

# Bears & Waves

A journey through the heart of **Asturias**

© T

## Bears & Waves

Multi-sport and cultural trip 100%  
customizable in Central Asturias



## TABLE OF CONTENTS

1	Introduction.....	1
2	Destination .....	2
3	General Information.....	3
3.1	Required physical condition and type of terrain.....	3
4	Programme.....	3
4.1	Programme outline .....	3
4.2	Detailed program .....	4
5	Further information.....	6
5.1	Included.....	6
5.2	Not included .....	7
5.3	Required material.....	7
5.4	Observations .....	7
5.5	Links of interest .....	9
5.6	Highlights.....	9
6	Contact.....	9

## 1 Introduction

We propose a 100% customizable trip through the heart of Asturias: from bear territory high in the Cordillera to the wild waves of the Cantabrian Sea coast.

This trip is a perfect opportunity to get to know firsthand the geographical contrasts of Asturias and to do it playfully: walking, riding, paddling, and surfing. And, of course, watching wild bears in the wild!

But we will also have time to get to know the rich history that beats at every step, to meet and listen to the stories of the locals who maintain their traditional way of life, and, of course, to savor the gastronomic treasures of the region.

The trip is the result of years of experience in the area, which allows us to have selected the most suitable hotels, restaurants, and activities for each type of client. In this way, we can offer accommodation in rustic rural houses with all the comforts, as well as in modern mountain hotels and even palatial residences.

Whatever your travel profile is, we can adjust the duration and intensity of the hikes: from quiet family walks to demanding high mountain challenges.

Are you ready to walk through the heart of Asturias?

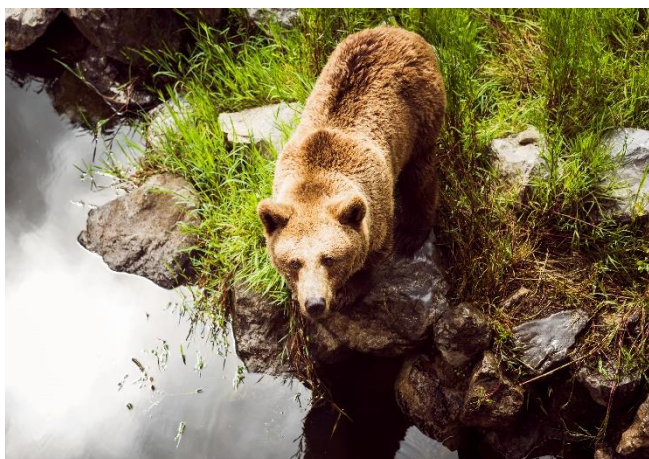


## 2 Destination

Asturias is the most outstanding representative of "Green Spain" and is located north of the Iberian Peninsula. Its distinctive landscapes, far from the cliché of sun and beach of the south of the peninsula, are the beautiful scenery for a trip full of attractions for all restless travelers.

Bears & Waves is committed to active, natural, sustainable, and gastronomic tourism. Four of the major travel trends are marking the present and future of travel. And it does so with a journey through a natural paradise that remains off the radar of mass tourism.

In Asturias, there are regal mountains populated by wild bears and an untamed coastline full of beautiful beaches. There are mountain villages anchored in time and some of the most beautiful fishing villages in Spain. But there is also very rich gastronomy famous for the quality of the raw materials from the sea, orchards, and mountains, as well as a rich history with abundant pre-Romanesque traces and culture with a significant Celtic influence.



### 3 General Information

**Destination:** Asturias (Spain).

**Meeting point:** Asturias airport <https://goo.gl/maps/xYw9PNqXCQMn3ezT9>

**Activity:** Hiking. Horse riding. Canoeing. Surfing / SUP

**Difficulty:** \*\*.

**Duration:** 7 days.

**Seasons:** May / June. September.

**Group size:** from 2 to 8 people.

#### 3.1 Required physical condition and type of terrain

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

Physical level category does not have to correspond precisely with given ascent and kilometers simultaneously.

#### Type of terrain

\* Good conditioned forest tracks and trails

\*\* Well-conditioned trails. The presence of stones and roots on the way requires an attentive hike.

\*\*\* Bumpy, stone loose tracks, including off trails

**Remarks.** The hikes can be adapted to all levels. The standard is designed for people who are used to walking in the mountains but do not necessarily need to have previous experience in this type of trekking.

The pace is always slow, and there are many rest stops, but be prepared for long days of up to 6 or 7 hours, at least one of the days.

Horseback riding (optional) does not require previous experience and can be adapted to each client's level.

Canoeing, surfing, or SUP activities are suitable for all ages, including young children accompanied by adults.

#### 3.2 Programme outline

##### Day 1. Welcome to Asturias.

Transfer to Pola de Somiedo. Check-In. Horse riding activity (2:30 h).

