

U3A HEALTH WALKS Sept – Oct 2016

MORAIRA : TO EL PORTET and Back			
DATE:	Time: 9am	WALK LEADER:	Walks:
Tuesday	13 th Sept &	John & Terry	2016 - 26a
Thursday	15 th Sept	John & Terry	2016 - 26b
Meeting Point	Middle of Moraira main car park (market car park), near sanidad clinic.		
Walking Route	Distance : 5,2 km.	To El Portet and back	
Terrain	Walking Surface	Mostly pavement, some road and paths	
	Ascent	Mainly flat. A few medium slopes. 2 long stairs	
	Duration	1hr 10 min	
Directions to Meeting Point	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.		

MORAIRA : From ALGAS L' Andrago to Moraira and Back			
DATE:	Time: 9am	WALK LEADER:	Walks:
Tuesday	20 th Sept &	John & Terry	2016 - 27a
Thursday	22 ^h Sept	John & Terry	2016 - 27b
Meeting Point	Algas car park		
Walking Route	Distance : 4 km	From Algas into town and back again	
Terrain	Walking Surface	Pavement and road	
	Ascent	Mainly flat	
	Duration	1hr	
Directions to Meeting Point	Go along the Moraira to Calpe road. At the first roundabout turn left to go down to the Algas car park.		

MORAIRA : From ALGAS L' Andrago to Cap Blanc			
DATE:	Time: 9am	WALK LEADER:	Walks:
Tuesday	27 th Sept &	John & Terry	2016 - 28a
Thursday	29 th Sept	John & Terry	2016 - 28b
Meeting Point	Algas car park		
Walking Route	Distance : 4,17 km	From Algas to Cap Blanc and loop back	
Terrain	Walking Surface	Pavement and road, undulating, Some steps.	
	Ascent	A few short steep roads	
	Duration	1hr	
Directions to Meeting Point	Go along the Moraira to Calpe road. At the first roundabout turn left to go down to the Algas car park.		

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Javea – Sol del Este to Rafalets			
DATE: Tuesday 4 th Oct & Thursday 6 th Oct		Time: 9am	WALK LEADER: John & Brian John & Brian
			Walks: 2016 - 29a 2016 - 29b
Meeting Point	South end of Sol del Este urbanisation, Calle Lago Tanganyka.		
Walking Route	Distance : 4,3 km	Across to Rafalet through woods and back via Sol del Este area around the woods and country lanes.	
Terrain	Walking Surface	Some tarmac but mainly rough rocky paths through woods. Some uphill. Strong walking shoes essential and perhaps a walking pole.	
	Ascent	Some uphill parts.	
	Duration	1hr 30min	
Directions to Meeting Point	<p><i>From Moraira:</i></p> <p>Drive to Benitachell and turn right. at the traffic lights. After passing the large furniture store (Devvygar Mobles) turn right. Go past the roundabout and Cansalades Park entrance until you reach a large concrete LAS LADERAS sign. Turn left IN FRONT OF this sign. Drive past the parking area and up the hill to the top where the road bends left. Take the first left into CALLE LAGO VANERN and then bear right into CALLE LAGO TANGANYKA. Parking on the right.</p> <p><i>From Javea:</i></p> <p>Leave Jávea on the CV734 towards Gata. Turn right at the Ferrobox roundabout onto CV740 to Benitachell. Reaching Benitachell, Before the large furniture store (Devvygar Mobles) turn left into Camino cansaladas towards Javea. Go past the roundabout and Cansalades Park entrance until you reach a large concrete LAS LADERAS sign. Turn left IN FRONT OF this sign. Drive past the parking area and up the hill to the top where the road bends left. Take the first left into CALLE LAGO VANERN and then bear right into CALLE LAGO TANGANYKA. Parking on the right.</p>		

Lliber - Lliber zoo			
DATE: Tuesday 11 th Oct & Thursday 13 th Oct		Time: 9am	WALK LEADER: John & Frieda John & Brian
			Walks: 2016 - 30a 2016 - 30b
Meeting Point	New urb. on the Jalón side of Lliber. Road on the right before the bridge.		
Walking Route	Distance: 5,35 km	Starts in the village and follows the valley paths returning to Llíber by the village back roads. We pass a small zoo hidden between Lliber and Gata. Excellent views of the valley and the campo behind Llíber.	
Terrain	Walking Surface	Initially, the path is flat on concrete and compacted dirt. 800m uphill through the woods on rocky path. Tarmac for last 20 mins back to the village.	
	Ascent	100m Steep tarmac hill after the woods. 90m altitude difference.	
	Duration	1 h 15min	
Directions to Meeting Point	Approach Lliber on the road from Gata or 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.		

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Jesus Pobre around the 3 Windmills		
DATE: Tuesday 18 th Oct & Thursday 20 th Oct	Time: 9 am	WALK LEADER: Brian & Frieda Brian & Frieda
		Walks: 2016 - 31a 2016 - 31b
Meeting Point	Jesus Pobre : Cami Jesús Pobre i Pedreguer a Xàbia	
Walking Route	Distance : 4,5 km	This is a circular route around three windmills taking in the countryside near Jesus Pobre with splendid views.
Terrain	Walking Surface	All country tarmac or concrete roads. Shortcut: dirt and rock path, level.
	Ascent	Slight.
	Duration	1hr
Directions to Meeting Point	<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>	

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BENISSA : ERMITA de LLEUS		
DATE: Tuesday 25 th Oct & Thursday 27 th Oct	Time: 9 am	WALK LEADER: John & Frieda John & Brian
		Walks: 2015 - 32a 2015 - 32b
Meeting Point	Benissa ERMITA de LLEUS.	
Walking Route	Distance: 5,3 km	Around the country lanes of Lleus area, through orchards of Almonds and pine wood.
Terrain	Walking Surface	Mostly well made surfaces (tarmac, concrete), but some stoney track and dirt road. Proper walking shoes required !
	Ascent	undulating, 4 short but some very steep hills of 50m , 110m ascent over 2,2km
	Duration	1 h 20 min
Directions to Meeting Point	<p>Coming from Teulada, drive through Benissa an take the exit to Jalon. Immediately take the turning on the left to Pinos. Just before the bridge over the AP7, there is a road to the left, signposted LLEUS. Take this road and follow it for 1,5 km where there is a road split. Take the road towards the right signposted Casa del Maco.</p> <p>Follow the road for about 500m till you meet the next split and take the road to the right.</p> <p>Follow the road for about 300m where you reach the ERMITA de LLEUS. Park here.</p>	

Gata de Gorgos: Camis and trails towards Jesus Pobre		
DATE: Tuesday 1 th Nov & Thursday 3 th Nov	Time: 9 am	WALK LEADER: John & Frieda John & Brian
		Walks: 2016 - 33a 2016 - 33b
Meeting Point	Behind the sky blue house at the first Gata roundabout on the CV734.	
Walking Route	Distance : 4 km	Around the lanes and tracks between Gata and Jesus Pobre. Amazing views in all directions.
Terrain	Walking Surface	Almost all tarmac - concrete roads. One small section of dirt path.
	Ascent	Negligible.
	Duration	1 hr
Directions to Meeting Point	<p>Drive from Benitachell to Javea, Go left on the Ferrobox roundabout, Leave Javea on the CV734 towards Gata.</p> <p>Pass the crematorio and fuel station. At the first roundabout just outside Gata de Gorgos, turn right and at the T-junction turn right again. Pass the back of the sky blue house and park immediately after where the road is wider.</p>	