

Nordic Walking Trails in the Province of Seville

Nature and Active Tourism

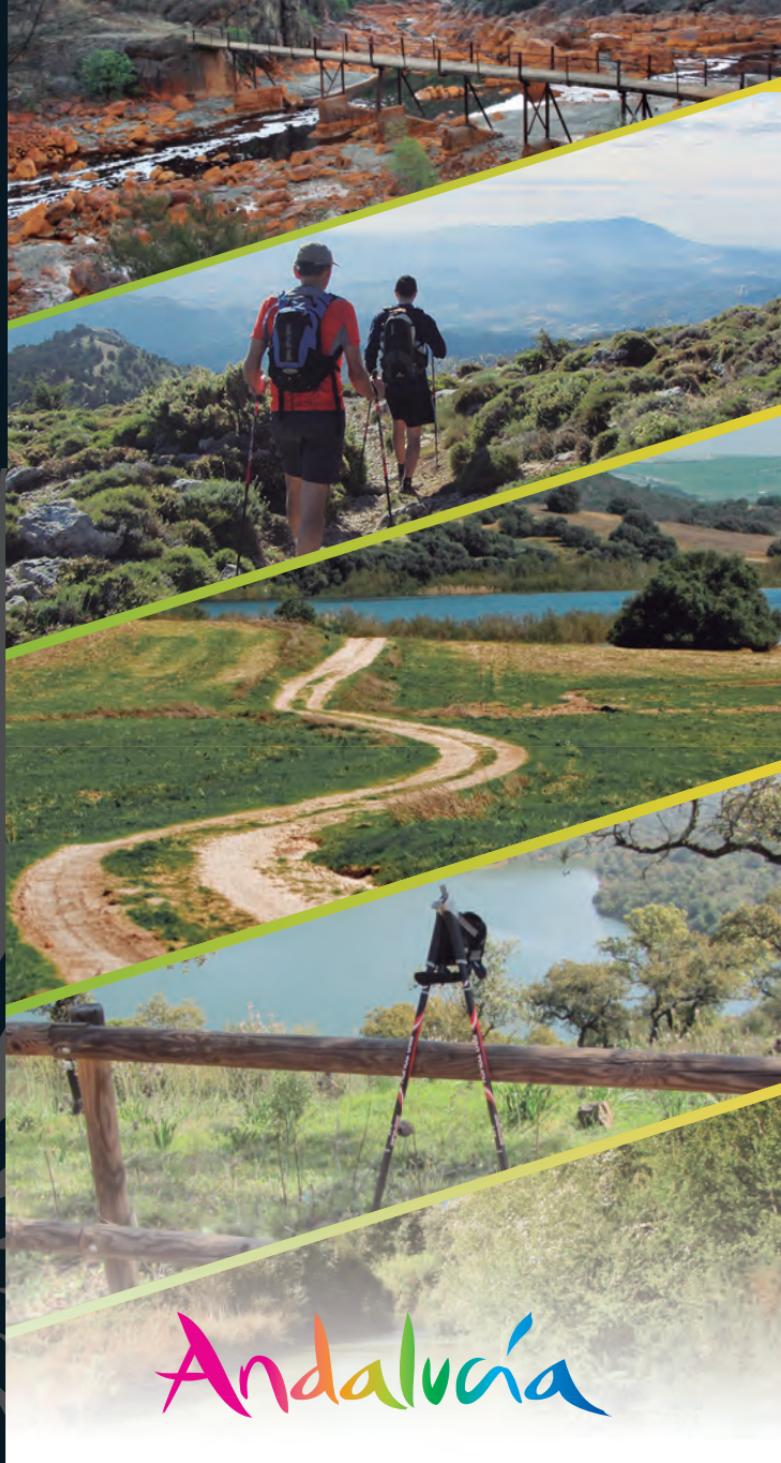
Turismo
de la Provincia
DIPUTACIÓN DE SEVILLA



Nature and Active Tourism



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Andalucía

Nature and Active Tourism

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The province of Seville prides itself on its vast natural heritage. The network of nature sites in the province is organized into 23 protected areas, covering a total of 252,000 hectares and offering a wide range of rural and active tourism activities which constitute a driving force behind the region's economy while always adhering to the principles of sustainability and respect for the environment.

The Diputación de Sevilla (Provincial Government of Seville) is keen to extend the network of Nordic Walking trails which already exists in the Sierra Norte and Sierra Sur districts to cover the rest of the province. Nordic Walking is immensely beneficial to health, and this booklet provides local residents and visitors alike with a tool that will help them get the most from this form of active tourism wherever they may find themselves in the province.

It offers an easy-to-follow explanation of the basics of Nordic Walking, together with a brief description of the six districts where the activity can be pursued and detailed information about 30 trails located in different parts of the province.

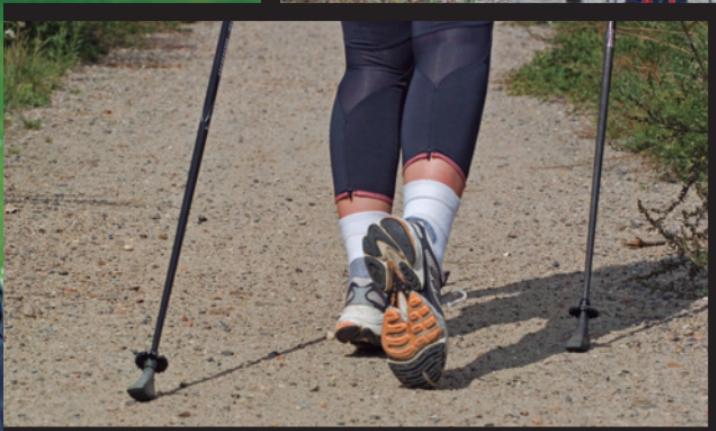
The Diputación de Sevilla is fully committed to this very enjoyable new mode of tourism, an activity which makes it possible to discover and admire the scenery and hidden beauty spots of Seville's towns and villages while at the same time providing an extremely healthy, year-round form of physical exercise.

Fernando Rodríguez Villalobos
President of the Diputación de Sevilla



Nordic Walking





What is Nordic Walking?



Nordic walking (NW) evolved in the 1930s in Finland as a summer training activity for cross-country skiers.

It is a very thorough aerobic form of fitness walking, done with the aid of special poles. No specific preparation is required: the activity simply involves walking with a natural rhythm and coordinating that rhythm with the movement of the poles.

NW is quick to learn and considerable progress can be made within a short period of time. For the best results, however, the proper technique should be learned beforehand. There are three basic considerations to keep in mind:

- 1** Correct posture
- 2** Correct walking rhythm
- 3** Correct use of the poles

NW is the perfect way to enjoy the scenery, monuments and cuisine of Andalusia while keeping fit!

Benefits of Nordic Walkin

- Nordic Walking exercises the muscles of the back, stomach, shoulders, chest, arms and legs.
- It improves cardiovascular capacity by ensuring that the heart pumps more blood to a greater number of muscles, thus increasing oxygenation throughout the body.
- It increases energy consumption to more than 410 calories/hour – much higher than normal, or classical, walking.
- It reduces the load on the legs and the lower part of the spine while at the same time augmenting neck and upper spine mobility, thus strengthening the back and the arms.
- It relaxes the neck and the cervical muscles and prevents back pains.
- It helps improve balance, giving greater stability.
- It reduces stress.

Basic Guidelines for Successful NW

- Use proper poles, made of carbide, a mixture of carbide and fibreglass or aluminium. The angled tip of the pole should be interchangeable. Tips made of steel last longer. The metal tip is covered with a rubber stopper when walking on paved roads. The pole has a special, ergonomic, anti-slip handgrip, with straps.
- Learn and practice the basic technique beforehand with an instructor. This will make your walking more enjoyable and reduce the risk of injuries.
- Check the route beforehand to make sure its length and difficulty match your level of expertise. In this Guide you will find 15 proposed trails, with different levels of Difficulty: low (1), medium (2) and high (3).
- Wear comfortable clothes and take water and some kind of energy food. Beginners are advised to wear gloves. These will help soften the impact on the palms of the hands.

Methods

Nordic Walking is not difficult, but before starting you do need to understand the basic principles and movements. It is an activity that has to be done properly if its full benefits are to be felt. We recommend starting out by doing a beginners' course, or at least with the help of experienced walkers.

There are several methods: FITTREK, ALFA, KEENFIT, M. KANTANEVA, EXERSTRIDER–URBAN POLING. The different names may refer to the author or country which first introduced each method or to the technique employed. The basic principles are the same in all methods, but the way of holding and moving the poles may vary.

All the methods share one great advantage: they can be used on any kind of terrain (sand, paved surfaces, dirt tracks or snow) and at any time of year.

The difficulty of the terrain, walking speed and length of route depend on the physical form of each walker.



Overview

The pole should be driven down to push you forward just when the heel of your opposite foot touches the ground.

The ideal size of the pole will vary with each person and for each technique. As a general rule of thumb for its length, we suggest it should be two thirds of the walker's height.

The poles should always point backwards.

Keeping the tip of the pole on the ground as long as possible contributes to more efficient walking.

Shoulders should be relaxed, with the arms hanging straight to allow long, sweeping limb movements.

The strap on the pole is gripped and released with every step: In the forward movement, the fist is clenched over the grip as the pole is drive down; in the backward movement, as the arm moves back past the thigh, the hand opens to release the strap.

In each step forward, each thigh moves in the opposite direction to that of its respective shoulder.

The legs move naturally, just as they do when walking normally, but the strides should be longer.

The torso should be bent slightly forward, with the head raised and looking ahead.

The Basic Technique in 4 Steps

- 1** Let the poles hang free, with your arms hanging straight down at your side and your hands open, and walk as if you were dragging them along the ground.
- 2** Without changing the position of the arms, start to take longer strides. This will make your arms swing more and it will be more difficult to drag the poles.
- 3** Continue in the same way: hands open, dragging the poles, long strides and long swinging arm movements. Now, flex your triceps.
- 4** Keep walking, but grip the poles and push them down into the ground in rhythm with your strides. Move slowly and conscientiously, noting the position of your torso, shoulders and thighs.



Once you have mastered the movements and postures of this basic technique you will be able to walk quite effortlessly. It is advisable to do warm-up exercises before going Nordic Walking. You can use the pole itself to help you in these exercises. A good warm-up session should include at least some arm and leg swinging exercises and some rotation exercises for your shoulders, knees and ankles.

Set out on your Nordic walk at a moderate pace, and gradually pick up speed as you feel more comfortable.

Once you have acquired a certain amount of experience, try longer, more difficult trails (levels 2 and 3). Walking uphill and downhill requires slight variations in pole movement, the poles providing extra impetus or points of support, depending on the slope. The rougher and more uneven the terrain, the more muscles and exertion are involved.

Nordic walking can be done in the company of people with differing degrees of fitness by using the walking rhythm to compensate for the energy with which the poles are driven down. In this way, it is perfectly possible for an elderly person to walk alongside a younger, more athletic person.

Poles should be stuck firmly into the ground, at a point near the body between the toe and the heel.

The entire sole of the foot comes into contact with the ground: first the heel touches down, then the outer part of the foot and finally the big toe.

Where to Go Nordic Walking?

The province of **Seville** is made up of 105 municipal areas. These are grouped into 6 districts, each with its own identity and landscape:

The **Guadalquivir-Doñana** district is marked by the presence of the River Guadalquivir and its marshlands.

El Aljarafe, greatly influenced by its proximity to the capital, still has large areas of vineyards and olive groves.

The **Vía de la Plata**, in the foothills of Sierra Morena, constitutes an area of transition between campiña countryside and Mediterranean forest.

The **Campiña** is an area of gentle slopes cultivated with cereal crops and olive trees while the **Sierras, Norte** and **Sur**, are made up of dehesa pastureland and dense, rocky Mediterranean forests.



Nordic Walking can be done anywhere, regardless of the terrain, although it is important to take into account the time of year, the weather and even the time of day when considering a route. It is usually best to choose either cool environments, like upland areas, or wet areas like river basins during low water periods. Marshes, *campiña*-style agricultural land and olive groves are all ideal places to go Nordic Walking on sunny winter days.

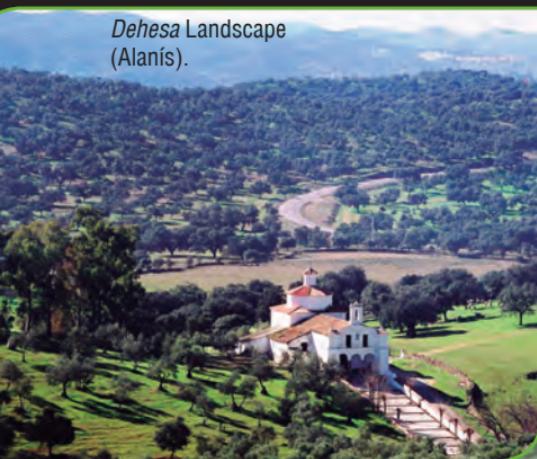
Since no special conditions are required for this sport except the fitness of the walkers themselves, any route in any part of the province of Seville is perfectly suitable.



The Sierra Norte is made up of 10 towns. An officially listed National Park and Geopark, it constitutes the Sevillian stretch of the Sierra Morena mountain range and forms part of the Dehesas de Sierra Morena Biosphere Reserve. The area is therefore undoubtedly of great natural, geological and paleontological interest, and has a vast historical and cultural heritage.

The towns of Cazalla de la Sierra, Constantina and Guadalcanal, an officially declared Historic-Artistic Complex, are characterized by their white-washed facades, stone churches, cobbled streets and Moorish-style urban layouts, as are most other towns and villages in the Sierra Norte de Sevilla. The landscape is dotted with wine pressing houses, mills, large farmhouses with numerous outbuildings and modest examples of traditional architecture.

Dehesa Landscape
(Alanís).



- 1 Rivera de Ciudadadeja
- 2 El Cerro del Cura
- 3 Los Castañares
- 4 Los Covachos
- 5 Sierra del Viento
- 6 Rivera de Cala
- 7 Las Cañas
- 8 Las Dehesas
- 9 Las Laderas
- 10 Mirador de la Vera



The Sierra Norte of



Typical traditional façade
(Cazalla de la Sierra).

This is a medium-altitude area of gently rolling terrain. The highest point is the Sierra del Viento, Guadalcanal, which rises to 959 m.a.s.l. Four major water courses flow in a south-easterly direction across the Sierra towards the Guadalquivir: the Retortillo (on the eastern edge), the Huéznar, the Viar and the Cala (on the western edge). The hydrographic network is extensive, with numerous streams providing irrigation. This network is complemented by large aquifers and generous springs. The district's fascinating water-related heritage includes mills, fulling houses, aqueducts, watering holes and springs.

The dominant plant species are those typically associated with the Mediterranean climate, like holm oak and cork oak trees. The landscape is mainly dehesa pastureland, with scrubbing the ground at the foot of the trees. The pastures have dense "stands" of chestnut trees, and courses of any size are flanked along their banks by deciduous trees.



Rivera de Ciudadaja

Location: Las Navas de la Concepción

Starting point: 37° 55' 42,25"; 5° 29' 26,02"

Finishing point: 37° 56' 39,93"; 5° 30' 20,98"

Length: 2,7 km

Terrain: Compact dirt road.

Route: Point-to-point. The trail starts and finishes at the 18 km mark on the A-8202 road which links Las Navas de la Concepción with Constantina. The route is signposted.

Observations: Take drinking water with you. At the point on the road where the trail starts there is no dedicated car park, but the cold shoulder is wide enough to leave vehicles there.

Level of difficulty: Low, The trail is short, with hardly any difference in height (56 m), making it a good choice for NW beginners.



Oropéndola Oriole..

The trail: Start next to the bridge where the road passes over the River Ciudadaja. At first, the track coincides with the cattle track known as the Cañada Real de San Nicolás, which runs alongside the river at this point on its way to Las Navas. You will see signs for the shrine of the Virgen de Belén (our destination) and La Armada along the way. The entire route is upstream, following a valley flanked by slopes covered with holm oaks, olive trees and scrub. The vegetation growing at the riverside is deciduous and forms a corridor known as a gallery forest. This riparian strip of woodland, arguably one of the best preserved in the province, is made up of a wide variety of species, including Mediterranean hackberry, Montpellier maple, elms, ash, alders, poplars and aspens. You will also see the remains of some water mills with their cascades. The Quejigo Brook, to your left, turns away from the track leading to the cortijo de La Armada, an estate which still houses the ruins of an Arab castle. Follow the Ciudadaja Brook past a spring and a recreation area. Further on, on the right, you come to the shrine of the Virgen de Belén. To return, retrace your steps along the same track keeping the hill called the Cerro del Esparto (alt. 631 m.) to your left.

The town: The earliest known records of the town date from the 16th century, when monks from the Order of St. Basil settled in the area, creating new monasteries and cultivating the surrounding land. The labourers and livestock farmers they brought in formed the nucleus a small village, the first to be established in the area. The oldest building in the town, a construction known as "El Lagar", was built precisely by the monks. This old oil, wine and grain mill still has its original vaults with large buried jars, and its huge wooden beam, 16 metres long and 1.5 metres high. Also still standing next to the mill is the small, ancient shrine dedicated to La Virgen de Belén, Our Lady of Bethlehem. Up until the end of the 19th century, this was the venue of a pilgrimage in honour of the Virgin, an event which is now held at another shrine, at the end of this trail.



3

2

1

Level of difficulty

El Cerro del Cura

Location: Alanis

Starting and finishing point: 38° 03' 72,42''; 5° 71' 53,37''

Length: 4.7 km

Terrain: Compact dirt track, sometimes stony, asphalt and urban area.

Route: Circular. The trail starts and finishes in Plaza de la Iglesia in Alanis. The whole route is signposted. There is an information board in Plaza de la Iglesia.

Observations: 300 m. of the trail runs along a main road. Caution should therefore be exercised.

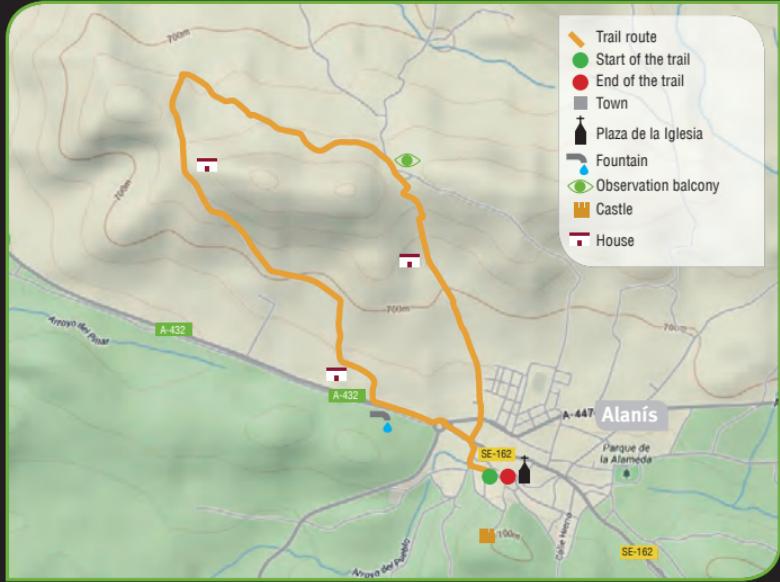
Level of difficulty: Low, The trail climbs 122 m., and this requires some effort. This is a good route on which to improve your Nordic Walking technique. It is unadvisable to walk this trail during the hot season, as there is little shade.

