



GREEN SPAIN , SEACOAST

type : Families Linear cycle route
 level : ●●○○○○
 duration : 8 days
 comfort : ●●●○○○
 period : Apr May Jun Jul Aug Sep Oct
 code : ESSK055



Asturias family cycling

8 days, € 430

Introduction



A cycling trip that includes some other outdoor activities to do with every member of the **family**; canoeing, cycling, hiking or surfing. From the riverside landscapes from the start of the trip to the coastal paths with great views of the jagged Asturian coast. The **Green Coast** also offers amazing views to the spectacular snowy summits just inland on clear-sky days. In this trip you cycle from one village to the next, enjoying the different attractions on the way, stopping at historical villages or doing a break for a swim at any of the beaches nearby. Some of the cycling routes follow the Northern Variant of the **Camino de Santiago**, so you will discover ancient buildings along the pilgrims'





path. More fun awaits at nearby beaches, where you can admire fossilized dinosaur tracks or caves with prehistoric paintings. The first three nights are spent at a friendly agroturism - accommodation on a working farm- where the raspberries are hand-picked and cows graze peacefully in the field. Next, you spend two nights at small and charming hotel with a nice and wide beach only 700m away. The last two nights of the program are spent at a renovated 19th century manor house in the pretty village of **Nueva**, which has one of the nicest beaches in all of **Asturias**.

E-bikes are available in this tour!



Day to Day

Day 1 **Arrival in Vilde**

You arrive in Asturias, by car or bus (max. 1 hour from Santander airport). Time to settle in at your friendly rural accommodation in Vilde, a small family-run hotel on a working farm with a garden and sitting room. At meal time, everyone eats together at one large table. Fresh fruit from the garden is often served.

Challenge: Arrival in Asturias.

Villages along the way: Vilde

Day 2 **Circular route from Vilde (14-27-43-38km / 8,6-16,7-26,7-23,6mill)**

After a hearty breakfast, you start off with a test run on your (hire) bike, then do a circular cycling route through green hills on the border between Asturias and Cantabria. Choice of doing a longer or shorter ride: a 41km route (with a total of 440m in ascent, spread out over a few short but steep sections) or a short ride of 14km to the beach at Pechón or to Cueva Pindal, with its prehistoric cave paintings. Optional short walking route through Mediterranean woodlands to reach the ruins at Santa Tina chapel on the Camino de Santiago pilgrims' trail.

Challenge:

Option 1 (Vilde-Bojes-Vilde); 14km / 8,6mill, 265m ascent/descent

Option 2 (Vilde-Pechón-Pesués-Vilde); 14km / 8,6mill, 125m ascent/descent

Option 3 (Villanueva-Bojes-Colombres-Pechón-Pesués-Unquera-Villanueva); 27km / 16,7mill, 575m ascent

Option 4 (Vilde-Merodio-Camijanes-Muñorrodero-Pechón-Vilde); 43-38km / 26,7-23,6mill, 900/700 ascent/descent

Villages along the way: Vilde, Bojes, Pechón, Pesués, Unquera, Pimiango, Colombres, Villanueva, Merodio, Camijanes, Muñorrodero.

Day 3 **Canoeing on the Deva river**

Today you cycle just 4km, to the canoe rental shop in Unquera. Transfer up-river to Panes, starting point for your canoeing excursion. Armed with wetsuits, paddles and a packlunch, you spend 2-3 hours paddling down the pretty Deva River. Small beaches on the riverbanks provide a place to stop along the route. In the afternoon, optional walk from Vilde to Colombres, to visit the Casa de Indianos, a beautiful colonial-style building which houses an interesting emigration museum.

Challenge: Canoeing excursion.

Villages along the way: Unquera, Panes, Colombres

Day 4 **From Vilde to Poo de Llanes (30km / 18,6mill)**

Via quiet country lanes, you cycle into Valle Oscuro ("Dark Valley"), an ominous name for a beautiful place with traditional family farms and tiny villages at the foot of the Sierra del Cuera coastal range. Stop for a short rest at an authentic local bar. Option of doing up to 25km (with a total ascent of 325m, spread out over



3 small hills). By afternoon you're back at the coast, to a short ride nearby blowholes on the cliffs, or a protected otter habitat on the tiny bay of Andrin. From Puertas de Vidiago you only have to cycle the last 7km to reach the next accommodation, located in Poo de Llanes, only 700 m away from a beautiful beach.

