

# SPANISH 3 PEAKS SUMMER TREK



## Highlights

- Experience a fantastic long weekend adventure in Spain's Sierra Nevada Mountains, just outside Granada
- Conquer the 3 highest peaks in Spain in Summer – Mulhacen (3482m), Veleta (3394m) and Alcazaba (3371m).
- Recapture the solitude and sense of exploration in this less visited mountain range
- Immerse yourself in the Andalusian mountain culture
- Overnight in remote mountain huts with views stretching across the mountains to the beautiful Mediterranean coast
- Enjoy trekking in small groups accompanied by an experienced Local Guide
- Receive a complimentary Water-To-Go bottle when you depart on this trip to minimise our plastic foot-print in Spain!



# WELCOME

**Bienvenidos / Bienvenidas**

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## Overview

Located in the stunning Sierra Nevada National Park, Los Tres Picos, also known as the Spanish 3 Peaks, involves summiting 3 of Spain's highest peaks.

Over a period of 3 days you will traverse the beautiful mountains in the southern Spanish region of Andalucía of the Sierra Nevada National Park. Scramble to the summit of Alcazaba at 3,371m, Veleta at 3,394m and then on to Spain's highest mountain – Mulhacén at 3,482m.

This less visited 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.

Traversing the Sierra Nevada is a tough challenge, however you'll be trekking in small groups accompanied by certified local mountain guides.

This is a fantastic mountain wonderland adventure just a short trip from the UK where you can immerse yourself in the incredible Andalusian mountain culture and way of life.







# TRIP SUMMARY



**Activity:** Mountain trekking  
**Duration:** 5 days & 4 nights  
**Active days:** 3 days trekking approx. 50kms  
**Altitude:** Mulhacen (3482m), Veleta (3395m), Alcazaba (3371m )  
**Accommodation:** Local guesthouse & mountain refuge  
**Cost:** Deposit: £130 per person  
Remaining balance: £595 per person

**Group size:** 4 – 18 people  
**Level of difficulty:** ■■■■■  
**Tough**  
**Dates:** June - September  
**Typical trip:** Wednesday – Sunday (5 days)

# ROUTE MAP

Get ready for an adventure



## DAY 1

Flight from UK to Malaga Spain. Transfer to the hotel in Lanjarón.

## DAY 2

Trek Veleta (3,394m)

## DAY 3

Trek Mulhacén (3,482m)

## DAY 4

Trek Alcazaba (3,371m)

## DAY 5

Transfer to Malaga for your return flight home or extend your stay in Spain.





# ITINERARY

2 boots. 3 mountains. 3 days. 1 epic mountain adventure

## DAY 1

### Flight from UK to Málaga Spain (approx. 2 hours 50 mins)

On booking your trip, we will provide you with the recommended flights to book or alternately, we can book the flights for you through our ATOL protected Flight Agent at an additional cost.

Flights are not included in your package to give you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Spain if you wish. The recommended flights for this will include airport transfers in Spain.

### Transfer from Málaga to Lanjaron (approx. 2 hours)

Welcome to España! On your arrival into Malaga Airport, you'll be met with a private transfer to your hotel in Lanjaron based on the set flight arrival time. You're then welcome to explore this mountain village, have a coffee or drink in a local restaurant, buy snacks and some lunch items in readiness for your trek the following day. That evening dinner will be provided together with a trek briefing in readiness for the mountain challenge ahead.

#### Included

Transfer:	Private transfer from Málaga to Lanjaron
Accommodation:	Hotel (twin/multi share basis – share & save)
Meals:	Dinner

## DAY 2

### Trek Veleta (3,395m)

Following breakfast you'll be transferred to Hoya de la Mora (2500m). Today is all about acclimatising to being in the mountains as you slowly make your way up Veleta at 3,395m, the third highest peak in mainland Spain, via the north ridge. The route is rough and rocky though the summit is reached after a 3 hour trek. You'll be rewarded with spectacular 360-degree views - especially southwards over the Mediterranean Sea towards Morocco.

