

Picos de Europa mountains



These mountains are situated in the Cantabrian Range; together with the National Park of the same name, they form a spectacular mountain landscape rising up between the provinces of Asturias, Cantabria and León.

They are known to have been inhabited by Man since the Upper Palaeolithic Age (between 35,000 and 10,000 years ago). Traces of these primitive inhabitants, who were essentially hunters, can be seen in a large number of caves, the site of the remains of bones, utensils and magnificent cave paintings, which have recently been included on the World Heritage List.

The breathtakingly beautiful mountain scenery and the exceptional network of hiking trails attract visitors from all over the world. The most stunning of these trails is possibly the Cares Route that runs parallel to the spectacular River Cares, following a ravine whose side walls are separated on some stretches by mere tens of metres, nestling at the foot of the impressive waterfalls that drop down almost vertically for more than 1,500 metres from the peaks of this mountain range.

Declared

Statement date: 7/10/2003

Category: Biosphere Reserve

Area: 64,315 ha.

Location: Comunidades Autónomas del Principado de Asturias y de Cantabria, y Provincia de León, en la Comunidad Autónoma de Castilla y León

Population: 1.186 habitantes

Managers: Comisión de Gestión del Parque Nacional de los Picos de Europa

Address: c/ Arquitecto Reguera nº 13, escalera B, 1º. 33004 Oviedo (Principado de Asturias).

Phone: 985 241 412

Other protection: Parque Nacional de los Picos de Europa (espacio asociado a la Reserva de Biosfera). Lugar de Importancia Comunitaria (LIC). Zona de Especial Conservación para las Aves (ZEPA). Parque Regional de Picos de Europa (vertiente leonesa). Monumento Natural (4).

Region / Province biogeographical: Eurosiberiana / Atlántica

Municipalities in the province of León: Oseja de Sajambre, Posada de Valdeón

Route

Cares Route (PR-PNPE 3)

Journey: Lineal

Length: 21 km.

Difficulty of the route: Medium

Collado Jermoso (PR-PNPE 16)

Journey: Lineal

Length: 4.1 km.

Difficulty of the route: High

L7 - Arquitectura popular Sajambre (L7)

Trayecto: Circular

Longitud: 8,5 km.

Dificultad de la ruta: Media

L8 - Arquitectura popular Valdeón (L8)

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Trayecto: Lineal

Longitud: 8,2 km.

Dificultad de la ruta: Baja

Monto Route (Valle de Prada) (PR-PNPE 14)

Journey: Lineal

Length: 11.6 km.

Difficulty of the route: Medium

Pathway of the Arcediano. Long Pathway Ponton-Amieva (GR-PNPE 201)

Journey: Lineal

Length: 27.5 km.

Difficulty of the route: Medium

Pathway of the Arcediano. Short Pathway Ponton-Soto de Sajambre (GR-PNPE 201)

Journey: Lineal

Length: 11 km.

Difficulty of the route: Medium

Pathway of the little market. Long route. Posada de Valdeon-Fuente De (PR-PNPE 15)

Journey: Lineal

Length: 13.2 km.

Difficulty of the route: Medium

Pathway of the little market. Short route. Santa Marina de Valdeon-Fuente De (PR-PNPE 15)

Journey: Lineal

Difficulty of the route: Medium

Route from Puerto de Panderrueda to Posada de Valdeon (PR-PNPE 11)

Journey: Lineal

Length: 13.5 km.

Difficulty of the route: Low

Route villages of Sajambre (PR-PNPE 10)

Journey: Circular

Length: 10.2 km.

Difficulty of the route: Low

Senda del Mercadillo (PR-PNPE 15)

Trayecto: Lineal

Longitud: 26,4 km.

Dificultad de la ruta: Media

Soto-Vegabaño Route (GR-PNPE 9)

Journey: Circular

Length: 9.8 km.

Difficulty of the route: Low

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Vega de Llos Route (PR-PNPE 12)

Journey: Circular

Length: 13.5 km.

Difficulty of the route: Low

Natural Espace

Picos de Europa

The National Park of Picos de Europa is one of Spain's leading natural treasures, ranking somewhere between three autonomous communities, Castilla y León, Asturias and Cantabria. It comprises three distinct mountain ranges of limestone, the Western or Cornión, the central or of the Urrielles, and East or of Andara, defined in part by spectacular gorges (Los Beyos, the Garganta del Cares and the Hermida), showing a relief extraordinarily steep with height differences between the peaks and valleys that reach up to 2500 m.

The Picos de Europa are the largest limestone formation in Atlantic Europe with major karst processes, chasms that reach over 1,000 m very clear glacial erosion. Territory abrupt and steep slopes, in their streams and forests, meadows and ridges, shelter and survive beings already forgotten in many places and unique cultural patterns.

Moreover, the Regional Park of Picos de Europa is located in the northeast of the province of León and has as main objectives: to protect natural resources, maintaining the dynamics and the functional structure of the component ecosystems, ensure the persistence of the most significant genetic resources, help to the economic development of its inhabitants and provide forms of public use and enjoyment compatible with its preservation.

The monumentality of the landscape altogether with the diversity of vegetation are only comparable to the faunal treasure hosted: brown bear, capercaillie, chamois, Iberian wolf ... are a good example of the mixture of species of Central Europe and other more southern contacting in this area.

Find out more

Other sites

<https://parquenacionalpicoseuropa.es/reserva-biosfera/>