

# U3A HEALTH WALKS Jan – Feb 2017

MORAIRA : TO EL PORTET and Back		
<b>DATE:</b> <b>Tuesday</b> <b>10<sup>th</sup> Jan &amp;</b> <b>Thursday</b> <b>12<sup>th</sup> Jan</b>	<b>Time: 10am</b>  <b>WALK LEADER:</b> <b>John &amp; Brian</b> <b>John &amp; Brian</b>	<b>Walks:</b> <b>2017 - 01a</b> <b>2017 - 01b</b>
<b>Meeting Point</b>	Middle of Moraira main car park (market car park), near sanidad clinic.	
<b>Walking Route</b>	<b>Distance :</b> 5,2 km.	To El Portet and back
Terrain	<b>Walking Surface</b>	Mostly pavement, some road and paths
	<b>Ascent</b>	Mainly flat. A few medium slopes. 2 long stairs
	<b>Duration</b>	1hr 10 min
<b>Directions to Meeting Point</b>	Go to the main car park in Moraira on the right side as you reach the village. Park in the middle of Moraira's car as near as possible to the entrance on the Calpe road near the clinic.	

JAVEA - Tarraula between the river and Tossal Gros		
<b>DATE:</b> <b>Tuesday</b> <b>17<sup>th</sup> Jan &amp;</b> <b>Thursday</b> <b>19<sup>th</sup> Jan</b>	<b>Time: 10am</b>  <b>WALK LEADER:</b> <b>Brian &amp; Frieda</b> <b>John &amp; Brian</b>	<b>Walks:</b> <b>2017 - 02a</b> <b>2017 - 02b</b>
<b>Meeting Point</b>	El Rafalet car park Benitachell road CV740	
<b>Walking Route</b>	<b>Distance :</b> 4,3 km	Tarraula camis / woods south of the river in the shadow of Tossal Gros
Terrain	<b>Walking Surface</b>	Many tarmac roads, some gravel roads and dirt paths. Two short dirt "slopes/gullies" to descend, but can be avoided. Dirt paths and vineyards could be muddy after rain.
	<b>Ascent</b>	Some hills. Morante and Tarraula (North) are steep. Tarraula (West) is less steep.
	<b>Duration</b>	1 hr plus stops
<b>Directions to Meeting Point</b>	<i>From Moraira:</i> Take the road from to Benitachell . Turn right at the traffic lights and drive to Javea(CV740), pass the golf club. When you passed the golfclub you find the Rafalet parking on the right on the corner of Calle del mar de Noruega. <i>From Javea:</i> Leave Jávea on the CV734 towards Gata. Turn left at the Ferrobox roundabout onto CV740 to Benitachell. Straight over roundabout at Cabanes. Shortly after the stone cross on right, turn left into the large El Rafalet car park on the left on the corner of Calle del mar de Noruega.	

## U3A HEALTH WALKS Jan – Feb 2017

<b>JESUS POBRE: Eastern campo, Cemetery &amp; Church</b>		
<b>DATE:</b> <b>Tuesday</b> <b>24<sup>TH</sup> Jan &amp;</b> <b>Thursday</b> <b>26<sup>TH</sup> Jan</b>	<b>Time: 10am</b>	<b>WALK LEADER:</b> <b>John &amp; Frieda</b> <b>John &amp; Brian</b>
		<b>Walks:</b> <b>2017 - 03a</b> <b>2017 - 03b</b>
<b>Meeting Point</b>	Jesus Pobre: Cami Jesús Pobre i Pedreguer a Xàbia	
<b>Walking Route</b>	<b>Distance :</b> 4,5 km	Around the lanes and tracks that surround Jesus Pobre. Amazing views in all directions. Past Jesus Pobre cemetery and church, through part of the town.
<b>Terrain</b>	<b>Walking Surface</b>	Almost all tarmac or concrete roads, part muddy and uneven if wet.
	<b>Ascent</b>	Negligible
	<b>Duration</b>	1 hour
<b>Directions to Meeting Point</b>	<p><i>From Moraira:</i> Drive to Javea all the way to the Ferrobox roundabout,. Turn left there towards Gata;</p> <p><i>From Javea:</i> Leave Jávea on the CV734 towards Gata;</p> <p>Turn right at the second roundabout onto the CV738 towards Jesús Pobre. Go past the turning to Casa Antigua Dog Kennels. After 650m, as you reach the village edge, you will pass Sabadell Solbank on your right. Past the bank and take the next turning on the right, Cami Jesús Pobre i Pedreguer a Xàbia. Park here.</p> <p>With a large group, each car should drive to the far end (where the road turns right), turn around and drive back towards the main road, parking on the RHS in front of the new apartments.</p>	

