

Date	Walk	Ht./ Gain	Kms	Grade, Surf & Cond.	Time	Meeting Place & GPS Reference	Leader Name	Tel Number
<b>OCT</b>								
Wed 5 <sup>th</sup>	Its a Gas	120m/106	10	5 R+US	10.3	Rest't Venta Vista Alegre Km88.5 on N332 east of Santa Pola N 38° 12' 12" W 0° 33' 40"	Clive	635860545
Wed 12 <sup>th</sup>	La Romaneta Circuit	590m/235	9	6 MT+US, X+LD	10.30	La Romaneta C/Park 2KmNW of Romana on CV834 N 38° 23' 02" W 0° 54' 15"	Foxy	699297066
Wed 19 <sup>th</sup>	Guardamar Hill	50m/150m	10.00	6 US, LD	10.30	Rest't Los Rojales, Lemon Tree Road CV895 N 38° 3' 45" W 0° 40' 35"	Tony Medina	669761487
Wed 26 <sup>th</sup>	Lion King	300m/200	11	7 R+US	10.3	Bar Montesol at roundabout 2-3 Km on CV84 Elche/Aspe Rd N 38° 18' 55" W 0° 44' 50"	Geoff	698243884
<b>NOV</b>								
Wed 2 <sup>nd</sup>	Vanished Embalsa	257m/147m	8	6 US,LD	10.30	Bar Montesol at roundabout 2-3 Km on CV84 Elche/Aspe Rd N 38° 18' 55" W 0° 44' 50"	Clive	635860545
Wed 9 <sup>th</sup>	La Marina Valley Circuit	00m/150m	10	5 R+US	10.30	Bar Cherrini Calle Mar Mediterraneo Nr Liddle San Fulgencio Coffee available from 10.00 N 38° 7' 7" W 0° 39' 34"	Clive	635860545
Wed 16 <sup>th</sup>	Giants Cauldron	100m/145m	8	5 R+US	10.30	Johnson's Supermarket Nr La Finca Golf Island N 38° 3' 37" W 0° 46' 55"	Geoff	698243884
Wed 23 <sup>rd</sup>	Santomera Embalsa	225m/100m	9.00	5, MT+US	10.30	C/Pk Santomera Dam A7 jct 559A CV3223 RM423 opposite Casa de Agua N 38° 5' 40" W 1° 5' 19"	Dean	0044 7974366382
Wed 30 <sup>th</sup>	Garruchal Valley Circuit	290m/100	8.00	5, US,LD	10.30	Rest't Venta El Garruchal km8.5 on F13 off San Javier/Murcia Rd N 37° 54' 23" W 1° 03' 09"	Clive	635860545

Both the Wednesday (3) ,Friday, Saturday and Sunday walks are more strenuous; please consult the programme before deciding if you are able 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 r Ins doc

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

GRADES <> See 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.