

Las Alpujarras Guided Walking Holiday

Tour Style: European Centre Based

Destination: Spain

Trip code: AJLCL

2 & 4



HOLIDAY OVERVIEW

Discover the magnificent valleys of the southern Sierra Nevada and enjoy snow-capped mountain views walking through the Poqueira Valley. Further afield, visit the Serrano ham haven of Trevelez. Around nearby Pitres and Busquistar we walk on the GR7 to further our exploration of Iberia's last Moorish enclave. Las Alpujarras is a 'must do' mix of culture, gastronomy and great walking; bodegas in the local area surround the picturesque scenery, meaning you can take in the sights as you relax. The Alpujarras, southern Spain, is an area of high mountains and deep valleys lying on the sunny southern edge of the Sierra Nevada. Recognised as a Parque Nacional, it has championed the promotion of sustainable tourism. With an average elevation of 1,200 metres (4,000 feet) the region offers spectacular walking and views of the snow-capped Sierra Nevada. Mulhacen at 3,479m is the highest mountain on mainland Spain and the snow remains for most of the year. Snow melt in spring and summer allows the southern slopes of the Alpujarras to remain green and fertile throughout the year. The Romans and later the Moors constructed 'acequias', channels which bring snow melt and water from the aquifer deep beneath the Sierra to irrigate the vegetable plots and fruit trees. The area now houses a large proportion of northern Europeans alongside the locals. Both groups have worked hard to preserve those features that make the Alpujarras such a special place to visit.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day
- All transport to and from walks
- The services of experienced HF Holidays' leaders
- Return flights from the UK on 'with flight' holidays
- Hotel transfers to and from Malaga Airport (see travel tab)
- 7 nights' accommodation in en-suite rooms
- Half Board – continental buffet breakfast and 3-course evening meal

HOLIDAYS HIGHLIGHTS

- Enjoy walks through green landscapes dotted with pueblo blancos (white villages)
- Stay in a family-run, village finca, built in a traditional Alpujarran style
- Visit a local Bodega with opportunity to sample their cheeses, hams and wines

TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on good paths, with some rocky sections. Up to 1,500 feet (450m) of ascent in a day. Harder walks: 7 to 10 miles (11 to 16km) on good paths, with some rocky sections. Up to 2,300 feet (690m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Finca los Llanos. Unpack and settle in.

Day 2: Pena Del Angel Berme Gorge

Our walks today will take us to the ridge to the southeast of Capileira. Both walks start on the quiet road climbing out of the village that gives magnificent views over the valley.

Option 1 - Pena Del Angel And Bubion

Distance: 5 miles (8km)

Total ascent: 800 ft (240m)

In summary: Our walk will head east from the village to a mirador, with fine views over the Poqueira Valley. We then branch off on a good track to walk the length of the ridge to the south and east of Capileira, passing close by the rock formation of the Pena Del Angel. At the southern end of the promontory there is a spectacular view over the valleys below. We will then follow the GR7 down to the village of Bubion, situated below Capileira. Here there may be a stop for lunch or a drink before ascending through fields back to Capileira.

Highlight: A great introduction to the weeks walking with spectacular views of the valleys below.

Option 2 - Rio Bermeja And Bubion

Distance: 9 miles (14½km)

Total ascent: 1,700ft (510m)

In summary: Having set out with the easier party, we head off to ascend higher above the ridge, initially following the GR 142 long distance path. A good track with extensive views takes us to the spectacular gorge and waterfalls of the Rio Bermejo. We then descend steeply towards Pitres, before taking a level track westwards. Crossing the Barranco de Sangre, the site of an infamous battle between Moors and Christians, we ascend to the ridge traversed by the easier party, and follow their route on the GR 7 down to to Bubion and then on a field path to Capileira.

Highlight: Experience the spectacular gorge and waterfalls of the Rio Bermejo.

Day 3: Above Soportujar

Both walks start with a drive to the western side of the Alpujarras.

Option 1 - Above Soportujar

In summary: Walk in the hills above Soportujar with sweeping views down the valley.

Option 2 - Above Soportujar Extended

In summary: Today we walk in the hills above Soportujar with extensive views down the valley.

Day 4: Highest Village In Spain

Today both groups will use hired transport to visit Trevelez, claimed to be the highest village in the Iberian Peninsula. It is one of the main centres for the production of air dried Serano ham.

Option 1 - GR7 From The Highest Village In Spain

Distance: 7 miles (11km)

Total ascent: 1,400ft (420m)

In summary: We will ascend through the extensive village of Trevelez, which comprises of three separate barrios, bajo, medio and alto. We then pick up the GR7/E4 footpath along a terrace on a broad gravel road high above the valley. Looking back, we can see the village with high hills beyond, whilst to the side is the deep Trevelez River valley. We continue contouring round the hillside before turning south east, and descending to the village of Busquistar. There should be time to explore the village and enjoy a welcome drink before meeting our transport back to Capileira.

