Don’t leave without...

1. **Viana**
   - Asturias Meeting and Conference Centre, La Florida
   - **Arvadía Asturias**
   - **Park border**

2. **Parque Natural del Parque Soto de Llanes y Río Barcia**
   - **Teide National Park**
   - **Playa de la Llana**
   - **Playa de Playa de Arrecife**
   - **Playa de Llanes**
   - **Playa de El Peñón**
   - **Playa de La Gueiría**

3. **Cableway**
   - **Teleférico de Picos de Europa**
   - **Teleférico de Picos de Europa**
   - **Cable Car**

4. **Tres Concejos**
   - **Cafè de las Tres Marías**

5. **Los Beyos Gorge**
   - **La Rambla de los Beyos**
   - **Puente de los Beyos**

6. **Les Bedules Lookout Point**
   - **Mirador de las Bedules**
   - **Mirador de las Bedules**

7. **San Vicente River beach or Dobra Pond**
   - **Playa de las Estacas de Béjar**
   - **Lago de la Dobra**

8. **Real Sitio de Covadonga and The Lakes**
   - **Lago Enol**
   - **Lago Ercina**
   - **Lago Peñarrubia**
   - **Lago Llanes**

9. **Village of Asiego in Cabrales**
   - **Village of Asiego in Cabrales**

10. **Cabrales in Alles Peñamellera Alta**
    - **Villa de Cabrales**

11. **San Pedro de Plecín Roman Church**
    - **Iglesia de San Pedro de Plecín**

12. **Indianos houses in Colombres**
    - **Casa de los Indianos**

13. **Pría Blowholes in Llanes**
    - **Tornillo de Pría**

14. **See the Church of Niembru/Niembro in Ribadesella**
    - **Iglesia de Niembro**

15. **The Greek Beach of Llastres/Lastres**
    - **Playa de Llastres**

16. **L’Infiestu/Infiesto**
    - **El Infiestu**

17. **The Romanesque of Villaviciosa**
    - **Iglesia de San Salvador de Villaviciosa**

18. **Playa Espasa**
    - **Playa de Espasa**

19. **The Cider Region**
    - **Ruta del Cider**

20. **Coriguilla/Corrales de pastor**
    - **Pueblo de Coriguilla**

**More information:**
- asturiatourism.co.uk
- asturiasasturias.com
The allure of eastern Asturias in the Picos de Europa

DAY 1:
Bosque de Peñón.
Museo del Desastre.
Las Beludes.
Playa de Merón.

End of route: Colunga
Beginning: Pandecarmen

The route begins at Pandecarmen, which has a parking area opposite the Church of San Cristóbal, which was built in the first quarter of the 13th century and comprises one of the finest examples of Asturian Pre-Romanesque. From Pandecarmen, we continue along the CO-701 and CO-301 routes, heading towards the Cangas de Onís. In the village of Carreña, you can stroll through the streets and visit the parish church and Barcena cultural centre. Travellers must reach the ascending road to the peak of Peña Ten from the highest access point at 1,730 meters. This route is challenging and offers spectacular views of the coast, with its cliffs and dunes, and the surrounding peaks. The ascent will take approximately 4.5 hours.

After reaching kilometer 12.5, we continue along the trail, and at this point we will arrive to the Arcenorio valley, below Peña Ten. The hermitage we find in the meadow, which crosses a pine forest.

We will walk about 5.7 kilometers, approximately, and at this particular point we will arrive to the Puerto de Alemán, which is the highest point of the route. From here, we will descend towards the Vega de la Piedra mountain meadow, one of the most beautiful areas in the region. After crossing the Vega de la Piedra, we will continue our descent towards the Mirador de Ordiales.

DAY 2:
Ruta al Pique Pienzu.
La Robellada.
Playa Ballota.

End of route: Llanes / Porrúa
Beginning: Ribadesella / Ribeseya

The tour can start out at Ribadesella, 9 kilometers before the coast. The route follows the sea cost through Poncebos on the way down from Sotres, which offers the chance to take the International Descent of The River Sella. We will then arrive at the Coastal Pass where the road turns inland, with a quick descent to Playa de Merón. From here, we will continue along the coastal road and pass Playa de Merón, which is a beautiful beach with clear waters and white sand. After Playa de Merón, we will continue along the coast road, passing through the coastal village of Tazones, which is known as the “Birthplace of the Maidens”. We will then arrive at the Port of Tazones, where we can take the ferry to Llanes. From Llanes, we will continue along the coast road, passing through the coastal villages of Liencres and Comillas, before reaching the end of the route in Porrúa.

DAY 3:
The Dinosaur Coast

End of route: Ribadesella / Ribeseya
Beginning: Llanes / Porrúa

The tour heads for the Picos de Europa, one of the most beautiful mountain ranges in Europe, rising up to 2,650 meters. The tour can start out at Ribadesella, 9 kilometers before the coast. The route follows the sea coast through Poncebos on the way down from Sotres, which offers the chance to take the International Descent of The River Sella and Tito Bustillo Cave. We will then arrive at the Coastal Pass where the road turns inland, with a quick descent to Playa de Merón. From here, we will continue along the coastal road and pass Playa de Merón, which is a beautiful beach with clear waters and white sand. After Playa de Merón, we will continue along the coast road, passing through the coastal village of Tazones, which is known as the “Birthplace of the Maidens”. We will then arrive at the Port of Tazones, where we can take the ferry to Llanes. From Llanes, we will continue along the coast road, passing through the coastal villages of Liencres and Comillas, before reaching the end of the route in Porrúa.
Hiking

**Río Pomperi**

A 1,750-metre-altitude trail provides breathtaking views. It is famous because the remains of the mous German’s Well, known by this name by a local Basque sculptor Agustín Ibarrola.

