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ANEXO PARA ANDALUCÍA

**English for guides  
in the natural  
environment and  
leisure time**

ALTAMAR



# Anexo para Andalucía



## First aid and aquatic rescue

### Lifeguards help save the life of a man on Fuengirola's Los Boliches beach

#### The rescue service performed CPR on the 75-year-old bather after he was pulled from the sea

Andrea Jimenez

Monday, 1 August 2022

Fuengirola lifeguards managed to save the life of a 75-year-old man on the town's Los Boliches beach on Sunday. The patient came out of cardiorespiratory arrest after members of the rescue service performed CPR on him, despite the incident happening outside the team's regular watch hours.

"We have an enormous pride for the team we have, they are great professionals," said Óscar Porras, head of the life-saving service, who emphasised the team's rapid response despite being outside the surveillance hours on the beach. "The incident happened at around 10.30am, and we normally start at 11am but luckily, on Sunday, we were doing training and we arrived earlier."

The team received a call from the 112 Andalusia emergency services control room alerting them to a drowned person in possible cardiorespiratory arrest in the Los Boliches area. "We used binoculars and saw a crowd of people. We were about 400 metres away, six colleagues took the defibrillator and oxygen equipment and ran to the scene," says Porras, with more than 20 years of rescue experience in rescue in countries such as Australia and the United Kingdom.

Once at the scene, they found the 75-year-old man lying on the sand after being helped from the water by other swimmers. It was then that they began to practice CPR manoeuvres accompanied by the 061 ambulance team, which had also just arrived in the area. "We managed to get him out of cardiorespiratory arrest. The medical team then transferred him to the ambulance with a pulse but with assisted breathing."

Of the six lifeguards who attended the scene, two supervisors have several years of experience in the sector, according to the head of the service. "The medical team congratulated us for the extensive training of the lifeguard team, and we did everything necessary to save this life. For us it is very important to be able to carry out this work, we are on the beach all day to help residents and tourists."

The patient went alone to the beach, according to witnesses. Thanks to the quick intervention of the bathers, who were able to pull him from the water, and the quick action of the rescue teams, the 75-year-old man has recovered. "We do not know his identity due to data protection rules, but we are very happy to have been able to save his life," said the leader of the lifeguard service.

Adapted from: <https://www.surinenglish.com/malaga/mijas-fuengirola/lifeguards-cpr-beach-20220801175126-nt.html>

## Horse riding

### The Royal Andalusian School of Equestrian Art Foundation

The Royal Andalusian School of Equestrian Art Foundation, based in Jerez de la Frontera is known all over the world thanks to its show entitled "How the Andalusian Horses Dance", a unique exhibition of horsemanship which both exhibits and summarises the work which the institution has carried out since its establishment.

In May 1973 his Majesty King Juan Carlos I – then Crown Prince of Spain – awarded Don Alvaro Domecq Romero the 'Caballo de Oro' (Golden Horse) trophy in Jerez de la Frontera. This is the most prestigious equestrian trophy awarded annually in Spain in recognition of dedication to, and work carried out in favour of, the horse. In honour of this award, Alvaro Domecq presented his show "How the Andalusian Horses Dance" for the very first time, such event representing the origin of our Foundation.

In its initial stage the School developed under the personal management of its creator. Later the Ministry of Information and Tourism decided to take charge, purchasing the 'Recreo de Las Cadenas' to this end from the Duke of Abrantes, and an arena was built by the architect José Luís Picardo, which could seat up to 1,600 spectators and had stable facilities for 60 horses.

Although apparently the show "How the Andalusian Horses Dance" is considered the maximum exponent of the School's work, there are other aspects which are regarded as equally, or even more important, for the Institution.

Among these, we would like to highlight its role as a social and cultural vehicle for our equestrian heritage, the selection and promotion of horses, the training of Haute École riders, the preservation and promotion of Classical and Country Dressage (Doma Vaquera), maintaining the prestige of our horsemanship, the breed of our Spanish horses, our traditions and culture. Furthermore, the show enables the Royal School to play host to the Province of Cadiz and to act as ambassadors abroad on annual tours to different foreign countries.

### The Spanish horse

During his reign, Felipe II planned the improvement of the then existing Spanish stock, sparing no efforts in his venture, this great labour achieving enormous success in the selection of the Pure Thoroughbred Spanish Horse.

