

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	David Harbach/Adrian Murry, CBMW, Jan 2014	
Last Updated	25 th February 2014	
Title of Walk	Tossalet del Castellet (El Cau) via western side of barranco del Cau below Alt de l'Ample	
Location of Start (include name of nearest village/town at start of description)	Jalon	
Key Statistics for walk - Distance in km	14	
Key Statistics for walk - Ascent in m	690	
Key Statistics for walk - Walking time and total completion time including any stops	3.75hr 5.5hr	
Key Statistics for walk - Grade (using CBMW system)	S/B	
Grid reference of start point (if known)	Lat:- 38.728401, Long: 0.015771	
Directions to Start	Meet on slip road to Lady Elizabeth school approximately 300m east of Venta Roja restaurant on CV 750 Jalon - Benissa road	
Short walk description	Circular route up the barranco Carretas, under Alt de Ample, up to El Cao and back down the "long ridge"(Loma Llarga).	
Full Walk Description	Elapsed Walking Time/Distance so far	
Park on the slip road to the Lady Elizabeth school and return to the main road, the CV750. Turn left and walk approximately 300 metres to the Venta Roja restaurant, then turning left along the road immediately past the restaurant. <u>(Time and distance recording start from this point)</u>		
This is signed "Camino Deposito Campo de Tiro". Continue along this road (ignore a road that joins on your LHS, after 800m) and turn R into another road. (11mins, 860m)	11mins, 0.80m	
Proceed up to some gates which you go around and continue on track/road to a folk where you go R. (5mins, 0.49km)	16mins, 1.29km	
After 110m turn R onto a road and then after a further 70m go L onto a track that soon becomes a path. Continue to a road with a house on your LHS. (6mins, 0.47km)	22mins, 1.76km	
Turn L onto this road up to some other gates and compound around a water works. (4mins, 0.36km)	26mins, 2.12km	

Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!

