

## U3A HEALTH WALKS Nov – Dec 2016

Llíber: Circuit of Llíber hill		
<b>DATE:</b> <b>Tuesday 8<sup>TH</sup> Nov</b> <b>Thursday 10<sup>TH</sup> Nov</b>	<b>Time: 10am</b>  <b>WALK LEADER:</b> <b>John &amp; Frieda</b> <b>John &amp; Brian</b>	<b>Walks:</b> <b>2016- 34a</b> <b>2016- 34b</b>
<b>Meeting Point</b>	New urb. on the Jalón side of Llíber. Road on the right before the bridge.	
<b>Walking Route</b>	<b>Distance :</b>	Starts in the village and follows hill paths returning to Llíber by the village back roads. Excellent views of the Jalón valley and the campo behind Llíber.
<b>Terrain</b>	<b>Walking Surface</b>	Initially, the hill path is very rocky, later compacted dirt. Small section uphill that is rocky. Tarmac for last 20 mins back to the village.
	<b>Ascent</b>	Steep tarmac/concrete hill at the start. A few rock/dirt steps to higher terraces.
	<b>Duration</b>	1hr 10mins.
<b>Directions to Meeting Point</b>	Approach Llíber on the road from Benissa to from Senija. Go through the traffic lights into the “one at a time” system. Pass the traffic lights at the other (Jalón) end, turn right just before the bridge and park along this quiet road.	

Javea - Cansaladas Las Laderas urb. and woods -1		
<b>DATE:</b> <b>Tuesday 15<sup>TH</sup> Nov</b> <b>Thursday 17<sup>TH</sup> Nov</b>	<b>Time: 10am</b>  <b>WALK LEADER:</b> <b>John &amp; Frieda</b> <b>John &amp; Brian</b>	<b>Walks:</b> <b>2016- 35a</b> <b>2016- 35b</b>
<b>Meeting Point</b>	Las Laderas urb, near old El Campo Restaurant, Cami Cansalades..	
<b>Walking Route</b>	<b>Distance : 4 km</b>	Through Las Laderas urbanisation into the woods and around the rear of the Jávea Golf club.
<b>Terrain</b>	<b>Walking Surface</b>	Mostly roads but there are some tracks and paths.
	<b>Ascent</b>	Mostly flat but starts with a modest climb. Also one long gentle incline later in walk.
	<b>Duration</b>	1hr
<b>Directions to Meeting Point</b>	<p>From Moraira:            Drive through Benitachell towards Javea. Pass the football field on the right and take the first road to the right CV-747 towards Javea arenal. Pass the roundabout, go straight and follow the road until it bends to the right. At this point turn left into Lago Como and park near the mail boxes.</p> <p>From Jávea:            At Barclays Bank, take the road towards Benitachell up the hill. 600 metres after passing the Inn on the Green bowls club, the road bends left at the old El Campo restaurant. There are two roads on the right hand side as the road bends left. Take the second of these two roads; <i>do not take the road immediately alongside the restaurant.</i> Parking near the mailboxes.</p>	

## U3A HEALTH WALKS Nov – Dec 2016

<b>Cumbre Del Sol: Around the Granadella National Park</b>		
<b>DATE:</b> <b>Tuesday 22<sup>TH</sup> Nov</b> <b>Thursday 24<sup>TH</sup> Nov</b>	<b>Time: 10am</b>  <b>WALK LEADER:</b> <b>John &amp; Frieda</b> <b>John &amp; Brian</b>	
<b>Walks:</b> <b>2016- 36a</b> <b>2016- 36b</b>		
<b>Meeting Point</b>	Cumbre Del Sol Information Centre (Benitachell side).	
<b>Walking Route</b>	<b>Distance :</b> full 6 km short 5,2 km Across the park roads in a large loop. Great views.	
<b>Terrain</b>	<b>Walking Surface</b>	Some rough gravel tracks. Major hills are concrete roads.
	<b>Ascent</b>	Two major hills to descend and ascend.
	<b>Duration</b>	Full: 1 hr 25. (6 kms) Avoid Deep Gorge: 1 hr 10. (5.2 kms)
<b>Directions to Meeting Point</b>	<p>From Moraira: turn right at benitachell traffic lights. At the next traffic lights turn right up the hill to Cumbre.</p> <p>From Jávea: go to Benitachell and turn left at traffic lights after Mas y Mas.</p> <p>Follow road up the long hill. After the sharp right hand bend at the top, continue to the info centre and park at or behind the Info Centre (before the traffic islands).</p>	

