

WALKING AND TREKKING IN THE SIERRA NEVADA

38 walks, scrambles and multi-day traverses

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This guidebook presents over 30 walking routes in Spain's striking Sierra Nevada National Park, plus 5 high mountain scrambles and a summary of the 300km GR240. The walks are graded from 'leisurely' to 'very tough', although the majority are demanding mountain routes requiring fitness, navigational skill and experience of challenging and remote terrain. They offer opportunities to climb some of the region's 3000m summits – including the highest mountain in continental Spain, Mulhacén – and 'Los Tres Picos', a Spanish Three Peaks challenge taking in Veleta, Mulhacén and Alcazaba. As well as half-day and full-day walks, there is a selection of short treks: some present opportunities to wild-camp, whilst others use the area's network of shelters.

Far removed from the bustling beaches of the Costa del Sol, yet still easily accessible from Granada and Málaga, the region boasts rugged mountain terrain and great vistas. With attractive towns and villages such as Trevélez, Lanjarón, Hoya de la Mora and Cumbres Verdes serving as potential bases for a walking holiday, the routes are spread across the whole region. They can be enjoyed most of the year, however conditions may prove too hot at the peak of summer and extra care and equipment will be required in snow or ice: seasonal notes are included to highlight any particular risks.

The walks have been carefully chosen to showcase the Sierra Nevada's dramatic scenery, from barren rocky peaks to lush green valleys, and from arid badlands to tranquil lakes. With plenty of information to help plan a visit, Richard Hartley's guide invites you to get off the beaten track and explore this unique area.

About the author

Richard Hartley has lived in Lanjarón in the Sierra Nevada since 2002. He is the owner of a local company which runs mountaineering, snowshoeing and ski-touring trips in the Sierra Nevada and, further afield, organize regular expeditions to the Southern Patagonian Icecap.

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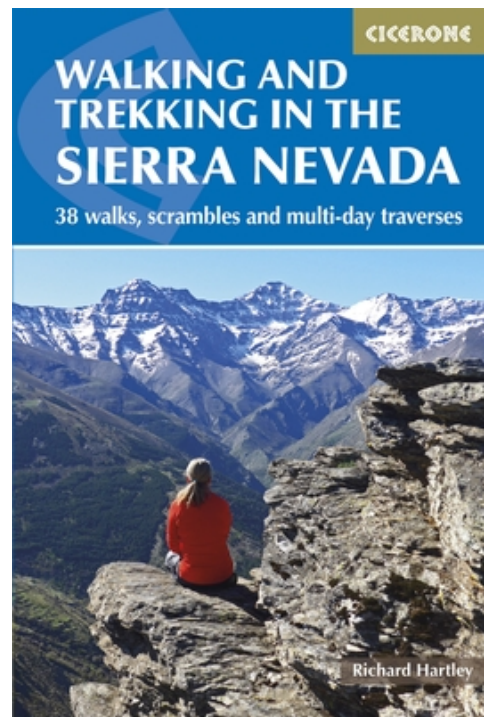
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