

# CASTILLA Y LEÓN



[inspira]



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

LAS GRANDES  
RUTAS DE  
**CASTILLA  
Y LEÓN**  
EN BICICLETA

RUTA CUENCAS MINERAS

RUTA DEL CAMINO DE SANTIAGO FRANCÉS

RUTA VÍA DE LA PLATA

RUTA CAÑAL DE CASTILLA

RUTA EUROVELO 1

RUTA CAMINO DEL CID

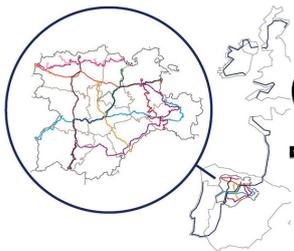
RUTA DEL SURESTE

RUTA DEL DUERO

RUTA CAMINO DE MADRID

Junta de Castilla y León

Interreg Atlantic Area  
European Regional Development Fund  
AtlanticOnBike



## GREAT CYCLING ROUTES THROUGH CASTILLA Y LEÓN



Here you will find the 9 best routes to discover Castilla y León by bicycle. 9 Routes designed to be enjoyed by those who want to cycle at their own pace, combining tourism, contact with nature, culture and sport.

As well as being a healthy, sustainable and ecological tourism option, exploring Castilla y León by bicycle is an opportunity to support local businesses and a chance to get to know and connect different areas and cultures. These 9 itineraries aim to dynamise our region, promoting tourist flows through different provinces.

Each of the routes suggested here covers a minimum of 2 provinces, 5 in some cases, connecting the provincial capitals of Castilla y León with each other and with the rural areas, creating a large network of cycle tourism routes in our community that will allow us to share its culture, gastronomy and oenology in a sustainable way.

You can cycle at your own pace along 9 long-distance cycle routes, covering a minimum of 200 kilometres. All routes are based on existing historical trails, making for a seamless ride. 9 great routes through Castilla y León by bicycle from which you can enjoy a broad view and a rich memory of the whole region.



# TOURISM IDEAS IN CASTILLA Y LEÓN



Museo Adolfo Suarez, Cebreros, Ávila

## MUSEUM OF ADOLFO SUÁREZ AND THE TRANSITION

The beautiful town of Cebreros in Avila is the birthplace of Adolfo Suárez, one of the most illustrious figures in our recent history and a key politician in the democratic transition of our country. This municipality is home to the "Museum of Adolfo Suárez and the Transition", where special emphasis is placed on him, also paying a broad and pioneering tribute to all the people who fought for democracy to become a reality in our country. Your visit is a valuable opportunity to highlight the importance of the Spanish Transition.

<https://bit.ly/36jLOQ2>



## LECHAZO

Lechazo, or suckling lamb, is an institution in the province of Burgos, and has a special reputation in the capital, Aranda de Duero, Lerma and La Bureba, as the saying goes: 'Good cheese and good suckling lamb have to hear the bells of the Cathedral'. The term 'lechazo' refers to the young sheep that is still suckling, and is used indistinctly to refer to both males and females, falling within the linguistic field of the expression 'Cordero Lechal' (suckling lamb), a local term used in the geographical area of the Cuenca del Duero (Duero basin). The 'lechazos' with Protected Geographical Indication (PGI) of Castilla y León come exclusively from the breeds: Churra, Castellana and Ojalada. The most common way to taste suckling lamb is roasted in a wood oven. Also very popular is lamb stew prepared by shepherds in the Sierra de la Demanda and grilled chops. Lamb is a mainstay of traditional feasts and family celebrations.



Lechazo Asado

<https://bit.ly/3ab0L6i>



## THE LEONESE ANTRUEJOS AND MASQUERADES OF CARNIVAL

During the dates close to Carnival, there are many towns in León that celebrate masquerades and Antruejos processions. Their origins are ancestral and have evolved over time into highly symbolic ritual acts, heavily influenced by Christianity and with magical components. In the province of León no two masquerades are the same: there are demonic ones, such as those of Alija del Infantado and its Jurrus masks, others that use animal or bull masks, as in Sardonedo, and others that juxtapose different rituals, such as the Antruejos of Llamas de la Ribera, Riello, Velilla de la Reina, Cimanos del Tejar or Riaño. It is common to see these characters walking the streets and squares wearing demonic or animal-like masks; using cowbells, shears or bells as a means to rid the town of evils; also using scourging tools such as pincers or inflated bladders to promote the fertility of their fields; or even showing their skill in dancing with the Madamas.



