

Central Asturias where mining, the sea and the villages go hand in hand

From Bajo Nalón to Gijón passing through Avilés and Peñes

Muros de Nalón, Soto del Barco y Pravia are the parish councils which form the **Bajo Nalón**. Do not miss the Pre-Romanesque church of Santianes de Pravia and the delightful indianos' village of Somáu (Indianos are asturians who emigrated to the America and returned with a fortune). Pravia itself has many tourist sites including the Baroque architectural ensemble in Moutas, the valle Chapel and the old quarter of the village.

Sotu is the capital city of the district Soto del Barco. One of its greatest attractions is l'Arena, a village with a long seafaring tradition and with the pretty beach of Los Quebrantos at the mouth of the Nalón river. The most emblematic buildings in Muros de Nalón are the Valdecarzana Vallehermoso Palace, as well as the City Hall square. San Esteban, in Muros de Nalón, is a port located on the left bank of the Nalón River. This is the starting point of the Lookout Trail.

Avilés and district without doubt, offer a special invitation to continue discovering Asturias. Together with Avilés, the parish councils in the district include Castrillón, Corvera de Asturias and Illas. Castrillón, without doubt, is noted for the large number of beaches in the area whereas in the parish council of Corvera de Asturias the reservoir of Trasona/Tresona, where you can go kayaking is what stands out.

In Illas, lovers of hiking can either follow the Path of the Windmills or walk up Gorfolí Mountain The district of **Cabo Peñas** is made up of **Gozón y Carreño**. Lluanco/Luanco is the capital city of the former.

With a large number of beaches, one of its natural monuments is the Protected Landscape of Peñes.

And from one fishing village to another, in the neighbouring district: **Carreño** and its capital city, Candás, a port which is love at first sight. Here, Monte Areo will surprise you with its large tumular necropolis. **Gijón** lies just a few kilometres away from this district.

Travelling from the coast to the interior which is dotted with stunning valleys, forests, lakes and villages

Oviedo/Uviéu is the capital city of the Principality of Asturias. The Comarca del Nora is made up of Llanera, Noreña y Siero. In Llanera you can take the Palace Route. Fans of car-racing can visit the circuit and the Fernando Alonso Museum. Its festivals include the Exconxuraos festival. As for Siero, its mining history can still be seen in some of the towers and shafts such as Pumarabule and Mosquitera. This can all be enjoyed more closely, by following the mining route of Jovellanos. The number of palaces and imposing mansions is quite spectacular. Siero is also known for its cider production, as it is the third largest cider-making council in the region. Its most emblematic festivals include the Huevos Pintos and the Carmín de La Pola festivals. Finally, once in Noreña, the cured meat capital par excellence of Asturias, the most popular dishes, in the right season, include callos (a tripe dish), moscancia (a type of fresh blood pudding) or sabadiego (a local chorizo).

Las Regueras is a district full of history and tradition, crossed by the Way of Saint James.

This district together with Santo Adriano, Proaza, Quirós, Teverga, Grado, Canda-

mo, Yernes y Tameza, Belmonte de Miranda and Somiedo, all come under the name of Camín Real de la Mesa. Throughout the Middle Ages, the Camín was the path taken by people, cattle and goods between Asturias and Castilla.

Its buildings of interest include the Pre-Romanesque Church of San Pedru Nora, dating back to the end of the 9th century, and the Roman Baths of Valdunu. In route to Valles del Oso, travellers will reach **Santo Adriano**, where the Senda del Oso (Bear Trail) begins, built on the former mining railway. The Pre-Romanesque temple of Santo Adriano de Tuñón is in Santo Adriano. The recreational area of Buyera is home to the fenced enclosure, where the bears "Paca" and "Molina" live.

Further on, you arrive in **Proaza** where, apart from the aforementioned trail that crosses through the village, there are a whole host of routes. One of the most striking villages is the medieval village of Banduxu/Bandujo, which you can reach on foot or by car. Then the Senda del Oso branches off in two directions, inviting you to explore Quirós or Teverga. Quirós offers the chance to admire the beautiful Valdemurio Reservoir, together with another beautiful village, Bermiego, which is home to one of the most famous yews in the region. In Bárzana, the capital city, the ethnographic museum is well-worth a visit.

In **Teverga**, in Samartín, those who enjoy cultural visits should visit the collegiate church of San Pedro. It houses a museum, where the mummified corpses of the Marquis of Valdecarzana and his son Pedro de Miranda, abbot of the collegiate church from 1690 to 1720, are located. Together with Quirós and Lena, this forms part of the Nature Park of Las Ubiñas-La Mesa. Some of the most significant natural gems include the Huerta Cave and the Marabio mountain passes. Also, in Teverga, there are majadas (mountain grazing meadows) with traditional-style mountain huts, teitos and corros. One of these high-mountain meadows is Cadenas, where you may find corros (round stone huts) and cabins. The high-mountain meadows, where teitos (thatched roof cottages) can still be found are Fonfría, El Valle, Tuiza, Llamaraxil and El Rebellón. One of the most relevant museum centres here is the Prehistoric Park.

The beech forest of Montegrande and the Xiblu waterfall are essential visits in any nature lover's diary.



For shopping, Grado and for visiting, Candamo and Yernes y Tameza

Grau/Grado can certainly be proud of its magnificent Sunday market. Grau/Grado has a significant number of buildings of great historical interest, for example, Nuestra Señora de los Dolores Chapel and San Pedro Parish Church. The district has various routes to help you discover it, including the Conde de Coalla Route, through the abandoned villages, the spelt flour route and the Cubia River route.

In the neighbouring area of **Candamo**, a must-see is the Cueva de la Peña, a cave offering incredible cave paintings declared a World Heritage Site by UNESCO. It is only open at specific times of the year, therefore, if it is closed, it is worth visiting the Cave Art Interpretation Centre in San Román. One of its most popular festivals is the strawberry festival.

For those that choose to visit **Yernes y Tameza**, they should look out for the many hórreos and paneras (raised granaries) in Yernes, some of which are really quite old. From Yernes, there is a climb to the Cuevallagar pass, a spectacular spot and just as beautiful as the cave of the same name, where, during the summer months, cattle seek shelter from the heat.

