

Andalucia's Eastern Coast

8 days **from £619** November 2019, February to June & September to November 2020



Glorious hills and mountains, pretty beaches and coves, the azure waters of the southern Mediterranean and a wonderful sub-tropical climate – what else do you need for a walking holiday in the sunshine? Andalucia's eastern coast (known as the Costa Tropical) is all this. Your base is the coastal city of Almunecar where the sierras plunge spectacularly into the sea and you will find no less than 25 beaches and coves within the boundary of the municipality. It is a city whose Phoenician, Roman and Moorish past is still much in evidence. Granada is only 45 miles away and you have an included visit to the last city to be surrendered by the Moors in 1492.

• 7 nights hb in Almuñecar, on the Costa Tropical • 2 coastal walks
• Mountain walk near white-painted Frigiliana

PROGRAMME

DAY ONE: Flight to Malaga and transfer to your hotel (55 miles) in Almunecar on the beach east of the city for seven nights half board accommodation.

DAYS TWO TO SEVEN: During your stay there are three included walks.

Walk 1: Short 5-minute transfer to the start of your walk east along the coast. You walk via gorges, cliff and coastal paths along beaches and coves, passing ancient watch towers, and with excellent views as you go. Your destination is the old town of Salobrena, where there is an Arab Fortress and from where you catch the local bus back to the hotel. 6 miles, 120m of ascent and descent.

Walk 2: 10-mile coach trip west to your start point at Playa Canuelo, from where you walk along the old coastal route to La Herradura – 6 miles so far, 230m of ascent/descent. After a stop for lunch at La Herradura, either catch the local bus back to Almunecar, or continue walking over the headland to Cotobro and Almunecar – a further 4 miles, 100m ascent/descent. From Almunecar centre, take the local

bus or continue along the promenade to the hotel.

Walk 3: Today you have a coach transfer to Frigiliana, 16 miles away, for your circular walk in the hills behind this pretty white-painted village. The undulating route takes you to the Cross on Captain Pinto's Hill (the good captain built a cross to give thanks for surviving a horrendous storm at sea). You return via the little village of La Molineta, where we make a refreshment stop, and then return to Frigiliana. 6 miles, 400m of ascent and descent. There may be the opportunity to include a section of river walk, weather permitting.

There are opportunities for self-guided walks from Almunecar – our representative will be pleased to advise. There is also an included full-day excursion to the wonderful city of Granada. There is surely no more spectacular setting than Granada whose extraordinary Alhambra complex is dominated by the snow-capped peaks of the Sierra Nevada. A local guide will ensure you make the most of your visit

of the Alhambra and the Generalife Gardens. (Please note that, due to restrictions on group visits, the Nasrid Palaces part of the complex may not be included in the visit.) As well as visiting the complex, you will also have plenty of time to see some of the city's other attractions such as the cathedral and the old Moorish quarter of Albaicin, now a UNESCO World Heritage Site together with the Alhambra and the Generalife.

The rest of your time is free to enjoy Almunecar. You can visit the Arab fortress built on top of a Roman castle or stroll through the delightful botanical gardens of Majuelo Park where there is a huge collection of tropical and subtropical plants, bushes and trees as well as the remains of the Roman fish-salting pits. Other attractions include the exotic bird park and the network of defensive towers built by the Moors and later strengthened in the 18th century as defence against British raids. Or just stroll through the busy commercial district in the old centre where you can admire the city's monuments – look out for the plaque dedicated to Laurie Lee who spent time here during and after the Civil War.

DAY EIGHT: Free time until your transfer to the airport and your return flight home.

YOUR HOTEL

HOTEL BAHIA TROPICAL ★★★★★,
Taramay, Almunecar (seven nights)

The hotel is situated on the small Pozuelo beach in Taramay on the eastern edge of Almunecar, 3 km from the city centre. There is a frequent, cheap bus service to town if you do not want to take the extremely pleasant walk along the seafront. Its spacious rooms all have bath and wc, minibar, satellite tv, safe (chargeable) and hairdryer - most have balcony or terrace. The restaurant serves buffet style food and there is a bar with entertainment on most nights. The hotel has a large outdoor pool and a spa. One entrance to the spa is included during your stay (one hour use to include active pool with water massages, sauna, Turkish bath, pediluvium and sensation shower). Health and body treatments are also available at extra cost. (www.hotelbahiatropical.es)

Extend your holiday – extra week available in Taramay.

If you have friends who are not walkers interested in this itinerary, it is featured in our Escorted Holidays brochure with a touring programme.