

BUENAS PRÁCTICAS



- Please leave rubbish in the bins provided
- Walk on the marked paths
- Please respect private property



- The capture of animals is not permitted
- No shellfishing allowed
- Plant collecting is not allowed
- Dogs must not be kept loose

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Emergency phone: 112



CÁDIZ

PARQUE NATURAL
Bahía de Cádiz

MORE INFORMATION

Bahía de Cádiz Natural Park Visitor's Centre.
Carretera de la Playa de Camposoto. Antigua Salina de La Leocadia. San Fernando.
Cádiz. Tel. 956 24 34 74.
ventanadelvisitante.



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

PARQUE NATURAL
Bahía de Cádiz

trail

Tres Amigos
Río Arillo



OTHER CATEGORIES OF PROTECTION



• ROUTE

Linear

• LENGTH (OUTWARD)

Length 3.1 km total distance from point 2 to 9, from point 1 to 2 is 700 metres.

• ESTIMATED TIME (OUTWARD)

1 hour and 10 minutes

• DIFFICULTY

Low

• TYPE OF TRAIL

Lane on retaining wall. Loose materials on the surface.

• LANDSCAPE / VEGETATION

Remains of salt structures and buildings.
Tidal channel and marshes where various birds nest. Vegetation typical of marshes, conditioned by soils, climate and tides.

• SHADE

Little or none

• SPECIAL AUTHORISATION

Not required

• RECOMMENDATIONS

Carry drinking water and wear suitable clothing and footwear. An area of ornithological interest; we suggest you bring binoculars or a telescope for birdwatching.

• PROVINCE / MUNICIPALITIES

Cádiz / San Fernando y Cádiz

• SHEETS OF MTN MAP 1:50.000

1068 - San Fernando

• START / END COORDINATES

36° 26' 21,41"N – 6° 13' 46,27"O

36° 26' 46,21"N – 6° 14' 05,70"O



HOW TO GET THERE

From San Fernando, take the road to Camposoto beach. Opposite the barracks there is a eucalyptus grove where the trail starts.



PARKING

There is a carpark with some 50 places at the start of the trail.



PUBLIC TRANSPORT

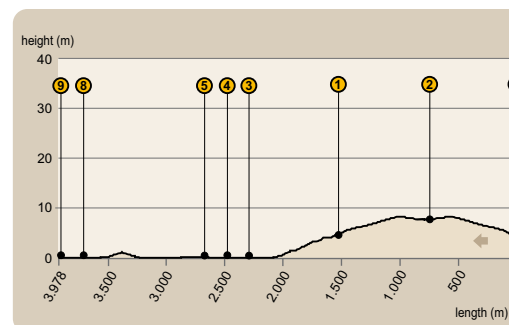
The principal company running regular bus routes in the area is Transportes Comes (tel. 902 19 92 08; www.tgcomes.es). The Consorcio de Transportes Bahía de Cádiz can also be found therein (tel. 902 45 05 50; www.cmtbc.es). The nearest railway stop is the Valdelagrana halt (consult services and timetables at www.renfe.es or on tel. 902 24 02 02).



OTHER TRAILS

From San Fernando there are two other trails of great interest: the Salina Dolores and Punta del Boquerón trails.

PROFILE OF ROUTE



• MAXIMUM GRADIENT

8 m

• MAXIMUM HEIGHT

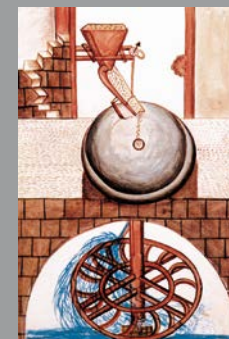
8 m

• MINIMUM HEIGHT

0 m

TIDAL MILLS

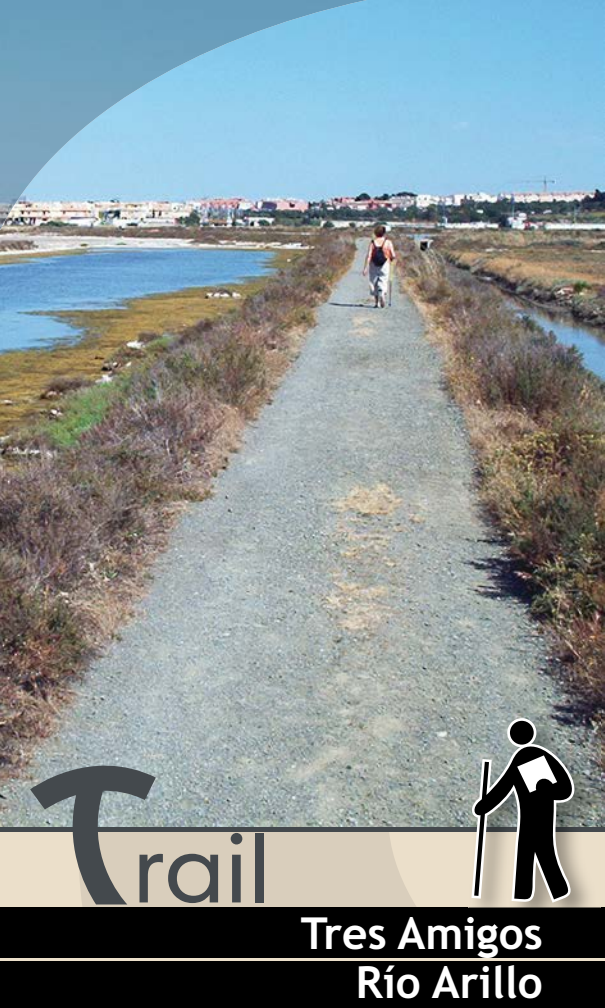
The tide mill of the River Arillo is one of the last witnesses of the important network of mills of this type that, from the second half of the 13th century, dotted the coasts of the Gulf of Cádiz. From Faro, in Portugal, to Cadiz, there were more than a hundred mills that took advantage of the average tides of the estuaries and marshes, with a level of rise and fall of the waters that allowed the construction of the infrastructures necessary for this industry. The one on the River Arillo, with twelve wheels, was undoubtedly one of the largest flour producers in this area.



