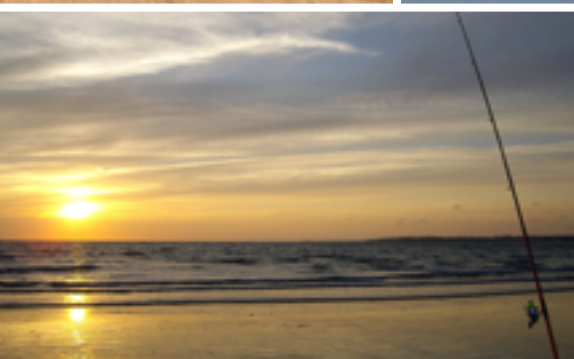


La Janda

ACTIVE TOURISM



Authorship:

La Janda Turismo
Diputación de Cádiz

Texts:

© Iosune Onraita



Photography:

Archivo Fotográfico de La Janda
Juan Marín

Design and formatting

On Producciones y emeuve producciones audiovisuales







On the land, in the sea, or soaring through the air

In a region filled with nature in every corner, on the land, in the sea, and in the air, the options for exploring and enjoying La Janda are infinite. It is easy to combine routes and get a taste of our stunning heritage and nature. The landscape is accessible and people are friendly. For sports lovers, for those who seek peace away from earthly noise, for slow-paced walkers, inquisitive cyclists, intrepid horsemen, or hardened surfers.

Do you want to fly?

I invite you to come up in the sky, your sky if you want to fly. Flying is a way of exploring new realms and coming home...

Free from borders and limits, I invite you to take off...

Discover my clear views and feeling of weightlessness



Kites, paragliding, hang gliding, paramotoring, gliding ...

With the region's favourable winds, practicing any of these activities is an authentic joy in La Janda. Looking down and observing the textures and details of the landscape is stunning. With the westerly wind, with the calm easterly breeze, with a southerly wind ... wings are the reward for those who break free from earthly ties.





Are you at home in the sea?

If the salty smell transport you and the heat of the shoreline calms your soul...

If you feel like a strand of seaweed, a fish, or a jellyfish...

If you feel most at home in the water... and you enjoy the waves with a childlike joy...

Or if looking at the endless horizon calms your spirit... you are definitely at home in the sea.





Diving

The seabed found in La Janda, running from Cabo Roche until Cabo Trafalgar, offers diving enthusiasts a stunning landscape that feels out of this world. In the depths of this wild and almost virgin environment, you'll find one of the richest and most attractive places on planet earth. A huge diversity of sea life in the form of changing flora and fauna and objects from diverse civilisations that called this region home. These provide a staggering archaeological and historical value and the sites of the naval battles in the region, including Trafalgar, stand out for their interesting artifacts.

Down in the depths of the ocean, stretching from our shoreline and moved by winds and waves, the continental shelf stretches out for more than 15 miles. You will find snappers, lemon fish, Corvinus, groupers ... and if you are not careful, tuna, dolphins, killer whales, and other cetaceans that cross the Strait in their migratory movements.



Active Tourism





Sports fishing

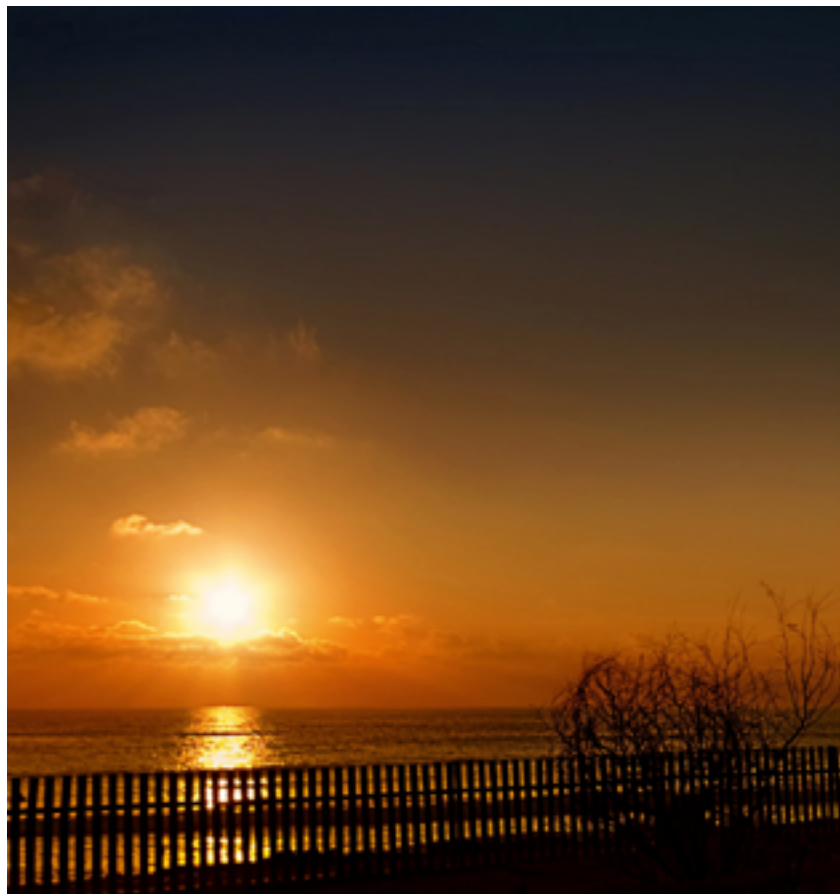
*From the rocks,
on the shoreline or
venturing out to sea
on a boat, fishing is
a daily sight in our
region thanks to the
wonderful diversity
of sea life that calls
La Janda home.
; cuttlefish, croakers,
horse mackerel, viejas,
groupers, snappers
...If you want to
fish, check out local
regulations, licensing,
authorised fishing
species, restricted
areas and what types
of fishing equipment
you can use.*



