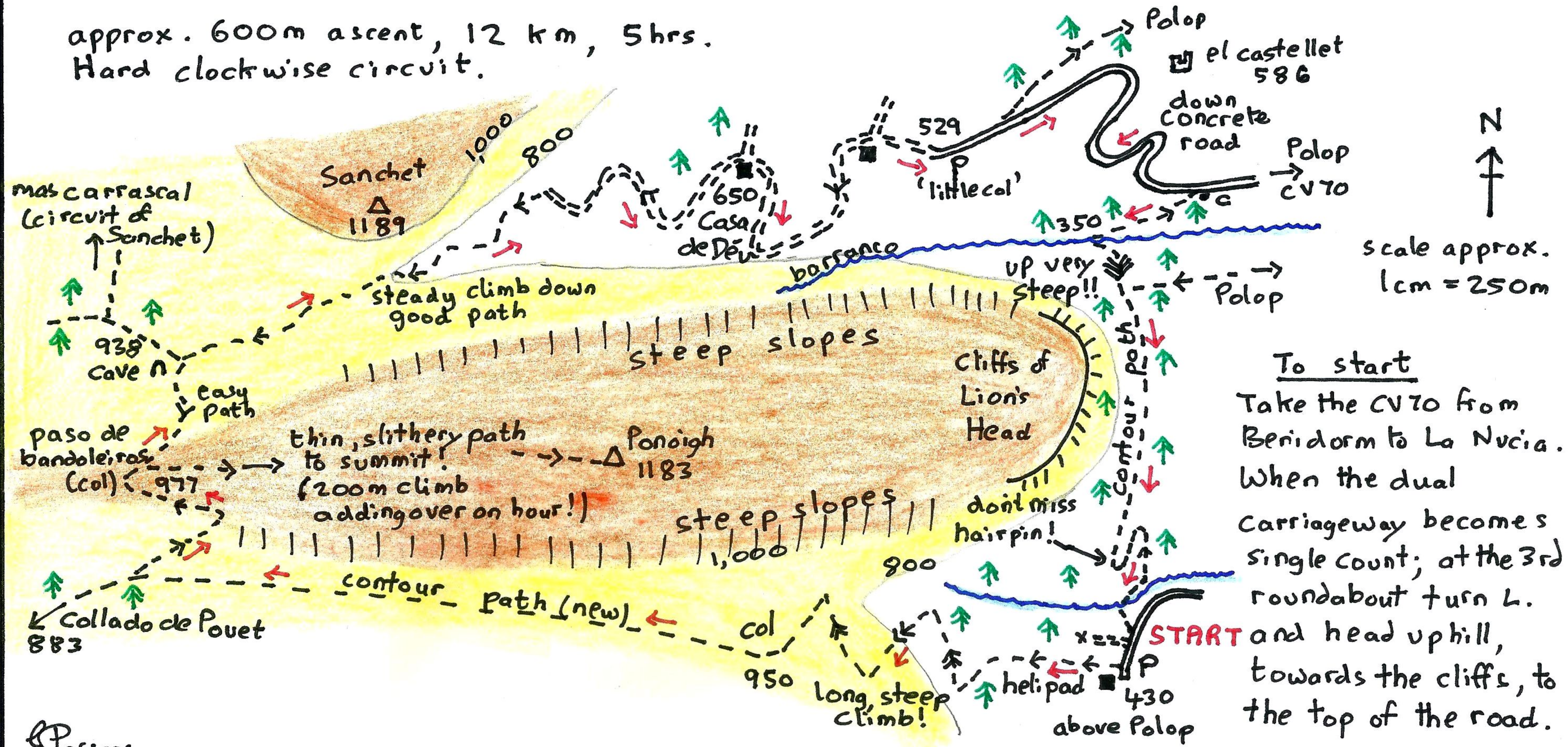


# PONOIGH CIRCUIT - Polop

approx. 600m ascent, 12 km, 5 hrs.  
Hard clockwise circuit.



