

# Active Spain

## Picos Adventure Weekend



Picos de Europa mountains – gorge walking – fun canyoning – relaxed canoeing – mountain biking – beautiful beaches - fully guided - great food - charming small hotel

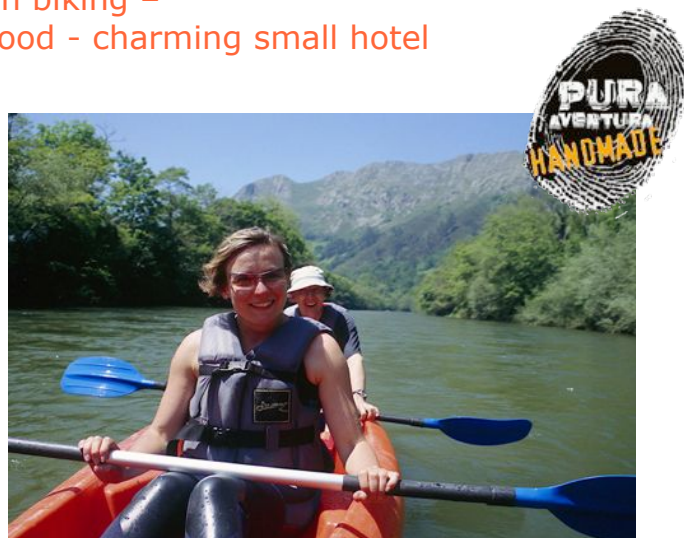
A fully guided, action-packed weekend in the beautiful Picos mountains.

Hike past high mountain peaks; bike along rugged coastline; canyon down a steep gorge; canoe past villages.

Pack in as much fun as possible without sacrificing the comforts of a decent bed and delicious meals.

What better way to spend a weekend?

This is a Pura *handmade* holiday with an activity level of *high* and a comfort rating of *first*.



Canoe down the pretty Cares River.



**"What a fantastic time we had in the Picos! The weather was perfect, the scenery spectacular. Diego was great and very patient with us! The hotel and hospitality was fantastic. Last but not least, we all enjoyed the activities immensely, especially the canyoning which was great fun!" Frances J.**

### Weekend Itinerary



Hiking the narrowest part of the Cares gorge.

#### **Friday | Picos | arrive and settle in**

Afternoon flight from London Stansted to Santander with Ryanair (15:05-18:00).

On arrival you are collected by your Pura Aventura guide who drives you the one-hour to the stunning Picos de Europa mountains.

You spend the next couple of nights in a converted bakery in a valley, next to a stream.

The hotel is small, comfortable and has lots of character. It is very peaceful and relaxing.

Enjoy a drink out on the terrace before settling down for a hearty three course meal.

The hotel restaurant is excellent and specialises in local produce such as beef, salmon, lamb, goat and mushrooms. (d)

#### **Saturday | Picos | gorge walk & river activity**

The most famous walk in the Picos, probably Spain, is the Cares gorge, the trailhead is 10km from your hotel.

The walk starts on a steep winding uphill before you come to the top and start walking into the spectacular gorge.

The path narrows to a strip about two metres wide carved into the side of a cliff.

The path is fairly level, so the river starts off far below you at the bottom of the gorge.

Questions? Ready to book? Call us on **01273 676 712**

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Mountain biking along the coast of the Picos.



Great fun: canyoning down the Rubo River (April).



Hiking the tunnels of the Cares Gorge.

As you head further into the gorge the river rises to meet you.

Towards the end of the gorge you pass through a series of short tunnels and over bridges as the path crosses back and forth across the river below.

Enjoy the reverse spectacle as you return through the gorge.

Walk 14km, 4hrs, ▲ 250m, ▼ 250m

Return to the village of Arenas for lunch at leisure.

Afterwards you have the choice of one of two activities:

### **Canyoning**

Great fun in a rough and tumble sort of way. But it is expertly supervised and no experience is needed.

Don wetsuits (provided) and hike up a steep path into a narrow canyon. Once you get to the top, you complete your outfit with a harness and helmet (provided).

Drop down into the stream and make your way back down to the bottom by negotiating the river bed. This can include abseiling down a waterfall, jumping into pools, sliding down slippery rocks and swimming.

This activity has been likened to a log flume without the log and that's pretty much it.

To get down the canyon will take anywhere from two to four hours depending on the time of year, water levels and group size.

### **Canoeing**

Head just down the road to the river next to the hotel. Here you don wetsuits (provided) and jump into two-person canoes.

Waters are grade II with occasional runs of white water – great fun but nothing for which you need experience. There are safety kayakers with you. The scenery is very pretty.

The trip usually takes around two hours.

