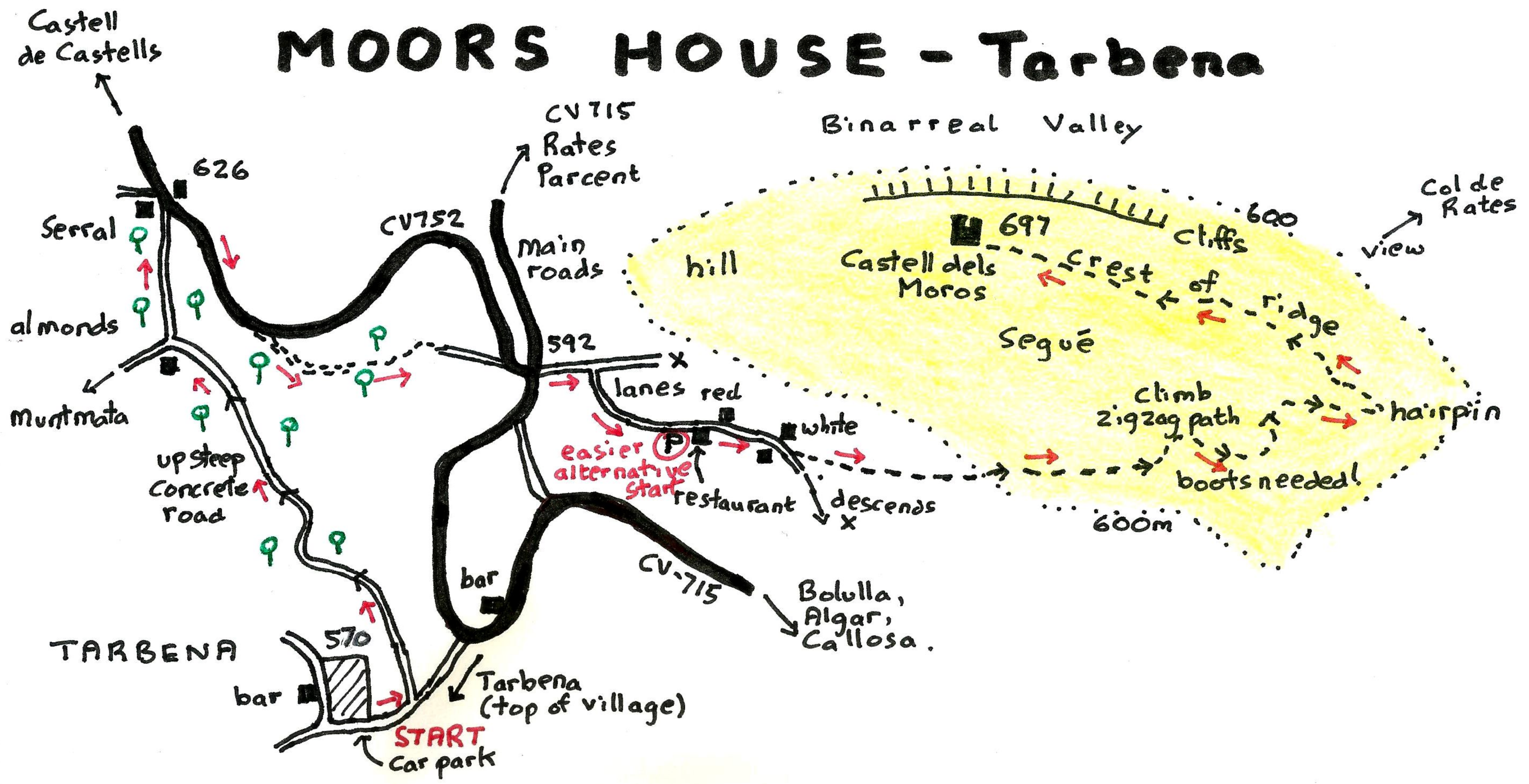


MOORS HOUSE - Tarbena

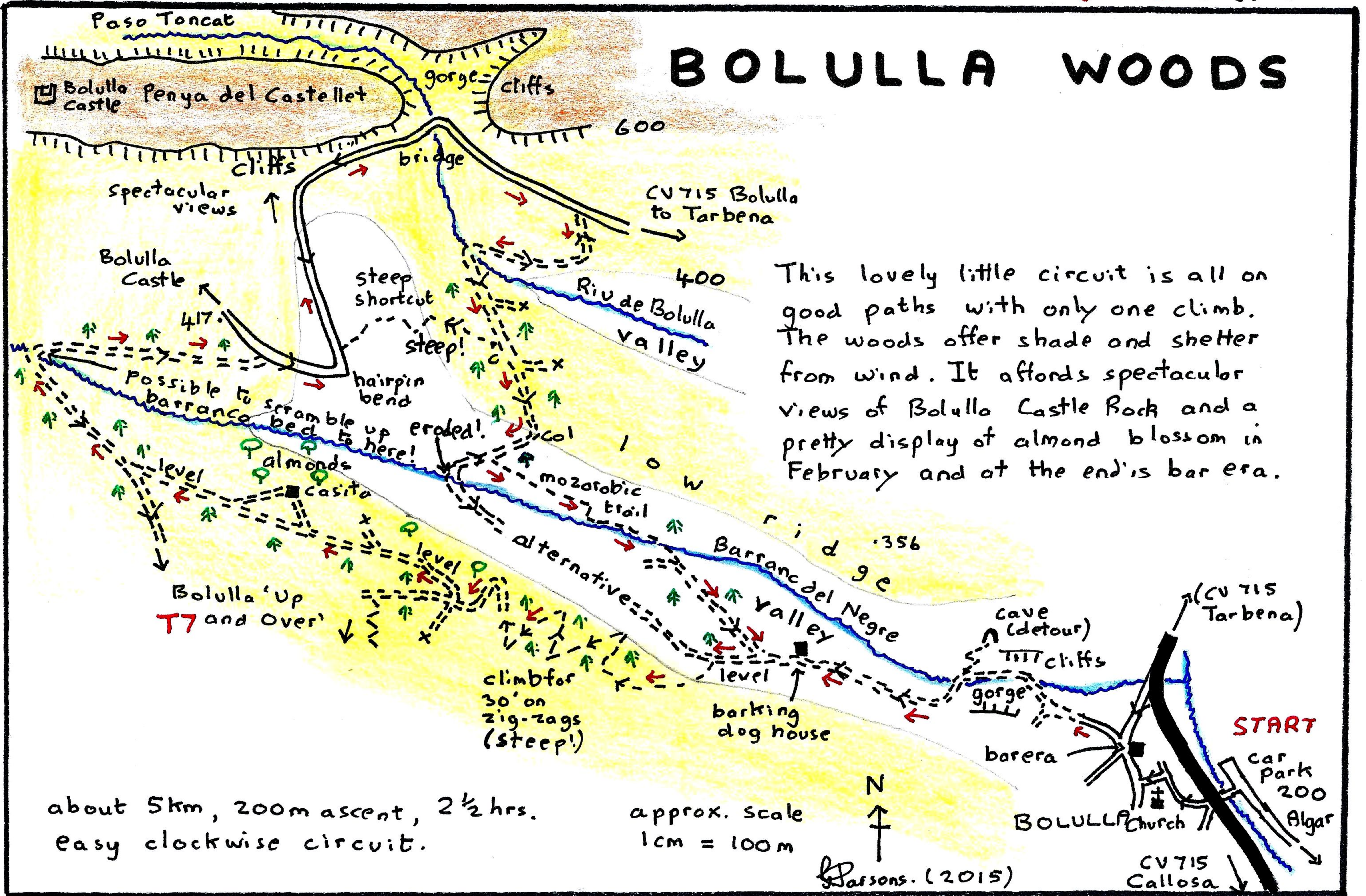


Much less well known than the Muntmata Circuit from the same start, this short walk offers fine mountain views, almond blossom in season and a hilltop crowned with extensive ruins. Allow up to 2hrs to cover the 5km and 150m ascent (approx.), or only an hour from the restaurant. Care on descent: after the ruins follow the ridge back until it becomes steep and rough, this is where the path turns right!

Parsons. (2015)

T2 \wedge \wedge

BOLULLA WOODS



This lovely little circuit is all on good paths with only one climb. The woods offer shade and shelter from wind. It affords spectacular views of Bolulla Castle Rock and a pretty display of almond blossom in February and at the end's bar era.

about 5km, 200m ascent, 2 1/2 hrs.
easy clockwise circuit.

