

The Bèrnia Mountain Range, a natural barrier running from east to west, rises up to a majestic height of 1,129 m., separating Alicante's Marina Alta and Marina Baixa regions physically and climatically. The Bèrnia Mountain Range extends over the following municipalities: Altea, Benissa, Calpe, Callosa d'En Sarrià and Jalón/Xaló

Route name: PR-V7 Bèrnia Trail.
Aproximate duration: Three and a half hours
Total Km: 8 km.
Degree of difficulty: Medium-High.

HOW TO GET THERE :
 From Benissa and Jalón/Xaló. Both population centres are linked via the CV-745 and CV-750 regional roads.

Benissa: 1 Km. from the town, heading towards Alicante on N-332, take CV-750 towards Xaló CV-750 and 300 m on we take the left-hand turn-off for C-749, the "Pinos-Bèrnia" access route that leads to Les Cases de Bèrnia (16 Km).

Jalón/Xaló: From the centre of town in Xaló there will be a sign for "Bèrnia", and we will stay on this road (CV-749) for 13 kilometres until we get to Les Cases de Bèrnia, from where we have to continue on foot. There is a campground 1 km. before this point, with a sign indicating its location.

Once we have arrived at Les Cases de Bèrnia (where the road ends), we leave our cars behind and begin our outing on foot.

