

Las Casillas and Venta de Pantalones

Alcaudete O

ROUTE 02

that time. works such as viaducts from stations and great engineering enjoy beautiful bridges, train 18th century, being able to the history of the end of the parking lots . It's a walk through it has several entrances with be done in several stages as hiker or cyclist. This route can several possibilities for the the Via Verde of Martos offers The 21 kilometre section of

AND UNIQUENESS.

INHABITED FOREST OF GREAT BEAUTY THIS MAKES OUR MUNICIPALITY AN AND TWENTY MILLION KILOS OF OIL. IS EIGHTY MILLION KILOS OF OLIVES THE AVERAGE ANNUAL PRODUCTION

monoculture of the olive grove in this variety. area, 21,227 hectares, is dedicated entirely to the trees. The variety is Picual, whose useful agricultural of components that allow it to be such long-lived its development. To survive, it generates a series and climatic conditions that is totally favourable to that finds an eminently dry environment in our soil of olive groves. It's a hundred-year-old olive grove Martos countryside is dedicated to the cultivation

MARTOS COUNTRYSIDE





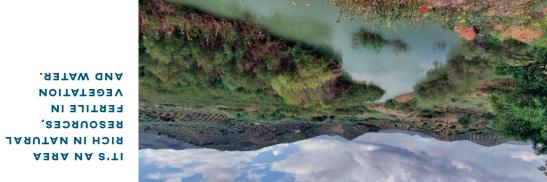


grow peas and barley. spaces of fertile soil that were used to agricultural, its rock alternated with Sierra. Until the 1970s, this Sierra was to past eras that have inhabited the floors, huts, sheds and walls belonging The Sierra la Grana is bathed in threshing

volcanic rocks. carbonate nature, and intercalations of made up of sedimentary rocks of a altitude of 1,254 metres. It's essentially 6.6 square kilometres and a maximum Martos. This Sierra has a total area of It's located to the East about 3 km. of within the Sierra Sur of Jaén complex. Jabalcuz-San Cristóbal geological unit, Bética External Zone and belongs to the

The Sierra la Grana is a massif of the

SIERRA LA GRANA







popular festival. is a very special day in Villarbajo, ending with its celebration of the Virgin of Fatima, on May the 8th, so-called "traditional agricultural society." The maintains the flavour of the typical lifestyle of the Villarbajo, located in the municipality of Martos,

located around this beautiful spot. two parks, rest areas and an astronomical viewpoint soon, sailing in non-motorized boats too. There are swamp include sport fishing, bathing and very Leisure activities that can be practised in the

and Baena to the West. and Sierra Nevada to the South; and Noguerones Pandera to the East; Alcaudete, Castillo of Locubin of Martos, Valdepeñas of Jaén and the Sierra la la Grana and La Carrasca to the North; Fuensanta of the Sierra including Martos, his Peña, the Sierra You can observe some beautiful sights from the top of Jaén. Its maximum altitude reaches 1,325 metres. making it one of the highest points of the Sierra Sur from Martos, in the South area, next to Las Casillas, incredibly rich in flora and fauna. It's located 19 km belonging to the Bética External Zone which is

The Sierra Caracolera is a mountainous massif

SIEBBA CARACOLERA

COUNTRYSIDE THROUGH THE MARTOS LA GRANA, PASSING CARACOLERA TO

FOR TOUBISM 10 CACTING BOOLES

FROM SIERRA

KEEP YOUR BIKE IN GOOD CONDITION

fantastic times of the year to visit.

Alcaudete and Alcalá.

own currency.

Festival of the Holy Family around July the 9th, both

19th, a festival is held in honour of San José and the

to its two most important festivals: On March the

Castle and the astronomical viewpoint. In addition

the Parish of San José, the Encomienda del Víboras

district counts with, we have the Sierra Caracolera,

the Swamp and the recreational area of Viboras,

Almohad attacks that the territory suffered from

defences and endowed it with its current structure

the city of Bora is located, which came to mint its

corresponding to the Cerro de San Cristóbal where

most abundant remains are from the Iberian period,

has a past that goes back to prehistoric times. The

house twelve settlers and their families, although it

Castanis and D. Narciso Masoliver and Freixas, to

century, in the Twelve Houses, built by D. Pablo

Its current origin dates back to the mid-19th

an Iberian and Roman city and still preserving

have been inhabited since prehistoric times, being

fertile in vegetation and water helping the area to

This area is rich in natural resources. The valley is

Caracolera, between the Salado and Viboras rivers,

Las Casillas is located in front of the Sierra

remains of a mediaeval city.

