



GLOBAL ADVENTURE – PICOS DE EUROPA
MAY 02-16, 2024

Today's Plan....

- Introductions (your paragraphs)
- Review itinerary
 - Daily Activities Overview (handout)
 - Accommodations
- Lunch break
 - Safety Plan
 - Emergency Options
 - Maps & GPX files
- Covid protocol
- Weather
- What to Pack suggestions, including group input
 - Currency, Internet, Phone calls, time zone, laundry, tipping, WhatsApp, other
 - Online share drive for documents
 - Discussion & Questions
 - Adjourn



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**INTRODUCE YOURSELF: SAY
ONE INTERESTING THING
ABOUT YOURSELF
(JUST ONE 🤩)**

TRIP ROSTER

Annette Oh

Becky Chan

Elizabeth Nakashima

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Maribeth Spencer

Rachelle Meenach-Ligrano

Roseanne Lorenzana, trip leader

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**HIGHLIGHTS OF DAILY ACTIVITIES
(see handout)**



**Sculpture in Las Arenas
Truckle (round) of cheese & sycamore leaf**

This part of the country is Spain's principal cheese region

Holiday Inn Express Bilbao Airport, 1 night

<https://www.ihg.com/holidayinnexpress/hotels/gb/en/derio/biobl/hoteldetail>

The shuttle bus picks up at departures terminal on the upper level of Bilbao Airport (3rd floor) every 30 minutes approximately between 05:20 (first departure from the Hotel) to 22:30 (last departure from the airport, level 3).



Hotel Torrecerredo, Las Arenas (6 nights)

<https://hoteltorrecerredo.com/>

- Single rooms with ensuite bath
- Breakfast and Lunch provided (“picnic” = large roll w choice of fillings, a fruit & a chocolate)
- Restaurant & bar
- Hair dryers are not available in the room. Low wattage in the hotel. Can borrow from reception, if needed.
- Microwave oven in the dining room & bar.
- Laundry, 10€, up to 8 kg for wash & dry.
- Free drying room for clothes and boots. And, hose for washing mud from boots.
- WiFi available
- Breakfast 7:30-9:30am, Dinner 7:30-9:30pm
- 3 minute walk to town



Hotel Torrecerredo, Las Arenas (6 nights)

<https://hoteltorrecerredo.com/>



Evening Menu Friday 19:30 - 21:30

Apetizer
Scallops
Contains: Fish

Starter
Tomato Soup

Main Course Vegetarian
Felafel with Spinach salad
Contains: Garlic

Main Course Fish
Fresh Baked Hake served with clams in a "Green" sauce and potatoes. P
Hake (Fish) Clams (Shellfish)

Main Course Meat
Beef ribs with Pureed Potatoes and BBQ sauce

Dessert
Homemade Cheeseflan
Contains: Cheese (Lactose) Wheat Flour (Gluten)

Villa de Cabrales, Las Arenas, 2 nights

<https://www.hotelvilladecabrales.com/>

- Single rooms with ensuite bath
- Breakfast and Lunch provided
- Restaurant & bar
- WiFi available, free
- Located in-town



Casa Cayo (Village of Potes), 3 nights

<https://casacayo.com/>

- Single rooms with ensuite bath
- Breakfast and Lunch provided
- Restaurant & bar
- Shared “living room”
- WiFi available, free



Caserio Urikosolo, Bilbao, 2 nights

<https://alojamientobilbao.wordpress.com/>

Farmhouse with ground floor living room, dining room, kitchen, one bathroom and washing machine. On the first floor, four (4) bedrooms with double-size beds and 2 bathrooms (one of the bathrooms is incorporated into one of the rooms). Four (4) single-size beds in the loft.

- ~10 minute walk to funicular station
- ~30 minute walk from funicular to Bilbao Old Town



