In the most remote and inaccessible border lands of the province of Palencia, lies a spectacular, almost unknown, mountain range. Its peaks and crests, sculpted into the hard tight mountain limestone, rise over 2,500 metres and give form to a singular relief of fantastic needles, impressive precipices, proud cliffs and deep valleys.

Two important rivers have their sources in these mountains, the Carrión and the Pisuerga. The first of the two rises in steep heart of the mountains and its source - the lake of Fuentes Carrionas which gives its name to the whole county - is so isolated that it is even possible to find the footprints of several pairs of brown bears.

The river Pisuerga rises from the Fuente del Cobre - a gentler landscape, where beech and deciduous oak woods predominate.

Declared

- **Category:** Natural Park
- **Area:** 78,179 ha.
- **Municipalities in the province of Palencia:** Aguilar de Campoo, Brañosera, Castrejón de la Peña, Cervera de Pisuerga, Dehesa de Montejo, La Pernía Polentinos, San Cebrián de Mudá, Triollo, Velilla del Río Carrión

Visitor Centre

**Casa del Parque Natural Montaña Palentina**

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 and events will help you plan your stay, and in the welcoming Visitors’ Corner you will be able to plan your route using the model of the entire park.

- **Address:** C/ El Plantío. 34840
- **Telephone:** 979 870 688 / 979 870 698 / 686 192 974
- **Email:** cp.fuentescarrionas@patrimonionatural.org
- **Website:** http://www.patrimonionatural.org/casas.php?id_casa=8

Environmental Areas

- **Fauna:** 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.

Route

**Between Nestar and Cordovilla de Aguilar**

- **Journey:** Circular
- **Length:** 6.1 km.

**From San Martin de Perapertu to Muda**

- **Journey:** Lineal
- **Length:** 5.8 km.
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Historic Pathway, from Brañosera to Estalaya (GR 1)
Journey: Journey
Length: 23.5 km.
Difficulty of the route: High

Historic Pathway, from Camporredondo de Alba to Camino Cruz Armada (GR 1)
Journey: Journey
Length: 8.6 km.
Difficulty of the route: Medium

Historic Pathway, from Cervera de Pisuerga to Triollo (GR 1)
Journey: Journey
Length: 23 km.
Difficulty of the route: Medium-High

Historic Pathway, from Estalaya to Cervera de Pisuerga (GR 1)
Journey: Journey
Length: 11.5 km.
Difficulty of the route: Medium

Historic Pathway, from Triollo to Camporredondo de Alba (GR 1)
Journey: Journey
Length: 10.7 km.
Difficulty of the route: Low

Historic Pathway, from the Limit with Cantabria to Brañosa (GR 1)
Journey: Journey
Length: 8 km.
Difficulty of the route: Medium

P10 - Senda del Gigante del Valle Estrecho (P10)
Trayecto: Lineal
Longitud: 4.4 km.
Dificultad de la ruta: Baja

P2 - Senda de Fuente Cobre-Nacimiento río Pisuerga (P2)
Trayecto: Circular
Longitud: 13 km.
Dificultad de la ruta: Media

P3 - Senda de las Lagunas de las Lomas (P3)
Trayecto: Lineal
Longitud: 12 km.
Dificultad de la ruta: Media-Alta

P4 - Senda de la Tejeda de Tosande (P4)
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Trayecto: Circular
Longitud: 10,5 km.
Dificultad de la ruta: Media

P5 - Senda del Bosque Fósil (P5)
Trayecto: Circular
Longitud: 3 km.
Dificultad de la ruta: Baja

P7 - Senda del Oso (P7)
Trayecto: Circular
Longitud: 12,2 km.
Dificultad de la ruta: Media

P8 - Senda del Roblón de Estalaya (P8)
Trayecto: Circular
Longitud: 4,6 km.
Dificultad de la ruta: Baja

P9 - Senda de la Cascada de Mazobre (P9)
Trayecto: Ida y vuelta
Longitud: 6,6 km.
Dificultad de la ruta: Baja

Pathway of Fuente Cobre - Birth of Pisuerga River (PRC-P)
Journey: Circular
Length: 11 km.
Difficulty of the route: Medium

Pathway of Fuente Cobre - Birth of Pisuerga River (PRC-P)
Journey: Circular
Length: 11 km.
Difficulty of the route: Medium

Pathway of the Roblon (PR-PA 1)
Journey: Circular
Length: 4,6 km.
Difficulty of the route: Low

Pathway of the Bear (PRC-P)
Journey: Circular
Length: 12,2 km.
Difficulty of the route: Medium

Pathway of the Bosque Fossil (PR-PA 2)
Journey: Circular
Length: 3 km.
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**Difficulty of the route:** Low

**Pathway of the Fishermen (PRC-P)**
- **Journey:** Circular
- **Length:** 6 km.
- **Difficulty of the route:** Low

**Pathway of the Giant og Valle Estrecho (PR-P)**
- **Journey:** Circular
- **Length:** 4.4 km.
- **Difficulty of the route:** Low

**Pathway of the Lagunas de las Lomas (PR-PA 6)**
- **Journey:** Lineal
- **Length:** 12 km.
- **Difficulty of the route:** Medium-High

**Pathway of the Pinar de Velilla (PR-PA 3)**
- **Journey:** Circular
- **Length:** 3.5 km.
- **Difficulty of the route:** Low

