nature trails network

NORTHWEST SECTOR acabelos-Quilós. León. Castile and León. (1.9)

Roman presence among vineyards The Romans enjoyed the wine produced in the Bierzo Basin, now protected under the Bierzo Denomination of Origin. They also probably took pleasure in the landscape, which is now part of the French route of the Camino de Santiago and La Mirada Circular Nature Trail, which this route links.

arballeda de Avia. Ourense. Galicia. (1.19) A trail through Sierra de Pena Corneira

Carballeda Nature Trail, which is 18,3 km long, runs through Pena Corneira mountain range in Ourense, the largest protected nature area in Galicia, scattered with large granite boulders and restored mills. A countryside of extraordinary beauty, located in O Ribeiro County, where the vineyards that fill the fertile valleys create a distinctive

Cantabrian Mountains. Inland Asturias. Principality of Asturias. (I.20) Asturias, from one end to the other

The Cantabrian Mountains Nature Trail crosses inland Asturias from one end to another, a route that surprises the traveller with spots of extraordinary beauty hidden in spectacular mountain counties, and transports them to a predominantly agricultural world where traditional works and customs still set the pace of life. Its 606 km include several protected areas.

Cantabrian Sea Route. Lugo and A Coruña. Galicia. (1.28) On the coast of Galicia

This trail of more than 150 kilometres is divided into 8 stages and 3 branches. It covers the coast of Galicia from the border with Asturias in the town of Ribadeo, and runs rough the entire province of Lugo until Cape Ortegal, in the province of A Coruña.

los Arrieiros. Ourense. Galicia. (1.3) Intertwined paths beneath oaks

This Nature Trail puts to good use the many paths that crisscross the landscape of this county, peppered with streams hidden amongst oak trees and lush riparian forests, piodiversity. It covers the near 10 km distance between Fonteantiga, municpality of "concejo de Carballino", and O Varon and its vicinity.

Esla. León. Castile and León. (I.10) Corn and sunflowers in a landscape inhabited since the Neolithic

The route begins at Valencia de Don Juan, in the south of the province of Leon, a Vacceo settlement located on the site now occupied by the ruins of a castle. This town, which is also known as Coyanza, was given its current name in honour of Prince Juan of Castile, the first Duke of the Villa, and son of Alphonse X. Mirada Circular: Ancares leoneses from Guímara to Balboa. León. Castile and León. (1.8)

Through the land of bears and "pallozas"

Sierra de Ancares, located in northwest León, borders with the province of Lugo and the Principality of Asturias. An exceptional natural site situated in County Bierzo, it is a UNESCO World Heritage Site and Biosphere Reserve. Its valleys, carpeted with oak and chestnut trees, are home to abundant and varied fauna, including the last grouses in the area and an occasional brown bear. This 70,3 km long Nature Trail runs through the aforementioned site. La Ribeira Sacra. Lugo. Galicia. (I.4)

Through lands of wine and prayer

The area is probably known as "Ribeira Sacra", owing to the large number of religious buildings found here. There are 18 monasteries open to visitors, including Monforte de Lemos, and San Estevo de Ribas de Sil, now converted into a Parador. It's comprised of two routes (near 30 km long), with other short length detour, among a land of wine, culture and nature.

Muñigo-Covadonga. Principality of Asturias. (I.7) The Cradle of Los Picos de Europa National Park

Short but hard, this near 1,6 km long Nature Trail gets to the epicentre of Picos de Europa National Park. The history of this protected area begins on July 22, 1918, when the eastern massif of this mountain range was declared as Montaña de Covadonga National Park. Its name was changed on May 30, 1995, when the area covered was expanded to 64,660 ha, and became part of the National Park Network. In 2003, it was declared a UNESCO Biosphere Reserve. Sayagués Agricultural Landscape. Zamora. Castile and León. (I.22)

Traditional and natural beauty

This 14.5 km trail runs between the Virgen de Gracia shrine (located at the town limit of Bermillo and Almeida de Sayago) and the town of Escuadro, passing through Almeida and the Santa Bárbara shrine. It unites the principal points of natural, cultural, historical and hydrological interest within the zone and offers a magnificent sample of the traditional architecture of Sayago, such as the stone fountains and pontoon bridges. River Barbantiño. Ourense. Galicia. (I.16)

The culture of water

The River Barbantino, in northern Ourense province, is the main watercourse of this 10-kilometre river circuit through a beautiful natural environment, studded with small bridges and walkways. The old water mills that dot its course evidence the importance of Galician rivers to the local economy. River Nalón (Fuso to Tuñón). Principality of Asturias. (1.5)

nanesque churches and millenarian yews

This 16-kilometre route links the Fuso de la Reina-Parque de Invierno de Oviedo Greenway with the Bear Trail that begins in Tuñón. It runs through meadows, chestnut woods rian forests along the banks of the rivers Nalon and Trubia nico Palentino. Palencia. Castile and León. (1.27)

he astonishing cultural and natural wealth of North Palencia

This 105.5 km trail is located in the north of Palencia, a zone with outstanding Romanesque architecture - the province of Palencia has the highest concentration of the most ortant Romanesque monuments in Europe- in addition to the natural wealth of the Palencia Mountains. Ita de la Conquista. León. Castile and León. (1.29)

Villages of stone and slate dot the woods of cork oaks and Pyrenean oaks

is route measures nearly 22 km and runs the length of Alto Bierzo from Labaniego to Congosto. This route is of great tourist value as it includes both natural and cultural Catoira eco-routes Nature Trail. Pontevedra. Galicia. (I.1)

Old water mills and riparian forests

his Nature Trail offers two alternative routes through Pontevedra County, where water is central to the landscape since time immemorial. The water mills that dot the riverbanks, sometimes hidden amidst lush greenery, attest to this. (Trail with serious maintenance problems) San Rosendo. Ourense and Lugo. Galicia. (I.17; I.18; I.26)

A tour through the history of Galicia

The San Rosendo Nature Trail results from the effort of recovering pedestrian ways that add up to 225 km between Porto Quintela (Ourense) and Foz (Lugo). Throughout the 3 sections that currently make up the Nature Trail (Porto Quintela to Celanova, Celanova to Ourense, and Mondoñedo to Foz), travellers can discover magnificent examples of religious heritage, such as the Visigoth temple of Santa Comba, the church of Bande, the monastery of Celanova, the historical and artistic complex of Mondoñedo and the basilica of San Martín de Mondoñedo which is considered to be the oldest basilica in Spain. Santander-Mediterráneo. Castile and León, Aragon and Valencian Community. 1.14; 1.34; 1.35; 1.36; 1.37; 11.24; 11.45; 11.46; 111.9;

VI.25; VI.26; VI.30)

Railway connection to the seaports of Santander and Valencia This trail is part of the historical railway connection between the Cantabrian coast and the Mediterranean Sea used to transport goods from provinces in the interior. Cu-rrently, this route has 12 sections that run through the provinces of Burgos, Soria, Zaragoza, Teruel, Castellón and Valencia.

