



CABAÑEROS NATIONAL PARK **GENERAL INFORMATION**

Last update: April 2024

This document contains general information about Cabañeros National Park. We recommend you to visit the Spanish National Parks Network website for additional information: <https://www.miteco.gob.es/es/red-parques-nacionales/nuestros-parques/cabaneros/>

This document is divided in the following **sections**:

- National Park fact sheet.
- Natural values.
- History and cultural values.
- Sustainable tourism in Cabañeros.
- The visit in the National Park:
 - Entrances.
 - Visitor services and facilities.
 - Routes (walking and by 4x4).
 - Local tourism businesses partners of the National Park.
 - Visit recommendations.
 - Regulations.



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.

COORDINATES: Length 4° 29'14", Latitude 39° 23' 47" (National Park central point)

LEGAL INSTRUMENTS:

- Law 33/1995, of November 20th, establishing Cabañeros National Park.
- Resolution of 15th November 2005, extending the boundaries of Cabañeros National Parks by incorporation of land adjacent to it.
- Decree 69/2021, of June 1st, approving the Master Plan for the Use and Management of Cabañeros National Park.
- Law 30/2014, dated December 3th, on the National Parks Network.
- Royal Decree 389/2016, of October 22nd, approving the Master Plan for the National Parks Network.
- Law 42/2007 of December 13th, Natural Heritage and Biodiversity.

OTHER RECOGNITIONS:

- Natura 2000 (European policy):
 - Special Area of Conservation (SAC) Montes de Toledo.
 - Special Protection Area (SPA) Montes de Toledo.
- Protected Natural Areas of Castilla-La Mancha:
 - Critical Area of three species (spanish imperial eagle, black stork, black vulture).
- Geosites: "Cámbrico y Ordovícico del Parque Nacional de Cabañeros" and "Valle de Navas de Estena".
- River nature reserve: Estena, Estenilla and Estomiza rivers.
- Heritage of Cultural Interest: Abraham Tower.
- European Charter for Sustainable Tourism (ECST) since 2009

NATURAL VALUES: within the 16 of the 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 Spanish 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.

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, both tributaries of the Guadiana river and covers the clumps of El Chorito and Rocigalgo.

It is part of the 16 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, and so on both are part of the protected natural areas network of this region. Specifically, 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 **raña**: 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 million 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 1449 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 ecosystems 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, it may be noted that the most characteristic **plant formations** of the Park are the followings (although the best represented tree stands are **mixed formations**):

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 tree strawberry, the phillyrea, 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 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. 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, are present 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, appears rush meadows. In peat or trampal, half flooded specific and fragile areas, very unique flora develops, 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 yew, holly and birch, restricting its distribution in this zone to areas with higher humidity.



As for the **fauna**, in the lower grasslands or **raña** the birds present in summer are mainly insectivorous, consuming mainly orthoptera, as is the case of white stork, roller, common kestrel, etc. 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. 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 black-winged kite, 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 four nesting couples in the National Park, shorttoed snake eagle, booted eagle, Eurasian sparrowhawk and black stork also endangered.

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, but in low numbers. Cabañeros is a key connection for the expansion and recolonization of the territories in which it historically lived iberian lynx and for this reason, in 2023, the National Park was declared as a *Stepping stone*.



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.

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 regional 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, cork extraction is only practiced on private estates in de National Park, but not beekeeping, which is also carried out also on public ones. 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 (including Santa Quiteria) Hontanar, Horcajo de los Montes, Los Navalucillos (including Robledo del Buey, Los Alares and Valdeazores), Navas de Estena and Retuerta del Bullaque (including Pueblonuevo del Bullaque and El Molinillo).

SUSTAINABLE TOURISM IN CABAÑEROS NATIONAL PARK

Tourism is sustainable when it is economically viable, socially acceptable and environmentally compatible.

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 (ECST)**, granted by EUROPARC Federation to protected natural areas that demonstrate their practical commitment to sustainable tourism by working in cooperation with other entities (local, regional and central administration, associations, conservation NGOs, tourism companies, etc.), developing and executing a strategy and an action plan adapted to the particularities of the territory, with the aim of improving the environmental, social and economic viability of tourism.

