



UNIVERSIDAD
DE GRANADA



CENTRO DE
LENGUAS
MODERNAS



**CULTURAL
SPORTS
ACTIVITIES**



UNIVERSIDAD
DE GRANADA



CENTRO DE
LENGUAS
MODERNAS

& CULTURAL SPORTS ACTIVITIES

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**CULTURAL
ACTIVITIES**

VISITS AND FIELD TRIPS

ALHAMBRA AND GENERALIFE

> VISITS



The Alhambra and Generalife are the most emblematic, well-known and visited monuments in Granada. City, fortress and palaces to the kings of the Nasrid dynasty, the halls and gardens are the maximum expression of Muslim art in Europe.

Route

Puerta de la Justicia ➤ Puerta de la Justicia ➤ Placeta de los Aljibes ➤ Palacio de Carlos V ➤ Iglesia de Santa María de la Alhambra ➤ Palacios Nazaríes ➤ El Partal ➤ **El Generalife**

ROYAL CHAPEL-CATHEDRAL

> VISITS



The Royal Chapel in Granada is a Gothic building constructed by the Catholic Monarchs as the resting place for their bodies. The Catholic Monarchs, their daughter Joan the Mad, and son Philip the Handsome are all buried there.

Granada Cathedral is one of the most outstanding works of Spanish Renaissance architecture. It was built between 1518 and 1561 in the centre of the former Muslim medina and on top of the ruins of the Mezquita Mayor. The main façade stands out for its three arches and enormous 57 metre-high tower. On the inside, its impressive dimensions and the huge columns adorned in Corinthian style are especially remarkable.

Route

Plaza de las Pasiegas ➤ Plaza de Alonso Cano ➤ Alcaicería ➤ Calle Oficios ➤ **Gran Vía**

ALBAICÍN

> VISITS



The Albaicín is one of the most colourful, charming and historical neighbourhoods to be found in the city of Granada. To wander through its streets is a journey back to its Moorish roots as well as a delight to the senses.

Route

Plaza Nueva ➤ Carrera del Darro ➤ Paseo del Padre Manjón ➤ Cuesta del Chapiz ➤ Carril de San Agustín ➤ Carril de las Tomasas ➤ Cuesta de las Cabras ➤ Mirador de San Nicolás ➤ Plaza del Salvador ➤ Calle del Agua ➤ Plaza Larga ➤ Arco de las Pesas ➤ Calle María La Miel ➤ Convento de Santa Isabel La Real ➤ San Miguel Bajo ➤ Calderería ➤ Calle Elvira ➤ **Plaza Nueva**

SACROMONTE ABBEY

> VISITS



A place where the origins of Christianity in Granada mix with superstition and popular folklore.

Sacromonte is also one of the gypsy centres in Spain which lends international renown to their art traditions.

Route

Plaza Nueva ➤ Paseo de los Tristes ➤ Cuesta del Chapiz ➤ Peso de la Harina ➤ Camino del Sacromonte ➤ **Abbey**

ROMANTIC GRANADA

> VISITS



Approximate
duration
3 hours

What was Granada like at the tumultuous start of the 19th century?

The story of its most famous heroine, Mariana Pineda.

The romantic travellers (such as Irving and Chateaubriand) and their vision of the city and its people.

Routes taken by these famous characters.

Route

Plaza de Mariana Pineda ➤ Cuesta del Progreso ➤ Plaza de los Campos ➤ Plaza de Santo Domingo ➤ Plaza de Fortuny ➤ Cuesta del Realejo ➤ **Carmen de los Mártires**

BAROQUE GRANADA

> VISITS



Approximate
duration
3 hours

A walk through 17th century Granada, imagining its streets, squares and different types of entertainment (Baroque theatre and its characteristics, bullfights...) and religious events (Holy Week, the Corpus Christi festival). In San Juan de Dios Basilica, we can contrast the life of the co-patron saint of Granada with the magnificence of the temple and the characteristics of its style.

Route

Plaza Nueva ➤ Plaza de Isabel la Católica ➤ Calle Reyes Católicos ➤ Zacatín ➤ Plaza Bib Rambla ➤ Plaza de las Pasiegas ➤ Calle de la Cárcel ➤ Calle San Jerónimo ➤ Plaza de la Universidad ➤ **Calle San Juan de Dios**

GRANADA OF THREE CULTURES

> VISITS



Approximate
duration
2'5 hours

A visit to the emblematic streets and monuments of medieval and 16th century Granada focusing on what the coexistence between three cultures (Arab, Hebrew and Christian) meant to the city historically and artistically.

Route

Plaza Nueva ➤ Plaza Santa Ana ➤ Puerta de las Granadas ➤ Torres Bermejas ➤ Campo del Príncipe ➤ **Plaza Isabel la Católica.**

CARTUJA MONASTERY

> VISITS



Approximate
duration
2'5 hours

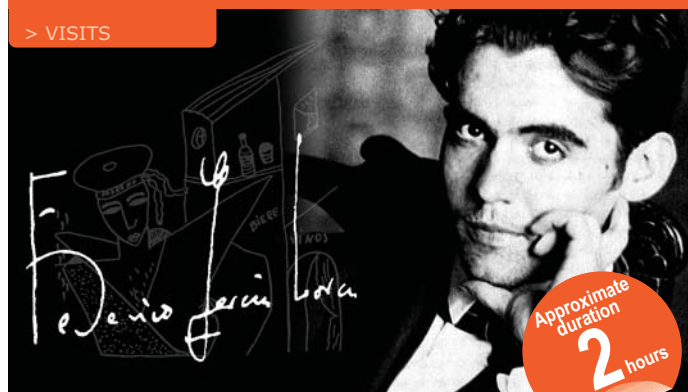
The Cartuja Monastery represents one of the peaks of Spanish Baroque architecture. Its construction lasted more than three centuries hence different architectural styles can be observed. Likewise, we will see works by the major sculptors.