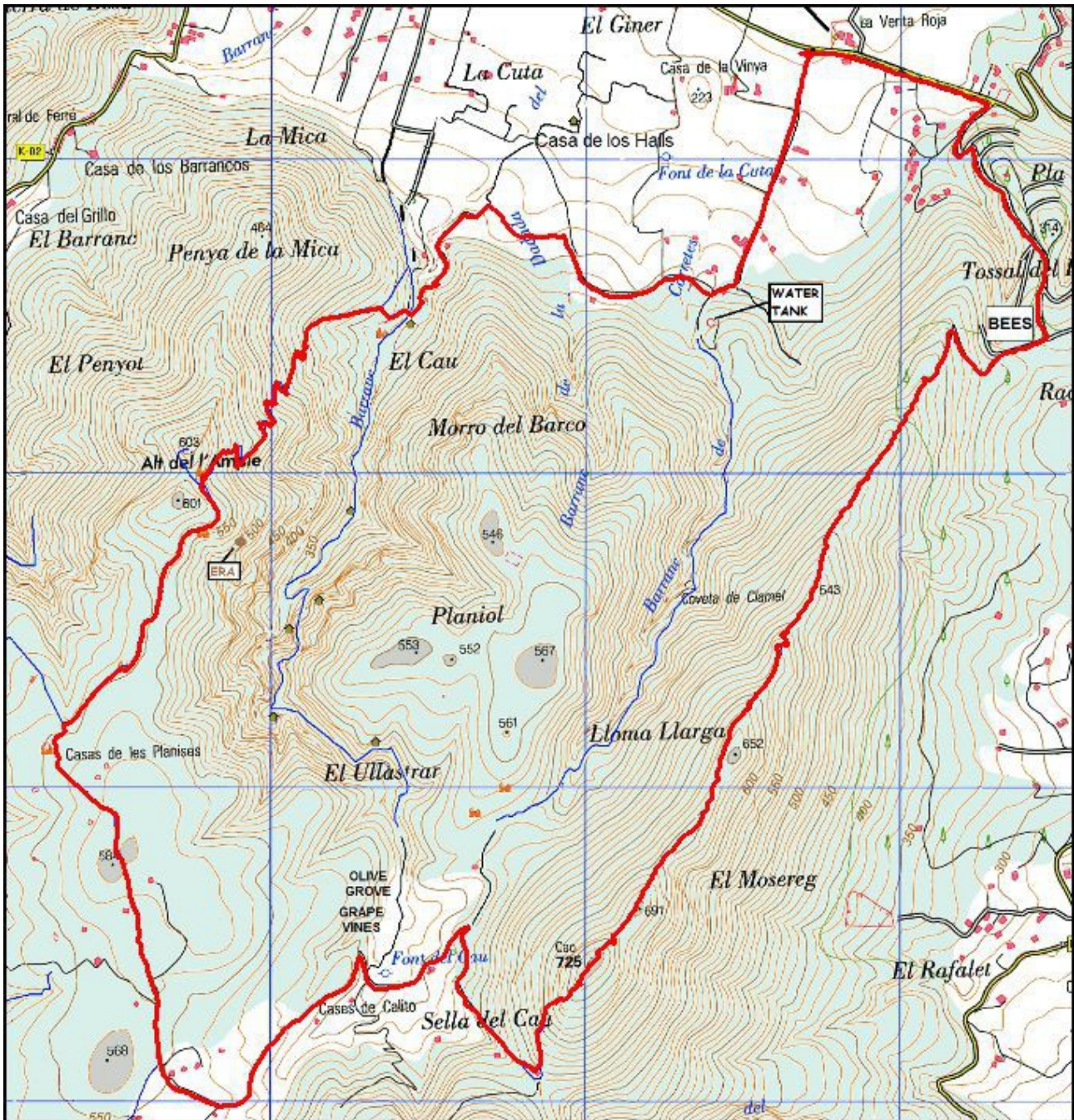
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<p>Go to the L of this compound onto a track. Continue up to terraces (km2.22). The track is now a path. Ignore path on your LHS (km2.29) and continue on the RHS of the valley marked with yellow spots. Ignore path on your RHS (km3.76) and continue on to a ruin and well. (52mins, 2.40km)</p>	1hr18min,4.52km
<p>Proceed between the ruin and the well and on to another path where you turn L. (5mins, 0.28km)</p>	1hr23min,4.80km
<p>Continue on this path to where it meets a track with a house on your RHS. (13mins, 0.79km)</p>	1hr36min,5.59km
<p>Continue straight on this track, ignore tracks both joining on your RHS at kms5.86 and 6.10, up to a road. (8mins, 0.69km)</p>	1hr44min,6.28km
<p>Turn L onto this road. Ignore a track on your RHS (km6.69), tracks on both side (km6.81) and another on your RHS (km7.33) and turn R into the next track that joins. (15mins, 1.23km)</p>	1hr59min,7.51km
<p>Proceed up track to a path that joins on your LHS and marked with a cairn. (4mins, 0.28km)</p>	2hr3min,7.79km
<p>Turn L onto this path and up you go. Go L where the path forks (km8.07) and up past a ruin on your RHS to another path marked Y/R. (8mins, 0.35km)</p>	2hr11min,8.14km
<p>Turn L onto this path and up to the summit. (22mins, 0.41km)</p>	2hr33min,8.55km
<p>The path continues to be marked Y/R and takes you along the ridge and down to a track. (42mins, 2.43km)</p>	3hr15min,10.98k
<p>Follow this track down. Ignore track that goes straight on (km11.61) and instead follow the main track that swings to the L. Ignore two more tracks that join from your RHS at km11.9 and 12.00 and continue past school down to a main road where you go L and back to the cars. (32mins, 2.14km)</p>	3hr47min,13.12km
<small>Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional</small>	
Walk Recommendations or restrictions	None

See map below.....

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Route walked is outlined in red



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