



HI TREK SIERRA NEVADA

High Trekking in Sierra Nevada
Natural Park (circular tour)



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1 Introduction

Welcome to the South. To the highest mountains of the Iberian Peninsula. To the southernmost mountain range in Europe. And to a snow kingdom with views overlooking the Mediterranean Sea. The Yabal Sulayr, or Monte del Sol (hill of the sun) as the Muslims called it when they ruled this land. If what you are looking for is the sun and good weather, you have chosen the right option. Sierra Nevada stands out for its great climate, although being a high-altitude route –we will be above 3000 metres in many occasions– we can never take the Sierra Nevada for granted. Steep climbs and legendary summits await us, as we ascend Alcazaba and Mulhacén, which at 3.428 metres, is the highest mountain of the Iberian Peninsula. As we walk, we pass beautiful mountain lakes that are considered one of Europe’s botanical jewels, and uniquely give the Sierra Nevada twin protected status, as both a National Park and a Biosphere Reserve.

We will not only visit the most alpine area of the Sierra Nevada, but will have time to relax and enjoy the most famous white villages of Alpujarras, such as Capileira and Trevélez, where we will also taste the local delicacies like the “jamón serrano”(Spanish ham), and “plato alpujarreño”(Spanish fry-up!). Just thinking about it makes our mouth water...

These are amongst the highlights of our HI TREK SIERRA NEVADA, a high circular trekking route in the Sierra Nevada Natural Park, located in Andalusia, in the south of Spain. This circular 114km route is a real challenge, with a total elevation of 7.680m, and an even more vertiginous descent of 8.500m.

2 Destination

Sierra Nevada is a mountain massif located in the Penibetico mountain ranges. It is located in Andalusia, covering the east-central area of the region of Granada. It is the Western Europe's highest mountain massif after the Alps. Its highest point is the Mulhacen Peak, with 3.482m.

Sierra Nevada, along with the Betic ranges, was formed during the alpine orogeny in the Tertiary era. Due to its isolation and altitude, since the end of the Würm glaciation, the massif has remained as a refuge to countless plants and endemic species, not normally found in Mediterranean latitudes. There are 66 endemic vascular plants and another 80 animal species, which represent the greatest biodiversity in the Iberian Peninsula and Europe.

Called "Sierra of the Sol", by the Arabs, it has a rich cultural and historical heritage with Roman, Visigoth and Tartesios remains.

The most significant of the Muslim period are the sophisticated irrigation techniques, whose ditches and brooks plow the slopes collecting melt water and runoff to be harnessed in traditional uses and activities.

The city of Granada boasts a unique cultural and artistic heritage like the Alhambra, the interesting Albahicín and the Calderería, as well as many other places that we will explore.

The good food deserves a mention, so they have the traditional "tapas" offered for free with each drink and many of them are quite succulent and creative. This habit extends all over the region of Granada and its villages.

The famous and attractive Alpujarra is another place to get lost and enjoy its mountains, its landscapes, its gastronomy, wines and people.

Motril, Salobreña or Almuñecar are only half an hour away from Granada and they are an interesting alternative to complete your holidays spending a couple of days at the beach.



3 General Information

Destination: Sierra Nevada (España).
 Meeting point: Jerez del Marquesado
 Activity: Trekking.
 Difficulty: ***.
 Duration: 6 days.
 Season: June to October.
 Group size: from 4 to 10 people.

3.1 Required physical condition and type of terrain

Physical level	Total elevation	Kms	Physical Condition
*	Up to 600 m	Up to 16 km	Normal: occasional sport practice
**	Up to 1200 m	Up to 23 km	Good: regular sport practice
***	Up to 1400 m	Over. 23 km	Very good: strict sport practice

Physical level category does not have to correspond exactly with given ascent and kilometers at the same time.

