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HELIÓPOLIS BEACH

BENICÀSSIM

NATURE AND LANDSCAPE CYCLING ROUTE

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ELS TERRERS BEACH

Route: CYCLE TOURISM

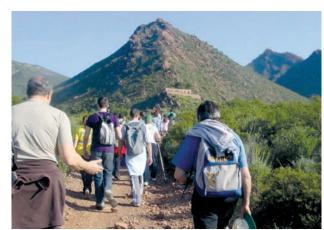
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DESERT DE LES PALMES NATURAL PARK THERE ARE 10 SIGNPOSTED ROUTES (SEE BACK)

The Desert the les Palmes is one of the most emblematic places in the Valencian Community. In fact, it was declared a Natural Park in October 1989, due to its ecological, scenic and recreational interest. With a total protected area of 3,200 hectares, its highest point is the Bartolo Peak or Mount San Miguel at 729 m heigh.

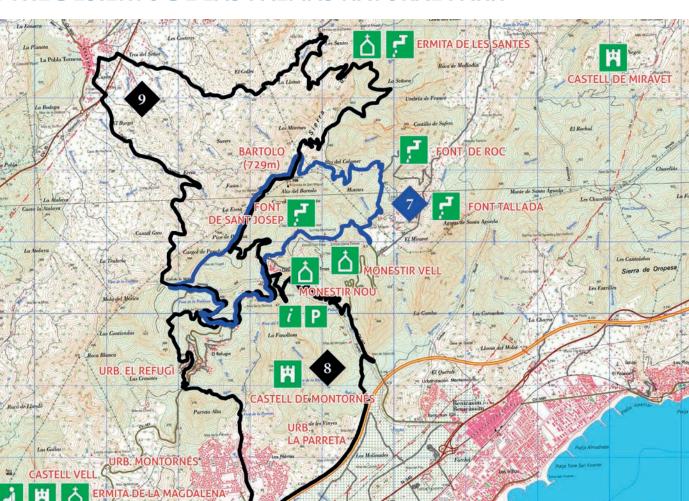
The denomination 'desert' has a historical origin, since this was how the Carmelite Order called places dedicated to spiritual retreat away from urban centres and where silence prevailed, which is why they chose to build their monastery here in 1697. On the other hand, the abundance of palmettos contributed to the place name.

The park offers multiple possibilities for leisure: cultural visits, hiking and cycling routes. The abundant vegetation in contrast with the typical reddish colouration of sandstone, as well as the multiple springs, make this place a unique setting for practising sports and recreational





ROADS SUITABLE FOR CYCLING IN THE DESIERTO DE LAS PALMAS NATURAL PARK













BENICASSIM









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It has tourist information, meteorological and cultural agenda of municipality synchonized with the official website

BENICÀSSIM" APPS TURISMO BENICÀSSIM ΟΟΜΑΊΟΟΡΟ ΤΗΕ ΙΝΝΟΛΑΤΙΛΕ "ΤΟΙΙΣΙΜΟ

More information in the tourism app of benicassim







Route: VÍA VERDE DEL MAR GREENWAY

watchtower at around km 1.5, at a beautiful cliff overloo- edge of the sea, forming landscapes of a calm paradise. king the sea. Km 4 passes through a long tunnel of about

The route between Benicassim and Oropesa del Mar has a length of 5.7 km (11.4 km round trip) that can be done on foot or by bike. There is a bicycle lane and another for pedestrians, in addition to several seating areas with communicates these two localities along the old stretch of places to park bikes and viewpoints. Recommended and railway, into a success for visitors. Its path, open to the accessible for everyone. The first part goes through a small tunnel, at km 1, and then passes close to the first delicious beauty. You will be able to see the pines reach the





The Benicassim cycling and landscape route is the most busy, used both by athletes and visitors alike. This route is approximately 16 km long and minimum slopes making it accessible for both adults and children to enjoy. It has seating areas and informative panels, providing a comfortable and pleasant journey. This route allows you to appreciate some of the delights of Benicassim in a calm and healthy manner. You will be able to see the beaches along its extensive promenade its historic centre and the former rice. extensive promenade, its historic centre and the former rice paddy marsh area, which today is full of reeds and pampas grass. In addition, from this nature and landscape cycling route you can tie in with the Vía Verde del Mar greenway.

