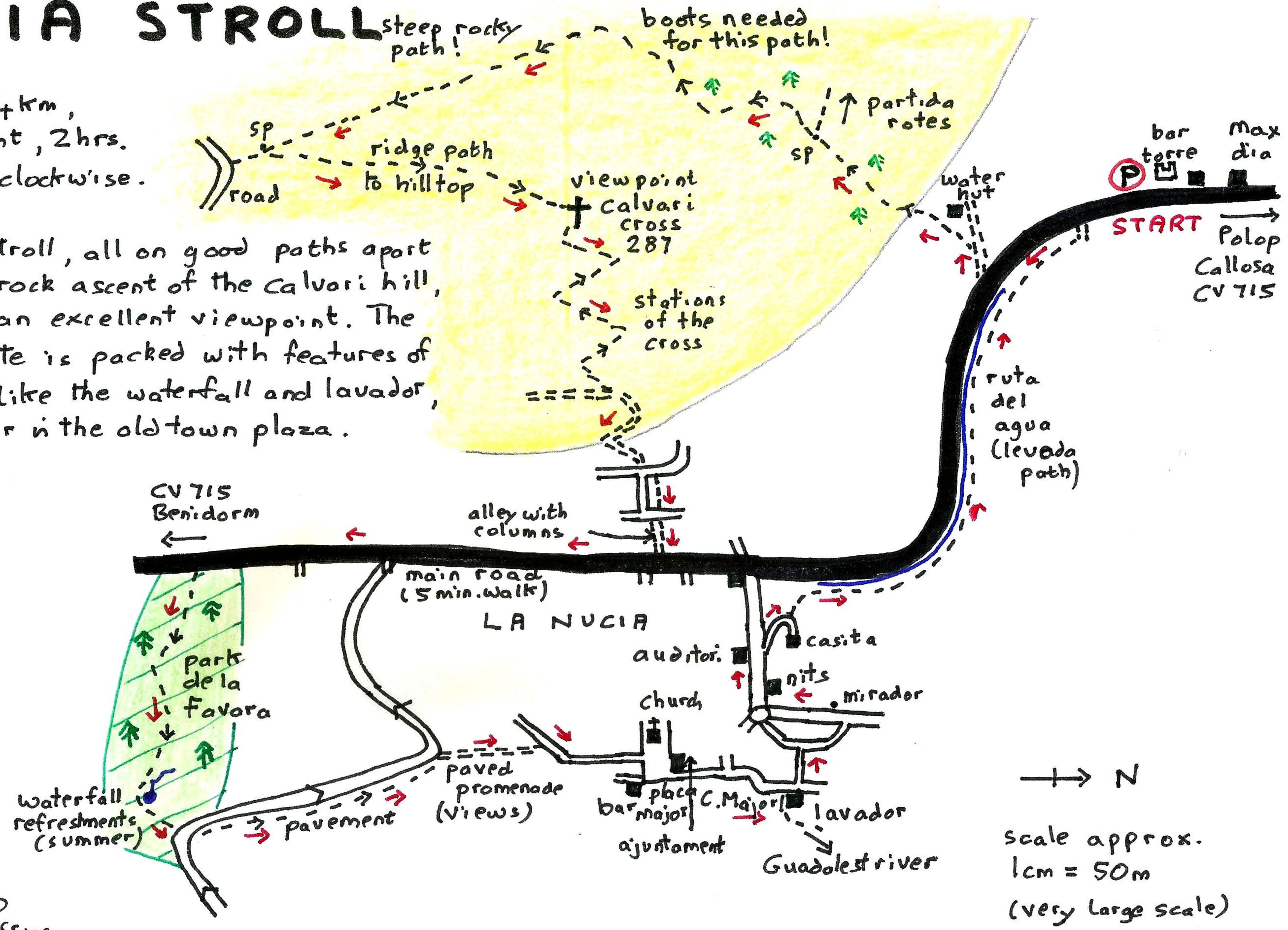


NUCIA STROLL

approx. 4km,
100m ascent, 2hrs.
easy, anticlockwise.

An easy stroll, all on good paths apart from the rock ascent of the Calvari hill, which is an excellent viewpoint. The short route is packed with features of interest, like the waterfall and lavador, with a bar in the old town plaza.

