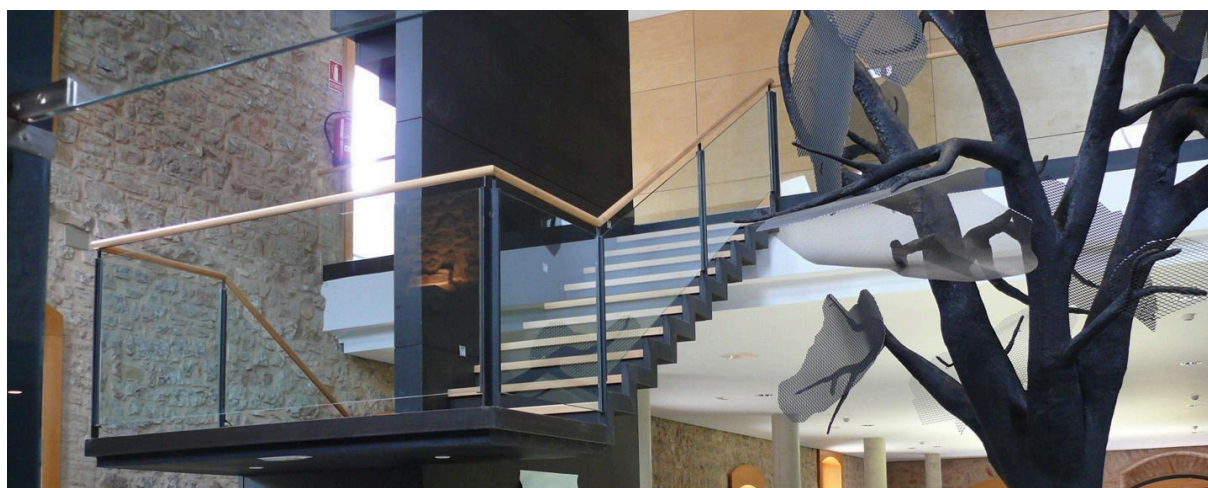


Palencia Mountain Nature Park



Discover the Palencia Mountain Nature Park, an unknown treasure in the north of Palencia. This unique mountain range, with peaks such as Curavacas and Espigüete, offers an impressive landscape of needles, cliffs, ravines and deep valleys.

Explore the Carrión and Pisuerga rivers, which originate in these mountains, with the Fuentes Carrionas lagoon and Fuente del Cobre as highlights. Find diversity in oak forests, oak forests, gall oak forests, beech forests and juniper forests of sessile juniper, such as the Tosande yew forest and the Velilla pine forest.

Spot a variety of wildlife, from brown bears and otters to Cantabrian chamois, wild cats, Iberian wolves, golden eagles, griffon vultures, eagle owls and falcons. Visit viewpoints such as Piedrasluengas, Alto de la Varga, Alba and Alto de Peñas Negras for impressive panoramic views.

In addition to its natural beauty, the Palentina Mountain preserves a rich historical and cultural heritage. Towns such as Cervera de Pisuerga exhibit rural charm and traditional architecture and the rich Romanesque religious heritage is represented by the church of San Cornelio and San Cipriano in San Cebrián de Mudá, the hermitage of San Pelayo in Perazancas, the church of the Salvador in San Salvador de Cantamuda and the church of the Assumption of Písón de Castrejón.

Discover this place in balance!

ENVIROMENTAL AREAS

wildlife:	Brown bear, capercaillie, wolves, chamois, otters and common partridge.
Relief:	Landscape sculpted into the hard and tight mountain limestone which has given rise to a fantastic collection of needles, cliffs and valleys.
Vegetation:	Beech, oak, Pyrenean oak, and holm oak woods. The holm oak woods are the most northern in Europe.

GET TO KNOW THIS NATURAL SPACE

House of the Palencia Mountain Nature Park

A monitor will welcome you and provide all the information you need. You will also be able to watch a video about the park and acquire publications and other types of information and souvenirs.

A calendar of activities featuring all the major festivals...

