

Tambor
del Llano



NATURE PARK LODGE

PRACTICAL GUIDE AND ACTIVITIES 2023



*Welcome
to the Sierra de Grazalema!*

*The horserider approached
beating the drum of the plains*

FEDERICO GARCÍA LORCA



Tambor del Llano is a 32-hectare state at the heart of Grazalema Nature Park. About 800 m. high, it is 4km away from the village of Grazalema. Between the Cádiz and Malaga sierras, it faces south towards the Pico Jaral (964 m), providing a unique base to get to know the first Biosphere Reserve in Spain.

We are a family business set up by professional coming from the worlds of botany, culture, and management. We have the pleasure and the responsibility of sharing and caring for this small paradise.

Our goal is to provide you with the opportunity of calling the Park a home and see the Tambor as a base for your own explorations and activities.

Tambor del Llano is a rural accommodation
10 rooms, several lounges and terraces
At your disposal all year.

We distinguish ourselves by being in an extraordinary natural environment and by a proposal of activities in relation to the qualities of the nature that surrounds us.

- EQUESTRIAN TOURISM, HORSE TRAILS
- STABLES AND BOARDING AND CARE FOR HORSES
- STAR TOURISM, ASTRONOMY SESSIONS
- AWARD FOR THE BEST STARLIGHT ACCOMMODATION IN 2021
- EVENTS AND WEDDINGS
- YOGA
- BIRD WATCHING
- HIKING, ROUTES AND GUIDED OR SELF-GUIDED PASSES
- MESSAGES
- TEMPORARY EXHIBITIONS
- SWIMMING POOL IN NATURE

TAMBOR DEL LLANO IS ALSO AN ECOLOGICAL FARM

We raise organic lambs and cultivate an organic garden that supplies the hotel kitchen with vegetables.

On a farm with more than ten hectares of cork oak that produce cork.



PRACTICALITIES

- DINNER IS READY! PLEASE BOOK BEFORE 14.00H, COMMON AREAS: LOUNGES, LIBRARY, AND THE ONLY TV IN THE HOTEL, ENJOY AND RESPECT!
- HONESTY BAR: HELP YOURSELF! AND PLEASE LET US KNOW IF YOU NEED ANYTHING ELSE.
- COFFEE IS NOT KM0, BUT *EL ALQUIMISTA* BUYS IT AT ITS ORIGIN AND TOASTS THE GRAINS WEEKLY.
- IF YOU BRING YOUR PET, PLEASE RESPECT OTHERS. DEPLASTIFYING! FEEL FREE TO REFILL YOUR BOTTLE AT THE FOUNTAIN.
- EMERGENCY NUMBER (FROM 6PM). 608634046
- WiFi CODE: tambortambor

TIMES

BREAKFAST
8:30H - 10:30H

DINNER
20:30H



DINNER MENU

Appetizer
First course
Second course Dessert
Bread and water

SPECIAL MENU

Our organic lamb
or
bass from ecofarm
(page 6)



We have informationn
about food allergies
(EU Regulation NO 1169/2011)

TAMBOR DEL LLANO
GOOD MORNING MENU
BREAKFAST



COFFEE, TEA, OR COCOA
+
FRESH-PRESSED ORANGE JUICE
+
FRUIT
+
TOAST OR MOLLETE:
WITH TOMATO, OIL, CHEESE, AND CURED MEAT
OR
WITH JAM AND HOMEMADE HONEY
OR
CEREALS BOWL WITH MILK OR HOMEMADE YOGURT

8.00€

WOULD YOU LIKE ANYTHING ELSE?

AVOCADO	€2.0
IBERIAN HAM	€2.0
FRIED EGG, POACHED EGG, OR BOILED EGG BACON	€2.0
2 FRIED EGGS WITH BACON	€5.0

A SWEET AND FRESH TOUCH

BOWL OF FRUIT (PLUS ASSORTED FRUIT) PIECE OF	€3.50
FRUIT	€1.00
SWEET OF THE DAY (WEEKEND ONLY) COOKIE	€2.00
	€0.50

PICNIC TAMBOR DEL LLANO



PICNIC BASKET:

PASTA SALAD,
QUINOA OR COUSCOUS
+ CHEESE SNACK
OR GAZPACHO
+ DRIED FRUIT
+ PIECE OF FRUIT

€10/PERSON

PICNIC OF MOLLETE:

MOLLETE DE CURED MEAT,
CHEESE OR VEGETARIAN,
+ DRIED FRUIT
+ PIECE OF FRUIT

€8/PERSON

(PLEASE PREBOOK THE DAY BEFORE)



SPECIAL MENU

APPETIZER

FIRST COURSE

SECOND COURSE: LAMB OR
BASS SPECIAL DESSERT
BREAD, AND WATER

€40



A TASTY DISH OF OUR OWN LAMB
RAISED SUSTAINABLY AND FREELY
IN OUR PASTURES AND WITH
ORGANIC FOOD CERTIFICATE.

