

WALKING IN CADIZ

THE GUIDEBOOK

4. COLADA DE LA REGINOSA



ANNE MIDDELKAMP

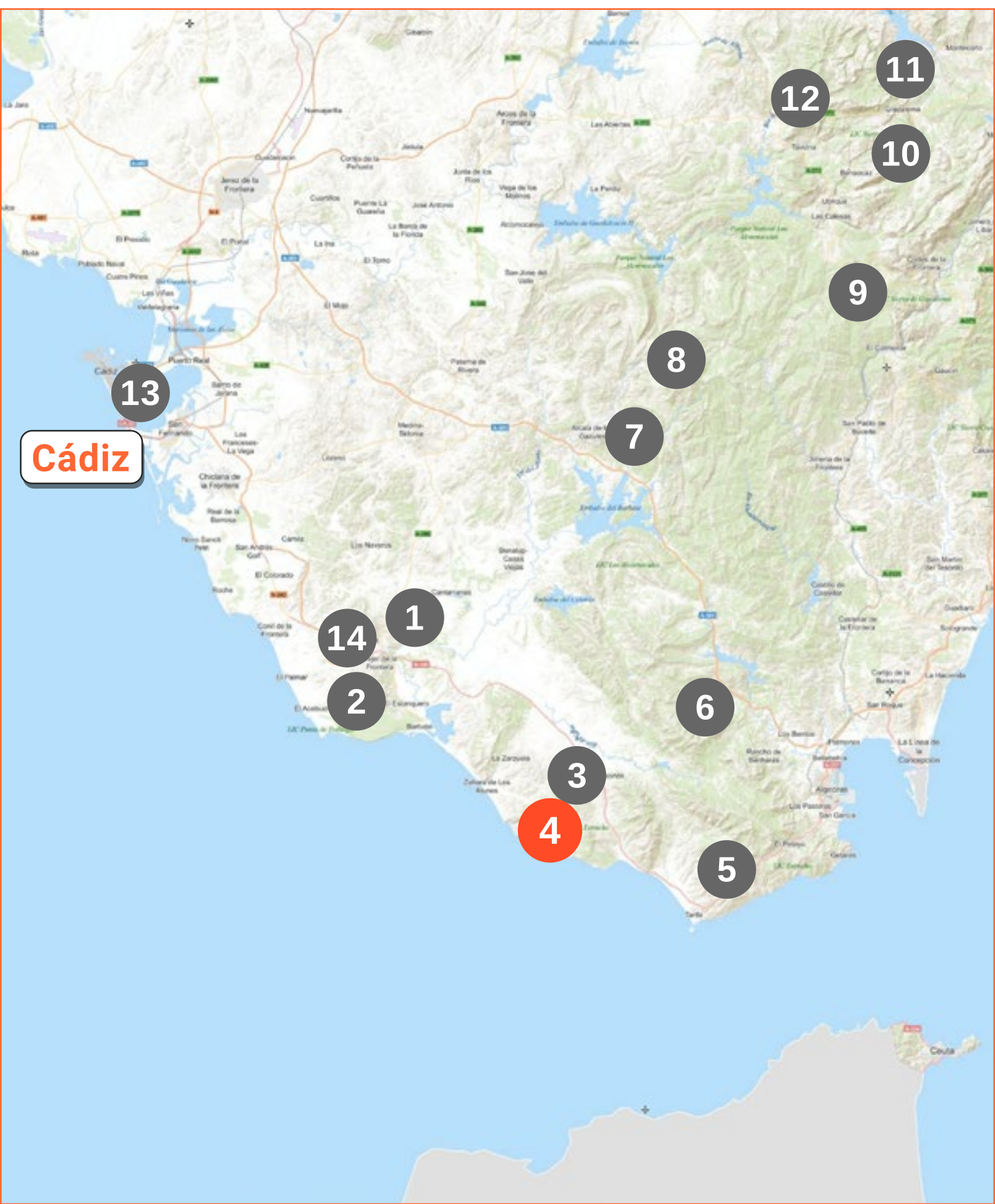
Walking in Cádiz

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Overview walks

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4. Colada de la Reginosa & Baños de Claudia

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The Route

- Name: Colada de la Reginosa & Baños de Claudia
- Where: Bolonia / El Lentiscal
- Type of walk: Circular
- Length: 11 km
- Duration: 3 hours (without stops)
- Difficulty: Easy
- Shade: Only the first half
- Highest point: 65 m
- Lowest point: 5 m
- Path type: Combination of sand track, beach and rocks
- Remarks: A section of the walk is part of the E9 / GR145 Arco Atlántico



The starting point of this hike is in El Lentiscal, near Bolonia. The fastest way to get there is on the E5 / N340. In the vicinity of Tarifa you take the (fairly sharp) exit CA8202 to Bolonia. Follow the narrow, winding road towards the ocean. In Bolonia, take the left turn to El Lentiscal. Drive to the end, parallel to the sea. On the left there is a large parking lot. The walk starts from here. Go through a stone gate (two walls) and follow the sand path up to the left, through a gate, into the forest. The first section of the trail is marked, but not the part back along the seashore.



