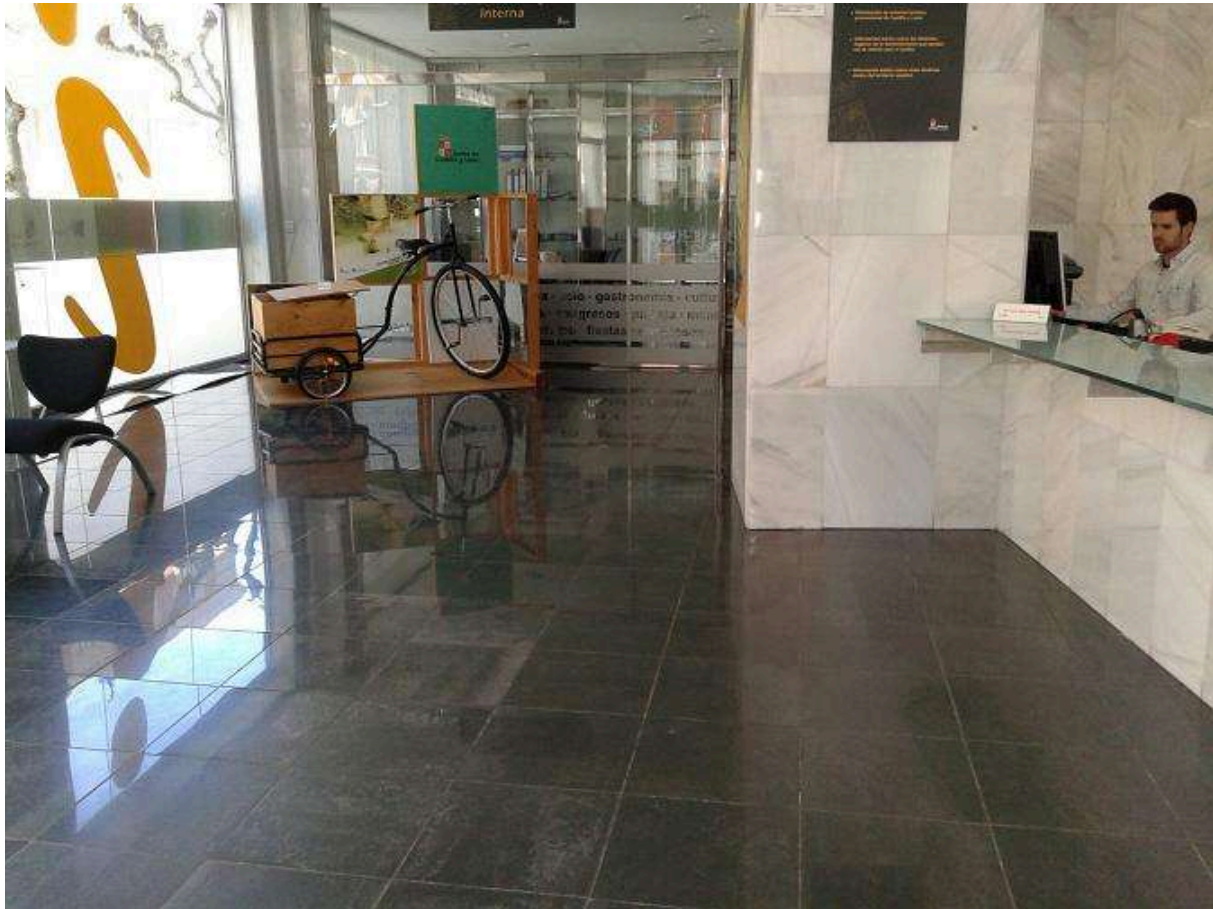


La Fuentona Natural Monument



Visit La Fuentona Natural Monument, where the Abi3n River rises from a lagoon of crystal clear waters. Discover one of the most beautiful places in the province of Soria, where nature is shown in all its splendor. Explore the underground springs that form the "eye of the sea," a unique habitat for many species.

Learn about the historical and cultural value of La Fuentona, where archaeological remains from the Bronze Age and the Middle Ages have been found. Enjoy the literary references of La Fuentona, such as the legend and B3cquer's poem "the green eyes". Follow the riverside path that takes you to this hidden paradise, surrounded by ravines, gullies, gorges and vegetation. Admire the water lilies and buttercups that adorn the water, and the junipers that guard the path.

Contemplate La Fuentona, a karst beauty of icy and transparent waters, which are illuminated by the sun. Listen to the sound of the waterfall and the singing of the birds. Watch for griffon vultures and hawks nesting on the rocks.

Explore this hidden paradise!

ENVIROMENTAL AREAS

- wildlife:** Birds of prey which build their nests in the crags surrounding La Fuentona.
- Relief:** Resurgence of karstic origin, surrounded by a singular landscape of limestone trenches, precipices, moors and ravines.
- Vegetation:** The incense juniper is predominant.

La Fuentona Natural Monument

GET TO KNOW THIS NATURAL SPACE

Park House 'El Sabinar'

In this tower, part of the ancient Palace of Santa Coloma, visitors will find all the information they need to enjoy their visit to the full. The calendar of activities featuring all the local festivals and events as well as the map in the welcoming Visitor's...

Address

- **Postal address** Palacio de Santa Coloma. Muriel de la Fuente. NaN. Soria
- **Email**
cp.sabinarfuentona@patrimoniounatural.org
- **Web**
<https://patrimoniounatural.org/casas-del-parque/casas-del-parque/casa-del-parque-del-sabinar>
- **Phones**
975 188 162

[To know more](#)

ENJOY THIS NATURAL SPACE

On foot and by bike

- PR-S0 16 **Itinerary Sierra de Cabrejas. Circular route Fuentona**
The path allows us to see different types of landscapes: a forest of Spanish juniper, a pine forest, a Holm oak wood, the riverbank...
Journey: Circular
Way: - On foot (2 h.)
Length: 4.5 kms.
Difficulty of the route: Medium
[To know more](#)
- PR-S0 16 **Itinerary Sierra de Cabrejas. Stretch Casa del Sabinar to Peñota**
Journey: Linear
Way: - On foot (3.5 h.)
Length: 4.9 kms.
Difficulty of the route: Medium
[To know more](#)
- PR-S0 3 **Route between Sabinares. Stretch Muriel de la Fuente - Abioncillo de Calatañazor**
During the walk we will pass through diverse landscapes such as the Spanish juniper forest, the pine forest, the bank and the farming.
Journey: Linear
Way: - On foot (1 h.)
- By bike (1 h.)
Length: 2.9 kms.
Difficulty of the route: Low
[To know more](#)