



CABAÑEROS NATIONAL PARK **GENERAL INFORMATION**

Last update: November 2015

This document contains general information about Cabañeros National Park. If you want additional information, we recommend you to visit the Spanish National Parks Network website: <http://www.magrama.gob.es/es/red-parques-nacionales/default.aspx>

This document is divided in the following sections:

- National Park Fact Sheet
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 - Local tourism businesses partners of the National Park
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CABAÑEROS NATIONAL PARK FACT SHEET

ESTABLISHMENT DATE: 20th of November of 1995.

AREA: 40.856 hectares.

REGION: Castilla-La Mancha. **PROVINCES:** Ciudad Real and Toledo.

MUNICIPALITIES: Alcoba, Hontanar, Horcajo de los Montes, Los Navalucillos, Navas de Estena and Retuerta del Bullaque.

GEOGRAPHICAL LOCATION: Montes de Toledo, northwest of the province of Ciudad Real and southwest of Toledo.

GPS: Longitud 4° 29'14", Latitud 39° 23' 47" (central point)

LEGAL INSTRUMENTS:

- Law 33/1995, of November 20, establishing Cabañeros National Park.
- Resolution of 15th November 2005, on the Autonomous National Parks, which is made public the agreement of the Council of Ministers, extending the boundaries of Cabañeros National Parks by incorporation of land adjacent to it.
- Law 30/2014, dated December 3, on the National Parks Network.
- Law 42/2007 of December 13, Natural Heritage and Biodiversity

OTHER RECOGNITIONS:

- Natura 2000 (European policy):
 - Site of Community Importance (SCI) Montes de Toledo.
 - Special Protection Area (SPA) Montes de Toledo.
- Protected Natural Areas of Castilla-La Mancha:
 - Critical Area Imperial Eagle Montes de Toledo.
 - Critical Area Black Stork Montes de Toledo
 - Critical Area Black Vulture.
- Geosite: Boquerón de Estena
- Heritage of Cultural Interest: Torre de Abraham
- European Charter for Sustainable Tourism (ECST) since 2009

NATURAL VALUES: within the 15 National Parks Spanish Network, representing natural systems related to Mediterranean forest. Its main natural values are the forests and scrublands, some Atlantic coastal forests relict plants enclaves, peatlands and grasslands, with the flora and fauna associated with each of these ecosystems, among others some endangered species such as the imperial eagle.

CULTURAL VALUES: Cabañeros National Park takes its name from the huts used traditionally by shepherds and charcoal burners as a temporary shelter for their work in the field. These cabins have conically shaped ceiling using surrounding plants and were used by the inhabitants of Montes de Toledo. Charcoal extraction, grazing and agriculture were the main activities developed in the Cabañeros environment. Other traditional activities carried out are beekeeping and the cork extraction.

CONTACT: Cabañeros National Park Office
Ctra. Abenójar-Torrijos, s/n
13194 Pueblo Nuevo del Bullaque (Ciudad Real)
Tel. 926783297 – Fax: 926783484
E-mail: icabaneros@oapn.es

NATURAL VALUES

The National Parks are natural areas of high ecological and cultural value, little changed by human exploitation or occupation which, because of the beauty of its landscapes, the representativeness of ecosystems or the uniqueness of its flora, fauna or their geomorphological formations, have ecological, aesthetic, educational and scientific merits of conservation priority attention and states the general interest of the nation as representative of the natural heritage and include some of the major Spanish natural systems.



Cabañeros National Park is located in Montes de Toledo, Castilla-La Mancha, northwest of the province of Ciudad Real and southwest of Toledo. Is bounded on the east by Bullaque river and on the west by Estena river, and covers the clumps of El Chorito and Rocigalgo.

It is part of the National Parks Spanish Network, being a selection of the best examples of Spanish natural heritage. Cabañeros.together with Tablas de Daimiel, are the two National Parks in the Castilla-La Mancha region.

Cabañeros National Park was established in 1995 to protect a representative sample of the best preserved Spanish Mediterranean forests. Its establishment has the following objectives:

- Protect the integrity of its ecosystems being an extraordinary representation of the Spanish Mediterranean forest.
- Ensure the conservation or the recovery of the forming habitats and the species that populate them.
- Contribute to the protection, promotion and dissemination of cultural values shaping its history.
- Facilitate its understanding and enjoyment by the citizens, in a way compatible with its conservation.
- Promote sustainable social, economic and cultural development of the inhabitants of the region of Cabañeros.
- Contribute to national, European and global heritage a representative sample of Mediterranean forest ecosystems, incorporating Cabañeros into international programs of biodiversity conservation



The landscape of Cabañeros National Park presents great contrasts and is structured into two big units very representative for the Montes de Toledo area:



The lower grasslands, known as *rañas*, is a great plain of approximately 8,000 hectares located in the southeast of the park, whose origin is filled with surrounding materials aged some 3 billion years. In the 60s a part of the forest and scrubland covering it, was removed to be devoted to cereal crops, and thereafter became the current wooded grassland, with some areas preserving the original plants, known as "*Mancho del Portugués*" or some of *Colada de Navalrincón* route surroundings.

The **mountains**, which are on the northern, central and western side of the park, occupy most of its surface, with height ranging between 650 and 1448 meters of their highest peak, *Rocigalgo*. They are covered with forests and scrubland, and there can also be seen bare stony plants. The most abundant forests are holm oak groves, cork oak groves, Mirbeck's oaks, Pyrenean oaks, and banks around the rivers. The most abundant scrubland is dwarf-shrub.

The dominant **geological materials** in the area are quartzite and slate. In some of these materials can be observed fossils over 400 million years old, since when the area was covered by sea. The area of the Boquerón del Estena route is considered as Geological Interest Site.

Regarding the **climate**, determinant factor for the ecosystem and the key to understand the type of existing vegetation, as Cabañeros is in the Mediterranean domain, there is a marked summer drought, with spring and autumn rains. In winter it usually snows few times during the year.

