



Traverse of the Sierra Nevada 3000m peaks

Los Tres Miles Integral

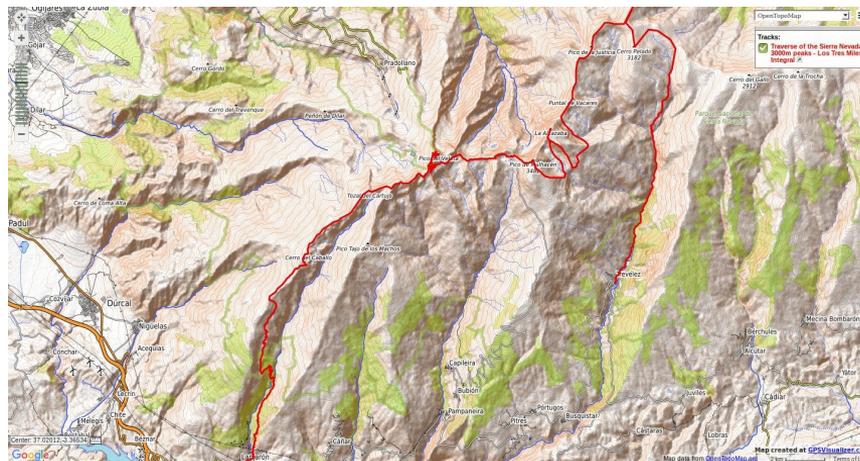


High Altitude Trekking, Dramatic Scenery, Wild Camping, Quiet and Remote Mountains.
This is "Los Tres Miles"!

The "Classic" of Los Tres Miles Traverse

We have a superb itinerary that we have been running since 2002. The only difference from the "Classic Integral" route from Jerez de Marsquedaso, is that we find an approach to the first 3000m peaks, "Cerro Pelao" and the "Picon de Jerez" is aesthetically nicer by starting from Trevelez in the south and following the valley of the Rio Trevelez. This puts us into position below just the main ridgeline at the end of the first day.

The main ridge is then followed over all the main 3000m+ summits of the range to the Cerro de Caballo, just before the long drop down to finish in the spa town of Lanjaron. In total you will climb 23 3000m+ peaks and be over 3000m for the majority of the trek. The trek will take trekkers 4 or 5 days to complete. Our advice? Don't rush it and you will be left with memories of a lifetime!



Linear

Distance 75km

Ascent 4205m

Descent 5000m

The Sierra Nevada allows us to recapture the solitude and sense of adventure sadly lacking among the more popular ranges of the Alps. What's striking about the high Sierras is the sense of space and the impression of vast scale. There are wonderful mountain corries filled with sparkling lakes and jagged and pinnacled ridges.

When is the Best Time for Los Tres Miles Integral?

Dates: May - November.

Late spring, summer and autumn are ideal times to visit. Generally settled weather and pleasant temperatures. Normally we can run these trips after the snow melt in June until the end of October. 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. Accommodation is either in secluded lakeside campsites in the mountains or in unguarded mountain huts.



Guide to Los Tres Miles

The short (3 min) video above gives a good indication of what to expect from this trek. We do normally try to keep groups small and have a maximum of 4 to a guide. That way you can better experience the solitude and remoteness of these wonderful mountains. 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 in 5 days and take in the highest peaks and most dramatic scenery in mainland Spain.

Grade: Very Tough



Day by Day Itinerary

Day 1 - Start at Trevezal and go up alongside the Rio Trevezal, past the Refugio Horcajo and up towards the Puerto de Trevezal. There are reliable water sources and places to camp before reaching the Puerto de Trevezal (6hrs)

Day 2 - Ascend all the northern peaks including Pico de Jerez (3090m), Puntal de Juntillas (3139m), Puntal de los Cuartos (3158m), Atalaya (3135m) and Puntal de Vacares (3136). Camp by lakes at Lagunillas de Calderetas (8 hours)

Day 3 - Ascent of Alcazaba (3371m) then drop down to Siete Lagunas. We camp by the higher lake of Laguna Altera (6 hours)

Day 4 - Ascent of highest peak in Spain, Mulhacén (3481m), walk over Loma Pelada (3178m), ascend Veleta (3398m) and then traverse Tajos de la Virgen ridge. Camp at Elorrieta or Laguna de Lanjarón (8 hours)

Day 5 - High level trek to Cerro de Caballo (3009m) via Pico del Cartujo (3152m) and Ajos Altos (3105). Descend ridge of Tres Mojones to waiting 4WD transport (5hrs)

Optional Extension

If you prefer a more leisurely traverse and more time to "chill out" after a days trekking, we can add an extra day to the itinerary taking 3 days to complete days 4 and 5 (above).

Price & What's Included?

Price from €75 per person per day for a group of 4

Included in price

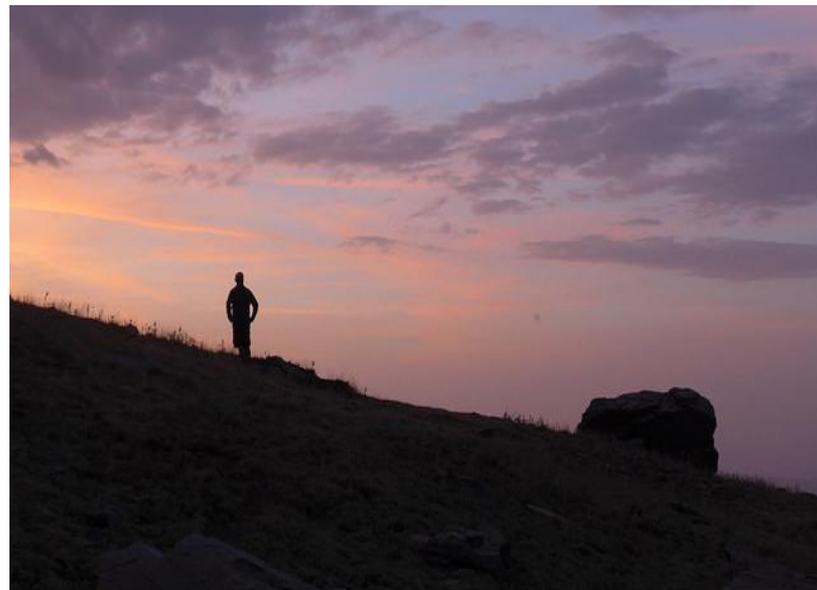
- All local transfers to/from Lanjaron/Trailheads
- Spanish Highs english speaking guides
- Comprehensive Medical kit for group

