baeza is located a few kilometres to the southeast of the town of Linares and to the right of the Guadalimar River. This small town has always been famous for its railway station, which has made it a popular area with people passing through, either coming or going on the dozens of trains that pass through every day. In a way this town is related to the romanticism associated with this unique means of transport and since it was founded, thousands of travellers have passed through the town. The route takes us through riparian landscapes, meadows and olive groves. Along the northern part of the route we will be able to see the industrial infrastructures associated with olive growing activities (mainly olive mills) and an important sugar factory. The route is around 15 kilometres long and relatively easy for pedestrians and cyclists.

Guadalimar means red river in Arabic



LINARES

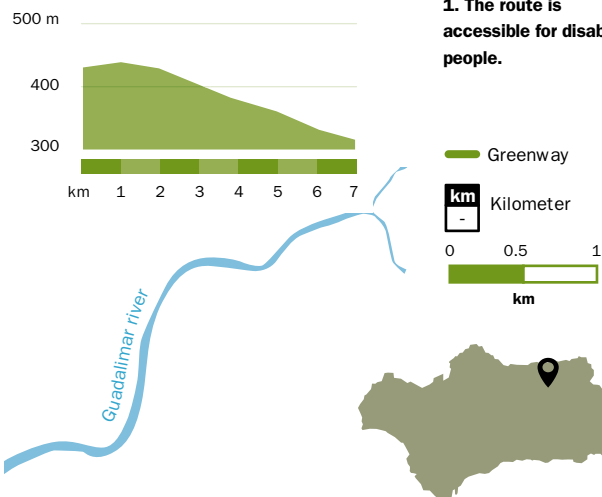
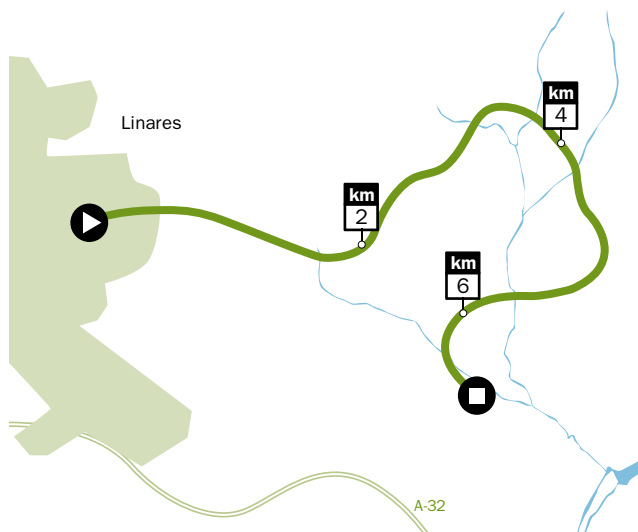
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Route	↔	Towns	Linares.
Length	6,6 km.	Access	A-32
Duration	30'	Services	4 resting areas, 1 viewpoint.
Surface	Gravel.		
Difficulty	Esay.		



1. The route is accessible for disabled people.



The route is constantly downhill until we reach the valley

The meandering descent from Linares to Guadalimar – the red river as it was known to the Arabs – begins in the district of San Gonzalo and reaches the Camino de Arquillos, near the N-322 and the Linares-Baeza station. The route is constantly downhill until we reach the valley, where olive trees mingle with the riparian fluvial vegetation. It uses the old route between the two sta-

tions that used to form part of the Linares-Almeria route, which was created to transport lead to that port.

The monumental ensemble of Linares is also important, together with the ruins of Castulo and the Mocho Bridge, all of which are located amid olive groves and the riparian vegetation of the Guadalimar River.

VADOLLANO

All information about
the route scanning
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Route	↔	Difficulty	Easy.
Length	7 km.	Towns	Linares.
Duration	1h	Access	A-32
Surface	Earth, gravel and ballast.		



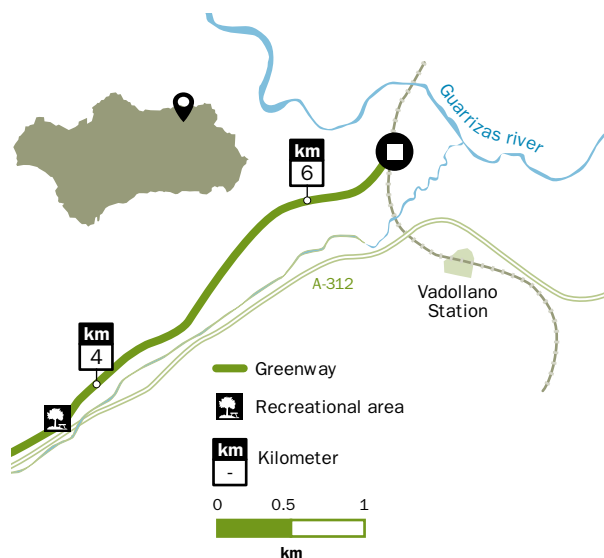
1. Iron bridge along the Via Verde.

This Via Verde follows the railway section that connects the Madrid-Cordoba and Linares line which runs from the Santana factory supplier park to the military quarters of Vadollano. The natural surroundings are defined by the basin of the Castro stream and the Altos de los Yesos de Castro, where cyclists

The Iberian ruins of Castulo are located only 5 km from Linares

are accompanied by the gentle hills covered with olive groves.

The mining and industrial heritage of the region is particularly evident and a particular feature is the ruins of the old Iberian town of



Castulo. This settlement was an important town, the capital of the region of Oretania and its ruins are located only 5 kilometres from Linares.

There are two recommended access points for reaching the route by car: From the area of the Santa Ana Factory and from the Vadollano site. Bear in mind that this route has an intermediate difficulty level, therefore the condition of the route should be verified in the event of adverse weather conditions.

SIERRA NORTE

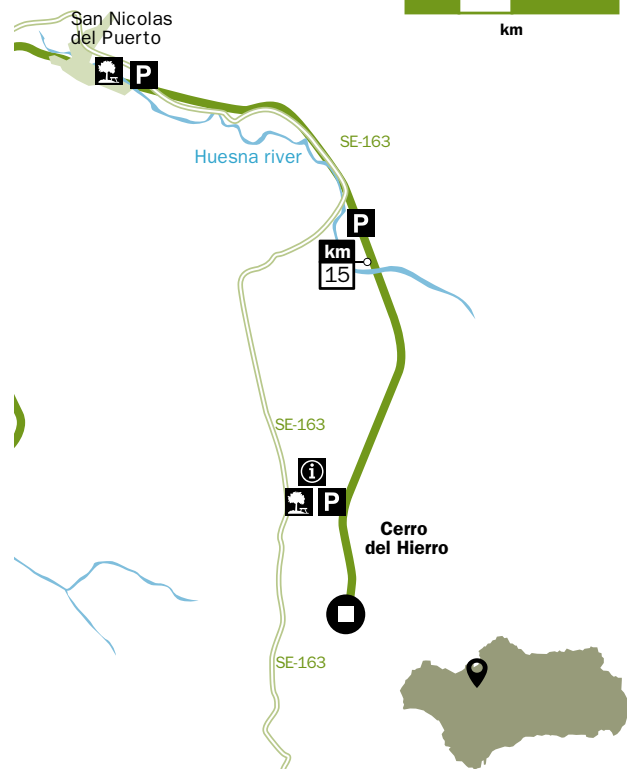
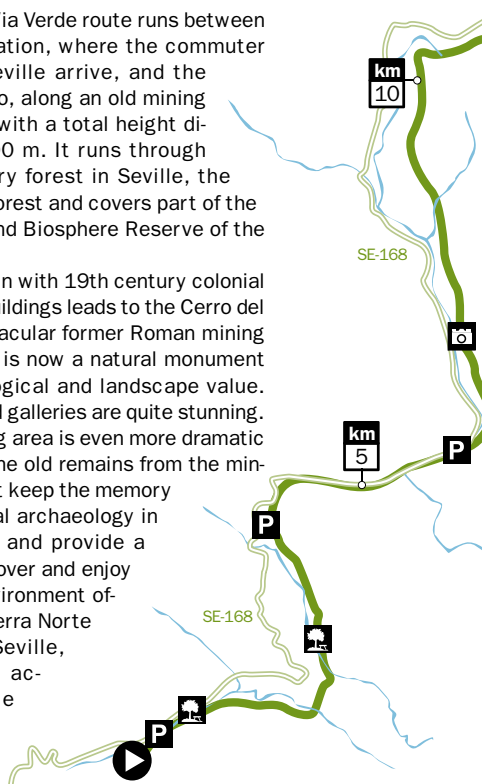
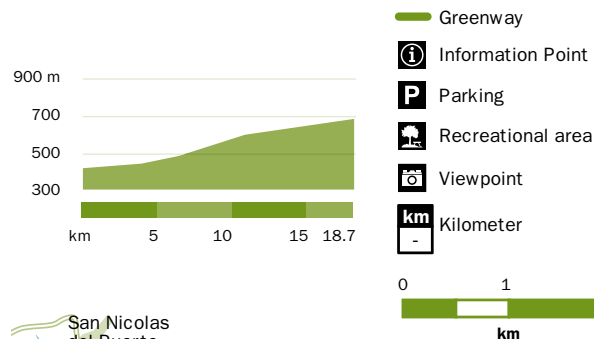
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Route	↔	Access	Commuter Train from Seville and A-455.
Length	18,7 km.	Landmarks	Huesna Waterfalls.
Duration	3h	Services	4 resting places, 1 viewpoint, 7 parkings.
Surface	Asfalt y earth.		
Difficulty	Medium.		
Towns	Cazalla de la Sierra, Alanis, San Nicolas del Puerto and Constantina.		

This beautiful Via Verde route runs between the Cazalla station, where the commuter trains from Seville arrive, and the Cerro del Hierro, along an old mining railway route, with a total height difference of 300 m. It runs through the best gallery forest in Seville, the Huesna River forest and covers part of the Natural Park and Biosphere Reserve of the Sierra Norte.

A mining town with 19th century colonial style English buildings leads to the Cerro del Hierro, a spectacular former Roman mining site and which is now a natural monument given its geological and landscape value. The tunnels and galleries are quite stunning. The surrounding area is even more dramatic as a result of the old remains from the mining activity that keep the memory of the industrial archaeology in the area alive and provide a chance to discover and enjoy the natural environment offered by the Sierra Norte Via Verde of Seville, which can be accessed by the commuter train from the capital.



EL RONQUILLO

All information about
the route scanning
this QR code



Route	↔	Towns	El Ronquillo
Length	9 km.	Access	N-630
Duration	1h	Services	4 resting areas and 2 parking areas.
Surface	Gravel.		
Difficulty	Easy.		

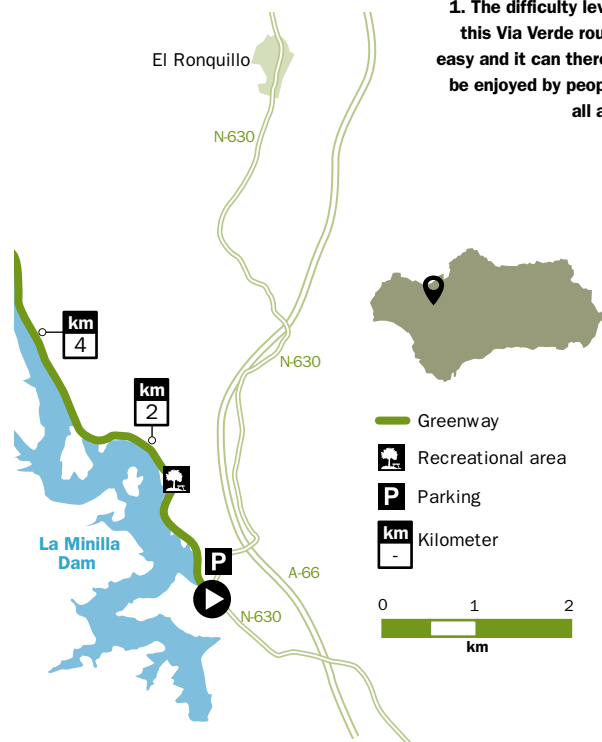


This route starts at km 775 on the N-630, where there is an old train station converted into a restaurant. The route runs through pasturelands and offers continuous views of the La Minilla reservoir and the riverbanks of the Rivera de Huelva. The constant presence of water and the interesting infrastructures such as the beautifully renovated station at the edge of the reservoir, now a hotel-restaurant, make this route extremely popular, where birdlife and silence can be enjoyed.

Another interesting feature is the Minil-

The route has an old station restored as a hotel- restaurant

la reservoir, which supplies Seville and its metropolitan area and here it is wedged between two very steep mountain systems. As the route goes on, leaving the dam behind, it is hard to make out whether the endless sheet of water that we can see is the dam's reservoir or the course of the river. Birds such as finches, azure-winged magpies, lesser whitethroat or different species of eagles can be spotted flying over the Via Verde. It is worth carrying a field identification book to be able to identify them.



1. The difficulty level of this Via Verde route is easy and it can therefore be enjoyed by people of all ages.

Andalusia's 24 Natural Parks offer routes with different durations and degrees of difficulty suitable for cycling.

Cycling through Natural Parks





No waste. This is perfectly feasible; you will find suitable places for it.



If you are walking with a dog, the dog must be kept under control.



In general terms, it is not "best practice" to take wild fruits or minerals home with you and fossils and archaeological remains should never be removed. One traveller after another will end up overexploiting the area.



Respect private properties, land or livestock.



Areas fenced off to protect flora or fauna must never be crossed.



Let the only evidence of your journey through nature be your own satisfaction.



Utmost care should be taken not to start fires, the worst enemies of the Mediterranean forest. There are areas and manners in which fires may be lit, but they are strictly forbidden during the summer months. Use this trip to give up smoking.



Enjoy it in silence. Nature will surprise you with its sounds.

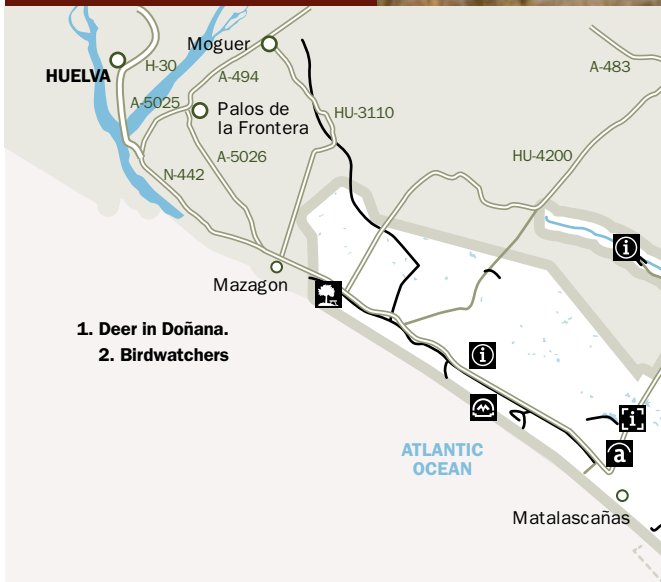
Cadiz, Huelva and Seville

DOÑANA



Expanse **105,000 hectares.**

Towns **Almonte, Hinojos, Lucena del Puerto, Moguer, Palos de la Frontera, Aznalcazar, Isla Mayor, Pilas, Puebla del Rio, Villamanrique de la Condesa and Sanlucar de Barrameda.**



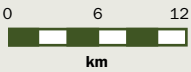
1. Deer in Doñana.
2. Birdwatchers



Discover all the details about this Natural Area



One of the mythical enclaves of Europe offers visitors subtly beautiful and magnificent natural shows, with landscapes that change radically from season to season, birds of all sorts and a wide selection of services designed to satisfy the entire family. The legends of Tartessos and Atlantis add a magical element to a completely virgin area.



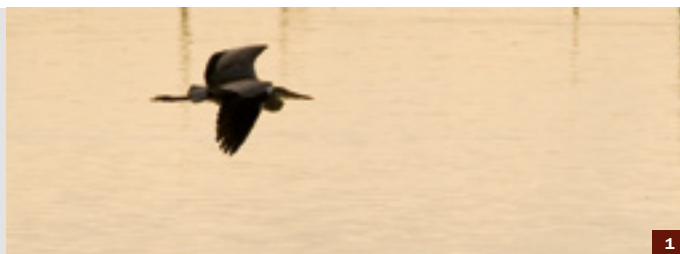
The route

EL ACEBUCHÉ

Full information about this route by scanning this QR code



Route		Landmark	MAB.
Length	5,3 km.	Other	The route combines circular sections with linear sections over a wooden boardwalk.
Duration	1 h 50'.		Authorisation is not required and people can cycle freely during the Visitors' Centre's opening hours.
Difficulty	Baja.		
Towns	Almonte.		
Access	A-483.		



1

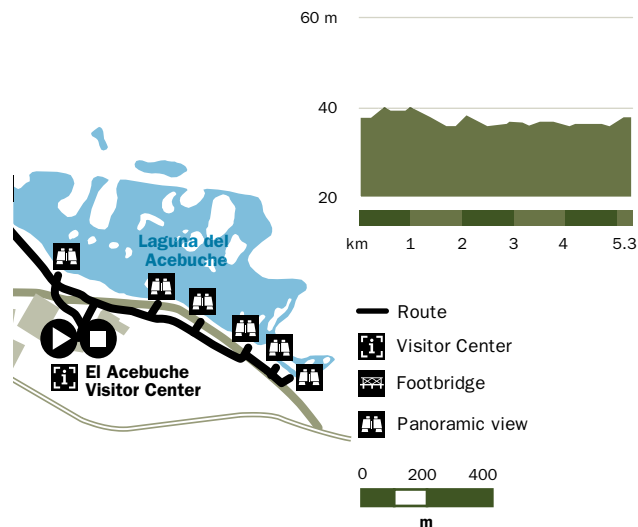
This route (in fact it is two routes joined together around the El Acebuche Visitors' Centre) is ideal for short bicycle routes, as it is barely five kilometres long and runs along a convenient wooden boardwalk. The route begins at the Laguna del Acebuche, where a large variety of birds can be spotted, depending on the time of the year, in one of the five equipped observatories.

After passing the last of these and discovering an area of wetland that was recov-

ered after drying up in the 1950s, we will come to the Huerto and Las Pajas lakes. The route follows a boardwalk which takes us over a few water channels and enables us to discover the typical riparian vegetation in the area, thicket and some stone pine forests.

Finally, from the Laguna del Huerto we have to go back along the track to return to the starting point at the Acebuche Visitors' Centre.

1. A heron in Doñana.



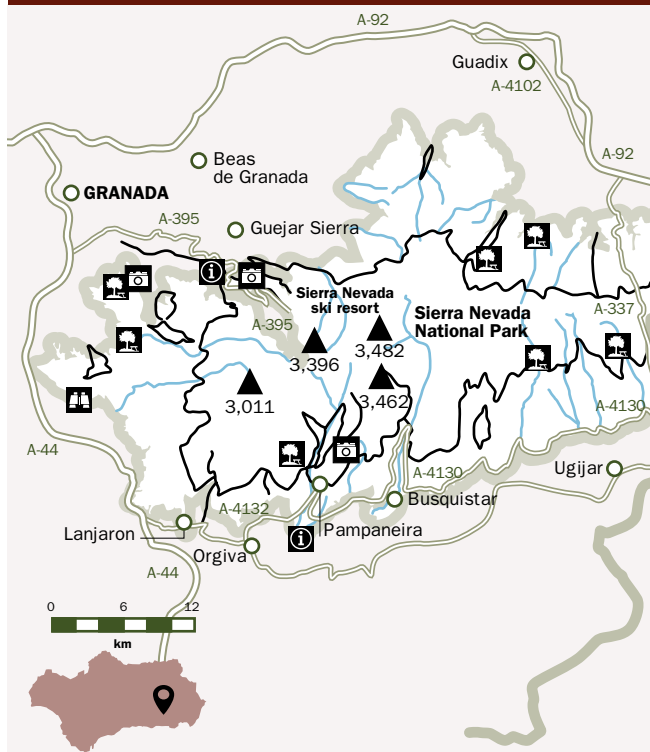
Almeria, Granada

SIERRA NEVADA

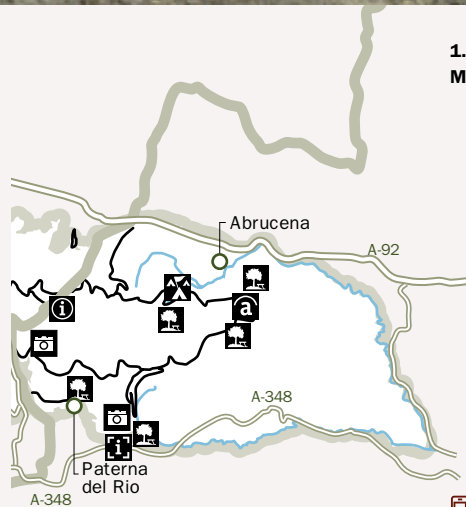


Expanse **171,000 ha.**

Towns **Almeria: Abla, Abrucena, Alboloduy, Alhabia, Almocita, Alsodux, Bayarcal, Beires, Bentarique, Canjayar, Fiñana, Fondon, Illar, Instincion, Laujar de Andarax, Nacimiento, Ohanes, Padules, Paterna del Rio, Ragol, Santa Cruz, Terque and Las Tres Villas. Granada: Aldeire, Alpujarra de la Sierra, Berchules, Bubion, Busquistar, Cadiar, La Calahorra, Cañar, Capileira, Carataunas, Castaras, Cogollos de Guadix, Dilar, Dolar, Durcal, Ferreira, Gojar, Güejar-Sierra, Hurneja, Jerez del Marquesado, Juviles, Lanjaron, Lanteira, Lecrin, Lugros, Monachil, Nevada, Nigüelas, Orgiva, Padul, Pampaneira, Portugos, Soportujar, La Taha, Trevelez, Valor and La Zubia.**



1. Summit of Mulhacen.



Sierra Nevada enables us to discover landscapes and a variety of plants and wildlife that change as we climb to the top, 3,700 metres high; the pinnacle of the peninsula. The alpine massif dominates half of Andalusia and not only offers sea views on a clear day but its slopes also offer wonderful natural scenes such as hundreds of rivers or cultural scenes thanks to the subtle interaction of humans.

Discover all the details about this Natural Area

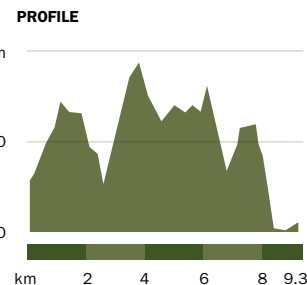
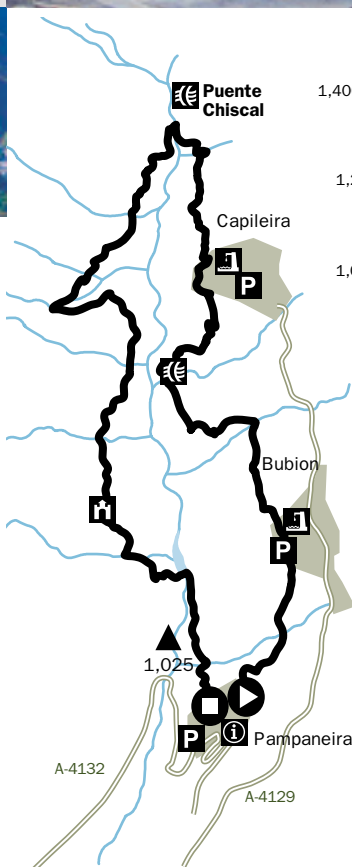


The route POQUEIRA VILLAGES

Full information
about this route
by scanning this
QR code



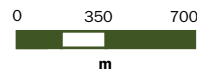
Route		Access	A-4132.
Length	9.4 km.	Landmark	Chiscal Bridge.
Duration	3h 30'.	Others	It is advisable to take drinking water.
Difficulty	Medium.		
Towns	Pampaneira, Bubion and Capileira.		



1. Pampaneira is located on a hillside.
2. The Poqueira river.
3. An example of the typical architecture in the Granada Alpujarras.

The route that covers the Poqueira villages begins in the upper part of the Pampaneira and covers the south side of the Sierra Nevada massif via the river's cliff that the route is named after, passing through the villages of Bubion and Capileira. Between Pampaneira and Bubion, villages that are barely one kilometre apart, the route covers the typical terraced landscapes of the Alpujarras in Granada. After passing through Bubion and the Puente del Molino, the route descends gently for around 1.5 kilometres to then begin a steep 800 metre climb that leads to the last village along the route, Capileira. From here a road leads to the Poqueira River, which is crossed via the Chiscal Bridge. There is a crossing at approximately 300 metres where we must take the left fork and after another 1,200 metres, we once again turn left at a turnoff indicated by an oak tree. The route continues through a number of country estates until it crosses the Poqueira River again and turns right to the main road which leads to the starting point in Pampaneira.

- Route
- Information Point
- Bridge
- Parking
- Cortijo
- Fountain
- Elevation meters



Almeria CABO DE GATA-NIJAR



Expanse **49,500 ha.**
Towns **Almeria, Carboneras, Nijar.**



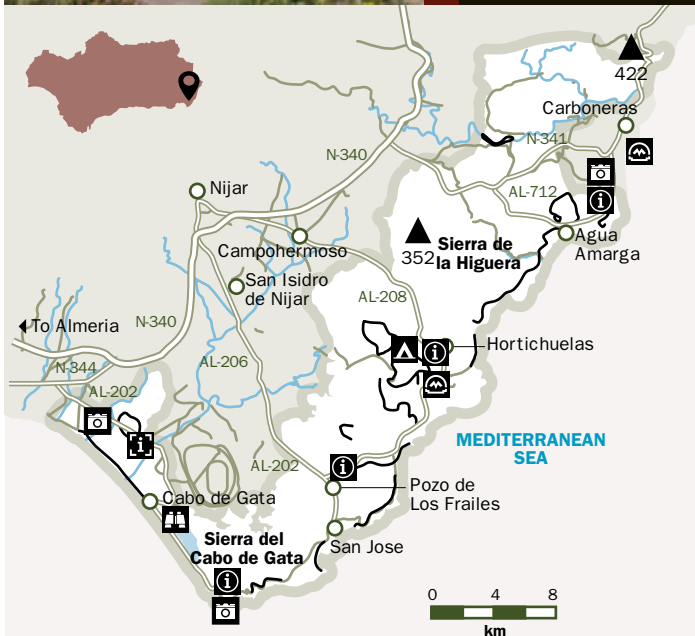
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2



3



4

1. One of the hidden coves of the protected site.
2. Dusk in the Natural Park.
3. Common architecture in the local villages.
4. Sand dunes are very common in Cabo de Gata.

There is nothing quite like Cabo de Gata-Nijar, not in the sea or on earth. Its sub-desert landscape, with extinct volcanoes, mineral traces, fossils and cultural vestiges related to the use of water – water reservoirs, waterwheels, wells- together with a beautiful and virgin mineral coastline, with seabeds full of animal and plant life. An almost mystical landscape.



Discover all the details about this Natural Area



The route LAS AMOLADERAS

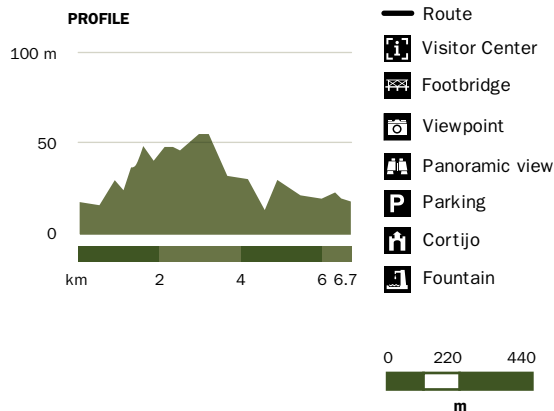


Route		Access	AL-3115.
Length	6.7 km.	Landmark	MAB, Geoparks.
Duration	1 h.	Other	Special care should be taken on bikes when approaching road intersections.
Difficulty	Low.		
Towns	Almeria.		



1. Cabo de Gata. Las Amoladeras is the name of this route that runs through steppe landscapes and beaches, but it is also the name of a country estate, a beach or the actual visitors' centre in the Natural Park, which is where the route begins. It is an easy route but obvious care should be taken when crossing the road at specific points. After crossing the first intersection, approximately 700 metres from the start, we will travel another 100 metres and then turn right. We will come across a

lonesome wild olive tree amid the sparse vegetation and further on we will come to the Curria ravine, where a viewpoint offers magnificent views of the mountains and the coastline. From here the vegetation changes quite noticeably along a section of around 1,300 metres that we will have to follow until we re-join the original track. 500 metres further on we will reach a viewpoint situated on a crossing and if we take a left turn here we will head for the route' starting point.



Almeria

SIERRA MARIA- LOS VELEZ



Expanse **22,500 ha.**

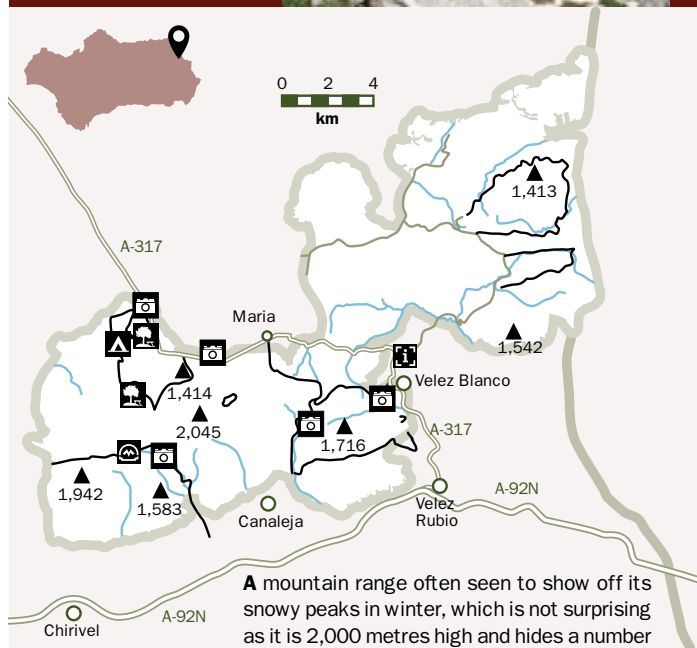
Towns **Chirivel,
Maria, Velez
Blanco, Velez
Rubio.**



1



2



A mountain range often seen to show off its snowy peaks in winter, which is not surprising as it is 2,000 metres high and hides a number of treasures within. The most famous are the caves with rock paintings and the most valuable treasure is the water that surfaces to irrigate the fields of almond trees. The natural park is home to a number of birds of prey and also a number of castles such as the unforgettable Castillo de Los Velez. It is particularly enjoyable to cycle around this park.