Route

Plaza Nueva ➤ Entrada Monasterio ➤ Claustro ➤ Refectorio ➤ Capilla de San Pedro y San Pablo ➤ Capilla de Legos ➤ Sala Capitular ➤ Capillas ➤ Coro de Legos ➤ Iglesia ➤ Sagrario ➤ **Sacristía**

THE FEDERICO GARCIA LORCA TRAIL

> VISITS



Approximate
duration
2 hours

Visit to places in the city linked to Federico García Lorca. A poem or fragment from a play by García Lorca is read at different points along the way which will have some connection with the place. The stopping point will either appear in a play or poem or have to do with the biography of the poet.

Route

Plaza Nueva ➤ Capilla Real ➤ Plaza de Bib-Rambla ➤ Plaza de la Universidad ➤ Plaza de Mariana Pineda ➤ Plaza del Campillo ➤ Paseo de la Virgen de las Angustias-Esquina de la calle Puente de Castañeda ➤ Acera del Casino-Calle Recogidas ➤ Parque García Lorca

VINOS LOS MORENO WINERY

> VISITS



Approximate
duration
4'5 hours

Visit to the winery. Tour around wine cask area. Explanation on the elaboration and aging process of the wine. Tasting session. Gift of a bottle of wine.

Route

Granada ➤ Atarfe ➤ Stroll through the vineyards in Atarfe ➤ Visit to the winery ➤ **Wine tasting of two varieties of wine**

THE BIRTHPLACE OF FEDERICO GARCIA LORCA IN FUENTEVAQUEROS

> VISITS

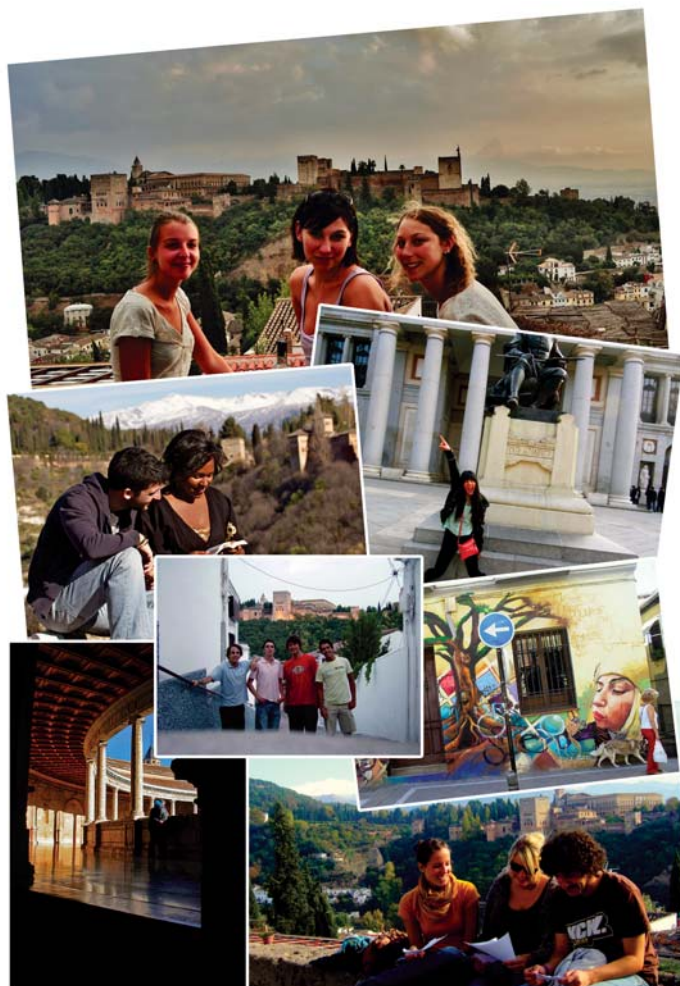


Approximate
duration
3'5 hours

A stroll through the streets where García Lorca spent his adolescence - anecdotes. Route across the "Vega Granadina" to Fuentevaqueros (explanation on sugar production and its importance to Granada and the García Lorca family): arrival at the house where he was born and guided tour.

Route

Paseo de los Basilios ➤ Acera del Darro ➤ Fuente de las Batallas ➤ Puerta Real ➤ Reyes Católicos ➤ Gran Vía ➤ Avenida de la Constitución ➤ Avenida de Andalucía ➤ Carretera de Córdoba ➤ **Fuentevaqueros**





**CULTURAL
ACTIVITIES**

TOURS

TROPICAL COAST/NERJA

> TOURS

 100Km


Approximate
duration
without trips
10 hours

Visit to Granada's Tropical Coast and Nerja (Málaga) to learn about particular climatic aspects and agricultural produce. We will see historic ruins from Phoenician times to the Muslim period.

In the caves at Nerja we will see geological formations which have given rise to areas of unique beauty.

Route

Coast Road ➤ Valle de Lecrín ➤ Salobreña
➤ Almuñécar ➤ **Nerja**

GUADIX-CALAHORRA CASTLE-CABO DE GATA

> TOURS

 175Km


Approximate
duration
without trips
10 hours

The Altiplano region: Guadix (visit to cave area) and la Calahorra (visit to the castle).

Cabo de Gata Nature Reserve -Níjar: visit to one of its most typical places: San José.

Route

Guadix ➤ La Calahorra ➤ **Almería Cabo de Gata**

ALPUJARRA

> TOURS

 75Km


Approximate
duration
without trips
6'5 hours

The Alpujarra is one of the most flavoursome regions in the province, with small villages and hamlets, part of the Al-Andalus heritage, where time seems to have stood still. The popular Alpujarra-style architecture is in itself a great attraction, and its essence is captured in villages such as Pampaneira, Capileira or Bubión, which shelter one of the most beautiful corners of the area, the Barranco del Poqueira.

Route

Coast Road ➤ Valle de Lecrín ➤ Lanjarón
➤ Órgiva ➤ Pampaneira ➤ Bubión ➤ **Capileira**

DOÑANA NATIONAL PARK

> TOURS

 345Km


Approximate
duration
2 days

A weekend trip to Doñana National Park on the Atlantic Coast of Andalucía or Costa de la Luz. Accommodation in log cabins at a camp site.