The trail: The trail follows a track through the suburbs of Alanis, circling the Cerro del Cura hill. From the town, find the start of the Guadalcana road and walk 300 m along it until you see a track leading off to the right. At the start the track is lined with stone walls which mark out the route. At the end, it coincides with a lane designed for animal drawn carts and carriages. Many of the stones in the walls were removed from the surrounding dehesa pastureland to allow grass to grow and facilitate the passage of livestock. With time, the walls have deteriorated, eroding and accumulating earth. This has resulted in the appearance of grasses, moss and ferns, which have covered the gaps and outer faces of the walls giving them green, yellowy and grey hues. The cracks are home to insects (both adults and their eggs) and reptiles, which remain hidden throughout the winter and return to life only during the summer when their biological cycles are reactivated. The surrounding landscape is dominated by olive groves, cultivated by the Nuestra Señora de las Angustias agricultural cooperative to produce an outstanding virgin olive oil. The olives also provide food for a wide variety of bird species, including thrushes, warblers and blackbirds.

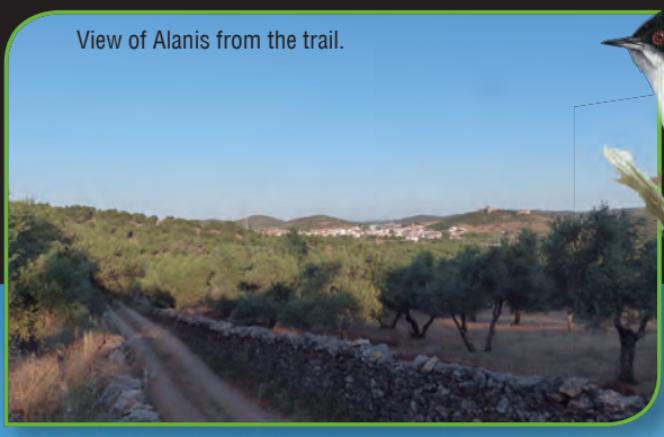
The town: Alanis has a fascinating historical and cultural heritage. Places to see in the town include the medieval Castillo de Alanís (14th century), a castle which has been declared a Heritage Asset of Cultural Interest, the shrines of San Juan (14th century), Jesus Nazareno (16th century) and Nuestra Sra. de las Angustias (18th century) and the church of Nuestra Señora de las Nieves.

Alanís castle.

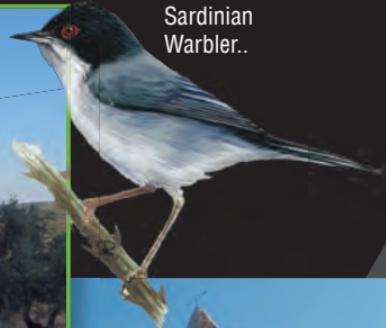




View of Alanis from the trail.



Sardinian Warbler..



Church of Nuestra Señora de las Nieves.



Los Castaños

Location: Constantina

Starting and finishing point: $37^{\circ} 52' 49,20''$; $5^{\circ} 37' 27,35''$

Length: 5.6 km

Terrain: Compact dirt track and urban area.

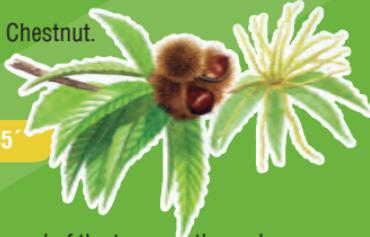
Route: Circular, The trail starts and finishes at the northern end of the town, at the end of Paseo de la Alameda, and goes down Calle Venero. The route is well signposted and there is an information panel at the starting point.

Observations: The water in the springs may not be suitable for drinking. Check beforehand.

Level of difficulty: Low, The steepest slope climbs 102 m. and many stretches of the rail are shaded. Together with Trail 2, this is a good walk on which to improve your NW technique. In summer we recommend this route, because it has more shade.

The trail: The trail is easy to follow and is fully signposted along the way. At the beginning it is hemmed in on both sides by stone walls and by the olive groves which occupy the land closest to the town. There are also orchards and wine presses. Further on the vegetation becomes denser and shadier, with copses of chestnut trees known as "stands" in the more humid areas. These are occasionally accompanied by cork oaks, Portuguese oaks and Pyrenean oaks, all trees from the Quercus family. In areas with high rainfall, chestnut stands grow on the shaded slopes of the Sierra Norte at an altitude of around 600-700 m. These forests are managed, producing sapling canes which are then cut and used to harvest olives, to making handles for tools or as beams for construction. At the highest point of the trail, just before going back down the hill to Constantina, there is a beautiful panoramic view of the Negrillo Mountain. Re-entering the town you will see the entrance to the castle. We recommend going in, because from the observation balcony inside there is a fine view of the Valle de la Osa, the valley in which Constantina nestles.

The town: A visit to the Sierra Norte de Sevilla Nature Park visitor centre and the "El Robledo" botanical garden is highly recommended. Both places are located at the entrance to Constantina on the road from El Pedroso (A-452, km 1). The monumental town of Constantina is an officially declared Historical Site. Although the trail passes several of its most prominent monuments, including the castle and the Carlina palace, we suggest you keep walking once you have come to the end of the route and visit the churches and the Moorish quarter in the town centre, where you can also try the local cuisine.



Chestnut.



Constantina castle.



Stone walls flanking the trail.



Chestnut stands along the trail.

Los Covachos

Location: Almadén de la Plata

Starting and finishing point: $37^{\circ} 52' 32,60''$; $6^{\circ}, 04' 43,60''$

Length: 6 km

Terrain: Compact dirt track and urban area.

Route: Circular. The trail starts at the Clock Tower near the square in front of the Town Hall. Although not fully signposted, it is easy to follow.

Observations: Access to the Los Covachos cave is not allowed. A preserve the area's geological and mining heritage, all established rules and regulations should be respected. 200 m. of the trail runs along a main road, where caution should be exercised.

Level of difficulty: Low. The maximum elevation difference is 75 m. One stretch of the trail runs alongside a brook, where it is cooler and shadier.

The trail: This route through the area surrounding Almadén de la Plata takes you through dehesa pastureland, olive groves, grazing fields and riversides, following the course of the Las Calzadillas Brook. It skirts the Los Covachos hill and leads to the cave of the same name. At both entrances to the cave there are remarkable quarries, where coloured marble has been extracted since the 1st century A.D. The cave has been declared a Heritage Asset of Cultural Interest for its cave paintings, its inscriptions and the archaeological remains found there (slabs, picks, wedges and other building tools). Although there is a shorter route, we advise you to follow the itinerary described here in order to keep the distance walked along the main road as short as possible. To find the start of the trail in the town, go from the clock tower to the school, following the signs for the GR-48 footpath for the first few metres only. After leaving the GR-48, turn left at the sewage treatment plant and keep walking along the left bank of the Las Calzadillas Brook, passing the cemetery, until you come out onto the main road. About 400 m. along the road you will see a track leading off at 90° on the left. This track goes through a landscape of abandoned quarries towards the cave. After visiting the cave, continue until you come to the track known as the Camino de Santiago. Turn left onto this track to return to Almadén de la Plata.

The town: Archaeological remains indicate that the town's origins date back to the Neolithic period. The settlement was subsequently colonized by the Romans and the Moors, who named it Al-Madin, meaning "the mine". The second part of the name, "de la Plata", refers to silver and was added after the Reconquest. We recommend visiting the parish church of Santa María de Gracia, the Town Hall and the medieval castle. Attractions in the surrounding area include the rivers Cala and Viar, the waterfalls at El Chorro and Las Hoyas and the Garganta Fría Brook.



Crag Martin.



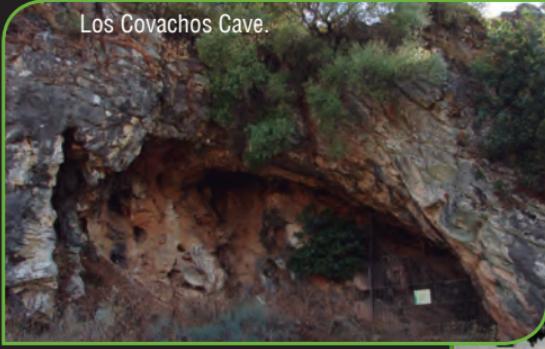
Las Calzadillas Brook.



Clock tower.



Los Covachos Cave.



Sierra del Viento

Location: Guadalcanal

Starting point: 38° 60' 30,88''; 5° 49' 50,26''

Finishing point: 38° 70' 23,01''; 5° 51' 52,06''

Length: 5.0 km

Terrain: Compact dirt track.

Route: Point-to-point. The trail begins to the north of the town, on the road linking Guadalcanal with Fuente del Arco and Llerena (A-432). It ends at the summit of the Sierra del Viento. The route is signposted.

Observations: It is unadvisable to walk this trail at the hottest times of the day. Take drinking water with you.

Level of difficulty: Medium, due to the elevation difference of 212 metres. Before trying this trail, it would be advisable to familiarise yourself with the technique of moving uphill and downhill with the NW poles.

The trail: This trail climbs to the top of La Capitana, the highest peak in the Sierra Norte, with an altitude of 959 m.a.s.l. The route is straight, very easy to follow and well signposted. It begins on the SE-9100 road, next to the shrine of Santo Cristo. The slope is steeper at the beginning of the trail, which starts off at an altitude of 740 m.a.s.l. All along the route there are fine views of the Guadalquivir basin (to the South) and the Guadiana basin (to the North), the foothills of the Sevillian stretch of the Sierra Morena and the campiña countryside of southern Extremadura province, clearly showing the contrast between the different types of landscape. The trail winds its way from the shaded north face of the Sierra to the southern slopes, passing through olive groves where you are likely to find sheep and autochthonous dark brown Retinta cows at pasture. This trail joins up with the perpendicular cattle track known as La Hoya de la Calera. There are two major landmarks along the way: the first is a 1980s astronomical observatory, an indication of just how clear the night sky is in this area, and the second is a trigonometrical point set up by the Geographical Institute next to the observation balcony at the end of the trail. The balcony has information panels about the landscape and landmarks visible to the north and south.

La Capitana Observation balcony.





Black Vulture.

The town: Guadalcanal is the last town in the province of Seville before the border with Badajoz. Its streets are clean and tidy and its houses combine the typical style of Seville's "white villages" with architectural features more commonly seen in Extremadura. The result is a quiet, peaceful, very beautiful town which has been declared an Andalusian Site of Historic Heritage. The town's architectural attractions include four churches, two shrines and the remains of a number of civil buildings, predominately in the Gothic and Mudéjar styles.

Church of Santa Ana.



Rivera de Cala

Location: El Real de la Jara

Starting and finishing point: 37° 57' 02,68"; 6° 09' 21,17"

Length: 11 km

Terrain: Compact dirt track, and muddy riverside path. There are also some urban stretches.

Route: Circular. The trail starts and finishes in Plaza de San Bartolomé. Only some parts, along the River Cala, are signposted.

Observations: During the wet season, flooding along the river banks and strong currents may make it more difficult to move through some stretches of the trail very close to the river.

Level of difficulty: Medium. The maximum elevation difference is 140 m. Due to the length of the trail, some degree of experience in NW is recommended, although it is always possible to take your time and stop frequently along the way.

The trail: This is a circular route, starting at the church of San Bartolomé. Much of it runs along the riverbank that marks border between the provinces of Huelva and Seville. The trail passes through two main ecosystems: the ribera, or riverside, ecosystem and dehesa pastureland. Between them, these two types of landscape represent most of the tree species that prevail in the Sierra Morena, including poplar, aspen, ash, holm oak, Portuguese oak and cork oak. Setting out on the trail, go past the Cortijo de Valverde estate, on your right hand side, and continue to the gorge called the Barranco del Rodeo, where the treated waste water from El Real de la Jara flow into the river. Do not cross the bridge, but continue along a tree lined avenue to a second bridge over the River Cala. From there, head towards a large campsite and recreation area. Keep walking downstream as far as the "reculaje", as this dammed up area of the river is known. From there, go on to the dam, and then turn left, taking a path which leads back to the town. On the way you will go through a gate and past the house known as El Batrocal.

The town: Once you get to El Real de la Jara, a walk up the path leading to the castle is a must. The castle constitutes a magnificent observation tower from where you can see much of the Sierra Morena in the provinces of both Seville and Huelva. You can also see the mines of Teuler and the town of Santa Olalla de Cala. The monument is listed as a Heritage Asset of Cultural Interest and has been partially restored. It has two signposted observation balconies: one looking to the north and the other to the south. El Real de la Jara, possibly of Roman origin, was an Arab fortress that was conquered by knights of the Order of Santiago and came to form part of the Ruta de la Plata, the "Silver Road".

Panoramic view of Sierra Morena from the Castle at Real de la Jara.





Gum Rockrose.



Dehesa pastureland on the return stretch of the trail.



View of the first stretch of the Cala Riverbank.



Las Cañas

Location: El Pedroso

Starting and finishing point: 37° 50' 21,81''; 5° 46' 20,00''

Length: 11.9 km

Terrain: Compact dirt track and urban area.

Route: Circular. The trail starts and finishes at the north-western end of the town, where the Las Colonias road meets the track to Almadén de la Plata. The route is fully signposted.

Observations: A short stretch of the trail coincides with the old road to Cazalla de la Sierra, known locally as Las Colonias, where caution should be exercised. Take drinking water with you.

Level of difficulty: Medium. The maximum elevation difference is 94 m and many stretches of the trail are shaded. Due to the length of the route, a certain degree of physical fitness is required to complete the entire trail.

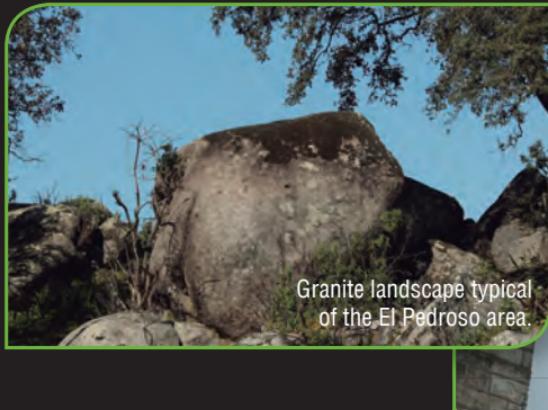
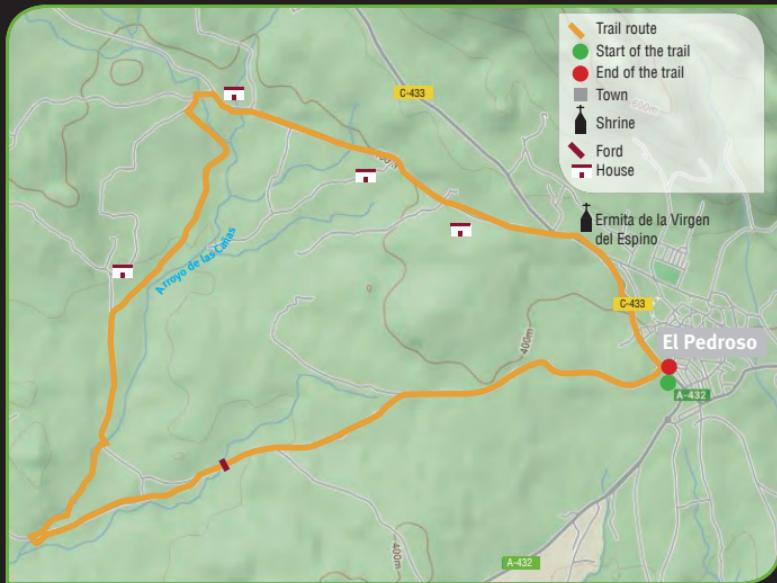
The trail: The trail, which begins and ends in the town of El Pedroso, crosses a remarkable area of granite outcrops known locally as "montonás". At the start there is an oil mill to the right, and shortly afterwards you will see the remains of old granite mines. The rounded shapes are caused by wind and rain erosion over the centuries. The group of rounded rocks is called "los berrocales". Here route narrows and descends towards cool gallery forest flanking the Las Cañas Brook where, in season, you can find the famous poplar mushrooms. After crossing the brook, go through several gates and then come back to the water's edge and follow the left bank of the brook until you come out into the tree-lined avenue called the Vereda de Navahonda. Dehesa pastureland is prominent in the surrounding landscape. This type of ecosystem is a result of human intervention in the original Mediterranean forest to accommodate different forms of livestock, forestry and agricultural operations in one and the same area. Today, the dehesa is widely considered to be one of the best historical solutions for sustainable development.

The town: There have been mines and quarries in this town since ancient times, have been mined, and in the 19th century the first blast furnaces in Spain were established here. The main activity today is agribusiness, with extensive pork, goat and lamb food production. A visit to the annual fair of traditional Sierra Norte craft products, which is celebrated each year in December during the Day of the Constitution bank holiday, is highly recommended. At the end of the trail, we suggest you take a pleasant stroll through the centre of the town, where you will be able to see some well-conserved examples of traditional architecture.



European Green
Woodpecker.

Dehesas pastureland flanking the trail.



Church of La Consolación.



3

2

1

Level of difficulty

Las Dehesas

Location: San Nicolás del Puerto

Starting and finishing point: $37^{\circ} 59' 46.99''$; $5^{\circ} 39' 11.39''$

Length: 13.4 km

Terrain: Compact dirt track. In the wet season some stretches may be water-logged.

Route: Circular, The trail starts and ends at the northern end of the town, next to the Roman Bridge. It is signposted.

Observations: The water in the springs may not be suitable for drinking. Check beforehand.