Sarón-La Penilla. Cantabria. (I.12) A natural oasis in the centre of Cantabria

Cayón Valley is located between Caballar and La Matanza mountain ranges. The rivers Pisueña and Pas meet here surrounded by oaks, hazels, hawthorns, beeches, hollies, large fields of crop and livestock pastures, abuzz with the constant twitter of the many bird species that inhabit the valley. Senda del Duero. Castile and León. (I.21)

Scenic wealth and water use

The 752 km long Senda del Duero Nature Trail runs through the provinces of Soria, Burgos, Valladolid, Zamora and Salamanca, from its source in Fuentes del Duero until the river port of Vega Terrón. This route runs through three Natural Parks: Sierra de Urbión, Riberas de Castronuño-Vega del Duero and Los Arribes del Duero, and provides travellers with an opportunity to known of the human activities linked to this river course. Senda del Oso. Principality of Asturias. (1.6; 1.23; 1.24)

A walk through the heart of the forest

Three Nature Trail sections located in the heart of the Asturias side of the Cantabrian Mountains are grouped under this name: the Valdemurio reservoir to Santa Marina (10.2 km), Entrago-Cueva Huerta (8.8 km) and Santa Marina-Ricabo (6.8 km). These routes boast an exceptional scenic beauty, and are home to many of the most endangered species native to Asturias, such as bears, otters or the Spanish imperial eagle. They provide travellers with a rich cultural heritage which is reflected in the local architecture, traditions and cuisine. Sendas en Ábalo. Pontevedra. Galicia. (I.2)

Four mountain routes to the sea

This quiet route offers travellers the opportunity to understand the essence of the Galician landscape: calm, clear rivers, where it is not uncommon to see a centenary mill, rolling meadows alongside the river, and lush eucalyptus or oak forests that conceal natural promontories overlooking the ocean and the estuary. (Trail with serious maintenance problems)

Sierra de la Demanda. Burgos. Castile and León. (I.15) In a land of oaks and wolves

This area is exceptionally humid owing to its proximity to the Cantabrian mountain range. The landscape, dominated by large oak and beech forests, is populated by many native animal species, including the Iberian wolf, whose howl can be occasionally heard in the valleys and peaks. The 52,4 km of this Nature Trail follow an old mine railway Toranzo Valley. Cantabria. (I.13)

Heather and hazels in a valley open to the future

This Nature Trail, which is more than 15 km long, is divided into two attractive and relaxing trails that can be easily traversed on foot. Various sections of the trail provide hikers with a pleasant walk along the bank of the River Pas. Tren Secundario de Castilla. Palencia. Castile and León. (I.31)

Through the cereal-growing plains of Tierra de Campos

This nature trail is nearly 30 km long. It was laid on the old track of the emblematic railway route popularly known as "Tren Burra" (Donkey Train) for its lack of speed. The railway line was built to transport the enormous amounts of cereal produced in this region to Cantabrian ports. Via Nova. Ourense. Galicia. (1.39)

Following the Roman road

This nature trail is named after the Roman Via XVIII, also known as Via Nova. Built during the Empire of Vespasian and his son Tito at the end of the 1st century, this road connected the cities of Baraca Augusta (currently known as Braga, in Portugal) and Asturica Augusta (currently known as Astorga, in the province of León). The Trail, 108 km long, is divided in two sections, all of them in Ourense. The first one goes all over the River Limia valley, from Portela do Home (Portuguese border) to A Sainza, and the second traverses the River Sil valley, from Biobra to Petín

Villablino to Villaseca. León. Castile and León. (I.30) The mining legacy on the shores of the river Sil

This trail, which runs along the River Sil, between Villablino and the parish of Villaseca, makes use of the ranch of the old railway line of the Minero Siderúrgica de Ponferrada (MSP) mining company, which linked Laciana with Ponferrada. Villaescusa. Cantabria. (I.11)

Through meadows between wildlife and the sea

/illaescusa is a village in Cantabria, located to the south of the Bay of Santander and is integrated into the county of the same name. From the Cabárceno Nature Park, starting in Obregón, this 7.4 km long Nature Trail crosses meadows, small patches of oak, maple, ash tree, chestnut and strawberry trees, and reaches the sea in the village

NORTHEAST SECTOR

Anell Verd. Barcelona. Catalonia. (II.35) The natural environment of the Barcelona metropolitan area

Linking the municipalities of Sant Boi de Llobregat, Santa Coloma de Cervelló and Sant Climent de Llobregat, the trail crosses different riverside, agricultural and forest andscapes. Along this stretch of 17.9 km, the traveller may enjoy beautiful natural landscapes and areas with a rich architectural heritage, such as Colonia Güell or the shrine of Sant Ramón, which offers an unparalleled panoramic view.

amí de l'Aigua. Lleida. Catalonia. (II.15) The Romanesque route

Under the protection of summits that surpass 3,000 m, and close to Aigüestortes i Estany de Sant Maurici National Park, one of the first protected territories in Spain, this route proposes a journey back in time, visiting the best examples of Catalan Romanesque architecture. Carrilet. Girona. Catalonia. (II.20; II.21)