3

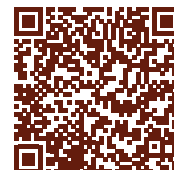


4

1. A number of rocky outcrops can be seen on the mountain range.
2. Children playing in the snow.
3. A lonesome tree on a prairie.
4. Wheat field in Chirivel.



Discover all the details about this Natural Area



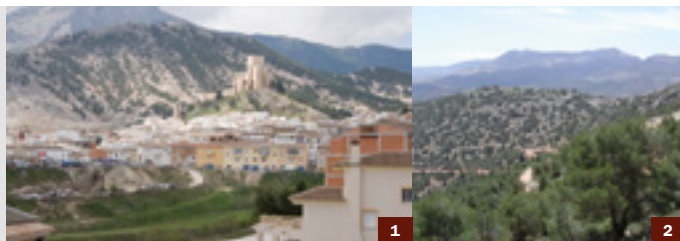
The route

UMBRIA DEL MAIMON

Full information about this route by scanning this QR code



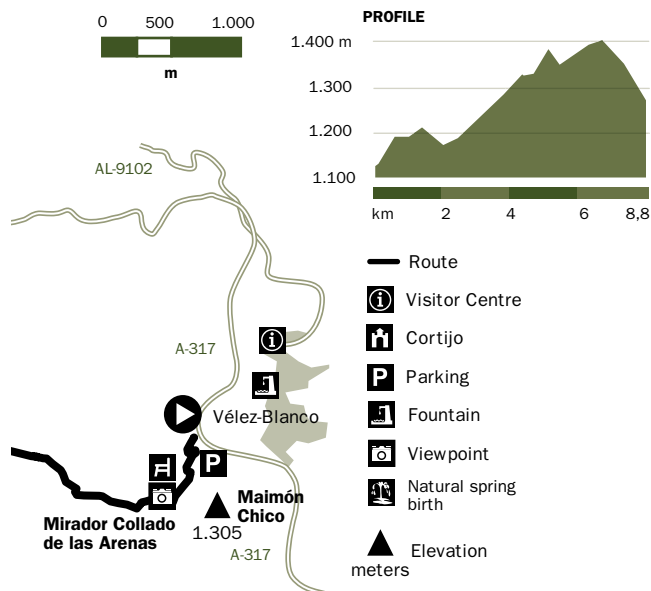
Route	↔	Landmark	Collado de las Arenas.
Length	8.9 km.	Others	It is essential to take drinking water. Walkers should take extra precautions at road intersections because of traffic.
Duration	4 h 30'.		
Difficulty	Medium.		
Towns	María and Velez Blanco.		
Access	A-317.		



The route begins at the exit from Velez Blanco, a municipality with interesting monuments such as the Marqueses de los Vélez Castle, which can be seen from the entire route. The first ascent takes us to the Collado de las Arenas viewpoint and a little further on to Los Llanos de Ijarro, through olive groves and almond trees. The route continues, following the course of the Claro River ravine until the Fuente del Peral, close to the country estate with the same name. We turn left off the path (continuing straight on leads to the Solana del Maimon route)

to continue towards María, by climbing the Cuesta del Perentin. The last section takes us under the Peñón de San Blasco, the Umbria de la Virgen (an area of special protection within the Park) and the almond groves of the Cortijo de la Peguera, to then reach María, the end of the route.

- 1. View of Velez Blanco.**
- 2. Vegetation on the hillsides of Sierra María-Los Vélez.**



Cadiz

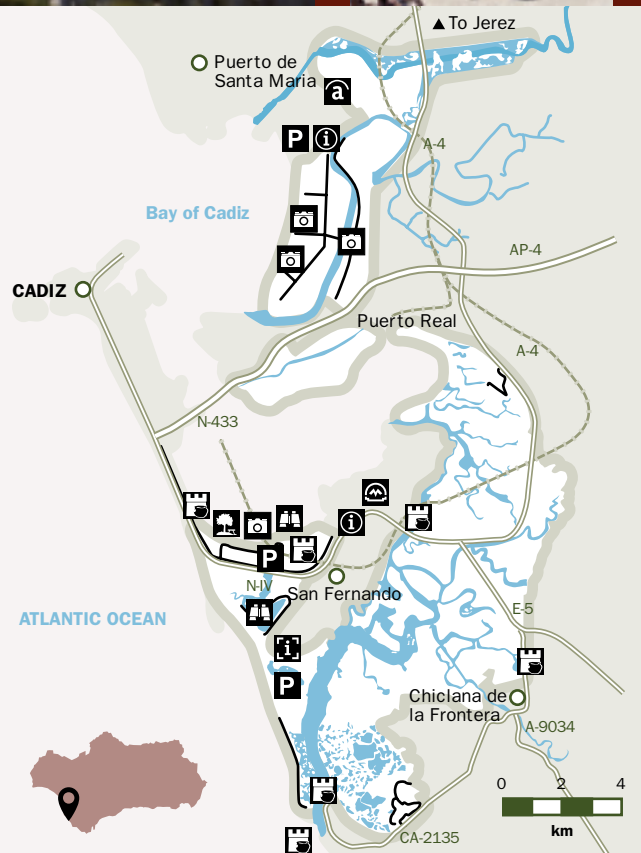
BAHIA DE CADIZ



Expanse **10,500 ha.**
Municipios **San Fernando, Chiclana de la Frontera, Puerto Real, Puerto de Santa María and Cadiz.**



1. Sailing in the Bay of Cadiz.
2. Sancti Petri in Chiclana.
3. The Caleta beach.



Discover all the details about this Natural Area



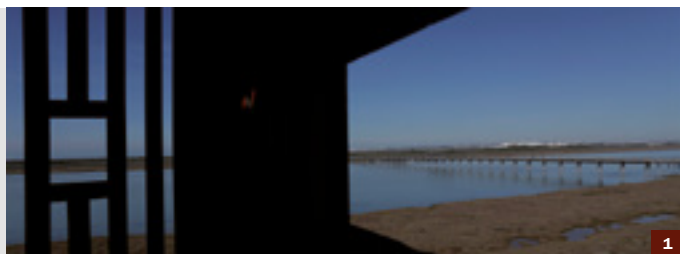
The rhythm of the Atlantic tide sets the tempo for the natural park that fills or empties its tributaries, estuaries and wetlands depending on the ocean. The wealth of birdlife in the area that lives and feeds here, together with the wonderful gastronomy, based on the famous estuarine fish, molluscs and crustaceans make this a wonderful place. In front of the park, the famous Island of Sancti Petri, thought to have been the location of the Temple of Hercules.

The route LOS TORUÑOS

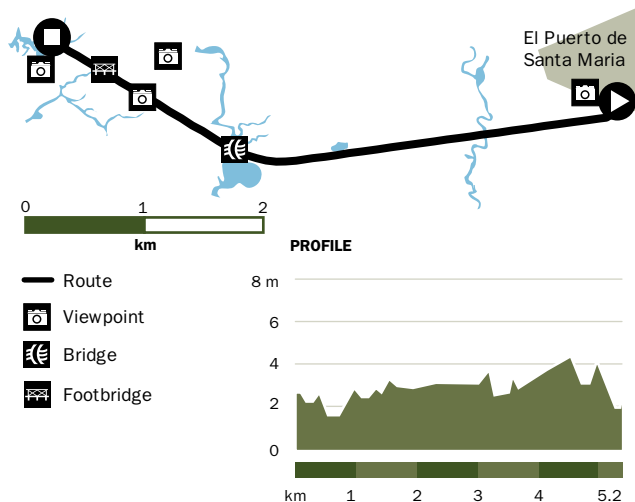
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Route	↔	Access	CA-32.
Length	5.2 km.	Landmark	Salinas de los Desamparados.
Duration	2 h.	Others	It is essential to take drinking water. The route begins 500 metres from the Venta el Macka restaurant, on the Valdelagrana urbanisation.
Difficulty	Low.		
Towns	El Puerto de Santa María.		



1



2

This route covers the best-kept marshlands in the Bahía de Cádiz Natural Park, through the Marismas de los Toruños Metropolitan Park. There is a gate on the Valdelagrana beach path with an information board that indicates the start of the route.

The San Pedro River runs along the left of the track and on the opposite side, we can see the Desamparados Salt Mine. We have to cross the Caño del Bote, the first of the three access points to the Levante

beach. At the third point, we cross the San Pedro River to Pinar de la Algaida and then another wooden bridge, over the Caño del Caseron. There is a wooden viewpoint tower visible in the background that offers marvellous views of Cádiz and Puerto Real. Further along, a track leads to the Levante beach, but we have to continue along a walkway to the Los Toruños viewpoint, the end of the route between the marshlands, the San Pedro River and the Punta de Saboneses.

- 1. Bridge in Los Toruños**
- 2. Vegetation**

Cadiz LA BREÑA AND MARISMAS DEL BARBATE



Expanse **5,100 ha.**
Towns **Barbate and Vejer.**



1



2

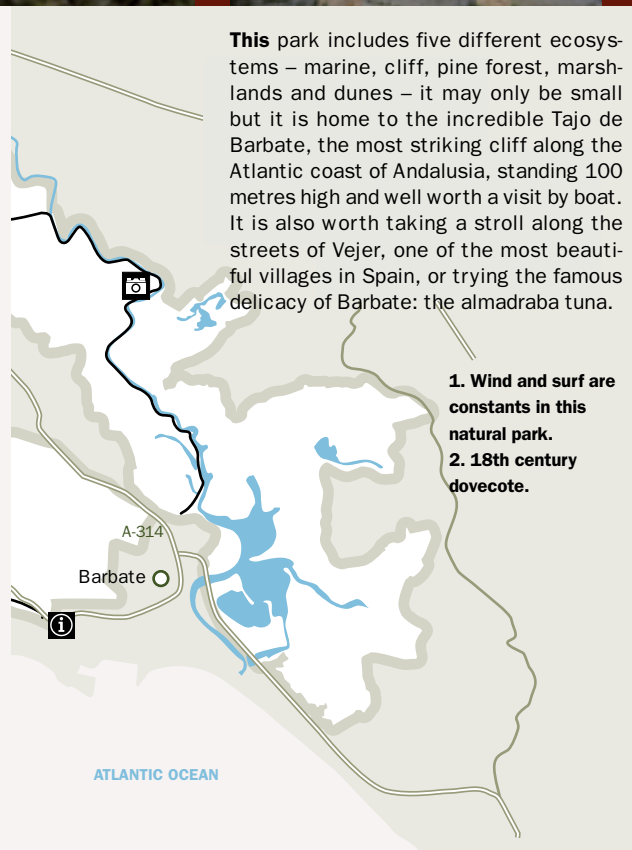


Discover all the details about this Natural Area



This park includes five different ecosystems – marine, cliff, pine forest, marshlands and dunes – it may only be small but it is home to the incredible Tajo de Barbate, the most striking cliff along the Atlantic coast of Andalusia, standing 100 metres high and well worth a visit by boat. It is also worth taking a stroll along the streets of Vejer, one of the most beautiful villages in Spain, or trying the famous delicacy of Barbate: the almadraba tuna.

1. Wind and surf are constants in this natural park.
2. 18th century dovecote.



The route MARISMAS DEL BARBATE

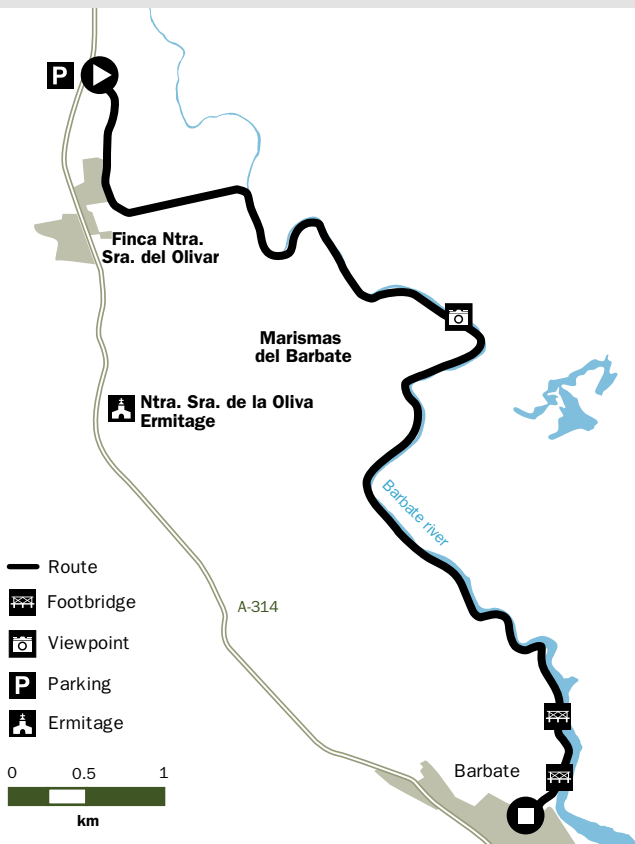


Route	↔	Access	N-340.
Length	8,5 km.	Landmark	Tajo tower
Duration	1 h.	Other	During the 20th century the Wetlands of Barbate were considered unhealthy and there was even talk of drying them up. Today they are a Protected Site.
Difficulty	Medium.		
Towns	Vejer de la Frontera and Barbate.		

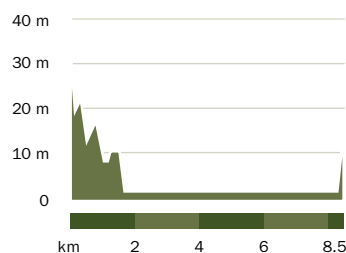


The sea and the earth mingle in the wetlands of the Barbate River as we will see throughout this beautiful route offering varied landscapes. This is an ideal cycling route as gradients never exceed 2%. The route begins in the wastewater treatment station between La Barca de Vejer and Barbate and at first it will take us through reed beds and orchards until we reach a stone wall which we shall leave to our left. A little further along we will come across the Barbate River, which marks the outline of the route, with countless splits and the continuous presence of water. These wetland areas are the ideal land for migratory birds, otters, reptiles and amphibians... Plants have adapted to the salty mixture of seawater. The river itself leads us to the end of the route, on the border of the Natural Park and a little further along, to the fishing town of Barbate, which is well worth a visit.

- 1. It is not unusual to come across the characteristic harmless cattle along the way.**
- 2. The Tajo tower.**



PROFILE

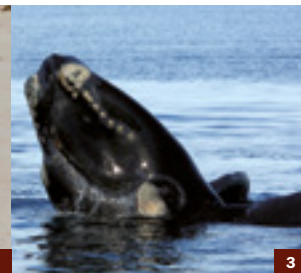


Cadiz ESTRECHO



Expanse **19,000 ha.**

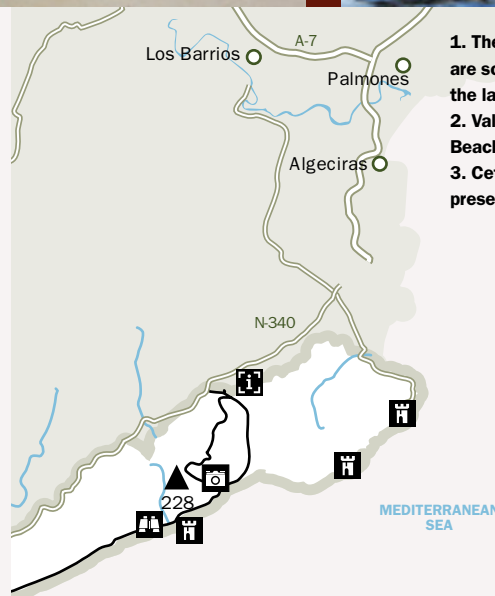
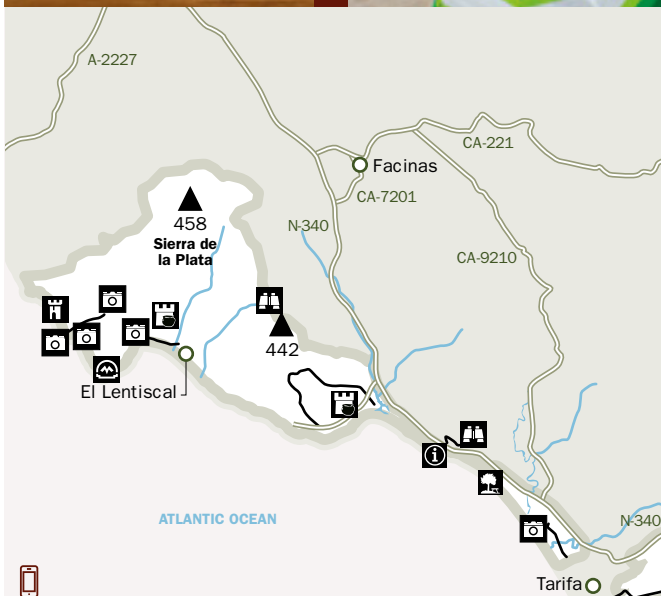
Towns **Algeciras, Tarifa.**



1

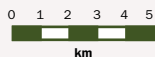
2

3



1. The wind parks are scattered across the landscape.
2. Valdevaqueros Beach.
3. Cetaceans. present.

Discover all the details about this Natural Area



This is one of the most important biodiversity hotspots in the world. On the one hand, the meeting of the Mediterranean and the Atlantic allows us to watch the crossing of Cetaceans. On the other, the proximity between Europe and Africa offers a spectacular show as bird species cross in their thousands. Combined with a relief of fine sandy beaches and caves and gorges.

The route CERRO DEL TAMBOR

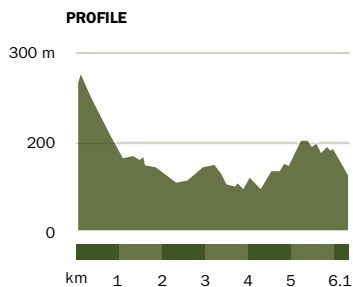
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Route	↔	Access	N-340.
Length	6.1 km.	Landmark	Cortijo de la Joya.
Duration	1 h 30'.	Others	It is essential to take drinking water. Special care should be taken around loose cattle.
Difficulty	Low.		
Towns	Tarifa and Algeciras.		



- Route
- Visitor Center
- Parking
- Cortijo
- Viewpoint
- Recreational Area
- Elevation
meters



The route begins at the Huerta Grande Visitor's Centre, in the Pelayo district, with a gentle descent of approximately 800 metres until we reach a crossing where we have to take a tight right turn (from here we will be able to see the African coastline). We have to cross a group of houses and cultivated land until we enter the Mediterranean area of the Estrecho Natural Park, with cliffs and pebbled beaches. We then pass through the La Joya country estate and the Malaber stream to then enter a low forest that borders a hillside where cattle normally graze.

Further along we climb towards the Canchos de los Parrales and a wind park to continue along a dirt track on the right hand side towards the mouth of the Guadamesi River. Finally, a path on the left will lead us to an old bunker now converted into a viewpoint; this is the end of the route, from where cetaceans such as dolphins or pilot whales can often be spotted.

1. The Cerro del Tambor route offers spectacular views.

Cadiz, Malaga

LOS ALCORNOCALES

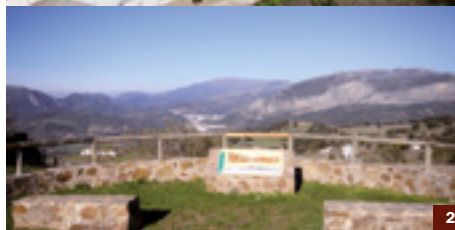


Expanse **168,000 ha.**

Towns **Alcala de Los Gazules, Algar, Algeciras, Arcos de La Frontera, Los Barrios, Benalup-Casas Viejas, Benaocaz, El Bosque, Castellar de La Frontera, Jerez de La Frontera, Jimena de La Frontera, Medina Sidonia, Prado del Rey, San Jose del Valle, Tarifa, Ubrique, Cortes de La Frontera.**



1



2

1. Jimena de la Frontera.
2. Viewpoint in Ubrique.



The southernmost cloud forest, a true Mediterranean jungle, with little streams closed in by the Tertiary vegetation... Los Alcornocales is pure magic, an area full of rainwater or seawater, where we can hear invisible animals and where we can enjoy unexpected views of the sea or the mountains. A large variety of birds of prey, aromatic plants, roe deer, fallow deer and deer and villages such as Castellar, round off a perfect experience.



Discover all the details about this Natural Area



The route

ALJIBE

Full information about this route by scanning this QR code



Route	↔	Access	A-2304.
Length	10,5 km.	Landmark	MAB.
Duration	1 h 30'	Other	Authorisation must be obtained. Depending on the time of the year, it may be closed to visitors as a result of selective hunting or control activities.
Difficulty	Medium-high		
Towns	Alcala de los Gazules and Cortes de la Frontera		

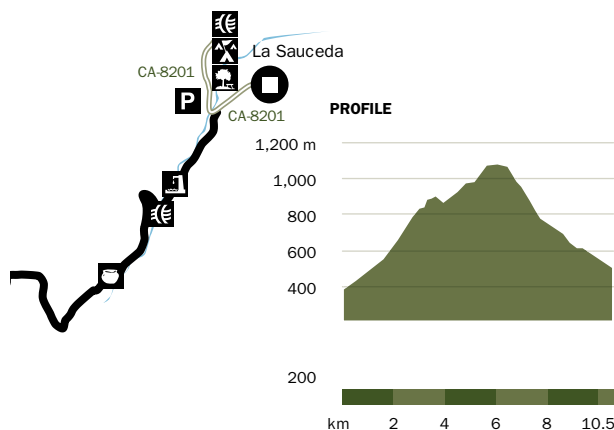
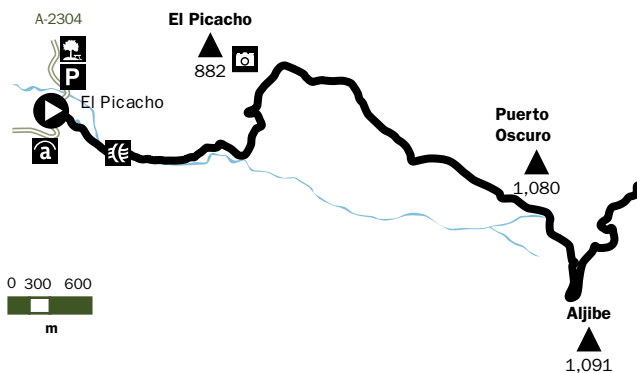


- Route
- Recreational area
- Viewpoint
- Parking
- Nature classroom
- Bridge
- Fountain
- Organized camping area
- Ethnographic site
- Elevation meters

Give the incline and type of terrain, the difficulty level is intermediate. The Aljibe route will enable the most experienced touring cyclists to enjoy one of the most impressive views of the Sierra de Grazalema Natural Park and even the Natural Park of Sierra de las Nieves in the distance. The route will take us to one of the park's summits, over 1,000 metres high. From the recreation area of Picacho we will start to climb, gradually leaving behind a lake, a trail, a bread oven and a walkway, until we reach a river which we will follow, always climbing, in parallel. This initial climb, approximately 4 kilometres long, leads to a mountain pass where we can rest before tackling the last section of the climb. Along

the way we will come across a pool which, legend has it, Isabella I of Castile bathed in during the Reconquest campaign in the area and a little further along we will reach the summit (1,092 metres). The descent begins here along tracks and forest roads, which take us to our destination point at La Saucedá.

1. El Picacho.



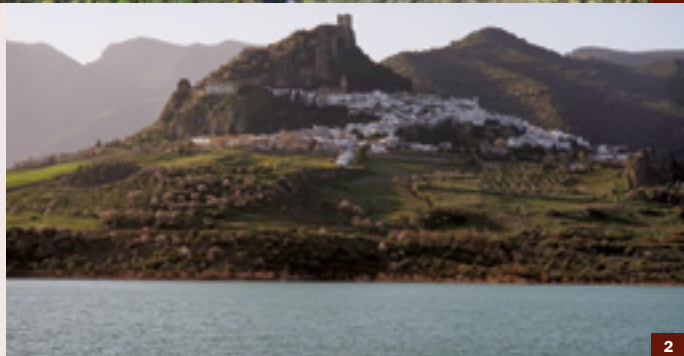
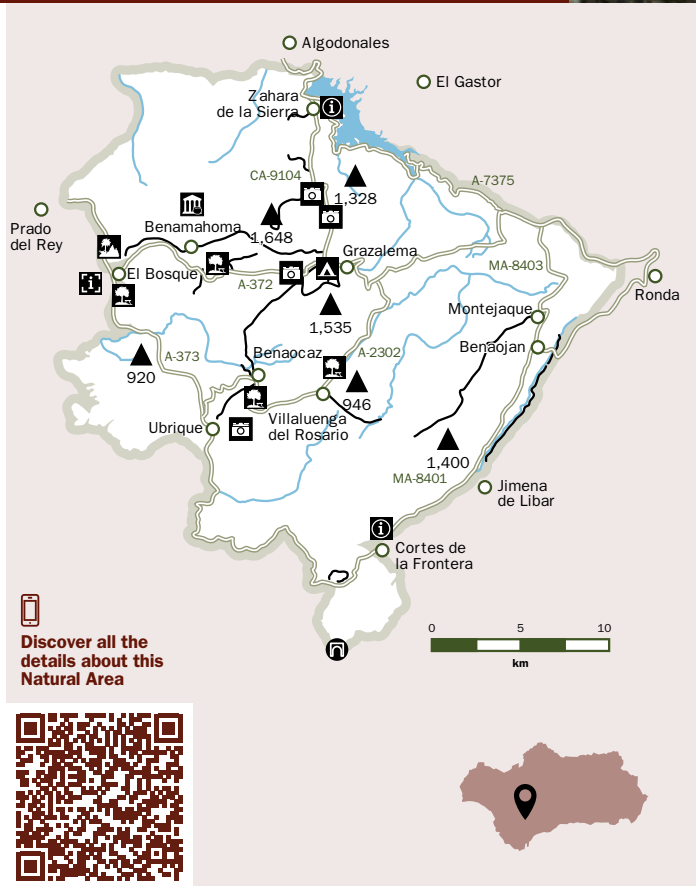
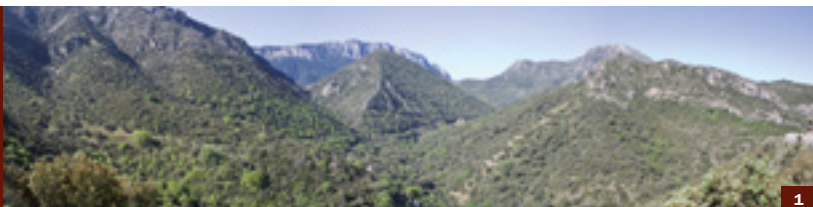
Cadiz, Malaga

GRAZALEMA



Expanse **53,500 ha**

Towns **Algodonales, Benaocaz, El Bosque, El Gastor, Grazalema, Prado del Rey, Ubrique, Villaluenga del Rosario, Zahara, Benaojan, Cortes de La Frontera, Jimera de Libar, Montejaque, Ronda.**



An abrupt and captivating landscape, full of gorges, such as the famous Garganta Verde, and large caves such as the complex subterranean Hundidero-Gato cave, the longest pothole in Andalusia, as its finest example. The presence of the Spanish fir tree, an unforgettable tree from the Tertiary period, is partly because it is the rainiest place in Spain. Its mountains, including the highest ones in Cadiz, are covered by a thick forest of holm oaks, gall oaks, and cork oaks and the riparian vegetation accompanies waterways such as the well-preserved Majeite River. Equally beautiful is the well-known white village route, with Ronda as its most prized jewel and water sports can be enjoyed in some lakes. The wide variety of birds making the natural park an area of special protection for birds also contributes towards making this area well worth a visit.

- 1. The imposing relief of the Sierra de Grazalema.**
- 2. Spectacular view of Zahara de la Sierra and its reservoir.**

La ruta LLANOS DEL RABEL

Full information
about this route
by scanning this
QR code

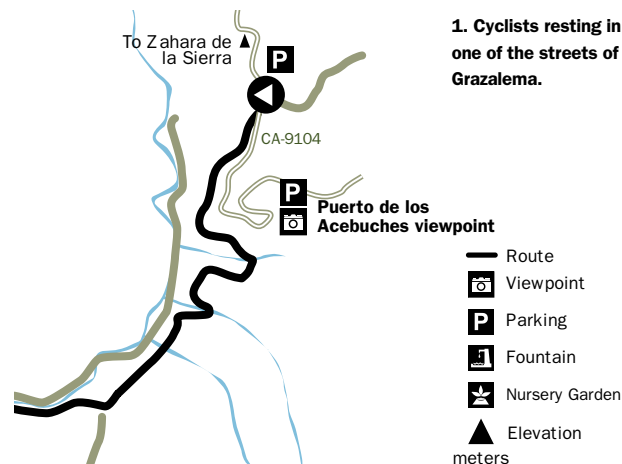
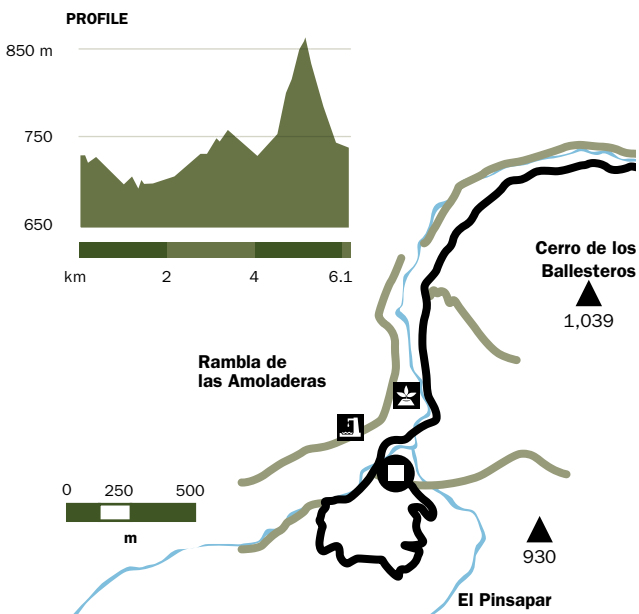


Route	↔	Landmark	MAB.
Lenght	6,1 km.	Others	Authorisation must be obtained and bear in mind that during the summer months as a result of forest fire preventive measures the route is cut short and ends at Los Llanos del Rabel.
Duration	1 h.		
Difficulty	Low.		
Towns	Grazalema.		
Access	A-372 CA-9104.		



1

The smooth track on this route enables us to cycle inside the Reserve Area of the Sierra de Grazalema Natural Park. A forest road stems from between here and Zahara de la Sierra which we will stick to throughout the route, which will take us through Spanish fir forests and Mediterranean vegetation; we will also be able to admire the majestic



1. Cyclists resting in one of the streets of Grazalema.

flight of the vultures. During the initial section, next to the Pinar River, we will cross a number of firebreaks and we will border the Cerro de los Ballesteros, amid gall oaks and a number of small Spanish fir tree woods. Soon we will reach Llanos del Rabel, next to a tree nursery and the Sierra del Pinar; from here we can see the summit of the province of Cadiz, the Pico del Torreón (1,648 m). A short circular route will take us to the lower part of the forest, except during the summer months, when it is closed to the public in order to protect this species from forest fires.

