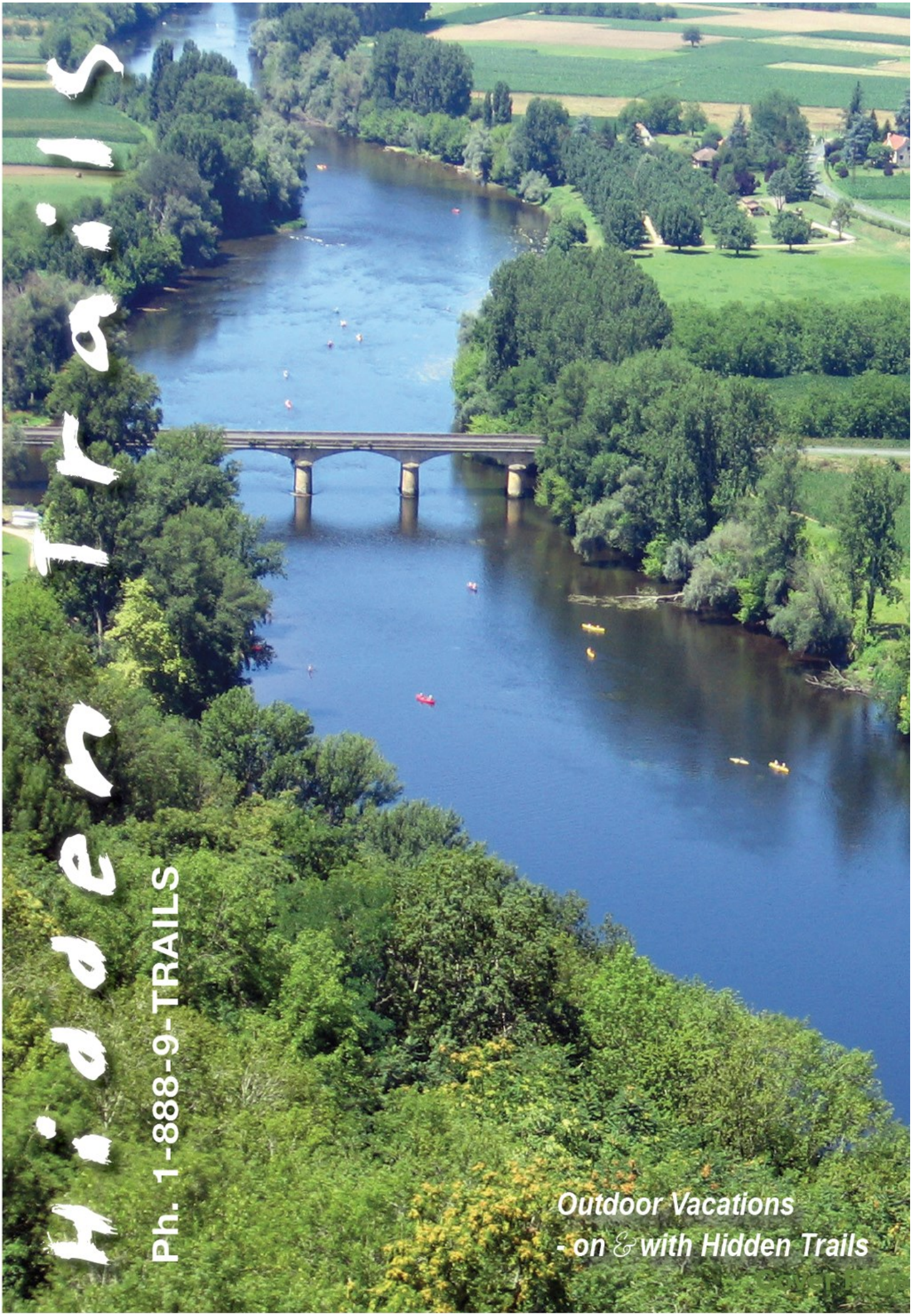
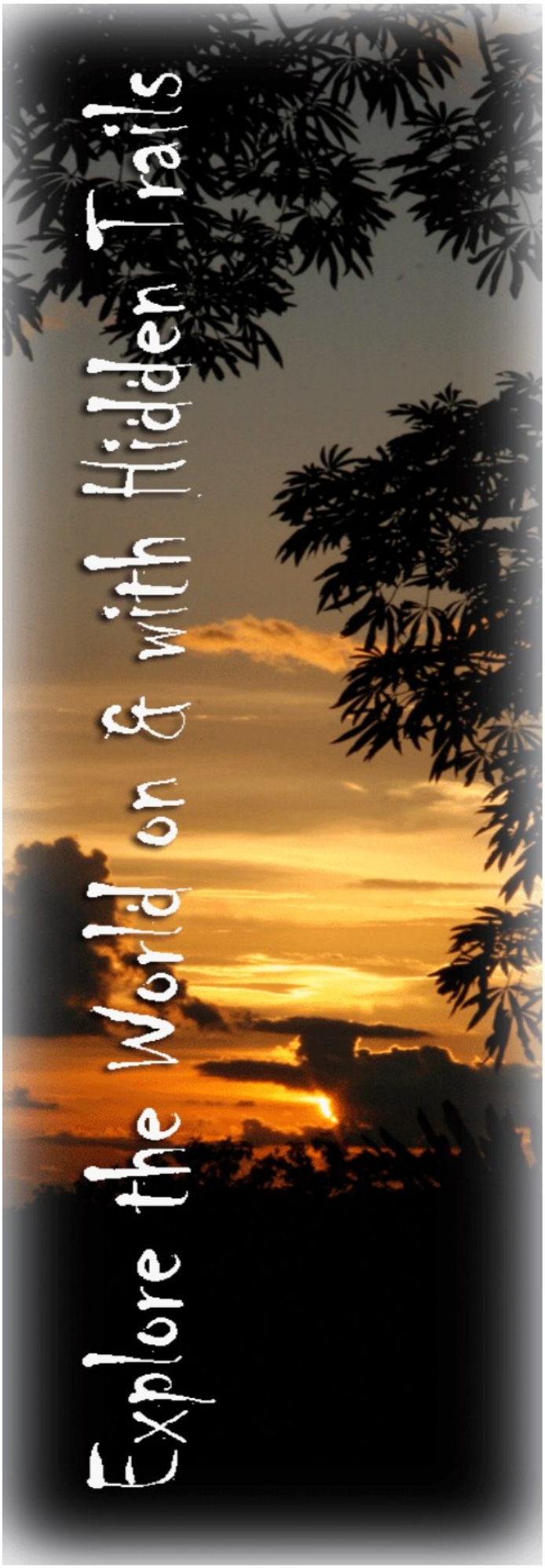