The **plants** in Cabañeros National Park stands out for its good state of preservation. Besides abundant Mediterranean scrublands rockroses, heathers, phillyreas, tree strawberries and other species, and although the best represented tree stands are mixed formations, it may be noted that the most characteristic plant formations of the Park are:

Holm oak groves: the most abundant forests in the Mediterranean forest. In general, are located at the foot of the mountains and in the drier parts of the highlands. The main tree species is holm oak (*Quercus rotundifolia*), in high humidity areas is accompanied by Portuguese oaks. Alongside these trees are the tree strawberry, the phillyrea, the rockroses and bushes as cornicabra, heathers, rosemary, honeysuckle, myrtle, etc.



Cork oak groves: generally are located in warmer parts of the mountains, in a less humid climate. They are dominated by cork oak (*Quercus suber*), sometimes mixed with oaks and gall oaks. Other species are similar to those of holm oak groves, although there are also others such as the Montpellier maple and laurestine.

Gall oak groves: are located in areas more humid and cooler than the holm oak groves, usually in shady places. The dominant species is the gall oak (*Quercus faginea*). Provide refuge for wildlife in times of high heat, and there can be seen plants such as peony.

Pyrenean oak groves: are located in higher areas of the National Park and in some humid valley bottoms. In this area are dominated by Pedunculates or Pyrenean oak (*Quercus pyrenaica*), in which entourage are present floristic species as whitebeam, hawthorn and various ferns.



Riverside forests: are located on the banks of Estena and Bullaque rivers, as well as on the smaller stream beds within the National Park territory. Between them we find trees like willows, ash and alder trees, and bushes as brambles and wild roses.

Wetland specific plants: aquatic and wetland areas allow the presence of various plants types in equilibrium with small local differences (water depth, velocity, period of flooding, etc). These zones occupy small areas in the Park, in areas such as small depressions and seasonal ponds suffering a temporary standstill, with species such as buttercups, highlighting the unique case of aquatic ferns (*Isoetes setaceum*) in Cuatro Morros Lake, in soils permanently wet, or suffering seasonal flooding, with rush meadows, in peat or trampal, half flooded specific and fragile areas where develops very unique flora, with species such as cross-leaved heath (*Erica tetralix*) and carnivorous plants as the round-leaved sundew (*Drosera rotundifolia*) and Pale Butterwort (*Pinguicula lusitanica*).



Apart from the most representative elements, in the Park are present very unique trees in these latitudes for being typical of more northern areas, which usually appear in Cabañeros on isolated stands. That is the case of weeping schotia, yew, holly and birch, restricting its distribution in this zone to areas with higher humidity.

As for the **fauna**, we can distinguish, "roughly" the scrubland and the mountain range ones. As for the scrubland, grasshoppers are the most abundant insects in spring and summer, and butterflies as well. The most numerous amphibian is the natterjack toad, which breeds in shallow ponds. The birds present in summer are mainly insectivorous, consuming mainly Orthoptera, as is the case of white stork, roller, common kestrel, etc. On the contrary, in winter are dominant granivorous species. There is an important group of scrubland species typical for steppe environments, such as little bustard and Eurasian stone-curlew. We also find common eagle, living in open areas. In all seasons of the year is common to see black and griffon vultures. One of the most abundant species is deer, which in the second half of the year is very common in the scrubland.



Regarding the fauna in the mountains, in Cabañeros there is one of the most important black vulture breeding centers in the world. Linked to the forests of holm oaks, gall oaks and cork oaks there are many forest species, such as Spanish imperial eagle, endangered, and with three nesting couples in the National Park, shorttoed snake eagle, booted eagle, Eurasian sparrowhawk and black stork also in danger of extinction. In the mountain streams stand out fish such as ide, *Squalius alburnoides*, *Anaecypris hispanica*, *Cobitis paludica*, boga-Portuguesa, *Rutilus lemmingii* and common barbel; amphibians such as Bosca's newt; and reptiles such as European pond turtle and green and black lizard. Deer and wild boar are the most abundant ungulates, and there are as well roe deers. Predatory mammals like beech martens, common genets and foxes are primarily small mammals consumers. We also find wildcats. For years there have been not found traces of Iberian lynx, although there are carried out projects to improve its habitat, consisting mainly of the rabbit populations recovery.



HISTORY AND CULTURAL VALUES

Montes de Toledo are so called because from 1246 until 1835 were owned by the City of Toledo. In their Order of Use, compiled in the sixteenth century to ensure the conservation of its natural resources, were regulated agriculture, livestock, beekeeping, charcoal, firewood and timber, allowing the conservation of forests. In addition, were imposed a stiff tax system for residents, with taxes as the "twelfth" on certain products, the "toll" on the passage through the *Puerto Manches*, the "smokage" on the charcoal, etc. This tax system, coupled with the adverse terrain, resulted in a decrease in the population of Los Montes, so that between the thirteenth and nineteenth century many villages disappeared. Upon the sales of the seizure in 1835, the farms fell into the hands of people who captured large areas of land, which is the origin of the large current properties existing in the Montes de Toledo.

Cabañeros National Park was established in 1995, but seven years earlier, in 1988, it had already been declared a Natural Park by the Castilla-La Mancha Autonomous Government as a result of the widespread popular demand for Cabañeros to avoid becoming a field maneuvers and target practice of the army.

The **human presence** in the park is very old. The remains of the first settlers that have been found in the environment are dated on the Lower Paleolithic. There have also been found small settlements from the Bronze Age.

Since immemorial time, man has lived in shacks or huts. Precisely from the huts of shepherds and charcoal burners the place and the park itself has taken the name: Cabañeros (in Spanish: "those who live in huts"). Today there are only the huts that have been restored, but we can see many groups of "hut funds" in many places to pinpointing the location of ancient populations. Traditional activities such as charcoal burning, stockbreeding and subsistence agriculture has been very important in the area. Today, in some places inside the National Park is still practicing the cork manufacture and beekeeping. the Park's goal is the preservation and dissemination of cultural values of their environment and traditional uses compatible with conservation of nature.



