

MTB Route Cistierna-Cremenes

Journey:	Linear
Way:	- By bike (2.6 h.)
Length:	24.4 kms.
Ascent slope:	330 m.
Difficulty of the route:	High
Route:	From Cistierna to Crémenes

The route starts in Cistierna northwards on the road that goes up the right bank of Esla River and continues for 24 kilometers crossing the city of Sabero too, where is the Museum of Ironworks and Mining of Castilla y León. It reaches Cremenes, located in one of the entrances to the Regional Park of Picos de Europa. We recommend this route from spring to autumn, avoiding periods of rain or snow.

ADDRESS AND MAP LOCATION

- **Postal address** Cistierna. NaN. León