

GOOD PRACTICE



Please leave rubbish in the bins provided



The capture of animals is not permitted



Walk on the marked paths



Starting fires is strictly forbidden



Please respect private property



Plant collecting is not allowed



Please avoid making noise



It is not permitted to collect rocks or minerals

Emergency phone: 112



JAÉN



MORE INFORMATION

Cercado del Ciprés Information Point. Camino de los Rubiales S/N. Andújar, Jaén. Teléfono: 662 97 40 12 / 617 86 10 52.

Vías De Peñallana Visitor's Centre. Ctra. Andújar-Santuario Virgen de la Cabeza, Km 13. Andújar, Jaén. Tel. 953 53 96 28.

Natural Park Office Sierra de Andújar. Tel. 953 10 33 00.

ventanadelvisitante



UNIÓN EUROPEA
Fondo Europeo Agrícola de Desarrollo Rural



Junta de Andalucía
Consejería de Sostenibilidad,
Medio Ambiente y Economía Azul

PARQUE NATURAL
Sierra de
Andújar



De los Cuatro Términos



Junta de Andalucía
Consejería de Sostenibilidad,
Medio Ambiente y Economía Azul

OTHER CATEGORIES OF PROTECTION



ROUTE

Linear

LENGTH (OUTWARD)

3,8 km

ESTIMATED TIME (OUTWARD)

2 hours

DIFFICULTY

Moderate

TYPE OF TRAIL

Forest path and track

LANDSCAPE / VEGETATION

Transition from layers of vegetation associated with falling temperatures and rising altitude. Pastures and Mediterranean woodland. Juniper field on quartz Shade of holm oak and Portuguese oak. Pyrenean oak. Pastures. Panoramic views.

SHADE

Scant

SPECIAL AUTHORISATION

Not required

RECOMMENDATIONS

Carry drinking water and sun protection in summer and wear suitable clothing and footwear.

PROVINCE / MUNICIPALITIES

Jaén / Andújar,
Villanueva de la Reina, Baños de la Encina

SHEETS OF MTN MAP 1:50.000

861

START / END COORDINATES

38°20'40"N, 3°51'31"W
38°22'22"N, 3°51'36"W



HOW TO GET THERE

From the village of Centenillo (18 kilometres from La Carolina), we take the local road JM 5005 for 17 kilometres in the direction of Collado del Jardín. 100 metres before the path there is a signpost indicating its proximity. The starting sign is located beside a pedestrian gate, where the trail crosses a firebreak.



PARKING

There is no car park at the beginning of the trail, although you can park your vehicle nearby.



PUBLIC TRANSPORT

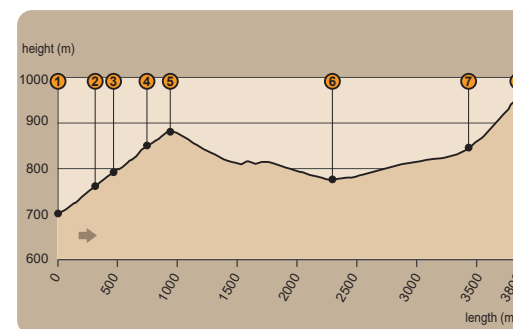
It is not possible to access the trail directly by public transport, but you can reach the nearby villages by bus. Villanueva de la Reina, Baños de la Encina and La Carolina. The main bus company running regular services in the area is Consorcio de Transporte Metropolitano del Área de Jaén (tel. 953313985 | users@ctja.es).



OTHER TRAILS

The nearest Natural Park trails include the Pozo Nuevo trail, the Cerillo del Plomo trail, the Rumblar trail and the Los Escoriales trail.

