



SPANISH 3 PEAKS CHALLENGE 2020



Activity:	Mountain Trekking
Trip Duration:	5 days in total
No. of trekking days:	3 days
Distance trekked:	Approx. 50kms
Date:	25 th – 29 th March 2020
Group size:	10-30 participants with UK/Spanish leader/s
Level of difficulty:	■ ■ ■ □ Tough
Accommodation:	Mountain refuge and hotel

Highlights

- Experience a fantastic long weekend adventure in Spain's Sierra Nevada Mountains
- Conquer 3 iconic peaks in Spain – Mulhacén (3482m), Veleta (3394m) and Púlpito (2076m)
- Summit the highest mountain in continental Spain – Mulhacén
- Trek nearly 50kms and ascend over 3,000metres in just 3 days
- Overnight in a mountain refuge located on the southern slopes of the Sierra Nevada
- Only a short flight from the UK into Malaga Airport where your adventure awaits
- Support Beaumont House Community Hospice with your fundraising

Located in the stunning Sierra Nevada National Park, Los Tres Picos, also known as the Spanish 3 Peaks, involves summiting 3 of Spain's iconic peaks. Over a period of 3 days trekking you will traverse the beautiful mountains in Sierra Nevada National Park, summiting Púlpito at 2076m, Veleta at 3,394m and Spain's highest mountain – Mulhacén at 3,482m. The mountain range is the second highest in Europe after the Alps and includes 15 peaks over 3,000m. The views on the Los Tres Picos challenge are outstanding, especially southwards over the Mediterranean Sea towards Morocco. This is a Winter trek and Winter mountain skills training will be provided.

Traversing the Sierra Nevada is a tough challenge, however conquering the 3 highest peaks in Spain in just one long weekend will see you return home triumphant and with plenty of stories to tell and the pride of knowing you have made a difference to the valuable work of Beaumont House Community Hospice.

Beaumont House Community Hospice will provide you with fundraising ideas and support. Your fundraising will help the hospice provide palliative care to patients with life limiting or terminal illnesses and their families living in Newark & district.

Included

- Return flights from London UK to Malaga Spain
- All transfers as stated in itinerary
- Accommodation for 4 nights – 2 nights in a hotel (twin or triple share) and 2 nights in a mountain refuge (dorm rooms)
- Meals – breakfast and dinner starting from dinner day 1 through to breakfast day 5
- Professional, English speaking local trekking guide
- Adventurous Ewe leader groups of 8+
- Comprehensive medical kit for group
- Training plan
- Fundraising support from Beaumont House Community Hospice
- Discount code for ashmei sporting apparel and Cotswolds Outdoor retail (online and in store)
- All risk assessments and safety management

- International Passenger Protection cover (IPP)

Excluded

- Items on your kit list
- Ice-axe and crampons. These can be hired at £45 per set which includes hire and transport of equipment. To reserve your set please email info@adventurousewe.co.uk
- Lunches
- Personal snacks and electrolytes
- Personal Travel Insurance (mandatory)
- Drinks with meals
- Any associated costs with retiring from the trip early such as accommodation, change of flights, etc.
- Personal spending money

How to book your challenge

The easiest way to book your trip is online via the website. Simply click Date and Availability, select the number of guests you wish to book for and then click on the blue box of 25th March 2020. Simply follow the registration process and at the end you can opt to pay for the registration fee of £175 per person.

There are two payment options available as outlined below:

Minimum sponsorship option:

Registration fee: £175 per person, payable by the participant on signing up and is non-refundable

Sponsorship: pledge to fundraise a minimum of £1370 for Beaumont House Community Hospice and the charity will cover the costs of your trip. 80% of your sponsorship (£1096) must be received by the charity 8 weeks prior to the trek departure date. The remaining 20% (£274) must be received by the charity no later than 4 weeks after your trek return date. All sponsorship monies are to be sent directly Beaumont House Community Hospice.

Self funder option:

Registration fee: £175 per person, payable by the participant on signing up and is non-refundable

Remaining balance: £685 per person, payable by the participant no later than 4 weeks prior to departure

Sponsorship: please raise as much as you can for Beaumont House Community Hospice. All sponsorship monies are to be sent directly to the charity.