Belmonte de Miranda, like Somiedo, is also bear territory. The Casa del Lobo (Wolf House) is located in Belmonte capital, a visit which can be combined with another to the wolf enclosure, while one of the most beautiful recreational areas in the region is located in Silviella.

Somiedo, in turn, captivates visitors from the minute they arrive. Wide, open valleys, mountains, lakes, forests, villages... and all amid incredibly generous natural surroundings.



It is, without doubt, the kingdom of the brown bear, with ever-increasing sightings. Somiedo Nature Reserve is made up of five valleys: Somiedo, Pigüeña, Valle, Saliencia and Perlunes. The Ecomuseum in Somiedo, Caunéu, is well worth a visit. Some of its main high-mountain meadows where the old huts, teitos, capture the attention of travellers, with their thatched straw or broom roofs, include Sousas, Mumián, Saliencia and La Pornacal. To find out more about them, it is worth visiting the Reception and Interpretation Centre in Somiedo.

A journey through the history of mining and the most incredible landscapes of the mining areas

The treasures of the **Central Mountain** are distributed among **Ribera de Arriba, Morcín, Riosa, Mieres, Lena** and **Aller**, with a rich industrial and mining heritage, but also with a vast natural and ethnographic wealth. **Ribera de Arriba**, towards the plains, has beautiful villages such as Güeñu/Bueño, with one of the largest samples of hórreos and paneras in the whole of Asturias. Riosa and Morcín compete in terms of landscape beauty and places of interest. In Riosa, the history of cycling has been established with the climb to the now famous Angliru, amid the landscape of the Aramo mountain range. The most popular places in Morcín are Monsacro, which is home to Santa María Magdalena Chapel and Santiago hermitage where, according to history, the relics of Christianity were kept.

The mining and coal history form an essential part of the district of Mieres, with a rich industrial archaeology heritage.

From the mining village of Bustiello to the Espinos, Fortuna pit or the Socavón de la Rebaldana mineshaft, in the Turón Valley, the landscape of houses and meadows mixes with towers, some of which are as famous as the San José or Santa Bárbara pits. **Mieres** also forms part of the pilgrims' route who, via the Salvador Way, reach Asturias to visit Oviedo/Uviéu Cathedral and continue on towards Santiago. One of the most important festivals is the Mártires de Valdecuna romería, a religious pilgrimage held in the area of San Damián and San Cosme Sanctuary. The capital of Mieres is a hive of leisure activities. Visitors simply must have a few ciders in Requejo or enjoy its "Folixa na Primavera"-

Lena and Aller also offer rich landscapes and ancestral traditions. In Lena, during the winter months, ski enthusiasts can enjoy skiing at the Valgrande-Payares ski resort. Its many sites of interest include Santa Cristina de Lena Church, declared a World Heritage

Site by UNESCO in 1985 and a jewel of Pre-Romanesque architecture in Asturias. However, before going up, it is worth stopping at the Pre-Romanesque Didactic Workshop, located in the former La Cobertoria station.

Aller also has a variety of activities on offer for sports enthusiasts at its Fuentes de Invierno ski resort.

Its unique routes include Xurbeo Waterfall, the Foces del Pino, the route that leads to Peña Mea and the path that goes from Aller River to Vegarada pass. The so-called "Vía Carisa" is extremely important here, between the districts of Lena and Aller, built by the Romans during the reign of Augustus, and named after Publius Carisius. There is a Roman site located at 1,728 metres on the Curriechos Mount, the result of the war waged against them by the Celtic tribes of Asturias.

The Nalón Valley is also a promised land for tourists, a valley where mining, coal, the locals and the river of the same name, form an essential part of the history of Asturias and its people. As in Caudal and other areas with a significant mining history, and not only coal mines, miners and mining have written part of our history. In Langreo, for example, and as part of its industrial history, is the important MUSI (Iron and Steel Industry Museum), as well as the mining pits of Candín, María Luisa, Fondón, San Luis and Samuño. To discover its natural heritage, a good option is to follow one of the routes, such as the Trole and the Molinos routes, the circular Ciañu route and the El Tendejón-La Colladiella greenway. One of its main attractions is now the Valle de Samuño Mining Ecomuseum, where, on board the mining train, travellers enter a real mine, San Luis pit, on an intense, moving and pleasant journey taking them through the history of mining, which, despite the conversion of the mining sector in Asturias, is still very much alive.

San Martín del Rey Aurelio is home to two extremely important museum centres in the región: the MUMI, or The Museum of Mining and Industry of Asturias and Sotón Pit. Those wanting to enjoy nature can explore Santa Bárbara Valley from Sotrondio. The route reaches the top of La Colladiella.

In the parish council of **Laviana**, and specifically in Entrialgo, an essential visit is to the house in which the writer, Armando Palacio Valdés, was born, very close to the famous La Chalana Bridge. Given its diverse landscape, there are many routes here, including the Foces del Raigosu, a tour around Peñamayor, climbing the Peña Mea and the El Sutu-La Var greenway. This route through the Nalón Valley ends in two districts, **Sobrescobio and Caso**, which form what is known as **Redes Nature Park**, declared a World Heritage Site by UNESCO.

The first thing visitors leave behind upon entering Sobrescobio, is the industrial and mining landscape, to come face to face with a natural open spectacle

The Villamoréi Tower watches our every step. The Tanes Reservoir is truly impressive, with Santa María la Real Collegiate Church overlooking its waters, and the Alba Route, that begins in Soto.

And from Sobrescobio to **Caso**, the home of the wonderful Casín cheese, one of the most emblematic cheeses in Asturias. To find out more about what is on offer in this area, it is worth visiting the Nature Interpretation and Reception Centre in the Nature Park, in El Campu, the capital of the district. One of the most impressive places in the area is Brañagallones. Climbing up to the meadow and discovering it is an unforget-table experience and, from there, visitors can take the Peña'l Vientu route.



