


# Alpujarras Escape

The best walking itinerary in  
Las Alpujarras

 Guided week of 7 nights, 5 day walking holiday in the Alpujarras, the foothills of the Sierra Nevada. [Click here](#) for full details on the website



“Thanks again for a wonderful trip! Now that I’m home, back in the fray, Spain seems very far away. I have to keep looking at the pictures to remind myself of what a magical place it is. We really had a wonderful time. Thank you all so much. You’re a great team!”

*Lynne Withey, Susan Crosby, Debbie Glassman, San Fransisco, USA*



# Day 1 Soportujar to Lanjarón on the GR7 path

Forest, cultivated land, gorges, streams and irrigation channels, compete with sleepy white villages. The walk is, for the most part easy gradients. A very varied day walk and a good introduction to the area.

**When:** September to June inclusive

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## Description

The Alpujarra boast stunning scenery, hot sunny weather and is a wonderful area for enjoying the delights of this uniquely Andalucian spanish walking tour. During the spring and autumn months the surroundings are particularly beautiful; in spring the land is carpeted with a vast array of wild flowers and blossom adorns the fruit trees which are dotted around the slopes.

A walk along the long distance GR7, traversing hillsides and gorges, through the quiet non-tourist white villages of Soportujar and Cañar, before finally dropping down to the spa town of Lanjaron.

See also our trip report "[A walk along the GR7 long distance path in the Alpujarras](#)"

