



Casares Walks : Summary of the walks

	Local or stage in longer distance route?	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	Local	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	Local	3.4	Circular	1.5 - 2	275	19	Riparian vegetation.	Short distance, good surfaces, gentle slopes. EASY.	Yes
By the Canuto Chico	Local	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	Local	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	Local	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	Local	2.9	Return	2.5	890	135	Gorge and Roman baths.	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	Local	5.7	Return	4	3,082	1,355	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	Local	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	Local	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	Local	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	Local	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	Local	3.3	Circular	1.5	1,256	776	Views of Casares.	Short distance, uneven surfaces, steep incline at final stage. MODERATE.	No
La Cosalba Circular	Local	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.	No
La Herriza de Enmedio	Local	3.4	Return	1.5 - 2	1,478	1,118	Views of Casares and Mediterranean.	Short distance, uneven surfaces, gentle slopes. MODERATE.	No
La Manga - Celima - Arroyo Hondo	Local	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	Local	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	Local	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	Local	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	Local	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	Local	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	Local	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
Pasada del Pino - La Acedía - short version	Local	3.9	Circular	2.0	1,021	573	Views of Sierra Bermeja.	Short distance, some uneven surface. EASY.	Yes
Sierra Crestellina	Local	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	Local	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	Local	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



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Gran Senda de Málaga: Stage 28	Stage	12.8	One way	5 - 6 or more	2,126	482	Woodland, rivers, viewpoints.	According to GSM, "quite a demanding itinerary". Long distance. 10% is asphalt or cement surface; 72% track or forest track; 18% footpath. There are an accumulated 2,525 ft (770m) of ascent and 2,890 ft (880m) of descent. There are 4 - 5 watercourses to cross. DIFFICULT.	Yes
Gran Senda de Málaga: Stage 29	Stage	19.5	One way	10 - 11 or more	1,756	20	Sierra Bermeja, views over Mediterranean and Africa.	According to GSM, "a long and demanding itinerary ... a very mountainous itinerary with steep sections uphill and downhill". Very long distance. 14% is asphalt or cement surface; 71% forest track; 15% footpath; 16% livestock track. Cumulative ascent is 3,000ft (915m) and descent is 4,215ft (1,285m). The highest point is 1,690 ft (515m) and the lowest 33ft (10m). As regards watercourses "the many streams you need to cross do not tend to pose any danger and any bigger watercourses are rather token ones". There is the possibility of dividing the journey into two legs. VERY DIFFICULT.	No
Ruta de las Recoveras - Stage 1	Stage	10.6	One way	5 - 6	1,268	27	Rivers Genal and Guadiaro.	Paths and roads well defined. Use of GPS useful but not essential. MODERATE.	No
Ruta de las Recoveras - Stage 2	Stage	15.6	One way	8 - 9	533	26	Varied scenery	Longest of the three Stages: a significant part cross-country along a variety of paths. Use of GPS essential unless a truly expert navigator. DIFFICULT.	Yes
Ruta de las Recoveras - Stage 3	Stage	5.6	One way	2 - 3	221	10	Views of Gibraltar.	More than half is cross-country, the rest urban. Use of GPS advisable. MODERATE.	Yes
Senda Litoral - Stage 11	Stage	7.9	One way	3 - 4	64	-1	The coast.	Level, but lacks walkways in places. EASY - MEDIUM.	Yes