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Walk description originally prepared by:-	Adrian Murray and Ralph Phipps, 25 ^t	h November 2015
Last Updated		
Title of Walk	Circuit of Barranc del Cau and Alt de	l Ample from Jaloi
Location of Start (include name of nearest village/town at start of description)	Jalon	
Key Statistics for walk - Distance in km	12	
Key Statistics for walk - Ascent in m	470	
Key Statistics for walk - Walking time and total completion time including any stops	3.33hr 4.66hr	
Key Statistics for walk - Grade (using CBMW system)	MS/B	
Grid reference of start point (if known)	Lat:- 38.731992 Long: -0.01167	3
Directions to Start	From the petrol station in Jalon, take the minor road to the left of the petrol station. Shortly after this road turns sharp right, park on the grass just before the Jalon - Bernia road	
Short walk description	The walk will take you up the path to the east of Barranc del Cau following the water pipe, circling around Les Planisses and returning via Alt de Ample. Generally the paths and tracks are good but there will be a short stretch over rough ground; the views are worth the effort!	
Full Walk Description		Elapsed Walking Time/Distance so far
Continue W on the road to meet the Jalon – Bernia road and turn L here. Cross the bridge and immediately turn L onto a concrete track.		
Follow this rising gently to pass between the top 2 buildings and continue onto a terrace.		500m, 5.5min
A footpath quickly becomes apparent and rises up a couple of terraces. Ignore side turnings and continue ahead to reach a ruin where you turn R steeply up a concrete ramp (protecting a pipe) and at the top turn L onto a terrace.		1km, 14min
Ignore paths joining us from the L until you reach a uphill.	a clear fork where you keep R and	
At the next fork with a red arrow on path on the R,	ignore this and keep level and L onto	

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a terrace which quickly passes a pylon. When this path ends drop down onto the terrace below and walk along level until the terraces end when you go up a level and continue ahead on a path. 1.7km, 25min Follow this as it passes a small pumping station building. Continue ahead now in this enchanting barranco crossing and re-crossing the river bed several times and passing a further pumping station building until finally you are on the LHS of the barranco and reach a section where the path climbs steeply in zig-zags to 2.8km, 44min reach a more level path going R with yet another pumping station. Walk up some partially concreted steps across an area of erosion and then swing around to walk out to a further pumping station on a small rocky promontory. (good point for a break!) 3.3km, 57min Drop down to the L on a short rocky ramp and then continue along the path as it rises and swings around various barrancos. Eventually you arrive at a set of terraces where you walk up on the LHS soon joining a 4.4km, 1hr 15min clear track. Follow this ahead ignoring side tracks as it swings around the head of the terraces to the R and continues uphill. 4.7km, 1hr 19min When it reaches a tarmac road turn sharply R. Continue ahead until you reach a junction with a ruin just ahead of you on the LHS a track with sign - Planises - on your R. Take this track. 5.5km, 1hr 29min Continue along this ignoring side tracks and as it passes the last building along its length it diminishes to be a footpath. 6.2km, 1hr 39min Continue on this as it drops slowly and eventually arrives at a large cairn with footpath to the R. Take this. 7km, 1hr 53min Now rise up gently, soon passing a ruin (with orchids in Spring) and then continue up to a shallow col which you cross to the R, soon walking level and then gently descending with panoramic views down into our barranco and footpath from earlier in the day. Pass a ruin and then shortly afterwards reach a junction 8km, 2hr 9min where you turn L to climb up in zig-zags to reach and area just below crags with great views where you can enjoy lunch! Those minded to can climb up the craqs to quickly reach the summit of Alt del L'Ample and then return. Walk back down from the crags and turn L at the footpath junction. Now continue down this path for some time, past several small ruined casitas and eventually see ahead and below you in the valley a more substantial ruined building. You make you way down towards this but lose sight of it lower down until you reach an obscure junction where the building is directly below you and the cables and pylons are

9.8km, 2hr 53min

visible ahead.

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Ignore this and continue ahead on the footpath soon passing a fork where you earlier walked out into the valley.

You are re-tracing your steps now, so continue ahead ignoring other paths to walk onto a terrace and then turn down the concrete ramp and L at the ruin at the bottom. Walk between the buildings, onto the concrete track, turn R onto the main road and then soon afterwards R again onto your road with your parked car.

Walk Recommendations or restrictions

None. Note there are several similar walks available on Walks in Spain. Check for details.

Route followed is outlined in Red

