



# PROVINCE OF CÓRDOBA ECO AND ADVENTURE TOURISM PRODUCT GUIDE

English



**PROVINCE OF CÓRDOBA**

**ECO AND ADVENTURE TOURISM**

**PRODUCT GUIDE**

## PRESENTATION

In today's society, leading a healthy life and turning our backs on the sedentary lifestyles that had become prevalent is something of a common occurrence. We have become conscious about our health and seek to remedy this. Sports, being in contact with nature and having a balanced diet seem to be the keys to improving our well-being. Thus, it is precisely for this reason that we should take advantage of this new trend to showcase the natural riches and adventure leisure possibilities our province has to offer as an ideal setting to practice numerous sports disciplines that have the open air as their main trait.

Our province boasts enormous natural heritage, and it is well worth visiting the Natural Parks in the Subbética Sierras mountain range, as well as the one in Hornachuelos and in Cardeña Montoro, in addition to the Lagunas del Sur de Córdoba nature reserve, the Fuente Agria, La Zarza, La Sierrezuela, Los Cabezos and Los Villares periurban parks; and



let us not forget the natural sceneries of the Cordobilla and Malpasillo reservoirs. Furthermore, we must not neglect to mention our wonderful Rail Trails, known as Vías Verdes in Spanish (Campiña, Aceite, Maquinilla, Minería, Fuente Obejuna and Peñaroya-Pueblo Nuevo), which make their way along ancient cattle tracks, navigation channels or rail tracks

that have been recovered to allow for a different way of admiring the province.

In Córdoba we also have the beaches of the Interior: La Breña in Almodóvar, La Colada in Pozoblanco and Valdearenas in Iznájar. Enjoying these wonderful natural spaces from a sporting viewpoint is possible thanks to our province having seen the birth of a number of companies that foster active, nature-driven tourism, all whilst in keeping with the premise of sustainability and respect towards the environment. Travelling around these enclaves by hiking or cycling, venturing into the earth itself by going on a caving excursion or becoming one with the river Guadalquivir's Stream flow by canoeing, for instance, are now options available to those thinking about visiting us.

Supplementing our cultural tourism offering - which is so important and well known – by providing something extra represents added value we must make the most of. The best thing about this guide is that it will not only allow for tourists from other provinces or countries to discover Córdoba's nature, but it will also help the locals plan for planning different leisure activities in their own homeland. We plan to continue working towards, fostering and promoting nature and adventure leisure tourism through as many initiatives and projects that might be within our grasp. I hope this guide will serve the purpose of showcasing all of this natural potential.

**Carmen María Gómez Navajas**

*Delegate for Tourism*

*Vice-president of the Córdoba Tourist Board*

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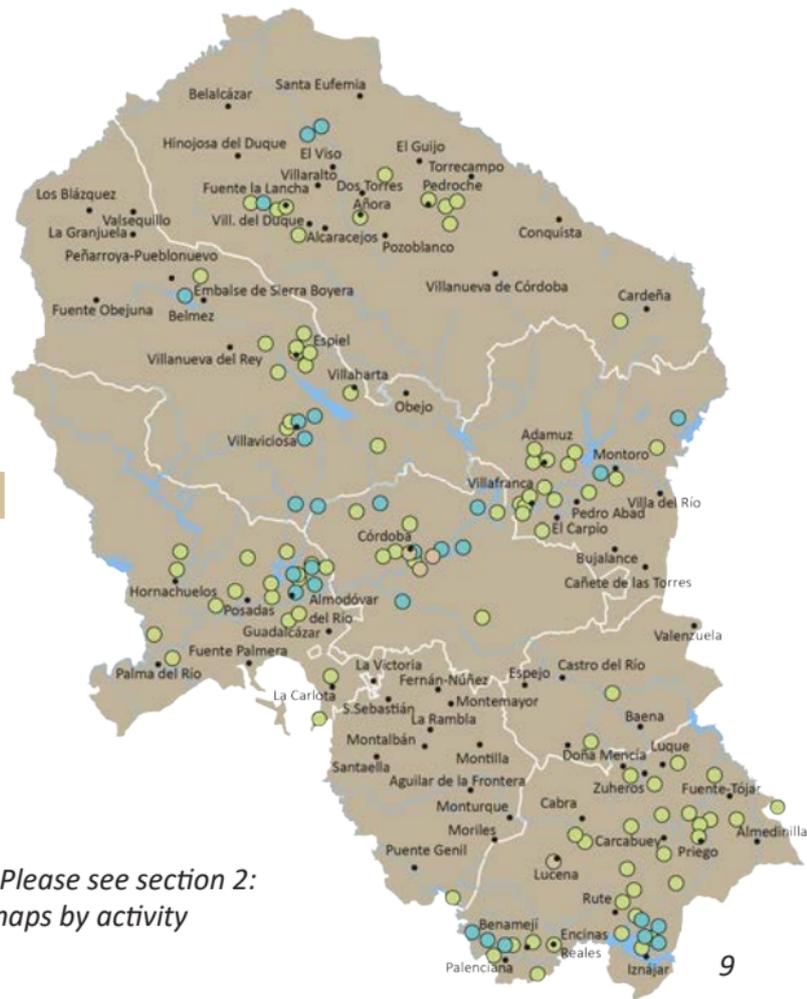
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*Salvage Raid in the Iznájar Reservoir*



# 1. PRESENTATION. ECO AND ADVENTURE TOURISM

Pursuant to Decree 20/2002 of the 29<sup>th</sup> of January issued by the Andalusian Government on Rural and Adventure Tourism and its subsequent modifications governing these kinds of activities, Adventure Tourism might be defined as:

*“Sporting activities carried out essentially by making use of the resources offered by nature in the environment where they are carried out, and that have an inherent risk factor or a certain degree of physical exertion or dexterity”*

As well as in rural areas, adventure tourism may be carried out in spaces adapted for carrying out the activities that comprise it.

*Nevertheless, there exists another definition that is more in line with the content of this guide, consolidated by means of the Tourism Sector Conference Agreement (Madrid, 2015):*

*“Adventure tourism companies are considered to be those that provide - habitually and professionally and in exchange for payment - leisure, sports and adventure tourism activities that make use of the resources offered by the very nature present in the environment they are carried out in, be this aerial, surface-terrestrial, subterranean or aquatic, and that are subject to an inherent risk factor or a certain degree of dexterity or physical exertion. For practising these activities, they will have approved equipment and material available, and exceptionally they may use resources other than those provided by nature”.*

## **ADVENTURE TOURISM VS ECOTOURISM**

The IUCN (International Union for Conservation of Nature) defines Ecotourism as “a form of tourism that is environmentally responsible and consists of travelling to or visiting relatively unspoilt natural areas in order to enjoy and appreciate the natural elements (landscape and wild flora and fauna) present in them, as well as any cultural features (both past and present) they might also offer, and furthermore, it is one that promotes conservation, has a low negative visitor impact, and provides for active socio-economically beneficial involvement by the local population”. (Hector Ceballos-Lascurain, Tourism, Ecotourism and Protected Areas, IUCN, 1996).

Therefore, rather than clashing, it is clear that both these concepts of tourism supplement each other. If there exists one characteristic that differentiates them is their chief motivation, which in the case of ecotourism is the contemplation,

enjoyment and/or knowledge of nature, whereas adventure tourism is about practising a sporting activity that requires a certain degree of dexterity; nevertheless, enjoying nature and respecting the balance of the environment is a common element to both of them.

Eco and adventure tourists seek experiences that will allow them to get to know and enjoy the best that nature has to offer with the objective of experiencing, interpreting, enjoying and exploring it whilst remaining conscious of and contributing towards its conservation in a practical manner, without harming the environment and causing a positive impact on the local population.

The province of Córdoba - which is in northern Andalusia and bordering Extremadura - is rich in natural spaces and boasts an ample representation of ecosystems, environments and



landscapes, among which may be found a nature reserve and three natural parks.

In addition to numerous trails and itineraries, among other things, nature tourists might enjoy pastures, lakes, Mediterranean woodlands and unique geological formations.

Córdoba's natural heritage represents one of the most important assets inherited from our ancestors, boasting one of the most varied and rich natural surroundings in the Iberian Peninsula.

It is an eco- or adventure tourist's duty to travel responsibly, causing low environmental impact and respecting natural and social environments, as well as engaging tourist services that are offered by trained entrepreneurs who are differentiated on account of their commitment towards sustainable tourism.



## 1.1. RAIL TRAILS AND ACCESSIBILITY

The Rail Trails Programme recuperates old, unused railway tracks and turns them into meeting points for walkers, cyclists and nature enthusiasts alike. There are currently more than twenty in Andalusia, and together they add up to 444 km. What was once a train track is now an area for hiking or bicycle tourism. The accessibility of Rail Trails is highly sought-after feature by hikers with reduced mobility or those with hearing or sensory impairments.

There are five itineraries classified as Rail Trails in Córdoba, and they present varying levels of accessibility. They are places for non-motorised traffic that foster sustainable mobility, walking and cycling.

There are also itineraries like the Olive Oil, or Aceite Rail Trail, which goes through 13 viaducts through which trains circulated in the 19<sup>th</sup> century before coming to an end in

Puente Genil. In addition to being highly accessible for the locals, these proposals showcase the rural environment and their local economy. This obviously also contemplates people of reduced mobility: boys and girls, elderly people or hikers presenting some kind of disability.

On account of following old railway tracks, they present soft slopes and wide curves, which makes them gratifyingly practicable, and their bridges, viaducts and tunnels make accessibility even more seamless. To the former rail tracks we must add mining itineraries and public footpaths from a time when subsistence depended on these industries. In this sense, the anthropological and ethnographic value of these itineraries is noteworthy indeed.



- **Olive Oil - Aceite in Spanish - Rail Trail**

An endless canopy of olive trees, added to 13 striking metallic viaducts from the 19<sup>th</sup> century are the main identity traits of the 128-km itinerary that goes through the provinces of Jaén and Córdoba. At 128 km, it is currently Andalusia's longest Rail Trail, and it is located between Jaén and the old Campo Real station, in Puente Genil (Córdoba).

This River Guadajoz Rail Trail follows the old rail track joining Jaén and Puente Genil, which among other products, was used to transport olive oil, due to which the railway that trailed those tracks was popularly known as the Aceite Train.

The conditioning of this itinerary allows for carrying out hiking and bicycle tourism activities against a backdrop of olive trees and vines, and it runs parallel to the N-432 road to Luque. Also known as the Subbética Rail Trail, it goes through town such as Luque, Zuheros, Doña Mencía, Cabra and Lucena.



Some of its highlights include the Sierra Subbética Natural Park's landscapes and the rich bird fauna of the Conde or Salobral Lagoon Natural Reserve, which is located in the heart of Córdoba's countryside and provides refuge for bird species during the winter.

People of Reduced Mobility (PRM) may enjoy five of its sections, while visitors presenting intellectual disability will have no trouble at the decision points (the road crossings are signposted with directions). At a height of 104 metres, the panoramic views offered by viaducts such as Zuheros are stunning.



**DOWNLOAD THE  
GUIDE TO THE  
ACEITE RAIL TRAIL  
IN PDF FORMAT**

- **Peñarroya-Pueblonuevo Rail Trail**

A 3.2 km journey through one of the most important industrial heritage spots in the heart of the Guadiato Valley.

- **The Mining - Minería in Spanish - Rail Trail**

It comprises the Córdoba section of the old Peñarroya–Puertollano railway. At approximately 14.6 km, this section starts off at the old El Soldado station, which features ruins of its mining heritage, to then pass by the unique setting of pastured oak groves, and ends up in the mountainous first skirts of the Sierra Morena mountain range. In short, the itinerary combines mining archaeology and the purest nature, as well as old railway stations and section houses.

Eventually, the La Minería Rail Trail will be expanded to reach Bélmez - which is in the heart of the Guadiato Valley (Córdoba) - where it will connect with the La Maquinilla Rail Trail.

# VIAS VERDES

The Spanish Railway Foundation was created in 1985, and it is a Governmental Public-Sector Foundation. Its objective is that of promoting aspects related to railways by organising cultural activities such as organising courses and visits to museums, issuing publications and studies in archives and libraries, etc.

One of the specific actions is carried out by the Rail Trails and Environment Board, which has been coordinating and promoting the Rail Trails Programme nationwide since 1993 on request of the then Ministry of Public Works, Transportation and the Environment and Renfe and Feve, the Programme's creators.



- **The Countryside - Campiña in Spanish - Rail Trail**

It covers 28 kilometres, going through the municipalities of Córdoba, Guadalcazar and La Carlota. Up until 1970, the countryside in Córdoba and Sevilla was traversed by a modest railway called the Marchenilla, which is currently operating for travellers wanting to go between the Córdoba of the Caliphate and Écija.

The Córdoba section of this itinerary, which runs through Valchillón and La Carlota is a tarmac and compacted earth mixed road surface, and it has a tunnel and four bridges over a continuous platform. It is apt for hiking or cycling and adapted for wheelchair users.

- **La Maquinilla Rail Trail**

It covers 8 kilometres and joins the municipalities of Belmez and Peñarroya-Pueblonuevo by means of the La Maquinilla platform, the old mining railway that went from Cabeza de

Vaca to El Porvenir de la Industria. It is practically all flat, which makes it ideal for people of all ages walking or cycling. We would like to highlight all the different landscapes present: Firstly urban, then decidedly agricultural, followed by mining territory, next comes the industrial scenery of Cerco, and it comes to an end in the centre of Peñarroya-Pueblonuevo.

Cereal fields, olive groves, oak groves and pastures, forever surrounded by the mountains that demarcate the Guadiato Valley. Depending on the time of year, it is not uncommon to see flocks of cranes, kestrels, storks, bonelli's eagles or vultures circling over one's head.

It is born in the level crossing booth of the current road to Córdoba, in whose proximity are the Belmez, Aurora and San Antonio wells, old coal mines that are representative of the origin of industrialisation in the district.

## 1.2. INFORMATION AND INTERPRETATION CENTRES

The objective of these facilities is that of providing knowledge and an understanding of the natural value of the environment where they are located. Visitors are given information about preservation objectives and the structure and operation of the natural environment's ecosystems and that of other annexed natural spaces.

### SIERRAS SUBBETICAS MOUNTAIN RANGE NATURAL PARK

#### - **SANTA RITA VISITOR INFORMATION CENTRE (Cabra)**

Address: Ctra. A-339 Cabra-Priego km 11.2, Cabra

phone number: 957 506 986

E-mail: [cvsantarita@reservatuvisita.es](mailto:cvsantarita@reservatuvisita.es)

Visitors to Santa Rita will have a chance to admire the geological phenomena responsible for the peculiar features present in the Sierras Subbéticas Natural Park - internationally

acknowledged as a Geopark. The visitor information centre offers a voyage to the earth's entrails, where varied formations created by calcareous rock shaped by water appear, and the area's prehistoric sites that are witness to its history are discovered.



In addition to constituting the setting for these activities, the indigenous holm oak groves, Portuguese oak groves and Mediterranean scrubs are inhabited by a wealth of animal species, chief amongst which are birds of prey and mammals. Visitors may delve deeper into these aspects both at the exhibition and at the La Trufa botanical gardens, which are located near the centre.

***CUEVA DE LOS MURCIÉLAGOS - BAT CAVE IN SPANISH - ECOMUSEUM (Zuheros)***

Address: Ctra. CO-6210, Km. 4. Zuheros

Phone number: 957 694 545

E-mail: turismo@zuheros.es

This ecomuseum, which pays tribute to the Cueva de los Murciélagos Natural Monument, is located in the vicinity of this space, and forms part of the Sierras Subbéticas Natural Park. Visitors to the ecomuseum are invited to embark on a journey to the past starting with a mysterious discovery. This is the fascinating starting point of a journey through a number

of chambers representing the inside of the cave; a system of cavities and galleries that allow for admiring the beauty of the colours and textures of the karst formations created by the slow dissolution of limestone. It will also help to learn more about bats, the flying mammals that are furnished with a special system that allows them to see in pitch-black darkness.



Lastly, the exhibition shows the importance of the archaeological remains found in it, comprising skeletal and pictorial remains that have played a key role in reconstructing the history of man in the south of the Iberian Peninsula.

### ***IZNÁJAR RESERVOIR INTERPRETATION CENTRE***

Address: Paseo José Montilla, s/n, Iznájar

Phone number: 957 694 545

E-mail: turismo@zuheros.es

Playa de Valdearenas is located some 2 km from Iznájar, and it is an ideal location for discovering the natural and cultural attributes of the Genil River.

The centre boasts a number of museographic displays so visitors may learn more about the Genil, the construction of the reservoir, the reservoir as an ecosystem and Iznájar's heritage, history and culture first hand.



Furthermore, visitors may attend seminars and conferences about the reservoir, go on workshops (feeders and nesting boxes for birds) and walk along a signposted footpath pointing at the flora and fauna surrounding the centre.

### ***OLIVE OIL TRAIN - TREN DEL ACEITE IN SPANISH - INTERPRETATION CENTRE***

Address: Avenida de Santa Teresa de Jornet, s/n, 14940, Cabra

Phone number: 957522777

E-mail: trendelaceite@wanadoo.es

Located in the old 19<sup>th</sup> century Cabra Railway Station, this themed space uses the latest museum interpretative trends to introduce us both to the world of railways and the culture of olive oil, all in the surrounding area of the Aceite Rail Trail, an old railway line transformed into a track designed for carrying out all manner of adventure tourism.

The centre has a restaurant where one may enjoy the rich subbética gastronomy, there is a sizeable souvenir shop and bicycles are available for rent.



## LOS PEDROCHES

### ***LA DEHESA INTERPRETATION CENTRE***

Address: Calle Pozoblanco, 3, 14440, Villanueva de Córdoba

Phone number: 957120603

E-mail: [turismo@villanuevadecordoba.com](mailto:turismo@villanuevadecordoba.com)

A typical 19th century house that has been restored and converted into a museum, and where the culture and lifestyles the dehesa pastures have generated are presented from a natural and economic viewpoint. The house has all the architectural features that are typical of a Villanueva de Córdoba agrarian stately home: wide corridors, thick walls and groined vaults.

By using museumisation, we are shown what the pastures would have been like and what they are like now, the natural species, both in terms of fauna and flora, the animal species that represent the backbone of the agrarian economy and the traditions that derive from people's lives in this environment.



## LAGUNA DEL RINCÓN LAGOON NATURE RESERVE - CAMPIÑA

### ***LAGUNA DEL RINCÓN INFORMATION POINT***

Address: CTRA. 760 hacia Moriles, Aguilar-Puente Genil Km 96, Aguilar de la Frontera

Phone number: 957 335 252

E-mail: [ecoturismo@egmasa.es](mailto:ecoturismo@egmasa.es)

This facility aims to cater for the demands of collectives visiting the lagoon and needing a place to gather. It is located next to the Laguna del Rincón parking lot.



## LAGUNA DE ZÓÑAR LAGOON NATURE RESERVE - CAMPIÑA

**LAGUNA DE ZÓÑAR VISITOR INFORMATION CENTRE** (Aguilar de la Frontera)

Address: Ctra. A-304 Aguilar-Puente Genil, Km. 3

Phone number: 957 335 252

E-mail: cvlagunadezonar@reservatuvisita.es

This visitor information centre is located next to the Laguna de Zóñar itself, which is the deepest in Andalusia.



Visiting its interactive exhibition allows for learning about different aspects of this lagoon that behaves like a great inland lake, such as its dimensions, vegetation and dynamics.

From the botanical path that goes through the centre's outlook point, an ample panoramic view of the lagoon may be admired.

## SOUTHERN COUNTRYSIDE - CAMPIÑA SUR IN SPANISH

**AGUILAR DE LA FRONTERA CENTRE FOR LANDSCAPE INTERPRETATION AND HISTORY**

Address: Cerro del Castillo, s/n - entrada por la Villa, 14920, Aguilar de la Frontera

Phone number: 957661771 / 957688203

E-mail: ciphaf@aguilardelafrontera.es

It is located within the Cerro del Castillo archaeological site and forms part of the network of spaces for tourist advancement in the Montilla-Moriles Wine Route.

Its multidisciplinary approach offers themed itineraries centred around history, archaeology and landscapes, and it includes a first-class mediaeval site whose strategic location in the very heart of the Campiña Alta allows for admiring the surrounding territory.

Whereas outside, visitors are invited to follow the itineraries marked by a number of explanatory panels, the inside is reserved for expanding knowledge by means of

the different multimedia screens, educational videos and explanatory sections. In addition, there is a multi-purpose centre coupled with an auditorium located in the nearby quarry that allows for organising scenic activities and events in general.

## CARDEÑA Y MONTORO MOUNTAIN RANGE NATURAL PARK

### ***VENTA NUEVA VISITOR INFORMATION CENTRE (Cardeña)***

Address: Enlace Ctra. N-420 con CO-510 Km 79

Phone number: 957 336 503

E-mail: [cvventanueva@reservatuvisita.es](mailto:cvventanueva@reservatuvisita.es)

The centre is used for showcasing the indigenous Mediterranean scenery present in this fertile land dominated by pasture systems, Mediterranean scrubs and pine groves. To delve deeper into this aspect, visitors may go to the signposted Cardeña-Aldea del Cerezo trail, which ventures into the pastures and leads hikers through remarkable blocks of granite known as “bolos”.