<b>Javea - Rafalets to Las Laderas</b>		
<b>DATE:</b> <b>Tuesday</b> <b>31<sup>th</sup> Jan &amp;</b> <b>Thursday</b> <b>2<sup>th</sup> Feb</b>	<b>Time: 10am</b>	<b>WALK LEADER:</b> <b>John &amp; Frieda</b> <b>John &amp; Brian</b>
		<b>Walks:</b> <b>2017 - 04a</b> <b>2017 - 04b</b>
<b>Meeting Point</b>	El Rafalet car park.	
<b>Walking Route</b>	<b>Distance :</b>	Across to the La Colina area and around the woods and country lanes.
<b>Terrain</b>	<b>Walking Surface</b>	Countryside trails, mostly dirt paths, small section is quite rocky. Some tarmac roads.
	<b>Ascent</b>	One small hill at the beginning.
	<b>Duration</b>	1hr
<b>Directions to Meeting Point</b>	<p><i>From Moraira:</i> Take the road from to Benitachell . Turn right at the traffic lights and drive to Javea(CV740), pass the golf club. When you passed the golfclub you find the Rafalet parking on the right on the corner of Calle del mar de Noruega.</p> <p><i>From Javea:</i> Leave Jávea on the CV734 towards Gata. Turn left at the Ferrobox roundabout onto CV740 to Benitachell. Straight over roundabout at Cabanes. Shortly after the stone cross on right, turn left into the large El Rafalet car park on the left on the corner of Calle del mar de Noruega.</p>	

# U3A HEALTH WALKS Jan – Feb 2017

BENISSA : SENIJA COUNTRY LANES		
<b>DATE:</b> Tuesday      7 <sup>th</sup> Feb & Thursday     9 <sup>th</sup> Feb	<b>Time: 10am</b>	<b>WALK LEADER:</b> John & Frieda John & Frieda
		<b>Walks:</b> 2016 - 05a 2016 - 05b
<b>Meeting Point</b>	Carpark in front of the Benissa cemetery close to the A7 entrance gate	
<b>Walking Route</b>	<b>Distance: 3,2 km</b>	Around the country lanes between Benissa and Senija, in the valley between Benissa, Senija and the AP7, through orchards of olives , Almonds and oranges and vineyards.
<b>Terrain</b>	<b>Walking Surface</b>	Mostly well made surfaces (tarmac) road, through the fields.
	<b>Ascent</b>	30m ascent over 2km
	<b>Duration</b>	1hr
<b>Directions to Meeting Point</b>	From Teulada towards Benissa (N332). Reaching the entrance towards the AP7, turn right to the motorway. After 100m there is a small turn to the right onto a small road parallel to the motorway entrance. Turn right here and immediately turn left towards the cemetery. Drive about 500m till the junction and turn right and follow the signs to the cemiteri turning into road "As-segador de Canor". Park at the cemetery carpark	

Benitachell: Around the country paths and camis from Les Fonts I (blossom walk)		
<b>DATE:</b> Tuesday      14 <sup>th</sup> Feb & Thursday     16 <sup>th</sup> Feb	<b>Time: 10am</b>	<b>WALK LEADER:</b> John & Frieda John & Frieda
		<b>Walks:</b> 2017 - 06a 2017 - 06b
<b>Meeting Point</b>	The centre of Les Fonts Urbanisation.	
<b>Walking Route</b>	<b>Distance : 4,1 km</b>	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 number of short steep tarmac hills.
	<b>Duration</b>	1hr
<b>Directions to Meeting Point</b>	<p><i>From Moraira:</i> Turn left at the Benitachell traffic lights. Drive uphill and in the angled T-junction take a right turn. Take the next road on the left side and go straight ahead into calle l'Abiar (signed to Les Fonts Urbanisation);</p> <p><i>From Jávea:</i> 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. Park at the crossroads in the centre of the urbanisation.</p> <p><i>From Benitachell church:</i> Follow the road below church (away from Jávea) to the crossroads, turn right into calle l'Abiar (signed to Les Fonts Urbanisation);</p> <p>Down the hill and past the Windmill and take the first road on the right (calle Lluca). Follow calle Lluca, ignoring all turnings, and go up into Les Fonts urb. Park at the crossroads in the centre of the urbanisation by the bins.</p>	

