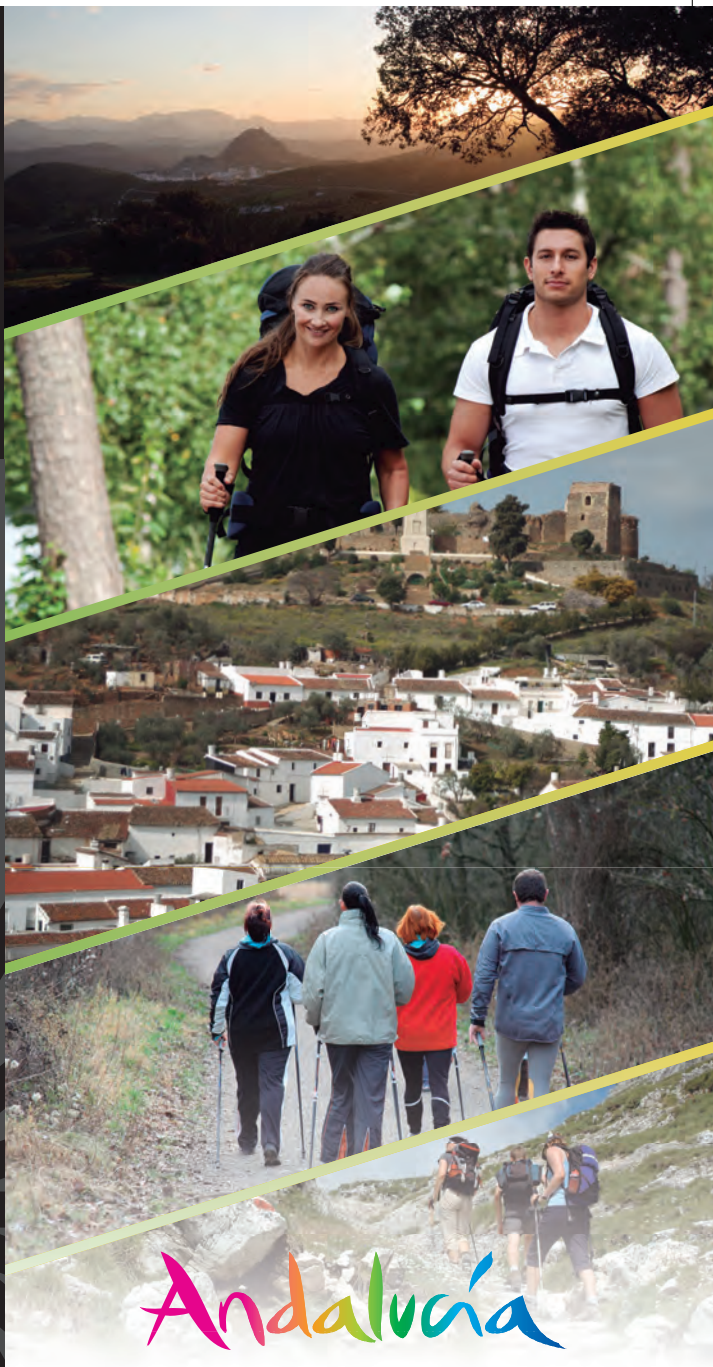


Turismo  
de la Provincia  
DIPUTACION DE SEVILLA



# Nature and Active Tourism

Catalogue of Nordic Walking Trails in the province of Seville



## What is Nordic Walking?



Nordic walking (also abbreviated as NW), came about in the thirties in Finland, as part of the summer training for cross-country skiers.

It is a very complete aerobic sport. It consists of walking with the aid of special poles. No adaptation is required, just walking in a natural way and coordinating our movement with the poles.

It can be learned quickly and considerable progress can be made over a short period. However prior to starting off the proper technique should be learned, in order to achieve our desired goals. To this effect, three basic steps should be followed:

- 1 Correct posture
- 2 A correct walking pattern
- 3 Un uso correcto de los bastones

## Benefits of Nordic Walking

- During Nordic Walking the muscles of the back, stomach, shoulders, chest, arms and legs are used.
- Cardiovascular capacity is improved by optimising the performance of the heart, which has to pump more blood to a greater number of muscles, which increases the oxygenation of the entire body.
- Consumption of energy is increased in comparison to classic walking or normal walking, to more than 410 calories/hour.
- The load on the legs and the lower part of the spine is reduced, and at the same time mobility of the neck and upper spine is improved, strengthening back and arms.
- Tension of the neck and cervical muscles is relaxed and lumbar pains avoided.
- Helps to improve balance giving greater stability.
- Reduces stress.

## Where to do Nordic Walking?

The province of **Seville** is made up of 104 municipal areas. This are grouped into 6 districts, each with its own identity and landscape:

The **Guadalquivir-Doñana** district, identified by the presence of the river Guadalquivir and its marshlands

El **Aljarafe**, greatly influenced by its proximity to the capital, still has large areas of vineyards and olives

La **Vía de la Plata**, located at the foothills of Sierra Morena, is the transition between La Campiña countryside and the Mediterranean forest.

La **Campiña** is characterised by the gentle slopes cultivated with cereal crops and olives while the **Sierras, Norte** and **Sur**, are made up of pasturelands and dense rocky Mediterranean forests.

Although any location and terrain may be suitable for Nordic walking, the Sierra Norte and Sierra Sur of Seville have optimum qualities allowing us to carry out this sport at varying levels of intensity, due to the gradients we can find here. Furthermore, the presence of shade, rivers and changing landscapes make it possible to carry out this sport all year round.

No specific conditions are required for this sport, except the fitness of the person themselves, which means any route in any part of the province of Seville is suitable.



The Sierra Norte is made up of 10 towns. It lies in the Sevillian Sierra Morena, which is catalogued as a National Park and as a Geopark, as well as forming part of the Biosphere Reserve of Sierra Morena. All this is proof of the elevated natural and geological value of the area, in addition to its paleontological interest, and both historical and cultural patrimony.

The towns of Cazalla de la Sierra, Constantina and Guadalcanal, declared historic sites of exceptional heritage, are characterized by their white-washed facades, stone churches, cobbled streets and urban fabric of Arab origin, as are most other towns and villages in the Northern Sierra of Seville. The landscape is also characteristically dotted with wineries, mills, large farmhouses with numerous outbuildings and modest houses of traditional architecture.

Meadowlands (Alanís).



- 1 Rivera de Ciudadreja
- 2 El Cerro del Cura
- 3 Los Castañares
- 4 Los Covachos
- 5 Sierra del Viento
- 6 Rivera de Cala
- 7 Las Cañas
- 8 Las Dehesas
- 9 Las Laderas
- 10 Mirador de la Vera

# The Sierra Norte of S





Typical traditional façade (Cazalla de la Sierra).

There are soft contours and medium level altitudes, the highest point being 959 m.a.s.l. (Sierra del Viento, Guadalcanal). There are four main water courses which cross the sierra in a North-Southerly direction in search of the Guadalquivir: the Retortillo (on the eastern border), the Huéznar, the Viar and the Cala (on the western border). The hydrographic network is extensive, with numerous streams flowing into the territory. This network is complemented by large aquifers and generous springs. We can find very interesting hydraulic patrimony associated with this extremely important resource in the form of mills, fulling houses, aqueducts, watering holes and springs etc.

The dominant vegetative species are those associated with the Mediterranean climate: the holm oak dominates among the trees, sometimes accompanied by thickets at the foot of the trees. The shadiest slopes are colonised by the chestnut trees forming dense "stands" and accompanying water courses of a certain size, bands of deciduous trees along their shores.

Guadalcanal



eville

# Rivera de Ciudadeja

**Location:** Las Navas de la Concepción

**Starting point:** 37° 55' 42,25''; 5° 29' 26,02''

**Finishing point:** 37° 56' 39,93''; 5° 30' 20,98''

**Length:** 2,7 km

**Terrain:** Compact dirt road.

**Shape:** Linear. The route starts and finishes on the road which links Las Navas de la Concepción with Constantina (A-8202), at km 18. The route is signposted.

**Advice:** Carry drinking water. As the route starts on the road, it is important to point out that there is no authorised car park, although there is a flat area where you can leave your car.

**Difficulty:** Low. As well as being quite short, there is a barely discernable gradient (56 m) making it a good choice for beginners of NW.



Oropendola.

