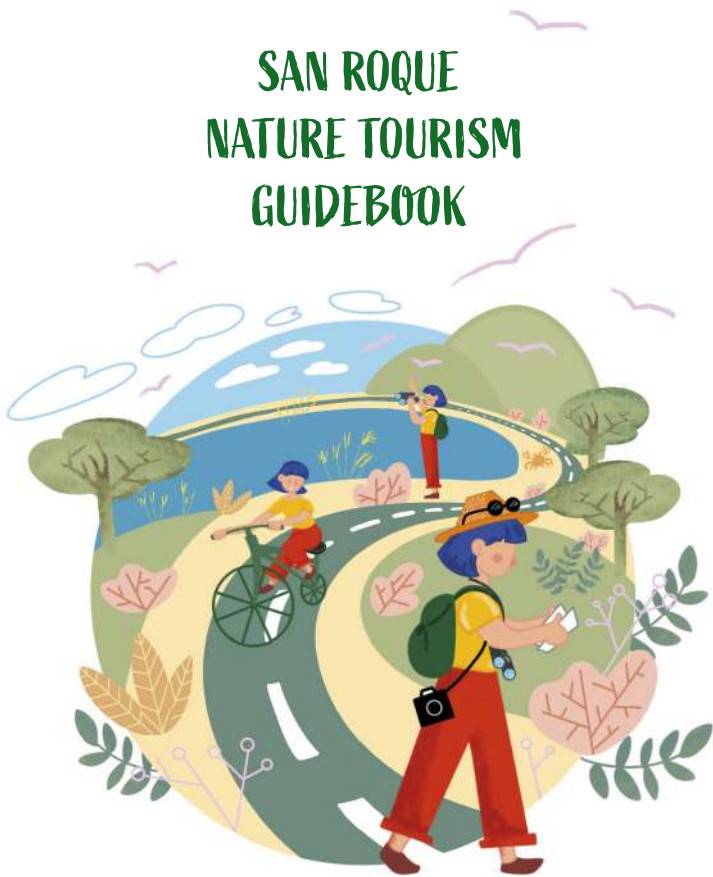


SAN ROQUE NATURE TOURISM GUIDEBOOK



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Iconography in this guidebook



• Nature Trail



• Cycle Path



• Family Route



• Recreational Area



• Barbecue Area



• Birdwatching



• Scenic Landscapes



• Loose Cattle



• Ideal spot for Paddle Surf



• Beach Bar/
Restaurant Area



• Circular Route



• Linear Route



• Easy Route



• Intermediate
Route



• Difficult Route



• Playground

Good practices

- Do not disturb or feed indigenous fauna.
- There are no designated camping areas.
- Respect the installations at your disposal.
- To avoid fires do not throw cigarettes or other flammable objects on the ground.
- Do not throw litter. Put it in the nearest litter bin. Recycle as much as possible. The preservation of nature areas is in your hands.
- Respect the flora, fauna & minerals.
- Use paths and nature trails.
- Do not drink untreated water.
- Check the weather forecast before going out in the countryside.
- Take water, sun cream, light clothes and suitable footwear.
- It is recommendable to take a charged mobile phone. The emergency number is 112.
- Find out beforehand if it is the hunting season.
- Be a responsible tourist with your surroundings.

We recommend you take

- Your Nature Guidebook.
- A bottle of water.
- A bin bag.
- A first aid kit.
- A torch.
- Sun cream.
- Sunglasses.
- A hat.
- A penknife.
- A snack.
- Comfortable footwear.






El Clima

8

The **borough of San Roque** is located in a specific area with a subtropical oceanic climate, which is distributed along the Andalusian Mediterranean coastline from the **Guadiana estuary** to the plains of Almería, penetrating a few dozen kilometres inland.

Seasons are mild, without frost in the winter and average temperatures of between 17°C and 19°C. There is a very moderate variation of temperature. The **influence of the sea** moderates the temperature and is essential to understand the bioclimatic zone. August is the hottest month, with an average temperature of 24.3°C, whilst January is the coldest month with a temperature of 12.1°C. The highest relative **humidity** is measured in October (79.50 %) whilst the lowest is in July (65,29%).

The **topography of the area** and the predominant winds (Easterly and Westerly) are the cause of the atmospheric humidity. Rainfall is abundant (around 900 mm per annum) and mainly in winter. **Sierra del Arca, Sierra Almenara and Sierra Carbonera** get more rainfall and fog caused by masses of air coming from the sea.

A stylized illustration of a weather scene. In the top left, a large, bright yellow sun with radiating lines shines. Several grey, textured clouds are scattered across a teal sky. Vertical lines represent rain falling from the clouds. At the bottom, dark blue waves with white foam are visible. The overall style is graphic and colorful.

This climate contributes to basic conditions that vegetation requires leading to forests of **conifer and leafy trees** (cork oak, holm oak and pine woods). The area is also rich in scrubland. The soil supplies nutrients whilst the relief marks its peculiarities.

The **moderate temperature oscillation** and **mildness of the climate** make San Roque an ideal area to do sport in nature spots the whole year round. With high relative **humidity** it is important to wear light, comfortable clothes.

