

U3A HEALTH WALKS Sept – Oct 2017

Javea - Rafalets to Las Laderas		
DATE: Tuesday 12 th Sept & Thursday 14 ^h Sept	Time: 9am	WALK LEADER: Heather & Mike Heather & Mike
		Walks: 2017 - 26a 2017 - 26b
Meeting Point	El Rafalet car park.	
Walking Route	Distance :	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	1hr
Directions to Meeting Point	<p>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.</p> <p>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.</p>	

MORAIRA : From ALGAS L' Andrago to Cap Blanc		
DATE: Tuesday 19 th Sept & Thursday 21 th Sept	Time: 9am	WALK LEADER: Heather & Mike Heather & Mike
		Walks: 2017 - 27a 2017 - 27b
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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TEULADA BERDICA RAILWAY walk			
DATE: Tuesday 26 th Sept & Thursday 28 th Sept	Time: 9am	WALK LEADER: David & Betty David & Betty	Walks: 2017 - 28a 2017 - 28b
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	<p><i>From Teulada-Moraira:</i> 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!).</p> <p><i>From Gata/Benissa:</i> 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.</p>		

Javea – Sol del Este to Rafalets			
DATE: Tuesday 3 th Oct & Thursday 5 th Oct	Time: 9am	WALK LEADER: Brian & Noelene Brian & Noelene	Walks: 2017 - 29b 2017 - 29a
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> Drive to Benitachell and turn right. at the traffic lights. After passing the large furniture store (Devygar 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> Leave Jávea on the CV734 towards Gata. Turn right at the Ferrobox roundabout onto CV740 to Benitachell. Reaching Benitachell, Before the large furniture store (Devygar 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>		

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Lliber - Lliber zoo			
DATE: Tuesday 10 th Oct & Thursday 12 th Oct	Time: 9am	WALK LEADER: Brian & Noelene Brian & Noelene	Walks: 2017 - 30a 2017 - 30b
Meeting Point	New urb. on the Jalón side of Llíber. 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 the riverbed. There is objection to park in the estate roads. Other parking to be arranged after surveying.		

Jesus Pobre around the 3 Windmills			
DATE: Tuesday 17 th Oct & Thursday 19 th Oct	Time: 9 am	WALK LEADER: Brian & Noelene Brian & Noelene	Walks: 2017 - 31a 2017 - 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; <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 24 th Oct & Thursday 26 th Oct		Time: 10 am	WALK LEADER: Brian & Noelene Brian & Noelene
			Walks: 2017 - 32a 2017 - 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. Follow the road for about 500m till you meet the next split and take the road to the right. 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 31 th Oct & Thursday 2 th Nov		Time: 10 am	WALK LEADER: Brian & Noelene Brian & Noelene
			Walks: 2017 - 33a 2017 - 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. 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>		