

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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

Walk description originally prepared by:-	Mary Gough, 21 March.2019	
Last Updated	14 th April 2022	
Title of Walk	El Cau (Lloma Larga) figure of 8	
Location of Start (include name of nearest village/town at start of description)	Senija CV720 Benissa to Jalon road at Km10 - layby near info/signpost Benissa or El Collado restaurant, municipal piscina.	
Key Statistics for walk - Distance in km	17.5 kms	
Key Statistics for walk - Ascent in m	830mtrs	
Key Statistics for walk - Walking time and total completion time including any stops	5 hrs. 6 hrs.	
Key Statistics for walk - Grade (using CBMW system)	VS/B	
Grid reference of start point (if known)	Lat. 38.722818 Long. 0.027938	
Directions to Start	From N332 Calpe to Benissa road take R turn onto CV720 directions Jalon. Park at Km10,layby at LHS near signpost Benissa or El Colladao restaurant	
Short walk description	A long ascent to panoramic views of coast and mountains, cross the hemispheres,wind round and across Serra de Bernia and close the ' 8 ' on the eastern side of El Cau	
Full Walk Description		Elapse Walking Time/Distance so far
From the cars follow the road upwards ignoring first L turn (Bar Collado), on the brow of the hill turn L on camino with large gated house on RHS,continue to junction and take L fork up track – after 100 mtrs turn R onto a path (cairn), follow this winding path ignoring a path from the L (Medina village)		15mins.
Pass an old barn on R and wind upwards on a rocky path to reach the ridge		1.75km.30min
Follow the well marked path winding from L to R and undulating along the ridge to reach the summit post		4km.1hr 15min
Continue along the ridge (cairns) until just before the end turn R and drop down and wind down (very rocky,loose) path to reach an animal corral		4.6km. 1hr35min

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

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

Continue directly forward on track, trend R slowly rising to reach a junction and take L fork - continue and pass a small stone building to see a deserted finca at RHS, ignore the path to R and walk straight across keeping ' fire access track ' to L . Continue on this winding path ignoring the next two paths from the R to reach a junction with obvious cairn (paint marks) and.....	7 km.2hr 12min
continue and again ignore two feint paths from R,wind across to reach small copse of pine trees (large cairn)	7.5km2hr20min
Take R fork, continue on this rocky undulating path around the RHS of barranco – ignore a path to L leading down to tarmac road, continue and stay 100mtrs on LHS of ruin, follow path downwards into small barranco then wind upwards on RHS of barranco (cairned) Pass L of the next ruin and follow track (ignore path leading off to L) to join tarmac road	8.5km 3hrs
Turn R and wind L passing Jardins Liria Iris Gardens - plot for sale),continue on tarmac to next LHS bend – opposite small house.	8.8km
Turn L onto a track with chain across (vehicle prohibit), soon after walk onto a path (cairn) leading up the LH hillside onto Serra Bernia, ignore the next L junction	9.25km
Continue to the next junction	9.5km.3hr 30min
Take R fork and continue across to keep L of imposing white wall to reach the ' solar panels ' , drop down R (cairns) across a short rocky section then work forwards immediately below ' panels ' on feint path to emerge on tarmac at RHS of another "white wall".	10.85km
Turn L and continue on tarmac passing large house ? and soon after look for track at RHS (Cycle path sign).	11.25km
Turn R and after a few metres reach a junction , turn L and continue to a RH bend before the track rises steeply.	11.6km
Turn L and continue to a RH bend before the track rises steeply	
Take the L path (cairn) wind along this path to reach a junction	12.3km4hr35min
Turn R above terraces,below woods to end then follow feint path R alongside orchards to meet a track	12.7km
Turn up R then take next L fork (cairn/blue paint) and continue upwards to reach the animal corral	13.2km 5hrs
Continue straight across the col and then wind L downwards on rocky path to reach a surface track (fire access)	14.2km
Turn L and continue to a small junction on a RH bend	15.9km
Take L fork on a well walked path – and continue to reach tarmac road.	16.2km5hr30min
Turn L and continue ignoring the first cairned (turquoise paint) path off to L and stay on tarmac until the last house on RHS and telegraph pole to L opposite 2 private tracks.	16.8km
Turn L (cairn) and follow this track through orchards to emerge on a surface road near a house,trend L and onto tarmac to a junction and turn R back to the cars	17.5km

