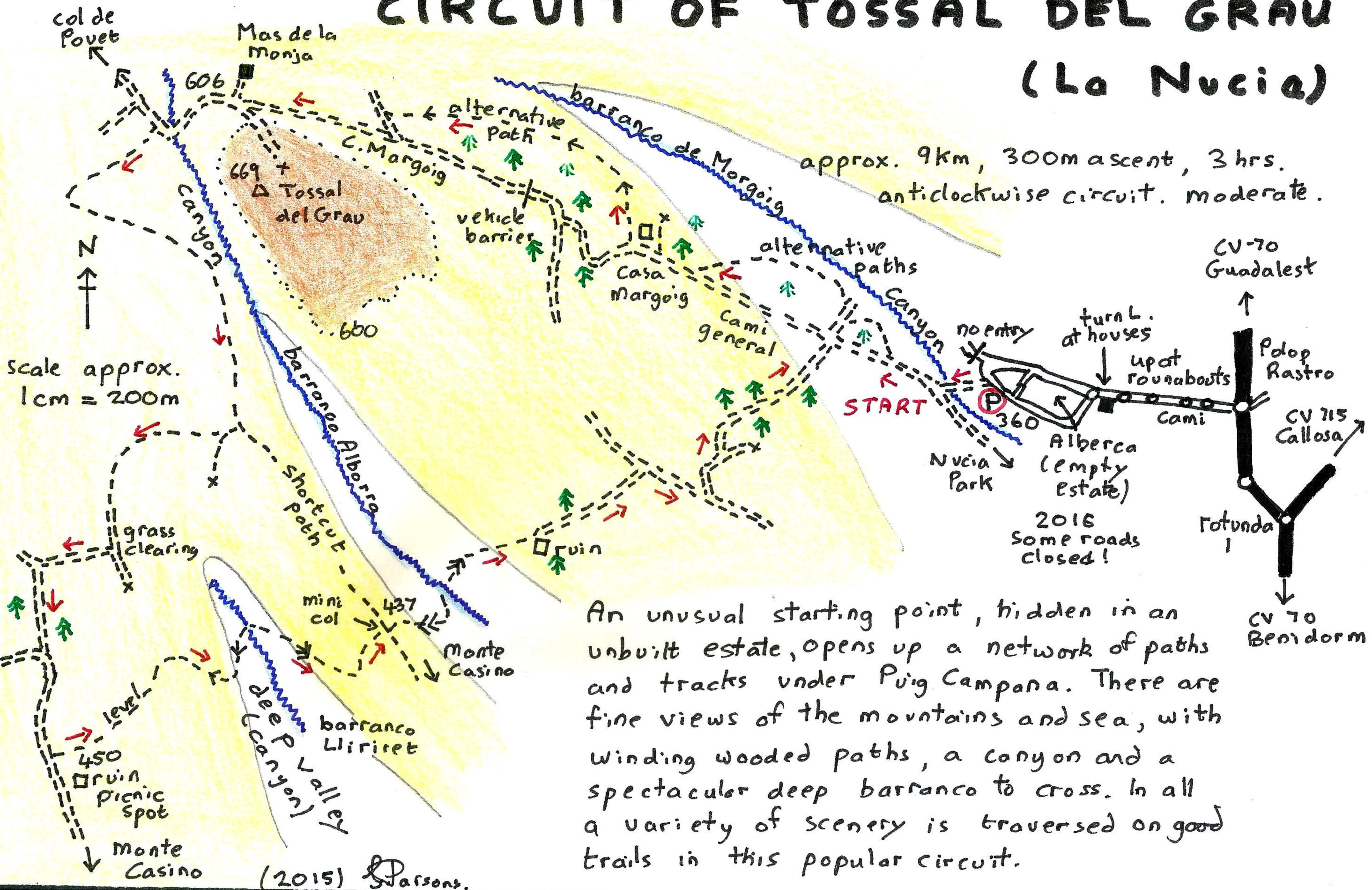


CIRCUIT OF TOSSAL DEL GRAU (La Nucia)

approx. 9km, 300m ascent, 3 hrs. anticlockwise circuit. moderate.



An unusual starting point, hidden in an unbuilt estate, opens up a network of paths and tracks under Puig Campana. There are fine views of the mountains and sea, with winding wooded paths, a canyon and a spectacular deep barranco to cross. In all a variety of scenery is traversed on good trails in this popular circuit.

