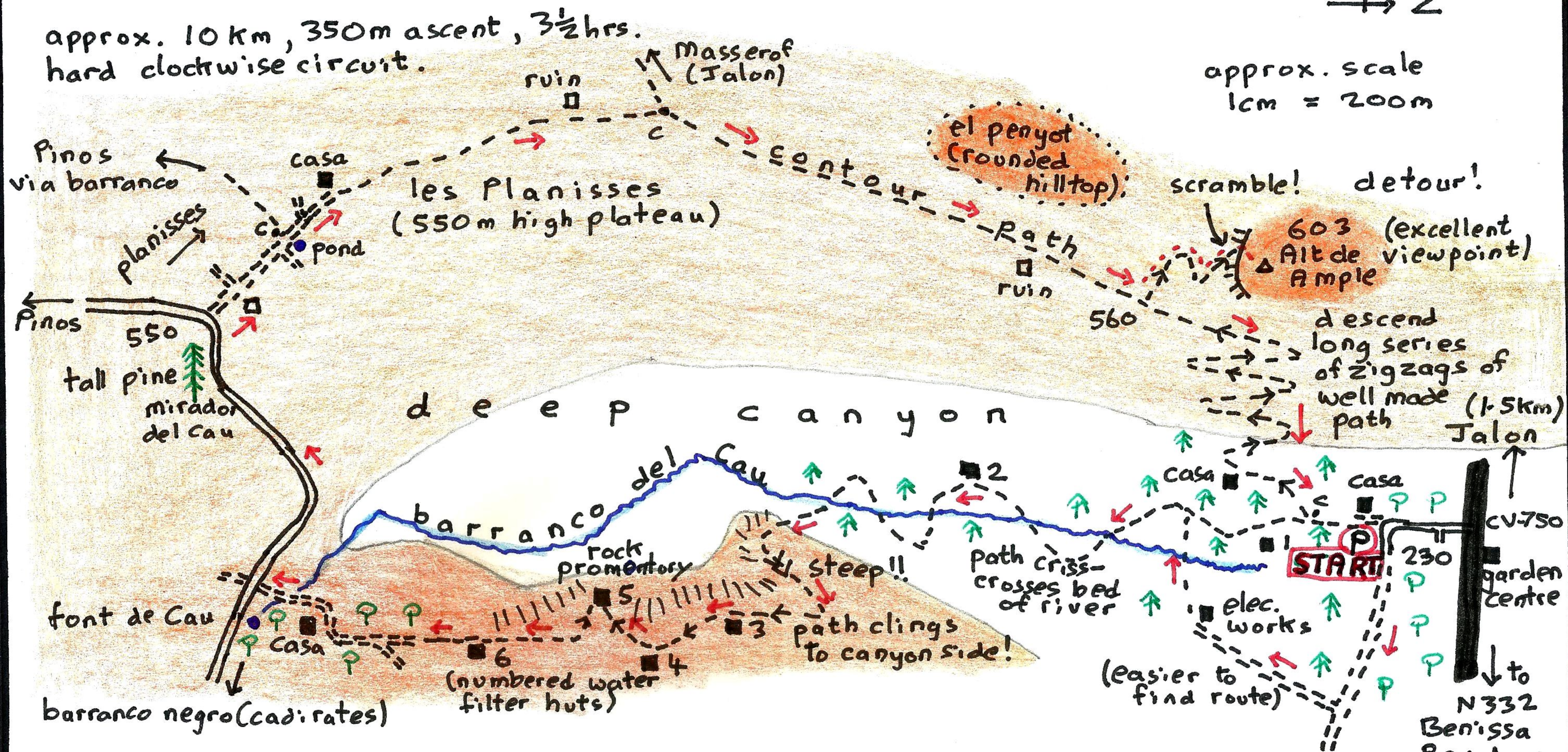


# BARRANCO DEL CAU - Jalon

approx. 10 km, 350m ascent, 3½ hrs.  
hard clockwise circuit.

→ Z

approx. scale  
1cm = 200m



The path up the side of the Barranco del Cau is a challenging adventure!  
It is very steep and strenuous in places, with big drops down into the canyon!  
Les Planisses is a stroll and the well made zigzag paths eases the descent.

