

Babia



Babia stands out for the serenity that pervades its valleys and mountains, clad in seemingly endless pasturelands, the tranquillity surrounding the source of the rivers Luna and Sil, and the vast expanse of horizon dotted with snow-capped peaks. This is a landscape boasting a magnificent environmental heritage that has been shaped by humans over the centuries.

This land is where the well-known expression "*estar en Babia*" comes from (the Spanish equivalent of 'having your head in the clouds'), which throughout the Spanish-speaking world is used to refer to a person who is distracted and apparently unaware of what is going on.

Declared

Statement date: 10/29/2004

Category: Biosphere Reserve

Area: 38,146 ha.

Location: Provincia de León. Comunidad Autónoma de Castilla y León

Population: 1.569 habitantes

Managers: Consorcio para la Gestión y Administración de la Reserva de la Biosfera de Babia

Address: Ctra. León, 17. 24142 Cabrillanes (León).

E-mail: consorcio@babiabiosfera.esparticipacion@babiabiosfera.es

Phone: 987 488 831

Other protection: Parque Natural Valles de Babia y Luna. Lugar de Importancia Comunitaria. Zona de Especial Conservación para las Aves.

Region / Province biogeographical: Eurosiberiana / Atlántica Europea

Municipalities in the province of León: Cabrillanes, San Emiliano

Route

L3 - Senda de Fuentes del Sil (L3)

Trayecto: Circular

Longitud: 13 km.

Dificultad de la ruta: Media-Alta

L4 - Senda de las Naves el Panazal (L4)

Trayecto: Lineal

Longitud: 16,3 km.

Dificultad de la ruta: Media-Alta

Lagoon of las Verdes

Journey: Lineal

Length: 10 km.

Difficulty of the route: Medium

Natural Space

Valleys of Babia and Luna

Under the shadow of the rock faces of Peña Ubiña (2,417 metres) lies the rough mountainous landscape of the Valle de San Emiliano.

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Situated in between the Leonese valleys of Babia and Luna, on the border with Asturias, this valley displays, along with classic elements of glacial erosion, the equally significant features of karstic relief. The vegetation includes beech groves, oaks and the remnants of the juniper woods of Mirantes de Luna - the westernmost on the Iberian peninsula. It highlights the intense traditional activity developed by the transhumance of merino sheep in this area, and the survival of different indigenous breeds such as Hispano-Breton horses and Leonese mastiffs.

Find out more

Other sites

<https://www.babiabiosfera.es/>