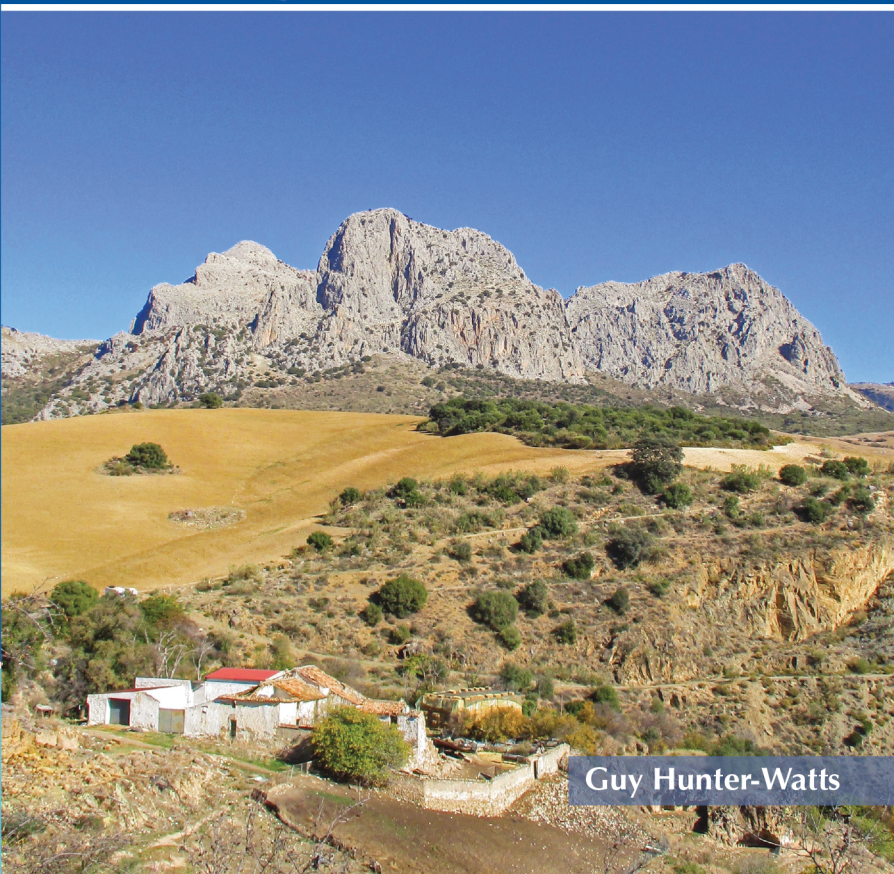


CICERONE

TREKKING THE GR7 IN ANDALUCÍA

From Tarifa to Puebla de Don Fadrique



Guy Hunter-Watts

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by Guy Hunter-Watts

CICERONE

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Updates to this guide

While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. This guidebook was researched and written before and during the COVID-19 pandemic. While we are not aware of any significant changes to routes or facilities at the time of printing, it is likely that the current situation will give rise to more changes than would usually be expected. Any updates that we know of for this guide will be on the Cicerone website (www.cicerone.co.uk/995/updates), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time.

We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to updates@cicerone.co.uk or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

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Acknowledgements

My first and most trusted reference when researching this book was the original Cicerone guide, *Walking the GR7 in Andalucía*, by Kirstie Shirra and Michelle Lowe with additional help from Miguel Angel Santaella.

While I walked the route in sections with a day pack and a hotel room at the end of many days, Kirstie and Michelle walked the route in one go with a tent and cooking gear. I couldn't be more grateful for their pioneering, meticulous research.

The second edition of their guide benefitted from feedback from many readers as well as from Jonathan and Lesley Williams who walked sections of the route for that update.

I also owe a big *gracias* to Mick Borroff who kindly helped sort out a number of issues with my original GPX files. Your help was invaluable and much appreciated.