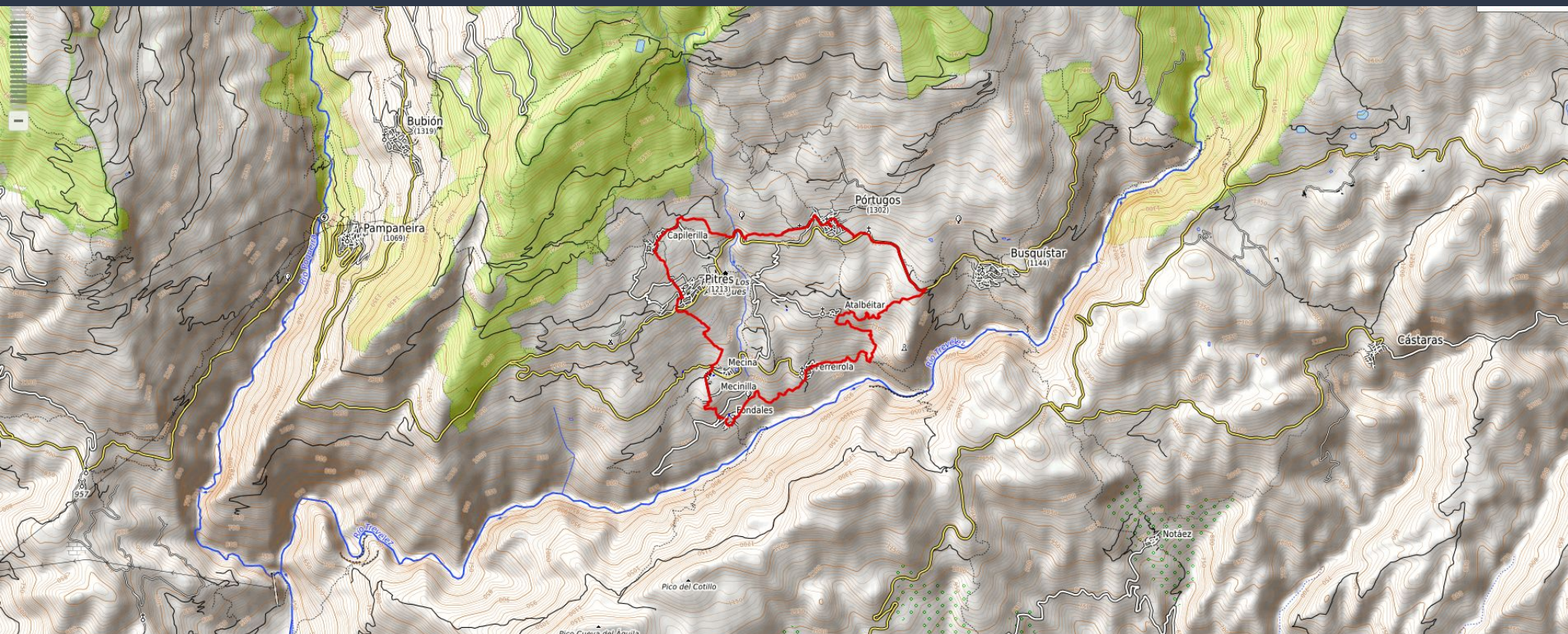


# Day 2 Villages of La Taha del Pitres

A lovely drive through the Alpujarras brings us to the Taha de Pitres region. This is an area characterised by small white villages, steep sided gorges and abundant flora and fauna.

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## Description

Most of this walk we are follow 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 back tracks to Pitres before dropping steeply back down to the start point at Mecina.

This walk is partly covered in our trip report "[My Favourite Walk in The Alpujarras](#)" which you would enjoy reading

