

Mountain bike routes through the Mining Basins of Castile and León

The "**Tourist mountain bike routes through the Mining Basins of Castile and León**" are a network of routes specially designed and signposted for mountain bikes.

The main route (called route 1: Barruelo de Santullán- Balboa) crosses from east to west the northern mining regions of Palencia and Leon, with a total route of more than 400 km divided into 13 stages. The length of these stages varies between 20 and 53 km, although most are in the order of 25-30 km.

All of them combine forest track sections with road connections, in which secondary roads are preferably followed.

Associated with this main itinerary there are other signposted routes that deviate towards other towns and valleys with a mining tradition: Route 2: Cistierna- Crémenes, Route 3: Riello- Villablino and Route 4: Cueto- Fabero.