



The Children's Hospice Trekking Challenge

27 June - 1 July 2012

TREK THE TRES PICOS - SPAIN



www.globaladventurechallenges.com

The Children's Hospice Trekking Challenge is back for its 4th year! Get your trekking boots ready...this year we are off to conquer 3 of Spain's highest peaks in one long weekend! Located in the stunning Sierra Nevada National Park, our Spanish 3 peak challenge will consist of summing Alcazaba at 3,371m, Veleta at 3,394m and finally Spain's highest - Mulhacén at 3,482m. The mountain range is the second highest in Europe after the Alps and includes 15 peaks higher than 3,000m. Crossing the Sierra Nevada is going to be a tough challenge, but the view across Spain's mainland from its highest peaks will reward our tough efforts. Be part of something amazing – Trek the Tres Picos and support your local children's hospice service!

Challenge Highlights

- Summit 3 of Spain's highest peaks, in 3 days!
- Explore the beautiful Sierra Nevada National Park
- Trek with like minded supporters . each supporting their local children's hospice service

Overview

- **Duration:** 5 days
- **Trekking days:** 3
- **Distance trekked:** 48km
- **Accommodation:** Hotel and mountain hut
- **Challenge grading:** Tough

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 will have a group meal and hear a briefing about the challenge ahead.

Day 2 Veleta - 3,394m

Following breakfast at our hotel, we make the hour long journey from Lanjaron (650m) up high into the Sierra Nevada Mountains to the Hoya de la Mora, located at 2,500m. From here the challenge begins and we ascend the north ridge of Veleta . 3,398m, it's the third highest peak in mainland Spain. The going is rough and rocky but the summit is reached after approx 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. Many ibex will be seen on the slopes during the day and the area is popular with Booted Eagles and Griffon Vultures. 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

Global Adventure Challenges

Red Hill House, Hope Street, Chester, CH4 8BU

Tel: 01244 676454 Fax: 01244 683962

Email: pete@globaladventurechallenges.com Web: www.globaladventurechallenges.com

Institute of
Fundraising
CORPORATE MEMBER



Itinerary

Day 3 Mulhacen - 3,482m

After breakfast at the refugio, we traverse into the Rio Mulhacen Valley and head upwards until we reach the unguarded but well named Caldera hut. This lies in a vast bowl of majestic peaks. From here we ascend the west flank of Mulhacen (3,482m, the highest peak in mainland Spain), which is steep and rocky but no-where needing the use of hands. We reach the summit after approximately 4hrs. From here the whole chain of the Sierra Nevada range can be seen. The return is made 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 - 3,371m

An early start from the hut as today is the toughest day of our challenge . the ascent of Alcazaba located to the north of Mulhacen. We climb up steadily to the Alta del Chorrillo, follow the south ridge for an hour before following the eastern traverse of Mulhacen to Siete Lagunas. There may still be perennial snow patches to cross here. Siete Lagunas is a most beautiful place . a lush green valley containing seven lakes surrounded by dramatic peaks. After replenishing our water supplies in the cool waters, we ascend the valley before tackling a steep scree gully which leads to the summit plateau. Alcazaba is not named "The Fortress" for nothing! The return back to Siete Lagunas is made via the south east flank. After a rest at Siete Lagunas, we descend to Trevelez and take our transport back through the Alpujarras to our hotel in Lanjaron (45 mins). This evening we celebrate our achievements at our celebration dinner.

Trekking information . 1,100m ascent, 21km trek taking approx. 10 hours

Day 5

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

(Please note this is a complex itinerary and strictly subject to change)



Cost

Payment Option A

Registration Fee = £149
Minimum Sponsorship = £1,650

Payment Option B

Registration Fee = £149
Challenge balance = £670

Payment Options Explained

Payment Option A

Participant pays Registration Fee (£149) to Global Adventure Challenges and then raises the minimum sponsorship (£1,650) for their chosen Children's Hospice.

Participant sends 80% (£1,320) of the minimum sponsorship and pledges for the remaining 20% to their chosen Charity at least 10 weeks prior to the departure date of the Challenge (25th April 2012). The Charity will then pay for the balance out of the sponsorship received 8 weeks prior. All outstanding sponsorship MUST be sent to the Charity within six weeks of completing the Challenge.

Payment option B

Participant pays Registration Fee (£149) to Global Adventure Challenges.

