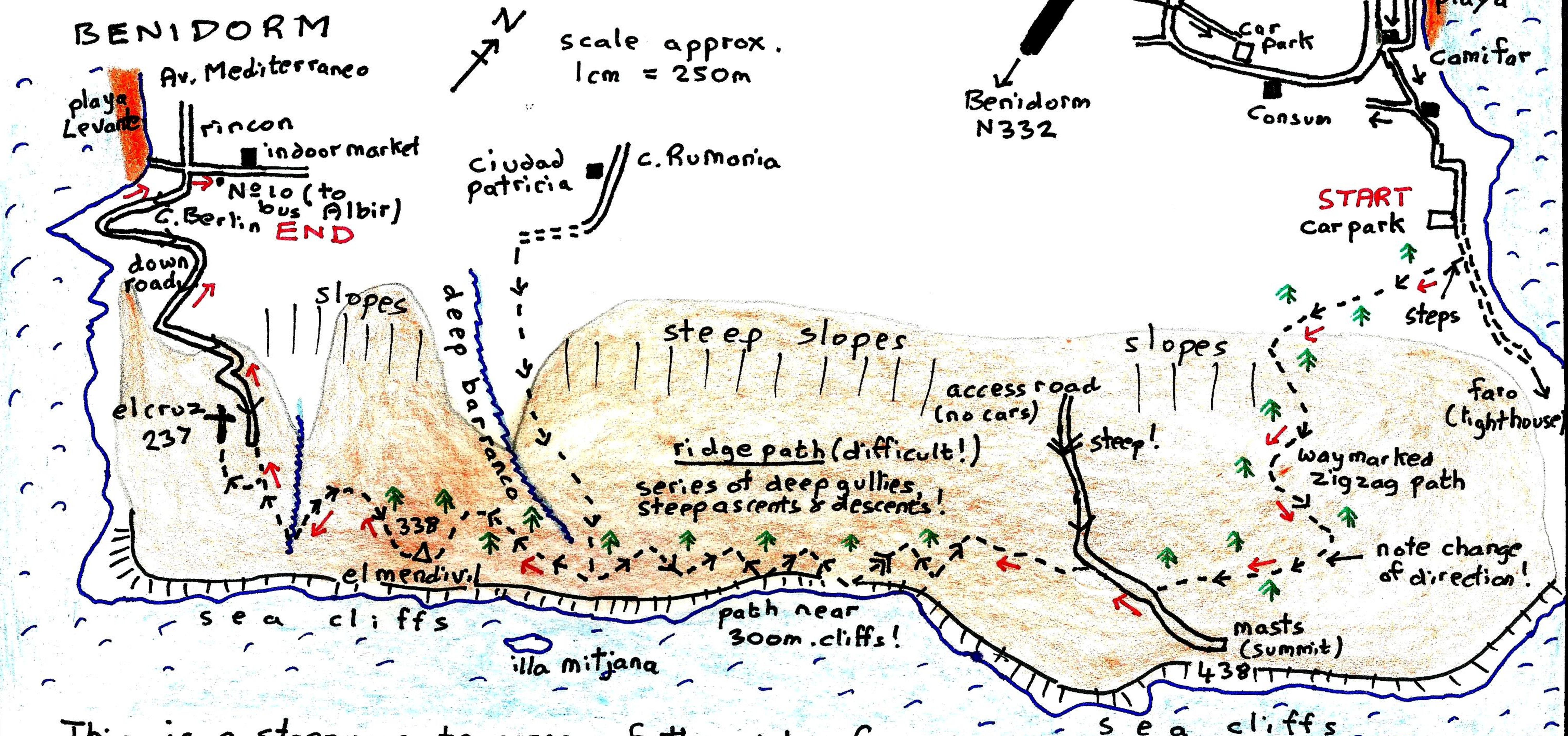


J. Parsons (2015)

# SIERRA HELADA

about 10km, 700m ascent, 4½hrs. Very hard!!



