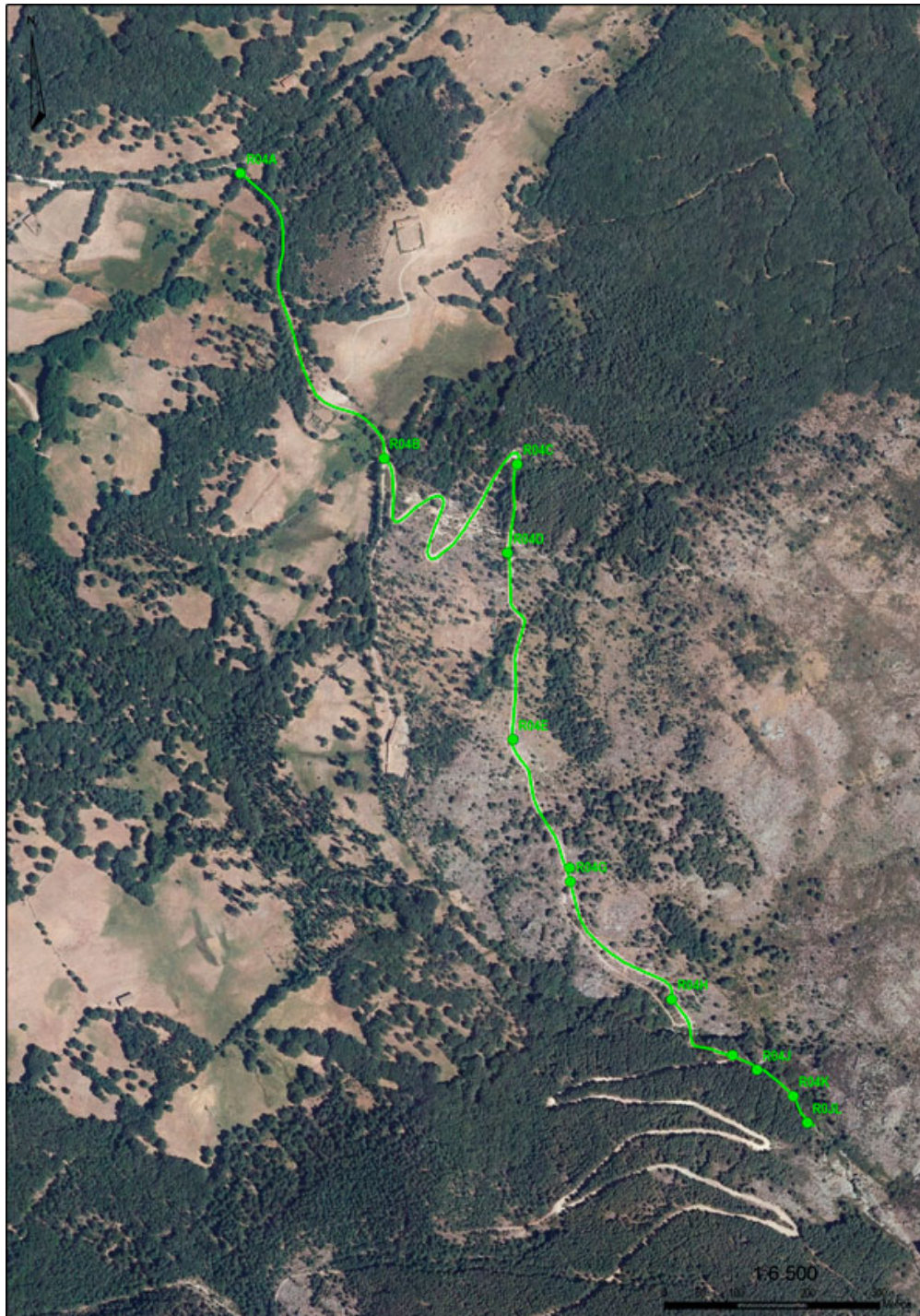




## GARGANTA DEL OSO STEP BY STEP



### DIFFICULTY

MIDE Project: 1/1/2/2

### DISTANCE

Round Trip Distance: 4.200 m.

### DURATION

Round Trip Duration: 1h 25min (no stops)

### SING POSTS

Route Indicative Singal Post:

**DARK GREEN**

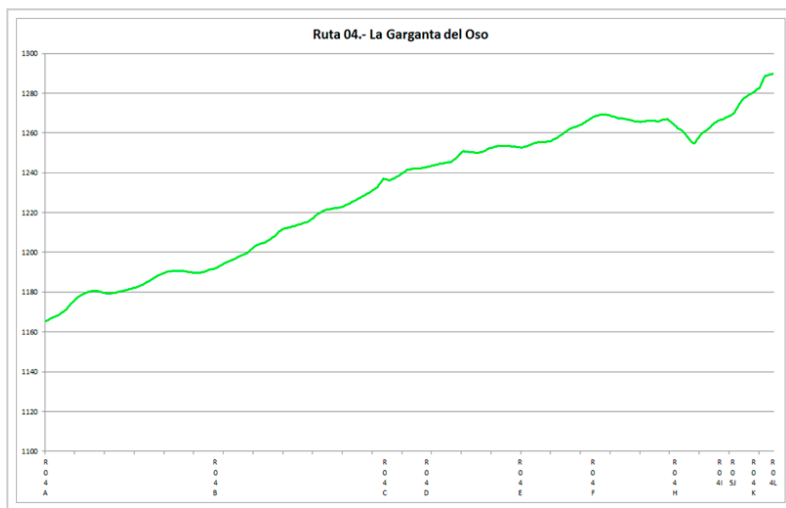
### LONGITUDINAL PROFILE

Grade 166 m.

