



Costa del Sol (Axarquía)



CONTENTS

Contents	3
The Author	7
Acknowledgements	7
Introduction	
Nerja, Almuñécar, Cómpeeta, Frigiliana and the White Villages of the Axarquía	8
<i>The Coast</i> : Torre del Mar, Torrox Costa, Nerja, Maro, Almuñécar	9
<i>The Mountains</i> : the Sierras de Tejada & Almijara	10
The White Villages	11
The Walks	12
Dirt Tracks & Other Transgressions	12
Timings	13
Hazards	14
When to go	14
Equipment	15
Facebook Page	15
Map & Symbols Information	
Location Maps	16
Symbols Rating Guide	18
Map Notes & Legend	19
Using GPS	20
'1 Walker' Itineraries	
1 Salares: Sendero Ruta del Monte	21
1 walker, 1 hour 10 mins, 4.5 kilometres, ascents & descents 170 metres, 3 refreshments (circular)	
2 Frigiliana: Nerja via Los Cahorros	24
1 walker, 1 hour 40 mins, 7 kilometres, ascents 35 metres, descents 260 metres, 4 refreshments (linear one-way)	
3 Frigiliana: El Acebuchal, the Lost Village	27
1 walker, 1 hour 50 mins, 7.85 kilometres, ascents & descents 160 metres, 5 refreshments (circular)	
4 Maro: Barranco de Coladilla	29
1 walker, 1½ hours, 6.75 kilometres, ascents & descents 180 metres, 2 refreshments (circular)	
5 Almuñécar: Camino de los Pescadores	31
1 walker, 1 hour 20 mins, 5.75 kilometres, ascents & descents 100 metres, vertigo risk, 5 refreshments (linear one-way)	

'2 Walker' Itineraries

- 6 Canillas de Aceituno: Cueva de la Fájara & Los Nacimientos, Río Bermuza** 34
2 walker, 1 hour 25 mins, 5 kilometres, ascents & descents 200 metres, 4 refreshments, 4 refreshments (circular)
- 7 Cómpeeta: Ruta de la Acequía** 36
2 walker, 1 hour 25 mins, 7 kilometres, ascents & descents 250 metres, 4 refreshments (circular)
- 8 Cómpeeta: El Acebuchal, The Lost Village** 39
2 walker, 4 hours 20 mins, 19.5 kilometres, ascents & descents 300 metres, 5 refreshments (linear out and back)
- 9 Three Villages: Cómpeeta, Canillas de Albaida, Árchez** 42
2 walker, 2½ hours, 9 kilometres, ascents & descents 250 metres, 5 refreshments (circular)
- 10 Frigiliana: Barranco del Agujero** 46
2 walker, 1 hour 40 mins, 5.8 kilometres, ascents & descents 285 metres, 3 refreshments (circular)
- 11 Frigiliana: Río Higuéron** 49
2 walker, 6 hours, 15 kilometres, ascents & descents 350 metres, 3 refreshments (linear out and back)
- 12 Maro: Torre de Maro** 52
2 walker, 1 hour 10 mins, 4.8 kilometres, ascents & descents 80 metres, 4 refreshments (circular)
- 13 Almuñécar (Carretera de la Cabra Montés): Río Verde via Finca de Cazulas** 54
2 walker, 2 hours, 7 kilometres, ascents & descents 190 metres, 0 refreshments (linear out and back)
- 14 Almuñécar (Carretera de la Cabra Montés): Cerro Lopera** 57
2 walker, 1 hour 20 mins, 5.5 kilometres, ascents & descents 200 metres, 3 refreshments (linear out and back)

'3 Walker' Itineraries

- 15 Sedella: Fuente La Pisaica del Niño de Dios** 59
3 walker, 2 hours 50 mins, 11.9 kilometres, ascents & descents 380 metres, 3 refreshments (linear out & back)
- 16 Salares: Sendero Puente Arabe** 61
3 walker, 2 hours, 7 kilometres, ascents & descents 350 metres, 3 refreshments (circular)
- 17 Canillas de Albaida: Fábrica de la Luz via Cerro Cueva del Agua** 63
3 walker, 2 hours 25 mins, 10 kilometres, ascents & descents 470 metres, 5 refreshments (pan-handle circular)

