

## Iberian Plateau



The Reserve covers a large expanse of land running along the border between **Zamora, Salamanca and Portugal**. Both the Portuguese and Spanish areas are home to a large number of landscapes of immense

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orographic variety. The land has also been put to multiple uses, resulting in a wealth of elements and intriguing scenery.

Due to its vast size, it also boasts a large number of ecosystems and species reflecting an immense biological diversity. This area also features built heritage elements dating back to the days of the Romans and the Middle Ages. Examples include the remains of forts, castles and walled enclosures in towns such as San Felices de los Gallegos in the province of Salamanca.

## ENJOY THIS NATURAL SPACE

### On foot and by bike

- CCL-ALI-006 **Aliste River BTT Route**

In the direction of its course, it begins at the source of San Pedro de las Herrerías, in the heart of the Sierra de la Culebra ,...

<b>Journey:</b>	Linear
<b>Way:</b>	- By bike (6 h.)
<b>Length:</b>	68.8 kms.
<b>Ascent</b>	788 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Medium

[To know more](#)

- **BTT Route Camino de Ahigal de los Aceiteros**

Route that runs along wide roads to the town of Ahigal, returning along the GR-14 along a narrow path of great beauty delimited by...

<b>Journey:</b>	Circular
<b>Way:</b>	- By bike (0.92 h.)
<b>Length:</b>	17.51 kms.
<b>Ascent</b>	205 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Medium

[To know more](#)

- **BTT Route Camino de Fuentes de Masueco**

<b>Journey:</b>	Circular
<b>Way:</b>	- By bike (2.75 h.)
<b>Length:</b>	48.5 kms.
<b>Ascent</b>	566 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	High

[To know more](#)

- **BTT Route Camino de La Dehesa**

A route of great beauty that passes through wide pastures of oaks through a well-preserved field, wide and adequately firm.

<b>Journey:</b>	Circular
<b>Way:</b>	- By bike (0.75 h.)
<b>Length:</b>	11.16 kms.

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**Ascent** 118 m.

**slope:**

**Difficulty of the route:** Low

[To know more](#)

### - **BTT Route Camino de Las Arribes**

The cyclist will find comfortable paths immersed in a landscape of wide pastures and lands in which the cuts produced by the Duero...

**Journey:** Circular

**Way:** - By bike (0.67 h.)

**Length:** 11.66 kms.

**Ascent** 208 m.

**slope:**

**Difficulty of the route:** Low

[To know more](#)

### - **BTT Route Camino de San Lorenzo**

Tour to the Tower of San Leonardo, the only remains of what was a deserted area possibly occupied until the 18th century, of great...

**Journey:** Circular

**Way:** - By bike (0.83 h.)

**Length:** 12.15 kms.

**Ascent** 153 m.

**slope:**

**Difficulty of the route:** Low

[To know more](#)

### - **BTT Route Camino de Vilvestre**

Path that leads us to the neighboring town of Vilvestre, through open areas of fields and pastures, along paths with gentle slopes...

**Journey:** Circular

**Way:** - By bike (2.1 h.)

**Length:** 30.4 kms.

**Ascent** 527 m.

**slope:**

**Difficulty of the route:** High

[To know more](#)

### - **BTT Route Camino de la Colmenera**

Path that leads us to the cave tombs of La Colmenera, in the area of Cerro de la Cabalgá. The path winds between stone walls, flooded...

**Journey:** Circular

**Way:** - By bike (0.75 h.)

**Length:** 8.15 kms.

**Ascent** 107 m.

**slope:**

**Difficulty of the route:** Very High

[To know more](#)

