

FERRATAS, HIKING & TAPAS IN RONDA

Serranía de Ronda, Málaga



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1 Introduction

Let us take you on a very **special** trip and without a doubt a **different** experience.

Four days in **Andalusia** discovering several spectacular **via ferratas in Ronda** to finish with a beautiful visit to the magical **Torcal de Antequera**.

An authentic active escape that will give us the chance to enjoy the stunning views and to go along vertical walls and suspension bridges that will leave us with a good aftertaste during these days of activity. On top of that, we will visit **Ronda** and the villages of the nearby mountains and we will taste the **rich gastronomy** of the region.

Let yourself be guided by a professional that will lead you along the paths and via ferratas with security so you only have to worry about enjoying the experience.

2 Destination

Serranía de Ronda is a region located in the West of the province of **Málaga**, with big contrasts of landscapes, influenced by the proximity of the **Mediterranean Sea** and the **Atlantic Ocean**, adding to this a jagged geography.

We find widespread forests of **cork oak, chestnuts, Spanish fir, pine trees, gall oak, holm oak**, etc., spread along its three natural parks: **Grazalema, Sierra de las Nieves** and **Los Alcornocales**. To this, we have to add the rich heritage of the villages, resulting in an experience that will give us unique and unforgettable sensations.

The morphology consists of a plateau of around 700m above sea level, although at some points it reaches an altitude above 1.500m. Three valleys divide the territory geographically and socially; the **Guadalteba** that opens to the north, the **Guadiaro valley** to the southwest and the **Genal** to the southeast. In the centre, the **Ronda plateau** plays a main role as the link between the three valleys.



3 Basic information

Destination: **Serranía de Ronda, Málaga**

Activity: Ferratas and hiking.

Physical level: */** K3-K4

Duration: 4 days.

Time of the year: From September to May.

Group size: 4-6 people.

3.1 Compromise level and technical difficulty required

It is important that you are clear and honest telling us your previous experience in this type of activities so we can select the most appropriate destination and activity.

Compromise Level	Description
*	Short itinerary, not very remote, easy descent.
**	Itinerary a bit longer with some objective risks, easy descent.
***	Long itinerary with a good mountain experience required. Long approach and a complicated descent.
****	Long itinerary in a big wall; tricky route and exposed to objective risks in both approach and climb. Difficult retreat, via not equipped, difficult descent. The rope team must have an excellent level.

Hüsler scale divides in 6 levels of difficulty in a range from easy to extremely difficult.

Level of difficulty	Description
K1	Easy
K2	Fairly easy
K3	Somehow difficult
K4	Difficult
K5	Very difficult
K6	Extremely difficult

* Additionally, could be added the French scale:

The French scale follows the classification of the classic alpine routes, and has 6 different levels of difficulty from **F** to **ED** in a scale from **easy** to **extremely difficult**. The main difference with the **Hüsler scale** is that in the French scale there are half levels in between indicated with the symbol (+) upper or (-) lower, like in rock climbing.

Easy **Fairly easy** **Somehow difficult** **Difficult** **Very difficult** **Extremely difficult**
 F PD AD D TD ED

Just to clarify, the level "Extremely difficult" does not mean that it is so difficult as to put the human capacities to the limits, but to define the hardest existing routes.

4 Programme

4.1 Programme outline

Day 1. Transfer to **Ronda** (Málaga).

Tajo de Ronda I. Difficulty: Easy, K2. Ascent: 56 m. Itinerary: 74 m. Time: 40 m.

Tajo de Ronda II. Difficulty: Easy, K2. Ascent: 50 m. Itinerary: 75 m. Time: 30 m

Day 2. Ferratas Atajate and Banalauria.

Ferrata Atajate. Difficulty: Somehow difficult, K2-3. Ascent: 40 m. Itinerary: 87 m. Time: 40 m.

Vía Ferrata Banalauria Difficulty: Difficult, K3. Ascent: 80 m. Itinerary: 100 m. Time: 2 h.

Day 3. Vía Ferrata Gaucín el Castillo and Gaucín el hacho.

Gaucín. Castillo del Águila. Difficulty: Difficult, K3. Ascent: 30 m. Itinerary: 182 m. Time: 2 h 30 min.

Gaucín. El Hacho. Difficulty: Difficult, K3/K4. Ascent: 100 m. Itinerary: 300 m. Time: 3 h 30 min.

