

**Rotary**



Rotary Club Marbella-Guadalmína

President 2015/2016: Anders Hagner

[www.rotaryclub-marbella-g.org](http://www.rotaryclub-marbella-g.org)

E-mail: [rotaryclub.marbella.g@gmail.com](mailto:rotaryclub.marbella.g@gmail.com)

# Mountain Walks

<http://www.rotaryclub-marbella-g.org/event/fundraising-mountain-walk-2015>

**Saturday, 17th October 2015**

- 1. La Concha (*Long*)**
- 2. Juanar to Ojén (*Medium*)**
- 3. Juanar to Mirador del Corzo (*Easy*)**

**Collect for Local Charities**

**Hogar Betania (La Linea)**

<http://www.rotaryclub-marbella-g.org/content/hogar-betania-bethany-home-la-linea-andalucia-spain>

**and**

**Ser Humano (Marbella)**

<http://www.rotaryclub-marbella-g.org/content/ser-humano-0>

**25€ euro Minimum Sponsorship**

**25€ euro optional lunch after at El Refugio de Juanar.**

**N.B.! – ¡OJO! - REGISTER WITH:**

**Jordi Sanchez (Spanish and English)**

**[Jordi@parodilawyers.com](mailto:Jordi@parodilawyers.com)**

**Take a photo of this to remind you!**

# CHARITY MOUNTAIN WALK



Rotary Club Marbella-Guadalmazina

**Saturday, 17 October 2015**

**Supporting \*Hogar Betania and \*\*Ser Humano**

A choice of 3 walks, all starting from Refugio de Juanar and ending with lunch there at 14.30. Different registration times for each walk, varying from 08.30 to 11.00. *It is important to let us know you are coming and essential to book for lunch. Email Jordi Sanchez: [Jordi@parodilawyers.com](mailto:Jordi@parodilawyers.com)*

## **1. Conquer La Concha – Hiking Adventure to the Summit**

Imagine the exhilaration of standing at the top of Marbella's iconic mountain, 1200 m above sea level. You are in a different world, with breath-taking views all round – North Africa, Gibraltar, Estepona and Fuengirola.

Join our guided hike to the top and achieve the summit of success. For the fit and properly equipped, (see below) 5 1/2 hour round trip.

**Registration 08.30 for a 09.00 start**

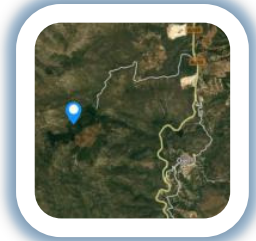


## **2. Walk to Ojén**

This is a downhill walk all the way, but you will still need walking boots or very sturdy trainers. Please see 'what do I need to wear or bring?' below. Enjoy the mountain air, a chance to escape into nature, and a sense of achievement.

3 hours approx., bus back to the Refugio.

**Registration 10.00**



## **3. Fantastic views around Ojén from the Mirador del Corzo**

Walk and talk with friends and family. Enjoy the peace and calm of a day in nature. 2 hour round trip maximum. Easy walking on a path, some steps up to the Mirador at the end.

**Registration 11.00**



All walks start and finish at the Refugio de Juanar, where lunch will be served at 1430. HOTEL REFUGIO DE JUANAR. Sierra Blanca, s/n. 29610. Tlfno: + 34 952 881 000  
[juanar@juanar.com](mailto:juanar@juanar.com), [www.juanar.com](http://www.juanar.com)

## **Our Intrepid leaders:**

James 'The Major' Fox



Martin 'Mountain Goat' Hall



Gwen 'Gazelle' Howe



*Over  
Please*

## \* What to do next:

1. Make a realistic estimate of your fitness level, and then choose one of the walks. The Concha ascent will involve some rough climbing where you will need to use your hands.
2. Do not worry if you change your mind on the day, you can join any one of other walks, as long as you register on time.
3. Let us know your intention to participate and which walk you think you might like to try
4. Involve your friends in either sponsoring you, or joining the fun on the day.

## \* What do I need to wear or bring?

**1. Conquer la Concha** - Good, hard soled ankle boots; thin gloves to protect hands when climbing; loose clothing so as not to overheat.

Small sunhat and sun glasses, small pack containing water, confectionery bar, light anorak with hood in case of rain or mist. Camera - The views are fantastic! Mobile phone.

**2. Walk to Ojén** - Good walking boots or very sturdy trainers. Loose clothing [as above] - anorak if the weather is changeable. Sunhat and sunglasses. Carry some water, a camera and/or mobile phone

**3. Mirador Del Corzo** - Good trainers (all the walking will be on paths.) Loose clothing [as above] - anorak if the weather is changeable. Sunhat and sunglasses. Carry some water, a camera and/or mobile phone

## \* Timings:

1. La Concha	5 to 5.5 hours	Registration	08.30, set off	09.00
2. Walk to Ojén	3 to 4 hours	Registration	10.00, set off	10.30
3. Mirador Del Corzo	2 hours	Registration	11.00, set off	11.30
4. Lunch (optional extra) approx.	14.30 (you must book for lunch)			

## \* Your Small Investment:

**Conquer La Concha:** Minimum Sponsorship 25 EUR, Lunch (Optional) 25 EUR and we would ask for an additional donation for helping you get to the top.

**Walk to Ojén & Mirador del Corzo:** Minimum Sponsorship 25 EUR, Lunch (Optional) 25 EUR

**CONTACT:** Jordi Sanchez [Jordi@parodilawyers.com](mailto:Jordi@parodilawyers.com)

Are  
You  
Ready?

**Rotary**  
Rotary Club Marbella-Guadalmina



### \*Why are we supporting Hogar Betania in La Linea?

La Linea is one of the poorest areas in Spain, and has an increasing problem with homelessness of men, women and children. For several years Begoña Arana Álvarez has run a hostel there, but now has a larger building, a disused old people's home.

It requires a great deal of renovation and Rotary Club Marbella Guadalmina is amongst those helping to supply materials – fences, gates, doors, kitchen equipment etc.

See her work here: <http://www.rotaryclub-marbella-g.org/content/hogar-betania-bethany-home->

Begoña is an extraordinary person who has been nominated for the Rotary Humanitarian Award 2014. She is being sponsored for this award by Rotary Club Marbella-Guadalmina

### \*\*Our support for Ser Humano Yes there are poor people in Marbella

For several years Ser Humano has been providing hot meals daily to elderly and disabled people in the Marbella area, many of whom would have a poor diet otherwise. The hot meals provided are 3 courses with well balanced nutrition.

Over the past 2 years this charity has needed to expand its work by also providing hot meals to very poor families whose unemployment benefit has expired.

The Town Hall now provides a kitchen and some funding to the charity, as well as inspecting their meals. Our club has given much practical support including helping to buy a new van and other equipment.

<http://www.rotaryclub-marbella-g.org/content/ser-humano-0>