Route

Friday

Granada ➤ Aldea de El Rocío ➤ Camping de Doñana

Saturday

Parque Nacional de Doñana ➤ Monasterio de la Rábida
➤ Muelle de las tres carabelas

Saturday

Free day with optional activities (Horse riding, cycling, a day at the beach) ➤ Granada

CÓRDOBA

> TOURS

 200Km


Approximate
duration
without trips
7 hours

Córdoba is a city with an enormous cultural and monumental legacy. Its strategic location, close to the formerly navigable Guadalquivir river, and the heritage of the different peoples who settled in its rich lands, have turned it into a privileged place. Walking through the old town of Córdoba is to discover a beautiful network of streets, squares and whitewashed courtyards arranged around the Mezquita-Cathedral, reflecting the importance of the city during medieval times and a true symbol of the capital.

Route

Carretera de Córdoba > Estación de Luque
> Medina al-Zahra > **Córdoba** (■ Mezquita - Catedral ■ Barrio Judío ■ Los Patios Cordobésés)

MÁLAGA

> TOURS

 125Km


Approximate
duration
without trips
7 hours

Inhabited for more than 2,000 years by different Mediterranean civilizations, Málaga is now a city that combines tradition and modernity. Under the watchful eye of the Castle of Gibralfaro, you will find a lively, bustling city full of beautiful places such as the Alameda Principal or La Farola promenade.

Route

Salida de Granada > Alameda de Málaga > Museo Picasso
> Plaza de la Merced (The house where Picasso was born and the Picasso Foundation) > Teatro Romano > Alcazaba
> Break for lunch and free time to go to the beach > Cathedral > Stroll around Larios Street and the city centre
> **Back to Granada**

SEVILLA

> TOURS

 250Km


Approximate
duration
without trips
7 hours

Since the Tartessos and up until today Seville has been Roman, Visigoth, Muslim and Christian, and an important point of confluence of land and sea routes. With the discovery of the New World, Seville becomes the port of departure and arrival of ships venturing out to explore and colonize these new lands, turning it into an important trading centre.

Route

Santafé > Loja > Riofrío > Archidona > Antequera > Estepa
> Osuna > **Sevilla** (■ Plaza de España ■ Parque María Luisa ■ Reales Alcázares ■ Catedral ■ Barrio Santa Cruz ■ Río Guadalquivir)

RONDA

> TOURS

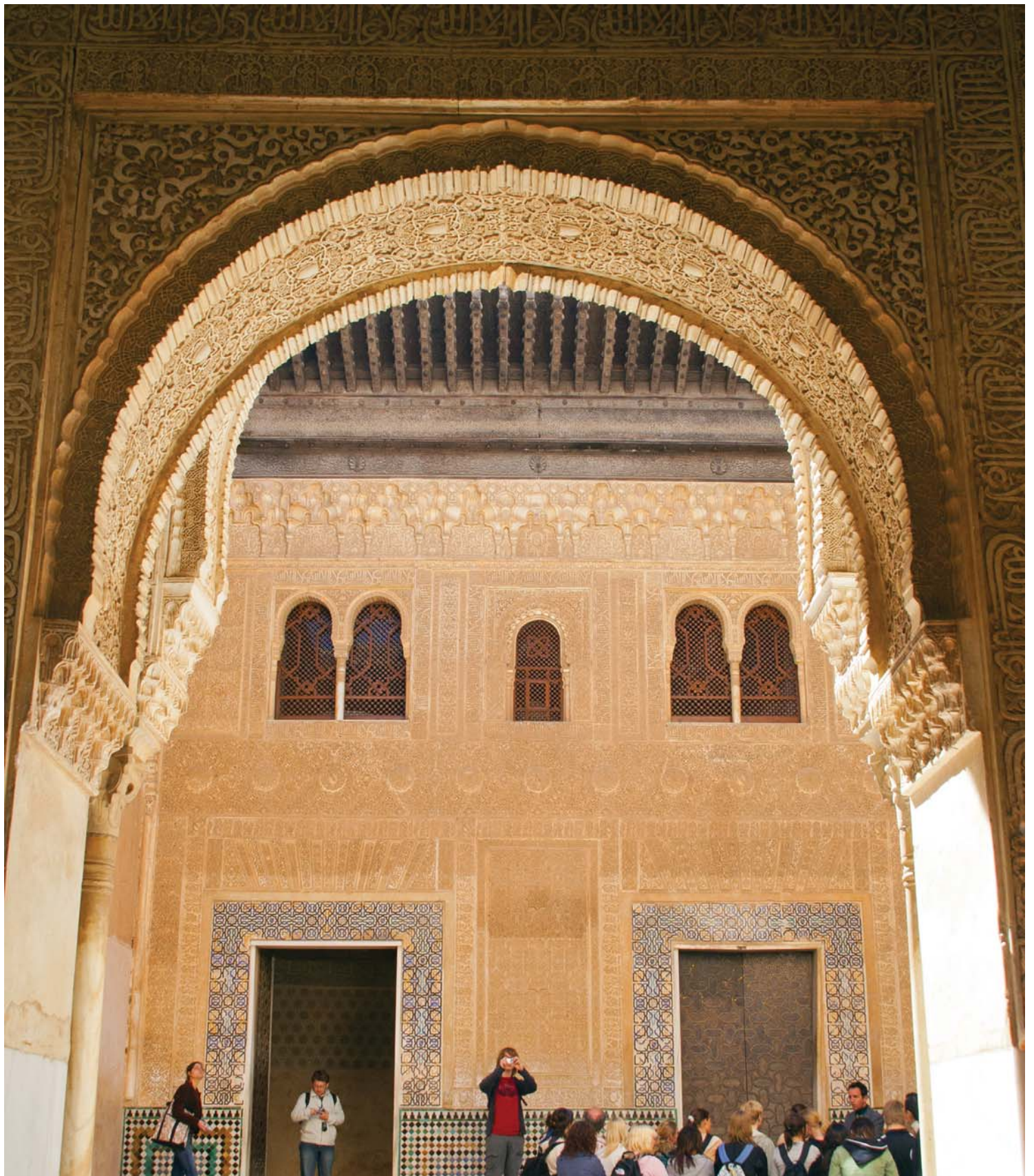
 180Km


Approximate
duration
without trips
7 hours

This town in the province of Málaga is divided in two by the Tajo de Ronda, a gorge over 150 meters deep. The old part of the town was declared a Site of Cultural Interest. Celts, Phoenicians, Romans and Arabs inhabited these lands, which were reconquered by the Catholic Monarchs. The old town, reminiscent of the Moorish style and with medieval traces, spreads out south of the Guadalevín river, while modern Ronda, which started to emerge in the 16th century, unfolds to the north. Several bridges join these two halves of what is one of the most interesting towns on the route of the Pueblos Blancos.