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- **BTT Route Camino de la Dehesa**  
Path that leads us through a winding path dotted with cork oaks to the La Dehesa picnic area; offering us beautiful panoramic views...  
**Journey:** Circular  
**Way:** - By bike (1.1 h.)  
**Length:** 10.82 kms.  
**Ascent:** 341 m.  
**slope:**  
**Difficulty of the route:** Medium  
[To know more](#)
- **BTT Route Camino de la Ermita**  
I walk towards the summit of Berrocal, where the Hermitage of Nuestra Señora del Castillo and the House of the Ermitaño are located....  
**Journey:** Linear  
**Way:** - By bike (0.75 h.)  
**Length:** 6.18 kms.  
**Ascent:** 170 m.  
**slope:**  
**Difficulty of the route:** Medium  
[To know more](#)
- **BTT Route Camino de la Fuente Rebolla**  
Route that leads to the Rebolla Fountain, passing next to the Railway Station; running after crossing the tracks, along an increasingly...  
**Journey:** Circular  
**Way:** - By bike (1.15 h.)  
**Length:** 12.19 kms.  
**Ascent:** 111 m.  
**slope:**  
**Difficulty of the route:** Medium  
[To know more](#)
- **BTT Route Camino de las Alpujarras**  
The cyclist will enjoy a landscape of wide pastures and stone walls, to pass, after leaving Masueco in a northerly direction, to...  
**Journey:** Circular  
**Way:** - By bike (1.5 h.)  
**Length:** 21.65 kms.  
**Ascent:** 487 m.  
**slope:**  
**Difficulty of the route:** Medium  
[To know more](#)
- **BTT Route Camino de las Charcas**  
**Journey:** Circular  
**Way:** - By bike (0.83 h.)  
**Length:** 12.1 kms.

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**Ascent** 108 m.

**slope:**

**Difficulty of the route:** Low

[To know more](#)

### - **BTT Route Camino de los Arrieros**

It runs along the Camaces riverbed, being one of the most beautiful sections of the trail network, as it meanders following the curves...

**Journey:** Circular

**Way:** - By bike (1.92 h.)

**Length:** 34.1 kms.

**Ascent** 221 m.

**slope:**

**Difficulty of the route:** High

[To know more](#)

### - **BTT Route Camino de los Zarzales**

It connects the towns of Aldeadávila de la Ribera with La Zarza and Mieza, along well-marked circuits. You can take the variants...

**Journey:** Circular

**Way:** - By bike (2.5 h.)

**Length:** 37.8 kms.

**Ascent** 453 m.

**slope:**

**Difficulty of the route:** High

[To know more](#)

### - **BTT Route Camino del Molino de la Peña**

Path that leads directly to the Molino de la Peña, located in a place of great beauty, where nature coexists with amazing examples...

**Journey:** Linear

**Way:** - By bike (1.08 h.)

**Length:** 11.87 kms.

**Ascent** 229 m.

**slope:**

**Difficulty of the route:** Medium

[To know more](#)

### - **BTT Route Camino del Molino del Pasadero**

Path that directs the cyclist to the lands of Villarino, crossing places of great beauty along wide paths that ascend towards the...

**Journey:** Circular

**Way:** - By bike (2.15 h.)

**Length:** 32.9 kms.

**Ascent** 339 m.

**slope:**

**Difficulty of the route:** High

[To know more](#)

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- **BTT Route Camino del Molino del Tío Lucas**  
**Journey:** Circular  
**Way:** - By bike (2.25 h.)  
**Length:** 37.4 kms.  
**Ascent** 437 m.  
**slope:**  
**Difficulty of the route:** High  
[To know more](#)
- **BTT Route Camino del Picón Quemado**  
 Path that leads the cyclist to the old Casa de los Camineros, continuing towards the Arribes del Huebra, while contemplating them...  
**Journey:** Circular  
**Way:** - By bike (0.66 h.)  
**Length:** 7.47 kms.  
**Ascent** 262 m.  
**slope:**  
**Difficulty of the route:** Medium  
[To know more](#)
- **BTT Route Camino del Picón de Felipe**  
 This route takes us towards the natural border with Portugal, created by the Duero and its arrivals. The cyclist will have to go...  
**Journey:** Circular  
**Way:** - By bike (1 h.)  
**Length:** 16.17 kms.  
**Ascent** 297 m.  
**slope:**  
**Difficulty of the route:** Low  
[To know more](#)
- **BTT Route Camino del Pozo Airón**  
 Path that leads the cyclist to the double waterfall of Pozo Airón, where they can rest in the hidden cave after the waterfall.  
**Journey:** Linear  
**Way:** - By bike (0.92 h.)  
**Length:** 7.01 kms.  
**Ascent** 287 m.  
**slope:**  
**Difficulty of the route:** Very High  
[To know more](#)
- **BTT Route Camino del Pozo de los Humos**  
 This path leads us directly to the Pozo de los Humos viewpoint, where we can enjoy the impressive waterfall of the Uces River.  
**Journey:** Circular  
**Way:** - By bike (1.25 h.)  
**Length:** 12.01 kms.

