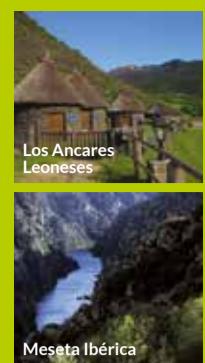


BIOSPHERE RESERVES

In 1971, UNESCO launched the Man and the Biosphere Programme, (commonly referred to as MAB), aimed at finding a balance between mindsets and the use of natural resources, mapping out the concept of sustainable development.

There are 48 in Spain, 10 of which are in Castilla y León.

- Alto Bernesga
- Los Ancares Leoneses
- Babia
- Valle de Laciana
- Los Argüellos
- Picos de Europa
- Valles de Omaña y Luna
- Sierras de Béjar y Francia
- Real Sitio de San Ildefonso - El Espinar
- Meseta Ibérica



For more information, please visit: www.turismocastillayleon.com/es/reservasbiosfera

GEPARKS

Special mention should be made of the Las Loras Unesco Global Geopark, the first geopark in Castilla y León, which covers part of the north of the provinces of Burgos and Palencia. Its geological heritage, in particular, along with the rest of its natural and cultural heritage have earned it this distinction.



For more information, please visit: www.geoparquealoras.es

TRAILS IN CASTILLA Y LEÓN

In this guidebook we lay out a selection of trails in Protected Natural Areas in each province in partnership with the Development and Environment Department and the Natural Heritage Foundation of the Castilla y León Autonomous Government. We also include some recommendations of trails found in natural areas with outstanding flora and fauna.

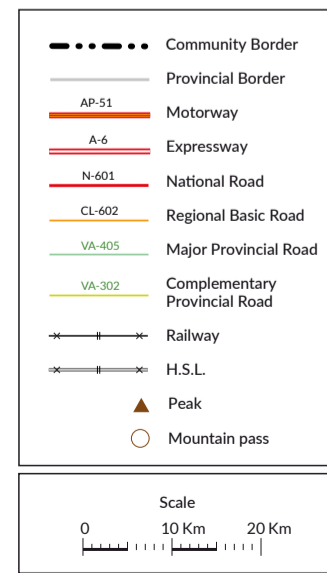
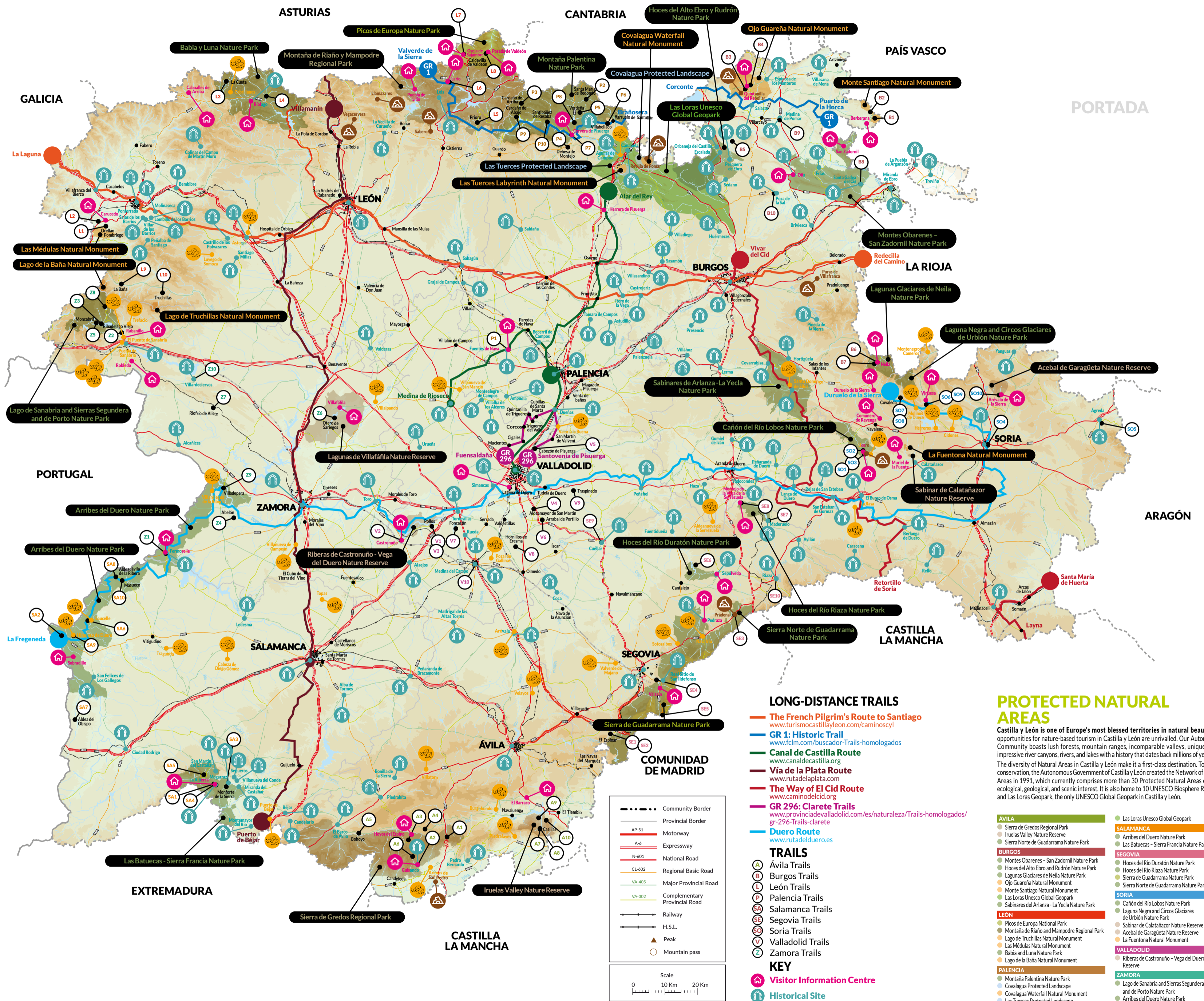
Broadly, the trails are signposted and mostly suitable for people of all abilities and have a moderate or low level of difficulty. They are located close to places of interest and feature cultural attractions and fine scenery, where visitors can come into more direct contact with nature and examples of traditional architecture, such as mills, fountains, huts...

