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# Jaén



# Jaén

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Jaén A Guide to the Province

Jaén, an Inland Paradise

Andalucía



# Jaén

A Guide to the Province



# Jaén



Illustration by Francisco Carrillo.







**Jaén** is: Spain's inland paradise; nature, art and history; the largest extension of protected natural spaces in the country; the **waters** of the Guadalquivir and Segura rivers descending through mountain ranges, fields and meadowlands; cave paintings that are inscribed in the World Heritage List; a land steeped in **Iberian culture**, which has bequeathed sculptures of incalculable value; a land that came under the influence of Rome and subsequently formed a part of al-Andalus; home to **Castles and Battlegrounds** that changed the course of history; Úbeda and Baeza, Renaissance cities inscribed

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in the **World Heritage** List; the Capital and its Cathedral; Linares, Andújar, Martos, Alcalá la Real, Bailén, La Carolina... the list goes on, taking in a total of **ninety-seven** municipalities within a modern, pluralist and hospitable province; home to more than **sixty million olive trees** that, year after year, yield fruits that are used to produce the finest **oil** in the world; a province boasting an outstanding gastronomy; a province with a unique climate; a province affording a landscape that invites practitioners of sports and active tourism; a venue for congresses and business; Jaén is all of these things. And...

**Jaén awaits you**



## A unique PROVINCE

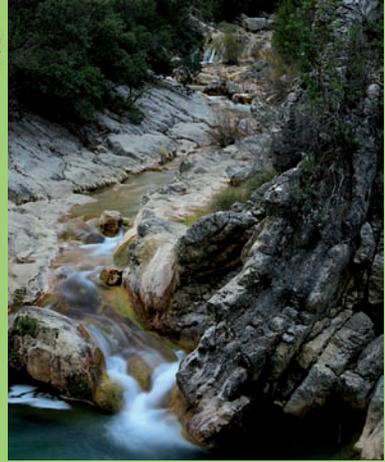


12 to 15

THE CAPITAL  
CITY OF JAÉN

### A Cathedral for humanity

Jaén is the capital of an inland paradise. Located on the slopes of the hill of Santa Catalina, which is crowned by the castle bearing the same name, the city houses Spain's most impressive Renaissance Cathedral, the work of architect Andrés de Vandelvira. Streets and plazas that are steeped in tradition lead visitors to the best conserved Arab Baths in the country. The various districts of Jaén spread out from this point, evidencing the influence of the Arab, Jewish and Christian cultures of the past.



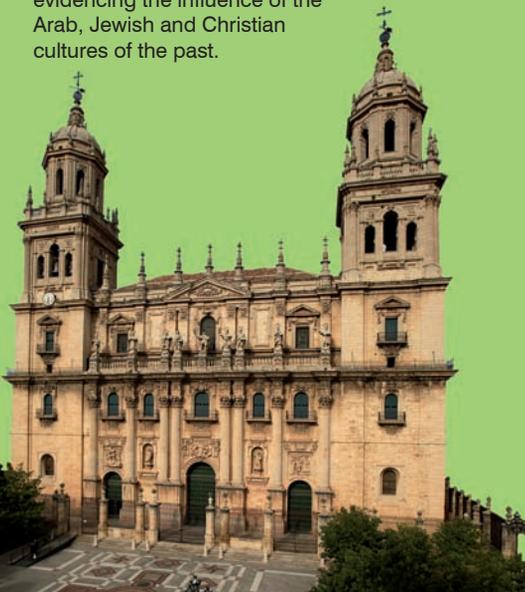
Arroyo de las Truchas (the Stream of the Trouts), in the Sierras of Cazorla, Segura and Las Villas Nature Park.

16 to 23 | NATURE

### Europe's largest green area

The Sierras of Cazorla, Segura and Las Villas constitute the largest protected natural space in Spain. The area takes in more than two-hundred thousand hectares and includes the source of the River Guadalquivir, flora found nowhere else in the Iberian Peninsula and exceptional fauna. However, this vast natural park is not the only one found in the province of Jaén: Sierra de Andújar, Sierra Mágina and Despeñaperros are the province's three other natural parks. Jaén also includes many natural beauty spots, reserves and landscapes that represent veritable monuments of great environmental importance.

The Cathedral of Jaén.





## 24 to 25 | ACTIVE AND ADVENTURE TOURISM

### Time for some adventure

The natural spaces of Jaén provide the perfect setting for sports and adventure activities. The Sierras of Cazorla, Segura and Las Villas are often visited by enthusiasts of rock climbing, hiking, mountain biking, rafting, canyon descents, horse-riding, off-road vehicles and paragliding. These activities are also available in Sierra Mágina, Sierra de Andújar and Despeñaperros.



Above, paragliding at El Yelmo in Sierra de Segura. Below, canyon descent at the Linarejos waterfall in Sierra de Cazorla. Next to this text, the Church of Santa María de los Reales Alcázares in Úbeda.

## 26 to 35 | ÚBEDA, BAEZA AND THE RENAISSANCE

### World Heritage

The Renaissance cities of Úbeda and Baeza were declared World Heritage sites in July 2003. Baeza is the exponent of public architecture and religious power, whilst its sister city, Úbeda, no more than eight kilometres away, focuses its attention on private architecture and civil power. The art and monuments bequeathed by each city date back to between the 16<sup>th</sup> and 17<sup>th</sup> centuries.



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A unique PROVINCE



36 to 39 | CASTLES AND BATTLEGROUND

## A route leading back through history

6 The Castles and Battlegrounds Route offers visitors the chance to become acquainted with some of the most important strongholds in Spain. The castles of Baños de la Encina (shown in the photo), Jaén, Alcaudete and Alcalá la Real are testimony to the three battles that took place in Jaén –the battles of Baécúla, Navas de Tolosa and Bailén– that changed the course of history. Experience re-enactments of historical events and medieval tournaments, markets and dinners. All of this is possible in Jaén.

40 to 43 | A JOURNEY BACK TO THE ERA OF THE IBERIANS

## A route that traverses the first recorded history of Jaén

The entire province of Jaén is speckled with the remains of more than five hundred Iberian settlements. The Iberian peoples populated the Upper and Mid-sections of the River Guadalquivir between the 7<sup>th</sup> and 1<sup>st</sup> centuries before Christ. The tourist route entitled “A Journey Back to the Era of the Iberians” commences in Despeñaperros and descends to Cástulo, passing through Castellar, Peal de Becerro, Porcuna, Huelma and Jaén, where the capital’s museum exhibits the objects unearthed in the archaeological sites of El Pajarillo and Cerrillo Blanco.



The City and Castle of Baños de la Encina.  
Above, the Iberian bull in Porcuna.

## 44 to 47 | LINARES, LA CAROLINA AND EL CONDADO



### Trips within the province

The northern area of Jaén spreads out beneath the rocky slopes of Sierra Morena, which separates the province and the plains of Castile-La Mancha. Linares is the province's second most populated city: an industrial city with a long tradition of bull-fighting and music, Linares possesses one of the province's strongest economies. Further to the north, La Carolina is the capital of the "Nuevas Poblaciones" (New Towns), a jewel of 18<sup>th</sup> century urban planning that was constructed during The Enlightenment at the behest of Charles III of Spain. The Autovía de Andalucía (motorway) also provides access to the region of El Condado, dotted with beautiful villages, olive groves and pasture land that provides grazing for fighting bulls.



Above, the City Hall of Linares. On the left, the Palacio de Olavide in La Carolina.

## 48 to 51 | OLIVE OIL AND GASTRONOMY

### The best olive oil in the world

Extra virgin olive oil represents the basis of Jaén's gastronomy. Each year, the yield of more than sixty million olive trees, spread throughout each of the province's regions, is used to produce oil of the highest quality and with an extraordinary flavour. The majority of the olives are of the picual variety, the most common and cultivated variety in Jaén. The province's olive oil represents the binding force of a natural and surprising cuisine, given expression in vegetable dishes, such as pipirrana (diced salad), dishes focusing on game and farmstead meat, such as perdiz escabechado (partridge in pickling brine), fish dishes, such as Baeza-style cod, and stews and casseroles from the sierras thickened with flour, such as ajoatao, el ajoarriero or gachamiga. The list goes on: desayunos molineros (breakfast with bread and olive oil), frutas de sartén (fried pastries), desserts and a magnificent array of tapas in cities such as Jaén and Linares.



