

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

PARAJE NATURAL
Cascada de la Cimbarra

MORE INFORMATION

Jaén Territorial Delegation Regional Ministry of Agriculture, Livestock, Fisheries and Sustainable Development.

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OTHER CATEGORIES OF PROTECTION



• ROUTE

Circular

• LENGTH

1,2 km

• ESTIMATED TIME

30 minutes

• DIFFICULTY

Low

• TYPE OF TRAIL

Path

• LANDSCAPE / VEGETATION

The gorge of the River Guarrizas is made up of vertical rock walls of more than 100 metres, where there are large folds in the rock strata.

• SHADE

Scant

• SPECIAL AUTHORISATION

Not required

• RECOMMENDATIONS

Carry drinking water and wear suitable clothing and footwear.

• PROVINCE / MUNICIPALITIES

Jaén / Aldeaquemada

• SHEETS OF MTN MAP 1:50.000

863 - Aldea Quemada

• START / END COORDINATES

38° 23' 27,77" N – 3° 22' 13,02" O

38° 23' 27,01" N – 3° 22' 12,56" O



HOW TO GET THERE

From the village of Aldeaquemada we take a path following the signs to the Cascada de la Cimbarra waterfall. The start of the trail placed 2.5 km away from the village.



PARKING

At the beginning of the trail there is a parking area where vehicles can be parked.



PUBLIC TRANSPORT

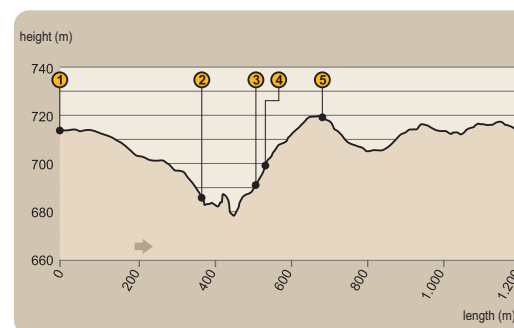
There are no transport services in the area.



OTHER TRAILS

The natural site offers another route, next to it is the Arroyo de Martín Pérez trail.

PROFILE OF ROUTE



• MAXIMUM GRADIENT

42 m

• MAXIMUM HEIGHT

720 m

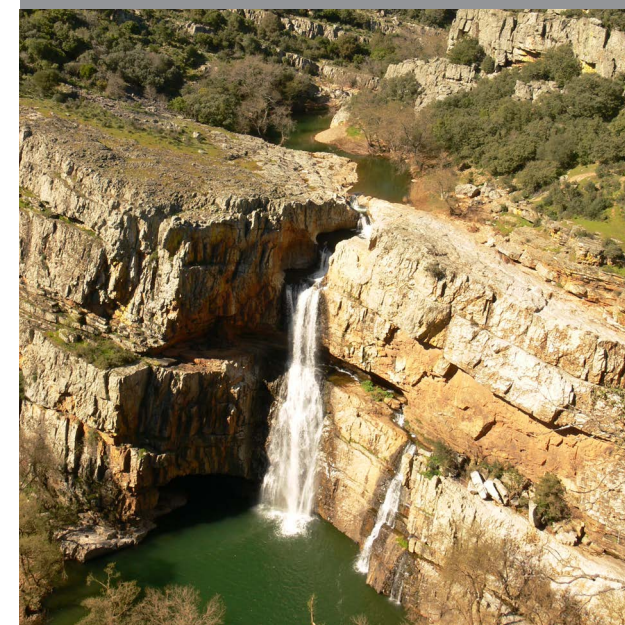
• MINIMUM HEIGHT

678 m

LA CIMBARRA WATERFALL

In the La Cimbarra Waterfall Natural Site we will find the waterfall of the same name, a large waterfall of approximately 25 metres high located in an environment shaped by tectonic activity and the action of the River Guarrizas. It is a real surprise for the few visitors who dare to walk through these solitary mountainous landscapes, a former refuge for bandits.

