EXPLORE!

TRIP NOTES

PRICE GUARANTEE 100% NO SURCHARGES

On Foot in the Picos de Europa (PC 2017)

WALK & TREK

TRIPDURATI
8
DAYS

Tour Style: Classic
Accommodation Grade: Standard

Tour Type: Small Groups
Trek Grade: Moderate

Trip Code: PC

Trip Highlights - On Foot in the Picos de Europa

- ✓ Sotres - Stay in the highest village in the breathtaking Picos de Europa
- ✓ Covadonga - Walk via the imposing Basilica Santa Maria to the stunning glacial lakes of the Western Massif
- ✓ Naranjo De Bulnes - Trek to the base of this iconic limestone peak dating from the Paleozoic Era
- ✓ Garganta de Cares - Walk along cliff-cut pathways along this dramatic 1000m deep and twelve kilometre long gorge
- ✓ Eastern Massif - Enjoy spectacular mountain scenery on the ascent to Aldea Col at 1850m

Trip Essentials

Accommodation:	1 night Premium Hotel 6 nights Standard Hotel
Included Meals:	7 breakfasts, 6 lunches, 6 dinners
Start Point:	Join trip: Asturias Airport
End Point:	Trip ends: Asturias Airport
Transport:	4WD, Bus
Countries:	Spain

On Foot In The Picos De Europa

This week-long trekking adventure takes us into the beautiful high mountain scenery of Picos de Europa National Park. We explore the area in depth with walks in the unspoilt and wild landscapes of the western, central and eastern massifs. We base ourselves for six nights in Sotres - the highest inhabited village in the Picos. This tour showcases some of Spain's finest scenery, including a hike to the base of the iconic peak Naranjo de Bulnes, and a trek along cliff-cut pathways through the imposing Cares Gorge - over 1000m deep and twelve kilometres long.

Why Book this trip

Situated in the heart of the region's highest village of Sotres, Casa Cipriano is a small family-run hotel perfectly located as a base for exploring the spectacular and little known Picos de Europa mountain range in the heart of northern Spain's Asturias region. A walk through the village leads to a viewpoint of the surrounding peaks. In the evenings relax in the cosy hotel bar and enjoy JuanJo and Sonia's hearty homemade food - On most days breakfast, a picnic lunch and dinner are provided.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Accommodation Grade: Standard

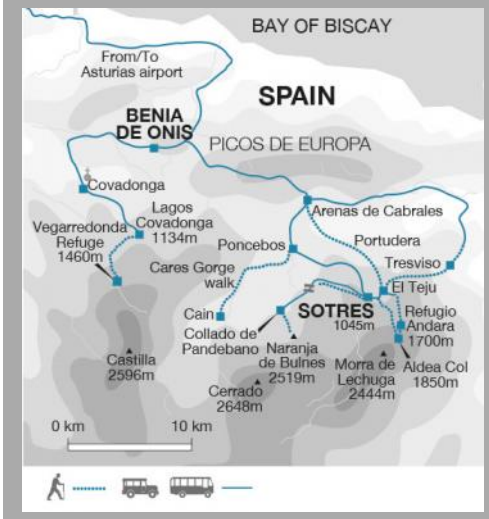
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Trek 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.



Your trip itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced tour leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Join tour Asturias (Oviedo) airport; drive to Benia de Onis

Arrive Asturias airport, transfer to Benia de Onis and check-in at hotel. We spend our first night in this tranquil mountain town.

Overnight: **Premium Hotel**
Single Room Available

Swimming Pool Available

Included Meals: Dinner

DAY 2 Drive to Covadonga Lakes; Walk to Vegaredonde Refuge

We drive a short distance to Covadonga Lakes visiting the Basilica Santa Maria la Real of Covandonga on route. We start today's trek at Lake Ercina (1100 m) from where we will climb to the refuge at Vegaredonde (1500 m), a walkers rest stop and an opportunity to enjoy a warm drink in the open. From here we will return to the lakes and travel by minibus to Sotres, where we will spend the next six nights. Approximately 6 hours walking (16km, +400 m / - 400 m).