## A province FILLED WITH TEMPTING OFFERS

52 to 53 | LEISURE, FIESTAS AND PERFORMANCES

### A year filled with attractive

Jaén has something appealing to offer three-hundred and sixty-five days per year. The province's traditional fiestas, many of which have been declared to be of Tourist Interest at National Level, reflect Jaén's extraordinary ethnographic diversity. Holy Week and the spring romerías (religious processions), such as the procession of the Virgen de la Cabeza in Andújar, bring together local inhabitants and visitors. Moreover, festivals such as "Jaén en Julio" –Jaén in July (The Segura Air Festival, The Cazorla Blues Festival and Etnosur in Alcalá la Real)– gatherings and theatrical, musical and cinematographic contests reinforce Jaén's cultural nature.



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54 | CRAFTWORK

### Wood, iron and clay

Many of the towns and villages within the province maintain a craftwork tradition. The artisans have inherited techniques that were passed down by previous generations, demonstrating great mastery and attention to detail that enables them to produce a wide variety of products. Úbeda is famous for its pottery, whilst the towns and villages of El Condado are renowned for their carving work employing the wood of olive trees. Other towns and villages are famous for their forge work, craftwork employing esparto grass, leather ware or textiles.



Above, a trapeze artist in the Etnosur festival in Alcalá la Real. Next to this text, examples of forge work and carvings employing olive wood. On the next page, the romería (religious procession) of the Virgen de la Cabeza in Andújar and treatment in a spa in Jaén.



## 55 | TOURISM FOCUSING ON HEALTH AND BEAUTY

### Jaén cares for its visitors

Many of the municipalities of the province of Jaén have maintained traditions focusing on health and well-being that were bequeathed by the Romans and al-Andalus. The clear waters that emanate from the springs within the province have been used for health-related purposes for many years. Indeed, many of these waters possess mineral and medicinal properties that make them suitable for drinking or bathing. Moreover, Jaén's balnearies and spas offer treatments wherein olive oil is placed at the service of human health.



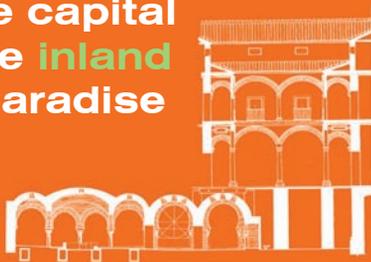


The Anchúritas Reservoir  
in Sierra de Segura.



# THE CAPITAL CITY OF JAÉN

## The capital of the inland paradise



Jaén is the capital of an inland paradise. Spreading out beneath the Castle of Santa Catalina, the historical city of Jaén houses a Cathedral that is the most important symbol of the Renaissance in Andalusia. A plural, cosmopolitan, open and attractive city, a world waiting to be discovered: **This is Jaén.**

The Castle of Santa Catalina and the main nave of the Cathedral.







## THE CAPITAL CITY OF JAÉN

# At the foot of the Castle of Santa Catalina



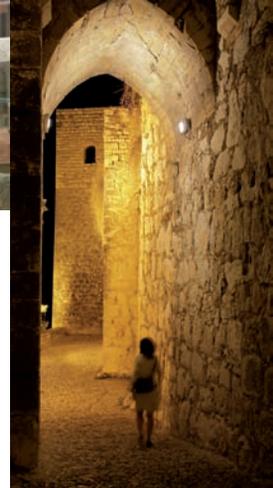
The capital of the province. 135,000 inhabitants.  
Surface area: 422 square kilometres. At an altitude of 573 metres  
above sea level. Further information: [www.turjaen.org](http://www.turjaen.org)

Spreading out beneath the **Castle of Santa Catalina**, facing the valley carved out by the River Guadalquivir, Jaén is made up of districts, plazas and streets that, whilst unequivocally recalling the city's Moorish past, are now dominated by churches, stately homes and convents from various eras and evidencing a variety of styles. Nevertheless, Renaissance architecture overshadows other styles, as evident in the artistry of the **Cathedral**, the city's most important monument, designed by Andrés de Vandelvira in the second half

of the 16<sup>th</sup> century. The decision on the application to inscribe the Cathedral on the World Heritage List is currently pending. The old, traditional areas of the city spread out around the Cathedral. Calle Maestra connects the Plaza de Santa María, which contains the Cathedral, the **City Hall** and the districts of La Merced, San Juan and La Magdalena. Halfway along the aforementioned street, between San Juan and La Magdalena, visitors will find the **Palacio de Villardompardo**, which houses **Arab Baths** in its basement. A remnant of Jaén's past as part of al-Andalus, the old baths are considered to number amongst the best conserved Arab Baths in Spain. This stately home also houses the Museum of Traditional Arts and Customs and the



On the previous page, grille of the Chapel of San Andrés and the Cathedral viewed from the Seminary. Next to this text, the Museum of Jaén and the Castle of Santa Catalina. Below, the main hall of the Arab Baths.



Museum of Naïve Art. The **churches of San Bartolomé, La Merced and San Juan**, the Chapel of San Andrés –erected on a site formerly occupied by a synagogue–, the **fountain of La Magdalena**, facing the church bearing the same name, or the Hospital of San Juan de Dios, close to the hostel and the recently inaugurated **Infanta Leonor**

**Theatre**, represent other points of interest within the old quarter of the city. Another area of historical importance extends from the

Cathedral towards the north. The offices of the **Provincial Council** are housed in the former convent of San Francisco. Calle Bernabé Soriano, popularly known as “La Carrera”, descends onto the Plaza de la Constitución and the district of **San Ildefonso**, which is dominated by a Late Gothic church wherein the devout pay homage to the Virgen de la Capilla, the patroness of the city. The Convent of Las Bernardas stands close by, facing the Alameda. The Paseo de la Estación is the main artery of the modern city. The **Plaza de las Batallas** is dominated by the sculptures created by the artist Jacinto Higuera to commemorate the Battle of Tolosa (1212) and the Battle of Bailén (1808). The **Museum of Jaén** houses the most important collection of Iberian art in Spain.



## The largest extension of protected spaces in Spain

Jaén takes in the largest green area in Spain. Jaén's protected natural areas account for more than three-hundred thousand hectares of land, which translates into a fifth of the province's territory. The flora and fauna in Jaén are of considerable ecological importance. The source of the River Guadalquivir lies in the Sierras of Cazorla, Segura and Las Villas. Sierra Mágina represents a unique geological formation. The Sierra de Andújar and Despeñaperros form a part of Sierra Morena.

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From left to right, the Cimbarra waterfall, hikers, Encinarejo Reservoir and an Iberian lynx in the Sierra de Andújar. On the right, El Tranco de Beas (reservoir).







## THE SIERRAS OF CAZORLA, SEGURA AND LAS VILLAS NATURE PARK

# The source of the River Guadalquivir



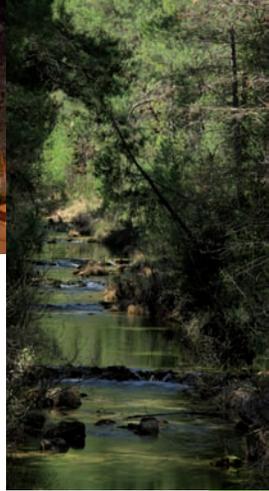
**Getting there:** N-322. Cazorla, Villanueva del Arzobispo and La Puerta de Segura. **Surface area:** 214,300 hectares. Twenty-four municipalities. **Further information:** [www.lomasgrande.info](http://www.lomasgrande.info)

**T**HE most important nature park, not only in terms of its size, but also in attention to its flora and fauna, its villages and landscapes and its traditions and popular customs. The Sierras de Cazorla, Segura and Las Villas Nature Park is the largest protected natural space in Spain and one of the largest in Europe. The Park contains the sources of the Guadalquivir, the largest river in Andalusia, and the River Segura, which flows into the neighbouring province of Murcia. The Sierras of Cazorla, Segura and Las Villas have been declared a Biosphere

Reserve and a Special Protection Area for Birds. The source of the Guadalquivir lies within the municipal boundaries of **Quesada** and the river represents the main artery that connects the various geographical areas within the park. As the river descends through the park it winds its way through areas of extraordinary beauty that can be reached on foot, such as the Cerrada del Utrero or the Linarejos waterfall. The Torre del Vinagre visitors centre draws attention to the value of this area and provides a starting point for those wishing to reach the botanic

