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Introduction

#NaturalParadise

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Xurbeo Waterfall (Aller)

In your hands, you have an overview of Asturian nature as seen through its trails. Trails forged by the continuous passage of entire generations: first by hunters, in search of prey and fruit to feed themselves with; then by cattle breeders and farmers, to move from the villages to the *brañas* (mountainous areas used as pastures in the summer period), to the mountain pastures and nearby farms, in order to trade, look for food for their livestock or tend to their crops.

Paths trodden today not only by cattle breeders and farmers who still carry out their work, but also by a distinguished group of hikers who are searching for the waterfalls, lakes, lagoons, peaks, forests, beaches, capes and clifftops where they can discover this region that, without doubt, is paths trodden through on foot better than by any other method.

It would be impossible to include all of them, but those that are shown here deserve to be enjoyed step by step. Paths created by animals and humans so that you can enjoy them and share them.



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The word Asturias definitely conjures up the image of Nature with a capital N: bears, capercaillies, chamois, foxes, large mountains and a plethora of valleys full of forests and rivers. A nature in which human beings are an integral and fundamental part.



Protected nature

It has been our transforming hand that has shaped this landscape for generations in order to benefit from it. The hand that has enabled these resources to regenerate and be maintained over time, from generation to generation, so that we could enjoy them today.

This is the very definition of sustainable development, which has made Asturias a crown jewel that the United Nations has awarded with seven Biosphere Reserves. This means that a small region like Asturias has almost 1% of all the Biosphere Reserves on the planet.

Asturian nature goes much further than Biosphere Reserves; it is a space in which in barely twenty minutes you can go from the high mountains to swimming in the sea.

Discover caves to enjoy or admire palaeolithic art, observe the sea from our summits, something that cannot be done from many other places. Being a coastal and mountainous region defines us within Atlantic weather conditions, with a mild climate where deciduous forests dominate, which set the pattern of our photos.



Blowholes (Ribadesella)



Fauna observation (Proaza)

The region lends itself to being visited and photographed in all four seasons: in winter, to be able to observe the elusive common bullfinch, which is hidden among the leaves the rest of the year; the green colours in spring; its freshness in the warmest days of summer, and, of course, the chromatic range of the autumn, when Asturias dresses up for the occasion.

And if the forests are outstanding, our coasts are no less so, which, when the snow covers the high-mountain trails, allows us to continue hiking along the edge of its cliffs, observing the passage of sea birds that fly south to take shelter from the storms and the harshness of the North, and that bring us the spectacle of the blowholes at any time of the year whenever the Cantabrian sea gets rough.

Coasts that we can roam in summertime from beach to beach to swim, sunbathe or, simply, to enjoy the sea beds.



More information at:

asturiastourism.co.uk/NaturalParadise

In 1918, Mr. Pedro Pidal, the marquis of Villaviciosa, a politician, businessman, hunter and mountaineer, after having discovered the large American National Parks, achieved the declaration of the first Spanish National Park: the Mountain of Covadonga, which involved the protection under the name of Picos de Europa, fundamentally of the Western and central massifs, separated by the Cares river.





The Royal Site of Covadonga (Cangas de Onís)

Picos de Europa

National Park

Biosphere Reserve - NATURA 2000 NETWORK

In 1996, it was extended, with the third massif, to the territory that it currently occupies, which constitutes the second largest National Park in Spain and the second most visited. Picos de Europa is a place of complicated karstic terrain that goes from barely 300 metres at its lowest points to 2,648 metres at its maximum height, Pico Torrecerredo, the ceiling of Asturias. *Picos de Europa* is synonymous with shepherding, hiking, mountaineering, climbing, a place with impossible slopes,

high summits and deep valleys, rocks sculpted by glaciers and rivers, by wind and rain. It is a region of shepherds, who live in the mountains during summer and in winter they live in the lower down villages, where pastures are alternated with bare rock and where the chamois, the most emblematic animal of the Park, observes us from the high cliffs and lives alongside goats, cows and sheep, whose milk is used to make *Cabrales* and *Gamonéu* cheeses.

Surface area:

646 km² (245 km² in Asturias)

Location:

Amieva, Cangas de Onís, Onís, Cabrales, Peñamellera Alta and Peñamellera Baja.

See routes in the Park: [42](#) [43](#) [45](#) [46](#)

Information about access to the Covadonga Lakes (free all year, except in periods of maximum influx):



+34 985 105 858

In the lower areas, pastures are alternated with forests, mixed as well as oak ones; riverside or beech ones a little higher up, where it is not the villages that occupy the space, since it is the only National Park with village inside it.

Without doubt, to talk about Picos de Europa is to talk about the Royal Site of Covadonga, its cave and basilica, the lakes of the same name, but also Picu Urriellu (Naranjo de Bulnes), a mythical summit for climbers from all over the world.

Without forgetting other notable summits such as Torrecerredo, Peña Santa, Jultayu... And, of course, you can't miss their routes, which are not limited to the well-known Cares Route, but are in fact infinite, among them it is worth mentioning the Jocica Dam, the Olla de San Vicente, El



Cabrales Cheese Cave



Picos de Europa National Park

Arcediano Trail, River Casaño Route... and many others to enjoy.

In 2018, three centenaries are taking place at once: the first centenary of the creation of the Montaña de Covadonga National Park, the first canonical coronation of the Virgen de Covadonga, and the thirteenth centenary of the origins of the Kingdom of Asturias.

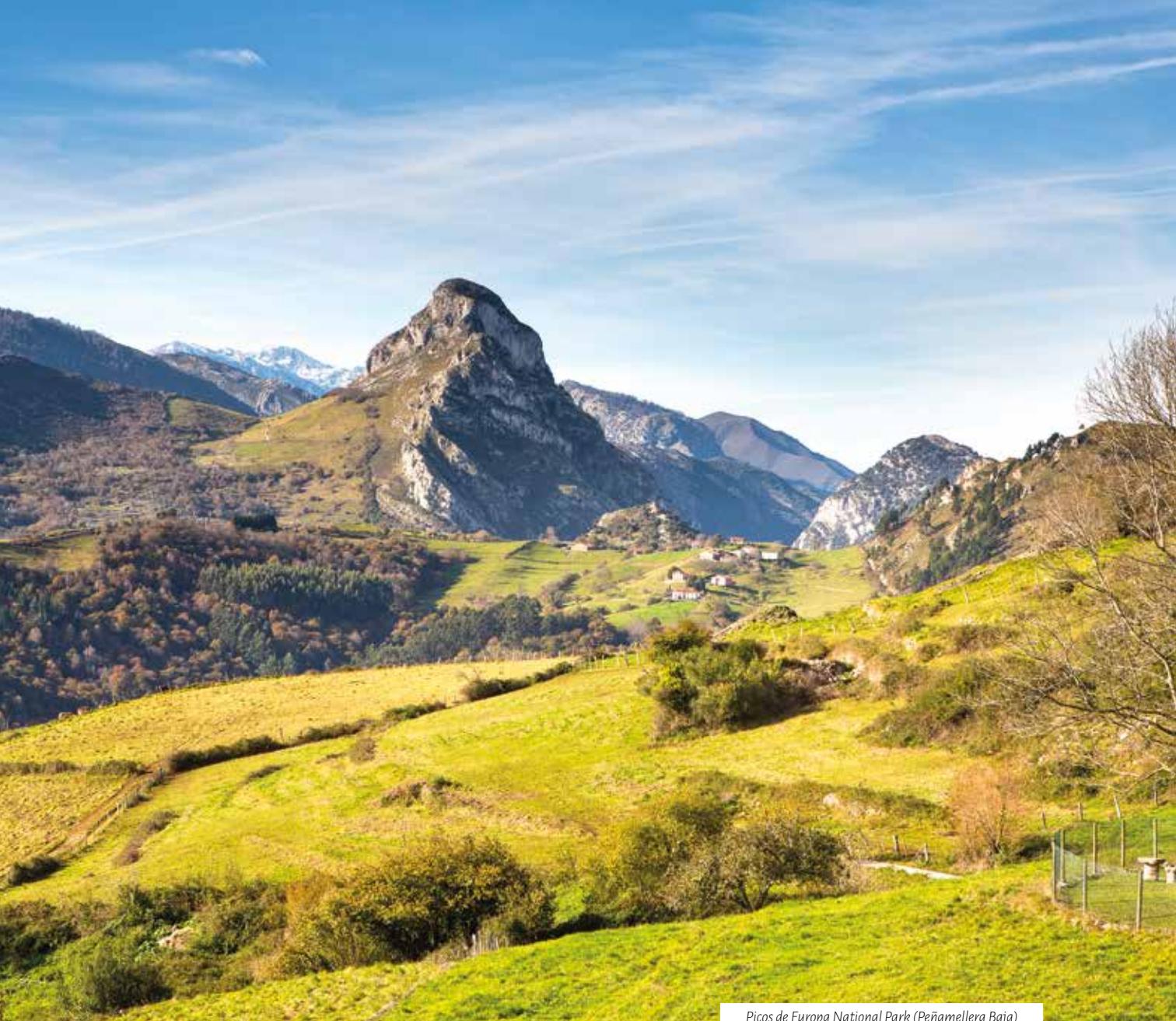


Bulnes (Cabrales)



Don't miss...

- ▶ Casa Dago Visitor Reception Centre (Cangas de Onís).
- ▶ Pedro Pidal Visitor Centre (Cangas de Onís).
- ▶ Cheese Cave-Exhibition and Cabrales Cheese (PDO) homemade production centres (Cabrales).
- ▶ Routes: Cares (Cabrales) Entrelagos (Cangas de Onís), Oceño-San Esteban de Cuñaba (Peñamellera Alta and Peñamellera Baja).
- ▶ Protected areas within the Park: Natural Monuments of Urriellu Torca (Cabrales), The Trave System (Cabrales), The Jitu System (Onís), The Toneyu Network (Amieva).
- ▶ Flora and fauna observation: golden eagle, chamois, beech trees.
- ▶ The Royal Site of Covadonga (Cangas de Onís)
- ▶ Covadonga Lakes (Ercina and Enol) (Cangas de Onís).
- ▶ Majada de Belbín (Belbín high mountain meadow) (Onís).
- ▶ Bulnes and its cable car (Cabrales).



Picos de Europa National Park (Peñamellera Baja)



Rebeco

Observe the fauna of the Picos de Europa

Don't forget some good binoculars, in order to get closer to places such as Oceño or the lookouts of Ordiales, Bulnes and La Reina from which you can observe species of indigenous fauna. At the latter, you are situated in a position from which, with a bit of luck, you will be able to observe griffon vultures, Egyptian vultures, in summer time, the impressive golden eagle and, in recent years, perhaps the bearded vulture, the subject of a programme that is studying its reintroduction in this part of Asturias.

In the most central-Western Asturias area, there is a region that shares this Biosphere Reserve with Galicia.

The Oscos-Eo Region is a heterogeneous space where the point of contact is formed by the Eo river and all the water that flows in its basin, which nourishes meadows and forests, summits and valleys, falling from waterfalls or washing up on its shores.



Biosphere Reserve

Eo River, Oscos and Terras de Burón

Biosphere Reserve - NATURA 2000 NETWORK

It is, without doubt, a space in which ethnography, ancestral work, the countryside, hand-crafted manufacturing, catching shellfish in the estuary and fishing in the sea are all very present. And in this constant exploiting of the resources of the area, preserving the environment that surrounds them turned the region, in general, and Taramundi, in particular, into the birthplace of rural tourism, that continues to be a primordial asset for the whole area. Therefore, it has natural, ethnographic and touristic resources that will make our visit to the Reserve an unforgettable experience in which water is the indisputable protagonist, such as Penarronda beach or Arnao beach, in Castropol; in the Cioyo waterfall, in that of Salgueira or Seimeira; in the ethnographic ensembles of Os Teixóis and Mazonovo, in Taramundi, and in forge and the Eco-museum of Bread, in Oscos.

And in a space like this, nature stands out in the forests and

fields as well as the rivers and the estuary. In the former two, the presence of the wolf as a most unique species, however less abundant than in the past and the salmon as the indisputable king of the river, should be pointed out. But if something stands out in the Eo estuary, on the shores of Castropol and A Veiga/Vegadeo, it is the migratory birds during the winters, where they live to shelter from storms and the winter chill of northern Europe.

Without doubt, the best way to steep ourselves in the atmosphere of the area is to put on our boots and follow the Eo Estuary step by step, from Arnao beach to A Veiga/Vegadeo. Or delve into the Water route in Taramundi, or get to know the Eo river better via the Green trail in San Tiso d'Abres / San Tirso de Abres, seeing its Salmon Farm. Or taking the route to Seimeira, or many other routes that cover the length of this Reserve and that will allow us to experience this ancestral region, meet its people and enjoy its traditions.

Surface area:

1.600 km² (508,76 km² in Asturias)

Location:

Castropol, Vegadeo, Taramundi, San Tirso de Abres, Santa Eulalia de Oscos, San Martín de Oscos and Villanueva de Oscos.

See routes in the Park: [1](#) [2](#) [3](#)



As Veigas (Taramundi)



Don't miss...

- ▶ Eo Estuary Interpretation Centre (Castropol).
- ▶ Os Teixóis Ethnographic Site and Museum of the Mills of Mazonovo (Taramundi).
- ▶ Ethnographic Museum in Esquíos (Taramundi).
- ▶ Mazonovo Ethnographic Site (Santa Eulalia de Oscos).
- ▶ Family home of the Marquis of Sargadelos (Santa Eulalia de Oscos).
- ▶ Eco-museum of Bread (Villanueva de Oscos).
- ▶ Routes: The Green Trail of Samartin/San Martín (San Martín de Oscos), the Forest Route in Vilanova/Villanueva (Villanueva de Oscos), Cioyu Waterfall (Castropol), the Route of the Mines (Castropol).
- ▶ Protected areas within the Reserve: Penarronda Beach Natural Monument (Castropol).
- ▶ Flora and fauna observation: Salmon farm on the Eo river (San Tirso de Abres), migratory birds in the Eo Estuary (Castropol y Vegadeo), riverside plants and mixed forests.
- ▶ As Veigas/Veigas (Taramundi).
- ▶ Santa María de Villanueva Monastery (Villanueva de Oscos).



The high mountains of south-western Asturias await us in this Biosphere Reserve.

Conceived on the basis that three years previously, it had been declared Muniellos Biosphere Reserve, the jewel of the crown of Asturian nature, this extension to the whole of Las Fuentes del Narcea, Degaña e Ibias Natural Park involved the defence of a territory of high ecological value.

Las Fuentes del Narcea, Degaña e Ibias

Natural Park

Biosphere Reserve - NATURA 2000 NETWORK

Muniellos houses a great biodiversity and constitutes the largest sessile oak grove in the whole of Europe, but the rest of the Reserve is not far behind. It is a rugged terrain where the basins of the Narcea and Ibias rivers define deep valleys, surrounded by high mountains with sheer slopes covered in forests, and a dispersed and sparse population which gives nature a greater role.

The construction of *cortines* -circular stone enclosures that defend beehives- indicate the presence of the brown bear in the Reserve, which lives in harmony with the capercaillie and the wolf, the three largest symbols of the region's fauna, alongside others such as the black woodpecker, the largest of the woodpeckers. Its forests are, as well as a refuge for all this fauna, also an economic resource. Added to the concentrations of

beech trees and sessile oak are plantations of chestnut trees and conifers, that were used for stowage in the mines and were a timber resource for many other purposes. Vineyards and mining have been traditional resources of this region. Walking through Degaña, we can see the remains of the Roman exploitation of gold, a mineral that a route has also been dedicated to in Ibias. Forts and dolmens leave proof of the presence of a population in the village since the Neolithic period. A land of lagoons and forests, rivers and valleys, bears and capercaillies, to be travelled by routes such as the Ibias Gold Trail, the GR (long trail) of Zarréu/Cerredo to Sisterna, in Degaña and Ibias, or the forests of Mual/Moal, to the entrance of Muniellos, where you can enjoy nature in its purest state.



Don't miss...

- House of Las Fuentes del Narcea, Degaña e Ibias Park (Cangas del Narcea).
- Nature Interpretation Centre of Las Fuentes del Narcea, Degaña e Ibias Natural Park. La Palloza (Ibias).
- Wine Museum (Cangas del Narcea).
- Routes: Cueto de Arbas Lagoon (Cangas del Narcea), Pomar de las Montañas (Cangas del Narcea), Chagüieños Lagoon (Degaña), Dolmen da Hucha (Ibias).
- Protected areas in the Park: Muniellos Nature Reserve (Cangas del Narcea and Ibias).
- Flora and fauna observation: Interpretive Trails of the Bear (see: tierradeosos.es), lagoon plants in the Cueto de Arbas (Cangas del Narcea).
- El Alto del Acebo Lookout (Cangas del Narcea)
- Wood craftsmen (*tixileiros* or *cunqueiros*).

Surface area: 555 km²

Location: Cangas del Narcea, Degaña and Ibias

See routes in the Park: [10](#) [11](#) [12](#)

Cantabrian Brown Bear





Somiedo is located between Las Fuentes del Narcea, Degaña and Ibias and Las Ubiñas-La Mesa, in the central area of the Cantabrian Mountain Range. It was the first Asturian natural park, the region of the thatched huts, a mountainous region between the Atlantic and the Mediterranean, with very wide valleys, high mountains and beautiful lakes with glacier origins.

Somiedo

Natural Park

Biosphere Reserve - NATURA 2000 NETWORK



Lago del Valle Lake

The big altitude differences in Somiedo have encouraged migratory agriculture and farming, in which cattle breeders and farmers rotated their pastures and crops from the low villages in winter to the high-mountain ones in summer. This stable settlement in the high areas led to the appearance of *brañas* (mountainous areas used as pastures in the summer period) with their thatched huts and stone *corros*, where the *vaqueiros d'alzada* (a social migratory group) headed in the summer time with their livestock.

