



Walking, Trekking, Mountaineering, Rock and Snow
Adventures in the Sierra Nevada, Spain



How to contact us:


Web: www.spanishhighs.co.uk
Email: info@spanishhighs.co.uk

Mailing address:

Apartado de Correos No 52, 18420 Lanjarón,
Granada, Spain



Tel: +34 660 01 34 45

Para hablar en español llamada  Tel: +34 686 51 46 94

www.spanishhighs.co.uk

TOTAL FLEXIBILITY.....

ANY DATE, ANY DURATION, ANY ACTIVITY. YOUR CHOICE!

We live and work from our base in Lanjarón, in the Alpujarra region of Spain's Sierra Nevada mountains. This means we are ideally located to make the best that the region has to offer. Why are we unique? Flexibility!

We offer any duration of holiday and any start date you wish. This allows you to take advantage of cheap mid-week flights! There are no minimum numbers, singles are welcome, and we have a simple pricing policy. You are also welcome to mix any of the activities during your stay with us in!

Year round activities:

Day or multi-day walking and trekking in the Sierras and Alpujarras;

Climb Mulhacén at 3,483m the highest peak in mainland Spain;

Rock climbing and introductory ropework courses;

Scrambling over exposed ridges and up deep gorges

Traverse the 3,000m peaks of the range (Los Tres Miles).

Desert walking in the Tabernas desert area of Almería

Also in winter (from December to May):

Winter Skills and Alpine Introduction courses;

Snowshoeing and downhill skiing;

Ski mountaineering and touring.

The trips are run by experienced and qualified Alpine and UK mountain guides.

WHAT IT WILL COST?

PRICE WITH ACCOMMODATION

€100 (approx £70) per person per day

Includes: Any activity in this brochure, airport transfers, accommodation in villa, bunkhouse, hotel or mountain hut, local transportation, backup vehicles, experienced alpine and UK guides, gear hire if required (axe, crampons, helmet, harness, skis or snowshoes)

PRICE PER DAILY ACTIVITY

- when organising own accommodation, transport etc

Half day walking below snowline - €30

Full day walking below snowline - €50

Sierra Nevada Peaks - €70

Almería Desert Walking - €70 (min 2 persons)

Winter Skills, Alpine Introduction - €70

Ski Mountaineering/Touring - €70

Rock Climbing or Scrambling - €70

We do offer group discounts.

Please email info@spanishhighs.co.uk



CORTIJO CEREZO - AVAILABLE FOR RENTAL

The cortijo is sited in a shallow valley at 700 metres above sea level. It overlooks the Lanjarón valley, town and ancient Moorish castle. The town is a 10-minute walk away. The cortijo sleeps up to 6 people with one double and two twin bedded rooms available. There is a shower/bathroom and washing machine and large kitchen/lounge with open fire and satellite TV. Outside the walled courtyard gives wonderful, elevated views. The sunsets from the villa are amazing. A covered barbecue area is conveniently adjacent to the swimming pool. Outside, the gardens are strewn with terraces, home to olive, fig, cherry, lemon, avocado and orange trees.

The cortijo is available all year round at a cost of €500 per week (except the high season of July and August when the cost is €700 per week). This cost includes bed linen, towels, winter firewood (the nights can be cool), electricity and gas for cooking.

