

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	John E Mail and Jo Fletcher	
Last Updated	02/01/17	
Title of Walk	Marnes Circuit Anticlockwise	
Location of Start (include name of nearest village/town at start of description)	Pinos. After leaving the village of Pinos in the direction of Bernia, park at or near the road junction to Marnes.	
Key Statistics for walk - Distance in km	9.4km	
Key Statistics for walk - Ascent in m	390	
Key Statistics for walk - Walking time and total completion time including any stops	2 hr 50 min 4 hr	
Key Statistics for walk - Grade (using CBMW system)	M/B	
Grid reference of start point (if known)	Lat: 38.678148, Long: -0.017282	
Directions to Start	From Benissa head South on CV332. 0.5km after leaving Benissa turn R and follow signs to CV749 to Pinos & Bernia. Take care while crossing CV 750 and then continue up narrow bendy road to Pinos. Turn R just after bridge 1km after passing Restaurant Pinos and park on the R at the junction. If there is not enough space continue up the road to Marnes and park at the side of the road or at the car park on the LHS after 200M.	
Short walk description	After a steep initial climb the path undulates up to the Col under the Cao summit. Views along the way are of the coast down to Calpe and then 360 to the Bernia ridge.	
Full Walk Description		Elapsed Walking Time/Distance so far
Leave car park and head downhill back towards CV 749.		
Cross the road bridge over barranco and after a short distance take concrete ramp to L.		0.4 km/5 mins
Ascend up the concrete ramp (40m) to small stone structure. Walk around back (East) of structure and pick up path that rises gently in general direction of barranco upstream. Path has many stone cairns.		
Follow path as it turns R and ascends.		

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At intersection with path continue straight on to ascend the hill.	0.8 km/13min
As you get to top of the ridge the path joins what looks like a water course (open bare rock) and continues in a slight depression along the line of the ridge	0.9km/18min
Path joins from the R. Continue straight ahead up the hill	1.4 km/28min
Junction with path to the L with stone cairn. Keep R.	1,9km/34 min
T junction with broad track. Turn L and then almost immediately R. Old farmhouse nearby provides good banana break location.	2.4km/47 min
Continue along the track for 400m to a T junction, turn R.	2.8 km/53 min
You arrive at Col under El Cao with old buildings and iron baths. Another good banana break spot with good views.	3.4 km/1.02 hrs
Before the old house turn L and take the track which soon becomes a path. The path descends towards Marnes. The narrow descending path meets track turn R.	3.8 km/1.12 hrs
After 20 metres turn L onto a narrow path which crosses circular drainage ditch and follows agricultural terrace. After 200m pass by the small stone house.	4 km/1.15 hrs
After about 200M and before you reach the track turn L on to path that leads you uphill	4.2km/1.18 hrs
The path initially takes you back on yourself above where you have just come. Continue steadily uphill on the path which eventually takes you in the direction of the Bernia. The path levels out and eventually reaches a Track	4.9km/1.30 hrs
At T junction with track, turn R and descend passing old finca on your R (100m)	
100m past the finca your reach a T junction with broad track, turn R and descend	5.1km/1.33 hrs
In 200m reach a T junction with road, turn R	5.3km/1.36 hrs
Follow the road for 300m until you reach a Junction to L with broad track at sign "Planises" turn L.	5.6km/1.40 hrs
Continue passing ruins on R and ignoring branch to L until you reach footpath marker and cairns with narrow track junction to L. Turn L onto path.	5.8km/1.44 hrs
Ignore cairns at path junction to the L and continue straight ahead towards Sierra Bernia	6.8km/2hrs
Pass old finca to your R – ignore faint path off to the R	
In 150m ignore faint trail to your L and followed cairned path to the R	
At junction of paths, take L hand option down the hill	7.50km/2.12hrs
Path descends to track below. At junction with broad track turn R downhill.	7.8 km/2.18 hrs
Follow the track for 300m and pass a house on your L hand side. After less than 100m further on, you will spot a small cairns on your L at the side of the track. Below you is Refugio Marnes an Eco friendly holiday finca. At the cairn turn L downhill on small path.	7.90 km/2. 14 hrs
	8.3/2.26 hrs

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<p>The path descend towards the finca and past a threshing circle. At the bottom of the hill narrow track intersects with track. Turn R</p>	<p>8.4km/2.27 hrs</p>
<p>Just before stone house (Refugio Marnes) take concrete path to your L with steps in direction of swimming pool. At the bottom of short hill concrete path it turns into an earth path which skirts a field with electric fence and donkeys. Continue around the donkey field. Where path splits, take L hand option to cross small barranco then continue on L hand side of barranco. After crossing barranco the path rises slightly and follows terraces . Look for cairns. Path is quite narrow in places and near to edge of terraces – take care.</p>	
<p>Pass cave shelter above</p>	
<p>Path turns sharp R & descends to barranco floor</p>	<p>8.8km/2.37hrs</p>
<p>Path leaves barranco bottom and climbs up L hand slope – back to the car park. If you have parked near the bridge then just follow the road down the hill.</p>	<p>9.4km/2.50 hrs</p>
<p>Walk Recommendations or restrictions</p>	<p>If walking as a group, leaders should park near the bridge to capture fellow walkers as they go past. Distances are from the upper car park.</p>

Route followed is outlined in Red

