

ICONS	Hiking	Cycle tourism	Mountain bike touring
ROUTE DIFFICULTY	By the sea	Very easy	
Birdwatching	Easy		Medium
Nature	Difficult		Very difficult
Castle / wall / tower / arch	Very difficult		
Church / chapel / hermitage			
Archaeological site			
Panoramic views			

3.3 LA SANXA AND BARRANC DE BENLLOC

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 5,7 km (approx. 1h10')

Elevation gain +: 32 m
Difficulty: Very easy
Itinerary: Circular

The route runs almost entirely along unpaved agricultural roads, which are easy to follow and not particularly difficult. It passes through areas of almond and olive trees and runs parallel to the riverbed, making it an accessible route for everyone, especially those who are not used to long walks or demanding terrain. Its flat and comfortable layout makes it suitable for a healthy walk or cycle.

3.6 BASSA BLANCA AND SEGADORS

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 8,02 km (approx. 2h25')

Elevation gain +: 146 m
Difficulty: Easy
Itinerary: Circular

The route mainly follows unpaved agricultural roads and an easy-to-follow path, with very low difficulty. It only has a few short sections with stony or slightly uneven ground. It passes through the old town of Cabanes and enters a characteristic agricultural landscape, where you can see olive trees, almond trees, carob trees and vineyards. The route also passes by a pond used by local wildlife, adding an extra natural attraction. Its comfortable and accessible layout makes it suitable for both walking and cycling.

3.9 BASSA BLANCA AND TERRENYS ROJOS

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 15,2 km (approx. 4h30')

Elevation gain +: 248 m
Difficulty: Medium
Itinerary: Circular

The itinerary includes route 3.6 *Bassa Blanca i Segadors* plus an 8.5 km extension. It runs along unpaved agricultural roads and an easy-to-follow path, with low overall difficulty, although there are some short rocky sections or slightly uneven ground. The route crosses the medieval part of Cabanes and offers a remarkable variety of landscapes, passing through countryside, holm oak forests, dry stone walls and old shepherds' dwellings. This route is designed for people who are used to walking medium or long distances on terrain of low to medium difficulty, with a certain degree of physical exertion. The type of terrain allows it to be done on foot or by bicycle.

3.11 ARCHAEOLOGICAL ROUTE OF MORTÓRUM

Starting: Parking Mortórum
Arrival: Mortórum burial mound
Distance: 0,91 km (1,82 km round trip)(approx. 0h20' one way)

Elevation gain +: 86 m
Difficulty: Medium
Itinerary: Linear

Ascent to Tossal del Mortórum, a hill located opposite the large coastal plain of Ribera de Cabanes, where the remains of a settlement and a burial mound can be found. The first part of the route runs along a track, between crops and pine forests, passing by an old lime kiln. After visiting the settlement, we continue along a path for 265 metres until we reach the burial mound and crown La Ferradura, one of the most emblematic mountains in the municipality of Cabanes. Access is via the CV-146 road, at km 4.5, and the route is accompanied by explanatory panels.

3.13 RETURN TO LA FERRADURA

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 18 km (approx. 5h33')

Elevation gain +: 535 m
Difficulty: Very difficult
Itinerary: Circular

The itinerary includes route 3.8 Volta a les Clotxes plus a 7,18 km extension. It runs mainly through forest terrain and unpaved agricultural roads, along with sections of trail that require careful attention and are somewhat difficult to navigate, notably sections with rocky terrain, uneven ground, or where you need to use your hands to get through. On the other hand, there are areas with abundant vegetation that makes movement difficult or uncomfortable. This route is suitable for people who are used to walking long distances over terrain of high difficulty, with a certain degree of physical exertion. The type of terrain allows it to be done either on foot or by mountain bike.

3.1 ROUTE TOLL DE CABRERA

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 5,9 km (approx. 1h35')

Elevation gain +: 58 m
Difficulty: Very easy
Itinerary: Circular

This is an interactive environmental education walking route for all ages, covering around 6 km of paved and unpaved trails, crossing a variety of farmland and offering stunning views of the Desierto de las Palmas Natural Park, Peñagolosa and Plana de l'Arc. Along the way, you will find giant sculptures and interactive panels to discover the fabulous world of the inhabitants that hide in this area and how fascinating the change in landscape has been according to the different civilisations that have settled here.