<b>Jávea - Paths and Camis of Les Valls area</b>		
<b>DATE:</b> <b>Tuesday 29<sup>TH</sup> Nov</b> <b>Thursday 1<sup>st</sup> Dec</b>	<b>Time: 10am</b>  <b>WALK LEADER:</b> <b>Brian &amp; Noelene</b> <b>John &amp; Brian</b>	
<b>Walks:</b> <b>2016- 37a</b> <b>2016- 37b</b>		
<b>Meeting Point</b>	Ermita del Popul Car Park. Ctra Jávea a Jesús Pobre, CV735	
<b>Walking Route</b>	<b>Distance :</b> 6,4 km Around the camis, tracks and paths of Les Valls between Gata, Jávea and Jesús Pobre. Amazing views in all directions.	
<b>Terrain</b>	<b>Walking Surface</b>	A third tarmac, two thirds dirt paths/tracks. Some small sections of overgrown paths..
	<b>Ascent</b>	Negligible. Small ascent near end of walk.
	<b>Duration</b>	1 hr 20 mins.
<b>Directions to Meeting Point</b>	<p><i>From Moraira:</i></p> <p>Take the road from to Benitachell . Turn right at the traffic lights and drive to Jávea(CV740) to the Ferrobox roundabout( carretera gata crossing). Go right on the roundabout towards Jávea. Drive straight to the second roundabout and turn back towards the first roundabout. Go right here and drive to the next roundabout. Go left here onto the Jesus Pobre road.</p> <p>Go past the restaurants El Gaucho and Montgo. Go past Clinic La Ermita. The Ermita is on the right hand side of the road, next to Casitas Ibericas estate agency. Park in Ermita car park.</p> <p><i>From Jávea:</i></p> <p>Take Jesús Pobre road out of Jávea. Go past the restaurants El Gaucho and Montgo. Go past Clinic La Ermita. The Ermita is on the right hand side of the road, next to Casitas Ibericas estate agency. Park in Ermita car park.</p>	

## U3A HEALTH WALKS Nov – Dec 2016

<b>Benitachell - Les Fonts to Teulada Quarry</b>		
<b>DATE:</b> Tuesday 6 <sup>TH</sup> Dec Thursday	<b>Time: 10am</b>	<b>WALK LEADER:</b> John & Frieda
		<b>Walks:</b> 2016- 38a
<b>Meeting Point</b>	The centre of Les Fonts Urbanisation.	
<b>Walking Route</b>	<b>Distance :</b> 6,8 km	Camis and paths from Les Fonts to quarry
<b>Terrain</b>	<b>Walking Surface</b>	Mostly tarmac roads, one gravel track. Spendid views
	<b>Ascent</b>	3km uphill – 200m ascent, Steep hill to the Quarry of 500m
	<b>Duration</b>	1h 45min
<b>Directions to Meeting Point</b>	<p>From Moraira: Turn left at the Benitachell traffic lights. Drive uphill and in the S bend take a right turn. Take the next road on the left side and go straight ahead into l'Abiar (signed to Les Fonts Urbanisation); Down the hill and past the Windmill and take the first road on the right (Luca). Follow Luca, ignoring all turnings, and go up into Les Fonts urb.</p> <p>From Jávea: On the Jávea-Benitachell CV740, just past Meson de Paco, turn right (at the stone cross). This newly tarmac-ed road, cami Vell de Teulada, goes straight to Les Font urbanisation (3 kms). Ignore all side turnings;</p> <p>Park at the crossroads in the centre of the urbanisation by the bins and mailboxes.</p>	