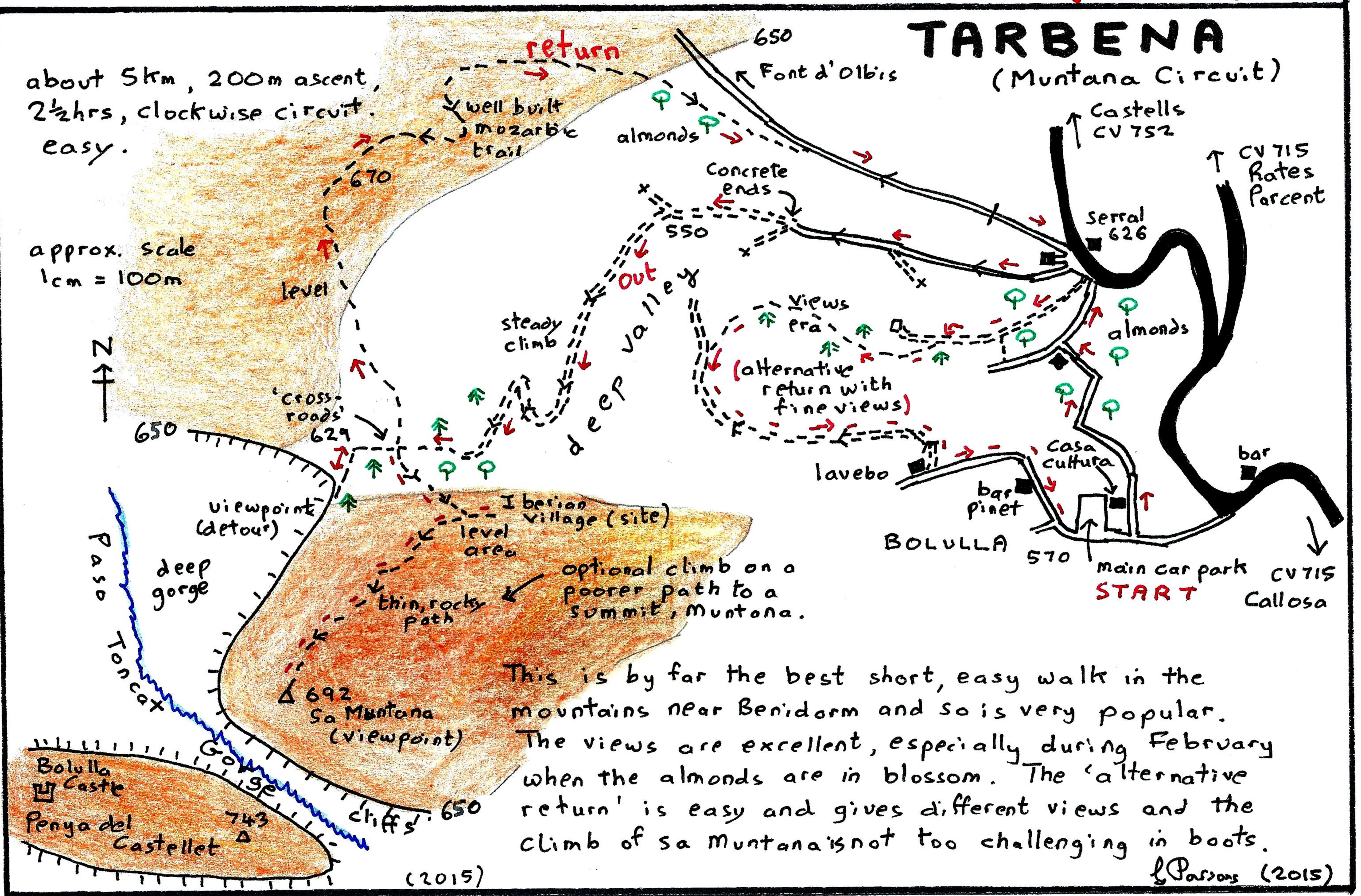
T3 M

TARBENA

(Muntana Circuit)

about 5km, 200m ascent,
2½hrs, clockwise circuit.
easy.

