

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



Open camping is not permitted

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

trail

Control de la Cabrera-
Santuario Virgen de la Cabeza



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

OTHER CATEGORIES OF PROTECTION



• ROUTE

Linear

• LENGTH (OUTWARD)

15,5 km

• ESTIMATED TIME (OUTWARD)

6 hours

• DIFFICULTY

Moderate

• TYPE OF TRAIL

Forest trail and path

• LANDSCAPE / VEGETATION

Mediterranean scrub, dehesas of holm oaks and repopulated pine forests. Panoramic views of the Ándula valley. Granite screes.

• SHADE

Sections of shade and sun

• SPECIAL AUTHORISATION

Not required

• RECOMMENDATIONS

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

• PROVINCE / MUNICIPALITIES

Jaén / Andújar

• SHEETS OF MTN MAP 1:50.000

883 y 904

• START / END COORDINATES

38°7'15"N, 4°8'31"W

38°10'54"N, 4°2'25"W



HOW TO GET THERE

From Marmolejo, take the A-420 towards Cardaña and the Balneario de Marmolejo spa resort. Passing a Roman bridge, turn right at the cross roads, along the local road JV-5001. After 12 kilometres, turn left to access the Control de la Cabrera, which is the entrance to the public forest of Lugar Nuevo and the start of our trail.



PARKING

There is no carpark, but you can leave your vehicle in the immediate surroundings of the start of the trail.



PUBLIC TRANSPORT

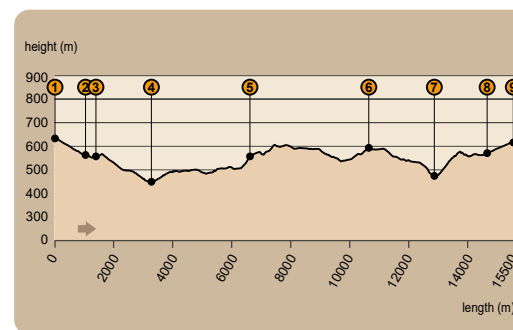
The main companies running regular bus routes in the area are ALSA (tel. 902 42 22 42), Transportes Ureña (tel. 953 50 09 44) and Transportes Marcos Muñoz (tel. 953 50 09 82). The nearest train stations are Andújar and Marmolejo (www.renfe.es; tel. 902 24 02 02).



OTHER TRAILS

In the Natural Park we can find several other trails such as the La Centenera Trail, the Camino Viejo Trail: San Ginés-Lugar Nuevo section, Santuario-Lugar Nuevo section and the El Encinarejo Trail.

PROFILE OF ROUTE



• MAXIMUM GRADIENT

191 m

• MAXIMUM ALTITUDE

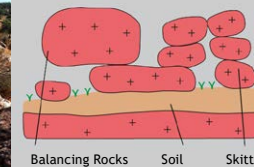
637 m

• MINIMUM ALTITUDE

446 m



SCREE



Balancing Rocks Soil Skittles

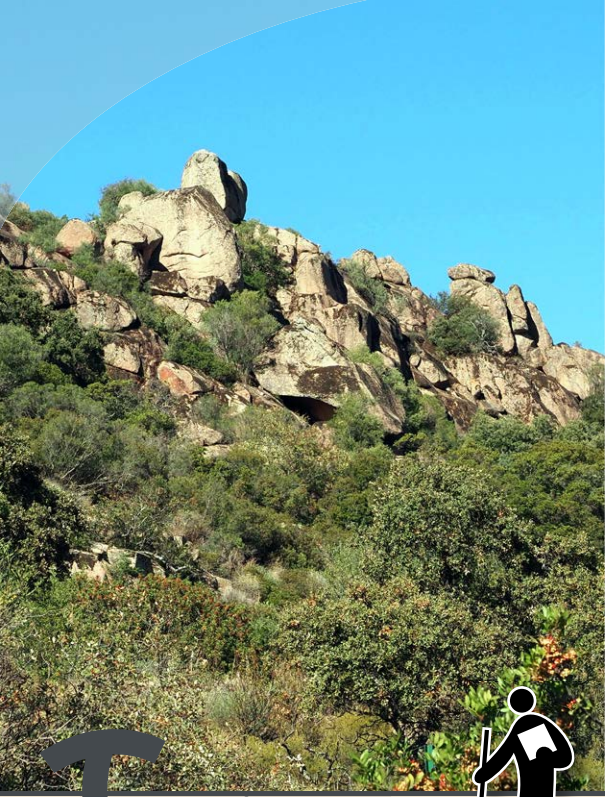
GRANITE SCREE

The granite screes, such as that which rises imposingly in the vicinity of the Sanctuary of the Virgen de la Cabeza dominate the characteristic landscape of the granite sector of the park.

