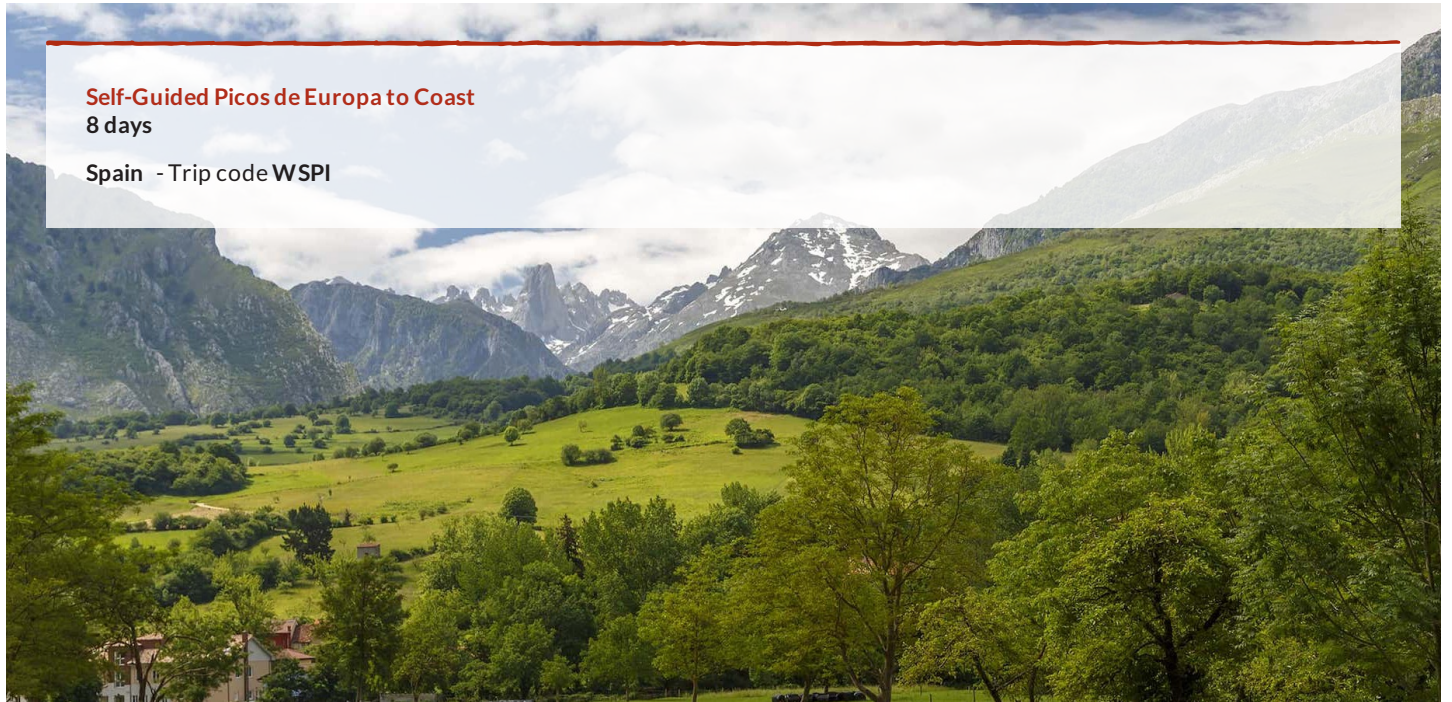


EXPLORE!



Self-Guided Picos de Europa to Coast

8 days

Spain - Trip code WSPI

Self-Guided Picos de Europa to Coast

Starting in the relaxed rural town of Arenas de Cabrales in the foothills of the northern Picos de Europa, this self-guided trip takes you from the beautiful mountains, valleys and rivers of the Picos to the quiet beaches of the Bay of Biscay. Hikes include the stunning Cares Gorge where the path is carved out of the surrounding rock, a trail along an ancient 'Camino Real' on the slopes of Sierra de Cuera, and coastal paths.