approx. scale
1cm = 100m

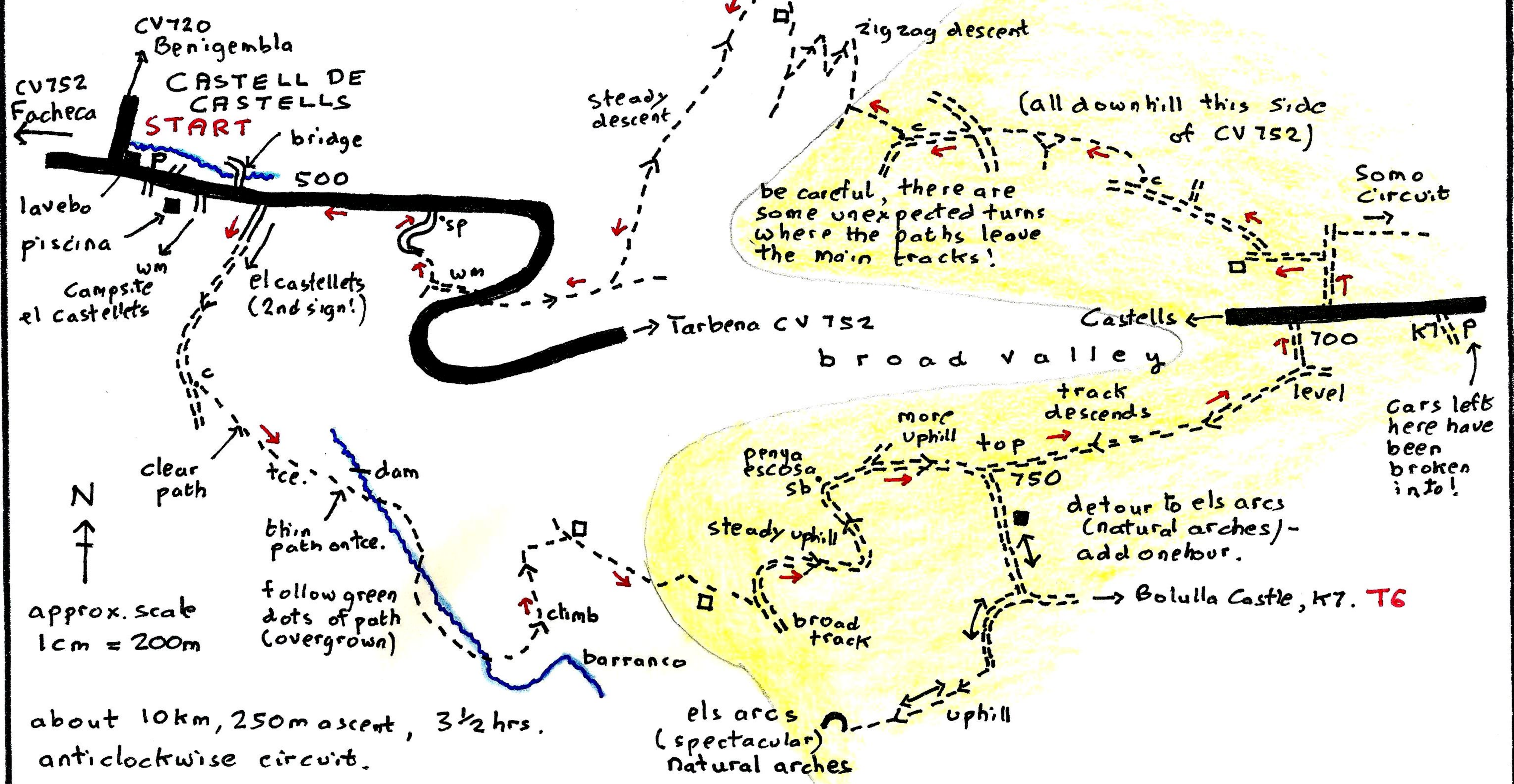


This is by far the best short, easy walk in the mountains near Beridorm and so is very popular. The views are excellent, especially during February when the almonds are in blossom. The 'alternative return' is easy and gives different views and the climb of Sa Muntana is not too challenging in boots.