The route then heads south from the summit to Col de Cariguela and continues to follow a good track past the Paso de los Machos until reaching the head of the Rio Seco Valley. From here the route descend trackless slopes before contouring round a headland and reaching your overnight stay at the Refugio Poqueira, located on the western flank of the Mulhacen mountain. A well-earned dinner will be provided in the mountain refuge (hut) Refugio Poqueira.

#### Trekking info

Distance:	approx. 16kms
Ascent:	approx. 900m
Time:	approx. 8 hours

#### Included

Transfers:	Private vehicle transfers
Accommodation:	Mountain refuge (dorm share)
Meals:	Breakfast and dinner

# ITINERARY CONTINUED

2 boots. 3 mountains. 3 days. 1 epic mountain adventure

## DAY 3

### Trek Mulhacen (3,482m)

An early start as you bid farewell to your mountain refuge to tackle the highest peak in mainland Spain, the mighty Mulhacén at 3482m, the roof of the Iberian Peninsula. The route traverses through the Rio Mulhacen Valley and up to the Laguna de Caldera, set amid a cirque of peaks. You'll ascend the steep, relentless west flank of Mulhacen. Although steep there is no scrambling and the pace is slow and steady to allow for the altitude. The summit is reached after approximately 4 hours of trekking. Once again you'll be rewarded with fantastic views spanning across the 50km chain of peaks.

The descent is via the long and gentle south ridge before dropping steeply south west directly to the Poqueira Refugio (2485m), your home for the night. Here you can purchase drinks and snacks and enjoy the warmth and camaraderie of the roaring fire amid the authentic mountain hut atmosphere.

#### Trekking info

Distance: 11kms  
Ascent: 1,000m  
Time: approx. 7 hours

#### Included

Meals: Breakfast and dinner  
A packed lunch can be purchased at the mountain refuge for the following day's trek

Accommodation: Mountain refuge (dorm share)

## DAY 4

### Trek Alcazaba (3,364m)

Two down and one to go as you head out early from the hut for your toughest day. Alcazaba, located to the north of Mulhacen, is the third highest mountain of the Sierra Nevada range with a characteristic spur. Your route will traverse the eastern slopes to Siete Lagunas, a beautiful, tranquil spot consisting of 7 lakes in a dramatic mountain setting.

Known locally as 'The Lady', this traverse will involve some scrambling on scree-like terrain (but nothing too tricky) and on arrival at the summit of Alcazaba (The Fortress) you'll be rewarded with some incredible views.

Your route then returns down the south east flank and through a small pass to Siete Lagunas for onward decent to Trevezlez. Your waiting transport takes you back through the Alpujarras to the hotel in Lanjaron, three peaks in the bag. Time for a well deserved shower and celebration meal.

#### Trekking info

Distance: approx. 21kms  
Ascent: approx. 1,100m  
Time: approx. 10 hours

#### Included

Transfers: Private transfers  
Meals: Breakfast and dinner  
Accommodation: Hotel (twin/multi share basis – share & save)

# ITINERARY CONTINUED

2 boots. 3 mountains. 3 days. 1 epic mountain adventure

## DAY 5

### Transfer from Lanjaron to Málaga Spain for your return flight home

After a relaxing breakfast you'll have a return transfer to Málaga Airport for your return flight home to the UK.

#### Included

Transfer:	Private vehicle transfer
Accommodation:	Not included
Meals:	Breakfast only

Please note, if you wish to extend your stay in Spain, we can help you with plenty of recommendations of things to do and see. Simply get in touch to chat further about what you can do at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069.




# TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app, **Vamoos**. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



 **TRIP SUMMARY**  
Dates, trip overview

 **TRIP DETAILS**  
Itinerary, activity details and inclusions

 **TRAVEL DOCUMENTS**  
Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines

 **OTHER INFO**  
Weather, maps, etc.





# ESSENTIAL INFO

The nuts & bolts of your adventure



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## Safety & wellbeing

Adventurous Ewe puts the safety and wellbeing of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and wellbeing is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures.

