

## **COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION**

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<b>Walk description originally prepared by:-</b>	Peter Green and Mary Gough
<b>Last Updated</b>	7 <sup>th</sup> .May .2025
<b>Title of Walk</b>	El Cau (Lloma Larga)
<b>Location of Start (include name of nearest village/town at start of description)</b>	Benissa CV750 Benissa to Jalon road
<b>Key Statistics for walk - Distance in km</b>	12 km
<b>Key Statistics for walk - Ascent in m</b>	580 mtr
<b>Key Statistics for walk - Walking time and total completion time including any stops</b>	3.75 hr 4.75 hr
<b>Key Statistics for walk - Grade (using CBMW system)</b>	MS/C/Scr
<b>Grid reference of start point (if known)</b>	Lat : 38.723557    Long    0.027748
<b>Directions to Start</b>	From N332 Calpe to Benissa at south side of Benissa take turn to Jalon (CV750), near km 10 on layby at LHS near info sign for Benissa Municipal Tennis, Padel and Piscina
<b>Short walk description</b>	A popular circular route leading up and along a low lying ridge with extensive views down to the coast and inland to the local mountains and returning along the eastern flank .
<b>Full Walk Description</b>	<b>Elapsed Walking Time/Distance so far</b>
With your back to the entrance you entered by take the ' Cami del Collao' surfaced cami, continue up ignoring a L fork (return route) and weave up through several dwellings to reach 28a	500 mtrs.
Walk onto a woodland path and continue to reach a small (cairned) junction	1.1km 20 min
Take the L turn (arrow on rock) and gently ascend to reach the original Y/W path	1.9km 44 min
Turn L along the well marked path, winding L and R and undulating, rise up a small scramble and continue forwards to reach the summit (Trig Point)	4.1km 1hr 40min
Briefly continue ahead (cairns) then drop down a short scramble at RHS, descend down the loose, rocky path to reach an animal corral and old water baths .	4.8km 2hr 10min

**Remember that you use these walk guides at your own risk. Take precautions and if unsure – turn back!**

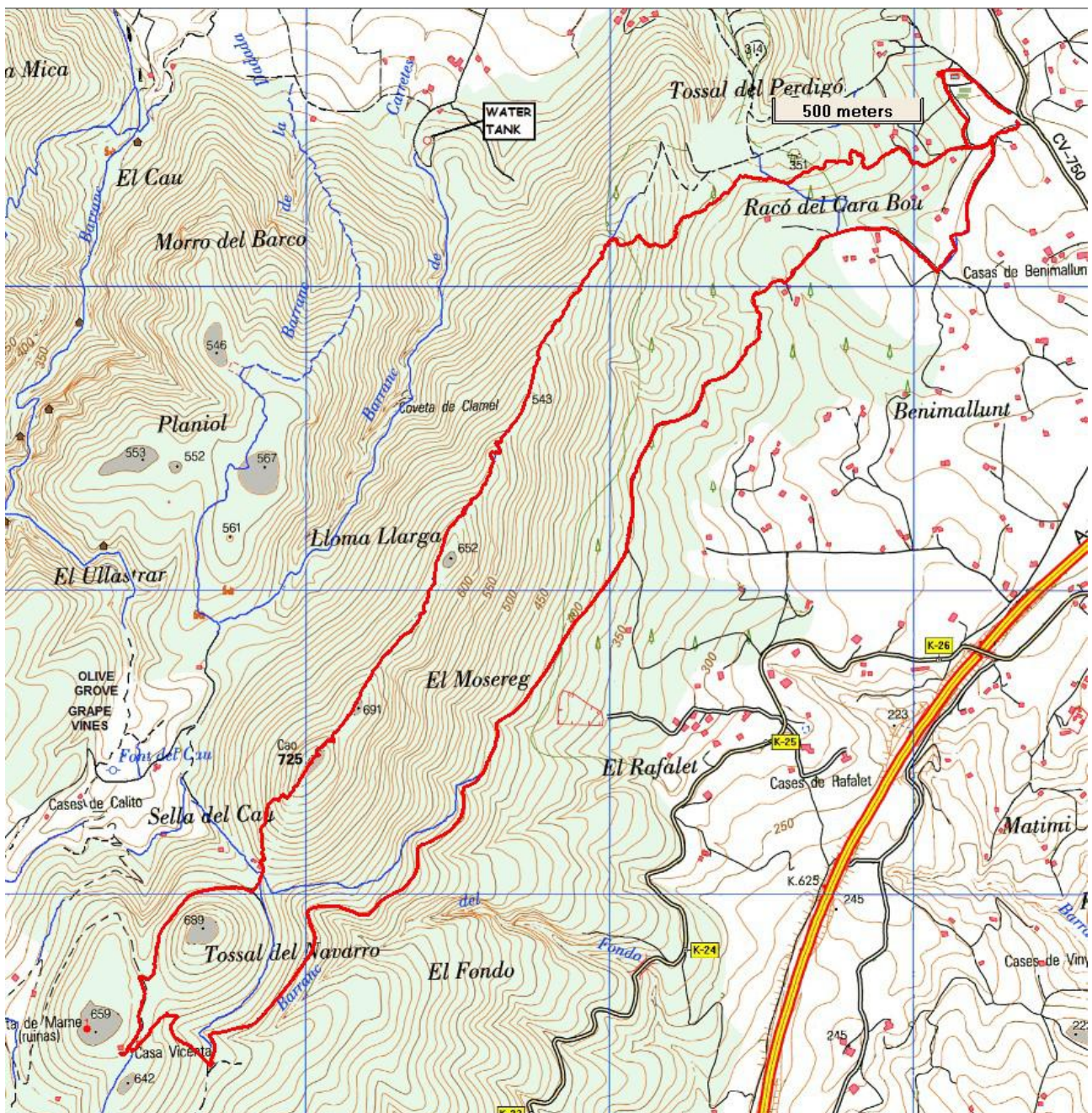
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Pass to LHS of corral and go directly forward on a track slowly ascending to reach a junction	5.5 km
Turn L and continue to reach a junction with an old Finca to RHS (good lunch spot)	5.7 km 2hr 50min
Retrace steps to junction and turn L down a track near red/white 'No Vehicle 'entry sign, onto a surface track and continue down passing a viewpoint and water depositor and continue to reach a junction on a RH bend	9.5km
Take L fork onto a path to reach a tarmac road	9.8km 3hr 20min
Turn L and continue ignoring a path at LHS with cairn/turquoise paint and continue to pass the last house on RHS (2c) to a crossroads with finger post at LHS, bridle path sign	10.4km
Turn L onto a path and follow the obvious path through dwellings to emerge on a surfaced road, trend L to a junction to meet tarmac cami, turn L for a few metres then turn R onto a clear track leading to tennis club and a bar /restaurant	11.4 km
Trend R in front of bar, pass through car park and turn R to return to cars	
<small>Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional</small>	
<b>Walk Recommendations or restrictions</b>	None

see map below.....

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**Route followed is outlined in Red**



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