The waterworks make use of the circulation of water subject to the tidal cycles. At high tide, the water is retained in a kind of reservoir closed by a gate that makes its entry easier but prevents its exit. At low tide, the tidal flow is directed through channels (*tajamares*) under the building. They are fitted with wheels with blades (impellers) that are turned by the water on its way out.

These wheels transmit the movement, by means of an axle, to a grooved stone (*volandera*), which floats on a fixed one. The grain, deposited in a hopper, a kind of funnel, falls in between the two, being crushed by the friction of the grinding wheels. As is easy to understand, this task was subject to the tidal schedule, which meant that, day and night, one had to be attentive and ready to take advantage of the energy provided by the tides.





Tres Amigos Río Arillo

Signposted

The trail starts at the car park (check [1] on the map) located on the Camposoto beach road. From here, we can continue southwards along the edge of the estuary of the old salt marsh, until we reach an observatory [2] where we can observe the aquatic birds present in this ecosystem.

Returning again to the car park, we head towards the old Tres Amigos salt works and the River Arillo. After about 800 metres, the path turns to the left, while to our right we can see the labyrinthine network of salt pans.



The Tres Amigos salt pan house consists of two buildings: one is the domestic area where the house itself, the store and the stable were located, while on the right the workers' hall can be found.

By means of a series of sluice gates, the water was directed into channels, called *lucios* and *vueltas* [3], after having been retained in large estuaries [4], like the one that can be found on our left. During this process, the water evaporated until the salt precipitated in the crystallisers, being collected and accumulated in large piles exposed to the sun, known as salt cellars.

The path heads south into the marshland [5]. An unmarked path to the north will take us to what was once the Tres Amigos saltworks [6] and, on the other side, to the tidal mill [7].



Walking with salt as a companion

The salt marshes have always been a refuge for crustaceans such as shrimps and crabs, and for juveniles of other species such as anchovies



and sea bream. Today, the particular conditions of this environment allow them to be extensively farmed (aquaculture).

We will be able to observe the flora which, despite the extreme salinity conditions, is always present.



*The flora is spread according to the salinity conditions, the structure and the altitude of the soil, more or less floodable. Some species are able to excrete excess salt or retain what little fresh water the soils provide. The areas that are always flooded have aquatic vegetation consisting of algae (milkweed, spartina and eelgrass, etc.). In the middle marsh, we find sapinas or sea purslane. In the area furthest from the water, the salt cedar, *Limoniastrum monopetalum*, predominates.*



Towards the heart of the marshland

Crossing the marshes, we reach some observatories [8] that show us the diverse world of waders, those that eat small invertebrates hidden in the mud.



Their beaks will be elongated and thin, or even curved, to better reach their food. They are, among others, stilts, with their small stork-like appearance, sandpipers, with their amusing scampering across the sand, avocets and spoonbills, etc. The Bay of Cadiz is a place of maximum importance for birds, with up to seventy thousand of them in a single wintering season.



The colourful flamingos are regular inhabitants of this area, but the communities with the most individuals are undoubtedly those of gulls and waders.

The end of the path is at the gates of Torregorda beach [9], with dunes surrounding it.

If we want to continue enjoying the walk we can continue to the bottom of the sack of the river and follow the return wall from outside the San Félix salt mine, until we reach the mill of the River Arillo.

The map shows the coastline of Isla de León, Cádiz. Key features include:

- Playa de Torregorda**: Located at the top left, along the northern coast.
- Punta de Poniente**: A point on the western coast, marked with a red dot.
- Playa de Marcelo**: A large beach area on the southern coast, outlined in green.
- Isla de León**: The main landmass, labeled in the center.
- Depth markers**: A '2 m' depth line near the top and a '1 m' depth marker near the center.
- Scale bar**: Located at the bottom, showing distances of 0, 250, and 500 meters.
- North arrow**: A small arrow pointing towards the top right of the map.