Hidden Trails
Ph. 1-888-9-TRAILS
Outdoor Vacations
- on & with Hidden Trails

About Hidden Trails



Hidden Trails is owned and operated by nature enthusiasts who love the outdoors and adventure activities. We have been involved with outdoor vacations for over 20 years. We have collected the best outdoor vacation destinations all over the world in some hidden places we would like to share with you.

These vacations are about forging rivers, biking along canals and through forests, hiking along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for the outdoors has no boundaries but possesses a common language we all speak and understand.
You will experience new countries and their customs and make new friends.

These trips have been tested by our staff or associates and received our stamp of approval. If you are considering a special outdoor vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream.
We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.
Ryan Schmidt
Hidden Trails

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Ph: 0- 808 189-0420
Fax: 0-808-280-1860

Toll Free Worldwide:
Skype: hiddentrails

Burgos to Ponferrada Cycling along the Camino - Spain, Europe

Tour Code: ZZ-BK-ESCAM02
7 days / 6 nights ~$1,165.00
Dates: Available all Year

Trip Rating :
Difficulty :
Lodging:

Tack: --
Horses: --
Pace: 305 km (190 miles)

Airport: Santander, Madrid










Introduction

Galicia, Spain
This Cycling Holiday explores the second section of the Camino Frances / French Way by Bike, the most traditional of all the pilgrim routes to Santiago de Compostela and the best known internationally. The route, which was established in the late 11th century reaching the tomb of St James the Great, crosses the North of the Iberian Peninsula, through the Basque Country, Navarra, La Rioja, Castilla y Leon and Galicia regions of Spain. Nowadays, cycling on the Camino has become an incredibly popular way of enjoying this once-in-a-lifetime journey to Santiago de Compostela.

Starting from Burgos, medieval city and home of a UNESCO World Heritage cathedral, this section of the French Way by Bike offers some of the best historical and cultural vestiges of the whole Camino Frances. It passes through Leon and the vast Castilian Plateau (Approx. alt. 900m) before reaching another medieval bastion – the buzzing city of Ponferrada. The mostly flat and gentle terrain makes it accessible to any cyclist with an average level of fitness.

Accomodation

Accommodations
Our accommodations are selected based on a number of criteria, including location, comfort, services, price and character.
Please note, in case of non-availability of the below mentioned Hotels on the requested dates, similar ones will be used.