Route

Santafé > Loja > Riofrío > Archidona > Antequera
> Campillos > **Ronda**



**CULTURAL
ACTIVITIES**

**VISITS ORGANIZED
ON REQUEST**

VISIT TO THE CAJA RURAL SAVINGS BANK

> VISITS ORGANIZED ON REQUEST



Approximate
duration
3 hours

The Caja Rural Group, currently one of the leading banking groups in Spain, has great financial and patrimonial strength, 59,000 million euros in assets, an equity capital of 4,790 million euros. 3,500 offices and 13,100 employees.

Our visit will consist of a talk outlining their corporate principles and how this bank operates. Then we will visit the main departments and discuss their principal functions. Finally, we will visit the conference hall and exhibition gallery to find out about the social causes this group pursues.

VISIT TO ACEITES MAEVA

> VISITS ORGANIZED ON REQUEST

 25Km



Approximate
duration
2 hours

In 1930 Aceites Maeva was founded, a family business from one generation to the next, dedicated to the production of extra virgin olive oil. In recent years this company has grown into an expanding business with international prospects.

Aceites Maeva has been the market leader in packaging extra virgin olive oil since 2002 thanks to the integration of all the production processes, from cultivation to packaging and marketing, and our privileged location, in the heart of the main olive oil producing area, Andalucía.

The visit covers all their installations: from the almazara (olive oil mill) to the packaged product. The talk will be given by the company's head chemist.

Each participant will receive a free oil sample.

VISIT TO THE LOCAL BUSINESS SUPPORT CENTRE

(CADE - part of FUNDACIÓN ANDALUCÍA EMPRENDE)

> VISITS ORGANIZED ON REQUEST



Approximate
duration
3 hours

Andalucía Emprende is a foundation set up by the Andalusian regional government, the Junta de Andalucía, whose mission is to promote the development of entrepreneurial culture and economic activity in Andalucía, with the ultimate aim of contributing to the generation of competitive businesses and quality jobs in the region. Our visit involves analyzing the process of starting up businesses, contacting entrepreneurs who will explain their own experience of opening a business, and also visit some companies in different economic sectors.

VISIT TO THE RECYCLING PLANT IN ALHENDÍN

> VISITS ORGANIZED ON REQUEST



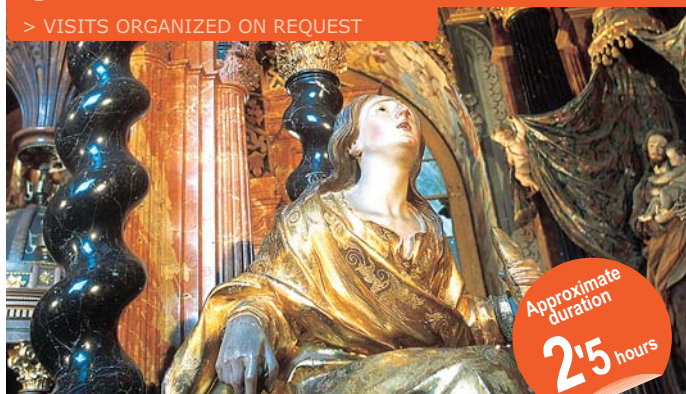
Approximate
duration
3 hours

Rubbish dumps for all types of waste receiving more than 10 tonnes per day or with a total capacity of over 25,000 tonnes, excluding landfills of inert waste.

We begin our visit with a workshop in which we learn about the recycling process. Then we will learn to recycle making objects out of rubbish. Finally, we will be shown how the entire process works from when the rubbish arrives to when it becomes compost.

RENAISSANCE AND BAROQUE GRANADA

> VISITS ORGANIZED ON REQUEST



Approximate
duration
2'5 hours

Guided tour of two buildings representative of the Renaissance and Baroque periods in Granada: the 16th century Hospital Real, home to the Rector's office at the University of Granada, and the Monasterio de San Jeronimo, with its Renaissance cloisters and magnificent altarpiece in its church.

VISIT TO THE FRANCISCO AYALA FOUNDATION

> VISITS ORGANIZED ON REQUEST



Approximate
duration
2 hours

Guided visit to an ancient Moorish palace in the Jardin de la Reina neighbourhood, which houses the Francisco Ayala Foundation headquarters. The tour includes a 15-minute walk, a visit to the garden and the palace tower, the screening of a documentary on the life of the author from Granada and a complimentary book.

GUIDED TAPAS ROUTE

> VISITS ORGANIZED ON REQUEST



Approximate
duration
3 hours

Stroll through the city centre to sample Granada's most typical tapas. Each drink ordered comes with a free snack known as a 'tapa'.

EVENINGS IN TEAHOUSES AND ORIENTAL DANCES

> VISITS ORGANIZED ON REQUEST



Approximate
duration
2'5 hours

The Centro de Lenguas Modernas offers the possibility of organizing gastronomic, musical and cultural soirees at a traditional teahouse in the Albayzín quarter to sample green tea with mint served in the traditional berrada or Arabic tea pot, accompanied by an assortment of pastries made with almond paste, dates and honey. This activity also includes an oriental dance show where the dancer alternates slow arm to head movements expressing sadness with other faster ones performed with the hip and belly to express joy, creating an unforgettable and magical atmosphere.



**CULTURAL
ACTIVITIES**

CULTURAL EVENTS AT CLM

FLAMENCO WORKSHOP

> CULTURAL EVENTS AT CLM



CLM offers an educational workshop on flamenco dancing, in which students can become familiar with some of the most important aspects of this genuine art. The dancer María José Albaicín and her accompanying musicians, following an explanation of the origin and meaning of flamenco, perform a large sample of different flamenco styles. Once the show is over, students can ask questions related to the topic and even learn a few basic steps lead by the hand of the dancer.