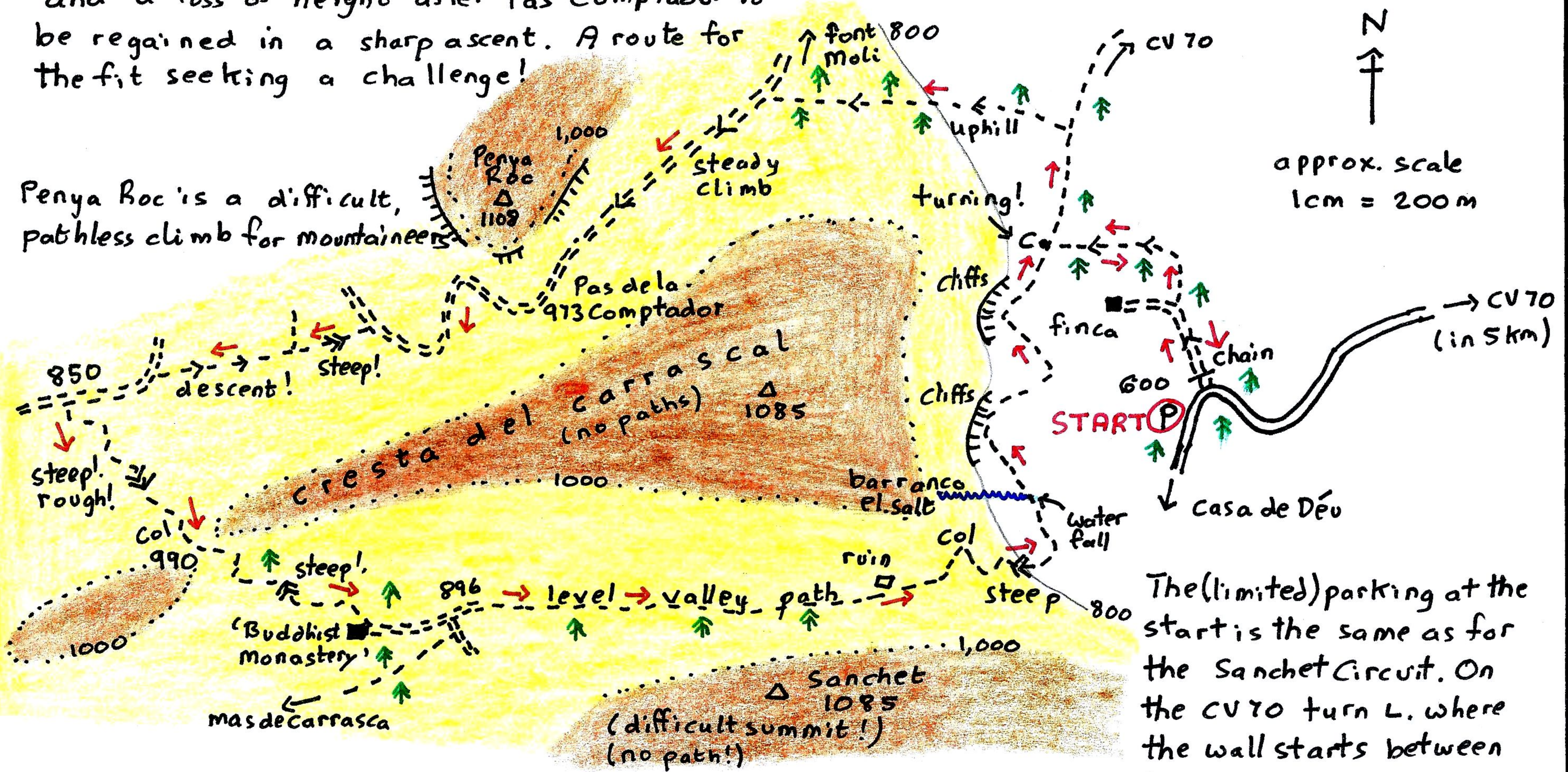
To start  
Take the CV70 from Beridorm to La Nucia. When the dual carriageway becomes single count; at the 3rd roundabout turn L. and head uphill, towards the cliffs, to the top of the road.

