

U3A HEALTH WALKS

| TEULADA around the camis behind Font Santa | | | | |
|--|------------------------|--|---|---|
| DATE: Tuesday 14th Jan & Thursday 16^h Jan | | Time: 10am | WALK LEADER: Brian & Frieda Brian & Noelene | Walks: 2014 - 01a 2014 - 01b |
| Meeting Point | | Go-Karting car park, Teulada | | |
| Walking Route | | Distance : 4,2 km | Around the country lanes behind Font Santa | |
| Terrain | Walking Surface | | Nomal roads Tarmac , concrete | |
| | Ascent | | One long hill at the beginning of the walk that becomes very steep for the last 300 metres. | |
| | Duration | | 1hr | |
| Directions to Meeting Point | | From Benitachell: take the road towards Moraira (CV737). Straight over the new Mercadona roundabout and take the next small road on the right. Ignore the turning to the right and follow the road as it curves to the right. Shortly, after passing new bridge off Little on the left, you will reach the karting parking area on the right. From Moraira: take the main Teulada-to-Moraira road (CV743). After the Little roundabout , the karting facility is about 800m towards Teulada sharp to the right in the S - bend. Continue 50m around the curve right and park there in the parking to the lefthand side. | | |

| TEULADA BERDICA RAILWAY walk | | | | |
|---|------------------------|---|--|---|
| DATE: Tuesday 21TH Jan & Thursday 23TH Jan | | Time: 10am | WALK LEADER: Brian & Frieda Brian & Noelene | Walks: 2014 - 02a 2014 - 02b |
| Meeting Point | | Car Park Teulada poligono in front of ecopark entrance | | |
| Walking Route | | Distance: 4,8 km | Around tracks and paths in countryside of Teulada-Benissa Berdica area | |
| Terrain | Walking Surface | | Roads and tracks, part muddy and uneven if wet. Some trail through the fields. | |
| | Ascent | | 60m ascent over 2 medium steep size hills | |
| | Duration | | 1 h 15min | |
| Directions to Meeting Point | | From Teulada-Moraira: Drive to the bottom of the main dual carriageway. Turn 1st right at both roundabouts and go under the railway line. At the next roundabout, turn left, then sharp right into the car park (watch out for cars leaving the car park!). From Gata/Benissa: Take N332 until you reach the roundabout outside Teulada. Turn to Teulada and at the next roundabout, turn right, then sharp right into the car park (watch out for cars leaving the car park!). Park close-by in front of the ecopark entrance. | | |

U3A HEALTH WALKS

| Jávea South: The woods and trails of La Colina / Las Laderas. | | | | |
|---|--|--|---|---|
| DATE: Tuesday 28th Jan & Thursday 30th Jan | | Time: 10am | WALK LEADER: Brian & Frieda Brian & Noelene | Walks: 2014 - 03a 2014 - 03b |
| Meeting Point | | El Rafalet car park. | | |
| Walking Route | | Distance : 4 km | Across to the La Colina area and around the woods and country lanes. | |
| Terrain | | Walking Surface | Countryside trails, mostly dirt paths, small section is quite rocky. Some tarmac roads. | |
| | | Ascent | One small hill at the beginning. | |
| | | Duration | 1 hr | |
| Directions to Meeting Point | | From Moraira: 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. From Javea: 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. | | |

| BENISSA SENIJA COUNTRY LANES | | | | |
|---|------------------------|--|---|---|
| DATE: Tuesday 4th Feb & Thursday 6th Feb | | Time: 10am | WALK LEADER: Brian & Frieda Brian & Dorothy | Walks: 2014 - 04a 2014 - 04b |
| Meeting Point | | Carpark in front of the Benissa cemetery close to the A7 entrance gate | | |
| Walking Route | | Distance: 3,2 km | 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. | |
| Terrain | Walking Surface | | Mostly well made surfaces (tarmac) road, through the fields. | |
| | Ascent | | 30m ascent over 2km | |
| | Duration | | 1hr | |
| Directions to Meeting Point | | 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 “Assegador de Canor”. Park at the cemetery carpark | | |

