

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

Visit www.walksinSpain.org for more walks descriptions in Spain

Walk description originally prepared by:-	Ralph Phipps and Philip Freakley	
Last Updated	14 th November 2016	
Title of Walk	From L'Ametlla to L'Ampolla	
Location of Start (include name of nearest village/town at start of description)	L'Ampolla railway station. Take any convenient train N to L'Ametlla to start the walk which returns you to your car.	
Key Statistics for walk - Distance in km	18	
Key Statistics for walk - Ascent in m	520	
Key Statistics for walk - Walking time and total completion time including any stops	4.5hr 6.25hr	
Key Statistics for walk - Grade (using CBMW system)	S/A	
Grid reference of start point (if known)	Lat:- 40.812038, Long: 0.708329	
Directions to Start	L'Ampolla railway station. Junction 39A on the AP7 motorway is immediately adjacent to the village of L'Ampolla. There are several public car parks and on street parking which give a short walk to the railway station.	
Short walk description	Interesting coves and beaches are interspersed with more urban scenery along this coast. With ups and downs all day it is quite strenuous.	
Full Walk Description	Elapsed Walking Time/Distance so far	
Walk out of the railway station and turn R along the side of the tourist office and a small park and at the corner of this turn L and walk down this street until you reach the sea.	550m, 7min	
Reach some balustrades above the sea and the port and turn R and quickly L down some steps to walk around the harbour entry road.		
Walk around the periphery of the harbour passing a small roundabout with a cannon!		
At the next roundabout cross the road and walk up some steps to continue walking L above the coast.	1km, 15min	
300m further on drop down to the L at a sign-post for Cala Pepo.		

Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

Now pick up R/W markers for the first time (?) with a small park on the RHS.	
Walk over a headland and down to a beach with the Hotel L'Ametlla Mar – 5 stars – across a shared beach.	2.3km, 34min
Just before reaching a small green beacon (mini lighthouse?) turn R to pass a building and continue inland on a rough track – still following R/W's.	3.1km, 45min
Continue on this track beside a large inlet on the LHS to reach tarmac and here turn L. Continue to the next junction and turn L apparently heading back to the middle of the inlet and signed towards Port de l'Estany.	3.9km, 56min
Cross the inlet and along the edge to continue along the beach until the road turns R away from the sea and here continue on a footpath with R/W.	
Cross a small beach and climb again to walk through woodland and then drop between an inland lagoon and the sea at Cala de Santes Creus.	5.8km, 1hr 20min
Cross a beach with a clear underpass beneath the railway on your RHS and continue ahead. (Platya de l'Estany Podrit)	7.1km, 1hr 40min
One of the very few clear landmarks along this stretch is a house with a miss-spelt sign saying NO PASSAR – too many sss's!! - and shortly afterwards a house with a sign saying No Smoking!! and here there is a track going off to the R which we ignore.	
Pass around some garden walls and soon after pass a small isthmus of land linked by a sandy beach.	9.7km, 2hr 28min
Reach a large walled embankment with a tunnel going under it at the Platya del Pont de l' Aliga (sp.??) and walk up the concrete ramp leading away from it.	10.2km, 2hr 36min
Near the top of this you turn back to the L on a footpath with R/W markers. This joins a track.	
Drop down to the beach again on a very broad track and across the sand for a few metres before turning R up a walled gully for only a few metres before turning L on a footpath which zig-zags up the hill and into the woods.	10.7km, 2hr 44min
Reach a small rocky promontory where there are built steps leading you up one terrace which you walk along for a short distance ascending before dropping down again using steps.	
Drop down to find some wooden steps which descend to reach a tunnel on the RHS and cross to ascend some wooden steps to a viewpoint with a rail.	
Drop down onto the beach to walk along it with HUGE R/W markers on large boulders and soon join a wooden boardwalk.	
Follow this to pass a football field and then a large wooden pergola type structure – purpose unknown!!	12.6km, 3hr 14min
Walk onto tarmac and when this ends walk up some stone steps to join a promenade.	
Walk ahead through an opening and curl down a concrete road to the L before working up some wooden steps on the R.	

Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

<p>Walk around a path at the perimeter of a large hotel on the RHS with a running track beside you and just past an elevated wooden viewing platform keep to the R of a wall (now briefly on the running track) to walk on the RHS of some fencing.</p>	<p>13.4km, 3hr 26min</p>
<p>Join a road which curls around to the R beside Platja de Cap Roig and just before this turns away from the beach turn L to find a set of wooden steps rising on the RHS to join a track which makes its way past the Hotel Cap Roig.</p>	<p>14.8km, 3hr 48min</p>
<p>Reach a T-jnc just before a flag pole and drop onto the beach, cross it and leave on the other side.</p>	
<p>Reach a beach with a row of white houses and walk along this tarmac road and then ascend slightly R.</p>	<p>16km, 4hr 9min</p>
<p>Near the top of this road keep L onto a footpath which passes around the perimeter of some houses and out onto a small promontory.</p>	
<p>Swing around to the R at the end join a road which curves back L and then straight ahead through 2 "No Entry" signs.</p>	
<p>This brings us to the outskirts of L'Apolla and now all that remains is to find your parked car!</p>	
<p>Walk Recommendations or restrictions</p>	<p>NB – the gps track appears to be slightly displaced on the map – but works well with a gps unit!</p>

Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!

Route followed is outlined in Red – the wet bits are probably on the beach!!



Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!



Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!



Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!