Antruejo de Velilla, León (cedida por la Asociación Cultural de Toros y Guirrios de Velilla de la Reina)

<http://bit.ly/39EBgLy>



## ARCHAEOLOGICAL TOURISM: OPPIDUM OF MONTE BERNORIO

The oppidum (fortified settlement) of Monte Bernorio in Pomar de Valdivia (Palencia) is one of the most extensive Iron Age sites in the Iberian Peninsula and Europe. Also, did you know that part of the famous Cantabrian wars against the Romans took place here? The people of the area were so fierce that the Emperor Augustus himself had to come and personally lead the conquest of these territories, whose residents fought an intense guerrilla war for 7 years. It took 7 or 8 Roman legions, or around 60,000 men, to take Monte Bernorio. The defences of this settlement and its strategic geographical location were decisive in controlling a crucial crossroads of communication routes between the Meseta and the Cantabrian Sea and the Ebro Valley with the Atlantic, in order to control the movement of people and trade. The first "archaeological" intervention at Monte Bernorio was carried out by the Marquis of Comillas in 1890. Throughout the years of excavations, a wealth of archaeological material has been found from daily life, the domestic sphere and warfare, the most famous of which are the Monte Bernorio daggers. In 1992 it was declared an Asset of Cultural Interest (BIC for its Spanish acronym) in the category of Archaeological Zone. This territory is currently part of the Las Loras UNESCO Global Geopark, the only one declared in the whole of Castilla y León. And thanks to the IMBEAC (Monte Bernorio Institute for the Study of Antiquity in the Cantabrian Sea), the importance of this great site has once again been highlighted. You can explore this route on your own at any time, as there are signposts with QR codes in several languages. Without a doubt, a place with a fascinating history and stunning views!



Yacimiento Monte Bernorio, Edad del Hierro, Palencia

<https://bit.ly/3uouTlh>

<http://www.imbeac.com/>

<http://bit.ly/2ZDrGjv>



Farinato con huevos fritos

## FARINATO, DELICIOUS SALAMANCAN DELIGHT

Salamanca's famous sausages include farinato, a typical product par excellence of the area of Ciudad Rodrigo, where it is so important that even its inhabitants are nicknamed 'farinatos'. It is made with breadcrumbs, pork fat, paprika, brandy and aniseed, and is used in a variety of dishes, the most popular of which is fried eggs with farinato. Despite its humble origins, its preparation and ingredients have been adapted to current tastes, to find a place in nouvelle cuisine creations and to achieve recognition with a Marca de Garantía (Quality Assurance Seal).

<http://bit.ly/3sZQdwD>

## VILLA DE MADERUELO, MEDIEVAL TOWN

To the north of the province of Segovia, we find a charming medieval town. Situated on a hill bordered by the river Riaza, part of the wall, the northwest gate and the Town Arch, of which the bolts, the postern and thick, ornate, armoured wooden doors from the 15th century are still intact today. It maintained its moat and bridge until the early 20th century. This beautiful town still preserves the Plaza de San Miguel square, the Church-Palace of San Miguel, the Puerta del Barrio (District Gate) and Casa Torre del Hospital, the Church of Santa María del Castillo, the old bridge... In addition to the Vera Cruz hermitage, which was declared a national monument in 1924. This Templar hermitage housed one of the best sets of Castilian Romanesque frescoes; in 1950, due to the construction of the reservoir, these frescoes were transferred to the Prado Museum. Be sure to explore the surrounding area; at the foot of this village, there is the Linares del Arroyo reservoir, part of the Hoces del Riaza nature reserve, or El Sabinar de Hornuez picnic ground, where the Sanctuary of Our Lady of Hornuez is located, whose pilgrimage is famous in these lands.



Maderuelo, Segovia

<http://bit.ly/2NypG9f>



Santa Inés, Soria

### VINUESA, SANTA INÉS SNOW POINT, URBIÓN MOUNTAIN RANGE

The town of Vinuesa is home to some of the best examples of noble and popular architecture. It is located in one of the most extensive wooded areas of the peninsula, at the foot of the Urbión mountain range and on the banks of the Cuerda del Pozo reservoir, which provides the opportunity to enjoy a wide variety of sports all year round and for all kinds of people. A few kilometres away you can visit the House of the Parque de la Laguna Negra y Circos Glaciares de Urbión natural park and the Santa Inés Snow Point where you can enjoy winter sports in places of spectacular beauty.

