On the Tapas Trail - Family Active Holiday

Trip Code: FPE

Version: FPE On the Tapas Trail - Family Adventure

MULTI ACTIVITY	FAMILY	LEISURELY
MA		3

HIGHLIGHTS

- Walk to and overnight in a mountain refuge in the Spanish Picos de Europa
- Don your wetsuit for adrenaline-charged canyoning
- Enjoy kayaking and cycling on this family adventure holiday in Spain
- Option to rent a surf board and ride the waves with the children

AT A GLANCE

- 7 days multi active
- Max altitude -1950m
- SWIMMING: All nights except 1 in the sea or hotel pool.
- Join at Bilbao

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 5 Lunches
- 5 Dinners
- 3 nights Hotel with swimming pool
- 1 nights Mountain Hut / Refuge
- 3 nights Hotel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Spain's quiet northern coast is reminiscent of Cornwall, with its steep sided river valleys running into sandy bays. It is the perfect place for a family adventure. Our base for the first 3 nights is a hotel with pool in the pretty area of Arenas de Cabrales in the foothills of the Picos de Europa. We start our activities on this Spanish family adventure holiday with a splash as we paddle in kayaks along the River Deva and then canyon down one of the attractive gorges.

An excellent walking day in the mountains takes us to a refuge high up in the Picos de Europa, where we stay overnight. This is a great route for introducing kids to multi day hiking, being short but adventurous, and with lots of height gained in a fairly short distance. We sleep in the dormitories here, high up on the mountainside, before returning downhill the following morning. The second half of the week we spend at a hotel near the beach in a lovely Spanish town. Here, we have a day cycling and a day to enjoy the sea, with the option of a surf lesson. Northern Spain is quick, easy and cheap to get to from the UK (and a whole world away from the overcrowded southern Costas), making it altogether rather appealing for a family adventure holiday.

Is this holiday for you?

Suitable for children from 8yrs old

This family adventure holiday in Spain is a mix of multi-activities and relaxation. No previous experience is required for the kayaking or canyoning and can be done by beginners. All specialist and safety equipment is provided along with professional guiding. However all participants must be able to swim unaided for at least 25m. The 2 walks are not difficult and are suitable for children. The cycling is along easy flat trails. All 6 nights hotels have en-suite rooms and the hotel in Arenas de Cabrales has a swimming pool. The mountain refuge is dormitory sleeping arrangements. Overall the holiday is designed to provide a mix of activities suitable for a wide age range and offers an excellent family holiday.

Itinerary

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DAY 1

Meet at the group hotel in Arenas de Cabrales. A single timed transfer is provided from Bilbao Airport.

Your holiday starts at the group hotel in Arenas de Cabrales. A single timed airport transfer is provided from Bilbao Airport. We arrive into Arenas de Cabrales and our accommodation. We have time to settle in, and before dinner we have a briefing by our guide about the week ahead.

Meals: **D**

Accommodation
Hotel with swimming pool

DAY 2

A day of fun, easy, kayaking on the River Deva. Picnic lunch on shores. Return to Cabrales.

After breakfast we drive to the put-in point on the River Deva to begin our descent. No previous experience is needed for this as the kayaks are large and stable. We have chosen a section of the river perfect for youngsters, providing just the right amount of excitement and fun. This part of the holiday will be led by experienced, qualified river guides. All necessary safety equipment including buoyancy jackets is provided. We will stop for lunch en route and on reaching the take out point we meet our vehicle and return to the hotel in Arenas de Cabrales. We will have some free time to enjoy the swimming pool, or just relax, before gathering again for the evening meal. Overnight Hotel in Arenas de Cabrales. Swimming: In the hotel pool & the river.

Meals: **B L D**

Accommodation
Hotel with swimming pool

DAY 3

Canyoning today, suitable for all the family. Swim, jump and wade in the gorge. Return to Cabrales.

