

GOOD PRACTICE



- Please leave rubbish in the bins provided
- Walk on the marked paths
- Please respect private property



- The capture of animals is not permitted
- Starting fires is strictly forbidden
- Fishing is prohibited
- Plant collecting is not allowed

Emergency phone: 112



CÁDIZ MÁLAGA

PARQUE NATURAL Los Alcornocales

MORE INFORMATION

Territorial Delegation of the Regional Ministry of Agriculture, Livestock, Fisheries and Sustainable Development in Cadiz. Los Alcornocales Natural Park Office Ctra. Alcalá-Benalup, km 1. Alcalá de los Gazules. Cádiz. Tel. 856 58 75 08. pn.alcornocales.cma@juntadeandalucia.es ventanadelvisitante.

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CÁDIZ-MÁLAGA



La Teja



OTHER CATEGORIES OF PROTECTION



ROUTE

Circular

LENGTH

4,5 km

ESTIMATED TIME

1 hour and 30 minutes

DIFFICULTY

Low

TYPE OF TRAIL

Track and path

LANDSCAPE / VEGETATION

Important regeneration of cork oak forest and associated piedmont, sandstone and excellent views.

SHADE

Plentiful

SPECIAL AUTHORISATION

Not required

RECOMMENDATIONS

Carry drinking water and a mobile phone and wear suitable clothing and footwear.

PROVINCE / MUNICIPALITIES

Cádiz / Los Barrios

SHEETS OF MTN MAP 1:50.000

1074 - Tahivilla

START / END COORDINATES

36° 17' 4,16" N - 5° 34' 58,78" O
x36° 17' 4,11" N - 5° 34' 58,88" O



HOW TO GET THERE

Take exit number 70 and follow the service road towards Alcalá de los Gazules. After about 2.5 km, a forest track can be found on the right. This is the Sierra de Montecoche cycle route, where our itinerary begins.



PARKING

It is possible to park the vehicle right at the beginning of the route.



PUBLIC TRANSPORT

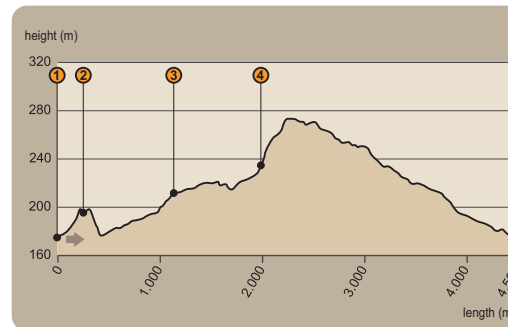
Buses stop in Alcalá de los Gazules or Los Barrios. The company is Transportes Linesur (tel. 957 42 15 85; www.linesur.com). The railway station with the best connections is in Los Barrios (check services and timetables at tel. 902 32 03 20; www.renfe.com)



OTHER TRAILS

The natural site offers other routes, such as: El Palancar and Valdeinferno.

PROFILE OF ROUTE



MAXIMUM GRADIENT

100 m

MAXIMUM HEIGHT

273 m

MINIMUM HEIGHT

173 m



Medidas preventivas contra incendios

El agua tiene gran importancia en la extinción de incendios, tanto en el ataque directo como en el indirecto, por ello es necesario disponer de una serie de puntos de agua con el objetivo de facilitar el abastecimiento de agua a los vehículos especiales forestales en el caso de sufrir contra incendios forestales en la comunidad autónoma de Andalucía (PLAN PIFORCA).

Además de disponer de un eficaz dispositivo de extinción existen otras herramientas para la defensa frente a incendios forestales como el conatango que observas a la derecha.

Forest fires are a constant threat

FIRE SAFETY

The forests with so much vegetation and with such complicated access are a risk in the event of a forest fire. Water remains the most widely used element in firefighting, given its relative availability, so large water tanks have been placed in the most strategic locations to supply forestry teams.

Within the preventive measures, firebreaks play a very important role, as their purpose is to stop fires. In recent decades, aerial means have become very important in firefighting, as they make it possible to reach the source of the fire earlier and are more effective.



Trail

La Teja

The path, which starts at the foot of the A-381 service road (check [1] on the map), begins with a small loop through a hillside, where we can see the effects of the forestry management used in the forest, in particular, the removal of herbivores. Natural regeneration of woodland and scrub is a fact [2], although this has not always been the case.

Management of cork oak forests

Until the end of the 19th century, cork oaks were used for timber, firewood and charcoal, activities that put a lot of pressure on the cork oak stands. From that date onwards, the industrial debark led to a different view of the cork oak. Yet it was still very threatened by grazing, and new shoots could not grow. The specimens that managed to survive tended to be stump sprouts from cut trees, not born from acorns. These stock trees are more prone to disease, less long-lived and produce fewer acorns. As a result, cork production declined and, more importantly, no acorn cork oaks were growing to maturity.



Reforestation has a good chance of success in these forests.

Some measures had to be taken and this is what happened: from 2001 onwards, a management model was implemented in these forests based on enclosures, to prevent access by large herbivores, and on reforestation. The model has borne fruit and is now being exported to other forests.

Back on the lane we continue our route. We pass through an area of pine forest and we can find all around us the reforestation that is still going on in the area. We reach a crossroads and turn left, walking now between pines and cork oaks, with sandstone promontories emerging from time to time.

Cork

Cork is the bark of the cork oak. The cork is extracted mainly during the month of July. The first debark, or cork extraction, consists of removing the cork named *bornizo*, which is the first bark of the cork oak. The *bornizo* is unusable for the industry and must be removed to produce good quality cork. After this first debark, cork can be extracted every nine years. One of the most widespread uses of cork is as a stopper for wine bottles.