Beech trees are noticeable in most of the forest area of the natural park, occupying large areas that in Autumn give a marvellous colour to the whole of Somiedo. Also collaborating in this chromatic spectacle are the oak groves, birch groves and, of course, the riverside forests. But, without doubt, as well as all of these, the different types of broom are protagonists of this region, in its underbrush and the borders of the forests, because human beings used to use it to make roofs for their typical thatched huts.

A territory as varied as that of Somiedo also encourages animal diversity, and large carnivores can be observed such as the brown bear, the wolf and the wildcat, and birds of prey such as the golden eagle, the griffon vulture and the Egyptian vulture in the numerous crags as well as a great number of alpine birds. Also added here are deer and chamois among the large vertebrates.

The Park has a network of spaces designed as fauna lookouts where you can do fauna observation. Among its routes, the main ones that stand out are the Lago del Valle Route and La Pornacal *braña*, two simple routes that will allow you to discover the essence of this Park, but they are not the only routes that will make you enjoy this jewel of Asturian nature.

Surface area: 283 km²

Location: Somiedo

See routes in the Park: 15 17 19



Don't miss...

- ▶ Somiedo natural park Reception and Interpretation Centre.
- ▶ “Somiedo and the Bear” Interpretation Centre (Somiedo).
- ▶ Somiedo Eco-museum (Caunedo) and Teito Houses (Veigas).
- ▶ Routes: Lago del Valle, Saliencia Lakes, La Pornacal and Brañavieja *brañas*, Sousas Route, Cornón Route.
- ▶ Protected areas in the Park: Somiedo Lakes Natural Monument.
- ▶ Flora and fauna observation: Interpretive Trails of the Bear (see: tierradeosos.es), Castro Interpretive Trail, Pola de Somiedo accessible trail.
- ▶ *Brañas*: Mumián, La Pornacal, La Peral, Sousas.

To the West of Somiedo, neighbouring it, is another Biosphere Reserve. It is formed around the largest mountainous massif of the region after the Picos de Europa already touching Leon, in the central-southern part of Asturias.

We are in a territory occupied since ancient times, as proven by the cave art paintings in the shelters of Fresnedo, some forts, the two Roman roads that we find to the East (Carisa Roman Road) and to the West (Camín Real de la Mesa) and the Camino Real de Ventana or de las Reliquias.

Las Ubiñas-La Mesa

Natural Park

Biosphere Reserve - NATURA 2000 NETWORK



Don't miss...

- Las Ubiñas - La Mesa Natural Park Interpretation Centre
- Ethnographic Museum of Quirós.
- Prehistory Park (Teverga).
- Routes: The Bear's Trail, (Santo Adriano, Proaza, Quirós and Teverga), Xiblu waterfall, (Teverga), Valgrande Forest, (Lena), Camín Real del Puerto Ventana or de las Reliquias (Quirós), Camín Real de la Mesa and The Carisa Way.
- Protected areas in the Park: Natural Monuments of Cueva Huerta (Teverga), the Ports of Marabio (Teverga) and Bermiego Yew Tree (Quirós).
- Flora and fauna observation: Montegrande and Valgrande beech groves, sections of holly in the Ports of Agueria, Interpretive Trails of the Bellow (see: tierradeosos.es), bear, golden eagle, Pyrenean desman, Egyptian vulture and griffon vulture.
- Landscapes: Meicín Valley, at the foot of Ubiña (Lena), Valdemurio Dam (Quirós), Los Garrafes (Quirós).

It is a region with strong contrasts and deep valleys, where many small villages are settled, some of them as picturesque as Bermiego, with its age-old yew tree, situated in the mountainside; with gorges such as that which Val de Sampedro River forms in the area of the Natural Monument of Cueva Huerta; with waterfalls such as Xiblu waterfall and beech forests such as that of Valgrande, as well as the Garrafes - a seasonal upwelling of water in

flora form a landscape rich in nuances. Within all of this, the bear, the wolf and the capercaillie also stand out. The golden eagle has its own place and also, due to the high quality of the waters, the Pyrenean desman is present. Delving into Valgrande Forest is easy thanks to its route and, also, a fantastic way of discovering the Pajares valley. We can also head to Montegrande beech grove and Xiblu waterfall on the same route, we can stop first at



the middle of a beech forest-, in Quirós. The differences in altitude and atmosphere give the area a high biological and geological diversity.

Visiting Las Ubiñas-La Mesa means finding a territory with high migratory pastures, migration of the shepherds of the lower valley of the region, as well as in olden times also from Castilla y León and Extremadura. Lower down, extensive beech forests, as well as birch forests and up to eleven species of protected

Cueva Huerta and before still, at the Prehistory Park. In Quirós, as well as visiting its ethnographic complex, it is worth your while following the route of the ports of Agueria and observing the sections of holly.

Surface area: 451 km²

Location: Teverga, Quirós and Lena

See routes in the Park: [17](#) [22](#) [24](#) [27](#)



In the central-southern part of the region, we find Redes, a water paradise and the great lung of Asturias. A mountainous terrain covered in forests and sculpted by rivers that rush from nearby from its highest summits or from its lakes of glacier origin to the lowest valleys, through its dams.

Redes

Natural Park

Biosphere Reserve - NATURA 2000 NETWORK

It is a region in which many of the traditional ways of life still persist in small and disperse populations resulting in a highly preserved environment. Redes supplies water to more than half of the Asturian population. Rivers and dams are found between very vertical walls that jump as waterfalls when they can't find another way, such as Tabayón de Mongayo, one of the largest waterfalls in Asturias, or that stagnate in glacier lakes, such as Ubales lake or Brañagallones in its day.

Forests and pastures make up a very high percentage of the terrain in this Park, dissected by dozens of paths that allow us to discover hidden places such as Redes Forest, the origin of the name of the Park, and its very beautiful Brañagallones Pasture, that gets its name from the age-old presence of capercaillie leks in its surroundings. At the fore of the trees that dominate these forests is the beech tree, followed by the sessile oak, the birch tree and the Pyrenean oak. The existence of well preserved and very extensive mature forests encourages the presence of large mammals, such as the brown bear, the roe, the deer and the wild boar, and also European hares and broom hares, as well as different woodpeckers, among which are the black woodpecker, the middle-spotted woodpecker and, of course, the capercaillie. The highest heights and rocky ledges are occupied by the golden eagle and the Egyptian vulture, among others. Routes such as Tabayón de Mongayo, Los Arrudos Gorge, the Alba Route and, without a doubt, Vega de Brañagallones route, where its "interius" organisation - a system of organization by shifts of families to transport milk from the pasture to Bezañes-, has disappeared but not the magic and beauty of the place which allow us to discover the essence of Redes Park.



Alba Route (Sobrescobio)



Don't miss...

- ▶ Redes Natural Park Nature Reception and Interpretation Centre (Caso).
- ▶ Water House (Sobrescobio).
- ▶ The Wood Museum (Caso).
- ▶ Beekeeping Museum (Caso).
- ▶ Casín Cheese (PDO) homemade production centres (Caso).
- ▶ Routes: Pendones-Orllé/Orlé (Caso), Ríu Mediu Valley (Caso), Cantu del Osu (Sobrescobio).
- ▶ Protected areas in the Park: Natural Monuments of Cueva Deboyo (Caso), Tabayón de Mongayo (Caso) and the Alba Route (Sobrescobio).
- ▶ Flora and fauna observation: Interpretative Trails of the Bellow (see: tierradeosos.es), chamois, birds in the environment of the Rioseco Dam, lagoon plants, peatlands and bogs.
- ▶ Landscapes of: Brañagallones (Caso), Redes Forest (Caso), Caleao and Tarna Dams (Caso) and Ubales Lake (Caso).

Surface area: 376 km²

Location: Caso and Sobrescobio

See routes in the Park: [33](#) [36](#)



Between the Redes Natural Park and the Picos de Europa National Park, in the south-east of the Principality of Asturias, is Ponga Natural Park, right at the heart of the Cantabrian Mountain Range (Declared by UNESCO as a Biosphere Reserve in 2018). Characterised by large forests and steep mountains, among which stand out Peña Ten (2,142 m), on the border with Leon, and in the western part of the summits of Maciédome (1,903 m) and the emblematic Tiatordos (1,951 m), that form the Cordal de Ponga, a natural barrier of enormous limestone precipices that looks onto San Xuan/San Juan de Beleño.

Ponga

Natural Park

Biosphere Reserve - NATURA 2000 NETWORK

To speak of Ponga is to speak of Peloño, a maximum expression of the mature beech forest within the natural park, that with its 1,500 hectares offers us incredible views of the Picos de Europa, limited in the South with the enormous Arcenorio Meadow. Crossing its steep topography and forming great gorges run the Ponga and Sella rivers. The second crosses the Park via its easternmost area and continues its course to the bordering municipality of Amieva, leaving in its wake the spectacular gorge of los Beyos, which gives the cheese of the area its name, an emblem of the main industry of the municipality: cattle breeding. Ethnography can also be appreciated in the popular architecture, with its Asturian country houses with wooden balconies, but, above all, in its small *hórreos beyuscos* (granaries) near Los Beyos gorge with gabled roofs, typical of this municipality. The traditional use of the region has turned Ponga into a place full of forests, in which beech trees dominate, that make up almost

a third of the area, followed by other species among which the plantations of chestnut trees also stand out not due to their expanse as much as due to the fact that they occupy the central part of the Park. Meadows, pastures, broom, heaths and gorse bushes are a consequence of this traditional management of the terrain and form a diverse and frankly beautiful landscape. And all of this lives in harmony with a no less varied fauna, where the otter and the Pyrenean desman reign in the river, with the permission of the salmon. And the chamois populate the rocks of the highest summits. We cannot forget the birds, such as the middle-spotted woodpecker, the golden eagle, the northern goshawk, griffon vulture and, of course, the capercaillie. The route through Peloño forest to the Arcenorio or the route to the Ponga valley give us a very exact idea of what this natural space that is so well preserved is like.



Don't miss...

- ▶ Ponga Natural Park Reception and Interpretation Centre.
- ▶ Routes: Foz de los Andamios, Picu Pierzu, Valle Moru, El Cartero Trail.
- ▶ Flora and fauna observation: golden eagle, Egyptian vulture, Alpine sparrow, mature forests.
- ▶ Landscapes of: Collada de Moandi, Arcenorio Meadow and Peloño Beech grove.
- ▶ *Hórreos beyuscos* (granaries) near Los Beyos gorge.

Surface area: 205 km²

Location: Ponga

See routes in the Park: [39](#) [40](#)

Peloño Beech grove





In the heart of Las Fuentes del Narcea, Degaña e Ibias, the 55 most exclusive square kilometres of Asturian nature are found. This old forest exploitation in the south-west of Asturias, turned into a Nature Reserve in the year 1973, safeguards the most illustrious of Asturian nature.

Muniellos

Nature Reserve

Biosphere Reserve - NATURA 2000 NETWORK

From the 1,500 metres of its summits to the 680 of the area of Tablizas, Muniellos is practically a wooded continuum, broken only by some forest clearings and by the area of lagoons and peat bogs. The quantity and quality of the Muniellos forests led to it being the host of carpenters from many places not only in Spain, but the rest of Europe, since the 16th century until 1973, when it ceased forestry activity. Without populations living inside it, Muniellos recovered as the largest European area of sessile oak, a species that dominates the Reserve, accompanied by beech trees in the shaded areas but also by ash trees, maple trees, birch trees and yew trees. The protection of this space during the last forty-five years, with public use that admits twenty people a day, turned Muniellos into one of the best preserved Atlantic forests, where, as well as trees, the mosses are proof of

the environmental humidity of the space, and the lichens which are found everywhere, reveal to us the purity of its air. The quantity of these two groups of living creatures is huge, but no less so is the quantity of animal species, starting with invertebrates and ending with the over one hundred and sixty species of vertebrates that populate it, which thus turn it into an oasis of biodiversity to admire in silence and seclusion, like a primordial forest that is difficult to find. As well as the bear and the capercaillie, we can advise here of the presence of other not very frequent species, such as the European honey buzzard and the golden eagle. And all of this can be discovered through a route that leads to the lagoons and crosses the whole forest.



Don't miss...

- ▶ Muniellos Nature Reserve Visitor Reception Centre (Cangas del Narcea).
- ▶ Muniellos Nature Reserve Interpretation Centre (Cangas del Narcea).
- ▶ Routes: Mual/Moal and Oubacho/Oballo Forests.
- ▶ Flora and fauna observation: "The refuges of the Brown Bear" Interpretative Trail (see: tierradeosos.es).
- ▶ Itinerary to the Muniellos Lagoons.

Surface area: 55 km²

Location: Cangas del Narcea and Ibias

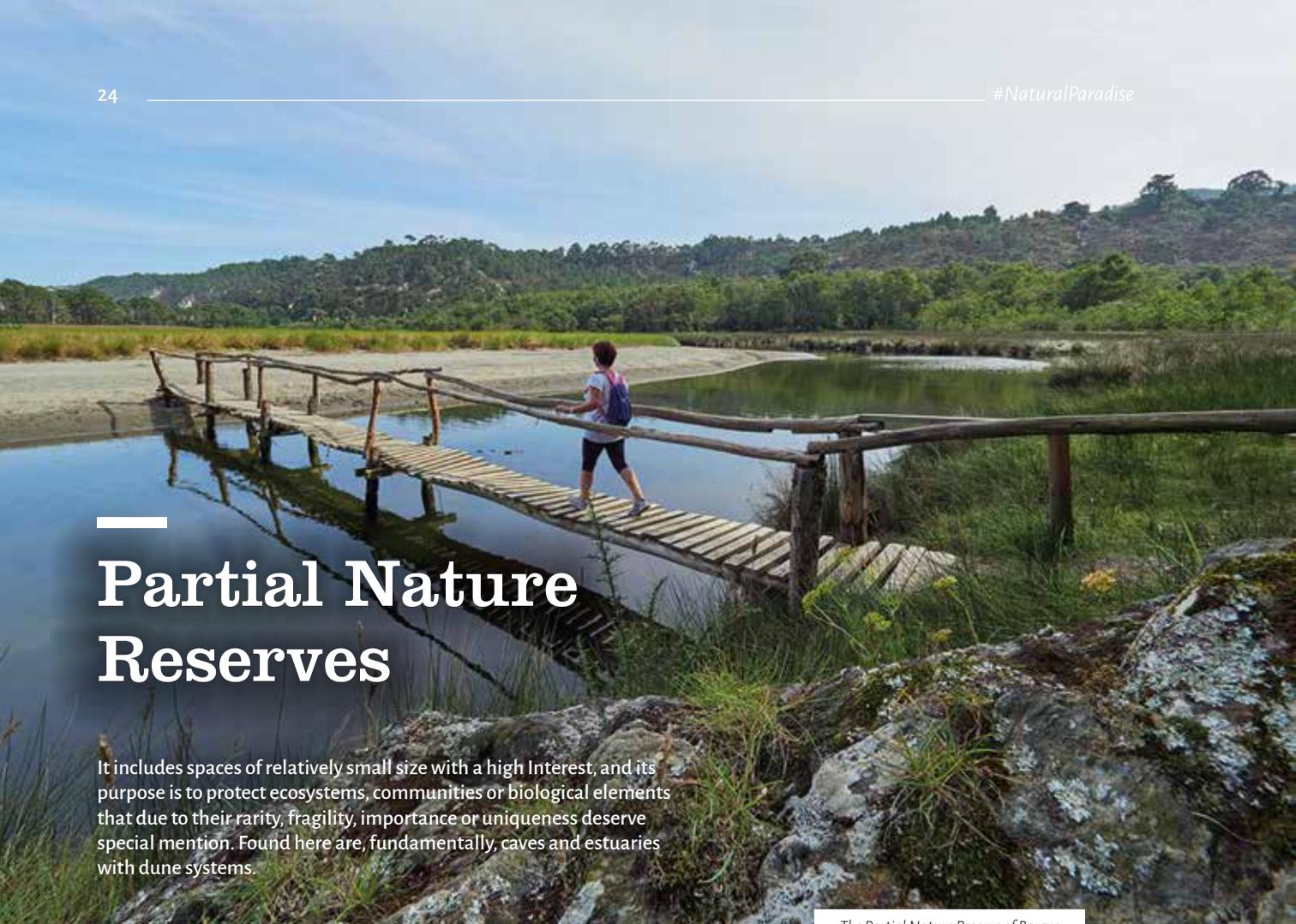
Information about the availability of places and request for a license to access Muniellos (20 people/day):



+34 985 279 100

Muniellos Nature Reserve





Partial Nature Reserves

It includes spaces of relatively small size with a high Interest, and its purpose is to protect ecosystems, communities or biological elements that due to their rarity, fragility, importance or uniqueness deserve special mention. Found here are, fundamentally, caves and estuaries with dune systems.

The Partial Nature Reserve of Barayo

Barayo

Navia and Valdés

It is a coastal section that includes the estuary and dune complex of Barayo, Sabugo Beach, the coastal plain, the cliffs, and the islets of Pedroña and Romanellas. Its wild plant formations consist of rushes and reed beds, and in the ponds formed in the marshes, we can find populations of beaked tasselweed which is protected in Asturias. The representative animal of the Reserve is the otter, whose silhouette adorns its logo. You can also observe populations of different species of avifauna: the mallard, the European shag, the grey heron... Lastly, the presence of the damselfly stands out, a species included on the *Directiva de*

Habitats directive. The objective of the *Directiva Hábitats* is to protect the types of natural habitat and the populations of wild species (excluding birds) in the European Union, through the establishment of an ecological network and a legal framework for the protection of the species.