From the dormant volcanoes of La Garrotxa to the Mediterranean Sea

Over its 54 km, the Carrilet I Nature Trail joins the towns of Olot and Girona and crosses the valleys of the rivers Fluvià, Brugent and Ter. The Carrilet II Nature Trail crosses the regions of Gironès and Baix Empordà and descends slowly to the Mediterranean Sea, along a 39.3 km path that crosses the beautiful landscape of Girona. Castejón de Monegros. Huesca. Aragon. (II.13)

Underground aqueducts protected by the sierra

his Trail, which runs through the vicinity of the town from which it takes its name, crosses a landscape that is dominated by the nearby Sierra de Alcubierre, where the tient work of all its old inhabitants, who were determined to cultivate this arid land albeit a formidable task, is still alive today. Ebro. Cantabria, Castile and León, Basque Country, La Rioja, Chartered Community of Navarre, Aragon and Catalonia. (II.28) The trail of water

Since ancient times, the valley of the River Ebro has been a site for human settlement. For centuries, this area of particular interest has been occupied by many civiliza tions, and proof of its rich cultural past remains along its course. This 1,280 km trail follows the course of the river from Reinosa to Camarles, crossing a large variety of ndscapes and ecosyste

Lanuza reservoir. Huesca. Aragon. (II.9) World music and melting waters

This 3 km long walk through the heart of the Aragonese Pyrenees offers trail users not only the monumental nature of its valleys, its extraordinary biodiversity, its thousandyear old traditions and unique gastronomy, but also the possibility of practising all types of adventure and mountain sports all the year round. It runs between Sallent de Gállego and the dam of the Lanuza reservoir, on whose shores the "Pirineos Sur" music festival is held every summer

El Ferro i el Carbó. Girona. Catalonia. (II.19) Across forge lands

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Most of the route of this 31,7 km long Nature Trail runs parallel to the River Ter, which takes its name from the wrought iron work which for centuries has made the region of Ripollés famous. It makes use of the old mining railroad which, until the late 60s, transported coal from the mines of Ogassa and passengers to Sant Joan de les Abadesse

Basque Navarre Railway. Basque Country and Chartered Community of Navarre. (II.4; II.48) Through woodlands and fertile cropland The hills of Alava and the Navarrese county of Tierra Estella are two neighbouring areas, both scantly populated and characterised by steep hills. The woods have Mediterranean and Atlantic vegetation and the chalky cliffs provide shelter to large birds of prey. This 43 km Nature Trail follows the railway locally known as "Trenico" (the Little Train) or "Cangrejero" (the Crab Train), which linked Estella to Vitoria and Bergara until 1967. Hoya de Huesca. Huesca. Aragon. (II.42) The hills of Huesca, imbued with history This Nature Trail traverses the north zone of Hoya de Huesca, and links up with the hiking trails in neighbouring áreas, ending at Bierge in the county of Somontano de Barbastro. The Sierra de Guara, Salto de Roldán, Sierra de Gratal, Caballera and Loarre, as well as the municipalities of Riglos, Murillo and Agüero are some of its most unique Montes de Hierro. Bizkaia. Basque Country. (II.1, II.34) Through the cradle of Basque mining This route runs across the platform of the old railway that travelled between Traslaviña, in the south of Bizkaia, and Castro Urdiales, crossing the historic mining valleys of the Basque Country in las Encartaciones (Enkarterriak in Basque) county, this land already cited by Pliny two thousand years ago for its wealth of iron and other minerals This trail cover more than 20 km of this old railway line. La Muga. Girona. Catalonia. (II.31) From the Mediterranean to the Pyrenees The course of the River La Muga guides the Nature Trail through different natural spaces in the province of Gerona, between the the Mediterranean Sea and the region of l'Alt Empordà. Following a 40,5 km long route, the trail draws you near to the life of this region and its close link to the river, in a border territory where culture and biodiversity come togethe La Sèquia. Barcelona. Catalonia. (II.18) An irrigation canal in the heart of Catalonia is Nature Trail runs along La Sèquia, a 26 kilometre long canal which has been transporting water from the River Llobregat between Balsareny and Manresa for over 600 years. It was built in 1383, after the protests of the inhabitants of the municipality of Bagés who had suffered a devastating drought some years ago. Les Mines. Lleida. Catalonia. (II.37) A visit to the mining areas of Catalonia This Nature Trail covers 24.3 km across the municipality of Ribera de Urgellet, in the region of Alto Urgell in Lleida, in an area with a mining past. This circular route, which is completed by two branches and an alternative conects this area with de towns of Pla de Sant Tirs, Adrall y Arfa, and the final stretch of the itinerary is accompanied by River Segre. Loreto y el Canfranero. Huesca. Aragon. (II.43) A Sanctuary next to Alberca (pool) de Loreto This walk around the city of Huesca tours the most interesting places in its immediate environment, with a main circuit measuring 9.8 km and two branches that lead to the town of Alerre and to the pool of Loreto, respectively. It is a route that is very popular with the inhabitants of Huesca throughout the year, which begins following the old railway track between Huesca and Alerre and allows travellers to discover the Sanctuary of Loreto and the nearby pool of Loreto, a beautiful natural spot filled with water Matarraña-Algars. Aragon and Catalonia. (II.44) History, nature and landscapes all accompanied by the rivers Matarraña and Algars. This Nature trail is composed of a main itinerary divided into 13 stages plus some detours. This trail goes through the counties of Matarraña/Matarranya (Teruel), Bajo Aragón-Caspe/Baix Aragó-Casp (Zaragoza) and Terra Alta (Tarragona). Mountains, river terraces and towns full of history are just some of the attractions of this route that is

Montfalcó to Mont-Rebei gorge. Aragon and Catalonia. (II.40) The spectacular gorge of Mont-rebei links together the banks of the River Noguera Ribargorzana in the Sierra of El Montsec

Muntanyes de Prades. Tarragona. Catalonia. (II.39) Across the hills of the Catalonian Precoastal Mountain Range

Pedro Saputo. Huesca. Aragon. (II.10)

Between two rivers

Plazaola. Basque Country and Chartered Community of Navarre. (II.2; II.3; II.5; II.22; II.41; II.49) Hiking in an environment full of charm This Nature Trail is dotted with tunnels and forms part of the former railway network of Plazaola, meant to transport ironstone from Plazaola, in the Navarrese valley of

Port de Vielha. Lleida. Catalonia. (II.14)

A path through the heart of the Catalan Pyrenees The 12,1 long Port de Vielha Nature Trail once again covers an old natural pass that was used in years gone by as a channel of communication between the regions of Arán the thawing of the last snows, which enables the pass to be crossed Cidacos. La Rioja. (II.8)

A landscape carved by water

Cidacos and Alhama. Its numerous natural and cultural assets include its rocky cliffs and river canyons, which alternate with traditional terrace crops Guadalaviar. Teruel. Aragon. (II.23)

Walking under vulture colonie

lar gorge.

