

SPAIN: ASTURIAS – THE HEART OF GREEN SPAIN8-day / 7-night **SELF-GUIDED** inn-to-inn cycling holiday

The green north coast of the Iberian Peninsula has a mild year round climate making it the perfect location for a cycling holiday. Following carefully planned routes we offer a variety of cycling options from the hills and the coastal plains to the ranges of El Cuera and El Sueve and beside the impressive snowy peaks of the Picos de Europa. Following sections of the Camino del Norte, the northern variant of the Camino de Santiago pilgrimage route to Santiago de Compostela (Way of Saint James), you'll visit ruins and Romanesque chapels. After a stop in the cider-making capital of Villaviciosa cycle to the friendly city of Gijón for a tapas feast to celebrate the end of your journey. Gijón is an ideal place to stay for extra nights to explore the beaches or to visit the outstanding Gothic Cathedral of San Salvador in nearby Oviedo.

Trip Highlights:

- Easy to moderate cycling over gentle terrain with routes from 25km to 50km per day through *Green Spain*
- Great views to both the mountains and the spectacular Atlantic Ocean coastline
- Welcoming family-run accommodations in small, peaceful traditional villages
- Historical monuments, stables, wooden grain barns, stone walls
- Delicious regional gastronomy including natural apple cider and a variety of locally produced cheeses

Departs: Daily on demand from mid-April to late September**Cost from:** \$1545 per person twin share. Single room supplement from \$865.

Includes: 7 nights' accommodation in comfortable village 1 or 2-star hotels, 3- or 4-star seaside resort and city hotels, all with en-suite bathrooms; 7 breakfasts, 1 dinner; luggage transfers; hybrid multi-geared bike hire; detailed route descriptions and maps; 24-hour telephone assistance.

Not included: Transport to first and from last accommodation, other meals, drinks, bike helmet hire (can be arranged, but we recommend you bring or your own or buy one locally), optional transfers & local transport, personal expenses, gratuities, arrival and departure transfers (available at extra cost). **E-bikes** are available on this tour at extra cost – ask when you make a booking.



Call OUTDOOR TRAVEL on 1800 331 582 for details or reservations



Suggested itinerary:

Day 1 Arrival in Villanueva de Colombres

Make your own way to your charming and stylish hotel built in 1908 by wealthy emigrants returning from 'Las Americas' in the typical neo-colonial style locally known as 'Casona de Indiano'. If you're interested in the history of (re)migration in Asturias, visit the museum in la Quinta de Guadalupe in Colombres. Dinner is included tonight.

Day 2 Circular route from Villanueva de Colombres **cycling @ 41km or 47km, 375m or 440m ascent**

A circular cycling route today from Vilde, beginning with a lovely ride through rolling hills. You are never too far from the sea on the border between Cantabria and Asturias, two emerald provinces of Northern Spain.

Day 3 Villanueva de Colombres to Llanes **cycling @ 29km, 325m ascent**

A quiet ride today takes you further into the province of Asturias. Cross the 'dark valley' of la Borbolla and then over to the coastline, in order to follow the cycling route "Senda de la Costa" to Llanes. Enjoy the lovely beaches along the way to your hotel tonight on the outskirts of Llanes.

Day 4 Llanes to Nueva de Llanes **cycling @ 27km or 37km, 440m or 650m ascent**

Choose between an ascent to enjoy lovely views from the Sierra del Cuera coastal range OR a gentler ride through green hills, among fields of grazing cows and tiny villages of quiet beauty. En route there are places to stop for a picnic and a refreshing swim in the sea.

Day 5 Nueva to Colunga **cycling @ 39km, 330m ascent**

Today in part follow the northern variant (Camino del Norte) of the **Camino de Santiago** pilgrims' trail (The Way of Saint James) through the foothills of the Sierra del Suevo. This tiny yet impressive mountain range is home to the stunning black Caballo Asturcón, a breed of horses native to Asturias.

Day 6 Colunga to Argüero **cycling @ 36km, 420m ascent**

The estuary town of Villaviciosa is the cider-making capital of Asturias and surrounded on all sides by green hills and apple orchards. Take time to visit the historical centre, once an important stop along the Camino for pilgrims making their way to Santiago de Compostela. Perhaps stop for lunch and a cool glass of apple cider. You stay tonight in a charming *hotel rural* in Argüero and dinner is included.

Day 7 Argüero to Gijón **cycling @ 29km, 240m ascent**

Your last day of cycling is slightly shorter but starts off with a good ascent. Climb up through the lush greenery of the Asturian countryside and then, from an elevation of 220m, ride down into the city of Gijón along the beautiful San Lorenzo Beach boardwalk all the way to your hotel.

Day 8 Tour ends

Your arrangements end today after breakfast in Gijón (ask about extra nights here – a place well worth staying).

Outdoor Travel offer self-guided or small group inn-to-inn cycling tours in Europe. Destinations include Spain & Italy, France, Germany, Austria, Switzerland, Ireland, England, Scotland, Hungary & the Czech Republic, New Zealand & also in Australia. Follow the **River Danube** from Passau to Vienna or from Vienna to Budapest.

Contact Outdoor Travel for more details and reservations:

- Call Toll free: 1800 331 582 or (03) 57551743 or Fax (03) 57501020
- Email: info@outdoortravel.com.au
- Web: <http://www.outdoortravel.com.au>
- Mail: Outdoor Travel Pty Ltd, PO Box 286, Bright, VIC 3741, Australia