Return to the hotel to warm up and relax over a drink before supper. (b,d)

### **Sunday | Picos | *mountain bike on the coast***

Pack up this morning and head to the Cantabrian coast nearby.

The shoreline is open rolling meadowland which breaks off into the sea to reveal hidden sandy coves and beaches.

The ride takes you out along the coastal hills, down to the coast and back along the shoreline.

A bike ride along the shore not only reveals the beauty of the coast but also of the mountains a few miles inland.

Today is taken at a fairly relaxed pace with stops along the way to enjoy the beaches. There are some fun downhills.

Picnic lunch on the beach.

Afternoon drive to the airport for the flight home scheduled to arrive at Stansted at 19:15. (b,l)

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*Your hotel: comfortable and very quiet, in a valley next to a stream.*



*The Picos de Europa: some of Europe's most beautiful mountain scenery.*

Space for your notes and questions for us

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### Holiday Information

#### Pura Handmade

This holiday is unique to us.

We have designed and deliver this holiday using our own people and carefully selected local suppliers to create a *Pura Handmade* holiday.

You are looked after by a Pura team on the ground in the Picos and they are on hand in case you need them.

The selection of walks and activities we provide are designed to give you an insight into the landscapes and culture of the region.

Do not expect to see other tourists from the UK for much of this journey. The Picos are really very much a Spanish destination.

#### How long?

3 days, usually Friday - Sunday.

#### How active?

Entirely up to you. The guide will adapt to weather conditions but we assume that you will be walking, mountain biking and canoeing or canyoning.

#### Walking

The Picos are rugged, steep limestone mountains. The paths we use are generally well worn and comfortable although in the higher Picos there is often shingle.

#### Canyoning

Great fun in a rough and tumble sort of way. But it is expertly supervised and no experience is needed.

Don wetsuits (provided) and hike up a steep path into a narrow canyon. Once you get to the top, you complete your outfit with a harness and helmet (provided).

Drop down into the stream and make your way back down to the bottom by negotiating the river bed. This can include abseiling down a waterfall, jumping into pools, sliding down slippery rocks and swimming.

#### Canoeing

This is in two person open canoes. All equipment, wet suit, life jackets, etc is provided.

Before entering the water, we have a safety/instruction lesson from our local partners.

We generally paddle the Deva River - short sections of rapid, some obstacles mid-river but generally wide.

#### Cycling

For this holiday we take a steady ride along the coast from where you can see the high mountains.

The ride is largely on wide trails with some paved sections and some single-track. You should be reasonably confident on a bike to enjoy the ride.

#### How comfortable?

Comfortable but fairly simple inn with a lovely location high in the Liebana Valley overlooking the mountains.

#### How independent?

Join a small group of 8 maximum with private guide throughout.

Bespoke groups available on request. We can also arrange guided 'self drive' versions of this trip. Please call to discuss your needs.

#### How responsible?

Pura Aventura is passionate about the places it visits. To help preserve the integrity of these destinations we:

- Keep groups small to minimise environmental impact.
- Work directly with local businesses and organisations to directly benefit local economies. We use small, locally owned hotels and restaurants.
- Work with local guides so that our holidays are more interesting for clients and more beneficial locally.

Pura Aventura actively supports the mountain conservation charity [www.quebrantahuesos.org](http://www.quebrantahuesos.org)

#### When should I go?

Any time from April through October.

In April/May you can expect there to be snow still on the upper ground.

The Picos Mountains are situated on the central north coast of Spain - 'Green Spain'.

The warmest & driest months are July-September.

You should still be prepared for occasionally cool conditions in the upper park and the chance of rain at any time. In Spring & Autumn temperatures between 5° - 18°C; in Summer 10°C - 28°C.

#### Not based in the UK?

We are very happy to discuss your requirements if you are not travelling to and from the UK.

Please call us on **+44 1273 676712** between 9am and 6:30pm GMT weekdays.

#### How do I book?

As a tailor made holiday we need to check availability and prices before taking your booking. If you would like us to prepare you a detailed proposal then simply email [info@pura-aventura.com](mailto:info@pura-aventura.com) or call 01273 676 712 with your preferred dates plus any other changes you would like us to make.

Once you have the proposal and decide you would like to go ahead then please call in with the following:

- Full names
- Address
- Contact telephone numbers & email
- Deposit of 15%

Deposits can be paid by card, cheque or bank transfer, whichever suits you best (the balance of your holiday is due 60 days prior to travel).

#### Prices and departures

Dates & prices	<b>£450pp</b> <b>On request April - November</b>
Price includes	En suite accommodation; full time Pura Aventura guide; private transport throughout; all activities mentioned; all kayak and canyoning equipment; meals (b,l,d) as per itinerary.
Not included	Flights; drinks; personal expenses; tips. Single room supplement £65.

*Prices per person based on 2 sharing.*

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