YOU'LL LIKE IT SO MUCH THAT YOU
WILL WANT TO BRING ONE OR HALF
HOME OR AS A PRESENT, DON'T BE
AFRAID TO ASK!

CRAFT-RAISED BASS FROM THE CADIZ
ESTEROS: ARTIFICIAL ESTUARIES
CREATED TO PRODUCE SALT. THE SEA
COMES IN CARRYING NATURAL
NUTRIENTS.



ACTIVITIES

TAMBOR DEL LLANO OFFERS A WIDE RANGE OF ACTIVITIES AND COMFORTABLE ACCOMMODATION WHETHER YOU COME ALONE, WITH YOUR PARTNER, OR IN A SMALL GROUP OF FRIENDS AND FAMILY.

MAKE THE MOST OF YOUR STAY AND ENJOY THE PLAN OF YOUR CHOICE



GRAZALEMA HORSE-PACKING ADVENTURES



Have you galloped over the marvelous plains of the Sierra de Grazalema?. Do you know why the drums beat?

We have routes for all levels and ages from 6 years old onwards.

Our certificate guides are part of Tambor's team: they know the horses and the area very well. They will accommodate your preferences!



We offer accommodation and horse riding packages to discover the mountains on horseback with long routes for a minimum of two days and up to a week.

If you ask in advance, we can organize routes including sleeping outdoors, as did the bandoleros that once hid in these mountains.



Seven horses live freely in Tambor. From the eldest to the youngest: Zorongo, Jara, Zumaya, Tambor, Yerma, Triana, and Boquería (daughter of Zumaya born in 2017 and who we are taming naturally and respectfully).

They are Spanish and Hispanic-Arab horses. A perfect combination of docility and power.

EQUESTRIAN TOURISM FOR TWO OR MORE PRICE/PERSON

EQUESTRIAN INITIATION 1H (GROUP OF MINIMUM 4 PERSON)	€30.00
EQUESTRIAN INITIATION 1H (FOR 1, 2 OR 3 PERSON)	€40.00
HORSE RIDING 2H	€50.00
HORSE RIDING 3H	€75.00
HORSE RIDING 4H	€80.00
HORSE RIDING 6H	€120.00
HORSE RIDING WITH FULL MOON, 2H	€60.00