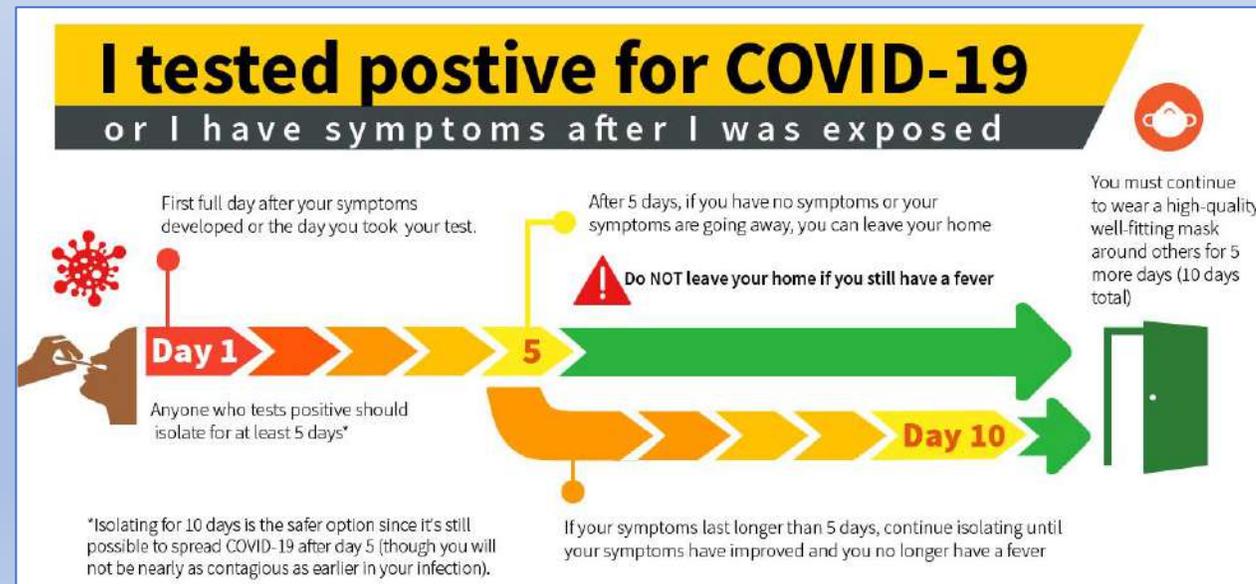
LUNCH BREAK

- **Safety Plan (show example – no handout at this time)**
- **Emergency Options (review handout, discuss insurance)**
- **Maps & GPX files (look at maps, review handout)**



COVID PROTOCOL

- ▷ Must be fully vaccinated against Covid to participate in the trip.
- ▷ Practice conservative Covid behavior before and during transit to the trip, including masking and avoiding crowded indoor spaces whenever possible.
- ▷ Carry Covid self-tests on the trip and use them if any symptoms commonly related to Covid.
- ▷ Test positive for Covid → leave the group and quarantine at own expense for at least 5 days (Day 1 is the first full day **after** the day symptoms started)
 - ▷ After 5 days, if symptom free (without the use of fever-reducing medication), rejoin the group & wear mask
- ▷ The rest of the group will follow CDC and WA Health Dept recommendations regarding hygienic practices following exposure to Covid