The Spanish 3 Peaks Summer Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. Rest assured we have a thorough Safety Management System, in-depth risk assessments and risk management systems in place.

You're in safe hands with Adventurous Ewe.



## Leaders & crew

An Adventurous Ewe UK Leader will accompany groups of over 8 people and is an experienced high-altitude leader. Leaders have been carefully selected to ensure you have the best experience with a bit of humour thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your Local Mountain Guide is a key part to this trip. They are expertly trained and experienced in every field of this high-altitude trek, bilingual (English and Spanish) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, wellbeing and enjoyment of the team whilst also retaining a flexible and fun attitude.

## Level of difficulty

The Spanish 3 Peaks Summer Trek is graded as 'Tough'.

This trek has been designed to be challenging, but achievable by anyone as long as you train and prepare accordingly. Remember, you are trekking for three consecutive days and in hot temperatures - the fitter you are the more you will enjoy this challenge. During the trek you will be required to carry your own kit including packed lunches & snacks, drinking water, wet weather gear, and personal items such as medication, sun-screen and cameras.

The walking hours stated are given as approximates only. Timings include lunch and photo stops though will vary depending on the pace of your group and weather conditions.

### Altitude

This trip 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 hydration level.



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## Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for this trek to run is **4 people** and the maximum group size is **18 people**.

You are most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 4 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

## Training

We strongly recommend doing both cardio and strength training in preparation for this challenge.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

**Our motto is: Train hard, smile harder and enjoy the journey!**

## Kit and discount codes

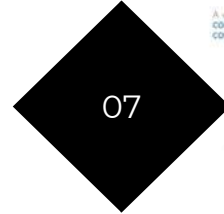
A full kit list will be provided when you join this adventure together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown**, **The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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## Adventure with purpose

Adventurous Ewe is a **Snowdonia National Park Gold Accredited Ambassador** and **Snowdon Visit Specialist**. We also support the vital work of the **Snowdonia Society** who work tirelessly to ensure that Snowdonia is well-protected, well-managed and enjoyed by all.

Internationally we support the leading climate change charity **Cool Earth & Tomorrow's Air**. We invest a % of our revenue into supporting their sustainable conservation projects around the world. This partnership means that just by joining the flock and taking part in this adventure, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe.

# Any queries?

Feel free to contact Jim or Sue at:

[jim@adventurousewe.co.uk](mailto:jim@adventurousewe.co.uk)

[susan@adventurousewe.co.uk](mailto:susan@adventurousewe.co.uk)

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.



# Travel Admin

## A quick snapshot of what you need to know...

We regularly update our travel info, but please double-check the travel restrictions that apply for you before booking.

### Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

### Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance.

### Passport

All nationalities require a full passport. Your passport should be valid for the proposed duration of your stay. For the latest info, please visit <https://www.gov.uk/foreign-travel-advice/spain/entry-requirements>

### Visa

British nationals do not require a visa to enter Spain for the purpose of tourism for up to 3 months. For the latest entry requirements, please visit <https://www.gov.uk/foreign-travel-advice/spain>.

### Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks (to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking more specifically for the adventurous activities undertaken on this mountain trekking challenge, personal liability, cancellation, pandemics, curtailment and loss of luggage and personal effects.