## U3A HEALTH WALKS Jan – Feb 2017

PARCENT BLOSSOM WALK			
<b>DATE:</b> Tuesday 21 <sup>th</sup> Feb & Thursday 23 <sup>th</sup> Feb		<b>Time: 10am</b>	<b>WALK LEADER:</b> John & Frieda John & Frieda
			<b>Walks:</b> 2017 - 07a 2017 - 07b
<b>Meeting Point</b>	Coming from Jalon-Alcalali, in Parcent, on the T-junction Avenida de Denia / carreter Benidorm-Pego.		
<b>Walking Route</b>	<b>Distance:</b> 5,3 km	Around the village and country lanes of Parcent, through orchards of Almonds, Olives , Mandarins and Oranges and pine wood.	
<b>Terrain</b>	<b>Walking Surface</b>	Mostly well made surfaces (tarmac, concrete), some dirt road, some trail through the pine wood.	
	<b>Ascent</b>	50m undulating, a few steep streets in the village, one short steep slope of 100m in the pine wood.	
	<b>Duration</b>	1h 10 min	
<b>Directions to Meeting Point</b>	From Jalon/Alcalali towards Parcent: At the end of the road reaching Parcent, on the T-junction of the road coming from Alcalali and Carretera Pego-Benidorm, park in the dead end road ahead or in the vicinity. Meeting point at the corner on the bus-stopabri. Typical cheap coffee Bar/restaurant "EL Progres" in " Calle de l'Era". Going towards Pego from the meeting point, second road on the right, 50M ahead on the right is the bar.		

PARCENT NORTHWEST LOOP			
<b>DATE:</b> Tuesday 28 <sup>th</sup> Feb & Thursday 2 <sup>th</sup> Mar		<b>Time: 10am</b>	<b>WALK LEADER:</b> John & Frieda John & Frieda
			<b>Walks:</b> 2017 - 08a 2017 - 08b
<b>Meeting Point</b>	Coming from Jalon-Alcalali, in Parcent, on the T-junction Avenida de Denia / carreter Benidorm-Pego. The small <i>Cul-de-Sac</i> near Tramonti rest. just outside Parcent.		
<b>Walking Route</b>	<b>Distance:</b> 4,8 km	Via the camis and tracks, loop around the hills and plana to the north and west of Parcent. Back through the town of Parcent.	
<b>Terrain</b>	<b>Walking Surface</b>	Mostly tarmac/concrete roads, small section of gravel/dirt tracks	
	<b>Ascent</b>	A number of modest hills, and steep bends. One steep road up into the town. Total ascent 140m - 150m.	
	<b>Duration</b>	Full: 1 hr 30mins incl stops. (approx 4.8 kms). Short: 1 hr incl stops. (approx 4.2 kms).	
<b>Directions to Meeting Point</b>	From Jalon/Alcalali towards Parcent,At the end of the road reaching Parcent, on the T-junction of the road coming from Alcalali and Carretera Pego-Benidorm, Park in the dead end road ahead or in the vicinity(Parking area available). Meeting point at the corner on the bus-stopabri. Typical cheap coffee Bar/restaurant "EL Progres"(social place) at the crospoint " Av de la Constitucio & Calle L'era". Going towards Pego from the meeting point, first road on the right, 50M ahead on the right is the bar.		

## U3A HEALTH WALKS Jan – Feb 2017

BENISSA PEDRERA : WALK THROUGH CANOR AREA TEULADA		
<b>DATE:</b> <b>Tuesday 7<sup>TH</sup> Mar &amp;</b> <b>Thursday 9<sup>TH</sup> Mar</b>	<b>Time: 10am</b>	<b>WALK LEADER:</b> <b>John &amp; Frieda</b> <b>John &amp; Frieda</b>
		<b>Walks:</b> <b>2017 - 09a</b> <b>2017 - 09b</b>
<b>Meeting Point</b>	Pedrera industrial park, the road behind JUJU, calle Benz. Park near "Dam-Sport"	
<b>Walking Route</b>	<b>Distance:</b> 4,5 km	Around the country lanes of Canor, Hidden in the valley between the N332 and the AP7, through orchards of olives , mandarines and oranges.
<b>Terrain</b>	<b>Walking Surface</b>	Mostly well made surfaces (tarmac, concrete), some dirt road, some trail through the fields.
	<b>Ascent</b>	50m ascent over 2km, twice 50m steep
	<b>Duration</b>	1hr
<b>Directions to Meeting Point</b>	From Teulada towards Benissa (N332). Reaching Pedrera industrial park, turn right into the park. Drive straight till the T-junction and turn left, Next take the first right (calle Benz) and park in the bend near "Dam Sport".	