ROUTE SUMMARY TABLE

Stage	Start	Distance	Ascent	Descent	Highest point	Time	Page
The common route							
<i>Cádiz province (167.6km, 6–9 days)</i>							
1*	Tarifa	47.1km	800m	795m	244m	12hr 30min	36
2(*)	Los Barrios	33.3km	790m	550m	255m	9hr 40min	43
3	Castillo de Castellar	21.3km	210m	375m	255m	6hr 15min	48
4*	Jimena de la Frontera	37.7km	1200m	970m	840m	10hr 30min	52
5(*)	Ubrique	28.2km	1205m	835m	1029m	7hr 40min	58
<i>Málaga province (117.2km, 7–8 days)</i>							
6	Montejaque	19.8km	605m	695m	752m	5hr 30min	68
7(*)	Arriate	34.5km	895m	1085m	894m	9hr 30min	73
8	Ardales	16km	690m	885m	583m	5hr	78
9	El Chorro	10.6km	595m	475m	681m	3hr	82
10	Valle de Abdalajís	19.5km	740m	565m	770m	5hr 40min	85
11	Antequera	16.8km	555m	370m	942m	4hr 40min	90
Total for common route		284.8km	8285m	7600m	1029m	13–17 days (79hr 55min)	
The northern variant							
<i>Málaga province (97.4km, 5–6 days)</i>							
12A	Villanueva de Cauche	16.6km	345m	355m	813m	4hr 15min	96
13A(*)	Villanueva del Trabuco	31.2km	590m	610m	951m	8hr 45min	100
14A	Villanueva de Tapia	17.2km	465m	580m	896m	4hr 45min	104
15A	Villanueva de Algaidas	18.8km	550m	675m	702m	5hr 10min	108
<i>Córdoba province (63km, 3 days)</i>							
16A	Cuevas de San Marcos	13.6km	540m	340m	681m	3hr 40min	114

Stage	Start	Distance	Ascent	Descent	Highest point	Time	Page
17A	Rute	25.9km	905m	875m	979m	7hr 30min	118
18A	Priego de Córdoba	12.1km	310m	315m	768m	3hr 10min	124
19A	Almedinilla	25km	965m	700m	1104m	7hr	127
<i>Jaén province (292.9km, 13–15 days)</i>							
20A	Alcalá la Real	10.2km	310m	265m	1012m	2hr 30min	134
21A	Frailes	35.2km	1415m	1580m	1491m	10hr	137
22A	Carchelejo	13km	520m	565m	833m	3hr 45min	142
23A	Cambil	27.7km	1105m	980m	1659m	8hr 30min	146
24A	Torres	16.4km	660m	900m	1164m	4hr 45min	150
25A	Bedmar	9.2km	550m	545m	1127m	2hr 50min	155
26A	Jódar	35.3km	605m	580m	677m	9hr 45min	158
27A	Quesada	18.1km	845m	720m	1198m	4hr 50min	163
28A	Cazorla	16km	950m	770m	1380m	5hr 30min	167
29A	Vadillo Castril	33.8km	1180m	1485m	1443m	8hr 30min	170
30A	Coto Ríos	30.3km	1585m	930m	1733m	8hr	175
31A	Pontones	13.4m	450m	455m	1639m	3hr 45min	180
32A	Santiago de la Espada	34.3km	755m	910m	1600m	8hr 15min	184
Total for northern variant		453.3km	15,600m	15,135m	1733m	21–24 days (125hr 20min)	
The southern variant							
<i>Málaga province (52.4km, 2 days)</i>							
12B	Villanueva de Cauche	23.8km	580m	885m	927m	5hr 30min	190
13B	Riogordo	28.6km	1040m	520m	943m	7hr 30min	193
<i>Granada province (433.1km, 22–23 days)</i>							
14B	Ventas de Zafarraya	20.4km	410m	440m	1093m	5hr 45min	200
15B	Alhama de Granada	22.3km	550m	555m	1137m	6hr	204
16B	Arenas del Rey	17.2km	595m	630m	1081m	6hr	207