NATURA 2000 NETWORK

Las Caldas Cave

Oviedo

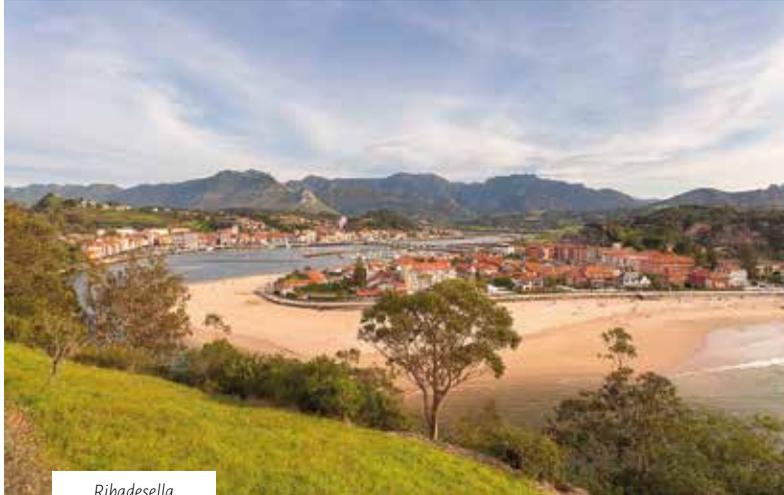
It is a cavity of reduced dimensions near the Asturian capital, inhabited by several species of Chiroptera, among which the common bent-wing bat and the lesser mouse-eared bat are catalogued as protected species in the

Principality of Asturias. It is important to point out that this cave is one of the most important sites from the Upper Palaeolithic in the whole region due to its broad stratigraphic sequence, which goes from the Solutrean to the Magdalenese.

Lloviu Cave

Villaviciosa

Lloviu Cave is probably the largest cavity on limestone from the Jurassic in the whole of Asturias. Inside, we find a main gallery that is divided into two branches, both run along courses of water that end up in a single underground river. These passageways serve as refuge for important bat colonies, among which the common bent-wing bat and the greater mouse-eared bat enjoy protection in the region.



Ribadesella

houses archaeological sites of great relevance. The first known remnant is a sample of cave art from the Palaeolithic in the cavity named The Hall of the Paintings. However, it acquired greater notoriety in 1994, when during some excavations made in the cave, the first remains of *Homo neanderthalensis* to be found in Asturias were discovered, which are popularly dubbed the Sidrón Neanderthals.

Rosa Cave

Ribadesella

Located at the base of the La Florentina mountains in the municipality of Ribadesella, this karstic cavity drains the waters from a large depression. One of its most notable characteristics, within its varied morphology, are the over three kilometres of galleries that it contains. Its main value is that it constitutes the cavity of greatest interest as a refuge for Chiroptera in the whole region. It houses inside at least five species of bat, among which two are listed in the Regional Catalogue of Species of the Principality of Asturias (CREA): the common bent-wing bat and the greater mouse-eared bat.

NATURA 2000 NETWORK

Villaviciosa Estuary

Villaviciosa

This estuary receives a limited flow and, therefore, it has great tidal influence, for this reason, during low tide, banks of mud are formed that are an ideal habitat for a multitude of plant and animal species. In the dune formations of Rodiles beach as well as the islet of El Bornizal and in the estuary itself, plant communities have developed, some of which are almost exclusive to this area of Asturias, such as sea silk, the common marshmallow and beaked tasselweed. The communities of avifauna are always present in the region, whether they are swimming species (mallards), waders (Eurasian curlew, common ringed plover, dunlin)

long-legged waders (herons and egrets) or birds of prey (osprey). Among the mammals that stand out are otters and, irregularly, the bottlenose dolphin, in the sea section of the reserve.

**Ramsar Wetland /
NATURA 2000 NETWORK**

Sidrón Cave

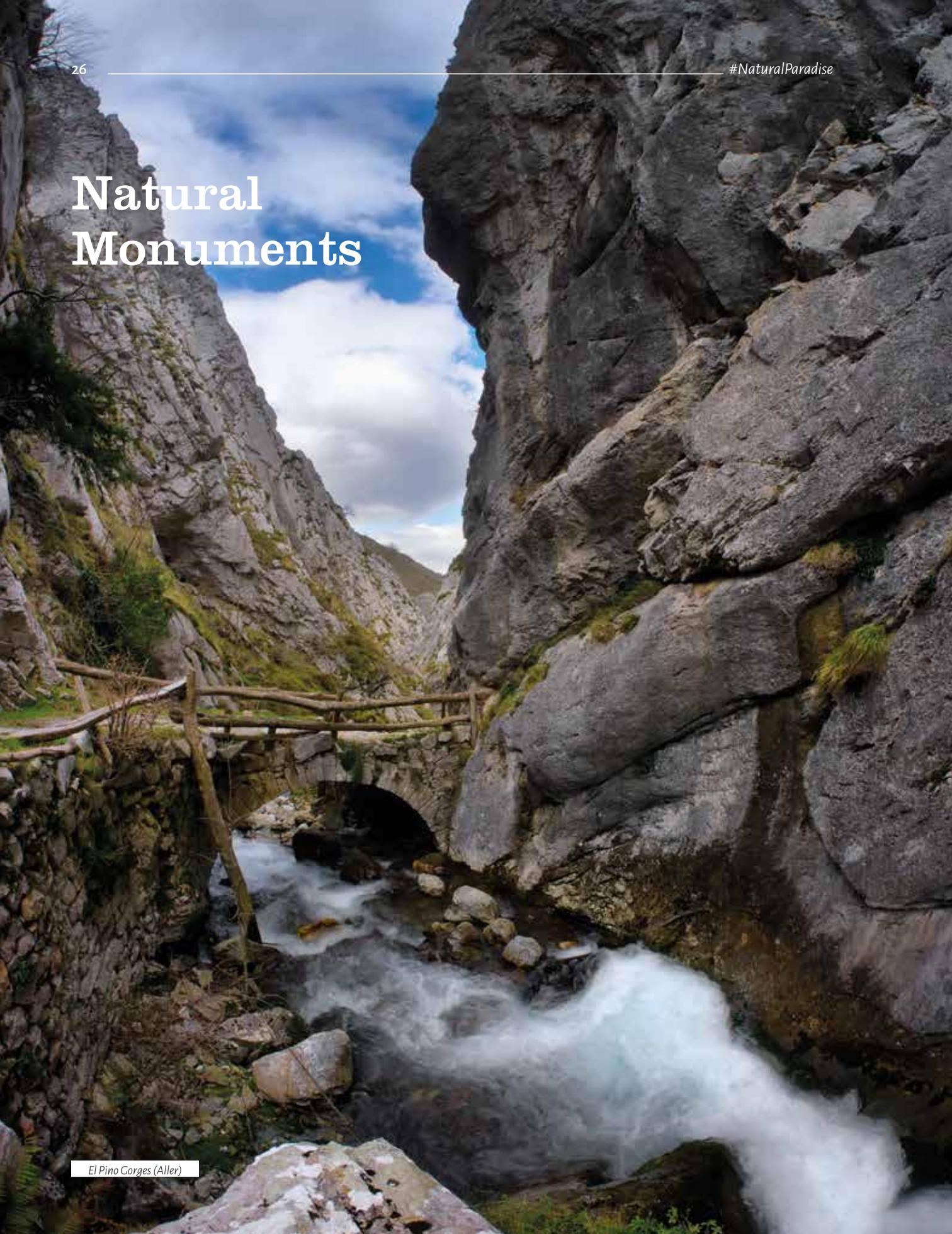
Piloña

Three kilometres of underground galleries make up this cave, that acts as a habitat for four species of bat, among which the common bent-wing bat is protected in Asturias. This cavern



Rodiles Beach and Villaviciosa Estuary

Natural Monuments



There are 39 declared Natural Monuments in Asturias. They include beaches, waterfalls, caves, groves and unique trees. They are all elements of nature that, because of their notorious uniqueness, rarity or beauty, deserve to be subject to special protection.

No

Name

Municipality(ies)

Nearest village(s)

Description

1

Penarronda Beach

Castropol, Tapia de Casariego
Santa Gadea/Santa Gadea

A six hundred-metre-long sandbank wedged between two high cliffs.

2

The Pastur Yew

Illano
La Bobia

Next to Pastur Sanctuary, we find this yew tree, almost twenty metres tall.

3

Andina Caves

El Franco
Andia/Andina

A karstic depression that gives way to a semi-closed valley in the centre of which a limestone promontory is situated.

4

Frexulfe Beach

Navia
Frexulfe

An eight hundred metre-long and over one hundred-metre-wide rectilinear sandbank.

5

Oneta Waterfalls

Villayón
Oneta

An ensemble of three waterfalls that extend a few metres into the Oneta river.

6

Boxo Cork Oak Grove

Allande
Boxo

The largest and best-preserved forest body of cork oaks in Asturias.

7

Santa Coloma Yew

Allande
Santa Coloma

An enormous yew tree that grows beside Santa Coloma Church, erected at the end of the 18th century.

8

Lago Yew

Allande
Lago

The centenary Lago Yew tree grows beside the small Romanesque church of this village, which was built in the 18th century on top of a previous one.

9

Valentín “Carbayón”

Tineo
Valentín

An oak tree of over seven hundred years old which is referenced in documents from the Middle Ages.

10

Hoces del Esva

Valdés
Brievés

It is a gorge that includes the riverside section that runs between San Pedro de Paredes and La Chanona.

11

Salas Yew

Salas
Salas

This yew tree grows in front of the old San Martín parish church, declared a Site of Cultural Interest, with over eight hundred years of history.

12

Las Dueñas Peat Bog

Cudillero
Las Dueñas

A unique peat bog close to the coast, a place in which it is strange for this biotope to appear which, also, is the largest in the region.

13

Somiedo Lakes

Somiedo
Saliencia, Valle de Lago

Made up of the Somiedo Lakes natural park.

14

Marabio Ports

Yernes y Tameza, Teverga and Proaza
Entragu/Entrago

A wide mountain meadow that extends throughout the territory of Caldoveiro Peak in a karstic system of sink holes and enclosed valleys.

15

Huerta Cave

Teverga
Fresnéu/Fresnedo

One of the largest cavities in Asturias, with fourteen kilometres of galleries, located within Las Ubiñas-La Mesa natural park.

16

La Deva Island and Playón de Bayas

Soto del Barco, Castrillón
Bayas

A coastal ensemble that includes the beach, cliffs and La Deva island.

17

Las Xanas Gorge

Santo Adriano, Proaza,
Quirós
*Tuñón, Villanueva de Santo
Adriano, Pedroveya*

A gorge of five hundred metres in depth excavated by Las Xanas stream over time.

18

Bermiego Yew

Quirós
Bermiego

Magnificent example of an age-old yew tree in a privileged place.

19

Meanders of the Nora river

Oviedo, Las Regueras
San Pedro de Nora

It includes the final section of the basin of the Nora river, which forms embedded meanders and gives rise to a unique landscape.

20

El Espartal Beach

Castrillón
Salinas

This sandbank, which is the prolongation of Salinas Beach, encompasses the largest dune system in Asturias, now modified by man.

21

Zeluán Pond and Llodero Cove

Gozón, Avilés
Zeluán

An area of refuge for waders in what was the large estuary of Avilés.

22

Lavandera “Carbayón”

Gijón
Tueya

A long-lived oak tree of twenty-one metres in height in front of San Julián Church.

23

El Tragamón Oak Grove

Gijón
Gijón/Xixón

Four hectares of centennial oak tress included in the grounds of the Botanical Garden of Gijón.

24

Ichnite Sites of Asturias

Gijón, Villaviciosa, Colunga
and Ribadesella
*Coastal area between Gijón/Xixón
and Ribadesella/Ribeseya*

They are ichnites (footprints) of dinosaurs, fossilised remains of a life activity that took place in the Jurassic period.

25

Santibáñez de la Fuente Yew

Aller
*Santibanes de la Fuente/
Santibáñez de la Fuente*

This Natural Monument is situated beside the Romanesque church of San Juan in Santibáñez de la Fuente.

26

El Pino Gorges

Aller
El Pino

A narrow gorge of three hundred metres in length that forms the Pino river in its middle section.

27

Alba Route

Sobrescobio
Soto/Soto de Agues

A rote that runs parallel to the Alba stream. In times gone by, it was used by “Coyano” (the demonym for the inhabitants of Sobrescobio) shepherds and muleteers, to reach Aller Valley.

28

Tabayón de Mongayo

Caso
Tarna

A waterfall of around sixty metres in height that constitutes a spot of great natural and scenic value.

29

Deboyo Cave

Caso
Les Yanas

A karstic cavity excavated in the Nalón, of around two hundred metres in length, through which the river runs.

30

Entrepeñas and Vega Beach

Ribadesella
La Vega

It includes Entrepeñas gorge, a plain with marshy alder groves and the dune system of Vega Beach.

31

Toneyu Network

Amieva
Amieva, access via El Arcediano rote

The largest system of caves in the whole region, in which remains of the brown bear have been found.

32

The Jitu System

Onís
Lake Ercina, accessed via The Ario route

Cavity with a high vertical development (1,135 m), its eight kilometres of galleries run along the bank of the Cares river.

33

Gulpiyuri Beach

Llanes
Naves

A small beach one hundred metres away from the coast where the water enters through an underground gallery.

34

The Trave System

Cabrales
Bulnes

Three inter-connected caves join together to form the deepest cavity in Spain and one of the largest in the world.



Penarronda Beach (Castropol)

35

Torca Urriellu

Cabrales
Bulnes

A cavity with over four kilometres of galleries, very close to Picu Urriellu (Naranjo de Bulnes), through which El Silencio River runs.

36

Arenillas Blowholes

Llanes
Puertas de Vidiago

A dozen blowholes situated throughout a coastal area of one thousand two hundred metres. Vertical upwellings of pressurised sea water that ascend several metres after seeping through the open crevices in the limestone rocks of the cliffs.

37

Santiuste Blowhole

Ribadedeva and Llanes
La Franca, Buelna

The largest blowhole on the Eastern coast, capable of ejecting a jet of water up to forty metres high.

38

Cobijeru Beach

Llanes
Buelna

Part of the coast of Llanes that includes two beaches, a cave and a section of cliffs.

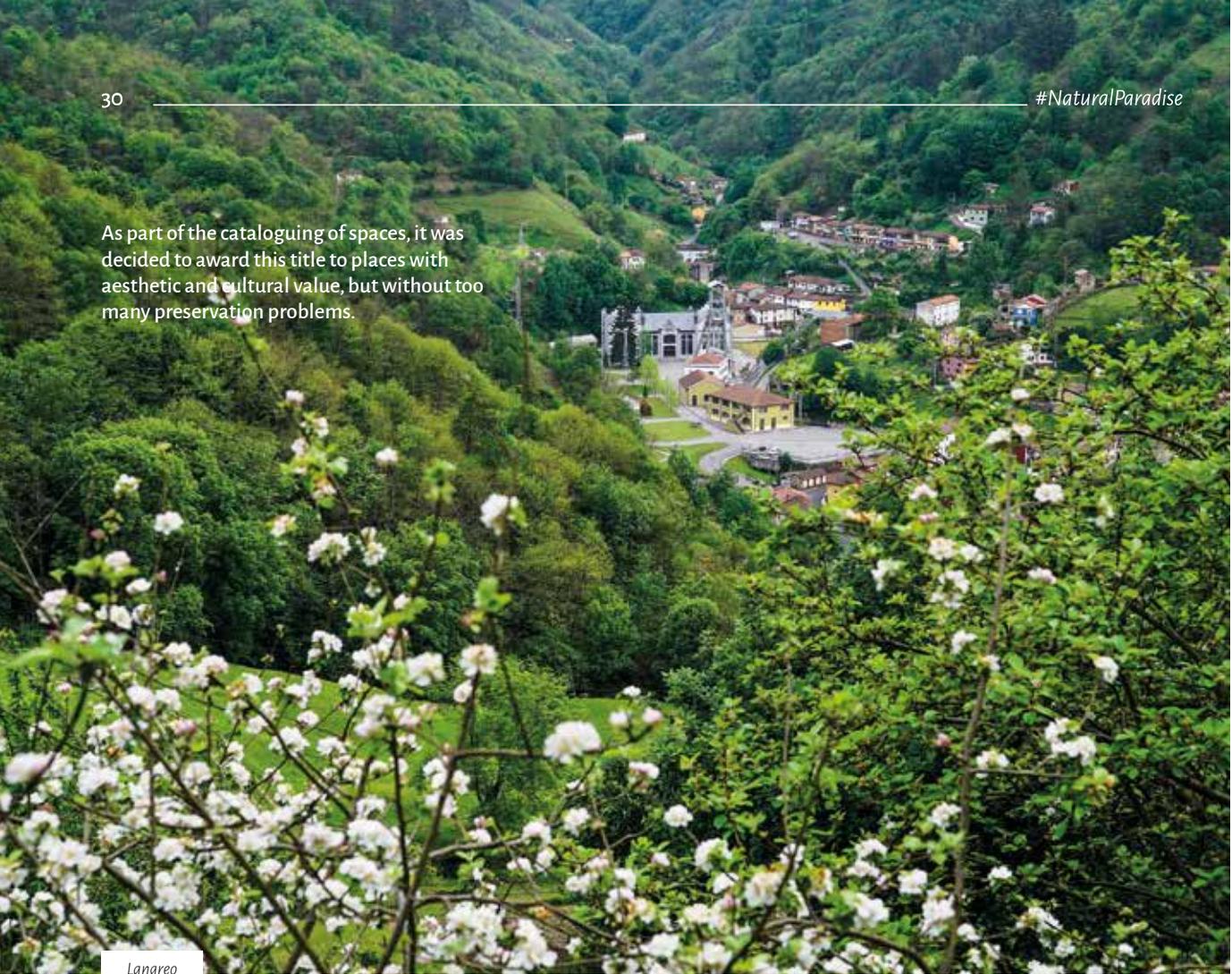
39

Buelles Willow Groves

Peñamellera Baja
El Mazu, Narganes, Buelles

A collection of willow groves that border the two banks of the Deva river.

As part of the cataloguing of spaces, it was decided to award this title to places with aesthetic and cultural value, but without too many preservation problems.



