

## Walk to Carreña, Poo and Arenas de Cabrales.

*Walking in the mountains is not without risk. Check the weather and be aware that conditions can change suddenly, often with poor visibility from fog. Go well prepared with plenty of water, warm clothes, waterproofs, maps, etc. You undertake this walk entirely at your own risk and the owners of Casa Usborne accept no responsibility.*

Google map link: <https://maps.google.com/maps/ms?msid=210994469090786620781.0004de80921c127d7bd4a&msa=0&ll=43.306584,-4.84113&spn=0.017098,0.045834>

Time: 4hrs approx.  
Distance: 10kms round trip approx.  
Type of Walk: There and back  
Difficulty: Very Easy  
Way marking: None  
Maps: Adrados green Picos de Europa map (should be available in the house). Take a print out of the google map above or study it carefully, as it is easy to lose the path.

Description: Walk direct from the house going down into the Cabrales Valley and passing through villages. Great if you want to buy a few provisions or just go and have coffee. Some walking on tarmac roads and also paths and tracks. I often walk just to Carreña and back as it takes half the time as the full walk to Arenas. Also, works well if you have someone with car to pick up at the bottom so only the down section of the walk is necessary.

Directions: Walk....  
Turn right out of the drive into Berodia village. Head down the hill along the main road. Follow this road past the viewing point, down past next sharp right hand bend. After this there is a short cut on the left that cuts a small section of the road, going past a small stone shed. Rejoin the road, going right down into the valley, then up and back down to the junction with Inguanzo. Turn left but don't join the main AS-114. Instead take a small path that cuts up to the right through the woods. Follow this path along the valley. It eventually becomes a track. When you see a football pitch, make sure you take the path running above it. Eventually you come out in the village of Carreña, crossing the bridge into the village. From Carreña, go out along the main road passing through the car park and continuing along the road. At the Naranjo de Bulnes viewpoint you can cross through a field diagonally going directly into the village of Poo, or you can follow the road and turn right into the village. Cross the bridge and turn left heading out of the village alongside the river. Then turn right passing a beautiful square house on your left. Follow this track which ascends gently up hill and to the left. Continue along this track which soon levels out and then descends gradually into the town of Arenas.