The municipalities with territory in the National Park are Alcoba (also included Santa Quiteria) Hontanar, Horcajo de los Montes, Los Navalucillos (includes Robledo del Buey, Los Alares and Valdeazores), Navas de Estena and Retuerta del Bullaque (also includes Pueblonuevo del Bullaque and El Molinillo).

SUSTAINABLE TOURISM IN CABAÑEROS

Tourism is sustainable when it is economically viable, socially acceptable and environmentally compatible. It is important to note that if a misuse of resources is done, soon will be affected seriously the natural and landscape heritage, which is precisely the main attraction of nature destinations.

For that reason, in Cabañeros National Park, as in many others protected natural areas, we are working to get a sustainable tourism development compatible with the conservation of natural resources. In recognition of this effort, in 2009 Cabañeros was awarded with the **European Charter for Sustainable Tourism in Protected Areas**, which is a practical management tool for ensuring that tourism contributes to a balanced economic, social and environmental development of protected areas in Europe. The Charter is a voluntary agreement between local stakeholders such as Managing Authorities of protected areas, NGOs, Local Action Groups, tourism associations and businesses, regional and local authorities that influence tourism development, and so on. It aims to encourage good practice by recognizing protected areas, which are meeting agreed requirements for the sustainable development and management of tourism. The Charter and the Charter Network is managed by the EUROPARC Federation, a pan-European and non-governmental umbrella organization of protected areas in Europe.



Nowadays there are 119 protected areas awarded with the European Charter for Sustainable Tourism in 13 European countries. In Spain, we have 38 Charter areas.

In a second part, tourism businesses within a protected area already awarded the Charter and working in close cooperation can sign a partnership agreement with the protected area. To get the recognition, companies must comply with certain sustainability criteria and implement measures of good practice in relation to improving the supply and connection to the protected area, improving environmental measures and supporting for local development and heritage conservation.



In Cabañeros National Park there are eleven partner businesses, with the Charter certification label. They are listed forward, in the section *Local tourism businesses partners of the National Park*.

For further information about Charter awarded protected areas you can check the official website:

<http://www.europarc.org/charter-network/charter-areas2>

About Spanish Charter Areas:

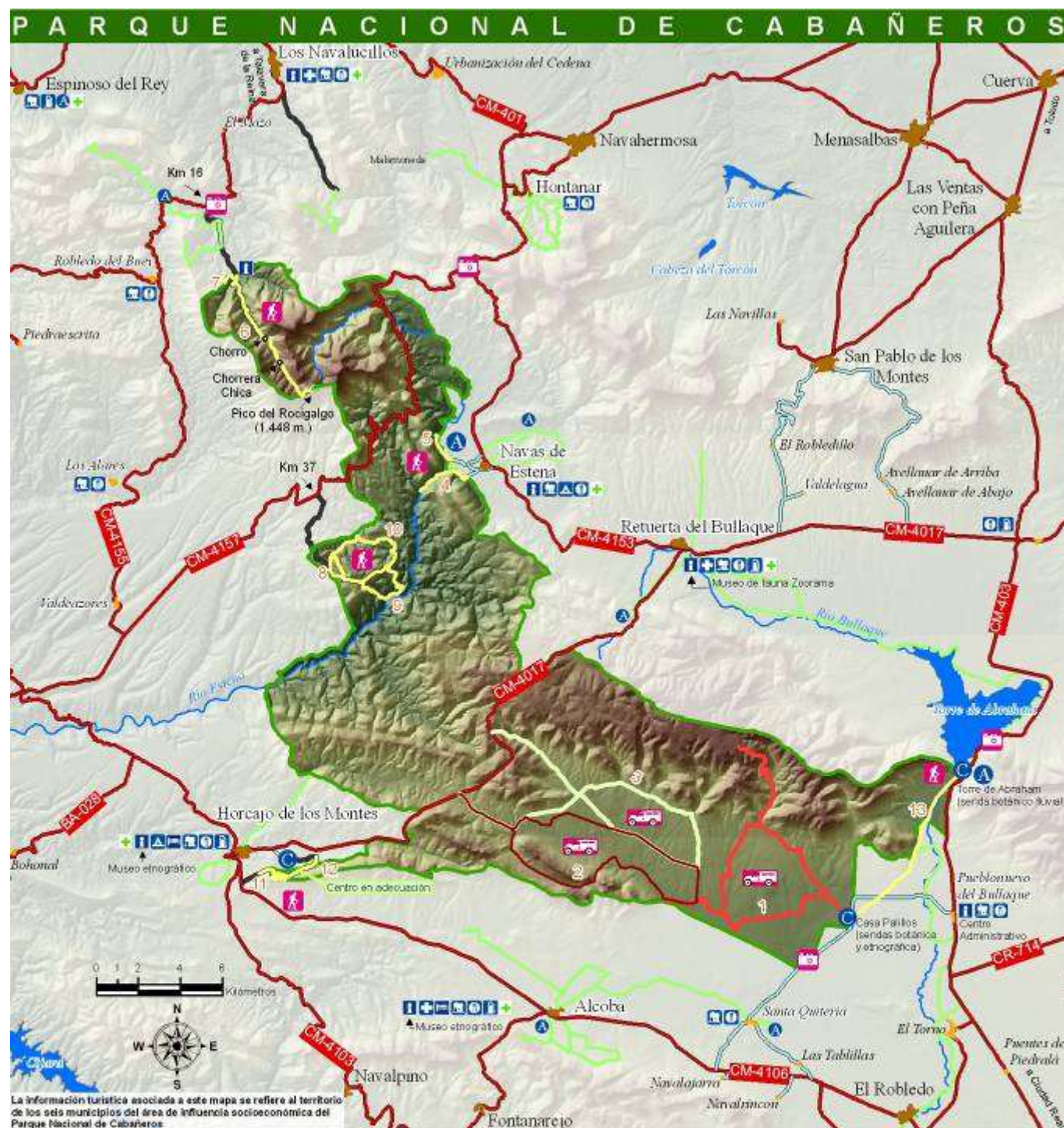
<http://www.spain.info/en/consultas/ecoturismo/espacios-naturales-ecoturismo.html>

