

*Come home to*  
**PARADISE**

*Adventure and sport in Asturias*

*asturiastourism.co.uk*



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# Introduction

*#OutdoorSports*

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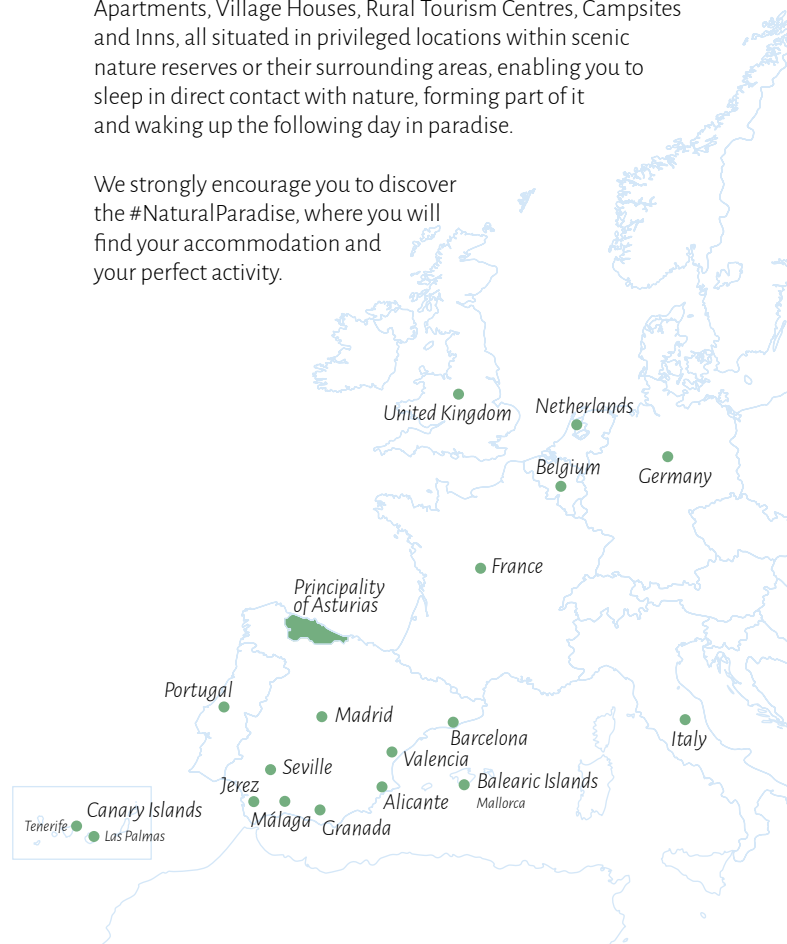
Bezanes (Caso)

Adventure has formed part of Asturias for many years; perhaps this is why Adventure and Active also begin with “A”, like Asturias. Also, Adrenaline, which lies latent in all the activities on offer, simply waiting to be released on the ground, in the water and in the air. Adventure has formed part of our territory and us, since time immemorial and also a type of tourism that enables the region to be enjoyed to the full: active tourism, since it began in Spain towards the end of the 20th century.

And long before that, the natural setting was created in which active and sporting tourism activities would be carried out: amid landscapes that will seem surreal to you, with magnificently preserved traditional-style villages and hamlets scattered across its landscapes; mountains with a multi-coloured tapestry of forests and land permanently covered by green meadows. Brush-strokes of a green carpet interspersed with grey rock formations crowning the Cantabrian Mountains, with the Picos de Europa mountain range as the greatest exponent and the clearest blue of its rivers and coastal waters. You just need to visit the area to discover why Asturias is the ideal place to enjoy active and sporting tourism in a postcard-like setting.

And when it comes to enjoying experiences and being at one with nature, there is no better place to stay than here. In this respect, Asturias has a wide range of tourism accommodation on offer: Hotels, Apartment Hotels, Hostels, Guesthouses, Tourism Apartments, Holiday Homes, Rural Hotels, Rural Apartments, Village Houses, Rural Tourism Centres, Campsites and Inns, all situated in privileged locations within scenic nature reserves or their surrounding areas, enabling you to sleep in direct contact with nature, forming part of it and waking up the following day in paradise.

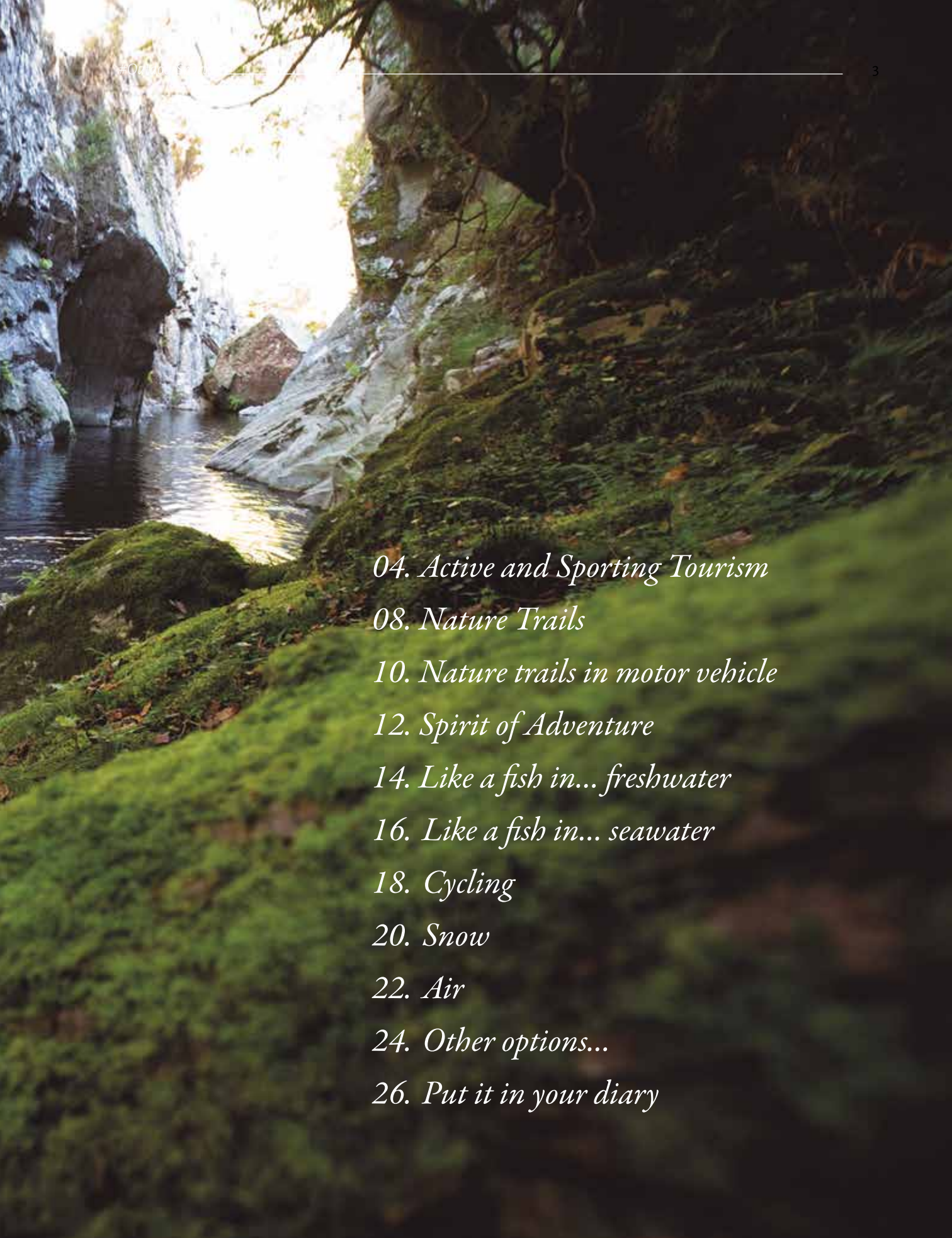
We strongly encourage you to discover the #NaturalParadise, where you will find your accommodation and your perfect activity.