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**Ascent** 312 m.  
**slope:**  
**Difficulty of the route:** Medium

[To know more](#)

### - **BTT Route Camino del Puente Nuevo**

I walk through open fields where cattle graze peacefully. After crossing the Rivera through the Puente Nuevo (large 3-eye bridge...

**Journey:** Circular  
**Way:** - By bike (1.83 h.)  
**Length:** 22.28 kms.  
**Ascent** 306 m.  
**slope:**  
**Difficulty of the route:** Medium

[To know more](#)

### - **BTT Route Camino del Puente de los Franceses**

Route that allows, once arriving in San Felices, to continue to two of the most relevant resources of the town: El Puente de los...

**Journey:** Circular  
**Way:** - By bike (1.92 h.)  
**Length:** 34.6 kms.  
**Ascent** 500 m.  
**slope:**  
**Difficulty of the route:** High

[To know more](#)

### - **BTT Route Camino del Salto**

Difficult path that leads to the descent of Salto de Saucelle. It is a stretch of great beauty and hardness.

**Journey:** Circular  
**Way:** - By bike (1.15 h.)  
**Length:** 14.9 kms.  
**Ascent** 508 m.  
**slope:**  
**Difficulty of the route:** Very High

[To know more](#)

### - **BTT Route Camino del Teso de San Cristóbal**

Path that leads the cyclist towards the lands of Villarino, crossing lands with broad horizons and avoiding small streams to reach...

**Journey:** Circular  
**Way:** - By bike (2.5 h.)  
**Length:** 28.6 kms.  
**Ascent** 561 m.  
**slope:**  
**Difficulty of the route:** High

[To know more](#)

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- **BTT Route Camino del Ucedo**  
Path that takes the cyclist into a landscape of farmland with cereal fields and holm oak pastures. It is a quiet and pleasant road  
**Journey:** Circular  
**Way:** - By bike (0.75 h.)  
**Length:** 11.65 kms.  
**Ascent** 267 m.  
**slope:**  
**Difficulty of the route:** Low  
[To know more](#)
- **BTT Route Great BTT Route**  
Its long route allows the cyclist to travel through the most beautiful corners of the trail network, as well as start any of the...  
**Journey:** Circular  
**Way:** - By bike (4.58 h.)  
**Length:** 71.3 kms.  
**Ascent** 1,471 m.  
**slope:**  
**Difficulty of the route:** High  
[To know more](#)
- **BTT Route Great Route**  
**Journey:** Circular  
**Way:** - By bike (3.75 h.)  
**Length:** 64 kms.  
**Ascent** 680 m.  
**slope:**  
**Difficulty of the route:** High  
[To know more](#)
- **CCL-NUE-005 BTT Route La Caduerna Route**  
The route runs through landscapes of high peaks and winding paths of lush vegetation, crisscrossed by various banks and fountains...  
**Journey:** Circular  
**Way:** - By bike (4.5 h.)  
**Length:** 41 kms.  
**Ascent** 1,328 m.  
**slope:**  
**Difficulty of the route:** Medium-High  
[To know more](#)
- **BTT route Old path of the Froya Bridge - Valicibo**  
A very long path through a beautiful path of limited width and relative difficulty, passing under the Puente del Froya (iron bridge...  
**Journey:** Linear  
**Way:** - By bike (2.15 h.)  
**Length:** 33.1 kms.



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**Ascent** 963 m.

**slope:**

**Difficulty of** High

**the route:**

[To know more](#)

### - **BTT route Old path of the Redonda**

Path that connects the towns of Sobradillo and La Redonda along paths of great environmental attraction; running through wide pastures,...

**Journey:** Circular

**Way:** - By bike (0.67 h.)

**Length:** 12.27 kms.

**Ascent** 92 m.

**slope:**

**Difficulty of** Low

**the route:**

[To know more](#)

### - **BTT route Old road of La Zarza**

The cyclist will enjoy typical landscapes of the Penillanura, where cattle, grass and holm oaks become a landscape spectacle of great...

**Journey:** Circular

**Way:** - By bike (1.83 h.)

**Length:** 26.3 kms.

**Ascent** 383 m.

**slope:**

**Difficulty of** High

**the route:**

[To know more](#)

### - **BTT route Old road of Lumbrales**

An ancient road traveled by carts and horses, it runs along winding paths of great beauty; passing just a few meters from the Castro...

