

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Norbert Duck, Heidi Ruhland and Ralph Phipps	
Last Updated	10 th December 2017	
Title of Walk	Adsubia to Forna wander	
Location of Start (include name of nearest village/town at start of description)	Adsubia Village public piscina in Calle Solana	
Key Statistics for walk - Distance in km	7.5	
Key Statistics for walk - Ascent in m	440	
Key Statistics for walk - Walking time and total completion time including any stops	2.33hr 3hr	
Key Statistics for walk - Grade (using CBMW system)	MS/B	
Grid reference of start point (if known)	Lat: 38.848078, Long: -0.149070	
Directions to Start	Follow the CV700 from Pego into the Gallinera valley and arrive at the village of Adsubia. The piscina is signposted on the RHS. Go up this narrow road and park on the level. (parking for up to 15 cars)	
Short walk description	An alternative route for the CB Way and a good leg stretcher with a car shuffle before lunch in little visited terrain. Good views and forested hills.	
Full Walk Description		Elapsed Walking Time/Distance so far
Walk back a few metres to the E to find a concrete road ascending past an electricity supply tower with G/W waymarks.		
Follow this steeply up until it ends and then continue ahead on a steeper footpath which curves around to the R around a quarry and then ascends steeply to reach a track.		700m, 16min
Turn L along this and crest a col to descend on the far side on concrete to reach a junction where you turn R and pass a casita.		
Soon this becomes tarmac and ahead of you you can see a level cultivated plain and just before you reach this turn L slightly uphill on a concrete road.		1.9km, 35min
Reach a T-jnc where you turn L initially on a track.....		2.4km, 43min
but quickly on a footpath to descend steeply downhill.		

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<p>Cross a small valley and immediately turn R just above the streambed to follow this down and meet a track where you turn L quickly passing a small white casita.</p>	<p>3.1km, 55min</p>
<p>This soon becomes concreted and a few hundred metres down this look out for some faded pink arrows on a small wall on the LHS where you turn steeply uphill on a footpath.</p>	<p>3.4km, 1hr 1min</p>
<p>This rough path alternates between level stretches and (later) a steep rough section to reach a col from where you plunge down the far side.</p>	
<p>Continue until just before some cultivated terraces where you find a pain mark indicating a footpath turning L back up the hill.</p>	<p>4.3km, 1hr 23min</p>
<p>Continue until you pass a ruined casita where you plunge quite steeply down to the river bed. Turn R a few metres along this and then clamber L and up through between canes and mata (green leaved bushes) to reach a terrace.</p>	
<p>Keep to the RHS of this and walk up some steps and then a ramp to continue ahead to reach a very broad track. Turn R along this.</p>	<p>4.7km, 1hr 30min</p>
<p>Walk down this for 100m and turn L onto a track with a chain and walk uphill before turning R and more level.</p>	
<p>When this runs back down to a tarmac road join this and continue ahead on the tarmac around bends and following occasional signs towards Forna.</p>	
<p>When this drops down into a barranco and doubles back to the R leave the tarmac and continue ahead on a track soon passing to the L of a fence and crossing the barranco to gain a footpath which climbs steeply for 10m and then runs level above the barranco.</p>	<p>6.2km, 1hr 52min</p>
<p>At a feint junction keep R on the clearer path and descend to join the barranco where you turn L.</p>	
<p>After 50m look up to see a striking conifer with a single ball of foliage at the top and just past this find a cairn indicating a footpath rising steeply to the R.</p>	<p>6.6km, 1hr 59min</p>
<p>Follow this up to to finally reach a past marker in a cairn and turn L now following a line of poles uphill to soon walk to the RHS of a fenced enclosure.</p>	
<p>This path passes close to a white chiringuita (bar) but fails to visit it continuing instead uphill to arrive at a paved road where you turn L descending (R will take you up to the castle)</p>	
<p>Follow this to arrive at a road where you turn R and walk down to the parking area just outside the village.</p>	
<p>Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional</p>	
Walk Recommendations or restrictions	None

See map below.....

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Route followed is outlined in Red

