

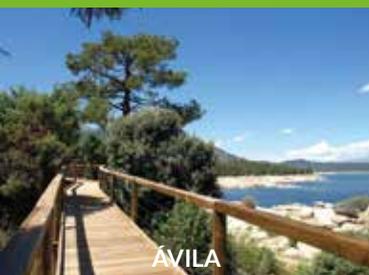


CASTILLA Y LEÓN

 EN

CASTILLA Y LEÓN

NATURE AND HIKING



ÁVILA



BURGOS



LEÓN



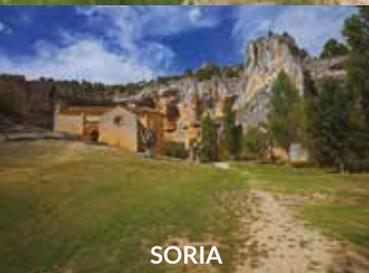
PALENCIA



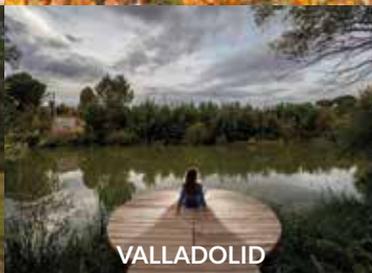
SALAMANCA



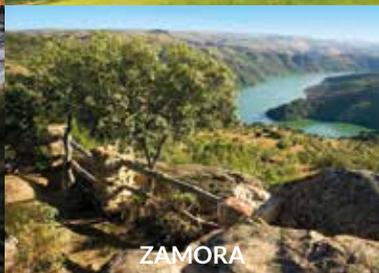
SEGOVIA



SORIA



VALLADOLID



ZAMORA



Junta de
Castilla y León



INTRODUCTION

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 in the Autonomous Community, 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.

Furthermore, Castilla y León boasts **10 of the 48 UNESCO Biosphere Reserves** in Spain, which gives a good idea of how important sustainable development is to our Community.

It is also illustrative to highlight the importance of **Las Loras Unesco Global Geopark** which covers part of the north of the provinces of Burgos and Palencia. This is the only UNESCO Global Geopark in Castilla y León.

In this guidebook we plot out a journey through the natural areas of our 9 provinces in a **selection of 90 trails** chosen in partnership with the Department of Development and Environment and the Castilla y León Natural Heritage Foundation. We also include some recommendations of noteworthy trails with a wealth of heritage and/or fauna and flora, which make for a gateway into the beautiful landscapes and ecosystems to be discovered in our Autonomous Community.

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 good facilities. We have used a simple naming system which includes the initials of the province and a number to indicate each of the 10 suggested trails per province, so that you can find them easily on the map we have included and on the tourist information website.

Additionally, we set out **7 long-distance trails** for you, which in their own way take you on an experience full of history and wonderful views in a blend of tourism, the great outdoors, culture, and sport.

For more information, please visit: www.turismocastillayleon.com/en/hiking



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LONG-DISTANCE TRAILS



THE FRENCH PILGRIM'S ROUTE TO SANTIAGO

Provinces it crosses: **Burgos-Palencia-León** • Length: **401 km approx.**

Declared the First Cultural Route by the Council of Europe in 1987 and World Heritage by UNESCO in 1993, it travels some 400 km across the provinces of Burgos, Palencia, and León. The Way was one of the earliest travel routes and is undoubtedly one of the most well-travelled pilgrim routes in the whole world, with pilgrims drawn by its heritage, its landscape, and its profound spiritual meaning. It introduced medieval styles such as Romanesque and Gothic, which were prominent in the building of monasteries, churches, cathedrals, and a whole network of support designed to help pilgrims on their journey. We encourage you to take the Way, stop in at all the marvellous heritage sites, and enjoy the hospitality of the people of Castilla y León, the diversity and unspoilt nature of the landscape, and the rich and varied cuisine of the region.

<https://www.turismocastillayleon.com/en/art-culture-heritage/great-routes/way-saint-james>

DUERO ROUTE

Provinces it crosses: **Soria-Burgos-Valladolid-Zamora-Salamanca** • Length: **729 km approx.**

This 20 stage route will take you across Castilla y León from east to west along the course of the Duero river, from Duruelo de la Sierra to Vega de Terrón on the border with Portugal. Discover monuments that show the importance of the river throughout history: 294 beautiful Sites of Cultural Interest and Historical Sites of great historical and cultural importance such as Soria, Almazán, Berlanga de Duero, El Burgo de Osma, San Esteban de Gormaz, Langa de Duero, Peñaranda de Duero, Gumiel de Izán, Vadocondes, Haza, Peñafiel, Fuentidueña, Simancas, Tordesillas, Toro, Zamora, and Fermoselle. What's more, you can also explore vineyards in the most famed wine-producing districts in Southern Europe, which has been the catalyst for the development of the five Certified Wine Routes that you can take in on the way: Ribera del Duero, Rueda, Toro, Zamora and Arribes del Duero Wine Routes. The natural beauty of the landscape is also evident as it crosses natural areas that have been protected as important environmental and animal reserves, such as Laguna Negra and Circos Glaciares de Urbión Nature Park, Arribes del Duero Nature Park, and the Riberas de Castronuño-Vega del Duero Nature Reserve.

www.rutadelduero.es

VÍA DE LA PLATA ROUTE

Provinces it crosses: **Salamanca-Zamora-León** • Length: **384 km approx.**

This trail follows the historic route through Castilla y León, which has been declared a Site of Cultural Interest. Used as a natural path connecting the south and north of Spain since prehistoric times, the route was strengthened by the building of different roadways in the Roman era. From the Sierra de Béjar (where a Roman road that is the only one of its kind in Spain is preserved) to the Vía de la Carisa, you can take in important fragments of the ancient Roman road and visit the historic cities that sprung up along the route, such as Helmantica (Salamanca), a World Heritage Site; Ocellum Duri (Zamora), known as the "Capital of Romanesque Art" in Spain, and León, a city whose Roman past is tied to the work at the Las Médulas gold mines and the development of the Vía de la Plata Route. There is a wide variety of landscapes for you to enjoy, from the forests of oaks and holm oaks in the Sistema Central mountain range to rolling hills, plains, fields of grapes and wheat, moorlands, and the extraordinary foothills of the Cantabrian Mountains.

www.turismocastillayleon.com/caminoscyL • www.rutadelaplata.com

THE WAY OF EL CID ROUTE

Provinces it crosses: Burgos-Soria • **Length:** 337 km approx.

This route takes you to the sites visited by the knight Rodrigo Díaz de Vivar on his march into exile. History and legend combine on this route which, crossing the provinces of Burgos (GR160) and Soria, follows in the footsteps of the warrior as told in the Cantar del Mío Cid epic. These are areas where the medieval past seems to live on. On the way you come across fortresses, such as the caliphate-era castle of Gormaz, castles, churches, and monasteries, which make up beautiful Historical Sites such as Covarrubias, Santo Domingo de Silos, Peñaranda de Duero, Langa de Duero, San Esteban de Gormaz, El Burgo de Osma, Berlanga de Duero, and, of course, places closely linked to the history and legend of El Cid, such as Vivar del Cid, San Pedro de Cardaña, and Burgos. This fully signposted historic route, known as The Exile, travels through stunning countryside which alternates between valleys of savin junipers, oaks, and holm oaks and dry land farming and the vines that provide the fruit for the Ribera del Duero Designation of Origin. It crosses Natural Areas, including the savin juniper grove in the Arlanza valley and La Yecla, where the Duero passes through Soria, and los Altos de Barahona moor.

www.caminodelcid.org

CANAL DE CASTILLA ROUTE

Provinces it crosses: Palencia-Valladolid • **Length:** 230 km approx.

The Canal de Castilla route runs through the plateau in the provinces of Palencia, Burgos, and Valladolid. It has three branches: The Northern Branch (from Alar del Rey to Calahorra de Ribas), the Campos Branch (from Calahorra de Ribas to Medina de Rioseco), and the Southern Branch (from Serrón in Griñota, passing through the capital city of Palencia and finishing in Valladolid). Recognised as a Site of Cultural Interest in 1991, it was built in the 18th and 19th centuries and is one of the most prominent Civil Engineering projects from Enlightenment Spain. As you travel along the towpaths you can take in the fantastic variety of monuments, countryside, and wildlife on the route. Locks, docks, bridges and mills, and flour mills, such as the San Antonio mill, in Medina de Rioseco and the Abarca mill, await. You can visit cities such as Palencia and Valladolid, and important Historical Sites such as Dueñas, Becerril de Campos, Fuentes de Nava, Medina de Rioseco, Montealegre de Campos, and Villalba de los Alcores. Prepare to have your breath taken away by its changing countryside, which is a blend of moors, riverbanks, the plains of Tierra de Campos, and the vineyards of the Cigales Wine Route.

www.canaldecastilla.org

CLARETE TRAILS GR296

Provinces it crosses: Palencia-Valladolid • **Length:** 93.1 km approx.

The Clarete Trails cross the twelve municipalities that form the Cigales Wine Route: Cabezón de Pisuerga, Cigales, Corcos, Cubillas de Santa Marta, Dueñas, Fuensaldaña, Mucientes, Quintanilla de Trigueros, Trigueros del Valle, San Martín de Valvení, Santovenia de Pisuerga, and Valoria la Buena. The route links the wine of the Cigales Denomination of Origin to its culture, history, heritage, cuisine, and countryside. It reveals endless vineyards, views of the Pisuerga river with its canyon walls, huts, Monte de Dueñas, wheat fields and moors, and its wine tradition on its well maintained, signposted paths that are suitable for all hikers.

<https://rutadelvinocigales.com/wp-content/uploads/2019/02/Folleto-Topogu%C3%ADa-GR-296-Senderos-del-Clarete.pdf>

HISTORIC PATH GR1

Provinces it crosses: Palencia-León • **Length:** 156.8 km

The Historic Path links the Mediterranean Sea and the Galician Atlantic coastline from Ampurias to Finisterre. A historic trail through areas and towns whose golden age lay in the Early Middle Ages. Moderate to high in difficulty, the path extends 90 km through Castilla y León. In the Palencia stretch, the trail mostly crosses through the Montaña Palentina Nature Park taking in hills and mountain passes that are typical of the Cantabrian Mountains. It allows you to admire spectacular landscapes and visit historic villages home to mountain architecture and fine churches, many of which are examples of the Romanesque style. Afterwards, the León stretch travels through the north of the province of León, through the Picos de Europa Regional Park.

<https://www.fclm.com/buscador-senderos-homologados/>

Ávila



Sierra de Gredos Regional Park



Cerro de la Escusa Trail



Hoyos del Espino Visitor Information Centre (Gredos)



Iruelas Valley Nature Reserve

The province of Ávila holds a fantastic and special collection of protected natural areas. Sierra de Gredos and Iruelas Valley are two areas of outstanding natural beauty in the province of Ávila, which also has three Visitor Information Centres.

In the south of the province lies **Sierra de Gredos**, an iconic place of nature with a range of hidden paths, gorges, and lakes to discover along routes that offer an **astounding variety of animals, the chance to watch mountain goats, and over 230 recorded species of vertebrates**, including endemic species such as the Almanzor salamander or the Gredos toad, which embody the magic of nature.

We suggest you take La Rubia trail to enjoy the spectacular view of the **Cinco Villas ravine**, the Roman road, and the Pico del Torozo mountain. Or a more accessible trail, such as the one starting at El Risquillo Visitor Information Centre, with a viewpoint offering views of the River Pelayo gorge nestled in the mountains and the traditional terraces in Sur de Gredos.

Iruelas Valley Nature Reserve lies at the eastern edge of the Sierra de Gredos, with hillsides covered in beautiful forests of Austrian pine and Corsican pine, of which there are various several-hundred-year-old specimens. This enclave is home to the **biggest colony of black vultures in Castilla y León**.

If you are travelling as a family, we recommend El Castañar Trail, a trail that starts and finishes at an old stone refuge and heads towards a centuries-old chestnut tree known as the grandfather, a unique tree in the district.

Don't miss the **Águila Caves** in Arenas de San Pedro. They are estimated to be one million years old and are located in the south of Ávila province, **in the heart of Tiétar valley**.

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

A1. LA RUBIA TRAIL. Sierra de Gredos Regional Park.



The route begins at the Puerto del Pico pass. It climbs up to La Rubia meadow, where an old goatherd hut stands with the Pico del Torozo mountain behind it. Catch your breath at "Las Campanas" Refuge with views of the summit of La Mira to the west. A forest trail through maritime pines on the way down to Arenal pass and Centenera leads to Centenera hill. This route can be done in both directions, starting either at the Puerto del Pico or at the top of Centenera hill.

<https://patrimoniounatural.org/senderos/senda-de-la-rubia>

➔ **Start:** Puerto del Pico (1.389)

➔ **Finish:** Centenera Hill (1,352 m)

↔ **Trail:** Linear

↔ **Length:** 5,4 km (one way)

↗ **Elevation:** 310 m ascent, descent 350 m

🏠 **Difficulty:** Low

🌐 40.319820, - 5.016700

A2. "EL RISQUILLO" VISITOR INFORMATION CENTRE ACCESSIBLE ROUTE. Sierra de Gredos Regional Park. Visitor Information Centre Trail.



The trail starts in El Risquillo Visitor Information Centre car park and follows a wooden walkway. It features adapted gradients and accessible information boards on the flora and fauna of the area. The path runs through a forest of maritime pines. You can see the marks of resin tapping and, if you are lucky, some of the wildlife from the area. The route passes by a forest of Pyrenean oaks. The viewpoint offers views of the River Pelayo gorge nestled in the mountains and the traditional terraces in Sur de Gredos. The walk finishes in the garden of the Visitor Information Centre.

<https://medioambiente.jcy.es/web/es/participacion-educacion-ambiental/programa-castilla-leon-accesible.html>

<https://patrimoniounatural.org/casas-del-parque/casas-del-parque/casa-del-parque-de-sierra-de-gredos-zona-sur-el-risquillo>

- Start:** El Risquillo Visitor Information Centre car park
- Finish:** El Risquillo Visitor Information Centre garden
- Trail:** Accessible and semi-circular
- Length:** 0,450 km
- Elevation:** 20 m
- Difficulty:** Low
- 40.220824, -5.143704

A3. PUERTO DEL PEÓN TRAIL. Sierra de Gredos Regional Park.



