



## Spain: Granada to Seville Trip Notes May 9-25, 2016

### **Highlights**

- I've never been to the southern part of Spain, only Barcelona area, Madrid and northern Basque region. It was interesting. Not so super as to want to do again but unique enough to be glad it's done.\*
- Surprised to see all the mountains. Spain is the most mountainous country in Europe after Switzerland. Mountains on the northern coast, mountains on the southern coast (even up to 10,000 feet high where we saw that snow had just fallen), and mountains in the center.
- Pueblos Blancos, or white mountain-top villages, were enchantingly beautiful. Yet still rustic.
- Tom accompanied me and we had a few days on either side of the hike in both Granada and Seville.
- The forest of Grazelema is the wettest region in Europe. We hiked among rare orchids, fields of iris, and unique trees.
- Hiking was called moderate to strenuous and the day when we descended 3700 feet was reasonably strenuous. My domestic hiking group, PPH, would have called the week easy to moderate.
- Olive trees everywhere and we learn that Spain produces the most and then ships it elsewhere for bottling and marketing.
- Once we hiked through a forest of cork trees and learned (again) how cork is harvested every 8-9 years.
- Most importantly, my legs are still working! I'm grateful to them, my trainer and my husband. They all need each other.

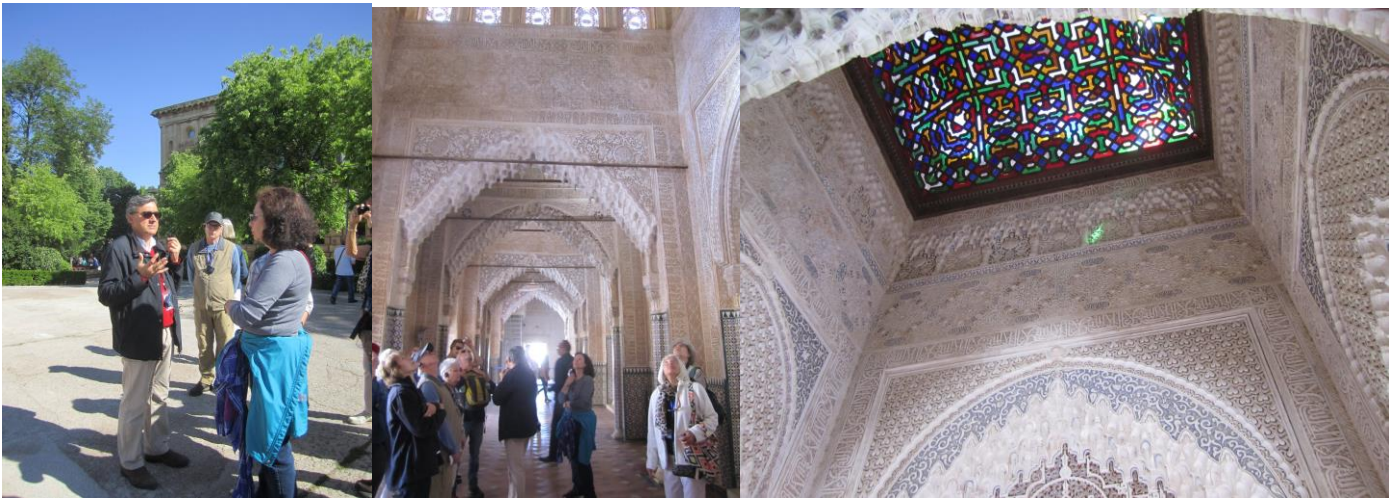


### **Observations**

- **Hotels** were Spanish after all. One needs a 5-star Palacio to compete as it's more in the 3-4 star category we'd be accustomed to. Don't forget that it wasn't all that long ago that Franco was ruining the country. (Hotel pictures are added into the itinerary section.)
- **Economy.** Remember that Franco hasn't been gone all that long. Their recession gives them huge unemployment. Enough of the Spaniard still have their own private vegetable gardens, which were needed during Franco's regime, and thus it is difficult to get much vegetables in a restaurant. Fish and meat: practically the end of the story. Twice when I ask for vegetables I got those red pimentos that come out of a jar.
- **A continent?** Spain is nearly a continent. Surrounded by water. Mountains up north in Basque and Pyrenees. Mountains in the south at Andalusia. Mountains in the middle. The most

mountainous country after Switzerland in Europe. We saw snow fall on the 10,000 foot high mountain out of Granada.

- **The southern view.** Straights of Gibraltar are not very large. From high on a hill we could see Morocco.
- **Connectivity.** Forget it. Rare, slow and cuts off. One hotel only had limited Wi-Fi in the lobby.
- **Language.** I have more trouble understanding English from a Spanish person than anywhere else I have traveled. I also find less English available in Spain than any other travels. We believe this might have happened when Franco's dictatorship caused the country to be somewhat remote and restricted language lessons. The younger ones are starting to learn English. Many have absolutely zero. (I know, we're spoiled.)
- **Security.** Big and continual reminders to be caution in holding onto suitcases and how amazingly successful are pickpockets.



Guido was our private tour guide in the Alhambra. When Colin Powell visited, they closed down the whole of the Alhambra and Guido was his guide. Look! We're all looking UP. Lots to look UP to and for and here's just one of many UP views.

### **Tourist**

- **Alhambra** in Granada the most complete and copied Moorish complex known. Tom and I toured one day, and then I toured still another day with my hiking group. There was plenty left to see for even more than two days.
- **Mosquita** in Cordova is second or third most important and largest Muslim shrine in world after Mecca and the Blue Mosque. 23,000 square meters. Amazingly well preserved.
- **Land of the Rich and Famous.** Mel Gibson was at Alhambra right after us and in Ronda while we were there. Many areas named for Ernest Hemmingway.
- **Seville's cathedral** is the largest Gothic Cathedral in the world and the 3<sup>rd</sup> largest cathedral known after St Paul in London and St Peters in the Vatican. It was our view from our huge hotel terrace and we were simply wow'd.



Lovely Kitty from Stowe VT joining us on our terrace. See that view? Now see it at night! We also have pictures of the moon over the cathedral but this shot is the best.



***Early in the trip and one of the only email updates sent out*** – with Tom's pictures of the Alhambra We have been off-line for too long that thanks to Tom here are some photos from Granada and their famous hilltop 13th century town called the Alhambra.

We had a long lovely tour of the Alhambra and the weather held until the last few minutes and then it poured down on us.

In Madrid we spent much of the day in their second largest museum called the Thyssen-Bornemisza which has quite a dramatic number of famous pieces of art. Huge. Last year we went to the Prado, and while that's worth a few trips, we decided to see some place new.

We've had a food tour in Granada which included lots of drink and lots of their famous Tapas. We ate and drank from eight in the evening until 11:30 last night. We slept very well.