La Cimbarra waterfall is the result of a transverse fault in the Guarrizas riverbed. It is therefore a vertical wall composed of very hard quartzite, formed in the sea 500 million years ago, which was later covered by more modern materials and which were raised and exposed to erosion in the Carboniferous, finally remaining uncovered. In the quartzite strata it is possible to observe wave ripples in fossil form, as well as fossil remains of organisms that lived here when this was part of the sandy substratum of the seabed. The cave paintings are another very interesting aspect of the waterfall, both in the waterfall itself and in the surrounding caves.



JAÉN

PARAJE NATURAL
Cascada de la Cimbarra

Trail

La Cimbarra



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



La Cimbarra

La Cimbarra

Today's route starts at the Patio de las Armas (check [1] on the map). From here, a well-marked track will lead us down gradually, while rockroses, rosemary and thyme, among others, mark the edge of the path. Thus, guided by the vegetation, we will reach a more open area from which we can get an idea of the spectacular nature of the enclave.



Through the trail we will be able to discover the nooks and crannies of this beautiful place

After this first great look, we continue descending until we enter the ravine, where the path offers us two alternatives. Downwards we reach the foot of the waterfall along a steep but easy paved path. Halfway down we pass by the ruins of an old mill [2], from here the path is no longer paved and it is advisable to descend carefully until we reach a viewpoint opposite the waterfall [3], where the views are unbeatable.



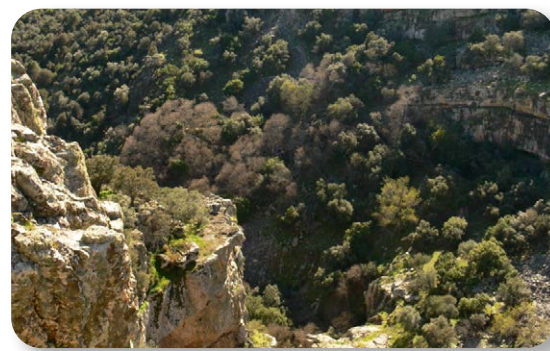
Once you have discovered the waterfall, return along the path of the mill to the previous crossroads. Once there, we will take the path to our right, along which we will walk a few more metres to reach the viewpoint of the Cimbarra Waterfall [4], which will offer us a spectacular panoramic view of the waterfall, the pool and the entire gorge of the river.



The increased flow of the River Guarrizas enhances the beauty of the waterfall

Mirador del Desfiladero

After stopping for a while at the viewpoint and observing the grandeur of such an exclusive jewel of nature, we continue on our path until we find some signs that inform us of another viewpoint, known as Mirador del Desfiladero [5]. We will follow the signs that will lead us to enjoy views that, although different, have no reason to envy the previous ones.