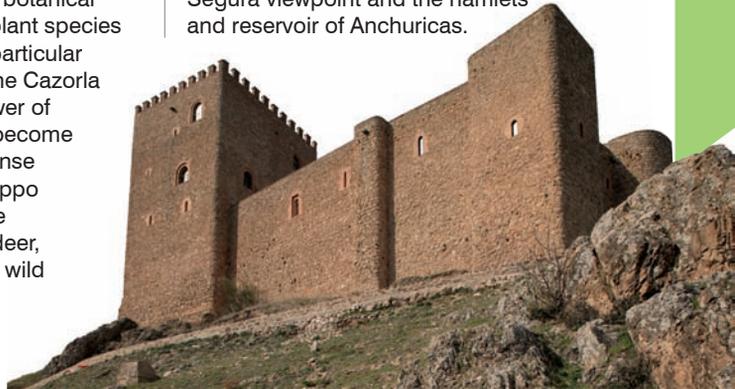


On the previous page, bearded vultures and views of the Nature Park. Next to this text, fireworks marking the celebration of the summer fiestas in the Castle of La Iruela and the upper section of the River Guadalquivir. Below, the Castle of Segura de la Sierra.



gardens, the game reserve, the River Borosa, the Arroyo de las Truchas (stream) and the lakes of Valdeazores. The river flows into El Tranco reservoir, an inland sea that marks the limits of the three sierras that form the protected area. The emblematic peak of El Yelmo, at a height of 1809 metres, rises in front of **Segura de la Sierra** and the summit is often used as a launch site by paragliders. The Castle of Segura houses the Frontier Land visitors centre; Beas de Segura houses the Mystical Literature centre, whilst in Silos, there is a centre focusing on Woodland Arts and Trades. The park is home to almost three-hundred species of plants, taking in 20 percent of Spain's botanical catalogue. Twenty-four of the plant species are endemic, amongst which particular attention should be drawn to the Cazorla Violet (*viola cazorlensis*), a flower of extraordinary beauty that has become the symbol of the park. The dense clusters of black pines and Aleppo pines provide shelter for a wide range of mammals, including deer, moufflons, mountain goats and wild

boars. The skies above the park are traversed by golden eagles, griffon vultures and the recently reintroduced bearded vulture. The park is usually accessed via **Cazorla, Villanueva del Arzobispo or La Puerta de Segura**. Amongst the most beautiful nature spots within the park, particular attention should be drawn to the Cueva del Agua (cave) in Quesada, the Mirador de las Palomas (viewpoint), only 15 kilometres from Cazorla, the Charco de la Pringue (a small lake) in the Sierra de Las Villas, the Hornos de Segura viewpoint and the hamlets and reservoir of Anchuricas.





## SIERRA MÁGINA NATURE PARK

# A magical paradise



**Getting there:** A-44, A-316, A-401. Mancha Real, Jódar, Cambil, Bedmar and Huelma.

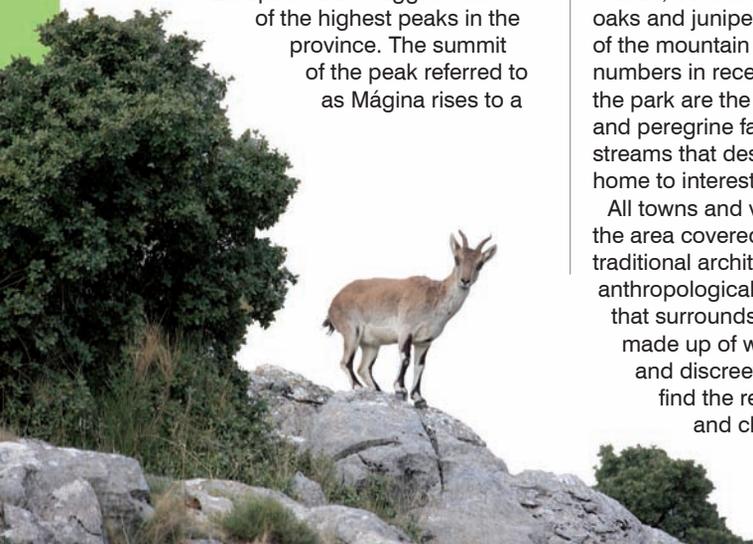
**Surface area:** 19,900 hectares. The summit of the peak referred to as Mágina rises to a height 2167 metres. Sixteen municipalities. **Further information:** [www.promojaen.es](http://www.promojaen.es)

**M**ÁGINA means magical or mysterious: no two words could better describe this nature park, located in the southern area of the province of Jaén, close to the border with the province of Granada. Sierra Mágina forms a part of the Subbaetic massif, which extends towards Cordoba in the southeast. The park possesses one of the most valuable catalogues of endemic flowers in

Europe and the rugged relief of the highest peaks in the province. The summit of the peak referred to as Mágina rises to a

height of 2167 metres and El Almadén rises to a height of 2032 metres. These peaks are capped by snow for a large portion of the winter. The variety of botanical species is staggering and the amount of endemic species vastly outnumbers those found in any other protected space in Europe. The majority of these rare species are found at an altitude of more than five hundred metres, beneath the shade of savines, gall oaks and juniper trees. Fauna takes the form of the mountain goat, which has grown in numbers in recent years. The skies above the park are the domain of the golden eagle and peregrine falcons, whilst the numerous streams that descend from the heights are home to interesting groups of invertebrates.

All towns and villages that fall within the area covered by the park evidence a traditional architecture of extraordinary anthropological value. Forming a circle that surrounds the massif, the villages are made up of white-washed winding streets and discreet plazas where visitors will find the remains of Moorish fortresses and churches built in the



On the previous page, a goat and the Paraje de la Fuenmayor (natural beauty spot). Next to this text, a snow-covered landscape and cherry trees in flower in the month of March. Below, the strategic Castle of Albachez.



Renaissance style. For many years, Mágina marked the border with the Nasrid kingdom of Granada. The numerous castles that dot the landscape of the park are a reminder of this bygone era. One of the most beautiful



road routes on the northern side of Sierra Mágina runs between **Torres** and **Albachez de Mágina**, passing through Torres Pass, which affords a marvellous view of the mountain range, the almond tree groves and the valley of the River Guadalquivir. On the southern side of the Sierra Mágina, the road that runs between **Cambil** and **Huelma** provides another scenic route. Huelma houses a Renaissance church that was designed by Andrés de Vandelvira. **Bémez de Moraleta**, famous for its faces, **Jódar**, with its castle and cave dwellings, and **Cabra de Santo Cristo**, which houses a beautiful Baroque church, should be included on any itinerary. Pegalajar possesses areas of ethnological interest such as the Huerta or the Charca. **Cambil** is divided by the river bearing the same name; however, its white-washed streets contain several stately homes. The small village of **Arbuniel**, noteworthy for its river and traditional architecture, lies close by.



## A synthesis of the Mediterranean forest

**Getting there:** J-501 Andújar-Puertollano, A-IV Carretera La Parrilla, CR-500 from Ciudad Real, JH-5002 between La Carolina and Centenillo. **Surface area:** 74,774 hectares. Special Protection Area for Birds. Four municipalities. **Further information:** [www.andujar.es](http://www.andujar.es)

**T**HE Sierra de Andújar Nature Park forms a part of the Sierra Morena massif. The landscape is formed by dense Mediterranean woodland composed of ilexes and cork oaks that shade natural beauty spots such as the River Rumbiar, El Encinarejo, Lugar Nuevo or La Lancha



The Encinarejo reservoir.  
Below, an Iberian lynx.

reservoir. The park includes an Iberian lynx recovery centre. There are also Iberian wolves, deer, fallow deer, mouflons, roe deer, wild boar and birds of prey, such as the golden eagle or the griffon vulture. The visitors centre in Las Viñas provides information on the natural marvels of the area. Attention should be drawn to the pasture lands used to breed fighting bulls. In addition to game reserves, the park provides hiking activities, wildlife photography, fishing, horse-riding routes and aquatic activities in the reservoirs. **Andújar** possesses a rich heritage, given expression in the form of the Town Hall, the church of Santa María, the clocktower and the Palacio de los Niños de Don Gome. In the heart of the sierra, visitors will find the sanctuary of the Virgen de la Cabeza.





## DESPEÑAPERROS NATURE PARK, BEAUTY SPOTS AND NATURE RESERVES

# The gateway into Andalusia

Getting there: A-4. Surface area: 7649 hectares. Municipal area of Santa Elena. Three beauty spots and two Nature Reserves. Further information: [www.promojaen.es](http://www.promojaen.es)

**D**ESPEÑAPERROS represents the gateway into Andalusia and is one of the smallest protected natural areas in the south of the Peninsula. However, this small area houses some of the region's most striking geological features.