About EUROPARC Federation:

<http://www.europarc.org/>



THE VISIT IN CABAÑEROS NATIONAL PARK



La información turística asociada a este mapa se refiere al territorio de los seis municipios del área de influencia socioeconómica del Parque Nacional de Cabañeros:

- Límites Parque Nacional de Cabañeros
- carretera principal
- pista asfaltada
- ruta de senderismo en el Parque
- ruta todo terreno salida Horcajo
- ruta todo terreno salida Retuerta
- ruta todo terreno salida Alcoba o Casa Pajillos
- camino de acceso
- ruta TT "todo terreno"
- senderismo
- otras opciones de visita no pertenecientes al Parque Nacional (información facilitada por la Mancomunidad de Cabañeros y los ayuntamientos del área de influencia socioeconómica)

- poblaciones
- información
- centro de visitantes
- área recreativa
- observatorio o mirador
- centro de salud
- farmacia
- hotel u hostel
- turismo rural
- camping
- restaurante
- gasolinera

ITINERARIOS EN TODO-TERRENO

En la raña y sierras aledañas:

- 1.- Ruta de Alcoba - Casa Pajillos
Guiada: 3 h.
- 2.- Ruta de Horcajo de los Montes
Guiada: 3 h.
- 3.- Ruta de Retuerta del Bullaque
Guiada: 3 h.

ITINERARIOS A PIE

- 4.- Ruta del Boquerón
Libre: 2 h. ida y vuelta
Guiada: 3 h. 30 min.
- 5.- Camino del Área Recreativa del Acebo y las Fuentes
Libre: 1 h. 15 min. ida y vuelta

- 6.- Ruta del Chorro, Chorrera Chica y Rocigalgo (Libre o Guiada)
Al Chorro: 1 h. 30 min. ida
A la Chorrera Chica: 2 h. 15 min. ida
Al Rocigalgo: 3 h. 45 min. ida
- 7.- Ruta de la Encina
Libre: 1 h. ida y vuelta
- 8.- Ruta del Robledal-Alcornocal
Guiada: 2 h. 30 min. (Circular)
- 9.- Ruta de Valhondo
Guiada: 4 h. (Circular)
- 10.- Ruta Valle del Alcornocal
Guiada: 4 h. (Circular)
- 11.- Ruta Plaza de los Moros
Libre: 1 h. 30 min. (Circular)
- 12.- Ruta Sierra de Castellar de los Bueyes
Libre: 2 h. 15 min. ida y vuelta
- 13.- Ruta Colada de Navalmorcón
Libre: 3 h. ida

Información: 926783297
Emergencias: 112

CABAÑEROS
PARQUE NACIONAL

ENTRANCES:

By car: depending on what route you would like to visit, you should choose one way or another.

- From Ciudad Real: road CM-403,
- From Toledo: road CM-4013 or CM-401
- From Talavera de la Reina: road CM-4102.

Two roads cross the park:

- CM-4017, links Horcajo de los Montes and Retuerta del Bullaque, running mainly through cistus and common heathers scrubland with strawberry, as well as a rocky area and forest;
- CM-4157, allows to enjoy exceptional Pyrenean oaks, cork oaks, ash tree forests and some enclaves with birch, holly and yew.

By public transport: you can reach Cabañeros by bus from Madris, Toledo or Ciudad Real. Bus services are:

- From Ciudad Real to Alcoba and Horcajo de los Montes. Company AISA, phone number 926211342
- From Ciudad Real to Pueblonuevo del Bullaque, Retuerta del Bullaque and Navas de Estena. Compañy Bogasbus, phone number 606748645
- From Madrid and Toledo to Pueblonuevo del Bullaque. Company SAMAR, phone number 902257025
- From Madrid y Toledo to Los Navalucillos. Company SAMAR, phone number 902257025.

VISITORS SERVICES AND FACILITIES:

Cabañeros National Park has visitor centres, museums and points of information, which is worth visiting to enjoy the exhibitions on the National Park natural and cultural values and its surroundings, as well as to gather information about the Park visiting and any other aspect of the nature reserve. Access is totally free.

It is highly recommended to visit any of the information point before starting the visit.



National Park Office

It is the technical and administrative office of the National Park, where it is carried out the daily management of protected natural area related to heritage conservation, tourism, map data and so on. It is also from where are organized guided tours and group visits to centres and museums, activities that can be booked by telephone.

It is important to contact before visiting the park in order to get information of opening hours of the rest of museums, visitor centres and information points (which changes depending on the time of the year), and to make a reservation for a guided walking tour.

Address	Crta. Abenójar-Torrijos, s/n 13194 Pueblo Nuevo del Bullaque (Ciudad Real)
Contact	Tel. 926783297 – Fax: 926783484 Email: icabaneros@oapn.es
Opening hours	June – September: 9 to 21 h. October – May: 9 to 19 h. Monday to Tuesday 9 to 18 h. Friday and Saturday 9 to 14 h. Sunday

Visitor centres

- Centro de Visitantes del Parque Nacional de Cabañeros

Crta. CM-4017, 1Km far from Horcajo de los Montes (Ciudad Real)

Opening hours: Friday to Sunday, 10 to 18 hours

Is the biggest visitor centre, with different exhibitions to know the treasures of Cabañeros National Park.

The main exhibition shows the different ecosystems of Cabañeros throughout the four seasons. It also has a traditional house in which it is given to know the culture and traditions of the region. It is completed with projection rooms, a library, a picnic area, parking , etc..



- Casa Palillos Visitor Centre

Road linking Pueblonuevo del Bullaque-Santa Quiteria - 13116 Alcoba (Ciudad Real)

Opening hours: every day from 9 in the morning until the sunset (about 18 hours in winter, at 19 hours in spring and autumn , and 20 hours in summer)



Currently, it is the largest National Park Visitor Centre, where you can enjoy a full presentation on the natural and cultural values of the National Park, including several videos about Cabañeros and a screen on which you can watch a high quality video showing a Spanish imperial eagle's nest in Cabañeros.