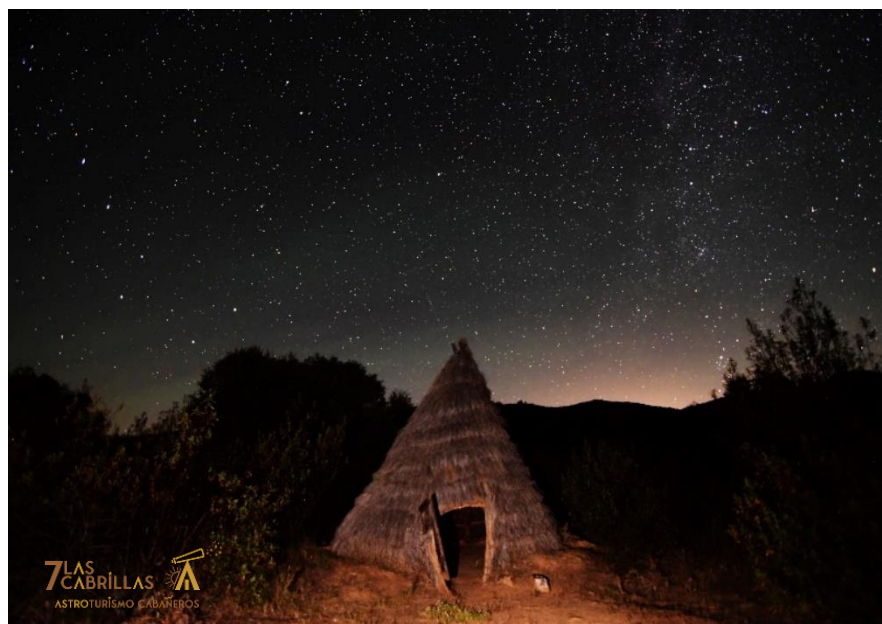


Tourism businesses and tour operators within a protected area already awarded the Charter and working in close cooperation can sign a partnership agreement with the protected area. To get the recognition, companies must comply with certain sustainability criteria and implement measures of best practice 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 there are 14 partner businesses and a tour operator, with the Charter certification label shown below. The directory of ECST accredited companies in Cabañeros is available forward, in the section *Local tourism businesses partners of the National Park*.



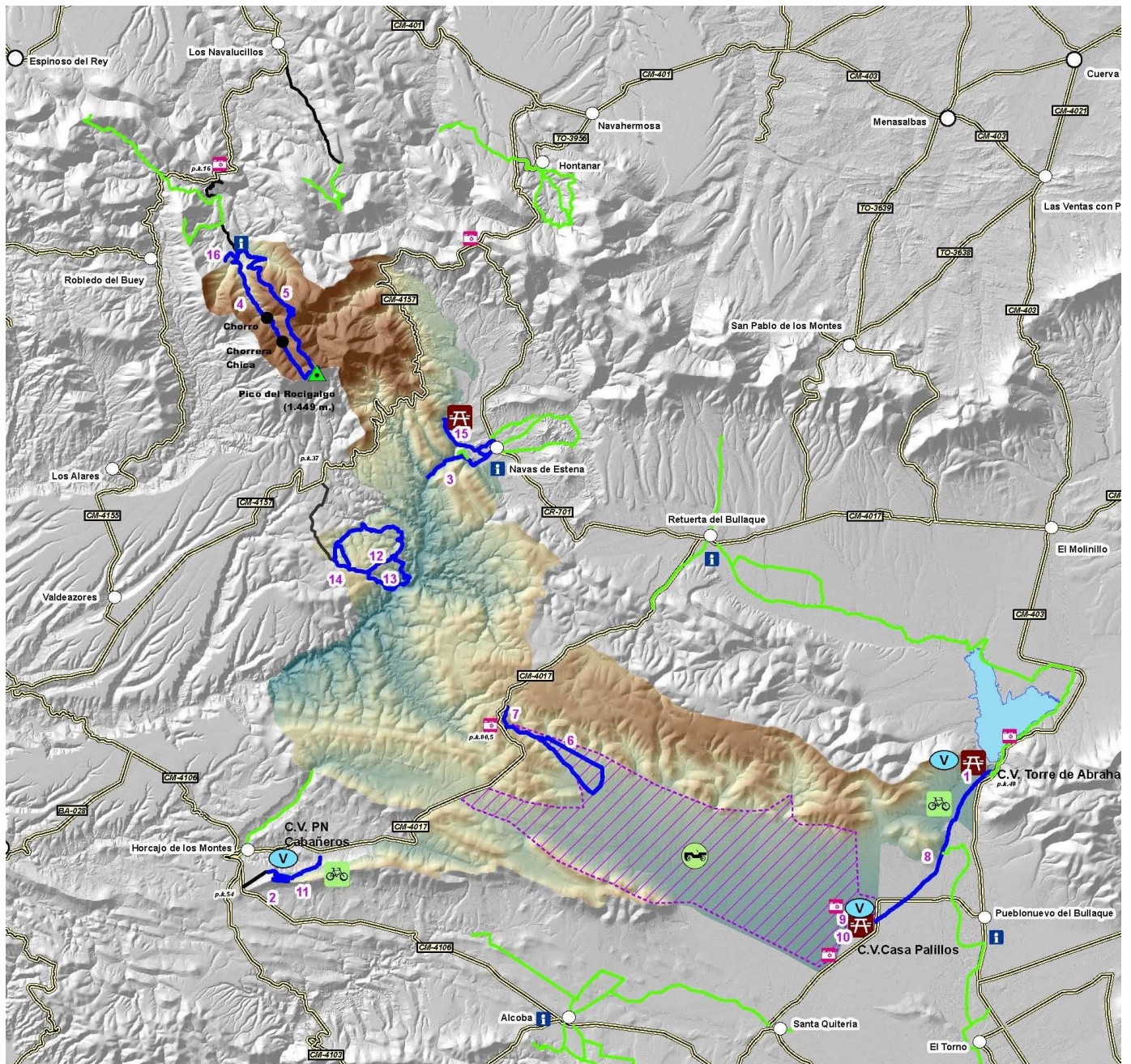
For further information about Charter awarded protected areas you can check the official EUROPARC Federation website: <http://www.europarc.org/>