Type of terrain

- * Good conditioned forest tracks and trails
- ** Good conditioned trails. Presence of stones and roots on the way requiring attentive hike
- *** Bumpy, stone loose tracks, including off trails

Remarks. People used to walk in the mountain and with experience in this kind of trekking. The pace will be slow, we do not run, but you must be prepared to climb of 2.200m and ready to walk more than 12 hours, at least one of the days.

It is a walking trekking which does not require any alpinism or climbing experience.

4 Programme

** Trekking starts after lunch time on day 1.

4.1 Programme outline

Day 1. "Gaining height". Jerez del Marquesado - Postero Alto hut.

Distance: 7 km. Elevation gain + 670m - 35m Time: 2 hours

Day 2. Postero Alto hut - Poqueira hut

Distance: 26 km. Elevation gain + 2.240m - 1.600m. Time: 10-11 hours

Day 3. The roof of the Peninsula. Poqueira hut - Mulhacen Peak - Albergue Universitario.

Distance: 21 km. Elevation gain + 1.480m - 1.550m. Time: 9-10 hours

Day 4. Albergue Universitario-Veleta - Alpujarra and Arab system of Canals - Capileira.

Distance: 20 km. Elevation gain + 1.200m - 2.200m. Time: 8-9 hours

Day 5. "Touring the Alpujarra through the Sulayr". Capileira - Trevélez.

Distance: 17 km. Elevation gain + 1.050m - 1.035m. Time: 6 hours

Day 6. "From Alpujarras to Marquesado". Trevélez - Jérez del Marquesado.

Distance: 25 km. Elevation gain + 1.850m - 2.100m. Time: 8-10 hours.

4.2 Detailed programme

Day 1. "Gaining height". Jerez del Marquesado - Postero Alto hut.

Jerez de Marquesado is located in the high plateau of Zenete, at 1.200m in the province of Granada. The stage starts in the village where we will follow a path, always ascending, to reach the Postero Alto hut. It is a first contact and approaching stage.

Distance: 7 km. Elevation gain + 670m - 35m Time: 2 hours

Day 2. Postero Alto hut - Poqueira hut

It is a demanding stage due to the elevation and distance covered. In this stage we will test our mental endurance. We will start very early, with a first ascent of 2-3 hours walking to **Puntal de Juntillas**, our first 3.000 meters peak of the tour, with an elevation gain of more than 1.000m.

From here, we will leave towards Alcazaba peak. The terrain is rocky and broken and the path goes up and down reaching some summits over 3.000 m high (**Puntal de los Cuartos, El Cuervo, Puntal de Vacares...**) The view over the mountain range is spectacular, with the Mediterranean Sea to the South and a north face with the view of Güejar mountain range. During the tour we will pass over some mountain lakes, remains of the ice age with popular legends about its origin, like **Vacares Lake**.

After 6 hours walking and reaching another 6 summits of 3.000 meters, we will detour to the lonely **Stone of Yunque**, at the bottom of the hill of Alcazaba. From here, we will take a comfortable path to reach the emblematic 7 lakes corrie, between the Alcazaba and Mulhacen Peaks.

From there we will make a little ascent before a long descent to Poqueira hut, where we could relax, stretch, have a shower and have a good dinner.

Variant through Basar de la Alcazaba:

It is a more alpine, demanding and exposed route, since it crosses the north face and it will be chosen depending on the weather conditions, timing and group.

Overstep the Puntal de las Calderetas and just before Goterón, we will take the north face of Alcazaba though the basar that cross it up at 3.100m. This route will take us to the col of 7 lakes between Mulhacen and Alcazaba towards the 7 lakes corrie. From here we will continue to Poqueira Hut as in the normal route.

Distance: 26 km. Elevation gain + 2.240m - 1.600m. Time: 10-11 hours

Day 3. The roof of the Peninsula. Poqueira hut - Mulhacen Peak - Albergue Universitario.

This is the day that we will climb the highest summit of the Peninsula, **Mulhacen Peak** with **3.478m** and one of the important 3.000m peaks in Sierra Nevada, Cerro de los Machos, with 3.327m

The name of Mulhacen comes from the Moorish King Mulay Hacen, and it has one of the most popular legends of Sierra Nevada.