LEGEND

 – – municipal boundary route itinerary

information centre

hermitage or monastery

castle / tower

P car park

geodetic vertex

rest area

interesting view

spring

TRAIL SIGNS continuity

route with high

hiking route

accesible route

k cycle route

difficulty stretches

route suitable for childrer

TORNÉS CASTLE FROM INTERPRETATION

tinue on the road, until we find the path that goes directly to Montornés

castle. This path goes through a dense scrubland in which we can see lots of

different species like black rockrose, white rockrose, mastic tree, junipers and

Stop 1: From this point we can see de castle and the watchtower. We can also see

la Plana and Benicassim and Castellón beaches. The cluster pine from this

viewpoint have big pine cones and large leafs which makes them different from

From this point, the path descents a little bit, but then it gets steep when we are

After passing by the watchtower, our path will take us to cross the wall and we will

penetrate at the inside of the castle ruins. Between bladder senna, albaidas, Antyllis cytisoides, fan palm and olive trees we keep walking on the north part of

the mountain until we arrive at the end of the route in the East part of the castle.

Stop 2: At this point we find one of the two wells that the castle has, constructed

by the Muslims, which was used to provide water to all the inhabitants. Built on the 10th century in the middle of the Muslim domination period. It has been a

silent witness of really important events like the meeting between Pedro I de Aragón and Rodrigo Díaz de Vivar, el Cid Campeador in 1094. A little bit after it gell into the hands of the Saracens until it was re-conquered by Jaume I in 1242,

5. Aliubs del castell de

We will do the descent following the same signals that brought us here.

CENTRE NP DESERT DE LES PALMES

Duration: 1 h 30 min · **Distance:** 3,5 km. 2 mi

Gradient: 40 m. 131 ft · Difficulty: Moderate

to end up in the christian people power.

1. Information Centre 3. Viewpoint

del Carmen Station

2. Estació Nuestra Señora 4. Montornes Castle ruins

other pine trees.

close to the castle.

wrong direction

change direction

TELEPHONE NUMBERS OF INTEREST

Town Hall 964 30 09 62 **Local Police Fire-fighters** 085

"Bartola" Desierto de las Palmas Natural Park Information Centre

Respect the silence.

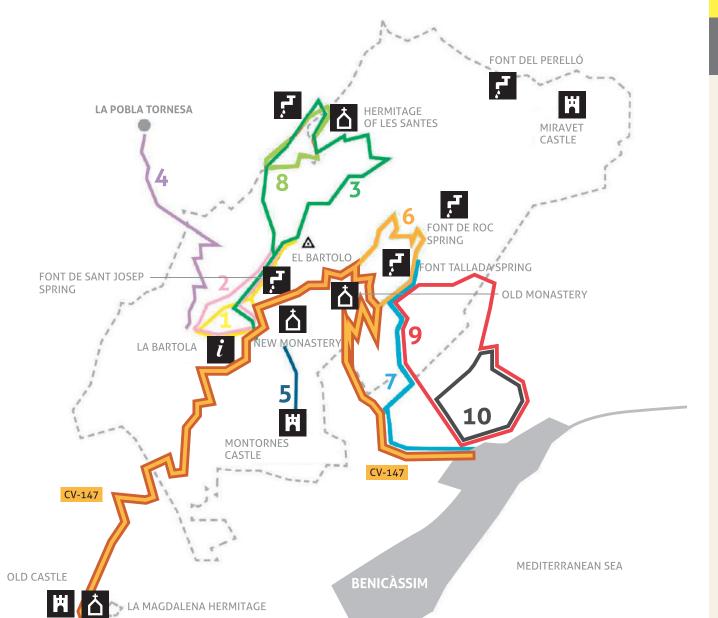
Fire is the greatest enemy of the mountains

es or photos instead

Use the hotel and tourist establishments in nearby

Take care of the springs,

Respect the historical-cultural heritage,



THE DESERT DE LES PALMES SPRINGS

Gradient altitudes: 243/466 · **Difficulty:** Moderate

area at the beginning of the route.

1. San José viewpoint

2. Fuente de San José

Duration: 3h 13 min · Distance: 7,87 km. 4,9 mi · Gradient: 281 m. 292 ft

Circular tour that passes by some of the main springs of the Desert de las Palmas

viewpoint, located on the road CV-147 on the stretch that rises from Benicassin

Natural Park. Start from the parking area located at the Fuente de San José spring

By the side of the road, go towards the spring (usually dry) and to the hermitage

of the same name. Take the fork to the left by a path that runs leaving other intersections to right and left: the Hermitage of Montserrat, the way straight up to

Bartolo, until reaching a crossroads, from which the route will be circular. Turn left to go toward the Pla de les Muletes. Continue on the wide track that climbs the

