This is a good starter walk, especially if your normal terrain is flat. This walk is just under 6 km with 305 metres of ascent. And there is a short cut if you run out of puff reducing the walk to 4 km with 200 metres of ascent. The main ascent is on a rocky path, typical for the area. The descent is on tarmac with, optionally, two short rocky path legs.

Head south-east from the bus stop along Calle del Campo.
Turn left, north-east, along Villanueva.
Turn right, south, along El Mentidero
Turn left, east, along El Almacigo. Follow the road as it bends right, south-east.
Continue south-east dipping down to the ravine. On the far side, you'll pass a sizeable car park.
Head south along Calle Don Manuel Gorillo.
Turn left and head up Calle Las Britas, north-east.
At the end of this road, ignore the footpath to the left and head straight through what looks like a private front yard. Just after this, there are footpath signposts.
Head roughly east along this footpath. At more signposts and an obvious junction, head north-east and start the main ascent.
Continue roughly north-east. At yet more signs, decide whether to take the short route via Aripe or the longer via Chirche.
The shorter walk, left branch via Aripe, soon takes you to the tarmac road where you can head left, south-west, back to Guia de Isora.
The longer walk, right branch via Chirche, continues up hill, east, south and finally north-east again.
Follow this path all the way to Chirche. Near the village drop down and cross the ravine. A sign warns that this is dangerous in rare heavy rains.
At the tarmac road, turn left, and head downhill back to Guia de Isora. This road is not busy but a sign warns that there is traffic. Health and safety has reached Spain!
On the way down, there are two bars for refreshments and a sizeable water works with hundreds of feeder pipes gurgling and hissing with the water flow.
Head down to the centre of the town and back to the bus stop. Bear right and down hill at a couple of junctions.
In Guia de Isora there are the usual shops, bars and supermarkets. As this is not a tourist town, the resort tat is happily absent.

Please support rambling and the countryside. Join the Ramblers at http://www.ramblers.org.uk/
Disclaimers and Copyrights © 2020 Waveney and District Ramblers Group http://waveneyramblers.org.uk/
Sketch maps, not to scale Crown Copyright http://waveneyramblers.org.uk/
OpenStreetMap http://creativecommons.org/licenses/by-sa/2.0/ https://www.openstreetmap.org/
Corrections Please mail nbauers@btinternet.com or Facebook/Twitter @WaveneyRamblers