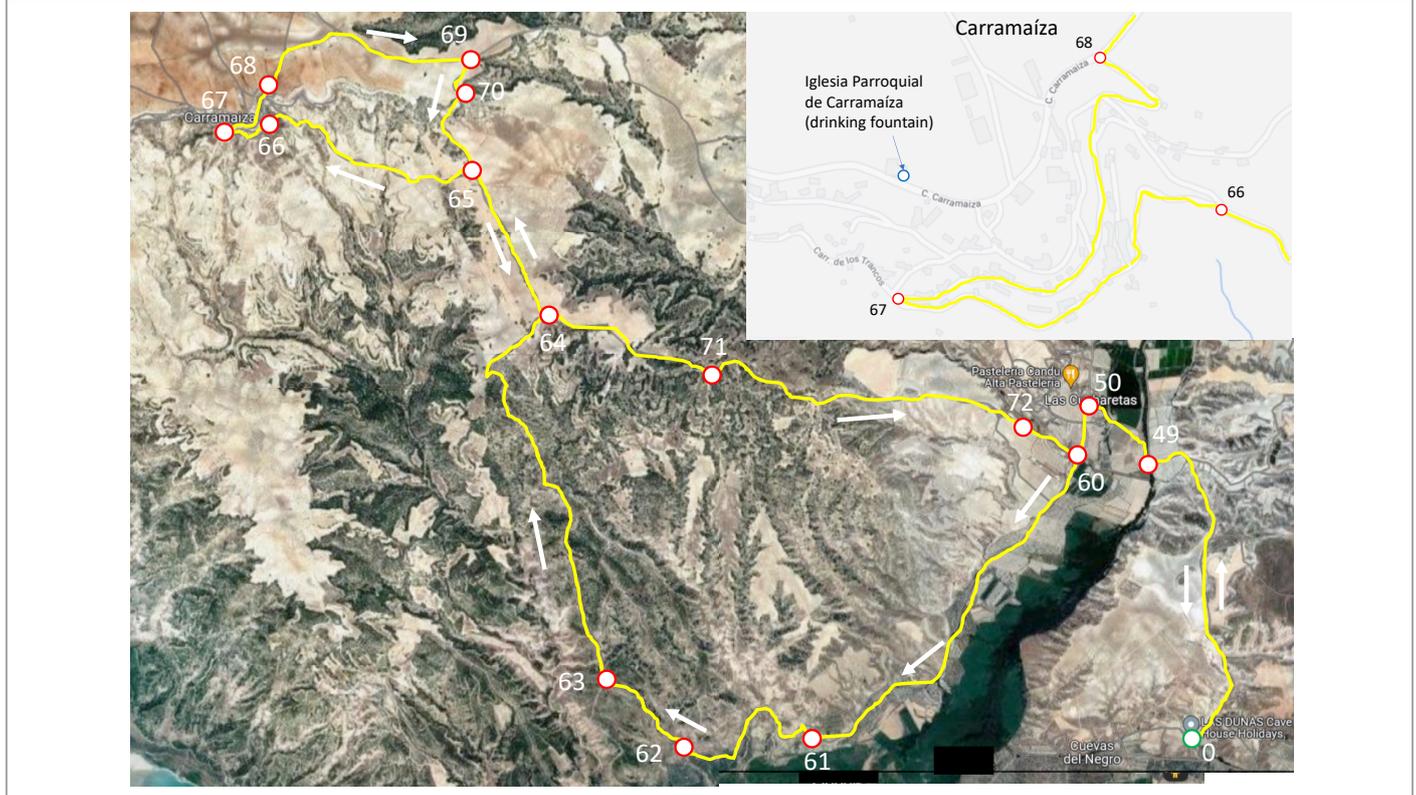


LAS DUNAS TO CARRAMAÍZA		
Circular route up to the village of Carramaíza via Las Cucharetas.		
Walk or mountain bike ride up to the village of Carramaíza overlooking the Castril and Guardil valleys Negratín reservoir and Mount Jabalcón. The route passes through the village of Las Cucharetas, along the sculptured sandstone along the sides of the Negratín reservoir and then up through sparse pine woods, cultivated fields, orchards and olive groves. The return route is mainly downhill and fast if on a bike.	Total Distance	24 km
	Uphill Height Gain	+ 341 m
	Downhill Height Loss	- 341 m
	Time, walking	6 hrs 30 min