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 3 Walk from El Collado de la Caballar to Arenas de Cabrales

We starts our day with a short transfer to El Collado de la Caballar (1100 m) from where we start today's walk. We start with a gentle descent to Toboas Majada (900 m) then start our ascent to Collado de Pasadoir (1215 m). We follow the ridge through the pastures of Portudera, Tambrim, and Todrin with some spectacular views (weather permitting) along the ridge of all three massifs before we start our descent to the outskirts of the Arenas de Cabrales - where we join and follow an original cobbled roman road for one and a half kilometres. We return to Sotres for the night. Approximately seven hours walking (17km, +350 m / -550 m).

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 4 Walk to the iconic Naranjo de Bulnes mountain

We drive the short distance down to the collection of red-roofed buildings known as Invernales de Cabao and cross the river. Then, ascending along a series of switch-backs, we gain height quickly to reach a viewpoint looking back towards Sotres. The track levels out now, ascending more gradually onto a plateau. Here stands the tiny hamlet of Pandebano, where, in AD718, a battle took place between the Visigothic Christians and the remnants of a somewhat depleted Moorish army. Leaving our vehicle, we walk up to a 'saddle', where the huge monolith of the Naranjo de Bulnes (Pico Urriellu 2519 m) comes into view. Rearing straight up from the surrounding rockscape, this rust-coloured mountain is the famous iconic image of the Picos. We walk up to the base where there is a refuge and the chance to see climbers attempting to scale the improbable sheer face. We retrace our steps to Pandebano where our transport awaits us to return to our hotel. Approximately seven hours walking (16km, +800 m / -800 m)

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 5 Walk via Treviso to Urdon, La Hermida Gorge; drive to Sotres

We start this morning with a short drive to Jito de Escarandi from where we start our walk at 1395 m. We follow old shepherds' paths down through the Valdediezma beech forest and pastures to Sobra Valley and up to Treviso where we will stop for a lunch break en route. After lunch we will continue down the Balcon de Pilatos to Urdon where we will meet our bus and return to Sotres for the evening. Approximately five hours walking (10km, -1150 m)

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 6 Drive to Puente Poncebos; walk the Cares Gorge to Cain and back; drive to Sotres

This morning we drive down through Alpine scenery to Puente Poncebos at 218 m. Here the medieval pack horse bridge spans the Cares river. This marks the starting point for the walk through the dramatic gorge of the Garganta del Cares - a cleft over 1000 m deep and some 12 km long. The path literally cuts into the cliffs in places; only with the aid of tunnels and bridges is it possible to traverse its entire length. This is one of the highlights of any visit to northern Spain and is a six hour round trip on foot, although

walkers can turn back at any point and return to Poncebos where there are places to eat and drink if you wish before we return by vehicle to Sotres for a well-earned rest. Approximately six hours walking (24km, +300 m / -300 m)

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch, Dinner

DAY 7 Drive to Jito de Escarandi. Walk to Caseton de Andara via Aldea Col; drive to Sotres

A short drive to Jito de Escarandi (1300 m) takes us to the start of our walk to the Caseton Refuge (1225m) via Aldea Col (1850 m) and the Andara Vegas pastures. From the Col we descend around Macondiu mountain (summit 2050m) to the refuge for lunch, then continue onto Jito de Escarandi (1300 m) where the minibus will be waiting to return us to Sotres. We will arrange a transfer back to the hotel or you may choose to walk the final 30 minutes back to Sotres. Approximately four and a half hours walking (12km, +/ -1300m)

Overnight: **Standard Hotel**
Single Room Available

Included Meals: Breakfast, Lunch

DAY 8 Drive to Asturias (Oviedo) airport

After breakfast we can take in the mountain scenery a final time en route to the airport, where our trip ends.

Included Meals: Breakfast

Accommodation and Meals

Accommodation Notes

Situated in the heart of the region's highest village of Sotres, Casa Cipriano is a small family-run hotel perfectly located as a base for exploring the spectacular and little known Picos de Europa mountain range in the heart of northern Spain's Asturias region. A walk through the village leads to a viewpoint of the surrounding peaks.

The hotel features a bar as well as a restaurant serving home cooked food - not to be missed is the traditional and very delicious La Fabada Asturiana, a hearty soup made with beans, chorizo and black pudding. In winter an open log fire makes for a comfy nook in the bar, whilst in summer the terrace outside is a popular spot for guests and locals alike. Next door the family also runs a small shop, selling everything from small locally made souvenirs to cheeses and cured hams.

