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# NATURE TRAILS IN ASTURIAS AND CANTABRIA



Guide to the **Nature Trails** of Spain

## NATURE TRAILS IN ASTURIAS AND CANTABRIA

Here, the Nature Trails running through Asturias and Cantabria are briefly described: Among them, there are some very short routes such as Muniño-Covadonga, or Sarón - La Penilla, longer trails such as Villasecusa, Río Nalón or the different sections the Senda del Oso, as well as longer routes such as Cordillera Cantábrica, Inland Asturias

**Ebro GR-99 (Cantabria, Palencia, Burgos, La Rioja, Araba/Alava, Navarre, Zaragoza, Tarragona).**  
This section of the River Ebro Nature Trail is located in the region of Campo-Los Valles, in the province of Cantabria, and visits the source of the River Ebro and its first kilometres as a stream. This area, surrounded by beautiful high mountains, boasts a rich historical and natural heritage. It is considered the gate to Castile and has been used by traders and travellers from the plains for many centuries. The Ebro Reservoir, the La Robla Railway, the Arroyelos Church, the Idolo de Ruanales and the Abrigo del Cubular are especially noteworthy.

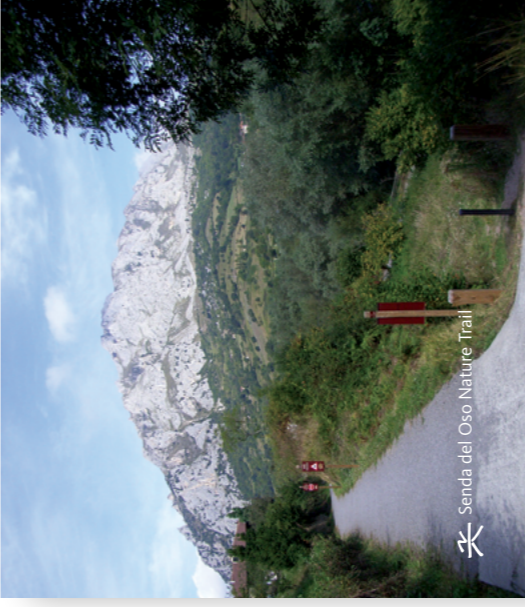
**Cantabrian Mountains. Inland Asturias(Asturias).**  
The Cantabrian Mountains Nature Trail crosses inland Asturias from one end to the other, a route that surprises the traveller with spots of extraordinary beauty hidden in spectacular mountain counties, and takes them to a predominantly agricultural world where traditional works and customs still set the pace of life. Its 606 km include several protected areas.



**MORE INFORMATION:**  
[www.mapama.gob.es/en/desarrollo-rural/temas/caminos-naturales](http://www.mapama.gob.es/en/desarrollo-rural/temas/caminos-naturales)

## VALLEYS NESTED BETWEEN MOUNTAINS SUMMITS AND THE COASTLINE

The Nature Trails that may be found in Asturias (4) and Cantabria (4) run across villages with a rich historical heritage, in an environment of green lush landscapes, marked by the presence of deciduous woodland as a consequence of its mild, wet winters and cool summers, and where the rugged terrain shelters some almost extinct animal species.



Since 1993 the Ministry for Agriculture and Fisheries, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment. These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country. We invite you to visit the Nature Trails in Asturias and Cantabria and offer you the keys to enjoy the trip. We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

### Muniño-Covadonga (Asturias).

Short and sweet, this natural trail is 1.6 km and leads to the heart of the Picos de Europa Natural Park, which was created on 22 July 1918 under the name of the Covadonga Mountain Natural Park. In 1995, the oldest among the Spanish National Parks changed its name to the current one and extended its surface to 64,660 ha, which are a melting pot of natural beauty, history and myth.

### Sarón-La Penilla (Cantabria).

In the Cayón Valley, located between the mountain ranges of Caballar and La Matanza, the Pisueña River merges with the Pas River against a backdrop of oaks, hazelnut trees, common hawthorns, beeches, hollies and large pastures. The 3.3 km of this trail are animated by the tweeting and chirping of the many species of birds that populate the valley.

### Villasecusa (Santander).

Villasecusa is a village in Cantabria, located in the Southern Arc of the Bay of Santander and integrated in the county of the same name. From the Cabáfceno Nature Park, starting in Obregón, this 7.4 km long nature trail crosses meadows, small wood patches of oak, maple, ash tree, chestnut and strawberry trees and reaches the sea in the village of Astillero.

### La Senda del Oso. (Asturias) (TRAIL NETWORK).

Under this name, three sections of this natural trail located in the heart of the Asturias side of the Cantabrian Mountains: from the Valdemurfo reservoir to Santa Marina (10.2 km), Entrago-Cueva Huerta (8.8 km) and Santa Marina-Ricabo (6.8 km). These routes boast an exceptional landscape beauty, which are the home of many of the most endangered species native to Asturias, such as bears, otters or Spanish imperial eagles, and offers the travellers with a rich cultural heritage which is reflected in local architecture, traditions and cuisine.

### Río Nalón (Asturias)

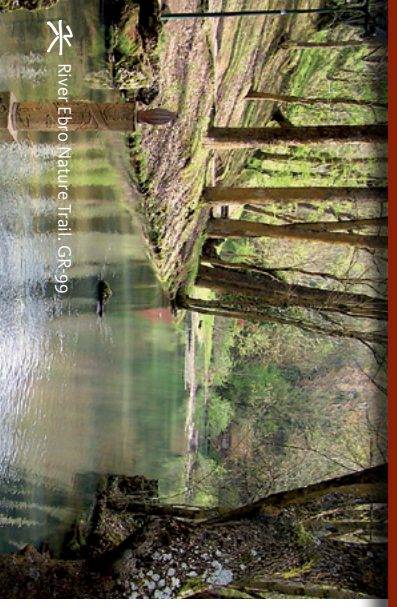
This 15.6 km route connects the greenway that links Fuso de la Reina and the Parque de Invierno in Oviedo with the Senda del Oso, which starts in Tuñón and continues through meadows, chestnut patches and riverside woodland along the Rivers Nalón and Trubia.

### Toranzo Valley (Cantabria).

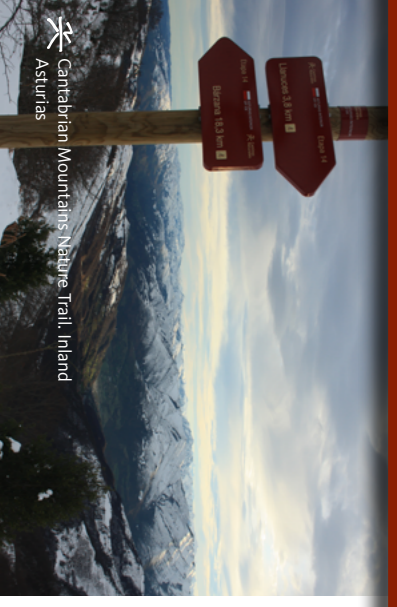
Corvera de Toranzo is a village in the Autonomous Community of Cantabria located in the Pas basin, more exactly on the Toranzo Valley, region of Pas-Miera, in an area also known as Valles Pasiegos, which is limited by Puente Viego to the north; with Luena to the South; with Santurde de Toranzo to the East and with Arenas de Iguña, Anievas and San Felices de Buelma to the west. This nature trail stretches a little over 15 km divided in two pretty, relaxed routes.



River Nalón Nature Trail



River Ebro Nature Trail, GR-99



Cantabrian Mountains Nature Trail, Inland Asturias

MAR CANTÁBRICO

