

# CASTILLA Y LEÓN



Y tú,  
¿Cuándo  
vienes?



<https://www.turismocastillayleon.com/turismocyl/en>



Monasterio Santa María Real de las Huelgas, Burgos

## ABBHEY OF SANTA MARÍA LA REAL DE LAS HUELGAS



This 12th and 13th century Cistercian monastery was founded by King Alfonso VIII and his wife as a residence for Cistercian nuns. The royal mausoleum contains the Gothic tombs of King Alfonso VII and his wife Eleanor of England, King Henry I of Castile, Queen Berengaria, Prince Ferdinand de la Cerda, and many other royal figures linked to the Crown of Castile.

The Romanesque and Gothic monastery includes a strong defensive tower with crenellated walls. There is a range of artistic styles, including the beautiful Romanesque cloisters known as the "Clausstrillas" and the Mudejar chapel of Santiago.

The collection of textiles on display in the Museum of Fine Textiles come from the royal tombs in the monastery and is located in the old granary. The Museum is also home to the banner from the Battle of Las Navas de Tolosa, which is used in the procession on the day of the "Curpillos".



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Junta de Castilla y León



# TOURISM IDEAS IN CASTILLA Y LEÓN



Castañar de El Tiemblo, Ávila

## EL TIEMBLO CHESTNUT FOREST

Ávila is home to many, diverse natural areas which are great for a family day out. One of them is the Chestnut forest in El Tiemblo, a fascinating area of nature. A walk through the centuries-old chestnut trees will fill your imagination with visions of fantastic tales and stories that may have happened there. A great choice is a walk along the El Castañar de El Tiemblo trail, which is signposted. One of the most illustrious inhabitants of this forest is the chestnut tree known as “The Grandfather” because it is so old. Although any time of the year is a good time to pay it a visit, autumn is an all-round delight. In the same area you can also find the famous “Toros de Guisando” sculptures and the Monastery of San Jerónimo de Guisando.



## MUSHROOM ACTIVITIES IN BURGOS

Mushroom tours and walks are an autumn activity for all ages. Autumn, when the countryside takes on a stunning range of colours, is when there is a greater range and variety of mushrooms to be found. This activity can be enjoyed throughout Burgos province as the diversity of habitats and high rainfall in much of the region make for a great variety in mushroom species. We can find all types of fungi species in forests of Pyrenean oaks, oaks, beeches, pines, and in pastures. The areas of Demanda-San Millán, Valle de Mena, and the district of Pinares are some of the areas regulated by Micocyl, under which the mushrooms from these regulated mountains are labelled with a quality seal from the area. In autumn we can also find mushroom-based menus and events in many of the towns and restaurants and hotels in the region.



Turismo micológico, Burgos



Magosto (cedida por el Consejo Comarcal del Bierzo)

## MAGOSTO CHESTNUT PARTY SEASON IN BIERZO

Chestnuts have been eaten as a highly nutritious food in the towns of Bierzo since the Romans were mining gold in Las Médulas. Between All Saints' Day and the Day of St. Martin, lots of towns and villages in Bierzo hold magosto chestnut parties at the same time as the first wine from the harvest is ready. This ancient celebration takes place at the time of the chestnut harvest and is also used to give thanks for the harvest. The act of roasting chestnuts is called “magostar”, whilst the bonfire they are roasted on is a “magosto”. The chestnuts, which have been sliced on one side, are placed on a metal cylinder with holes on the bottom. The celebration takes place in fields and squares when the sun starts to set and is accompanied by other types of food too: bollo preñado chorizo stuffed rolls, young wine, and aguardiente. There are many varieties of chestnuts harvested in the region and many towns and villages that hold these magostos. These include the “Celtic Magosto” in Balboa, where Celtic music concerts and chestnut roasting take place over four days; and the magostos in Montes de Valdueza, Bembibre, Corullón, Páramo del Sil, and Santa Marina del Sil which are held every year and have been declared Regional Tourist Attractions.