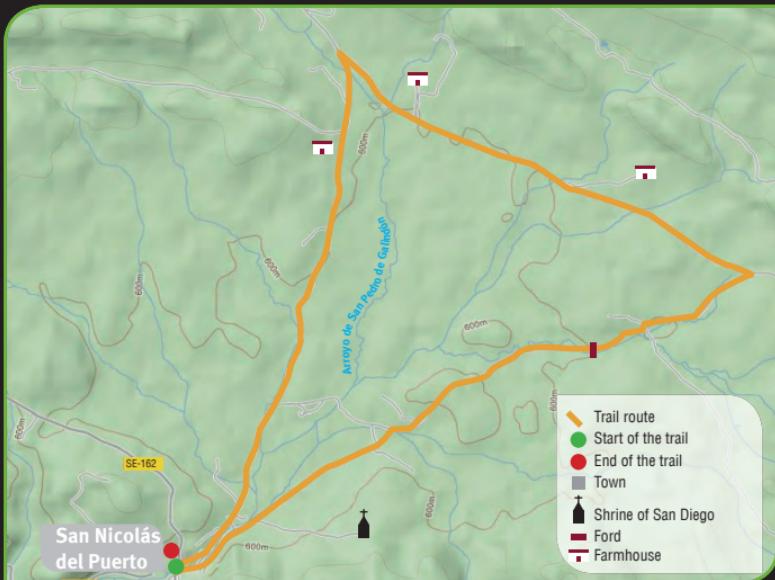
Level of difficulty: Medium. The maximum elevation difference is 43 m, making this a fairly easy route in this respect. However, the length of the trail and its lack of shade can make it somewhat tedious for those less accustomed to Nordic Walking.

The trail: The surrounding hills are undulating. In certain places there are panoramic views of *dehesa* meadows - as the name of the trail suggests. Orchards alternate with brooks lined with riparian vegetation. In the neighbouring estates pigs, sheep and goats are bred in the shade, the food being supplied by *dehesas*, grazing fields and scrub. The trail takes the form of an easily recognisable triangle. At the beginning, it runs alongside the Los Cuarterones Brook. At some points it crosses different cattle tracks, such as the Vereda de la Fuente del Robledo (which it crosses twice) and the Las Navas track (at the upper vertex). The last stretch of the trail, on the way back to the town, is flanked by stone walls which will guide you back to the starting point. Shortly before arriving, you will see a path leading to the shrine of San Diego.

The town: There are many places along the Huéznar riverside which are well worth visiting, especially if the weather is. One is the source of the river, located just beneath the town, and another is the Huéznar waterfalls (an officially recognised Natural Monument), which can be reached along the Vía Verde green corridor from the river source. In summer, "San Nicolas beach" is open under the Roman Bridge where the trail begins. This artificial beach, created by the damming up of the River Galindón, is an attractive destination in summer. The Cerro del Hierro Natural Monument is also well worth a visit. It is accessible by car along the road to Constantina, or alternatively by NW along the Vía Verde. The landscape here is undoubtedly mysterious, emblematic and of great geological interest.

The Vía Verde at the point where it passes the Cerro del Hierro.





Dehesa pastureland flanking the trail.



Acorns.

Shrine of San Diego.



View of the roman bridge, where
the trail starts.



3

2

1

Level of difficulty

Las Laderas

Location: Cazalla de la Sierra

Starting and finishing point: 37° 55' 41,48"; 5° 45' 18,00"

Length: 8 km

Terrain: Compact dirt track, sometimes rocky and irregular.

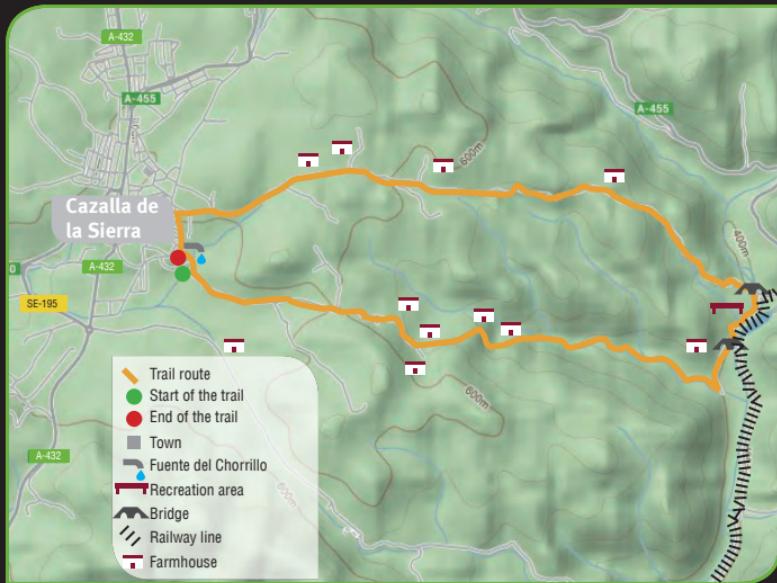
Shape: Circular, The trail starts and finishes at the south-eastern end of the town, at the well-known spring called the Fuente del Chorrillo. There are signposts both at the entrance to the town from the direction of Seville, and also along the trail.

Observations: The water in the springs may not be suitable for drinking. Check beforehand. Caution should be taken when crossing the railway track.

Level of difficulty: High, The maximum elevation difference is 235 m and on some stretches the steepness and irregularity of the terrain make walking difficult. This is therefore a route for experienced Nordic Walkers with a certain amount of technical expertise.

The trail: This trail goes from Cazalla de la Sierra to the bank of the Huéznar and back again. On the stretches closest to the town there are grazing fields, vegetable gardens, olive groves and vineyards, generally located around estates or small homes. As you get further away from the town and the road narrows and becomes steeper, holm oaks appear more frequently, often accompanied by cork oaks, Portuguese oaks or chestnuts (in the areas less exposed to sunlight). There are many spots which offer a fine panoramic views of the river valley are to be had at numerous points along the way. Once you have gone all the way down the hill, the trail flattens out towards the river bank, which is just beyond the railway track. When you get to the Molino del Corcho recreation area upstream, to turn left and pass the bridge over the Castillejo (a brook which flows into the Huéznar at this point). The return journey uphill to the town, which begins here, is somewhat more demanding. When you get to the town, walk down Calle Cuesta del Vicario to arrive back at the starting point: the Fuente del Chorrillo fountain. From the El Corcho mill, if you wish to lengthen the trail, you can connect with the green corridor called the Vía Verde of the Sierra Norte, which you will find just a few kilometres upstream. This 15 km long track will take you to the Cerro del Hierro Natural Monument via San Nicolás del Puerto.

The town: To fully appreciate the conservation and homogeneity of the town's traditional architecture, with its numerous palaces, elegant houses and religious buildings, visitors to Cazalla de la Sierra should allow themselves plenty of time to be take a pleasant, relaxing stroll through its streets. The whole ensemble constitutes a unique, highly harmonious urban landscape. Beyond the town, on the Carretera de la Estación, the main road to the Station (leading to the Huéznar riverside), lies the Cartuja de Cazalla, a National Monument and one of the three Carthusian monasteries still standing in Andalusia.



Views of Cazalla de la Sierra from the trail.



Beginning of the Las Laderas Trail.



Húeznar Riverside near the Molino del Corcho Mill.



3

2

1

Level of difficulty

Mirador de la Vera

Location: La Puebla de los Infantes

Starting point: 37° 46' 36,71''; 5° 23' 16,46''

Finishing point: 37° 45' 31,61''; 5° 28' 26,38''

Length: 10.5 km

Terrain: Compact dirt track, sometimes with gravel. **Route:** Point-to-point. The trail starts at the castle in La Puebla de Los Infantes and ends at the Mirador de la Vera observation balcony.

Observations: Both the Colada del Campillo and the old road to Lora del Río are open to traffic, so caution should be exercised. Be careful when coming down from the observation balcony because the slopes are very steep in places.

Level of difficulty: High. The elevation difference is 300 m and the distance to be walked is considerable, taking into account the return journey. This route is therefore suitable only for people with a high level of experience in NW.

The trail: Start out from the ruins of the 14th century castle which overlooks the town. Only two of its towers and some sections of its wall remains. Passing the castle, continue in a south-easterly direction, leaving the castle behind you, until you come to a crossroads about three hundred metres further on, where there is a sign for La Colada del Campillo (5 km). Walk along this cattle track until you reach the old road leading to Lora del Río (practically unused) and walk along it for 1.5 km. After passing the Jara Alta estate, and just before the road starts to descend, turn right onto a track leading up to the observation balcony called the Mirador de la Vera (394 m.a.s.l.). This vantage point affords magnificent views of the José Torán reservoir, with its islands and tailwaters. You can also see the skyline of Sierra Morena in the distance. Climb almost 200 m, keeping the reservoir in sight ahead of you, towards the recreation area located on its bank. It is a good idea to have a car parked here and return to La Puebla de los Infantes on the road to Lora del Río, which skirts reservoir. The reservoir, built on the River Guadalbacar, was inaugurated in 1991. The landscape on this first stretch of the trail is mainly dominated by olive trees, with dehesa pasture land and abundant, rich Mediterranean scrub appearing more and more towards the end of the route.

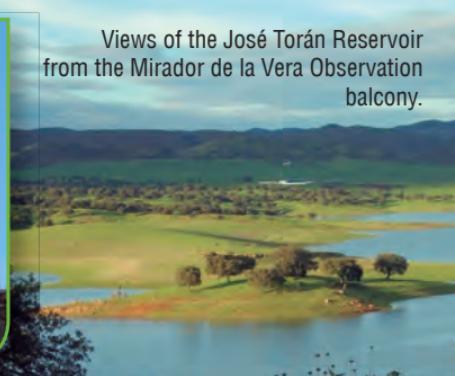
The town: Close to the recreation area, in the direction of Lora del Río, you can visit the shrine of Setefilla and the castle of the same name (next to the reservoir dam). Other monuments of interest in La Puebla de los Infantes are the parish church of Nuestra Señora de las Huertas, dating from the 15th century (although some repairs were carried out there in the 16th and 18th centuries); the late 15th century shrine of Santa Ana; the church of Santiago, a Mudéjar-style building from the second half of the 14th century with pointed transverse arches; and the public laundry basins, known as "Las Pilas", dating from the mid-19th century.



Castillo de La Puebla de los Infantes.



Views of the José Torán Reservoir from the Mirador de la Vera Observation balcony.





Huéznar Riverside.

Tourist Association of Sierra Norte Seville
Avda. de la Estación, 15
41360 El Pedroso
Tel.: 954 889 000
maumesquet@homail.com



Green Road of Sierra Norte.

ALANÍS
Town Hall
Pza. del Ayuntamiento, 2
Tel.: 954 885 004
www.alanis.es

ALMADÉN DE LA PLATA
Town Hall
Pza. de la Constitución, 1
Tel.: 954 735 082
www.almadendelaplata.es

CAZALLA DE LA SIERRA
Town Hall
Pza. del Doctor Nosea, 1
Tel.: 954 884 236
www.cazalladelasierra.es

CONSTANTINA
Town Hall
C/ Eduardo Dato, 7
Tel.: 955 880 700
www.constantina.es

EL PEDROSO

Town Hall

Pza. de España, 1

Tel.: 954 889 001

www.elpedroso.es

EL REAL DE LA JARA

Town Hall

Pza. de Andalucía, 8

Tel.: 954 733 007

www.elrealdelajara.es

GUADALCANAL

Town Hall

Pza. de España, 1

Tel.: 954 886 001

www.guadalcansierranorte.com

LA PUEBLA DE LOS INFANTES

Town Hall

Pza. de la Constitución, 1

Tel.: 954 808 015

www.lapuebladelosinfantes.es

LAS NAVAS DE LA CONCEPCIÓN

Town Hall

Pza. de España, 7

Tel.: 955 885 800

www.lasnavasdelaconcepcion.es



Sierra Norte landscape.

SAN NICOLÁS DEL PUERTO

Town Hall

C/ Real, 4

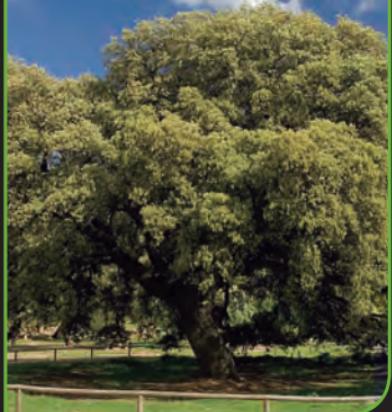
Tel.: 955 886 500

www.sannicolasdelpuerto.es



Cartuja of Cazalla de la Sierra
Monastery.

Chaparro de la Vega Natural Monument.



The Sierra Sur de Sevilla embraces 21 towns and villages. Its geography has endowed this area with its own unique identity. Set in the Subbaetic mountain system, in the south-eastern part of Seville province, the district is bordered to the south by the mountain ranges of Cadiz and Málaga, and extends as far as the Guadalquivir valley. The highest peaks, Terril, 1,129 m.a.m.s.l. and Peñón de Algámitas, 1,100 m.a.m.s.l., are located in its rockiest area. The lowland areas, where most of the population is concentrated, have gentle hills covered with olive groves and other agricultural plantations.

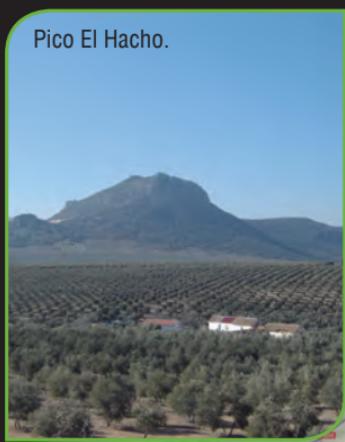
The landscape has been shaped by four main rivers: the Yeguas, the Corbones, the Guadalporcún and the Guadaira. The soils are predominantly limestone and marl-gypsum, and mineral extraction is therefore an important industrial activity in the area, with both gypsum and limestone derivatives being extracted. There are as many as 22 registered quarries, the majority concentrated in Morón de la Frontera and in the triangle formed by the towns of Pedrera, Gilena and Estepa.



Estepa, Osuna, Morón de la Frontera and Los Corrales are officially recognized Historic Sites. The Sierra Sur also has an interesting network of castles, indicative of the importance of this territory as a frontier zone between Christians and Muslims during the Reconquest.

The district's network of protected natural areas comprises the Laguna del Gosque Nature Reserve, the Peñón de Zaframagón Nature Reserve, the Embalse de Malpasillo Nature Park and the Embalse de Cordobilla Nature Park.

Pico El Hacho.



The Sierra Sur of Seville

Pleités and Peña Rubia

Location: Estepa and Lora de Estepa

Starting point: 37° 17' 26,49''; 4° 52' 14,06''

Finishing point: 37° 16' 11,54''; 4° 49' 43,30''

Length: 4.7 km

Terrain: Half of the trail is on paved roads, half on compact sand or clay tracks.

Route: Point-to-point. The trail begins in Avenida de la Fuente in the town of Estepa and ends at the municipal sports centre in Lora de Estepa. It is signposted.

Observations: Take drinking water with you. Avoid walking the trail in the summer months and at the hottest times of day. The section along the SE-9212 road requires particular caution as the hard shoulder is very narrow.

Level of difficulty: Low. The distance is short and the elevation difference is 50 m downhill, making this a good choice for beginners.

The trail: The route begins in Avenida de la Fuente, on the outskirts of the town of Estepa. Follow the avenue for 180 m. and you will find yourself on the SE-9212 road. Continue along the roadside. Ignore the first two left turns, which are signposted Punto Limpio de Estepa (Estepa Recycling Point). Walk on for about 1.3 km. Shortly after passing the cemetery, turn left onto a paved road called the Camino de las Mujeres. This road brings you into sight of the surrounding landscape. In the distance you can see the hill known as El Cerro del Hachillo and, to the right, the Sierra del Becerro with its gypsum quarry. 1 km further on, after a small uphill stretch, turn right onto compact dirt track. You will see some lanes running parallel to the track, but go straight on for 1 km until you see a clear fork in the track. Take the left hand track, which winds its way eastwards through olive groves, flanked by picturesque rabbit warrens, fennel and rose hips. When the path begins to descend you will be able to see Lora de Estepa in the distance. You are now surrounded by younger olive trees. Shortly afterwards, you will see several parallel paths ahead of you. Any of these will take you to the sports facilities at Lora de Estepa.

The towns:

Estepa. After colonization by the Romans and the Moors, both of whom left their mark on its architectural heritage, it was not until the 16th century that Estepa reached the height of its monumental and artistic splendour. The church of Santa María, the parish church of San Sebastián and the church of the Convent of Santa Clara all date from this period. Mention must also be made of the town's famous sweet pastries, particularly the renowned *polvorones* and *mantecados*, a kind of shortbreads and lardy cakes protected by their own designation of origin: "Mantecados de Estepa".



Lora de Estepa. Although its origins date back to pre-Roman times, it was the Moors who implemented a complex irrigation system in the town, using water conduits to boost production of fruit and vegetables and make Lora de Estepa famous for its kitchen garden produce. They also introduced herbs like rosemary and thyme, which today constitute the basic ingredients for the local cuisine. Places of particular interest to visit in the town are the church of San Miguel (18th Century) and the Don Juan de Córdoba Centurion Palatial Museum (18th Century).



Descent to Lora de Estepa.

Estepa.



Swallowtail.



3

2

1

Level of difficulty

Vía Verde de la Sierra

Location: Coripe

Starting point: $36^{\circ} 57' 53,3''$; $5^{\circ} 25' 48,9''$

Finishing point: $36^{\circ} 59' 02'$; $5^{\circ} 22' 49''$

Length: 6 km

Terrain: The trail runs along a surfaced sports track of the type used for bicycle lanes, and, in some places, on compact dirt tracks.

Route: Point-to-point. The trail starts at the old train station of Coripe and ends at the old train station of Zaframagón, now the Centro de Interpretación y Observatorio Ornitológico (Ornithological Observatory and Interpretation Centre). It is perfectly signposted throughout.

Observations: Take drinking water with you. Avoid walking the trail in the summer months and at the hottest times of day. The route has barely any shade except in the tunnels. Some of the tunnels may be unlit, so it is advisable to carry a small torch. The laws regarding right of way should be respected, as this route is shared with cyclists and crosses some paths leading to neighbouring estates. The closest road access to the finishing point is at the intersection leading to the town of Zaframagón.

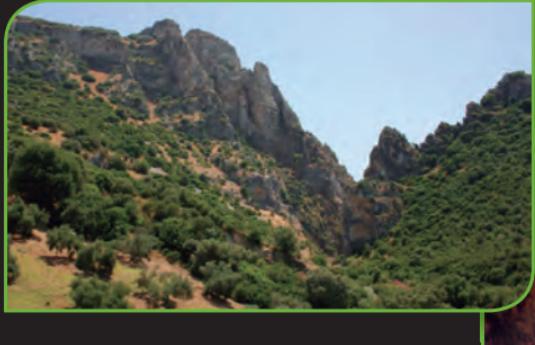
Level of difficulty: Low. Both the shape and the distance are very comfortable, with hardly any slopes.

