

Acequias altas Track.

Starts: Capileira

Distance: aprox. 19 km circuit.

Duration: aprox. 6-7 hs

Difficulty: Medium-high.

Slope: 624 m

Finishes: Capileira.

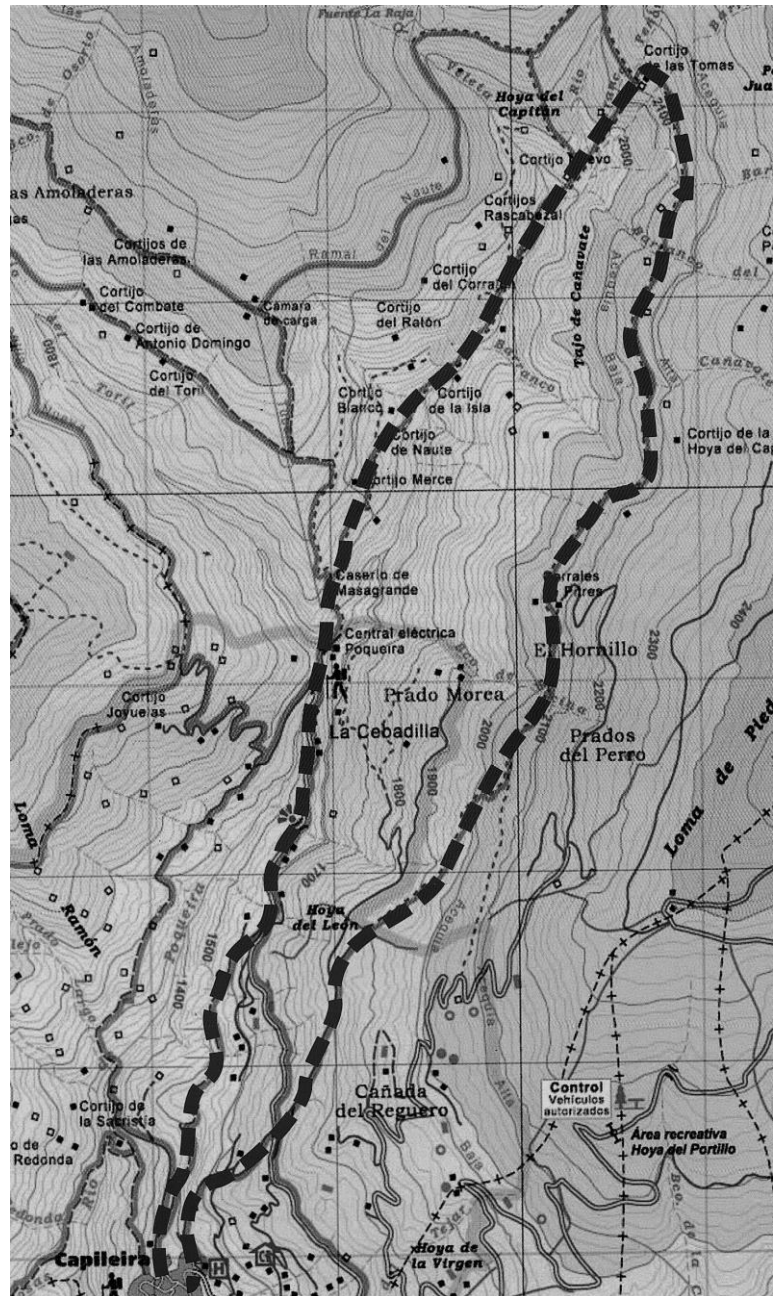
Heading out of the reception to the left, you will get to the main road. Then, take left and up the road.

Head up to the top of Capileira. Then, take the Pista Forestal 3 that loops up towards the Hoya del Portillo. At km. 2.7 branch left onto a dirt track. Follow the track parallel to the Poqueira gorge for 4kms. Shortly before the road arrives at the river you reach the buildings to the right and left of the track which once housed the workers of the La Cebadilla power station.

The walk begins on the eastern side of the Puente Hondero bridge by a sign Aguas de Alta Montaña. Cross the bridge and bear right along the road. Arriving at the power station of La Cebadilla cross the river via a concrete bridge then bear left.

Continuing up you cross a second bridge and reach a sign marking the beginning of your path and a map of the higher circuits of the Poqueira Valley (10mins).

Here cut away from the track on a narrow path which heads up the left bank of the river. You will see occasional yellow and white P.R waymarking. The path zigzags up then adopts a more level course before passing beneath a stone hut. Here the path angles gently upwards, more or less



parallel to the river, then passes beneath a second stone building Cortijo Masa Grande. Just beyond it you reach a wooden signpost for Sendero Acequias del Poqueira. The path now descends slightly and passes behind a whitewashed farm building.

Soon you pass beneath another stone building and a threshing platform then, descending steeply, cross and (dry) stream. The path runs along the stony left bank of the River Naute towards a ruined farm. Approximately 80m before the farm cross the Naute via a small stone bridge. You shortly cross a second bridge, then a third before arriving at the ruined farm, Cortijo de la Isla. Bearing right the path now runs past the farm's era, then threads its way through the rocks, running up the middle of the valley. Soon it loops right, passes over a small knoll, then crosses a small footbridge (1hr 10 mints).

Beyond the knoll the path descends, crosses a small bridge, then a second one, before resuming its ascent of the Naute Valley. After passing another ruined farm the rocky path loops higher and you come to a fork. Cut right along the lower path: this section of the route can get boggy during the wetter months. The path soon drops down and crosses the river via another small bridge (1hr 25mins)

Beyond the river you loop up past another P.R marker post. The path, cobbled in parts, follows the river's left bank for a short distance then descending, crosses a small footbridge. Beyond the stream it runs straight before cutting left and climbing steeply, more or less parallel to the stream which it soon crosses once again via another foot bridge. The path marked by cairns, climbs on up past a ruined corral, then crosses the water channel of Acequia Baja. You come to the abandoned farm of Cortijo del Tomas (1hr 50mins).

This makes a perfect picnic spot with a glorious panoramic view of the Barranco to the south, westwards to the peak of Terreras Azules and northwards to the towering massif of the Mulhacen. When you leave the Cortijo, with your back to the gorge and the path you have followed earlier, angle right past a P.R. waymarking post and follow the path upwards, parallel to the fenced corral of Las tomas, to a sign for Sendero Acequias del Poqueira. Here cut right. The path soon crosses a stream then, contouring on round the valley, crosses a second stream. Still climbing it soon loops across a third stream. Looking back towards Las Tomas the Poqueira Refuge is now visible of the bare flank of the Mulhacen. Soon the path begins to descent and passes by a ruined farm before climbing once again and passing another sign for Sendero Acequias del Poqueira.

After crossing another stream you pass beneath the ruins of Cortijo Peñon (2hrs 30mins), then continue on parallel to right bank of Acequia Alta before angling right away from the water channel and descending. Soon you pass an information board which identifies the higher peaks that are visible from this point. Then, passing by another ruined farm, descent and pass a sign of Refugio de Poqueira. Looping steeply downhill you cross another water channel. Continue your steep descent. After running across a flatter areas the path angles left, crosses a (dry) stream then cuts across the hillside beneath a rocky outcrop towards a stand of pines where you pass yet another sign for Sendero Acequias del Poqueira (3hr 20mins)

Soon the path merges with a broad track. Cutting left along the track you immediately pass by a white hut. After descending past a second white hut you reach a marker post to the right of the track.

Here cut right and descent for 225m. You again meet with track. Here angle hard round to the right and head back down the Cebadilla access track back to your point of departure, the bridge over Rio Naute. (4hr 5mins).