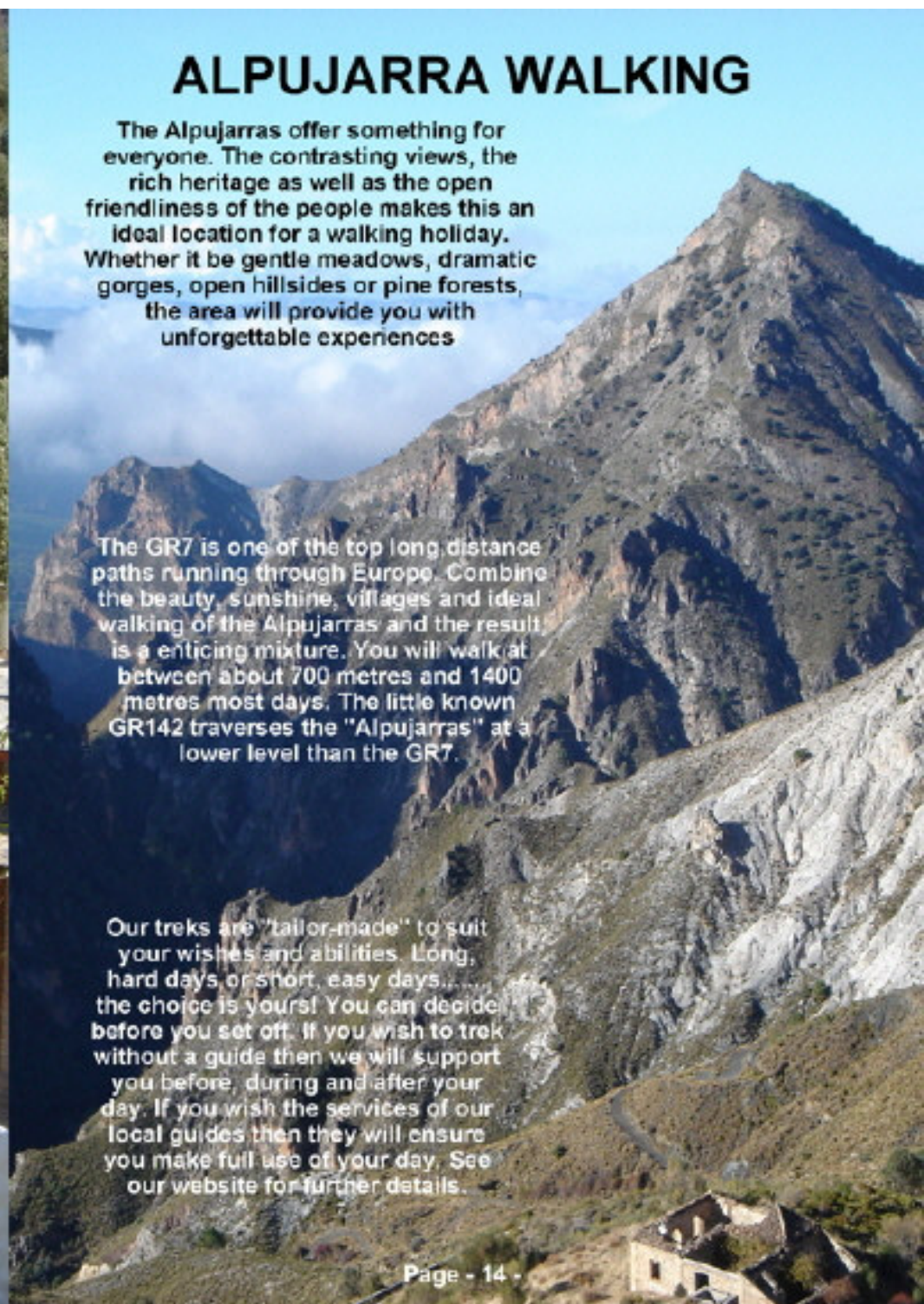


ALPUJARRA WALKING

The Alpujarras offer something for everyone. The contrasting views, the rich heritage as well as the open friendliness of the people makes this an ideal location for a walking holiday. Whether it be gentle meadows, dramatic gorges, open hillsides or pine forests, the area will provide you with unforgettable experiences.

The GR7 is one of the top long distance paths running through Europe. Combine the beauty, sunshine, villages and ideal walking of the Alpujarras and the result is a enticing mixture. You will walk at between about 700 metres and 1400 metres most days. The little known GR142 traverses the "Alpujarras" at a lower level than the GR7.

