



- Río: river
- Arroyo: stream
- Sierra: mountains
- Cueva: cave
- Cabo: cape
- Playa: beach
- Ensenada: cove
- Cala: cove
- Punta: point
- Isla: island
- Cuartel: barracks
- Torre: tower

**1** **One way: 1,3 km** X: 248.260  
30 min Y: 3.998.384

**Ensenada de Bolonia, Tarifa.**  
**Type of route:** Linear (one way).  
**Difficulty:** Low.  
**Starting Point:** There are two choices:  
 -The track at *Laja de Ranchiles*, just past the archaeological site of *Baelo Claudia*. *Bolonia*.  
 -*Atlanterra* near *Faro Camarinal* (Camarinal Lighthouse).



The main attraction of this route is the ancient *Torre del Cabo de Gracia*, a tower built in the 16th century at the request of King Felipe II which today has been converted into a lighthouse: *El Faro de Camarinal*, which gives the walk its name. From here, if we look to our right, we can see *Atlanterra* Beach, also known as "*la Playa de los Alemanes*", with the *Cabo de Plata* on the other side of the cove. If we look towards the left we can see the impressive *Cala del Cañuelo*, a cove which nestles between a blanket of pine trees and *Punta de Camarinal*. Looking towards the sea, the outline of the African continent is visible on the other side of the Straits... and in front of *Cabo de Gracia*, the waters of the Atlantic.

**3** **One way: 3,3 km** X: 265.838  
1 h 45 min Y: 3.988.656

**El Chaparral, Tarifa.**  
**Type of route:** Linear (one way).  
**Difficulty:** Low.  
**Starting Point:** Just outside El Lentiscal, in Bolonia.  
**Finishing Point:** The rural community of Paloma Baja.



The *Colada de la Reginosa* path initially follows the *vía pecuaria* (an ancestral track used to herd livestock) from which it takes its name, before continuing through scenic pine forests which are dotted with cade and phoenician junipers of considerable botanical interest.

In the final stretch, the path leads us to the stone ruins of a Roman aqueduct before terminating in the rural community of *Paloma Baja*.

**2** **One way: 1,1 km** X: 250.469  
40 min Y: 3.997.514

**Ensenada de Bolonia, Tarifa.**  
**Type of route:** Linear (one way).  
**Difficulty:** Low.  
**Starting Point:** Playa de Bolonia, km 71.  
**Finishing Point:** The sand dunes of Bolonia.



Starting from *Bolonia* Beach, we follow a wooden walkway from which the great Sand Dune of *Bolonia* is clearly visible, before passing by the archaeological site of *Baelo Claudia*.

To the left the path skirts round the lagoons which are a common sight on the beaches of *Tarifa*, and which are home to important birdlife including turnstones, dunlins, common redshanks and gulls.

The path continues into the pine forest which practically reaches the foot of the Dune of *Bolonia*, before returning to the beach again where the route finishes. From here the views of the Dune are impressive...

**4** **One way: 9,7 km** X: 254.081  
4 h Y: 3.998.920

**Puerto de Bolonia-Pulido.**  
**Type of route:** (Practically) circular.  
**Difficulty:** Medium.  
**Starting Point:** Puerto de Bolonia, on the CA8202 road which joins the CN-340 road to the village at Km 71.  
**Finishing Point:** Village of El Pulido.



The route initially follows a *vía pecuaria* (ancestral track used to herd livestock) and the pastures of the highlands of the *Sierra de la Plata* and *Sierra de la Higuera* which are full of cattle and country buildings of ethnographic interest.

The second stretch begins at the foot of *la Laja de La Zarga* (also known as *Las Algas*), passing through woods of wild olive trees and holm oaks and where there is also a vantage point from which you can observe an important colony of Griffon vultures.

The third stretch passes through the wild olive groves of the middle plains of the *Sierra de La Plata* where you can see abundant and varied undergrowth.

At present the path is being improved. If you are planning to go on this walk, contact the National Park's Information Point prior to departure to find out the latest information on its state. Tel: 697955540.

**6** **One way: 900 m** X: 248.260  
30 min Y: 3.998.384

**La Peña.**  
**Type of route:** Linear.  
**Difficulty:** Low.  
**Starting and finishing points:** Information point of the *Parque Natural del Estrecho*, N-340 road (Km 77.5).



