



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

Barcelona to Bilbao Classic Caminos & River Canoe

DAY HIKING & ADVENTURE IN THE SPANISH PYRENEES AND PICOS de EUROPA

8 Nights Barcelona – Torla (Pyrenees) – Arenales (Picos de Europa) – Bilbao



Bienvenido to Spain! This hiking adventure takes in the best mountain and nature reserve locations across northern Spain and some classic urban highlights too. Join us as we travel up country from Barcelona – Spain’s vibrant Catalanian capital to Montserrat, and then on to the oldest National Parks in Spain; the Ordesa and Monte Perdido NP in the Pyrenees and the Picos de Europa NP in Asturias. These parks contain some fantastic hiking trails with gorgeous scenery, wildlife and an age-old insight to Spanish culture, history and way of life.

Ordesa and Monte Perdido

National Park. This is one of Spain’s great but often overlooked wonders, a smaller Pyrenean version of North America’s Grand Canyon. The entrance lies under the vertical walls of Monte Mondarruego, source of the

Ara River and its tributary, the Arazas, which forms the famous Ordesa valley. The park was founded by royal decree in 1918 to protect the natural integrity of the central Pyrenees, and it has expanded from the original 4,940 acres to 56,810 acres. Defined by larch, beech, and poplar forests; lakes, waterfalls, and high mountain meadows. Protected wildlife includes trout, boar, chamois, and the sarrío or isard mountain goat. Well marked and well maintained mountain trails lead to waterfalls, caves, and spectacular observation points.



The Picos de Europa National Park was the first one to be awarded that designation in Spain. Its history dates back to 1918, when Don Pedro Pidal, Marquis of Villaviciosa, promoted the law to create the Montaña de Covadonga National Park, which was named Picos de Europa National Park on 30 May 1995. This natural area was awarded the UNESCO Biosphere Reserve designation in 2002. The Picos de Europa Mountains are made up of three important massifs: eastern or Andara massif, central or Urrieles massif, and western or Cornión massif. The park stands out because

of its strong relief, where high peaks are followed by deep ravines and canyons.



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WHY THIS TOUR This hiking adventure meets the interests of those seeking full days on the trail with elevation gains over a thousand feet with sweeping alpine views. You will also benefit from cultural city highlights in Barcelona, Pamplona and Bilbao as we cross Spain's northern frontier. Our chosen hotels are comfortable, the regional food exquisite and the company even better. Adventurebug hopes to see you on the trail in Spain!

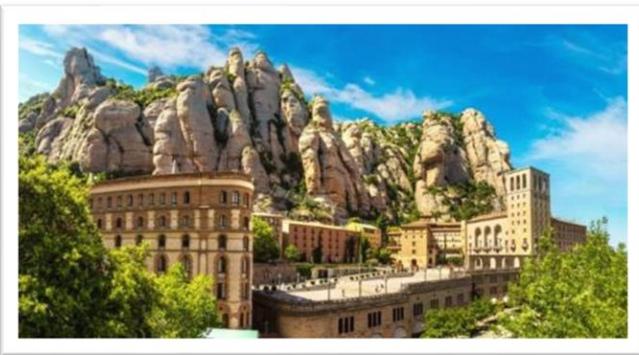


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DAY 1 GUIDED WALKING TOUR OF BARCELONA'S HIGHLIGHTS (B, D)

This morning meet your Adventurebug leader for introductions at our group hotel. We then set off with a local Barcelona guide who will escort us on a tour of the city's highlights reachable by foot and using perhaps the local Metro system at times. We'll visit the Gothic Quarter, the Born District and of course the

extraordinary Sagrada Familia – Gaudi's phenomenal work of art devoted to Christianity and nature combined. The tour will be mostly on foot, throughout the morning – leaving you time for lunch and some hours to independently explore more of Barcelona before we depart for the mountains the following day! Same hotel as above. Tonight we'll have our welcome dinner. Hotel Vincci Gala 4 star city center <https://www.vincigala.com/>



DAY 2 MONTSERRAT (B, D)

This morning we transfer to Montserrat, 1 hour from Barcelona in Catalunya's sparkling wine (Cava), region. Our warmup hike is 2.5 to 3 hours in the spectacular limestone terrain offering time to explore the historic Monastery as well. Hiking paths are beautifully groomed with good footing underneath. Expect to hike 600-800 feet in elevation gain today. Please purchase something for lunch today from

Barcelona or the Montserrat Monastery itself. After hiking we'll board our private bus from the Monastery and drive direct to Ordesa National Park (4 hours) in the Pyrenees. Check into the 4 star *Hotel Silken Ordesa* <https://www.hoteles-silken.com/en/hotel-torla-ordesa/> for our 3 night stay. Breakfast and dinner included.



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DAY 3 HIKING FULL DAY - ORDESA & MONTE PERDIDO NATIONAL PARK (B, L)

Full day hike (8 miles / 1000 foot gain approx.) in this beautiful remote park hidden in the Pyrenees very close to the French border. We hike the Camino de Turieto trail right from the hotel. This is a linear route (out and back) through the beautiful valley of Ordesa and we'll take time out to visit Torla village and learn it's unique history and local customs. Breakfast and trail lunch included.