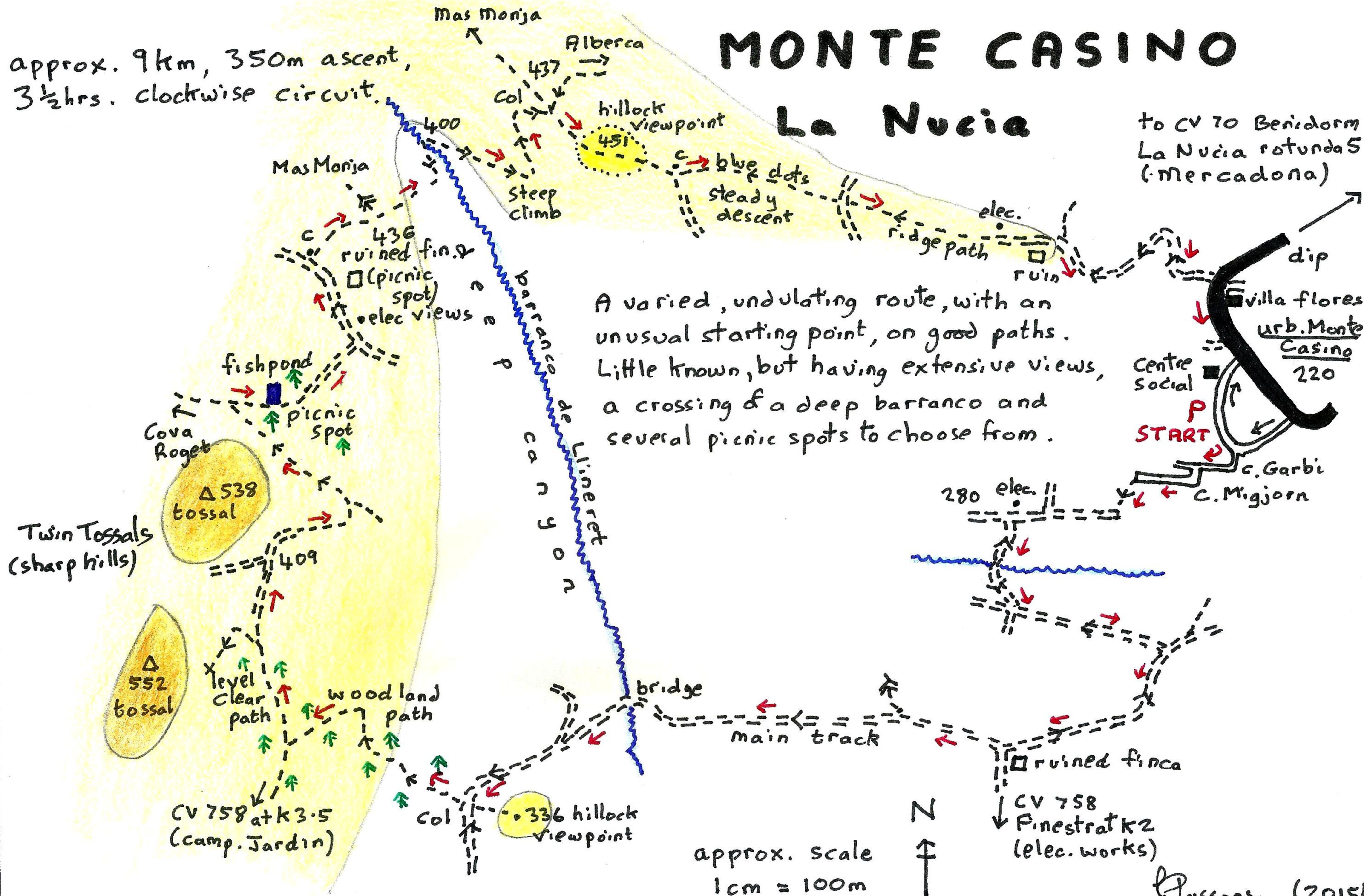
(2015) Parsons.

MONTE CASINO

La Nucia

approx. 9km, 350m ascent,
3 1/2 hrs. clockwise circuit.

to CV 70 Benidorm
La Nucia rotunda 5
(Mercadona)



A varied, undulating route, with an unusual starting point, on good paths. Little known, but having extensive views, a crossing of a deep barranco and several picnic spots to choose from.