Langreo

Protected Landscapes

Peñas cape

Gozón

This area is a coastal plain that occupies a narrow coastal area, of nineteen kilometres in length, between the Avilés Estuary and the Vaca Point ledge, very close to Lluanco/Luanco. Seeing the waves break against the cliffs, of up to one hundred metres tall, causes a unique sensation, a mixture of fear and fascination. Additionally, this Landscape includes two of the most valuable dune systems in the region, that of Xagó and that of Verdicio, a type of habitat that contains plant species that cannot be found in any other ecosystem, such as the *espigadilla de mar*.

ZEC / ZEPA

Mining Basins

Mieres, San Martín del Rey Aurelio, Langreo and Laviana

This region in the central area of the Principality of Asturias is located in the upper valley of the Turón river and forms part of the Central Carboniferous Basin. Its abrupt geography, traversed by numerous creeks and streams, makes this Landscape a feast for the eyes. The area stands out due to its great diversity of plant species, with an abundance of threatened plants, such as holly and yew which provide shelter and food to a plethora of animal species in the region, whose most representative member is the capercaillie, which is now in danger of extinction.

NATURA 2000 NETWORK

Other natural spaces

The coast, river basins, mountains and forests make up other natural spaces that deserve to be mentioned due to their important natural, scenic and cultural values.



Busto cape (Valdés)

Eo Estuary

Castropol and Vegadeo

It is the largest estuary in the region, located on the Western border of Asturias. A spot where you can observe an enormous biodiversity. The marsh is home to a multitude of plants that are difficult to find or protected in the Principality, such as sea silks, *Limonium humile* and the common marshmallow. You can also find a great diversity of avifauna. Some species, such as mallards and teals, are always present in the estuary, whilst others, such as plovers or oystercatchers, are only there in passing during certain times of the year. The regular presence of populations of bottlenose dolphins and mereswine as mammal representatives of sea fauna should also be noted.

Ramsar Wetland /
NATURA 2000 NETWORK

Cueto de Arbas

Cangas del Narcea

This region is made up of an amphitheatre of glacier origin safeguarded by high mountain ranges and open to the East, to the riverbed of the Naviego, a tributary of the Narcea. The high mountain areas are peppered with basins excavated in another era by the ice age that now form alpine lagoons and peat bogs, some of a large size. In them a multitude of plant communities have formed, with species as unique as the fern reed bed, the *Drosera anglica* and the *Carex curta*. This space serves as a wildlife corridor and it is essential for the survival of the brown bear, which together with the capercaillie is the leading representative of the area.

NATURA 2000 NETWORK

Peloño

Ponga

In the municipality of Ponga, we find this impressive beech forest, peppered with oak groves, situated in a sort of amphitheatre traversed by a multitude of streams. At higher heights, juniper shrub areas, together with the blueberry and the gentian dominate the terrain. As for fauna, Peloño Forest is the only Eastern spot in which the presence of the brown bear can be noticed, and it is also the heart of the eastern population of capercaillies. This area is also noteworthy due to being one of the few reproductive hubs of the middle-spotted woodpecker, and also wild boar, roes, chamois, and, even the odd deer can be seen in the area.

NATURA 2000 NETWORK

Carondio and Valledor Mountain Ranges

Allande, Grandas de Salime and Villayón

They adjoin the Galician province of Lugo and are almost completely adorned with dense underbrush of Spanish heath and *carquexa*. Their scarce forests of Pyrenean oak groves and common oak groves are relegated to the deepest valleys of the mountains, a multitude of indigenous animal species hiding among their dense foliage. Elements such as the forests of cork oaks or the ocellated lizard appear in these mountains, species from Mediterranean environments that show once more the biogeographic uniqueness of this space.

The Esva Basin

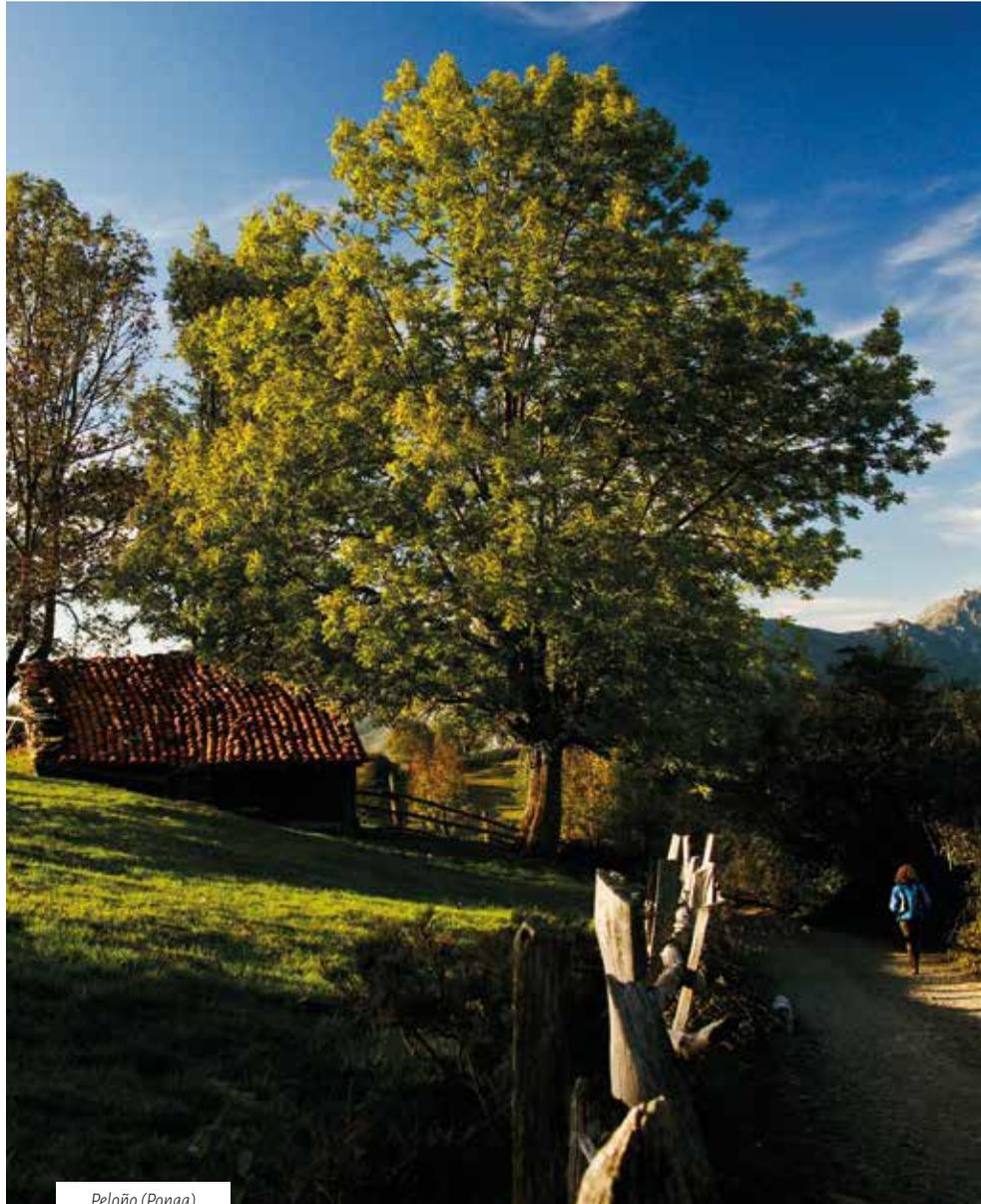
Valdés, Tineo and Salas

An abrupt topography with sheer slopes, embedded valleys and mountain ranges with extensive plains, is home to the Esva river and its web of tributaries. Lower down, where the Esva and the Naraval merge, the landscape becomes smoother and is transformed into broad meadows in which the village of Paredes is situated. These meadows, often waterlogged, constitute a point in which the human transformation of the natural environment has given rise to the most beautiful landscapes, adorned with Spanish heath and alder, in which we can find the most abundant population of otters in Asturias.

Western Coast

Valdés and Cudillero

It covers a narrow coastal area that occupies practically the whole of the



Peloño (Ponga)

coasts of Cudillero and Valdés. The plant communities that grow on its cliffs stand out, especially on the crags of Cabo Busto and Cabo Vidío, and also the marshes of the small Esva estuary, beside La Cueva Beach, in which all kinds of waders and sea birds nest, among which the European shag stands out. In this landscape, we also find the coastal peat bog of Las Dueñas, the most representative and extensive in Asturias, declared a Natural Monument.

Pico Caldoveiro

Grado, Yernes y Tameza, Proaza and Teverga

This mountainous spot in the central area of Asturias has been consolidated as one of the three reproductive hubs of the Western bear population, since its proximity to natural parks has provided for its expansion. The plant formations with the largest surface area are the meadows and the pastures. There are unique forest areas of beech trees,

splendid kermes oak groves to the East of the Trubia estuary and the strawberry tree groves, that appear suspended over the gorgers of the river. Pico Caldoveiro is made up of a mosaic of reserves as varied as its fauna biodiversity, which has recolonised the place.

The Aramo Mountains

Quirós, Moreín and Riosa

At twenty kilometres away from the Asturian capital, we find this solitary mountain range, separate from its immediate surroundings and the rest of the Cantabrian Mountain Range. Its only paved path ascends in the direction of La Gamonal via Alto del Angliru, famous for being a stage end point of the Tour of Spain bicycle race. Wooded areas are scarce in this landscape; however, a rich variety of animal populations is still preserved, among which the wolf and the broom hare stand out. It is also worth giving special mention to the great quantity of archaeological sites found in the area.

The Suevo Mountains

Colunga, Caravia, Ribadesella, Piloña and Parres

This mountain ridge so close to the coast is formed by two almost attached mountain ranges. The main one, the Suevo Mountains, the maximum altitude of which is reached with the 1,161 metre-high Picu Pienzu, and the Fitu Mountain Range, with smaller dimensions. It is a spot with great biodiversity, in which we can find forests as extraordinarily preserved as the Biescona beech grove, which consists of the closest body of beech

trees to the sea and with the lowest elevation in Asturias. Among the fauna, we find the most emblematic representative of the fauna of Asturias: the *Asturcón*, an indigenous breed of horse.

RED NATURA 2000

The Cuera Mountains

Cabrales, Llanes, Peñamellera Alta, Peñamellera Baja and Ribadedeva

Situated at the Eastern end of the region, it is an insurmountable barrier of mountains that defines two geographical spaces: the Llanes Marshland and the "Trascuera". The northern face is dominated by limestone rock and pastures among areas of scrubland, fundamentally. On the southern slope, contrarily, the topography becomes smoother,

leaving *brañas* (mountainous areas used as pastures in the summer period) in its wake that alternate with holm oak forests and areas of underbrush. The different species of birds of prey that have made it their territory for hunting and nesting are the fauna of greatest interest in this place.

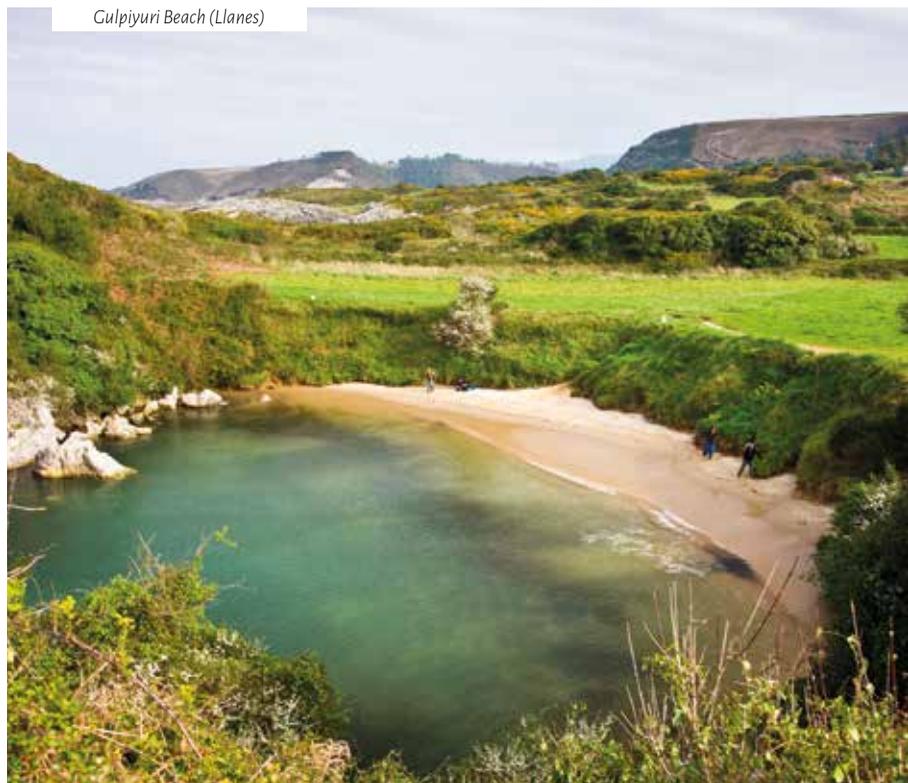
Eastern Coast

Llanes and Ribadedeva

Thirty kilometres of coastline that encompass the whole of the shoreline of the municipality of Ribadedeva and most of the village of Llanes. Its most valued natural areas are, without a doubt, the holm oak forests, although the frequent presence of wild olive shrub areas must also be mentioned. A spectacular landscape in which to observe the great quantity of species of poultry fauna that inhabit it, with members as distinguished as the great reed warbler, the spotted crane and the common egret, species of very limited nesting in the region.

NATURA 2000 NETWORK

Gulpiyuri Beach (Llanes)



Ancestral paths cross Asturias from North to South and East to West, trodden since the Palaeolithic right up to the present day. Romans and shepherds used to use them to get from one village to another, crossing or bypassing valleys, rivers and mountains to buy and sell, take livestock to the high pastures or even to go a party in who knows which village.

Caption



Families and children



Protected space



Lakes, waterfalls or dams



Cultural heritage



Ethnographic Heritage



Flora and Fauna



Cyclable/Mountain Biking



Sign-posted route



GR (long trail) stage



PR (short trail) stage



SL (local trail) stage

Types of routes

- CIRCULAR.

- ONE-WAY ROUTE: A route that can be started at both ends. The length and duration reflected are for one-way only, if you decide to return, you will have to double the length and duration.

- ROUND TRIP: Once the route has been completed, the walk back is the same route as on the way there. The duration and length reflected are for the whole journey there and back.

Walk among nature



Caso

Recently, these paths have been taken by you, by me, by all the hikers who enjoy Asturian nature, but we must not forget that we have to do it responsibly and safely. The responsibility of knowing that many of these paths are in natural spaces and that in these spaces, we cannot walk wherever we want. That many of these paths have boundaries that we cannot cross so as not to disturb the nature, therefore it is essential to get in touch in advance with whoever can advise us on this for each natural space. This is what the Interpretation Centres and the management of the spaces, if necessary, are for.

We do not collect living creatures except on our camera, without pressuring them or chasing them and, above all, we do not leave rubbish of any type and if we find some that is not ours, we pick it up whenever possible. We also have to head out with the assurance that we can get back by ourselves, knowing that our physical conditions are suited to

the route, taking appropriate boots and walking sticks and ensuring that we have sufficient food and drink, since on most of the paths we will not find fountains or places to buy food or stop to eat en route. For safety, it is also recommended that you register at your nearest Mountaineering Federation and take with you the track of the route on a mobile application or GPS. Once you have all of this prepared, go out, enjoy yourself, take a hundred photos and share them. Share with other participants the beauty of this region and the hidden and magnificent places that it preserves.

We must have the responsibility of knowing that nature is better left as it is, leaving no trace of our passage

Safety in nature

Nature is not exempt from risk, not even the most simple of walks. Changing weather conditions, landslides, flooding, wild animals... are unexpected events that can encroach upon any route or any path, which we must prepare ourselves for wherever possible. Any excursion, as simple as it may be, must be prepared:

First of all...

Assess your capabilities, you must know what your limits are regarding distance and incline. For this reason, it is better to start with simple routes, no more than two hours long with less than three hundred metres incline, if you are not used to hiking. Analyse the conditions of the route's terrain, precipices, fountains that there may be en route, the difficulty of the walk...

Find out the weather forecast

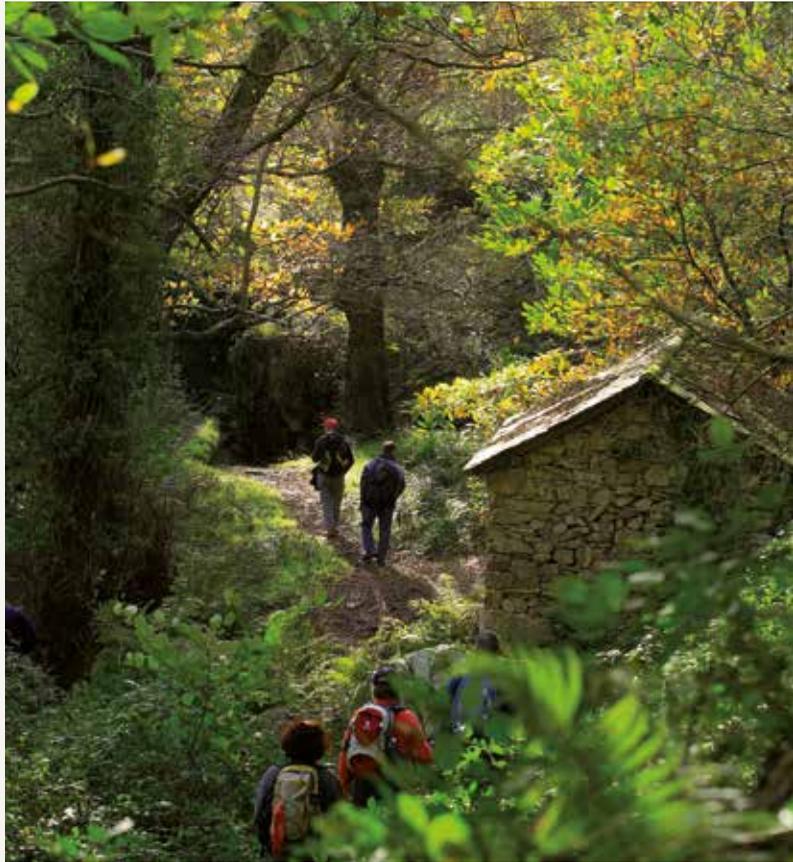
Once you are clear about what routes you can do, the next thing is to find out the weather forecast. Nowadays, this is simple, and we can find it out for very specific areas online (aemet.es). Respect warnings and monitor the altitudes of the route, which can greatly influence the conditions in which the journey is carried out.

