

# Trip to natural park of “Cabo de Gata-Níjar”

Natural Park of Cabo de Gata-Níjar has an area of 9.144 hectares. Declared a Biosphere Reserve by UNESCO. It is one of the last strongholds of nature in the Mediterranean Sea. Your environment has plenty of virgin beaches and coves.

**Time** 45 minutes

**Distance** from 48 to 60 km, depending on the area where you go.

**Recommended useful** umbrella for sun, water or drinks, sunscreen factor 40, slippers or shoes tied water. Fruits, vegetables or other food.

## Recommended beaches and sights

- ✓ Mónsul
- ✓ Los Genoveses
- ✓ Isleta del Moro / White rock beach
- ✓ El Playazo de Rodalquilar
- ✓ Los Escullos y Arc beach “Playa del Arco”
- ✓ Higuera Cove

Detailed information: Ministry of Environment and Rural and Marine Environment, in:



[http://www.mma.es/portal/secciones/acm/aguas\\_marinas\\_litoral/guia\\_playas/almeria/almeria\\_prov.htm](http://www.mma.es/portal/secciones/acm/aguas_marinas_litoral/guia_playas/almeria/almeria_prov.htm) (NÍJAR)

- La Isleta del Moro, restaurants
- Lighthouse of Cabo de Gata, views
- Rodalquilar, old gold mines
- San José town
- Las Negras

## How to get to?

Take AUTOWAY A7-E15: Exit Hostel Juan de Austria, take left direction sense, 50 meters, passed near Cepsa petrol station on your left, follow other 50m. until you reach a roundabout with a mast and flag of Spain, the roundabout turn right. Road Climb Alicún for 300m. Follow A-391 about 900m, at roundabout take 2nd exit, next to the Repsol petrol station. Take the entrance to the A7-E15 autoway towards Almeria-Murcia.



A7-E15 ALMERIA MURCIA flow direction during:

30 km. Take EXIT 460 "The Alquian; Cabo de Gata". After taking the exit flow 2 km. and entering the roundabout take 1st EXIT to "El Alquian, Airport, Cabo de Gata". Circle 3 km. and at the next roundabout take exit 4 Highway N-344 Crossing El Toyo, circulate for 3 km. In Retamar, enter roundabout and take exit 2 AL-3115 for 7.5 km.

Here the road splits in 2 directions: if we go on the AL-3115 for 6 km reach Cabo de Gata. However, taking the AL-3201 will go toward San Jose.

# Juan de Austria Hotel

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## **General Recommendations:**

We remind you that being a natural park beaches are poorly equipped in terms of services. If you are looking for a restaurant, supermarket, etc. must go to a population center near the beach (you may need to cover between 15 to 20 km.)

The roads are allowed to motor vehicles only by dirt roads eligible for it. They are dirt roads, with speed limited to 20 km / h. At each beach is a place of unauthorized parking. Access may be restricted by a barrier if there is overcrowding, in which case there is a bus service (July and August weekends, cost: one euro par person and trip).

The final part of the beach access may have to do is walk down a path or a ramp. Wear appropriate footwear to this area given that in these places is pretty intense heat.

Pristine beaches are genuine. Be respectful of the environment. There is surveillance service medium to environmental protection. Some fishing techniques are prohibited.

On specific sites is practiced naturism or nudism. There are also creeks, some with difficult access.

**SWIM IN THE SEA:** Do not rely on shallow beaches, especially in light wind days. Ocean currents will not let you stand up and take you into sea. **BE CAREFUL**, especially children, elderly or mobility impaired. Before bathing see if the coast there are jellyfish. If jellyfish do not bathe. If you need care for jellyfish stings go to Red Cross, or a health clinic ("ambulatorio Seguridad Social"), or Protección Civil.



*Jellyfish, on the sand.*



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