bathed by the Viboras swamp.

after the Christian conquest, in the face of the

The Order of Calatrava expanded the castle's

Among the tourist resources that this unique

CLEAN YOUR BIKE

Clean the chain and pulleys well whenever possible. It's not necessary to always use water. When there is no mud or a lot of dirty grease you can leave the transmission clean by simply using a cloth and a brush.

GREASE AND LUBRICATE

The chain and the rest of the transmission, the pedals, the controls and the suspensions, use oils or lubricants with wax bases. Greases or carbon paste are used in the axes, bearings and points of contact between

ADJUST TIRE PRESSURE

to give the bike and to check it before leaving.

A GOOD BASIC MAINTENANCE

OF THE BIKE EXTENDS ITS

CONTRIBUTES TO IT ALWAYS

WORKING AS IF IT WAS THE

USEFUL LIFE AND ALSO

FIRST DAY.

RETIGHTEN THE SCREWS

A loose screw can damage the components that it's meant to hold together. To avoid this, we should check them periodically.

TOP UP THE ANTI-PUNC-**TURE FLUID**

Never let the tires lose a lot of pressure, as the fluid dries up very quickly. If you are not going to use the bike, check the pressure every week and spin the wheels so that the fluid moves and distributes it well.

CHECK TRANSMISSION WEAR

It's very easy to control its wear with a It's important to find out the appropriate simple tool that is the chain measurer.

KEEP AN EYE ON

PARTS

we detect them.

THE SPACES BETWEEN

We have to regularly monitor

the spaces in parts such as the

headset, hubs, bottom bracket and fork bars, to act as soon as

CHECK THE BRAKES

To maintain braking power and

lever travel, On cable-pull brakes, vary the tension as the brake

pads or pads wear out on cable-

pull brakes. In hydraulic brakes,

bleed to eliminate bubbles that

can leave us without brakes as

soon as we notice that pressure

is lost or the travel of the levers

is excessively lengthened.

ON THE BIKE

Sale

RESPECT OTHER CYCLISTS Highways are the only roads for the exclusive use of motor vehicles, so you

This is mandatory on the highway; not in the city - only for children under 16 years that they may feel pressured. of age - but its use is recommended.

ROAD SAFETY TIPS FOR CYCLISTS

SEE AND BE SEEN

USE A HELMET

At night it's essential and mandatory to use reflective and lighting elements, such as a front white light, a rear red light, an approved vest, etc. These elements must be visible at a distance of 150 metres.

SIGNAL YOUR TURNS To warn other drivers of your movements,

you must use your arms: extend your arm

well in advance, visibly and safely in the direction of the turn. ZERO ALCOHOL

Cyclists must submit to alcohol and drug controls when required.

must treat bicycles as one more element of circulation.

🕲 0034 666 451 175 🛭 🕲 www.viabike.es

BE PATIENT

Do not use the horn or drive in such a way

MAINTAIN A SAFE SPACE 10 metres for the cyclist or group of cyclists travelling at 30 km/h.

KEEP A LATERAL SAFETY SPACE OF AT LEAST 1.5 M.

DO NOT OVERTAKE ANOTHER VEHICLE ON

INTERURBAN ROADS with one lane in each direction when a cyclist is coming from the opposite direction, even if they do so on the shoulder.

AVOID OVERTAKING A CYCLIST WHEN THERE IS

A CONTINUOUS LINE. And if it needs to be done, make sure that your speed is low enough so as not to endanger anyone's physical integrity or interfere with the rest of the circulation.

VISIT MARTOS

TRAVELLING...

