

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION		
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Walk description originally prepared by:-	Ralph Phipps	
Last Updated	7 th October 2017	
Title of Walk	GR11 – Day 48. Port de la Selva to Cadaques via Cap de Creus	
Location of Start (include name of nearest village/town at start of description)	El Port de la Selva This town lies on the coast of Catalunya to the NW of Figueres (near the AP7 motorway)	
Key Statistics for walk - Distance in km	21	
Key Statistics for walk - Ascent in m	890	
Key Statistics for walk - Walking time and total completion time including any stops	4.33hr 7hr	
Key Statistics for walk - Grade (using CBMW system)	VS/B	
Grid reference of start point (if known)	Lat:- 42.337908,Long: 3.203674	
Directions to Start	The hotel Spa Cap de Creus lies next to a large marina and marks the plaza from which we start.	
Short walk description	A pleasant walk which is more demanding than you might expect from an essentially "coastal" walk. Good scenery throughout with the promise of the most easterly point of Spain as an intermediate destination.	
Full Walk Description	<div> <div>Elapsed Walking Time/Distance so far</div> <div> <p>Starting with your back to the sea with a Spar supermarket on your L walk ahead to pass a BBVA bank on your RHS to walk up a small alleyway.</p> <p>Move L to a cross roads.....</p> <p>and keep uphill on the alleyway and then reach a small square turn L up to the road and then directly up a small set of steps to cross a more major road then directly up a set of "rustic" set of steps leading onto a more rocky ascent.</p> <p>Cross another road and repeat the process up a mixture of steps and rocks to arrive at a tarmac road where you turn R.</p> <p>There are sign boards here and you continue on the ascending rough track soon with</p> </div> <div> <p>0m, 2.5min</p> <p>460m, 7min</p> </div> </div>	

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R/W markers. When a track joins you from the R continue ahead..... and around a barranco and steeply uphill.	1.1km, 14min
When you reach a col with a sign board continue ahead turning R, R again and then L at track junctions only a few metres apart.	2.4km, 29min
At a fork with a small building on the L and a finger post, take the L fork to pass the building.	
Drop down to a junction with a bigger track where you take the middle descending line.	
Pass a large church building of St. Baldiri (de Taballera, circular tower dates from 1558) and a few metres beyond this take a gently sloping ramp up to the R with a finger post.	3.2km, 37min
Cross the hill and walk down the far side of this and walk through a wall.	
As you reach a dry stream bed at the bottom take care to find the exit leaving L and climbing steeply.	4km, 47min
After a few metres take care to zigzag around a fence to reach a track where you walk uphill beside fields.	
Pass a ruin on the RHS and continue out to a finger post where you go ahead and downhill.	4.5km, 54min
Quickly cross a barranco and swing around to the L rising.	
Go over a small crest and swing L to descend steeply on a footpath soon with a fence on your RHS.	
Cross a barranco 3 times with a small rise after each one until you rise steeply in zig-zags through a breach in the shaley crags	
.....to continue on a small plateau as the path widens to be a track.	5.8km, 1hr 10min
After levelling off across a spur look out for a footpath going L with a small cairn and marker.	
Reach a cross roads with an "Art Installation" including a bicycle and brief case and here turn L down a track, quickly forking R onto a grassy track.	6.7km, 1hr 20min
Ignore a path off to the R and continue a little further to swing R to pass a couple of locked gates and soon get a view of our final destination in the distance.	
Swing R at a junction and then on a spur at a post swing R again and drop down to pass to the R of an occupied house on a plain and ahead up a footpath directly ahead.	9.6km, 1hr 53min
At the top of the rise go straight across a crossroads on a footpath and shortly join a fork where you turn L, steadfastly avoiding contact with the tarmac road which also goes to your intermediate destination of the lighthouse at Cap de Creus.	
Only a few metres further take a sharp R turn and then pass close to the road again before descending and finally crossing the road still on a footpath.	10.3km, 2hr 3min

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Walk through an area of broken crockery and glass and then descend awkwardly through a rocky area to touch the road before which you turn R again on a parallel footpath which is slightly overgrown.	11km, 2hr 13min
After meandering up and down a bit approach the road again toalmost certainly give up and chose to follow the road up to the lighthouse!	13.1km, 2hr 40min
As you walk around the exterior of the cafeterias and lighthouse on the N side you find a cobbled path descending in zigzags towards the sea. (Ahead in front of you you can see this path continuing around the headland to the L in the direction of Cadaques – our route)	
When you meet the road cross it directly.....	13.9km, 2hr 52min
and walk down to the RHS of this small parking area to meet the road again and follow this down only a few metres to find the path continuing L with waymarks and dropping with difficulty steeply through a bouldery area.	
Cross a small hollow slightly R and at the far side of this turn L on a footpath which soon becomes a cobbled path again leading off slightly L.	14.1km, 2hr 57min
Follow this undulating path steadfastly now for some time occasionally between walls and with G/W paint markers to finally exit onto a track (large wall opposite) where you turn R.	16.3km, 3hr 32min
Follow through houses on either side round a couple of corners to the R to reach a finger post on the RHS with a descending footpath on the L.	17km, 3hr 40min
Just before reaching the bottom of the barranco fork R working gently uphill and ignore the path on the L (signed Platya – Sant Luis) and continue ahead.	
When you meet the tarmac road turn L towards Cadaques.	17.6km, 3hr 48min
(There area couple of further footpath options along the road now which you can opt for – or just follow the road)	
There is a further fingerpost just off to the L indicating an optional footpath - ignored with our gps track.	
As you rise on the road just beyond a hedge enclosure on the LHS there is a footpath option on the RHS going level to cross an estate road and then drop back down to re-join the main road and walk ahead.	
Crest a spur with scattered houses of the village now appearing and descend to cross at a crossroads where you continue ahead and then soon on a cobbled path with steps and a handrail.	
Turn R at the bottom of these and a little way ahead fork R up a concrete road and follow this to descend to the village.	
<small>Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional</small>	
Walk Recommendations or restrictions	None

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Route followed is outlined in Red



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