

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps
Last Updated	12 th March 2020
Title of Walk	Roca del Migdia from La Caramella
Location of Start (include name of nearest village/town at start of description)	Els Reguers Remote car park near end of rough track approached from near village of Els Reguers.
Key Statistics for walk - Distance in km	10
Key Statistics for walk - Ascent in m	806
Key Statistics for walk - Walking time and total completion time including any stops	3.5hr 6hr
Key Statistics for walk - Grade (using CBMW system)	VS/C/Scr
Grid reference of start point (if known)	Lat: 40.806863, Long: 0.392572
Directions to Start	From the AP7 motorway take the C12 north past Tortosa. Once you have crossed the river reach a roundabout with traffic lights. Turn L on the TV341 for els Reguers and Alfara de Carles. After 2km turn left on to a smaller road signposted for Caro and then, after a further 2km cross an irrigation canal and after 50m turn left on to a small road. Follow this for 4km to its end at a T-junction. Turn left here and then immediately right by a green sign for 'Cami de la Caramella'. Follow this track, very rough in places, for 2km to a newly-made car park above you on the RHS.
Short walk description	A tough but very rewarding route – pinnacles, cliffs, chasms and often ibex, through some of Els Ports most spectacular scenery. One airy, but not dangerous or difficult moment on the ascent and a steep start to the descent.
Full Walk Description	Elapsed Walking Time/Distance so far
From the car park drop down to the track and turn R heading for the cirque of mountains in front of you.	
At a fork in the track go L and drop down to a pump house and keep L of this and keep on the lower track which soon becomes a footpath.	570m, 8.5min

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This crosses the stream bed to the L and doubles back in the direction of the pump house and when you are level with this you start to rise up before reaching a cairn where you double back to the R now travelling upstream once again. Soon there are plentiful red paint waymarks.

Reach a col just after passing through a derelict fence and drop down a few metres before turning R up the ridge line.

2km, 42min

The route now weaves from the L to the R side of the ridge making its way across an exposed level traverse under an overhang and then climbs very steeply until you scramble up a rocky gully to emerge on a level plateau. Follow the paint marks to drop a little and reach a second level plateau where you turn abruptly R and start to climb again.

2.7km, 58min

Soon you are faced with the imposing face of Roca del Migdia which appears impenetrable but a little way up you will see a large red and curved waymark on the face of the crag. Work up to this and follow the direction of the waymark to crouch through the rocky hole and emerge on the far side.

3km, 1hr 7min

Immediately through this turn L along a second exposed ledge and then work up to the L carefully watching for the waymarks to ascend a further scrambly gully and finally reach a large plateau where a little way back from the edge there is a small metal plate as a footpath marker.

3.7km, 1hr 21min

This sends you to the L for Roca del Migdia and Mola Castellana and we follow this as it rises and then swings back around to the R climbing through box bushes.

This reaches what appears to be a col but as you reach it, it opens up to a wide plateau with a rocky edge on the L with tremendous views out over the pinnacles of the Ports.

4.2km, 1hr 32min

Continue around just back from the edge on a clear path which soon rises up through open ground to reach a junction with large red paint "T" and metal marker plate. Continue to the R still rising to soon walk into scattered woodland just below the ridge line above you on the R.

4.4km, 1hr 36min

Soon this path drops down to a col.....

5km, 1hr 47min

and just before reaching this turn R across open ground with the box bushes immediately on your L where a clear but thin path appears on the ground. When you reach a gap in the bushes on your L the path doubles back down through these to follow scattered cairns and cross a barranco to the far side where you are in open ground with scattered trees. (This "diversion" is to avoid a further climb up and over a crag before starting this descent down the barranco)

The path now descends very steeply for a while to the L of the barranco to reach a junction with metal plate marker where you turn L towards "La Caramella".

6.4km, 2hr 17min

Reach what appears to be a fork with a path line rising up to a small col but our path turns back down hill to the L before the col.

6.9km, 2hr 28min

Cross a stream and double back to the R and soon reach a T-junction where you turn R still towards La Caramella.

7.3km, 2hr 34min

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Re-cross the stream and clamber up just a little before turning towards the L to reach a series of "viewing platforms" looking back into the cliffs of Cua del Cavall on the L.

Pass a further red "T" where we keep R still descending.

Reach a sign plate where we turn L towards Casa de Carvallo.