3.4 RETURN TO SAFRANAR

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 7,1 km (approx. 1h55')

Elevation gain +: 98 m
Difficulty: Very easy
Itinerary: Circular

The route mainly runs along unpaved agricultural roads, which are easy to follow and not particularly difficult. Along the way, you will see fields of olive and almond trees, as well as dry stone structures. It includes a short stretch of road and another stretch of path with some rocky sections, and passes close to the ravine and Calvario. It is a route accessible to all, ideal for those who are not used to long distances. Due to its short length and ease, it works well as a bio-healthy itinerary and can be done either on foot or by bicycle.

3.7 RETURN TO EL PINET

Starting: Plaza Els Hostals (Cabanes)
Arrival: Plaza Els Hostals (Cabanes)
Distance: 8,2 km (approx. 2h20')

Elevation gain +: 135 m
Difficulty: Easy
Itinerary: Circular

From the square, the route begins on Cronista Guillermo Andreu Valls Street, passing by various points of tourist interest: the remains of the old Portal de San Antonio, one of the entrances to the medieval wall, and a house built with stones from the Roman arch dating from the 2nd century AD, until reaching Calvario, located on the Molinet de Vent hill. We continue until we reach a pine forest known as "Els Pinets", from where the path takes us back to Cabanes, passing by Mas del Morrudet.

3.10 RETURN TO ELS LLENÇOS

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 13,7 km (approx. 4h05')

Elevation gain +: 231 m
Difficulty: Medium
Itinerary: Circular

The route runs mainly through woodland and along unpaved agricultural tracks, combined with sections of path that require careful attention and present some difficulty, including some rocky, uneven and sloping sections. Along the route, you will pass through a varied landscape featuring large holm oaks, dry farmland and several ponds that serve as a refuge for wildlife and a water source. This route is suitable for people who are used to walking long distances on terrain of low to moderate difficulty, with a certain level of physical exertion required. The type of terrain allows it to be done on foot or by mountain bike.

3.12 RETURN TO MARMUDELLA AND CLIMB UP MOUNT GAIDÓ

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 20,16 km (approx. 6h05')

Elevation gain +: 519 m
Difficulty: Very difficult
Itinerary: Circular

Circular route linking Cabanes with Paraje de les Santes and returning to Cabanes via Mount Gaidó, where you can enjoy fantastic panoramic views of Cabanes. The route leaves Cabanes in the direction of the Serra de les Santes. After passing Pla de les Santes, the route climbs up to Marmudella and then descends towards the Ermita de les Santes chapel. Once at the chapel, we go around Marmudella in the direction of Pobla de Torresa until we join the CV-10 service road. Continue along the service road until you reach a tunnel that crosses under the road and then climb up to Mount Gaidó. From the top of Gaidó, take the path down to the industrial estate and from there continue along the cycle path to Cabanes.

3.14 BASSA DE LA OUILA AND FONTANELLES

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 19,26 km (approx. 4h31')

Elevation gain +: 361 m
Difficulty: Very difficult
Itinerary: Circular

The route runs mainly through forest terrain and unpaved agricultural roads, along with sections of trail that require careful attention and are somewhat difficult to navigate, notably sections with rocky terrain, uneven ground, or where you need to use your hands to get through. On the other hand, there are areas with abundant vegetation that makes movement difficult or uncomfortable. This route is suitable for people who are used to walking long distances over terrain of high difficulty, with a certain degree of physical exertion required. The type of terrain allows the route to be covered on foot or by mountain bike.

3.2 WALK TO THE ROMAN ARCH OF CABANES

Starting: Plaza Els Hostals
Arrival: Roman Arch of Cabanes
Distance: 2,95 km (5,90 km round trip)(approx. 0h45' one way)

Elevation gain +: 7 m
Difficulty: Very easy
Itinerary: Linear

The route begins at Plaça dels Hostals and descends to Zaragoza street, where it starts along the pavement next to the road. Along the way, you can enjoy agricultural landscapes with almond trees, vineyards and some traditional waterwheels. The walk follows the old road that linked the coast with the interior, until it reaches the junction with the Via Augusta, where the Roman Arch of Cabanes is located. From this point, there are beautiful views of Peñagolosa. The return journey follows the same route.

