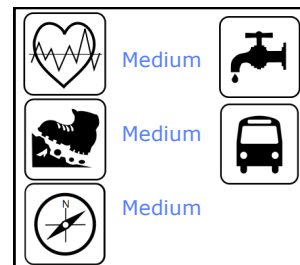


Restábal - Cónchar

This walk takes you between two pretty white villages in the Lecrín valley: Restábal, perched above the Bézna reservoir, and Cónchar, hidden away in a small valley. You follow one ridge out, and a different one back, so you have lovely views of the surrounding valley and up to the snow-capped mountains of the western Sierra Nevada. This is a beautiful walk on a clear winter's day, particularly when the almond blossom is out, but it's also good in spring and autumn.



Key Facts

Length	14 km
Time	4 hours
Min/Max Altitude	528 m /890 m
Accumulated height difference	694 m
Season	Autumn, Winter, Spring



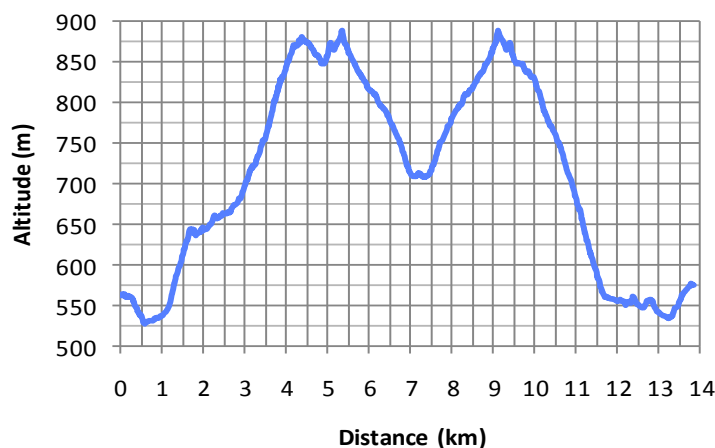
DISCLAIMER: While we have made every effort to ensure that this information is accurate, conditions can change, and you are responsible for your own safety.

Getting there

By car: From Granada take the E-902/A-44 towards Motríl. Come off at junction 160, marked *Lecrín El Valle*. Pass the turning for *Mondújar*, keeping right on the main road. Turn left at the roundabout. After a few hundred metres, you will see a small BP garage on the left - turn right about 100m past this, following signs to *Restábal*, *Melegís* and *Albuñuelas*.

After about 4.5km you'll get to Restábal. Park somewhere convenient in the village.

By bus: Take the Alsa bus service from Granada bus station. There are 5 buses a day to Restábal on Monday-Friday and 1 a day on Saturdays (1 hour). See www.treksierranevada.com/getting-around for more info and links to current timetables.



1. From the centre of Restábal, take the road towards Granada.



2. After about 100m, take the path to the left marked GR-7. When you meet the road, cross it and continue downhill on the path.



3. When you meet the road a second time, go right along it for a few metres, then cross the road and turn sharp left down a minor road. Cross the river and turn left along the concrete road.

After 400m, the road bears right and starts to ascend. After a further 500m, the road merges with another track from the left. Keep going uphill.

4. Just over 2km further on (about 3km from the river crossing) you'll get to a right-hand bend in the road with a house to the left of the road. 300m past this, the road turns left, and soon after **take the track to the right.**

5. After about 350m, take the left fork, then turn left again onto a smaller path.

6. Just a few metres further on you'll meet another path. Turn left.

7. After 500m you'll get to a 4-way junction. Keep going straight on, down the hill, on a dirt road.

8. 800m further on, turn right onto the road.