Sufficient provisions

Ensure that you bring sufficient food and drink (at least a litre and a half per person per day) that is suited to the activity.

Equip yourself

Get hold of appropriate equipment, it is always advisable to use several layers of clothing (thermal vest, coat garment, waterproofs...). For footwear, boots that support your ankle are recommended, to avoid accidents like sprains or similar injuries. Using two walking sticks helps to stabilise our stride and avoid falls.



Be careful with children

On all the routes labelled for families, it is advisable to pay particular attention to children. It is not recommended to carry out itineraries with children that are not labelled as being for families.

Take precautions

Communicate where you are going, the route which you are embarking on, the planned route and your estimated completion time to friends and/or relatives and let them know when you finish. Don't go walking alone. Check if you are doing well for time, and if it looks like you are not going to have time to finish the route, cut it short or turn back. For your own safety, and that of the species that live in the environment, don't stray from the route. And if you are in a natural space, find out beforehand which areas are prohibited. Avoid unnecessary risks. Leave all farm gates that you find closed and endeavour not to get too close to livestock, for your safety and for theirs.

In the event of an accident,
call 112.

Don't forget to take...

- ▶ A first-aid kit.
- ▶ Orientation methods, such as a map and compass or GPS (with a track of the route downloaded) or a mobile application for hiking that geo-locates you. Batteries or external battery. A change of clothes. Mobile telephone.
- ▶ Penknife.
- ▶ A 20/30-litre rucksack, with front fastening.

More information at:
misendafedme.es

Hiking routes in nature

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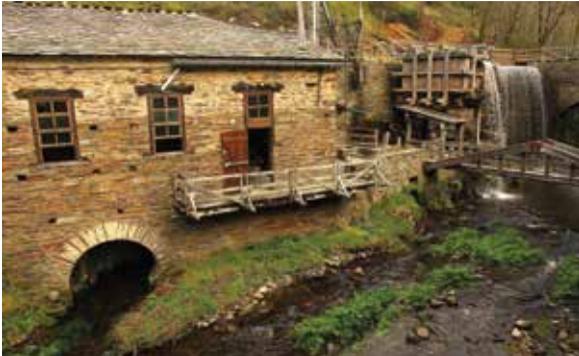
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More information at:
[asturiastourism.co.uk/
 NaturalParadise/Routes](http://asturiastourism.co.uk/NaturalParadise/Routes)

1 *The Water Route*



<i>Beginning/End of route:</i> Taramundi	<i>Duration:</i> 4 h
<i>Municipalities:</i> Taramundi	<i>Minimum height:</i> 191 m
<i>Type of route:</i> Semicircular	<i>Maximum height:</i> 489 m
<i>Length:</i> 12.64 km	<i>Slope:</i> 298 m

Magical is the right word to describe this route, in which our steps take us to a forest gallery through paths and small roads that reveal to us their ethnography in O Mazonovo and Os Teixóis/Teijóis, the craftsmanship of the penknives in Esquíos/Esquíos, Salgueira waterfall, the charm and the harmony of the village of As Veigas/Veigas.

Not far behind is the beauty of the landscape when we return via immense heaths that are in front of Os Esquíos/Esquíos, nor, of course, the magic of Os Teixóis/Teijóis, the magic of the ingenuity of the human being to make use of nature and the power of water to do their work.

The water passed no longer moves the mill here, but it does move the sharpening stone, the fulling mill, the mallet, the forge and, even, the first electricity in Taramundi. Nature provided the wood, the rocks to make buildings, the iron to be forged, and lastly, the water that gives life to this whole ensemble and its spectacular surrounding that constitutes the route.



*Full
itinerary*

2 *Seimeira Route*



<i>Beginning/End of route:</i> Pumares	<i>Duration:</i> 2 h 30 mins
<i>Municipalities:</i> Santa Eulalia de Oscos	<i>Minimum height:</i> 503 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 816 m
<i>Length:</i> 6.2 km	<i>Slope:</i> 313 m

Water is the source of life, all species live from it and many live in it; but also, when it rushes down from up high, it is beautiful, just like this route to Seimeira. On this route, not only the water is beautiful, the path itself at the foot of the river is too, as well as the magic of the abandoned village of A Ancadeira, which we pass through, and Desterrado Valley, with its beautiful history of times gone by that can be read in situ.

As well as enjoying the forest, whoever feels like doing some more walking can also head to Busqueiado to have a bite to eat seated at

the foot of the two enormous yew trees that flank its chapel. If you opt for going to Busqueimado, it will be an 11-kilometre round trip, or 5.5 if you do it as a one-way route.

And, without doubt, the final spectacle, Seimeira, where the water rushes down the hard rock from a height of 20 or 30 metres.



*Full
itinerary*

3 *Tapia - Arnao*



Beginning/End of route: Tapia de Casariego or Arnao Beach
Length: 10.4 km
Duration: 3 h 15 min
Municipalities: Tapia de Casariego and Castropol
Minimum height: 2 m
Maximum height: 32 m
Type of route: One-way route
Slope: 30 m

Almost in the Western confines of Asturias, the St. James's Way takes us towards Galicia, enjoying the coast, its villages and, above all, its beaches, with jewels such as Penarronda Beach, declared a Natural Monument.

This sandbank stands out due to its dune system, in which several protected flora species shelter.

Among the fauna of the cliffs near the Pantorgas islets, we can see oystercatchers and European shags, but without doubt the star is the otter, which appears occasionally in the Penarronda stream.

We cannot refrain from visiting the beaches of Santa Gadea, Mexota and Serantes, all on foot, and enjoying each one well during the walk or going back to them afterwards.

And the conclusion is arriving at the recreational area on Arnao Beach, after passing another one beside a lagoon, and enjoying the mouth of the Eo river, the largest Asturian estuary.



Full itinerary

4 *A Paicega*



Beginning/End of route: Pezós/Pesoz or A Paicega/La Paicega
Duration: 2 h 30 mins
Minimum height: 327 m
Municipalities: Pesoz
Maximum height: 596 m
Type of route: One-way route
Slope: 269 m
Length: 6.32 km

From Manuel Montesión García Palace (also known as Ron Palace), in the centre of Pezós/Pesoz, the restoration of which ended in 1909, as inscribed on the front of the building, but which has several centuries of history, we start this route, moving away from the worldly noise, to the other side of the road.

We delve into a steep path, flanked by stone walls that border old farms, part of it in the middle of a forest populated with chestnut trees where the chestnut cuerrias -a circular stone structure for preserving chestnuts in the mountain for several months- tell us that they were a staple food.

With a bit of luck, patience and silence, we can see numerous forest spaces, among which the pine marten, *Martes martes*

stands out, a small carnivore that inhabits these forests. The route is short and before long, we will arrive at the village of Sanzo, where we will continue via a flat path that will take us to A Paicega/La Paicega, a settlement built for the workers of the Grandas de Salime dam, that even ended up having its own police. The views of the dam from here are idyllic.



Full itinerary

5 *The hanging bridge route*



<i>Beginning/End of route:</i> Recreational area of Illano	<i>Duration:</i> 4 h 15 mins
<i>Municipalities:</i> Illano	<i>Minimum height:</i> 112 m
<i>Type of route:</i> Circular	<i>Maximum height:</i> 586 m
<i>Length:</i> 14.4 km	<i>Slope:</i> 474 m

Progress has led human beings to try to dominate nature to achieve more and new resources, and with it a change in the landscapes, creating at times beautiful views such as those that we see in the calm water of the Doiras dam in Illano.

The route, 14 kilometres long, covers natural oak forests, as well as plantations of pine trees and eucalyptus trees and also takes us to terraced grapevine crops in the village of Lanterno.

But, without doubt, its most notable point is the hanging bridge over the dam, in which the shags pose and from which we can

appreciate the forests reflected in the tranquil waters or, if we calmly observe the sunset, the fish jumping to catch flying insects that brush the surface of the water.

And what can be said about the spectacular views that the route offers us once we have passed Illano, looking into the distance over its roof tops, from the dam to the sky.



*Full
itinerary*

6 *Route of the Forts*



<i>Beginning/End of route:</i> El Mazo/ Los Mazos	<i>Duration:</i> 5 h 45 mins
<i>Municipalities:</i> Boal	<i>Minimum height:</i> 119 m
<i>Type of route:</i> Circular	<i>Maximum height:</i> 712 m
<i>Length:</i> 16.39 km	<i>Slope:</i> 593 m

Starting a route at the Casa de la Miel Interpretation Centre is already promising. Despite technological advances, it is an ancestral activity that is very tied to the area and has advanced in materials but preserves its essence. Who knows how long it has been here and if the inhabitants of the forts of the area would have done it.

On this route, we can get caught up in the scenery, walking through its forests of chestnut trees, under the attentive gaze of the squirrels, woodpeckers or shy Iberian rock lizards. Our senses delight in the sounds, smells and colours that these forests spoil us with. But

where time stops is in the heights of the Penácaros, with views over Navia Valley and, fundamentally, in the funeral tombs that we find in this area, and it reaches its maximum in the Pencia Fort, with the remains of its huts and its walls and, above all, its sauna. Some advanced for their time.



*Full
itinerary*

7 Ortiguera Seaside Route



<i>Beginning/End of route:</i> Ortiguera or Las Llamosas	<i>Duration:</i> 1 h 15 mins
<i>Municipalities:</i> Coaña	<i>Minimum height:</i> 13 m
<i>Type of route:</i> One-way route	<i>Maximum height:</i> 68 m
<i>Length:</i> 3.68 km	<i>Slope:</i> 55 m

The Ortiguera seaside route will show us the seaside landscape of the Western Coast of Asturias. A route that crosses the village from its most modern part to the most traditional, passing by the small fishing port that it hides within its boundaries. The first stop will be at the lighthouse and San Agustín Chapel, where we can enjoy a view of the confines of the sea and the horizon and the steep cliffs that populate the coastal plain of this area.

Further on, we can discover the town, walking through its intricate streets in a labyrinth of stairways that leaves uncovered the small

gardens of the terraces of the oldest houses of the area, and also the port, hidden between two cliffs that fall abruptly towards the sea, as if they were waterfalls of stone. This route takes us to a picturesque little fishing village, worthy of a novel, in which its landscapes have almost as much charm as the people of the place.



*Full
itinerary*

8 Oneta Waterfalls



<i>Beginning/End of route:</i> Oneta	<i>Duration:</i> 1 h
<i>Municipalities:</i> Villayón	<i>Minimum height:</i> 228 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 331 m
<i>Length:</i> 3 km	<i>Slope:</i> 103 m

Water, the source of life, powerfully draws our attention, attracts us, and even more so when due to the weather or the terrain, it shows us all its strength and power and becomes something beautiful. This is what the Oneta Waterfalls teach us, at least two of the three that exist. From the village of Oneta, and in a very brief walk through meadow terrain, we will arrive at the high part of the village, where the river has excavated a channel in the rock into which it trickles until it reaches the edge of the precipice, where it is thrown down.

Taking a small detour, we can see the waterfall, twenty metres-high, white, raucous, beautiful, in the middle of the forest. A little further

down, an old mill. We continue walking and we arrive at the second one, even more isolated if that's possible, a bit more open, buried in more vegetation and equally beautiful.

In between, a walk through the interior of the forest, where in spring the different daffodils stand out that fill the walk with yellow.



*Full
itinerary*

9 Molín de Valbona Route



Beginning/End of route: Pola de Allande or Figueras	Duration: 1 h 45 mins
Municipalities: Allande	Minimum height: 239 m
Type of route: One-way route	Maximum height: 583 m
Length: 5.46 km	Slope: 344 m

Leaving Pola de Allande, the route runs largely parallel to the Nisón river, and takes us to the past, to a time of rural engineering and changes in the landscape. It is a route where nature covers everything, and in which we see the footprint of the human hand everywhere.

The plantations of young chestnut trees alternate with *cabornios*, old chestnut trees that were pruned to make use of them but in such a way that they stayed alive and fruit-bearing. We find *xoxas*, as the *cuerrias* are called in this area of Asturias, circular stone structures where chestnuts are preserved for several months; even a restored flour mill and also an old limekiln, a construction for producing lime with limestone rock. The modernisation of the

times has led to the abandon of some of these old constructions and also to a change in the uses of the terrain, in such a way that today it is the pine forests that are used for timber production in the area.

A route to enjoy the lower part of the western mountains and their nature up to the village of Figueras, being able to assess upon return whether we wish to return via an alternative route that makes it more or less circular.



*Full
itinerary*

10 Tablizas River



Beginning/End of route: Mual/Moal	Duration: 3 h
Municipalities: Cangas del Narcea	Minimum height: 563 m
Type of route: Circular	Maximum height: 712 m
Length: 9.19 km	Slope: 149 m

Without doubt, Muniellos is one of the greatest attractions in Asturias, with limited access, but we should not let this stop us from admiring the lush nature of this Forest Nature Reserve. Mual/Moal is the gateway to Muniellos; from here a 4-kilometre-long path takes us to Tablizas Interpretation Centre.

Along this journey, walking peacefully, we can contemplate the grandeur of the oak forests in this natural space, where with a bit of luck we will manage to see some pine martens or listen to some of the woodpeckers that live in the area such as the black woodpecker. During the whole route, we will walk alongside the Tablizas river,

being able to observe, if we are attentive, the river kingfisher, the white-throated dipper or the evasive otter.

The return journey can be done partly via a path on the other side of the river, where we will also enjoy the views from a distance of the *cortines*, constructions where human beings protect their sheep from attacks from the bears that inhabit the area.



*Full
itinerary*

11 Pomar de las Montañas



Beginning/End of route: Bisuyu/
Besullo
Municipalities: Cangas del Narcea
Type of route: Circular
Length: 11.2 km

Duration: 3 h 30 mins
Minimum height: 536 m
Maximum height: 841 m
Slope: 315 m

In a novel-like land, where the great playwright Alejandro Casona forged his way in life, among mountains of all different colours when the sunset of the annual cycle draws near, a path that takes us among chestnut trees and pastures, pine trees and birch trees, with the river at the bottom of the valley, before climbing to the crest of the mountains, where we can discern a broad landscape of mountains and far-off forests.

Wind mills, forges and *cuerrias* to preserve the chestnuts are ethnographic remnants of a very different life, substituted today by wood saws, but still with cattle breeding and chestnut, hazelnut and other nut collecting in the farms near Bisuyu/Besullo.

The colours of the sunset fill the crowns of the deciduous trees with golden hues, that contrast with the green pine trees as if it were a landscape of gold and emeralds.

A simple walk that we can do in either direction, enjoying the silence, tranquility, scenery and pure air that the lichens in the high-up area signal.



*Full
itinerary*

12 Where the bear walks



Beginning/End of route: Zarréu/
Cerrodo or Sisterna
Municipalities: Degaña and Ibias
Type of route: One-way route
Length: 19.58 km

Duration: 5 h
Minimum height: 801 m
Maximum height: 1,190 m
Slope: 389 m

Among centenary oak trees and chestnut trees, a path opens that connects Zarréu/Cerrodo and Sisterna, two villages of the Asturian south west where its inhabitants share this track with a species as emblematic as the bear, that inhabits the area.

Only the quality and spectacular nature of the forest in the area near Zarréu/Cerrodo or the aged chestnut trees near Degaña or Sisterna really deserve a visit, since there are few chestnut trees of these dimensions to be seen.

The lichens in the area also reveal the purity of the air in these

forests, that enclose other secrets, such as a "light factory" among the riverside forest on the banks of the Ibias river.

In the closest part to Sisterna, there are posters about points of interest that mark us and show some open pit mines from the time of the Romans, who exploded these slopes with water in search of gold.



*Full
itinerary*

13 *Busto Cape*



Beginning/End of route: Bustu/
Bustu
Municipalities: Valdés
Type of route: Circular
Length: 7.84 km

Duration: 2 h 30 mins
Minimum height: 0 m
Maximum height: 83 m
Slope: 83 m

Vastness, peace and tranquility are the sensations that you feel when you peer out over the sea at any of the seven lookouts that there are on this route. Impossible cliffs with a view of the Cantabrian, over pebble beaches and the horizon in front of you, to the East and the West.

Starting and ending in the village of Bustu/Busto, in the middle of the cove, this circular route takes us through agricultural farms, pine groves, oak groves, a riverside forest, but above all, along the edge of the cliffs, enjoying the sea and the coast with fantastic views to the East, towards Vidío Cape, as well as to the West, towards L. Luarca/Luarca.

From the lookouts, the crystal-clear waters below the lighthouse can be appreciated and the sea beds of unique beauty that summon us to take a bath, snorkelling or diving for them.

Its forests safeguard jays and sparrowhawks, that we can hear and see, with a bit of luck, if we find one of their feathers on the ground. All of this whilst being very careful in the cliff area, especially if you have children.



*Full
itinerary*

14 *Merillés Dolmen*



Beginning/End of route: Tuña
Municipalities: Tineo
Type of route: Round trip
Length: 10.2 km

Duration: 3 h
Minimum height: 231 m
Maximum height: 794 m
Slope: 563 m

Climbing to the Merillés Dolmen is like travelling in time, a trip from the present day to the Medieval and the Prehistoric, walking along trails and tracks that were forged thousands of years ago, in the Megalithic period.

When we get out the car in Tuña to start the route, we will find a village full of constructions that have a history.

No less than three palaces, a bridge, the remnants of a Roman road and several medieval houses and towers.