Some defining characteristics of the Purebred Spanish Horse are as follows:

- Energetic temperament.
- Noble and docile.
- Good reactions and responses.
- Essentially rustic, sober and resistant.
- Adequate for all forms of dressage.
- Special predisposition for collection.
- Considerable extensions and elevations.
- Brilliant and energetic airs.
- Great aptitude for Haute École and airs above the ground.

## Bicycle riding

### Bike routes in Andalusia

Andalusia is one of those privileged destinations that offer ideal weather conditions for cycle touring all year round.

The variety of its landscapes means that you can go from the mountains to the countryside, or the beach to the desert, in barely a day of pedalling. Hear the local people tell the stories and legends from each corner and, at end of the day, regain your strength with the delicious local produce and pantry secrets. This is a unique and healthy way to discover Andalusia, sightseeing while doing your favourite sport.

In Andalusia you will find a large offering of cycle tours, organised events throughout the region are plentiful all year round, including the famous "Quedadas" (KDDs) or Meets, which cover the large network of routes and where any bike lover will be able to find the activity and the place of preference.

The more adventurous cyclists can opt for the longer routes: TransAndalus or Transnevada and enjoy this authentic saddlebag tourism. In the MTB centres of Alcornocales (Cadiz) and Nevada (Granada) you will find specially designed routes with different levels of difficulty to train and improve your technique. In summer Sierra Nevada becomes an amazing Bike Park, for the more intrepid cyclists, with over 30 km of signposted routes, from 3,000 to 2,100 metres high, seven downhill and enduro circuits, including the MiniBike Park - for beginners - in Borreguiles.

Finally, for cycle touring families, the Green Ways of Andalusia are a good choice, offering accessible routes, including for people with disabilities, and organising enjoyable activities for all ages.

Adapted from: <https://www.andalucia.org/en/>

### 2000 kilometres of mountain biking in Andalusia: The TransAndalus

The TransAndalus is a 2,000-kilometer bike route that makes a perfect loop through Andalusia. The route is the work of a group of Andalusian mountain bike enthusiasts who cobbled it together in order to complete the loop.

The route is geared toward MTBs who transport their own luggage and therefore extremely rugged and technical parts are avoided. 35% of the route passes through protected natural areas such as the Sierra de Baza, Sierra de Cazorla, Sierra de Aracena, De Donana, etc. All of the most beautiful parts of Andalusia are connected by the route.

The stages are designed in such a way that you always arrive in a place at the end of the day with sufficient facilities (at least for overnight stays). The route is not straightforward, but the websites offer so many options (detailed map materials, GPS routes) that this does not cause any problems.

The website, with all the information you need, is also available in English.

Adapted from: <https://www.cyclingspain.com/mountain-biking-in-andalusia-the-transandalus/>

## Ropes and caving activities

### Where to go caving in Andalusia

There are many areas where you can go caving across the varied landscapes of Andalusia.

Some of the most popular sites in the province of Malaga, for example, are the Hundidero-Gato Crossing, an old subterranean river course, Gaduares, El Republicano Cave and El Agua Cave.

Another top destination for cavers is Cacao Cave, with a total depth of 80 metres. It opens out onto a descending gallery and another shaft that leads to the GLEX hall. It is the longest vertical cave in the province of Cadiz.

In Granada province, meanwhile, there are places to discover and investigate such as the caves at Ventanas de Piñar, which is one of the most popular.

Igualaja, Ronda, Castril, Quesada, Sorbas and Nerja are some of the towns and villages with caving sites nearby.

There are various schools and associations that organise courses and excursions to visit these sites, always with the support of professionals with full hydro-geological knowledge of the area.

#### Precautions and recommendations

As with any adventure sport, you should have certain knowledge and technique.

Before setting out to new sites, you should of course get to know the area, topography, hydrography and climate to avoid risks and carry out the activity with a certain degree of safety.

Besides climbing and abseiling techniques, you should also practise teamwork with the other cavers to help one another and make cave exploration easier and safer.

You should get complete equipment for the activity, and check that each element is in good condition, meeting the official safety requirements. If material is used frequently for caving, it may become worn and cease to work effectively.