We will walk up the Mulhacén River to reach the Caldera bivouac hut, after passing through two beautiful mountain lakes. The track goes up to the Deer Col where we will follow a less busy route to contemplate the amazing north faces of the corrie, the Valdeinfierno canyon and the village of Güejar Sierra.

After reaching the summit we will go down to the Caldera bivouac through the normal route on the west face. We will pass over the Caldera Lake to get to Cerro Pelao where we will take a path until the entrance to the path leading to **Cerro Machos**. This ascent is short but intense. From here we will descent to Corrales de Veleta.

From this point and considering the accumulated tiredness, we have decided to use the High Summits Interpretation Service, a transport service that will save us from going down in 500m in altitude in just a few minutes.

Stretching time, shower and relax in a mythical hut of Sierra Nevada where we will enjoy the good atmosphere and a good dinner.

Distance: 21 km. Elevation gain + 1.480m - 1.550m. Time: 9-10 hours

Day 4. Albergue Universitario-Veleta - Alpujarra and Arab system of Canals - Capileira.

This is a long and uneven stage. We will pass from the north to the south slopes of Sierra Nevada, ending at the Alpujarra area.

We will leave Albergue Universitario to go up the **Veleta Peak (3.390m)** with amazing views. We will descent to Carihuela hut before starting a long descent towards Capileira through Loma Púa at 1.430m high. During the way we could see the Amoladeras Arab Canals and the New Canal.

Distance: 20 km. Elevation gain + 1.200m - 2.200m. Time: 8-9 hours

Day 5. "Touring the Alpujarra though the Sulayr". Capileira - Trevélez.

In this stage we will make a tour of the Alpujarra, we will go from the village of Capileira to the village of Trevélez at 1.470 m high and very famous for its ham. One part of the tour will be trough a very representative path in Sierra Nevada, called "The Sulayr".

It is a comfortable and not difficult stage, but considering the distance and ups and downs is not a resting stage.

We will leave Capileira towards the leisure area of Hoya del Portillo, one of the parking areas to get the Mulhacen or Poqueira hut. In this section we will also pass two important canals: Acequia Alta and Acequia del Medio.

After crossing a couple of interesting canyons, we will take the Trevélez canyon to the Trevélez camping (1.530 m), located at the village entrance and where we will have another nice accommodation.

At this point of the trip the tiredness is clear, so we have chosen a comfortable rural hotel with swimming pool. A well-deserved treat to ourselves.

Distance: 17 km. Elevation gain + 1.050m - 1.035m. Time: 6 hours

Day 6. "From Alpujarras to Marquesado". Trevélez - Jérez del Marquesado.

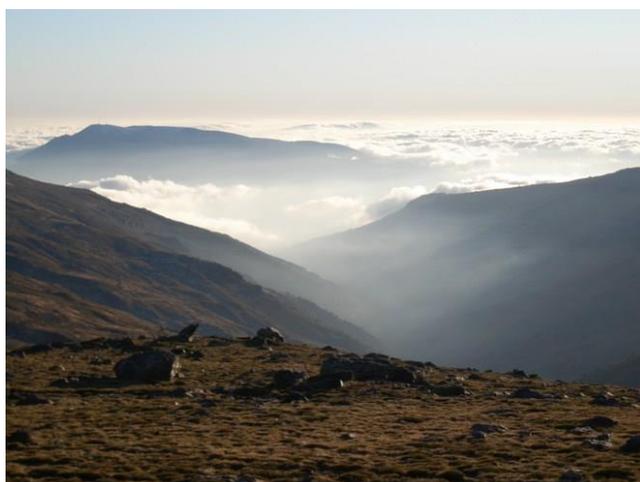
A long stage that will take us back to Jérez del Marquesado (1.200 m), closing the circular route and ending the trekking at the starting point.