Surfing

The coastline is dotted with a range of surf schools and camps where experienced guides are used to welcoming surfers from around the world. There's no excuse not to enjoy surfing in La Janda. así que no tienes excusa para practicarlo. Energise, tone up, improve your aerobic ability and muscular resistance. The sport even improves balance and coordination... What more could you ask for?





Paddle Surfing

Also known as paddle boarding, this sport has had a boom in popularity over recent years. You'll now see our local athletes winning some of the best places at international competitions. You can start at any age and you'll be surprised at how easy it is, making this a beginner-friendly sport where making progress is easy and enjoyable..



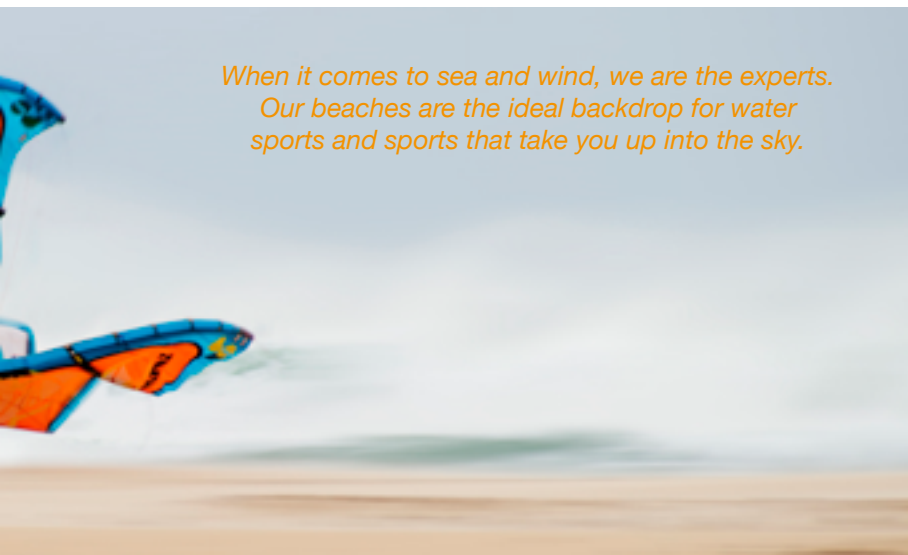


Fancy flying on water?





*When it comes to sea and wind, we are the experts.
Our beaches are the ideal backdrop for water
sports and sports that take you up into the sky.*



Kitesurf

A power kite attached to the body with a harness that uses the wind to take off and allows the surfer to glide across the water on the board. Jumps, acrobatic moves and manoeuvres somewhere between Europe and Africa.







Windsurfing

This sport also features a board, but this time with a sail too. The sail rotates and moves with the wind. With easterly or westerly winds, our beaches provide stunning locations for all tastes to enjoy this sport.





With your feet firmly on the ground

“The cyclist”

The cyclist is a person who gallops along on their bike like a centaur. On the coastline, we have 12 km of recently inaugurated cycle routes, for those passionate centaurs among you, as part of the EuroVelo route. The EuroVelo 8 segment of the long-distance European cycling network covers 5.900 Km and 11 countries on the Mediterranean route, joining Conil de la Frontera with Caños de Meca in Barbate.





If you're interested in mountain biking, La Janda is the place to be.