Oja. La Rioja. (II.7) A thirstless route

recreational purposes

EAST SECTOR

Los Alfares route

Holy water and pilgrimages

Among fruit and palm tres

into the universally famous word: "Rioja".

River Segre and Utxesa reservoir. Lleida. Catalonia. (II.17) Early last century, the company Riegos y Fuerzas del Ebro, which belonged to FECSA and was known as "La Canadiense", managed by the American engineer Frank Pearson, began the construction work of the Seros Canal. The purpose of this major project, rounded off with the Utxesa reservoir which served as a regulating tank, was to produce

old FECSA surveillance path, from Torres de Segre to the reservoir. Riu, Lleida, Catalonia, (ll.16)

Two water's edge routes River Glorieta route. Tarragona. Catalonia. (II.38)

Traditional use of water

Senda del Pastoreo. Basque Country, Chartered Community of Navarre and Castile and León. (II.33) A symbiosis of humankind and its environment A trail that crosses diverse areas located in the provinces of Alava, Gipuzkoa, Bizkaia, Navarre and Burgos, where animal herding has shaped the cultural landscape, which has been harmoniously anthropomorphised. Most of this path, which spans over 400 km, runs through areas of environmental interest Sierra de San Quílez. Huesca. Aragon. (II.11)

Legends of miraculous rainfall in a cultivated landscape this trail measuring 7.3 km, over which the lookout point of the San Quilez shrine towers.

Sifón de Albelda. Huesca. Aragon. (II.12) A route to celebrate a century of engineering

Somontano de Barbastro. Huesca. Aragon. (II.29)

A spectacular route through the Sierra de Guara

Sort i la Vall d'Àssua. Lleida. Catalonia. (II.30)

fruitful co-existence between Arab, Jewish and Christian peoples.

Through the districts of Baix Ebre, Terra Alta and Matarraña

Dénia. Alicante/Alacant. Valencian Community. (III.4)

La Safor, Valencia/València, Valencian Community, (III.1)

Maigmó. Alicante/Alacant. Valencian Community. (III.2)

trian and bike path that joins the towns of Gandía and La Olvia.

Noroeste. Region of Murcia. (III.3; III.6)

Mills dotting the Mediterranean hills

learning about the north-eastern district of this region.

Between the valley and the mountains of Lleida

A peaceful walk among market gardens

55 km of the El Somontano Nature Trai

This 4,1 long path allows you to enjoy the spectacular limestone relief of the Sierra of El Montsec which, forged by the River Noguera Ribagorzana forming the heartstopping gorge of Mont-rebei. The path passes over two rocky outcrops and the reservoir of Canelles, via wooden walkways anchored into the rock, and a hanging bridge, respectively, whose construction was possible thanks to specialised altitude work teams.

The 35.8 km of this trail crosses the municipality of Prades in Tarragona, and runs through landscapes of great forestry, geological and cultural interest. This trail is composed of a main itinerary 27 km long, completed with 3 alternatives branches, Camino de la Serra del Bosc (4 km), Camino dels Pics (2,5 km) and Camino Vell de Montblanc

This route begins with the presence of the old Muslim castle of Almudévar overlooking the scenery from the summit of a hill, and whose ruins house the Cistercian Chapel of the Virgen de La Corona. It runs parallel to the Monegros Canal and the irrigation canal of La Violada. These buildings, which supplied the area with water from the Rivers Gállego and Cinca, are included in the Alto Aragón irrigation plan which, since the end of the 19th century, has aimed to improve the economy of the area.

Leitzaran until Andoain in Gipuzkoa. Later its use was extended as a passenger train on the San Sebastián-Pamplona line.

and La Ribagorza. This natural pass, marked with signposts for the GR-211-5, is crossed every May 22 as part of the traditional pilgrimage of Santa Quiteria, thus celebrating

The River Cidacos is a tributary on the right-hand side bank of the River Ebro whose source is the Sierra of Montes Claros in Soria. In its final section, it bathes the fertile and productive meadowland where the towns of Arnedo and Calahorra are located and crosses the Biosphere Reserve - declared in 2003 - of the Valleys of Leza, Jubera,

This 4 km long route, between San Blas borough (Teruel) and el Arquillo reservoir, covers the canyon of the River Guadalaviar, an area where it is not unusual to see brids of prey, as the golden eagle, Egyptian vulture or bearded vulture. The route can be complemented leaving the riverbed in order to walk over the upper part of this spectacu-

The 26,6 km of this trail follow the River Oja, its source located in the Sierra de la Demanda (Iberian Mountain Range), and on its north-easterly route in search of El Tirón to finally flow into the Ebro, it crosses one of the most beautiful and monument-filled locations of La Rioja, a fertile territory cleaved by other parallel rivers, such as the Najerilla, Iregua, Leza-Jubera, Cidacos and the Alhama, although only the latter has the honour of lending its name to this Autonomous Region, as its etymology contracts

electric power and to water non-irrigated crops, representing an enormous economic and social revolution for Lleida. This Nature Trail is 12.6 km long and runs along the

The Riu Nature Trail consists of two routes that make for relaxing walks amidst riverside forests that follow the course of the River Segre. The first heads north from the peri-urban park of La Mitjana (Lleida) until the Butsenit shrine. The second heads south from the park to the confluence of Sequia de Torres and the Serós canal.