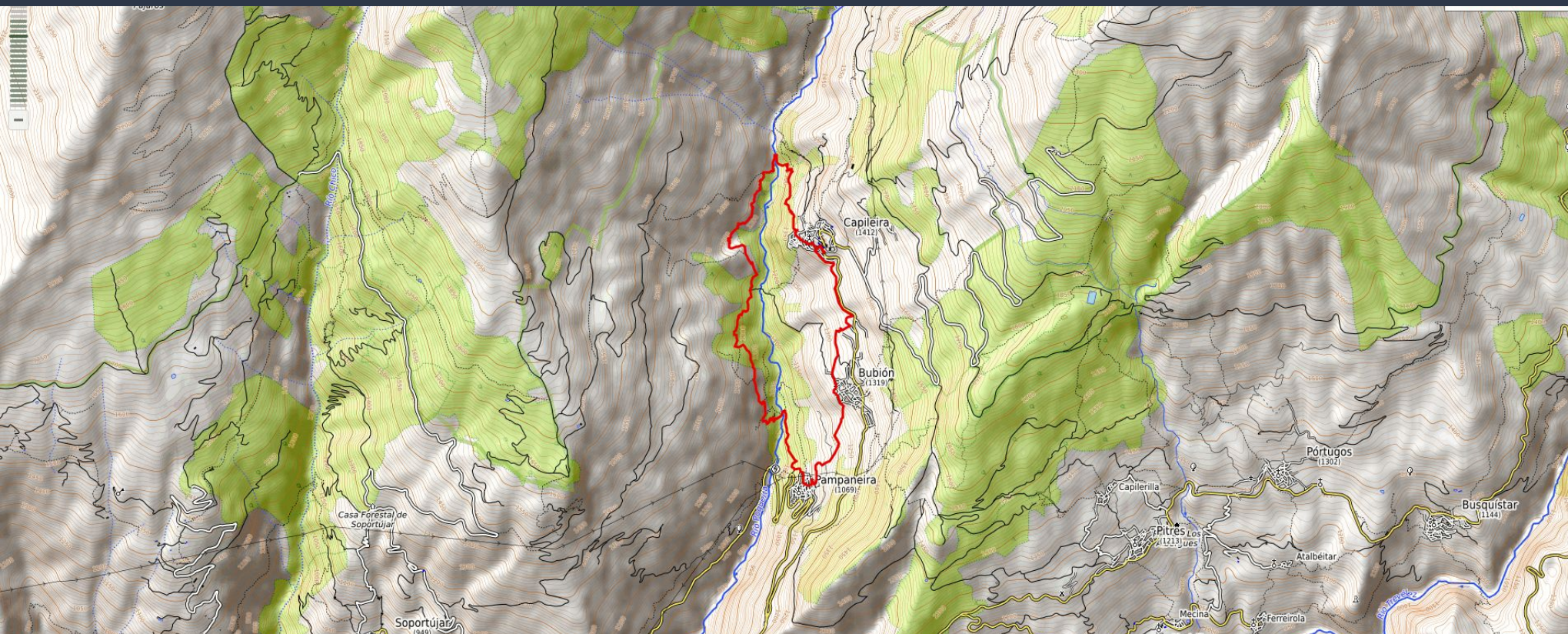


# Day 3 White Villages of the Poqueira

The three white hill villages of Capileira, Bubion and Pampaneira sit on hillsides above the dramatic Poqueira gorge. Mulhacen, at 3482m rises above the towns. This walk links all three of these villages and crosses the gorge twice.

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## Description

A start is made from the highest of the villages, Capileira. The trail drops down to cross the Rio Poqueira via a small bridge. Then its an undulating traverse on the west side of the river before dropping down, recrossing the river and climbing up to the village of Capileira.

After a brief stop (maybe to visit a bodega!), we head steeply uphill through the village, exiting at the top before continuing the journey to Bubion. From Bubion it is then another 30 mins to reach the end at Capileira

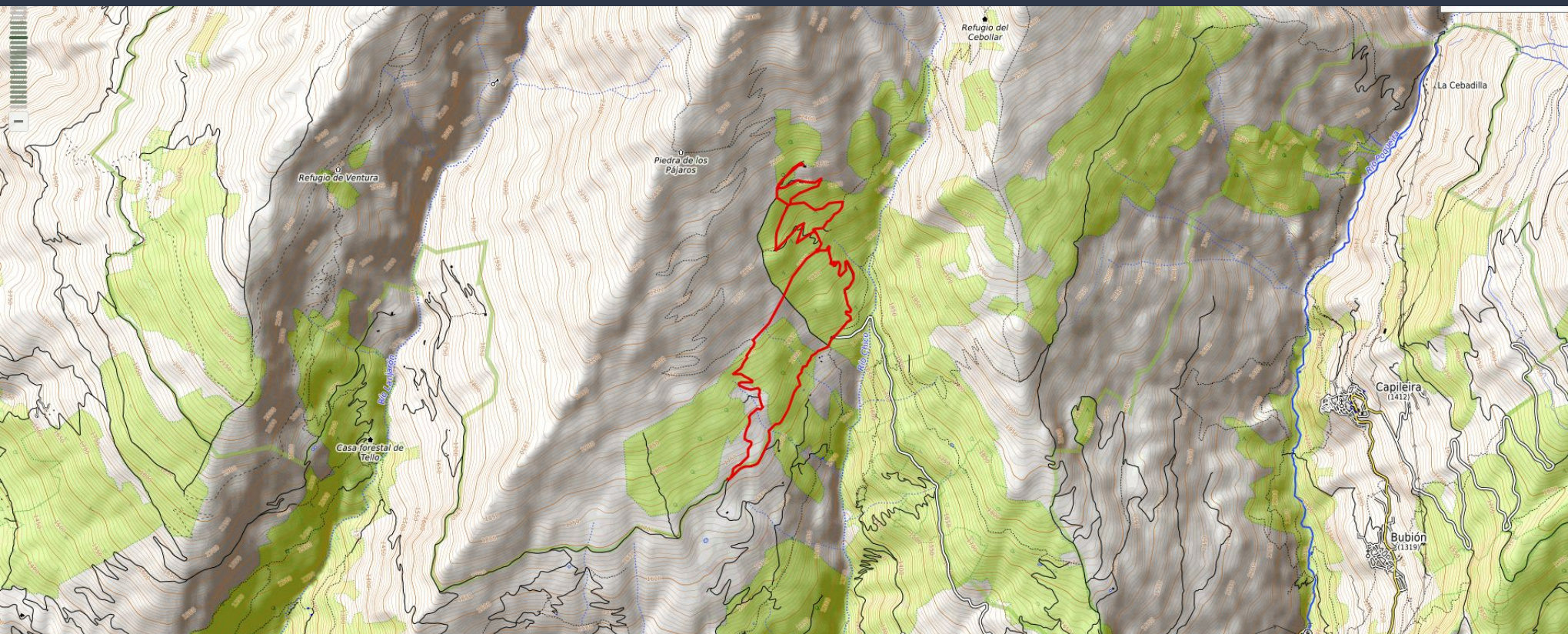


# Day 4 High Forests of Las Alpujarras

We take you in a 4 Wheel Drive car above Lanjaron on dirt trails and forest tracks to reach our start point near Puente Palo 1730m.

