

Alto Bernesga

The River Bernesga, from which this Reserve takes its name, begins in the Cantabrian Range and is swelled by the waters that flow down from Mount Arbás, part of the Douro River Basin. It is slotted firmly into the landscape, which has been intricately shaped by the course of the river over the last two million years.

This Reserve offers visitors the chance to enjoy all types of extreme and adventure sports, including climbing, sailing, mountaineering and fishing. Highlights also include the various tourist routes that crisscross the entire territory and where the opportunities for hiking are enhanced by the eco-cultural interpretation of the landscape.

Declared

Statement date: 6/29/2005

Category: Biosphere Reserve

Area: 33,442 ha.

Location: Vertiente leonesa del macizo de la Cordillera Cantábrica. Comunidad autónoma de Castilla y León.

Population: 5.261 habitantes

Managers: Ayuntamiento de La Pola de Gordón.

Address: Plaza Mayor s/n 24600 La Pola de Gordón (León).

E-mail: c.desarrollo@ayto-lapoladegordon.es

Phone: 987 588 003 Ext. 3.

Other protection: Lugar de Importancia Comunitaria (LIC). Punto de Interés Biológico (PIB) (2). Lugar de Interés Geológico (PIG). Áreas Importantes para las Aves (2).

Region / Province biogeographical: Transición entre la región eurosiberiana con influencia mediterránea

Municipalities in the province of León: La Pola de Gordón, Villamanín

Route

El Faedo de Ciñera

Journey: Lineal

Length: 11 km.

Difficulty of the route: Medium

Natural Espace

Find out more

Other sites

<http://www.aytolapoladegordon.es/turismo-y-ocio/rutas/>

<http://www.altobernesgabiosfera.es/rutas-por-la-pola-de-gordon/>

<http://www.altobernesgabiosfera.es/>

http://www.altobernesgabiosfera.es/wp-content/uploads/slider_footer/cinera.jpg