




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


Faro Camarinal

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.

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

Duna de Bolonia

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 practical 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...

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

Colada de La Reginosa


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*.

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

Puerto de Bolonia-Pulido

Puerto de Bolonia, Tarifa.
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.

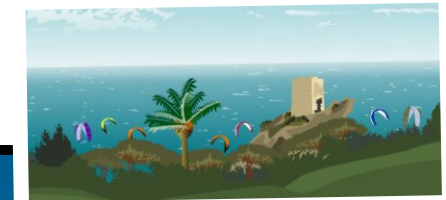
The second stretch begins at the foot of la *Laja de La Zarga* (also known as *Las Algas*), passing through woods of wild olive trees and holm oaks and where there is also a vantage point from which you can observe an important colony of Griffon vultures.

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


La Peña

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

Los Algarbes-Betijuelo

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 with the village of *Punta Paloma* (*Paloma Baja*) at kilometre 74.
Finishing Point: The CA-2216 road which leads back to the starting point.


The walk begins at la *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 **Colada de la Costa**
One way: 8,2 km
3 h
UTM X: 251.741
Y: 3.996.509

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: Guadalmeší 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 Guadalmeší watchtower where there is also an observatory of the same name from where you can contemplate birds crossing the Straits to the neighbouring continent.



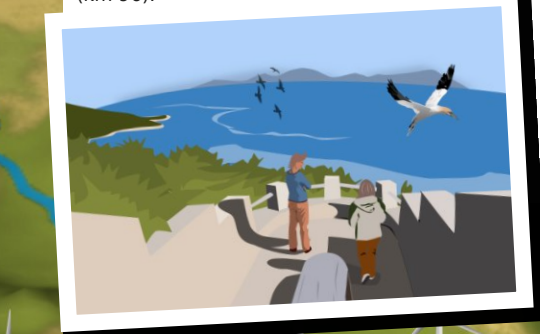
7 **Los Lances**
One way: 1,2 km
30 min
UTM X: 264.397
Y: 3.990.127

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.



9 **Cerro del Tambor**
One way: 5 km
2 h
UTM X: 274.430
Y: 3.995.757

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.



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| <ul style="list-style-type: none"> Path marked Information point Parking Historic remains Rest area View point Magnificent view Climbing area Universal accessibility Bar-kiosk Ornithological observatory Camping Natural monument | <ul style="list-style-type: none"> Traces Visitors center Hostel Natural Park limits Paraje Natural limits Recommended trail walk Recommended trail cycling Recommended trail riding Rivers and streams Country roads Highway |
|---|---|

CONSEJERÍA DE MEDIO AMBIENTE

paths

PARQUE NATURAL
Del Estrecho

JUNTA DE ANDALUCÍA

Parque del Centenario
Punta de San García
Ensenada de Getares
La Ballenera
Punta Carnero
Punta Secreta
Isla de Las Palomas
Torre del Fraile
Punta Acebuche
Ensenada del Tolmo
Cala de Arenillas
Cuartel de Arenillas
Cañada del Sardo
Arroyo del Laurel
Arroyo de la Morisca
Arroyo de Lobo
Arroyo Marchenilla
El Pelayo
El Bujeo
El Cuartón
Mirador del Estrecho
Arroyo de Viña
Río Guadalmeší
Torre Guadalmeší
Punta Oliveros
Arroyo del Retiro
Río de la Vega
El Pozuelo
Arroyo del Salado
Isla de Tarifa

Mar Mediterráneo

PARQUE NATURAL
Del Estrecho

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

Oficina del Parque Natural del Estrecho
C/ Coghén, s/n. San Fernando (Cádiz)
Tel.: 956 203 177 / 187 Fax: 956 203 188
pn.delestrecho.cma@juntadeandalucia.es

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