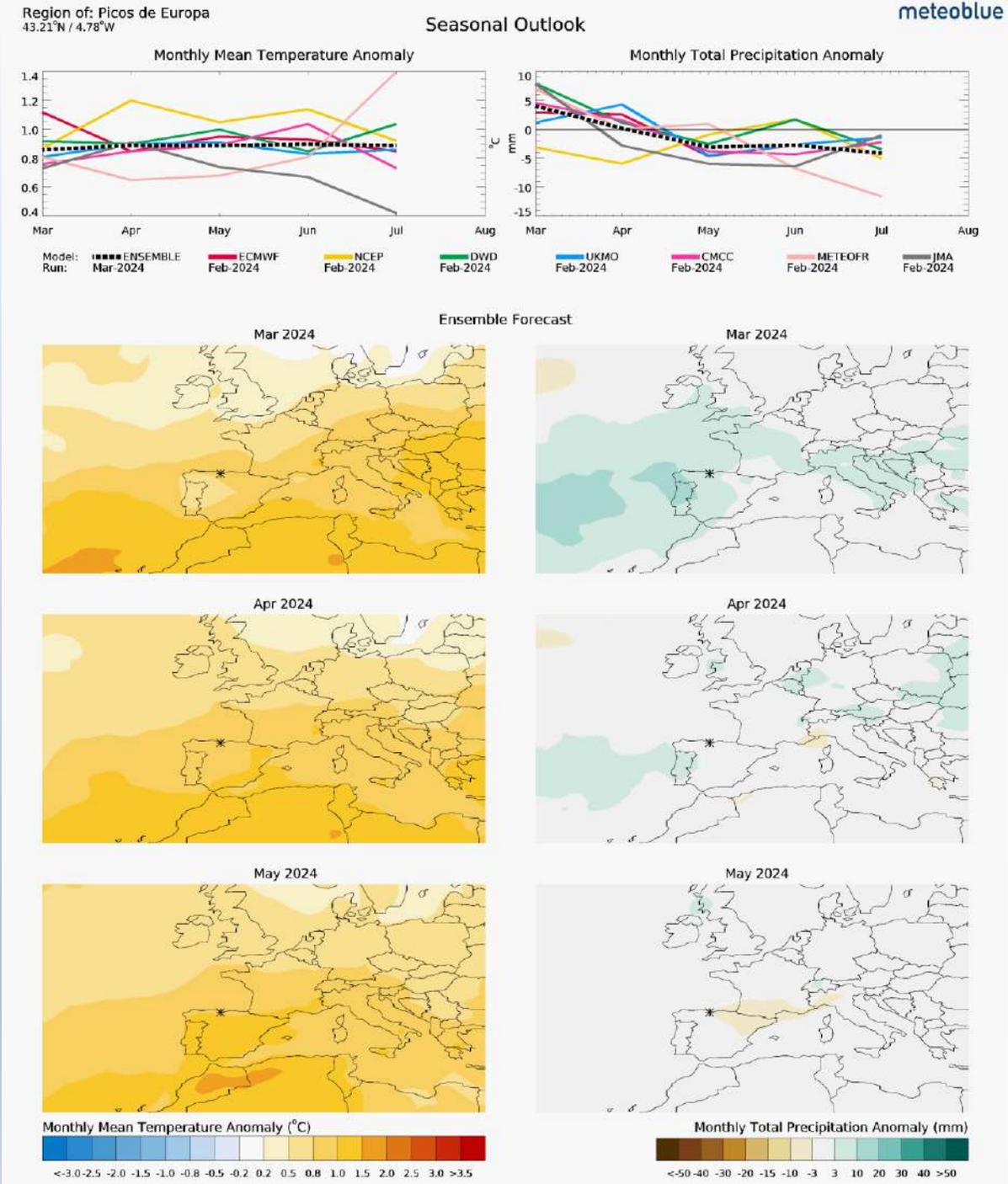


WEATHER

- <https://www.meteoblue.com/en/weather/week/las-arenas-de-cabrales-spain-3119030>
- <https://en.eltiempo.es/asturias/las-arenas-de-cabrales.html>
- Snow forecast – snow.forecast.com link

Weather forecast modeling indicates that Picos de Europa (indicated by * on these maps) will be warmer and drier in the month of May.

Source - <https://www.meteoblue.com/en/weather/forecast/seasonaloutlook/las-arenas-de-cabrales-spain-3119030> downloaded 3-8-24

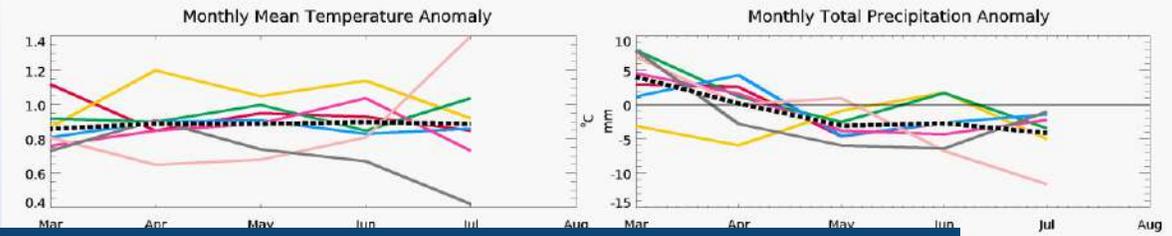


WEATHER

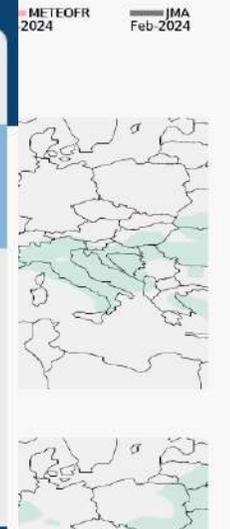
- <https://www.meteoblue.com/en/weather/week/las-arenas-de-cabrales-spain-3119030>
- Snow forecast – snow.forecast.com link