Cordoba SIERRAS SUBBETICAS



Expanse **32,000 ha.**

Towns **Cabra, Carcabuey, Doña Mencía, Iznujar, Priego de Córdoba, Rute, Luque and Zuheros.**

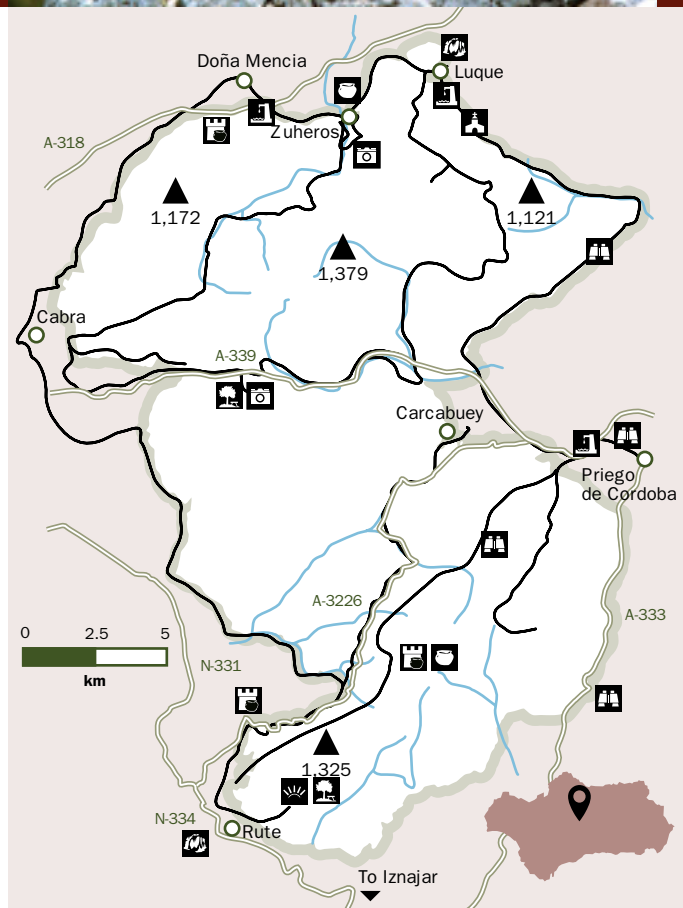
1. Cabra.
2. Birdwatching is one of the many activities that can be enjoyed in the Sub-Baetic Mountain Ranges.



Discover all the details about this Natural Area



This geo-park offers a geological display and unbeatable caves and potholes. Thanks to the water perforating the mountains, there are channelled rivers or majestic fountains in its beautiful villages such as Zuheros and Priego. The peaks of Picacho and LaTiñosa, offering views across Andalusia, caves such as the Murcielagos or the abundance of wild mushrooms, all form part of the elements that make this park so appealing.

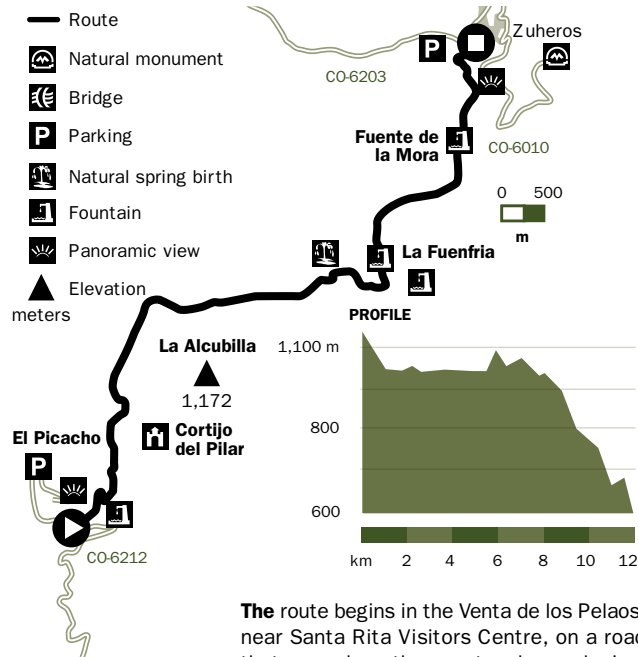
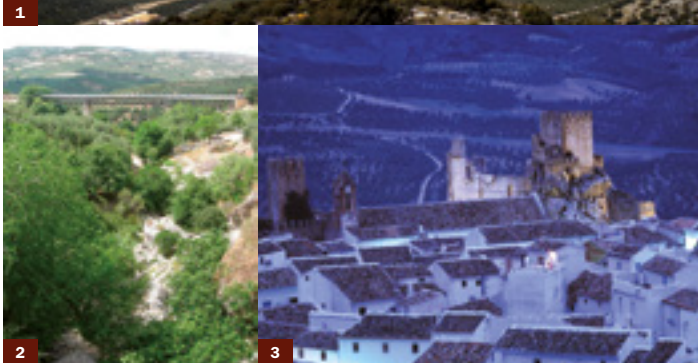
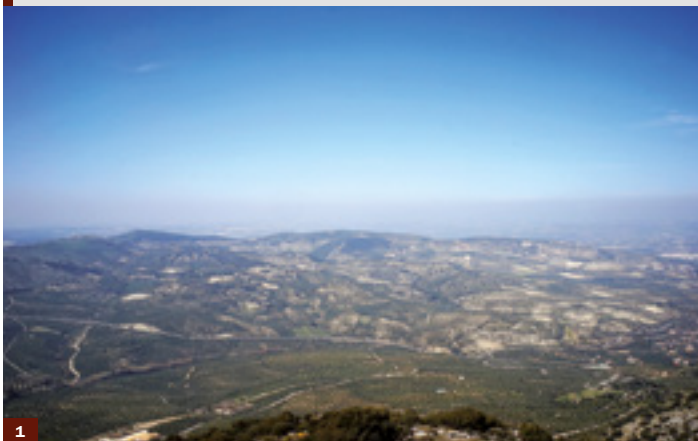


The route BAILON RIVER

Full information
about this route
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QR code



Route	↔	Landmark	Picacho de la Cabra.
Length	12 km.	Others	Authorisation must be obtained (from the Environment Office, Santa Rita Visitor's Centre, the Cueva de los Murcielagos Eco-museum or the Zuheros Tourist Information Point). The route cuts across private properties.
Duration	6 h 30'.		
Difficulty	Medium.		
Towns	Cabra and Zuheros.		
Access	A-405, CA-9201.		



The route begins in the Venta de los Pelaos, near Santa Rita Visitors Centre, on a road that runs along the spectacular geological formations of Lapiaz de los Lanchares.

4 km after the start, we reach the Picacho de Cabra, offering fabulous views of the surrounding areas. This is where the actual Río Bailon route begins, along the Nava de Cabra, a karst polje or flat area enclosed by mountains, where the source of the main river along the route is located. After crossing the polje, we will pass a holm oak forest which will take us to the Arrebola and Fuenfria plains. A narrow trail will guide us to the Cerro del Zumacal and from here the route descends until it meets the Bailon River again, this time through a narrow canyon, which will lead us directly to Zuheros. In this small village, which marks the end of the route, the Murcielagos Cave is worth a visit.

- 1. Hiker in the Sub-Baetic Mountain Range.**
- 2. Flora within the Park.**
- 3. Zuheros.**

Cordoba

SIERRA DE HORNACHUELOS



Expanse **60,000 ha**

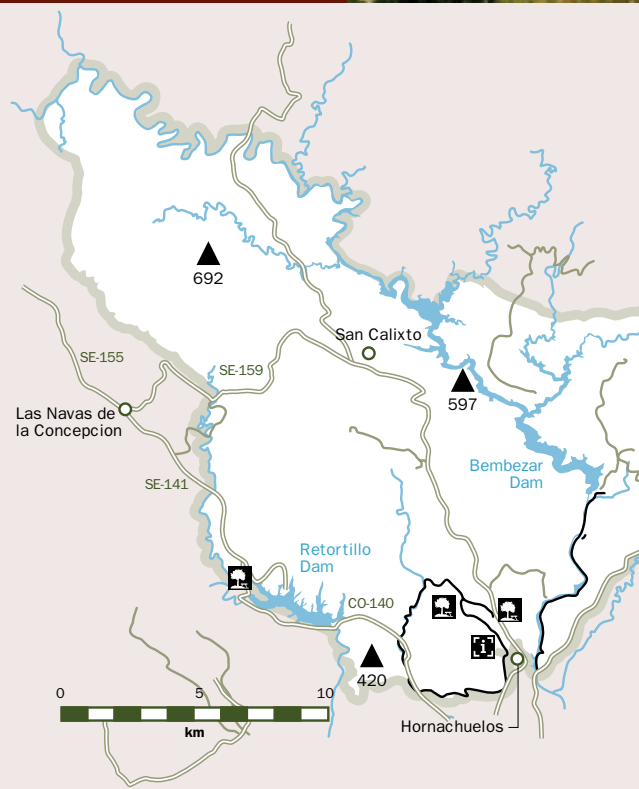
Towns **Almodovar del Rio, Cordoba, Hornachuelos, Posadas, Villaviciosa de Cordoba**



1



2



Three rivers, the Bembezar, the Guadiato and the Retortillo, cut through the park forming attractive borders in this incredible ecosystem of pastureland and shady riverbanks. On the horizon we can spot the outline of castles and admire the flight of a variety of birds of prey; and this vast area also offers the most delightful sights: Willow plantations, reservoirs, pasturelands and small villages. The cuisine: local honey and game.

- 1. View of the Natural Park.**
- 2. Hornachuelos with its caliphal castle in the foreground.**



Discover all the details about this Natural Area



The route BEMBEZAR RIVER

Full information
about this route
by scanning this
QR code

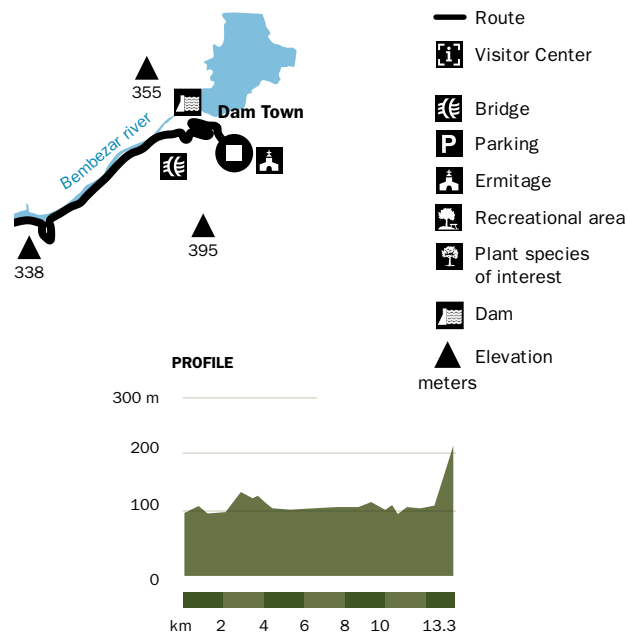


Route	↔	Access	CO-5314.
Length	13.3 km.	Landmark	Poblado del embalse.
Duration	4 h.	Others	It is essential to take drinking water and to make sure the water from the springs along the way is safe to drink.
Difficulty	Medium-low.		
Towns	Hornachuelos.		



- 1. The Bembazar runs between the hillsides of the Sierra de Hornachuelos.**
- 2. Cattle breeding is one of the main activities in the region.**
- 3. The beautiful pasturelands can be enjoyed along the route.**

To start the route we have to cross the diversion dam over the Bembazar River, in the extreme south of Hornachuelos. The route always runs north, leaving the reservoir on the left. Approximately 800 metres along, we cross a small stream and two kilometres further on, after a sharp bend, we will come across an amazing old abandoned building: The Santa Maria de los Angeles Convent, built in the 15th century, although the oldest preserved building is the 18th century chapel. We follow the route and approximately 500 metres along, the first nests appear, a characteristic feature of this route. We will cross three streams, the Guazulema, Cinco Aguas and Calderas; a track leads from the latter to the end of the route in the Poblado del Embalse over the Bembazar River.



Cordoba

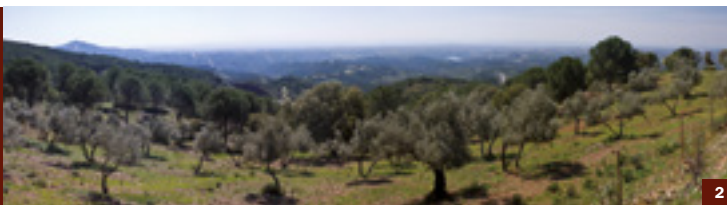
SIERRA DE CARDEÑA Y MONTORO



Expanse **38,500 ha.**

Towns **Cardena and Montoro.**

1. Schoolchildren hiking in Cardena and Montoro.
2. Pastureland.
3. Ocellated lizard.



2



3



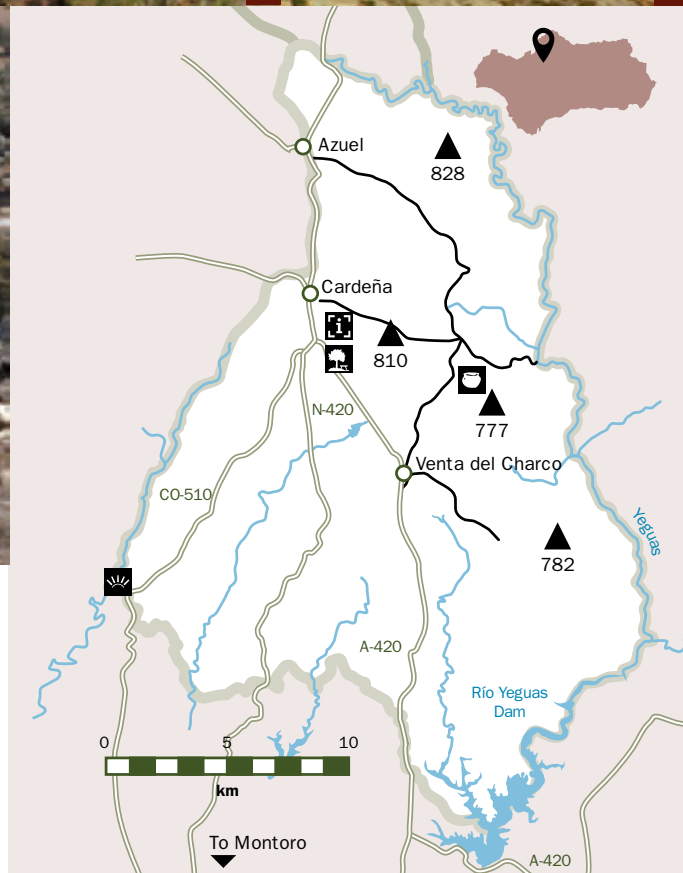
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Discover all the details about this Natural Area



A serene land of green pastures, except in the Yeguas and Arenoso Rivers, a rugged area inhabited by otters and lynx. Pine forests and Mediterranean woodlands complete a setting where birds of prey, game and Iberian pork and beef products abound. An absolute must is a visit to Montoro, with the famous meandering Guadalquivir, or the Cardena villages situated on the old route to Castille before Despeñaperros emerges.

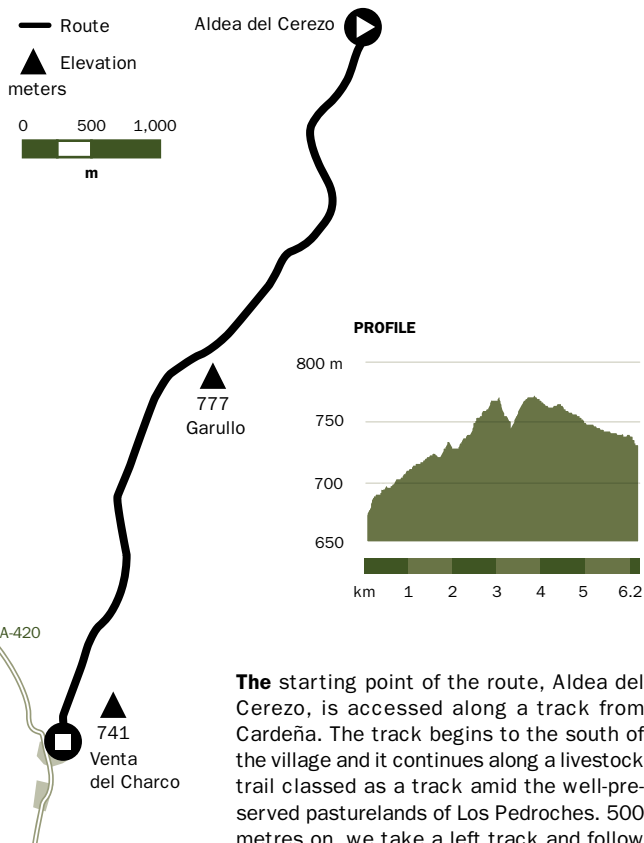


The route ALDEA DEL CEREZO- VENTA DEL CHARCO

Full information
about this route
by scanning this
QR code



Route	↔	Access	N-420, A-423, A-420.
Length	6.2 km.	Landmark	Loma del Garrullo.
Duration	2 h.	Others	Another three Park routes converge at Aldea del Cerezo and another at the Venta del Charco inn. The route crosses a number of livestock paths.
Difficulty	Medium-low.		
Towns	Cardeña.		



The starting point of the route, Aldea del Cerezo, is accessed along a track from Cardeña. The track begins to the south of the village and it continues along a livestock trail classed as a track amid the well-preserved pasturelands of Los Pedroches. 500 metres on, we take a left track and follow it another 500 metres until the Valdecañas

path, which we will follow southeast. After another 500 metres we will reach some cattle farms and we will follow the road right along another track. We climb the Loma del Garrullo and when the descent begins we will come to a crossing where we must go straight on. One kilometre from this point we will cross a small Pyrenean oak forest, the only ones in the province of Cordoba. A kilometre and a half later, the track ends at the Venta del Charco inn. The route follows livestock trails, as indicated by the profuse and recent signposts. These trails form part of a huge network of tracks stemming from the Middle Ages throughout Spain and for centuries they were the only way of joining up the areas.

1. El Cerezo small town.

Granada

SIERRA DE BAZA



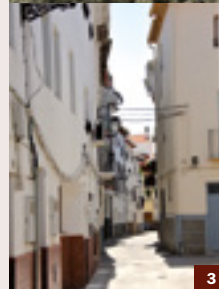
Expanse **53,600 ha.**
Towns **Baza, Caniles, Dolar, Gor and Valle de Zalabi.**



1



2

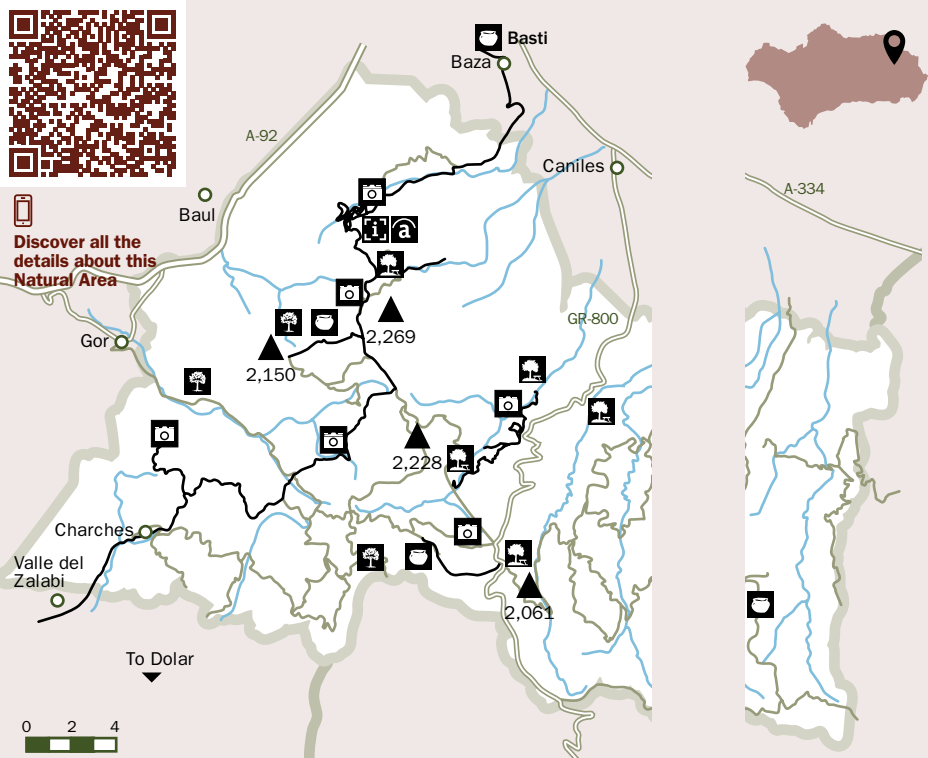


3

1. A small town in the Sierra de Baza.
2. Vegetation.
3. Baza street.



Discover all the details about this Natural Area



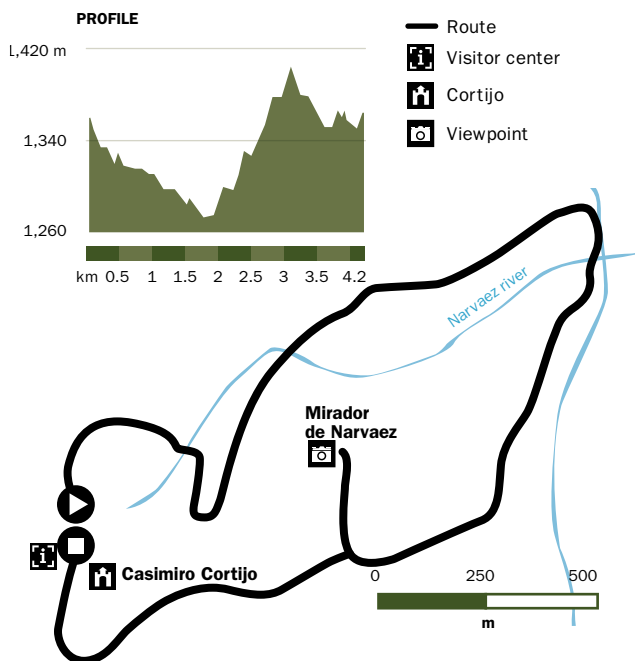
The natural park's profile is a large mountain over 2,000 metres tall at its highest point in the middle of a steppe scenery with a large variety of plants as well as fruits from the fungi kingdom: Wild mushrooms and truffles. The heart of the mountain range is mining and the monumental and spectacular town of Baza offers the perfect complement, amid a giant valley.

The route NARVAEZ VIEWPOINT

Full information
about this route
by scanning this
QR code



Route	↔	Landmark	Narvaez Visitor's Centre.
Length	3.2 km.	Others	The starting point for this route is the Narvaez Visitor's Centre, which is worth visiting to get an in-depth overview of the characteristics of the Sierra de Baza Natural Park.
Duration	50'.		
Difficulty	Low.		
Towns	Baza.		
Access	A-92.		



The route begins in the Narvaez Visitor's Centre in the Sierra de Baza Natural Park, which is accessed via the A-92 motorway (via the exit at kilometre 324).

From here an easy track takes us to the Narvaez Viewpoint, a fire watchtower adapted for tourism purposes, since it of-



fers marvellous views of the Natural Park. To the south we can clearly see the Calar de Santa Barbara peak, which is 2,271 metres high and is the highest point of the Sierra de Baza Natural Park. We can also see the Narvaez country estate (Visitor's Centre) and the Casimiro country estate, together with old mining installations such as the Poblado del Tesorillo, which bear witness to the presence in the area of important mining sites producing zinc or lead.

- 1. The Narvaez viewpoint offers spectacular views for visitors.**
- 2. The lookout tower converted into a tourism resource.**

Granada

SIERRA DE CASTRIL



Expanse
12,700 ha.

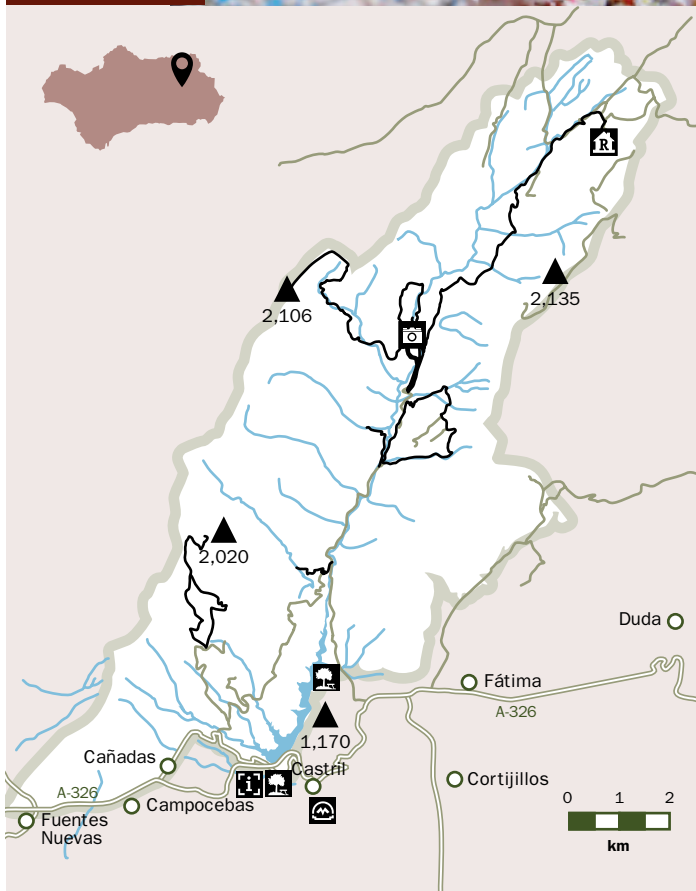
Towns
Castril.



1



2



3

1. Cherry tree in bloom in Sierra de Castril.
2. The Portillo reservoir.
3. The Castril River and its clear waters.



Discover all the details about this Natural Area



The Castril River is the heart of the natural park, moulding the landscape and it is the reference point for the locals. Its extraordinary beauty is evident in the riparian forest, in the purity of the water, with a marvellous trout population and in its rugged gorges. Holm oaks, maples, oaks and at the very top, dwarf junipers and piornos, a yellow flowered shrub. A spiritual landscape.

The route

CORTIJO DEL NACIMIENTO-PRADOS DEL CONDE

Full information about this route by scanning this QR code



Route	↔	Access	A-326.
Length	12,3 km.	Landmark	Source of the Castril River.
Duration	2 h.	Others	It is important to carry drinking water.
Difficulty	Medium.		
Towns	Castril.		



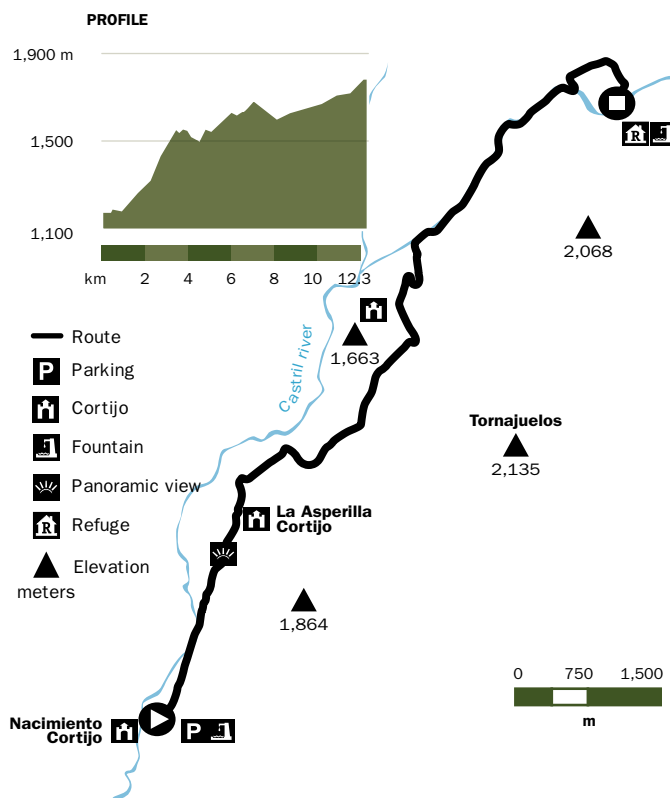
1. Old willow on the Castril River.

Access is from the municipality of Castril and we will then follow a forest road to the Cortijos del Nacimiento, where the route begins. We take the track below the huge pipe and five hundred metres further along the track splits; we must take the right fork, although the one on the left takes us to the spectacular source of the Castril River.

You will discover this river's crystalline waters, bordered by willows, olive willow, ash trees and black poplar, and a number of streams join this river cutting out deep and majestic ravines, narrowing at the estuary mouth. This route will also enable us to discover the starting point for other routes.

There are a number of farms, particularly sheep farms

It starts with a powerful climb with a 500 m incline along an area of rugged relief, with views of ample meadows with bushes and scrubland and high mountain fields. There are a number of farms, particularly sheep farms. The presence of these flocks of sheep on these mountains is lost in the mists of time, so much so that it could be said that the landscapes of these mountains have been changed mainly by the farming activities that have always been carried out here. We will come across permanent remnants along the way of this piece of history that is still alive today.