##### Day 2. Hiking & Bear Sighting

Lago del Valle: Distance: 12,65 km. Elevation gain +390m. -390m Time: 4 hours

Bear sighting: 2/3 hours

**Day 3. Camino Real de la Mesa (Stage 1: hiking)**

Distance: 16 km. Elevation gain +923 m. -949m Time: 6 hours

**Day 4. Camino Real de la Mesa (Stage 2: horse riding & hiking).**

Distance: 19 km. Elevation gain + 548m. -1.092m Time: 7 hours

**Day 5. Canoeing the Nalón River + Coast Hiking**

Canoeing time: 2/3 hours

“Ruta de los Miradores” hike: Distance: 5 km. Time: 1,5 hours

**Day 6. Surfing / SUP Experience.**

Depending on conditions. Time: 3 h

**3.3 Detailed program**

**Day 1. Welcome to Asturias**

Welcome to Asturias! Our local guide will be waiting for you at the airport to transfer you to Pola de Somiedo, in the heart of the natural park that will be the setting for our adventures in the following days.

Depending on your flight’s arrival time, we can enjoy a horseback riding tour in the afternoon after checking in at our hotel.

No time? Don't worry: we will be able to do it in the following days. In the evening, we will have our first contact with the local gastronomy during dinner, a moment that we will also take advantage of for the briefing of the next day.

**Day 2. Hiking & Bear Sighting**

Today, we will get into one of the most beautiful valleys of the Natural Park of Somiedo: the Lake Valley. It is a long but straightforward hike, but it reaches a spectacular lake of glacial origin as a reward. In the afternoon, it will be time for one of the program's highlights: wildlife watching.

In bear season (spring and late summer), we will likely be able to observe them with the help of binoculars or the naked eye! from the observation points our specialized guides will take us to.

Lago del Valle hike: Distance: 12,65 km. Elevation gain +390m. -390m Time: 4 hours

**Day 3. Camino Real de la Mesa (Stage 1).**

Today we are going for a walk. We will start the day with a transfer to the area of the Saliencia Valleys, one of the most beautiful high mountain lakes in Spain.

Depending on our desire to walk, we can do the shorter route (10 Km) or the longer one (20 Km). We will have the opportunity to enjoy high mountain landscapes dotted with ancient buildings where the "Vaqueiros de Alzada" used to live in summer.

At the end of the path, a transfer will take us to Teverga, where we will have time to rest our legs in the selected hotel.

Distance: 16 km. Elevation gain +-923 m. -949m Time: 6 hours

#### **Day 4. Camino Real de la Mesa (Stage 2)**

We continue our adventure in the Camín Real de la Mesa. On horseback? Walking? Both? Either way, we will walk on a trail off the beaten path. And this path was once one of the busiest roads in northern Spain...!

We are in a rather wild territory, where wolves roam freely in numerous herds (to the despair of the ranchers), bears make frequent incursions, and in mid-mountain landscapes, horses and cows are the real protagonists.

And if it is a clear day, maybe we can glimpse the Cantabrian Sea in the distance... our destination in a few days! Don't worry. There is no hurry.

And in the evening, we will have time to recharge our batteries with a good dinner with local products and maybe a relaxing spa bath!

Distance: 19 km. Elevation gain + 548m. -1.092m Time: 7 hours

#### **Day 5. By the river and by the coast.**

Change of scenery. Today we paddle a section of one of the principal rivers of Asturias: The Nalón. It is a river of calm waters, which stands out for its soft and pastoral landscapes. So we will have time to have a picnic and -if time permits- even take a swim.

Upon arrival, we will be rewarded in a typical Asturian inn, perfect for regaining strength before checking into our hotel.

In the afternoon, we will enjoy a scenic walk along the "Ruta de Los Miradores," overlooking the rugged coast of the Cantabrian Sea.

Canoeing time: 2/3 hours

"Ruta de los Miradores" hike: Distance: 5 km. Time: 1,5 hours

#### **Day 6. Surfing Asturias.**

We did it! A few days ago, if you think about it, you were up in the high mountains hiking in bear territory, and suddenly we're at the beach. And it's surfing time! We have two options, depending on the weather, the



state of the sea, and what you feel like doing: Option 1: ride the Pravia estuary on a Stand Up Paddleboard. A unique way to get to know the historical and industrial legacy of the area actively. Option 2: Have you tried surfing? We can receive an initiation class that we assure you will make you have fun with the waves on this beach. In both cases, we will have the opportunity to finish the trip at sunset in one of Spain's most beautiful fishing villages. Maybe with a few bottles of cider?