Rooms are simple yet cosy and feature tiled floors, wooden furniture and an en suite bathroom with a shower over a small bath tub. Central heating during the winter ensures a comfortable stay. There is a TV and hairdryer in all rooms.

Food & Drink

Included meals: 7 breakfasts, 6 lunches,6 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

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.

Spain

Lunch £: 6.00 - 10.00

Dinner £: 12.00 - 16.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Spain

Bottle of Beer £: 2.50

Water £: 1.40

Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Foreign Exchange

Spain

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.

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.

Joining your Trip

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 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 on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to https://www.explore.co.uk/transfers.

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 please refer to https://www.explore.co.uk/transfers.

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.

Important Information

Travel 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.

EXPLORE!
The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE

Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

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 follow the link at www.explore.co.uk/travel-safety
We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination.

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.

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.

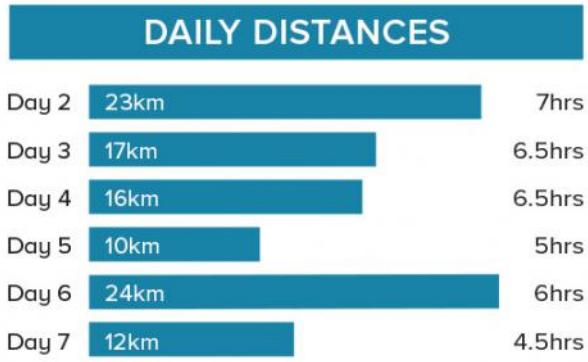
If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa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

Vaccinations & Protection

Spain

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.

Preparing for your Trip



Trekking Details

We walk on 6 days for an average of 4 to 6 hours each day, mainly along mountain paths. We have graded this trek as moderate.

Climate

Spain

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.

Clothing

Waterproofs - Breathable waterproofs made from material such as Goretex not only protects against rain and wind but also stops you from overheating. They breathe and avoid condensation which you will experience from nylon waterproofs.
Down Jacket - After sunset, temperatures can fall below freezing at the start and end of the season. A down jacket is the lightest and most convenient way of keeping warm when the temperature drops.
Thick jumper/fleece jacket - A thick jumper or fleece jacket is necessary as nights can be very cold at altitude. Make sure that your waterproof jacket is loose enough to wear over your sweater or fleece.
Technical t-shirts - Keep skin cool and dry in changeable conditions.
Thin layers - Best way to keep warm when outside temperature is variable.
Shorts - Shorts can be very comfortable to walk in but you must carry long trousers with you in case you get either sunburned or cold.
Gloves - Especially useful in the morning and in the evening at higher altitudes. Also bring a scarf to cover your face and a warm hat/balaclava.
Socks - It is best to wear technical socks. This helps to protect your feet against blisters.
Long Trousers - For everyday walking, light cotton trousers are the most suitable. Jeans are not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

Equipment

Bring a large enough daysack (at least 25 -30l) to carry the following:
Fleece / down jacket and waterproof jacket and trousers
Water Bottle - At least 1l. Water along the trail must never be considered as drinkable.
Energy snacks
Torch
Sunglasses - A good pair of sunglasses are essential for protection against UV rays and glare at high altitudes.
Sun Hat, High Factor Sun Cream/Block & Lip Salve - Choose a high factor suncream (Factor 15 or more) to protect your skin against the sun at high altitudes.
Wet wipes / hand gel
Personal First Aid Kit - On each trek a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin etc. For an exclusively designed Explore Medical Kit, visit www.nomadtravel.co.uk/explore
Plastic Bags - If you pack bits and pieces in plastic bags inside your day sack they will stay dry in case of rain.
Trekking poles - Trekking poles are recommended.

Also bring chargers and adaptors - These are very hard to get hold of locally.

Footwear

Bring well-broken in walking boots and comfortable shoes for the evening and when travelling.
Gaiters are also useful to keep snow, if present, out of your boots.

Luggage: On Tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage so don't overload yourself.

Luggage allowance on trip: 20kg

General Information

Country details

Spain

Population: 46,030,109

Size of Country: 504,782 sq km

Major Language: Castilian Spanish, Catalan, Galician, Basque

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

Spain

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's LicenceÂ granted by the Civil Aviation Authority.Â Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

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