PROFILE OF ROUTE



MAXIMUM GRADIENT

254 m

MAXIMUM ALTITUDE

954 m

MINIMUM ALTITUDE

700 m

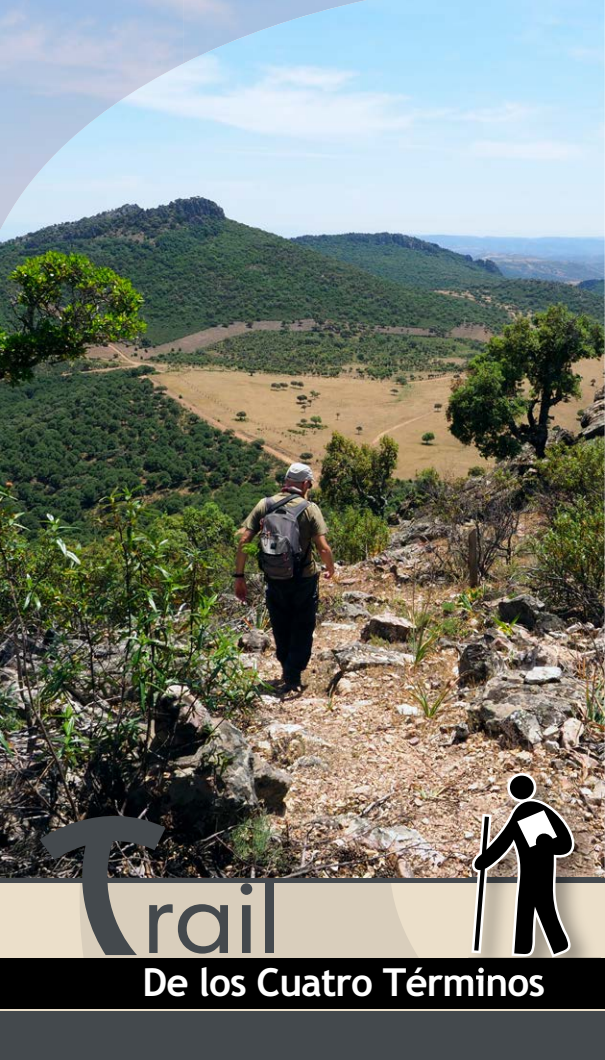


LA TRASHUMANCIA AND THE LIVESTOCK TRAILS

Instinctively, animals have always travelled throughout the territory in search of food and better weather conditions. Shepherds have imitated nature for centuries, guiding their own flocks to the rhythm of the seasons. This migratory herding in search of fresher pastures is known in Spanish as *la trashumancia*, and the traditional paths used as *vías pecuarias* or livestock trails.

There is a great variety of livestock trails with different designations according to their original width: *cañadas*, *coladas*, *cordeles*, *veredas*. The main routes were the *cañadas reales* or royal trails such as the *Cañada Real de la Plata*, part of which is followed by this trail. The Sierra de Andújar is home to an extensive network of livestock trails. In reality this migratory herding was important throughout the peninsula, especially for the wool market and in the time of the *Mesta*, a powerful council for livestock owners and their animals under the Crown of Castile. Today, very few estates within the natural park host winter herds of sheep, who spend their summers at higher altitudes in the fresh pastures of the Sierra del Segura.

Many of these old livestock trails have disappeared, but those that remain account for almost 1% of Spanish territory and are a priceless element of historic and environmental heritage.



Trail



De los Cuatro Términos

Among valuable heritage of the wildlife sanctuary that is the Sierra de Andújar, there are also the items of geographic value. The three main types of rock in the natural park determine the landscape and the life that can flourish there. Slate is the most abundant and defines the undulating relief, forests and scrubland. The southern half is dominated by granite, forming sandy soils and furnishing the landscape with its idiosyncratic skittles of stone. On the northern edge of the natural space, the ultra-tough quartz causes abrupt relief over a long narrow strip.

On the livestock trails

Taking advantage of one of the livestock trails that wind across that mountains, our trail enters the domain of quartz, crossing the Selladores Contaders scrubland and ends in an area straddling the municipalities of Andújar, Villanueva de la Reina, Baños de la Encina and Mestanza, the last of these in the province of Ciudad Real.