Without doubt, it is a promising start for a route that, although short, is steep. If we take it slowly, we will be able to enjoy, on the

one hand, the enormous chestnut trees that flank part of the path before reaching Merías/Merillés, but, above all, how the perspective of the landscape changes as we climb. It broadens, the dam comes into view, with a bit of luck, we will see the odd fox and the *asturcones*, indigenous horses that populate the area and, lastly, the dolmen, a burial chamber that has been receiving visitors for millions of years, high up in the valley.



*Full
itinerary*

15 *La Pornacal from Villar de Vildas*



<i>Beginning/End of route:</i> Villar de Vildas	<i>Duration:</i> 4 h
<i>Concejo:</i> Somiedo	<i>Minimum height:</i> 859 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 1,406 m
<i>Length:</i> 13 km	<i>Slope:</i> 547 m

The blending of the human factor with nature reaches its maximum expression in *braña* de La pornacal, where natural elements such as rock, wood and broom are used to make thatched huts. Integrated into the landscape, they are used as stables for the livestock or a home for the *vaqueiros* (migratory shepherds who move to these high *brañas* (mountainous areas used as pastures in the summer period) in the summer with their livestock).

From Villar de Vildas, the forest that surrounds the pastures dwindles as we gain height and after passing La Pornacal it is more and more scarce, being confined to a token riverside forest until

it reaches the great waterfall that opens up at the other side of the valley, dominating the pastures of the area of *Braña Vieja*, also called *Braña de los Cuartos*.

From here, the view over the valley that we have just ascended and where we glimpse La Pornacal is sublime, almost perfect, with each element of the landscape in its rightful place.



*Full
itinerary*

16 *Nonaya Waterfalls*



<i>Beginning/End of route:</i> Salas	<i>Duration:</i> 2 h 15 mins
<i>Municipalities:</i> Salas	<i>Minimum height:</i> 226 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 429 m
<i>Length:</i> 3.59 km	<i>Slope:</i> 203 m

Salas Collegiate Church and Valdés-Salas Palace or Salas tower are the starting point of the path to Nonaya Waterfall and the passage of thousands of pilgrims that travel this part of the St. James's Way each year. Departing from there, the path guides us most of the way to the waterfall.

A walk loaded with history, old mines, the passage of pilgrims, stone bridges that represent the engineering of the past, plants that inundate everything and that follow the course of the Nonaya river, full of trout and eels, as soon as we leave the village of Salas.

In less than an hour, we will arrive at Nonaya waterfall, small but beautiful, in an enviable setting, with jets of water spraying left, right and centre, in the middle of the forest, as if they were coming out of nowhere.



*Full
itinerary*

17 *Camín Real de la Mesa*



<i>Beginning/End of route:</i> Puerto de San Lorenzo or Dolía	<i>Length:</i> 18 km
<i>Municipalities:</i> Belmonte de Miranda, Somiedo and Teverga	<i>Duration:</i> 5 h 30 mins
<i>Type of route:</i> One-way route	<i>Minimum height:</i> 816 m
	<i>Maximum height:</i> 1.450 m
	<i>Slope:</i> 634 m

The footprint of the human being is found on this route at every step, in every rock that was placed by the romans to build their connecting road with the Plateau; we also find it in the former traces, those of the burial mound cemeteries, the remains of which can still be seen on the route.

Nature manifests itself in the different species of trees and shrubs, as well as in many of the species of fauna that are seen, or that leave us their footprints. But, without doubt, the main element of the nature on this route is the landscape. Walking

along the crest of the mountain, where the path is more simple, we see on our right and left the closest valleys and furthest mountains, the rivers, forests, and pastures of Somiedo, Teverga, Grado, Belmonte de Miranda, Yernes, Tameza and more. A route with a bird's eye view.



*Full
itinerary*

18 *Lamuño - Oleiros - La Concha de Artedo*



<i>Beginning/End of route:</i> Lamuño	<i>Duration:</i> 3 h 15 min
<i>Municipalities:</i> Cudillero	<i>Minimum height:</i> 5 m
<i>Type of route:</i> Circular	<i>Maximum height:</i> 182 m
<i>Length:</i> 10.3 km	<i>Slope:</i> 177 m

Tranquility is what this route conveys to us from the very moment that we start it, in Lamuño Square. A route of sea and mountains, but with no steep inclines, that runs between the abrupt coast of Cudillero and Las Luiñas Valley; a view of the sea and another of the mountainous area of the village.

We can enjoy the large recreational area in the pine forest, a walk among oaks and chestnut trees, the views from the clifftop, the village of Artedo, and San Martín de Luiña, where the *vaqueiros* (migratory shepherds who used to move to the *brañas*—mountainous areas used as pastures in the summer period—with their livestock in summer) were consigned to the rear part

of the church during mass, as an inscription on the floor of the temple attests. But, without doubt, the jewels of the route are the beautiful Oleiros pebble beach and La Concha de Artedo Beach, with its lagoon behind, where the water trickles through the stones that form it to go out to sea. The marshy alvar grove that the route crosses over a wooden walkway at the back of this beach is its main natural asset.



*Full
itinerary*

19 Valle de Lago



Beginning/End of route: Valle de Lago
Municipalities: Somiedo
Type of route: Round trip
Length: 12 km

Duration: 3 h 45 mins
Minimum height: 1,243 m
Maximum height: 1,577 m
Slope: 334 m

From the village of Valle de Lago to El Valle Lake, 6 kilometres of ethnography, flora, fauna, geology and scenery surprise us that can overpower our five senses. The colourfulness, the diversity and the work of the land by human beings are the predominant vein of this route.

On the wooded slopes, the beech tree and odd alder tree are the dominant species. The rest our pastures and the everlasting *teito*, with which the roofs of the thatched huts of the same name are made. But if there is a plant that stands out it is the large and colourful flowers of the gentians - yellow or orange-, that fill the high up area of the valley in the months of June and July.

The small birds that we can see in this area are plentiful: among them, the beautiful yellowhammer, a bird with a

unique yellow colour stands out. If we are lucky enough to see bears from the route, on the hillsides, we must proceed stealthily so as not to disturb their peace..We are in a natural park that is also a Biosphere Reserve: remember to leave everything as it was and not pick any plants or catch any animals. Perhaps with a bit of luck, in April or May, you can reach the glacial basin of the lake and enjoy the spectacle that it is to find, on a sunny day, with the path clear or still with a bit of snow, the surface of the lake completely frozen over.



Full itinerary

20 Pravia - Santianes



Beginning/End of route: Pravia or Santianes
Municipalities: Pravia
Type of route: One-way route
Length: 4.7 km

Duration: 1 h 30 mins
Minimum height: 8 m
Maximum height: 51 m
Slope: 43 m

Lushness is what the meadows of the large rivers produce, and it is no less here than that of the Nalón. We start near one of the largest kiwi plantations in Asturias, in the same meadow, the most fertile area. The rise in the level of the river leaves at this height a quantity of sediments that fertilise the land and produce a wealth of fertility in the soil.

The route runs alongside the river, which reveals to us the life that its exuberance and diversity supplies, animal as well as plant life.

During the warmest months, on the leaves of the alder bushes, we can observe dragonflies and damselflies relaxing. White-throated

dippers and river kingfishers accompany us frequently on the route, as well as the everlasting white lavender, always from stone to stone on the bank of the river.

The conclusion of the route is admiring Santianes Church, a jewel from the Asturian Pre-Romanesque that we cannot stop visiting.



Full itinerary

21 *The Lookout Route* *San Esteban de Pravia - Aguilar Beach*



Beginning/End of route: San Esteban de Pravia or Aguilar Beach
Duration: 2 h
Municipalities: Muros de Nalón
Minimum height: 0 m
Type of route: One-way route
Maximum height: 123 m
Length: 6.35 km
Slope: 123 m

The relationship of the human being with the sea has always been very close, and on this route, we appreciate it right from the first step, starting with the mineral loading bays -to be transported by boat in San Esteban de Pravia itself- and continuing with the port, the chapel on the clifftop, the many lookouts to contemplate the sea from the route...

From some of them, with a good pair of binoculars, we can observe the movements of the sea birds. The permanent residents, in search of food or a nest, as well as the migratory birds, such as gannets, with their spectacular dives into the sea in search of fish.

Honeysuckles and laurels accompany us along the path, as well as gorse and eucalyptus trees, among which we find a recreational area, with views of the semi-accessible pebble beaches as well as Vidio Cape, to the West, and Peñas Cape, to the East.

And, to finish, the beaches of Llanas, Xilo and Aguilar, easily recognisable due to the peculiar rock tombolo that it has in its central-western area.



*Full
itinerary*

22 *Montegrande Beech Grove and Xiblu Waterfall*



Beginning/End of route: Braña La Puerca (p. k. 23, approximately)
Duration: 3 h
Municipalities: Teverga
Minimum height: 1,122 m
Type of route: Round trip
Maximum height: 1,255 m
Length: 9.9 km
Slope: 133 m

Nature is not only enjoyment, food and materials, but also life and healing, or at least this is what those who came to this area believed; specifically, to the lepers fountain, near the beginning of the route, to cure their illness. Whether it was true or not, the walk through Montegrande beech grove entails the enjoyment of one of the best forests in the region.

A simple and comfortable route thanks to a wide track that reveals secrets to us, such as those of the odd pithead of old coal shafts, now sealed up, that were not exploited beyond two or three years. In contrast, the trees are covered in lichens, some of which, such as Spanish moss or dodder, are proof of the great quality of the air in these forests.

And to end the route, Xiblu, a collection of three waterfalls that amount to a total of 100 metres of great beauty in which the water rushes wildly down the mountain. Instead of returning via the same path, we can make the trip to La Focicha/La Focella, a journey of 8.24 kilometres that will take us more or less the same amount of time as the round trip.



*Full
itinerary*

23 The Water Trail



On 6 March 1965, a national newspaper published that Asturias was inaugurating the next day the most advanced hydraulic complex in Europe: a thirty-kilometre-long water pipe that would supply the Trasona Dam.

The route runs parallel to this water canal and takes us from Molleda to Sotu'l Barco/Soto del Barco through meadows, fields, oak trees, chestnut trees, riverside forests and forest plantations. Paths and small roads lead us through the lower part of the valleys, or we cross them via colourful bridges over aqueducts. We see the water canal disappear into tunnels, or mallards swimming inside.



Beginning/End of route: Between Lloreda, L'Entrialgo/Entrialgo and Xuncéu/Juncedo

Municipalities: Corvera, Illas, Castrillón and Soto del Barco

Type of route: One-way route

Duration: 8 h

Length: 25.2 km

Minimum height: 7 m

Maximum height: 220 m

Slope: 213 m

Some decorated *horréos* and *paneras* (types of granary) also stand out, typical of this central area of the region, as well as the odd *lavadero*, old meeting places when there were no washing machines in homes, which have now been restored for decoration mostly, although some are still used. A perfect route to be completed in two stages, particularly if you are a family party.



*Full
itinerary*

24 The Bear's Trail



Without doubt, the biggest attraction on the route is seeing the bears that are found in the enclosure halfway along the trail, but the Bear's Trail is much more than this. This old railway track, now recovered as a Greenway, gives us the possibility to see large stretches of holm oaks, that perch on limestone over three hundred million years old.

Geology is in command and the *Peñas Juntas* crossing opens onto Teverga Valley, at the foot of Peña Sobia and the Teverga climbing school.

Additionally, the old railway tunnels take us to the beautiful Valdemurio dam, at the foot of another climbing school, that of L.lano/El Llano, in Quirós.



Beginning/End of route: Tuñón, Huerta Cave or Ricao/Ricabo

Municipalities: Santo Adriano, Proaza, Teverga and Quirós

Type of route: One-way route

Length: 48.2 km

Duration: 14 h 45 mins

Minimum height: 145 m

Maximum height: 796 m

Slope: 651 m

Rock, bears, vegetation, water, scenery is what you can find, as well as the Ethnographic Museum of Quirós, the Bear House and the Prehistory Park, in Teverga. A whole world of possibilities in one single valley, partially immersed in Las Ubiñas-La Mesa Natural Park, that follows the natural paths of Entragu/Entrago to Huerta Cave and from Valdemurio to Ricao/Ricabo. Ideal for doing in various stages that allow us to enjoy it at our leisure.



*Full
itinerary*

25 *Fuso de la Reina*



Beginning/End of route: Oviedo, Las Caldas or Fuso de la Reina
Duration: 2 h
Municipalities: Oviedo
Minimum height: 107 m
Type of route: One-way route
Maximum height: 236 m
Length: 8.88 km
Slope: 129 m

Transition is the word that defines this old railway line, which takes us from the urban to the rural and from here to the almost wild. From Oviedo to Fuso de la Reina and Las Caldas, in 7.5 kilometres the landscape changes and, although always on tarmac, we gradually leave behind streets, cars, noise... and little by little sounds of birds, cows and, finally, the tranquility of the river start emerging.

From the plantations of the Winter Park, we head towards the holm oak groves on limestone rock at the end of the route, on the Nalón river. Hazelnut trees, oak trees, birch trees and holm oaks accompany us on our walk.

Mallards, woodpeckers and listed goldcrests don't fail us either, among many other forest bird species. We end in Fuso de la Reina or in Las Caldas, the green and the river will accompany us to the end.

Golf, tunnels, a windmill and even hot springs complete the package of this route.



*Full
itinerary*

26 *Monsacro Chapels*



Beginning/End of route: La Collá/La Collada
Duration: 2 h 30 mins
Municipalities: Morcín
Minimum height: 401 m
Type of route: Round trip
Maximum height: 920 m
Length: 5.46 km
Slope: 519 m

Scenery and more scenery is what the climb to the Monsacro chapels from Morcín offers us.

Leaving La Collá/La Collada behind, we start climbing among enormous chestnut trees and we submerge ourselves for a few hundred metres in this forest landscape which little by little changes towards another landscape that is a little more open with tall underbrush and from here to scrubland.

The ascent is continuous and at each step, the horizon opens up further, the panorama widens and with it the vibrant scenery, in which the rural and the urban are mixed. We see more and more as we go: Oviedo, Siero, Gijón, el Suevo, the Picos de Europa... further

and further and, suddenly, we stop climbing and go back several centuries in time.

The presence of the chapels takes us to the period in which the relics of the Holy Chamber were kept here; a place in which the vultures, choughs and white-throated dippers are the only ones who dare disturb the peace and tranquility.



*Full
itinerary*

27 Xomezana Valley



<i>Beginning/End of route:</i> Tuiza Riba/Tuiza de Arriba or Xomezana Riba/Jomezana de Arriba	<i>Length:</i> 9.2km, 11 if you continue to Espineo/Espinedo
<i>Municipalities:</i> Lena	<i>Duration:</i> 3 h
<i>Type of route:</i> One-way route	<i>Minimum height:</i> 725 m
	<i>Maximum height:</i> 1,540 m
	<i>Slope:</i> 815 m

Passing by *el visu y la portilla*, we discover the Xomezana Valley, shaped by the river in which oak, birch and beech forests, as well as holly bushes, cover the steep slopes, interrupted by the pastures that pepper this landscape that opens up towards Huerna Valley, the exit point of Asturias towards the Plateau. In a varied terrain, slate dominates the lower part of the valley and in the higher part, it gives way to limestone, where we can find caves, sink holes, caves... The proximity of Ubiña also brings us close to karst. Bears and wild boars dominate the vertebrate fauna, and it is not unusual to

encounter vultures all year round or Egyptian vultures in summer. A comfortable track most of the way, for enjoying incredible scenery.



*Full
itinerary*

28 Verdicio - Peñas Cape



<i>Beginning/End of route:</i> Verdicio or Peñas Cape	<i>Duration:</i> 1 h 45 mins
<i>Municipalities:</i> Gozón	<i>Minimum height:</i> 12 m
<i>Type of route:</i> One-way route	<i>Maximum height:</i> 103 m
<i>Length:</i> 5.4 km	<i>Slope:</i> 91 m

The natural values that we can find on this peaceful walk along the Asturian coast are innumerable. We start in the enormous dunes of Verdicio Beach, in which as well as the beach grass, the most widespread plant in the dunes of our autonomous community, the white flower of the sea daffodil can also brighten our view.

Via a comfortable track, we ascend from the sea to the old oil platform, restructured by geological whims into a coastal plain that is elevated up to 103 metres and is a fantastic watchtower for this area of the coast.

Walking along it we can see in the distance our destination, Peñas Cape, and until we reach it, if we pay attention and the time is right,

we will be able to distinguish amphibians in the ponds, such as the San Antón spider, small birds, such as the African stonechat, or, looking to the sea, European shags, gannets, in the migration period brushing the water, and with a bit of luck some cetaceans among the kilometres of cliff-ridged coast that we contemplate from here. We must not forget to visit the interpretation centre situated in the lighthouse.



*Full
itinerary*

29 *Xurbeo Waterfall*



Hardly a kilometre separates the village of Murias from one of the most beautiful waterfalls in Asturias, tucked away in a small corner of the hillside of the valley excavated by the Negro river. A thick green layer of dense woodland covers all the slopes of the mountains that flank the valley, broken only by meadows and the presence of the village of Murias, with its family gardens and its houses arranged one on top of the other in the mountain side.

The route is, in reality, a gallery made of trees, chestnuts trees and oak trees mostly, as well as the riverside forest, which is another gallery on the river. On the ground, in the undergrowth, the bilberry bushes stand out, a very important source of food



<i>Beginning/End of route:</i> Murias	<i>Duration:</i> 1 h 15 mins
<i>Municipalities:</i> Aller	<i>Minimum height:</i> 547 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 593 m
<i>Length:</i> 2.62 km	<i>Slope:</i> 46 m

for a great amount of species of birds. Some steps help us in the ascents and descents.

At the end, as if placed in a niche, the waterfall appears, open, white, standing out against the dark stone, with small lateral spurts that widen it and embellish it. Another essential route.



*Full
itinerary*

30 *Camín de Careses*



Siero hides a secret: Samartino/La Vega de Poja, Careses and Picu Fario, a rural area beside the city where the hay meadows and pasture alternate with patches of forest, and where the separation between the farms is still formed by underbrush, full of shelter, food and life for many animal species.