**Journey:** Circular

**Way:** - By bike (1.75 h.)

**Length:** 27.9 kms.

**Ascent** 165 m.

**slope:**

**Difficulty of** Medium

**the route:**

[To know more](#)

### - **BTT route Old road of San Felices de los Gallegos**

Route that goes to the historic town of San Felices through beautiful Dehesa landscapes and important slopes; enjoying exceptional...

**Journey:** Circular

**Way:** - By bike (1.67 h.)

**Length:** 28 kms.

**Ascent** 420 m.

**slope:**

**Difficulty of** Medium

**the route:**

[To know more](#)

## Iberian Plateau

- **CCL-PDS-002 BTT route Puebla-Lago de Sanabria**  
 The "Puebla-Lago de Sanabria" route takes its name from the glacial lake that, with its 318 hectares of surface and a depth that...  
**Journey:** Circular  
**Way:** - By bike (3.75 h.)  
**Length:** 31.9 kms.  
**Ascent** 644 m.  
**slope:**  
**Difficulty of the route:** Medium  
[To know more](#)
- **BTT route Route to the Tía Luisa mill**  
 Path that leads us to the neighboring town of Vilvestre, through sections of significant slope and rocky outcrops. After leaving...  
**Journey:** Circular  
**Way:** - By bike (2.58 h.)  
**Length:** 33.8 kms.  
**Ascent** 702 m.  
**slope:**  
**Difficulty of the route:** Very High  
[To know more](#)
- **BTT route on the way to Villasbuenas**  
**Journey:** Circular  
**Way:** - By bike (1.25 h.)  
**Length:** 19.6 kms.  
**Ascent** 191 m.  
**slope:**  
**Difficulty of the route:** Low  
[To know more](#)
- **Bajo Tormes Cycle Trail**  
**Journey:** Linear  
**Way:** - By bike (4.33 h.)  
**Length:** 60 kms.  
**Difficulty of the route:** Low  
[To know more](#)
- **Camino del Duero BTT Route**  
 Path that leads us to the waters of the Duero, enjoying winding paths to the Mirador del Monte de los Negritos, which offers us an...  
**Journey:** Circular  
**Way:** - By bike (1.42 h.)  
**Length:** 11.31 kms.  
**Ascent** 512 m.  
**slope:**  
**Difficulty of the route:** High  
[To know more](#)

## Iberian Plateau

- **Camino del Huebra BTT Route**  
**Journey:** Circular  
**Way:** - By bike (1.83 h.)  
**Length:** 26.6 kms.  
**Ascent** 307 m.  
**slope:**  
**Difficulty of the route:** Medium  
[To know more](#)
- **Camino del Sierro BTT Route**  
 Path that directs the cyclist towards the cereal fields and holm oak pastures, until surrounding the Sierro, one of the highest elevations...  
**Journey:** Circular  
**Way:** - By bike (0.91 h.)  
**Length:** 15.41 kms.  
**Ascent** 307 m.  
**slope:**  
**Difficulty of the route:** Low  
[To know more](#)
- Lago Sanabria - Senda 2 **Canyon of Forcadura**  
 In the village of Vigo we can admire the hermitage of the Virgen de Gracias, a 17th century bridge and a varied sample of popular...  
**Journey:** Linear  
**Way:** - On foot (5 h.)  
**Length:** 14 kms.  
**Difficulty of the route:** High  
[To know more](#)
- Lago Sanabria - Senda 3 **Canyon of the Tera**  
 This is one of the best ways to observe glacier modeling. We can find interesting specimens of flora in the thalwegs that flow into...  
**Journey:** Circular  
**Way:** - On foot (6 h.)  
**Length:** 12 kms.  
**Difficulty of the route:** High  
[To know more](#)
- Lago Sanabria - Senda 4 **Cardena Canyon - Pico del Fraile**  
**Journey:** Circular  
**Way:** - On foot (5 h.)  
**Length:** 10.5 kms.  
**Difficulty of the route:** High  
[To know more](#)
- GR-14 **Douro Path**  
 This natural path, also known as GR-14, crosses the region of Castile and León, and after starting in the Urbión mountain range in...  
**Journey:** Linear

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<b>Way:</b>	- On foot
<b>Length:</b>	115 kms.
<b>Recommended:</b>	- spring - summer - autumn - winter

**Difficulty of the route:** Low

[To know more](#)

### - **Experience the Camino de Hiero in the Arribes del Duero in Salamanca**

The milestone of 19th century civil engineering is today one of the most captivating hiking routes, running through an extraordinarily...

