

## Cares Route

<b>Route code:</b>	PR-PNPE 3
<b>Journey:</b>	Linear
<b>Way:</b>	- On foot (5 h.)
<b>Length:</b>	21 kms.
<b>Ascent slope:</b>	160 m.
<b>Descent slope:</b>	899 m.
<b>Difficulty of the route:</b>	Medium
<b>Route:</b>	From Posada de Valdeón to Poncebos

The best-known trail of the Picos de Europa passes through the towns of: Posada de Valdeón, Cordiñanes, Caín and Poncebos. Interesting cultural and historical resources appear on the tour such as: the Barrejo necropolis, the Chorco de los Lobos, the Corona Hermitage...

This peculiar trail has important botanical and geological singularities, in addition to spectacular landscapes with which it has earned the nickname: "The Divine Throat of Cares."

- **How to do the route:** The Cares route is one of the most frequented trails in Spain. However, it is not always taken into account that it is a mountain path with loose stones. If you lack training, we recommend doing only part of the journey, planning the return based on your possibilities. The variant that starts from this point is the longest proposal, starting in Posada de Valdeón and ending in Poncebos (21 km), a route for which it is necessary to plan the return by some means of transportation.
- **Pay attention to:** The views from the Mirador del Tombo / El Chorco de los Lobos / Pradería and Corona winters / The entire landscape of the gorge. / The fabulous engineering work of the canal along the entire length of the gorge / Holm oak trees on the rocks in the gorge.
- **Precautions:** The route between Caín and Poncebos runs next to a cliff without lateral protection / Danger of falling stones due to natural effects or from animals that graze on the path / You must carry a sufficient supply of water, as there is no drinking water available along the route. / Always wear hiking boots.
- **For the safety of hikers:** It is not allowed to travel this trail by bicycle.
- **Dogs:** It is strictly prohibited to take loose dogs along the Cares route. The use of extendable leashes to hold dogs is not permitted. Otherwise you will not be able to enter the route. You are responsible for any damages that failure to follow these instructions may cause, in addition to any penalty that may be imposed.

## ADDRESS AND MAP LOCATION

- **Postal address** Posada de Valdeón. NaN. León