Trip highlights

- ★ **Picos de Europa** - Discover this attractive limestone mountain range with great walking trails and impressive views over the surrounding region
- ★ **Cares Gorge** - Walk the spectacular Ruta del Cares, a trail carved out of the rock along this stunning twelve kilometre gorge.
- ★ **Arenas de Cabrales** - Enjoy the relaxed atmosphere of this small town lying in the shadows of the Picos
- ★ **Camino del Norte** - Explore this part of Spain's Atlantic coast walking part of a lesser known pilgrim route to Santiago
- ★ **Beaches** - Unwind on the quiet, unspoilt beaches of the area
- ★ **Local cuisine** - Discover tasty dishes made from local produce. Try the Cabrales cheese and traditional apple cider

ACCOMMODATION GRADE:

Premium

Our premium accommodation is hand-picked and chosen for its character, location or local importance. These properties have excellent facilities and a higher level of comfort and service. They provide the perfect wind down after an active day.

WALKING GRADE:

Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Trip starts in Arenas de Cabrales

Your trip starts in Arenas de Cabrales, one of the northern gateways to the Picos de Europa. This small sleepy town lies in the shadows of these attractive limestone mountains and often plays host to walkers keen to explore. Due to their proximity to the sea and relatively low elevation the 'Picos' have a mild climate in summer, and ideal terrain for interesting walking - With great views and interesting flora and fauna. Our preferred hotel is in the centre of Arenas de Cabrales, and has a small garden and swimming pool.



Accommodation: Hotel Picos de Europa (or similar)



Premium Hotel



Single room available



Meals Provided: Dinner

DAY 2 - Follow an historic 'Camino Real' to Carrena

Today starts with a short, pre-booked taxi ride to Ortiguero. From here you follow the old 'Royal Footpath' along the slopes of the Sierra de Cuera through old chestnut woods and by small streams, and are rewarded with great views of the Picos de Europa. Half way through the walk you arrive to the village of Asiego, where you can try a typical 'espicha' lunch made up of small portions of local delicacies. On returning to Arenas de Cabrales you may wish to visit the cheese museum, the local natural caves or relax in a café or bar. Today's walk is almost 12 kilometres and takes approximately four and a half hours. The total ascent and descent is +310m / -600m.



Accommodation: Hotel Picos de Europa (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Hike along the Cares Gorge

The route today takes you along the Cares Gorge, through spectacular scenery, on one of the most famous routes in Spain. The path was originally a maintenance path for the Canal del Cares, carved through the mountains at the start of the 20th century to supply a hydro-electric power station. However today many walkers take this route to follow the Cares River through this deep, impressive gorge that divides the western and central massifs of the Picos, returning the same way. This walk starts and ends in nearby Poncebos. A pre-booked taxi will take you there and pick you up at the end of the day. The walk today is 23 kilometres and takes approximately six and a half hours. The total ascent and descent is +600m / -600m.



Accommodation: Hotel Picos de Europa (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Circular walk in the countryside around Arenas de Cabrales

The walk today starts and ends at the hotel. Taking you out of the town the route takes you through quiet woods and meadows in the shadows of the Picos. Half way into the walk you reach the small village of Poo de Cabrales which has a cosy bar where you may decide to stop for a while. Similarly on your return to Arenas de Cabrales there are small cafes and bars to relax in. Today's walk is nine and a half kilometres and takes approximately three and a half hours. The total ascent and descent is +/- 420m.



Accommodation: Hotel Picos de Europa (or similar)



Premium Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Walk the Sierra de Cuera to Poo de Llanes

Lying between the Picos de Europa and the Atlantic coast is another small mountain range called Sierra de Cuera. Today's route follows a high path from west to east along this range, through the unspoilt, rural valley of Llabres, arriving to the coastal village of Poo de Llanes. The day starts with a pre-booked taxi transfer Turanzas. Although close to the coast Poo de Llanes has kept its traditional village feel, with mainly Spanish families visiting during the summer. It has a few restaurants to choose from in the evenings, two of them on the beach ten minutes walk from the hotel. The walk today is 11.5 kilometres and takes approximately three and a half hours. The total ascent and descent is +110m / -130m.



