

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
- Open camping is not permitted

Emergency phone: 112



ALMERÍA



MORE INFORMATION

Las Amoladeras Visitors' Centre
Ctra. AL-3115 Almería-Cabo de Gata. km 7. Almería. Tel. 950 160 435
ventanadelvisitante.



ALMERÍA

PARQUE NATURAL
Cabo de Gata-Níjar

Trail

La Molata



OTHER CATEGORIES OF PROTECTION



• **ROUTE**
Linear

• **LENGTH (OUTWARD)**
1,5 km

• **ESTIMATED TIME (OUTWARD)**
1 hour

• **DIFFICULTY**
Medium

• **TYPE OF TRAIL**
Path or track

• **LANDSCAPE / VEGETATION**
Steep coastal strip, dominated by cliffs between small coves with or without beaches. Terrain dotted with striking autochthonous species of shrubs (palm shrub, acacias, *Periploca angustifolia*) or introduced species (agave or prickly pear). Historic military construction and coastal settlements linked to the fishing industry.

• **SHADE**
Little or none

• **SPECIAL AUTHORISATION**
Not required

• **RECOMMENDATIONS**
Carry drinking water and wear suitable clothing and footwear. Check that the water from fountains is safe to drink

• **PROVINCE / MUNICIPALITIES**
Almería / Níjar

• **SHEETS OF MTN MAP 1:50.000**
1046 - Carboneras

• **START / END COORDINATES**
36° 51' 44,73"N – 2° 0' 20,21"W
36° 52' 20,28"N – 2° 0' 12,14"W



HOW TO GET THERE

From the AL-4200, 1 km from Rodalquilar, we take an asphalted track in the direction of Las Negras for about two kilometres. At El Playazo we turn towards the caste of San Ramón and the start of the trail.



PARKING

There is no parking at the start of the trail, although there are parking spaces at the entrance to El Playazo. There is also parking at the end of the trail beside the campsite.



PUBLIC TRANSPORT

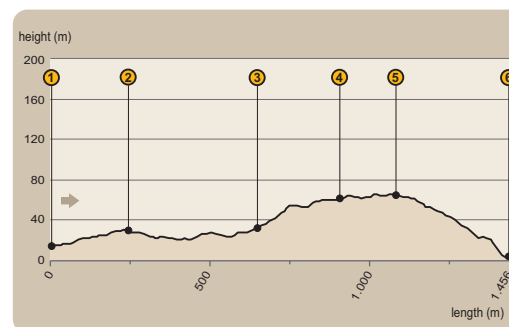
The principal companies running regular bus routes in the area are ALSA - Alsina Graells (tel. 902 42 22 42; www.alsa.es), Autocares Bernardo (tel. 950 25 04 22; www.autocaresbernardo.com) y Frahemar (tel. 950 26 64 11; www.frahemar.com).



OTHER TRAILS

The natural park has an extensive offering of signposted trails. Nearby trails included the Cerro del Cinto, and San Pedro - El Plomo - Agua Amarga trails.

