European Personal Walking

Date	Mountain region / Peak	Description – weather, route, group details, heights of cols / summits, notable events	Huts / Camps
23.06.04	Picos de Europa	**Solo Backpacking Expedition, (23~29/06).** Arenas De Cabrales - Sotres. Ascent over Monte Miñances, & the Collado Posadoiro pass.	
24.06.04	Picos de Europa	Day Hike to Morra de Lechugales, 8020'. Ascent via Pica Valdomingueru, & Pica'l Herru. Descent by Picos del Grajal de Arriba and Minas de Mazarrasa.	
25.06.04	Picos de Europa	Sotres to Tiro Navarro. Ascent in to the Central Massif, by the Rio Duje, Minas de las Mánforas, & Canal del Viario. Ascent of Picos de Sta Ana, 8517' Bivi at Collado de Sta Ana, 8200'	1 night. Bivi at 8200'
26.06.04	Picos de Europa	Tiro Navarro to Hoyo Grande Cimero. Crossing of the Hou Tras El Picu & descent down the Canal de La Celada to the Urriellu Hut, then W to Hou Cerréu. Side trips to Torre de la Párdida , & Torre Cerréu, 8688'. Descent to Hoyo Grande & Bivi.	1 night. Bivi at 6200'
27.06.04	Picos de Europa	Hoyo Grande Cimero to Cain. Descent down Canal de Dobresengros to Cain. Afternoon walk along Cain Gorge.	
28.06.04	Picos de Europa	Cain to Jou Santu. Ascent in to Western Massif by the Rio La Pasada, & Hoyo Verde. Crossing of Jou Santu. Attempted side trip on Torre Santa de Castilla. Bivi N of Jou Santu.	1 night. Bivi at 6870'
29.06.04	Picos de Europa	Jou Santu to Covadonga. Descent via the Vegarredonda Refuge, with side trip to Pico Cotalba, 6650'. Final descent by the Enol Lakes.	
07.01.07	Italian Alps Tarvisio	Tarvisio to Monte Lussani 5870' through pine forests & return by same route. Dry, sunny & cold. Snow on the ground making for slippery conditions. Party of 4.	

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