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# Active and Sporting Tourism

Asturias is synonymous with gastronomy, culture, history, heritage... and, of course, nature.



Paddle surf

More than one third of our province is environmentally protected. Over 10,600 kilometres of land, including seven Biosphere Reserves. Asturias is one of the two Spanish provinces with the highest number of Biosphere Reserves in the World Network of the MAB Program. It is also one of the regions with the highest density of Biosphere Reserves in the world.

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*Enchanting landscapes in which nature has created the best setting for active and sporting tourism.*

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## Safety, above all

Safety always comes first, therefore, to ensure you get the most out of your adventure, our companies will guide you and remember to follow the instructions and advice of the local professionals and guides, and to check your personal equipment, wear suitable clothing, check the weather forecast, etc. Knowing your own physical abilities and being careful outdoors, always add to the enjoyment of the experience.



Diving



Skiing

From the high mountain areas to the sea, or even underground, Asturias has all the ingredients needed to create the best adventure cocktail, since it has the natural settings required to develop a list of adventure activities including land, air and water activities throughout the four seasons of the year.

Asturias was a pioneer in rural tourism in Spain and one of the first regions to develop active tourism, because we have a region which, just naturally, seems to have been created as the best “playing field” to be actively discovered,

offering visitors activities carried out throughout history, with deep-rooted traditions, including adventure sports; hiking, mountain biking, rock climbing, paragliding, canyoning, diving, surfing, etc. It is also the perfect place to try out some of the newest activities included this type of tourism; rivering, airsoft, laser tag, etc.

**Don't let others tell you about it... Experience it for yourself!**



Routes with ropes

## Specialist companies

We have a wide network of professionals made up of **more than 180 companies with professional guides and modern equipment**, to ensure you enjoy our fascinating activities with safety at the forefront of everything you do, so you will feel that you are in safe hands at all times while enjoying an unforgettable experience.

With your family, your partner, a group of friends... You simply have to want to have fun enjoying sports while in touch with nature and we will provide the setting and the perfect professionals for you to do so, because a Natural Paradise has to be enjoyed actively to be fully enjoyed.



**Find your outdoor sport:**

[turismoasturias.es/en/organiza-tu-viaje/deporte-y-aventura](https://turismoasturias.es/en/organiza-tu-viaje/deporte-y-aventura)





Mountaineering



Windsurf

## Adventure without limits

You establish the limit of how much activity you want, and our active tourism companies will provide the imagination, creativity and professionalism required; since they have been developing different events as active tourism has grown over the years, in order to offer visitors a whole host of activities. From the more “traditional” activities to the newest trends in active tourism. It is impossible not to be able to choose from our adventures without limits.

If you would like to enjoy sports in a natural setting, enjoying and appreciating the surrounding environment, Asturias is the place for you.

Our rugged terrain has awakened the hiking spirit for centuries. If you, like us, like to walk, blending into landscapes to appreciate their full beauty, you have chosen the perfect place.

Hiking in Aller

## Nature Trails

We have a **vast network of Long-Distance, Short-Distance and Local Footpaths**; a dense network of hiking trails that will enable you to blend in with our enviable nature. You will come across historic routes such as the Way of St. James, which will heighten your experience of becoming a real pilgrim, whether you choose the **Way of the North**, which follows the north coast of Spain, or the **Original Way of St. James**, which links Oviedo with Galicia through the Cantabrian mountain range.

The Long-Distance Paths include the GR.109 "**Asturias interior**", one of the most beautiful Natural Paths in Spain, which covers the Cantabrian Mountains in Asturias from east



Horse riding

### Choose your activity

- ▶ Horseback riding
- ▶ Hiking and its various forms (Nordic Walking and Trekking)
- ▶ Mountaineering and its various forms (Orienteering Activities, Stroll through the village of Brañaseca, Environmental routes)



## Don't miss...

- ▶ The Cares route, the most spectacular gorge of the Picos de Europa, simply must be included in every hiker's itinerary.
- ▶ Discover the 7 Biosphere Reserves of Asturias, through routes in magical surroundings.
- ▶ The Camín Real de La Mesa, a historic route in the Biosphere Reserve of Las Ubiñas-La Mesa.
- ▶ If you like horses, you must try to see the asturcón, an ancient breed of pony in Asturias.
- ▶ You can gently enjoy our Vías Verdes routes (green-ways) with the whole family.

to west. 606 kilometres divided into 27 stages to discover the vast biodiversity of Asturias. This Natural Path links the Picos de Europa Biosphere Reserve with that of the Oscos-Eo through the "equator" of Asturias.

Or the GR.E-9 "**Senda Costera**", taking hikers along the coastline. Few routes in Europe offer such striking landscapes as the coastal path, **Senda Costera**, as it cuts across our region. This long European route (GR.204, E-9) crosses the Asturian coastline quite literally from one end to the other, from Bustio to A Veiga/Vegadeo, covering a distance of 230.6 km. (14 stages). A route filled with the smell of the sea, waves, dunes... the smell of Asturias; the perfect complement for the rest of the routes across the Principality, with its landscape designed for hiking.

And apart from these two long-distance paths across the coastline and central strip of Asturias, you should also make a point of walking the south.

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*Few natural settings offer such magnificent landscapes as those of the Biosphere Reserves and the Picos de Europa National Park (the first to be included in the Network of National Parks of Spain).*

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Our publication of "Naturaleza y Rutas" (Nature and Routes) will offer you the best hiking options in these nature reserves to best suit your preferences. You are going to fill your boots!



## Delve into the forests of Asturias

With the strength of the Muniellos or the Hayedo de Hermo forests as our symbols, our geography is fundamentally green. And this is thanks to our wonderful forests such as these. The largest and best preserved oak grove of the Iberian peninsula and one of the best forests on the continent (Muniellos), the largest beech forests in Asturias (Herme) and other beech forests such as those of Peloño (Ponga) or Redes, the oak grove of San Emeterio, the beautiful willow woods of Saucedas de Buelles, the stunning yew forest of La Tejada del Sueve and countless centenary trees, enrich the landscape, allowing visitors to capture stunning photos and breath such a wonderfully pure air as that of Asturias. A unique natural heritage.

And once the summer has ended, these green landscapes explode into shades of ochre, yellows, orange, red... if you visit in autumn, you will not want to wake from your Asturian dream.

Routes on horseback or on trikes are also marvellous ways to discover the Asturian countryside.

Special mention should also be given to the **Sendas Verdes** or Green Paths, enabling everyone to enjoy the coastal paths, paths bordering rivers, park trails, accessible paths, etc. If you like following old disused railway routes now being used for active tourism, the Senda del Oso (Bear's Path) to the Fuso Path, the Eo Path or the Valle de Turón Path, you can enjoy any of the 9 **Vías Verdes** routes (green-ways) on offer in Asturias.



**More information:**

[turismoasturias.es/en/descubre/naturaleza/rutas](http://turismoasturias.es/en/descubre/naturaleza/rutas)



Route by Quad

## Nature trails in motor vehicle

Our active tourism companies design their **activities fully respecting the natural** surroundings at all times, aware that it is the setting and the main resource on which the activities are carried out, enabling visitors to enjoy a circuit or a route, delving into forests, mountains and coastlines; easily accessing areas that are difficult to get to and visiting areas that would be impossible to cover in a single day. In short, **they make nature accessible to everyone.**

*Routes in motor vehicles enable visitors to appreciate the vast natural resources of Asturias from a different perspective.*



4x4 vehicles

With the added value of the service of a guide, you simply have to choose the activity that best suits your preferences: buggies and quads provide adrenalin and Segways provide fun and exciting experiences, while 4x4 vehicles provide a more leisurely way for visitors to enjoy the landscapes and other natural and cultural resources of the region. Guided and interpreted hiking to resolve any logistical inconveniences on very long hiking routes.

And for biking enthusiasts, discovering the Asturian landscapes on a motorbike only increases the feeling of freedom, breathing in the pure air of our natural surroundings, which is possible thanks to fabulous two-wheeled touring routes.