This morning we have an exciting adventure - canyoning down the river. It is a beginners activity, and suitable for all the family. We have the option of 2 gorges, and the one we take will depend on water levels. The canyoning is led by highly experienced and qualified guides and all safety equipment (wetsuits, helmets etc) is provided (except for shoes - see equipment list). We have a short walk to the start of the gorge section before jumping into the water. The descent will involve a series of swimming sections, wading, jumping into pools and possibly short abseils. We end up at the vehicle where we get dry. We have lunch and then transfer back to the hotel. We have some free time before dinner. Swimming: In the hotel pool & the river.

Meals: **B L D**

Accommodation
Hotel with swimming pool

DAY 4

First day of our mini trek, taking our time and climbing steadily to the mountain refuge.

We leave the Cabrales area today and drive into the foothills of the Picos de Europa. Tonight we'll be sleeping in a refuge in the mountains, so we'll need to bring an overnight pack, with a change of clothes, water, snacks and a sleeping bag liner. Our guide will lead the way, offering navigation tips as we go. Our guide has a few tricks up their sleeve to keep things interesting as we ascend into this incredible mountain range, including a nature search. This landscape is home to some fascinating, if sometimes elusive flora and fauna. Keep your eyes to the sky for wheeling buzzards and vultures, climbing high on the thermals above the rocky peaks and crags. On the lower, gentler, grassy slopes you may spot deer or find traces of boar rootling in the undergrowth for insects and worms, and in their wake, orchids of many varieties spring up in the grubbed up turf. As we climb into the higher reaches of this route on varied and sometimes steeper terrain, you may be lucky enough to spot wallcreeper, and rock thrushes, both making this wild alpine region their home. We eventually arrive at the Vega Urriellu Refuge with time to unpack and settle down before dinner and sunset, the bright oranges of golden hour lighting up the giant cliff walls that surround this refuge.

Meals: **B L D**

Accommodation
Mountain Hut / Refuge

Time
5 hours walking

DAY 5

Walking descent from refuge, transfer to San Vicente de la Barquera on the coast.

After breakfast, we pack our little rucksack and stay goodbye to the mountain hut and descend. We finish at a small hamlet where we have some lunch. Our vehicle will meet us here and we leave the mountains and we head for the seaside and the Costa Verde. We check into our hotel in the town of San Vicente de la Barquera, which will be our base for the next three nights. This coastal town has a great medieval castle, some nice beaches and a great cafe culture.

Meals: **B L**

Accommodation
Hotel

Time
2 - 3 hours walking

DAY 6

Free day. Optional surf lesson, swimming, walk or horse-ride.

The Costa Verde is a very attractive, rugged coastline with chiselled deep ravines, beautiful river valleys, tiny fishing villages, and small sandy bays offering good swimming. There is a good surfing beach and it is possible to hire body and/or surf boards locally and maybe take a lesson. Otherwise we can visit the dinosaur museum and search for the fossilised dinosaur footprints on the beach. There is also an option for horse-riding along the coastal paths. San Vincente has is quaint town to walk around and have some lunch before walking to a local beach. Any optional activity and transfers today are payable locally. Your guide will assist with booking any optional activities.
Swimming: In the sea.

Meals: **B**

Accommodation
Hotel

DAY 7

Cycle ride along the coast and stop at a beach for a swim and ice cream.

This morning we firstly visit the bicycle stores and find a suitable sized bike and helmet for the day cycling along the coast. The route will follow the small coast towns and some of the old 'Camino de Santiago' Pilgrims route to Santiago de Compostela. The majority of the day we will be on quiet country roads and paths, and the cycling is not of a difficult level. We stop frequently for a swim in the sea at some of the lovely beaches and for lunch. We end up at the pretty beach of Cuevas del Mar, and if the tide is out then we can explore the caves along the beach. We ride our bikes back to the rental shop and return to the hotel.
Swimming: In the sea

Meals: **B L D**

Accommodation
Hotel

Time
3 hrs cycling

DAY 8

Departure day. A single timed airport transfer is provided.

Your holidays end after breakfast. A single timed airport transfer is provided. Depending on flight times we have the option to swim or enjoy a final coffee and cake in the town.

