



ROUTE R/4
CONIL-LA MUELA-PARRELEJOS-BENALUP-ALACALA DE LOS GAZULES
 PATERNA-MEDINA SIDONIA-NAVEROS-CONIL
DISTANCE 58km - CLIMB 474m

DESCRIPTION

Although not exceedingly long, quite a tough ride as lots of short climbs
 Very scenic route, into the cork growing area with lots of possible stops in the main towns

JUNCTION SIGNS

\$ - SIGNPOSTED, T - T JUNCTION, O - ROUNDABOUT, X - CROSS ROADS, TO - TURN OFF
ACTION

L - LEFT, R - RIGHT, SO - STRAIGHT ON, Imm - IMMEDIATELY

| Total Dist | J | Action | Description | Agg Dist |
|------------|-----|--------|--|----------|
| 0.0km | | | With back to Tourist Office head left up hill keep going until reach main road Cadiz - Algeciras | 0.0km |
| 2.2 | T | R | At main road follow signs to Vejer | 2.2 |
| 2.8 | O | SO | N340 Vejer Algeciras | 0.6 |
| 6.7 | TO | L | CA-4200 La Muela | 3.4 |
| 10.1 | X | L | Bus stop X roads keep Venta/Bar to your left | 5 |
| 11.5 | Y | R | Keep over to right | 1.4 |
| 12.9 | T | R | Los Parralejos - WARNING steep descent - pass through Parralejos | 1.4 |
| | T | L | A-396 Turn left Median Sidonia on main road | |
| 18.2 | TO | R | Right towards Benalup A-2228 | 5.3 |
| 22.7 | | | Cork trees start here | 4.5 |
| 25.3 | R | SO | Direction Benalup | 2.6 |
| 32.6 | | | Enter outskirts Benalup | 7.3 |
| 33.3 | O | SO | Direction Los Barrios and Alcala de los Gazules | 0.7 |
| | T | R | Bottom long hill right the Immed left A-2228 Direction Alcala de Los Gazules | |
| 48.0 | O | SO | 2 Roundabouts under motorway follow direction Alcala de Los Gazules | 13.7 |
| 50.4 | | | Enter Alcala de Los Gazules straight through town | 2.4 |
| 51.4 | O | L | Town square on left (bars food etc) to Roundabout Left to A-381 Ubrique and Paterna | 1.4 |
| | O | L | Leave Alcala drop few km's down hill to Piscina Municipal - turn left CA6200 - Paterna | |
| 68.6 | | | Arriving La Paterna - carry straight on this road | 17.2 |
| 69.5 | X | L | Join main road direction Algeciras and Medina Sidonia (R to Arcos for extra loop) | 0.9 |
| 76.1 | O | SO | To Medina Sidonia CA-204 | 6.6 |
| 78.2 | O | SO | Medina Sidonia SO direction centro ciudad | 2.1 |
| | O | SO | Follow direction Chiclana Cadiz A-390 | |
| 78.7 | O | L | Direction Benalup, Vejer, Barbate into old historic town | 0.5 |
| 79.0 | O | L | Sign on wall opposite for Centro Ciudad (back up hill) | 0.3 |
| 80.0 | | SO | Through historic Plaza Espana to left, exit under arch straight ahead, then downhill | 1 |
| 80.7 | O | SO | Keep going straight down hill | 0.7 |
| | O | SO | Vejer Benalup | |
| | T | R | Hit main road A-390 go right direction Chiclana | |
| 84.5 | TO | L | Take turn to Los Naveros CA-5201 | 3.8 |
| 96.5 | | | Enter Naveros Venta on Left | 12 |
| 96.6 | X | R | Down towards small bar at 100m - Join main road to RIGHT CA-3206 | 0.1 |
| 104.9 | TO | L | Over motorway SO 2 roundabout at 3rd Turn left CA-4201 La Florida | 7.5 |
| 110.3 | O | SO | Onto next small O. Turn right over motorway and SO next roundabout | 5.4 |
| 111.3 | X | SO | Entering outskirts of Conil | 1 |
| 112.6 | O | L | Join Conil Ring Road to left | 1.3 |
| 112.9 | O | R | Conil centro ciudad | 0.3 |
| 114.0 | End | | Tourist Office | 1.1 |