

# THE WILDEST BIKEPACKING ROUTE IN EUROPE

V2 - 01/2025



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The authors have designed a tourist route to be carried out, preferably by bicycle through the provinces of Granada and Almería. The route has a medium level of difficulty. However, it may involve health risks for people who are not physically prepared or accustomed to this type of sport. We remind you that there are areas of the route where there may not be cell phone coverage or the possibility of immediate medical attention.

Some of the areas included in the route are considered protected environments, and therefore, behaviours such as unauthorized camping or spending the night, lighting, fires, abandoning waste, destroying nests or disturbing protected species may be fined and/or sanctioned.

It is the exclusive responsibility of each person who initiates the tour to (i) gather updated information about it; (ii) take safety measures and precautions to ensure their physical integrity and that of their partners, and (iii) comply with the environmental and administrative regulations established in the protected areas they are passing through.

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# BADLANDS

It all began in 2018, when the idea was born to **create a gravel route** that would link the Gorafe Desert, the Tabernas Desert and the Cabo de Gata-Níjar Natural Park, **landscapes that are unique in Europe.** 

When we tried to connect these areas, we discovered other areas of incredible beauty and diversity in the Sierras de Huétor, Filabres and Gádor. But the **best was yet to come.** 

In contrast to the harshness of Badlands, if there is one thing that makes this area unique, it is the hospitality of its people and the culture of its villages.

The influence of the **different civilisations** that have inhabited this region throughout its history, such as the Iberians, Celts, Romans, Visigoths and especially the Muslims, is part of its culture, traditions, gastronomy and architecture.

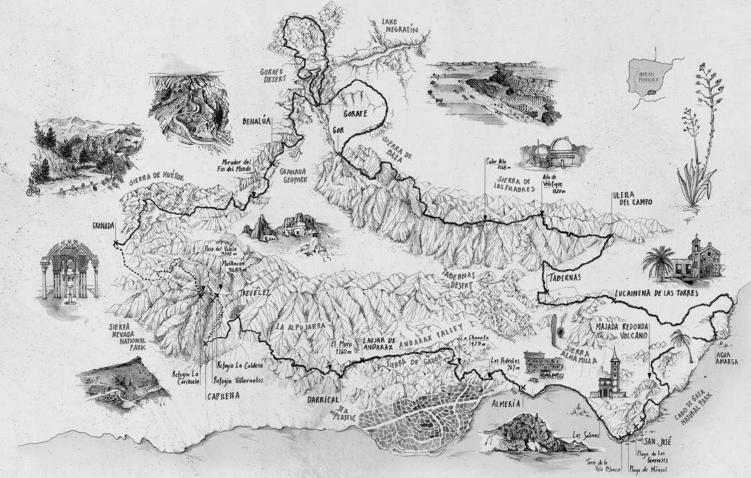
The first ride was organised in 2020, when several dozen cyclists set off from the city of Granada to complete the route in bikepacking mode.

Since then, this annual event, with the atmosphere of those days throughout the territory, the pre-start activities, the community created among the cyclists themselves, the great international following and the special welcome in the villages, have made Badlands the international reference for ultra cycling gravel.

This growth has been accompanied by a large number of riders who **enjoy the route throughout the year** and who ask us for advice on accommodation, restaurants, workshops or simply the best time of year to visit.

With this guide, we want to meet this demand, so that the **cycling community** can enjoy this area, its landscapes and of course the cultural richness and warmth of its people.

Welcome to Eastern Andalusia. Welcome to Badlands.



# 

The route is approximately **790km** long and has a cumulative positive altitude gain of **15.000 metres**.

### SEE ROUTE >>

The route is characterised above all by its great diversity: the **forests** of the Sierra de Huétor, the **deserts** of Gorafe and Tabernas, the **Mediterranean coast** of Cabo de Gata and the **great mountains** of the Sierra Nevada, the highlight of which is the **highest cycle col in Europe**, Pico Veleta (3.396m).



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# SECTION ONE

# GRANADA AND SIERRA DE HUÉTOR

The first 17 kilometres has over
700 metres of climbing, so it is
advisable to take it easy.

Granada is one of the most important cities and tourist destinations in Andalusia. The city is strongly influenced by its Islamic heritage, having been for

There are no refreshment points until Policar (km.64), although a few kilometres before this point the route passes through the town of La Peza, where there are several bars and supermarkets.

tourist destinations in Andalusia. The city is strongly influenced by its **Islamic heritage**, having been for centuries the capital of the Emirate of Granada, the last Muslim state in Europe. The Alhambra Palace and the Albayzin neighbourhood are two of the city's most important monuments.

