High Pastures of the Picos

Trip Code: SPP

Version:

WALK & TREK	GUIDED GROUP	6 MODERATE



HIGHLIGHTS

- Follow the spectacular man-made cliff-side path through the 1500m deep Cares Gorge
- Ride the Fuente Dé cable car into a spectacular moon-like landscape of limestone pinnacles
- Sample the region's famous Cabrales blue cheese in the mountain villages of Tielve and Sotres
- Hike to the base of Naranjo de Bulnes, the most iconic limestone peak in the Picos

AT A GLANCE

- 6 days walking
- Max altitude - 1900 metres
- Join at Bilbao

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

The Picos de Europa, in northern Spain, is one of the most stunning mountain areas in Europe, with its dominating limestone pinnacles, verdant green valleys, crystal clear rivers, beautiful meadowlands and vibrant forests, it is a paradise for lovers of the outdoors. Created by our expert local guides, and Picos aficiaonados, this holiday is designed to not only showcase the region's best walks, but its natural wonders, geology, abundant flora, and its traditional mountain culture. Beginning near Cangas de Onis, our series of guided day walks will see us exploring for 5 - 7hrs each day and will include a traverse of the spectacular man-made cliff-side path cut through the 1500m deep Cares Gorge, a hike over the Las Horcadinas Pass following an exhilarating ride on the Fuente De cable car, a circuit of the stunning Covadonga Lakes, and a hike up to the base of Naranjo de Bulnes (Pico Urriellu) one of the most iconic sights in the Picos.

By using 3 different comfortable hotels bases in the pretty mountain areas of Cangas de Onis, Arenas de Cabrales and Fuente De, we will be able to cover as much of this magnificent National Park as possible within a week's holiday. If you choose to travel on our spring departures you'll witness the high pastures explode with spring flowers and rare orchids. Those travelling later in the year will see autumn transform the forests into an opulent tapestry of gold, red, russet and yellow. Whichever time of year you choose to travel our guide will be on hand to talk to you about the flora, fauna and geology you'll encounter (and advise the best places to sample delicious local cheese!). This is a showcase of some of the finest walking country in the world.

Is this holiday for you?

This holiday consists of a series of guided day walks, all of which are optional, averaging 5 to 7 hours of walking each day. Daily ascent and descent vary, but typically average around 700 metres, with some shorter days of around 250 metres and others reaching 900-1000 metres.

Underfoot, the Picos offer a mix of conditions. Many sections follow good tracks, well-maintained paths and old shepherds' trails, but these mountains are naturally steep and rugged, and we will also encounter rocky limestone terrain, short scree sections, uneven pastures and occasional stretches with no clear path. The landscape is dramatic and varied, and sturdy footwear and confidence on rough ground are important.

As with any mountain environment, weather in the Picos is changeable and can shift quickly, even during the summer months. You should be prepared for a variety of conditions – from warm sunshine to rain, wind, and cooler temperatures at altitude.

You will only be required to walk with a daypack, and each night we return to comfortable, well-appointed hotels. Overall, this is a highly rewarding walking holiday, ideal for regular walkers and those with an interest in geology, mountain landscapes and alpine flora.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed group airport transfers on arrival and departure
- All accommodation as described
- All meals
- All land transport required by the itinerary

What's not Included

- Travel insurance
- Airport transfers (other than group transfers)
- Miscellaneous personal expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the group hotel in Soto de Cangas.

A single timed transfer from Bilbao Airport to the group hotel is provided on Day 1 of the Land Only itinerary. This transfer will usually leave the airport in the late morning..

On the last day of the itinerary, there will be a single transfer back to Bilbao Airport timed for the check in of flights leaving at 1000 at the earliest.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If your flight schedules do not fit with these airport transfers, you will need to make your own way to the group hotel/back to the airport. A one-way taxi from Santander airport to Soto de Cangas will take around 1.5hrs and cost about €160. A taxi from Bilbao Airport will take around 2.5hrs and will cost around €260.

