



1.

Hiking

Hiking is the most popular sport in the Serranía de Ronda. This is because the region boasts of thousands of kilometres of signed routes, scarce population and different and beautiful landscapes, becoming one of the most attractive spots for those who love hiking in the solitude of nature.

This guide doesn't intend to fully delve into all different routes. However, there are a large number of specialised guides focused on hiking in the Serranía (see the most popular in the annex). Nevertheless, it is important to recognise the four different types of trails available:

Local trails or Senderos locales (SL) in Spanish. Generally, they are short routes of less than 10 kilometres with the start and end at a town. They are marked in white and green.

Short-distance trails or Senderos de pequeño recorrido (PR). They are linear walks which link towns within a distance of 10 to 50 kilometres. They are marked with yellow-and-white slashes.

Long-distance trails or Senderos de gran recorrido (GR). They are long routes, from 50 to thousands of kilometres. They are signposted in red and white.

Other trails. They are traditional paths of generally short distances which are not officially approved trails. They use their own trail marking.





Benalauría. Manuel García. PANGEA CENTRAL

It is important to consider some key factors before choosing a trail to hike:

Circular or linear trails. In circular trails the given distance is what you will end up walking. On the contrary, in linear trails, if you do not plan a transport link ahead to come back to the point of departure, you will have to walk back, doubling the kilometres of the route.

Distance. Number of kilometres from the start to the end of the route. Considering that an average person speed on flat ground is 5km per hour, you can roughly estimate the hiking time.

Slope. Number of metres, in an inclined surface, from the point of departure to the point of arrival. The slope could be either positive, if it is uphill, or negative, if it is downhill. A positive slope will require more energy and time to hike and it is important to bear in mind that, both in circular or linear trails, all the metres you have ascended you will need to descend.

Climate. The easiest hike may become challenging in poor weather conditions. Therefore, it is very important to check out the weather forecast and make sure you have the necessary equipment for the route you are planning. Furthermore, you will need to take extra precautions against sun exposure in summer and ensure you have enough water and food.

MIDE System. (Spanish scale which provides information about the trail). It is a useful system that describes the difficulty of the route and the technical skills and physical condition required. It is sometime found along with the information of the trail. ►



1. HIKING

REQUIRED EQUIPMENT

- Hiking boots
- Suitable clothes based on the season and the route
- Long trousers
- Warm clothing
- Hat or cap
- Map or a guide of the route
- Water
- Food
- Mobile phone with a spare battery
- Torch
- First-aid kit

TO FIND OUT MORE

Official website of *Federación Andaluza de Montañismo* (the Andalusian Hiking Association) where you could free download useful information about all the officially approved hiking trails.

<http://www.fedamon.com/index.php/home-6>



Link to the *Pasos Largos* website, the most important hiking association in this region with plenty of useful information about the trails and trips available in the Serranía de Ronda.

www.pasoslargos.com



Link to a blog of a local hiking group *Grupo Extremo*, where you could find valuable maps, detailed descriptions of the trails and other sports around the Serranía de Ronda.

<http://grupoextremo.blogspot.com.es>



Link to the official website of the *trail GR-249 Gran Senda de Málaga* with information about the different routes, distances, videos and more.

www.gransendademalaga.es



The company specialised in map-making Ronda Cartográfica offers a wide range of trail maps, available as free downloads, in Google Earth and Oruxmaps from the Serranía de Ronda and Sierra de Grazalema.

<http://rondacartografica.es/descargas.html>





BOOKS

- **Serranía de Ronda. Guía de Senderos.** CEDER Serranía de Ronda. Editorial La Serranía 2007.
- **Gran Senda de Málaga. Topoguía del GR-249.** Diputación de Málaga 2014.
- **Walking in the Ronda Mountains. 30 Half-day walks in Andalusia.** Tony Bishop, Eva Monika Bratek. Editorial La Serranía 2011.
- **Walking in Andalucía.** Guy Hunter-Watts. Santana Books 2009.

VIDEOS

Great selection of promo videos about the *Gran Senda de Málaga*, a circular trail along the province of Málaga.

http://www.gransendademalaga.es/4268/com1_bs-Gran%20senda/videos



Link to the video of the hiking trail *Sendero de las Eras*, an astonishing circular trail around the Riscos, the most spectacular limestone rock formation in the Serranía de Ronda.

<http://www.youtube.com/watch?v=05FMJlrPx-w>



SPECIALISED COMPANIES

www.pangeacentral.com
www.sierraventuraronda.es
www.aventuraronda.com
www.alandalusactiva.com
www.rondabout.com ▶