The trail: This trail covers a sector of the Vía Verde de la Sierra, an old rail track between the provinces of Cadiz and Seville which has now been habilitated as an ecotourism route. The 5 tunnels you pass through along the way are a testimony to the past. Start out from the old train station at Coripe. The first few kilometres of the trail take you over hillsides covered with olive groves and holm oak trees. Keep walking until you come to a picnic area, where you can stop to enjoy the scenery. When you pass the 16 km mark, the countryside opens up to reveal the promontory called the Peñón de Zaframagón. Just before this you can see the Centro de Interpretación y Observatorio Ornitológico de Peñón de Zaframagón (Peñón de Zaframagón Ornithological Observatory and Interpretation Centre), located at the old train station which has now been converted into an information centre. The trail ends here. The Vía Verde ecotourism route is 36.5 km long, so if you wish you can continue towards Olvera, 15 km away.

The town: It is thought that Coripe has its origins in the ancient settlement of Irippo, founded by the Turduli between the 6th and 4th centuries B.C. The Romans changed the name to Coripo, from which the present-day name derives, and the town was later inhabited by the Moors. In 1927 construction began on a railway line between Jerez and Almargen. The project was abandoned and the line was never opened, but the corridor became the main feature of an ecotourism route known as the Vía Verde de la Sierra. One attraction worthy of special mention is the Chaparro de la Vega Natural Monument, a 700 year old holm oak with a height of 13 m. and a crown diameter of 30 m.



Coripe Station.



Tunnel.

La Calderona

Location: Osuna

Starting and finishing point: 37° 13' 49,24'' ; 5° 6' 55,34''

Length: 13.8 km

Terrain: Compact dirt road. The trail is signposted.

Route: Circular, The trail begins and ends at an electricity substation on the outskirts of the town of Osuna, at the 34.9 km mark on the A-351 road driving towards El Saucejo. The route is signposted at the most important intersection.

Observations: Take drinking water with you. Avoid walking the trail in the summer months and at the hottest times of day. At the point on the road where the trail starts there is no dedicated car park, but the cold shoulder is wide enough to leave vehicles there.

Level of difficulty: Medium. Despite having practically no elevation difference (just 48 m.), the route is very long and is lacking in shade, so a certain degree of fitness is required.

The trail: The trail starts on a track next to the electricity substation at the 34.9 km mark on the A-351 Osuna-El Saucejo road, very close to the town of Osuna. Just a few metres after setting off, you will come to an underpass beneath the A-92 motorway. On the other side, the trail continues straight ahead along the track known as the Vereda de la Calderona, passing through open countryside with cereal crops, olive groves and fields of sunflowers. There are wild roses, broom and fennel growing on each side of the track. Cross the Salado Brook and then go through a second underpass into the farmland of Las Salinas and Los Enredaderos. After about 5 km turn right onto the Vereda del Peinado, a track which will take you up through olive groves to the summit of a small mountain from where you can make out, to the left, the large expanses of tamarisks on the Peinado Brook to the left and the ruins of the Cortijo La Molina farmhouse to the right. Follow the Vereda del Peinado down the mountain to the ruins of the Cortijo del Peinado estate, which lie adjacent to the El Peinado Brook down to the left. Walk along the brook for about 3 km and then turn right onto the Camino Urraco, a municipal footpath which winds its way through gently sloping hills dotted with almond and holm oak trees. The town of Osuna will soon come into view in the distance. Cross a level crossing and go through an area of farms and allotments to get back to the Salado Brook, and come out onto the service road alongside the A-92 motorway. This will take you back to the underpass where the trail began.

The town: Either before or after walking the trail we warmly recommend a visit to Osuna, the town known as "Ursó" by the ancient Turdetani tribe. The town's extensive history is reflected in the numerous monuments and works left by the different civilizations that settled there. These include the "Osuna Reliefs", Turdetanian sculptures unearthed in archaeological sites nearby, the "Osuna Bronzes" dating from the Roman imperial period and Moorish Water Tower. The history of Osuna continued with its reconquest by Ferdinand III the Saint and its incorporation into the Order of Calatrava. Later it became part of the Duchy of Osuna.



Views of Osuna from the Camino Urraco.



Peinado Brook.



3

2

1

Level of difficulty

Peñón de Algámitas

Location: Algámitas and Pruna

Starting and finishing point: 37° 01' 26,31''; 5° 10' 26,31''

Length: 2.2 km without climbing the Peñón or 5.2 km including the climb to the summit.

Terrain: The entire trail runs along narrow, winding, uneven compact dirt and stone tracks.

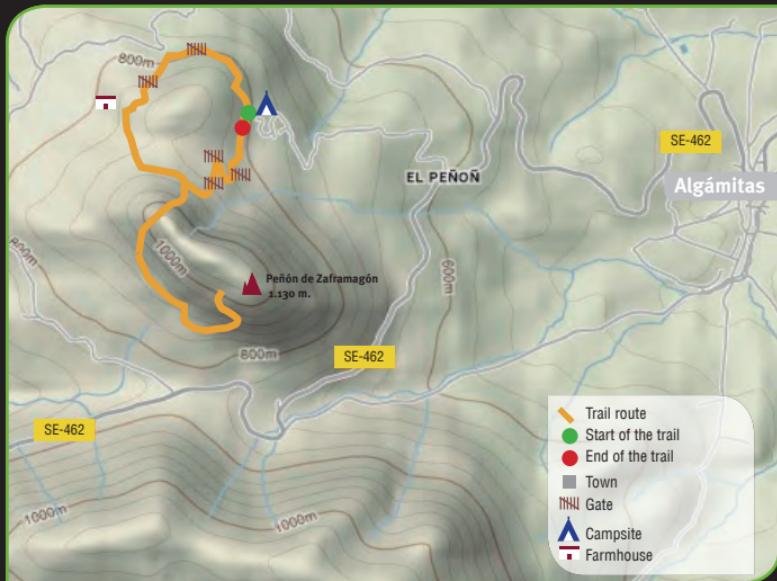
Route: Circular with one point-to-point leg. The trail starts and ends at the “El Peñón” campsite in Algámitas. It is not well signposted.

Observations: Take drinking water with you. Due to the uneven, rocky terrain, appropriate footwear should be worn. Vehicles can be left in the campsite car park, next to reception. The trail includes some stretches with plenty of shade.

Level of difficulty: Medium or High (depending on whether or not you climb all the way to the summit). Although the trail is short if you do not climb to the summit, the unevenness of the terrain makes it quite difficult and hampers the use of the poles. If you do climb to the top of the Peñón, the level of difficulty is high: the elevation difference of more than 400 m. which requires good technique and physical strength.

The trail: The trail starts at the small rock climbing wall at the “El Peñón” campsite, at the 3.5 km mark on the Algámitas-Pruna road. There, next to a gate, you will see a sign indicating the starting point. As soon as you go through the gate you will be able to admire spectacular views of the eastern part of the Campiña and Sierra Sur away to the right. The trail takes you along a narrow rocky path flanked by dwarf palms, salvia candelabrum, black hawthorn, rockrose flowers and holm oaks, which descends and swings to the left to skirt La Sierrezuela, the second highest peak on the Peñón promontory. As you proceed along the northern slope of the Sierrezuela, the holm oaks thicken, forming humid copses covered in lichens and moss. Further along, go through two gates. There, on the eastern slope, you will find a small clearing and the ruins of an old farmhouse. From the clearing, go up the hill until you come to the point where one part of the track leads up to the top of the Peñón. If you decide to climb to the top (3 km there and back), first move around the mountain to start the ascent from the south. The summit is not accessible on foot, so the furthest you can go is as far as a point just 12 m. from the peak. From there you may well see birds of prey, vultures and birds typically found in rocky areas such as the grey wheatear and the blue rock thrush. To descend, retrace your steps along the same path back to the hill. Walk along the hilltop until you come to a gate. From there, the trail zigzags its way through oaks and Cornicabra olive trees and passes through two gates to return to the campsite.

The towns: Part of the trail lies within the municipal boundaries of Algámitas and another part lies within those of Pruna. Both towns originated as early Turdulian settlements on the River Corbones.



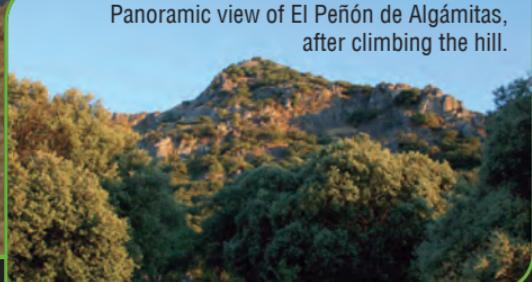
Algámitas is particularly noteworthy for its beautiful landscape. Its Peñón, or Rock, is the highest point in the province, with an altitude of 1,100 m.a.s.l. **Pruna** belonged to the Duchy of Osuna in the 18th century. Its most important monuments are the Castillo de Hierro (a 15th century castle located one kilometre away), the parish church of San Antonio Abad (17th century) and the Pilarillo fountain.



View from the beginning of the trail.



Panoramic view of El Peñón de Algámitas, after climbing the hill.



Los Llanos de la Roda

Location: La Roda de Andalucía

Starting and finishing point: **37° 12'19,17''; 4° 46, 48,50''**

Length: 12.9 km

Terrain: A short stretch of the trail is on a paved surface: The rest is on compact sand and stone tracks.

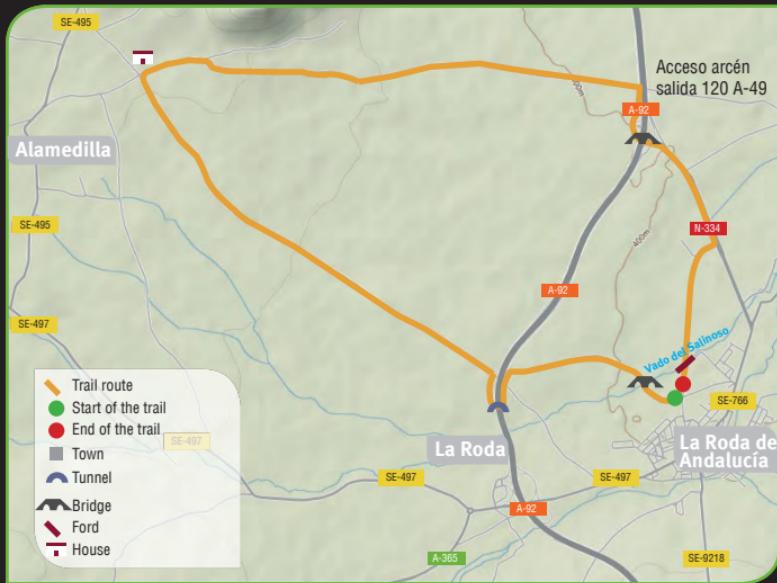
Route: Circular, The trail starts and finishes next to the football pitch in La Roda de Andalucía. It is signposted.

Observations: Take drinking water with you. Avoid walking the trail in the summer months and at the hottest times of day. The stretch which crosses the A-92 by the overpass has no hard shoulder, so extreme caution should be exercised. On the way back, avoid fording the Salinoso Brook if the water is high. In this case, you should return via the ford where the trail began.

Level of difficulty: High, The average total elevation difference, including both the ascent and the descent, is 180 metres. The distance to be walked and the unevenness of the terrain between the 6.5 and 10 km points make the route even more difficult.

The trail: The trail starts next to the municipal football pitch in La Roda de Andalucía. Leaving the pitch on your right, follow the compact sand track for about 300 m. and then cross the bridge over the canalised Salinoso Brook. From here, the trail continues for about 1 km through a well-tended plantation of mature olive trees to the A-92 motorway service road. Turn left onto the service road and walk along it for about 200 m. until you come to an underpass. Go through the underpass and then continue to the right along the service road. Shortly afterwards, turn left onto the old road to La Roda. Along the way you will see small piles of gypsum, heaped up by farmers. The mineral comes from the foothills of the Sierra de Pleités and the Sierra de La Cruz quarry, which we you will soon see in the distance. After 3 km, when you have almost reached the foot of the Sierra de Pleités, you will pass a ruined building. Turn right onto the Cañada Real cattle track from Seville to Granada, or old Granada road. From her on the terrain becomes more uneven and rocky and you will come across small stands, remnants of the area's the original vegetation. Turn right back onto the A-92 main road, and then, a few metres further on, move onto the hard shoulder at Exit 120 and cross the main motorway via the bridge in the direction of La Roda. Beyond the motorway you will pass some industrial buildings on your left and after a kilometre and a half on the hard shoulder of the N-334 you will come to the Agrosevilla facility. Turn right just past this building and follow the dirt track to the left around the wall and back to the starting point. On the way you will have to for the Salinoso Brook once again.

The town: The town's origin is thought to be related to the Celtiberian name of Uragao, later referred to by the Romans as Carruca. Battering rams and utensils from the civil war between the Roman generals Julius Caesar and Pompey have been found in the vicinity. During the Moorish period the town was known as Robda (meaning "customs house") and the territory around it became the frontier between the Christian kingdoms



of Seville and the Moorish kingdom of Granada. After the Reconquest the district came under the control of the Marquis of Estepa. Its most important monuments include the parish church of Santa Ana (early 17th century), the chapel of Las Esclavas, the shrine of La Virgen de los Llanos and the Roman bridge over the River Salinoso.

Parish Church of Santa Ana.



Old road to La Roda.



Salinoso Brook.



Tourist Association Seville

Campiña-Sierra Sur

C/ Luis de Molina, 5 bajo
41640 Osuna
Tel.: 954 812 855
info@alsurdesevilla.es

Consortio Vía Verde de la Sierra

C/ Maternidad, s/n

41770 Montellano
Tel.: 954 876 940

gerencia@consorcioviaverde.es

Fundación Vía Verde de la Sierra

Antigua Casa del Guarda-Vía Verde de la Sierra
11659 Puerto Serrano. Cádiz
Tel.: 956 136 372
info@fundacionviaverdedelasierra.com
www.fundacionviaverdedelasierra.com



Interpretation Centre Vía Verde de la Sierra

Olvera

Tel.: 956 136 372
info@fundacionviaverdedelasierra.com
www.fundacionviaverdedelasierra.com

AGUADULCE

Town Hall

Pza. Ramón y Cajal, 1
Tel.: 954 816 220
www.aguadulce.es

ALGÁMITAS

Town Hall

C/ El Paseo, 1
Tel.: 955 857 564
www.algamitas.es

BADOLATOSA

Town Hall

Avda. de Cuba, 32
Tel.: 954 017 064
www.badalatosa.es

Centro de Interpretación del Río Genil

Paseo Pablo Iglesias, s/n
Tel.: 954 017 107
info@rutadeltempranillo.org

CASARICHE

Town Hall

Pza. Alcalde José Ramón Parrado Cano, 1
Tel.: 954 019 911
www.casariche.es

CORIPE

Town Hall

Pza. de San Pedro, 12
Tel.: 955 858 502
www.coripe.es

Centro de Interpretación y Observatorio

Otomológico "El Peñón de Zaframagón"
Estación de Zaframagón
Tel.: 956 136 372
(Fundación Vía Verde de la Sierra)
info@fundacionviaverdedelasierra.com

EL CORONIL

Town Hall

Pza. de la Constitución, 1
Tel.: 955 836 815
www.casariche.es

EL SAUCEJO

Town Hall

Pza. de la Constitución, 12
Tel.: 955 824 702
www.elsaucejo.es

ESTEPA

Town Hall

Pza. del Carmen, 1
Tel.: 955 912 717
www.estepa.es

GILENA

Town Hall

C/ Huerta, 3
Tel.: 954 826 820
www.gilena.es



Sunset in Pruna.

HERRERA

Town Hall

Avda. de la Constitución, 1

Tel.: 954 013 296

www.herrera.es

LA RODA DE ANDALUCÍA

Town Hall

C/ Real, 25

Tel.: 954 016 006

www.larodadeandalucia.es

Cortijo El Polvorín - Antigua Hacienda Condal.

Antiquities Museum

<http://cortijoelpolvorin.blogspot.com.es/>

LORA DE ESTEPA

Town Hall

Pza. de Andalucía, 15

Tel.: 954 829 011

www.loradeestepa.es

LOS CORRALES

Town Hall

Pza. de Diamantino García, 13

Tel.: 955 917 733

www.loscorrales.es

MARINALEDÁ

Town Hall

Avda. de la Libertad, 119

Tel.: 955 829 542

www.marinaleda.es

MARTÍN DE LA JARA

Town Hall

Pza. Diamantino García, 1

Tel.: 955 825 111

www.martindelajara.es

MONTELLANO

Town Hall

Pza. de la Concepción, 5

Tel.: 954 875 010

www.montellano.es

MORÓN DE LA FRONTERA

Town Hall

C/ Cantarranas, 33

Tel.: 954 852 500

www.ayto-morondelafrontera.org

OSUNA

Town Hall

Pza. Mayor, 3

Tel.: 954 815 851

www.osuna.es

PEDRERA

Town Hall

Pza. del Pueblo, 1

Tel.: 954 819 019

www.pedrera.es

PRUNA

Town Hall

Pza. de la Constitución, s/n

Tel.: 954 858 307

www.pruna.es

VILLANUEVA DE SAN JUAN

Town Hall

Pza. de la Iglesia, 10

Tel.: 955 916 501

www.villanuevadesanjuan.es

The Vía de la Plata takes in 8 towns between the northern end of the Aljarafe and the western foothills of the Sierra Norte. The southern part of the district is covered by extensive areas of *campiña*, fertile agricultural land sown with wheat, sunflowers, olives and other dry farming crops. In the northern part, this gradually gives way to cork oak and pine groves, Mediterranean scrubland and scattered eucalyptus trees.



Río Tinto.

The terrain here is smooth and even, typical of the lower foothills of the Sierra Morena, although stream erosion has carved out deep gorges. The district's river network is dominated by the rivers Guadiamar, Agrio, Viar, Rivera de Cala and Rivera de Huelva.



Vía de la Plata

As a nexus of union between major ecological sites like the Sierra Norte de Sevilla Nature Park and the Doñana Nature Reserve, this district lies in a location of crucial importance for many animal species. Much of it also lies above the underground mineral seam known as the Iberian Pyrite Belt, hence the presence of numerous mines.



3

2

1

Level of difficulty

Embalse del Agrio

Location: Aznalcóllar

Starting and finishing point: 37°31'21.5"; 6°15'58.6"

Length: 11.8 km

Terrain: Most of the trail comprises uneven forest tracks, with just one stretch paved with cement to imitate a cobbled surface.

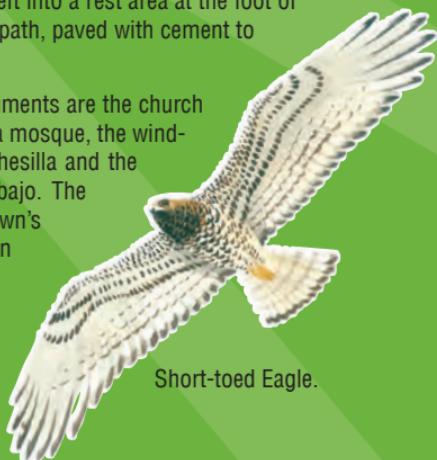
Route: Circular. The trail starts and finishes in Calle Levante in the village of Aznalcóllar. Much of the route is marked by two lines, one white and one yellow, since it coincides with the PRA-290 footpath. The signposts are often in a poor state of repair.