El Pinar

One of the most characteristic nature spots in San Roque is **Pinar del Rey**, which became part of Los Alcornocales Natural Park on 19th September 2017. Situated five kilometres from the historic centre of San Roque, it features a surface area of **338 hectares**. The species that stands out the most is the **stone pine** (*Pinus pinea*). A tree with a broad top, in the shape of a parasol, with a straight trunk and without large branches. The bark acquires sections with reddish tones. **Pine cones** are egg-shaped and offer large, edible pine nuts.

The origin of this forest goes back to the 19th century, when this place was used to plant pine trees to supply timber for the construction of **warships**. Once the timber business ceased, a **beautiful pine woods** grew with thundergrowth of kermes oak, cistus, mastic, ferns, European fan palm and flax-leaved daphne.

The landscape is enriched with cork oak trees (an indigenous tree) and **riverbank vegetation** which borders the Madrevieja and Alhaja streams. Among the trees we come across poplar trees, alder trees, ash trees, black poplar trees, blackberry bushes, ivy and other creeping plants.

Egyptian mongoose

Ferns



*Pinus pinea*

Great spotted woodpecker

Eurasian crag martin

Bellis cordifolia

Among the vegetable species are some endemic species that stand out such as *Drosophyllum lusitanicum*, an **endemic carnivorous plant** from the Mediterranean heath of the southwest of the Iberian peninsula and northwestern tip of Africa, the Strait of Gibraltar features the highest densities of populations and *Bellis cordifolia* of the southeast of Cadiz, penetrating in the boundary of the province of Malaga, from Sierra del Aljibe (Cadiz-Malaga) to the mountains near Algeciras.

Cistus



European rabbit (*Oryctolagus cuniculus*)

Pipe vine (*Aristolochia baetica*)

Hedgehogs (*Erinaceinae*)



Among the most emblematic birdlife Eurasian jays, great spotted woodpeckers, bee-eaters, Eurasiancrag martins, Eurasian blue tits and great tits stand out among a multitude of **migratory species**.

Very surprising insects are **European mole crickets** (*Gryllotalpa gryllotalpa*) which inhabit Western Europe and north Africa. You can encounter them among dead leaves and they are totally harmless.

An arthropodous that you do have to take great care with is the **scorpion** (*Buthus occitanus*) due to the fact that its **sting can be very painful**. It is nocturnal so it is very hard to see, but during the day it stays under rocks and in cracks in the ground. It should not be disturbed, as it only stings people as a defence mechanism when it feels under threat.

Among the common species of reptiles are horseshoe whip snakes and ladder snakes. Lizards, geckos and common wall geckos. All of them are harmless despite their large size.

In this particularly peculiar habitat we come across a series of **species of mammals**: bats, rabbits, rodents, wild boar, hedgehogs and Egyptian mongooses (*Herpestes ichneumon*).

Respect the local fauna and flora, throw rubbish in the designated places. It is prohibited to light fires from 1st June until 15th October, even in the barbecue area.



Zarzamora (*Rubus ulmifolius*)

Escorpión (*Buthus occitanus*)

Route around Pinar del Rey

Pinar del Rey can be reached via junction 1108 of Mediterranean dual carriageway (E-15) along the CA-9204 road and then along the CA-9203 road. At kilometre 3.950 you will encounter the access to the Recreational Area. You will come across parking space there. There are four marked nature trails you can start from the Recreational Area: Big, Ugly Bird Gorge, Pinar (Recreational Area), Eagle's Hill and Alhaja Stream. None of them are very long but they can be combined. You can go from one to another. The landscapes are very varied and not at all monotonous.





There are lots of paths and fire breaks that are suitable for mountain bikes at Pinar del Rey. But they are not marked. You will not get lost by simply following the direction of the firebreaks. It is important to respect the local fauna and flora by following the paths and firebreaks.



The Routes at Pinar del Rey

These are the locations of the four signposted routes that can be found at Pinar del Rey.

You can encounter a wide variety of the species mentioned before on all of them. There is wide range of birds that can be observed. Do not forget to bring your binoculars.



Recreational Area walk.




Alhaja stream route.



Big, Ugly Bird Gorge route.



Eagle's Hill route.



Eurasian hoopoe (*Upupa epops*)



Big tit (*Parus major*)

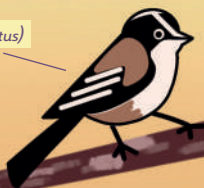


Abejaruco (*Merops apiaster*)

Common blackbird (*Turdus merula*)



Long-tailed tit (*Aegithalos caudatus*)



Blue tit (*Cyanistes caeruleus*)



Eurasian jay (*Garrulus glandarius*)





Alhaja Stream Nature trail

The route starts at the recreational area from the Nature Centre, following the wooden fence on the right.

The beginning of the nature trail is signposted with a starting signpost. The path goes through a mixture of riverbank species with pine trees. There are a lot of ferns in shady spots. Black poplars and alder trees are very common on both sides of the stream where you can hear cuckoos singing. A wooden bridge crosses the stream towards the Alhaja spring.

The itinerary of this route is short, it is devised for the whole family, it goes through a legendary landscape.

Home to beautiful vegetable species with a wide range of fauna in which birds like the bee-eater or Eurasian golden oriole, common blackbird and owl (as well as the abovementioned cuckoo), amphibians like the common frog and the Iberian ribbed newt, and species such as rabbits, voles and some *Mustelidae* stand out.

