

Andalucía

Jaén
PARAISO INTERIOR

ADVENTURE

DESTINATION JAÉN ANDALUSIA/SPAIN

OCTOBER 2019

ISSUE #1

*"Flying in Jaén
is magical"*

INTERVIEW WITH RAMÓN MORILLAS,
MULTIPLE NATIONAL AND WORLD CHAMPION
OF PARAGLIDING AND POWERED PARAGLIDING

*The source of
the Guadalquivir*

RAFTING, CANYONING AND
OTHERS AQUATIC ADVENTURES

*Exploring the
Southern Woodlands*

GR TRAILS, DAY HIKES AND
FAMILY-FRIENDLY EXCURSIONS

*One of the best places all
around the world for climbing"*

INTERVIEW WITH ADAM ONDRA, WORLD CLIMBING CHAMPION

Plus...

TRAIL RUNNING
MTB AND BIKE TOURING
VIA FERRATA AND CAVING
COMPETITIONS
ACCESSIBLE ADVENTURES
BUSINESS DIRECTORY

DIPUTACIÓN
DE JAÉN

JAÉN, YOUR DESTINATION FOR ADVENTURE

Francisco Reyes Martínez

President of Jaén Provincial Council

Jaén province offers unbeatable conditions for enjoying sporting activities in a natural setting. It boasts the greatest amount of protected natural space in Spain, criss-crossed by thousands of kilometres of traditional trails and quiet roads. Beautiful olive groves link these spaces together, creating an iconic rural landscape that is synonymous with Mediterranean culture.

Jaén also offers ideal conditions for paragliding (including powered paragliding), mountain-biking, hiking and ultra-trail running. It is a paradise for climbers, while its clean, clear rivers provide opportunities for canyoning, kayaking and rafting. You can also experience open-water swimming in the reservoirs near the sources of the Guadalquivir and Segura rivers.

What's more, your adventures will take place in a setting that boasts a truly

extraordinary heritage: the towns of Baeza and Úbeda, both declared World Heritage Sites by UNESCO; hundreds of archaeological sites; dozens of villages that have been given protected status due to their historical significance; transhumance routes used by shepherds; trails that have witnessed the unfolding of history since the days of Antiquity; the oldest living trees in Europe; and more endemic species than are found in many European countries.

On your way, you'll be watched by Iberian lynxes, bearded vultures, imperial eagles - and even wolves, in the most remote parts of the mountains. Sierras de Cazorla, Segura y Las Villas natural park is the largest of our protected natural spaces and was declared a Biosphere Reserve by UNESCO in 1983, before it had even been granted park status.

Jaén's extraordinary natural setting makes us your choice. Jaén is your destination for adventure.

HAPPY BIRTHDAY!

This year marks the 35th anniversary of Sierras de Cazorla, Segura y Las Villas natural park and Biosphere Reserve. This remarkable protected space boasts high mountains, rolling hills, diverse flora and fauna rich in endemic species, and an extraordinary collection of places of cultural interest. Its mountains are also home to the sources of two of Spain's great rivers: the Segura and the Guadalquivir. In short, it's the best setting for your adventure holiday in the heart of nature!

IN THE OTIÑAR VALLEY, THE BEST CLIMBING ROUTES ALSO ALLOW YOU TO OBSERVE SPECTACULAR WILD ANIMALS, SUCH AS THE BONELL'S EAGLE FLYING ABOVE THESE CLIMBERS

Climbing routes on Salto de la Cabra. Otiñar, Jaén.

ADVENTURE DESTINATION JAÉN

www.jaenparaisointerior.es

Publisher_
Jaén Provincial Council

Photographs_
Javier Milla /
Jaén Provincial
Council archive

Infographs_
Virginia Alcántara
/ Rocío Moreno

Design and layout_
Virginia Alcántara

Legal deposit_





OUR ARTICLES ARE DIVIDED INTO FOUR GENERAL SECTIONS: "ADVENTURE", "FOR THE PROS", "COMPETITION" AND "DESTINATION", EACH OF WHICH ARE COLOUR-CODED

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GR-247: EXPLORING THE SOUTHERN WOODLANDS

The GR-247 Southern Woodlands route is one of Jaén's most iconic trails and brings thousands of hikers to Sierras de Cazorla, Segura y Las Villas natural park every year. Visitors use its 400-plus kilometres, which are divided into 21 stages and include 11 offshoots and six detours, to explore one of the largest forested areas in southern Europe. Most of its stages have an average distance of between 12 and 18 kilometres, with accommodation at each end and/or the possibility of camping out in a basic refuge. The trail can be hiked all year round and provides an opportunity to visit iconic locations such as the Campos de Hernán Perea, a large high-mountain plateau. Conditions are harder in winter, when snow and ice can be found in the highest areas.

[HIKING > LONG-DISTANCE TRAILS]



Chapel of Our Lady of La Cabeza, La Iruela village, at the end of stage 10 of the GR-247.

Free app for
Android and iOS devices



Download on the
Google play

Download on the
App Store

All the information you need for the GR-247 (stages, maps, and more): <http://www.sierrasdecazorlaseguraylasvillas.es/gr247/en/>

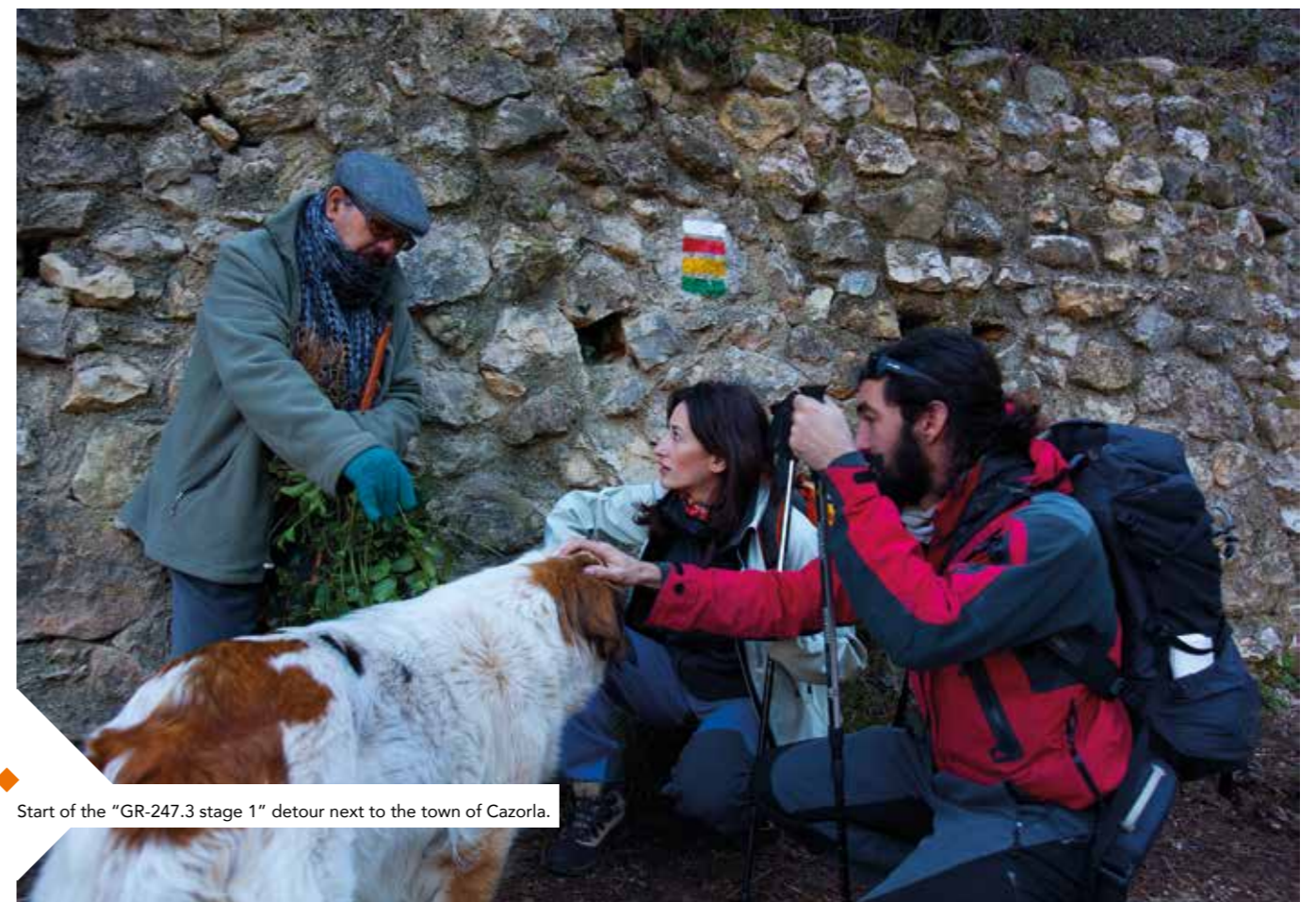


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THE GR-247 HAS A COMPREHENSIVE NETWORK OF ACCOMMODATION AND SERVICES FOR HIKERS (SEE "GR-247'ERS FRIENDLY" OVERLEAF



Meadow on the outskirts of La Iruela village.



Start of the "GR-247.3 stage 1" detour next to the town of Cazorla.



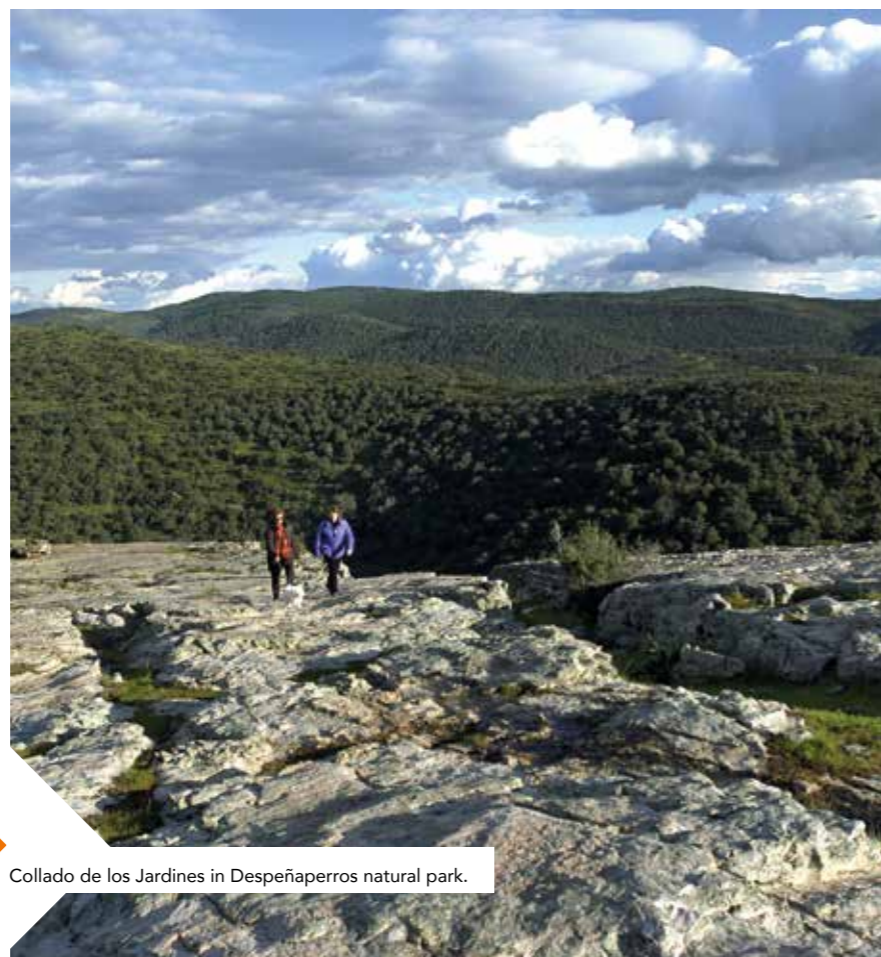
The GR-247 Southern Woodlands route is a great choice for those who love hiking. It's also ideal for adventurers on two wheels, as it's the perfect place for MTB excursions. The "GR-247'ers friendly" network of accommodation and services was created to provide comprehensive support for those who are exploring the route's many hundreds of kilometres of trails. Information is available free of charge, both online and in leaflet form, on the services offered by each company. These include meals, energy bars and drinks, laundry, bike storage, workshops, activities, and more.



Download the "GR-247'ers friendly" leaflet



Routes combining mountain trails with heritage sites. Mata Behid site of natural beauty in Sierra Mágina natural park.



Collado de los Jardines in Despeñaperros natural park.



Hiking in Sierra Mágina natural park.



All routes can be found at: www.jaenparaisointerior.es (Active tourism > Hiking)

ROUTES FOR EVERYONE

The province offers a wide variety of multi-day routes for those who love hiking. On the GR-247, 144, 146, 147, 48 and 7 routes you'll savour every step and enjoy every metre.

[HIKING > LONG-DISTANCE TRAILS]

Above all, Jaén is about nature, history and heritage. It's a paradise for those who love hiking: every step reveals a new treasure hidden in its nooks and corners. Over the course of 80 kilometres, divided into four stages, the Transhumance route (GR-144) lets us follow in the footsteps of the shepherds who come down from the cold mountains every autumn in search of warmer weather for their flocks. The route begins at the Campos de Hernán Perea and follows the ancient transhumance trail down into the valley of Beas de Segura.

The 50-kilometre Mountains and Olives trail (GR-146) is a great way to enjoy the lower reaches of Sierra de Segura. The route starts at the village of Hornos de Segura, home to one of the most beautiful castles in the province, and continues on through the olive groves

to Villarrodriego. If you want to explore the higher areas, the Sierra de Segura Profunda trail (GR-147) is the one for you. Sixty kilometres in length and with an elevation change of more than 2000 metres, the route runs from Santiago de la Espada to Siles via the high trails and forests of Sierra de Segura.

The 263-kilometre (on Jaén province) GR-7 route runs from Tarifa to Atenas, crossing three of the province's largest mountain ranges: Sierra Sur, Sierra Mágina and Sierras de Cazorla, Segura y Las Villas. However, if your aim is to explore our two other natural parks, this is the route for you. Its 118 km are divided into five stages and run across Sierra Morena, passing the Sanctuary of Our Lady of La Cabeza before approaching Despeñaperros in the municipality of Santa Elena.

