

Dos Aguas - Sierra de la Demanda, from Fresneda de la Sierra to Barbadillo de Herreros

Route code:	GR 290
Journey:	Journey
Way:	- On foot
Length:	25.1 kms.
Difficulty of the route:	High
Route:	From Fresneda de la Sierra to Barbadillo de Herreros

This is a long high mountain stage and of high difficulty, crossing the Sierra de la Demanda through the lagoon of glacial origin of Pozo Negro and the Alto de la Cruz de la Demanda.

ADDRESS AND MAP LOCATION

- **Postal address** Fresneda de la Sierra Tirón. NaN. Burgos