

## Buddhist Centre O-Sel-Ling

**Start:** Ermita del Padre Eterno

**Distance:** lineal 8 - 10 km (go and back)

**Walking Time:** 2 hs.

**Hight Rise:** 295 metros

**Maximum altitude:** 1.850 meters above sea level

From Ermita del Padre Eterno, we take the trail with the sign "OSELIN". We continue on this trail until we come to a trail on the right with the same sign. We follow this way, ascending all the time to the Buddhist centre car park.

We continue walking on the trail and come to a "stupa" (Buddhist monument) and a prayer wheel with prayer flags everywhere. Just ahead we see some typical Alpujarra buildings and a trail winding through rocks that leads to a temple the size of two houses.

Here we find two trails, one to left and another that ascends. We take the left trail with indications to "Diosa Tara". In 15 minutes, the trail become more flat.

Follow the indications "Diosa Tara" and after passing some small quarrys we ascend a steep slope that places us in the monument of the "Diosa Tara Verde".

Looking straight ahead, on our right, we will see a valley where we will continue for 25 minutes and after a steep ascent it places us at the top of the Atalaya. At this point the views are excellent, you can see the entire Poqueira valley with the Mulhacén hill at the background and an attractive view of Cerrillo Redondo.

From the Atalaya we will continue along the ascending trail that passes next to it. We will find a detour to the right that we ignore. A little further up there is another junction to the right that we also ignore and continue through the firewall where we see signs of the Sulayr trail. We arrive at a very large pine that stands out and that at the base has a post of Sulayr. When we have walked about 100 meters, we see on our left a trail through which we descend and that places us in the "Balsa de Metehambre", Metehambre Water Tank. From the Atalaya to this place it took about 20 minutes.

We return to the trail and begin to descend. At about 15 minutes we reached a crossroads. We leave the trail and take to the left a path through which we will ascend until we reach a crossroads of trails, we take to the right and we see the esplanade where the statue of the goddess is located. From the crossing to the statue it took about 10 minutes.

From this place we descend in about 20 minutes along the same trail up to the parking lot.