A DAY HIKE IN JAÉN

Medium-distance trails, whether circular or linear, are an excellent option for those who want to spend a day hiking in the different areas the province has to offer. These hill walks are a great way to discover the natural and cultural heritage of the high-lying rural areas.

[HIKING]



Linear hill walks offer an excellent way to discover the cultural and natural heritage of Jaén province.

By way of example, at Baños de la Encina you can discover ruins dating back to the Argaric culture of the Bronze Age. While in the capital city you'll find walls that once stretched for six kilometres around the castle. You can also visit the pine woods of El Nerval, part of Santa Catalina periurban park, which lies on the edge of the city and whose 10 kilometres of pathways can be explored in around two hours.

Meanwhile, to the north of Jaén lies the Cuatro Términos trail, which crosses four different municipalities: Andújar, Baños de la Encina, Villanueva de la Reina and Mestanza

(Ciudad Real). It is a mountainous route through areas that are seldom visited and are notable for their Mediterranean flora. The route from Cañada del Saucar to Cumbre del Puntal is one of the most impressive hiking trails in the Sierra de Segura, stretching for 11 kilometres up to the peak of El Carrascal.

On 23 November 2001, the Cánava Pine Forest in Sierra Mágina natural park was declared a Natural Monument by the Government of Andalusia. Close by is La Graja, a cavern that is home to a number of cave paintings. Last but not least, a two-kilometre route of medium difficulty leads from Jimena

to a stunning pine forest, which covers an area of six hectares and contains around 120 trees, some of which are nearly 250 years old.

LOCALIZACIÓN



EACH ROUTE
OFFERS TO HIKERS
A DIFFERENT
VIEW OF JAÉN
PROVINCE



All routes can be found at:
www.jaenparaisointerior.es
(Active tourism > Hiking)

1 >

CERRO DE MONUERA

Mun:
Aldeaquemada.
Distance:
8,7 km (total).



This trail goes all the way around Cerro de Monuera and enables hikers to observe its various faces, each of which offers different flora and a different type of landscape, including an area with cave paintings. The trail

starts at the north face. It is somewhat damper than the rest and home to Pyrenean oak and whitebeam, which only grow in areas such as this. The trail then descends through pine woods in a north-easterly direction.

The southern face is much rockier and more precipitous. After passing by the Oliva spring, the trail descends steeply through dense areas of cistus. The final ascent ends at the Lentisco Trail, which leads back to the starting point.

2 >

ASCENT OF MIRAMUNDOS AND MÁGINA PEAKS

Mun:
Huelma.
Distance:
10 km (one way).



Ascending Mágina peak and Miramundos takes a great deal of effort, although it also offers an opportunity to reach the top of the tallest peak in the province and enjoy a broad panoramic view stretching from Cazorla all the way to the Sierra Nevada. The route is 10 kilometres long with an elevation change of nearly 1000 metres: this increases its difficulty level, especially in the winter when snow and ice

make specialist winter equipment a necessity. The trail climbs steeply up through the Tosquilla and Covatillas ravines until it reaches Collado del Puerto (also known as Collado de Bolos). Miramundos and Mágina peak offer two natural vantage points from which you can observe the stunning beauty of the natural park. At 2164 metres tall, Mágina peak is the highest point in the province and one of the tallest peaks in Andalusia.

DESPITE ITS
DIFFICULTY,
THIS TRAIL
IS WORTH
THE EFFORT

3 >

SUMMIT OF LAS BANDERILLAS

Mun:
Coto Ríos.
Distance:
14 km (one way).



This route, which climbs through an immense pine forest, is one of the most difficult in Sierra de Segura. However, it offers exceptional views of typical mountain landscapes, including steep wooded slopes and enclosed valleys. Tranco del Perro is a steep mountain pass that lies between

the farmhouses in the valley of the River Borosa and the Campos de Hernán Perea. This route is the best in the Sierra de Segura for spotting large herbivores such as Spanish ibex, mouflon and deer. The route begins around 100 metres further up, at the barrier of the River Borosa (one of the

park's best-known areas). It then climbs for around 600 metres, reaching a maximum altitude of 1900 metres. This route is only recommended for experts.

WINTER CLIMBING

Jaén's climbing routes are real gems. They've attracted figures such as Adam Ondra, one of the most famous climbers in the world, and the Pou brothers, who rank among the sport's biggest names. With a wide range of difficulty levels, good climbing surfaces and a pleasant climate, you can climb in Jaén throughout most of the year.

[CLIMBING]



Salto de la Cabra in Otiñar Valley, Jaén.

Many great climbers from all over the world have tested themselves on the different climbing routes and areas in Jaén province. It is one of the most attractive destinations in southern Spain during the winter months, when the weather up in the hills is milder and better suited to climbing. However, Jaén isn't only about sunny routes for winter climbing; it also boasts routes that are ideal for when the temperatures rise.

Options range from beginner-level routes up to the hardest grades possible. Some of these routes have attracted ex-

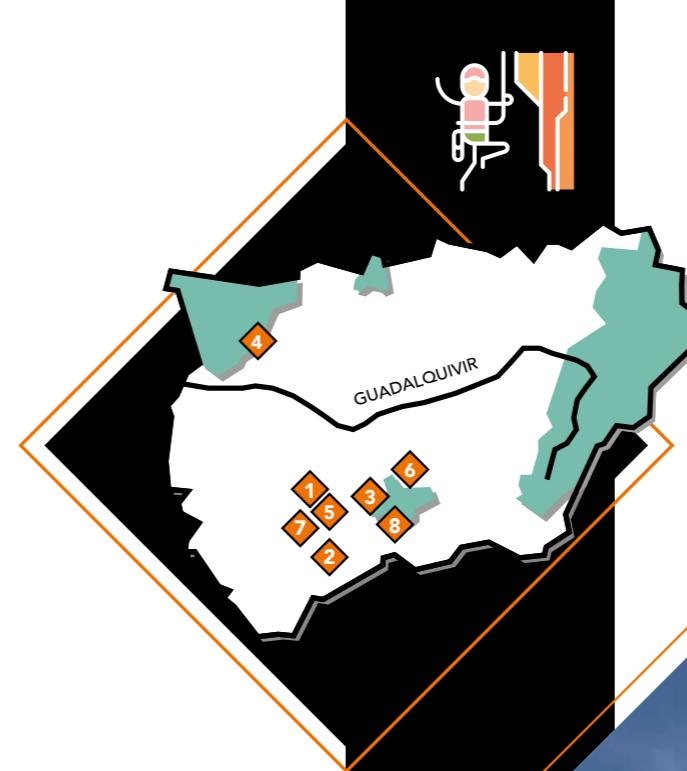
perts, such as the brothers Iker and Eneko Pou, who spent their Christmas climbing Jaén's hardest walls in 2016.

And they're not the only ones: on several occasions, Adam Ondra has tried to complete the route known as *Somos Cromosomos*, which is rated 9b+ and located in Otiñar, very near to the city of Jaén. Ondra is currently considered the world's best climber and despite his young age he has mastered some of the hardest routes in existence, which has led many to consider him one of the best climbers of all time.

This is one of the province's great advantages: there are climbing walls to suit every taste along the region. Routes of all levels can be found in the Sierras de Cazorla, Segura y Las Villas, Sierra de Andújar, Sierra Sur and Sierra Mágina. There are also climbing areas near the city of Jaén itself, such as Reguchillo and Tajos del Canjorro, although the closest spot lies at the foot of the Castle of Santa Catalina - meaning you can go climbing without even having to leave the city.



Find out more: www.jaenparaisointerior.es
(Active tourism > Extreme sports > Climbing)



SUSTAINABLE CLIMBING

Since 2005, the Planeta Aceituna Foundation has played an active role in the promotion and sustainable development of climbing in Jaén province. It aims to integrate climbing into the natural environment and promote respect for the geology, flora and fauna, by encouraging actions such as removing chalk from holds after climbing, reducing noise levels and leaving the climbing areas clean. The Foundation offers these and other recommendations for enjoying sustainable climbing.



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THERE IS A RANGE OF COMPANIES THAT OFFER THESE ACTIVITIES

1 > CASTLE OF SANTA CATALINA

Mun: Jaén.
Routes: 104.

High-quality limestone with a maximum height of 40 metres. Maximum difficulty level of 7c+.

2 > OTIÑAR VALLEY

Mun: Jaén.
Routes: 50.

Climbing area in a beautiful natural setting. Many of the routes are grade 8, and there are many others ranging from 7a to 7c+. There are also exceptional routes up to grade 9b+, which is virtually the hardest level of difficulty found anywhere in the world to date.

Mun: Municipality

3 > LAS CIMBRAS

Mun: Torres.
Routes: 17.

Here, the average route height is 8 metres, with a maximum of 12. The routes are bolted and are ideal for beginners. 65% of the routes are grade 5, while 25% are grades 5+ to 6c+ and 10% are grades 7a to 7c+.

4 > LA LANCHA RESERVOIR

Mun: Andújar.
Routes: 25.

This traditional climbing zone

receives few visitors and is very peaceful. Granite walls with explosive climbing moves. Average route height is 15 metres, with a maximum of 90. The maximum difficulty level is grade 6a.

5 > REGUCHILLO

Mun: Jaén.
Routes: 5.

These limestone walls offer highly

technical sport climbing. The average route height is 16 metres, with a maximum of 30.

6 > CERRO GOLONDRINA

Mun: Jódar.
Routes: 16.

With an elevation change of 25 metres and an average height of 15 metres,

these limestone walls are a good option for beginners.

7 > TAJOS DEL CANJORRO

Mun: Jaén.
Routes: 120.

These grey limestone walls are of high quality, with difficulty levels ranging from grade 4 to grade 8a. Average route height is 20 metres, with a maximum of 55.

8 > WINTERY PEÑA DE JAÉN

Mun: Cambil.
Routes: 2.

Mixed climbing on ice and rock, continuing on via Canuto de Mágina up to the summit of Peña de Jaén (2147 metres).



"OTIÑAR IS ONE OF THE BEST PLACES ALL OVER THE WORLD FOR CLIMBING"

"Otiñar is really beautiful". This is how Adam Ondra, in excellent Spanish, describes the renowned climbing area near the city of Jaén. The reigning world champion, who has one of the highest media profiles in his sport, talks to us about his experiences hanging off the walls of the province.

[THE COMPLETE CLIMBER]



Photo: GIAMPAOLO CALZA. Adam Ondra Archive

Adam Ondra is a legendary figure in the climbing world. He has been crowned world champion on no fewer than three occasions, the first when he was just 16 years old. Admired by climbers around the world, each year he sets himself new, incredible and gravity-defying challenges. Ondra has mastered walls across the globe and has turned climbing into an art form, yet although he is famous in climbing circles, his name is less familiar to the general public. In this exclusive interview, the Czech climber talks about his experiences on the different walls he has climbed in Jaén province over the years.

ADVENTURE DESTINATION JAÉN
How interesting do you find the climbing in Otiñar?

ADAM ONDRA For me, it's one of the best areas in Spain. There aren't many people and it has many hard routes on rock of genuinely high quality. And to say that it's one of the best areas in Spain means that it's one of the best areas in the world, because Spain is a mecca for climbers.

ADJ You've tried to climb *Somos Cromosomos*, a grade 9b+ route in Otiñar that's considered one of the hardest in the world. How did that feel? What was the climb like?

AO It's hard, but I think it's doable. It's a pity I didn't have time to finish it, because the last time I tried was back in 2014. Over the last four years I simply haven't had enough time to return. So the route is still ongoing for me; it's still a goal that I want to achieve.

“MY ADVICE TO CLIMBERS IS THAT THEY COME TO JAÉN. IT WILL SURPRISE THEM. GREAT PLACES, GREAT FOOD AND GREAT PEOPLE”



Photo: PETR PAVLICEK. Adam Ondra Archive

“LA MELLA AND REGUCHILLO ARE ANOTHER TWO CLIMBING AREAS THAT I HIGHLY RECOMMEND”

ADJ You also know other climbing routes in Jaén. Which are your favourites?

AO Reguchillo and La Mella are also very interesting. Reguchillo has lots of enjoyable and easier ascents, while La Mella has great potential with a number of harder climbs. Last time I was there, I bolted two lines that I had to leave unclimbed, because they got wet.

ADJ Are you planning to come back and climb in Jaén soon? Are there any challenges left unfinished?

AO Yes, of course. There are lots of areas I love climbing in, and I have to



Photo: PAVEL BLAZEK. Adam Ondra Archive

come back because there are still some challenges waiting for me. But I haven't set a date yet.

ADJ What would your advice be for climbers wanting to come to Jaén?

AO Just come, and you'll be surprised. Jaén province has great places to stay, great places to climb, excellent food and amazing people.

ADJ You've travelled all over the world, and apart from the climbing, what else do you like about Jaén? What would you recommend?

AO The food is incredible. People in Jaén really know how to live!

A TRUE NUMBER ONE

Adam Ondra is a legend in the climbing world. Open, good-humoured, fun and methodical, the Czech sportsman is an icon for a generation of climbers who wish to mould themselves in his image. Since 2009 he has won 10 medals at the World Championships and five at the European Championships.

www.adamondra.com



ACCESSIBLE ADVENTURES

SILES WAS THE SECOND LOCATION IN ANDALUSIA TO OFFER JOËLETTE CHAIRS FOR HANDICAPPED HIKING



Achieving full accessibility is a priority for companies and public Administrations when developing leisure activities. The province's five greenways are an excellent resource for accessible tourism. Additionally, the routes for Joëlette chairs are an innovation that opens up the world of hiking to people with reduced mobility.

[ACCESSIBILITY]

In 2018, Siles became the first town council in eastern Andalusia to offer Joëlette chairs for accessible hiking. To date, there is only one other location in Andalusia that offers this service.

Joëlettes are a type of unicycle-cum-wheelchair that are offered on a not-for-profit basis by Siles Council to companies and organisations with qualified Joëlette guides. Two guides and two assistants are required. The chairs are designed to enable people with reduced mobility to enjoy a hike over any type of terrain. They are capable of crossing rough ground while the occupant enjoys places they would otherwise not be able to reach.

Although the practising of other outdoor sports makes certain locations inaccessible, Joëlette chairs are nonetheless an enormous step forward in providing access to such activities for people who would otherwise miss out.

Moreover, Jaén province offers other accessible or practicable routes (routes that require the help of another person) for those with reduced mobility. An interesting example is the greenway in Linares, which starts in the San Gonzalo neighbourhood. The route explores the industrial mining landscapes in the north of the province and is another example of Jaén's preservation of its topographical history.

