

## 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



CÁDIZ  
MÁLAGA  
PARQUE NATURAL  
Sierra de  
Grazalema

## MORE INFORMATION

El Bosque Visitors' Centre. Federico García Lorca nº 1.  
El Bosque. Cádiz. Tel. 956 70 97 33.  
ventanadelvisitante.



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

PARQUE NATURAL  
Sierra de  
Grazalema



Arroyo del Descansadero



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

## OTHER CATEGORIES OF PROTECTION



### • ROUTE

Linear

### • LENGTH (OUTWARD)

1,2 km

### • ESTIMATED TIME (OUTWARD)

35 minutes

### • DIFFICULTY

Low

### • TYPE OF TRAIL

Rocky

### • LANDSCAPE / VEGETATION

Relief in gentle ascent on limestone terrain, sinkholes, gravel and sand. Mediterranean and riverbank vegetation related to the source of the stream. In Benamahoma, emergence of the source. Ruins of mills and limekilns. Descansadero fountain.

### • SHADE

Frequent

### • 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

Cádiz / Grazalema

### • SHEETS OF MTN MAP 1:50.000

1050 - Ubrique

### • START / END COORDINATES

36° 45' 32,22"N – 5° 27' 50,62"O

36° 45' 20,44"N – 5° 27' 11,7"O



## HOW TO GET THERE

The start of the trail is located at the upper entry to the village of Benamahoma on the A-372 and beside the bus stop.



## PARKING

There is car park at the start of the trail and there are also places nearby to leave your vehicle. If we start at Benamahoma, we can leave the car in the village itself. If we take the route in the opposite directions, the recreation area has parking for 30 places.



## PUBLIC TRANSPORT

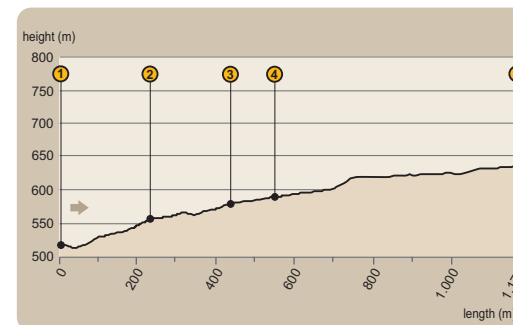
The main companies running regular bus routes in the area are Los Amarillos (tel. 902 21 03 17) and Transportes Generales Comes S.A. (tel. 902 19 92 08). The nearest train stations are in Cortes de la Frontera, Jimera de Líbar, Benaolán and Ronda (check services and timetables at [www.renfe.es](http://www.renfe.es) or by telephone on 902 24 02 02).



## OTHER TRAILS

Benamahoma is the starting point of the River Majaceite Trail and the end of the El Pinsapar Trail. In the area around the Llanos del Campo recreation area, the El Tesorillo and Los Llanos del Berral trails connect.

## PROFILE OF ROUTE



### • MAXIMUM GRADIENT

123 m

### • MAXIMUM HEIGHT

636 m

### • MINIMUM HEIGHT

513 m



## RESPIRE AT EL DESCANSADERO

The water fountain of El Descansadero is one of the many spots in these mountains where underground water emerges at the surface. We can see similar fountains in practically all the villages of these mountains, giving us an idea of the multitude of hidden water sources in the limestone substrate.



It was constructed by the ICONA in the 1970s. Its crystalline, fresh water offers relief on hot days, although it can dry out in the summer season. In the rainy season, the flow can reach more than five hundred litres per second.

Surrounded by weeping willows and pines, it's a welcoming, shaded spot that offers some respite and it's name even means 'resting place' in Spanish. The waters are directed to the Susto mill and the River Majaceite.





## Trail Arroyo del Descansadero

### Mill with no millstone

The trail can be taken in either direction, from the entry to Benamahoma on the road from El Bosque to Grazalema, opposite a bus stop, or from the Llanos del Campo recreation area to Benamahoma. In the first case, the trail runs between a canal (see [1] on the map), which channels the water from the Arroyo del Descansadero to the orchards of Benamahoma, and a small stone wall that marks the boundary we leave on our right.



