

# “LA NOCTURNA”

16th NIGHT WALK: “FROM GUADALEST TO THE SEA “

SATURDAY, JULY 20th 2024

21:00 Hrs – 02:00 Hrs

## What is it?

Without any doubt, one of the most original summer night activities!!! It's a smooth downhill hike through the unspoiled nature of the wide riverbeds of the Guadalest and Algar Rivers, from the Guadalest reservoir down to the sea in Altea, where nispero, orange, lemon, avocado and even pomegranate plantations appear as silhouettes between the long areas of jungle like vegetation. There is always a soft breeze caused by the humidity in riverbeds at night.

## How does it work?

All participants will be carried by coach from Altea up to the Guadalest dam. The more trained will start their 21 km walk here while the others descend 5 km downstream and do a shorter walk (15km). All participants will receive the original NOCTURNA T SHIRT, that has become a “classic” after the 10 first editions and at arrival there will be some chill out music with snacks and drinks, at the Altea Town Hall Sports facilities. The use of Nordic Walking poles is free and only advised for the experienced Nordic Walkers. The minimum age will be 13 years of age.

**How many people can go?** For the 5 last years, there has been an average of more than 300 people each time Who is organizing this? 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 an overall coordinator, speaking 5 languages fluently. The event is sponsored by the Town halls of L'Alfàs and Altea

## What to take?

Compulsory: a head torch and decent walking shoes to walk at least 4 hours through stony and sometimes wet terrain. Recommended: some water and fruits, energy bars and a small elementary first aid kit

**How can I join this?** Inscription forms and more info to be downloaded from [www.nordicwalkingcv.com](http://www.nordicwalkingcv.com)

## Contribution fee:

- Before 07/07: 15 € residents L'Alfàs and Altea ; 19€ all others and non residents.
- between 08/07 and 17/07: 19€ residents L'Alfàs and Altea; 24€ others and non residents

## What is included?

Transport by coach, PR and accident insurance, the official Nordic Nightwalk T shirt, drinks, some snacks and surprises.

**More information:** Marc: +34 655 87 97 11, [marc@marcopoloexpediciones.com](mailto:marc@marcopoloexpediciones.com)

**Special thanks to:**

Los Ayuntamientos de L'Alfàs y Altea, Protección Civil, Hospitales IMED Pizzería Il Temp Express, GOFRES Manneken Pis, Marco Polo Expediciones S.L.U