Length: 2,010 m.

Estimated time: 1:30 h.





Recreational area nature trail

Suitable for all the family. This route starts next to the Nature Centre where we come across a starting signpost. The first part of the trail is parallel to the Nature Centre fence.

We go down a stream bed and after 50 metres we come across the first marker. Pine trees, flax-leaved daphnes, Kermes oaks and ferns make up the main vegetation on this nature trail. There is an area where we come across bee-eater nests, a summer bird with beautiful colours that digs tunnels in earth hillsides.

There is a wide range of birds in the Pinar. Do not disturb them or go close to their nests during the breeding season.

Length: Around 2,000 m.

Estimated time: 1:30 h.





Big, Ugly Bird Gorge nature trail

The route starts at the gate of the old Inn. Among the vegetable species we come across white asphodel (*Asphodelus albus*) which flowers in February and wild oleander (*Nerium oleander*) stand out. On the other hand, trees like the stone pine, poplar and Algerian oak (*Quercus canariensis*) provide shade along most of the trail. Eurasian griffon vultures usually fly in thermals in the area.

The route passes by an old road where you can see numerous marine fossils. We will also walk along a stretch of firebreak which is easy to walk until we reach a more complicated area which is the ascent to Big, Ugly Bird Gorge, a sandstone landscape. From there the views are very beautiful making it the ideal spot to take photos. You can see the city of San Roque, the Rock, the Bay and Sierra Carbonera. The highest point is around 145 m. It is not a lot but this route has a slope. It is something to

take into account.

On the way back, because the route is circular you can see species like strawberry trees or large-fruited junipers, next we go through riparian forest with a lot of shade after which we come out in a firebreak and from there follow the markers back to where we started the itinerary.

Length: 4,130 m.

Estimated time: 3:00 h





Eagle's Hill nature trail

The starting signpost of this route is located at the gate of the old inn that gives access to a mixed woodland of pine and cork oak trees. Following the marked trail we come across the ruins of the old inn known as "Ventorillo." The cattle route used to go from San Roque to Gaucín, it was used by mule drivers and cork debarkers until the 1960s. We also come across the firebreak turning off soon along a trail of cork oak trees with undergrowth of gum rockroses. It is common to hear woodpeckers pecking on trees, it is a very numerous bird in the area. Once we go back to the firebreak we need to look out for a metal fence. This is the boundary with the municipality of Castellar.

We turn right and descend a small slope which is followed by a steep hill. Eagle's Hill is 157 m. high and has excellent 360° views. On one side you can see Castellar castle and on the other the whole of the Pinar

del Rey and beyond the Rock. It is an ideal spot to stop, take a rest and take photos.

After getting your breath back go down the hill, and continue along a trail on the left, we follow the first path on the right until we reach the firebreak which leads us back to the recreational area following the markers until we reach the point we started.

Length: 4,519 m.

Estimated time: 3:30 h.

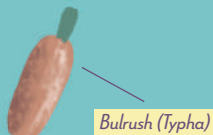


Riverbanks

There are two main rivers in the borough of San Roque: the **Guadiaro** and the **Guadarranque**.

The riverbank habitats distributed along the sides of these rivers, make up very differentiated formations due to their vegetation and the species that live there. They are areas with a **high biological diversity** because they are home to numerous species.

Among the functions which stand out that the riverbank vegetation carries out: the regulation of the river microclimate, are as a source of food para diverse species, ensuring the stability of the riverbanks, acting as a filter for sediments and chemical substances in the river course, working as a recharging area for underground water and offering great scenic, recreational and cultural value.



Bulrush (*Typha*)



Tadpoles



Frogspawn



Perez's frog (*Pelophylax perezi*)



Riverbanks

Among the typical vegetable species of our riverbank forests of black poplars and alder trees stand out as tree species, but there are a large number of vines and bushes that live on riverbanks. Among those that stand out are the **elmleaf blackberry** (*Rubus ulmifolius*), the **common smilax** (*Smilax aspera*) and the **Clematis cirrhosa**.

Amphibians are the stars of these types of habitats, choosing to breed in calm waters or in ponds associated with rivers. Among those that stand out are Iberian ribbed newts, salamanders, common frogs and toads.