3.5 ROUTE DELS TREBALLADORS

Starting: C/La Cava (final) - Cabanes
Arrival: La Ribera Cemetery
Distance: 10,1 km (20,2 km round trip)(approx. 2h55' one way)

Elevation gain +: 81 m
Difficulty: Easy
Itinerary: Linear

A trail linking Cabanes and La Ribera de Cabanes, which a century ago was used by local residents to walk to work and earn their daily wages. The route heads eastwards, seeking the breeze from the Mediterranean Sea, which serves as a backdrop for many sections of the itinerary. Along the way, there are numerous examples of traditional agricultural activity, with fields full of fruit trees, pine forests and impressive dry stone walls and buildings.

3.8 RETURN TO LES CLOTXES

Starting: Plaza Els Hostals
Arrival: Plaza Els Hostals
Distance: 12,3 km (approx. 4h)

Elevation gain +: 329 m
Difficulty: Medium
Itinerary: Circular

The route runs through agricultural and forest land, along unpaved farm tracks, alongside sections of easy-to-follow mountain trails and some sections that are somewhat difficult to navigate, notably areas with rocky paths and somewhat uneven ground. It includes a short section of paved road. This route is suitable for people who are used to walking medium to long distances on terrain of low difficulty, with a certain degree of physical exertion required. The type of terrain allows the route to be covered on foot or by mountain bike.



ROUTES THROUGH THE DESIERTO DE LAS PALMAS NATURAL PARK

1.1 ROUTE OF LES SANTES

Starting: Chapel of Les Santes (PR-CV-422)
Arrival: Chapel of Les Santes
Distance: 4,09 km (approx. 1h20')

Elevation gain +: 147 m
Difficulty: Easy
Itinerary: Circular

This route runs through the most lush part of the National Park and begins on a dirt track heading towards La Pobla Tornesa. When you reach a fork in the road that would take you directly to the summit of Bartolo, keep left on a path that soon begins to descend until you reach a track that will take you back to the Hermitage of Les Santes. A unique environment in one of the geologically oldest areas of the Valencian territory. It is accessed via the CV-148 road, which connects the towns of Cabanes and Drospesa, in the part closest to Cabanes. The entrance is marked with an information panel.

1.3 BLUE ROUTE - ASCENT MIRAVET CASTLE

Starting: Miravet Road, Km 1,3 (250 m from Miravet Fountain)
Arrival: Miravet Castle
Distance: 0,41 km (0,82 km round trip)(approx. 0h22' one way)

Elevation gain +: 96 m
Difficulty: Fácil
Itinerario: Lineal

We recommend parking at the Miravet fountain, as the route is just a few metres away in the direction of Orospesa. Follow the road until you reach the turnoff to the right, where you will find some steps and a sign. This is a linear route that ends right at the entrance to the castle's outer wall. As you climb, you will find the remains of the outer wall of the castle fortress and, a few metres further on, the entire complex of architectural remains. A journey through changing landscapes and history, where you will discover the ancient fortress of Muslim origin.

1.2 EL BARTOLO AND LES SANTES

Starting: Chapel of Les Santes (PR-CV-422)
Arrival: Chapel of Les Santes
Distance: 9,9 km (approx. 3h30')

Elevation gain +: 475 m
Difficulty: Difficult
Itinerario: Circular

The route begins in the direction of La Pobla Tornesa, among pine forests and almond and carob tree crops, to the highest peak in the Natural Park (729 metres), El Bartolo, from where you can enjoy incredible panoramic views of the Castellón coastline and much of the inland landscape. On the way back to the chapel, along a signposted track, we can see one of the botanical curiosities of the area: the two largest specimens of Cerrillo oak in the province, which are rare in Castellón.

1.4 RED ROUTE - ASCENT MIRAVET CASTLE

Starting: Miravet Road, Km 1(500m from Miravet Fountain)
Arrival: Miravet Castle
Distance: 0,38 km (0,76 km round trip)(approx. 0h25' one way)

Elevation gain +: 107 m
Difficulty: Difficult
Itinerario: Lineal

This is a mountain route that runs along a steep path with uneven terrain and rocky sections, surrounded by lush vegetation. The route climbs up to the castle, arriving directly at the entrance to its outer wall. To return, you can descend along the same path or choose the blue route, which has a gentler slope.