**The trail:** We begin next to the bridge where the road passes over the river Ciudadeja. At the start, the track coincides with the Cañada Real San Nicolás a Las Navas, which runs alongside the river at this stage. Signs for the hermitage of the Virgen de Belén (our destination) and La Armada can be seen along the way. The entire route is upstream, following a valley which is set between slopes covered with holm oaks, olive trees and spots of thickets. Following the course of the water, along the shores, the colonising vegetation is deciduous, forming the so-called woodland habitat. This riverside woodland is perhaps one of the best preserved of the province, with an interesting variety of species such as the hackberry or the Montpellier maple, as well as elms, ash, alders, poplars or aspens. We can also find the remains of some hydraulic mills with their waterfalls. On our left flows the Quejigo brook, leaving the track which heads towards the La Armada estate, where the ruins of an Arab castle remain. Following the Ciudadeja brook, we pass by a spring and recreational area. Further on, on the right, we come across the hermitage of the Virgen de Belén. The return walk is along the same track with the Esparto Mountain on our left (631 m high).

**The township:** The earliest known records of the township belong to the 16th century when the monks of the Order of San Basilio settled in the area. In order to meet their requirements they created new monasteries and cultivated their lands, taking on labourers and farmers, building a small village and thereby bringing about the first settlements of the area. "El Lagar" which is the oldest building which exists in the town, was built by the monks. This is an old oil, wine and grain mill, where there are still cellars with large buried jars, as well as a huge wooden beam, 16 metres long and 1.5 metres high. The small ancient hermitage dedicated to La Virgen de Belén is also still standing, next to the mill where, until the end of the 19th century, the Romería trail was celebrated in honour of the Virgen, now having been transferred to the hermitage at the end of this path.

# El Cerro del Cura

**Location:** Alanis

**Coordinates of the start-finish:** 38° 03' 72,42"; 5° 71' 53,37"

**Length:** 4.7 km

**Terrain:** Compact dirt track, sometimes stony, asphalt and urban area.

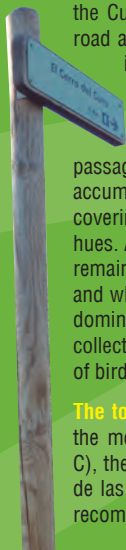
**Shape:** Circular. Starts and finishes in the church square of Alanis. The whole route is signposted. There is an information board in the church square itself.

**Advice:** The route covers 300 m of roadway, where caution should be exercised.

**Difficulty:** Low. The gradient of 122 m requires very little effort. This is a good route on which to improve our Nordic Walking technique. It is inadvisable to take this route during the hot season, as there is little shade.

**The trail:** The trail takes us along a street in an urban area of Alanis, circling around the Cura Mountain. From the village, we have to find the start of the Guadalcanal road and walk 300 m along it until we see a path to our right. At the start the trail is lined with stone walls which mark out the route, and at the final stage the track coincides with a lane designed for animal drawn carts and carriages. Many of these stones which make up the walls came from the surrounding meadows, and were removed to encourage the growth of pastures and the passage of livestock. With time, these stone walls began to deteriorate, eroding and accumulating earth. As a result of this herbs took root, and moss and ferns appeared, covering the spaces and the face of the walls, giving them green, yellow and grey hues. Among the cracks live some insects (adults and their eggs) and reptiles which remain hidden throughout the winter, only to return to life during the summer period and when their biological cycles are activated. The landscape which surrounds us is dominated by the olive tree, the fruit of which is used to produce a wonderful oil in the collective Nuestra Señora de las Angustias. We can also find an interesting diversity of birds such as thrushes, warblers and blackbirds feeding on the fruit.

**The township:** Alanis has an interesting historical and cultural patrimony. A visit to the medieval castle which has been declared a Heritage of Cultural Interest (14th C), the hermitages of San Juan (14th C), Jesus Nazareno (16th C) and Nuestra Sra. de las Angustias (18th C) or the church of Nuestra Señora de las Nieves is highly recommended.



Alanis castle.



## Trail 3

# Los Castaños

**Location:** Constantina

**Coordinates of the start-finish:** 37° 52' 49,20"; 5° 37' 27,35"

**Length:** 5.6 km

**Terrain:** Track of compact earth and urban area.

**Shape:** Circular. Starts and finishes on the northern edge of the town, at the end of Paseo de la Alameda, following the street Calle Venero. There are signposts, and well indicated at the start of the walk by an information panel.

**Advice:** Check the condition of the spring water for drinking.

**Difficulty:** Low. The maximum gradient is 102 m and the track has many shady areas. Together with Trail 2, this is a good option to improve your NW technique, although we recommend Trail 3 during the summer period as it has more shade.

**The trail:** The track is easy to follow and is fully signposted along the way. It sets off between stone walls and olive groves, which take up the areas closest to the village, as well as some orchards and wine presses. As we continue along the path it becomes denser and shadier, with stands of chestnuts covering the more humid areas. These are occasionally accompanied by cork oaks, Portuguese oaks and Pyrenean oaks, all trees from the Quercus family. The stands of chestnut (as the wooded areas of chestnut trees are known in the area) dominate the shady slopes of the Sierra Norte, always at an altitude of around 600-700 m, where rainfall is high. These forests are managed, favouring the growth of canes which are then cut for use in harvesting olives, making handles for tools or as beams for construction. At the highest point of the trail we have a beautiful panoramic view of the Negrillo Mountain, as we begin our descent back to the village. On entry we find the door of the Castle, where we recommend you enter and take a look at the interesting views of "Valle de la Osa", where this town is located, from the viewpoint.

**The town:** A visit to the Natural Park Sierra Norte de Sevilla visitor's centre and the Botanic garden "El Robledo" is highly recommendable, both located at the entrance to Constantina from the road to El Pedroso (A-452, Km 1). Constantina is a monumental town, declared Historical Site. Although the trail goes close to several of the prominent monuments: the Castle or the Palace of Carlina, once you have finished the trail we suggest you extend your walk to the central area and visit the churches and the Moreria area, as well as trying out the gastronomy.

Chestnut.



Difficulty

1

2

3

Constantina castle.





# Los Covachos

**Location:** Almadén de la Plata

**Coordinates of the start-finish:** 37° 52' 32,60"; 6°, 04' 43,60"

**Length:** 6 km

**Terrain:** Compact dirt track and urban area.

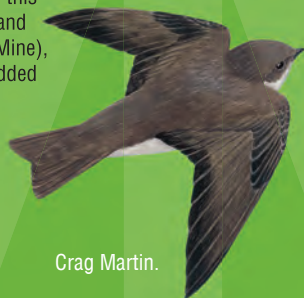
**Shape:** Circular. Part of the Clock Tower, close to the Town Hall Square. It is not fully signposted although the trail is well devised.

**Advice:** Access to the cave of Los Covachas is not allowed. All of the established regulations should be respected, thereby aiding the preservation of this geological and mining patrimony. For 200 m the track runs along a road, where caution should be taken.

**Difficulty:** Low. The maximum gradient is 75 m. One part of the route goes alongside a brook, where it is cooler and shadier.

**The trail:** This route through the Almadén de la Plata allows us to pass through areas of meadows, olive groves, pastures and riversides, alongside the Las Calzadillas brook. The route points towards the cave of Los Covachos, circling around the mountain of the same name. At both entrances to the interior of the cave we can find curious quarries of coloured marble, which were exploited until the 1st century A.D. Because of the cave paintings, inscriptions and the archaeological remains found there (slabs, picks, wedges and other elements of architectonic use), it has been declared a Heritage of Cultural Interest. Although there is a shorter version of the route, we advise you to take this option in order to avoid walking along the road as much as possible. In order to find the start of the track from the village, we have to go from the Clock Tower to the school, following the signs for GR-48 for the first few metres. Once we have left this and taken the left turn at the sewage treatment plant, we continue to walk alongside the stream of Las Calzadillas on the left side until we pass the cemetery and find the road. Walking about 400 m along the road, we see a perpendicular path to our left, which heads towards the cave alongside a landscape of abandoned quarries. Once we have visited this, we continue until the left turn, at the Camino de Santiago, to return back to the village.

**The town:** There are remains which place the origin of this area in the Neolithic age. Thereafter there are Roman and Arab remains, when it received its title Al-Madín (The Mine), to which the complement "de la Plata" or "Silver" was added after the Reconquest. We recommend visiting the Parochial Church of Santa Maria de Gracia in the village, the Town Hall and the Medieval Castle. In the surrounding area the rivers of Cala and Viar, the waterfall at El Chorro and Las Hoyas and the Garganta Fria brook.



Crag Martin.

