

# Sierra Nevada Trek

Conquer the highest mountain in Spain



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## Mount Mulhacen 3,482m – summit the highest peak in mainland Spain!

Sheltered valleys, lush green gorges, winding watercourses, cultivated terraces and high-mountain villages - are the beautiful foothills of the Sierra Nevada. Las Alpujarras are located 90 minutes east of Malaga Airport, in the province of Granada, in Andalucía, southern Spain. To the north of Las Alpujarras lie the majestic snow-capped peaks of the Sierra Nevada. To the southwest lie the dramatic dolomite mountains of the Sierras de Los Guájares. And, to the south lie the wild landscapes of the Sierras Lujar and Contraviesa running all the way to the Mediterranean coast.



Historically, until the late 15th century, Las Alpujarras were the last Moorish stronghold in Spain. Evidence of this still stands today, with the remains of Moorish castles and palaces dominating the hillsides and villages. Las Alpujarras are popularly characterised by their picturesque whitewashed mountain villages clinging to the hillsides and steeped in the traditions and culture of earlier generations.

The intricate networks of cobbled alleys, mud and clay homes, roof terraces laden with peppers and corn drying in the sun, and the jumbled existence of people, pets, chickens, goats and donkeys are a delight to discover.

This is a fantastic weekend full of adventure in a hidden region of Spain, with a tough peak to bag, Mount Mulhacen at 3,428m is the third highest peak in continental Europe!

**\*\*Please note that people need to carry spare clothes, toiletries, etc. for the overnight stay at the refuge in their day packs.**



# Detailed itinerary

## Day 1: London to Malaga

On arrival we transfer from the airport and travel to the village of Capileira (1,450m) in the heart of the Alpujarras, and at the foothills of the Sierra Nevada. After checking into our hotel and dinner, we will have our trek briefing about the adventure ahead and enjoy wonderful Spanish hospitality.



## Day 2: Capileira to Capileira (circuit route)

Today we begin the adventure and start our trek around the Poqueira Valley through the three whitewashed villages of the region. The Alpujarra offer a combination of outstanding scenery and we experience this today as we follow old bridle paths and trek through Holm Oak and Chestnut forests and even cross the river twice! We return to the same hotel in Capileira where we have dinner.

## Day 3: Capileira (1,450m) to Refuge Poqueira (2,500m), 5-6hrs

After a typical Spanish breakfast we set off for the first stage of the trek. We leave Capileira, one of Spain's highest villages (at around 1,450m) where we follow the Poqueira Gorge and head up into open mountain terrain above the tree line. This is where we will get our first peak at Mulhacén (3,482m). As we reach the refuge (2,500m) nestled in a protected area much of the area looks barren from a distance; however up close you will see its rich with flowers, woods, springs and streams. Here we can relax, enjoy a drink and a wholesome evening meal and look forward to the challenge tomorrow. Accommodation in the refuge is in dormitories with bunks.

## Day 4: Refuge (2,500m) to Mulhacén (3,482m) to Granada (1,500m), 7-9hrs

We leave the refuge and aim to reach the highest summit of the range and of Spain's mainland, Mulhacén (3,482m). When we reach the summit we will have spectacular views of the Sierra Nevada range and the beautiful city of Granada. We will then go westwards, descending to the Mountain Lake, La Caldera at 3,000 metres and follow the ridge across the north side of the Sierra Nevada, reaching the ski station of Prado Llano. From here we get transport down to Granada (35kms). Tonight we will toast our achievements with celebratory drinks and dinner. Then the fun can really begin - a chance to explore the city by night for those with enough energy.

## Day 5: Depart Malaga to London

Before our flight to the UK, we may have an opportunity to explore the cultural delights of Granada – if you only see one city in Spain it should be Granada! Transfer to Malaga airport for direct flight to the UK.

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