



Sierras de Málaga: Ronda -Antequera

Friday, 21st of September to Monday, 24th of September 2018



Description

The Malaga mountains hide protected natural areas with unique landscapes and ecological features. We can find the Spanish fir forests of Ronda, which have been recently declared as the National Park of Sierra de las Nieves, the Gaitanes gorge, close to the “Chorro”, which is known as the “Caminito del Rey”, and the impressive karstic landscape of Torcal de Antequera, which has been a protected geological landscape since 1921. This is a trip on which nature and the discovery of unique ecosystems are the main elements, but we must add other elements, which are no less remarkable, from the area of culture and heritage: the two historic cities of Ronda and Antequera and the village of Setenil de las Bodegas.



HIGHLIGHTS OF THE TREK

- Trip for a small group in order to follow a rhythm adapted to the needs of the participants and to provide a personal, family service.
- Discovery of places which have exceptional architecture, urbanism, and history, such as Ronda, Antequera and Setenil de la Bodegas
- Three hikes in three types of totally different landscapes: the Spanish fir forests in the Sierra de las Nieves National Park, the geological landscape of Torcal de Antequera, and the Gaitanes gorge
- Local guides who know the best routes and can communicate the values of the heritage with passion
- Combination of natural and cultural heritage, geological and human history

Itinerary

Day 1: Málaga-Setenil-Ronda

Friday 21st. Arrival at Málaga airport. Journey to Ronda. Stop in the village of Setenil de las Bodegas, whose houses were constructed under a roof of rock. We will walk around its streets and go up to the upper neighbourhood, where we will find the castle. Many bars offer tapas and other dishes for lunch. After this, we will continue our journey to Ronda, where we will have a guided visit of the city. We will sleep in Ronda.

Arriving at Málaga airport on the first flights of the day is recommended. Arrival at Málaga around 9:30-10:30

Three-star hotel in Ronda in a double room with breakfast included. Guided tour of Ronda.





Day 2: Spanish fir forests in the National Park of Sierra de las Nieves

One of the most emblematic routes of the National Park of Sierra de las Nieves.

We will travel from Ronda to the starting point of the route.

In the first part of the route we will walk in a forest of pines and Spanish firs which are over one hundred years old. As we walk the trees will become more dispersed and we will move into a high mountain limestone landscape with juniper bushes and broom.



Another botanical surprise awaits us: old trees of a native sub-species of gall oak (*Quercus alpestris*) with twisted roots. In these high areas it is easy to recognize the structures of the karstic landscape. We will also be able to admire the wells where snow was stored. The activity of saving and transporting snow to the cities is what gives this national park its name.

The ascent to the Torrecilla peak is optional, but we encourage everyone to go up as a spectacular landscape can be enjoyed from this point.

This will be our time for a picnic.

After descending from Torrecilla, we will continue our route along the mountain pass of Pilonos with magnificent views: the rock of Gibraltar can be seen to the south, the hilltops of the Ronda mountains and the Tejo hills, where some yew trees can be found, to the southeast.



- Route: 13.00 km.
- Positive elevation (accumulated): 600m
- Negative elevation (accumulated): 600m
- Extra Torrecilla peak: 3 km more and 240 m more in accumulated height difference

Return to Ronda. Wine tasting in a winery



Sleep in the same 2-3-star hotel.

Day 3: Caminito del Rey, ruins of Bobastro and Antequera

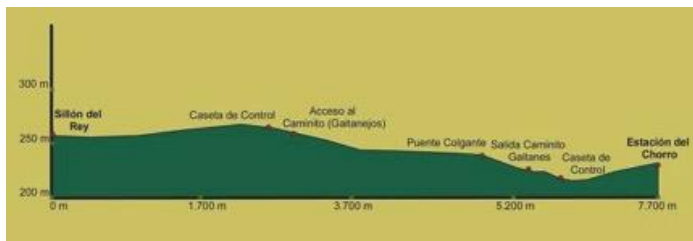
Sunday 23rd. Leave Ronda and travel to the area of the reservoirs of Málaga where we will find the Caminito del Rey. Hanging walkway in a gorge with spectacular views.

. The route of the Caminito del Rey is spectacular. We will find ourselves in unique natural surroundings, passing through two gorges, canyons and a large valley. The route through the gorges is hardly 3km, in part on paths, and in part on walkways. However, to enter this controlled area, there is a pleasant walk of another 2.7km. It is also approximately a kilometre and a half from the exit to the arrival point for the shuttle bus to go back to our point of origin,



In total, the route is less than 8km and the accumulated height difference is around 240m.

The area has a lot of safety measures in place, and, in reality, anyone can complete the route. In our experience, even those with slight vertigo have done it without any problems.



The value of the landscape is undoubtable but discovering the origin of this stretch is no less interesting, as it is related to civil engineering from the 19th century, the first hydro-electric power stations, and the industrial and economic development of Málaga.

Fuente: Página oficial del Caminito del Rey.
Diputación provincial de Málaga

The route does not take more than two hours, but as it is necessary to enter in an orderly manner and it is common to find queues, we will need around four hours for this activity.

- Route: 8.7 km.
- Positive elevation: 240 m
- Negative elevation: 91 m

On finishing the activity, we will travel to an interesting archeological site, located barely 10 minutes from the area of the reservoirs. It is the ruins of Bobastro, from the 10th Century. Bobastro was the fortified settlement of the rebel Omar Ibn Hafsúm who led a revolt against the



Emir of Cordoba for approximately 40 years and almost defeated the Omeya regime. In this enigmatic and isolated site, we will rest and have our picnic.