<b>Journey:</b>	Linear
<b>Way:</b>	- On foot (6 h.)
<b>Length:</b>	17 kms.
<b>Descent slope:</b>	325 m.
<b>Recommended:</b>	- spring - autumn - winter

**Difficulty of the route:** Medium

[To know more](#)

### - **Fariza to the Las Barrancas viewpoint**

The path crosses the stream through Puente del Puerto and heads towards Ermita del Castillo and Mirador de Las Barrancas, passing...

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot (2 h.) - By bike (1 h.)
<b>Length:</b>	7.2 kms.
<b>Recommended:</b>	- spring - summer - autumn - winter

[To know more](#)

### - GR 84 **Grand Tour Route Mountain of Sanabria, from Porto to the Refuge of Laiol**

<b>Journey:</b>	Journey
<b>Way:</b>	- On foot (4.45 h.)
<b>Length:</b>	14.4 kms.
<b>Ascent slope:</b>	599 m.
<b>Difficulty of the route:</b>	High

[To know more](#)

### - GR 84 **Grand Tour Route Mountain of Sanabria, from the Park House Lago de Sanabria to the Refuge of Yeguas**

<b>Journey:</b>	Journey
<b>Way:</b>	- On foot (6.4 h.)
<b>Length:</b>	17.7 kms.

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**Ascent** 870 m.

**slope:**

**Difficulty of** High

**the route:**

[To know more](#)

- GR 84 **Grand Tour Route Mountain of Sanabria, from the Refuge of Laiol to the Refuge of the Odosia**

**Journey:** Journey

**Way:** - On foot (4 h.)

**Length:** 13.3 kms.

**Ascent** 393 m.

**slope:**

**Difficulty of** High

**the route:**

[To know more](#)

- GR 84 **Grand Tour Route Mountain of Sanabria, from the Refuge of Odosia to the Park House of Sanabria Lake Natural Park**

**Journey:** Journey

**Way:** - On foot (3.3 h.)

**Length:** 13.3 kms.

**Ascent** 490 m.

**slope:**

**Difficulty of** High

**the route:**

[To know more](#)

- GR 84 **Grand Tour Route Mountain of Sanabria, from the Refuge of Riopedro to Porto**

**Journey:** Journey

**Way:** - On foot (7.15 h.)

**Length:** 22 kms.

**Ascent** 620 m.

**slope:**

**Difficulty of** High

**the route:**

[To know more](#)

- GR 84 **Grand Tour Route Mountain of Sanabria, from the Refuge of Yeguas to the Refuge of Riopedro**

**Journey:** Journey

**Way:** - On foot (6 h.)

**Length:** 15.1 kms.

**Ascent** 310 m.

**slope:**

**Difficulty of** High

**the route:**

[To know more](#)

- **La Barca Trail**

Between orchards and curtains, this path leads the walker along old cobbled paths to places that offer some of the most impressive...

**Journey:** Circular

**Way:** - On foot (2.5 h.)

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**Length:** 5 kms.  
**Ascent** 481 m.  
**slope:**  
**Recommended:** - spring  
 - summer  
 - autumn  
 - winter  
**Difficulty of the route:** Medium

[To know more](#)

- CCL-TRA-004 **La Raya BTT Route**

The border route with Portugal, popularly known as "La Raya", runs through the towns of TrabazosNuezSan Martín del Pedroso

**Journey:** Circular  
**Way:** - By bike (4.5 h.)  
**Length:** 47.1 kms.  
**Ascent** 1,350 m.  
**slope:**  
**Difficulty of the route:** Medium-High

[To know more](#)

- Lago Sanabria - Senda 7 **Lagoon of los Peces a Peña Trevinca**

This trail reaches Peña Trevinca (2.172 m), the top of the protected area. It is not recommended with fog.

