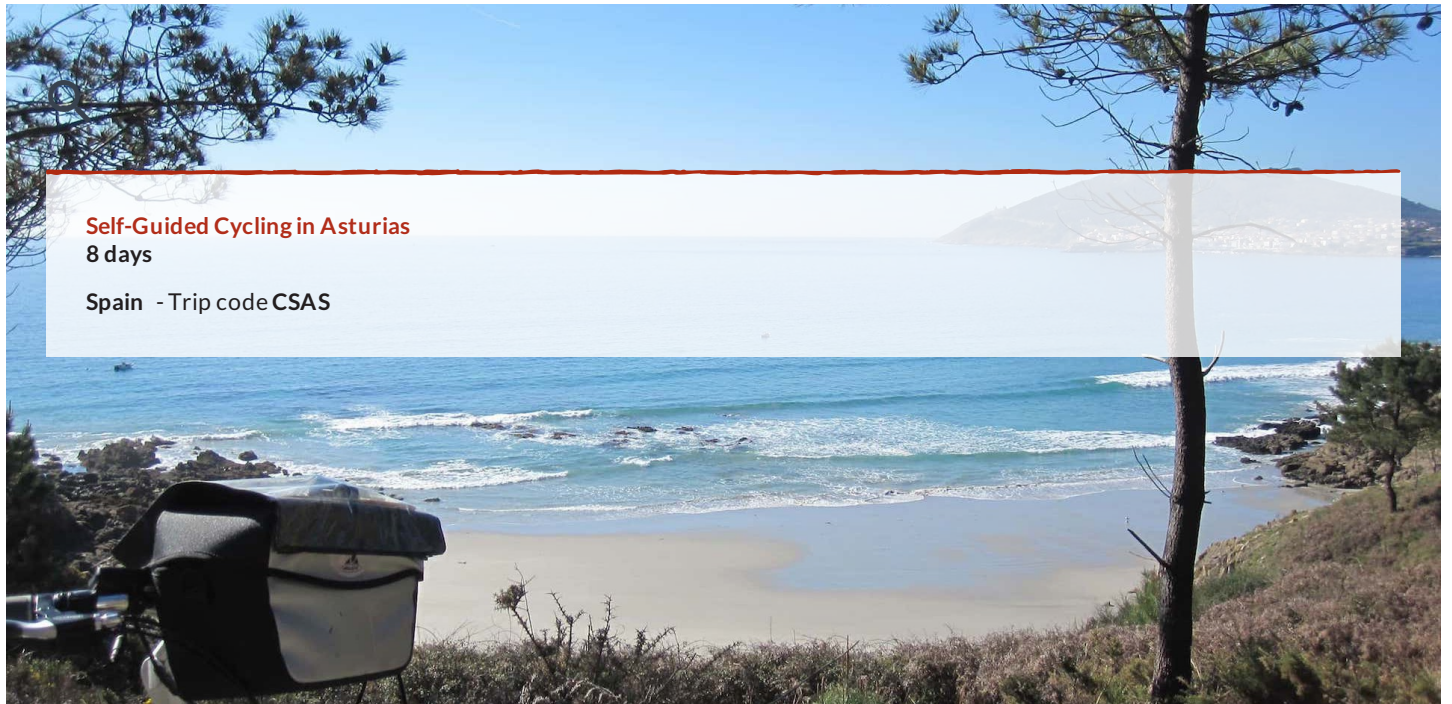


EXPLORE!



Self-Guided Cycling in Asturias

8 days

Spain - Trip code CSAS

Self-Guided Cycling in Asturias

A self-guided cycle trip that explores the green north coast of Spain, sandwiched between the Cantabrian Mountains and Atlantic Coast. Cycle on quiet country roads, passing tiny coves and charming coastal villages on an exploration of Asturias. Along the way you can enjoy great seafood, cheeses, local delicacies and the cider-making capital of Villaviciosa. The route ends at the friendly seaside town of Gijón. Some of the rides follow sections of the Pilgrims' Route to Santiago de Compostela (St. James' Way) past intriguing ruins and Romanesque chapels.