Stage	Start	Distance	Ascent	Descent	Highest point	Time	Page
17B(*)	Jayena	31km	765m	945m	1327m	8hr 30min	211
18B	Albuñuelas	14.9km	680m	480m	931m	4hr 30min	217
19B	Nigüelas	18.8km	745m	1020m	1287m	5hr 15min	222
20B	Lanjarón	12.7km	945m	650m	1118m	4hr 10min	226
21B	Sopórtujar	12.6km	1020m	720m	1537m	3hr 45min	230
22B	Pitres	17.4km	1105m	815m	1733m	5hr 40min	236
23B	Trevélez	20.5km	625m	1245m	1761m	5hr 50min	242
24B	Cádiar	17.1km	1025m	910m	1457m	5hr 10min	247
25B	Yegen	17.9km	660m	675m	1254m	5hr 15min	253
26B	Laroles	16.2km	1395m	375m	2041m	6hr	259
27B	Puerto de la Ragua	11.6km	65m	910m	2041m	3hr 20min	264
28B*	La Calahorra	54.6km	1600m	1430m	2037m	14hr	269
29B	Narváez	24.2km	270m	870m	1370m	6hr	278
30B	Zújar	22km	495m	540m	885m	5hr 30min	283
31B	Benamaurel	14.1km	290m	120m	905m	3hr 20min	288
32B	Cúllar	23.9km	330m	290m	1063m	5hr 30min	291
33B	Orce	17.7km	260m	230m	960m	4hr 10min	295
34B	Huéscar	26km	580m	375m	1481m	6hr 45min	301
Total for southern variant		485.5km	16,030m	15,630m	2041m	22–25 days (133hr 25min)	
GR7 total (common route + northern variant)		738.1km	23,885m	22,735m	1733m	34–41 days (205hr 15min)	
GR7 total (common route + southern variant)		770.3km	24,315m	23,230m	2041m	35–42 days (213hr 20min)	

* It is recommended that you split these stages into two days either by leaving the route or by camping. (An asterisk in brackets indicates an optional two-day section.) You will need to camp if you want to break Stage 17B.

AUTHOR'S PREFACE



Limestone outcrops at the heart of the Sierra de Mágina park (Stage 23A)

When Spain and long-distance treks come to mind, the thoughts of many walkers will invariably turn to the Camino and the network of paths leading to Santiago de Compostela. It's a walk which somehow seems greater than the sum of the parts, an inner as well as an outer journey and, for many, a life-changing experience. The GR7 footpath receives far less press and sees far fewer walkers yet the 1250 kilometres of its trail as it passes through Andalucía easily vies in beauty with those of the Camino while offering one of Europe's most challenging and inspirational on-foot adventures.

In the course of trekking the two variants of the GR7 I saw red and roe deer, wild boar, ibex, mongoose, foxes, a badger and, perhaps the most magical of many special sightings, an imperial eagle rising metres away from me in the Sierra de Mágina. I swam in river pools, bathed in thermal springs and beneath waterfalls and took a dip in the Atlantic. I met with shepherds, olive pickers, a beekeeper, park rangers, resin collectors and cork cutters. And, astonishingly, in the entirety of the trail I met with no more than two dozen walkers and, on many stages, not a soul.

Walking the route proved to be more challenging than I'd anticipated. Some stages involve 1000m ascents while others can only be comfortably negotiated by splitting them in two. If much of the original waymarking is damaged or illegible, marker posts long gone and paint flashes faded, new signage and more durable posts have recently been added on several sections. With the previous Cicerone guide that this one replaces, a map, a compass and a keen eye, it still proved easy enough to find the way. And a most wonderful way at that.



INTRODUCTION



Looking back towards Montejaque from Ronda on Stage 6

Andalucía is home to an astonishing variety of natural habitats. Grandiose peaks rise to almost 3500 metres, there are windswept beaches with the highest dune formations in Europe, forests of cork and holm oak, vast groves of olives and almond along with subtropical valleys dotted with citrus, persimmon and avocado. Jagged outcrops of karst are cut through by deep gorges, semi-desert regions are reminiscent of those of Colorado or New Mexico, irrigated terraces cling to precipitous slopes, fields of wheat are contrasted by those of cotton and sunflowers; it seems as if there's a wonder of nature around every corner.