# Sierra del Viento

**Location:** Guadalcanal

**Starting point:** 38° 60' 30,88''; 5° 49' 50,26''

**Finishing point:** 38° 70' 23,01''; 5° 51' 52,06''

**Length:** 5.0 km

**Terrain:** Compact dirt track.

**Shape:** Linear. It begins at the north of the town, on the road which links Guadalcanal to Fuente del Arco and Llerena (A-432). It ends at the summit of the Sierra del Viento. There are signposts.

**Advice:** It is unadvisable to take this track during the hottest hours of the day. Take drinking water.

**Difficulty:** Medium due to the gradient of 212 metres. It is advisable to be capable of handling the uphill and downhill techniques with the poles.

**The trail:** It rises to the highest summit of the Sierra Norte, La Capitana, reaching a height of 959 m.a.s.l. The route is straight and very easy to follow, and it is also signposted. It begins at the side of the road (SE-9100), next to the hermitage of Santo Cristo. The slope is more marked at the beginning of the route, which starts off at 740 m.a.s.l. Along the entire route there are extensive views, from which we can appreciate the downturn of the Guadalquivir river (to the south) as well as the downturn of the Guadiana (to the north), thus dividing the foot of the Sevillian Sierra Morena and all of the southern countryside of Extremadura, affording an interesting contrast in landscapes. The winding path changes from the north face (shadier) to the south. Around us the olive grove dominates, where we are likely to find sheep and Retinta cows at pasture. This trail joins to the perpendicular cattle track of La Hoya de la Calera. We can see two landmarks along the path: the first is an astronomic observatory dating from the 80's, indicative of the quality of the night skies in this area, and at the end of the route a survey point of the geographic institute, right next to the viewpoint. The latter has information panels about the surroundings, both north and south.

**The town:** Guadalcanal is the last village of the province of Seville, before entering Badajoz. Its streets are well taken care of and the houses are a mixture of the white villages of Seville and some architectonic details more commonly seen in Extremadura. Together they comprise a beautiful village, with a quiet and peaceful lifestyle, which has been declared Historical Patrimony of Andalusia. There are also has four churches, two hermitages and other civil architectonic remains of interest, predominately gothic and mudejar styles.

Panoramic viewpoint La Capitana.



# Rivera de Cala

**Location:** El Real de la Jara

**Coordinates of the start-finish:** 37° 57' 02,68"; 6° 09' 21,17"

**Length:** 11 km

**Terrain:** Compact dirt track, and along a riverbank with a muddy path. Also urban area.

**Shape:** Circular. It starts and finishes in the Plaza de San Bartolomé. Only some parts are signposted along the river Cala.

**Advice:** During the rainy season, flooding along the banks and the current may increase the difficulty of passage through some sections which are very close to the river.

**Difficulty:** Medium. The maximum gradient is 140 m. Due to the length of the trail, a degree of experience in this sport is recommended, although there is always the option of taking your time and stopping frequently along the way.

**The trail:** It is a circular route which sets off from the church of San Bartolomé. A large part runs along the border between the provinces of Huelva and Seville, marked by the river. The route is dominated by two ecosystems: the river and the pasturelands, comprising between the two an important representation of the dominant tree species of the Sierra Morena, such as poplar, aspen, ash, holm oak, Portuguese oak and cork oak. At the beginning of the path we pass the estate of Valverde on our right, continuing to the ravine of Rodeo, where the purified waste waters of El Real de la Jara join together. Without crossing the bridge the trail continues along a Green Road which leads to a second bridge over the river Cala. From here we head towards a large campsite and leisure area. The route continues downstream until the "reculaje", as this area of retention of the river is known. From here we go on to the dam, and then turn left taking a path which leads back to the village. Along the way we'll pass through a gateway and by the house El Batrocal.

**The town:** Once we get to the village, it is an absolute must to take the trail which leads us to the Castle. This is a magnificent fort from which we can see a large part of the Sevillian and Huelvan Sierra Morena, as well as the mines of Teuler or the township of Santa Olalla de Cala. It is a Heritage of Cultural Interest and has been partially restored, with two signposted viewpoints: one to the north and the other to the south. The Real de la Jara, possibly of Roman origin, was an Arab fort conquered by knights of the Order of Santiago, forming part of the Ruta de la Plata, or Silver route.

Panoramic view of Sierra Morena from the Castle of Real de la Jara.



# Las Cañas

**Location:** El Pedroso

**Coordinates of the start and finish:** 37° 50' 21,81"; 5° 46' 20,00"

**Length:** 11.9 km

**Terrain:** Compact dirt track and urban area.

**Shape:** Circular. It starts and finishes at the extreme north of the town, where the roads of Las Colonias and Almadén de La Plata Street meet. The route is fully signposted.

**Advice:** A small stretch of the trail coincides with the old road to Cazalla de la Sierra, locally known as Las Colonias, where caution should be exercised. Take drinking water.

**Difficulty:** Medium. The maximum gradient is 94 m and the route has frequent areas of shade. Due to the length of the route some physical fitness is required, if we intend to complete the entire trail.

**The trail:** This begins and ends in the village of El Pedroso, and crosses the strange area of crops of granite known in the area as "montonás". At the start there is an oil mill to the right, with the remains of old granite mines shortly afterwards. The rounded shapes are due to erosion suffered under the effects of the rain and wind over the centuries. The group of rounded rocks comprise "los berrocales". The route narrows and descends towards the brook of Las Cañas, where you can enjoy the coolness of the woodland, and during the right season, the well-known poplar mushrooms. Once we cross the brook, we pass by several gates leading us back to it again and we carry along the bank to take the green road of Navahonda. The pastureland takes a leading role in the surrounding countryside. This is a result of human intervention on the original Mediterranean forest, to accommodate different forms of livestock, forest and agricultural farming in one area. Nowadays it is widely considered to be one of the best historical solutions for sustainable development.

**The town:** Since ancient times mines and quarries have been mined, and even in the 19th century the first blast furnaces of Spain were established in this village. In present day the main activity is agro-industrial, with a fabulous production of pork, goat and sheep food products. A visit to the annual fair of traditional and artisanal products from the Sierra Norte, which is celebrated annually during the Constitution bank holiday in December, is highly recommended. At the end of the trail a walk through the centre of the village is very pleasant, where the well-preserved traditional architecture will surprise you.

Meadowlands which surround the path.

European green  
woodpecker  
(Picus Viridis).



# Las Dehesas

**Location:** San Nicolás del Puerto

**Coordinates of the start and finish:** 37° 59' 46,99"; 5° 39' 11,39"

**Length:** 13.4 km

**Terrain:** On a compact dirt track, during rainy season some sections may be water-logged.

**Shape:** Circular. It starts and ends at the extreme north of the town, next to the Roman Bridge. The route is signposted.

**Advice:** Check the condition of the spring water for drinking.

**Difficulty:** Medium. The maximum gradient is 43 m, meaning it isn't too much of a challenge in this aspect, but the length of the route and lack of shade can make it somewhat tedious for those less accustomed to Nordic Walking.

**The trail:** The surroundings hills are undulating, offering panoramic views of the meadows in some places, as the name of this trail implies. We can also alternately find crops and some brooks accompanied by vegetation of the river. In the neighbouring estates pigs, sheep and goats are bred in the shade, with the food supplied by the meadows, pastures, and thickets. The path traces an unmistakeable triangle. At the beginning, the route runs alongside the brook of Los Cuarterones. At some points it crosses several cattle tracks, such as the Vereda de la Fuente del Robledo which crosses the route twice and Las Navas (at the upper vertex). The last stretch of the trail, on the way back to the village, lies between stone walls which guide us back to the starting point. Shortly before this, we can see a path which leads to the hermitage of San Diego.

**The town:** There are many places along the Huéznar River which are well worth visiting, especially if it the weather is hot. We are referring to the source of the river, located at the foot of the village, and the waterfalls of the Huéznar (declared Natural Monument), which can be reached along the Green Road from the source of the river. During the summer we can find the "beach of San Nicolas" under the roman bridge where the road begins. It is the impoundment of the waters of the river Galindón around which an artificial beach has been created, as an attractive alternative during the summer season. The Natural Monument Cerro del Hierro is also well worth a visit, which we can reach by car following the road which leads us to Constantina, or perhaps by NW along the Green Road. Without any doubt, the landscape here is mysterious and emblematic, of great geological interest.

Green Road passing by Cerro del Hierro.



# Las Laderas

**Location:** Cazalla de la Sierra

**Coordinates of start and finish:** 37° 55' 41,48''; 5° 45' 18,00''

**Length:** 8 km

**Terrain:** Compact dirt track, sometimes rocky and irregular.

**Shape:** Circular. Starts and finishes at the southeast edge of the town, at the well-known spring of Fuente del Chorrillo. There are signposts both at the entrance to the village from Seville, and along the trail.