## DO YOU WANT TO TRAVEL WITH YOUR DOG? DOG-FRIENDLY TOURISM IN PALENCIA

Our pets are part of our family life and that's why we like to travel with them, see the world, and enjoy these places with them at our side. Here is our selection of several places in our province you can visit with your dog.



Museo Minero, Barruelo de Santullán, Palencia

- **San Pedro Cultural.** Becerril de Campos. An old 12th century Romanesque church, converted into a cultural centre for astronomy.
- **Santa Cruz de la Zarza Monastery.** Ribas de Campos. 12th century Premonstratensian Cistercian-protogothic style monastery.
- **Cerrato Museum.** Baltanás. Museum exploring the history, art, and countryside of the district of Cerrato. This Baroque building also hosts a permanent art collection.
- **Museum and Mine tours.** Barruelo de Santullán. An expert guides you on a tour of the mine to give you an overview of the structure of a mine and the work that goes on inside.
- **Railway Park.** Barruelo de Santullán. Guaranteed adventures and fun in this adventure park: buggies, off-road trails, mountain biking, paintball, and much more.
- **Las Loras Unesco Global Geopark.** NE of Palencia and NW of Burgos. The only Geopark in Castile and Leon has records of the last 215 million years.
- **Juan de Homar Ship.** Frómista. Canal of Castile. A journey on the only sailable stretch of the French Way of the Camino de Santiago exploring the history of the Canal of Castile.
- **Museum of Contemporary Art.** Carrión de los Condes. Located in the old pilgrim hospital in the 12th century Monastery of Santiago. It holds a magnificent permanent collection of contemporary art by numerous artists.



## PEDROSILLANO CHICKPEAS

Chickpeas from the town of Pedrosillo El Ralo in the region of La Armuña are almost perfectly spherical, smooth, with no creases or wrinkles, and the coat is separated by a perfectly defined straight line. They have a deep creamy, slightly reddish and orangey, colour, and the grains are well shaped and do not have any physical deformities. One can taste the thin skin, the buttery texture, the smoothness, and the pleasant, intense flavour. They are the main, essential ingredient in the classic potaje de vigilia and in traditional stews. The Garbanza de Pedrosillo Certification Mark ensures a top quality product.



Garbanzo Pedrosillano, La Armuña, Salamanca



## NAVAFRÍA

Navafría is a village nestled in the Sierra de Guadarrama offering various hiking routes in the surrounding area, including the peak of "El Nevero" (one of the tallest mountains in the range, the peak of "Picardeñas", and "El Chorro" recreation area. Take in the landscape of pines in this recreation area which has all the facilities needed to spend the day there. In summer it also has a natural pool filled by the River Cega. Leading along the river away from the pool is one of the trails suitable for all the family that takes you to the bottom of the waterfall. Before you leave this beautiful place make sure you visit the pile driver. Declared a Site of Cultural Interest in 1998, this is a Medieval hydraulic device used in copper beating. It is the only one of its kind in Europe and dates back to 1700. Today you can visit the facilities that are over one-hundred-years old. Round off your visit by trying one of the famous local caldereta lamb stews or cochifrito fried pork dishes.



El Chorro, Navafria, Segovia





### **ROMAN VILLA IN CUEVAS DE SORIA, PITCHER MUSEUM IN QUINTANA REDONDA, MUSHROOM EVENT.**

The Roman Villa in Cuevas de Soria boasts a series of original buildings, spa area, and over thirty rooms of different sizes with mosaic floors. This magnificent archaeological site is notable for a series of geometric mosaics in coloured pieces that show the lavish construction of the building. The Pitcher Museum in Quintana Redonda is housed in one of the old school buildings. It focuses on traditional ceramics from antiquity up to the present day: Interactive panels, audiovisual displays, posters, and multimedia resources. Visits must be booked in advance. You can also take part in a guided mushroom workshop and mushroom-picking walks in the nearby mountains run by a local company.