Granada lies at the foot of the **Sierra Nevada**, the highest mountain range in Western Europe after the Alps, with great cols and rocky landscapes, and the southernmost ski resort in the continent.

The city centre is only 45 km from the summit of **Pico Veleta.** At 3.394m, it is considered one of the **longest and toughest climbs in the world,** fully accessible by bike on the north side via the **highest tarmac road in Europe.** 

A few kilometres northeast of the city is the Sierra de Huétor Natural Park, a natural balcony over the Granada valley, with a landscape covered in dense forests of pine, fir and cedar trees.







# THERE IS A BETTER WAY

...to make kit, ride, work and design. All this makes up the thread running through Velocio. It's what makes us unique and what drives us to create products and events together with great people, that highlight a better riding experience.

# velocio





1% for the Planet is a nonprofit organization aimed at pushing businesses towards marginal gains: One percent of annual revenue to environmental causes. We became the first cycling apparel brand to join their collection of businesses aimed at bettering the environment back in 2017, and today the commitment helps guide our outreach to programs that believe in A Better Way.

In 2022, we donated to climate advocacy groups, trail building organizations and programs focused on increasing underrepresented riders throughout the cycling world. 1% for the Planet underscores our financial giving, but it is also a belief we have in being better as a brand.



SECTION TWO

# GRANADA GEOPARK AND GORAFE DESERT

The Mirador del Fin del Mundo (km.70) is a natural balcony over the Granada Geopark and the first real contact with the Badlands. This iconic climb is only 700 metres long, but has an average gradient of 15% and a maximum of 25%.

Although there are some bars and restaurants at Dehesas de Guadix (km.151), it is worth stopping at Villanueva de las Torres (km.144) if you have the chance, as the stretch to Freila (km.220) is one of the most isolated and difficult on the route.

The road known as the Camino de Bácor (km.206-km.209) has several technical sections of Hike & Bike, next to ravines where extreme caution is required.

The village of Bácor, although one kilometre off the route, has a small bar and a supermarket.

Just before Freila (km.220), 3 kilometres from the route, is the reservoir of Negratín, with a beach (Playa de Freila) and a campsite (Camping La Cabañuela). The **Granada Geopark** is an area with a landscape characterised by ravines, ramblas, badlands and the great basins of the rivers Fardes and Guadix.

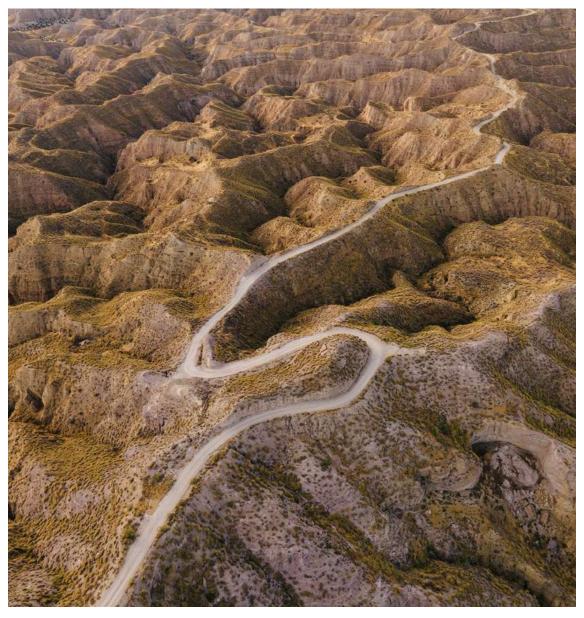
These peculiar formations have made it the place with the highest concentration of dolmens and cave dwellings in Europe, most of which have been converted into hotels and rural lodgings.

To the north of the Geopark lies one of the route's most iconic areas, the **Gorafe Desert.** 

The town that gives the desert its name lies at the foot of the Gor River canyon and is considered the **natural entrance to the desert. Gorafe** has also been awarded **Starlight certification** for its low light pollution and night sky observation activities.











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# SECTION THREE

# SIERRA DE BAZA AND SIERRA DE LOS FILABRES

The stretch from Gor (km.246) to Velefique (km.351) is the most remote and isolated on the route: there are no villages or services, just a few fountains that are usually out of order.