Our treks are "tailor-made" to suit your wishes and abilities. Long, hard days or short, easy days... the choice is yours! You can decide before you set off. If you wish to trek without a guide then we will support you before, during and after your day. If you wish the services of our local guides then they will ensure you make full use of your day. See our website for further details.



SIERRA NEVADA HIGH PEAKS

All of the major summits can be reached by a one or sometimes two day trip. Depending on the objective we may stay in the Refugio Poqueira or in high unmanned huts or campsites.

The highest summit in mainland Spain, Mulhacen, can be done in a day, but in our opinion it is preferable and much more enjoyable, to take 2 days, stay in the Refugio Poqueira and traverse the peak.

Sierra Nevada Traverse (Los Tres Milés)

We run these popular trips from mid-May through to the end of November. We aim to cover all the main 3,000 metre peaks of the Sierra Nevada in one week. Transport support is provided to ensure we are able to traverse the main sections of the range. The walking is quiet and unspoilt but a certain amount of resilience is required as it is remote and rough. This tour is quite strenuous and should be undertaken by strong hill walkers.

The trek can be tailored somewhat to the wishes of the group. Scrambling sections may be included or omitted as required. There are very expansive and dramatic views but in general no great head for heights is necessary. A gradual rise to the 3,000-metre level ensures altitude does not become a major problem.

We traverse the range and taking in the highest peaks in mainland Spain before dropping down to the very picturesque Siete Lagunas. Here we spend two nights before descending to the highest village in Spain, Trevelez, for a celebration wine tasting in a local bodega. Contact us for a full itinerary.

WHAT YOU HAVE SAID ABOUT US

"We both had a brilliant week. I would certainly recommend Spanish Highs to anyone considering a Winter/Alpine skills course as our trip easily exceeded all our expectations."
(Ross Litherland & Cath Crowther,)

"I had a great time in the Sierra Nevada's. It would have been worth the trip just for the approach! Mulhacen was my favorite mountain so far. You guys made me feel right at home, and made my holiday much better than any package tour could have been. I'll be back just as soon as my bank manager lets me." (Matt Kirkpatrick, Kitchener, Ontario, Canada)

"Thanks for a superb week! You took a group of ordinary people and gave us an extraordinary experience. We were made to feel safe at all times even when trying out new things (e.g. ice climbing). Your expert knowledge of the weather and mountain conditions meant that we remained dry, comfortable and active for the whole time. You achieved a good balance between professionalism in the mountains and then invested much of your 'down time' to ensure that we enjoyed the more social side. I have already started recommending you to others and you will definitely see us again."
(Jane Fields and the Yorkshire team!)

"Thank you very much indeed for the winter skills course you took us on last week. I felt I learnt a lot of technical details, as well as picking up valuable experience of being on the mountain."
(Mike Jones, Luton)

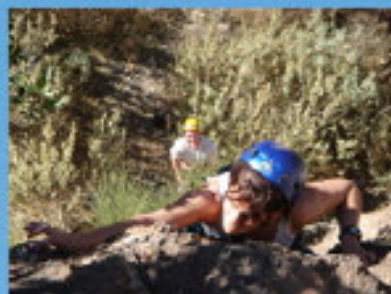
"Your paramount concern for safety and careful attention to protection are just what my shaky confidence needs". (Marlin Allbutt, Telford)

"I was particularly impressed with the way you generated such a good team spirit and a sense of determination in all members of the group, as well as providing everyone with the necessary climbing skills, and yet the resultant enthusiasm was always controlled by a proper concern for safety above all else". (P L Weller, Huntington)

Thanks for a fantastic experience, it was well beyond anything I expected (and more!). Also thanks for making me feel so welcome, a more friendly bunch of people would be impossible to find. I'm now off to consult the calendar to see when I can fit in another trip ASAP. (Clive Fenn, Norfolk)



CLIENT'S PHOTO ALBUM



With thanks to all our guests who have sent in photos for our websites and publications.