Region of: Picos de Europa
43.21°N / 4.78°W

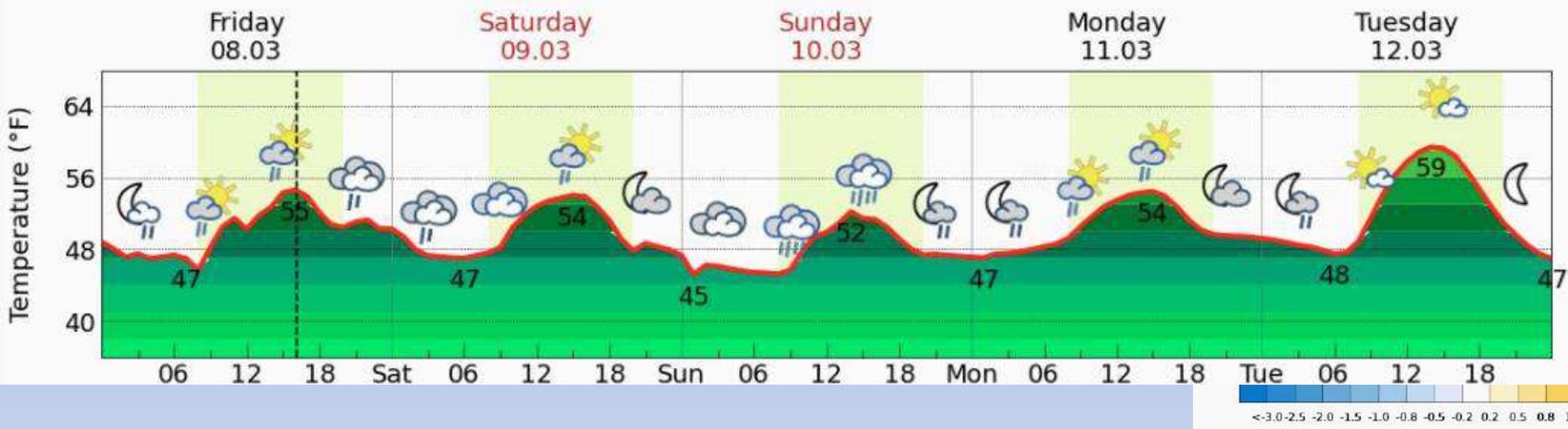
Seasonal Outlook



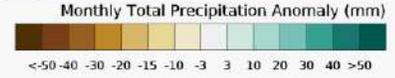
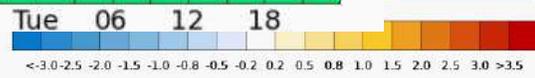
Fri Today	Sat Tomorrow	Sun 3-10	Mon 3-11	Tue 3-12	Wed 3-13	Thu 3-14
55 °F 46 °F	54 °F 47 °F	53 °F 46 °F	53 °F 48 °F	59 °F 47 °F	62 °F 47 °F	58 °F 52 °F
↙ 13 mph	↙ 14 mph	↔ 22-43	↘ 17 mph	↘ 7 mph	↑ 4 mph	↖ 3 mph
💧 0.1-0.2"	💧 0.1-0.2"	💧 0.4-0.8"	💧 0.2-0.4"	💧 0-0.1"	-	💧 0.1-0.2"
☀️ 1 h	☀️ 2 h	☀️ 1 h	☀️ 2 h	☀️ 4 h	☀️ 0 h	☀️ 2 h
🌤️🌤️🌤️	🌤️🌤️🌤️	🌤️🌤️🌤️	🌤️🌤️🌤️	🌤️🌤️🌤️	🌤️🌤️🌤️	🌤️🌤️🌤️



Las Arenas de Cabrales
43.30°N, 4.82°W (147 m asl)