Additionally, Venta Nueva teaches about how emblematic and endangered species live: mammals such as the wolf and the otter and birds of prey like the black vulture or the imperial eagle. Special attention is paid to the lynx on account of being the most endangered feline species on the planet.

Another interesting aspect that is dealt with at the exhibition is the traditional use of the countryside, explaining how cattle is acorn and pasture fed in the pastures, which in turn allows for the conservation and sustainable development of this natural environment.



## GUADALQUIVIR VALLEY

### ***ADAMUZ INTERPRETATION CENTRE***

Address: Plaza de la Constitución, 3, 14430, Adamuz

Phone number: 957006208

E-mail: turismo@adamuz.es; turismo@adamuz.es

It is set in a manor house that has been refurbished in keeping with its architectural and construction premises and operates as an informative and exhibition venue that shows visitors all the natural, cultural and ethnographic resources that are to be found in the municipality and its surrounding area. It also serves as a window for its ample tourism and adventure leisure offering. The building is located in the Camino Real de la Plata, it is highly reminiscent of Cervantes and used to be the ancestral home of the Lara-Ayllón family. King Philip IV of Spain once stayed overnight in the house, due to which he granted the privilege of using the House of Habsburg's coat of arms: a two-headed eagle capped by the Royal Crown. The Interpretation Centre is home to the Municipal Tourism Office.

### **SIERRA-ADAMUZ CENTRO DEL OLIVAR OLIVE GROVE CENTRE**

Address: Calle Denominación de Origen Montoro-Adamuz, s/n  
- Polígono Industrial, Caminos de las Huertas, 14430, Adamuz  
Phone number: 957006208

E-mail: [centrodelolivo@adamuz.es](mailto:centrodelolivo@adamuz.es)

The centre constitutes a space for the exhibition, interpretation and promotion of knowledge about the world of olive groves. It is a dynamic, fascinating centre to learn about the culture of olive oil, and countryside olive groves in particular.

This splendid construction was raised in the former lands of the old Fábrica de los Maínez factory, which at different times served as an oil mill, a brick factory and a soap factory.

Visiting the Sierra-Adamuz Olive Grove Centre is like taking a stroll through history, tradition and innovation in the realm of olive oil.



### **GUADALQUIVIR RIVER INTERPRETATION CENTRE**

Address: Carretera de la Estación, s/n, 14700, Palma del Río  
Phone number: 619915590

E-mail: [cirguadalquivir@gmail.com](mailto:cirguadalquivir@gmail.com)

It is the very first centre dedicated to this river, and it is located near the estuary of its main tributary, the Genil River. Visitors are invited to enjoy its audio-visual, interactive halls where they might learn about the river's most important aspects, as well as about its flora and fauna.



## SIERRA DE HORNACHUELOS NATURAL PARK

### ***HUERTA DEL REY VISITOR INFORMATION CENTRE***

(Hornachuelos)

E-mail: [cvhuertadelrey@reservatuvisita.es](mailto:cvhuertadelrey@reservatuvisita.es)

It is located in the Huerta del Rey recreational area, and its interpretative exhibition brings us closer to the Natural Park's main characteristics thanks to the incorporation of a number of expository resources.



## SOTOS DE LA ALBOLAFIA WOODLANDS - CÓRDOBA CITY

### ***MOLINO DE SAN ANTONIO INFORMATION POINT***

Address: AVDA. FRAY ALBINO S/N 14009. CÓRDOBA

Phone number: 957200018

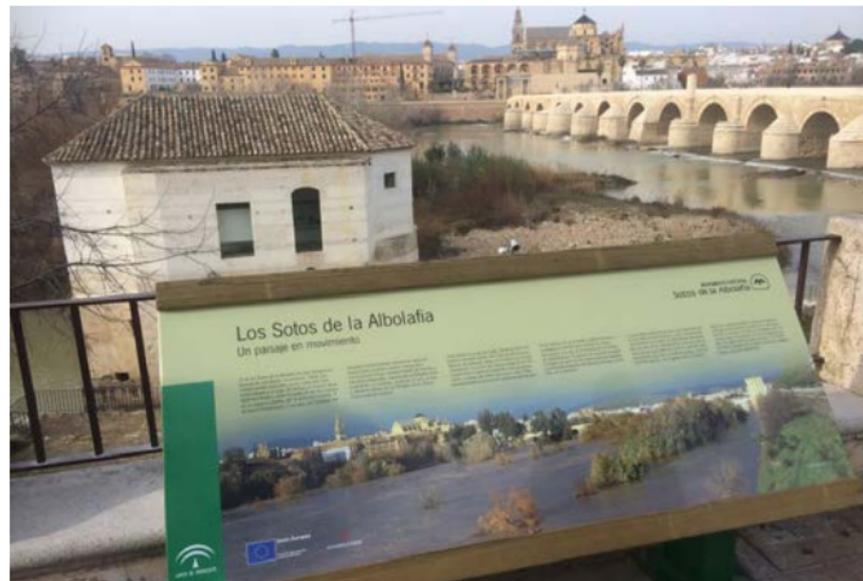
E-mail: [info@jardinbotanicodecordoba.com](mailto:info@jardinbotanicodecordoba.com)

Next to the Roman and San Rafael bridges are the Albolafia woodlands, which have been declared Natural Monument and are included in Córdoba's Historic Centre's UNESCO World Heritage Centre status.

Nearby is the San Antonio mill, which probably dates back to mediaeval times.

It used to be a wheat mill and its name comes from an image of San Antonio, or Saint Anthony, that is to be found in a niche on the façade.

The information point is located on the top floor, and it deals with the natural surroundings and the Mills on the Guadalquivir River. It also boasts a tactile model for the visually impaired.



## LOS VILARES PERIURBAN PARK

### **LOS VILARES VISITOR INFORMATION CENTRE** (Córdoba)

Address: C. Vecinal nº 45 -Finca Los Villares Bajos-, Ctra.

Córdoba-Ovejo Km. 7'5

Phone number: 957 000 929

E-mail: [cvlosvillares@reservatuvisita.es](mailto:cvlosvillares@reservatuvisita.es)

Near the city of Córdoba, and located within the Los Villares Periurban Park is the visitor information centre of the same name. Visitors are invited to go on a journey around the natural spaces present in the province of Córdoba, including the Sierra Morena mountain range and its pastures and the Mediterranean scrubs, which are the undeniable protagonists of a countryside landscape that also acts as a refuge for endangered species.

That having been said, we must not forget about the importance of bodies of water, such as the lagoons and rivers and the natural riches they hide.



The exhibition's itinerary continues through the subterranean world and its amazing karst formations of cavities and galleries created by the dissolution of limestone. Lastly, it showcases the development of ecological agriculture and cattle breeding, examples of sustainable production systems that are respectful of our surrounding environment.

## 1.3. FACILITIES AND ACCOMMODATION

### SIERRAS SUBBETICAS MOUNTAIN RANGES

#### - CORTIJO DE FRÍAS

Address: Crta. Cabra-Nueva Carteya Km.  
6 14940 Cabra, Andalucía, Spain  
957 334 005 / 608 555 581  
cortijofrias@cortijofrias.com  
<http://www.cortijofrias.com/>



SERVICES: accommodation, farm school, camps, adventure tourism, multi-adventure, restaurant, swimming pool, celebrations and tailored cultural activities.

#### - ALÚA BENAMEJÍ RAFTING CAMPSITE

Address: Carretera N-331A, KM 495,5,  
14910 Benamejí, Córdoba  
955 110 776 / 678 483 395  
reservas@alua.es  
<https://alua.es/>



SERVICES: accommodation, camps, adventure tourism (rafting, treetop parks, paintball, multi-adventure, climbing wall, etc.), celebrations, restaurant, swimming pool, sports grounds, etc.

#### - IZNÁJAR ALÚA NAUTICAL SCHOOL LODGE

Address: Playa de Valdearenas s/n,  
14970 Iznájar, Córdoba  
955 110 776 / 678 483 395  
reservas@alua.es  
<https://alua.es/>

SERVICES: accommodation, adventure tourism, nautical activities (kayak,

paddle surf, big sup, sailing...), multi-adventure, celebrations, restaurant and nearby municipal swimming pool and sports facilities.



**- VALDEARENAS IZNÁJAR CAMPSITE**

Address: Urbanización Valdearenas, s/n,  
14970 - Iznájar – Córdoba  
957721487 / 657603704  
contacto@campingvaldearenas.es  
<http://www.campingvaldearenas.es/>



SERVICES: wild camping, log cabins, caravan/mobile home area, restaurant, adventure tourism (water sports: sailing, paddle surf, pedal boats, kayak, bike rides, etc.), camps, etc.

**- LA ISLA 2\* CAMPSITE**

Address: Poblado del Pantano, 1 - Paraje del Embarcadero, Rute

957553073 / 616934702  
campinglaisla@gmail.com  
<http://campinglaisla.es/>

SERVICES: accommodation, restaurant, adventure tourism (nautical activities and horse riding in the surrounding areas, trekking and bicycle rides, etc.), celebrations, etc.



## GUADALQUIVIR RIVER BASIN

### - XTREME GENE WATERSPORTS

Address: Embalse de la Breña, 14720-  
Almodovar del Rio.  
957057010/667739392/667739393  
info@xtreme-gene.com  
<http://www.xtreme-gene.com/es/>

SERVICES: accommodation, bar-  
restaurant, swimming pool, massage,  
slalom courses, adventure tourism  
(aquatic activities on the lake, such as  
wakeboarding, kayaks, paddle surf),  
fishing and swimming.



### - LA HERRADURA EQUESTRIAN CENTRE

Address: Carretera Las Huertas, km 1  
14700 Palma del Río, Córdoba  
671012388  
natalia@centrohipicolaherradura.es  
<http://centrohipicolaherradura.es>



SERVICES: accommodation in a rural  
home, restaurant, summer camps,  
celebrations, horseback riding, riding  
school, hippotherapy, horse boarding  
and dressage.

### - ENTRE TOROS Y CABALLOS

Address: Ctra. de la Victoria, s/n 14191,  
Aldea Quintana , La Carlota  
646 61 91 71  
info@entretorosycaballos.com  
<http://www.entretorosycaballos.com>

SERVICES: visits to fighting bull and  
stud breeding farms, organisation of  
capeas amateur bullfights for trying out  
young bulls, bull and horseback outings,  
equestrian tourism packages including  
accommodation and shows.

### - POSADAS AVENTURA

Address: Parque Periurbano de la  
Sierrezuela, 14730 Posadas  
957 631 160 / 602 211 970  
info@posadasaventura.es  
<https://posadasaventura.es/>



SERVICES: adventure park, weekend activities, celebrations, camps and chill out café-restaurant.

#### - CARLOS III CAMPSITE

Address: Carretera Madrid-Cádiz km. 430 - A-4, salida 432, 14100, La Carlota  
957300338  
camping@campingcarlosiii.com  
<http://www.campingcarlosiii.com>

SERVICES: Accommodation, mobile home area, swimming pools, terraces, sports grounds, mini golf, entertainment and bar-restaurant.



#### - LA BREÑA 3\* CAMPSITE

Address: Carretera Finca La Breña, s/n, 14720, Almodóvar del Río  
957338333 / 957091016 / 660426971 / 629494103  
info@campinglabrena.com  
<http://www.campinglabrena.com/>

SERVICES: Accommodation, swimming pools, terraces and bar-cafeteria.

#### LOS PEDROCHES

##### - TURISMO LAS LAGARTOSAS

Address: C/ Juan de López, 14 - 14440 Villanueva de Córdoba  
676 34 49 62 / 629 70 85 95  
turismolaslagartosas@gmail.com  
[www.laslagartosas.es](http://www.laslagartosas.es)



SERVICES: tillage farm with its own cellar of Iberian products, celebrations, outings, night sky watching, horse and cart itineraries, dressage exhibition.

**- VILLANUEVA DEL DUQUE LODGE–  
VILLADUKE ESAVENTURA**

Address: Paraje Dehesa Boyal, Ctra. Peñarroya, s/n | 14250, Córdoba  
955 323 364  
villaduke@esaventura.es; info@esaventura.es  
<http://villadukeesaventura.es/>

SERVICES: accommodation, restaurant, swimming pool, adventure tourism activities, celebrations, sports grounds, etc.



**- CIUDAD DEL OCIO 3\* CAMPSITE**

Address: Paraje Dehesa Boyal s/n | 14400, Pozoblanco  
957132204 / 639 539 561  
turismo@pozoblanco.es  
<https://www.pozoblanco.es/>

SERVICES: accommodation, swimming pools and nearby municipal sports facilities.

**GUADALQUIVIR VALLEY**

**- FUENTE AGRIA RURAL LODGE**

Address: Camino de Fuente Agria s/n, 14420, Villafranca de Córdoba  
957331788 / 650982513.  
alberguefuenteagria@cicbata.org  
<http://www.alberguefuenteagria.com/>



SERVICES: Rural lodge, restaurant, swimming pool, environmental education, sports camps and adventure tourism, cultural activities, etc.

### - LA ALBOLAFIA 2\* CAMPSITE

Address: Camino de la Vega, s/n, 14420, Villafranca de Córdoba; 957190835  
informacion@campingalbolafia.com  
<http://www.campingalbolafia.com/>



SERVICES: accommodation, swimming pool, children's area, leisure area, nearby nautical sports and climbing area, bar-cafeteria with a terrace.

### GUADIATO VALLEY

#### - PUENTE NUEVO 3\* CAMPSITE

Address: Carretera A-3075 , km.8,5 - Parque Forestal, 14300, Puente Nuevo, Villaviciosa de Córdoba  
957360727 / 646346114  
info@campingpuentenuovo.com  
<http://campingpuentenuovo.com/>



SERVICES: accommodation, swimming pools, sports area, bicycle rental, climbing wall, restaurant, terrace, celebrations and camps.

#### - ESPIEL LODGE - AVENTUROCIO

Address: Carretera de la Estación km 3, 14220, Espiel  
957 363 589  
info@alberguedeenspiel.com  
<http://alberguedeenspiel.com>



SERVICES: Accommodation, restaurant and lounge, chill out area, nature classroom, swimming pool, terrace and bar, pier, sports grounds, adventure tourism (Aventurocio), summer camps.

### SOUTHERN COUNTRYSIDE - CAMPIÑA SUR IN SPANISH

#### - LA CAMPIÑA 3\* CAMPSITE

Address: Carretera Aldea Quintana-Puente Genil, km. 11,5 - La Guijarrosa, Santaella.

957315303 / 957315158  
info@campinglacampina.es  
<http://campinglacampina.es/>

SERVICES: accommodation, swimming pools, bar-cafeteria, terrace, children's gaming area, bicycle rental, etc.

### CÓRDOBA

#### - EL BRILLANTE 3\* MUNICIPAL CAMPSITE

Address: Avenida del Brillante, 50, 14012, Córdoba; 957403836  
elbrillante@campings.net  
<http://www.campingelbrillante.com/>

SERVICES: accommodation, mobile home area, swimming pool, restaurants and leisure near the city.



#### - INTURJOVEN LODGE

Address: Plaza de Juda Leví, s/n, 14003, Córdoba; 955181181  
cordoba.itj@juntadeandalucia.es  
<https://www.inturjoven.com/albergues/cordoba/albergue-inturjoven-cordoba>

SERVICES: accommodation, multiple use hall, acting hall, self-service restaurant.

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## 1.4. PROTECTED NATURAL SPACES

*Source: Visitor's window of the Natural Spaces.*

*Council for the Environment and Territorial Planning Andalusian Government.*

Córdoba boasts 19 natural spaces that are protected under state and autonomous community legal forms; these extend throughout the province, and according to the Council for the Environment's Andalusian Network of Natural and Protected Spaces (RENPA), their total extension is 135,203 hectares. 8% of the total surface area of the autonomous community's area declared as protected is within the province, which translates to 1.69 million hectares.

From among those protected by the different legal denominations, we would like to highlight three of the province's natural parks: The Sierras Subbéticas, Sierra de Hornachuelos and Cardeña-Montoro mountain ranges and both nature areas located to the south, the Cordobilla and Malpasillo reservoirs.

Another important protected space category are nature reserves, of which there are six, comprising the following lagoons: Amarga, Los Jarales, Tíscar, Zóñar, Salobral and Rincón, located in the Subbética and Campiña Sur areas.

Rather more strewn around the territory from a geographic viewpoint are the five periurban parks in Córdoba: Fuente Agria, Fuente la Zarza, La Sierrezuela, Los Cabezos and Los Villares.

Also considered protected spaces and falling under the "natural monument" category is the Cueva de los Murciélagos bat cave in Zuheros and the Sotos de la Albolafia woodlands, both of which are in the capital.

Some of the aforementioned natural spaces also boast additional national and international protection categories:

- **LIC:** Location of Community Importance.
- **ZEC:** Special Conservation Area.
- **ZEPA:** Special Bird Protection Area.

\* All three categories are framed within the RED NATURA 2000: spaces in the national territory or its waters under national sovereignty or jurisdiction and that decidedly contribute towards the maintenance, or as the case may be, the re-establishment of a favourable conservation status of the different kinds of natural habitats, as well as that of species of interest, on account of having a high ecological value at a European Union level.

- **RAMSAR:** wetlands that meet with some of the International Relevance Criteria developed by the Ramsar Agreement.

- **UNESCO Global GEOPARK:** a territory boasting notable geological wealth in which a number of geo-conservation, educational and awareness initiatives are carried out, and that has in place a local socio-economic and cultural development project that is centred around said wealth.



- **BIOSPHERE RESERVE:** terrestrial, marine, or a combination of both ecosystems boasting a natural and cultural wealth that is representative of the globe.

*“Polje de la Nava” Sierras Subbéticas Natural Park*



## A. NATURAL PARKS

They are natural areas that have not undergone many transformations due to human exploitation or occupancy and that, on account of the beauty of their landscapes, the representativeness of their ecosystems or the uniqueness of their flora, fauna or geomorphic formations, are in possession of ecological, aesthetic, educational and scientific values whose conservation deserves preferential treatment.

### **A1. Sierras Subbéticas (ZEPA, LIC, ZEC and UNESCO Geopark).**

For mountain and geology enthusiasts the Sierras Subbéticas Mountains have a great deal to offer. This limestone area has a succession of peaks, crags, ravines and a host of karst formations, all dotted with vegetation dominated by extensive olive groves and some endemic species. Water plays a vital role in this environment. There are many springs such as Zambra which go on to form streams to sweeten the landscape.

Rivers mould the rock forming deep canyons such as the one at El Bailón.



*A vulture in the Sierras Subbéticas Natural Park*



*Sierras Subbéticas Natural Park*

Traditional art has transformed some of these springs, with decorative fountains that supply the local population such as Fuente del Río, in Cabra, and the impressive Fuente del Rey in Priego, which has more than one hundred spouts.

Strolling on its tracks and trails you will skirt around complicated karst terrain such as Lapiaz de los Lanchares, a trail which then heads up towards Picacho de la Virgen de la Sierra, the site of a traditional pilgrimage. Here there is a wonderful viewpoint where you can look out over Poljé de la Nava and, on a clear day, you can see as far as the peaks of Sierra Nevada. Mountain walkers and climbers can get up to La Tiñosa, the highest peak in the province of Cordoba, with views of a beautiful landscape dotted with villages. The rock is grey and ochre and contrasts with the green of the vegetation. This includes holm oaks and scrub with mastic and kermes oak, which in turn give way to hawthorn, purple phlomis and peony in sunny areas. At the botanical trail at the Santa Rita Visitor Centre you can see examples of the 1,200+ species of flora present in the Nature Park

Visitors to this region will be surprised by the many caves to be found. Special mention should be made of Cabra Cave, ideal for speleology, and of course its most famous cave, Los Murciélagos, a designated Natural Monument. This archaeological gem is home to numerous species of the unusual mammal that gives it its name (“murciélago” = bat), as well as Neolithic remains - this is a major Neolithic site in Andalusia. This region has a long tradition and history, and there are vestiges here dating back from the Palaeolithic period, the Bronze Age and even Iberian statues. Its Roman remains include a milestone, considered to be the world’s earliest road sign.

A walk around the maze of narrow white streets in Zuheros, with its castle and viewpoints, is a good way to discover its important Moorish history. Here you can also see baroque art in the churches and squares of the region’s towns and villages. You can sample the exquisite local gastronomy, washed down with regional wines and the internationally renowned anisette from Rute.

*Sierras Subbéticas Natural Park*



Finally you can let your food go down, staying at Priego Tourist Village.

Town: Cabra, Carcabuey, Doña Mencía, Iznajar, Luque, Priego de Córdoba, Rute, Zuheros

Area: 38.435,90 ha.: 32056.0 ha.