Trip highlights

- ★ **Gorgeous landscapes** - Pleasant cycling through España Verde (Green Spain)
- ★ **Green fields, woodlands and lovely coves** - Cycle with views to both the mountains and the sea
- ★ **Charming and comfortable accommodation** - In small, peaceful villages
- ★ **Historical monuments** - Short detours to historical monuments and beaches along the way
- ★ **Traditional local architecture** - Village houses, stables, wooden grain barns and stone walls
- ★ **Delicious regional gastronomy** - Try hearty stews, free-range chicken and beef, natural apple cider and an amazing variety of locally produced artisan cheeses

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

CYCLING GRADE:

Easy To Moderate

This grade is ideal if you want to enjoy both easy and moderate rides on the same tour. You'll be cycling through flat or gently undulating terrain, with the occasional more energetic ascent.

Itinerary

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

DAY 1 - Holiday starts in Llanes

Arrival in Llanes by car or public transport. There are good connections to all three nearby airports (Santander, Oviedo or Bilbao). We usually reserve a hotel some 3 kms outside of Llanes but please check the hotel details when you make your booking. From the bus station in Llanes you can take a taxi to the hotel. If you are early you can spend some time at the pool before your stroll along the riverside foot path to the centre of town, with numerous shops, bars and restaurants to choose from for dinner. Your included rental bike will be delivered today or tomorrow morning by 9am and you will be required to sign an agreement of care upon receipt of the bike.



Accommodation: Hotel Finca La Mansion (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Circular ride exploring Llanes villages and coves

After you have tested and adjusted your rental bike, you start a lovely circular ride on quiet tarmac roads, country lanes and unsurfaced tracks around Llanes with some short steep climbs to test your legs and fitness! First you cycle east along the coast to a beautiful view point, where rural farms meet steep cliffs above the sea. Next you follow narrow tarmac lanes and hardpack dirt tracks, cycling inland before you ride back out toward the coast. Along the way there is the chance to visit several villages or stop off for a picnic or swim at a quiet cove.

Your total cycling distance today is approximately 22 kilometres (265 metres total ascent and 265 metres descent).



Accommodation: Hotel Finca La Mansion (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Cycle across green rolling hills to Nueva de Llanes

Today's ride is across rolling green hills to Nueva de Llanes town and there are several spots where you can stop for a dip in the sea and enjoy beautiful beaches. There are a few ascents on today's ride and the main one ascends 175 metres, although this can be avoided if you choose to take the main road instead. You will ride past the ethnographic museum in Porrúa and the beautifully-situated church at Niembro. From the market village of Posada you continue onward, paralleling sections of the Camino, to reach your accommodation overlooking Nueva de Llanes. After arriving you have the option to cycle on for about 4km to the beach at Cueva del Mar from the hotel.

Your total cycling distance today is approximately 27 kilometres (450 metres total ascent and 400 metres descent).



Accommodation: Hotel San Jorge (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Ride along the coast to Colunga

The cycle route today along the coastal strip to Colunga is also part of the Camino de Santiago del Norte (northern variant of Saint James' Way) and painted shells in blue and yellow will line your route. Along the way you pass the beautiful town of Ribadesella, with its tiny port and historic 'Indiano' mansions, and lovely beaches at Playa de Vega and Playa La Espasa.

Your total cycling distance today is approximately 37 kilometres (330 metres total ascent and 375 metres descent).



Accommodation: Hotel Entrevines (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast


DAY 5 - Circular cycling route from Colunga via Lastres harbour


A gentle and relatively short cycle loop today helps you explore the coastal area of Colunga. We recommend you stop for lunch at the harbour of picturesque Lastres (which has the steepest streets out of any Asturias fishing village) and visit the Jurassic Museum where you can literally walk in the footsteps of dinosaurs.

Your total cycling distance today is approximately 21 kilometres (300 metres total ascent and descent).