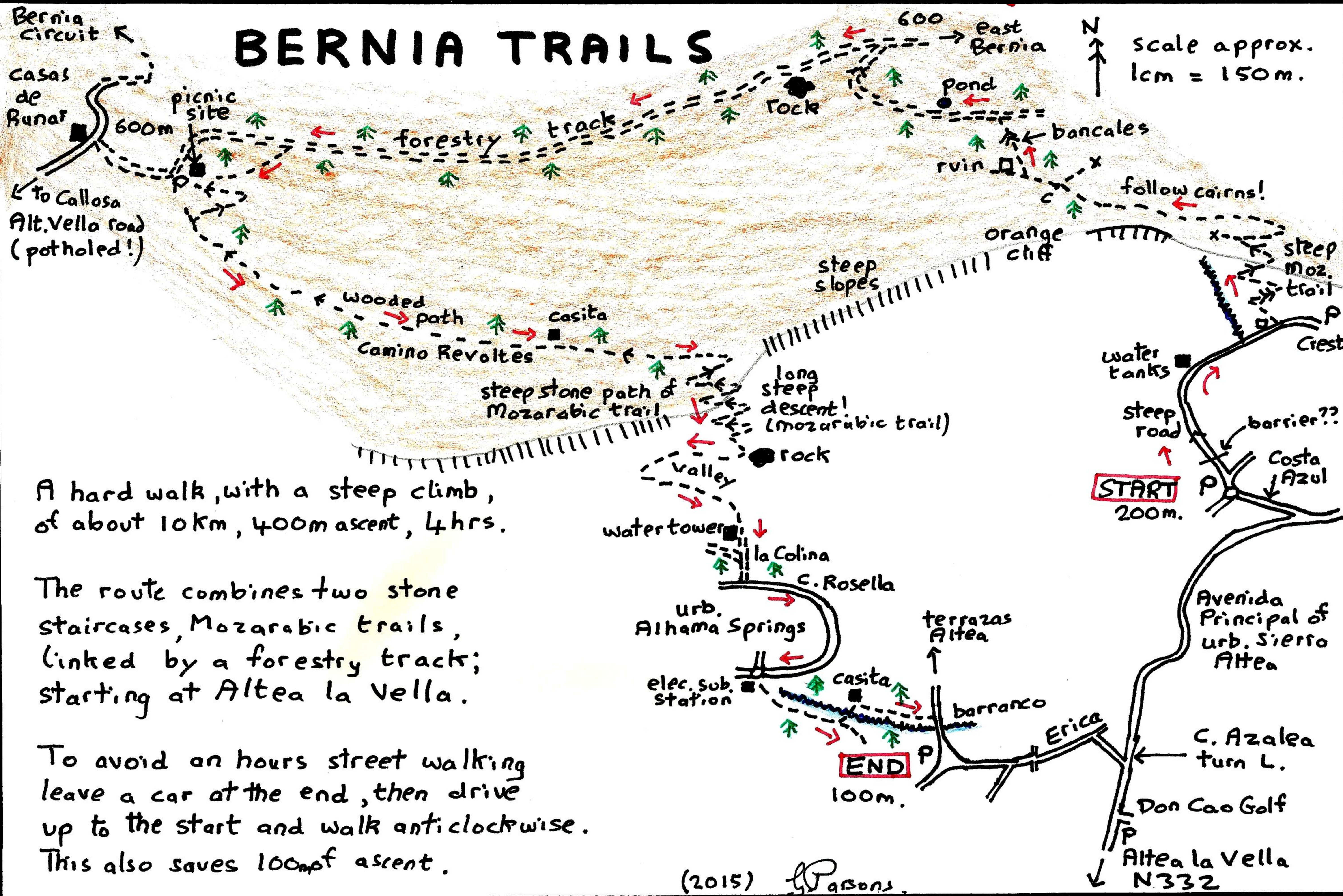
This is a strenuous traverse of the ridge from Albir to Benidorm, returning by bus. It is made harder than it looks by the steep ups and downs of the ridge crest! The sea cliffs are very impressive - and very close!







# BERNIA TRAILS



A hard walk, with a steep climb, of about 10km, 400m ascent, 4 hrs.

The route combines two stone staircases, Mozarabic trails, linked by a forestry track; starting at Altea la Vella.

To avoid an hours street walking leave a car at the end, then drive up to the start and walk anticlockwise. This also saves 100m of ascent.