### Don't miss...

- ▶ The Off-Road Adventure Family Park circuit, in Ría de Villaviciosa, where you can enjoy your favour motor sport in a responsible manner or take one of their 4x4 and motorcycle courses (off road and on road).
- ▶ The Ribadesella coast by quad, buggy or segway. Following the trails marked by dinosaurs millions of years ago is not something you do every day...
- ▶ A route along the coastline of Colunga by quad. Easy routes where you simply have to choose whether to spend 1 or 2 hours amid the iconic landscapes of the Cantabrian Sea and the Picos de Europa.
- ▶ The Senda del Oso (Bear's Path) on a Segway. All the nature of our most famous Vía Verde (green-way) on wheels.
- ▶ And talking of engines, why not visit the museum dedicated to the most famous Asturian driver: Fernando Alonso. His life and staggering professional career and around 270 unique pieces in the Fernando Alonso Collection Museum and Circuit in Llanera.

### Choose your activity

- ▶ Buggies
- ▶ Segway
- ▶ Touring motorcycles
- ▶ 4x4 vehicles
- ▶ Quads

## Princess of Asturias Rally

The Ciudad de Oviedo Princess of Asturias Rally is the oldest one within the Spanish Championship. With a calling card like this, you can imagine what the route and the participants can offer visitors. It celebrated its 61th edition in 2022, which is testament to the prestige of this motorsport event which is of immense tourism and sporting interest. The Rally also includes Legend vehicles, classic vehicles that took part over 30 years ago.



## Start up the engine and start rolling



We believe engines and the environment are not at odds with one another. And this is thanks to the best practices of the Asturian professionals and their motorsport services aimed at tourism, introducing the natural and cultural heritage of the Principality to visitors through environmentally-friendly activities across unforgettable routes, scenic viewpoints opening onto Paradise, visits to villages bursting with charm from the very start... Start up the engine and get rolling! Either freely or even better, via organised and guided routes.



In Asturias you will find activities that best define your spirit of adventure.

It is in our genes and we are veterans in all aspects related to active tourism. Sports tourism always carried out with the help of excellent professionals and with all the necessary safety measures and modern equipment required to carry out the activities, such as, rock climbing, caving or descending dry ravines.

Vía ferrata

## Spirit of Adventure

But don't worry, if you are not a consummate adventurer, you have the best chance to be one, since we offer **various levels of difficulty** for carrying out these and other activities in the best surroundings possible.

**On the vertical grey walls of the famous Picu Urriellu or Naranjo de Bulnes** (Picos de Europa), "El Picu" as we like to call it, the first lines of the history of rock climbing in Spain were written.

*To begin, before climbing the mountain, why not try out one of the many rock climbing schools located across the Asturian region.*

### Choose your activity

- ▶ Rock climbing and its various forms (on rock and on ice)
- ▶ Caving
- ▶ Bungee jumping from bridges and cranes
- ▶ Zip-line / Tibetan Bridge
- ▶ Routes with the use of ropes (Vía Ferrata)

Traditional, sport or boulder climbing... from the Picos de Europa themselves to other famous climbing areas such as Teverga or Quirós, with routes that will seduce even absolute beginners or captivate the most demanding climbers.

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*Also using a harness and helmet, but this time underground, you can explore the depths of the mountains and reach the heart of our region, decorated with stalactites and stalagmites.*

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Most iconic places to practice this sport are in the eastern region of Asturias, thanks to its chalky substrates and the development of karst, but other places such as the Cueva Huerta (Teverga), one of the largest cavities in Asturias, or the Cueva Peñona de Valdemora (Pravia), are also true subterranean delights – in this case in the central region of Asturias - for discovering caving tourism or more advanced



## Picu Urriellu, the birth of rock climbing

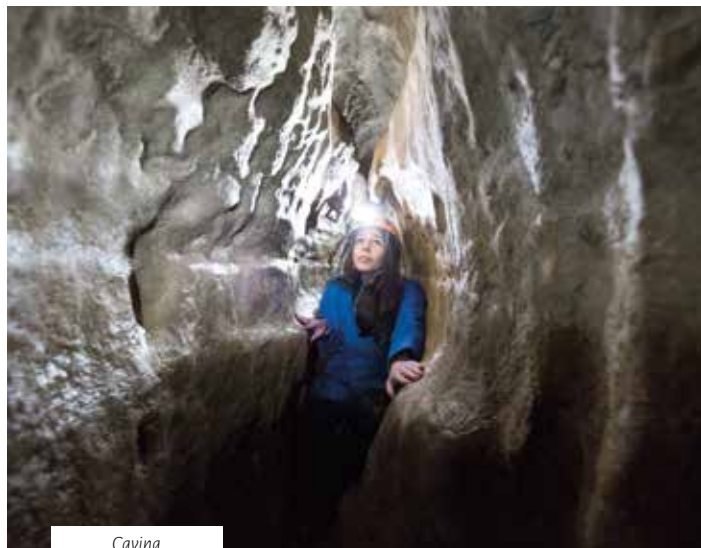
When Pedro Pidal, Marquis of Villaviciosa and Gregorio Pérez, known as “el Cainejo”, left their mark on the summit of the Naranjo de Bulnes (2,519 m) on 5 august 1904, they not only set foot on the most vertical and beautiful intact peak of our limestone mountains, but also marked a before and after in the history of rock climbing in Spain. You only have to stand before the walls of the “Picu”, in the central mountain range of the Picos de Europa, to understand why it was considered inaccessible until the two climbers dared to climb its walls that not even the chamois dared to tackle.

caving. Stalactites, stalagmites, cat holes, chambers, galleries, subterranean rivers... **A long list of extraordinarily large caves and chasms** that are hard to choose from.

Don't leave your helmet behind because, once you reach the surface again, you can discover our routes using ropes or via ferratas in areas such as Puente Vidosa, in the heart of the Desfiladero de los Beyos (Beyos Groge) in Ponga, bordering with the Picos de Europa, or Peñamellera Baja.

If you enjoy an **adrenalin rush**, why not try bungee jumping from a bridge or a crane? There are not many activities that will give you an adrenalin rush like this.

Therefore, when it comes to really making the most of your spirit of adventure, what better way to do so than with the professionals and enchanting landscapes of Asturias.



Caving



## Don't miss...

- ▶ In Asturias you will find climbing routes for all levels, but do you dare tackle any that climb the walls of the Picu Urriellu, the summit where the history of rock climbing began in Spain?
- ▶ The Council of Quirós awaits your visit, with more than 20 sectors and 300 climbing routes!
- ▶ Why not explore one of the caves or chasms, to discover that Asturias is beautiful inside... and out.
- ▶ Pure adrenalin? Try one of our bungee jumps.

That is what you will feel like when enjoying any of the water activities available in Asturias. From white waters to gentle river descents, Asturias offers a whole host of options with freshwater as the protagonist.



Descending the Nalón river in a Canoe

## Like a fish in... freshwater

### Choose your activity

- ▶ Canoes
- ▶ Descending canyons or ravines
- ▶ Paddle surf
- ▶ Kayaking
- ▶ Rafting
- ▶ Rivering
- ▶ Windsurf
- ▶ Fishing

The various river basins of Asturias, with rivers such as the Cares, the Deva, the Sella, the Nalón, the Narcea, the Navia and the Eo, together with other smaller courses and countless streams, form the perfect combination if you are looking for activities with a liquid element to form part of your adventure and to do so under the professionalism and experience of a leading region **recognised globally** as an “aquatic” destination since the start of active tourism.

*The hydrographic basin of Nalón- Narcea stands out for its size, covering an area of around 4,900 square kilometres, it represents almost half the size of Asturias.*

The Asturian rivers have a common feature, which is that they are **small but very fast and wide rivers because of our mountainous relief... and that is where the doors to aquatic adventures open.**

A land in which fast-flowing rivers enable white water rafting to be enjoyed; 100% adrenalin aboard a raft. If you prefer to enjoy the landscape beyond the shores, you can do so in a less frenetic manner on another type of vessel (canoes, kayaks...) or following the flow of the streams along the steep mountainsides, by descending ravines.