After a gentle climb amongst pine trees, we arrive at the *Mirador de la Peña*, a vantage point which offers magnificent views of: *Punta Paloma*, the Cove of *Valdevaqueros*, *Los Lances*, and, on clear days, even the Atlas mountains on the African continent. On this rocky headland you will find the *Torre de la Peña*, the oldest watchtower in the area, which is probably Islamic in origin (13th Century) and served to control the land access to *Tarifa* from the west - a reminder of the history of the region.

**5** **One way: 5,7 km** X: 257.260  
3 h Y: 3.995.839

**Los Algarbes, Tarifa.**  
**Type of route:** practically circular (divided into 2 sections).  
**Difficulty:** Medium.  
**Starting Point:** *Necrópolis de los Algarbes*, on the A-2325 road which joins the CN-340 road at kilometre 74.  
**Finishing Point:** The CA-2216 road which leads back to the starting point.



The walk begins at the *Necrópolis de los Algarbes*, one of the most important archaeological sites in the Province of *Cádiz*, climbing to the small rural community of *Betijuelo*, where you can find the second car park and where the second stretch of the route begins.

Walking by the village houses of *Betijuelo*, the path climbs to its highest point, where there is a trig point, offering spectacular panoramic views.

The route then begins to descend downstream along the *Arroyo Puerco*, terminating a few metres further on, just after the *Casa Forestal* (lodge).

You can return to the car park at *Los Algarbes*, either by taking the A-2325 road or by strolling along the beach of *Valdevaqueros*.



**8** One way: 8,2 km  
3 h X: 251.741  
Y: 3.996.509

**Colada de la Costa**

**Tarifa-Algeciras shoreline, Tarifa (Cádiz).**  
**Type of route:** Linear.  
**Difficulty:** Low.  
**Starting point:** Tarifa, near the castle of Sancho IV (Guzmán El Bueno) by the port.  
**Finishing point:** Guadalmesí watchtower.



The path follows a *vía pecuaria* (an ancestral track used to herd livestock) which runs along the coast and crosses the cliffs opposite the Tarifa coast towards Algeciras. The main attraction of this 8 km route lies in the spectacular views of the African coastline, the cliffs and the abrasion platforms in the intertidal zones.

Along the route, you will find several bunkers and installations belonging to the civil guard as well as other constructions used for observation or defence purposes, which adds a certain degree of intrigue to the itinerary.

The route terminates at the old Guadalmesí watchtower where there is also an observatory of the same name from where you can contemplate birds crossing the Straits to the neighbouring continent.

**9** One way: 5 km  
2 h X: 274.430  
Y: 3.995.757

**Cerro del Tambor**

**Type of route:** Linear.  
**Difficulty:** Low.  
**Starting and finishing point:** Car park at the Huerta Grande Visitors' centre on the N IV road (km 96).



The path is lined by cork trees and wild olive trees, and along practically the whole route you can enjoy the magnificent views of the coast and the African continent. On the last stretch, in the Cerro del Tambor, we find the eolic park where you will be entranced by the sound of the blades of the windmills as they turn.

The route terminates at the remains of an old bunker which now serves as a vantage point offering views of the majestic Mount Yebel Musa and Perejil Island in Africa.