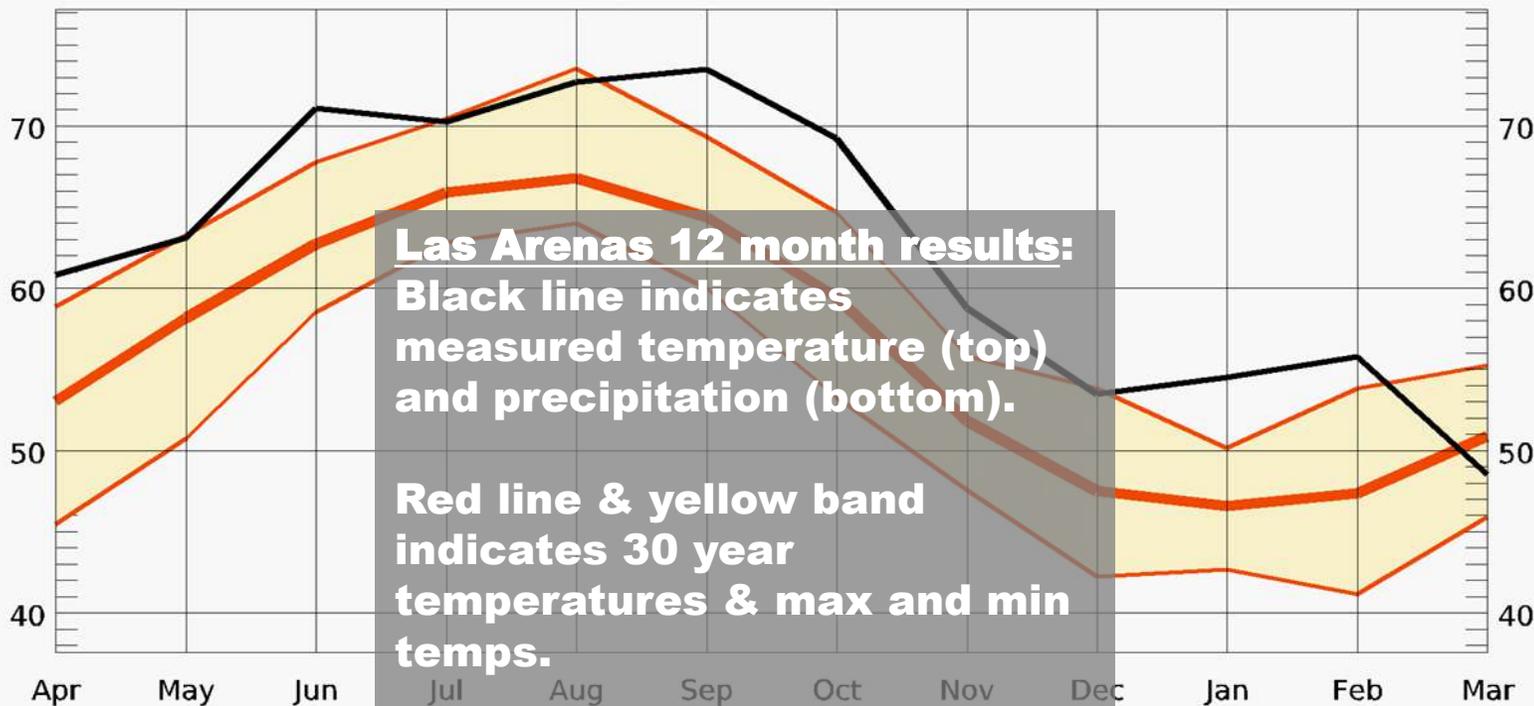
meteoblue®



Last 12 months (black) and 30-year climate

Las Arenas de Cabrales 43.33°N / 4.22°W 147m asl

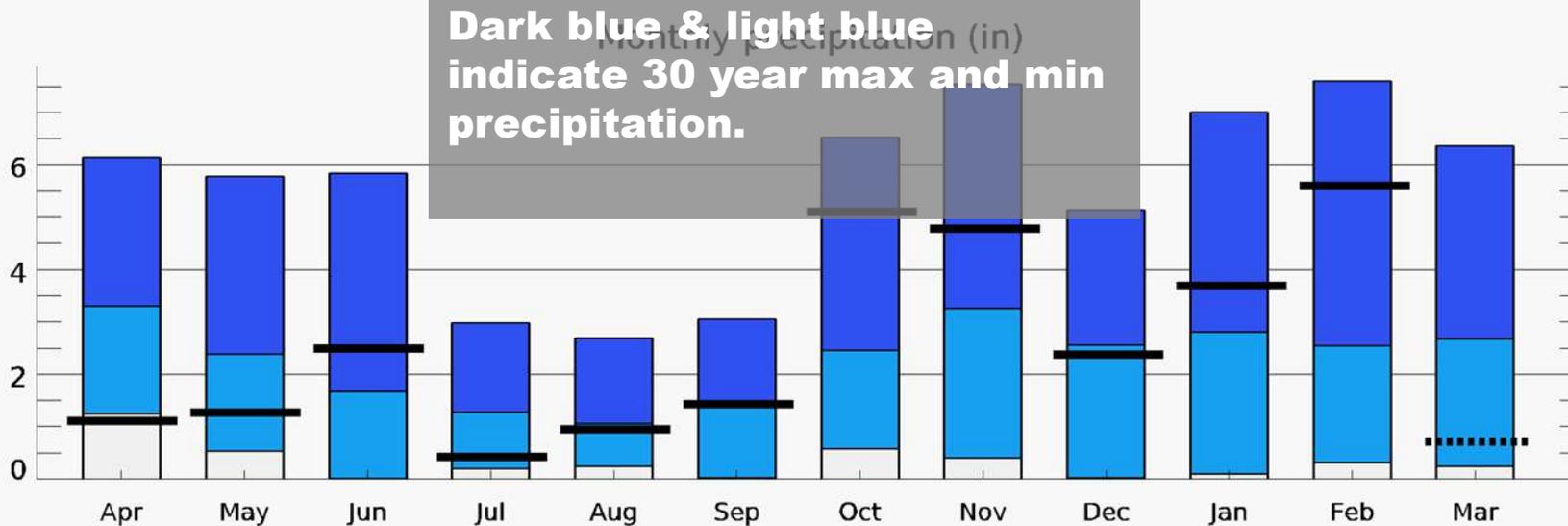
Monthly mean temperature (°F)