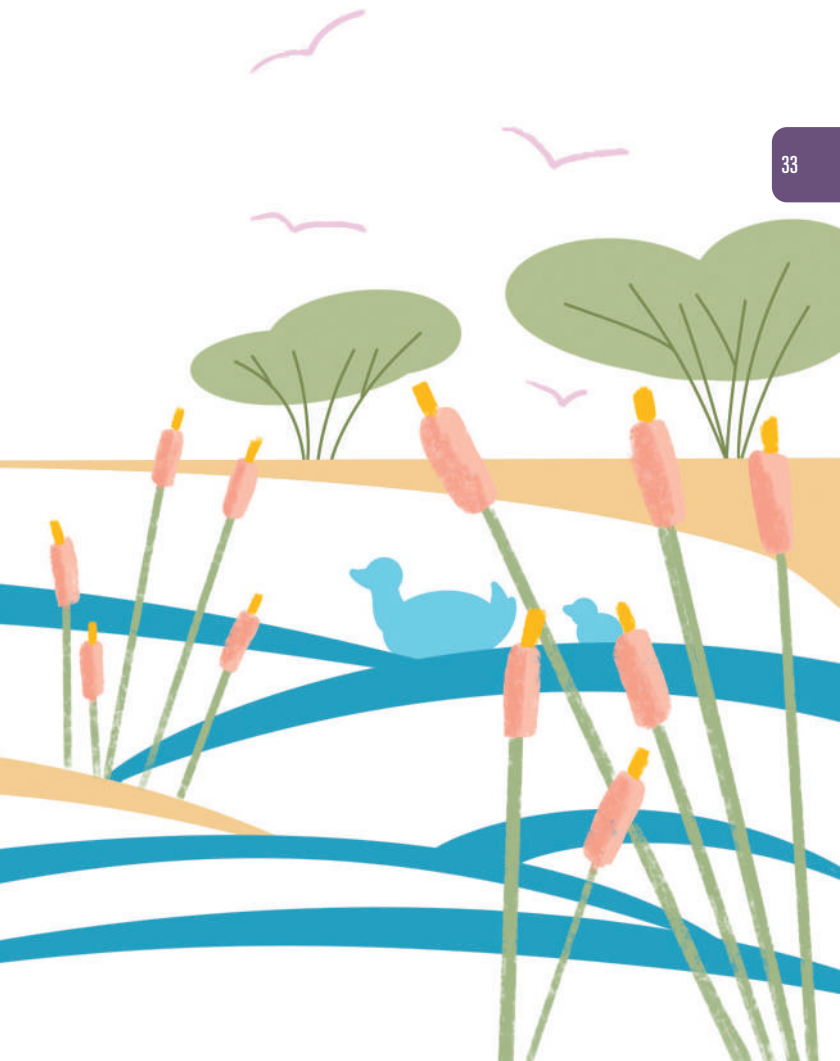
You can also encounter rabbits, badgers, mustelidae and some ungulates which go to drink water in the upper parts of the river, not close to the rivermouth. Riverbank forest feature characteristic birdlife, the **Eurasian golden oriole** (*Oriolus oriolus*) being the most emblematic species, also **long-tailed tits** (*Aegithalos caudatus*) are common in rivers, as well as common blackbirds, common nightingales, blue tits and great tits.

In addition, the river Guadiaro is a protected nature area which is included in the **Natura 2000 network** due to being a nature spot of vital importance for the preservation of species such as the lamprey, the otter and the **Pseudochondrostoma willkommii** fish.

Route along the Guadarranque riverbanks

From the village of Guadarranque we come across a marked trail. Very close is the entrance to Carteia archaeological site for those interested in the ancient Mediterranean history. There is parking space available. It is a linear route, something to take into account as you will have to go back to where you started, adding kilometres to the route. It goes along the riverbank where numerous bird species and typical wetland and estuary vegetation can be encountered.





Guadarranque Riverbank nature trail & cycle path

The first part of this route goes along a trail among pine trees and carob trees, next to the river. The path features wooden benches along every stretch and some areas to do exercise. But what stands out the most is the bird viewpoint, a birdwatching hut to see birds that land in the river. Common kingfishers, plovers, pied-billed grebes, grey herons, yellow-legged gulls and ducks are the most common birds.

In salty areas not affected by tides *Arthrocaulon macrostachyum* can be found in large areas. It is one of the few plants that resists salinity.

As we get closer to Estación de San Roque where the trails ends we come across typical riverbank species such as elmleaf blackberries (*Rubus ulmi-folius*) and paperwhites (*Narcissus*

papyraceus) and birds like mallards (*Anas platyrhynchos*) and common moorhen (*Gallinula chloropus*).

Length: 4,600 m.

Estimated time: 3:30 h.

Coordinates:

36°10'55"N 5°24'40W · 1m





Coastal Habitats and Estuaries

Two rivers cross the borough of San-Roque (the Guadarranque and the Guadiaro). Their estuaries configure the whole of the coastline. There are many beaches in San Roque where you can walk, do different sports and enjoy the summer.

The marine coast is the area of the coast where high tide and low tide are situated. This area is where sand dunes are created which are inhabited by an enormous variety of creatures. They are ecosystems with a fascinating biodiversity. All the vegetable and animal life that inhabit these areas is subject to the movement of tides and diverse secondary effects generated by them.

There are diverse types of coastline: rocky ones, sandy ones and muddy ones. The whole of the coastline in San Roque is sandy.

It is made up of small grains, generally of quartz. This type of coastline moves with the action of tides. A wide range of animals live in this place filtering foods from water, like hermit crabs, cockles and razor shells, very common species at our beaches.

At sand dune areas we encounter vegetation with species that resist salty waters. Typical species are common glasswort, sea daffodils (*Pancratium maritimum*) and sea holly (*Eryngium maritimum*).

Yellow-legged gull (*Larus michahellis*)



Sea daffodils (*Pancratium maritimum*)

Crested lark (*Galerida cristata*)

Flathead grey mullet (*Mugil cephalus*)

Kentish plover (*Charadrius alexandrinus*)

There are many migratory birds that choose sand dunes to nest in the summer season. That is why it is important not to walk in these areas, as the nests are so well camouflaged that it is easy to step on them and destroy them. We can see these birds feeding at the shore and that should be enough for us. Among the most emblematic species is the Kentish plover (*Charadrius alexandrinus*), although common ringed plovers, little ringed plover, dunlins and crested lark are also common. Among fishing birds you can see at our shores yellow-legged gulls and cormorants stand out.

