

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Jean & Bob hall hallbobandjean@aol.com
Last Updated	1 st December 2012
Title of Walk	Cau Ridge
Location of Start (include name of nearest village/town at start of description)	Jalon 2 different remote parking sites depending on which route you chose.
Key Statistics for walk - Distance in km	11.5
Key Statistics for walk - Ascent in m	525 - 600
Key Statistics for walk - Walking time and total completion time including any stops	3.5hr 5hr
Key Statistics for walk - Grade (using CBMW system)	MS/B
Grid reference of start point (if known)	Barrance de Cau option 760397E 4291126N Barranco de Carretes 31S 240155E 4291274N
Directions to Start	<p><u>Barranco del Cau option</u> From the N332 at approx Km. 176 take the CV750 towards Jalon, pass the Restaurant La Val, (Venta la Roja on map), on RHS & keep sharp lookout for the Camino Partida Cuta on LHS opposite a Garden Center. Drive down Camino Cuta about 650 meters to LH right angle bend and park.</p> <p><u>Barranco del Carretes option.</u> From the N332 take the CV750 towards Jalon, park (just after the 8km sign) opposite the Restaurant La Val, (Venta la Roja on map). <i>(If an extra car is available, this car can be positioned at the start of the Barranco del Cau option, to whisk drivers back to their cars. This saves a 2km (30 min.) walk along a surfaced road at the end of the walk. Not included in timing above.)</i></p>
Short walk description	A short walk on roads then ascend Barranco del Cau. We walk up the spectacular Barranco following an old water supply pipe and pass small concrete huts which helped restrict the flow. Once out of the Barranco we ascend to the summit of Cau followed by the long gradual descent along the ridge which provide excellent views all round. An alternative is to ascend via the Barranco Carretes if very wet.

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Full Walk Description	Elapsed Walking Time/Distance so far
<p><i>Note that times quoted are walking time only and do not include any rest stops or lunch breaks</i></p> <p>Walk up along the Camino Partida Cota towards the mountain. Pass a new casa on your R. Here the road ends and continues straight on as a path. Continue along this path ignoring paths off R and L and pass electricity pylon A. Just before arriving at second pylon B watch for a faint path going straight ahead and ignore obvious path going up R (marked by a red arrow). (8min 0.5km)</p> <p>Go straight on this fainter path eventually arriving at almond bancales. Continue along top tier of these bancales to the end. (4min.)</p> <p>Climb up from bancales about 10 meters and find a cross path turn L (S). Go down about 5 meters and find path off R marked by yellow dots. The path continues, passing first filter hut C. and going up the valley on the W side of the stream. At a cairn, just below a ruined casita, continue to follow the path going L (SW). This path soon crosses the usually dry streambed, to it's east bank. Cross over again to west bank before reaching hut (2) D. (15min 0.8km)</p> <p>The path continues to follow the river bed crossing a couple more times. Keep an eye out for the third hut high up on your L, this is your next objective. The path deteriorates and the climb up to it is steep. Hut (3) E. (15min 0.5km)</p> <p>The path continues climbing and it is necessary to negotiate some very steep stone steps to arrive at hut (4) F. (5min 0.1km)</p> <p>From this hut the path continues less steeply but quite high up along the E side of the barranco and requires great care. You soon reach hut (5) G on a rocky promontory. <i>(From here sight the summit of Cau 724 meters, with its small white pillar, to the SE.).</i> (12min 0.3km)</p> <p>Continue, pass hut (6) H, slowly winding along the E side of the barranco to reach an olive grove. (21min 0.9km)</p> <p>Continue along the LH side of the grove, passing some grape vines, to meet a track, which you follow, ignoring track off L, to reach a tarmac road K. (8min 0.3km)</p> <p>Turn L and pass a well on your RHS and then a renovated finca again on your RHS to reach a track, going up sharp R. marked by an inconspicuous blue dot M. (7min 0.4km)</p> <p>Continue on this track and find cairn on LHS marking path N up to col. (4min 0.2km)</p> <p>Climb this path to reach the ruin P, on RHS, at the col. (8min 0.4km)</p> <p>At the ruin find the path, marked by cairns, which leads to the summit of Cau. Arrive at trig point R. (15min 0.4km)</p> <p>Until a few years ago there was no path along the generally broad ridge going NNE from the summit and one found the "best" way by more or less keeping to the ridge. Now there is a "way- marked" path starting from the white Trig point along the ridge which makes the traverse easier. Soon after leaving the Trig point the path along the</p>	<p>8min 0.5km</p> <p>23min 1.3km</p> <p>38min 1.8km</p> <p>43min 1.9km</p> <p>55min 2.1km</p> <p>1h 16min 3km</p> <p>1h 24min 3.3km</p> <p>1h 31min 3.7km</p> <p>1h 35min 3.9km</p> <p>1h 43min 4.3km</p> <p>1h 58min 4.7km</p>

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ridge turns **L** down a small cliff before continuing along the ridge. **(1min.)**

Continue down the long ridge passing several new cairns on your **LHS**, which may well mark paths, which detour some of the crags. (Any good way down into the Barranco de Carretes is unlikely until the end of the ridge.)

The path finally ends at a small "quarry" **Y** from where a track descends. **(55min 2.5km)**

2h 53min 7.2km

It is tempting to make a "bee line" down to the bar below but at present no path has been found and the maquis is a severe deterrent so we take the track down to pass a ruined shed and bee hives on the **LHS** soon after which the track turns down **L**.

