

## Los Argüellos



**Los Argüellos** is an example of a Cantabrian mountain ecosystem, in which the scant resources available have been put to wise use by the local population for many centuries, shaping a unique landscape.

Hiking is a great way of enjoying and conserving its natural and ethnographic values which are practically unexploited, and there is much to explore and discover. Valporquero Cave is a fine example of the underground formations that are typical of karst landforms.

### Declared

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**Statement date:** 6/29/2005

**Category:** Biosphere Reserve

**Area:** 33,260 ha.

**Location:** Norte de la Provincia de León, limitando con Asturias.

**Population:** 1.274 habitantes.

**Other protection:** Lugar de Importancia Comunitaria (LIC) (2). Espacio Natural. Punto de Interés Geológico. Punto de Interés Biológico.

**Region / Province biogeographical:** Eurosiberiana / Atlántica Europea.

**Municipalities in the province of León:** Cármenes, Valdelugeros, Vegacervera

### Route

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#### Valporquero de Torío

**Journey:** Circular

**Length:** 6 km.

### Natural Espace

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### Find out more

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#### Other sites

[www.losargüellosbiosfera.es](http://www.losargüellosbiosfera.es)