STARLIGHT DESTINATION



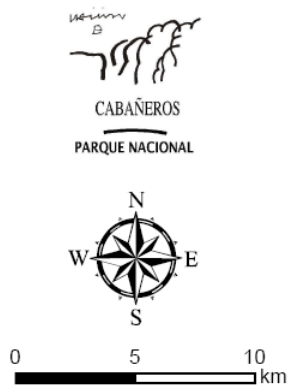
In 2023, Cabañeros National Park and the surrounding municipalities obtained certification as a Starlight tourist destination due to the quality of its night sky. This recognition is granted to visitable places that have excellent qualities for contemplating the starry skies and that, being protected from light pollution, are especially suitable for developing tourist activities based on this natural resource.

THE VISIT IN CABAÑEROS NATIONAL PARK



Legenda

- Municipios y pedanías
- Rutas del Parque
- Rutas externas
- ▨ Zona de rutas en 4x4
- Ⓥ Centro de visitantes
- Ⓜ Área recreativa
- 🚲 Ruta apta para bicicletas
- ⓘ Punto informativo
- 📷 Mirador
- 🌳 Rutas en 4x4
- Carreteras
- Pistas de acceso



Itinerarios de senderismo dentro del Parque Nacional:

1. Senda de la Torre de Abraham.* 📖
2. Ruta de Plaza de los Moros.*
3. Ruta del Boquerón del Estena.*
4. Ruta del Chorro, Chorrera Chica y del Rocigalgo.*
5. Ruta del Macizo del Rocigalgo.*
6. Ruta de la Viñuela.*
7. Ruta de la Cañada Real.*
8. Ruta de la Colada de Navalrincón.
9. Senda botánica de Palillos. 📖
10. Senda etnográfica de Palillos. 📖
11. Ruta de Sierra de Castellar de los Bueyes.
12. Ruta del Valle del Alcomocal.
13. Ruta de Valhondo.
14. Ruta del Robledal - Alcomocal
15. Ruta del Camino del Área recreativa del Acebo y las Fuentes. 📖
16. Ruta de la Encina.

Las rutas señalados con * disponen de folleto autoguiado.