**Río Redemuña**

The trail begins at the riverbank of Llanes, which has a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.

**Colunga. Rasa de San Telmo**

The route starts at the beach, which has a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.

**Villaviciosa. La Espuencia**

The route starts at the beach, which has a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.

**Bosque de Peloño**

The allure of eastern Asturias in the Picos de Europa. This day, we head to dinosaurs footprints of Ribadesella/Ribeseya and the cliffs of Ortiguero. This is a very popular offer, with more than 10,000 people attending each year.

**Bosque de Ardines**

The region of Ardines is a natural parkland, with a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.

**Bosque de Cangas del Narcea**

The route starts at the beach, which has a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.

**La Casa del Radio**

The route starts at the beach, which has a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.

**Bosque de La Robellada**

The allure of eastern Asturias in the Picos de Europa. This day, we head to dinosaurs footprints of Ribadesella/Ribeseya and the cliffs of Ortiguero. This is a very popular offer, with more than 10,000 people attending each year.

**Bosque de Cangas del Narcea**

The region of Ardines is a natural parkland, with a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.

**Bosque de Cangas del Narcea**

The route starts at the beach, which has a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.

**Bosque de La Robellada**

The route starts at the beach, which has a suspension bridge, and climbs up a slope with impressive views. From this point onward it becomes steeper.
**Eastern Asturias tour spots**

**Mirador de Ondriales**

Hiking

Upon arriving at the lake, after a short walk through the forest, we will find ourselves at the Mirador de Ondriales. This is an ideal place to observe the Sen de los Mulos peak, one of the highest points in the region. The Mirador is surrounded by pastures. This forest, although in the beginning of the tour, is a good place to start a rest and a drink of water which allows us to hydrate and fill our canteens.

**Bosque de Peñón**

Hiking

The route begins at the Peñón lake, from which there is a panoramic view of the Asturian coast, and the Mount of Vidiago. This is an ideal place to observe the Sen de los Mulos peak, one of the highest points in the region.

**Ruta al Picu Pienzu**

Hiking

The route starts in Pandecarmen, at the foot of the Pienzu peak, which is the final point of our journey. We will come upon the forests of Pielenguín, around the Peñón lake, where we will find a forest that is very characteristic of the Asturian Pre-Romanesque. From this lookout we begin the route.

**Pendueles a Llanes**

Hiking

It is an ideal place to observe the Sen de los Mulos peak. Turning to Camarmeña at the bridge in Poncebos to see the Monument to the Climbers and see how people live at an altitude of a thousand metres. You should once again pass through Poncebos on the way down from Sotres, which offers the chance to take a dip in the river to refresh yourself.

**The allure of eastern Asturias in the Picos de Europa**

Flod Kompas organises a complete 10 km trek, which continues contemporary with the medieval old quarter of the village, and comprises one of the finest examples of Asturian Pre-Romanesque. In Carreña, you can stroll through the streets and visit the parish church and Barcena in just three quarters of an hour (34 kilometres). Just as you enter the village, a膜brico la Boriza, a listed Historical-Artistic Site. This is a beautiful place to observe the Sen de los Mulos peak, one of the highest points in the region.

**The Dinosaur Coast**

A farming village at the turn of the 20th century, which became extinct millions of years ago. After this, the best place to head for next is La Loja Cave. The Peruyal Cave. Glacial Fauna and in the case of wanting to start the route from a parking lot where we can leave our car, in the beginning of the tour, around the Peñón lake, we will find a forest that is very characteristic of the Asturian Pre-Romanesque. From this lookout we begin the route.

**The House of Time**

In the kilometre 7 of our route, after passing between the different mountain meadows, we arrive at Collado Guaranga, at 1,190 metres of altitude. On it we find, in addition to the San Lorenzo hill, a group of prehistoric engravings and clefting. With the time we can observe the villages of La Isla, and La Isla to the east.

**End of route:**

Las Arenas

Council: Ribadesella / Ribeseya

Tel: +34 985 846 096

Length: 11.3 km

Type of route: Round trip

Cross-country

Distance: Las Arenas

Maximun height: 687 m

Slope: 22.4 km

Duration: approximately, 6 hours

Sightings: some interesting landmarks are Las Arenas, the village which reveals the de Arenillas, a group of twelve jesters declared natural monument by its geological singularity. In the kilometre 7 of our route, after passing between the different mountain meadows, we arrive at Collado Guaranga, at 1,190 metres of altitude. On it we find, in addition to the San Lorenzo hill, a group of prehistoric engravings and clefting. With the time we can observe the villages of La Isla, and La Isla to the east.

**Day 3**

From the lakes, a road that accesses the mountain range of Pienzu, is a unique and picturesque landscape. The track, which follows a small brook, takes us to the lake of La Pintada, a natural monument, and passes through the Santa María la Real mountain, which will follow their every move during this trip. Back to the Soto de Peñía peak, a group of prehistoric engravings and clefting.

**The route starts in Pandecarmen, at the foot of the Pienzu peak, which is the final point of our journey. We will come upon the forests of Pielenguín, around the Peñón lake, where we will find a forest that is very characteristic of the Asturian Pre-Romanesque. From this lookout we begin the route.**