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## Description

Few (if any) others will be seen as we make our way gradually uphill and use faint trails to traverse across to join the forest's edge at about 1900m

We use forest trails and paths to emerge from the northern part of the forest, high above the Rio Chico. Glorious mountain views! If we are lucky wild boar might be spotted and we frequently see golden eagles hereabouts. We lunch at the Cortijo de "U".

We drop down a firebreak and rejoin the forest track that drops down to Puente Palo. Then it's back along the dirt road to the start point. A totally enjoyable, different and engaging day!

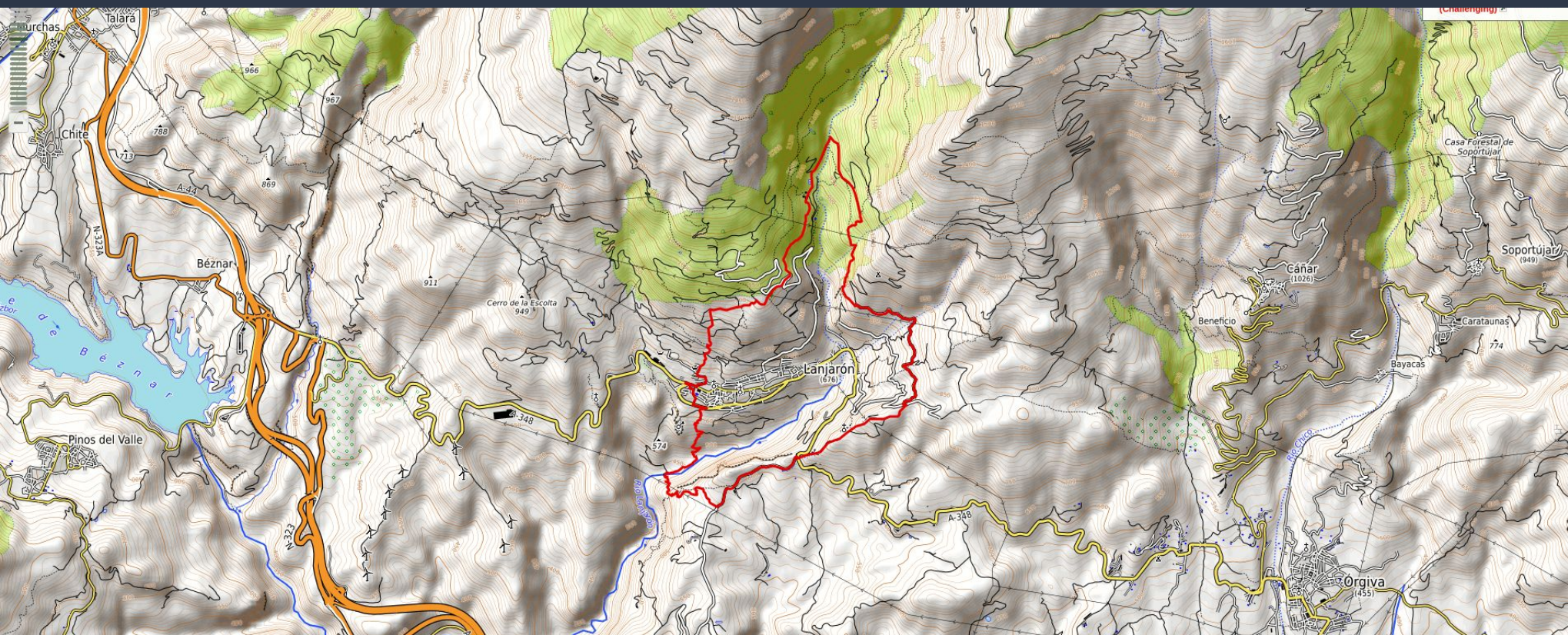


# Day 6 Lanjaron Circular following Ancient Waterways

No need for transport today! The walk starts and ends from your hotel. It is very varied circular walk that has proved to be very popular with clients.