We will leave the village through the Trevélez River Canyon, following at some points the New Canal and the Royal cattle Track of Trevélez. In the confluence of the canyons we will take the Sabinar Canyon towards the Meseta farmhouse from where we will ascent to the mountain pass of Trevélez at 2.800 m.

From this mountain pass we will descent through the path we took in the second stage to the Postero Alto hut at 1.800m

By the group's prior request, the guided route could finish at the Postero Alto hut, to spend the night and descent independently next day to Jérez del Marquesado so you would have the whole day for the return trip. There is also the option of accommodation at Jérez del Marquesado and start the return trip also next day.

Distance: 25 km. Elevation gain + 1.850m - 2.100m. Time: 8-10 hours



5 Further information

Price. 575 euros. Minimum group size 4 people; possibility of individual sign up to gather minimum group.

5.1 Included

- Mountain Guide service during the trekking.
- 5 nights of half-board accommodation in the mountain huts (breakfast and dinner).
- High Summits Interpretation Transport Service.
- Trip organization and management.
- Hi Trek Sierra Nevada badge.
- Rescue and accident insurance coverage

5.2 Not included

- Flights (Muntania offers this service for an additional cost of 20€)
- Transfers to the starting point. Muntania could arrange this service.
- Beverages that are not included in the accommodations' half-board menus.
- Any change due to unexpected incidents (weather, etc.) that inquire in higher expenses than the ones budgeted for the client and the guide.

5.3 Required material

It is important to carry little weight in the backpack to walk comfortably, so it is recommended to take only the essential material and clothing. Each day you may wash some laundry by hand and you do not have to carry food. We will inform you so you backpack weighs no more than 6-8 kilos.

- Backpack (between 30-40 litres).
- Trekking boots or shoes depending on the trekking.
- Folding trekking poles.
- Clothing:
 - Socks.
 - Long and short trekking pants
 - Thermal shirt (first layer). A spare change.
 - Fleece jacket or similar (second layer).
 - Gore-Tex type jacket and pants (third layer).
 - Primaloft jacket or light down insulated jacket.
 - Fleece, light type of gloves.
 - Hat and cap.
- Sunglasses.
- Head lamp (extra batteries).
- Cotton or silk sheet-sleeping bag and very light towel.
- Water bottle or water bag Camelback type of minimum capacity 1 liter.
- First aid kit and essential toiletries.
- Sunscreen and protection lip balm.
- Camera.

5.4 Observations

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's leisure plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to give away the meeting point and time along with the guide contact information. At this point any information considered essential to the trip organization will be shared.

Plane tickets (if applicable)

If case you wish us to handle you plane ticket, please contact us with airport arrival and departure details and number of needed luggage. Before issuing any ticket, Price and details Will be send to the client for its approval.

Muntania fee for plane ticket management is 20€ per person.

If, otherwise, you handle your plane tickets, please coordinate with us before hand to check on arrival and departure information.

Please take into consideration getting with you on your carry-on luggage some set of clothing in case of checked luggage lose.

Trekking Backpack

Very important to carry out just indispensable material and clothing to walk at ease. You would not need to take food supplies and clothing can be hand-wash daily. We recommend backpack weight between 6 to 10 kg.

5.5 Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a

year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancelation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancelation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link: <https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

5.6 Links of interest

- www.hitreksierranevada.com
- <http://refugioposteroalto.es/>
- <http://refugiopoqueira.com/>
- <http://www.alberguesierranevada.com/>

5.7 Highlights

- Hit the Summit of the Mulhacen, the highest mountain in the Peninsula.
- Passing over more than eight 3.000m high peaks, together with the Mediterranean Sea views from the top of the mountain range.
- To understand the geological origin of Sierra Nevada, and also the vegetable species in the area and the secular use of water through the Arab system Canals.
- To discover during the way the most famous legends about these mountains
- It is a complete tour crossing the most alpine zones of Sierra Nevada, from East to West and passing from the North to the South face of the Mountain range.

6 Contact

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