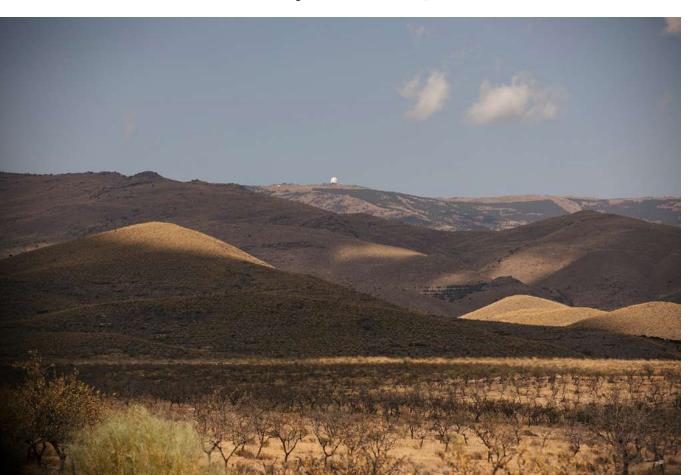
It is advisable to stop at the bars and the supermarket in Gor before tackling this section.

The Sierra de Baza and the Sierra de los Filabres form part of a large mountain range that straddles the provinces of Granada and Almería and is characterised by large areas of woodland, a large number of cycle paths, long ascents and plains at over 2.000 metres.

Throughout its history, the region has been inhabited by different cultures, and its legacy includes the remains of Roman aqueducts, Arab castles and countless ruins of farmhouses and villages.

At one of the highest points of the mountain system is the iconic **Calar Alto Observatory (2.168 m),** which not only houses the largest telescope in continental Europe, but is also easily visible from many points along the route.

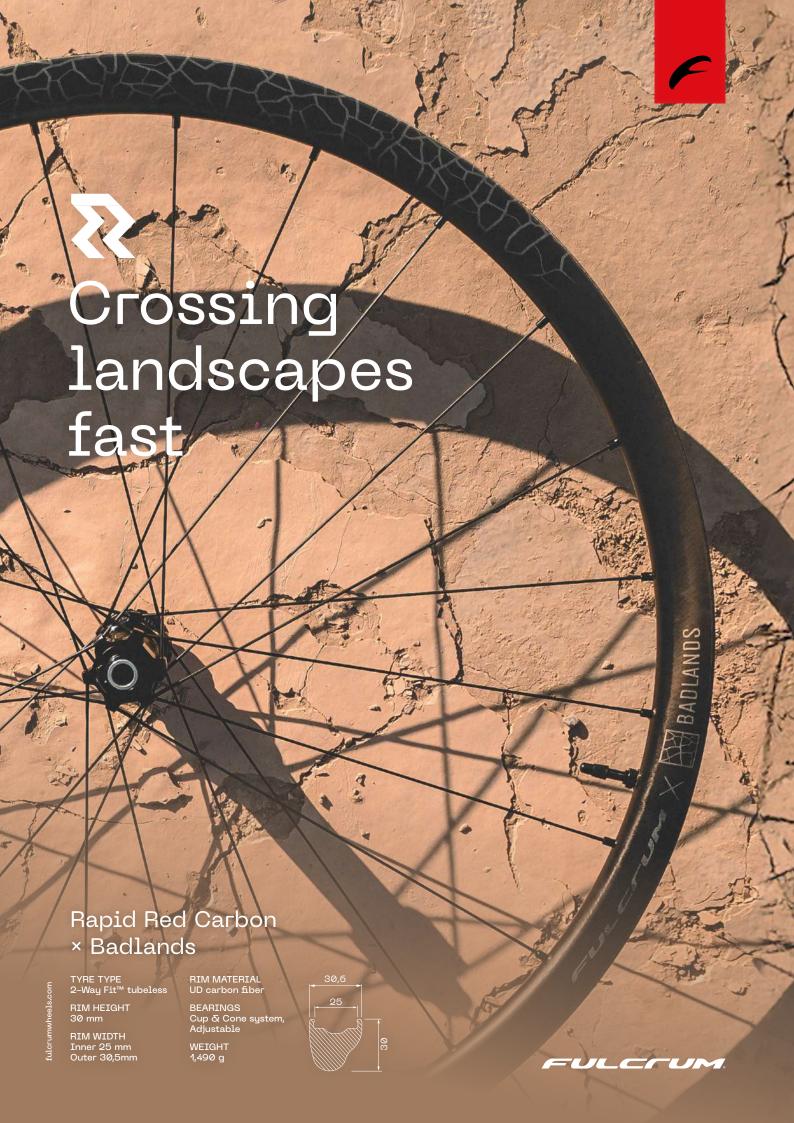
The Sierra de los Filabres also includes one of the most emblematic and spectacular mountain passes in the Iberian Peninsula, Alto de Velefique (1.820 m), popular for the number of bends on its southern slope.













SECTION FOUR

# TABERNAS DESERT

The **Tabernas Desert** is officially the only **region on** the European continent with a desert climate.

