



Dos Aguas - Sierra de la Demanda, from Fresneda de la Sierra to Barbadillo de Herreros

This is a long high mountain stage and of high difficulty, crossing the Sierra de la Demanda through the lagoon of glacial origin of Pozo Negro and the Alto de la Cruz de la Demanda.

Route Data

Origin of the route: Fresneda de la Sierra

Destination of the route: Barbadillo de Herreros

Route code: GR 290

Journey: Journey

Way: On foot ()

Length: 25.1 km.

Difficulty of the route: High

Address

Fresneda de la Sierra Tirón. 9267 Burgos.

Find out more

Other sites

<https://patrimonionatural.org/senderos/listado>