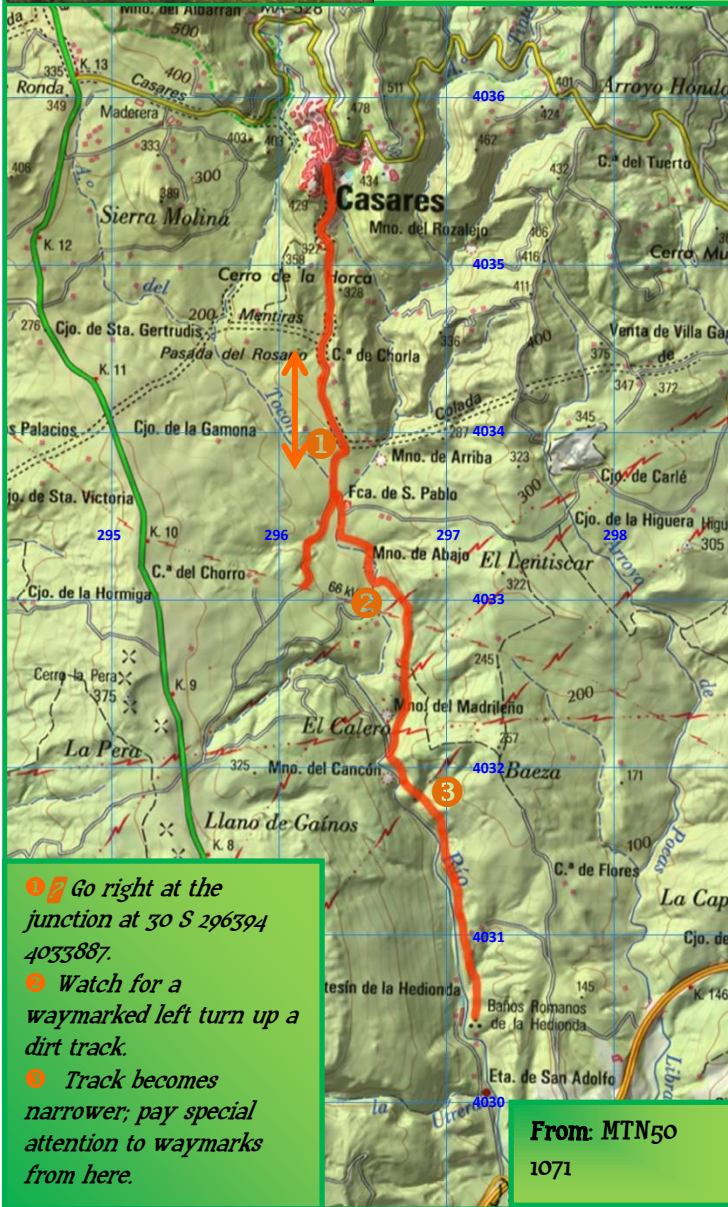




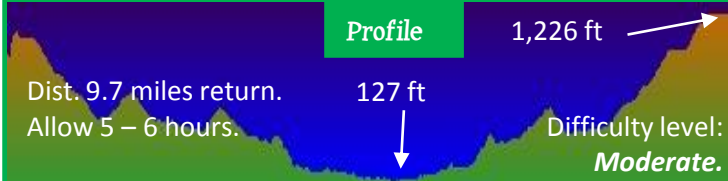
# Los Baños de la Hedionda



- ➊ Go right at the junction at 30 S 296394 4033887.
- ➋ Watch for a waymarked left turn up a dirt track.
- ➌ Track becomes narrower; pay special attention to waymarks from here.

From: MTN50  
1071

Base cartográfica © Instituto Geográfico Nacional de España



Dist. 9.7 miles return. Allow 5 – 6 hours. Conditions: long distance, uneven surfaces, river crossings, 1,100 ft ascent/descent.

The route begins in the **Plaza de España** in Casares and returns to the same place. It has many twists and turns, especially after the Molino del Cancón, but is well waymarked and it is worth keeping a sharp eye out for these green and white signs.

The route follows **Calle Juan Ceron** and continues south past the new cemetery. At the junction of paths  $\frac{3}{4}$  mile further on we take the right turn and continue southwards. After  $\frac{1}{4}$  mile we arrive at the junction of two streams, which form the river Manilva. There is an excursion to the southwest for about  $\frac{1}{2}$  mile away from the main route, where the walker took a wrong turning but carried on for a few minutes to enjoy the views. Back at the **Fca. de S Pablo** we follow a footpath for about 700 yards, where we cross the river by the Molino de Abajo and cross it again a bit further on. These crossings are necessary due to the destruction of the original track through landslip. We then turn left and begin to ascend a rough dirt path. This takes us past the **Molino del Madrileño**, passing some stables and arriving at the ruins of the **Molino del Cancón** and its metal bridge. The route then goes along the left side of the valley, moving away from the river once again and travelling along a spectacular canyon surrounded by the karst formations of the Sierra de Utrera. The route continues to descend and crosses the river onto its right bank, passing the restored **Molino de la Animas** mill. From there, taking a dirt track, we soon arrive at the **Baths of La Hedionda**. Here, Julius Caesar is reputed to have been cured of a skin ailment by their sulphurous waters.

The trail comes back along the same route, and there are wonderful views in both directions. Be prepared for a bit of a slog in the climb back up to Casares.

Part of the route features in the [Birding Map](#) of the area, by BioGea.

During the months of July, August and part of September between the hours of 12.00 and 19.00 access to the baths within the cupola section will be restricted to ticket holders only. This is the period of peak demand and the restriction will help protect this building and its users. Tickets can be obtained by calling +34952895521 or via <https://www.ticketea.com/entradas-actividades-banos-la-hedionda/>.

## LINKS

[GPS trail](#) 
[Larger map](#) 
[Video](#) 
[General](#) 