



# HIKING IN LOS PICOS DE EUROPA

**Routes at your reach**



**Exploring Spain**

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## 1 Introduction

**Exploring Spain** presents a trip to **Picos de Europa** to discover some of the most emblematic places of this massif in the **Cantabrian Mountain Range**.

Picos de Europa are a big secret for mountaineers from outside Spain. And we want it to keep it that way... Because as travellers, we have a big affection towards Asturias, and as mountaineers towards Picos de Europa.

It was in 1018 when Picos de Europa was first declared National Park, the first of Spain and one of the first natural protected areas in the world. Since then, the National Park has grown to cover 67.000 hectares distributed between **Asturias, Cantabria** and **León**.

Sleeping in a comfortable country house in **Valle de Cabrales**, everyday we will do a walk visiting places as famous as the **Cares route, Fuente Dé and Horcajos Rojos, La Vega de Sotres and the Picu or the Lakes of Covadonga**.

These walks go along valleys, cols, gorges and crags. Villages and mountain huts, and the **Cantabrian Sea** at sight from the summits... A trip that we assure you that entails a great experience in one of the most beautiful terrains from the Spanish mountains.

As the icing on the cake, we will taste the **local gastronomy** in some of the numerous traditional restaurants of the area.

On your return, we only ask you to keep us the secret...

## 2 Basic information

Destination: Picos de Europa (Spain).

Meeting point: Arenas de Cabrales

Activity: Hiking.

Physical level: \*/\*\*. Type of terrain: \*\*

Duration: 5 days.

Season: From June to October.

Group size: 4-10 people.

### 2.1 Required physical condition and type of terrain

Physical level	Total elevation	Kms	Physical Condition
*	Up to 600 m	Up to 16 km	Normal: occasional sport practice
**	Up to 1200 m	Up to 23 km	Good: regular sport practice
***	Up to 1400 m	Over. 23 km	Very good: strict sport practice

Physical level category does not have to correspond exactly with given ascent and kilometers at the same time.

#### 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. A good physical condition is required in order to face climbs between 1.000 – 1.200m at an easy pace and to walk long hours. You must be used to walking in the mountains regularly.

All itineraries are subject to changes depending on weather conditions, snow or participant's physical conditions.



## 3 Programme

### 3.1 Programme outline

**Day 1.** Travelling day. Accommodation in Valle de Cabrales

**Día 2. Puente Poncebos (218 m) – Ruta del Cares- Caín (460 m) - Cordiñanes (860 m).**

Distance 13 km. Ascent + 600 m. - 100 m. Time 5 hours.

**Day 3. Lagos de Covadonga circular route.**

Distance 7 km. Ascent + 200 m. - 200 m. Time 4 hours.

**Day 4. Collado de Pandébano (1.150 m)- Refugio Uriellu (1.960 m).**

Distance 13 km. Ascent + 800 m. - 800 m. Time 5-6 hours.

**Day 5. Fuente de (El Cable) (1.860 m)- Refugio Cabaña Verónica (2325 m)- Fuente de (El Cable) (1.860 m).**

Distance 10 km. Ascent + 550 m. - 550 m. Time 5 hours.

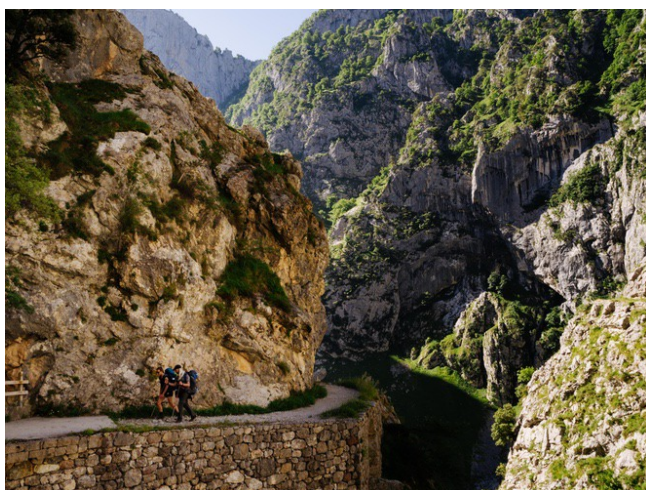
### 3.2 Detailed programme

**Day 1.** Travelling day. Accommodation in Valle de Cabrales

**Día 2. Puente Poncebos (218 m) – Ruta del Cares- Caín (460 m) - Cordiñanes (860 m).**

There is no better way to start the trip than by doing one of the most famous routes in **Picos**, we are referring to the **Cares Route**. This gorge of gigantic calcarean walls eroded by the river Cares.

