



BIVOUAC OF THE FIVE LAGOONS

Sierra de Gredos



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1 Introduction

In this mountain trip we will do a **circular route** that will take us through **Navalperal de Tormes** to **Garganta del Pinar** and the **Five Lagoons** where we will set up our bivouac to spend the night.

A spectacular place where to enjoy an exciting night at the heart of **Sierra de Gredos**.

This impressive **glacial cirque** takes its name for the presence of 5 lagoons called: **Cimera, Galana, Mediana, Brincalobitos and Bajera**.

The next day we will pass by the famous **Portilla del Rey** and we will start our way down through **Gargantón** to reach **Navalperal de Tormes** where we will finish our **active getaway**.

2 Basic Information

Destination: **Sierra de Gredos** (Spain).

Activity: Bovouac

Physical Level: ** Type of Terrain: **

Duration: 2 days.

Time of the year: June-Novembre

Group size: 3-8 people.

2.1 Required physical condition and type of terrain

Physical level	Ascent	Physical condition
*	Up to 700 m	Normal: occasional sport practice
**	Up to 1200 m	Good: regular sport practice
***	Up to 1500 m	Very good: strict sport practice

Type of terrain	
*	Good conditioned forest tracks and trails
**	Good conditioned trails. Presence of stones and roots on the way requiring attentive hike.
***	Bumpy, Stone loose tracks, including off trails

Observations. Walks are suitable for active people used to walk in the mountains on weekends and that is able to climb between 700 – 1.250 m daily at a slow pace with a duration of 5 – 7 hours including stops.

3 Destination

Sierra de Gredos Regional Park is a protected natural area located in the South of **Ávila** and covers 86.397 Ha. Sierra de Gredos is formed mainly by granite that has been shaped by the glaciers during the Cuaternary, finding here 41 glaciers that created cirques, gorges, moraines and glacier lagoons, making the best preserved glacial landforms of the South of Europe.

In **Sierra de Gredos** we find represented four out of the five bioclimatic levels of the Mediterranean region due to the strong contrasts between the south and the north faces, and the different orientations of the slopes. It present and abundance of plant species, being 14 of them endemic to these mountains. Regarding the fauna, deserves a special mention the **cabra montés** (*Capra pyrenaica victoriae*) a species that was at the edge of extinction at the beginning of the 20th century and now, thanks to its protection, has more than 8.000 specimens and it is fairly easy to spot in the park.

4 Programme

4.1 Programme outline

Day 1. Navalperal de Tormes-Five Lagoons

Distance 12 km Ascent +900 m -50 m

Day 2. Five lagoons-Navalperal de Tormes

Distance 16 km Ascent +386 m - 1265m

4.2 Detailed programme

Day 1. Navalperal de Tormes-Five Lagoons

The starting point Will be the **Tormes River**, in **Navalperal de Tormes** to go into the **Garganta del Pinar**, in the north face of Sierra de Gredos and one of the best routes to enter the heart of the alpine **Central Massif**. After a short break to photograph the famous **Majalaescoba lagoon**, we will face the last ascent to reach the **Five Lagoons Cirque**, where we will find abundant fresh water and beautiful meadows to spend the night.

Distance 12 km Ascent +900 m -50 m

Day 2. Five lagoons-Navalperal de Tormes

With the first lights of day, we will have breakfast and we will start our way towards **Portilla del Rey**. From this magnificent fortification we will recognise the crests and summits like **Gutre, Picurucho, Cabeza Nevada, La Galana, El Ameal de Pablo or Almanzor**. We will go down through **Gargantón** to get to the village of **Navalperal de Tormes** where we will finish our route.

Distance 16 km Ascent +386 m - 1265m

5 More Information

Price. 140 euros.

5.1 Included

- Certified mountain guide
- Dinner and breakfast
- Trip management
- Accident and rescue insurance.

5.2 Not included

- Transport. Exploring Spain can manage travel arrangements under request.
- Exploring Spain can arrange accommodation for the night prior the activity in a village nearby.
- Lunches

5.3 Packing list

- Backpack (between 30-35 litres).
- Trekking boots or sneakers.
- Telescopic poles.
- Technical clothes:
 - Socks.
 - Long and light trekking pants.
 - Thermal t-shirt (base layer). A spare one.
 - Fleece jacket or similar (second layer).
 - Gore-Tex or similar jacket and pants (third layer).
 - Primaloft jacket or similar.
 - Light and thick gloves.
 - Woollen cap and sun cap.
- Sunglasses.
- Head lamp (extra batteries)
- Sleeping bag (At least 0 degrees comfort).
- Mat
- Canteen or camelback (minimum 1 litre).
- First aid kit and essential toiletries
- Sunscreen and SPF lip balm
- Camera or photo equipment (optional)
- Food for two days (sandwiches, energy bars...).

5.4 Observations

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's leisure plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to give away the meeting point and time along with the guide contact information. At this point any information considered essential to the trip organization will be shared.

Plane tickets (if applicable)

If case you wish us to handle you plane ticket, please contact us with airport arrival and departure details and number of needed luggage. Before issuing any ticket, Price and details Will be send to the client for its approval.

Muntania fee for plane ticket management is 20€ per person.

If, otherwise, you handle your plane tickets, please coordinate with us before hand to check on arrival and departure information.

Please take into consideration getting with you on your carry-on luggage some set of clothing in case of checked luggage lose.

5.5 Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancelation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancelation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link:
<https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

5.6 Links of interest

- <https://www.refugiolagunagrandegredos.es/>

5.7 Highlights

- Discover the environment of the **Five Lagoons** in **Sierra de Gredos**.
- Spend one night in the mountain under the stars.
- Active trip, visiting landscapes of great beauty.

6 Similar trips

- Bivouac in Monte Perdido. Pyrenees.
- Bivouac in Jou de los Cabrones. Urrieles Circular Route. Picos de Europa.

7 Contact

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