



SPANISH HIGHS  
SIERRA NEVADA

# Group Walking and Hiking Holiday Weeks in the Alpujarras, Spain

Unique selection of incredible group guided walking holiday weeks in the wonderful Alpujarras, Andalucia

# Your Group Walking Holiday Overview

Unique holiday walking and hiking packages for groups that allow you the flexibility to choose each days activities, whether they be a gentle guided walk, a harder guided hike or an excursion to visit some of Andalucias greatest historical and natural sights. These week long packages can start whichever day of the year the group wishes.

We run these throughout the year although in July and August we tend to walk at higher elevations. With 300+ sunny days autumn, spring and winter are ideal times to visit the Alpujarras. In mid-winter overnight temperatures at your base in Lanjaron rarely approach freezing and days are pleasantly warm. Perfect for your weeks walking holiday in the Alpujarras

Daily choice of walk from Leisurely, Moderate or Challenging



We are able to offer a vast variety of activities from skiing and snowshoeing to mountain climbing and desert and coastal walking, so please discuss individual group requirements with us.

# Leisurely Walks

Examples of gentle rambles available of between 2 and 3 hours

- Mecina Fondales to Busquistar - 100m ascent
- Bubion to Pitres along the GR7 - 300m ascent
- Round walk from Capileira visiting the Rio Poqueira - 400m ascent
- Canar to Lanjaron along the GR7 - 100m ascent
- Stroll to the wonderful viewpoint at Boca de la Pesca - 300m ascent



# Moderate Walks

Examples of walks available of between 3.5 and 5 hours

- Trevezles to Busquistar along the GR7 - 550m ascent
- Mecina Fondales to Busquistar alongside the Rio Trevezles - 500m ascent
- Soportujar to Lanjaron along the GR7 - 350m ascent
- A round of the dramatic Poquiera gorge - 400m ascent
- The [Cumbres Verdes hills S of Granada](#) - 450m ascent
- Hiking in the [Sierra de Huetor NE of Granada](#) - 600m ascent



# Challenging Walks

Examples of walks available over 5 hours

- Veleta (3394m) from the ski centre - 1000m ascent
- Cerro de Caballo (3009m) from the Ventura trailhead - 800m ascent
- [Mulhacen](#) (3382m) from Hoya del Portillo - 1200m ascent
- Cerrillo Redondo (3002m) from Puente Palo - 1300m ascent



## 1. Lanjarón “Ruta de Castañas” alongside ancient woodlands and waterways



### **LANJARÓN “RUTA DE CASTAÑAS” - ALONGSIDE ANCIENT WOODLANDS AND WATERWAYS**

Facts: 11km, 840m ascent, 6hrs  
State of paths: Mostly on good well defined tracks. Some very short sections of rough path exist  
When? Year round (except July and August)

**Arab castles, rocky outcrops, hilltop “ermitas”, ancient waterways and chestnut woodlands make this circuit round Lanjarón a “must-do” during your stay here**

## 2. The white villages, Taha del Pitres, Alpujarras



### THE WHITE VILLAGES OF THE TAHA DEL PITRES, ALPUJARRAS

**Facts:** 10km, 630m ascent, 5hrs

**State of paths:** Good paths throughout although some steep sections of up and down

**When?** Year round (except July and August)

**Circular walk characterised by small white villages, rural landscapes and steep sided gorges with abundant flora and fauna. Visiting Fondales, Ferreirola, Atalbeitar, Portugos; Capilerilla and Pitres**

### 3. Sierra de Dílar and peak of Silleta de Padul 1520m



## SIERRA DE DÍLAR AND THE PEAK OF SILLETA DE PADUL 1520M

**Facts:** 13km, 570m ascent, 5.5hrs

**State of paths:** good hill tracks

**When?** Year round (except July and August)

**Varied circular walk through woodlands to a superb summit with great views of the western Sierra Nevada range from Veleta to Cerro de Caballo**



## 4. Sierra de Hueter - quiet and unknown Majalijar ridges



### **SIERRA DE HUETOR - THE QUIET AND UNKNOWN MAJALIJAR RIDGES**

**Facts:** 8km, 600m ascent, 5hrs  
**State of paths:** Some pathless and rough terrain, faint hill tracks  
**When?** Year round (except July and August)

**This circular walk goes through pine forests and onto the broken ridges leading to Majalijar (1653m). Distant views south to the giants of the Sierra Nevada**

## 5. Spectacular half day walks in the Valle de Lecrin



### **2 SPECTACULAR HALF DAY WALKS IN THE VALLE DE LECRIN**

**Facts:** 8km, 500m ascent, 5hrs

**State of paths:** Good tracks  
throughout

**When?** Year round (except July and  
August)

**Two circular walks visiting the  
spectacular Barranco de la  
Luna and the hilltop chapel of  
the Ermita Cristo del Zapato.  
Superb views and interesting  
scenery**

## 6. Coastal Walk - La Herradura - Cortijada Cantarriján



## 7. Circular Barranco del Poqueira



### **CIRCULAR BARRANCO DEL POQUEIRA**

**Facts:** 9km, 610m ascent, 5hrs  
**State of paths:** Very good throughout  
but some short steeper sections  
**When?** Year round (except July and  
August)

