

Frigiliana – Maro

Descend into the narrow river valleys where the Higuérón and Chillar flow down towards the sea, and cross a series of jagged ridges with great views of the surrounding countryside and down to the Mediterranean. After the final steep climb, you descend on a forest track to Nerja Cave near Maro. This route forms part of the GR-249 *Gran Senda de Malaga*, a long-distance trail which does a circuit of Malaga province.

Key facts	
Length	14.5 km
Time	5 h 30 mins
Min/Max Altitude	152 m / 568 m
Accumulated height difference	639 m / 786 m
Season	All year


Hard



Medium



Medium

The River Chillar can be dangerous to cross if the water level is high. Take great care at all times, and try to ask for advice locally before setting out.



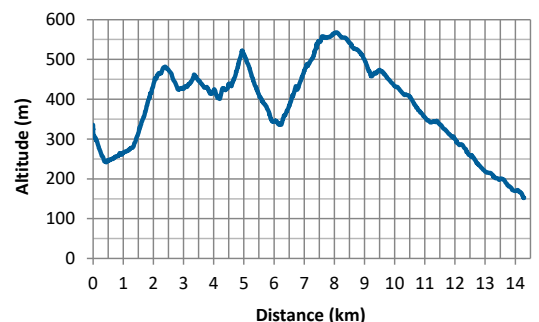
Getting there

By Car: From the A7 coastal motorway between Málaga and Motril, take exit 733 and follow signs for *Frigiliana*.

On the edge of Frigiliana, keep left at the roundabout (3rd exit). At the next roundabout, do a complete 360° turn and either park in the underground car park or look for a space along the road you came up.

By bus: There are buses between Nerja and Frigiliana that take about 10 minutes: 11 per day Mon-Sat, 7 per day Sun and public holidays. From Granada to Nerja: 6 per day Mon-Fri, 5 per day Sat-Sun. Approx. 2 hours. From Málaga to Nerja: 23 per day Mon-Sun. Most services take 1 h 15 to 1 h 30. The walk starts right by the bus stop in Frigiliana.

See www.treksierranevada.com/getting-around for more info and links to current timetables.



DISCLAIMER: While we have made every effort to ensure that this information is accurate, conditions can change, and you are responsible for your own safety.

1. Start by the roundabout on the entry to the old part of Frigiliana, next to various information panels. Go uphill away from the roundabout and then take the street straight ahead called Camino Boticario. It's signposted as the GR-249 towards Nerja. Follow the track steeply down to the River Higuerón.

The route is well marked with red and white parallel lines. Note that the distances to Nerja on the signposts refer to the distance to Nerja Cave near Maro. It's about another 4 km on to Nerja itself, making it 18.5km in total from Frigiliana.



2. Cross the river and take the path to the left. Keep following the path along the river, which you will need to cross several more times. You need to step from stone to stone, but it's fairly straightforward as long as the river isn't too high.

3. After about 900 m, bear right away from the river, following the sign to Nerja. The path will start to climb steeply uphill, opening up great views of the river valley and the Sierra Almijara mountains.

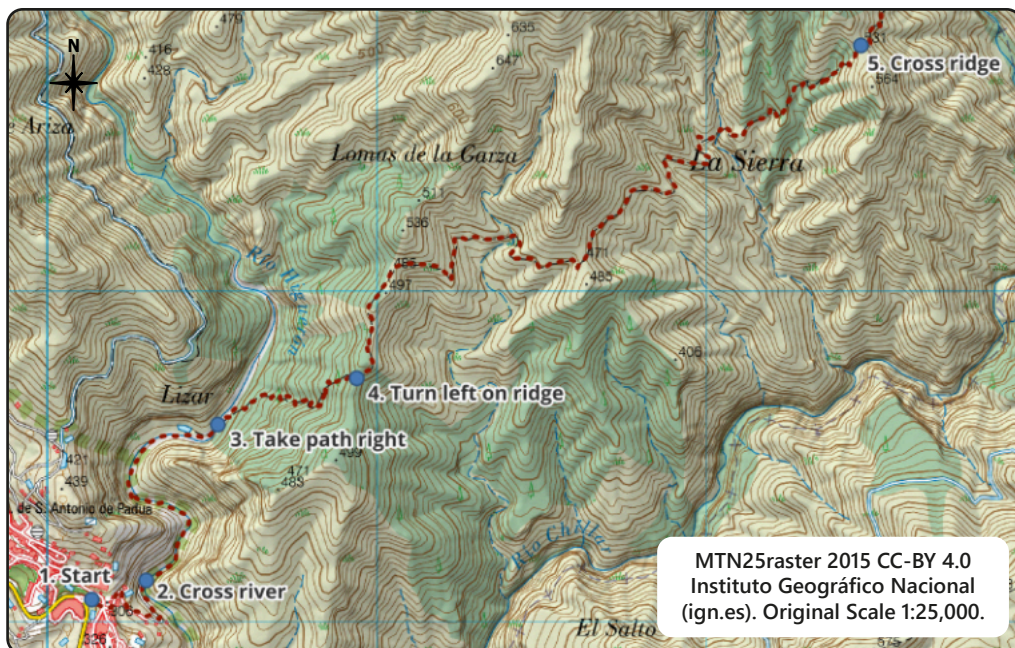
4. At the top of the ridge, turn left. Follow the path as it skirts around the hillside then crosses a few small ridges. After about 2km, it starts to climb steeply up to a bigger ridge.

5. Cross the ridge. Then follow the path steeply down to the River Chillar.

6. Turn right on near side of river, where the path forks. After about 150 m, there's a sign warning to take great care when crossing the river. If it's safe to do so, carefully cross the river. Once across, take the path along the river to the right, then follow it up to the left. There are red and white markings to indicate the route.

7. Follow the path steeply uphill. After about 400 m, go straight across an irrigation channel.

8. Continue relentlessly uphill for about 700 m. Then turn right onto a dirt road.



9. After 1.25 km, bear right downhill.

10. After 250 m, go straight ahead on a path, then (after 50 m) turn right to rejoin the main track. After you go up a little hill you'll reach a picnic area with benches and drinking water. After the picnic area, continue on the track for 1.75 km.

11. Turn right at T-junction, following the sign to Nerja.

12. Follow the track for another 2.75 km until you get to the Nerja cave, where the route ends.

To get to Nerja bus station for the bus back up to Frigiliana, it's another 4 km along the road. It's flat, easy walking with a good pavement. You can also take the Alsa bus between Nerja Cave and Nerja bus station.

