

“LA NOCTURNA”



14th NIGHT WALK: “FROM GUADALEST TO THE SEA

“SATURDAY, JULY 30th 2022 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 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.

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

Contribution fee: before 17/07: 13 € residents L'Alfàs and Altea + FENWA and related Nordic Walking club members, 18 € others and non residents. **After 18/07:** 18€ residents L'Alfàs and Altea + FENWA and related Nordic Walking club members. 22 € 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: 655 87 97 11, marc@marcopolo-exp.es

Special thanks to:

- los Ayuntamientos de l'Alfàs y Altea, Protección Civil, hospitales IMED
- 345 PIZZA FUSSION TODAY, GOFRES Manneken Pis, Exclusivas ESCOBAR, ADOLFO MURILLO SL
- Marco Polo Expediciones S.L.U