Several mammals are common in dune areas such as rabbits and some Egyptian mongooses, the common name for the Egyptian mongoose (*Herpestes ichneumon*) in this part of the world is "meloncillos".

Estuaries and rivermouths are the most productive ecosystems on the planet. They are inhabited by numerous species from crabs and Iberian pond turtles to herons, rails, some curlews and black-tailed godwits. They are muddy waters in which currents can be dangerous. Among the estuary vegetation reeds and Typha, brambles and mastic trees stand out.

There are two estuaries in the borough of San Roque. The river Guadarranque, next to the seaside village of Guadarranque, where apart from enjoying the beach we can also go for a refreshing walk or take a rest at the Madre Vieja suburban park.



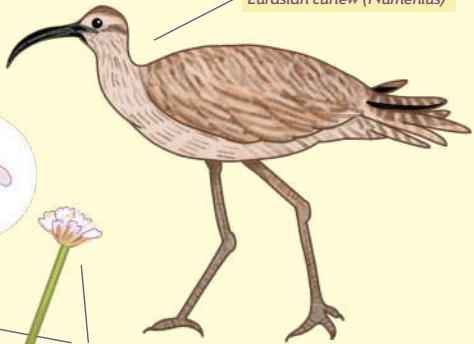
Dunlin (*Calidris alpina*)



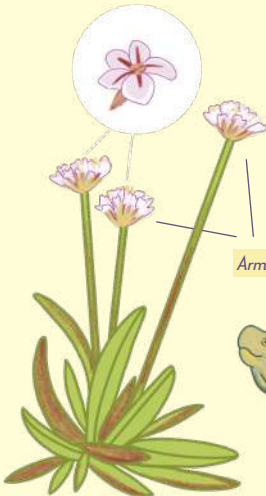
Mastic tree



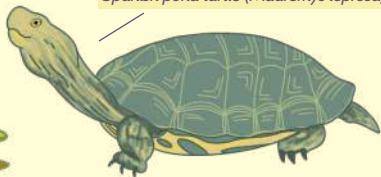
Hermit crab (*Paguroidea*)



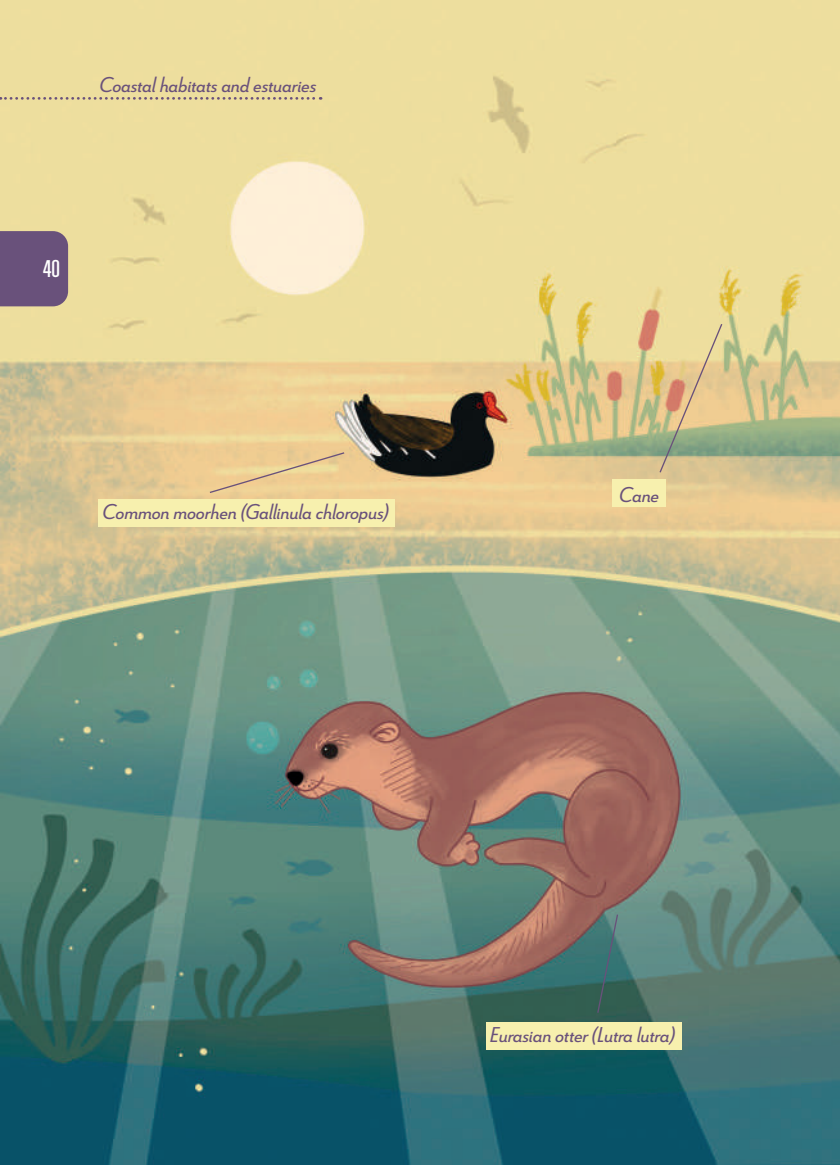
Eurasian curlew (*Numenius*)