Visitas en 4x4 al Parque Nacional:

1. A la Raña.
2. Al Monte Mediterráneo.

INFORMACIÓN Y RESERVAS
 ITINERARIOS SENDERISMO:
www.reservasparquesnacionales.es
 Teléfono: 926 783 297
 Correo: usopublicocabaneros@oapn.es

INFORMACIÓN Y RESERVAS
 VISITAS 4X4:
www.visitacabaneros.es
 Teléfono: 926 775 384
 Correo: info@visitacabaneros.es

ENTRANCES:

By car: depending on what route you would like to visit, you should choose one way or another. From Ciudad Real the access is by the road CM-403, from Toledo it is road CM-4013 or CM-401 and from Talavera de la Reina it is 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, goes through Pyrenean oaks, cork oaks, ash tree forests and some enclaves with birch, holly and yew. Currently it is advisable not to travel on this road between Risco de las Paradas and Valdeazores due to its poor condition.

There is no public transport to Cabañeros National Park. There are bus services to the surrounding towns:

- From Ciudad Real to Alcoba and Horcajo de los Montes. Company AISA.
- From Ciudad Real to Pueblonuevo del Bullaque, Retuerta del Bullaque and Navas de Estena. Company Bogasbus.
- From Madrid and Toledo to Pueblonuevo del Bullaque. Company SAMAR.
- From Madrid and Toledo to Los Navalucillos. Also from Talavera de la Reina. Company SAMAR.

VISITORS SERVICES AND FACILITIES:

Cabañeros National Park has visitor centers, museums and information points, 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 the National Park call center for visitors and guided tours booking.

Please, contact before visiting the park in order to get information of opening hours of the visitor centers and information points and for booking a guided walking tour.

Address	Road Abenójar-Torrijos, s/n 13194 Pueblo Nuevo del Bullaque (Ciudad Real)
Contact	Tel. 926783297 – Fax: 926783484 Email: usopublicocabaneros@oapn.es
Opening hours	June – September: 9 to 19 h. October – May: 9 to 18 h. monday to thursday 9 to 15 h. friday

Visitor centers

Information Point
Begenning of the route El Chorro

Information Point
Navas de Estena

Fauna Museum - Zoorama
Retuerta del Bullaque

Torre de Abraham Visitor Center
Road CM-403 Pueblonuevo del Bullaque – El Molinillo

National Park Visitor Center
Road CM-4017, Horcajo de los Montes

Ethnographic Museum
Alcoba de los Montes

Casa Palillos Visitor Center
Road Pueblonuevo del Bullaque – Sta Quiteria

Administrative Center
Pueblonuevo del Bullaque

- Parque Nacional de Cabañeros Visitor Center

Road CM-4017, 1 Km from Horcajo de los Montes (Ciudad Real)

Opening hours: Variable, depending on the time of the year.

Is the main and biggest visitor centre, with different exhibitions to know the treasures of this 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, library, picnic area, parking, etc.



- Casa Palillos Visitor Center

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

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



In this Visitor Centre you can enjoy a full presentation on the natural and cultural values of the National Park, including several videos about Cabañeros and, during spring season, you can follow our webcams showing lesser kestrel and an owl broadcast live.

It also 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 and many other animals.

- Torre de Abraham Visitor Centre and Recreation Area

Road CM-403 (next to Torre de Abraham dam)

Opening hours: Variable, depending on the time of the year.

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 botanic trail on footbridges around the Bullaque river side, accessible to disabled persons.



Museums and information points

- Zoorama – Fauna museum

Road of Navas de Estena, 5 (main street) - Retuerta del Bullaque (Ciudad Real)

Opening hours: Variable, depending on the time of the year.

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

Road of Horcajo (main street) - Alcoba de Los Montes (Ciudad Real)

Opening hours: Variable, depending on the time of the year.

Exhibition of tools related with traditional use in the area. Among other things, it has 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

Avenue Montes de Toledo 24 (main street) - Navas de Estena (Ciudad Real)

Opening hours: Variable, depending on the time of the year.

It has a small exhibition about the banditry in the area and also shows the natural values of the area.

- Information Point in Los Navalucillos

5 km far from km point 16 of the road CM-4155 (Toledo)

Opening hours: Variable, depending on the time of the year.

Small wooden information booth located right at the beginning of this routes: Chorro, Chorrera Chica, Rocigalgo and Encina. Apart from obtaining information, it is advisable to register your visit for proper control and a safe 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, next to Torre de Abraham dam

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 (road detour 100m from information point)

It has a car park and picnic tables. There is a footbridge accessible for the people with reduced mobility, running near the Estena riverside.

