

GOOD PRACTICE



Please leave rubbish in the bins provided



Walk on the marked paths



Please respect private property



The capture of animals is not permitted



Starting fires is strictly forbidden



Fishing is prohibited



Open camping is not permitted

Emergency phone: 112



ALMERÍA



MORE INFORMATION

Las Amoladeras Visitors' Centre
Ctra. AL-3115 Almería-Cabo de Gata. km 7. Almería. Tel. 950 160 435
ventanadelvisitante.



UNIÓN EUROPEA
Fondo Europeo Agrícola de Desarrollo Rural



Junta de Andalucía
Consejería de Agricultura, Ganadería,
Pesca y Desarrollo Sostenible

PARQUE NATURAL
Cabo de
Gata-Níjar

ALMERÍA
Trail

El Pocico
Las Marinas



Junta de Andalucía
Consejería de Agricultura, Ganadería,
Pesca y Desarrollo Sostenible

OTHER CATEGORIES OF PROTECTION



Organización de las Naciones Unidas para la Educación, la Ciencia y la Cultura



Red Española de Reservas de la Biosfera



United Nations Educational, Scientific and Cultural Organization



Cabo de Gata-Níjar UNESCO Global Geopark

• ROUTE

Linear

• LENGTH (OUTWARD)

6,4 km

• ESTIMATED TIME (OUTWARD)

2 hours

• DIFFICULTY

Low

• TYPE OF TRAIL

Track

• LANDSCAPE/VEGETATION

Coastal area with beaches, dunes, mouths of ramblas and coastal lagoons. Volcanic mountains on the horizon. Scant vegetation native to coastal sands (beach grass, cotton grass, sea thyme, marine bufalaga) and salt marshes (*Sarcocornia fruticosa*, dew herb). Very few constructions.

• SHADE

Little or none

• SPECIAL AUTHORISATION

Not required

• RECOMMENDATIONS

Carry drinking water and wear suitable clothing and footwear. Check that the water from fountains is safe to drink.

• PROVINCE / MUNICIPALITIES

Almería / Almería

• SHEETS OF MTN MAP 1:50.000

1059 - El Cabo de Gata

• START / END COORDINATES

36° 49' 22,31"N – 2° 17' 43,08"O

36° 46' 57,90"N – 2° 14' 49,05"O



HOW TO GET THERE

From Almería, take the N-344 east towards Retamar. At the first roundabout in the town, turn right (second exit) towards the beach along Calle del Boticario. After leaving the town and passing the rambla, take the track on the right towards Torre García, where the trail begins.



PARKING

There is a carpark with some 20 places at the start of the trail, and another 20 at the end.



PUBLIC TRANSPORT

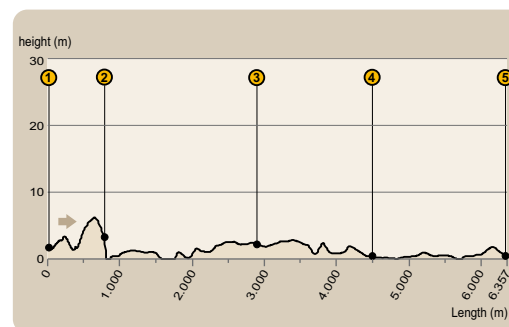
The principal companies running regular bus routes in the area are ALSA - Alsina Graells (tel. 902 42 22 42; www.alsa.es), Autocares Bernardo (tel. 950 25 04 22; www.autocaresbernardo.com) y Frahemar (tel. 950 26 64 11; www.frahemar.com).



OTHER TRAILS

The natural park has an extensive offering of signposted trails. Nearby trails include the Las Amoladeras Trail. The long-distance GR-140 trail starts in the village of Cabo de Gata in the direction of Níjar and the Sierra Nevada.