*The Susto mill worked with the waters of the Arroyo del Descansadero, directed from a small lagoon crowned by an old fig tree.*

Past the wall we cross a small stream if the current allows to reach the ruins of the old Susto mill [2]. Among the ruins and the surrounding green thicket, we can see the odd abandoned (mill)stone next to a waterfall, making for a charming, enchanting setting.

On this section we also find Mediterranean vegetation comprised of holm oaks, carob trees and gall oaks as well as fig trees and willows along with the undergrowth of mastic, gorse, rockrose, thyme, sarsaparillas and several species of orchids.

### Water and whitewash

Guided by the signs, we should cross the road carefully and resume the trail as it rises gently, accompanied by the gentle murmur of the Arroyo del Descansadero stream. A little further on, on our left we find the ruins of an old limekiln [3], a vestige of past times when limestone from the mountains was used to produce the whitewash that is the defining feature of the village houses to this day.



*Among the vegetation we can see and hear the nightingales, common blackbirds, finches, long-tailed tits, European robins, hoopoes and, circling above us, griffon vultures, kites and eagles. There are also genets, mongoose and badgers.*

The rushes and oleanders will guide us to a small fountain. This is the Descansadero fountain [4]. Leaving the fountain behind, we encounter the aroma of aromatic plants like lavender, thyme, camomile and oregano. We rise a number of steps lined with white poplars on both sides. On our right we see the remains of an old quarry, today sealed off. On our left there are also signs of the extraction of white sand from the terrain.

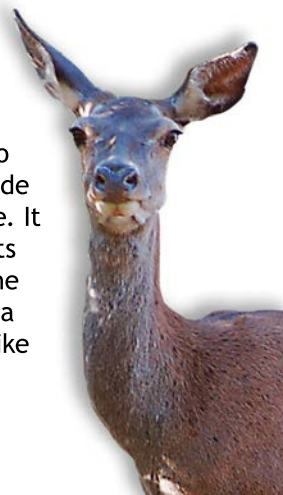
### Los Llanos del Campo

From here we pass through a couple of fates before reaching the Llanos del Campo recreation area. Beside the playground is a sign that explains the route from here to Benamahoma.



The facilities of the Llanos del Campo recreation area [5] offer the opportunity to enjoy a picnic and some shade. It is equipped with barbecues (remember that in times of year when there is a high risk of fire it is prohibited) and wooden tables and benches. Everything you need for a day in the country breathing peace and quiet and enjoying the scenery. We might even be lucky enough to spot a deer loitering about the edge.

In early June, this is also the site of the Romería de Benamahoma pilgrimage. It is also the starting point for other trails within the trail Sierra de Grazalema Nature Park's network like the El Tesorillo and Los Llanos del Berral trails.



On this short and comfortable path from Benamahoma to the recreation area of Los Llanos del Campo, we walk in the shade of the gall oaks, holm oaks and carob trees while a multitude of birds flutter in the vegetation. As we approach the watercourse and the Descansadero fountain, we appreciate the hidden gems amid the thick vegetation, concealing the ruins of the Susto mill.

At the end, the recreation area crowns the route, after a day in touch with nature.





Benamahoma

Trail

Arroyo del Descansadero

El Pinar

A EL BOSQUE

Arroyo

CA-303

687 m

714 m

1

2

3

4

5

Molino del Susto

Antigua calera

Fuente del Descansadero

A-372

Sendero

712 m

El

Tesorillo

El Llano del Campo

Área recreativa Llanos del Campo

El Albarracinejo

S. Llanos del Berral

Llanos del Berral

A GRAZALEMA

0 100 200 m

- 1 Landmark (see text)
- P Parking
- M Mill
- T Town Hall
- R Recreational area
- I Interpretive panel
- S Spring
- B Bench

- Arroyo del Descansadero Trail
- Other trails of the natural park
- Livestock Track
- Road
- Path