It has a botanic and ethnographic trail, both accessible to persons with disabilities, as well as toilets, car park, picnic area and an observation deck with great views of the scrubland and the deers running across it.

- Torre de Abraham Visitor Centre and Recreation Area

Road CM-403, 16 km far from Pueblonuevo del Bullaque

Opening hours: every day from 9 in the morning until the sunset (about 18 hours in winter, at 19 hours in spring and autumn, and 20 hours in summer)

It consists of a visitor centre with a small but interesting exhibition on Cabañeros and water, with a scale model of the flora and fauna associated with riverside forests. There is also a recreational area with tables and swings, car park, toilets, and a very nice botanic trail on footbridges around the Bullaque river side, accessible to disabled persons.



Museums and information points

- Zoorama – Fauna museum

Crta. De Navas de Estena, 5 (main street) - 13194 Retuerta del Bullaque (Ciudad Real)

Opening hours: Weekend. October to March from 9 to 14 and 15 to 18 hours; April and May 9-14 and 16-19; June to September of 10-14 and 16-20

Here you can enjoy a full and attractive presentation on the natural values of Cabañeros, especially on its rich, unique and diverse fauna.

- Ethnographic Museum – Information Point in Alcoba

Crta. de Horcajo (main street) - 13116 Alcoba de Los Montes (Ciudad Real)

Opening hours: Weekend. October to March from 9 to 14 and 15 to 18 hours; April and May 9-14 and 16-19; June to September of 10-14 and 16-20

Comprehensive exhibition of tools related with traditional use in the area. Among other things, it has a stone patio where is located a hut of shepherds and charcoal burners used in the area, with a miniature carbon furnace, with a broad representation of farm gear and a charming alcove.

- Information Point in Navas de Estena

Avda. Montes de Toledo 24 (main street) - 13194 Navas de Estena (Ciudad Real)

Opening hours: From Friday to Sunday and holidays (autumn and spring also Thursdays). December to May 9 to 17 hours; June to September from 9 to 19; October-November 9 to 18

It is located at the town's main street and it has a small exhibition about the banditry in the area and the Cabañeros National Park natural values.

- Information Point in Los Navalucillos

A 5 km del punto kilométrico 16 de la carretera CM-4155 (Toledo)

Opening hours: November to March 8 to 16 hours from Thursday to Sunday and holidays.; April-October 8 to 16 on Thursday and Friday and 8-18 on the other days

Small wooden information booth located right at the beginning of this routes: Chorro, Chorrera Chica, Rocigalgo and Encina. Apart from information on the routes, you should sign up in there for proper control and development of the visit.

Another facilities

- Stork observatory

Road linking Pueblonuevo del Bullaque and Santa Quiteria, 3 km far from Casa Palillos

Wooden observatory located on the southern boundary Park, overlooking the scrubland, where there is a large colony of white storks on gall oaks and holm oaks, and also depending on the season, can be seen groups of deer, cranes, vultures, etc. (access is free).

- Torre de Abraham marsh viewpoint

Road CM-403.

Viewpoint with 3 interpretive panels and very broad view of the water body and the Retuerta scrubland, located in the north of Cabañeros National Park.

- Area Recreativa de la Tabla del Acebo

Outskirts of Navas de Estena



It has a car park and picnic tables. It is reached from the Avda Montes de Toledo, the main Navas de Estena road, taking a detour at 100 metres from the information point. There is a footbridge accessible for the people with reduced mobility, running near the Estena riverside.

ROUTES:

There is no better way to know the National Park than making a route through its territory. Visitors are encouraged to know Cabañeros and to collaborate with its conservation, although it is important to note that the visit must be compatible with the preservation of nature, this is why it is necessary to maintain a respectful and consistent attitude with the privileged place represented by the National Park. Based on conservation criteria, quality of the visit, wildlife watching and terrain features, there are some areas with walking trails and others with 4x4 routes. We recommend combining both types of routes.

Walking routes.

The walking tours allow a very close contact with nature. Some of these may be made accompanied by a guide-interpreter. To perform these guided tours, which are free, you must reserve the day of the visit at the Park Office (tel. 926 783 297) or in the web page: <http://www.reservasparquesnacionales.es>

It is advised to visit the centres and information points in the park before making any route, alone or guided. Two of the routes can also be made on a mountain bike. The routes are as follows:

- *Boquerón del Estena Route*

- Alone or guided.
- Start point: Navas de Estena village or route car park near the village
- Duration (return trip): 3 h 30 min from the village, 2h 30 min from the car park
- Length (return trip): 10 km from the village, 6,5 km from the car park
- Height difference: 20 m.
- No difficulties, although it is recommended to wear appropriate boots for there are some rocky sections



The route can begin in the village, where there is a tourist information point, or at the very Park area edge outside the town. Until the future construction of a larger car park, you can leave your car at the esplanade behind the campsite, or travel an unpaved road for about 1 km to reach the existing small car park.

The trail is flat, and on its way it crosses the river over a wooden bridge. Runs along the banks of the Estena river, river bed in magnificent condition. You can also enjoy landscapes of great beauty, the typical Mediterranean plants (with oaks, gall oaks, cistus, etc.), plants associated to the river banks (ash trees, willows, etc.), northern character trees as yew and birch, peculiar geological formations caused by erosion and signs of the times when this area was covered by the sea, more than 400 million years ago, like a giant sea worm. It is considered a Geological Interest Place.

- *Tabla del Acebo y las Fuentes Path*

- Alone.
- Start point: Navas de Estena village or Recreation Area car park
- Duration (return trip): 3 h from the village, 1h 15 min from the car park
- Length (return trip): 7 km from the village, 3km from the car park
- Height difference: 10 m.
- No difficulties.