After a more level section where you dip in to the barranco and walk above it on the L you pass a ruin and a few metres after this reach a T-jnc where you turn R.

This returns you to the water pumping station where you turn L and return along the track to your parked cars.

7.5km, 2hr 39min

8.8km, 3hr 4min

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

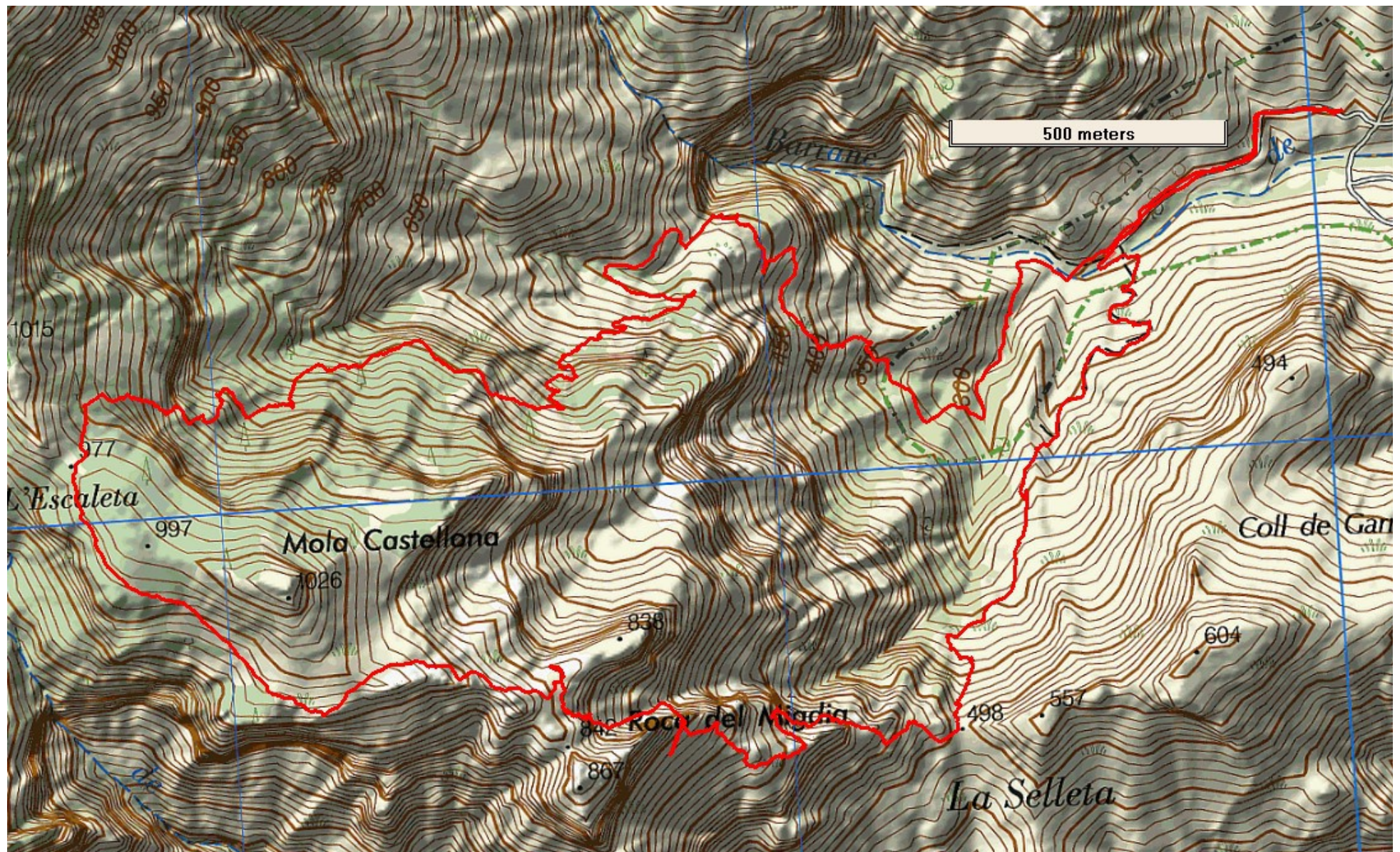
Walk Recommendations or restrictions

Steep and challenging route with several scrambling gullies.

See map below.....

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Route followed is outlined in Red



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