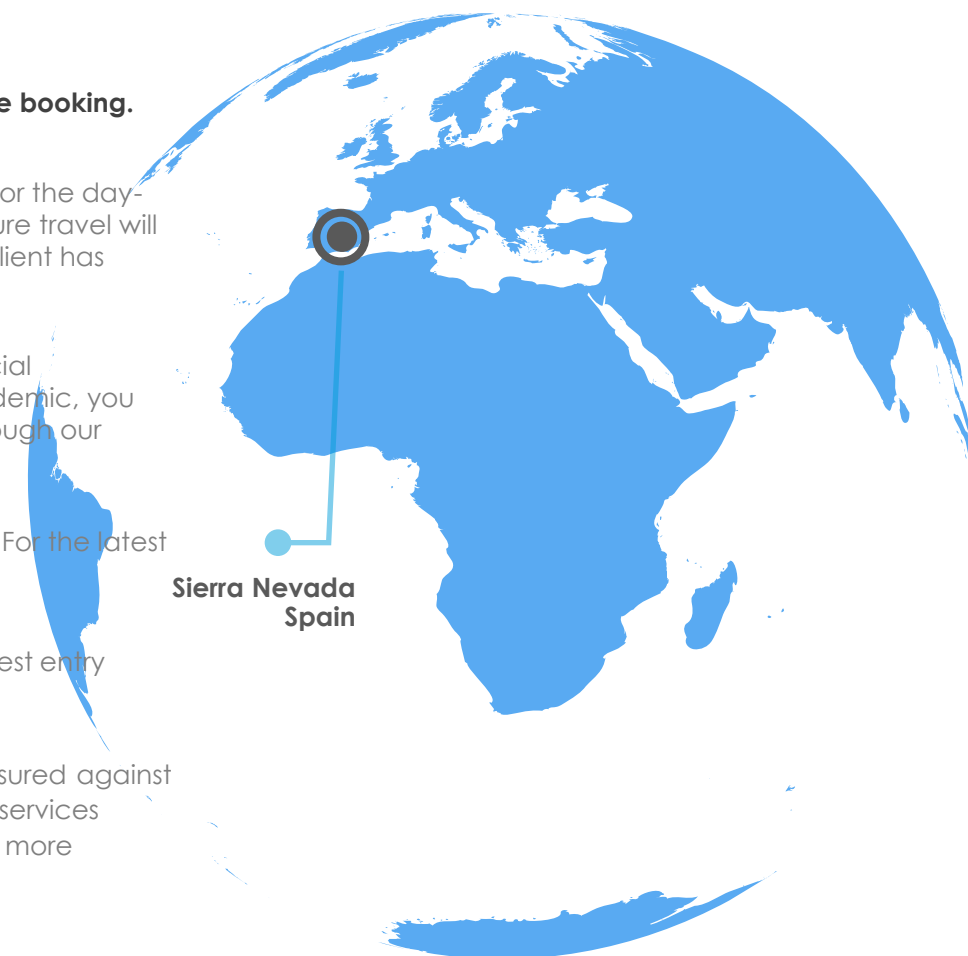
### COVID-19

For the latest health and travel info please visit [NaTHNaC - Spain \(travelhealthpro.org.uk\)](https://www.travelhealthpro.org.uk).

### Vaccinations

Recommended vaccinations include: Tetanus. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit

<https://www.fitfortravel.nhs.uk/destinations>.





# WHO IS ADVENTUREOUS EWE

## Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

## Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the *whole* journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

## All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

# HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

## AITO

Following a meticulous assessment process, Adventurous Ewe is delighted to be a member of AITO, the association for specialist travel companies. The membership is formed of companies, usually owner-managed, who strive to create travel experiences with high levels of professionalism and a shared concern for quality and personal service. The Association promotes the unique range of its members' travel packages and encourages the highest standards in all aspects of tour operating. Our membership also dictates that we have financial protection for all our trips and other arrangements (including accommodation only) booked by you. This financial protection applies to customers who are resident in the UK at the time of booking and to most overseas customers who have booked directly with the member. In doing so, the member must comply with UK government regulations.

## We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

## World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

## Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

## Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism. Learn more at [www.futureoftourism.org](http://www.futureoftourism.org). #FutureofTourism



For more info please visit: <https://www.adventurousewe.co.uk/pre-trip-info/travel-with-confidence/>



# ADVENTURE WITH PURPOSE

**Our mission:** to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

**Our goal:** to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabulous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.



