

## Alto Bernesga



The River Bernesga, from which this Reserve takes its name, begins in the Cantabrian Range and is swelled by the waters that flow down from Mount Arbás, part of the Douro River Basin. It is slotted firmly into the landscape, which has been intricately shaped by the course of the river over the last two million years.

This Reserve offers visitors the chance to enjoy all types of extreme and adventure sports, including climbing, sailing, mountaineering and fishing. Highlights also include the various tourist routes that crisscross the entire territory and where the opportunities for hiking are enhanced by the eco-cultural interpretation of the landscape.

## ENJOY THIS NATURAL SPACE

### On foot and by bike

#### - El Faedo de Ciñera

Ciñera del Gordón is the starting point for a flat trail that will take visitors through some of León's most spectacular natural...

**Journey:** Linear  
**Way:** - On foot (4 h.)  
- By bike (4 h.)

**Length:** 11 kms.

**Difficulty of** Medium

**the route:**

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