Rafting



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*Eastern and western Asturias are the most popular areas for kayaking in Asturias, particularly in the Picos de Europa area (the Sella, Cares and Deva rivers) and the Valle del Navia, but the sport can also be enjoyed in other areas such as the Valdemurio reservoir (Quirós) or the nearby Trubia River, the Bajo Nalón, the Narcea, etc.*

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Rafting down the Sella or the Cares creates a series of unforgettable and dramatic sensations, as does descending one of the canyons where you can practice canyoning particularly in Picos de Europa and the surrounding areas (Peñamellera Baja, Ponga), Proaza, San Andrés (Oviedo), etc. If you want to go one step further, try combining canyoning with caving. It is known as caving-canyoning and it involves descending a mountain river course until the water penetrates the earth, which is when caving comes into play, following its subterranean course.

If you feel like experiencing new **sensations**, you have to try rivering (coasteering), a route along the shores of the rivers, combining trekking, jumping into the water, mountain hiking, abseiling and even a bit of caving. The coast of Ribadesella seems to have been designed to be discovered with this combination of activities. Or paddle surf, which is not only reserved for the sea, you can placidly glide down rivers on a surf board, to the gentle sound of the birds



Descending canyons



## Kayaking in Asturias

Kayaking is without doubt one of the leading active tourism activities in Asturias, recognised worldwide, and the International Descent of the Sella River is our trademark. This river descent between Arriondas/Les Arriondes and Ribadesella/Ribeseya is the Kayaking Festival declared of International Tourism Interest in 1980 and it is held on the first Saturday of August (after the 2nd). It began in 1930 and became an international event in 1951, going on to form an essential international event attracting the best kayakers from around the world. You can also descend this section any time of the year, thanks to the expert local companies that organise the activity.

singing and the murmur of a waterfall. Or simply enjoy the silence. You will be captivated right from the start by our riparian forests and our aquatic life experienced from a different perspective. The Valdemurio reservoir or the surrounding areas of the Picos de Europa are a good place to first try paddle surf before heading to the sea, from the smaller waterways on the East coast (Niembro or Tinamayor) or the larger ones such as Villaviciosa, Nalón or the Eo estuary. The Sella and the Navia are two river basins that are very popular with paddle surf enthusiasts.



### Don't miss...

- ▶ The Descent of the Sella, the most famous 14 kilometres of river on the European continent in a simple descent in a kayak, ideal for the whole family to enjoy. The neighbouring Cares and Deva are not as famous, but equally beautiful.
- ▶ Descend one of the most emblematic ravines such as the Vallegón, the Carangas, the Vivoli, the Molina, the Rubó, etc.
- ▶ Rivers such as the Eo, the Navia, the Nalón, the Polea, the Quirós, the Trubia, the Narcea... are waiting for you to discover some of the marvels of western Asturias in a canoe.



The sea will also enable you to enjoy wonderful experiences. Amid enchanting landscapes and enviable waves, the Cantabrian Sea in Asturias never fails to impress visitors, from the most peaceful seaman to the most active adventurer.

Sailing



## Don't miss...

- ▶ Why not try the waves on the Western Coastline of Asturias and enjoy its crests, shoals, peaks, etc.
- ▶ Paddle surf is an original way to discover eastern Asturias.
- ▶ The feeling of cruising along the coast where the dinosaurs lived.
- ▶ Discover the sea inlets of Villaviciosa and Eo in a kayak.
- ▶ Swim down the Navia Estuary, an open-sea swimming competition that has been held every year since 1958 and is now famous worldwide.

# Like a fish in... seawater

**Open to the Cantabrian Sea**, you will be able to enjoy splendid coastal landscapes created by the marine terraces of Asturias, **idyllic landscapes** to be enjoyed in a sea kayak, for example, and above all **magnificent waves** that make it one of the most sought-after surfing spots both nationally and internationally.

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*Who knows, maybe you will come across the boy that swims in the waves, known as **Espumeru** in Asturian mythology.*

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There are many Asturian beaches from East to West, ideal for surfing (bodyboarding and bodysurfing); it is hard to choose a beach, since, overall they form the widest variety of crests, summits, shoals, waves from right to left and left to right, etc. but which will definitely include: San Antolín, Cuevas del Mar, Santa Marina, Vega, Rodiles, Merón, Playa España, Peñarrubia, El Mongol, San Lorenzo—the birthplace of surf in Asturias—, Xivares, Candás, Luanco, Verdicio, Xagó, Salinas, El Espartal and the western Cueva, Otur, El Moro, Navia, La Grande—this is normally the venue for the European and

## Surfing in the Cantabrian Sea in Asturias

The beaches of Asturias and its vast array of surfing aspects with peaks, pipes, shoals, powerful waves, lots of sea foam and guaranteed fun, attract an increasing number of followers in and out of the water. There are a series of festive-sporting events that are a must on every surfer's annual diary: Salinas Longboard Festival, in July in Salinas (Castrillón), Surf, Music and Friends at the beginning of August also in Salinas (Castrillón), the Open International in Tapia "Memorial Peter Gullely" (Tapia de Casariego) during Easter or the Motorbeach Festival in July in Caravia, among others.



Surf

Penarronda championship. Asturias is the ideal place to practice surf with the best guarantees.

But you can also enjoy **less frenetic activities** such as paddle surf, dinghy sailing, etc. or enjoy the seabeds, which are sure to surprise you. The Asturian sea can be enjoyed in a swimsuit or a wetsuit all year round.

### Choose your activity

- ▶ Diving
- ▶ Aquatic ski
- ▶ Flyboard
- ▶ Sea kayak
- ▶ Water motorcycles
- ▶ Wakeboard
- ▶ Sailing and its various forms (pedal boats, trips on boats, light sail boats, dinghies)
- ▶ Fishing and its various forms (from boats and lease of equipment)
- ▶ Surfing and its various forms (kitesurf, bodysurf, paddle surf, windsurf...)



Sea kayak

*Alone, with your partner, your family or in a group, you will find the perfect marine activity for you.*

You will also find the activity that you need at any given time; whether you feel like relaxing, by practicing recreational boat fishing or if you want to de-stress in a more frenetic manner. Or purely for fun. Aquatic ski, banana rides, kitesurf... you will always have something to choose from and always with the guarantee of our professional guides and monitors.

The ports of Gijón/Xixón, Llastres (Colunga), Ribadesella/Ribeseya, Cudillero, Castropol or El Puntal (Villaviciosa) are magnificent ports to begin your discovery of the amazing Asturian coastline aboard a motorboat or a light sail boat.



Mountain biking is one of the best ways to enjoy sports while getting the most out of nature, particularly in an area that seems to have been designed to be explored on a bike.

*Senda del Oso*

## Cycling

From the gentle paths of the Vías Verdes to the routes that will get the most out of mountain bikes and test your legs to their limit on the prestigious tough mountain ramps, the map of Asturias offers **routes and possibilities for all preferences and levels**.



*Mountain biking in Oscos-Eo*

Our prestigious mountain landscape grabs the attention each year of cycling enthusiasts from around the world during the Asturian stages of the Vuelta Ciclista España, the Cycling Tour of Spain, with landmarks such as: Alto del Angliru, Lagos de Covadonga, Puertos de Marabio, Alto de la Farrapona or the Puerto de San Lorenzo. The very names conjure up images of cycling.



### Don't miss...

- ▶ The Senda del Oso (Bear's Path), a Vía Verde that can easily be enjoyed by the youngest members of the family.
- ▶ Relive some of the most famous cycling stages on your mountain bike, such as the Angliru ascent on the Central Mountain of Asturias, or the Covadonga Lakes, in the Picos de Europa.
- ▶ Green Railway Path in San Tirso de Abres.