We will arrive in Antequera with time for a walk around the old town area and enjoy the views from the Alcazaba.

Night in Antequera. Double room with breakfast included.



Day 4: Antequera. Sierra del Torcal

Monday 24th. Leave the hotel with our luggage, as after today's visits, we will return to Málaga without returning to Antequera.

After breakfast we will go up to the Sierra del Torcal, a geological place of interest, where we will do our excursion. The itinerary chosen will depend on the time of return to Málaga. **Taking afternoon flights is recommended.**

All the routes, including the short ones, require time, as walking on rocks requires paying attention to our steps and there are many places to stop to take photos, inspired by the strange shapes which the rocks have acquired

We will look for an area off the visitor routes to have our picnic and then we will stop at the visitor centre to use the bathroom, before setting off for Málaga.

- Distance of linear route: 3.5 km



- Positive and negative elevation: 64 m



Requirements for Participants

This programme has a medium to low difficulty level, it is made up of routes which, in general, are on mountain paths, although in some areas, the path could have loose stones, or be muddy in case of having rained.

The hardest route is that of the Sierra de las Nieves. It has ascents and descents, but with the help of hiking poles and a suitable pace, it can be completed without any problems by a hiker with an average level.

Our aims, as interpretive guides are more interpretative than sporting, meaning that no one will feel overtired or fall behind the group.

Any health problems and/or allergies must be communicated to the agency in order to prevent situations occurring, and to adapt the hikes.

Details

What's included

- 2 transfers from Malaga or Granada airport and return
- All required transportation between routes and accommodation
- 3 nights in 3*/2* hotels in Ronda and Antequera. Double beds and breakfast
- Wine tasting



- Guide with expert knowledge of the area, not only in terms of hiking but also in the ecology of the ecosystems of the Sierra Nevada
- Guided visit in Ronda
- Guided visit and tickets in the “Caminito del Rey”
- Spanish/English speaking guide
- Accident and liability insurance
- Equipment to maximize safety, such as walkie talkies
- Group field material: maps, GPS, guides to the area, binoculars.
- Communal first aid kit

What isn't included

- Meals
- Personal travel insurance
- Flights or transport that have not been previously stated
- Anything that has not been previously mentioned.

Recommended equipment

- Sunglasses, sun cream and protective lip balm. Hat.
- Hiking footwear; boots or shoes
- Mountain clothing, short- sleeved and long-sleeved t-shirts made of breathable fabric (not cotton). Hiking trousers and a raincoat
- Personal snack food such as dried fruit and nuts, energy bars etc.
- 1.5 liter water bottle or camelbak, with drinking tube if possible. The participants will be able to buy some food for the picnic in local markets and free time to experience tapas bars and restaurants at dinner time
- Hiking poles
- Camera, mobile phone and other electronic devices and their chargers
- Small first aid kit and any personal medication.
- Notebook and pencil (optional)
- Knee bands, if necessary
- Personal documents, such as identity cards and European health insurance cards.

Logistics

We will leave the hotel around 8am.

It is very important to stick to the timetable because it's necessary to rest between each day's hike.

Guides and Safety

All our guides have the necessary training to ensure the complete safety of the group.

We will keep the group together and in contact by using walkie talkies. Our guides have all taken first aid courses.



According to our Terms and Conditions document, the guides can change any itinerary in case of bad weather or any other circumstances, which could affect the safety of the group, without any refunds being given.

Weather in *Malaga Province*

In Andalusia, the weather at the end of the summer is a little unpredictable. We can have high temperatures as if it were summer (25° C or more) or cool, rainy weather. Any storms tend to pass quickly and the majority of the days are warm and sunny. Average temperatures from the last few years for the month of September indicate maximum temperatures of 26°C and minimum temperatures of 18°.

Medical considerations

We ask that our hikers inform us of the existence of any chronic or cardiovascular illness which could interfere with hiking activities. The personal information which is given is covered by our data protection policy and will not be used for anything other than to provide us with the information necessary for this activity to be carried out well.

For the same reasons we need to know about any allergies.

A good level of physical fitness is required and previous experience of routes of a similar difficulty, length and accumulated height difference. The pace that we will follow is not a sporting one but a pace which will allow interpretation and interaction, however, experience or regular hiking is essential.

Price and purchasing conditions

Prices:

From 7-10 participants: €420 VAT included

From 11-15 participants: €387 VAT included

Extra single room 50€

Group size:

Minimum 7 and maximum 15

Payment

Deposit of 150€ of the total before the 15th of August

The balance 15 days before the 14th of September. If on this date (14th of September) the balance has not been paid, we will understand you are cancelling the trip

Cancellation and refund policy

In case of cancellation by the clients, the following policy applies.

- More than 30 days prior to the starting date of the trip, we will grant you a full refund minus a €60 administrative fee per reservation.

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ecoturismo
G R A N A D A
AGENCIA DE VIAJES

- Between 29 days and 15 days prior to the starting date of the trip, we will retain 100€ and return 50€
- Less than 14 days prior to the starting date of the trip, or once the trip has begun, there will be no refund.

In case of cancellation by Ecoturismo Granada Travel Agency the total amount will be refunded.

IMPORTANT: We would proceed to cancel the trip in case of the minimum number of 7 participants has not been achieved. Please do not buy flights before receiving our final confirmation.

In reserving our trip, you are accepting our terms and conditions and our environmental policy. Please remember that we are a company with a serious commitment to the environment.