

CASTILLA Y LEÓN



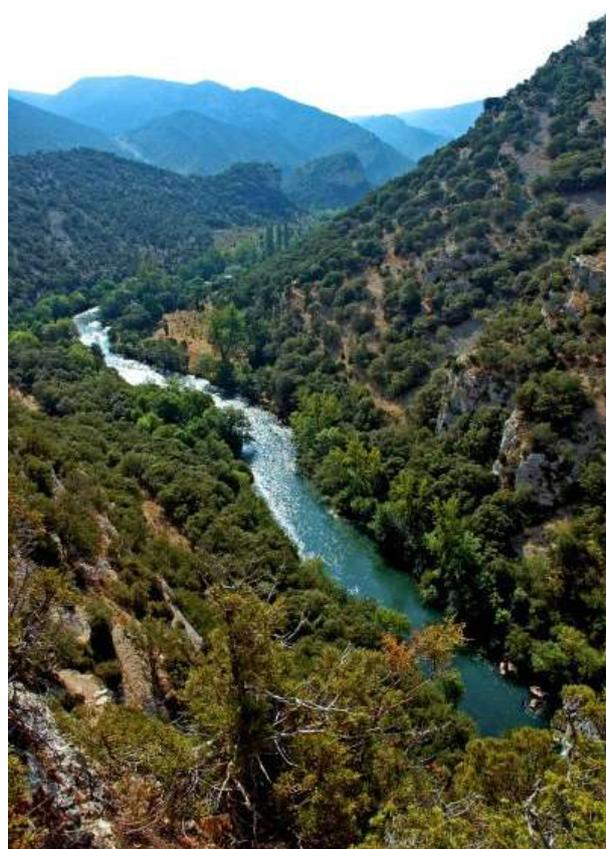
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<https://www.turismocastillayleon.com/turismocyl/en>



Beauty born from water,
 NATURAL PARK
 HOGES DEL ALTO EBRO
 AND RUDRON



Hoces del Alto Ebro y Rudrón, Burgos

Lying in the northwest of the province of Burgos, the Alto Ebro and Rudrón gorges form part of the Castilla y León Natural Spaces Plan. Their main attractions are the Ebro and Rudrón rivers which run through a canyon, creating sheer walls and spectacular landscapes such as the karst formation at Pozo Azul, the resurgence of the Rudrón at Barrio-Panizares and Orbaneja Fall, an impressive spring that drops in a vast rush down to the River Ebro.

A stunning natural landscape further enriched by the forest mass and the presence of crayfish, trout and perch as well as numerous species of birds. The riverbanks form one of the most spectacular ecosystems, together with the well-kept forests of holm oaks, beeches and junipers, the vegetation that grows on the rocky slopes, including an interesting range of bushes and shrubs, the moorlands and a number of wetlands.

Visitors can admire breathtaking scenery from Valdeleiteja as they hike along the Ebro Canyon or climb up to Alto Rudrón along a track that runs alongside the river from Hoyos del Tozo to Moradillo del Castillo. A setting boasting a host of stunning natural features such as Piscarciano Cave, Carrales Beech Wood, the passes at Tornos and Palancas... in short, countless ways of enjoying this magnificent natural landscape.



TOURISM IDEAS IN CASTILLA Y LEÓN



Cueva del Águila, Ramacastañas, Ávila
(Cedida por César Moreno, Ayuntamiento de Arenas de San Pedro)

CUEVAS DEL ÁGUILA

The fascinating Cuevas del Águila, located in Ramacastañas in the municipality of Arenas de San Pedro, are a jewel of Ávila's geological heritage. These caves offer an unprecedented karst landscape that leave an impression on all who visit. The visitor can walk along a wide route inside the caves, observing the admirable set of stalactites and stalagmites that make up unique sculptural groups that make the imagination soar. With the strategic illumination at certain points, a contrast of lights and shadows of great beauty is created.