Of course we also went shopping which some of you will understand that joke. In Madrid it was 1 1/4 hours "interviewing" rental cars with an upgrade to an Audi A4 (with a Spanish GPS). First shopping was in Madrid for a European cell SIM card but since our phone was "locked" then a European cell phone. Then in Granada for a European Garmin since ours refused to turn on. While in the store(s) we didn't hold back either. Ha ha.

Our hotels have been quite satisfactory with the first one in the same "palace" where we stayed last year, but the room wasn't a huge presidential suite this time. It just cost suite prices. And in Granada, without a Garmin to find it cost a wee bit of frustration, and then to find that our suite wasn't so sweet but acceptable with some nice features. All-in-all, plenty fine hotels.

Tomorrow we have a very early and a full day with a guided trip to Cordova. On Sunday we are off to the start of a hike and will be in La Joya for two nights.

The weather tomorrow should turn good as will the following week for my hike. We have had both very cool and very wet weather since arriving. I would much rather be cool and wet than the 30°C they had the week before.

That's my story and I'm sticking to it. If all goes as well for the rest of our trip, I'm happy.

**Tom sent these pictures** - At the famous Alhambra in Granada - best Moorish palace/city in the world- 11<sup>th</sup> and 12<sup>th</sup> Century



**Photos.** Between the two of us, we have over 800 photos. I will hope that Tom finishes up a photo show of about 100 of the best and then you can see them at [www.TomsKoi.com](http://www.TomsKoi.com). In the interim, here's a few of my pictures from the hiking.



The hills are a surprise. The goats a delight except for the smell and the flies they attract. The views are generally worth the climb.



The rock formations went on for miles. Obviously they were once under water as the huge preserved shells were everywhere. That's my hiking pole next to one to show how large and complete they are. I would have liked to stay up on the top of this panorama trail a while longer.



Nicholas our guide showing us some rare orchids found in these very wet natural surroundings near to Grazelema.



We walked through a cork forest. I had nearly given up on this hike and considered hitchhiking to the next city on my own, but it turned out to be worthwhile.



I knew we were going to have to forge this creek and I worried and worried and then it turned out just fine. Here is another picnic, before a sunset dinner. Is it no wonder that I gain weight on these trips despite the exercise? Finally, the deep canyons of the town of Ronda. We loved Ronda!

### ***Not all is perfect – here's an ugly one***

Complications happened with Country Walkers who decided and told us on day of arrival that Tom was not to be included. Big-company-iris has set in with their new ownership. We were dumped unceremoniously. Despite our past history, an assumed authorization, a favorable financial arrangement with them, all of which caused three days of discomfort. I paid for my dinner, missed the informational aspect of dinners, walking tours on way to dinner, and felt rather remote and embarrassed. Not to mention worrying about our two upcoming trips which have clear written authorization. Our guide tried to make up for it during the last three days, but the discord continued with the new big-titled administration in Vermont. When titles take up two lines and stretch across the page, trouble looms. I am looking for another foreign tour operator yet I have three more tours with Country Walkers this year and then likely my freebie which comes after 16 trips, so it's hard to totally quit with a freebie coming up. (Or are they trying to keep me from my freebie? Now I'm sounding paranoid.)

***Weather.*** The rain in Spain doesn't just fall mainly on the plain... "♪♪♪ ♯ □ ♫♪"

We had cold and heavy rains at first and wore every layer of clothing we had. Then at the end we were in big-time heat and had to keep hunting a/c.

### ***Notes and updates to Tom***

We are at a rest stop. This is very amusing that the driver was afraid to stop in front of the hotel. Illegal he said. So he drove around the city for almost an hour.

Which means, since they carry a black box attached to the bus that he had been behind the wheel long enough that now he's required to make a 30 minute rest stop. You realize of course that we only had a 2 Hour drive to begin with.

We have been doing an exorbitant amount of standing around and waiting. This morning the leaders only showed up at about 9 o'clock which everyone was to do and one couple didn't show up until 9:20am.

Finally we got going. We walked up one side of the hill to the Alhambra via a very narrow cobblestone and circuitous type route, only to find that a marathon was ongoing. (Well, maybe a half marathon: Europeans call any run a marathon.) The marathon that runs the hills around the Alhambra. We were unable to cross the line of marathon traffic for about 20 minutes. Then it was time to get the tickets and the line was hugely long and even though our tickets were pre reserved, this caused another bit of waiting. We finally got into the Alhambra by 10:30.

Our guides name was Guido and he was the chosen guide when Colin Powell and entourage came to visit the Alhambra and they closed the entire city town of Alhambra on his behalf. They didn't close it for us but it was much easier to get around them are tour on Thursday. It also was much more extensive.

It sounds like the Hotel in Ronda made a big deal about us asking to upgrade and or add to the room. I've learned its one of the paradors set up by Franco to lure the tourists and thus some currency. They are still of the government mentality.

\*Hikes I'd do again: Machu Picchu. Amalfi. Dolomites. Lakes of Italy (twice already). Grand Canyon (three descents already). Yosemite (multiple times). Yellowstone (on my way for the third time).

***Itinerary***

**Mon May 9**

8:30pm Depart Newark EWR via UA#51

**Tue May 10**

9:55am Arrive Madrid MAD

Taxi to hotel

Hotel AC Palacio Del Retiro, Autograph Collection – 1 night  
Alfonso XII 14, Madrid 28014 Spain Tele: 34 91 5237 460



**Wed May 11**

11:00am Pick up Avis rental car at train station – Avis Charmartin, MD7  
Estacion De Tren De Chamartin, Calle Agustin De Foxa S/N, Madrid 28036ES

Hotel Hotel Granada Center – 4 nights in Jr Suite with breakfast  
Avenida de la Fuentenueva, s/n, Granada City Center, 18002 Granada, Spain  
Tele: 34 958 20 50 00 Booking# 561 925 638  
Yes WiFi; No coffee in room; Yes mini bar refrig; Parking available for a charge



Thu thru Sat Granada tours: <http://www.city-discovery.com/granada/?gclid=CJO458fLpMkCFYb3HwodOecEjQ#>

See Baths, Cathedral and Royal Chapel, Coast and Nerja Caves, Le Alpujarra, Cordoba hop on/hop off

***Hike Description*** from [www.CountryWalkers.com](http://www.CountryWalkers.com) - *This small-group Guided Walking Adventure offers an authentic travel experience, one that takes you away from the crowds and deep in to the*