10 weeks prior to departure, an invoice will be sent to the participant for the balance of the Challenge. This must be paid no later than eight weeks prior to departure (2nd May 2012)

Although there is no minimum sponsorship required, we ask you to raise additional funds for your local Children's Hospice. Any sponsorship collected must be sent to the Charity as agreed with the Charity.

Included

- Return flights from London Airport to Malaga
- All transfers as stated in itinerary
- Accommodation . 2 nights in hotel, twin share, and 2 nights in mountain refuge (dormitory style rooms)
- Meals . breakfast, lunch and dinner . starting from dinner day 1 through to breakfast day 5
- Professional, English speaking local trekking guide/s
- Global Adventure Challenges Leader from UK
- Comprehensive Medical kit for group

Not Included

- Airport Taxes and Fuel Surcharge . this is approx. £100 and payable approx. 6 weeks prior to departure
- Sleeping bags for mountain refuge . participants needs to bring their own
- Tips and gratuities
- Personal Travel Insurance
- Drinks with meals and alcoholic drinks

Your questions answered...

Is this trip for me?

ABSOLUTELY!! This trek is suitable for people of all ages (minimum 18 years old). The one thing everyone will have in common is a sense of adventure and the desire to help their local Children's Hospice. Most people will sign up as individuals meaning you will all be in the same situation!

Global Adventure Challenges
Red Hill House, Hope Street, Chester, CH4 8BU
Tel: 01244 676454 Fax: 01244 683962
Email: pete@globaladventurechallenges.com

Do I have to carry my own luggage?

You will need to carry your overnight clothing for 2 nights up to the refuge . remember to pack light! We'll send you a kit list of what to take with you once you register for the challenge. You will wear your trekking clothes each day so items required to take with you to the refuge will be minimal.

Web: www.globaladventurechallenges.com

Your questions answered...

How fit do I need to be?

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. Trekking training tips can be found on the Global Adventure Challenges website to put you in the right direction.

Where will we stay?

The first and last night we will stay in a 3 star Hotel; twin share with en-suite washing 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.

Do I need specialist kit?

We will supply you with a suggested kit list of what to take once you register to take part. Apart from some broken in trekking boots and sleeping bag, and maybe some trekking poles, you do not need any specialist kit.

What happens if I get tired?

There will be regular rest stops where we can drink and eat some snacks . there is no problem if you need to take more rest stops. A guide will be bringing up the rear of the group ensuring no-one is left alone . remember though, this is not a race!

How do I go about raising £1,650 sponsorship?

Once you have signed up you will receive a fundraising pack from your Children's Hospice in order to make your fundraising as easy as possible. You will also receive a few tips and ideas from Global Adventure Challenges to help you on your way. To give you a rough idea, here are a few tips on how you could raise £1,000 ..

- Ask 20 work colleagues for £10 = £200
- Collection at Supermarket = £200
- Ask 10 friends for a £15 donation = £150
- Hold a summer BBQ and charge 20 friends £10 = £200
- Sweepstake on a sporting event at work/pub = £200
- Ask your employer to sponsor you = £50

Food matters - what's provided?

All meals will be provided whilst we are trekking. You will need to budget for meals whilst in Lanjaron. We can cater for all dietary requirements so long as we know in advance . just fill in the appropriate section on your Registration Form enclosed. Please tell us in advance if you are vegetarian or need a special diet.

Can I stay in Spain after the Challenge?

All extensions are strictly limited, subject to availability and are given on a first come first served basis. Those wanting to request an extension should contact Global Adventure Challenges on 01244 676454 as soon as possible. There is a £60 + VAT charge for having your return airline ticket extended.

What sort of back-up is there?

There will be a strong support Team with a professional Global Adventure Challenges Leader from the UK, as well as local guides. Full, comprehensive medical kits will be taken.

I am interested. What do I do now?

Places are limited and go on a first served basis so try to register as soon as you can! You will need to fill in the enclosed Registration Form and Medical Questionnaire and post it back to Global Adventure Challenges along with the Registration Fee of £149 (all payment options and costs are explained at the end of the Challenge Itinerary). Once your registration is received, Global Adventure Challenges will write to you sending you further information on what to expect from this awesome weekend adventure! Your chosen Children's Hospice will also be in contact to discuss your fundraising.