1

OLIVE OIL GREENWAY

Length: 55 km.
Start: Jaén.
Finish: Alcaudete.

Of the many greenways in Jaén province, this is undoubtedly the most accessible and best equipped for people with reduced mobility. With a length of 55 kilometres, it follows the old railway line from the city of Jaén to the municipality of Alcaudete, on the border of Córdoba

province. The route passes through two tunnels and across nine viaducts, and has a maximum gradient of just 2% and an elevation change of 250 metres.



GREENWAYS OFFER GREAT HIKING OPTIONS FOR PEOPLE WITH REDUCED MOBILITY

www.viasverdes.com

3

SILES

Joëlette chairs.

Route: Around the municipality of Siles

Siles has many different trails to offer, such as the circular route around Peña del Olivar. Many other trails that form part of Sierras de Cazorla, Segura y Las Villas natural park network also pass through the municipality. It also has a fleet of Joëlette chairs, which enable people with reduced

mobility to enjoy the experience of hiking. The local council has adapted a trail to include special signage and a vantage point that can be accessed via Joëlette chair. The many attractions of Sierra de Segura are now within the comfortable and effective reach of people with reduced mobility.



Compacted gravel walkways on the greenway.

2

NAVAZALTO

Municipality: Villacarrillo.

The peak of Navazalto in the Sierra de Las Villas offers spectacular vistas over the villages and landscapes of La Loma shire, Cazorla and El Condado, and even a view of the waterfall at La Osera. The summit is easily reached by car, while the journey up offers pleasant views of karst landscapes and conifer-covered slopes. The small forest track used by the fire lookouts provides access to the hut on the summit, from where visitors can enjoy extensive views out over the surrounding landscape.

In eastern Andalusia, hiking with Joëlette chairs is possible in the municipality of Siles in Jaén province.

TRAIL-RUNNING: IN SEARCH OF THE LIMITS

The Southern Woodlands Ultra-Trail is over 100 km long and incorporates a cumulative elevation change in excess of 10,000 metres. Fatigue, suffering, pain, passion, success and pride are its watchwords. Along with the 102-kilometre Sierra de Segura and the 80-kilometre Mágina ultra-trails, it forms an unmissable triumvirate for lovers of trail running.

[ULTRATRAILS]

ULTRAS IN THE PROVINCE



Southern Woodlands Ultra-Trail



Distance: 102 km.
Elevation change: + 10000 m.
Categories: 4.
Participants: 300 per variant.
A benchmark trail in Andalusia. Finishers earn five qualifying points for the Mont Blanc Ultra-Trail.

Sierra de Segura Ultra-Trail



Distance: 102 km.
Elevation change: + 3500 m.
Categories: 4.
Participants: 200.
Renowned for the diversity of landscapes it passes through. Finishers earn five qualifying points for the Mont Blanc Ultra-Trail.

Ultra Mágina Top trail



Distance: 83 km.
Elevation change: + 4500 m.
Categories: 4.
This trail incorporates the most iconic peaks in Sierra Mágina natural park.

Find out more:
www.jaenparaisointerior.es



THESE RACES CAN LAST FOR UP TO 24 HOURS, WITH RUNNERS MAKING A TITANIC EFFORT TO CROSS MOUNTAINS DAY AND NIGHT



The Collado de Marchena high-altitude stage of the Sierra de Segura Ultra-Trail.



Ultra-trails are an unforgiving test of endurance.

Start of the Southern Woodlands Ultra-Trail at Plaza de Santa María in Cazorla.



These are trails that challenge the limits of human ability and test runners' endurance and capacity for suffering. Ultra-trails incorporate kilometres of elevation change every day and long into the night: most of these mountain-based trails are over 100 kilometres in length and pass through protected areas of outstanding natural beauty. Position and record-breaking are less important in these races, as only a chosen few are able to even finish these harsh ordeals. The most important thing is crossing the finish line: final position simply does not matter. The reward is a feeling of a job well done after enduring elevation changes that can exceed a cumulative total of 10,000 metres.

The Southern Woodlands Ultra-Trail runs for 102 kilometres through Sierras de Cazorla, Segura y Las Villas natural park.

It is a spectacular route, both during the day and at night. It also has the seal of approval of the International Trail Running Association, and those who complete it earn five qualifying points for the Mont Blanc Ultra-Trail, the world's most prestigious event of its type. The Southern Woodlands route starts and ends in the town of Cazorla and has ultra, marathon, half- and mini-trail variants. Each variant is limited to 300 runners.

The Sierra de Segura Ultra-Trail began life as part of the Santiago-Pontones Trail Weekend. It runs for 100 kilometres through the Sierra de Segura shire and incorporates an elevation gain of more than 3700 metres. Sierra Mágina also offers ideal conditions for trail running. The Ultra Mágina Top Trail is 83 kilometres long and has an elevation change of 4500 metres.



The Collado de Marchena high-altitude stage of the Sierra de Segura Ultra-Trail.



An encounter on the Southern Woodlands Ultra-Trail.



SOLITUDE AND THE NIGHT SKY PLAY A CENTRAL ROLE IN LONG-DISTANCE RACES OF THIS TYPE

FOR THE
Pros

"SIERRA MÁGICA IS IDEAL FOR TRAINING BECAUSE IT'S SO UNFORGIVING"

Although she only began trail running aged 35-plus, the sport has enabled Noelia Camacho to demonstrate her full potential. It was the contact with nature that made her fall in love with these races, which can incorporate distances in excess of 100 kilometres. And in Jaén, her home province, she found what she had been looking for: areas of outstanding beauty in which she could practise her favourite sport.

[ULTRA-TRAILS > SENIOR CHAMPION OF SPAIN]

NOELIA
CAMACHO
ORTEGA



Born in
Martos (Jaén).

Noelia has been a member of the Andalusian Trail Running Team for the last 10 years. She is the senior ultra-trail champion of Spain and overall runner-up.



It was only after she had turned 35 that Noelia Camacho discovered a different type of race, far removed from the tracks and noise of the city. And it was only then that she truly began to enjoy her contact with nature. "I didn't have to go far. I live in Jaén and on the outskirts we have places like Jabalcuz and La Mella, which are ideal for running and training", she explains. Ultra-trails have become a way to discover little-known locations within the province's four natural parks. "We run in protected areas you can only visit by taking part in these races", Noelia adds. The races she speaks of are many kilometres long and can last for around 12 hours: an ordeal that takes its toll on the mind. "I will always remember the Southern Woodlands Ultra-Trail of 2018. After running through the night, I was crossing the River Borosa around 6:30 a.m. and the sun started to come up.

Although it sounds impossible, you can enjoy the landscape despite the pain, because in these races it's not so important to go fast. It was a magical experience", she recalls. The senior champion of Spain and overall runner-up spent many hours training for the race. France's Mont Blanc Ultra-Trail, the sport's most prestigious event, is firmly in her sights for 2019. However, in her home province, she has the perfect natural training ground in the form of Sierra Mágina. "It's extremely unforgiving and an ideal place to train. The Sierra Sur around Frailes and Alcalá la Real villages also has stony switchback trails and some very long ascents, like the summit of La Martina.

The trails in the Sierra de Andújar are easier and incredibly beautiful, especially around Caracolillo in spring. I've got everything I need to prepare for a big race right here at home!"

ADVENTURE

• FOR THE PROS • DESTINATION • COMPETITION

OFF-ROAD TRAINING ALL YEAR ROUND

Mountain routes are ideal places for practising trail running and have become the preferred training grounds for lovers of the sport. Jaén boasts numerous places that are ideal.

[PERMANENT TRAIL-RUNNING ROUTES]



Find out more: www.fedamon.com
(Andalusian Mountaineering Federation)



LA CRESTA DEL DIABLO

Mun: Torredelcampo.
Distance: 15 km.
A very difficult route.

La Cresta del Diablo, in the municipality of Torredelcampo, is located very near to the city of Jaén. The mountain is renowned among trail-runners, in part due to its great difficulty. It forms part of the race that takes place every October, which departs from the town centre and continues for 15 kilometres up to the summit, which sits at an altitude of 1614 metres. It offers of the most intense training opportunities in the province owing to the elevation change of almost 1000 metres, which runners have to ascend within just six kilometres from the start. The area is also home to other trail-running routes with less elevation change and which reach an altitude of 1199 metres.

Mun: Municipality

EL NEVERAL

Mun: Jaén.
Distance: 1063 m.,
adjoining trails.
Near the capital city.

The most attractive feature of this trail is its location on the outskirts of the city of Jaén, with parking available next to Doctor Sagaz Hospital. This convenience has made it a firm favourite among trail-runners. The trail is located on the edge of the city in Santa Catalina, which was officially granted periurban park status in June 2005. The park covers an area of 196.85 hectares and incorporates the hills of Santa Catalina, El Neveral, La Imora and El Almendral. The trail starts at the recreation area in El Neveral and runs for 1063 metres through woodland and olive groves. It also connects to other trails and can be incorporated into longer routes.

ALDEAHERMOSA DE MONTIZÓN

Mun: Montizón.
Distance: 10 km.
Running in Sierra Morena

This route also hosts an annual mountain race. The route begins next to the municipal football pitch in Aldeahermosa, then takes a left turn behind the fence and follows an enclosed track between the hill of Cerro de Cabeza Chica and the River Montizón. It continues over the Cerro de Cabeza Chica and descends to meet up with the track once again. Around kilometre 3, runners start to gain altitude as they pass through olive groves and follow the course of a stream known as the Arroyo de las Cabezas. The route continues to ascend through Sierra Morena and enters its most difficult section near the summit of the Cerro de Cabeza Grande, a hill whose height of 900 metres marks the highest point of the trail. The summit is also home to a lookout hut.

LA MARTINA ON SIERRA SUR

Mun: Frailes.
Distance: 5 km.
Ideal in spring and autumn.

La Martina lies in the heart of Sierra Sur, just five kilometres from Frailes. It's the perfect place for trail running, especially during spring and autumn when the weather is milder. The opening section passes through olive groves before entering a wilder and more mountainous landscape populated by brush, gall oaks and holm oaks. The route penetrates deeper into the mountains along stream beds, passing through steeper and more isolated terrain. A bridge next to the recreation area at Fuente del Raso leads onto the final 2.5 kilometres, where the gradient steadily increases from 6% to 7%. This final stage is the jewel in the crown of this route and its most attractive natural feature.

ANDALUSIA BIKE RACE: PASSION FOR MTB

Offering passion, landscapes, effort, suffering and beauty, off-road cycling has become one of Jaén's biggest attractions, with dozens of routes criss-crossing the province from north to south and east to west. Each year the province also hosts the Andalusia Bike Race, Europe's premier stage-based MTB competition.

[OFF-ROAD CYCLING]



Hermida and Vanhouts reach the finish line at last year's race.

Off-road cycling is a truly spectacular sport, and the provinces of Jaén and Córdoba have the ingredients to make the Andalusia Bike Race a genuine one-of-a-kind event. This year's race has been moved from February to April (8 to 13), while the big aim for 2020 is to gain recognition from the International Cycling Union (UCI) as an "hors categorie" or extreme-level race, which would give it the same status as the great road-race events such as the Tour de France and the Vuelta a España. This year, the Andalusia Bike Race will kick off the MTB season in Europe and mark the second race of the year, behind only the season opener in South Africa. It is also a way of introducing the region to the world and consolidates the progress that has been made in

recent years. Now in its eighth edition, the race is divided into six stages and attracts more than 800 riders, who battle their way across a route that passes through the municipalities of Jaén, Linares, La Carolina and Andújar. Here, cyclists are in their natural element. "Jaén province has all the right ingredients, with a fantastic route incorporating stages that are truly spectacular - in all respects. There are beautiful landscapes, elevation changes and orography that allows people to enjoy their cycling", explains Aitor Jiménez. Jaén also boasts dozens of alternative routes for those looking for an introduction to the world of mountain biking, as well as more demanding routes for those looking to emulate their cycling idols.

“JAÉN IS ONE OF THE MOST IMPORTANT PROVINCES FOR US, AS IT HAS THE TERRAIN THAT MAKES THIS RACE POSSIBLE”

Aitor Jiménez, events director at Octagon Esedos (organiser of the Andalusia Bike Race).



Find out more: www.andaluciabikerace.com

Thiago Ferreira

[OFF-ROAD CYCLING > WINNER OF THE LAST THREE EDITIONS OF THE ANDALUSIA BIKE RACE]

He's dominated the last three editions of the Andalusia Bike Race, an MTB competition that takes place in the provinces of Jaén and Córdoba and is one of the biggest events of its type anywhere in the world. We talk to the Portuguese cyclist about his experiences.

ADVENTURE DESTINATION JAÉN

There have been eight editions of the Andalusia Bike Race presented by Shimano, and you won the most recent of them. How would you describe the race?

THIAGO FERREIRA For me, it's undoubtedly the best stage-based race in Europe.

ADJ You've always said it's your favourite race. Why?

TF Yes, I've always said that. As well as being very well organised, it's also very complete, with stages that are highly technical and physically demanding. This makes it an enjoyable race and one that I love to compete in.

ADJ We assume you're looking forward to the 2019 edition.

TF Of course! I'll definitely be there.

ADJ Is the Andalusia Bike Race very different from other stage-based events?



Ferreira leading the peloton as it passes through Sierra Morena.

“MY MAIN GOAL IS TO WIN THE ANDALUSIAN BIKE RACE AGAIN”

TF Yes. The terrain, design and layout of the course make the Andalusia Bike Race stand out from other competitions.

ADJ Is the Andalusia Bike Race presented by Shimano an event to endure, or an event to enjoy?

TF You have to endure a great deal: there are six days of competition and you become increasingly tired. There are enjoyable moments too, but the stiff competition makes it a very hard race.

ADJ You've won it three times. Will you try for a fourth?

TF Winning is never easy and it's impossible to say whether I'll win a fourth title. But if I can be there, then winning will be my main goal.

ADJ The race passes through the provinces of Jaén and Córdoba. What are the standout features of the Jaén stages?

TF I love the fast stages and the sweeping ascents through the olive groves!

ADJ In Jaén, the race has taken place in two different areas: one closer to the city, and more recently in Linares and

Andújar. Are they very different? Which do you prefer?

TF Both areas are beautiful and make for some great stages. But I think Andújar is better suited to the Andalusia Bike Race.

ADJ The 2018 edition was really tough. What are you expecting in 2019?

