

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



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



UNIÓN EUROPEA
Fondo Europeo Agrícola de Desarrollo Rural



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

PARQUE NATURAL
Sierra de
Grazalema

Trail

Llanos del Rabel



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

OTHER CATEGORIES OF PROTECTION



• ROUTE

Linear

• LENGTH (OUTWARD)

6,2 km

• ESTIMATED TIME (OUTWARD)

2 hours

• DIFFICULTY

Low

• TYPE OF TRAIL

Track

• LANDSCAPE / VEGETATION

Slight descent over undulating terrain of limestone substrate as far as Llanos del Rabel, with typical Mediterranean forest vegetation for company. Along the way are interesting views of the Sierra del Pinar and the Spanish fir forest, screes, outcrops and peaks. There is a limekiln conserved in good condition at the start of the route.

• SHADE

Frequent

• SPECIAL AUTHORISATION

Authorisation required. Individuals: cvelbosque@reservatuvisita.es, 956 70 97 33. Companies, associations, clubs, federations and official groups: Contact the office of the Sierra de Grazalema Nature Park, 600 16 19 16 / 600 16 19 06.

• RECOMMENDATIONS

Carry drinking water and wear suitable clothing and footwear. Water from the fountains is not drinkable. From 15 June to 15 October, due to risk of fire, the trail ends at Llanos del Rabel.

• PROVINCE / MUNICIPALITIES

Cádiz / Grazalema

• SHEETS OF MTN MAP 1:50.000

1050 - Ubrique

• START / END COORDINATES

36° 48' 14,98"N – 5° 23' 22,77"W

36° 46' 56,77"N – 5° 24' 41,01"W



HOW TO GET THERE

From Carboneras, take the A-372 towards Benamahoma. After about 1.5 kilometres, turn right and take the CA-9104 towards Puerto de la Palomas. After about 9km, the trail begins on our left from this road.



PARKING

There is a car park with some 5 places at the start of the trail.



PUBLIC TRANSPORT

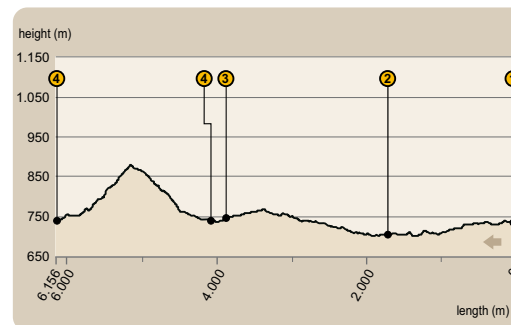
The main companies running regular bus routes in the area are Los Amarillos (tel. 902 21 03 17) and Transportes Generales Comes S.A. (tel. 902 19 92 08). The nearest train stations are in Cortes de la Frontera, Jímera de Líbar, Benaoján and Ronda (check services and timetables at www.renfe.es or by telephone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



OTHER TRAILS

The La Garganta Verde trail also begins very close to the start of the trail. Also located nearby the El Pinsapar trail.