FLAMENCO GUITAR WORKSHOP

> CULTURAL EVENTS AT CLM



These workshops will make students familiar with the history and development of the guitar in flamenco, offering a live display of some of the most important flamenco styles. The guitar is usually accompanied by the violin, voice and other accompanying instruments. At the end of the show, students can ask any question related to this instrument and music.

TANGO WORKSHOP

> CULTURAL EVENTS AT CLM



Included in the program of the International Tango Festival held in Granada in the months of February-March, the Centro de Lenguas Modernas hosts an interesting proposal. This is an illustrated lecture on tango given by Horacio Révora, director of the Festival. Thanks to him, the students are guided through the history, origin and evolution of tango, given the opportunity to see interesting live displays of dance, music and songs performed by some of the best known figures on the national and international tango scene.

MAGIC SHOW

> CULTURAL EVENTS AT CLM



As part of the activities organized by the International Relations Office to welcome the Erasmus students each semester, and as a welcome and farewell event for CLM students on the Spanish Language and Culture and Hispanic Studies Courses, the Magician Pequi gives a performance with sets of handkerchiefs, cards, ropes, appearing and disappearing acts, escapology, mentalism ... Magic at its best!

CLM THEATRE WORKSHOP

> CULTURAL EVENTS AT CLM



CLM runs a free theatre workshop for both foreign and Spanish students. It is designed to integrate students from different countries, improve their linguistic skills and develop their spoken and physical communication techniques through acting games, body language, and improvisation. At the end of each semester, students put on a play to practice the skills learnt. The play is chosen to fit the nature of the workshop and is adapted from texts by either classical or contemporary Spanish authors. The workshop takes place on Thursday from 18.00 to 21.00 once a week and lasts from October to December and from January to May.

GASTRONOMIC WORKSHOPS

> CULTURAL EVENTS AT CLM



The Centro de Lenguas Modernas offers students the possibility of attending culinary workshops (oil tasting, Christmas confectionery tasting, wine tasting, workshop on seasoning olives, etc..) on a regular basis. The purpose of these is to give students a closer understanding of a fundamental part of Spanish culture and go into depth about its origin, history and contemporary significance of some of the most important products in our cuisine. Attendees also have the opportunity to carry out tasting guided by specialists.

FILM CYCLES

> CULTURAL EVENTS AT CLM



Thanks to the extraordinary resources of the CLM Library, many language departments organize film cycles throughout the academic year. The aim is that all those CLM students who wish to, can watch films in their original language and thus gain a closer understanding of the culture and language they are studying. The film screenings are often accompanied by debates and discussions lead by specialist teachers before and afterwards.

EARLY MUSIC CONCERTS

> CULTURAL EVENTS AT CLM



Lead by the Zarambeques group, graduates and faculty from the Victoria Eugenia Advanced College of Music in Granada, the Centro de Lenguas Modernas organizes early music concerts to bring their students closer to some important chapter in Spanish history through music. Depending on the historical moment, concerts of medieval, Renaissance and Baroque music are given.

TITERES IN ENGLISH

> CULTURAL EVENTS AT CLM



The Centro de Lenguas Modernas organizes puppet shows for English learners. Through collaboration with the Carvalho Caravana Company, it offers performances in different formats: twelve stories on various subjects; 30-, 45- or 60- minute performances; elementary, intermediate or advanced levels - all in English/Spanish and with the common goal of offering a fun and different way to advance our English learning.

STORYTELLING IN FRENCH AND OTHER LANGUAGES

> CULTURAL EVENTS AT CLM



As part of the activities for foreign language students, the Centro de Lenguas Modernas offers storytelling in French adapted to the required level. It also seeks to organize similar shows for students of German, Italian, etc.

OTHER EVENTS

> CULTURAL EVENTS AT CLM



Over the different academic years, the Centro de Lenguas Modernas receives a variety of different proposals to offer its students. Many of them, and thanks to the collaboration of the Vice-Rector's Office for Culture, Arts and Sports, are part of lecture cycles, poetry recitals, concerts. An attempt to bring students closer to the city of Granada's most current agenda and panorama.

CLM PHOTO COMPETITION

> CULTURAL EVENTS AT CLM



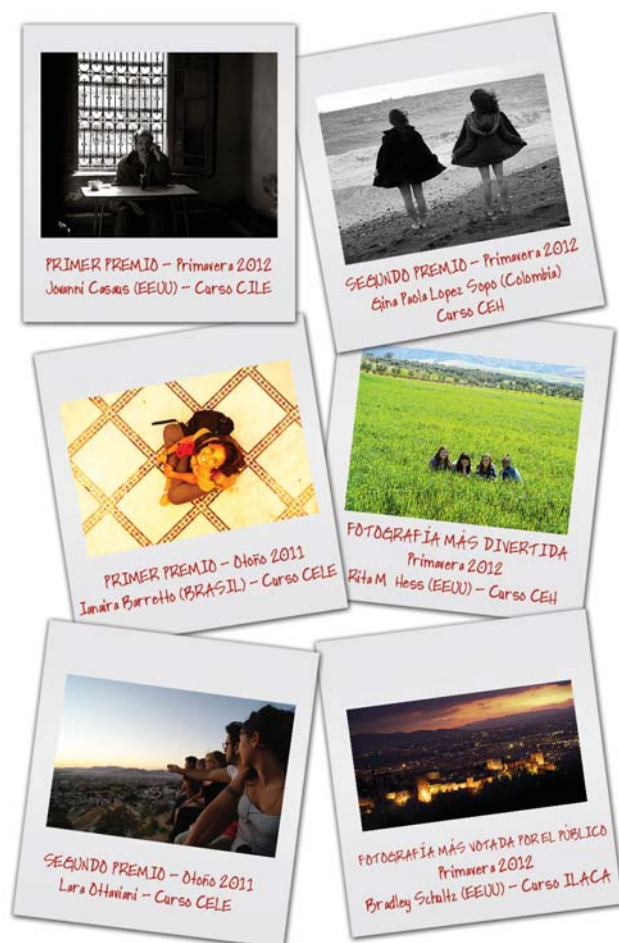
The Centro de Lenguas Modernas de la Universidad de Granada (CLM) organises a photo competition twice a year (Fall and Spring) in order to collect and display students' experiences in Granada and at our centre.

