

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps	
Last Updated	6 th November 2015	
Title of Walk	Canal dels Avellaners and Belvedere route	
Location of Start (include name of nearest village/town at start of description)	Monistrol de Montserrat	
Key Statistics for walk - Distance in km	8	
Key Statistics for walk - Ascent in m	580	
Key Statistics for walk - Walking time and total completion time including any stops	2.75hr 5.75hr	
Key Statistics for walk - Grade (using CBMW system)	MS/C/Scr/X	
Grid reference of start point (if known)	Lat:- 41.611063,Long: 1.817272	
Directions to Start	From anywhere near Barcelona take the A2 in the direction of Igualada and Lleida and leave this on the C55 at junction 582A heading N. Continue to arrive at Monistrol de Montserrat where you take the BP1121 towards the Monasterio de Montserrat. Wind up this road for several km and turn R at a junction (signed Barcelona N11) and pass through a tunnel before finding the Ermita de Santa Cecilia on the RHS. Park here.	
Short walk description	A tough scramble up a steep barranco followed by a walk among rock spires with wide ranging views and a return along the GR4.	
Full Walk Description		Elapsed Walking Time/Distance so far
<p>Drive away from the monastery, staying high on the BP 1103 and park at the Monestir de Santa Cecilia.</p> <p>Exit the car park to the W, cross the road and go up a slightly ramping path for a few metres before joining a level path with a sign crossing your line.</p> <p>Turn L on this (East) and follow on. This is the route of the GR4 and GR172 and while you might expect a path of motorway proportions it is in fact quite narrow and difficult in places.</p> <p>A map will be essential here to spot when you pass the Canal del Moro which has</p>		150m, 3min

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<p>steeply ramping blocks going up to a Via Ferrata route. Ignore this, pass under cliffs and round another spur. This leads into another barranco and just before the path changes direction again there is a rocky barranco leading steeply uphill.</p>	<p>615m, 15min</p>
<p>This (slightly unbelievably) is our route and as you start to clamber up you will see evidence that other fools have mounted up here before you. There is no relief and you just have to make the most of it by using all available trees, roots and anything else you can find to help scramble up. Finally and quite suddenly it reaches the top at a col (still in trees) and you have a view of the craggy tops around you. (With breaks to get your breath – about 1hr 40 min)</p>	<p>1.9km, 38min</p>
<p>Now move slightly left and then immediately downhill on a rocky ramp. This takes a couple of paces to the left again before heading steadily down for about 40m in height. This path ends when it intersects a horizontal path running level from L to R marked with a cairn.</p>	<p>2km, 42min</p>
<p>Turn L after enjoying the views across to yesterday's route and follow this path which rises and falls occasionally as it weaves between the most fantastic rocky spires. Without doubt this path is the highlight of the day. It is regularly marked with yellow flashes of paint which you must seek out at times. It is heading broadly SE although it twists and turns considerably along the way. You reach and pass a col where there are extensive views out across the plain away from the mountains.</p>	
<p>Now it weaves around a spur to the R and reveals a fantastic drop down to your L before dropping a short way to the Col de Canal Plana where you climb steadily up again passing a small path which drops down to your R (marked with cairn) which you ignore.</p>	
<p>A little further on it rises steadily and then mounts a rocky ramp on the L with ruined walls to cross the ridge line at a heading of E and now climbs briefly N up the ridge before moving R again to a second col from which you descend in a few zig-zags before moving L in the trees towards the foot (or trunk) of the Elephant. Keen observers will spot a couple of ruins just above the path before this last spire which lead up a few metres to reach the Ermita de San Salvador (a cave house) and a tank of water.</p>	<p>3.7km, 1hr 18min</p>
<p>Retrace your steps a few metres from the Ermita and turn downhill on zig-zags which are steep to begin with and eventually give you good views of the Mummy before plunging further down past a couple of other spires in zig-zags and reaching a path which crosses your route. Care is needed to see the L arm of this (and avoid continuing straight ahead and down). Take this L turn.</p>	<p>4km, 1hr 27min</p>
<p>You are now on the PR C-19 and the clear path continues to the Ermita of La Trinitat which is a good spot for a break.</p>	<p>4.5km, 1hr 35min</p>
<p>From the last of the buildings walk out on the ridge to admire the views and then take the leftmost path continuing down this ridge and shortly join the major path of the GR4 again at a finger post. (Pla de la Trinitat)</p>	<p>4.6km, 1hr 38min</p>
<p>Now there is nothing for it but to follow this to the NW and head back to your start point. Along the way you pass a finger post at Canal del Pou del Gat where you turn L slightly uphill for a few metres. Just past this ignore the path going steeply up to the L up a barranco and continue ahead. Soon your objective of the Ermita becomes visible although you weave in and out of barrancos and generally lose height for some time before you finally reach it. (Where you cross patches of open rock where the path disappears it is almost always the case that you should head low.)</p>	

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Walk Recommendations or restrictions

Experience needed before tackling this route.

Route followed is outlined in Red