9. After a further 500m or so, turn right into the village.

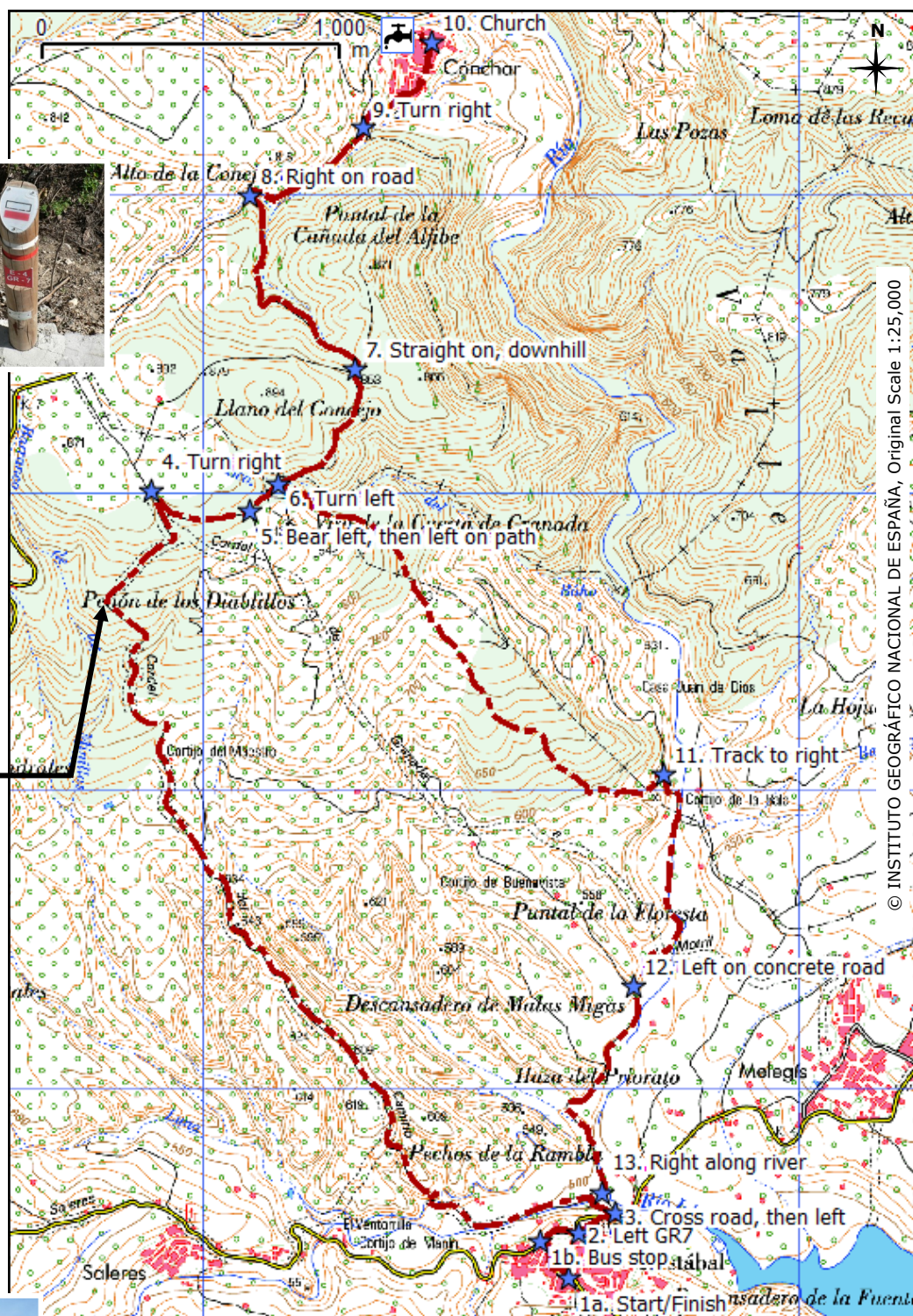
10. Keep going straight on (and downhill)

until you get to Calle Baja. Follow Calle Baja round to



the left and keep going straight on until you reach the church. There is a fountain in the square by the church where you can refill water.

Retrace your steps back out of the village, up the road, back along the track, then back along the path until you get to the point where you joined it (6). Keep going straight on and follow the path for almost another 2km, keeping left and ignoring paths and tracks to the right.



11. When you meet a dirt road, turn right, then follow the dirt road along the right bank of the river.

12. After about 500m, the dirt road bears right gently uphill, away from the river. About 200m further on, when you meet a concrete road, turn left.

13. Follow this road for 800m until you are cut off by the river, just below Restábal. Turn right and follow the river back to the crossing point (3). Continue back into Restábal.