Distance 13 km. Ascent + 600 m. - 100 m. Time 5 hours.



**Day 3. Lagos de Covadonga circular route.**

We will follow a circular route to visit the lakes of this area, the **Enol** and the **Ercina**. The lakes are of glacial origin and are situated in the Asturian part of **Picos de Europa National Park**, in the Western Massif.

Distance 7 km. Ascent + 200 m. - 200 m. Time 4 hours.

#### **Day 4. Collado de Pandébano (1.150 m)- Refugio Uriellu (1.960 m).**

We will start from the charming village of **Sotres** where we will take a wide path to the “invernales” (cottages used by shepherds in winter to keep the cattle) of **Texu** and from here until we reach **Pandebano**, a bit higher up we will find a small meadow where we will leave the car and continue on foot.

Following a well signed posted path we will arrive at the fold and refugio **La Tenerosa**, and after a constant climb we will reach the most emblematic refugio (mountain hut) of **Picos de Europa**.

Distance 13 km. Ascent + 800 m. - 800 m. Time 5-6 hours.

#### **Day 5. Fuente de (El Cable) (1.860 m)- Refugio Cabaña Verónica (2325 m)- Fuente de (El Cable) (1.860 m).**

In **Fuente Dé** we will take the funicular to get to the upper station (1.850 m), commonly called **El Cable**. From here, we will follow a path until the fork, taking the route to **La Vueltona**.

Here we will leave the path and we will take a mountain track to gain height until we make out the shining dome of **Cabaña Verónica (2.325 m)** with stunning views of Picos.

Distance 10 km. Ascent + 550 m. - 550 m. Time 5 hours.

We will finish around lunch time so there is enough time to travel back home the same day.



## **4 More information**

Price.

- 565 € per person up to 4 pax.
- 525 € per person for 5-8 pax.

### **4.1 Included**

- Professional mountain guide.
- 4 nights of hotel in a double room with breakfast in Valle de Cabrales.
- Taxi transfer from Caín to Cordiñanes
- Rescue and accident insurance.
- Trip management.

## **4.2 Not included**

- Transport to the meeting point. Exploring Spain can arrange it under request.
- Meals.

## **4.3 Packing list**

- Backpack (between 30-40 liters).
- Trekking boots or shoes depending on the trekking.
- Folding trekking poles.
- Clothing:
  - Socks.
  - Long and short trekking pants
  - Thermal shirt (first layer). A spare change.
  - Fleece jacket or similar (second layer).
  - Gore-Tex type jacket and pants (third layer).
  - Primaloft jacket or light down insulated jacket.
  - Fleece, light type of gloves.
  - Hat and cap.
- Sunglasses.
- Water bottle or water bag Camelback type of minimum capacity 1 liter.
- First aid kit and essential toiletries.
- Sunscreen and protection lip balm.
- Camera.

## **4.4 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 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 inform about the meeting point and time along with the guide contact details. At this point any information considered essential to the trip organization will be shared.

### **Plane tickets (if applicable)**

In case you wish us to handle your plane tickets, 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 there is any problem with the checked luggage.

## Other

The selection of itineraries might suffer some changes due to bad weather or any other reason making the itinerary not safe. In this case the guide will find the best alternative possible.

## 4.5 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.

\*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 J-2421 Muntania Outdoors. Assistance phone number 24h +34 93 366 95 81 (it is the contact number for the insurance company AXA).

\*\*\* 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.

## 4.6 Links of interest

- <http://reddeparquesnacionales.mma.es/parques/picos/index.htm>
- <http://www.picoseuropa.net>
- <http://www.liebanaypicosdeeuropa.com>
- <http://www.vegarredonda.com/>

## 4.7 Highlights

- Visit the heart of Picos de Europa massif.
- Landscapes of great beauty.
- Villages with charm and character.

- Tranquillity of the place.

#### **4.8 Similar trips**

- Hiking in the Mediterranean Coast. Cabo de Gata and Axarquía.
- Hiking, culture and gastronomy in the Central Mountains-Guadarrama and Gredos. Madrid, Segovia y Ávila
- Hiking in the Spanish Pyrenees. Ordesa National Park, Benasque and Romanesque Boi Valley.
- Hiking in El Hierro. Canary Islands.
- Hiking in Fuerteventura and Lanzarote. Canary Islands.
- Hiking in Gran Canaria. World Biosphere Reserve.
- Hiking in La Gomera and Tenerife. Canary Islands.
- La Palma Island, the hiking paradise.
- Hills of legend. Hiking, food & wine.

## **5 Contact**

**Exploring Spain - Muntania Outdoors, S.L. CICMA: 2608**

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