

COSTA BLANCA MOUNTAINWALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps
Last Updated	9 th October 2013
Title of Walk	Refugio Restanca to Arties
Location of Start (include name of nearest village/town at start of description)	Refugio Restanca at the head of the Val d'Arties
Key Statistics for walk - Distance in km	11
Key Statistics for walk - Ascent in m	10 (980m descent)
MKey Statistics for walk - Walking time and total completion time including any stops	3hrs 3hrs 30mins
Key Statistics for walk - Grade (using CBMW system)	MS/A
Grid reference of start point (if known)	Lat:- 42.635222, Long:- 0.853565
Directions to Start	Arties. Refugio Restanca – a remote point for start based on prior walk in to Refugio.
Short walk description	An easy retreat from the high mountains to the valley floor using paths, tracks and some roads with grand scenery all around.
Full Walk Description	Elapsed Walking Time/Distance so far
<p>Walk down to the dam and cross this to find a finger post at the other side and follow the path that goes directly downhill on the R with cairns and waymarks. Say adios to the views of the main mountain massif as you will not see them after this early descent.</p> <p>The path descends rapidly sometimes across rough terrain falling steadily to the valley floor below.</p> <p>When you reach the valley floor there is a broad track where you turn R and follow this down.</p> <p>Pass a picnic area called Prat de Ponin and continue.</p> <p>Cross the main river on a new bridge (2013) and rise slightly and ignore a side track on the LHS. Note the scree fan running high up on the LHS showing the signs of avalanches that caused much damage in mid 2013.</p> <p>When you reach a tarmac road continue ahead ignoring the continuation of the tarmac</p>	

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going obliquely off on the R.

Pass a quarry on the LHS (cantera) and then some large piles of stone and gravel on the RHS of the river but keep going down on the LHS ignoring any tracks which cross it.

At the bottom of the hill turn R, pass the Hotel Besiberri and cross a bridge. Keep descending to reach a large square with a metal sculpture of a bull. Now go L over a second bridge and uphill to the main road directly opposite the bus-stop.

Walk Recommendations or restrictions

Starts from overnight accommodation at Refugio Restanca. Can walk in conjunction with walk from Espitau to refugio.

Route followed is outlined in Red – Part route only – full route to Arties NOT SHOWN



