

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps
Last Updated	20 th November 2018
Title of Walk	Arroyo Frio and Rio Guadalquivir
Location of Start (include name of nearest village/town at start of description)	Arroyo Frio Car park on the right of the XXX road just after you have passed the village name sign.
Key Statistics for walk - Distance in km	14.6
Key Statistics for walk - Ascent in m	560
Key Statistics for walk - Walking time and total completion time including any stops	4.25hr 5.75hr
Key Statistics for walk - Grade (using CBMW system)	MS/A
Grid reference of start point (if known)	Lat:- 37.944812, Long: -2.920863
Directions to Start	From the A92N motorway which runs between Puerto Lumbreras and Granada take the A315 going N and then the A319 to arrive at Cazorla. Continue on this road through the village and on past Burunchel and further on to the village of Arroyo Frio. Park on the RHS in a car park just after the village sign.
Short walk description	A woodland walk initially with improving scenery as the day goes on. The highlight is the walk around the craggy buttresses of El Lanchon and the finish along the banks of the Guadalquivir is delightful.
Full Walk Description	Elapsed Walking Time/Distance so far
From the car park walk directly up the hill into the woods on a good track.	
Follow this as it curves around to the L ignoring a fork L and one R and then just before you reach a farm on the LHS take the steep track going off half right.	1.1km, 21min
This soon settles in to a steep climb up the hillside until it becomes almost indistinct as it curves L and then restarts the ascent.	1.5km, 33min
Eventually you crest the hill at a col just below the summit of Puntal de Gollete.	2.1km, 51min
Now abandon the track and drop down in the broad barranco directly opposite to	

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cross a few low walls and then a stream bed before continuing in the same direction now uphill towards a second col.

The path becomes clearer the higher you go after an initial section in woods with walls.

The col is fairly open and the descent directly ahead is a clear track dropping steadily.

2.9km, 1hr 7min

When you reach open pastures again continue down through these until you have passed a large rock pile in the middle of one of them and look out now for the semblance of a track a couple of terraces lower on the LHS of the pasture.

This drops only a short way before it curves R (back towards the open pasture) at a rocky gully. Leave the track here and climb the gully directly ahead. You will know you are in the right place if you reach an extraordinary pine tree in the midst of scrubby oak.

Continue just a few metres further to be confronted with a wall of karst limestone.

Effectively you have to cross this as directly as you can which requires balance and care. However if you roam up and down the edge of it a few metres in either direction you should find a pink dot which marks a route through the limestone and with diligence you can follow this to clear pasture on the far side of the limestone.

Once clear of this head due south and climb a little to intercept a large track where you turn R.

4km, 1hr 27min

Follow this down to the Area Recreativa with picnic tables and toilets (only open in season!)

5.3km, 1hr 46min

Continue along the track beyond the picnic area which doubles back to the R and soon climbs a little to reach a road.

6.3km, 2hr

Turn R on this and pass a viewing platform in a few metres and just beyond this a path descending on the RHS (at a finger post to Vadillo)

When you again reach the road turn R and continue ahead to drop down to the bridge over the Guadalquivir.

Cross this and turn R by the sign board soon descending on a spectacular path high above the river with wooden rails.

Improbably this descends directly to a weir and then beyond to a large open area from which a track continues below the impressive crags above and the multi-coloured crags on the far side of the river.

This track soon ascends a little to reach a mirador on the RHS.

Pass this and continue to a sign board at a col and here double back to the R dropping steadily.

10.7km, 2hr 57min

When the road comes into view watch for a finger post on the RHS directing you along a footpath in the woodland which eventually drops you down to an old pumping or hydro station beside the river and a bridge.

11.8km, 3hr 21min

Here turn L gently back up the road for 200m until there is a track rising in front of you between 2 houses on the RHS of the road.

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Follow this up to the crest and walk over and then down the track.

When you reach a farmhouse on the RHS your way ahead on this track is barred by gates but there is an obvious footpath going R

and soon dropping again to reach the river.

