

COSTA BLANCA MOUNTAINWALKERS - WALK DESCRIPTION		
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Walk description originally prepared by:-	Martin Dunkley and David Harbach, CBMW, May 2016	
Last Updated		
Title of Walk	Forada ridge circuit (forat optional)	
Location of Start	Benissiva	
Key Statistics for walk - Distance in km	10	
Key Statistics for walk - Ascent in m	390 (460 if forat visited)	
Key Statistics for walk - Walking time and total completion time including any stops	2hrs40mins 4hrs	
Key Statistics for walk - Grade (using CBMW system)	M/B	
Grid reference of start point (if known)	Lat:- 38.819505 Long: -0.225309	
Directions to Start	Follow the CV700 from Pego westward through the Gallinera valley until you reach the outskirts of the village. There is a co-operative warehouse on the RHS. Pull onto the forecourt and pass the building on the LHS down a track to a car park	
Short walk description	All on marked quiet country roads, tracks and paths. After making the ridge via a splendid Mozarabic path we take a short detour to go to the Forat (optional) and then retrace our steps to walk along the Forada ridge, past a cave house and return down another equally splendid Mozarabic path. A great walk	
Full Walk Description		Elapsed Walking Time/Distance so far
Leave the car park from the opposite end to where you came in, continue into Benissiva, turn L at the church and on to the main road. Cross this road, turn R and after 30m go L up a road with steps initially on the R side to the top. Turn R here then after 20m turn L (you're now in Benitaia) signed La Forada. (4min, 0.33km)		4mins, 0.33km
After 100m proceed straight on out of the village on a tarmac surfaced country road with a timber post on the corner signed La Forada. Continue up this road to where a concrete surfaced road joins on your RHS. (17mins, 1.19km)		21mins, 1.52km
Turn R here and up with the Forat (rock arch) soon visible above and ahead. Continue to its end where a Mozarabic starts on the left/straight on. (4mins, 0.33km)		25mins, 1.85km
Take this path and up you go. Ignore the path that joins on your RHS (km3.22) and another 10m further on and continue up to the top. (21mins, 0.93km)		46mins, 2.78km

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There is a timber post here with a path joining on the RHS signed "La Forada 0.7km". Turn R onto this path and proceed to where another path joins on your LHS. (7mins, 0.41km)	53mins, 3.19km
Those who wish to go to the Forat continue straight on and follow the path there and back. (9mins, 0.36km). Those that don't sit, wait and be patient!	1hr2mins. 3.55km
Return back the way you came. Bear L at a fork (km4.23) and along to the ridge path. (16mins, 0.77km)	1hr18mins, 4.32km
Turn R. Ignore the path that joins on your RHS (km4.45) and stay on the ridge path. Pass a cave house on your LHS (km4.65) and continue to where a path joins on your LHS. (38mins, 1.67km)	1hr56mins, 5.99km 2hr13mins, 6.74km
Turn L onto this mozarabic path and down you go to a track. (17mins, 0.75km)	
Turn L onto this track and continue down for approx. 70m to a road on your LHS. Ignore this road and continue straight on back the way you came earlier to Benitaia, go R as you enter the village then, after 20m, first L down to the main road (you're now in Benissiva). Turn R onto this road and then, after 30m, turn L into the village. Continue up to the church where you go R and back to the cars. (27mins, 3.26km)	2hr40mins, 10km
Walk Recommendations or restrictions	AVOID WEEKENDS AS PARKING IS LIMITED.

Route followed is outlined in Red