The path begins at km 6 of the Hoyos del Espino to Plataforma road. The first 4 km are a gentle climb to the source of the Covacha stream. Crossing the stream, the path twists up a steep slope to a hill.

The path along the south face is a steep, twisting descent down a paved path. Lower down the path enters a forest of maritime pines and follows the Cantos river to the Domingo Fernando refuge and then on to the forest path where the trail ends.

<https://patrimoniounatural.org/senderos/senda-del-puerto-del-peon>

- Start:** Road Hoyos-Plataforma (1.553 m)
- Finish:** Domingo Fernando (1.160 m)
- Trail:** Out and back
- Length:** 11,7 km (one way)
- Elevation:** 477 m climb to the Pass and 870 m descent to Domingo Fernando
- Difficulty:** Moderate
- 40.307491, -5.190680

A4. NAVARREDONDA PINE FOREST. Sierra de Gredos Regional Park.



This trail starts and finishes at the Parador de Gredos Hotel. It runs under the canopy of an old-growth forest of Scots pines.

A large and varied number of bird species depend on the Navarredonda Pine Forest in Gredos for their survival. They include the great spotted woodpecker, Eurasian jay, Eurasian nuthatch, coal tit, citril finch, short-toed treecreeper, kite, long-eared owl, and many more. The trail features many stone benches which make for a perfect place to stop and take in the flora and fauna.

<https://patrimoniounatural.org/senderos/senda-del-pinar-de-navarredonda>

- Start and Finish:** Parador de Gredos
- Trail:** Circular
- Length:** 3 km
- Elevation:** 90 m
- Difficulty:** Low
- 40.355153, -5.113174

A5. BOHOYO GORGE TRAIL. Sierra de Gredos Regional Park.



This trail was the traditional path taken by shepherds, hunters, and early mountaineers to Cinco Lagunas, Almanzor, Galana mountain, and even Laguna Grande. The route starts on the road from Navamediana to Bohoyo and travels through Bohoyo Gorge, one of the most scenic northern gorges in Sierra de Gredos and then climbs back up the valley to the source in Hoya del Belesar. The vegetation changes as the path climbs, from undergrowth, heaths, and shrubs in the lower section to meadows higher up, and then finally granite boulders where some rock plants, moss, and lichen can be found.

<https://patrimoniounatural.org/senderos/senda-de-la-garganta-de-bohoyo>

- ➡ **Start:** Bohoyo road (1.173 m)
- ➡ **Finish:** Collado del Belesar (2.384 m)
- ↔ **Trail:** Linear
- ↔ **Length:** 15,7 km (one way)
- ⚡ **Elevation:** 1.250 m
- 🏠 **Difficulty:** High due to the length of the trail
- 🌐 40.312860, -5.429651

A6. CARRIL DE LOS GALAYOS TRAIL. Sierra de Gredos Regional Park.



This route climbs through the River Pelayo gorge. The trail begins on the Nogal del Barranco Road and climbs up a stone path with various springs. Leaving the River Pelayo on the left, the trail reaches the base of the Galayos mountains in Apretura, where the biggest climb starts. The layout of the Zetas path, crossing over to the righthand bank of the river, bypasses this steep slope on the climb up to Victory Refuge. The rock formations on El Cuchillar de los Galayos make for a fascinating sight and you can also climb to the summit of these slim granite needles.

<https://patrimoniounatural.org/senderos/carril-de-los-galayos->

- ➡ **Start:** Nogal del Barranco Road (1.100 m)
- ➡ **Finish:** Antonio Victory Refuge (1.970 m)
- ↔ **Trail:** Linear
- ↔ **Length:** 6,51 km (one way)
- ⚡ **Elevation:** 870 m
- 🏠 **Difficulty:** Moderate-High, especially the final stretch
- 🌐 40.234323, -5.162066

A7. PUERTO DE CASILLAS TO POZO DE LA NIEVE ROUTE. Iruelas Valley Nature Reserve.



This route offers beautiful panoramic views of the Iruelas Valley Nature Reserve, the tributary valleys of the River Alberche, and Burguillo reservoir. You can examine the old building at the site of the snow well. The best time to do the walk is in autumn or spring due to the colours on display. The walk can also be extended a further 2.5 km by continuing on to the recreation area at Barrancas, which offers magnificent views over El Tiemblo Chestnut forest and Iruelas Valley

<https://patrimoniounatural.org/senderos/senda-del-pozo-de-la-nieve>

<https://patrimoniounatural.org/senderos/senda-de-las-barrancas-al-pozo-de-la-nieve>

- ➡ **Start:** Puerto de Casillas pass
- ➡ **Finish:** Pozo de la Nieve
- ↔ **Trail:** Linear
- ↔ **Length:** 3,7 km
- ⚡ **Elevation:** 40 m
- 🏠 **Difficulty:** Low
- 🌐 40.343215, -4.575076

A8. CERRO DE LA ESCUSA TRAIL. Iruelas Valley Nature Reserve.



This route features beautiful panoramic views of the Iruelas Valley Nature Reserve and Tiétar Valley on the other face. The path starts at Puerto de Casillas pass and heads west. After 500 m, the route turns off to follow the trail forking off to the right. It then climbs through young pine trees for roughly 2 km. Next, the path turns 90° left to reveal the impressive Canto del Berrueco summit, the Praderas del Sol meadows, and Cerro de la Escusa hill. The difficulty and altitude of the route make it unsuitable for icy or snowy conditions.

<https://patrimoniounatural.org/senderos/cerro-de-la-escusa>

- Start:** Puerto de Casillas pass (1,464 m)
- Finish:** Cerro de la Escusa (1.959 m)
- Trail:** Linear
- Length:** 6 km (one way)
- Elevation:** 495 m
- Difficulty:** High
- 40.343806, -4.574227

A9. BOTANICAL TRAIL. Iruelas Valley Natural Area.



The botanical trail in the Iruelas Valley Nature Reserve displays some of the most representative plant species in this Protected Natural Area. On a pleasant 30 minute walk, starting next to the car park in front of Iruelas Valley Campsite, the trail climbs down to the road which leads back to the Campsite. The posters with information at the base of the trees and shrubs along the path detail the great diversity of plant species in the Valley.

<https://patrimoniounatural.org/senderos/senda-botanica>

- Start and Finish:** Siempre Verde Recreation Area
- Trail:** Linear
- Length:** 0,6 km
- Elevation:** Less than 10 m
- Difficulty:** Low
- 40.407687, -4.573055

A10. SAN GREGORIO TRAIL. Iruelas Valley Natural Space.



The trail starts at km 3 of the forest trail leading to El Castañar from El Tiemblo. Follow the path that goes down to the stream in the Yedra gorge. Further on, you start to climb back up towards the mountains to the south and then immediately enter the pine forest. At the Caballo stream, to the right, there are views of the Linar del Rey dam and reservoir. Other sites of interest along the path include the fountain called "El Pilón del Cura" (the Priest's Basin) and the Colmenas refuge. The walk ends in El Regajo recreation area in the chestnut forest.

<https://patrimoniounatural.org/senderos/camino-de-san-gregorio>

- Start:** San Gregorio (863 m)
- Finish:** El Regajo Recreation Area (1.092 m)
- Trail:** Linear
- Length:** 4,6 km (one way)
- Elevation:** 229 m
- Difficulty:** Moderate-Low
- 40.386238, -4.505514

BURGOS



Viewpoint over the river in Pesquera



Trail in Montes Obarenes



Ojo Guareña Karst Complex



Monte Santiago Salto del Nervión waterfall

The province of Burgos is home to many areas of natural beauty, find out why:

Hoces del Alto Ebro and Rudrón. Nature Park. There are many geological attractions such as Pozo Azul, in Covanera, the River Rudrón, **the Orbaneja del Castillo waterfall, and the natural spring that drops into the River Ebro.**

Make sure to visit towns such as Orbaneja del Castillo, Escalada, Pesquera de Ebro, Sedano, and Valdeleiteja.

Monte Santiago. Natural Monument. The landscape is dominated by a thick beech forest. One of its most isolated corners holds the **spectacular Nervión waterfall. At over 300 metres high**, this striking horsetail waterfall is one of the biggest and most beautiful waterfalls in Western Europe.

Lagunas Glaciares de Neila. Nature Park. The **glacial landforms** of this area make it truly unique. Most notably, they include the Laguna Negra, Laguna de la Cascada, and Laguna Larga lakes, as well as others.

Montes Obarenes. Nature Park. Bordered by the River Ebro to the north, at its heart it contains the Oña, La Llana, Pancorbo, and Arcena mountain ranges, and the Montes Obarenes mountains themselves. The rocky canyon walls of this protected landscape house the nests of a large number of birds of prey. **The natural space contains the town of Oña, Santa Gadea del Cid, and the picturesque city of Frías.**

Sabinars del Arlanza-La Yecla. Nature Park. This space is home to **the largest and best preserved savin juniper woodlands on the planet.** Some of the savin junipers in Arlanza are more than two thousand years old.

Yecla gorge is a deep and narrow gorge that can be walked along over a series of walkways. The rocky terrain has been a favourable site for a large population of birds of prey to grow. Just a few kilometres away stand the ruins of San Pedro de Arlanza monastery, the village of Covarrubias, and Santo Domingo de Silos monastery.

Ojo Guareña. Natural Monument. The Ojo Guareña karst complex is the **biggest cave network in the Iberian Peninsula and one of the ten largest in the world**, at a total length of close to 100 km. Several prehistoric shrines have been found in the caves and 53 species of cave-dwelling invertebrates have been recorded. Make sure to visit Espinosa de los Monteros.

Cañón del Río Lobos. Nature Park. The River Lobos canyon was **one of the first protected natural areas in Castilla y León** and straddles the provinces of Soria and Burgos.

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

B1. VIEWPOINTS TRAIL. Monte Santiago Natural Monument.



In Fuente Santiago the trail starts off in the direction of the Salto del Nervión viewpoint through the beech wood. The route passes by the Santiago wolf pit shortly before reaching the cliffs of the Salvada mountains, where various upwellings spring from the walls to form the source of the Nervión. After heavy rainfall, waterfalls that drop all the way to the bottom are a common sight here. From the Salto del Nervión waterfall, the route continues along the cliffs to another wolf pit and then the Esquina Rubén viewpoint, which offers panoramic views of the area. The trail then turns to the south through a beech wood to go back down to the start.

<https://patrimonioatural.org/senderos/senda-circular-de-los-miradores>

➡➡ **Start and Finish:**
Fuente Santiago (Visitor Information Centre) car park

↻ **Trail:** Circular

— **Length:** 6,28 km

▲ **Elevation:** 163 m

▣ **Difficulty:** Moderate

🌐 42.941256, -3.000810

B2. DEHESA DEL AGUA TRAIL. ORDUÑA PASS VERSION. Monte Santiago Natural Monument.



This 17 km circular, moderately difficult route travels through the Monte Santiago natural area. From the car park in Dehesa del Agua the signposted path leads into a forest of Scots pine, beech, and holly trees to a large meadow. The route carries on to an artificial pond from where it heads firstly to the Pico del Fraile and then onto the Virgen de Orduña shrine, with views over Orduña valley. Next, a stretch runs alongside the cliff until it turns into the beech wood and then comes back to the pond at the start of the route.

<https://patrimonionatural.org/senderos/senda-de-la-dehesa-del-agua-variante-del-puerto-de-orduna>

- Start and Finish:** Dehesa del Agua car park
- Trail:** Circular
- Length:** 17,42 km
- Elevation:** 369 m
- Difficulty:** Moderate
- 42.955301, -3.024780

B3. VENTANÓN TRAIL. Ojo Guareña Natural Monument.



The first stretch of the trail runs along a holm oak-covered hillside leading to the magnificent naturally-formed bridge called "El Ventanón". It then climbs down a trail to the town of Villamartin. The challenging rocky cliff is home to El Ventanón, an impressive natural arch that stands 30 m wide and 20 m high. It was formed by an ancient flow of water which dissolved the limestone over the centuries. This work of nature now offers views of the Somo mountains and the village of Merindad de Valdeporres. Villamartin retains traditional architecture tied to working in the fields.

<https://patrimonionatural.org/senderos/el-ventanon>

- Start and Finish:** Alto de la Concha (Ojo Guareña Caves) car park
- Trail:** Circular
- Length:** 10,34 km
- Elevation:** 280 m
- Difficulty:** Low
- 43.034105, -3.664605

B4. ENTRE DESFILADEROS TRAIL. Ojo Guareña Natural Monument.



"Entre Desfiladeros" Trail (Trail between Gorges) is a surprising circular route, of low technical difficulty, which starts at the Ojo Guareña Visitor Information Centre in Quintanilla del Rebollar. The rivers and streams of the nearby Cantabrian Mountains have carved out a path through these narrow gorges on their way to the Nela. The trail travels through a pretty landscape of narrow gorges and crosses the municipalities of Hornillalatorre and Cornejo.

<https://www.lasmerindades.com/es/ruta/prc-bu-40-entre-desfiladeros>

- Start and Finish:** Visitor Information Centre in Quintanilla del Rebollar
- Trail:** Circular
- Length:** 11,80 km
- Elevation:** 239 m
- Difficulty:** Low
- 43.057378, -3.627939

B5. ALTOS DE VALDIVIELSO. Hoces del Alto Ebro and Rudrón Nature Park.



This is a circular route linking the towns of Porquera de Butrón and Tubilleja and then passing through Quintanilla – Colina. We recommend doing the walk in that order with the magnificent views over Zamanzas Valley and the Albufuera and Cielma mountains. The wayback of the of the journey includes spectacular oak and beech forests.

<http://geoparquealoras.es/wp-content/uploads/2016/04/Recorridos-P.N.-Hoces-Alto-Ebro-y-Rudr%C3%B3n.pdf>

- Start and Finish:** Porquera Tubilleja
- Trail:** Circular
- Length:** 31,9 km
- Elevation:** 468 m
- Difficulty:** Moderate
- 42.851324, -3.715213

B6. EL PIQUILLO TRAIL. Lagunas Glaciares de Neila Nature Park.