Despeñaperros is a natural breach in the middle of the smooth contour formed by the Sierra Morena. The nature park both connects and marks the division between the plains of Castile-La

Mancha and the sloping hills

that descend into the valley formed by the River Guadalquivir.

The Despeñaperros ravine is traversed via a railway line and by the Autovía de Andalucía



(motorway).

On one side, visitors can take in areas of singular beauty, such as Los Órganos, the Salto del Fraile or the Valdeazores gorge. The park lies within the municipal boundary of **Santa Elena**. The road leading up to **Aldeaquemada** passes by the Muñecos cave, which contains paintings that have been inscribed on the World Heritage List.

Jaén also possesses three natural beauty spots: the **Alto Guadalquivir** (the Upper Guadalquivir), the **Cimbarra Waterfall** in Aldeaquemada and the **Great Lake** in Baeza. The province's nature reserves are formed by the two lakes in the municipal area of Alcaudete: **Laguna Honda** and **Laguna del Chinche**.



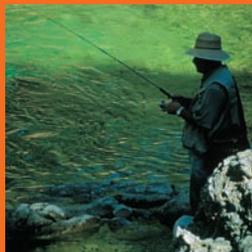
The Cánava Pine Forest, which has been declared a Natural Monument. Above, the lake in Alcaudete. On the right, deer in Despeñaperros.





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## Jaén, a source of excitement



The natural protected spaces of Jaén provide the perfect setting in which engage in your favourite adventure sport. Rafting, canyon descents, mountain biking, paragliding, angling, hiking, off-road vehicle routes...





## Hours of emotion

Four nature parks. Various levels of difficulty. Centres specialising in adventure sports. Adventure tourism that respects the environment.

**T**HE towns, villages and cities that form a part of the four nature parks in the province of Jaén provide a significant offer in terms of active and adventure tourism. The Cazorla, Segura and Las Villas nature park attracts the greatest number of tourists with an interest in active and adventure tourism.

**Hiking, mountain biking, horse riding and off-road vehicle routes** are just some of the activities on offer in this mountain terrain. Moreover, the waterfalls in the park offer visitors the opportunity to engage in adventure sports, such as **rafting or canyon descents**. The summit of El Yelmo, which includes a launch site, offers the possibility of **paragliding** and other **aerial**

**sports**. Other launch sites exist, such as the Siete Pilillas in Pegalajar and the Sierra de Alhillos in Alcaudete, along with aerodromes such as La Infantas, close to the capital, Cornicabral, in Beas de Segura, or the aerodrome in Linares.

Whilst angling is available in parks such as the Sierra de Andújar, the Cazorla, Segura and Las Villas nature park, visitors who are brave enough are also afforded the possibility of taking part in abseiling and **canyoning**. The **Green Route** that connects Jaén, Martos and Alcaudete runs along a former railway line that is now equipped to cater for those wishing to engage in hiking, athletics and cycling.

Canoeing and canyon descent in the Sierra de Cazorla. Aerial sports at El Yelmo in the Sierra de Segura. Above, The Vía Verde del Aceite (the Olive Oil Green Route).





ÚBEDA

A WORLD HERITAGE SITE

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## The historical memory of the Renaissance

The Renaissance in southern Spain goes by two names: Úbeda and Baeza. These two cities, located in the region of La Loma, were inscribed in the World Heritage List in July 2003. Úbeda is the exponent of private architecture and civil power. It is a stately city of great historical importance, given voice through its architecture.

On the left, lion in the paved area leading up to the Palacio de las Cadenas. On the right, El Salvador.







## ÚBEDA, A WORLD HERITAGE SITE

# On those hills of Úbeda, my lord...

Capital of La Loma. 35,000 inhabitants.

Surface area: 402 square kilometres. At an altitude of 735 metres above sea level. Further information: [www.ubedainteresa.com](http://www.ubedainteresa.com)

**T**HE 16<sup>th</sup> century proved especially generous with the City of Úbeda. Over the course of this century, the most important monuments were constructed in the capital of the region of La Loma. The Renaissance style predominates in the majority of these buildings. Francisco de los Cobos, Secretary of State under Emperor Charles V, was responsible for the

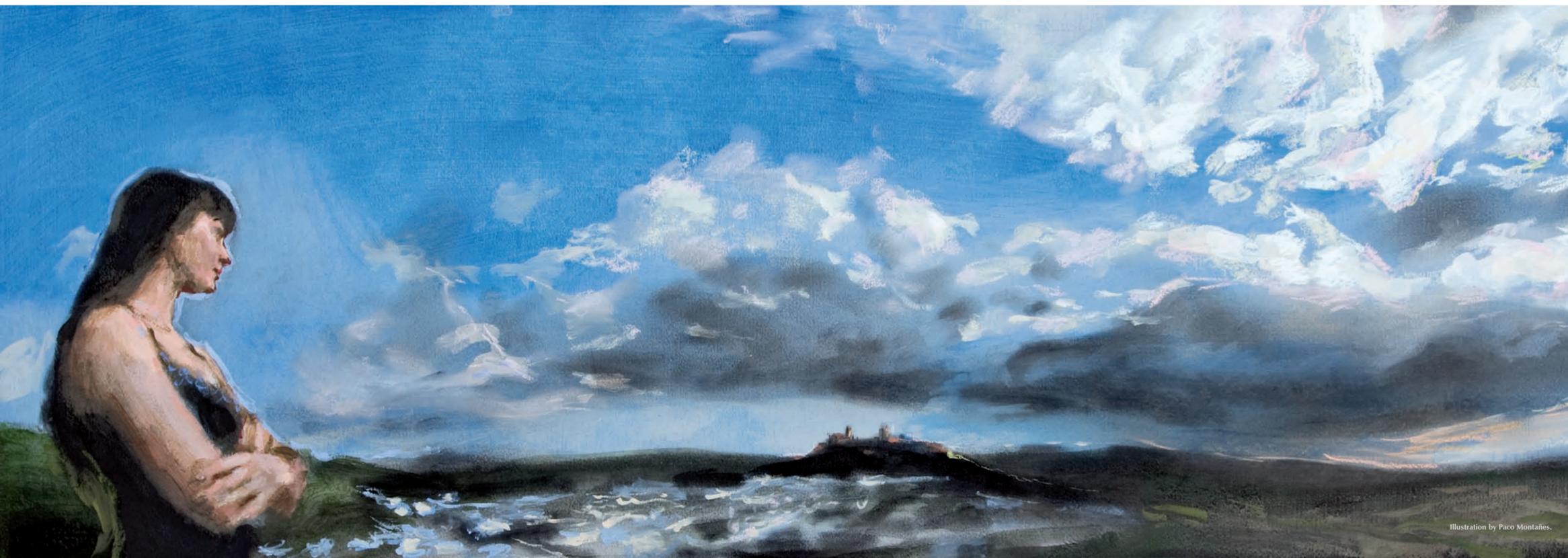
construction of the most important buildings in the city and the creation of a court of nobles that promoted wealth and learning in Andalusia during this era.

Úbeda's heritage centres on the **Plaza Vázquez de Molina**, popularly known as the Plaza de Santa María. Here, visitors will find the **Chapel of El Salvador**, the largest civil mausoleum in Spain, a lavish sepulchre

constructed by the architect Andrés de Vandelvira and French sculptor Esteban Jamete to house the remains of Francisco de los Cobos and his wife, Naría de Mendoza. In addition to the main altar, attention should be drawn to the sacristy, one of the most sublime works in the annals of Spanish architecture. The