ROUTES WITHIN CABAÑEROS NATIONAL PARK:

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>

There are **16 walking trails** inside the National Park, of varying difficulty and length. Two of them can also be done by mountain bike. Four of the routes are accessible to people with reduced mobility.

- Boquerón del Estena trail



- **Alone or guided.**
- **Start point:** Navas de Estena village or route car park near the village.
- **Duration** (round trip): 3 h 30 min from the village, 2h 30 min from the parking.
- **Length** (round trip): 10 km from the village, 6,5 km from the parking.
- **Height difference:** 20 m.
- **Difficulty Level:** Low.

The route can begin in the village, where there is a tourist information point, or at the very Park area edge outside the town, by an unpaved road for about 1 km to reach the existing small parking.

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.



Self-guided brochure
(spanish) - Boquerón
del Estena trail

- *Tabla del Acebo y las Fuentes trail*

- **Alone.**
- **Start point:** Navas de Estena village or route car park near the village.
- **Duration** (round trip): 3 h from the village, 1h 15 min from the parking.
- **Length** (round trip): 7 km from the village, 3 km from the parking.
- **Height difference:** 10 m.
- **Difficulty Level:** Low



The road, which runs making a flat route along the banks of Estena river, begins in the recreation area parking, 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, accessible for people with disabilities, 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, gall 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, adapted to the poor in nitrogen soils.



- *Chorro, Chorrera Chica and Rocigalgo trail*

- **Alone or guided.**
- **Start point:** information booth at the boundaries of Los Navalucillos.
- **Duration** (one way): 2h to El Chorro, 2 h 45 min until Chorrera Chica and 4 h until Rocigalgo peak.
- **Length** (one way): 4 km until Chorro; 5.5 km until Chorrera Chica; 9 km until Rocigalgo.
- **Height difference:** 200 m until Chorro, 300 m until Chorrera Chica and 700 m until Rocigalgo.
- **Difficulty Level:** Medium.

To arrive to the information booth, that marks 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 and the parking. It is recommended to state constancy of the visit in the booth for the proper development of the visit.

The route runs through the most mountainous and rugged area of the National Park and allows you to enjoy beautiful landscapes of typically mediterranean forest, mainly holm oak groves in the lower part and pyrenean oak in the higher ones. Being one of more humid areas of the National Park, there are some species typical for more northern locations like yew, holly or birch.



Self-guided brochure (spanish) - El Chorro de los Navalucillos trail

Another of the attractions of the route are “El Chorro” and “Chorrera Chica” waterfalls. If you get to Rocigalgo, the maximum peak of the Montes de Toledo, with 1449 m, you can enjoy wide views of the National Park.

- Macizo del Rocigalgo trail



- **Alone.**
- **Start point:** information booth at the boundaries of Los Navalucillos.
- **Duration** (round trip): 6 – 7 h.
- **Length** (round trip): 19 km (circular route linking El Chorro route).
- **Height difference:** 950 m.
- **Difficulty Level:** High (There are some mountainous stretches in which you have to be careful and not get off the trail).

The itinerary begins at the same starting point that the El Chorro trail and, although they follow different paths, they come together again at the peak Rocigalgo, being able to perform as a circular route.

This route runs through a conditioned forest track but with some demanding steep slopes. After passing the stream of Chorro, it begins the first leg, a long climb with a succession of curves. As you get higher, the oak forest gives way to oak grove colonizing the steep slopes of the Sierra Fría. Gradually the views are revealing the rugged peaks of the surrounding mountains and is common to see the flight of the vultures. Once at the top the route changes to the southern slope of the ridge and after passing the Collado Frio starts a real slide up and down for 4.8 km. Leaving aside a magnificent oak grove high, spectacular in autumn, begins the last slope that ends in the ridged summit Rocigalgo to 1449 m high. The views are splendid throughout most of route, on clear days even it is possible to see the Sierra de Gredos.



Self-guided brochure (spanish) - Macizo del Rocigalgo trail

- Encina path

- **Alone.**
- **Start point:** information booth at the boundaries of Los Navalucillos.
- **Duration** (round trip): 1 h.
- **Length** (round trip): 2 km.
- **Height difference:** 75 m.
- **Difficulty Level:** Low.



