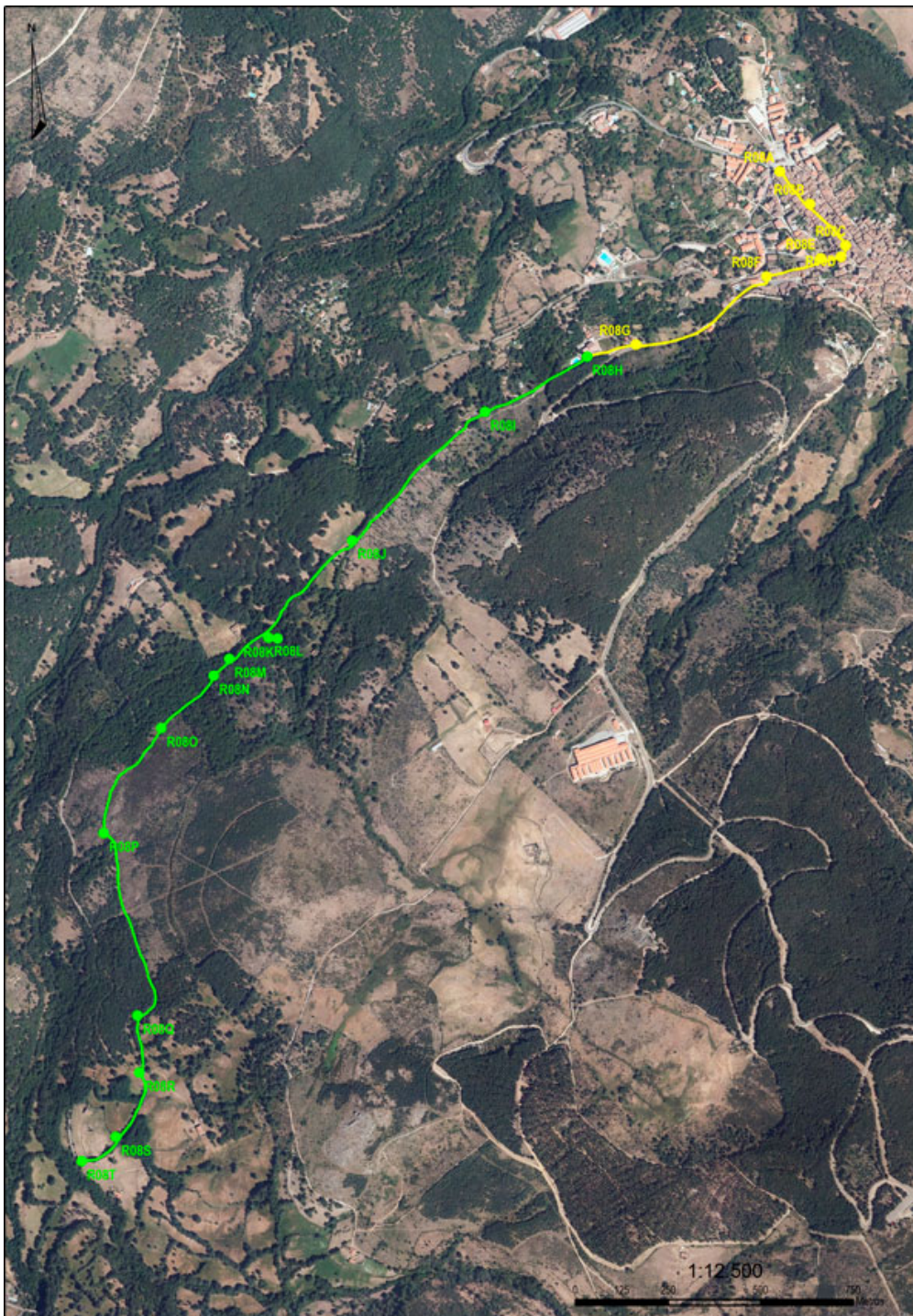




LA MANGÁ
STEP BY STEP



DIFFICULTY

MIDE Proyect: 1/2/2/2

DISTANCE

Round Trip Distance: 5.800 m.