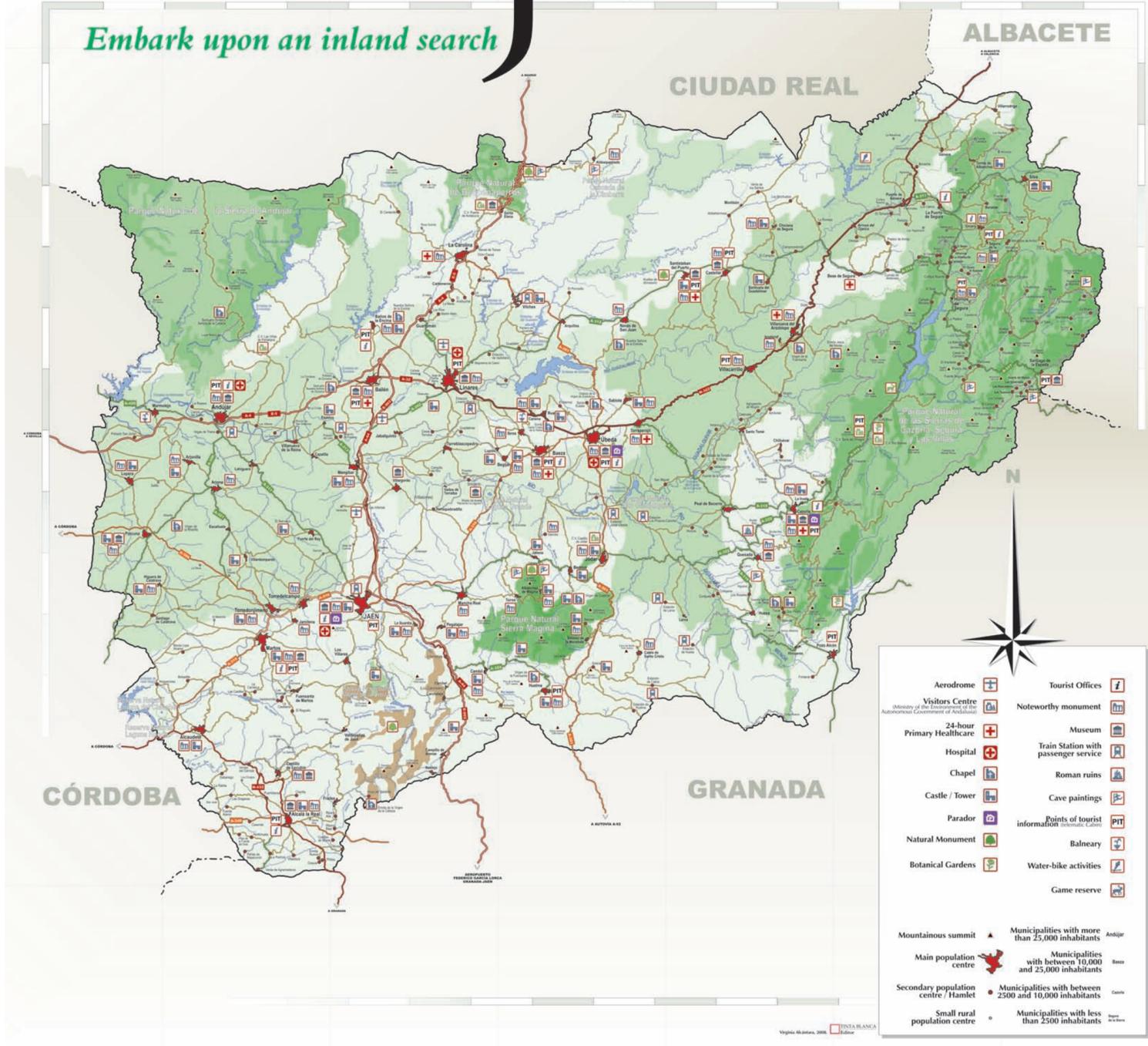






# MAP OF THE PROVINCE OF Jaén

*Embark upon an inland search*







## BAEZA

A WORLD HERITAGE SITE

40

### Strolling through the poetic city



Baeza lies no more than eight kilometres away from Úbeda and is twinned with this city by the same artistic stimulus. Inscribed on the World Heritage List, Baeza's historical quarter represents stately architecture of the highest level, sponsored by a powerful clergy and a long-standing civil authority.



On the left, a relief on the City Hall. On the right, the Seminary of San Felipe Neri and the Fountain of Santa María.



F I O N D E R T A

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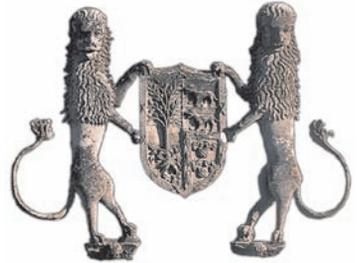
## BAEZA, A WORLD HERITAGE SITE

# Baeza, I will dream of you when I no longer see you...

A Renaissance City. 15,200 inhabitants.  
Surface area: 193 square kilometres. At an altitude of 752 metres  
above sea level. Further information: [www.baeza.net](http://www.baeza.net)

**B**AEZA, extolled in the verses of Antonio Machado, lies in the geographical centre of the province of Jaén. The clergy, nobility and the civil authorities defined the personality of this city, the sister city of Úbeda and illuminated by the same refined and cultured Renaissance style. The **Plaza de Santa**

**María** forms the nucleus of the historical city. The plaza is home to the **Cathedral**, The **Casas Consistoriales Altas**, evidencing a Gothic influence, and the **Seminary of San Felipe Neri**, which now houses the offices of the International University of Andalusia. The centre of the plaza is dominated by the





Palacio de Jabalquinto and the interior of the Cathedral. Below, Plaza del Pópulo. On the previous page, a coat of arms and the Cathedral.



**Fountain of Santa María.** Close by, visitors will find the impressive façade of the **Palacio de Jabalquinto**, now a dependency of the university. The Isabelline Gothic style of the façade contrasts with the delicacy of the building's Renaissance cloister and staircase. Facing the palacio, visitors will find the **Church of la Santa Cruz**, the only late Romanesque church in Andalusia. The **Old University** stands next to the church and the classroom on one side of the Baroque cloister provided the setting for the French grammar classes given by Antonio Machado between 1912 and 1919. The **Plaza del Pópulo** is dominated by a fountain, featuring a statue of Himilice, wife of the Carthaginian general Hannibal. The **Antiguas Carnicerías** (the old butcher's) are now given over to the courthouse, whilst behind the statue of Himilce and her four guardian lions, visitors will find the old **Civil Court** and the **Public Notary's Office**, which now houses the tourist office. The **Arch of Villalar** and the **Puerta de Jaén** (gateway) provide access to one

side of the old quarter of the city. The **Plaza de la Constitución** divides Baeza in two. The buildings on either side of the plaza, stately homes of the bourgeoisie dating back to between the 18<sup>th</sup> and 19<sup>th</sup> centuries, feature colonnades. The **City Hall** is housed in a plateresque-style stately home, next to the **ruins of San Francisco**, once again attributed to Andrés de Vandelvira. The pedestrianised calle de San Pablo, lined on one side by the stately homes of the nobility, ascends to the church bearing the same name. Eight kilometres away, visitors will find the Estate of la Laguna, which houses the **Museum of Olive Culture**, a thematic centre that explains the bond between the province, this tree and its oil.





## THE RENAISSANCE IN THE PROVINCE

# Sabiote, Villacarrillo and other towns and villages in the province



The Region of La Loma and Las Villas. Thirteen municipalities.  
Getting there: Via Úbeda and the villages of Sierra de Segura.  
Further information: [www.adlas.es](http://www.adlas.es)

OVER the course of the 16<sup>th</sup> century, the Renaissance extended its influence, taking in a considerable number of the cities, towns and villages of the province. In the city of **Sabiote**, Francisco de los Cobos ordered the construction of a palatial castle, over a site that was formerly occupied by

a Moorish fortress. Located at one end of the old quarter of the city, facing the valley formed by the River Guadalimar, the fortress is accessed via a plateresque gateway that is preceded by a moat. The exterior of the castle is solid and presents no orifices, whilst in the interior we find the remnants of



On the previous page, the Church of San Pedro in Sabiote. Next to this text, the Castle of Canena and the interior of the Church of the Asunción in Villacarrillo. Below, the façade of the Town Hall in Martos.



its palatial and luxurious past. Sabiote is a Historical and Artistic Complex. The Church of San Pedro began life as a gothic temple; however, over time its beauty was enhanced by the influence of the Renaissance style.

**Villacarrillo** is the capital of the region of Las Villas, which is made up of a balance of sierra and meadowlands. In contrast to other municipalities within the region, Villacarrillo displays disciplined urban planning involving straight streets and in the heart of its old quarter, attention should be drawn to the Church of Nuestra Señora de la Asunción,



one of the larger temples designed by Andrés de Vandelvira. In 1538, Francisco de los Cobos bought the village of **Canena** and ordered his favourite architect, Andrés de Vandelvira, to build a palatial castle as a retreat to be used during his rest periods. Declared a National Monument in 1931, the interior of the castle houses a beautiful courtyard with a double gallery and a cloister stairway.

The church of Santa María la Mayor is the most important Renaissance monument in **Andújar**. In **Martos**, attention should be drawn to the Town Hall, whilst in **La Guardia**, the Church of la Asunción, which was constructed with the participation of Francisco del Castillo and Andrés de Vandelvira, is particularly noteworthy. The plan of the Church of the Inmaculada in **Huelma** can also be attributed to de Vandelvira. **Iznatoraf** is located in front of the region of Las Villas.

