

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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| Walk description originally prepared by:- | Ralph Phipps |
| Last Updated | 24 th Sep 2015 |
| Title of Walk | GR11 – Day 22. Refugio de Biados to Puente San Chaime (Jaime) |
| Location of Start (include name of nearest village/town at start of description) | Benasque. Refugio de Biados in remote mountain location, accessible along rough track (pista) by 4 wheel drive vehicle. |
| Key Statistics for walk - Distance in km | 22 |
| Key Statistics for walk - Ascent in m | 980 |
| Key Statistics for walk - Walking time and total completion time including any stops | 5.5 7 |
| Key Statistics for walk - Grade (using CBMW system) | VS/B |
| Grid reference of start point (if known) | Lat: 42.660726, Long 0.377262 |
| Directions to Start | The N260 runs E-W along the central par of N Spain. From this find the A139 heading N to Benasque. The refuge is in a remote part of the mountains. |
| Short walk description | A high level mountain traverse with the second half down an easy track to San Chaime. |
| Full Walk Description | Elapsed Walking Time/Distance so far |
| <p>Leave the refuge by going half L and descending steps on a footpath.</p> <p>Intercept a track but leave it again on the L to continue on the footpath down to meet a track.</p> <p>Turn L and continue. (You can ignore the short section of R/W footpath which appears soon as it just makes a short loop and re-joins the track)</p> <p>At a bend continue ahead on a footpath</p> <p>and soon arrive at a finger post at a junction. Keep L signed Estos in 4.5 hrs and walk up the LHS of the valley.</p> <p>At the head of the valley ding round to the R where a small hut sits on a promontory above you.</p> | <p>700m, 12min</p> <p>1.6km, 30min</p> |

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| <p>The path swings back around to the L behind the hut (which is not visited) and later descends a little to reach a bridge. Cross this and walk down to the R (signed Puerto de Chistal GR11.2)</p> | 4.1km, 1hr 24min |
| <p>Cross a second bridge and turn R for a few metres before turning up the hill to intercept a footpath which turns L and starts to rise on the RHS of the valley – Barranco de Chistau.</p> | |
| <p>Arrive at the col at the top - Puerto de Chistau - (which is further than it initially appears) and turn slightly R.</p> | 7.1km, 2hr 10min |
| <p>Run level for a few hundred metres before turning down through rough scree before soon arriving at a majestic grassy valley.</p> | |
| <p>Cross and re-cross the stream several times before arriving at a stream junction where you cross to the LHS of the Rio Estos.</p> | 9.7km, 2hr 52min |
| <p>Rise slightly through thickets of Juniper and continue ahead at a finger post before finally arriving at the Refugio de Estos. (not open for refreshments until mid-late pm!!)</p> | 12.4km, 3hr 31min |
| <p>(On the way to the Refuge note several streams on the far side of the valley which emerge from under boulders without having a watercourse from higher up the mountain!)</p> | |
| <p>Walk past the refuge and zig-zag down to be nearer to the river on some paved sections of path (allowing a small tractor to bring in supplies!)</p> | |
| <p>Cross a bridge to the R and soon arrive at a small cottage (Cabana del Tarmo) on L with benches and a car park!</p> | 14.9km, 4hr 3min |
| <p>Continue ahead without crossing the river on a track that soon rises slightly to go through a gate and round the end of a spur and turns R.</p> | |
| <p>A few metres down this look out for a footpath (optional) which allows you to visit several waterfall viewpoints. If you continue ahead on the footpath you will re-join the track.</p> | |
| <p>Continue downhill for several kilometres to reach a junction with car parking where we continue L and down hill.</p> | |
| <p>Pass the Cabana de Santa Ana – a small bothy equipped with loft sleeping platform and table and fire with kindling.</p> | 18.7km, 4hr 55min |
| <p>Cross a bridge to the L and soon arrive at a hydro building with lagoon now on a concrete road.</p> | 20.2km, 5hr 12min |
| <p>At a small cairn on the RHS you can follow a footpath down to the large car park below, walk across this and re-join the tarmac road (or continue down the concrete with the same result).</p> | |
| <p>Continue ahead to reach a junction on the RHS with a hilly driveway that leads you to accommodation at the Hostal Parque Natural – a pretty family run establishment.</p> | |
| Walk Recommendations or restrictions | None |

Route followed is outlined in Red