Hotel contact details and a contact number will be provided with your booking confirmation.

Meal Plan

All meals are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Breakfasts are continental in style with coffee, tea, cereals, cheese, bread or toast and jam with fruit or yogurt. Dinners are usually a home cooked three course meal, which will usually consist of a first course of soup, pasta/rice or a vegetable dish, a main course of meat or fish, and a homemade desert. Packed lunches are usually picnic in style and you will be asked to carry your own picnic bag each day. This could be a selection of meats/cheeses, pasta salad, fruit, cereal bars and bread. You may want to supplement the lunches with some favourite snacks of your own to keep you going along the way.

Accommodation

During this walking holiday we will use 3 different comfortable hotel bases, spending 1 night in Cangas de Onis, 3 nights in Arenas de Cabrales and 3 nights in Fuente De. All rooms are en suite.

All accommodation is twin share. If you are travelling by yourself, you will be paired up with another single client of the same sex. A limited number of single hotel rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

We estimate that €100-€150 should be sufficient to cover miscellaneous expenses, including bar bills and snack items, chocolate bars etc. This will also allow you to pay reasonable tips to the local guide and driver. Money can be withdrawn form ATMs in Santander and Cangas. If you prefer to bring all your travel money with you, we recommend that you carry this in the form of euros cash. If you are intending to buy expensive souvenirs, you should budget accordingly (credit cards can be useful in this respect).

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking up to 6 hours a day for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

This region is known for its changeable weather associated with its mountains and its coastal location. Although most of the region's precipitation occurs between November and February, it can rain at any time of the year. From late May until early October the weather is generally good for wallking, with clear and sunny days predominating. We can expect daytime valley temperatures of between 15-25°C in May/June/October, dropping to around 10°C overnight. Temperatures will be rather cooler than this at altitude, with daytime temperatures of between 10°C and 15°C above 1500 metres. At night the temperature could fall as low as 5°C. In May/June/Oct we may encounter some snow on some of the higher sections of the walks. As with any mountain area there is the risk of some poor weather, with rain and even fog.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Walks and Climbs in Picos de Europa. Cicerone.
- Northern Spain - Picos de Europa. Sunflower Books.

Maps

Picos de Europa 1:25,000. Adrados (2 sheets)

The Picos on two detailed maps, each available either on paper or in a waterproof and tear-resistant edition. Contour interval is 10m (50m for cliff faces), and bold shading and graphic relief, provide an excellent representation of the terrain. Overlay shows hiking routes, mountain huts and refuges. The. map legend is in Spanish and English. Further information on the reverse is in Spanish only.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You SHOULD bring the following items:

- Hiking boots
- Walking socks
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Shorts
- Thermal baselayer shirts
- Casual shirts and/or T-shirts
- Fleece jacket or warm jumper
- Lightweight waterproof jacket
- Sunglasses
- Sun cream (including for lips)
- Antibacterial hand wash
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Daypack c.20-30 litres
- Washbag and toiletries
- Warm hat
- Gloves
- Sunhat
- Dry bags
- Basic First Aid Kit including: headache tablets, treatment for upset stomach (e.g. Imodium or Pepto Bismol), antiseptic cream, plasters (Band aids) and blister treatment.

The following items are optional:

- Spare laces
- Trainers/sandals for use in refuges (crocs are provided in most)
- Swimwear
- Headtorch and spare batteries
- Small towel (for swimming)
- Camera
- Penkife (remember to pack all sharp objects in hold baggage)
- Trekking poles
- Insect repellent
- Travel clothes
- Small padlock (to lock luggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel near Cangas de Onis and ends in Fuente De. Single timed transfers to/from Bilbao Airport are provided at the start/end of the holiday.

Why Choose KE

Why KE

Hand Picked Picos at Outstanding Value Our 6 walks have been specially selected by our expert local guides to showcase the iconic sites, fascinating geology, and wonderful flora and fauna of this stunning national park. With guided walks everyday and all meals included this holiday is fantastic value for money.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change