Cork entails an important use of forests.

But cork also plays an important role in the tree and its environment, protecting it from the extreme conditions of the Mediterranean climate, such as drought, high summer temperatures and fires.



We soon reach another junction [3] and again turn left. In a while we will return to this junction, coming out on the right-hand branch.

La Teja Mountain

The trail gains altitude gently allowing us to contemplate the Sierra del Junquillo and, behind it, the Sierra Blanquilla. The path leaves us at a firebreak [4], which we must take to the right. The climb is moderate and on the margins of the firebreak we can find an insectivorous plant, characteristic of these soils.

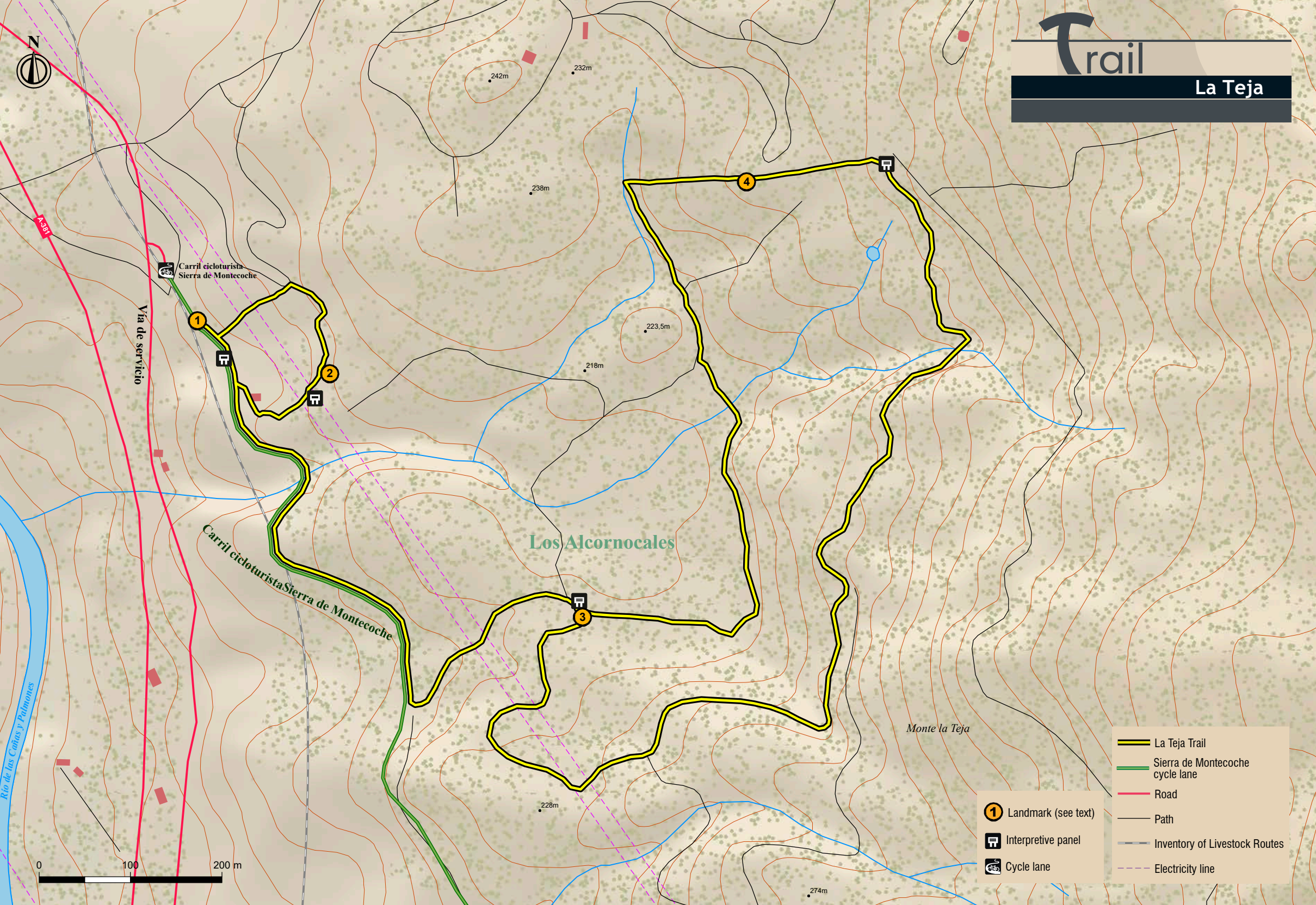


The firebreak leaves us on another lane, next to a panel explaining the preventive measures adopted in the event of forest fires. We follow the track to the right and gradually begin to lose altitude. The Hondo stream

will cross the lane if it has rained recently. On our way down we will be able to enjoy excellent views and, almost without noticing it, we have arrived at the aforementioned crossroads and we will start the return to the beginning of the route, having been able to observe how the small cork oaks grow scattered in every corner.



There are several trails in the vicinity to continue exploring the area: the Palancar interpretative trail or the Valdeinfierno trail, partly adapted for people with disabilities. They are very didactic and of great interest.



Carril cicloturista Sierra de Montecoche

Via de servicio

Carril cicloturista Sierra de Montecoche

Los Alcornocales

Monte la Teja



- La Teja Trail
- Sierra de Montecoche cycle lane
- Road
- Path
- Inventory of Livestock Routes
- Electricity line
- Landmark (see text)
- Interpretive panel
- Cycle lane