## **A2. Sierra de Cardeña y Montoro (LIC y ZEC)**

This area borders the Sierra de Andújar Nature Park and the province of Ciudad Real, with the Pedroches Valley being one of its main features. The serenity of the area is reflected in its landscapes, with rounded hills and gentle ridges, the result of gradual erosion of the granite. The only exceptions are the course of the Yeguas and Arenoso Rivers. Here the landscape is more rugged, home to otters.

The vegetation comprises pastureland, replanted pine forest and Mediterranean scrub in almost equal parts. There is a full network of tracks and trails in the nature park that you can explore on foot, on horseback, by donkey or by bike.



*Sierra Cardeña y Montoro Natural Park*

*Cardeña Trail - Aldea del Cerezo  
Sierra Cardeña y Montoro Natural Park*



Discovering these trails you will see herds of pigs on the pastureland along with grazing cows and, depending on the season and time of day, plenty of deer and boar. This area is home to an array of eagle species (imperial, golden, booted and short-toed), vultures (black and Griffon) and both black and white storks.

Town: Cardeña y Montoro.

Area: 38.435,90 ha.

### **A3. Sierra de Hornachuelos (ZEPA, LIC, ZEC and Dehesas de Sierra Morena Biosphere Reserve)**

Along with the Sierra Norte (Seville province) and the Sierra de Aracena y Picos de Aroche (Huelva province), it makes up the Dehesas de Sierra Morena Biosphere Reserve.

This designation is partly due to the large range of biodiversity to be found in this nature area in the province of Cordoba, with one of the best conserved areas of Mediterranean riverine forest anywhere in the Sierra Morena Mountains.



*Cardeña Trail - Aldea del Cerezo  
Sierra Cardeña y Montoro Natural Park*



*Embalse de Tejoneras Reservoir Observatory  
Sierra Cardeña y Montoro Natural Park*



*Sierra de Hornachuelos Natural Park*



*Sierra de Hornachuelos Natural Park*

Holm oaks predominate, alongside cork trees and Portuguese oaks in the areas with most rainfall; there are wild olive trees on the river basin, and even carob trees and palmettos where the soil is limy, as is the case in the southwest. On the flatter areas you will find a landscape of pastureland, giving way to dense forest and scrubland in the more abundant areas of rugged relief.

A walk along its trails will take you to charming places: willow woods, beautiful reservoirs like the one on the Bembézar River, canyons, grazing areas for Iberian pigs, traditional cork-harvesting areas, stone rockrose burners for making lime. Alongside the abandoned Los Ángeles Seminary is Peña del Fraile Peak, both these are visible from the Bembézar Trail. Walking along these paths it is easy to see birds of prey. The park is home to one of Andalusia's largest colonies of black vulture, as well as major colonies of Griffon vulture. Golden eagles, imperial eagles, Bonelli's eagles and black storks also nest here. Other, more shy animals you could see are the otter, Egyptian mongoose, deer and boar.

A visit to the villages in the park is highly recommended. Neither should you miss a visit to the village of San Calixto, set in the heart of the mountains, with its beautiful architecture

Town: Almodovar del Rio, Córdoba, Hornachuelos, Posadas, Villaviciosa de Córdoba  
Area: 60032.0 ha.

## B. NATURE RESERVES

They are natural spaces whose aim it is to protect ecosystems, communities or biological elements that, on account of being rare, fragile, important or unique, deserve special consideration.

Thanks to the variety of soil types in the area, the wetlands in the south of the province of Cordoba provide a uniquely suitable habitat for a large number of bird and plant species. The Nature Reserve includes permanent lakes, such as Zóñar, Rincón and Amarga and also seasonal ones like Tíscar, Los

Jarales and El Salobral. They have all been declared protected areas because of their importance as winter migration and nesting areas for waterfowl.

These oases surrounded by bulrushes and reeds contrast sharply with the fertile “campiña” landscape of Cordoba’s olive groves, vineyards and cereal fields.

Zóñar lake is noteworthy for its depth of thirteen metres. On the Carrizosa Trail, even those with only a basic knowledge of botany will be able to identify the different plant species typical of Mediterranean scrubland: buckthorn, mastic, broom and climbers such as honeysuckle and smilax. Aquatic plants provide food for numerous animals. The silverside fish, in particular, is a species rarely found in inland watercourses on the Iberian Peninsula.

The Observatorio Trail also offers stunning views of Zóñar and is ideal for bird watching. With binoculars and a guidebook you will be able to identify swamphens, shelducks, common pochards and the famous white-headed duck.

Identifiable by its thick bluish bill and its raised, pointed tail, this

is the area's most emblematic species. It was on the verge of extinction a few years back, but is now experiencing excellent recovery on Zóñar, Rincón and Amarga Lakes. Amarga Lake, whose name comes from the characteristic taste produced by the salt in its water ("amarga" is the Spanish word for bitter), is home to thriving populations of pochards and coots behind a long stretch of dense tamarisk vegetation. Rincón Lake is also inhabited by little grebes, great crested grebes, mallards and red-crested pochards, all of which are easily spotted during your visit.

Just a few kilometres away in the surprisingly circular Los Jarales Lake, also the smallest, we once again find white-headed ducks and swamphens. Tíscar, on the other side, is the winter habitat for numerous species of ducks, geese, waders and graceful flamingos. This bird watching paradise continues on El Conde or Salobral Lake. Subbética rail trail passes alongside it and on to the white villages in the mountains. From the observation point there you can see pochards, cranes and flamingos hiding in the glasswort and sea heath.



Visitors can combine this contact with nature with a visit to local villages, which have a wealth of history dating back to prehistoric times. Their greatest splendour came in the Roman and Moorish periods, although the foundation of Puente Genil in the Middle Ages offers a particularly fascinating story. After trying the typical local dessert known as "carne de membrillo" (quince jelly), you can continue to the shrine of Araceli, patron saint of Lucena, in the Sierra de Aras Mountains. These high mountains are famous for El Ángel Cave, one of the most important palaeontological sites in the province.

**B1. Laguna de Zóñar (RAMSAR)**

Town: Aguilar de La Frontera

Area: 370.0 ha.

**B2. Laguna Amarga (RAMSAR)**

Town: Lucena

Area: 263.0 ha.

*Laguna Amarga Lagoon Observatory*



**B3. Laguna de los Jarales (RAMSAR)**

Town: Lucena

Area: 121.4 ha.

**B4. Laguna del Conde o Salobral (RAMSAR)**

Town: Luque

Area: 89.0 ha.

**B5. Laguna del Rincón (RAMSAR)**

Town: Aguilar de La Frontera

Area: 137.4 ha.

*Laguna del Rincón Lagoon Observatory*





*Laguna del Tiscar Lagoon Observatory*

## **B6. Laguna del Tiscar (RAMSAR)**

Town: Puente-genil

Area: 190.1 ha.

## **C. NATURAL AREAS**

These are spaces whose unique values have exceptional qualifying requirements, and that are declared as such in order to preserve their flora, fauna, geomorphic constitution,

special beauty or other components of outstanding natural worth.

### **C1. Cordobilla Reservoir**

The third and last reservoir to be built over the Genil River. It is surrounded by abundant vegetation that includes willows, bulrush, common reed, athel tamarisk and Spanish cane. Its shallow waters draw numerous birds to feed in it, among which are species such as grey and purple herons, white storks, western swamphens, white-headed ducks, common flamingos, etc.

Town: Puente Genil y Aguilar de la Frontera (Córdoba), y Badolatosa (Sevilla)

Area: 1.460 ha.

### **C2. Malpasillo Reservoir**

It is located in the steep lands of the Genil River, and its banks boast thick vegetation comprising mainly bulrush, reedmace, Spanish cane and athel tamarisk, as well as other, smaller areas

of lilies and rush. On account of its proximity to the Lagunas del Sur de Córdoba Natural Reserve, Malpasillo's natural interest is highlighted on account of contributing towards the survival of numerous protected bird species. Numerous birds belonging to the anatidae (white-headed ducks, shovelers, mallards, common pochards) and rallidae (eurasian coot, common moorhen) families, as well as some birds of prey, grey herons and great crested grebes.

Town: Lucena (Córdoba) y Badolatosa (Sevilla)

Area: 512 ha.

## D. PERIURBAN PARKS

Natural spaces located in the proximity of a town, be these created by man or otherwise, and that attend to the population's recreational needs.

### D1. Los Villares

A visitor centre, recreation area and signposted trail makes this

peri-urban park one of the most interesting in the province. These installations aim to promote its use for recreation, one of the main objectives of this type of protected areas. It is in the Sierra Morena Mountains and the landscape comprises dense woods of pine and holm oak with typical Mediterranean scrub. Its recreation area is popular with Cordoba residents who prepare their mass picnics here on the feast of San Rafael.



It is also a characteristic location to see the San Lorenzo star shower, from its large car park esplanade. This area is, therefore, well known by the local population who come to walk on the trail, exploring its surroundings with respect for the environment.

Town: Córdoba (Córdoba)

Area: 485 ha.

## D2. Fuente Agria

Fuente Agria (Bitter Spring) gets its name from the taste of the water that emerges from a spring within this Peri-urban Park in the municipal district of Villafranca de Córdoba. The forest landscape is home to Mediterranean scrub with other, artificially introduced but perfectly suited species, mainly stone pine and some eucalyptus trees. The recreational area makes use of the banks of Pontejón Stream and a fast-flowing spring where you can cool off.

A number of trails climb from here to the highest area of the



*Fuente Agria Periurban Park*



*Fuente Agria Periurban Park*

Periurban Park, where the first outlook point and observatory for inland gliding birds is to be found. It was inaugurated in 2015, and it is an essential stop between February and May to observe birds on their migratory routes from the countryside to the Castilian plateau. In addition, it has an outstanding outlook point from which to admire the Subbética, Jaén Sierra Sur and even Cazorla mountain ranges. The Park falls within the Iberian lynx reintroduction area in the Guadalquivir River.

In recent years there has been a great increase in activities such as hiking, kayaking and sailing at the nearby river park and Villafranca jetty, as well as climbing at Peñón del Águila de Adamuz, which is ideal for beginners. Also not to be missed is the rich historic-artistic heritage of Villafranca. You can see this at archaeological sites, churches, convents and stately houses. Special mention should be made of the House of the Duke and Duchess of Medinaceli's Administrators, gems such as San Miguel Chapel and the Clock Tower, next to the Town Hall. Puente de Hierro Bridge is ideal to spot urban bird

species.

Town: Villafranca de Córdoba

Area: 79,69 ha.

### **D3. La Sierrezuela**

This park is located between the Sierra Morena Mountains and the Guadalquivir River basin. It is close to Posadas and its railway station, with easy access for local residents.



*La Sierrezuela Periurban Park*

The recreation area has a horse riding area as well as water fountains and tables. Here you can see wildlife and vegetation covering the limy soils, mainly stone pine that was re-planted in the 1940s. Along with the well-established re-planted trees there are some wild holm oaks and olive trees, as well as typical Mediterranean forest scrub such as mastic, palmetto, arbutus, a range of rockrose species' It has routes ideal for hiking, jogging, biking, horse riding etc.

In addition to its important natural values, among which the palmito population deserves to be highlighted, the area has an archaeological site of singular relevance. The oldest archaeological remains here are from an Iron/Bronze Age dolmen.

Town: Posadas (Córdoba)

Area: 384 ha.

#### **D4. Fuente la Zarza**

This Peri-urban Park is located in the municipal district of Hinojosa del Duque, and is also close to the village of Valsequillo. It is set in the western part of Los Pedroches plateau, and its vegetation is therefore characterised by holm oaks, with manmade clearings for crops and pastureland.

It is the only peri-urban park in the province with this type of landscape, as well as being Andalusia's northernmost protected nature area, bordering the Region of Extremadura.



Various water courses cross the area, and these fill a series of small, man-made reservoirs which are a perfect seasonal habitat for certain bird species. There is a good public hide for visitors to watch the birds without disturbing them.

Here you can enjoy one of the most noteworthy natural spectacles in the region: the presence, in winter, of thousands of cranes on the plains, one of the reasons that this area is protected is to conserve the crane's winter habitats.

Besides the bird watching hide, at Fuente La Zarza you will also find a shady recreation area with picnic tables and benches made out of local granite. Both these areas are perfect to explore the region's natural environment and rural life, with numerous pilgrimages such as that of Hinojosa del Duque and the nearby Virgen de la Antigua Shrine.

Town: Hinojosa del Duque (Córdoba)  
Area: 315 ha.

#### **D5. Los Cabezos.**

One part of Los Cabezos public scrubland area is now this Park that is used for recreational activities by the residents of Palma del Río. It has great landscape and environmental value, with a well conserved representation of Mediterranean woodland full of sturdy holm oaks and wild olive trees.



*Los Cabezos Periurban Park*

Various recreation areas have been installed, there are also cabins available for rent if you wish to stay the night here, an its an excellent place for stargazing. Retortillo Stream runs around the edge of the Park.

The monuments of Palma del Río should not be missed, starting with the Belén Shrine and the iron bridge leading to the town. Once in town, between the remains of an Almohad defensive wall there are many architectural structures from the 16th-18th centuries, such as San Sebastián Hospital with its beautiful cloister, Santo Domingo and Santa Clara Convents and La Asunción Parish Church.

Los Portocarrero Palace is outstanding for its Plateresque balcony, while at the Hospedería de San Francisco, founded in 1492, later a Franciscan monastery, you can now combine comfort and history at this luxurious hotel.

Municipio: Palma del Río (Córdoba)  
Superficie: 15 ha.

## E. NATURAL MONUMENTS

They are spaces or elements in nature that basically comprise notoriously unique, rare or beautiful formations, and that deserve to be the object of special protection. These may be geological, biotic, geographic, eco-cultural or mixed.

### E1. Sotos de la Albolafia

This nature area is located where the Guadalquivir River flows through Cordoba, in the heart of the city. Prolonged absence of human intervention allowed river sedimentation to produce the area's characteristics copses, islets of mud and sand.



It includes old buildings related to the use of water. Running down from the San Rafael Roman Bridge, the pockets of riverine forest, once abundant, now form a small area with varied birdlife, featuring some 120 species.

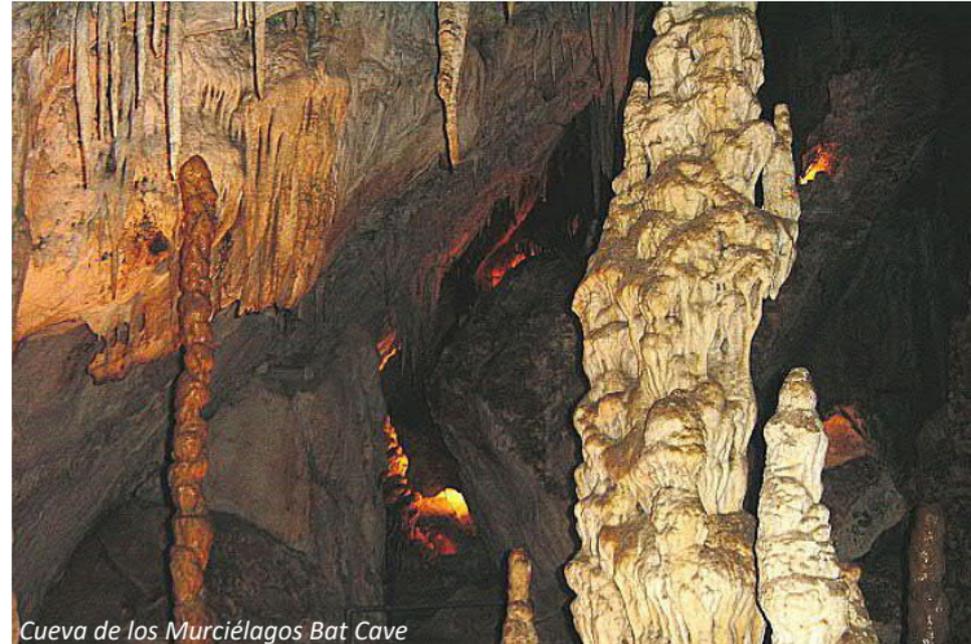
Town: Córdoba  
Area: 21,36 ha.

## **E2. Cueva de los murciélagos bat cave**

It is almost 1,000 metres high and some two kilometres in length. It is one of the largest caves in Cordoba province and one of the most beautiful sites in the Sierras Subbéticas Nature Park.

This cave is a very important Neolithic site within Andalusia, and the first one with art from the Upper Palaeolithic, leading it to be designated a Cultural Property. It stands out for the beauty of its limestone formations with representative paintings and for being a habitat for different bat species.

Town: ZUHEROS.  
Area: 32,45 ha.



*Cueva de los Murciélagos Bat Cave*

### E3. Meandro de Montoro River Bend

The section of the Guadalquivir River that goes through the town of Montoro forms a river bend that belongs to the Guadalquivir River Medium Section Location of Community Importance (LIC), and it serves as the southernmost entrance of the Sierra de Cardeña y Montoro Mountain Range Natural Park.

The Montoro historical centre, which was declared Historical-Artistic Site in 1969, may be admired from its privileged location.

The area occupying the river bend has historical heritage attractions such as the Molino de San Martín mill, the Aceña de Cascajar water mill, the Molino de las Monjas mill and the Donadas bridge.

Town: MONTORO

Area: 99,34 ha. (4,7 km of Guadalquivir River)



*Meandro de Montoro River Bend*

Among other lines of work, the Córdoba Local Government's Delegation for the Environment deals with creating and signposting natural, historical, scenic and ethnographic itineraries around the province's municipalities. Since 2002, 37 itineraries have been improved.



[https://www.dipucordoba.es/medio\\_ambiente/contenidos/21724/paisajes-con-historia?tab=&text=paisajes%20con%20historia](https://www.dipucordoba.es/medio_ambiente/contenidos/21724/paisajes-con-historia?tab=&text=paisajes%20con%20historia)

***Check your foldable map of the Trails and Lookout Posts present in the Protected Natural Spaces of Córdoba's Province here.***



*source: Visitor's window of the Natural Spaces.  
Council for the Environment and Territorial Planning. Andalusian Government.*

*[http://www.juntadeandalucia.es/medioambiente/servtc5/ventana/descargaPublicaciones.do?s=img/Publicaciones/A2/&n=-cordoba\\_mapa.pdf](http://www.juntadeandalucia.es/medioambiente/servtc5/ventana/descargaPublicaciones.do?s=img/Publicaciones/A2/&n=-cordoba_mapa.pdf)*

EXTREMADURA

CASTILLA LA MANCHA

# Senderos

## P.N. SIERRA DE CARDEÑA Y MONTORO

- 01. Aldea del Cerezo - Azuel  
Longitud: 12 Km. Tiempo de ida: 3:45 horas. Dificultad: Baja
- 02. Cardena - Aldea del Cerezo  
Longitud: 7,4 Km. Tiempo de ida: 2 horas. Dificultad: Baja
- 03. Vegueta del fresno (Solo actividades de educación ambiental, requiere autorización)  
Longitud: 3,5 Km. Tiempo de ida: 1:30 horas. Dificultad: Media
- 04. Aldea del Cerezo - Venta del Charco  
Longitud: 6,6 Km. Tiempo de ida: 1:15 horas. Dificultad: Baja
- 05. Camino de Vuelcacarretas  
Longitud: 7 Km. Tiempo de ida: 2:15 horas. Dificultad: Media-Baja

## P.N. SIERRAS SUBBÉTICAS

- 06. Cañón de Bailón  
Longitud: 4,7 Km. Tiempo de ida: 2 horas. Dificultad: Media-Baja
- 07. Las Buitreras  
Longitud: 18 Km. Tiempo de ida: 7 horas. Dificultad: Media
- 08. La Nava  
Longitud: 3,9 Km. Tiempo de ida: 1:30 horas. Dificultad: Baja-Media
- 09. La Ermita  
Longitud: 5,13 Km. Tiempo de ida: 3 horas. Dificultad: Media
- 10. Fuente de Jarcas  
Longitud: 6 Km. Tiempo de ida: 2 horas. Dificultad: Baja
- 11. Botánico Dehesa de Vargas - Mirador de la Cabrera  
Longitud: 3,21 Km. Tiempo de ida: 3 horas. Dificultad: Media-Baja
- 12. Sierra Horconera  
Longitud: 20 Km. Tiempo de ida: 8 horas. Dificultad: Media-Alta
- 13. Pinar de Rute  
Longitud: 3,26 Km. Tiempo de ida: 1:3 horas. Dificultad: Baja-Media

## R.N. LAGUNAS DEL SUR DE CÓRDOBA

- R.N. LAGUNA AMARGA
- 14. Laguna Amarga  
Longitud: 565 m. Tiempo de ida: 10 min. Dificultad: Baja
- R.N. LAGUNA DE ZOÑAR
- 15. La Carrizosa  
Longitud: 2,3 Km. Tiempo de ida: 45 min. Dificultad: Baja
- 16. Del Observatorio  
Longitud: 300 m. Tiempo de ida: 15 min. Dificultad: Baja