This circular hike travels mostly along old, narrow paths and trails. The path begins in Neila and climbs to the Campillos meadow where it splits in two. Following the trail towards Iruela, the path visits woods of oaks, beeches, and Scots pines, and pastures. The walk grants magnificent views of the Urbión, Cabeza Herrera, and Pico Tres Provincias mountains. In Cerrada Valley it climbs down to the Piquillo site. The return to Neila is along the Valdehesa ravine.

https://patrimoniounatural.org/ficheros/folletosendadelpiquillopdf/291011_091323.pdf

- Start and Finish:** Neila
- Trail:** Circular
- Length:** 9,7 km
- Elevation:** 345 m
- Difficulty:** Moderate
- 42.061702, -2.999761

B7. LAS LAGUNAS TRAIL. Lagunas Glaciares de Neila Nature Park.



The trail starts out from the Lagunas de Neila car park along a circular route at the edge of the Cascada lake. The walk offers stunning views of all the glacial lakes (Negra, Larga, Brava, Pradillas) and of the Demanda and Urbión mountains. It also contains highly difficult stretches that are not suitable for everyone. Make sure to catch the magnificent views of the summit of Campiña mountain and the natural beauty of the landscape in areas such as La Cascada and the floating peat bog on Larga lake.

<https://patrimoniounatural.org/senderos/sendero-de-las-lagunas-de-neila>

- Start and Finish:** Lagunas de Neila car park
- Trail:** Circular
- Length:** 8 km
- Elevation:** 404 m
- Difficulty:** Moderate-High
- 42.045868, -3.035154

B8. WATER AND ROCK TRAIL. From the Ebro to the Obarenes mountains.



We like to encourage people to try this long-distance hike that links the Montes Obarenes mountains and the River Ebro. It runs along forest trails, roads, and paths which give walkers the chance to enjoy the great variety of landscapes in this area. Especially worth mentioning are the beech, holm oak, and Portuguese oak forests and the scenic canyons and narrow gorges. The path also explores a district that dates back to prehistoric times, which has granted the area a rich cultural heritage.

<http://senderismocastillayleon.com/gr/gr-291-agua-roca-del-ebro-los-obarenes/>

- Start:** Santa Gadea del Cid
- Finish:** Pancorbo
- Trail:** Linear
- Length:** 61 km (en 3 etapas)
- Elevation:** 218 m
- Difficulty:** Moderate
- 42.715093, -3.058493

B9. CAMINOS DE MEDINA.



This long-distance trail has been laid out along historic paths. Starting in Medina de Pomar, the trail heads to the banks of the Nela, and after the town of Miñón, crosses the River Trueba in Santurde. It then travels to and across various towns, passing through the Sierra Pelada towards Návagos. The path then continues on towards Paresotas and Perex de Losa and finally reaches Gobantes. The last stretch to Medina passes through Quintanamacé, Rosales, and San Martín de Mancobo, before returning to the start point through the San Esteban neighbourhood. The route features a great number of places of interest.

<https://www.lasmerindades.com/es/ruta/gr-186-caminos-de-medina>

- Start and Finish:** Medina de Pomar
- Trail:** Circular
- Length:** 74 km (en 4 etapas)
- Elevation:** 1.550 m
- Difficulty:** Moderate
- 42.929079, -3.480561

B10. LAS SALINAS DE POZA ROUTE.



This hike leads to the diapir of Poza de la Sal. The path climbs steeply into the centre of the diapir, which is a geological process in which large masses of salt flow upward to the surface. The trail also passes by some old farms, which still preserve the remains of wells and threshing floors, before it reaches the Magdalena warehouse. A cart road skirts Castellar and leads to the Trascaso warehouse. After passing the castle, the route returns to the start point.

<http://senderismocastillayleon.com/sendero/prc-bu-67/>

- Start and Finish:** Poza de la Sal
- Trail:** Circular
- Length:** 5 km
- Elevation:** 215 m
- Difficulty:** Moderate
- 42.673412, -3.513067

LEÓN



Babia and Luna Nature Park.



View from Pico Mampodre towards Riaño



Lago de Truchillas Natural Monument



Los Rebecos Bridge, Cares Route

Home to five protected natural areas and 7 biosphere reserves, the highest concentration in the world, travelling through the province of León is a discovery of what it means to make the very most of nature.

At **Picos de Europa Nature Park**, take in the magnificent mountain peaks of our region: Torre Cerredo, Llambrión, Torre Blanca, and Peña Santa de Castilla. These four are over 2,500 m high. Explore the passages cut into the rock and enjoy the views of the cliffs at **Garganta del Cares gorge**, one of the most interesting landscapes in the whole of the Iberian Peninsula. The starting point for the route is the village of Caín.

Montaña de Riaño and Mampodre Regional Park rises up in the south, where you can find **bears, chamois, and western capercaillie in their natural environment**.

Babia and Luna Valleys Nature Park. Enjoy the highlands, almost half of this area stands at an altitude of over 1,500 m with the highest peak at 2,417 m on Peña Ubiña. The contrast between the jagged limestone peaks and the rolling green valley floors, with several spectacular ravines, is a delightful sight.

If you want to find out what a cirque glacier is, visit the **Lago de la Baña Natural Monument**. A perfect cirque glacier surrounds the lake, with the high peaks of the Peña Trevinca and Peña Surbia mountains standing guard at over 2,000 m high. **The enormous, well preserved moraine glacial hill** is particularly striking.

Watched over by the 2,122 m high summit of Vizcodillo mountain, the highest point in the Cabrera mountain range, the **Lago de Truchillas Natural Monument** extends. The scenery of small woods of birch, yew, and rowan trees, the reflection of the scrub-covered mountainside on the water, and the abundant variety of animals, including **the oddest mammal on the continent, the Pyrenean desman**, are a spellbindingly beautiful sight.

In Bierzo, to the northeast of the Aquilanos mountains, close to the River Sil valley, lies **Las Médulas Natural Monument**, most certainly the most intensively opencast gold mine in the whole of the Roman empire. The 300 million cubic metres of excavated soil used to wash the mineral along with time and erosion have shaped **one of the most valuable and beautiful historic-archaeological sites in Spain**, which was declared a World Heritage Site in 1997.

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

L1. PERIMETER TRAIL. Las Médulas Natural Monument.



This route takes in the municipalities of Borrenes, Carucedo, and Puente de Domingo Flórez. Starting in the village of Orellán is recommended, although there are other access points next to the Carucedo Visitor Information Centre. The path climbs from Orellán up to the viewpoint, which is a fantastic place to admire the landscape of Las Médulas. Crossing the Horta reservoir leads to the Canal de Peña Escribida, where the path turns towards the Braña recreation area. The Pedrices Viewpoint offers panoramic views of the western part of the gold mine. Finally, the trail leads down to the village of Las Médulas where it starts to climb back up to Orellán.

<https://patrimonionatural.org/espacios-naturales/monumento-natural/monumento-natural-las-medulas>

Start and Finish:
Either Las Médulas or Orellán.

Trail: Circular

Length: 10,5 km

Elevation: 404 m

Difficulty: Moderate

42.461339, -6.767361

L2. ZUFREIROS DEL FRADE TRAIL. Las Médulas Natural Monument.



The walk starts on a forest trail located between Carucedo and La Barosa. The right branch is a light climb through a dense scrubland of holm oaks and strawberry trees. A less steep incline with stunning views of the Aspara and El Frade mountains, where cork oaks can be glimpsed amongst the dense mass of holm oaks, is next. The final stretch runs alongside the recreation area before reaching the impressively large cork oaks known as the "Zufreiros del Frade".

<https://patrimoniounatural.org/espacios-naturales/monumento-natural/monumento-natural-las-medulas>

- Start and Finish:** Carucedo Lake
- Trail:** Linear
- Length:** 5,5 km (out and back)
- Elevation:** 188 m
- Difficulty:** Low
- 42.493242, -6.792684

L3. FUENTES DEL SIL TRAIL. Babia and Luna Nature Park.



This hike starts and ends in the town of La Cueta de Babia, one of the highest towns in the province of León. Starting out at the car park at the entrance to the town, the trail crosses the centre of La Cueta to a forest track that runs alongside the River Sil. It travels through steep-walled gorges and the Cebolledo meadow, where it starts to climb towards the pen and hut at Covalancha. The return leg offers fantastic panoramic views of the Tremeo valley and Las Verdes lake.

<https://patrimoniounatural.org/casas-del-parque/casas-del-parque/casa-del-parque-de-babia-y-luna>

- Start and Finish:** La Cueta de Babia
- Trail:** Circular
- Length:** 13 km
- Elevation:** 450 m
- Difficulty:** Moderate-High
- 43.013681, -6.187263

L4. LAS NAVES EL PANAZAL TRAIL. Babia and Luna Nature Park.



The route connects the towns of San Emiliano and Villafeliz de Babia and crosses the pastures of Puerto de Pinos and the Arroyo del Puerto valley. The trail climbs from San Emiliano up towards Castro rock at the foot of the Grajos mountains, which have a karst topography. After Naves, the climb continues towards Gorgoberos meadow and then descends towards the pen in Los Navares. The fertile Panazal meadow is a valley of fluvial terraces formed by the erosion of the river and opens onto a gorge that leads to La Loba natural spring, which is close to the end of the trail.

<https://patrimoniounatural.org/casas-del-parque/casas-del-parque/casa-del-parque-de-babia-y-luna>

- Start:** San Emiliano and Villafeliz de Babia
- Finish:** Villafeliz de Babia and San Emiliano
- Trail:** Linear
- Length:** 16,3 km
- Elevation:** 560 m
- Difficulty:** Moderate-High
- 42.971022, -6.000802

L5. CAÑADA REAL LEONESA ORIENTAL. Montaña de Riaño and Mampodre Regional Park.



This hike starts off crossing the town of Prioro on Calle Real and Calle Trashumancia and continues on a trail to Cea meadow, which overlaps the route of the Cañada Real Leonesa Oriental. After the first turn, the path comes to the ruins of a canal that used to supply a hydraulic sawmill. The climb ends when the path comes to the trail that leads to Pando Viejo hill there is a stretch of an ancient road that may have Roman origins.

<https://patrimoniounatural.org/senderos/canada-real-leonesa-oriental>

- Start:** Prioro
- Finish:** Pando Viejo hill
- Trail:** Linear
- Length:** 4 km
- Elevation:** 313 m
- Difficulty:** Moderate
- 42.8943223, -4.96305

L6. MONTE RANEDO TRAIL. Montaña de Riaño and Mampodre Regional Park.



The trail begins in Lario, opposite the Visitor Information Centre in Valdeburón. It follows a stretch of local road to the vicinity of Polvoredó, where the path turns off towards the Peña del Prao Las Cortinas, a large pasture where common hawthorns, piornos, and woodlands can be spotted. La Collada offers panoramic views of Pedroya valley. A light climb through a forest of beeches leads to a suntrap in Hornedo valley. A recreation area has been made in a meadow with a shepherd's hut and pen. The walk on Monte Ranedo leads to Esla meadow before beginning the climb back down to Lario.

<https://patrimoniounatural.org/senderos/monte-ranedo>

- Start and Finish:** Lario (Visitor Information Centre)
- Trail:** Circular
- Length:** 6,4 km
- Elevation:** 225 m
- Difficulty:** Low
- 43.040920, -5.090474

L7. SAJAMBRE TRADITIONAL ARCHITECTURE. Picos de Europa National Park.



This hike highlights the area's traditional architecture, of which the hórreo granary is one of the most interesting examples. There are three different routes you can take from the starting point in Oseja de Sajambre. The first follows the traditional Sajambre Royal Road through Vierdes and Pío, two villages which preserve the traditional porched houses and some hórreos. The second branch travels towards Ribota, which is distinguished by its well preserved stone houses and its collection of hórreos. The third option, which is the longest, opens up onto magnificent natural viewpoints of the valley and continues on the Arcediano Trail to Soto de Sajambre, which has balconied corredor houses, the school-museum, and wash houses.

<https://parquenacionalpicoseuropa.es/wp-content/uploads/2020/07/arquitectura-popular-sajambre.pdf>

- Start and Finish:** Oseja de Sajambre (La Fonseca Visitor Centre)
- Trail:** Circular
- Length:** 8,5 km
- Elevation:** 600 m
- Difficulty:** Moderate
- 43.136497, -5.038187

L8. VALDEÓN TRADITIONAL ARCHITECTURE.

Picos de Europa National Park.



The trail starts in Posada de Valdeón and continues on to Soto and Caldevilla, where, in addition to the oldest hórreo granaries in the eastern León mountains, there is the Carmen chapel and the church of San Pedro. The second stretch heads towards Cordiñales, which has traditional buildings and an old mill to admire. It follows the Busto path and shares a stretch with the Cares route. The third stretch runs through Prada and Santa Marina, villages which preserve different types of traditional houses and a significant collection of hórreos.

<https://parquenacionalpicoseuropa.es/wp-content/uploads/2020/07/arquitectura-popular-valdeon.pdf>

-  **Start and Finish:** Posada de Valdeón
-  **Trail:** Linear
-  **Length:** 8,2 km
-  **Elevation:** 324 m
-  **Difficulty:** Low
-  43.142668, -4.938007

L9. LAGO DE LA BAÑA ROUTE.

Lago de la Baña Natural Monument.



The path begins 2 km from the town of La Baña, on an earthen trail that turns off to the left from the road to Fonte da Cova pass. It climbs down to the confluence of several rivers that form the River Cabrera. The climb up offers magnificent views of the body of water known as La Laguna. The forest path opens up onto hillsides of piornos and tree heaths and leads to the forest trail which includes a picturesque chandelier-shaped birch next to a picnic area. The valley contains notable signs of glacial activity, encircled by a ring of mountains standing over 2,000 m high with the lake at their base.

<https://patrimoniounatural.org/senderos/sendero-lago-de-la-bana>

-  **Start and Finish:** La Baña (N-126, Km 57.5)
-  **Trail:** Linear, out and back
-  **Length:** 4 km (out and back)
-  **Elevation:** 100 m
-  **Difficulty:** Low
-  42.266554, -6.739658

L10. LAGO DE TRUCHILLAS ROUTE.