Observations: Take drinking water with you. Avoid the summer months and the hottest times of day, because there is little shade.

Level of difficulty: Low, although there is some elevation difference, neither the terrain nor the length of the trail offer any degree of difficulty.

The trail: This trail is a clear example of how mining activity has affected the natural environment and how Nature and humans have fought to restore it. The trail starts at the end of Calle Levante in the village of Aznalcóllar, where you will see some relay antennae and the first of the yellow and white signs that will accompany you much of the way. Turn right at this point, and follow a zig-zagging path downhill through an old mine tailings dump, where the forms and colours of the minerals give the landscape an almost star-spangled appearance. Right at the bottom you come to the tail of the River Agrio counter-reservoir. There, after skirting a small artificial pond, swing round to the left, first following the bed of a stream and then moving up the hill, still keeping to the left, until you come to the green door of an old farmhouse. Go through the door, pass through the ruins of the building and come out again through a green gate. There you will again see signs indicating the PRA-290 path. Follow the ridge, passing intersecting tracks on the left hand side and shortly afterwards, at another intersection, turn left off the PRA-290 onto a forest track running to the left of and parallel to a stream. This track takes you to the SE-530 road. Follow the road downhill, taking in the fine views, until you come to the Agrio reservoir dam. Cross the reservoir and shortly afterwards, following the PRA-290 signs, turn left into a rest area at the foot of the Agrio counter-reservoir. From here follow a path, paved with cement to imitate cobblestones, back to Aznalcóllar.

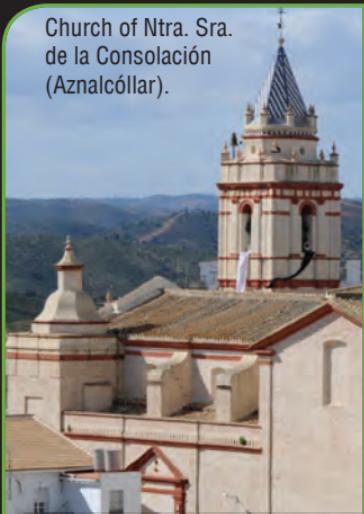
The town: Aznalcóllar's most emblematic monuments are the church of Nuestra Señora de la Consolación, the Zawiya mosque, the windmill, the tower known as the Torreón de la Dehesilla and the two chapels of Cruz de Arriba and Cruz de Abajo. The feast of Our Lady of the Clear Spring, the town's patron saint, is celebrated the first weekend in September.



Short-toed Eagle.



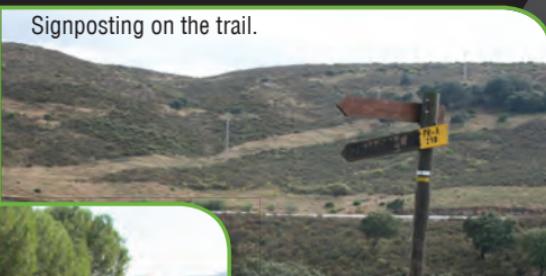
Church of Ntra. Sra.
de la Consolación
(Aznalcóllar).



River Agrio Counter-Reservoir.



Signposting on the trail.



3

2

1

Level of difficulty

Mina La Naya

Location: El Madroño

Starting and finishing point: 37°38'44.9"; 6°30'45.1"

Length: 19 km

Terrain: The entire trail runs along forest tracks and firebreaks with uneven terrain.

Route: Circular. The trail starts and finishes at the church in El Madroño. Apart from the stretches that coincide with the Los Mineros trail, which are marked with yellow and white lines, it is not yet signposted.

Observations: Take drinking water and food with you. Although there are areas of abundant woodland, it is advisable to avoid the summer months. The starting/finishing point is in El Madroño town centre, an area where it is easy to find parking space.

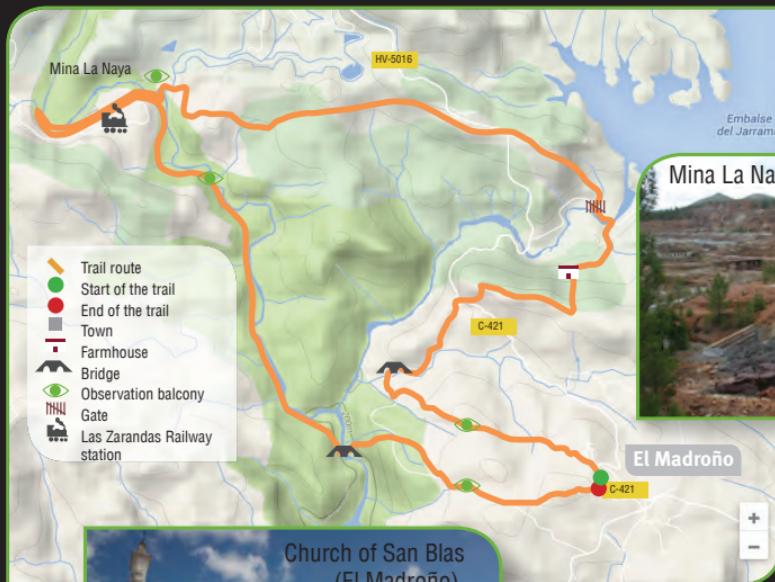
Level of difficulty: High, with continually rising and falling terrain, except in the area around the mine itself, and a considerable distance to be walked.

The trail: A long, demanding, but nevertheless attractive trail that will take you deep into Mediterranean scrubland to experience the thrill of exploring an abandoned mine. The trail starts in Calle Nicolás Martín in the town of El Madroño. From there, follow the signs for the “Los Mineros” trail. You will pass through a landscape of cork oaks, holm oaks, fan palms and farmhouses surrounded by stone walls, and eventually come to a treeless col. At this point, you part company with the yellow and white signs. Continue straight ahead, walking down a firebreak until you come to a forest track on the right. Go down the track to a bridge over the Los Palomares gorge. Then climb for just over 1 km until you reach the intersection with the C-421 secondary road. Crossing the road and following the firebreak, turn sharply uphill and follow the crest of a ridge alongside a thick pine grove. When you get to some overhead electricity lines, walk down the slope on the right hand side to a ruined house. The track is now more open. Continue downhill through a pine grove to the foot of the Jarama reservoir dam. There, turn left (a right turn is not allowed) and just on the other side of the bridge, on the right hand side, you will see a track with a pedestrian gate. Go through the gate. The track soon swings sharply uphill to the left, following the line of the firebreak. From the highest point on this track there is a magnificent view of the Jarama reservoir. Staying on the crest of the hill, follow the firebreak as far as its intersection with the HV-5016 road, and cross the road via a track running parallel to the electricity lines. Then continue until you reach the La Naya mine.

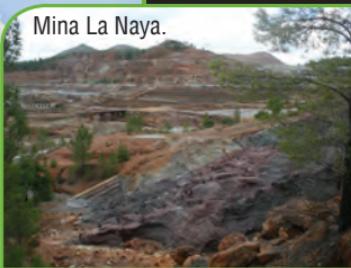
Part of the trail.



“Las Minas” Andevalo Heath.



Mina La Naya.



El Madroño

At the mine there is a spectacular view of the surrounding landscape and the Río Tinto. There is also the charmingly picturesque tourist-mining railway station of "Las Zarandas", complete with abandoned locomotives and wagons.

Leaving the mine at a point very close to where you entered, follow a track running parallel to the railway track. Here you can take in the spectacular pools and rock formations carved out by the Río Tinto. Just past the point where the Tinto flows into the Ribera del Jarrama, go down and cross the river by the Las Majadillas Bridge. This is the point where the trail converges with the "Los Mineros" trail. It is also the dividing line between the provinces of Huelva and Seville. From the bridge, follow the signposts uphill to the forest track on which you first set out. Moving up and to the right, you can then either return via the Los Mineros trail or follow the track all the way back to the town of El Madroño.

The town: El Madroño is made up of a number of villages: El Álamo, Juan Antón, Juan Gallego and Villagordo. Its most emblematic monuments are the church of San Blas and the chapels of La Cruz de Arriba and La Cruz de Abajo. Thanks to the natural environment in which it lies, El Madroño also has a large number of natural springs. These include the Fuente El Zapito, the Pilar del Coto and the Fuente La Madroña. El Madroño is the only town in the province of Seville that forms part of the Riotinto Protected Landscape.

3

2

1

Level of difficulty

Ruta del Agua

Location: Gerena and Guillena

Starting point: 37°31'39.6"; 6°08'59.6"

Finishing point: 37°32'49.0"; 6°03'22.9"

Length: 18.6 km

Terrain: The trail mainly comprises clay and compact dirt tracks, although it runs for a few metres along a paved road surface.

Route: Point-to-point. The trail starts in the town of Gerena and finishes in the town of Guillena. From the intersection with the Finca El Esparragal estate, it is signposted as the "Ruta del Agua" ("Water Route"), with large black crosses and panels.

Observations: Take drinking water with you. Avoid walking the trail in the summer months and at the hottest times of day, because some stretches have no shade. Take particular care at the intersection with the Las Pajanosas-Guillena main road, because there is little room to walk at the roadside. There are numerous bus services between the two towns and Seville.

Level of difficulty: Medium. The terrain has no particularly steep slopes, but the distance to be covered is considerable.

The trail: The trail starts at the first bus stop in Gerena, next to the Civil Guard barracks, and follows the A-477 road as far as its intersection with the "Ruta del Agua". First it takes you towards a quarry. Just before entering the quarry, it turns right and zigzag its way up a gentle rocky slope passing through wild olive trees, fan palms and thyme. After crossing the bridge over the Zarza Brook you will find yourself in an area of dehesa pastureland with wild olive bushes. The vegetation gradually gets thicker until finally you come out onto the road leading to the Finca El Esparragal estate. Here you will see the large black crosses indicating the "Ruta del Agua". Turn off this road just after passing a small country house, and follow the black crosses down to cross two brooks, Las Torres and La Encarnación. On the other side of the second bridge, go through two underpasses, one under the A-66 road and the other under the N-630 road. Just a little further on, after passing the Hato Verde golf course on your left, you come to the intersection with the SE-187. Follow this road down the hill for about 500m and then turn off again, to the right, at the sign showing the Ruta del Agua itinerary in the Guillena municipal area. Moving ahead, cross the Galapagar Brook and walk straight on to the checkpoint at the entrance to the "Ruta del Agua" trail. From there, take the road leading out from the rear of the car park, go through a eucalyptus grove and you will come out on the bank of the Gergal reservoir. Follow the road skirting the reservoir almost up to the dam and then go up through the yards of some houses to reach the Gergal Park.

Church of Ntra. Sra. de la Granada (Guillena).





Fan Palm-Wild olive grove.



From the park you come out into the Avenida del Gergal, which takes you into the town of Guillena. There the trail ends.

The towns: The area around Gerena has numerous archaeological sites corresponding to the Prehistoric, Iberian and Roman periods. In the 18th century, the local economy was based mainly on agriculture, but in the middle of the 19th century granite mining was introduced as a means of helping the population overcome economic depression. Gerena's local festivities, held in spring, include a fair and a pilgrimage in honour of the town's patron saint, the Virgin of the Incarnation.

View of El Gergal Reservoir.



Shrine of La Virgen de la Encarnación.



Guillena lies on the old Roman road known as the Vía de la Plata – the Silver Road. Major megalithic remains prove that the town was inhabited as early as the Bronze Age. Today many Roman remains can be seen in different parts of the old town centre.





AZNARCÓLLAR

Town Hall

Pza. de la Constitución, 1
Tel.: 954 133 015
www.aznalcollar.es

CASTILBLANCO DE LOS ARROYOS

Town Hall

C/ De León Felipe, 24
Tel.: 955 734 811
www.castilblancodelosarroyos.es

EL CASTILLO DE LAS GUARDAS

Town Hall

Pza. de Llano, 6
Tel.: 954 130 501
www.elcastillodelasguardas.es

EL GARROBO

Town Hall

Pza. de la Constitución, 12
Tel.: 954 130 001
www.elgarrobo.es

EL MADROÑO

Town Hall

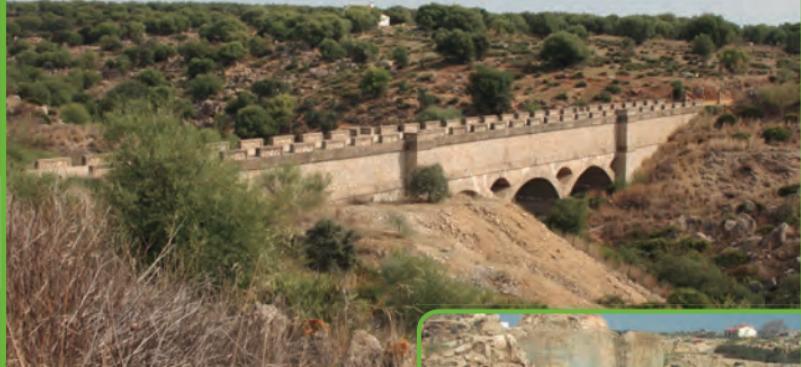
Pza. de la Constitución, s/n
Tel.: 954 137 000
www.elmadrono.es

EL RONQUILLO

Town Hall

Avda. de Andalucía, 73
Tel.: 954 131 009
www.elronquillo.es

Bridge over La Zarza Brook.



Signposts for the
“Los Mineros” Trail.



Quarry.

GERENA

Town Hall

Pza. de la Constitución, 1

Tel.: 955 782 815

www.gerena.es

GUILLENA

Town Hall

Pza. de España, 1

Tel.: 955 785 005

www.guillena.org

This sprawling district stretches along the banks of the River Guadalquivir from the point where it first enters the province of Seville all the way to its Atlantic estuary in Doñana National Park. This whole vast area is articulated by the major ecological corridor created by the river. The fertile floodplains in the upstream part of the district, rich in sediments, support numerous towns and villages. Their orchards, with oranges, mandarins, peaches, pears and other fruits, and their corn and cotton fields constitute a highly productive economic network.

Downstream from the city of Seville, the Guadalquivir widens, irrigating rice and cotton plantations and creating wetlands, salt lakes and freshwater lagoons.

4



These flat lowlands are also irrigated by the lower reaches of the rivers Guadaira and Guadiamar, which flow into the Guadalquivir from its left and right, respectively. The wetlands are bordered by a strip of vegetation comprising large pine and holm oak forests with a fascinating variety of plant species, many of which have adapted to salty, clayey and even sandy soils.



Peñaflor

Palma del Río

Lora
del Río

nas
colea
l Río

Open Range Dehesa Pastureland in
Lora del Río



- 1 Vado del Quema
- 2 Dehesa de Abajo-Entremuros
- 3 Parque Periurbano de La Corchuela
- 4 Ruinas de Mulva
- 5 Camino de Santiago de Cádiz

Doñana Marshes.



Guadalquivir-Doñana

3

2

1

Level of difficulty

Vado del Quema

Location: Villamanrique de la Condesa and Aznalcázar

Starting and finishing point: **37° 14' 47,64''; 6° 18' 23,09''**

Length: 10 km (circular route) plus 16 km if extended to include the Pinares de Aznalcázar.

Terrain: Apart from the stretch running through the town, the trail comprises sand and dirt tracks.

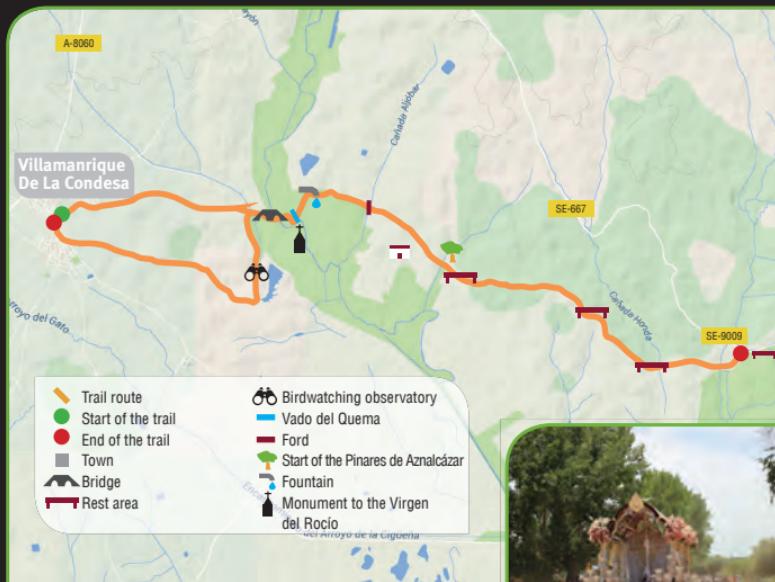
Route: Circular, in the case of the shorter version of the trail, starting and finishing in the town of Villamanrique. The optional extended route, taking in the Pinares de Aznalcázar pine groves, is well signposted and has no particularly uneven terrain or elevation differences.

Observations: Take drinking water and avoid the summer months. Several places along the way offer plenty of shade, above all in the stretch running through the Pinares de Aznalcázar, where there are also a number of rest areas. When walking the route in very wet conditions, be sure to wear appropriate footwear: there may be a lot of puddles and pools of mud.

Level of difficulty: Circular route: low. Extended route: medium, because the total distance to be covered is considerable, especially if returning to Villamanrique.

The trail: Setting out from the Plaza del Ayuntamiento in Villamanrique de la Condesa, go down Calle Sor María del Coro to an intersection and continue straight ahead, following the "Corredor Verde" sign. Further on you come to the intersection of the "Los Isleños" and "La Marisma Gallega" cattle tracks. Here you have two options. **Option 1** is the circular route. Go straight ahead at the intersection for about 300 metres, to the bridge over the Guadiamar. Just on the other side of the bridge is the famous ford called the Vado del Quema. Then go back to the intersection and head along the "Marisma Gallega" track. Just before coming to a brook, turn right onto a track that forks and winds its way through puddles and mastic trees to the "Labradores y Torrejones" track, and follow that track straight ahead back to Villamanrique. You will pass a number of small farms and houses. **Option 2** after having visited the Vado del Quema is to follow the "Isleños" cattle track to an intersection at an elongated fountain just before an estate. Turn right at this intersection, and head towards "La Dehesa de Abajo". After crossing a shallow ford you will see "Dehesa Tornero" on your left and the "La Tiesa" estate on your right. At the point where the estate ends, go into a dense grove of mature pine trees. This area, with its abundant undergrowth of mastic, spurge flax and mock privet, is the place known as the Pinares de Aznalcázar. There are numerous dedicated rest and recreation areas. The trail zigzags its way through the pine grove and, after crossing a couple of intersections, you come to a clearing, at the Majalberraque Brook, with another rest area. This version of the trail ends here.