■ THEME.

The life of a CLM student - their classes, the patio, the University, the city, their host family, friends, travels ... any subject that reflects their study experience in Granada.

■ PARTICIPANTS

Any student enrolled on a course at CLM during the current academic year.



EXHIBITION GALLERY

> CULTURAL EVENTS AT CLM



The Exhibition Gallery at the Centro de Lenguas Modernas (CLM) de la Universidad de Granada, located in the beautiful Palacio de Santa Cruz building, offers an interesting and comprehensive proposal for temporary exhibitions of paintings, engravings, photography, etc.. throughout the year in a unique setting.



Sergio Martínez González
Buscando el camino
Exhibition of Paintings
December 2003



Pedro José García González
Yunnan
Exhibition of Photography
January 2012



José Manuel Viguera Roldán
"Paisajes Moriscos"
Exhibition of Paintings
April 2008



Tommy Olof Elder
"España años 60"
Exhibition of Photography
June 2012



SPORTS ACTIVITIES

GRANADA SOUTH - BICYCLE PATH

> MOUNTAIN BIKE



Approximate
duration
2 hours

Mountain bike tour that passes through the urban area of the city and follows the bike path.

- **DISTANCE:** 13 km (approx.)
- **HEIGHT DIFFERENCE:** 30 m
- **DIFFICULTY:** Very easy

Route

We leave CLM and head towards the Paseo del Salon down Cuesta Escoriaza. Then on to Puente Verde which links up with the Alminares neighbourhood and onto the "granadino" neighbourhood of the Zaidín to the Palacio de Deportes. From there, we go to the Campus de la Salud where we take the bike path to the Neptune shopping mall and then back to the Paseo del Salon and our original meeting place.

PINOS GENIL (along the Genil riverbank)

> MOUNTAIN BIKE



Approximate
duration
2 hours

Excursion through the River Genil Valley to the village of Pinos Genil, at the foot of Sierra Nevada.

- **DISTANCE:** 12 km (approx.)
- **HEIGHT DIFFERENCE:** 20 m
- **DIFFICULTY:** Very easy

Route

We leave the meeting point down Cuesta Escoriaza and join the path to Fuente de la Bicha from the road to the Sierra. Once we are at the fountain, we cross the river and follow the lane on the left bank until we reach the village of Pinos Genil. Here we cross the river once more, and return on the path on the opposite bank back to Granada.

ASCENT TO ALJIBE DE LA LLUVIA

> MOUNTAIN BIKE



Approximate
duration
2.5 hours

Mountain bike tour that passes through the Parque de Invierno situated above the Alhambra.

- **DISTANCE:** 10 km (approx.)
- **HEIGHT DIFFERENCE:** 300 m
- **DIFFICULTY:** Medium

Route

We leave CLM heading towards the Barranco del Abogado and onto the Alhambra car park, where we will take the path to the Parque de Invierno. After about 2 km, we arrive at the Aljibe de la Lluvia, preserved in very good condition, although at present only the high vault and an exterior wall next to a reservoir built latterly can be contemplated. At this point we start our descent down the winding track which takes us to the path to Silla del Moro. From here we get back on the tarmac and descend past the Alhambra and back to CLM.

ASCENT TO LLANO DE LA PERDIZ

> MOUNTAIN BIKE



Approximate
duration
3 hours

Mountain bike tour that passes through the Parque de Invierno.

- **DISTANCE:** 14 km (approx.)
- **HEIGHT DIFFERENCE:** 400 m
- **DIFFICULTY:** Medium

Route

We leave the meeting point along Calle Molinos, and join the road to the Barranco del Abogado up to the Alhambra junction. Then we take the track that leads to the Llano de la Perdiz. We return along the Camino de los Franceses until we get to the Alhambra again and back to CLM on the tarmac.

ASCENT TO LOS REBITES

> MOUNTAIN BIKE



Approximate
duration
3 hours

Excursion through the village of Huetor Vega and the Valle del Genil.

- ▣ **DISTANCE:** 13 km (approx.)
- ▣ **HEIGHT DIFFERENCE:** 370 m
- ▣ **DIFFICULTY:** Medium

Route

We head to the "Bola de Oro" neighbourhood, where the slope to the Rebites starts. Then take the Camino de los Neveros up to a turning on the left just where the ascent to the Purche starts. At this point we begin our descent which will take us along a path to the Fuente de la Bicha. At this point, we return along the Ribera del Genil to our starting place.

CAMINO DE LOS FRANCESES – CENES – GRANADA

> MOUNTAIN BIKE



Approximate
duration
3 hours

A tour through the Parque de Invierno de Granada and Cenes de la Vega. Great views of the Genil Valley and Sierra Nevada from the trails, paths and tracks.

- ▣ **DISTANCE:** 15 km (approx.)
- ▣ **HEIGHT DIFFERENCE:** 400 m
- ▣ **DIFFICULTY:** Medium

Route

We leave CLM heading to the Barranco del Abogado and onto the Alhambra, where we enter the Parque de Invierno. After 1.5 km we turn right along the Camino de los Franceses and climb up to the end of the Parque de Invierno. At this point we are at an altitude of 1040 m. We go down to the crossroads that indicates Cenes, Jesus del Valle and the road to Dúdar. We take a right towards Cenes de la Vega and on the first curve to the left, we take the path which leads to Lancha de Cenes and back to Granada.

ASCENT TO THE CANALES RESERVOIR

> MOUNTAIN BIKE



Approximate
duration
4.5 hours

Through the Genil Valley, passing Cenes de la Vega, and Pinos Genil and finally the climb up to the Canales Dam.

- ▣ **DISTANCE:** 28 km (approx.)
- ▣ **HEIGHT DIFFERENCE:** 600 m
- ▣ **DIFFICULTY:** Medium

Route

We head to the River Genil Valley along Paseo de las Palmas. After passing through Cenes de la Vega and Pinos Genil, we take the old road to Güejar Sierra which takes us directly to the canyon where the Canales dam looms above. Once we are there, we cross the bottom of the dam and climb up a track with a steep gradient to reach the top of the dam and enjoy the beautiful scenery. After taking a refreshment break, we start our return journey taking the same way back to Pinos Genil, where we follow the other riverbank back to Granada.