*Apart from the Long-Distance Paths, which can be enjoyed on mountain bikes, such as the Way of St. James (Way of the North and the Original Way of St. James), or a large section of the coastal path, Senda Costera, we also have other Long-Distance routes that are ideal to be explored on bikes.*

These include the Anillo Ciclista of the Central Mountain of Asturias, a gruelling circular route that covers natural areas such as the Aramo mountains, the Nature Reserve of Las Ubiñas-La Mesa, the Vía Carisa, or the Protected Landscape of the Cuencas Mineras.

**Mountain bikes are the ideal way to discover our nature, history, gastronomy, villages, traditions...** in a relaxed manner, or by tackling demanding gradients and steep descents, crowning mountain passes and hills that have been strategic passes throughout history, listening to the silence of our forests, accessing scenic viewpoints that are truly natural balconies, etc. Pleasures and sensations only reserved for those that choose to pedal their way to Paradise.



**Más información:**

[turismoasturias.es/en/descubre/naturaleza/rutas/rutas-en-btt](http://turismoasturias.es/en/descubre/naturaleza/rutas/rutas-en-btt)

### Choose your activity

- Mountain bike
- Road bike
- Electric bike

## ATB Centers

### Laviana

The center has two pump track circuits, one for kids and/or beginners located in Príncipes Park (La Pola Llaviana/Pola de Laviana) and another for adults and/or professionals located inside the sports center. There are also 160 kilometers of updated, marked and authorized ATB trails. These trails already existed in the Monte Carrio area and are often used by ATB cycling fans. ([centrobtlaviana.es](http://centrobtlaviana.es))

### Gravity Zone

Gravity Zone is a mountain and road cycling route center located in the council of Tineo. This center is perfect for enjoying all types of cycling: Enduro, descent, rally, marathon, race, family-friendly routes and many other activities for the whole family. Enduro cycling and descent routes start in the small village of Tuña, while the rally and road cycling routes start in the town of Tinéu. ([fesoriaevents.com/gravity-zone](http://fesoriaevents.com/gravity-zone))



## Cycling contests

Cycle tourism in Lagos de Covadonga



Spain's cycling tour of Spain, the Vuelta Ciclista a España, is without doubt the most international cycling event in Spain, which Asturias has been contributing to by providing an unparalleled terrain for many of the stages that have historically been held in our region.

The Lagos de Covadonga Classic, which is over 25 years old, is one of the most prominent cycle tourism routes in Spain in each edition, more than 3,000 participants cover distances of 110 kilometres across the landscapes of the Picos de Europa.



The arrival of snow on the Asturian mountains sees the start of a new form of adventure. Throughout a good part of the year, the peaks of the Cantabrian mountain range are covered with snow. Snowboard, cross-country skiing, snow rackets... you choose your favourite sport and we will provide the ingredients for the best recipe.

Snowshoes

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## Snow

With the appearance of snow, the Asturian landscape remains intact, beautiful, even more so if possible with the winter loneliness, the perfect time to put on some snowshoes and start hiking, in a setting that further highlights the feeling of tranquillity and intensifies the feeling of being at one with nature.

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*The winter and snow, far from closing the doors to hiking, open up a world of experiences for enjoying active tourism with the help of some snowshoes.*

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### Choose your activity

- Skiing and its various forms (alpine, cross-country)
- Excursions with snowshoes
- Snowboard

Few sensations can be compared with making footprints in freshly fallen snow, following the tracks of animals that have taken the same route as you, climbing hillsides to get that perfect view of the valleys.

If you prefer to ski, you simply have to visit our ski stations and don't forget to try snowboarding. **Valgrande-Pajares and Fuentes de Invierno** await you with their privileged location, ski schools, and their marvellous, modern facilities for winter sports. In total, they offer over 30

kilometres of skiable terrain and 53 pistes for all levels.

But remember... When the snow melts, a whole host of possibilities and activities open up so you can enjoy the mountains during these seasons. The Valgrande-Pajares winter and mountain resort, for example, has a trail running and cycling centre.



**More information:**  
[turismoasturias.es/en/organiza-tu-viaje/deporte-y-aventura/esqui](http://turismoasturias.es/en/organiza-tu-viaje/deporte-y-aventura/esqui)

## Ski Resorts

**FUENTES DE INVIERNO** is the most modern ski resort in the Cantabrian mountain range, with over 8.7 km of ski slopes, accessed via 5 state-of-the-art ski lifts: 3 x four-seater chair lifts, 1 ski lift and 1 conveyor belt. Its excellent combination of pistes and chair lifts enable ski enthusiasts of all levels to enjoy the area, whether they are beginners or experts..  
[fuentesdeinvierno.com](http://fuentesdeinvierno.com)

**VALGRANDE-PAJARES**, in the council of Lena, is one of the pioneering resorts in Spain. Its facilities have been updated to offer skiers a quality service on its 21,5 km of ski slopes, to which there are 1 cable car, 2 chairlifts, 2 chairlifts and 2 ski lifts. It has two cross-country ski runs, 1 mountain ski, 2 competition stadiums, a nursery and a specific area for sledges that allow the practice of different ski modalities.  
[valgrande-pajares.com](http://valgrande-pajares.com)



Snowboard



### Don't miss...

- The feeling of trailblazing in the snow through our mountains enjoying the magical winter with snowshoes.
- Enjoy the spectacular scenery on the north side of the Cantabrian mountain range while snowboarding across the Fuentes de Invierno and Valgrande-Pajares pistes.
- The landscapes and beauty of the snow-capped hamlets are best enjoyed with the warmth of a fireplace.



Flying makes more sense if enjoyed in Paradise, because there is nothing like getting a bird's eye view of the natural oil painting of the Asturian reliefs. Paragliding, paramotor or ballooning? choose how you want to become a Natural bird of Paradise...

Balloon flight



Niembro Beach (Llanes)

## Air

Only from above can you truly admire the impossible routes of the rivers through the gorges, or how the landscape rapidly goes from being the most rugged mountainous region to gentle green valleys. And wait until you see our beaches and cliffs from above..

### *Choose your activity*

- ▶ Paramotor
- ▶ Paragliding
- ▶ Hot air ballooning
- ▶ Hang-gliding



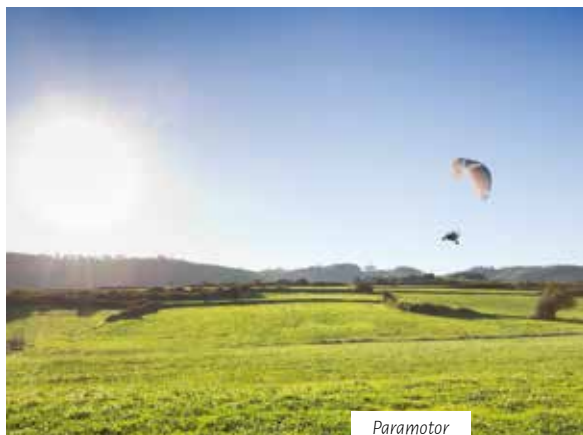
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*You can choose between paragliding without a motor or with the help of a motor (paramotor and in trike - – with motor and wheels) to fly over the coastal region and mountains.*

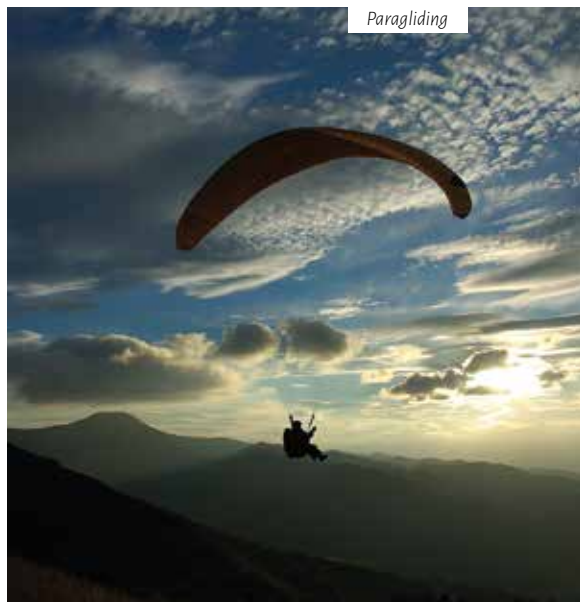
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There are also high-mountain flights in some areas, taking off from a 1,000-metre-high mountain. **Thus, the eternal question, coast or mountain? And the answer is: both.**

**Do you want to feel like a Bird of Paradise?** If you do not have any flying experience, you can book a two-seater flight accompanied by a professional instructor. As you can see, taking a short run off the edge of a mountain to suddenly find yourself suspended in the air to enjoy Paradise, is a possibility for everyone.