Ignore the tracks off **R** and wind down to reach the surfaced CV750. **(30min 1.4km)**

3h 23min 8.6km

Turn **L** to the car opposite the restaurant/bar "La Val". **(8min .6km)**

3h 31min 9.2km

Or, if no ferry car was left, continue along the road to the Garden Center turning **L** along the Camino la Cuta to your start. **(Add 30mins.)**

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THE START Barranco del Carretes option

Start from opposite the La Val restaurant and walk along the CV750 towards Jalon & take the first road off **L**. **(1min.)**

Walk up this road, at a Y junction bear **R** ignoring the track **L** and then little further arrive at a track going off up **R** which you ignore **(12min 0.9km)**

12min 0.9km

Go straight on passing a circular deposito **W** on your **LHS** after which keep a sharp lookout for a cairn on your **RHS** marking the start of the path up the Barranco Carretes. **(2min 0.1km)**

14min 1km

Walk up this path, which follows the **E** side of the barranco to reach a small clearing turn **R** and in after few meters find a path **L** to arrive at the end of a **paved track X**. **(45min 2km)**

59min 3km

Follow this paved track, ignore the first faint track off **L**, until reaching a minor track going up **L** which is marked by an inconspicuous **blue dot M** on the **L**. **(5min .4km)**

1h 4min 3.4km

*Go to the **3.7km** mark on the description for B.del Cau option above and continue from there.*

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

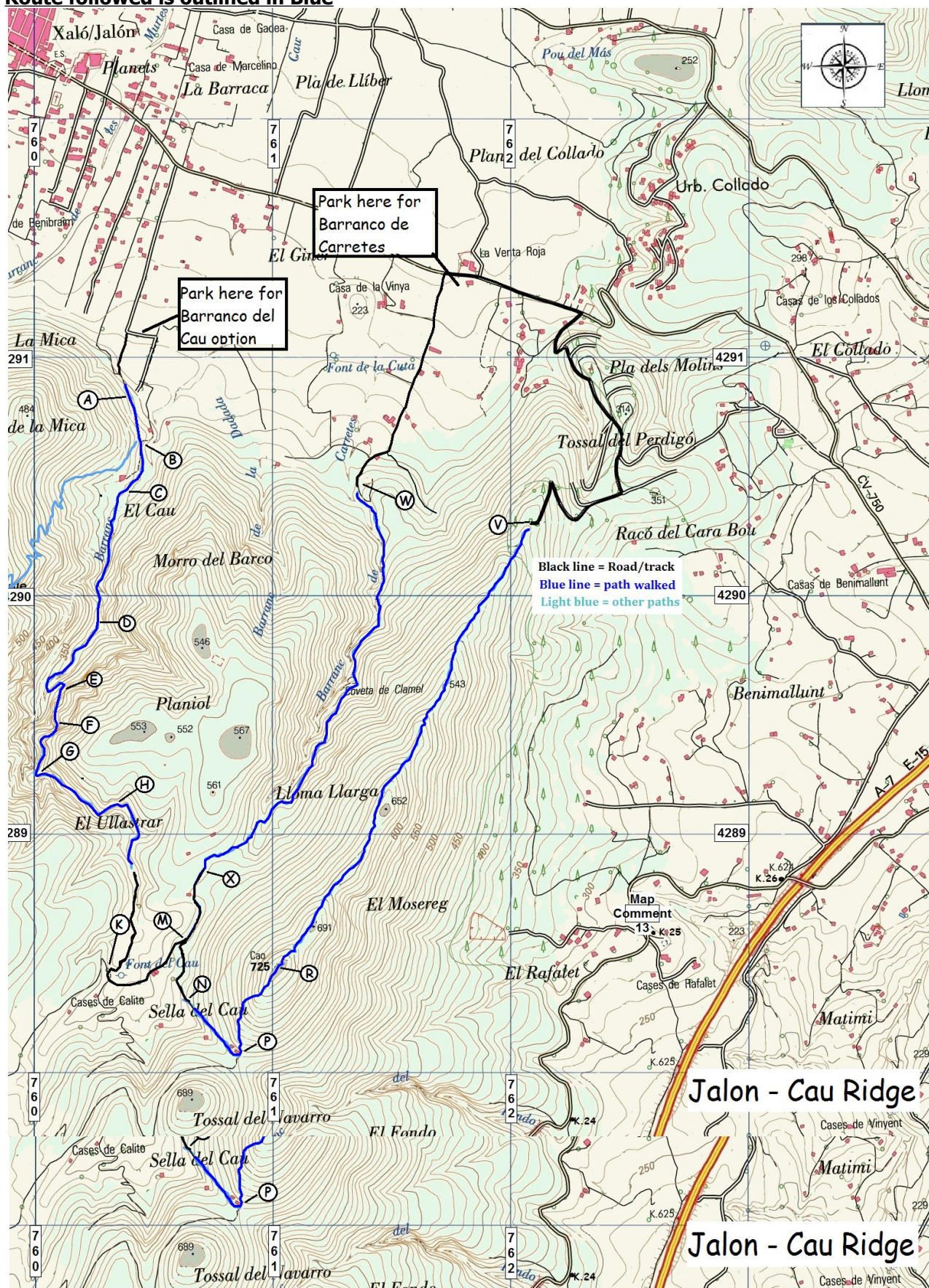
Walk Recommendations or restrictions

None

see map below.....

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Route followed is outlined in Blue



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