4 Costa del Sol (Axarquía)

- | | | |
|-----------|---|-----------|
| 18 | Canillas de Albaida: Camino al Río
3 walker, 1¾ hours, 8 kilometres, ascents & descents
400 metres, 5 refreshments (circular) | 66 |
| 19 | Two Villages: Sayalonga and Corumbuela
3 walker, 3 hours 5 mins, 14.5 kilometres, ascents & descents
500 metres, 4 refreshments (circular) | 69 |
| 20 | Torrox: La Rábita
3 walker, 2 hours 5 mins, 9 kilometres, ascents & descents
225 metres, 4 refreshments (pan-handle circular) | 72 |
| 21 | Acebuchal: Cerro Verde
3 walker, 2 hours 35 mins, 9 kilometres, ascents & descents
250 metres, vertigo risk, 5 refreshments (circular) | 74 |
| 22 | Frigiliana: Cerro Felix
3 walker, 2 hours 35 mins, 8.75 kilometres, ascents & descents
420 metres, 4 refreshments (circular) | 77 |
| 23 | Nerja: Río Chillar
3-4 walker, 6-7 hours, 15 kilometres, ascents & descents
150 metres, 0 refreshments (linear out and back) | 79 |
| 24 | Maro: Tajo Baena
3 walker, 1¾ hours, 7.5 kilometres, ascents & descents
485 metres, 0 refreshments (circular) | 82 |
| 25 | Maro: Cortijo Almachares
3 walker, 2¼ hours, 8.6 kilometres, ascents & descents
450 metres, 2 refreshments (linear out and back) | 85 |
| 26 | La Herradura: Cerro Caleta
3 walker, 1¾ hours, 6 kilometres, ascents & descents
350 metres, vertigo risk, 5 refreshments (circular) | 87 |

‘4 Walker’ Itineraries

- | | | |
|-----------|---|-----------|
| 27 | Canillas de Aceituna: Tour of Peñón Grande
4 walker, 3¼ hours, 13 kilometres, ascents & descents
850 metres, 3 refreshments (circular) | 89 |
| 28 | Canillas de Albaida: Cerro Verde
4 walker, 3¼ hours, 11.6 kilometres, ascents & descents
620 metres, 0 refreshments (pan-handle circular) | 92 |
| 29 | Canillas de Albaida: Valley of the Beekeeper’s Cave
4 walking, 3½ hours, 16 kilometres, ascents & descents
500 metres, 0 refreshments (circular) | 95 |
| 30 | Cómpeta: Sendero Casa de la Mina & Los Pradillos
4 walker, 4¼ hours, 17 kilometres, ascents & descents
450 metres, 3 refreshments (circular) | 98 |

31 Frigiliana: El Fuerte	101
4 walker, 2 hours 50 mins, 8.3 kilometres, ascents & descents 620 metres, 5 refreshments (linear out and back)	
32 Nerja: Cruz del Pinto	103
4 walker, 2 hours 5 mins, 9.2 kilometres, ascents & descents 350 metres, 4 refreshments (linear out and back/pan-handle circular)	
33 Almuñécar (Carretera de la Cabra Montés): The Waterfall of Petrified Wood	105
4 walker, 2 hours 35 mins, 9.2 kilometres, ascents & descents 400 metres, vertigo risk, 0 refreshments (circular)	
<i>'5 Walker' itineraries</i>	
34 Alcaucín: Torrecilla	108
5 walker, 3 hours 25 mins, 12.7 kilometres, ascents & descents 830 metres, 0 refreshments (linear out and back)	
35 Canillas de Aceituno: La Maroma	110
5 walker, 6 hours, 19.6 kilometres, ascents & descents 1321 metres, 2 refreshments (linear out and back)	
36 Canillas de Albaida: Lucero	113
From Fábrica de la Luz:	
5 walker, 5¼ hours, 19.6 kilometres, ascents & descents 1225 metres, vertigo risk, 0 refreshments (linear out and back)	
From Puerto Blanquillo:	
4 walker, 3¾ hours, 9.6 kilometres, ascents & descents 675 metres, vertigo risk, 0 refreshments (linear out and back)	
37 Frigiliana: The Limán Trail	117
5 walker, 3 hours 20 mins, 14 kilometres, ascents 655 metres descents 930 metres, 5 refreshments (linear one way)	
38 Maro: Alto de Cielo	121
5 walker, 4 hours 10 mins, 14.6 kilometres, ascents & descents 1170 metres, 0 refreshments (linear out and back)	
Appendices:	124
Appendix A Useful Information	124
Appendix B Alternative Approaches	125
Appendix C Publications	127
Appendix D Biking	129
We Welcome Your Feedback	130
Costa del Sol (Axarquía) Tour & Trail Map	131
Glossary	132
Reserching New Walking Routes - a guide	135
Place Names Index	137