*fabric of local life. On it, you'll enjoy 24/7 expert guides, premium accommodations, delicious meals, effortless transportation, and local wine or beer with dinner. Rest assured that every trip detail has been anticipated so you're free to enjoy an adventure that exceeds your expectations. Overview - From legendary Granada to vibrant Seville, this walking journey explores the best of southern Spain; the most beautiful whitewashed villages and spectacular mountain ranges. You begin in the royal city of Granada, the last jewel in the Moorish crown, where you walk the massive fortifications of the oldest part, the Alcazaba, the Alhambra royal palaces, and the extraordinarily engineered gardens of the Generalife. You then move to the pastoral land of the Torcal de Antequera Nature Reserve and the Sierra de Grazalema Natural Park. Here you walk along mountainsides terraced with olive groves and interspersed with lush valleys. You revel in the beauty of the rocky landscapes clad with ancient firs and wander through cork forests watered by gently meandering streams. These areas are as beautiful and fertile today as they were 500 years ago and the classic pueblos blancos (white villages) have largely preserved their traditional lifestyle and culture. At night you relax in the tranquil countryside near La Joya, the serene village of Grazalema, and Ronda—one of southern Spain's most beautiful towns, perched dramatically on both sides of a deep gorge. The tour culminates in the passionate city of Seville, home to flamenco dancing, tapas, and bullfighting.*

Host Hotel Fontecruz Granada Hotel, Spain – name changed to Eurostar Grand Villa  
Gran Vía de Colon, 20, Granada, Spain Tel 011 34 958 217 810

A five-star property boasting a spa, stylish rooms, and an attic bar with wrap-around views of the Alhambra, the Fontecruz is a luxurious retreat in the center of Granada. Ideally located in the city's Old Town, just steps away from central plazas and the legendary Moorish neighborhood, it offers WiFi, room service, and unobstructed views of the near-by cathedral.

### **Thu May 12**

9:30am Tour to Alhambra and Generalife Gardens to 2pm – booked for 2 with hotel

### **Sun May 15 - DAY 1 of hike**

9:00am Meet at host hotel above for start of hike

Alhambra guided visit; 3-4 hours, easy. Transfer to La Joya-Antequera

This morning you enter the extraordinary world of the Alhambra—a magnificent ensemble of palaces and fortresses that once housed the Moorish rulers of Granada. The tour of the Alhambra is led by a local expert guide and provides a detailed overview of this overwhelmingly beautiful site. The visit comprises all of the most fascinating monuments, including the Nasrid Palaces, the Alcazaba (or fortress), as well as the exquisite Palacio del Generalife gardens. The sultan's summer palace—known as the Generalife or “the architect's gardens” if literally translated from Arabic—is the oldest example of Moorish gardens in Spain. Even if you explored the site on your own prior to the tour, you discover intriguing new facets of each of the ancient buildings and gardens, all the while relishing spectacular views over the rest of the city.

Lunch at a local restaurant may include a refreshing starter of shrimp gazpacho paired with the region's white wine. By mid-afternoon, you depart Granada for the two-hour transfer to the small village of La Joya and your home for two nights—a charming boutique hotel peacefully located on the outskirts of the village. From its rural hillside setting, there are splendid views over the Guadalhorce Valley and the Málaga countryside with the Mediterranean coast in the distance. There is time to unpack and settle in before gathering again for a welcome aperitif of jerez (sherry) or vino dulce de Málaga (sweet wine from Málaga) on the hotel's outdoor terrace. An exquisite dinner of Mediterranean specialties follows in your hotel's warm wood-beamed restaurant.



Hotel Hotel Fuente del Sol, La Joya- 1<sup>st</sup> of 2 nights - Tom added and upgrade to suite La Joya-Antequera, Spain Tel 011 34 951 23 98 23 Email info@hotelfuentedelsol.com hotelfuentedelsol.com - Wireless Internet, hair dryers, and laundry service available. Coffee? Yes mini-bar



Beautifully situated in tranquil surroundings, our exclusive rural hotel boasts splendid views of the coastal mountains toward Málaga, indoor and outdoor swimming pools, and exceptional dining.

### **Mon May 16 - DAY 2**

Hotel Fuente del Sol to Antequera; 8.5 miles, moderate, 1,200-ft. elevation gain, 2,000-ft. elevation loss. Torcal de Antequera; 1.5 miles, easy

Following a hearty buffet breakfast, you depart the hotel on foot for the town of Antequera, home to numerous churches, chapels, and Neolithic and Bronze Age dolmens (burial chambers built with huge slabs of rock), as well as a profusion of Roman, Islamic, and Spanish architectural gems. Your route passes isolated cortijos (traditional Andalucian farmhouses) as it skirts the Cerro del Águila (Eagle Hill). At the Cortijo del Robledillo (Oak Tree Farm), you continue along a cordel, a drover's road used by shepherds travelling with their flocks of sheep and goats since time immemorial. A steady, yet gradual ascent ensues, leading to the pass at Escaleruela. Rewarded with spectacular views over the distinctive limestone massif landscape of the Torcal, you begin a steep descent towards the foot of the pass. Reaching Antequera, your guides unpack a well-deserved picnic lunch—an assortment of local delicacies such as chorizo, Iberico ham, and pâté may be served alongside regional cheeses and fresh-baked bread. After lunch, a short bus ride takes you into the heart of the Torcal de Antequera, a maze of surreal karstic rock outcrops dating from the Jurassic period. The area supports a variety of orchids, wild roses, mountain goats, and griffon vultures. After an easy walk around the Torcal (keep an eye out for fossils!), a 30-minute transfer returns you to your hotel. Dinner, once again on site, may feature a traditional dish of grilled wild boar or roasted sea bass with vegetables freshly picked from the hotel's garden.

Hotel Hotel Fuente del Sol, La Joya – 2<sup>nd</sup> of 2 nights

### **Tue May 17 - DAY 3**

Peñon Grande Circuit. 5-6 miles, moderate, 1700-ft gain and loss or Llano Endrinal Circuit, 3.5 miles, easy to moderate, 1000-ft gain and loss

After breakfast, a transfer of approximately 3 hours brings you from La Joya to your next hotel in Grazalema, where you settle in while the guides buy the remaining items for today's picnic lunch. You then set off through the village to undertake a renowned local walk—the classic circuit of the Peñon Grande, the towering massif that dominates the skyline to the west of Grazalema. Starting from the

front door of your hotel and moving through the quiet, pretty back streets, you emerge at the high end of the village. You continue through stands of pine and oak trees and eventually reach a more open area, still gaining height, with beautiful views to the twin peaks of the Simancón and Reloj away to your left, as you skirt the east face of the Peñon Grande. The Llanos del Endrinal are a surprising and rare feature of the landscape here, a flat area, and were cultivated until well into the 20th century; local farmers planted legumes and cereals and protected their crops by building the stone enclosure around it. However, the area is no longer cultivated and the remaining stone wall now serves to keep grazing animals in rather than out.

You reach the high point of your walk at the Puerto de las Presillas (Presillas Pass) and from here descend to the Puerto del Boyar, before picking up and following the nascent Río Guadalete down and back to Grazalema where you have time to meander through the streets of this charming and well-maintained mountain village. One of the typical pueblos blancos (white towns) of Andalucía, Grazalema is characterized by its whitewashed walls and either red- or brown-tiled roofs. The town achieved its greatest prosperity from the 17th century onwards based on the weaving industry using wool supplied from local sheep. High-quality woolen goods are still produced and sold in Grazalema.