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

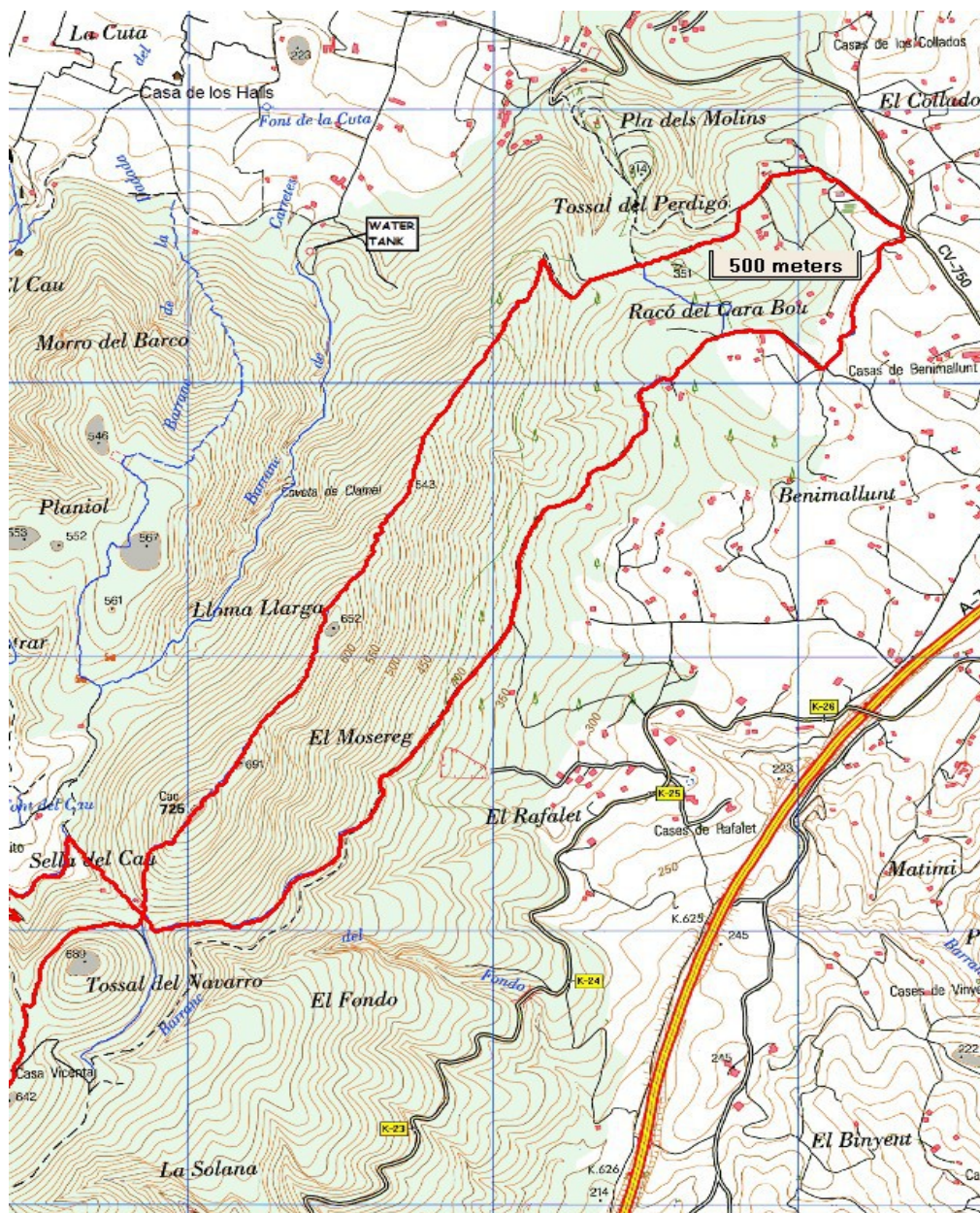
COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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