Parsons.

A newly cut contour path along the southern flank of Ponoigh enables this fine, but strenuous circuit, with good views of the surrounding mountains. Make sure you start right, you need the little path going up by the helipad fence! And don't miss the cairn marking the trail when descending the concrete road. Very fit walkers could detour to the summit. (2015)

# CRESTA DEL CARRASCAL

approx. 11 km, 550 m ascent, 4 1/2 hrs, strenuous.  
This is a very hard walk, with steep, rough slopes and a loss of height after Pas Comptador to be regained in a sharp ascent. A route for the fit seeking a challenge!



Penya Roc is a difficult, pathless climb for mountaineers

N  
↑  
approx. scale  
1cm = 200m

The (limited) parking at the start is the same as for the Sanchet Circuit. On the CV 70 turn L. where the wall starts between k 38 and k 37.

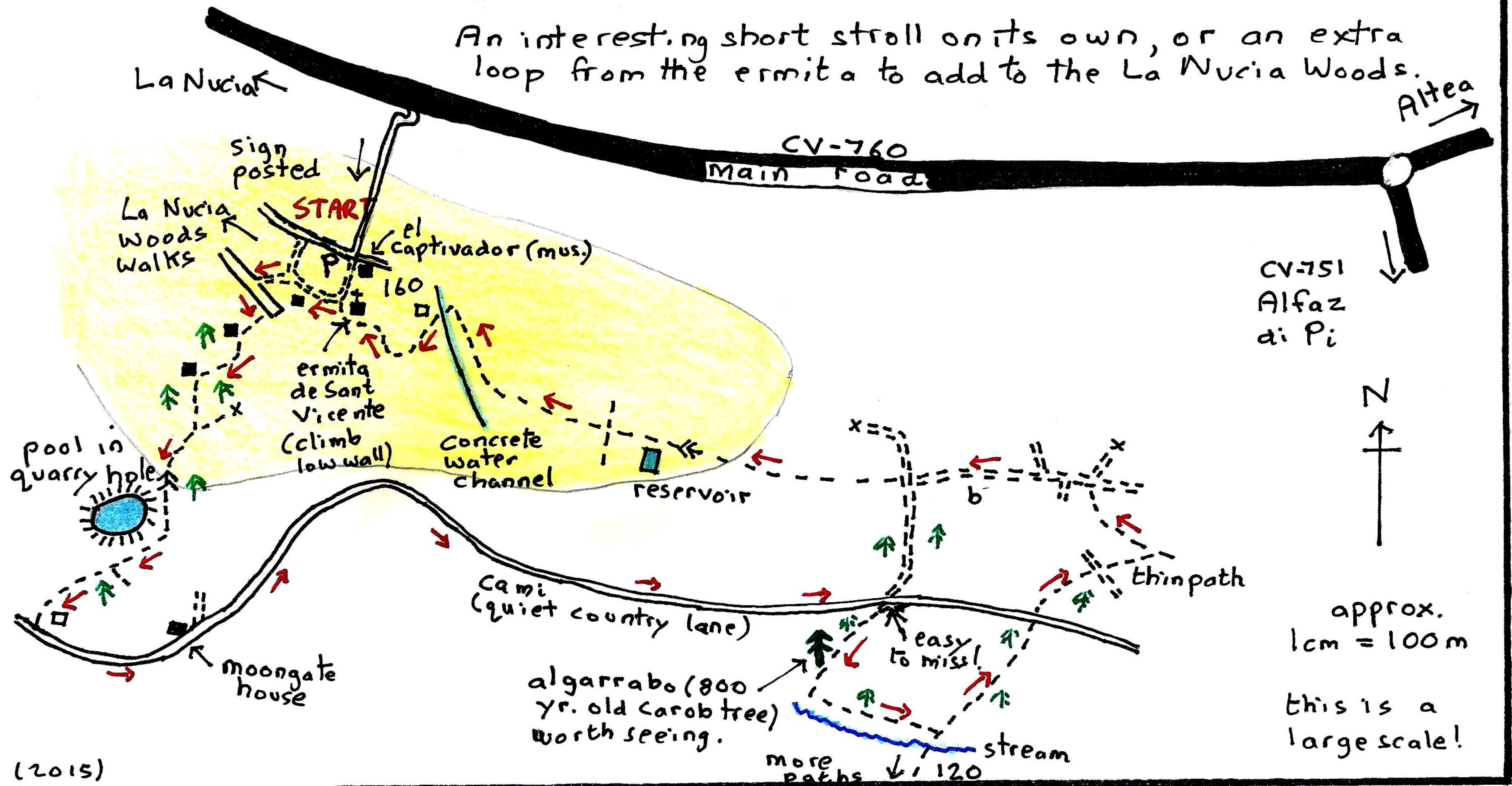
(2015) G. Parsons.