Experts also recommend that caving be done without rushing, not only to increase safety, but also to be able to enjoy this amazing, exciting experience to the full.

#### Necessary equipment

Caving requires a series of elements that make up the specific equipment.

The basic elements required to get started in this sport are: helmet with necessary illumination, SRT harness (different to climbing harness, with lower anchorage point), maillons, recommended for use with SRT rope, minimum 9mm diameter, as well as ascending and descending devices such as jammers, crolls, shunts, footloops and cows' tails.

Clothing is complemented by interior and exterior caving suits to protect against damp and cold, Wellington boots and rubber gloves, which should be strong and waterproof.

The quality and design of all elements depend on the tastes and needs of each caver. For added security we would also recommend you take spare equipment where possible.

## Hiking

### Best hikes in Andalusia

Hiking in Andalusia is definitely worthy of your Spain bucket list! With a large variety of landscapes boasting coastal hikes like no other, rivers, ravines, waterfalls, and bare rugged 3000-meters peaks, it's a wonderful destination for outdoor lovers!

With the large variety of trails and the enormous temperature changes you can experience between summer and winter, it's important to make sure you're well prepared and that you choose the right trail for the season. If you're new to hiking, you can read my beginner hiking tips here and if you're hitting the trails by yourself, check out this post.

Here are a few tips to keep in mind:

- In summer, only hike where you can walk in rivers and go swimming along the trail OR at high altitude in Sierra Nevada.
- Avoid hiking in the higher Sierra Nevada in winter when it's snow unless you go with someone that knows the mountains, eg. a guided hiking tour.
- Always bring more water than you think you'll need.
- Always bring sun protection and wind protection on your hikes.
- Hike in proper trainers/hiking shoes/boots (no flip flops!).
- Wild camping is not allowed in Spain, but you can set up a tent overnight on a through-hike with permission.
- Even the winter months can be scorching hot in Andalusia, so you need to check the forecast. If you wear shorts, bring pants in your backpack and if you wear pants, bring shorts in your backpack.
- If you hike with dogs or small children, you need to read up about the pine processionary caterpillars and avoid hikes with pine trees in the season.
- A lot of the Andalusia hiking routes are hard to get to by public transport. You are better off renting a car when you go hiking in Andalusia's remote areas.

Best hikes in Andalusia for summer: Mulhacen, Pico de Veleta and Siete Lagunas (Granada) and Rio Chillar and Rio Verde, in Istan (Malaga).

Hikes in Andalusia for autumn, winter and spring: Los Cachorros (Granada), El Pinsapar (Cadiz), Pico Terril (Seville), Torrecilla, La Maroma and El Saltillo (Malaga), Bonales (Huelva), Rio Bailon (Cordoba), La Concha (Malaga) and Pico Gilillo (Jaen).

Best hikes in Southern Spain for all seasons: El Chullo and Rio Molinos (Almeria), El Caminito del Rey (Malaga), Rio Borosa and Rio Cerezuelo (Jaen) and Sendero Repilado to Los Romeros (Huelva).

Adapted from: <https://andaluciahiking.com/best-hikes-in-andalusia-spain/>

## Snow activities

### Skiing in the Sierra Nevada

It comes as a surprise to many visitors that in Granada, an area famous for its beaches and sunshine, you can actually ski. In fact, the Sierra Nevada is one of the best ski resorts in Spain.

The Mulhacén, the highest mountain in Spain with an altitude of 3478 meters, guarantees lots of great snow even though the ski resort is the most southern resort in the whole of Europe. The mountains that the Muslims loved so much are the backdrop of some of the most beautiful prints of Granada. This mountain range, called 'Sierra del Sol' (Mountain of the Sun) in medieval times, has many snowy peaks, beautiful rivers and forests where nature is at its best.

The Sierra Nevada is full of charming villages and is near the historical city of Granada. It is a national park that is home to the largest number of endemic plants in Europe. Its modern ski resort, with so much sun and snow, has become the best place for practicing winter sports in Spain.

The Sierra Nevada is easily accessible on the A-395, a road that connects Granada and the ski resort of Pradollano, just 32 kilometres away. It is a wide road with gentle slopes. The A-92, the main road across Andalusia, can be reached easily. From the Mediterranean coast and from Jaén, the A-44 takes you to Granada leading on to the Sierra Nevada.