Accommodation Itinerary - *subject to changes based on availability*
Night 1: Hotel in Burgos
Night 2: Hotel in Fromista
Night 3: Hotel in Sahagun
Night 4: Hotel in leon
Night 5: Hotel in Astorga
Night 6: Hotel in Ponferrada

Burgos - Hotel Forum Evolucion
Hotel Forum Evolución is a modern hotel. It has a wine-themed décor. It has 19 rooms, including single, double and family rooms. The air-conditioned rooms are soundproofed and have a desk, a TV and a private bathroom with hairdryer and free toiletries. Services such as a 24-hour reception and free Wi-Fi are available.

Fromista – Hotel San Martin
Located just next to the church of St. Martin of Tours, this hotel has a family atmosphere and offers 19 rooms (1 suite, 1 for disabled people and 17 double), all of them equipped with ensuite bathroom, TV, Free WiFi, Phone and Individual heating.

Sahagun - Hotel Vista Flor Puerta De Sahagun
This hotel offers a gym and air-conditioned rooms with a flat-screen TV. The 91 spacious rooms all feature tiled floors and modern décor. Each has a safe and a private bathroom with a hairdryer and free toiletries. There is also an outdoor pool (OPEN 15 JULY) and free Wi-Fi in public areas.

Leon - Real Colegiata San Isidoro
The hotel is located in the 11th-century San Isidoro Colegiate complex, with its basilica, cloister and museum, in the historic center of León. The hotel has a 24-hour reception and a free WiFi zone. All rooms feature stone walls and views of the Roman Wall or the cloister. They are heated and have a desk, wardrobe and flat-screen TV. The private bathroom comes with a hairdryer and free toiletries.

Astorga – Gaudi Hotel
This hotel was built in classical style in 1981, and was refurbished in 1996. It was built with the idea of allowing guests to enjoy a warm, classical decor in wood. The hotel is located in a historic area where you can visit Roman ruins. The hotel can accommodate up to 75 guests. There are 35 rooms, including 27 doubles, 3 doubles with lounge, 4 triples and 1 single. The rooms have a view of the city's historic area, with Antonio Gaud's Episcopal Palace in the background. Each room has individual heating, international television, telephone, and full bathroom with hair dryer. Cots are available. WiFi is available in public areas and is free of charge.

Ponferrada - Bierzo Plaza
The Aroi Bierzo Plaza opened in 2009 and is in the heart of Ponferrada, by the town hall. Its attractive rooms all offer free Wi-Fi access and air conditioning. The hotel is set in a historic building with elegant arches. Most rooms have a balcony, and all are en suite.













Meals
Breakfasts and 2 dinners are included. Breakfast are eaten at the hotels and evening meals in the restaurant's hotel or a restaurant nearby. It is usually a set menu.

Special diets and dietary restrictions:
We can only request dietary requirements to our suppliers for the following diets:
– Diabetic - Suitable for reduced sugar, hyperglycemic, hypoglycemic and carbohydrate controlled meal requests.
– Gluten Intolerant/Celiac also known as low gliadin, non-tropical sprue, Celiac disease, low wheat, wheat free, gluten restricted diet. A Gluten Intolerant Meal eliminates all foods prepared with wheat, rye, barley and oats.
– Vegetarian (No meat – no fish). Nuts may be used as a protein substitute.

Riding

BIKES:
Mountain Bike BH Over-X 27V; Bike Breakdown Insurance; Repair kit.

Itinerary

Sample Itinerary - ***subject to changes***

Day 1: Burgos
Burgos still preserves important vestiges of its medieval splendour and the city boasts a masterpiece of Spanish Gothic architecture: the Cathedral of Burgos (a UNESCO World Heritage Site). Aside from a visit to the historic quarter, you can take an interesting walk along the banks of the Duero and Arlanza rivers.
Meals included: none
Overnight in Burgos

Day 2: Burgos to Fromista
All day long, you will notice the influence of the Camino de Santiago as there is not a single village we cross that does not have obvious references to it.
By bike: approximately 73 kms. / Ascent: 650 m / Descent: 550 m
Meals included: Breakfast
Overnight in Fromista

Day 3: Fromista to Sahagun
During this stage, we have a good understanding of the popular meaning "Castilla es ancha" (castilla is wide). Crop fields give patches of beautiful color to the agricultural landscape all year round. The first half of the day is mainly flat and it gets a bit more undulating on the second half to Sahagun.
By bike: approximately 67 kms. / Ascent: 150 m / Descent: 80 m
Meals included: Breakfast
Overnight in Sahagun