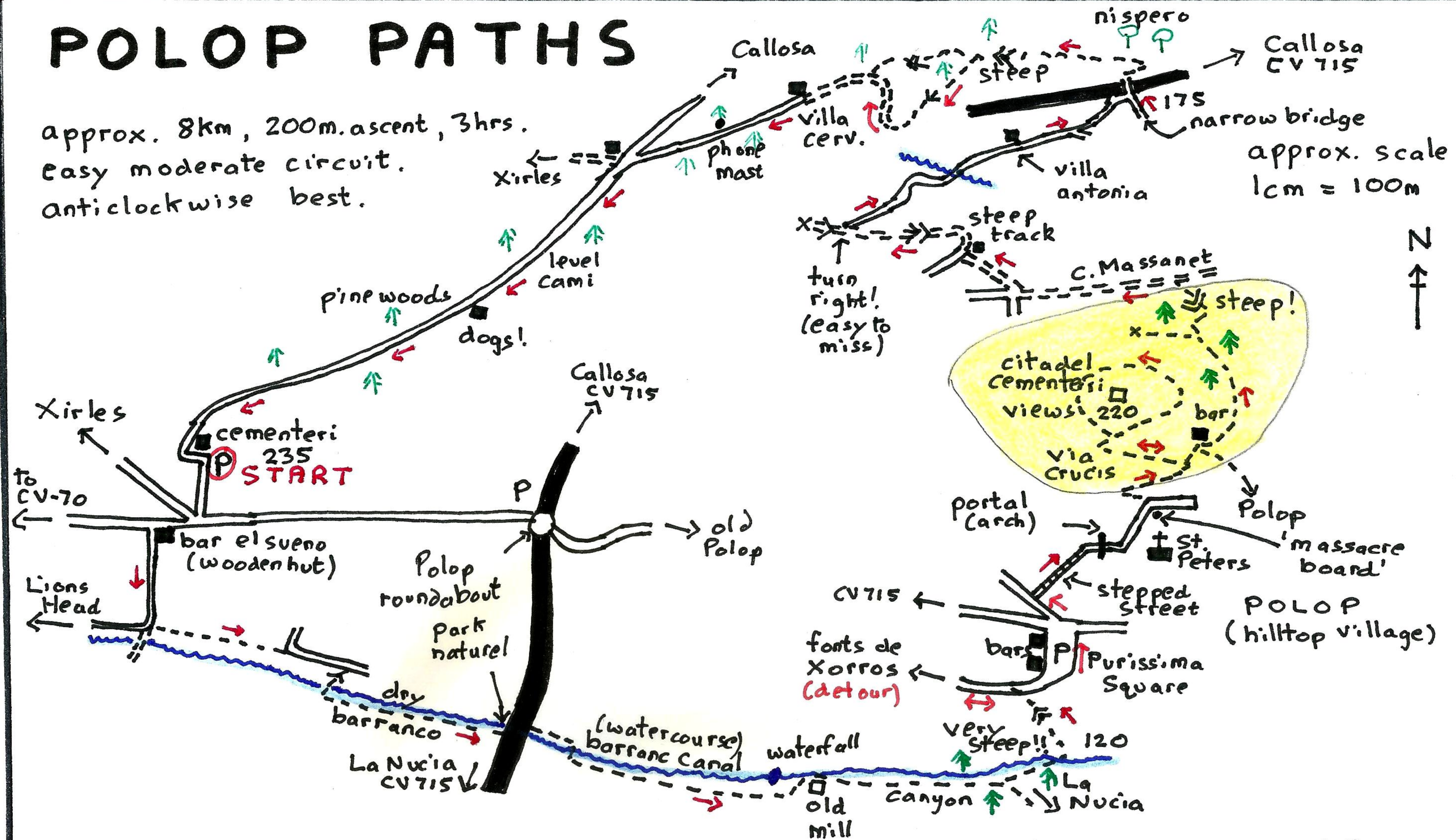


(2015) G. Parsons.

→ N
scale approx.
1cm = 50m
(very large scale)

POLOP PATHS

approx. 8km, 200m. ascent, 3hrs.
 Easy moderate circuit.
 anticlockwise best.



