



## WalkingWomen Adventures in Andalucia – the Spring Alpujarras

**Dates:** Saturday June 1st to Friday June 7th 2024

**Duration:** 6 nights

**Goat guide:** 2 goats

**Price:** £1,250

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## About this trip

We return again to this beautiful spot in southern Spain.

There is so much to discover from our base at our women-run hotel in the white village of Capileira. Last year the group discovered the mountains, the local food, and the local wine and joined in with Flamenco. Amazing views even to Africa on a clear day. The walks follow traditional paths between villages, along riversides and around valleys. For those who would like a mountain, there is the option to climb the local mountain of Mulhacen - a steady smooth ascent with incredible views from the top. If you would like to extend your stay to explore more of Spain we can help.

We are based in a lovely small village Capileira which is one of the well-known white villages of the Alpujarras. It is the highest of the three villages and there is a well-marked ancient trail down to Bubion and Pampaneira. The beautiful cobbled streets and backdrop of the Sierra Nevada mountains make this a wonderful place to spend some time and get to experience this rural culture. You can find so many homemade products – honey, wine, cheese, chocolate, speciality ham and the restaurants are proud to share their local specialities with guests.

The villages have a Moorish influence as the local Spanish Muslims inhabited this area for hundreds of years after the initial Moorish conquest of 711AD. These villages were created in the style to which they were used to in Africa. Now these villages are quiet with many young people leaving to seek out a life in the city. The villagers rely on tourism and we have found a wonderful hotel run by women where we base ourselves.

This area is fantastic for nature lovers and as you walk there are wonderful views of gorges, waterfalls and rivers as well as the mountains of the Sierra Nevada. There may be opportunities for a dip!

Our guide Victoria lives in Granada and has been walking these hills and mountains for many many years. She shares her knowledge and passion for the region as you walk and talk.

# Trip Overview

**Dates:** Saturday June 1st to Friday June 7th 6 nights with 5 days walking

**Guide:** Local Guide – Victoria Bocanegra Montanes

**Walking Grade:** 2 Goats. There will be options to do more stretching walks and in the second week we will do different walks.

**Base:** We grade this 2 Goats – we are in the Sierra Nevada staying in the village of Capileira which is the highest white village at 1,436m. Paths are good and steady with lots of variety. Our guide Victoria will lead you on walks that will give you an experience of life in the Alpujarras.

There is a chance to walk Mulhacen the highest mountain in the Sierra Nevada which is 3,479m – we start from 2,600m so this ascent is 879m and very gradual. This is a longer walk and gives fabulous views across the Sierra Nevada. Due to altitude we grade this 3 Goats. This is an optional walk for those who would like it.

We will have rest time during the week and you have options to shorten walks or stay by the hotel pool!

**Base:** Hotel de Real Poqueira, Capileira. The hotel is in the centre of the village and is a traditional old hotel run by women with a bonus of a large outdoor pool. As a guest said last year “ a brilliant , comfortable hotel with excellent breakfast and a swimming pool perfect for relaxing after a great days walking’

**Arrivals:** Capileira is 2 hours from Malaga Airport. We will arrange one airport transfer to pick up around 3pm at Malaga Airport. Please book flights to meet this transfer.

**Departures:** On Friday June 7th there will be an airport transfer leaving the hotel at 10am ish so please book flights to leave at 14.00 or later. If you would like to stay on for a weekend in Malaga or Granada we can help arrange this. Both are beautiful cities.

## Packages

**Single person £1,250** per person for the weeks holiday

### Includes:

- Bed and Breakfast single occupancy ensuite room
- Dinner together on the first night in a local restaurant
- Expert local guiding
- Group transfer to and from Malaga airport
- Local transport required for walks

### Not included:

- Travel to Spain, Dinner after the first night and any drinks.
- Lunches which will be bought from local shops or from cafes/restaurants on the walks. There are many very reasonably priced restaurants in and around Capileira.

If you bring a partner/friend and share a room the price is **£950** per person. We will adjust your invoice once you have paid your deposit.

# Itinerary

*Itinerary – this is subject to change depending on the weather and at the discretion of the guide. The days walking will be discussed with the group the evening before and may vary depending on the group and the weather. We ask you to trust our guides as they are highly experienced and they will always plan to give you the best holiday.*

## Arrival

for an evening briefing at our hotel around 6pm with dinner to follow.

## Walk 1

### White Villages Of The Poqueira 6 mi (9.5 km) 544m ascent/descent

We start from our hotel at the top of three white hill villages in Capileira. We walk between Bubion and Pampaneira all sitting on hillsides above the dramatic Poqueira gorge only a couple of hours from Malaga and the coast. Mulhacen, the highest mountain in the Sierra Nevada at 3482m rises above Capileira where we are based. We will walk along the historic trail that links all three of these villages.

We start from our base in the highest of the villages, Capileira. The trail drops down to cross the Rio Poqueira via a small bridge. We wind down through the hills going through Bubion with lots of cafes and rest stops. Then on to Pampaneira and back via a circular route.

## Walk 2

### Medieval Way – Taha Del Pitres Villages 5.2 mi (8.5 km) 424m ascent/decent

We will walk in the Taha de Pitres region. This is an area characterised by small white villages, steep-sided gorges and abundant flora and fauna.

For most of this walk, we are following old medieval trails through the hills and villages. We start in Mecina Fondales and drop down to the enchanting village of Fondales. Here we turn east and head for Ferrierola, perched high above the Trevelez gorge.

Then it's uphill to visit the very quaint, Atalbeitar before rising to reach the road that leads us to the town of Portugos. We take quiet backtracks to Pitres before dropping steeply back down to the start point at Mecina.

## Walk 3

### GR7 long-distance path Soportujar to Lanjaron 9.3 mi (15 km) 386m ascent and 680m descent

The Alpujarra boast stunning scenery, and normally sunny weather and is a wonderful area for enjoying the delights of this uniquely Andalusian Spanish walking tour. We choose the spring and autumn months when the surroundings are particularly beautiful; in spring the land is carpeted with a vast array of wildflowers and blossom adorns the fruit trees which are dotted around the slopes.

We walk along the long-distance GR7, traversing hillsides and gorges, through the quiet non-tourist white villages of Soportujar and Cañar.

This is a varied walk through Forests, cultivated land, gorges, streams and irrigation channels, competing with sleepy white villages. The walk is, for the most part, easy gradients. A lovely day walk and a good introduction to the area.

## Walk 4

### GR240 High Forests Of The Alpujarras 6.8 mi 11 km 539m ascent/descent

This is a walk to visit the high forests and experience new vistas of the Sierra Nevada. We walk through the pine forests to break out onto the open hillside and arrive at the Puerta del Molina. This is a superb viewpoint of the Sierra Nevada and on a good day, we can clearly see the main peaks.

## Walk 5

There will be an option to walk up Mulhacen and /or visit the village of Trevelez.

Mulhacen is 15km 977m ascent/descent. We take a bus to start halfway up the mountain. There will be an option for free time during the week to have time to rest at the hotel pool or wander about the village.



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