Meals: **B**

Holiday Information

What's not Included

- Travel insurance
- Airport departure taxes if applicable
- Tips for local staff
- Surf lesson or hire of boards
- Optional excursions on day 6
- Meals as per the Meal Plan
- Miscellaneous expenses - souvenirs and drinks etc

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Arenas de Cabrales.

A single timed transfer from Bilbao Airport to the group hotel is provided on Day 1 of the Land Only itinerary. This transfer is timed to leave the airport in the morning, to meet the arrival of flights from Gatwick with Easy Jet. On the last day of the itinerary, there will be a single transfer back to Bilbao Airport to check in to the morning return flight.

The current flight schedules these transfers also work with the Bristol Easy Jet flights. There is also an option with Vueling Airlines.
Many families also choose to take their car on the ferry from Portsmouth to Santander - this can sometimes be a more cost effective option. And it certainly is a better option for CO2 emissions.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 5 lunches and 5 dinners are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Breakfasts are typically continental - a combination of orange juice, tea, coffee, yoghurt, fresh fruit, freshly baked local bread and jam. Lunches will usually be picnic-style, made up from bread, cheese, cold meats, tomatoes, salads and fruit. Some lunches are at cafes. Dinners are taken either in the hotel or in local restaurants which serve a range of dishes including traditional Spanish options, including paella and a locally famous 'farmer's stew'. There will also be a more international range of foods available. Vegetarians can be catered for.

Accommodation

During this holiday the group will spend 3 nights in a pleasant and comfortable hotel in Arenas de Cabrales, and 3 nights in a similar establishment in San Vicente de la Barquera. The hotel in Arenas de Cabrales has a swimming pool. The hotel in San Vicente de la Barquera is well located in this typical Spanish fishing town within walking distance to the beach.

In the hotels, families of 3 or less will usually share rooms with their grownups in a twin, triple or a double with an extra bed. For families of 4 or more you will be in multiple rooms depending on the number of family members. Interconnecting rooms are not available, and we will do our best to have rooms next to each other. These are small friendly hotels which are great for families.

There will also be 1 night in a mountain refuge which has restaurant facilities and dormitory style sleeping arrangements. Toilet and washing facilities are shared at this refuge, and are outside the main building. Sleeping bags are not required as blankets are supplied. However, we recommend you carry a cotton or silk sheet sleeping bag.

Please talk to us about your requirements and we will do everything to ensure that you are happy with your rooming allocation.

Additional hotel nights are available pre and post the holiday. Hotels are subject to availability and prices may vary.

Group Leader & Support Staff

The group will be led by an experienced local leader and there will also be appropriate qualified local instructors for the various activities. You will also have a driver on various sections of the holiday.

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately €150 per family member should easily be sufficient to cover miscellaneous expenses, including non included meals and snacks. This will also allow you to pay reasonable tips to the local guide and driver. We recommend that you carry your travel money in the form of euros cash. If you are intending to buy expensive souvenirs, you should budget accordingly. It is also possible to withdraw money from ATMs using your debit or credit card. Carrying a credit card is a good idea in case of emergencies. OPTIONAL ACTIVITIES (correct at time of writing, but subject to change) Surf lesson: €25 per person

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to your leader and local team. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. On the night that you walk to the hut you will be required to carry your overnight belongings. You should keep this as light as possible, and reality should only be your sheet sleeping bag, toothbrush and something to sleep in. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Climate

This region is known for its changeable weather associated with its mountains and its coastal location. Although most of the region's precipitation occurs between November and February, it can rain at any time of the year. From July to September the weather is generally very good, with clear and sunny days predominating. We can expect daytime temperatures at the coast between 20°C and 27°C in July and September, dropping to around 15°C overnight. Temperatures will be rather cooler than this in the mountains, with daytime temperatures of between 15°C and 20°C above 1500m. At the mountain hut, the temperature could fall as low as 5°C. As with any mountain area there is the risk of some poor weather, with rain and fog.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

FAQ's about our family holidays

We welcome all family dynamics and we will try to accommodate you in the roomings of your choice. The only stipulation for joining a family group holiday is that 1 party member is 17yrs or under, and they are accompanied by an adult. An average group size is around 10 members in total. Further general information and FAQ's are available here: KE Family Adventure Holidays general information.