**Advice:** Check the condition of the spring water for drinking. Caution should be taken when crossing the train track.

**Difficulty:** High. The maximum gradient is 235 m and on some specific sections the steepness and irregularity of the terrain make walking difficult. For this reason the practice of NW here requires a certain level of technique.

**The trail:** This route goes from the Cazalla de la Sierra to the shores of the Huéznar and back. In the sections closest to the village we can find areas of pasture, vegetable gardens, olive groves and vines, generally located around estates or small homes. As we get further away from the village, where the road narrows and becomes steeper, holm oaks become more evident, often accompanied by cork oaks, Portuguese oaks or chestnuts (in the less sunny areas). There are many spots which offer a panoramic view of the valley of this river. Once the descent has been completed, the path opens towards the river bank, which is a short way beyond the train track. Upstream we arrive at the recreational area Molino del Corcho, where we have to turn left, passing alongside the bridge of Castillejo (a brook which joins the Huéznar riverbank at this point). From here the return to the village begins, requiring extra effort to walk uphill. Once you reach the village, you should walk down Calle Cuesta del Vicario, to reach the starting point once again: The Fuente del Chorrillo spring. If you wish to lengthen the route, you can connect with the Green Road of the Sierra Norte from the mill, which can be found just a few kilometres upstream. This road, 15 km long, takes us to the Natural Monument Cerro del Hierro, passing by San Nicolas del Puerto.

**The town:** The town deserves a relaxed visit, where you can appreciate the preservation and homogeneity of the transitional architectonic typology which is abundant with religious, stately and noble buildings. Altogether this is a unique and harmonious urban landscape. Beyond the village, on the road to the Station (which leads to the Riverside of the Huéznar) lies the National Monument Cartuja de Cazalla, one of the three Cartujan monasteries in existence in Andalusia.

# Mirador de la Vera

**Location:** La Puebla de los Infantes

**Starting point:** 37° 46' 36,71''; 5° 23' 16,46''

**Finishing point:** 37° 45' 31,61''; 5° 28' 26,38''

**Length:** 10.5 km

**Terrain:** On a compact dirt track, sometimes with loose stones.

**Shape:** Linear. It starts at the castle Castillo de la Puebla de Los Infantes and ends at the viewpoint Mirador de la Vera.

**Advice:** Vehicles can be driven along Colada del Campillo as well as along the old road to Lora del Río, so caution must be exercised. It is advisable to come down from the viewpoint with care due to the steep slopes in some places.

**Difficulty:** High. The gradient is 300 m and the distance considerable, taking into account the walk back, so this route is perfect for people with a high level of experience in NW.

**The trail:** We start off at the ruins of the 14th century castle which crowns the area, of which only two towers and some segments of wall are remaining. Once we have passed the castle we continue in a south-easterly direction leaving the castle behind us, until we reach a crossroads about three hundred metres further on, where there is a sign for La Colada del Campillo (5 km). This is a livestock path which we walk along until we reach the old road leading to Lora del Río (practically unused) and walk 1.5 km along it. Once we pass the Jara Alta estate, we find a track on our right (just before the road starts to descend) which takes us up to the viewpoint Mirador de la Vera (394 m.a.s.l.). This viewpoint affords magnificent views of the reservoir José Torán, with its islands and tails. We can also see the outline of Sierra Morena in the distance. When we have climbed almost 200 m, with the views of the reservoir still ahead of us, we head towards the recreational area which lies at its shores. It is a good idea to leave a car parked here and return to La Puebla de los Infantes on the road Lora del Río which goes around this reservoir, which was created on the river Guadalbaccar, inaugurated in 1991. The initial landscape is mainly dominated with olive trees, then more and more pasturelands, mixed with the rich and abundant Mediterranean thickets towards the end.

**The town:** Close to the recreational area, in the direction of Lora del Río visitors can see the hermitage and castle of Setefilla (next to the dam of the reservoir). Other monuments which are worth a visit in La Puebla de los Infantes are the Parochial Church of Nuestra Señora de las Huertas, dated back to the 15th century, although some repairs are dated to the 16th and 18th centuries; the hermitage of Santa Ana, late 15th century; the church of Santiago dated at the second half of the 14th century, in mudejar style, with transversal pointed arches and public laundries, known as "Las Pilas", dated mid-19th century.

## Tourist Association of Sierra Norte Seville

Avda. de la Estación, 15  
41360 El Pedroso  
Tel.: 954 889 000  
maumesquet@hotmail.com

## ALANÍS

### Town Hall

Plaza de Ayuntamiento, 2  
Tel.: 954 885 004  
www.alanis.es

### Where to stay:

- **Cortijo Ntra. Sra. de Las Angustias**  
Tel.: 954 885 412 / 677 563 956  
www.alanisrural.com
- **Rural House Solana del Castillo**  
Tel.: 954 675 113 / 657 977 818  
www.alanisrural.com
- **Rural House Casa Adriano**  
Tel.: 658 426 197 / 954 885 915  
www.adrianocasarural.com
- **Rural House La Alameda**  
Tel.: 954 580 435 / 605 981 392



Sierra Norte landscape.

## ALMADÉN DE LA PLATA

### Town Hall

Pza. de la Constitución, 1  
Tel.: 954 735 082  
www.almadendelaplata.es

### Tourist Office

Pza. de la Constitución, 6  
Tel.: 954 735 082  
almaden@dipusevilla.es  
Opening hours: From Mon to Fri:  
from 8:00 to 15:00.

## Visitors Centre Cortijo El Berrocal

Camino Rural Almadén de la Plata-Los  
Melonares Km 5.5  
Tel.: 955 952 049 / 659 490 234  
cortijoberrocal@hotmail.com

### Where to stay:

- **Municipal Hostel**  
Tel.: 954 735 082 (Town Hall)
- **Rural House La Sarteneja**  
Tel.: 651 485 393 / 653 255 027  
www.lasarteneja.es
- **La Casa del Reloj**  
Tel.: 622 175 519
- **Hostal Camino de la Plata**  
Tel.: 954 735 043
- **Rural House El Romeral**  
Tel.: 954 735 453  
www.elromeral.net
- **Apartamentos Turísticos Las Gateras**  
Tel.: 954 735 041 / 655 568 542  
www.lasgateras.com

## CAZALLA DE LA SIERRA

### Town Hall

Pza. del Doctor Nosea, 1  
Tel.: 954 884 236  
www.cazalladelasierra.es

### Tourist Office

Pza. Mayor, s/n  
Tel.: 954 883 562  
turismo@cazalladelasierra.es  
Opening hours: Tues to Fri: 10:00 to 14:00.  
Sat: 10:00 to 14:00h and 18:00 to 21:00. Sun:  
11:00 to 13:00.

### Where to stay:

- **Centro de Naturaleza "El Remolino"**  
Tel.: 954 882 905 / 954 884 902  
www.educa.org
- **Rural House El Berrocal**  
Tel.: 954 884 422 / 678 560 451  
www.elberrocalturismorural.com
- **Camping y Bungalow La Fundación**  
Tel.: 955 954 927 / 954 318 572  
www.campinglafundacion.es
- **Rural House Cortijo Maripasa**  
Tel.: 954 884 567 / 689 596 472  
www.maripasa.es
- **Rural House El Molino del Corcho**  
Tel.: 654 620 937 / 955 954 249  
www.molinodelcorcho.es





Cartuja of Cazalla de la Sierra.

