

Sunday 1 WALKS
MARINA WALKERS PROGRAMME
Dec 2023 – Jan 2024

Date	Walk	Ht./ Gain	Kms	Grade, Surf & Cond.	Time	Meeting Place & GPS Reference	Leader
Dec 23							
Sun 3 rd	La Romana Cross ramble NEW	636/287	10.2	12, R+MT+X+LD+ST	10.15	Park half way along Calle del Reclot walk down to Centro Social to meet in main square, La Romana N 38 22' 05" W 0 53' 51"	Karen & David 666345637
Sun 10 th	Las Cuadros, Santomera NEW	224/194	13	11, MT+X+US	10.15	Santomera services , westbound on A7 motorway. N 38 6' 8" W 1 2' 8"	Alex 651613909
Sun 17 th	El Valle Monuments walk	300 gain	10.	11, MT+LD+ST+X	10.15	Bar La Balsa,, Redondo del Valle, Murcia N 37 55' 34.2" W 1 8' 17.5"	Karen & David 666345637
Sun 24 th	Cabezo Sombrero, Benejuzar	230 gain	10	11, R+MT+X+US	10.15	Church nr .BBQ area , Ave las Cantereres, South of Benejuzar N 38 3' 55.1" W 0 49'49.0"	John & Celia 610570713
Sun 31 st	Sierra de la Pansas	398 gain	14	11, MT+US	10.15	C/ park in Raspay through village on left. Off CV3223 Pinosa/Yecla road. N 38 26' 21" W 01 5' 23"	Paul & Linda 676588431
Jan 24							
Sun 7 th	Zafra two valleys NEW	400 gain	11.5	11, MT+US+X	10.15	Bar El Mirador, on CV834 past La Romana , !st roundabout turn Rt , next robout turn Rt bar on L N 38 22' 35" W 0 53' 26.7"	Alex 651613909
Sun 14 th	Atamaria	414 gain	11.5	11, US+LD+ST	10.15	Bar Garnacha, Los Belones , nr. Mar Menor, Jnc 8 off RM12. N 37 37' 22" W 0 46' 51"	Penny 634332975
Sun 21 st	La Romaneta Canteras REVISED	275 ngain	11.5	11, R+US+X+MT	10.15	Bar El Mirador, on CV834 past La Romana, 1 st rou/nd turn Rt, next rou/nd turn Rt bar on Left N 38 22' 35" W 0 53' 26.7"	Carol & Rod 711023933
Sun 28 th	Sierra Corques, Capres	427 gain	9.21	12, LD+MT+SCR+R	10.15	Bar El Cruce in Fortuna, corner of C3223 and MU17a N 38 10' 56.9" W 01 7'36.8"	Helmut +447767701384

The Wednesday (3), walks are more strenuous than Sunday 1 walks; if you wish to do the harder walks please check with the walk leader your ability to do them
Boots or non-slip footwear are essential. Sandals, flip-flops etc. can be dangerous on the rocky soil. Please bring plenty to drink, a whistle, personal first aid kit, SIP card EHIC or Ins docs.

ALL MEASURMENTS ARE APPROXIMATE

Buy an up to date Michelin Zoom map to check road numbers

GRADES <> See Page 7 for Grading's table.

SURFACE <> MT (MOUNTAIN TRACK); R (ROAD); US (UNSURFACED ROAD); X (CROSS COUNTRY);

CONDITIONS <> ER (EXPOSED RIDGES); GE (GULLY EASY); GS (GULLY STEEP); LD (LOOSE DESCENT); Sa (SAND); SCR (SCRAMBLE); ST (STEEP); NR (NOT RECONNOITRED)