**Journey:** Circular  
**Way:** - On foot (10 h.)  
**Length:** 24 kms.  
**Ascent** 400 m.  
**slope:**  
**Difficulty of the route:** High

[To know more](#)

- Lago Sanabria - Senda 9 **Lagoon of the Peces - Lagoon of the Yeguas**

**Journey:** Linear  
**Way:** - On foot (2 h.)  
**Length:** 6 kms.  
**Difficulty of the route:** Low

[To know more](#)

- **MTB Route Camino de las Callejas**

**Journey:** Circular  
**Way:** - By bike (1.5 h.)  
**Length:** 20.3 kms.  
**Ascent** 233 m.  
**slope:**  
**Difficulty of the route:** Medium

[To know more](#)

- **MTB Route Camino del Valleancho**

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Route that crosses the pasture along a winding path of great beauty, to the neighboring town of Lumbrales

<b>Journey:</b>	Circular
<b>Way:</b>	- By bike (1.08 h.)
<b>Length:</b>	22.93 kms.
<b>Ascent</b>	137 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Low

[To know more](#)

### - **Magic Stones Trail**

The surroundings of the small town of La Redonda offer a simple landscape, but of singular beauty to which history, the imagination...

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot (2.66 h.)
<b>Length:</b>	9 kms.
<b>Ascent</b>	296 m.
<b>slope:</b>	
<b>Recommended:</b>	- spring - summer - autumn - winter

**Difficulty of the route:** Low

[To know more](#)

### - **Masueco Way BTT Route**

Along this easy route, the cyclist will pass through spaces of great natural interest, being able to leave the bike and visit the...

<b>Journey:</b>	Circular
<b>Way:</b>	- By bike (0.75 h.)
<b>Length:</b>	11.74 kms.
<b>Ascent</b>	316 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Low

[To know more](#)

### - CCL- SLC-001 **Mountain Bike Route Sierra de La Culebra**

The Sierra de la Culebra is a mountain range with a soft and rounded relief, located in the northwest of the province of Zamora,...

<b>Journey:</b>	Circular
<b>Way:</b>	- By bike (25 h.)
<b>Length:</b>	201 kms.
<b>Ascent</b>	3,143 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Medium-High

[To know more](#)

### - **Old BTT Route of the Salto**

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This route directs the cyclist to the best views of Las Arribes del Duero, being able to enjoy them both on the route itself and...

<b>Journey:</b>	Circular
<b>Way:</b>	- By bike (2.75 h.)
<b>Length:</b>	39.8 kms.
<b>Ascent</b>	1,040 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	High

[To know more](#)

### - **Path of Fruits**

From the municipality of Ahigal de los Aceiteros to the area of La Carrasquera, there is a round trip path nine kilometers long,...

<b>Journey:</b>	Linear
<b>Way:</b>	- On foot (2.66 h.) - By bike (2.66 h.)
<b>Length:</b>	9 kms.
<b>Ascent</b>	114 m.
<b>slope:</b>	
<b>Recommended:</b>	- spring - summer - autumn - winter

**Difficulty of the route:** Low

[To know more](#)

### - **Pereña de la Ribera - Mirador de la Ermita**

In this border area, shortly before it passes Pereña de la Ribera, the Duero River has carved some impressive meanders as it passes...

<b>Journey:</b>	Linear
<b>Way:</b>	- On foot (2 h.) - By bike (1 h.)
<b>Length:</b>	5.8 kms.
<b>Recommended:</b>	- spring - summer - autumn - winter

[To know more](#)

### - **Picón de Felipe Route**

One of the most spectacular routes in Arribes. It begins in Aldeadávila and approaches the most abrupt area of the Duero River...

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot (2.66 h.)
<b>Length:</b>	12 kms.
<b>Ascent</b>	312 m.
<b>slope:</b>	
<b>Recommended:</b>	- spring - summer - autumn