HIKING TRAILS

WITHIN TAMBOR DEL LLANO

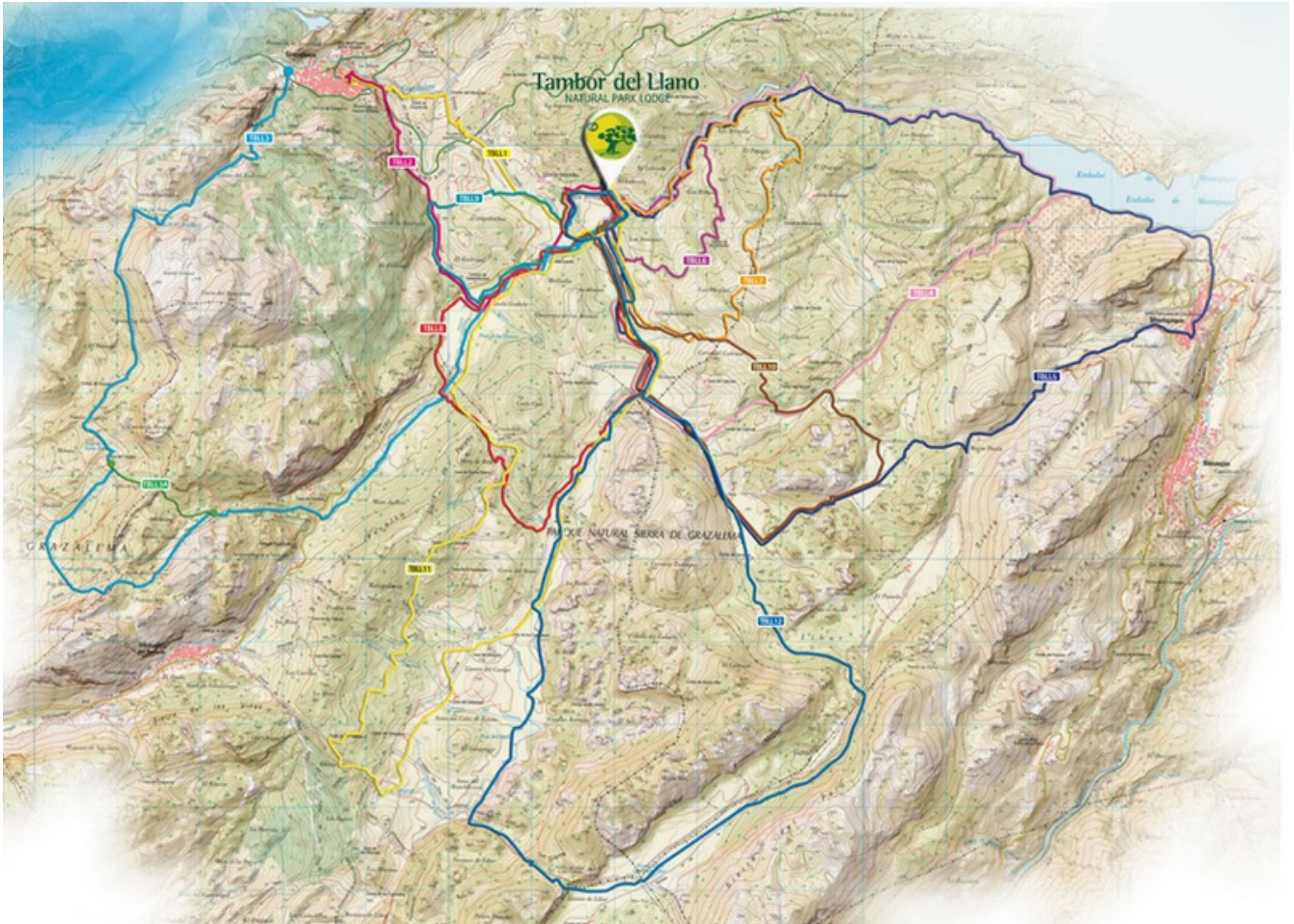


A very fine introduction to the Nature Park is to walk around Tambor's state. We have marked five interior routes that will allow you to discover the Sierra's diverse landscapes and its geological and botanical richness. You can also find out about our various ongoing agritourism projects: cork-oak reforestation, new olive trees for oil production and to foster biodynamic pastures, merina sheep, organic vegetable garden, and more to come!

Don't forget to climb to the Mirador de la Era at dawn or sunset. And enjoy the Milky Way!

HIKING TRAILS

FROM TAMBOR DEL LLANO



Leave your car at the parking lot! We have designed and mapped 10 circular routes of varying difficulty to help you explore some of the hidden jewels around Tambor. Some of them are also doable by horse or bike. You can walk to Grazalema or to Montejaque following the river. Visit the plateau nearby or climb a peak. Your choice!

All routes are available in **Outdooractive** and **Wikiloc**.

Too tired to walk back? Call a cab! 654 195 867/ 952 167 141.



DISCOVER THE NATURE PARK

BY CAR FROM TAMBOR DEL LLANO



We propose five excursions to get to know the striking landscapes around Tambor and the natural and cultural richness of the Park. Visit the unique Spanish fir at the alpine landscape of Pinsapar; admire 20,000-year-old paintings at Cueva de la Pileta, or visit Cadiz's famous white villages. For the adventurous types, canyoning through Garganta Verde never dissapoints!

Some of the routes and visits require permits, which you can get by: www.ventanadelvisitante.es



RECONNECTING WITH NATURE

RELAX



Pool

We bet you haven't seen many pools like this one: it is fully integrated into the surrounding landscape behind a large rock covering the oak-tree that inspired Tambor's logo. It is inspired in natural pools, with a small beach, chilling areas, and relaxing views from the pool's infinity and from the surrounding boulders.

It has been designed and built with the BIODESIGN system, finishing in silex sand. This enables the basin to adjust to the terrain and, together with the whirlpool system, to, maximize your swimming experience.



Yoga and sports

There are many ways and places to practice your favorite type of Yoga, sports, and meditation in Tambor: at Mirador de la Era or at the terraces by the pool, alone or with a group...

If you want help with your session, you can book with us the services of an expert Yoga instructor. Please check prices and conditions with us or at our website.