Granada

SIERRA DE HUETOR



Expanse **12,000 ha.**

Towns **Alfacar, Beas de Granada, Cogollos Vega, Diezma, Huétor-Santillán, Nívar, Viznar.**



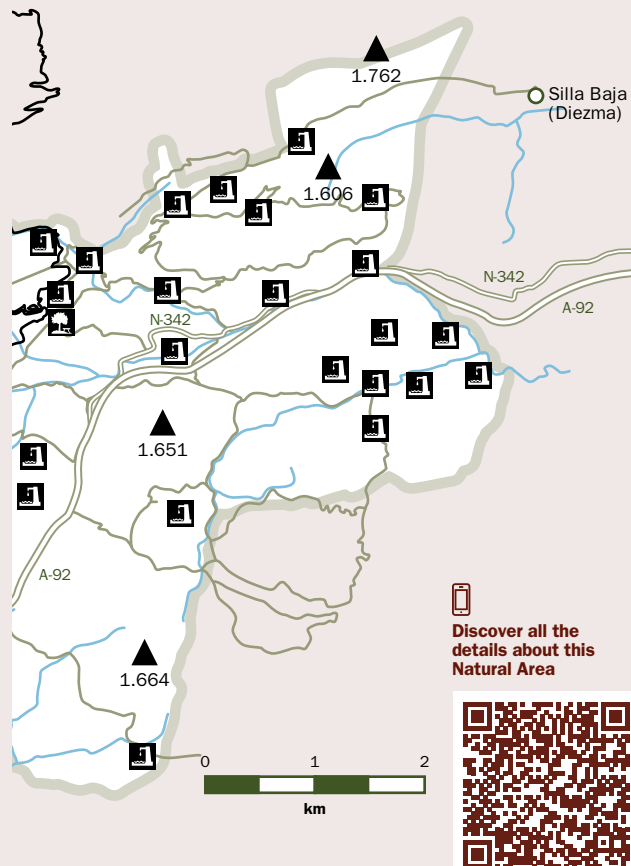
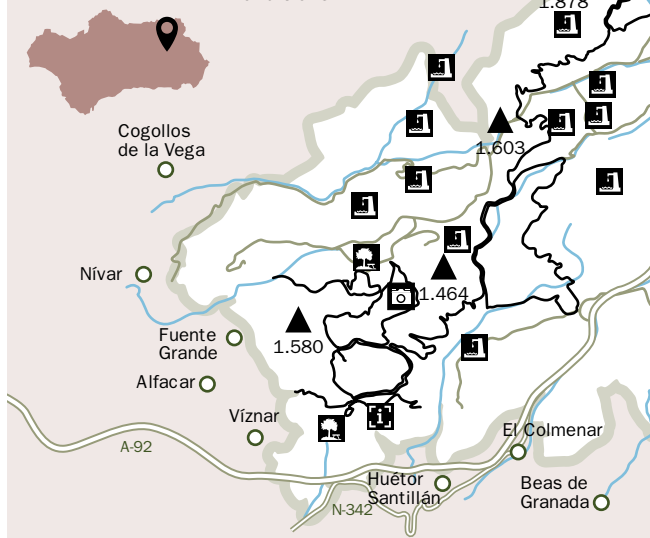
1



2

- 1. Vegetation.
- 2. Garcia Lorca Park.

The Moorish past is ever-present in the Sierra de Huétor Natural Park and it takes visitors on a journey through the labyrinth of villages, irrigation canals and forests. Located only a few kilometres from Granada city, this natural area, although only small, has plenty to offer, including its highland cuisine and vast network of routes and trails.

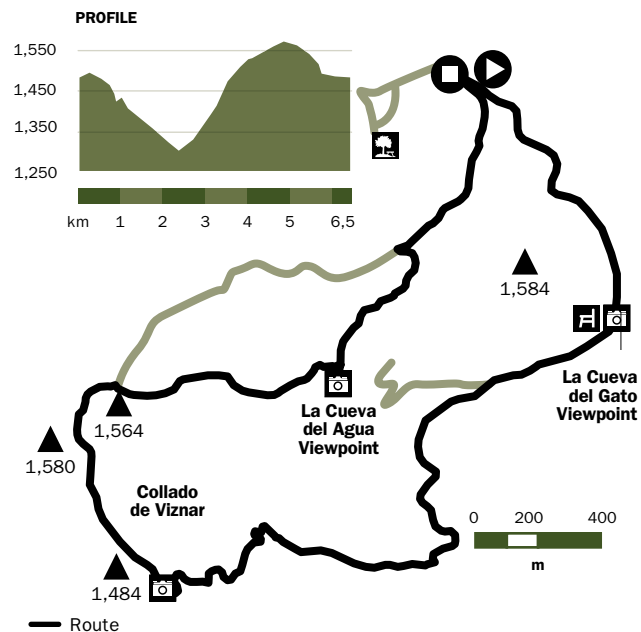


The route CUEVA DEL AGUA

Full information
about this route
by scanning this
QR code



Route		Access	A-92, GR-NE-52.
Length	6.5 km.	Landmark	Collado de Viznar.
Duration	3 h.	Others	The Cueva del Agua is not accessible for conservation reasons.
Difficulty	Low.		
Towns	Viznar and Alfacar.		



This circular route begins at the Puerto Lobo Visitor's Centre and from here we have to follow the Lobo-Alfaguara track for around five kilometres. The route itself actually begins close to an old forest plant nursery and after walking a kilometre of track we will reach the Cueva del Gato viewpoint, with views of the Darro valley.

From here we follow the route to the right, which descends down the Umbria ra-



1



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3

vine down to Collado de Viznar, where we can see the Sierra de Almijara, Sierra Nevada and the Viznar and Vega de Granada mountain. The descent takes us through holm oaks and to the left of the route we can see a dolina. We will then reach the Cueva del Agua viewpoint, which the route is named after and from here a gentle 1.5 kilometre descent takes us to the starting point of this circular route.

- 1. Olive tree with views over the mountain range.**
- 2. Alfacar Square.**
- 3. The Cueva del Agua route.**

Granada, Malaga

SIERRAS DE TEJEDA, ALMIJARA Y ALHAMA



Expanse **41,000 ha.**

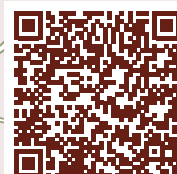
Towns **Alhama de Granada, Arenas del Rey, Jayena, Otivar, Alcaucin, Canillas de Aceituno, Canillas de Albaida, Competa, Frigiliana, Nerja, Salares, Sedella.**



Not one, but three mountain ranges between Granada and Malaga form a spectacular mid-mountain landscape that is very popular among touring cyclists. From the top of the Tejeda summit, the Mediterranean can be seen inviting us to explore the coastline of this Natural Park and an essential part of our journey has to be a visit to the Nerja Caves..

1. Vegetation.
2. Competa.

Discover all the details about this Natural Area



The route FRIGILIANA-FUENTE DEL ESPARTO

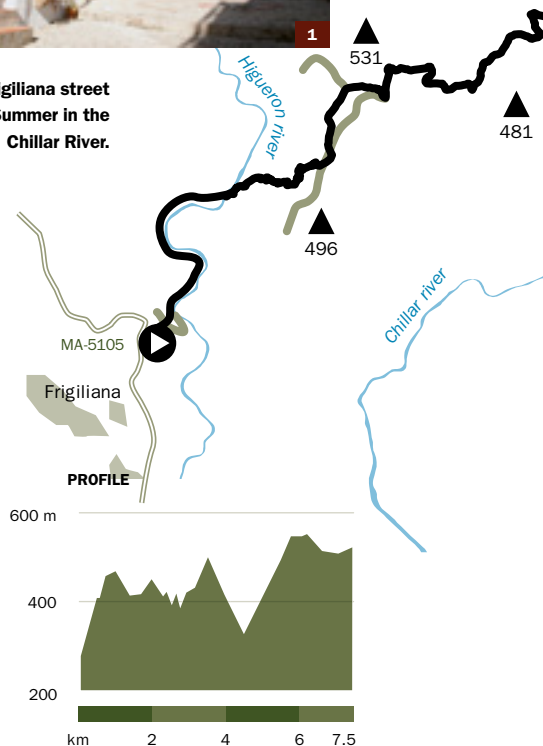
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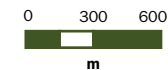
Route	↔	Access	A-7, MA-5105.
Length	7.6 km.	Milestones	Ingenio de Frigiliana.
Duration	3 h.	Others	It is essential to take drinking water and extra care should be taken at the side of flooded rivers.
Difficulty	Medium.		
Towns	Frigiliana and Nerja.		



1. Frigiliana street
2. Summer in the Chillar River.



The Ingenio de Frigiliana, a sugar factory in the heart of the village, marks the start of the route, which at the beginning descends towards the Higuero River, to then continue along the edge of the river for a kilometre upstream to Poza Bata n. A steep climb takes us to the Loma de las Garzas, and we will head north along its summit for around 500 metres. At this point we will descend the hillside to the Pinillo el Viento mountain pass to then climb up to a mountain pass over the Chillar River, one of the most permanent water channels of the Natural Park. From here we will see the path we have to follow to go down to the river and climb up the other side. This will take us to a forest track to the right and we will continue along it until the Apretaderos mountain pass, where we will see a crossing and where we must take a left until we reach our destination, the Fuente del Esparto.



- Route
- Cortijo
- Fountain
- Panoramic view
- Recreational area
- Elevation meters

Huelva

SIERRA DE ARACENA Y PICOS DE AROCHE

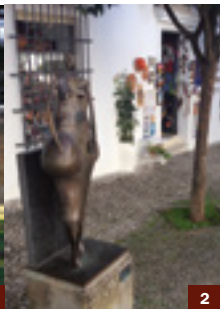


Expanse **187,000 ha.**

Towns **Alajar, Almonaster La Real, Aracena, Aroche, Arroyomolinos de Leon, Cala, Cañaveral de Leon, Castaño del Robledo, Corteconcepcion, Cortegana, Cortelazor, Cumbres de Enmedio, Cumbres de San Bartolome, Cumbres Mayores, Encinasola, Fuenteheridos, Galaroza, Higuera de La Sierra, Hinojales, Jabugo, Linares de La Sierra, Los Marines, La Nava, Puerto Moral, Santa Ana la Real, Santa Olalla del Cala, Valdelarco, Zufre.**



1



2

One of the rainiest forests in Spain is home to dozens of resounding streams and chestnut trees that give this mountain range a beautiful colour in autumn. A large number of routes and other tracks cut across the park, which has countless castles, a haven for hikers and gourmets, given that this is the heart of the wild mushroom territory and the Iberian pig raised on the pasturelands .

- 1. A herd of pigs amid cork trees.**
- 2. Aracena open air museum.**



Discover all the details about this Natural Area



The route

ARACENA-FUENTEHERIDOS

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about this route
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QR code



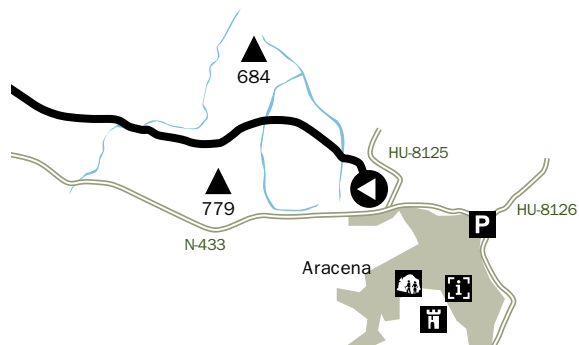
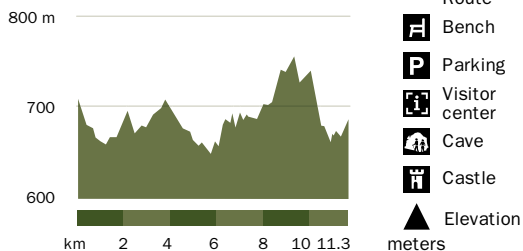
Route	↔	Access	N-433.
Lenght	11,3 km.	Landmark	Los Marines.
Duration	2 h.		
Difficulty	Medium.		
Towns	Aracena, Cortelazor and Fuenteheridos		



1. Fuenteheridos. An industrial estate in Aracena, opposite a petrol station, sees the start of an historic route, as it forms part of the rural road to Seville. Chestnut trees, gall oaks, Pyrenean oaks and ferns border the route and provide shade. We will reach the Guijarra River amid traditional stone walls and as we begin to climb we will come across a fork where we will take a left to reach Los Marines along a beautiful stone pavement. Another two routes begin at Aracena, leading to Cortecapencion and Linares de La Sierra. The long distance GR-47 routes runs through Fuenteheridos and connects the Santa Eulalia Chapel with Hinojales and the GR-48.



PROFILE



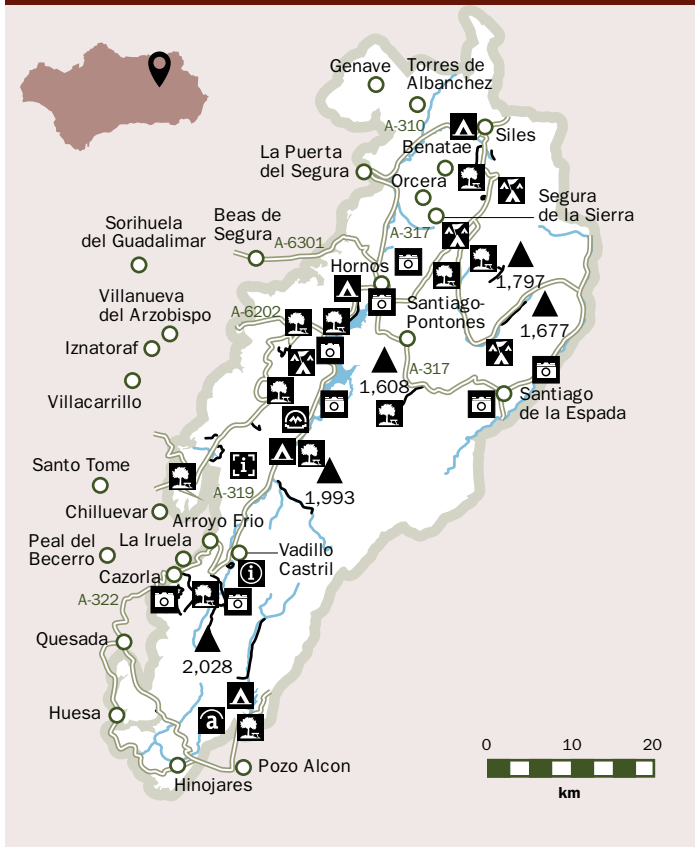
Jaen

SIERRAS DE CAZORLA, SEGURA Y LAS VILLAS



Expanse **210,000 ha.**

Towns **Beas de Segura, Benatae, Cazorla, Chilluevar, Genave, Hinojares, Hornos, Huesa, La Iruela, Iznatoraf, Orcera, Peal de Becerro, Pozo Alcon, La Puerta de Segura, Quesada, Santiago-Pontones, Santo Tome, Segura de La Sierra, Siles, Sorihuela del Guadalimar, Torres de Albánchez, Villacarrillo, Villanueva del Arzobispo.**



1. A hiker in Sierra de Cazorla.
2. A dip in the Las Anchuricas lake.

This is the largest park in Spain. In its infinite highland profile, rock walls emerge amid deep valleys covered by forests with Corsican pine and a large network of rivers. Travellers can enjoy a whole variety of active tourism activities (land, water and air), or try the famous game meat, take pleasure in the autochthonous flora or visit the many gorgeous villages and spectacular routes.



Discover all the details about this Natural Area



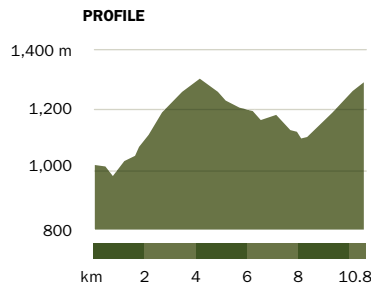
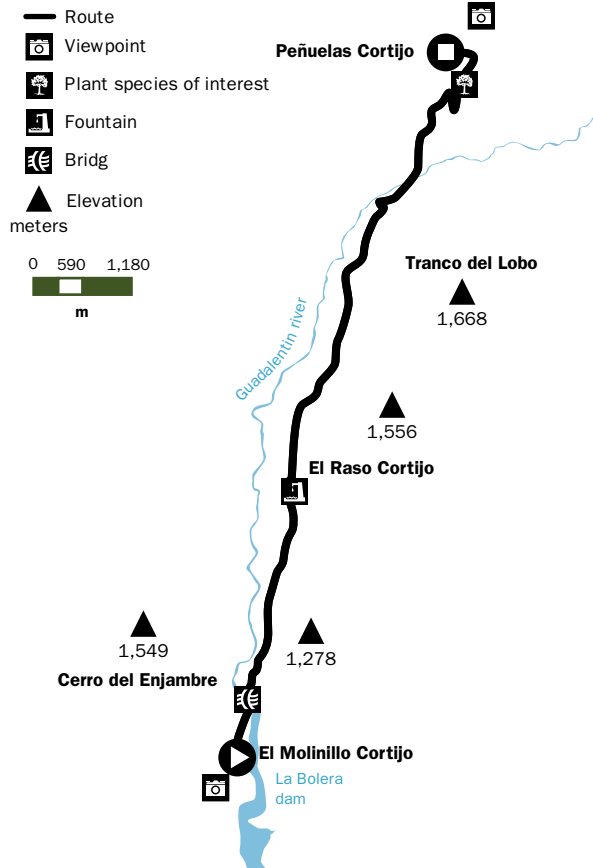
The route

SENDA DE LOS PESCADORES

Full information
about this route
by scanning this
QR code



Route	↔	Access	A-326.
Length	11 km.	Landmark	Vado de las Carretas.
Duration	1 h 30'.	Others	Earth and stone track.
Difficulty	Medium.		
Towns	Pozo Alcon		



1. View of La Bolera reservoir.

This route begins at the Cortijo del Molinillo, located close to the Nature Classroom of El Hornico. The route offers plenty of shade thanks to the pine trees and an elevation change of 320 m. The beauty of this route is definitely the fact that it runs parallel to the Guadalentín River and crosses the spectacular ford of Vado de Las Carretas or the narrow bridge over the Guadalentín River. It is quite common to spot the Spanish wild goat and somewhat harder to spot otters, however we can enjoy view of the stunning La Bolera reservoir and the unusual maple tree forest along the edge of the river.

Jaen

SIERRA DE ANDUJAR



Expanse **75,000 ha.**

Towns **Andujar, Baños de la Encina, Marmolejo, Villanueva de La Reina.**



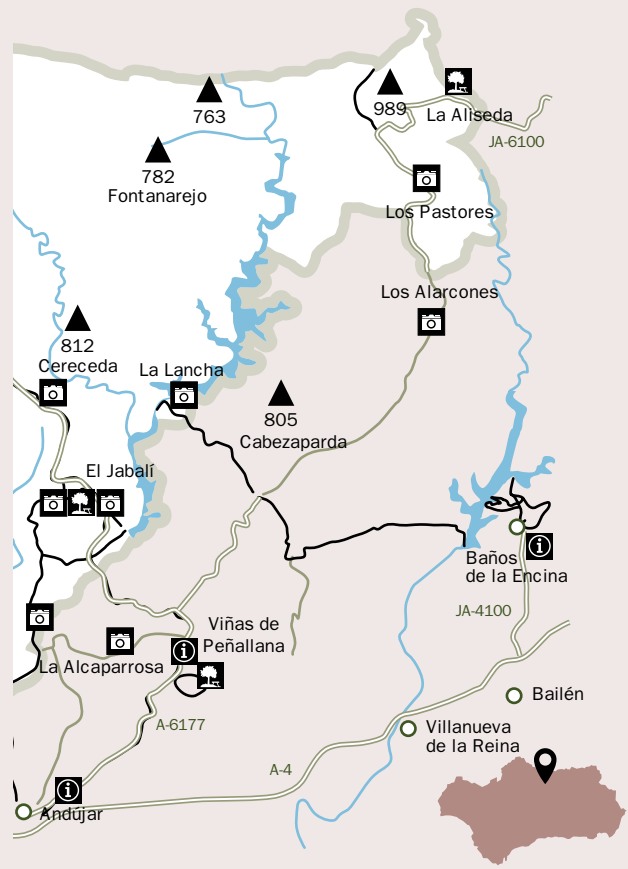
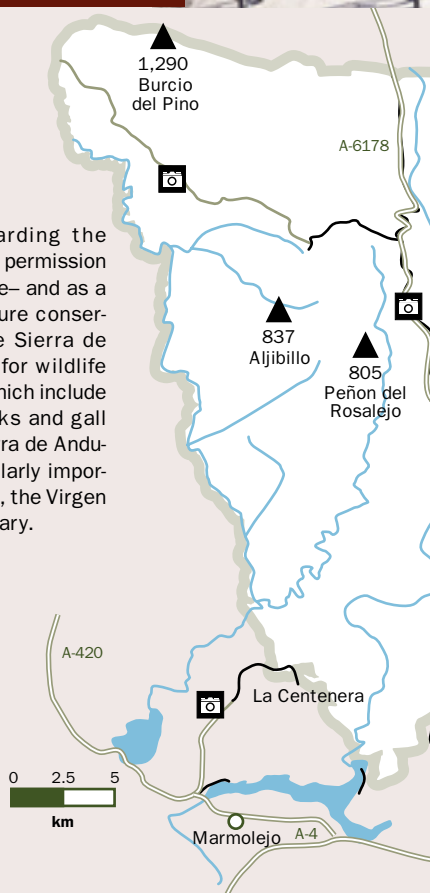
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2

- 1. Cyclists.
- 2. Virgen de la Cabeza Sanctuary.

With the lynx guarding the mountains –with the permission of the wolf, of course– and as a fine example of nature conservation policies, the Sierra de Andujar is a haven for wildlife and plant species, which include cork oaks, holm oaks and gall oaks. Inside the Sierra de Andujar Park is a particularly important historic building, the Virgen de la Cabeza Sanctuary.

Discover all the details about this Natural Area

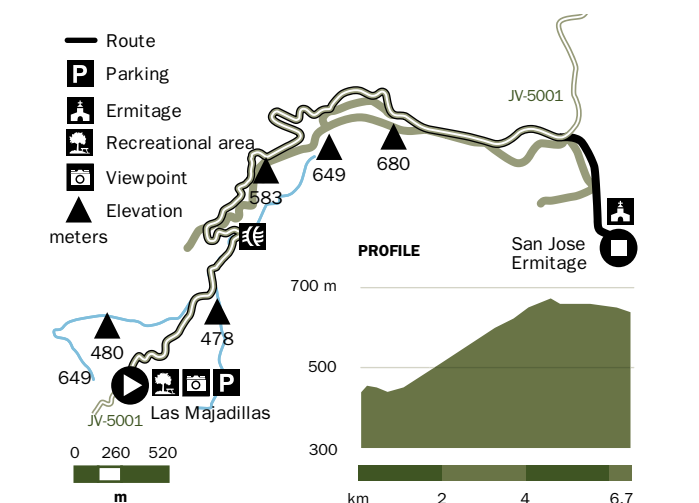
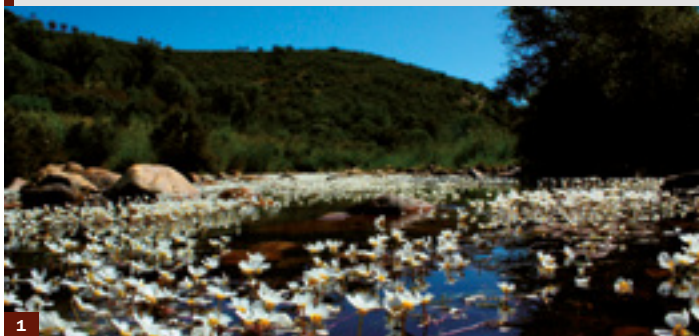


The route LA CENTENERA

Full information
about this route
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Route	↔	Landmark	San Jose Chapel.
Length	6.7 km.	Others	Extra care should be taken in sections where there is road traffic. The Sierra de Andujar Natural Park is one of the last strongholds of the Spanish imperial eagle.
Duration	2 h 30'.		
Difficulty	Medium.		
Towns	Marmolejo.		
Access	A-420, JV-5001.		



The route begins in Las Majadillas and it takes us up a continuous but gentle climb along a dirt track. The first section of the route runs parallel to the Agua ravine until we come across a fire-break which we leave to our left. The climb takes us to the Mezquita mountain pass and we have to be careful with the road intersections so we do not take the wrong one. We must always follow the JV-5001 east, until we reach a crossing when we do have to head right towards La Centenera.

Further on we will come across some ruins, leaving the Aguileras house on the left and the Tio Cano house on the right. The last section descends gently, the only descent along the route, which will take us to the remains of the San Jose chapel, which marks the end of the route. One of the most interesting features of this route along the Sierra de Andujar is the chance of spotting the only endemic bird species of the Iberian Peninsula, the Spanish imperial eagle, currently a critically endangered species, but in the process of being recovered. There are only 252 registered pairs in Spain.

1. Valmayor River.
2. Grosbeak in the Sierra de Andujar.

Jaen

SIERRA MAGINA



Expanse **20,000 ha.**

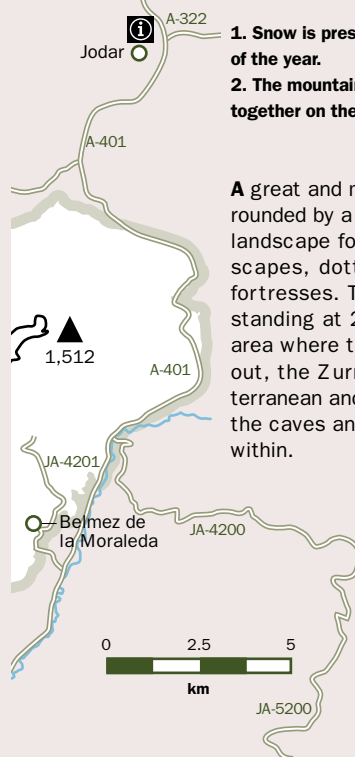
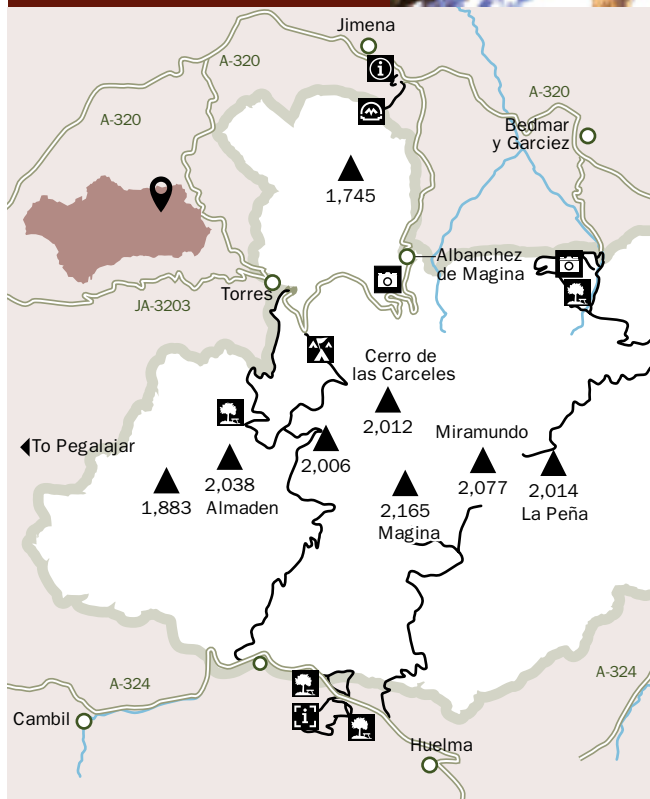
Towns **Albanchez de Magina, Bedmar y Garciez, Belmez de La Moraleda, Cambil, Huelma, Jimena, Jodar, Pegalajar, Torres.**



1



2



1. Snow is present on the Sierra Magina most of the year.
2. The mountains and the countryside come together on the border of the Natural Park.

A great and magical mountain range surrounded by a sea of olive trees. A rugged landscape for Man, with its virgin landscapes, dotted only with castles and fortresses. The Jaen peak, the Magina standing at 2,100 m, looks down on an area where the Cuadros rosebay stands out, the Zurreon waterfall and a Mediterranean and mountain forest indicating the caves and natural passages located within.



Discover all the details about this Natural Area



The route

PUERTO DE LA MATA

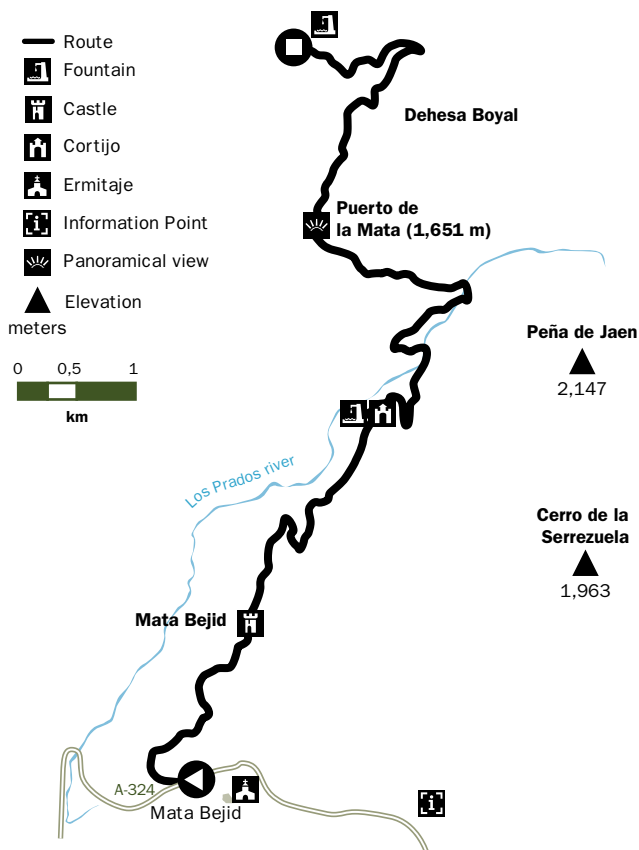
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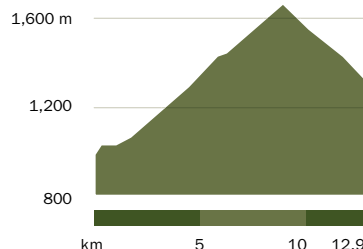
Route	↔	Access	A-324.
Length	12,9 km.	Landmark	Mata-Bejid Castle.
Duration	2 h.	Others	Earth track.
Difficulty	Medium.		
Towns	Cambil		



1



PROFILE



1. Peña de Jaen
summit, at a height of
over 2,000 metres.

At km 13 on the A-324 road (Cambil- Huelma), when you reach Mata-Bejid, a track heads west, leading to the start of the route at the intersection with the A-324 road. The route forms part of the GR-7 and offers views of the magnificent Peña de Jaen (2,147 m) and good pasture land formations. When we reach the Puerto de la Mata pass, we will enjoy magnificent views of the plains scattered with hawthorn, barberry, maple trees and hellebores and to the north, in the distance, the Valle del Guadalquivir. After the mountain pass, to the right we will come to the Fuente Nita and the Hondacabras camping area; or if we take a left, we will reach the recreation area of Fuenmayor.