DAY 4 HIKING FULL DAY - ORDESA & MONTE PERDIDO NATIONAL PARK (B, L)

The highlight hike of Ordesa is to walk along the floor of the Ordesa Valley into the high alpine meadows. We pass through ancient beech and silver pine woods, several waterfalls, with the sheer cliffs of Ordesa rising above us on both sides. The woodland gives way to give fantastic views of the 3000m Monte Perdido at the head of the valley - Total distance approximately 8-10 miles with over 2000 feet elevation gain. Same hotel. Breakfast and trail lunch included.



DAY 5 DRIVING SIGHT SEEING DAY - PYRENEES TO PICOS DE EUROPA (B, D)

This morning we set out for Asturias region of Spain and the *Picos de Europa*, Spain's inaugural national park. On route we'll shortly visit Pamplona where you can freely explore the historic quarter and enjoy a *Navarra* style tapa (lunch) before we continue driving. In total expect a minimum of 7 hours travel time in private coach - this is our longest day of travel and stops are

arranged accordingly. Our destination is Arenas de Cabrales village – the southern gateway to the Picos de Europa National Park. We have 4 nights in the village's best hotel, the 3 star Picos de Europa Hotel <http://hotelpicosdeuropa.com/>. Breakfast and Dinner included.



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DAY 6 HIKING FULL DAY – PICOS NARANJO DE BULNES (B, L)

This morning we hike to the iconic Naranjo de Bulnes Mountain (one of the most famous alpine rock climbs in Europe) and the legendary heart of the range - including site of a Moors vs Christians battle in 910 CE! This is a superb day (10 miles and 2500 ft gain / loss) bringing us to the most classic alpine hut in the Picos at 6500 feet. Today some transfers are necessary to/from the trailhead. Same hotel. Breakfast and trail lunch included.

DAY 7 HIKING FULL DAY - PICOS CARES GORGE CIRCUIT (B, L)

Our last full hiking day is the most classic and sought after route of the Picos, the famous Cares Gorge between Poncebos Bridge and Cains. This is normally an out and back route (3 hours each way 1000 ft elevation gain and loss), and hiking groups can do the entire route in 7 hours. Others can do part of it and return, the route is easy to follow and safe underfoot. An incredibly deep limestone gorge with great footing on a wide graded foot path, this is a memorable final hike. It requires a short transfer to and from the trail head. Same hotel. Breakfast, trail lunch included – dinner you can take on your own in the village surroundings.



DAY 8 CANOE DESCENT / RIO SELLA, PICOS DE EUROPA (B, D)

Today we have a day of adventure before driving to Bilbao for our final night. We recommend the famous Sella River canoe descent – a slow moving and shallow 10 mile paddle (much of it floating), over 3.5 hours. No experience necessary and our licensed canoe supplier provides all equipment, life jackets, waterproof containers, permits and support for the descent. Starting



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up stream where the Picos open up to the coastal region of Asturias, we enjoy a gentle paddle towards the Atlantic. After our canoe adventure we transfer 2 hrs 15 min to Bilbao, the capital of Spain's Basque Country and home to wonderful culinary delights such as the pintxo tapas style dishes. 4 star city center hotel (TBA). Breakfast & farewell group dinner tonight in Bilbao city. Today you can carry a light lunch of your own in our waterproof canoe container.



DAY 9 TRIP ENDS THIS MORNING - DEPARTURE FROM BILBAO (B)

Today we say farewell and you can make your way to easy plane, train or bus connections to extend your travels or return home. Please note, departure transfers are not included however bus and taxi options are widely available from the hotel. Bilbao Airport offers both domestic and international connections. You may wish to extend your stay (or morning), to visit the

fascinating Guggenheim Museum of Bilbao (both inside and exteriors!).

INCLUDED IN YOUR TOUR:

- 1 night 4 star accommodation (double occupancy) in Barcelona city center*
- 3 nights 4 star accommodation (double occupancy) at Ordesa National Park (Torla)*
- 3 nights 3 star accommodations (double occupancy) at Picos National (Arenas de Cabrales)*
- 1 night 4 star accommodation (double occupancy) in Bilbao*
- Group Transfers to National Parks and trailheads where necessary as per itinerary*
- Meals as indicated in detailed itinerary*
- Permits for Park and Trail usage*
- Canoe expedition on Sella River (Canoe rental, safety equipment, transport, insurance)*
- Services of local Adventurebug guide & outfitter*
- Services of local hiking & cultural guide(s) where necessary*
- All tipping for drivers, included meals & cultural guide in Barcelona*



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COSTS NOT COVERED:

Airfare to Barcelona and from Bilbao

Airport transfers in Barcelona and Bilbao

Some Lunches, snacks, some dinners (as per itinerary)

Passport expenses

Trip Cancellation Insurance

Items of personal nature/souvenirs

Additional transfers / shuttles / taxis, etc. apart from group transfers in itinerary

Additional activities such as excursions, entrance fees, museum visits and other attractions

Private hotel room expenses / bills

Optional tipping for housekeeping

SAFETY, RISKS AND HAZARDS:

As participant safety is a high priority for all Adventurebug trips, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with the guides to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles, on foot, or by boat. Aside from any personal medical problems, participants should be aware of the possibilities of hypothermia, hyperthermia, insect bites, altitude sickness, dehydration, sun burn and other hot and cold related problems. You should regularly use sun screen and insect repellent, wear long sleeves and pants, take care to be adequately hydrated and bring water on all day trips as well as wind/rain gear, warm hat and gloves.