



## CENTRAL LA ABEJA - LLANO ALTO STEP BY STEP



### DIFFICULTY

MIDE Proyect:  
2/2/2/2

### DISTANCE

Round Trip  
Distance: 5.800 m.

### DURATION

Duración  
aproximada Ida: 1h  
40min (sin paradas)

### SING POSTS

Route Indicative  
Singal Post: **BLACK**

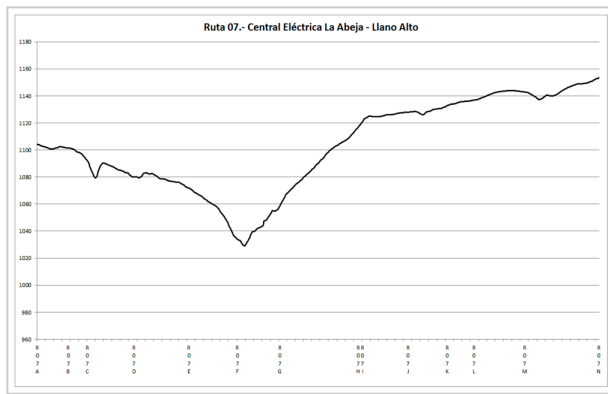
### LONGITUDINAL PROFILE

Grade 254 m.

### SHADE/SUN

50% / 50%





		Route 07/ La Abeja - Llano Alto	
duration	1h 40'		2 severity of the natural environment
climb slope	254 m		2 orientation in the itinerary
descent slope	254 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 R07**  
R07A - START  
Start post 0 metres



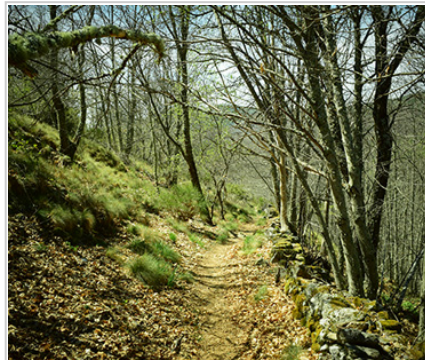
**RUTA R07**  
R07B - PATH  
Path past private country houses. Orchards 155 metres



**RUTA R07**  
R07C - WOODS  
Birch and oak woods 250 metres



**RUTA R07**  
R07D - PINE FOREST  
Scots pine forest 495 metres



**RUTA R07**  
R07E - PATH  
Path among the oak trees 770 metres



**RUTA R07**  
R07F - SIGN  
Signpost. Power station 1015 metres





RUTA  
R07

R07G - CABIN

Stone sheepfold 1225 metres



RUTA  
R07

R07H - VIEWPOINT

Viewpoint that looks out at  
Candelario mountain range 1620  
metres



RUTA  
R07

R07I - SIGN

Signpost 1640 metres



RUTA  
R07

R07J - VIEWPOINT

Viewpoint that looks out at  
Candelario mountain range 1880  
metres



RUTA  
R07

R07K - SIGN

Signpost 2080 metres



RUTA  
R07

R07L - VIEWPOINT

Viewpoint that looks out at  
Candelario 2225 metres



RUTA  
R07

R07M - WOODS

Oak woods 2490 metres



RUTA  
R07

R07N - 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

## 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
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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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