

SATURDAY, JULY 16th

21H – 02H

9th NIGHT WALK



“FROM GUADALEST TO THE SEA “



The 9th edition this year is promising to be as good as last year's because going to be held under a brilliant full moon. There will be 20 km of slight downhill in the wide riverbeds of the Guadalest and Algar Rivers, an unspoiled nature area, where nispero, orange, lemon, avocado and even pommy granite plantations appear as silhouettes between the long areas of jungle like vegetation. There is always a smooth breeze caused by the humidity in riverbeds at night.



All participants will be carried by coach from Altea up to the Guadalest dam. The more trained will start their 20 km walk here while the others descend 4 km down stream and do a shorter walk (16km). The minimum age will be 12 years of age.



This is another Walk organised by the Valencian Delegation of the Spanish Nordic Walking Federation FENWA. All logistics are done by the Outdoor Event Company Marco Polo Expediciones: a reception tent, 2 all terrain cars, ambulance and a overall coordinator. The use of Nordic Walking poles is free and only advised for the experienced Nordic Walkers. The event is sponsored by the Town halls of L'Alfàs and Altea

Inscription forms and more info to be downloaded from www.nordicwalkingcv.com

Compulsory: decent walking shoes to walk at least 4 hours, a **head torch**

Recommended: some water and fruits, energy bars and a small elementary first aid kit

Contribution before 06/07: 10 € residents L'Alfàs and Altea + FENWA and related Nordic Walking club members.
15 € others and non residents

After 07/07: 13€ residents L'Alfàs and Altea + FENWA and related Nordic Walking club members.
18 € others and non residents

Included: Transport coach, PR and accident insurance, the official Nordic Nightwalk T shirt, a drink, some snacks and surprises.

More information: Francisco: 606 213 074, francisco@nordicwalkingcv.com Marc: 655 87 97 11, marc@nordicwalkingcv.com

Special thanks to:

- los Ayuntamientos de l'Alfàs y Altea, Protección Civil, hospitales IMED
- L'Alteana, Pizza For U, Gofres Manneken Pis, Frutas Isaias, Mac Donalds,
- Bolo y Baldomero Sports y Marco Polo Expediciones