Your hotel is located in the heart of this whitewashed village, and in the evening you walk a short distance to a local restaurant and enjoy rustic mountain cooking including various offers of game depending on the season.

Hotel Puerta de la Villa, Grazalema – 1<sup>st</sup> of 2 nights for Diana – one night for Tom  
Grazalema, Spain Tel 011 34 956 132 38 Email [info@grazalemahotel.com](mailto:info@grazalemahotel.com)  
[www.hotelpuertadelavilla.com](http://www.hotelpuertadelavilla.com) – In Spanish only  
Hair dryers and laundry service available. Wireless Internet only in lobby



Perfectly situated in the charming village of Grazalema, this hotel offers simple accommodations, a small plunge pool, and direct access to spectacular walks.

### **Wed May 18 - DAY 4**

Sierra de Grazalema Natural Park; 9.5 miles, moderate to challenging, 1,700-ft. elevation gain, 3,600-ft. elevation loss or 6.5 miles, moderate, 800-ft. elevation gain and loss

After a hearty breakfast and a short transfer, two equally spectacular walks are available in the Sierra de Grazalema Natural Park today, depending on the time of year and recent weather. The first option, leading to the village of Benamahoma, begins just outside the town of Grazalema. Starting with an hour's steep and steady climb to a dramatic ridge at 4,000 feet in the Sierra de las Cumbres, you then skirt the north face of the Sierra del Pinar (clad with the dark green Spanish fir—a rare relic from the

last ice age, surviving in significant numbers only in pockets of southwest Andalucia and Morocco). Lunch is a picnic, offering an assortment of cheeses, sausages, and dried meats. Reenergized, you set off on the long descent to Benamahoma—an enchanting village whose streets are lined with orange trees, exuding the scent of their blossoms for much of the year.

The alternative route follows a trail to Benaocaz, a charming village situated inside the Sierra de Grazalema Natural Park. A UNESCO Biosphere Reserve, this park is one of Spain's most ecologically important areas and home to the griffon vulture, deer, roebuck, and the imperial and royal eagles. The walk takes you through countryside with dramatic views and past the spectacular cleft known as the Salto del Cabrero (Goatherd's Leap), 330 feet deep and 1,640 feet long.

Following either option, a short ride brings you back to Grazalema, where dinner is yours to enjoy on your own at one of the lively restaurants in the village square.

Hotel Puerta de la Villa, Grazalema – 2<sup>nd</sup> of 2 nights for Diana - WiFi only in lobby

Hotel Tom moves to Ronda hotel – reservation below – check if he can stay the 2 nights in same room

### **Thu May 19 - DAY 5**

Grazalema to Montejaque; 4.5 miles, easy, 150-foot elevation gain, 400-foot elevation loss or 6.5 miles, easy to moderate, 500-ft. elevation gain, 800-ft. elevation loss. Transfer to Ronda

After breakfast, you set off on foot for a full day's walk to the village of Montejaque. Following an initial descent, the trail then rises to the Puerto de los Alamillos (Poplar Pass). Once through the pass, you find yourself walking briefly through picture-perfect farmland unchanged over the centuries, before dropping again to follow the gentle meanders of the Gaduares River through open cork oak forest. En route, your guides lay out yet another delicious picnic lunch.

This afternoon, a 30-minute transfer brings you to the day's final destination, Ronda, another of Andalucia's pueblos blancos and the most dramatically situated. Meaning "surrounded by mountains," Ronda is ringed by the Serranía de Ronda mountain range and perched on cliffs overlooking the spectacular 350-foot-deep Guadalevin River Gorge, known as El Tajo. Your parador hotel occupies the site of the former town hall and is ideally located at the edge of this gorge next to Ronda's famous Puente Nuevo, or "new bridge," a breathtaking setting that you will relish. There is time to settle in before strolling to dinner at a nearby restaurant for another Andalusian feast featuring magnificent views over the gorge.

Hotel Parador de Ronda, Ronda – 1 night only for Diana – Tom arrives night earlier  
Ronda, Spain Tel 011 34 952 87 75 00 Email [ronda@parador.es](mailto:ronda@parador.es)  
[www.parador.es/en/parador-de-ronda](http://www.parador.es/en/parador-de-ronda)  
Wireless Internet, hair dryers, and laundry service available.



That's our hotel on the cliff between the canyon with the bridge and the bullring.

Built in the 18th century, the Parador is ideally located in the center of the city next to the emblematic Puente Nuevo. The spacious rooms boast beautiful views and colorful interiors.

### **Fri May 20 - DAY 6**

Walking tour of Ronda; 2-3 hours, easy. Free afternoon in Ronda. Transfer to Seville

Following the previous days' invigorating full-day hikes in the open countryside, the next part of the tour offers a more relaxed pace, highlighting the region's historical and cultural gems. This morning, a guided walking tour takes you across the arched Puente Nuevo, built in the 18th century, which connects the old Moorish quarter of the city, La Ciudad, with the newer section, El Mercadillo.

Entering the central Casco Antiguo (old quarter), packed with churches, palaces, and the remains of mosques and other reminders of Spain's glorious Moorish past, you proceed to the main square and the city's original mosque, now the ornate parish church of Santa Maria La Mayor. Following a visit to the Palacio Mondragon, a 14th-century palace with internal courtyards, fountains, a cliff-top garden, and the city museum, you proceed past two of the old town's bridges—the Puente Viejo (Old Bridge) of 1616 and the Moorish Puente de San Miguel—before reaching the 13th- and 14th-century Arab baths just outside the old city walls. Looping back toward the Puente Nuevo, you conclude your tour at Ronda's elegant Plaza de Toros, one of the oldest and most revered bullrings in Spain.

You then have free time for the rest of the morning, followed by lunch on your own.

A two-hour transfer brings you to your elegant accommodation in a converted 18th-century palace in the heart of Seville. Your sojourn in Andalucía culminates with a final evening in this seductive city where the legendary Don Juan began conquering the hearts of women across Europe. A celebratory meal, perhaps a colorful Spanish seafood paella, served at a lively restaurant, is rounded off by an intimate flamenco performance.

Hotel            Vincci La Rabida, Sevilla – 1 night with tour; added 3 nights upgrade on own = 4 nights  
c/ Castelar 24, 41001 Sevilla, Spain Tel 011 34 954 50 12 80 Email  
[larabida@vinccihoteles.com](mailto:larabida@vinccihoteles.com) [www.vinccilarabidahotel.com](http://www.vinccilarabidahotel.com)  
Coffee? WiFi yes Minibar yes



That's the lobby and then just part of our room – the bedroom, then there was the huge bathroom, long hallway with closets galore, a living room, and a terrace much larger than most hotel rooms, if not double the size. Our room was off the roof top terrace area.