FROM JAÉN

Take the **A-316** towards A-316 towards Martos / Alcaudete

FROM CÓRDOBA

Take the A4 / E5 towards El Carpio and then take the **A-306** towards Torredonjimeno and finally continue taking the **A-316** towards Martos

FROM GRANADA Take the A44 / E902 towards

Jaén, then the A-316 towards Torredelcampo and finally, take the A-316 towards Martos / Alcaudete

FROM MÁLAGA Take the A45 towards Córdoba, Torredelcampo and continue through then take the **A-318** towards Lucena, N-432 towards Alcaudete and finally, the **A-316** towards Martos / Alcaudete

FROM MADRID

Take the **A4** towards Córdoba, then the A44 / E902 towards Jaén, the A-316 towards Torredelcampo and then, continue through the A-316 towards Martos / Alcaudete

JAÉN

*** ***

Excmo. Ayto

FINANCING

sustainable mobility

VíaBike is a company specialised in the sale of bicycles and cycling components. Repair shop and specialised rental service for conventional, electric bicycles and other related means, to carry out routes through the existing itineraries in the municipality of Martos that are detailed in this drop-down.

Tourist Information:

Oficina de Turismo Ayuntamiento de Martos Plaza de la Constitución, 1 - 23600 Martos (Jaén) Tel.: **0034 953 21 00 00** ayuntamiento@martos.es

www.martos.es/turismo

Las pedanías de la Encomienda del Víboras IABALCUZ ROUTE 03 Vía Verde - Alcaudete and Villarbajo ROUTE 04 Vía Verde and Pantano del Víboras - Martos ROUTE 05 Martos - Las Casillas - Umbrías Caracolera - Pantano del Viboras Las Casillas - Fuensanta de Martos **ROUTE 07** Martos - Periurban park and Peña Bermeja ROUTE 08 Martos - Sierra La Grana **ROUTE 09** Martos - El Coto - Cerro del Viento ROUTE 10 Via Verde del Aceite. Martos - Jaén Cathedral Los Noguerones Bobadilla / Fuensanta de Martos La Carrasca . 0 Las Casillas JA-3307 Laguna del SIERRA CARACOLERA CARACOLERA

LAS CASILLAS AND **VENTA DE PANTALONES**

TECHNICAL DIFFICULTY: Beginner PHYSICAL DIFFICULTY: Intermediate

DEPARTURE AND ARRIVAL: Recreational area next to the

DISTANCE: 34.96km. DURATION: 3h. ROUTE: circular

dam wall of the swamp.

MAXIMUM AND MINIMUM CUMULATIVE **SLOPE: 445m.**



ROUTE 1 DESCRIPTION

This circular route begins in the recreational area of the Mirador del Viboras, next to the dam wall, taking the road towards Las Casillas up to the Plaza de la Constitución, towards the track that surrounds the reservoir, which we will walk for a while. More than 11 km along a dirt track with no unevenness, along the edge of the reservoir and reaching several ewpoints, including the Viboras astronomical ewpoint, as well as the bridge that crosses the ver that feeds the reservoir, until reaching the ighway JA3307, for a couple of km, until taking a detour to the left to take a forest track that leads us nto the north slope of the Sierra de la Caracolera hrough mountain olive groves, leaving the course of the Viboras river on our right and being able to contemplate the castle of the Encomienda del /iboras, until reaching the regional road A-6051, until the Venta de Pantalones, continuing a descent o the iron bridge of the Viboras River, later taking the A road -316 and the JA-3307 until reaching Las Casillas again and from there to the starting point, after having travelled almost 35 km.





LAS CASILLAS -**FUENSANTA DE MARTOS**

TECHNICAL DIFFICULTY: Intermediate - Beginner PHYSICAL DIFFICULTY: Intermediate - Beginner

DEPARTURE AND ARRIVAL Urban area of Las Casillas de Martos DISTANCE: 35.45km.

ROUTE: lineal DESNIVEL POSITIVO

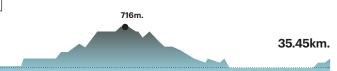
DESNIVEL NEGATIVO:



ROUTE 6 DESCRIPTION

The route begins in the hamlet of Las Casillas and we will head to the track that runs through the **Viboras** reservoir, passing by its astronomical viewpoint and taking a detour to the left through a dirt track and at the height of the farmhouse of Las Moraledas. through the **Vereda of Las Casillas**, which will take us to the Venta of Papero, now in the municipal area of **Fuensanta** and from there to the places of Vadehornillo and Las Veletas to Fuensanta, specifically the square and the well-known Fuente de La Negra, from where we will start the reverse way back to Las Casillas, after having

travelled a little over 35 km.