Armeria Hirta



Spanish pond turtle (*Mauremys leprosa*)



Common moorhen (*Gallinula chloropus*)

Cane

Eurasian otter (*Lutra lutra*)

Great cormorant (*Phalacrocorax carbo*)



Little egret (*Egretta garzetta*)



Sea lamprey (*Petromyzon marinus*)

The other estuary is the river Guadaro one, a protected nature area located next to the Sotogrande gated community where you can see birds such as the ruddy turnstone, the common redshank, the gull-billed tern and the Sandwich tern. It is a favourable habitat for otters and sea lampreys which are the most emblematic species in this place.

This enclave was included in the Natura 2000 network and was declared a special area of conservation (SAC) in 2013.

The protection is not only limited to the estuary but also to the adjacent seabed which is also considered to be a SAC. This area is considered to have an important function of ecological connectivity with the river, making it part of a river and tide system. It is a key area for the breeding of fries and the reproduction of fish.

Route Around the River Guadiaro Estuary

Near the Guadiaro rivermouth we encounter a wooden walkway. The access is marked. The recommended parking place is Sotogrande Marina, near the bridge that crosses the Guadiaro rivermouth. You have to cross the bridge on foot and after 100 metres you will come across the signpost. It is a one kilometre linear route ideal to do birdwatching and listening out for birds. That is why it is necessary not to make noise and recommendable to take a nature guidebook.

The estuary is considered to be a nature area within the Andalusian network of nature areas. The area coincides with one of the most relevant migratory routes and therefore it is a transitional location, which is very crowded in the summer months. 140 different species have been counted and it is an Special Interest Area for birds.

You should not make noise so you can see them as the vegetation is very thick.

Among the vegetable species the flax-leaved daphne, canes or reeds (*Phragmites australis*), rushes, vines such as the beautiful *Aristolochia baetica*, blackberries, French tamarisk (*Tamarix gallica*) and gorse.

Length: 1,000 m.

Estimated time: 30 min

Coordinates:

36°16 '58" N 5°17 '03" W





La Sierra Carbonera

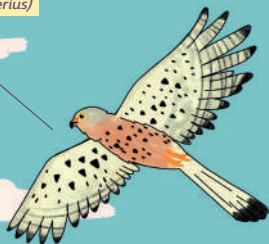
Rising above the boroughs of San Roque and La Linea is Sierra Carbonera. **311 metres above sea level** at its highest point make it a privileged **viewpoint** of the Bay and the Strait. Throughout history it is home to **cave art** and numerous **bunkers** built during the Francoist period.

When studying the landscape of Sierra Carbonera we should distinguish between **two slopes**, the coastal and the inland one. The coastal slope is parallel to the eastern coastline and extends towards the **place of Portichuelos**. Exposed to strong easterly winds it is normal that there is no high vegetation, whilst on the other slope, more protected from the winds and the influence of the sea tree species grow better. In any case it is not common to encounter big trees.

This **habitat** is very rich in animal species. Voles, Egyptian mongooses, rabbits, badgers and some foxes are among the most common **mammals** in the area. Among the insects the Lycosa or wolf spider is quite characteristic. There are a large number of them. We can also highlight **reptiles** above all snakes such as the ladder snake and horseshoe whip snake that can grow big. In ponds, streams and overflows **amphibians** are common: frogs, Iberian ribbed newts and salamanders.

Worth mentioning are the birds that inhabit the area, because this mountain is an ideal spot to watch **numerous species of migratory birds** travelling between Europe and Africa.

American kestrel (*Falco sparverius*)



Heather (*Calluna vulgaris*)

Hairy thorny broom (*Cytisus lanigerus*)

Ladder snake (*Rhinechis scalaris*)

Sierra Carbonera is witness to a lot of history, between the frothy shore and the greenness of its paths, under the heat of the sun some days, others under the haze of easterly winds called “taró” in this land. It is home to **natural and scenic treasures**, that make it an area of high ecological interest.



Cycle Paths

46

The borough of San Roque features several cycle paths connecting San Roque town centre and local villages, as well as giving access to some nature areas. You can also walk along them as foot paths.



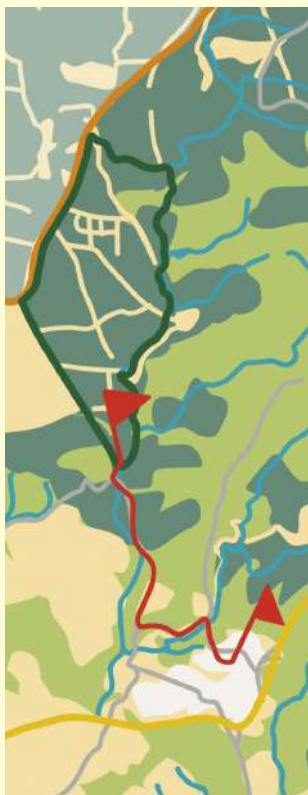
Cycle Path Connecting San Roque Town Centre To Pinar del Rey

The route starts going down Camiño del Almendral road, by taking the Ca-9204 towards Pinar del Rey. Once you have crossed the Mujer stream, you need to turn left on to the Ca-9203 as far as the entrance to the Pinar del Rey. There is a permanent path parallel to the road and you cannot miss it.