ROUTES PRAT DE CABANES-TORREBLANCA NATURAL PARK - RIBERA DE CABANES

2.1 TORRE DE LA SAL 1

Starting: Torre de la Sal Interpretation Centre
Arrival: Torre de la Sal Interpretation Centre
Distance: 3,37 km (approx. 0h50')

Elevation gain +: 1 m
Difficulty: Very easy
Itinerary: Circular

A signposted route where you can enjoy the views offered by the primitive barrier of boulders, discover a micro-reserve of flora and some bird species native to the area. The itinerary begins at the CI, located next to the Torre de la Sal Aquaculture Institute, where you can also discover all the unique features of this rich ecosystem and its great biodiversity.

2.3 TORRENOSTRA

Starting: Torrenostra Urban Centre (South)
Llegada: Torrenostra Urban Centre
Distancia: 4,7 km (approx. 1h10')

Elevation gain +: 36 m
Difficulty: Very easy
Itinerary: Circular

The route begins in the direction of Torre de la Sal and continues along a path that runs parallel to the coast. We arrive at "Gola del Trenc", where the drainage channels flow into the sea. From there, we walk along the channels, farmland and lagoons, the latter resulting from peat extraction. Discover unique species in the area, such as salt grass, and enjoy incredible panoramic views from the top of its viewpoints. A real environmental treasure!

2.2 TORRE DE LA SAL 2

Starting: Torre de la Sal Interpretation Centre
Arrival: Torre de la Sal Interpretation Centre
Distance: 8,03 km (approx. 2h)

Elevation gain +: 1 m
Difficulty: Very easy
Itinerary: Circular

A signposted trail that runs parallel to the coast towards Torrenostra. Discover the fossil dunes, the impressive barrier of boulders that stretches almost uninterrupted along the National Park, on a pleasant walk until you reach a beautiful sandy beach next to the ruins of the old police barracks. This trail also takes you into the wetland on a final stretch that runs between marshes. You'll return filled with Mediterranean sensations!

2.4 ROUTE OF THE TOWERS
(Next to the Prat de Cabanes - Torreblanca Natural Park)

Starting: Torre de la Sal Beach Car Park
Llegada: Torre de la Sal Beach Car Park
Distancia: 12,31 km (approx. 3h10')

Elevation gain +: 29 m
Difficulty: Very easy
Itinerary: Circular

A signposted route that takes you to visit the ancient watchtowers of Cabanes: Torre la Sal, Torre del Carmen, until you reach the Church-Fortress of Albalat, Torre dels Gats and Carmelet, witnesses to the incredible stories of pirates and corsairs who came from the other side of the Mediterranean Sea and frequently attacked the coast from the Middle Ages until the 19th century. A route that will reveal a pleasant landscape dotted with farmland and watchtowers.

LA PLANA D'ARC
el slow tourism de la Comunitat Valenciana

SPAIN
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LA PLANA DE L'ARC
Cabanes

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www.turisme.cabanes.es
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Ajuntament de Cabanes
Cabanes mediterrània & natural
Diputació de Castelló



CABANES
HIKING
AUTÈNTICA I RURAL

LA PLANA D'ARC
Cabanes mediterrània & natural

CABANES HIKING

AUTÈNTICA I RURAL

If you are looking to lose yourself in breathtaking natural landscapes, Cabanes is the place for you. Two natural parks await you, with trails for all tastes and levels. ...CHOOSE YOUR TRAIL!

The orographic characteristics, the sea and the height of its mountains make Cabanes a perfect setting not only for hiking but also for discovering unique natural spaces.

A large number of trails have been prepared for you to enjoy the extensive cultural heritage of the area, whether in the mountains or along the coast.

Hiking, nature, culture and history come together in each of the routes you can enjoy in Cabanes' two natural parks: the **Desierto de las Palmas** and the **Prat de Cabanes-Torreblanca**, until you reach the shores of the Mediterranean Sea.

The vast territory of Cabanes offers a wide variety of landscapes and trails for all levels. To help you choose the option that best suits you, we have organised the routes according to their location and classified them by difficulty.



