

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

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<b>Walk description originally prepared by:-</b>	Mary Gough
<b>Last Updated</b>	13 <sup>th</sup> June.2021
<b>Title of Walk</b>	Cuesta del Rio Higueron circuit from Frigiliana
<b>Location of Start (include name of nearest village/town at start of description)</b>	Frigiliana, Andalusia Plaza del Ingenio
<b>Key Statistics for walk - Distance in km</b>	6.15
<b>Key Statistics for walk - Ascent in m</b>	400
<b>Key Statistics for walk - Walking time and total completion time including any stops</b>	Total time 2 hrs
<b>Key Statistics for walk - Grade (using CBMW system)</b>	M/B
<b>Grid reference of start point (if known)</b>	Lat. 36.791429    Long.   -3.894934
<b>Directions to Start</b>	Plaza del Ingenio .(original Palace of Counts of Frigiliana and only remaining molasses (cane honey)factory in Europe) From the A7 near Nerja take the MA-5105 to the centre of Frigiliana,
<b>Short walk description</b>	An ideal half day walk - down a tree lined riverbed with several 'cascades ', delightful birdsong then through farmland, pine forest, along a low ridge with extensive views of the mountains and coast.
<b>Full Walk Description</b>	<b>Elapsed Walking Time/Distance so far</b>
From the ' Plaza ' turn east down Calle Cuesta del Aperio and ascend down this lane to the riverbed.	500mtrs.10mins
Turn R down rocky base, pass old terraces and a cave (now closed to protect the prehistoric remains) and continue occasionally coming out of LHS on small well walked paths to reach a more distinctive path at LHS with blue paint circles,	1.8km 35min
Walk forwards a few metres to view a small 'cascade ' (waterfall) then return to blue marked rocks.	1.92km.40min
Turn L on this path which soon leads to a descending rocky staircase beside a high cascade (Cahorras) – (take care down this as the sides are open and the only protection are old metal posts with unreliable string between – in the future the ' Conservationists ' may replace this) once at the bottom continue downstream until the riverbed opens out	

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

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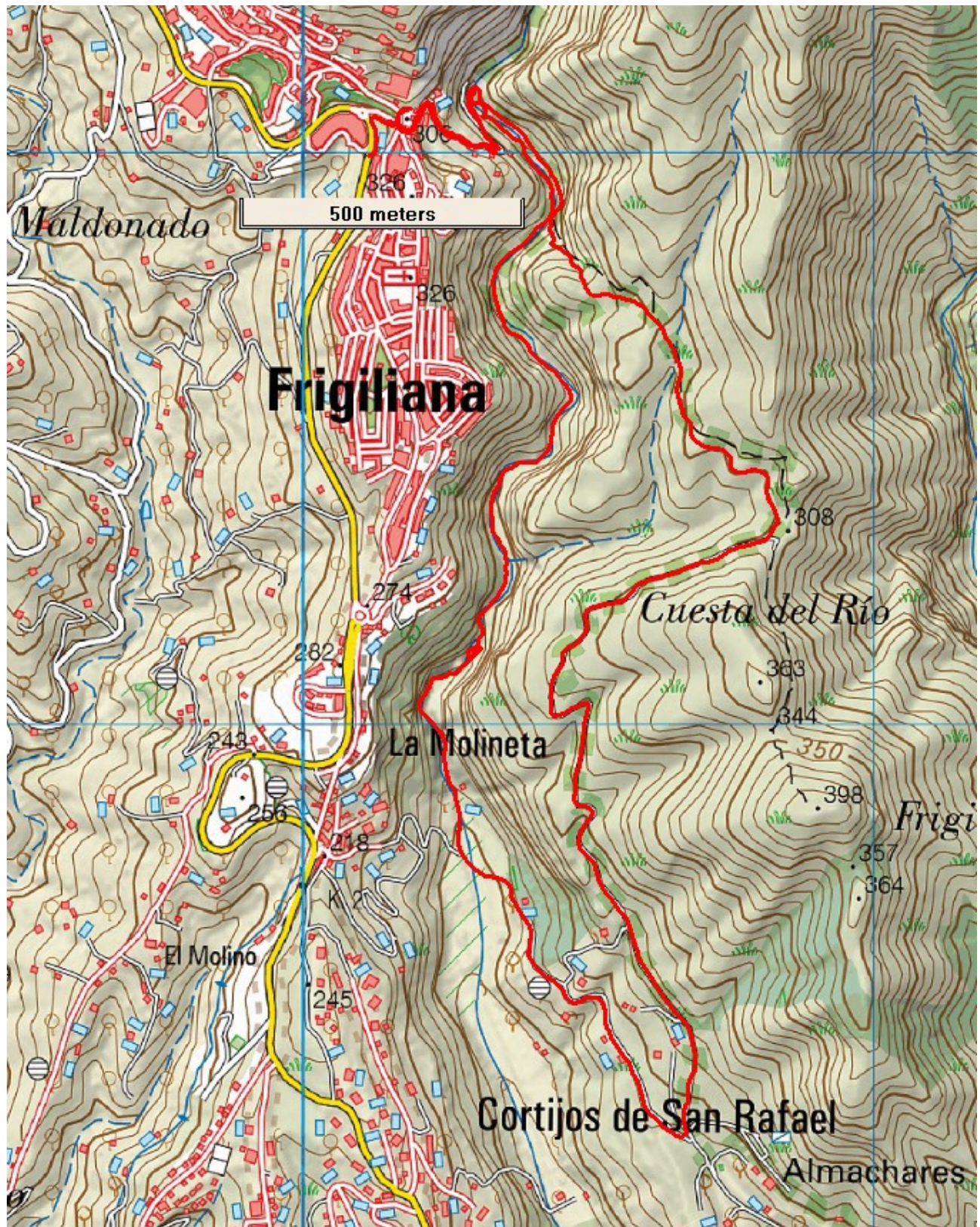
near old houses and animal pens (' Almachares ' - shepherds area)	2.42Km.52 min
Turn L up a surfaced lane passing houses,ignore any L or R forks to reach a junction	3.07. 1 hr
Take the L fork (signed Quinto Pino) after 20 mtrs the lane turns into rustic track meandering along a ridge, nearing the far end at an open area	5.05km 1hr32m
Turn L onto discreet path (resembles water culvert) and zig zag down into the riverbed, turn R and continue to reach the track visited earlier	5.65. 1hr 50m
Turn L upwards and return to start point.	
<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>	The walk was written up without any stops and at a reasonable pace – extra time should be allowed for group walking.

see map below.....

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**Route followed is outlined in Red**



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