• **Hotel La Posada del Moro**

Tel.: 954 884 858

[www.laposadadelmoro.com](http://www.laposadadelmoro.com)

• **Rural House El Palacio de San Benito**

Tel.: 954 883 336 / 627 785 595

[www.palaciosanbenito.com](http://www.palaciosanbenito.com)

• **Rural House El Rincón de San Benito**

Tel.: 955 954 203 / 609 512 579

[www.elrincondesanbenito.com](http://www.elrincondesanbenito.com)

• **Rural House Paraíso del Huéznar**

Tel.: 609 512 579

[www.paraísodelhueznar.com](http://www.paraísodelhueznar.com)

• **Rural House La Plazuela**

Tel.: 954 421 496 / 661 335 897

[www.casarrural-laplazuela.es](http://www.casarrural-laplazuela.es)

• **Rural House Las Navezuclas**

Tel.: 954 884 764 / 696 138 273

[www.lasnavezuclas.com](http://www.lasnavezuclas.com)

• **Hotel Hospedería La Cartuja de Cazalla**

Tel.: 954 884 516

[www.cartujadecazalla.com](http://www.cartujadecazalla.com)

• **Hotel Vega de Cazalla**

Tel.: 954 884 680

[www.hotelvegadecazalla.es](http://www.hotelvegadecazalla.es)

• **Las Cabañas del Pintado**

Tel.: 954 318 572

[www.elpintado.com](http://www.elpintado.com)

• **Rural House Riscos Altos**

Tel.: 955 954 116 / 669 861 636

[www.rircosaltos.com](http://www.rircosaltos.com)

• **Rural House Finca Trasierra**

Tel.: 954 884 324 / 637 201 044

• **Apartamentos El Púa**

Tel.: 954 421 496

[www.apartamentos-elpua.es](http://www.apartamentos-elpua.es)

• **Casa Kini**

Tel.: 954 884 483

[www.casakini.com](http://www.casakini.com)

• **Casa Belvedaire**

Tel.: 954 889 083 / 647 862 607

• **Casas del Madroño**

Tel.: 954 884 800

• **Hostal Castro Martínez**

Tel.: 954 884 039 / 656 192 823

• **Rural House El Andreal**

Tel.: 650 408 425

• **Rural House El Cortadillo**

Tel.: 954 884 855 / 630 165 521

• **Rural House La Casita**

Tel.: 954 884 435 / 676 915 912

• **Rural House La Patu**

Tel.: 608 416 141

• **Rural House Los Bogantes**

Tel.: 608 416 141

• **Rural House La Vega**

Tel.: 954 883 596 / 686 331 735

## CONSTANTINA

### Town Hall

C/ Eduardo Dato, 7

Tel.: 955 880 700

[www.constantina.es](http://www.constantina.es)

### Tourist Office

Avda. de Andalucía, s/n

Tel.: 955 881 297

[turismoconstantina@dipusevilla.es](mailto:turismoconstantina@dipusevilla.es)

Opening hours: Tues-Sun: 9:00 to 13:00 h

### Visitors Centre and Botanic

### Gardens El Robledo

Ctra. Constantina-El Pedroso km 1

Tel.: 610 663 214

[jtornay@hotmail.com](mailto:jtornay@hotmail.com)

### Where to stay:

• **Centro de Naturaleza “Cerro Negrillo”**

Tel.: 955 880 354 / 954 378 690

[constantina@safa.edu](mailto:constantina@safa.edu)

• **Granja Escuela “La Sierra”**

Tel.: 955 954 098

[lasierra@granjaescuelalasierra.com](mailto:lasierra@granjaescuelalasierra.com)

- **Youth Hostel**  
Tel.: 955 889 500  
[www.inturjoven.com](http://www.inturjoven.com)
- **Rural accommodation «Finca San José»**  
[www.telefonica.net/web2/fincasanjose](http://www.telefonica.net/web2/fincasanjose)
- **Altabrida Alojamiento rural**  
Tel.: 638 924 152  
[alojamiento.altabrida.com](http://alojamiento.altabrida.com)
- **Apartamentos rurales**  
**El Molino de la Quinta**  
Tel.: 678 456 402  
[www.elmolinodelaquinta.com](http://www.elmolinodelaquinta.com)
- **Apartamentos rurales**  
**Los Pozos de la Nieve**  
Tel.: 955 669 266 / 689 411 428  
[www.lospozosdelanieve.com](http://www.lospozosdelanieve.com)
- **Apartamentos rurales Tena**  
Tel.: 955 881 046
- **Casas El Venero de Móstoles**  
Tel.: 955 881 100 / 605 010 150  
[www.elvenerodemostoles.com](http://www.elvenerodemostoles.com)
- **Rural House Las Erillas**  
Tel.: 955 881 790  
[www.laserillas.com](http://www.laserillas.com)
- **Rural House Mesones**  
Tel.: 954 355 634 / 645 377 485  
[www.constantinacasaural.es](http://www.constantinacasaural.es)
- **Cortijo Casa Alta**  
Tel.: 955 782 702  
[www.dehesacasaalta.es](http://www.dehesacasaalta.es)
- **Rural House La Casilla**  
Tel.: 954 295 100
- **Rural House Los Palacios**  
Tel.: 954 295 100 / 609 023 438

## EL PEDROSO

### Town Hall

Pza. de España, 1  
Tel.: 954 889 001  
[www.elpedroso.es](http://www.elpedroso.es)

### Tourist Office

Train Station, s/n  
Tel.: 954 889 001  
[culturajimenez@yahoo.es](mailto:culturajimenez@yahoo.es)  
Opening hours: Mon-Fri: 9:30 to 14:00/  
Sat-Sun: 10:00 to 14:00h

### Where to stay:

- **Rural accommodation Cortijo Almazara Quintanilla**  
Tel.: 954 889 420 / 619 405 955



Green Road of Sierra Norte.

- **Rural accommodation, adventure sports and camping Sierra Huéznar**  
Tel.: 902 105 570 / 954 768 291  
[www.sierrahueznar.net](http://www.sierrahueznar.net)
- **Apartamento Los Álamos**  
Tel.: 954 889 611
- **Rural House El Castaño**  
Tel.: 954 889 214 / 669 057 571  
[www.casauralsierradesevilla.com](http://www.casauralsierradesevilla.com)
- **Rural House La Lima**  
Tel.: 626 908 667  
[cortijolalima.es.tl](http://cortijolalima.es.tl)
- **Cortijo Almazara Quintanilla**  
Tel.: 954 889 420 / 619 405 955
- **Hotel Montehueznar SPA**  
Tel.: 954 889 000  
[www.montehueznar.com](http://www.montehueznar.com)

## EL REAL DE LA JARA

### Town Hall

Pza. de Andalucía, 8  
Tel.: 954 733 007  
[www.elrealdelajara.es](http://www.elrealdelajara.es)

### Tourist Office

C/ Párroco Antonio Rosendo, s/n  
Tel.: 954 733 007  
[laer@aytoelrealdelajara.es](mailto:laer@aytoelrealdelajara.es)  
Opening hours: L-V: from 10:00 to 14:00h.  
and from 17:00 to 19:00h.

### Natural Science Museum

C/ Cervantes  
Tel.: 954 733 007

### Where to stay:

- **Rural House M<sup>a</sup> Carmen**  
Tel.: 954 733 468

## GUADALCANAL

### Town Hall

Pza. de España, 1  
Tel.: 954 886 001  
[www.guadalcanalsierranorte.com](http://www.guadalcanalsierranorte.com)  
**Tourist Office and Interpretation Centre Santa Ana**  
Plaza de Santa Ana, s/n  
Tel.: 639 968 602  
[patrimonio@guadalcanal.es](mailto:patrimonio@guadalcanal.es)

### Where to stay:

- **Rural House La Bugarvilla**  
Tel.: 954 341 067 / 605 487 584
- **Rural House El Nogal-Rural House La Casilla**
- **Rural House La Zarza-Apartamento La Encomienda**  
Tel.: 954 886 189 / 627 376 788  
[www.elnogalrural.com](http://www.elnogalrural.com)
- **Rural House La Florida del Valle**  
Tel.: 954 886 816 / 678 085 942  
[www.lafloridadelvalle.com](http://www.lafloridadelvalle.com)
- **Cortijo Finca La Herencia, S.L.**  
Tel.: 648 137 567  
[www.fincalaherencia.es](http://www.fincalaherencia.es)
- **Rural House de los Diezmos**  
Tel.: 954 886 190 / 655 757 174

## LA PUEBLA DE LOS INFANTES

### Town Hall

Pza. de la Constitución, 1  
Tel.: 954 808 015  
[www.lapuebladelosinfantes.es](http://www.lapuebladelosinfantes.es)

### Where to stay:

- **La Posada del Infante**  
Tel.: 954 808 043 / 609 819 439  
[www.laposadadelinfante.com](http://www.laposadadelinfante.com)
- **Finca Los Cerrillares**  
Tel.: 955 956 130  
[udo@cerrillares.com](mailto:udo@cerrillares.com)
- **Rural House Dehesa Sierra León**  
Tel.: 954 808 198 / 687 986 558  
[www.dehesasierraleon.com](http://www.dehesasierraleon.com)
- **Apartamentos Las Palomas**  
Tel.: 955 956 063 / 676 042 390  
[www.las-palomas.com](http://www.las-palomas.com)
- **Hostal Los Infantes**  
Tel.: 692 493 292

## LAS NAVAS DE LA CONCEPCIÓN

### Town Hall

Pza. de España, 7  
Tel.: 955 885 800  
[www.lasnavasdelaconcepcion.es](http://www.lasnavasdelaconcepcion.es)

### Where to stay:

- **Rural House La Valerosa**  
Tel.: 955 885 478 / 653 356 812  
[www.casarurallavalerosa.webgarden.es](http://www.casarurallavalerosa.webgarden.es)
- **Rural House La Colina**  
Tel.: 955 885 421 / 635 659 643
- **Rural House Los Abuelos**  
Tel.: 645 184 390

## SAN NICOLÁS DEL PUERTO

### Town Hall

C/ Real, 4  
Tel.: 955 886 500  
[www.sannicolasdelpuerto.es](http://www.sannicolasdelpuerto.es)

### Where to stay:

- **El Martinete Campsite**  
Ctra. San Nicolás-Estación de Cazalla  
Tel.: 955 886 533 / 955 886 628
- **Camping / Rural Apartments rural Batán de las Monjas**  
Tel.: 955 886 598  
[www.batandelasmonjas.es](http://www.batandelasmonjas.es)



Rivera del Huéznar.