The map



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In short

Take a full day for this walk and the pretty bay, because it is wonderful here!



On my first visit I was really taken aback by the beauty of the landscape. From the narrow, winding road to Bolonia you will see the impressive rocks of the Loma de San Bartolomé ridge on the left and the Sierra de la Plata with the Silla del Papa (the Pope's throne) on the right at 458 metres. This is the highest point on the coast of Cádiz. After a 10 minute drive, Bolonia stretches out in front of you, a crescent shaped bay of Caribbean colour water flanked by an impressively high sand dune on the right. Wow.



The walk



The first half of the hike, about an hour's walk, leads you along Vía Pecuria, an ancient cattle path called the Colada de Reginosa from Bolonia to the east. The partly paved, partly loose sandy path goes through the pine and juniper forest of El Chaparral to Punta Paloma. This is said to be the ancient road connecting the Roman city of Mellaria to Baelo Claudia. It has been added to the European walking route network and recently marked with the GR145 / E9 signs. Along the way you have great views over the sea and the rock formations of San Bartolo and Paloma Alta. Along the route you can see the



remains of one of the aqueducts, which brought water to Baelo Claudia and the vertical walls of the Roman quarries where the material was extracted for the construction of this ancient city. Here and there you can still see the remains of Roman columns. Other more recent traces of history are the bunkers from the



civil war in the 1930s. Leaving the forest you see Africa across the sea and the mountain of Jebel Musa.

At the hamlet of Paloma Baja you pass the sign 'Fin de sendero', End of the Trail, and walk past some holiday homes until you reach the restaurant 'El Mirlo'. This is a great spot for a lunch or a well-deserved cold beer. Along the terrace of this restaurant the trail continues down to the beach Isleta Grande.

Restaurant El Mirlo



The second part of the walk is alongside the ocean. It takes you to rocky beaches where in parts you have to scramble over boulders, especially at high tide. Preferably do this walk when the tide is out. Alternatively, there's a slightly higher walking path that runs parallel. You pass various

The baths
of Claudia

bays (Isleta Grande, las Hilera, Cala Picacho) until you arrive at Playa de los Bajos. Here you can see beautiful horizontal rock formations in the water





(the geographical name is flysch abrasion platforms) that have created basins in the ocean. They are called 'Baños de Claudia', the baths of Claudia. From here you should be able to continue the rest of the walk right by the sea. When you see the first restaurants in Bolonia, turn right towards the parking area.



It goes without saying that you can't leave Bolonia without stopping at the ruins of Baelo Claudia, located on the west side of the bay. This is a really impressive site, with an amphitheatre where theatrical and musical performances are held in the summer. The accompanying free museum is well worth visiting. If you have time, take a walk over the ramps from the ruins and climb the huge sand dune.



Roman settlement Baelo Claudia

Bolonia is considered one of the most pristine bays in Andalusia and it certainly seems that way. A few thousand years ago this was one of the most populated beaches in Spain, boasting the largest Roman settlement so close to the sea: Baelo Claudia. Thousands of residents grew rich by making Garum, a precious fish sauce was made by letting fish and their guts rot for months! This



location on the Strait of Gibraltar was very favourable for trade with the African continent. Baelo Claudia experienced its greatest prosperity between the 1st century BC and 2nd century AD. A tidal wave destroyed much of the city and in the 3rd century it was attacked several times from the sea by Goths and pirates and eventually the settlement was abandoned in the 6th century. Now the ruins can be admired and there is an interesting, well-designed museum on site.

[Archaeological Site Baelo Claudia](#)



Tips



The Hermit Ibis, a mythical bird

A nice, somewhat longer route to Bolonia if you arrive from the west (Conil / Vejer) is along the shore, via Barbate and Zahara de los Atunes. Overhere, keep an eye out for a very exotic-looking feathered resident in this



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area: the Hermit Ibis or the Northern Bald Ibis (*Geronticus eremita*). This mythical bald-headed bird with a punk-like crest was considered a symbol of fertility by the ancient Egyptians and lived in North Africa, the Middle East and Europe. It was threatened with extinction due to hunting and habitat loss, but a reintroduction programme was successfully launched a few years ago in Cádiz. Quite a few pairs now live in the rocks at the Barca de Vejer (there is a wooden lookout shelter on the other side of the main road). Others are nesting in the Sierra de Retín, between Barbate and Zahara de los Atunes.

Northern Bald Ibis



Where to eat

Chiringuito La Cabaña

On the beach in Bolonia you will find a great number of laid back ‘Chiringuitos’ – beach bars. We like ‘La Cabaña de Bolonia’, the very first one you encounter when you finish the walk. The menu is what you would expect: Spanish classics, fried fish, tapas.

Chiringuito La Cabaña



Restaurant Antonio

For an exquisite gastronomic experience, Restaurant Antonio in Zahara de los Atunes is 'The place to be'. According to friends, the best restaurant in the area.

Restaurant Antonio



Social media



Contact



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Walking
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**We hope you enjoy
your walks in Cádiz!**

If you have any comments or additions to the routes or a nice tip in terms of food or activities, then I would love to hear that! Please send an email to:

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