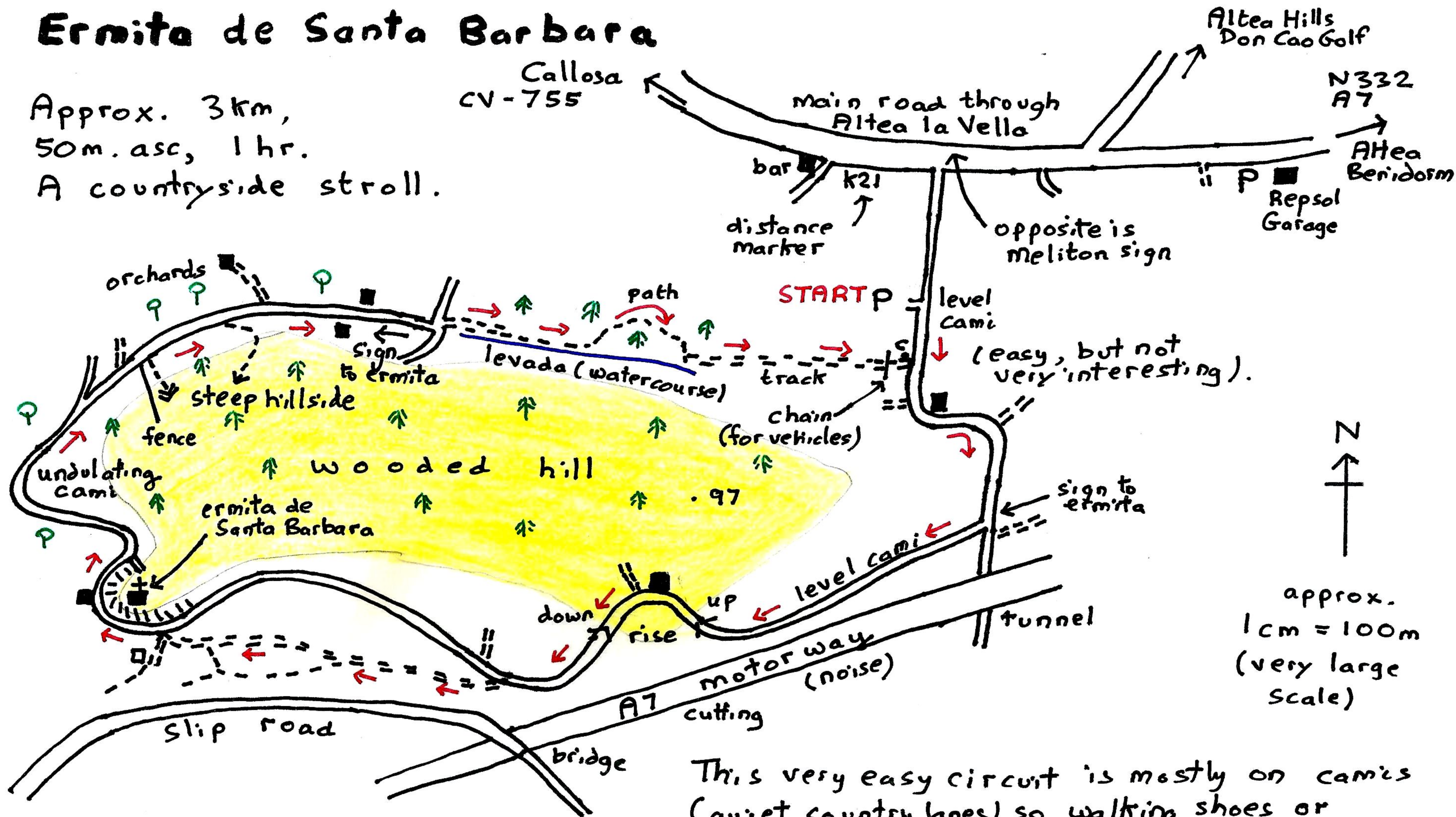
(2015) G. Parsons



# ALTEA LA VELLA STROLL

## Ermita de Santa Barbara

Approx. 3km,  
50m. asc, 1hr.  
A countryside stroll.



