

# Nature trails network

**NORTHWEST SECTOR**

**Cacabatos-Quilós, León, Castile and León.**
**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 Miranda Circular Nature Trail, which this route links.

**Carballoeda de Avia, Ourense, Galicia.**

A trail through Sierra de Pena Corneira
Carballoeda 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. It is a curiosity of extraordinary beauty, located in O Ribeiro County, where the vineyards that fill the fertile valleys create a distinctive landscape.

**Cantabrián Mountains, Inland Asturias, Principality of Asturias.**

**Asurias, from one end to the other**

The Cantabrián 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 woads and customs still set the pace of life. Its 606 km include several protected areas.

**Cantabrián Sea Route, Lugo and A Coruña, Galicia.**

**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 through the entire province of Lugo until Cape Ortegal, in the province of A Coruña.

**Dos Arrieiros, Ourense, Galicia.**

**Intertwined paths beneath oaks**

This Nature Trail path is good as it has many paths that crisscross the landscape of this county, peppered with streams hidden among oak trees and lush riparian forests. It offers us an extraordinary biodiversity. It covers the near 10 km distance between Fontenteiga, equipped with municipal "concejo de Carballiño", and O Varón and its vicinity.

**Ela, León, Castile and León.**

**Corn and sunflowers in a landscape inhabited since the Neolithic**

The route begins in Valdeca de Doz, in the south of the province of Leon, a Necco 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 Alfonso X.

**Mirada Circular, León, Castile and León.**

Through the land of bears and "pallozos"
Sierra de Acores, 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 grosses in the area and an accasional brown bear. This 70.3 km long Nature Trail runs through the aforementioned site.

**La Ribeira Saca, Lugo, Galicia.**

**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 Esteban de Ribadouro. The valleys, carpeted with oak and chestnut trees, are home to abundant and varied fauna, including the last grosses in the area and an accasional brown bear. This 70.3 km long Nature Trail runs through the aforementioned site.

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**El Ferro i el Carbó, Girona, Catalonia.**

**Across Forge lands**

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 Ogasca and passengers to Sant Joan de les Abadesses.

**Hoya de Huesca, Huesca, Aragón.**

**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 areas, ending at Bieregi 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 Riéjos, Murillo and Agüero are some of its most unique landmarks.

**Montes de Hiera, Bizkaia, Basque Country.**

**Through the cradle of cheese making**

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 (Entarkarterrik 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.**

**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 Girona, between 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 together.

**La Séquia, Barcelona, Catalonia.**

**An irrigation canal in the heart of Catalonia**

is Nature Trail runs along La Séquia, a 26 kilometre long canal which has been transporting water from the River Llobregat between Barcelona and Manresa for over 600 years. It was built in 1383, after the protests of the inhabitants of the municipality of Bages who had suffered a devastating drought some years ago.

**Les Mines, Lleida, Catalonia.**

**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 connects this area with the towns of Pla de Sant Tirs, Adral y Arfa, and the final stretch of the itinerary is accompanied by River Segre.

**Loreto y el Canfranero, Huesca, Aragón.**

**A Sanctuary next to Alberca (pool) of Loreto**

This walk around the city of Huesca takes an interesting place 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 birds.

**Matarraña-Algars, Aragón and Catalonia.**

**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/Bajo Aragón-Casó (Zaragoza) and Terra Alta (Tarragona). Mountains, river terraces and towns full of history are just some of the attractions of this route that is recommended for those who love nature and history.

**Montañico to Mont-Rebel gorge, Aragón and Catalonia.**

**The spectacular gorge of Mont-rebel links together the banks of the River Noguera Ribagorzana in the Sierra of El Montsec**

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 heart-stopping gorge of Mont-rebel. 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 ends are supported to specialised artificial work teams.

**Montanyes de Prades, Tarragona, Catalonia.**

**Across the hills of the Catalan Precoastal Mountain Range**

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 Trailover 27 km long, completed with 3 alternatives branches, Camino de la Serra del Boix (4 km), Camino dels Pics (2.5 km) and Camino Vell de Montblanc ( 2 km).

**Between two rivers**

This route begins with the presence of the old Muslim castle of Almuñévar overlooking the scenery from the summit of a hill, and whose ruins house the Cistercian Chapel of the Virgen de la Reina. It runs parallel to the Moogeros 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.