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## Description

We first visit the Arab Castle and walk along the cliff tops of the Tajos de Colorao opposite.

A short climb and we reach the Ermita of the Tajos de la Cruz. This is a magnificent mirador which overlooks the town. We traverse land northwards and reach the "Camino de las Sierras" an old drove trail to the mountains. This will follow until we can take a faint track which traverse down to cross the Rio Lanjaron by an old bridge.

A superb section follows consisting of a series of beautiful irrigation channels and chestnut woods before we drop steeply back down to the hotel in Lanjaron.



# Prices & Further Info

**from €875 per person per day (min 2 people)**

Expect altitude gains of about 400m to 850m ascent and between 5 and 7 hours of walking per day. Bring sensible clothing and good hiking boots. Hiking poles are useful. Sun hats, sun glasses, sun block and a water bottle are essential.

View of Mulhacen with Capileira in the forefront



## Price includes:

- 7 nights accommodation in either the Hotel Alcadima or Hotel España
- All transport from airports, hotels, walks, rambles or excursions
- Breakfast and evening meals at hotel (packed lunches can be arranged at extra cost)
- 5 Guided Walks
- Services of local, english speaking local guides
- Only extras are flights, insurance and drinks
- One rest day (maybe visit Alhambra, beach or chill by the pool?)
- Single person supplement €25 a day
- Further discount available for 4 or more in a group

**Book Here**

# Accommodation Choices

Choose between two quality hotels in Lanjaron that offers the opportunity to stay in natural surroundings and with everything you need to make your stay unforgettable. Quality centre located hotels with great facilities. Warm and inviting rooms that allow you to make your stay as comfortable and convenient as possible.

*All rooms are equipped with safe, cable television, clock radio, coffee kit, hair dryer, refrigerator and phone. The hotels have a wide variety of facilities such as restaurant, library, TV lounge, meeting room. WiFi throughout.*

## Hotel España



## Hotel Alcadima





# The Town of Lanjaron - An Introduction

The town is very friendly, very spanish, and not as "touristy" as some of the other Alpujarras towns. The World Health Organization has recognized Lanjaron as one of the places with the greatest longevity on the planet. It is indeed the quality of its waters - together with the climate, the pure mountain air and the Mediterranean diet - that allows many of its citizens to live more than one hundred years.

## The Lanjaron Festival of Water and Ham

Since 1980, Lanjaron has celebrated Midsummer's Eve in honour of San Juan Bautista (John the Baptist) with its Fiesta del Agua y del Jamon (Water and Ham Festival), although the ham aspect has been overshadowed over the years by the liquid element. At the stroke of midnight on 23 June, the small mountain village erupts into the greatest water fight in Spain, and maybe even the world.

## The Moorish Castle of Lanjaron

Only its ruins remain over a rocky promontory near to the town. It is located about 600 meters of altitude. Its location was superb, because it dominated, on one hand, the access road to the Alpujarra and, on the other, the one that communicated Granada with the Coast.

## Eat and Drink

Lanjaron is well supplied with small supermarkets and shops for all your "mountain needs". There are 3 banks with ATM's.

