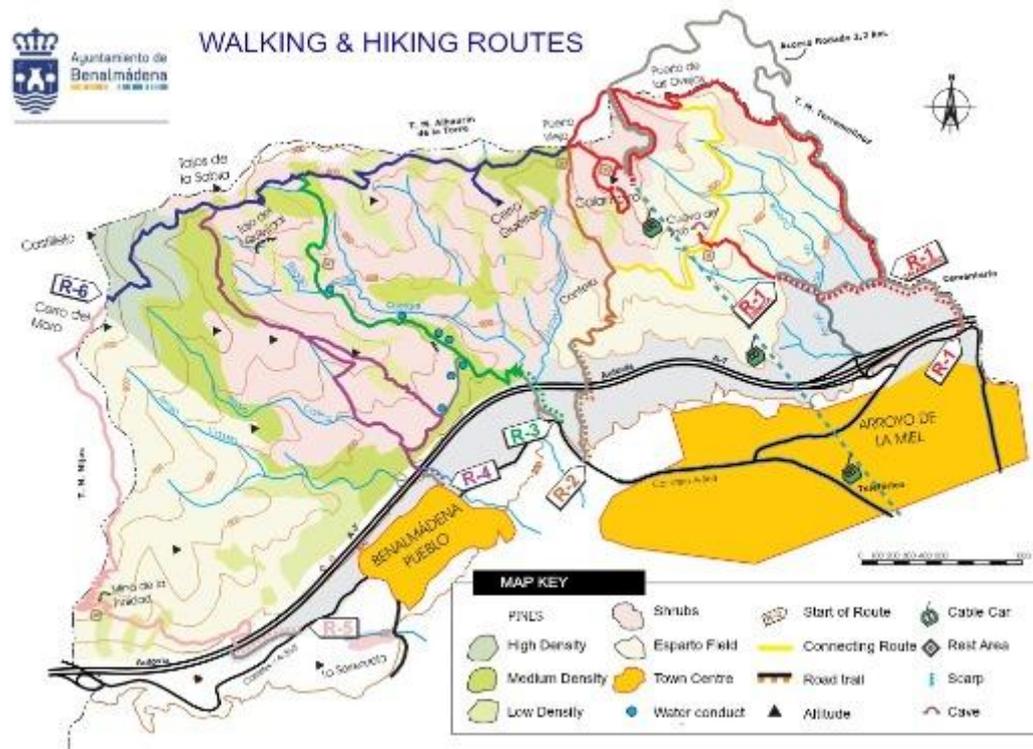


6 of Benalmadena's Most Popular Walking and Hiking Routes [Guide]

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Map of Benalmadena's Walking and Hiking Routes ([Click on the map to see larger version](#))

Do you enjoy walking and hiking in the countryside? Although better known as a sun and beach holiday destination, Benalmadena also offers many fun and entertaining activities during the quieter winter months. Two of those activities are **walking and hiking**.

Benalmadena actually boasts an impressive network of natural walking routes and trails from which you can **experience unbelievable views of the Costa del Sol and beyond**.

These routes are spread over the Municipality's vast expanse which stretches into the hills and mountains behind Benalmadena Pueblo and Arroyo de la Miel. The town hall has actually been promoting these walking routes at recent travel trade fairs and has also invested in maintenance and cleaning-up of the 6 routes it recommends.

Below we've put together a **quick guide and summary of Benalmadena's six walking routes** with approximate distances and difficulty levels.

Route 1: Arroyo de los Muertos



This route has two variants, 'Calamorro' and 'Ermita'.

Calamorro Route

Distance: Approx. 3.5 km

Difficulty Level: Low

Starts from: Arroyo de la Miel

The route starts off from just behind the Miguel Hernández Public school (see map above). You'll make your way through a tunnel under the motorway and head up the mountain. Soon you'll come to a crossing; heading left will take you to the ermita (chapel) – See below – and if you take the trail on the right you'll go all the way to the top of the **Calamorro mountain** (where the cable car stops). Those of you who have taken the cable car will know that the views from here are simply spectacular – and well worth the hike 😊

Ermita Route

Distance: Approx. 2 km

Difficulty: Medium

Starts from: Arroyo de la Miel

Starts from the same place as the above 'Calamorro Route'. You won't go all the way to the top of the mountain following this route but the views from the ermita (chapel) are equally impressive. The last part of the route is a little steep, hence the reason for giving it a 'medium' difficulty level.

Route 2: Los Leñadores



Distance: Approx. 2.5 km

Difficulty: Medium

Starts from: Benalmádena

Access to this route is from the A-368 road joining Torremolinos and Benalmadena (Km 7). This is another short route with an easier start on tarmac until you reach the Benalmádena quarry; the next couple of hundred metres is quite steep until you clear the quarry. From that point on it's more of a gentle climb to the Puerto Viejo area near the top of the mountain.