ALTO ARLANZA NECROPOLIS

The Sierra de la Demanda includes the fascinating area of Alto Arlanza, which is home to magnificent pine forests with iconic locations, such as the highest concentration of Early Middle Age necropolises in the Iberian Peninsula. Of the more than 20 sites, the land-owning villages of Revenga and Cuyacabras, in the Quintanar de la Sierra district, are the most noteworthy. Around 150 tombs have been recorded at the Revenga Necropolis, close to the site of the old church. There are at least 200 tombs surrounding the rock-hewn church at Cuyacabras. We mostly find the distinctive graves dug out from the rock, although we do also find unusual recesses. Another site well worth visiting is the Cueva Andrés Hermitage, near Cuyacabras. Other noteworthy necropolises from different parts of the country include those in Regumiel de la Sierra, Castrillo de la Reina, and Duruelo de la Sierra. A visit to the Palacios de La Sierra and its necropolis and the Alto Arlanza Necropolis Visitor Centre is also a must.



Necropolis de Cuyacabras, Quintanar de la Sierra, Burgos



LA MONTAÑA CENTRAL LEONESA



Cueva Llamazares, Llamazares, León

The Llamazares or Coribos cave stands at an altitude of 1400m in the Los Argüellos Biosphere Reserve. A 1km trail from the village of Llamazares with spectacular views of the valley leads to the cave entrance. The cave houses a majestic series of galleries with karstic formations including overhanging coralliforms. The county is a wonderful place to experience nature in the central Leon mountain range. Sites worth taking in include the Vegacervera and Valdeteja Gorges and the horsetail waterfalls, such as the one near the town of Nocedo. There are also numerous hiking routes, such as the well-known "Rio Faro Waterfalls" trail, which starts in the town of Redipuertas, next to the "Corral de Concejo" meeting hall, and takes us to 8 waterfalls. The local food is delicious. Specialities include smoked young goat, "montañés" bean stew, and Coladilla cheese.

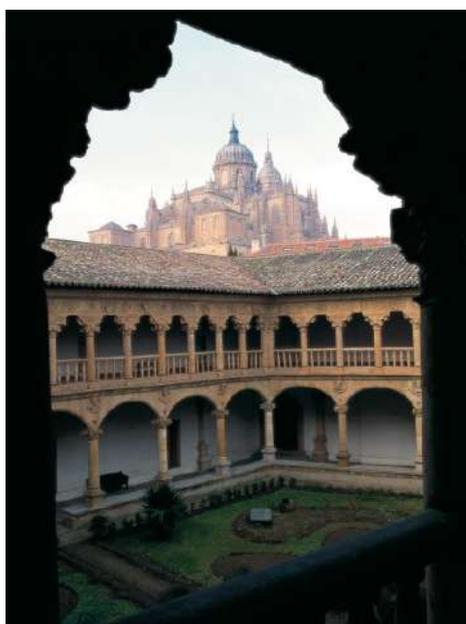


FAMILY ACTIVITIES: EXPLORING THE UNDERGROUND WORLD

Allow your inner adventurer to explore the underground world and discover the Cueva de los Franceses, in Revilla de Pomar, close to Aguilar de Campo, in the Montaña Palentina and Las Loras UNESCO Global Geopark. This karst cave is almost 500m long. The acoustics and the play of the light add to the beauty of the natural display of stalactites and stalagmites. Extending the cave has opened up two new thousand square metre galleries that reveal more of the cave's secrets. Nearby is the remarkable "Canto Hito", a standing stone over three metres tall set into the moorland, and the "Pozo de Los Lobos" (Wolf Pit), an old trap used to capture wolves. Lastly, there is the Valcabado Viewpoint, 800m from the cave, where you can take in stunning views of the mountains and valleys surrounding this magical place. Make sure to book your visit on 659 949 998



Mirador de Valcabado, Palencia



Claustro Las Dueñas, Salamanca

VISIT THE CONVENTO DE LAS DUEÑAS

An unmissable cultural site in Salamanca is the Convento de Las Dueñas. Juana Rodríguez Maldonado, widow of the Head Treasurer of Castile, was the owner of a palace which she donated to the Dominican Dueñas order of nuns at the start of the 15th century. Some features from that palace are still preserved, such as the magnificent mudejar door carved into the cloister's main gallery. In the 16th century, master builder Martin Navarro was charged with constructing the current building by Rodrigo Gil de Hontañón. The convent includes a plateresque chapel with a breathtaking ceiling, which leads to the majestic Renaissance cloister, laid out in an uneven pentagon to make the most of the pre-existing space. The first floor is decorated with carvings of human faces, whilst the second floor is home to monsters and mythological beings. Travellers should note that the Dueñas nuns are phenomenal pastry makers. The convent sells delicious almondy amarguillos, repelaos, bocaditos de yema, pastas de nata, and more wonderful sweets.