LLANO DE LA PERDIZ – DÚDAR – GRANADA

> MOUNTAIN BIKE



Approximate
duration
4.5 hours

Through the Parque de Invierno de Granada, Dúdar, Pinos Genil and Cenes de la Vega. Great panoramic views of the Genil Valley, Sierra Nevada and Sierra de Huétor from the trails, paths and tracks.

- ▣ **DISTANCE:** 27 km (approx.)
- ▣ **HEIGHT DIFFERENCE:** 540 m
- ▣ **DIFFICULTY:** Medium-high

Route

We take the Barranco del Abogado up to the Alhambra and continue to the Parque de Invierno which is about 7 kms from the start. At this point we are at an altitude of 1040m. and we continue climbing to reach 1180m. We begin the descent to Dúdar passing the Canal de los Franceses aqueduct ruins. Once in Dúdar, we take the road that leads to Pinos Genil, where we join a path which takes us back to Granada along the banks of the Rio Genil.

LLANO DE LA PERDÍZ

> HIKING



Approximate
duration
3.5 hours

A walk in the surrounding area of the Parque de Invierno and the Llano de la Perdiz (1,022 m high). Along the route, we will have panoramic views of the entire city of Granada, the Vega, Sierra Nevada, Sacromonte and the Albaicín.

- **DURATION ON FOOT:** 3.5 hours (approx.)
- **DISTANCE:** 15 km (approx.)
- **HEIGHT DIFFERENCE:** 400 m
- **DIFFICULTY:** Medium

Route

We start out from CLM and within minutes we will enter the Bosque de la Alhambra and the Cerro del Generalife. After enjoying the beautiful views, we arrive at the Llano de la Perdiz where we will begin our descent to the Silla del Moro and Cuesta de los Chinos and finish in Plaza Nueva.

ASCENT TO LOS CAHORROS

> HIKING



Approximate
duration
6 hours

Excursion to one of the most impressive and beautiful landscapes in the Sierra Nevada foothills.

- **DURATION ON FOOT:** 4.5 hours (approx.)
- **DISTANCE:** 11 km (approx.)
- **HEIGHT DIFFERENCE:** 400 m
- **DIFFICULTY:** Medium-high

Route

We will take the main line bus to Monachil and from there, start our walk on foot to the Garganta de Los Cahorros (rather well known nationally by rock climbing lovers). We will continue upstream the Monachil river crossing several suspension bridges and narrow passes. We walk up to the power plant at Díchar to take a path that will lead us back to Monachil, enjoying beautiful views of the Vega de Granada.

FUENTE DEL HERVIDERO-BOCA DE LA PESCA-DÍLAR

> HIKING



Approximate
duration
6 hours

This itinerary will take us through the western part of Sierra Nevada and allow us to see a beautiful view of the foothills and the 3000m. crest stretching from the Pico Veleta to the Caballo peak.

- **DURATION ON FOOT:** 4 hours (approx.)
- **DISTANCE:** 10 km (approx.)
- **HEIGHT DIFFERENCE:** 500 m
- **DIFFICULTY:** Medium

Route

The main line bus takes us to Cumbres Verdes. We set out for el Fuente del Hervidero and continue to the Boca del Pescado until we reach an area where many other walks begin (Mirador de los Alayos). From the summit we descend the southern slope, taking a path to the power plant at Dilar. Once on the track we follow the river bank until we reach Dílar where we catch the bus back to Granada.

TREKKING - ARAB BATHS

> HIKING



Approximate
duration
5.5 hours

A walk in the surrounding area of the Parque de Invierno and the Llano de la Perdiz (1,022 m high). Along the route we will have panoramic views of the entire city of Granada, the Vega, Sierra Nevada, Sacromonte and the Albaicín. Afterwards we can enjoy a relaxing session at the Arab Baths in their hot and cold water rooms, and a massage that will leave us as new!

- **DURATION ON FOOT:** 3.5 hours (approx.)
- **DISTANCE:** 15 km (approx.)
- **HEIGHT DIFFERENCE:** 400 m
- **DIFFICULTY:** Medium

Route

We start out from CLM and within minutes we will enter the Bosque de la Alhambra and the Cerro del Generalife. After enjoying the beautiful views we arrive at the Llano de la Perdiz where we will begin our descent to the Silla del Moro and down Cuesta de los Chinos. Once in Plaza Nueva we will head to the Arab Baths.

ASCENT TO THE PICO DEL TREVENQUE

> HIKING



Approximate
duration
8 hours

Ascent known as the "King of the Low Mountain": the Pico del Trevenque (2000 meters). A classic in the history of any hiker. This time we will climb the traditional route known as the crest of the Trevenque.

- **DURATION ON FOOT:** 6 hours (approx.)
- **DISTANCE:** 13 km (approx.)
- **HEIGHT DIFFERENCE:** 600 m
- **DIFFICULTY:** Medium-high

Route

The main line bus will take us to Cumbres Verdes. We set out for the Fuente del Hervidero. We continue to the Canal de la Espartera and at the beginning of Cuesta del Fresno, we take the track up the hill and follow the crest until we reach the base of the peak and then on up to the top. We return along the northern Trevenque, descending to a track that will take us to the Casa Forestal de la Cortijuela, Fuente del Hervidero and Cumbres Verdes.

VISIT TO THE SIERRA NEVADA SKI RESORT AND "EL DORNAJO" VISITORS' CENTRE

> OTHER SPORTS ACTIVITIES



Approximate
duration
4 hours

A visit to the most southern ski resort in Europe. We will stroll around the Pradollano area and see the different parts of the resort.

At "El Dornajo" visitors centre, participants will receive detailed information on flora, fauna, mountain morphology, topography, resources, architecture, shelters, crafts, customs, etc ... through panels, models, photographs and videos.

- **DURATION:** 4 hours (approx.)
- **NOTE:** High protection suntan lotion is recommended.
- **DIFFICULTY:** Very easy

FUENTE DEL HERVIDERO - PICO DE LA CARNE-MONACHIL

> HIKING



Approximate
duration
7 hours

An excursion that covers one of the most beautiful landscapes of Sierra Nevada and gives us a spectacular view of Granada.