Palencia Mountain Nature Park

Address

- **Postal address** C/ El Plantío. Cervera de Pisuerga. NaN. Palencia
- **Email**
cp.fuentscarrionas@patrimonionatural.org
- **Web**
<https://patrimonionatural.org/casas-del-parque/casas-del-parque/casa-del-parque-de-fuentscarrionas-y-fuente-cobre-montana-palentina>
- **Phones**
 - 979 139 401
 - 979 870 698

[To know more](#)

ENJOY THIS NATURAL SPACE

On foot and by bike

- **Between Nestar and Cordovilla de Aguilar**
Shortly after the beginning of the route, it passes beside Puente Perdiz, a very well preserved Roman bridge that crosses Rubagon...
Journey: Circular
Way: - On foot (1.3 h.)
Length: 6.1 kms.
Recommended:
 - spring
 - summer
 - autumn
 - winter

[To know more](#)
- **Discover the Palentino Romanesque by bicycle**
An interesting proposal in which nature, sport and heritage come together is to tour the Palentina Mountain by bicycle and discover...
Journey: Circular
Way: - A pedal (3.5 h.)
Length: 59.7 kms.
Recommended:
 - spring
 - summer
 - autumn
 - winter

Difficulty of the route: High

[To know more](#)
- **From San Martin de Perapertu to Muda**
The path that starts in San Martin de Perapertu slowly gains height as it approaches the rocky crags that rise from green pastures, ...
Journey: Linear
Way:
 - On foot (1.3 h.)
 - By bike (0.45 h.)**Length:** 5.8 kms.
Recommended:
 - spring

Palencia Mountain Nature Park

- summer
- autumn
- winter

[To know more](#)

- **GR 1 Historic Pathway, from Brañosera to Estalaya**

Journey: Journey
Way: - On foot
Length: 23.5 kms.
Ascent 660 m.
slope:
Difficulty of the route: High

[To know more](#)

- **GR 1 Historic Pathway, from Camporredondo de Alba to Camino Cruz Armada**

Journey: Journey
Way: - On foot
Length: 8.6 kms.
Ascent 430 m.
slope:
Difficulty of the route: Medium

[To know more](#)

- **GR 1 Historic Pathway, from Cervera de Pisuerga to Triollo**

Journey: Journey
Way: - On foot
Length: 23 kms.
Ascent 540 m.
slope:
Difficulty of the route: Medium-High

[To know more](#)

- **GR 1 Historic Pathway, from Estalaya to Cervera de Pisuerga**

Journey: Journey
Way: - On foot
Length: 11.5 kms.
Ascent 170 m.
slope:
Difficulty of the route: Medium

[To know more](#)

- **GR 1 Historic Pathway, from Triollo to Camporredondo de Alba**

Journey: Journey
Way: - On foot
Length: 10.7 kms.
Ascent 140 m.
slope:
Difficulty of the route: Low

[To know more](#)

Palencia Mountain Nature Park

- GR 1 **Historic Pathway, from the Limit with Cantabria to Brañosa**

Journey:	Journey
Way:	- On foot
Length:	8 kms.
Ascent	430 m.
slope:	
Difficulty of the route:	Medium

[To know more](#)

- P10 **P10 - Narrow Valley Giant's Path**

Located in the Palencia Mountain Nature Park. The Giant of the Narrow Valley is the protagonist of a legend that invites you to explore...

Journey:	Linear
Way:	- On foot
Length:	4.4 kms.
Ascent	113 m.
slope:	
Difficulty of the route:	Low

[To know more](#)

- P2 **P2 - Fuente Cobre-Birth Pisuerga River Path**

Located in the Palencia Mountain Nature Park. It is one of the most frequented in the Palencia Mountain. It begins in the Santa María...

Journey:	Circular
Way:	- On foot
Length:	13 kms.
Ascent	400 m.
slope:	
Difficulty of the route:	Medium

[To know more](#)

- P3 **P3 - Las Lomas Lagoons Path**

Located in the Palencia Mountain Nature Park. This path takes us to Pozo de las Lomas, a lagoon of Quaternary glacial origin located...

Journey:	Linear
Way:	- On foot
Length:	12 kms.
Ascent	640 m.
slope:	
Difficulty of the route:	Medium-High

[To know more](#)

- P4 **P4 - Tejada de Tosande Path**

Located in the Palencia Mountain Nature Park. La Tejada de Tosande is a dream corner in the Palencia Mountain. This is one of the...

Journey:	Circular
Way:	- On foot
Length:	10.5 kms.

Palencia Mountain Nature Park

Ascent 200 m.

slope:

Difficulty of Medium

the route:

[To know more](#)

- P5 **P5 - Fossil Forest Trail**

Located in the Palencia Mountain Nature Park. This trail takes us to the site known as the fossil forest. A sandstone wall on which...

Journey: Circular

Way: - On foot

Length: 3 kms.

Ascent 120 m.

slope:

Difficulty of Low

the route:

[To know more](#)

- P7 **P7 - Bear Trail**

Located in the Palencia Mountain Nature Park. The Senda del Oso in Palentina is a signposted circular route with more than 12 km...

Journey: Circular

Way: - On foot

Length: 12.2 kms.