Egyptian vultures fly over the meadow in search of carrion on top of caves, tunnels of an old train and trenches from the civil war, in a pastoral landscape. Stone martens, roes, foxes and owls are habitual inhabitants of this area of the "Asturian countryside". Its springs and waterholes still safeguard



<i>Beginning/End of route:</i> Careses	<i>Duration:</i> 3 h 45 mins
<i>Municipalities:</i> Siero	<i>Minimum height:</i> 245 m
<i>Type of route:</i> Circular	<i>Maximum height:</i> 415 m
<i>Length:</i> 14.6 km	<i>Slope:</i> 170 m

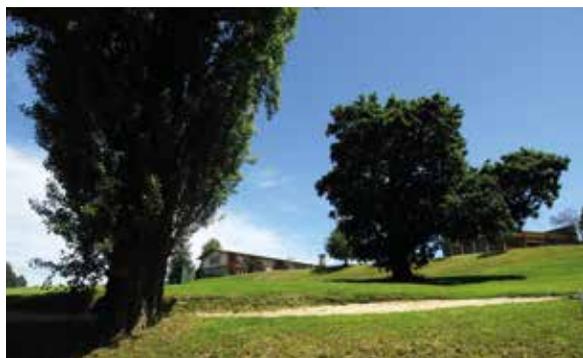
different species of amphibians, among them several types of newts.

A walk for discovering the most rural part of this route, an unknown place in the centre of Asturias, on foot or by bike (almost all the way). Whoever wants more can do the full PR (short trail) from La Pola Siero/Pola de Siero.



*Full
itinerary*

31 *Ñora River - Ñora Beach Route*



Beginning/End of route: Lloreza/La Lloreza or Playa de la Ñora
Municipalities: Gijón
Type of route: One-way route
Length: 4.82 km

Duration: 1 h 30 mins
Minimum height: 0 m
Maximum height: 129 m
Slope: 129 m

Beside Gijón/Xixón, barely 10 minutes from the city, we find this route, to be walked on foot or by bike. If we're going downwards, it is a comfortable descent of a little over 5,5 kilometres, among oaks, willows, elderberries and Japanese spindle and riverside forest in the lower area.

A route to escape the harshness of the summer in which we can observe the footprints of wild boar, foxes, roes and badgers, which are habitual species in the area, as well as innumerable birds.

And all of it is a seaside path, to enjoy the dune on Ñora Beach which is protected and has been improving over the last few years,

and the outcrops of Jurassic rocks that get their name from the same beach, the Ñora Formation. The river will be our guide for most of the path and at its side, we will have the chance to take beautiful photos, and if we like golf, we can even play in the field where the route starts.



*Full
itinerary*

32 *Pendón River Gorges*



Beginning/End of route: Fuentesanta/Huentesanta
Municipalities: Nava
Type of route: Circular
Length: 9.35 km

Duration: 3 h
Minimum height: 245 m
Maximum height: 632 m
Slope: 387 m

History, geology, forests and landscapes unite on this route to make us enjoy with all five senses.

A route to see the landscape of the plain towards Nava, Siero and Sariego; to hear the continuous murmur of the river when we approach it; to inhale the smell of the damp ground, stroke the trunks of the trees and the moss that covers them, and sit down to taste a nice bite to eat in the middle of the forest.

History is embodied by the palace and the medieval tower that was owned by the Alvarez of Asturias family (where tradition has it that Mrs. Jimena, the wife of Cid Campeador was born), and geology gifts

us with the Pendón gorge, excavated by the river, like a small version of Cares.

Ten kilometres of a circular route in which the presence of tropical ferns stands out, like *pijara* (a species of chain fern) that were isolated by the ice age and resisted until our time. And, of course, a route in which we can see deer on the steepest slopes, so we have to be very attentive.



*Full
itinerary*

33 *Alba Route*



Without a doubt, it is one of the most well-known routes in Asturias, and it is not lacking in reasons for this. Declared a Natural Monument, this track, fundamentally used for farming although it was also used for mining, is located at the bottom of a valley and it runs at all times alongside the Alba or Llaímo river.

The landscape, the vegetation and the fauna are overwhelming, but above all the fundamental element is the water. Water in the rapids of the river, pools, wells, streams that are crossed, springs and waterholes, or in trickles that come out of the rock creating travertine. And perhaps the water gives us one of the most



Beginning/End of route: Soto/
Soto de Agues
Municipalities: Sobrescobio
Type of route: Round trip
Length: 14.2 km

Duration: 4 h 30 mins
Minimum height: 431 m
Maximum height: 869 m
Slope: 438 m

beautiful and eye-catching elements of the landscape of the route, the waterfalls, above all two that embellish this already spectacular path even more. Its clear waters accommodate the white-throated dipper and the river kingfisher, and on the mountainsides, that reach the river, we can observe with patience, carefully and with binoculars, the deer that live on them.



*Full
itinerary*

34 *Charles V Route*



Five centuries ago, the arrival in Spain of Charles V marked a change of direction in History, and his first encounter with the country that he was going to govern took place in Tazones, a small village on the Asturian coast where at first they thought that the disembarkation was an attack on the village. From here, the emperor travelled to Villaviciosa, to the Hevia Palace, to spend his first night.

Between both villages he made a journey of a little over eleven kilometres in which the Villaviciosa Estuary dominates everything, his land and the land which human beings tried to win over and that the estuary claimed again for itself. This route unites history,



Beginning/End of route: Tazones
or Villaviciosa
Municipalities: Villaviciosa
Type of route: One-way route
Length: 11.34 km

Duration: 3 h
Minimum height: 2 m
Maximum height: 165 m
Slope: 163 m

ethnography and nature. Here, as well as apple everywhere and its most well-known product, cider, we can see one of the few tide mills that still remains and the Villaviciosa Estuary which, without doubt, is the best Asturian wetland due to the variety of birds that we see in it each year.



*Full
itinerary*

35 *Alto de la Llama to Espineres*



<i>Beginning/End of route:</i> Alto de la Llama	<i>Duration:</i> 3 h
<i>Municipalities:</i> Piloña	<i>Minimum height:</i> 416 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 859 m
<i>Length:</i> 8.72 km	<i>Slope:</i> 443 m

If there is a place in Asturias that is tied to the Asturcón horse, our indigenous breed par excellence, it would be Espineres high mountain meadow, in the Sueve Mountains, a place that was chosen for celebrating the Asturcón Festival when there were so few pure specimens that a recovery plan was necessary.

Espineres is a green hollow, surrounded by the grey of the limestone rock with which its huts are built and in which, above all else, the common hawthorn stands out, which gives the place its name. Getting here, via a wide track, is a walk of almost 4 kilometres of continuous ascent that offers views of the municipalities of Colunga, Villaviciosa and Gijón and also The Aramo Mountains, Oviedo, Siero... in an amalgamation of sea

and mountain. *Asturcones* and fallow deer among the mammals; griffon vultures, Egyptian vultures and red-billed and yellow-billed choughs, among the birds, are some of the species of fauna that we can see.

Without doubt, the views from the route or from the mountains of the surrounding area give us one of the best panoramas in Asturias, although we have to bear in mind that in this area there are no marked itineraries and fog sets in fast.



*Full
itinerary*

36 *Brañagallones*



<i>Beginning/End of route:</i> Bezares	<i>Duration:</i> 6 h 30 mins
<i>Municipalities:</i> Caso	<i>Minimum height:</i> 652 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 1,230 m
<i>Length:</i> 20.4 km	<i>Slope:</i> 578 m

Brañagallones means *braña* (mountainous areas used as pastures in the summer period) of the *gallones* (roosters or capercaillies), that in times gone by had up to six leks (exhibition sites for males in reproduction) in the surroundings.

It is a place of Fauna with a capital F, large beech forests with blueberry bushes, a peaceful, serene place to enjoy nature. If we go back in time, our imagination will be able to see the glacier that occupied it and that subsequently left a glacial lake, similar to that of Ubales, the location of which can be discerned from the route.

A meadow in which many families lived from the livestock that grazed there, and for whom a note was the list of things that they

needed to be sent them from home, written on a chip of wood taken from one of the pieces that they were working on to turn into *madreñas* (wooden shoes). In part, a traditional path along which donkeys loaded with ten milk churns used to travel each day to Bezares in a family shift system called "interius".

A route on which you can sleep in one of the best retreats in Spain to do mountaineering in the surroundings or just climb up and down again.



*Full
itinerary*

37 *Arenal de Morís Beach - La Griega Beach*



Beginning/End of route: Arenal de Morís Beach or La Griega Beach
Duration: 3 h 20 mins
Municipalities: Colunga and Caravia
Minimum height: 0 m
Type of route: One-way route
Maximum height: 37 m
Length: 11 km
Slope: 37 m

Using part of the St. James's Way, we extend the Beach route to go from the Arenal de Morís beach to the Jurassic site of La Griega Beach, discovering other beaches along the way. Between pastures and the sea, stepping on the sand or atop the cliffs, we enjoy the views of the Sueve Mountains, on one side, and the coast, on the other.

Under the gaze of the largest yew tree forest on the Iberian Peninsula, we discover a coast in which buckthorn and aromatic *sanjuaninos* (a type of shrub) dominate, with impossible shapes due to the force of the coastal wind.

We pass through the beautiful beach of La Isla and, after crossing through villages, fields and paths, we arrive at the no less pretty La Griega Beach, where we can see the second largest dinosaur footprints in the world, something which, without doubt, we cannot miss and that are a complete geological jewel.



*Full
itinerary*

38 *Picu Pienzu*



Beginning/End of route: Fito Lookout
Duration: 5 h
Municipalities: Parres
Minimum height: 582 m
Type of route: Round trip
Maximum height: 1,161 m
Length: 11.3 km
Slope: 582 m

Without doubt, one of the most visited summits in Asturias, accessible with a finish that, if the cloud allows it, is unbeatable. Its starts as a walk, two flat kilometres-long through mountain pastures, in which we have views of the coast on one side, and, on the other, Les Arriendes/ Arriondas, Cangues d'Onís/Cangas de Onís and the Picos de Europa.

We end up just on the southern face, looking towards Picos, Ponga and Montes de Sevares. We start to climb a track among limestone, vultures, choughs, some red partridges, *asturcones* and, from time to time, some fallow deer, perhaps the most abundant mammal in the mountains right now.

After a rest among the hawthorn bushes of the Mergullines fountain, we continue climbing to the summit and there... the sky. The sea and the mountains unite, with almost two hundred kilometres of coast at our feet on clear days and with half of Asturias in sight when we turn around, seeing everything from the Picos de Europa to the Aramo Mountain Range, from Peñas Cape to part of the Cantabrian coast.



*Full
itinerary*

39 Ponga Valley



Beginning/End of route: San Xuan/San Juan de Beleño
 Municipalities: Ponga
 Type of route: Circular
 Length: 10 km

Duration: 3 h
 Minimum height: 404 m
 Maximum height: 628 m
 Slope: 224 m

Between San Xuan/San Juan de Beleño, Sobrefoz and Abiegos, two river valleys open up that join together and create a large valley named Ponga Valley, dissected by this beautiful route that visits three villages among forests and rivers.

These paths, which were undoubtedly old connections between these villages, cross through mixed forests, riverside forest and chestnut trees with bilberry bushes and they cross the bed of the Ponga river over a bridge of natural rock. Among all the plants that can be seen, the strawberry trees stand out as well as some heaths that provide a colourful contrast to the light hues of the continuous green.

A stop at the lookout will allow us to enjoy a view of almost the whole route and the villages of Abiegos, Cadenaba and San Xuan/San Juan de Beleño, before submerging ourselves once more into the luxuriance of the bottom of the valley. A beautiful and simple route to discover the heart of Ponga.



*Full
itinerary*

40 Peloño Forest



Beginning/End of route: Les Bedules
 Municipalities: Ponga
 Type of route: Round trip
 Length: 32 km

Duration: 8 h 30 mins
 Minimum height: 991 m
 Maximum height: 1,448 m
 Slope: 457 m

Entering Peloño is like going through a tunnel of plants, nature and scenery; a tunnel of peacefulness, history and ethnography.

Peloño is, fundamentally, a large beech grove that can be traversed via a track of sixteen kilometres until reaching the Arcenorio meadow, a large esplanade dotted with shepherds' huts in which only the livestock, inhabitants and hikers break the serenity of the place. In the middle, Arcenorio chapel, and along the way, the beech grove leaves us some clearings that provide us with unique views of the Picos de Europa.

As we enter the meadow, a plethora of yellow gentians greet us, and half-way through the journey, we are diverted to visit the *Bustiello*

Roblón, a gigantic sessile oak tree that is worth visiting, and in the Guaranga, barely two kilometres from the Arcenorio, we will have looked back to see the trenches of the civil war, half hidden by the plants. Vultures, woodpeckers and jays stand out among the fauna of this beautiful and essential route.



*Full
itinerary*

41 *Infierno Cliffs*



At any point on this route, we can enjoy the sculptures that the sea has carved into the rock over the centuries. Between scrubland, cows and goats, we see small vessels from the nearby Ribadesella/Ribeseya fishing in the waters of the Cantabrian, looking for fish so that we can taste it fresh when they finish their work.

Small vertical peninsulas give shelter to the nests of seagulls and shags along the path. An enormous rocky tombolo emerges in a small cavity in the cliff. Two giant stone arches appear, as we walk, bridges to nowhere, uniting fragments of cliff. In the sky, the common buzzard and the common kestrel are frequent, two hunters scanning the ground, ready to swoop down on the small animals that form part of their diet.



Beginning/End of route: Cuerres Recreational area or Infierno Recreational area
Municipalities: Ribadesella
Type of route: One-way route

Length: 5.49 km
Duration: 1 h 40 mins
Minimum height: 7 m
Maximum height: 63 m
Slope: 56 m

And in the Cuerres recreational area, at the Eastern end of the route, the best panorama of the Pría Blowholes and the cliffs, where the water trickles through the caves below and comes out through the blowholes.

Pay particular attention and be careful in the cliff areas, especially if you have children.



*Full
itinerary*

42 *“Centenary Route” Ordiales Lookout*



Roberto Frassinelli, “The German from Corao”, and, most notably, Mr. Pedro Pidal, marquis of Villaviciosa, are the two great names that gave prominence to this area of the Picos de Europa. On the route, we find the German’s Well and we end up with the best views, over the tomb of the remains of the marquis.

On the centenary of the creation of the National Park, the first in our country, this route pays homage to the person who made it possible, Mr. Pedro Pidal. Between Enol lake and the lookout, we will find a mosaic of pastures, mountain meadows and rock in which we gain height and views of half of Asturias and the sea.



Beginning/End of route: Pandecarmen
Municipalities: Cangas de Onís
Type of route: Round trip
Length: 22.4 km

Duration: 6 h 30 mins
Minimum height: 1,043 m
Maximum height: 1,730 m
Slope: 687 m

Three are the constructions that we will find: shepherd huts, *corros* to enclose the livestock to vaccinate, shear or milk them, and *tendayos* to shelter the livestock from storms or carnivores. And upon arrival at the Lookout, paradise, with incredible views towards the valley of Angón, Amieva, Ponga and half of Asturias. The most seasoned mountaineers can, in 45 minutes, reach the summit of the Cotalba and enjoy it even more.



*Full
itinerary*

43 *Ercina - Vega de Ario*



<i>Beginning/End of route:</i> Ercina lake	<i>Length:</i> 14.8 km
<i>Municipalities:</i> Cangas de Onís, Onís	<i>Duration:</i> 5 h
<i>Type of route:</i> Round trip	<i>Minimum height:</i> 1,054 m
	<i>Maximum height:</i> 1,650 m
	<i>Slope:</i> 596 m

To climb up to Vega de Ario is to discover a little chunk of paradise. A journey back to the times of shepherding, a journey to discover the past of mother earth, areas of old ice ages, a history written in the rocks by the wind, the water, the ice and the sun.

Impossible, striking landscapes where the rock intermingles with the green pastures, the spots of underbrush and the small forests of beech trees. All this dotted with the red tiles of the huts here and there. We are in the territory of vultures, golden eagles and chamois.

Climbing to Ario transports us to a way of life that is very different to nowadays, where, as the poet says, paths are made by walking. A route for regarding the sea from the Picos de Europa, to make us realise the dimensions of these mountains and enjoy moments of solitude and silence, only broken by far-off mountaineers, birds that fly overhead or cows, goats and sheep that graze all around.



Full itinerary

44 *San Antolín - Pría Blowholes*



<i>Beginning/End of route:</i> Naves or Llanes	<i>Duration:</i> 4 h 45 mins
<i>Municipalities:</i> Llanes	<i>Minimum height:</i> 5 m
<i>Type of route:</i> One-way route	<i>Maximum height:</i> 69 m
<i>Length:</i> 15.6 km	<i>Slope:</i> 64 m

Without doubt, it is the beach route, with some of the most surprising beaches in Asturias, among which are the smallest (Villanueva), a beautiful cove where you can sunbathe or do sport climbing (Cuevas del Mar) and one in which you can't see the sea, which is inland (Gulpiyuri), without forgetting San Antonio, Guadamía, La Huelga and San Antolín de Bedón, with its Romanesque monastery.

Human beings have occupied this area since ancient times, as proven by the existence of kitchen middens here, that tell us of a diet based on molluscs thousands of years ago. This settlement evolved into an agricultural and farming use of the area, that is still observed today,

dotted with spots of vegetation that alternate with plantations of eucalyptus trees, scrubland, riverside forests and the jewel: the Atlantic holm oak, that are abundant on the coast of Llanes.

And all this, between the sea and the mountains, that rise up to the 1,317 metres of Turbina Peak, in the Cuera Mountain Range, ten kilometres from the route in a straight line.



Full itinerary

45 *Cares Route*



Known as the Divine Gorge, the Cares Route dwarfs us, fascinates us, overwhelms us with its rocky landscapes, its trees in impossible places, its almost inaccessible cliffs, the depth of the valley excavated by the green, crystal-clear waters of the Cares river, under the attentive gaze of *Picu Urriellu* (Naranjo de Bulnes), which with a bit of luck we will see at the beginning of the route, in the area of Poncebos.