This Nature Trail, 10.2 km long, crosses the municipalities of Alcover and Mont-ral, runs along the River Glorieta Valley, and shows the traveller many infrastructures related to the traditional uses of water, which form a hydraulic site classified as local historical heritage. Several country lanes connect mills, canals, fountains and water collection

The Sierra de San Quílez Nature Trail in Binéfar (Huesca) is a route that serves as a communication axis between the most outstanding points of interest in this region, as well as inviting trail users to discover the rich biodiversity of this agricultural region. Holm oaks, almond and olive groves and the Aragon and Catalonia Canal accompany

The start-up of the Aragon and Catalonia channel on 10 May 1909 radically changed agricultural work in the region of Albelda as, up until then, its crops were basically dry. In addition to its purely functional purpose, since then, its ten-kilometre long construction has allowed this area, which is now covered by this Nature Trail, to be used for

The Huesca region of El Somontano is one of the destinations most frequented by tourists in Aragon. Rich in cultural and natural heritage, it offers you the chance to enjoy privileged landscapes and to practice a diverse array of sports, ranging from fishing and horse-riding to climbing and canyoning in the Sierra de Guara. It houses the almost

Far from the noise of the large cities and the most populated areas, the Sort and la Vall d'Àssua Nature Trail takes us into the corners of the Lleida region of El Pallars Sobirà, a mountainous area strewn with picturesque villages that are home to unique churches and mediaeval castles, which survive in the middle of the countryside and are spread across the different valleys that all lead to the River Noguera Pallaresa, the main channel of communication. Tarazonica. Chartered Community of Navarre and Aragon. (II.6)

The old railway track, which until 1972, across the lowland of the River Queiles, linked Tarazona to Tudela, two of the most important towns in the valley of El Ebro, has recently been converted into a gentle 21,5 km long path which still links, as it did then, these historic municipalities. For centuries, they were an example of intelligent, Val de Zafán. Teruel and Tarragona. Aragon and Catalonia. (II.25, II.26, II.27)

The Val de Zafán Nature Trail follows the former railway track of the same name. Starting at Tortosa, in Tarragona, it leaves behind the acricultural lands of Baix Ebre County and enters the gorges of Terra Alta County. Then, entering Teruel, it reaches Matarraña County, through a land where Aragonese, Catalonian and Valencian influences converge which makes this region a melting pot of people, traditions, history and landscapes.

The Dénia Trail follows the Carcaixent-Denia railway track. This narrow-track railroad, in disuse since 1974, operated with animal traction. Horse stables were located in strategic places so they could be replaced. Over its six-kilometre route, you can see interesting farm scenery where the cultivation of citrus fruits plays a prominent role. On the way to Las Fallas de Gandía among irrigation canals and orange tres

La Safor Nature Trail has been established on the old route of the Carcaixent-Dénia railway, and is regarded as the train with the oldest narrow track on the Peninsula, as it was begun in 1864, a time when the tram that operated on that first section worked with animal traction. 6,5 km of the former railway had been transformed in a pedes-

In the 1920s, in order to provide an outlet for the important industrial production of the city of Alcoy via the port of Alicante, the construction of a railway line began, whose route is now taken advantage of by this Nature Trail. The work, which began under the Guadalhorce Railway Plan during General Primo de Rivera's dictatorship, was never completed because of the Civil War. 21,2 km of the former railway through tunnels and viaducts today serve as the Nature Trail

In spite of its small size, the Autonomous Community of Murcia has a large variety of landscapes, many of which can be encountered on this trail. From ravines and lunar landscapes to lush pine groves, passing through the most famous orchards of the peninsula, in addition to a rich cultural heritage, this trail of nearly 80 km is essential for

Ruta dels Molins d'Aigua. Castellón/Castelló. Valencian Community. (III.5)

This Nature Trail runs across the municipality of Lucena del Cid, in the province of Castellón, known as the Pearl of the Mountains. This 11 km long trail runs along the River Lucena, where the traveller may discover several old water mills which dam up in placid pools amidst hills in the l'Alcatén mountains Turia-Cabriel. Valencia/València. Valencian Community. (III.7; III.8)

The River Turia and orange groves give way to rosemary-scented hills and the River Cabriel gorge This Nature Trail, more than 121 km long, connects two of the more important rivers of the province of Valencia: River Turia and River Cabriel. The itinerary runs traveller through two Natural Parks, the Turia Natural Park and Hoces (gorges) del Cabriel Natural Park.

Santander-Mediterráneo. Ojos Negros Greenway. Aragon and Valencian Community. (IIII.9) From Sierra Menera mines to Algimia de Alfara, simulating the route of the mining railway. Following the trail of the train that carried iron ore from Ojos Negros to the plants of Sagunto. From Sierra Menera mines, exploited since the celtiberians, this more than 190 km long, predominantly descending trail traverses numerous towns and areas of Teruel and the Valencian Community and ends in the municipality of Algimia de Alfara. L'Antic Trenet. Valencia/València. Valencian Community. (III.10) Following the Antic Trenet trail, a pioneering railway line in the Peninsula This trail recovers part of the railway track from Carcaixent to Denia, considered to be one of the first railway lines in the Iberian Peninsula. It runs through the territory of Serra de la Murta and the valley of Valldigna, an area of great scenic and cultural value. BALEARIC SECTOR Camí de Cavalls. Menorca. Balearic Islands. (IV.2) Among fortresses on horseback The name of this Nature Trail bears witness to the prominence of the Minorcan horse, a black, sleek, rather short, autochthonous specimen, which can frequently be seen along the whole tour. Horses and fortresses leave their stamp on the Camí de Cavalls or Horses Trail, a 186 km long route which takes you back to the 18th and 19th centuries when the movement of troops and supplies and stores in battle was common along this track, which served to communicate the different defence constructions that extended along the entire coastline of Menorca.

Son Juny, Mallorca, Balearic Islands, (IV.1) Walking among thousand-year-old olive trees Sant Joan is a traditionally agricultural municipality whose origins date back to the Muslim period belonging to the region known as Pla de Mallorca or Plains of Mallorca; it is situated in the middle of the island. A half kilometre of Nature Trail links Sant Joan and the sanctuary of Nuestra Señora de la Consolación, running between dry stone walls and farmland.