The GR7 introduces you to these myriad landscapes as it runs west to east across southern Spain linking several of the region's most beautiful protected

areas. You pass hilltop fortresses dating back to the Moorish times, troglodyte dwellings, churches and palaces built during Spain's Golden Age, ancient olive mills and isolated convents and chapels. Walking by way of Roman roads, Berber footpaths, drovers' routes and country lanes the trail links towns and villages that feel a world away from the busy resorts of the southern Spanish coast.

THE GR7/E4

GR7/E4, a pan-European hiking trail, was created in the early 1970s by The European Ramblers Association.

The ERA's mission statement reads:

'E-paths connect people and are the paths for peace, understanding and unity'.

GR comes from the French *grande randonnée* – in Spanish, *gran recorrido* – which means ‘long distance path’ and GR7 refers to the Spanish, Andorran and French sections of the E4.

The E4 is the longest of 12 E-paths in Europe. It originally ran from Tarifa in southern Spain to Delphi in Greece. After crossing Andalucía and running up the eastern side of Spain via Murcia, Valencia and Catalonia the GR7 enters France via Andorra. Leaving France, now waymarked as simply E4, it passes through Switzerland, Germany, Austria, Hungary, Serbia and Bulgaria before running south into Greece.

Variants have recently been added that extend the E4 further south into Morocco, Crete and Cyprus and, at the other end, west along the Algarve to Cabo São Vicente in Portugal. The total length of the route is now approximately 12,000 kilometres.

The Andalucían section of the GR7, which includes a northern and southern variant, was waymarked by FEDAMON (The Andalucían Federation of Mountaineering) in the late 1990s. The path links footpaths and country tracks as well as a few sections of minor road to create a trail that totals 1225 kilometres. It's this section of the E4 – the GR7 in Andalucía with both variants – that's described in this guide.

ANDALUCÍA

Andalucía occupies around one-fifth of the Spanish mainland, flanked by the Mediterranean Sea and the Atlantic Ocean. It encompasses eight provinces that stretch from the Portuguese border in the west to its border with Murcia

in the east. The region takes its name from Al Andalus, the name the Arabs gave to an area that saw eight centuries of Muslim rule between the eighth and 15th centuries. With rich agricultural lands irrigated by abundant mountain waters, groves of almonds, olives and citrus, vineyards, wheatlands, mountain pastures and a benign climate it's not hard to see why the Moors considered Andalucía to be an earthly paradise.

The mightily Baetic system of mountains occupies about half of the Andalucían territory, running west to east like a mighty sabre, separated from the Sierra Morena by the broad valley of the Guadalquivir. As it crosses the provinces of Granada and Jaén the massif splits into two branches: the Subbetic range to the north and the Penibetic range to the south. The latter is home to mainland Spain's highest peaks with El Mulhacén rising to 3457m in the Sierra Nevada.

Andalucía is one of 17 autonomous regions within Spain with its own regional government based in Seville, the region's largest city. There are excellent communications via road and rail including a high speed link with Madrid while Málaga is one of Europe's busiest regional airports with links to every major airport in the UK. Several smaller airports also have flights to and from the UK.

This is one of Europe's most popular holiday destinations. Some 30 million tourists visit every year and this is reflected in the vast range of hotel accommodation, along with a huge numbers of restaurants and bars, on offer. If sun, sea and sand remain the main magnet for travel, the past 30 years have seen a huge increase in the number of visitors exploring inland regions.



The gorge and Puente Nuevo in Ronda (Stage 6)

Many visitors now come on walking holidays. Just two decades ago there were few waymarked paths, the GR7 being among the first. Things are now very different with an extensive network of short distance routes along with several new GR trails. Walking tourism has become an important part of many a mountain village's economy while the regional government is now taking an active part in promoting Andalucía as a top walking destination.