Private Groups Information

Make this KE family holiday your own!

- Choose your own departure date
- Travel on this holiday with just your family and friends
- Tailor your holiday by adding extra days for relaxation or upgrade your hotels

If our standard dates do not fit with your school holidays or you wish to travel with just your family or with your family and friends, we will be pleased to set up a private departure for any of our family holidays.

Depending on what you are looking for we can look at tweaking the itinerary to allow you some extra relaxation time or upgrading the hotels. Our personal service means you'll be fully involved as we make the arrangements for your perfect family adventure holiday.

Independence with Security

Travelling as a KE private family group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for you and your family and friends by a reputable adventure travel company.

To take your first step to an amazing adventure with your family and friends complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You should bring the following items:

- Walking shoes or boots for the hike
- Old trainers/shoes for canoeing & canyoning (not crocs or sandals as they are not good enough to protect your feet)
- Sandals
- Lightweight walking trousers / shorts / skirt
- T-shirts and/or casual shirts
- Loose-fitting, long-sleeved shirt with collar (for sun protection)
- Socks & Underwear
- Lightweight waterproof jacket & overtrousers
- Fleece jacket or warm jumper
- Lightweight thermal or fleece gloves
- Warm hat
- Sunhat
- Sunglasses
- Sleeping bag liner (for the night in the mountain hut. Blankets are provided)
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Antibacterial handwash
- Washbag and toiletries
- Small towel
- Swimwear
- Daypack 20 - 30 litres (depending on how much of the children's stuff you will be carrying)
- Selection of dry bags (to keep backpack contents dry when walking to the hut)
- Headtorch and spare batteries
- Basic First Aid Kit including the following: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles
- Beach towel
- Rash vest for the water activities
- Goggles for swimming
- Camera
- Pen-knife (note: always pack sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes:

All specialist equipment required for the activities provided on the holiday is included.

If you wear glasses please bring a band to hold them on during the water activities.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Arenas de Cabrales and a single timed transfer is provided from Bilbao Airport.

Flight Inclusive Information

Limited seats are available at the advertised flight price, please book as early as you can. If we are unable to secure seats at the price shown, or you have requested regional departures and/or upgrades, we will provide you with an alternative quote. It is likely that flight payment will be in advance of your final holiday balance. Booking a flight inclusive package means you will benefit from full financial protection, eases your holiday planning, and leaves us to deal with airlines and schedule changes. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

Regional departures and/or alternative carriers are available on request.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Santander via Madrid. Outbound flights depart from the UK in the late morning, arriving into Santander in the afternoon (day 1 of the Land Only itinerary). Return flights will depart in the early afternoon of the last day of the itinerary, arriving early evening.

Alternatively the low cost carrier Ryan Air goes from Edinburgh to Santander. These flights arrive into Santander in the late morning, meaning you would either have to wait for the group transfer or take a private transfer. On the return leg it would be necessary to have a private transfer. See the joining arrangements for further details.

To avoid paying more for your flight, we recommend that you book as early as possible, especially during peak times as there are only a limited number of seats available at the advertised price. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. We are also able to quote for premium, business and first class seats. Please be aware that you may be asked to pay for your flights in advance of your final holiday balance. Remember if you book a package including flights with KE you will benefit from full financial protection.

Why Choose KE

Why KE

We get you away from the crowds on this unique family holiday and include most meals and all activities listed in the itinerary so you have no hidden costs for you and your family. Read the brilliant reviews from Mum's and Dad's who have been on this holiday with their families. For 2026 we have worked with our local agent to run our August 9th itinerary during the full solar eclipse, reaching the atmospheric mountain hut among the high peaks of the Picos de Europa as the sun disappears behind the moon.* An extra special occasion just for this departure. *Weather issues are possible and prevalent in the mountains, but whilst we can't guarantee clear skies, the effect of the dimmed sun should still provide an atmospheric feel to dusk in the mountains.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change