The road, which runs making a flat route along the banks of Estena river, begins in the Tabla de Acebo Recreation Area car park, at 2 km of Navas de Estena village, where you as well can begin from. The first part passes on a 500 m long wooden walkway, with a nice viewpoint in front of Boquerón del Estena, and the rest of the route on a broad path in a forest of holm oaks, galk oaks and Pyrenean oaks, cleared by the characteristic rocky areas or scree. You pass by two non-chlorinated water springs, used by villagers (Fuente Fría and Fuente de las Chinas) and in the vicinity of the last spring you can see a peat bog, a very fragile and singular medium flooded ecosystem where there are very interesting plants and adapted to the poor in nitrogen soils..

- Chorro, Chorrera Chica and Rocigalgo Route



- Alone or guided.
- Start point: information booth at the boundaries of the National Park (Los Navalucillos)
- Duration (one way): 2 h 30 min, 2 h 45 min until Chorrera Chica and 4 h until the Rocigalgo peak.
- Length (one way): 4 km until Chorro; 5.5 km until Chorrera Chica; 9 km until Rocigalgo.
- Entire height difference: 200 m until Chorro, 300 m until Chorrera Chica and 700 m until Rocigalgo.
- No difficulties, although there are some little mountainous sections where it is necessary to wear appropriate boots and be careful

To arrive to the information booth marking the start of the route you need to take a turning at kilometre 16 of the CM-4155 road, about 10 km far from Los Navalucillos. After this turn you must take an unpaved road towards the river, after which you turn left and go straight and in about five minutes you reach the booth, where is a small car park. At the information booth is recommended to get information and make a record of the visit for its proper control and development.

Along the route, running through the most mountainous and rough National Park zone, you can enjoy beautiful landscapes of typically Mediterranean forest (mainly holm oak groves in the lower part and Pyrenean oak in the higher one) and, being one of more humid areas of the National Park, some species typical for more northern locations (yew, holly, birch,...) and the beautiful Chorro and Chorrera Chica waterfalls. If you get to Rocigalgo, the maximum peak of the Montes de Toledo 1448 m, you can enjoy wide views of the National Park.

- Holm Oak Route.

- Alone.
- Start point: information booth at the boundaries of the National Park (Los Navalucillos)
- Duration: 1 hour (return trip)
- Length: 2 km (return trip)
- Height difference: 75 m.
- No difficulties.

The route begins at the same starting point as the Chorro route. Although at the beginning of the route you have to overcome a slope, it is a short route with low difficulty. After the National Park boundary, a few metres to the right you take the forest road through the Arañosa valley, where begins the route between cistus interspersed with oaks, the most representative species of the Mediterranean forest. After few metres of the height difference in the landscape appear valleys making up the northern part of Cabañeros National Park, where the plants formations are distinguished between sunshine and shade. In the place where the journey ends there is an old farmhouse and in front of it you can see the Oaks. It is worth to shelter under its branches and see the hundreds of years of this tree grandeur.



- Gargantilla Routes:

For these routes, the guide-interpreter of the National Park waits for the visitors, at the time specified in the booking at the access gate of the Gargantilla public property, and from there you will continue approximately 5 minutes drive to reach the starting point of the route. The aforementioned gate is accessed by a unpaved road for about 3 km at kilometre 37 of the CM-4157 road (Navahermosa-Embalse del Cíjara).

Stand out that in this area there are no outlets of food or drink, or water sources, so it is very important pre-equipped with everything you need.

There can be done **three circular routes**: two routes of approximately 4 hours duration and a shorter one of 2 h 30 m. The beautiful landscape with plants very representative for Cabañeros with Mediterranean mountain, such as cork oak groves, holm oak groves, Pyrenean oak in very good condition and very nice panoramic views of the landscape of the park's hills.

▪ Ruta de Valhondo

- Guided.
- Duration : 4 hours (circular)
- Length: 6.5 km (circular)
- Height difference: 300 m.
- Difficulty: there is a very steep section, not recommended during periods and hours of extreme heat.
- Features: A part of the route passes through track and a part through path. There are very nice panoramic views, you cross the Mediterranean forests and walk down to the beautiful banks of Estena river and Valhondo stream, wich are seasonal so they don't have water in summer.

▪ Ruta del Valle del Alcornocal.

- Guided.
- Duration: 4 hours (circular)
- Length: 10 km (circular)
- Height difference: 150 m.
- No difficulties.
- Features: The route runs through a pleasant valley with Pyrenean oak and cork oak, and on the road, while enjoying panoramic views of the mountains, we found a pond where on its banks is easy to see various amphibians.



▪ Ruta del Robledal-Alcornocal.

- Guided.
- Duration: 2 h 30 min.
- Longitud: 5 km (circular)
- Height difference: 100 m.
- No difficulties.
- Features: is a short but very interesting variant of the Alcornocal Valley route, so both routes are similar.

- Plaza de los Moros Route:



- Alone.
- Start point: car park in the outskirts of Horcajo de los Montes village.
- Duration: 1 h 30 min (or 3 h30 min if you start from the village).
- Length: 3,5 km (circular)
- Height difference: 150 m.
- No difficulties, although appropriate boots are recommended, as there is a rocky section

To get to the start point you must follow the main road from Horcajo de los Montes to Alcoba and after 1km going left by the side of a football field, following a path until the car park.

On the journey you can enjoy the shade of a typical Mediterranean forest and beautiful panoramic views from top of the ridge and the peak called "Plaza de los Moros", which can be reached without doing much of height difference. The first part of the route runs along a track that goes deeper into the forest in the mountains, and then most of the route is a pleasant and leafy path between plants as holm oaks, cork oaks, gall oaks, strawberry trees, honeysuckle, heather, phyllirea and rosemary. The highest point of the route is the peak "Umbria" (812 m high), commonly known as "Plaza de los Moros", where you can see excellent views of the Montes de Toledo, and if you are lucky you can enjoy the flight of raptors such as eagles. Piles of stones present in top of the peak are the remains of an ancient town from the Bronze Age.

- Ruta Sierra de Castellar de los Bueyes.