PROFILE OF ROUTE



• MAXIMUM GRADIENT

6 m

• COTA MÁXIMA

6 m

• COTA MÍNIMA

0 m

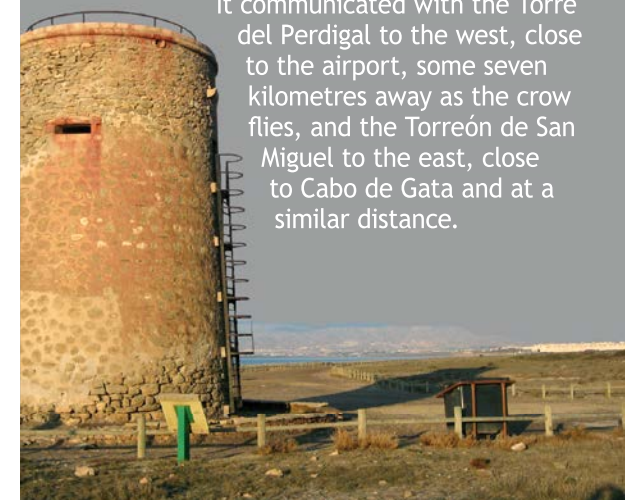
SIGNAL TOWERS

The coast is now a space that attracts visitor but that wasn't always the case. For centuries, after the defeat of the Nasrid kingdom by the Catholic Monarchs, the coast was an extremely dangerous, practically unpopulated corner of Spain. Attacks by Barbary pirates were the main threat and coastal towers and fortresses were built as a form of defence, adding to the existing structures built by the Moors. These were called *torres almenaras* or signal towers. The term *almenara* or signal comes from the Arabic meaning 'place of light'.

They constituted a system of coastal surveillance and alert that worked through signals emitted from tower to tower. At night, bonfires were lit and during the day smoke signals were made as a way to warn of an imminent attack to organise defence or counter attack.

It was a telecommunications method used from ancient times and which survived up to the late 18th century, when the first telegraph was invented, which was optical and based on manual transmission of light signals through a chain of turrets. The lines of this kind were in service for a short time before being replaced by electric telegraph lines in the mid-19th century.

Torre García, of Moorish origin, formed part of the defensive network of the Gulf of Almería. It communicated with the Torre del Perdigal to the west, close to the airport, some seven kilometres away as the crow flies, and the Torreón de San Miguel to the east, close to Cabo de Gata and at a similar distance.





El Pocico Las Marinas

Torre García

A little over a kilometre and a half from Retamar, a coastal parish of Almería, there is an old watchtower, Torre García and the remains of a Roman salted fish factory and a shrine. The trail begins close the beach of Torre García (see [1] on the map) heading westward a little over one hundred metres from the coastline. There is no shortage of reasons to take a little time before embarking on the trail to visit the monuments and take in the landscapes of this natural space.



We can find jujube and hawthorn, very voluminous shrubs with deep roots that allow them to survive in tough conditions and offer shelter to other plants and animals. Every shrub is an ecosystem in itself. After about nine hundred metres parallel to the coast, we find the mouth of the Amoladeras rambla, which runs from the Sierra Ahamilla, the mountains we can make out to the north, alongside Nijar. The ramblas are watercourses that are generally dried out but whose beds and covers offer clues as to ferocious flow they can have at certain times.

Pocico

From the mouth of the Amoladeras rambla we can make a type of chimney about two hundred and fifty metres away on our left, which turns out to be the inner cladding of a well, probably of Roman origin. We can take a path [2] for a closer look. It's called Pocico, lending its name to the trail, and has been left uncovered by different processes of erosion, the excavation of the bed by the water and the extraction of aggregates for agricultural use.



The sides reveal layers of different strata of geological material, dragged here from the Sierra Alhamilla. Fossils are frequently found in these strata, dating back to very different times. One such fossil found was the Strombus bubonius, a sea snail native to tropical climates. Returning to the trail we find an interpretive panel on the process of fixation of the dunes, offering explanation on the geomorphology of the mouths of the Mediterranean ramblas. Inert forces of geology and climate, together with the effects of life forms such as plants, play a crucial role in the reduced mobility of the dunes.

El Charco

We continue through this unique landscape until we find another interpretive panel, on the biodiversity and different strategies of plants to survive in this sandy soil which barely offers the water necessary for growth.



We see how other plants, such as beach grass, sea thyme and cotton grass, stabilise in the sands close to the coast, while further inland there's another type of vegetation: jujube.

On our left we pass an old bunker, a vestige of the Spanish Civil War [3], and about a kilometre and a half later we reach the beach of El Charco, at the mouth of the Morales rambla [4], where there are inland lagoons home to a multitude of birds including flamingos. Further on, by the beaches of Cabo de Gata we find the sign marking the end of the trail [5], at the entrance to the village of Cabo de Gata.

