

*Villa Andaluca, Competa*

*Tel: 00(34) 952 553 386*

[www.villaandalucia.org](http://www.villaandalucia.org)

### *Programme walking arrangement Cómpeeta*

In autumn, winter & spring the climate is perfect for walking (usually 10° to 15° higher than Northern Europe). The air is crystal clear allowing you to see vast distances, you can see as far as Africa (the Rif Mountains in Morocco), Gibraltar in the south west and the Sierra Nevada in the east.

Situated immediately adjacent to the Parque Natural de los Sierras Almajara y Tejada, Competa is an ideal starting point for a varied walking holiday. Several walks start directly from your doorstep. For others walks, we can take you by Land rover deep into the national park, so you will not have to walk the same stretch twice or more. You walk in a rugged mountainous area where some climbing and descending is required but where you can enjoy unforgettable views as well. We know the area thoroughly and can show you the best spots and nicest routes.



We offer two different programmes of assisted walks in Competa and the surrounding area. Both programmes cover 7 days and cost € 168 for 2 persons. They include transfers by Landrover to the best starting points of the walks, assistance, extensive descriptions and maps. Excludes accommodation. These packages can be booked all year round from 1<sup>st</sup> January to 31<sup>st</sup> December and may start any day of the week (depending on availability). We do not advise that you book in July and August, which are rather hot.

You choose a week of 'light' or 'intermediate' walks.

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LIGHT is suitable for everybody in good health. You cover per walking day from about 6km up to a maximum of 18km in approximately 2 hrs up to a maximum of 5 hrs. You will climb a maximum of 400 metres a day. Training beforehand is not necessary.

INTERMEDIATE is suitable for everybody in good health with reasonable endurance. You cover per walking day from about 7km to a maximum of 24km in approximately 8 hrs. Differences in height up to a maximum of 1070 metres climbing and descending will be covered. However, because the difficulty factor varies from day to day, the whole should not be regarded as difficult. Training beforehand can be useful but is not necessary. On request, a more challenging variation (called Competa sporting) is available.



## *Light*

Day of arrival

Meeting and greeting at bus stop of C3mpeta, transfer to accommodation  
Orientations walk through the village (1 hour).

2<sup>nd</sup> day

Circular walk above C3mpeta and Canillas de Albaida (2 hours).

3<sup>rd</sup> day

Three villages walk (circular walk, 3 hours).

4<sup>th</sup> day

Circular walk C3mpeta – Casa de la Mina – C3mpeta (4 hours).

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5th day

(1 transfer) Salares – Cómpeeta (4 hours).

6<sup>th</sup> day

(2 transfers) Circular walk Rio Torrox – Cerro Verde – Acebuchal – Rio Torrox (3½ hours).

7th day

(1 transfer) Arroyo de los Pradillos – Barranco Moreno – via the mule track back to Cómpeeta (5 hours).

8<sup>th</sup> day

Transfer to bus stop.

### ***Intermediate***

Day of arrival

Meeting and greeting at bus stop of Cómpeeta, transfer to accommodation

Circular walk above Cómpeeta and Canillas de Albaida (2 hours)

2<sup>nd</sup> day

Circular walk Cómpeeta – Cerro Gavilan – Casa de la Mina - Cómpeeta (5 hours)

3<sup>rd</sup> day

(1 transfer) Walk Rio Torrox – Cerro Verde – Acebuchal – Cómpeeta (5 hours)

4<sup>th</sup> day

(1 transfer) Puerto de los Carboneros – Bentomiz – Sayalonga – Cómpeeta (6½ hours)

5th day

Circular walk around Canillas de Albaida (4½ hours)

6<sup>th</sup> day

(2 transfers) Circular walk Fabrica de la Luz – Puerto de Santiago – Fabrica de la Luz (7 hours)

7th day

(1 transfer) Fabrica de la Luz – Puerto Blanquillo – via the mule track back to Cómpeeta (5 hours), extension possible to the top of the Lucero, then the walk will take you 9 hours

8<sup>th</sup> day - Transfer to bus stop

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### Rules of the Mountain

1. Six months a year (May to October) it hardly ever rains; everything then is cork dry. During the other months, there can be occasional rainfall, but the sun will dry everything very quickly, so **NEVER** throw away cigarette ends on your walks and **NEVER** make a fire in the National Park.
2. The weather in the mountains can change quickly. Before you know it, a clear day may become a walk in the clouds and visibility will be poor. So don't go alone, especially not on the higher walks. Always take a compass, a good map and extra (waterproof) clothing with you.
3. Always take abundant drinking water and sun protection with you.
4. Always wear good walking shoes and long pants. The latter offer protection against shrubs along the paths, insects and the occasional adder you may encounter.
5. It is advisable to take a mobile phone with you.

The emergency number is 112