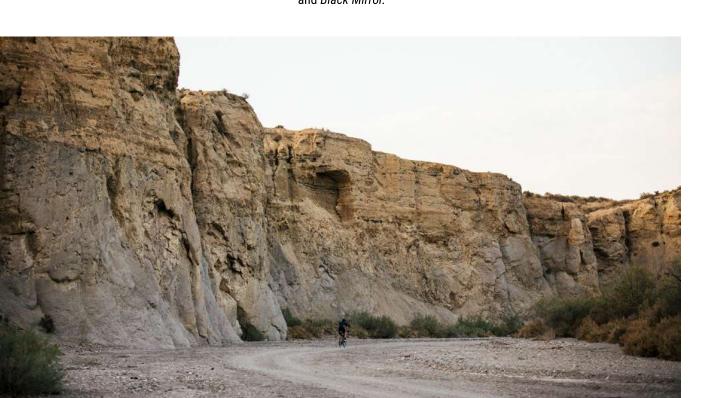
The area is bounded by three major mountain ranges: Sierra Nevada to the west, Filabres to the north and Sierra Alhamilla to the south, forming an impassable natural barrier to the humid air of the nearby Mediterranean.

Its scarce but torrential rainfall and high temperatures create a peculiar landscape of compact sandy ravines, known as badlands, between which run dry and sandy river basins, traditionally used as communication routes, known as ramblas.

This landscape has been popularised in popular series and films such as For a Fistful of Dollars,

The Good, the Bad and the Ugly, Conan the Barbarian, Game of Thrones, Assassins's Creed and Black Mirror.

The route includes some of the most popular ramblas of the Tabernas Desert, where there will be specific sections of Hike & Bike.





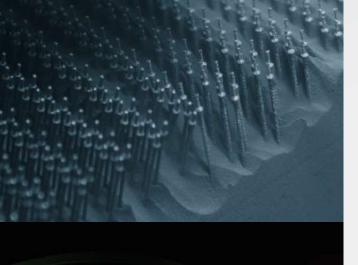




# PROTECTED BY SCIENCE















SECTION FIVE

# CABO DE GATA AND COSTA DE ALMERÍA

After leaving the town of San José (km.544), the route passes by the beach of Mónsul (km.550), popularised in films such as *Indiana Jones and the Last Crusade*.

From Torre de la Vela Blanca (km.553), the route reaches the city of Almería after 35 kilometres along the Almería coast on a mixture of roads, paths and sandbanks, including the most popular section of Hike & Bike in Badlands: La Playa (km.566).

The city of Almería offers all the services of a big city, including the only cycle shop/workshop on the route, Deportes Eolo (km.588).

The Cabo de Gata-Níjar Natural Park is the largest protected area on the European coast, with more than 60 kilometres of coastline.

It is considered one of the **continent's most unique landscapes,** with volcanic formations, fossil beaches and cliffs sculpted by wind and erosion.

This area has the **driest climate in Europe**, with rainfall of less than 160mm and a stable average temperature of 19°C. This has historically created **difficult conditions for agriculture and the survival of its inhabitants**, reflected in the abandoned farmhouses and mining villages, and more recently greenhouses.

The western boundary of the park is marked by the **Torre de la Vela Blanca** and **Las Salinas**, active since ancient Greek times, and close to the **iconic** and solitary Ermita de San Miguel.











# SECTION SIX

# SIERRA DE GÁDOR

From Almería, the route heads towards the climb of Los Pedrolos (km.608, 767m), one of the toughest parts of the route due to the rocky terrain, but with stunning views of the Mediterranean on the way up.

After the village of Felix (km.627), the route continues to climb along a track in perfect conditions to the La Chanata pass (km.645, 1.423m), followed by a long descent to the village of Instinción (km.666).



The **Sierra de Gádor** is a mountain range between the Mediterranean Sea and the Sierra Nevada, characterised by **winding paths between steep valleys and reforested areas.** 

The prominence of the Sierra de Gádor offers impressive views from its southern slopes of the **Sea of Plastic**, the largest concentration of greenhouses in the world and one of the only two man-made structures visible from space.

The northern face of the sierra borders the **Andarax river valley**, a unique place where the 3.000-metre-high **Sierra Nevada mountains meet the Tabernas desert**.







# The badder the lands, the better the route.





# SECTION SEVEN

# LA ALPUJARRA

**La Alpujarra** is a mountainous region of Andalusia, located in the southern foothills of the Sierra Nevada, with an average altitude of 1.200 metres.

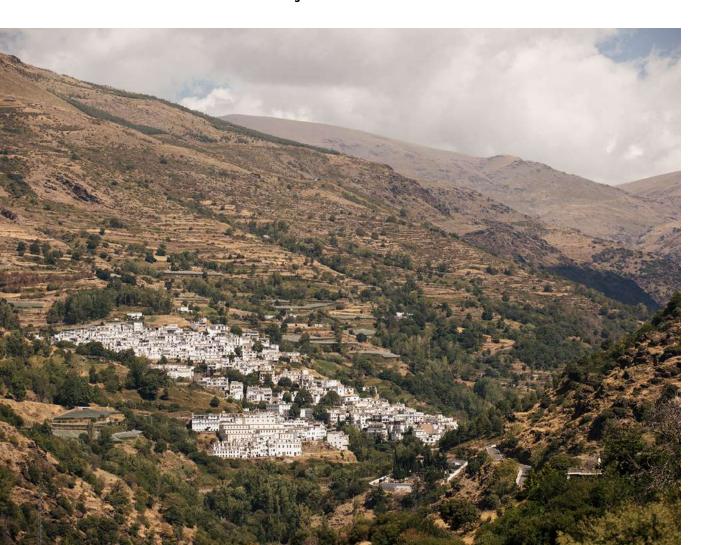
The region has a **strong historical heritage** due to the different civilisations that have inhabited it, such as Iberian, Celtic, Roman, Visigothic and especially Muslim, whose influence is still present in the architecture and local cuisine.

This uniqueness, together with the ruggedness of its valleys and mountains, means that the Alpujarra has some of the most remote, picturesque and traditional villages in Andalusia.

This is probably the toughest section of the route, with a total of 2.600 metres of climbing in the 80 kilometres between Darrícal (km.714) and Capileira, on a mixture of tracks and secondary roads with steep gradients.

There are several small villages along the way, among which Cádiar (km.745) stands out as the last place to stop for refreshments before the final stretch.

Between Trevélez (km.770) and Capileira (km.792), there is a 100-metre-long section of Hike & Bike due to a landslide on the road.





# **POINTS OF INTEREST**

•	44	₩	00	+	POI	KM	ALTITUD	DESNIVEL	COMENTARIOS	
					GRANADA	0	673	0	START	
					EL FARGUE	6	972	290	Village	
					VÍZNAR	11	1.152	472	Village	
					SIERRA DE HUÉTOR	14	1.271	629	Natural Park	
					Puerto de Los Blancares (1.297m)	39	1.297	1.171	Col	
					Collado Bermeja (1.568m)	45	1.568	1.382	Village	
					GEOPARQUE DE GRANADA	55	1.112	1.420	Plain	
~	~				POLÍCAR	64	1.151	1.623	Village	
					BEAS DE GUADIX	69	1.016	1.651	Village	
					Mirador del Fin del Mundo	70	1.050	1.760	Viewpoint	
					PURULLENA	75	923	1.768	Village	
					EL BEJARÍN	80	838	1.845	Village	
					BENALÚA	82	859	1.862	Village	
					Ermita de San Torcuato	88	921	1.972	Hermitage	
					Torre Guajar	94	1.038	2.150	Ruined arab military watchtower	
	<b>V</b>				GORAFE	119	850	2.319	Village	
					GORAFE DESERT	122	947	2.495	Desert	
					Los Coloraos	132	632	2.561	Viewpoint	
					VILLANUEVA DE LAS TORRES	144	645	2.821	Village	
					DEHESAS DE GUADIX	151	691	2.919	Village	
					Collado Encinillas (1.020m)	170	1.015	3.266	Col	
					*	206	977	3.867	TECHNICAL DESCENT (3km) Hike&Bike	
					BÁCOR-OLIVAR	214	714	3.921	Village (1km out of route)	
	~				Lake Negratín	219	770	4.034	Lake and camping (3km out of route)	
					FREILA	220	838	4.135	Village	
					BAÚL	236	1.180	4.506	Village	
					GOR	246	1.333	4.719	Village	
					SIERRA DE LOS FILABRES	246	246 1.333 4.719		Mountain Range	
					LAS JUNTAS	256	1.570	5.060	Village	
					Calar Alto (2.168m)	322	2.168	6.627	Col / Observatory	
					Alto de Velefique (1.820m)	339	1.721	6.660	Col	
					VELEFIQUE	351	931	6.714	Village	











