

Walk from Poncebos to Caín – La Ruta de Cares

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=210994469090786620781.0004de7d13f5023f2faff&msa=0&ll=43.227006,-4.839993&spn=0.068481,0.183334>

Time: 5/6 hrs approx.
Distance: 20kms total.
Type of Walk: There and back.
Difficulty: Easy
Way marking: Marked as the PR-PNPE 3 with regular white and yellow flag marks.
Map: Adrados: Picos de Europa, Central and Eastern Massif.

Description: Beautiful gorge walk that ascends up to the village of Caín along a precipitous but mostly level path cut into the side of the rock. Good walk for when it is overcast and not viable to do higher mountain walks. Beware, this is one of the most famous walks in the whole of Spain and people come in coach loads, so best to do it out of season, mid-week and on a dreary day if you want to avoid the crowds. Lots of bars in Caín for lunch and refreshments.

Directions: By car...
From Casa Usborne take the AS-114 to Arenas de Cabrales. At Arenas turn right to Poncebos. When you reach Poncebos don't park in the first car park on the left (which is for the funicular railway) but turn right (as if you were continuing straight on) passing a couple of bars. If it isn't too busy you should be able to park along the road here.

Walk....
From here walk up the road following the parked cars. You will soon see a sign marked Senda de Cares PR-PNPE 3 on the right. DON'T MISS THIS SIGN as you will continue to a dead end along this road. Follow the Senda de Cares path for about 10km until you arrive in Caín.