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Itinerary

Day 1

We depart the UK on our flight to Malaga. Upon arrival, we take the transfer to our hotel (2 hrs approx.) in Lanjaron. This evening we'll have a group meal and hear a briefing about the challenge ahead.

Day 2

Veleta (3,394m)

Travel to Hoya de la Mora (2500m). Ascend the north ridge of Veleta (3,398m), the third highest peak in mainland Spain. The going is rough and rocky but the summit is reached after a 3 hour trek. There are outstanding views in all directions – especially southwards over the Mediterranean Sea towards Morocco. Heading south from the summit we reach the Col de Cariguela and follow good tracks past the Paso de los Machos until we reach the head of the Rio Seco Valley. We drop down and descend trackless slopes before contouring round a headland and reaching our overnight stay at the Refugio Poqueira with dinner.

Trekking information – 900m ascent, 16km trek taking approx. 8 hours

Day 3

Mulhacen (3,482m)

Traverse into the Rio Mulhacen Valley and up to the Laguna de Caldera, set amid a cirque of peaks. We ascend the steep, relentless west flank of Mulhacen (3,482m, the highest peak in mainland Spain). Although steep no hands are necessary but we take it slow and steady as the altitude may have a small effect here. The summit is reached in about 4hrs. It is a great viewpoint and the whole 50km chain of peaks can be seen. We return down the long and gentle south ridge before dropping steeply south west directly down to the Poqueira Refugio.

Trekking information – 1,000m ascent, 11km trek taking approx. 7 hours

Day 4

Alcazaba (3,364m)

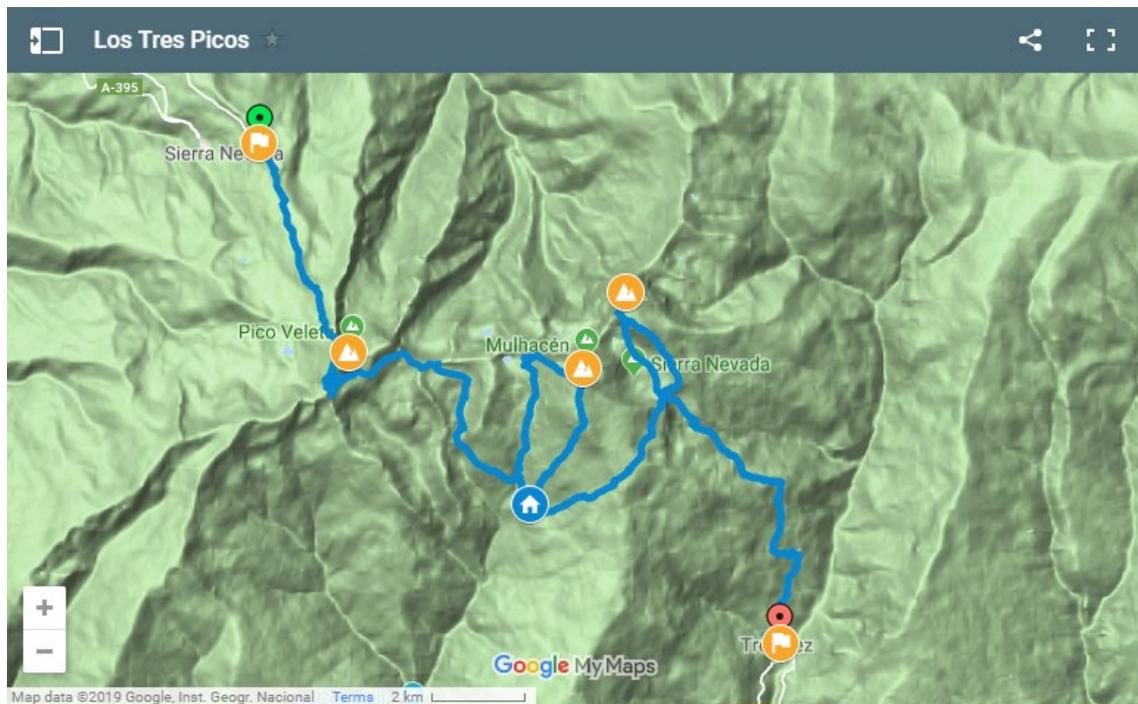
Early start from the hut. Toughest day today! – Alcazaba is located far to the north of Mulhacen. Easily to the Alta del Chorrillo then up the south ridge of Mulhacen. At 3100m we traverse eastern slopes to Siete Lagunas, a beautiful, tranquil spot consisting of 7 lakes in a dramatic mountain setting. We climb to the valley head and take a steep gully between impossible looking cliffs. In reality it is just a steep walk. We arrive at the summit plateau and hence to the summit of Alcazaba (The Fortress). Alcazaba is a remote peak and will require a high level of fitness to achieve. Reaching this summit is weather and fitness dependent.