44	₩	00	POI	KM	ALTITUD	DESNIVEL	COMENTARIOS
			TABERNAS DESERT	351	931	6.714	Desert
		<b>Z</b>	ULEILA DEL CAMPO	378	599	7.126	Village
<b>~</b>		<b>~</b>	TABERNAS	408	413	7.323	Village
			LUCAINENA DE LAS TORRES	437	504	7.732	Village
			VENTA DEL POBRE	453	216	7.744	Village
			CABO DE GATA NATURAL PARK	453	216	7.744	Natural Park
			SOPALMO	477	167	8.234	Village (Camping 1km out of route)
✓			EL LLANO DE DON ANTONIO	490	117	8.390	Village
			AGUA AMARGA	499	12	8.462	Village
✓			FERNÁN PÉREZ	516	190	8.708	Village
			El Cortijo del Fraile	523	185	8.767	Ruined farmhouse
			RODALQUILAR	529	101	8.806	Village
✓			EL POZO DE LOS FRAILES	541	48	8.968	Village
			SAN JOSÉ	544	0	8.978	Village
			Playa de Mónsul	550	0	9.042	Beach
			Torre de la Vela Blanca	553	190	9.199	Watchtower
			COSTA DE ALMERÍA	553	190	9.199	Coast
		<b>~</b>	CABO DE GATA	564	0	9.274	Village
			Playa de las Amoladeras	565	0	9.274	Beach
			RETAMAR	574	0	9.299	Village
			COSTACABANA	580	0	9.320	Village
			ALMERÍA	587	0	9.337	Town
			SIERRA DE GÁDOR	593	•	9.482	Mountain Range
			Los Pedrolos (767m)	608	767	10.114	Col
			ENIX	617	737	10.259	Village
			FELIX	627	815	10.644	Village
			La Chanata (1.423m)	645	1.423	11.306	Village
			INSTINCIÓN	666	435	11.382	Village
			LA ALPUJARRA	666	435	11.382	Region in the South of Sierra Nevada
			FONDÓN	689	848	12.052	Village
<b>V</b>			FUENTE VICTORIA	691	859	12.063	Village
<b>~</b>	✓		LAUJAR DE ANDARAX	692	907	12.105	Village
			ALCOLEA	701	747	12.167	Village
			LUCAINENA	709	530	12.210	Village



•	44	₩	00	+	POI		KM	ALTITUD	DESNIVEL	COMENTARIOS
	~				DARRÍCAL		714	390	12.256	Village
	<b>~</b>				MURTAS		728	1.116	13.105	Village
					El Muro (1.160m)		729	1.160	13.155	Col
		<b>Z</b>			CÁDIAR		745	919	13.442	Village
					TÍMAR		751	1.072	13.640	Village
					NIELES		753	1.028	13.689	Village
<b>~</b>					CÁSTARAS		760	1.264	13.964	Village
					TREVÉLEZ		770	1.476	14.289	Village
					*		778	1.769	14.736	RISKY PASS (100m): Hike&Bike
	CAPILEIRA						792	1.445	14.880	FINISH
<b>♦</b> Fo	♠ Fountain  ¶¶ Bar / Restaurant						<b>♀</b> Pharmacy		■ Health Centers	

# BALLINS TOURS EAT SLEEP GYGLE

# A UNIQUE GRAVEL EXPERIENCE IN EUROPE

Discover the iconic Badlands region with Eat Sleep Cycle custom experiences:

- \* A tour designed in colaboration with the Badlands team.
- \* From self-guided to supported tours. Solo or groups, on any dates.
- \* Local guides selected for their local knowledge and camaraderie.
- Hotels, cave-houses, restaurants and picturesque villages which capture the essence of the local culture and community.

BADLANDS.CC



# ALTERNATIVE ROUTES

The route has several **flooded sections**, so in the event of heavy rain it is advisable to use the following alternatives.

# BENALÚA DETOUR

This route avoids the most clayey areas between Benalúa and Gorafe, mainly the ramblas that connect the Ermita de San Torcuato and the Torre de Guájar, taking secondary roads from the town of Benalúa (km.82).



# CUEVAS DEL CAMPO DETOUR

This alternative avoids the more clayey areas of the Gorafe desert. However, this detour crosses the Guadiana Menor river 4 km from its source, which may not be possible on certain days.



# TABERNAS DETOUR

The **ramblas** of the Tabernas desert are **dangerous areas during torrential rains** due to the sudden and violent flooding of the rivers.





# THE RETURN TO CARAMADA

There are several ways to get back to Granada from Capileira. There are a few daily buses from the centre but they are very limited in number of seats.

Local taxis with bicycle trailers are also available.

