

WEDNESDAY 1 Walks			MARINA WALKERS PROGRAMME				APRIL - MAY 2023		
Day	Date	Walk	Ht./ Gain	Kms	Grade, Surf & Cond.	Time	Meeting Place & GPS Reference	Leader Name	Tel Number
Apr									
Wed	5 th	Parque Aromatico	9m/107m	7	2,R,US	10.30	Visitors Centre C/Park off N332 at La Mata. N 38°1' 27.99" W 0°39' 27.79"	Steve Davey	643435032
Wed	12 th	Nautilus Walk	10m/42m	10	2 R + US	10.30	Ave Pacifico, Torrevieja off N332 at hospital roundabout. N 37°57' 39.28" W 0°42' 17.84"	Rod Allen	643435032
Wed	19 th	Rojales-Benijofar	10m/27m	8.5	1 R US	10.30	New Bridge C/Park Rojales N 38°05' 20.53" W 0°43' 16.21"	Rod Allen	643435032
Wed	25 th	Lo Pepin	52m/56m	8.3	1 R US	10.30	Ave de las Regantes, Lo Pepin, off Lemon Tree Road. Guardamar Campo. N 38°03' 53" W 0°41 '50"	Terry Moseley	643057238
May									
Wed	3 rd	Novelda Castle	271 m / 197 m	7	2,R+US	10.30	Novelda Castle car park, Novelda N 38°24' 31.41" W 0°47' 39.21"	Rod Allen	643435032
Wed	10 th	La Marina beach & forest	5m / 87 m	10	1, R+US,sand	10.30	Bar Cherrini, Calle Mar Mediterraneo, Nr Lidl, San Fulgencio. N 38° 7' 8.69" W 00° 39' 33.42"	Lyn Young	634345569
Wed	17 th	Guardamar Rojales	10 m / 10 m	11	1, R+US	10.30	WOK Buffet C/Park, Guardamar off N332. N 38°5' 38.84" W 0°39' 44.53"	Lyn Young	634345569
Wed	24 th	Rojales circular (crosses)	22m /1250 m	7.5	3, R.	10.30	Benimar, Calle Aneto N 38°4' 56.44" W 0°43' 59.55"	Rod Allen	643435032
Wed	31 st	Torre Vieja Sea Front	0/104m	8	1, E	10.30	Tropic 222 Restaurant.Avenida Alfredo Nobel Torre Vieja N37°59' 06" W0°39'.28"	Terry Moseley	643057238

Wednesday 1 are the easiest walks, if you wish to do other walks please check with the relevant walk leaders of 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 doc

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)
 N.B. Time given is start time of walk. If you want coffee or toilet please come early. Cancelled if moderate rain at time of meeting

Blog address. <https://wednesday1walks.blogspot.com/es/> Facebook "Marina Walkers"