# SANT VICENTE STROLL

approx. 2km, 50m asc, 1 hr. Some steep bits so wear boots. Rarely walked yet has an impressive quarry pool and an historic tree in the woodland area.

An interesting short stroll on its own, or an extra loop from the ermita to add to the La Nucia Woods.

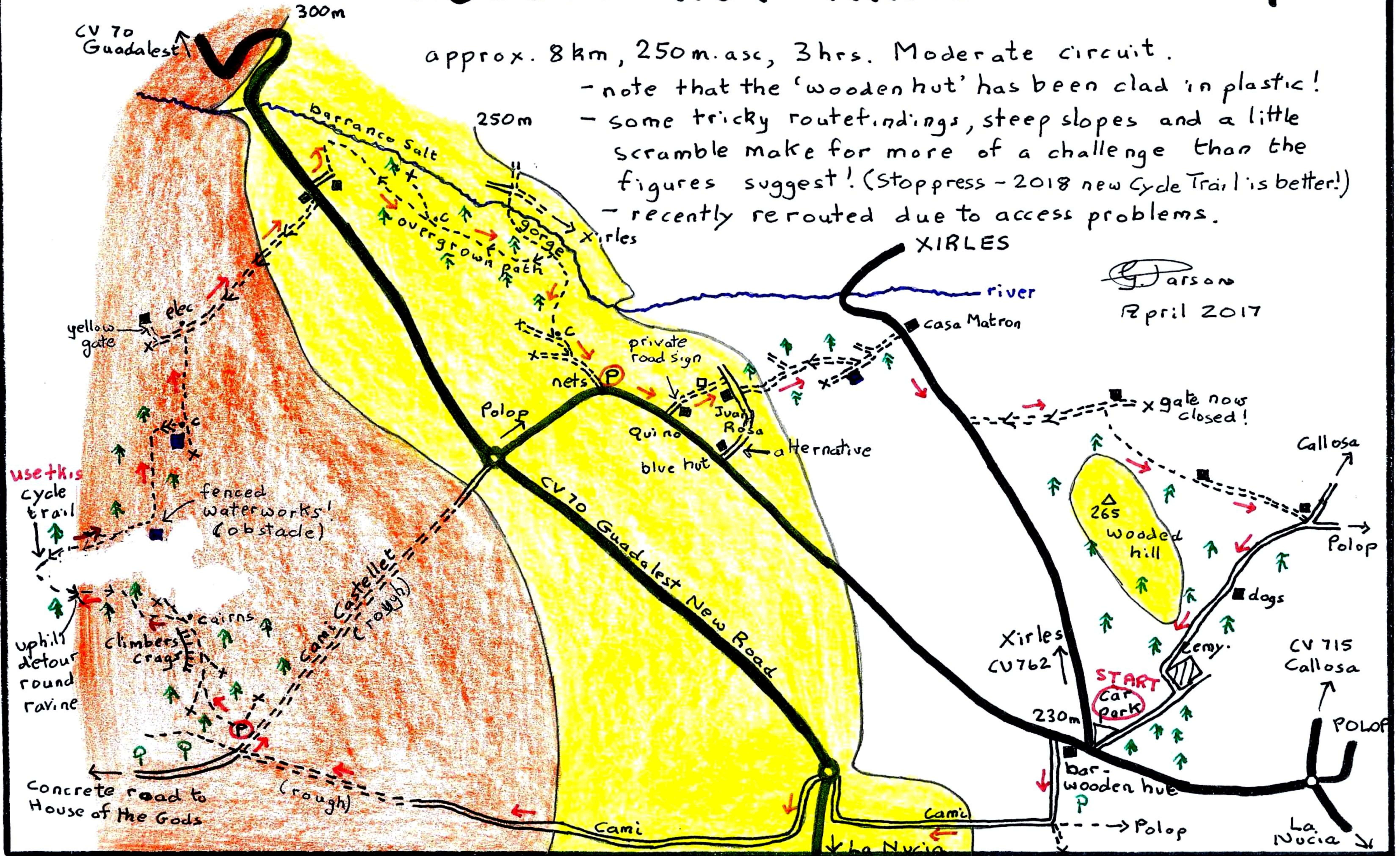