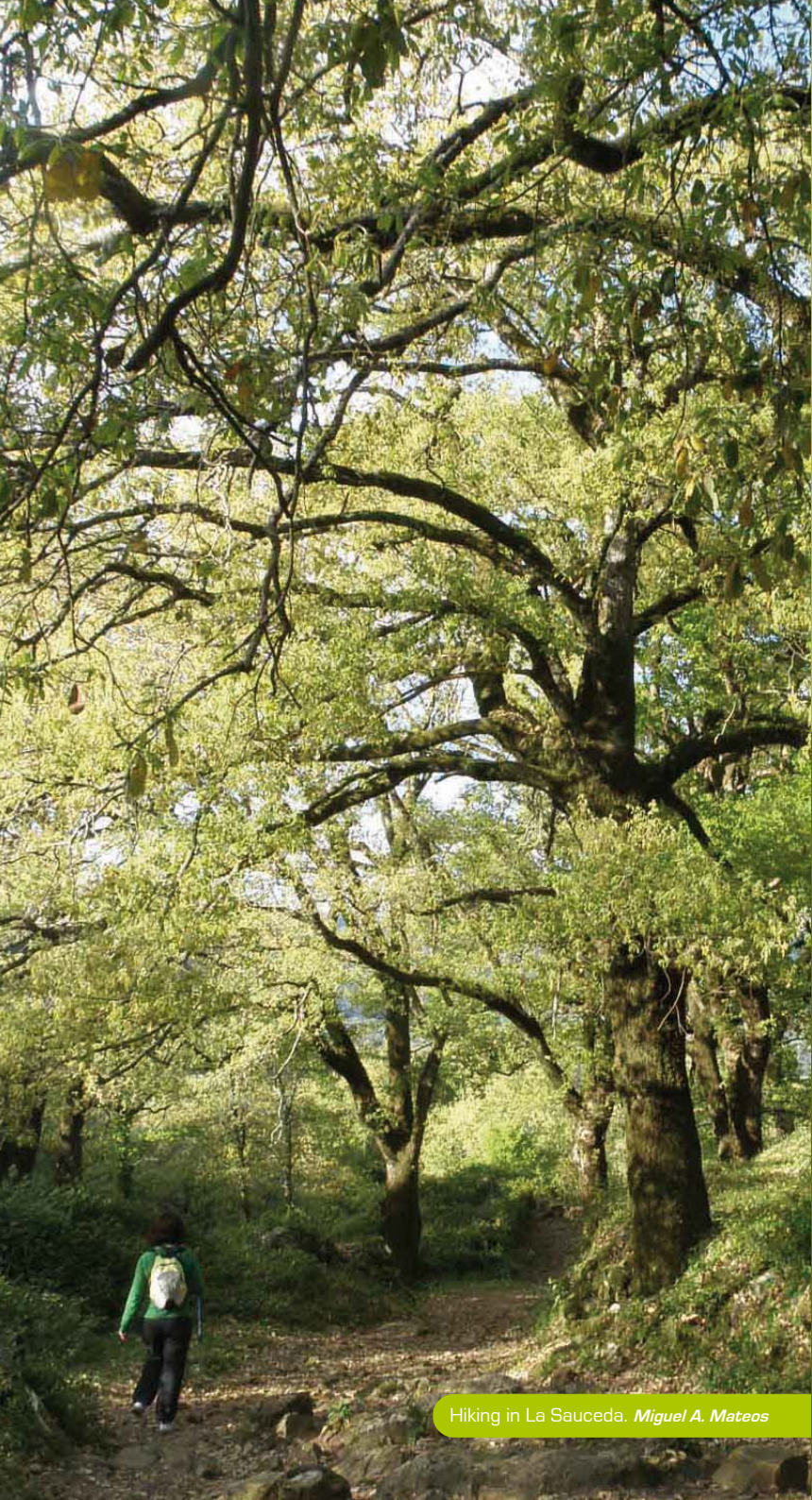
1. HIKING

ATTENTION

- ✓ Before the hike, especially in short and long distance trails (PR and GR), it is necessary to check out the itinerary and be aware of our hiking skills, resistance and orienteering knowledge.
- ✓ Take notice that it is very common to find the signposting in bad conditions or even missing. It is recommended not to rely only and exclusively on it.
- ✓ Please, obey all warning signs.
- ✓ Give yourself enough time to finish the route.
- ✓ Take all litter home and respect nature.
- ✓ In summertime, there is a high risk of fire. Do not set any fire.
- ✓ Livestock farming is a vital economic activity in the Serranía de Ronda. Therefore, you are asked to take due care to close gates and respect livestock. ■

Las Eras Trail. *Miguel A. Mateos*





Hiking in La Saucedá. *Miguel A. Mateos*



How to use the guide

David Barrera



The Serranía de Ronda is a great place for active tourism with a wealth of possibilities within your reach. This guide delves into fourteen of the main activities and each of them has a different icon and colour to make searching easier.

Each pursuit is divided into different sections to organise the wide range of information offered. These sections are:

- **DEFINITION.** It consists of a general description of the activity as well as the most interesting tourist attractions and resources available in the Serranía de Ronda to practise it. It is been considered convenient to include an information sheet ►

for some activities such as Iron Way, climbing, canyoning and the network of viewpoints with extra details. All the other pursuits have been considered as a whole.

- **REQUIRED EQUIPMENT.** It has been specified compulsory equipment for a personal protection and technical requirements to practise the activity. If you decided to rely on a specialised company, it will provide the necessary equipment.
- **TO FIND OUT MORE.** It is a section with a wide variety of essential bibliography about the activity in the Serranía de Ronda as well as with links to specialised web pages to find out more information.
- **VIDEOS.** It is a collection of links to check out institutional and private videos which will show you the different experiences you can live in the Serranía de Ronda before plunging into it.
- **SPECIALISED COMPANIES.** It is a full list of specialised companies focused in active tourism.
- **ATTENTION.** It is a summary of rules and advices which need to be taken. They could be general rules, like litter collection, or more specific advices, as checking on the weather forecast before practising canyoning. ■

Cherry Blossom. *Felipe Crespo*