Jaen DESPEÑAPERROS



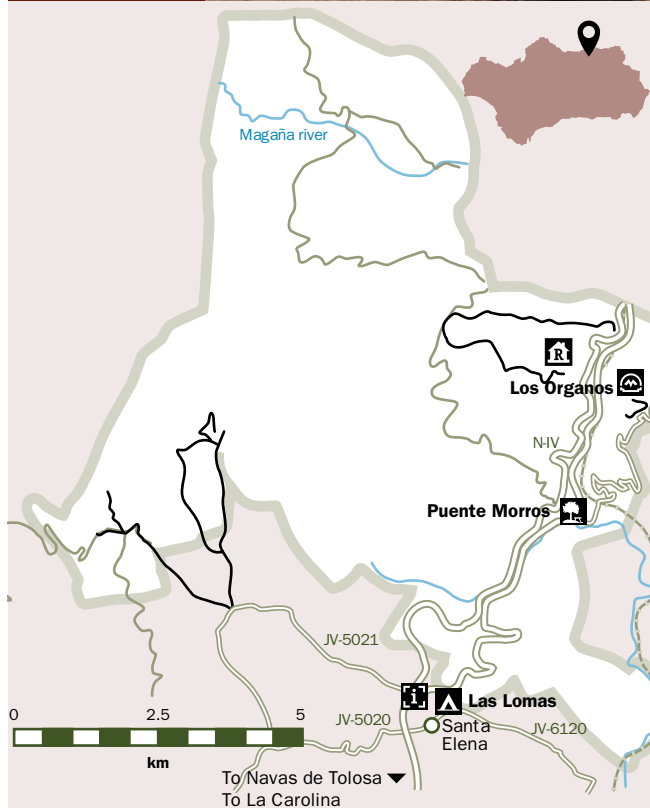
Expanse
7,600 ha.
Towns
Santa Elena.



1



2



Although it is only small in comparison with other natural parks in Andalusia, covering an area of approximately 7,500 hectares, the Despeñaperros Natural Park stands out because of its huge rock formations and the uniqueness of its geological heritage. These gorges witnessed an important turning point in the Reconquest with the battle of Las Navas de Tolosa and the Park has its own museum dedicated to this historic event.

1. Bridge.
2. Gateway to Andalusia.



Discover all the details about this Natural Area

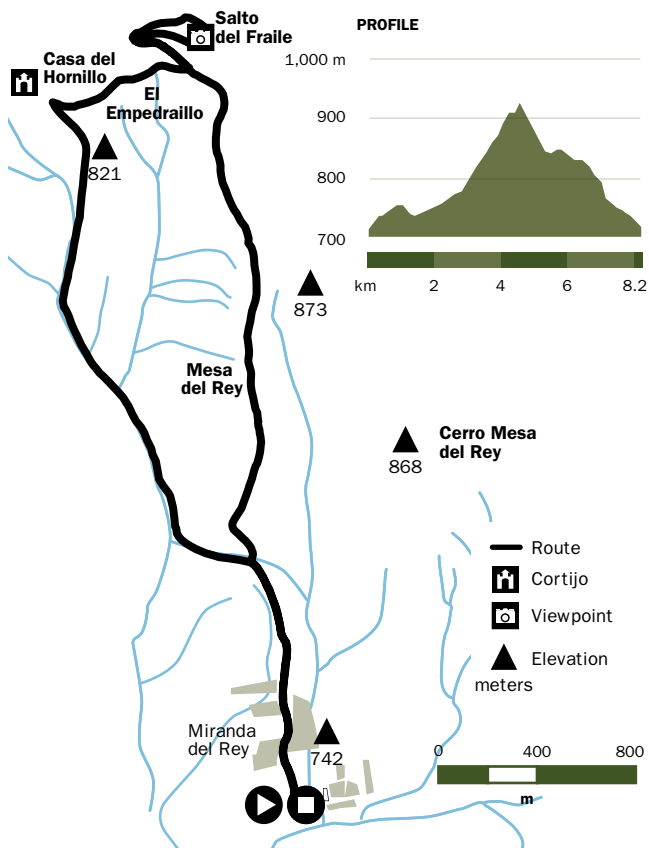


The route EL EMPEDRAILLO

Full information
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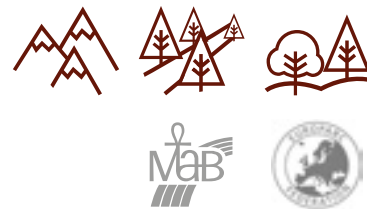
Route		Landmark	Salto del Fraile Viewpoint.
Length	8.3 km.	Others	This route covers the area in which the Navas de Tolosa battle took place in 1212. There is a museum along the motorway, near to Miranda del Rey, dedicated to this military conflict.
Duration	3 h 40'.		
Difficulty	Low.		
Towns	Santa Elena.		
Access	JA-7102.		



150 metres from Miranda del Rey, along the road that leads to the town, we take a right track to head north. The circular route begins one kilometre away, where we take a left turn until we reach the Hornillo Stream. We will follow the stream for approximately 400 metres until we reach a fire-break to continue the ascent to a crossing located 900 metres further along. We will then walk another 700 metres to the El Hornillo house, where we will take a right turning and climb to another crossing where we will take a left. Very soon afterwards we will reach the road that will take us to El Empedraillo, a section of the route along a stone pavement (barely 100 metres long and three metres wide) which is considered by some to be an old Roman road but which looks more like a medieval road. Following the signs we will reach the Salto del Fraile viewpoint and after crossing the same fire-break, we will end the circular route at our original starting point.

- 1. The Empedraillo track.**
- 2. The Despeñaperros River passing through the Santa Elena station.**

Malaga SIERRA DE LAS NIEVES

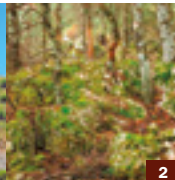


Expanse **75,000 ha.**

Towns **El Burgo, Istan, Monda, Parauta, Ronda, Tolox and Yunquera.**



1




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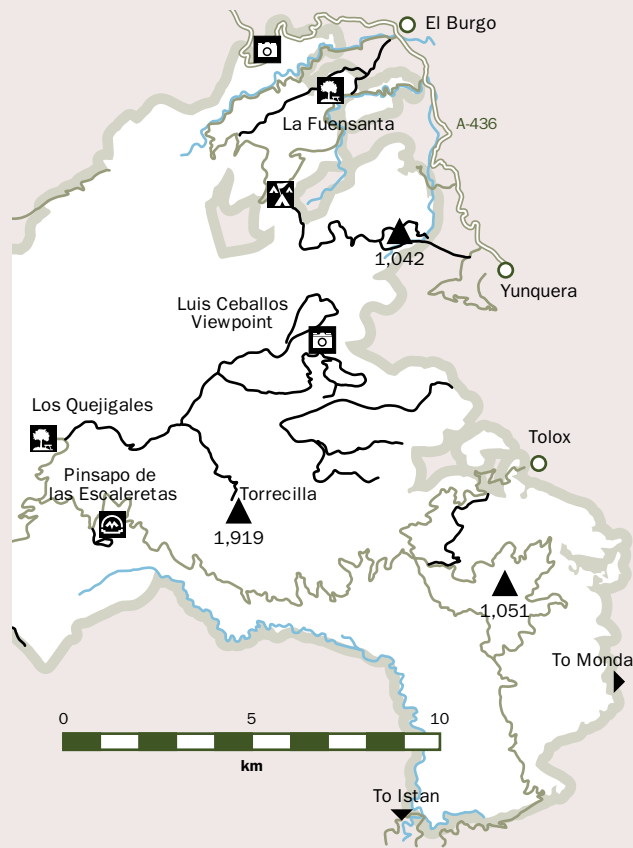


3

1. One of the summits of the Natural Park.
2. Dense vegetation.
3. Tolox.

Snowy peaks and deep potholes, which seem to be delving into the plutonic past of these mountains, with their white landscapes and limestone with sheer formations, contrasting with the red-coloured mountains as a result of the periodites that have stained the landscape. The Spanish fir tree provides an intense green colour to the area and the Spanish wild goat can also be spotted and there is a distinct Moorish influence on the villages and the cuisine.

 Discover all the details about this Natural Area



The route

PUERTO SAUCILLO- PUERTO BELLINA

Full information
about this route
by scanning this
QR code

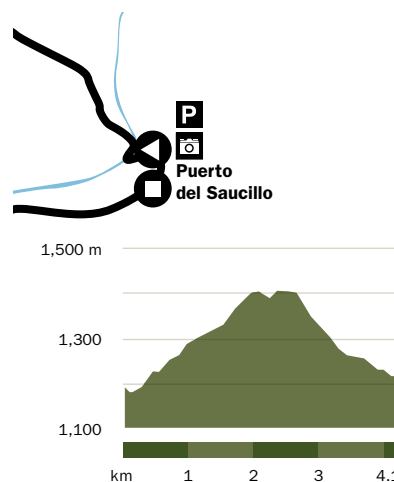
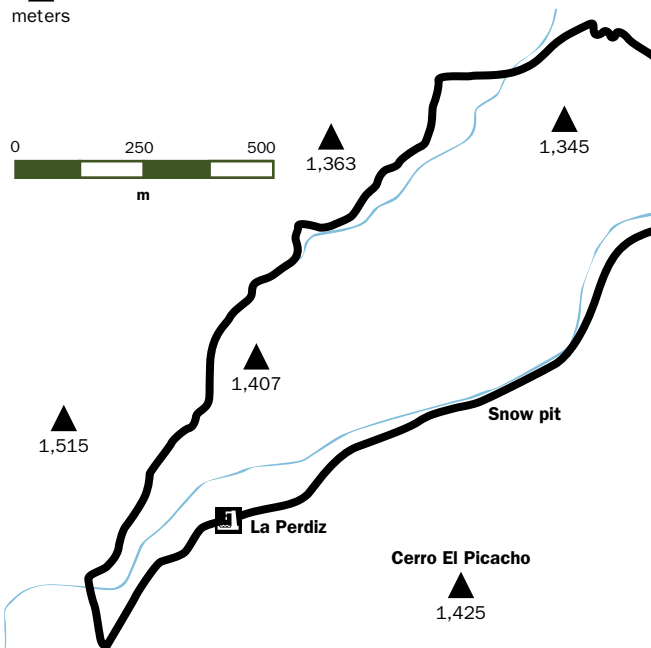


Route		Access	A-366.
Length	4,1 km.	Landmark	Snow pits.
Duration	1 h.	Others	Dirt track.
Difficulty	High.		
Towns	Yunquera.		



- Route
- Parking
- Viewpoint
- Fountain
- Elevation meters

The route begins at the viewpoint at the Puerto Saucillo mountain pass, located 4 kilometres from Yunquera along a forest road. The track runs through beautiful areas of the natural park, where the star of the show is undoubtedly the Spanish fir,



1. View of the Puerto de Saucillo.
2. Spanish fir in Yunquera.

although we will also come across pine forests, chestnut groves and cedars. The starting point offers incredible views of the Guadalorce Valley. It reaches a height of 1,400 metres, where it gently descends to the starting point along the Puerto Saucillo ravine.

Malaga MONTES DE MALAGA



Expanse **5,000 ha.**

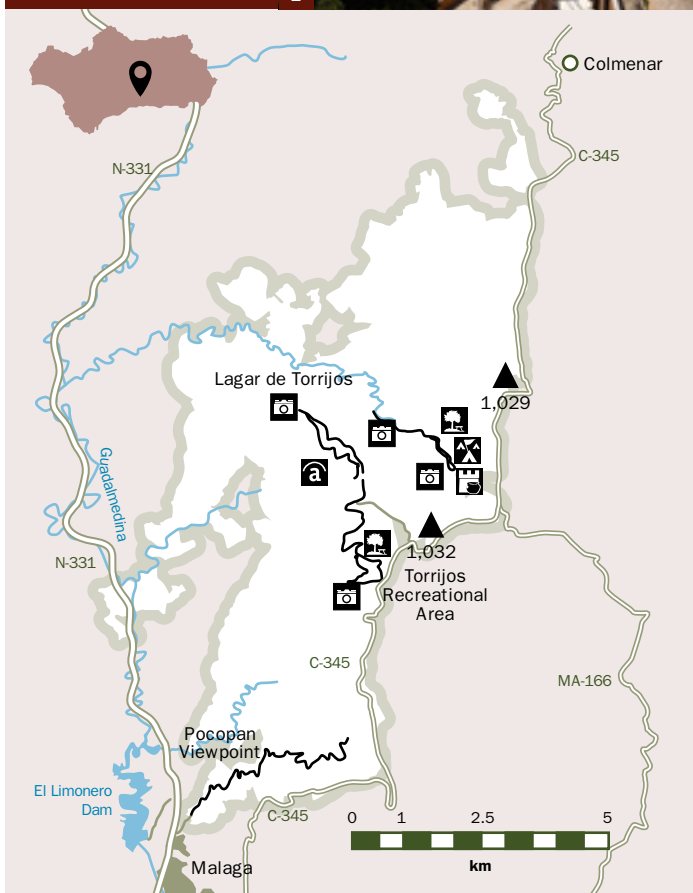
Towns **Casabermeja,
Colmenar,
Malaga.**



1



2



At the entrance to the city of Malaga is a gentle mountain repopulated with pine trees. An area marked by numerous streams and rivers in which most of the routes run along their riverbanks and reach the spectacular viewpoints over the Mediterranean. The Arab influence on its villages, the local wines and the silence of the chameleon, are some of the significant features of this natural park. Some recommended stops are the villages of Colmenar and Casabermeja, where the Mediterranean architecture can be enjoyed and their monuments, including the famous Casabermeja cemetery, declared an Artistic-Historical Monument.

- 1. Gentle hills and farming land form part of the landscape.**
- 2. Colmenar.**



Discover all the details about this Natural Area



The route PICAPEDREROS- BOTICARIO

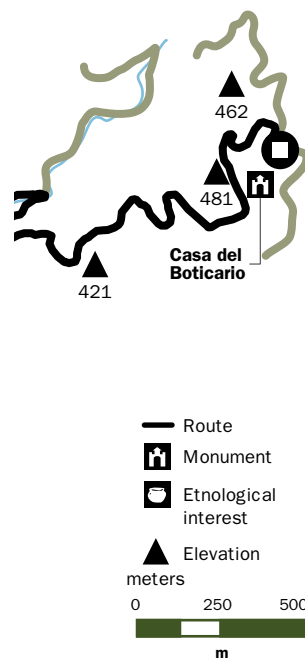
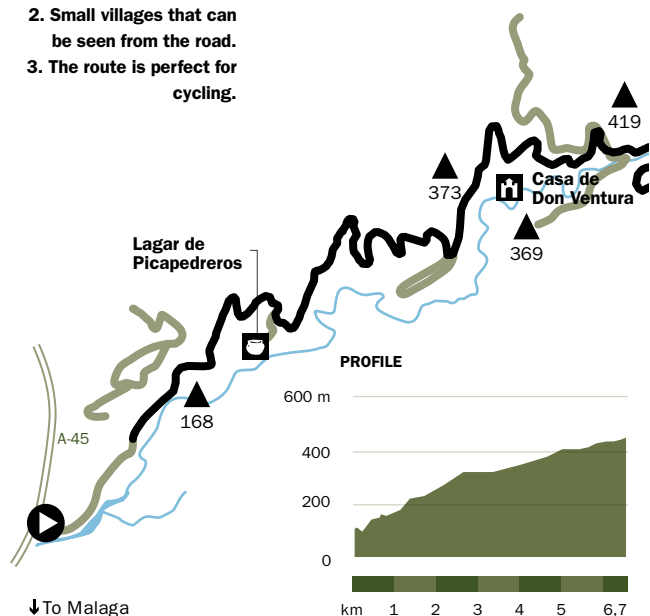
Full information
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Route	↔	Access	N-331, A-45.
Length	6.7 km.	Landmark	Casa del Boticario.
Duration	2 h.	Others	We will come across some traffic along the route as some vehicles have permission to access neighbouring properties. The route is also suitable for cycling.
Difficulty	Low.		
Towns	Malaga.		



1. The route that leads to the Casa del Boticario.
2. Small villages that can be seen from the road.
3. The route is perfect for cycling.



The route starts in the city of Malaga, to the north of the Ciudad Jardin district, just beyond the San Telmo mill, which is accessed via the N-331. 200 metres on, we will reach the border of the Natural Park and the route begins along a gentle climb along a forest track. A kilometre from the start, we will reach the Picapedreros lagar and three kilometres on is a crossing marked by some carob trees.

Here we must take a right towards the Casa de Don Ventura and 500 metres on we take another right. From this point until the end we will not leave the main track, which gently climbs, leading us to the end of the route: at the Casa del Boticario, which is due to become the Montes de Malaga Natural Park Visitor's Centre.

Seville

SIERRA NORTE



Expanse **177,500 ha.**

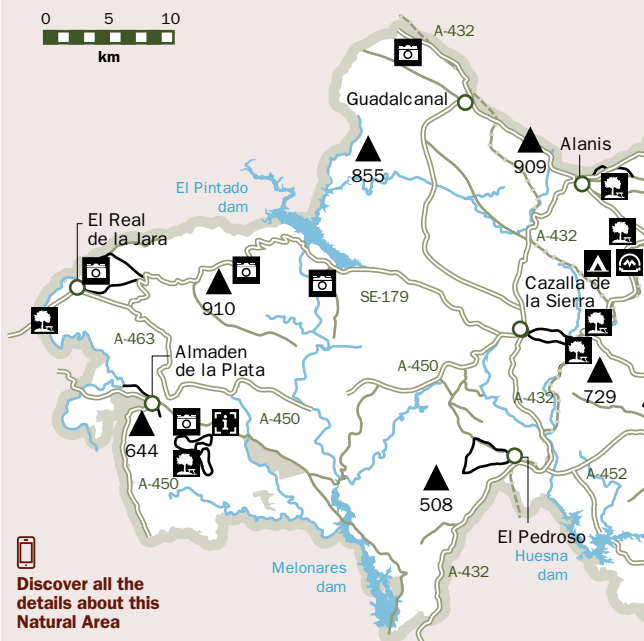
Towns **Alanis, Almaden de La Plata, Cazalla de La Sierra, Constantina, Guadalcanal, Las Navas de La Concepcion, El Pedroso, La Puebla de Los Infantes, El Real de La Jara, San Nicolas del Puerto.**



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1. Castillo de las Aguzaderas.
2. Cyclists in El Huesna.

La Puebla de los Infantes

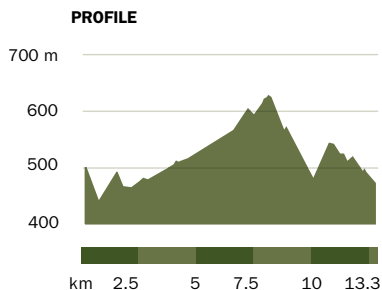
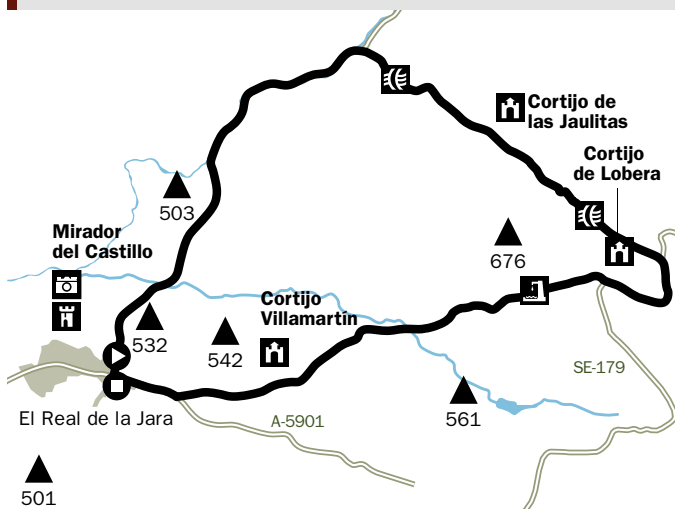
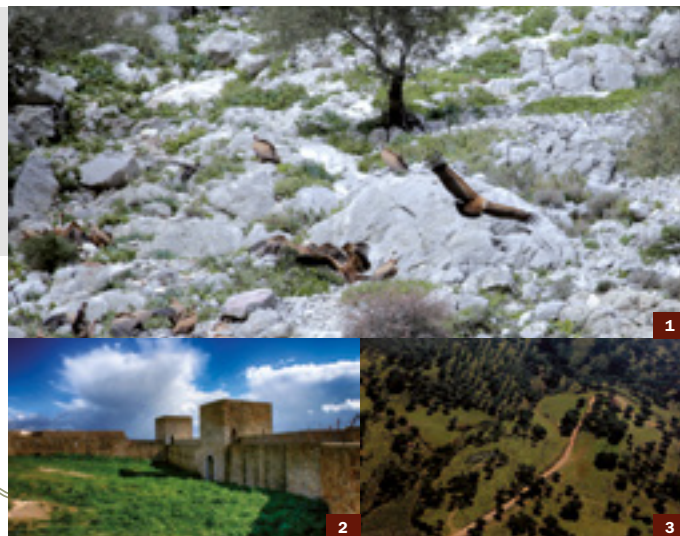
The gentle hills with mild inclines make the Sierra Norte Natural Park in Seville a favourite among active tourism enthusiasts. Amid pasturelands and a considerable number of rivers, streams and currents, Sierra Morena represents the character of this Park, which offers sleepy villages that have to be visited and mountain gastronomy specialising in pork dishes.

The route LA LOBERA

Full information
about this route
by scanning this
QR code



Route		Landmark	Mirador del Castillo.
Length	13.3 km.	Others	Extra care must be taken with traffic, particularly in the sections that coincide with the Puerto Padrona road.
Duration	4 h 30'.		
Difficulty	Medium.		
Towns	El Real de la Jara.		
Access	A-66, A-5301.		



The village of El Real de la Jara marks the start and the end of this circular route. The route begins in Calle Santa Maria and follows a track that leads to the region of Tentudia, in Badajoz. After about 800 metres, it crosses a little stream which, a little further on, flows into the Vibora Stream, which we also have to cross.

We will follow the stream for another kilometre and a half (opening and closing gates to private properties) to the La Lobera stream, which we will follow for another three kilometres until we reach the country estate with the same name. After another 500 metres, we will come across a road where we will turn right and follow this carefully for another kilometre until we reach the Colmenar road, which we will follow until we reach another road. This last road, after a section of 500 metres, will take us to El Real de la Jara along calle de La Paz, marking the end of this route.

1. Vultures in the Sierra Norte.
2. El Real de la Jara Castle.
3. The route, seen from above.

Culture, gastronomy, history... Discovering Andalusia by bike will not be a complete experience unless you get to know its villages and its people. This guide will provide you with a few key elements so you will not miss a thing.

Do not forget

Pags. 64-65,
148-149

1 The mining town of Rodalquilar

Through out history, the mining resources of Rodalquilar, a small village in the heart of the Cabo de Gata-Nijar Natural Park, seemed to be never-ending. If alum was mined during the Middle Ages, when it was used as the basic element for dyeing fabrics, during the 18th and 19h centuries, lead and silver were obtained until gold was discovered at the end of the 19th century. The gold-bearing mines that can still be seen a kilometre away from the town, closed definitively in 1990. Rodalquilar is also home to a 16th century defensive tower, a fabulous botanical garden, the Cortijo de los Frailes, which is the place in which Federico Garcia Lorca drew inspiration for his work Bodas de Sangre.



Pags. 146-147

2 The Alpujarra region of Almeria

The Alpujarra is a region in Sierra Nevada that covers the provinces of Granada and Almeria. The latter has 22 beautiful villages that are the perfect choice for mountain and cycling enthusiasts. The Andarax River crosses through the Alpujarra region of Almeria, which also offers a large number of monuments and important natural heritage sites, such as the Alcazaba de Laujar de Andarax, the baroque convent of Los Agustinos in Huecija or various castles and archaeological sites scattered around the region.

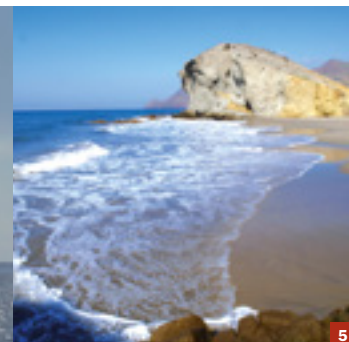


Pags. 148-149

3 Scuba diving in Cabo de Gata

The Cabo de Gata-Nijar Natural Park is a scuba diver's paradise. This became the first maritime and terrestrial natural park in Andalusia and it is also a Biosphere Reserve, Marine Reserve and Geopark. Covering an area of 12,000 hectares that extends one mile into the sea, it is home to numerous Mediterranean species and





vast meadows of *Posidonia Oceanica* (commonly known as Neptune Grass). There are a number of professional scuba-diving centres located around the Natural Park, offering scuba-diving courses and all the equipment required to explore the beautiful crystalline waters.

4 Water sports

Pags. 18-21

Travellers visiting Almeria along the Transandalus long distance route can stop off along the way to enjoy some of the water sports the area has to offer. Almeria is one of the best-equipped provinces for water sports, with over 3,000 berths in seven of the 30 Andalusian marinas: Adra, Almerimar, Roquetas de Mar, Aguadulce, Almeria, San Jose and Garrucha.

As well as sailing, other activities such as kayaking, surfing or even shore or boat fishing can be enjoyed along the Mediterranean coastline of Almeria.

5 The “petrified wave” of Monsul

It is almost as if time has suddenly stood still, a giant stone wave juts out over the water at the beach of Monsul, in the heart of the Cabo de Gata-Nijar Natural Park.

It is a solidified lava formation situated, incidentally, on what is often nominated as one of the best beaches in Spain, despite only being small - only 300 metres of coastline.

Pags. 148-149

6 Velez-Blanco and Velez-Rubio

Separated only by their “surname” and by approximately two kilometres, the municipalities of Velez-Blanco and Velez-Rubio, within the Natural Park of Sierras de Maria-Los Velez, apart from their origin, also share the honour of having been declared historic and artistic ensembles. They also have something else in common: The shade of the Maimon, standing an impressive 1,761 metres tall.

Pags. 152-155



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7 Discover el Indalo

Everyone that visits Almeria will sooner or later come across the figure of the Indalo, the symbol of Almeria par excellence and which can be acquired in most local souvenir shops. The origin of the symbol is probably less well-known... It is a magnificent example of Levantine Neolithic rock art, located in the Cueva de los Letreros (Velez-Blanco), declared a World Heritage Site. The figure represents a man holding a rainbow in his hands.

Pags. 18-21

8 The almond trees in bloom

The Natural Park of Sierras de Maria-Los Velez is home to large plantations of almond trees alternating with olive groves and cereal fields. At the end of winter and towards the start of spring, the almond trees begin to blossom offering visitors an explosion of colour, when their bare branches fill with beautiful white flowers.

Pags. 152-155

9 Marble from Macael

The quality and beauty of the marble from

Macael, a town located between the Almanzora valley and the Sierra de los Filabres, is valued around the world. Proof of this is that this prized stone has been extracted here since ancient times and used on Andalusian monuments such as the Alhambra in Granada or the Mosque in Cordoba. There are 80 active quarries and around 40 intermittent quarries, covering an area of approximately 6,700 hectares and providing work for around 5,000 people.

Pags. 18-21

10 Hanging houses of Sorbas

The town of Sorbas is located in an area classed as a natural site thanks to its geological formations and the number of caves (more than 1,000 registered caves). Sorbas, bordered by the Aguas River is located half way between other points of interest, such as the Tabernas desert or the Almanzora Valley. The complex orography of the land has meant the popular architecture had to be adapted, resulting in houses that hang off a cliff over the Aguas River.

Pags. 18-21



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Pags. 102-103

1 Visiting the Temple of Hercules

The gentle Puerto Real-San Fernando Via Verde route has the perfect complement in the way of a maritime route: A visit to the Island of Sancti Petri and the temple erected for the god Melkart, where Hercules was worshipped and where Hannibal and Julius Caesar are believed to have stayed. There are boat services that will take you to this small, mythical site, with spectacular sunsets, where you can remember the strong defence put up by Cadiz in the war against France in the 19th century; or like Manuel de Falla, fantasize that these waters hold the secret to the legendary Atlantis.

2 Visit wineries and vineyards

The wine culture reaches a whole new level in Jerez and El Puerto de Santa María in Spain. But they are not only internationally known for the quality of their wines, they also offer an immensely valuable and striking architectural heritage. The large wineries, facilities that cover hectares of land and the beautiful country houses situated amid the vineyards that cover the white soils of these lands, will guarantee a

Pags. 156-157

wonderful experience associated with the uniqueness of the wines of Jerez in all its forms.

3 Carnival

If anything can bring the whole of Cadiz together, it is its Carnival. Every town celebrates this wonderful pre-Lent street celebration, with carefully designed costumes, requiring great effort, to reflect the comedic tale being told.

Pags. 22-25

4 The wind and surf

A westerly wind or an easterly wind will always be blowing through the Strait of Gibraltar. This is what makes its people so special, which you can only discover by going there and it is also responsible for some incredible wind-shaped trees. But Tarifa is also one of the world's windsurfing capitals. There is an entire local industry designed solely for windsurfers and sports people, where they can enjoy a fun and cosmopolitan atmosphere in this municipality, at the southernmost point of Europe and where they can enjoy the beaches and dunes of Valdevaqueros.

Pags. 164-167



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5 Dukes of Medina Sidonia Palace

The Entre Rios Via Verde takes us to Sanlúcar de Barrameda, a natural and architectural jewel, home to a fine public monument in the way of the palace that belonged to the former Dukes of Medina Sidonia, one of the most powerful titles in Spanish nobility. The halls and patios, as well as the furnishings, underwent changes throughout the different periods of the 13th century, including the Renaissance Hall of Columns or the Baroque Ambassadors' Hall. There are art collections including paintings and sculptures of incalculable value.

6 Tuna for dinner

The tuna caught using the Almadraba system, is a delicacy of Cadiz revered by the most discerning gastronomic tourists. The

Pags. 100-101

giant fish is caught in the labyrinth of nets, called the almadraba, which you can watch if you want to see an incredible show, the fish is then cut into delicious pieces and finally, once it has been manipulated as little as possible to ensure it maintains its full freshness, we get to taste it, the perfect end to a wonderful day in Andalusia.

Pags. 160-163

7 Romeria de Ntra. Sra. de los Santos

Cyclists covering the Transandalus route in September will have the chance to witness in Alcalá de los Gazules the most popular romeria (pilgrimage) in the province, dating back to the 16th century. The patron saint is carried from the village to her sanctuary, 5 kilometres away, which in itself is worth a visit as it is home to the largest collection of votive offerings in Andalusia. This mountain village also has a number of Roman remains, including a fountain, a bridge, a spring, an archaeological site and various deposits.

Pags. 64-65

8 Cementerio de Villaluenga del Rosario

A surprise awaits us in this beautiful town nestled in the highest of the mountains, the highest of the province and belonging to the Moors for over seven centuries. The magnificent El Salvador Church remains as it was after being burnt down during the war against the French. But inside, under the open sky that acts as the ceiling that was once there and amid its arches and semi-derelict walls, is a white, spontaneous and beautiful cemetery. The setting has a unique beauty, in which heritage, religion and nature come together.

Pags. 172-173

9 Arts and crafts in Ubrique

Visiting this beautiful mountain town, a border area between Arabs and Christians for decades, is a must, as it is famous for its leather products and arts and crafts that flourished during the 18th century, giving extra vitality to the Arab legacy. Half the population in this town is involved in the industry, which we can learn more about in the Ubrique Leather Museum, located in the

Pags. 168-169



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Convento de Capuchinos. Right next to it are the old tanneries where the leather used to be tanned.