Central Asturias, a culinary heaven

#Gastronomy

You can find many reasons to enjoy hideaways and special moments in the 35 districts that make up Central Asturias. From all of them, no matter how far away from the coast they are, Asturias revolves around the sea, tastes it and always enjoys the seasonal products. Gijón/Xixón and Avilés house the two most important rulas (fish markets) in the region. They really deserve a visit to see the great demand for oricios (sea urchins) in winter, while in the spring the xarda (mackerel) is landed by the tonne and in summertime the tuna fish catches all the public's attention. Every season is different and the species embellishing the fishmongers change with the seasons, except for hake which always has a place in the display, more recently in the company of the ever-present Alfonsino species. When it comes to shellfish, the myth that it should only be eaten in months with an 'r' in them is not true. However, it is true that many crustaceans, including some crabs, prefer the cooler waters of this time of year. Nevertheless, some types of shellfish improve in taste as summer approaches. These include the European lobster and the spiny lobster.

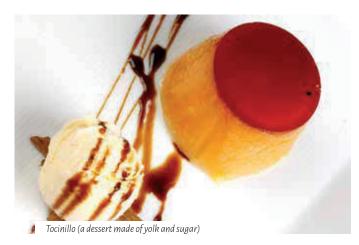
The main cities have attractive markets, such as Fontán market in Oviedo/Uviéu, which has just celebrated its 50th anniversary, or the Mercado del Sur in Gijón/Xixón. Here you will find a large selection of the cheeses from the central region of Asturias, from Afuega´l pitu, produced in most districts, to the ancestral Casín, and including the cheeses of Varé and Alcares in Siero, La Peral and Gorfolí in Illas, Lazana in Las Regueras, Rey Silo in Pravia, Fuente cheese in Proaza and Urbiés cheese in Turón.

Don't forget to visit a ciderhouse. Gijón and Siero are home to a large number of the ciderhouses in Asturias, many of which are delighted to welcome you into their culture, the culture of all Asturians. The street with the most ciderhouses in all the region, Gascona, home to cider workshops, tastings and various other activities can be found in Oviedo. As well as apples, this is the land of the kiwi, which grows especially well on the plains of Pravia, and of strawberries, the ones from Candamo being particularly famous.



It is time to taste the cachopo (breaded Asturian PGI beef fillets stuffed with local cheeses and Serrano or Iberian ham). You will find it on the menu in any restaurant. Don't forget to ask about the size, although it is true that those 'sheets' that fell off the plate have taken on more reasonable sizes with better quality ingredients, you can still find many cases of "grandonismo asturiano" with portions that require you to take half home in a doggy bag.

Whatever you eat, don't forget to leave room for dessert. The centre of the region is full of options for those with a sweet tooth. Almost everywhere, you will find char-



lota cake, made with a sponge base, cream and almonds covered in chocolate and topped with cherries. And of course, in Gijón/Xixón, the "Gijonesa" cake, with the delicious turron flavour in its centre.

Gijón/Xixón is paradise for lovers of 'princesitas' (marzipan and orange truffle sweets) and ice-cream filled chocolates. In Oviedo, it is essential to try two unbeatable creations. The first is carbayones, almond cakes covered in syrup and lemon juice, and the second, moscovitas, a chocolate and almond delicacy. In Avilés, the Easter buttered sponge rules, typical in Holy Week. If we go further inland, in the parish council of Aller, you can try a unique dessert, panchón, in Laviana, bartolos and in Mieres, the "consejos paserinos", a sweet short pastry doughnut with milk. In Grado you can find the famous tocinillo de cielo, and on the coast close to Peñes the 'marañueles' of Candás y Lluanco/Luanco, some typical pastries made from butter, egg, sugar, flour and lemon zest, with the difference that in Lluanco, they only use the volks.

The gastronomic year in Morcín starts in January, with the Turnip Festival and the Afuega'l pitu cheese contest. The Workshops in Pote and in Pitu de Caleya of Las Regueras take place over the first weekend in February. In March you can choose between the Cabritu Workshops in Laviana or the Festival of the Eel in L'Arena. Easter Week follows on fast with the Bocados del Cofrade in Oviedo/Uviéu, the Cod Workshops in Salinas and the Workshops in Pixín Muros de Nalón. One day later, on Easter Monday, you may be left gaping at the food in the street and Bollo festival in Avilés, which brings together more than ten thousand people, while San Marcos Noreña holds their Picadillo and el Sabadiego Festival.

May sees the Cheese and Wine Fair in Avilés. June is the season for "arbeyos" (green peas) and in Belmonte de Miranda this is celebrated with some very attractive menus. On the first Sunday in July half of Asturias can be found at the Lamb Festival in Prau Llagüezos (between Lena and Quirós), while the other half are enjoying the Bonito Tuna Festival in Lluanco/Luanco. The first Sunday of August is reserved for the Sardine Festival in Candás and the last week for the Natural Cider Festival in Gijón/Xixón. September is the month of the Escanda (spelt) contest in Grado.

Can you imagine celebrating "El Dersarme" (Local Gastronomic Celebration)? This is what they do in Oviedo/Uviéu every 19th October, by eating chick peas with cod or tripe, and rice pudding. Another key date in the Asturian autumn is the 11th November, the Humanitarians Festival in Morea/ Moreda (Aller). From here, the focus moves to the Nalón river basin, with three peak moments, los Nabos in Sotrondio, "les Cebolles Rellenes" in L'Entregu/El Entrego, and the stuffed peppers festival in Blimea. In the neighbouring district, in Caudal, they pay tribute to the patron saint of miners, Saint Bárbara, with the famous Pote workshops in Turón. December is the season for slaughter, when the pig takes the limelight with Workshops in Noreña, Caso and Felechosa. Bon Appétit.

January

- Afuega'l Pitu Cheese Competition in La Foz de Morcín.
- Turnip and Fuente Cheese Festival in Proaza.
- Last Saturday of the month, annual cattle fair in La Pola (Lena).

<u>February</u>

- Santo Cristo del Socorro Festival in Lluanco/Luanco (Gozón).
- San Blas Festival in Sotu (Soto del Barco).

