

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

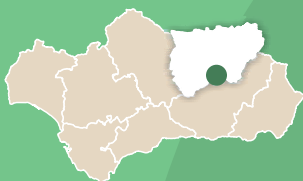


Fishing is prohibited



Plant collecting is not allowed

Emergency phone: 112



JAÉN



MORE INFORMATION

Castle of Jódar Visitor's Centre. Alhorí s/n. Jódar. Jaén. Tel. 953 78 76 56.

ventanadelvisitante



UNIÓN EUROPEA
Fondo Europeo Agrícola de Desarrollo Rural



Junta de Andalucía
Consejería de Agricultura, Ganadería,
Pesca y Desarrollo Sostenible

PARQUE NATURAL
Sierra
Mágina

JAÉN
Trail

Adelfal de Cuadros



Junta de Andalucía
Consejería de Agricultura, Ganadería,
Pesca y Desarrollo Sostenible

OTHER CATEGORIES OF PROTECTION



ROUTE

Linear

LENGTH (OUTWARD)

0,5 km

ESTIMATED TIME (OUTWARD)

20 minutes

DIFFICULTY

Low

TYPE OF TRAIL

Path with rocky surface

LANDSCAPE / VEGETATION

Flat or hilly relief through a dense oleander. Proximity of river banks along the entire route. Traces of human occupation of the territory (mills, towers).

SHADE

Plentiful

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

Jaén / Bedmar y Garcías

SHEETS OF MTN MAP 1:50.000

948 - Torres

START / END COORDINATES

37° 47' 15,31"N – 3° 24' 30,66"O

37° 47' 30,85"N – 3° 24' 30,62"O



HOW TO GET THERE

Reach Bedmar on the A-320 (Mancha Real-Bedmar), which connects with the A-316 (Estepa-Úbeda) and the A-401 (Úbeda-Moreda). From there take the JA-4111 road to the Cuadros hermitage. Before crossing a bridge, take an unpaved track until you reach the recreational area of Adelfal de Cuadros, the starting point of the trail.



PARKING

There is a car park with about 15 parking spaces at the beginning of the trail.



PUBLIC TRANSPORT

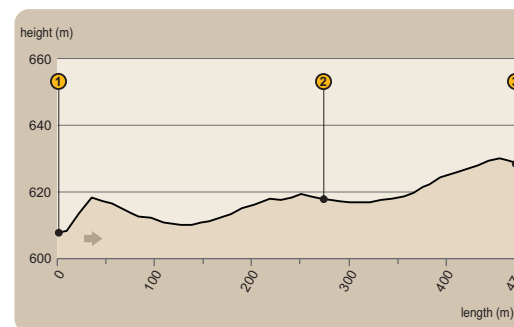
The principal company running regular bus routes in the area is Transportes Muñoz Amezcua S.L. (tel. 953 28 15 91; www.munozamezcua.es).



OTHER TRAILS

From the recreational area of Adelfal de Cuadros, the Las Viñas and Caño del Aguadero rivers start. The GR-7 long-distance trail, which links Tarifa with Andorra and continues to the Greek Peloponnese, passes through Bedmar. From here it continues towards Jódar and Hornos de Peal to the north, and towards Torres and Albanchez de Úbeda to the south.

PROFILE OF ROUTE



MAXIMUM GRADIENT

23 m

MAXIMUM HEIGHT

630 m

MINIMUM HEIGHT

607 m

THE USEFUL OLEANDER



Throughout history, oleanders have provided multiple utilities. Its stems have been used in a similar way to wickerwork in basketry.

The burnt wood gives an ash that was used in the manufacture of gunpowder. The macerated leaves have been used to treat dandruff and hair loss. Also, its stalks were placed between chickpea and other legume crops to protect them from certain diseases. Powdered stems and leaves have even been used to make rat poison. procesión del Corpus.

On the other hand, during the French occupation, some Napoleonic soldiers who did not know the plant were killed simply by roasting meat pricked with oleander sticks.



It is cultivated in parks, gardens and roads, withstanding the harsh winters well, but where it lives best is in warm areas, and the Romans and Arabs used it for gardening under the full sun of Andalusia. It is currently used to consolidate soil in riverbeds and road embankments. In some cities, following tradition, it is used to cover the ground where the Corpus Christi procession passes through every year.



River Cuadros

Our trail starts next to the kiosk by the river, in the Cuadros recreational area. We start by crossing the river (check [1] on the map) over a bridge.

The River Cuadros is fed by two very peculiar streams: the Mosquito and the Peru. Each has different characteristics; the first, more rugged in its descent and with a cave that seems to be man-made, due to its circular entrance; and the second, much longer, with its slopes full of terebinths and Montpellier maples, which in autumn are full of colour. Before joining together, both rivers are populated by oleanders on their banks, until they become one, forming the River Cuadros.



The oleander field

The natural oleander field of the River Cuadros is probably one of the largest and most important in the Iberian Peninsula. Oleanders, plants that do not withstand frost, are found in the lower parts of Sierra Mágina and in areas where there are watercourses nearby. They have a great capacity for regrowth and are poisonous (so care should be taken when handling their leaves and branches), but they are a plant formation full of beauty. Weeping willows, fig trees and other riverside species also mark the path.



The birth of the Sistillo

Further on, the path narrows and the murmur of the river is more present, reaching a point where the ravine becomes very narrow. The water flows between bright green plants: watercress, which grow preferably at water sources where the water is pure and crystalline.