Day 4: Sahagun to Leon
Today we cycle through the colorful Castilian meseta or plateau. The landscape here seems endless as we pass over the flat terrain of the area, affording great views over the surrounding agricultural area. We finish the day in the vibrant city of Leon.
By bike: approximately 67 kms. / Ascent: 200 m / Descent: 200 m
Meals included: Breakfast
Overnight in Leon

Day 5: Leon to Astorga
This is probably one of the flattest cycling days of the entire Camino Frances, but as we are on a high plateau, it still offers some great views and you will see Astorga down in the valley long before reaching it! In Astorga, take some time to visit the Episcopal palace, the cathedral, and the old city walls.
By bike: approximately 44 kms. / Ascent: 500 m / Descent: 200 m
Meals included: Breakfast
Overnight in Astorga

Day 6: Astorga to Ponferrada
The last day of this section is definitely the most difficult, but also, the most rewarding one! We can enjoy spectacular views as we climb up to 1500m above sea level to reach the famous Cruz del Hierro (the Iron Cross). The natural scenery and towns with rich history make this the best way to finish the section, before reaching Ponferrada: a city with a lively, and very pretty, medieval center.
By bike: approximately 54 kms. / Ascent: 1000 m / Descent: 1150 m
Meals included: Breakfast
Overnight in Ponferrada

Day 7: Departure
After breakfast we bid you farewell



Other Info

Meeting: Burgos
Airport: Santander, Madrid
Train station: Burgos
Transfer: Santander
Distance: 2 hrs 15 min.
Because this is a self-guided trip, participants are expected to arrive independently to their accommodation in Burgos

Tack: --
Horses: --
Pace: 305 km (190 miles)
Level:  (2 to 3 out of 5) Moderate
Riders: Min 2 riders Max 16 riders

Rates and Dates 2024 - ZZ-BK-ESCAM02

Rates include: Accommodations in standard hotels and guesthouses, All breakfasts and 2 dinners, Luggage transfers, Bike rental & Detailed cycling notes and Map.

Packages and Options

Season	Description	EUR	~US$
A 2024	7 day cycling trip	€1060	$1165

The US Dollar Rate is based on a EUR Exchange Rate of 1.1 and subject to currency fluctuation

Transfer Option

Description

2024	Single supplement	€210	$230
2024	Upgrade to 4* accommodation, dbl, pp - please inquire		
2024	Upgrade to 4* accommodation, single - please inquire		
2024	Upgrade to 5* accommodation, dbl, pp - please inquire		
2024	Upgrade to 5* accommodation, single - please inquire		
2024	Extra night, dbl, pp ~ Please inquire		

Tour Dates

Season	Tour Dates		
A 2024	01/01/2024 - 12/31/2024	7d / 6n	7 day cycling trip

Min/Max: 2/16

Rates do not include:All lunches and 4 dinners, Drinks, Airport transfers, Insurance, Gratuities & Transfers to/from start and end point

Hidden Trails Outdoor Reservation Form

Tour : _____ ***Code #:*** _____ ***from:*** _____ ***to :*** _____

The Travelers (Last Name, First Name)	Male Female	Single room/ or tent	Birth Date MM/DD/YY	Height	Weight*	Special diets**	Allergies	Medical Con.	Fitness Level: Excellent	Good	Moderate	Poor	need to rent equipm.
1.		☐	__/__/__			☐	☐	☐	☐	☐	☐	☐	☐
2.		☐	__/__/__			☐	☐	☐	☐	☐	☐	☐	☐
3.		☐	__/__/__			☐	☐	☐	☐	☐	☐	☐	☐
4.		☐	/ /			☐	☐	☐	☐	☐	☐	☐	☐

* If more than 200 lbs we need to reconfirm with our partners first ** Details on dietary needs on separate sheet, please.

Special Diets: _____

How often do you exercise? _____ Describe your experience: _____

Have you been on other riding tours? No ☐ Yes ☐ last trip when? _____ Trip: _____

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ☐ NO ☐

In an emergency, name and phone number of contact: _____

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails *Booking Conditions* and the Hidden Trails *Recreational Activity Release and Indemnity Agreement* in this brochure or as listed on the Internet.
I (we) will sign and forward the *Recreational Activity Release and* Indemnity Agreement at least 8 weeks before trip starting date.

Last Name and First Name (The Traveler) _____

Street _____ ***e-mail*** _____

City _____ ***State*** _____ ***Postal/Zip Code*** _____

Phone (wk) _____ ***(hm)*** _____ ***Fax*** _____

Date _____ ***Signature (mandatory)*** 1. _____

Please, charge a 25% deposit (minimum $ 350 per person) now and full payment 10 weeks before starting date to my credit card.