March

 Elver Gastronomic Festival in Sotu (Soto del Barco)

<u>April</u>

- "Folixa na Primavera" in Mieres del Camín.
- Mottled Eggs Festival in La Pola Siero
- ► La Flor Festival in the Naredo Valley, La Pola (Lena).
- Fiesta del Picadillo y el Sabadiego Festival in Noreña.
- ► Teverga Passes, cycle tourism

route in Teverga.

► La Flor de Grau Festiva in Grau/ Grado.

May

- ► Tour around the Trasona reservoir in Corvera de Asturias.
- Medieval Festival in Pel.luno (Aller).
- ► La Flor Festival in Lada (Langreo).
- ► Tradicional market in honour of San Isidro in Llanera.

Monsacro Chapels

#Hiking

Starting point of the route:La Collá End of route: Capillas del Monsacro District: Morcín Type of route: Round trip Length: 5,46 km

Duration: 2 h 30 min Minimum altitude: 401 m Maximum altitude: 920 m Climb: 519 m



This short route begins in the village of **La Collá**, in Morcín and the trail starts a few metres below the town. A signpost marks the way. After walking the first 300 metres, the route runs along a wide path, uphill, but not very steep, in the shade of a lush and beautiful forest.

Half a kilometre further on, as the forest ends the path narrows, becoming steeper, and following a zig-zag track. When we arrive at kilometre 1.3 from the beginning of the trail, we pass right next to the formation known as **Silla del Obispo** (the Bishop's Chair), where legend says that Bishop Toribio sat down to rest when he was carrying the Holy Relics up the hill.

Almost at the end of the route, at kilometre 2, after this arduous journey, we enter a smoother and wider trail, the **Vega Mayéu**, where the chapels are located; **chapel of the Magdalena and hermitage of Santiago**, the end of our route.

Tuíza Riba to Meicín

#Hiking

Starting point of route: Tuíza Riba End of route: Refugio del Meicín District: Lena Type of route: Round trip Length: 4,3 km Duration: 4 h Minimum altitude: 1.210 m Maximum altitude: 2.389 m Climb: 1.179 m



In **Tuíza Riba**, located at 1,210 m above sea level, the toughest walk to Peña Ubiña begins. Take the higher path that goes to the west, climbing rapidly. As we approach

the stream, the great mass of Peña Ubiña emerges from the north face. Continue the walk through the meadows of **Boquera del Meicín** until reaching the **Vega del Chagu** (1,545 m). This is the location of the mountain refuge of the Mierense Cultural and Sports Centre which serves as a base camp for many of the climbs up these mountains.

Montegrande Beech Forest and Xiblu Waterfall #Hiking

Starting point: Braña La Puerca (km 23 approx.) End of route: Braña La Puerca (km 23 approx.) District: Teverga Type of route: Round trip Length: 9,9 km Duration: 3 h

Minimum altitude: 1.122 m Maximum altitude: 1.255 m

Climb: 133 m



This attractive walk starts in the **Braña La Puerca** car park, on the AS-228 highway, after passing through the village of Parmu. The path leaves to the east towards Xiblu waterfall

Approximately 800 metres from the start, a signpost points towards **Los Leprosos fountain**, at the bottom of the valley. A hundred metres further on, you can see the entrance to a former coal mine.

After some 4.300 kilometres, you will see how the path starts to climb. The river Fundil or La Verde runs alongside the path in this section of the trail. A little further on, you will come to a junction, take the left-hand path to follow the river which flows in the opposite direction.

At the end of the route, at kilometre 4,9, you reach the pretty **Xiblu waterfall**, so-called because of the whistling sound of the wind when it blows in a certain direction. Return along the same path in the opposite direction.

It is also possible to cross the mountain; to do so, continue to the next village, La Foceicha .

Mercáu Quirosán (Quirós).

June

- ► Procession out to the high seas in L'Arena (Soto del Barco).
- Strawberry Festival in Grullos (Candamo).
- San Xuan de Corvera Bonfire Night and San Juan Bonfires across the region
- San Antonio Festivals in Muros de Nalón.

July

- Exconxuraos Festival in Llanera.
- ► Lamb Festival in Prau Llagüezos (Quirós and Lena).
- ► Bandes de Gaites Festival Villa de Candás (Carreño).
- International Longboard Surf Salinas
 Festival in Salinas (Castrillón).
- Nuestra Señora del Carmen and Carmín Festivals in La Pola (Siero).
- Pilgrimage of the Migration in the Somiedo Lakes in Somiedo.
- Avilés and its district Intercélticu Festival.

August

- ► Sardine Festival in Candás (Carreño).
- Alba Festival in Salceo (Quirós).
- ▶ Parade in Valdesoto (Siero).
- Nuestra Señora del Cébrano Festival in Teverga.
- San Pedrín de la Cueva Festival in Narzana, Sariego.
- ► Folkloric Descent of the Nalón River, in La Pola Llaviana/Pola de Laviana.
- Astur-Roman Festival in Carabanzo (Lena).

<u>September</u>

 8 September, Asturias Day and Nuestra Señora de Covadonga festival in the entire region.

Valle del Lago Route

#Hiking

Starting point: El Val.le/Valle del Lago End of route: El Val.le/Valle del Lago District: Somiedo Type of route: Round trip Length: 12 km Duration: 3 h 45 min Minimum altitude: 1.243 m Maximum altitude: 1.577 m Climb: 334 m



The route begins in the village of **El Val.le/Valle del Lago**, in the municipality of Somiedo. It is a practically straight path uphill that takes us to El Valle Lake.

At about two and a half kilometres from the start, we come to a fork, where we should take the path to the right. From here we begin to see, on our left, teitos, traditional greenroof huts from this area. They have a rectangular or square floor, and stone walls; The roof consists of a wooden framework supporting a thatched roof, usually made of broom.

At kilometre 3.4 there is a fork. Take the path to the right, around the mountain, to the south of our current location. Some 500 metres ahead we can enjoy the spectacular panorama of the valley from the **Gabitón high-mountain meadow**. Here we can see several more teitos.

After the first 5 kilometres we come across another fork, where we choose the path to the left. A few more metres on, we will have to cross a quarry, so pay attention and proceed with caution.