Bartolo, but shortly abandon it toward the right, at a signal that indicates the direction of the Font de Roc. Continue down another track that, after going

through a dovecote, leads to a curve near a small farmhouse, fork left here and go

water all the year). Leave the spring behind and, after passing by a water cisterr

and a traditional washing area, continue along a path that leads to the Mirayet

asphalt road. Turn right and continue along the same road until, on the right hand side, you see the Font Tallà spring, crowned at the top with a monumental eucalyptus. Continue along the Miravet asphalt road until, at the pediment of the Els Baladres villa, turn right to follow a path that passes through a stretch of

asphalted road. Turning to the left goes back to the dirt track, leading back to the

crossroads where the circular route started. From this point, head along the

section already done on the way to the Fuente de San José spring and the parking

3. Hermitage of Monserrat 6. Wooden sign

4. Wooden sign

7. Asphalt road

8. Wooden sign

down to the Font de Roc spring along a narrow and steep path (it usually carries

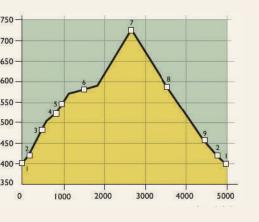
CLIMBING TO THE BARTOLO PEAK CIRCULAR
ROUTE BY THE INTERPRETATION CENTRE TRACK

Duration: 1 h 45 min · Distance: 6,8 km. 4,4 mi · Gradient: 329 m. 1079 ft Gradient altitudes: 237/722 · Difficulty: Moderate

The route starts at the back of the interpretation centre building. From this point there is a path that gets steeper little by little. After a few minutes we find a crossroads, where we have to go towards the left. The path leads into a dirt track that we have to follow upwards A little further on we take the path that turns a little bit to the right following the Bartolo signal. Next to the track you can see the

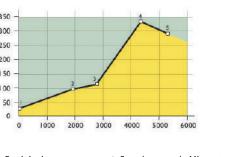
walking towards the peak we have to continue to the left. We also have the possibility, at this point, to start the descent if we turn to the right and we follow the signals.

leaving the Bartolo cross on your left, we continue on the track during 300 m, and



Gradient: 250 m. 820 ft · Difficulty: Moderate

We start at Benicassim, walking by the CV-147 road which takes us to the Natural following the PR-CV-397.1. The ground that prevails in this area is siliceous, which indicate us the humidity of the place. The path ends in a road that goes new the paved road until we arrive to the Tallada spring, on the left side of the same mountain range foothill are full with beautiful cork oak. We can also see, on the refuge for the local peasants. On the surroundings of the previously mentioned house, we can find remainders of an old coal oven, where the coal was made



4. Start barranc de Miravet road 3. Start of path on the left

600 550

1000 2000 3000

4000

7. Bartolo cross

10. Path indication

Hermitage of Sant Migue

CLIMBING TO THE BARTOLO PEAK CIRCULAR ROUTE BY THE SUMMITS

Gradient: 329 m. 1079 ft · Gradient altitudes: 417/721 · Difficulty: High

We start at the interpretation centre, on a little path at the back of the building.

Immediately we will find a signal that points out that we have to continue on the left until we arrive to a dirt track. We continue following the track, which gets a

little steep, then we pass by Mola spring, leaving a dirt track on the right which would take us to the Bartolo peak. Once on the mountain pass, on the track curve

we will continue on a path that comes from the right, starting a big climb towards Cantal Gros with 698,7 m height. We will continue during all the journey on the

mountain dividing line, with a view to Benicassim, the Mediterranean sea and the Columbretes islands to the right, as well as La Pobla Tornesa and Penyagolosa's

summit to the left. We will walk on all the different summits following the yellow and white signals painted on the rocks which indicate de path PR-CV422 until we

arrive to the Bartolo cross with its impressive 18 meters height enclosed in one of

If we keep going during 300 m on the path, we will arrive to the highest point of

the itinerary and of the whole park (729 m). Once on the peak, between the aerials

The descent connects with the asphalted track, heading to the right, towards the Mas de Huguet track which will take us in one of its crossroads to the interpreta-

Duration: 2 h 20 min · Distance: 7 km. 4.7 mi

the highest points of the natural park.

we will find the San Miguel hermitage.