10 Rome on the beach

There are few beaches as striking as that of Bolonia. The naturalness of it has produced two of its characterising landmarks. The huge dune – 30 metres high and 200 metres wide-, travelling up to the pine forest encouraged by the incessant winds. Next to this, lying along the beach, are the Roman ruins of the town of Baelo Claudia, an old tuna factory and the origin of the Roman sauce called Garum, now declared a National Historic Monument.

Pags. 22-25

11 The white villages route

This highland route covering the north of Cadiz is made up of nineteen villages. Travellers following the Transandalus trail can choose any of these to discover the Moorish legacy of the entire province, with exceptional landscapes, traditions and unique gastronomy. And it does not end here. The legendary bandits used to camp out in these lands, but much earlier, the first humans lived in caves and shelters in these hills where they

Pags. 64-65

left paintings and remains that date back 250,000 years.

12 Mountain cheeses

The mountainous region of Cadiz produces a variety of top quality cheeses that are gaining popularity and value. Visitors should try a number of varieties. The Payoyo cheese, made from a specific type of goat endemic to Grazalema and which is also offered coated in lard. There are a number of cheeses made with sheep's milk, such as the Pajareto and El Bosqueño. There are also some places where visitors can take part in the cheese-making process.

Pags. 64-65

13 Paragliding in Algodonales and El Bosque

For those that enjoy paragliding, Algodonales and El Bosque have various centres where you can practice this sport with perfectly equipped take-off and landing areas. Algodonales is Spain's most international hanggliding spot. This is just one of many active tourism options on offer in the province's parks, together with nautical sports on lakes, canyoning and pot-holing.

Pags. 172-173

CORDOBA



1 Cordoba

Cordoba is one of the best cities for cycling in Andalusia, since most of the city centre is fairly flat and it has a large network of bicycle lanes. This could be the ideal resting point to discover the vast historical and cultural heritage of this city, and its crown jewel, the Mosque. However, if you do decide to visit the historic quarter, it is best to do so on foot.

Pags. 50-57

2 Gastronomy in Cordoba

The province of Cordoba offers visitors a wide and varied choice of food, characterised by the simplicity of its dishes, the quality of its local products and a notable Moorish influence. Outstanding, well-known dishes such as oxtail, salmorejo (a chilled thick soup) or the flamenquin (serrano ham rolled in pork loin) and of course the migas (sauteed breadcrumbs with bacon), a dish typical of Cordoba and normally served with orange. Visitors should also try the local products certified with designation of origin: The variety of sherry wines, amontillados, olorosos and Pedro Ximenez from the Montilla-Moriles region; the Iberian ham from the Valle de los Pedroches; or the excellent oils from Baena or Priego de Cordoba.

Pags. 26-29



3 Guadalquivir's bend into Montoro

Like a miniature Toledo, Montoro looks over the meandering Guadalquivir River catalogued as a Natural Monument giving the municipality a unique beauty. Montoro, the gateway to the Natural Park of the same name, close to Cardeña, has so much to offer visitors, such as the Plaza Mayor, la Casa de las Tercias or its historic quarters, declared a Place of Cultural Interest.

Pags. 64-65,
184-185

4 The community of San Calixto

On the edge of the Bembezar River, nestled in the mountains of the Natural Park of Sierra de Hornachuelas, is the small commu-



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Pags. 180-183

nity of San Calixto, established in the 16th century. The isolation and tranquillity of this mountain area made it the ideal place to build a monastery of Discalced (barefoot) Carmelites, who now offer their arts and crafts to visitors.

5 A refreshing dip

It goes without saying that Cordoba does not have a beach however, this does not mean that you cannot enjoy a refreshing dip in this province. There is an area reserved for swimming in the Iznajar reservoir, the largest in Andalusia, located close to the GR-7 route and the Subbetica Via Verde route. Sport fishing is allowed in some other reservoirs.

Pags. 122-123

6 Guadalquivir Mills

When the Guadalquivir reaches Cordoba it settles down and flows slowly and discreetly. Along its banks are a dozen mills that simply have to be visited. Now that we are so close to the Calahorra Tower and the Mosque, a visit to Cordoba's city centre is an absolute must.

Pags. 50-57

7 The pasturelands of the north

If here is one thing that characterises the north of the province of Cordoba it is the large number of hunting grounds and the

excellent conservation of its holm oak forests, located in the regions of the Guadiato Valley and, above all, in the Los Pedroches Valley. They are mainly used for raising the Iberian pig in order to produce the hams with designation of origin of Los Pedroches and a large number of cold cuts and cured meats. The holm oak forests have shaped a lifestyle based on cattle breeding which is even reflected in the architecture typical of the area.

Pags. 184-187

8 Zuheros

The small village of Zuheros on the Sub-Baetic mountain range, is one of the most beautiful in Andalusia, perched on a large rocky outcrop dominated by an Arab castle. The uppermost part is where the entrance to the Murcielagos Cave is located, a Neolithic site that possesses some of the best rock art in Andalusia, as well as stone implements, burials and even food remains. Zuheros is also famous for its goat's cheese, so much so that, every year, during the month of September, a festival is held in honour of this product.

Pags. 176-179

9 Fountains and gardens in Priego de Cordoba

The de municipality of Priego Cordoba, located on the Sub-Baetic mountain range,



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Pags. 176-179

is home to over thirty properties of cultural interest. Its beautiful historical quarters are full of gorgeous gardens and springs such as the Fuente del Rey or the Fuente de la Salud. The Balcon del Adarve offers spectacular views of the olive groves in the region and the nearby Sub-Baetic mountains. Right next to it is the Barrio de la Villa, with its quiet streets with houses decorated with flowers dating back to Moorish times.

10 The dance of the lunatics

Fuente Carreteros, a hamlet of Fuente Palmera near to the Natural Park of Sierra de Hornachuelos, holds the traditional “Danza de los Locos” (The dance of the lunatics) on the 28 December each year (Spain’s equivalent to April Fool’s Day), the exact origins of which are still unknown. Dressed in traditional costumes, six “lunatics” and a “little lunatic”, cross over in a dance that represents the killing of children ordered by King Herod during the 1st century of our era.

Pags. 180-183

11 The bellowing

At the beginning of autumn, the hills of Cordoba, considered to be the best hunting grounds in Spain, turn into a natural sonorous festival. It is the bellowing of deer during the rutting season, when the males emit guttural sounds and fight among each other to mate with the females. Today, this unusual scene is another tourist attraction that can be seen in a number of natural areas such as the Sierra de Hornachuelos.

Pags. 180-183

12 Arts & Crafts

The village of La Rambla, cradled by undulating countryside of cereal fields and olive groves, is an interesting alternative for touring cyclists following any of the nearby Vias Verdes routes. This small countryside village in Cordoba is renowned for its traditional ceramic and pottery production. All types of bronze arts and crafts can be purchased in the nearby village of Lucena. And the ancient tradition of embossing leather or Cordovan leather still exists in Cordoba.

Pags. 106-107

1 Staying in a cave house

Pags. 144-147, 188-191

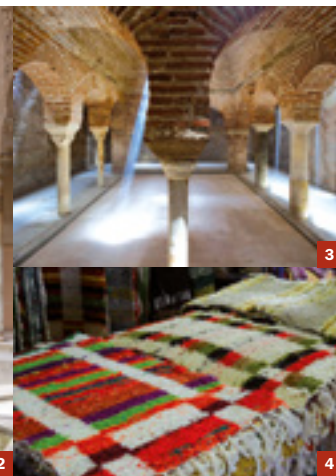
In the regions of Guadix and Marquesado and the high plateaus of Baza and Huescar there is tradition that is as old as the human species: living in caves. The once humble homes of families are today a popular and unique tourist attraction, with accommodation offering all the modern commodities and in such truly inviting areas as that offered by the monumental city of Baza. The slim chimneys that emerge from underground and the whitewashed entrances let us know they are there.



3 Arab Baths in Baza

Pags. 188-191

They were founded during the Almojad era (13th century) and remained open until the first years of the conquest. These public baths associated with what used to be a nearby mosque (now the Santiago church). The baths have a barid (cold pool), a west-ani (warm pool) and a sajun (hot pool) and other parts of the baths can also be visited, including the maslaj (lobby), the furnak (oven and cauldron), the wood shed, the main access door and even the hydraulic water catchment and evacuation system.



2 Granada

Pags. 50-57

Many of the proposed routes go so near to Granada that visitors really should take some time to discover one of the most beautiful cities in the world. Just visiting the Alhambra is reason enough to justify a trip to Granada, but the city itself is fully of charm and beauty. The unforgettable views of Sierra Nevada do the rest.

4 Jarapas with a history

Pags. 72-75

The old spinning and textile tradition of La Alpujarra began with silk during the Arab era, but continued with the workshops where the Moors made rugs. That is, throws or rugs made from rags, scraps of cloth. The craft continues and this bright and colourful apparel with different textures is an attractive and very representative product of La Alpujarra and the intense history of this region.

5 Active sports

Granada is not only ideal for bicycle touring and for road cycling in upland and high mountain areas. Scuba diving can also be enjoyed in the waters of the Costa Tropical together with canyoning, hiking, mountain and rock climbing and a whole host of active sports in a province that has mountains reaching heights of over 3,000 metres and crystalline waters. You will not be able to keep still.

Pags. 30-33

6 Jose Saramago Cultural Centre

Jose Saramago Nobel prize in Literature, acquired a powerful relationship with Castril, his wife's hometown and he himself was named adoptive son of the village. The Jose Saramago Cultural Centre organises conferences, exhibitions, courses, tours and also recovers the tangible and intangible heritage. A visit to this Centre will enable us to get to know the region and the writer a little better.

Pags. 192-195

7 Negratin and the thermal baths of Zujar

Zujar, located to the north of Granada and close to the Transandalus trail, has thermal spring water baths emanating from the Cerro Jabalcon (1,488 m), where there is also a paragliding centre that has hosted a number of Spanish championships. The waters have been used since Roman times and now there is a thermal swimming pool which was built so that people could bathe at the edge of the Negratin Reservoir.

Pags. 64-65

8 Try the typical dish of the Alpujarras and bread from Alfacar

Mountain cuisine is very honest. Starter dough, spring water and hands with centuries of experience, make the bread from Alfacar -roscos, roscas, bollos and hogazas- the best in the country, with their own Protected Geographical Indication. A tradition that began in the 16th century. The bread in the beautiful Alpujarra region, together with other local raw materials, is the basis of a filling, yet delicious Alpujarran dish.

Pags. 72-75,
144-147



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9 Spanish Wild Goat

Granada is home to one of the largest colonies of this spectacular animal and it can be spotted from Sierra Nevada to the rugged coastal areas of Maro-Cerro Gordo. Its daytime behaviour, often living in close proximity to humans, allows us to admire the incredible ability of walking up vertical walls.



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10 Skiing

Europe's southern most ski resort is Sierra Nevada, bordering with the national park. Its comprehensive selection of sports facilities even includes night-skiing on a lit-up piste. As it is located next to a protected area, regulations have to be adhered to, allowing everyone to enjoy unique plant species and the highest landscapes of the peninsula.

Pags. 144-147

11 Ham from Trevelez

The highest town in Spain (1,480 m) produces a unique ham, with specific characteristics such as its low salt content, which was even recognised by Queen Elizabeth II in 1862. This ham is the perfect partner for the wines of Granada, offering a wide selection of quality red and white wines and even cava. All the vineyards are located at a considerable height and produce varied wines with many shades and nuances.

Pags. 144-147



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12 Castillo de La Calahorra

As the Transnevada runs through Andalusia, touring cyclists can leave the route for a moment to admire the spectacular castle of La Calahorra, a solitary fort that dominates the region of Cenede, hoisted on a hill this sober stone block with sturdy towers is a Renaissance building that is refined inside contrasting with its solemn exterior. The dungeons still exist where the Moorish prisoners used to sleep on the way to the chancery of Granada.

Pags. 72-75

13 Tropicales fruits

The unique subtropical climate of the coast between Granada and Malaga has enabled tropical fruits to be cultivated, which are then sold throughout Europe. Particularly mangos, avocados, papaya, cane sugar and custard apples. Eating them when they have reached their ideal level of ripeness, which is not always possible outside the production areas, is what makes them so appetising.

Pags. 30-33

1 Gambas y coquinas

The sea products of Huelva, particularly the shellfish have made it famous worldwide together with the quality of its gastronomy. The prawn from Huelva, paler in colour than others and the striped king prawn from the Guadalquivir estuary, commonly known as the tiger prawn, are its star products. The city's fleet, Isla Cristina and Ayamonte, deliver an extraordinary quality of fish to the market, which marks the end of a restless day.

Pags. 34-37

2 Tartessos and the Atlantis

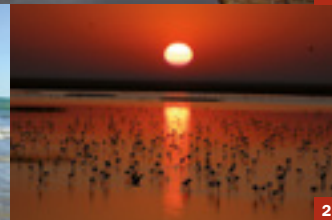
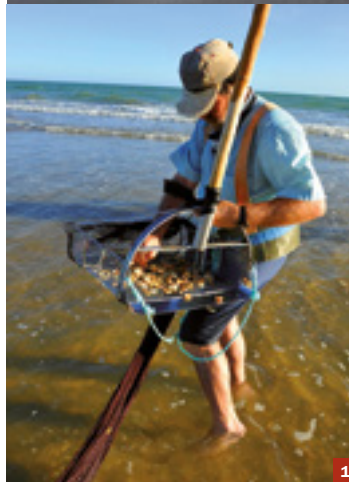
Two of the great European legends are based in Huelva. The mythical Atlantis, the only news of which is from Plato's work, is still sought today amid the mountains and marshlands of Doñana. However there is nothing mythical about the Tartesian civilization, although the exact location of its capital still remains a mystery. Some experts claim that these remains are also submerged beneath Doñana. In any event, these are two more reasons to go on this route or to visit the city's museum.

Pags. 140-143

3 The Riotinto mines

The Riotinto mines are located a short distance from the Guadiana route. This has been an emblematic site since the Copper age and its most glorious days came with the English companies. It was here that these companies introduced football to Spain. You can take a tourist train ride and visit the English settlement, the vast mine and Corta Atalaya, which was the largest open pit in Europe, a huge crater terraced into the earth. The Protected Area of Rio Tinto is also nearby, with surreal colours created by the dissolved metals.

Pags. 116-117



4 The fossil dune of Asperillo

Between Matalascañas and Mazagon, along 25 km, is the Asperillo cliff, an unusual escarpment which is in fact a fossil dune. Reaching one hundred metres in height along some points, this natural monument has an array of colours - orange, white, ochre and black- as it is actually sedimented sand which the sea and the wind have converted into these whimsical shapes. A stroll along the beach or along the cliff, will allow you to enjoy the area, which is home to the lynx and to turtles.

Pags. 140-143



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5 Almonaster Mosque

Almonaster la Real offers visitors the chance to visit an old mosque (10th century, declared a National Monument) which was built on the remains of a Visigoth church and subsequently a Catholic chapel. Much of history can be summarised by visiting the magnificent castle. Almonaster is also a village with an immaculate location, in which Gothic elements mix with Renaissance or Mudejar styles and there is also a Roman bridge dating back to the 1st century.

6 La romería de la Reina de los Angeles

The area's great pilgrimage festival is held in September in Alajar. An imposing rock overlooks this incredible village, watching over most of the region and which also houses the Virgen chapel, built during the 15th century. A number of brotherhoods from the region arrive after a few days of concerts, meals and partying in Alajar, to join the procession along the Arias Montano rock, named after the humanist who retired there to study.

Pags. 204-207



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7 Eat wild mushrooms

The Sierra de Aracena offers the widest selection of wild mushrooms and truffles in Andalusia. Its characteristic heavy rainfall and clayey soil is ideal for the more than 500 varieties of this wonderful fruit of the earth to grow from autumn to spring. Perhaps the most highly regarded is the Amanita ponderosa, which can be found nearer to spring. Every restaurant in the area offers this dish, normally served with scrambled eggs and Iberian ham, an absolute delight for hikers.

8 The Rocio

This is the largest pilgrimage in Spain, unquestionably linked to Doñana. It was in this forest, legend will have it, that the image of the Virgen del Rocio appeared and hundreds of brotherhoods trek through this natural area in June. The hamlet of El Rocio, the home of the temple, is located in an exceptional setting, the Rocina stream, a shallow water tributary that offers the perfect habitat for a multitude of bird species,



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Pags. 204-207

Pags. 140-143

and it is equipped with observatories and a visitor's centre.

9 The estuary of the Tinto and the Odiel rivers

Pags. 34-37

A bicycle ride around Huelva has to include a visit to the site where the Tinto and Odiel rivers meet the sea. The location is spectacular given the extraordinary variety of birds, since the opposite bank is the natural site of Marismas del Odiel and because of the incredible iron loading bay built in the 19th century by the English Riotinto mining company. This 600 metre metal structure

chamber. If you visit the site at the end of January, you will also be able to enjoy the famous festival in honour of San Antonio Abad.

11 Juan Ramon Jimenez

Huelva and Seville have produced some of the best poets in Spain, two of whom received the Nobel prize. One of these is the native of Moguer, Juan Ramon Jimenez, who, in his precious work sublimely describes the region of Doñana where he was brought up. In Moguer his home has been converted into a museum, another reason to visit the town centre, which also

Pags. 66-67



was designed so that boats were able to load the mineral. Furthermore, a barge - the canoe- will take you to the famous Punta Umbria beach.

10 Discovery of America

In the heart of the Molinos del Agua Via Verde, in Trigueros, stands this national monument, the Dolmen of Soto, a 3,000 year old dolmen and one of the finest Neolithic sites in Spain. It is 21 metres long and strategically oriented in such a way that the Sun's first rays during the equinox shine directly for a few minutes into the end

Pags. 118-119

includes jewels such as the San Francisco Convent, as well as its famous orange wine, an exquisite secret.

12 La Gruta de las Maravillas

In Aracena is the first underground cave opened to the public in Spain (1914), which is 1.2 kilometres long.

The Gruta de las Maravillas is located just below the magnificent castle and it is particularly striking because of its stalactites, stalagmites, flowstones, curtains, gours, together with the lakes, the vastness of the areas and the colour of the stone.

Pags. 204-207



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1 The organs of Despeñaperros

It is worth stopping at the viewpoint located near the Natural Monument of Los Organos de Despeñaperros, in the heart of the Natural Park with the same name. This is a group of giant rock columns, several hundred metres high, that look like the tubes of an organ. At the top is a wonderful Mediterranean forest with holm oaks, cork trees and scrubland full of fauna that have found their ideal habitat here.

Pags. 220-223

2 Las Navas de Tolosa

Of all the relevant events throughout the history of Spain, the battle of Navas de Tolosa is among the most important. This hamlet of La Carolina witnessed a battle in 1212 between the Arab and Christian armies that led to the culminating point of the Reconquest and opened the gateway to the Valle del Guadalquivir in subsequent decades.

Pags. 220-223

There is a museum in Navas de Tolosa, situated exactly where the battle took place and which helps visitors to understand the implications of such a historic event.

3 Lynx in their natural habitat

Being able to watch one of the most endangered feline species in the world in its natural habitat, the Iberian lynx, is a privilege that can be enjoyed in the province of Jaen. Although difficult to spot, a number of active and nature tourism companies of Andujar know their transitory and grazing areas, which means we stand a much greater chance of spotting them. You must take a camera and binoculars and good deal of patience if, finally the lynx does appear before us. If it does appear, the beauty of this unique animal will be the highlight of our journey.

Pags. 212-215

4 Climb to the top of La Pandera

In recent years, the climb to the Sierra de la Pandera, in the province of Jaen (Jaen-Valdepeñas de Jaen-Castillo de Locubín road, km 24.5) has become an essential part of the Vuelta Ciclista (Spain's Cycling Tour) and is classed as a Special category pass. The most experienced cyclists may be brave enough to tackle this pass, with gradients of up to 15% along its 8 kilometre

Pags. 38-41

climb. The hard work is rewarded with the fabulous views offered from its highest point at nearly 2,000 metres.

5 Baños de la Encina

Half way between the foothills of Sierra Morena and the olive groves of the Jaen countryside, is the little village of Baños de la Encina, a historic settlement in which both the Christians and the Moors left their mark. It is imperative to visit the Arab castle of Bury Al-Hammam (or Buralimar), built in the middle of the 10th century, the original layout of which still remains almost in its entirety since the Christians barely changed the building after the Reconquest.

Pags. 38-41

6 Puntal de los Cuatro Terminos

The views from the top of the Puntal de los Cuatro Terminos, located in the heart of the Sierra de Andujar Natural Park, extend various kilometres around, covering four municipalities and two autonomous communities: Andujar, Baños de la Encina and Villanueva de la Reina in Jaen and Mestanza en Ciudad Real (Castilla La Mancha). A 4 km signposted route takes us to the top along a cattle track, close to the hamlet of El Centenillo (18 kilometres from La Carolina).

Pags. 212-215

7 Source of the Guadalquivir and the Segura

The two large rivers of the South, the Guadalquivir and the Segura, begin in the natural park of Cazorla, Segura y las Villas. The two are very different and both should be visited. In the small valley of Las Fuentes, a modest and hidden area, the large Arab river timidly emerges from a bare rock, but soon its clean waters begin the long journey to the sea amid large stones and riverside vegetation. Dozens of kilometres away, the Segura emerges from the ground in a large turquoise pool near the little village of Fuente Segura.

Pags. 76-79,
208-211

8 Route of Castles and Battles

Given its privileged position, halfway between the Meseta (plateau) and the Guadalquivir Valley, the province of Jaen has



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Pags. 38-41

always been the gateway to Andalusia and a major strategic stronghold. This has contributed to a number of hugely significant battles taking place, such as the Battle of Bailen or Navas de Tolosa that marked a turning point in the history of Spain. For this same reason, Jaen has countless castles and forts built by the Romans, the Christians and the Moors and which are dotted across its landscape from north to south. A themed bike route that can be enjoyed from any point.

9 Ubeda and Baeza

You cannot visit Jaen without visiting these two small cities, joined together geographically and historically and they have both received the honour of being named World Heritage Sites given their outstanding ensemble of Renaissance style buildings, palaces and temples. Both cities are located in the centre of a triangle made up of the Natural Parks of Sierra Magina, Sierra de Andujar and Sierras de Cazorla, Segura y Las Villas, so they can be reached easily from any of the long distance routes that run through the natural areas of the province of Jaen.

Pags. 38-41,
66-67

10 Olive oil

Undoubtedly olive oil is the star product of Jaen, which has the largest area dedicated to olive groves in Spain. There are currently three protected designations of origin for olive oil in Jaen: Sierra Magina, Sierra de Segura and Sierra de Cazorla, and other producing regions such as la Campiña or la Sierra Sur. The most important olive variety in Jaen is the picual, which represents 95% of the production.

Pags. 38-41

Pags. 42-45

1 Listen to verdiales

Verdiales is a specific singing style and culture that can only be heard in some regions of Malaga, such as Axarquía, Valle del Guadalhorce and the surrounding areas of the Montes de Malaga Natural Park. The groups of singers gather at festive events to show off this style of singing similar to the fandango in flamenco, but accompanied by violins, cymbals, castanets, tambourines, guitars and lutes or bandurrias.

Pags. 42-45

2 Charming spas

There are plenty of establishments today offering spa and thalassotherapy treatments. However, during the 19th century this type of activity was reserved for the upper class and in the province of Malaga a few of these original buildings still remain and can be visited and enjoyed, such as the spas in Tolox (built during the mid-19th century) and Caratraca (a neo-classical building built on hot springs and dated from around the same period). There are also a number of Arab baths in Ronda, Vilo, Casares or Alcaucin.

Pags. 50-57

3 See the Picasso Museum in Malaga

Situated in the heart of the city, the Picasso Museum is located in the Buenavista Palace, (16th century), a fine example of Andalusian architecture that combines Renaissance and Mudejar elements, to the point that the building itself is a work of art. The Museum has a permanent collection that includes 233 works of art by the Malaga artist, as well as another 43 works of art on loan by the artist's family for 15 years, created over eight decades, between 1892 and 1972.

Pags. 224-227

4 The Sima GESM

The Sierra de las Nieves Natural Park is unique for its geological features. This site has some extremely unusual formations rarely seen in other places: Steep cliffs, limestone pavements, sinks, sink-holes, karst fields... But without a doubt, the greatest treasure of the Natural Park is the Sima GESM, one of the deepest in the world at 1,100 metres.





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5 The Laguna de Fuente de Piedra

One of the stages of the Gran Senda de Malaga (Great Path of Malaga) runs through the area of the Laguna Fuente de Piedra, a protected natural site with a lagoon that is home to a colony of pink flamingos offering an unmistakable sight.

The lagoon is the largest in Andalusia, at approximately 7 kilometres long and 2.5 wide and it is the main wintering ground for countless species of migratory birds. The beauty of this landscape is well worth a visit

6 Ronda

Ronda is undoubtedly one of the most beautiful towns in Andalusia and definitely worth a visit. Although there are a number of pre-roman and roman remains, its most splendid era came with the Nasrid kingdom of Granada, when the town became the strategic border point with the Kingdoms of Castille. Two monuments in Ronda not to be missed date back to the 18th century: The bullring, considered to be one of the oldest in Spain and the Puente Nuevo, a majestic bridge over a 100 metre deep gorge.

7 Ancient minarets

All of the cycling routes that run through the province of Malaga offer a view of these ancient minarets that date back to the period of Muslim rule and which were later nearly all converted into Christian bell towers. A clear example of this is the Mudejar minaret of Archez, which is in perfect condition and has been named an Artistic Historical Monument, but equally interesting is that of San Sebastian in Ronda, that of Daimalos dating from the 13th century (one of the oldest in Spain) or that of Corumbela.

8 El Torcal de Antequera

The Natural Site of El Torcal de Antequera offers visitors a whole host of activities to discover its unique geological formations, with more than 1,000 caves and registered chasms and where they can admire the huge number of ammonites, fossils of marine origin formed 200 million years ago. There are also a number of archaeological sites in El Torcal that bear witness to the presence of humans since the Mid Neolithic Period.

Pags. 80-83

Pags. 60-67,
80-83

Pags. 224-225

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9 The Smurf village

They are only fictional, created by humans, but they have their own village and that is real. The smurfs, those friendly little characters enjoyed by children for generations, live in Juzcar, the village located on a cliff in the Serrania de Ronda. In 2011 the film, *The Smurfs*, made its debut in this town and since then the houses remain a vivid shade of blue.

Pags. 224-227

10 Gastronomy of Malaga

Malaga has a number of coastal, mountain and inland meadow regions and this is reflected in its gastronomy, which includes meat and fish dishes and even typical vegetable dishes and delicious desserts. For example the porra antequerana, the ajoblanco, the fish gazpachuelo, oxtail from Ronda... Malaga of course is famous for its fish, such as the fritura malaguena, or its sardine skewers that can be enjoyed on the beach.

Pags. 42-45

11 A church carved in stone

Very close to the Desfiladero de los Gaitanes, in the municipality of Alora, is the unique archaeological site of Bobastro, with a medieval church and castle dating from between the 9th and 10th centuries, carved in stone. This Mozarabic temple is the only one of its kind in Al Andalus. The top of the Cerro Las Mesas also offers magnificent views of the surrounding area.

Pags. 80-83



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1 The Cartuja de Cazalla

The endless spring located on this elevated site was vital for the original inhabitants, first the Arabs during the 8th century and the Hieronymite monks in the 15th and finally the Carthusians. This National Monument still maintains its hostelry tradition and today provides accommodation for travellers in an idyllic setting, where exhibitions and concerts are organised but always with the silence and the views as the main point of reference. It is located very close to the town of Cazalla, which together with Guadalcanal and Constantina, are the most monumental and well preserved of the Sierra Norte Natural Park.

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232-233



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2 The city of the emperors

Trajan from Seville, first emperor not born in Rome, and his successor and nephew Adrian, who took Rome to its maximum level, were both born in Italica. The equally mythical Escipion founded this Roman city after defeating the Carthaginians in the nearby town of Alcala.

Pags. 68-71

Today, the Archaeological Ensemble of Italica offers visitors a marvellous Roman amphitheatre and the possibility of retracing what were its streets and the opportunity to discover the houses, public buildings,

works of art and everyday tools used by its inhabitants. All of this together with the San Isidoro del Campo, form an incredible view of the past.

3 Isla Mayor and Isla Minima

The constant meandering of the Guadalquivir River created two wetland areas known as Isla Mayor and Isla Minima. The Transandalus route invites travellers to discover these rice fields, which are among the largest in Europe. These wetlands create an unforgettable landscape. It is also a feeding spot for thousands of birds of all different species, given its proximity to the Doñana National Park. This region offers silence and solitude,

Pags. 84-87



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with infinite views and long sunsets reflected in the flooded rice fields.

4 Homemade liquor and wines from the sierra

Even Cervantes cited the wines of Alanis, Cazalla and Guadalcanal, the vines of which enabled the spirit to be taken to America. After the devastating phylloxera plague, the vines were planted again in the region, but its most famous liquor is the homemade cherry liquor. The enormous amount of grapes produced was what led to the distil-

Pags. 132-
133, 232-235

lation of part of the fruit, which is how the anisette is also obtained. These drinks are still being produced using the traditional methods in Cazalla and in Constantina and what better way to end a meal consisting of game dish.

5 The historic quarters of Guadalcanal

This beautiful village, although only small, has a large number of religious and civic buildings of immense value situated in its historic quarters, declared a historic ensemble. These include the Santa Maria de la Asuncion, San Sebastian and Santa Ana churches dating from the 14th and 15th centuries. The Caridad Church, the Santa Clara Convent and the Milagro Hospital are all from the 16th century, while the San Vicente, Espiritu Santo and the Concepcion churches all date from the Baroque period. The Almona still remains, which was the initial headquarters of the Order of Santiago when the town was conquered in the Middle Ages; or the Casa Rectoral (Rector House), an old palace of the Marquises of San Antonio.

Pags. 232-235

6 The Aljarafe tracks

Very close to the city of Seville and surrounded by large infrastructures, is an ancient network of tracks that join the different villages of the Aljarafe area and which connect with the Doñana National Park and the Sierra Norte National Park, among other places of interest. If you want to discover them, you simply have to leave the busy roads and follow the dozens of kilometres of livestock paths that are perfectly suitable for mountain bikes.