TF It would help a lot if we could be lucky with the weather. In the 2018 edition I suffered a lot in the rain and cold. I'd never raced in such extreme conditions before.

ADJ Having 850 competitors from 37 countries shows how important the race is and what a spectacular venue Jaén is for MTB. Would you recommend it to cycling enthusiasts? What advice would you give them?

TF I wholeheartedly recommend the Andalusia Bike Race to anyone who's a fan of MTB. Like I said earlier, I think everyone should have the opportunity to take part in a race at this level and to enjoy the spectacular landscapes that are part of the Andalusia Bike Race.

MTB ROUTES



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A RANGE OF COMPANIES OFFER SERVICES TO COMPLEMENT THESE ACTIVITIES

From north to south and east to west, Jaén offers unique locations where you can enjoy cycling to the max. The four natural parks are ideal if you want to cover hundreds of kilometres, pedalling through a sea of olive groves or discovering centuries-old yew trees next to the source of the River Guadalquivir.

[OFF-ROAD CYCLING]

Find out more:
www.jaenparaisointerior.es
 (Active Tourism > Cycling)



1

CAMPOS DE HERNÁN PEREA

Start: Pontones.
Finish: Cazorla (77,53 km).
Elevation change: 2162 m.

This route reaches a maximum altitude of 1779 metres and is a must for lovers of two-wheeled adventure. Crossing this isolated high-mountain plateau, with its karst landscape

and immense rocky plain, is an extraordinary experience for any sports person. You can explore the area by following the GR-247 Southern Woodlands Trail, which offers a

chance to discover the source of the river Segura and enjoy the pastoral landscapes that are home to shepherds and their flocks in summer. In winter, however, snow and silence reign.



1

We recommend saving this route for spring or autumn, when the temperatures are less extreme.

2

SOURCE OF THE RIVER BOROSA

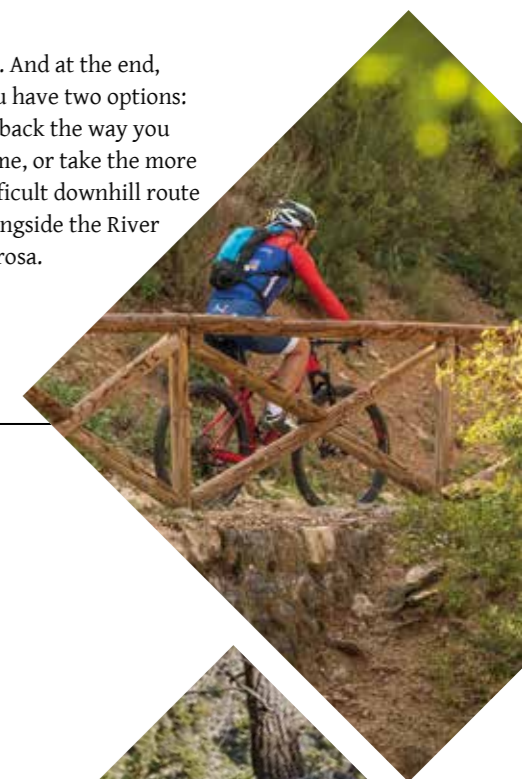
Start: Vadillo Castril.
Finish: Laguna de Valdeazores (16 km)
Elevation change: 653 m.

The River Borosa is synonymous with Sierras de Cazorla, Segura y Las Villas natural park and a must-see for anyone who visits the region. And what better place to start than from the village of

Vadillo-Castril, which is also home to the Timber Culture Visitor Centre? The route takes around three hours and incorporates 16 kilometres of forest track. It starts at the bridge of Cerrada del

Utrero, crossing the River Guadalquivir and passing through areas of exceptional natural beauty, such as Nava del Espino, Nava de San Pedro, El Estrecho and Cortado de los Perales, all of which are worth stopping

for. And at the end, you have two options: go back the way you came, or take the more difficult downhill route alongside the River Borosa.



3

THE ROUTE OF THE TOWERS

Start and finish: Torredelcampo (32 km).
Castles and towers: Castillo de la Muña, Castillo del Berrueco, Casa Fuerte de Torredelcampo, Torre Olvidada, El Castil, El Término and Castillo de Aldehuela.

This route starts at kilometre 2.3 of the Olive Oil Greenway and offers an opportunity to find out about the history of Torredelcampo and Jaén province as a whole, which is home to the greatest number of fortifications in Europe. It is a route rich in archaeology, offering a small taster of this remarkable

landscape and incorporating a broad range of medieval fortifications. Towers, castles and watchtowers are distributed throughout the province and offered a strategic advantage to Muslims and Christians alike. Many of the towers were built on top of ancient Iberian and

Roman settlements. This detour is an unmissable addition to the Olive Oil Greenway and also offers the opportunity to explore some of the oldest olive groves in the province. In short: an unusual yet truly spectacular route!



4

MATA BEHID VISITOR CENTRE

Start: Torres.
Finish: Natural Park Visitor Centre (22 km).

Sierra Mágina is one of Jaén province's natural parks and is home to a series of stunning landscapes. This route offers an opportunity to explore Mata Behid, one of the area's best-preserved hilltop environments. The trail crosses the high, mountainous

massif at the heart of the natural park and continues on to the children's campsite at Hondacabras, which in times past was used as a rest area for livestock on the drovers' routes that criss-crossed these mountains. The trail then ascends through the pine woods up to Puerto de La Mata, before continuing on downhill past the castle of Mata Behid. During the Middle Ages, this unique structure housed a garrison that

guarded the mountain pass on the frontier between the two sides of Sierra Mágina. The limestone soil of this area is also home to the highest grove of gall oaks and holm oaks in the Iberian Peninsula.



The MTB routes in Jaén province enable riders to discover places of outstanding natural beauty. Top to bottom: Cerrada de Elías (Sierra de Segura); demanding trails in Sierra de Andújar; exploring the drovers' routes in Sierra Mágina.

BIKEPACKING



Logan Watts is one of the best-known influencers in the world of bikepacking. His website attracts thousands of viewers from many different countries and contains details of the routes he has explored around the world. One of the most outstanding is the GR-247 Southern Woodlands Trail. Bikepacking is growing in popularity and offers a way for travellers to reach their destination by cycling off-road. Virtually the entire trail is unpaved and special equipment is required. On these solitary, multi-day routes, riders often have to sleep under the stars or in small tents, better inside final tracks shelter.

www.bikepacking.com

TransAndalus



The TransAndalus crosses the entirety of Andalusia. On its way through Jaén, the trail uncovers some stunning natural gems. It's a great way to discover the most untamed landscapes of Sierra de Segura on the way to Córdoba.



[BIKEPACKING]

With six stages spread across more than 340 kilometres of trail, the TransAndalus is one of the best ways to explore Jaén province by mountain bike. The route was developed by cyclists themselves and offers access to some of the most beautiful natural landscapes. It features up to nine stages, some of which are especially difficult: the first stage, for example, stretches for 60 kilometres from La Bolera reservoir to Pontones and incorporates a cumulative elevation change of nearly 1500 metres. The Jaén section of the trail runs from Sierra de Segura to Sierra Morena, where it crosses over into Córdoba.

The TransAndalus crosses the north of Jaén province through the El Condado shire, linking the natural parks of Sierras de Cazorla, Segura y Las Villas and Despeñaperros, before turning towards Sierra de Andújar natural park. Riders will not only encounter nature in its purest state, but also discover remains of the mines that brought great prosperity to this area in the late 19th century.



Lugar Nuevo, Sierra de Andújar natural park.

The GR-48 trail



Five of the GR-48's stages and more than 100 kilometres of trail lie within Jaén province. The GR-48 crosses Sierra Morena from Portugal to Santa Elena, which lies on the border with Ciudad Real. It is a trail that offers cyclists an almost spiritual dimension to their journey.

[BIKEPACKING]

Sports tourism and devotion. The GR-48 trail across Sierra Morena is one of the best ways to discover the Sanctuary of Our Lady of La Cabeza, where the country's oldest Spanish religious pilgrimage takes place each year. The five stages (out of a total of 28) that lie within Jaén province offer a burst of pure emotion as they pass through Sierra de Andújar natural park. At just 30 kilometres in length, the stages are short and offer opportunities to enjoy the landscape. In places they also coincide with the pilgrims' route from Andújar to Cerro del Cabezo, which is home to a famous statue of the Virgin Mary known as "La Morenita".

The Encinarejo reservoir and several vantage points offer spectacular views over a unique landscape that has become a vital stronghold for the Iberian lynx. The feline is once again making Jaén's mountains its home. Another iconic local, albeit as livestock, is the fighting bull: many stockbreeders have their stud farms in this area. The hunting is another long-standing local tradition that takes place in this part of Sierra Morena.

Bikepacking on the GR-247



A trail for bold adventurers willing to spend several days entirely cut off from the rest of the world.

[BIKEPACKING]

Jaén is synonymous with this spectacular trail across Sierras de Cazorla, Segura y Las Villas natural park. The long distance trail GR-247 explores some of the most remote parts of this natural paradise and offers a serious challenge to adventurers on two wheels. On foot, the trail incorporates 21 stages. Only certain parts are suitable for mountain bikes. The GR-247 Southern Woodlands Trail runs from south to north across the park and includes over 100 kilometres of trail with 4000 metres of cumulative elevation change. You'll be pedalling 90% of the time, and almost none of the route is paved. This particular section incorporates eight stages of the original GR-247 trail, some of which are extremely difficult both technically and physically. The route runs from El Hornico in Pozo Alcón to the town of Siles.



Sierra de Cazorla.



LA PANDERA MTB CENTRE: CYCLIST TERRITORY

La Pandera MTB centre in Valdepeñas de Jaén is a veritable oasis for mountain bikers crossing Jaén's Sierra Sur. Situated within the Las Veredas holiday complex, it offers toilet and shower facilities for cyclists, a basic workshop. Everything is designed to make life easier for lovers of two-wheeled travel.

The centre covers an area of more than 1000 square metres and also boasts a restaurant, where riders can replenish their energy while watching (for example) the ascent of La Pandera, one of the legendary mountain passes in the Vuelta a España and the inspiration for the centre's name. In short, it is a must-visit destination, located in the heart of one of the most popular cycling areas and dedicated to helping cyclists enjoy the incredible routes available

nearby. It also offers extensive information on Sierra Sur and all of the routes in the area. To use these facilities you must first ask the local council.

AN ENTIRE MOUNTAIN RANGE TO EXPLORE

One of the most attractive features of these mountains is that there are routes to suit all tastes. The range of difficulty levels means there are routes for every cyclist to enjoy. Options range from major summits, such as the short, steep routes up to the peaks of La Pandera or La Martina, to energy-intensive switchback routes that allow riders to enjoy the views of the olive groves as the kilometres roll by.

EVERY YEAR, THIS AREA PLAYS HOST TO "DESSAFÍO SIERRA SUR": ONE OF THE MOST IMPORTANT MTB COMPETITIONS IN THE PROVINCE

www.dessafio.org



Find out more:

Avenida de las Veredas,
s/n. Valdepeñas de Jaén.

TF. 953 12 92 56

EMAIL: centrobtt@sierrasurjaen.com

WEB: www.bttpandera.es



MTB route in Otiñar (Jaén) connecting Sierra Sur and the city of Jaén.

CYCLING IN JAÉN PROVINCE



2



1

This route passes through the largest protected area in Spain: Sierras de Cazorla, Segura y Las Villas natural park.

Jaén is the gateway to Andalusia. There are many routes for lovers of mountain biking as well as for cyclists who prefer asphalt under their wheels. Here, we present a series of major routes that cross from north to south and east to west, through the great natural and historical heritage of Jaén province.

[BIKE TOURING]

Find out more:
www.jaenparaisointerior.es
(Active tourism > Cycling)



Download the pamphlet here

1

THE LARGEST PROTECTED AREA IN SPAIN (EASTERN ROUTE)

From the EuroVelo Mediterranean route towards the Sierra Nevada via Cazorla, Segura and Las Villas.

175 kilometres of pure pleasure, slicing across Jaén province from Albacete to Granada through landscapes rich with the biodiversity and culture of the Mediterranean mountain ranges.

At its most easterly and mountainous point, the route comes to an end in the mountains of Segura, Cazorla and El Pozo. Riders must achieve almost 1000 metres of elevation gain before they reach the villages of

the Sierra de Segura shire. Puerto de Las Palomas (between Guadalquivir Valley and Cazorla) and Puerto de Tíscar (in the direction of Pozo Alcón) are two mountain passes that will really put cyclists to the test.

2

SOUTHBOUND (CENTRAL ROUTE)

From La Mancha to Granada via Despeñaperros, Cástulo, Jaén, the River Guadalbullón and Sierra Mágina.

This route, which is the most interesting from a cultural perspective, bisects the province on its way south. It connects the centre of Spain to the coastal provinces of Andalusia, offering an alternative

to the pass of Despeñaperros for those coming from the north of the peninsula. In Jaén, the route starts at the Cimbarra Waterfall natural protected area in Sierra Morena, before continuing

through the areas settled by King Charles III of Spain and on to the archaeological site at Cástulo. After passing through the city of Jaén, the route ends in Sierra Mágina natural park.

3

CASTLES AND BATTLE-GROUNDS (WESTERN ROUTE)

From Fuencaliente (Ciudad Real) to Córdoba via Sierra Morena and the Olive Oil Greenway, following the Castles and Battlegrounds route.

As you pass through Sierra de Andújar natural park you'll encounter one of the country's finest areas of Mediterranean woodland. It also marks the start of

a 164-kilometre route with more than 2000 metres of elevation gain. Entering via Ciudad Real province and making an (almost) obligatory stop at the Sanctuary

of Our Lady of La Cabeza (home to the country's oldest religious pilgrimage), the route continues from Andújar towards the distant municipalities that comprise the Castles and Battlegrounds Route. Jaén province

is home to more fortifications and watchtowers than any other region in Europe. The trail then links up with the Olive

Oil Greenway and passes through the municipality of Alcaudete before crossing over into neighbouring Córdoba province.

4

RIVER GUADALQUIVIR (CROSSWISE ROUTE)

From Castril (Granada) to Villa del Río (Córdoba).

