



THE CABRA RIVER DESCENT

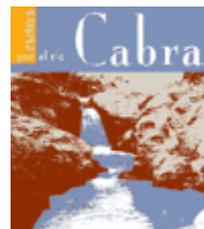
Classificación: Descent of the ravine, one way.

Time: 7 hours.

Difficulty: High. Route along the Cabra river and canyons. Difficult suspended chain passages over puddles and straits.

It is advisable to postpone the descent when there is a possibility of storms or river floods. Lush vegetation in some bramble patches.

Landscape interest: Points of geological interest, areas of naturalistic interest in the Cultural Park. Rich fauna and flora, featuring a number of endangered bird species. Please do not approach or disturb them. A pair of binoculars will be useful.



possible access by car

access possible only on foot



ZONE I:

Accessibility: good.

Time: 1 hour. Marked path.

We will start a descent along the Cabra river on a path from the Center of Interpretation of Flora of the Martín river Cultural Park . About 100 meters from the Center of Interpretation an information board will offer us indications and recommendations to accomplish the route, including details regarding time required, accessibility, difficulties in different parts, fauna, flora, etc.

This first contact with the river, which is bordered by rows of poplars, pieces of abandoned farmland and some walnut trees is not difficult. The path is suitable for all visitors who, like the river, take it easy. Soon after the information board we will get to an old building in ruins, on the right bank of the Cabra river. These are the remains of the mill walls, built with ashlars and masonry from calcareous stones and red sandstones.

The path continues following the Cabra river downhill, until reaching the canyons. At this point, the track continues to higher levels, from which we can enjoy beautiful views of the riverbed. A number of handrails anchored to the rock by towropes help us maneuver past the first difficulties. This first marked part brings us to the natural cavities in the rock wall on the left bank of the river, known as Cuevas del tío Mariano. At their foot is a charming waterfall. Starting from this point, the Cabra river begins to flow between calcareous rocks and Jurassic dolomites forming puddles and waterfalls. Here, steep passages interfere with the route, forcing us to walk along the riverbed. This is a great moment for those who are very fond of ravines. We still have a 6-hour way in constant company of water, rocks and tangles of bramble patches.

ZONE II: DESCENT ZONE

Accessibility: Increasing difficulty

Time: We are at about the halfway mark of the descent, still in the Obón area.

In this zone, the difficulty continually increases. The riverbed narrows and the gray walls of the surrounding calcareous rock make the way out practically impossible. Our only option here will be to walk along the riverbed; if the river has risen it is likely that we will have to swim, repeatedly, in this part. The water remains throughout the summer. Although no deep pools have been detected, the level of water can be over your head.

ZONE III: DESCENT ZONE

Accessibility: High difficulty

Some parts include chain passages.

Zone III is one of the most beautiful landscapes, but presents the highest difficulties. It features narrow passages in the riverbed, narrow canyons and high vertical walls, both sides of which can be touched while passing. Even in summer, the water pools are a few meters deep. Note the chains fixed on the rock walls indicating deeper pools. Notice also the foot ledges, to avoid swimming across the river.

If the river has risen, the difficulty might become extreme; strong currents can send you into the surrounding rock walls. In this case, the route would only be recommended to people experienced in ravine descents, and who are appropriately equipped with neoprene clothes, protection helmets etc.

After passing a noria, which collects and channels water via a stone canal along the right bank of the Cabra river, the bed becomes wider. Where the river no longer flows, the terraces are used for farmland. It is possible to reach this area by car, via the marked route from Obón. There are also several traditional agricultural buildings in this area: cattle sheds, farms and little houses with roofs of straw and mud. Most of them are in ruins, but they can serve as shelter in case of extreme need. At this point a high-tension line crosses the riverbed.

ZONE IV: DESCENT ZONE

Accessibility: High difficulty.

Some parts feature chain passages.

Zone IV, just beyond zone III, is probably the most dangerous of the whole descent. Steep rock walls again line the riverbed, and this passage is much longer than the previous passage or zone. We can find

a succession of water pools with various depths, depending on the river flow. Some may be many meters deep. Here, as in the preceding zone, a chain network for passage through difficult areas has been installed. The passage along the river is narrow, and caves and vulture nests can be seen on top.

After leaving the straits, we will get to an irrigated land, at the confluence of the Cabra and Martín rivers, and Obón, in a sunny area, on the left side of the Martín river.

How to get there?

Go from Teruel to Montalbán on N-420, or from Zaragoza to Montalbán on A-222. From there, follow N-211 towards Alcañiz, and take the junction to TE-V-1334 when by Castel de Cabra.

Any marked path in the Park will allow visitors to access places of great ecological and environmental value and to see a number of rock paintings - World Heritage sites protected by law.

Please remember that everyone has not only the right to enjoy nature but also the obligation to preserve it.



The shelters with rock paintings and archeological sites feature a protection fence. Authorized guides are required for visits. Contact phone numbers can be found in the town halls, tourist offices or interpretation centers of the villages which constitute the Cultural Park.



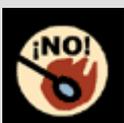
Please contribute to the preservation of rock paintings. Don't touch or throw water on them and respect the protection fences. Please remember, they are part of the unique but frail heritage of the past; we have to protect them if we want to continue to enjoy them in the same environment in which they were created thousands of years ago.



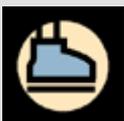
Archeological and/or palaeontologic prospecting and excavation without the necessary permits is strictly prohibited, according to law 3/1999 of the Aragonese Cultural Heritage. Please contribute to the preservation of the historical, cultural and ethnographic heritage of the Park.



Please keep the place clean. Do not discard any garbage or waste material.



Please remember that lighting fires, throwing away cigarette butts and glass or any other objects that can cause fire is prohibited.



If you intend to follow one of the routes, please remember to wear comfortable footwear (trainers or hiking boots). Although the trails are quite accessible, appropriate footwear will allow you to walk more confidently, avoiding falls and sprains.



Please bear in mind you are in a natural park and, although the routes have been adapted for visitors, do not forget to take precautions. Do not leave the marked path and pay attention when crossing areas with rocks or water, especially if traveling with children.

