

El Acebo and Las Fuentes

The most accessible walk in the park: an almost level stroll from the Tabla del Acebo picnic area, with an accessible wooden boardwalk at the start, a viewpoint facing the Boquerón del Estena, woodland of holm, Portuguese and Pyrenean oak, two cold-water springs and a peat bog.



A stream between quartzite rocks in the park.

DISTANCE

3 km

there and back from the picnic area

TIME

1 h 15 min

there and back

ASCENT

+10 m

virtually level

DIFFICULTY

Easy

accessible boardwalk

An **out-and-back** route: you return the same way. Figures from the park's official fact sheet.

Variant	Distance (there and back)	Time
From the picnic area car park	3 km	1 h 15 min
From the village of Navas de Estena	7 km	3 h

 **Dogs:** yes, on a lead

Booking: not needed (open access)

Accessible: wooden boardwalk at the start

Springs: Fuente Fría and Fuente de las Chinas

Best season: all year round

01 Distance from Cork Valley

22.2 km

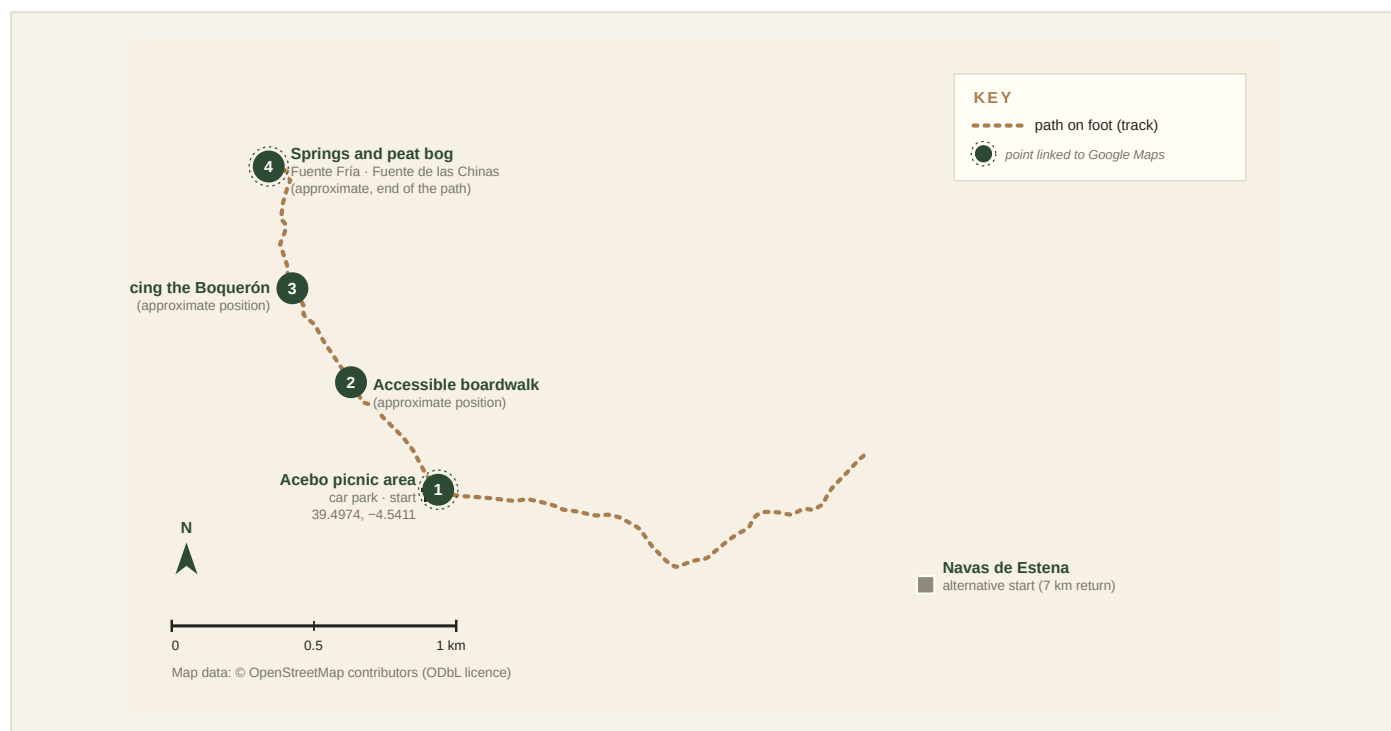
Measured to the car park of the Tabla del Acebo picnic area, which the official fact sheet places 2 km from Navas de Estena; from Cork Valley it is **20.8 km** to the village.

Road distance to the start of the walk, measured on the OpenStreetMap road network from Cork Valley in Hontanar.

 [Directions from Cork Valley \(Google Maps\)](#)

 [Acebo picnic area on Google Maps](#)

MAPA Route map (real trace)



Points 1, 3 and 4 open Google Maps when tapped. Path drawn from OpenStreetMap data (© OpenStreetMap contributors, ODbL licence). The springs and the peat bog are not mapped: they are placed approximately along the final stretch. Distances and times from the park's official fact sheet.

02 Waypoints and how to get there

You can start in the village of **Navas de Estena** itself (7 km there and back) or, better, at the **car park of the Tabla del Acebo picnic area**, 2 km from the village (3 km there and back). The path begins with a wooden boardwalk accessible to people with reduced mobility.