From website: Among all the hotels in Sevilla, Spain, the Vincci La Rábida Hotel is special because it has been designed from the departure point of an 18th century palatial home located in the city centre. Just a stone's throw from the Cathedral of Seville and the "La Maestranza" Bullring. It is very well connected to the main access roads and is just a short walk from the city's commercial district and various landmarks. The hotel is in the Barrio del Arenal neighbourhood, which is well-known for its restaurants that offer the famous "tapas" from Seville.

Located in an old quarter of Seville, this beautifully restored 18th-century palace boasts outstanding views of the Giralda and Cathedral. A lovely property with comfortable rooms situated around a central patio and with a roof top terrace.

### **Sat May 21 - DAY 7**

Seville city tour; 3 miles easy. Departure from Seville

Located on the banks of the Guadalquivir River, Seville is one of the most important historical and cultural cities in Europe. Your exploration of this fascinating city begins after breakfast with a stroll through the narrow streets of the Barrio de Santa Cruz. This historic quarter with its beautiful houses, flowered balconies, richly decorated façades, and hidden patios is a treat to explore. Next you visit the Alcazar (royal palace)—founded in the 10th century by Abd Al Rahman III and converted most notably by Peter the Cruel for use as his palace. The fortress displays varied architectural styles from Islamic to Neoclassical and features multiple delightful gardens, fountains, and pavilions.

2:00pm Tour concludes back at the hotel after the visit to the Alcazar and you are free to continue your exploration of this fascinating city or to depart at your leisure for your next destination.

Gratuity guidance from CW: Industry standard is \$10-\$15 per person, per guide, per day. In file. Add for Tom's attendance.

Hotel Added 3 days to Vincci La Rabida in Seville

See food tours in Seville: <https://madridfoodtour.com/?gclid=CJG5-bGVxcgCFUqdGwodJiQPow>

Per [reservas.larabida@vinccihoteles.com](mailto:reservas.larabida@vinccihoteles.com) and joseluis.mera <joseluis.mera@vinccihoteles.com> For tours there are two companies we work with and they have different tours around Sevilla, Artistic Sevilla, Traditional Sevilla and also for visiting Cordoba. What happens is at this moment what we have are rates and tours for this year but not for 2016 and the name is Visitours if you want to have a look by Internet

## **Tue May 24**

Cancel? Taxi to airport SVQ takes 15 minutes and costs about 40 Euros per CW; 25 Euros per hotel. Taxi to train is around 10 Euros per hotel. Train from Seville to Madrid 2.15 hours with arrival to station only 15 minutes before; reservations needed to use purchased RailEurope Pass but only 1 week ahead

7:30pm Drop off Avis rental car at Madrid-Barajas Airport – T1, MAD

Hotel AC Hotel Coslada Aeropuerto – a Marriott  
Calle Rejas, Madrid, 28022 Spain Tele 34 91 7462730  
Free airport shuttle on request from 7:30am to 9pm M-F

## **Wed May 25**

11:35am Depart Madrid MAD via UA#50

2:00pm Arrive Newark EWR

### ***Participants:***

Katherine (Kitty) Coppock, Stowe, VT  
Thomas and Victoria Kruggel, Lafayette, CA  
Barret Kruggel, 2730 Herlev  
Evan Chu, Gaithersburg, MD  
Jane and Patrick (Jack) Reagan, Seattle, WA  
Constance (Connie) & Michael Kean, Pebble Beach, CA  
Marianne Fontana, Cutchogue, NY  
Susan Irvine, Alameda, CA  
Sharon and Mark Boykiw, Indiana, PA  
Diana Burton, Middletown, NJ

### ***Guides:***

Nicholas Law, Barcelona, Spain – brings a learned perspective and boundless enthusiasm to our tours in Southern Spain. A native of Great Britain, Nicholas is Oxford-educated in natural sciences. He now devotes his time to walking around rural Spain sampling as much Spanish culture as he can.

Richard Guggenheimer, Seville, Spain – A licensed Natural Heritage Guide, he has been leading cultural and walking tours throughout his adopted home of Spain for over 15 years. With a background in languages and music, Richard is also a language teacher and translator. Wide-ranging knowledge and interests, from photography to alternative medicine, makes him an engaging guide and travel companion.

### ***Burton emergency numbers:***

Sue Ann Ng-Martinez	732 236 7651	Has Pandora
Randy Fritts	732 671 5510	Neighbor – has key
Adam Basile	732 673 2582	Helper – knows house and pond

More numbers on kitchen counter.

Note that Kathy Kestler is gone May 7-24; Gary is in and out. Kathy's itinerary on kitchen counter

Links:

Inside Spain's Utopia [http://www.aljazeera.com/indepth/features/2016/04/spain-utopia-160418120509828.html?utm\\_source=Al+Jazeera+English+Newsletter+%7C+Weekly&utm\\_campaign=beee561adf-weekly\\_newsletter&utm\\_medium=email&utm\\_term=0\\_e427298a68-beee561adf-219913389](http://www.aljazeera.com/indepth/features/2016/04/spain-utopia-160418120509828.html?utm_source=Al+Jazeera+English+Newsletter+%7C+Weekly&utm_campaign=beee561adf-weekly_newsletter&utm_medium=email&utm_term=0_e427298a68-beee561adf-219913389)



ITINERARY CHANGES - Please bear in mind that this is a typical itinerary, and the actual activities, sites, and accommodations may vary due to season, special events, weather, or transportation schedules. We reserve the right to alter the itinerary, since tour arrangements are made up to a year in advance and unforeseen circumstances may arise that mandate change. Itinerary changes are made to improve the tour and your experience.

RESPONSIBLE TRAVEL - Country Walkers is a leader in active travel with responsible tourism an integral part of our core values. Our tours reflect our dedication to best travel practices—and to the preservation of indigenous cultures and the environment. Country Walkers has made a donation on behalf of every traveler to the CW Travelers Fund, which supports designated projects in the communities and habitats in which we travel. We invite you to learn more about our efforts and initiatives for giving back.

### ***Tour Itinerary Overview***

#### TOUR MEETING POINT AND TIME

Fontecruz Granada Hotel, Granada, Spain, 9:00 a.m. (changed name! to something else!)

Gran Vía de Colon, 20

Granada, Spain

Tel 011 34 958 217 810

repcion@fontecruzgranada.com

#### NIGHTS 1 & 2

Hotel Fuente del Sol

La Joya-Antequera, Spain

Tel 011 34 951 23 98 23

Email info@hotelfuentedelsol.com

hotelfuentedelsol.com

Wireless Internet, hair dryers, and laundry service available.

#### NIGHT 3 & 4

Hotel Puerta de la Villa

Grazalema, Spain

Tel 011 34 956 13 23 76

Email info@grazhotel.com

hotelpuertadelavilla.com

Hair dryers and laundry service available. Wireless Internet unavailable.