Day 4. Visit to Torcal de Antequera.

Distance 6 Km. Ascent +300 m. - 300m.

4.2 Detailed programme

Day 1. Transfer to **Ronda** (Málaga). Arrival at midday and reception of participants travelling by other means of transport. Lunch. Briefing and start of the activity.

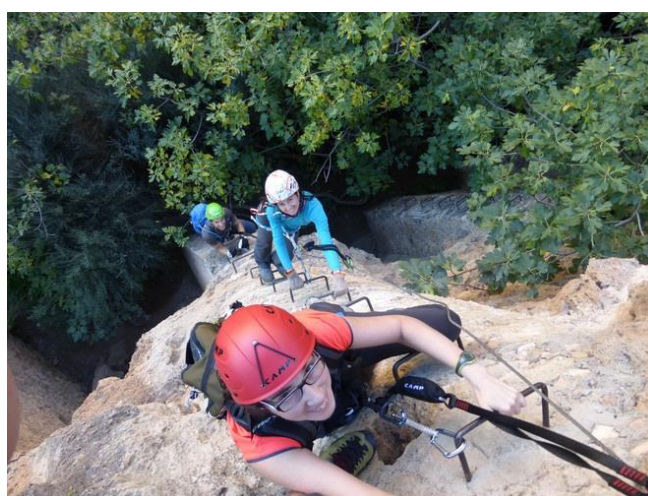
Vía Ferrata Tajo de Ronda I y II

These are two perfect ferratas to start off or to warm up and go over basic aspects about progression and security for this type of itineraries.

They are located under the new bridge of **Ronda**, where in the past there was a canal that served a few mills of the area. One of the rewards in the spectacular views of the **Tajo River and Ronda**.

Tajo de Ronda I. Difficulty: Easy, K2. Ascent: 56 m. Itinerary: 74 m. Time: 40 m.

Tajo de Ronda II. Difficulty: Easy, K2. Ascent: 50 m. Itinerary: 75 m. Time: 30 m



Day 2. Ferratas Atajate and Banalauria.

Ferrata Atajate

Situated very close to the village, this is a very varied ferrata, combining short vertical sections with some small plumbs, a lateral traverse, a monkey bridge and a Tibetan bridge. The views over the village and the valley are impressive. Once we have finished, we can have a beer with some tapas in this tranquil place.

Difficulty: Somehow difficult, K2-3. Ascent: 40 m. Itinerary: 87 m. Time: 40 m.

Vía Ferrata Benalauria

Located at the upper part of the **Genal Valley**, this is one of the most complete and beautiful ferratas. It goes into a natural crevice where after a good vertical climb and two monkey bridges, we could enjoy the magnificent views, and if it is a clear day, we could see Africa. This is the perfect place for a sunset.

Difficulty: Difficult, K3. Ascent: 80 m. Itinerary: 100 m. Time: 2 h.

Day 3. Vía Ferrata Gaucín el Castillo and Gaucín el hacho.

Just being in this wonderful natural setting makes it worth it for a visit. Gaucín is the typical village of white houses and narrow streets and enjoys a privileged location over the valley.

Gaucín. Castillo del Águila.

Ferrata very varied and exposed. The itinerary starts with a clear descent where we will have to cross a monkey bridge followed by an aerial traverse. We will cross another monkey bridge that will take us to the top of a crag where we will get ready for a quick zip line of 30 metres. We will finish with a Tibetan bridge, completing one of the most popular itineraries.

Difficulty: Difficult, K3. Ascent: 30 m. Itinerary: 182 m. Time: 2 h 30 min.



Gaucín. El Hacho.

Beautiful location and a spectacular itinerary for this ferrata. Situated far from the small villages of the area, we will go along an elegant ridge following a circular route that combines a stretch of ferratas with a gorgeous return through a forest of cork trees. Excellent views over the mountains of Sierra de Grazalema and las Nieves.

It has a high grade of difficulty due to a section of narrow metallic stairs that require some agility and strength to get over it. This section is optional so it can be skipped.

Difficulty: Difficult, K3/K4. Ascent: 100 m. Itinerary: 300 m. Time: 3 h 30 min.