Accommodation: Hotel Entrevines (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast

DAY 6 - Cycle to Aguero via cider capital of Villaviciosa and seafood of Tazones


On today's cycle route you will pass through Villaviciosa with its inviting historical centre. Once an important stop for pilgrims going to Santiago, it is now the centre for cider-making in Asturias. You then ride along the protected birding area of the estuary known as ZEPA. Another stop along your route today is at Tázones. A village famous for its seafood restaurants and because of the accidental anchoring of Emperor Carlos V's fleet in 1517. The route continues to Aguero.

Your total cycling distance today is approximately 37 kilometres (420 metres total ascent and 375 metres descent).



Accommodation: Hotel Rural La Figar (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast

DAY 7 - Cycle to the welcoming seaside town of Gijon


The ride for your last day is slightly shorter but has a good ascent of 200m in the middle as you make a detour through the valley of Péon in order to avoid busier roads. Then you sail down into the city of Gijon and ride along the beautiful San Lorenzo beach boardwalk to your hotel.

Your total cycling distance today is approximately 29 kilometres (240 metres total ascent and 450 metres descent).



Accommodation: Hotel Asturias (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast

DAY 8 - Holiday ends in Gijon

After breakfast, the organised part of your holiday comes to an end.

 Meals Provided: Breakfast

Cycling information

DAILY DISTANCE



General cycling information

On this journey you cycle 173 km over six days (an average of 29 km per day). The rides mostly follow quiet interior roads (busier near the major towns). The terrain is generally rolling with plenty of uphill sections, although never more than 200m in any one ascent. There are no sections with dedicated cycle paths but traffic is light. On the two circular routes about 30% follows gravel tracks and dirt roads (days 2 and 5). We have graded the route as easy to moderate.

Bike included

21 or 24 gear Giant or Specialized hybrid bike with front suspension.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday. You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

Bike information

Your included bike is a 21 or 24 gear Specialized or Giant hybrid bike with front suspension and will be the correct frame size for your height. Women's frames available but limited in number - please request at time of booking. The bike is fitted with a lateral rear pannier bag, water bottle holder (except smallest frame bikes) and waterproof map carrier as well as the facility to fit your own saddle if you wish to bring this. A lock, pump, spare inner tube and puncture repair kit with tyre levers will be provided. All you need to bring is your own helmet. You will be required to sign an agreement of care upon receipt of the bike.

Electric bikes (e-bikes) are available for an additional cost for the duration of the holiday (£50). A pannier can also be hired at extra cost. You will be required to pay a refundable deposit upon collection of the e-bike in country. Please contact us for more details or to request your e-bike.

Cycling grade

EasyToModerate



Why book this trip

Unlike many other operators, we include the hire of your bike in the overall cost of the holiday: you don't need to bring your own or pay extra to hire one locally. We also provide a pump, lock, spare inner tube and tyre levers. All you need bring is your own helmet.

What's included?



Included meals

Breakfast: 7



Transport

Bicycle
Car



Accommodation

7 nights standard hotel

Trip information

Country information

Spain

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

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Day 2 - Stop off at a Niembro beach to relax or swim in the sea.

Day 4 - Have an optional walk to see the Bufones (blowholes) along the limestone cliffs at Lames or visit the 'Cueva de Tito Bustillo' cave paintings (tickets are limited so you will need to book tickets in advance at the local tourist office). Perhaps spend time today at Playa de Vega beach.

Day 6 - Take an optional walk to see dinosaur tracks at Tazonas (accessible only at low tide).

Day 7 - Visit El Jardín Botánico del Atlántico (Botanical Garden).

On a number of days there is also the opportunity to visit local medieval churches and museums.

Clothing

Bring cycling gear such as quick drying cycle tops, padded cycle shorts and cycle gloves. Remember that the weather is slightly more changeable in northern Spain, and it can be cool, especially at night and at the start and end of the season, so bring a warmer jacket/fleece. A waterproof cycle jacket is recommended in case of rain. A light windproof jacket is always useful.

Footwear

If you are not bringing cycle shoes then try to bring stiff-soled shoes as these are better for cycling - transmitting your energy into the pedals more efficiently. This becomes more relevant and recommended the more demanding the grade and distances to cover. SPD cycle shoes are not well suited to tours that combine sightseeing with cycling. Comfortable shoes, trainers, sandals or flip flops are useful when not on the bike.

Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you are expected to carry your own luggage if using public transport so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Please note luggage transfers are restricted to 15 kg per person, any additional weight will need to be packed in your day bag or pannier bag. Mark your bags clearly and leave them at the place and time arranged with them. When travelling on public transport you should always take your luggage with you.

Luggage transfer

Included between each hotel.

Equipment

On all Explore cycle holidays we strongly recommend you bring along and wear your cycle helmet. It is a legal requirement in Spain to wear a helmet that meets current safety criteria. In case of an accident resulting in personal injury, certain insurance policies are invalidated in cases where a helmet was not being worn. Cycle glasses (to protect against dust, insects, pollen, sun etc) , cycle gloves (padded for more comfort) and a water bottle or water delivery system (eg camelback or platypus). Please note that it is a legal requirement to wear a helmet while cycling in Spain (minimum fine 200 Euros). In case of an accident resulting in personal injury, certain insurance policies (explore included) are invalidated in cases where a helmet was not being worn. You may choose to bring your own gel seat cover for added comfort. If a handle bar bag or pannier is not provided (check bike details) then you may like to bring a small rucksack to wear while cycling. A lock, pump, spare inner tube and puncture repair kit with tyre levers is provided with the bike. Please carry some or all of your cycling equipment e.g. helmet as part of your hand luggage.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:-

General Maps

Mapa de Carreteras, Principado de Asturias, scale 1/300.000, free at Tourist Offices.

Michelin, n°. 442, España, Norte, scale 1/400.000.

Topographic Maps

Instituto Geográfico Nacional, Mapas Topográficos Nacionales, scale 1/50.000:

nr 31 Ribadesella

nr 30 Villaviciosa

nr 32 Llanes

nr 14 Gijón

Country Information

Spain

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.

Lunch price

£8.00 - 12.00

Dinner price

£16.00 - 20.00

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

Transport Information

Bicycle, Car

Recommended airport

Oviedo (Asturias), Santander or Bilbao Airports.

Flying to your destination

We'd recommend flights into Oviedo (Asturias), Santander or Bilbao Airports which are served by both budget and non-budget airlines from multiple airports in the UK.

Accommodation notes

Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Standard - Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Arrival and departure information

At the start of your trip you can fly into Oviedo (Asturias), Santander or Bilbao Airports.

By public transport from Oviedo Airport

From Oviedo (Asturias) airport to Llanes there are buses every hour from 10.00 to 19.00hrs (in summer). Duration 3.30hrs. Check timetables at www.alsa.es

On arrival at the bus station in Llanes you take a taxi to your hotel, situated on the outskirts of town (3km, 5 Euros).

By public transport from Santander airport

In summer there are 2 direct buses a day from Santander airport to Llanes (departures at 12.00, 15.00 and 16.50hrs). Duration 2hrs. Check timetables at www.alsa.es

On arrival at the bus station in Llanes you take a taxi to your hotel, situated on the outskirts of town (3km, 5 Euros).

By public transport from Bilbao Airport

From Bilbao airport you take a city bus to the central bus station in town (every 20min).

From Bilbao city centre to Llanes there are approx. 5 buses a day, with departures between 10.00 and 18.00hrs. Duration 3.30hrs. Check timetables at www.alsa.es

At the end of your trip in Gijon you can fly back from either Oviedo (Asturias), Santander or Bilbao Airports. Oviedo (Asturias) Airport is the closest and easiest.

By public transport to Oviedo (Asturias) Airport

Between Gijon bus station and Oviedo (Asturias) airport there is a shuttle bus every 1 hour that runs from 6 am to 9 pm (duration 45mins).

By public transport to Bilbao and Santander Airports

There are direct buses with ALSA. Check timetables at www.alsa.es

Private arrival transfers from Santander, Asturias or Bilbao can be arranged. Private departure transfers to Santander or Asturias airports can also be arranged. These transfers are at additional cost and must be booked in advance.

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.

Price Guarantee

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 and Passport Information

Spain: Visas are not required by UK, Australian, US, New Zealand, US or 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

Spain

Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.