

Picos Traverse Charity Challenge: Spain

Picos de Europa National Park – Beautiful Mountain Scenery – Ancient Pathways – Varied Walking – Challenging Summits

Traverse the Picos de Europa Mountains by foot via one of their highest summits. Start this beautiful and varied 3-day hike in a village to the north of the mountains with a hike up to the rugged highlands. Trek through forest, high pastures and rocky uplands before ending in the lush Liebana Valley to the south. Daily distances are around 10 miles and the height gains are challenging. You will be carrying your own pack.



Departs | £479 | 07 - 11 October 2005 |

Includes flights from London, twin/double en suite accommodation for 2 nights, mountain hostel for 1 night and mountain hut with bunk beds for 1 night; all meals; transport; full time guide. Does not include drinks; personal expenses.

Challenge Itinerary

Day 1 | arrive | Arenas de Cabrales

Your guides will be at the airport to welcome you and drive you along the spectacular Cantabrian coastline to a village at the foothill of the Picos. Night in hotel and dinner in the village. Your guides will brief you on the next days.

Day 2 | walk | Arenas to Sotres

Set off walking directly from the hotel to follow the ancient roman path leading up to the high pastures of Portudera, where we will enjoy one of the best views of the Picos central massif. From the pass we will walk down to the small farming village of Sotres where we will spend the night. (18 km; 1,100m \uparrow 300m \downarrow ; 7 to 8 hours)

Day 3 | walk | Sotres to Naranjo de Bulnes

Today we get into the heart of the Picos walking up to the base of the most emblematic peak in Spain, the Naranjo de Bulnes. Spend the night in the hut at the base of the 500 vertical meters of its west face. (15 km; 1,200m \uparrow ; 7 hours)

Day 4 | walk | Naranjo to Fuente De.

From the hut we keep on getting higher on the moonlike high areas of the Picos on our way to the Horcados Rojos pass. The last section before the pass is the most technical of the route. From the saddle a short but steep trail will take us to the summit of Torre de los Horcados Rojos, an incredible lookout of 2.500 m. From here it is all downhill to Fuente De and the end of our trek in the Liebana Valley. (12 km; 600m \uparrow 1,400m \downarrow ; 8 hours)

Day 5 | out | Liebana to airport.

Morning transfer to the airport.

Summary

How active? Reasonably strenuous walks but taken at a pace that allows everyone to do it. The challenge comes more from the terrain (rocky paths at some sections) and especially from the height gains than from the distance walked. The relatively short distances and the long days allow for a slow pace if needed, but participants must be aware of the fact that they can spend 4 hours going uphill or a few hours going downhill. Before coming on this trek everyone should be comfortable walking for at least 6 hours on the British hills and ready to push themselves a little bit more. The terrain is difficult at points with serious drops, more impressive than dangerous.

How comfortable? Small inns and hotels with twin/double en suite rooms except day 2 and 3 where accommodation is more basic. Participants have to carry some weight during the walk. Packs should not weigh more than 10kg.

How wet? The Picos mountains are situated on the central north coast of Spain - 'Green Spain'. Precipitation levels are high & conditions variable. However, September is the sunniest and driest month so you can expect to see warm sunshine at some stage. You do need to be prepared for cool rain/cloudy conditions and temperatures between 5 $^{\circ}$ c - 18 $^{\circ}$ c.

How far? Northern Spain. Fly to Santander or Bilbao followed by a 2 or 3hr drive to the mountains.

Why the Picos de Europa? Some of the most spectacular, varied and untouched scenery in Europe.

Why Pura Aventura? Diego Martin, one of our founders, lives and guides the Picos. This route is exclusive to us. This itinerary gives you the opportunity to challenge yourself and discover the Picos mountains while raising money to create a loving home for orphaned and abandoned children.

For more information call Kay Rose on **01732 450 981**

To book call Pura Aventura on **0845 22 55 058**

info@pura-aventura.com | www.pura-aventura.com | Pura Aventura, 18 Bond Street, Brighton, BN1 1RD

