

## SPAIN – LAS ALPUJARRAS AND THE SIERRA NEVADA

8-day / 7-night centre-based group guided walking tour in Moorish Spain



In the mountains of Andalucía, the region of whitewashed hillside villages known as Las Alpujarras is laced with terraced farmlands that are watered by snowmelt from the Sierra Nevada range, creating a high altitude oasis in stark contrast to the dry foothills below. This region was the last stronghold of the Moors; after the Christians took the city of Grenada, the Moors were forced to convert to Christianity. Those who didn't fled to the remote hills of the Alpujarras. The Moors were eventually expelled, but their influence remains, seen in the distinctive Berber-style architecture and even in the region's name, which likely derives from the Arabic *al-basharat* (grasslands).

From our base in Capileira, one of the White Villages of the Poqueira Valley, we have access to many wonderful walks exploring the magnificent valleys that make up the southern Sierra Nevada. We walk through the Poqueira Valley with opportunities to visit the other 'White Villages' and gain views of snow-clad peaks. We visit Trevélez, a centre of Serrano ham production, and in the nearby villages of Pitres and Busquistar we get a small taste of the long-distance GR7 (Gran Recorrido), which meanders through Andalucía en route to Andorra and France.

**Cost from:**     **\$1895** per person (twin share)     Single room supplement from \$325

**Departures:**   20<sup>th</sup>, 27<sup>th</sup> April; 4<sup>th</sup>, 11<sup>th</sup> May; 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> September; 5<sup>th</sup>, 12<sup>th</sup> October, 2019

**Includes:**       7 nights' hotel accommodation with ensuite bathroom, 7 breakfasts, 7 evening meals, experienced walks leader with a choice of 2 guided walks on 5 days, local transport to and from the walks. Málaga Airport transfers at set times are **included** in the tour cost – please ask for details when booking.

**Not Included:** Meals and drinks not mentioned, personal expenses, transport / excursions on your free day.



**Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations**

**Accommodation: Finca Los Llanos** – A 3-star family run hotel which overlooks the whitewashed buildings of the beautiful village of Capileira and the mountains beyond. There are 44 en-suite rooms all decorated in a traditional Alpujarran style - some with a balcony - in three separated buildings terraced up the hills. There are flowers and shrub gardens lining the steps and walkway. Meals are simple, hearty, based on local cuisine, served in the hotel restaurant. There is a lounge bar, gardens and an outdoor pool set on the top terrace.

### Footpath and walking information:

Our one-hotel walking holidays offer a choice of two guided walks each day – usually an easier walk or a more challenging option – you decide which one best suits your interests and fitness levels. There is also a free day midweek for you to explore or relax.



**Easier Walks:** 8 to 11km on good paths with some rocky sections. With up to 450m of ascent in a day.

**Harder Walks:** 11 to 16km on good paths with some rocky sections. With up to 690m of ascent in a day.

**Suggested itinerary:** *This suggested program will give you an idea of the walks offered on this holiday however this provisional itinerary is subject to change. The final walk selection each day rests with your walk leaders.*

**Day 1: Arrival day.** Meet the group at Málaga Airport at a set time for the coach transfer to Capileira. After dinner your walks leader will brief you on the week ahead.

**Day 2: Pena del Angel Berme Gorge.** We head east on a quiet road from the village to a *mirador* (lookout point) with fine views over the Poqueira Valley. The easier walk follows a ridgeline and passes close to the rock formation Pena del Angel, whilst the harder walk ascends higher on the GR142 long distance path, then heads to the spectacular gorge and waterfalls of the Rio Bermejo and crosses the Barranco de Sangre, the site of an infamous battle between Moors and Christians. Both walks follow the GR7 to Bubion and we return via a path through fields to Capileira.

**Day 3: The Western Alpujarras.** We transfer to the western side of the Alpujarras and start our walk with a view of Lanjarón, famous for its spring water and its dramatically sited castle. The easier walk follows a path to Soportújar, supposedly a centre for witches, then deep into the Poqueira Gorge. Alternatively we walk high into the hills to Cáñar, then descend to a bar for refreshments before we return via coach to the hotel.

**Day 4: Trevélez.** Trevélez, a major centre for the production of cured Serrano ham, is claimed to be the highest village in the Iberian Peninsula. It has three separate terraced *barrios* or neighbourhoods, *bajo*, *medio* and *alto*. We ascend through the village to the GR7 footpath and look back for views of the village with high hills beyond and of the Trevélez River valley. The easier walk ends in Busquistar, where we explore the village and relax with a drink, whilst the harder walk continues further down the valley to Pitres.

**Day 5: Free day.** No walks are organised, allowing you to explore the local area. You may like to stroll between Capileira and the neighbouring villages of Bubion and Pampaneira, or if there is sufficient interest your walks leaders may organise an excursion to Granada or the Costa Tropical. Or, just relax by the pool at the hotel.

**Day 6: Trevélez Gorge and Sierra de Mecina.** We transfer by bus to 'la Taha', an area of seven villages that once offered allegiance to the Nasrid Kings of Granada. Even today they are characterised by their distinctive Berber-style architecture. We start our walk at Fondales, the lowest of the seven villages in the Trevélez Valley and walk along the Sierra de Mecina that marks the southern border of the main Alpujarras region, then descend on spectacular winding mule tracks or *Panjuila* that take us into the Trevélez Gorge.

**Day 7: La Cebadilla and the Poqueira Gorge.** The easier and harder walks take very different routes, though the Poqueira Valley. The easier walk heads to the deserted village of La Cebadilla where the river is in a deep rocky gorge. The path from Capileira provides a magnificent panorama of the valley and closely follows an *acequia*, one of the vital irrigation channels that supply water from the melting snows of the Sierra Nevada. We cross the river then walk through ancient farmland back to Capileira.

The harder walk sets off in the opposite direction towards Bubion and criss-crosses the river four times as we wind our way through the valley. We too visit La Cebadilla then follow an *acequia* back to Capileira.

**Day 8: Departure day.** Tour ends after breakfast with a group transfer at a set time to Málaga Airport (individual transfers can be arranged at your own cost).



**Outdoor Travel** offers similar centre-based guided walking holidays in France or Italy including **Provence** or the **Alps**, in the beautiful **Cinque Terre**, the **Dolomites**, or the **Amalfi Coast**. Other European destinations include **Croatia**, **Turkey** and **Ireland**. Walks are available in many areas of England and Scotland including Wainwright's challenging **Coast-to-Coast** walk, the scenic and wild **West Highland Way** or the **South Downs Way**.

**Contact Outdoor Travel for more details and reservations:**

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