### SHADE/SUN

75% / 25%





		Route 04/ La Garganta del Oso	
duration	1h 25'		1 severity of the natural environment
climb slope	166 m		1 orientation in the itinerary
descent slope	166 m		2 difficulty in displacement
distance	4,2 km		2 amount of effort required
type of route	round trip		
Conditions all year round, estimated time according to MIDE criterion, without stops Calculated on data for 2017			



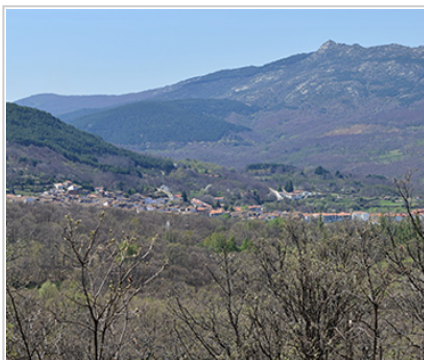
**RUTA R04**  
R04A - START  
Start sign 0 metres



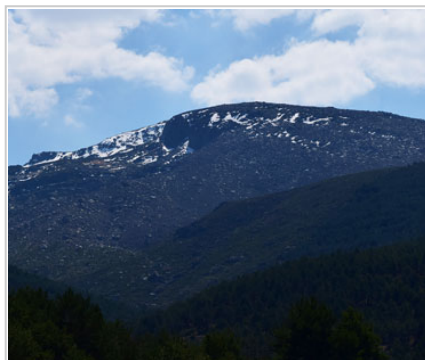
**RUTA R04**  
R04B - SIGN  
Signpost 490 metres



**RUTA R04**  
R04C -  
Entrance to the area named  
"Candelario's own" 960 metres



**RUTA R04**  
R04D - PHOTO



**RUTA R04**  
R04E - VIEWPOINT  
Viewpoint that looks out at  
Candelario mountain range 1365  
metres



**RUTA R04**  
R04F - SIGN  
Signpost 1940 metres



RUTA  
R04

R04H - BRIDGE

Bridge over the Barquillo stream  
1815 metres



RUTA  
R04

R04I - SIGN

Signpost 1940 metres



RUTA  
R04

R04J - PINE FOREST

Scots pine forest 1980 metres



RUTA  
R04

R04K -

Start of the Garganta del Oso  
(Bear's gorge) 2040 metres



RUTA  
R04

R04L - END

End of the route 2100 metres

## 1. PROHIBITIONS

- **DO NOT** light a fire and **DO NOT** cut firewood
- **DO NOT** leave or bury any kind of trash
- **DO NOT** change or remove elements from the natural environment
- **DO NOT** wash tools and cars in rivers, lakes, and streams
- **DO NOT** throw cigarettes into the natural environment
- **DO NOT** step on the land planted **DO NOT** cross the trails

## 2. OBLIGATIONS

- Follow the route and never leave the trail
- Respect the enclosures along the way. Remember that they own
- Wind and rain guard
- Use trash bins
- Use trash bins
- Camping at established locations
- Closes gates, bars and hut doors that you find
- Respect the sings

## 3. TIPS

- Hiking is not trekking, excursions or climbing
- **Mandatory Individual Equipment** You must wear mountain boots, socks and you must not forget water
- **Sport Equipment**
  - . **Breathable, Waterproof and Thermal** Sportswear, Pants and T-shirt
  - . Capes, Raincoats
  - . **Warm Clothing** (Gloves, Scarf,..)
  - . Hat or headscarf
  - . Spare Clothes
  - . Suitable footwear and spare socks
- **Other necessary things** (preventative)
  - . Sunglasses
  - . Sun Protection Cream
  - . First aid kit
  - . Walking sticks
- **Provisioning**
  - . Water Bottle
  - . Enough food
- **Others**
  - . Backpack
  - . Map of the area / Compass / GPS
  - . Lantern with backup battery
  - . Mobile with backup battery
  - . Reflective Vest

#### 4. RECOMMENDATIONS

- Effort Required
- Drink water frequently and in small quantity
- Eat nuts or chocolate
- In the stops do not get cold
- Take your dog tied, there are cattle and wild animals
- Consult an environmental educator with knowledge of the environment
- Analyze the route according to your capacity
- Check the weather forecast
- Keep in good condition the roads and the walking trails. Avoid accidents, losses, and you must keep the beauty of the hiking routes

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Rutasporcandelario.es picks up the effort of Candelario City Council to design an offer of Active and Familiar Tourism from the locality and its surroundings. Routes that depart most of Candelario and are designed with round or round trajectories.

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