The resort offers 105 km of pistes distributed over 116 routes of varying difficulty. Here you can ski and snowboard to your heart's content.

One of the main attractions of the Sierra Nevada is that you can take part in night skiing on an illuminated and specially designed piste. The resort offers quick and easy access to the slopes from the residential and commercial centre of Pradollano with its 17 state-of-the-art lifts. The resort has about 350 snow guns to produce snow, guaranteeing perfect skiing conditions.

A half pipe has been installed for snowboarders and freestylers in Loma de Dílar. And for non-skiers, the Parque Mirlo Blanco offers many snow-based activities such as an ice rink, archery, a magic carpet, sledging slopes up to 130 metres long, chair-skiing, Russian sleighs, and a roller coaster.

There are 15 ski schools with over 100 teachers based in the Sierra Nevada for those who want to learn to ski and board or improve their technique.

There are more than 4000 accommodation options in the resort itself. During the day you can enjoy a huge variety of sporting and snow activities and at night you can enjoy the fantastic nightlife and soak up the atmosphere including night skiing, eating tapas, going for drinks, enjoying concerts, restaurants and clubs.

Adapted from: <https://www.turgranada.es/en/things-to-do/ski-in-sierra-nevada/#>



## Swimming

### Understand the rules and regulations in relation to swimming pools in Southern Spain

The regulations regarding community pools generally apply to the control of water sanitation. However, the Junta de Andalucía (Andalucía Government) have added a number of other stringent regulations regarding communal swimming pools which service over 20 dwelling units.

The regulations are as follows:

- **Children's pools.** Children's pools are those intended for use of children under six years of age. These pools should be no deeper than 40cm nor have slants or slopes of over 10 percent. Children's pools should be totally independent so not to allow children to gain access to other pool areas accidentally.
- **Pool ladders.** Ladders should be installed at least every 25 meters or fraction of the perimeter. They should be constructed of stainless steel for ease of cleaning and should be deep enough to allow for comfortable climbing, but must not reach the bottom of the pool.
- **Deck characteristics.** The deck is considered the area immediately around the pool. The deck should have a minimum width one meter and should be of a material that prevents slipping. Its design should prevent the formation of puddles and the flow of water back into the pool.
- **Life buoys.** Community pools should have as many life buoys as there are pool ladders. They should be installed in visible places and be accessible by swimmers. Each ring or life buoy must have a rope tied to it which is at least half the maximum width of the pool plus 3 meters.
- **First aid.** Swimming pools for collective use should have a First Aid kit with all necessary materials for treatment of pool users. If the pool water surface is over 600 meters squared, an easily accessible independent room, with appropriate signs, should be available to administer first aid.
- **Lifeguards.** All swimming facilities for collective use with a total water surface area of 200 meters squared or more should have a qualified lifeguard. For swimming facilities of between 200 and 500 meters squared there should be one lifeguard.

A minimum of two lifeguards are required for pool with a total water surface area of between 500 and 1000 meters squared, or one additional life guard per pool or per fraction of 500 meters squared.

- **Toilets.** Community pools should provide toilets and dressing room facilities in well-ventilated indoor premises. They should have running water, toilet paper, disposable towels and soap dispensers.
- **Showers.** Showers should be placed in the vicinity of the pool area. Numbers of showers should be at least equal to the number of pool ladders. The shower base must be non-slip with a sufficient slope to allow for drainage.  
Shower heads should be either replaced on a yearly basis for the purposes of hygiene.
- **Register and control book.** A Register and Control Book should be kept for each pool. This book should be available for inspection at the request of both the health authority and any users of the pool facilities.
- **Pool protection.** When the pool is not in use, at night and in the off season, it should be protected by a lockable fence.

There are currently no guidelines as to the height of the fence, however, with respect to French law, which is likely to be taken as the European standard, the fence should be a minimum of 1.2 meters

in height and have self-locking gates. This is by far the safest measure, even when the pool is in use, as it ensures that young children cannot accidentally enter the pool area without supervision.