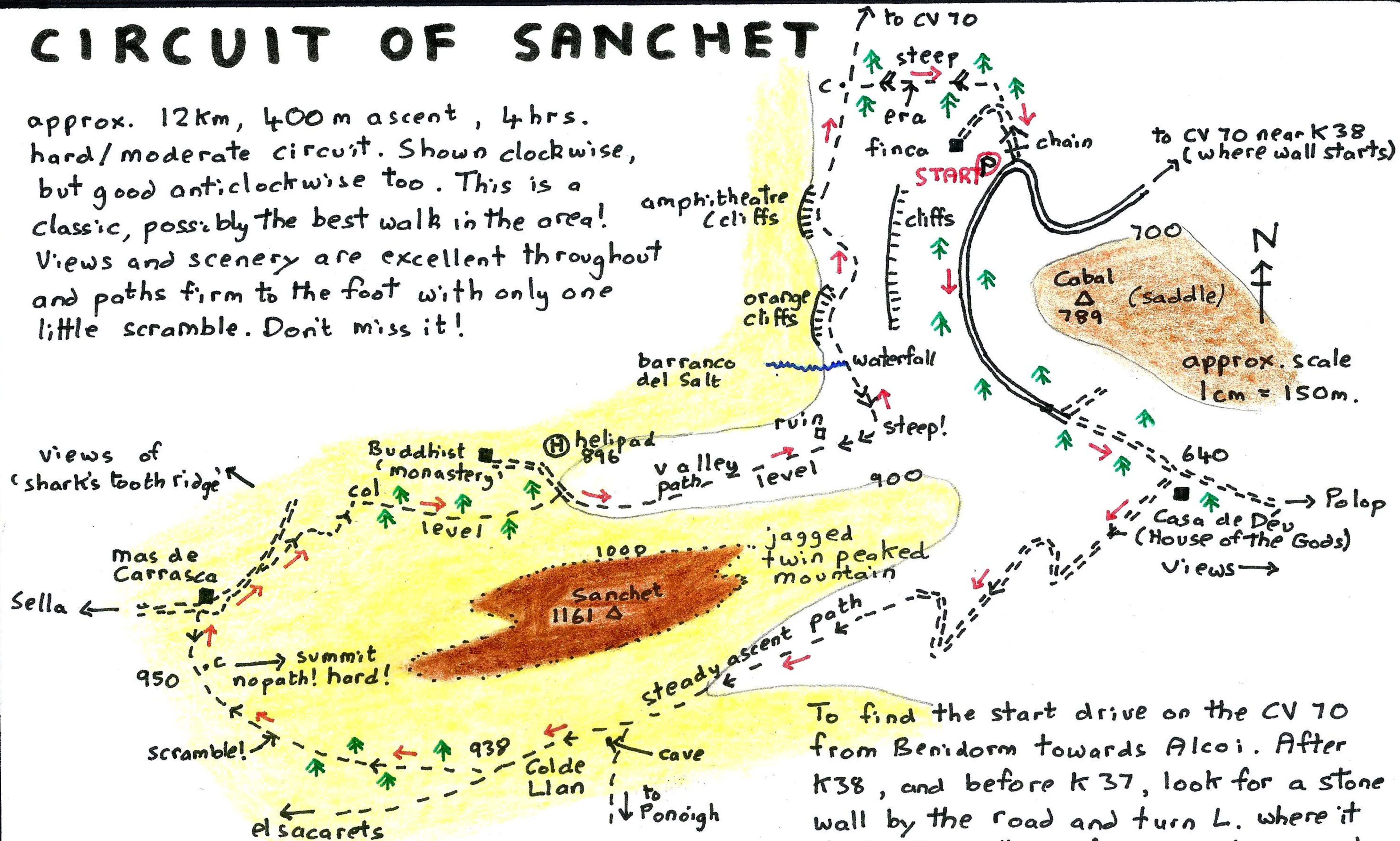
approx. scale
1cm = 100m



Parsons. (2015)

CIRCUIT OF SANCHET

approx. 12km, 400m ascent, 4hrs.
 hard/moderate circuit. Shown clockwise,
 but good anticlockwise too. This is a
 classic, possibly the best walk in the area!
 Views and scenery are excellent throughout
 and paths firm to the foot with only one
 little scramble. Don't miss it!