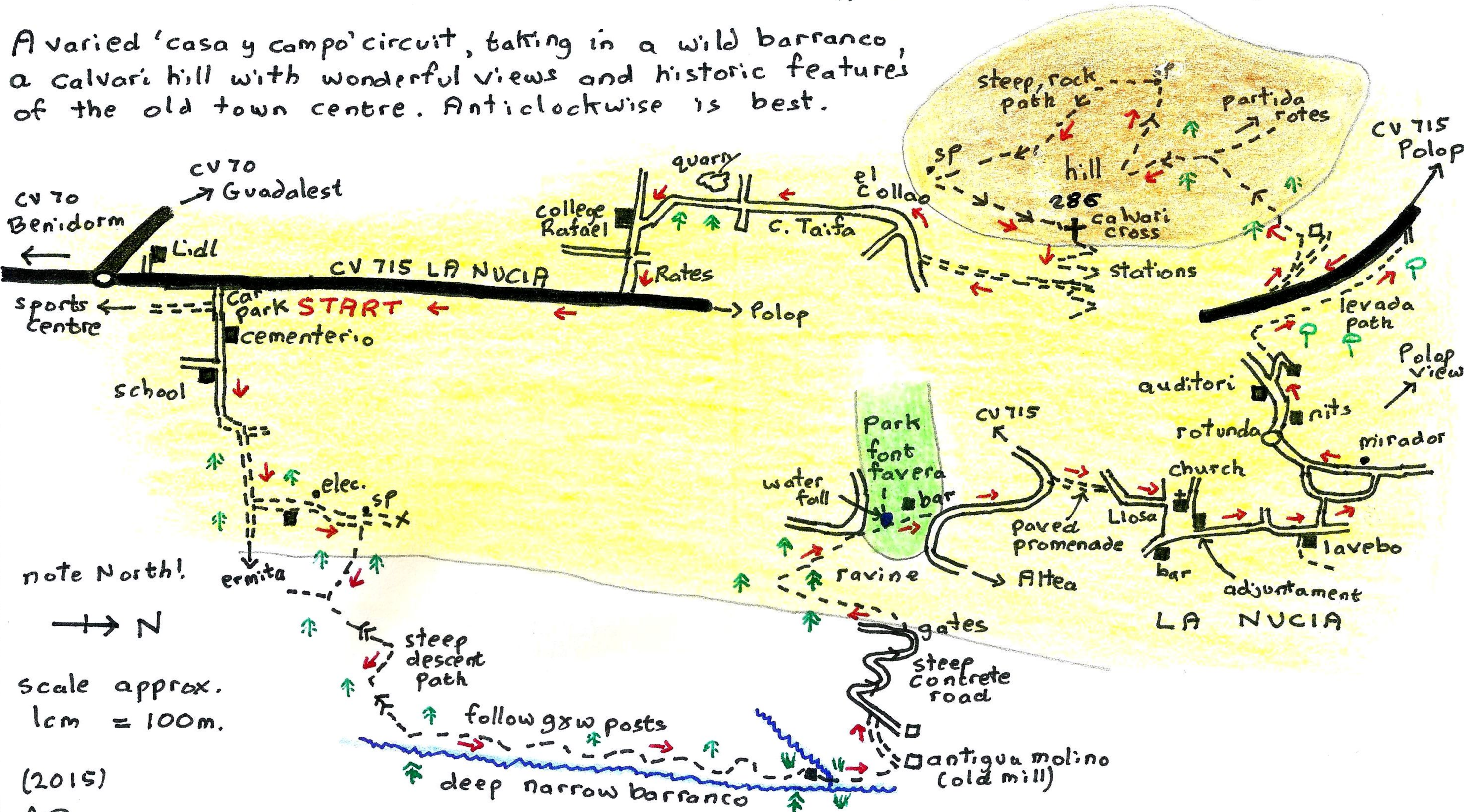
This 'casa y campo' walk includes a deep barranco, with waterfall and old mill; old Polop with its citadel, cemeneteri and wonderful views and a return through pinewoods. Read about the 16th century massacre and don't miss the famous fontes de Xorros.

Harsons. 2015

ROUND LA NUCIA

approx. 8 km, 250m. ascent, 3hrs.

A varied 'casa y campo' circuit, taking in a wild barranco, a calvari hill with wonderful views and historic features of the old town centre. Anticlockwise is best.



note North!



scale approx.
1cm = 100m.