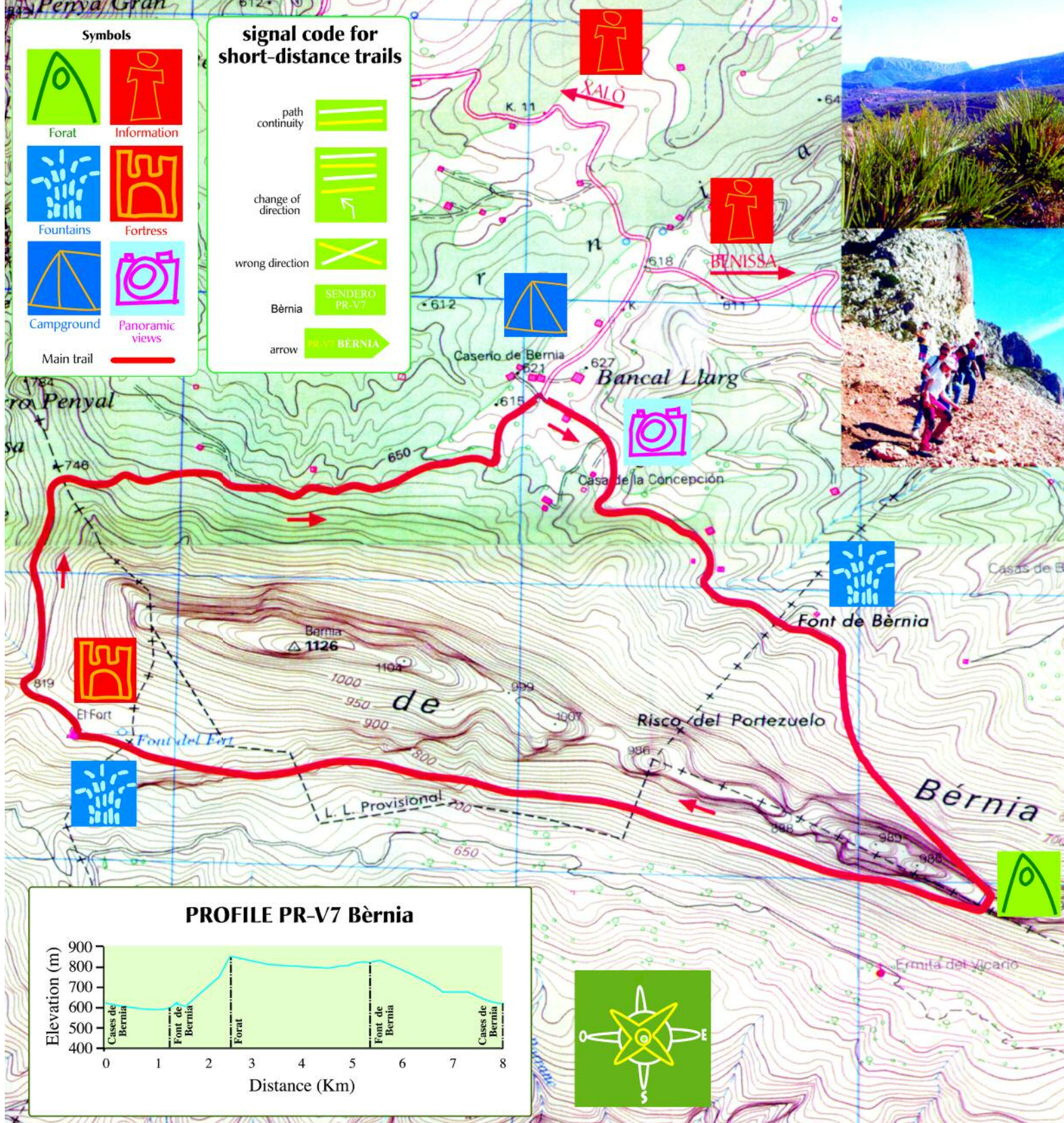
! places of interest

1. Fuente de Bèrnia (Bèrnia Fountain). Located between the municipal limits of BENISSA and JALÓN/XALÓ. Its flow of water remains constant all year round. It is a popular place for collecting water. It offers superb views of valleys and high mountains. Facing away from it is the Umbria de Bèrnia (northern side of the Bèrnia mountains).

2. Forat. A natural cavity opened in the rock. This small tunnel connects up both sides of the mountain and measures about 20 metres long. In places it is less than 1 metre high, which means we almost have to crawl to get through. Advancing to the south side we will be amazed at the height and breadth of the dome, which is highlighted by the difference in light between the northern and southern faces.

3. Fort de Bèrnia (Bèrnia Fortress): Built during the reign of Felipe II (1562) in order to control and stifle the uprisings of the sizeable Moorish populace then in these mountains. Once the Moors were ousted in 1609, the fortress was abandoned. Remains of its arches and moat walls can still be seen.

4. Font del Fort (Fortress Fountain): Located near the Bèrnia Fortress. Depending on the season, it may or may not have water.



? description

The route we are going to follow is circular and may be considered as the most representative of the Bèrnia Mountain Range. It will take us from Les Cases de Bèrnia to Font de Bèrnia and through Forat, heading on to Fort de Bèrnia, and returning to Les Cases de Bèrnia, all in roughly 3 hours and a half.

We start out on a path which will take us to a crossroads marked as "PRV-7 Bèrnia", at which point we will take the path on the left until we reach 1. **Font de Bèrnia (10-15 min)**. Here we can stock up on water. Following the upper left part of the fountain, we continue on the trail marked with two parallel lines, one yellow and the other white, which tells us we are on the "PRV-7 Bèrnia" trail.

This trail slopes upwards until we reach the walls of the crest, where we will find a small natural windbreak, with plentiful damp vegetation, a sign that we are on the northern side that receives little sunlight. The upgrade increases somewhat until we arrive at 2. **Forat (45 min)** at a height of 850 m. All along the way we can behold an extensive area of the Marina Alta and some of its mountains, such as the Ferrer Mountain Range, El Montgó and La Solana, as well as such towns as Benissa, Benitachell and Teulada-Moraira. With a little bit of luck, we might be able to spot the island of Ibiza on a clear day. From the other side of Forat we will be able to make out a landscape open to the sea, completely different than the northern face, from where we can gaze upon a vast expanse of Marina Baixa, with its emblematic mountains (Aitana, Puig Campana, Ponoig and the Gelada Mountain Range) and tourist towns (Altea and Benidorm). On clear days, we can see the entire coastline to Santa Pola and even Tabarca Isle. If we look towards the right, the towns of Callosa d'En Sarrià, Polop and La Nucia will come into view.