This route boasts more than 230 kilometres of natural, cultural and historical heritage. It also links up with the other three routes and passes

through the UNESCO World Heritage cities of Úbeda and Baeza, before continuing on through the rest of Andalusia along the banks of the River Guadalquivir

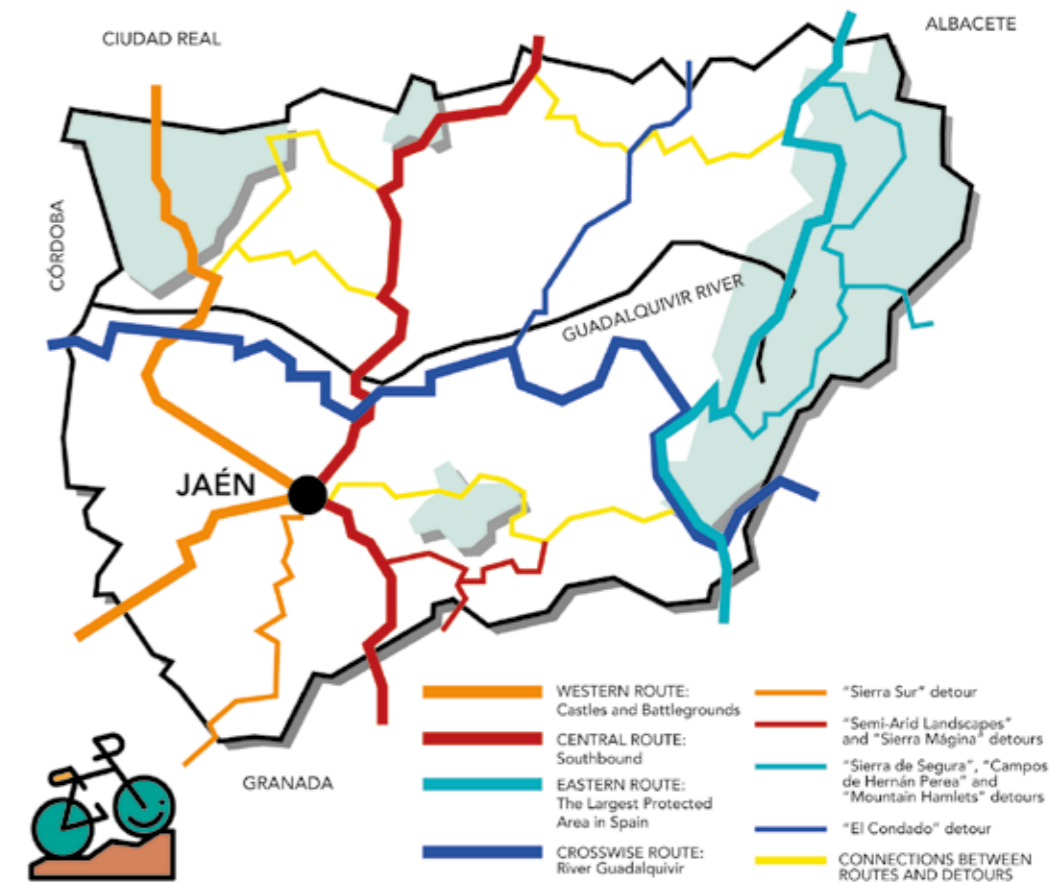
towards Córdoba and Seville, eventually reaching the river's estuary at Sanlúcar de Barrameda in Cádiz province. It is a relatively comfortable ride,

with more downhill sections than uphill ones, although riders must first climb up to Puerto de Tíscar in the Sierra de Cazorla. From then on, the

route gradually descends towards Guadalquivir Valley, which it then follows until it reaches the shores of the Atlantic Ocean.

CONNECTIONS AND DETOURS

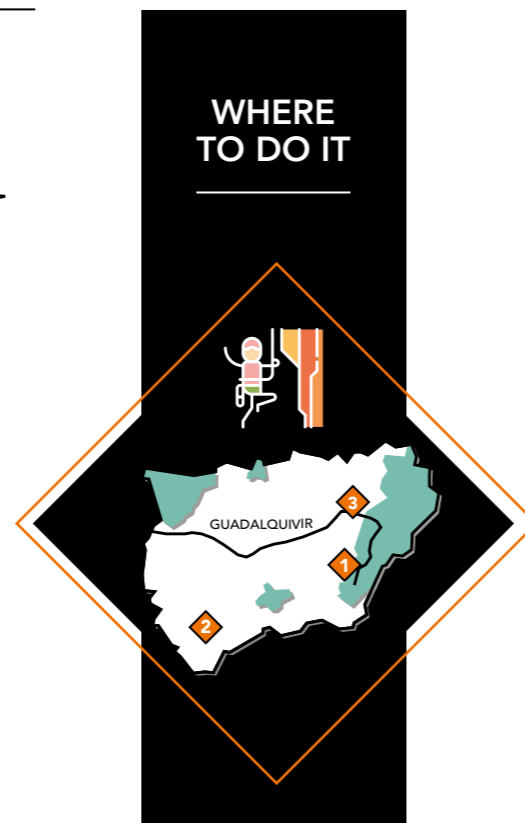
These four major routes also have up to 11 connections and detours, enabling riders to explore the province's natural and cultural heritage. Options range from the 13-kilometre detour to Granada via Sierra Mágina, to an additional 115-kilometre route connecting Granada province to the municipalities of Huesa, Larva and Cabra del Santo Cristo via the semi-arid landscapes of southeastern Spain. This detour also offers an opportunity to discover little gems such as southern Europe's largest oleander groves in Bedmar. And there's so much more: the mining landscape and pasture lands of the Sierra de Andújar; the settler hamlets of El Condado shire and Sierra del Oro; the mountainous olive groves of Sierra Sur; and the forests of Sierra de Segura and Sierra Morena.



VERTICAL EXPERIENCE ON A VIA FERRATA

The so-called "life-line" lies at the heart of the ascent of a via ferrata: an increasingly popular activity that combines adrenaline with views of spectacular landscapes. Whether hanging from a wall or crossing a rope bridge, you'll enjoy the emotions as well as the effort of reaching the summit.

[VIA FERRATA]



La Mocha: a via ferrata on the outskirts of La Iruela village.

If you're a thrill-seeker, this is one of the many sports you can enjoy in Jaén province - provided it's organised and supervised by a company that is authorised to operate a via ferrata. Even though some sections may be accessible on foot from outside the route, this does not give you the legal right to use the via ferrata, even if you have the necessary safety equipment. If you access a route independently of the authorised companies, you will be subject to prosecution.

A via ferrata is a vertiginous sports route that mixes climbing and hiking to cross a rock wall or massif, using ledges, rope bridges, bolts, ramps and/or handrails. Participants are attached at all times to a life-line to ensure their safety. Jaén province has three areas that are

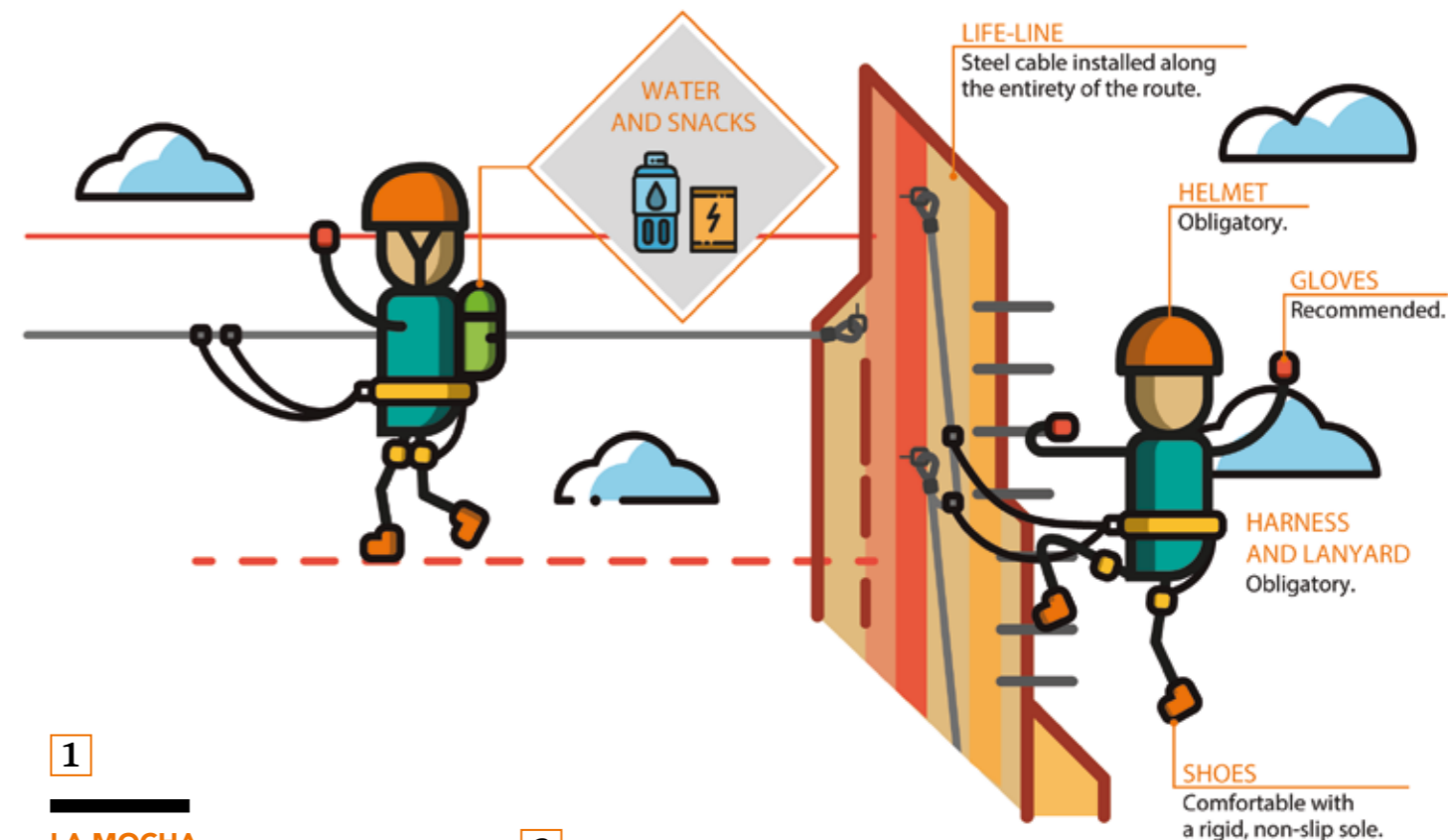
home to via ferrata: two in Sierras de Cazorla, Segura y Las Villas natural park (1 and 3), and one in Sierra Sur (2). They all have difficulty levels ranging from easy to medium. Bear in mind that although the via ferrata are always supervised by specialist companies, the vertical environment, the use of technical materials and the constant effort required means they are not suitable for everyone.

La Mocha, in the municipality of La Iruela, is home to Jaén province's first via ferrata. It is an excellent example of the vast, beautiful landscapes that visitors can enjoy: not only at the summit (which sits at over 1500 metres), but throughout the entire ascent. The spectacular views that unfold as climbers ascend the rock face include vistas of the Guadalquivir Valley.

THE VIEWS FROM THE LA MOCHA VIA FERRATA ARE SPECTACULAR, ENCOMPASSING PART OF THE NATURAL PARK AND A SEA OF OLIVE GROVES TOWARDS ÚBEDA AND BAEZA



Find out more:
www.jaenparaisointerior.es



1

LA MOCHA

Mun: La Iruela.

Location: Next to the municipal swimming pool.

Length: 565 m.

This via ferrata, the province's first, is situated next to an area of outstanding natural beauty opposite the castle of La Iruela. It was developed as an innovative new activity for tourists accessing the natural park via this entrance. It is called "La Mocha" for the peak of the same name, and both its entrance and exit points are easy to reach. The route has a medium difficulty level and 130 metres of elevation change, with alternating vertical sections and ledges and a final ascent involving a vertical climb to the upper peak, a horizontal traverse and a rope bridge. Total length is around 560 metres, although there is an easier variant that avoids the 150-metre ascent of the upper peak. The way back is via the old mountain path of Las Ánimas, although visitors can also choose to continue on towards Prado Redondo and link up with the GR-7 in the direction of Cazorla or the interior of the natural park. The level alternates between categories 2 and 3, while the upper-peak section is the most demanding both physically and mentally. The route takes approximately three hours to ascend and 35 minutes to descend.

Mun: Municipality

2

SIERRA SUR

Mun: Castillo de Locubín.

Location: River San Juan area of natural beauty.

Length: 500 m.

The River San Juan and the area around its source are among the jewels in the crown of Sierra Sur. The via ferrata is located at Cerro de la Sierrezuela, four kilometres from Castillo de Locubín and next to the river's source. The route is easy to reach and starts at the side of the road near a small cottage, set amidst an idyllic, verdant oasis. The route is some 500 metres long and incorporates an elevation change of 125 metres. It takes around three hours to complete and includes a rope bridge. There are no excessively vertical sections or difficult climbing/scrambling involved, meaning the only significant obstacle involves crossing the two bridges. The rope bridge is optional and can be bypassed using the cabled section running alongside. The summit offers beautiful views of Sierra Sur, with the source of the River San Juan down below. Access to the via ferrata is blocked by a fence, while the activity itself is operated by specialist companies licensed by Castillo de Locubín town council.

3

FUENTE NUEVA

Mun: Villanueva del Arzobispo.

Location: Charco del Aceite.

Length: 350 m.

Jaén province's newest via ferrata was installed in summer 2018 and is situated very near the Charco de Aceite, one of the best-known areas within Sierras de Cazorla, Segura y Las Villas natural park. The opening section comprises a seven-metre ascent of compacted rock in good condition, then takes a right turn and continues horizontally for a further 25 metres, before emerging from under the small overhang. Climbers are then faced with a 28-metre ascent and a second horizontal section across a small track used by animals. The third section runs for some 23 metres across an area of conglomerate rock and loose sand, where the first few steps are affixed directly onto the slope. The fourth section presents no particular difficulties and simply serves as a link to the fifth. It ascends for some 13 metres up to the top of a gentle slope.

ADVENTURE

DISCOVERING THE GUADALQUIVIR

Emotion, landscapes, vitality... Rafting is one of the many great activities you can enjoy in Sierras de Cazorla, Segura y Las Villas natural park. In the upper Guadalquivir, rafting enables you to explore not only the river itself, but also the surrounding landscape from a very different perspective. Departing from the bridge at Puente de Los Agustines, nine kilometres of pure adrenaline await adventurers of all ages, on a route where water takes centre stage.