Pags. 68-71,
84-87

7 Rivera del Huesna

The Huesna irrigates a large part of the natural park of the Sierra Norte from its source in a very accessible area of San Nicolas. The initial routes begins in a gallery forest where there are recreational areas, such as Isla Margarita or the Molino del Corcho, campsites and we can also spot trout, otters and the common kingfisher, among other many

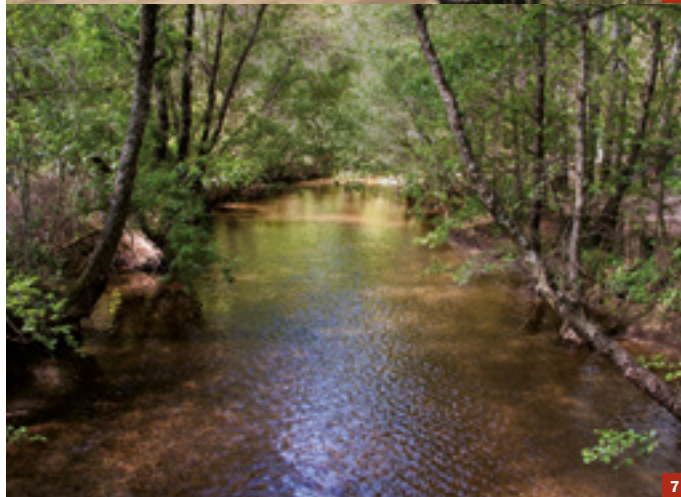
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species. This deciduous forest with changing colours is made up of holm oaks and cork oaks, together with the Pyrenean Oak, the most unique tree in the park.

8 Meat and cold cuts

Hunting is hugely popular in the Sierra Norte which is reflected in a large number of typical dishes based on venison, wild boar, partridge, hare and rabbit. Of course, the Iberian ham and the chorizos or blood sausage, from the Iberian pigs raised on the pastures eating acorns, should form part of any traveller's menu in order to understand the culture of the region. All the towns offer their own pork products and of course, they consider theirs to be the best! In the southern area of Seville, in the marshlands, meat connoisseurs can enjoy the exclusive meat from the mostrenca cow or marsh cow.

9 Mosto (a kind of grape juice) and olives from Aljarafe

There is no better way to get a sense of the deep-rooted Roman and Arabic past of the region of Aljarafe, situated 100 metres high in the Guadalquivir Valley than through two of its most famous products, mosto and olives. The wine from the fermented grape is popular in winter, with a toast to the cultures passed down and a panoramic view of the olive groves, vineyards, large country estates and riverbanks that make this area so special. Table olives are one of the specialties of the gastronomy in Seville.

10 Romeria del Robledo

The busiest pilgrimage of the Sierra Norte has been held in Constantina since the 16th century. In August the Virgen del Robledo is taken to the village; and in September she returns to a chapel located 5 km from that village, accompanied by various celebrations. This is a good opportunity to also visit the town centre, declared a Place of Cultural Interest. The streets around the castle, of Arabic origin, located in the areas of Cuestas and La Moreria still retain the traces of their Moorish past. There are also a number of chapels, churches and stately houses that make the stroll very interesting.

11 Roman mines of Cerro del Hierro

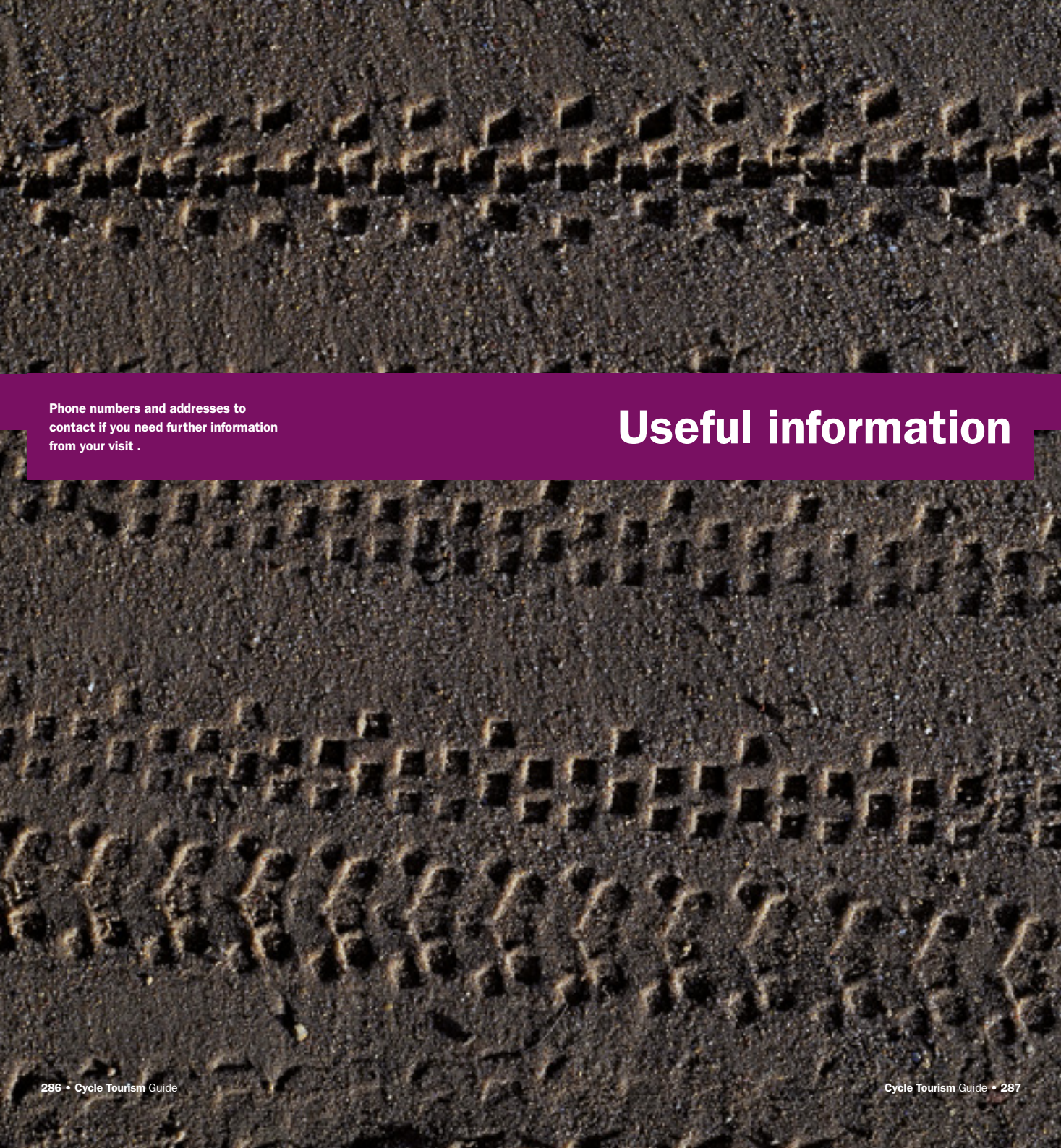
First the Romans, then English companies during the 19th century and finally Spanish companies towards the end of the 20th century have extracted mineral resources from the Cerro del Hierro mines in San Nicolas del Puerto next to the Sierra Norte Via Verde route. The typically English architecture of this small village still remains today, located very close to this site declared a natural monument given its geological value and unique landscape, with its overwhelming array of tunnels, colours and galleries. The very rare black stork can also be spotted here, along with a number of birds of prey.

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Pags. 232-235

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Pags. 232-235



Phone numbers and addresses to
contact if you need further information
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Useful information

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INFORMATION POINTS

Almería Tourist Office

Parque Nicolas Salmeron, s/n Esquina
Martínez Campos
Postal Code: 04002
Phone: 950 175 220
Email: otalmeria@andalucia.org

Office of Tourism Council

Almería. 950 211 841
www.turismoalmeria.com

Tourist Office of the City

Almería. 950 210 538
www.turismodealmeria.org

Adra. 950 400 400 (ext. 1414)

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María-Los Velez)
Avda. Marques de los Velez s/n, Velez
Blanco
950 415 354
ecoturismo@
agenciademedioambienteyagua.es

Las Amoladeras (Natural Park Cabo de

Gata-Níjar)
Ctra. AL-3115, Tramo Retamar-Pujairé
Km. 7, Almería
689 167 816
cristina@malcaminos.com

'NATURAL PARK' BRAND COMPANIES

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Info@vistamarsanjose.com

Diving Center La Isleta

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centrobuceo@la-isleta-del-moro.com

Hotel Cala Grande

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reservas@calagrande.es
www.calagrande.es

Hotel Calachica

950 388 181/82
reservas@calachica.com
www.calachica.com

Diving Center Alpha

950 380 321 - 608 057 968
base@alphabuceo.com

Camping Los Escullos San Jose

950 389 811
info@losecullossanjose.com

Hotel Cortijo el Sotillo

950 611 100 - 950 380 216
reservas@cortijoelsotillo.es
hotel@cortijoelsotillo.es

Happy Kayak

609 644 722
info@happykayak.com
www.happykayak.com

Hotel Naturaleza Rodalquilar

950 389 838
info@hotelrodalquilar.com

Hotel MC San Jose

950 611 111
reservas@hotelesmcsanjose.com

Isub

950 380 004 - 609 015 172 - 630 506
212.
info@isubsanjose.com

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950 380 299 - 950 611 055.
info@cabodegata-nijar.com

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www.orodenjar.com
Subparke
950 389 787 - 670 341 564
www.subparke.com
subparke@subparke.com

Torres y Gonzalez Diaz

950 380 451
clientes@playascortijos.com
www.playascortijos.com

Union Salinera de España SL

914 363 100
www.unionsalinera.es

SIERRA MARIA-LOS VELEZ NATURAL PARK

Camping Sierra Maria

950 167 045
info@campingsierrademaria.com

Conchillo Castillo

950 410 277 - 950 410 243
conchillocastillo@hotmail.com
www.conchillocastillo.com

Apartaments El Palacil

950 415 043
reservas@elpalacil.com
www.elpalacil.com

Hotel Velad Al-Abyadh

950 415 109
hotelvelad@hotelvelad.com
hotelvelad@hotelvelad.com

Meat Industry Sierra Maria

950 417 178
losamadeos@telefonianet

Jamones El Peña

950 417 166
felixelpenia@hotmail.com

Jamones El Tunez

950 417 160
secaderoeltunez@hotmail.com

Jamones Juande

950 417299
jjjuande@hotmail.com

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contactar@cortijosmalenos.com
www.cortijosmalenos.com

Cortijo El Campillo

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annika@elcampillo.info
www.elcampillo.info

J-126 Nature Routes

950 380 299 - 950 611 055.
info@cabodegata-nijar.com

Oz Nature Wildlife Tours & Trips

950 301 705 / 626 260 641
indalodeoz@indalodeoz.com /
indalodeoz@cajamar.es
www.indalodeoz.com

SIERRA MARIA-LOS VELEZ NATURAL PARK

Farm School Fuente Grande

950 410 989 - 659 936 868
fuentegrande@ceafuentegrande.com
http://www.ceafuentegrande.com

Restaurant Kiosko La Piza

689 679 935, 680 441 677
antonipiza1@hotmail.com

Cortijo La Estrella

950 068 129, 678 553 263
laestrella@avired.com
http://www.laestrella.co.uk

Hotel Casa de los Arcos

950 614 815 - 671 999 269
info@hotelcasadelosarcos.com
http://www.hotelcasadelosarcos.com

Aventura-T en Los Velez

950 410 661, 610 000 923
marialuisa.25@hotmail.com
http://www.multiaventuraenlosvelez.es

Hostal Torrente

950 417 399
herminiatorr@hotmail.com

Restaurant La Umbria

950 417 469
restaurantelaumbria@gmail.com
http://www.laumbria.es

Camping Sierra Maria

950 167 045
info@campingsierrademaria.com

CADIZ

INFORMATION POINTS

Cadiz Tourist Office

Avda. Ramon de Carranza, s/n
Postal Code: 11005
Phone: 956 203 191
Email: otcadiz@andalucia.org

Algeciras Tourist Office

Paseo Rio de la Miel s/n
Postal Code: 11207
Phone: 956 784 131
Email: otalgeciras@andalucia.org

La Linea de la Concepcion Tourist Office

Avda. del Ejercito, Esquina 20 de abril
Postal Code: 11300
Phone: 956 784 135
Email: otlinea@andalucia.org

Office of Tourism Council

956 807 061 - 956 807 223
www.cadizturismo.com

Arcos de la Frontera

956 702 264
turismo@arcosdelafrontera.es
www.turismoarcos.es

Barbate

956 063 613
turismo@barbate.es
www.barbate.es

Tourist Reception Center of the City of Cadiz

956 241 001
info.turismo@cadiz.es
www.cadiz.es

Chiclana

956 535 969
turismo@chiclana.es
www.turismochiclana.es

Chipiona

956 929 065
turismo@aytochipiona.es,
turismochipiona@gmail.com
www.turismochipiona.es

Conil de la Frontera

956 440 501 - 956 440 222
turismo@conil.org
www.turismo.conil.org

El Puerto de Santa Maria

956 483 714 - 956 483 715
turismo@elpuertodesantamaria.es
www.turismoelpuerto.com

Grazalema

956 132 052
atencionalciudadanograzalema@gmail.com

Jerez de la Frontera

956 338 874 - 956 341 711
turismo2@aytojerez.es
www.turismojerez.com

La Linea de la Concepcion

956 171 998
turismo@lalinea.es
www.turismocg.com

Rota

956 841 352 - 956 846 345
turismo@aytorota.es
www.turismorota.com

San Fernando

956 944 226 - 956 944 227
turismo@aytosanfernando.org
www.turismosanfernando.org

Sanlucar de Barrameda

956 366 110
sanlucarturismo@gmail.com
www.sanlucardebarrameda.es/sanlucar_turismo

Setenil de las Bodegas

956 134 261 - 659 546 626
turismo@setenil.com
www.setenil.com

Tarifa

956 680 993 - 956 680 676
turismo@aytotarifa.com
www.aytotarifa.com/Turismo

Ubrique

956 464 900 - 956 922 980
oficina.turismo@ayuntamientoubrique.es,
mrios@ayuntamientoubrique.es
www.ayuntamientoubrique.es

Vejer de la Frontera

956 451 736
info@turismovejer.es
www.turismovejer.es

VISITOR CENTERS

Bahia de Cadiz Natural Park

C/ Buen Pastor, 507
Campo Soto Road ,next to beach access.
San Fernando
956 243 474 - 673 766 136
cvbahiacadiz@atlantidama.com

El Aljibe

Los Alcornocales Natural Park.
A-2228
Alcala de los Gazules-Benalup Casas
Viejas Km 1. 11180
Alcala de los Gazules
856 587 508

Huerta Grande

Del Estrecho Natural Parl
N-340 Km. 96.
Neighborhood El Pelayo
671 590 887
huertagrande@ornitour.com

El Bosque

Los Alcornocales Natural Park
C/ Federico Garcia Lorca, 1
956 709 733
cv_elbosque@
agenciamedioambienteyagua.es

'NATURAL PARK' BRAND COMPANIES

BAHIA DE CADIZ NATURAL PARK

Activities Bahía 2000

956 051376
info@actiba2000.com
www.actiba2000.com

Aema Bahía

658 566 969
aemabahia@yahoo.es

Alema Turismo y Medio Ambiente

659 538 126 - 670 465 909
coordinacion.cra@salinasdechiclana.com

CRA Coto de la Isleta

956 560 123
cotoisleta@cotoisleta.com
www.cotoisleta.com

Genatur

956 316 000
comercial@genatur.com

Novojet Vela

956 494932
info@novojet.net , www.novojet.net

Union Salinera de España SA

91 436 31 00
useinfo@salins.com
www.unionsalinera.es

DEL ESTRECHO NATURAL PARK

Huerta Grande

956 679 700 - 659 689 907
reservas@huertagrande.com

Restaurante El Tejar

956 449 678

Hotel La Peña

956 684 644 - 956 681 070
hotel_tarifa@yahoo.es
www.hotelentarifa.com

Mejillones de Andalucía SL

986 554 144
mejillonesdeandalucia@yahoo.es
jugasa62@hotmail.com

Restaurant La Pescadería

956 627 078
info@lapescaderiarifa.com

Turmares Tarifa

956 680 741 - 696 448 347
turmares@turmares.com
www.turmares.com

DE LOS ALCORNOCALES NATURAL PARK

Rancho Cortesano

956 237 528 - 658 188 495
miel@ranchocortesano.net

Barbara Cottage

956 413 213 - 610 727 185
info@casadebarbara.com
www.casadebarbara.com

Cortijo Roman Cottage

658 470 524
info@holidayscortijoroman.com

Ceramics Maria Guillen

952 153 123
ceramicasmg@hotmail.com

Sobrina de las Trejas Sweets

956 410 310 - 666 688 393
lastrejas@terra.es

Educam Rural

info@educamrural.es
www.educamrural.es

Hotel Hacienda El Santiscal

956 708 313
haciendasantiscal@santiscal.com
reservas@santiscal.com

Ibericos Aro

952 153 286
antonio@ibericosaro.es

La Dificultosa

956 67 52 61
ladificultosa@hotmail.com

Pangea Active Nature

952 873 694 - 630 562 705
info@pangeacentral.com

El Gazul Cheeses

956 420 307
info@queseriaelgazul.com

SIERRA DE GRAZALEMA NATURAL PARK**Al-Qutun Agritourism**

956 137 882
al-qutun@al-qutun.com

Algaba de Ronda Cottage

952 114 048 - 653 901 043
algaba@algabaderonda.com

Al Jaque

952 168 146 - 663 031 897
aljaque.sca@gmail.com

Del Municipal Cottage

956 463 404 - 636 777 736
620 401 877
info@casadelmunicipal.es
casadelmuni@hotmail.com
www.casadelmunicipal.es

Huerta Ribera de Bocaleones Cottage

956 138 114, 625 530 782
bocaleonesturismo@hotmail.com

El Altillo Cottage

956 138 114, 625 530 782
bocaleonesturismo@hotmail.com

Enrique Calvillo Cottage

956 716 105
info@hotelenriquecalvillo.com

La Piletas Cottage

605 080 295
info@cortijolaspiletas.com

Ceredito Andaluz

952 167 375
info@cerditoandaluz.com

Horizon Naturaleza y Aventura

956 132 363
grazalema@horizonaventura.com

Hostal Restaurant Enrique Calvillo

956 716 105
calvillo@sierradecadiz.com

La Carihuela Cottage

956 137 882
al-qutun@al-qutun.com

La Posada del Fresno

952 167 544 - 649 972 979
info@posadadelfresno.com

Algodonales Hostel

956 137 882
al-qutun@al-qutun.com

Naturaventura

609 766 574 - 656 986 009
naturaventura_villaluenga@hotmail.com

Queserías El Bosqueño

956 716 156
quesoselbosque@quesoselbosque.com

La Jara Ceramics

956 132 075 - 662 524 354
montsealfarera@hotmail.com

LA BREÑA Y MARISMAS DEL BARBATE NATURAL PARK**Montecote Cottage**

956 448 489
info@casamontecote.com
www.casamontecote.com

Martinez Sweets

956 430 536
info@tresmartinez.com

La Botica de Vejer

956 450 225
info@laboticadevejer.com
www.laboticadevejer.com

Salpesca

956 430 979
salpesca@salpesca.com
www.salpesca.com

EUROPARC**LA BREÑA Y MARISMAS DEL BARBATE NATURAL PARK****Nature Explorer**

956 451 400
info@natureexplorer.com
www.natureexplorer.com

El Palomar de La Breña

956 435 003
info@palomardelabrena.com
www.palomardelabrena.com

Leonor Cottage

956 451 085
vejer@casaleonor.com
www.casaleonor.com

Tourist apartments Canos de Meca

956 437 387
direccion@canosdemeca.es
www.canosdemeca.es

LOS ALCORNOCALES NATURAL PARK**La Almoraima**

956 693 002
casaconventolaalmoraima@telefonica.net
www.la-almoraima.com

Barbara Cottage

956 413 213 - 610 727 185
info@casadebarbara.com
www.casadebarbara.com

SIERRA DE GRAZALEMA NATURAL PARK**Molino de Abajo SCA**

956 716 219
info@elmolinodeabajo.com
www.molinodeabajo.com

Huerta del Tajo

952 870 404
jmjg65@terra.es
www.huertadeltajo.com

Nature Classroom El Higueron de Tavizna

956 725 849
buenavis2@hotmail.com
www.granjaescuela.net

Hotel Molino del Santo

952 167 151
info@molinodelsanto.com
www.molinodelsanto.com

CORDOBA**INFORMATION POINTS****Cordoba Tourist Office**

Visitor Reception Centre
Plaza del Triunfo s/n
Postal Code: 14002
Phone: 957 355 179
Email: otcordoba@andalucia.org

Office of Tourism Council

957 491 677
www.cordobaturismo.es
turismo@cordobaturismo.es

Tourism Consortium

957 201 774
www.turismodecordoba.org
consorcio@turismodecordoba.org

Aguilar de la Frontera

957 688 203
turismo@aguilardelafrontera.es
www.aguilardelafrontera.es

Baena

957 671 757
turismo@ayto-baena.es
www.baena.es

Cabra

957 523 493
franciscojavier.gomez@cabra.es
www.turismodecabra.es

Cardena

957 174 138
turismo@cardena.es
www.cardena.es

Fuente Obejuna

957 584 164
turismo@fuenteovejuna.org
www.fuenteovejuna.org

Hinojosa del Duque

957 640 056
informacion@hinojosadelduque.es
www.hinojosadelduque.es

Hornachuelos

957 640 786
turismo@hornachuelosrural.com
www.hornachuelosrural.com

Tempranillo Route

957 519 071
rutadelt tempranillo@yahoo.es
www.rutadelt tempranillo.org

Lucena

957 513 282
turismo@aytolucena.es
www.turlucena.com

Montilla

957 652 462
turismo@montilla.es
www.montillaturismo.es

Montoro

957 160 089
turismo@montoro.es
www.montoro.es

Palma del Rio

957 644 370
oficinadeturismo@palmadelrio.es
www.palmadelrio.es

Pozoblanco

957 132 204
turismo@pozoblanco.es
www.pozoblanco.es

Priego de Cordoba

957 700 625
informacion@turismodepriego.com
www.turismodepriego.com

Puente Genil

957 600 853
turismo@puentegenil.es
www.turismopuentegenil.es

Villanueva de Cordoba

957 120 603
turismo@villanuevadecordoba.com
www.villanuevadecordoba.com

Zuheros

957 694 545
turismo@zuheros.es
www.zuheros.es

Peñarroya-Pueblonuevo

957 570 986
turismopapvo@hotmail.com
www.penarroyapueblonuevo.es

Iznajar

957 534 479 - 647 492 234
turismoiznajar@hotmail.com
www.iznajar.es

VISITOR CENTERS**Santa Rita**

Sierras Subbeticas Natural Park
A-339 Cabra-Priego km 1.1.2
Cabra
957 506 986

Laguna de Zoñar

A-309 Aguilar-Puente Genil,
Km. 77 68
957 335 252

Los Villares Park

C. Vecinal nº 45 -Finca Los Villares Bajos-
Cordoba-Ovejo Km. 7'5
697 953 735

Huerta del Rey

Sierra de Hornachuelos Natural Park
957 579 656
huertadelrey@hotmail.es

Venta Nueva

Sierra de Cardena y Montoro Natural Park
N-420 to CO-510 Km 79
671 593 306

'NATURAL PARK' BRAND COMPANIES**SIERRAS DE CARDEÑA Y MONTORO NATURAL PARK****Apicola Montoro**

957 161 463

Rosalia Cottage

957 174 068 - 617 490 221
info.reservas@casaruralrosalia.es
casarosalia@yahoo.es

Iberico de Cardena

957 174 350.

SIERRA DE HORNACHUELOS NATURAL PARK**La Salud Cottage**

977 752 650
info@lasaludcasarural.com

Coforest

Las Navas, s/n
14300 Villaviciosa de Cordoba (Cordoba)
Tel.: 957 722 000
Matarredonda
scacoforest@yahoo.es

SIERRAS SUBBETICAS NATURAL PARK**1050 AC S.L.**

957 049 322
info@1050ac.com
olextravirgin.com

Alua, Active Tourism

617 755 146
alua@alua.es
www.alua.es

La Pililla Cottage

652 432 307
info@casalapililla.com
www.casalapililla.com

Cortijo Casablanca

957 540 832 - 654 562 702
cortijocasablanca.com
www.cortijocasablanca.com

Cortijo de Frias

957 334 005
cortijofrias@cortijofrias.com
www.cortijofrias.com

Bodega El Guiso

957 520 664
administracion@elguiso.es

Jamones Rute

957 539 227
juanderute@yahoo.es
www.jamonesrute.com

Mosaicos Artesanos

658 402 021
info@mosaicosartesanos.com,
mosaicosartesanos@marcaparquenatural.com
www.mosaicosartesanos.com

Sierra Subbetica Cheese

957 694 714.
Info@losbalanchares.com
www.losbalanchares.com

Turrolates Galenda

957 540 098
sseismarin@hotmail.es
www.galenda.es

GRANADA**INFORMATION POINTS****Granada Tourist Office**

C/ Santa Ana, 4 Bajo.
Postal Code: 18009
Phone: 958 575 202
Email: otgranada@andalucia.org

Information Office of the Provincial Tourist Board of Granada

958 247 128
www.turgranada.es
informacion@turgranada.es

Information Point Provincial Tourist Board of Granada in the Federico Garcia Lorca Airport

958 245 269
informacion.aeropuerto@turgranada.es

Municipal Tourist Office of Granada

958 248 280
informacion@granadatur.com
www.grnadatur.com

Environmental Interpretation Centre of Riofrio

958 326 858

Castril

958 720 270
turismocastril@hotmail.es

Lanjaron

958 770 462
turismolanjaron@gmail.com
www.lanjaron.es

Alhama de Granada

958 360 686
www.turismodealhama.com

Almuñecar

958 631 125
turismo@almunecar.es
www.almunecar.es

Baza

958 998 225 - 645 093 871
info@turismobaza.com
www.turismobaza.com
958 861 325
oficinadeturismo@bazaturismo.com
www.bazaturismo.com

Loja

958 323 949
turismo@aytoloja.org
www.lojaturismo.com

Orce

958 746 171
oficinadeturismoorce@gmail.com
www.orce.es/

Motril

958 825 481
info@turismomotril.com
www.turismomotril.com

Salobreña

958 610 314
turismo@ayto-salobreña.org
www.ayto-salobreña.es/turismo

Historical Interpretation Center of Loja

958 321 520
turismo@aytoloja.org
www.aytoloja.org

VISITOR CENTERS**Sedella** (Sierras de Tejada, Almijara y

Alhama Natural Park)
c/ Villa del Castillo nº 1, Sedella
(29715-Málaga)
952 50 85 23

El Dornajo (Sierra Nevada Natural Park))

A-395 Granada-Sierra Nevada
958 340 625
alhoridornajo@hotmail.com

Puerto Lobo (Sierra de Huetor Natural

Park))
Road Viznar to Puerto Lobo Km. 43,
Viznar
958 540 426
ilexandalucia@gmail.com

Narvaez (Sierra de Baza Natural Park))

A-92, exit Km. 28
958 199 068
sierradebaza@arcosurmedioambiente.es

Castril (Sierra de Castril Natural Park))

A-326 Castril-Pozo Alcon
958 720 059

'NATURAL PARK' BRAND COMPANIES**SIERRA DE CASTRIL****Agrocastril**

958 720833
www.agrocastril.com

SIERRA NEVADA**Fontvella y Lanjaron**

93 2272500
Mariajose.adamuz@danone.com

Al-Mihras

950 514 149 - 655 846 477
www.al-mihras.com info@al-mihras.com

El Valle Cottage

958 751515 - 649 161896
info@alojamiento ruralalevalle.com
www.alojamiento ruralalevalle.com

Antonio Alvarez Jamones

958 85 85 34
central@antonioalvarezjamones.com
www.antonioalvarezjamones.com

Lanjaron Spa

958 770 137 - 958 770 454
informacion@balneariodelanjaron.com
www.balneariodelanjaron.com

Alojamiento Rural Bernarum

958 851 149
informacion@benarum.com
www.benarum.com

Bodega Cortijo El Cura
679 961 802
info@cortijoelcura.com
www.cortijoelcura.com

La Jirola Cottage
645 463 729 / 950 350 061
info@casasruraleslajirola.com
www.casasruraleslajirola.com

Monterrey Cottage
950 514 149 - 606 771 621 -
655 846 477
www.almihras.com
info@almihras.com

Cortijo Balzain
952 602 065
info@balzain.com
www.balzain.com

Decolores
958 763 937 - 655 182 987
sinhachesoy@hotmail.com

El Rincon de Pepa
958 592 329
pepa@nazaires.net
www.elrincondepepa.com

El taller del telar
958 763 171
nade@tallerdeltelar.com
www.tallerdeltelar.com

Hilacar
658 106 576
info@jarapahilacar.com
jarapahilacar.com

Hostal Restaurant Labella
958 677 000 / 958 677 363
informacion@hostallabella.com
www.hostallabella.com

Hotel Alcadima
958 770 809
info@alcadima.com
www.alcadima.com

Hotel Finca Los Llanos
958 763 071 - 958 763 206
reservas@hotelfincallosllanos.com
www.hotelfincallosllanos.com

Jamones Cardales
958 858 651
info@jamonescardales.com
www.jamonescardales.com

Jamones Morillas
958 770 206
informa@jamonesmorillas.com
www.jamonesmorillas.com

Jamones Muñoz
958 851 035
jamonesmunoz@yahoo.es

Jamones Vallejo
958 858 535
pedidos@jamonesvallejo.com
www.jamonesvallejo.com

Aparthotel La Oveja Verde
958 064 109
info@laovejaverde.es
www.laovejaverde.es

Solfrio
958 513 384
clientes@solfrio.net
www.solfrio.net

Spanish Dance Wear
958 766 261 - 629 638 187
info@spanishdancewear.com
www.spanishdancewear.com

J.Brown
958 763 092
info@jbrowntallerdepel.com
www.jbrowntallerdepel.com

Workshop Mercedes Carrascosa
958 763 041
mercedespamaneira@hotmail.com
www.artesanosalpujarra.com/artesanos/
mercedes.htm

EUROPARC

SIERRA NEVADA NATURAL PARK

Hotel Restaurant La Fragua
958 858 573
reservas@hotellafragua.com
www.hotellafragua.com

Nature Classroom Ermita Vieja
958 228 496
roser@huertoalegre.com
www.huertoalegre.com

Tio Tobas Caves
958 698 350
aranda@tiotobas.com
www.tiotobas.com

El Valle Cottage
958 781 515
info@alojamiento ruralvalle.com
www.alojamiento ruralvalle.com

Camping Las Lomas
958 484 742
info@campinglaslomas.com
www.campinglaslomas.com

Hotel Finca Los Llanos
958 763 071 - 958 763 206
reservas@hotelfincallosllanos.com
www.hotelfincallosllanos.com

