

# Self-Guided Walking in Las Alpujarras

Trip Code: SGLA

Version: SGLA Self-Guided Walking in Las Alpujarras



WALK & TREK



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Discover the distinct white washed villages of Las Alpujarras and Sierra Nevada
- Sample the local delicacies in a quaint bodega
- Explore the fascinating old quarters of Granada
- Stay in charming accommodations with swimming pools

## AT A GLANCE

- Self-Guided
- 5 days walking
- 1 day sightseeing
- Daily departures available
- Join at Granada / Ends in Pampaneira

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 6 nights Hotel with swimming pool
- 1 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Discover the Las Alpujarras nestled in the foothills of Spain's Sierra Nevada, one of the most stunning National Parks in Europe. Home to Mulhacen (3,479m), Spain's highest peak, this UNESCO biosphere reserve is a hub for outdoor enthusiasts and nature lovers alike. With hawks, kestrels and golden eagles flying overhead this is a holiday to pack your binoculars on. With the unique combination of Mediterranean climate and altitude, the area hosts an array of flora including fig, cherry and almond trees, and you are bound to fall in love with this lesser known part of Andalucia.

This self-guided walking holiday first explores Granada with its explosion of culture and history before retreating to the hills to explore the rural villages of Trevelez, Busquistar and the three jewels of the Sierra Nevada Pampaneira, Bubion and Capileira. Staying in traditional family run hotels and guesthouses you will soon get to know the locals way of life, where traditional craftsmanship such as handmade ceramic tiles and jarapa rug making are still going strong. Staying in the city of Granada with its magnificent Alhambra Place you will discover the areas fascinating history. Its mix of Arab and Christian rule have influenced the regions architecture and culture, not only in the city but in the Moorish white villages with their flat roofs and distinct chimneys waiting for you to explore.

## Is this holiday for you?

This trip is ideal if you love getting away from the crowds, putting on your walking shoes and experiencing a new culture with your friends or family. If you love city sightseeing and retreating to take the path less trodden Self-Guided Walking in Las Alpujarras is just what you are looking for. With walks on tranquil paths of 4-5 hours long and average ascents of 500-600m on well-marked paths this trip provides the perfect opportunity to explore rural Spain. Routes are generally rocky under foot and trace the magnificent mountainside on balcony paths, providing fantastic views into the valleys below for those with a head for heights.

The contrast of staying in the busy city of Granada before heading for the rural traditional style hotels and guesthouses of Trevelez, Pitres and Pampaneira allows you to discover a different side of Spain to that of the busy coast. The advantage of being self-guided, spending 2 nights in each village is that if you would prefer to give your boots a rest and try your hand at one of the local crafts you can.

# Itinerary

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## DAY 1

### Arrive in Granada. Time to explore the old quarters or visit the Alhambra Palace.

Arrive in Granada and settle in to your hotel in the heart of the city, located next to the Moorish Albayzin Quarter. Depending on your arrival time you may wish to visit the Alhambra Palace and its gardens. We recommend booking your tickets in advance to avoid disappointment. Alternatively you may wish to explore the Moorish baths or enjoy a spot of tea in one of the many Tererias. In the evening you will be spoilt for choice for places to dine with Tapas in abundance and the streets filled with the smell of aromatic spices.



**Accommodation**  
Hotel

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## DAY 2

### Further time to explore Granada. Transfer to Trevelez.

This morning you will have time to further explore Granada before taking your private transfer (included) to your first stop in the Alpujarras, the traditional village of Trevelez, known for its delicious dry cured Serrano Ham. This white washed village nestled in a beautiful unspoilt valley is your base for the evening staying in a hotel filled with local character. Take time to stroll the steep quaint streets filled with bodegas and shops selling traditional produce.

Meals: **B**



**Accommodation**  
Hotel with swimming pool

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## DAY 3

### Explore the valley of Rio Trevelez for magnificent views of rural Spain. Return to Trevelez.

Feeling well rested today you will undertake a circular route above Trevelez. Leaving the village you will ascend to reach a high point of 2000m for picturesque views. Along the way you pass old sheepfolds, farmland and terraces of crops carved neatly into the mountain landscape. Reaching the river from

where the farmers irrigate their crops you may be lucky enough to spot local trout sheltering from the flow of the river. Your return route follows the river back to the village for well-earned refreshment in the square and your hotel for the evening.