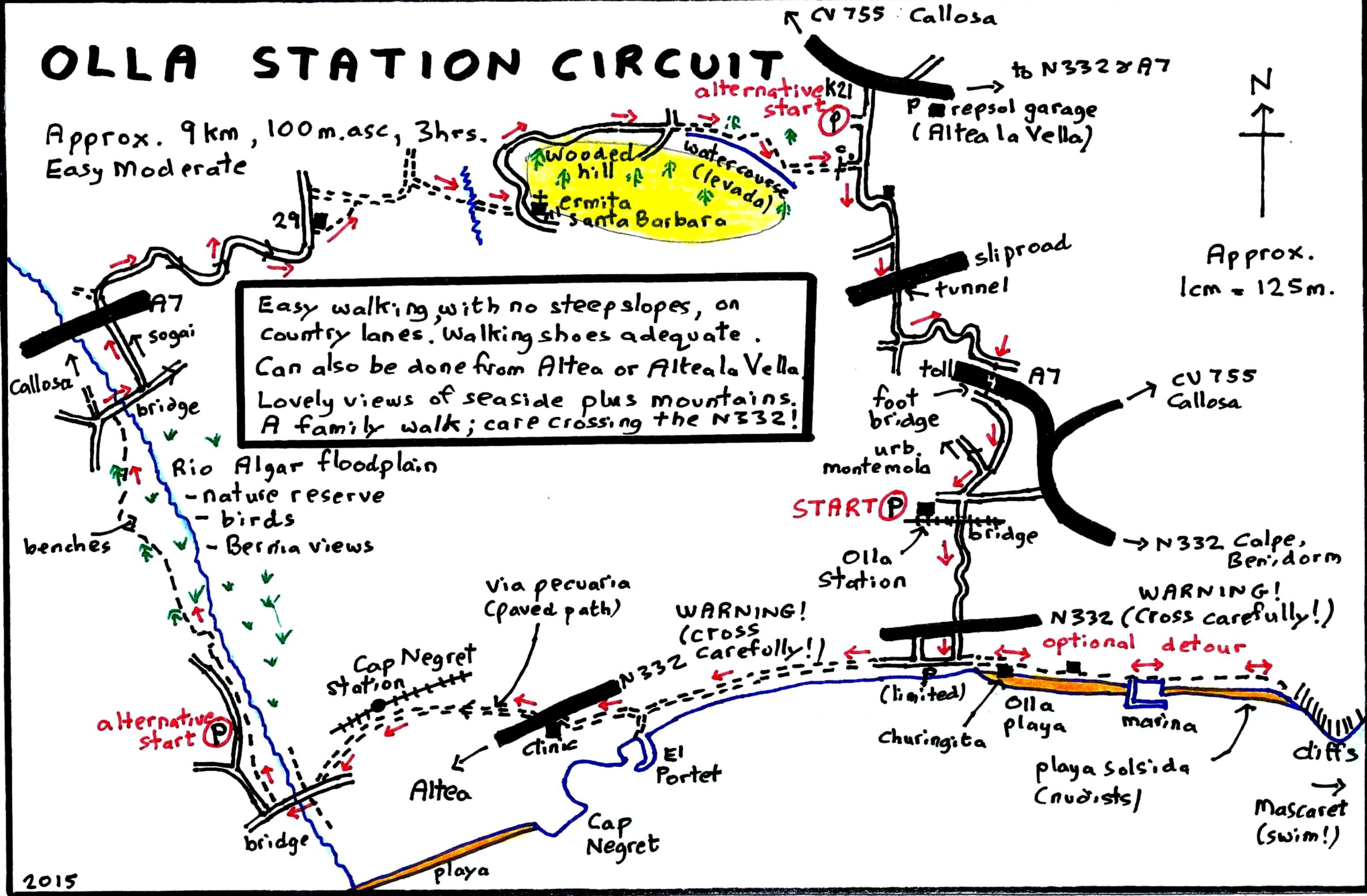
This very easy circuit is mostly on camis (quiet country lanes) so walking shoes or trekking sandals are suitable footwear.

(2015)



# OLLA STATION CIRCUIT

Approx. 9 km, 100 m. asc, 3 hrs.  
Easy Moderate



Easy walking, with no steep slopes, on country lanes. Walking shoes adequate. Can also be done from Altea or Altea la Vella. Lovely views of seaside plus mountains. A family walk; care crossing the N332!

alternative start P

WARNING!  
(Cross carefully!)

WARNING!  
(Cross carefully!)

2015