

## **COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION**

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<b>Walk description originally prepared by:-</b>	Jo Fletcher
<b>Last Updated</b>	21 <sup>st</sup> October 2017
<b>Title of Walk</b>	El Yelmo circuit
<b>Location of Start (include name of nearest village/town at start of description)</b>	Manzanares el Real. You need to make your way to the Canto Cochino car park which is located inside La Pedriza Park.
<b>Key Statistics for walk - Distance in km</b>	12.5km
<b>Key Statistics for walk - Ascent in m</b>	810 m
<b>Key Statistics for walk - Walking time and total completion time including any stops</b>	4hrs 30min/6hrs
<b>Key Statistics for walk - Grade (using CBMW system)</b>	S/B/Scr
<b>Grid reference of start point (if known)</b>	Lat: 40.74930 Long: -3.89673
<b>Directions to Start</b>	The entrance to the park is from the M608 which you need to approach from Manzanares el Real heading out towards Cerceda. If approaching from Cerceda there is no left turn so you need to go towards Manzanares and use the first roundabout. As you leave Manzanares after the roundabout take the road after 500m signed La Pedriza. Follow the road until you reach the barrier. If you are within the opening times (see the timings in restrictions and recommendations below) you will be able to continue into the park and continue for 3-4km to the Canto Cochino car park.
<b>Short walk description</b>	This is very varied walk with some steep climbs and descents with some climbing round boulders and then good paths for some of the way. What makes this a great walk are the rock formations and the amazing views all the way around the circuit of El Yelmo.
<b>Full Walk Description</b>	<b>Elapsed Walking Time/Distance so far</b>
Walk through the car park passing the buildings on your left. Descend down the road to the bottom where you find a footbridge on your L which takes you across the stream.	4mins/270m

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Cross the stream and turn R and cross some open land. Cross another small bridge and meet a path crossing L to R. You need to go straight on onto what initially appear to be a minor path but is marked R/W.

7mins/450m

You now have a steep climb out of the valley. The path eventually becomes less steep and you eventually reach open areas and start to get wider views out towards Madrid. After you get to a section where the path is gently descending you meet some Y/W markers which lead you L. At this point the R/W markers head more steeply down and R. Turn L

1hr8mins/3.1km

You are now following the Y/W markers which takes you up and through the boulders. The markers are mainly clear but there is a little scrambling in some places but no exposure. The path eventually starts to open out and flattens. Your target of El Yelmo becomes more obvious to your L. The Y/W path starts to bear R and away from the high ground. You are trying to spot the path with cairns that takes you L and up onto the high ground. The point is marked by a rock with Y/W indicating a R turn and a further large rock on your L which has a Y/W cross.

2hr5min/5.1km

Turn L and head up hill following the cairns and path. You continue to follow towards El Yelmo. The path drops down slightly before a sharp R turn and up the final climb to El Yelmo. You will spot a couple of re-entrants that allow you a scramble to just below the summit but you will need extreme scrambling skills to actually reach the summit.

2hr30min/6.1km

Your route now takes you away from the summit and up a slight rise to the top of the open ground. This section is then followed by a gentle descent which becomes slightly steeper and more overgrown. There is no obvious path at this point although there are several animal tracks heading in the correct direction. You are now wanting to head to your L below the rock wall and to the obvious path that goes round to the L. This is the Y/W path that you left to get up to El Yelmo. On meeting the path the going gets easier again.

2hr50min/7km

You now follow the Y/W markers on the path which starts to descend into the valley which comes into view as you go around the NE side of the feature. There are a couple of sections as you descend that require care and one that has a minor amount of exposure which may need those that are vertigo sufferers to have some additional support. Your next target is the Collado de la Dehesilla which you see below, marked with an open grass area.

3hr15min/8.1km

The path now takes you down the valley until you reach the Refugio Ginar de los Rios. The path turns R just before the refugio.

3hr 55min/10km

Drop down the path to the open ground below at river level. You are now looking to cross the river over a bridge and then turn L onto a forest path that takes you through the forest (2km) back to the buildings at the start of the walk and the car park

4hr30min/12.5km

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

### **Walk Recommendations or restrictions**

Although this appears just a reasonable ascent and distance you should take account of the large amount of negotiating the various boulder areas where walking

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is slowed considerably.

