The Way of Los Trasiegos

Journey:	Linear
Way:	- On foot (2 h.)
Length:	3.5 kms.
Recommended:	- spring
	- summer
	- autumn
	- winter
Difficulty of the route:	Medium
Route:	From San Miguel de Valero to Valero
Web:	- To know more
	- To know more

The first section of the Camino de los Trasiegos sits on a beautiful cobbled road that connects the mountain towns of San Miguel de Valero and Valero.

The marked path, about three and a half kilometers downhill, crosses lush oak and chestnut forests on the hillside and offers splendid views of the Quilamas valley.

It also allows you to recreate with old buildings, witnesses of the hard work of these people, as a singular one was built with granite slabs where barley was thrown, or terraces dedicated to the cultivation of the vine or the olive.

Its name "Los Trasiegos" evokes times of transport and exchange of merchandise, among which currently stands out honey and pollen. The road was also widely used during the time of the estraperlo, which tried to avoid paying taxes on commercial transactions.

It is aimed at a wide audience, with medium difficulty and an estimated travel time of less than two hours.

Honey is undoubtedly the star product of this area, not in vain, Valero and its surroundings since the Middle Ages and until today, contribute significantly to the province of Salamanca being the first honey producer in Castilla y León.

Among the gastronomic offer of the Sierra de Francia - Quilamas, grilled meats, little goat, sausages, hornazo and mushroom dishes in season, as well as desserts in which honey is the protagonist: nougat, wafers, stand out. , perrunillas, mantecados and donuts. The excellent wines of the Sierra de Salamanca Designation of Origin also stand out.

For those who take this route in the summer, a very appealing space is the Valero natural pool, known as the Charco del Pozo, and which has its origins in an old light factory built in 1920.

ADDRESS AND MAP LOCATION

- **Postal address** San Miguel de Valero. NaN. Salamanca