Lago de Truchillas Natural Monument.



The car park 1.5 km from Truchillas, next to the bridge over the River Lago, marks the start point of the hike, which continues alongside the river under the shelter of small woods of birch, alder, and oak trees. After climbing to the "Cuesta Millín", the trail comes to a valley of meadows. When it reaches the "Llama de los Cochinos" moor, where old huts stand in this old shepherding area, the path opens up onto views of the lake. Truchillas lake is home to unique species and its waters still hold trouts, otters, and desmans.

<https://patrimoniounatural.org/senderos/sendero-lago-de-truchillas>

-  **Start and Finish:** Truchillas (car park 1.5 km from the village)
-  **Trail:** Linear
-  **Length:** 11 km (out and back)
-  **Elevation:** 554 m
-  **Difficulty:** Moderate
-  42.230163, -6.476069

Palencia



Cañón de la Horadada - Las Loras



Covalagua



Montaña Palentina Nature Park



View from Pico Curavacas-Vidrieros-Fuentes Carrionas

Trails, cycle routes, winter mountaineering, climbing, birdwatching, the Palentina mountains certainly make an impression.

Discover the unique landscape of more than 2,500 m high peaks, striking cliffs, and deep valleys in the **Montaña Palentina Nature Park**. **Travel along the rivers that cross it to their sources**, which are so remote that you can even find the **prints of brown bears** at them. The first starts in the steep heart of the mountain: Fuentes Carrionas lake. The Pisuerga rises in the gentler landscape of Fuente Cobre.

Have your breath taken away by **the only UNESCO Global Geopark in Castilla y León**, the **UNESCO Las Loras Global Geopark**. It covers the north of the provinces of Burgos and Palencia and includes the western reaches of the Alto Ebro and Rudrón nature park, the Humada Peña Amaya special area of bird conservation in Burgos, and the natural monument and protected areas of Covalagua and Las Tuerces in Palencia.

The spectacular landscapes are their hallmark. Las Loras are vast limestone moorlands at an altitude of over 1,000 m that rise up as fortresses. Surrounded by deep valleys carved out by the Ebro, Pisuerga, and Rudrón, they grant this area a rich variety of ecosystems and archaeological remains that open up onto the Cantabrian Mountains.

Marvel at the impressive karst processes that have taken place and continue to take place here in the limestone stratum, which have produced an extensive range of beautiful rock formations and cavities. The previously-mentioned **Natural Monuments of Las Tuerces and Covalagua are two of the finest places in Spain for admiring these truly special landscapes.**

To the northeast lie the **Covalagua Protected Landscape and Covalagua Waterfall Natural Monument**, where impressive sinkholes, limestone pavements, lower layers of the earth's crust, caves, and outcrops are all to be found. Discover the **famous Cave of the French** within them. The Aguilar de Campo Historical Site is close to Covalagua.

Las Tuerces, comprising **Las Tuerces Protected Landscape and Las Tuerces Labyrinth Natural Monument**, are located on the westernmost foothills of Las Loras moors. They make a labyrinth of changing curiously-shaped large blocks. **Giant rocky mushrooms, natural bridges and arches, alleys and small caves that create a charming landscape that is simply wonderful to walk around and admire.**

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

P1. LAGUNA DE LA NAVA ROUTE. Laguna de la Nava Natural Area.



Nava Wetland is on the local road between Mazariegos and Fuentes de Nava. La Laguna Visitor Information Centre details the history of this wetland, its important ecosystem, and the suggested route. It covers 420 ha and features bird conservation and protection areas. Today it is an artificial lake that was restored more than a decade ago. It used to be known as "El Mar de Campos" and is a must-see for any keen birdwatcher.

www.avespalencia.org/index.php/turismo-ornitologico/rutas-ornitologicas-en-tierra-de-campos

Start and Finish:
Fuentes de Nava

Trail: Circular

Length: 5,7 km

Difficulty: Low

42.060189, -4.748468

P2. FUENTE COBRE- PISUERGA RIVER SOURCE TRAIL. Montaña Palentina Nature Park.



This is one of the busiest trails in the Montaña Palentina park. It starts out in the Santa María de Redondo car park on a beautiful journey through Redondos Valley before heading into a very pleasant walk through forests of Pyrenean oaks, oaks, beeches, as well as other types of trees. At a clearing close to an old shepherd hut, the path heads off to the right towards the cave called Fuente or Cueva Cobre. Only the immediate entrance to the cave is visitable. The interior requires cave-exploring expertise or equipment.

<https://patrimonionatural.org/senderos/senda-de-fuente-cobre>

-  **Start and Finish:** Santa María de Redondo
-  **Trail:** Circular
-  **Length:** 13 km
-  **Elevation:** 400 m
-  **Difficulty:** Moderate
-  42.991648, -4.428119

P3. LAGUNAS DE LAS LOMAS TRAIL. Montaña Palentina Nature Park.



This path leads to Pozo de las Lomas, a glacial lake from the Quaternary period at an altitude of 2,800 m on a route with stunning scenery, where hikers can enjoy the views of the lake and explore a mountain area with spectacular peaks such as the Cardaño and Curavacas summits. The vegetation is mostly Alpine meadows and scrubland (tree heaths, brooms, Scotch brooms). The starting point is the car park in Cardaño de Arriba.

<https://patrimonionatural.org/senderos/senda-de-la-laguna-de-las-lomas>

-  **Start and Finish:** Cardaño de Arriba
-  **Trail:** Linear
-  **Length:** 12 km
-  **Elevation:** 640 m
-  **Difficulty:** Moderate-High
-  42.9711027, -4.7569435

P4. TEJEDA DE TOSANDE TRAIL. Montaña Palentina Nature Park.



Tejeda de Tosande (Tosande Yew Forest) is a little slice of heaven in Montaña Palentina park. This is one of the densest populations of yew trees in the Iberian Peninsula and Western Europe. It features an outstanding abundance of specimens, many of which are hundreds of years old and measure 1.5 m in diameter and more than 15 m in height. Walking this trail is a discovery of magical forests, starting with a forest of holm oaks which opens up into a forest of oaks, then on the higher ground it leads into a forest of beech trees where the yew forest stands.

<https://patrimonionatural.org/senderos/senda-de-la-tejeda-de-tosande>

-  **Start and Finish:** Dehesa de Montejo
-  **Trail:** Circular
-  **Length:** 10,5 km
-  **Elevation:** 200 m
-  **Difficulty:** Moderate
-  42.825387, -4.516822

P5. FOSSIL FOREST TRAIL. Montaña Palentina Nature Park.



This trail leads to a site known as the fossil forest. A sandstone wall on which the remains of a 300 million year old coastal forest appear. It is considered one of the most important examples of its kind in Spain. The path also runs through a deciduous forest of sessile oaks, Pyrenean oaks, hollies and it has three viewpoints: Peña Celada, Bosque, and La Pernía, which offer panoramic views of the Montaña Palentina range. Suitable for families.

<https://patrimonionatural.org/senderos/senda-del-bosque-fossil>

 **Start and Finish:** Verdeña

 **Trail:** Circular

 **Length:** 3 km

 **Elevation:** 120 m

 **Difficulty:** Low

 42.941469, -4.461132

P6. "URSI" THE SCULPTOR TRAIL. Montaña Palentina Nature Park.



This trail pays tribute to the Palencia sculptor Ursicino Martínez, "Ursi", in a blend of art and nature. The path travels through the heart of Santullán Valley between forests, viewpoints, and original sculptures with fantastic views of the Duero river basin and the Montaña Palentina. From the car park in Villabellaco the path heads towards the Shrine of Nuestra Señora del Carmen before reaching a recreation area and going through a forest of Pyrenean Oaks on the way to Alto de los Castillos. It then starts to descend, crossing the Perapertú road and the beautiful Santullán Valley. Lastly, it leaves the village behind and comes to the church of San Pedro.

https://museoursi.com/?page_id=102

 **Start and Finish:** Villabellaco

 **Trail:** Circular

 **Length:** 11 km

 **Elevation:** 300 m

 **Difficulty:** Moderate

 42.892537, -4.3114677

P7. BEAR TRAIL. Montaña Palentina Nature Park.



The Bear Trail in Palencia is a signposted circular 12 km hike between the towns of Cervera de Pisuerga, Arbejal, and the Peña del Oso and Peñas Negras and also has an accessible stretch. An information board, next to the San Roque bridge, at the Cervera de Pisuerga turn-off on the C-627 road marks the start of the trail. This route takes in incredible places such as the Chozo del Tremedal hut, the Portillo de Carro and Matas viewpoints, the Requejada reservoir, the bear monument, the Piedras Negras area...

<https://www.cerveradepisuerga.eu/rutas-detalle.php?idRuta=8>

 **Start and Finish:** Cervera de Pisuerga

 **Trail:** Circular

 **Length:** 12,2 km

 **Elevation:** 270 m

 **Difficulty:** Moderate

 42.869935, -4.498735

P8. ROBLÓN DE ESTALAYA OAK TRAIL. Montaña Palentina Nature Park.



This trail leads to the Roblón de Estalaya oak tree, also known as “the Grandfather”, an 800-year-old sessile oak (*Quercus petraea*) with a girth of over 10 m and a height of over 17 m, which makes it one of the biggest trees in Castilla y León. The path runs through a deciduous forest of sessile oaks, beeches, Pyrenean oaks, hollies, and open meadows with panoramic views of the peaks of the Montaña Palentina range and the Requejada reservoir. Trail suitable for families.

<https://www.cerveradepisuerga.eu/rutas-detalle.php?idRuta=4>

-  **Start and Finish:** Vañes road
-  **Trail:** Circular
-  **Length:** 4,6 km
-  **Elevation:** 125 m
-  **Difficulty:** Low
-  42.924446,-4.471898

P9. MAZOBRE WATERFALL TRAIL. Montaña Palentina Nature Park.



This trail runs alongside the Arroyo Mazobre river on an easy path with some slopes. This slightly longer than 3 km walk offers views of the north face of the beautiful Espigüete mountain on the way to a viewpoint overlooking the beautiful Waterfall. A small trail leads off from the viewpoint to the bottom of the waterfall. The best time of the year to do the walk is in spring, with the meltwater, to see the waterfall at its finest. The trail starts in the car park in Pino Llano.

<https://es.wikiloc.com/rutas-senderismo/senda-de-la-cascada-de-mazobre-montana-palentina-3275675>

-  **Start and Finish:** Cardaño de Abajo
-  **Trail:** Linear, out and back
-  **Length:** 6,6 km
-  **Elevation:** 320 m
-  **Difficulty:** Low
-  42.951036,-4.761576

P10. ESTRECHO VALLEY GIANT TRAIL. Montaña Palentina Nature Park.



The Estrecho Valley Giant is the main character in a legend that fires up the imagination for a walk along the peaks of a mountain known as Peñalbilla, which separates Estrecho Valley from Arroyo Agueros Valley, where Santibáñez de Resoba is located. The trail, which runs at an altitude of 1,400 m, grants panoramic views of these valleys, their villages, and their rivers, large oak and beech forests, and the main mountain peaks in the area, such as Peña Redonda, Peña Escrita, and Santa Lucía. The trail splits into two clearly signposted branches.

<https://patrimonionatural.org/senderos/senda-del-gigante-del-valle-estrecho>

-  **Start and Finish:** Santibáñez de Resoba
-  **Trail:** Linear
-  **Length:** 4,4 km
-  **Elevation:** 113 m
-  **Difficulty:** Low
-  42.905555,-4.627777

SALAMANCA



Waterfall, Las Batuecas-Sierra de Francia Nature Park



Hundred Year Old Chestnut Trees Trail



Views from Peña de Francia



View of Arribes del Duero

The province of Salamanca is home to some of the most beautiful and unique villages and landscapes in the whole of Spain. Las Arribes and Las Batuecas are two particularly interesting places in this region.

The Arribes del Duero Nature Park is a stunning natural area in one of the **deepest and longest canyons in the Iberian Peninsula**, which contains a rich variety of plant life and animals, such as the iconic Egyptian vulture and a significant population of birds of prey, including the golden eagle, Bonelli's eagle, the peregrine falcon, and the Eurasian eagle-owl. The terrain is from the period of the Palaeozoic basement.

Step into Las Arribes and admire the beautiful, rugged landscape formed by the Duero, Huebra, and Uces rivers. In the canyon of the latter, you can find **one of the most spectacular waterfalls in the whole of the Iberian Peninsula: Pozo de los Humos**, where the water falls from a height of more than 40 metres.

We suggest you take in the countryside from the viewpoints, such as the Peña La Vela Viewpoint, which you can reach from the car park on a trail known as the Smugglers' Route, a unique way of exploring the terrain using the smuggling routes and experiencing a romantic side of the untold history.

Visit the villages of Aldeadávila de la Ribera, San Felices de los Gallegos, and Vilvestre. You can go on a boat cruise to the heart of Las Arribes from Aldeadávila de la Ribera and Vilvestre.

Las Batuecas-Sierra de Francia Nature Park will show you a secret valley, sheltered in the mountains, where you can visit a real botanic garden with specimens of every species found in the Mediterranean. A place where some Iberian animals have also found shelter, such as the Iberian ibex, the roe deer, the wild boar. It also boasts Neolithic rock art in the caves and coves in the valley. A place of **legends, a place to immerse yourself in the culture and heritage of villages** such as La Alberca, Mogarraz, Miranda del Castañar, San Martín del Castañar, Sequeros, and Villanueva del Conde.

The Carmelite convent of San José is nestled in the depths of the valley. A footpath extends from its entrance to El Chorro waterfall that makes for a wonderful glimpse into the stunning scenery of Las Batuecas.

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

SA1. EL CAMINO DE LAS RAÍCES (ART IN NATURE TRAILS). Sierra de Francia.



La Alberca boasts an interesting hiking route called "El Camino de la Raíces" (The Roots Path), which is one of the Art in Nature Trails. The path, showing the marks of the past, crosses areas where the evidence of human presence can be seen in the signs in the landscape that reflect the life of the inhabitants in 6 works of "Land Art". There are especially interesting sites such as the Majadas Viejas hermitage, the remains of the San Marcos hermitage, and the lake of the same name. The hike takes roughly 2 hours 45 minutes to complete.