The people of Andalucía

Anyone who's travelled to other parts of the Iberian peninsula will be aware of the huge differences between the regions of Spain and its peoples. If Franco sought to impose a centralist and authoritarian system of government on his people, in the new Spain, ushered in with his departure and the advent

of liberal democracy, most Spaniards actively celebrate the country's diverse, multilingual and multi-faceted culture.

If Spain is different, as the marketing campaigns of the 1990s and noughties would have us believe, then Andalucía is more so. It is, of course, about much more than those stereotypical images of flamenco, castanets, flounced dresses and bullfighting: any attempt to define what constitutes the *andaluz* character must probe far deeper. But what very quickly becomes apparent on any visit to the region is that this is a place of ebullience, *joie de vivre*, easy conversation and generous gestures. One of the many attractions of the GR7 is acquainting yourself with untouristy villages and towns that are way off piste and where the welcome you're given is likely to be both warm and genuine.

STAGE 1

Tarifa to Los Barrios

Start	Tourist office, Ada Fuerzas Armadas, Tarifa
Distance	47.1km
Ascent	800m
Descent	795m
Time	12hr 30min
Highest point	Puerto de Ojén, 244m
Refreshments	Hotels/bars at end of Playa de Los Lances
Notes	The section linking two tracks shortly before Los Barrios is tricky. You can avoid it by sticking to the main track.

Ocean-side walking, a wild tract of the Alcornocales Park and views of Morocco are all part of this challenging initial stage. The stage can be split by diverting to Facinas or shortened by 8.5km by staying at the end of Los Lances beach leaving a manageable (38km/10hr 30min) walk to Los Barrios.

TARIFA (ALTITUDE 15M, POPULATION 18,169)

Accommodation, campsite, restaurant/bar/café, food shop, ATM, post office (PO), pharmacy, tourist office (TO), transport

Facing Morocco across the Strait of Gibraltar at the confluence of the Mediterranean and the Atlantic, the walled town of Tarifa is the southernmost point of continental Europe. Thanks to the levante winds which are funnelled through the strait, Tarifa became the wind then later the kitesurfing capital of Europe.

The town is infused with a young, cosmopolitan spirit. Along with shops selling surf gear there's a big choice of accommodation as well as numerous bars and restaurants: listings here can only scratch the surface of what's on offer.

Don't miss the lively municipal market and – if you have time – the Roman ruins at the nearby village of Bolonia.

Accommodation: Hostal Asturiano €, www.hostalelaturiano.es, tel 618 385 301, is a good budget option close to the GR7's start point. Hostal Alameda €, www.hostalalameda.com, tel 956 681 181, is a mid range option with rooms overlooking the palm-lined *paseo* (park/promenade) and port. Casa La Favorita, www.lacasadelafavorita.com, tel 690 180 253, is at the heart of the walled town,

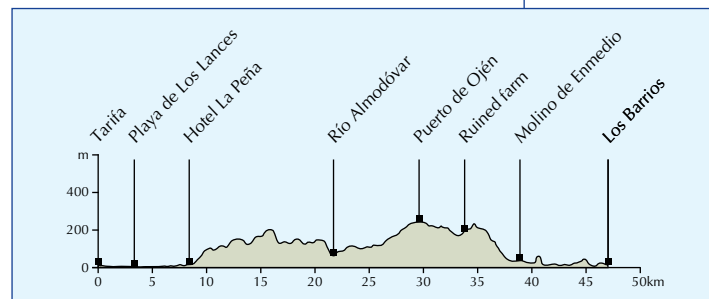
a quiet up-market option. The best local campsite is Camping Río Jara €, www.campingriojara.com, tel 956 680 570. Set just back from the beach 4km into stage 1 of the GR7, it's open all year with shop and restaurant (Tent+2ppl €27–€33).

Food: Tarifa's restaurant scene reflects its multi-ethnic fabric. There are Sushi bars, Moroccan and Italian eateries, veggie and vegan options as well as traditional tapas bars and restaurants.