But what is a scree? Screes are areas of granite rock of different shapes (skittles shapes and balancing rocks), over which water has had a chemical actions, dissolving some components of the granite, and on the physical level, acting as a wedge by freezing into the fissures and joints in the rock and, forcing them loose in pieces like a glass bottle full of water left in the freezer.

And how were the screes of Andújar formed? Some 300 million years ago, after the formation of the Iberian Massif, a mass of incandescent magma rich in silica cooled in the earth's core, forming an immense granite intrusion some 4 kilometres deep. The immense tectonic strength that convulsed the Earth and rises and folds the mountain ranges like they were butter caused numerous fractures in the granite rock which cracked like a bar of chocolate.

Over time, the materials that cover these rocks were eroded, releasing millions of tons of weight of granite and exposing it to the open air. The decompression suffered by the rock generated new fractures. This strip of igneous rock extended from the province of Jaén to the province of Badajoz, receiving the name of batholith of Los Pedroches. The granite area of the Sierra de Andújar forms part of this batholith.



Trail



Control de la Cabrera- Santuario Virgen de la Cabeza

Lugar Nuevo

We start the trail at Control de la Cabrera [1], one of the entrances to the Lugar Nuevo public forest. On the left of the main gate, alongside the start of the trail is a pedestrian entrance. We head to the right, Descending a track that opens into a forest of cork oak, holm oak and Mediterranean scrubland, where we're likely to come across the odd deer. On clear days, on the pyramid-shaped face of the hill, once can make out the Sanctuary of Virgen de la Cabeza.



After a kilometre, we reach the shaded area of La Cabrera [2]. On this side of the ravine, on the left we observe a well-conserved Mediterranean forest or cork oak, holm oak and Portuguese oak as well as turpentine tree, common hawthorn and other typical bushes. The golden treetops of various Iberian pears can be made out in the front row, a wild pear tree common in the Sierra Morena. In the bed of the ravine there are also wild olive trees and vines and strawberry trees. The exuberance of this side contrasts with the poorer, more sparse vegetation on the other side, to the right of the trail.

Accompanied by a soundtrack of the song of the woodlark and robin and the guttural roar of the deer during the *berrea* or mating season, we reach a spot with a spectacular panoramic view of the Jándula valley [3]: hillocks, gently rolling hills and ravines covered in lush forest and dehesas. Mastic and wild olive trees dominate the stony terrain. At the foot of the hills runs the Valdepeñoso stream. And beyond that the river Jándula just before it disgorges



into the Guadalquivir. And above the valley, as a landmark emerges the Sanctuary once again, on the peak of the Cerro Cabezo.

We continue our descent, enjoying the shining gloss of the stone pines of Lugar Nuevo, and as the view opens up so do the shades of green of the mountains. Enjoying an occasional sighting of a deer and their fawns, whose beauty and abundance makes this an important hunting ground. On the lowest point of the trail, we reach the Cable del Espinarejo [4]: a granite and steel gateway alongside a crossing of paths, and a landmark in Lugar Nuevo.



After passing the gateway, we take the first left and then the next right 100 metres further on. We cross a pin forest following the markers of the trial. Chaffinches, woodlarks, great tits and other forest birds like the long-tailed tit and the hawfinch provide the background music with their song. On the right, through gaps in the trees we can make out the profile of the Peñon de Martos, Jabalcuz and the Sierra Nevada.

Granite sector, wild territory

In some 3 kilometres, before exiting the forest, we reach a pedestrian gate [5], signposted by a public forest milestone, alongside a large metallic gate, where we exit Lugar Nuevo to enter once again first Navalasno and then La Navarra. From here, the slate gives way to the granite sector of the park. We start to encounter dehesas of alternating copses and juniper fields followed by the skittles of rock and granite scree as the path's surface becomes sandy once again. These sands come from the break-up of the granite and are the preferred habitat of the rabbit, the preferred prey of the Iberian lynx. The Iberian pear tree, rockrose, juniper and

lavender accompany the ever-versatile holm oak on these acidic soils.

We enter the territory following the signs and cross land inhabited not so long ago by wolves but now the domain of the Iberian lynx and the imperial eagle. Pay attention and you'll hear the hollow sound of the earth cushioning the fall of acorns and if you're lucky catch a sight of stags, bucks, mouflon and roe deer. We find ourselves in the heart of the sierra and here the scrubland is wilder than ever.

