



Frigiliana

ESNERJA · DOWNLOADABLE GUIDE

Walking from Nerja to Frigiliana: map and guide

From the north of Nerja to Frigiliana's Moorish old town on hill paths: the Cruz del Pinto, the Lomas del Chíllar viewpoint and the Pozo Batán. Return by bus.

Before you go: this is a hill walk, not a flat stroll: it climbs and drops over open hills with no shade, with 700 m of total ascent. There are no fountains until Frigiliana. Avoid the hottest hours in summer.

Up-to-date information: esnerja.com/senderismo/ruta-nerja-frigiliana

7.6 km

from Nerja to Frigiliana

3–3.5 h

with stops

≈ 700 m

of total ascent

459 m

at the Lomas del Chíllar

Moderate

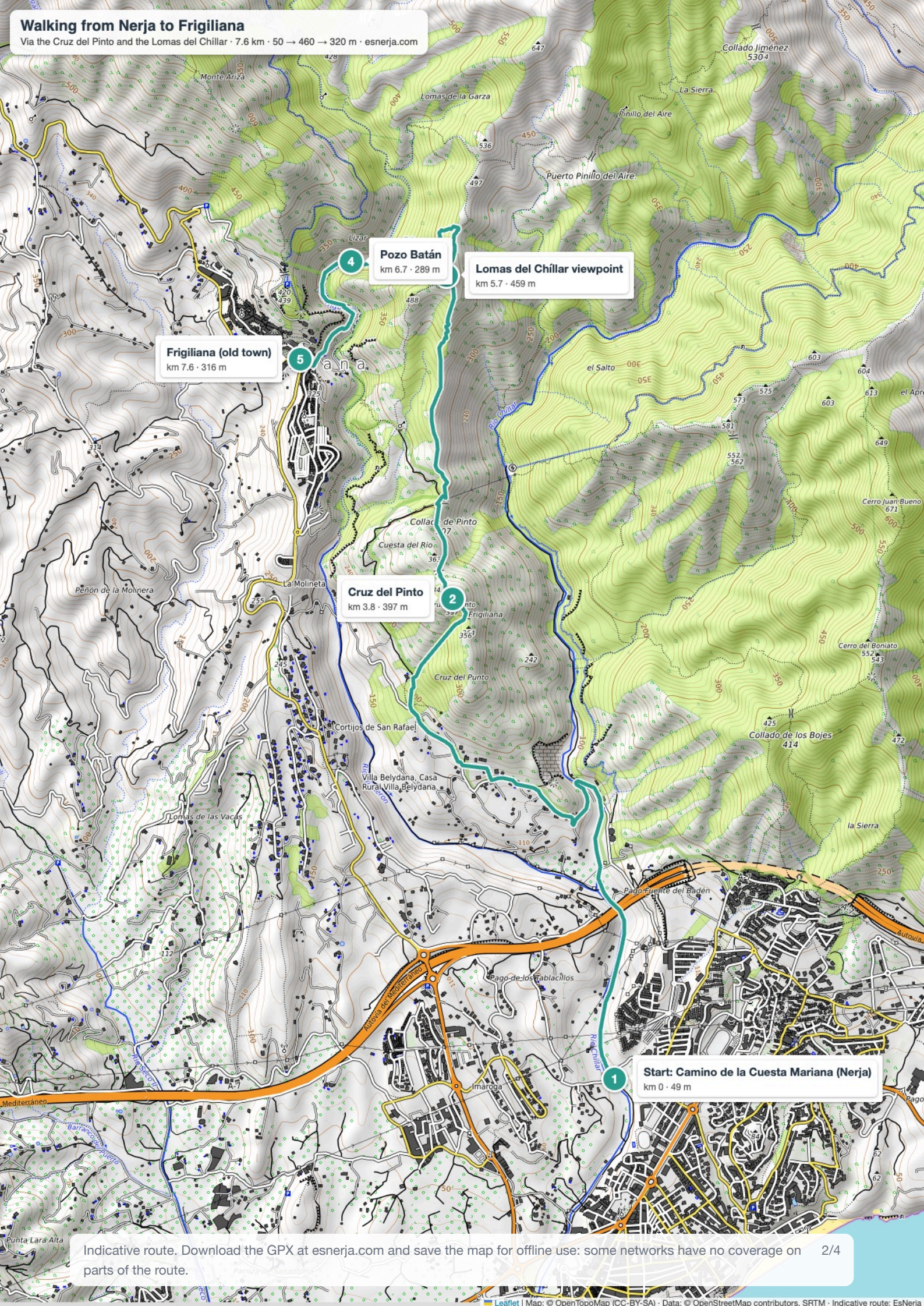
hill path with climbs

Bus

back to Nerja

Walking from Nerja to Frigiliana

Via the Cruz del Pinto and the Lomas del Chillar · 7.6 km · 50 → 460 → 320 m · esnerja.com