Aceite. Jaén and Córdoba. Andalusia. (V.8; V.9; V.11) In a sea of olive tres

SOUTH SECTOR

Historical iron mines

The layout of an old railway line that communicated Linares (Jaén) and Puente Genil (Cordoba) from the 19th century until the early 20th century serves as the base for the Aceite Greenway Nature Trail. It owes its name to the railway line popularly known as the "Olive Oil Train" due to the main product it used to transport. The route, composed of three sections, travels through the olive groves filled Andalusian landscapes. Almanzora Valley. Almería. Andalusia. (V.10)

Ride along the spectacular Almanzora River Valley, surrounded by the Sierra de Baza and Sierra de Filabres mountains where tonnes of iron mineral were moved for decades. Entre Ríos. Cádiz. Andalusia. (V.4; V.7)

Following the "Tren de la Costa" This Nature Trail runs along the old railway, popularly known as "Tren de la Costa", which linked El Puerto de Santa María and Sanlúcar de Barrameda. It was primarily built to transport sherry wine to the seaport for export to England. A 16 km stretch along the coast of Cádiz passes through an agricultural landscape that allows travellers to enjoy the valuable coastal pine groves that secure the mobile dunes. Guadalimar, Jaén, Andalusia, (V.12)

Mines, olive groves, history and nature The Guadalimar Nature Trail is 15.5 km long and passes through Linares and Begijar. A walk along this route provides the traveller with panoramic views of great scenic

interest: hills covered in olive groves, lush wooded areas of the River Guadalimar and the Guadiana plain; in addition to numerous industrial and mining heritage landmarks. Guadiana Greenway. Huelva. Andalusia. (V.1) Former mining glory This Trail, 16,6 km long, follows the route of the old mine railway that joined Minas de las Herrerías and Puerto de La Laja for nearly a century. The mineral products transported by this railway from La Isabel Mine enabled Spain to become the largest world producer of manganese in the late nineteenth century, and a major international

producer of copper and sulphur. Guadiato. Córdoba. Andalusia (V.16) Industrial and mining heritage in the former Fuente del Arco-Peñarroya-Puertollano railway

Making use of part of this dismantled railway line, this 7 km long route runs surrounded by holm oaks groves. This route connects with other itineraries, which keep exploring the mining vocation of this part of the province of Cordoba La Campiña. Córdoba and Sevilla. Andalusia. (V.5)

Sun amidst olive groves This 54,2 km long route runs along part of the old Cordoba-Marchena railway line closed in the 1970s. It passes through olive groves, sunflower and cereal fields, which are particularly beautiful in spring when the different plots that carpet this flat landscape explode in a kaleidoscope of contrasting colours. La Sierra. Cádiz. Andalusia. (V.6)

In territory of the otter This route passes through a total of 29 tunnels carved out of the heart of the mountains for the railway line that sought to join Jerez and Almargen. The longest tunnel, which is nearly 500 metres in length, is located at the end of the route. Despite this massive endeavour, the Civil War doomed the completion of the project. White villages, olive trees, fighting cattle, the Peñón de Zaframagón Nature Reserve, megaliths and rivers which are home to otter sanctuaries are the main attractions of this 35.5 km

Litoral. Huelva. Andalusia. (V.2) Where flamingos nest This 48,7 km long route runs parallel to the coast from Huelva to Ayamonte, along the old railway used to transport fish from Isla Cristina and Lepe to Madrid, and minerals from El Andévalo to the coast. This freight train carrying fish was strategically important for supplying food to Castile during the difficult post-war years. It should be noted that the conditions of this Track do not meet the standards of this Programme(Trail with serious maintenance problems) Los Molinos del Agua. Huelva. Andalusia. (V.3)

A picnic in the countryside This corridor runs through the province of Huelva, along the old railway that linked Buitrón Mines with the mining company's pier at San Juan del Puerto, where one of this 34 km long route ends is sited. Olive trees, cork oaks and pines, among other trees, dot the patches of farmland and surround the hiker, who can also pay a visit to the mportant Los Gabrieles dolmen complex Lucainena de las Torres to Agua Amarga. Almería. Andalusia. (V.15)

The foothills of Sierra de Alhamilla This route follows the trail of the old mining train between Lucainena de las Torres and the loading platform of Agua Amarga, through an arid landscape dominated by the Sierra de Alhamilla and accompanied by the shallow ravine of Lucainena. Segura, Jaén, Andalusia, (V.14)

Through the Sierra del Segura district This Nature Trail, 28.7 km long, crosses the Sierra de Segura (67.3% of which corresponds to the Sierras de Cazorla, Segura and Las Villas Natural Park) and Las Villas county, crossing the towns of Arroyo del Ojanco, Segura de la Sierra, Puente de Génave, La Puerta de Segura, Génave and Villarrodrigo.

CENTRAL SECTOR

Agua Soriano. Camino Antonino. Chartered Community of Navarre, Aragon and Castile and León. (VI.11) A Link between rivers Ebro and Duero From Tudela to Soria, between the peninsular north's greatest rivers, Duero and Ebro, this trail takes advantage of part of the 27th Route of the Antonino Itinerary, between

the ancient cities of Augustóbriga and Numancia. It links Ebro GR and Senda del Duero Nature Trails. This is a historical 135,5 km long route that takes you from the Pre-Roman culture of the Celtiberos to the Roman and Mediaeval eras, under the watchful eye of the Moncayo mountain Campo Azálvaro. Ávila. Castile and León. (VI.2)

A drovers' road leading to the moor The walled city of Ávila, declared a World Heritage Site, was, during mediaeval times, one of the main cities of Castile thanks to trade and to the thriving textile industry that was developed around wool. In this period, thousands of heads of merino sheep crossed its walls following the paths of the numerous drovers' roads. The 13,9 km long

Nature Trail makes use of the important Cañada Real Soriana Occidental drovers' road. Maria Cristina canal and branches. Albacete. Castile-La Mancha. (VI.9) Near guiet water

The five branches that form this Nature Trail uses the same route as the most importat Canals of this engineering work. The canal, whose construction begun in 1804, was built to drain the pooled waters from around Albacete into the River Júcar. This enabled the use of previously uncultivated land for agriculture, and improved the health conditions of the population