Paramotor



Paragliding

The feeling of looking over the world from a balloon basket, slowly, without any noise, in direct contact with the air, while the wind moves you and you float along with an indescribable feeling of calm is almost magical, but doing so in Asturias is the closest you will get to levitating over Paradise.



## Don't miss...

- ▶ The view of spectacular beaches, absolute postcards from the air.
- ▶ A bird's eye view of the magnificent landscapes of the Asturian mountains.

## Birds of a natural Paradise

Everything looks different from the Asturian sky. Unlike the birds of paradise, with their vibrant multicoloured feathers that are particularly relevant during courtship rituals, in Asturias we wear our best all year round. Because whenever you visit, from the sky you will fall in love with our greens, blues and greys in all their colour schemes.



Redes Nature Park



Have you tried everything on offer in adventure tourism? do you simply want to try something different? We have activities to suit all preferences and requirements. If you are with the family, with your partner, alone or with a group of friends, don't miss the chance of trying different ways to enjoy a different form of active tourism. You will have a ball.

Wildlife watching

## Other options...

Skill, coordination, valour, orientation, ability to better yourself and, above all, the desire to have fun —alone or taking part in team games-, sports and fun are guaranteed in any of the activities we have to offer. Whether it is with **the more “traditional” adventures** such as paintball, archery or multi-adventure circuits (also adventure parks), by means of other newer activities but with a large following, such as geocaching. Laser tag, a sophisticated category of traditional paintball guerrilla warfare but

### Choose your activity

- ▶ Zorbing
- ▶ Geocaching
- ▶ Laser tag
- ▶ Multi-adventure (circuits and parks)
- ▶ Wildlife observation
- ▶ Paintball
- ▶ Archery



Archery



Paintball



### Don't miss...

- ▶ The latest in Paintball, laser tag.
- ▶ Exciting nature observation activities to discover the habitat of the brown bear or the bearded vulture, among other species.
- ▶ Grab your mobile (or gps) and start playing Geocaching, the modern version of treasure hunting in the heart of nature.

incorporating new technologies and which we could define as Paintball 2.0.

Also, environment-related activities such as wildlife watching, or those arising almost on a daily basis related to experience tourism.

Visiting Asturias is undoubtedly one. Here you will find the best place to turn active tourism into unforgettable experiences.

As you can see, **you will have plenty to choose from.**



Cantabrian Brown Bear

## Bear and Deer Interpretive Trails

There are a number of thematic trails revolving around the brown bear and the deer, which we highly recommend. There are three interpretive trails designed to discover different aspects of the Cantabrian brown bear. The first of the two trails located in the Nature Reserve of las Fuentes del Narcea, Degaña and Ibias, is called **“Walking to the rhythm of the seasons”** and it revolves around the chronology of the bears of El Puertu (Leitariegos). This is a low-difficulty linear route covering a distance of 6.2 km (there and back), which begins in Brañas d'Arriba and ends in Cabuezos. The second trail in this nature reserve is located in the area of Muniellos. **“Los refugios del oso pardo”** (The brown bear shelters) reveal the key aspects for the conservation of the bear by means of a circular route covering a distance

of 4.3 km. The difficulty is medium and it begins in the Muniellos Interpretation Centre. The third interpretive bear route is located in El Valle/Valle del Lago, in the Somiedo Nature Reserve. From here the route covers a distance of 6.2 km (there and back to the Braña de Sousas), with a medium difficulty level, it invites visitors to discover **“La vida familiar de los osos”** (The family life of the bears) and the key elements of these mammals' reproductive systems.

In turn, the interpretive route **“El ciervo La Berrea”** (the Deer and the Bellowing) invites you to discover the life of the deer in a route through mountain meadow areas of the brañas alleranas. This is a trail covering a distance of 9.4 km. (there and back; difficulty level: medium) between the recreational area of Las Moyás (Cueves - Aller) and Pinganón.

# Put it in your diary

Nature Reserve of Las Ubiñas-La Mesa



Climbing the Angliru

Asturias is an essential destination to be included in your sports and adventure diary. Throughout the year, various events, competitions and activities can be enjoyed, offering a varied and comprehensive list of activities where you are sure to find what you are looking for, whether it is in the mountains, the sea, the rivers, on land or in the sky.

## Nature en Route

### January

- ▶ **Afuega'l Pitu Trail** (Morcín)

### February

- ▶ **Gijón Trail. Monte Deva** (Gijón)
- ▶ **Cayón Trail** (Piloña)
- ▶ **Las Travesas de Cornellana Trail** (Salas)

### March

- ▶ **Cabeza l'Arcu Trail** (Caso)
- ▶ **Cider Village Trail** (Nava)
- ▶ **Ascent to Picu Pienzu** (Parres)

### April

- ▶ **Allande Extremo** (Allande)
- ▶ **La Pisada del Diantre Suevo Trail** (Colunga)
- ▶ **Reino Astur Nembra** (Aller)
- ▶ **Tierra de Ibias Trail** (Ibias)
- ▶ **Llampaces Vertical** (Laviana)

### May

- ▶ **Ruta de la Reconquista Half Marathon** (Cangas de Onís)
- ▶ **Gold Trail Race** (Laviana)
- ▶ **Esva Valley Trail** (Valdés)
- ▶ **Picos de Europa Ultra Trail. Benia** (Onís)
- ▶ **XtremLagos** (Cangas de Onís)
- ▶ **Cuera Trail** (Llanes)

### June

- ▶ **The Arceduaby** (Amieva)
- ▶ **Picos de Europa National Park traverserina (mountain route). Sotres-Arenas** (Cabrales)
- ▶ **Picos de Europa Full Route** (Cangas de Onís - Cabrales)
- ▶ **International Journey of the Naviega Coast** (Navia)
- ▶ **GTPE Picos de Europa** (Onís)

### July

- ▶ **Mining Trail of Langreo** (Langreo)
- ▶ **DesafíoSomiedo challenge** (Somiedo)

### September

- ▶ **Alto Aller Trail** (Aller)
- ▶ **Ubiña Trail** (Lena)

### October

- ▶ **CxM Picu Turbina race** (Peñamellera Alta)
- ▶ **Abeduriu Trail Race. l' Entregu/El Entregu** (San Martín del Rey Aurelio)
- ▶ **Sobrescobio Redes Trail** (Sobrescobio)
- ▶ **Cuarto de La Riera Trail. Tuña** (Tineo)

### November

- ▶ Suarías Blincapeñas Trail (Peñamellera Baja)
- ▶ Coto Musel 2.º Trail (Laviana)
- ▶ Tierras Pécicas Trail (Cangas del Narcea)

### December

- ▶ VillaCabra Trail (Villaviciosa - Cabranes)
- ▶ Desafío Vaqueiro Great Trail (Belmonte de Miranda)

## Motorized Nature Route

### June

- ▶ Spanish Enduro Championship - Infiesto (Piloña)

### September

- ▶ Princess of Asturias Rally (varias localidades)

## Spirit of Adventure

### November and December

- ▶ Asturias Cup of Block Climbing

## Like a fish in water...

### February

- ▶ Descent-Ascent of the Sella (Parres)
- ▶ Miguel Ángel Pérez Memorial (Corvera de Asturias)