G. Parsons (2015)



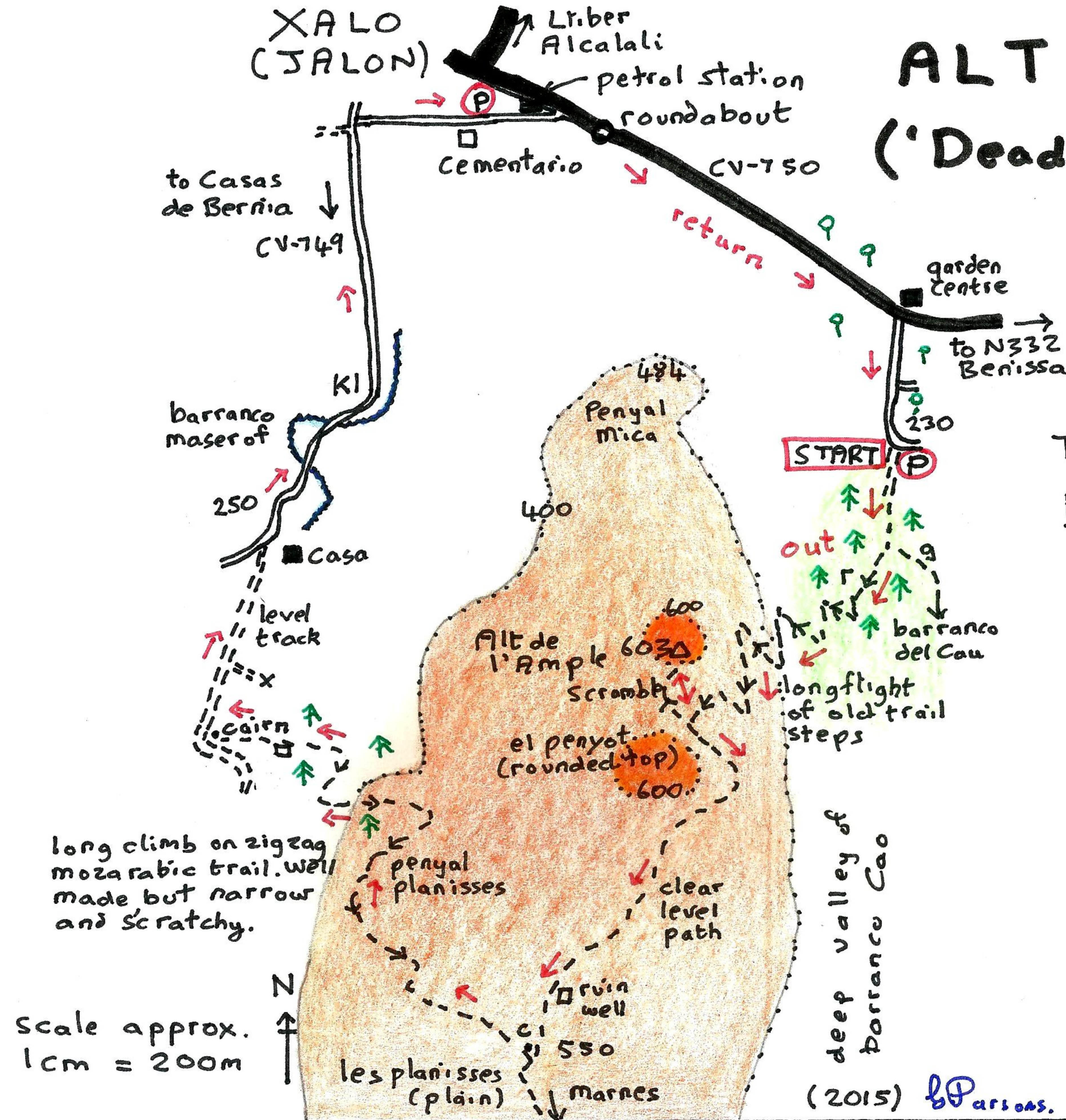
J I I A A A A

# ALT DE L'AMPLE ('Dead Dog Walk')

Approx. 11km,  
400m ascent, 4½ hrs.  
Clockwise best.

This is a well known and popular walk in the Jalon valley. It is a long hard route, involving a prolonged ascent on a zigzag path, a stroll on the plateau (plain), descent by a narrow scratchy path and some road walking.