Transport: Bus to/from Cádiz, Jerez, Seville and Algeciras. The bus station is 500m north from the centre. Taxi, tel 956 799 077

Town hall: www.aytotarifa.com, tel 956 684 186

Tourist office: www.turismodetarifa.com, tel 956 680 993. Next to the start point of the GR7 on Paseo de la Alameda.



Tarifa to Los Barrios (47.1km/12hr 30min)

From a GR7 signboard next to the tourist office walk towards the sea. Turning right at the entrance to the port you reach the causeway separating the Atlantic and the Mediterranean. Here go right along a road between apartment blocks and a wall above the beach. Where the road arcs right, continue straight ahead along a planked walkway, left of a high wall. Crossing a car park the walkway runs through marshland behind the beach of **Los Lances**. Angling right to merge with a track you reach the **N-340**. Turn left and continue along a narrow path left of the road. Passing the entrance to **Camping Río Jara** a section of tarmac road leads across the Río Jara.

Continue parallel to the N-340 to reach a track and a sign, 'Playa de Los Lances Norte'. Here go left then bear right



at a car park. Continue parallel to the beach past **Hotel Dos Mares** then turn back inland at waymarking. Bearing left through a picnic area you come to a track. Turn left then continue past **Hotel Arte y Vida** to pick up a path once more. Passing a caravan site you reach a fork. Keep right then pass through a **tunnel** beneath the N-340. Angle left to come to a road in front of **Hotel La Peña**. Here, turn right following a sign, 'GR7 Puerto de Ojén 21.3km'. ▶

The road gently climbs along the eastern flank of the Sierra de Enmedio. Tarifa and a group of wind turbines are now visible. Cross an open swathe of land past a farm with a green hopper, then follow the track as it descends towards the valley floor. Be ready to cut left, away from the track, up a path which shortly passes left of a **goat farm**. You're now entering the **Alcornocales Natural Park**.

You'll see both GR7 and GR145 waymarking on this section.

LOS ALCORNOCALES NATURAL PARK

Bordering to the south with the Estrecho Park and to the north with that of Grazalema, El Parque Natural de los Alcornocales encompasses a 170,000 hectare slice of the province of Cádiz and is home to Spain's largest expanse of cork oak (*Quercus suber*) forest. The harvesting of cork has long been part of the local economy and despite the arrival of synthetic corks its growing use as insulation in eco-construction has ensured it remains a thriving industry.

Los Alcornocales is also home to the only sub-tropical forest or *laurisilva* in Europe. Characterised by narrow, fern-filled *canutos* (ravines) shaded by slender alders the park's diverse plant life is born of the moist, mild conditions arising from the interplay of Atlantic and Mediterranean weather systems. Given doubly-protected status within the natural park, the *canutos* offer a unique insight into how the forests of Europe might have looked during the Tertiary period.

The park is one of Spain's prime birding locations, lying to one side of the principal migratory route between Western Europe and Africa. Much of the bird-life is non-migratory including several colonies of griffon vultures. Other raptors include kites, goshawks, kestrels, Egyptian vultures, buzzards as well as short-toed, booted, Bonelli's and golden eagles. At the last count there were more than 220 species within the protected area.

Among the typical species of the park's extensive forests are cork, holm and gall oak, arbutus, wild olive, carob and rhododendron while a dense, lower-forest level – where the predominant species are cistus, lavender, rosemary, heather and fern – is home to abundant animal life. This includes wild boar, genets, martens, ferrets, otters, badgers, Egyptian mongoose, red and roe deer and ibex while half of Iberia's reptile species are also found in the park.

The natural park's **visitor centre** is in Cortes de la Frontera (tel 951 154 599).

On reaching a track beyond the farm maintain your course, signed 'GR7 Puerto de Ojén 5hr'.

Continue for 1.6 kilometres until you reach a sign, 'GR7 Puerto de Ojén 14km'. Here turn right down a track which crosses a river then a water channel to reach the houses of **Puertollano** and a gravel track. Turning right then, at the next fork right again, you come to the **CA-9210**. Go left and continue over the **Puerto de la Torre del Rayo** pass. Views open out towards the north and more wind generators.

