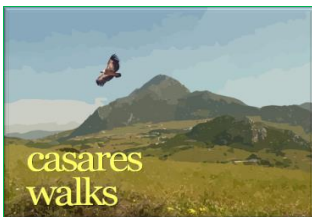


Casares Walks : Summary of the walks

	Distance (miles)	One way or return	Time (hours)	Highest (feet)	Lowest (feet)	Key attraction	Conditions during walk	Need transport to start point?
Arroyo Hondo - Los Molinos	5.2	Circular	2 - 3	1,377	532	Views of Casares and Mediterranean.	Medium distance, uneven surfaces, long ascent to Casares, 800 ft ascent / descent. MODERATE.	No
Arroyo Zarabanda	3.4	Circular	1.5 - 2	275	19	Riparian vegetation.	Short distance, good surfaces, gentle slopes. EASY.	Yes
By the Canuto Chico	1.4	Circular	3/4 - 1	989	732	Karst gorge.	Short distance, uneven surfaces, gentle slopes, watch for thorn bushes. MODERATE.	Yes
Camino de Jimena	9.8	Return	5 - 6	1,256	94	Hermitage.	Long distance, uneven surfaces, river crossing, 1,200 ft descent / ascent, hard work uphill on return. DIFFICULT.	No
Camino de los Gatitos/Camino del Amarguillo	9.1	Horseshoe	4 - 5	1,322	98	River Genal.	Long distance, uneven surfaces, gentle slopes, 1,200 ft descent / ascent. MODERATE.	Yes
Canuto - Los Baños	2.9	Return	2.5	890	135	Canuto de la Utrera, Los Baños	Relatively short distance but some very uneven surfaces, some steep slopes, some large rocks to negotiate in the Canuto, 755 ft ascent/descent. DIFFICULT.	Yes
Cerro de las Chapas	5.7	Return	4	3,082	1,385	Spectacular views.	Medium distance, 1,700 ft ascent/descent, uneven surfaces, steep inclines, loose soil, steep and rough last stage of ascent. DIFFICULT.	No
Cerro del Calvario	1.2	Return	1	1,540	1,370	View over Casares village.	Short distance, good surfaces, some slopes with loose soil underfoot. EASY.	No
Fantastic Forms of the Meseta	2.6	Return	2.5 - 3	1,106	821	Weathered rocks.	Short distance, uneven surfaces, a steep rough incline to the plateau, narrow path and dense vegetation in places. MODERATE.	Yes
From the Town to the Beach	7.5	One way	3.5	1,226	0	Unfolding vistas.	Medium distance, uneven surfaces, gradual slopes, 1,200 ft descent. MODERATE.	Yes, but from end point.
Genal - Guadiaro	13.4	Circular	6	210	21	River environment.	Long distance, mostly road surfaces, level with few inclines, two river crossings which can be difficult. MODERATE.	Yes
La Albarrá - La Molina	3.1	Circular	1.5	1,256	776	Ascent up side of gorge.	Short distance, uneven surfaces, steep incline with some scrambling at final stage. MODERATE.	No
La Cosalba Circular	4.4	Circular	3.5 - 4	2,100	1,060	Vistas southwards.	Medium distance, some rocky surfaces, steep inclines, some slopes with loose soil underfoot during the descent. DIFFICULT.	
La Herriza de Enmedio	3.4	Return	1.5 - 2	1,478	1,118	Views of Casares and Mediterranean.	Short distance, uneven surfaces, gentle slopes. MODERATE.	No



Casares Walks : Summary of the walks

	Distance (miles)	One way or return	Time (hours)	Highest (feet)	Lowest (feet)	Key attraction	Conditions during walk	Need transport to start point?
La Manga - Celima - Arroyo Hondo	4.0	Circular	2	1,806	1,122	Views of Sierra Bermeja.	Short distance, uneven surfaces, a few steep slopes. MODERATE.	No
La Utrera Circular	5.2	Circular	4	1,050	131	Spectacular karst gorges.	Medium distance, some very uneven surfaces, some steep slopes, some large rocks to negotiate in the Canuto. Watch for thorn bushes by the Canuto Chico. Special care needed walking the half mile along the A-377. DIFFICULT.	Yes
Lacipo	3.4	Return	2 - 3	1,128	778	Roman remains.	Short distance, some uneven surfaces, one steep slope. MODERATE.	Yes
Los Baños de la Hedionda	9.7	Return	5 - 6	1,226	127	Roman baths.	Long distance, uneven surfaces, river crossings, 1,100 ft descent / ascent. MODERATE.	No
Los Reales Circular	4.0	Circular	3	4,780	3,724	Spectacular views.	Short distance, uneven surfaces, some steep slopes, 1,000 ft ascent. MODERATE.	Yes
Panoramic Tour	1.7	Circular	1.5	1,404	1,038	Varying vistas of Casares.	Short distance, good surfaces, some steps and slopes. Use caution along the road, which leads to the car park. EASY.	No
Pasada del Pino - La Acedía	7.8	Circular	3.5	1,893	639	Views of Sierra Bermeja.	Medium distance, some uneven surfaces, total ascent / descent 1,200 ft. MODERATE.	Yes
Sierra Crestellina	5.6	Circular	3.5	2,274	1,065	Mountain vistas.	Medium distance, 1,200 ft ascent / descent, uneven surfaces, steep descent from Refugio with uneven path, difficult in places. DIFFICULT.	No
Tour of the Town	1.6	Circular	1.5	1,432	1,171	Spectacular history & architecture of Casares.	Short distance, smooth surfaces, a few steep slopes that may be slippery. MODERATE.	No
Tourism Trail	2.4	Circular	1.5	1,306	1,040	Views of Casares, tourist offices.	Short distance, good surfaces (over 50% is paved footpath), modest ascent/descent. EASY.	No