

## Circular walk up to The Andara Refuge

*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=210994469090786620781.0004de7e4ec4937c95796&msa=0&ll=43.235886,-4.700711&spn=0.017118,0.045834>

Time: 4/5 hrs approx. (40 minutes away by car to the start of the walk)  
Distance: 16kms  
Type of Walk: Circular  
Difficulty: Easy-Moderate  
Way marking: Part of the walk marked as the PR-PNPE 28 with regular white and yellow flag marks.  
Map: Adrados: Picos de Europa, Central and Eastern Massif.

Description: Spectacular high mountain walk above the village of Sotres going up to altitudes of 1700m. The first section of the walk (depending on which direction you do the circuit) goes up to the Refuge of Andara, where you can stop and get a coffee and admire the views. Then you walk through the mountains and head down through an amazing beech wood. The final section of the walk heads back up hill along a winding track through craggy rocks and meadows. *Beware of snow on this walk! if you don't have the correct equipment it can be dangerous, especially if you are walking across hard, icy snow. Always be prepared to turn around and retrace your steps. Never leave the path unless you are experienced in traversing this kind of terrain.*

Directions: By car...  
From Casa Usborne take the AS-114 to Arenas de Cabrales. At Arenas turn right to Poncebos, Tielve and Sotres. After Sotres, continue up towards Tresviso for another 2km approx. until you see a mountain car park with walking maps posted on a board. Park here.

Walk....

From here walk up the track behind the car park. Follow this track as it slowly ascends, winding up the mountain. You will reach the refuge at the top. Now turn left, traversing the mountain along a level track which slowly starts to ascend, eventually entering a large beech wood. After walking through the wood for a while you come to a junction in the track with signposts to Bejes (right) and Hoyo de Tejo (left). Turn left back into the wood and continue along the track leaving the wood and traversing a grassy hill with spectacular views. Continue along this track which begins to ascend back into rocky areas and eventually brings you back to the car park.