Meals: **B**

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	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 500M		<b>Descent</b> 500M		<b>Time</b> 5 hours		<b>Distance</b> 14KM
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#### DAY 4

### Hike out of Trevelez and descend to Busquistar (1156m) and on to Mecina Fondales.

Today you will make your way to the white washed village of Busquistar along an ancient path which connects the two villages. This beautiful village was originally known as 'el paraíso Escondido de los mozarabes', translated to 'the hidden paradise of the Mozarabic'. Following a balcony path you will say goodbye to Trevelez and head east gradually descending to your goal, Busquistar accompanied by stunning views of the valley and Trevelez. The route was once a trading path between the villages but today is part of the long-distance GR7 trail from Greece to Spain.

This is a walk of diversity as you pass through pine forests and green oaks with the scents of thyme, rosemary, oregano and lavender which grow in the area. This unexpected variety of scents at this altitude is owed to the unique Mediterranean climate and altitude of the Las Alpujarras. Arriving in Busquistar you can enjoy a coffee in one of the local cafes before continuing a further 3.5km, through the small hamlet of Atalbeitar to your accommodation in Mecina Fondales. Alternatively, you can shorten today's walk by taking the bus from Busquistar to Mecina Fondales.

Meals: **B**

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	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 700M		<b>Descent</b> 1000M		<b>Time</b> 5-6 hours		<b>Distance</b> 17KM
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#### DAY 5





### A choice of walk to explore Mecina Fondales and the surrounding valley.

Today you have a choice of two picturesque circular routes from your accommodation in Mecina Fondales. The first is a shorter option which will take you to three pretty villages: Fondales, Pitres and Ferreirola with its photogenic fountain and old washhouse in the church square. Along the way you will pass orchards and giant cacti and under the shade of the trees a unique fizzy water fountain.

The second is a longer option taking you across the river to ascend the other side of the valley. Your hard work is rewarded with spectacular views of the high mountain peaks and pretty villages of the Sierra Nevada; making for a perfect picnic stop.

Meals: **B**

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	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 620M		<b>Descent</b> 620M		<b>Distance</b> 12KM
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## DAY 6

### Hike over the mountains to Poqueira valley home to Bubion, Capileira and Pampaneira.

After breakfast you will say goodbye to Mecina Fondales and make your way to the beautiful valley of Poqueira where the villages of Pampaneira, Bubion and Capileira lay. Here tradition remains at the heart of everyday life with old houses, mills and irrigation channels built by the Moors feeding the crops and the production of ceramics and colourful traditional rugs. Your route will take you through holm oak forests and Mediterranean landscapes set against the stark contrast of the snow-capped Veleta in the distance standing proud at 3,391m. Depending on your arrival you may have time to cool off in the swimming pool at your accommodation in the heart of Pampaneira before going for dinner in a local restaurant.

Meals: **B**

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	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 620M		<b>Descent</b> 300M		<b>Time</b> 3 hours		<b>Distance</b> 8KM
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## DAY 7

### Explore the villages of Poqueira Valley. Views of snow-capped Sierra Nevada massif.

Your final day walking will explore the picturesque Poqueira Valley and its three whitewashed villages which lace the mountainside. The villages famed for their distinctive white washed houses with flat roofs and unusual chimneys are in abundance with crafts and cafes along the way. Your route will wind through these vibrant villages all the while with the often snow-capped peaks of the Sierra Nevada massif dominating the skyline before returning to Pampaneira for your final nights stay in this beautiful area.

Meals: **B**

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	<b>Accommodation</b> Hotel with swimming pool		<b>Ascent</b> 600M		<b>Descent</b> 600M		<b>Time</b> 4-5 hours		<b>Distance</b> 9KM
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## DAY 8



**Transfer to Granada or Malaga for your onward journey.**

Enjoy a final breakfast before your onward journey. A public bus operates 3 times daily from Bubion to Granada; alternatively it is possible to arrange a private transfer to Granada or Malaga.

Meals: **B**

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## Holiday Information

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**What's Included**

- Private transfer from Granada to Trevelez
- All accommodation as described
- Luggage transfers
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes

**What's not Included**

- Travel insurance
- Travel to Granada
- Travel From Pampaneira
- Local transfers and lifts
- Visas (if applicable)
- Tourist Taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan (lunches and dinners)
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit, about the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook and all your relevant documents no later than 3 weeks before your holiday start date. We will send your documents using signed for courier so that you can track your package and know that they are safely on their way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our sales team. Your pack will be sent to the lead booker so please remind them to pack it before you set off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start date, please do inform our sales team so that we can make alternative delivery arrangements.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

Please discuss this further with our sales team who will be happy to assist in picking the best trip for your family.