Natural Monumento  
Chaparro de la Vera.



The Southern Sierra of Seville embraces 21 towns and villages. Its geography has given this area a particular identity. Set in the Subbaetic mountain system, southeast of Seville's province, this Sierra borders the mountain ranges of Cadiz and Malaga, and extends as far as the transitional terrain of the Guadalquivir valley. The highest peaks, Terril, 1.129 m above mean sea level (AMSL) and the Peñón de Algámitas, 1.100 m AMSL, are found in rocky areas.

Lower areas present a hillier landscape, with olive plantations and other agricultural exploitations, where most of the population is concentrated.

Las Yeguas, the Corbones, the Guadalporcún or Guadaíra are the main rivers to have modeled the landscape. The soils are predominantly limestone and marl gypsum, thus mineral extraction is an important industrial activity in the area, where gypsum and limestone derivatives are extracted. Up to 22 quarries have been registered, mostly concentrated in the triangle of towns formed by Moron de la Frontera, Pedrera and Gilena.

- 1 Pleités and Peña Rubia
- 2 Vía Verde de la Sierra
- 3 La Calderona
- 4 Peñón de Algámitas
- 5 Llanos de la Roda





Estepa, Osuna, Morón de la Frontera and Los Corrales are Historical Sites. There is also an interesting network of castles in the Sierra Sur, indicative of the importance of this territory as a frontier zone between Christians and Muslims during the Reconquest.

Within the network of natural protected areas is the Nature Reserve Laguna del Gosque, the Nature Reserve Peñón de Zaframagón, the Natural Park Embalse de Malpasillo and the Natural Park Embalse de Cordobilla.

Pico El Hacho.



Las Aguzaderas castle (El Coronil).



# The Sierra Sur of Seville

# Pleités and Peña Rubia

**Location:** Estepa and Lora de Estepa

**Starting point:** 37° 17' 26,49"; 4° 52' 14,06"

**Finishing point:** 37° 16' 11,54"; 4° 49' 43,30"

**Length:** 4.7 km

**Terrain:** Half of the track is tarmac, the other compact or sandy lanes.

**Shape:** Linear. It begins at Avenida de la Fuente in the neighbourhood of Estepa and ends at the municipal sports centre of Lora de Estepa. There are signposts along the way.

**Advice:** Carry drinking water. Avoid this trail during the summer months and sunniest times of day. The section along the SE-9212 road requires particular caution as the hard shoulder is very narrow.

**Difficulty:** Low. The distance is short and the gradient is 50 m downhill, making this a good choice for beginners.

**The trail:** The route begins at Avenida de la Fuente, on the outskirts of the town of Estepa, and following this avenue for just 180 m, we reach the SE-9212 road. We continue along the side of the road, passing by the first two left turns, which are signposted Punto Limpio de Estepa. Shortly after passing the cemetery, when we have been walking for about 1.3 km, we take the surfaced road to the left, called the Camino de las Mujeres. This path opens up the scenery allowing us to see El Cerro del Hachillo Mountain in the distance and the Sierra del Becerrero and gypsum quarry on the right. After 1 km, after a small uphill section, we take the track on the right. After this some lanes appear parallel to our path, but we continue for 1 km until we see a clear bifurcation in the path, where we take the left. At this stage we enter the olive groves on a winding path, still heading east, which lies among beautiful rabbit burrows, fennel and rose hips. When the path begins to descend we can see Lora de Estepa in the distance and we find ourselves among younger olive trees. A short while later several parallel paths open up, and any of these will lead us to the sports facilities at Lora de Estepa.

## The townships:

**Estepa.** Having passed through Roman and Muslim period, which left their mark on the architectonic patrimony of the town, it wasn't until the 16<sup>th</sup> century that it reached the height of its monumental and artistic splendour. The church of Santa Maria, the parochial church of San Sebastian and the church of the Convent of Santa Clara all date from this period. We cannot fail to mention the famous pastries, particularly the renowned Polvorones and Mantecados (shortbreads and lardy cakes), an industry which has its own protected geographical identification "Mantecados de Estepa".

**Lora de Estepa.** Although its origins date back to pre-Roman times, it was the Muslims who implanted a complex irrigation system, by means of ditches, to enhance the wealth of garden products. Lora de Estepa is considered to be a true potager or kitchen garden, where herbs such as thyme and rosemary were introduced. Today, these herbs are the basic ingredients in the French Lorraine cuisine. Of particular note and must-see places in this town are the Church of San Miguel (18<sup>th</sup> Century) or the Palatial Museum Don Juan de Córdoba Centurion (18<sup>th</sup> Century).

# Vía Verde de la Sierra

**Location:** Coripe

**Starting point:** 36° 57' 53.3"; 5° 25' 48.9"

**End coordinates:** 36° 59' 02"; 5° 22' 49"

**Length:** 6 km

**Terrain:** The trail runs along a surfaced sporting track such as that used for bicycle lanes, and in some places compact dirt track.

**Shape:** Linear. The itinerary starts at the old station of Coripe and ends at the old station of Zaframagón, currently the Interpretation Centre and Ornithological Observatory. It is perfectly signposted throughout the entire trail.

**Advice:** Take drinking water. Avoid this route during the summer months and the sunniest time of day. The route has barely any shade except the tunnels. Some of the tunnels may be lacking illumination, so it is advisable to carry a small torch. The laws regarding right of way should be respected, as we share this route with cyclists and cross some paths to neighbouring estates. The closest road access to the end point is at the cross with the town of Zaframagón.

**Difficulty:** Low. Both the shape and the distance are very comfortable, with hardly any gradient.

**The trail:** The itinerary covers a sector of the Green Road of the Sierra, an old train track between the provinces of Cadiz and Seville which has become an eco-touristic itinerary nowadays. These 5 tunnels which we come across along the route are a testimony to the past. We begin the route at the old station of Coripe. Among serrano olive groves and mountains with holm oaks, we cover the first few km of our itinerary until we reach a picnic area, where we can stop to enjoy the scenery. On passing the 16th kilometre signpost, the views open up to show us Peñón de Zaframagón. Just before this we can see the Interpretation Centre and Ornithological Observatory of Peñón de Zaframagón, at the old station now converted into an information centre, which is the end of our route. The Green Road is 36.5 Km long, so the route can be extended towards Olvera (15 km).

**The township.** It seems that the origin dates back to the primitive Iripito, founded by the Turdulos between the 6th and 4th centuries B.C. It was the Romans who changed the name to Coripo, from which the current name is derived. After that there was a Muslim presence. In 1927 the construction of a railway line began, which was to join Jerez and Almargin but the project was abandoned and it was never put into operation, today becoming the base for the eco-touristic itinerary known as the Green Road of the Sierra. It is worth mentioning the Natural Monument Chaparro de la Vega, a holm oak which is more than 700 years old, with a height of 13 m and a diameter of 30 m.

# La Calderona

Location: Osuna

Coordinates of start and finish: 37° 13' 49,24" ; 5° 6' 55,34"

**Length:** 13.8 km

**Terrain:** Compact dirt track. Fully signposted.

**Shape:** Circular. It begins and ends at an electrical substation at km 34.9 of the A-351 roadway in the direction of El Saucejo, in the township of Osuna. The route is signposted at the most important junctions.

**Advice:** Take drinking water. Avoid walking this trail during the summer and periods of high sun exposure. There is no authorised car park, although there is a flat expanse where you can leave your car.

**Difficulty:** Medium. Despite having practically no gradient, 48 m, the route is considerably long and is lacking in shade, so a certain degree of fitness is required to carry out NW here.