1km beyond the pass bear right, away from the CA-9210, along a track signed 'GR7 Puerto de Ojén 3hr'. ◀

Pass a farm with solar panels while the track descends. Eventually it arcs right then left and crosses the **Río Almodóvar** via a concrete bridge. Pass through a gate, climb past a farm building then follow the path as it arcs right to reach a tarmac road. Follow it left then after 50 metres turn right along a road that loops round the **Cerro de Torrejosa** before running along the north side of the **Embalse de Almodóvar** (reservoir).

Pass through a gate, and you'll soon pass a sign for 'Puerto de Ojén 4.3km'. Stick to the track to eventually reach the **Puerto de Ojén** where you pass the **Venta de Ojén** (a *venta* is a roadside bar/restaurant; this one is rarely open) then a *mirador* (viewpoint).

Continue along the main track, ignoring any side turn-ins. Signs appear for the Eurovelo 8 del Mediterráneo cycle route. The track runs past a signboard and an old bread oven. Looping past a **ruined farm** you pass a spring then a pond

You can continue down the CA-9210 to Facinas, 6km away, where there's accommodation.

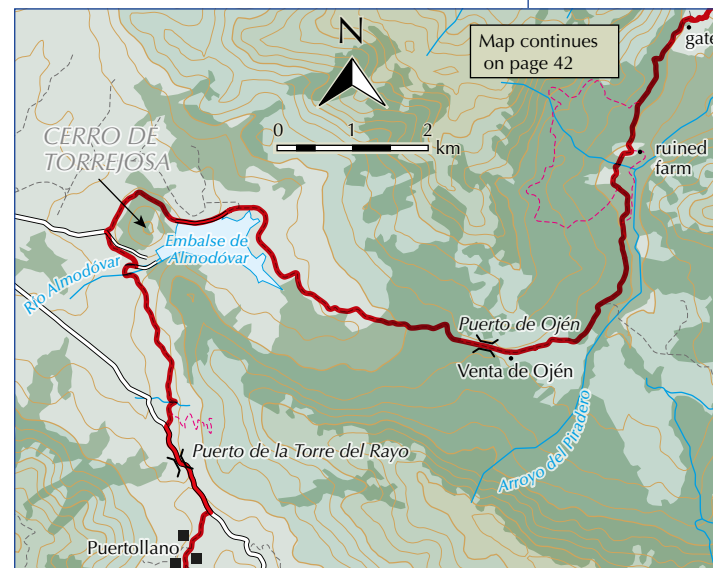


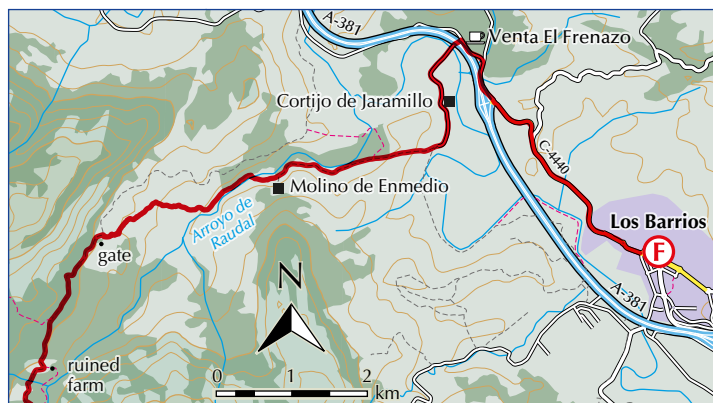
The road leading up to Puerto de Ojén

where a sign warns of amphibians crossing. 5.7 kilometres beyond Puerto de Ojén, at a point where the track angles left, go right through a **gate** at a sign, 'Los Barrios 10.9km'. ▶

Beyond the gate, continue down an indistinct path that shortly angles right then left, descending with a streambed to its right. Upon reaching open ground, look for red-and-white paint flashes and cairns which lead down across the hillside, passing close to three wireless telegraph poles on a NE course.

The next section is tricky. You can avoid it by continuing down the track on the waymarked **Med' 8** route.