Length: 3,000 m.

Estimated time: 20 min on a bike

(walking: 40 min)



San Roque and the Casino cycling Path.

This route is parallel to the old N-340 main road, which was turned into the A-7 dual carriageway service road. It features beautiful views of Sierra Carbonera. Nearby is Cerro del Infante archaeological site.

Length: 3,000 m.

Estimated time: 20 min on a bike
(walking: 1:00 h)



Cycle Path Between Guadarranque and Puente Mayorga

This route starts near the Rocadillo Tower (16th century) located within Carteia Archaeological Site. The path is parallel to the road between these two villages. There are numerous 1940s bunkers on the stretch of beach below the cycle path.

It is connected to the Guadarranque riverbank cycle path.

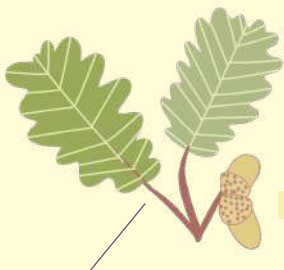
Length: 2,200 m.

Estimated time: 15 min on a bike (walking: 40 min)

Linear route

Another point of interest is the urban art that decorates the wall of the "Gibraltar- San Roque" CEPSA refinery. The route ends near the 18th century humped bridge over the Gallego stream. There are also singular panoramic views of the western face of the Rock of Gibraltar and Jebel Musa in Morocco.

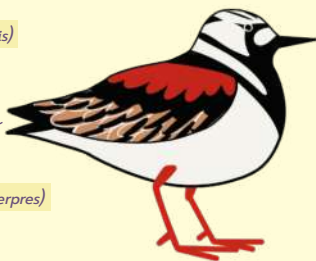




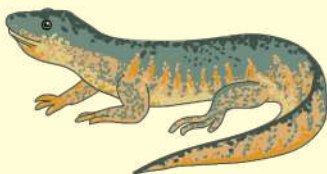
Algerian oak (*Quercus canariensis*)



Eurasian golden oriole (*Oriolus oriolus*)



Ruddy turnstone (*Arenaria interpres*)



Iberian ribbed newt (*Pleurodeles waltii*)



Pseudochondrostoma willkommii

European mole cricket (*Gryllotalpa gryllotalpa*)



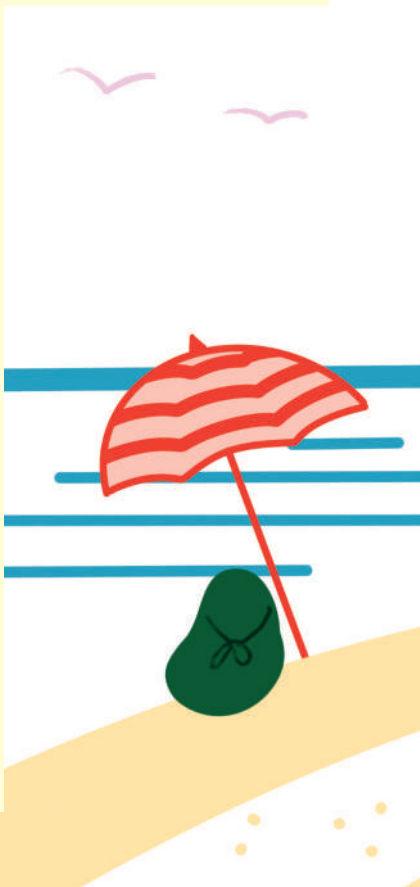
Horseshoe whip snake (*Hemorrhois hippocrepis*)



Common cuckoo (*Cuculus canorus*)

Looking after beaches: rules and good practices

- It is prohibited to park or drive on the beach sand. All beaches have designated car parks. Leave your car there.
- It is prohibited to camp in all areas.
- During the summer the use of parasols is recommended in pursuit of a more efficient distribution of the beach.
- It is prohibited to light fires, except in designated areas.
- Respect the facilities at your disposal.
- Do not throw rubbish or cigarettes stubs on the sand. Place them in the nearest litter bin.
- Respect the flora and fauna.
- Take water, sun cream, light clothes and adequate footwear.
- Be a responsible tourist, respect your surroundings.





Routes Around our Beaches

San Roque's beaches are the star tourist attractions in the borough.

Both due to climatic conditions and also because there are beaches on both sides of the Bay to shelter from the winds, due to their biodiversity, the quality of their waters, their infrastructure and facilities, our beaches are ideal to enjoy the summer.

Multiple watersports can be enjoyed at the beaches. There are 15 kilometres of beaches that due to the mildness of the climate are adequate for walking any season of the year.

The access to all of them is properly signposted. There are no marked paths, but you cannot get lost, all you have to do is follow the coastline.

We invite you to walk along our shores. Always be careful when walking in sand dune areas, as they are the habitat of numerous fragile species that can be affected by people. A walk along the shores offers us the chance to see numerous coastal species that we have mentioned in the coastal habitats section.