**The trail:** The trail starts on a track next to the electrical substation, situated at 34.9 of the A-351 roadway which joins Osuna and El Saucejo, very close to the urban nucleus of Osuna. Just a few metres after the start of the trail we come across an underpass under the A-92 and on the other side of this we keep going forward along the so-called Vereda de la Calderona, with its open landscapes among cereal crops and olive groves which alternate with fields of sunflowers, lined with wild roses, broom and fennel. We cross firstly the Salado stream and then a second underpass to reach the agricultural landscapes of Las Salinas and Los Enredaderos. After about 5 km we turn right along the Vereda del Peinado, which gradually climbs among olive groves to the summit of a small mountain from which you can make out, to the left, the important formation of tamarisks of the Peinado creek and on the right, the ruins of the Cortijo de La Molina estate. Descending the mountain, still on the Vereda del Peinado, we come across the ruins of the estate Cortijo del Peinado on the left, at the foot of the creek of the same name. 3 km further on, as we walk alongside the brook, we turn towards the right to take the municipal path Urraco, among gentle hills crowned with almonds and oaks, we leave behind the town of Osuna. We cross over a level crossing to come across the Salado brook once again, among small fields and estates, and connect with the service road of the A-92, which takes us back to the underpass where we began the trail.

**The town:** Before or after setting off on the trail we shouldn't forget to visit Osuna, Turdetanian "Urso". Its extensive history has left numerous monuments and the works of diverse cultures which settled here. As proof of this we have the "Reliefs of Osuna", turdetanian pieces from sites in this area, the "Bronzes of Osuna" from the Roman Empire or the Water Tower from Muslim Osuna. The history of the city continued with the reconquest at the hands of Ferdinand III the Saint and incorporation into the Order of Calatrava, until it came under the government of the Duke of Osuna.



# Peñón de Algámitas

**Location:** Algámitas and Pruna

**Coordinates of start and finish:** 37° 01' 26,31 '' ; 5° 10' 26,31 ''

**Length:** 2.2 km without climbing the Peñón (Rock) or 5.2 km to the summit.

**Terrain:** The track stretches along narrow winding paths with irregular compact dirt tracks and stony ground.

**Shape:** Circular with one linear section. The route starts and ends at the campsite "El Peñón", in the vicinity of Algámitas. It is adequately signposted.

**Advice:** Take drinking water. Due to the terrain being irregular and rocky adequate footwear is recommended. Your vehicle can be left in the car park of the campsite, next to reception. The route has sections with plenty of shade.

**Difficulty:** Medium or High (depending whether we walk to the summit or not). Although it is a short route if you do not climb to the summit, the irregularity of the terrain gives it a certain level of difficulty and hampers the use of the poles. If you do walk up the Peñón the difficulty level becomes high as there is a gradient of more than 400 m which requires technique and high resistance.

**The trail:** The route starts at the small rock climbing wall at the facilities of "El Peñón" campsite, located at km 3.5 of the road from Algámitas to Pruna. There we can find a sign indicating the start of the route next to a gateway. As soon as we cross though the gate we can enjoy spectacular views to our right of the eastern part of La Campiña and Sierra Sur. We continue the route along a narrow rocky path surrounded by dwarf palms, salvia candelabrum, black hawthorn, rockrose flowers and holm oaks which descends and turns to the left to go around La Sierrezuela, second highest peak of the Peñón. As we get further into the northern slope of the Sierrezuela, the holm oaks thicken, forming damp woods covered in lichens and moss. Further along we go through to gateways and then, on the east face, we find a small clearing and the ruins of an ancient estate. From the clearing we begin to climb the hill, where we find the bifurcation of the path which leads to the Peñón. If we decide to climb this (3 km there and back), we go around it so as to finally face the south side. The pinnacle of the Peñón is not accessible on foot, so the highest point of our route is at a pre-summit just 12 m from the peak. It isn't difficult to make sightings of birds of prey and vultures from here, as well as some birds which are characteristic of rocky areas such as the grey wheatear and the blue rock thrush. The descent is made along the same path towards the hill, and we return to the campsite continuing along the plain until we come to a gateway. From here our route zigzags among oaks and cornicabra olives and on crossing two gateways, return to the campsite.

**The townships:** Part of the route passes through the township of Algámitas and another in Pruna. Both originate with the first Turdulo settlements, along the Corbones River. **Algámitas** is particularly noteworthy for its beautiful landscape, featuring the Peñón, or Rock which is the highest point in the province at 1,100 m.a.s.l. **Pruna** belonged to the duchy of Osuna in the 18th century. Among the leading monuments are the Castillo de Hierro or Iron Castle, (15th century, one kilometre away), the parish of San Antonio Abad (17th century) and the fountain of Pilarillo.

3

2

1

Difficulty

# Los Llanos de la Roda

**Location:** La Roda de Andalucía

**Coordinates of start and finish:** 37° 12'19,17"; 4° 46, 48,50"

**Length:** 12.9 km

**Terrain:** A small part of the route is on a tarmac path, the rest on tracks of compact sand and stone.

**Shape:** Circular. It starts and finished next to the football pitch at La Roda de Andalucía. There are signposts.

**Advice:** Take drinking water. Avoid walking this trail during the summer months and periods of high sun exposure. The section which crosses the A-92 by the elevated bridge has no hard shoulder, so extreme caution should be taken. On the way back, avoid wading through the Salinoso brook if the banks are high. In this case we should return along the crossing by which we began the route.

**Difficulty:** High. The average accumulated gradient, both on the ascent and the descent is 180 metres. The distance to cover and the irregularity of the terrain between kilometres 6.5 and 10 make the route more difficult.

**The trail:** The route starts next to the municipal football pitch of La Roda de Andalucía. We pass this on the right as we set off on a compact sand track on which after about 300 m, we cross the bridge over the channelled brook Salinoso. From this point, for about 1 km, we pass through a mature and well-kept olive grove until we reach the A-92 service road, where we turn left to find an underpass at about 200 metres, which we take. We then carry on along the service road to the right and shortly afterwards take the old road to La Roda on the left. Along the way we can find small piles of gypsum, piled up by the farmers which come from the foothills of the Sierra de Pleitès and the Sierra de La Cruz, the quarry of which we will begin to see in the distance. After 3 km, having passed a ruin, almost at the foot of the Sierra de Pleitès, we turn right to take the Cañada Real from Seville to Granada or old road to Granada. From here onwards the track becomes more irregular and rocky and we come across small stands which maintain the original vegetation of the area, bringing us once again to the A-92. We turn right and then a few metres on, access the hard shoulder at exit 120 of the A-92 and cross the bridge in the direction of La Roda. On crossing the motorway we pass some industrial buildings on our left and after a kilometre and a half on the hard shoulder of the N-334 we come across the facilities of Agrosevilla, where we turn right having passed the building, in order to take the dirt track which leads to the left around the wall, and which takes us back to our starting point, once we have waded across the Salinoso brook once again.

**The town:** It seems that the origin is connected to the name Celtibero de Uracao, previously cited in the Roman period as Carruca, where battering rams and utensils from the Civil War between the generals Julius Caesar and Pompeii. During the Muslim era it appears as Robda (customs) and the territory was turned into the frontier between the Christian kings of Seville and the Muslims of Granada. After the reconquest the district fell under the control of the Marquisate of Estepa. Among the monuments the church of Santa Ana (early 17th century), the chapel of Las Esclavas, the hermitage of La Virgen de los Llanos and the Roman bridge over the river Salinoso are worthy of a mention.

Cote castle  
(Montellano).



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41640 Osuna  
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de la Sierra**  
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de la Sierra**  
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Tel.: 956 136 372  
info@fundacionviaverdedelasierra.com  
www.fundacionviaverdedelasierra.com

## AGUADULCE

**Town Hall**  
Pza. Ramón y Cajal, 1  
Tel.: 954 816 220  
www.aguadulce.es  
**Tourist Office Interpretation  
Centre las Huertas**  
C/ Acebuche, s/n  
Tel.: 954 816 211  
oficinadeturismoaguadulce@yahoo.es  
Opening hours: L-V: 11:30 a 13:30h.