Las Arenas 12 month results:
 Black line indicates measured temperature (top) and precipitation (bottom).

Red line & yellow band indicates 30 year temperatures & max and min temps.

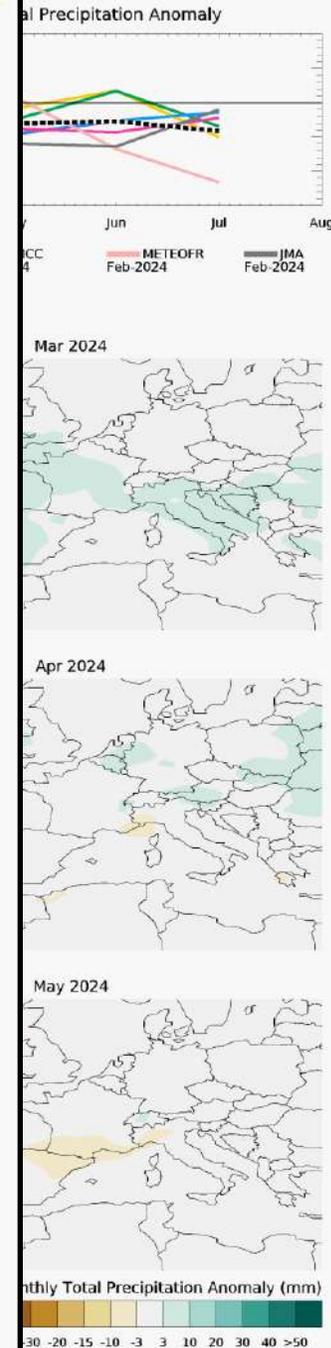
Dark blue & light blue indicate 30 year max and min precipitation.



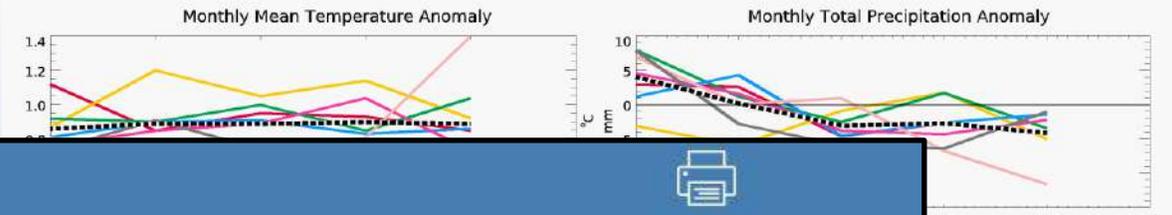
- <https://www.arenas-de-cabrales.com>
- Snow forecast

Las Arenas weather has been warmer and generally drier.