. Information Centre 4. Font de la Mola 3. Start dirt track 6. Turn to the right

CIRCULAR ROUTE BY THE HERMITAGE **OF LES SANTES**

Duration: 1h 39 min · Distance: 4 15 km 2 58 mi Gradient: 172 m. 564 ft · Gradient altitudes: 243/403 · Difficulty: Easy

Circular route suitable for all visitors. To access the Hermitage of Les Santes first reach road CV-148 that communicates the villages of Cabanes and Oropesa, the stretch closer to Cabanes. The entrance is marked with an information panel. Start at the rear of the hermitage of Les Santes" (Sta. Agueda and Sta. Llúcia). Start out on the dirt road towards the village of La Pobla Tornesa, along a stretch of the PR-CV-422 combining areas of natural vegetation with some cultivation terraces, where you can see large holm oaks and one of the geologically oldest areas in the Valencian territory, with Paleozoic formations of slates over 230 million years old. Leave the track in La Pobla Tornesa and turn to the left, pass by a fork that would lead directly to the summit of Bartolo and continue through a leafy lane that, at a certain point, will reward you with a beautiful view of the Penyagolosa. Continue along the path until reaching a track, which turns to the left and returns again to the Hermitage of Les Santes. Before reaching the spring of the hermitage there is a detour to the right that leads to a viewpoint from which you can enjoy one of the most interesting botanical singularities of the area: two Quercus cerrioides oaks. The Quercus cerrioides is a hybrid of the Quercus faginea and Quercus humilis, endemic to the Prepyrenees and very rare in the Castellón comarques.



 Hermitage of Les Santes 4. Viewpoint 2. Highest points

CIRCULAR ROUTE TO LES SANTES HERMITAGE FROM THE INTERPRETATION CENTRE

Duration: 5 h 30 min · Distance: 13,5 km. 8 mi Gradient: 449 m. 1473 ft • Gradient altitudes: 268/718 • Difficulty: High

The route leads us from the interpretation centre to Les Santes hermitage (in Cabanes) passing through the Bartolo summit. The path is located at the back of the interpretation centre. A few meters away we turn to the right and before arriving to the wall (portería alta), we have to turn left. A very steep path will take us to a dirt track, we will continue on the left, until we arrive to a dirt path and we will continue on the right path towards the asphalted track which take us to the peak. From here it starts a strong descent through a forest track. A few meters away the path splits off in two, we advise to take the left one, as it goes through a dense pine forest of black pine. This paths descents first to the bottom of the ravine so afterwards it climbs a little bit until it arrives to a pond which is used as a drinking trough. We will now go to the left on the track, until we arrive to Les Santes A little bit before arriving to it we can enjoy one of the botanic singularities from the natural park: two oak trees (Quercus coutinhoi) We will follow the path on the back of the hermitage. Soon, we will see how on our right the vegetation is substituted with vegetable patches full of almond and carob trees. The track continues surrounded by holm oak and pine trees. Soon we will arrive to one of the most interesting geological places, with slate outcropping from the paleozoic. We will arrive to a mountain pass where we will take a path to the left and between rockroses we will penetrate a pine tree forest, a little bit ahead of us we will see a path on the right that is going to take us to the Bartolo peak. Once we have arrived we will follow the asphalted track to descent towards the dirt track which is situated on the right. This will take us to the interpretation centre.



. Information Centre 2. Bifurcation 3. Porteria Vella 4. Wooden sign

PR-CV-397.1, FULL ROUTE AROUND LAS AGUJAS DE STA. ÀGUEDA

cemetery, and after a few meters, back to the village.

Gradient: 441 m. 1447 ft Gradient altitudes: 9/402 Difficulty: Moderate

his route travels the full distance of PR-CV-397 that circles round Las Agujas de

Sta. Águeda. Depart from the Fuente del Señor spring, in front of the parish church

of Benicassim. Head toward the public school Sta. Águeda and walk along the

upper side of the railway track. Go through the AP-7 motorway tunnel and go pass

an antenna. Leave the La Comba corral ruins to the right. During the ascent you

can see numerous remains of the former activity of sandstone block production and stone cutters. Reach the Miravet asphalt road. Take the ascending path, which

at the beginning is just a soft slope and at the end more complicated, which leads

to the Las Agujas hill known as El Rojal. The descent starts at a municipality cairn

First turn to the right and at the second crossroads, turn to the left to find the path

of Els Covarxos. Reach a very modernized farm, lead on to a payed road that, after

passing through two infrastructure tunnels, you will arrive at the area of the

Duration: 3h 35 min · Distance: 10 01 km 6 2 mi

5. Dirt track

11. Hermitage of the Sante 12. Left path 7. Top of the Bartolo 8. Bifurcation 13. Left right 9. Crossroad 14. Antenna 10. Turn to the left

3. Start of track

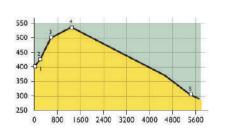
We start at the information centre, on a little path at the back of the building. Righ away we find a signal which points us towards the left path, that we have to follo The path shows us the different types of floors that we can see on the natural park red sandstone and limestone (limestone rocks). We arrive to a track that we will follow until we arrive to Coll de la Molla (537 m). From here we can see La Pobla Tornesa to the west, the Bartolo to the northeast and on a clear way if we look to