From the next kilometre, more or less, we get our first look at El Valle Lake. Continue around the lake in a clockwise direction. Some 500 metres further, we reach the highest point of the route and should continue to the East to begin the descent to the town of El Val.le/Valle del Lago.

Nearing the end of the route, at kilometre 9.2, we can admire the Corba teito on the right, and continuing straight on we arrive at **El Val.le/Valle del Lago**, ending our route.

Alba Route

#Hiking

Starting point: Soto
End of route: Soto
District: Sobrescobio
Type of route: Round trip
Length: 14.2 km

Duration: 4 h 30 min Minimum altitude: 431 m Maximum altitude: 869 m Climb: 438 m



The route begins in the village of **Soto**. For most of the route, the path is paved, except for the last section, always uphill and towards the South. In the town, the entrance to the route is well signposted. Begin by walking around the edge of various farms.

After the first kilometre, the route starts properly, with the fish farm to our left; this will be our first encounter with the Alba River. After 800 metres, on our left, there is a bridge with a sign that says: "No stopping, one person every 5 metres".

After kilometre 2, the **Alba gorge** starts, the valley gets narrower and the river gets closer to the trail. A few metres farther ahead, on the cliff that rises to our right, we can see a rocky formation in the shape of a horn, which the locals call "el Vigilante" (The Watchman). From here onwards we can see small waterfalls in the river, which get larger as we continue in the opposite direction to the way it flows.

After about 3.4 kilometres from the beginning of the route, on our left there is a picturesque cottage, accessed by a wooden bridge, making the landscape even more charming, if that is possible. To the right, the remains of the "Campurru" loading dock, an old structure that was a part of the Carmen Mine, now over-run by nature.

Two kilometres farther along, we come to a rest area to the left of the trail and a fork in the path. Continue on the trail to the left. From this point on it is no longer paved.

This is where the steepest section begins, where we can see the largest waterfalls along the route, some of which have a drop of up to ten metres. Be careful in this area because, although there are some sections that have been prepared, the ground may be slippery.

At kilometre 6.8, we come upon a wide bridge which allows us to access the **Cruz de los Ríos**, marking the end of the first leg of this route. Some metres further on there is a recreational area well equipped for a rest before embarking on the return, going back the way we came.

- Valdecuna Santos Mártires Religious Pilgrimage in Cuna (Mieres)
- ► Nuestra Señora del Carbayu Festival (Langreo).
- La Ponte Festivity, in Pravia.
- Princess of Asturias Rally.

<u>October</u>

► Tradicional Market in La Felguera

 L'Alcordanza traditional Market and La Seronda Menú in Proaza.

November

- Humanitarians Festival in Morea/ Moreda (Aller).
- ► Les Cebolles Rellenes Festival in L'Entregu/El Entrego.
- Turnip Festival in Sotrondio.

December

- Stuffed Peppers Festival in Blimea (San Martín del Rey Aurelio).
- Gastronomic Workshops in Pote in Turón (Mieres)



More information at: agendaasturias.es

The Lookout Trail

#Hiking

Starting point of the route: San Esteban End of route: Playa de Aguilar District: Muros de Nalón Type of route: One-way route Length: 6,35 km Duration: 2 h Minimum altitude: 0 m Maximum altitude: 123 m Climb: 123 m

Tabayón del Mongallu Trail

#Hiking

Starting point of the route: Tarna End of route: Tarna District: Caso Type of route: Circular Length: 11,5 km Duration: 4 h Minimum altitude: 900 m Maximum altitude: 1.334 m Climb: 434 m





This route starts at the mouth of the river Nalón, in the port of **San Esteban** itself. Here you will find the information panel for the start of the Muros de Nalón Coastal Trail.

After walking for 1.7 kilometres, you reach the most difficult part where you have to climb 420 steps to the viewpoint and chapel, but it is well worth the effort.

On arrival at the top, at approximately kilometre 2,1, there is a recreational area and the nearby **white Espíritu Santo Chapel**, as well as the first of the viewpoints which takes the same name as the chapel. The lookout offers beautiful views across the cliffs, with Los Quebrantos beach and the Isle of Deva to the right, and **Cape Vidio** to the left. Approximately 400 metres further on, the path is surrounded by chestnut and eucalyptus woods; the trail is well-marked and leads to a number of viewpoints.

Halfway along the route, at the 3 km mark, the path runs around Focarón beach towards L'Atalaya viewpoint. Another kilometre and a half take you around Cazonera beach to Glayos viewpoint. This is now close to Las Llanas beach.

Almost at the end of the trail, from the **top of Las Llanas**, kilometre 5.3, you have marvellous views of the coast. Descending just a few metres further, you arrive at Xilo or Veneiro beach, at the 6 km mark, next to **Aguilar beach**, the end of the route.

This beautiful circular route starts in the village of **Tarna**, which can be reached along the AS-177 highway. You can park your car in the village. The information panels for the route, with the corresponding map, are located at the entrance to the village.

Leave the village along a paved track to the right. You will see the village cementery on the left, after about 200 metres. Climb up the track between stone walls until entering a beautiful beech tree wood.

After 750 metres, you will reach the **high-mountain meadows of El Otero**; continue climbing along the track until you reach a crossroads, at the 1 km mark, called Terrenos crossroads: the path to the left takes you to the Rebollos de Llanu'l Toru, while to the right you will reach Tabayón waterfall.

First, turn left and climb up the track crossing a glade until you reach a narrow path leading to **Llanu'l Toru**. This is a hill in the midst of the beech wood. From here, we retrace our steps to the crossroads, and this time take the right-hand turn towards the waterfall. There are information panels at the crossroads so you are not likely to get lost.

Continue along the track through the heart of the wood; along the way you will cross a number of wooden bridges across Requexada stream. On reaching the 6 km mark, you start to go down and will have you first sightings of the waterfall.

One kilometre further on, 7 km mark, you reach a glade where you will find the **high-mountain meadows of las Camponas**; from here, follow a stoney track up to the foot of the impressive **Tabayón del Mongallu waterfall**, with a drop of approximately sixty metres.

For the return, go back to the **high-mountain meadows of las Camponas**, and take the path towards the left to descend along another track to discover another part of the beautiful beech forest.