- Alone (by foot or by mountain bike).
- Start point: car park outside Horcajo de los Montes village.
- Duration: 2 h 15 min return trip (or 4 h 30 min if you start from the village and make it circular).
- Length: 5 km. (return trip)
- Height difference: 85 m.
- No difficulties.

As on the previous route, with which it shares 1 km of track, you reach the start of the route after taking a road to the left after traveling 1 km along the road from the Horcajo de los Montes village towards Alcoba. With a smooth path, you can enjoy the shade of a typical Mediterranean forest. It runs through a track on the slope of Sierra de Castellar de los Bueyes. At the beginning you see cistus and heathers, and then you go deeper into a forest with cork oak, holm oak and gall oak, with a dense undergrowth of strawberry tree, honeysuckle, terebinth, phyllirea and heather, and some stony areas on the left of the track. On the left, the landscape that appears throughout most of the route is planted with olive trees on the grounds of Arroyo del Rubial valley, pasture areas where you see the sheep, and panoramic views of some areas of Montes de Toledo. The track finishes at an asphalt road outside the Park boundaries, we can retrace our steps to return to the start point or circulate it if we go towards Horcajo de los Montes village.

- *Colada de Navalrincon Route*

- Alone (walking or on a mountainbike).
- Start point: Torre de Abrahamor Casa Palillos Visitor Centres.
- Duration (one way): 3 h.
- Length (one way): 9,5 km.
- Height difference: 50 m.
- No difficulties, although in winter there are some sections that use to be muddy in winter



The route connects Casa Palillos and Torre of Abraham Visitor Centres, so it can start in either of these two points, but if you do not want to make it whole is recommended to start at Torre. The route is practically flat, runs along a cattle track (partially within the park and partially outside) and here you can see the characteristic landscape of Montes de Toledo. It runs near the Bullaque river banks and in the area outside the Park boundaries, near farmland. During the tour, especially in the early morning and late afternoon, can be seen wildlife representing the National Park such as deer, wild boar, black vulture, etc.

- *Nature-river trail around the Torre de Abraham Visitor Centre*



- Free.
- Duration: 45 min (circular)
- Length: 0,9 km (circular)
- No height difference.
- No difficulties.
- Accessible for persons with reduced mobility

It is a nice route on high walkways inside riparian forest along Bullaque the river bed, surrounded by lush plants and riparian plants typical for Mediterranean forests. Here you can see specimens of willow, ash tree, honeysuckle, gall oak, etc., and enjoy the singing of birds such as nightingale or wagtail. There are panels explaining the observed plants, and is accessible for the disabled.

- *Ethnographic trail around the Casa Palillos Visitor Centre*

- Alone
- Duration: 30 min (circular)
- Length: 0,8 km (circular)
- No height difference.
- No difficulties.
- Accessible for persons with reduced mobility.

It runs along the grasslands, *La Raña*, and has several stops with interpretive signage elements related to the traditional uses that have been carried out in Cabañeros National Park and its surroundings: a basin for livestock, a waterwheel for agriculture, a bee hive, a coal furnace, a threshing floor, the huts typical for the area, etc. There are interpretive panels, and is accessible for persons with reduced mobility.



- Botanic trail around the Casa Palillos Visitor Centre

- Alone
- Duration: 30 min (circular)
- Length: 0,6 km (circular)
- No height difference.
- No difficulties.
- Accessible for persons with reduced mobility

Trail over wooden walkways where you can see a representative sample of trees and shrubs in Cabañeros National Park, both the most abundant and the most rare or unique. There are panels explaining the observed flora.



4x4 routes

This routes allow a more general visit and to explore a wider area. They include also short walks and several stops to observe fauna and enjoy landscapes. You can do the tour early in the morning or at late afternoon, when it is easier to see fauna activities, or you can choose a shorter tour, at midday. The 3 guided 4x4 routes in the National Park, detailed below, are organized by Visitacabaneros (www.visitacabaneros.es) and it is possible to make a reservation by phone, in the number 926 775 384, writing them an email (info3@visitacabaneros.es) or in the webpage <http://www.visitacabaneros.es/visitaquiada.php?&PHPSESSID=f96qkdjop0j98vsfe4hs3dhbe7>

- 4x4 Route in La Raña de Cabañeros



- Guided.
- Start point: Alcoba (museum) or Casa Palillos Visitor Centre.
- Duration: 3 h.
- Length: 27 km.

The route runs primarily by La Raña (grasslands and scrublands), great plains dotted with oaks, cork and oak, where the open landscape facilitates the observation of wildlife, deer being the protagonists most of the year, but is also relatively easy to see other species, representative animals of the park, as the black vulture.

The route also goes across a section of the mountains that surround La Raña, where you can enjoy Mediterranean forests in very good conservation condition, with their associated flora and fauna. The itinerary shows also ethnographical heritage, such as huts and a mill.

- 4x4 Route in the Mediterranean Forests.

- Guided.
- Start point: Horcajo de los Montes (museum) or Retuerta del Bullaque (museum).
- Duration: 3 h.
- Length: 27 km..

The route runs primarily through areas of Mediterranean forest in very good conservation condition, with their associated flora and fauna, and also covers a stretch of awesome plains Cabaneros La Raña. It is possible to observe varied landscapes with predominance of oaks, and corks, and the most abundant shrubs are heather and rockroses, accompanied by aromatic plants such as lavender, rosemary and thyme. You can enjoy the beautiful oak forest *El Estrecho*, area covered by old oaks, where the thicket has disappeared by the action of deer, roe deer and wild boar, whose during the summer sit here as they are well provided by food, water and pleasant temperature. We can distinguish the differences between fresh shaded slopes and sunny ones, with streams and wetlands. It is also visited La Raña de Cabaneros dominated by herbaceous plants, paradise of deer and various types of birds

- 4x4 shorter route in La Raña.



- Guided.
- Start point: Casa Palillos Visitor Centre.
- Duration: 1 h. 30 min.
- Length: 15-20 km

This is a shorter version of 4x4 routes in La Raña, starting at midday. Perfect if you travel with children or you just can't arrive early to the start point.