Cañada Real Soriana Occidental. Segovia. Castile and León. (VI.21) The Segovia slopes of sierra de Guadarrama mountains This Nature Trail of 148 km crosses the province of Segovia from El Espinar to Ayllón, and includes a total of 29 towns within the Counties of Tierras de Segovia and Riaza-

Ayllón, overlooking the Guadarrama National Park Cañada Real Soriana Oriental. Community of Madrid. (VI.18)

A trek through La Alcarria of Madrid

his route runs through the south-east of Madrid taking advantage of the route of the Cañada Real Soriana Oriental, one of the nine Cañadas Reales or drovers' roads that cross the Iberian Peninsula. Along its 24 km, the trail runs among farmland, moorlands and meadows, allowing trekkers to enjoy the agricultural landscape until its passes by uentidueña de Tajo and finally ends near the provincial border.

Cáceres-Badajoz corridor. Badajoz and Cáceres. Extremadura. (VI.5) Ponds, Holm-oaks and granite

The Caceres-Badajoz Corridor Nature Trail covers 176.3 km, beginning to the south of the town centre of Caceres and ending to the west of Valverde de Leganés, approxi-mately 30 km south of the city of Badajoz. The route makes use of the old cattle roads. (Trail with serious maintenance problems) Eresma. Segovia. Castile and León. (VI.12

From the foothills of Guadarrama to the fields of cereal crops The Nature Trail runs through several landscapes that create transition zones from the foothills of Sierra de Guadarrama to the fields of cereal in the Douro basin. The 13 km long route crosses through different zones, including riparian vegetation, reforestation and a protected holm oak grove. The route starts in the city of Segovia, descends to he floor of Eresma River Valley, and continues to the vast floodplains where Hontanares de Eresma is located.

Guadiana. Castile-La Mancha, Extremadura and Andalusia. (VI.14) River Guadiana, diverse and mysterious

The Guadiana River, 818 km long, is the second longest river in the Iberian Peninsula. Its source is located in the Ruidera lake, between Albacete and Ciudad Real, after which it disappears and resurfaces in the area called Ojos del Guadiana, goes through the province of Badajoz, crosses into Portugal and runs all along the Portuguese bor der, in the Huelva side, before discharging into the Atlantic sea. This Nature Trail covers this distance in 44 stages, and is interrupted at the Portuguese stretch. La Mancha wetlands. Castile-La Mancha. Toledo, Ciudad Real and Cuenca. (VI.23)

Lakes and birds in La Mancha, the land of Don Quixote This 150 km Nature Trail with 5 stages and 6 branches, runs across the main lagoons of the La Mancha Húmeda region, included within the Natura 2000 network and classified as a Biosphere Reserve, among other protection instruments

La Jara. Toledo. Castile-La Mancha. (VI.7) The yellow landscape

This project dates to the time of King Alphonse, which never worked. This project dates to the time of King Alphonse XIII. It was meant to connect the centre of the peninsula with Extremadura. To that end, a railway link between Talavera de la Reina (Toledo) and Villanueva de la Serena (Badajoz) was planned. The works were definitely abandoned in 1962.

La Jayona. Badajoz. Extremadura. (VI.20) Traces of the importance of mining in the county of Llerena.

This trail, among olive groves and pastures of holm oaks populated by Merino sheep, passes along part of the railway line which transported products extracted from the many mines spread throughout the county of Llerena towards the province of Cordoba. The mine of La Joyona stands out above all, named as a Natural Monument in 1997, it lends its name to this Nature Trail.

Las Villuercas. Extremadura and Castile-La Mancha. (VI.13) Through the sierras in the southern plateau

This trail runs along the Las Villurecas region across the municipalities of Logrosán, Cañamero, Guadalupe and Alía in the province of Cáceres, and the municipality of Puerto de San Vicente in the province of Toledo. Its creation links the Vegas del Guadiana Nature Trail (in Cáceres, Extremadura) and La Jara Nature Trail (in Toledo, Castilla-La Mancha), creating a route of 185 km across an intensely beautiful landscape. Riaza beech and oak forests. Segovia. Castile and León. (VI.1)

In the Ayllón Range This route is composed of seven circle paths, mainly forest trails among oak trees at mid-slope level. A forested area subject to inclement weather, it is possible to get lost here, which is why we recommend taking a good topographical map along. Shrines, red and black villages and unsurpassed views of the Sierra de Ayllón accompany the raveller and make the forest even more attractive

Monfragüe, Cáceres, Extremadura, (VI.24) Pastures of oaks and corn oaks in the surroundings of the Monfragüe National Park. Located in the Monfragüe National Park and Biosphere Reserve transition area, this route makes the most of the Madrid-Valencia de Alcántara railway line, following close to

the track that currently lends this service, among the oak and corn oak pastures in which the cattle and Iberian swine graze. River Rivera de Acebo. Cáceres. Extremadura. (VI.4)

Seven paths between two waters This route through the lands of Cáceres is formed of seven paths that begin in the recreational area known as "El Jevero" or are connected to those that leave from there. This point, located two kilometres from Acebo, offers travellers its natural pools of the River Rivera de Acebo, where they can enjoy a swim at the beginning or at the end

Sierra de Alcaraz. Albacete. Castile-La Mancha. (VI.10; VI.16; VI.22) Among lagoons and wetlands

his trail follows the layout of the Baeza-Utiel railway line, which was part of a rail network intended to connect Andalusia and France by way of Eastern Spain. The trail is dotted by dryland and irrigation crops characteristic of La Mancha, scrubland as well as important wetlands.

