

Family walks in the Guadalest Valley - The Old Mill Walk - El Molino Viejo

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This short walk explores some scenic terraces, and old wash house, a rocky ravine (barranco) and an old mill. It's an ideal early morning or evening walk. 2.5km with a small amount of ascent. **NOTE THE DESCENT TO THE CANYON IS OPTIONAL - IT INVOLVES SCRAMBLING DOWN ROCKY SLABS**

This walk starts from Abdet village. From the small play area at the far end of Calle Arriba walk down past the left side of Bar Mary. Here the narrow road splits. The right junction would take you down to the valley bottom (a very pleasant way to walk to Guadalest). We take the narrow left junction past a rather untidy area of building rubbish. Follow the narrow track along to the old wash house (Lavadero). This is in a sad state of repair. It would have been the focal point of the village in the middle part of the last century. Throughout most of the year you will see some very large tadpoles (actually toadpoles) in the water.

Continue along the track until just past a large house a narrow footpath heads off on the left. This will lead you along a narrow path on the edge of a terrace to the old mill "molino viejo". First however continue along the main track (ignoring a track junction on the right) until a farm building comes into view. Behind it you will see an impressive canyon. The track narrows into a footpath on the edge of the barranco and drops to the left. You need to take the first possible path back right (just before a no camping sign). This leads you onto a small terrace with fig and almond trees and at the far end of this you need to scramble down carefully on a rocky slope to the rock pools of the Barranco. The bigger pools are about 2.5 metres deep, and the best way to get in is to jump!

Once you are ready head back to the old mill path. The mill building is very overgrown, but if you have a torch, or a camera with a flash will be able to make out the impeller wheels that drove the grind stones. 50 years ago the valley grew lots of wheat, so a mill like this would have been very busy. Abdet with its reliable source of water was an ideal location. On some of the other walks (eg Serella Castle) you will see threshing circles "eras" where the wheat was separated.

Carrying on past the old mill you get great views over the barranco as you pass through well tended terraces. You follow an irrigation stream (acequia) as far as a narrow road. Turn left here and you head back to the village. You can take the top road when you reach the village, this gives you good views over the roof tops, and there are some impressive boulders above the road. The ancient track lies at the roadside at the next junction. It is possible to take a rather rough short cut down to the left here. Otherwise carry on down the road and turn left again back into the village.

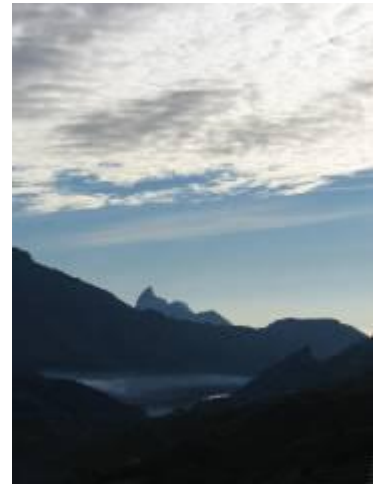




1 - early summer flowers



2 - the old wash house - lavadero



2 - early morning view over Abdet



3 - almond blossom



4 - solitude in the Barranco de Meli



5 - donkeys in abdet



6 - path leading to the old mill



7 - the old mill



8 - impeller wheel



9 - exploring the old mill



10 - view across terraces to the barranco



11 - ancient truck in unusual conditions