



**BIVOUAC IN JOU DE
LOS CABRONES.
URRIELES CIRCULAR ROUTE**

Picos de Europa



Exploring Spain

TABLE OF CONTENTS

1	Introduction.....	1
2	Basic Information	2
2.1	Nivel físico y tipo de terreno para este viaje.....	2
3	Destination	2
4	Programme.....	3
4.1	Programme Outline	3
4.2	Detailed programme	3
5	More Information.....	3
5.1	Included.....	3
5.2	Not included	3
5.3	Packing list.....	4
5.4	Observations	4
5.5	Insurance policy.....	5
5.6	Links of interest	5
5.7	Highlights.....	6
6	Similar Trips.....	6
7	Contact	7

1 Introduction

Spend 2 days in the mountains with a circular route in the **Urrieles Massif** in **Picos de Europa**. We will walk in the north face of the central massif, enjoying the views of the most emblematic summits of Picos, like **Pico de los Cabrones, Torrecerredo and Picu Urriellu**, bivouacking at **Jou de los Cabrones**, a spectacular place for an exciting night.

We will go up from **Poncebos** passing by the village of **Bulnes** and the **Amuesa Canal** to reach our bivouac. For the way back, we will close the circle passing by **Urriellu, Bulnes** and returning to **Poncebos**.

2 Basic Information

Destination: **Picos de Europa** (Spain).

Activity: Bivouac

Physical level: *** Type of terrain: **

Duration: 2 days.

Time of the year: June-November

Group size: 3-6 people.

2.1 Nivel físico y tipo de terreno para este viaje

	Ascent	Physical level
*	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. The route is suitable for active people used to walk in the mountains and able to climb between 700 – 1.250 m daily at a slow pace and with a duration of 5 – 7 hours including breaks.

3 Destination

Picos de Europa is a fantastic limestone massif next to the **Cantabrian Sea**, that spreads across **Asturias**, **Cantabria** and **Castilla y León**. They were the first European land that sailors used to see when they were returning from America in the past, and therefore its name **Picos de Europa**.

To tell the truth, **Picos de Europa** or just “Picos”, is not just one massif but three: The western massif or **Corni3n**, the central massif or the **Urrieles** and the southern massif or **Ándara**.

It is in **Urrieles** where we find the highest peaks of Picos de Europa. **Torre de Cerredo** or **Torrecerr3u** (2.650 m) is the roof of Picos and **Naranjo de Bulnes** or **Picu Urriellu** (2.519 m) the most emblematic peak, specially its spectacular west face, that plays a main role in the history of the Spanish alpinism.

Regarding the other two massifs, Corni3n is the biggest one in extension highlighting **Torre Santa** or **Peña Santa de Castilla** (2.596 m), and **Ándara** is the modest one in height and extension, with **Morra de Lechugales** (2.444 m) being its highest peak.

4 Programme

4.1 Programme Outline

Day 1. Poncebos-Bulnes-Amuesa-Cabrones

Distance 13 km Ascent +1800 m -70 m

Day 2. Cabrones-Urriellu-Bulnes-Poncebos

Distance 15 km Ascent +400 m -2000 m

4.2 Detailed programme

Day 1. Poncebos-Bulnes-Amuesa-Cabrones

Jou de los Cabrones is located at the heart of the **Central Massif of Picos de Europa**, surrounded by by the highest summit of the **Cantabrian Mountain Range**. Our route to get there climbs steeply into an area of great wilderness. We will pass by the village of **Bulnes** and then, we will ascent through the Amuesa Canal a plateau with the same name, a pasture land during the summer months. The second part of the route penetrates into the highest parts of the mountains, through a hard and steep path leading to **Jou de los Cabrones**, where we will set up our bivouac.

Distance 13 km Ascent +1800 m -70 m

Day 2. Cabrones-Urriellu-Bulnes-Poncebos

In our second journey, we will walk to **Vega de Urriellu** where we will find the famous **Picu Urriellu**, also known as **Naranjo de Bulnes**, an emblem of **Picos**. From here we have several options for our way down, completing our route descending to **Bulnes**, and finally to **Poncebos**.

Distance 15 km Ascent +400m -2000 m

5 More Information

Price. 130 euros.

5.1 Included

- Mountain Guide service during the trekking
- Rescue and accident insurance.
- Trip organization and management.

5.2 Not included

- Transportation to the starting point. Muntania can arrange this under request.
- Accommodation in Arenas de Cabrales the first night. Management can be requested.
- Lunch.

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 bad (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://parquenacionalpicoseuropa.es/>

5.7 Highlights

- Discover the heart of **Picos de Europa**
- Optimus ratio guide/client that allows you to get the best from the activity.
- Active trip in beautiful landscapes.

6 Similar Trips

- Bivouac in Sierra de Gredos.
- Bivouac in Monte Perdido. Pyrenees

7 Contact

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

+34 629 379 894 info@exploring-spain.com www.exploring-spain.com

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