**Where to stay:**  
• **Pensión Río Blanco**  
Tel.: 954 816 169

## ALGÁMITAS

**Town Hall**  
C/ El Paseo, 1  
Tel.: 955 857 564  
www.algamitas.es

**Where to stay:**  
• **Complejo Turístico de Montaña  
"El Peñón"**  
Tel.: 955 855 300 / 01  
www.campingalgamitas.com

## BADOLATOSA

**Town Hall**  
Avda. de Cuba, 32  
Tel.: 954 017 064  
www.badalatosa.es  
**Interpretation Centre del Río Genil**  
Paseo Pablo Iglesias, s/n  
Tel.: 954 017 107  
info@rutadeltempranillo.org

**Where to stay:**  
• **Hotel Posada José M<sup>a</sup> Tempranillo**  
Tel.: 952 711 009  
• **Tourist apartments Abuela Luisa**  
Tel.: 954 017 049 / 627 246 868  
abuelaluisa.zzl.org

## CASARICHE

**Town Hall**  
Pza. Alcalde José Ramón Parrado Cano, 1  
Tel.: 954 019 911  
www.casariche.es

## CORIBE

### Town Hall

Pza. de San Pedro, 12

Tel.: 955 858 502

[www.coripe.es](http://www.coripe.es)

### Interpretation Centre and Ornithological Observatory "El Peñón de Zaframagón"

Estación de Zaframagón

Tel.: 956 136 372 (Fundación Vía Verde de la Sierra)

[info@fundacionviaverdedelasierra.com](mailto:info@fundacionviaverdedelasierra.com)

### Where to stay:

#### • Rural House Coripe

Tel.: 655 526 716

#### • Hotel rural Estación de Coripe

Tel.: 955 858 569 / 620 013 708

[www.estaciondecoripe.es](http://www.estaciondecoripe.es)

## EL CORONIL

### Town Hall

Pza. de la Constitución, 1

Tel.: 955 836 815

[www.casasriche.es](http://www.casasriche.es)

### Where to stay:

#### • La Casa del zapatero

Tel.: 677 413 173

[www.lacasadelzapatero.es](http://www.lacasadelzapatero.es)

#### • Rural House Luna del Castillo

Tel.: 635 531 710

[www.lunadelcastillo.com](http://www.lunadelcastillo.com)

#### • Resort Campero Las Aguzaderas

Tel.: 610 272599

[www.resortcampero.com](http://www.resortcampero.com)

#### • Hotel Don Juan

Tel.: 955 830 233

[www.hotel-don-juan.com](http://www.hotel-don-juan.com)

#### • Hostal Mará's

Tel.: 955 836 154

## EL SAUCEJO

### Town Hall

Pza. de la Constitución, 12

Tel.: 955 824 702

[www.elsaucejo.es](http://www.elsaucejo.es)

### Where to stay:

#### • Hostal Aragón

Tel.: 626 893 991

## ESTEPA

### Town Hall

Pza. del Carmen, 1

Tel.: 955 912 717

[www.estepa.es](http://www.estepa.es)

### Tourist Office

Cerro de San Cristóbal, s/n

Tel.: 955 913 437

[culturaestepa@gmail.com](mailto:culturaestepa@gmail.com)

Opening hours: Mon-Sun: 9.30 to 14.00 and 16.00 to 18.30 h.

### Where to stay:

#### • Granja Escuela and Rural Houses La Cañada

Tel.: 955 913 774 / 607 834 839

[www.cortijoandaluz.net](http://www.cortijoandaluz.net)

#### • Hostal el Balcón de Andalucía

Tel.: 955 912 680 / 609 592 889

[www.balconeandalucia.com](http://www.balconeandalucia.com)

#### • Hostal Cala D'or

Tel.: 955 913 245

#### • Complejo Hotel Manantial de Roya

Tel.: 955 915 780

[www.complejomanantialderoya.com](http://www.complejomanantialderoya.com)

#### • Hotel Don Polvorón

Tel.: 955 913 456

[www.donpolvoron.com](http://www.donpolvoron.com)

#### • Pensión El Algarrobo

Tel.: 954 829 121

#### • Rural House La Algaidilla

Tel.: 915 790 684 / 607 443 232

#### • Hotel Monte Hacho

Tel.: 955 913 217

#### • Pensión Rico

Tel.: 955 912 937

[www.hostalrico.com](http://www.hostalrico.com)

## GILENA

### Town Hall

C/ Huerta, 3

Tel.: 954 826 820

[www.gilena.es](http://www.gilena.es)



Sunset in Pruna.

## HERRERA

### Town Hall

Avda. de la Constitución, 1

Tel.: 954 013 296

[www.herrera.es](http://www.herrera.es)

### Tourist Office

C/ Pontezuelo, 13

Tel.: 954 012 979

[proempleo@aytoherrera.com](mailto:proempleo@aytoherrera.com)

Opening hours: Mon-Fri: 10:00 to 13:00 and  
16:00 to 18:00 h.

### Where to stay:

#### • Hostal Cora

Tel.: 954 012 839

## LA RODA DE ANDALUSIA

### Town Hall

C/ Real, 25

Tel.: 954 016 006

[www.larodadeandalucia.es](http://www.larodadeandalucia.es)

### Cortijo El Polvorín - Antigua

Hacienda Condal.

Antiques Museum

<http://cortijoelpolvorin.blogspot.com.es/>

### Where to stay:

#### • Rural accommodation

La Roda de Andalucia

Tel.: 954 016 002 (Ayto)

## LORA DE ESTEPA

### Town Hall

Pza. de Andalusia, 15

Tel.: 954 829 011

[www.loradeestepa.es](http://www.loradeestepa.es)

## LOS CORRALES

### Town Hall

Pza. de Diamantino García, 13

Tel.: 955 917 733

[www.loscorrales.es](http://www.loscorrales.es)

### Where to stay:

#### • Hostal Villa Cabrerós

Tel.: 955 917 216

[www.villacabrerós.com](http://www.villacabrerós.com)

## MARINALEDA

### Town Hall

Avda. de la Libertad, 119

Tel.: 955 829 542

[www.marinaleda.es](http://www.marinaleda.es)

## MARTÍN DE LA JARA

### Town Hall

Pza. Diamantino García, 1

Tel.: 955 825 111

[www.martindelajara.es](http://www.martindelajara.es)



## MONTELLANO

### Town Hall

Pza. de la Concepción, 5

Tel.: 954 875 010

[www.montellano.es](http://www.montellano.es)

### Tourist Office

Pza. de la Concepción, 5

Tel.: 954 875 010

[turismo@montellano.es](mailto:turismo@montellano.es)

Opening hours: Mon-Fri: 8:00 to 15:00.

### Where to stay:

#### • Rural House Hacienda el Huerto

Tel.: 955 831 201

[www.hacienda-el-huerto.com](http://www.hacienda-el-huerto.com)

#### • Hotel La Posada de Montellano

Tel.: 955 831 045

[www.laposadademontellano.com](http://www.laposadademontellano.com)

#### • Hostal Casa Viñita

Tel.: 954 875 004

#### • Hostal Body

Tel.: 955 831 001

## MORÓN DE LA FRONTERA

### Town Hall

C/ Cantarranas, 33

Tel.: 954 852 500

[www.ayto-morondelafrontera.org](http://www.ayto-morondelafrontera.org)

### Tourist Office

C/ Pozo Nuevo, 41

Tel.: 955 854 821

[turismo@ayto-morondelafrontera.org](mailto:turismo@ayto-morondelafrontera.org)

Opening hours: Mon-Fri: 9:30 to 14:30.

### Where to stay:

#### • Hacienda Las Alcabalas

Tel.: 954 701 119 / 686 956 112

[www.lasalcabalas.com](http://www.lasalcabalas.com)

#### • Rural House Dehesa Las bridas

Tel.: 619 239 288

[www.haciendalasbridas.es](http://www.haciendalasbridas.es)

#### • Gran Hotel Morón

Tel.: 955 856 152

[www.granhotelmoron.com](http://www.granhotelmoron.com)

#### • Hostal Morón

Tel.: 954 852 366

## PEDRERA

### Town Hall

Pza. del Pueblo, 1

Tel.: 954 819 019

[www.pedrer.es](http://www.pedrer.es)

### Where to stay:

#### • Rural House Bersocano

Tel.: 670 672 116

#### • Hostal Las Canteras

Tel.: 955 827 416

#### • Hotel Río Seco

Tel.: 954 819 738

[hotelrestauranterioseco.blogspot.com](http://hotelrestauranterioseco.blogspot.com)

## PRUNA

### Town Hall

Pza. de la Constitución, s/n

Tel.: 954 858 307

[www.pruna.es](http://www.pruna.es)

### Where to stay:

#### • Rural House La Fábrica

Tel.: 954 858 504

#### • Hostal La Albinilla

Tel.: 954 858 508

## VILLANUEVA DE SAN JUAN

### Town Hall

Pza. de la Iglesia, 10

Tel.: 955 916 501

[www.villanuevadesanjuan.es](http://www.villanuevadesanjuan.es)

### Where to stay:

#### • Rural House Vereda de las Cruces

Tel.: 645 870 083

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