

Spot: Helpful (Best Friends)



Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

20170122_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no

conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

[\[PDF\] The Complete Networker](#)

[\[PDF\] Developing Public Relations Campaigns: Top PR Experts on Implementing a PR Plan, Benchmarking Success, and Achieving Client Goals \(Inside the Minds\)](#)

[\[PDF\] Lloyds Nautical Yearbook: 1992](#)

[\[PDF\] Uniform Spaces \(Mathematical Surveys, No. 12\)](#)

[\[PDF\] Fish \(Animal Babies\)](#)

[\[PDF\] The Shy Toad](#)

[\[PDF\] Biomass Feedstocks for Biopower: Background and Selected Issues](#)

The best friend - Google Books Result Sometimes it can be hard to recognize a true friend, one who is loyal and one who is If so, this shows your friend must know you quite well and is a good sign. **How to Tell if Your Best Friend Is a Lesbian: 14 Steps** Assess which of your friends ask you to hangout the most. Best friends want to spend time with you. They sets aside blocks in their schedules to spend with you. **7 Ways To Spot A Fake Friend Thought Catalog** **Cincinnati Magazine - Google Books Result** Feb 23, 2016 Theres rarely any public discussion about how to be a good best friend. We all know the major ground rules listen when your friend has had **Best Friends Animal Society TV Access PSA Spot Source** Mar 31, 2010 Those who are best friend potential for us also tend to be our opposite in style, yet still be well matched in maturity level. Theres a useful **How to Spot Friends, Enemies, Frenemies and Bullies Psychology** 16+spot-on+quotes+to+make+you+appreciate+your+mates+this+Friendship+Day .. funny friendship quotes and sayings on # good friend. **After Effects On the Spot: Time-Saving Tips and Shortcuts from the - Google Books Result** Or, they may be using you to get close to your best friend, good friends, girl-/boy-friend or sibling. This type of person will eat up your house or home and even **How to Decide if Your Friend is a True Friend: 12 Steps How to Identify Bad Friends: 13 Steps (with Pictures) - wikiHow** Dave Sargent - Spot: Helpful (Best Friends) jetzt kaufen. ISBN: 9781593810566, Fremdsprachige Bucher - Hunde. **23 Warning Signs of a Toxic Friend HuffPost** Feb 4, 2014 You know, that friend who somehow manages to revert every topic of Not that that makes them good leaders, notes Jean Twenge, Ph.D., **Are They Really Your Friend? 15 Signs That Suggest Otherwise** Jan 25, 2016 I Went With My Best Friend To Our Childhood Hangout Spot, And We every year to remember what happened in our lives the good and the **How to Spot and Dump a Toxic Friend -** Jun 16, 2015 we all have to get burnt before we can spot a bad friend from a good one. Weve pooled together our own experiences and come up with 15 **How to Know if Your Friend Is Jealous of You: 15 Steps** Jan 23, 2013 So how do you get rid of a toxic friend? Weve gathered some tips from relationship pros on how to best sail the choppy waters of Treat a friendship breakup like any other, and take good care of yourself as you move on. **Selfish Friends: 6 Ways to Spot Them Before You Get Hurt - Lifehack** May 5, 2016 Having friend problems? Not sure if youre hanging out with the right people? Take this WebMD quiz to find out if your friends are true or **Sweet Spot: How to Maximize Marketing for Business Growth - Google Books Result** Feb 10, 2015 This is my favorite break time spot when I meet with my best friend. it is Service is very good and the pastry selection is fantastic, although I **Spot: Helpful (Best Friends): : Dave Sargent** Who are your best friends? Im willing to bet that anyone who meets your own best-friend criteria does at least two things for you that the 5,000 plain old **16 spot-on quotes to make you appreciate your mates this - Pinterest** Consider whether your friend pays attention to you and really listens. If youre there for your friend and listen to their stories and give good advice, but they wont : **Spot: Helpful (Best Friends) (9781593810573): Dave** hearers, until he came to the spot where lay buried his wife and three lovely daughters. The good clergyman leaned upon his staff, and bent over these graves, **9 Signs Your Best Friend Is Toxic - Bustle** : Spot: Helpful (Best Friends) (9781593810573): Dave Sargent: Books. **How to Recognize a True Friend: 8 Steps (with Pictures) - wikiHow** Apr 28, 2017 If you experience good news, your friend may look for something negative . in a rough spot they may find it harder to be openly encouraging. **18 Ways To Spot A Narcissist HuffPost** Unlike the big chain sporting goods stores, the Running Spot is not shiny with After lengthy discussions, the Ronckers decided they felt good about the five partners. Your foot is a lot different from your best friends, so while her Nike shoes **A Dogs Best Friend Wins Spot Award** Sep 4, 2014 Real friends naturally boost your self-esteem, he says. And in turn, helping out a good friend [in this way] can help you feel better about Feb 19, 2014 Were great at providing a wonderful product as well as a creating good relationships with our customers, Ross says. The business is a good : **Spot: Helpful (Best Friends) (9781593810573): Dave** Thanks for all of the good advice and teaching throughout the

Spot: Helpful (Best Friends)

years. Rachel Max My best friend and wife, Lisa, who suffers through all my geeky pursuits **Images for Spot: Helpful (Best Friends)** Apr 8, 2016 Here are 23 signs to help you identify toxic friends. 1. They convey Theyre pessimistic. They always believe the evil outweighs the good. **Quiz: Can You Spot a Toxic Friend? - WebMD fit** Luckily, theyre also easy to spot. . If your friend is good about scheduling phone, lunch, or dinner dates, and always follows through, then you have a good **11 Signs Of A Genuine Friendship HuffPost** Selfish Friends: 6 Ways to Spot Them Before You Get Hurt. Paul Sanders. Get The . to make new friends. Cut the suckers outthey do more harm than good. **How to Identify a False Friend (with Pictures) - wikiHow** : Spot: Helpful (Best Friends) (9781593810573): Dave Sargent: Books.