#### NIGHT 5

Parador de Ronda

Ronda, Spain

Tel 011 34 952 87 75 00

Email ronda@parador.es

parador.es/en/parador-de-ronda

Wireless Internet, hair dryers, and laundry service available.

#### NIGHT 6

Vincci La Rabida

Seville, Spain

Tel 011 34 954 50 12 80

Email larabida@vinccihoteles.com

vinccilarabidahotel.com



TOUR DEPARTURE POINT AND TIME - Vincci La Rabida, Seville, Spain, 2:00 p.m.

EMERGENCY CONTACT - One Call International - Email [mail@oncallinternational.com](mailto:mail@oncallinternational.com)

If communicating from within the US - Text 603.838.3169 If calling from outside the US

Tel 800.555.9095 or 603.894.4710 - When calling from outside the USA, you will need to dial the access code for the country you are calling from (a complete list of access codes, provided by AT&T, can be found on the Country Walkers website under Travel Tips and Travel Resources: International Access Codes).

In the unlikely event you are unable to connect by phone with One Call, or the region you are calling from does not have an access code, you should speak with a live international operator and ask them to place a collect call to 800.555.9095 or 603.894.4710.

## **Tour Facts at a Glance**

TOUR MEETING POINT AND TIME - Fontecruz Granada Hotel, Granada, Spain, 9:00 a.m.

TOUR DEPARTURE POINT AND TIME - Vincci La Rabida, Seville, Spain, 2:00 p.m.

ACTIVITY LEVEL - This tour is one of our Guided Walking Adventures, rated moderate to challenging, with three days of easy city walking, including a free afternoon. All other days include an average of 8 to 10 miles (6 to 7 hours) of hiking with significant ascents (up to 2,500 feet) and descents (up to 3,600 feet), and steep sections at times. The terrain is uneven with rocks and roots, and trails are exposed to the elements; it is therefore essential to carry plenty of water and to wear sun protection and waterproof hiking boots. The highest elevation on tour is 4,500 feet. The itinerary combines leisurely days for exploring southern Spain's cultural highlights—the cities of Granada, Ronda, and Seville—with four back-to-back full days of hiking in the Andalucian countryside.

### INCLUSIONS

- » Two expert, local guides (for groups of 8 or more), with you 24/7
- » All meals except for one lunch and one dinner; local wine or beer included with dinners
- » All accommodations while on tour
- » Transportation from the meeting point to the departure point
- » Entrance fees and special events as noted in the itinerary
- » Destination information (weather, visa requirements, etc.) and other travel assistance available 24/7 provided by One Call International
- » The unbeatable and cumulative experience of the Country Walkers staff

LET THE JOURNEY BEGIN - Prior to your adventure you will be asked to sign a Guest Acknowledgment of Risk and you will receive:

- » Luggage tags
- » List of travel companions and guide biographies

GRATUITIES - Gratuities for all hotels, meals, and services that are included in your tour price will be paid by Country Walkers. Should you wish to tip your Country Walkers guide(s), the standard in the industry ranges from \$10 to \$15 per person, per guide, per day (or \$20 to \$30 per couple, per guide, per day), and can be paid in USD or local currency.

TOUR MEETING POINT AND TIME - Fontecruz Granada Hotel, Granada, Spain, 9:00 a.m.  
Your guide(s) will be wearing a Country Walkers shirt. Please be dressed for easy city walking.

MOST CONVENIENT AIRPORT - Granada Airport (GRX), Granada. [aena.es](http://aena.es)

GETTING TO THE MEETING POINT - Direct flights from the U.S. to Granada or Seville are not available; however, multiple major airlines offer flights to these cities with a connection in a major European city. You may choose to fly directly from the U.S. to Madrid for example, and then arrange a domestic flight from Madrid to Granada with Iberia ([iberia.com](http://iberia.com)). From the Granada Airport, we suggest you take a taxi for the 9-mile journey to the Fontecruz Granada Hotel, our meeting point for the tour. A taxi costs approximately 30 euros and takes about 20 minutes, depending on traffic. Taxis may be found outside the arrival terminal.

Some guests may choose to fly into Málaga (AGP), on the southern coast of Spain (no direct flights from the U.S.). From the Málaga Airport, you may take a taxi to the central bus station (estación de autobuses), where buses for Granada depart every hour until 11:00 p.m. The journey takes 2 hours. If you arrive after 10:00 p.m., it may be too late to catch a bus, so we suggest taking a taxi. The journey is more direct (1½ hours) and costs approximately 125 euros.

You may also arrive to Granada by train. Approximate travel times for train travel to Granada from various cities are as follows: from Seville: 3 hours; from Madrid: 4½ hours; from Barcelona: 11 hours. For further rail information, including reservations, schedules, and up-to-date fares, please visit the website of RENFE (Spanish Rail) at [renfe.es/ingles/](http://renfe.es/ingles/) or contact Rail Europe at 800.438.7245 or consult their website at [raileurope.com](http://raileurope.com).

We recommend making train reservations in advance for major train routes. We suggest comparing the round trip point-to-point fare with that of a Spanish Rail Pass (the pass may be less expensive and have greater value). From the Granada train station, a taxi to the meeting-point hotel costs approximately 10 to 15 euros and takes about 15 minutes.

**PRE-TOUR ACCOMMODATIONS** - If you are not reserving our optional Flight + Tour Combo, you may wish to stay at the Fontecruz Granada Hotel, our meeting point hotel. To make a reservation, please contact the hotel directly. Rates vary according to room type and season, but start at about 165 euros (per double room), including taxes and breakfast.

Fontecruz Granada Hotel  
Gran Vía de Colon, 20  
Granada, Spain  
Tel 011 34 958 217 810  
[repcion@fontecruzgranada.com](mailto:repcion@fontecruzgranada.com)

A five-star property boasting a spa, stylish rooms, and an attic bar with wrap-around views of the Alhambra, the Fontecruz is a luxurious retreat in the center of Granada. Ideally located in the city's Old Town, just steps away from central plazas and the legendary Moorish neighborhood, it offers Wi-fi, room service, and unobstructed views of the near-by cathedral.

**DELAYS AND LATE ARRIVALS** - If you are delayed or miss the scheduled group meeting point for any reason, we kindly request that you contact our emergency assistance provider, One Call International. This service is available 24 hours/day, 7 days/week to assist you with any type of travel delay. Please refer to the Emergency Contact details on your Tour Itinerary Overview page for One Call International contact details.