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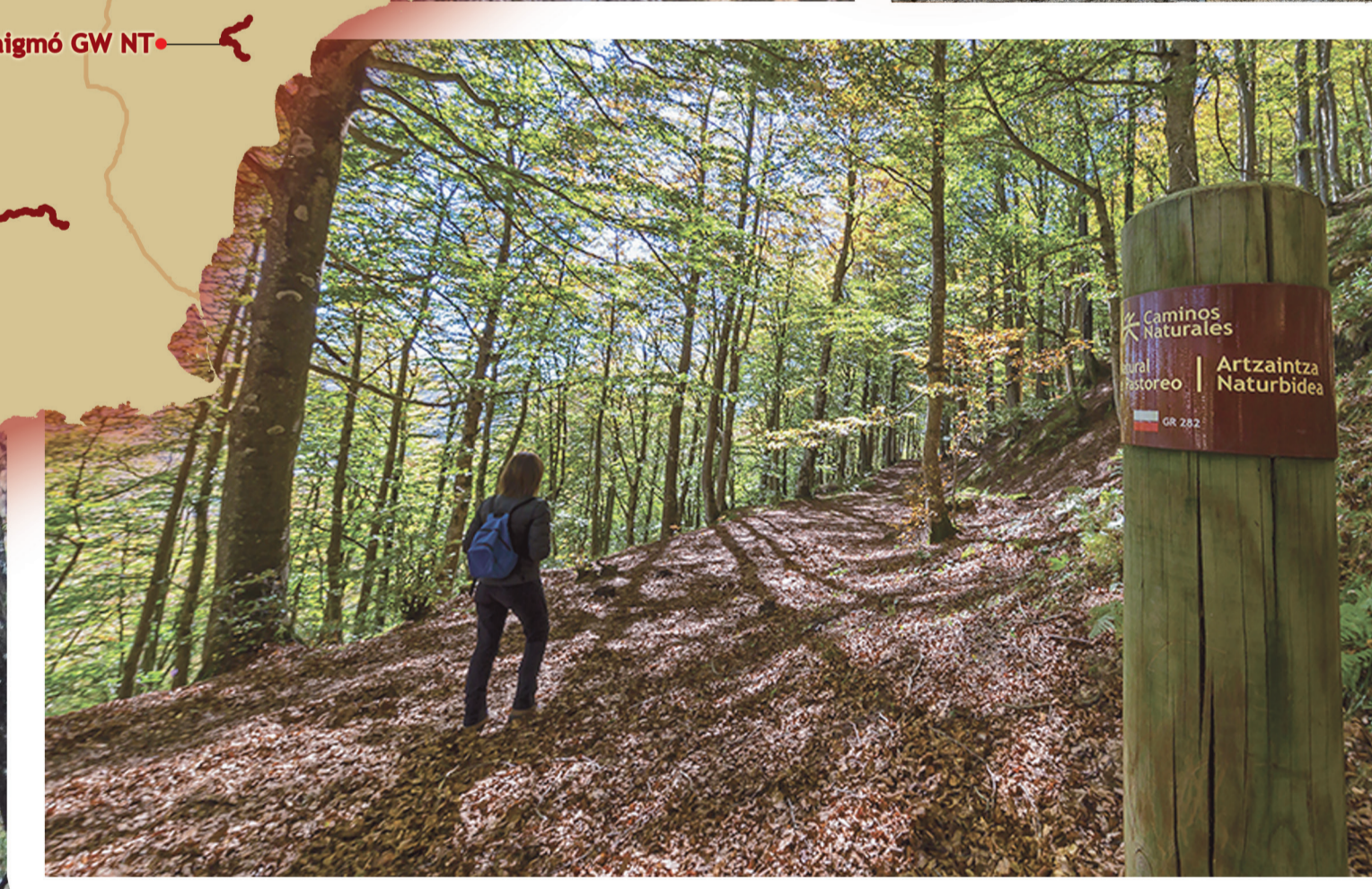
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 Caminos Naturales  
 Camino Natural de la Ruta del Cantábrico  
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 Faro Punta A Atalaia 450 m  
 O Castelo 3,6 km

 Caminos Naturales  
 Camino Natural de la Ruta del Cantábrico  
 Camino Natural de la Ruta del Cantábrico  
 Playa/Praia A Caosa 700 m  
 Pazo de Pedrosa 1,9 km

La Palma NT  
 Anaga - Chasna NT  
 Cumbres de La Gomera NT  
 Costas de La Gomera NT  
 Traditional paths of El-Hierro NT  
 Lanzarote NT  
 Fuerteventura NT

Coming next .....