- 1 Tabla del Acebo picnic area** — car park and picnic tables. Recommended start.
GPS: 39.4974, -4.5411 · [Open in Google Maps](#) ↗
- 2 Accessible boardwalk** — a wooden boardwalk suitable for people with reduced mobility, at the start of the walk.
- 3 Viewpoint facing the Boquerón del Estena** — the park's official fact sheet places a viewpoint facing the Boquerón; its exact position is not mapped, so it is shown approximately along the path.
- 4 Springs and peat bog** — the two springs that give the path its name and a peat bog, a fragile waterlogged habitat and a rarity in these hills. End of the path.
GPS: 39.5077, -4.5481 · [end of the mapped path](#) · [Open in Google Maps](#) ↗

⚠ Still to be checked on the ground: the exact position of the two springs, the peat bog and the viewpoint, none of which appear on OpenStreetMap and are shown approximately on the map.

03 The walk

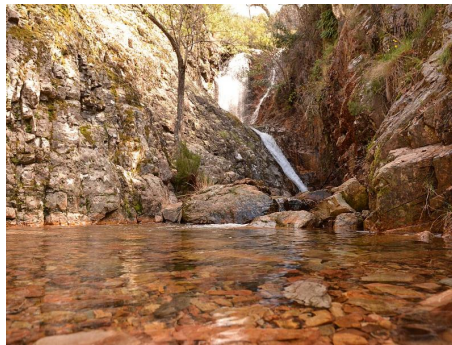
This is the easy walk in Cabañeros: barely 10 m of ascent along a wide path that leaves the village of Navas de Estena and passes the **Tabla del Acebo picnic area**, the best place to park. From there the path begins with an **accessible wooden boardwalk**; a viewpoint looks out towards the Boquerón del Estena, the gorge of the neighbouring route.

The path carries on through holm, Portuguese and Pyrenean oak to the **Fuente Fría** and the **Fuente de las Chinas** and ends beside a **peat bog**, a small upland wetland that is very rare in these hills. You return the same way: 3 km in all from the picnic area, or 7 km if you set off on foot from the village.

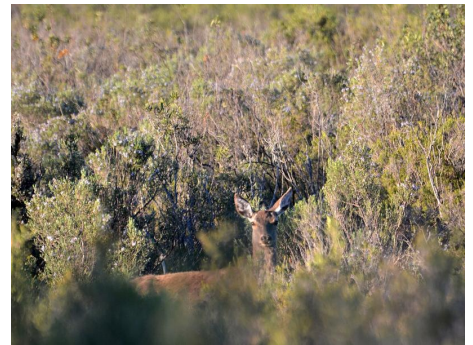
04 Photographs



Mediterranean woodland in the park.



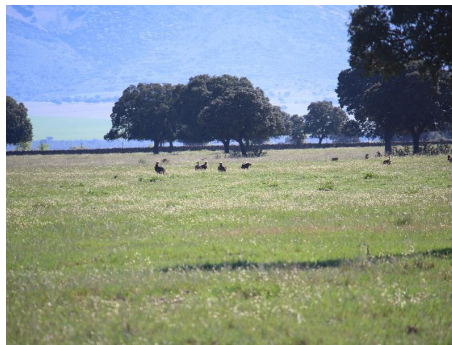
A waterfall and pool between quartzite rocks.



A hind in the scrub.



The valley from Navas de Estena.



Holm oak woodland and grassland in the park.



At Cork Valley your dog sleeps indoors with you; in the park it only has to be on a lead.

05 Practical information

WHAT TO TAKE

- Water and something to eat
- Comfortable shoes
- Sun cream and sunglasses, especially in summer
- A lead for your dog (compulsory)

PARK RULES

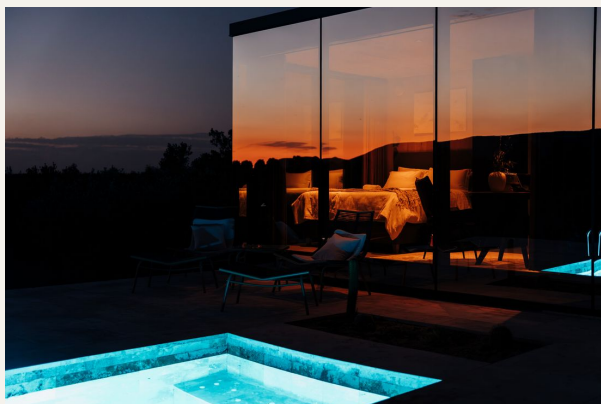
- Stay on the waymarked paths
- No fires, camping or drones
- Do not take plants, stones or fossils
- Take your rubbish out of the park
- Children must be accompanied by an adult



Dog friendly. The park allows pets on every walking route, always on a lead. They may not enter the visitor centres.

Open access: no booking or permit needed. Park information on **+34 926 78 32 97** ·
usopublicocabaneros@oapn.es.

06 Where to stay



Cork Valley · Mirror Houses and wooden cabins

The natural base for this walk: **adults-only, pet-friendly** rural accommodation in Hontanar, in the heart of the Montes de Toledo, 130 km from Madrid and 59 km from Toledo. Mirror Houses that reflect the dehesa, wooden cabins, a **private Nordic hot tub** and a saltwater infinity pool. Your dog sleeps indoors, goes everywhere with you and even has a pool of its own.

Certified Starlight Destination and Alojamiento Rural Singular of Castilla-La Mancha.

[Book at corkvalley.es](https://corkvalley.es)

[See the Mirror Houses and cabins](#)

Route guide produced by Cork Valley using data from the official fact sheets of Cabañeros National Park (Organismo Autónomo Parques Nacionales and visitacabaneros.es). Map trace: © OpenStreetMap contributors, ODbL licence. Distances and times as given in the official fact sheet. The map is for orientation and does not replace a topographic map or a GPS. Cork Valley · Hontanar, Montes de Toledo · corkvalley.es