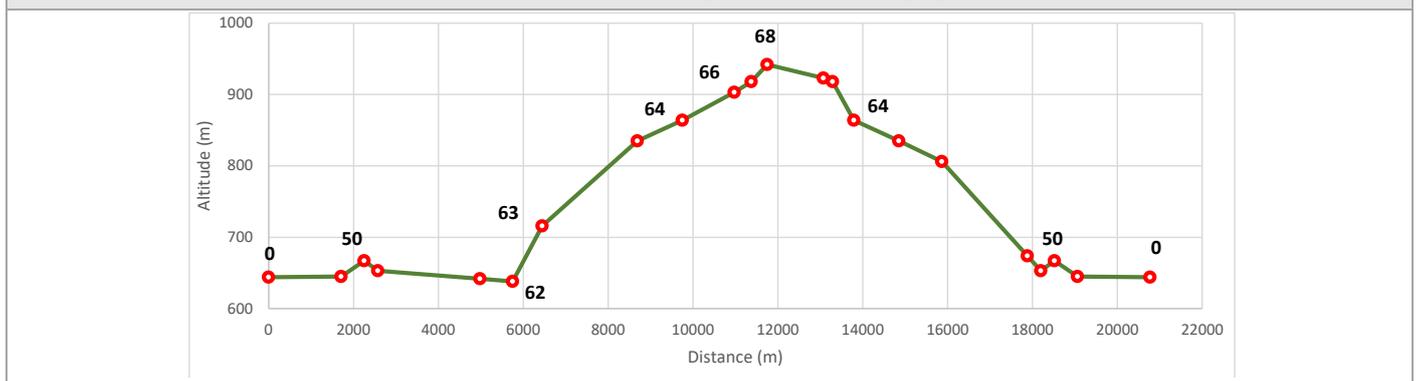
Route map with numbered way points



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

Overall altitude changes between way points



<p>0</p> <p>← 2 km ↗ 1 m</p>	<p>Las Dunas, Cuevas del Negro : 37.608663°N, -2.776097°W, 644m alt.</p> <p>At the Cueva del Olivo entrance to Las Dunas, turn left down the white gravel surfaced road towards Cortes de Baza (Cañada de Cortes). Pass through a lunar landscape with cave houses built into the cliffs on the right. The road climbs with an almond orchard on the left, then descends through a cutting. At the bottom of the slope is a cliff directly ahead with several cave openings cut into it. The road then bounds round through cultivated fields to the river.</p>
<p>49</p> <p>↑ 800 m ↗ 22 m</p>	<p>Bridge across Castril River at Las Cucharetas : 37.623878°N, -2.778939°W, 645m alt.</p> <p>At the river, go straight on across the metal bridge, signposted "Las Cucharetas, Carramaiza 10km". Immediately after crossing the bridge follow the road as it bends to the right. The road then becomes surfaced as it heads uphill into the village of Las Cucharetas.</p>
<p>50</p> <p>← 400 m ↘ 14 m</p>	<p>T Junction with GR-9103 in Las Cucharetas : 37.627192°N, -2.783427°W, 667m alt.</p> <p>At the road T-Junction turn left onto the main road (GR-9103) through the village of Las Cucharetas.</p>
<p>60</p> <p>↑ 2.6 km ↘ 11 m</p>	<p>Side Road Junction at bridge in Las Cucharetas : 37.624375°N, -2.784261°W, 653m alt.</p> <p>The road becomes an unsurfaced track after crossing a bridge. A side road joins the main road from the right just beyond the bridge. The return route is down this side road. Continue straight on along the track out of the village.</p>
<p>61</p> <p>→ 1 km ↘ 4 m</p>	<p>Fork in Track, Las Cucharetas : 37.608241°N, -2.802491°W, 642m alt.</p> <p>There is a fork in the track about 200m beyond the entrance to a distinctive, maroon-painted house with crenelated walls on the hillside on your right. Follow the uphill track to the right. The track runs along the side of the valley amongst layered sandstone hills.</p>
<p>62</p> <p>→ 800 m ↗ 78 m</p>	<p>Double Fork in Track : 37.607831°N, -2.811203°W, 638m alt.</p> <p>After coming up through an olive grove, there is a double fork in the track. Take the track to the right, then immediately at the next fork, bear left and head up the side of the hill.</p>
<p>63</p> <p>→ 2.5 km ↗ 119 m</p>	<p>Fork in Track at mature pine tree : 37.611913°N, -2.817172°W, 716m alt.</p> <p>After about 800m, arrive at another fork in the track with a large pine tree on the corner on the right. Take the track to the right. Stay on the main track as it undulates through sparse pine woods, generally climbing uphill for about 2.5km. The village of Carramaíza becomes visible on the crest of the hill to the left.</p>
<p>64</p> <p>← 1 km ↗ 29 m</p>	<p>Hairpin Track Junction : 37.631903°N, -2.820810°W, 835m alt.</p> <p>After emerging into a flatter, cultivated area the track diverges away from Carramaíza and then almost doubles back to the left at a hairpin bend at the corner of a field where another track joins. This is Way Point 64. On the return, the route will take the track to the left back down to Las Cucharetas. Follow the track round the hairpin bend to the left towards Carramaíza. After about 1km there is a side turning with a white "Coto Privado de Caza" sign (Way Point 65).</p>
<p>65</p> <p>← 1.3 km ↗ 39 m</p>	<p>Track Junction, near Carramaíza : 37.640351°N, -2.826331°W, 864m alt.</p> <p>Take the track to the left at the white "Coto Privado de Caza" sign towards Carramaíza. The village is visible up on the hill to the right.</p>
<p>66</p> <p>← 400 m ↗ 15 m</p>	<p>Fork in Track below Carramaíza : 37.643517°N, -2.839654°W, 903m alt.</p> <p>At a fork in the track just below the village, take the track to the left. This emerges at the low road through Carramaíza beside a picnic table. Follow the low road through the village. There are good views towards Mount Jabalcón and the Castril & Guradil valleys (although the Negratín reservoir is out of sight in the dip).</p>
<p>67</p> <p>→ 400 m ↗ 24 m</p>	<p>Road Junction, Carramaíza : 37.642539°N, -2.844041°W, 918m alt.</p> <p>Take the sharp turning to the right which heads up to the high road through the village, passing a small plaza with a fountain and post-boxes mounted to the wall on the left. Note that there is drinking water tap at the small village church (Iglesia Parroquial) up on the high road through the village (see map).</p>