Cross a streambed to reach more open ground. Bear right, continue down to the valley floor then go through a gate. The path becomes clearer, running parallel to the Arroyo del Raudal. Passing through a second gate you reach GR7 'Not this way' paint flashes on a rock. Here, turn right and cross the streambed by a damaged wooden bridge then go left along a track that leads through a gate before passing **Molino de Enmedio**.

When you reach a junction, turn left. The track climbs then merges with the cycle way of the El Corredor Verde Dos Bahías. After passing **Cortijo del Jaramillo** farm, cross a bridge over the **Río de las Cañas or Palmones** then pass beneath the **A-381**. At a Stop sign, turn right past **Venta El Frenazo** to reach a roundabout and petrol station then follow the C-440 into **Los Barrios** to a roundabout with a fountain at its midst.

LOS BARRIOS (ALTITUDE: 10M, POPULATION 25,513)

Accommodation, restaurant/bar/café, food shop, ATM, PO, pharmacy, TO, transport

A quiet town at the confluence of the rivers Palmones, Cañas and Guadarranque, Los Barrios dates from the early 18th century when Spaniards, ousted from Gibraltar by the British, formed a small settlement. The forested hillsides west of the town stand in contrast to the industrial sprawl of the nearby Bay of Algeciras which is home to a steelworks and an oil refinery.

Toros bravos (fighting bulls) are bred in the area and the town forms part of the recently created Ruta del Toro.

Accommodation: Hotel Real €€, www.hotelreallosbarrios.es, tel 956 620 024, is a modern 1-star hotel in the town centre with a popular restaurant. Hotel Montera Plaza €, www.hotelmontera.com, tel 856 220 220, is an inexpensive 4-star hotel at the southern edge of town with quiet rooms and a pool.

Food: Bodeguita La Iberica, tel 956 621 122, for traditional Spanish cuisine. There are several restaurants near the main square as well as numerous tapas bars.

Transport: Bus to/from Algeciras via Jimena de la Frontera. Taxi in main rank, tel 956 574 444 or 608 548 354

Town hall/tourist info: www.losbarrios.es, tel 956 582 500

STAGE 2

Los Barrios to Castillo de Castellar

Start	Roundabout with fountain at centre of Los Barrios
Distance	33.3km
Ascent	790m
Descent	550m
Time	9hr 40min
Highest point	255m
Refreshments	In San Roque/Castellar de la Frontera

The second stage of the GR7 can be shortened by 6km by ending the walk in Castellar de la Frontera at the hotel of La Almoraima. Stunning views and a final section of ancient footpath compensate for a long stretch of road walking.

Los Barrios to Castellar de la Frontera (26.5km, 7hr 40min)

Retrace your footsteps northwest along the CA-440a to the roundabout and petrol station. Take the first exit signed 'Venta El Frenazo' then the first turn to the right. Continue up a wide road past an entrance to the military camp of **Charco Redondo**.

Reaching a second entrance to Charco Redondo turn right up a track to a gate marked 'Camino Cortado'.



- Sierra Nevada National Park and many natural parks • coast, mountains, forests, olive groves and semi-desert landscapes
- Moorish architecture and traditional ‘white villages’

Away from the bustling coastal resorts, Andalucía’s interior is home to striking limestone mountains, cork and oak forests, olive and almond groves and semi-desert plains. The Andalucían section of the GR7 long-distance route traverses the region from west to east and showcases its beautiful scenery, vibrant culture and rich history. There are excellent chances of spotting wildlife on the more remote sections, though almost every day finishes in a town or village where you can find accommodation, facilities and restaurants serving delicious local produce.

This guide describes both northern and southern variants, with the total distance coming in at 738km or 770km depending on which variant is chosen (though suggestions for shorter itineraries are also included). You’ll find all the information you need to plan and walk the route, as well as notes about the region’s history, culture, plants and wildlife.



- suited to experienced walkers with good fitness
- best walking in spring and autumn
- the full route takes over a month to complete but can easily be broken into shorter sections

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