

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps and Mary Gough	
Last Updated	21 st April 2014	
Title of Walk	Penyas Mica, Ample and Barranco del Cau (Waterhouses)	
Location of Start (include name of nearest village/town at start of description)	Jalon, first bridge on the Bernia road (CV749) at Km 1	
Key Statistics for walk - Distance in km	16	
Key Statistics for walk - Ascent in m	700	
Key Statistics for walk - Walking time and total completion time including any stops	4.5hr 6hr	
Key Statistics for walk - Grade (using CBMW system)	S/C/Scr	
Grid reference of start point (if known)	Lat:- 38.730483, Long -0.015413	
Directions to Start	From the middle of Jalon along the calle Major take the CV749 towards Bernia. After 1km park at the substantial ruin on the RHS just after crossing a bridge.	
Short walk description	A tough walk along the less frequented ridge of Alt d'Ample, a visit to the Iris gardens and unusual tracks to return via Barranco del Cau.	
Full Walk Description		Elapsed Walking Time/Distance so far
<p>Cross the road a walk a 5 metres towards Bernia to find a rocky rib leading up on the LHS of the road. Take this as it climbs up beside a garden fence on the LHS following intermittent cairns.</p> <p>Weave R and L to find the best line (with occasional glimpses of engineered paths) and soon leave the fence behind as you climb through trees almost directly up the NW ridge on Penya de la Mica. There are clear animal and hunters tracks to follow which lead inexorably to the summit with a pole to mark it.</p> <p>Enjoy the view and then turn R along the ridge with the summit of Alt del Ample now directly in front of you. After quickly dropping down to the L you walk along terraces and climb up to the first summit guarded by terrace walls with the best route on the LHS of the ridge.</p> <p>Exit this summit by walking to the far end, dropping off to the R down to the level area</p>		<p>900m, 25min</p> <p>1.7km, 48min</p>

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below and then doubling back to the L to descend a 4m scramble down crags. Below this move R again to pass a further crag and then from here follow an improving path which keeps more or less to the main ridge line and drops directly into the col between the summit and the next peak.	
From the col there are fewer clues to guide you up, but attack the summit directly again working L to find a tricky but short exposed scramble leading to the summit. (This can be avoided by taking a clearer footpath leading L from the col and then working back around to the R avoiding the crags to reach the summit this way.)	1.9km, 50min
Walk over the summit and across rocky terrain to aim for a ruin with a well in very good condition. The best line is to pass directly between them and then work gently L to join a clearer path which arrives from over a col to your L.	2.2km, 1hr
Once you have joined this continue ahead and soon pass another ruin where at the right time of year there are orchids on display.	
Beyond this you reach a T junction with large cairn where you turn L uphill on a broader footpath.	2.8km, 1hr 9min
This runs into a track where you continue ahead to reach a pole on the RHS with Y/W stripes. Turn R here.	4km, 1hr 25min
Almost immediately turn R uphill at a small cairn with blue paint splash for 5 metres before turning L again and continuing.	
Pass a large ruin on the LHS.	
After some time reach a fork joining you from the L and continue ahead.	5.1km, 1hr 40min
At the next junction turn L running along side a wall and then R at the end of it.	
Soon after this there is a fork where a less distinct path which we take continues directly ahead and downhill.	5.4km, 1hr 45min
This runs into a track where we continue ahead downhill across terraces.	5.7km, 1hr 50min
When this meets a tarmac road turn R and then pass the entrance to the Iris gardens and soon after a large building on the RHS which could have been a school or a Town Hall!!	
Quickly after this we come to a further house on the RHS and take the track L opposite this.	6.2km, 1hr 57min
Walk down this to find a very large semi-ruined house. Turn L beyond this and pick up cairns to work R down across the terraces and generally head L. Below you on the L you can see the junction of 2 barrancos and above these to the L a ruin is visible with a footpath leading up from the barranco junction to pass it. This is our route.	
Keep on the footpath to join a much clearer footpath at right angles and turn R.	6.7km, 2hr 6min
This drops a little to cross the other barranco and then climbs steadily and on an improving line showing itself as an obvious engineered path.	
This rounds the end of a spur and then starts to descend gently and you reach a cairn indicating the start of a footpath going directly up the spur on the L at a cross roads.	7.1km 2hr 13min

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Follow this steeply uphill ignoring a path that crosses your line running level. When the spur starts to ease its slope edge gently to the R to join an obvious looking line heading up the mountain.

This becomes more and more clear as it first runs up a rocky rib and then up the ridge line.

Cross a summit and start to descend and look out here for a junction with cairn where you turn L at a fork.

8.2km, 2hr 33min

This footpath runs on the L flank of the ridge and into a shallow barranco where it widens to become a track running below 2 very large semi-ruined houses.

Follow the track past an indistinct junction and at the next clear junction start to descend for only a few metres before finding a footpath going off to the R. Follow this.

8.7km, 2hr 40min

Follow this as it joins terraces and walk across the first one that you encounter following it around until you are just below a fence corner above you.

8.9km, 2hr 43min

Now turn down hill on what is initially an unclear track in thick grass which soon becomes very clear as it runs down beside terraces to join a better track where you turn R slightly uphill.

9km, 2hr 44min

Where this doubles back to the R continue directly ahead on the lower of 2 footpaths.

After a couple of zig-zags we reach a broad track where we turn R gently uphill.

9.9km, 2hr 57min

Follow this across terraces where we pass a small casita with table outside and then join a much broader track where we turn L downhill. At the tarmac road turn L downhill.

10.5km, 3hr 6min

NB – GPS track does not follow route for next XXXm

Follow this past some stone benches on the RHS and around a bend to the R to reach a cross roads a little before a zig to the L. Turn R at the cross roads.

Follow this track around a 90 degree bend to the R and then down in trees with terraces on your LHS. Soon you have the beginnings of a water course beside you on your RHS and when you reach the end of the terraces you walk R across a concrete overflow and follow the footpath ahead.

11.3km, 3hr
16min

You are now at the beginning of the Barranco del Cau and the footpath re-cut by dedicated members of the local walking groups – enjoy!!

Follow this along past small pumping stations steadily descending.

At the 3rd of these buildings you must drop down steeply

12.5km, 3hr
38min

initially on steps and then on steep ground to reach the 4th building from where the going is generally easier. In any event you cannot miss the path!

Cross from side to side of the barranco on a clear path.

At one point when you are on the L side of the barranco you must look for a cairn where you make and abrupt turn to the R and then back around on a clearer path to the L.

As you swing to the L ignore a junction where the path joins you from the L coming

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downhill and just continue ahead to soon drop down onto a terrace (to avoid obstructions ahead) and soon after regain your height to continue on the original line of the path.	
Ignore a second path descending to join your line from the L and continue ahead.	14km, 4hr 4min
Now the same thing happens from the R and we continue ahead.	14.3km, 4hr 8min
At the next junction keep up and ahead to the L.	
Now at the next fork go R downhill soon on the top of an arched concrete covering for a pipeline and just before you reach a ruin on the R, turn L on a track.	14.4km, 4hr 10min
Continue ahead on this as it becomes a concrete road and when we reach some peach coloured houses thread slightly L to continue ahead and down to reach the main road.	14.9km, 4hr 17min
Turn L and back to your parked cars.	
Walk Recommendations or restrictions	Some scrambling and rough going involved.

Map appears below.....

Route followed is outlined in Red