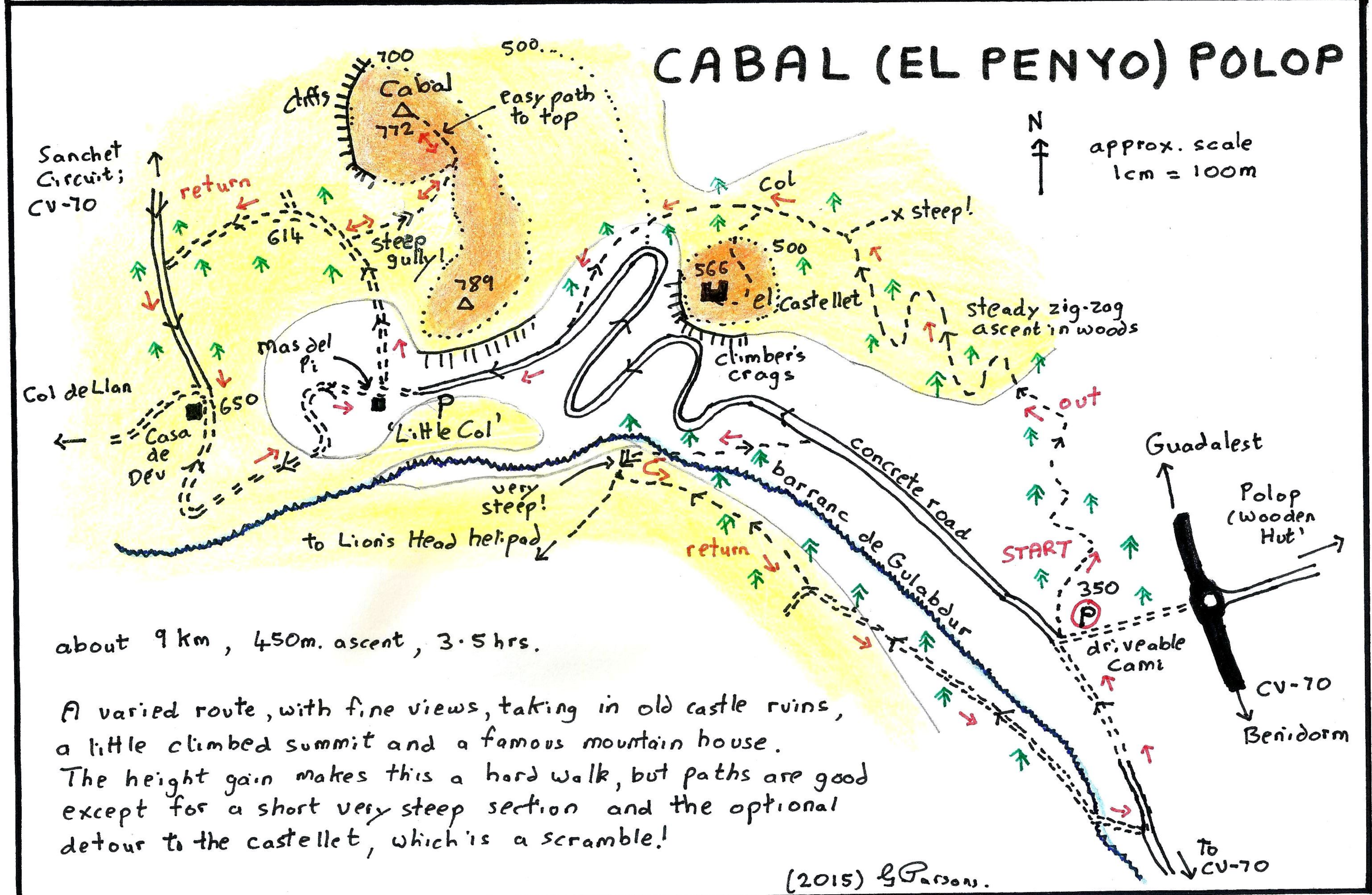


To find the start drive on the CV 70 from Benidorm towards Alcoi. After K38, and before K37, look for a stone wall by the road and turn L. where it starts. Follow the surface mountain road for about 5km to a (limited) parking area.

(2015) by Parsons.