LOCAL TOURISM BUSINESSES PARTNERS OF THE NATIONAL PARK

In the villages around Cabañeros National Park, there are a varied range of accommodation, restaurants and ecotourism and adventure companies, whose contacts can be found in the Tourism Site of Castilla-La Mancha (<http://www.turismocastillalamanca.es/>) and in other private websites such as Cabañeros Turismo (<http://www.cabanerosturismo.com/>) and Visita Cabañeros (<http://www.visitacabaneros.es/>).

You can find listed below the local tourism businesses awarded with the European Charter for Sustainable Tourism in Cabañeros National Park, which have acquired a voluntary commitment with the park, meeting certain requirements and continuously working on improving environmental sustainability of their businesses.

ACCOMODATION

Casa Rural Abuela María

C/Ronda de la Vega, 20
13115 Santa Quiteria
Tfno: 666202139 - 622262000
www.abuelamaria.es
Email:info@abuelamaria.es

Casa Rural y Restaurante Boquerón de Estena

Camino del Río, Km 1,5
13194 Navas de Estena
Tfno: 609416745 – 689125108
www.boquerondestena.com
Email: boquerondestena@boquerondestena.com

Casa Rural El Olivar del Puerto

CalleReal, 59 - 13110 Horcajo de los Montes
Tfno: 926232999 – 607526555
www.elolivardelpuerto.com
Email:casarural@elolivardelpuerto.com

Casa Rural El Refugio de Cristal

Camino de Valdelechar, 54
45159 Hontanar
Tfno: 618448544
www.elrefugiodecristal.com
Email:elrefugiodecristal@yahoo.es

Casa Rural El Tío Dionisio

C/Real, 32 - 13110 Horcajo de los Montes
Tlfno: 926775045 - 639066034
www.tiodionisio.com
Email:info@tiodionisio.com

Casa Rural La Guarida

C/Toledana, s/n
13194 Pueblonuevo del Bullaque
Tfno: 654523949
www.casaruralla guarida.es
Email:info@casaruralla guarida.es

Camping El Mirador de Cabañeros

Cañada Real s/n
13110 Horcajo de los Montes
Tfno: 926775439 – 659986460
www.campingcabaneros.com
Email:info@campingcabaneros.com

Ecolodge de Cabañeros

Ctra. CM-403, Km. 42,600
13194 Retuerta del Bullaque
Tfno: 609944126
www.ecolodge.es
Email: Reservas@ecolodge.es

ECOTOURISM ACTIVITIES

Centro de Turismo Activo “Aventuras Cabañeros”

Carreterín Las Islas s/n – 13114 El Robledo
Tlfno: 650763792 – 699089353
www.aventurascabaneros.com
Email:aventurascabaneros@gmail.com

Coserfo S.C.L

C/ La Serna nº 6 - 13196 Picón
Tfno: 660591018
www.coserfo.com
Email:cabaneros@coserfo.com

Ecodestinos

Tlfno: 926775384-606401278
www.ecodestinos.es
Email:info@ecodestinos.es

TIPS AND RECOMMENDATIONS FOR THE VISIT:

Some of the activities available in the Cabañeros National Park are hiking, walking tours or on 4x4, wildlife watching, information centres visits, etc. It is important to keep in mind the following **recommendations**:

- Keep a respectful and responsible attitude, actively engaged in the preservation of this natural heritage of everybody.
- Your safety is our concern but your responsibility. Use caution, and especially if you make a route on your own, be sure to carry some means of communication to summon help in case of accident, like a cell phone (remember that 112 is the number of emergencies).
- Before the visit, contact Park centres or information points, which will provide information and advise on possible activities to perform.
- Take the guided tours offered in the Park, which will meet with a guide-interpreter the main values of this protected area.
- Try to visit the two main landscapes of the Park (the scrubland and the mountains) and combine the two types of visits (in 4x4 and walking).
- For conservation reasons, drive only in the marked roads.
- Fulfill the guidelines established by the direction of the Park and follow the instructions of the forest rangers, security guards and guides.
- Wear appropriate shoes and clothing for each season, the summer weather is dry and with high temperatures and winter is cold and damp.
- Try to drink plenty of fluids, especially in the summer, and do not forget things like sunglasses, hat and sunscreen.
- Bring binoculars to better see the wildlife, the landscape and plants.
- The first and last hours of daylight are the best for wildlife watching.
- We recommend visiting the Park in different seasons, since in each season the country offers diverse landscapes and sensations.
- To know the park by bike, there are two specific routes: Castellar de los Bueyes in Horcajo de los Montes, and Colada del Navalrincón, that links the visitors centres Casa Palillos and Torre de Abraham. For nature conservation and respect to other visitors, it is not allowed to ride bicycle in the rest of the routes.
- Apart from visiting the Park, in its environment there are also routes and attractions worth visiting, this is why you should check it with the various information points.

VISITS RULES AND REGULATIONS:

In order to make the National Park's visit consistent with the conservation of its natural values within its limits is necessary to obey certain norms. Specifically, **it is not allowed:**

- ∅ Light any type of fire, bonfire or similar (at the time of high fire risk, from 1 June to 30 September, smoking is not allowed either).
- ∅ Throw or deposit any garbage or solid or liquid waste out of places prepared for this purpose (it is important to note that cigarette butts are also waste)
- ∅ Camp or overnight.
- ∅ Leave the marked trails.
- ∅ Disturb, injure, capture or kill wild animals.
- ∅ Pull up, cut or damage the plants.
- ∅ Do anything that destroys, damages or disturbs the natural elements unique to the area. It is not allowed bathing in rivers
- ∅ Collect, destroy or change things of archaeological, historical or geological interest.
- ∅ Put up banners or advertisements.
- ∅ Use PA system, make noise or loudspeakers that can alter the natural tranquility of the place.
- ∅ Enter the Park with animals or plants of the species not native to the area.