Ascent 270 m.

slope:

Difficulty of Medium

the route:

[To know more](#)

- P8 **P8 - Estalaya Roblón Path**

Located in the Palencia Mountain Nature Park. This path takes us to the Roblón de Estalaya, also known as "El Abuelo", a specimen...

Journey: Circular

Way: - On foot

Length: 4.6 kms.

Ascent 125 m.

slope:

Difficulty of Low

the route:

[To know more](#)

- P9 **P9 - Mazobre Waterfall Trail**

Located in the Palencia Mountain Nature Park. This itinerary runs parallel to Arroyo Mazobre, along a comfortable path with some...

Journey: Round trip

Way: - On foot

Length: 6.6 kms.

Ascent 320 m.

slope:

Difficulty of Low

the route:

[To know more](#)

Palencia Mountain Nature Park

- PRC-P **Pathway of Fuente Cobre - Birth of Pisuerga River**

Following the course of Pisuerga River, this route is an invitation to enjoy nature and stroll down a pleasant and easy environment...

Journey: Circular
Way: - On foot (4 h.)
Length: 11 kms.
Difficulty of the route: Medium

[To know more](#)

- PRC-P **Pathway of Fuente Cobre - Birth of Pisuerga River**

Following the course of Pisuerga River, this route is an invitation to enjoy nature and stroll down a pleasant and easy environment...

Journey: Circular
Way: - On foot (4 h.)
Length: 11 kms.
Difficulty of the route: Medium

[To know more](#)

- PR-PA 1 **Pathway of the Roblon**

The 'Roblón' of Estalaya is a remarkable and venerable specimen of white oak. Its height is 17m and the perimeter on the base is...

Journey: Circular
Way: - On foot (1.3 h.)
Length: 4.6 kms.
Ascent slope: 125 m.
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: Low

[To know more](#)

- PRC-P **Pathway of the Bear**

The upper part of the trail passes by the base of the quartzite wall of Peñas Negras, to whose feet there was the village of San...

Journey: Circular
Way: - On foot (4 h.)
Length: 12.2 kms.
Difficulty of the route: Medium

[To know more](#)

- PRC-P **Pathway of the Fishermen**

The route allows us to know one of the best preserved areas of the banks of Carrion River and allows to perceive the delicate balance...

Journey: Circular
Way: - On foot (3 h.)
Length: 6 kms.

Palencia Mountain Nature Park

- Difficulty of the route:** Low

[To know more](#)
- PR-P **Pathway of the Giant og Valle Estrecho**

Journey: Circular

Way: - On foot (1.3 h.)

Length: 4.4 kms.

Difficulty of the route: Low

[To know more](#)
- PR-PA 6 **Pathway of the Lagunas de las Lomas**

Journey: Linear

Way: - On foot (5 h.)

Length: 12 kms.

Ascent: 640 m.

slope:

Difficulty of the route: Medium-High

[To know more](#)
- PR-PA 3 **Pathway of the Pinar de Velilla**

The pin forest of Velilla is listed by several authors as a natural spot of Scots pine, survivor to the pressure of the cattle's...

Journey: Circular

Way: - On foot (2 h.)

Length: 3.5 kms.

Ascent: 150 m.

slope:

Recommended: - spring
- summer
- autumn

Difficulty of the route: Low

[To know more](#)
- SLC-P **Pathway of the Pinar del Castillo**

The path passes by a forest of Scots pine. You can hear the sound of several birds like thrushes and chickadees.

Journey: Circular

Way: - On foot (0.3 h.)

Length: 1.1 kms.

Ascent: 80 m.

slope:

Recommended: - spring
- summer
- autumn

Difficulty of the route: Low

[To know more](#)
- PRC-P **Pathway of the Tejada de Tosande**

Palencia Mountain Nature Park

In this route, the traveler discovers different tree species characteristics of the area, and enters a valley where he can enjoy...

Journey: Circular
Way: - On foot (3.3 h.)
Length: 10.5 kms.
Difficulty of the route: Medium

[To know more](#)

- PR-PA 4 **Pathway of the cascada de Mazobre**

Journey: Linear
Way: - On foot (2 h.)
Length: 6.6 kms.
Difficulty of the route: Low

[To know more](#)

- PR-PA 4 **Pathway of the cascada de Mazobre**

Journey: Linear
Way: - On foot (2 h.)
Length: 6.6 kms.
Difficulty of the route: Low

[To know more](#)

- **Stage 1 - Section 5: Vallespinoso de Cervera - Barruelo de Santullán**

Avoid rain and snow periods at higher altitude.