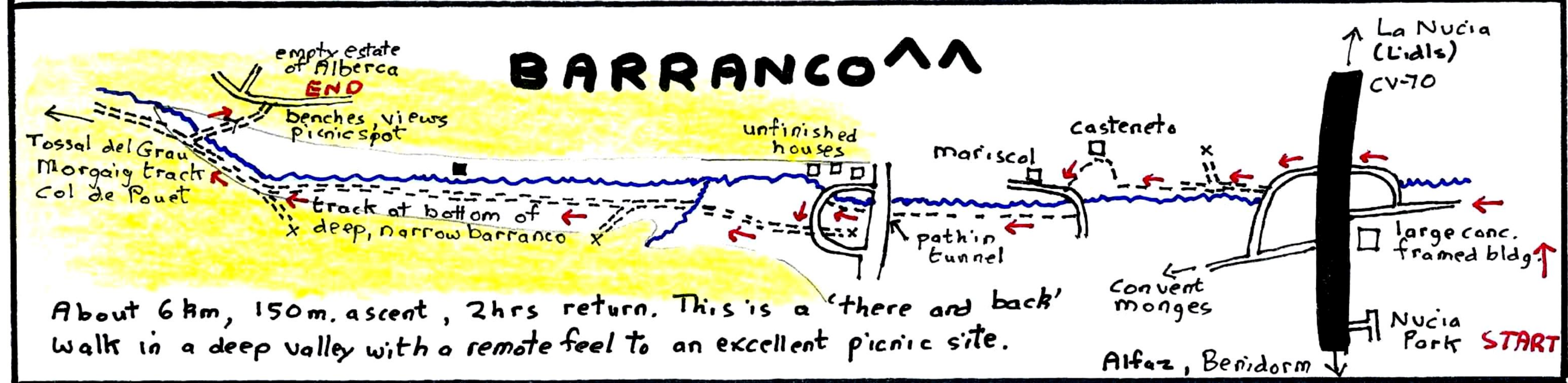
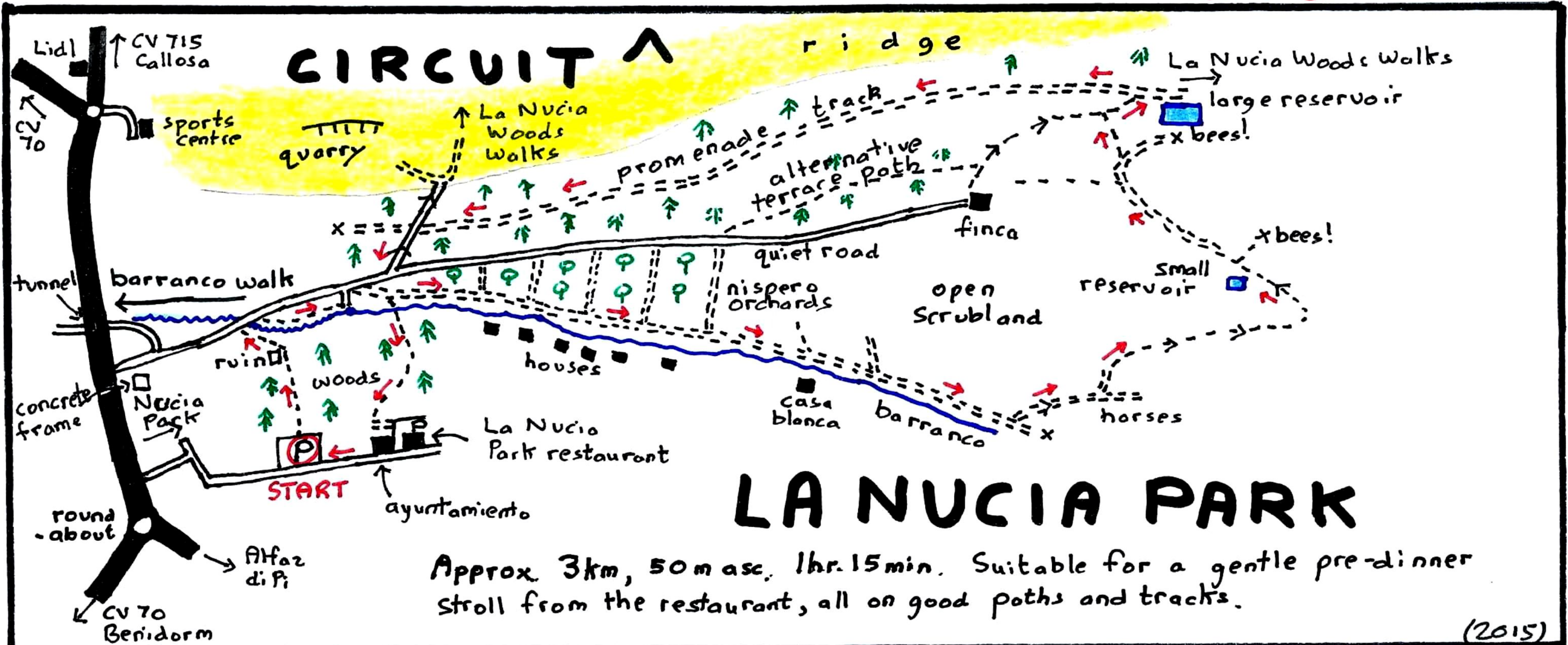
(2015)

## WOODEN HUT WANDER - Polop

approx. 8km, 250m.asc, 3hrs. Moderate circuit.