<b>Benitachell: Around the country paths and camis from Les Fonts II</b>		
<b>DATE:</b> Tuesday Thursday 8 <sup>TH</sup> Dec	<b>Time: 10am</b>	<b>WALK LEADER:</b> John & Frieda
		<b>Walks:</b> 2016- 38b
<b>Meeting Point</b>	The centre of Les Fonts Urbanisation.	
<b>Walking Route</b>	<b>Distance :</b> 4,8 km	Country paths, woods and vineyards. Some quiet urbanisation roads.
<b>Terrain</b>	<b>Walking Surface</b>	Mostly tarmac roads, one gravel track.
	<b>Ascent</b>	A few short steep tarmac hills.
	<b>Duration</b>	1h 15min
<b>Directions to Meeting Point</b>	<p>From Moraira: Turn left at the Benitachell traffic lights. Drive uphill and in the S bend take a right turn. Take the next road on the left side and go straight ahead into l'Abiar (signed to Les Fonts Urbanisation);</p> <p>From Jávea: On the Jávea-Benitachell CV740, just past Meson de Paco, turn right (at the stone cross). This newly tarmac-ed road, cami Vell de Teulada, goes straight to Les Font urbanisation (3 kms). Ignore all side turnings;</p> <p>From Benitachell church: Follow the road below church (away from Jávea) to the crossroads, turn right into l'Abiar (signed to Les Fonts Urbanisation); Down the hill and past the Windmill and take the first road on the right (Luca). Follow Luca, ignoring all turnings, and go up into Les Fonts urb. Park at the crossroads in the centre of the urbanisation by the bins and mailboxes.</p>	

## U3A HEALTH WALKS Nov – Dec 2016

<b>Benitachell: Around the country paths and camis from Les Fonts II</b>			
<b>DATE:</b> <b>Tuesday 13<sup>TH</sup> Dec</b> <b>Thursday</b>		<b>Time: 10am</b>	<b>WALK LEADER:</b> <b>John &amp; Frieda</b>
			<b>Walks:</b> <b>2016- 39a</b>
<b>Meeting Point</b>	The centre of Les Fonts Urbanisation.		
<b>Walking Route</b>	<b>Distance :</b> 4,8 km	Country paths, woods and vineyards. Some quiet urbanisation roads.	
<b>Terrain</b>	<b>Walking Surface</b>	Mostly tarmac roads, one gravel track.	
	<b>Ascent</b>	A few short steep tarmac hills.	
	<b>Duration</b>	1h 15min	
<b>Directions to Meeting Point</b>	<p>From Moraira: Turn left at the Benitachell traffic lights. Drive uphill and in the S bend take a right turn. Take the next road on the left side and go straight ahead into l'Abiar (signed to Les Fonts Urbanisation);</p> <p>From Jávea: On the Jávea-Benitachell CV740, just past Meson de Paco, turn right (at the stone cross). This newly tarmac-ed road, cami Vell de Teulada, goes straight to Les Font urbanisation (3 kms). Ignore all side turnings;</p> <p>From Benitachell church: Follow the road below church (away from Jávea) to the crossroads, turn right into l'Abiar (signed to Les Fonts Urbanisation); Down the hill and past the Windmill and take the first road on the right (Lluca). Follow Lluca, ignoring all turnings, and go up into Les Fonts urb. Park at the crossroads in the centre of the urbanisation by the bins and mailboxes.</p>		

<b>Benitachell - Les Fonts to Teulada Quarry</b>			
<b>DATE:</b> <b>Tuesday</b> <b>Thursday 15<sup>TH</sup> Dec</b>		<b>Time: 10am</b>	<b>WALK LEADER:</b> <b>John &amp; Frieda</b>
			<b>Walks:</b> <b>2016- 39b</b>
<b>Meeting Point</b>	The centre of Les Fonts Urbanisation.		
<b>Walking Route</b>	<b>Distance :</b> 6,8 km	Camis and paths from Les Fonts to quarry	
<b>Terrain</b>	<b>Walking Surface</b>	Mostly tarmac roads, one gravel track. Spendid views	
	<b>Ascent</b>	3km uphill – 200m ascent, Steep hill to the Quarry of 500m	
	<b>Duration</b>	1h 45min	
<b>Directions to Meeting Point</b>	<p>From Moraira: Turn left at the Benitachell traffic lights. Drive uphill and in the S bend take a right turn. Take the next road on the left side and go straight ahead into l'Abiar (signed to Les Fonts Urbanisation); Down the hill and past the Windmill and take the first road on the right (Lluca). Follow Lluca, ignoring all turnings, and go up into Les Fonts urb.</p> <p>From Jávea: On the Jávea-Benitachell CV740, just past Meson de Paco, turn right (at the stone cross). This newly tarmac-ed road, cami Vell de Teulada, goes straight to Les Font urbanisation (3 kms). Ignore all side turnings;</p> <p>Park at the crossroads in the centre of the urbanisation by the bins and mailboxes</p>		