Believe it or not?... the desert area of Tabernas in Almeria offers some fascinating and enjoyable year-round walking of the type normally found in North Africa. Long multi-day traverses or simple day walks, all in spectacular scenery. The choice is up to you?



EL DESIERTO DE TABERNAS

SENSATIONAL SCRAMBLES

Andalucia has a wealth of untapped scrambling potential. We embark on some of the best it has to offer! Our guests should have a good head for heights and have some experience of hillwalking in the UK or Europe.

The scrambles include:

River gorges followed by mixed rock to a high plateau;

Long "alpine" type ridges to fine summits;

Long easy limestone ridges in remote locations;

High altitude scrambling on rocky ridges.

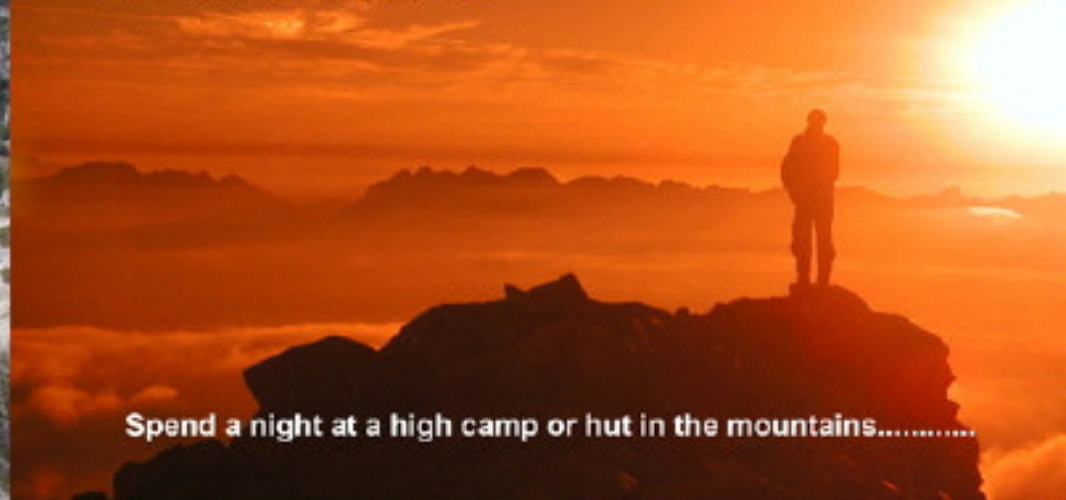
Instruction will be given where necessary in the basic use of rope and safety gear for protection. We run day or multi-day scrambling days.



"Glorious Sunsets"

"Solitude"

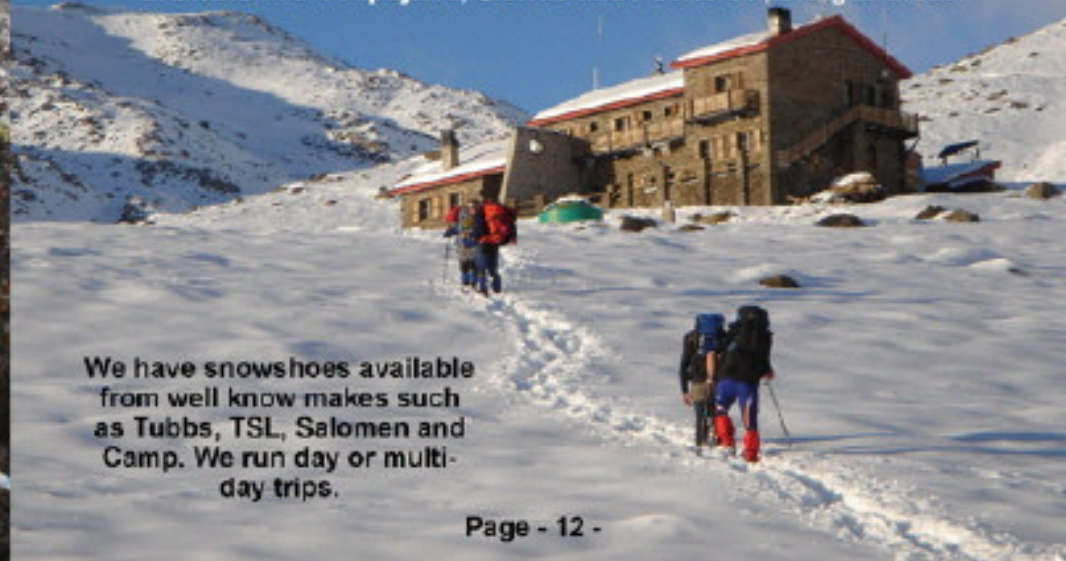
"A taste of freedom"