On the map, you can also see the path of long-distances trails that cross several provinces in the Community, some of which are also cross-border. We encourage you to travel these routes and enjoy their Historical Sites. Cities and towns settled on top of the memories of millennia-old cultures, at these Historical Sites you can rest in hotels and palaces, savour thousands of flavours, discover magical castles, and explore mighty rivers, and fairy-tale forests.

For more information, please visit: <https://www.turismocastillayleon.com/en/art-culture-heritage/historic-sites#>

The information in this book cannot do justice to the full extent of the natural wealth and range of trails in our Community; for more information on each of the suggested walks and GPS coordinates, we recommend you visit our website www.turismocastillayleon.com/en/hiking

If you also require first-hand information, you can visit the Visitor Information Centres in the parks, there are more than 30 in Castilla y León, where specialist guides can answer visitor enquiries and provide helpful tips for a more enjoyable experience of nature in Castilla y León.



LONG-DISTANCE TRAILS

- The French Pilgrim's Route to Santiago**
www.turismocastillayleon.com/caminoscy/
- GR 1: Historic Trail**
www.fcim.com/buscaador-Trails-homologados
- Canal de Castilla Route**
www.canaldecastilla.org
- Vía de la Plata Route**
www.rutadelaplata.com
- The Way of El Cid Route**
www.caminodelcid.org
- GR 296: Clarete Trails**
www.provinciadevalladolid.com/es/naturaleza/Trails-homologados/gr-296-Trails-clarete
- Duero Route**
www.rutadelduero.es

TRAILS

- Ávila Trails
- Burgos Trails
- León Trails
- Palencia Trails
- Salamanca Trails
- Segovia Trails
- Soria Trails
- Valladolid Trails
- Zamora Trails

KEY

- Visitor Information Centre
- Historical Site
- Cave
- Posada Real accommodation

For more information on the suggested trails, please visit: www.turismocastillayleon.com/en/hiking

PROTECTED NATURAL AREAS

Castilla y León is one of Europe's most blessed territories in natural beauty. The opportunities for nature-based tourism in Castilla y León are unrivalled. Our Autonomous Community boasts lush forests, mountain ranges, incomparable valleys, unique caves, impressive river canyons, rivers, and lakes with a history that dates back millions of years. The diversity of Natural Areas in Castilla y León make it a first-class destination. To ensure conservation, the Autonomous Government of Castilla y León created the Network of Natural Areas in 1991, which currently comprises more than 30 Protected Natural Areas of great ecological, geological, and scenic interest. It is also home to 10 UNESCO Biosphere Reserves and Las Loras Geopark, the only UNESCO Global Geopark in Castilla y León.

- ÁVILA**
 - Sierra de Gredos Regional Park
 - Iruelas Valley Nature Reserve
 - Sierra Norte de Guadarrama Nature Park
- BURGOS**
 - Montes Obarenes - San Zadornil Nature Park
 - Hoces del Alto Ebro and Rudrón Nature Park
 - Lagunas Glaciares de Neila Nature Park
 - Ojo Guareña Natural Monument
 - Sierra Norte de Guadarrama Nature Park
 - Monte Santiago Natural Monument
 - Las Loras Unesco Global Geopark
 - Sabinas del Arlanza - La Yecla Nature Park
- LEÓN**
 - Picos de Europa National Park
 - Montaña de Riaño and Mampodre Regional Park
 - Lago de Truchillas Natural Monument
 - Lago de la Baña Natural Monument
 - Babia and Luna Nature Park
 - Lago de la Baña Natural Monument
- PALENCIA**
 - Montaña Palentina Nature Park
 - Covalagua Protected Landscape
 - Covalagua Waterfall Natural Monument
 - Las Tuerces Protected Landscape
 - Las Tuerces Protected Landscape
- SALAMANCA**
 - Arribes del Duero Nature Park
 - Las Batuecas - Sierra Francia Nature Park
- SEGOVIA**
 - Hoces del Río Duratón Nature Park
 - Hoces del Río Riaza Nature Park
 - Sierra Norte de Guadarrama Nature Park
- SORIA**
 - Cañón del Río Lobos Nature Park
 - Laguna Negra and Circos Glaciares de Urbión Nature Park
 - Sabinar de Calatañazor Nature Reserve
 - Acebal de Garagüeta Nature Reserve
 - La Fuentona Natural Monument
- VALLADOLID**
 - Riberas de Castronuño - Vega del Duero Nature Reserve
- ZAMORA**
 - Lago de Sanabria and Sierras Segundera and de Porto Nature Park
 - Arribes del Duero Nature Park
 - Lagunas de Villafafila Nature Reserve

For more information, please visit: www.turismocastillayleon.com/en/hiking
 Campsites: www.campingscastillayleon.es
 Hostels: www.infoalbergues.com
 Royal Inns: www.turismocastillayleon.com/posadasreales
 Visitor Information Centres: www.turismocastillayleon.com/es/urral-naturaleza/casas-parque
 Protected Natural Spaces: www.patrimoniounatural.org