## A historical itinerary written in letters of peace

46

The Castles and Battlegrounds Route recalls some of the most important chapters in the history of Jaén. Some of the most fascinating strongholds in Europe overlook the sites of some of the most memorable battles: the Battle of Baécula, the Battle of Navas de Tolosa and the Battle of Bailén.



Castles and  
Battlegrounds  
**ROUTE**  
JAÉN





On the page to the left, one of the trophies of the Battle of Navas de Tolosa and the Castle of Lopera. On this page, the Fortress of La Mota in Alcalá la Real.



## CASTLES AND BATTLEGROUNDS

# Cultural crossroads

**Itinerary:** From the Museum of the Battle of Navas de Tolosa in Santa Elena to the Fortress of La Mota in Alcalá la Real.

**Further information:** [www.castillosybatallas.com](http://www.castillosybatallas.com)

**J**AÉN contains some of the most singular castles in Europe. Over the course of the route, visitors can relive some of the most memorable episodes of the Middle Ages and the era of the Moorish-Christian

frontier, such as the Battle of Navas de Tolosa, which took place in the north of the province in 1212. Historical re-enactments, tournaments and medieval games, theatrical dinners and period markets form a part of the entertainment program that runs throughout the year in the castles and at the battlegrounds in the province of Jaén.

The **Museum of the Battle of Navas de Tolosa** provides the starting point of an unforgettable journey back through time. This centre, located in Santa Elena, on one side of the Motorway of Andalusia facing the site on which the battle took place, provides information on the lifestyle of the people in bygone eras and the strategies, the protagonists and events leading up to and subsequent to the encounter wherein Almohads and Christians fought against one another. A few kilometres further on, we find the Castle of **Baños de la Encina**, one

Above, the abbatial church of the Fortress of La Mota in Alcalá la Real. Next to this text, the Museum of the Battle of Navas de Tolosa in Santa Elena.



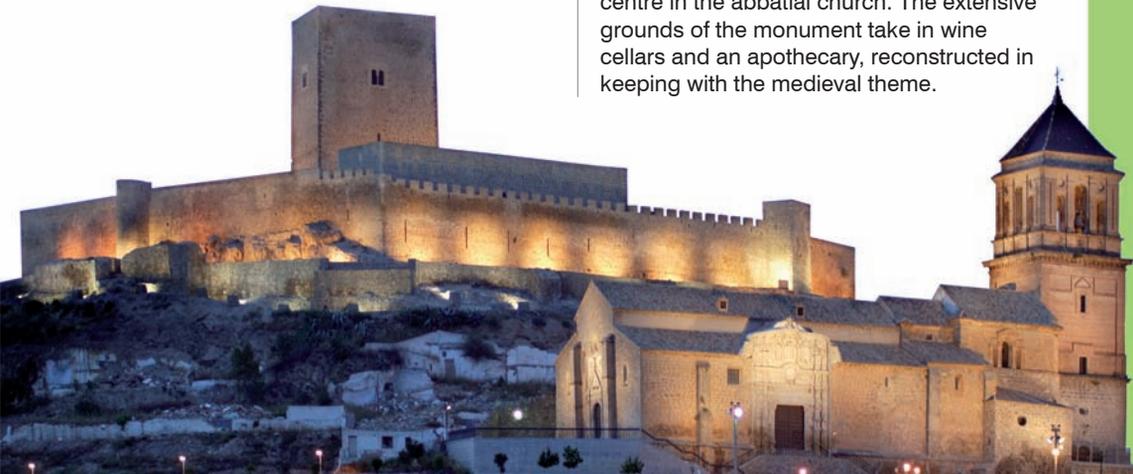


Interior of the Museum of the Battle of Bailén. Below, the Calatravan castle and the Church of Santa María la Mayor in Alcaudete.

of the most important Moorish fortresses in Europe. In Arjona, visitors will find an Almohad **dungeon**, whilst Arjonilla houses a castle that provided the setting for the tale of the romance of the **troubadour Macias**. Lopera possesses a Calatravan fortress in the centre of the town and Porcuna houses the **Tower of Boabdil**, where the king of Granada was held prisoner. The capital is home to the **Castle of Santa Catalina**, an impregnable fortress set aloft a hill, next to the **parador** (state-owned hotel in a

historic building). The interior of the castle now serves as a visitors centre. **Alcaudete** possesses a Calatravan castle that is one of the best restored strongholds in Spain. The visitors centre provides information on the history of the monument, from its origins as a Moorish fort to its conversion into a palatial castle.

**Alcalá la Real** is dominated by the **Fortress of La Mota**, forming another of the principal waypoints along the route. The fortress houses the Border Life visitors centre in the abbatial church. The extensive grounds of the monument take in wine cellars and an apothecary, reconstructed in keeping with the medieval theme.

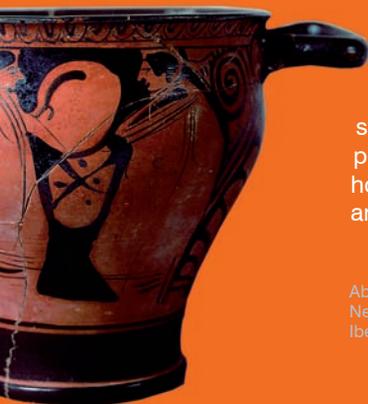


## The cultural origins of Jaén



Jaén possesses some of the most important archaeological sites dating back to the era of the Iberians. The province was once the heartland of this mythical culture. Tracing the roots of these peoples takes in various fascinating sites scattered throughout the province. The Museum of Jaén houses the most important archaeological finds.

Above, figures used as votive offerings by the Iberians. Next to this text, Greek ceramics. On the right, an Iberian warrior found at Cerillo Blanco.





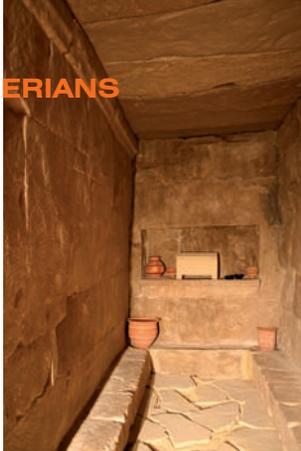
## A JOURNEY BACK TO THE ERA OF THE IBERIANS

# The earliest memories of the past

Despeñaperros, Castellar, Linares,  
Peal de Becerro, Huelma, Jaén, Porcuna.

Further information: [www.juntadeandalucia.es/cultura/museos/MJA/](http://www.juntadeandalucia.es/cultura/museos/MJA/)

**T**HE variety and quality of the archaeological sites and Iberian statues found in Jaén have converted the province into a reference point in terms of Iberian culture.



The Journey Back to the Era of the Iberians sets off from **Collado de los Jardines**, in the heart of the

Despeñaperros Nature Park. Here, visitors will find a temple dating back to between the fourth and fifth centuries B.C. evidencing similar characteristics and from the same period as the temple at **Altos de Sotillo** in Castellar.

This village possesses a museum, housed in the tower of the Palacio de Medinaceli. Attention should be drawn to the collection of Iberian votive offerings.

The journey continues in the **Archaeological Museum of Cástulo** in Linares, one of the most important waypoints along the route. The route then proceeds with a stroll around the **Ibero-Roman city**





Above this text, from left to right, the museums of Porcuna, Jaén, Cástulo and Castellar. On the previous page, the Toya funeral chamber and the Cerrillo Blanco archaeological site. Below, a wolf found at El Pajarillo.

**of Cástulo**, five kilometres from Linares and numbered amongst the ten most important cities in the antiquity of the Iberian Peninsula. The next stop is **Toya** in Peal de Becerro. Here, in an area located between the sierra and meadowlands, visitors will find a funeral chamber dating back to the 4th century B.C., representing the best conserved example in Spain. The Journey Back to the Era of the Iberians moves on to **Puente Tablas** in Jaén, where the archaeological digs over the course of recent decades have uncovered an oppidum (a fortified settlement) that dates back to between the 9th and 3rd centuries B.C.

The Museum of Jaén, which will eventually form a part of the **International Museum of Iberian Art and Archaeology**, provides a synthesis of the entire journey. In the halls of the museum, visitors can contemplate the most important finds unearthed at El Pajarillo and Cerillo Blanco. Porcuna is the last stop on the route. The **necropolis known as Cerillo Blanco** lies to the northwest of this municipality. This site was found to contain

approximately thirty statues. It appears that these statues were used to decorate a large monument dating back to the 5th century B.C. The **Archaeological Museum of Porcuna**, housed in the Tower of Boabdil, contains a number of exhibits dating back to this period. Attention should also be drawn to the cyclopean walls of **Ibros**, another waypoint along the route.