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. A few metres after the National Park boundary you take the forest road to the right, 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 Oak. It is worth to shelter under its branches and see the hundreds of years of this tree grandeur.

- *Gargantilla trails*

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

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**, with very representative mediterranean mountain vegetation such as cork oak groves, holm oak groves, pyrenean oak well preserved and very nice panoramic views of the landscape of the park's hills.

▪ **Valhondo trail**

- **Only guided. Prior booking required.**
- **Duration** (round trip): 4 h
- **Length** (round trip): 6.5 km.
- **Height difference:** 300 m.
- **Difficulty Level:** Medium-Low (there is a very steep section).

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.



▪ **Valle del Alcornocal trail**

- **Only guided. Prior booking required.**
- **Duration** (round trip): 4 h.
- **Length** (round trip): 10 km
- **Height difference:** 150 m.
- **Difficulty Level:** Low.

▪ **Robledal-Alcornocal trail**

- **Only guided. Prior booking required.**
- **Duration** (round trip): 2 h 30 min.
- **Longitud** (round trip): 5 km.
- **Height difference:** 100 m.
- **Difficulty Level:** Low.

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. The difference is that the second takes a detour to make it shorter.

- Plaza de los Moros trail

- **Alone.**
- **Start point:** parking in the outskirts of Horcajo de los Montes village to Alcoba.
- **Duration** (round trip): 1 h 30 min (or 3 h 30 min if you begin from the village).
- **Length** (round trip): 3,5 km.
- **Height difference:** 150 m.
- **Difficulty Level:** Medium - Low. (it is recommended to wear suitable footwear, as there is some stony section).



Self-guided
brochure (spanish)
- Plaza de los
Moros



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 parking.

On the journey you can enjoy the shade of a typical mediterranean forest and beautiful panoramic views which can be reached without much 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.

- Sierra de Castellar de los Bueyes trail



- **Alone. By foot or by mountain bike.**
- **Start point:** parking in the outskirts of Horcajo de los Montes village.
- **Duration** (round trip): 2 h 15 min (or 4h 30 min starting from de village in a circular route).
- **Length** (round trip): 5 km.
- **Height difference:** 85 m.
- **Difficulty Level:** Low.

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 Navalrincón trail

- **Alone. By foot or by mountain bike.**
- **Start point:** Casa Palillos or Torre de Abraham visitor centers.
- **Duration** (one way): 3 h.
- **Length** (one way): 9,5 km.
- **Height difference:** 50 m.
- **Difficulty Level:** Low.



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.

- Torre de Abraham river trail



- **Alone.**
- **Duration** (round trip): 45 min.
- **Length** (round trip): 0,9 km.
- **Difficulty Level:** Low.
- **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 persons with reduced mobility.



Self-guided
brochure (spanish)
- Torre de Abraham
river trail



- Ethnographic path in Casa Palillos visitor center

- **Alone.**
- **Duration:** 30 min. (round trip).
- **Length:** 0,8 km. (round trip).
- **No slopes.**
- **Difficulty Level:** Low.
- **Accessible for persons with reduced mobility.**

Part of the path runs along a wooden walkway and the other part a cobbled path. 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 Center

- **Alone.**
- **Duration:** 30 min. (round trip).
- **Length:** 0,6 km. (round trip).
- **No slopes.**
- **Difficulty Level:** Low.
- **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.

- Viñuela trail

- **Alone.**
- **Start point:** kilometer point 80'5 in the road CM-4017 that links Horcajo de los Montes and Retuerta del Bullaque.
- **Duration:** 3 – 3:30 h (round trip).
- **Length:** 13 km. (round trip).
- **Height difference:** 150 m.
- **Difficulty Level:** Low



Self-guided
brochure (spanish)
- La Viñuela trail

From the starting point you can also start the path of Cañada Real Segoviana. From the parking there is a track down the stream valley of La Viñuela at the foot of the Sierra del Chorito. As you lose altitude, the route goes into the shade of the valley where you can see dense vegetation, indicating that we have a well preserved forest. After 3 km, it arises left a path down and gets in a stand of sturdy oaks, some centenarians. The short steep slope that follows, finished just below



the firewall that runs along the sunny side of the mountains, where the views over the *raña* of Cabañeros are open. The route follows the firewall with rocky sections, after about 2.5 km veers to the right and crosses a treeless terrain covered with thickets. After a crossroads it is reached one of the most beautiful stretches of the route crossing a beautiful oak forest. It ends at the intersection of La Hornera, where the right path back to the starting point.