### April

- ▶ Goanna Pro Memorial International Surfing Championship (Tapia de Casariego)
- ▶ Horse races on the beach of Santa Marina (Ribadesella)
- ▶ Descent of the Piloña river (Piloña)

### May

- ▶ Travesía (Canoe race) La Ribera (Ribera de Arriba)
- ▶ iloña Sella Descent (Piloña-Parres)
- ▶ Alto Sella Descent (Parres)

### June

- ▶ Kayaking Regatta, Candás (Carreño)
- ▶ Descent of the Medio Nalón (Grado)

### July

- ▶ Salinas Longboard Festival (Castrillón)
- ▶ Sailing Tour of Asturias Regatta (Gijón)
- ▶ "Beach – Tennis" Tournament. Luanco (Gozón)

### August

- ▶ Salinas Surf, Music & Friends (Castrillón)
- ▶ International Descent of the Sella (Parres-Ribadesella)
- ▶ Ría de Villaviciosa International Regatta (Villaviciosa)
- ▶ Navia Estuary Swimming Descent (Navia)
- ▶ Descent-Ascent of the Nalón (Pravia)

### September

- ▶ Descent of the Narcea (Pravia)
- ▶ Xironinos and Viejas Glorias Descent (Parres)
- ▶ Asturias Long Distance Surfing Championship and Beach Race (Gijón)

## By Bike

### March

- ▶ Las Brañas and El Mar MTB Challenge. Luarda (Valdés)

### April

- ▶ Tour of Asturias
- ▶ Montes del Sella Bike Marathon (Parres)

### May

- ▶ MTB Pastores Picos de Europa. Benia de Onís (Onís)

### June

- ▶ Lagos de Covadonga Challenge (Cangas de Onís)
- ▶ Senderos del Carbón MTB Marathon (Mieres)

### July

- ▶ La Rosca de Somiedo (Somiedo)

### September

- ▶ Cycling Tour of Spain through Asturias
- ▶ MTB Dos Villas (Gijón)
- ▶ Ría del Eo Bicycle Tourism March (Vegadeo)
- ▶ Emerald Ports Classic (Nava)
- ▶ Montearo Mountain biking Solidarity March (Carreño)

### October

- ▶ Naveces Mountain biking Tour
- ▶ Climb of the Angliru BTT (Riosa)
- ▶ Naveces Mountain biking Tour (Castrillón)

### December

- ▶ Santa Bárbara Mountain biking Rally (Mieres)

## Air

### May

- ▶ Asturias Paragliding Championship (Nava)

## Other options...

### April to October

- ▶ Where the bear walks (Cangas del Narcea, Degaña e Ibias)

### July to September

- ▶ Observation of the Bearded Vulture in Picos de Europa National Park. Benia (Onís)

### August

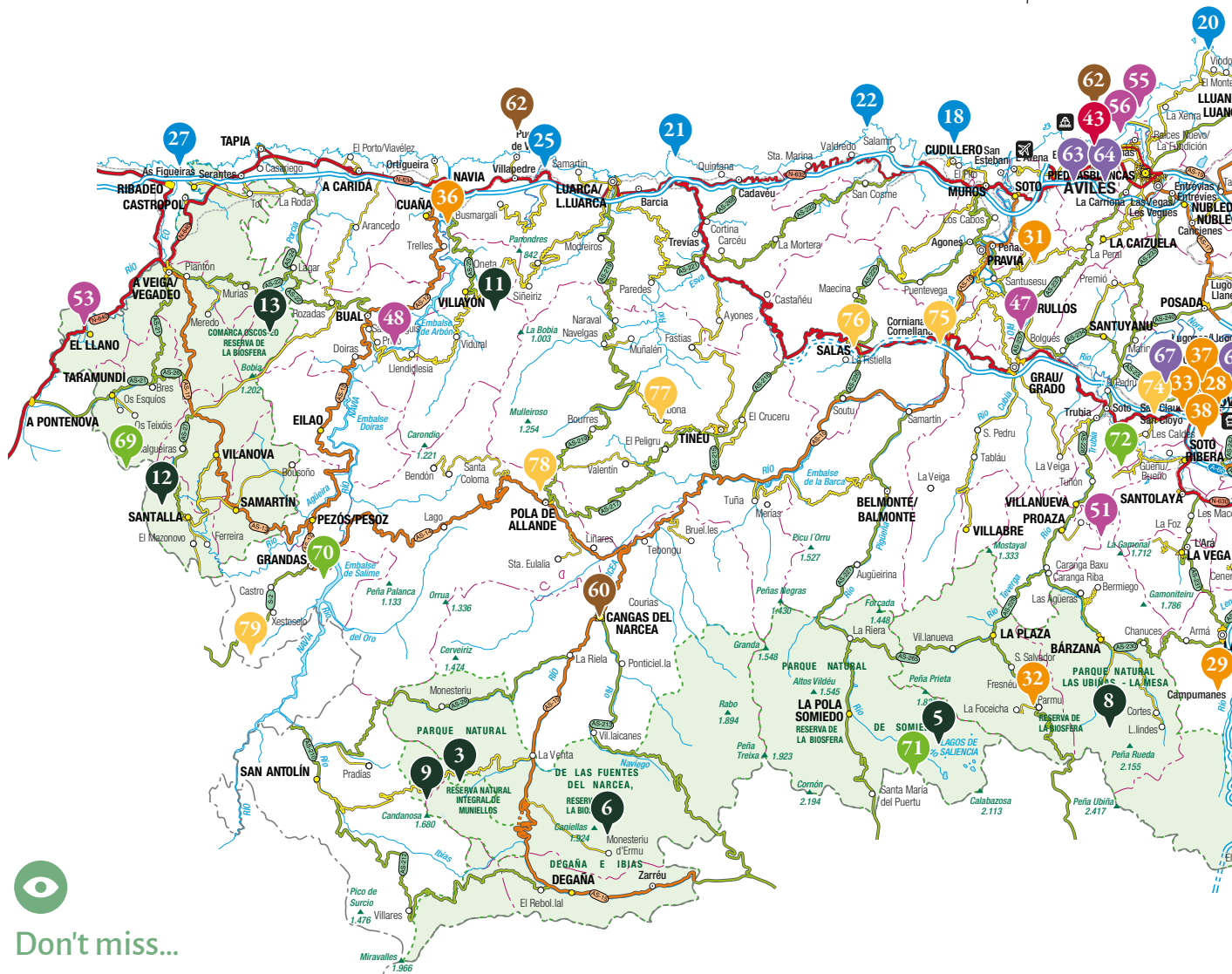
- ▶ World Gold Panning Championship. Navelgas (Tineo)
- ▶ Official International Show Jumping Competition of Spain. CSIO (Gijón)

This list is just a small sample of sports events held in Asturias. Some dates and locations may be subject to changes.

For updated information, please check the official pages of the Asturian Sports Federations.