<http://www.salamancaemocion.es/es/que-hacer/actividades-en-la-naturaleza/senderismo/camino-de-las-raices>

Start and Finish: La Alberca

Trail: Circular

Length: 8 km

Elevation: 162 m

Difficulty: Low

40.487538, -6.105264

SA2. CAMINO DEL HIERRO. Arribes del Duero Nature Park.



The Camino del Hierro (Iron Path) is a hiking trail along a stretch of railway track that is closed to trains, which combines the grandeur of the most emblematic 19th civil engineering with stunning scenery as it lies in the very heart of the Arribes del Duero nature park.

The hike begins on the footpaths next to the railway track and crosses a series of tunnels and bridges that grant us views of the impressive cliff faces and the course of the River Agueda, which flows into the Duero. The trail finishes at the only inland port in Castilla y León. Booking required.

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

- Start:** La Fregeneda Station
- Finish:** Vega Terrón dock
- Trail:** Linear
- Length:** 17 km (shorter route option 8 km)
- Elevation:** Descent only, 330 m
- Difficulty:** Moderate
- 40.989276, -6.837019

SA3. MONFORTE DE LA SIERRA- MIRANDA DEL CASTAÑAR. Las Batuecas-Sierra de Francia Nature Park.



The trail starts out in Monforte de la Sierra and makes its way past cherry trees, vines, and olive trees to the River Milano, where there is a small stone bridge to cross. There is abundant riverside vegetation to be seen such as ashes, hazels, and alders that give way to forests of mostly oaks, chestnuts, and strawberry trees. The trail finishes in the beautiful village of Miranda del Castañar, which is an Historical Site.

https://patrimoniounatural.org/ficheros/caminocepeda-monfortedelasierrapdf031011_184531.pdf

- Start:** Monforte de la Sierra
- Finish:** Miranda del Castañar
- Trail:** Linear
- Length:** 6,8 km
- Elevation:** 323 m
- Difficulty:** Low
- 40.4831934, -6.0562089

SA4. "VALLE DE BATUECAS" ACCESSIBLE TRAIL. Las Batuecas-Sierra de Francia Nature Park.



From the car park a raised wooden walkway runs along the River Batuecas to Batuecas Monastery where the walk ends. The monastery is strictly enclosed and is not open to visitors. On the trail two small bridges cross the crystal clear water of the river and there are information boards on the flora and fauna of the area, which includes alders, cork oaks, strawberry trees, and undergrowth of piornos, lavender, cistuses, and tree heaths. Animals that you may see include Iberian Ibexes, white-throated dippers, salamanders, brown trouts, and bermejuela fish.

<http://www.salamancaemocion.es/es/que-hacer/actividades-en-la-naturaleza/senderismo/senderismo-accesible>

- Start:** Car park 1. Road from La Alberca to Las Mestas
- Finish:** San José de las Batuecas Monastery
- Trail:** Linear
- Length:** 1,5 km
- Elevation:** 25 m
- Difficulty:** Low
- 40.454123, - 6.13482

SA5. CASTAÑOS CENTENARIOS TRAIL “ACCESSIBLE TRAIL” Las Batuecas-Sierra de Francia Nature Park.



“Los Castaños Centenarios” Trail (Hundred Year Old Chestnut Trees) is an ideal trail for people with physical disabilities, families, or older hikers. It starts out at El Casarito Recreation Area in the heart of the Sierra de Francia - Batuecas nature park. The trail is made of stamped concrete and compacted earth with a gradient of less than 7% and some wooden platforms. On the trail there are Pyrenean oaks, over 500-year-old chestnuts, ferns, common hawthorns, tree heath, and moss to be seen. Benches are stationed every 200 m or so, where you can take a break and listen to the sounds of nature and learn about the flora and fauna on information boards.

<https://www.turismosierradefrancia.es/docs/Senda-de-los-Castanos-Centenarios.pdf>

- Start and Finish:** El Casarito Recreation Area
- Trail:** Circular
- Length:** 1,6 km
- Elevation:** 20 m
- Difficulty:** Low
- 40.521733, -6.138123

SA6. DUERO TRAIL. Arribes del Duero Nature Park.



This trail covers the final stretch of the Duero Trail through the Arribes del Duero in Salamanca. It can be done in two or three stages, split around the villages of Hinojosa and/or La Fregeneda. There are many wonderful sights to see: the holm oak forests in the area, the mouths of the Huebra and Águeda rivers and the cachonera (small) waterfalls they form, the terraces of crops, and the views offered all along the trail as it makes its way through the canyon forged by the River Duero.

<http://www.lasendadelduero.com/rutas-por-el-duero/sendero-gr-14/etapa-40-saucelle-hinojosa/>

https://patrimoniounatural.org/ficheros/01005101831320desplegablegr-14pdf100510_183132.pdf

- Start:** Salto de Saucelle
- Finish:** Vega Terrón
- Trail:** Linear
- Length:** 51,2 km
- Elevation:** 218 m
- Difficulty:** Moderate-Low
- 41.041431, -6.805358

SA7. CIUDADES AMURALLADAS TRAIL.



GR80 is a circular trail that explores the historic walled border, “Ciudades Amuralladas” Trail (Trail of the Wall Cities), cities of Almeida, Ciudad Rodrigo, Aldea del Obispo, and its Fuerte de la Concepción fortress. On the same paths travelled by soldiers throughout history there is the chance to take in the rich biodiversity in the area and look down on the special banks of the Turones and Águeda rivers from the crest of Garagalla. The path also leads us to know the engraved rock art at the Siega Verde archaeological site, which was recognised as a World Heritage Site in 2010.

<https://www.terranostrum.es/senderismo/gr-80-sendero-de-las-ciudades-amuralladas>

- Start:** Almeida in Portugal / Aldea del Obispo in Salamanca
- Finish:** Almeida in Portugal / Fuentes de Oñoro in Salamanca
- Trail:** Linear
- Length:** 110 km (in 6 stages)
- Elevation:** 1.270 m
- Difficulty:** Moderate
- 40.709276, -6.794440

SA8. MAJADAS DEL ROSTRO TRAIL. Arribes del Duero Nature Park.



The trail begins at the Goatherd Monument in front of the tourist office and climbs down through the terraces of vines and olive trees to the River Duero. It passes by the Picón de la Mariota viewpoint before finishing at the Majadas del Rostro Ecomuseum, which details the traditional life of goatherds, who lived with their goats in these buildings (known as majadas) all year long. The walk can be extended on towards Playa del Rostro beach where you can take a boat trip or hire a canoe.

<https://aldeadavila.es/aldeadavila/documentos/turismo/Rutas.pdf>

- **Start:** Aldeadávila de la Ribera
- **Finish:** Majadas Ecomuseum / Playa del Rostro beach
- ↔ **Trail:** Linear
- ↔ **Length:** 6,7 km
- ⚡ **Elevation:** 6 m
- 🏠 **Difficulty:** Low
- 🌐 41.217107, -6.619212

SA9. CONTRABANDISTAS ROUTE (SMUGGLERS' ROUTE). Arribes del Duero Nature Park.



Hinojosa's location close to the border had an enormous impact on the village during the wars between Spain and Portugal, but was also a boost to commercial ties with Portugal. Agriculture and farming sometimes were not enough to live on for the residents, who found smuggling to be a way to earn a living. These illegal trades led to the opening of border posts with border guards known as guardinhas on the Portuguese side and carabineros on the Spanish side. Smugglers would come up with routes on the tortuous trails through the Arribes area to the narrow fords of the Duero, which can be discovered on the route, or cross the river with a guindaleta hemp rope system, in a basic form of zip-line.

<http://hinojosadeduero.es/El-municipio/Patrimonio-Natural/Rutas-Senderismo>

- **Start:** Hinojosa de Duero
- **Finish:** Peña La Vela
- ↔ **Trail:** Linear
- ↔ **Length:** 7,5 km (3.2 km from Car park)
- ⚡ **Elevation:** 180 m
- 🏠 **Difficulty:** Low
- 🌐 40.986622, -6.796783

SA10. PINERO AND POZO DE LOS HUMOS WATERFALL TRAIL. Arribes del Duero Nature Park.



The trail starts in Masueco and travels through small farms and orchards to Pinero Waterfall, a beautiful waterfall located in the Puente El Picón creek, shortly before it flows into the River Uces. It then reaches Pozo de los Humos, a 50 m drop which creates a fantastic curtain of water that lifts up a cloud of vapour resembling steam, which is where it gets its name from as humo is Spanish for steam. As it is in the Arribes del Duero Nature Park, birds of prey such as eagles, kits, Egyptian vultures, black storks, barn owls, owls can all be spotted.

<https://masueco.es/rutas-de-senderismo>

- **Start:** Masueco church
- **Finish:** Pozo de los Humos Waterfall
- ↔ **Trail:** Circular
- ↔ **Length:** 12,8 km
- ⚡ **Elevation:** 226 m
- 🏠 **Difficulty:** Moderate-Low
- 🌐 41.204556, -6.589122

Segovia



Hoces del Río Duratón Nature Park



Hoces del Río Riaza Nature Park



Seven Peaks Trail, Sierra de Guadarrama Nature Park



Linares del Arroyo Reservoir Trail

The province of Segovia is rich in natural spaces. The Duratón and Riaza rivers forge spectacular gorges that dominate the landscape of the province, which is supplemented by the Riaza beech forest and the Guadarrama mountain range.

The Hoces del Río Duratón Nature Park is located to the north of Segovia. In this area, the River Duratón has carved out a deep canyon, which, in some places, is more than 100 m deep. A true paradise for birds of prey with large colonies of griffin vultures and Egyptian vultures. Journey through the park on the trails and enjoy the show. One of the traditional routes is the Way of San Frutos, which starts at the car park of the hermitage of San Frutos, one of the most scenic places in the Park due to its stunning views.

Hoces de Río Riaza. Nature Park The River Riaza has created one of the largest networks of gorges, canyons, cliffs, and ravines in the whole of the interior of the Iberian Peninsula from the tough limestone rocks of the plains of Segovia. As well as the spectacular scenery, this deserted area is home to a large population of birds of prey. The hillsides and steep rocky slopes are covered by forests of Spanish junipers.

Sierra de Guadarrama Nature Park and Sierra Norte de Guadarrama Nature Park Sierra de Guadarrama spans 80 km between the Gredos and Ayllón mountain ranges. Its highest peak is Peñalara at 2,428 m.

Discover forests of Scots pine, oaks, and holm oaks in the lower-lying areas. Look out for deer, wild boars, roe deer, fallow deer, badgers, and wildcats.

Ríofrío de Riaza Beech Forest. Natural Space. This beech forest is, alongside those in Madrid, Guadalajara, Tarragona, and Sicily, one of the four most southernly in Europe.

These beech forests are a must-see if you want to understand the plant life of the Iberian Peninsula, not only because of their biogeographical interest, but because they also form a beautiful landscape. Rowans, oaks, hollies, birches, and yews stand alongside the beeches and make this beautiful area even more picturesque. Visit the charming village of Riaza to see the finest examples of the traditional mountain architecture.

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

SE1. SIERRA NORTE DE GUADARRAMA NATURE TRAIL. Sierra Norte de Guadarrama Nature Park



The Nature Trail travels mostly along the livestock trail that traverses the whole of the Sierra de Guadarrama across the province of the Segovia. The route stays mostly in the lowlands. It is almost 150 km long and visits towns such as El Espinar, Otero de Herreros, Sotosalbos, Collado Hermoso, Navafria, Arcones, Villarejo, Riaza, and Ayllón, and many other towns are always visible to the left.

<https://www.mapa.gob.es/es/desarrollo-rural/temas/caminos-naturales/caminos-naturales/sector-centro/canada-real-soriana-occidental/default.aspx>

- ➔ **Start:** El Espinar
- ➔ **Finish:** Villarejo, Santo Tomé del Puerto (continues to Ayllón)
- ↔ **Trail:** Linear
- ↔ **Length:** 103 km in the Protected Natural Space (145 km in total to Ayllón)
- ↗ **Elevation:** 256 m
- 🏠 **Difficulty:** Low
- 🌐 40.722950, -4.248364

SE2. ARCIPRESTE DE HITTA TRAIL. Sierra Norte de Guadarrama Nature Park.



This is an easy child-friendly trail in a captivating setting rich in history. The path reaches the Archpriest Rock which stands at an altitude of 1,550 m. This is a collection of round granite rocks that are commonplace in this area of the mountains. It is located in the old Guadarrama mountain pass, which all travellers going between Madrid and Segovia had to cross. The rock pays tribute to Juan Ruiz, the Archpriest of Hita, and his most important work, *El Libro del Buen Amor* (The Book of Good Love).

https://patrimoniounatural.org/ficheros/5d2845b19243d_Folleto-31,5X30-El-Espinar.pdf

- Start and Finish:** Estación del Espinar
- Trail:** Circular
- Length:** 15,2 km
- Elevation:** 410 m
- Difficulty:** Moderate
- 40.742757, -4.171335

SE3. ACEBEDA DE PRÁDENA TRAIL. Sierra Norte de Guadarrama Nature Park.



“La Acebeda de Prádena” Trail (Prádena Holly Woodland trail) starts in El Bardal recreation area and leads to the Prádena holly woodland, where an impressive forest of holly trees stands.

Also worth seeing on a visit is the Enebralejos cave. This cave, located near Prádena, is 3,670 m long and is the largest known cave in the northern tip of the Central System mountain range. It is split into three levels and is an important site in archaeology, the study of caves, and for tourists.

<https://turismosierrasegovia.es/ruta-acebal-de-pradena/>

- Start and Finish:** El Bardal Recreation Area (1,092 m)
- Trail:** Circular
- Length:** 7,1 km
- Elevation:** 259 m
- Difficulty:** Low
- 41.129000, -3.690879

SE4. ROYAL FISHERIES TRAIL. Sierra Norte de Guadarrama Nature Park.



The fisheries road runs along the lefthand side of the River Valsain. King Carlos III ordered it to be built so he could enjoy fishing for trout. Works began in 1767. Building the fishery required felling trees, building stone walls on the banks, erecting bridges to cross the river, and building fishing boats as a sort of stairway to fish from.