Walk Recommendations or restrictions

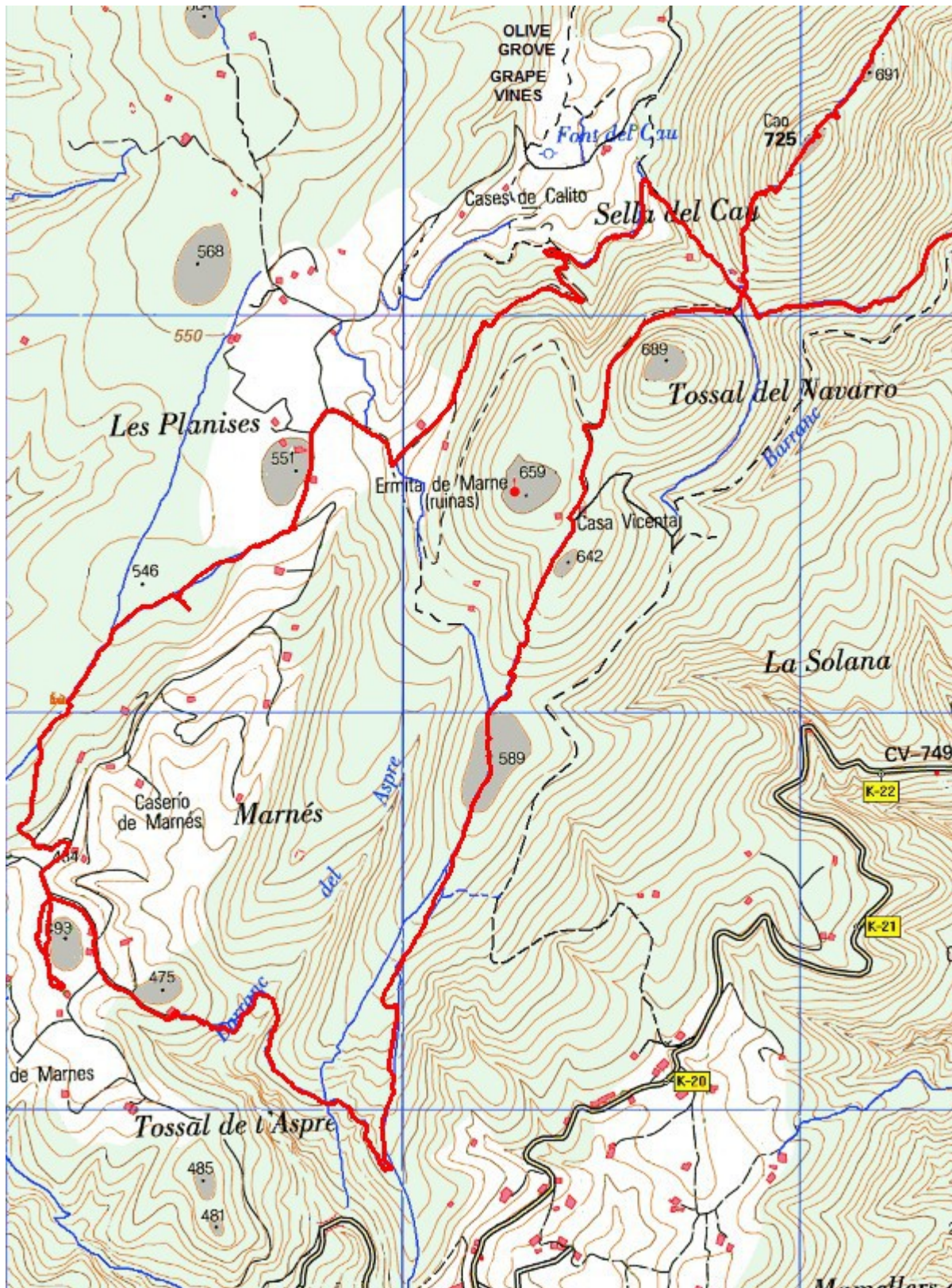
None

Route followed is outlined in Red



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

Part 2 of map.....



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