View of the trail.



The town: Although **Villamanrique de la Condesa** has been a crossroads for numerous civilizations, the town as it stands today was created by the Moors of Al-Andalus, who established an alquería, or farming settlement, in the area. Local tourist attractions include the parish church of Santa María Magdalena, the Palacio de Orleans palace and the remodelled Plaza del Convento. **Aznalcázar** has some magnificent examples of Roman architecture, including the walled enclosure through which visitors entered the town in ancient times, the Fuente Vieja fountain, the Casa Grande building, the parish church of San Pablo, the chapels of Nuestro Padre Jesús and Nuestra Señora de la Encarnación, and the Roman Bridge over the River Guadiamar. The bridge collapsed in 1821, but several of its arches are still visible.

Bridge over the River Guadiamar.



Vado del Quema during the Pilgrimage to El Rocío.

Villamanrique de la Condesa.



Chapel of Ntra. Sra. de la Encarnación (Aznalcázar).

Dehesa de Abajo-Entremuros

Location: La Puebla del Río, Isla Mayor

Starting and finishing point: 37° 12' 21,23"; 6° 10' 12,93"

Length: Short version: 17 km. Longer version: 22 km.

Terrain: Part of the trail runs along compact dirt tracks and part of it is paved. After prolonged periods of rain, part of the route will definitely be very muddy.

Route: Circular. The trail starts and finishes in the car park at the Dehesa de Abajo farmhouse and Interpretation Centre. From here it goes out through the crop fields, crosses the Caño del Guadiamar brook and then turns back towards the starting point.

Observations: Although the stretch along the main road is short and traffic is scarce, care should still be exercised in this part of the trail. Apart from its last stretch, the route has no shade. The hot season should therefore be avoided. Also, at sunset, there are abundant mosquitos. Care must be taken with the cattle grazing next to the lagoon. Take drinking water.

Level of difficulty: Medium, due to the length of the route. The terrain itself is flat and uncomplicated. The only inconveniences of note are the lack of shade and the presence of mud in wet conditions, with the attendant risk of pulled muscles or falls.

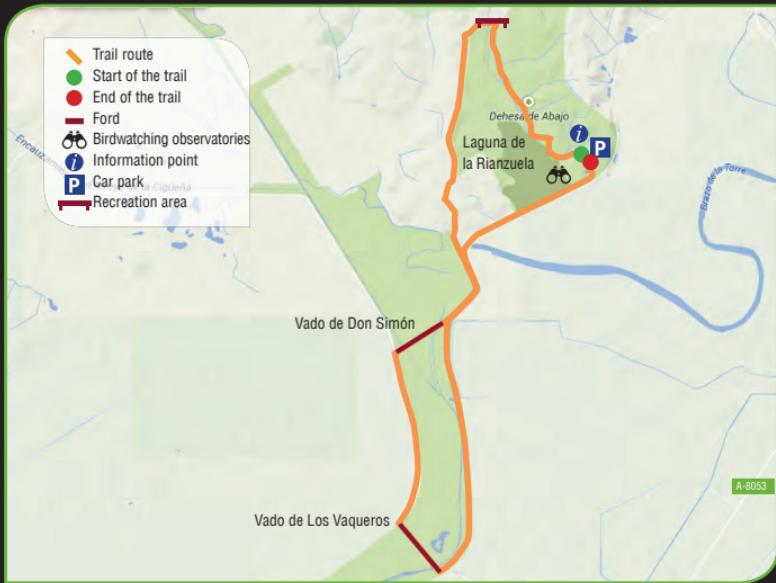
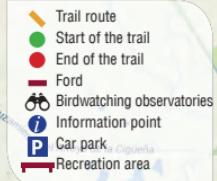
The trail: The trail starts and ends at the Dehesa de Abajo Visitor Centre. Leaving the car park, go along the main road, veering first to the left and then to the right, to the Don Simón ford. Do not cross the ford, but go straight ahead, walking parallel to the Caño del Guadiamar brook, to a second ford: the Los Vaqueros ford. There, cross to the other side of the brook and make your way back along the opposite bank to re-cross at the Don Simón ford. From here there are two possible ways to return: one is to retrace your steps along the route you set out on, the other is to go round the Rianzuela lagoon, passing first through dehesa pastureland with a mixture of wild olives and holm oaks and then through a pine grove. This route takes in some of Doñana's most emblematic places, such as the Finca de la Cangrejera estate, Entremuros (or Entrevados) and the Dehesa de Abajo lagoon itself. Water levels here are controlled by irrigation channels, sluice gates and impeller pumps, depending on the needs of the rice crop. The site's ornithological importance is evident from the specialized signs to be seen at different points along the trail. These make up a series of birdwatching routes, providing information about the different families of birds that use the area.



Landscape around the trail .



Laguna de la Rianzuela.



The towns: The Dehesa de Abajo estate is council-owned. Enjoyed and looked after all year long by the inhabitants of **La Puebla del Río**, it serves both as a meeting place for local residents and as a Visitor Centre. Its 617 hectares also provide communal grazing land for cattle and horses. Visible from the trail on the horizon are **Isla Mayor** and **Poblado de Alfonso XIII**, two villages which were originally only occupied during the rice harvesting season but which have now become permanent settlements.

Both of them have the uniform urban layout typical of the colonization villages originally inhabited by seasonal workers from eastern Spain. The surrounding area, with its large silos and farmsteads, is dedicated to rice-related industrial and manufacturing activity.



View of Isla Mayor.



Shrine of San Sebastián
(La Puebla del Río).



Parque Periurbano de La Corchuela

Location: Dos Hermanas

Starting and finishing point: 37° 14' 01.10"; 5° 58' 53.94"

Length: 3.41 km

Terrain: The entire trail comprises compact dirt tracks.

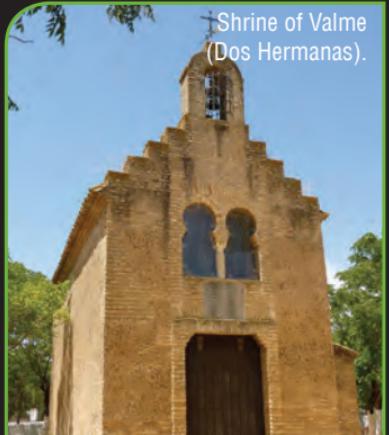
Route: Circular, The trail starts and finishes at the same entrance to the La Corchuela Periurban Park on the SE-9024. Cars can be left at the entrance or inside the park in the car park next to the interpretation workshop.

Observations: The trail has drinking fountains and recreation areas for picnics and resting. It also has stretches with plenty of shade. The Park has fixed opening times, which may vary depending on the time of year.

Level of difficulty: Low, The trail lies entirely within a well-tended park specifically habilitated for public use, and therefore presents no difficulties of any note.

The trail: The park is encircled and criss-crossed in different directions by a network of paths. This trail starts at the entrance and follows the park perimeter in an anti-clockwise direction. Setting off along a narrow dirt track, you will first see the strip of autochthonous, mainly scrub, plant species and ornamental vegetation that borders this Protected Natural Area. The trail then runs parallel to a small stream, passing first through riverine flora and then through an area of holm oak woodland. After that, you come out onto the main path that divides the park in two. On the left hand side there is an extensive forest of hundred-year-old stone pines. Turn left into the car park, and follow the park perimeter until you get back to the starting point at the entrance. La Corchuela is a green splash of vegetation surrounded by crop fields, industrial estates, main roads and urban developments, and as such it plays an important role in providing shelter and food for numerous species. All along the trail, interpretative panels provide information about the area's animal and plant biodiversity.

The town: This 84-hectare Protected Natural Area was rehabilitated by the Nature Conservation Institute ICONA from land belonging to the La Corchuela ranch. Some of the ranch's facilities, such as the plaza de tientas, or bull-testing arena, can still be seen. The park lies within the municipal boundaries of Dos Hermanas, a town very close to Seville. Dos Hermanas has a number of archaeological attractions, such as the pre-Roman ruins at Orippo. Buildings of architectural interest in the town itself include the neo-Mudejar style Alquería del Pilar, the neo-regionalist-style Palacio de Alperiz, and La Almona, a building now used as a Cultural Centre. There is also the parish church of Santa María Magdalena and the shrine of Nuestra Señora de Valme, the annual pilgrimage of which was declared an Event of Tourist Interest in 1976.



3

2

1

Level of difficulty

Ruinas de Mulva

Location: Villanueva del Río y Minas

Starting point: 37° 40' 02.60"; 5° 43' 26.56"

Finishing point: 37°42'50, 66"; 5°44"28.20"

Length: 7.7 km

Terrain: The first part of the trail follows the main road and then continues along a compact dirt track, the first stretch of which coincides with the Cordel del Pedroso cattle track.

Route: Point-to-point. The trail starts on the bank of the Huéznar at Villanueva del Río y Minas and finishes at the Roman ruins.

Observations: This area can be reached by train from the city of Seville. Although there is little traffic on the road stretch of the trail, the corresponding road safety precautions should still be observed. Admission to the ruins of the old city Munigua is free of charge. Opening times are 9:00 to 16:00 h, although it is advisable to check them beforehand.

Level of difficulty: This is an easy trail with no particularly uneven terrain or elevation differences.

The trail: From the lower part of Villanueva del Río y Minas, make for the River Huéznar (signposted), cross it and park a few metres away on the other side of the San Fernando quarter, for example next to the spot known as the "Lago del Mirador". From there you can see the large railway bridge over the river, used by the Seville-Merida line. The first stretch of the trail, which is paved, takes you over the railway line via a level crossing and into the Cordel del Pedroso cattle track. Follow this track as far as Arenillas station, where the train line swings away to the left and continue along the trail through a gate to the right. This gate is only open at set times. From this point on, the route is signposted by an old Junta de Andalucía (Andalusian Regional Government) sign and different metal markers. This last outward stretch offers good views of the Sierra Norte, and the estates on either side exemplify the *dehesa* ecosystem. The best views of the ruins, which you have to cross the Tamahoso Brook to reach, are to be had a few metres before you get to the temple in Munigua.

The town: Villanueva del Río y Minas was created by the merging together of two villages. Villanueva del Río, the parent village, located on the banks of the Guadalquivir, was founded in the 15th century as the old fiefdom of the Dukes of Alba. Las Minas, a village located 5 km to the north and subsequently annexed by Villanueva del Río, had its origins in the coal mining operations that flourished in the region from the early years of the 19th century. The town's principal monuments are the Minas de la Reunion historical complex, the churches of Santiago el Mayor and San Fernando, the San Fernando theatre-cinema and the ruins of the palace of the Marquis of Villanueva.

Mine chimney and headframe
(Villanueva del Río y Minas).





Camino de Santiago de Cádiz

Location: Lebrija and Las Cabezas de San Juan

Starting point: 36° 55' 37.22"; 6° 04' 20.61"

End coordinates: 36° 59' 14.23"; 5° 56' 22.60"

Length: 17.5 km

Terrain: Over half of the trail comprises gravel tracks. The rest of it is on compact dirt tracks and stretches of road.

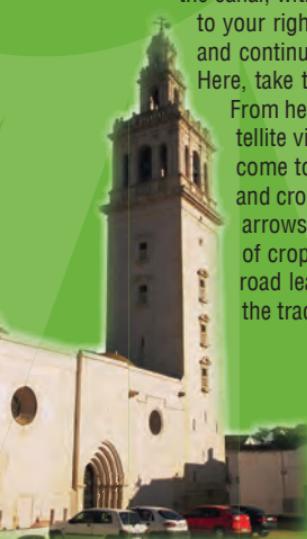
Route: Point-to-point. The trail starts on the track known as the Camino del Fontanal and enters Las Cabezas de San Juan via the bridge over the AP-4 road. The route is signposted at the major intersections with yellow Camino de Santiago-style arrows.

Observations: Take water, and avoid walking the trail in the summer months and at the hottest times of day. The trail offers no shade whatsoever. The stretch between the Canal del Bajo Guadalquivir track and the end of the trail in Las Cabezas de San Juan may be extremely muddy if it has rained. Both towns are connected by bus services.

Level of difficulty: Medium. The terrain has no great differences in elevation, but the distance to be walked is considerable.

The trail: The trail starts on the track known as the Camino del Fontanal, at the service station on the road leading into Lebrija from Las Cabezas de San Juan. The initial stretch is along the road, but you will soon find yourself on a dirt track which skirts the San Benito Park, passing through a series of orchards and estates. Shortly afterwards, cross the main road and follow the yellow arrows onto the path around the Melendo pond. This path is at first paved, but as it goes round the pond it turns into a track of compact reddish-coloured soil. On the other side of the pond you come to the first bridge over the Canal del Bajo Guadalquivir irrigation canal. Walk down the left bank of the canal, with the railway line to your left and fields of cotton and other crops to your right. Further on there is a second bridge. Cross it to the right bank and continue parallel to the canal until you reach an abandoned farmhouse. Here, take the third bridge over the canal and continue along the left bank.

From here, if you look to your left you can see the railway lines and the satellite village of Marismillas, surrounded by cotton fields. Further on you come to a fourth bridge. Do not cross this one, but continue to the fifth, and cross over there to the right bank of the canal. Then follow the yellow arrows, turning sharply away from the canal wall. Advance through fields of crops scattered with cowsheds and go up a gentle slope to a service road leading to a bridge over the AP-4. Cross the main road and follow the track to the town of Las Cabezas de San Juan, where the trail ends.



Church of Ntra. Sra. de La Oliva
(Lebrija).



Canal del Bajo Guadalquivir Irrigation canal.



View of Las Cabezas from the trail.



Melendo Pond.



The towns: Monuments of interest in the historic centre of **Lebrija** include the churches of Ntra. Sra. De la Oliva, with its tall tower (13th-16th century), and San Francisco, the convent of Las Concepciones and the castle ruins. Traditional local music and dance is celebrated in the Fiesta de la Cruz, the Festival of the Cross, also known as the “*Caracolá*” Lebrijana, one of the most important Flamenco festivals in Andalusia. Emblematic monuments in **Las Cabezas de San Juan** include the parish church of San Juan Bautista (18th century) and the shrine of San Roque (17th century). In June the town hosts the Festival de la Yerba-buena, a festival which has brought together Flamenco singers, dancers, guitarists and their followers every year since 1970.

ALCALÁ DEL RÍO

Town Hall

Pza. de España, 1
Tel.: 955 651 100

ALCOLEA DEL RÍO

Town Hall

Pza. de la Constitución, 1
Tel.: 955 644 386
www.alcoleadelrio.es

AZNALCÁZAR

Town Hall

Avda. Juan Carlos I, 29
Tel.: 955 750 006
www.aznalcazar.es

Guadiamar Visitor Centre

Ctra. A-474 – Antigua Ctra. Aznalcázar-Pilas,
km 0,2
Tel.: 954 497 043 / 675438 975
www.guadiamareduca.com

José Antonio Valverde Visitor Centre

Tel.: 671 564 145
en-donana-cvjavalvelde.cmaot@juntadeandalucia.es

BRENES

Town Hall

Pza. del Pirineo de Mayo, 1
Tel.: 954 796 000
www/aytobrenes.es

BURGUILLOS

Town Hall

Pza. de la Constitución Española, 1
Tel.: 955 738 125
www.burguillos.es

CANTILLANA

Town Hall

Pza. de Nuestro Padre Jesús, s/n
Tel.: 955 731 700
www.cantillana.es

CORIA DEL RÍO

Town Hall

C/ Cervantes, 69
Tel.: 954 770 050
www.ayto-coriadelerio.es

DOS HERMANAS

Town Hall

Pza. de la Constitución, 1
Tel.: 954 919 500 / 01 / 02
www.doshermanas.es

EL CUERVO

Town Hall

Pza. de la Constitución, 2
Tel.: 955 978 309
www.elcuervodesevilla.es

GELVES

Town Hall

C/ Primer Teniente Alcalde José Garrido, s/n
Tel.: 955 760 000
www.gelves.es

ISLA MAYOR

Town Hall

C/ Nuestra Señora del Carmen, 12
Tel.: 955 773 300
www.islamayor.es

LA ALGABA

Town Hall

Pza. de España, 1
Tel.: 955 787 912
www.laalgaba.es

LA PUEBLA DEL RÍO

Town Hall

Pza. Blanca Paloma, 2
Tel.: 955 770 550
www.lapuebladelrio.es

Dehesa de Abajo Visitor Centre

Ctra. Venta el Cruce-Vado de Don Simón, Km 4
Tel.: 954 186 500
info@dehesadeabajo.es

Cañada de los Pájaros Nature Reserve

Ctra. Puebla del Río-Isla Mayor, km 8
Tel.: 955 772 184
canadadelospajaros@canadadelospajaros.com
www.canadadelospajaros.com

LA RINCONADA

Town Hall

Pza. de España, 6
Tel.: 955 797 000
www.larinconada.es

LAS CABEZAS DE SAN JUAN

Town Hall

Pza. de la Constitución, 5
Tel.: 955 870 678
www.lascabezasdesanjuan.es

LEBRIJA

Town Hall

Pza. de España, 1
Tel.: 955 974 525
www.lebrija.es

LORA DEL RÍO

Town Hall

Pza. de España, s/n
Tel.: 955 802 025
www.loradelrio.es

LOS PALACIOS Y VILLAFRANCA

Town Hall

Pza. de Andalucía, 6
Tel.: 955 810 600
www.lospalacios.org

PEÑAFLOR

Town Hall

Pza. de España, 6
Tel.: 954 807 103
www.penaflor.es

PILAS

Town Hall

Pza. de Belén, 12
Tel.: 955 754 910
www.pilas.es

TOCINA

Town Hall

Pza. de España, 1
Tel.: 954 740 324
www.tocinalosrosales.es

VILLAMANRIQUE DE LA CONDESA

Town Hall

Pza. de España, 1
Tel.: 955 756 000
www.villamanriquedelacondesa.es

Dehesa Boyal Visitor Centre

Camino del Bujeo, s/n
Tel.: 902 525 100 / 665 972 613 / 665 972 577
cdehesaboyal@gmail.com



VILLANUEVA DEL RÍO Y MINAS

Town Hall

C/ Juan Gómez Torga, 12
Tel.: 954 747 209
www.villanuevadelrioyminas.es

VILLAVERDE DEL RÍO

Town Hall

Pza. de Andalucía, 3
Tel.: 955 736 512
www.villaverdedelrio.es

Church of Sta. M^a de la Oliva
(Salteras).