<https://www.parquenacionalsierraguadarrama.es/es/visita/descargas?task=download.send&id=154&catid=2&m=0>

- Start:** Pontón Alto Reservoir (Real Sitio de San Ildefonso). Midway points can be used as start points.
- Finish:** Cantina Bridge (Real Sitio de San Ildefonso)
- Trail:** Linear
- Length:** 18 km
- Elevation:** 370 m
- Difficulty:** Low
- 40.903906, -4.029341

SE5. SCHMIDT WAY TRAIL. Sierra Norte de Guadarrama Nature Park.



The Schmidt Way is a mountain trail linking Navacerrada pass with Fuenfría pass. It was created in the early 20th century and takes its name from rambler Eduardo Schmidt, member no. 13 of the Royal Spanish Peñalara Mountaineering Society, founded in 1913. The signs were set in place in 1926.

This is a classic, perfectly signposted, mountaineering route in the Sierra de Guadarrama. It travels along the north side of the pine forest in Valsaín valley and the south side of the forest in Cercedilla. Together, these form one of the best preserved forests of Scots pine in the Central System mountains. Recommended in autumn, spring, and summer.

http://www.webdelagranja.com/files/rutas/Ruta_H_Puerto_de_Navacerrada-Puerto_de_la_Fuenfria- Puerto_de_Navacerrada_tcm7-190329.pdf

- Start:** Navacerrada Pass
- Finish:** Fuenfría Pass
- Trail:** Linear
- Length:** 5,9 km
- Elevation:** 140 m
- Difficulty:** Moderate
- 40.790903, -4.009197

SE6. TWO RIVERS TRAIL. Hoces del Río Duratón Nature Park.



The medieval town of Sepúlveda lies next to the first gorge on the River Duratón. This trail starts in the town on a journey through the history and nature of this natural area.

From the church of Santiago (visitor information centre) to the Virgen de la Peña church, the route takes in some of the most important places in the town.

After leaving the town, the hike travels through high moorlands, cliffs, and riverside forests under the watchful eye of griffon vultures.

https://patrimoniounatural.org/ficheros/sendadosriospdf260213_072519.pdf

- Start and Finish:** Hoces de Río Riaza Natural Park Visitor Information Centre
- Trail:** Circular
- Length:** 5,6 km
- Elevation:** 270 m
- Difficulty:** Moderate
- 41.296810, -3.751330

SE7. LINARES DEL ARROYO RESERVOIR TRAIL. Hoces del Río Riaza Nature Park.



Starting in Maderuelo, this circular walk runs along the lefthand side of the Linares del Arroyo reservoir (named after the town that was submerged under the water after it was built in 1952). The starting point is the old railway station and it follows some farming roads with views of fields and juniper trees.

Some stretches of the trail are not clearly signposted. Recommended in autumn and spring.

https://patrimoniounatural.org/ficheros/5d2840afe1d9f_10-PRC_SG_10-Senda-Embalse-de-Linares-del-Arroyo.pdf

- Start and Finish:** Los Huertos car park. Maderuelo
- Trail:** Circular
- Length:** 4 km
- Elevation:** 120 m
- Difficulty:** Low
- 41.486466, -3.524455

SE8. BRIDGES TRAIL. Hoces del Río Riaza Nature Park.



The starting point is a car park in Montejo de la Vega de la Serrezuela.

The Bird of Prey Shelter Interpretation Area is at the midway point of the trail. This area has information boards on the plant life, animals, and legacy of Félix Rodríguez de la Fuente in the area.

Just 100 metres away is the Peña Portillo bridge. Once across the bridge, the trail comes to the main attraction: Peña Portillo rock. An impressive, reddish vertical wall, in the rocks and gaps of which colonies of griffon vultures and other birds of prey nest. It is a magnificent place. The trail is easy and suitable for everyone.

https://patrimonionatural.org/ficheros/5d283ea8c8238_05-PRC_SG_5-Senda-Entre-Puentes.pdf

 **Start and Finish:** Fuente de la Vega car park. Montejo de la Vega

 **Trail:** Circular

 **Length:** 6 km

 **Elevation:** 22 m

 **Difficulty:** Low

 41.549591, -3.642865

SE9. FISHERMEN'S TRAIL. Riberas del Río Cega.



The Fishermen's Trail starts out next to Highway A-602, on exit no. 57. Access to the river is under the highway bridge and there is car parking at the old bridge on the old road where the trail starts next to the river. There are signs all along the route and at different stages there is the option to head back to the start through the pine trees. The trail travels through ravines that are up to 60 m deep in the sandy sediment-based plain that makes up the county of Tierra de Pinares. The most widespread tree in the county is the Maritime Pine. Recommended time of year: autumn, spring, summer.

<https://www.cuellar.es/naturaleza/senderismo/la-senda-de-los-pescadores/>

 **Start and Finish:** Exit 57 from pine forest highway, Next to River Cega.

 **Trail:** Circular

 **Length:** 15,6 km

 **Elevation:** 60 m

 **Difficulty:** Low

 41.363413, -4.297844

SE10. HONTANARES HERMITAGE TRAIL. Sierra de Ayllón mountains.



This route begins in the town of Riaza. It follows Santiago Apóstol street to the dirt track that leads to the River Riaza. An easy path comes to the Pradera del Collado meadow. To continue on to the Virgen de Hontanares Hermitage, take the forest trail and turn to the left. The Shrine was built in the 17th century. Just one kilometre from the Hontanares Hermitage is the Piedras Llanas viewpoint. From this beautiful spot you can take in stunning views of the Central System and Iberian System ranges and, if you have binoculars, the red and black villages of the Sierra de Ayllón.

<http://www.riaza.es/web/86299/82>

 **Start and Finish:** Riaza Main Square

 **Trail:** Circular

 **Length:** 10,4 km

 **Elevation:** 600 m

 **Difficulty:** Moderate

 41.2796260, -3.477076

SORIA



Moncayo Beech Forest



Urbión



La Fuentona



Laguna Negra

The countryside in Soria is a breath takingly varied and unique place. Soria boasts the biggest expanse of forest in the Iberian Peninsula, the undisputable star of which is the pine. Discover nature in Soria in its natural areas:

Cañón del Río Lobos Nature Park Declared a Nature Park in 1985, it was one of the first protected areas in Castilla y León. The protection covers 20 kilometres of canyons and all the areas around them. In the park and nearby, an important collection of artistic ruins, villages, and towns are conserved. These include San Bartolomé hermitage, Ucero, San Leonardo de Yagüe, and El Burgo de Osma.

As well as vast forests of savin juniper and Corsican pines, there is a population of one hundred pairs of griffon vultures, as well as roe deers, wild boars, squirrels, otters, badgers, and wildcats.

Laguna Negra and Circos Glaciares de Urbión Nature Park. Located in the municipalities of Duruelo de la Sierra, Covaleda, and Vinuesa, the glacial landscape was sculpted more than two million years ago and contains the Urbión peak at 2,228 m high, and ecosystems linked to glacial activity such as the lakes of Laguna Negra, Laguna Larga, Laguna Helada. Pines blanket the valleys and form part of the biggest expanse of forest in the Iberian Peninsula. It is also home to some of the most diverse species of local wildlife.

Sabinar de Calatañazor Nature Reserve. The Calatañazor forest is one of the best preserved juniper forests on the planet, some of its trees are more than 300 years old. Visit the beautiful medieval village of Calatañazor on your trip here.

La Fuentona Natural Monument. Also known as "Ojo de Mar" (Eye of the Sea), Fuentona de Muriel de la Fuente is a stunning karst outcrop which is the source of the River Abián. It hides a web of underground caves and galleries that the water flows through.

Acebal de Garagüeta Nature Reserve. "Acebal de Garagüeta" (Garagüeta Holly Woodland) is located in the north of Soria province, between the Piquera and Oncala passes. Visit in the autumn and winter months to be blown away by the brilliant sight and the diversity of birdlife.

Cerro Pelado Natural Space. The centre point of this place is the site where the first European fossils of micromammals from the Cenozoic era were discovered, which makes this a Paleontological Site.

Additionally, if you are in the city of Soria, take a trip to Monte de Valosandero, a place of natural beauty. We suggest the SO4 route to explore it fully.

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

SO1. RÍO LOBOS TRAIL.

Cañón del Río Lobos Nature Park.



Linear walk along the course of the River Lobos which, due to the length, is advisable to split into several stages. The journey from one edge of the Nature Park to the other is 25 km. It connects the Roman bridge in Hontoria del Pinar (Burgos) with the bridge at the source of the River Ucero, close to the village of Ucero (Soria). It can also be joined midway at the "Puente de los Siete Ojos" (Seven Eyes Bridge). Overall, it is a flat, easy trail but do remember that when it rains, the river rises and some stretches may be difficult to pass.

https://patrimonioanatural.org/ficheros/5e9d7264375c9_PR-SO-BU-65-SENDA-DEL-RiO.pdf

- Start:** Ucero
- Finish:** Hontoria del Pinar
- Trail:** Linear
- Length:** 25 km
- Elevation:** 100 m
- Difficulty:** Moderate
- 41.733028, -3.045644

SO2. GULLURÍAS TRAIL. Cañón del Río Lobos Nature Park.



Gulluría is the name of a type of lark that can be found along the trail. Although the start does require overcoming a somewhat steep slope, the rest of the trail is not difficult. The route takes in old limestone quarries, magnificent views of the castle of Ucero and the canyon itself, and crosses areas full of wonderful-smelling plants, junipers, Scots pines, Portuguese oaks, and bearberries. The end of the stage joins the section of the river trail that connects the San Bartolomé hermitage and the Visitor Information Centre.

<https://patrimoniounatural.org/ficheros/PRC-67%20SENDA%20DE%20LAS%20GULLUR%C3%8DAS-20210518-092752.pdf>

- Start and Finish:** Cañón del Río Lobos Nature Park Visitor Information Centre
- Trail:** Circular
- Length:** 9 km
- Elevation:** 150 m
- Difficulty:** Moderate
- 41.721873, -3.049263

SO3. CASTLE TRAIL. Cañón del Río Lobos Nature Park.



An interesting path that follows the River Ucero, on the stretch from its source to the town of Ucero itself. It passes by the Cañón Visitor Information Centre, the castle of Ucero, and a stretch of the Roman canal which supplied water to the ancient city of Uxama (El Burgo de Osma). If you feel like crossing this small 135 m section through the canal, you will need a lamp, although it would be best not to disturb any bats that may be living there. The views from the area around the castle are simply fantastic.

https://patrimoniounatural.org/ficheros/5e9d723b6d4c3_PR-SO-66-SENDA-DEL-CASTILLO.pdf

- Start and Finish:** Ucero
- Trail:** Circular
- Length:** 6 km
- Elevation:** 82 m
- Difficulty:** Low
- 41.717537, -3.050097

SO4. MONTE VALONSADERO TRAIL. Monte Valonsadero.



This is the longest of the five routes on the board at the start of the trail and therefore the one that takes in the most scenic spots. Vega de Baturio, Azud de Buitrago, rock shelters, the Duero and Pedrajas Rivers, an oak forest, cattle grazing meadows are all on this trail and make up the overall wealth of scenery, geology, plants, and wildlife on the mountain. Valonsadero lies in the Soria Council area and has a total surface area of 2,793 Ha.

<http://senderismocastillayleon.com/sendero/prc-so-61-valonsadero>

- Start and Finish:** Casa del Guarda, Monte de Valonsadero (Soria)
- Trail:** Circular
- Length:** 20 km
- Elevation:** 230 m
- Difficulty:** Moderate-High
- 41.814131, -2.550134

SO5. MONCAYO BEECH FOREST.



The biggest climb is at the start on the trail. The initial section is straight until it reaches Agramonte and then there is a circular trail through the beech trees with a very slight incline. The beech forest is split between the Agramonte gully (a fast-flowing natural border between Castilla y León and Aragón), although the route is fully on Soria soil. The walk offers beautiful views of the Castle of Vozmediano and other sights.

<http://senderismocastillayleon.com/sendero/prc-so-79-sendero-hayedo-del-moncayo/>

<http://www.agreda.es/hayedo-del-moncayo-0>

- Start and Finish:** Aldehuela de Ágreda
- Trail:** Circular
- Length:** 9,8 km
- Elevation:** 300 m
- Difficulty:** Moderate
- 41.826908, -1.882657

SO6. LAGUNAS GLACIARES TRAIL.

Laguna Negra and Circos Glaciares de Urbión Nature Park.



Fantastic circular trail joining Laguna Negra and Pico de Urbión over a total of 13 km, which makes for a 4 hour walk. The start of the trail runs alongside the lefthand side of the lake before passing by some rocky cliffs and reaching a clearer, wooded area. There is then a choice between a route heading towards Pico de Urbión, passing by Laguna Helada, or turning back and passing by Laguna Larga. At the Laguna Negra and Circos Glaciares de Urbión Visitor Information Centre you can find all the information you need to enjoy the experience.

<https://patrimoniounatural.org/casas-del-parque/casas-del-parque/casa-del-parque-laguna-negra-y-circos-glaciares-de-urbion>

- Start and Finish:** Laguna Negra
- Trail:** Circular
- Length:** 13 km
- Elevation:** 480 m
- Difficulty:** High
- 41.997653, -2.847153

SO7. LOS ABUELOS DEL BOSQUE TRAIL.

Laguna Negra and Circos Glaciares de Urbión Nature Park.



In Covalada, there are some extraordinarily large trees that stand out above the rest: The Grandfathers of the Forest, which have survived due to the work of the caretakers of these mountains. A pleasant, well-marked out, highly recommended walk through a crowded forest of such trees, as well as views of expanses of pines and beeches make for a wonderful excursion.

Reach the start of the trail by taking the paved forest path from P.K. 57.4 on the SO-850 road next to the Cabañeros de Covalada industrial estate heading towards Picos de Urbión.

<https://www.covalada.es/turismo/senda-de-los-abuelos/>

- Start and Finish:** Cruce de Tejeros (Covalada)
- Trail:** Circular
- Length:** 1,9 km
- Elevation:** 42 m
- Difficulty:** Low
- 41.968336, -2.827983

SO8. VALLE LA PAÚL TRAIL.