The highlights of this route are the views over the town of Benalmádena.

Route 3: El Quejigal



Distance: Approx. 3 km

Difficulty: Low

Starts from: Benalmadena

Route 3 (R-3) starts from a sharp corner on the A-368 road (very near to the start of Route 2). You'll make your way through a viaduct under the motorway and head up through a pine forest. Follow the trail all the way up to the area known as **El Quejigal**, an area of great ecological value.

You'll be able to see different species of eagles hunting for prey as well as mountain goats climbing the rocky walls of the mountain.

Route 4: Tajo de la Sabia



Distance: Approx. 3.5 km

Difficulty: Medium

Starts from: Benalmadena Pueblo

The route starts from Benalmadena Pueblo (see map) and has a choice of two trails, one taking you through a pine forest and the other a more direct route up the mountain.

As you near the summit, you'll go through what is perhaps **one of the more densely populated pine forests** in the area; a great place to stop and enjoy the peace and tranquility 😊

Route 5: Mina de la Trinidad



Distance: Approx. 6 km

Difficulty: Medium

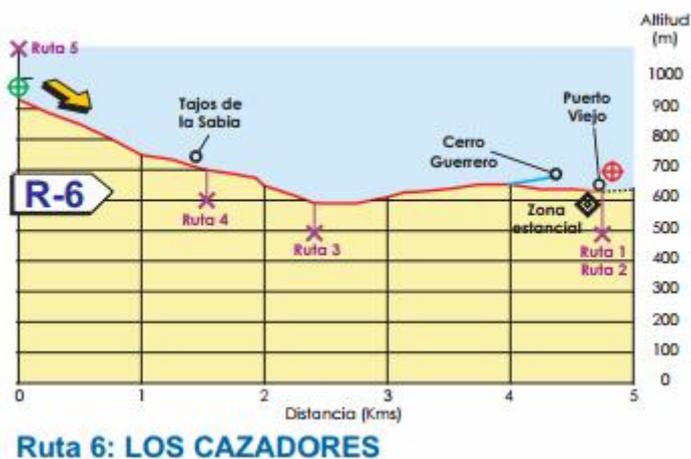
Starts from: Benalmadena

More or less one kilometre from Benalmadena Pueblo (heading towards Mijas) on the A-368 road there's a trail on the right hand side; this is the start of the Route 5.

This route takes you past an old mine (Mina de la Trinidad). Although dangerous and only recommended for experienced hikers, you can go into the mine which has various galleries with geological formations.

The rest of the route is a steady climb to the 'Cerro del Moro' where you can stop and contemplate the breathtaking views over the Costa del Sol and, on a clear day, over towards Gibraltar and North Africa. This is also the start of Route 6 which we talk about next.

Route 6: Los Cazadores



Distance: Approx. 4.5 km

Difficulty: Low

Starts from: Benalmadena (Cerro del Moro)

This route starts at an **altitude of over 900 metres** and takes you on a gentle downward slope along the mountain ridge towards the Puerto Viejo area. Due to its location, this route actually joins on to many of the other routes mentioned above (see map).

You can join Route 1 here and challenge yourself by climbing the steep trail (150m change in altitude) up to the top of the Calamorro Mountain; as mentioned earlier, the views from here are spectacular making it the ideal spot for a great photo! 😊

A few Recommendations

If you're planning on exploring one of these amazing routes, there's just a few things you need to keep in mind in order to make your walk more enjoyable and help look after the environment.

- Use comfortable footwear (boots or trainers)
- Protect yourself from the weather conditions
- Respect the environment (no camping, no motor vehicles, no camp fires or barbecues allowed)
- Do not leave litter
- Respect the plants and flowers (Do not cut flowers)
- Avoid fire risks (Do not smoke)
- Always walk on the paths

We certainly hope you won't need them, but just in case, here are some of the **emergency service numbers to call in case of accident or medical emergency:**

Emergencies: 112

Local Police: 092 or 952 562 142

Fire department: 080 or 952 563 429

Protección Civil: 952 562 655

So what do you think, will you be attempting one of these fabulous **walking and hiking routes** the next time you are in Benalmádena? Have you already been on one of these walks? Let us know in the comments below.

Guide brought to you by:

Sunset Beach Club, a 4 star apart hotel located on the sea front in Benalmádena Costa.



Website: www.sunsetbeachclub.com

Tel: +34 952 579400

Avenida del Sol, 5

29630, Benalmádena Costa, Malaga, Spain