After half a kilometre, you will reach another high-mountain meadow, called **Rebolláu**. Carry on downwards along the track until you reach a bridge which takes you across the river, at kilometre 10. Passing through forests, and between stone walls, a short climb up the path takes you back to the village of **Tarna**, the start and finish of the route.

Roman memories in the Camín Real de la Mesa #Asturiasbycar

Starting point of the route: Tuñón End of route: San Román Distance: 162 km



DAY 1: The trip to Camín starts at the Valles del Oso, in the parish councils of **Santo Adriano, Proaza, Teverga and Quirós**. The best way to discover this region is by following the trail which shares its name: The **Bear Trail**. Built along a former railway line, it is suitable for everyone and is dotted with recreational areas. There are two paths which can be followed on foot or by bike (available for rent). The original route runs from Tuñón to Entragu, and is almost twenty kilometres long. Near the end there is another section towards Quirós which adds on another thirteen kilometres. The trip can be finished off with a visit to the Bear Enclosure, located on the trail, where bears rescued from poachers live in captivity.

DAY 2: The traveller climbs their first mountain. From **Samartín**, just half an hour away, Marabio Mountain Pass, formed of extensive mountain pastures, rises up at just over 1000 metres. Park the car next to Santa Ana chapel and walk along a circular trail which takes approximately three hours. **Villabre** is further along the Marabio road. Barely one hundred inhabitants remain in the capital of Yernes and Tameza, but the typical buildings of the high mountain remain intact. On your way back from the Valles del Oso, there is time to call in at the Prehistoric Park, in **San Salvador d'Alesga**, and see some of the best examples of cave art. Just a short distance away is Huerta Cave, a karstic ensemble some fourteen and a half metres deep, although only the first three hundred metres can be visited. Prior reservation is essential.

DAY 3: From the Valles del Oso to **Somiedo**. The trip from Teverga to **La Pola Somiedo** takes around fifty minutes, along the AS-265 and AS-227 highways. The Somiedo Nature Park Reception and Interpretation Centre is in La Pola, and is the first stop to gain a better understanding of the environment. A stroll around the village helps to complete the adaptation. Somiedo Ecomuseum offers a more detailed explication of the coming together of nature and culture. It has two bases. The first, Trades and Transhumance, is in **Caunéu**, three and a half kilometres southbound on the AS-227. Toreach the second, **Veigas**, take the AS-227 in the opposite direction from La Pola Somiedo and head along the SD-1, towards Saliencia.

DAY 4: The journey continues northwards, along the AS-227, towards **Belmonte/Balmonte**. Here you will find the Wolf House, which can be combined with a visit to the wolf enclosure. The next stop is in the town of **Grau/Grado**, which has a protected ensemble declared to be of historic and artistic interest, in particular the Miranda-Valdecarzana Palace, the remains of the city wall, the chapels and the Indiano palaces. To follow the route taken by the Romans through Camín Real de la Mesa, you should head for **San Román de Candamo**, from Grau/Grado along the AS-237, to visit La Peña Cave, home to cave paintings discovered in 1919 and declared an UNESCO World Heritage Site. The opening times should be confirmed in advance a prior reservation is required.

On the side of Peñes

#Asturiasbycar

Starting point of the route: Candás End of route: Playa de Xagó Distance: 50,9 km



DAY 1: To the east, Carreño, with the capital: Candás. The traveller should park their car, because this village is to be enjoyed on foot. A good starting-point for understanding its idiosyncrasy is the port. From the cove climb up to San Antonio Chapel and the lighthouse, with its spectacular views. Halfway, the Antón Museum, in El Cueto square. The works of local sculptor, Antonio Rodríguez García, are on display inside and in the gardens. Strolling towards the interior, you will come across Les Conserveres Park, a green space of over 7000 square metres. In the former reservoir of the B. Alfageme Cider and Canning Factory, there is an exhibition on the canning industry, one of the driving forces of the area. The country beckons in the afternoon. Those who are fit and have a certain literary interest might select the Clariniana Route, which follows the footsteps of the writer of La Regenta, Leopoldo Alas Clarín, in Carreño. The visit, of medium difficulty, is 14 kilometres long but is divided into 3 parts (not connected together), through landscapes described in the works of Clarín: Doña Berta, Viaje Redondo and Boroña. This is a unique combined literary and tourist experience.

DAY 2: Lluanco/Luanco, capital of the district of **Gozón**, is the departure point on the second day. Equipped with comfortable shoes, the tourist can start their visit at the Maritime Museum, in Gijón Street, continuing afterwards to La Ribera Beach, the Clock Tower, the former port and Santa María Church, which stands up to the sea breezes. The trip continues with along the promenade, until reaching some steps. This is the starting point of another coastal trail. For the less daring there a small park suspended above the sea at the start. For those seeking more adventure, continue to Bañugues, four kilometres away.

End the trip in the afternoon at **Peñes** and its protected landscape, with cliffs, pathways and viewpoints, which will remain engraved on the traveller's mind. From Lluanco/Luanco, the most direct route is along the GO-1. The lighthouse, which has an interpretation centre at the bottom, serves to guide your car. From Peñes, the route along the west coast of Gozón continues along the AS-238, with some unforgettable sunsets on the plateaux overhanging the sea in Verdicio or the Dunes of Xagó.

La Mirada Indiana del Nalón

#Asturiasbycar

Starting point of the route: Pravia End of route: San Esteban Distance: 19,7 km



DAY 1: The excursion in the district begins at **Pravia**, the most populated town inBajo Nalón, with a historic ensemble declared of Cultural Interest. This ensemble is divided into two parts which the traveller can visit on foot: the area surrounding La Colegiata, with Moutas Palace, the square and the Los Canónigos mansions; and the area around the city council, the oldest quarter, with the town hall and some stately homes. On the outskirts of Pravia, the next stop is the village of **Santianes**, with its Pre-Romanesque church from the 8th century and the museum. The traveller can get there quickly and easily by car, along the AS-224, or on foot following an extremely scenic route, which leaves from **El Salcéu** Industrial Estate, at the entrance to Pravia from the AS-16. The trail is 8 kilometres long (round trip) and runs parallel to the river.