We return down the SE flank and through a small pass to Siete Lagunas for onward descent to Trevezes. Our waiting transport takes us back through the Alpujarras to the hotel in Lanjaron or an evening of celebration and local cuisine.

Trekking information – 1,100m ascent, 21km

Day 5

Following breakfast at our hotel, we take the transfer to Malaga Airport for our flight to back the UK.



Essential Information

Weather & Safety

The weather during the winter months is generally sunny days and cold nights. However, conditions can change very quickly. What can start out as a good day can soon become very poor. It is very important to be well equipped and prepared for all conditions. Winter walking can be dangerous and although we take important steps to manage and minimise this risk we can never eradicate it altogether. The main danger is injury from avalanche or falling/sliding down a snow slope.

Although the guides can assist you in becoming accustomed to the use of ice axes and crampons, the trip is not a dedicated winter skills training course. If you have not used ice axes or crampons before it is essential that you feel confident in picking up the necessary skills. Feel free to contact us if you have any queries at info@adventurousewe.co.uk Your Adventurous Ewe Mountain Leader reserves the right to change the itinerary at any time should the conditions require it. This may be for a variety of reasons – climatic, political, physical or other. In these circumstances we will make the best alternative arrangements possible that maintain the integrity of the original itinerary.

Health

All our guides are first aid trained and carry fully equipped medical kits for serious medical emergencies. There are no compulsory vaccinations for Spain but we recommend you

consult your GP before departure. A good level of fitness and endurance is required for this trip.

Food matters – what's provided?

All meals will be provided whilst we are trekking apart from lunches. We can cater for all dietary requirements so long as we know in advance. Please let us know if you require any specific dietary requirements or have any food allergies. During trekking days we recommend you bring your own favourite snacks such as chocolate, energy bars, fruit gums.

Altitude

This trek goes to high altitudes where there is a risk of being affected by Acute Mountain Sickness (AMS). Our itinerary is designed to enable you to acclimatise to these altitudes, but you should be aware that it is still possible for you to be affected. Whilst you may feel some initial effects of this you are unlikely to have any serious AMS issues. It is very important to drink plenty of water and maintain a good level of hydration.

Accommodation

The first and last night we will stay in a 3 star Hotel; twin share with en-suite facilities. Whilst on trek, we will be staying in a mountain refuge, dormitory style rooms with food and vino a plenty! Participants are expected to bring their own sleeping bags.

Insurance

It is a condition of joining this trip that you are insured against medical and personal accident. Please note that there are no official mountain rescue services in Morocco and that any evacuation in the event of a serious medical emergency to the nearest hospital will be by land as opposed to helicopter. We will require documentary evidence of your insurance prior to departure. We also recommend that you enrol with Global Rescue prior to embarking on your trip (optional). Global Rescue is the world's premier provider of medical & security advisory and evacuation services <http://www.globalrescue.com/adventurousewe/>

Passport & Visa

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary.

The information is primarily for UK passport holders, and other nationalities should check with their relevant embassies.

For British passport holders, if the UK leaves with a deal, travel to the EU will remain the same as now until at least 31 December 2020. You will not need to apply for a visa to travel or work in the EU during this time. If the UK leaves the EU without a deal, the rules for travelling or working in Europe will change. Please monitor visa updates by visiting: <https://www.gov.uk/foreign-travel-advice/spain/entry-requirements>

Adventurous Ewe is not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise.