



The Sea to Summit (Mulhacen) Challenge Trek, Spain



A Charity Challenge Trek from the Mediterranean Sea to the summit of Mulhacen. A tough 3 day trek from the sea at La Rábita to the summit of Mulhacén, the highest mountain in mainland Spain

Is It For Me & When Can We Do It?

Is This For Me?

Be in no doubt. This is a serious trek. A tough personal or charity challenge. A certain mental resilience will be required.

The trek takes 3 days. With 56km and over 5000m ascent involved this will challenge even the seasoned hillwalker.

When?

We operate this trek in the May, June, September, October and November each year (the summer is far too hot at lower levels)



Day 1 - Crossing the Sierra de Contraviesas

- 8-9 hours walking
- Start by the sea at the coastal town of La Rabita
- Northwards to Albuñol
- Ascend the valley north of Albuñol to cross the Sierra de Contraviesas A-345 watershed
- Descend and cross the A-348 and onto the village of Lorbas
- Hotel/Guest house accommodation in the village of Lorbas or town of Cadiar (transport provided)



Day 2 - The Toughest Day!

- 8-9 hours walking
- Ascend up to the village of Juviles
- Join the GR7 path and follow to the town of Trevelez
- Steep climb up to the Alto de Chorrillo (the hard bit!)
- Drop gently down to the Refugio Poqueira at 2500m
- Night in the Refugio Poqueira (beds, blankets, food, drinks, shop etc)



Day 3 - Summit Day!

- 8 hours walking
- Ascend alongside the Rio Mulhacen to the Collado del Ciervo (2hrs)
- Ascend the west flank of Mulhacen to the summit at 3482m (1.5hrs)
- Descend the south ridge of Mulhacen to the Hoya del Portillo 2150m (3hrs)
- Transport picks you up and returns you to Lanjaron (1hr 15mins)



Route Map

- **Start:** La Rábita, Costa Almeria
- **End:** Mulhacen summit 3482m
- **Notes:** Remember that the summit is not the end! There is still a 3 hour walk with nearly 1300m of descent back to the trailhead at Hoya del Portillo



Click map for interactive map (opens in new window)

Price & What's Included?

Price from €65per person for a group of 4

Included in price

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

Not included in price

- Flights, Airport Taxes and Fuel Surcharge
- Sleeping bag or liner for mountain refuge
- Tips and gratuities
- Personal Travel Insurance
- Drinks with meals and alcoholic drinks

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!).

Grade & Trekking information

Tough

Challenge highlights

- Sea to Summit in 3 days!
- New for 2018 - exclusive to Spanish Highs!
- Trek with like minded supporters



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.

- Eye protection
- Suncream and lipcream
- Water (minimum 3L)
- Hill food and energy snacks
- Spare windproof clothing
- 35 to 50 litre rucksack
- Wide brimmed sun hat
- Lightweight boots or trail shoes
- Lightweight waterproof and windproof jacket
- Lightweight thermal base layer
- Lightweight trousers (shorts not recommended due to sunburn and spiky terrain!)
- Socks
- Lightweight fleece or softshell gilet
- Thermal gloves (yes, even in summer we have needed these up high!)
- Digital camera
- Trekking poles (optional)

[Book Here](#)

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

Written by **Richard Hartley of Spanish Highs**

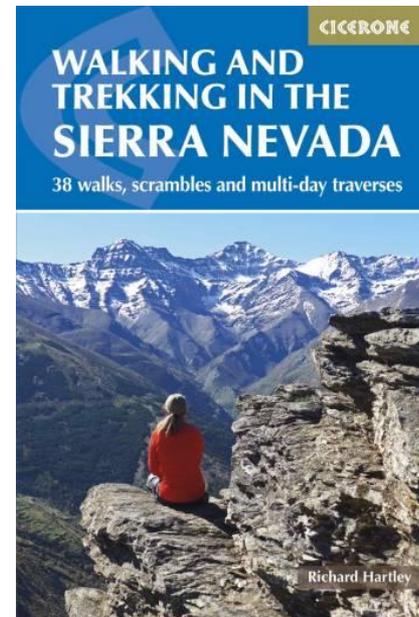
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Features

- year round half to full day walks & multi-day treks
- 33 routes including mainland Spain's highest summit
- 5 high mountain scrambles
- includes 8 gentler walks in the lower hills of the Cumbres Verdes near Granada
- includes white villages of Trevélez, Lanjarón and Capileira
- showcases the Sierra Nevada's most dramatic scenery
- includes 'Los Tres Picos', 'Los Tres Miles' Integral & overview of Sulayr GR240
- advice on transport, local bases, safety, tick-list of 3000m peaks & Spanish-English glossary



The company

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