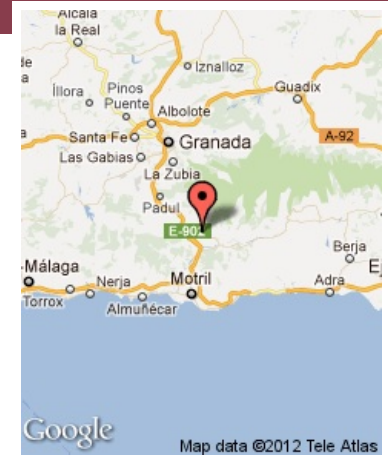


Snowshoeing in the Sierra Nevada



Highlights

Fun, safe and easy to learn, snowshoeing is a great way to explore the mountains. With their gentle forested slopes and soaring peaks, including the mighty Mulhacen, Spain's stunning Sierra Nevada are ideal snowshoe territory.

You tried it with tennis rackets when you were a kid, now try the real thing! Snowshoes have been around for thousands of years – they were originally made of leather and wood – and they're still one of the best ways of covering large tracts of snowy ground relatively quickly. The idea is simple: disperse the walker's weight over a larger area and they'll be less likely to sink (known as "flotation" in the trade). That's it. So long as you can walk, you can snowshoe!

The Sierra Nevada are the perfect spot to try out this easy and fun activity. Snow-clad ridges, sparkling mountain lakes and vast plateaus make this a hiking paradise, as well as one of the best places in southern Europe for birding and wildlife spotting – the biosphere reserve is home to golden eagles, wild cats and the nimble-footed Spanish Ibex. During the winter months there's abundant snow, which means great trails starting pretty much right outside your door. You can learn the ropes in one of the easily-accessible snow bowls to the north of Valeta (3,394 metres), before ascending some simple peaks. Whatever your standard, an experienced guide will be on hand to keep you abreast of the snow and weather conditions.

Is it for me?

Anyone can enjoy snowshoeing – it's probably the easiest equipment-based Alpine pursuit there is! As long as you're relatively fit, enjoy walking and experiencing stunning scenery and fresh air, you'll love snowshoeing. It's a great family activity, but it's equally fun for serious hikers who want to get off the beaten track – not hard when you're surrounded by fresh, unspoilt snow! If you fancy trying something a little different – and getting a fascinating insight into how ancient people would have traversed the mountains – this is the trip to snow-choose...! (sorry!)

Accommodation

Accommodation is 'on the ground' 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.

Details

Getting there

Flying from the UK...

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

Prices from

168 GBP (2 days) per person

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- 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 course in the late afternoon of the final day.

Price includes

Two days snowshoe training, snowshoe hire and two nights accommodation in Lanjarón.

When is best

Between December to May, when you can be sure of at least 4 inches of snow.

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

Suggested day kit list

Warm layers: non-cotton long underwear as a foundation with a middle insulating layer of fleece or wool; an outer layer to block wind or snow if the conditions demand it; hat and gloves (very important).

Footwear: warm socks (wool or polypropylene), waterproof hiking boots/winter boots (even waterproof running shoes); a pair of gaiters (will keep your ankles dry in deep powder).

Extras: a water bottle (you will need to keep hydrated); snacks; a compass and map; a first aid kit; and a flashlight or headlamp; poles (for balance and load carrying).