↳ Parsons (2015)

T4 ^^^

FOYES VALLEY

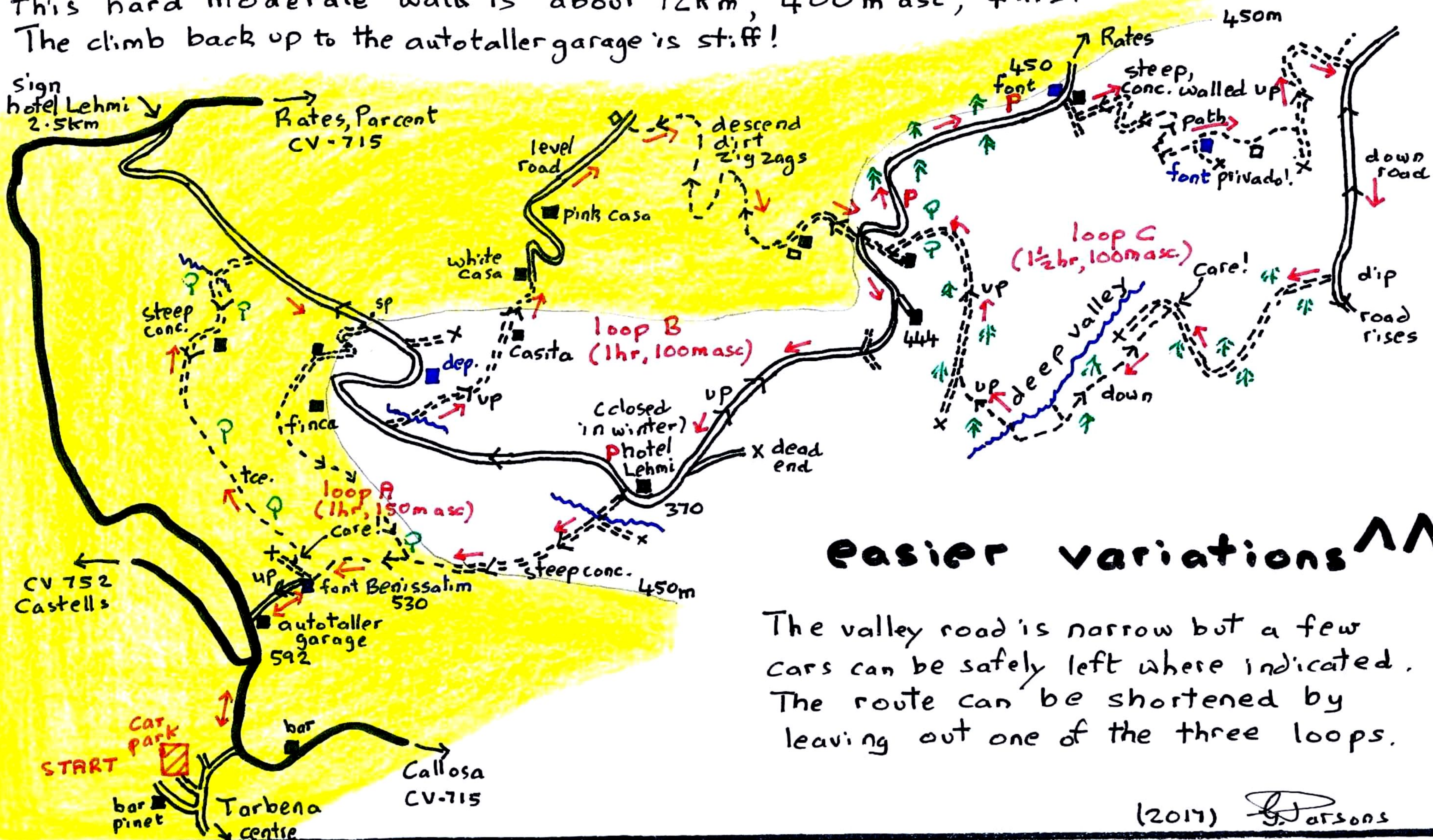


about 10km, 250m ascent, 3 1/2 hrs.
anticlockwise circuit.

An interesting circuit from Castell, all on good paths and tracks. The uphill all comes at once and feels more than height figures suggest. Route finding needs care in places. Include the detour to Els Arcs if possible, they are a natural wonder. *G. Parsons. (2015)*

BINARREAL VALLEY - Tarbena

If you park in Tarbena and complete the full circuit of this quiet valley this hard moderate walk is about 12km, 400m asc, 4 hrs.
The climb back up to the autotaller garage is stiff!



easier variations ^^

The valley road is narrow but a few cars can be safely left where indicated. The route can be shortened by leaving out one of the three loops.

(2017) G. Parsons