**Pathway of the Pinar del Castillo (SLC-P)**
- **Journey:** Circular
- **Length:** 1.1 km.
- **Difficulty of the route:** Low

**Pathway of the Tejeda de Tosande (PRC-P)**
- **Journey:** Circular
- **Length:** 10.5 km.
- **Difficulty of the route:** Medium

**Pathway of the cascada de Mazobre (PR-PA 4)**
- **Journey:** Lineal
- **Length:** 6.6 km.
- **Difficulty of the route:** Low

**Pathway of the cascada de Mazobre (PR-PA 4)**
- **Journey:** Lineal
- **Length:** 6.6 km.
- **Difficulty of the route:** Low

**Pedaleando por el Románico Palentino**
- **Journey:** Circular
- **Length:** 59.7 km.
- **Difficulty of the route:** High
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Stage 1 - Section 5: Vallespinoso de Cervera - Barruelo de Santullan
Journey: Lineal
Length: 17 km.
Difficulty of the route: Medium

Stage 1 - Section 5: Vallespinoso de Cervera - Cervera de Pisuerga
Journey: Lineal
Length: 12.1 km.
Difficulty of the route: Medium-Low

Stage 1 - Section 6: Rueda de Pisuerga - Barruelo de Santullan
Journey: Lineal
Length: 19.7 km.
Difficulty of the route: Medium

Stage 1 - Section 6: Rueda de Pisuerga - Cervera de Pisuerga
Journey: Lineal
Length: 9.4 km.
Difficulty of the route: Medium-Low

Stage 1 - Section 7: Barcenilla - Barruelo de Santullan
Journey: Lineal
Length: 21.5 km.
Difficulty of the route: Medium

Stage 1 - Section 7: Barcenilla - Cervera de Pisuerga
Journey: Lineal
Length: 7.6 km.
Difficulty of the route: Low

Stage 1 - Section 8: Ligüerzana - Barruelo de Santullan
Journey: Lineal
Length: 25.5 km.
Difficulty of the route: Medium

Stage 1 - Section 8: Ligüerzana - Cervera de Pisuerga
Journey: Lineal
Length: 3.6 km.
Difficulty of the route: Low

Stage 1 - Section 9: Vado - Barruelo de Santullan
Journey: Lineal
Length: 25.5 km.
Difficulty of the route: Medium

Stage 1 - Section 9: Vado - Cervera de Pisuerga
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**Stage 2 - Section 1: Ruesga - Cervera de Pisuerga**
*Journey:* Lineal  
*Length:* 3.3 km.  
*Difficulty of the route:* Low

**Stage 2 - Section 1: Ruesga - Triollo**
*Journey:* Lineal  
*Length:* 21 km.  
*Difficulty of the route:* High

**Stage 2 - Section 2: Ventanilla - Cervera de Pisuerga**
*Journey:* Lineal  
*Length:* 9.1 km.  
*Difficulty of the route:* Medium-High

**Stage 2 - Section 2: Ventanilla - Triollo**
*Journey:* Lineal  
*Length:* 15.2 km.  
*Difficulty of the route:* High

**Stage 2 - Section 3: San Martin - Cervera de Pisuerga**
*Journey:* Lineal  
*Length:* 12.5 km.  
*Difficulty of the route:* Medium

**Stage 2 - Section 3: San Martin - Triollo**
*Journey:* Lineal  
*Length:* 11.8 km.  
*Difficulty of the route:* High

**Stage 2 - Section 4: Rebanal de las Llantas - Cervera de Pisuerga**
*Journey:* Lineal  
*Length:* 15.6 km.  
*Difficulty of the route:* Medium

**Stage 2 - Section 4: Rebanal de las Llantas - Triollo**
*Journey:* Lineal  
*Length:* 8.7 km.  
*Difficulty of the route:* High

**Stage 2 - Section 5: Alto de la Varga - Cervera de Pisuerga**
*Journey:* Lineal  
*Length:* 19.6 km.
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Difficulty of the route: Medium-High

Stage 2 - Section 5: Alto de la Varga - Triollo
Journey: Lineal
Length: 4.7 km.
Difficulty of the route: Low

Stage 2 - Section 6: La Lastra - Cervera de Pisuerga
Journey: Lineal
Length: 22.6 km.
Difficulty of the route: Medium

Stage 2 - Section 6: La Lastra - Triollo
Journey: Lineal
Length: 1.7 km.
Difficulty of the route: Low

Stage 2: Cervera de Pisuerga - Triollo
Journey: Lineal
Length: 24.3 km.
Difficulty of the route: High

Stage 3 - Section 1: Valcovero - Guardo
Journey: Lineal
Length: 19.5 km.
Difficulty of the route: High

Stage 3 - Section 1: Valcovero - Triollo
Journey: Lineal
Length: 11.3 km.
Difficulty of the route: Medium

Stage 3 - Section 2: Velilla del rio Carrion - Guardo
Journey: Lineal
Length: 27.7 km.
Difficulty of the route: High

Stage 3 - Section 2: Velilla del rio Carrion - Triollo
Journey: Lineal
Length: 3.1 km.
Difficulty of the route: Low

Stage 3: Triollo - Guardo
Journey: Lineal
Length: 30.8 km.
Difficulty of the route: High
Parque Natural Montaña Palentina

Find out more

Other sites
http://www.miespacionatural.es/espaciospanel/2431
https://patrimonionatural.org/espacios-naturales/parque-natural/parque-natural-montana-palentina