

## SIETE PUENTES (Seven Bridges) LAS ADELAS CIRCULAR ROUTE -UNMARKED TRAIL

**Distance:** 14 km.  
**Start:** *Punto Limpio* (Recycling Centre).  
*Polígono Industrial* (Industrial estate).  
 Antequera.  
**End:** *Punto Limpio*. *Polígono Industrial*.  
 Antequera.  
**Kind of trail:** Circular route.  
**Walking time:** 3 h and 30 m.  
**Difficulty:** Average-Low.  
**Net Gradient:** 893 m.  
**Slope upward:** 425 m.  
**Slope downward:** 425 m.  
**Ground:** Trail, path, road, forest trail and track.  
**Surface:** Gravel and track. Flood stream area with good drainage. The surface during the last part of the route is earthy, rocky and sandy.  
**Season:** Autumn, Winter and Spring.

**Description:**  
 The *El Arroyo de las Adelfas* stream is the focus of this route.  
 Little by little, we will get in touch with the landscape by getting into a thermo-mesophile Mediterranean forest that extends itself along the first part of the route.  
 Once we reach the higher part, we will enjoy spectacular views such as the north hillside of the *El Torcal* and the foothills of the *Arco Calizo Central Malagueño* (limestone arch) on the sides.  
 It dominates the outcropping geological formation of gypsum, typical of the *Trias de Antequera* (Triassic).  
 Once we reach the stream, we will get into a Mediterranean Gallery

Forest where, due to the shady area and humidity, we will find the typical Meso-Mediterranean species such as the *Quejigo* oak or the dungwort which appear together with the typical riverbanks species.  
 As this stream was an area very much used by humans along history to make the most of its pastures, lands and minerals, we will find many remains of old houses along the route by the riverbank of the *Arroyo de las Adelfas* stream. The most outstanding one would be the remains of the former water tube whose last part was an aqueduct to take the water from the *Alhajuela* until the former sugar factory located in the Industrial state of Antequera. These remains are part of the Antequera industrial heritage.

Once the route is finished, we can follow the same watershed of the ravine but bearing in mind that we will be entering into private properties, and we must not leave the trail. There is a gate that is closed when the owner is not in so we will have to pass by the side within the borders of the farming area. From here, we will come out to the *Punto Limpio* where the route ends. If we do not wish to walk this last part, we can cross the *Arroyo de las Adelfas* very carefully through the aqueduct by the ford or by the water wall and return along the same way until the

