

Walking over Lemons with Chris Stewart at Casa Ana
PROGRAMME 2

23 – 30 May 2020
10 – 17 October 2020

**A week of walks including a day visiting an Alpujarran
garden and wine-tasting**

DAILY ITINERARY

Day One: Saturday: Arrival day

Welcome drinks followed by dinner at Casa Ana

Day Two: Sunday: Exploring the Trevez Gorge

Depart for circular walk through the white villages of Atalbeitar and Busquistar before descending into the Trevez Gorge, crossing the river and following medieval silk-road paths back to Ferreirola. **9.3 km /5.8 mi/4 hrs**

Picnic lunch

Dinner at local restaurant

**Day Three: Monday: Waterways, oak woods and the Osel Ling
Buddhist retreat**

This walk starts at the Puente Palo picnic area. Follow the *acequia* (Moorish water channel) through oak woods and meadows to the Buddhist Retreat of Osel Ling.

7.6 km/4.5 mi/4 hrs

Dinner at Casa Ana

**Day Four: Tuesday: Alpujarran Gardens and Spanish Wines: a
gentle day**

Walk from Casa Ana to Cortijo Opazo near Atalbeitar for a garden visit followed by a long, slow lunch. **4 km/2.5 mi/1.25 hrs each way**

In the evening before supper we'll have a wine tasting at the house with expert Tom Goetz. An opportunity to sample

some of the best wines of Andalucia
Supper at Casa Ana

Day Five: Wednesday: From the Trevelez valley to the Poqueira Gorge

Starting in Pitres walk the GR7 to Capileira. Lunch at local restaurant. Then on via the footpath to the white villages of Pampaneira via Bubion. **9.6km/6mi/5hr**
Dinner at Casa Ana

Day Six: Thursday: Walk to Chris Stewart's farm El Valero

Walk from Casa Ana down to the Trevelez river, hiking up part of the Corona (small mountain), over the top and down into the Guadalfeo river valley to the El Valero farmhouse. Chris and his wife Ana prepare lunch at the farm.

11.4km/7mi/3.45hr

Supper at Casa Ana

Day Seven: Friday. Sierra Nevada mountain walk: to the Seven Lakes

The day starts with a minibus to Capileira to meet the National Park bus*. This bus takes us up to the Alto del Chorillo.

From there, a walk to the Siete Lagunas (Seven Lakes) and around these glacial lakes

Picnic lunch

National Park bus then minibus from Capileira to Casa Ana

Dinner at Casa Ana

*Alternative walk if the National Park bus isn't running: from the Hoya del Portillo to Refugio circular walk.

Day Eight: Saturday. Departure day

Breakfast then departures

NB. Due to weather conditions or other circumstances beyond our control it may be necessary to make changes to this schedule.