VALTIENDAS WINES

The Valtiendas Denomination of Origin covers the north of the province, in the areas alongside the River Duratón. It includes the municipalities of Valtiendas, Aldeasoña, Calabazas de Fuentidueña, Cuevas de Provanco, Fuentesoto, Fuentidueña, Laguna de Contreras, Sacramenia, and Torreadrada. Grown at an altitude of 900m, tempranillo and albillo are the main varieties used in the red and rosé wines. Whilst these wines may be similar in mountainous terrain, climate, and varieties to the D.O. Ribera de Duero, their unique notes are found in the gravelly, pebbly soil and underlying layer of clay that drain rainwater but keep the vines watered. Vineyards in the P.D.O. Vinos de calidad de Valtiendas must also meet certain density and yield requirements (minimum 2000 and maximum 4000 vines per hectare). The whole area is well worth a visit, with places such as Sacramenia and Fuentidueña which have been untouched by time. In Fuentidueña there is the San Miguel Church to explore, the old Hospital de La Magdalena, the ruins of San Miguel and the necropolis, the castle, the town walls, and, of course, the local lechazo asado roast suckling lamb to taste.



Bodegas de Valtiendas, Segovia





Tierras del Moncayo, Soria

TOWERS AND THE SIERRA DE MONCAYO: OLVEGA, NOVIERCAS.

The eastern realms of the province of Soria and the slopes of the highest mountain in the Iberian System, Moncayo (2316m), offer various natural and cultural attractions for any visitor willing to make the journey. Olvega is a peaceful, enticing town, the ideal place to unwind and get in touch with nature.

These towers are imposing, military fortifications built in the Middle Ages to keep watch and offer protection during the wars between the Christian and Muslim kingdoms. The best example is the Noviercas tower, which is home to the Tower Route Visitor Centre that tells the story of these buildings through audiovisual exhibits and display panels.



IN THE SHADE OF PINES

The landscape in the south of the province of Valladolid is dominated by fields of wheat dotted with large green bursts of pine forests and vineyards of ripening verdejo grapes. This is the grape that has made famous the Rueda denomination of origin.

One of the most interesting areas in Pinares county is Íscar, a town 40km from the regional capital that has many attractions to offer, including the Mariemma Museum on the life of the famous ballerina and choreographer who was born in the town and whose collection of dresses, suits, awards, castanets, and belongings are worth visiting.

Another tourist attraction in the area is the imposing Íscar Castle, a local landmark which is built on the ruins of older fortifications. The oldest conserved parts of the castle are the remains of the walls and the inside of the keep, dating back to the 13th century.



Castillo de Íscar, Valladolid



Arroz a la zamorana
(cedida por Esperanza Saavedra)

ZAMORA'S STAR DISH: ARROZ A LA ZAMORANA

Ingredients: 1 pig's ear, 1 pig's trotter, 2 slices of pork belly, 4 red pork sausages, 1 tbsp sweet paprika, 1 tbsp oregano, 2 bay leaves, 1 onion, 5 cloves of garlic, 200g rice, olive oil, and salt.