For payments by VISA ☐ ***or Mastercard*** ☐ (no debit cards)

Cardholder:

Card #

----------3 digit Security # ----------

Exp.Date: ---------- Signature: ----------

Billing Address for Credit Card (if different than maling address):

I have enclosed a check for the deposit ☐

Additional Signatures:

2. _____

3. _____

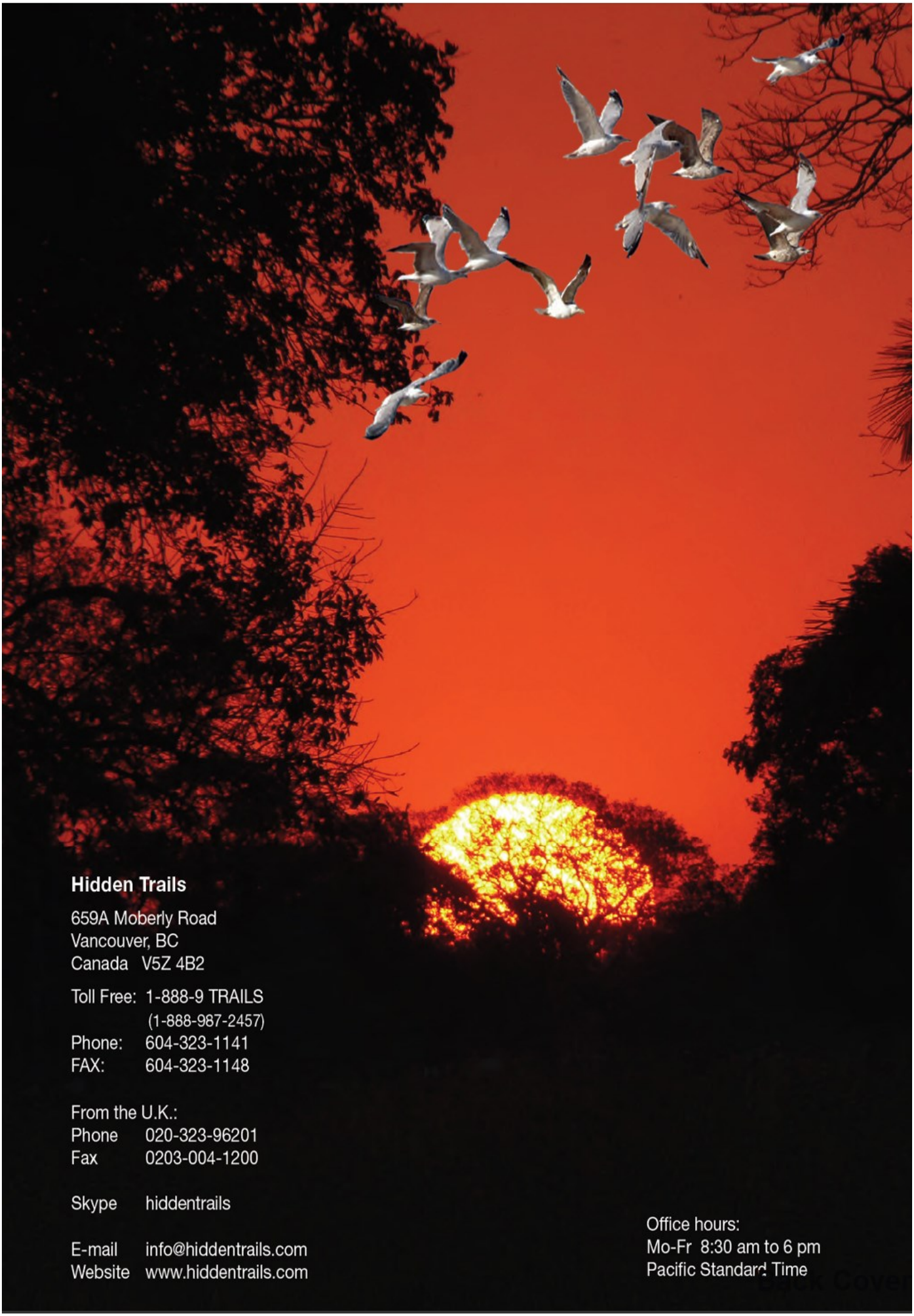
4. _____

Travel Cancellation Insurance Credit Card required

Sign me (us) up ☐ initial _____

No, we will provide our own ☐ initial _____

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