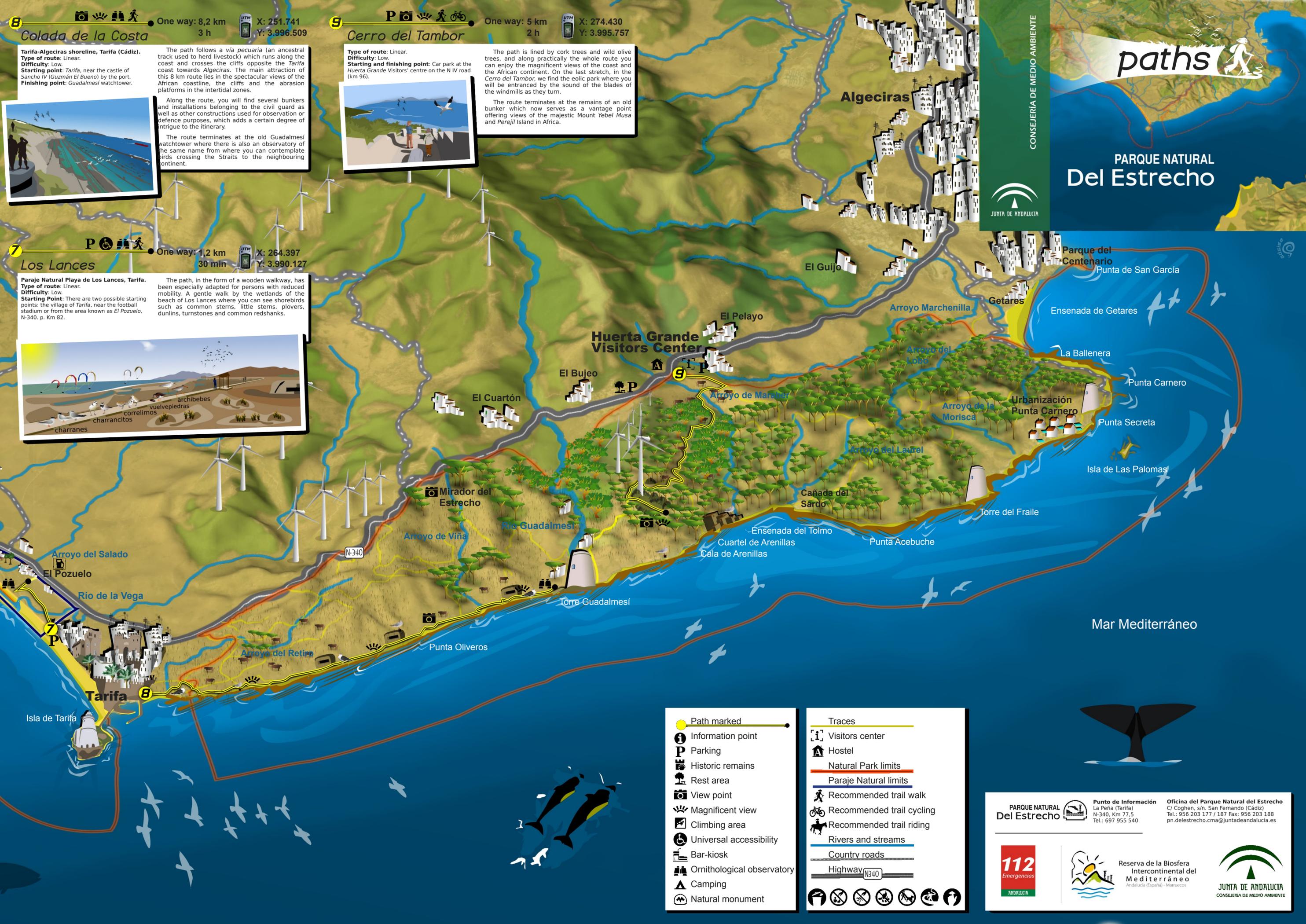
**7** One way: 1,2 km  
30 min X: 264.397  
Y: 3.990.127

**Los Lances**

**Paraje Natural Playa de Los Lances, Tarifa.**  
**Type of route:** Linear.  
**Difficulty:** Low.  
**Starting Point:** There are two possible starting points: the village of Tarifa, near the football stadium or from the area known as El Pozuelo, N-340, p. Km 82.



The path, in the form of a wooden walkway, has been especially adapted for persons with reduced mobility. A gentle walk by the wetlands of the beach of Los Lances where you can see shorebirds such as common terns, little terns, plovers, dunlins, turnstones and common redshanks.



CONSEJERÍA DE MEDIO AMBIENTE

**paths**

PARQUE NATURAL Del Estrecho

JUNTA DE ANDALUCÍA

Path marked	Traces
Information point	Visitors center
Parking	Hostel
Historic remains	Natural Park limits
Rest area	Paraje Natural limits
View point	Recommended trail walk
Magnificent view	Recommended trail cycling
Climbing area	Recommended trail riding
Universal accessibility	Rivers and streams
Bar-kiosk	Country roads
Ornithological observatory	Highway
Camping	No dogs
Natural monument	No smoking

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PARQUE NATURAL Del Estrecho Punto de Información La Peña (Tarifa) N-340, Km 77,5 Tel.: 697 955 540

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Reserva de la Biosfera Intercontinental del Mediterráneo Andalucía (España) - Marruecos

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