



NATURE TRAILS IN ASTURIAS AND CANTABRIA




 Guide to the
Nature Trails
 of Spain

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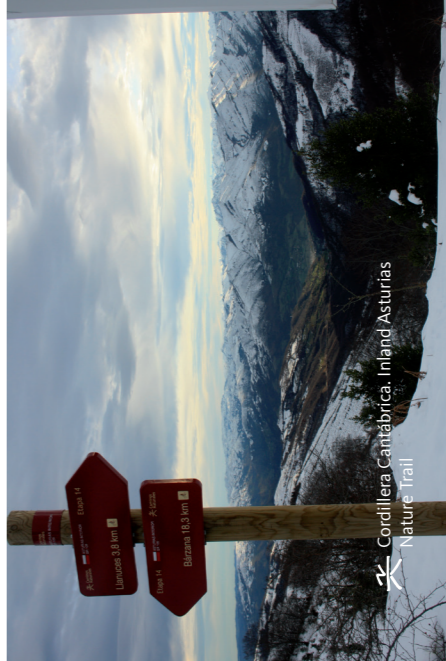
Here, the Nature Trails running through Asturias and Cantabria are briefly described: Among them, there are some very short routes such as Muriago-Covadonga, or Sarón - La Penilla, longer trails such as Villascusa, Río Nalón or the different sections the Senda del Oso, as well as longer routes such as Cordillera Cantábrica, Inland Asturias

Ebro (Cantabria, Palencia, Burgos, La Rioja, Araba/Alava, Navarre, Zaragoza, Tarragona).

This section of the River Ebro Nature Trail is located in the region of Campoo-Los Valles, in the province of Cantabria, and visits the source of the River Ebro and its first kilometres as a stream. This area, surrounded by beautiful high mountains, boasts a rich historical and natural heritage. It is considered the gate to Castile and has been used by traders and travellers from the plains for many centuries. The Ebro Reservoir, the La Robla Railway, the Arroyelos Church, the Idolo de Ruanales and the Abrigo del Cubular are especially noteworthy.

Cantabrian Mountains. Inland Asturias(Asturias).

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



Cordillera Cantábrica, Inland Asturias
 Nature Trail

MORE INFORMATION:

www.camino.naturales.es

NIPO: 013-17-167-6

VALLEYS NESTED BETWEEN MOUNTAIN SUMMITS AND THE COASTLINE

The Nature Trails that may be found in Asturias and Cantabria run across villages with a rich historical heritage, in an environment of green lush landscapes, marked by the presence of deciduous woodland as a consequence of its mild, wet winters and cool summers, and where the rugged terrain shelters some almost extinct animal species.



Senda del Oso, Nature Trail

Río Nalón (Asturias)

This 15,6 km route connects the greenway that links Fuso de la Reina and the Parque de Invierno in Oviedo with the Senda del Oso, which starts in Tuñón and continues through meadows, chestnut patches and riverside woodland along the Rivers Nalón and Trubia.

Toranzo Valley (Cantabria).

Coverra de Toranzo is a village in the Autonomous Community of Cantabria located in the Pas basin, more exactly on the Toranzo Valley, region of Pas-Miera, in an area also known as Valles Pasiegos, which is limited by Puente Viesgo to the north, with Luena to the South, with Santurde de Toranzo to the East and with Arenas de Iguña, Anievas and San Felices de Buelma to the west. This nature trail stretches a little over 15 km divided in two pretty, relaxed routes.

La Senda del Oso. (Asturias).

Under this name, three sections of this natural trail located in the heart of the Asturias side of the Cantabrian Mountains: from 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 landscape beauty, which are the home of many of the most endangered species native to Asturias, such as bears, otters or Spanish imperial eagles, and offers the travellers with a rich cultural heritage which is reflected in local architecture, traditions and cuisine.

Muriago-Covadonga (Asturias).

Short and sweet, this natural trail is 1,6 km and leads to the heart of the Picos de Europa Natural Park, which was created on 22 July 1918 under the name of the Covadonga Mountain Natural Park. In 1995, the oldest among the Spanish National Parks changed its name to the current one and extended its surface to 64,660 ha, which are a melting pot of natural beauty, history and myth.

El Pas Greenway (Cantabria).

The popularity of the spas in Alceda and Puente Viesgo, as well as the increase in iron production in the mining operations, were sufficient reasons to establish the Astillero-Ontaneda railroad. It was in operation for a good part of the 20th century, until 1976, and today the part of this route that has been restored as a Nature Trail allows visitors to discover the evergreen landscapes of the valleys carved out by the rivers that the railroads once crossed.



El Pas Greenway Nature Trail



River Nalón Nature Trail



Ebro Nature Trail



CANTABRIAN SEA