Journey: Linear
Way: - By bike (1.9 h.)
Length: 17 kms.
Ascent slope: 115 m.
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: Medium

[To know more](#)

- **Stage 1 - Section 5: Vallespinoso de Cervera - Cervera de Pisuerga**

Avoid rain and snow periods at higher altitude.

Journey: Linear
Way: - By bike (1.5 h.)
Length: 12.1 kms.
Ascent slope: 45 m.
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: Medium-Low

Palencia Mountain Nature Park

[To know more](#)

- **Stage 1 - Section 6: Rueda de Pisuegra - Barruelo de Santullan**

Avoid rain and snow periods at higher altitude.

Journey:	Linear
Way:	- By bike (2 h.)
Length:	19.7 kms.
Ascent	145 m.
slope:	
Recommended:	- spring - summer - autumn - winter
Difficulty of the route:	Medium

[To know more](#)

- **Stage 1 - Section 6: Rueda de Pisuegra - Cervera de Pisuegra**

Avoid rain and snow periods at higher altitude.

Journey:	Linear
Way:	- By bike (1.1 h.)
Length:	9.4 kms.
Ascent	40 m.
slope:	
Recommended:	- spring - summer - autumn - winter
Difficulty of the route:	Medium-Low

[To know more](#)

- **Stage 1 - Section 7: Barcenilla - Barruelo de Santullan**

Avoid rain and snow periods at higher altitude.

Journey:	Linear
Way:	- By bike (2.4 h.)
Length:	21.5 kms.
Ascent	150 m.
slope:	
Recommended:	- spring - summer - autumn - winter
Difficulty of the route:	Medium

[To know more](#)

- **Stage 1 - Section 7: Barcenilla - Cervera de Pisuegra**

Avoid rain and snow periods at higher altitude.

Journey:	Linear
Way:	- By bike (0.9 h.)
Length:	7.6 kms.

Palencia Mountain Nature Park

Ascent 40 m.

slope:

Recommended:

- spring
- summer
- autumn
- winter

Difficulty of Low

the route:

[To know more](#)

- **Stage 1 - Section 8: Ligüerzana - Barruelo de Santullán**

Avoid rain and snow periods at higher altitude.

Journey: Linear

Way: - By bike (2.9 h.)

Length: 25.5 kms.

Ascent 150 m.

slope:

Recommended:

- spring
- summer
- autumn
- winter

Difficulty of Medium

the route:

[To know more](#)

- **Stage 1 - Section 8: Ligüerzana - Cervera de Pisuerga**

Avoid rain and snow periods at higher altitude.

Journey: Linear

Way: - By bike (0.5 h.)

Length: 3.6 kms.

Ascent 120 m.

slope:

Recommended:

- spring
- summer
- autumn
- winter

Difficulty of Low

the route:

[To know more](#)

- **Stage 1 - Section 9: Vado - Barruelo de Santullán**

Avoid rain and snow periods at higher altitude.

Journey: Linear

Way: - By bike (2.9 h.)

Length: 25.5 kms.

Ascent 150 m.

slope:

Recommended:

- spring
- summer
- autumn
- winter

Palencia Mountain Nature Park

Difficulty of the route: Medium

[To know more](#)

- **Stage 1 - Section 9: Vado - Cervera de Pisuegra**

Avoid rain and snow periods at higher altitude.

Journey: Linear
Way: - By bike (0.1 h.)
Length: 1.2 kms.
Ascent: 5 m.
slope:
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: Low

[To know more](#)

- **Stage 2 - Section 1: Ruesga - Cervera de Pisuegra**

Journey: Linear
Way: - By bike (0.16 h.)
Length: 3.3 kms.
Ascent: 25 m.
slope:
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: Low

[To know more](#)

- **Stage 2 - Section 1: Ruesga - Triollo**

In winter there may be sections closed by snow between Rebanal and Alto La Varga.

Journey: Linear
Way: - By bike (1.9 h.)
Length: 21 kms.
Ascent: 425 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: High

[To know more](#)

- **Stage 2 - Section 2: Ventanilla - Cervera de Pisuegra**

Journey: Linear
Way: - By bike (0.83 h.)
Length: 9.1 kms.
Ascent: 55 m.
slope:

Palencia Mountain Nature Park

Recommended: - spring
- summer
- autumn

Difficulty of the route: Medium-High

[To know more](#)

- Stage 2 - Section 2: Ventanilla - Triollo

In winter there may be sections closed by snow between Rebanal and Alto La Varga.

Journey: Linear

Way: - By bike (1.25 h.)

Length: 15.2 kms.

Ascent: 395 m.

slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: High

[To know more](#)

- Stage 2 - Section 3: San Martin - Cervera de Pisuerga

Journey: Linear

Way: - By bike (1.08 h.)