**Start and finish in Capileira. Up  
alongside the eastern valley to  
the old hydro station and ruins  
at Cebadilla. Return down the  
western valley before crossing  
the Rio Poqueira and climbing  
back to to the start**

## 8. White Villages of the Poqueira



### WHITE VILLAGES OF THE POQUEIRA

**Facts:** 9.5km, 544m ascent, 5hrs  
**State of paths:** All on good hill paths  
**When?** Year round (except July and August)

The three white hill villages of Capileira, Bubion and Pampaneira sit on hillsides above the dramatic Poqueira gorge. This walk links all three of these villages and crosses the gorge twice.

## 9. Sierra de Contraviesa – almond groves and distant views



### **SIERRA DE CONTRAVIESA – HAZA DEL LINO ALMOND GROVES AND DISTANT VIEWS**

**Facts:** 14km, 650m ascent, 6hrs  
**State of paths:** Very good throughout  
except for a 15 minute descent of a  
firebreak  
**When?** Year round (except July and  
August)

**Through forests of Cork Oak to  
the summit of Salchicha 1545m.  
Great views north to the Sierra  
Nevada. Circular walk in quiet  
area, especially nice in the  
winter months when almond  
trees are blossoming**

## 10. Ascend Veleta 3394m, visit some of it's pure mountain lakes



### **ASCEND VELETA 3394M AND VISIT SOME OF IT'S PURE MOUNTAIN LAKES**

**Facts:** 10km, 350m ascent (940 descent!), 5.5hrs

**State of paths:** Good mountain tracks. One section of 30 minutes descent on a steeper trail

**When?** Available in June, July, August and September

**Uses the National Park Bus at Hoya de la Mora to reach the cool air at 2900m. Up to Veleta and a return via Col de Carihuela and lakes at Lagunillas and Las Yeguas**

## 11. Cerro de los Machos 3329m and the “rock glacier”, Coral del Veleta



### **CERRO DE LOS MACHOS 3329M AND THE “ROCK GLACIER” OF THE CORAL DEL VELETA**

**Facts:** 7km, 520m ascent, 5hrs  
**State of paths:** All on mountain tracks although some ascents and descents are steep and rough.  
**When?** Available in June, July, August and September

**Uses the National Park Bus at Hoya de la Mora to reach the cool air at 2900m. Drop into and traverse the remnants of the “last glacier” in the Coral de Veleta: Ascend steeply to Cerro de los Machos. Return via Col de Carihuela.**



## 12. Climb Mulhacén 3482m, highest peak in mainland Spain



### CLIMB MULHACÉN 3482M, HIGHEST PEAK IN MAINLAND SPAIN

**Facts:** 13km, 860m ascent, 6hrs  
**State of paths:** Good mountain tracks throughout  
**When?** Available in June, July, August and September

**A circular. Uses the National Park Bus to reach the Alto de Chorrillo (€14pp extra) at 2700m. Along the old road to visit the Refugio de la Caldera. Up the steep west flank to the summit, returning down the easier south ridge to the start.**

# Excursions Available

There is so much of interest to do in Andalucia these are just a few of the options available:

- **Birdwatching** tour with professional guide to the wetlands of Padul
- Visit to the **Alhambra Palace** in Granada and sightseeing and tapas tour of Granada
- **El Torcal**, Antequerra - a visit to see the fascinating and unusual karst scenery
- Day tour of the **Alpujarras**, with lunch at one of the high mountain white villages



*A rather belated but sincere thank you to you and your team for making our week in the Alpujarras so successful and enjoyable. The effort you put in in organising and adjusting walks to suit our varying needs as well as the relaxed atmosphere your team exuded made for a really wonderful week acclaimed by many as the best away week ever for Fitzamblers  
Ted Marah Fitzamblers*

# Price & What's Included?

## €690 per person

- 7 nights 3\* accommodation in the Hotel Alcadima
- All transport to and from walks
- Breakfast and evening meals at hotel (packed lunches can be arranged)
- 5 Guided Walks with daily choice of:
  - Challenging Walk
  - Moderate Walk
  - Leisurely Walk
  - Nothing - sit by the pool!
- Services of local, English speaking local guides
- Not including flights, transfers, insurance, packed lunch and drinks
- One rest day (maybe visit Alhambra, beach or chill by the pool?)
- Minimum group size 4 persons.
- Single person supplement €25 a day

## Itinerary

- Day 1 - Transfer from airport to your hotel
- Day 2 - Guided walk
- Day 3 - Guided walk
- Day 4 - Guided walk
- Day 5 - Rest day
- Day 6 - Guided walk
- Day 7 - Guided walk
- Day 8 - Transfer hotel to airport

Optional (May to Oct) is an ascent of [Mulhacén](#), the highest mountain in mainland Spain (3482m)

*N.B airport transfers (Malaga) can be arranged for only €25 per person each way (4 in car sharing)*

# Recommended Kit List

We recommend the following gear for the various trips we run. This is meant purely as a guide to assist in your planning for any trip. Please email for any further details or if you have any specific questions regarding equipment required.

