

## 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
- Plant collecting is not allowed

Emergency phone: 112



JAÉN

PARQUE NATURAL  
Sierras de Cazorla,  
Segura y Las Villas

## MORE INFORMATION

Torre del Vinagre Visitor's Centre  
Ctra. A-319 Cazorla - El Tranco km 45. Santiago Pontones. Jaén  
Tel. 953 71 30 40  
ventanadelvisitante.



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

PARQUE NATURAL  
Sierras de Cazorla,  
Segura y Las Villas

trail  
Subida al Pico Cabañas



Junta de Andalucía  
Consejería de Agricultura, Ganadería,  
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## OTHER CATEGORIES OF PROTECTION



### • ROUTE

Linear

### • LENGTH (OUTWARD)

2,3 km

### • ESTIMATED TIME (OUTWARD)

1 hour

### • DIFFICULTY

High

### • TYPE OF TRAIL

Track and path

### • LANDSCAPE / VEGETATION

Pine forests and highland vegetation. Sharp relief and panoramic views of the nature park.

### • SHADE

Scant

### • SPECIAL AUTHORISATION

It is required. Please request it at the Torre del Vinagre Visitor's Centre, tel. 953 713 017

### • RECOMMENDATIONS

Carry drinking water and wear suitable clothing and footwear. Wear sun protection, sunglasses and a hat to protect against strong radiation on the summit. In winter, wear suitable clothing to protect against the constant cold wind.

### • PROVINCE / MUNICIPALITIES

Jaén / Quesada

### • SHEETS OF MTN MAP 1:50.000

949 - Pozo Alcón

### • START / END COORDINATES

37° 48' 50,5" N – 2° 57' 35,77" O  
37° 48' 42,52" N – 2° 57' 19,58" O



## HOW TO GET THERE

From Puente de las Herrerías, continue along the track to Pozo Alcón until you reach the turn-off to the left at kilometre 23 of this track. The trail begins at this point.



## PARKING

There is no car park, although there is a place nearby where you can leave your vehicle.



## PUBLIC TRANSPORT

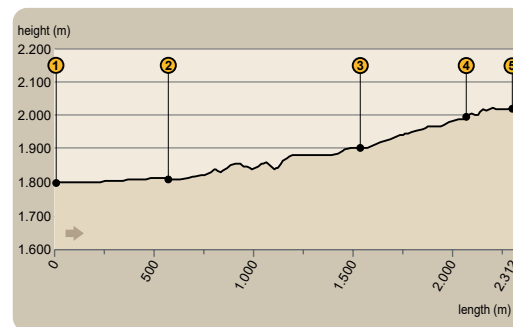
The principal companies running regular bus routes in the area are Alsina Graells (tel. 953 75 21 57), and Autocares Carcesa (tel. 953 72 11 42)



## OTHER TRAILS

The natural park offers other trails. Nearby trails include the Tejos Milenarios and Puente de las Herrerías-Pino de las Cruces trails.

## PROFILE OF ROUTE



### • MAXIMUM GRADIENT

222 m

### • MAXIMUM HEIGHT

2.020 m

### • MINIMUM HEIGHT

1.798 m

## FLAGSHIP TREES

The black pines (*Pinus nigra*, subsp. *Salzmannii*) adopt curious and capricious shapes as the trail advances along the steep slopes of the Pico Cabañas. At the start of our climb, the morphology of these pines is neither characteristic nor especially noteworthy; just similar drops in the ocean of pines of the Sierras de Cazorla, Segura and Las Villas. However, the wind, which has sculpted the rocks and vegetation, opens up a path between the mountain valleys to last the western face of this rocky mass [3].



The incessant work of this invisible chisel sculpts the rocks and trees equally.

The shapes these conifers adopt are striking and unique. The icy westerly wind that blows in the area prevents the growth of tender young pine buds on the western face, meaning they are clustered only on the other side. This leaves us the sight of these characteristically shaped "flagship" trees.

The wind is also responsible for some of the specimens of the black pine that are twisted and felled on the hard rocky bed, and the plants we find at these altitudes are usually padded or creeping plants, to avoid, where possible, Eolo's wrath.





## Subida al Pico Cabañas

### Puerto Llano

We start our journey at Puerto Llano (see [1] on the map). We are 1,799 m above sea level. There is a chain [2] that prevents the access of vehicles, and the gradient becomes notably steep, especially at the point where we have to make two simultaneous hairpin bends. The altitude can make a dent on our climb, especially when the meteorological conditions are not adequate. In cold periods, the presence of snow can make the climb enormously difficult.



As we ascend, the vegetation also changes. We notice this at the start up the ascending track as we encounter an abundance of black pines (*Pinus nigra*, subsp. *salzmannii*), sheltered from the icy winds that lashes the summit and which, despite their impressive appearance, cannot be compared to the spectacular specimens we have seen where such shelter is absent [3]. As well as the pines, on the early stages of the climb we can find the native plants of this altitude, like the barberry (*Berberis hispanica*), savin juniper (*Juniperus sabina*), creeping juniper (*Juniperus communis*) and blue broom (*Erinacea anthyllus*).



### Panoramic view from the Sierra del Pozo

As we ascend, the track gradually becomes a trail, narrow and more difficult to walk. We shouldn't drift from the route of the trail, as there are many autochthonous plants, many of them threatened with extinction and their conservation and fostering is important.



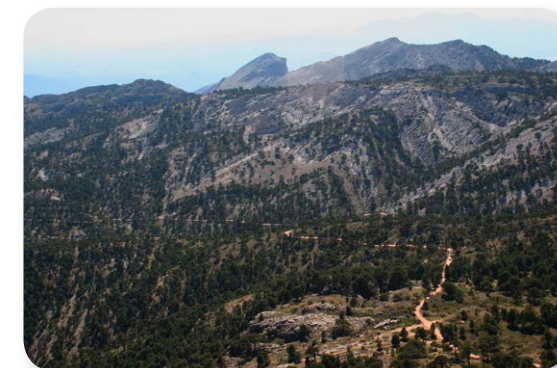
We see that some are protected by fencing, impeding the access of herbivore animals to protect and foster the populations of some of these plants that are autochthonous to the mountain summits, such as the Cazorla geranium (*Geranium cazorlense*) and the Cazorla spindle (*Euonymus latifolius*). Close to one of these fenced enclosures we see a curious window [4] formed by the limestone, framing the Valley of Puerto Llano.

Closer to the 2,027-metre summit of Cabañas, the force of the wind escalates and on a very windy day may even prevent us from enjoying



the marvellous views offered by the summit of the rocky mass. Once we reach the refuge the panorama is spectacular and we can button our jacket against the cold and take the time to enjoy the views offered by nature [5].

To the southeast we can see the turquoise waters of the La Bolera reservoir and the village of Camp Cámara, in the neighbouring province of Granada.



To the south-southeast is the hill of Las Palomas, crowned in the distance by the imposing Sierra Nevada in Granada. To the west, the bare slopes of the Cerro de Villalta and the Loma del Rayal serve as the backdrop to the Loma del Cagasebo. Behind these, in the distance, we can make out the antenna of Almadén and the Pico Mágina, both located in the Sierra Mágina Nature Park.

To the north, the Valley of Los Tornillos de Gualay and, to the northeast we can enjoy a fine view of the Sierra de Castril in the foreground.







# Trail

## Subida al Pico Cabañas



- Pico Cabañas Trail
- Other trails of the natural park
- Road
- Path

- 1 Landmark (see text)
- Panoramic views
- Shelter