PROFILE OF ROUTE



• MAXIMUM GRADIENT

179 m

• MAXIMUM HEIGHT

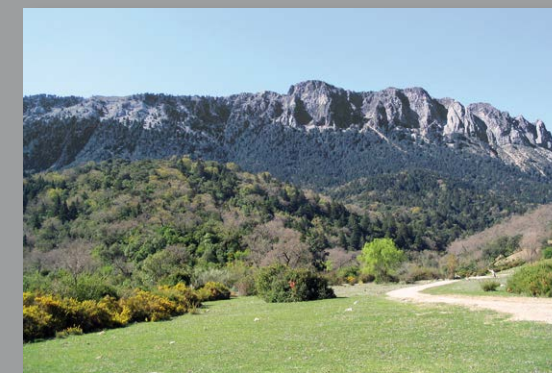
879 m

• MINIMUM HEIGHT

700 m

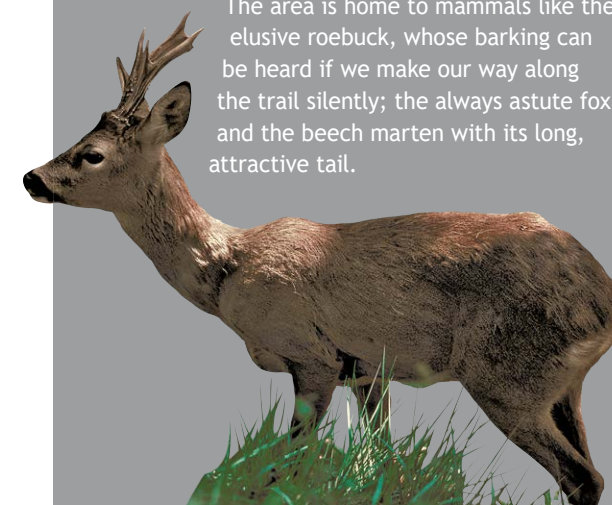
A MAGIC FOREST

If the interior of the Spanish fir forest is magical, the views from outside are no less extraordinary. The existence of this forest is the reason why this area is protected and classified as a Reserve Area, as this species of fir tree, one of nine around the Mediterranean, is only naturally present in the Sierra de la Nieves, Los Reales de Sierra Bermeja and the massif of Grazalema.



But there's more than the Spanish fir to see along the trail. The views of the peaks, screes, outcrops and gorges are decorated by rich Mediterranean vegetation that makes up a varied palette of colours depending on the time of year.

The area is home to mammals like the elusive roebuck, whose barking can be heard if we make our way along the trail silently; the always astute fox, and the beech marten with its long, attractive tail.





Trail

Llanos del Rabel

Along the banks of the Pinar stream

The trail commences near Puerto de los Acebuches, on the road between Grazalema and Zahara de la Sierra (see [1] on the map). We pass through a gate and take a forest track that we stay on up to the end of the route.



Soon we reach a point where we see the route that remains ahead. From here, the track runs along the undulations of the mountain, parallel to the Pinar stream, with thick scrubland or holm oak, mastic and wild olive on both sides.



Above our head fly griffon vultures, who have found a perfect nesting place in the walls of the nearby Garganta Verde gorge, one of the most populous such colonies in Europe.

In the first section we find an old gate, a common construction in the territory, and several firebreaks to protect this fragile Reserve, of great ecological value where the Spanish fir has found one of its last refuges. The forest track crosses a stream [2] and begins a gentle climb before reaching the height of a characteristic, cone-shaped hill where sparse Spanish firs take advantage of the shade.

The ceiling of the province

Some gall oaks appear in the more humid areas close to the stream, forming interesting copses. The limestone masses of the Sierra de Zafalgar rise to our right.



The Reserve Zone of this nature park is home to innumerable botanic rarities. As a curiosity, behind the peak of El Montón is a mass of cork oak over the limestone, an exceptional feature as cork oak is more common in more acidic, limestone soils but here the abundant precipitation means they are washed and decalcified, allowing this species of tree to prosper.



After a curve in the track, the Llanos del Rabel opens up before us and on our right sits a forest nursery [3]. The first thing to attract our attention is the natural amphitheatre formed by the Sierra del Pinar, with its abrupt relief and fir forest.

El Torreón rises majestically above the plain. This peak, also known as Pinar, is the highest in the province of Cádiz at 1.648m.

At the foot of the Spanish fir forest

We reach a cold water fountain [4]. Opposite there is a sign indicating the final loop of our route, designed to discover the lower part of the Spanish fir forest, with its holm and gall oaks.



The first track continues to the right but is closed to the public, only used for maintaining the reserve.

The return route is back along the same path in the opposite direction.



As well as griffon vultures we can spot other birds like the northern goshawk, short-toed treecreeper, the Eurasian nuthatch, blue tit, coal tit and chaffinch.

