

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	David & Vicki Francis
Last Updated	1 st April 2025
Title of Walk	Tossalet del Castellet (El Cau) from Moli del Collao
Location of Start (include name of nearest village/town at start of description)	Jalon (Xaló). From Moli del Collao urbanisation off the CV 750 Benissa to Jalon road.
Key Statistics for walk - Distance in km	9 km
Key Statistics for walk - Ascent in m	560 m
Key Statistics for walk - Walking time and total completion time including any stops	4hrs 30mins 5hrs 30mins
Key Statistics for walk - Grade (using CBMW system)	MS/A
Grid reference of start point (if known)	Lat:- 38.72338, Long:- 0.02166
Directions to Start	From Benissa towards Jalon on CV 750 turn Left into the Moli del Collao urbanisation follow Partida Collao to the end. Park on wasteland on LHS just past Casa Alba
Short walk description	A steeper short-cut to the Cau ridge by-passing construction work then a pleasant wide ridge walk to the summit returning down the southern slopes of El Cau overlooking Calpe and Penyal de Ifac. A short section of the descent uses chains.
Full Walk Description	Elapsed Walking Time/Distance so far
From cars follow path ahead (S) upwards, at fork in path, within a few minutes, bear R (S), avoiding less distinct track ahead, to take the more obvious upward track.	
At 140m (4 mins) take path to L [path ahead now blocked by construction work] and follow this path around southern side of Tossal del Perdigó to a cairn marking a downward path on your LHS (your return journey) and continue straight on.	16mins 0.53km
Shortly after turn L at another cairn. [path ahead also blocked by construction work]	
Path starts to climb more steeply after a further 10 mins.	27mins 0.97km
Halfway up zig-zagging path take path on LHS , up a 'mini-screen', to join the El Cau ridge path which is marked by a large cairn. Turn L at cairn onto the upward path [RHS downward path, towards construction site, now blocked by a line of boulders].	45mins 1.35km