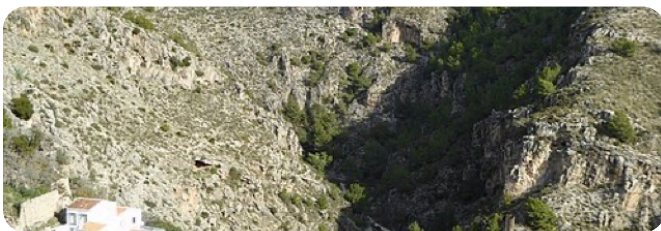


Indicative route. Download the GPX at esnerja.com and save the map for offline use: some networks have no coverage on parts of the route.

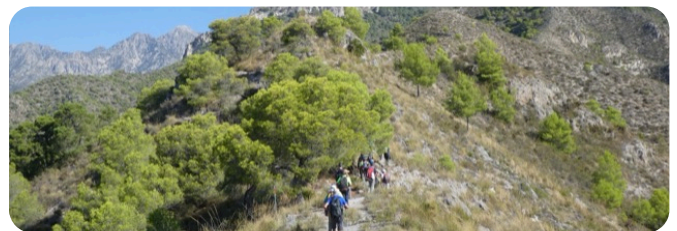
The route, section by section

- 1 Start: Camino de la Cuesta Mariana** · km 0 · 49 m
In the north of Nerja, by the Chíllar riverbed, about 20 minutes' walk from the centre. A concrete lane and then a track climb west between orchards.
- 2 Cruz del Pinto** · km 3.8 · 397 m
The track climbs to the ridge and a path leads to the Cruz del Pinto, the first big viewpoint over Nerja and the sea.
- 3 Lomas del Chíllar viewpoint** · km 5.7 · 459 m
After dropping to the Pinto pass, the path climbs to the top of the Lomas del Chíllar: Nerja, the Chíllar valley and the sierra. Waymarked by Frigiliana.
- 4 Pozo Batán** · km 6.7 · 289 m
Down to the Higerón river and the Pozo Batán, an old irrigation work by the riverbed.
- 5 Frigiliana** · km 7.6 · 316 m
Along the Camino del Boticario and up the Cuesta del Aperó into the old town. To return, Frigiliana–Nerja bus.

Route profile (one way)



The Higerón river at Frigiliana · Millars, CC BY-SA 4.0 (Commons)



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Before you go: safety and tips

Heat and no water. The route crosses open hills, with no shade or fountains until Frigiliana. Carry 1.5–2 litres of water per person and start early in summer. Some networks have no coverage on parts of the route; **112** works on any network.

Which way not to go

Some people walk down to Frigiliana along the lower bed of the Higuera river, but part of it crosses private farms and a hunting estate, with "Private property" signs. This route uses the waymarked paths over the Lomas del Chillar and the Cruz del Pinto.

With children

For children used to hill walking: there are steep climbs and loose stones.

What to bring

- Hiking or trail shoes with good grip.
- Water, a hat and sun cream.
- Money for the bus back.

Getting back

There are buses from Frigiliana to Nerja throughout the day (Grupo Verano Azul line; timetable on frigiliana.es). You can also walk back the same way.

Frigiliana

Save time for the Moorish old town: the cobbled streets, the palace of the Counts of Frigiliana (El Ingenio, a former cane-honey factory) and the tile murals telling the story of the 1569 Morisco revolt.

Guide written by EsNerja (October 2026) using the OpenStreetMap trail line (Lomas del Chillar and Cruz del Pinto paths), the Frigiliana Tourism "Frigiliana – Lomas del Chillar" route sheet and the Frigiliana town council bus timetable. Map: © OpenTopoMap (CC-BY-SA); data © OpenStreetMap contributors (ODbL); elevation: Open-Meteo. More information at esnerja.com/en/hiking/nerja-to-frigiliana-historic-trail.