Mamut Sierra Nevada
958 486 416
info@mamutsierranevada.com
www.mamutsierranevada.com

La Alacena de Laujar
950 513 453
marialacenalaujar@hotmail.com

El Cercado de Berchules
958 064 023
www.elcercadoalpujarra.com
reservas@elcercadoalpujarra.com

Alqueria de Moraima
958 343 303
alqueria@alqueriamoraima.com
www.alqueriamoraima.com

Los Molinos del Padul
958 790 813
info@molinosdepadul.com
www.molinosdepadul.com

Hotel Castillo Lanjaron
958 770 712
director@hcastillolanjaron.com
www.hcastillolanjaron.com

The Environmental Education Cooperative Torcas
618 016 998
lastorcas@gmail.com
www.lastorcas.com

Hotel Alcadima
958 770 809
hotel@alcadima.com
www.alcadima.com

Mecina Fondales Cottage
958 766 241
info@hotelruralmecinafondales.com
www.hoteldemecina.com.es

Nevadensis
958 763 127
guias@nevadensis.com
www.nevadensis.com

Hotel Zerbina
958 595 202
info@hotelzerbinetta.com
www.hotelzerbinetta.com

Laurel de la Reina Cottage
958 590 557
info@laureldelareina.com
www.laureldelareina.com

Hotel Restaurant Almiraz
950 513 514
info@hotelalmiraz.es
www.hotelalmiraz.es

Restaurant Posa Tio Peroles
950 351 005
tioperoles@hotmail.com
www.tioperoles.com

Callejon del Duende Cottage
958 596 106
pepamaribayo@hotmail.com
www.callejondelduende.es

HUELVA

INFORMATION POINTS

Huelva Tourist Office
Jesus Nazareno 21
Postal Code: 21071
Phone: 600 140 660
Email: othuelva@andalucia.org

Office of Tourism Council
959 257 467
www.turismohuelva.org

Interpretation Centre ' Huelva Door of the Atlantic '
959 541 817

Huelva
959 251 218

House Museum of Valverde del Camino
959 553 988
casadireccion@valverdedelcamino.es

El Rompido
959 391 397

Almonte
959 450 616
turismo@aytoalmonite.es

Aracena
663 937 877
turismo@ayto-aracena.es

Ayamonte
959 320 737
turismo@ayto-ayamonte.es

La Palma del Condado
959 402 319

La Rabida
959 351 258

Mazagon
959 376 300 - 959 376 044

Niebla
959 362 270 - 959 363 821
info@castillodeniebla.es

Isla Cristina
959 332 694
turismo@islacristina.org

Lepe
959 625 020
turismo@ayto-lepe.es

Moguer

959 371 898
turismo.moguer@teleline.es

Matalascañas

959 430 086
turismo@aytoalmonete.es

Punta Umbria

959 495 160 - 959 314 619
turismo@ayto-puntaumbria.es

Valverde del Camino

959 553 988

Nerva

959 580 073

Rocina del Condado

959 416 015

VISITOR CENTERS

El Arenosillo (Doñana National Park)

Finca del Arenosillo (Moguer, Huelva)
959 439 627

El Acebuche (Doñana National Park)

A-483 Km.38,7 Matalascañas-21760 (Almonte, Huelva)
959 439 629
en.donana.cvacebuche.cma@juntadeandalucia.es

La Rocina (Doñana National Park)

Finca La Rocina. Carretera A-483 Km.27,5. 21750 El Rocio (Almonte, Huelva)
959 439 569
en.donana.cvrocina.cma@juntadeandalucia.es

Los Centenales (Doñana National Park)

Hinojos-Almonte A-484 km 0,2. Hinojos (Huelva)
959 439 620
en.donana.cvcentenales.cma@juntadeandalucia.es

Palacio del Acebron (Doñana National Park)

Finca La Rocina. Carretera A-483 Km27,5. 21750 El Rocio (Almonte, Huelva)
671 593 138
en.donana.cvacebron.cma@juntadeandalucia.es

Pico del Loro (Doñana National Park)

A-494, Km. 39 (Almonte, Huelva)
959 439 627

Anastasio Senra (Nature Reserve)

Marismas del Odiel
Juan Carlos I, Km. 3. Huelva
959 524 334 / 35
marismasdelodiell@onubaland.com

Cabildo Viejo (Sierra de Aracena y Picos de Aroche Natural Park)
Place Alta, s/n. Aracena (Historic building in the climb to the hill of the Castle Church)
959 129 553 / 4
cabildoviejo@gmail.com

'NATURAL PARK' BRAND COMPANIES

SIERRA DE ARACENA Y PICOS DE AROCHE NATURAL PARK

Alma Natura

959 19 77 29
info@almanatura.com

El Campanario y El Mirador Cottage

657 339 655 - 657 339 656
info@bozquezrural.com

El Tornero I y II Cottage

610 705 002 - 959 128 135
info@fincaeltornero.com

El Monumento

673 375 967 - 959 465 588
teocastilla@yahoo.es , ana.henen@gmail.com

Hotel Rincon del Abade

959 714 536
rincondelabade@rincondelabade.com

Molino Rio Alajar Cottage

959 501 282.
molinorioalajar@telefonica.net
www.molinorioalajar.com

Jamones Jabugo

959 122 678
info@felixdemurtigajabugo.com

La Jabugueña

lolle@losromerosdejabugo.com

Monte Robledo Aracena SL

959 12 89 94 - 658 52 88 00
Onubaland (rutas)
950 129 553
cabildoviejo@onubaland.es
www.onubaland.es

Restaurant Montecruz

959 12 60 13
montecruz@telefonica.net

DOÑANA NATIONAL PARK

Algaída Producers

959 406 944
algaidafresas@hotmail.com

Marismas del Rocio, S.C.A

959 430 432 - 959 430 451.
info@donanavisitas.es

Doñana Equestrian SL

959 442 474
comercial@donanareservas.com

Doñana Nature

959 442 160 - 630 978 216
info@donana-nature.com

Pinos de Hinojos Cottage

629 846 094.
reservas@casaslospinos.es

EUROPARC

SIERRA DE ARACENA Y PICOS DE AROCHE NATURAL PARK

Finca Montefrio

959 503 251
fincamontefrio@hotmail.com
www.fincamontefrio.com

Centre for Initiatives and Tourism Training

Doñana-Aracena-Aventura (Turismo activo)
959 127 045
aracenaaventura@hotmail.com
www.donana-aracena-aventura.com

Picadero La Suerte

959 123 259
www.fincalasuerte.com
picad.lasuerte@terra.es

Finca La Media Legua

959 501 834 - 959 501 834
info@fincalamedialegua.es
www.fincalamedialegua.es

La Posada de Alajar Cottage

959 125 712
info@laposadadealajar.com
www.laposadadealajar.com

DOÑANA NATIONAL PARK

Sociedad Cooperativa Marismas del Rocio

959 430 432 - 959 430 451.
info@donanavisitas.es
www.donanavisitas.es

Los Pinos Cottage

959 459 500 - 959 459 500
reservas@casaslospinos.es
www.casaslospinos.es

Camping La Aldea

959 442 677
info@campinglaaldea.com
www.campinglaaldea.com

Incentivos Doñana

959 423 511
miguelcampos@incentivosdonana.net
www.incentivosdonana.net

Platalea Environmental education

959 260 708
info@platalea.com
www.platalea.com

Restaurant Wuppertal - Vetalarena Cottage

959 459 506
mayasanchez@terra.es
www.vetalarena.com

Restaurant Mirto SCA El Merendero

959 506 141 - 959 459 079
tomasvenegas@hotmail.com

Grand Hotel del Coto

959 440 017
administracion@granhoteldelcoto.com
www.granhoteldelcoto.com

Restaurant Hotel Toruño

959 442 422
info@toruno.es
www.toruno.es

Doñana Educa

959 440 285
donanaeduca@gmail.com
donanaeduca.blogspot.com/

Nature Center Doñana-Doñana Tours

959 442 468
info@donana.com
www.donana.com

Parador de Mazagon

959 536 300
mazagon@parador.es
www.parador.es

JAEN

INFORMATION POINTS

Jaen Tourist Office

Maestra, 8
Postal Code: 23002
Phone: 953 190 455
Email: otjaen@andalucia.org

Baeza Tourist Office

Plaza del Populo, s/n
Postal Code: 23440
Phone: 953 779 982
Email: otbaeza@andalucia.org

Ubeda Tourist Office

Baja del Marques, 4. Palacio Marques de Contadero
Postal Code: 23400
Phone: 953 779 204
Email: otubeda@andalucia.org

Provincial Tourism Jaen

953 248 000
promojaen@promojaen.es
turismo@promojaen.es
www.jaenparaisointerior.es

Municipal Bureau of Tourism Jaen

953 190 455
oficinaturismo@aytojaen.es

Municipal Tourist Office of Cazorla

953 710 102
info@cazorla.es; cultura@cazorla.es;
turismo@cazorla.es; turismo@gmail.com
www.cazorla.es

Information Point Cerrada del Utrero, Cazorla

953 124 235

Information Point Laguna Grande

953 765 142

Alcala la Real

953 582 077 / 953 102 868
turismo@alcalalareal.es, turismo.
empresas@alcalalareal.es
www.museoalcalalareal.com

Andujar

953 504 959
turismo@andujar.es
www.andujar.es

Linares

953 100 183
turismo@aytolinares.es, cgarcia@
aytolinares.es
elpositolinares.es

Cazorla

953 710 102 / 953 720 000
turismo@cazorla.es, ayuntamiento@
cazorla.es
www.cazorla.es

VISITOR CENTERS

Viñas de Peñallana (Sierra de Andujar Natural Park)
Andujar-Santuario Virgen de la Cabeza,
Km 13. Andujar
953 539 628

Puerta de Andalucía (Despeñaperros Natural Park)

A-4 Madrid-Cádiz, Km 257. Santa Elena
953 60 97 06

Castillo de Jodar (Sierra Magina Natural Park)

C/ Alhori S/N. (Ubeda-Iznalloz, Km. 24).
Jodar
953 779 718

Mata-Bejid (Sierra Magina Natural Park)

Ctra.km. 15,6. A-324. Cambil
953 390 940

Torre del Vinagre (Sierras de Cazorla, Segura y Las Villas Natural Park)

A-319, km. 48,5.
953 721 351
info@turisnat.es

'NATURAL PARK' BRAND COMPANIES**SIERRA DE ANDUJAR NATURAL PARK****Agricola Coloryn**

953 512 444
agricolacoloryn@coloryn.com
www.coloryn.com

Restaurante El Tropezon

953 506 921
info@restauranteeltropezon.es

Hierbas Andunatura

953 532 049
andunatura@gmail.com

Monterias Cencerra (Hunting)

953 501 938
antonio@monteriascencerra.com
www.monteriascencerra.com

SIERRA MAGINA NATURAL PARK**CPM Sierra Magina**

953 352 972 - 652 862 959
652 865 283
turismoactivo@deportivascpm.com
www.deportivascpm.com

Ocio Magina

953 390 940 - 655 891 036-030
info@ociomagina.com
www.ociomagina.com

Olea Cosmetics

953 360 162 - 661 54 44 73
info@oleacosmetics.com
www.oleacosmetics.com

SIERRAS DE CAZORLA, SEGURA Y LAS VILLAS NATURAL PARK**Agua Sierra Cazorla**

953 128 243
info@aguasierracazorla.com
www.aguasierracazorla.com

Aventura Sport Xauen, S.L.U.

620 350 065
info@aventurasport.es
www.aventurasport.es

Camping Rio Los Molinos

953 491 003
info@riomolinos.com
www.riomolinos.com

Hotel Convento de Santa María

953 124 070
info@crsantamaria.com
www.crsantamaria.com

Cuadros y Torrecillas

953 727 161
jamonesparquenatural@hotmail.com

Embutidos Navarro

953 730 438
embutidos.navarro@hotmail.com

Hacienda Sierra del Pozo

953 718 428
info@haciendasierradelpozo.com
www.haciendasierradelpozo.com

Hotel & Spa Sierra de Cazorla

953 720 015
info@hotelsierradecazorla.com
www.hotelsierradecazorla.com

Hotel El Curro

953 727 311
info@hotelelcurro.es
www.hotelelcurro.es

Hotel Escobar

953 437 270
info@hotelescobar.com
www.hotelescobar.com

Hotel Los Nogales

953 718 249-671 036 986
hotellruallosnogales@mundivia.es,
nogales@mundivia.es
www.hotellruallosnogales.com

Jamones Fuente El Berral

953 437 282
www.jamonesfuenteelberral.com

Olivar de Segura

953 435 400
olivar@olivardesegura.es
www.olivardesegura.es

Sierra de Genave

953 493 153
cooperativa@sierradegenave.com
www.sierradegenave.es

Tierraventa Cazorla

953 710 073
info@aventuracazorla.com
www.aventuracazorla.com

Turisnat

953 721 351
info@turisnat.org
www.turisnat.es

EUROPARC**SIERRA MAGINA NATURAL PARK****Hotel Rural Almoratin**

953 363 100
hotellalmoratin@almoratin.com
www.almoratin.com

Ociomagina Active Tourism

953 390 940
info@ociomagina.com
www.ociomagina.com

Cortijo de Bornos

953 061 015
casa@cortijodebornos.com
www.cortijodebornos.com

Cottages Imagina I, II, III, IV y V

953 120 328
casasruralesimagina@terra.es
www.casasruralesimagina.com

Hotel Jurinea

953 363 121 / 953 363 021
jurineaprunos@terra.es, reservas@
hoteljurinea.com
www.hoteljurinea.com

Balcon de Magina I y II Cottage

953 120 521
info@balcondemagina.com
www.balcondemagina.com

Camping El Ayozar

953 390 940
info@ociomagina.com
www.ociomagina.com

Hotel Ciudad de Jodar

953 785 051
correo@hotelciudaddejodar.com
www.hotelciudaddejodar.com

SIERRAS DE CAZORLA, SEGURA Y LAS VILLAS NATURAL PARK**Hacienda Sierra del Pozo**

953 718 428
info@haciendasierradelpozo.com
www.haciendasierradelpozo.com

Hotel Coto del Valle de Cazorla

953 124 067
gerencia@cotodelvalle.com, reservas@
hotelcotodelvalle.com
www.hotelcotodelvalle.com

Cortijo La Ajedrea Cottage

953 126 216
casarural@cortijolaajedrea.com
www.cortijolaajedrea.com

Guadalkayak

616 966 201
guadalkayak@guadalkayak.com
www.guadalkayak.com

Hotel Sierra Las Villas

953 440 125
hotel.lasvillas@gmail.com
www.hotelsierralavillas.com

Parador 'El Adelantado'

953 707 075
cazorla@parador.es
www.parador.es

El Cantalar Nature Classroom

953 124 121
ancantalar@terra.es
www.elcantalarcazorla.com

Hotel & Spa Sierra de Cazorla

953 720 015
info@hotelsierradecazorla.com
www.hotelsierradecazorla.com

Hotel Hospederia Las Cañadillas

953 128 142
reservas@hospederialascanadillas.com
www.hospederialascanadillas.com

Hotel La Moraleda

953 450 388
627409366@movistar.es
www.hotel-lamoraleda.com

Complejo La Frenedilla: Casa del Guardia y Casa del Ingeniero

953 442 139
info@cazorlaylasvillas.com
www.cazorlaylasvillas.com

Tierraventura Cazorla

953 710 073
info@aventuracazorla.com
www.aventuracazorla.com

Hotel Zahara de los Olivos

953 494 354
info@hotelzaharadelosolivos.com
www.hotelzaharadelosolivos.com

Environmental Education Center

Agrotourism Huerta del Cañamares
953 727 084
huertacazorla@gmail.com
www.huertacanamares.com

La Veguilla

953 425 482
laveguilla@laveguilla.es
www.laveguilla.es

Hotel Torres I

953 451 042
reservas@hoteltorres.es
www.hoteltorres.es

El Hornico

953 124 137
informacion@elhornico.com
www.elhornico.com

Rompecalzas Cottage

635 912 840
javiersanchez@casarural.com
www.casaruralrompecalzas.es

Camping Llanos de Arance

953 713 139
llanosdearance@telefonica.net
www.llanosdearance.com

Hotel Montaña

953 727 011
director@hmontana.com
www.hmontana.com

Apartaments Campillo

953 727 170
info@atcampillo.es
www.apartamentoscampillo.com

Hotel-Spa Parque de Cazorla

953 727 300
reservas@hotelparquedecazorla.com;
comercial@hotelparquedecazorla.com
www.hotelparquedecazorla.com

Cazorlaventur

953 011 812
info@cazorlaventur.es
www.cazorlaventur.com

Mirador de la Luna

953 496 163
reservas@lalunarural.es
www.lalunarural.es

Cortijo de Ramon Cottage

953 496 402
info@cortijoderamon.com
www.elcortijoderamon.com

Camping El Robledo

953 496 315
campingelrobledo@gmail.com
www.campingelrobledo.com

Hotel Caseria 7 Fuentes

953 718 206
info@caseria7fuentes.com
www.caseria7fuentes.com

Hotel restaurant Plaza Manjon

953 451 621
info@hotelplazamanjon.com
www.hotelplazamanjon.com

MALAGA

INFORMATION POINTS

Malaga Tourism Office (Airport)

Malaga International Airport , Terminal Arrivals
Postal Code: 29004
Phone: 951 294 003
Email: otaemalaga@andalucia.org

Malaga Tourism Office

Casa del Consulado, Plaza de la Constitucion, 7
Postal Code: 29008
Phone: 951 308 911
Email: otmalaga@andalucia.org

Ronda Tourism Office

Paseo Blas Infante s/n
Postal Code: 29400 Malaga
Phone: 952 169 311
Email: otronda@andalucia.org

Tourist Board Malaga - Costa del Sol

952 126 272
www.visitacostadelsol.com

Tourism Council of Malaga

952 069 900
www.malaga.es/turismo/

Municipal Tourist Office of Malaga

951 926 020
www.malagaturismo.com

Tourist Office Serania Ronda

952 870 739
info@serraniaronda.com
www.serraniaronda.info

Torremolinos

952 372 956

Alora

952 498 380
turismo@alora.es

Antequera

952 702 505
oficina.turismo@antequera.es

Fuengirola

952 467 457
turismo@fuengirola.org

Marbella

952 785 252
otsanpedro@marbella.es
Mijas
952 485 900
turismo@mijas.es

Nerja

952 521 531

Velez-Malaga

952 541 104

Ronda

952 187 119
informacion@turismoderonda.es

Archidona

952 716 479

Antequera

952 702 505

VISITOR CENTERS

Cortes de la Frontera (Sierra de las Nieves Natural Park)
Jacaranda nº 1, Avda. de la Democracia, 29380-Cortes de la Frontera
952 154 599
cv.cortesdelafrontera@gmail.com

Torcal Aito (Natural landscape of El Torcal Antequera)

Natural landscape of El Torcal Antequera road to Torcal Alto km 3'5, Antequera
617 444 772/ 952 243 324

Jose Antonio Valverde (Natural Reserve Fuente de Piedra)

La Laguna de Fuente de Piedra MA-11049-JA, Fuente de Piedra (Malaga)
952 712 554
gerencia.malaga@
agenciamedioambienteyagua.es

Ecomuseo Lagar de Torrijos (Montes de Malaga Natural park)

Ctra. C-345 Malaga-Colmenar
951 042 100

Sedella (Sierras de Tejeda, Almijara y Alhama Natural Park)

c/ Villa del Castillo nº 1, Sedella
952 50 85 23
gerencia.malaga@egmasa.es

Visitor Reception Center of El Burgo

952 160 002

Visitor reception center of the Axarquía - Viñuela Dam

Dan of La Viñuela, C-335.

'NATURAL PARK' BRAND COMPANIES**MONTES DE MALAGA NATURAL PARK****Rimicol**

952 730 904
info@rimicol.es
www.rimicol.es

SIERRA DE LAS NIEVES NATURAL PARK**Cortijo Las Navas**

952 114 214
info@serraniaronda.org
www.cortijolasnavas.es

Hotel Morales

952 871 538
hotelmorales@hotelmorales.es
www.hotelmorales.es

Los Arrayanes Cottages

619 559 096 - 914 514 138
los_arrayanes2006@yahoo.es
www.los-arrayanes.com

Pangea Active Nature

630 562 705
info@pangeacentral.com
www.pangeacentral.com

EUROPARC**SIERRA DE LAS NIEVES NATURAL PARK****Casa Isabel**

952 114 053
info@serraniaronda.org
www.serraniaronda.org

VTAR Los Arrayanes

914 514 138
los_arrayanes2006@yahoo.es
www.los_arrayanes.com

Casa Guajar

952 459 766
casaguajarmonda@hotmail.com
www.casaguajar.es

Casa Amarilla

952 181 053
parautarural@hotmail.com

Hotel El Molino Santisteban

952 453 748
www.hotel-molino.com
info@hotel-molino.com

La Rejertilla

rejertilla@gmail.com
www.rejertilla.com

Ronda Aventure

info@aventuraronda.com
www.aventuraronda.com

Hotel del Balneario Los Manueles

952 487 091
www.balneariodetolox.es
info@balneariodetolox.es

Hotel Cerro de Hajar

952 112 111
cerro@cerrodehajar.com
www.cerrodehajar.com

Casa Ardite

659 625 630
verdeqtverde@hotmail.es
www.verdeqtverde.es

VTAR Casa Carmen

952 160 063
casacarmenelburgo@gmail.com

Huerta de Nicolas

952 480 394
huertadenicolas@gmail.com
www.alozainarural.blogspot.com

Parknatur Turismo Rural y Activo

952 383 140
joya@parknatur.com
www.parknatur.com

Born to be Wild SL

952 781 006
info@borntobewild.es
www.borntobewild.es

Algaba de Ronda

952 114 048
algabaderonda@hotmail.com

Monte Aventura SL

952 881 519
info@monteaventura.com
www.monteaventura.com

Aventurate Sierra de las Nieves

634 854 641
info@aventuratesierradelasnieves.es
www.aventuratesierradelasnieves.es

SEVILLE

INFORMATION POINTS

Seville Tourist Office

Plaza del Triunfo, 1
Postal Code: 41004
Phone: 954 787 578
Email: otsevillaaandalucia.org

Seville Tourist Office (Airport)

Autopista de San Pablo, s/n
N° A027
Postal Code: 41020
Phone: 954 782 035
Email: otaesevillaandalucia.org

Seville Tourist Office (Santa Justa)

Avda. Kansas City, s/n Santa Justa Train Station
Postal Code: 41007
Phone: 954 782 002
Email: otjustaandalucia.org

Provincial Tourism Office (Prodetur)

954 210 005 - 954 787 578 -
902 076 336
infoturismo@prodetur.es
www.turismosevilla.org

Seville Tourism Consortium (Costurero de la Reina)

955 471 233
costurerodelareina@sevilla.org
www.visitasevilla.org

Alcala de Guadaira

955 621 924
Email:
info@turismoalcaladeguadaira.es
www.turismoalcaladeguadaira.es

Aznalcazar

955 750 209
en.donana-piazalcazar.cmaot@
juntadeandalucia.es

Carmona

954 190 955
turismo@carmona.org
www.turismo.carmona.org

Ecija

955 902 933
turismo@ecija.org
www.turismoecija.com

El Pedroso

954 889 001
culturajimenez@yahoo.es
www.elpedroso.es

Estepa

955 912 717 ext. 526
turismoestepa1@gmail.com
www.estepa.com

Lebrija

955 974 068
turismo@lebrija.es
www.lebrija.es

Osuna

954 815 732
turismo@osuna.es
www.osuna.es

Santiponce

955 998 028
infoturismosantiponce@yahoo.es
www.santiponce.es

Utrera

954 873 387
oficinaturismo@utrera.org
www.turismotrera.org

Cerro del Hierro Information Point (Sierra Norte)

902 525 100

Zaframagon Information Point (Peñon de Zaframagon Natural Reserve)

955 004 400

VISITOR CENTERS

El Robledo (Sierra Norte Natural Park)

Ctra. Constantina-El Pedroso km. 1,
41450 Constantina.
610 663 214
jtorray@hotmail.com

Cortijo El Berrocal (Sierra Norte Natural Park)

Rural path Almaden de la Plata-Los
Melonares, km 5,5.
41240 - Almaden de la Plata
902 105 570
678 436 728
sierrahueznar@telefonica.net

Guadimar (Protected Landscape

Corredor Verde del Guadimar)
Old road Aznalcazar-Pilas Km, 0,2. 41849.
Aznalcazar
954 497 043
675 438 975
guadimarea@gmail.com

Jose Antonio Valverde (Doñana National

Park)
Cerrado Garrido.
Marismas de Aznalcazar.
671 564 145
en.donana-cvjavalverde.cma@
juntadeandalucia.es

Useful information

'NATURAL PARK' BRAND COMPANIES

SIERRA NORTE DE SEVILLA NATURAL PARK

La Florida del Valle Cottage

954 886 816
678 085 942
laflorida@wanadoo.es
www.lafloridadelvalle.com

Valdevacas

670 307 796
info@losparrales.es
www.losparrales.es

Vines Colonias de Galeon

607 530 495
info@coloniasdegaleon.com
www.coloniasdegaleon.com

Sierra Hueznar

902 105 570
gestionturistica@gestionturistica.net
www.sierrahueznar.net/espanol/granja/complejo.htm

Corsevilla

954 884 286
954 883 406
corsevilla@corsevilla.es
www.corsevilla.es

La Purisima

954 884 336
cazallaoliva@cazallaoliva.es
www.cazallaoliva.es

Hotel Los Pozos de la Nieve

95 566 92 66
680 411 428
constantina@lospozosdelanieve.com
www.lospozosdelanieve.com

Restaurant Cambio de Tercio

955 881 080
cambio_de_tercio@hotmail.com

Romero Alvarez

954 885 912
secaderoalanis@romeroalvarez.com
www.losromerosdealanis.com

EUROPARC

SIERRA NORTE DE SEVILLA NATURAL PARK

Alanis Rural

954 885 412
677 563 956
luis_narbona@gmail.com
www.alanisrural.com

Environmental Education Center Granja-Escuela La Sierra

659 200 052
Lasierra@granjaescuelalasierra.com
www.granjeescuelalasierra.com

Nature Center

Cerro Negrillo
955 880 354
645 876 460
constantina@fundacionsafa.es
constantina.safa.edu

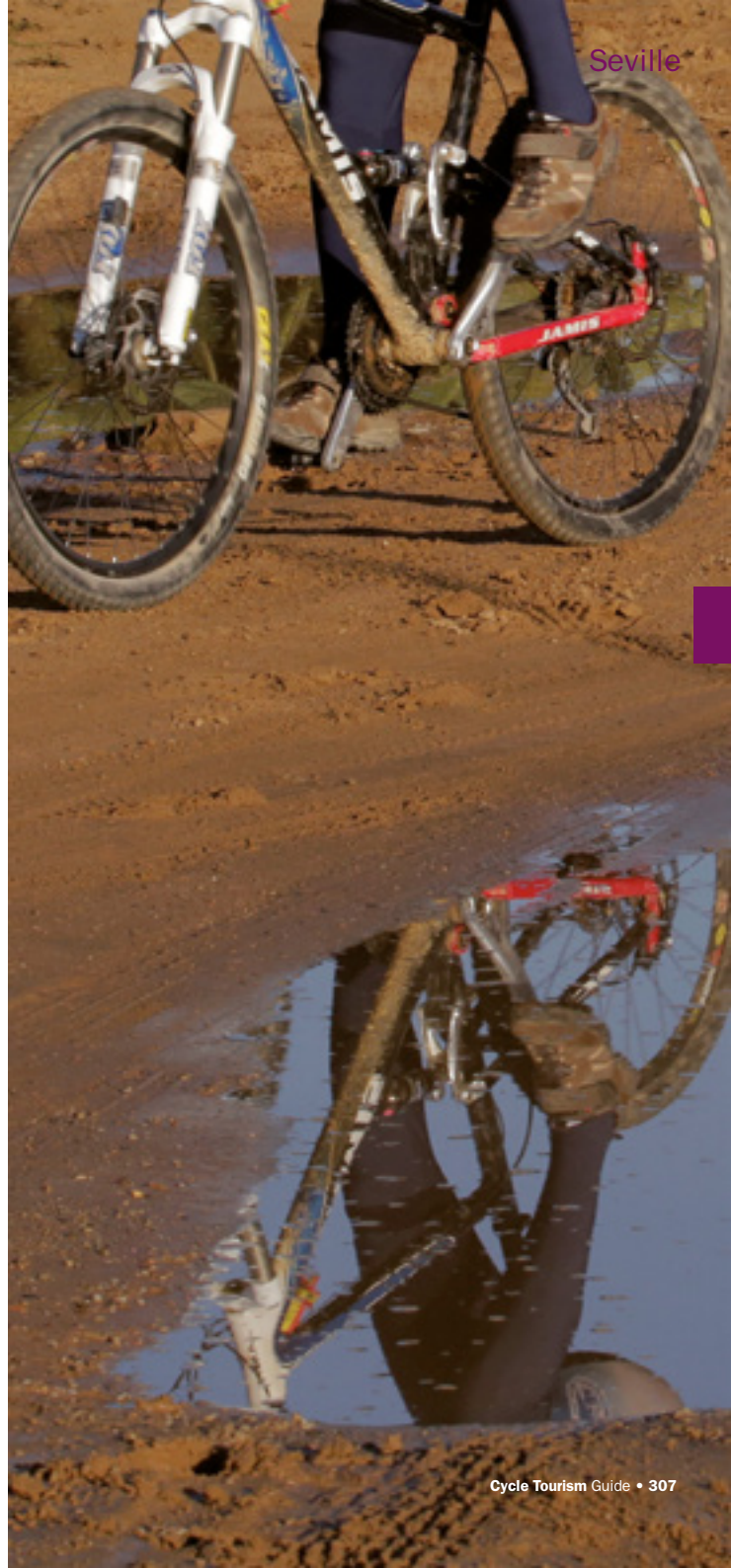
Auxiliar de Servicios Sierra Norte S.L.

610 663 214
jtornay@hotmail.com

Natures, S Coop. And

648 140 091
666 680 119
natures.sca@gmail.com
enrutaconnatures.blogspot.com

Contact data collected until April 2015. The companies accredited by Natural Park Brand and Europarc are only mentioned in the first section for easy reading .



Maps list



MAPS LIST

Cycling in Andalusia 12-49

Andalusia: Protected areas	16-17
Almeria: Protected areas, routes and Vias Verdes	20-21
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Cordoba: Protected areas, routes and Vias Verdes	28-29
Granada: Protected areas, routes and Vias Verdes	32-33
Huelva: Protected areas, routes and Vias Verdes	36-37
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Authors: **Jorge Molina, Rafael Verdu, Raul Bocanegra.**

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Photos: **Jose Antonio Garcia Cordero.**

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