### Bars:

**Bar Los Faroles** - Family run business good for breakfasts and lunches

**Bistro 31** - More of a "Bistro" restaurant with great food including veggie options

**Restaurante Asador Parque** - A grill restaurant with veggie options

**Gonzales Bodega** - Good wine and tapas. Watch Real Madrid here at the weekends

**Casita de Papel** - Eat on the terrace outside, in the bar, or in the small formal dining



# Buy the Guide Book "Walking and Trekking in the Sierra Nevada"

## Features

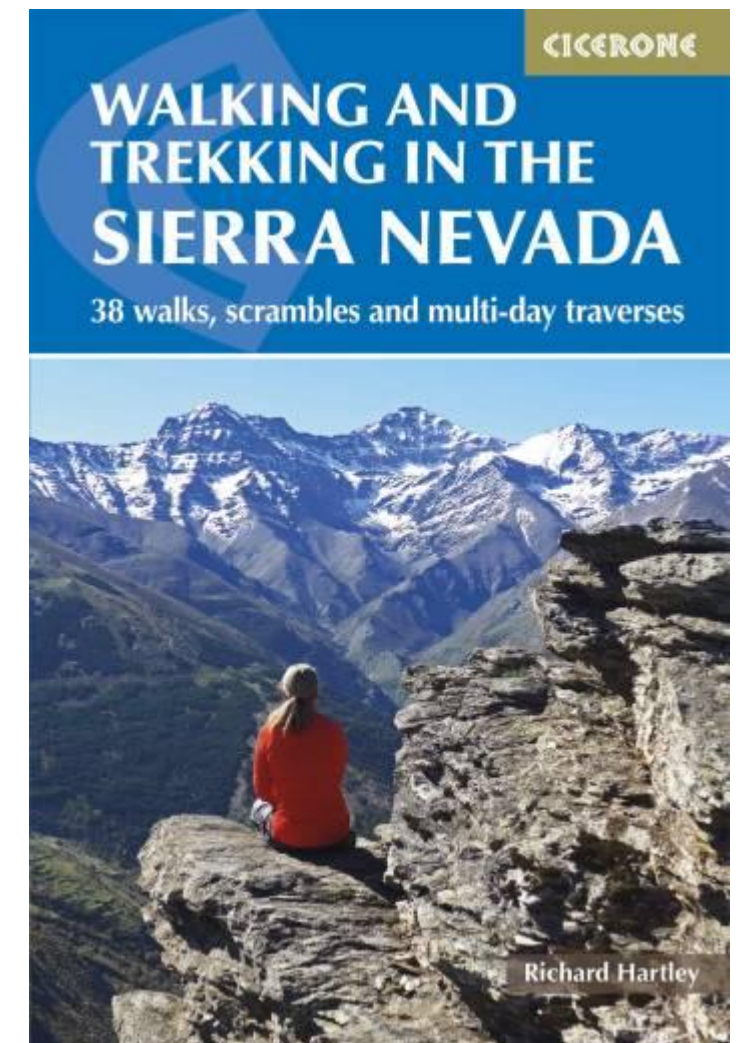
- year round half to full day walks & multi-day treks
- 33 routes including mainland Spain's highest summit
- 5 high mountain scrambles
- includes 8 gentler walks in the lower hills of the Cumbres Verdes near Granada
- includes white villages of Trevélez, Lanjarón and Capileira
- showcases the Sierra Nevada's most dramatic scenery
- includes 'Los Tres Picos', 'Los Tres Miles' Integral & overview of Sulayr GR240
- advice on transport, local bases, safety, tick-list of 3000m peaks & Spanish-English glossary

Written by Richard Hartley of Spanish Highs. Published 15 November 2017 by Cicerone Press

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Signed copies are available for clients of Spanish Highs or for the self guided arriving in Lanjarón.

Email [richard @ spanishhighs.co.uk](mailto:richard@spanishhighs.co.uk) in advance to secure your signed copy





## The Company

Contact us: via our [Contact Page](#) or email [info@spanishhighs.co.uk](mailto:info@spanishhighs.co.uk). Tel +44 7505 753259 by prior appointment (email) only please.



Head Office: 41 Axholme Drive, Epworth, DN91EL, North Lincolnshire, UK

Opening hours: Every day, 8am to 8pm

Spanish Highs Tours Ltd: Number 09960909. Registered in England & Wales. Registered Office: 20-22 Wenlock Road, London, N1 7GU, England.

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