



Please leave rubbish in the bins provided



Walk on the marked paths



Please respect private property



Access with motor vehicles is not allowed

Open camping is not

Starting fires is

strictly forbidden

Plant collecting is

not allowed

# Emergency phone: 112



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ventanadel**visitante** 





Marismas de San Miguel



#### OTHER CATEGORIES OF PROTECTION



• ROUTE

Linear

• LENGTH (OUTWARD)

1.7 km

• ESTIMATED TIME (OUTWARD)

45 min

• DIFFICULTY

Low

• TYPE OF TRAIL

Path or Trail with wooden bridges

### LANDSCAPE / VEGETATION

Marsh ecosystem, where we can find plant adapted to these environments like arthrocnemum macrostachyum, spartina maritima, etc.

• SHADE

None

SPECIAL AUTHORISATION

Not required

#### RECOMMENDATIONS

From mid-spring to mid-autumn the weather can be very hot. Carry plenty of drinking water, a hat or cap, sun protection, mosquito repellent and wear suitable clothing and footwear.

# PROVINCE / MUNICIPALITIES

Huelva / Cartaya

• SHEETS OF MTN MAP 1:50.000

N.º 999

• START / END COORDINATES

37° 13' 20" N, 7° 9' 30" W 37° 13' 21" N, 7° 9' 31" W



## HOW TO GET THERE

From El Rompido, heading towards Cartaya and once you pass the petrol station on the right, take the road left from the roundabout towards Camino del Lancón. It's a non-paved public trail that crosses a golf course and several agricultural plots. After passing the last of these fields, on the right-hand side there's a sign for the start of the trail.



### PARKING

There is no parking in the area, but you can park your vehicle at the start of the trail on the side of the Camino del Lancón. Take care not to block the passage for other drivers.



## PUBLIC TRANSPORT

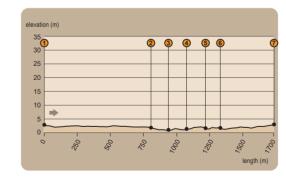
It is not possible to access the trail by public transport. The principal company running regular local bus routes in the area is DAMAS SA (959 256 900; www.damas-sa.es)



#### OTHER TRAILS

The La Turbera and Río Piedras trails are located nearby.

## PROFILE OF ROUTE



# MAXIMUM GRADIENT

2 m MAXIMUM ALTITUDE 1 m MINIMUM ALTITUDE

3 m



# WHO MADE YOU, MARSH, WHO SHAPED YOU?

When the ice of the last ice age melted. some ten thousand years ago, there was a rise in sea levels and the waters inundated the lower courses of fluvial valleys, like that or the river Piedras, turning them into broad estuaries. These estuaries are meeting places, points of exchange, of dynamic confrontation between fluvial current and ocean tides, a patchwork of waters that are responsible for the sedimentation of fine materials and the discharge of sandy material transported on the bed. A series cordons of sand were developed, enclosing the estuaries, like the coastal arrow of El Rompido.



Inside the estuary, there are no waves, and the tide is responsible for the movement of the sediment, both that brought by the river, which moves from the bed of the channels by the current of the tidal reflux (emptying), and the marine sand brought in by the current flow (filling). There, in the sheltered areas of this space of cross-links and intersections that is the estuary, are the origins of the marsh.



If there's one place where land and sea are intimately linked it is the marsh. If there is one trail that literally allows you to walk above it and get to know it first-hand it's the Marismas de San Miguel Trail.

Over the last 10,000 years, the sediment dragged by the river Piedras, the flow of the tides and the waves of the Atlantic created this muddy space that take the name of an archangel. The trail winds over the surface of the marsh, allowing the visitor to see the landscape of the inlets and sounds of water that transform with the rhythm of the tides.

The trail starts on the Camino del Lancón (see [1] on the map), on the sandy hook of Cabezos del Terrón, in the vicinity of the wetlands of the same name: the lagoons of Los Cabezos del Terrón.

This is a terraced fluvial lagoon complex of the river Piedras, constituting an important provision freshwater for the marshes. The flat terrain and proximity of the sea determine that the hydrographic network present the typical characteristics of deltas and lowlands of river courses, loosely embedded and with many meanders.



# Crossing the heart of the marsh

The first eight hundred metres of the trail run alongside the Carbón estuary, crossing the marsh in a perpendicular direction. The low differences in altitude of the terrain have an impact on the degree of tidal flooding and the distinction between lowland marsh (completely flooded at high tide), intermediate marsh (on more elevated and stable terrain, less influenced by tides) and high marshland (flooded only at high tide during heavy storms). You're unlikely to be on the trail long enough to distinguish between them, but if you look closely at

the vegetation [2] you can appreciate their influence. On the marsh, the tidal influence determines the types of plants that can survive. Some species such as cordgrass, duckgrass and salicornia are well-adapted to saline environments and withstand the increases and decreases of water levels. However, other species such as Halimium halimifolium or brooms are less tolerant to water level changes and only grow in places that are not flooded by high tides.

# Bridges over the marsh

The next section of the trail runs parallel to the Carbón estuary and crosses three inlets on walkways of 17 and 4 metres in length. The three wooden structures are designed in a single vein and without intermediate supports. The first of the bridges [3], which crosses the main inlet of the marsh, stands out for its aesthetics and dimensions. It consists of an arch bridge supported at each end by two brackets. It rises 3 metres over high tide level, the highest point on the trail and, naturally, is the best vantage point to take in the muddy labyrinth of the marsh and its extraordinary fluvial-tidal dynamic.



"...Give me the freedom of the birds of the marshes, navigators of unseen trails"

With the Atlantic air beating in our face, we reach the panoramic panel presenting the birds of the marsh [4]. You could be surprised on practically any point of the trail by an oystercatcher, avocet, spoonbill or stork or even cormorants, terns or seagulls: but the panel will help you recognise the forms and colours of them all, to know them by their names and to distinguish the groups to which they belong. These marshes are a space of extraordinary value in terms of landscapes and ecology. The strategic location on migratory routes, "the unseen trails" in the words of the poet Caballero Bonald, allows numerous species to find abundant food and establish a temporary or permanent residence.

After a few metres, at the gates of the Piedra estuary, we reach a second walkway [5] and a little further on a third [6]. It's not uncommon

to be surprised here by the erratic and fleeting movement of invertebrates, crustaceans and fish, who all contribute to the biological richness of the marsh.

Finally, the trail heads south and ends at the Camino del Lancón [7], the same lane that



took us to the trail but some seven hundred metres from where we started.