Source - https://www.meteoblue.com/en/weather/historyclimate/climatecomparison/las-arenas-de-cabrales-spain-3119030?type=meteogram_currentOnClimate (downloaded 3.8.24)



WEATHER



- <http://arena>
- Snow

Next update: 03hour fiftymin 54forks



Snow forecast for 3,110' elevation
Source - snow.forecast.com link

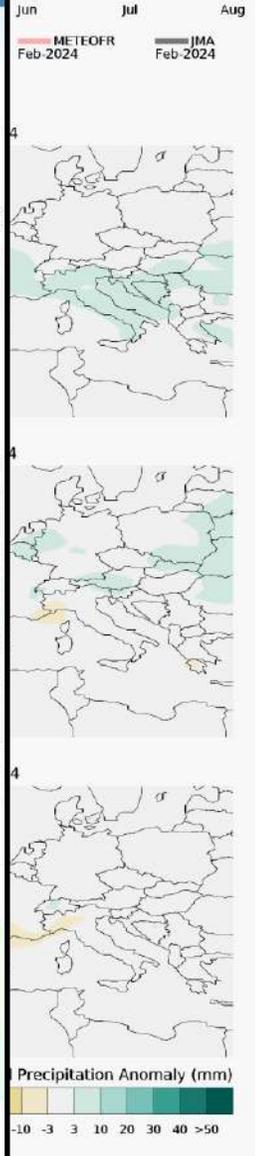
scroll left for last 6 days now

Change units

	Friday 8				Saturday 9			Sunday 10			Monday eleven			Tuesday 12			
evening	tomorrow	beats	evening	tomorrow	beats	evening	tomorrow	beats	evening	tomorrow	beats	evening	tomorrow	beats	evening	tomorrow	beats
	chubasco	drizzle	chubasco	light	snowfall	snowfall	light	light	rain mod.	rain mod.	cloudy	drizzle	drizzle	Partly cloudy	Partly cloudy	cloudy	
mph	10	10	10	10	10	5	5	5	5	10	5	5	5	5	5	10	
snow map	More			More			More			More			More				

RAIN →
(downloaded 3.7.24)

in	—	—	—	—	—	—	0.4	0.4	—	—	—	—	—	—	—	—	—
in	0.2	0.1	0.08	0.4	0.04	0.08	—	—	0.3	0.3	—	0.1	0.08	—	—	—	
max°F	37	39	39	37	37	37	32	39	36	37	43	39	41	46	46	Four. five	
min°F	36	36	39	30	36	3.4	32	3.4	36	36	39	39	39	Four. five	43	41	
chill°F	28	27	32	23	28	27	23	30	32	30	36	36	37	Four. five	37	36	
Humidity%	84	83	88	84	76	70	81	95	97	95	84	96	93	70	68	75	



WHAT TO EXPECT - HIKES

TRAIL HAZARDS:

- Some hikes are locally known routes and may not show up as hiking trails on tourist maps (e.g. Day 3, 4, 7 and maybe 11).
- Although the Iberian wolf and Cantabrian bear are known to inhabit these mountains, they are rarely seen. In fact, the bear is considered endangered. No encounters are expected.
- Some hikes will pass through pasture areas with livestock. In these areas, there may be Spanish mastiff guard dogs.
- Our visit occurs during Spring, there could be biting insects including bees.
- There are snake species found in northern Spain that are venomous to humans.
- Fog is known to form, especially at higher elevations.

WHAT TO EXPECT - HIKES

FOR SAFETY:

- Avoid and ignore dogs guarding livestock. They bark a lot when they think you're too close; so, move away.
- Carry appropriate insect repellent and, as needed, epinephrine for allergic reactions.
- Our Guide will instruct on how to avoid snake bites. And, know where snake anti-venom medical treatment is available.

WHAT TO EXPECT - HIKES

FOR SAFETY:

- Option of staying back at the accommodations if feeling ill, injured or exhausted.
- Before a hike, leader will review the stats and conditions for that hike.
- Best effort will be made to provide a digital route for each hike.
- During a hike, the group will stay together. Even if participants decide to spread out, the lead person must have visual contact with the sweep.
- If conditions on the planned route become unsafe, the hike will be terminated and the shortest, safest return route will be taken.

WHAT TO EXPECT - HIKES



WHAT TO EXPECT - HIKES



WHAT TO PACK

TREKKING POLES: TSA says not allowed in carry-on luggage but some Mountaineers have traveled with folding poles in carry-on luggage. Hotel Torrecerredo has an assortment of trekking poles that other travelers have left behind and will lend for our use.

TOILETRIES: Consider bringing soap & shampoo. Hotel provides but not enough for me.

LAUNDRY: Laundry service available or hand wash. Bring l-o-n-g cord if you want to hang dry. REI Sea-to-Summit clothesline is not long enough.

