

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Mary Gough and Ralph Phipps	
Last Updated	4 th March 2016	
Title of Walk	Ponoch summit and Sanchet circuit	
Location of Start (include name of nearest village/town at start of description)	Polop, Helipad at base of Ponoch	
Key Statistics for walk - Distance in km	17	
Key Statistics for walk - Ascent in m	1040	
Key Statistics for walk - Walking time and total completion time including any stops	4.75hr 6.5hr	
Key Statistics for walk - Grade (using CBMW system)	VS/C/Scr/X	
Grid reference of start point (if known)	Lat: 38.615675, Long: -0.149621	
Directions to Start	Helipad. From main roundabout in Polop take exit on CV715 signed La Nucia, continue up to meet roundabout on CV70 and take exit Avd. Balco de Ponoig follow up to base of Polop and park on large car park near water deposito/helipad.	
Short walk description	An alternative route up to this iconic summit ,scramble up and enjoy the panoramic views along the ridge, wind down to continue round the Sanchet circuit then return through a forest path.	
Full Walk Description	Elapsed Walking Time/Distance so far	
From the Heliport, walk across the car park area and past the signboard and turn L taking the first footpath signed PR CV17 – Collado del Llamp.	100m, 1min	
Keep going steeply uphill to reach the col.	2.7km, 49min	
Now turn R almost level to pass the only sizeable bush on its LHS and then aim to the L of a solitary pine tree across scree.		
After about 150m curl slightly uphill to the L and walk about 20m below the crags on your LHS and then descend slightly aiming for a natural staircase with a sharp rock erected on a rib beyond this to act as a cairn. <u>It is very important to find the correct start for this traverse. If at all unsure, then retrace your steps.</u>		

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Scramble up and look for further cairns leading you on along a ledge with exposure on the RHS.	
Take the first obvious ramp on the LHS cairned and head up this for 25m before turning R again on the continuation of your traverse.	
Scramble up a second rock staircase to arrive at a broader rocky spur after which the going is much more straightforward.	
Now walk gently uphill around to the L to intersect a barranco rising up to meet you and once you reach this turn up further to the L to walk on its LH bank and soon reach the ridge line.	3.3km, 1hr 10min
Once up on this swing L as you start to ascend along the ridge line soon heading more or less W towards the summit of the ridge.	4.1km, 1hr 27min
Once there take time to enjoy the sweeping views (In particular the Castelletts ahead of you) and then move off a little to the R (5m) to find a clearer path descending along the ridge line.	
Keep on the RHS of the descending ridge line occasionally hunting about for the best line in scree.	
Eventually you arrive at a rocky col where we turn hard R, signed Polop – 8km.	5.2km, 1hr 49min
Walk down this path to the barranco and just before this take a L fork to take you over a rocky knoll in the middle of the head of the barranco. From the top head over and down to a second bed of the barranco.	5.8km, 2hr
Cross this and rise up a few metres to find a path with red dots heading off slightly uphill on the L. Take this.	
Now you are walking around the flank of Sanchet with high crags above you on the RHS and views L to the summit of Puig Campana in the mid distance.	
After a few short rocky passages you turn a corner to the R to arrive at a large old farmhouse – La Carrasca.	6.9km, 2hr 16min
Drop awkwardly down to the terrace in front of the building and head R, leaving the terrace at the same level on a path across the terraces.	
A few metres along here look out for the path turning R uphill away from the terrace.	
This soon zig-zags up to a small col and then traverses across the mountain to reach a second small col. Finally after a longer section you cross an indistinct 3 rd col and start to walk down through trees. (Before you reach this you are looking down to the L into a deep valley which is home to a Buddhist colony)	7.9km, 2hr 30min
You reach a large open plateau with a large house off to the LHS and as your path snakes around to the L to reach the plateau take the immediate R path (almost track width for a few metres) doubling back for a few metres before continuing on your original line.	8.4km, 2hr 38min
Pass a ruin and reach a rocky "gateway" from where you start to descend in zig-zags to pass under a normally dry waterfall.	9.3km, 2hr 49min

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<p>Now start to climb gently again walking under fantastic crags to pass around several spurs before descending to the L quite steeply and pass through a shady valley swinging gently R.</p>	
<p>Reach a clear junction where you turn R steeply downhill with green and red paint spots.</p>	11km, 3hr 15min
<p>At the bottom of this swing around to the R on a level section and when you meet a track just before a building turn downhill to the L.</p>	
<p>Reach a junction of concreted tracks and turn R uphill.</p>	11.4km, 3hr 21min
<p>Climb a little and as you swing gently L more or less level, ignore a rougher track on the RHS with a "No Entry" sign.</p>	
<p>At a fork at the col turn L and pass a building on its RHS ignoring a further descending track on the R.</p>	12.7km, 3hr 37min
<p>Reach a col again and turn half L on a track downhill and then slightly R more steeply downhill ignoring any side turnings onto the terraces to reach a T-jnc with a track just in front of a large house and here you turn L to follow the track.</p>	13.4km, 3hr 47min
<p>Reach a concreted viewing area with benches and follow this downhill through 4 zig-zags until you are walking along a long straight section with a pipeline on your RHS.</p>	
<p>Watch out now for a cairn on the RHS indicating a footpath which doubles back to the R descending towards the barranco bottom.</p>	14.9km, 4hr 6min
<p>Drop into the barranco and walk alongside this for a few metres before crossing it to the L and immediately climbing steeply uphill.</p>	
<p>Ignore any side turnings to the L and continue ahead, occasionally climbing steeply up bancales to eventually arrive at a col with a rocky knob out on the LHS in the trees.</p>	15.6km, 4hr 17min
<p>Walk along level for a while before soon starting to descend.</p>	
<p>Pass a fenced enclosure and soon arrive at a barranco which you cross to arrive at the car park.</p>	
<p>Walk Recommendations or restrictions</p>	<p>Head for heights and good navigational ability for the section after the first col. <u>It is very important to find the correct start for the traverse. If at all unsure, then retrace your steps.</u></p>

Route followed is outlined in Red