PERFIL DEL RECORRIDO



• **MAXIMUM GRADIENT**
64 m

• **MAXIMUM HEIGHT**
66 m

• **MINIMUM HEIGHT**
2 m



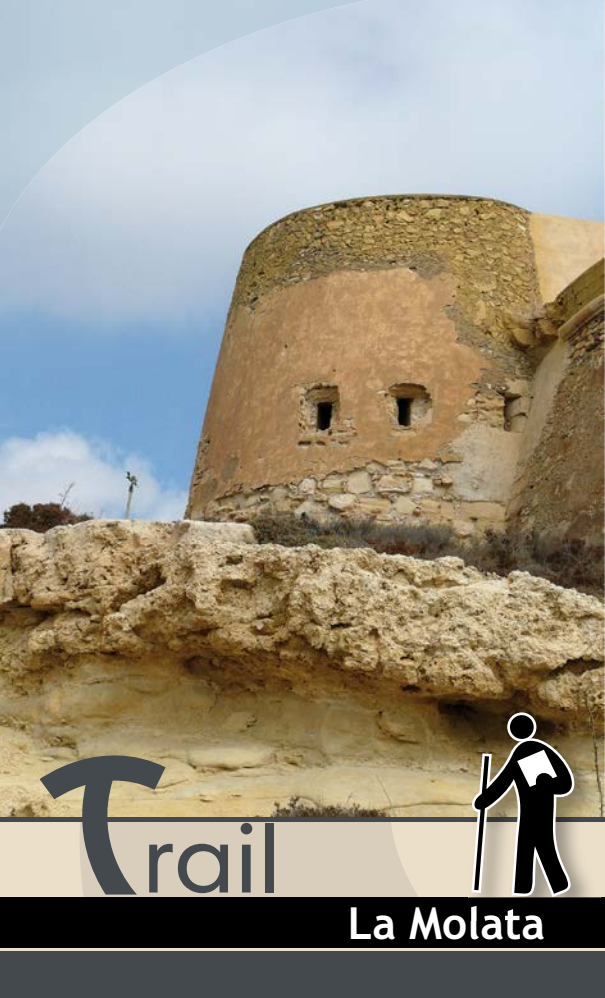
WITH OPEN EYES

There is no shortage of detail to observe along the coast, both in and out of the water. It's an ideal area for diving year-round. The beautiful sea beds are home to a rich diversity of animal and plant life. The reef communities are of particular interest, formed by the shells of sea worms.



The sandstone on land is also home to numerous fossils revealing its subterranean history. There are species similar to those found in this sea today (irregular urchins, bivalves, crustaceans, etc.).

The plants show a spectrum of adaptations to the adversities of an arid, saline climate, revealing important nuances in the natural history of the Cabo de Gata and its environment.



El Playazo

The Rodalquilar valley, which isn't so much a valley as a volcanic crater, extends to the shore at El Playazo, a relatively wide beach on a coast dotted with small coves. A kilometre from Rodalquilar, there is an asphalted path off the AL-4200 which we take for a couple of kilometres to the beach. Halfway we find the tower of Los Alumbres on our right, so-called because it was built in the 16th century to defend the alum mines, a substance used in the textile industry for dye, against attacks by Berber pirates. After its ups and downs over the years, the tower was eventually abandoned and other defensive structures were built, like the castle of San Ramón, which lies ahead.



The castle - really more of a coastal battery - are at the northern end of the El Playazo inlet, a little under two hundred metres from start of the trail (see [1] on the map).

The views from this old fortress, built in the times of Carlos III as part of a defensive systems intended to reverse the trend of depopulation in coastal areas perceived as dangerous.

From sand to rock

We partially return to the hillside of La Molata, which lends its name to the trail, leaving the coastline behind us. We see lands that were once cultivated on terraces sustained by stone walls called balates. We cross a wooden bridge over a small ravine [2] and head for the coast once again. Some four hundred metres along have a chance to take in the views from the viewpoint [3] above the cliff. Here we enjoy splendid views of El Playazo, the inlet and the cliffs.



We ascend a slight gradient for some two hundred metres to reach a point [4] where the views of the coast open up below us. In the background we can see La Rellana de San Pedro and Mesa Roldán.

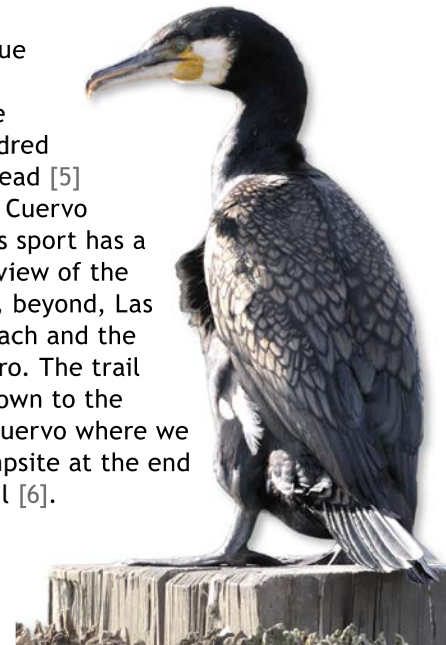


Cala del Cuervo

It's a section of the trail that's ideal for spotting the different types of plants that grow around us and observe their survival strategies to survive the scarcity of water.

