

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	John Mail, 27 th March 2020
Last Updated	1 st March 2024
Title of Walk	Sierra Helada from Benidorm (bus shuttle)
Location of Start (include name of nearest village/town at start of description)	Benidorm Melia Hotel (bus stop Avenida Severo Ochoa 1
Key Statistics for walk - Distance in km	8.5 km
Key Statistics for walk - Ascent in m	670 m
Key Statistics for walk - Walking time and total completion time including any stops	3.25hr 5 hrs
Key Statistics for walk - Grade (using CBMW system)	S/B
Grid reference of start point (if known)	Lat: 38.5711, Long: -0.0697 Car park Lat: 38.5400, Long: -0.10447 after bus shuttle
Directions to Start	3 km south of Altea at traffic light controlled roundabout at km 153.5 on N332 (Avenida Europa) in Albir turn towards centre Albir (signposted "Playa del Albir") on Avenida de L'Albir (CV 753). At first roundabout after 380 metres take first exit signposted to "Playa del Albir". After 80 metres keep left at major intersection. Continue for 0.5km to Supermercado "Consum" and park behind it. (Not in customer parking). Park car and walk to the front of Supermercado "Consum" and cross the road to catch the bus number 10 near cafe "Malibu" (good coffee). Bus runs every 20 mins and costs €1,55 in 2020. Have coins ready for driver as you enter at front of bus – notes are not welcome. After 30 minutes or so you will arrive at bus stop just beyond "Benidorm Palace" stay on bus for two more stops and get off besides Melia Hotel (bus stop Avenida Severo Ochoa 1 – BND 231)
Short walk description	A cliff walk with spectacular views from Benidorm to Altea. Most of the route is over quite rough ground but on well marked and defined paths. Some minor scrambling and some descents are loose underfoot.

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Full Walk Description	Elapsed Walking Time/Distance so far
Leave the bus and walk to your left for about 100 m until you reach a pedestrian crossing before a roundabout.	100 m, 1 min
Cross the road and turn right and continue to the next junction. Turn left into Avenida Paris.	150 m, 2min
Walk up Avenida Paris until you reach a big irregular roundabout.	590 m, 8 min
Stay on the left-hand side of the road, pass by new development and its access road and a newly built stone wall until you reach a steep, short earthen ramp that rises up to pass under a wooden pole. Pass under the pole and you will be between the new development and a steep bank. Follow the track upwards towards an electricity overhead line to the ridge where there is a small plateau and views over Eastern Benidorm.	750m, 11min
Turn sharply right and take a path directly towards the next electricity transmission tower. Stay on the path and pass to the right of the tower and continue to ascend. You will follow this path for about 1km up to the Sierra Helada Ridge in front of you.	
The path flattens out for a short distance before you enter a thinly wooded area. You are now higher than the highest skyscraper ... and you did not use a lift!	1.4km, 25 min
After the wooded area you will reach a cairn of stones and a fork in the path. Take the right-hand path and continue uphill.	1.5 km, 29 min
Before you reach the top of the ridge you will reach a mature pine tree which provides some welcome shade on a hot day. Just past the pine is a cairn of stones.	1.7 km, 35 min
Take the path to the left and continue up to the top of the ridge. There are many paths at this point but they all lead to the summit where there is an enormous cairn of stones and stunning views over the sea and Benidorm.	1.8km, 37 min
From now on the trail is marked with Yellow and White stripes. The path follows the cliff edge for about 4km passing several undulations to the summit (Alt de Goverador) and the northern end of the ridge where there is a large antenna complex. In some places along this section there are several parallel paths as it is quite a popular route. The majority of these paths rejoin one another and some go closer to the edge for better sea views. When in doubt follow the yellow and white marks.	
From the summit cairn take the path north following the cliff edge. You will soon reach your first valley and the path drops steeply. There are at least four paths to choose from. The path nearest the sea is the marked route but it is very steep with loose stones. I prefer to take one parallel to it but slightly further inland. The paths zigzag down to the bottom of the valley where you must rejoin the marked path close to the cliff edge.	2km, 42 min
Cross the valley and start to climb back up the next hill. You will be able to see stunning views of the small island (Illa Mitjana) below to your right.	2.2km, 44min

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Pass the summit of this undulation.	2.4 km, 51 min
Follow the path to the bottom of the next valley where the path hugs the cliff edge.	2.6km, 1 hr
Climb again out of this valley and drop down to the bottom of the next undulation where you pass a small sunken water tank to the left of the path.	3km, 1Hr 8 min
Climb up the other side of the valley to reach the ruins of a small stone building. This location makes a good lunch stopping place – but on a windy day you might want to drop into the next valley.	3.2km, 1hr 19m
Cross the next valley near to the cliff edge from where you again have great views to the island. The next climb is the steepest of the day and requires some scrambling (hand holds). There is more than one way up.....	3.7km, 1hr 34 min
all the routes come together at the top and you follow the marked trail down to cross next valley. Now follow the main trail to climb again.	4 km, 1 hr 40 min
You now climb to the last significant summit before the antenna station.	4.3 km, 1 hr 50 min
Follow the marked path until you reach a signpost with "Alt de Governador". There is a paved road not far inland at this point which can be used as an emergency way off the mountain if needed. Continue along the marked path which rises again at this point	4.8 km, 2 hr
The marked path meets the paved road but we stay on the ridge for a little while longer by taking the ascending path to our right (unmarked) .	5 km, 2hr 5 min
After crossing a small hill the path drops to a stony field. Stay to the left of the field and join the paved road which goes up to the antenna station.	5.1 km, 2 hr 8 min
Follow the paved road past the water reserve up towards the antenna station. Approx 70 metres before the station there is a path to your left.	5.7 km, 2 hr 17 min
You can take the path to the right to the summit (alt de governador) to see the views to the lighthouse – but the antenna station does spoil the setting!	
We take the marked path to the left and follow it down towards Albir. The path has frequent yellow & white marks and is well used. Some parts of it are very slippery in the wet and have loose small stones.	
Continue downhill until you reach a signpost to the left to "Cami de Cantera". Turn right and continue to descend towards Albir	6.8 km, 2hr 50 min
At signpost keep straight ahead in the direction of "Parking"	7.2km, 2hr 57 min
The path ends by the visitor centre where there are toilets.	7.3 km, 2hr 58 min
Pass through the park gate and turn right. At the end of the car park cross the road and take the path across the diagonal of area of waste ground. Cross the road and pick up another path through an area of waste ground and rejoin the road next to a recreation area (boule/petanc park). Follow the road downhill.	

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Turn right continuing down Cami Vell de Far to pass Hotel la Riviera	7.8 km, 3 hr 5 min
Follow the road down to the beachfront area where places of refreshment can be found	7.9 km, 3 hr 8 min
At the junction of Cami Vell de Far with Avenida de l'Abir turn left and follow this road for approximately 500 m back to Supermercado Consum and your parked car	8.5 km 3 hr 15 min
Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional	

Walk Recommendations or restrictions

The route is quite short but it is quite tough with a lot of very broken trail. There are no water sources throughout and in summer there is little shade.

See map below.....

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Route followed is outlined in Red



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