In the afternoon, the trip continues towards the sea, stopping at **Sotu**, a hamlet of family dwellings. Clarín Theatre, the stately home or La Magdalena Ensemble, a series of Indiano mansions dotted along a section of the N-632 highway are added attractions. The day comes to an end in **L'Arena**, just two kilometres from Sotu. This fishing harbour, where the eel is one of its main products, still has the original fish market from the beginning of the 20th century. On the edge of the village, Los Quebrantos beach, with a heavy swell, is perfect for surfing.

DAY 2: Somáu, to the west of Soto del Barco along the N-632, is the first stop on the second say. The high number of buildings built in the Indiano style is of note. The "indianos" are asturians who emigrated to the America and returned with a fortune and they built stunning houses. The best-known is the Clock House, in addition to the Opera Omnia Art Gallery and the privately-owned hórreos and paneras. Two and a half kilometres further along is Muros de Nalón, where the traveller can admire the outside of the Town Hall, the Cultural Centre, the parish church and the Palace of the Marquis of Valdecarzana.

The trip ends in **San Esteban** the first and only coal port in Spain, at the height of the industry in the 20th century, from where the mineral left for the steel industry. Take a look at the history through the restored cranes and loading docks in the harbour, which is now used for fishing and leisure activities and has been declared of Historic and Industrial Interest. Or climb the 420 steps of the Espíritu Santo viewpoint for truly spectacular views or wind down the day in the salt water pools.

Following the path of coal and steel #Asturiasbycar

Starting point of the route: Bustiello End of route: Bárzana Distance: 114,7 km



DAY 1: If we set our compass true to the Industrial North, this three-day car trip is the perfect choice for enjoying the amenities and landscapes that take us back through time to discover the Asturian industrial heritage. Coal is an undeniable reference point in the heart of the Principality. Following in its footprints, we start by visiting **Bustiello Mining Village**. This is a charming ensemble that has recently been declared an Asset of Cultural Interest. A product of the paternalism of the II Marquis of Comillas who built it in Mieres, it is home to the last working pit in the Principality. The Interpretation Centre offers interesting guided visits which may extend to the nearby Turón Valley, a protected landscape imbued with numerous former coal facilities converted to museums (the Rebaldana mineshaft, Espinos pit and the Fortuna powder magazine). In the afternoon, we drive up the AS-337 route to visit the Monument to the Miner (in Alto de la Colladiella). After this, we go down the other side of the mountain crossing La Nueva (LA-7) in the Langreo district. Here the Pozo de San Luis Pit, landmark of the Ecomuseum in Samuño, is a must. The train trip around the site is perfect for families. Do not forget to stop and take a look at the old engine in the charming machine room.

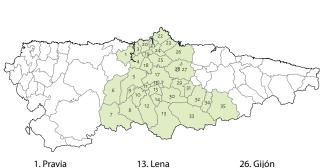
DAY 2: Still curious about coal? The more daring can follow this route to the Sotón Pit in San Martín del Rey Aurelio, a landmark in the European Route of Industrial Heritage (ERIH route). Take the opportunity to be a miner for a day. Depending on how fit you are, you can choose between two options to combine work and tourism. Here you can also visit the Mining Memory and Experiences Centre and the Memorial in honour of the lives of more than 500 miners who died at the coal-face. In the afternoon and still in the same district, we visit the Mining and Industry Museum (MUMI) and the last item to be added to its huge collection "The house of the explosive". Before leaving the Nalón riverbasin, we make another stop in Langreo and the Iron and Steel Museum in the powerful cooling tower of Valnalón (La Felguera) which brings alive the development of the cast iron and steel industry. A couple of short trips round off the visit: take a walk through the Urquijo Quarter or along the path of the historical steam train.

DAY 3: Not enough? Go down to **Trubia**, near Oviedo/Uviéu to discover the origin of Asturian industrialization. This walk allows us to feel the vastness of its industrial premises still in use behind the walls of the Royal Arms Factory (closed to the public) with its picturesque entrance, the Casino Theatre, the workers' quarters, etc. After lunch, we follow the famous **Bear Trail** along an old railway line used to transport the iron ore and visit the stunning **Ethnographic Museum (Quirós)**. This modern museum explains the transition from a farming to an industrial society in this part of Asturias. The old pits, which have been excavated and reinforced are the Museum's main attraction.

Don't leave without...

- View from Peñes , protected landscape of Cabo Peñas. It is the northernmost point of our region
- Monteagudo lookout point from where we can see the mouth of the Nalón River and the village of Somáu in Pravia
- Sunday Market in Grau/Grado
- Interpretation Centre and Candamo Cave Unesco World Heritage
- Ethnographic Museum of Quirós
- The town of Güeñu/Bueño with its numerous hórreos (granaries) and the Hórreo Interpretation Centre
- Banduxu, a small medieval town in the district of Proaza
- Santa Cristina de Lena church, one of the Pre-Romanesque Asturian Churches in Lena. Unesco World Heritage
- Church of San Pedro de Nora in Las Regueras
- Route of the Xanas between Villanueva (Santo Adriano) and Pedroveya

- Anton Museum in Candás
- Arnao Mine Museum in Castrillón
- Monument to the Miner and views in Alto de la Colladiella in Urbiés. Mieres
- 14 Armando Palacio Valdés Family Home in Entrialgo
- The Wolf House in Belmonte/Balmonte
- Braña (high-mountain pasture areas) de la Pornacal in Vil.lar de Vildas. Somiedo
- Coto Bello lookout point and Xurbeo Waterfall in Aller
- The Wood Museum in Caso
- San Pedro Collegiate Church in La Plaza, Teverga
- 20 The village of Valdesoto and its palace. Siero



- 1. Pravia 2. Muros de Nalón
- 3. Soto del Barco
- 4. Candamo 5. Grado
- 6. Belmonte de Miranda
- 7. Somiedo 8. Teverga
- 9. Yernes y Tameza 10. Proaza
- 11. Santo Adriano 12. Quirós
- 14. Riosa 15. Morcín 16. Ribera de Arriba
- 17. Oviedo 18. Las Regueras
- 19. Illas 20. Castrillón
- 21. Avilés 22. Gozón
- 23. Carreño
 - 24. Corvera 25. Llanera