For more info please visit:

<https://www.adventuroousewe.co.uk/cooearth-partnership/>



Cymdeithas Eryri  
Snowdonia Society



IN SUPPORT OF  
**cooearth**

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority. We have implemented a range of changes and precautions focused on ensuring strong hygiene practices for all our adventures. This also includes ensuring our suppliers of accommodation and catering have strong hygiene practices in place too.

Please note that while these procedures take into account current WHO and government guidelines, it is a live document which we will update as new information becomes available about COVID-19.

- ✓ The maximum number of participants will be kept under 10 people per team.
- ✓ Pre-adventure briefings will be in a digital format for you to view 2 days prior to your trip.
- ✓ Hand sanitiser will be provided before, during and after your adventure and also carried by the crew.
- ✓ Your Leader/s and Crew, who are first aid qualified, will be operating under higher-level protocols for infection control and patient care. They will wear masks and gloves where appropriate.
- ✓ We will honour social distancing guidelines wherever possible during the adventure. If the 2-metre rule is unable to be maintained, please place yourself side by side, or facing away from each other, rather than face to face if possible.
- ✓ For any accommodation bookings included as part of your package, if you would prefer a single room / tent please let us know asap and we will make the arrangements for you dependent on availability. There will be an additional cost for this dependent on the hotel/tent transport, therefore please get in touch with us for further info at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).
- ✓ Any equipment or hire items such as bikes, helmets, kayaks, buoyancy aids and paddles, that we supply will be hygienically cleaned and sanitised. Items will not be used 72 hours prior to when you used it and they will not be used for 72 hours after your use.

- ✓ If there's a requirement whereby you need to share an enclosed space such as the cabs of vehicles, you should keep the window open for ventilation and you should be careful to avoid touching your face at all times. On leaving the enclosed space, wash your hands with soap and water for 20 seconds or use hand sanitiser if there are no washing facilities available.
- ✓ If you are feeling unwell, DO NOT attend the trip. For your own health and the well-being of others, please remain at home and rest until you are well again.
- ✓ To protect other members of the flock on your adventure, you should also remain at home if someone in your household is self-isolating.
- ✓ If you have been travelling overseas in the last 14 days, please DO NOT attend until further advised. Please contact us to discuss in further detail.

Friendly reminder:

- ✓ Participants & crew to maintain good hand and personal hygiene. Wash hands regularly with soap for 20 seconds and or an alcohol-based hand sanitiser before handling food and after being in public spaces and between activities wherever possible.
- ✓ Participants and crew to avoid touching eyes, nose and mouth and to cover their nose and mouth when coughing and sneezing with a tissue or flexed elbow.
- ✓ Participants, Leader/s and Crew to avoid sharing personal items.
- ✓ You will need to complete a 'Travelling Self Assessment Form' for this trip.

Participants, crew and supporter health and safety remains a priority for Adventurous Ewe, and we will continue to monitor and follow the advice and directions of government and health experts.

If you have any queries, please feel free to contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk) or call 01492 588 069. Thank-ewe.

# TOP TIPS

## Summer mountain trekking

- Dress the part. Wear wicking or merino wool based t-shirt to wick any moisture away from your body. Do not wear cotton t-shirts
- Have good sun protection – full brimmed hat or cap with a buff/scarf to protect your neck, use SPF50 sunscreen
- Train in your trekking kit, including wearing your rucksack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your trek
- Wear good sturdy hiking boots which are comfy, well worn-in
- Look after your feet – blister prevention
- Climbing up scree slopes can be very taxing. A good method is to try walking up scree without making a noise. It will make you think about how you're putting your feet down, moving efficiently and not overstretching. Also, dig your toes in to get a firm footing. To head down, face outwards and kick your heels in on every step.
- If you really feel the heat, bring a handheld fan, buff & a full brimmed hat which you can wet or a cooling spray
- Despite the summer warmth in the day, as soon as the sun sets the nights can become very cool. Bring a warm fleece or light weight down jacket
- Have two bags – a daypack for the trek with your trekking kit (waterproofs, warm layer, snacks, water, first aid & any medication) and your kit bag (duffle bag) which will be transported by mules. Make sure your kit bag is no more than 10kgs for the mules
- Bring your own facemask and hand sanitiser (essential)
- Trekking poles which are retractable are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite high calorie snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle, camelbak/platypus and flask that you can refill and avoid plastic bottles. Ensure you have some tried and tested electrolytes well
- Be respectful of the rural Berber communities, the people, their land and their homes
- **Most importantly.....SMILE AND ENJOY THE ENTIRE EXPERIENCE**