Accommodation: Hotel Rural Cuarteru (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast & Dinner

DAY 6 - Coastal walk from Vidiago to Poo de Llanes

This morning starts with a short pre-booked taxi transfer to Vidiago, from where the route follows the coastal footpath back to Poo de Llanes. This lovely walk takes you along limestone cliffs, through small villages and past unspoilt beaches and coves. Before reaching Poo de Llanes the route takes you through the medieval town of Llanes. You may wish to spend some time here exploring the old town, and waterfront, or relaxing in a local café before continuing on to Poo de Llanes. Today's walk is 16.5 kilometres and takes approximately five hours. The total ascent and descent is +285m / -300m.



Accommodation: Hotel Rural Cuartamenteru (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Walk part of the Camino del Norte

Today the route starts at the hotel, walking from Poo de Llanes along the beautiful cliff tops to Celorio. It then joins part of the Camino del Norte (one of several pilgrim routes that end in Santiago de Compostela) to San Antolin, where, during the summer, there are a couple of bars and the opportunity to swim. From here you can either continue along the coastal path to Hontoria or turn inland continuing on the Camino del Norte to Nueva. From Hontoria or Nueva you catch a train back to Poo de Llanes (not included). The walk to Hontoria is 18 kilometres and takes approximately six hours. The shorter walk to Nueva is 16 kilometres and takes approximately five hours. The total ascent and descent is approximately the same at +275m / -275m.



Accommodation: Hotel Rural Cuartamenteru (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Trip ends in Poo de Llanes

The trip ends after breakfast in Poo de Llanes



Meals Provided: Breakfast

Walking and Trekking information

Walking grade

Moderate

Trek details

Walks on 6 days for between 3 to 6.5 hours each day, mainly along established paths. This walking trip has been graded as moderate Maximum Altitude on Trek: 530m



What's included?



Included meals

Breakfast: 7

Dinner: 2



Accommodation

4 nights premium hotel

3 nights standard hotel

Trip information

Country information

Spain Holidays & Tours

Climate

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean

south is warm virtually all year round. Spain's Islands the Canaries and Balaerics experience very mild winters and warm summers making them ideal year round destinations.

Time difference to GMT

+1

Plugs

2 Pin Round

Religion

Roman Catholic

Language

Castilian Spanish, Catalan, Galician, Basque

Budgeting and packing

Optional activities

Local excursions in Arenas de Cabrales

Clothing

Bring some lightweight clothing for pleasant, balmy days (including shorts for day walks), but remember that temperatures drop with altitude and that evenings may be cool so a warm sweater or fleece is essential. As mountain weather is changeable it is important to bring a waterproof and windproof outer garment. (NB weather re clothing: the weather is changeable throughout the year and difficult to predict. The hottest months are July and August when average temperatures reach 23 degrees during the day (with some exceptionally hot days with over 30°), but normally cool down to 15 degrees at night. July is also the driest month (average of 45mm rainfall totally during 7 days) while April and October can be wet (100mm during 12 days). However temperatures in early Spring and late autumn are in general still pleasant for walking)

Footwear

Walking or trail boots with good ankle support are essential, plus comfortable trainers/sandals for relaxing.

Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you may need to carry your luggage at times so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport/ a ferry you should always take your luggage with you.

Luggage transfer

Included between each hotel.

Equipment

Bring a water bottle, torch, sunhat, sunscreen and sunglasses. A trekking pole is recommended for the steep descents.

Country Information

Spain Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Dinner price

£12.00 - 16.00

Beer price

£1.50 - 2.50 (depending on the region/area in Spain)

Water price
£1.4

Foreign Exchange

Local currency
Euros

Recommended Currency For Exchange

We recommend you take the majority of your spending money in Euros cash.

Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

ATM Availability

In cities and most major towns.

Credit Card Acceptance

Visa and Mastercard are generally accepted in larger restaurants and some shops.

Travellers Cheques

Not recommended.

Transport, Accommodation & Meals

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Spain: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office. All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

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Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Vaccination requirements are subject to change and should be confirmed before departure.
