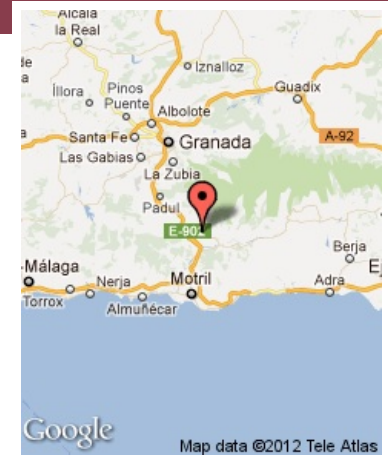


Alpine Introduction Courses in Sierra Nevada



Highlights

A great opportunity to develop the techniques and knowledge that will allow you to venture out into the mountains under your own steam. These two-day courses introduce a wide range of skills. Learn how to snowshoe, abseil, use an ice axe and crampon and, most importantly of all perhaps, learn the craft of avalanche detection.

You will cover a range of topics, including snowshoeing, abseiling, ice axe and crampon use, and belaying. You will also be instructed on snow climbing, crevasse rescue and avalanche awareness. The courses take place on the sunny slopes of the Sierra Nevada, within easy reach of the transport provided, which means no need to tire yourself out hiking three hours up to the snowline! The overall aim is to furnish trainees with the expertise and confidence to venture out unaccompanied on the less technical Alpine peaks. This means knowing how to move safely across snowy and glacial terrain, how to tackle rocky ridges using fixed and running belays, and how to negotiate crevasses.

There is also the option of extending your stay with additional training and activities. On these longer courses you will head further into the hills with your expert guides to put into practice what you've already learned. You will hone your new skills on ascents of Veleta (3,398 metres), Cerro de Caballo (3,215 metres) and Mulhacen (3,479 metres). You will also have the opportunity to try mixed climbing on Puntal de la Caldera (3,215 metres) and traversing on the Tajos de Nevero ridge. Whichever course you opt for you're guaranteed to get the best possible training, giving you the freedom to explore the mountains under your own steam.

Is it for me?

Only adventurous, independent-minded people need apply! These courses are designed for experienced hill walkers who want to take the next step up and explore the mountains without the need for a professional guide. Training won't be a walk in the park - you'll need to be in good shape with a high level of fitness, but you don't have to worry about lugging around your own equipment - all gear is provided. There'll be a full daily programme, which means no lie-ins or siestas, but rest assured you'll have time to unwind in the evening.

Food and accommodation (a private villa or apartment) is laid on in the nearby village of Lanjarón, where you'll find bars, restaurants and the odd bodega (winery), so if you're the "work hard, play hard" type you won't get bored. You can be sure of some great camaraderie with your fellow trainees - we've heard of former "students" remaining friends long after the course has finished.

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

Prices from

168 GBP (2 days) per person

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to pay about half as much for food here as you would in London.

Itinerary

The Alpine Introduction course is run in Spain's Sierra Nevada mountains. These hills are ideal with good snow lasting well into June. The north faces of Mulhacen and Alcazaba offer both beginner and experienced mountaineers good long routes in a quiet environment. In addition the ample sunshine hours guarantee good climbing weather.

The instructors will cover the basics needed to enable you to venture out on less technical alpine peaks. Throughout the course you will learn the essentials for safe travel on snow and glacial terrain and on rocky ridges.

Topics covered on the course include:

- Kitting out for winter
- Use of Ice Axe
- Use of Crampons
- Avalanche awareness
- Roping up
- Snow belays - use and suitability
- Ice Axe braking (self arrest)
- Abseiling
- Crevasse Rescue
- Snow Climbing and introduction to dry tooling
- Moving together on mixed ground
- Snowshoeing

If you decide to extend your course a combination of the following will be done, depending on snow and weather conditions:

- Ascent of Veleta (3,398 metres)
- Traverse over Veleta to Poqueira Hut via Collado del Veleta
- Ascent of Mulhacen (3,479 metres)
- Mixed climbing on Puntal de la Caldera (3,215 metres)
- Traverse of Tajos de Nevero ridge
- Ascent of Cerro de Caballo (3,215 metres)

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.

Price includes

Price includes two days mountaineering skills training and two nights accommodation.

When is best

This course is based in Spain's Sierra Nevada mountains. These hills are ideal with good snow lasting well into June. The north faces of Mulhacen and Alcazaba offer both the beginner and experienced mountaineer good long

routes in a quiet environment. In addition the ample sunshine hours guarantee good climbing weather.

Comfort level

Down to earth (hostels, camping, huts)

Experience required

Some previous experience is needed

Travellers should bring

Winter multi day kit list 50 to 60 litre rucksack (can be supplied); warm fleece or down jacket; warm headware; headtorch (Petzl recommended); boots (4 season boots are best and you will need boots that take crampons); winter gloves; mountaineering jacket (Paramo recommended); thermal winter trousers; extra base layers; crampons (can be supplied); ice axe (can be supplied); helmet (can be supplied); harness (can be supplied); snowshoes (can be supplied).