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Routes and tracks
Tourism Cabanes



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ROMAN ARCH OF CABANES



ROUTES DESIERTO DE LAS PALMAS NATURAL PARK

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- 1.2 EL BARTOLO AND LES SANTES
- 1.3 BLUE ROUTE - ASCENT MIRAVET CASTLE
- 1.4 RED ROUTE - ASCENT MIRAVET CASTLE

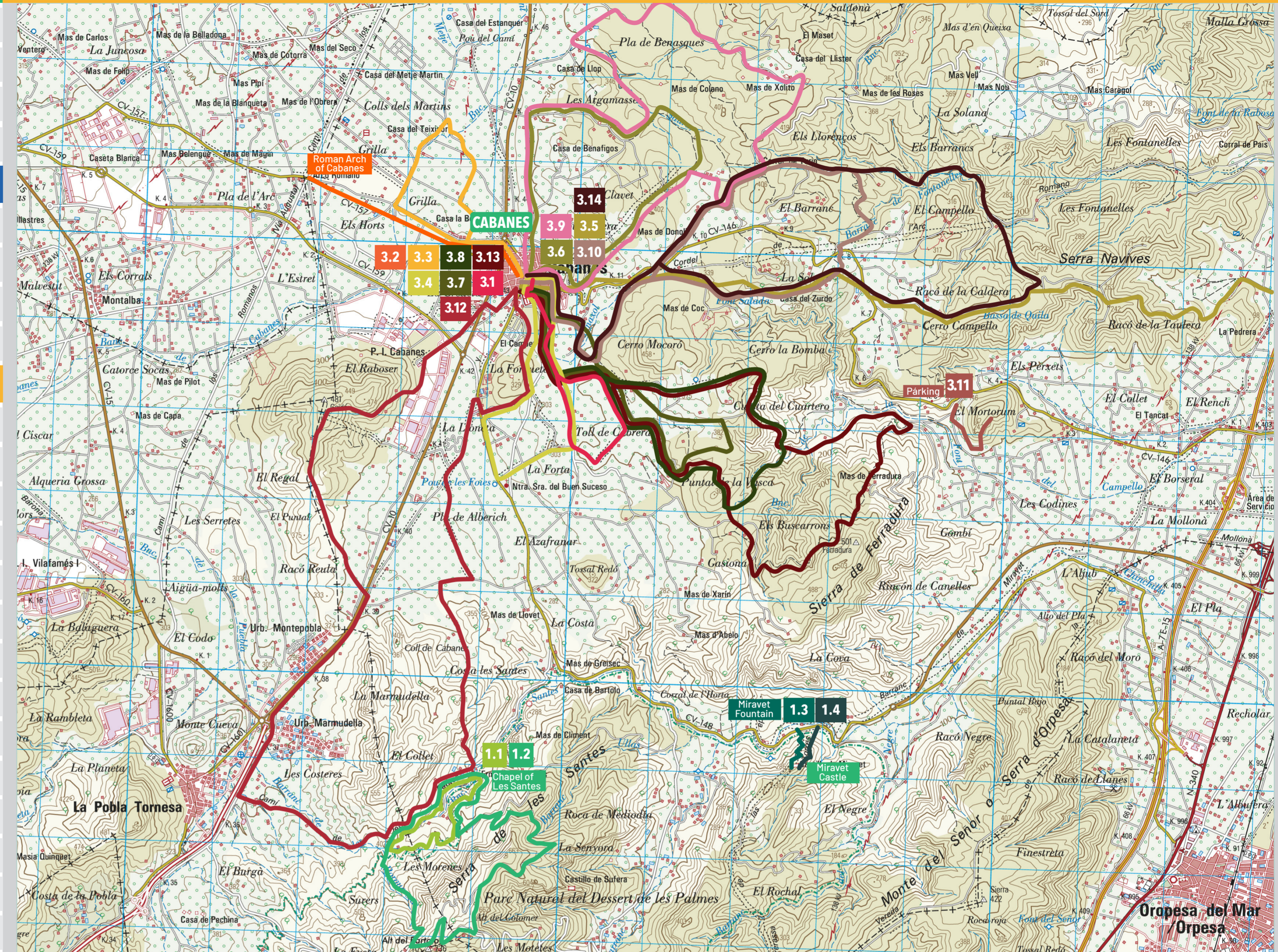
ROUTES PRAT DE CABANES-TORREBLANCA NATURAL PARK AND THE RIVERA DE CABANES

- 2.1 TORRE DE LA SAL 1
- 2.2 TORRE DE LA SAL 2
- 2.3 TORRENOSTRA
- 2.4 ROUTE OF THE TOWERS (Next to the Prat de Cabanes-Torreblanca Natural Park)

