



Get your trekking boots ready... we are off to conquer 3 of Spain's highest peaks in 3 days located in the stunning Sierra Nevada National Park



The mountain range is the second highest in Europe after the Alps and includes 15 peaks higher than 3,000m. Crossing the Sierra Nevada is going to be a tough challenge, but the view across Spain's mainland from its highest peaks will reward our tough efforts

Day 1 - Arrive at hotel in Lanjaron

After checking in at your chosen hotel, why not spend the day relaxing by the pool, exploring the charming historical village and enjoy a drink with free tapa in one of the many bars.

You can drink the tap water in your hotel, in fact, Lanjaron is famous for it's water which is bottled and sold throughout Spain and other parts of the world.

Maybe after your Tres Picos challenge you will treat yourself to some therapies at the Balneario (spa baths) set in the tranquil surroundings of the Balneario gardens.



Day 2 - Veleta (3394m)

Following breakfast at the hotel, we make the hour long journey from Lanjaron (650m) up high into the Sierra Nevada Mountains to the Hoya de la Mora, located at 2,500m. From here the challenge begins and we ascend the north ridge of Veleta, it's the third highest peak in mainland Spain. The going is rough and rocky but the summit is reached after approx a 3 hour trek. There are outstanding views in all directions - especially southwards over the Mediterranean Sea towards Morocco.

Heading south from the summit we reach the Col de Cariguela and follow good tracks past the Paso de los Machos until we reach the head of the Rio Seco Valley. Many ibex will be seen on the slopes during the day and the area is popular with Golden Eagles and Griffon Vultures. We drop down and descend trackless slopes before contouring round a headland and reaching our overnight stay at the Refugio Poqueira for dinner.



Day 3 - Mulhacen (3482m)

After breakfast at the refugio, we traverse into the Rio Mulhacen Valley and head upwards until we reach the unguarded but well named Caldera hut. This lies in a vast bowl of majestic peaks.

From here we ascend the west flank of Mulhacen (the highest peak in mainland Spain), which is steep and rocky but no-where needing the use of hands.

We reach the summit after approximately 4hrs. From here the whole chain of the Sierra Nevada range can be seen.

The return is made down the long and gentle south ridge before dropping steeply south west directly down to the Poqueira Refugio. Time to relax before dinner.



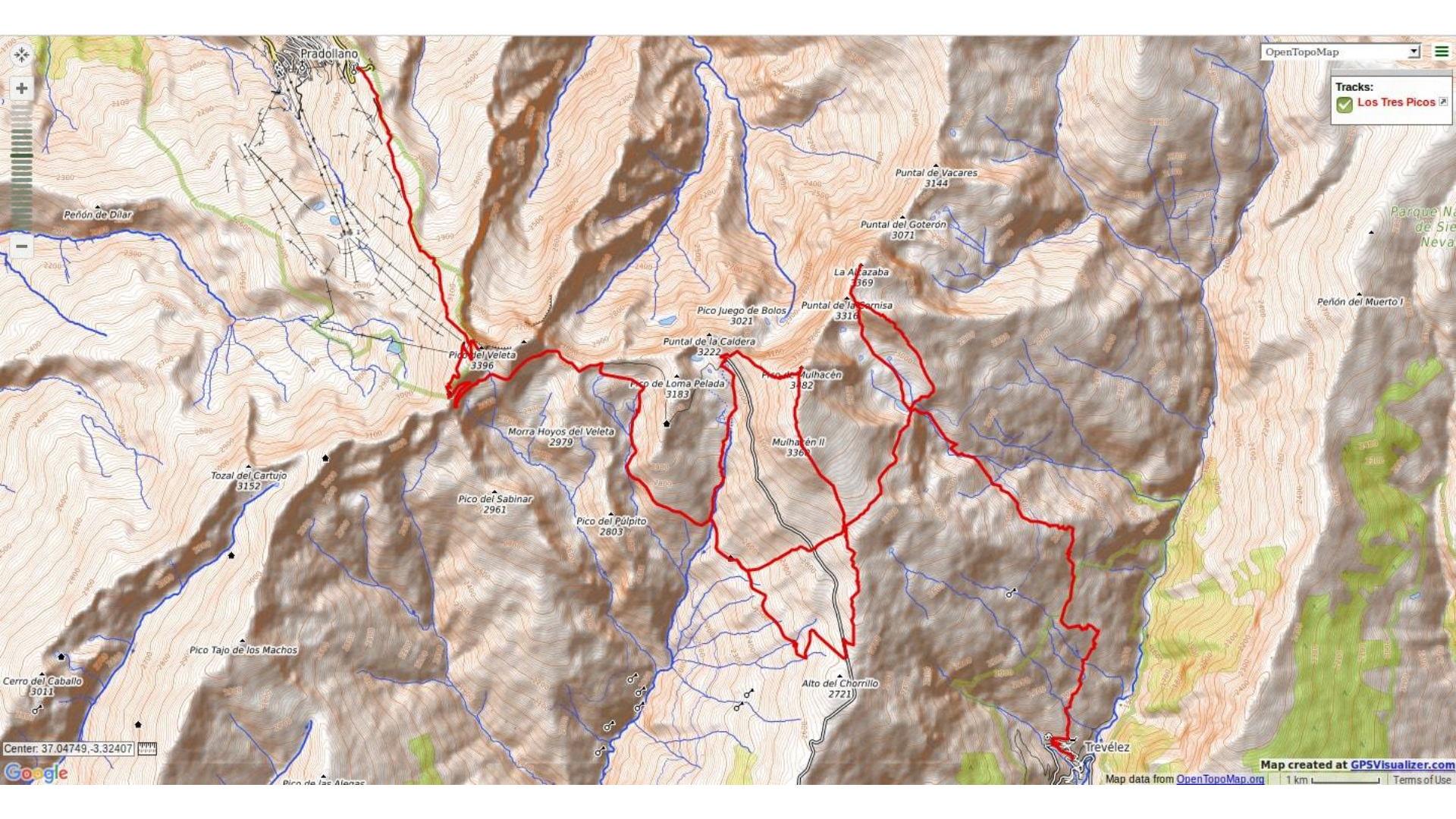
Day 4 - Alcazaba (3371m)