LAS PEDANÍAS DE LA **ENCOMIENDA DEL VÍBORAS**

TECHNICAL DIFFICULTY: Intermediate PHYSICAL DIFFICULTY: Intermediate - Expert



ROUTE 2 DESCRIPTION

We will start at the viewpoint of C/ Puerta del

Sol, in the hamlet of Las Casillas, heading

through the JA-3307 regional road towards

 $\label{lem:villarbajo} \textbf{Villarbajo}, \ \text{passing through the recreational}$

area and the wall of the reservoir dam. After

an ascent along this road, we turn off along a

paved track in the direction of the Fuente del

Espino and **Los Llanillos** farmhouses, with a

to make stops to contemplate the spectacular

sharp ascent, with numerous curves, having

landscapes that the environment offers us,

with Martos and its Peña in the background,

especially in Autumn and Spring. Once we

reach the crossroads that would take us to

the Hoyo Piedra hermitage, we turn left,

descending to the Virgen de la Medalla

Milagrosa hermitage and from there to

the Víboras river, in the vicinity of which we

will take a dirt track that will take us to the

Venta del Papero, the Víboras reservoir, La

Carrasca and again to Las Casillas, where

we will have finished the route, after having

DEPARTURE AND ARRIVAL: Las Casillas Viewpoint DISTANCE: 25.69km

DURATION: 2h. ROUTE: circular MAXIMUM AND

MINIMUM CUMULATIVE **SLOPE:** 629m.



25.69 km.

ROUTE 3 DESCRIPTION The route will begin at the Vado Jaén Station, on the Vía Verde de Aceite in the direction of Alcaudete, also known as the old Mozarabic way to Santiago, going through several viaducts until

VÍA VERDE - ALCAUDETE

AND VILLARBAJO

TECHNICAL DIFFICULTY: Intermediate

DEPARTURE & ARRIVAL:

DISTANCIA: 40.82km.

RECORRIDO: circular

MINIMUM CUMULATIVE

DURACIÓN: 3h.

MAXIMUM AND

SLOPE: 944m.

PHYSICAL DIFFICULTY: Intermediate - Expert

taking a dirt road through the olive farms and already at the municipal term of Alcaudete and that will take us to said locality, to take direction towards **Cruz del Humilladero**, in the well-known road of La Fuensanta (JA-3307), taking a detour to the left, when arriving at the place of Fuente Amuña and ascending towards the Sierra de Ahillos, with beautiful views of the Alcaudete Castle, up to the Fuente de La Teia and with the Sierra de La Caracolera on our left, from where we will begin the descent rough the Villarbajo landscapes to the Viboras reservoir and the district of Las Casillas, continue after several km until the Vía Verde.

which will take us back to the Vado

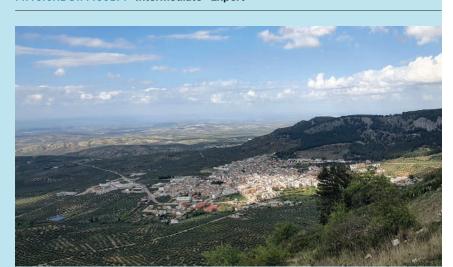
Jaén Station, after a journey of just





MARTOS -**PERIURBAN PARK** AND PEÑA BERMEJA

TECHNICAL DIFFICULTY: Intermediate - Expert PHYSICAL DIFFICULTY: Intermediate - Expert



DEPARTURE AND ARRIVAL: Roundabout avenue Príncipe Felipe next to the industrial

DISTANCE: 29.39km. DURATION: 3h. ROUTE: circular

MAXIMUM AND MINIMUM CUMULATIVE SLOPE: 650m.



little over 29 km.

ROUTE 7 DESCRIPTION We begin taking the direction of La Peña, through the neighbourhood of Molino Medel and Barriada del Niño Jesús and the Hermitage of the Virgen de la Victoria, reaching almost the Periurbano Park of Martos. where we begin the ascent through an asphalt track that will take us to the **Peña Bermeja** viewpoint, at whose feet is the quarry and the town of Jamilena, having to return along the same path to return to **Martos** and visit the El Cerro Green Ring, recently conditioned, and again to the urban



MARTOS -SIERRA LA GRANA

TECHNICAL DIFFICULTY: Intermediate - Expert PHYSICAL DIFFICULTY: Intermediate - Expert



DEPARTURE AND ARRIVAL: Centre of Martos DISTANCE: 36.93km.