## P.N. SIERRA DE HORNACHUELOS

- 17. Del Aguila  
Longitud: 11,4 Km. Tiempo de ida: 5 horas. Dificultad: Media
- 18. Rabilarga  
Longitud: 460 m. Tiempo de ida: 30 min. Dificultad: Baja
- 19. Botánico  
Longitud: 1,15 Km. Tiempo de ida: 45 min. Dificultad: Baja-Media
- 20. Las Herrerías  
Longitud: 4,6 Km. Tiempo de ida: 1:30 horas. Dificultad: Baja
- 21. Guadalora  
Longitud: 6,4 Km. Tiempo de ida: 3 horas. Dificultad: Media
- 22. Río Bembézar  
Longitud: 13,2 Km. Tiempo de ida: 4 horas. Dificultad: Baja

## MONTE PÚBLICO CABEZA AGUDA

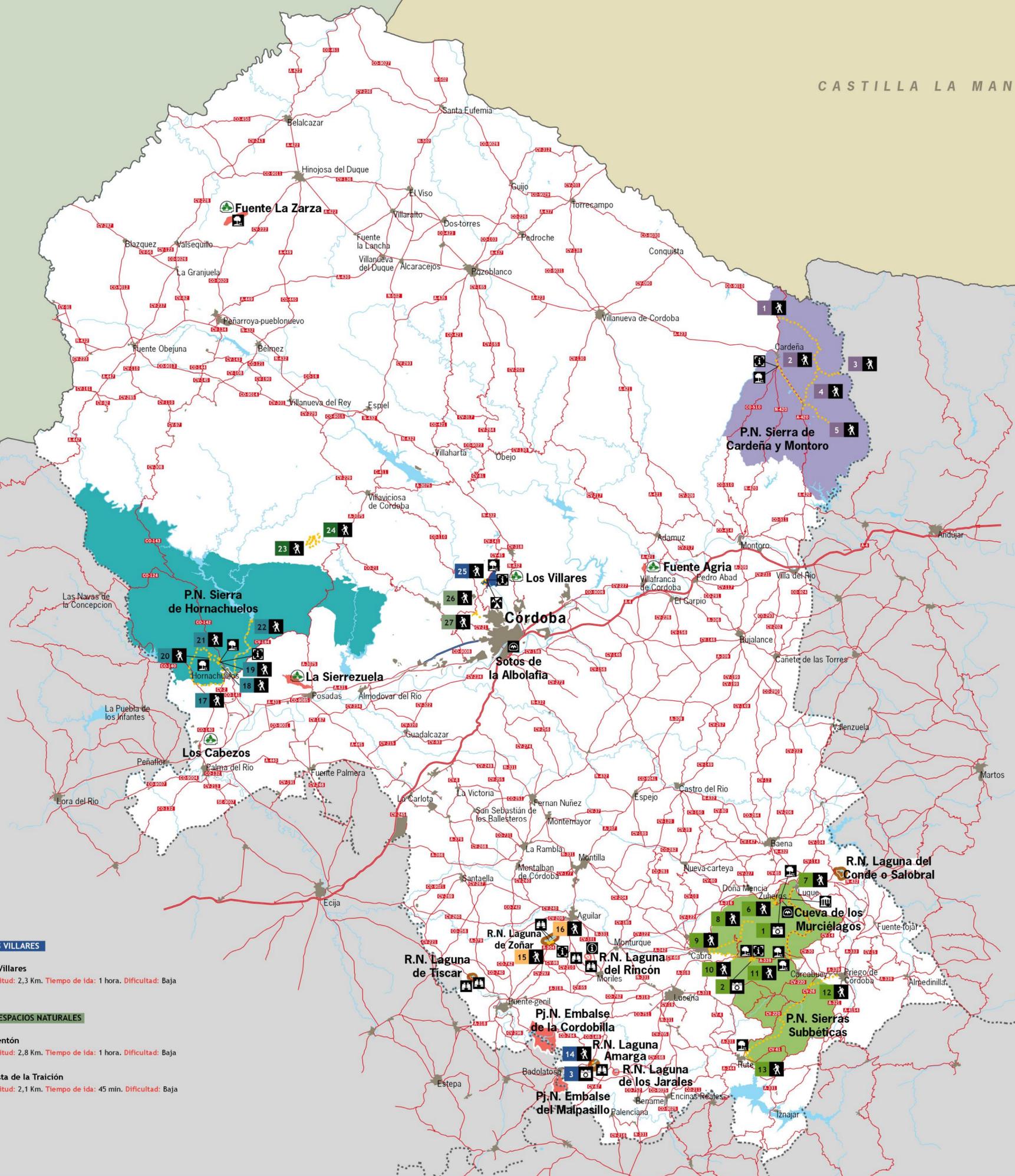
- 23. Las Parrillas  
Longitud: 7,16 Km. Tiempo de ida: 3 horas. Dificultad: Baja
- 24. Las Fuentes  
Longitud: 6,42 Km. Tiempo de ida: 2:15 horas. Dificultad: Baja

## P.P. LOS VILLARES

- 25. Los Villares  
Longitud: 2,3 Km. Tiempo de ida: 1 hora. Dificultad: Baja

## OTROS ESPACIOS NATURALES

- 26. Reventón  
Longitud: 2,8 Km. Tiempo de ida: 1 hora. Dificultad: Baja
- 27. Cuesta de la Traición  
Longitud: 2,1 Km. Tiempo de ida: 45 min. Dificultad: Baja



# Miradores

## P.N. SIERRAS SUBBÉTICAS

- 01. Zuheros
- 02. La Cabrera
- R.N. LAGUNA AMARGA
- 03. Laguna Amarga

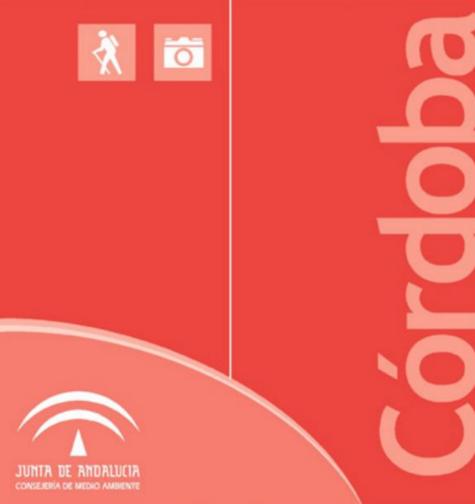


# Leyenda

- Area Recreativa
- Centro de Visitantes
- Observatorio Público
- Punto de Información
- Zona de Acampada Controlada
- Jardín Botánico
- Ecomuseo
- Monumento Natural
- Parque Periurbano

- Sendero
- Carreteras
- Autopista
- Ríos
- Autovía

# Senderos y Miradores de los Espacios Naturales de Córdoba



Hay muchas maneras de conocer el valioso patrimonio natural andaluz y probablemente una de las más interesantes y completas sea a través de sus senderos y miradores. Los senderos nos permiten transitar por montañas, playas, riberas... y los miradores nos ofrecen la oportunidad de contemplar hermosas panorámicas. Con el folleto que tiene en sus manos, donde se recoge una selección de los senderos más representativos de cada espacio junto con una breve descripción del mismo, podrá iniciar su recorrido por los espacios naturales de la provincia de Córdoba. Si para organizar su visita necesita más información sobre alguno de los espacios naturales o sus equipamientos, puede llamar a cualquiera de los teléfonos de información que se recogen en esta publicación.

## P.N. Sierra de Cardeña y Montoro

### >> Aldea del Cerezo-Venta del Charco

Este sendero cubre el camino que separa las aldeas de El Cerezo y Venta del Charco, dos pequeñas pedanías del municipio de Cardeña. El paisaje es adeshado, sumándose el atractivo de poder contemplar los únicos robles melojos existentes en la provincia de Córdoba (cuyo aspecto puede verse en los árboles de la fotografía). El colorido que estos árboles adquieren en otoño lo hace especialmente recomendable en estas fechas.



### >> Cardeña- Aldea del Cerezo

Este sendero parte del casco del municipio de Cardeña para adentrarse en una dehesa joven en la que podremos encontrar ovejas y vacas alimentándose y, según las fechas, cerdos ibéricos en montanera. El camino nos lleva al final de la Aldea del Cerezo, ejemplo de arquitectura popular basada en el material de construcción más abundante de la zona, el granito.



## >> Aldea del Cerezo-Azuel

Un encinar algo adeshado es el paisaje de este sendero que tiene también como atractivo contemplar unos singulares afloramientos rocosos de granito. Fruto de la erosión en este tipo de roca, estas formas son conocidas en la zona como "los bolos" y "lomos de ballena". Esta curiosidad se complementa con las vistas que en el camino se pueden contemplar de la Sierra Madrona, Navalmanzano y Quintana. En el trayecto es frecuente observar quejigos dispersos, que resaltan en otoño cuando tienen de dorado sus hojas.



## >> Camino de Vuelcacarretas

Este sendero tiene un atractivo fundamental, que es el de las muy buenas vistas existentes de la Sierra Madrona, ya en la provincia de Ciudad Real. El paisaje que nos acompaña es el típico del denominado monte mediterráneo. Se trata del bosque autóctono, en el que predominan las encinas y alcornoques con bastante densidad, adaptado a una cierta altitud y a la dureza del clima, además de poco alterado por la intervención humana. También, al ser la zona de caza mayor, es posible divisar algún que otro ciervo.



## >> INFORMACION DE INTERES

**Centro de Visitantes Venta Nueva.** Enlace de la Ctra. N-420 con la CO-510, km 79. 14445 Cardeña (Córdoba). Tfno: 957 015 923.

## P.N. Sierras Subbéticas

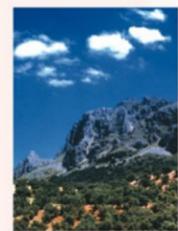
### >> Cañón de Bailón

Además de los impresionantes tajos y saltos, este sendero tiene el atractivo de la observación de numerosas cavidades prehistóricas. Entre ellas, destaca la Cueva del Fraile, que debe su nombre al trozo de roca que hay en su umbral asemejando un gigantesco fraile. Es recomendable llevar prismáticos para realizar este sendero - más indicado en primavera y otoño -, a lo largo del cual pueden avistarse rapaces como el búho real, el buitre leonado, el cernicalo, etc.



### >> Sierra Horconera

Se trata de un sendero en el que el paisaje es diverso: vegetación exuberante, bosque de ribera, olivos, la Sierra Horconera, cortados del pico Bermejo, etc. El pico Tiñosa (1.570 metros), el punto más elevado de la provincia de Córdoba, ofrece un paisaje quebrado por su carácter singular y la variación en las tonalidades (de azul y gris a blanca, cuando la sierra se cubre de nieve).



### >> Las Buitreras

Se recomienda cubrir el trayecto desde Luque a Carcabuey para disfrutar el imponente paisaje que se va descubriendo en este sendero que, por otro lado, también tiene el atractivo de permitir el paso por los cortados pudiendo observarse la mayor colonia de buitre leonado del espacio. El recorrido acaba en las proximidades de Carcabuey, lo que permite completar la ruta natural con la cultural del aceite, ya que allí existe una almazara.



## >> Fuente de Jarcas

El sendero debe su nombre a un manantial que podremos conocer al finalizar el recorrido. Poco después de iniciar el paseo, caminaremos por una zona en la que existe un yacimiento de una curiosa variedad de calcita, el aragonito. Este mineral, fue descubierto en la provincia de Guadalupe por Abraham Gottlob Werner, quien le dio este sobrenombre convencido de que la localidad Molina de Aragón -donde él lo halló- pertenecía a Aragón, cuando en realidad, pisaba tierras manchegas.



## >> Pinar de Rute

Conoceremos el paisaje que rodea Rute iniciando este sendero en la reserva de ADEBO, donde montar sobre el burro andaluz, la raza más antigua de Europa. Además del pino carrasco repoblado, encontraremos encinas, cornicabra y retama. Y en las zonas más altas, como el cerro del Canuto, crecen densas matas espinosas y almohadilladas. Desde estos puntos, obtendremos excelentes vistas de Iznájar y su embalse. A la vuelta, cabe descansar en el área recreativa Fuente Alta, o desviarse a la derecha hasta Rute el Viejo, ruinas del originario emplazamiento fortificado.



## >> La Ermita

El sendero cubre la subida desde Cabra al Santuario de la Ermita Virgen de la Sierra por el camino Góngora. Esta ruta, a su paso por la finca de La Viñuela, da la oportunidad de ver enormes quejigos centenarios y caballos de pura raza andaluz. Se culmina en El Picacho de Cabra, que fue uno de los primeros espacios protegidos de toda España y fue declarado Sitio de Interés Natural en 1927. Con sus 1.217 metros de altura y una imponente panorámica, se considera el punto más céntrico de todo el territorio andaluz.



## Estimado senderista

- Manténgase en los caminos
- Deposite la basura en los contenedores
- Respete los bienes y propiedades privadas
- Evite hacer ruido
- No se permite circular en vehículos motorizados
- No se permite la acampada libre
- No se permite la recolección de minerales y rocas
- No se permite la recolección de plantas
- No se permite la captura de animales
- No se permite encender fuego

## Y recuerde:

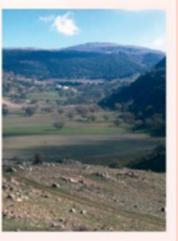
- Utilice calzado adecuado y ropa cómoda
- Protéjase del sol
- Lleve consigo agua para beber
- Infórmese antes de realizar el sendero de las previsiones meteorológicas

Contigo, Andalucía vive!



## >> La Nava

La nava es una formación que responde al tipo de polje; un espacio de gran riqueza paisajística que presenta numerosos encharcamientos en invierno y primavera, además de dar asiento a muchas especies faunísticas y florísticas. En este sendero, se localiza El Lanchar o Lapiaz de los Lanchares, una formación kárstica muy singular. Altas precipitaciones y gran erosión han empobrecido el suelo y obligado a las plantas a adoptar mecanismos de defensa como escasa altura, grandes raíces, etc.



## >> Botánico Dehesa de Vargas -Mirador de La Cabrera

Con inicio en el centro de visitantes Santa Rita, este sendero tiene especial significación para los botánicos. A partir de la finca que le da nombre, se adentra en una zona donde la vegetación es abundante, de bastante porte y diversa. Un típico bosque mediterráneo en el que, junto al matorral de torviscos y cornicabras, encontramos sotobosque de rosales, majoletos, jazmines negros, trepadoras y especies propias de zonas húmedas, que se desarrollan gracias a los manantiales. La finalización en el mirador de La Cabrera, desde donde se divisa Sierra Nevada en los días claros, nos hará disfrutar de paisajes diferentes sobre la base de formaciones geológicas variadas.



## >> INFORMACIÓN DE INTERÉS

**Centro de Visitante Santa Rita.** Ctra. A-340 Km. 57. 14940 Cabra, Córdoba. Tfno: 957 334 034

**Ecomuseo Cueva de los Murciélagos.** Ctra. Zuheros-Cueva de los Murciélagos. A 3,8 Km de Zuheros. Tfno: 957 001 300.

## R.N. Lagunas del Sur de Córdoba

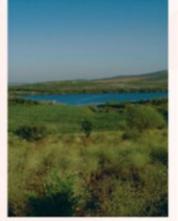
### >> Laguna Amarga

Este corto sendero nos pasea por la laguna que recibe el nombre de Amarga por la elevada concentración de sulfato magnésico que tienen sus aguas. Nos sorprenderá el contraste cromático entre ésta, de un azul intenso, y la Laguna Dulce, muy próxima y pese a ello de tonos mucho más cálidos. Ambas, al pertenecer anteriormente a fincas de titularidad privada, constituyen una zona tradicional de esparcimiento de la población local.



### >> La Carrizosa

La Carrizosa es uno de los vasos adyacentes de la Laguna de Zóñar, la de mayor tamaño y más relevante de cuantas componen este conjunto de zonas húmedas. El sendero que discurre por esta zona nos va a permitir conocer y contemplar la vegetación propia de las lagunas, además de recrearnos en el paisaje de cultivos que nos circunda. Carrizos, espadañas o eneas y cañas sobresalen junto a algunas plantas subacuáticas que pueden llegar a formar masas flotantes.



### >> Del Observatorio

Este corto y fácil sendero muestra la laguna de Zóñar y su entorno. Se inicia disfrutando de la panorámica de su mirador, con interesante información sobre la laguna andaluza más profunda. Después, nos adentramos en el paisaje agrícola, salpicado de plantas mediterráneas repobladas y madrigueras de conejos. Trinos y aromas nos acompañarán hasta el borde de la laguna, donde se encuentra el observatorio. En él, además de relajarnos con sus vistas, encontraremos paneles sobre las aves presentes, como la malvasía, pato buceador salvado aquí de la extinción.



## >> INFORMACIÓN DE INTERÉS

**Centro de Visitante Laguna de Zóñar.** Ctra. A-309 Aguilar-Puente Genil Km 77,6. 14920 Aguilar de la Frontera, Córdoba. Tfno: 957 335 252

**Punto de Información Laguna del Rincón.** Ctra. Aguilar-Puente Genil, Km. 96 (Ctra. provincial 101 en dirección a Moriles) Aguilar de la Frontera, Córdoba. Tfno: 957 335 252

## P.N. Sierra de Hornachuelos

### >> Guadalupe

Atractivos de este sendero son, por un lado, el molino de la Paloma -instalación empleada antiguamente para moler trigo- y por otro, la posibilidad de observar especies como el buitre negro, el águila real, la perdicera, el halcón peregrino y el cernicalo. El bosque de galería que circunda el arroyo Guadalupe es, asimismo, una de las zonas de mayor interés botánico del Parque. Alisos, olmos, sauces y fresnos se reúnen con madroños, brezos y rascaviejas.



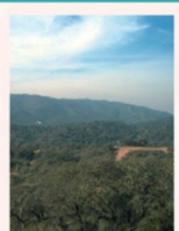
### >> Las Herrerías

La vía pecuaria Cordel de Las Herrerías es la que da nombre a este sendero que, partiendo del centro de visitantes, tiene el atractivo de contemplar numerosas "caleras", lugares en los que se elabora la cal a partir de piedras calizas. De ahí, se pasa a Fuente del Valle, zona en la que se puede descansar en un área recreativa. Después llega a la finca Santa Cruz, un gran alcornoque, y vuelve al centro de visitantes por el Camino de Torralba.



## >> Del Águila

Parte de este sendero discurre por los alrededores del pueblo que da nombre al espacio, Hornachuelos. Mirlos y carboneros nos acompañarán en un camino en el que es fácil encontrar las huellas de conejos y jabalíes, una especie abundante. Repetidas subidas y bajadas por la falda del relieve montañoso entre la sierra y la campiña nos llevan a una zona en la que se combina el paisaje típico del bosque mediterráneo con los regadíos del Bembézar.



## >> Río Bembézar

Es un sendero de trazado cómodo y llano excepto en la parte final, próxima a la presa. Discurre por la margen izquierda del río Bembézar, en el que podremos observar alguna nutria y aves como la cigüeña negra, los buitres y el águila perdicera. Otro de los atractivos del sendero es el Seminario de los Ángeles, instalación abandonada en la actualidad, pero que conserva un bello entorno y las curiosas cuevas excavadas para el retiro de los frailes.



## >> Rabilarga

Sendero muy asequible (que puede ser recorrido por personas con discapacidad física o visual acompañadas) que permite observar las diferencias entre el bosque mediterráneo y la vegetación de ribera. Además contemplaremos una encina centenaria conocida como Encina de los Arrieros, que era lugar de reunión para los arrieros cuando trabajaban en fincas cercanas. Finaliza en el bar-restaurante del área recreativa Huerta del Rey.



## >> Botánico

Este sendero permite conocer la flora más representativa del espacio - mediante señales con el nombre de las especies principales - dando un agradable paseo. Partiendo del centro de visitantes Huerta del Rey, podremos observar una dehesa de alcornoque con jaras y lentiscos y otras especies como el cantueso. Después de pasar por una calera, el sendero discurre por un olivar abandonado y colonizado por monte mediterráneo.



## >> INFORMACIÓN DE INTERÉS

**Centro de Visitante Huerta del Rey.** Ctra. CO-142 Hornachuelos-San Calixto Km 1,5. 14740 Hornachuelos, Córdoba. Tfno: 957 641 140

## P.P. Los Villares

### >> Los Villares

Este sendero tiene fines didácticos. Con él se pretende que nos acerquemos al paisaje típico de monte mediterráneo y a las especies vegetales que le son propias: pinos y encinas acompañados de matorral. El camino circular nos llevará por las proximidades de la zona de acampada Los Villares, ubicada en un pinar de unas 3 hectáreas, y por el propio Centro de Visitantes, ambos equipamientos al sur del Parque Periurbano.



## >> INFORMACIÓN DE INTERÉS

**Centro de Visitante Los Villares.** Ctra. del Parque Los Villares km 7,5. Córdoba, Córdoba. Tfno: 957 330 145

## Otros espacios naturales

### >> Cuesta del Reventón

Una forma de conocer la Sierra Morena cordobesa es subir a las 13 Ermitas por este sendero, tal como lo hacían desde el siglo XVII los ciudadanos. El apelativo reventón se debe a la visita de Alfonso XIII a dichas Ermitas en 1904, de la que cuentan que uno de sus caballos cayó exhausto al subir tan pronunciada cuesta. Al indudable valor histórico se suma el ecológico, ya que constituye una representación de la flora y fauna mediterráneas cercana a la ciudad. Destaca el milano negro, rapaz que puede observarse por el camino durante su migración. Pero su atractivo principal es como importante yacimiento de fauna fósil del Cámbrico español, al poseer numerosas especies de la época en estas pizarras y esquistos tan antiguos.