[AQUATIC ADVENTURES > RAFTING AND KAYAKING]



Find out more:
www.jaenparaisointerior.es



WHETHER ALONE OR IN A GROUP, BOTH
ACTIVITIES ARE A GREAT WAY TO EXPLORE THE
UPPER GUADALQUIVIR FROM WITHIN



AN IDEAL ACTIVITY TO ENJOY
WITH FRIENDS OR FAMILY

TREASURE HUNTING BY KAYAK



Kayaking offers another way of exploring the province. An excursion on the El Tranco <1> or La Bolera <2> reservoirs will uncover treasures hidden in the water. Options range from simple paddling trips, to four-hour, 13-kilometre excursions to reach the crystal-clear waters of the River Guadalentín (in addition to other destinations).



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THERE IS A RANGE OF COMPANIES THAT OFFER THESE ACTIVITIES



THE LANDSCAPES YOU SEE AND THE EMOTIONS YOU EXPERIENCE ON BOARD A RAFT OR INFLATABLE BOAT ARE UNLIKE ANY OTHER

ADRENALINE IN THE MOUNTAIN RIVERS

Jaén has two areas where visitors can practice canyoning. The first offers an opportunity for beginners to experience and enjoy the water, and is located in Cerrada del Utrero. The second comprises a medium-difficulty descent of the River Guadalentín at Pozo Alcón, where 15-metre rappels are required.

[AQUATIC ADVENTURES > CANYONING]



Cerrada del Utrero, Sierra de Cazorla.

With vertical leaps into pools from a height of several metres, and rappels of up to 15 metres, canyoning is one of the most popular activities in Sierras de Cazorla, Segura y Las Villas natural park. As it involves direct and continued contact with water, it is recommended only for the warmest months.

There are two areas where canyoning is permitted, in line with age and ability level: Cerrada del Utrero and Cerrada del Guadalentín at Pozo Alcón. The first comprises a well-known descent of a section of the River Guadalquivir located some 14 kilometres from its source: it involves pools ranging from four to nine metres and a gradual increase in technical difficulty, thereby enabling canyoningers to learn over

the course of the descent. In terms of overall difficulty, Cerrada del Utrero is classified as category 2 (out of 7).

Cerrada del Guadalentín is recommended for those already familiar with canyoning, and offers an adrenaline-filled experience in a canyon carved out by the river alongside the La Bolera reservoir. There is an abundance of natural water features, including slides, jumps, cascades, chutes and scrambling over rocks. The route is enclosed throughout its length by limestone walls, dozens of metres high, which almost meet in places. The descent ends at a large pool, which canyoningers can jump into from several points. The minimum age for this activity is 12 and it is best enjoyed between April and October.

SWIMMING AREAS



The only sea in Jaén is its sea of olive groves. However, the many reservoirs and rivers distributed throughout the different regions mean there are numerous areas suitable for swimming. You'll have no problem finding somewhere to cool off during the hottest months. Some of the swimming areas are also extremely beautiful. Charco del Aceite <1> is home to a recreation area and forms part of the River Guadalquivir. The natural pool at Amurjo (Orcera) <2> is formed by the river as it passes between the hills of Picorzo and Peñalta. Charco de la Cuna <3> on the River Borosa is one of the best-known spots and receives thousands of visitors every summer. Other swimming areas include Puente de las Herrerías <4>, the River Linarejos campsite <5>, Peña del Olivar in Siles <6>, Aguascebas campsite <7>, the River Jándula at Encinarejo area of natural beauty <8> and the Rumberal reservoir (Baños de la Encina) <9>.



Find out more:
www.jaenparaisointerior.es



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THERE IS A RANGE OF COMPANIES THAT OFFER THESE ACTIVITIES

THE RIVER GUADALENTÍN BOAST A CANYONING ROUTE BETWEEN SPECTACULAR ROCKY WALLS



Cerrada del Guadalentín, Sierra del Pozo, Pozo Alcón.



SAFETY EQUIPMENT: IS VITAL FOR THIS ACTIVITY

Cerrada del Utrero, Sierra de Cazorla.

SWIMMING IN JAÉN'S RESERVOIRS

Every year, the reservoirs of La Bolera, El Tranco and Yeguas in Jaén province host open-water swimming competitions. These demanding races attract hundreds of competitors.

[AQUATIC ADVENTURES > OPEN-WATER SWIMMING]

WHERE TO DO IT



1 > VILLA DE MARMOLEJO RACE

Date: June 2019.
Location: Yeguas reservoir.

This is the first of the three races that comprise the Jaén Province Reservoir Swimming Series. Depending on their ability level, competitors swim a distance of 1200 or 400 metres, starting and finishing in the same reservoir. The race is organised by Marmolejo Town Council, Jaén Provincial Council and the Kayto Team triathlon club.



2 > SIERRA DE CAZORLA RACE

Date: July 2019.
Location: La Bolera reservoir.

This is the second of the open-water swimming competitions in the reservoirs of Jaén province. The race starts and finishes at the pier of La Bolera reservoir in Pozo Alcón. Depending on their ability level, competitors swim a distance of 1200 or 400 metres. This race is extremely popular and enjoys a special status within Granada province.



3 > EL TRANCO RESERVOIR RACE

Date: July 2019.
Location: El Tranco reservoir.

The third and final race in the Jaén Province Reservoir Swimming Series takes place in the reservoir of El Tranco de Beas. The triangular course has a length of 1200 metres and usually decides the winner of the series. This dramatic circuit of the reservoir produces spectacular images of the swimmers as they make their way round.

MANY SWIMMERS COMPETE IN THIS SERIES, IN NO SMALL PART DUE TO ITS GREAT BEAUTY



The Jaén Province Reservoir Swimming Series during the third and final race at El Tranco reservoir.

Below: Kitesurfing in Yeguas reservoir (Marmolejo).

KITESURFING IN YEGUAS RESERVOIR

Kitesurfing is perhaps one of the lesser-known activities in this area, as it is usually restricted to coastal areas where strong winds are found. However, nothing is impossible, given the right conditions, and kitesurfing - which takes place on water and requires a large kite - is no longer limited to places like Tarifa or the Canary Islands. Yeguas reservoir in Marmolejo (Jaén province) has the right weather conditions - including gentle yet constant westerly winds - and all of the necessary facilities for visitors to enjoy this exciting sport and surf the waters of the reservoir.



Photo: LUIS GONZÁLEZ - TELÉMAGO



Solar-powered boat on El Tranco reservoir.

FUN AND LEISURE AT EL TRANCO RESERVOIR

An enormous zipline some 140 metres long greets visitors to the largest reservoir in Jaén province. Over the last few years, El Tranco Water Sports and Leisure Centre has become a hub for numerous active-tourism and leisure activities within Sierras de Cazorla, Segura y Las Villas natural park. Options include kayaking, paddle surfing, hiking, cycling, canyoning, rafting, via ferrata and much more.

Situated in the heart of the largest green space in southern Europe, the centre offers numerous ways for visitors to enjoy this uniquely beautiful environment and the 200,000 hectares of natural park that surround the reservoir. With over 20 active-tourism activities on offer, visitors to El Tranco can explore the area in a multitude

of ways. There is also an excellent range of dining options, where local products can be enjoyed in a relaxed, family-friendly atmosphere. Discover a new take on the traditional cuisine of Sierra de Segura.

A LEISURE HUB

This uniquely spectacular location offers a range of rural accommodation options that enable visitors to enjoy a getaway in this part of the natural park. The idyllic El Tranco reservoir (the largest in Jaén province) also boasts a solar-powered boat, whose eight-kilometre route around the reservoir offers views of the ruined Bujaraiza Castle on its island in the middle of the water.

EL TRANCO'S SOLAR-POWERED BOAT HAS BECOME ONE OF THE NATURAL PARK'S ICONS AND OFFERS BEAUTIFUL VIEWS OF THE LANDSCAPE AS SEEN FROM THE WATER



EL TRANCO WATER SPORTS AND LEISURE

Carretera A-319, km 75, El Tranco (town).
 TF: 953 002 276
 EMAIL: info@tranco.es
 WEB: www.tranco.es

EXPERIENCE

SPORTS AND EVOO: THE PERFECT PAIRING

Nutrition is of vital importance to sportspeople. The Mediterranean diet is key, and extra virgin olive oil (EVOO) lies at the heart of it. The O_LIVE! International Conference analyses the health benefits of EVOO and collates the conclusions that have been reached.

[OLIVE OIL TOURISM]



Sport and nutrition are synonymous with the Mediterranean diet. The same can be said for extra virgin olive oil, which is a vital part of a healthy diet and a staple for every sports person. Numerous studies have analysed the importance of EVOO and the benefits of consuming it on a daily basis. The O_LIVE International Conference on Extra Virgin Olive Oil, Olives and Health takes place in Jaén and offers some interesting conclusions regarding the physical benefits of a daily dose of top-quality olive oil. As well

as preventing heart disease, studies have shown that for elite athletes and active sports enthusiasts, a dose of olive oil can delay cell oxidation. In other words, it improves cell oxygenation, which reduces the recovery time after exercise. EVOO therefore enables more continuous physical activity by delaying the onset of tiredness. By strengthening the lipoproteins that are responsible for transporting fats through the body, it also boosts resistance to degeneration and even has an impact on inflammation and pain.

olivecongreso.com



www.oleotourjen.com

TWENTY YEARS OF EL YELMO FIA

Twenty years can pass in the blink of an eye... El Yelmo International Air Festival (FIA in Spanish) is now two decades old! The festival has become a must-attend event for paragliders, dozens of whom fill the skies above Sierra de Segura every June.

[AERIAL ADVENTURES]



THE STORY OF A FESTIVAL



El Yelmo
Cortijos Nuevos
Email: coordinador@fiaelyelmo.com

Organised by
Segura de la Sierra
Town Council.

Held each year on
the first weekend
in June.

The El Yelmo FIA
Film Festival has
become another
major attraction.

IN 2019 THE INTERNATIONAL AIR FESTIVAL CELEBRATES ITS 20TH ANNIVERSARY IN JAÉN'S LARGEST FLYING AREA



Find out more:
www.fiaelyelmo.com



Takeoff area on the summit of El Yelmo.

Choreographed powered-paragliding and aerobatics are the festival's headline attractions.



OVER 20,000 PEOPLE FROM ACROSS EUROPE ATTEND SPAIN'S LARGEST FESTIVAL EACH YEAR

The last twenty years have just flown by! It seems like only yesterday that the very first El Yelmo International Air Festival took place. Today, the festival is perhaps the biggest event of its type in Spain, and is undoubtedly a key international fixture. For the last two decades, the festival has attracted over 20,000 people from across Europe to the valley of Cortijos Nuevos, where flying aces and aficionados alike spend an entire weekend immersed in the sport. "Flying started to take off in the 1980s, especially among sportspeople from Albacete. But it was Marc Petiot, a Frenchman, who drew inspiration from Europe's biggest festival in Grenoble and proposed something similar for Jaén. That led to the first edition, which took place in the municipality of Segura de la Sierra", explains Ramón López, who

currently manages the festival. The second edition was moved to Cortijos Nuevos, and has stayed there ever since. "It gives us lots of space in which to ascend the peak of El Yelmo, and offers a large, clear landing area. We've also created another landing area in addition to the football pitch that was used previously, in order to give people alternative options", he adds.

ACTIVITIES FOR ALL

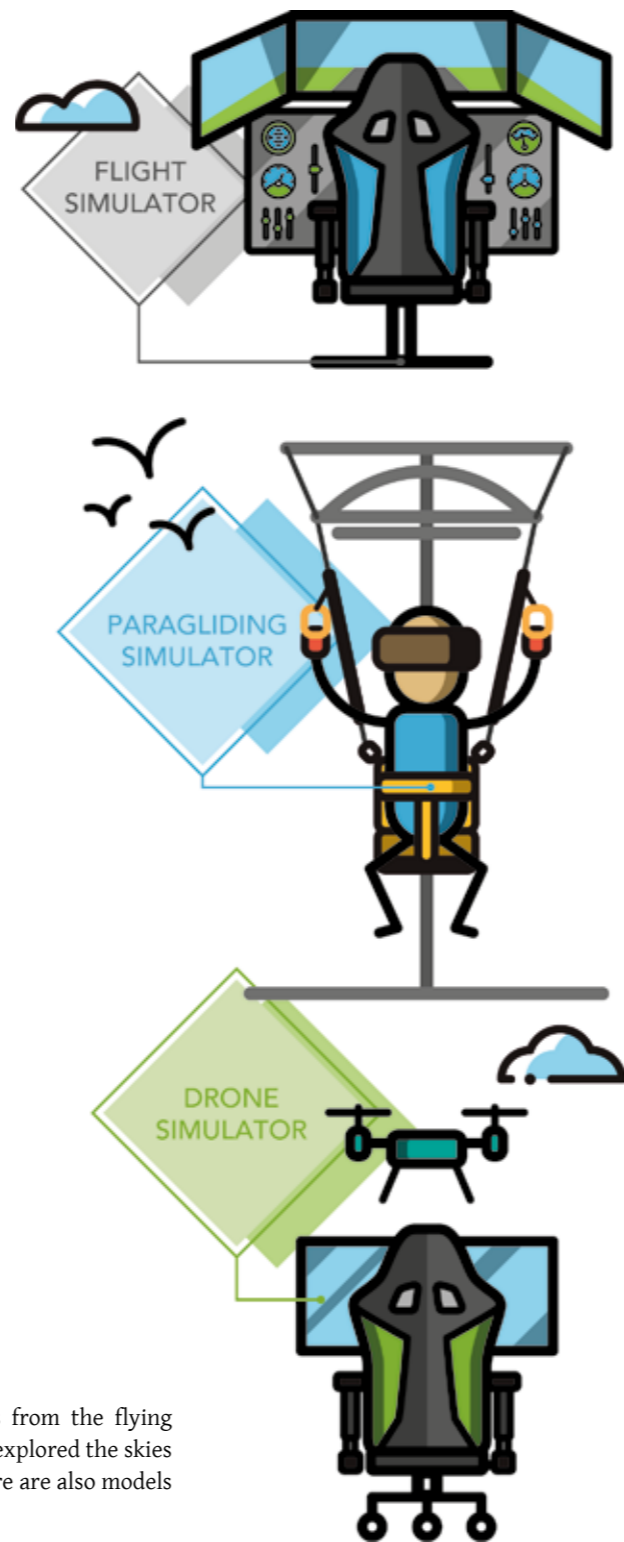
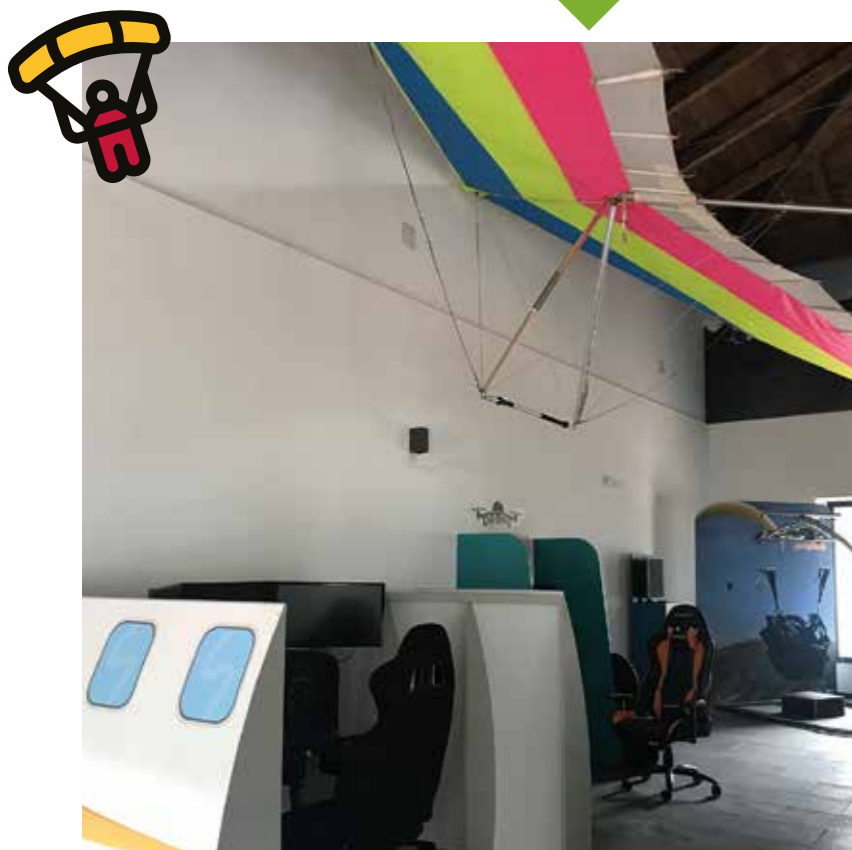
The festival owes its success to the fact that it has managed to retain its identity, even though the number of activities and attendees has grown. The flying alone makes a visit to