<http://bit.ly/2N4ouug>

<http://bit.ly/2MVkj3K>

<https://bit.ly/3qjulu6>

### THE CUCO VALLEY, THE UNKNOWN PATH

The Cuco valley is one of the most unique natural areas in the province of Valladolid, located in the eastern part of the province and within the Duero-Esgueva region. It stretches for 13 kilometres and includes towns such as San Llorente, Corrales, Valdearcos, Bocos and Curiel, all of them to the north of the Duero river. One of the features of the valley is the microclimate, where temperatures are mild in winter, cool in summer and cause an early flowering in spring, which encourages the development of the typical vegetation of this area, pines, holm oaks, elms, gall oaks, oaks, willows, poplars and almond trees, among others. Its beauty and unique conditions attract a multitude of hikers who enjoy a spectacular landscape where you can see eagles, vultures, nightingales, cranes, azalones (a local native bird), storks and, of course, cuckoos ('Cuco' is the Spanish for cuckoo).



Curiel de Duero, Valladolid

<https://bit.ly/36zbl31>

### WALL PAINTINGS IN MUGA DE SAYAGO (ZAMORA)



Ermita Muga (cedida por J. Barriño-Periódico La Opinión de Zamora)

<https://bit.ly/3omX2Vp>

The project "shared cultural heritage" showcases the artwork in rural churches in Zamora and Salamanca. Spanish and Portuguese examples of mural painting shed light on a form of popular religious practice and world view that characterised the west of the Iberian Peninsula in the late 15th and first quarter of the 16th century. Gospel narratives and lives of saints populated the walls of the churches as a manifestation of the piety and devotion of the people, but also as illustrated bibles. The passing of the centuries, reforms and new tastes in church decoration destroyed many of these murals, but we still have some magnificent examples that illustrate what many of the churches in this area of La Raya were like in those times. The Hermitage of Our Lady of Fernandiel is located in Muga de Sayago (Zamora), home to the largest collection of preserved mural paintings in the province and a marvel to behold.

**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 El Lagar de Navazuela, La Rasa, Soria

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.

<https://bit.ly/3caGo66>



- **POSADA REAL CASTILLO DEL BUEN AMOR**

Come and live history and wine in the middle of the countryside.

[www.buenamor.net](http://www.buenamor.net)

[castillo@buenamor.net](mailto:castillo@buenamor.net)

- **POSADA REAL LOS CINCO LINAJES**

History and Gastronomy: Get to know Arevalo and its relationship with Queen Isabel la Católica, and enjoy TOSTON in our restaurant.

[www.loscincolinajes.es](http://www.loscincolinajes.es)

[info@loscincolinajes.es](mailto:info@loscincolinajes.es)

(roast suckling pig)

- **POSADA REAL HOSTERÍA CAMINO**

The base of operations to know all of León and its wines.

<https://www.hosteriacamino.com>

[informacion@hosteriacamino.com](mailto:informacion@hosteriacamino.com)

- **POSADA REAL LA CARTERÍA**

Night with illusion in Sanabria.

<http://www.lacarteria.com/ilusiones.html>

[posadareallacarteria@gmail.com](mailto:posadareallacarteria@gmail.com)

- **POSADA REAL LA PASCASIA**

Romantic stay in Sanabria.

<http://www.lapascasia.com/sorpresas.html>

[lapascasia@gmail.com](mailto:lapascasia@gmail.com)

- **POSADA REAL EL LAGAR DE LA NAVAZUELA**

Wine experience.

[www.lanavazuela.com](http://www.lanavazuela.com)

[info@lanavazuela.com](mailto:info@lanavazuela.com)

- **POSADA REAL SANTA MARIA LA REAL**

Discover the best architecture of romanic church in Europe with guide.

<https://www.posadasantamarialareal.com>

[reservas@alojamientosconhistoria.com](mailto:reservas@alojamientosconhistoria.com)

# 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.

<https://bit.ly/2VrAcPZ> 🔍

- **CIGALES WINE ROUTE**

Discover our wine heritage with underground cellar, castle to be visited, monasteries and churches and the Castile waterway (Eurovelo 1)

<https://www.rutadelvinocigales.com>

[info@rutadelvinocigales.com](mailto:info@rutadelvinocigales.com)

- **ARLANZA WINE ROUTE**

Feel the essence of Castile with the Arlanza Wine Route. Heart of a land where the history of wine travel through time

<https://www.rutadelvinoarlanza.com/es/en/arlanza-wine-route/>

[info@rutadelvinoarlanza.com](mailto:info@rutadelvinoarlanza.com)

- **BIERZO WINE ROUTE**

Wines with their own personality, Nature, Medieval architecture, Major towns, Way of Saint James. We have plans for you!!!!