We head onwards towards the right until we arrive at 3. **Fort de Bèrnia (1 hour 30 min)**, being sure to always follow the yellow and white markings that let us know that we are on the "PRV-7 Bèrnia" trail. The trail will then take a westerly direction across the hillside, sloping downwards until we reach a patch of stony ground that we should cross with caution. A small hill will take us to some terraced land where Bèrnia Fortress lays in ruins.

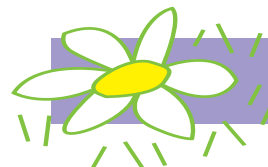
Before arriving at the ruins and 50 m. below the trail, there will be a trough-shaped fountain, 4. **Font del Fort**.

From the upper part of the Fortress, heading west, we begin to make our way back to Les Cases de Bèrnia (30 min.). The trail slopes gently upward until we reach a small pass, from where we will begin our descent along the marked trail to where we departed from, Les Cases de Bèrnia.

Along the western stretch of the trail, we will be able to clearly make out the Ferrer Mountain Range and the towns of Bolulla and Tàrbena.



services



flora

The land located on less higher ground with deeper soils is used to grow olive trees, almond trees and locust trees on stone terraces. At higher elevations Mediterranean underbrush can be found: labdanum bushes, gorse, Kermes oak, juniper, mastic shrubs, as well as a bevy of aromatic plants such as rosemary, thyme, camomile, lavender and bristlegrass. In areas where there are trees, the main masses consist of white pine and holm oak.

As we move up in altitude along the northern face other caducifolious species take their place, such as the flowering ash, Lusitanian oak, maple and turpentine trees. In damper and shadier locations, yew trees and saxifrages can be found, attesting to bygone years in which the climate was colder.

On the mountainside near the summit, numerous rupestrine plants thrive, many of which are protected species endemic to the region. Standing out among them are scabiosa, vetch, germander, sweet william and Phoenician juniper, which are also present on stretches of rocky ground. Also to be found living among the rocks are a wide array of ferns, moss and ivy.

At the bottom of gorges, conditions resemble those on the northern face of the mountain, with there being evidence of oleander and, to a lesser extent, myrtle.

fauna

Among the reptiles to be found are the common lizard and the spotted lizard. This area also provides a habitat for several kinds of snakes and serpents: garter snake, white snake, colubrine and a species of viper.

Birds constitute the most interesting group. Darting about in the underbrush are such small birds as the siskin, linnet, bullfinch, greenfinch and the cross-bill. Making their home among the pines is the blackbird and song thrush and titmouse. Several species are to be found among expanses of craggy terrain: different corvine birds, swifts, rock plovers and the solitary rock bird. To be found in different areas are sparrows, starlings, hoopoes, partridges and quail. The following birds of prey may be spotted soaring through the sky: kestrels, peregrine falcons and on occasion sparrow-hawks, buzzards and a species of eagle.

Standing out among the mammals is the fox, rabbit, hare and wild boar. Appearing with less frequency is the genet and weasel. Worthy of mention for their uniqueness and importance are the dormouse and different species of bats.

recommendations

- Always stay on the marked trail (yellow and white lines).
- Starting fires and unauthorised camping is prohibited (there is a campground).
- Deposit all rubbish in the containers provided for this purpose.
- Do not throw cigarette butts on the ground; each one contaminates 20 litres of water.
- Respect Nature so that it can be the same or better for those who come after us.