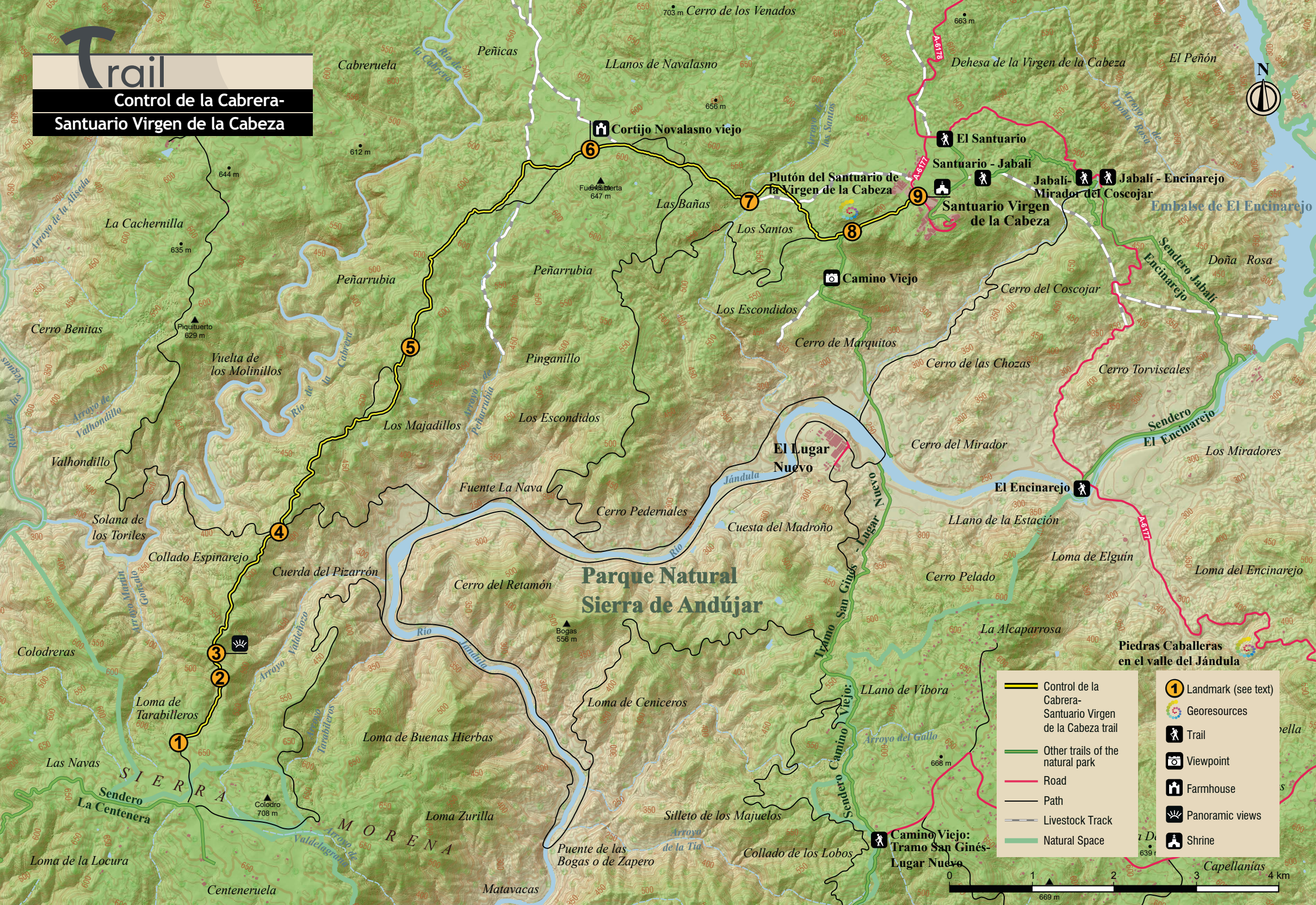
Upon reaching the ruins of the Cortijo de Navalasno Viejo farmstead [6], we enter Lugar Nuevo once again through the Fuencubierta pedestrian gate. The trail descends through granite and holm oak until we reach the seasonal riverbed of the Los Santos stream flanked by imposing ash trees [7], before rising steeply through a pine forest. We cross the new pedestrian gate along a granite pathway, which soon become a forest track. We turn left and stay on this track. After 500 metres, there emerges on the left a monumental granite scree [8]. And a kilometre further on we reach the village of Virgen de la Cabeza [9].



Following the old Marmolejo path to the basilica of the Virgen de la Cabeza, this path takes us inside one of the biggest wildlife sanctuaries left in Spain. Coinciding with the old livestock paths, and with a section of the GR84, the trail takes us into the lush forests of Mediterranean vegetation, dehesas of holm oak and repopulated pine forests that provide refuge to numerous threatened species like the Iberian lynx, the black vulture, the black stork and the Iberian imperial eagle. A long and solitary course that, following in the footsteps of centuries of pilgrims, allows us to discover the history, life and geology of the Sierra de Andújar and, at the same times, a little about ourselves.

Trail

Control de la Cabrera-Santuario Virgen de la Cabeza



| | | | |
|--|---|--|---------------------|
| | Control de la Cabrera-Santuario Virgen de la Cabeza trail | | Landmark (see text) |
| | Other trails of the natural park | | Georesources |
| | Road | | Trail |
| | Path | | Viewpoint |
| | Livestock Track | | Farmhouse |
| | Natural Space | | Panoramic views |
| | | | Shrine |