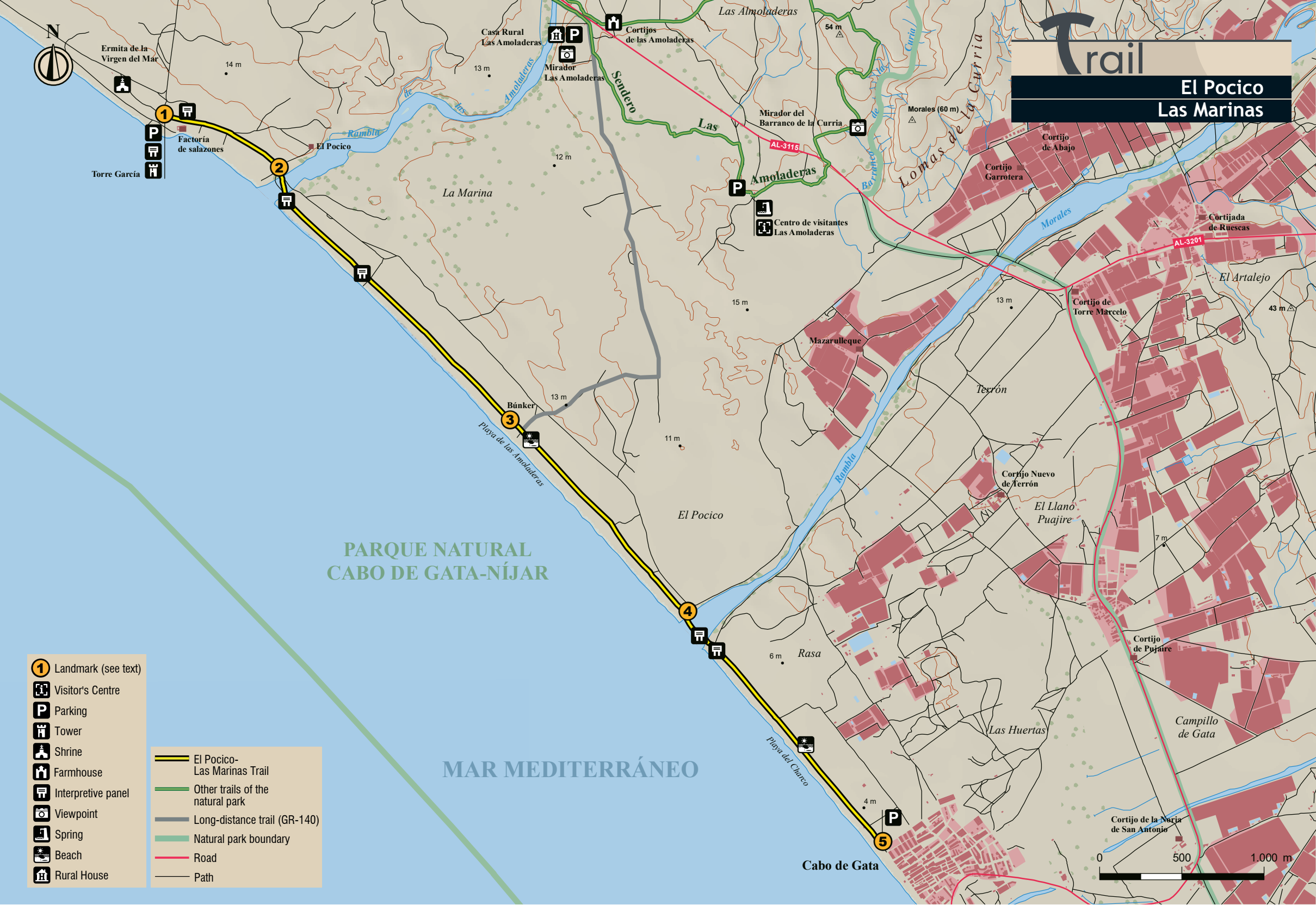


The trail offers a gentle coastal stroll through an interesting area of the Natural Park that's home to examples of its natural and cultural heritage. We start from a watchtower that is today restored as a viewpoint, and we pass other historic remains.

The sea, never far away, won't distract visitor from the many natural elements of the landscape that attract attention. There are surprising nuances to the vegetation we find in the fossil slopes, ramblas and lagoons and an impressive avifauna.

Trail

El Pocico Las Marinas



- Landmark (see text)
- Visitor's Centre
- Parking
- Tower
- Shrine
- Farmhouse
- Interpretive panel
- Viewpoint
- Spring
- Beach
- Rural House

- El Pocico-Las Marinas Trail
- Other trails of the natural park
- Long-distance trail (GR-140)
- Natural park boundary
- Road
- Path



PARQUE NATURAL CABO DE GATA-NÍJAR

MAR MEDITERRÁNEO

Cabo de Gata