

# TREKKING IN PICOS DE EUROPA



## The Circular Route of Central Massif - 2019



## Table of contents

1	Introduction .....	2
2	Basic information .....	3
2.1	Required physical condition and type of terrain.....	3
3	Programme.....	3
4	More information.....	4
4.1	Included in the price .....	5
4.2	Not included in the price.....	5
4.3	Required equipment .....	5
4.4	Observations .....	6
4.5	Links of interest.....	7
4.6	Highlights.....	7
5	You may also be interested in .....	8
6	Contact .....	8
7	Photo Gallery.....	9

## 1 Introduction

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Muntania suggests you a 5 days circular tour in **Picos de Europa** crossing the **Central Massif**, also called **Urrieles**.

We will start the trip in **Asturias** in **Puente Poncebos**, between the central and western Massif crossing the **Cares Valley**. We will ascent **Urrieles** through **Cordiñales** enjoying beautiful places like **Jermoso Col**, **Puertos de Avila** and **Vega de Urriello**, where the famous **Naranjo de Bulnes** is located. We will finish the tour in the picturesque village of **Bulnes**.

Without a doubt this is a perfect journey to enjoy **Picos de Europa**, its steep peaks, its fancy geomorphology and contrasts.

A very complete tour that will not leave anyone indifferent.

## 2 Basic information

Destination: Picos de Europa (Spain).  
 Meeting point: Arenas de Cabrales  
 Activity: Trekking.  
 Difficulty: \*\*.  
 Length: 5 days trekking.  
 Season: From June to October.  
 Minimum-maximum group: 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

## 3 Programme

\*\* Please consult for previous night lodgement options if interested.

**Day 1. Puente Poncebos (218 m) - Cares Route - Caín (460 m) - Cordiñanes (860 m).**

Start of the trekking. There is nothing like starting our trip in one of the most famous routes in Picos de Europa: **The Cares Route**. It is a gorge with huge limestone walls eroded by the force of the river.

Distance: 13 km. Elevation gain +600 m. - 100 m descent. Time: 5 hours

**Day 2. Cordiñanes (860 m) - Jermoso Col hut (2.067 m).**

We will ascent through **Canal de Asotín** to reach **Jermoso Col**, spending the night in this special place that we always recommend. The **Friero Tower** (2.440 m) will accompany us in our ascent and the amazing views will compensate our effort.

Distance: 7 km. Elevation gain +1.200 m. - 50 m descent. Time: 5 hours

**Day 3. Jermoso Col hut (1.665 m) - Hotel Refugio de Aliva (1.666 m).**

We will move towards **Colladinas, Llagu Cimero**, south of **Madejuno Tiro Llagu** passing through **Vega Liordes**. We will flank the top of **Fuente Dé** to reach the southern Wall of **Peña Olvidada** and **Peña Vieja**.

Distance: 12 km. Elevation gain + 700 m. - 800 m descent. Time: 5 hours

**Day 4. Hotel Refugio de Aliva (1.666 m) - Vega de Urriellu hut (1.960 m).**

Leaving this landscape of Green pastures we will ascent towards **Horcados Rojos** to contemplate the rocky landscape, a desert of rocks, chasm and sumps which will guide us to **Vega Urriellu**. From this point we could see the west and north face of the **Naranjo de Bulnes**, and we could enjoy the good atmosphere of hikers and climbers that take place in this emblematic place. If there is snow in Horcajos Rojos we could decide to pass through a more accessible col.

Distance: 11 km. Elevation gain +800 m. - 500 m descent. Time: 5 hours

**Day 5. Vega de Urriellu hut (1.960 m) - Bulnes (647 m) - Puente Poncebos (1.076 m)**

We will finish the route descending towards the village of **Bulnes**, which it can only be reached by foot of by a rack railway from **Puente Poncebos**. End of the trip.

Elevation gain + 50 m. - 1.300 m descent. Time: 5 hours

\*\*Last journey will end between 15-16h in the afternoon.

## 4 More information

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Price: 490 euros/person (from 4 people).

#### 4.1 Included in the price

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- Mountain Guide service during the trekking
- 4 nights in half-board accommodation in hostels, hotels and mountain huts (breakfast and dinner)
- Rescue and accident insurance.
- Trip organization and management.

#### 4.2 Not included in the price

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- Transportation to the starting point.
- Accommodation in Arenas de Cabrales the first night. Management can be requested.
- Beverages that are not included in the accommodations' half-board menus.
- Any change due to unexpected incidents (weather, etc.) that inquire in higher expenses than the ones budgeted for the client and the guide.

#### 4.3 Required equipment

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It is important to carry little weight in the backpack to walk comfortably, so it is recommended to take only the essential material and clothing. Each day you may wash some laundry by hand and you do not have to carry food. We will inform you so you backpack weighs no more than 6-8 kilos.

- 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.
- Head lamp (extra batteries).
- Travel liner sleeping bag and very light towel.
- 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

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### **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.

### **Trekking backpack**

It is very important to carry the lightest backpack possible (6 to 10 kg) to walk at ease; therefore, it is highly advised to take exclusively the essential material and clothing. Huts will offer handwash facilities and there will be no need to carry food.

### **Insurance policy**

This activity includes a basic insurance policy; however, we highly recommend to add, for wider coverage, an extra specific travel policy. 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 sport activity you may carry out throughout the year.

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

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 be covered up to 900€ for national trips and 2000€ for abroad travel. In case your total trip cost is higher than the given coverage limit, an extension is always possible (please consult).

## Other questions

- No need to take sleeping bag though silk or cotton bivvy bags are required.
- A good physical condition and being used to walk in the mountain is required to confront the demanding slopes.
- It is recommended to bring very little food since it can be purchased in the accommodation of in the towns along the way.
- The selected accommodations may undergo some changes depending on the availability when reservations are made and according to the booking and cancellation conditions.

## 4.5 Links of interest

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- <http://liebanaypicosdeeuropa.com>
- <http://www.picoseuropa.net>
- [www.colladojermoso.com](http://www.colladojermoso.com)
- <https://cantur.com/instalaciones/7-hotel-aliva>
- <http://www.refugiodeurriellu.com/web/Inicio-Refugio-de-Urriellu>

## 4.6 Highlights

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- Visit the heart of Picos de Europa.
- Beautiful landscapes.
- Uniqueness of the villages in the area.
- A very quiet and peaceful place.

## 5 You may also be interested in ...

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### Aragonese and French Pyrenees

- Golondrinas track, a trekking through the Occidental Pyrenees.
- Senda de Camille: Trekking through the territory of the last indigenous Pyrenean bear
- Perdidos High Route. Ordesa & Monte Perdido National Park
- Hiking in the Spanish Pyrenees: Ordesa National Park, Benasque and Romanesque Boi Valley
- Vignemale Tour, 4 days trekking

### Catalan and French Pyrenees

- Carros de fuego, the High Level Route in the Pyrenees

### Sierra Nevada

- Hi Trek Sierra Nevada - Circular Route
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## 6 Contact

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## 7 Photo Gallery

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