

# COSTA BLANCA MOUNTAIN WALKS

**PINOS – MARNES - SELLA de CAU - CIRCUIT.**

**Ref:45**

**WALK STATS: DISTANCE** 9km - **WALKING TIME** 2 ½hrs. - **ASCENT** 360mtrs. - **GRADE** Medium

*(Walking time only add time for breaks and lunch)*

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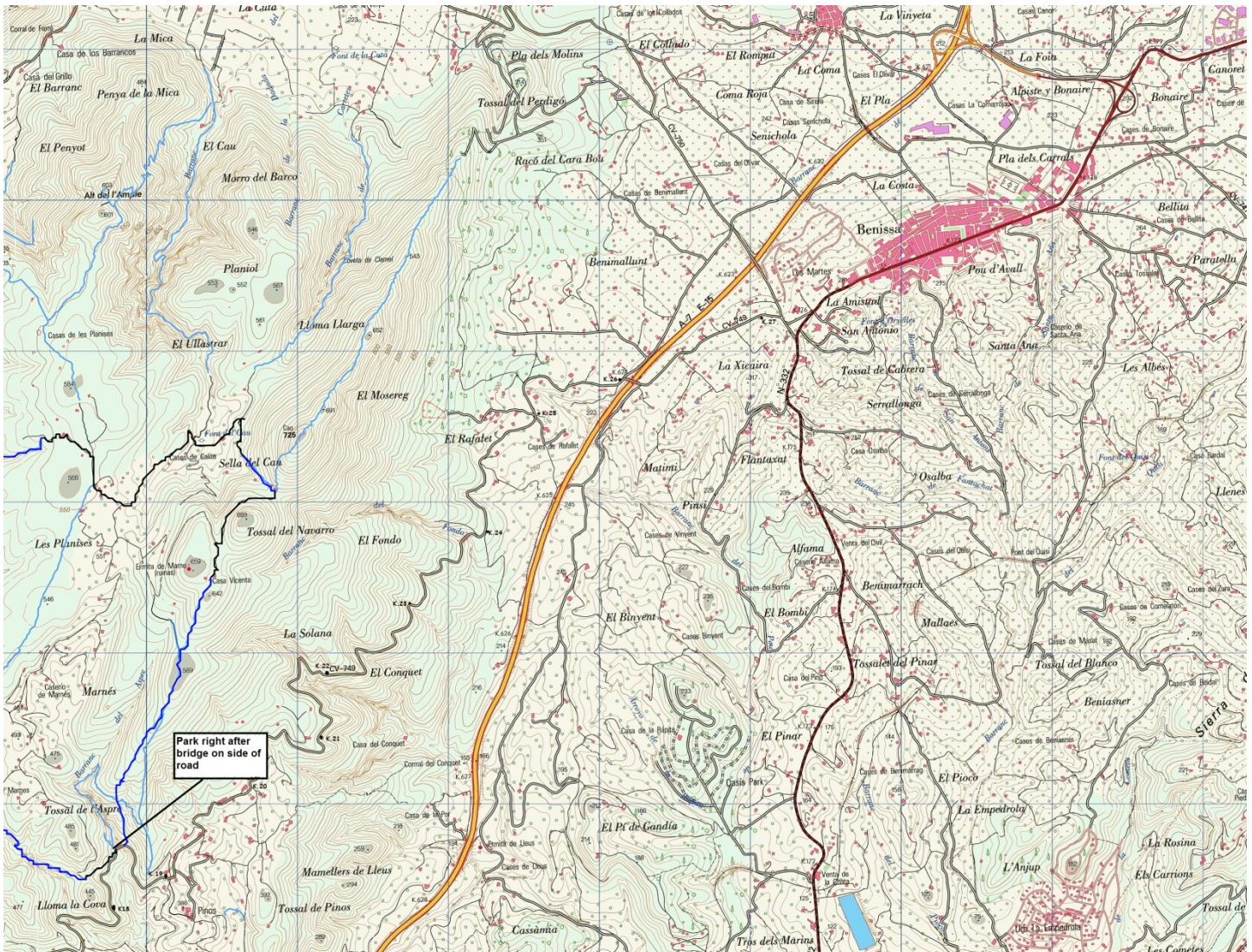
**LEGAL NOTICE:** Although we strive to make descriptions as correct as possible, use at your own risk.

## DESCRIPTION OF WALK.

A very pleasant walk in fairly level terrain, including an old mule path through a barranco, short stretches of track, and long improved goat paths among undulating hills with mountains in the background. A sharp climb to the saddle below Cau from where there is the opportunity of a short climb to its summit. Then continuing along short tracks and a long path down to the CV749 and car(s).