68	High Road Junction, Carramaíza : 37.645147°N, -2.841327°W, 942m alt.
→ 1.5 km ↘ 19 m	At the junction with the high road (Calle Carramaíza), turn right heading out of the village and past the cemetery on your right. The surfaced road passes through orchards and olive groves. Look out for a track turning sharply to the right after about 1.5km at the first group of pine trees (Way Point 69).
69	Track Junction with Road, Carramaíza : 37.646777°N, -2.826452°W, 923m alt.
→ 200 m ↘ 5 m	Turn sharp right off the surfaced along a track through an orchard.
70	Fork in Track : 37.644876°N, -2.826956°W, 918m alt.
→ 0.5 km ↘ 54 m	At the first fork in the track, follow the track to the right. Then, immediately around the corner where the track splits again, follow the track downhill to the right.
65	Track Junction, near Carramaíza : 37.640351°N, -2.826331°W, 864m alt.
↑ 1 km ↘ 29 m	After about 0.5km pass the turning to Carramaíza you took on the outward route. Continue straight on.
64	Hairpin Track Junction : 37.631903°N, -2.820810°W, 835m alt.
← 1.1 km ↘ 29 m	At the hairpin bend, rather than following the outward route back round to the right, turn left and take the track through the pine trees.
71	Track Junction between Carramaíza & Las Cucharetas : 37.628956°N, -2.809897°W, 806m alt.
↑ 2.2 km ↘ 132 m	At the next track junction, stay on the main track which immediately bends round to the left. Continue downhill all the way to Las Cucharetas.
72	Track Junction with Road, Las Cucharetas : 37.625815°N, -2.787378°W, 674m alt.
→ 300 m ↘ 21 m	At the junction with the surfaced road in Las Cucharetas, turn right onto the road heading downhill.
60	Side Road Junction at bridge in Las Cucharetas : 37.624375°N, -2.784261°W, 653m alt.
← 400 m ↗ 14 m	At the junction with the main road (which you passed on the outward route), turn left over the bridge. Follow the road through the village.
50	T Junction with GR-9103 in Las Cucharetas : 37.627192°N, -2.783427°W, 667m alt.
← 800 m ↘ 22 m	After passing the bus stop on your left, turn right at the house with a green garage door, returning down the road you came up on. Follow the road back down to the river.
49	Bridge across Castril River at Las Cucharetas : 37.623878°N, -2.778939°W, 645m alt.
↑ 2 km ↘ 1 m	Cross the bridge and head straight on up the gravel road. Follow the road as it bends to the left up through the cutting, then down the other side past the almond orchard on your right and cave houses on the left until you arrive back at the turning to Las Dunas.
0	Las Dunas, Cuevas del Negro : 37.608663°N, -2.776097°W, 644m alt.