Not included in price

- Flights, Airport Taxes and Fuel Surcharge
- Tips and gratuities
- Personal Travel Insurance
- Food & Drink

[Book Here](#)

Definition of "Group" - if you are booking a trip for 2 persons the 2 person rate applies, 3 persons - 3 person rate etc (not dependent on eventual total group size!).



Recommended Kit List

We recommend the following gear for the various trips we run. This is meant purely as a guide to assist in your planning for any trip. Please email for any further details or if you have any specific questions regarding equipment required.

Items in red denote equipment we can supply if the client requests it and the activity warrants it

- Digital camera
- Torch or headlamp
- Eye protection
- Suncream and lipcream
- Water (minimum 3L)
- Spare windproof clothing
- Wide brimmed sun hat
- Personal first aid/medical kit
- Lightweight trousers (shorts not recommended due to sunburn and spiky terrain!)
- Lightweight boots
- Lightweight waterproof and windproof jacket
- Thermal base layer
- Socks
- Lightweight fleece or softshell gilet
- Thermal gloves (yes, even in summer we have needed these up high!)
- Karrimat or Thermarest
- 3 season sleeping bag
- Lightweight down/synthetic jacket
- Gas (screwtop cannisters 230cc can be supplied)
- Cooking pan, plate and utensils
- Warm headware
- Entertainment? - eg MP3 player or Kindle
- Toilet paper
- Toiletries
- Rubbish bag
- Mountain Food for the number of days/nights
- Trekking poles (optional)
- 60 to 70 litre rucksack WE CAN SUPPLY
- Lightweight tent or bivvy bag WE CAN SUPPLY
- Stove (we prefer gas to fuel burners) WE CAN SUPPLY

Accommodation Choices

We can organise on your behalf a choice between two quality hotels in Lanjaron either side of your trip. Quality centre located hotels with great facilities. Warm and inviting rooms that allow you to make your stay as comfortable and convenient as possible.

All rooms are equipped with safe, cable television, clock radio, coffee kit, hair dryer, refrigerator and phone. The hotels have a wide variety of facilities such as restaurant, library, TV lounge, meeting room. WiFi throughout.

Hotel España



Hotel Alcadima



The Town of Lanjaron - An Introduction

The town is very friendly, very Spanish, and not as "touristy" as some of the other Alpujarras towns. The World Health Organization has recognized Lanjaron as one of the places with the greatest longevity on the planet. It is indeed the quality of its waters - together with the climate, the pure mountain air and the Mediterranean diet - that allows many of its citizens to live more than one hundred years.

The Lanjaron Festival of Water and Ham

Since 1980, Lanjaron has celebrated Midsummer's Eve in honour of San Juan Bautista (John the Baptist) with its Fiesta del Agua y del Jamon (Water and Ham Festival), although the ham aspect has been overshadowed over the years by the liquid element. At the stroke of midnight on 23 June, the small mountain village erupts into the greatest water fight in Spain, and maybe even the world.

The Moorish Castle of Lanjaron

Only its ruins remain over a rocky promontory near to the town. It is located about 600 meters of altitude. Its location was superb, because it dominated, on one hand, the access road to the Alpujarra and, on the other, the one that communicated Granada with the Coast.

Eat and Drink

Lanjaron is well supplied with small supermarkets and shops for all your "mountain needs". There are 3 banks with ATM's.

Bars:

Sabores De La Alpujarra - Great for drinks and tapas. Try and buy the local produce

Bar Los Faroles - Family run business good for breakfasts and lunches

Bistro 31 - More of a "Bistro" restaurant with great food including veggie options

Restaurante Asador Parque - A grill restaurant with veggie options

Gonzales Bodega - Good wine and tapas. Watch Real Madrid here at the weekends

Casita de Papel - Eat on the terrace outside, in the bar, or in the small formal dining

Buy the Guide Book "Walking and Trekking in the Sierra Nevada"

Written by **Richard Hartley of Spanish Highs**

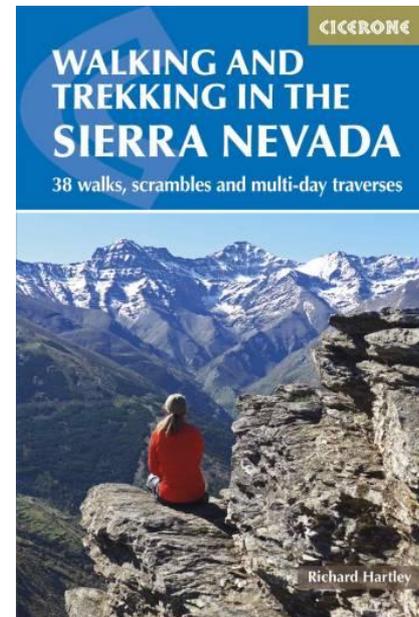
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The company

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