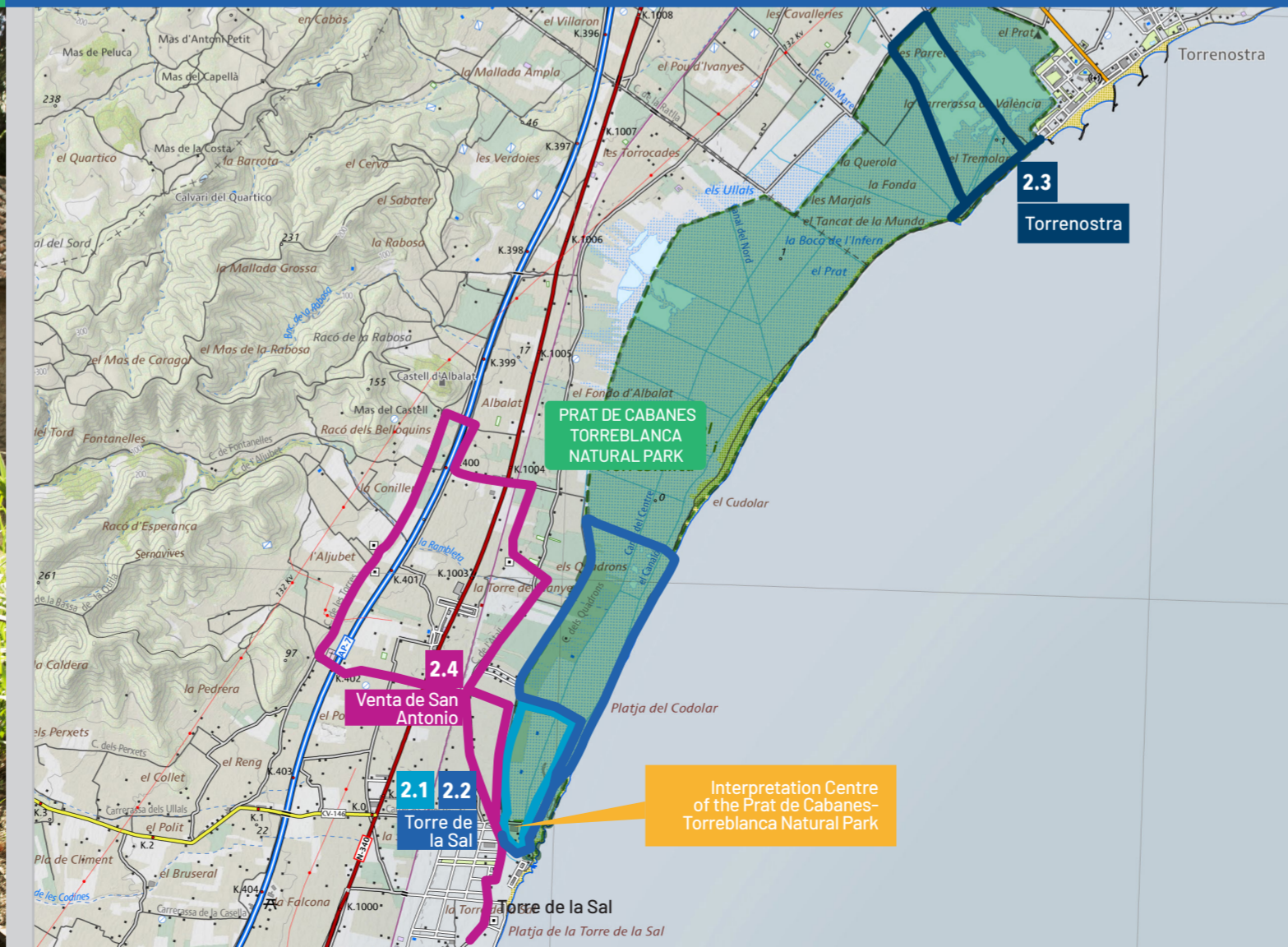
ROUTES THROUGH CABANES AND THE SURROUNDING AREA

- 3.1 ROUTE TOLL DE CABRERA
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- 3.3 LA SANXA AND BARRANC DE BENLLOC
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CABANES AND SURROUNDINGS / DESIERTO DE LAS PALMAS NATURAL PARK



PRAT DE CABANES-TORREBLANCA NATURAL PARK



MAPA LOCALIZACIÓN