Highlight: Visit the highest village in the Iberian Peninsula.

Option 2 - Following The GR7 From The Highest Village In Spain To Pitres

Distance: 10 miles (16km)

Total ascent: 1,900ft (570m)

In summary: This will follow the same route as the easier walk as far as Busquistar. From here our route then continues further down the Trevelez Valley, crossing several barrancos and walking through the little hamlet of Albeitar before ascending to finish in the main square of the larger village of Pitres. Here there will be a chance for a drink in one of the bars before our transport collects us for the short journey back to the hotel.

Highlight: The village of Trevelez known for it's production of Serano ham.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, swim in the pool, walk independently or visit local places of interest. Possible options for your free day include:

Visiting Sierra Nevada where you can have a drink in a refuge or even ascend Mulhacen, the highest mountain on mainland Spain. Visit the nearby village of Bubion and try pony trekking or a craft day, learning how to make an Alpujarran rug.

Day 6: Sierra De Mecina And The Trevelez Gorge

Today a short ride by hired bus takes us 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 architecture. We start both walks at Fondales, the lowest of the seven villages in the Trevelez Valley. Our walks take us along the Sierra de Mecina that marks the southern border of the main Alpujarras region. Both walks have spectacular winding mule tracks or 'Panjuila' that take us into the Trevelez Gorge.

Option 1 - The Sierra De Mecina By The Camino Real

Distance: 7 miles (11km)

Total ascent: 1,800ft (540m)

In summary: We start from the tiny village of Fondales and descend to cross the Trevelez River, near an old mill. From here we pick up an old mule trail, the Camino Real, that follows the river before ascending steadily to reach a broader track high above the valley. This track contours through woodland on the north slope of the Sierra de Mecina. A spectacular steep, but well engineered mule track or 'Panjuila' then winds down to cross the Trevelez Gorge, before ascending more gently to the white village of Ferrierola. After tasting the remarkable sparkling waters of La Fuente Gaseosa, we take the winding road to our finishing point in the tiny village of Mecina.

Highlight: Views over the Trevelez Gorge.

Option 2 - Sierra De Mecina And The Trevelez Gorge

Distance: 9 miles (14½km)

Total ascent: 2,300ft (690m)

In summary: Our route follows the easier walk but on reaching the track along the Sierra de Mecina there is an optional extension to visit an old cisterna/ice house and spectacular viewpoint over Orgiva. After contouring along the Sierra de Mecina we continue for a short distance along a quiet road before descending an old iron ore quarry on a spectacular winding path into the Trevelez Gorge. On the north side of the valley we pass the outskirts of Busquistar. We pick up the GR142 path to Ferrierola we will have the opportunity to sample the Fuente Gaseosa. Refreshed by the naturally sparkling mineral water we then follow the winding road to our finishing point in Mecina.

Highlight: Visit the spectacular viewpoint over Orgiva.

Day 7: Cebadillas And The Poqueira Gorge

Today both groups will start and finish from our hotel. Our aim is to explore the delights of the Poqueira Valley.

Option 1 - The Capileira Gorge To La Cebadilla And Puente Abuchite

Distance: 6 miles (9½km)

Total ascent: 1,200ft (360m)

In summary: Our walk will ascend the east side of the Poquiera Valley as far as the deserted village of La Cebadilla, built in the 1950's for the construction of the hydroelectric power station. Here the river is in a deep rocky gorge. The path from Capileira provides a magnificent panorama of the valley and also closely follows an 'acequia'. These are the vital water channels that supply the villages and farmland with the water from the melting snows of the Sierra Nevada. After crossing the river, the route then passes through ancient farmland and terraces and descends on the western side of the valley as far as the bridge at Abu Buchite. A good, but steep track then leads back to the village of Capileira.

Highlight: Panoramic views of the valley.

Option 2 - Four Bridges Over The Poqueira

Distance: 10 miles (16km)

Total ascent: 1,800ft (540m)

In summary: We will set off in the opposite direction to the easier walk, descending close to Bubion village before reaching Puente Molino. Our path crosses the river here for the first time and ascends on the western side of the valley before crossing the river again at Chiscar bridge. The path then ascends and edges its way around a narrow gorge of the river, before descending again to Abu Buchite bridge. Crossing the river for a third time we follow the route used by the easier party in the reverse direction. The fourth river bridge crossing is at La Cebadilla, the hydroelectricity plant built to supply the valley with electricity in the 1950's. Returning to Capileira, we follow an 'acequia' and enjoy the fabulous views of the valley and whitewashed villages as we descend to our hotel.