## Iberian Plateau

- winter  
**Difficulty of the route:** Medium  
[To know more](#)
- Lago Sanabria - Senda 8 **Porto de Sanabria-Valdesirgas-Valdeinfierno**  
**Journey:** Linear  
**Way:** - On foot (5 h.)  
**Length:** 10.5 kms.  
**Difficulty of the route:** Medium-High  
[To know more](#)
- Lago Sanabria - Senda 5 **Ribadelago Nuevo - Laguna de Sotillo**  
 To get to Sotillo from the lagoon it is better to do so through the connection, enjoying thus the waterfalls and one of the main...  
**Journey:** Linear  
**Way:** - On foot (6 h.)  
**Length:** 12 kms.  
**Ascent** 600 m.  
**slope:**  
**Difficulty of the route:** Medium-High  
[To know more](#)
- **Rupitin Route**  
 We start from the Plaza de Aldeadávila, we will head down Calle de Abajo towards the hermitage of La Santa, where we will leave the...  
**Journey:** Circular  
**Way:** - On foot (3.83 h.)  
**Length:** 13.2 kms.  
**Ascent** 523 m.  
**slope:**  
**Recommended:**
  - spring
  - summer
  - autumn
  - winter**Difficulty of the route:** High  
[To know more](#)
- **Rupurupay Route**  
 Just like to go to Rupitín we would start from the Plaza de Aldeadávila towards the hermitage of La Santa. Once the path has begun,...  
**Journey:** Circular  
**Way:** - On foot  
**Length:** 8.6 kms.  
**Recommended:**
  - spring
  - summer
  - autumn
  - winter**Difficulty of the route:** Medium

## Iberian Plateau

- [To know more](#)  
SA10 **SA10 - Pinero Waterfalls and Pozo de los Humos Route**  
Located in the Arribes del Duero Natural Park. From Masueco we walked surrounded by orchards and fruit trees to the Pinero Waterfall,...
- Journey:** Circular
- Way:** - On foot
- Length:** 12.8 kms.
- Ascent** 226 m.
- slope:**
- Difficulty of the route:** Medium-Low
- [To know more](#)
- SA2 **SA2 - Iron Road**  
Located in the Arribes del Duero Natural Park. The Camino de Hierro is a pedestrian route that runs along a section of railway line...
- Journey:** Linear
- Way:** - On foot
- Length:** 17 kms.
- Descent** 330 m.
- slope:**
- Difficulty of the route:** Medium
- [To know more](#)
- SA6 **SA6 - Duero Path**  
Located in the Arribes del Duero Natural Park. This route covers the last section of the Senda del Duero through the territory of...
- Journey:** Linear
- Way:** - On foot  
- By bike
- Length:** 51.2 kms.
- Ascent** 218 m.
- slope:**
- Difficulty of the route:** Medium-Low
- [To know more](#)
- SA8 **SA8 - Route of the Majadas del Rostro**  
Located in the Arribes del Duero Natural Park. The route begins at the Monument to the Cabrero, in front of the tourist office, and...
- Journey:** Linear
- Way:** - On foot
- Length:** 6.7 kms.
- Ascent** 6 m.
- slope:**
- Difficulty of the route:** Low
- [To know more](#)
- SA9 **SA9 - Smugglers' Path**

## Iberian Plateau

Located in the Arribes del Duero Natural Park. The border location of Hinojosa greatly affected it during the Spanish-Portuguese...

**Journey:** Linear  
**Way:** - On foot  
**Length:** 7.5 kms.  
**Ascent** 180 m.  
**slope:**  
**Difficulty of the route:** Low

[To know more](#)

- Lago Sanabria - Senda 10 **San Ciprian - Cascada de Los Vados**

Between paths and streams, this route gets the explorer into the valley of the River Trefacio, accompanying him until the arrival...

**Journey:** Circular  
**Way:** - On foot (3 h.)  
**Length:** 8.5 kms.  
**Difficulty of the route:** Low

[To know more](#)

- **Smoke Well**

In seasons with abundant water, a visit to the Pozo de Los Humos is essential. This waterfall, the most famous in western Salamanca,...

**Journey:** Linear  
**Way:** - On foot (1.5 h.)  
**Length:** 7 kms.  
**Ascent** 220 m.  
**slope:**  
**Recommended:** - spring  
- autumn  
- winter

**Difficulty of the route:** Low

[To know more](#)

- SL **Smugglers Route**

The route shows the old tour followed by smugglers to exchange and deal with merchandise.

**Journey:** Linear  
**Way:** - On foot (2 h.)  
**Length:** 7.5 kms.  
**Ascent** 180 m.  
**slope:**  
**Recommended:** - spring  
- summer  
- autumn  
- winter

**Difficulty of the route:** Low

[To know more](#)

- **The Duero from Abelon**

## Iberian Plateau

The descent to the Pozo de Cubo mill is surprising. Here besides this construction, there is the waterfall of the same name. Spectacular...

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot (2.3 h.) - By bike (1 h.)
<b>Length:</b>	8.3 kms.
<b>Recommended:</b>	- spring - summer - autumn - winter

[To know more](#)

### - **The Oil Trail**

This landscape shaped by olive oil, its culture and the traces it has left on the people of these towns is the protagonist of this...