The trail starts on the Cañada Real de la Plata [1] where a firebreak crosses the local road that connects the villages of La Lancha and El Centenillo. The *cañada* rises into the scrubland along a steep, stony reddish path strewn with old mining slag and gum rockrose. Among the grit and boulders along the way, the greenish-yellow of the characteristic lichens stands out against the crimson rust tones of the quartz.

Forests on quartz

We climb 300 metres uphill to the firebreak [2], accompanied by the refreshing aroma of pine and the sticky, sweet laudanum of the rockrose. It's important not to skip this crossing on the way back of we will have to cross the firebreak in search of it. After a 150-metre climb across the firebreak with no shade, we reach the base of a scree [3] on which an intricate forest of cork oaks, oaks, gall oaks and strawberry trees. The branches



form a fresh dome that offers some shelter from the sun.

White heat, olivillo, myrtle and grass not seen in other parts form part of this forest, which prospers between the loose rock. And although the soils on the mountain are not particularly permeable and the water runs along the slopes feeding the torrents and rivers, some small aquifers have formed in this scree to nourish the forest.

While we take a breather we can listen to the short-toed treecreeper and through the clearings catch sight of the griffon vulture, black vulture and the red-rumped swallow. It shouldn't be too difficult to surprise an imperial eagle, ring ouzel and the odd herd of deer.

Exiting the forest, we find the first juniper fields on the quartz [4]. These rocks, composed primarily of quartz crystals, are tough and resistant to erosion; even the ferruginous ochre of the seams transmit a sense of toughness. The quartz forms crests and rocky outcrops that just out like crooked teeth above the lower terrain dominated by slate. It's the ideal habitat for cliff-nesting birds, such as the red-billed chough and the solitary rufous-tailed rock thrush and is a real refuge for native plants in a very reduced area.



Impressive vegetation

The trail crosses and juniper field and reaches a crossing. We pass a path to the right that leads to an electrical relay. Instead, we head left, towards the Collado de Selladores [5]. Take a breath in the shade of some cork oaks, before starting the descent along the northern face of the mountain. On the dual peak of the Cuerda de Selladores, which rises

to our right, a small forest of Pyrenean oak finds refuge. It can be distinguished for its green water tones, turning bright yellow in autumn, above a darker strip of Portuguese oak.



We start the descent through a dehesa of Portuguese oak and cork oak with a dense scrub of rockrose. After a kilometre and half, we turn right at another crossing [6]; it is signposted with a marker but it is easy to miss it on the right-hand side.

Cuatro Términos

With the peaks of Cuatro Términos on the horizon, the next kilometre takes us through a pasture: an open space dominated by the typical herbaceous plants of the Sierra Morena, which become scorched with the arrival of the hot weather in May. The gradient is gentle but constant and remains so until we reach the foot of the hill. 100 metres before the last climb, the path widens and enters a pine forest. We leave the path at the next fork [7] to head uphill along a wide track.

Here, among the rockrose and cork oak we reach the sign indicating the end of the trail [8]. Some 40 metres further, there is a milestone marking the intersection of the borders of the four municipalities, the provinces of Jaén and Ciudad Real and the limits of the park itself. Here, a spectacular panoramic view opens up in all directions. To the south, beyond the pine forests of Selladores-Contadero, the scrubland and dehesas of the Park stretch out before us. In the background we can make out the Jándula reservoir and even the Sanctuary of the Virgen de la Cabeza. To the east are the villages of Centenillo and La Carolina and to the north the Sierra Madrona.



Trail

De los Cuatro Términos



T.M. Mestanza

Ciudad Real

El Puntal de los Cuatro Términos

T.M. Baños de la Encina

Jaén

Parque Natural Sierra de Andújar

T.M. Andújar

Collado de Selladores

T.M. Villanueva de la Reina

- De los Cuatro Términos trail
- Path
- Livestock Track
- Natural Space
- Municipal Boundary
- Landmark (see text)
- Panoramic views