**TOUR DEPARTURE POINT AND TIME** - Vincci La Rabida, Seville, Spain, 2:00 p.m.

**MOST CONVENIENT AIRPORT** - San Pablo Airport, Seville (SVQ) [aena.es](http://aena.es)

**LEAVING SEVILLE** - On the last day of the tour, you may depart at your leisure following the city tour, which returns you to the Hotel Vincci La Rabida at 2:00 p.m. A taxi to the airport takes 15 minutes and costs approximately 40 euros. Your guide(s) or the hotel staff can assist you in making arrangements for transportation to the airport or the train station. Approximate travel times for train travel from Seville to various cities are as follows: to Granada: 3 hours; to Madrid: 2½ hours; to Barcelona: 5½ hours. For further rail information, please refer to the Getting to the Meeting Point section.

**POST-TOUR ACCOMMODATIONS** - If you are not reserving our optional Flight + Tour Combo, you may wish to stay an additional night in Seville at the Vincci La Rabida. Please contact the hotel directly for reservations.

Vincci La Rabida  
Seville, Spain  
Tel 011 34 954 50 12 80  
Email [larabida@vinccihoteles.com](mailto:larabida@vinccihoteles.com)  
[vinccilarabidahotel.com](http://vinccilarabidahotel.com)

Room rates vary according to type and season: from 235 euros (per double room), including taxes and breakfast.

### ***Information & Policies***

**GUARANTEED DEPARTURES** - Country Walkers guarantees the departure of every tour\*—no exceptions and no disappointments! From the moment you make your deposit, you can start preparing for your adventure. We take care of all the details to ensure a seamless, small-group experience (with an average of 6 or 7 guests per guide). For best availability, reserve your trip today!

\*except in cases of force majeure

**RESERVATIONS** - Reservations for this tour may be made by calling Country Walkers at 800.464.9255. We can confirm your reservation with a deposit of \$350 per person. Final tour cost is due 90 days prior to tour departure date. As arrangements are confirmed at least a year in advance, the tour price is subject to change.

**GUEST RESPONSIBILITIES** - Each guest has the responsibility to select a trip appropriate to his/her abilities and interests and to prepare for the trip by carefully reading the confirmation materials. To join this trip, you must be in good health and capable of completing activities as described in the day-to-day itinerary. Our in-house experts welcome the opportunity to discuss the tour in more detail. In order to meet your needs, we ask that you please share any relevant physical limitations or health conditions when you make your reservation.

**CANCELLATION POLICY** - Cancellations received 91 days or more prior to the tour start date will incur a loss of \$150; cancellations received between 90 and 61 days prior to the tour start date incur a loss of 25 percent of the tour price; there are no refunds within 60 days of the tour start date. Up to 91 days prior to departure, you may transfer your reservation, depending on availability, from one departure to another in the same calendar year at no cost\*. Please notify us in writing.

\*One transfer per year; afterwards a modest per person transfer fee will apply. Please note that tours with seasonal prices may involve a higher price.

**TRAVEL INSURANCE** - We offer guests the opportunity to purchase a Travel Protection Plan. Please contact us for details.

**TRAVEL ARRANGEMENTS** - Air or other travel arrangements to and from your tour are not included in the price of your trip. We encourage you to contact your local travel agent, or Better Travel, a Vermont-based agency (800.331.6996 or [bettertravel@madriver.com](mailto:bettertravel@madriver.com)), for any additional air, hotel, rail, or transfer arrangements you may need.

### ***Spain at a Glance***

**ENTRY REQUIREMENTS** - U.S. citizens: Passports are required and must be valid for at least three months beyond the dates of travel. Visas are not required for stays of up to 90 days. For more information, see [travel.state.gov](http://travel.state.gov).

**Travel Tip** - Have a variety of options to start your trip: ATM card(s), credit card(s), some dollars to exchange, and some euros in small denominations.

**CURRENCY** - Spain uses the euro (EUR). For up-to-date exchange rates, see [oanda.com](http://oanda.com).

Many businesses in Europe will no longer accept credit cards without PIN numbers (chip and pin cards). Always contact your bank or your credit-card company for details on fees and card use when traveling.

**TIME ZONE** - Spain is in the Central European Time Zone, Eastern Standard Time plus six hours. For more information on worldwide time zones, see [worldtimezone.com](http://worldtimezone.com).

**PHONE & INTERNET** - Spain country code: +34 Cell phone coverage throughout Spain is extensive, but cannot be guaranteed to be accessible on all American mobile carriers or to function at all times while on the trail or in remote areas. For more information regarding international phone use, please refer to [countrywalkers.com/phones](http://countrywalkers.com/phones). Internet access is generally very good in towns and villages; however, it is not guaranteed at all of the hotels used on the tour. For more details regarding Wi-Fi availability, please refer to the Tour Itinerary Overview.

**LANGUAGE** - The official language of Spain is Spanish. While knowledge of the local language is not necessary, you may want to learn some fun and useful phrases; see [bbc.co.uk/languages/spanish](http://bbc.co.uk/languages/spanish) or the enclosed Reading Guide for a suggested phrase book.

**Travel Tip**

- Bringing your own hair dryer or other electrical device? You'll need a travel converter, available at most hardware, travel, or consumer electronic stores.
- For laptops or an electronic device with a dual voltage switch, you'll need the adapter plug but not a converter.

**ELECTRICITY** - Alternating current of 220V and 50Hz is used in Spain. Plugs have two round pins. For a full listing of electrical outlets worldwide, see [electricaloutlet.org](http://electricaloutlet.org).

**WEATHER** - One of Europe's warmest and sunniest countries, Spain has a predominantly warm Mediterranean climate, with dry summers and pleasant temperature ranges in spring and fall. Spain does have a variety of climates and zones because of its considerable geographical diversity. In Catalonia, the combination of Mediterranean and slightly mountainous climate results in temperatures from the low 60s to mid-80s (and 90s midday in August and September). In southern Spain's Andalucia, spring and fall are dry and sunny, with temperatures ranging from the 60s to the 80s. For up-to-date forecasts, see [qwikcast.com](http://qwikcast.com). For historical average temperatures and rainfall, see [weatherbase.com](http://weatherbase.com).

**FOOD & DRINK** - Thoroughly Mediterranean, the foundation of Spanish cuisine is olive oil, garlic, and local and seasonal produce, meat, and fish. Spanish food varies by region, in the same way that there is great variety in Spain's geography and climate; however, some dishes can be found throughout the country—a range of tapas (more on the next page), paella, gazpacho, excellent cured ham, chorizo, meatballs, salads, good bread, fresh fruit, cheeses, and for dessert, flan (vanilla custard). Surrounded as Spain is on three sides by water, seafood dishes are plentiful throughout, including shrimp with garlic, calamari, octopus, porgy, or monkfish, all with regional variations. Equally steeped in Mediterranean culture, wine has been produced in Spain since the time of the Romans, and the country is third in European wine production after France and Italy. Grown almost throughout Spain (except near Santiago de Compostela), quality red and white wines can be found in all regions, with the majority from the central Castilla-La Mancha region, with Catalonia second. A crisp and bubbly before-dinner drink is the Catalonia's sparkling wine, cava, named after the cellars in which it is produced.