DURATION

Duración aproximada Ida:
1h 35min (sin paradas)

SING POSTS

Route Indicative Singal Post:

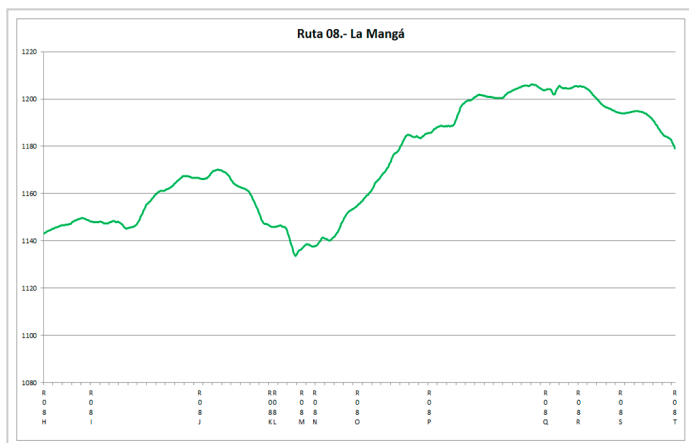
GREEN

**LONGITUDINAL
PROFILE**

Grade 206 m.

SHADE/SUN

35% / 65%



		Route 08/ La Mangá	
duration	1h 35'		1 severity of the natural environment
climb slope	206 m		2 orientation in the itinerary
descent slope	206 m		2 difficulty in displacement
distance	5,8 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			



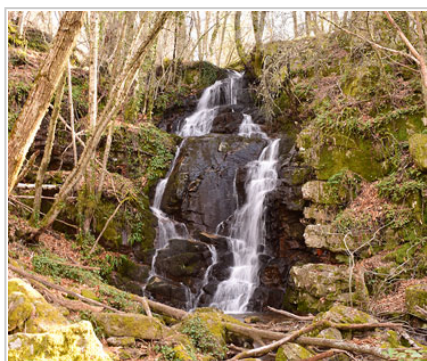
RUTA R08
R08H - START
Start post 0 metres



RUTA R08
R08I - SIGN
Signpost 315 metres



RUTA R08
R08J - SIGN
Signpost 820 metres



RUTA R08
R08K - WATER
La Mangá waterfall 1175 metres



RUTA R08
R08L - SIGN
Signpost - 1200 metres



RUTA R08
R08M - SIGN
Signpost. Turn to the left 1325 metres



RUTA
R08

R08N - SIGN

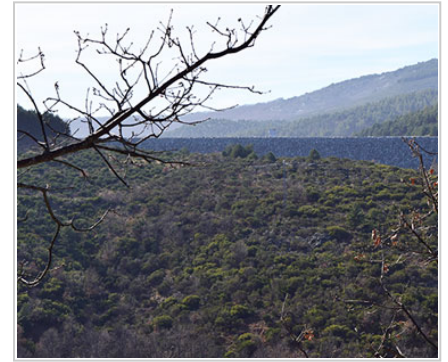
Signpost 1385 metres



RUTA
R08

R08O - VIEWPOINT

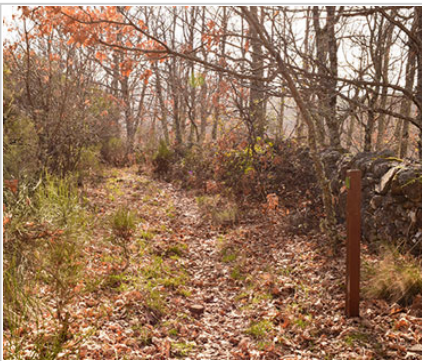
Sierra de Béjar / Candelario
1590 metros



RUTA
R08

R08P - VIEWPOINT

Viewpoint of Navamuño reservoir
dam 1962 metres



RUTA
R08

R08Q - SIGN

Signpost 2450 metres



RUTA
R08

R08R - VIEWPOINT

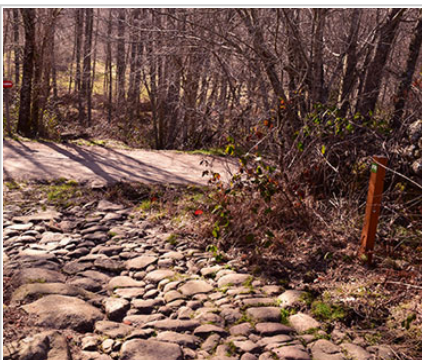
Viewpoint of Béjar/Candelario
mountain range 2610 metres



RUTA
R08

R08S - SIGN

Signpost 2810 metres



RUTA
R08

R08T - END

End of the route 2900 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

Este es el contenido de la etiqueta P de diseño

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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