The actual summit is a fine rock peak with good views, but requires a detour and a short scramble. Many miss it out but it is worth doing.

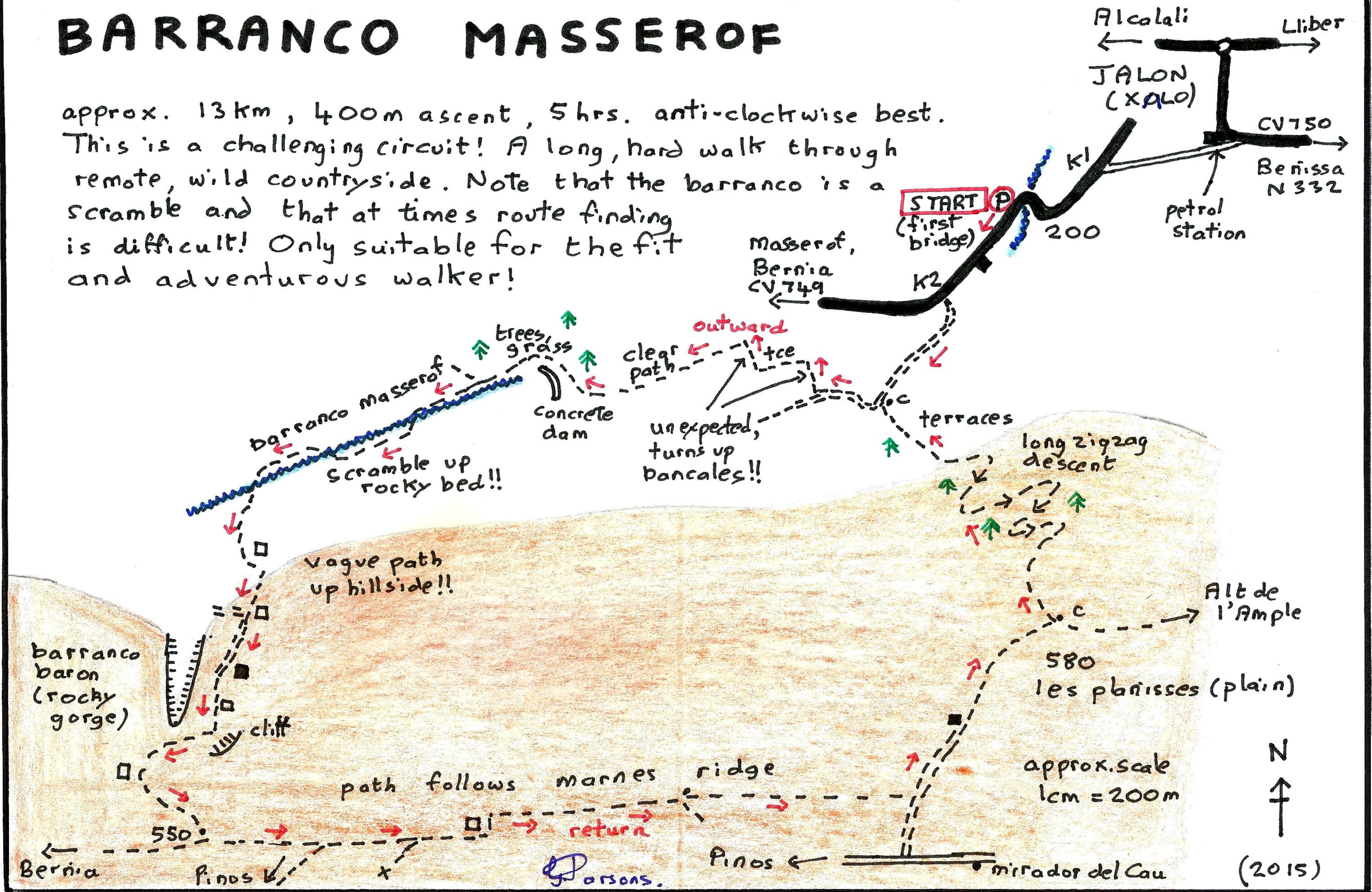


(2015) B. Parsons.