the area worthwhile. "It's in the heart of the natural park, in an area that's both beautiful and ideal. There's great food. And if the location alone makes it worthwhile, then the festival is the cherry on the cake of a fantastic weekend", López enthuses.

New activities are put to the test each year, and if they prove popular, they become a permanent fixture. A good example is the first drone exhibition, which took place in 2015. By 2018, the event had become part of the Andalusian Drone Championship, and it is hoped that it will soon be a fixture in the Spanish Championship. The same goes for the Film Festival: it began as an addition to the festival and has since acquired more significant status, with an increasing number of flight-related feature

films and shorts screened every year. The many screenings include films from places as diverse as Canada and Asia. "It's one of the cornerstones that makes the festival what it is", affirms López.

In 2019, the festival will take place from 31 May to 2 June. The three-day event will include paragliding exhibitions, choreographed powered-paragliding displays, BASE jumping and many other spectacles to thrill the crowds in Sierra de Segura. As in previous years, there will be breathtaking aerial displays by planes and helicopters from all three branches of the military. This unmissable festival also ensures that children are well catered for, with numerous workshops designed exclusively for youngsters.



EL ROBLEDO VISITOR AND FLIGHT CENTRE

LOCATED NEAR TO EL YELMO, THE CENTRE OFFERS SIMULATED EXPERIENCES OF DIFFERENT TYPES OF FLIGHT

The Visitor and Flight Centre, located in the hamlet of El Robledo in the municipality of Segura de la Sierra, is one of Spain's more unique facilities and an ideal stopping-point for thrill-seekers who are visiting the Sierra de Segura shire with the aim of paragliding from the summit of El Yelmo. The aim of this new facility is to provide information about flying in general and the area of El Yelmo in particular, with a view to promoting aerial sports.

It is the first port of call for any adventurer looking to immerse themselves in the fascinating world of gliding, in whichever form (including paragliding and hang gliding). The centre offers basic flight-related information for first-time flyers and useful technical information on the surrounding area.

Inside there are information panels on the history and characteristics of gliding and an

introduction to key figures from the flying world, many of whom have explored the skies above Sierra de Segura. There are also models of different types of aircraft.

THREE SIMULATORS OFFERING A VIVIDLY REALISTIC EXPERIENCE

If there's one thing that truly grabs the attention of visitors to the centre, it's the simulators. One of the simulators consists of an actual paraglider seat, positioned in mid-flight and accompanied by a set of VR goggles. Visitors can experience the view from the air, the sensation of using the controls and the movement of the seat. There is also a drone simulator and a highly realistic flight simulator.



Find out more:
www.fiaelyelmo.com

FOR THE
Pros

"FLYING IN JAÉN IS MAGICAL"

He is the four-time world champion of powered paragliding and the fourteen-time Spanish champion of paragliding and powered paragliding. He holds the world distance record, having flown 1105 kilometres across the Atlantic from Jerez to Lanzarote, and the world altitude record for flying over the peak of Masherbrum (7821 metres) in 2009. His name is Ramón Morillas, and every year he returns to the skies above Jaén.

[AERIAL ADVENTURES]

Granada-born Ramón Morillas is nothing less than a global legend in the world of paragliding and powered paragliding. His CV speaks for itself and there are few records he has yet to break.

JJAÉN: DESTINATION ADVENTURE
Your presence at the FIA is practically a tradition.

RAMÓN MORILLAS I've been there every year, since the very first edition. It's a local event, and we've been flying from that mountain since 1989. We love the place; we even set up a school there. The first prints on the "Walk of Fame" are mine! I love the event, and it's really blossomed over the years.

JJA How would you describe this area?

RM In general, Andalusia is very mountainous and has a good climate. El Yelmo peak has good, direct access, a lot of elevation change, and great weather conditions all year round. Plus, the setting is truly magical. On a morning flight, there's nowhere that can beat it.

JJA Leading specialists come here from all over the world.

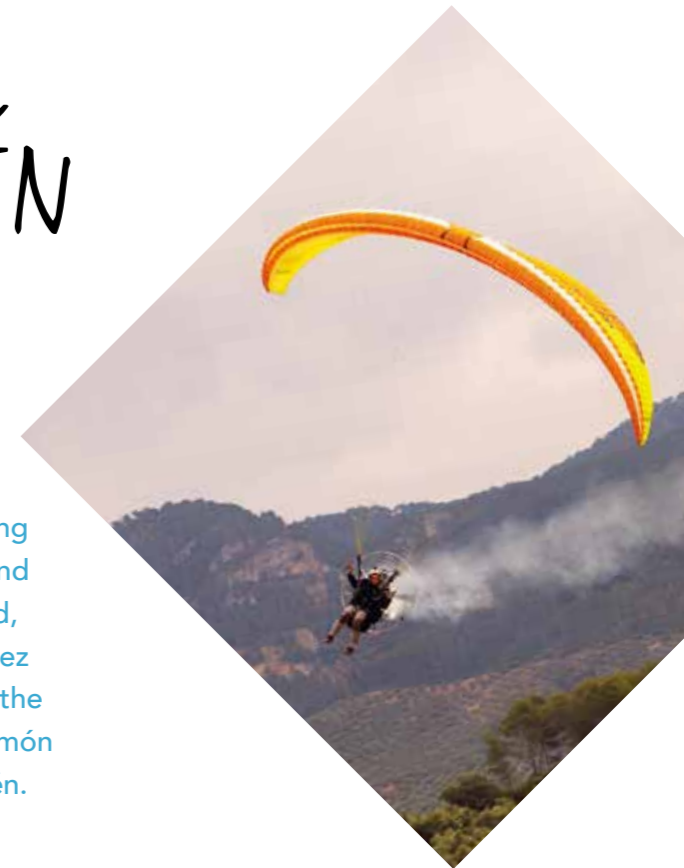
RM Yes, because it's perfect and it's authentic. It's somewhere different, a break from the norm. Just look at the broad grins on the faces of the world-class sportspeople when they come here. That first impression of the valley after you pass Beas de Segura is just incredible.

JJA What are Jaén's flying areas like?

RM Each area has its own qualities. For example, Pegalajar never lets you down and is easy to access, with a paved road and prepared takeoff area. I have great memories of powered paragliding at Cornicabral airfield: I took off from there when I won the World Championship in 2001.

JJA What does Jaén have to offer in terms of flying?

RM Jaén is a fairly mountainous province and allows you to fly long distances to the east. When the conditions change, you can also fly to the west. There's also the plain, which allows you to fly north for long distances: once, a group of us went on a cross-country flight from Siete Pilillas (Pegalajar) to Granada via the Sierra Nevada, eventually landing on the coast.



RAMÓN MORILLAS NEVER MISSES EL YELMO FIA AND THE CHANCE TO FLY ABOVE JAÉN



P. 59 | THERE IS A RANGE OF COMPANIES THAT OFFER THESE ACTIVITIES



FLYING AREAS

Flying over a sea of olive groves is a unique experience: the landscape is unlike anything else in Spain. There are flying areas throughout the province where you can enjoy the view from on high.

[AERIAL ADVENTURES]

1 >
EL YELMO
Cortijos Nuevos.
Municipality:
Segura de la Sierra.

Home of the International Air Festival (FIA)

El Yelmo is one of the most iconic peaks in Sierra de Segura, and is also Jaén's best-known flying area for paragliding and powered paragliding. Its many attractions are complemented by the ideal flying conditions. The flying area is west-facing and incorporates some 1000 metres of

elevation change. Experts consider it one of the finest areas of its type in Spain. El Yelmo boasts two takeoff areas and three landing areas. The east and west takeoff areas are located around 500 metres from each other, and their ample size means a maximum altitude of 1809 metres is achievable. The

westerly breeze allows for year-round flying, except under adverse weather conditions. During the first weekend in June, the area is also

home to El Yelmo International Air Festival, where over 20,000 people from across the country come together to enjoy the many activities on offer.



Flying in Sierra de Segura.

Pros: Its location in the heart of Sierras de Cazorla, Segura y Las Villas natural park.

Cons: The long journey by private vehicle up to the summit, although this can be avoided using transfers with local companies.

2 >
SIETE PILILLAS

Municipality:
Pegalajar.

Has hosted stages of the Spanish Paragliding Championship.

The flying area of Siete Pilillas is located in the municipality of Pegalajar (Jaén province), at the southern crossing into the Sierra Mágina shire and very near the tallest peaks in the province. It regularly plays host to one of the six stages of the Spanish Paragliding

Championship. The takeoff area faces north-north-west and sits at an altitude of 931 metres. Some of the nearby mountains in this natural park reach a height of 2000 metres. The elevation change for the area is 360 metres, while the takeoff area measures in excess of 650 square

metres. There are two landing areas: one located very near the old Granada road (the N-323a) and the other at the entrance to Mancha Real village. The latter boasts some 770 metres of landing space. The valley breezes mean spring and summer offer the best flying

conditions, with exceptional thermals. It's ideal for inexperienced pilots looking for an introduction to the world of slope-gliding.

Best feature:
The takeoff area oriented towards the La Loma region.



3 >
PEÑA DEL ÁGUILA

Municipality:
Mancha Real.

Ideal for beginners, with a spacious landing area accessible from all directions.

Located just a few kilometres from the Siete Pilillas flying area.

Peña del Águila flying area in Mancha Real opened in June 2016. It is ideal for all ability levels. The takeoff area faces north-north-west and sits at an altitude of 1260 metres, with elevation change of 350 metres. It also boasts views over the Guadalquivir Valley. The access road is fully paved and located just five minutes from the village

of Mancha Real, while the landing area is positioned alongside the village. It is spacious and accessible from any direction (very important for beginners). Pilots can see the landing area from the takeoff area. Once airborne, the city of Jaén is visible to the west, while the World Heritage cities of Úbeda and Baeza are visible to the north.

Best feature:
Ideal for all ability levels.



4 >
SIERRA DE AHILLOS

Mun: Alcaudete.

Situated in the heart of the Sierra Sur shire, the Ahillos mountains boast takeoff areas for all directions, thereby multiplying the flying options available. Winter flying with a north wind is particularly recommended, as it allows for hours of slope-based gliding.

During the second half of July there is a gathering of paragliding and powered-paragliding enthusiasts.

is south-west, west, north-west and north-north-west.

5 >
EL PUNTAL
Mun: Siles.

This flying area is located in Puntal de la Ajedrea at an altitude of 1507 metres. There are 700 metres of elevation change and the orientation

6 >
CORNICAL

Mun: Beas de Segura.

This area is for powered paragliding and paratriking. It boasts two runways, measuring 1500 and 700 metres long (respectively) by 15 metres wide, as well as a taxiway.

7 >
LAS CIMBRAS
Mun: Los Villares.

With its long, gentle slope, taking off from this area is very easy, making it ideal for flight schools. It sits at an altitude of 920 metres, with elevation change of 255 metres.

de Jaén.

A great area for catching thermals. South-south-west-facing takeoff area. Altitude: 1782 metres. Elevation change: 800 metres.

8 >
LA PANDERA
Mun: Valdepeñas

Flying area around the summit of Jabalcuz. Access is

difficult: pilots must ascend partway in 4x4 vehicles and walk the rest of the way to the summit. Altitude: 1614 m.

10 >
ALMADÉN
Mun: Mancha Real.

Takeoff area sitting at an altitude of over 2000 metres on the summit of Almadén in Sierra Mágina, with elevation change of 1100 metres.

IDEAL CONDITIONS



Jaén is great for paragliding, powered paragliding and even hang-gliding. The province boasts many qualities that make this wide range of flying options possible, including an excellent climate with strong wind currents; high mountains, some of which are over 2000 metres tall; and broad plains that allow pilots to fly for long distances in almost any direction. The valley between the natural parks of Despeñaperros, Sierra Mágina and Sierras de Cazorla, Segura y Las Villas acts as a superb natural flight corridor towards neighbouring provinces such as Córdoba and Albacete. Once you have passed over the massif, you can glide for more than 100 kilometres.



El Yelmo emerging from the clouds.