Museo Centro de la Cerámica Quintana Redonda, Soria



### **MEDINA DEL CAMPO, A JOURNEY THROUGH HISTORY**

This town dates back to before the Romans, is located in the southeast of Valladolid province, and has an inland Mediterranean climate, with long, cold winters, and short, warm summers, and a marked difference between daytime and night-time temperatures. On 21 August 1520, royalist troops loyal to Carlos I marched to Medina del Campo to take control of the artillery stationed there. The town residents, unwilling to hand it over, formed in the square. The royalist, Antonio de Fonseca, ordered a bombardment of several areas of the town in an attempt to disperse them, but he only managed to slaughter half the population and cause the whole of Castile to rise up in revolt. The town is the birthplace of illustrious figures such as conquistadores, doctors, and even bishops, as well as three kings of Aragon: Ferdinand of Antequera, Alfonso V, and Juan II. It was also where Eleanor of Alburquerque and Isabella the Catholic died. The main tourist attractions in the town include the Castle of La Mota, the Collegiate Church of San Antolín, and the Royal Testamentary Palace. Despite all the changes the town has undergone throughout history, one thing has remained unchanged over the years: its wonderful people.



Colegiata de San Antolín, Medina del Campo, Valladolid



### **THE BEST TIME FOR HIKING**

Autumn just puts you in the mood for walking out into the Sanabria countryside on a lovely hiking trail to take in the ochre, brown, and old gold colours of our forests. We recommend the "Sendero del Castañar" trail in Hermisende, which has stunning mountains, valleys, forests, and meadows and centuries-old chestnut trees whose magical energy you can feel when you touch them. It starts in the town of Hermisende. Shortly after, you find the first chestnut. This is also where you first come to the huge chestnut trees. Hermisende is the biggest producer of chestnuts in Sanabria, with production of 140,000 kilogrammes per year. You then descend to the banks of the river Pequeño and a lovely river pool, where the water runs through the mossy stones. The trail is 8km long and starts and finishes in Hermisende. It can be done in roughly three hours. There are signposts with yellow arrows to keep you on track.



Castaños de Hermisende, Zamora (cedida por Daniel Boyano Sotillo)



**Remember, in Castilla y León, you'll find everything and more...  
WE CAN'T WAIT TO SEE YOU!!!**

# LAS POSADAS REALES DE CASTILLA Y LEÓN PROPOSALS



Posada Real Hosteria del Mudejar, Ávila



For a fully immersive experience involving the nature and authenticity of Castilla y León, we recommend Las Posadas Reales, our high-quality rural tourism brand! Not only will you stay in singular buildings, but excellent accommodations and service are guaranteed! They are the perfect place to stay for an unforgettable experience, immersing yourself in all the activities, heritage and nature of Castilla y León.



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The base of operations to know all of León and its wines.  
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[www.ruralmusical.es](http://www.ruralmusical.es)  
[ruralmusical@gmail.com](mailto:ruralmusical@gmail.com)

- **HOTEL RURAL FAENAS CAMPERAS**

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- **POSADA REAL LA CARTERÍA**

Night with illusion in Sanabria.  
<http://www.lacarteria.com/ilusiones.html>  
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# RUTAS DEL VINO DE CASTILLA Y LEÓN PROPOSALS



Nature is certainly one of the biggest attractions of Las Rutas del Vino de Castilla y León. Hundred year-old vineyards are surrounded by fairytale scenery where flora and fauna coexist in perfect harmony, creating a magical horizon full of contrasts.

Natural, warm and welcoming spaces give our wine and people a unique personality. Nature parks, protected spaces, rivers, tracks and trails will allow you to leave your worries behind and reconnect with yourself. It's nature in its purest form.



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# CASTILLA Y LEÓN INCOMING TOUR OPERATORS PROPOSALS

In this newsletter, we would also like to share the proposals of some incoming tour operators in Castilla y León that organise different activities based on their thorough knowledge of the area and extensive experience.

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Specialised in the Pilgrims' Route to Santiago.  
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- **DESTINO DIVINO**

Wine tourism and family tourism activities.  
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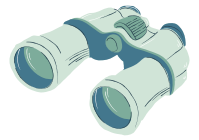
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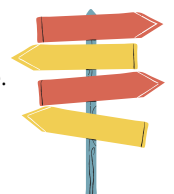
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