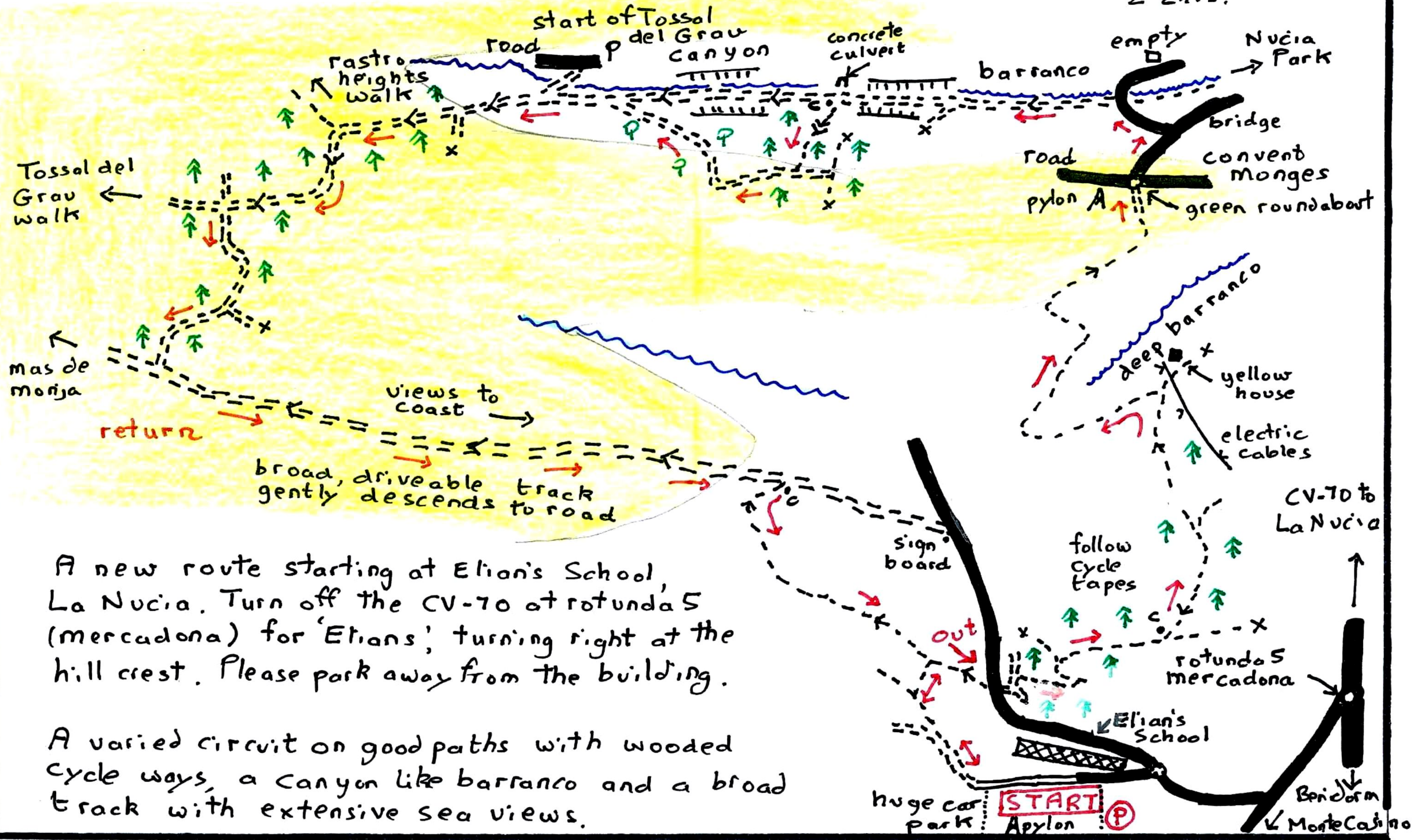
- note that the 'wooden hut' has been clad in plastic!
- some tricky route findings, steep slopes and a little scramble make for more of a challenge than the figures suggest! (Stoppress - 2018 new Cycle Trail is better!)
- recently rerouted due to access problems.





# ELIAN'S CIRCUIT

easy/moderate. approx. 7km, 200m asc. 2 1/2 hrs.



A new route starting at Elian's School, La Nucia. Turn off the CV-70 at rotunda 5 (mercadona) for 'Elians', turning right at the hill crest. Please park away from the building.

A varied circuit on good paths with wooded cycle ways, a canyon like barranco and a broad track with extensive sea views.