# COST

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**Deposit:** £130 per person payable on booking

**Remaining balance:** £595 per person payable 6 weeks prior to start of trip

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## **Book & Travel with Confidence**

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Adventurous Ewe, please visit our [website](#).

## **Fundraising**

You're welcome to fundraise for a charity of your choice if you wish to do so. All sponsorship monies are to be sent directly to your chosen charity.

# INCLUSIONS & EXCLUSIONS

## SPANISH 3 PEAKS SUMMER TREK

### INCLUDED

#### Pre-trip:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Trek training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel platform
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plan available
- Risk assessment and emergency management planning
- Free Adventurous Ewe Water-to-Go Bottle

#### During your trip:

- Adventurous Ewe Leader (for groups over 8 people)
- Local Mountain Guide
- All ground crew per your
- VHF radio comms
- Road transfers within Spain per your itinerary
- Accommodation – 4 nights. 3 nights in a hotel (twin or triple share) and 1 night in a mountain refuge (dorm rooms)
- All meals as stated in the itinerary (all breakfasts and dinners)
- Medical kit and supplies
- All logistical and safety management whilst in Spain
- All trip management and hygienic cleaning procedures of equipment before, during and post trek.

### NOT INCLUDED

- Travel insurance (mandatory)
- Return flights to Malaga Spain. These can be arranged for you at an additional cost through our Flight Agent who is ATOL protected
- Vaccinations
- Personal spending money and drinks
- Meals not listed in your itinerary (packed lunch x 3)
- Snacks, electrolytes, water purification tablets
- Kit and equipment as listed on your kit list and medication
- Tips for local crew
- Single room supplement where available
- Any associated costs with leaving the trek early.

### TRIP EXTENSION

If you wish to extend your stay in Spain, we can help you with plenty of recommendations of things to do and see. For more information, please contact us at [info@adventurousewe.co.uk](mailto:info@adventurousewe.co.uk).

# KIT LIST

Good quality, durable kit could mean the difference between a fantastic trek and an uncomfortable one. This is a list of recommended kit to take on your winter trekking journey.

## BAGS

- ❑ **Main kit bag (duffle bag)** – recommend no more than 70L soft duffle bag with back straps as you will need to carry this bag at some points. When on the trek, this bag can remain at the hotel
- ❑ **Daypack** – 35 - 45 litre rucksack to carry your kit required on the trek including your sleeping bag when you spend the night at the mountain refuge. Ensure it is comfortable and has waist-straps
- ❑ **Dry bags** – we recommend packing your kit inside dry bags to ensure your kit remains dry in the case of wet weather. A wet-weather cover can also be used over your rucksack but this must be securely fastened to your bag especially during high winds.
- ❑ **Small foldaway/reusable bag** - for shopping etc.