FAMILY-FRIENDLY ADVENTURES

Whether you choose a moonlight boating excursion across La Bolera reservoir, hike one of the numerous trails, or decide to explore one of the many greenways by bike, Jaén is a paradise for families that are looking for activities to suit all ages.

[LEISURE FOR ALL]

www.jaenparaisointerior.es/multimedia



There are publications containing information on the different **hiking options** (QR code above) and **cycle routes** (QR code below).



All of the province's greenways are ideal for walking or cycling with the family.

www.viasverdes.com

Families come to Jaén in search of nature and leisure activities: whether on foot, by bike, on horseback, or along the greenways. Each of Jaén's constituent regions boasts an enormous range of activities to suit all comers, including couples, groups of friends and families. Even the youngest members of the family can enjoy the wide range of activities on offer.

ON FOOT, BY BIKE OR ON HORSEBACK

A kayak excursion on one of the province's reservoirs is a great activity to enjoy with the family, offering an opportunity to contemplate the stunning landscapes from a different perspective. The routes on the El Tranco reservoir enable parents and their children to paddle up to the *Chorreras*, where they can admire the cascades. On the other side of the natural park, families can paddle around the circumference of the tranquil La Bolera reservoir. In summer, the kayak companies even offer the option of a night-time excursion. Paddling by the light of the moon is a truly spectacular experience!

Hiking is another great option. There's something for everyone, including short, easy routes designed to introduce children to the world of hiking and the trails that enable them to explore unexpected places. Throughout Jaén province there are numerous family-friendly trails, such as the route to the source of the River Segura

in Pontones or an excursion to Miranda del Rey via the Roman road in Despeñaperros. Sierra Mágina offers beautiful walks around Mata Behid, while in the Sierra de Andújar you can walk from the Sanctuary of Our Lady of La Cabeza to the Lugar Nuevo area of natural beauty.

Lovers of two-wheeled adventure can travel to some of the iconic locations in Sierras de Cazorla, Segura y Las Villas natural park, such as Chorreón de Gilcobos, Puente de las Herrerías and Charco del Aceite (whose swimming area

is particularly popular during the hottest months).

Other cycling options include the five greenways, such as the Olive Oil or Linares route, where remains of the mining industry dating back to the late 19th century can be found. You can also cycle between the cities of Úbeda and Baeza, two UNESCO World Heritage sites located just nine kilometres from each other. As the route is almost entirely flat, you will enjoy the journey as well as the heritage destinations.

TRADITIONAL TRAILS THAT ENCAPSULATE THE HISTORICAL MEMORY OF JAÉN PROVINCE



Mata Behid (Sierra Mágina) is ideal for a family hike.

HORSE-RIDING ROUTES

Jaén has several horse-riding centres, including Sierras Hinojares to the south of Sierras de Cazorla, Segura y Las Villas natural park, and the pasture lands of Aldeaquemada next to Despeñaperros natural park. Guadalquivir Valley in the Sierra de Cazorla also offers a number of routes, guided by local companies. Equestrian activities are also available in Sierra de Andújar during the pilgrimage of Our Lady of La Cabeza and throughout the rest of the year.



THERE IS A RANGE OF COMPANIES THAT OFFER THESE ACTIVITIES

LA PANDERA: A CYCLING HAVEN

In the cycling world, Jaén is synonymous with thrills and action. Each year, the Vuelta a España and the Vuelta a Andalucía - Costa del Sol speed through kilometres of olive groves and make their way over peaks that have acquired an iconic status for cyclists, such as La Pandera, Allanas (La Guardia) and the famous "wall" of Valdepeñas de Jaén.

[CYCLING COMPETITIONS IN JAÉN]



When we talk about cycling, we often hark back to the places that bore witness to truly historic events: landmarks and milestones that marked a turning point in the sport. Nor can we forget those stages that awaken both anxiety and expectation, as we know that excitement is guaranteed. In the minds of cycling aficionados, those who line the roadside or gather in front of the big screen every September to watch the Vuelta a España, there are two places in Jaén province that are synonymous with emotion, passion, suffering and epic performances. The ascent of La Pandera is one of those colossal and unclassifiable challenges that humbles

each and every cyclist. The section is eight kilometres long and involves slopes that can reach a gradient of 15%. Here, thousands of fans line the route to cheer on their long-suffering idols. Cyclists must ascend to a height of 1872 metres: no easy feat after the multiple kilometres cycled during each stage. They take around 26 painful minutes to climb up to the military compound that crowns the summit of La Pandera. The first 1.5 kilometres are absolute torture, with 14% gradients right after the start that present competitors with a seemingly insurmountable wall. They are followed by two kilometres of relative ease, with slopes of 5% and 6%, before the

JAÉN IS A GREAT TRAINING DESTINATION FOR BIKE TOURING CLUBS AND PROFESSIONAL CYCLISTS ALIKE

THE SEA OF OLIVE GROVES IS ALWAYS A TELEVISUAL HIGHLIGHT AS THE VUELTA A ESPAÑA PASSES THROUGH

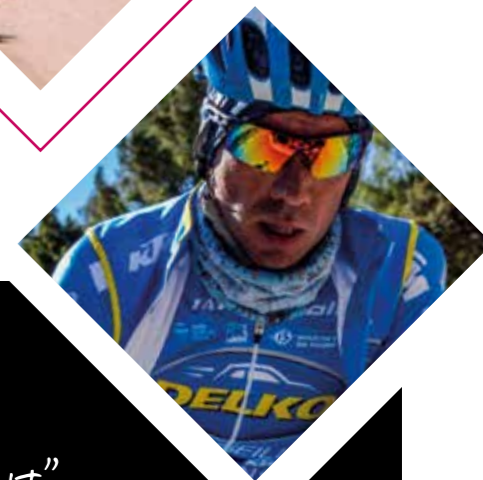


cyclists then reach the decisive stretch: the route becomes steeper, eventually reaching a gradient of 15% for an entire kilometre. This mountain pass always offers a thrill for spectators and offers an opportunity for the favourites for the red maillot to stand out. The winners of this stage include big names such as Roberto Heras, Alejandro Valverde, Damiano Cunego and Rafal Majka. In short, La Pandera is a haven for lovers of cycling in Jaén province and a landmark for Spanish bike touring as a whole.

But it's not the only one. Cyclists speak in hushed tones of the legendary "wall" at Valdepeñas de Jaén: a brutal ramp near El Chaparral with a gradient of 23% that has witnessed three spectacular stage climaxes, in which leading cyclists such as Igor Antón, Purito Rodríguez and Dani Moreno made it onto the podium. In 2018 the race was moved from Sierra Sur to Sierras de Cazorla, Segura y Las Villas natural park by UNIPUBLIC, the event organiser. Although it is not an explosive ascent, the section leading up to Pozo Alcón is truly spectacular; while the climb up to Alto de Ceal is rated category 3 and saw the Frenchman Tony Gallopin emerge victorious.

VUELTA A ANDALUCÍA

The Vuelta a Andalucía, also known as the Ruta del Sol, has also made its mark in recent years and has hosted legendary competitors such as Alberto Contador and Chris Froome, both of whom have won the Tour de France, Giro d'Italia and Vuelta a España. During his preparations for the coming season, Froome achieved a superb ascent of Alto de Allanas in La Guardia: a brutal climb some three kilometres in length. In 2017 it was Contador who set the pace with his ascent of Peña del Águila in Mancha Real, and in doing so sealed his victory.



"JAÉN HAS EVERYTHING A CYCLIST COULD WANT"

Javi Moreno is a leading figure on the international cycling circuit and has competed in the major European events for many years.

"Jaén doesn't only have landscapes; it also has areas where pros can undertake a full training programme. The mountains may not be as tall as those of the Sierra Nevada, but there are legendary peaks - such as La Pandera and Sierra Sur -

which are ideal for cycling", the Jaén-born cyclist explains. "For example, if you know Jaén, then you know La Pandera, which has some incredibly difficult sections and gradients that are torture for us, but which we can enjoy from a purely cycling perspective". The continuous switchbacks and the classic "leg-busting" roads surrounded by olive groves mean you can enjoy the landscape while you pedal.

HIDDEN TREASURES

There are many ways of finding treasure in Jaén province. One of them is to go underground. Exploring Jaén's many caves is an increasingly popular activity, and offers a rich seam of fun for young and old alike.

[CAVING]

WHERE CAN I GO CAVING?



1 > Arroyo de la Rambla
Municipality: Peal de Becerro.
Length: 9000 m.

2 > Pinar Negro
Municipality: Santiago de la Espada.
Length: Potholes, shafts and galleries several hundreds of metres long.

3 > Sima de Lemus
Municipality: Valdepeñas de Jaén.
Length: 1300+ m.



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CAVING IS AN ADVENTURE THAT REQUIRES THE COMPANY OF EXPERT GUIDES. THERE ARE NUMEROUS COMPANIES THAT OFFER THESE ACTIVITIES

Find out more:
www.espeleovillacarrillo.blogspot.com



Photo: VILLACARRILLO CAVING CLUB



Descending into the bowels of Jaén.

Jaén is home to one of the best caving clubs and possibly the best caving school in the entire country. The Villacarrillo Caving Club welcomes both adults and children (ages five and above), and each weekend explores the caves under the province in search of these hidden treasures buried dozens of metres beneath the soil. Many people view the increasingly popular practice of caving as a leisure activity, although it is also a professional sport and strict safety measures should always be adopted.

Antonio Pérez, the president of Villacarrillo Caving Club, smiles. He has spent his life exploring the "other" Jaén, the dozens of caves running beneath the province in all directions. "Jaén above ground and Jaén below ground are totally different, although they both require a certain level of ability and

familiarity", Toni warns. The "Jaén below" is also starting to attract visitors looking to discover the province in a different way. The exploration of Jaén's mountains, which began many years ago, has brought to light a significant number of caves that are equally as fascinating as those found elsewhere in Andalusia. Perhaps the largest is Arroyo de la Rambla in Peal de Becerro, which is almost nine kilometres long and incorporates an underground river. Other notable caves include Cueva de la Murcielaguina, which is some five kilometres long and contains an archaeological site, and the potholes in Sierra Sur. There are multiple areas beneath the province that are worth visiting and "scientific tourism" will undoubtedly be the next step, as Jaén is home to the country's first underground entomological reserve.

Jaén province boasts a wide range of companies specialising in sports tourism, all of which organise activities and visits that are open to all. They also offer complementary services to ensure your visit to Jaén is an unforgettable experience.

[DIRECTORY]

ACTIVIDADES CPM
Avenida Juan Carlos I, 28. Bajo. **Mancha Real**.
Tf.: 953 352 972.
www.actividadescpm.com
turismoactivo@actividadescpm.com

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Paseo de España, 40. **Jaén**.
Tf.: 655 587 11.
www.aktivjaen.es
info@aktivjaen.es

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Plaza de Andalucía, 15. **Cazorla**.
Tf.: 615 339 086.
www.almagaia.es
info@almagaia.es

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Tf.: 609 343 478.
www.andabosquesdelsur.com
info@andabosquesdelsur.com

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Tf.: 620 350 065.
www.aventurasport.es
info@aventurasport.es

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Tf.: 605 672 069.
www.aventura2jaen.com
aventura2jaen@aventura2jaen.com

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Tf.: 953 124 137.
www.elhornico.com
información@elhornico.com

AVIVA TURISMO
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Tf.: 675 426 743.
www.avivatuviva.es
vincentejromero@yahoo.es

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www.cazorlaventur.com
info@cazorlaventur.es

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info@tranco.es

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www.contadero.com
info@contadero.com

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www.cota2000.es
info@cota2000.es

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www.desafiossinlimites.com
miguelgamizruiz@gmail.com

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Tf.: 616 966 201.
www.guadalkayak.com
info@guadalkayak.com

ECOGUADALQUIVIR. SERVICIOS ECOTURÍSTICOS DE LA SIERRA DE CAZORLA
Santa Rita, 8. 1ª derecha. **Cazorla**.
Tf.: 609 570 632.
www.huertacazorla.eu
ecoguadalquivir@gmail.com

GUÍAS DE CAZORLA
Posteles, 18 **Cazorla**.
Tf.: 615 551 536.
info@guiasdecazorla.es
www.guiasdecazorla.es

LÚDIKA
Pío XII, 4. **Linares**.
Tf.: 644 381 503.
www.ludika.net
ludika@ludika.net

MAFOR ANDALUCÍA
Martín Falero, 28. **Cazorla**.
Tf.: 953 721 111.
cazorla@bujarkay.com

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Paseo del Chorro, 16. **Torres**.
Tf.: 667 933 485.
www.maginaventura.com
juanloritegarzon@hotmail.com

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La Libertad, 1. **Huelma**.
Tf.: 655 891 036 / 656 366 544.
www.ociomagina.com
info@ociomagina.com

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Herrón, 17. **Cazorla**.
Tf.: 699 444 282.
www.pedaleandalucia.com
info@pedaleandalucia.com

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Avenida de la Caída, 13. **Arroyofrío (La Iruela)**.
Tf.: 696 422 296.
picaderoelcampillo@hotmail.com

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Carretera de El Tranco, A-319, km. 39,8 (desvío Chaparral). **La Iruela**.
Tf.: 690 697 850.
www.turismoencazorla.com/
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www.raftinglasvillas.com
info@raftinglasvillas.com

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Francisco de Quevedo, s/n. **Segura de la Sierra**.
Tf.: 607 301 716.
www.seguractiva.com
info@seguractiva.com

SEGURAVENTURA
Río Los Mulos, 5. **La Matea (Santiago-Pontones)**.
Tf.: 665 851 139.
www.seguraventura.eu
informacion@seguraventura.eu

TIERRAVENTURA CAZORLA
Carretera de Burunchel, s/n. **La Iruela**.
Tf.: 953 710 073.
www.aventuracazorla.com
info@aventuracazorla.com

TURIMED GESTIÓN DE TURISMO
Madrid, 41, 2ª. **La Carolina**.
Tf.: 650 14 90 31.
infoturimed@gmail.com

TURISMO ACTIVO CAZORLA ACTIVIDADES
Tf.: 953 496 315.
www.campingelrobledo.es
campingelrobledo@gmail.com

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Carretera de Huesa. **Hinojares**.
Tf.: 685 314 922.
www.cazorlavatur.com
info@cazorlavatur.com

TURISNAT
José Martínez Falero, 11. Bajo. **Cazorla**.
Tf.: 953 721 351.
www.turisnat.es
info@turisnat.es



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