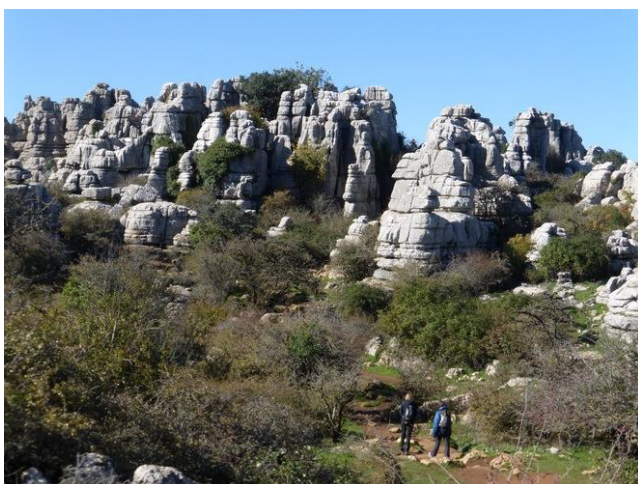
Day 4. Visit to Torcal de Antequera.

The **Natural Park of Torcal de Antequera** is situated between the villages of **Antequera** and **Villanueva de la Concepción**. Formed of limestone has been shaped by the water for many years, giving place to very curious formations. They form a big labyrinth of rocks that will impress us as we walk through it.

We will cover part of this labyrinth in a circular route, discovering the most isolated corners and where we will find mountain goats and unique rock formations.

Distance 6 Km. Ascent +300 m. - 300m.

Lunch in **Antequera** and return trip.



5 More information

Price. 425 euros. 410 euros without transport.

5.1 Included

- Certified mountain guide.
- Security equipment for the group.
- 3 nights in a hotel with breakfast in Ronda or nearby, in a double room (consult for single room).
- Accident insurance
- Trip management.

5.2 Not included

- Transport to the starting point. Exploring Spain can manage travel arrangements under request.
- Lunches. They Will take place in the countryside (sandwich, fruit, etc.) or in a bar.

- Dinners. They will be in Ronda. Rich gastronomy and low prices.
- Via Ferrata set (two carabiners and a lanyard) climbing harness and helmet. You can hire the equipment for the entire trip for 20€.

5.3 Packing list

It is important to carry a light backpack to walk comfortably, so we recommend to carry only the essential material and clothing. The backpack should not exceed 5-6kg in weight.

- Backpack (between 30-35 litres).
- Trekking boots or walking shoes depending on the trekking.
- Via Ferrata set (two carabiners and a lanyard) climbing harness, helmet and gloves. (It might be possible to hire this equipment, please consult first)
- Clothing:
 - Socks.
 - Long and short trekking pants
 - Thermal shirt (first layer). A spare change.
 - Fleece jacket or similar (second layer).
 - Gore-Tex type jacket and pants (third layer).
 - Primaloft jacket or light down insulated jacket.
 - Fleece, light type of gloves.
 - Hat and cap.
- Sunglasses.
- Head lamp (extra batteries).
- Water bottle or water bag Camelback type of minimum capacity 1 litre.
- First aid kit and essential toiletries.
- Sunscreen and protection lip balm.
- Camera.

The luggage not needed during the activities will be stored at the hotel/apartment. The days when we change accommodation, the luggage will be kept at the private vehicle while the group is doing the different activities and it will be collected at the new accommodation after all the visits have finished for the day.

5.4 Observations

Short approaches. We will follow a relaxed pace for the journeys. It is not necessary to have climbing experience but it is advisable to have agility walking between rocks and off the path. It is the perfect trip to have a go at ferratas or for those with some previous experience as the itineraries are very well designed and are very varied. The guide will always carry a rope in case anyone needs help at some point.

The trip is not suitable for people that suffer from vertigo.

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's leisure plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to give away the meeting point and time along with the guide contact information. At this point any information considered essential to the trip organization will be shared.

Level of the activity

It is important that you are clear and honest telling us your previous experience in this type of activities so we can select the most appropriate destination and activity.

5.5 Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancelation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancelation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link: <https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

5.6 Links of interest

- <http://www.turismoderonda.es>
- <http://www.malaga.es/es/turismo/localizacion/3325/cnl-103/>
- <http://www.andalucia.org/es/destinos/provincias/malaga/municipios/ronda/>

5.7 Highlights

- Very accessible Ferratas.
- The beautiful landscapes of the Serranía de Ronda
- A very varied trip for those who want something more, looking for Good sensations and security.

- Rich gastronomy.

6 Contact

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