## CLOTHING

- ❑ **Water-proof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ❑ **Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- ❑ **Down jacket** ideally with a hood. Great for when having breaks during your trek, for wearing at night or in extreme weather conditions
- ❑ **Midlayer** or **fleece**
- ❑ **Trekking trousers** – soft shell trousers are ideal. Avoid cotton trousers
- ❑ **Base layers** (merino wool or wicking fabric) long-sleeved top x 2 and long johns x 2 (one pair for trekking and one pair for mountain hut & sleeping)
- ❑ **Neck warmer** or buff – which can also be pulled over the lower half of your face in poor weather conditions and also used for sun protection
- ❑ **Beanie** which covers your ears and is lined for extra warmth
- ❑ **Gloves or mittens** - insulated and waterproof (Gore Tex) ski gloves or mitts. We recommend Hestra Alpine or Mountaineering gloves
- ❑ **Inner/liner gloves** – ideally merino wool, windproof
- ❑ **Underwear** - Merino wool or wicking material, not cotton
- ❑ **Evening clothing** - for hotel & mountain refuge
- ❑ **Casual clothing** - for travel

## FOOTWEAR

- ❑ **Hiking boots** – well-worn in trekking boots with ankle support and waterproof. B1 boots are ideal for crampons
- ❑ **Trainers / crocs** – or comfy shoes to wear in the evenings
- ❑ **Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks over liner socks. Please ensure you trial your sock-wear prior to departure to ensure your choice is suitable. Recommend Smartwool Merino Mountaineering Extra Heavy Crew Socks
- ❑ **Flip-flops** or similar - (optional) casual wear

## TREKKING EQUIPMENT

- ❑ **Water bottle** - suggest a 2-3 litre capacity. Platypus/ Camelbak system. A wide mouth water bottle is ideal for collecting water. Please bring water purification tablets to reduce the need for purchasing water in plastic bottles or use your [Adventurous Ewe Water-to-Go filtration bottle](#)
- ❑ **Head torch & spare batteries** - essential
- ❑ **Sunglasses** – essential and must have strong UVA/UVB protection
- ❑ **Ski goggles** - optional but these are ideal for use in poor weather conditions ie. snow storm or high winds. They will make a difference to your experience and comfort
- ❑ **Trekking pole(s)** - optional
- ❑ **Gaiters** – optional. Should be worn over the boot & not tight
- ❑ **Sleeping bag** – please ensure a good 3-4 season sleeping bag for the mountain refuge as the nights can be cold. You can expect temps between 10°C to -5°C at night. If you wish to help keep the inside of your sleeping bag clean, bring a sleeping bag liner to sleep in plus it will add a little more warmth

## TRAVEL ADMIN

- ❑ **Passport** plus photocopy of passport
- ❑ **Flight tickets**
- ❑ **Travel insurance policy and emergency number**
- ❑ **Debit/credit cards**
- ❑ **Cash** – Euros. Don't forget to keep some cash for tips for your local crew.

## ADDITIONAL ITEMS

- ❑ **Antibacterial hand gel** (essential) & **face mask/buff**
- ❑ **Sunscreen and lip block** – minimum SPF50
- ❑ **Favourite snacks** - both sweet and savoury
- ❑ **Electrolytes**
- ❑ **Camera** – enclose in a dry bag
- ❑ **Toiletries** – including biodegradable loo paper, dog poop bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant, lip balm, etc.
- ❑ **Light-weight micro-fibre towel** – optional
- ❑ **Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.

## NICE TO HAVE

- ❑ **Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- ❑ **Ear plugs** for mountain refuge
- ❑ **Reading material / card games** for evenings
- ❑ **Spare dry bag** for dirty or wet clothing
- ❑ **Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- ❑ **Go-Pro** - or similar. Please note, recharging facilities will be limited in the mountain refuge so it would be ideal to bring your own charging packs. Please visit the website for use of drones <https://dronerules.eu/en/professional/regulations/spain>

## AVAILABLE TO HIRE @ £35 PER SET

- ❑ **Crampons**
- ❑ **Ice axe**



# EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

**Joe Brown and The Climber Shop** who are kindly offering any members of our flock a 10% discount\* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

**Ashmei** who produce sustainable high-performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



# ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC  
ADVENTURES

# CONTACT US

For any further info or any questions,  
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**We look forward to welcoming you to Spain for this epic winter mountain trek showcasing the impressive Sierra Nevada Mountain Range.**