The gorge of the River Guarrizas from the viewpoint of El Desfiladero

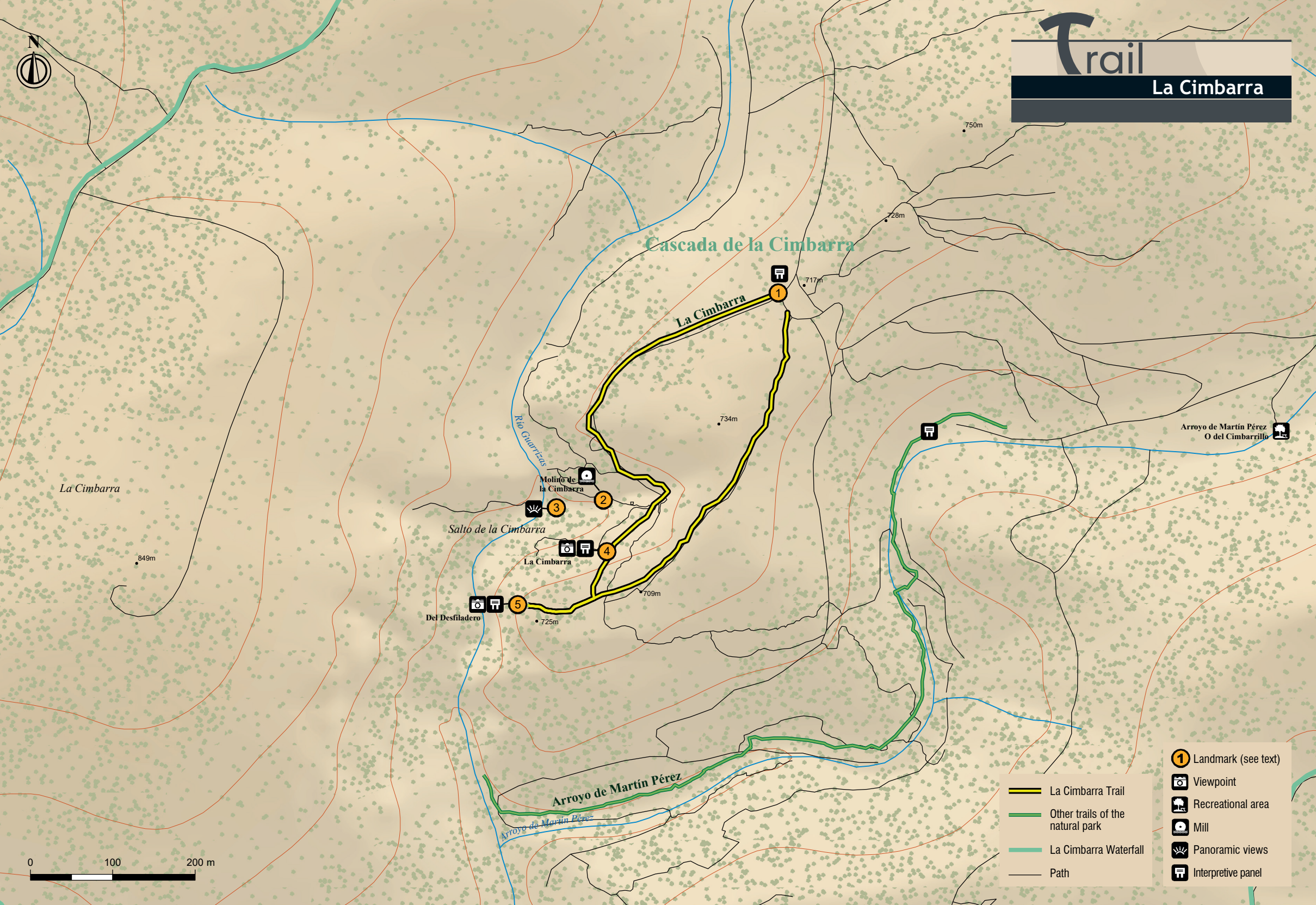
If we look down we can see how the River Guarrizas flows and a few metres downstream we can see the Charco del Negrillo, a beautiful backwater surrounded by lush vegetation. At the front we can observe the existence of a huge fold in the rock strata.

This viewpoint is also a good place to contemplate the variety of plant formations in this natural area. At first glance, the typical Mediterranean holm oak grove stands out, accompanied by characteristic scrubland made up of rockrose, mastic, rosemary, juniper and laburnum. Holm oaks will give way to hackberry, strawberry, terebinth and gall oak trees in the shady areas, and to alder and ash trees along the river bed. In the distance to our left we will see some extensive pine forest populations that will mark the contrast of the landscape. Among this mosaic of vegetation, we can observe species such as deer, wild boar, foxes or any of the numerous birds that find in this place an ideal place to nest.



After stopping for some time at this amazing viewpoint, we will return back to the place where the arrow that indicated the existence of this viewpoint is located. From here we continue along our path, accompanied as before by the Mediterranean scrubland, and we reach the parade ground again, from where we start our walk.

We are in the La Cimbarra Waterfall Natural Site, where we will find the waterfall of the same name, a large waterfall of approximately 25 metres high located in a fantastic and lush environment modelled by tectonic activity and the erosive action of the River Guarrizas. The trail has two viewpoints from where we can contemplate the grandeur of this enclave, hidden in the foothills of the Sierra Morena.



La Cimbarra

Cascada de la Cimbarra

La Cimbarra

Molino de la Cimbarra

Salto de la Cimbarra

La Cimbarra

Del Desfiladero

Arroyo de Martín Pérez

Arroyo de Martín Pérez
O del Cimbarrillo



- La Cimbarra Trail
- Other trails of the natural park
- La Cimbarra Waterfall
- Path
- Landmark (see text)
- Viewpoint
- Recreational area
- Mill
- Panoramic views
- Interpretive panel