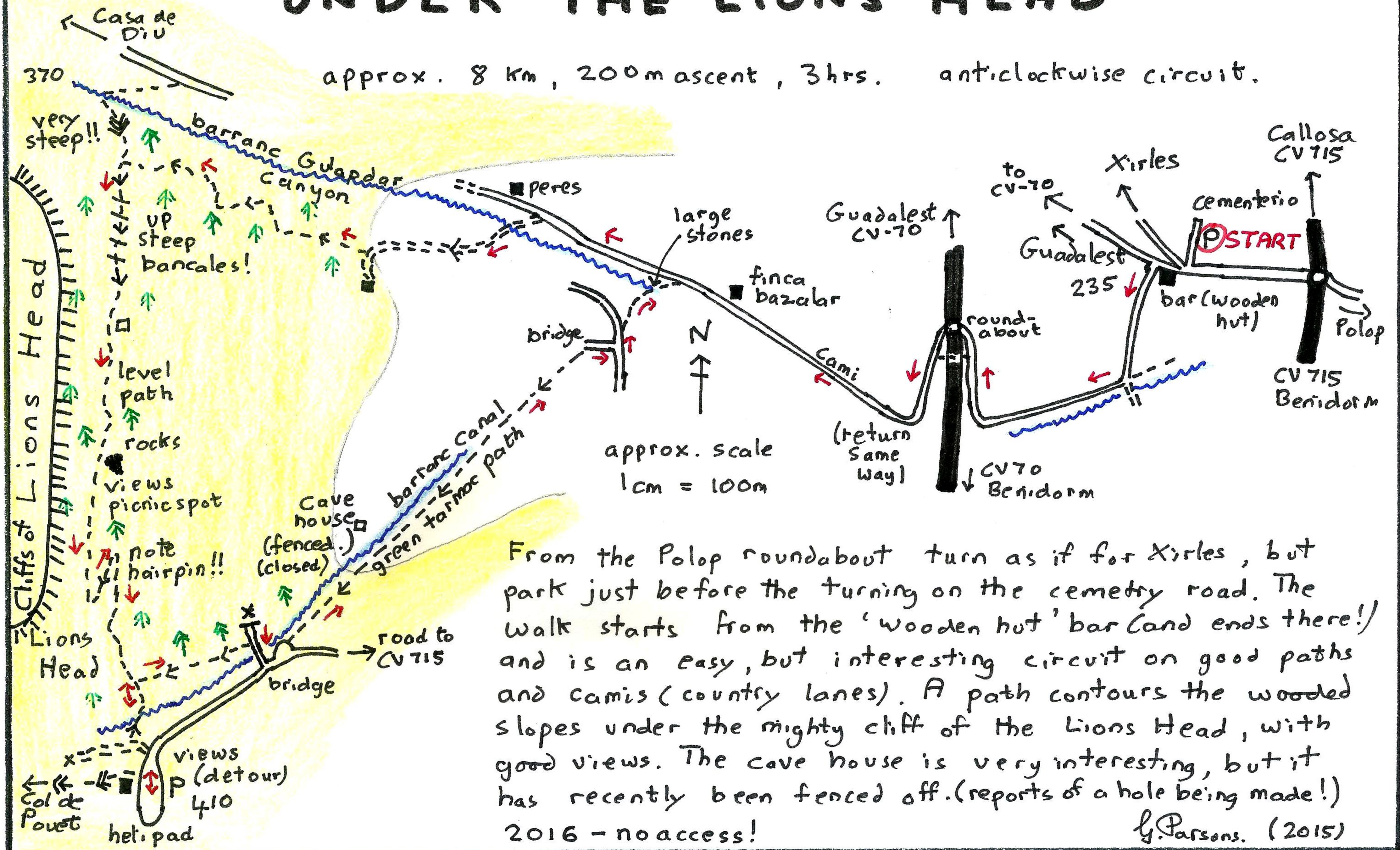
(2015)

Parsons.

L4 M

UNDER THE LIONS HEAD

approx. 8 km, 200m ascent, 3hrs. anticlockwise circuit.