- Eye protection
- Suncream and lipcream
- Water (minimum 3L)
- Hill food and energy snacks
- Spare windproof clothing
- 35 to 50 litre rucksack
- Wide brimmed sun hat
- Lightweight boots or trail shoes
- Lightweight waterproof and windproof jacket
- Lightweight thermal base layer
- Lightweight trousers (shorts not recommended due to sunburn and spiky terrain!)
- Socks
- Lightweight fleece or softshell gilet
- Thermal gloves (yes, even in summer we have needed these up high!)
- Digital camera
- Trekking poles (optional)

# Accommodation Choices

The Alcadima is a quality hotel in Lanjaron that offers the opportunity to stay in natural surroundings and with everything you need to make your stay unforgettable. Quality centre located hotels with great facilities. Warm and inviting rooms that allow you to make your stay as comfortable and convenient as possible.

Hotel Alcadima which gives you a little taste of luxury. Hotel Alcadima is a family run hotel set in beautiful surroundings, with views of the Moorish Castle dating back to the XIV century. It is a haven of peace and tranquility that recalls a typical white Andalusian village, and boasts one of the best restaurants in Lanjaron.

All rooms are equipped with safe, cable television, clock radio, coffee kit, hair dryer, refrigerator and phone. The hotels have a wide variety of facilities such as restaurant, library, TV lounge, meeting room. WiFi throughout.

## The Hotel Alcadima



# The Town of Lanjaron - An Introduction

The town is very friendly, very spanish, and not as "touristy" as some of the other Alpujarras towns. The World Health Organization has recognized Lanjaron as one of the places with the greatest longevity on the planet. It is indeed the quality of its waters - together with the climate, the pure mountain air and the Mediterranean diet - that allows many of its citizens to live more than one hundred years.

## The Lanjaron Festival of Water and Ham

Since 1980, Lanjaron has celebrated Midsummer's Eve in honour of San Juan Bautista (John the Baptist) with its Fiesta del Agua y del Jamon (Water and Ham Festival), although the ham aspect has been overshadowed over the years by the liquid element. At the stroke of midnight on 23 June, the small mountain village erupts into the greatest water fight in Spain, and maybe even the world.

## The Moorish Castle of Lanjaron

Only its ruins remain over a rocky promontory near to the town. It is located about 600 meters of altitude. Its location was superb, because it dominated, on one hand, the access road to the Alpujarra and, on the other, the one that communicated Granada with the Coast.

## Eat and Drink

Lanjaron is well supplied with small supermarkets and shops for all your "mountain needs". There are 3 banks with ATM's.

### Bars:

**Sabores De La Alpujarra** - Great for drinks and tapas. Try and buy the local produce

**Bar Los Faroles** - Family run business good for breakfasts and lunches

**Bistro 31** - More of a "Bistro" restaurant with great food including veggie options

**Restaurante Asador Parque** - A grill restaurant with veggie options

**Gonzales Bodega** - Good wine and tapas. Watch Real Madrid here at the weekends

**Casita de Papel** - Eat on the terrace outside, in the bar, or in the small formal dining

# Buy the Guide Book "Walking and Trekking in the Sierra Nevada"

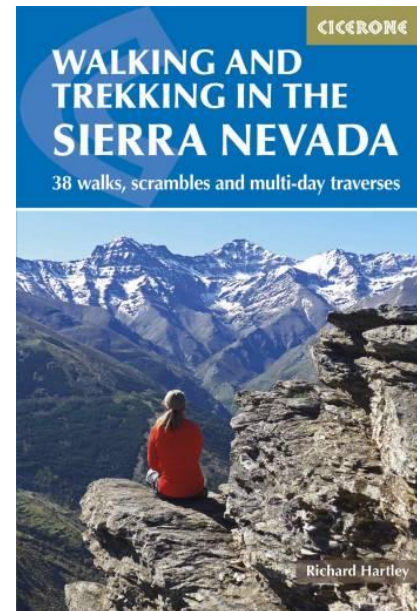
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Buy Direct From Cicerone

*Signed copies are available for clients of Spanish Highs or for the self guided arriving in Lanjarón. Email richard @ spanishhighs.co.uk in advance to secure your signed copy*

## Features

- year round half to full day walks & multi-day treks
- 33 routes including mainland Spain's highest summit
- 5 high mountain scrambles
- includes 8 gentler walks in the lower hills of the Cumbres Verdes near Granada
- includes white villages of Trevélez, Lanjarón and Capileira
- showcases the Sierra Nevada's most dramatic scenery
- includes 'Los Tres Picos', 'Los Tres Miles' Integral & overview of Sulayr GR240
- advice on transport, local bases, safety, tick-list of 3000m peaks & Spanish-English glossary



## The company

Contact us: via our [Contact Page](#) or email [info@spanishhighs.co.uk](mailto:info@spanishhighs.co.uk). Tel +44 7505 753259 by prior appointment (email) only please.




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