

## Routes in La Canal de Navarrés

The Caroig massif forms a unique landscape where two of the main mountain systems in the Land of Valencia come face to face: the Iberian from the north, and the Betic from the south. These limestone materials form a large tableland above 400m in altitude, culminating in 1,126m on the peak of Caroig. The eastern part of the massif descends in a series of valleys and depressions (to about 200-300m in altitude) to the areas where the major towns are located. After this, a new geographical break connects these lands to the lowlands of

The landscape in La Canal is therefore a good synthesis of the diversity of the Mediterranean world. In the lower lands crops such as citrus, pomegranates, tobacco, etc. are grown. In the higher western lands, some of the croplands have been abandoned, with a predominance of hills and sierras covered with forests, where solitary birds of prey fly. To the north and northeast the impressive Júcar river canyon marks the border of the district. Tributaries of this river are the Cazuma, Fraile, Ludey, Grande, Bolbaite or Mingues, all of which are set in interesting landscape.

The diversity and quality of the landscape in the La Canal de Navarrés district deserves a tranquil tour of the area to enjoy nature at its best and all the admirable improvements to the land worked by generations of inhabitants. The best way to discover these enchanting lands is to leave your car behind and set out on foot, by bicycle or even on horseback.

La Canal de Navarrés is ideal for hiking trips, which can be made using the so-called Long and Short-Distance Routes, known in Spain as "Senderos de Gran Recorrido" (GRs) and "Senderos de Pequeño Recorrido" (PRs). These are traditional trails signposted in colours to facilitate orientation.

They can be used by anyone in good physical shape and moderately accustomed to walking in the mountains. Please remember that keeping this landscape beautiful is everyone's responsibility. Do not light fires or leave rubbish behind, take it with you until you can leave it in the appropriate place. Respect crops and rural constructions, and plant and animal life in general.

## Hiking Routes

The Long-Distance Hiking Route GR-7 (signposted in red and white) cuts through the western part of the district, running through Bicorp, Quesa and Enguera over the higher central terrain of the Caroig massif. The Short-Distance Hiking Route PRV-113 (signposted in white and yellow) connects Anna, Chella and the Abrullador recreation area. In Enguera there are a few Local Tracks (signposted in white and green) close to the GR-7 and the town itself. In addition to these proposals, the land in the Canal de Navarrés district offers a wide range of possibilities for enjoying nature, from simple strolls to long excursions.

## For cyclists

Roads in La Canal de Navarrés offer a wide choice of routes for cycling fans. The roads only have light traffic and the distance between towns is short. The relative proximity of some railway stations (Xàtiva, l'Alcúdia de Crespins and other towns in the La Ribera district) and line No 1 of the (Villanueva de Castellón) narrow gauge regional railway (Generalitat Valenciana) enables visitors to reach the area by bicycle and ride out from railway stations and back again.

Some asphalted tracks lead into the heart of the Caroig massif.

Those preferring the mountain bike have a range of trails along which they can mark out their own routes. A book by J.M. Almerich, *El Macizo del Caroig* (València, Centre Excursionista de València, 1998) provides suggestions and technical information.

## Publications and maps

Visitors interested in excursions can consult a work by R. Cebrián: *Montañas Valencianas vol. II* (Valencia, 1983). In view of its publication date, however, some itineraries may have changed due to the opening of new routes, or overgrowth or destruction of the natural habitat by forest fires.

Before going on an excursion or doing outdoor sports in the district it is recommendable to consult maps and obtain detailed written information. The Canal de Navarrés is included in the following 1:50,000 scale maps: *Llombai* 28-29 (746), *Navarrés* 28-30 (769), and *Canals* 28-31 (794).

## Useful Tips

The Canal de Navarrés' main link is the Valencia-Albacete dual carriageway (N-340 and N-430), using the following roads:

- CV-590 to Enguera.
- CV-560 from Alcàntara de Xúquer to Navarrés.
- CV-580 from Dos Aguas; this road traverses the Canal de Navarrés from north to south and connects to the CV-590.

There are regular bus routes from Valencia to towns in the Canal de Navarrés district. Both the Valencia-Alicante and the Valencia-Albacete-Madrid railway lines have stations in Xàtiva and l'Alcúdia de Crespins, close to the southernmost part of the district.



Here, local trains make stops along the C-5 line, and some long-distance trains also stop. Line No 1 of the narrow gauge regional railway (Generalitat Valenciana) reaches the town of Villanueva de Castellón, where the route can be continued to Navarrés following the CV-560.



## Tourist Information Offices

Further information can be obtained from local town councils in the district and in the tourist information offices pertaining to the Tourist Info network.

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