

EXPLORE!



Self-Guided Picos de Europa to Coast

SPAIN - TRIP CODE WSPI

WALKING AND TREKKING

Why book this trip?

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. Hike among the gorges and limestone peaks of the magnificent Picos Mountains, along stunning coastline and relax on unspoilt beaches.

- **Cares Gorge** - Walk the spectacular Ruta del Cares, a trail carved out of the rock along this stunning twelve kilometre gorge
- **Camino del Norte** - Explore this part of Spain's Atlantic coast walking part of a lesser known pilgrim route to Santiago
- **Local cuisine** - Discover tasty dishes made from local produce. Try the Cabrales cheese and traditional apple cider



INCLUDED MEALS

Breakfast: 7
Dinner: 2

TRIP STAFF

None

TRANSPORT

None

ACCOMMODATION

4 nights premium hotel
3 nights comfortable hotel

WALKING GRADE:

Moderate

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.



ACCOMMODATION:

Hotel Picos de Europa (or similar)

Grade: 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)

Grade: 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)

Grade: 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)



Grade: 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 Cuartamenteru (or similar)

Grade: Comfortable 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)

Grade: Comfortable 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)

Grade: **Comfortable 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

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	Plugs	Religion
+1	2 Pin Round	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.

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.

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	Dinner price	Beer price
£8.00 - 12.00	£16.00 - 20.00	£1.50 - 3.50 (depending on the region/area in Spain)

Water price
£1.4

Foreign Exchange

Local currency	Recommended Currency For Exchange
Euros	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

Recommended airport

Santander, Oviedo or Bilbao

Flying to your destination

We recommend flying to: Santander, Oviedo or Bilbao

Arrival and departure information

Arrival to Arenas de Cabrales-By public transport from Asturias airport (OVD)

Take a bus from Oviedo (Asturias) airport to Oviedo central bus station. These go every hour on the hour between 07.00 and 19.00 hrs; then 20.30, 22.00 and 23.20. The journey takes 45mins. Be sure to get on the bus to Oviedo (NOT Gijón or Aviles). The cost is approx. 8 €

From Oviedo central bus station, take a bus to Arenas de Cabrales with ALSA www.alsa.es via (Cangas de Onís). From Monday to Friday there are 4 departures per day between 09.30 and 18.30. On Saturdays and Sundays there are only 2 departures: at 10.30 and 18.30. The journey takes 2.5 hours. The cost is approx. 10 €

Arrival to Arenas de Cabrales - By public transport from Santander airport (SDR)

Take a bus from Santander airport to the central bus station in Santander: every 30 min from 07.00 and 23.00. The journey takes 15min. The cost is approx. 1.50€

From the central bus station in Santander, take a bus to Unquera. There are 5 departures per day between 08.30 and 19.30, operated by ALSA bus company. Tickets can be purchased upstairs, in the entrance hall. The journey takes between 1hr 20min and 1hr 40min. The cost is approx. 6.50€. Please check timetables, prices and estimated travel time at www.alsa.es. We recommend booking your bus tickets in advance. From Unquera bus station you will need to take a taxi to Arenas de Cabrales which costs approx. 45€. This can be pre-booked if booked at least two weeks prior to departure.

There are also direct bus services from Santander airport to Llanes, with departures at 12.05, 15.10 and 16.50. But you have to book them in advance via www.alsa.es, booking your ticket from "Aeropuerto Santander". Travel time is approx. 2 hrs. From Llanes bus station you will need to take a taxi to Arenas de Cabrales which costs approx. 45€. This can be pre-booked if booked at least two weeks prior to departure.

Arrival to Arenas de Cabrales - By public transport from Bilbao airport (BIO)

Take the shuttle bus from the airport to Bilbao bus station in the city centre (Termibus). These go every 30 mins. between 6.15 and 23.15. The cost is approx. 1.50€. You can also catch a taxi to the city centre for approx. 25 - 30€.

From Bilbao bus station (Termibus), take a bus to Unquera OR Llanes.

There are 4 departures per day to Unquera (between 13.30hrs and 18.00)

There are 6 departures per day to Llanes (between 10.30hrs and 18.00)

Tickets can be purchased from the ALSA bus company ticket window (ventanillas - no.s. 3, 4, 5 and 6). The journey takes about 3 hours to either Unquera or Llanes. From Llanes or Unquera bus station you will need to take a taxi to Arenas de Cabrales which costs approx. 45€. This can be pre-booked if booked at least two weeks prior to departure.

All public transport times and prices are subject to change, please check exact details for your dates of travel prior to arrival.

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, 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 be able to apply 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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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.

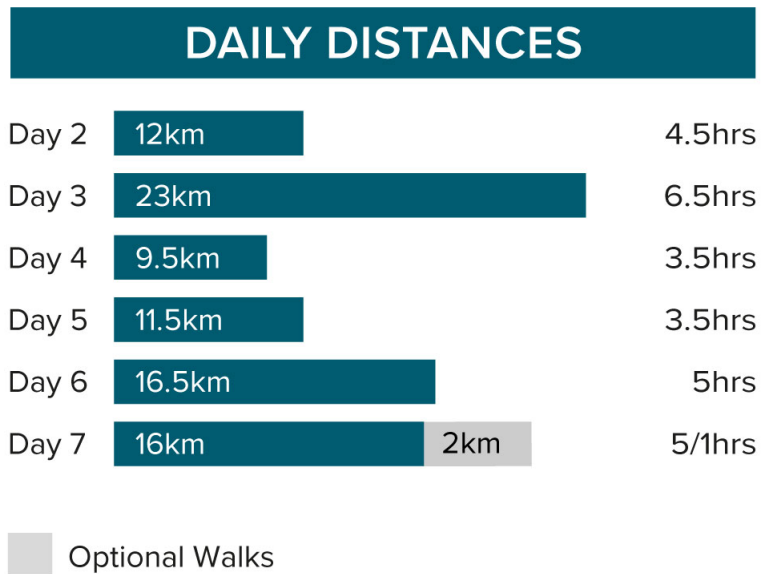
Spain

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.

Walking and Trekking information



WSPI Distance Chart

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

Additional Information



Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**