

PICOS DE EUROPA

The “Real Spain” Guheko Hill Walking tours

More Info

Physical conditions required

No special physical fitness is required, just be in a good physical shape and have some experience of moderate level hill-walking.

Type of tour and level

The trekking takes you through various ground conditions typical of the mountains, with 4 routes of 13km to 15km approximately & varied time from 4-6 hours. We walk through high forest & high pastures on rocky & grass surfaces, maybe even a little snow. The level is moderate. As is normal in hill walking, the weather determines the conditions each day. The guide will adapt the pace to the mean level of the group & to the weather conditions.

Advice for Hill Walking in the Picos

The routes will be walked through trails, ways & pathways so it is advised to use proper trekking boots. We also recommend to bring sun screen, hat & sunglasses. It is necessary to bring a rucksack of sufficient size to pack the snack/lunch for the day, a change of warm & waterproof clothes & the material needed for each route. The weight of the rucksack depends on each walker's preference. The rest of your luggage will be transported by a transfer service between the different accommodations. We recommend to bring just one suitcase of moderate size to make easy the transportation.

Transfer

On some occasions, we use transport for short transfers from the the hotel/hostal to the next route start-point or to link different points.

Climatology and temperature

At this time of the year, the weather in Picos de Europa is generally stable & nice but the temperature will vary quite a lot from the morning, at midday & in the evening, ranging between 5 -25 degrees. You need to be prepared for this & also, for possible rain & fog ,which may arise because of the closeness of the coast of the Cantabrian Sea.

Group Size

Between 14 to 18 people. This size is ideal for developing friendships & a good ambiance among the group.

Minimun age recommended

The minimun age recommended is 14 year. If under 18 years of age the participant must be accompanied by a parent or guardian.

Meals

During the tour, breakfasts & dinners will be available in the hotels/hostals & will be the typical food of the local área. The lunches during the trekking will be a sándwich/fruit & available at breakfast time. In case of any allergies or food intolerances, it is necessary to inform the Tour Leader/Guide in advance.

Accommodations

During the trekking, the accommodations will be hostals mostly in shared ensuite rooms

The Guide

The function of the guide is to lead the walks for the group, to talk about the geology, flora, fauna & costumes of the local people, to coordinate the distribution of the rooms, the management of the schedules & to solve problems that may arise & make changes in the program if necessary. Also the Guide advises participants to stay together & not to separate or split the group.

Insurance

The price includes a basic level of insurance that covers rescue in the mountains, transfer to a medical centre & medical attention in an Emergency Department of the Spanish Medical Services. The insurance does not cover accidents or injury incurred on flights or land transport to or between the hill walking routes or airport & does not cover loss of luggage, medical repatriation or follow up Medical care. Each participant should provide themselves with the level of Insurance cover as each participant requires. The participant must be aware of the risks of hill-walking. We recommend & advise each participant to ensure that he/she has adequate insurance cover.