

Walking in the Alpujarras



Highlights

Discover the beauty of the Alpujarras with a tailor-made walking tour to suit your abilities. The GR7 (Mediterranean Arc) path is rightly considered one of Europe's best mountain treks.

Cascading southwards from the crest of the Sierra Nevada, the lush valleys of the Alpujarras are pockmarked with some of Spain's most enchanting villages. Among the countless orange, lemon and fig groves you'll find cosy whitewashed houses stacked one on top of another. The steep terrain of the region has meant that development has been fairly impractical; farming, construction and local customs have hardly changed in centuries. It's one of Europe's most picturesque corners and offers some of the region's best long and short distance walking.

The GR7 is a 2,699 km long distance footpath in Spain which runs from Andalucia up the eastern coast of Spain to Catalonia. This trip allows you to dip in and out of this epic walking trip, picking out the Andalusian highlights. You can organise your days however you choose. If you want to do some serious uphill trekking your guide will show you the most challenging stretches of the trail. Maybe you would like a day off to try some of the region's famous air-cured ham or a glass of the local tipple. Accommodation – either a private villa or a 2-star hotel - will be arranged in the storybook village of Lanjarón, complete with ruined castle and chalybeate baths.

Is it for me?

The GR7 route of the Alpujarras has something for everyone, and this tour perfectly reflects that. Daily walks are an average of three to four hours long. The paths are well-maintained and easy to navigate. At no more than 1400m the altitude is low in comparison to the higher peaks of the Sierra Nevada. As a result weather at this height is generally good, with no extremes.

Accommodation

Accommodation 'on the ground' is in nearby Lanjarón. Here you have the option of staying in the "Apartamentos Rurales de Lanjarón", which have been completed in rustic Andalusian style. They are furnished to a high standard with all modern conveniences. There are wood-burning fires for the winter months and comfortable bedrooms to rest your muscles in. There is also a hotel and a number of holiday cottages available in and around the town.

Your guides will point you in the direction of the many local bars & restaurants that Lanjarón has to offer. Expect to pay about half as much for food here as you would in London.

Itinerary

There is no fixed itinerary for this trek. The route depends on your experience and what you would like to see. Below is a rough guide to the some of the distances and difficulties between villages.

Juviles to Treveléz - Grade B - 3.5hrs and 500 metres of ascent
Treveléz to Busquistar - Grade B - 5 hrs and 450 metres of ascent
Busquistar to Pitres - Grade C - 2 hrs and 250 metres of ascent
Pitres to Bubión - Grade C - 2.5 hrs and 250 metres of ascent
Bubión to Sopórtujar - Grade C - 2.5 hrs and 200 metres of ascent

Prices from

514 GBP (6 days) per person

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Soportújar to Cañar - Grade C - 2 hrs and 200 metres of ascent

Canar to Lanjarón - Grade D - 2 hrs and 150 metres of ascent

Details

Getting there

Flying from the UK...

Fly to one of the three airports servicing the region: Granada (GRX), Malaga (AGP) or Almeria (LEI).

-From the South East: easyJet and Ryanair fly most days from London Stansted to Malaga; and AerLingus and Tap Portugal fly daily from London Gatwick to Almeria.

-From the South West: easyJet and Ryanair fly several times each week from Bristol to Malaga.

-From the Midlands: BMI Baby flies once per week from East Midlands Airport to Almeria and every day to Malaga.

-From the North West: Monarch Airlines flies several times per week from Manchester Airport to Malaga and Almeria.

-From Scotland: Ryanair flies three times per week from Edinburgh to Malaga.

Getting to Lanjarón...

-Transfers from airports:

If you arrive at Granada airport go through the double door into the main airport terminal, turn left, walk 30 metres and then turn right through the doors. Outside the terminal you will be met by the representative. Transfer to Lanjarón from here is 45 minutes.

If you arrive at Malaga airport wait just inside the main door to the outside near the photo kiosk or car park payment machine. You will be met here. Transfer to Lanjarón from here is around two hours.

If you arrive at Almeria airport you will be met in the main arrivals hall. From here transfer to Lanjarón is around 2.5 hours.

-Transfers by bus:

Granada is the nearest major city to Lanjarón. Alsina Graells buses operate out of Granada's bus station which is 3 km north west of the centre. Buses run daily from and to many destinations, including Malaga and Almeria. Go to [Alsina Graells](#) to consult timetables, fares and destinations.

Joining instructions...

Meet your group and guides at 10 am on Day One in Lanjarón.

End your trek in the late afternoon of the final day.

Price includes

Six days guided walking, six nights accommodation, airport transfers (Malaga, Granada or Almeria).

Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

Experience required

A reasonable level of fitness and interest is all that is needed

Travellers should bring

Recommended kit list 60 to 70 litre rucksack (this can be supplied in Lanjarón); Karrimat or Thermarest (can be supplied); lightweight tent or bivvy bag (can be supplied); 3 season sleeping bag; warm fleece or down jacket; stove (gas) (can be supplied); gas in screwtop canisters (can be supplied if booked in advance); cooking pan and utensils; warm headware; headtorch (Petzl recommended); toilet paper; toiletries; rubbish bag (all rubbish and packaging must be taken away); food to eat during the day (sealed, dehydrated food is available to buy).