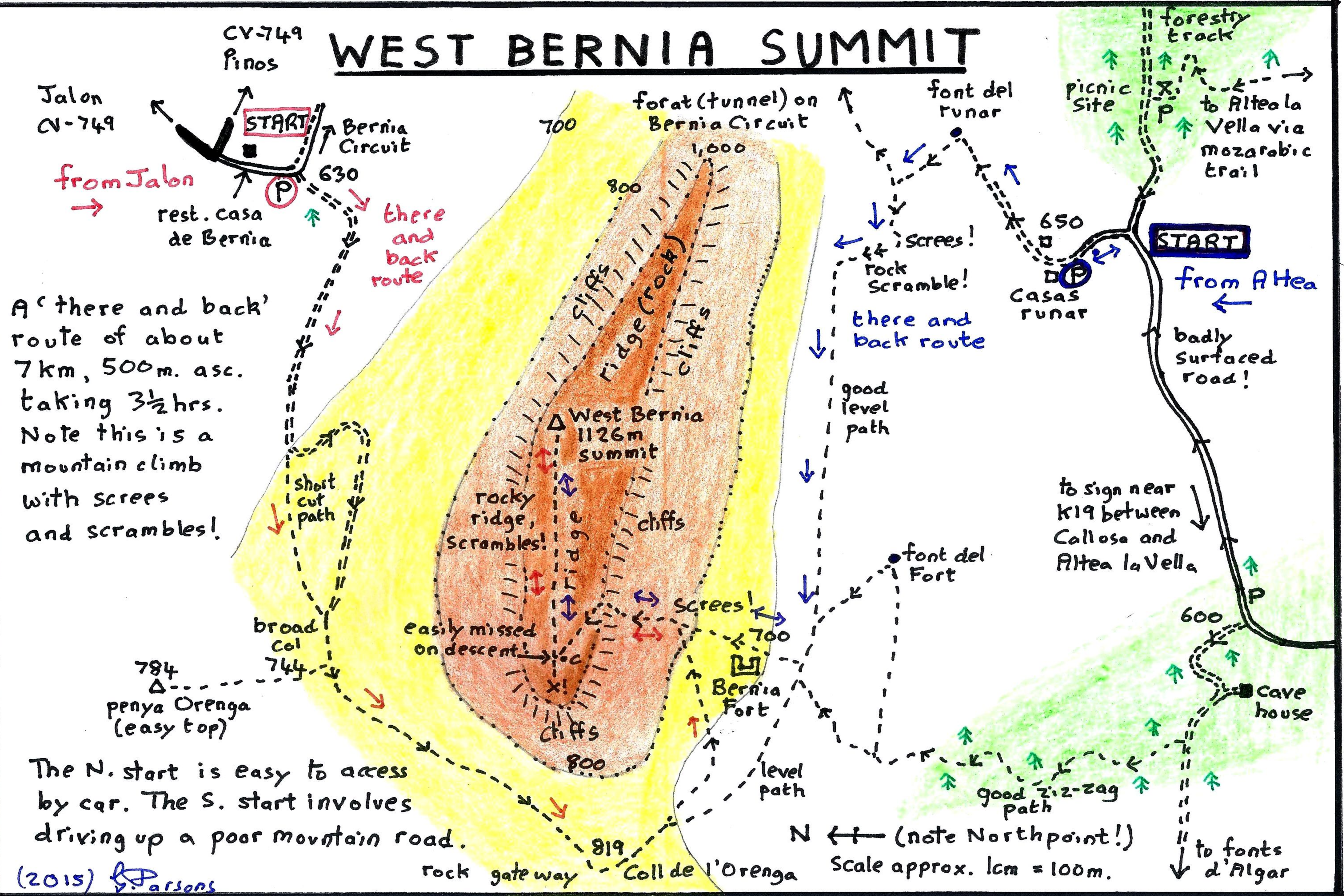
# BARRANCO MASSEROF

approx. 13 km, 400m ascent, 5 hrs. anti-clockwise best. This is a challenging circuit! A long, hard walk through remote, wild countryside. Note that the barranco is a scramble and that at times route finding is difficult! Only suitable for the fit and adventurous walker!





## WEST BERNIA SUMMIT



A 'there and back' route of about 7km, 500m. asc. taking 3½ hrs. Note this is a mountain climb with screes and scrambles!

The N. start is easy to access by car. The S. start involves driving up a poor mountain road.

(2015) *Parsons*