Length: 12.5 kms.

Ascent: 90 m.

slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: Medium

[To know more](#)

- Stage 2 - Section 3: San Martin - Triollo

In winter there may be sections closed by snow between Rebanal and Alto La Varga.

Journey: Linear

Way: - By bike (1 h.)

Length: 11.8 kms.

Ascent: 360 m.

slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: High

[To know more](#)

- Stage 2 - Section 4: Rebanal de las Llantas - Cervera de Pisuerga

Journey: Linear

Way: - By bike (1.25 h.)

Length: 15.6 kms.

Palencia Mountain Nature Park

Ascent 140 m.
slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: Medium

[To know more](#)

- **Stage 2 - Section 4: Rebanal de las Llantas - Triollo**

In winter there may be sections closed by snow between Rebanal and Alto La Varga.

Journey: Linear
Way: - By bike (0.83 h.)
Length: 8.7 kms.
Ascent 310 m.
slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: High

[To know more](#)

- **Stage 2 - Section 5: Alto de la Varga - Cervera de Pisuerga**

In winter the route between Rebanal de las Llantas and Alto de la Varga can be closed by snow.

Journey: Linear
Way: - By bike (2 h.)
Length: 19.6 kms.
Ascent 450 m.
slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: Medium-High

[To know more](#)

- **Stage 2 - Section 5: Alto de la Varga - Triollo**

Journey: Linear
Way: - By bike (0.16 h.)
Length: 4.7 kms.
Ascent 140 m.
slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: Low

[To know more](#)

- **Stage 2 - Section 6: La Lastra - Cervera de Pisuerga**

In winter there may be sections closed with snow between Rebanal and Alto La Varga.

Journey: Linear

Palencia Mountain Nature Park

Way: - By bike (2 h.)

Length: 22.6 kms.

Ascent 450 m.

slope:

Recommended: - spring
- summer
- autumn

Difficulty of Medium

the route:

[To know more](#)

- **Stage 2 - Section 6: La Lastra - Triollo**

Journey: Linear

Way: - By bike (0.08 h.)

Length: 1.7 kms.

Ascent 80 m.

slope:

Recommended: - spring
- summer
- autumn

Difficulty of Low

the route:

[To know more](#)

- **Stage 2: Cervera de Pisuerga - Triollo**

Complicated route of about 25 kilometers, most of which goes by road. It also passes through forest tracks of the Natural Park of...

Journey: Linear

Way: - By bike (2.1 h.)

Length: 24.3 kms.

Ascent 450 m.

slope:

Difficulty of High

the route:

[To know more](#)

- **Stage 3 - Section 1: Valcovero - Guardo**

In winter snow can close the road.

Journey: Linear

Way: - By bike (2.5 h.)

Length: 19.5 kms.

Ascent 390 m.

slope:

Recommended: - spring
- summer
- autumn

Difficulty of High

the route:

[To know more](#)

- **Stage 3 - Section 1: Valcovero - Triollo**

Journey: Linear

Way: - By bike (1 h.)

Palencia Mountain Nature Park

Length: 11.3 kms.
Ascent 180 m.
slope:
Recommended: - spring
 - summer
 - autumn
Difficulty of the route: Medium

[To know more](#)

- **Stage 3 - Section 2: Velilla del rio Carrion - Guardo**

Between December and April there may be snow in the crossing of Cruz de Valsurbio.

Journey: Linear
Way: - By bike (3.33 h.)
Length: 27.7 kms.
Ascent 570 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: High

[To know more](#)

- **Stage 3 - Section 2: Velilla del rio Carrion - Triollo**

Journey: Linear
Way: - By bike (0.16 h.)
Length: 3.1 kms.
Ascent 20 m.
slope:
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: Low

[To know more](#)

- **Stage 3: Triollo - Guardo**

Stage of 30 kilometers, most of which, within the Natural Park of Fuentes Carrionas y Fuente Cobre-Montaña Palentina. The difficulty,...

Journey: Linear
Way: - By bike (3.5 h.)
Length: 30.8 kms.
Ascent 570 m.
slope:
Difficulty of the route: High

[To know more](#)

- PR-PA 2 **The surprising Fossil Forest Trail**

The Fossil Forest trail starts from the small town of Verdeña. A dense oak forest where the Peña Celada viewpoint is located is the...

Palencia Mountain Nature Park

Journey:	Circular
Way:	- On foot (1 h.)
Length:	3 kms.
Ascent slope:	120 m.
Recommended:	- spring - summer - autumn - winter
Difficulty of the route:	Low

[To know more](#)