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

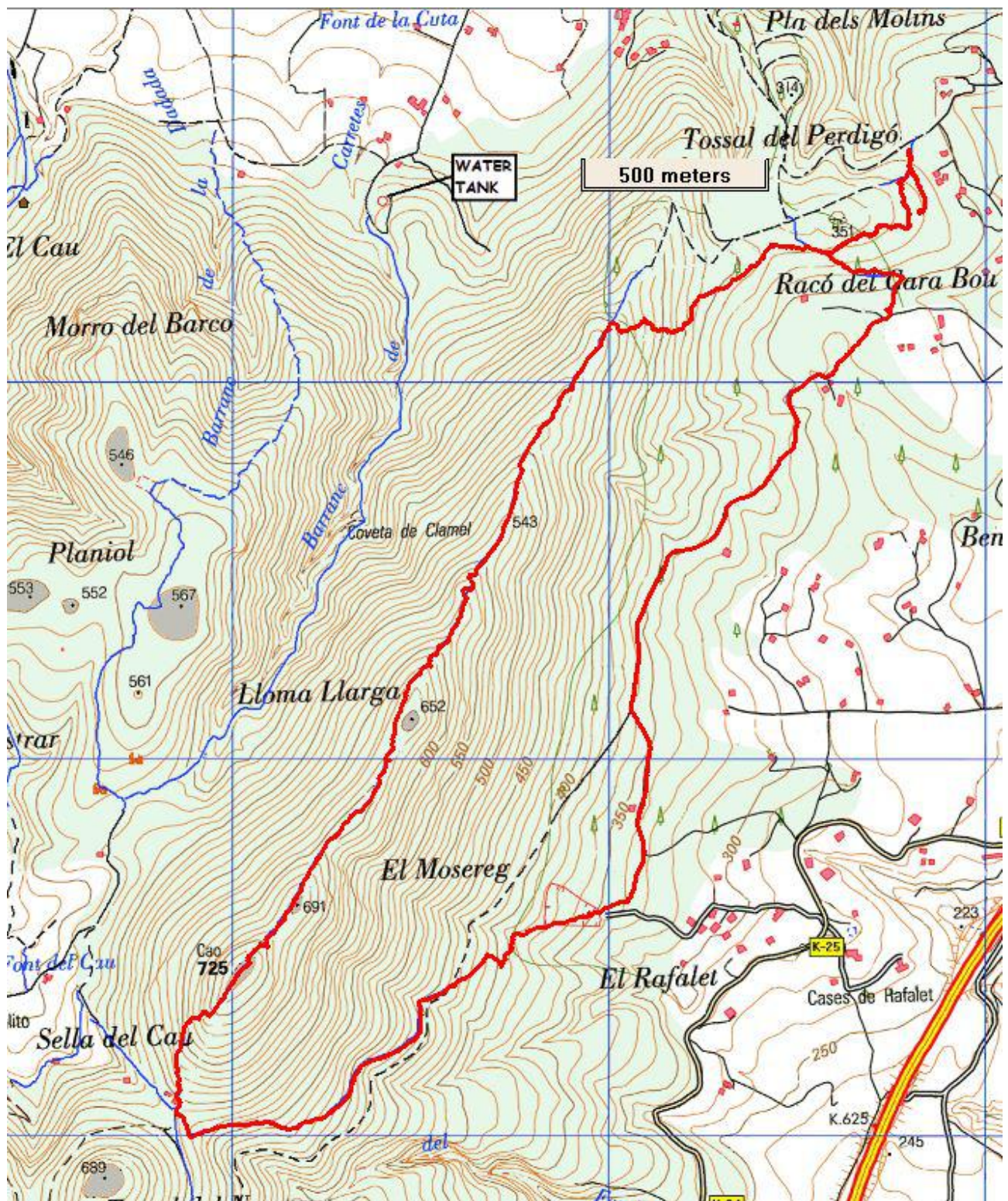
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<p>You are now on the established well-marked ridges' path towards El Cau summit.</p>	
<p>After 50mins take LH upward fork, in path, avoiding RHS downward path, just before your last major peak before the El Cau summit.</p> <p>100m further on is a good banana-break stop with good views on both sides of the ridge at 630m elevation.</p>	<p>1hr 35min, 2.9km</p>
<p>Continue to follow distinct upward path to El Cau summit (725m elevation).</p> <p>Follow path along the summit for 5-10 mins towards downward path on RHS marked by a pole.</p>	<p>2hr 15min, 4.0km</p>
<p>The initial descent is steep with two short chain sections heading towards a partially completed building at the bottom of the slope.</p> <p>Here the track converges into a crossroads of tracks. Take the LHS downward track, traversing along the south-facing side of the El Cau ridge with elevated views over to Calpe and Ifach (570m elevation).</p>	<p>2hr 45min, 4.5km</p>
<p>Flattened rocks on LHS of track are a good place for lunch after 10 minutes.</p>	<p>2hr 55min, 4.65km</p>
<p>Follow path downwards to reach Cami road.</p> <p>Turn L onto cami to pick-up downward path on opposite side of road after a few metres.</p>	<p>3hr 25min, 5.5km</p>
<p>Take this path downward to a dirt track/concrete road. Continue ahead on this road and turn L onto a small path immediately after casa and horse enclosure on LHS after 50m.</p>	<p>3hr 55min, 6.1km</p>
<p>This path leads ahead to another white dirt-track.</p> <p>Turn L on this track and travel upwards to an onward path straight ahead.</p>	<p>4hr 10min, 6.7km</p>
<p>Follow this path, ignoring a path on RHS after 10 minutes, continuing ahead, eventually along a wire-netted fence on RHS, to a road (Cami Racó Cara Bou) after a further 10 mins.</p>	
<p>Turn L on this road to an obvious upward path on LHS at a telegraph pole after 250m. Follow upward path back to the cairn marking your original outward journey.</p>	<p>4hr 30min, 8.15km</p>
<p>Turn R at cairn to retrace your path back to the cars in another 20 minutes.</p> <p><small>Spanish maps included within these descriptions are provided courtesy of the Spanish IGN and remain © Instituto Geográfico Nacional</small></p>	<p>4hr 50min. 9.0km</p>
<p>Walk Recommendations or restrictions</p>	<p>None</p>

See map below.....

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Route followed is outlined in Red



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