We passionately promote cycling tourism. It is, without a doubt, an activity that's good for the environment and lowers CO2 emissions. It contributes to year-round tourism and helps the environment at the same time.



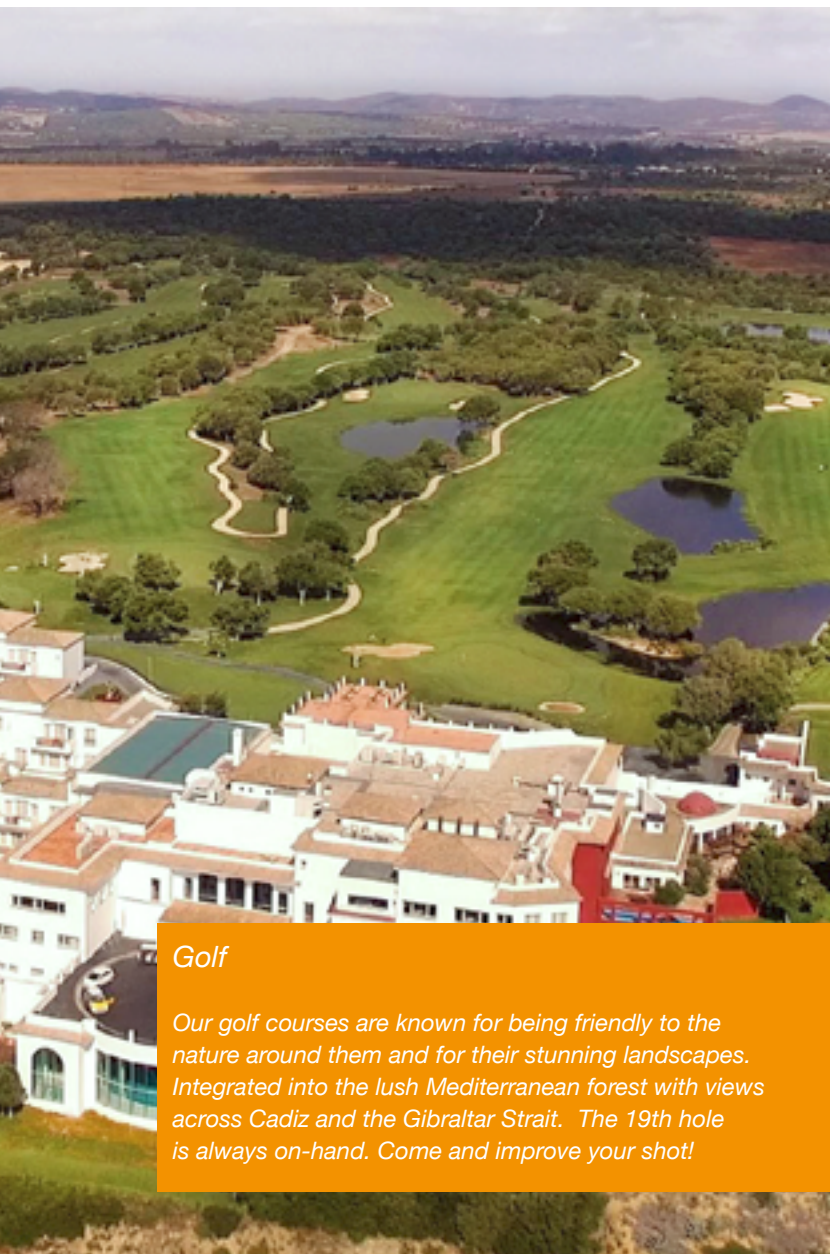


On horseback

*Old glades and traditional paths
Vegetation filled with Acebucho or old fishing routes, pine groves, and stunning beaches. Experiencing our región on horseback is magical. Discover ancient routes caught between the land and the sea.*







Golf

Our golf courses are known for being friendly to the nature around them and for their stunning landscapes. Integrated into the lush Mediterranean forest with views across Cadiz and the Gibraltar Strait. The 19th hole is always on-hand. Come and improve your shot!

Walking & Hiking

That perfect mix between a sport and leisurely holiday pursuit is perfectly represented by walking. This activity also represents a healthy lifestyle for everyone. La Janda features a large network of routes to be enjoyed on foot, that allows you to fully discover the region's heritage, history, and culture.





Climbing

Climbing in the Alcornocales Natural Park opens up possibilities to discover stunning nooks and crannies you didn't even know existed. We have expert guides that will make you fall in love with the heights of our mountains more than ever before. An intense experience for those who need to breathe fresh air and nature lovers.