Laguna Negra and Circos Glaciares de Urbión Nature Park.



The distance and elevation on this walk mean you need to be in good shape as the trail may take 5 hours. Covaleda lies near the headwaters of the Duero between the Urbión mountains, to the north, and the Umbría or Resomo range, to the south. Starting out in the town, the route visits beautiful locations: Mojapies, Corrales de la Paúl, Raso de la Corbetera, Raso Paules Altas, Laguna del Terrorón, Chozo del Farrista, Pino Zamplón, Arroyo Jaramillo, Hayedo del Acebillo, and Mojapies once again at the end.

<https://www.covaleda.es/turismo/ruta-pr-76/>

Start and Finish: Covaleda

Trail: Circular

Length: 16,5 km

Elevation: 670 m

Difficulty: Moderate

41.939200, -2.884639

SO9. STREAM TRAIL.

Laguna Negra and Circos Glaciares de Urbión Nature Park.



A trail for hikers that is an alternative way to reach the Laguna Negra to the paved vehicle road from the car park at Paso de la Serrá. It is duly signposted and there are information boards on the surrounding area. The landscape is covered by pines, ferns, beeches, and the streams are crossed by simple bridges. The walk finishes in the higher car park, 200 metres from Laguna Negra. An easy, scenic walk but you do need walking boots.

<https://es.wikiloc.com/rutas-senderismo/la-laguna-negra-33790289> <https://lalagunanegra.org/sendero-del-bosque>

<https://lalagunanegra.org/entradas-2>

Start: Paso de la Serrá car park

Finish: Laguna Negra

Trail: Linear

Length: 1,7 km

Elevation: 218 m

Difficulty: Moderate

41.998247, -2.826903

SO10. EL ACEBAL TRAIL.

Acebal de Garagüeta Nature Reserve.



“El Acebal” (Holly woodland) trail is a signposted local trail. Reach the starting point from the village of Arévalo de la Sierra, where the Acebal de Garagüeta Visitor Information Centre is located, which is well worth a visit as the leading centre on the biggest holly forests in the Iberian System range. The route visits the most interesting sites in the holly forest: The Chozal del Vaquero hut, the cattle resting grounds, and the rocky fields, to mention just a few. It also includes a walk through the trees and the chance to enjoy some exceptional panoramic views of the surrounding area. Makes for a great family walk.

<https://patrimoniounatural.org/casas-del-parque/casas-del-parque/casa-del-parque-del-acebal-de-garagueta>

Guided tours: <https://www.elacebarillo.com/>

Start and Finish: Alto de la Cruz car park

Trail: Circular

Length: 4,7 km

Elevation: 78 m

Difficulty: Low

41.964850, -2.420481

Valladolid



Atalaya Trail



Cliff Trail



Cigales Wine Route.
Clarete Trail



Riberas de Castronuño Nature Reserve

The natural beauty of the River Duero is clear to see in the Valladolid area, where the **Riberas de Castronuño Vega del Duero Nature Reserve** is found. A real paradise that is an important nesting site and overwintering area for many different species of water birds.

The stretch of the River Duero between the towns of Tordesillas and Castronuño is home to an interesting riverside forest of mostly black poplars, willows, white poplars, ashes, and common hawthorns.

Explore the reserve as you enjoy the scenery and watch the birds. The Riberas de Castronuño Vega del Duero is an important nesting site and overwintering area for many different species of water birds. Notably, these include colonies of grey and purple herons, black-crowned night herons, and western marsh harriers, as well as a large population of mallards and cormorants, and the frequent presence of other species such as northern shovelers, common pochards, tufted ducks, Eurasian wigeons, and common kingfishers.

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

V1. CAÑADA REAL, LONG ROUTE.

Riberas de Castronuño - Vega del Duero Nature Reserve.



33 km long and moderately difficult, the long route of the Cañada Real can be done either on foot or by bike and combines the spectacular countryside of Riberas de Castronuño with the monuments and heritage of its towns, such as the steeple of the San Nicolás de Pollos church. The trail crosses the reserve through riverside forests, crop fields, holm oak forests, pine forests, and reedbeds, where many typical birds can be spotted: grey and purple herons, western marsh harriers, European bee-eaters, and cormorants. We strongly recommend you take binoculars. Exceptional views of Duero meadow, with the Cubillas holm oak forest as a backdrop. The Cañada Real remains as wide as it was in the past and has resisted the encroachment of the bordering fields.

https://patrimoniounatural.org/ficheros/folletoTuracicloturistadelacanaadapdf260111_162130.pdf

Start and Finish: Pollos

Trail: Circular

Length: 33 km

Elevation: 150 m

Difficulty: Moderate

41.444099, -5.123764

V2. ALMOND TREES TRAIL. Riberas de Castronuño - Vega del Duero Nature Reserve.



This short 3.4 km trail starts off in the Muela city park and runs along the banks of the River Duero. It also includes a bird hide: the closeness to the water and riverside vegetation make it a fine spot for watching both water birds and small woodland birds and enjoying the trees and shrubs that give them shelter. A steep climb up to the exceptional Mirador del Pinar viewpoint rounds off this trail. A wonderful example of biodiversity.

<http://www.provinciadevalladolid.com/es/rutas/rutas-senderismo/senda-almendros-castronuño>

- Start and Finish:** Castronuño
- Trail:** Circular
- Length:** 3,4 km
- Elevation:** 50 m
- Difficulty:** Moderate
- 41.391191, -5.264313

V3. CAÑADA REAL, SHORT ROUTE. Riberas de Castronuño - Vega del Duero Nature Reserve.



As with the long route, it begins in Pollos, but is much shorter at 19 km. The starting points of the two trails lie 8 km apart. The joy of this walk is in the landscape it travels through, the plant life, and the wildlife, not to mention the River Duero and the other scenic points, such as the Alegría meadow or the Arroyo de Trabancos river. There is also a colony of European bee-eaters and a recreation area to stop at. This route, like its longer counterpart, can be done on foot or by bike.

https://patrimoniounatural.org/ficheros/folletorutacicloturistadela-canadapdf260111_162130.pdf

- Start and Finish:** Pollos
- Trail:** Circular
- Length:** 19 km
- Elevation:** 150 m
- Difficulty:** Moderate
- 41.444099, -5.123764

V4. ENTRE CAMPIÑAS Y HUMEDALES.



Entre Campiñas y Humedales Trail (Through open countryside and wetlands) starts and finishes in Aldeamayor de San Martín and crosses the Aldeamayor Golf development there. On the path linking the town and the development, there is a small section with a bike lane. Lying on the course of the track, the Salgüeros de Aldeamayor wetlands are one of the most interesting natural areas in Castilla y León. The trail includes children's play parks with information boards about the trail. The final stretch leaves the town behind to start out on the only farm track on the walk.

<http://senderismocastillayleon.com/sendero/prc-va-28-campinas-humedales/>

- Start and Finish:** Aldeamayor de San Martín
- Trail:** Circular
- Length:** 14,8 km
- Elevation:** 41 m
- Difficulty:** Moderate
- 41.508042, -4.637542

V5. LOS CORTADOS.



This walk travels along rising meadows and valleys, the typical landscape of the Babezón de Pisuerga area. The certified route “Los Cortados” trail (Cliff Trail) starts at the area’s wineries and climbs steeply to the Cerro de Altamira hill, which grants views over the Pisuerga Valley and the Montes Torozos mountains as well as some Vaccaei ruins. Sunsets at this spot are phenomenal. The trail descends next to some cliff faces, to the delight of everyone interested in geology. The pine forest trail grants views of Puente de Cabezón bridge at the end of the walk.

http://www.planetazul.es/DESCRIPCION_RUTAS/senda_cortados.html

- Start and Finish:** Cabezón de Pisuerga
- Trail:** Circular
- Length:** 8,9 km
- Elevation:** 360 m
- Difficulty:** Moderate
- 41.732132, -4.644644

V6. PINO PINILLA TRAIL.



In a sea of stone pines, the Mirador de Carramonte viewpoint looks over the Arenosa Valley and the peak of Transmorisco. Continue on through the juniper trees on the snaking path to see the Pino Pinilla, a fine specimen of Stone Pine. The flora and fauna in the area form a particularly interesting biotope. Close to old gypsum mines, the Mirador de Mesegar viewpoint offers views of the surrounding towns, such as Santiago del Arroyo. The Pilón fountain, close to Portillo, stands at the end of the trail.

<http://senderismocastillayleon.com/wp-content/uploads/2018/03/sendero/PRC-VA-31-Pino-Pinilla.pdf>

- Start and Finish:** Portillo
- Trail:** Circular
- Length:** 12,1 km
- Elevation:** 67 m
- Difficulty:** Moderate
- 41.480510, -4.584448

V7. FONCASTÍN CORK OAK GROVE.



This flat, circular trail in the north of the Foncastín area, just alongside the River Zapardiel in the shade of cork oak groves is one of the finest botanical sites in the province of Valladolid. A small access road leads to Valgalindo mountain, on a flat fluvial terrace. The interesting side to this walk is the mix of tree species such as holm oaks, Portuguese oaks, pines, and the aforementioned cork oaks. The trail comes to an end through vineyards as it reaches Foncastín, a village of white houses and squares with arcades.

http://www.planetazul.es/DESCRIPCION_RUTAS/alcornocal_valdegalindo.html

- Start and Finish:** Foncastín
- Trail:** Circular
- Length:** 9,1 km
- Elevation:** 88 m
- Difficulty:** Moderate
- 41.436458, -5.020894

V8. RIVER ERESMA TRAIL.



A short walk in the south of the province, this flat trail travels between the River Eresma and the River Sangujero in a pine-covered riverside area, through a forest to a wooden bridge called the Puente Mediana or Puente Viejo (Middle or Old Bridge). Stone pines blanket the whole area, as well as the thick vegetation along the banks of the River Eresma. There are also little river beaches very close to the trail. Finally, the walk leads back to the town where it started, Hornillos de Eresma.

<http://www.provinciadevalladolid.com/es/hornillos-eresma/naturaleza-aire-libre/prc-va-42-sendero-rio-eresma-hornillos-eresma>

-  **Start and Finish:** Hornillos de Eresma
-  **Trail:** Circular
-  **Length:** 8,7 km
-  **Elevation:** 1.70 m
-  **Difficulty:** Moderate
-  41.363537, -4.715422

V9. LOOKOUT TRAIL.



In Traspinedo, this trail crossing a recreation area is watched over by a large oak tree at the top of the moor and features other tree species such as junipers and pines. Part of the trail is shared with the Sendero Negro trail (PRC - VA 32), where some steep slopes lead to beautiful views over the Duero Valley. Along the route lies the recreation area with an insect hotel and the large oak that is the star of the walk, which is over 200 years old. A slope leads down to the end of the trail among the winery buildings of the village.

https://traspinedo.ayuntamientosdevalladolid.es/el-municipio/de-interes-turistico/-/asset_publisher/8eJdTINyG7Wk/content/ruta-sendero-de-la-atayala-prc-va-49-

-  **Start and Finish:** Traspinedo
-  **Trail:** Circular
-  **Length:** 5,4 km
-  **Elevation:** 215 m
-  **Difficulty:** Moderate
-  41.574190, -4.480755

V10. RUEDA WINE ROUTE.



This trail travels through Medina del Campo, La Seca, Rueda, and Torrecilla del Valle on the flat plains in the south of the province. Part of the route has been designed for horse riding. This simple walk passes by the verdejo vineyards in the Rueda Denomination of Origin that make up the landscape. Rural paths and cattle roads form this trail that crosses the River Zapardiel and the municipality of Rueda. The characteristic rural land of this area of plains in the centre of the Duero river basin features alluvial plains with ridges of fluvial terraces.

<http://senderismocastillayleon.com/sendero/prc-va-34-ruta-de-los-vinos-de-rueda/>

-  **Start and Finish:** Medina del Campo
-  **Trail:** Circular
-  **Length:** 40 km
-  **Elevation:** 320 m
-  **Difficulty:** Moderate
-  41.318797, -4.917948

ZAMORA



Lago de Sanabria

Lagunas de Villafáfila

Arribes del Duero Atdeadávila Dam Nature Park

Peña Redonda, Villardiégua de la Ribera

Zamora is a province full of natural contrasts, with varied landscapes that all shape one-of-a-kind scenery that we highly recommend you visit. Sanabria Lake, Arribes del Duero, the Villafáfila lakes, and the Culebra mountains display the outstanding offer of nature and scenery in the province of Zamora.

Lago de Sanabria and Sierras Segundera and de Porto Nature Park. In the Late Pleistocene, 100,000 years ago, a huge glacier with ice tongues measuring more than 20 km long formed what is nowadays Sanabria Lake. Today, it covers 318 hectares and has a depth of 51 metres, which makes it the biggest lake in the Iberian Peninsula and the only glacial lake in Spain, with over 20 further lagoons and peatlands across the mountain range. Of the lakes of glacial origin, it is also the biggest lake in Spain.

The Sanabria Nature Park has outstanding historical, artistic, and cultural attractions. Together with the interesting Cistercian Santa María monastery, in San Martín de Castañeda, Puebla de Sanabria is a remarkable place.

Arribes del Duero Nature Park. A stunning natural area in one of the deepest and longest canyons in the Iberian Peninsula, featuring a rich variety of plant life and animals. The beautiful and rugged landscape has been formed by the Duero, Huebra, and Uces rivers.

Make sure to visit Fermoselle, called "the balcony of the Duero", for its impressive views of the river canyon. It boasts a large number of viewpoints, the church of Nuestra Señora de la Asunción, and the Visitor Information Centre, located in the old San Francisco Convent.

Lagunas de Villafáfila Nature Reserve. Located in the northeast of the province of Zamora, this is one of the most important wetlands in the whole of the north of the Iberian Peninsula and the biggest colony of water, steppe, and migratory birds in Castilla y León. One of the most emblematic birds in Villafáfila makes its home here: the largest population of great bustards in the world is found in this reserve.