**Travel Tip - ¿Tapas?** - Tapas, or pinxtos as they are known in the Basque country, are perhaps Spain's most well-known culinary export, with tapas bars and restaurants popping up worldwide. Part of Spanish life, they can be eaten with a drink as appetizers before a meal, or as a meal in themselves. There is even a verb in the Spanish language—tapear—meaning to eat tapas! These small savory dishes can be as simple as a plate of olives, slices of Manchego cheese, or chorizo, to prepared dishes such as grilled eggplant in tomato vinaigrette or slices of tortilla espanola (a dense potato and onion omelet). In Catalonia, a favorite is Pan Catalan or in Catalan, pa amb tomàquet, lightly toasted bread with chopped tomatoes and drizzled with olive oil. Here are a few others Spanish favorites:

Patatas bravas: spicy potatoes with a hot sauce.

Croquetas: a range of small fried croquettes that can be stuffed with Serrano ham, salt cod, hard-boiled egg, cheese, or vegetables.

Champiñones al ajillo: mushrooms, dripping with olive oil, garlic and dry Spanish sherry.

Morcilla frita: bite-size pieces of spicy blood sausage flavored with garlic and oregano.

**LIFE IN SPAIN** – Shopping and banking hours - Shops and stores are generally open Monday to Saturday from 9:30 a.m. to 1:30 p.m., and from 4:30 to 8:00 p.m.; most department stores and some supermarkets are open all day, every day of the week, from 10:00 a.m. to 9:00 p.m.

Banks are open from 8:30 a.m. to 2:00 p.m., Monday to Saturday (except from June to September when they are closed on Saturday).

Meal times - Breakfast is served at hotels from 8:00 a.m. to 10:00 a.m. In restaurants, lunch is served from 1:00 p.m. to 3:30 p.m. and dinner is served from 8:30 p.m. to 11:00 p.m.

Tipping - Tipping in restaurants and bars is included in the total bill, but it is customary to leave an additional 5 to 10 percent of the total. Taxi drivers also receive 5 to 10 percent of the total, or you could round up the total, letting the driver keep the change. For luggage assistance, a small tip of one to three euros is appropriate.

TRAVEL RESOURCES - National Spanish tourist board official sites. [spain.info](http://spain.info)

Public holidays - To assist in travel planning, it may be helpful to be aware of Spanish public holidays: [spain.info/en\\_US/informacion-practica/consejos-viaje/consejos-practicos/horarios-festivos/](http://spain.info/en_US/informacion-practica/consejos-viaje/consejos-practicos/horarios-festivos/). Visit the Spanish tourist board's website, navigating to [spain.info/en\\_US/que-quieres/agenda/](http://spain.info/en_US/que-quieres/agenda/) for a list of festivals and events, and an event finder.

TRAVEL IN SPAIN –

Airlines - The Spanish Airports and Aerial Navigation website, [www.aena.es](http://www.aena.es), has information on all airports and domestic flights. The Spanish national airline is Iberia, [iberia.com](http://iberia.com).

Trains - Renfe: [renfe.com](http://renfe.com), the national railway company, has an extensive network, including high-speed routes (AVE) from Madrid. Raileurope: [raileurope.com](http://raileurope.com) or 800.622.8600: a U.S.-based company that provides schedules, reservations, and ticketing for all European train networks (their multi-day/-week/-month passes in one country or combinations of countries may be an economical and convenient choice for European train travel).

Other local transportation - In addition to rail and airline networks, Spain also has many regional bus lines that can be found at: [movelia.es](http://movelia.es). Most major car rental agencies are available at airports and train stations. Taxis are available at all major airports, train stations, and in smaller towns, and can be reserved in advance (your hotel can usually provide assistance). For more information go to [spain.info](http://spain.info), and click on "Practical information" then "Transport."

PACKING TIPS - Pack light! Keep in mind there will be times you may have to carry your own luggage short distances, especially before and after your Country Walkers tour. Due to space constraints, we require you to limit your luggage to one medium piece (approximately 18x15x29 inches or 8,000 cu. in.) and one small carry-on, per person. We recommend packing any personal necessities, medications, your hotel itinerary/emergency contact information, your hiking boots (or shoes), and extra clothes in your carry-on luggage in the event that your baggage is delayed. We suggest leaving valuable jewelry at home. A copy of your passport or other important documents should be kept in a separate area of your luggage. Always be alert when carrying a purse, camera, money belt, or backpack in busy cities, airports, and train stations.

FOOTWEAR - Hiking boots. There are many brands to choose from. Proper fit is crucial, so try on new boots while wearing socks you plan to use on tour. Be sure to break in new footwear well before your tour begins. By the time you're ready to join your walking tour, you should be able to complete 6-10 miles of walking without discomfort. We require lightweight boots or shoes with proper ankle support and good tread to ensure stability on all types of terrain. Waterproof footwear keeps feet dry in heavy rain and water resistant footwear keeps feet dry in heavy dew. Country Walkers reserves the right to deny participation to any guest not wearing appropriate footwear.

» Synthetic, moisture-wicking socks (cotton socks are not recommended for walking as they will quickly cause blisters)

» Blister remedy

CLOTHING -

» Lightweight, wash-and-wear long pants

» Long-sleeved, wash-and-wear shirt

» T-shirts and shorts

» Polar fleece or light wool pullover (it will keep you warm even when wet)

» Dinner attire: dress is smart casual

OUTERWEAR -

» Waterproof rain gear: jacket, pants, hat, or hood

» Windbreaker with hood (your rain gear may be suitable)

» Hat with a broad brim or visor

» Fleece or wool hat and gloves

## EQUIPMENT -

- » Pack (minimum size of 25L): large enough to carry water, extra clothing, rain gear, and personal items (camera, etc.)
- » Waterproof cover for pack
- » Water bottle, canteen, or CamelBak-type water reservoir or hydration pack to carry your own water while walking (equivalent of 2 liters)
- » Sunblock and lip balm, Insect repellent, Sunglasses
- » Toilet kit for when facilities are not available on the walks. Include zip-lock baggies, tissues, and moist towelettes, which can be disposed of upon return to the hotel
- » Personal first-aid kit including any medications you ordinarily take (in their original container)

## OPTIONAL -

- » Telescopic walking sticks. (Please note that while telescopic walking sticks are recommended for this tour, they are not provided by Country Walkers. Therefore, please plan on bringing your own should you wish to use them.)
- » Binoculars
- » Bathing suit (for hotel swimming pools)
- » Camera and charger and/or extra batteries
- » Zip-lock bags (to keep camera and valuables dry)
- » Small notebook and pen, Field guides (see enclosed reading list)
- » Folding umbrella, Bandana
- » Washcloth (many European hotels do not provide them)
- » Hand sanitizer and/or moist towelettes