

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

Visit www.walksinSpain.org for more walks descriptions in Spain

Walk description originally prepared by:-	Ralph Phipps
Last Updated	26/09/16
Title of Walk	GR11 – Day 28 - Espot to La Guingueta
Location of Start (include name of nearest village/town at start of description)	Espot Centre of village with an info board, shrine and small supermarket.
Key Statistics for walk - Distance in km	12
Key Statistics for walk - Ascent in m	320
Key Statistics for walk - Walking time and total completion time including any stops	2.5hr 3.5hr
Key Statistics for walk - Grade (using CBMW system)	M/A
Grid reference of start point (if known)	Lat: 42.575781, Long 1.088466
Directions to Start	From the mid N of Spain find the C13 road heading N from Sort. Turn L on the LV50014 at the S end of Panta de la Torrossa – a large reservoir and drive to Espot.
Short walk description	An easy day along the flanks of the mountain to reach the next "take off" point for the higher mountains.
Full Walk Description	Elapsed Walking Time/Distance so far
<p style="color: red;"><u>Note – finger-post times are shown as a matter of record to indicate where you are – not to advise on achievable times!!</u></p> <p>From the centre of Espot walk downhill and immediately fork R into carrer Roca Blanca.</p> <p>In a few metres cross a bridge now on a track.</p> <p>Ignore a footpath on the R and at a track junction keep L with the river on your L.</p> <p>Walk several kilometres down this past an information area with explanatory boards on the RHS and a little way further on at a finger-post turn L downhill in woodland towards Escalo and Jou.</p> <p>At the next finger-post double back L and downhill. (Estais 25 min)</p>	2km, 24min

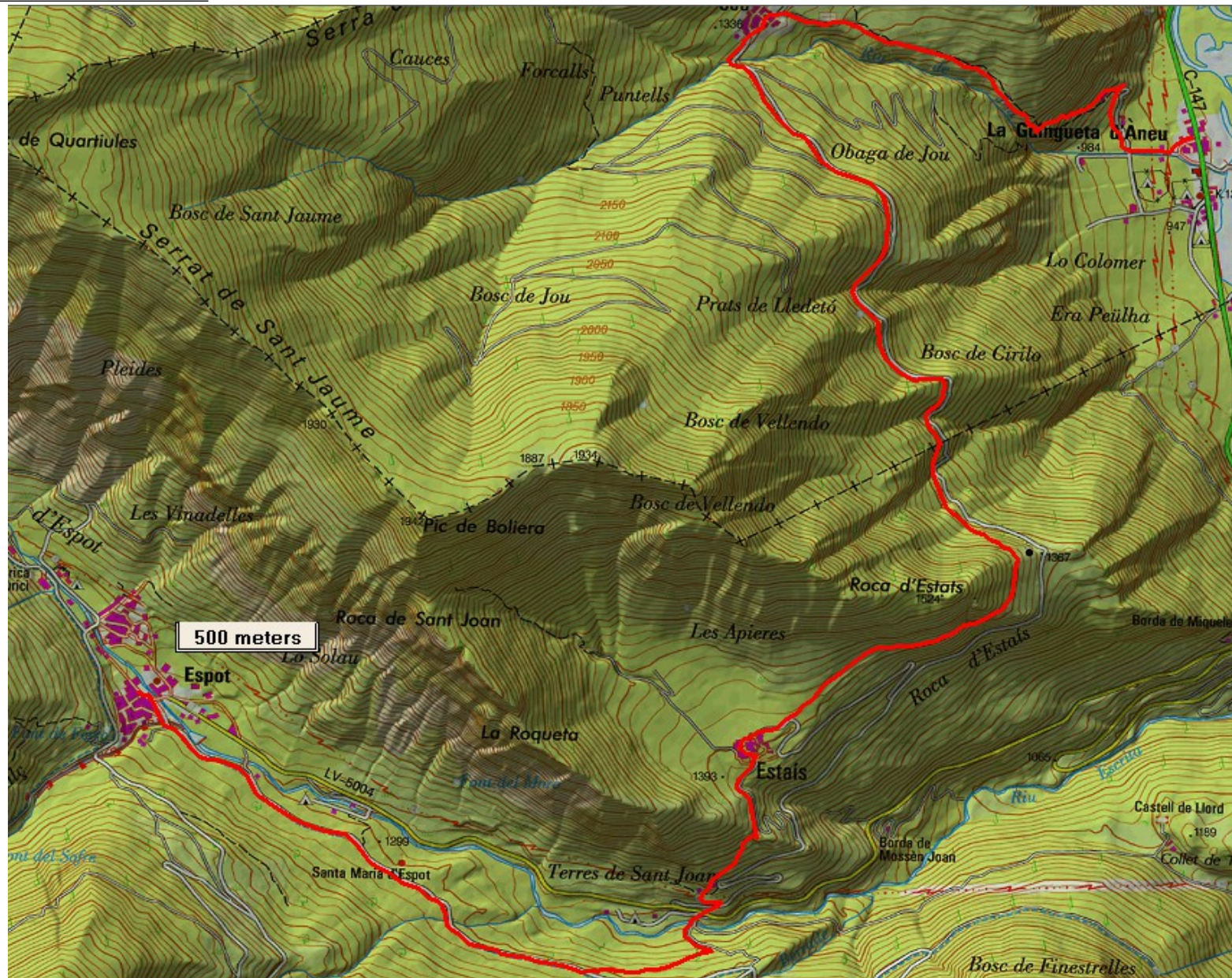
Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

Curve round to the R and immediately cross a bridge and walk uphill (signed Jou) Keep up L, cross the main road and go up by steps to cross a minor road and continue uphill.	2.7km, 33min
Curve L and level towards a pylon and then back R and immediately leave on steep path on L uphill.	
Crest a small spur with pylon and descend briefly to join a track..... which continues up to the village of Estais.	3.2km, 38min
Just before the church double back L and follow R/W to emerge on tarmac. Exit the village on a road and soon leave this on a footpath on the LHS.	3.7km, 45min
Follow this balcony path E with delightful views and only a short steep climb to arrive on tarmac where we turn L uphill. (Views down on R to our destination valley)	5.1km, 1hr 2min
Follow this to Jou.	7.4km, 1hr 29min
Walk through the village and turn R at the finger-post. (La Guigueta 40 mins)	
Follow this partly paved path (cleared in 2016) ignoring side turnings into fields down to reach a viewpoint.	9km, 1hr 48min
Just before this turn R, pass through buildings and onto tarmac. At the junction turn L and walk down into the village.	
Walk Recommendations or restrictions	None

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

Route followed is outlined in Red



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