LOS CHICOS DEL BARRIO

track

PR-V7 BÈRNIA



Edición 2004

Tourist Info Benissa

Avda. País Valencià, 1
03720 Benissa (Alicante)
Tel.: 96 573 22 25
Fax: 96 573 25 37
Web site: <http://www.benissa.es>
E-mail: turismo@benissa.net

Xaló Town Hall

Tourist Info Vall de Pop
Paseo de la Alameda s/n
03727 Xaló/Jalón (Alicante)
Tel./Fax: 96 648 10 17
Web site: <http://www.xalo.org>
Email: valldepop@touristinfo.net

LODGINS

- Benissa**
- House el Peón de Pinos. Pda. Pinos, 9-B. Tel.: 609 37 85 87 / 629 65 50 35
 - House Dolores. Pda. Pinos, 89-Umbria Bèrnia. Tel.: 609 37 85 87 / 629 65 50 35
 - House Bèrnia. Pda. Pinos, 11. Tel.: 96 573 20 59 / 606 78 77 79
 - House Vall del Pop. Pda. Collao, 1b. Tel. 96 573 01 15 or 96 573 31 21 Email: benrural@yahoo.es
 - House Ti Toni Roca. Pda. Benimarraig, 91b. Tel: 96 583 92 13 / 96 583 03 86 and 617 46 30 13. Fax: 96 583 92 13. E-mail: aperles@iespana.es
 - Hotel Casa del Maco. Pda. Pou Roig-Lleus. Tel.: 96 573 28 42 / 699 069 926. Fax: 96 573 01 03 Web: www.casadelmaco.com Email: macomarcus@hotmail.com
 - Hotel Cases de Sant Jaume. Pda. Paratella. 44 Tel.: 96 649 90 75 Fax: 96 649 82 08. Web: www.hotelcasesdesantjaume.com Email: reservas@hotelcasesdesantjaume.com
 - Farm/School Benissa Rural Inn. Pda. Biesner 2-B. Tel.: 96 583 81 56 / 659 59 76 37 Fax: 96 583 23 82. Web: <http://www.granja.net> Email: granjanet@wannado.es

Xaló/Jalón

- Xaló Campground. Sierra Bèrnia. Tel. 96 648 01 01 Fax: 96 648 02 02 E-mail: info@xalo.org
- Jalón Rural Accommodation. Camino Castellet, 5. Tel.: 96 648 01 71 Móvil: 620 776 266. E-mail: bbjalon@terra.es

EATING OUT

- Benissa**
- Restaurant Pinos. Pda. Pinos, 30 Tel.: 96 597 30 19
 - Restaurant Casa Dolores. Pda. Pinos, 89. Tel.: 609 37 85 87 / 629 65 50 35

Xaló/Jalón

- Restaurant Bon Vent. Ctra. Bèrnia, 12. Km-11'5. Tel: 608 767 854
- Restaurant Refugio Vista Bèrnia. Pda. Bèrnia, s/n. Tel.: 666 528 345
- Restaurant Sierra Bèrnia. Pda. Bèrnia, s/n. Tel.: 96 597 32 04
- Restaurant Verd i Vent. Ctra. Xaló-Bèrnia, Km-5, nº 2. Tel.: 96 597 34 13 / 699 352 907
- Restaurant La Cantina. Camí les murtes, 17. Ctra. Xaló-Bèrnia. Tel.: 96 597 33 44

ACTIVE TOURISM ENTERPRISES AND ASSOCIATIONS

- Benissa**
- Riding club Benissa. Pda. Senijola, 2. Tel. 965 73 18 32 / 96 573 03 02 Fax: 96 573 03 02 & 96 573 31 23. Web: www.clubhipicbenissa.com, E-mail: clubhipicbenissa@wanadoo.es
 - Riding Centre Marina Alta. Pda. Pou Roig, 4. Tel: 629 02 64 76 / 650 69 77 62, Web: www.centrehpicma.com, Email: centrehpicma@mail.com
 - Mountain Group Margalló. Tel.: 629 09 88 86. E-mail: gm.margallo@terra.es

Xaló/Jalón

- Donkey centre "Les Murtes". Pda. Les Murtes, 17. Ctra. Xaló-Bèrnia. Tel y Fax: 96 597 33 44

