

Green Coast of Spain

'Northern Spain's beautiful beaches, magnificent mountains and unhurried pace of life'



The Picos Mountains

- Wonderful coastline, beaches, and dramatic mountain scenery
- Traditional mountain villages and fishing harbours
- Delicious seafood and hearty regional cuisine
- Walking options in the Picos de Europa mountains
- Mediaeval Santillana del Mar

It is well-known that the Spanish favour the Costa Verde as a holiday destination, and it's not hard to see why. The provinces of Cantabria and Asturias are blessed with remarkable scenery: the snow-capped, jagged peaks of the Picos de Europa, the verdant foothills and ancient farming communities, and the wonderful coastline, including some of Europe's most magnificent beaches.

The scenic and cultural treasures of the region are on full display during this tour. Santillana del Mar has changed little since mediaeval times. San Vicente de la Barquera, Llanes, and Santander are thriving, elegant towns where you can enjoy the relaxed Spanish atmosphere and the fine seafood and tapas bars.

Our tour makes use of local trains and the tour minibus to ensure you see more of this inspiring region. Optional excursions are available on rest days, and there's time at the end to visit attractive Santander.



Comillas, Pontifical University

ITINERARY

7 nights: Arr ✈ Santander or Bilbao

- Day 1 Santillana del Mar**
Transfer with your host from Santander or Bilbao to the beautifully preserved mediaeval village of Santillana del Mar, and your base in a traditional, local style hotel.
- Day 2 Santillana del Mar to San Vicente de la Barquera** ■ Cycling 24m; 38km
Head west along the coast through citrus groves to impressive Comillas. See *El Capricho*, the unique house designed by Gaudi. Follow the coast past the superb beach at Oyambre to the scenic port of San Vicente de la Barquera, your base for two nights.
- Day 3 San Vicente de la Barquera** ■ Rest day
Time to enjoy San Vicente with its attractive harbour, 16th and 17th century mansions and fortified Gothic church – all set against the dramatic backdrop of the snow-capped Picos de Europa mountain range.
- Day 4 San Vicente de la Barquera to Llanes** ■ Cycling 27m; 43km
Take the train to Unquera. After climbing to Colombres, a town of magnificent colonial-style houses, you cross into the province of Asturias and cycle through pastures and eucalyptus forests to the charming fishing port and resort of Llanes.
- Day 5 Llanes** ■ Rest day
Asturias has some breathtaking scenery. The coast west of Llanes towards Ribadesella has several unspoilt, remote beaches accessible by bike. Your host can propose a variety of optional excursions, including a 3 hour guided walk through the scenic Cares Gorge.
- Day 6 Llanes to Somo** ■ Cycling 24m; 39km
Your host will transfer you in the tour minibus to San Roque de Rio Miera high up in the Cantabrian mountains. From here you have a mainly downhill ride through the stunning scenery of the Miera Valley towards the coast. Your base for the final two nights is Somo, just across the bay from Santander.
- Day 7 Somo** ■ Rest day
Catch the ferry to Santander, a curious mixture of the old and new. Santander is a stylish town, ideal for shopping and close to some excellent beaches.
- Day 8 Return**
Transfer with your host back to Santander or Bilbao for your flight home.



Near San Roque

TOUR & TRAVEL INFORMATION

Terrain
The route is undulating. There are some uphill sections on days 2 and 4. However, the local train service can be used on day 4 (San Vicente to Llanes) to shorten the route if desired. The final day's cycling is virtually all downhill. Cycling on some minor roads is unavoidable, but use is made of quiet lanes or cycle tracks wherever possible. Due to the gradients encountered, this tour is not suitable for children under 13 nor for adults who are not reasonably fit.



Climate
Summers are cooler than elsewhere in Spain which gives ideal cycling conditions. Maximum average daytime temperatures reach a peak of 22°C (71°F) in July and August.

Travel Information
Flights from UK: Ryanair from Stansted to Santander; Easyjet from Stansted to Bilbao, Vueling from Heathrow to Bilbao. Check operators' websites for latest information on schedules and prices.

Transfer Information
By minibus with your tour host from Bilbao or Santander to Santillana – approx 1 hour. Return by minibus to Santander or Bilbao – approx 1 hour.



Cares Gorge, Picos de Europa



Liencres, Cantabria

PRICES

Prices are per person and exclude flights. Board basis is bed & breakfast. Adult prices are based on tw

	3 APRIL – 30 JUNE	1 JULY – 15 SEPT	16 SEP – 30 OCT
ADULT 7 nights	£ 699	£ 779	£ 699
CHILD (2-12 YEARS) (sharing a room with 2 adults)	£ 569	£ 639	£ 569

Single room supplement £23 per night.

DEPARTURE DATES 2010

Every Saturday from 3 April to 30 October 2010.