Challenge: (Cycling route) 30km / 18,6mill, 325m ascent/descent

Villages along the way: Vilde, La Borbolla, Puertas, Cué, Poo de Llanes

Day 5 **Circular route from Poo de Llanes (20km / 12,4mill)**

Your hotel in Poo de Llanes is just 2km from the lovely fishing village of Llanes, with its Medieval centre, Gothic church, two beaches, lots of shops and restaurants, and colourfully-painted wavebreak on the harbour. If you're lucky, there will be some local celebration on nearby. The county of Llanes has a busy calendar of patron saint's Days, with interesting traditional processions and local folklore. Option of cycling to the village of Porrúa, with its interesting ethnographic museum, or to the beach at Poo de Llanes.

Challenge: (Cycling route) 20km / 12,4mill, 150m ascent/descent

Villages along the way: Cué, Parres, Porrúa-Celorio, Poo, LLanes

Day 6 **From Poo to Nueva de Llanes (22km / 13,6mill)**

Today you do another splendid, and incredibly varied, cycling route with 2 different options. First you cycle to Posada de Llanes. From there you can either follow the coast (easier route) or turn inland and do a circuit up into the Sierra, to point with stunning views. Both routes follow (mainly) country roads through picturesque scenery and offer a glimpse of real rural life in Asturias. Option of stopping along the way for a paddle in the sea.

Challenge: 22km / 13,6mill, 450m ascent, 420m descent

Villages along the way: Poo de Llanes, Nueva

Day 7 **A day at the beach or cycle along the (24 km / 14,9mill)**

Just 2,5km from Nueva, you have the pretty beach called Cuevas del Mar, perfect for swimming and playing in the sand. You can also choose a circular cycling route to the west towards Ribadesella, following the pilgrim's trail "Camino del Norte". In Ribadesella you can swim, surf, canoe or follow fossilized dinosaur tracks on the beach. The Cave Museum of Tito Bustillo, offers a replica of valuable cave paintings some 25,000 years old.

Challenge: Choice of activities on the coast // Cycling route: 24km / 14,9mill, 200m ascent/descent

Villages along the way: Nueva, Llanes de Pría, Cuerres, Ribadesella

Day 8 **End of programme**

Today your programme ends after breakfast. If you have hired a bike through Spanish Bike Tours, it will be collected at your accommodation. If you're returning to Vilde, you can make the trip by bus or train.



Accommodation

Friendly family-run hotels in small villages

Agroturismo MuriANCES (Vilde)

Located on the bank of the Deva river, with views towards the Picos de Europa. With a wide garden, a large living room with chimney and free parking.

www.hotel-costa-verde.com

Hotel El Camín (Poo de Llanes)

Nice hotel, only 2 km away from the fishing medieval villa of Llanes. With a beach only 700m far. With family rooms.








www.elcamindellanes.es

Hotel Don Tomás (Nueva de Llanes)

A former "Casa de Indianos" (manor house) that has been transformed into a small and welcoming hotel that still has the charm of old times, making your stay a very unique experience.

www.hotelcasadeindianosdontomas.com

Practical Info

-  7 nights accommodation
-  Nice and friendly family-run hotels. Accommodation in double, triple or 4-person rooms/apartments
-  7 breakfasts
-  Digital detailed route notes and maps in English
-  Optional bike rental
Canoeing excursion including packlunch and transfer Unquera-Panes
-  24-hour telephone assistance
-  Luggage transport on days 3 and 5





Spanish Bike Tours can also arrange for you a optional private transfers from/to the airport or bus station.



If you plan to bring your own car, you can leave it in Vilde. At the end of the program, you can go back from Nueva to Unquera by train (3 bikes maximum). Check timetables at FEVE website.



Acces to the trip on [our navigation app](#)



Not Included

- Lunches
- All dinners
- Transport to first / from last accommodation
- Bike rental

Extras

- Transfers from / to airport, train/bus station can be arranged
- Bikes rental (hibrid, electric, kids bikes, trailer, etc...)
- Optional transfers from / to airport or bus station
- Bus tickets
- Extra nights in Oviedo, Gijón, Santander or Bilbao
- Shipment of printed documents to the first accommodation