- *Cañada Real Segoviana-Los Alcornoques trail*

- **Alone.**
- **Start point:** kilometer point 80'5 in the road CM-4017 that links Horcajo de los Montes and Retuerta del Bullaque.
- **Duration:** 1 h and 15 min (round trip).
- **Length:** 4,6 km. (round trip).
- **Height difference:** 150 m.
- **Difficulty Level:** Medium.



Self-guided brochure (spanish) - Cañada Real Segoviana-Los Alcornoques trail



From the same starting point you can also take La Viñuela Route. From the parking lot, the route climbs to Puerto del Espinazo del Can along a path that opens way through thickets. In the top connects to the Cañada Real Segoviana, entering the Montes de Toledo by the Puerto Marchés and goes down the slopes of the Sierra del Chorito in search of the most favorable orography. In front there is a marked viewpoint that allows enjoy extensive views over the park. On the right, a path runs along the ridge where you can see

large oaks. Thanks to a cleared section you can see the 90 Castellan sticks (75 m), the regulatory width of the cattle route known as Cañadas Reales. The old cork oaks stand out which, from their broad tops, keep clear the layout of the now abandoned cattle route. Down next to the road is the Venta Nueva, a place where transhumant shepherds rested with their sheep. The route ends in a century-old oak "The Grandfather" from where to start back.

Other walking routes

In addition to the walking routes inside the National Park, there are numerous routes in the surrounding municipalities, an ideal complement to discover the territory. You can see a diagram of them on the park map, but we recommend that you request additional information from the municipalities themselves, which are the entities in charge of these routes and paths that run outside the limits of the Park.

4x4 vehicle routes

This routes allow a more general visit and to explore a wider area. In this type of itineraries, that includes also short walks and several stops to observe fauna and enjoy landscapes, there are usually three shifts of visits per day. The early tour in the morning or at late afternoon, are the ones that coincide with the hours of greatest activity of the fauna and, therefore, in which it is easier to observe the animals in the impressive and open plain of the raña. In the mountains that surround the raña you can enjoy mediterranean forests in a very good state of conservation, with its associated flora and fauna.

In the National Park there are **3 guided itineraries** of this type in the area of raña and mediterranean forest, organized by the concessionaire company "Visitacabañeros". The routes can be booked by phone at 926 775 384 or through the web www.visitacabaneros.es, in the Guided Views section.

- 4x4 Route in La Raña de Cabañeros



- **Guided.**
- **Start points:**
 - Casa Palillos Visitor Center.
 - Etnografic Museum in Alcoba (minimum 6 person).
- **Duración:** 3 hours.
- **Length:** 27 km by paths inside de Park.

The route runs primarily by the raña 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 the raña, where you can enjoy mediterranean forests in very good conservation condition, with their associated flora and fauna. The itinerary runs through areas such as Puntal del Rostro, the Raña del Peral, the Solana of the Macizo del Chorito, the restored mill of the Brezoso (turned into an interesting and didactic visitor center), the swamp of the Brezoso, the Alcornquera, etc.

- 4x4 Route in Cabañeros mediterranean forests.

- **Guided.**
- **Start points:**
 - Cabañeros NP Visitor Center (Horcajo de los Montes).
 - Zorrama Museum in Retuerta del Bullaque (minimum 6 people).
- **Duration:** 3 h.
- **Length:** 22 km by road and 30 km inside the National Park.

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 of Cabaneros

raña. It runs through areas such as Quejigar del Estrecho, Labradillo, Mancho del Portugués, Las Canalejas, Raña de Santiago and the Viñuela valley.

It is possible to observe varied landscapes with predominance, depending on climatic conditions, 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.



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

This route is a shorter variant of the 4x4 visit the raña of Cabañeros, and it mainly runs through this spectacular plain dotted with trees like holm oaks, where the open landscape makes it easy to observe fauna. Explore areas such as Anchurones, Raña del Peral, the restored Brezoso mill (turned into an interesting visitor center), etc. It ends at the same starting 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.turismocastillalamancha.es/>) and in other private websites such as Visitacabañeros (<http://www.visitacabaneros.es/>), HORTUR Cabañeros (www.cabaneroshortur.com).