- **Signs.** Every swimming facility for collective use should have displayed a set of Internal Rules which shall contain at least:
  - A prohibition to enter the bathing area wearing "street" clothes or shoes.
  - An indication that it is compulsory to shower prior to entering the pool.
  - A prohibition to litter and an indication to use waste paper bins.
  - In indoor swimming facilities, an indication to use bathing caps.
  - A prohibition to enter the swimming facility with pets, with the exception of guide dogs.

Adapted from: <https://www.angloinfo.com/how-to/spain/lifestyle/sports-leisure/spanish-pool-laws>

## These are the new community pool rules in Andalucía this summer

### The Junta de Andalucía's Ministry of Health has announced some restrictions relating to the capacity limits of swimming pools

Susana Zamora

Friday, 4 June 2021

The Junta de Andalucía's Ministry of Health has announced new regulations and restrictions that community pools – most of them on residential complexes – will have to comply with this summer, after they were published in the regional government's BOJA Official Gazette.

The Official College of Property Administrators of Malaga and Melilla has pointed out that many of last year's measures must continue to be complied with including the "meticulous" cleaning and disinfection of the facilities, "with special attention to closed spaces such as changing rooms or bathrooms prior to the opening of each day", although the main change is that the allowed capacity of the swimming pool will depend on the current coronavirus health alert level.

At health alert level 1, the capacity of the community swimming pools may be 100 per cent, both for outdoor and indoor pools. At alert level 2, the capacity may continue to be 100 per cent in outdoor pools, but will be limited to 75 per cent in indoor pools. At alert level 3, the maximum capacity will be 75 per cent for outdoor pools and 50 per cent for indoor pools. At health alert level 4, the capacity will be reduced to 50 per cent in outdoor pools and 30 per cent in indoor pools.

In addition to cleaning and disinfection measures, another of the restrictions maintained from the 2020 season is social distancing between groups that do not live together. In addition, "all personal items, such as towels, must remain within the perimeter of area, and contact with other users must be avoided," says the BOJA.

Adapted from: <https://www.surinenglish.com/national/202106/04/these-community-pool-rules-20210604110420.html>

## Guidance in the natural aquatic environment

### Windsurfing in Andalusia

#### The Costa de la Luz is the best place in Europe for windsurfing

Nick Nutter

Saturday, 5 March 2022

Andalusia is the best place in Europe for windsurfing. Tarifa, on the Atlantic coast of Cádiz, is nicknamed 'windy city', its local hotel is called, not without good reason, 'Hurricane Hotel'. Tarifa is reputed to be the windiest place in Europe and it is all due to the levanter (easterly) or poniente (westerly) winds that funnel through the Straits of Gibraltar.

Playa de los Lances at Tarifa is the place to go. You will find lots of kitesurfers and windsurfers all year round. Another very busy spot, bordering Los Lances beach, is Playa de Valdevaqueros. In Tarifa, you will find lots of windsurfing schools and renting shops and be able to immerse yourself in the windsurfing culture.

El Palmar beach is near Conil de la Frontera. It is almost 5 kilometres long, directly exposed to the prevailing winds, another favourite amongst the wind surfing community.

Isla Canela, on the borders of Andalusia and Portugal is recommended only for the experienced wind surfer because of the currents and strong winds. However, the coastline with its beautiful sandy beaches offers a great backdrop for windsurfing.

Valdelgrana, in Puerto de Santa Maria is another favourite spot for windsurfers from Cadiz. There are a few chiringuitos and restaurants near the 2-kilometre-long beach and lots of parking.

Playa de la Barrosa at Chiclana de la Frontera is almost 6 kilometres long. It has the advantage, for beginners, of being a little less windy.

Adapted from: <https://www.visit-andalucia.com/windsurfing-andalucia/>

## Business

### Active tourism is really taking off in Malaga

**Companies in the sector experienced a boom during the pandemic, and they hope this growing interest will be consolidated and continue to increase over the next few years**

Andrea Jiménez

Friday, 5 August 2022

The coronavirus pandemic has changed our way of life and has led to new trends in how we spend our time. One of these is active tourism, which in many cases is something that people have recently rediscovered, while for others it is completely new.

Long journeys to other countries or continents for holidays have been set aside in favour of visits to villages or areas closer to home, and being outdoors is considered safer with regard to the Covid-19 virus.