Every year we organize retreats, bootcamps, and other outdoor sports activities. If you want to take part on one, check our website or asks us!



Massage

We offer massage session, which needs to be booked in advance. After a long walk or a ride, a shower or a swim, a nice good massage does the est.

Your body and mind are now in the perfect state to choose your favorite of our many corners, listen to the birds signing, read a book, and try one of our wines from Cádiz and Malaga.

1 H / €60

FURTHER EXPERIENCES

OUR GOAL IS THAT YOU CALL TAMBOR DEL LLANO HOME. A HOME FROM WHICH TO EXPLORE THE SIERRA AND ORGANIZE YOUR OWN ACTIVITIES IN NATURE OR ENJOY THOSE THAT WE ALREADY OFFER. THERE ARE SEVERAL OPTIONS FOR BOOKING THE ENTIRE SPACE FOR GROUPS. WE ALSO ORGANIZE COURSES AND EVENTS.



Courses and camps

Each summer we organize camps for single-parent families full with activities in which both adults and kids enjoy nature in a healthy way and get to know these mountains and their treasures.

We have also organized and hosted courses for Spanish as a second language, mindfulness, and others. We are open to new ideas!

Weddings and events

Celebrate your marriage with us and we will make sure that everything is perfect in this unforgettable day. Our unique space permits various styles for the ceremony and the banquet in a way integrated within the landscape and ensures a great time with family, friends, and your very special one. Ask us about our offers!

Our terraces, gardens, and common rooms are modern and functional but also cozy and thus perfect to host all kinds of events, celebrations, and working meetings.

Email:
eventos@tambordelllano.es

Stargazing nights

Tambor del Llano is a space free of light pollution. We are committed to preserve the quality of the night sky. We are certified by the Starlight Foundation from 2015.

A 10-minute walk takes us to Mirador de la Era, a privileged site to observe the sky and the stars.

If you ask in advance and for a group, we organize courses for stargazing and for learning how to use a telescope!

SESSION €35.00
SESSION+DINNER €57



ASTRONOMY NIGHTS 2023

Duration 2,3 hours
 Observations of the night sky in the stellarium
 Telescope and other materials
 Saturdays at 8:00 p.m.
 With accommodation and dinner
 Only dinner and astronomy session

March 18th
April 22
June 24
July 29
August 12
September 23
October 7
October 28

The World Heritage night sky
 The Sierra de Cádiz, Starlight Tourist Destination
 Let's start with the planet Earth
 watching the twilight
 What we see in the sky with the naked eye at dusk
 Observation through the telescope

A walk through the stars



BOOKINGS:
674484885



Horseback riding with a full moon
 Sierra de Grazalema Natural Park
 Tambor del Llano

BOOKINGS
+34 674 48 48 85
INFO@TAMBORDELLANO.ES
www.tambordellano.es

The night sky of the Sierra de Grazalema is one of the best for stargazing.
 We suggest you ride in the light of the full moon through the ravines and paths of the Natural Park

With accommodation + dinner
 Night horse riding + dinner
 horse riding only

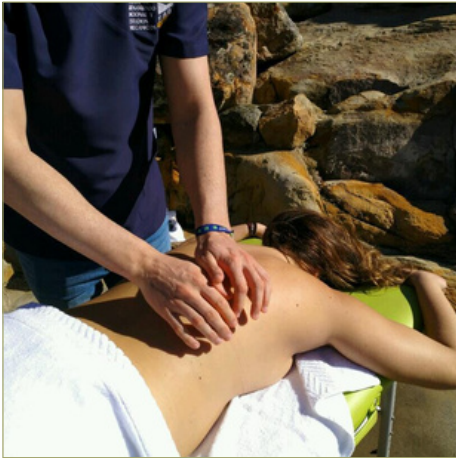
Program 2023

April 4, 5 and 6
 May 4, 5 and 6
 June 2, 3 and 4
 July 2, 3, 4 and 31
 August 1, 2 and 31
 September 1, 2 and 30
 October 1, 2, 28, 29 and 30



www.tambordellano.es

Award for Best Starlight Accommodation 2021



NATURAL NUTRITION THERAPEUTIC YOGA AND SHIATSU

July 20 - 23, 2023
€330/3 days

Why are there more and more intolerances, diseases, bad digestions, lack of energy and degenerative diseases? Start your own transformation with healthy cooking, therapeutic Yoga and Shiatsu treatment. Learn the basics of nutrition and practical cooking, a practical yoga table that you can do at home depending on your limitation or pathology, and receive a Shiatsu treatment with a personalized diagnosis. You will no longer need to search for healthy recipes, you will give the weight to your neighbor and you will save money on nutritional diets. And of course we cook for three hours, we practice therapeutic Yoga in the morning and diagnostic Shiatsu in the afternoon to integrate it practically.