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot (4 h.)
<b>Length:</b>	11.4 kms.
<b>Ascent slope:</b>	443 m.
<b>Recommended:</b>	- spring - summer - autumn - winter

**Difficulty of the route:** Low

[To know more](#)

### - Lago Sanabria - Senda 1 **The lake and the monks**

It is recommended to take a diversion at the camping 'Los Robles' to visit Bouzas, one of the most beautiful places.

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot (4 h.) - By bike (4 h.)
<b>Length:</b>	12 kms.
<b>Difficulty of the route:</b>	Medium

[To know more](#)

### - Lago Sanabria - Senda 6 **Waterfall of Sotillo**

The route goes through a well-preserved wet forest where some examples of Holly stand out due to their good appearance.

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot (3 h.)
<b>Length:</b>	6 kms.
<b>Ascent slope:</b>	400 m.
<b>Difficulty of the route:</b>	Medium

[To know more](#)

### - Z1 Z1 - **Viewpoint of the "Escaleras" Trail**

## Iberian Plateau

Located in the Arribes del Duero Natural Park. The trail begins near the Hermitage of Santa Cruz, in the town of Fermoselle. A route...

<b>Journey:</b>	Linear
<b>Way:</b>	- On foot - By bike
<b>Length:</b>	3.5 kms.
<b>Ascent</b>	311 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Low

[To know more](#)

### - Z10 Z10 - Villardeciervos Route -Cional-Beaches

Located in the Sierra de la Culebra. A beautiful circular route of just over 12 km in distance and of easy difficulty, where you...

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot
<b>Length:</b>	12.56 kms.
<b>Ascent</b>	181 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Low

[To know more](#)

### - Z3 Z3 - Path of the Lake and the Monks

Located in the Natural Park of Lake Sanabria and Sierras de Segundera and Porto. From the Los Enanos beach parking lot we headed...

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot
<b>Length:</b>	10 kms.
<b>Ascent</b>	250 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Medium

[To know more](#)

### - Z4 Z4 - Abelón Waterfalls Route

Located in the Arribes del Duero Natural Park. The beginning of the route runs between farms surrounded by stone walls next to which...

<b>Journey:</b>	Circular
<b>Length:</b>	8.5 kms.
<b>Ascent</b>	670 m.
<b>slope:</b>	
<b>Difficulty of the route:</b>	Low

[To know more](#)

### - Z5 Z5 - Towards Porto via Valdesirgas and Valdeinfierno

Located in the Natural Park of Lake Sanabria and Sierras de Segundera and Porto. This path, starting in Porto de Sanabria, heads...

<b>Journey:</b>	Circular
<b>Way:</b>	- On foot

## Iberian Plateau

**Length:** 10.5 kms.  
**Ascent** 250 m.  
**slope:**  
**Difficulty of the route:** Medium-High

[To know more](#)

### - Z7 Z7 - Mills Trail

Located in Aliste. We begin this route in Riofrío, walking among its buildings of traditional architecture made with quartzite and...

**Journey:** Linear  
**Way:** - On foot  
- By bike

**Length:** 6 kms.  
**Ascent** 262 m.  
**slope:**  
**Difficulty of the route:** Low

[To know more](#)

### - Z8 Z8 - Laguna de los Peces Trail to Peña Trevinca

Located in the Natural Park of Lake Sanabria and Sierras de Segundera and Porto. From the Laguna de los Peces parking lot we take...

**Journey:** Linear  
**Way:** - On foot  
**Length:** 24 kms.  
**Ascent** 400 m.

**slope:**  
**Difficulty of the route:** High

[To know more](#)

### - Z9 Z9 - Banco el Hullón Route

Located in the Arribes del Duero Natural Park. We start from the parking lot of the Villadepera pool.

After leaving the town, we...

**Journey:** Linear  
**Way:** - On foot  
**Length:** 8 kms.  
**Ascent** 271 m.

**slope:**  
**Difficulty of the route:** Low

[To know more](#)

## NATURAL SPACE

Arribes del Duero Natural Park

[To know more](#)

## INTERPRETATION CENTER

Interpretation Centre of the Iberian Plateau Biosphere Reserve

## Iberian Plateau

[To know more](#)