The Aljarafe district is marked by its close proximity to the city of Seville. Over the last ten years, many of its towns have experienced extensive urban expansion, often accompanied by a decline in the rural economy. The area, which has traditionally been famous for its dry farming activity and olive cultivation, produces highly acclaimed wines and table olives.

Sunflower fields.



Many of the towns are perched atop the Aljarafe ridge, a fine vantage point from which to contemplate the city of Seville. The ridge, with an average altitude of 200 metres above sea level, is broken by seasonal river beds where flash flooding in wet seasons has clearly cut deeply into the terrain. The principal rivers are the Majalbarque, the Ríopudio, the Montijos, the Ardachón and the Valdegallinas.



Cañada Real de Las Islas - Arroyo Riopudio

Location: The trail runs through the municipal areas of Olivares, Salteras, Espartinas, Bormujos, Bollulos de la Mitación, Mairena del Aljarafe, Palomares del Río and Almensilla.

Starting point: $37^{\circ} 25' 23.43''$; $6^{\circ} 07' 47.21''$

Finishing point: $37^{\circ} 17' 40.34''$; $6^{\circ} 04' 50.08''$

Length: 16.4 km

Terrain: The trail follows a compact dirt track through residential suburbs, always running parallel to the river.

Route: Point-to-point. The length of the trail, and the fact that it can be accessed from several different roads, makes it very flexible and adaptable to walkers' preferences. Interurban bus services make it easy to get back to the starting point.

Observations: In wet conditions some of the stretches may be muddy. At the time of writing, construction work was being carried out on the brook and the itinerary and instructions given here may be subject to alterations. It is planned to open pathways on both banks and to build rest areas and car parks at points of access from the principal roads. The trail involves crossing several busy roads, and road safety precautions must therefore be observed to minimise the risk of accidents. Take drinking water.

Level of difficulty: Low or medium, depending on whether the route is to be walked partially or in its entirety. There are no elevation differences.

The trail: The trail runs from Salteras to Palomares del Río, although it can be split up into shorter stretches. Its proximity to the different towns make it possible to walk just a short stretch, going down one bank of the river and, in some places, returning along the other. The route is very easy to follow. It always runs parallel to the Riopudio Brook, either along its left or its right bank, sometimes close to the water's edge and sometimes a little further away from it. The trail can be accessed from several roads: the A-8077 (Salteras-Olivares), the A-8076 (Gines-Espartinas), the A-49 service road (near Bormujos), the A-474 (Bormujos-Bollulos de la Mitación), the A-8054 (Almensilla – Mairena del Aljarafe) and the A-8058 (Coria del Río-Almensilla). It is therefore within easy reach of many different towns and can be adapted according to preference. Part of the trail coincides with the Cañada Real de Las Islas cattle track. Features of interest along the way include a Roman bridge, an azuda, or mill dam, and a conserved thicket of elm trees which, together with the holm oaks and wild olive

trees in the surrounding area, gives us some idea of the riverine forest that once flanked this watercourse.

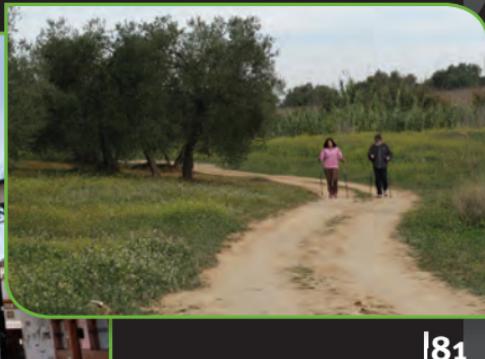


Mediterranean Turtle.



The towns: The trail runs through several municipal areas - Olivares, Salteras, Espartinas, Bormujos, Bollullos de la Mitación, Mairena del Aljarafe, Palomares del Río, Almensilla and Coria del Río, skirting the different towns without actually entering any of them. Each town has its own historic centre, with facades, squares, churches and urban layouts that retain the popular feel of yesteryear.

Church of La Encarnación (Bormujos).



Circular Villanueva del Ariscal

Location: Villanueva del Ariscal

Starting and finishing point: 37°23'58.1"; 6°08'52.5"

Length: 10 km

Terrain: Most of the trail runs along compact dirt tracks. The rest of it is divided between short stretches of paved roadway and the streets of Villanueva del Ariscal.

Route: Circular. The trail starts on the road leading out of Villanueva del Ariscal in the direction of Olivares and returns to Villanueva del Ariscal via the San Ginés road. Although it is yet to be signposted, the route is extremely straightforward and easy to follow.

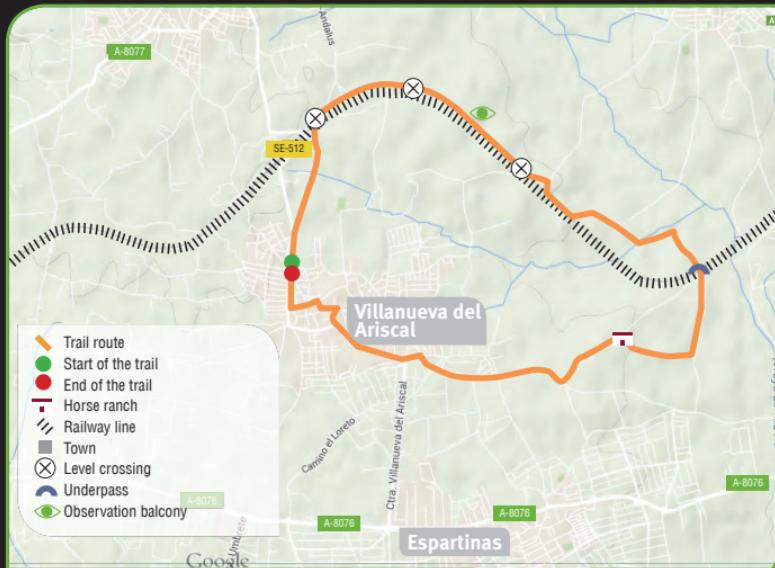
Observations: Take drinking water. Avoid the summer months and the hottest times of day, because there is little shade along the route. The trail crosses the Huelva railway line via a level crossing, so extreme precaution should be exercised. If it has rained recently, many parts of the trail may be muddy. There are numerous combinations of bus services between Villanueva del Ariscal, Seville and other nearby towns such as Olivares, Salteras and Espartinas.

Level of difficulty: Low, in terms both of the distance to be covered and the steepness of the terrain.

The trail: This trail offers a pleasant stroll through the vineyards and olive and orange groves of the Aljarafe. It starts at a roundabout with a cross, next to a water cistern, on the road leading out of Villanueva del Ariscal towards Olivares. About 200 m along the road, turn right onto a dirt track. This takes you down through some orange orchards and vineyards to a level crossing over the railway line. Cross the line and then walk along the left side of it, taking in the marvellous olive groves around you. As you follow the rail line round in a wide curve, the town of Salteras comes into sight, with the Rio-Pudio Brook at its feet. At a certain point the trail swings away from the railway line, taking you towards the bank of the River Pudio. In spring this is a good place to see Montagu's harriers, which breed in the adjacent cereal fields. You may also see kites or even a booted eagle. Turning right, follow the track back to the railway line. Cross the line again, via an underpass, and go into a grove of mature olive trees. Here, in the late afternoon, you may well hear the hooting of an owl or the singing of a hoopoe. At the first road you come to with traffic signs turn right. Cross a small field of apricots to horse ranch, and from there follow the track known as the Camino de San Ginés back to the town of Villanueva del Ariscal.

Iberian
Hare.





Olive groves along the trail.



Parish Church of Sta. M^a de las Nieves.



The town: Villanueva del Ariscal was originally a Roman villa and later a Moorish *alquería*, or farming settlement. Following the Christian reconquest of Seville, in 1253 it was assigned to the Order of Santiago, in the person of its Master, Pelay Correa. At the end of the 14th century it became the administrative and judicial centre for all the Order's towns and properties in the Aljarafe, and a new vicariate was created, under the aegis of the Priory of San Marco in Leon. In 1831 the town ceased to be one of the seats of the Order of Santiago, and came under ordinary civil and ecclesiastical jurisdiction. Monuments of interest include the parish church of Santa María de las Nieves (18th century) and the shrine of San Miguel, with its image of the Immaculate Conception (the town's patron).

Views of Salteras.



Corredor Verde del Guadiamar

Location: Sanlúcar La Mayor and Albaida del Aljarafe

Starting and finishing point: 37°23'49.6"; 6°13'33.9"

Length: 11 km

Terrain: Compact dirt track.

Shape: Circular, The trail starts at the car park and follows the left bank of the river for just 5 km before crossing it and returning to the point of departure along the other bank.

Observations: Take drinking water with you. Although the trail does provide some shade at some points along the riverside, it is advisable not to walk it in the summer months or at the hottest times of day. In the wet season, some stretches, especially at river fords, may be muddy. Loose horses may be encountered all along the trail, but they are completely harmless. The Las Doblas recreation area has a large car park ideal for picnics.

Level of difficulty: Low, in terms both of the distance to be covered and the elevation difference.

The trail: Setting out from the Las Doblas recreation area on the A-472 road, go through a gate and follow a compact dirt track with short paved stretches at the fording points. After passing a small pond on your left, you come out into open countryside. Advance, keeping the river always to your left. To your right you will see alternating olive groves and dehesa pastureland, with wild olives and mastic trees. When you reach a horse ranch, you will see an intersection with a path leading to Sanlúcar. From here, the trail draws closer to the river and takes you through an area of white poplars, tamarisks, reeds and bulrushes occasionally interrupted by a river beach. Shortly after reaching the path to Albaida del Aljarafe, you will pass an electricity pylon on your left and 10 metres further on, hidden among the acacias, there is a

track leading directly to the dam. Follow that track across the river and then return down the left hand bank. The countryside on the return journey is very similar to that on the outward journey, the only differences being the ranches located nearby along the Guadiamar and the striking sight of the enormous Solúcar solar-thermal cooling towers that dominate the landscape. Make your way back to the Las Doblas bridge and pass beneath it to return to the point of departure.

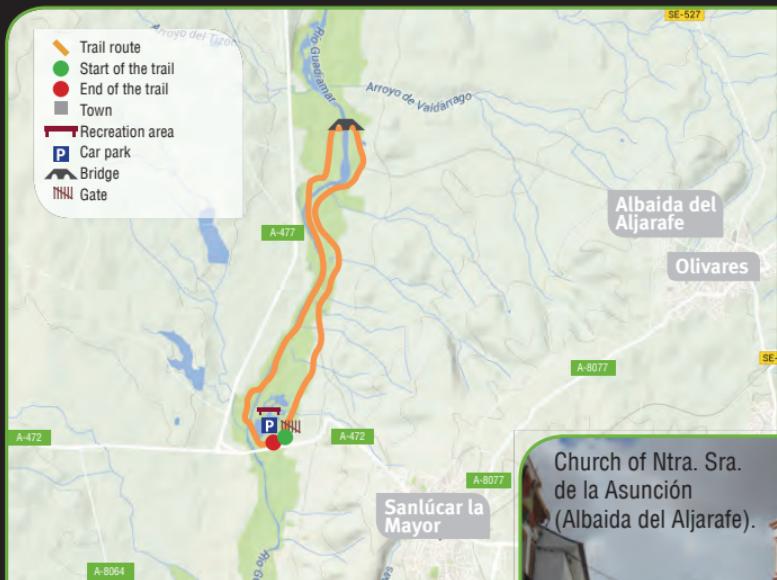


Church of San Eustaquio
(Sanlúcar la Mayor).



River Guadiamar.

- Trail route
- Start of the trail
- End of the trail
- Town
- Recreation area
- Car park
- Bridge
- Gate



The towns: In Moorish times **Sanlúcar la Mayor** was a bustling economic centre which supplied the Muslim city of Seville with agricultural produce. The town's most emblematic monuments are the churches of Santa María, San Pedro and San Eustaquio, the old walls of the San Pedro quarter and the convent of San José. **Albaida del Aljarafe** was such an important town in the Roman period that it even minted its own coins. Following the Christian Reconquest of Seville, it was included in the land allocated to the Infante Frederick of Castile. Later it belonged to the provincial cathedral chapter, and in the 17th century it became part of the estate of the Count-Duke of Olivares. Its most important monuments include the tower known as the Torre de Don Fadrique, the shrine of Vera-Cruz and the parish church of Nuestra Sra. de la Asunción, which houses images, paintings and priceless liturgical objects dating from the 17th, 18th and 19th centuries.

Church of Ntra. Sra. de la Asunción (Albaida del Aljarafe).



Las Doblas Recreation area.



ALBAIDA DEL ALJARAFE

Town Hall

Pza. de España, 1
Tel.: 954 110 017
www.albaidadelaljarafe.es

ALMENSILLA

Town Hall

Pza. de la Iglesia, 2
Tel.: 955 767 060 / 955 767 119
www.almensilla.es

BENACAZÓN

Town Hall

Pza. de Blas Infante, 1
Tel.: 955 709 999
www.benacazon.es

BOLLULLOS DE LA MITACIÓN

Town Hall

Pza. de Cuatrovitas, 1
Tel.: 955 765 000
www.bollulosdelamitacion.es

BORMUJOS

Town Hall

Pza. de Andalucía, s/n
Tel.: 955 724 571
www.bormujos.es

CAMAS

Town Hall

Pza. Nuestra Señora de los Dolores, s/n
Tel.: 954 755 126
www.camas.es

CARRIÓN DE LOS CÉSPEDES

Town Hall

Pza. de la Constitución, 4
Tel.: 955 074 630
www.carriondeloscspedes.es

CASTILLEJA DE GUZMÁN

Town Hall

Pza. de España, 1
Tel.: 955 721 730
www.castillejadeguzman.es

CASTILLEJA DE LA CUESTA

Town Hall

C/ Convento, 8
Tel.: 954 164 544
www.castillejadelaqueseta.es

CASTILLEJA DEL CAMPO

Town Hall

C/ Antonio Machado, 1
Tel.: 954 755 531
www.castillejadelcampo.es



Sacred Heart
(San Juan de Aznalfarache).



ESPARTINAS

Town Hall

Parque Ntra. Sra. Del Rocío, 1
Tel.: 955 714 860
www.espartinas.net

GINES

Town Hall

Pza. de España, 1
Tel.: 954 717 216
www.ayuntamientodegines.es

HUÉVAR DEL ALJARAFE

Town Hall

Avda. Alegría, s/n
Tel.: 954 757 075 / 954 756 610
www.huevardelaljarafe.es

MAIRENA DEL ALJARAFE

Town Hall

C/ Nueva, 21
Tel.: 955 768 960
www.mairenadelaljarafe.es

OLIVARES

Town Hall

Pza. de España, 3
Tel.: 954 110 005
www.olivares.es

PALOMARES DEL RÍO

Town Hall

Pza. de Andalucía, 1
Tel.: 955 763 012
www.palomaresdelrio.es

SALTERAS

Town Hall

C/ Pablo Iglesias, 2
Tel.: 955 707 388 / 381
www.salteras.es

SAN JUAN DE AZNALFARACHE

Town Hall

Pza. de la Mujer Trabajadora, s/n
Tel.: 954 179 220
www/ayto-sanjuan.es

SANLÚCAR LA MAYOR

Town Hall

Pza. Virgen de los Reyes, 1
Tel.: 955 100 600
www.sanlucarlamayor.es

SANTIPONCE

Town Hall

C/ Arroyo, s/n
Tel.: 955 999 930
www.santiponce.es

TOMARES

Town Hall

C/ De la Fuente, 10
Tel.: 954 159 120 / 210
www.tomares.es

UMBRETE

Town Hall

Pza. de la Constitución, 8
Tel.: 955 715 300
www.umbrete.es

VALENCINA DE LA CONCEPCIÓN

Town Hall

Pza. de Nuestra Señora de la Estrella, 1
Tel.: 955 721 720
www.valencinadelaconcepcion.es

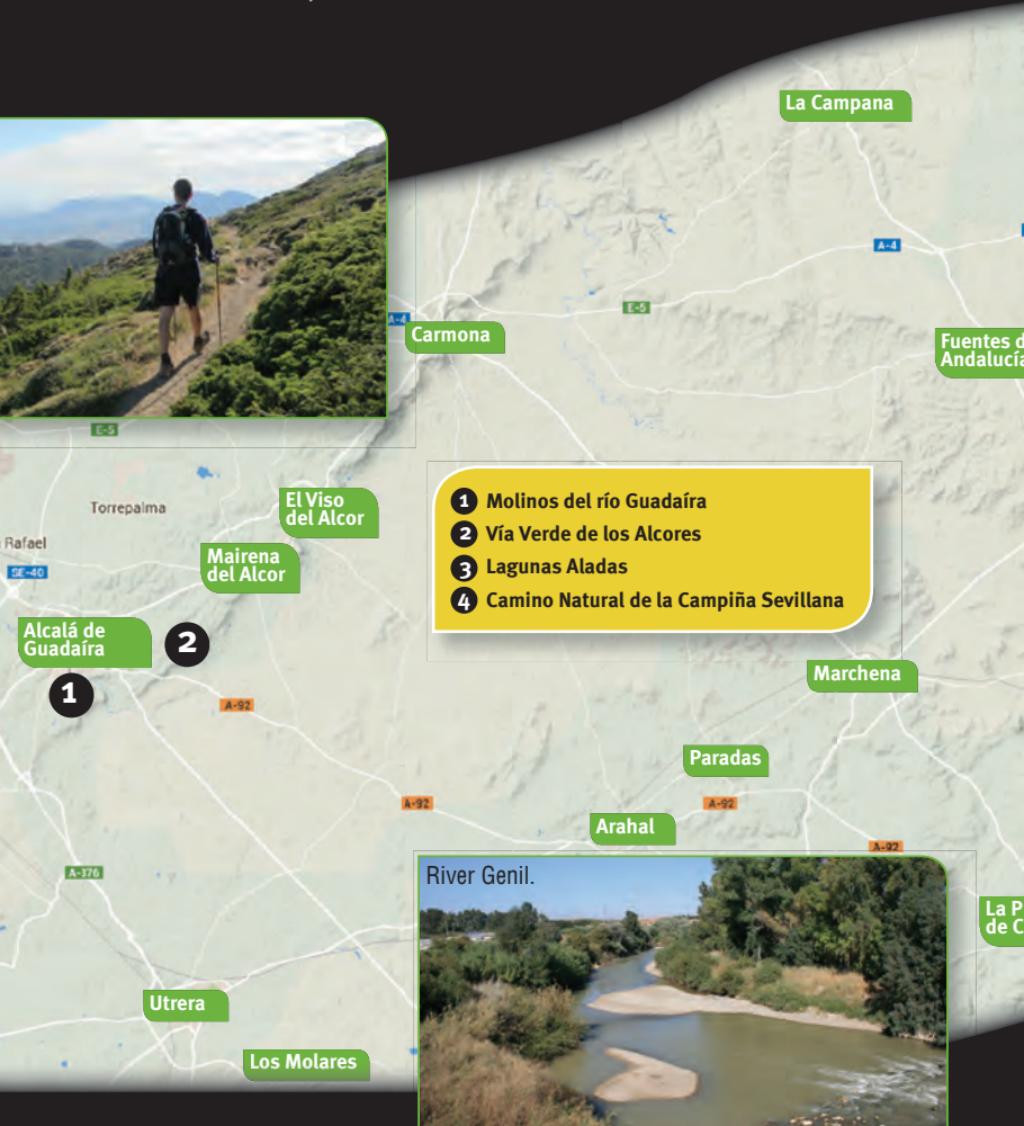
VILLANUEVA DEL ARISCAL

Town Hall

Pza. de España, 1
Tel.: 954 113 035
www.villanuevadelariscal.es

The name Aljarafe refers to la campiña, the fertile agricultural landscape in which these towns are located. This vast plain, covering around 5,000 km² in the foothills of the Sierra Sur, occupies the area lying between the Guadalquivir floodplain and the outskirts of the city of Seville.