If you are also interested in deer and wolves, you must visit Sierra de la Culebra where the largest population of wolves in Western Europe and the biggest deer in Spain, with some weighing in at over 250 kg, live. The pens should also be noted as ethnographic remains that give us an insight into the traditions of the old inhabitants of the mountains. Read on for our recommendation for a walk that takes you on a tour of this space (Z10) and lets you see griffon vultures in flight.

For more information, please visit: www.turismocastillayleon.com/en/hiking

TRAILS

Z1. STAIRWAY VIEWPOINT TRAIL. Arribes del Duero Nature Park.



This trail begins close to the Santa Cruz Hermitage, in the village of Fermoselle. A walk through almond and olive trees leads to the ruins of an old border guard post. A magnificent viewpoint is to be found behind it which offers extraordinary views of the beauty of this area, which is on the border with Portugal. The views of the River Duero and the presence of many beautiful-smelling plants make the Stairway Viewpoint a fantastic place to admire the scenery.

<http://www.lasendadelduero.com/rutas-por-el-duero/senderismo/mirador-de-las-escaleras>

-  **Start:** Fermoselle
-  **Finish:** Stairway Viewpoint
-  **Trail:** Linear
-  **Length:** 3,5 km (one way)
-  **Elevation:** 311 m
-  **Difficulty:** Low
-  41.315749, -6.398763

22. VADOS WATERFALLS TRAIL. Lago de Sanabria and Sierras Segundera and de Porto Nature Park.



The walk begins at the church of Nuestra Señora de las Nieves de San Ciprián de Sanabria. It crosses orchards on the way to a large valley of meadows shaped by the Trefacio River. After crossing two streams in a thick forest of oaks, the path comes to the Curmeneiro de Faldriego, a site used to protect hives from possible attacks and the ruins of an old flour mill on the banks of the river. The trail then follows a cart track, signs of which can be spotted in the rocks on the route. The path then reaches the Vados Waterfalls, a waterfall that looks similar to a slide which the water flows down to the valley through birches, ashes, and other types of trees.

<https://www.terranostrum.es/senderismo/cascadas-de-los-vados>

-  **Start:** San Ciprián de Sanabria
-  **Finish:** Vados Waterfalls
-  **Trail:** Linear
-  **Length:** 8,5 km (out and back)
-  **Elevation:** 440 m
-  **Difficulty:** Low
-  42.172757, -6.659225

23. LAKES AND MONKS TRAIL. Lago de Sanabria and Sierras Segundera and de Porto Nature Park.



The trail starts at the Enanos beach car park then heads towards the campsite and Folgoso beach. After the car park at the second beach, there is a signposted path leading into the forest. Take the road crossing the village of San Martín de Castañeda, known as the balcony of Sanabria because of its stunning views of the lake. You can visit the San Martín de Castañeda Monastery, which has exhibitions and information on the Atlantic Romanesque plan. The Fish Viewpoint stands at the end of the village. The trail then descends to the village of Ribadelago. Once in Ribadelago, the trail skirts the lake along the beaches all the way back to the start.

<https://animalesviajeros.es/ruta-circular-al-lago-de-sanabria-la-senda-de-los-monjes/>

-  **Start and Finish:** Ribadelago Viejo
-  **Trail:** Circular
-  **Length:** 10 km
-  **Elevation:** 250 m
-  **Difficulty:** Moderate
-  42.121636, -6.747170

24. ABELÓN WATERFALLS TRAIL. Arribes del Duero Nature Park.



The start of the route runs through stone-walled fields along which beautiful holm oaks grow. The final section splits into two branches: One leads to Peña de la Campana, a beautiful rock formation that creates a viewpoint over the Duero; and the other leads to the Abelón Waterfalls, where you can visit the ruins of old flour mills and watermills that make use of the seasonal flow of the water. One of them particularly worth visiting is the remarkable cube mill, which is a type of mill not widely built. In this area, dominated by the confluence of the Esta and Duero rivers squeezed between towering slopes, the black storks and large birds of prey which use the cliff walls to build their nests can be spotted.

<http://www.lasendadelduero.com/rutas-por-el-duero/senderismo/cascada-de-abelon/>

-  **Start and Finish:** Abellón
-  **Trail:** Circular
-  **Length:** 8,5 km (out and back)
-  **Elevation:** 670 m
-  **Difficulty:** Low
-  41.447750, -6.058727

25. TO PORTO THROUGH VALDESIRGAS AND VALDEINFIERNO. Lago de Sanabria and Sierras Segundera and de Porto Nature Park.



This trail, starting in Porto de Sanabria, travels to Valdesirgas Reservoir through the Meadows of Valdeinfierno and the Las Covaceras area. A section of the route lies outside the Nature Park and leads to the mountain ecosystems found in the area. At higher altitudes, grazing lands merge with peatlands, which are home to highly interesting plant species. The so-called "cow houses", stone buildings built to store grass and hold cattle, show the importance of livestock farming in this area. Porto boasts other good examples of traditional architecture, such as mills, forges, huts, and similar buildings.

<https://www.terranostrum.es/senderismo/sendero-porto-valdeinfierno-embalse-de-valdesirgas>

-  **Start and Finish:** Porto de Sanabria
-  **Trail:** Circular
-  **Length:** 10,5 km
-  **Elevation:** 250 m
-  **Difficulty:** Moderate-High
-  42.167856, -6.895244

26. SALINA GRANDE TRAIL. Lagunas de Villafáfila Nature Park.



This route is an interesting opportunity to watch the wildlife in the largest lake on the Reserve. In winter, there are thousands of greylag geese and ducks, and in spring, a wide variety of waders. The places of greatest interest are the birdwatching observatory in Otero de Sariegos and the Roman bridge in Villafáfila. The walk begins in the village of Villafáfila in the middle of crop fields dotted with small lakes and several pigeon lofts. The path comes to the Tío Hachero brook, a small riverbed that flows into the Salina Grande, which the trail skirts. In Otero de Sariegos, which has a number of pretty buildings, there are spectacular views of Salina Grande lake to be enjoyed.

<https://es.wikiloc.com/rutas-senderismo/villafafila-54525396>

-  **Start and Finish:** Otero de Sariegos
-  **Trail:** Circular
-  **Length:** 10,5 km
-  **Elevation:** 0 m
-  **Difficulty:** Low
-  41.822046, -5.606565

27. MILL TRAIL. Aliste.



This route starts out in Riofrío, a village of traditional quartzite and slate buildings. The mills soon come into view and the path takes a course parallel to the River Becerril or Frío. In the town, a couple of mills can be viewed. One of them has been restored (La Culaga) and the other is abandoned. Bridges and pontoon bridges provide crossing points over the river. The path then reaches an abandoned mill (San Cibrián) and crosses the river. On the left bank the valley opens up and oaks, hawthorns, and rockroses start to appear as the trail moves further away from the river. It then follows the river to a collection of pens (La Mayada). The trail then turns towards Sarracín de Aliste and passes through the Picón Recreation Area. Lastly, the restored Juan Río mill stands a kilometre downstream from Riofrío de Aliste.

<https://es.wikiloc.com/rutas-senderismo/ruta-de-los-molinos-de-riofrio-de-aliste-serracin-24853569>

-  **Start:** Riofrío de Aliste
-  **Finish:** Sarracín de Aliste
-  **Trail:** Linear
-  **Length:** 6 km
-  **Elevation:** 262 m
-  **Difficulty:** Low
-  41.819936, -6.177036

Z8. LOS PECES LAKE TO PEÑA TREVINCA TRAIL.

Lago de Sanabria and Sierras Segundera and de Porto Nature Park.



Starting at Los Peces lake car park the trail climbs down to cross the Arroyo de los Covadosos river. The path climbs up the hillside to Collado Ventosa. The next stage of the path is well-marked all the way to where the Vega de Conde Reservoir comes into view. It climbs up the eastern ridge, past the confluence of the River Maseirón and the River Tera. From the summit (2,127 m), where the remains of a cross stand, there are views of the landscape of this borderland between the provinces of Zamora, León, and Orense. The path then follows the same route back to the start.

<http://es.wikiloc.com/wikiloc/view.do?id=5431366>

- Start and Finish:** Laguna de los Peces
- Trail:** Linear
- Length:** 24 km
- Elevation:** 400 m
- Difficulty:** Alta
- 42.169595, -6.734453

Z9. BANCO EL HULLÓN TRAIL.

Arribes del Duero Nature Park.



The trail starts at the Villadepera swimming pool car park. After the trail leaves the town, it branches off to the left following the signs to a gentle downhill path which then forks off towards the "Banco el Hullón" viewpoint, a charming, solitary bench at the top of the Arribes del Duero offering fantastic views. The path climbs on the way back and roughly 1.5 km from El Hullón it forks off to the right to join the Duero Trail as it approaches the village. Before reaching the village, it turns off once again to come back to the start point. Suitable for families and offering a great view.

<https://pueblosdesayago.com/2017/05/15/mirador-banco-elhullon-arribes-villadepera/>

- Start:** Villadepera
- Finish:** Hullón viewpoint
- Trail:** Linear
- Length:** 8 km
- Elevation:** 271 m
- Difficulty:** Low
- 41.540372, -6.136420

Z10. VILLARDECIERVOS-CIONAL-BEACHES TRAIL.

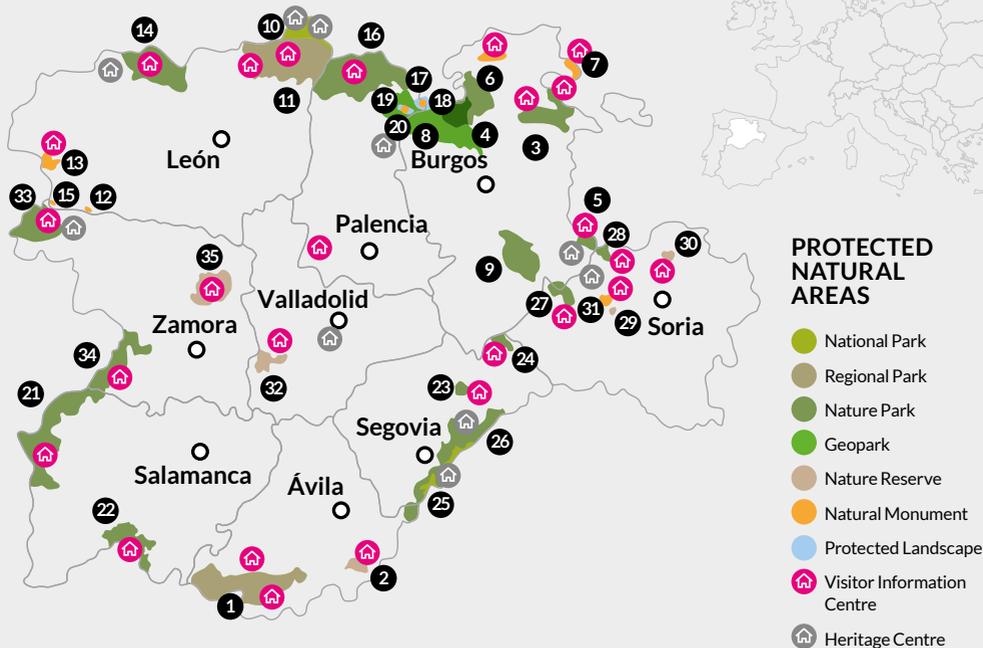
Sierra de La Culebra.



A beautiful easy hike of just over 12 km offering good panoramic views over the Valparaíso Reservoir and the River Valdalla as it crosses hills, paths, and beaches. The route is marked in white and yellow except for the beach path which is marked in red.

<https://www.terranostrum.es/senderismo/zamora/sanabria-carballeda/villardeciervos/camino-de-villardeciervos>

- Start and Finish:** Villardeciervos
- Trail:** Circular
- Length:** 12,56 km
- Elevation:** 181 m
- Difficulty:** Low
- 41.943551, -6.285293



ÁVILA

1. Sierra de Gredos Regional Park.
2. Iruelas Valley Nature Reserve.

BURGOS

3. Montes Obarenes – San Zadornil Nature Park.
4. Hoces del Alto Ebro and Rudrón Nature Park.
5. Lagunas Glaciares de Neila Nature Park.
6. Ojo Guareña Natural Monument.
7. Monte Santiago Natural Monument.
8. Las Loras Geopark
9. Sabinas del Arlanza - La Yecla Nature Park.

LEÓN

10. Picos de Europa National Park
11. Montaña de Riaño and Mampodre Regional Park
12. Lago de Truchillas Natural Monument.
13. Las Médulas Natural Monument.
14. Babia and Luna Nature Park.
15. Lago de la Baña Natural Monument.

PALENCIA

16. Montaña Palentina Nature Park.
17. Covalagua Protected Landscape.
18. Covalagua Waterfall Natural Monument.
19. Las Tuerces Protected Landscape.
20. Las Tuerces Labyrinth Natural Monument.

SALAMANCA

21. Arribes del Duero Nature Park.
22. Las Batuecas – Sierra Francia Nature Park.

SEGOVIA

23. Hoces del Río Duratón Nature Park.
24. Hoces del Río Riaza Nature Park.
25. Sierra de Guadarrama Nature Park.
26. Sierra Norte de Guadarrama Nature Park.

SORIA

27. Cañón del Río Lobos Nature Park.
28. Laguna Negra and Circos Glaciares de Urbión Nature Park.
29. Sabinar de Calatañazor Nature Reserve.
30. Acebal de Garagüeta Nature Reserve.
31. La Fuentona Natural Monument.

VALLADOLID

32. Riberas de Castronuño – Vega del Duero Nature Reserve.

ZAMORA

33. Lago de Sanabria and Sierras Segundera and de Porto Nature Park.
34. Arribes del Duero Nature Park.
35. Lagunas de Villafáfila Nature Reserve.

Take your "Nature and Hiking" map with you on your tour of Castilla y León, so you can locate the trails and natural areas, countryside attractions such as caves and the more than 30 Visitor Information Centres, where specialist guides can provide tips on making the most of your experience in nature in Castilla y León. We also highlight nearby localities that are Historic Sites so you can plan your journey to delve into the heritage, culture, and traditions of these millennia-old sites..



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CASTILLA Y LEÓN



MADRID



LEÓN

BURGOS

PALENCIA

ZAMORA

VALLADOLID

SORIA

SALAMANCA

SEGOVIA

ÁVILA



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