### SIETE PUENTES - LAS ADELAS

CIRCULAR ROUTE SIN BALIZAR

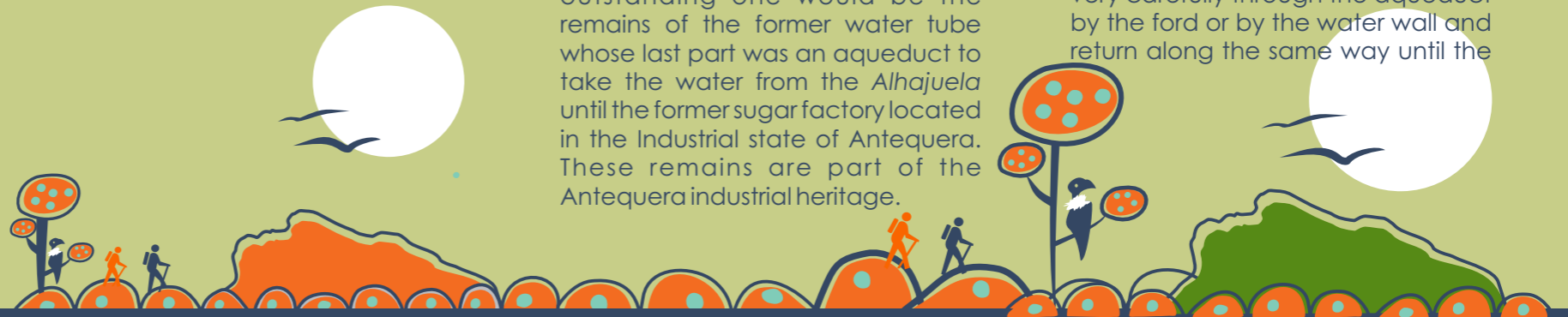
14 km

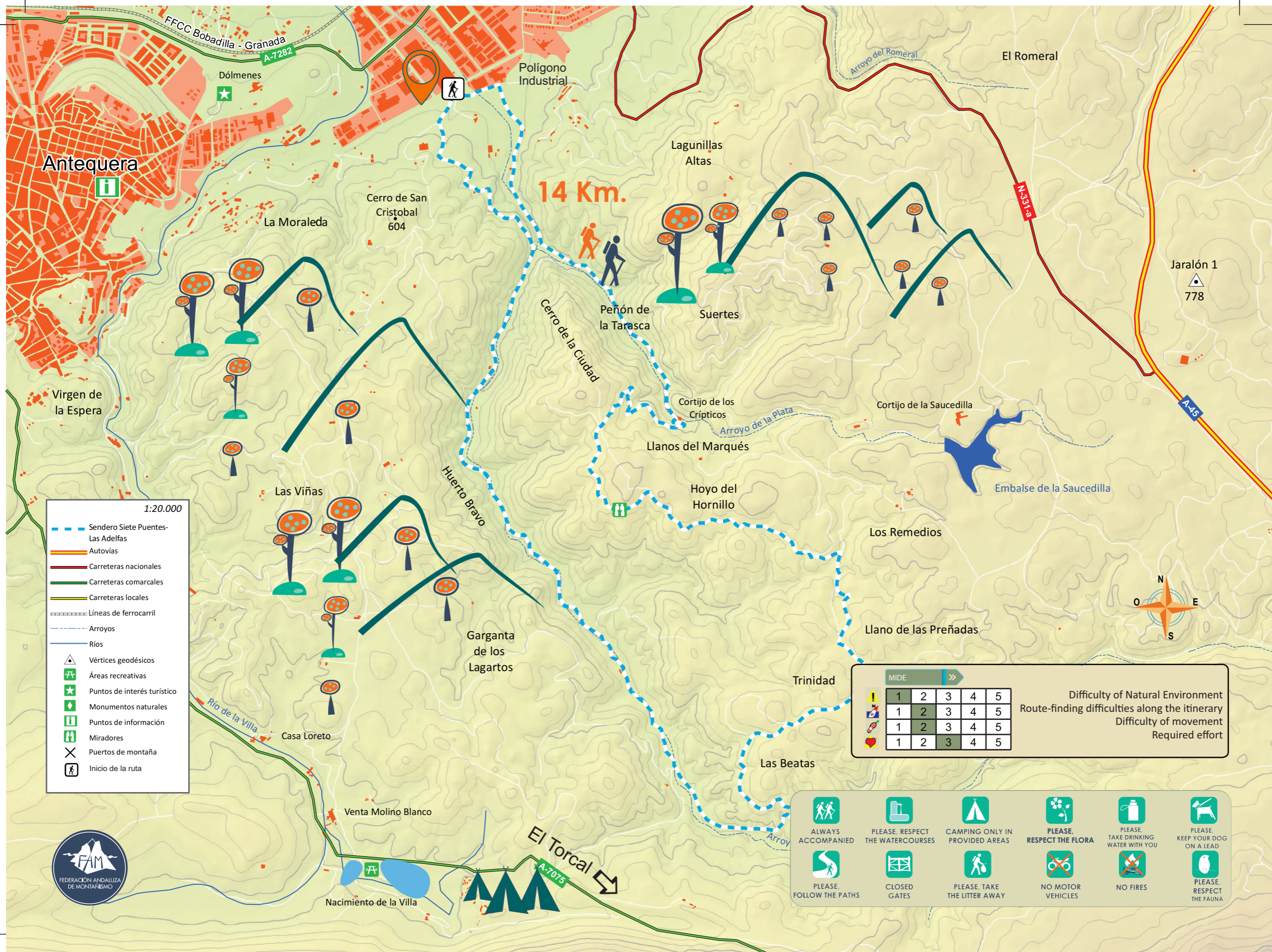
### Antequera Trails Network

More information at:  
 Municipal Tourist Office  
 [Address] C/ Encarnación, 4A  
 TI (0034) 952 70 25 05/ 952 70 83 05  
<https://turismo.antequera.es>



ANTEQUERA  
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MIDE	1	2	3	4	5
Difficulty of Natural Environment	1	2	3	4	5
Route-finding difficulties along the itinerary	1	2	3	4	5
Difficulty of movement	1	2	3	4	5
Required effort	1	2	3	4	5

ALWAYS ACCOMPANIED

PLEASE, RESPECT THE WATERCOURSES

CAMPING ONLY IN PROVIDED AREAS

PLEASE, RESPECT THE FLORA

PLEASE, TAKE DRINKING WATER WITH YOU

PLEASE, KEEP YOUR DOG ON A LEAD

PLEASE, FOLLOW THE PATHS

CLOSED GATES

PLEASE, TAKE THE LITTER AWAY

NO MOTOR VEHICLES

NO FIRES

PLEASE, RESPECT THE FAUNA