It is mostly dedicated to dry farming activity, with fields of wheat and sunflowers alternating with fruit orchards and, of course, olive groves. The natural environment includes several lake systems, which attract a wide variety of water birds. The district has two principal relief features, Los Alcores and the foothills of the Sierra Sur. It also has several river basins, including those of the rivers Guadaíra, Corbones and Genil.



View from the Vía Verde de los Alcores.



It is rich in archaeological remains from all periods: there are prehistoric dolmens, Roman structures like thermal baths, necropolises and walls and also elements from the Moorish period, such as fortresses and watchtowers.

Cañada Rosal

La Luisiana

4

Écija

Lantejuela

Complejo Endorreico
de La Lantejuela

3

Typical Campiña landscape.



Isla Redonda

Marinaleda

Herrera

El Rubio

View of the Campiña after harvesting.



Campiña

Molinos del río Guadaíra

Location: Alcalá de Guadaíra

Starting point: 37°20'20.33"; 5°51'32.26"

Finishing point: 37°20'17.67"; 5°51'34.23"

Length: 8.45 km

Terrain: Compact dirt track. Signposted with signs and panels.

Route: A loop, starting and finishing at one end of the Puente del Dragón bridge. The trail can be shortened by crossing the different bridges from one bank to the other.

Observations: After heavy rain, it may not be possible to cross from one side of the river to the other at the place indicated in this guide. In this case, it will be necessary to go back and use one of the other elevated bridges located at earlier points along the trail.

Level of difficulty: Low, with no difficulties of any note. The trail is easy to walk and has no slopes. The abundance of shade and the constant proximity to water make it very suitable for hot days.

The trail: The trail starts at the bridge known as the Puente del Dragón. Two possible parking areas are available, one to the left and one to the right, at the end of the bridge on the bank opposite the castle. From there the trail takes you to 7 of the 9 riverside flour mills which once accounted for a large part of the local economy. The mills, recently restored, now form part of a picturesque landscape of acacias, mill dams, bridges and other unique water features. Starting at the Molino de Vadalejos mill on the left bank, just a few metres from the Molino del Realaje, the looping trail takes you upstream along the same bank, passes beneath the Puente del Dragón and then continues straight ahead along the track known as the Camino Bajo de la Retama. When you get to the Roman bridge, cross over to the other side and advance upstream along the other bank, re-entering the riverside area through a gate. To your left you have the Molino de San Francisco mill and just a little further ahead is another mill, the Molino del Algarrobo. Follow the trail past the sports facilities and then head back down towards the riverbank. Continue upstream along the track called the Camino de Las Aceñas until you reach the mill of the same name. There, cross the river via the mill dam (water level permitting) and continue along the opposite bank. Downstream, after a while, you will pass the Benarosa and San Juan mills on the right. You then once again pass the Molina del Algarrobo, this time on the opposite side of the river. Follow the trail along the bank until you come to the Molino de la Tapada mill. There, go up to the main road and retrace your steps to the point of departure.



Alcalá de Guadaíra



River Guadaíra.



The town: Apart from the historic town centre, with its municipal museum, other recommended historical sights to see in Alcalá de Guadaíra are the Castillo de Marchenilla (a medieval castle), the Copper Age burial site at Gandul, the circular mausoleum at Las Canteras, the subterranean gallery complex known as La Mina and the Caños de Carmona aqueduct. A walk through the

Pinares de Oromana pine groves on one of the slopes flanking the trail is recommended. It is also advisable to take time to read the information panels and discover the fascinating individual history of each mill along the way.



The Molino del Algarrobo and the trail.



Riverine woodland along the trail.

Castillo de Marchenilla.



3

2

1

Level of difficulty

Vía Verde de los Alcores

Location: Alcalá de Guadaíra and Mairena del Alcor

Starting and finishing point: 37°19'43.1"; 5°48'01.3"

Length: Circular route: 10 km. Extended route, taking in Mairena del Alcor: 17 km.

Terrain: Clay and compact dirt tracks, with a short stretch on roads and paved surfaces.

Shape: Circular. The trail starts and finishes on the old road to Gandul, Exit 15 on the A-92. The route may be extended to take in Mairena del Alcor. Although this stretch of the Vía Verde de los Alcores ecotourism route is not signposted as such, information about the archaeological and historic sites along the way is provided by interpretative panels.

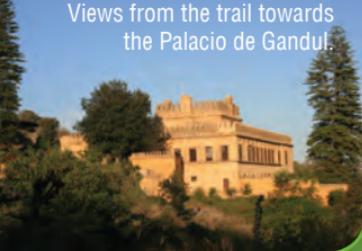
Observations: Take drinking water with you. Avoid walking this route in the summer months or at the hottest times of day, because it has few places with any shade. The starting area is frequently used by open air sports enthusiasts and is therefore very busy, especially at weekends. In wet conditions, the return stretch beneath the escarpment may be very muddy. The towns of Alcalá de Guadaíra and Mairena del Alcor are well communicated with Seville, and with each other, by numerous bus services.

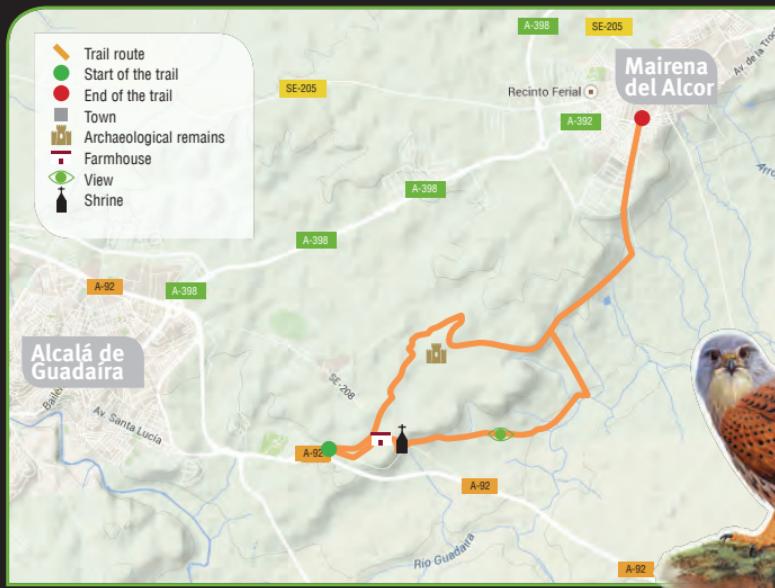
Level of difficulty: Circular route: low, in terms both of the distance to be covered and the elevation difference. Extended route taking in Mairena del Alcor: medium, due to the greater distance that has to be covered.

The trail: This attractive trail features a number of archaeological and historical sites set in a unique natural environment. It coincides with one stretch of the green corridor known as the Vía Verde de los Alcores, running along the route of the mythic ancient railway called the Tren de los Panaderos (the “Bakers’ Train”). Starting in the town of Carmona, it passes through El Viso del Alcor,

Mairena del Alcor and Gandul before ending in Alcalá de Guadaíra. The trail begins on the track leading off to the right immediately after crossing the A-92 at Exit 15. First you come to the ruins of a station and a women’s prison, and shortly afterwards you come out into open countryside. Of the numerous tracks ahead of you, follow the left hand one, adjacent to the perimeter fence of the military area, until you come to the first Bronze Age dolmens. A little further down you come to the Roman circular mausoleum. Walk round it to re-join the Vía Verde de los Alcores on the other side. From this point on, the Vía Verde becomes a narrow path, almost a rut in the ground flanked by prickly pears and the occasional cork oak tree. When you reach a small, ruined farmhouse, you have two options. If you want to continue as far as Mairena del Alcor, stay on the Vía Verde and walk straight ahead until you get to “El Chorrillo”, a track leading off to the left. This will take you to Mairena del Alcor, just over 3 km away. Alternatively, if you choose to stick to the circular route, go down to the right through the old olive trees and take the track that starts out alongside the River Salado.

Views from the trail towards the Palacio de Gandul





The track brings you out on the old Gandul road. You enter Gandul up a path to the right, from where you can see the palace and the whitewashed shrine of San Juan Evangelista. Leaving this path, you will find yourself once again on the old road, which takes you back to our point of departure.

The towns: The town of Alcalá was founded in 1280, when Alfonso X granted the settlement its municipal charter. Its most representative monuments include the shrine of San Roque, the convent of Santa Clara and the sanctuary of Nuestra Señora del Águila, the town's patron. Sites to visit in **Mairena del Alcor** include the parish church of Ntra. Sra. de la Asunción, the church of María Inmaculada and the chapel of Cristo de la Cárcel. There are also a number of tourist routes which pass through the town, such El Compás, dedicated to Flamenco music, and the Great Figures route.

Roman circular mausoleum.



Route.



Lagunas Aladas

Location: Lantejuela

Starting and finishing point: 37°22'03.1"N 5°11'30.4"W

Length: 7.5 km

Terrain: The entire route comprises compact dirt tracks.

Route: Circular. The trail starts and finishes next to the Ballestera lagoon on the Lantejuela-El Rubio road. The trail has some interpretative signs.

Observations: Take drinking water and avoid the summer months and the hottest times of day, because there is no shade whatsoever along the route. In wet conditions part of the trail may well be very muddy. It is advisable to take binoculars and/or telescopes to see the birds in the lagoons.

Level of difficulty: Low, in terms both of the distance to be covered and the elevation difference.

The trail: Apart from offering a pleasant stroll through open countryside, this trail will undoubtedly appeal to ornithologists. Some 3 km after setting out from the village of Lantejuela in the direction of El Rubio, turn right onto a dirt track signposted as a cattle track. Parking facilities are available nearby in a farmhouse at the edge of the Verde Sal lagoon. Follow the track through the olive groves down a small hill and go through a small thicket of tamarisks, coming out alongside the Ballestera lagoon. The lagoon is surrounded by canes, bulrushes and tamarisks and on the water you can see a wide variety of duck species, including mallard ducks, marbled ducks and wigeons. On the banks there may well also be small groups of flamingos feeding, together with many different types of waders, such as redshanks, sandpipers and black-tailed godwits. Leave the water's edge along a path to your right, perpendicular to the lagoon shore. Signposted as the SL-A 158, it leads to the Pedro López lagoon. About 2 km down this track you come to a farmhouse. Turn right once again and climb a small hill with some cypress trees. The hilltop is a kind of observation balcony from where you can see the Pedro López lagoon to the left. There is also an interpretative panel providing information about the origins and history of the Lantejuela-Écija-Osuna lagoon system. Going down the hill to an intersection, take the track to the right and then, after 300 m, turn left and then right again onto a track running parallel to a small irrigation channel. This track leads directly to the Verde Sal lagoon, a shallower, often dried up lagoon where it is easy to spot steppe birds like stone curlews and lesser short-toed larks. Skirt the lagoon through a grove of young olive trees to return to the cattle track where you parked.

Flamingo.





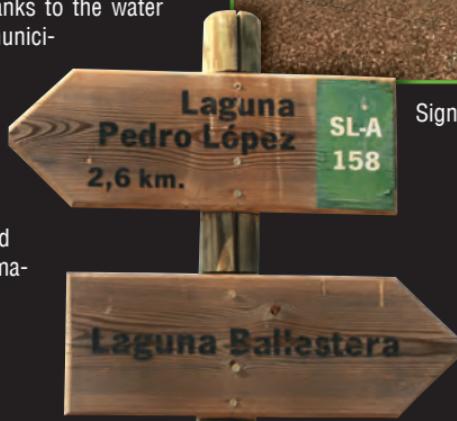
The town: Lantejuela formed part of the Count of Ureña's estate during the reign of Philip II. It was governed as part of the Duchy of Osuna, but in the 19th century, during the reign of Ferdinand VII, it became independent and was officially recognised as a separate village. It was granted its own municipal charter sometime between 1830 and 1841. The feast of its patron, Our Lady of the Rosary, is celebrated at the beginning of October. Near the town, along the track known as La Vereda de la Huerta, there is another lagoon. Its water level is constant thanks to the water pumped in by the municipal water treatment plant, a facility equipped with an observatory, an educational workshop and an environmental and ornithological information point.



View of Lantejuela.



Signs along the trail.



Camino Natural de la Campiña Sevillana

Location: Villanueva del Rey and Écija

Starting point: $37^{\circ} 31' 26.0''$; $5^{\circ} 09' 28.9''$

Finishing point: $37^{\circ} 33' 42.4''$; $5^{\circ} 04' 18.5''$

Length: 10.3 km

Terrain: Almost half of the trail runs along dirt tracks. The other half is paved.

Route: Point-to-point. The trail starts next to the Villanueva del Rey exit on the A-4 road, crosses the main road to Palma del Río via a pedestrian overpass and ends in a small rest area. Points of interest along the way and intersections are well signposted. The stretches of the trail coinciding with the cross-town link road are not signposted.

Observations: Take drinking water with you. Avoid walking the trail in the summer months and at the hottest times of day. Special care should be taken on the last stretch of the cross-town link road, because in some places there is no hard shoulder.

Level of difficulty: Low, in terms both of the distance to be covered and the elevation difference.

The trail: This trail forms part of the ecotourism route called the Camino Natural de la Campiña Sevillana. It follows part of the old railway line between Córdoba and Marchena, taking in the Sevillian towns of Fuentes de Andalucía, La Luisiana and Marchena itself. The trail starts next to a restaurant on the road leading into Villanueva del Rey. It is accessed from Exit 461 on the A-4 road. There is a panel with information about the Camino Natural de la Campiña Sevillana, and you can see the straight track along which the trail sets out, flanked by casuarinas and the odd eucalyptus tree. Follow the trail round to the right, passing several intersecting tracks, and go through the crop fields and farming estates until you come to the point where the track converges with the road. From here, walk parallel to the road, although separated from it by wooden fencing, as far as a small roundabout with signs indicating the beginning of the cross town link road. Go straight ahead through all the intersections, crossing Écija along the thoroughfare known as the Avenida del Ferrocarril (the name, "Railway Avenue" refers to its origin), to the bridge over the River Genil. Here there is a fork in the road. To the right there is a stone bridge, and to the left an iron bridge along which the railway line once ran. Take the right hand track. About 50 m further on you come to a pedestrian overpass crossing the A-453 road to Palma del Río. Go across it into a wooded area with plenty of shade. There the trail ends. Either before or after walking this trail, we recommend visiting the town of Écija, with its rich historic and cultural heritage.



The town: Ecija reached the peak of its splendour during the Roman period. The settlement called "Colonia Augusta Firma Astigi" was founded in about 14 B.C. It was a completely new city, with paved roads, water distribution and sewer systems, a forum, temples, public baths and an amphitheatre. In Moorish times, during both the emirate and the caliphate, Ecija was a provincial capital. The Moors introduced irrigation farming, including cotton cultivation. The 18th century is considered Ecija's "Golden Age", due to the number of elegant houses and churches that were built there in that period. The town's historic centre conserves one of the finest legacies of Baroque art and architecture to be found anywhere in Andalusia and, arguably, in the whole of Spain. Its palaces, palace-houses, churches (with the towers that have made the town famous), convents, and public buildings, together with their rich furniture and extensive documentary archives, constitute a truly outstanding heritage.



Start of trail.



Ecija: Historic town centre.

ALCALÁ DE GUADAÍRA

Town Hall

Pza. del Duque, 1
Tel.: 955 796 000
www.ciudadalcalda.org

ARAHAL

Town Hall

Pza. de la Corredora, 1
Tel.: 955 841 033
www.arahal.es

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C/ Serrano, 6
Tfno.: 955 841 417
turismoarahal@yahoo.es
Horarios: De L a V: de 9.00 a 14.00 h. S y D: de 11.00 a 14.00 h.

CAÑADA ROSAL

Town Hall

C/ Cristóbal Colón, 3
Tel.: 954 839 002
www.canada-rosal.org

CARMONA

Town Hall

C/ El Salvador, 2
Tel.: 954 140 011
www.carmona.org

ÉCIJA

Town Hall

Pza. de España, 1
Tel.: 955 900 000
www.ecija.es

EL RUBIO

Town Hall

C/ Beata, 11
Tel.: 955 828 127
www.elrubio.es

EL VISO DEL ALCOR

Town Hall

Pza. Sacristán Guerrero, 7
Tel.: 955 740 427
www.elvisodelalc当地组织

FUENTES DE ANDALUCÍA

Town Hall

C/ General Armero, 51
Tel.: 954 836 818
www.fuentesdeandalucia.org

LA CAMPANA

Town Hall

Avda. de Fuentes de Andalucía, s/n
Tel.: 954 199 365
www.lacampana.es

LA LUISIANA

Town Hall

Pza. Pablo de Olavide, 12
Tel.: 955 074 630
www.laluisiana.org

LA PUEBLA DE CAZALLA

Town Hall

Pza. del Cabildo, s/n
Tel.: 954 847 023
www.pueblacazalla.org

LANTEJUELA

Town Hall

C/ Modesto Mallén López, 9
Tel.: 954 828 111
www.lantejuela.org

LOS MOLARES

Town Hall

Pza. de Monseñor D. Miguel Oliver Román, 1
Tel.: 955 833 701
www.losmorares.es

MAIRENA DEL ALCOR

Town Hall

Pza. de Antonio Mairena, 1
Tel.: 955 748 830
www.mairenadelalcor.org

MARCHENA

Town Hall

Pza. del Ayuntamiento, 1
Tel.: 955 321 010
www.marchena.es

OSUNA

Town Hall

Pza. Mayor, s/n
Tel.: 954 815 851
www.osuna.es

PARADAS

Town Hall

C/ Larga, 2
Tel.: 955 844 910 / 955 844 936
www.paradas.es

UTRERA

Town Hall

Pza. de Gibaxa, 1
Tel.: 954 860 050
www.utrera.org



**Palacio de la Almenara Alta
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