U3A HEALTH WALKS

| PARCENT BLOSSOM WALK | | | | |
|---|--|---|---|---|
| DATE: Tuesday 11th Feb & Thursday 13th Feb | | Time: 10am | WALK LEADER: Brian & Dorothy Brian & Dorothy | Walks: 2014 - 05a 2014 - 05b |
| Meeting Point | Coming from Jalon-Alcalali, in Parcent, on the T-junction Avenida de Denia / carreter Benidorm-Pego. | | | |
| Walking Route | Distance: 5,3 km | Around the village and country lanes of Parcent, through orchards of Almonds, Olives , Mandarins and Oranges and pine wood. | | |
| Terrain | Walking Surface | Mostly well made surfaces (tarmac, concrete), some dirt road, some trail through the pine wood. | | |
| | Ascent | 50m undulating, a few steep streets in the village, one short steep slope of 100m in the pine wood. | | |
| | Duration | 1h 10 min | | |
| Directions to Meeting Point | 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-stop abri. 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. | | | |

| TEULADA countryside camis Railway via Cemetary | | | | |
|---|------------------------|---|--|---|
| DATE: Tuesday 18th Feb & Thursday 20th Feb | | Time: 10am | WALK LEADER: John & Frieda John & Dorothy | Walks: 2014 - 06a 2014 - 06b |
| Meeting Point | | Teulada Poligono car park | | |
| Walking Route | | Distance: 5,4 km | Camis and paths railway station and cemetery | |
| Terrain | Walking Surface | | Mostly tarmac roads. section of 400m dirt/stones and 150m woods path. Route goes under the railway once. Proper walking shoes required ! | |
| | Ascent | | Medium hill out of Teulada. Mostly flat. | |
| | Duration | | 1hr 10min plus stops. | |
| Directions to Meeting Point | | From Gata: Take N332 until you reach the roundabout outside Teulada. Turn left and then immediately right into the commercial area. Entrance to the car park is stupidly positioned at the Teulada end where cars leaving are most at risk! From Teulada: Drive to the bottom of the main dual carriageway. Turn 1st right at both roundabouts and go under the railway line. <u>At the next roundabout, turn left, then sharp right into the car park (watch out for cars leaving the car park!).</u> | | |

| JESUS POBRE LANES AND TRACKS | | | | |
|---|--|---|---|---|
| DATE: Tuesday 25th Feb & Thursday 27th Feb | | Time: 10am | WALK LEADER: John & Dorothy John & Brian | Walks: 2014 - 07a 2014 - 07b |
| Meeting Point | | The water reservoir car park opposite the Jesus Pobre closed cemetery. | | |
| Walking Route | | Distance: 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. | |
| Terrain | | Walking Surface | Almost all tarmac or concrete roads, part muddy and uneven if wet. | |
| | | Ascent | Negligible | |
| | | Duration | 1 hour | |
| Directions to Meeting Point | | Drive all the way to the Ferrobbox roundabout on the way to Javea. Turn left there. Go straight across the first roundabout just outside Gata de Gorgos and turn right at the second roundabout onto the CV738 towards Jesus Pobre. Just before Jesus Pobre there is a turning on the left with a traffic island containing a very tall fir tree and some bushes. It is sign posted to Casa Antigua Dog Kennels. Turn left here and next left into the Water Reservoir car park. Opposite the closed cemetery. (unmade road.) | | |

U3A HEALTH WALKS

| BENISSA - WALK THROUGH CANOR AREA TEULADA | | | | |
|---|--|--|--|---|
| DATE: Tuesday 4th Mar & Thursday 6th Mar | | Time: 10am | WALK LEADER: John & Brian John & Brian | Walks: 2014 - 08a 2014 - 08b |
| Meeting Point | | Pedrera industrial park, the road behind JUJU, calle Benz. Park near “Dam-Sport” | | |
| Walking Route | | Distance: 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. | |
| Terrain | | Walking Surface | Mostly well made surfaces (tarmac, concrete), some dirt road, some trail through the fields. | |
| | | Ascent | 50m ascent over 2km, twice 50m steep | |
| | | Duration | 1hr | |
| Directions to Meeting Point | | 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”. | | |