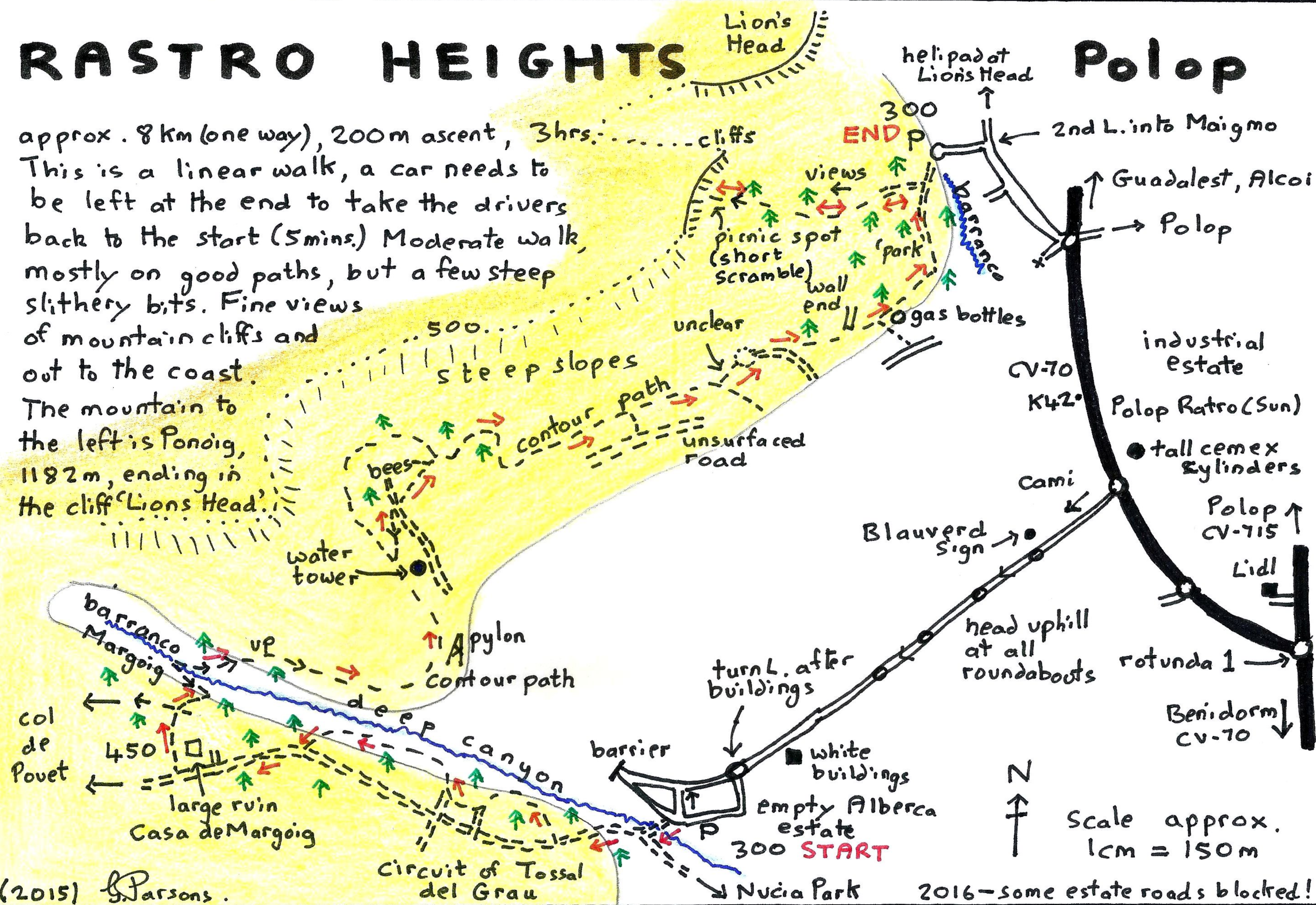
From the Polop roundabout turn as if for Xirles, but park just before the turning on the cemetery road. The walk starts from the 'wooden hut' bar (and ends there!) and is an easy, but interesting circuit on good paths and camis (country lanes). A path contours the wooded slopes under the mighty cliff of the Lions Head, with good views. The cave house is very interesting, but it has recently been fenced off. (reports of a hole being made!)
 2016 - no access!
 G. Parsons. (2015)

RASTRO HEIGHTS

approx. 8 km (one way), 200m ascent, 3hrs.
 This is a linear walk, a car needs to be left at the end to take the drivers back to the start (5mins.) Moderate walk, mostly on good paths, but a few steep slithery bits. Fine views of mountain cliffs and out to the coast.

The mountain to the left is Ponoig, 1182m, ending in the cliff 'Lions Head'.