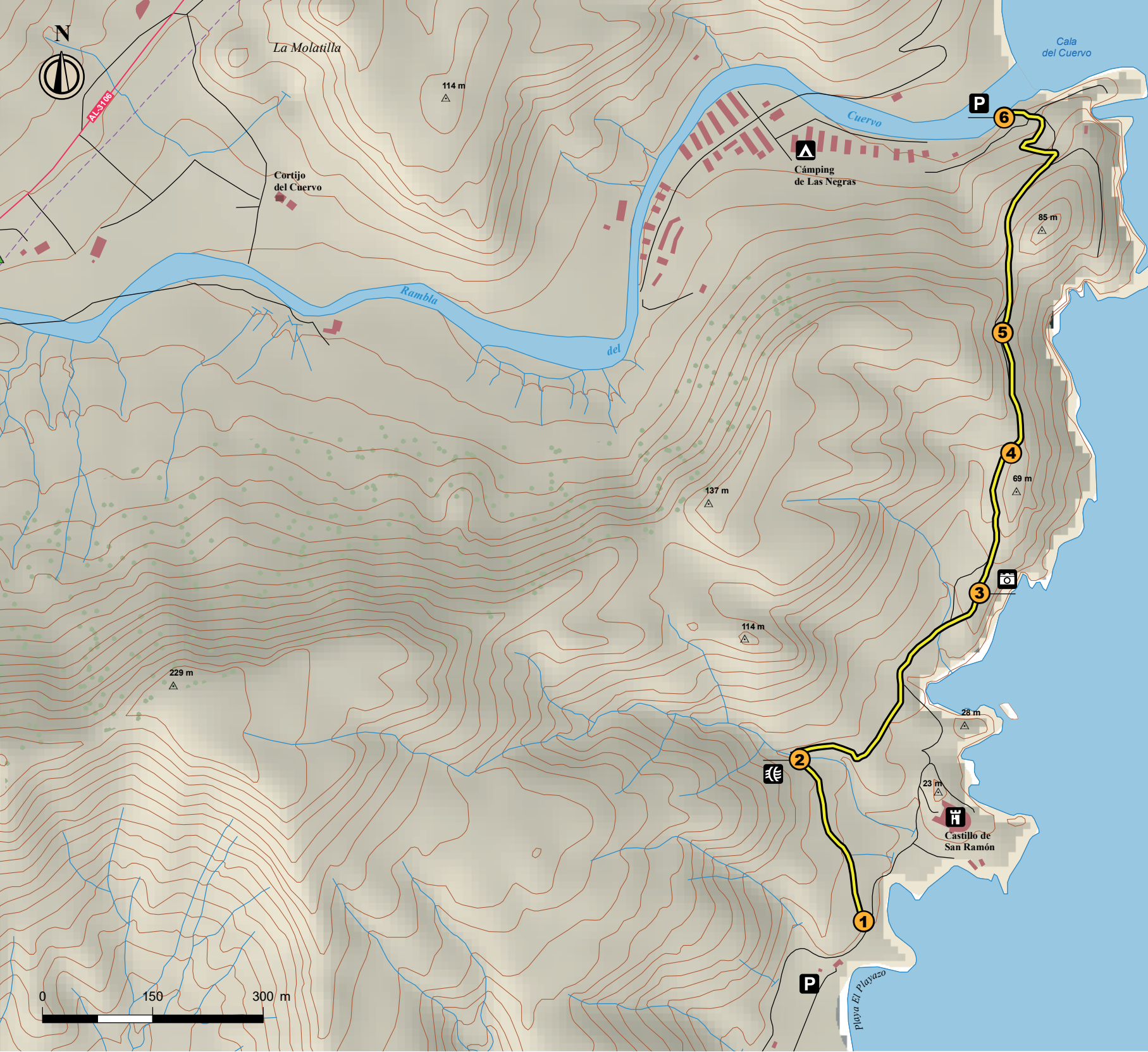


We continue towards a peak some three hundred metres ahead [5] above the Cuervo canal. This sport has a beautiful view of the cover and, beyond, Las Negras beach and the Cerro Negro. The trail zig-zags down to the Cala del Cuervo where we find a campsite at the end of the trail [6].





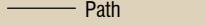

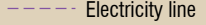





Perhaps it is the colours, with their nuances, contrasts and hues, that really stir the senses over the course of this coastal trail, keeping visitors' eyes on the splendid landscapes.

The natural, geological and biological wealth is as tangible as the historical and cultural heritage of the areas. There are two important monuments linked to coastal defence systems that were unpopulated for centuries due to the threat of pirate attacks.



MAR MEDITERRÁNEO

	La Molata Trail		Landmark (see text)
	Road		Parking
	Path		Castle
	Electricity line		Viewpoint
			Bridge
			Camping