



LA MUELA STEP BY STEP

DIFFICULTY

MIDE Project: 2/1/1/2

DISTANCE

Round Trip Distance: 7.850 m.

DURATION

Round Trip Duration: 2h 30min (no stops)

SING POSTS

Route Indicative Singal Post:

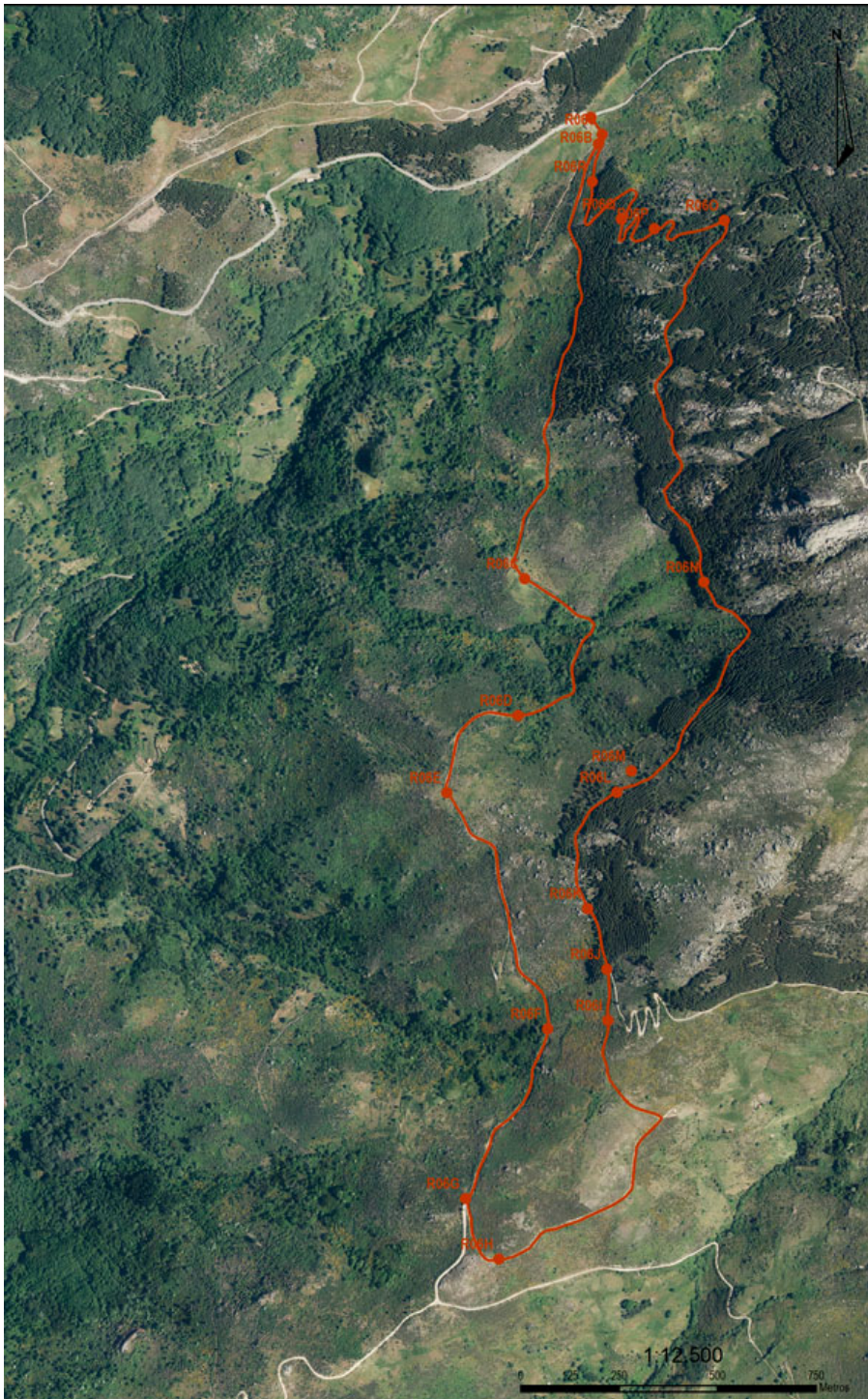
BROWN

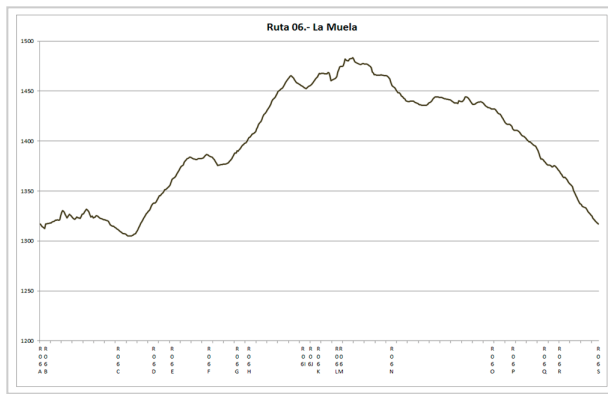
LONGITUDINAL PROFILE

Grade 277 m.

SHADE/SUN

30% / 70%





		Route 06/ La Muela	
duration	2h 30'		2 severity of the natural environment
climb slope	277 m		1 orientation in the itinerary
descent slope	277 m		1 difficulty in displacement
distance	7,8 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 R06
R06A - START
Signpost - 0 metres



RUTA R06
R06B - SIGN
Signpost 55 metres



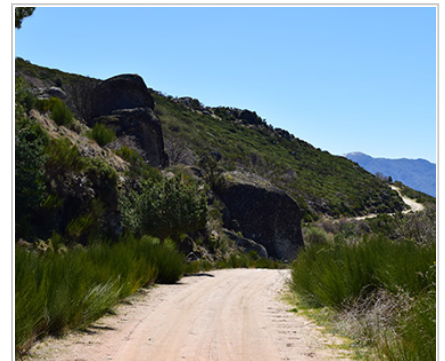
RUTA R06
R06C -
Halfway point Viewpoint that looks out at Ambroz valley (Cáceres) 1265 metres



RUTA R06
R06D -
Halfway point Viewpoint that looks out at Ambroz valley (Cáceres) 1795 metres



RUTA R06
R06E -
Halfway point Viewpoint that looks out at Ambroz valley (Cáceres) 2120 metres



RUTA R06
R06F -
Halfway point Viewpoint that looks out at Ambroz valley (Cáceres) 2775 metres



RUTA
R06

R06G - SIGN

Signpost 3280 metres



RUTA
R06

R06H -

Viewpoint that looks out at