Polop



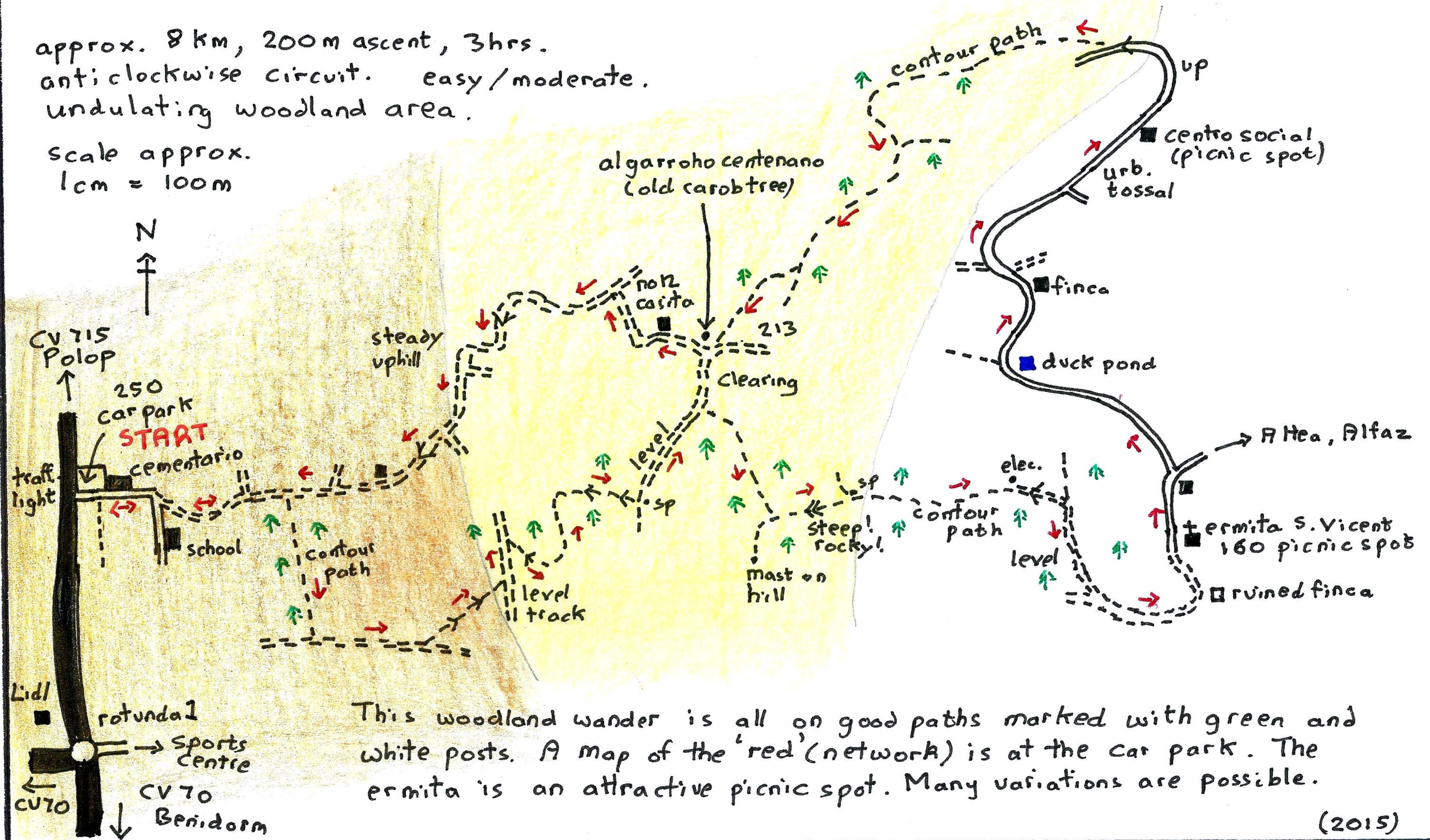
(2015) G. Parsons.

2016 - some estate roads blocked!

NUCIA WOODS

approx. 8 km, 200m ascent, 3hrs.
anticlockwise circuit. easy/moderate.
undulating woodland area.

scale approx.
1cm = 100m



This woodland wander is all on good paths marked with green and white posts. A map of the 'red' (network) is at the car park. The ermita is an attractive picnic spot. Many variations are possible.

(2015)