## TO THE START.

From Calpe take the N332 towards Benissa. Before reaching Benissa , 750 meters after the KM 175 post, turn **L**, signposted Jalon, (CV750). In 100 meters again take the **LH** road signposted Pinos, (CV749). Drive 8 km to Pinos Restaurant on your **RHS**. From the 19 km post in Pinos drive 700meters to a bridge. Cross the bridge and immediately turn **R** onto surfaced road and park (Walk ends here).759771E 4285706N. Alternatively, drive 200 meters to a bend **A**. Ample parking.



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## THE START.

*Note that times quoted are walking time only. - no breaks.*

Underlined letters are map references.

**Total distance and  
%of walk completed  
based on total time**

Walk up road to bend (alternative parking spot) and find a cairn **L** which marks the start of the path **A**.  
(5mins) **.3km 3%**

From the cairn walk down the mule path heading **NNW** and slanting down into the barranco to reach the streambed and metal hunting sign. Now the path zigzags up and then runs parallel to the streambed heading **N**. Notice a restored casita on the opposite bank of the streambed. The path crosses the streambed to the same side as the Casita and curves around right to zigzag up to a track **B** at a restored casa the “**Refugio Marnes**” Which has holiday accommodation.(A must stop to admire mules). **(22mins)** **1.3km 16%**

Turn **R** on track for 25 meters to find a cairn on your **LHS** marking a steep path up, passing an ancient era (wheat thrashing field) on your **L**, to arrive at a track above **C**. **(4 mins)** **1.4km 19%**

Turn **R** along the track and pass a restored casa on your **RHS**. Look for a cairn with arrow on your **LHS** marking a path up **L D**. **( 7min.)** **1.9km 23%**

Take this path up **L**, which curves **R** approx 200 m behind a Casa on your **RHS**, to reach a cairn at a junction with a path going up **L E**. (This leads to the **Bon Vent** Restaurant) **( 6min.)** **2.3km 27%**

But you walk straight on. Ignore next path **R** marked by blue and red dot and also the next path **L** marked by a red dot and blue X. Arrive at a **Y junction** marked by a cairn **E**. **(11 min.)** **2.9km 34%**

Take the **LH** fork going in a **NNE** direction to pass a new white bungalow and then a ruined finca both on your **RHS**. Reach a track **G**. (Which forms part of the Barranco del Cau Circuit). **(17min)** **3.9km 44%**

Turn **R** along the track ignoring first track **R** to soon meet a tarmac surfaced road **H**. **(3min.)** **4.2km 45%**  
*(Starting point of possible short cut see foot note.)*

Turn **L** down this road to valley bottom and then up to pass a well then a house both on your **R** to reach an unpaved track going sharp **R** marked by an inconspicuous blue dot **K**. **(16 min).** **5.4km 55%**

Take this track sharp **R** for 300 meters to a cairn indicating a path off **L M**. **(4min ).** **5.7km 58%**

Take this rather steep path to the saddle between Cau to the **NE** and Tossal del Navarro to the **SW**. Here is a level area with almond trees on the **R** and a semi ruined finca **N**.  
**(8 min.)** **6.0km 63%**  
*An ideal spot for lunch and for energetic ones the short ascent of Cau.(30min)*

From the finca go right, (**SW**) up the track, (with chain across), which bears to the **R** and up to meet another track at a T junction **P**. **(10 min.)** **6.6km 69%**

Turn **L** and walk initially in a southerly direction. Pass a small ruin on your **R** and another on your **L** to reach the end of a concrete road with a ‘NO ENTRY’ sign on your **L R**. **(5 min.)** **6.9km 72%**

Find a path just after the “NO ENTRY” sign. Take this path heading **SW** down to a small saddle with a cairn marking a path joining from your **R I**. This is where the earlier mentioned short cut rejoins the main walk. **(12 min.)** **7.5km 79%**

Carry straight on in a **SW** direction to reach a fork where the path divides **V**. (7 min.) 7.9km 84%

Ignore the **LH** path and continue along the path going straight on. After about **10mins** you will arrive at a point where the land drops off steeply (**cliff**). Turn **R** - there is no real path. Look for cairns and which will lead you down the slope towards the road and a little square stone building that can be seen just ahead.. The way down is steep but soon the path becomes much clearer. Arrive at the CV749 . (25min) 8.9km 99%

Turn **R** cross over the bridge and back to your car (2min) 9.0km 100%

**SHORT CUT. (2015 note: watch out for bees)**

At the tarmac road **H** turn **R** along the road to the first track off **L** (approx 100meters before the large white house). Walk up this track in a **SE** direction ignoring a track of **L** to reach a faint track off **R** just before a sharp **LH** bend. Follow this track for a short way to its end at a cleared circle and find a path going off in an **S** direction which soon meets the main walk at the saddle **T**. 30 minutes.