The water supply having opened in 1915, in 1945 the path was made to give access to the channel of the hydroelectric power station that accompanies us all the way along the path; this makes it easy to walk among these impressive mountains almost at the bottom of this rocky breach of a little over 2,000 metres in depth.



<i>Beginning/End of route:</i> Poncebos	<i>Duration:</i> 6 h 30 mins
<i>Municipalities:</i> Cabrales	<i>Minimum height:</i> 239 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 583 m
<i>Length:</i> 24.6 km	<i>Slope:</i> 344 m

From Poncebos to Caín and back, or exchanging the car keys half-way along, it is worth doing this route at a leisurely pace, stopping from time to time to enjoy the grandeur of this unique landscape. However, the Cares obliges us to exercise caution, watching out for the possible stones that fall, as well as the fact that we are walking continually on the edge of a precipice without a railing.



*Full
itinerary*

46 *Ascent to Bulnes*



In the middle of the mountains, at the end of a narrow gorge, in a place that from below, it would seem impossible for it to exist, the village of Bulnes is hidden. A place that gives Picu Urriellu its second name (Naranjo de Bulnes), a climbing legend and myth on a national and international level.

Climbing via the Texu Channel, between two almost vertical rock walls, is really impressive; you lose the notion of perspective and distance, you feel dwarfed when you see it. If we concentrate hard, looking up, at the exit of the channel, we will be able to appreciate a steep valley in the shape of a V, excavated by the river, located inside another wider valley in the shape of a U, opened by an old



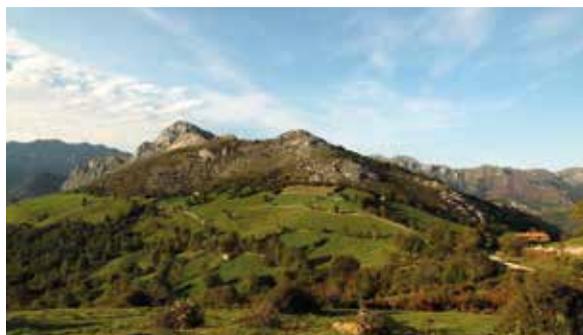
<i>Beginning/End of route:</i> Poncebos	<i>Duration:</i> 2 h 30 mins
<i>Municipalities:</i> Cabrales	<i>Minimum height:</i> 259 m
<i>Type of route:</i> Round trip	<i>Maximum height:</i> 643 m
<i>Length:</i> 6.6 km	<i>Slope:</i> 384 m

ice age. Plants that stand out in the area are the holm oaks, hanging from the cliffs, growing in cracks in the rock; foxglove with medicinal properties, endemic of the mountains of the north of the Iberian Peninsula. And some small snails particularly attract attention, some conical and others flattened, stuck to the rock which we almost don't see until we are very close. A little further up from Bulnes, we arrive at the lookout with views of Urriellu.



*Full
itinerary*

47 Panes - Alles (Inland Asturias)



<i>Beginning/End of route:</i> Panes or Alles	<i>Length:</i> 19.4 km
<i>Municipalities:</i> Peñamellera Baja and Peñamellera Alta	<i>Duration:</i> 6 h
<i>Type of route:</i> One-way route	<i>Minimum height:</i> 393 m
	<i>Maximum height:</i> 797 m
	<i>Slope:</i> 404 m

There is no better way to discover a region than travelling it on foot, enjoying every moment. In Panes, we take the first step to getting to know inland Asturias better, which takes us along the paths that used to unite its villages, its pastures, its huts and its mountains. In this section, we will cross the Deva and Cares rivers, seeing some of the most Eastern forests of the region and enjoying unique landscapes.

The geology offers us spectacular views from the hillsides of the impressive Peñamellera Peak, but also, if we concentrate, we can see old caves opened by rivers that leave stalactites and stalagmites uncovered that were formed thousands of years ago. Oak groves and riverside forests alternate with a large quantity of apple orchards, for

the production of cider apples; but if there is any plant that stands out on the route it is the foxglove, *Digitalis parviflora*. Roe footprints are not infrequent in the areas with mud on the route, as well as the presence of large birds of prey, given the proximity of the steep precipices of the Picos de Europa. A perfect route for enjoying by bike, except in a short section beside the Cares river which is better to do by road.



*Full
itinerary*

48 Pimiango Cliffs



<i>Beginning/End of route:</i> Pindal Cave Car Park, Pimiango	<i>Duration:</i> 2 h 30 mins
<i>Municipalities:</i> Ribadedeva	<i>Minimum height:</i> 15 m
<i>Type of route:</i> Circular	<i>Maximum height:</i> 164 m
<i>Length:</i> 7.9 km	<i>Slope:</i> 149 m

On the eastern most border of Asturias, we find a route that assembles Palaeolithic art, Romanesque remains and nature and landscape with lookouts between the sea and the mountains. Declared by UNESCO World Heritage site, Pindal Cave, in front of the sea and sheltered from it by a good Atlantic holm oak grove, hides cave art paintings of between 13,000 and 18,000 years of age in the depths of the cavity.

From here, the path takes us at all times close to the cliff to reach the remains of the Romanesque monastery of Santa María de Tina.

Among forests and eucalyptus plantations, Tina Point appears, a place on the edge of the cliffs where Asturias ends and the breach of the Tina Mayor estuary separates us from Cantabria. Without doubt,

holm oak trees dominate the plants of the area due to their uniqueness, but no less so, although more scarce, do the wild olive trees that are found dispersed inside the holm oak grove and hanging over the cliffs in isolated places.

Birds of prey, such as falcons, dominate the skies, and if we are patient and we concentrate hard, in the underbrush and on the ground we might find a praying mantis, a species present in the whole area.



*Full
itinerary*

Nature Calendar



Cantabrian Brown Bear



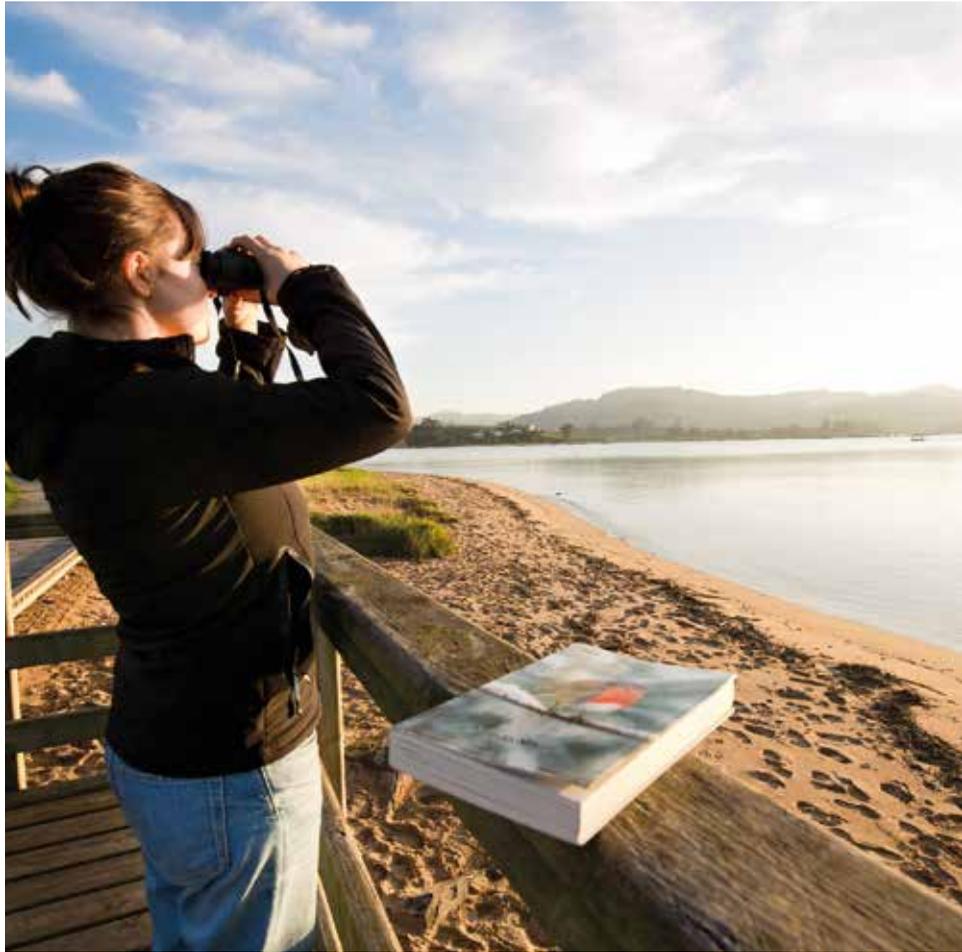
Iberian Wolf



European deer or venado

When heading to the countryside in search of the main animal species, it is important to bear in mind the ethology of each species, their periods of activity, their life cycles, etc. This will notably increase our chances of a sighting. Additionally, although many species are permanent residents, others are observed in our natural surroundings during certain months of the year, coinciding with their arrival in the migration period. Below, we will show you the ideal period for observing the most emblematic species of Asturian nature, as well as the best time to enjoy our forests and other natural resources.

Month	Cantabrian Brown Bear	Iberian Wolf	European deer or venado
JANUARY		●	
FEBRUARY		●	
MARCH			
APRIL	●		
MAY	●		
JUNE			
JULY			
AUGUST	●	●	
SEPTEMBER	●	●	●
OCTOBER	●		●
NOVEMBER			
DECEMBER		●	



Cantabrian chamois



Fallow deer



Cetaceans



Sea birds



Forest birds



Birds of prey



Butterflies



Ichnites



Beech groves

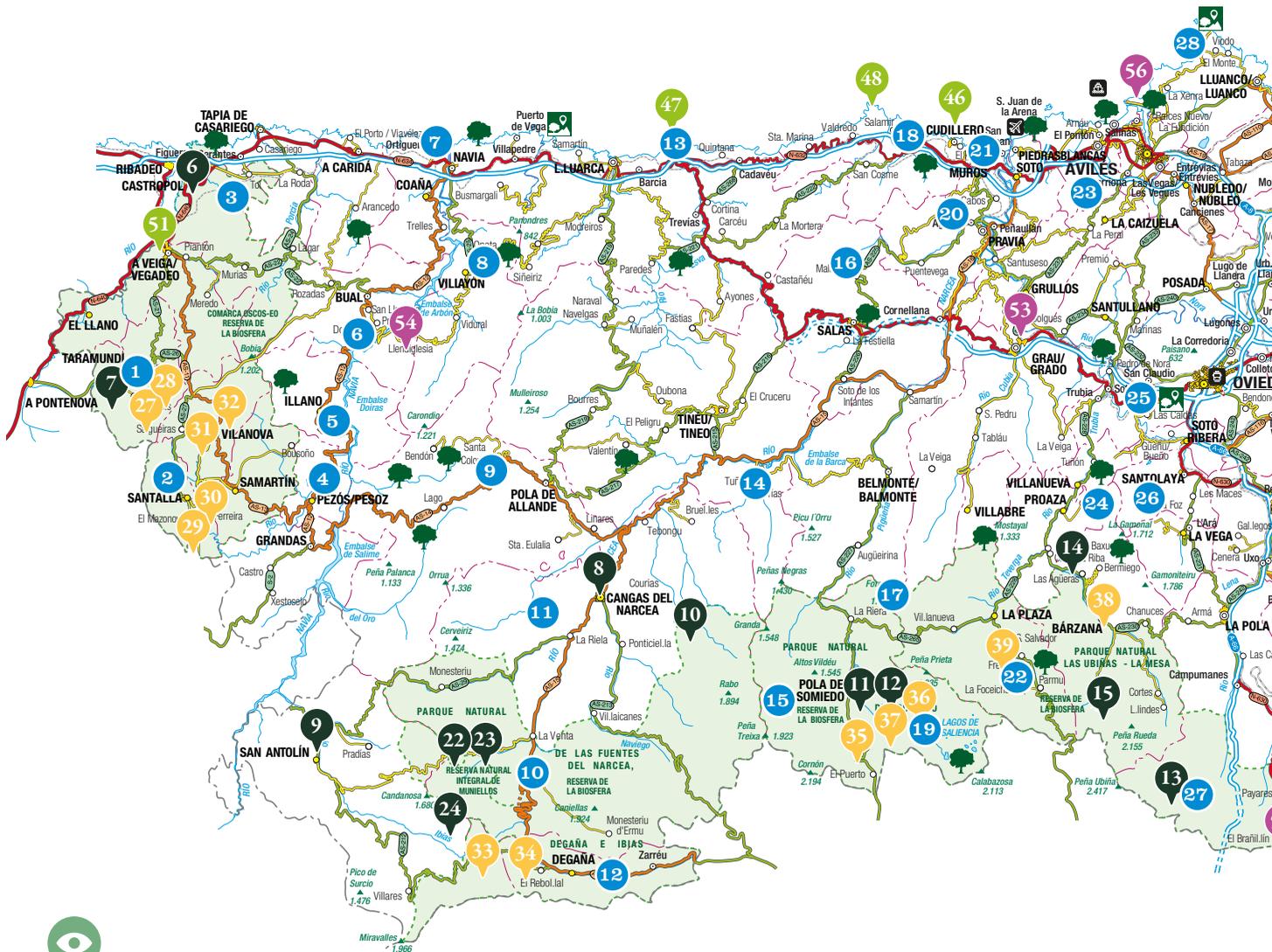


Oak groves



Holm oak groves / Cork trees

Cantabrian chamois	Fallow deer	Cetaceans	Sea birds	Forest birds	Birds of prey	Butterflies	Ichnites	Beech groves	Oak groves	Holm oak groves / Cork trees
●			●	●	●		●			●
●			●	●	●		●			●
●		●	●	●	●		●			●
●		●	●	●	●		●			●
●		●	●	●	●	●	●			●
●		●	●	●	●	●	●			●
●		●	●	●	●	●	●			●
●		●	●	●	●	●	●			●
●	●			●	●		●	●	●	●
●	●		●	●	●		●	●	●	●
●			●	●	●		●			●



Don't miss...

Explore Paradise

1. Casa Dago Visitor Reception Centre (Cangas de Onís)
2. Pedro Pidal Visitor Centre (Cangas de Onís).
3. Covadonga Lakes: Ercina and Enol (Cangas de Onís)
4. Belbín high mountain meadow (Onís).
5. Bulnes and its cable car (Cabralas).
6. Eo Estuary Interpretation Centre (Castropol).
7. As Veigas/Veigas (Taramundi).
8. House of Las Fuentes del Narcea, Degaña e Ibias Park (Cangas del Narcea).
9. Nature Interpretation Centre of Las Fuentes del Narcea, Degaña e Ibias Natural Park. La Palloza (Ibias)
10. El Alto del Acebo Lookout (Cangas del Narcea)
11. Somiedo Natural Park Reception and Interpretation Centre.
12. "Somiedo and the Bear" Interpretation Centre (Somiedo).
13. Las Ubiñas - La Mesa Natural Park Information Centre (Lena)
14. Valdemurio Dam (Quirós)
15. Los Garrafes (Quirós).

16. Redes Natural Park Reception and Interpretation Centre (Caso)
17. Caleao Dam (Caso)
18. Tarna Dam (Caso)
19. Ubales Lake (Caso)
20. Ponga Natural Park Reception and Interpretation Centre
21. Pelloño Beech Grove (Ponga)
22. Muniellos Nature Reserve Visitor Reception Centre (Cangas del Narcea)
23. Muniellos Nature Reserve Interpretation Centre (Cangas del Narcea)
24. Muniellos Lagoons

Culture, tradition and ethnography

25. The Royal Site of Covadonga (Cangas de Onís)
26. Cheese Cave-Exhibition and Cabralas Cheese (PDO) homemade production Centres (Cabralas)
27. Os Teixóis Ethnographic Site and Museum of the Mills of Mazonovo (Taramundi)



- 28. Ethnographic Museum in Esquíos (Taramundi)
- 29. Mazonovo Ethnographic Site (Santa Eulalia de Oscos)
- 30. Family home of the Marquis of Sargadelos (Santa Eulalia de Oscos)
- 31. Eco-museum of Bread (Villanueva de Oscos)
- 32. Santa María de Villanueva Monastery (Villanueva de Oscos)
- 33. Wood craftsmen (Tixileiros) (Ibias)
- 34. Wood craftsmen (Cunqueiros) (Degaña)
- 35. Somiedo Eco-museum in Caunedo (Somiedo)
- 36. Thatched huts Houses in Veigas (Somiedo)
- 37. Brañas of Mumían, Pornacal, La Peral and Sousas (Somiedo)
- 38. Ethnographic Museum (Quirós)
- 39. Prehistory Park (Teverga)
- 40. The Wood Museum (Caso)
- 41. Beekeeping Museum (Caso)
- 42. “Casa del Agua” Interpretation Centre (Sobrescobio)
- 43. Casin Cheese (PDO) homemade production centre (Caso)
- 44. Brañagallones (Caso)

Submerge yourself on the coast

- 45. Pría Blowholes (Llanes)
- 46. Cudillero Port
- 47. Busto Cape (Valdés)
- 48. Vidio Cape (Cudillero)
- 49. Lastres Cape (Colunga)
- 50. The Dinosaur Coast and the Jurassic Museum of Asturias (Colunga)
- 51. Landscape of the Eo Estuary (Castropol and Vegadeo)

Get active in Asturias

- 52. Descent in canoe or pirogue down the Sella River
- 53. Descent in canoe or pirogue down the Nalón River
- 54. Descent in canoe or pirogue down the Navia River
- 55. Picu Urriellu (Naranjo de Bulnes) (Cabres)
- 56. Surfing in Xagó (Gozón)
- 57. Winter Season: Valgrande-Pajares (Lena)
- 58. Winter Season: Fuentes de Invierno (Aller)

Asturias



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