### >> Cuesta de la Traición

Este camino, asfaltado antaño por bandoleros, fue la antigua calzada romana "Camino del Pretorio", que comunicaba Córdoba con las zonas mineras al norte. Ascende por un pedregoso cauce seco, con fósiles sobre pizarras y calizas que demuestran que esta sierra perteneció en la Era Primaria al mar. Además del valor histórico y geológico, ofrece la biodiversidad del bosque mediterráneo. Entre pinos y quejigos acompañados de lentiscos, madroños o jaras, distinguiremos multitud de pájaros, e incluso, pequeños mamíferos como conejos, erizos o tejones. Sus excelentes panorámicas de la ciudad culminan en el Lagar de la Cruz, donde podemos seguir la carretera para subir a las Ermitas.



## >> INFORMACIÓN DE INTERÉS

**Consejería de Medio Ambiente.** Delegación Provincial de Córdoba: C/Santo Tomás de Aquino, s/n 14071 Córdoba. Tfno.: 957 001 300 Fax: 957 001 262.



## 2. ECO AND ADVENTURE TOURISM ACTIVITIES

The following is a classification of the activities according to the type of natural environment where they are developed: earth, water or air.

### ON THE GROUND

A1. Bicycle activities: a) ATB/MTB; b) bicycle tourism, c) road bicycles

A2. Canyoning

A3. Climbing / Abseiling: a) Natural climbing, b) Climbing in a climbing wall, c) Abseiling

A4. Via Ferrata

A5. Caving

A6. Mountaineering

A7. Off Roding: a) 4x4, b) Enduro and trail motorcycles, c) Quads, d) Buggies, e) Karts

A8. Equestrian tourism

A9. Jumping from solid structures (bungee jumping)

A10. Adventure Parks and Ziplines

A11. Hiking and similar activities: Trekking, Nordic walking, etc

A12. Ecotourism: mycological excursions, geotourism, Fauna and Flora Observation (Birdwatching)

A13. Orientation and similar activities (Geocaching, Survival...)



A14. Recreational shooting sports using paintball markers (paintball, airsoft)

A15. Archery (crossbow, blowgun)

### IN THE WATER

B1. Sailing

B2. Pedalos

B3. Canoe / Kayak

B4. Stand up paddle surfing

B5. Windsurfing; Kiteboarding; Water skiing/Wakeboarding

B6. Wildwater canoeing: a) Rafting, b) Kayak

### IN THE AIR

C1. Paramotor, heli-excursion, paragliding, light aircraft flight.

C2. Hot air/gas balloon

C3. Skydiving



**ECO AND ADVENTURE TOURISM ACTIVITIES / PRODUCT FILES  
ON THE GROUND**







## A1.a. ACTIVITIES BY BICYCLE - ATB - MTB

**DEFINITION:** A mountain Bike (MTB), is a type of bicycle designed for travelling in mountains or the countryside. In Spanish they also call them all-terrain bikes (ATB). They are used for paths and cattle and forest tracks, which are abundant in the province of Córdoba.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade II- III. (Grades range between 1 and 6). Average-low complexity.

**RECOMMENDED EQUIPMENT:** Technical cycling clothing that is suited to the weather conditions. Liquid and solid supplies (nuts, energy bars or similar). Sunglasses.

**REQUIREMENTS:** Minimum age will depend on the itinerary (minors need to be accompanied by an adult), not having limiting injuries and being well disposed for carrying out the activities. For sections over 10 Km, being in adequate health and physical conditions. Not being pregnant. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** An adequate bicycle, a helmet, civil responsibility insurance, monitoring staff, a support vehicle and an express repair shop nearby, puncture kit, replacement bicycle, first-aid kit, communications support (mobile phones and walkie-talkies), a map and technical information about the itinerary.

When needed, special permissions to travel through protected or private areas.



## A1.b. ACTIVITIES BY BICYCLE - BICYCLE TOURISM, ROAD BICYCLES.

**DEFINITION:** Bicycles allow for a different way of getting to know the city of Córdoba, its villages and natural heritage, be this be means of the cycle tracks or by Rail Trails that are on offer in the province's surrounding areas, like the Aceite Rail Trail and its bicycle tourism centre.

Due to the specialised nature of the sport, it requires either good prior planning or doing so at the destination by using an adventure tourism company offering these services. Other pedal vehicles are available for pleasant family or group walks (tandems, tricycles or quadricycles).

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade II- III. (Grades range between 1 and 6). Average-low complexity.

**RECOMMENDED EQUIPMENT:** The same required for ATB - MTB.

**REQUIREMENTS:** Minimum age will depend on the itinerary (minors need to be accompanied by an adult), not having limiting injuries and being well disposed for carrying out the activities. For sections over 10 Km, being in adequate health and physical conditions. Not being pregnant. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** The same as those required for ATB - MTB.

## PRODUCTS (companies offering them)

- Rent and routes Olive oil Train rail trail **15.26**
- Others rail trails **15.30.33**
- Córdoba city and surroundings routes **16.33.37**
- ATB Rent and routes Embalse de la Breña reservoir **01**
- ATB Espiel **09**
- Bicycle tourism and ATB in Los Pedroches **22**
- Califato route
- Tempranillo route
- GR-7 route **15.30**
- Priego-Rute-Priego **15.30**
- Navazuelo route **15.30**
- Itinerary Puerto del Cerezo-Las Lagunillas **15.30**
- Route: Buitreras Carcabuey-Luque **15.30**
- ATB, road bicycle and y bicycle tourism (netx pages) **24**
- ATB and bicycle tourism Cardeña - Montoro NP **16.22**
- ATB Villafranca **16**



## ASK OTHER LOCAL COMPANIES ABOUT THESE ITINERARIES!!!

### ATB SIERRA MORENA AND GUADALQUIVIR VALLEY

24

**1. RUTA CÓRDOBA - TRASSIERRA - CÓRDOBA.** Canal del Guadalmellato-Vereda de La Canchuela-Finca de La Jarosa-Castañar de Valdejetas-Puerto Artafi-Santa María de Trassierra-Fuente del Elefante-Ermitas de Córdoba-Cuesta del Reventón. 46km. Medium complexity. Elevation: 1080m. Tracks, tarmacked paths or sections.

**2. RUTA CÓRDOBA - LOS VILLARES - CERRO MURIANO.** Barrio de El Brillante-Vereda del Villar- Lagar de la Cruz-el Parque Periurbano de Los Villares-Cerro Muriano-Ermita de Nuestra Sra de los Pinares-Cañada Real Soriana coincidente hasta Córdoba con el Camino de Santiago Mozárabe-Loma de los Escalones-Ermita de la Virgen de Linares. 34km. Average-high complexity. Elevation: 880m. Tarmacked paths or sections.

**3. SANTUARIOS DE NTRA.SRA DE LINARES Y STO.DOMINGO.** Barrio de Fátima-Vereda de la Alcaldía-Arroyo de Rabanales por el Puente de Los Piconeros-La Campiñuela Alta-Vereda de Linares-Santuario de Ntra. Sra. de Linares-Arroyo de Pedroche-Arroyo de Sto. Domingo-Santuario de Sto. Domingo-La Palomera, Puente de Hierro-Arroyo de Pedroche. 27km. Average-high complexity. Elevation: 630m. Tracks, tarmacked paths or sections.

**4. ERMITAS - TRASSIERRA - LAS JARAS.** All the great tests of mountain biking in Córdoba Mounain Ranges, like Guzmán El Bueno marathon, Media Diario Córdoba, Andalucía Bike Race and ATB Vuelta to Córdoba, go through this route. Cuesta del Reventón-Las 7 Fincas-Arroyo Bejarano-Cortijo de El Caño-Valle del Río Guadiato-Las Jaras y Los Villares-Vereda del Villar. 44km.

Average-high complexity. Elevation: 1160m. Tracks, tarmacked paths or sections.

#### **5. VILLAVICIOSA-MINAS DE MIRABUENO-PUENTE NUEVO.**

Villaviciosa de Córdoba-Paraje de La Verbena-Sendero La Cepera-senderos del Camping de Puente Nuevo, Los Pinos y La Grijuela-Embalse de Puente Nuevo-Cerro del Almadenejo-Cuesta de Las Carretas-Villaviciosa. 31km. Average-high complexity. Elevation: 890m. Tracks, tarmacked paths or sections.

#### **6. VIA VERDE DE LA CAMPIÑA-GUADALCÁZAR-ALMODÓVAR.**

Los Jardines de la Victoria-Av. Conde de Vallellano-Puente de San Rafael-Ctra A 3051-Estación de Valchillón, punto de inicio de la Vía Verde de la Campiña-Túnel de Las Tablas-Estación de Guadalcázar-Guadalcázar-Almodóvar del Río-Camino de Los Toros-Canal del Guadalmellato-Córdoba. 63km.

Low complexity. Elevation: 251m. Tracks, Rail Trails and Compacted earth.

#### **7. CÓRDOBA - LOS ENCINARES (ALCOLEA) - CÓRDOBA.**

Barrio de Fátima-Vereda de la Alcaldía y Campiñuela Baja-Canal del Guadalmellato-Hospital Psiquiátrico-Vereda de Linares, Cortijo Román Pérez Bajo-Vereda de la Alcaldía y La Campiñuela. 25km. Low complexity. Elevation: 210m. Tracks and tarmacked sections.

### **BICYCLE TOURISM AND RAIL TRAILS**

24

#### **1. GUADALCÁZAR (CÓRDOBA) – ÉCIJA (SEVILLA).**

Por la Vía Verde de la Campiña. Estación de Guadalcázar-Vía Verde-La Rambla-La Carlota-Écija (Sevilla)-traslado a Córdoba. 30km. Low complexity. Elevation: 150m. Compacted earth.

#### **2. CÓRDOBA – ALMODÓVAR DEL RÍO (CASTILLO).**

Córdoba-Campiña y Valle del Guadalquivir-Almodóvar del Río. 30 km. Low complexity. Elevation: 274m. Tarmacked paths and back roads.



**3. CÓRDOBA – PALMA DEL RIO.** Guadalquivir valley-Palma del Rio (El Palacio Portocarrero, Conventos, Ntra. Sra. De la Asunción church and walled enclosure). 57 km. Low complexity. Elevation: 250m. Tarmacked paths and back roads.

**4. TRASSIERRA – ERMITAS - CÓRDOBA.** Sta. María de Trassierra (Mycological Information Point)-13Ermitas-Córdoba. 26 km. Medium complexity. Elevation: 308m. Tarmacked paths and back roads.

**5. CÓRDOBA - ÉCIJA - CARMONA - SEVILLA.** Route in three

stages, by mountain bike through La Campiña rail trail, Alcores rail trail, roads and secondary roads; from the Mezquita-Catedral in Córdoba, to the famous Plaza de España in Sevilla. 171 km. 3 days. Low complexity. Elevation: 1056m. Compacted earth and tarmacked paths.

**6. CÓRDOBA - ÉCIJA - OSUNA - OLVERA - PUERTO SERRANO.** Route in 4 stages, saddlebags cycling, along La Campiña rail trail, secondary roads and La Sierra rail trail; visiting the towns of: Écija, El Rubio, La Lantejuela (with its Endorreic Complex Nature Reserve), Osuna, Algámitas, Pruna, Olvera y Puerto Serrano. Also the Natural Reserve of Peñón de Zaframagón with the largest colony of griffon vultures in Andalusia. 224km. Low-Medium complexity. Elevation: 2080m. Compacted earth and tarmacked paths.

**7. CÓRDOBA - ÉCIJA - LA LUISIANA - FUENTES DE ANDALUCÍA - MARCHENA.** La Campiña rail trail. 114km. 2 days. Low complexity. Elevation: 627m. Compacted earth, tarmacked paths.

## ROAD BICYCLES CÓRDOBA-GUADALQUIVIR VALLEY-LOS PEDROCHES-GUADIATO VALLEY

24

### - ETAPA 1: CÓRDOBA - VILAFRANCA - OBEJO - POZOBLANCO.

122km. Accumulated elevation (+): 2.500m. Accumulated elevation (-): 2.095m. Maximum slope: 20.6 %. No. of passes: 6. Min. Height: 106 m. Max. Height: 793m. High level.

### - ETAPA 2: POZOBLANCO-SANTA EUFEMIA- FUENTE OBEJUNA.

120km. Accumulated elevation (+): 883m. Accumulated elevation (-): 920m. Maximum slope: 9.36 %. No. of passes: 0. Min. Height: 400m. Max. Height: 669m. Medium-high level.

### - ETAPA 3: FUENTE OBEJUNA - VILLAVICIOSA - CÓRDOBA.

03km. Accumulated elevation (+): 1452m. Accumulated elevation (-): 1812m. Maximum slope: 10.92 %. No. of passes: 4. Min. Height: 257m. Max. Height: 788m. Medium-high level.

### - ETAPA 4: CÓRDOBA - TRASSIERRA - POSADAS - CÓRDOBA.

115 km. Accumulated elevation (+): 1769m. Accumulated elevation (-): 1778m. Maximum slope: 11.8 %. No. of passes: 4. Min. Height: 75m. Max. Height: 573m. Medium-high level.





## A2. CANYONING

**DEFINITION:** Adventure sport practised in river canyons or gorges oftentimes presenting a highly varied itinerary (staggering drops, waterfalls, slides and abseiling on rocks, sometimes swimming and others hiking along the river bed). It consists of descending the upper courses or rivers and streams using caving techniques.

**SEASON:** Subject to rainfall levels (February-June).

**COMPLEXITY:** Grade II- III. (Grades range between 1 and 6). Average-low complexity.

**RECOMMENDED EQUIPMENT:** Bathing equipment, towel, dry clothing, food and beverages for a picnic along the way,

a rucksack and footwear that may get wet and that has a good grip, or else mountaineering footwear.

**REQUIREMENTS:** Swimming skills essential. Minimum age is 14, not presenting recent injuries, being in an adequate state of health and well-disposed for carrying out the activity. Not being pregnant. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Watertight container, specific technical material for gorges, except footwear (wetsuit, helmet, figure-8 descender, carabiner, harness, ropes) and specialised guides. Please ask about transport to the location.

## PRODUCTS (companies offering them)

- Water Gorge in the Guadiato River 07
- Gorge in Hornachuelos natural park 07
- Gorge de la Hoz , Rute
- Gorge of Genilla River, Priego 06.35



*Pool in the Guadiato River's water gorge*



*Guadiato River water gorge*



*Climbing in Espiel*



*The Jituero rock*



*Climbing in Espiel*



## A3.a. NATURAL CLIMBING

**DEFINITION:** It consists of climbing natural walls presenting steep slopes. It is carried out using the upper and lower extremities, and it uses anchors that have previously been fixed to the wall by means of mechanical systems placed throughout the itinerary, allowing for broadening climbing possibilities. The climbs are normally done in top rope climbing mode, with the rope already set up from the top, which minimises the risk factor, as in the event of a fall, the climber would end up suspended by the rope.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** All levels, depending on its location.

**RECOMMENDED EQUIPMENT:** Comfortable athletic clothing and warm clothes, sports footwear (boots are recommended) and sunscreen. Suitable hydration and nourishment.

**REQUIREMENTS:** Minimum age is 7 (minors need to be accompanied by an adult), not presenting recent injuries, being in an adequate state of health and well-disposed for carrying out the activity. Not being pregnant. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Harness, helmet, belay device, carabiner, ropes, climbing shoes and technical equipment. Civil liability and accident insurance policy, qualified monitors, support vehicle and first-aid kit.



### NATURAL CLIMBING:

- Almodóvar del Río 01
- Espiel 01.05.06.07.08.09.22.23
- Adamuz 07
- Ategua 07
- Los Arenales, Guadiato valley 07
- Luque 04.06
- Cueva de los Murciélagos or bat cave, Rute 15
- Peñalope, Cabra 04
- Peñón del Águila, Pedro Abad 16
- Peñón del Jitüero, Pedro Abad-Adamuz 16.23
- Fuensansa, Montoro 23

### CLIMBING IN A CLIMBING WALL:

- De la Breña reservoir, Almodóvar del Río 01
- Espiel 08.09
- Villanueva del Duque 31
- Benamejí 04.35
- Pedroche 28





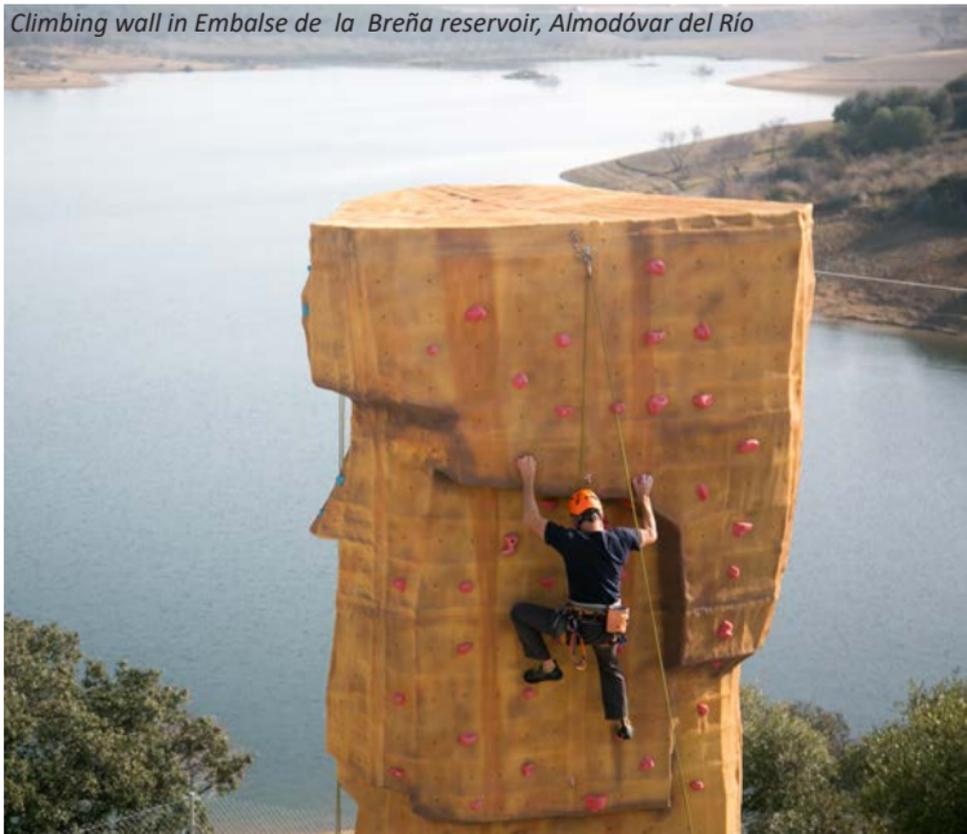
## A3.b. CLIMBING IN A CLIMBING WALL

**DEFINITION:** A first contact with climbing on artificial walls, in an environment that simulates the difficulties that might arise in a natural wall. A climbing wall is a facility that is specifically prepared for climbing using holds. Their shape might be free or conditioned by the building that houses them. The European Union regulation that controls climbing wall building is UNE EN 12572, whose fulfilment is compulsory in the EU.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade II- III. (Grades range between 1 and 6). Average-low complexity.

*Climbing wall in Embalse de la Breña reservoir, Almodóvar del Río*



**RECOMMENDED EQUIPMENT:** Comfortable athletic clothing and warm clothes, sports footwear (boots are recommended) and sunscreen. Suitable hydration and nourishment.

**REQUIREMENTS:** Minimum age is 5 (minors need to be accompanied by an adult), not presenting recent injuries, being in an adequate state of health and well-disposed for carrying out the activity. Not being pregnant. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Harness, helmet, belay devices, carabiner, ropes, climbing shoes and technical equipment. Civil liability and accident insurance policy. Qualified monitors. First-aid kit.





## A3.c. ABSEILING

**DEFINITION:** Vertical surface descent system. In addition to the right technique, all that is needed is a harness and figure-eight descender (used in mountaineering, rock climbing, caving, canyoning and other activities requiring vertical descent). We have added the rope progression variant, whereby ascents and descents of vertical surfaces are practised.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** All levels, depending on its location.

**RECOMMENDED EQUIPMENT:** Comfortable athletic clothing and warm clothes, sports footwear (boots are recommended) and sunscreen. Suitable hydration and nourishment.

**REQUIREMENTS:** Minimum age is 7 (minors need to be accompanied by an adult), not presenting recent injuries, being in an adequate state of health and well-disposed for carrying out the activity. Not being pregnant. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Harness, helmet, belay devices, carabiner, ropes, climbing shoes and technical equipment. Civil liability and accident insurance policy. Qualified monitors. First-aid kit.