# PICO VELETA (3.396m)

90km +2.340m

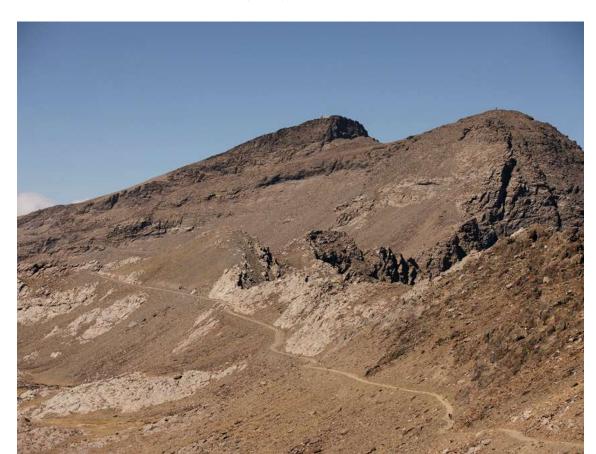
Pico Veleta is one of Europe's most iconic climbs. The route from Capileira is in perfect condition until km.20 (2.700m), where even a tourist bus arrives in summer. From this point on, the terrain becomes more rocky, but it is perfectly suitable for cycling.

The climb also includes some **free bivouac mountain shelters** (although there is no guarantee that they are open or that there are any vacancies): **La Caldera** (km.25, 3.050m), **Villavientos** (km.26, 3.083m) and, right on the Veleta pass itself, **La Carihuela** (km.32).

SEE ROUTE >>

The **descent** continues along a **sealed road until km.59**, where it is recommended to take a track as an alternative to the main road (A-395).

This route is only rideable in summer due to the snowfields.











# FAQS

### How difficult is the route?

The terrain is not very technical, except in some specific areas such as the ramblas or the climb of Los Pedrolos. The most difficult part of the route is the gradient, both in terms of the overall gradient and the severity of some of the climbs (leaving Granada, El Mirador del Fin del Mundo, El Muro, ...).

### What type of bike do you recommend?

The route is designed for gravel bikes.
We recommend 40-45 tires and wide gearing.

### Any other recommended equipment?

To be more agile and comfortable, we would use bikepacking bags instead of panniers. In terms of small equipment, we would carry sunscreen, single dose lubricant, electrolytes and a hydration pack, in addition to the basics.

### What weather should I expect?

The route can be done at any time of the year, although in July and August we would try to avoid the middle of the day, especially in the Gorafe and Tabernas deserts.

It should also be borne in mind that some areas are at high altitude, so in winter there may be temporary snow cover, making the route more difficult, especially in the Sierra de los Filabres (before Calar Alto) and the Sierra Nevada (between Trevélez and Capileira).

And, although it is not usual, it will also be necessary to take into account the possibility of torrential rain in the most sensitive areas, so we recommend consulting the weather forecast before and during the tour.

### Is it easy to find food?

If the route is properly prepared, there will be no problem getting food. There are plenty of bars, restaurants and supermarkets in the area, but special attention should be paid to the more remote areas of the route, especially between Gor and Gérgal.

### Is it easy to get water?

As with food, there are plenty of refuelling points along the route, but we recommend that you fill your water bottles or hydration vest at every opportunity. Besides bars and supermarkets, most villages have a public fountain.

### Is camping allowed?

Spanish legislation is quite restrictive on this issue. The regional regulations prohibit "camping and overnight stays for holiday or leisure purposes outside tourist camps". Fortunately, there are plenty of places to stay along the route.

### What route can I take if I don't have many days?

A good option could be to take the route to Almería (km.587) and, if necessary, return to Granada by train.

### What if I have more questions?

Ask your questions on the Badlands Discussion Group on Facebook.



Nutrition of highest quality to help you to achieve your best performance in sports.









# GRANADA HOW TO GET THERE

Granada is one of the largest cities in Andalusia, so it has a great infrastructure and communication routes to visit it:

### GRANADA AIRPORT

**Granada Airport (GRX)** is located about 15 km from the city centre, although the number of flights is reduced.

## FROM MÁLAGA

From Malaga airport (AGP) there is a direct bus service to Granada city centre.

## FROM MADRID

The city of Granada also has regular **bus** and **high speed train services** to Madrid.

# FROM ALMERÍA

There are regular **bus** and **train** services between the two cities

# WARM-UP

The city of **Granada** has a **unique and varied environment in which to enjoy cycling,** with the forests of the Sierra de Huétor, the plains of La Vega or the mountains of the Sierra Nevada.

# SVGGESTED RÜV**TES** TU GET TU KNUW GR**ANADA**

SEE COLLECTION >>

## SIERRA NEVADA



# SIERRA DE HUÉTOR



# LA VEGA





# BADLANDS BEMILLION

The **Badlands area** faces serious environmental problems linked to **desertification and climate change:** degraded soils, overexploitation of aquifers, plastic waste from greenhouses, rural depopulation...