Canyoning, hiking and rafting are some of the activities which have become very popular in regions such as Valencia, Castilla y León and Andalucía, where Malaga is a favourite location.

“For 90 per cent of the companies, the situation has been good. Campsites and hotels haven’t been doing so well, but in general there has been a real boom in active tourism,” says Catalina Moral, who is the president of Andalucía Ecoactiva, the Andalusian federation of active tourism and ecotourism companies.

“Many people are choosing rural and adventure tourism now and because they don’t want to travel far they are getting to know their own area or province better, which they weren’t doing before,” she says.

After good results in 2021, active tourism companies are looking forward to a summer with a high demand for their services this year. Their aim is to consolidate and maintain this clientele, and they also want regulation of the sector to be updated to guarantee its sustainability, in terms of the environment as well as job creation and new investments.

In Spain, the active tourism sector has a turnover of 750 million euros, with 5,000 companies and over 40,000 workers, according to the National Association of Active Tourism Companies (Aneta).

In Andalucía, there are more than 1,260 active tourism companies and 99 dedicated to ecotourism, with more than 1,000 employees and a turnover of 175 million euros.

Malaga has the most companies (around 260), followed by Cadiz with 255 and Almeria with 123, according to figures from Andalucía Ecoactiva.

“Walking, for example, didn’t used to be so popular and now there is a huge demand for it. We have a lot of clients who live in this area and from elsewhere in the province,” says Catalina Moral.

#### Routes and trails

The interest in walking in Malaga province is partly due to the Gran Senda, or Great Trail, a hiking route which passes through over 50 municipalities and is divided into 35 stages. Altogether it covers over 850 kilometres and is done by 1.3 million people a year.

The 35 stages of this route join the GR-249, the central network which connects all the trails, and the extensively varied countryside offers people the chance to combine hiking with other activities along the way.

"This type of unguided walking through the countryside is very fashionable. People from Malaga want to explore their province now," says Antonio Martín, who runs Triángulo Activo, a company which opened last year and operates near the Caminito del Rey. "We did very well in 2021 and demand has doubled now. We are also receiving bookings from people abroad this year," he says.

According to data from the Diputación de Malaga (the provincial authority), there are 5,600 rural tourism establishments, with 48,739 beds in the province this year. This is 5.2% more than in 2020 and 10.8% more than in 2019.

Anyone walking the Great Trail will also find self-catering accommodation, hostels, campsites, bars, restaurants, tourist offices, shops and active tourism businesses, all contributing to the rural economy.

People taking part in rural tourism in 2021 spent an estimated 739,8 million euros, which was 158.3% more than in 2020, although still 20.9% less than in 2019.

The number of tourists who visited rural Malaga last year was also significant: 853,250 people, more than double those who came in 2020.

## Growing demand

"During the pandemic we saw that there was a market for this and demand was constantly increasing. There is a lot of interest in guided tours of villages, vías ferratas and paragliding," says Antonio Martín.

In addition to the growing interest in the rural world, Malaga can now boast its first National Park: the Sierra de las Nieves, which now benefits from the highest environmental protection in Spain.

This 'step up' from a Natural Park has brought with it considerable improvements to the area, and several active tourism companies are based there.

"We had some very bad months, but at times when the virus has abated we have seen how enthusiastic people have been about getting out into the countryside, people who have never shown the slightest interest in it in the past are now realising what they have been missing," says Elena González of Aventúrate Sierra de las Nieves, and she says the activity which is most in demand at the moment is canyoning, although hiking, potholing and 4x4 routes are also very popular.

One of the latest additions to this company's catalogue of activities is cycle routes through the National Park, but on electric bikes.

"It's a comfortable and sustainable way of reaching the highest points in the park. It's something new which we have only recently started offering, but there is quite a lot of interest," says González.

Actividades en Sierra de las Nieves is another company which works in the National Park. Its level of business dropped in the past few years because they were working with foreign clients and schools.

"At that point we realised we needed to attract local people, so we began by offering gastronomy workshops and walking routes around the area. Now, a lot of people have come along because they want to explore more of the countryside near their homes," says Clara Freiherr, who is one of the people who set up the project.

She says this year it is noticeable that foreign visitors are coming back to the Sierra de las Nieves, and schools are starting to organise excursions again.

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