

INTRODUCTION

The Andalucía Coast to Coast Walk: an overview

Plants and wildlife

Andalucía: the historical context

Getting there

When to go

Accommodation

Eating out in southern Spain

Language

Money

Communications

What to take

Maps

Staying safe

Using this guide

THE ROUTE

Day 1 Maro to Frigiliana

Day 2 Frigiliana to Cádiz

Day 3 Cádiz to San Pedro de Alcantara

Day 4 San Pedro de Alcantara to Alcaucín

Day 5 Alcaucín to Ventas de Zafarraya

Day 6 Ventas de Zafarraya to Riogordo

Day 7 Riogordo to Villanueva de Cauche

Day 8 Villanueva de Cauche to Villanueva de la Concepción

Day 9 Villanueva de la Concepción to Valle de Abdalajís

Day 10 Valle de Abdalajís to Carratraca via El Chorro

Day 11 Carratraca to El Burgo

Day 12 El Burgo to Ronda

Day 13 Ronda to Montejaque

Day 14 Montejaque to Cortes de la Frontera

Day 15 Cortes de la Frontera to El Colmenar

Day 16 El Colmenar to Jimena de la Frontera

Day 17 Jimena de la Frontera to Castillo de Castellar

Day 18 Castillo de Castellar to Los Barrios

Day 19 Los Barrios to El Pelayo

Day 20 El Pelayo to Tarifa

Day 21 Tarifa to Bolonia

Appendix A Useful contacts

Appendix B Glossary

Appendix C Further reading