### LINARES

## The legacy bequeathed by lead mining

An industrial and commercial city with a rich heritage. 60,000 inhabitants. Surface area: 197 square kilometres. At an altitude of 419 metres above sea level. Further information: [www.turismolinares.es](http://www.turismolinares.es)

**T**HE mining tradition is Linares' most important distinctive characteristic. The **Visitors Centre focusing on Mining** is located next to the neo-Mudejar **Madrid Train Station**. The centre explains the city's long tradition in lead mining. Paths lead to the various mines, including **Los Lores mine**, where there are plans to rehabilitate this site for underground tours. The walkway referred to as the **Paseo de Linarejos** dates back to the 19<sup>th</sup> century. This walkway

connects the **sanctuary of the Virgen de Linarejos**, the patroness of the Linares, and the city centre. The **Santa Margarita bullring** is one of the oldest in Spain. The matador Monolete died in 1947, as a result of the injuries he sustained when he was gored in this bullring. The **Ocho Puertas** is the name given to a meeting of ways. All the streets that converge on this point form a part of the city's attractive open-air commercial centre. The **Andrés Segovia**

**Museum** pays homage to this brilliant guitarist and, not far away, the **Plaza de Santa María** houses a Renaissance church, bearing the same name, the City Hall and the old Granary. The **Marqueses de Linares hospital** is a singular building constructed in a neo-Gothic style.

Above, on the left, Andrés Segovia; on the right, the Plaza de Santa María. Next to this text, Los Lores mine.



## QUESADA. ZABALETA MUSEUM

# Rafael Zabaleta, the painter from Quesada

Plaza Cesáreo Rodríguez-Aguilera. Quesada

Further information: [www.museozabaleta.org](http://www.museozabaleta.org)

Telephone: 953 73 42 60.

**R**AFEL Zabaleta (1907-1960) is one of the Jaén's most prestigious artists. Born in Quesada, a municipality to the south of the Cazorla, Segura and Las Villas Nature Park, Zabaleta took a great deal of his inspiration from his surroundings. A friend of the leading artists of the 20<sup>th</sup> century, Zabaleta was a painter of light, of country landscapes and of day-to-day life.

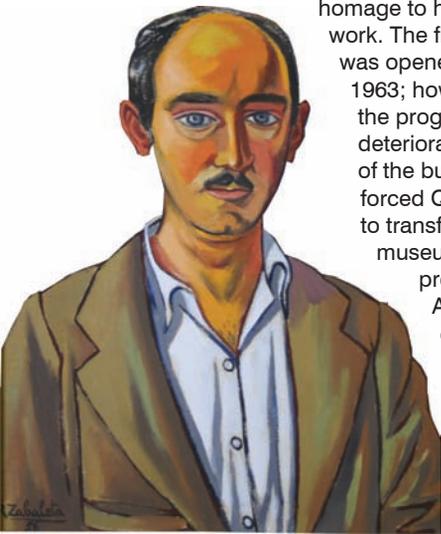
The museum pays homage to his artistic work. The first centre was opened in 1963; however, the progressive deterioration of the building forced Quesada to transfer the museum to other premises.

A few decades later, the new



museum, housed in a modern building and exhibiting many of the artist's works from various different epochs, opened its doors to the public. The gallery dedicated to the friends of the painter exhibits works by Picasso, Miró, Tápies, Gutiérrez Solana, Hidalgo de Caviedes and José Luis Verdes, amongst others. The museum also houses dedications extolling the works of the painter, written by Juan Ramón Jiménez, Vicente Aleixandre, Gabriel Celaya and Camilo José Cela.

Above, the exterior of the museum. Below, *El Sátiro* (The Satyr). Next to this text, a self portrait.





## LA CAROLINA AND THE NUEVAS POBLACIONES (NEW TOWNS)

# The city constructed according to a grid plan

Capital of the Nuevas Poblaciones (New Towns) of Sierra Morena. 15,500 inhabitants. Altitude: 606 metres above sea level. Further information: [www.promojaen.es](http://www.promojaen.es)



**L**A **Carolina** is the capital of the Nuevas Poblaciones (New Towns), one of the most important political projects implemented by the government of Charles III of Spain, who reigned during the Enlightenment. Founded on the 5th of July 1767, the city is located in the north of the province, only twelve kilometres from the Despeñaperros pass. La Carolina is the jewel of urban planning in Andalusia. The streets and plazas are ordered along a grid, forming a chessboard centred around the Church of the Inmaculada Concepción and the Palacio del Intendente Olavide. Calle Jardines descends on to the Plaza del Ayuntamiento, whilst Calle Real leads on to

the walkway named Paseo del Molino del Viento. In the Plaza de la Aduana we find the towers that once guarded the entrance to the town, now looking on to the Plaza de las Delicias. Next to La Carolina visitors will come across the municipal district of **Las Navas de Tolosa**. The Nuevas Poblaciones (New Towns) project in the 18<sup>th</sup> century is also responsible for municipalities such as **Santa Elena, Carboneros, Guarromán** and **Aldeaquemada**. Attention should be drawn to the neo-classical churches in each of these localities.

La Carolina. Above, the coat of arms of Charles III and the Church of Santa Elena.





## EL CONDADO

# Olive groves, villages and meadowlands

Getting there: Vilches and Sorihuela del Guadalimar.

Meadowlands, olive groves, archaeological parks.

Further information: [www.elcondado.es](http://www.elcondado.es)

**VILCHES** is the entry point into the region of El Condado, an area of rolling meadowland where fighting bull ranches share the terrain with extensive olive groves. The sanctuary of the Virgen del Castillo provides an extraordinary viewpoint, overlooking four reservoirs. A few kilometres further on, visitors will come to **Arquillos**. In **Navas de San Juan**, attention should be drawn to the sanctuary of the Virgen de la Estrella. **Santisteban del Puerto** is the capital of a region with a long hunting tradition. At the entrance to the town visitors will be surprised a bronze statues of a dinosaur. Next to the statue a pavilion covers a series of paw prints left by these animals in



the Mesozoic era. In addition to the Church of San Juan and the Church of Santa María, the museum dedicated to local sculptor Jacinto Higuera is another noteworthy point of interest within the town. **Castellar** is the municipality that contains the largest number of monuments in the region. It is surrounded by caves and a series of archaeological sites. In the historical quarter, visitors will find the Colegiata (collegiate church) the Palacio de Medinaceli, the Town Hall and a museum housing a collection of Iberian votive offerings.

**Chiclana de Segura** is one of the most enchanting villages within the region. The village is perched aloft a rocky hill that affords a view of the neighbouring locality of **Sorihuela del Guadalimar**.

A fighting bull. Above, the museum and the Colegiata de Santiago in Castellar.

## The best olive oil in the world. Time for some food!

### STARTERS...

Flavoursome artichokes grown in the countryside of Jaén, egg-fried with garlic, tender onions and Iberian ham. Pipirranas (diced tomato, garlic and pepper salad), ajoatao, andrajos (hare with vegetables and homemade pasta), fried broad beans, spinach, flamenquines (ham and cheese fried in breadcrumbs) or lomo de orza (pork loin stored in lard).



### MAIN COURSES...

Segura-style lamb, partridge in pickling brine, typical in La Carolina, Baeza-style cod and migas (breadcrumbs fried in garlic) with bacon rashers, accompanied by the wines of Bailén and Frailes.



### DESSERTS...

Gachas (hasty pudding), virolos de Baeza (puff-pastry buns), hojaldres de Guarromán (puff-pastry buns), almendrados conventuales (almond sweets produced in convents) and liqueurs.







## OLIVE OIL AND THE CORRESPONDING GASTRONOMY

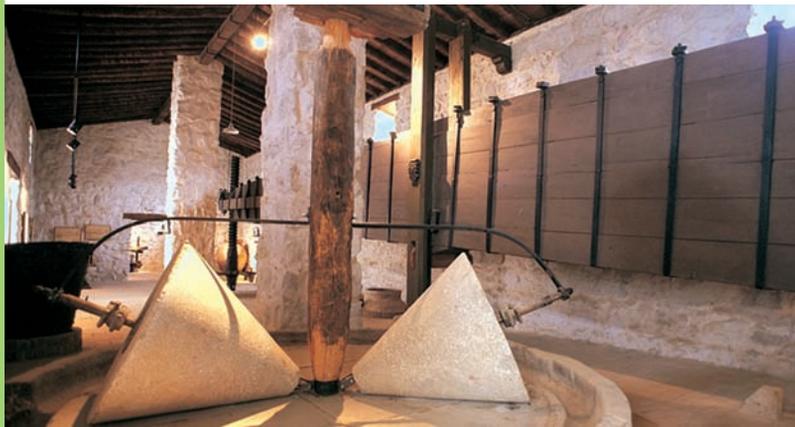
# Traditional gastronomy, the cuisine of the nobility



The gastronomy of Jaén. Five olive oils bearing a guarantee of origin and quality. Game meat, vegetable products, desserts produced in convents and the wines of Bailén, Lopera, Torreperogil and Alcalá.