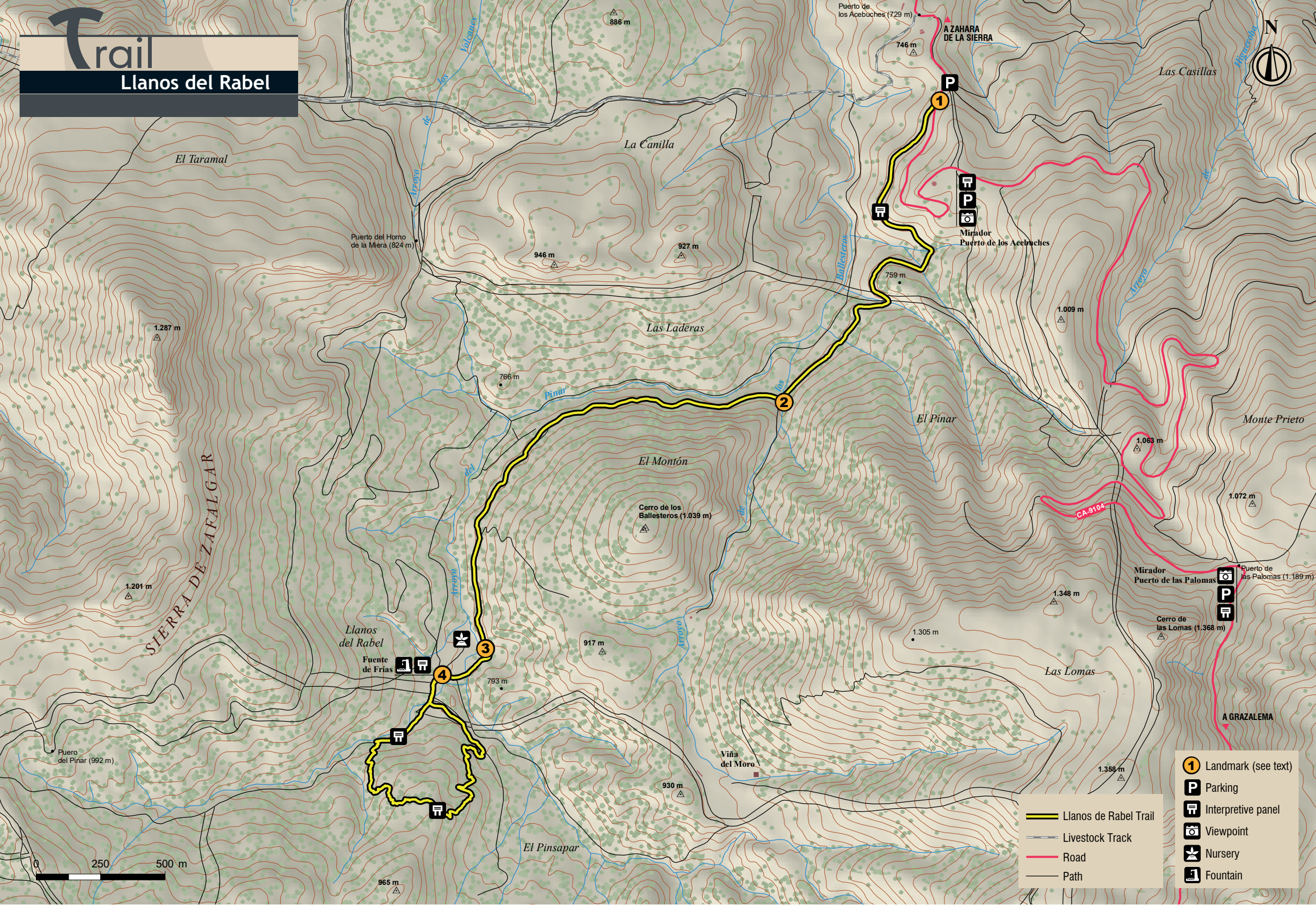


This trail takes us deep into the Reserve Zone along a gentle route with a firm surface, making it suitable for children, older persons and groups.

We reach a fir forest along a path densely populated with vegetation that is home to a great variety of fauna. At the end we see the Sierra del Pinar, and the silhouette of El Torreón and even higher, the impeccable flight of the vultures.

Trail

Llanos del Rabel



- 1** Landmark (see text)
- P** Parking
- IP** Interpretive panel
- IV** Viewpoint
- IN** Nursery
- IF** Fountain

- Llanos de Rabel Trail
- Livestock Track
- Road
- Path

250 500 m