Method: First, clean and cook the trotter and ear in a pressure cooker. Cover in water and add salt, bay, 2 cloves of garlic, and half the onion. When the cooker starts to whistle, put on a low heat, and leave for at least 40 minutes. When finished remove the trotter and ear and set aside the water. Cut and debone. Prepare the rest of the meat: slice the sausages and pork belly (the outer part can be discarded as it's a little tough). Chop 3 cloves of garlic and the remaining half an onion. If it's a large onion, don't use it all. Heat three or four tablespoons of oil in a saucepan and add the garlic and onion. When they're golden add the sausages and pork belly. When it starts to brown, add a tablespoon of sweet paprika and then a bay leaf. Stir in thoroughly and add a tablespoon of oregano. Add the chopped trotter and ear. Stir in thoroughly. It should all start to brown. Add the rice. Add one cup of water used for cooking the trotter and ear, and another cup and a half of water. Almost three cups in total. Add salt. Leave to cook for 18 minutes over a medium heat. Add a little more water if it dries out. Remove from the heat, cover with a cloth, and leave to stand for 5 minutes.

Serve.



**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 Hospedería Convento San Francisco, Santo Domingo de Silos, Burgos



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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reservas@torremayorazgo.es

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History and Gastronomy: Get to know Arevalo and its relationship with Queen Isabel la Católica, and enjoy TOSTON in our restaurant.
www.loscincolinajes.es
info@loscincolinajes.es (roast suckling pig)

- **POSADA REAL DEL INFANTE**

www.posadadelinfante.es
nestepas@posadadelinfante.es

- **POSADA REAL QUINTA DE SAN JOSÉ**

www.posadaquintasanjose.es
posadaquintasanjose@hotmail.com

- **POSADA REAL EL LINAR DEL ZAIRE**

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info@ellinardelzaire.com

- **POSADA REAL HOSTERÍA DEL MUDÉJAR**

www.hosteriadelmudejar.com
info@hosteriadelmudejar.com

Burgos

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<http://www.conventosanfrancisco.es/>
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León

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www.elrincondebabia.com
informacion@elrincondebabia.com

- **POSADA CASA DE TEPA**

www.casadetepa.com
casadetepa@casadetepa.com

- **POSADA REAL HOSTERÍA CAMINO**

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www.faenascamperas.com
info@faenascamperas.com

- **POSADA REAL CASA DEL BRASILEIRO**

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info@casabrasilero.com

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Segovia

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elsenoriodelaserrezuela@hotmail.com

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Soria

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info@lanavazuela.com

- **POSADA REAL REAL POSADA DE LA MESTA**

www.realposada.com
cungreen16@hotmail.com

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www.posadalostemplarios.com
info@posadalostemplarios.com

- **POSADA REAL LA ALMAZUELA**

www.almazuela.net
info@almazuela.es

Valladolid

- **POSADA REAL LA POSADA DEL PINAR**

www.laposadadelpinar.com
info@almazuela.es

- **POSADA REAL CONCEJO HOSPEDERÍA**

www.concejohospederia.com
info@concejohospederia.com

- **POSADA REAL LA POSADA DEL CANAL**

www.laposadadelcanal.com
laposadadelcanal@gmail.com

Zamora

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- **POSADA REAL DE LAS MISAS**

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posadadelasmisas@gmail.com

- **POSADA REAL LOS CONDESTABLES**

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info@posadaloscondestables.com

- **HOTEL RURAL LA YÉNSULA**

www.layensula.es
reservas@layensula.es

- **POSADA REAL LA POSADA DEL BUEN CAMINO**

www.laposadadelbuencamino.com
info@laposadadelbuencamino.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.

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Do wine tourism in the Campiña del Pisuerga, with our underground cellars, wine castles, Castilla Waterway (Eurovelo 1) and the [GR296 Trail](#)
<https://www.rutadelvinocigales.com>
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/>
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info@rutadelvinosierradefrancia.com

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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

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

miguelangel@rutasdelcaminodesantiago.com

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Wine tourism and family tourism activities.

www.destino-divino.com/experiencias-en-familia/

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

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- **TOP RIBERA DEL DUERO**

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

www.topriberadelduero.com

info@topriberadelduero.com

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

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- **RESERVASLEON.COM**

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

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Exclusive experience in Ribera de Duero tasting 14 TOP wines.

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- **VERONIA TOURS SL**

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

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- **ALACARTA WINE & GOURMET TOURS**

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

www.alacarta.es

info@alacarta.es

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

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- **MUNDICAMINO**

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- **CAMINANDOCAMINANDO**

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- **THEWAYTOURS**

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

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