**More information:**  
[turismoasturias.es/en/agenda-de-asturias/deporte](http://turismoasturias.es/en/agenda-de-asturias/deporte)



## Don't miss...

### Explore paradise

1. Fitu Lookout (Parres)
2. Pozo de la Oración Lookout (Cabrales)
3. Puerto del Connio Lookout (Cangas del Narcea)
4. Covadonga Lakes - Picos de Europa National Park
5. Somiedo Lakes - Somiedo Nature Park
6. Fuentes del Narcea, Degaña and Ibias Nature Park
7. Redes Nature Park
8. Las Ubiñas - La Mesa Nature Park
9. Muniellos Forest Nature Reserve (Cangas del Narcea and Ibias)
10. Ponga Nature Park
11. Oneta Waterfall Trail (Villayón)
12. Seimeira Waterfall Trail (Santa Eulalia de Oscos)
13. Cioyo Waterfall Trail (Castropol)
14. Xurbeo Waterfall Trail (Aller)

### Submerge yourself in the coast

15. Pría Blowholes (Llanes)
16. Arenillas Blowhole (Llanes)
17. Santiuste Blowhole (Llanes and Ribadedeva)
18. Cudillero marina
19. Gulpiyuri Beach (Llanes)
20. Peñes (Gozón)
21. Busto Cape (Valdés)

22. Vidio Cape (Cudillero)

23. Lastres Cape (Colunga)

24. The Dinosaur Coast and the Jurassic Museum of Asturias (Colunga)

25. Barayo Partial Nature Reserve (Valdés)

26. Villaviciosa Partial Nature Reserve

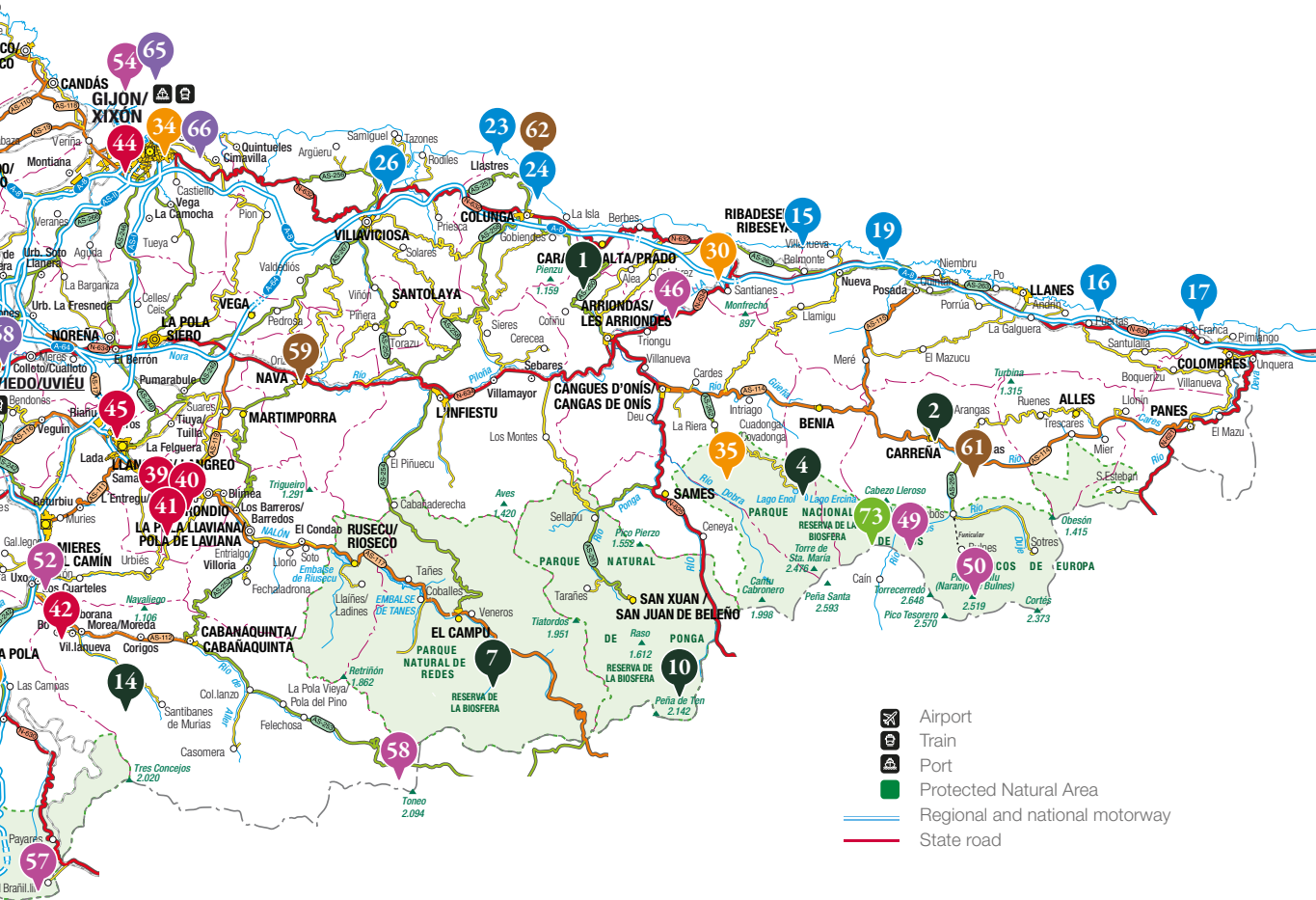
27. Landscape of the Eo Estuary (Castropol and Vegadeo)

### Absorb Asturian culture

28. Asturian Pre-Romanesque (Oviedo)
29. Asturian Pre-Romanesque (Lena)
30. Cave Art: Tito Bustillo Cave and Art Centre (Ribadesella)
31. Cave Art: La Peña Cave (Candamo)
32. Teverga Prehistory Park
33. The Museum of Fine Arts of Asturias (Oviedo)
34. The Museum of the Asturian People (Gijón)
35. The Royal Site of Covadonga (Cangas de Onís)
36. The Castros of Navia and Coaña: Castro culture
37. The Archaeological Museum of Asturias (Oviedo)
38. "Princess of Asturias" Awards (Oviedo)\*

### Admire your surroundings

39. Mining and Industry Museum of Asturias - MUMI - (L'Entregu/El Entregu-San Martín del Rey Aurelio)
40. Samuño Valley Mining Ecomuseum (Ciañu-Langreo)



- Airport
- Train
- Port
- Protected Natural Area
- Regional and national motorway
- State road

- 41. Sotón Pit (San Martín del Rey Aurelio)
- 42. Mining town of Bustiello (Mieres)
- 43. Arnao Mine Museum (Castrillón)
- 44. Railway Museum of Asturias (Gijón)
- 45. Steelworks Museum of Asturias-MUSI-(Langreo)

**Make the most of Asturias**

- 46. Descents in canoe or pirogue down the Sella River
- 47. Descents in canoe or pirogue down the Nalón River
- 48. Descents in canoe or pirogue down the Navia River
- 49. Cares Trail (Cabrales)
- 50. Picu Urriellu (Cabrales)
- 51. Bear's Trail (Santo Adriano, Proaza, Teverga and Quirós)
- 52. Turón Greenway (Mieres)
- 53. Eo Greenway (San Tirso de Abres)
- 54. Surf in Gijón
- 55. Surf in Xagó (Gozón)
- 56. Surf in Salinas (Castrillón)
- 57. Winter Resorts: Valgrande- Pajares (Lena)
- 58. Winter Resorts: Fuentes de Invierno (Aller)

**Follow your stomach**

- 59. Cider Museum (Nava)
- 60. Wine Museum and wineries of the PDO Cangas wine (Cangas del Narcea)
- 61. Cave-exhibition of the Cabrales cheese and Cheese Factories (Cabrales)
- 62. Live auction in a fish market (Avilés, Llastres, Puerto de Vega)

**Tune into the urban beat**

- 63. Avilés and its reinforced street: Calle Galiana
- 64. Centro Niemeyer in Avilés
- 65. The fishing neighbourhood of Gijón/Xixón: Cimavilla
- 66. The Laboral City of Culture, in Gijón
- 67. The Holy Chamber and Cathedral in Oviedo/Uviéu
- 68. Fontán Market in Oviedo/Uviéu

**Breathe Asturias**

- 69. Os Teixóis Ethnographic Site (Taramundi)
- 70. Grandas de Salime Ethnographic Museum
- 71. A walk through the Somiedo *brañas* with their emblematic *teitos* (thatched roof cottages)
- 72. *Hórreos* (raised granaries) in Güeñu/Bueño (Ribera de Arriba)
- 73. The Plains of Picos de Europa

**Walk through the past**

- 74. El Salvador statue in the Cathedral of Oviedo
- 75. Monastery of San Salvador de Cornellana (Salas)\*
- 76. Collegiate Church of Santa María la Mayor (Salas)\*
- 77. Monastery of Santa María la Real de Obona (Tineo)\*
- 78. Peñalba Cienfuegos Mansion (Allande)\*
- 79. Chao Samartín Castro (Grandas de Salime)

\*Outside visits

# Asturias

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