

COSTA BLANCA MOUNTAINWALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Mary Gough	
Last Updated	20th March. 2017	
Title of Walk	L' Abdet to Pla de la Casa figure of eight	
Location of Start (include name of nearest village/town at start of description)	L'Abdet,	
Key Statistics for walk - Distance in km	16.5	
Key Statistics for walk - Ascent in m	950	
Key Statistics for walk - Walking time and total completion time including any stops	5.25hr 6 hr	
Key Statistics for walk - Grade (using CBMW system)	VS/C/X	
Grid reference of start point (if known)	Lat. 38.6946 Long. -0.2570	
Directions to Start	From CV70 Guadalest to Confrides road turn R onto CV7560 signed L' Abdet and drive to far end of village and park on public car park	
Short walk description	An extended figure of eight with a bit of everything – a barranco, a summit, a ridge, forest paths, spectacular scenery and views.	
Full Walk Description		Elapsed Walking Time/Distance so far
Walk down to the bottom of the car park and turn L onto a partly surfaced track, follow to the crest of a hill and just before starting to descend turn L onto the topside of an olive terrace and onto a narrow path, pass to the RHS of a ruined watermill and continue slowly ascending to meet tarmac.		0.64km 10min
Turn R and continue past a small 'passing area' on a LH bend, soon after just before a water channel see a large boulder to LHS.		1.1km 18 min
Turn L up a feint narrow path and wind round topside of boulder, up a wall and spiral up through more rocks onto a clearer path leading up alongside an old water pipe at LHS of riverbed , continue up and up a short scramble to emerge onto an old fruit terrace.		1.5 km 30 min
Aim across to a large boulder at far side then start to wind L (cairns) towards more terraces moving slightly away from barranco, rise slightly on almond terraces and follow across to meet a track where you turn R down past a ruin and pass through entry and exit gates (wooden) and cross riverbed finally working forwards towards a small wall.		1.65 km, 40 min
Rise up onto a wide path and turn L, follow this winding valley path ignore a L fork.....		2.2km, 45 min

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and soon after ignore a R downhill fork and continue along leading down to a junction in riverbed near a rock (in riverbed) with old red paint mark.	2.7 km, 1hr
Enter LHS of riverbed along a rocky ledge, wind along and come out onto a path on LHS leading through a forest, the path broadens into a track to reach a house being 'renovated' !	4.2km, 1hr25min
Follow this track to reach a large junction.	4.9km, 1hr 43min
Turn L then almost immediately R (blue dot,cairn) and upwards , the track (Y/W) winds up and narrows to reach a 'pass' through the ridge.	6km, 2 hr 12 min
Turn R and follow the animal paths along the LH base of ridge through trees, nearing the far end begin to slowly descend (cairns) to reach a fingerpost on the col.	7.4km, 2hr 40min
Turn L (signed Pla de la Casa) and continue up (Y/W), level off and follow across to a nevera.	8.6km, 3hr 8min
Pass to RHS of nevera and scramble up to summit.	8.8km 3hr 12min
Retrace steps down to turn R and start to descend down a rocky path (cairns) to reach an old fingerpost.	9.4km 3hr 54min
Turn R but soon after take L fork leading across to a small ridge, follow a winding path along ridge, halfway along wind from R to L onto a clear path and continue along to reach an old hunters post at far end.	10.5km 4hr12min
Start to drop slightly R towards an obvious path in front (ignore any L forks) and soon start to wind down (cairns), the path meanders down and leads R under some holly oak branches.	11.4km 4hr29min
Continue downwards now through a pined area then the path rises slightly and winds L and broadens.	12km 4hr 37min
Continue to a RH bend with large rocks to LHS.	12.2km 4hr41min
ignore the R turn and cross a small dip (cairn at far side) and start to wind R and down through trees (cairns) to emerge on a forest track.	12.5km 4hr46min
Turn L and stay on track , go round a LH bend and reach an old fingerpost.	12.9km 4hr52min
Turn L then follow the path R passing below a large house/refugio, ignore the R fork (Mas de Coronet) and continue down into riverbed.	13.6km, 5hr6min
Cross over and out up opposite bank, follow path L to a junction.	13.9km, 5hr9min
Take R upper fork and continue to meet a broad track.	14km, 5hr11min
Turn R and follow to tarmac down and continue down to see a large metal gate at the LHS.	15km, 5hr22min
Pass to the RHS of the metal gate and go directly ahead to drop onto a feint old mozarabic path. Keep to RHS of terraces then loop L on the last terrace and drop down onto a track.	15.7km, 5hr 30min
Turn R and follow this to tarmac.	

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Turn L for 20/30m and then turn L onto a feint track. Pass a fruit orchard and then turn R down a mozarabic path to return to Abdet.

16.4km 6hrs

Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional

Walk Recommendations or restrictions

Ability to walk down a loose rocky path.

See map below.....

Route followed is outlined in Red