THE province of Jaén is covered in a blanket made up of seventy million olive trees. These trees produce twenty percent of the world's olive oil. Extra virgin olive oil, the highest quality oil, is the economic, social and cultural symbol of the province, an incomparable product that is held in the highest esteem. The majority of the olive oil produced in Jaén employs the "picual" variety of olive, although La Cazorla produces a relatively small quantity using the "royal" variety. The five guarantees of origin attest to the quality and excellence of

this product and the importance and history of olive oil is charted in the **Olive Culture Museum**, located on the La Laguna estate in Baeza. In its various halls, this centre provides information on the history of this Mediterranean plant, the various methods of oil product, the machinery and tools employed and the bond between olive oil and the peoples of Jaén. The Garden of Varieties includes examples of olive trees from various parts of the world. Olive oil is used to prepare cold soups, such as **gazpacho** and **ajo blanco**, or the famous



Above, bottled extra virgin olive oil. Next to this text, a joist press in the Olive Culture Museum in Baeza.

On the previous page, the Garden of Varieties in the Olive Culture Museum and a traditional dessert in the Parador de Turismo (state-owned hotel in a historical building) in Jaén.

pipirrana, a salad of diced vegetables. Spinach with pine nuts and **casseroles** with chickpeas and Swiss chard are highly flavoursome dishes, as is the case with the series of garlic-based dishes in the Sierra de Segura. Game meat and trouts are available in Cazorla, Segura and Las Villas and the Sierra de Andújar. In Sierra Mágina attention should be drawn to the garden produce and vegetables, which are packaged in Bedmar.

Desserts take the form of **cherries** from Castillo de Locubín –which stages traditional fiestas focusing on this fruit in the beginning of June– and Torres, traditional pastries such as **hojaldres de Guarromán** and **virolos de Baeza** (puff-pastry buns) and sweets produced in convents, whilst meals can be accompanied by wines from Frailes, Bailén, Lopera, Pozo Alcón, Alcalá and Torreperogil and the liqueurs of the sierras. The taverns of Linares, where the tapas represent delicious miniature versions of an imaginative gastronomy, have garnered well-deserved fame. The tradition of **tapas** is not exclusive to Linares, but rather takes in the entire province.



A province FILLED WITH TEMPTING OFFERS

LEISURE, FIESTAS AND PERFORMANCES

## Twelve months of entertainment

An annual calendar of religious celebrations and festivities. Cultural activities. Festivals, contests, trade shows and competitions. A full year in which to fall in love with Jaén.

**J**AÉN offers the opportunity of experiencing strong emotions throughout the entire year. Over the course of the twelve months of the year, the cities, towns and villages of the province hold festivals, gatherings, contests, fiestas and religious celebrations, many of which have been declared to be of tourist interest at national level. The **Órbitacultura Project**, organised by the City Hall, runs throughout the year in the capital. The capital also stages the **International Piano Competition** and the **Jazz Festival**. **Holy Week**, with the famous

procession of **El Abuelo**, the fiestas of the **Virgen de la Capilla** in June and the fiestas of **San Lucas** in October complete the offer of the capital city.

Linares provides the setting for the **International Chess Tournament**, the **Andrés Segovia Guitar Contest** and the popular fair of **San Agustín** in August, famous for its bullfights. Úbeda is a city with artistic vocation, demonstrated by the **Music and Dance Festival** celebrated in June. The neighbouring city of Baeza holds courses of the **International University of Andalusia** in





On the page to the left, Holy Week in Jaén. Below, the Romería de la Virgen de la Cabeza. Next to this text, from left to right, the Theatre Festival in Cazorla, the World Folk Festival and the Cazorla Blues Festival. Below, the Etnosur Festival, held in July in Alcalá la Real.

the Antonio Machado centre, whilst Andújar hosts the **Autumn University** courses.

In **July**, the province hosts three important festivals: the **International Air Festival** in Segura de la Sierra, the **International Blues Festival** in Cazorla and the **Etnosur Ethnic Encounters** in Alcalá la Real, halfway through the month.

On the last Sunday of April, Andújar celebrates the **romería of the Virgen de la Cabeza**, the oldest religious procession of this nature in Spain. Over the same weekend, Beas de Segura hosts the **Fiesta del Toro Ensogado** (Fiesta of the Tied Bull). Amongst the most famous gastronomical events, attention should be drawn to the **Fiesta of the Olive** in Martos and the **Fiesta of the Cherry** in Castillo de Locubín.

Villages such as Cárcheles, Campillo de Arenas and Bélmez de la Moraleda maintain the traditional **Fiestas of Moors and Christians**. Valdepeñas de

Jaén provides the setting for the celebrated **Fiestas Realeñas** in August. Flamenco represents one of the most important cultural and festive attractions throughout the year. Jaén and Linares are home to peñas (flamenco associations) that organise concerts. Linares also hosts the **Festival de Tarantas** (a flamenco style) and Pegalajar is famous for its summer flamenco festival, wherein singing and dancing are essential components.



## CRAFTWORK

# Clay, esparto grass, ironwork and woodwork

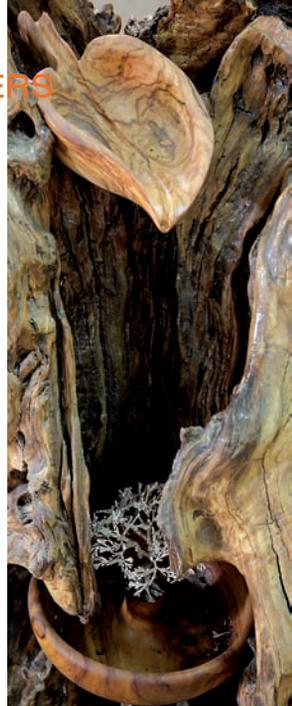
A province with a long craftwork tradition. Woodwork in the nature parks. Clay work in Úbeda and La Campiña. Forgework in the north of the province and esparto grass products in the sierras.

**CERAMICS, forgework and pottery** are the crafts with the longest traditions in Úbeda. In Úbeda, the San Millán district has a long tradition of clay work. There, the Moorish kilns fire earthenware jars, plates, jugs and other decorative objects. Bailen is home to a booming ceramics industry, as is the case with Arjonilla, where various family-based workshops exist. The craft workers of Andújar produce traditional tiles and other endearing objects such as the whistles used in religious processions. **Luthiers** continue

to maintain their tradition in Andújar and Marmolejo, manufacturing flamenco guitars that are highly esteemed by

professional players.

Mancha Real contains an important **hand-crafted** furniture industry. **Esparto grass** products have a long-standing tradition in Los Villares and other villages in the region of El Condado. In Castellar, the wood of the **olive tree** is employed to manufacture all nature of furniture. **Cork** is used to carve decorative items in the Sierra de Segura. Torredonjimeno houses workshops focusing on **forgework** and **ironwork**, including the manufacture and repair of **bells**. The capital city is home to studios specialising in painting and traditional ceramics.



Above, a guitar and objects crafted from olive wood. Next to this text, typical ceramics from Úbeda.

## TOURISM FOCUSING ON HEALTH AND BEAUTY

# Caring for mind and body

Balnearies, centres specialising in the care of body and mind and spas are found throughout the province. Further information: [www.promojaen.es](http://www.promojaen.es)

**J**AÉN cares for its visitors. Many of the towns and villages of the province have traditions relating to healthcare and well-being that date back to the Roman era and the period of al-Andalus. The clear waters of the springs scattered throughout the four nature parks are complemented by the waters found in towns and villages such as Canena and Marmolejo, where visitors will find balnearies. These waters possess **mineral and medicinal characteristics** that make them highly recommendable



Balnearies and spas within the province that offer a range of treatments to care for body and mind.



for both drinking and bathing. Moreover, Jaén's **balnearies** and **spas** offer treatments wherein **olive oil** is placed at the service of human health.