Spend a night at a high camp or hut in the mountains.....

TRIED SNOWSHOEING?

If you've never tried it...you should! Its good fun and very easy to learn. From high start points to the north of the Veleta peak we have easy access to high snow bowls where the basics can be learnt. Day or multi-day excursions available in the Alpujarra, Sierras and Puerto de la Ragua areas.



We have snowshoes available from well know makes such as Tubbs, TSL, Salomen and Camp. We run day or multi-day trips.

SKI MOUNTAINEERING

Ever fancied leaving the crowded pistes behind? The Sierra Nevada is one of Spain's top ski mountaineering destinations, with a snow sure season lasting from December until May.

We run holidays aimed at the complete beginner to the sport and spend the initial day on the piste at the Sierra Nevada ski centre becoming acquainted with the skis, skins and boots. Then it's off on our first foray off piste, when a simple day tour up and down Veleta (3,398m) will be made. From then on we either do day or multi-day trips from access points to the north and south of the range. We may stay in the high Poqueira Hut, which will allow us many great days skiing, including an ascent of Mulhacén (3,479m), the highest point in mainland Spain. The intention will be to progressively increase the standard of each day's tour.

The courses are suitable for those with some previous on piste experience who are also strong mountain walkers. We can provide skies, skins and poles as part of the holiday cost.

We also run trips for those who have tried ski mountaineering before but who wish to expand their skills and experience.

ROCK CLIMBING


We run introductory rock climbing courses on a day by day basis. In addition to the actual climbing, these focus on the safety and protection techniques necessary to enjoy a secure and enjoyable climbing experience.

We rock climb at Lanjarón , Orgiva, Capileira, Alfacar, Salobreña and Motril. We also run week-long trips to the Costa Blanca where a wealth of superb dramatic locations exist.



