

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 16 04 35
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



Requena



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)

7,4 km

• ESTIMATED TIME (OUTWARD)

3 hours

• DIFFICULTY

Medium

• TYPE OF TRAIL

Path, track or trail

• LANDSCAPE / VEGETATION

Volcanic mountains of medium height with steep gradients and rough terrain between ravines. Dry environment with scant vegetation with some eye-catching dwarf palm shrubs, esparto grass, Anthyllis cytisoides, Periploca angustifolia and other bush species autochthonous to the region as well as some introduced such as agave and prickly pear. Small relict pine forest. Abandoned crop terraces. Traditional architecture (farmhouses, cisterns, wells) and telecommunications infrastructure.

• SHADE

Little or none

• SPECIAL AUTHORISATION

Not required

• RECOMMENDATIONS

Carry drinking water and wear suitable clothing and footwear.

• PROVINCE / MUNICIPALITIES

Almería / Níjar

• SHEETS OF MTN MAP 1:50.000

1046 - Carboneras ; 1060 - El Pozo de los Frailes

• START / END COORDINATES

36° 49' 31,67"N – 2° 2' 49,85"O

36° 51' 9,87"N – 2° 4' 26,38"O



HOW TO GET THERE

From Rodalquilar, head south along the AL-4200. Some six hundred metres before reaching the exit for La Isleta del Moro, cross the Negro ravine, where the trail begins.



PARKING

There is parking at the start of the trail and there are also places nearby to leave your vehicle.



PUBLIC TRANSPORT

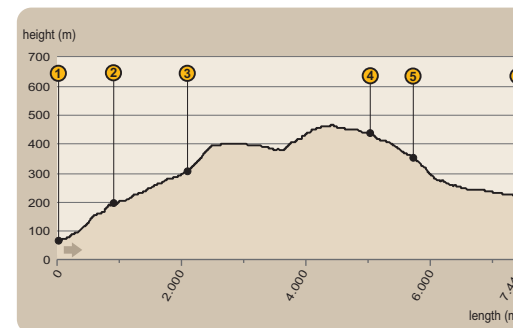
The principal companies running regular bus routes in the area are ALSA - Alsina Graells (tel. 902 42 22 42; www.alsa.es), Autocares Bernardo (tel. 950 25 04 22; www.autocaresbernardo.com) y Frahemar (tel. 950 26 64 11; www.frahemar.com).



OTHER TRAILS

The natural park has an extensive offering of signposted trails. Other nearby trails include the Cerro del Cinto, Escullos - Pozos de Los Frailes and Cortijo del Fraile - Montano - Hornillo Trails.

PROFILE OF ROUTE



• MAXIMUM GRADIENT

416 m

• MAXIMUM HEIGHT

465 m

• MINIMUM HEIGHT

49 m



LICHENS

The plants have been able to colonise every corner of the planet, developing the right features in any place, not all of them hospitable. In many of these areas they have been able to resist conditions that, in principle, seem incompatible with life and are ultimately overcome with complex biological strategies, and ultimately the conditions can turn temperate, opening up opportunities for other beings.



One of these astonishing strategies is the that developed by lichens, which are a symbiosis between seaweed, providing food through photosynthesis, and a fungus which offers protection against drought and solar radiation. To these advantages we can add others, such as synthesizing special substances which make for more efficient use of water and light and the elimination of harmful substances. For all that, they are exceptionally resistant live organisms and pioneers in colonisation.



Requena

El Negro Ravine

From Rodalquilar, we head south along the AL-4200. Some six hundred metres before reaching the exit for La Isleta del Moro, cross El Negro ravine, the trail begins (see [1] on the map). Ahead of us is the relatively narrow valley of the rambla between hills climbing some three hundred metres above us. The sides are covered with well conserved palm and African wolfbane colonies, forming a palette of dark green on the volcanic green. As we ascend the ravine, we can see extensive and interesting views towards the coast, drawing our attention to a species of oasis with palms and pine as the ravine disgorge into Toros cove.



After the first kilometre over a gentle gradient, we reach a point of particular interest [2] through the curious voids in the rocks at the bottom of the ravine, called cocoons, where we find a number of watering troughs for birds and other animals. Following the course of the channel, we head west. We continue alongside the ravine, bordering the hills of Carrilazejo, where we can observe old terraces, called balates.

Relict forest

At the head of the ravine [3] we're surprised by a pine forest whose existence created a certain degree of controversy in the past. Wild boar tracks can be found, showing the ecological maturity of the area. From the forest we rise to the high plateau and the La Rellana farmstead, whose buildings reveal some unique architectural elements such as flat roofs with curved edges and arched porches.



We momentarily leave the trail and enjoy some impressive views of the Rodalquilar valley and the coast, taking one of the tracks off to the right. Close to the farmstead, we also have the opportunity to see a traditional cistern up close.

Leaving the farmstead behind we take the track west towards Peñones, the hill where we find the spherically-shaped meteorological radar. As we rise, the views open up allowing us to discern the volcanic domes of Frailes, la Hoya del Paraíso, Los Escullos and La Isleta del Moro Arráez on our left, while, on our right we can see the open mining operations of Cinto hill and Cortijo El Fraile valley.

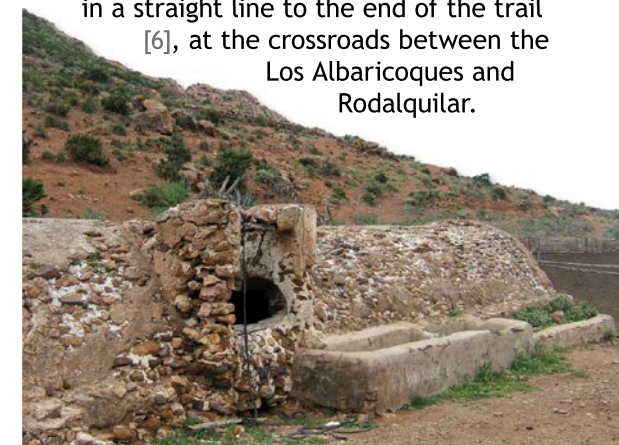


Cortijo Requena

About half a kilometre before reaching the radar [4], we leave the path for a track to the right that leads us down the head of the Requena ravine. It's worth going as far as the radar to enjoy the views on offer. Then it's time to carefully descend the ravine. The natural vegetation include palm and striking lentisk. The stone of the balates are yellowish due to the lichens that cover them.



We make our way along a stony section of path, avoiding a rather abrupt drop in the ravine [5]. This is one of the shadier and fresher spots on the trail, which allows for some of the most dense and exuberant vegetation in the entire Natural Park. Leaving the ravine, we see a few wells and water tanks before reaching the Requena farmstead where we can see a large cistern with a rectangular base. From here we continue in a straight line to the end of the trail [6], at the crossroads between the Los Albaricoques and Rodalquilar.



This trail is an opportunity to visit and discover some of the most iconic sites of the volcanic formation of the Cabo de Gata-Níjar Natural Park. They are also iconic for their landscapes, biodiversity (flora and fauna) and examples of different types of natural resources that made successive populations settled in these area over the course of thousands of years.

Crossing the foothills of the Cabo de Gata mountains, we'll have the opportunity to take in some of the most iconic views of the entire Natural Park.

Trail Requena



- 1** Landmark (see text)
- i** Information point
- 🌿** Botanical garden
- P** Parking
- 🏠** Farmstead
- 📷** Viewpoint
- a** Nature room
- 🏕️** Camping area

- Requena Trail
- Other trails of the natural park
- Road
- Path
- - - Electricity line



MAR MEDITERRÁNEO