Highlight: The traditional Iron ore industry in the Alpujarras.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Finca Los Llanos - Las Alpujarras

The 3-star Finca Los Llanos run by sisters Gloria and Pilar provide a warm welcome to our guests and their team will be on hand to make your stay special. The hotel was originally built by their father and overlooks the whitewashed buildings of the beautiful village of Capileira and mountains beyond. Rooms are simply and traditionally decorated, tiled floors and wooden furniture in keeping with the village and the region. The outdoor pool is perfect for cooling off after a day's walking.

Accommodation Info

Rooms

This Finca Hotel has 44 en-suite bedrooms decorated in a traditional Alpujarran style, some with balcony.

Each bedroom has:

- A television
- A telephone
- Safety deposit box
- Mini-bar

The rooms are in three attractive buildings set on a series of terraces cut in to the hill with plenty of flowers and shrubs beside the walkways and steps.

Facilities

This hotel features a restaurant, offering simple, hearty local cuisine, as well as a cosy lounge bar, relaxing gardens and an outdoor pool set on the top terrace (usually open late April to October).

Los Llanos is also just a short stroll from the village facilities.

Food & Drink

Our holidays at Capileira are Half Board with continental breakfast and 3-course evening meal.

Breakfast

This is a self-service buffet with cereals, fruit juices, fruit, cold meat and cheeses, and a small hot selection. Try the traditional chorizo and blood sausage.

Lunch (Payable Locally)

The hotel can provide a packed lunch at an extra cost or the ingredients can be purchased from local shops in the village, a few minutes walk away.

Evening Meal

A 3-course evening meal is served to the tables and will include some local dishes. Vegetarian and special diets are catered for; we ask you to take a few moments to talk with the management on arrival.

Drinks

The hotel has a well-stocked bar serving beer, wine and spirits.

Your Evenings

The friendly atmosphere of our Guided Walking & Sightseeing holiday continues into the evening.

Enjoy a drink whilst listening to our leaders explaining the next day's walk and after the evening meal, you may like to take a stroll into the village and visit a local bar, have a coffee or just relax at the hotel talking to your fellow guests.

Your leader will also be checking for any local events going on nearby.

TRAVEL DETAILS

THE HASSLE-FREE OPTION

Book your holiday 'with flight' from Gatwick to Malaga airport. For flight times and prices please see the Dates & Prices tab.

Return transfers between the airport and the hotel are included. The coach transfer takes approx 2 and a half hours to the Finca Los Llanos.

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you the freedom to book your own flights from your local airport.

Return airport transfers are included in the price for Capileira holidays. We would recommend you take advantage of this due to the length of the journey. Transfers are timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information).

Please check your travel arrangements are compatible.

USEFUL HOLIDAY INFORMATION

Essential Information

Passport Requirements

You may need to renew your British passport if you're travelling from 1 January 2021.

On the day you travel, you'll need your passport to both:

- have at least 6 months left
- be less than 10 years old (even if it has 6 months or more left)

Use the [government website](#) to see if your passport is valid for this holiday

EHIC Cards

The UK government has officially launched the Global Health Insurance Card (GHIC), which will replace the European Health Insurance Card (EHIC). UK residents can now apply for one of the GHIC cards, which will gradually replace the EHIC cards as they reach their expiry dates. Every family member travelling requires a GHIC. You can make an application for yourself and on behalf of your partner and any dependent children under the age of 16. Both cards will offer equivalent protection for emergency and medically necessary healthcare needs when in the EU on a temporary stay, which includes holiday, study and business travel. Necessary healthcare includes things like

- emergency treatment and visits to A&E
- treatment for long-term or pre-existing medical conditions
- routine medical care for pre-existing conditions that need monitoring
- oxygen and kidney dialysis

The public only need to apply for their free GHIC cards when their current EHIC expires. The process is likely to take two weeks. For more information visit <https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/>.

The GHIC is not an alternative to travel insurance. We advise all holidaymakers to also invest in travel insurance that covers healthcare, so they are covered for other issues that may arise, as well as cancellations and lost luggage.

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.

- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Useful Information

Language: Spanish

Currency: Euro

Money: There is an ATM machine in Capileira where you can obtain money.

Electricity: 220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Tap water: Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

Telephone code: If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Spanish number 0034

The local language of Las Alpujarras is Spanish.

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.

To dial a UK number 0044

To dial a Spanish number 0034

Local Currency

The currency of Las Alpujarras is the Euro.

Electricity

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM Availability

There is an ATM machine in Capileira where you can obtain money.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday: 9am – 1pm Sunday & Bank Holiday Monday: closed

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £30 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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