#### **Day 7. "Airport transfer.**

Well, it's all coming to an end. From the hotel, it is a concise transfer to the airport. So you will indeed have time to have breakfast and pack your bags calmly :)

We hope you enjoyed this trip very much through the heart of Asturias. Are you looking forward to more? We have several extensions in Asturias: Picos de Europa, gastronomic and cultural experiences... We are ready to continue with you!



## **4 Further information**

Price. From 1620 €. Minimum group size two people; the possibility of individual sign up to gather a minimum group.

### **4.1 Included**

- Tour guide
- 6 nights of accommodation in selected hotels (breakfast and dinner).
- Guided wildlife observation
- Certified hiking guide (1 day)
- Horseback riding (1 day / 2 day optional)
- Guided canoe route
- Surf lesson (OR) SUP ride
- Trip organization and management.

- Transfers by cab and/or van to the starting and ending points of the activities.
- Rescue and accident insurance coverage

#### **4.2 Not included**

- Flights (Muntania offers this service for an additional cost of 20€)
- Transfers to the starting point. Muntania could manage this service.
- Beverages that are not included in the accommodations' half-board menus.
- Any change due to unexpected incidents (weather, etc.) that incur higher expenses than the ones budgeted for the client and the guide.

#### **4.3 Required material**

The weather in Asturias is quite unpredictable and changeable, so it is essential to be prepared for all kinds of conditions.

The material is also conditioned by the different environments (mountains, rivers, and beaches) and the various sports practiced (hiking, horseback riding, canoeing and surfing).

- Attack backpack (20 / 25 L)
- Hiking boots (low or mid-calf recommended).
- Trekking poles (optional)
- Long hiking trousers
- Shorts
- Sweatshirt and/or fleece
- Thermal shirt (first layer). A spare change
- Waterproof jacket
- Extra socks
- Hat & Sun protection cream
- Swimming suit
- Rash guard (optional)
- River slippers
- Sunglasses
- Head lamp
- External batteries (Phone)
- Water canteen
- Multi-purpose knife
- Binoculars
- First aid kit and essential toiletries
- 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 leisure plans. Do not hesitate to contact us if you have any different dates.



### **Time and meeting point**

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

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

If you wish us to handle your plane ticket, don't hesitate to contact us with airport arrival and departure details and the number of needed luggage. Before issuing any ticket, the Price and details Will be sent to the client for approval.

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

If, otherwise, you handle your plane tickets, please coordinate with us beforehand 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 loss.

### **Trekking Backpack**

Very important to carry out just indispensable materials and clothing to walk at ease. You would not need to take food supplies, and clothing can be hand-wash daily. We recommend backpack weight between 6 to 10 kg.

### **Insurance policy**

This activity includes a basic insurance policy; however, we highly recommend adding specific travel policy for broader coverage. This extra policy can be contracted exclusively for the activity dates or annually (flexible starting coverage date), covering not just Muntania Outdoors trips but any other sports activity you may carry out throughout the year.

Extra insurance coverage with a cancellation option will allow you or a family member, in case of an incident, to get back the total paid amount (or a percentage if you are already traveling) either for plane tickets or any trip service you might have hired. Moreover, home return expenses will be taken care of through this coverage.

Intermundial insurance company is our supplier for extra coverage insurances; thanks to the signed agreement between parties, Muntania gets to offer lower prices than handling directly with them. The travel insurance with cancellation option offered by Muntania will cover up to 900€ for national trips and 2000€ for abroad travel. If your total trip cost is higher than the given coverage limit, an extension is always possible (please consult).

### **Other topics**

No need for a sleeping bag, but a silk or cotton sheet bag was requested.

### **Extensions.**

The package can be booked as a self-guided tour (with assistance) or an English-speaking guide for groups of 6 or more. We can adjust the duration of the trip between 3 and 7 days. However, there is also the possibility of visiting other areas and cities in the region and extending it up to 10/12 days.

#### 4.5 Links of interest

- <https://www.turismoasturias.es/en/>
- <https://parquenaturalsomiedo.com/>
- [In No Man's Land](#) (VIDEO)
- [Paradise in our sight](#) (VIDEO)
- [Surfing Asturias](#) (VIDEO)

#### 4.6 Highlights

- Bear and wildlife watching: Somiedo Natural Park is one of the best places in Europe to observe wild bears in the wild.
- Hiking and horseback riding in a high mountain environment. 100% customizable: from quiet family walks to high mountain challenges.
- Off the beaten path: discover an authentic region rich in history and delicious gastronomy.
- Soft adventure: canoeing and Stand Up Paddle or surfing.
- Selected accommodations: from charming cottages to palatial residences and boutique hotels.

## 5 Contact

**Muntania Outdoors, S.L. CICMA: 2608**

+34 629 379 894 info@muntania.com [www.muntania.com](http://www.muntania.com)

c/ Las Cruces Nº 1, portal 2, 2º C, 28491 Navacerrada (España).