Organized by: KARUNA

TLF 627 204 400
Luzytierramalaga@gmail.com



FAMILY VACATION

July from 9 to 14
August from 13 to 18

**From €1,200 depending on the
room category**

A program of activities with horses as the central axis and others related to the natural environment:

Equestrian initiation on the track, horseback riding, discovering the night sky in the Sierra de Cádiz, one of the spaces declared a Starlight destination, learning about the history of bandits, hiking, workshops and activities to enjoy unforgettable vacation days in the Natural Park Sierra de Grazalema. White Towns of Cádiz

Duration: 5 NIGHT/ 6 DAYS

Public:

- Single-parent families or fathers, mothers or grandparents with one or more children between the ages of 6 and 12 approximately.
- Groups of a maximum of 24 people between adults and children. The program will be carried out with a minimum of 16 people



WEEKEND FAMILY PACK WITH EQUESTRIAN INITIATION

JUNE FROM 9 TO 11
JUNE 30 TO JULY 2

PRICES

Double room

€530 for two people

Comfort room

€671 for three people

Superior Room

€701 for three people

accommodation and meals
Two hotel nights
Breakfasts, lunches and dinners
Five-hour equestrian initiation course.

MORE ACTIVITIES AND EXPERIENCES:

From the garden to the table:

An activity for children to get to know the organic garden, collect the vegetables and learn to prepare and cook some simple dishes to eat

Guided tour of the Tambor del Llano ecological farm.

A guided tour of the farm that will discover the life on the farm of the people and animals that inhabit it and also the legends and history of this place in the Sierra de Cádiz

TEMPORARY EXHIBITS

TAMBOR DEL LLANO OFFERS ITS WALLS TO SPECIALLY GIFTED ARTISTS WHOSE STYLE CONNECTS WITH OUR SPACE . FROM APRIL 2021 WE PRESENT CARMEN BERRINI'S MOST PERSONAL AND EXPERIMENTAL WORK.



MRM
MARTINA
RODRÍGUEZ MORÁN

PAISAJES
EXPOSICIÓN
30 ABRIL 2022



www.tambordellano.es
Alojamiento y Granja Ecológica
Parque Natural Sierra de Grazalema
Cádiz

MRM

MARTINA RODRÍGUEZ MORÁN

EXPOSICIÓN PAISAJES.

Terminó sus estudios de Arquitectura en la Escuela Politécnica de Madrid, estudios que siempre consideró como los cimientos sobre los que construir su carrera artística.

Su obra está influida por sus estudios, pero fundamentalmente por su continuo afán de investigación, creación y superación. Desde 2016 se vuelca en la creación, participando desde entonces en siete exposiciones colectivas, cuatro individuales y varios certámenes de pintura de la talla del premio BMW de Pintura. Su pintura rebosa expresividad y espontaneidad, explorando la vinculación entre lo virtual y la realidad.

Energía interior, temperamento, resolución determinan su actitud creativa y otorgan fuerza y el desparpajo plástico que potencia su pintura.

Tomás Paredes Presidente de la Asociación Española de Críticos de Arte AECA

"La pintura me permite crear los parámetros de mi propia expresión. Busco lograr un poderoso efecto visual. Cuanto menos convencional más lúcido, cuanto más provocador más atractivo, más sensible y fresco"

Mi proceso creativo oscila entre lo manual y lo digital. La naturaleza matemática del trabajo digital, estabiliza la cualidad instintiva del trabajo creativo consiguiendo el equilibrio entre el orden y el azar"

Tambor del Llano no es una galería de arte, pero cada año nos complace invitar a un artista para que exponga su obra utilizando los espacios de este alojamiento rural en el Parque Natural de la Sierra de Grazalema. Los clientes de este establecimiento cuentan con el valor añadido de disfrutar del arte contemporáneo como un complemento del maravilloso entorno que nos rodea. Gracias a Martina Rodríguez Morán por acercarnos su obra y su talento.





WWW.TAMBORDELLANO.ES

+34 674 48 48 85

INFO@TAMBORDELLANO.ES

CAÑADA GRANDE S/N. LOS ALAMILLOS
11610 GRAZALEMA, CÁDIZ (SPAIN)



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