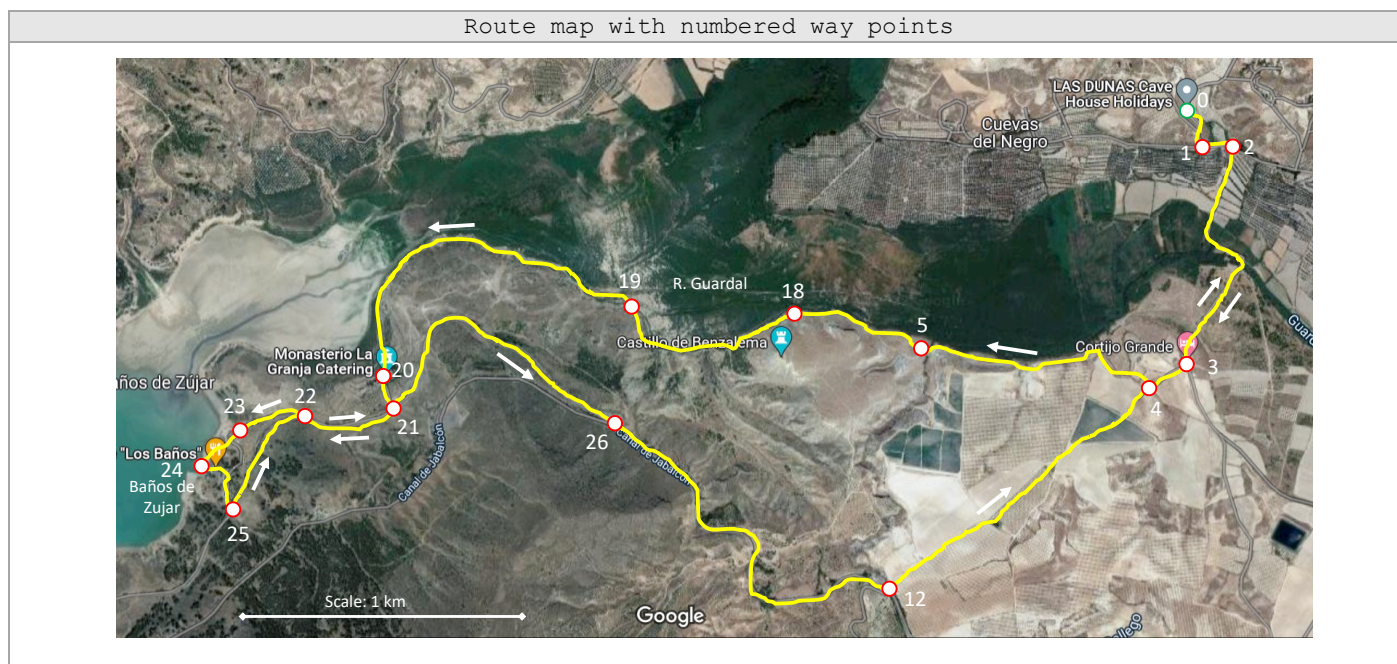
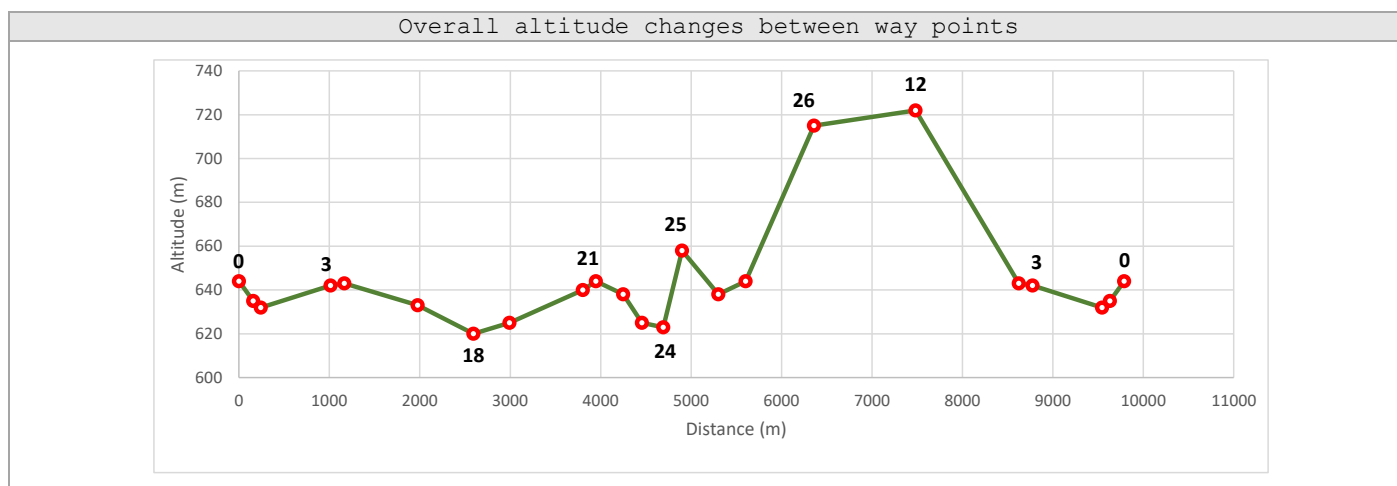