FACE CLOTH: Bath towel and hand towel typically provided, but not a face cloth

ALARM CLOCK: No wake-up service

WHAT TO PACK

PLUG FOR THE SINK: These are old buildings and may not have sink stoppers. Hotel Torrecerredo sink is very shallow.

OUTLET ADAPTER FOR RECESSED PLUG: Your phone/computer travel charger can convert the voltage. If more than one device to charge, consider a multiple plug adapter.

CLOTHING LAYERS: Expect warm/sunny to rainy/foggy weather. Maybe 45° - 60° temperatures (guessimate).

OTHER CLOTHING TO CONSIDER: lightweight set of dress-casual clothes for restaurant dinners; warm sleepwear; light-blocking sleep mask.

DAY PACK: For day hikes. Also, consider smaller/lightweight pack for sightseeing in Bilbao.

WHAT ELSE?

(Currency, Internet, Phone, Time Zone, Laundry, Tipping, WhatsApp, other)

Obtaining Euros prior to departure (my experience):

- AAA: fee is \$5 for AAA members and \$20 for nonmembers.
(<https://blog.wa.aaa.com/travel/get-foreign-currency-at-aaa-before-you-travel/>)
 - AAA uses Wells Fargo (<https://www.wellsfargo.com/foreign-exchange/currency-rates/>)
 - Must go to a travel store, cash or debit card. Stores in Bellevue, Tacoma & near airport.
 - An additional \$10 small-transaction fee is charged by Wells Fargo for orders less than \$200 U.S. dollars.
- Bank of America – can order online with existing account. Minimum \$100. Cost \$7.50. Delivered to your home.

Expenses NOT Included in Trip Price	USD\$/pp	Notes/Description	Euro€/pp (need cash)
Transportation - air travel	\$1,900		
Transportation - airport taxi	\$100	Seattle to/from Airport transfer	
Lodging:	\$336 (€280)	Cost of single supplement, days 1-11. Can be paid with credit card or cash (€280)	
Food (meals, supplies):	\$840	\$60/day x 14 days	
Excursions/Tours:	\$50	Las Arenas farm visit, Cheese cave entry fee, Lobos exhibit entry fee	€60
Guggenheim Museum	\$20	Entry ticket	
Travel MedEvac Insurance:	\$200	Per quotes from Squaremouth website	
Other (Cable car, taxi & funicular)	\$50	de Fuente cable car, Bilbao funicular, taxi to/from Cheese & Cider tour/dinner (Day 6)	€60
Tips (suggestion for guides and drivers)	\$190	Guide: €15/hike (for 6 hikes, ~€90) Driver: €5/trip (~14 trips, ~€70) ▷ Restaurant tips not incl (suggest 10%)	€160
Expense Estimate	~\$3,700.	NOTE: SOME ESTIMATES MAY BE HIGH AND SOME MAY BE LOW. THIS IS BEST GUESSIMATE.	

WHAT ELSE?

(Currency, Internet, Phone, Time Zone, Laundry, Tipping, WhatsApp, other)

► **By 5pm, March 15, 2024, final payment of \$1,375** is due. If I cancel from this adventure, I may receive a refund less non-recoverable expenses incurred, as follows:

- Cancellation made before 5pm, March 15, 2024: 80% of the \$1,375 deposit (refund=\$1,100). Or if full payment has been made, 90% refund of the full amount paid.
- Cancellation after 5pm, March 15: forfeit entire cost of \$2,750
- In addition to these fees, there will also be a \$100 administrative fee.

WHAT ELSE?

(Currency, Internet, Phone, Time Zone, Laundry, Tipping, WhatsApp, other)

To Make Final Payment:

- You will receive email from Mountaineers saying you have been given “offered” status.
- “Offered” status lasts only 5 days.
- Complete your payment with a credit card within 5 days.

WHAT ELSE?

(Currency, Internet, Phone, Time Zone, Laundry, Tipping, WhatsApp, other)

Forms/Paperwork

- . Trip Agreement, Release & Supplemental forms submitted?
- . Confirm emergency contact & cell phone number on Mountaineers website

Share Drive

- . Link will be sent to you by email
- . Today's presentation materials and also ...
- . **Enough information so that you could meet our guide and complete the trip even if I was not there.**



THANK YOU
CONTACT ME WITH ANY QUESTIONS
Roseanne Lorenzana, trip leader

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