<https://bierzoenoturismo.com/en/>

[info@enoturismoenelbierzo.com](mailto:info@enoturismoenelbierzo.com)

- **RIBERA DEL DUERO WINE ROUTE**

Enjoy your freedom in the Wine Route of Sensations with Origin Denomination.

<https://www.rutadelvinoriberadelduero.es/en>

[info@riberate.com](mailto:info@riberate.com)

- **RUEDA WINE ROUTE**

Extensive historical and gastronomic legacy. The Castilian landscape, characterised by its green fields and pine forests, changes in this Route.

<https://www.rutadelvinoderueda.com/en/>

[info@rutadelvinoderueda.com](mailto:info@rutadelvinoderueda.com)

- **SIERRA DE FRANCIA WINE ROUTE**

Integrated within the Biosphere Reserve of the Sierras de Béjar y Francia and the Natural Park of the Sierra de Francia Batuecas.

<https://rutadelvinosierradefrancia.com/?lang=en>

[info@rutadelvinosierradefrancia.com](mailto:info@rutadelvinosierradefrancia.com)

- **ARRIBES WINE ROUTE**

A paradise sheltered between granite canyons and metamorphic rocks, known as arribes, arribas or arribanzos, the banks which outline the Douro River.

<https://www.rutadelvinoarribes.com/?lang=en>

[hola@rutadelvinoarribes.com](mailto:hola@rutadelvinoarribes.com)

- **TORO WINE ROUTE**

Our countless heritage, our wines, our gastronomy, and our people who welcome you with open arms, an experience that leaves its mark.

<https://www.rutavinotoro.com/en/home-toro-wine-route/>

[info@rutavinotoro.com](mailto:info@rutavinotoro.com)

# 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.



- **PILGRIMS' ROUTE TO SANTIAGO OPTIONS**

Specialised in the Pilgrims' Route to Santiago.

[www.rutasdelcaminodesantiago.com/historia-del-camino](http://www.rutasdelcaminodesantiago.com/historia-del-camino)

[miguelangel@rutasdelcaminodesantiago.com](mailto:miguelangel@rutasdelcaminodesantiago.com)

- **DESTINO DIVINO**

Wine tourism and family tourism activities.

[www.destino-divino.com/experiencias-en-familia/](http://www.destino-divino.com/experiencias-en-familia/)

[Info@destino-divino.com](mailto:Info@destino-divino.com)

- **NIS-NORTH INCOMING SERVICE SL**

Unique Wine & Gastronomy experience in Rueda, Ribera del Duero and Basque Country.

<https://nis.es/from-madrid-to-bilbao.html>

[cyl@nis-dmc.com](mailto:cyl@nis-dmc.com) or [hello@nis-dmc.com](mailto:hello@nis-dmc.com)

- **TOP RIBERA DEL DUERO**

Receptive tour operator in Ribera del Duero: tourism packs, accommodations, wineries, restaurants, recreational options...

[www.topriberadelduero.com](http://www.topriberadelduero.com)

[info@topriberadelduero.com](mailto:info@topriberadelduero.com)



- **VITORSALAMANCA**

Discover the province of Salamanca through half-day or full-day experiences.

[www.vitorsalamanca.com](http://www.vitorsalamanca.com)

[info@vitorsalamanca.com](mailto:info@vitorsalamanca.com)

- **RESERVASLEON.COM**

Specialised in romantic, cultural and adventure getaways in the city and province of León.

[www.reservasleon.com/zona/1/leon](http://www.reservasleon.com/zona/1/leon)

[reservas@reservasleon.com](mailto:reservas@reservasleon.com)

- **ADESUM TRAVEL**

Exclusive experience in Ribera de Duero tasting 14 TOP wines.

<https://www.adesum.com/top-wine-tour.html>

[info@adesum.com](mailto:info@adesum.com)



- **VERONIA TOURS SL**

Customized special interest tours: cultural, pilgrimages, choir, wine and gourmet...

<https://www.veroniatours.com/tours>

[veroniatours@veroniatours.com](mailto:veroniatours@veroniatours.com)

- **ALACARTA WINE & GOURMET TOURS**

Specialised in exclusive trips and experiences focused on wine and cuisine.