There are some areas where you need to scramble around and over boulders but this is not difficult. On the descent there is a short area on a rock slab that could be classed as limited exposure.

Entering the park is restricted at certain times of the year. The details are as follows:

Jun, Jul, Aug and Sept –

Mon – Fri Barrier is open 0730-1030.

Sat-Sun and Hols, Barrier is open 0700-0930

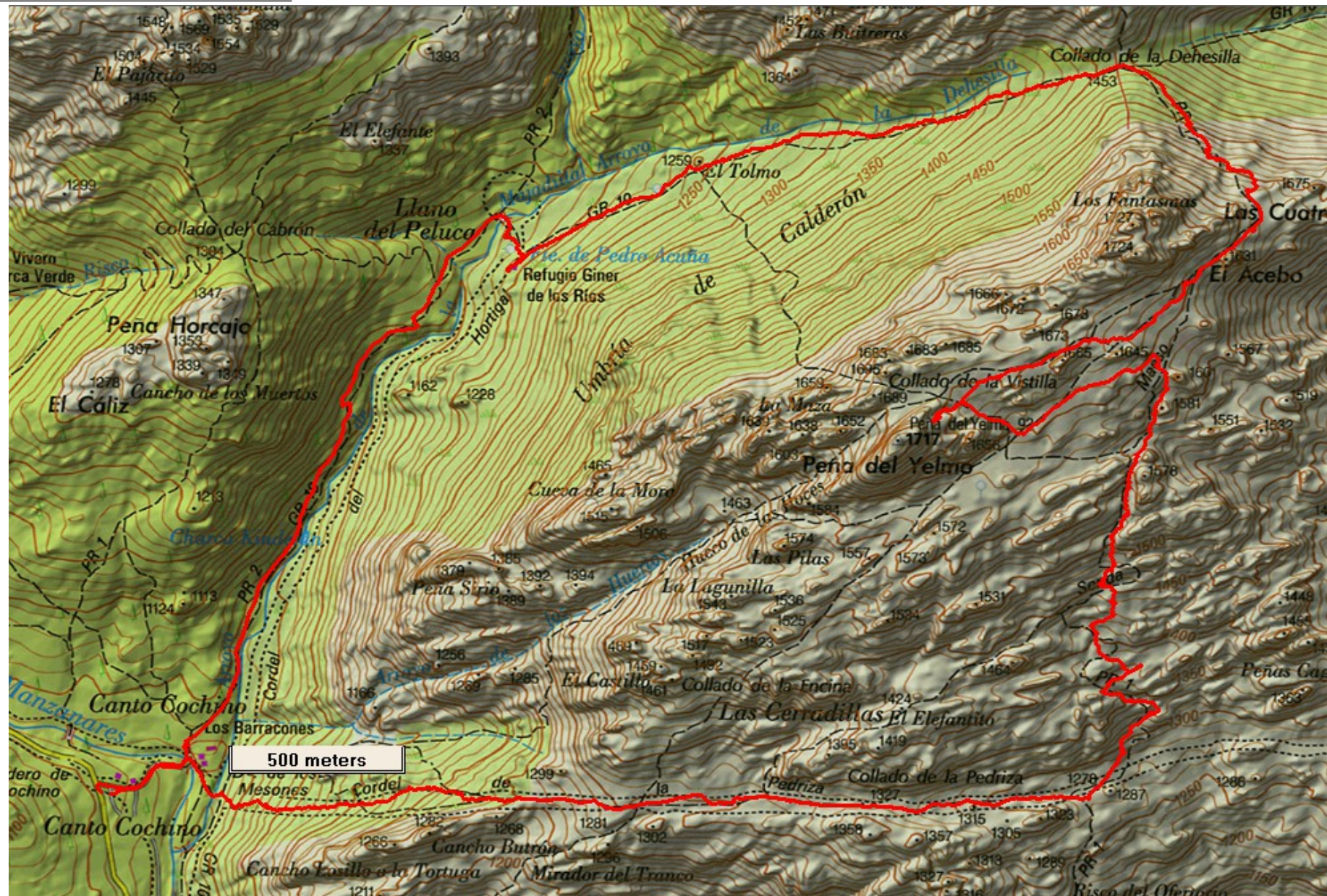
Outside these times you are required to catch the free bus to get to the start.

See map below.....

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**Route followed is outlined in Red**



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