An early start from the hut as today is the toughest day of our challenge – the ascent of Alcazaba located to the north of Mulhacen. We climb up steadily to the Alta del Chorrillo, follow the south ridge for an hour before following the eastern traverse of Mulhacen to Siete Lagunas. There may still be perennial snow patches to cross here.

Siete Lagunas is a most beautiful place – a lush green valley containing seven lakes surrounded by dramatic peaks. After replenishing our water supplies in the cool waters, we ascend the valley before tackling a steep scree gully which leads to the summit plateau. Alcazaba is not named "The Fortress" for nothing!

The return back to Siete Lagunas is made via the southeast flank. After a rest at Siete Lagunas, we descend to Trevezes and take our transport back through the Alpujarras to your hotel in Lanjaron (45 mins).





OpenTopoMap

Tracks:
✓ Los Tres Picos

Center: 37.04749, -3.32407

Google

Map created at GPSTracker.com

Map data from OpenTopoMap.org 1 km Terms of Use

Price & What's Included?

Price from €75 per person per day, group of 4

Included in price

- Spanish Highs english speaking guides
- 3 Guided Walks
- Comprehensive Medical kit for group

Not included in price

- Flights, Airport Taxes and Fuel Surcharge
- Hotel / Accommodation
- Sleeping bag or liner for mountain refuge
- Tips and gratuities
- Personal Travel Insurance
- Drinks with meals and alcoholic drinks

Definition of "Group" - if you are booking a trip for 2 persons the 2 person rate applies, 3 persons - 3 person rate etc (not dependent on eventual total group size!).

Grade & Trekking information

Grade: Tough

- Day 2 - 900m ascent, 16km trek approx. 8 hours
- Day 3 - 1,000m ascent, 11km trek approx. 7 hours
- Day 4 - 1,100m ascent, 21km trek approx. 10 hours
- Total distance 47km
- Total ascent 3001m
- Total decent 4029

Challenge highlights

- Summit 3 of Spain's highest peaks, in 3 days!
- Explore the beautiful Sierra Nevada National Park
- Trek with like minded supporters

Your questions answered

Is this trip for me?

ABSOLUTELY!! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their local Charity. Most people will sign up as individuals meaning you will all be in the same situation!

How fit do I need to be?

This trek has been designed to be challenging, but achievable by anyone as long as you train and prepare accordingly. Remember, you are trekking for three consecutive days and in hot temperatures – the fitter you are the more you will enjoy this Challenge.

Where will we stay?

The first and last night you will stay in your chosen hotel. Whilst on trek, we will be staying in a mountain refuge, dormitory style rooms with food and vino a plenty! Participants are expected to bring their own sleeping bag or sleeping bag liner.

Do I need specialist kit?

We will supply you with a suggested kit list of what to take once you are booked in. Apart from some broken in trekking boots and sleeping bag/liner, and maybe some trekking poles, you do not need any specialist kit.

What happens if I get tired?

There will be regular rest stops where we can drink and eat some snacks – there is no problem if you need to take more rest stops. Remember though, this is not a race!

Do I have to carry my own luggage?

You will need to carry your overnight clothing for 2 nights up to the refuge – remember to pack light! You will wear your trekking clothes each day so items required to take with you to the refuge will be minimal.

Recommended Kit List

We recommend the following gear for the various trips we run. This is meant purely as a guide to assist in your planning for any trip. Please email for any further details or if you have any specific questions regarding equipment required.

- Eye protection
- Suncream and lipcream
- Water (minimum 3L)
- Hill food and energy snacks
- Spare windproof clothing
- 35 to 50 litre rucksack
- Wide brimmed sun hat
- Lightweight boots or trail shoes
- Lightweight waterproof and windproof jacket
- Lightweight thermal base layer
- Lightweight trousers (shorts not recommended due to sunburn and spiky terrain!)
- Socks
- Lightweight fleece or softshell gilet
- Thermal gloves (yes, even in summer we have needed these up high!)
- Digital camera
- Trekking poles (optional)

[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:

Sabores De La Alpujarra - Great for drinks and tapas. Try and buy the local produce

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"

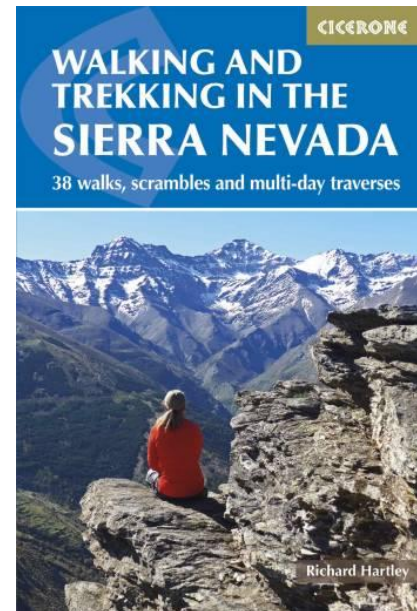
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Features

- 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



The company

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