

MCOSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Mary Gough, 21 March.2019, 14 April.2022
Last Updated	30 December . 2024
Title of Walk	El Cau (Lloma Larga) figure of 8
Location of Start (include name of nearest village/town at start of description)	Senija CV750 Benissa to Jalon road at Km10 – layby near info /signpost Benissa or Restaurant or Tennis /Padel / Piscina municipal .
Key Statistics for walk - Distance in km	17.5km.
Key Statistics for walk - Ascent in m	750m.
Key Statistics for walk - Walking time and total completion time including any stops	4 hr 40 min 5 hr 50 min
Key Statistics for walk - Grade (using CBMW system)	VS/C/Scr
Grid reference of start point (if known)	Lat: 38.722818, Long: 0.027938
Directions to Start	From N332 Calpe to Benissa road at south side Benissa take turn to CV750 Jalon, near Km10 park on layby at LHS near info board for Benissa municipal Restaurant, Piscina and Tennis
Short walk description	A long ascent rewarded by panoramic views of coast and mountains, cross the hemispheres, wind round and across Serra de Bernia and close the '8' on the eastern side of El Cau
Full Walk Description	Elapsed Walking Time/Distance so far
With your back to the entrance you entered the layby 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
Trend L along the path and gently ascend to reach the original Y/W path on the ridge	1.9km 43 min
Turn L along the well marked path winding from L to R and undulating until you reach the summit (Trig point)	4.2 km 1hr37min

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Continue along the ridge (cairns) until just before the end turn R and drop down a short chained scramble then a loose rocky path to reach an animal corral	4.8km 2hr6min
Continue directly forward on track, trend R slowly rising to reach a junction and take L fork – continue and pass a small stone ruin to see a deserted finca at RHS, ignore the path to R and walk directly across with fire access track to L .Follow this winding path ignoring the next two feint paths from the R to reach a junction with a cairn /red paint	7.1 km
Take the L fork and continue, again ignore two feint paths from R, wind across to reach a small copse of pine trees (large cairn 'gateway ' at LHS)	7.65km 2hr 30m
Take R fork through cairn, continue on this rocky undulating path (cairns) around the RHS of barranco – ignore a L fork leading down to tarmac – continue staying 100mtrs on LHS of a ruin, descend then wind upwards on RHS of barranco (cairns) . Pass to L of a ruin and continue forwards to reach tarmac	8.5km 2hr55m
Turn R and wind L passing the old iris gardens now "Parcela se Vende", continue on tarmac to next LH bend opposite a small house	8.8km
Turn L onto track ' Camino Privado ' for motor vehicles, soon after at a RH bend walk onto a feint path(cairn) leading up the LH hillside ignore the next L fork.	9.25km
Continue to next junction	9.5km 3hr 25m
Take R fork and continue across to keep R of imposing white wall to reach the solar panels, drop down R (cairn) and across a short rocky section then forwards on feint path just below panels to emerge on tarmac at RHS of white wall edge	10.8km
Turn L and continue on tarmac passing to LHS of imposing white house, soon after look for track at RHS (cycle path sign)	11.25km
Turn R and after a few metres reach a junction, turn L and continue to reach junction on a RH bend before the track rises steeply	11.6km
Turn L (cairn) onto a path, follow this path to reach a junction	12.3 km
Turn R above terraces, below woods to the end then follow feint path R then L at RHS of orchards to reach a track	12.7km
Turn up R and soon after take next L fork (cairn /paint) and continue ascending to reach animal corral visited earlier	13.2km
Walk directly across the col and onto a rocky path which soon begins to descend to reach a fire access track	14.2km
Turn L and continue to a junction on a RH bend	15.9km
Take L fork on a well walked path to reach a tarmac road	16.2km
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/bridle path sign at LHS	16.8km

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Turn L (cairn / bridleway sign on telegraph pole), follow the obvious path through dwellings and gardens to emerge on a surfaced road, trend L to a junction to turn R to return to cars

17.5km

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

Walk Recommendations or restrictions

None

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