

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps
Last Updated	2 nd July 2018
Title of Walk	Circuit to Prat de Cadi from Estana
Location of Start (include name of nearest village/town at start of description)	Estana Park on W side of road entering village.
Key Statistics for walk - Distance in km	9
Key Statistics for walk - Ascent in m	530
Key Statistics for walk - Walking time and total completion time including any stops	3.25hr 4.5hr
Key Statistics for walk - Grade (using CBMW system)	MS/B
Grid reference of start point (if known)	Lat: 42.322318, Long: 1.662824
Directions to Start	From the N 260 – the main sub Pyrenean road – leave this at Martinet and take the LV4055 south and soon leave this signed for Estana some 9km further up the hill. There is parking on the RHS just as you enter the village for some 8 – 10 cars.
Short walk description	A pleasant round on the N facing slopes of the Cadi ridge with plenty of shade during the ascent, a tough descent and a final uphill – but interesting - section back to the village. Excellent views all around most of the day.
Full Walk Description	Elapsed Walking Time/Distance so far
From the parking walk uphill through the village until you reach a fork in the road where the L (and level) fork has a sign a few metres along it indicating a "P" some 800m further on.	
Take this turn which soon becomes a rough track and pass a BBQ area with font on the RHS to reach a complex fork with finger post.	800m, 9min
Take the fork that goes most uphill signed to Prat de Cadi and with Y/W markers.	
Follow this relentlessly up passing through a rudimentary gate and arriving at a concrete post.	2.7km, 1hr 4min

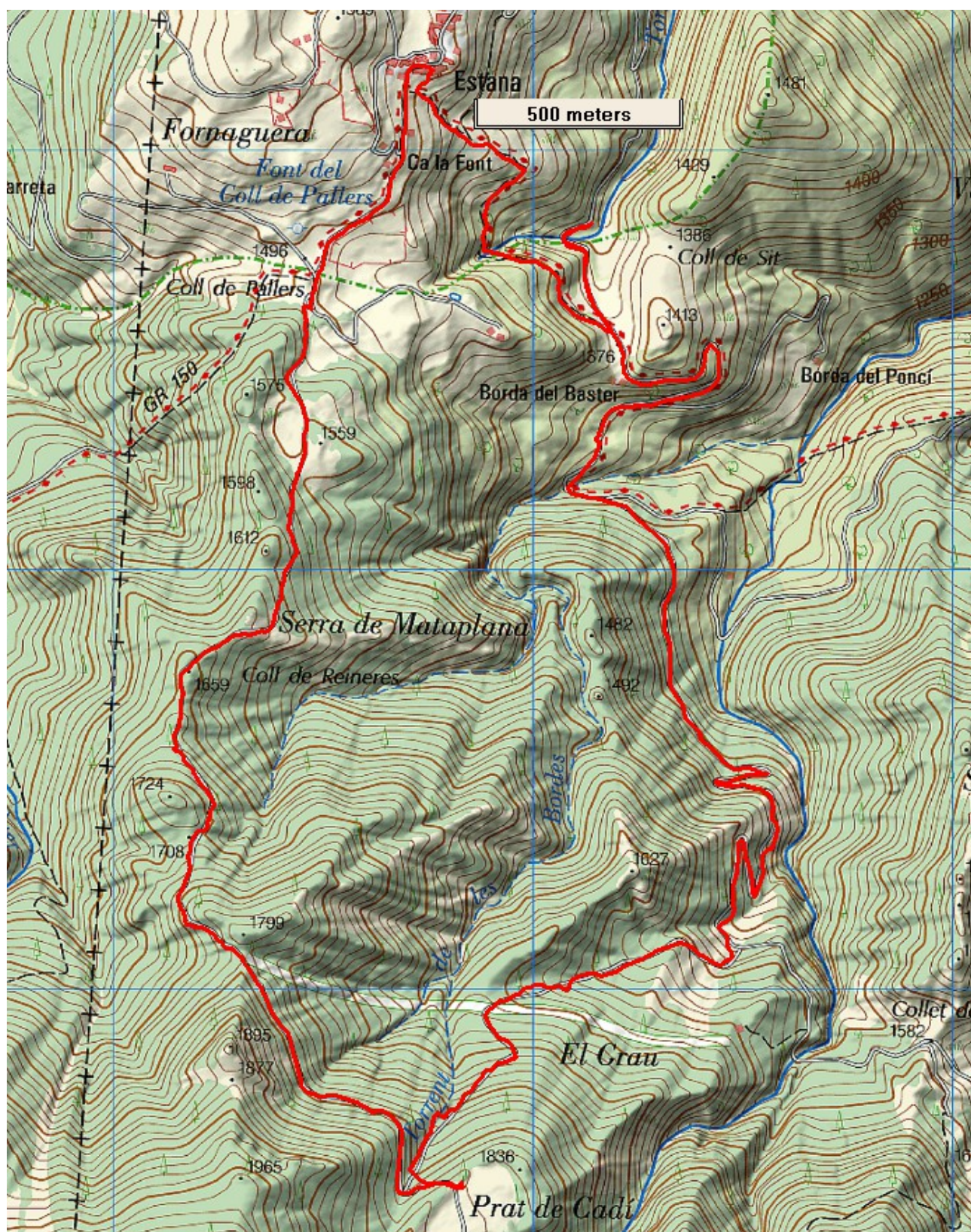
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<p>Beyond this the path is level for some time before rising up again to pass a track joining you from the L and quickly arriving at the Prat de Cadi – a very large and almost flat meadow.</p> <p>From here the views up to the crags of the main Cadi Moixero ridge are fantastic and in early summer the flowers and grazing cattle add to the scene.</p> <p>(The Y/W path continues around to the R but this quickly becomes a really tough proposition to reach the main ridge. Our route does not follow this.)</p> <p>Return the way you have come until you reach the track dropping off to the RHS after only a few metres and follow this steeply down soon beside the stream.</p> <p>This track drops relentlessly for some time and with one or two fallen trees to pass before finally arriving at a junction where we turn L to quickly cross a stream bed.</p> <p>Cross a cattle grid and continue down in zig-zags.</p> <p>Further ahead a track joins you from the R and you quickly cross a bridge with railings.</p> <p>As you swing around to the R there is a large ruin perched on a spur above you and here you ignore a less distinct track dropping off to the R and continue ahead doubling back to cross the spur just above the ruin.</p> <p>Now descend only a few metres to find a grassy track leaving on the LHS across pasture with a wire "gate".</p> <p>Follow this track rising steadily in woodland until you emerge in open pastures.</p> <p>As soon as you reach the pasture the track turns L and more steeply uphill.</p> <p>You can now see the village clearly above you. Follow this track through a shaley area without crossing a low ruined wall on your LHS and a little way up the shale the track again becomes clearer and moves off slightly L.</p> <p>Ahead you must keep slightly L again (you are avoiding paths and tracks that simply lead into the fields now) on a thinner vegetated line which soon opens out again and this cobbled lane leads up towards the village.</p> <p>Just below it you swing R across towards a house from where a concreted path leads back up to the road.</p> <p>Turn R and drop down to your car.</p> <p><small>Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional</small></p>	<p>3.7km, 1hr 20min</p> <p>5.2km, 1hr 54min</p> <p>7.9km, 2hr 41min</p> <p>8.7km, 2hr 52min</p>
Walk Recommendations or restrictions	None

see map below.....

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Route followed is outlined in Red



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