LAS DUNAS TO BAÑOS DE ZUJAR		
Circular route, return via Canal de Jabalcón road.		
Walk or cycle to swim at the thermal spring emanating from Mount Jabalcón above the Negratín reservoir. The underground water is supplied from below the geological fault zone at a constant 32°C and has been exploited since Roman times. The natural pool is only exposed, and the outbound route described here along the River Guardal valley is only accessible, when the water level of the reservoir is low. When the reservoir level is higher, it is possible to take the waters in an artificial thermal pool at a restaurant, but it is necessary to follow the return route via the Canal de Jabalcón road (in reverse) on the way there as well as on the way back.	Total Distance	11 km
	Uphill Height Gain	+ 166 m
	Downhill Height Loss	- 166 m
	Time, walking	3 hrs



Follow Way Points in the sequence described and shown on the map. These are **not** necessarily in numerical order.

Key to map	
N	Way Point N : Latitude & Longitude in decimal degrees, altitude in metres
←	Turn left at Way Point
→	Turn right at Way Point
↑	Straight on at Way Point
m/km	Approximate distance to next Way Point in metres or kilometres
↗ m	Overall increase in altitude + meters to next Way Point
↘ m	Overall decrease in altitude - meters to next Way Point



<b>0</b>	<b>Las Dunas, Cuevas del Negro</b> : 37.608663°N, -2.776097°W, 644m alt.
← 150 m ↘ 9 m	At the turning to Las Dunas, facing in the direction of Jabalcón mountain, turn left down the unsurfaced track to the STOP sign at the junction with the surfaced road.
<b>1</b>	<b>Stop Sign, junction of Cuevas del Negro (turning to Cortés de Baza)</b> 37.607395°N, -2.775306°W, 635m alt.
← 50 m ↘ 3 m	At the STOP sign, turn left on the surfaced road and walk about 50m.
<b>2</b>	<b>T-Junction, Cuevas del Negro, road to Baza</b> : 37.607335°N, -2.774333°W, 632m alt.
→ 800 m ↗ 10 m	At first T-Junction turn right onto unsurfaced track, hand painted sign to BASA & E4/GR-7 P. Negratin 1h45m" (carved wooden signpost). Follow track, cross River Guradal at ford or narrow metal bridge. Continue on surfaced road to ruined farmhouse (Cortijo Grande) on the crest.
<b>3</b>	<b>Cortijo Grande</b> : 37.600564°N, -2.776146°W, 642m alt.
→ 150 m ↗ 1 m	At Cortijo Grande, turn right off surfaced road at corner of chain-link fence with sign "Coto Privado de Caza" onto white unsurfaced track. Jabalcón is directly ahead. Follow track for 150m to a fork.
<b>4</b>	<b>Fork in track, Cortijo Grande</b> : 37.599850°N, -2.777636°W, 643m alt.
→ 1 km ↘ 10 m	Bear right at the concrete block at the fork in the track, turning away from Jabalcón. Follow track, with River Guardal valley on right & cliff on left for 1km. Castillo Benzalema is visible ahead on a limestone bluff. 50m after a 'hairpin' bend where the goat track crosses the head of a small tributary stream bed, there is a fork (Way Point 5).
<b>5</b>	<b>Fork in track, below Castillo Benzalema</b> : 37.601115°N, -2.786694°W, 633m alt.
→ 400 m ↗ 49 m	Take the right fork in the track staying in the bottom of the valley with the limestone bluff on your right and the river on the left. The vehicle track becomes a path / goat track. There are cairns of piled stones beside the path marking the route.
<b>18</b>	<b>Goat track below Castillo Benzalema</b> : 37.601430°N, -2.793684°W, 620m alt.
↑ 500 m ↗ 5 m	Goat track drops down a steep sandy bank to bottom of river bed. It is possible to follow several paths through the bushes on the valley floor aiming for the next bluff with a distinct tower-like rock on top. Best to follow curve of cliffs on left to avoid marshy ground by river & getting lost in bushes. By bicycle, you will need to get off & push for most of the route to Way Point 20 (Monasterio La Granja) because of dense bushes & narrow rocky path.
<b>19</b>	<b>Goat track below tower rock</b> : 37.602212°N, -2.798116°W, 625m alt.
↑ 1 km ↗ 15 m	Reaching the bluff with tower-like rock, stay on path below following edge of cliff with river on your right. Pass large limestone boulders with tubular fossils. When level with a red-roofed hut visible in the middle of the valley, path drops down with the river close by on the right. Monasterio La Granga (Way Point 20) can be seen as you round the next bluff.
<b>20</b>	<b>Monasterio La Granja</b> : 37.600421°N, -2.807031°W, 640m alt.
↑ 150 m ↗ 4 m	Path joins a rudimentary track to the left of Monasterio La Granja restaurant which comes out by a square pool. If gates are closed, follow track up to the left of the pool, under electricity lines, onto main driveway which leads to restaurant entrance on surfaced road.
<b>21</b>	<b>Entrance to Monasterio La Granja</b> : 37.599161°N, -2.807377°W, 644m alt.
→ 300 m ↘ 6 m	Turn right on the surface road. Continue for about 300m until reaching a track on the right down to a flat parking area in front of a sandstone bluff.
<b>22</b>	<b>Track turning to Baños de Zujar</b> : 37.598910°N, -2.810794°W, 638m alt.
→ 200 m ↘ 13 m	Take the turning down the track to the right. Stay on the track past the flat parking area (there are often camper vans here), then continuing down to the left.
<b>23</b>	<b>Fork in track, Baños de Zujar</b> : 37.598646°N, -2.813125°W, 625m alt.
→ 250 m ↘ 2 m	At a fork in the track, bear right continuing downhill until you reach the flat parking area in front of the Baños de Zujar natural pool.