Abseiling in Espiel

## PRODUCTS (companies offering them)

- Espiel **05.06.08.09**
  - Las cruces, Zuheros **04.06**
  - Peñón del Águila, Adamuz **16**
  - Puente del Río, Villafranca **16**
  - Benamejé **04.35**
  - Cueva de los Murciélagos - bat cave, Zuheros **04.15**
  - Luque **04.06**
- \* Please see the following map.*

Abseiling in Zuheros





## A4. VIA FERRATAS

**DEFINITION:** A via ferrata is vertical and horizontal itinerary furnished with different climbing aids: pegs, stemples, handrails, suspension bridges and zip lines that allow for hikers or people who are not used to climbing in safety to reach areas that are hard to access. Safety is provided by a steel cable which runs along the route and a harness equipped with an energy-absorbing lanyard and special carabiners (marked with a k).

**SEASON:** Throughout the year (best from September to May).

**COMPLEXITY:** All levels, depending on its location.

**RECOMMENDED EQUIPMENT:** Comfortable clothing and sports footwear (boots are recommended) and sunscreen. Suitable hydration and nourishment.

**REQUIREMENTS:** Minimum age is 14 (minors need to be accompanied by an adult), not presenting recent injuries, being in an adequate state of health and well-disposed for carrying out the activity. Not being pregnant. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Harness, helmet, absorbers, third arm lanyard, ropes and technical materials. Civil liability and accident insurance policy, qualified monitors, support vehicle, first-aid kit and communications equipment (mobile phones and walkie-talkies).



Espiel



Via Ferrata in Zuheros



Via Ferrata in Zuheros



Via Ferrata in Espiel



*Via Ferrata in Espiel*

## PRODUCTS (companies offering them)

- Espiel 01.05.08.09.16.23
- Zuheros 04.06.30.15.16
- Rute 04





## A5. CAVING

**DEFINITION:** Caving is an activity that includes exploring and advancing through subterranean cavities while overcoming their inherent obstacles by making use of specific techniques and materials.

The objective of exploring a cave is to find out about their different aspects, including their geomorphology and some of the techniques and sensations speleologists go through, while always receiving guidance. Once at the entrance of the cave, a material and technical explanation of the itinerary is carried out, and then the crossing starts.

**SEASON:** Throughout the year.

**COMPLEXITY:** Grade II- III. (Grades range between 1 and 6). Average-low complexity.

**RECOMMENDED EQUIPMENT:** Comfortable athletic clothing and warm clothes, sports footwear. Suitable hydration and nourishment.

**REQUIREMENTS:** Minimum age is 12 (minors need to be accompanied by an adult), not presenting recent injuries, claustrophobia or respiratory diseases. Being in an adequate state of health and well-disposed for carrying out the activity. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** A helmet with a front light, torch and jumpsuit. For more technical caves, the following is also needed: harness, descender, rope, etc. Qualified monitors. First-aid kit. Technical information about the cave. Permissions for protected caves, civil liability and accident insurance policy.

## PRODUCTS (companies offering them)

- Guadiato River valley 07
- Cueva de los Murciélagos - bat cave 04
- Cueva del Yeso, cast cave 04
- Cueva de los Mármoles - marbles cave 04
- Sima de Cabra - Cabra gulf

\* Please see the previous map.

Guadiato River valley caves



Cueva de los murciélagos bat cave Cueva de los murciélagos bat cave





## A6. MOUNTAINEERING

**DEFINITION:** A discipline that consists of ascending mountains. It is also defined as techniques, knowledge and skills involved in the aforementioned objective, due to which it is intrinsically related to trekking, climbing (classical or sporting) or specific ascents and descents in nature, such as canyoning.

**SEASON:** Throughout the year.

**COMPLEXITY:** Grade II- III. (Grades range between 1 and 6). Average-low complexity.

**RECOMMENDED EQUIPMENT:** Comfortable athletic clothing suited to the weather conditions. Mountaineering footwear, rucksack, sunscreen, sun glasses, walking sticks, etc.

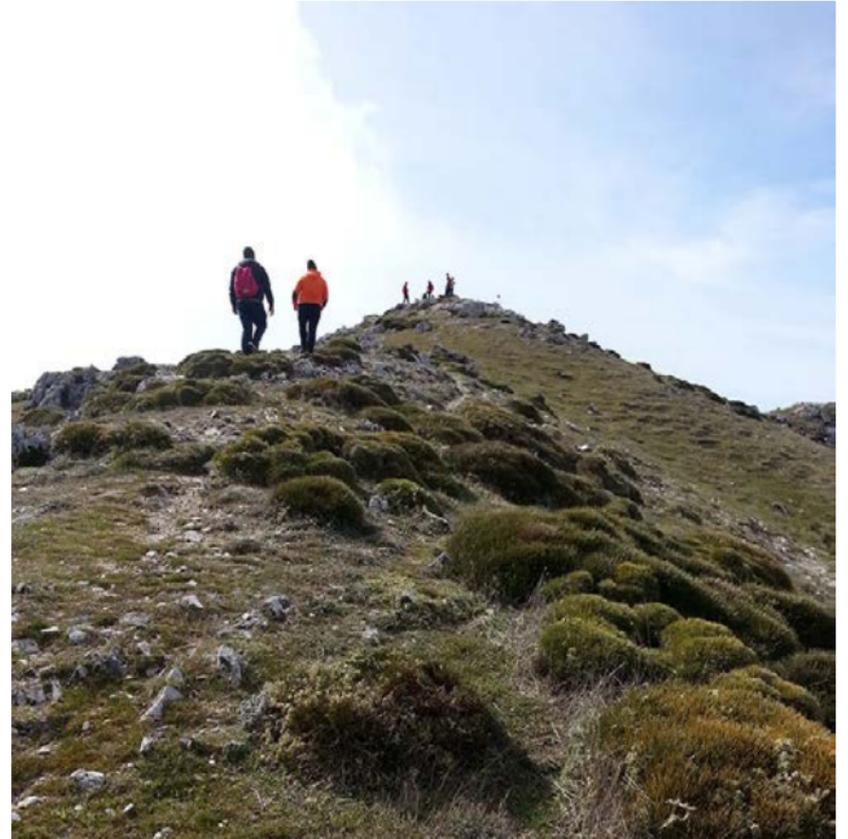
**REQUIREMENTS:** Minimum age is 14 (minors need to be accompanied by an adult), not presenting recent injuries, being in an adequate state of health and well-disposed for carrying out the activity. Not being pregnant. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Monitors that are qualified as mountain guides, first-aid kit, communications support (mobile phones and walkie-talkies), map and technical information about the itinerary. If needed, obtaining permission for protected or private areas and the necessary materials for carrying out the activity in safety: helmets, ropes, harnesses, descenders, crampons, ice axes, etc.

## PRODUCTS (companies offering them)

- Pico de la Tiñosa - Peak of la Tiñosa, Priego 01.30
- Cresteo Pico Bermejo y la Sierra de Alhucemas 30

\* Please see the following map.





## A7. OFF-ROADING (4x4, Enduro and trail motorcycles, Quads, Buggies and Karts)

**DEFINITION:** Going off-road means driving away from surfaced roads. A pilot's expertise and skill is put to the test when driving through terrain whose conditions might include an established circuit or the most extreme conditions (sand, gravel, river beds, mud, rocks, etc.). Using Motorbikes or Quads to go off-road allows for delving into an activity that implies driving motorised vehicles in areas that lack defined paths, and that are mostly rural and of rough terrain.

**SEASON:** Throughout the year.

**COMPLEXITY:** Grade III - IV. (Grades range between 1 and 6). Average complexity.

**RECOMMENDED EQUIPMENT:** Comfortable athletic clothing suited to the weather. Suitable hydration and nourishment.

**REQUIREMENTS:** Having the driving permit stipulated for vehicles requiring a specific one. Having the right physical skills and not being pregnant or under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Vehicles in perfect working order. Safety elements for the use of motorcycles, quads and buggies (helmet, jumpsuit, protective goggles, gloves, etc.). Civil liability and accident insurance policy, qualified monitors, support vehicle and first-aid kit.

## PRODUCTS (companies offering them)

- 4x4 rallies in Trassierra, Subbetica and Hornachuelos **37**
- Ciclokarts in Villanueva del Duque **31**





## A8. EQUESTRIAN TOURISM

**DEFINITION:** It involves a combination of riding an animal that is strongly linked to Andalusian culture while discovering unique natural surroundings, all of which makes this one of the favourite activities for visitors wishing to get to know the wealth of the natural heritage that exists in Córdoba and its province.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade I-II. (Grades range between 1 and 6). Low complexity.

**RECOMMENDED EQUIPMENT:** It is recommended to use Lycra or cotton leggings that are not too tight, and jeans are

to be avoided at all costs. During the summer months, we recommend a polo shirt or a t-shirt, sunglasses and sunscreen.

**REQUIREMENTS:** The minimum age for riding alone is 6 (depending on the company). If the itinerary is done by carriage, age shouldn't be an issue, provided there is an adult present looking after the minor. Having the right physical skills. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Horse with a saddle and a helmet (some companies rent riding boots and other material). Monitors or qualified guides and civil responsibility and accident insurance.

## PRODUCTS (companies offering them)

- Bosque de Las Pinedas - Las Pinedas forest 14
- Sierra Morena side, Trassierra road 07
- Ride on a horse and carriage in Dehesa Los Pedroches 29
- Exhibition of dressage in Dehesa Los Pedroches 29
- Villafranca de Córdoba 16
- Cardeña-Montoro Natural Park 16
- La Carlota 16
- Guadalquivir River valley, Palma del Río 11

*\* Please see the previous map.*





## A9. JUMPING FROM SOLID STRUCTURES (BUNGEE JUMPING, etc)

**DEFINITION:** Consists of leaping from a height with one of the ends of an elastic rope tied to the body or ankle, and the other attached to the starting point. When the person jumps, the rope extends to counter the inertia provoked by the acceleration of gravity during the falling stage; then the person ascends and descends until such a time as the initial energy of the jump dissipates.

**SEASON:** Throughout the year.

**COMPLEXITY:** Grade III - IV. (Grades range between 1 and 6). Average complexity.

**RECOMMENDED EQUIPMENT:** Comfortable athletic clothing suited to the weather. Suitable hydration and nourishment.

**REQUIREMENTS:** Being between 14 and 60, depending on the company (minors will need authorisation). Not recommended for people suffering from high blood pressure, cardiorespiratory problems, neurological disorders, epilepsy, bone, joint or ligament issues, dislocations, recent injuries, diabetes, asthma and panic and/or anxiety attacks. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Equipment (harnesses, ropes, carabiners, figure-eight descenders, gri-gris, shunt, helmets), civil responsibility and accident insurance, qualified monitors, supporting vehicle and first-aid kit.

## PRODUCTS (companies offering them)

- Old Guadiato River bridge 05

- Benamejí 06

\* Please see the following map.





## A10. ADVENTURE PARKS, ZIPLINES AND MULTIADVENTURE

**DEFINITION:** closed, controlled precincts where participants might carry out different leisure-sporting circuits of varying difficulty. They offer climbing activities, abseiling, ziplines, hanging bridges and others, and are available to everyone. Aerial adventure parks, also known as Forest Adventure Parks and Canopying tours, consist of an itinerary through the trees while completing different games or challenges, all in natural surroundings and featuring all the right safety measures.

**SEASON:** Throughout the year.

**COMPLEXITY:** Grade II- III. (Grades range between 1 and 6). Average-low complexity.

**RECOMMENDED EQUIPMENT:** Comfortable athletic footwear and clothing suited to the weather. Suitable hydration and nourishment.

**REQUIREMENTS:** Minimum age is 4 (minors need to be accompanied by an adult). being in an adequate state of health and well-disposed for carrying out the activity. Not recommended from people who are afraid of heights. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Personal equipment (harnesses, ropes, carabiners, absorbers, helmets), civil responsibility and accident insurance, qualified monitors and first-aid kit.





*Breña Reservoir zipline in Almodóvar del Río*

## PRODUCTS (companies offering them)

- Zipline Embalse de la Breña reservoir, Almodóvar del Río **01**
- Arborism and ziplines in Benamejí **04.35**
- Zipline Embalse de Puente Nuevo reservoir **05**
- Zipline in Espiel **08**
- Adventure park in la Sierrezuela, Posadas **21**
- Zipline in Villanueva del Duque **31**
- Multiadventure in Adamuz **23**
- Multiadventure in Villaviciosa **23**
- Multiadventure in Villafranca **23**
- Adventure park and zipline in Pedroche **28**
- Multiadventure in Embalse Valdearenas reservoir **15**





## A11. HIKING AND SIMILAR ACTIVITIES (Nordic Walking, Trekking, etc)

**DEFINITION:** Excursionist expeditions along either long or short trails, where one might spend the night or not. There are different types: Nordic walking (aided by walking sticks similar to the ones used for skiing), Trail running (off-road running through mountain paths, trackways or secondary tracks, hills or woods, crossing streams and rivers), Trekking (autonomously covering isolated spots that are normally hard to access), etc.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade I-II. (Grades range between 1 and 6). Low complexity.

**RECOMMENDED EQUIPMENT:** Comfortable clothing -

technical clothing is recommended - and trail or mountain footwear, depending on the terrain. Sunglasses, sunscreen, cap and rucksack. Specialised hydration and nourishment according to each case.

**REQUIREMENTS:** Minimum age will depend on the itinerary (minors need to be accompanied by an adult), not having limiting injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Civil responsibility and accident insurance, qualified monitors, first-aid kit, support vehicle, kit and communications support (mobile phones and walkie-talkies), maps and technical information and administrative permits if necessary.



*Sierras Subbéticas mountain range excursion*



*Excursion along the surrounding areas of Espiel*



*Córdoba's mountains*



*Miradores outlook post route, Cerro Muriano*



*"Trenches" War Hiking Excursion, Villafranca*



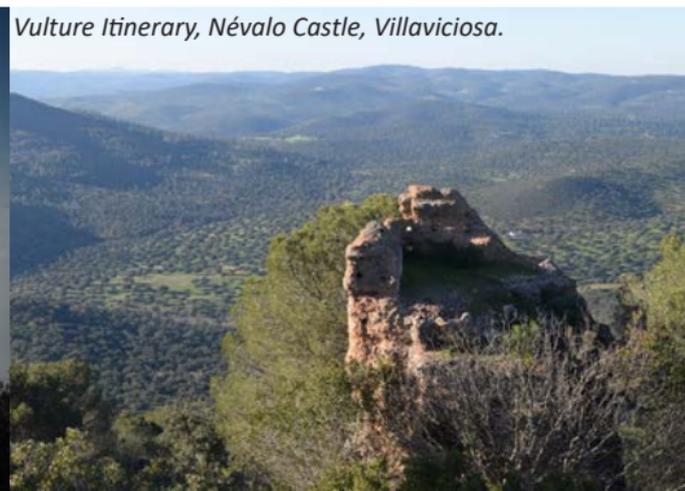
*Fuente Agria trail, Villaharta*



*Las Jaras itinerary, Los Villares*



*Vulture Itinerary, Névalo Castle, Villaviciosa.*



# ASK COMPANIES IN THE AREA ABOUT THESE PRODUCTS!!!

## MUNICIPALITY OF CÓRDOBA-SIERRA DE CÓRDOBA MOUNTAIN RANGE

05.12.23

### 1. CASTAÑARES DE TRASSIERRA ROUTE (PR-A211 y PR-A342).

Camino de Valdejetas - La Jarosa – Camino del Hornillo – El Rosal de las Escuelas. 12 km. Complexity: Medium-Low.

24

### 2. WATER ROADS ROUTE: our Roman and Arab ancestors. (PR-A 343)

Vereda de Trassierra (cruce gasolinera), Fuente del Elefante, Arroyo Bejarano, Baños de Popea, GR 48, Trassierra. 12 km. Complexity: Medium-Low.

01.24.25.27

### 3. ROADS OF ASSAULTS AND EMBOSSED ROUTE (SL-A 91).

Sendero Cuesta de la Traición – GR 48 – Centro de Visitantes Los Villares - Vereda del Villar – Los Morales – el Cerrillo. 14 km. Complexity: Medium.

### 4. STREAM AND HERMITAGES OF OUR MOUNTAIN RANGE ROUTE (PR-A 332 Y SL-A 92).

Barriada del Naranjo – Arroyo Santo Domingo – Mirador San José – Santuario Santo Domingo – Cortijo

de los Velascos – Arroyo Pedroches - Barriada Del Naranjo. 13 km. Complexity: Medium.

24

### 5. ROUTE FROM MOUNTAIN RANGE TO THE BASIN WITH MEDINA AZAHARA (SL-A 94).

Sendero El Rosal de las Escuelas – Camino del Hornillo – Vereda del Llano de los Mesoneros - Vereda de la Canchuela – Restaurante Hnos Gago-Las Torres. 13 km. Complexity: Medium-Low.

6. ROUTE OF THE DESERTS: CORDOBA HERMITAGES. Sendero Cuesta de la Traición – Cruce del Lagar de la Cruz – Camino de las Ermitas – Ermitas (Visita) – Cuesta de los Pobres – Camino del Reventón – El Patriarca – La Arruzafa. 13 km. Complexity: Medium. Linear route.

24

7. ROUTE OF THE VIEWPOINTS: CERRO MURIANO. You can ascend to Torrearboles peak (692m), the highest in the municipal area of Córdoba. Visit the hermitage of Nuestra Señora de los Pinares. 6 km. Complexity: Medium.

27

## REGION OF THE SOUTH COUNTRYSIDE

05

**8. ROUTE LA TORVIZCA IN GUADALCAZAR.** Guadalcazar - Camino del Hecho – Parque Municipal del Hecho – vía Verde de la Campiña – Antigua Estación de Guadalcazar – Arroyo de la Torvizca – Guadalcazar. 14 km. Complexity: Medium-Low. Circular route.

## REGION OF GUADIATO VALLEY

05.09

**9. ROUTE VILLAVICIOSA DE CÓRDOBA - ESPIEL STATION.** 19 km. Complexity: Medium (for the length, not for the elevation). Linear route.

**10. ROUTE BY PATHS NETWORK OF VILLAHARTA AND FUENTES AGRIAS.** Villaharta. 13 km. Complexity: Medium. Circular route.

27

**11. ROUTE ON THE MOZÁRABE ROAD, CAÑADA REAL SORIANA AND GR-40.** Puerto Calatraveño – Camino de las Gitanillas – Vado del Río Guadalbarbo – Villaharta. 16 km. Complexity: Medium.

**12. FUENTE OBEJUNA – TABLA DE LA LANA – RÍO GUADIATO –**

**GUADIATO RESERVOIR – SAN PEDRO RESERVOIR– MASATRIGO HILL– N-432** (Porveni crossing). 16 kms. Complexity: Medium-Low. Linear route. Also from Cañada del Gamo.

**13. FUENTE OBEJUNA VILLAGES ROUTE.** PR-A 61 y PR-A 60. De la Posadilla a la Cardenchoza. Inicio en Posadilla – El Arcornocal – Los Panchez – Ojuelos Altos – La Cardenchoza. 18 km. Complexity: Medium-Low. Linear route.

**14. CABRAS MOUNTAIN RANGE ROUTE.** Fuente Obejuna. Complexity: Low. Circular route. 13.6 kms.

**15. ROUTE: FROM VALSEQUILLO TO LOS BLAZQUEZ.** Going through the ruins of Castillo de Maldegollado o Tolote and Ermita de San Isidro. Possibility of doing the linear or circular route returning to Valsequillo. Length 11 or 17 km. Complexity: Medium-low depending on km.

## REGION OF SIERRA MORENA

05.16

**16. ROUTE: VILLAHARTA - CAMINO DE LAS MONJAS - ENJAMBRADERO MOUNTAIN RANGE- GUADALBARBO RIVER-**

*\*NOTE: location of the trails in the map of protected natural spaces  
and trails may be found in section 1.5*

*"Following the lynx's trail" A hiking itinerary that goes through the municipalities of Adamuz and Villafranca.*

**OBEJO.** 16.5 Km. Complexity: Medium. Linear route.

**17. RUTA: ADAMUZ – GR 48. SENDERO DE SIERRA MORENA – LA SIERREZUELA - FUENTE AGRIA – VILAFRANCA DE CÓRDOBA.**

14 km. Complexity: Medium-Low.

25

**18. OBEJO MOUNTAIN RANGE.** Río Guadalbarbo between two bridges. 13 km. Complexity: Medium. Linear route. Itinerary recommended in May or early June with the idea of crossing the river up to 7 times and take a bath.

#### SIERRAS SUBBÉTICAS MOUNTAIN RANGE NATURAL PARK:

05.13.15.16.26.35

**19. CORTIJO DEHESA DE VICHIRA TO RUTE THROUGH GR 7.** 15 km. Complexity: Medium-high. Linear route. in December you can take advantage of it to visit Rute and its museums before the holidays.

30

**20. ROUTE: LUQUE – BUITRERAS PATH– ESPINO WATER SOURCE – ZARZA WATER SOURCE – MORENO STREAM – BAILÓN RIVER CANYON – ZUHEROS.** 15 km. Complexity: Medium.

