

DAY TRIP – THE HISTORY

“If we know where we come from we may better know where to go. If we know who we came from we may understand who we are”

The valley of la Gallinera strategic position between the inland and the coastline has influenced its path through history. It has been settled for many thousands of years. From the hunter gatherers that left around 200 cave paintings to a large number of big empires that have occupied the region leaving a trace in the culture, gastronomy, and uses.

BACKGROUND

From the cave paintings until the Arabs, including the Spanish takeover of the territory by King Jaume I, this valley has been shaped by different cultures and traditions, many of them still alive nowadays.

During this stroll we are going to introduce you the valley of la Gallinera strolling up to one of its two remaining Arab castles. The fount nearby the castle provide us an astonishing setting for letting you discover the rich history of the valley understanding many of the current ways of being of the people and providing you with a wider vision of the region.

From a brief explanation of the prehistoric times and the Iberian people culture influenced by Greeks and Phoenicians trading settlements of the coastline, we will dive into the influence of the Romans in the peninsula and we will of course stop at the bulk of wealth and culture left behind by the Arabs after their occupation of the region for 8 centuries.

Walk rating

Moderate: This walk last for about 3 hours and though it is not very physically demanding it does require a minimum physical condition and adequate shoes as it goes up for about 1h to the castle at a slow pace. From 550 m altitude up to 750m altitude aprox. It includes some steep pitches at the first part, a section (no longer than 2 km) with loose stones, and another section partially surrounded with vegetation. Therefore, for your own safety and for the safety of the whole group you need to have a minimum physical condition and adequate hiking boots and clothes. So we recommend it to people used to walk at least once a week.

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ITINERARY

- **Prepack:** email sent with a detailed map on how to get to the starting point, contact phones and emails.
- **04:00 p.m Welcome at the meeting point (Alpatró):** you will have an informal welcome chat with the local persons serving as your hosts throughout the stroll and who will explain you the activities and the philosophy of the initiative “to the core of things”.
- **04:15 – 07:15 p.m Stroll “the history”:** starting from Alpatró we will head with our cars to the entrance parking at the bottom of the path to the castle. In this stroll, the evening hours and one of the two remaining Arab castles of the valley will provide us the settings for getting to know the rich history of the region (from the Romans, to the Iberians and Arabs of the region). This stroll includes walking up to the castle together with your local hosts in English.

The castle of Alcala or Benissili



Al Azraq: The « blue eyes » lord



THINGS YOU SHOULD BRING:

- Hat - Water - Appropriate hiking boots and clothes
- Sun cream - Snack

BASIC DATA OF THE EXCURSION

- **SIZE OF GROUP:** 12 PEOPLE
- **NUMBER OF HOSTS ACCOMPANYING THE GROUP:** 2 (both speaking English)
- **DATES:** 23rd and 25th of March
- **DEADLINE FOR BOOKINGS:** 18th and 20th of March

The price includes: welcome at the meeting point, 2 hosts speaking in English; stroll up to “la font del Pouet” to tell the history of the valley.

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The price does not include: transportation, insurance, meals or drinks

Payment imply acceptance of the the following [Terms & conditions](#) that will rule during the excursions.

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