## Joining Arrangements & Transfers

The trip starts at your hotel in Granada. All of our self-guided holidays are sold on a land only basis allowing you the flexibility to choose the travel method which best suits you. The nearest airport for this trip is Granada Airport however Malaga Airport is often the best option when travelling from the UK with many departures from regional UK airports.

If you are flying to Malaga Airport you can travel via public transport which will take approximately 2-3 hours with 1 change. From the airport take the shuttle bus to Malaga Bus Station which operates every 20 minutes. From here you take the bus direct to Granada Bus Station. It is possible to book your tickets in advance at [www.alsa.es](http://www.alsa.es)

Alternatively, we offer a private transfer from either Malaga or Granada Airport to your accommodation. Please ask our sales team for a quotation.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday.

## Food & Water

Water is drinkable from the taps on this holiday. Please fill your personal bottles for your day in the morning. We do not encourage the purchasing of single use plastic bottles.

The Las Alpujarras climate and altitude make for a true culinary experience very different from what is deemed as typical Spanish food. You won't find Paella in abundance here but many hearty soups and stews along with meals such as 'Chicken in Almond sauce' a delicacy from the Moors influence. Almonds, chestnuts, olives, peppers, figs and berries feature heavily in cuisines which grow in abundance in the area. The chocolate shop in Pampaneira is well worth a visit to sample the seasonal produce deliciously coated in sumptuous chocolate.

Breakfasts in the area are typically continental, often featuring beautiful homemade jams and local honey accompanied by fresh bread and pastries. Lunches can be enjoyed in local cafes or produce can be bought from small grocers and bakeries. A trip to the Las Alpujarras is not complete without a visit to one of the bodega's to sample the Serrano ham produced in the area washed down with some organic wine of the region. It is certainly recommended after a day walking.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.



## **Accommodation**

We have hand selected small traditional 2 and 3 star hotels and guesthouses for this trip to help submerge you in the fascinating culture of this mountainous region of Spain. All have been chosen for their fantastic locations and warm hospitality. And all of our chosen hotels in the mountains now have seasonal swimming pools to help you cool off after a busy day exploring during those warmer summer months.

In Granada you will stay in a highly rated modern 3\* hotel in the heart of the historic city. The hotel is situated at the meeting point of the Albayzin and Realejo neighbourhoods at the foot of Alhambra hill, next to the cathedral making exploring this amazing city an easy task and with restaurants and Tapas bars in abundance; your dining experience will be spoilt for choice!

Please note: For departures during January and February we have arranged for you to stay in a traditional, well equipped apartment in Trevelez, close to the centre to town while our hoteliers enjoy a welcome break themselves.

## **Baggage Allowance**

Your main luggage will be transferred between each of your hotels while you are out on your trek. We ask that you please ensure your luggage is under 20KG and that your luggage is ready for collection each morning. You will also need a daypack to carry your daily essentials with you.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

### GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however, getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 4 to 5 hours for consecutive days and we recommend getting out hill walking, with some ascent and descent, before your holiday to help boost your fitness.

## Climate

The Alpujarras have an unusual Mediterranean climate at high altitude which allows for its unique flora and fauna. It also provides warm sunny days almost every day from June through to September with temperatures in July and August reaching up to 30 degrees. However the evening can cool dramatically to a chilly 8 degrees even in the summer months so don't forget your jumper. Winters are much cooler with snow in the mountain tops and daily temperatures of up to 20 degrees but evening temperatures down to freezing point.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](https://www.travelaware.gov.uk)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](https://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

Driving over lemons by Chris Stewart

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

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## Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)
- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover

- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

## Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

## Land Only Information

Please note our 'from price' listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers, contact our sales team for a quote.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights accommodation before or after your self-guided trip, ask our sales team to find out more about this.

Our sales team will be happy to provide you a quote for scheduled flights or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your hotel from the nearest airports, please refer to the 'joining arrangements and transfers' for further details for this trip.

# Why Choose KE

## Why KE?

Our walks have been specially selected by our local experts to showcase the best of the Las Alpujarras and we have included a night in the fascinating city of Granada, once one of the richest and most influential cities in Europe. Also included in this trip is a private transfer from Granada to Travelez, and where possible, we've found hotels with pools to help with your post walk unwinding.

**Please Note** This document was downloaded on 17/05/2024 and the trip is subject to change