30

**21. ROUTE: NAVA DE CABRA – CHORRERAS – FUENFRÍA - BAILÓN**

04.12.30

**RIVER– ZUHEROS.** 13 km. Complexity: Medium-low.

**22. ZUHEROS – COLADA DEL POZUELO – PICO ABREVIÁ – COLADA DE BAENA A CARCABUEY – VÍA VERDE - ESTACIÓN DE DOÑA MENCÍA.**

13 km. Complexity: Medium. Linear route.

**23. ROUTE LOS VILARES - PUERTO DEL CEREZO – LAS LAGUNILLAS.**

15 km. Complexity: Medium-high. Linear route.

24.30

**24. ROUTE OF THE HERMITAGES, VIEWPOINTS AND MARBLES BAT.**

Castil de Campos. 13 km. Complexity: Medium-low. Circular route.

**25. LOS POLLOS MOUNTAIN RANGE AND HORCONERA.** Cortijo de la Dehesa de Vichira y GR 7 – Aldea de los Villares – PR-A 88 – Carcabuey (road from Carcabuey to Priego, next to orujos factory and San Sebastián soaps) 13 km. Complexity: Medium. Linear route.

**26. ROUTE: TIJERAS STREAM, RUTE.** 12 km. Complexity: Medium. Circular route.

30

**27. ROUTE: LEONES MOUNTAIN RANGE, PRIEGO DE CÓRDOBA.** 13 kms. Complexity: Medium. Circular route.

30



*"Baños de Popea and Arroyo Bejarano" Hiking itinerary in Santa María de Trassierra.*

## CARDEÑA Y MONTORO MOUNTAIN RANGE NATURAL PARK:

05.16.22.23

**28. ROUTE: SL-A 120 - CARDEÑA – EMBALSE DE TEJONERAS – ALDEA DEL CERZO - VENTA DEL CHARCO.** 14 km. Complexity: Medium-low.

**29. PUERTO ALTO ROUTE:** Ventorrillo Fragua de la Encarná – Roza Alta path– Lagar Roza Alta – Membrillo Stream– GR 48 – Cordel de las Vacas Bravas – Corcomé Stream– Corcomé path- Corcomé bridge– la Zorra path– Molino de Puerto Alto – Hacienda de Ceniceros – path from Montoro to Empalme – Ventorrillo Fragua de la Encarná. 12.5 km. Complexity: Medium-low. Circular route.

## HORNACHUELOS MOUNTAIN RANGE NATURAL PARK::

01.05

**30. BEMBÉZAR PATH.** Between Bembézar dam and embalse de Hornachuelos. Hornachuelos mountain range. 13 km. Complexity: Medium-low. Linear route. October- December and taking into account that there is no hunting.

**31. CORDEL DE LAS HERRERÍAS PATH– GUADALORA RIVER – PASADA DE LAS ALGECIRAS** (connection cordel del Aguila). 12 km. Complexity: Medium-low. Linear route.

12



*Los Angeles monastery itinerary, Hornachuelos Natural Park*



*Trassierra itinerary*



*Views from the Los Ángeles monastery in Hornachuelos*

**32. SEMINARIO DE LOS ANGELES PATH.** Through Bembézar River and Hornachuelos mountain range. 10 km. Complexity: Medium-low. Linear route.

12

## REGION OF LOS PEDROCHES:

05.22.28.29

**33. ROUTE: CRANES IN LA COLADA RESERVOIR.** From the bridge of El Viso road to Hinojosa del Duque, through Cañada Real de la Mesta and Embalse de la Colada (old course of the River Guadamatilla) near El Viso. 15 km. Complexity: Low. Circular route.

**34. ROUTE BELALCAZAR** - Vereda de Castuera – Camino de Cabeza del Buey – Arroyo Malagón – Finca municipal Monte Malagón – Camping – paraje natural arroyo Malagón – Castillo de los Zúñiga y Montemayor – Belalcázar. 12.5 km. Complexity: Low. Circular route.

**35. ROUTE: SANTA MARÍA STREAM** (from Ermita de Piedras Santas de Pedroche to El Guijo through Santa María stream and cañada Real de la Mesta). 13 km. Complexity: Medium-low. Linear route.

**36. ROUTE OF DESPEÑADERO DE EL GUIJO.** 15.5 km. Complexity: Low. Circular route.

**37. ROUTE: VIRGEN DE LAS VEREDAS HERMMITAGE** – Arroyo Navalegua - Río Guadalmez - Molino de la Jurada - Arroyo Guadamora - Torrecampo. 15 km. Complexity: Medium-low. Linear route.

**38. ROUTE: GUADALMEZ RIVER EN CONQUISTA.** Río guadalmez – Arroyo Grande - Cortijo de Navagrande – Ermita de San Gregorio – Conquista. 12 km. Complexity: Medium-low. Linear route.

**39. ROUTE: SANTUARIO VIRGEN DE LUNA PATH - GUADALCÁZAR STREAM.** Between Villanueva de Córdoba and Pozoblanco. 15 km. Dificultad MEDIA-BAJA. Circular route.

*\*NOTE: location of trails in the map of protected natural spaces and trails of section 1.5, page 63.*



## A12. ECOTOURISM (mycological excursions, geotourism, observation...)

**DEFINITION:** Accompanying experts investigating to revert environmental problems and to achieve sustainable development. We would like to highlight the following: mycological itineraries (collecting the province's indigenous fungi and mushroom varieties), Geotourism (centred around the land's geological heritage, geodiversity and biodiversity), as well as observing and photographing flora and fauna from hides.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

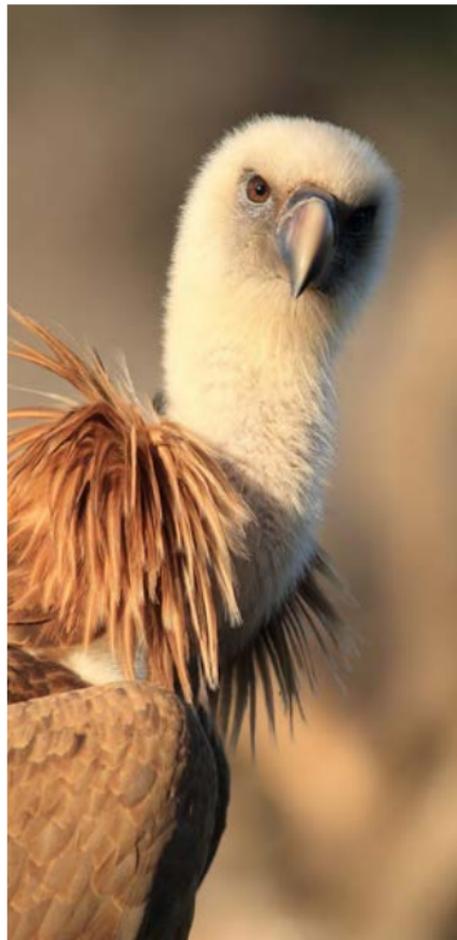
**COMPLEXITY:** Grade I - II. (Grades range between 1 and 6). Low complexity.

**RECOMMENDED EQUIPMENT:** Comfortable clothing - technical clothing is recommended - and trail or mountain footwear suitable for the terrain. Sunglasses, sunscreen, cap and rucksack. Specialised hydration and nourishment.

**REQUIREMENTS:** Minimum age will depend on the itinerary (minors need to be accompanied by an adult), not having limiting injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Civil responsibility and accident insurance, qualified monitors, binoculars, support vehicle and first-aid kit. If needed, obtaining permission for protected or private areas.





## PRODUCTS (companies offering them)

- Hides: birds and lynx in Adamuz 03
- Hides in Sierra de Hornachuelos Natural Park 03
- Hides in la Campiña 03
- Night sky observation 03.23.28.29
- Environmental education Fuente Agría 02
- Ethno-botanic route in Cardeña-Montoro N.P 18
- Mycological route in Cardeña-Montoro N.P 18
- The bellowing route Cardeña-Montoro N.P 18
- Lynx observation route in Cardeña-Montoro N.P 18
- Ornithological route in Cardeña-Montoro N.P 18.23
- Olive tree route in Dehesa de los Pedroches 29
- Photographic safari in Sierra de Hornachuelos N.P 27
- Vultures route - Névalo castle 27
- Mycological route in Villaviciosa, Sierra Morena 27.23
- Mining route in Cerro Muriano 27
- The bellowing route in Los Villares 27
- The bellowing in Sierra Morena 03.23
- The bellowing in Los Pedroches 28
- The Iberian lynx in Sierra Morena 03.23
- Birdwatching in los Pedroches 23.28
- Birdwatching in Guadiato River valley 23
- Birdwatching in Guadalquivir River valley 23
- Birdwatching in Sierra de Hornachuelos N.P 23
- Birdwatching in Sotos de la Albolafia woodlands 12
- De la Nava geological route, Sierras Subbéticas N.P 12
- Sierrezuela de Posadas geological route 12
- Following the lynx's trail, Adamuz and Villafranca 25
- Ecorafting in Genil River, Benamejí 04
- Iberian/oil/chese routes in los Pedroches 19

*\*NOTE: location of activities and products in the map of protected natural spaces and trails of section 1.5, page 65.*



## A13. ORIENTATION AND SIMILAR ACTIVITIES (Geocaching, survival...)

**DEFINITION:** Excursionist expeditions along either long or short trails, where one might spend the night or not. There are different types: Nordic walking (aided by walking sticks similar to the ones used for skiing), Trail running (off-road running through mountain paths, trackways or secondary tracks, hills or woods, crossing streams and rivers), Trekking (autonomously covering isolated spots that are normally hard to access), etc.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade I - II. (Grades range between 1 and 6). Low complexity.

**RECOMMENDED EQUIPMENT:** Boots, comfortable clothing for the activity and to change out of once the activity has ended. Specialised hydration and nourishment.

**REQUIREMENTS:** Minimum age will depend on the itinerary. Survival activities require being of legal age. Not having limiting injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Map, compass, GPS, emergency telephone and whistle. Civil liability and accident insurance policy, qualified monitors, support vehicle and first-aid kit. Changing rooms with showers and special permits for protected or private areas if needed.

## PRODUCTS (companies offering them)

- Villafranca 16
- Córdoba 16
- Adamuz 16
- Priego 16
- Añora 22
- Espiel 09
- Almodóvar del Río 01
- Benamejí 35
- Valdearenas, Iznájar 15





## A14. RECREATIONAL SHOOTING SPORTS USING PAINTBALL MARKERS

**DEFINITION:** It is played with two teams, whereby each participant is given a protective mask, a breastplate, a jumpsuit and a marker powered by CO2 or compressed air (in the case of Paintball), or else a replica of a long or short weapon powered by an electrical battery (where Airsoft is concerned). These markers shoot paint or spherical balls made from biodegradable materials, which explode on impact creating a stain. The paint used is fully biodegradable, non-toxic and rinses with water.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade I - II. (Grades range between 1 and 6). Low complexity.

**RECOMMENDED EQUIPMENT:** Boots, comfortable clothing for the activity and to change out of once the activity has ended (normally we wear a breastplate to protect chest and back, and a jumpsuit over it). Specialised hydration and nourishment according to each case.

**REQUIREMENTS:** Minimum age will depend on the company. Not being pregnant, not having limiting injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** The first 80 to 100 balls tend to be included. Full equipment: (Protective mask, breastplate, jumpsuit, marker and gloves). Changing rooms with showers (depending on the facility).

## PRODUCTS (companies offering them)

- Benamejí **04.35**
- Las Solanas del Pilar, Córdoba **07**
- Espiel **08**
- Villanueva del Duque **31**
- Villafranca **16**
- Montoro **23**
- Pedroche **28**
- Valdearenas, Iznájar **04.15**
- \* Instalación portátil **15.16.23**

*\* Please see the previous map.*





## A15. ARCHERY (crossbow, blowgun or similar)

**DEFINITION:** This activity involves shooting arrows or darts by using a bow or other equipment, the objective being to hit a point or a fixed location in natural surroundings.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade I - II. (Grades range between 1 and 6). Low complexity.

**RECOMMENDED EQUIPMENT:** Comfortable footwear and equipment for the activity (a breastplate is normally worn to protect chest and back). Specialised hydration and nourishment according to each case.

**REQUIREMENTS:** Minimum age will depend on the company. Not having limiting injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Bow, arrows and full personal protection equipment. Civil responsibility and accident insurance, qualified monitors and a first-aid kit.



## PRODUCTS (companies offering them)

- Embalse de la Breña, Almodóvar del Río 01
- Córdoba, Guadiato River valley 07
- Espiel 08. 09
- Villanueva del Duque 31
- Peñón del Águila, Adamuz 16
- Puente del Río, Villafranca 16
- Fuente Agria park, Villafranca 16
- Benamejí 35
- Pedroche 28

*\* Please see the previous map.*



*Valdeareas beach, Iznájar*

**ECO AND ADVENTURE TOURISM ACTIVITIES / PRODUCT FILES  
IN THE WATER**



## B1. SAILING

**DEFINITION:** Sailing in sail boats propelled by the wind.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY:** Grade I - II. (Grades range between 1 and 6). Average-low complexity.

**RECOMMENDED EQUIPMENT:** Sandals or footwear that can get wet, swimsuit, clothing and footwear for changing into at the end. Sunscreen, cap, sunglasses.

**REQUIREMENTS:** Minimum age is 7 years old. Swimming skills, not having limiting injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Sail boat or a similar vessel not requiring an electrical or combustion engine, life jackets, civil responsibility and accident insurance and qualified monitors.



*Sail in Iznájar*



## B2. PEDALOS

**DEFINITION:** The activity consists of moving around an aquatic environment using vessels propelled by pedal-operated blades.

*Pedalos in Iznájar*



*Pedalos in Iznájar*



*Sail in Iznájar*

## PRODUCTS (companies offering them)

### SAILING

- Iznájar reservoir **04.10**
- Puente Nuevo reservoir
- Embalse de la Breña reservoir, Almodóvar del Río

### PEDALOS

- Iznájar **10**

### KAYAK / CANOE (quietwater canoeing)

- Embalse de La Breña reservoir, Almodóvar del Río **01**
- Iznájar reservoir **04.06.10.15**
- Journey through Guadalquivir River, Córdoba section **07**
- Embalse de la Encantada reservoir, Las Jaras **07**
- Puente Nuevo reservoir, Villaviciosa-Espiel **08.23**
- Lake in Villanueva del Duque **31**
- Embalse del río Yeguas reservoir, Montoro **23**
- Sierra Boyera reservoir, Peñarroya-Pueblonuevo **20**

- Embalse del Arenoso reservoir, Montoro **16.23**
- Guadalquivir River, Villafranca de Córdoba **16.23**
- Cultural route Córdoba **23**
- Pantano de la Colada swamp, Los Pedroches **22.28**

*Kayak in the Breña reservoir*





## B3. CANOE / KAYAK

**DEFINITION:** Nautical activity that makes use of canoes, kayaks or other similar vessels in either calm or choppy waters using paddles or oars.

**SEASON:** Throughout the year (except at times of excessive heat during the summer months in Córdoba).

**COMPLEXITY: Grade I - II.** (Grades range between 1 and 6). Low complexity.

**RECOMMENDED EQUIPMENT:** Sandals or footwear that can get wet, swimsuit, cap, sunscreen, towel and clothing and shoes to change into at the end of the activity.

**REQUIREMENTS:** Minimum age is 7 years old (minors will need authorisation). Swimming skills, not having limiting

injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** The vessels used (canoe, kayak or paddle boards), paddles or oars, watertight containers, life jackets, civil responsibility and accident insurance, qualified monitors, first-aid kit and communications support (mobile phones and walkie-talkies).

*Canoe in the Puente Nuevo reservoir*



*Kayak in the Breña reservoir*



*Kayak en Iznájar*



*Kayaks in the Valdeareñas beach, Iznájar*



## B4. STAND UP PADDLE SURFING

**DEFINITION:** Paddle surfing entails moving on the water using a paddle while standing on a surf board. It is carried out in calm (SUP - Stand Up Paddle) or choppy waters (river SUP).



*Paddle Surfing in Iznájar*



*Paddle Surfing in the Breña reservoir*

### STAND UP PADDLE SURFING

- Embalse de La Breña reservoir, Almodóvar del Río **01**
- Iznájar **04.10**
- Puente Nuevo reservoir **08**
- Pantano de la Colada swamp, Los Pedroches **22**
- Genil River **04.35**

### RIVER SUP

- Genil River **04**

## WINDSURFING

- Iznájar

## KITESURFING

- Iznájar

## WATER SKIING / WAKEBOARDING

- Embalse de la Breña reservoir, Almodóvar **32**

## KAYAK / CANOE (wildwater canoeing)

- Descenso del Guadalquivir **07.16.23**
- Wildwater descend in Guadiato River **07**
- Wildwater descend in Guadajoz River **07**
- Wildwater descend in Genil River **16.35**

## RAFTING

- Genil River **04.06.15.16.34.36**
- EcoRafting Genil River **04**
- Guadiato River **07**
- Guadalquivir River **16**





## B5. WINDSURFING; KITEBOARDING; WATER SKIING/WAKEBOARDING

**DEFINITION:** Sliding along the water's surface by using different methods, both in allowed natural areas and artificially-created aquatic facilities. Depending on the modality, boards with sails or special ones may be used, as well as others propelled by oneself using an oar or engine-powered aquatic vehicles.

**SEASON:** Throughout the year.

**COMPLEXITY:** Grade II - III. (Grades range between 1 and 6). Average-low complexity.

**RECOMMENDED EQUIPMENT:** Sandals or footwear that can get wet, swimsuit, cap, sunscreen, towel and clothing and shoes to change into at the end of the activity.

**REQUIREMENTS:** Minimum age is 12 years old (minors will need authorisation). Swimming skills, not having limiting injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Full personal equipment (wetsuits, skin shoes, vest, helmet, oar and specific boards according to the modality) or engine-powered aquatic vehicles depending on the modality. Administrative permits, civil responsibility and accident insurance, qualified monitors, first-aid kit, toilets and changing rooms with hot water (optional, depending on the company).

\* Please see the previous map.



*Waterskiing in the Breña Reservoir*

*Rafting in the Genil River*



*Rafting in the Genil River*





## B6. WILDWATER CANOEING (Rafting and Kayak)

**DEFINITION:** Rafting consists of descending a section of the river using an inflatable raft in 5 to 7 people groups with a guide present in each raft, as well as support for the rafting group provided by one or more safety kayaks. A support kayak is also needed when carried out in single or double kayaks.

**TEMPORADA:** Throughout the year (depending on dams and reservoirs regulation).

**COMPLEXITY:** Grade II - III. (Grades range between 1 and 6). Average-low complexity. Easy in good physical condition.

**RECOMMENDED EQUIPMENT:** Sandals or footwear that can get wet, swimsuit, cap, sunscreen, towel and clothing and shoes to change into at the end of the activity.

**REQUIREMENTS:** Minimum age is 7 years old (minors will need authorisation). Swimming skills, not having limiting injuries and being well disposed for carrying out the activities. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Full personal equipment (wetsuits, water shoes, vest, helmet, oar, specific boards depending on the modality), administrative permits if necessary, civil responsibility and accident insurance, qualified monitors, first-aid kit, toilets and changing rooms with hot water (optional, depending on the company).

\* Please see the previous map.

*View of the Mosque-Cathedral from a hot air balloon*

**ECO AND ADVENTURE TOURISM ACTIVITIES / PRODUCT FILES  
IN THE AIR**



## C1. PARAMOTOR, HELI-EXCURSION, PARAGLIDING, LIGHT AIRCRAFT FLIGHT.

**DEFINITION:** Excursions and trips carried out in the air using aircraft that is suspended thanks to its ascending force, propelled by an engine, or else using equipment and means that are not propelled by engines, such as paragliders or hand gliders.

\*A paramotor is a type of aircraft consisting of a small propeller engine and a paraglider wing; it is essentially a motorised paraglider.

**TEMPORADA:** Throughout the year, depending on the weather conditions.

**COMPLEXITY:** Grade III-IV. (Grades range between 1 and 6). Average-high complexity.

**RECOMMENDED EQUIPMENT:** sports shoes and comfortable clothing suited to the weather.

**REQUIREMENTS:** For heli-excursions or excursions on light aircraft, the minimum age is between 5 and 8, and children must always be accompanied by an adult. As for paramotor or paragliding, being of legal age might be required. Not recommended for people suffering from cardiovascular issues; being in acceptable shape and being well-disposed for it is required. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Aircraft in perfect maintenance conditions, full personal equipment, qualified monitors and/or pilots, civil responsibility and accident insurance, first-aid kit and support vehicle.



*Paramotor flights*



## C2. HOT AIR/GAS BALLOON

**DEFINITION:** excursions, flights or exhibitions (captive flight) in the air using an unpowered aerostat. It consists of entering a wicker basket that may vary in size and is in suspension by a hot air or gas balloon. As the air is lighter than the exterior, it rises, which in turn causes the basket to rise also.