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Tajo. Aragon, Castile-La Mancha, Community of Madrid and Extremadura. (VI.15) A long way to the West The River Tagus Nature Trail has a plural and diverse layout over more than 1,000 kilometres heading to the Atlantic Ocean at the Western Coast of the Iberian Peninsula From the Montes Universales, in the Sierra de Albarracín, where the source of the Tagus is located, the trail crosses the provinces of Teruel, Cuenca, Guadalajara, Madrid, Toledo and, finally, Cáceres. The trail ends here, but the Tagus continues across Portugal to Eresma Valley. Segovia and Valladolid. Castile and León. (VI.17) Accompanying the River Eresma This Nature Trail follows the old Segovia - Medina del Campo railway line and has the River Eresma and its valley as the main axis. Flanked by poplars on its banks and cereal crops in its plains, it lends freshness to the nature lover, the hiker or the cyclist who travels on this route Lozova Valley. Community of Madrid. (VI.3) Five mountain hikes This 31,7 km long Nature Trail consists of five itineraries which provide the opportunity to discover the southern slopes of Sierra de Guadarrama, in the northwest of the Community of Madrid. It traverses through a valley dotted with shrines hidden in centennial pine forests, accompanied throughout by the River Lozoya. Its rich biodiversity includes endangered species like the imperial eagle (Aquila adalberti) or Graellsia isabellae, a moth unique in the world. Vegas del Guadiana, Badajoz and Cáceres, Extremadura, (VI.6) Through crane populated "dehesas" This route, which opened in 2007, links Villanueva de la Serena (Badajoz) with Logrosán (Cáceres). It runs along an old railway line that was meant to connect this area to Talavera de la Reina. The works were finally abandoned at the beginning of the Spanish Civil War. The 57.8 km layout offers travellers not only beautiful landscapes, but also the opportunity to get to know the largest wintering site for cranes, who each year travel from northern Europe to spend the winter in the best "dehesas" of the Iberian Vía de la Plata. Extremadura and Castile and León. (VI.19; VI.27; VI.28; VI.31; VI 32; II.42) Following the old "Vía de la Plata" This Nature Trail runs along the old Palazuelo-Astorga railway line (part of the "Vía de la Plata" railway line). Currently, it consists of 5 sections in the provinces of Cáceres Salamanca and Zamora: Plasencia-Jarilla, Casas del Monte-Hervás; Baños de Montemayor-Béjar; Navalmoral de Béjar-Alba de Tormes; Carbajosa de la Sagrada-Alba de Tormes, and Barcial del Barco-Maire de Castroponce El Trenillo. Villacañas - Quintanar de la Orden. Toledo. Castile-La Mancha. (VI.8) Wetlands amidst vinevards and olives The railway line linking the Toledan towns of Villacañas and Quintanar de la Orden, with stops in Villa de Don Fadrique and Puebla de Almoradiel opened in the early 20th century. This train, popularly known as the "Trenillo", led to the gradual abandonment of marginally profitable cereal crops, making way for wine production, which has greatly contributed to the socio-economic growth of the entire region. Júcar. Castile-La Mancha and Valencian Community. (VI.8) From the hills of Cuenca to the plains of La Mancha Following the course of the River Júcar from its source, this trail passes through the uneven landscapes of the northeast of Cuenca until the agricultural plains of La Mancha in the south of Cuenca and the north of Albacete, passing through places of interest such as the Enchanted City or the capital of Cuenca itself CANARY ISLANDS SECTOR Anaga-Chasna. Santa Cruz de Tenerife. Canary Islands. (VII.2) An Explosion of Nature in Tenerife The Nature Trail of Anaga-Chasna or GR 131, with a length of 85,7 km is one of the long-distance trails of Tenerife. This route goes through forested areas and the hills of the island to the delight of hikers, who will have the privilege of admiring along the way the great contrasts, offered by the landscapes of Tenerife, from lush vegetation to quaint volcanic formations, all of it crowned by the imposing Mount Teide, the tallest in Spain with 3718 m height. Costas de La Gomera. Santa Cruz de Tenerife. Canary Islands. (VII.6) An island shaped by time The Costas de La Gomera (Coasts of La Gomera) Nature Trail runs along the coastline of the island, allowing hikers to enjoy an impressive landscape furrowed by deep ravines and towering cliffs of the island, which was declared a World Biosphere Reserve by UNESCO on 2012 Cumbres de La Gomera. Santa Cruz de Tenerife. Canary Islands. (VII.5) Among valleys, "roques" and thousand-year-old forests

This 44,1 nature trail shares almost its entire length with path GR-131. The traveller may enjoy the distinctive vegetation of the island when crossing the Garajonay Natura Park, and the changing orography of the island, which is scattered with lone rocks in whimsical shapes and deep ravines. Fuerteventura. Las Palmas. Canary Islands. (VII.4) Natural treasures in a volcanic environment

From Isla de Lobos to Punta de Jandía, the GR 131 runs 153 km characterised by the marked natural diversity of Fuerteventura. The entire island was declared a Biosphere Reserve by the UNESCO in 2009. This route is accompanied by 14 Short Trails (97 km in total) which pass, among many other sites, by the volcanic cone of Tindaya. La Palma. Santa Cruz de Tenerife. Canary Islands. (VII.1) By "Benahoaritas" Lands and "El Bastón'

Two major routes make up the Nature Trail of La Palma: GR 130 and GR 131. The first is 159 km long, and runs along the old roads that connected villages, called Camin Real de la Costa (Royal Coastline Road) or Camino Real de Medianías (Royal Ravine Road). The second path is 86.9 km long and was born from the union of the Volcano Route and the Peak Route, which runs along the peaks of the Caldera de Tarburiente National Park. Órzola to Playa Blanca. Las Palmas. Canary Islands. (VII.7)

Crossing the volcanic island of Lanzarote This Nature Trail, 72.6 km long, crosses the island in a northeast-southwest direction, which lets the traveller enjoy the beauty of this island which was declared a Biosphere Reserve by UNESCO in 1993. More than 40% of the territory belongs to the Canary Islands Network for Protected Natural Spaces.

Traditional paths of El Hierro. Santa Cruz de Tenerife. Canary Islands. (VII.3) The trail as a cultural legacy

First, there is the 104 km long El Hierro Circle Route, which consists of 15 stages and runs along the so-called "traditional paths" of the islands, among woods, crops and ravines, and on which the hiker can find lookout points, volcanic areas and juniper trees. The second route is the 42 km GR 131 path which crosses the centre of the island. Its first stage coincides with the Camino de la Virgen, formerly the island's main road and backbone.

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