

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	John E. Mail
Last Updated	1 st November 2021
Title of Walk	Estanys de Tristaina (Low level Circuit)
Location of Start (include name of nearest village/town at start of description)	El Serrat Car park at Arcalis ski station.
Key Statistics for walk - Distance in km	4.2 km
Key Statistics for walk - Ascent in m	210 m
Key Statistics for walk - Walking time and total completion time including any stops	1 hr 40m 2.5 hr
Key Statistics for walk - Grade (using CBMW system)	M/B
Grid reference of start point (if known)	Lat: 42.63353, Long: 1.4582
Directions to Start	From Ordino take the CS 380 (also numbered CG-3) for 21km (34 minutes) to Car park at upper Ordino-Arcalis ski station. In high summer (July/August) you will have to ride up on cable car if road is closed at lower ski station.
Short walk description	A short high level circular walk through stunning mountain and lake scenery. Lots of places to stop and picnic and admire the views. Mostly good well defined paths.
Full Walk Description	Elapsed Walking Time/Distance so far
Leave car park and pass either side of the restaurant "La borda de la Coma" find well marked, well used trail heading upwards and eastwards. This trail is coded GRT or HRP and is signed to the Estanys Tristaina (Tristagne Cirque). The path rises steeply in parts and is loose underfoot in places. Follow this trail up to the col where you get your first views of the lakes.	0m 0 min
At the signpost leave GRT7HRP and follow the path down towards the lakes. There are many paths in this area and you can follow the watercourse up to the highest lake however you want. There are many picturesque locations!	820m, 19 min
My recorded GPS track reaches the first lake (Estany de Mig)	1.1km, 26 min

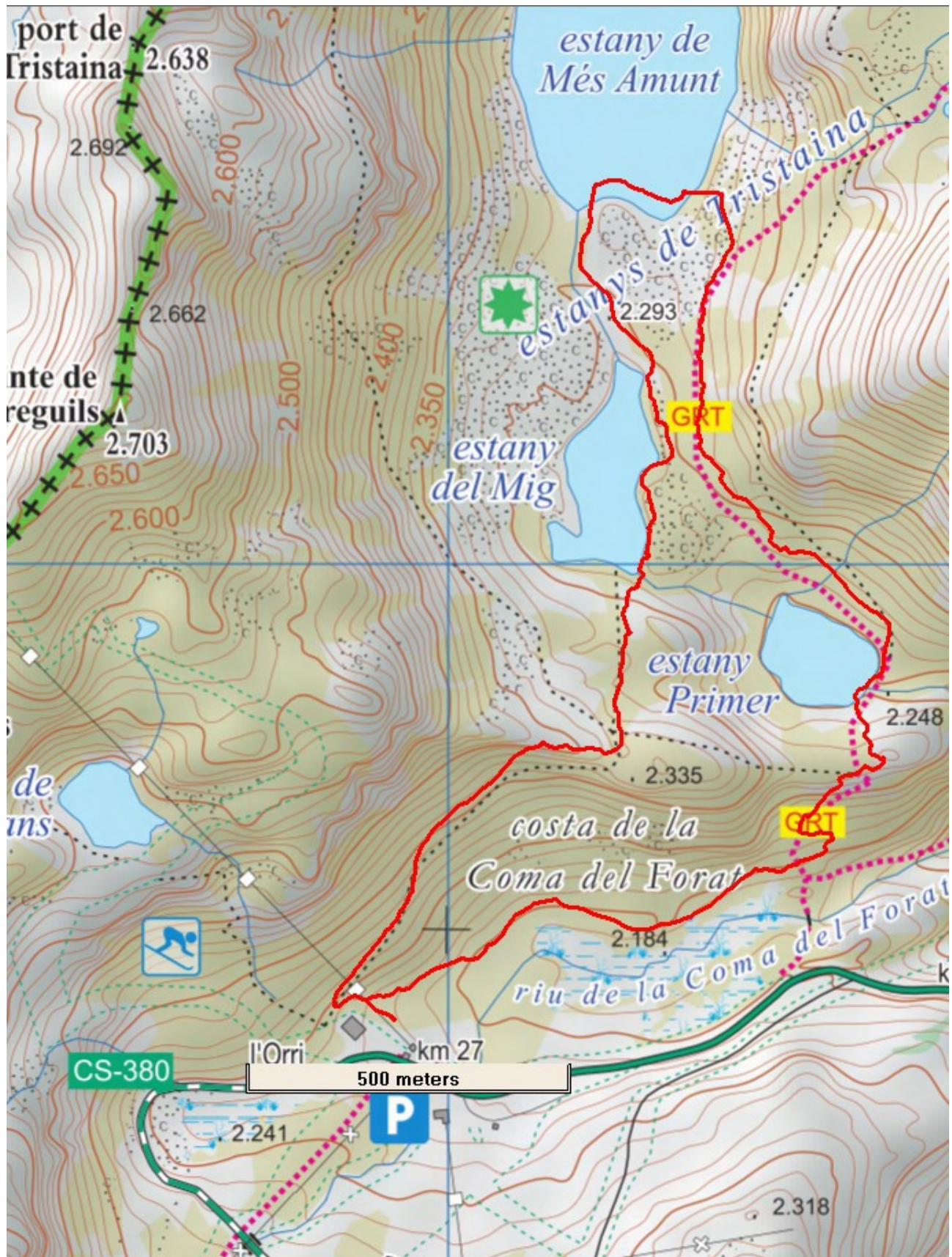
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Our path skirts the lake shore on the right-hand side and we leave the lake to follow the stream upwards.	1.5km, 35 min
At the next (largest) lake, Estany mes Amunt, we again keep the lake on our left-hand side.	1.8km, 42 min
We only follow the shore line for approximately 150 metres before the path swings right and we arrive at a path junction where we keep straight ahead ignoring the path to the left which rises to the Pic de Tristaina (2876m)	2.1 km, 50 min
The path takes us back towards the Estany de Mig but at a slightly higher elevation. Ignore crossing paths and keep straight ahead heading for the lowest lake.	2.4 km, 58 min
The path descends to the shoreline of our third lake "Estany Primer"	2.8km, 1hr 5 min
Follow the path around the lake, ignoring paths to the left. At the end of the lake cross the stream.	2.9km, 1hr 9 min
Ignore the 3 path junctions (including the GRT/HRT route) to the left and climb up to a ridge where you get spectacular views along the Tristaina Valley.	3.1 km, 1hr 12m
This path is the old GR route and drops directly down into the valley. Follow this path to the valley floor.	3.4km, 1hr 24min
This path goes directly to the road (CS380) but the old GR route still can be followed (red and white marks) on the right-hand side of the riverbed. The path is quite faint in places but it is easy underfoot and makes for a pleasant return route to the car park	4.2 km, 1 hr 40 min
<small>Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional</small>	
Walk Recommendations or restrictions	<p>If cable car is in operation fare is 12 Euro.</p> <p>Restaurant is normally open but more choice and cheaper prices will be found at El Sellat.</p> <p>The walk is quite high (2300m +). Allow extra time if you are not used to altitude.</p>

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Route followed is outlined in Red



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