<b>24</b>	<b>Baños de Zujar</b> : 37.597456°N, -2.815327°W, 623m alt.
↑ 200 m ↗ 35 m	Remove clothes and plunge in! After your swim, climb the steep concrete roadway up past Los Baños restaurant and onto the surfaced access road which joins the main road.
<b>25</b>	<b>Entrance to Los Baños</b> : 37.596117°N, -2.813675°W, 658m alt.
← 400 m ↘ 20 m	Turn left on the surfaced main road (Carr. de los Baños).
<b>22</b>	<b>Track turning to Baños de Zujar</b> : 37.598910°N, -2.810794°W, 638m alt.
↑ 300 m ↗ 6 m	Continue straight on the main road past the track you turned down on the outbound route (Way Point 22).
<b>21</b>	<b>Entrance to Monasterio La Granja</b> : 37.599161°N, -2.807377°W, 644m alt.
↑ 1 km ↗ 71 m	Continue straight on the main road past the entrance to Monasterio La Granja you emerged from on the outbound route (Way Point 21). The road climbs until it reaches the junction with the Canal de Jabalcón access road.
<b>26</b>	<b>Canal de Jabalcón / Carr de los Baños Road Junction</b> : 37.598818°N,-2.798808°W, 715m alt.
← 1.3 km ↗ 7 m	Join the Canal de Jabalcón road, turning left. Concrete irrigation canal is on right. Follow the road past the Geo Parque information point/parking area on the left. Continue on the main road for another 500m. Look out for the next bridge across the canal with blue railings. There is a "Cota Privado de Caza" sign on a pine tree on the left opposite the bridge. Immediately before the bridge (10m) there is a track on the left down into the olive grove past a white-painted pumping hut. Cortijo Grande is visible straight ahead in the distance.
<b>12</b>	<b>Track Junction with Canal Jabalcón Road</b> : 37.593600°N, -2.787919°W, 722m alt.
← 1.1 km ↘ 79 m	Turn left down the track through the olive grove past the white-painted pumping hut on the left. Follow the track downhill back towards Cortijo Grande.
<b>4</b>	<b>Fork in track, Cortijo Grande</b> : 37.599850°N, -2.777636°W, 643m alt.
↑ 150 m ↘ 1 m	Continue on the track past the fork, retracing the outward route towards the ruined farmhouse (Cortijo Grande).
<b>3</b>	<b>Cortijo Grande</b> : 37.600564°N, -2.776146°W, 642m alt.
← 800 m ↘ 10 m	At Cortijo Grande, turn left back onto the surfaced road. Follow the road back across the River Guardal.
<b>2</b>	<b>T-Junction, Cuevas del Negro, road to Baza</b> : 37.607335°N, -2.774333°W, 632m alt.
← 50 m ↗ 3 m	At the T-Junction with wooden "Las Dunas" sign turn left onto the surfaced road.
<b>1</b>	<b>Stop Sign, junction of Bda. Cuevas del Negro (turning to Cortés de Baza)</b> 37.607395°N, -2.775306°W, 635m alt.
→ 150 m ↗ 9 m	Turn right up the steep unsurfaced track following the wooden "Las Dunas" and "Cortes" signposts. Follow signs for "Las Dunas", "Cueva del Granado" or "Cueva del Olivo".
<b>0</b>	<b>Las Dunas, Cuevas del Negro</b> : 37.608663°N, -2.776097°W, 644m alt.