INFORMATION CENTRE-LA POBLA TORNESA-INFORMATION CENTRE

Duration: 2 h 30 min · Distance: 10 km. 6 mi

the northwest we have the Penyagolosa massif. As soon as we start to descent the vegetation gets wider range. The ravines are very humid and they give rise to different Mediterranean species, such us the honeysuckle (Lonicera implexa), iv (Hedera helix), holm oaks (Quercus ilex), heathers (Erica multiflora and Erica arborea), oak (Quercus faginea), pine trees, which show us that this part of the setting has not suffered from fires during the last 30 years. This plant variety makes a great habitat for the birds. At the end of the track we find a slate outcro (230 million years old) Once we arrive to the end of the track we turn right, and a few meters away we will find a tunnel which takes us directly to the village. The return will be in the same path that we took at the start

Gradient: 400 m. 1312 ft · Gradient altitudes: 286/538 · Difficulty: Low



1. Information Centre

5. Track end

PR-CV 397.2 ITINERARIO CIRCULAR POR LA CARRERASSA DEL REBOLL

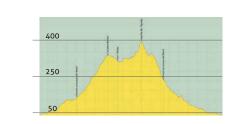
Duration: 45 min . Distance: 1 533 km 0 95 mi

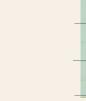
4. Coll de la Mola

Gradient: 237 m. 778 ft · Gradient altitudes: 3/205 · Difficulty: Easy

This is the shorter version of the PR short-length trail that starts at the Fuente del

Señor spring in the centre of Benicàssim. It is indicated in the opposite direction to route 9. Go to the cemetery, continue on an asphalt road, we go under the highway and we find the PR sign. Then, we enter the farm with greenhouses and we take the way on the left across the orange trees, we go over a chain and into a way. Walk along a track that goes up and widens to become a path. At the highest part, take the variant named El Reboll. At the ruins of the La Comba corral, turn to the left in the direction to Benicassim and take the path that is the beginning of route 9, in the opposite direction.







964 30 35 00

We start at the interpretation centre from NP Desert de les Palmes, located at the 964 33 36 87 8th km from the CV-147 road. We start walking on the road that heads towards the monastery, we go through a viewpoint where we can enjoy the views of the coast.

WALK WITHOUT LEAVING A TRACE

you are in a space of spiritual retreat.

Leave the place cleaner than when you arrived, put your waste and, if possible, any you find, in the

Respect the paths and take note of the track signals,

Contemplate the plants without destroying them, do not pick, break nor uproot plants or flowers, take

Observe the animals without disturbing them, ting is prohibited in the entire natural park

nunicipalities. Camping is not allowed in the natural park

they are the most precious asset of our mountains, do not pollute them

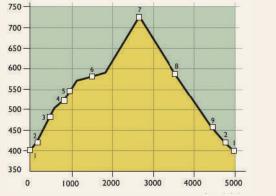
void doing anything that could damage the terraces or

Mas de Huguet a traditional home. We now find a crossroads. Both paths take us to the same payed track. To keep

If we choose to continue towards the peak, we will climb 1500 m approximatel

we will arrive to the highest point of the journey (730 m) and of the whole natural park. Once on the peak, between the aerials we can find Sant Miquel's hermitage which belongs to the Discalced Carmelite Monks
The descent connects with the asphalted track, to take the Mas de Huguet which

will take us to one of its crossroads towards the interpretation centre



1. Information Centre 4. Font de la Mola 7. Hermitage of Sant Miguel 5. Bartolo indication 8. Path indication 3. Turn to the right 6. Mas d'Huguet

TO THE TALLA SPRING FROM BENICASSIM

Duration: 2 h 30 min . Distance: 4 8 km 3 mi

Park Desert de les Palmes. After crossing the motorway bridge, on the right, there is a road that we will follow until we find a signal where we have to turn to the left commonly known as red sanstone. As we get closer to the Miravet ravine the vegetation lushes and we can see pine trees (Pinus pinaster), strawberry trees (Arbutus unedo), honeysuckles (Lonicera implexa), junipers (Juniperus oxycedrus), to the Miravet ravine, where we find the aleppo pine (*Pinus halepensis*). We follow road, where we can see the Agulles de Santa Águeda in its fullness. These middle of the slope, a tiny mountain house which was used as a warehouse and

1. Benicàssim 2. Start of track on the right