

# Emergency options for Picos de Europa

DAY	Date	Description of Trip Leg (start, stop, miles, elevation gain/loss)	Exit point (miles & elevation gain/loss)	Means of extraction (walking, pack animal, land vehicle, helicopter, etc.)	Hours/Days to Care	Cell Phone Dial 112 (Y/N)
1	5/3/2024	Arrive Biloa, Spain	Hotel Torrecerredo, Cabrales Las Arenas (aka Las Arenas)			
2	5/4/2024	Walking trip within Las Arenas. 5mi, 450' gain	Hotel Torrecerredo	Motor vehicle from hotel	0.75-1 hr to major hospital; 15 min to urgent care clinic	Y
3	5/5/2024	Foothills of Arenas. 11mi, 2395' gain	Hotel Torrecerredo	Motor vehicle could pickup injured person almost anywhere on this route. Or, walk 2.5 miles to blacktop road for vehicle/ambulance pickup.	1 hr to major hospital	Y
4	5/6/2024	Lagos de Covadonga, Pandescura Peak and rural pasture area. 10mi, 1804' gain.	Covadonga or Canales, maximum 5 mi	Walk with available support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y
5	5/7/2024	OPEN, free day				
6	5/8/2024	Cares Gorge hike from Poncebos to Cain, 7 mi, 3100' gain	Poncebos TH or Cain TH, maximum 3.5 mi	Helicopter evacuation available. Or, walk to TH for cell reception (1.5 hr) to call 112.	1.5-2 hr to major hospital	Y but no reception in some areas of canyon
7	5/9/2024	Summit of Mancondiu from Sotres TH. 7mi, 2400' gain	Sotres TH, maximum 3.5 mi	Walk with available support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y
8	5/10/2024	Refugio Urriellu from Sotres TH. 12 mi, 3510' gain (or ~7mi, ~2200' gain for shorter route)	Sotres TH, maximum 6 mi (or 3.5mi if shorter route is taken)	Walk with available support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y
9	5/11/2024	Transfer to Potes via private minibus				
10	5/12/2024	Hike in alpine area from upper station of cable car to Horcados Rojos, out and back. 6.2 mi, 1700' gain.	TH at upper station of cable car, maximum 3.1 mi.	Walk with available support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y
11	5/13/2024	Hike in alpine, pasture and forest area from upper station of cable car to Mogrovejo. 10mi, 1315' gain	TH at upper station of cable car, lower station of cable car or Mogrovejo village, maximum 5mi	Walk with available support, then motor vehicle. Helicopter evacuation also available.	1.5-2 hr to major hospital	Y

## Emergency Services

1. Emergency Service of the Principality Of Asturias, Bombeiros Asturias helicopter

a. **Dial 112. NOTE: for this trip, we will dial 112 for emergency services.**

## 2. Hospitals

a. Major hospital closest to Arenas de Cabrales aka Las Arenas (45-60 minute drive from Hotel Torrecerredo) - Hospital del Oriente de Asturias Francisco Grande Covián, Calle Castañera, 42, 33540 Castañera, Asturias, Spain -, Phone +34 985 840032

b. Marqués de Valdecilla University Hospital, Address: Av. de Valdecilla, s/n, 39008 Santander, Cantabria, Spain, Phone: +34 942 20 25 20

(1 hr 20 min from Hotel Torrecerredo)

c. Central University Hospital of Asturias (Hospital Universitario Central de Asturias), Av. Roma, s/n, 33011 Oviedo, Asturias, Spain. 24 hr Emergency room. Phone: +34 985 10 80 00

(1 hr 30 min from Hotel Torrecerredo)

d. Clinic in Arenas de Cabrales, Lugar Arenas, 82A, 33554 Las Arenas, Asturias, Spain