

## GOOD PRACTICE



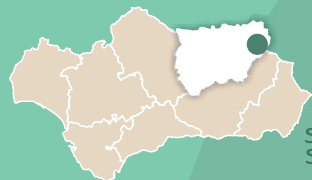
- Please leave rubbish in the bins provided
- Walk on the marked paths
- Please respect private property



- The capture of animals is not permitted
- Starting fires is strictly forbidden
- Fishing is prohibited
- Fishing is prohibited

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Production and Photography: Grupo Extremo, Federación Andaluza de Montañismo and CAGPicos active

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.



UNIÓN EUROPEA  
Fondo Europeo Agrícola de Desarrollo Rural



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

PARQUE NATURAL  
Sierras de Cazorla,  
Segura y Las Villas

trail

Arroyo Frío  
Cerrada del Utrero

## OTHER CATEGORIES OF PROTECTION



### • ROUTE

Linear

### • LENGTH (OUTWARD)

2,2 km

### • ESTIMATED TIME (OUTWARD)

1 hour and 30 minutes

### • DIFFICULTY

Low

### • TYPE OF TRAIL

Track, path and road

### • LANDSCAPE / VEGETATION

Riverside vegetation and burnt area of the  
Puerto de las Palomas.

### • SHADE

Plentiful

### • SPECIAL AUTHORISATION

Not required

### • RECOMMENDATIONS

Carry drinking water and wear suitable  
clothing and footwear.

### • PROVINCE / MUNICIPALITIES

Jaén / La Iruela y Cazorla

### • SHEETS OF MTN MAP 1:50.000

928 - Cazorla

### • START / END COORDINATES

37° 56' 45,80" N – 2° 55' 34,12" O

37° 55' 51,63" N – 2° 55' 41,21" O



## HOW TO GET THERE

From Cazorla we take the A-319 road to Arroyo Frío, the starting point of our route.



## PARKING

We can park our vehicle in the town centre of Arroyo Frío.



## PUBLIC TRANSPORT

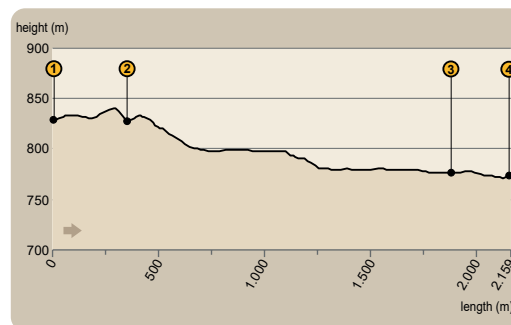
The principal companies running regular bus routes in the area are Alsina Graells (tel. 953 75 21 57), and Autocares Carcesa (tel. 953 72 11 42)



## OTHER TRAILS

The natural park offers other routes for hikers. Nearby trails include the Central Eléctrica and Cerrada del Utrero trails.

## PROFILE OF ROUTE



## RIVERBANK VEGETATION

The many water flows that run through the natural park are usually accompanied by unique plant communities, although different from those found on the slopes of the valleys just a few dozen metres from the riverbed. They are indifferent to the soil and the amount of rainfall in the area, as they are perfectly adapted to winter frosts, resorting to the strategy of shedding their foliage during the cold season.



The main requirement of these plants is the need for abundant water, provided by the flow of the watercourse in question, irrespective of the altitude at which they are located. Such communities are called "riparian communities".

Often the large trees found in these habitats join their canopies to form what are called gallery forests, with watercourses running between them. These communities have an almost uninterrupted vertical structure, with trees and shrubs sometimes being joined by climbing plants and vines.

### • MAXIMUM GRADIENT

69 m

### • MAXIMUM HEIGHT

840 m

### • MINIMUM HEIGHT

771 m



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## Arroyo Frío, tourism in the Sierra

We begin our journey in the village of Arroyo Frío [1], which belongs to the municipality of La Iruela. This small urban settlement has undergone a major transformation due to the increase in tourism in the area. Due to its location, accessibility and services, it has become a reference point for rural tourism in the natural park.



We cross the River Guadalquivir over a bridge that connects the village with the route we are about to follow, from where we can observe the still wild waters of the River Guadalquivir, which keep the secret of its source in the nearby Cañada de las Fuentes.

## The freshness of the River Guadalquivir

Once we have crossed the bridge, we must walk to our left. At this point of the route we will enjoy the freshness provided by the lush riverside vegetation, with ash trees (*Fraxinus angustifolia*) that stand out for their height and size, accompanied by twigs (*Salix purpurea*), boxwoods (*Buxus sempervirens*), ferns (*Pteridium aquilinum*), wild madders (*Rubia peregrina*), wild vines (*Vitis vinifera* var. *sylvestris*), rose hips (*Rosa canina*) and brambles (*Rubus ulmifolius*).



The abundance and variety of vegetation is remarkable, thanks to the waters of the River Guadalquivir, which turn this area into an orchard.

Our steps will take us to a viewpoint [2] that shows us the riverside vegetation present in the area, and from this point we can even see a specimen of hazelnut tree (*Corylus avellana*), a species that is included in the Andalusian Catalogue of Threatened Species, so we must take extreme caution, as it is a very delicate specimen.

## Under the Puerto de las Palomas

We will momentarily move away from the watercourse, although at no time do we cease to notice its effects, as the murmur of the liquid element is constant. In addition, insects such as dragonflies, so closely linked to the aquatic environment, are very common in the area. We will be pleasantly surprised if they perch to rest, as we will be able to appreciate the great



variety of colours and shapes that these small invertebrates display.

The continuous chirping of the birds that inhabit the banks is also a constant feature of the route, delighting us with the trill of the nightingale (*Luscinia megarhynchos*) or the unmistakable song of the oriole (*Oriolus oriolus*).

On our right, at the summit, we will see the Puerto de las Palomas viewpoint from where the views of the Guadalquivir Valley and Arroyo Frío are outstanding.

## Cerrada del Utrero Hydroelectric Power Station

We will reach another viewpoint that offers us wide views towards Cerrada del Utrero and Lanchón Redondo [3].



After enjoying this landscape we continue along a short stretch of our route close to the road, crossing several streams behind which is the end point of our route, the old Cerrada del Utrero Hydroelectric Power Station [4], which used to supply electricity to the nearby farmhouses, the nearby village of Vadillo-Castril and its sawmill, which is no longer in use. Trail Arroyo Frío Cerrada del Utrero







# Trail

## Arroyo Frío

### Cerrada del Utrero

- 1 Landmark (see text)
- P Parking
- Bridge
- Mill
- Viewpoint
- Spring

- Arroyo Frío Cerrada del Utrero Trail
- Other trails of the natural par
- Road
- Path