- **DURATION ON FOOT:** 5 hours (approx.)
- **DISTANCE:** 13 km (approx.)
- **HEIGHT DIFFERENCE:** 600 m
- **DIFFICULTY:** Medium

Route

Departure in a main line bus that takes us to Cumbres Verdes. We will set out for the Fuente del Hervidero. We continue the forest trail until we encounter the Puente de los Siete Ojos. Once we get to the bridge, we will take a path that goes off to the left. This path leads to Fuente Fría passing over the Pico de la Carne summit. Once at Fuente Fría, we will descend to the refuge of the same name. We then take the path that goes behind the refuge and down the shady side of the hill until we arrive at Monachil.

HORSE RIDING

> OTHER SPORTS ACTIVITIES



Approximate
duration
3 hours

Treks on horseback in the surrounding areas of the village of Dílar (a farming area) and different parts of the Sierra Nevada Nature Reserve, taking in the wide variety of flora and fauna. These attempt to encourage friendship within student groups in a fun setting, provide an opportunity to come into contact with nature, and to approach horse riding not just as a sport but also as a means of opening up and learning about the environment.

Students will be accompanied at all times by qualified instructors, who are able to transmit the basic or advanced principals (depending on the participants' level) of riding, as well as providing information on the natural surroundings both in Spanish and English, making it a fun learning experience.

- **DURATION:** 1 to 1.5 hours.
- **DIFFICULTY:** Easy

SAILING, KAYAKING AND BEACH VOLLEYBALL

> OTHER SPORTS ACTIVITIES



Description

A trip to Granada's Costa Tropical where we will spend a day in contact with the sea. Enjoy a pleasant sail around the bay of La Herradura for about 1 hour and then some kayaking. If we have enough energy after these activities, we can play a game of beach volleyball. At around 13.30h, it will be time to have a bite to eat and sunbathe. Food is not included. We will leave at 16.00h and arrive back in Granada at 17.30h.

➤ **DURATION:** 7 hours (approx.)

➤ **DIFFICULTY:** Very Easy

CLM COMPETITIONS: INDOOR FOOTBALL/ BASKETBALL/ VOLLEYBALL

> OTHER SPORTS ACTIVITIES



Indoor football, basketball and volleyball competitions are organized in the Fall and Spring semesters of each academic year for all CLM students.

UGR SPORTS ACTIVITY CENTRE (CAD)

> OTHER SPORTS ACTIVITIES

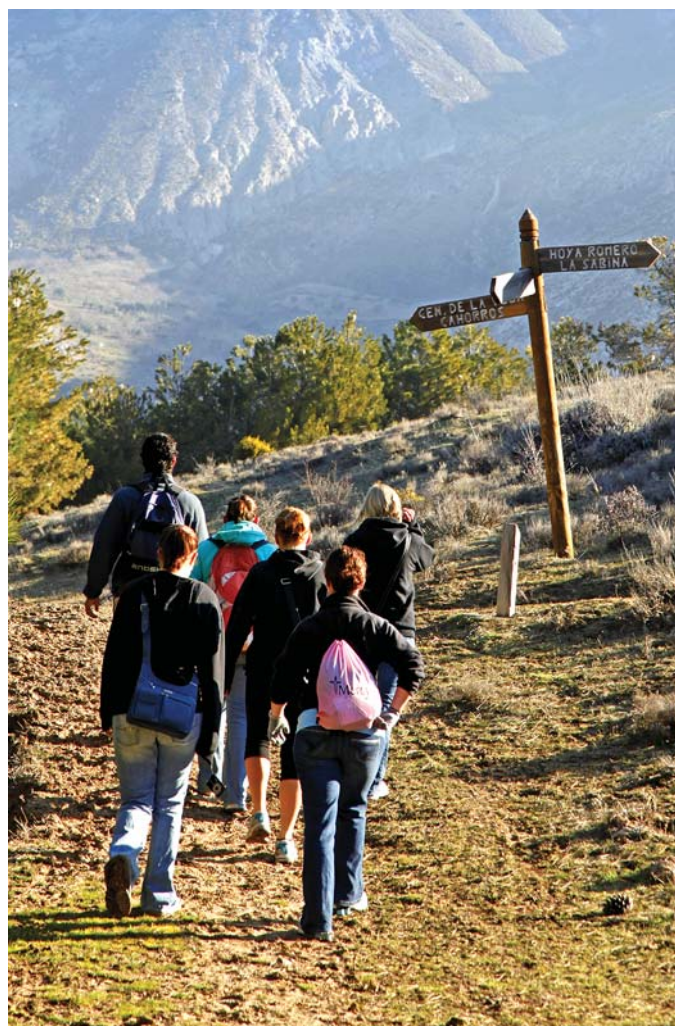


The UGR Sports Activity Centre has a great number of sports installations in two university campuses:

- Fuentenueva Campus
- Cartuja Campus

Thanks to these installations, the Sports Activity Centre at the University of Granada offers a wide range of options to members of the university community who wish to partake in sports and physical activities:

- Guided Activities
- Activities for health
- Sports Learning Activities
- Free use



➤ **NOTE:** Participants are recommended to wear appropriate clothing and footwear. They should bring water and suntan lotion.

The monthly/termly program for all these cultural and sports activities is published with sufficient prior notice and is available for consultation on our website and the CLM notice boards.

On request, CLM can arrange these activities on dates other than those scheduled in the monthly / termly program.

Any activity not in the catalogue can be requested with a reasoned proposal. CLM will study the feasibility and offer an option.

In order to participate in any of the activities, it is essential to register online through our website or at the concierge desk with your CLM student card.

CLM reserves the right to cancel or reschedule any of the activities without prior notice if the reason is justified (bad weather, insufficient students or any other reason beyond CLM's control).

The duration indicated in each of the activities is approximate, depending on the number of students and the weather.

Students participating in CLM sports activities are covered by an insurance policy taken out with the company MAPFRE. For more information, please contact CLM sports representatives.



UNIVERSIDAD
DE GRANADA



CENTRO DE
LENGUAS
MODERNAS

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