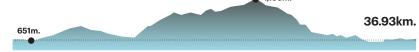
ROUTE: circular MAXIMUM AND MINIMUM CUMULATIVE SLOPE: 861m.

DURATION: 3h.



ROUTE 8 DESCRIPTION

From Martos, we will head towards the Sierra de la Grana, located to the Northwest of the city and through the JA-3300 highway, taking a paved track to the left that with a continued ascent will take us up to said mountain range through the royal path from **Los Petrolos**, and from there to the hermitage of San Isidro, neighbouring Jamilena, with magnificent views of said town and the olive-growing countryside, up to the Sierra de la Grana, already in the Martos district, passing through the Pilar del Marchante, where we can cool off a little and descending to the JA-3309 road that will take us to Martos, where we will finish the route.



VÍA VERDE AND PANTANO DEL VÍBORAS - MARTOS

TECHNICAL DIFFICULTY: Intermediate PHYSICAL DIFFICULTY: Intermediate - Expert

DEPARTURE & ARRIVAL: Martos Station

DISTANCE: 56.46km DURATION: 4h. ROUTE: circular

MAXIMUM AND MINIMUM CUMULATIVE SLOPE: 758m.



ROUTE 4 DESCRIPTION

Starting from the urban centre of **Martos**, we take

the Vía Verde del Aceite, towards Alcaudete and the

Vado Jaén Station, and after having travelled along

regional road, which will take us to the hamlet of Venta Pantalones, after crossing the iron bridge over the

MARTOS - EL COTO -

CERRO DEL VIENTO

TECHNICAL DIFFICULTY: Beginner

it for about 17 km we take a detour through olive

trees, having to be very attentive to the GPS so as not to make a mistake to guickly reach the A-6051



Viboras river and entering through a dirt lane towards

the Víboras reservoir through the foothills from the

of said reservoir, going along its winding track that surrounds it to Las Casillas de Martos and from there

again to the Vado Jaén Station, taking the road back to Martos along said Vía Verde del Aceite, after having

56.46km.

Sierra de la Caracolera and from there to the tails

MARTOS - LAS CASILLAS -UMBRÍAS CARACOLERA -

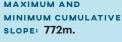
PANTANO DEL VÍBORAS

TECHNICAL DIFFICULTY: Intermediate PHYSICAL DIFFICULTY: Intermediate

DEPARTURE AND ARRIVAL: Roundabout avenue Príncipe

Felipe next to the industrial DISTANCE: 40.47km. DURATION: 3h.

ROUTE: circular MAXIMUM AND



ROUTE 5 DESCRIPTION

The route begins in the urban centre of Martos, heading towards the hamlet of Las Casillas and its reservoir through the **Belda** path and shortly after having to take a detour that will take us to the famous Alamillo farmhouse and from there to Las Casillas and its mountain range of La Caracolera to go through said reservoir in its entirety through the easy track that runs through it and again take the same path back to Martos, after having travelled a little over 40 km.









VIA VERDE DEL ACEITE. MARTOS - JAÉN CATHEDRAL

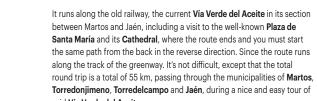
TECHNICAL DIFFICULTY: Beginner PHYSICAL DIFFICULTY: Intermediate - Beginner



MAXIMUM AND MINIMUM CUMULATIVE SLOPE: 483m.



ROUTE 10 DESCRIPTION





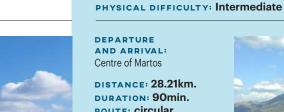




ROUTE 9 DESCRIPTION

We will begin the route on Av. Principe Felipe, in the direction of Fuensanta. taking a detour at the exit, which will lead us uphill towards the area of









El Cañuelo and from there to the well-known Cerro del Viento, through an asphalt track that leads us It will take you to El Sapillo, close again to the centre of Martos, and again ascent to the area of La Maleza to return to Martos, taking the current road to Santiago de Calatrava (J-213), from where we will access the Llano de Motril, crossing the Centennial olive grove of said place, to return once more to Martos.