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CABAL (EL PENYO) POLOP



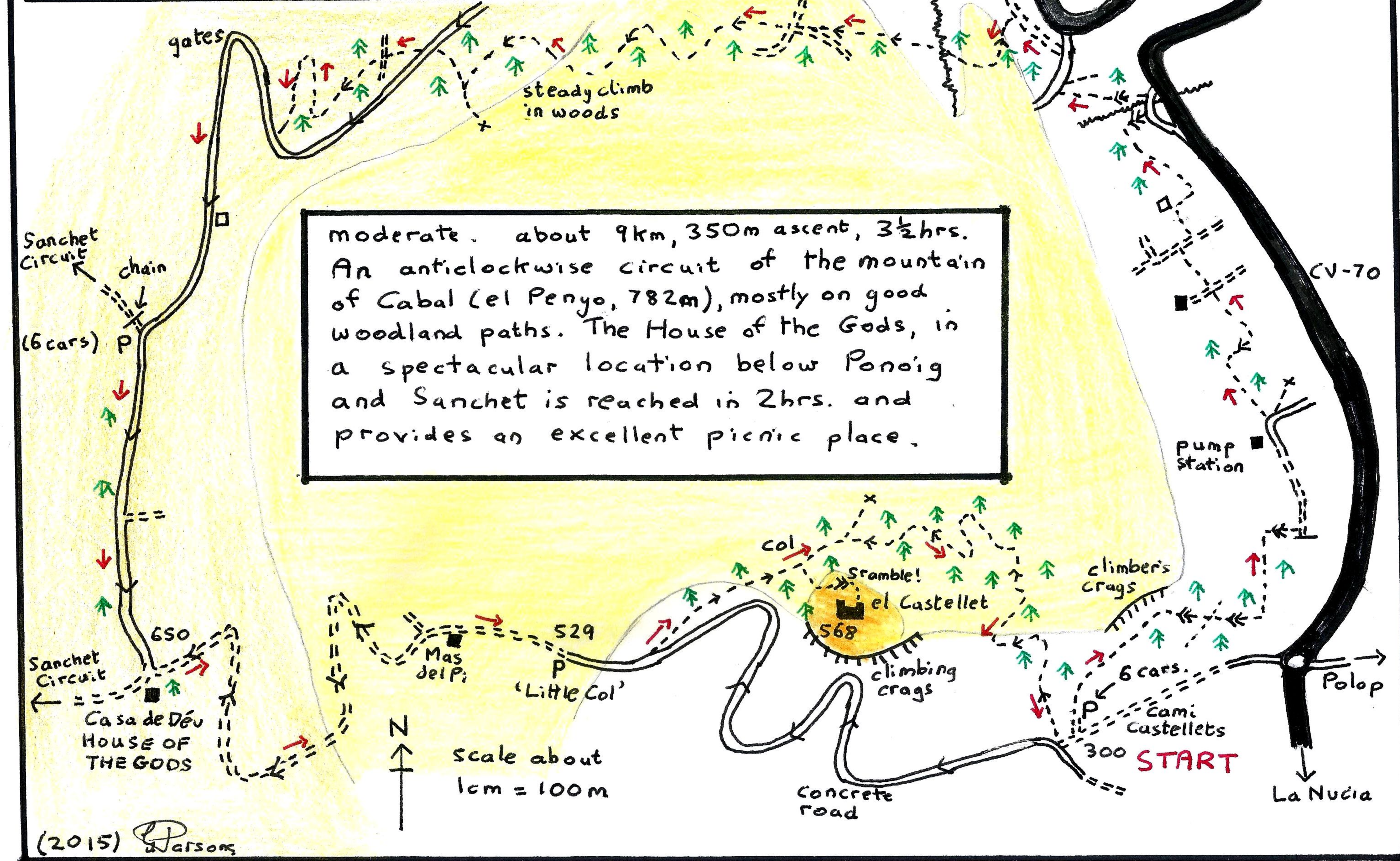
about 9 km , 450m. ascent , 3.5 hrs.

A varied route, with fine views, taking in old castle ruins, a little climbed summit and a famous mountain house. The height gain makes this a hard walk, but paths are good except for a short very steep section and the optional detour to the castellet, which is a scramble!

(2015) G. Parsons.

L II ^ ^ ^

HOUSE OF THE GODS



moderate. about 9km, 350m ascent, 3½ hrs.
 An anticlockwise circuit of the mountain of Cabal (el Penyo, 782m), mostly on good woodland paths. The House of the Gods, in a spectacular location below Ponoig and Sanchet is reached in 2hrs. and provides an excellent picnic place.



scale about
1cm = 100m

(2015) Parsons