From the very beginning of the trail we will recognise the main character of this trail, the oleander, which together with the Aleppo pine forms a peculiar forest. The name oleander comes from the Greek *nerion* or *neros*, meaning wet, a plant that grows at the water's edge. It is a shrub up to four metres high, with dark green evergreen leaves. Its flowers are perhaps its most striking feature: usually pink, rarely white in the wild, and because they are large and showy, they are used in gardening. It flowers from spring to summer. It normally inhabits the banks of streams and ravines in warm areas.



Along the way we will see several tables where we can have a snack. From time to time, if we look back and the dense foliage allows us to do so, we will have a view of the Cuadros Tower [2], from which the whole valley was watched over.



Along the path and intermittently it is possible to have as a reference the Cuadros watchtower, a landmark that reminds us of the past of these lands as a frontier of the kingdom of Granada.



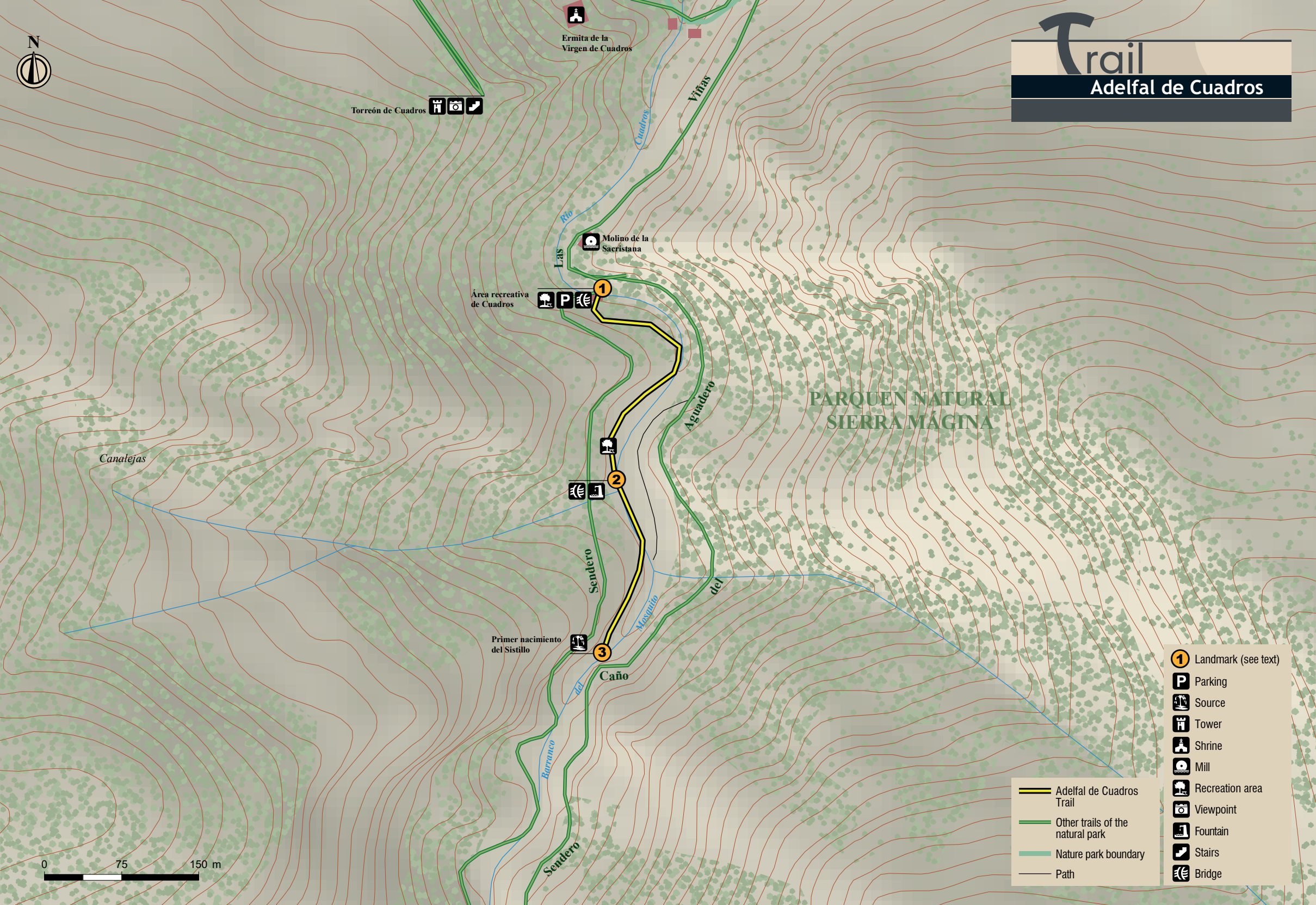
We have reached the first source of the Sistillo [3] and also the end of this short path.

Further upstream there is a second source with the same name, as the stream comes and goes depending on the season. When it carries the most water, in rainy winters or when the high peaks of Mágina are covered with snow, it offers an essentially more attractive landscape.



In the vicinity of the village of Bédmar, this trail offers the visitor a short but very intense route. You will go along a river that is home to one of the most important natural stands of oleander on the peninsula.

Along the way, we can observe the exuberance of the oleander formations that develop exceptional tree growth. We will also be able to enjoy the view of a landscape in which many other natural values are combined with traces of the historical past of the lands of Mágina.



- 1** Landmark (see text)
- P** Parking
- Source
- Tower
- Shrine
- Mill
- Recreation area
- Viewpoint
- Fountain
- Stairs
- Bridge

- Adelfal de Cuadros Trail
- Other trails of the natural park
- Nature park boundary
- Path