- 26. Gijón 27. Siero
- 28. Noreña
- 29. Langreo
- 30. Mieres
- 31. San Martín del
- Rev Aurelio 32. Laviana
- 33. Aller
- 34. Sobrescobio
- 35. Caso



ESTEBAN

RÍA DE SAN ES DE PRAVIA Playa de Los Q Playón de Bayá

L'Arena



Tourist attractions to visit in central Asturias

Santianes de Pravia Pre-Romanesque Museum

Pravia. Santianes

Tel. +34 985 821 204 (Tourist Office)

Puerta del Mar» Nalón Estuary Interpretation

Soto del Barco. L'Arena

Tel. +34 985 586 558 www.bajonalon.es

Peña de Candamo Cave. Candamo Cave Interpretation Centre

Candamo. San Román Tel. +34 985 829 702 (Interpretation Centre) /+34 985 828 056 (City Council)

www.ayto-candamo.es

Grado Ethnographic Museum Grado. Finca "La Cardosa" Tel. +34 985 752 277 www.redmeda.com

The Wolf House Interpretation Centre Belmonte de Miranda. Carretera del Puerto Tel. +34 985 762 470 www.lacasadellobo.com

Gold Educational Room

Belmonte de Miranda. Belmonte/Balmonte Tel. +34 985 762 332 /+34 985 762 160 / +34 985 762 444 www.belmontedemiranda.com

Somiedo Etnographic Ecomuseum

Somiedo. Caunéu

www.caminrealdelamesa.es/turismo/es/museos www.redmeda.com

Prehistory Park of Teverga Teverga. San Salvador d'Alesga Tel.+34 985 764 739 www.parquedelaprehistoria.es

The Bear House Proaza.

Tel. +34 985 963 060 www.osodeasturias.es

La Ponte Eco-museum Santo Adriano. Villanueva

Tel. +34 985 761 403 /+34 637 061 610 www.laponte.org

Etnographic Museum of Quirós and its region

Quiros. San Salvaor Reservations Telephone Number: +34 985 768 160/+34 689 754 466. www.quiros.es/museo-etnografico

www.redmeda.com

Asturian Pre-Romanesque Educational Room in La Cobertoria

Lena. La Cobertoria Tel. +34 985 497 606

Etnographic Museum of la Llechería Morcín. La Foz de Morcín

Tel. +34 985 795 222 /+34 985 795 461 www.redmeda.com

Hórreo Interpretation Centre

Ribera de Arriba. Güeñu/ Bueño. Tel. +34 985 087 223

www.territoriomuseo.com

Asturian Pre-Romanesque Reception and Interpretation Centre

Oviedo. Antiguas escuelas del Naranco

T. +34 985 114 901

www.centroprerromanicoasturiano.com

Roman Baths of Valduno

Las Regueras. Valdunu www.caminrealdelamesa.es/turismo/es/museos

Philippe Cousteau Anchor Museum

Castrillón. Salinas T. +34 985 502 163 - Free visit

Arnao Mine Museum

Castrillón. Arnáu T. +34 985 507 799

www.museominadearnao.es

Maritime Museum of Asturias

Gozón. Lluanco/Luanco

T. +34 985 880 101

www.museomaritimodeasturias.com www.redmeda.com

Sculpture Centre of Candás. Antón Museum

Carreño. Pza. del Cueto. Candás

T. +34 985 871 800 www.museoanton.com

Permanent Exhibition of the Canning Industry in Candás

Carreño. Candás

T. +34 985 884 888 / +34 985 870 205

www.ayto-carreno.es

Fernando Alonso Museum and Circuit

Llanera. La Morgal T. +34 984 180 808 www.fernandoalonso.com/museo

Laboral Centre for Art and Industrial Creation (Gijón)

Gijón. Los Prados, 121 T. +34 985 185 577 www.laboralcentrodearte.org

Laboral City of Culture

Gijón. Cabueñes

T. +34 985 185 858

www.laboralciudaddelacultura.com/

Veranes Roman Villa

Gijón. Sta. María de Veranes T. +34 985 185 129 / +34 629 755 409

http://museos.gijon.es

De la Campa Torres Archaeological – Nature Park Gijón. Ctra. Campa de Torres T. +34 985 185 234

http://museos.gijon.es

Atlantic Botanical Garden

Gijón. Avenida Jardín Botánico T. +34 985 185 130 / +34 985 185 131 www.botanicoatlantico.com

Puppet Workshop Museum

Siero. Samartino

T. +34 985 724 234 / +34 686 125 880 www.museodetiteres.es

Langreo - Eduardo Úrculo Municipal Art Gallery LLlangréu. La Unión, 31. La Felguera

T. +34 984 182 858 www.langreo.as

Steelworks Museum of Asturias (MUSI)

Langreo. La Felguera T. +34 985 678 477 www.museodelasiderurgia.es

Valle de Samuño Mining Ecomuseum

Langreo. Ciañu

T. +34 984 082 215 www.ecomuseominero.es

Bustiello Mining Village Interpretation Centre

Mieres. Bustiello

T. +34 985 422 185 www.territoriomuseo.com

Mieres Touristic Facilities

Mieres. Valle de Turón

T. +34 985 422 185 www.territoriomuseo.com

Mining and Industry Museum (MUMI) San Martín del Rey Aurelio. L'Entregu/El Entrego T. +34 985 663 133

www.mumi.es

Mining Memory and Experiences Centre - Pozo

Sotón

San Martín del Rey Aurelio. El Sotón, Llinares T. +34 985 661 944 / +34 630 119 642 www.visitapozosoton.es - www.cemmineria.es

Armando Palacio Valdés Interpretation Centre

Laviana. Entrialgo T. +34 985 611 377 www.palaciovaldes.com/

Sobrescobio Water House Sobrescobio. Rusecu/Rioseco

T. +34 985 608 022 redes@taxusmedioambiente.com

Wook and Beekeeping Museum

Caso. Veneros y Tañes T. +34 985 608 002 www.redmeda.com





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