WINTER MOUNTAINEERING

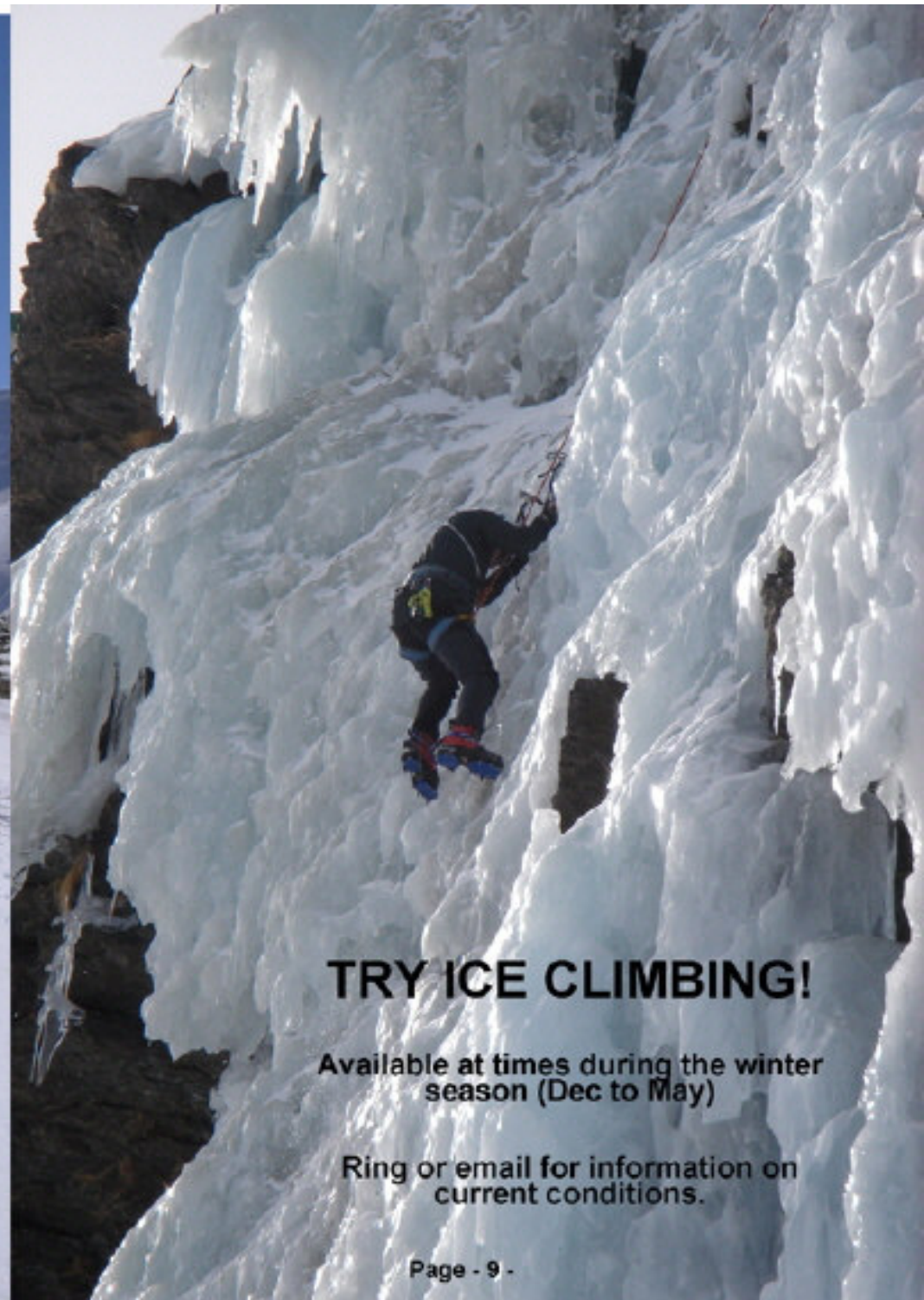
Our popular winter mountaineering courses are held during the months of December through to May. These hills are ideal with good snow normally lasting well into June. In addition the ample sunshine hours guarantee good climbing weather. Our vehicles transport you to 2,500 metres in the Sierras. Here within a mile radius are snowbowls, gullies and cliffs galore. Excellent training areas exist, all within easy reach of our transport....no 3 to 4 hour walk-ins to the snows anymore! Maximum time can be spent in learning the skills necessary to be in the hills in winter or to ascend Alpine peaks. After acquiring those new skills we take you into the mountains, thus allowing you to put them into practice in a big mountain environment.



1/2 DAY COURSE - A typical course content is as follows: kitting out for winter; use of ice axe; use of crampons; avalanche awareness; roping up; snow belays - use and suitability; ice axe braking; abseiling; crevasse rescue; snow climbing; moving together on mixed ground; snowshoeing.

3/6 DAY COURSE - Depending on snow and weather conditions and the ability of the party we shall attempt some of the peaks, ridges and snow faces of the Sierras.

Climbs suitable for the conditions and ability of the party will be made during the trip. In the main these courses are suitable for experienced hill walkers who wish to include winter mountaineering in their repertoire and for those who wish to use it as a pre-alpine course.



TRY ICE CLIMBING!

Available at times during the winter season (Dec to May)

Ring or email for information on current conditions.