Puente Mayorga and Campamento Beach

The villages of Puente Mayorga and Campamento share a beach in the shape of an arch, ideal when there is a strong easterly wind blowing. It is protected from these winds due to its location. There is hardly ever any swell and these water do not have strong dangerous currents and the waters are shallow near the shore. It is apt for the whole family. You can walk along the shore or along the promenade which connects both villages, as it is an urban beach. There is just over a kilometre of beach along which we can see hermit crabs and Pagurus. These are crustaceans that take advantage of empty snail shells to protect their soft abdomen. They are very curious to see. Do not pick them up or disturb them



Guadarranque Beach

If we carry on walking from Puente Mayorga east, after a few kilometres we will encounter Guadarranque beach. But due to the fact you have to go through industrial areas and the cliffs can cut off access at high tide, it is better to go by car. Guadarranque beach features a good car park. We get access to the village of Guadarranque from the A-7, junction 1109. There is almost a kilometre of beach with shallow waters next to river Guadarranque estuary or river-mouth. There are small sand dunes where we can encounter sea holly (*Eryngium maritimum*) and sea daffodils (*Pancratium maritimum*). A lot of birds can be seen during the migratory season. It is common to see *Calidris* and yellow-legged gulls and some little egrets (*Egretta garzetta*).

On the other hand, the archaeological site of the ancient city of Carteia is very close and it is a good chance to get to know the world of the ancient Mediterranean. We recommend a tour of the site with a visit to the Carteia section of San Roque's Municipal Museum where numerous relevant pieces found at the site are kept.



Puerto de Sotogrande Beach

We get access to it from the A-7 (Sotogrande Costa gated community), junction 1094. If we go through Sotogrande Marina, A-7, junction 1091, we come across this beach within Sotogrande Marina and we can consider it to be an urban beach. It has easy access by car, it offers good facilities and an area of bars, restaurants and beach bars. It is ideal for all the family.



El Faro Alcaidesa Beach

We get access to it via the A-7 (Alcaidesa gated community), junction 1101. Known popularly as “El Balneario”, it is a beach featuring a moderate swell and easy access. It has a nudista area and a large car park. Among the most common species on these shores are dunlins, Charadrius, crested larks and yellow-legged gulls. This stretch of coastline offers panoramic views of the Eastern face of the Rock of Gibraltar and Ceuta. Apart from a 16th century watchtower which was turned into a lighthouse, there are also numerous Second World War bunkers.



Guadalquítón-Borondo Beach

You can get access to it via the A-7 (Sotogrande Costa gated community), junction 1094. It is a long beach (approximately 5 km) on the eastern side of the area. Therefore it is sheltered from Westerly winds.

It is located next to the river Guadiaro estuary and ends in the Torre Carbonera lighthouse area. Next to it the river Guadiaro estuary is located, included in the Natura 2000 network and a Special Area of Conservation (SAC). We also come across several bunkers and some tidal lagoons, one of which is near the Guadalquítón stream.

Among the birdlife in the area ducks and egrets stand out. An interesting plant grows on its sand dunes: *Orobanche densiflora* considered to be an endangered vascular flora in Spain. It is a parasitic plant distributed in the Western Mediterranean and Malta.

Due to the fact of its host plant being evergreen it is likely that it possesses persistent subterranean organs which resprout every year.



Torreguardiario Beach

We get access to it via the A-7 dual carriageway, junction 1091, Puerto Sotogrande or Torreguardiario, old N-340 main road, km 1090. It is almost two kilometres long and is located in the seaside village of Torreguardiario. You can access the beach on foot from Torreguardiario or Sotogrande Marina, although there is also a car park. This is where we encounter the Torreguardiario lagoon which migratory birds use to rest. This nature spot is a wetland area with approximately 20 Ha. It consists of lagoon located at the beach behind the sand dune which is fed by rainwater throughout the year.

Among the vegetable species the dune ones are the most interesting. Apart from the *Orobanche densiflora* we come across *Medicago marina* known popularly as coastal medick. There are two 16th century watch-towers located by the beach making it a privileged enclave.



Cala Sardina Beach

We get access to it via the A-7 dual carriageway, km 1088. Also known as Playa del Cabrero or Cala Taraje, it is an unspoilt beach with a good access. We can divide it into two areas, a larger one, with more sand and another second area crossed by a stream.



Species such as the wild olive tree, juniper, *Armeria hirta* and *Thymelaea lanuginosa* which are endemic to the Iberian peninsula in sandy maritime areas. Of course many sea birds can be seen in these waters: gulls, comorants, and *Calidris*, among others.

Ladybird (Coccinellidae)



Strawberry tree fruit

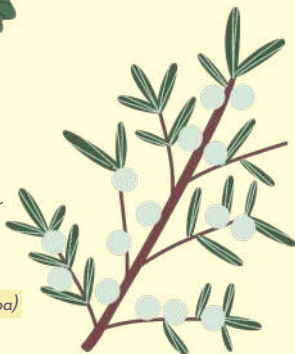


Strawberry tree flower



Strawberry tree (*Arbutus unedo*)

Large-fruited juniper (*Juniperus macrocarpa*)



Golden chanterelle (*Cantharellus cibarius*)



Arthrocaulon macrostachyum

Little owl (*Athene noctua*)



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**Ilustre Ayuntamiento
de San Roque**