Badlands was created with the aim of leaving a positive environmental, social and economic legacy in the community. From our Badlands Rewild project, we carry out activities related to reforestation, waste collection or the promotion of small local businesses, in which you can also participate.

Don't underestimate what you can do for this community. Even small gestures like turning off the tap while brushing your teeth can save up to 15 litres of water.

# JUST TRY TO LEAVE THE AREA A LITTLE BETTER THAN YOU FOUND IT





# #BADLANDSREWILD

# RECOMMENDATIONS TO RESPECT THE ENVIRONMENT

- Not to deteriorate or alter any biotic, geological, cultural or, in general, landscape resource.
- Not to produce significant alterations to the processes and natural functioning of ecosystems and the behavioural patterns of living beings.
- Not to dump or abandon objects or solid or liquid waste outside the places specifically designated for this purpose.
- To be responsible for waste collection and disposal when this service is not provided by other entities.
- Not to carry out practices that may cause soil erosion, changes in natural drainage patterns or loss of soil in general.
- Not to light fires outside the areas specifically designated for this purpose, nor to create a fire risk.
- Do not produce noise that disturbs the tranquillity of the area or wildlife.
- Minimise use of artificial lighting and restrict it to cover orientation, security and emergency needs.

Source: Orden de 20 de Marzo de 2003, conjunta de las Consejerías de Turismo y Deporte y de Medio Ambiente de la Junta de Andalucía.



# APPENDIA ADDITIONAL INFORMATION

# BUT FIRST... **COFFEE**

### SUR COFFEE CORNER

Plaza de la Romanilla 18001 Granada

(0)

# LA FINCA COFFEE ROASTERS

Colegio Catalino, 3 18001 Granada

(0)

### **NOAT COFFEE**

Plaza de los Girones, 4 18009 Granada

(0)

# RECOMMENDED ACCOMMODATION

# GORAFE CUEVA SOLANO

C. Castillo Alto, 21 18890 Gorafe Granada

# TABERNAS HOSTAL EL PUENTE

Av. Andalucia, 30 04200 Tabernas Almería

## LUCAINENA DE LAS TORRES HOTEL MONTESIÓN LUZ DEL DESIERTO

C. Maestro Paco, 6 04210 Lucainena de las Torres Almería

### FONDÓN

# APARTAMENTOS LA CASA DE BALTASAR

Av Cristóbal Guerrero, 4 04460 Fondón Almería

# FREILA CAMPING RURAL LA CABAÑUELA

Carril Cortijo del Cura, S/N 18812 Freila, Granada

# TABERNAS CASA RURAL JARDÍN DEL DESIERTO

C. de San Sebastián, 2 04200 Tabernas Almería

# PLAYA DE LOS ESCULLOS CAMPING LOS ESCULLOS

Paraje Los Escullos, S/N 04118, Almería

# MURTAS ALBERGUE EL MIRADOR DE MURTAS

Calle Fuentecilla, 12 18490 Murtas Granada

### GOR CUEVAS EL ATOCHAL

Estación de Gorafe 18870 Gor Granada

# TABERNAS CAMPING FORT BRAVO

Paraje del Unihay, S/N 04200 Tabernas Almería

### SAN JOSÉ HOSTAL COSTA RICA

Callejón de Istria, 38 04118 San José Almería

# CAPILEIRA HOTEL POQUEIRA

C. Doctor Castilla 7 18413 Capileira Granada



# BIKE SHOPS

MÁLAGA
EAT SLEEP CYCLE

Carretería 100 29008 Málaga

GRANADA
CYCLES GOFF

Carretera de Arabial 8 18003 Granada GRANADA SULAYR BIKE STUDIO

Mozart 5 18004 Granada

GUADIX
TREK GUADIX

María Pineda 2 18500 Guadix Granada GRANADA

DR. BIKE

Reina Mora 3 18008 Granada

ALMERÍA
DEPORTES EOLO

Avenida de Cabo de Gata 187 04007 Almería

# HEALTH CENTERS

There are health centres in the towns of Granada, Purullena (km.75), Tabernas (km.408), Almería (km.587) and Cádiar (km.745), as well as small clinics in many other towns along the route, although their opening hours are very limited.

Away from the route there are other health centres and hospitals in the towns of Guadix, Baza, Carboneras, Níjar and Berja.

There are also many **pharmacies** along the route, which are indicated in the guide.

In any case, it is advisable to **call 112** in the event of a **health emergency**.







POC velocio