Now walk along the river bank rising and falling a little until on a clear track with the buildings of the village on the far side you reach a low bridge.

Cross this and double back to the R soon swinging up L until you reach a surfaced road on the RHS (with No Entry sign).

Turn R here and follow this up to cross the main road and your parked cars.

Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional

13km, 3hr 38min

14km, 3hr 54min

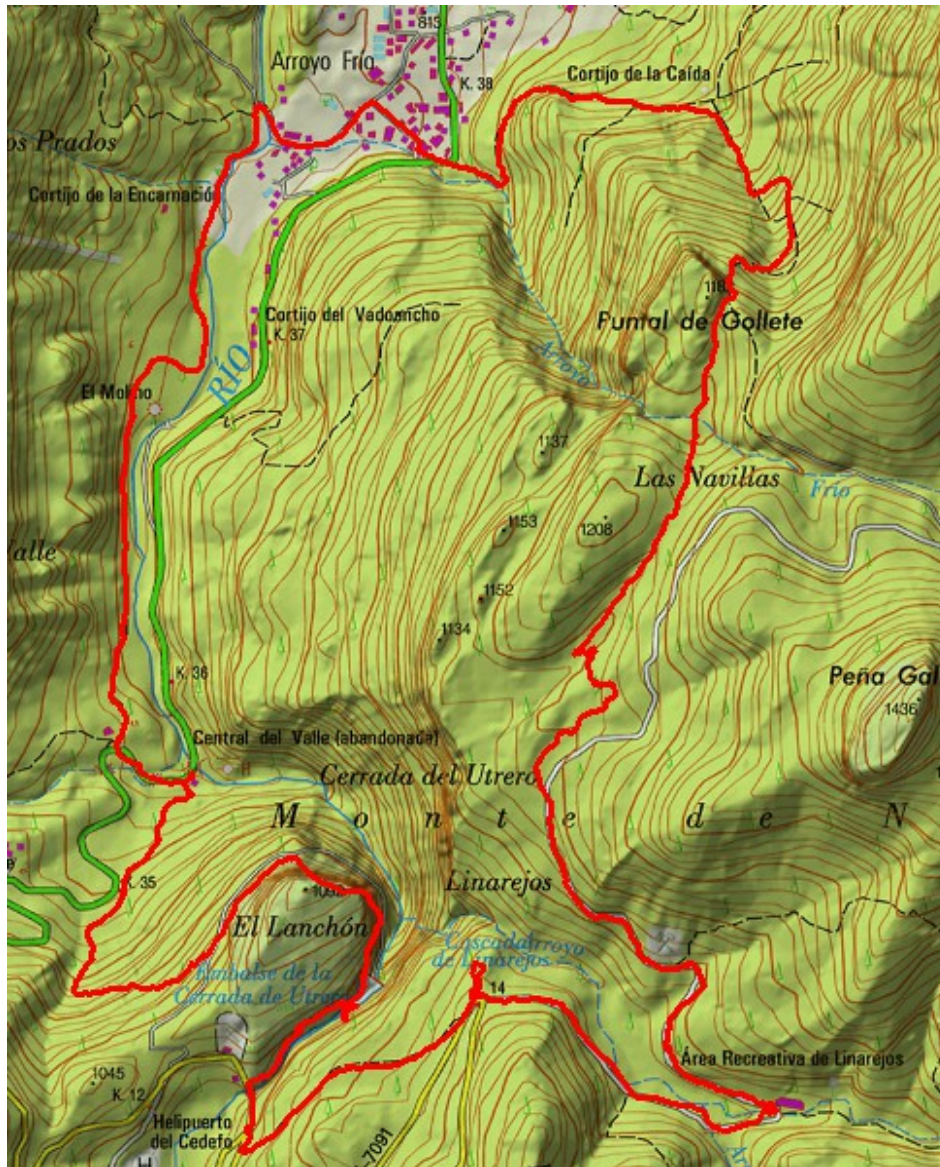
Walk Recommendations or restrictions

None

See map below.....

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Route followed is outlined in Red



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