

TREKKING IN PICOS DE EUROPA



The Circular Route of Central Massif (5 days)



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1 Introduction

Exploring Spain presents a 5 days circular tour in **Picos de Europa** crossing the **Central Massif**, also called **Urrieles**.

The Picos de Europa are a big secret for mountaineers from outside Spain. And we want it to keep it that way... Because as travellers and mountaineers, we have the greatest respect and affection for the principality of Asturias and the mighty mountains that are Picos.

This trek will take you to one of the most spectacular alpine landscapes of the Cantabrian Mountains. Where between dramatic limestone landforms, you will find verdant green meadows, and the echoes of a rural life reluctant to disappear.

First, we want you to relax in the beautiful village of **Arenas de Cabrales**, one of the main entrances to the Picos de Europa. Here you will be able to confirm the delights of the famous Asturian cuisine in a traditional “sidrería”, and of course, to rest before the mountain days that await us.

It was in 1918 that Picos de Europa was first declared National Park, the first in 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**.

Our itinerary follows valleys, gorges, crags and mountain passes, with villages, refuges, and the **Cantabrian Sea** to be seen from the highest points... And a trek where we promise an exhilarating experience in one of the most beautiful terrains of the Spanish mountains.

As the icing on the cake, once we have finished the trek, we visit the beautiful and picturesque town of **Oviedo**, the capital of **Asturias**. This is the perfect opportunity to explore the medieval old town and its Gothic cathedral, and to enjoy the gourmet gastronomy that waits for you at specially selected restaurants. On your return, all we ask is that you keep our secret of the wonderful Picos de Europa...

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

Observations. A good physical condition is required in order to face big climbs. You must be used to walking in the mountains regularly.

All itineraries are subject to changes depending on weather conditions, snow or participants physical conditions.

3 Programme

3.1 Programme outline

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

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

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

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).

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).

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)

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

3.2 Detailed programme

** Please consult for previous night lodgement options if required.

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 change the itinerary 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

Price: 540 euros/person (from 4 people).

4.1 Included

- 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

- Transportation to the starting point.
- Accommodation in Arenas de Cabrales the first night. Management can be requested.
- Lunch.
- 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.
- Flights (Muntania offer this service for an additional cost of 20€)

4.3 Required equipment

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 your 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.

In the event there is snow crampons and ice axes should be necessary.

4.4 Observations

- 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.

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.

Trekking Backpack

Very important to carry out just indispensable material 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.

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.

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 cancellation 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.

4.6 Links of interest

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

4.7 Highlights

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

4.8 Similar trips

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

5 Contact

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