Ambroz valley (Cáceres) 3460
metres



RUTA
R06

R06I -

Halfway point Viewpoint that
looks out at Ambroz valley
(Cáceres) 4360 metres



RUTA
R06

R06J - SIGN

Signpost 4515 metres



RUTA
R06

R06K - FOUNTAIN

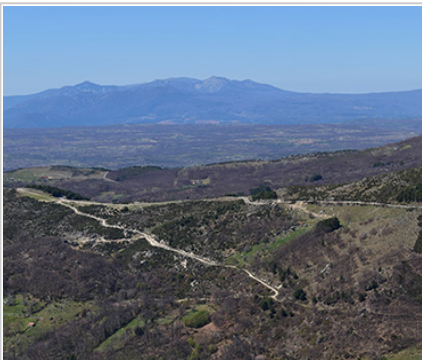
Pool and fountain 4665 metres



RUTA
R06

R06L - PINE FOREST

Scots pine forest 4950 metres



RUTA
R06

R06M -

Viewpoint that looks out at
Ambroz valley (Cáceres) 5025
metres



RUTA
R06

R06N - LA MUELA

La muela 5680 metres



RUTA
R06

R06O - TURN

Turn to the left 6710 metres



RUTA
R06

R06P - FOUNTAIN

La Piluca fountain 6960 metres



RUTA
R06

R06Q - PINE FOREST

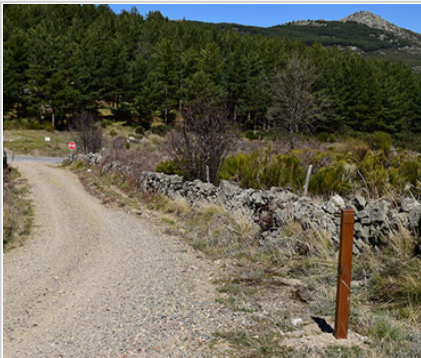
Scots pine forest 7225 metres



RUTA
R06

R06R -

Half way point 7340 metres.



RUTA
R06

R06S - END

End of the route 7850 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 Termal** Sportswear, Pants and T-shirt
 - . Capes, Raincoats
 - . **Warm Clothing** (Gloves, Scart,..)
 - . 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
 - . Latern 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

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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