

COSTA BLANCA MOUNTAINWALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps, 22 nd October 2013	
Last Updated	4 th March 2015	
Title of Walk	Cavll horseshoe from Sagra	
Location of Start (include name of nearest village/town at start of description)	Sagra Bar Piscina	
Key Statistics for walk - Distance in km	10	
Key Statistics for walk - Ascent in m	710	
Key Statistics for walk - Walking time and total completion time including any stops	3hrs 4.5hrs	
Key Statistics for walk - Grade (using CBMW system)	S/B	
Grid reference of start point (if known)	Lat:- 38.810436, Long:- -0.068278	
Directions to Start	Follow the CV 715 to a T- junction in Sagra and take the turning opposite to the road signposted to El Rafol de Almunia. Follow this a hundred metres up and park on the R. The bar piscina is a few metres further on also on the R.	
Short walk description	A mixed walk with some very easy sections and a sting in the middle as you plod up a scree slope to access the shoulder of Cavall 1 - a little visited rocky summit.	
Full Walk Description		Elapsed Walking Time/Distance so far
Walk back down the road and turn L into a small lane called Carrer Joachim Moll Ferrando.		
Reach the main road and walk along this for 60 metres before turning R downhill on Carrer La Torre. R down some steps and the L at the bottom. Walk straight ahead out of the village along a lane signed to Font de Mortits.		420m, 5.5mins
Ignore side turnings and keep ahead. The tarmac ends and is replaced by concrete as the track zig-zags uphill and you soon reach the zona recreativa -an area with picnic benches and BBQ's.		4.4km, 17.5mins
Follow the track to the left and as you rise up look out for the second zig to the L and a large tank of water off on the RHS and if you walk up beside this you can observe the source of the water from under a boulder!		2.6km, 37mins

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<p>When you reach a more level area on the track and ignore a steep thinner track going up R and our track is shortly joined by one arriving from the R</p> <p>as we progress along partly concreted sections with fantastic views across to Cavall forwards on the LHS.</p> <p>When the track starts going downhill it turns rapidly from concrete to gravel and then to tarmac with a 40kph sign.</p>	3.5km, 50mins
<p>Zig around to the R and then drop down to a T-jnc where you turn L and soon reach the main Sagra to Pego road.</p>	4.4km, 1hr
<p>Turn R here and walk along this carefully for some 420m and just after the S-bend sign you reach a barranco on the LHS with terraces. (420m, 5mins)</p>	4.8km, 1hr 5mins
<p>Here a thin but clear path takes off up on the RHS of these terraces zig-zaggin its way up into the barranco.</p> <p>Follow this as it reaches some grey ivy covered scree and continue ahead until you need to pass through some thicker patches vegetation which you must clear as best as you can and you then arrive at a more worn area of scree and can see above that this divides into a much wider fan.</p>	
<p>Essentially you need to follow the rightmost fan and indeed keep to the RHS of this in the vegetation to find the easiest line. In fact there is nothing easy about this and you simply have to struggle up until you reach the shoulder of the mountain either to the R or L of some moderate crags.</p> <p>Once on the shoulder turn L and upwards but err towards the R as there is a false summit and once you have crested the first small ridge you will see the true summit a little way further off on the LHS.</p>	5.4km, 1hr 27mins
<p>From a small plateau just over this first crest there are clear paths running up towards the summit and a few small crags to pass around to reach the summit with its fallen and twisted metal cross.</p> <p>Once revived turn back in the direction that you came and look off to the L (to the SW) to see a gently descending ridge line between you and the rest of the Mediodia massif.</p> <p>Follow this ridge down initially quite easily but then as a rock hopping exercise generally keeping slightly to the R of the ridge line for the easiest going with occasional cairns.</p>	6km, 1hr 40mins
<p>However as you near the main col between your line and the higher summits above you you need to keep slightly L and descend from a nose down a rocky ramp to arrive in undergrowth and - surprisingly - evidence of Y/W path markings.</p> <p>This col is called Pla de Poets. Follow the clear path leftwards with both Y/W way markings and red dots as it leaves the col and traverses along the side of the mountain to quickly reach a ruin which makes a good lunch spot.</p>	6.9km, 2hr 2mins
<p>After this you continue the way you were going and after wandering through some palm patches the path begins to descend.</p>	
<p>Pass by a spot with an abandoned bath tub and turn R under some crags still descending to reach a junction with a much fainter path going off L which you ignore and instead rise slightly in zig-zags to crest a rock gate and start to descend again.</p>	7.9km, 2hr22mins

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At a finger post take the L path going down more steeply and signposted to Sagra. Follow this down to eventually reach an old sign board and a track.

8.5km, 2hr
34mins

Turn either R or L along the track for only a few metres to find the best route going downhill into a barranco. The line here is indistinct as it has been ruined by wandering sheep and goats but essentially you need to follow the barranco line down.

9.1km, 2hr
49mins

When you reach a second track, repeat the process by initially turning R for a few metres and then turn L now down a much clearer path soon becoming a wider track. Wander past the sheep/goat HQ on the LHS and join the road which leads you down to your car.

Walk Recommendations or restrictions

Some experience and determination required for the scree gully to the summit of Cavall.

Route followed is outlined in Red

