



IUNS 20th International Congress of Nutrition

GRANADA (SPAIN), SEPTEMBER 15-20, 2013



"Joining Cultures Through Nutrition"



Sierra Nevada Tour

Departure Date and Time: Wednesday 18th at 09.30h

Duration of the tour: Approx 5 hrs.

Price: 45 €

Characteristics:

Located in the central part of the Cordillera Penibética, Sierra Nevada is the largest of the Iberian mountain areas. Called by the Arabs of the Middle Ages as "Sierra del Sol", not only does it have one of the most valuable vegetations of the entire European continent, but also hides a rich cultural and historical heritage built over centuries.

Tartessos, Visigoths, Romans, ... have made their mark in the south of the Alpujarra región. Most of the important cultural legacy comes from the Muslim civilization which still remains, for example, sophisticated irrigation techniques. This huge natural fortress served as a refuge for the Moors until they were driven out, during the mid-sixteenth century, after numerous rebellions and uprisings.