[www.alacarta.es](http://www.alacarta.es)

[info@alacarta.es](mailto:info@alacarta.es)

- **BINATUR**

Summer 2020 in Bierzo with children. Holidays with kids.

<https://binatur.es/vacaciones-con-ninos-en-el-bierzo/>

[reservas@binatur.es](mailto:reservas@binatur.es)



- **LA MIRADA CIRCULAR**

Circular route on mountain bikes and running in El Bierzo. 4, 5, 6 and 7-day routes.

<https://lamiradacircular.es/> and <https://lamiradacircular.es/contactar>

[contacto@lamiradacircular.es](mailto:contacto@lamiradacircular.es)

- **MUNDICAMINO**

Receptive tour operator for all pilgrimage routes on the Iberian Peninsula.

[www.mundicamino.com](http://www.mundicamino.com)

[travel@mundicamino.com](mailto:travel@mundicamino.com)



- **CAMINANDOCAMINANDO**

Itineraries for the Pilgrims' Route to Santiago on foot or by bike; hiking and cycling in Spain.

[www.caminandocaminando.com](http://www.caminandocaminando.com)

[info@caminandocaminando.com](mailto:info@caminandocaminando.com)

- **THEWAYTOURS**

Circular tour of the Picos de Europa.

<https://www.thewaytours.com/packages/circular-tour-picos-de-europa-2/>

[info@thewaytours.com](mailto:info@thewaytours.com)

- **CULTUR VIAJES**

Cultural getaways for adults focused on Palencia's Romanesque jewels.

[www.culturviajes.org/escapadas](http://www.culturviajes.org/escapadas)

[info@culturviajes.org](mailto:info@culturviajes.org)

- **SPANISH G EXPERIENCE**

Customised, cuisine-oriented trips through the north of Spain.

[www.spanishgexperience.com/es](http://www.spanishgexperience.com/es)

[travel@spanishgexperience.com](mailto:travel@spanishgexperience.com)



- **SPAIN IS MORE**

Specialists in the north of Spain and the Pilgrims' Route to Santiago.

<https://www.spainismore.es/camino-de-santiago-viajes>

[info@spainismore.com](mailto:info@spainismore.com)

- **DMCastillayLeon**

Experiences in Castilla y León, incentives and events. Especially in Salamanca. Visit our website to discover the STAYCATIONS

<https://dmcastillayleon.com/> and <https://viajessalamanca.com/>

[info@dmcastillayleon.com](mailto:info@dmcastillayleon.com)

- **VIAJES TURISCAR**

Tours: Isabella I of Castilla/León and Los Arribes/Salamanca and Castilla Route. 7 days.

[www.viajesturiscar.grupoairmet.com](http://www.viajesturiscar.grupoairmet.com)

[viajesturiscar@hotmail.com](mailto:viajesturiscar@hotmail.com)

- **RUTAS DE VINO - VINTAGE SPAIN**

Break away in the Ribera de Duero area with transportation.

<https://www.rutasdevino.com/enoshop/producto/enoturismo-ribera-del-duero-transporte/>

[jorge@vintagespain.com](mailto:jorge@vintagespain.com)

- **WELCOME CASTILLA Y LEÓN**

Come and experience the history and culture of Castilla y León with us. Guided tours in historic centres.

<https://www.welcomecastillayleon.com/>

[info@welcomecastillayleon.com](mailto:info@welcomecastillayleon.com)



- **SPACIO LIBRE- DESTINO PALENCIA**

Experts in Getaways, Cultural Routes, Food Routes, for individuals, groups, events and incentives in Palencia city and province.

[www.spaciolibre.com/destino-palencia](http://www.spaciolibre.com/destino-palencia)

[info@spaciolibre.com](mailto:info@spaciolibre.com)

- **INCOMING SALAMANCA**

Specialised in cultural, wine and food tourism in Salamanca and in Castilla y León.

[www.incomingsalamanca.com](http://www.incomingsalamanca.com)

[info@incomingsalamanca.com](mailto:info@incomingsalamanca.com)

- **MUNDILEON**

Incoming tour operator specialized in package tours in León and province. Eco tourism and day excursions.

[www.mundileon.es](http://www.mundileon.es)

[direccion@mundileon.com](mailto:direccion@mundileon.com)



- **ISABEL BOUTIQUE TUR**

Эксклюзивные VIP и MICE путешествия по всей Испании. Культура, виноделие, гастрономия. Индивидуальное составление.

<http://www.isabeltur.com/ru/>

[gala@isabeltur.com](mailto:gala@isabeltur.com)