You can find listed below the local tourism businesses awarded with the European Charter for Sustainable Tourism (ECST) 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

Ecohotel El Refugio de Cristal

Camino de Robledo, 54
45159 Hontanar

Tel.: 606 747 601

www.elrefugiodecristal.com

Email: refugiodecristal@gmail.com

Casa Rural Boquerón de Estena

Camino del Río, Km 1,5
13194 Navas de Estena

Tel.: 689125108 – 609416745

www.boquerondestena.com

Email: boquerondestena@boquerondestena.com

Casa Rural La Guarida

St/El Gallego, 4

13194 Pueblonuevo del Bullaque

Tel.: 654523949

www.casarurallaquarida.es

Email: info@casarurallaquarida.es

Casa Rural Don Jaime

St/Panaderos, 1 - 13194 Pueblo Nuevo del Bullaque

Tel.: 695014831

www.casaruraldonjaime.com

Email: info.casaruraldonjaime@gmail.com

Casa Rural Huerta Cabañeros / Casa Rural Huerta Cabañeros Las Islas

Road Horcajo, km 87 / Las Islas, 30 - 13114 El Robledo

Tel.: 661 454 757

www.huertacabaneros.com

Email: huertacabaneros@gmail.com

Casa Rural Hoz de La Pinilla / Casa Rural Río Cedena

Road to Navas de Estena, Km 1,200 / Road 401, Km 57, Urb. Río Cedena, Calle 13. Villa 262-45150 Toledo

Tel.: 638 406 017

www.hozdelapinilla.com

Email: hozdelapinilla@gmail.com

CAMPINGS

Camping El Mirador de Cabañeros

St/Cañada Real s/n

13110 Horcajo de los Montes

Tel.: 926775439

www.campingcabaneros.com

Email: info@campingcabaneros.com

ACTIVE TOURISM COMPANIES

Aventuras Cabañeros - Centro de Turismo Activo

St/Zarza, 9 - 13114 El Robledo

Tel.: 650763792

www.aventurascabaneros.com

Email: aventurascabaneros@gmail.com

Destinos Manchegos

Tel.: 926850371 - 606401278

www.ecodestinos.es

Email: info@ecodestinos.es

Las 7 Cabrillas Astro-Turismo

Tel.: 680637077

www.astroturismocabaneros.com

Email: las7cabrillas@gmail.com

Natureexplora

Tel.: 639 859 676

www.natureexplora.com

Email: natureexplora@gmail.com

AGRI-FOOD ACTIVITIES COMPANIES

Dehesa del Carrizal

Road Retuerta a Navas de Estena, km 5 - 13194

Retuerta del Bullaque

Tel.: 925 421 773

www.dehesadelcarrizal.com

Email: info@dehesadelcarrizal.com

Finca La Pontezuela – Centro de Interpretación del Olivar

Road of Villarejo de Montalbán, Km. 4 - 45140

Los Navalmorales

Tel.: 925 960 322 / 02

www.lapontezuela.com

Email: visitas@lapontezuela.com

Quesería artesana Cerrucos de Kanama

St/ Río Pusa, 2 - Carrera de los Caballos

- 45130 Los Navalucillos

Tel.: 628 226 214

www.cerrucosdekanama.es

Email: info@cerrucosdekanama.es

TRAVEL AGENCY

Travel agencies accredited with the ECST are committed to sustainable tourism development in the territories in which they operate, creating ecotourism experiences that integrate member companies and collaborating with managers of protected spaces.



Destinos Manchegos

Tel.: 926850371 - 606401278

www.destinosmanchegos.com

Email: info@destinosmanchegos.com

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 centers 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 devices of communication to ask for help in case of accident, like a cell phone (remember that 112 is the number of emergencies).
- Before the visit, contact Park centers 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 trails).
- For conservation reasons, stay in the marked trails.
- 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 summer, and do not forget things like sunglasses, hat and sunscreen.
- Bring binoculars with you for properly wildlife watching, so on 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 different views and sensations.
- 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 National Park, around of it there are also routes and attractions worth visiting, do not hesitate in asking for further information at the touristic infopoints.

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, 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 (on the routes, pets must be on a leash).
- ∅ Use motor vehicles, unless expressly authorized.