It is a relaxing type of flight, as the mass of hot air moves very gently in the atmosphere. There is no constant noise from an engine or the wind; only the humming of the burners (which are used when one wishes to have the balloon rise, or to prevent it from dropping).

**TEMPORADA:** Throughout the year, depending on the weather conditions.

\* Please see the following map.

**COMPLEXITY:** Grade I - II. (Grades range between 1 and 6). Low complexity.

**RECOMMENDED EQUIPMENT:** sports shoes and comfortable clothing suited to the weather.

**REQUIREMENTS:** The minimum age is between 6 and 8, and always accompanied and authorised by an adult. Not recommended for people suffering from cardiovascular issues; requires being in acceptable physical form and being well-disposed for it, as well as not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Aircraft in perfect maintenance conditions, qualified pilots, civil responsibility and accident insurance, first-aid kit and support vehicle.



*Hot air balloons over Córdoba*





## C3. SKYDIVING

**DEFINITION:** Jumps from the air using non-propelled devices. Jumping from a plane, a helicopter, a hot air balloon or light aircraft in flight and descending to the ground whilst controlling and directing the fall using a parachute is one of the most noteworthy adventure tourism activities due to its adrenalin and adventure component.

**TEMPORADA:** Throughout the year, depending on the weather conditions.

**COMPLEXITY:** Grade III-IV. (Grades range between 1 and 6). Average-high complexity.

**RECOMMENDED EQUIPMENT:** athletic footwear and comfortable clothing that takes into account the jumping equipment.

**REQUIREMENTS:** Being of legal age might be required for this kind of activity. Not recommended for people suffering from cardiovascular issues. Requires being well-disposed for it and in an acceptable physical form in order to avoid falling without being in control. Not being under the influence of alcohol, medicines or drugs.

**SERVICES THAT MUST BE INCLUDED:** Aircraft that is perfectly maintained. Parachutes (each parachutist carries two parachutes: one main one and another reserve parachute which is located in one or two containers sewn to a harness; additionally, an automatic emergency opening system may be used) helmet, gloves, protective goggles and flight jumpsuit. Civil responsibility and accident insurance and officially qualified monitors and/or pilots. Support vehicle.

\* Please see the following map.

## PRODUCTS (companies offering them)

- Skydiving: free-fall tandem jump en the Córdoba aeródrome **07**
- Static hot air balloon flights Córdoba city **15.34**
- Paragliding in Lucena **15**
- Paragliding in Córdoba **15**



# IN THE CITY OF CÓRDOBA

## *CÓRDOBA CITY AS AN ECO AND ADVENTURE TOURISM DESTINATION*

Córdoba is located in the Andalusian Autonomous Community and represents a blend between the past and modernity. This ancient city, which has been declared World Heritage site, is the living legacy of the different cultures that inhabited it throughout its history. Not many places in the world may boast having been the capital of Hispania Ulterior under the Roman Empire and then capital of the Umayyad Caliphate.

Strolling around Córdoba's old town involves discovering a stunning network of alleys, squares and whitewashed courtyards surrounding the Mosque-Cathedral, which is a reminder of the city's importance during mediaeval times and a true symbol of the capital. Nevertheless, Córdoba also has other unmissable hidden surprises, such as the Christian Monarchs' Acázar Citadel, the Palace of Viana and the nearby

Medina Azahara Archaeological Site, which was granted World Heritage Status by Unesco on July 1<sup>st</sup>, 2018.



In this way, Córdoba has become the only city in the world boasting four Heritage statuses: The Mosque-Cathedral, the Jewish Quarter and Medina Azahara as Tangible Heritage, and the Patios Courtyard Festivity (held in May) as Intangible Heritage.

In addition, Córdoba may also be considered a prime destination for practising adventure sports, and although water sports are the main ones, we must not neglect to mention others such as cycling, orienteering, etc.

The Guadalquivir River acts as a strong ally of Adventure Tourism, and it is also ideal for both sporting and corporate events, attracting a great deal of MICE (Meetings, Incentives, Conventions and Exhibitions) Tourism. Similarly, it lends itself to leisure activities such as treasure hunts, bicycle or Segway routes around the city's streets, outings on different kinds of vessels, bridge climbing, etc. Admiring Córdoba from the waters of the Guadalquivir makes for an unforgettable experience.

#### **TERRESTRAL ACTIVITIES IN THE CITY (page 67)**

- Orientation, Treasure Hunts and Urban Raids
- Climbing(\*)
- Bicycle and Segway Tours (\*\*)
- Paintball
- Hiking
- Karting (\*\*\*)

#### **AQUATIC ACTIVITIES IN THE CITY (page 124)**

- Canoeing: cultural itineraries and outings.



## **AERIAL ACTIVITIES IN THE CITY** (page 136)

- Skydiving
- Paragliding
- Hot Air Balloon Flights

## **ECOTURISM IN THE CITY** (page 114)

- Birdwatching in the Sotos de la Albolafia woodlands (Guadalquivir River, between Romano and San Rafael bridges; pages 31 and 59)
- Córdoba's Royal Botanical Gardens a (Av. Linneo, s/n, 14004 Córdoba, 957 20 03 55)

(\*)Areas for going Climbing:

1. Bouldering in the walls of the Salud Cemetery. (Av. de los Custodios, s/n, 14004 Córdoba)
2. Children's Climbing: Municipal Climbing School - RocaCabras Sports Club, Córdoba Council Municipal Sports Institute, (<https://rocacabras.es>; 653518529)
3. Monkey Rock Climbing Wall (c/ Los Metalúrgicos 39, CP:14014; 666126493)

*Birdwatching in the Sotos de la Albolafia woodlands*



4. Verticalia climbing club (<http://www.clubverticalia.com>)
  5. Guadiato Valley, some 13 km from the centre of Córdoba with the company Aventuras Límite (page 83).
- (\*\*) Córdoba by Segway (Calle Ángel de Saavedra, 5, 14003 Córdoba. +34 601 168 332).
- (\*\*\*)Karting Indoor Córdoba (Polígono Industrial Chinales 58, 14006 Córdoba; 957402350).



*Via Ferrata en Zuheros*

## RECOMMENDATIONS

- Study the itinerary properly and gather information before starting. Always carry this information with you during the activity, as well as a map, which will be of help.
- Plan for the approximate start and finish times in order to make the most of daylight.
- Check weather conditions before starting.
- Evaluate your physical condition in order to adapt to criteria such as difficulty, time, elevation, terrain type, not recommended times of year, etc.
- Adapt your kit to the itinerary you are about to carry out. Carry an emergency replacement or repair kit.
- Do not forget to carry water and some food, sunscreen for the summer and thermal clothing for the winter.
- Do not go on an itinerary on your own, especially if it is a long one.
- Always tell someone about the route you intend to go on and when you expect to be back. Do not rely only on your mobile phone, as you may not have a signal.
- Close any gates, fences, latches and doors of refuges you may come across to prevent cattle and other animals from leaving or entering. Be respectful of cultivated lands and vegetable patches by always crossing them using the paths.
- If you need to go through private property, be sure to ask permission from the proprietors.

## WHICH COMPANY TO CHOOSE?

- If going through a Natural Park, be informed about public use regulations. (Request more information from the following telephone numbers: 954 919 500 / 01 / 02, Andalusian Government Department for the Environment).
- Do not abandon or bury rubbish. Take it with you until you find a bin.
- Remember that acoustic pollution also exists. Be as quiet as possible and enjoy the sounds of birds and streams.
- In Natural Spaces, it is forbidden to make bonfires of any kind, or risk being fined.
- Be respectful of nature and never pick flowers or plants, so we may all enjoy them.
- Do not do wild camping. Respect authorised locations.

1. Companies that are approved and registered with the Andalusian Government's Tourism Register (RTA). This ensures that the local government demands that the company meets with a series of minimum guarantee, quality and safety requirements in order to become registered.
2. Choosing companies using the best facilities, infrastructure and equipment to carry out adventure tourism in whichever modality/ies you may come to choose.
3. Obtaining information from the internet or at the company's facilities about the activities on offer, the material means and workforce they have, etc. If still in doubt, you may contact the information points.
4. Find out about specific procedural plans, safety measures, quality certifications and stamps and use Social Media to see user opinions.

## 6. ECO AND ADVENTURE TOURISM COMPANIES

This guide only includes companies that are registered with the Andalusian Government's Tourism Register (RTA). This ensures that the local government demands a series of minimum guarantee, quality and safety requirements. Most of the companies are based in Córdoba, and the rest of them in Andalusian provinces but they carry out activities in the province of Córdoba.

### 01. ACTIVE ANDALUCÍA

**Phone number:** 957 635 008 | 615 666 923 | 605 085 616

**Email:** [info@active-andalucia.com](mailto:info@active-andalucia.com)

**Web:** <http://www.active-andalucia.com/>

**Town:** Almodóvar del Río, Córdoba

**RTA:** AT/CO/00050

Activities offered:

A1, A3, A4, A6, A10, A13, A15, B3, B4

### 02. ALBERGUE FUENTE AGRIA

**Phone number:** 957 331 788 | 650 982 513

**Email:** [alberguefuenteaquia@cicbata.org](mailto:alberguefuenteaquia@cicbata.org)

**Web:** <http://www.alberguefuenteaquia.com/>

**Town:** Villafranca de Córdoba, Córdoba

**RTA:** AT/CO/00047

Activities offered:

A12

### 03. ALPASIN

**Phone number:** 633 026 176

**Email:** infoalpasin@gmail.com

**Web:** <http://alpasin.com/>

**Town:** Adamuz, Córdoba

**RTA:** AT/CO/00072, EC/CO/00001

Activities offered:

A12

### 04. ALÚA

**Phone number:** 955 110 776 | 678 483 395

**Email:** reservas@alua.es

**Web:** <https://alua.es/>

**Town:** Benamejil e Iznájar, Córdoba

**RTA:** AT/CO/00006

Activities offered:

A3, A4, A5, A10, A14, B1, B3, B4, B6

### 05. AULA VERTICAL DE TURISMO ACTIVO

**Phone number:** 606 635 641

**Email:** info@aulavertical.com

**Web:** <https://www.aulavertical.com>

**Town:** Córdoba

**RTA:** AT/CO/00063

Activities offered:

A3, A4, A9, A10, A11

## 06. AVENTURA VERTICAL

**Phone number:** 957 047 817 | 620 816 890 | 620 669 679

**Email:** comercial@aventura-vertical.es

**Web:** <http://aventura-vertical.es/>

**Town:** Lucena, Córdoba

**RTA:** AT/CO/00007

Activities offered:

A2, A3, A9, B3, B6

## 07. AVENTURAS LÍMITE

**Phone number:** 630 928 604

**Email:** info@aventuraslimite.com

**Web:** <http://www.aventuraslimite.com>

**Town:** Córdoba

**RTA:** AT/CO/00040

Activities offered:

A2, A3, A5, A8, A14, A15, B3, B6, C1, C2

## 08. AVENTUROCIO

**Phone number:** 957 363 589 | 627 568 412

**Email:** info@aventurocio.com, info@aventurocio.com

**Web:** <http://aventurocio.com/>

**Town:** Espiel, Córdoba

**RTA:** AT/CO/00054

Activities offered:

A3, A4, A10, A14, A15, B3, B4

## 09. BESPORT

**Phone number:** 626 531 197 | 658 467 903

**Email:** besportcb@gmail.com

**Web:** <http://gestionbesport.com>

**Town:** Espiel, Córdoba

**RTA:** AT/CO/00068

Activities offered:

A1, A3, A4, A11, A13, A15

## 10. CAMPING VALDEARENAS

**Phone number:** 957 721 487 | 657 603 704

**Email:** contacto@campingvaldearenas.es

**Web:** <http://www.campingvaldearenas.es>

**Town:** Iznájar, Córdoba

**RTA:** AT/CO/00033

Activities offered:

B1, B2, B3, B4

## 11. CENTRO HÍPICO LA HERRADURA

**Phone number:** 671 012 388

**Email:** natalia@centrohipicolaherradura.es

**Web:** <http://www.campingvaldearenas.es>

**Town:** Palma del Río, Córdoba

**RTA:** AT/CO/00028

Activities offered:

A8

## 12. CÓRDOBA VIVA

**Phone number:** 672 213 883

**Email:** info@cordobaviva.com

**Web:** <http://www.cordobaviva.com>

**Town:** Posadas, Córdoba

**RTA:** AT/CO/00025

Activities offered:

A11, A12

## 13. CORTIJO DE FRÍAS

**Phone number:** 957 334 005 | 608 555 581

**Email:** cortijofrias@cortijofrias.com

**Web:** <http://www.cortijofrias.com/>

**Town:** Cabra, Córdoba

**RTA:** AT/CO/00003

Activities offered:

A11

## 14. ENTRE TOROS Y CABALLOS

**Phone number:** 646 619 171

**Email:** info@entretorosycaballos.com

**Web:** <http://www.entretorosycaballos.com/>

**Town:** La Carlota, Córdoba

**RTA:** AT/CO/00052

Activities offered:

A8

## 15. GR7 AVENTURA

**Phone number:** 661 113 778

**Email:** gr7aventura@hotmail.com

**Web:** <http://www.gr7aventura.com>

**Localidad:** Rute, Córdoba

**RTA:** AT/CO/00035

Activities offered:

A1,A3,A4, A10, A11, A13, A14,B1,B6,C1,C2

## 16. GUADALQUIVIR ACTIVO

**Phone number:** 626 941 988

**Email:** guadalquiviractivo@gmail.com

**Web:** <http://www.guadalquiviractivo.com/>

**Localidad:** Villafranca, Córdoba

**RTA:** AT/CO/00053, EC/CO/00007

Activities offered:

A1, A3, A4, A8, A11, A13, A14, A15, B3, B6

## 17. HYL A EDUCACIÓN AMBIENTAL

**Phone number:** 685 957 187

**Email:** info@hylaeducacionambiental.com

**Web:** <http://www.hylaeducacionambiental.com/>

**Town:** Cardeña, Córdoba

**RTA:** AT/CO/00018

Activities offered:

A12

## 18. LYNXAIA SERV. CULTURALES Y AMBIENTALES

**Phone number:** 625 512 442 | 667269371

**Email:** lynxaia@gmail.com

**Web:** <http://lynxaia.com/>

**Town:** Montoro, Córdoba

**RTA:** AT/CO/00013

Activities offered:

A12

## 19. PEDROCHES WILDLIFE

**Phone number:** 636 119 575

**Email:** info@pedrocheswildlife.com

**Web:** <http://pedrocheswildlife.com/>

**Town:** Pozoblanco, Córdoba

**RTA:** AT/CO/00062, EC/CO/00005

Activities offered:

A12

## 20. PIRAGUAS MANUEL GARCÉS

**Phone number:** 607 735 877

**Web:** <https://www.facebook.com/KayakPyaPvo/>

**Town:** Peñarroya-Pueblonuevo, Córdoba

**RTA:** AT/CO/00069

Activities offered:

B3

## 21. POSADAS AVENTURA

**Phone number:** 957 631 160 | 602 211 970

**Email:** info@posadasaventura.es

**Web:** <https://posadasaventura.es/>

**Town:** Posadas, Córdoba

**RTA:** AT/CO/00070

Activities offered:

A10

## 22. QUERCUS AVENTURA

**Phone number:** 675 608 501

**Email:** quercusaventura@gmail.com

**Web:** <http://www.quercus-aventura.es/>

**Town:** Añora, Córdoba

**RTA:** AT/CO/00032

Activities offered:

A3, A11, A13, B3, B4

## 23. QUIVIROCIO

**Phone number:** 686 876 215 | 620 536 416

**Email:** quivirocio@hotmail.com, info@quivirocio.com

**Web:** <https://www.quivirocio.com/>

**Town:** Montoro, Córdoba

**RTA:** AT/CO/00010

Activities offered:

A3, A4, A10, A11, A12, A14, B3

## 24. RUTAS SUR

**Phone number:** 957 454 054 | 662 96 52 52

**Email:** [rutas@rutassur.es](mailto:rutas@rutassur.es)

**Web:** <http://www.rutassur.es/>

**Town:** Córdoba

**RTA:** AT/CO/00045, EC/CO/00004

Activities offered:

A1, A11

## 25. SENDEROS CÓRDOBA

**Phone number:** 629 674 876

**Email:** [info@senderoscordoba.es](mailto:info@senderoscordoba.es)

**Web:** <http://www.senderoscordoba.es/>

**Town:** Córdoba

**RTA:** AT/CO/00048

Activities offered:

A11, A12

## 26. CENTRO CICLOTURISTA SUBBÉTICA

**Phone number:** 691843532 | 672 60 50 88

**Email:** [info@centrocicloturistasubbetica.com](mailto:info@centrocicloturistasubbetica.com)

**Web:** <http://www.centrocicloturistasubbetica.com/>

**Town:** Doña Mencía, Córdoba

**RTA:** AT/CO/00030

Activities offered:

A1

## 27. SIERRA MORENA ACTIVA

**Phone number:** 687 091 579

**Email:** [sierramorenaactiva@gmail.com](mailto:sierramorenaactiva@gmail.com)

**Web:** <http://www.sierramorenaactiva.com/>

**Town:** Cerro Muriano, Obejo, Córdoba

**RTA:** AT/CO/00059, EC/CO/00009

Activities offered:

A11, A12

## 28. TAVABU TURISMO ACTIVO Y MULTIAVENTURA

**Phone number:** 618 542 447 | 634 706 191

**Email:** [info@tavabu.com](mailto:info@tavabu.com)

**Web:** <http://www.tavabu.com/>

**Town:** Pedroche, Córdoba

**RTA:** AT/CO/00014

Activities offered:

A3, A10, A11, A12, A14, A15, B3

## 29. TURISMO LAS LAGARTOSAS

**Phone number:** 676 344 962

**Email:** [turismolaslagartosas@gmail.com](mailto:turismolaslagartosas@gmail.com)

**Web:** <http://www.laslagartosas.es/>

**Town:** Villanueva de Córdoba, Córdoba

**RTA:** AT/CO/00044

Activities offered:

A8, A11, A12

### 30. UMAX ACTIVA

**Phone number:** 651 844 322

**Email:** [umaxactiva@gmail.com](mailto:umaxactiva@gmail.com)

**Web:** <http://umaxactiva.com/>

**Town:** Priego de Córdoba, Córdoba

**RTA:** AT/CO/00046

Activities offered:

A1, A4, A5, A11

### 31. VILLADUKE ESAVENTURA

**Phone number:** 955 323 364

**Email:** [villaduke@esaventura.es](mailto:villaduke@esaventura.es)

**Web:** <http://villadukeesaventura.es/>

**Town:** Villanueva del Duque, Córdoba

**RTA:** AT/CO/00066

Activities offered:

A3, A10, A14, B3

### 32. XTREME GENE WATERSPORTS

**Phone number:** 957 057 010 | 667 739 392 | 667 739 393

**Email:** [info@xtreme-gene.com](mailto:info@xtreme-gene.com)

**Web:** <http://www.xtreme-gene.com>

**Town:** Almodóvar del Río, Córdoba

**RTA:** AT/CO/00008

Activities offered:

B5

### 33. ZUMAYA AMBIENTE CREATIVO

**Phone number:** 957 434 263 | 660 872 729

**Email:** zumaya@zumayacreativo.com

**Web:** <http://www.zumayacreativo.com/>

**Town:** Córdoba

**RTA:** AT/CO/00022

Activities offered:

A1, A11, A12

### 34. GLOOBO, PASEOS Y PUBLICIDAD EN GLOBO

**Phone number:** 955 110 955 | 695 199 838

**Email:** info@gloobo.es

**Web:** <http://www.gloobo.es/>

**Town:** Sevilla

**RTA:** AT/SE/00026

Activities offered:

C2

### 35. OCIOAVENTURA CERRO GORDO

**Phone number:** 951700231 | 655 614 837

**Email:** info@ocioaventuracerrogordo.com

**Web:** <https://www.ocioaventuracerrogordo.com/>

**Town:** Cuevas Bajas, Málaga

**RTA:** AT/MA/00160

Activities offered:

A3, A10, A13, A14, A15, B4, B6

## 36. ACTIVASUR

**Phone number:** 617 158 788

**Email:** [info@activasur.com](mailto:info@activasur.com)

**Web:** <http://activasur.com/>

**Town:** Granada

**RTA:** AT/GR/00106

Activities offered:

B6

## 37. PINAPARK

**Phone number:** 954 416 102 | 661 885 098

**Email:** [pinapark@pinapark.com](mailto:pinapark@pinapark.com)

**Web:** <http://www.pinapark.com/>

**Town:** Sevilla

**RTA:** AT/SE/00017

Activities offered:

A1, A7



**<https://andalucia-ecoactiva.com/actividades-cordoba/>**

*The eco and adventure tourism activities, products and companies contained within this guide are available online. You may access the website from Córdoba's Provincial Tourism Patronage, and from Andalucía EcoActiva, the Andalusian Association of Eco and Adventure Tourism Companies.*



Diputación de Córdoba



Andalucía



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E-Mail: [turismo@cordobaturismo.es](mailto:turismo@cordobaturismo.es)