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Asturias
natural paradise

Western Asturias, full of surprises

Every green is different, the pounding of the sea changes, no step through the forest is the same; not even the climate draws the same scenes in Asturias. The West is tinged with silver, or so it seems with the slate roof tiles when it rains; a land full of history where the Romans left their mark in search of gold and occupying the fortified settlements of the first settlers. The West is fire and iron, the pounding of the trip-hammer on steel, the cortines (small circular or semi-circular architectural structures) built on the mountains to protect the honey from the bears, wine from the Asturian vines, waterfalls that echo through the forests or the trout and salmon that can be spotted in the Eo River.



As Veigas (Taramundi)

It is easy to fall in love with the seas of fog, the imposing brañas vaqueiras (summer high-mountain pasture areas), the reflections of the landscape on La Florida or Pilotuerto Reservoirs, the high grazing land on the mountain passes where the teitos (traditional thatched huts) are hallmarks of a culture and way of life that refuse to disappear. Of course, not forgetting the hórreos (raised granaries) with thatched roofs, or how they coexist in some areas close to Galicia, with cabazos, a rectangular-shaped granary, storing food in villages, together with the paneras (typical building of Asturias for storing grain).

Mountains, yes. Lakes, as well. And routes for all tastes. And sea. Plenty of sea and plenty of gorgeous beaches.

And amid the coming and goings, authentic pueblinos, villages, whose people are just as inviting. Lovers of traditions and forgotten trades, which they love to talk about with anyone who shows an interest in them. These people, as in the whole of Asturias, who, with their natural and friendly nature, win over the hearts of visitors wanting to discover the region in order to better understand and enjoy it.

Starting with Taramundi

Taramundi, together with Oscos, is a very important location in terms of the transformation of iron, and many forges and mazos (hammers powered by a water wheel) can be found along the river, as well fulling mills and hammers. Taramundi, which was really the birthplace of rural tourism, with the inauguration of the first hotel, La Rectoral, in 1986, is famous for its knives and all types of cutlery.

Food enthusiasts must try the bread, jams, honey and the cheeses made there.

The unique villages include Aguillón, As Veigas and Os Teixóis. The latter is also a live museum, since it has a small power station and fulling mill still in operation. Arts and crafts enthusiasts should visit the Arts and Crafts Centre in Bres, the Cutlery Museum in Pardiñas, the Ethnographic Museum in Os Esquífos, the Sewing Museum in Taramundi and the Mill Museum in O Mazonovo.



Coaña Hill Fort

Pure magic in the three Oscos: Santa Eulalia de Oscos, San Martín de Oscos and Villanueva de Oscos. Stone houses and slate roofs still dominate the landscape.

Some unique villages in **Santa Eulalia de Oscos** include Ferreira, Pumares, Quintá and Busqueimado. A marvellous visit to the hydraulic press in Mazonovo, which has once again been used as a blacksmith's for a few years now, thanks to the Austrian Fritz Brasmsteidl. The Birthplace of the Marquis of Sargadelos is also a must-see. Among the most well-known routes is that of La Seimeira. This route leads to the village of A Coba, in Grandas de Salime. The village is a unique and unforgettable place, with a small cobbled caleya (path), a forest, a river, a stone bridge and a large old mill abandoned years ago. In **San Martín de Oscos**, it is worth visiting the beautiful church, as well as the Mon Palace and the outside of the Casa de los Guzmanes House. Some of the gems in **Villanueva de Oscos**, include the partially restored medieval monastery of Santa María de Villanueva. Here, the Santa Eufemia Bread Ecomuseum is well worth a visit.

The endless journey continues on to **San Tirso de Abres**, along a beautiful and unique route, the railway route, and where the Eo River invites fishing enthusiasts to fish for trout and salmon during the open seasons.

Vegadeo, in turn, is where pilgrims pass through on their way to Santiago along the coast and, as in most western parts of Asturias, there are also some very interesting routes, such as the Estraperlo and the Meredo Mallet, one of the most ethnographic gems of the district. However, visitors should not leave the region of Oscos-Eo without taking a stroll through the beautiful village of **Castropol** or admiring its infinite landscape from the Cremio de Mareantes viewpoint, in the As Figueiras port. Another fun option is to walk along the Cioyo Waterfall path.

Stories of emigration, iron and sea

In Ortigueira, **Coaña** has the smallest port in the West; **Pesoz**, with unique villages such as Argul; **Illano**, with unique pools; **Villayón** which is the kingdom of waterfalls, and **Boal**, which represents the history of Asturian emigration. Just a taste of what the councils of Valle del Navia have to offer, a landscape largely shaped by the construction of the Grandas de Salime, Doiras and Arbón reservoirs.

Grandas de Salime is a land of mounds and fortified settlements, the most popular being the Chao Samartín fortified settlement, and from being the Way of Saint James. Interesting places to visit are the old Collegiate Church, the Ethnographic Museum or the reservoir viewpoints. Once in **Pesoz**, the vineyards surrounding the villages, give them their own personality. There are three unmissable visits: Argul, which, although in poor condition, still captivates visitors with its medieval architecture, the abandoned village of A Paicega, where the workers building the Grandas de Salime reservoir lived, and also Pelorde.

Illano, Villayón and Boal, are also enticing villages. Eilao capital is worth exploring. An essential village to visit is Santesteba, with its decadent beauty and location, never failing to astound travellers. With its incredible Buitres viewpoint. El Villar de Buyaso and Zadamoño are other villages worth visiting. **Villayón** is home to beautiful waterfalls such as the Oneta or the Méxica, the Pímpano Cave, the Mouro Well and the Dolmen and Carondio route. Finally, in **Boal**, which was the starting point for so many leaving for

the Americas, the Indianos (Asturians who emigrated to the America and returned with a fortune) architecture is still very present. In the capital Bual, is a route that showcases these buildings, including the "Villa Anita" and "Casa Rosito". Among all the places and villages to be enjoyed, are the Doiras and Arbón reservoirs, the viewpoints of Penouta, the Pencia fortified settlement and some of its interpretation centres, such as the Emigration and Honey centres.

Coaña shares meadowlands and forests with the sea. A little further inland is one of the best preserved and most visited fortified settlement called Coaña, while nearer the coast is the fortified settlement of Mobias.

Ortigueira is the smallest port on the western coast of Asturias. A must-see here is the Cape of San Agustín, which is home to the old and new lighthouse.



Navelgas (Tineo)

And along this coastline, although inland they all have landscapes and villages of interest, are **Tapia de Casariego, El Franco and Navia**. Tapia is a port with a perfect seafaring village, with its white houses and boats moored at the dock. And, of course, the village of El Franco. With its beautiful port and the El Porto/Viavélez fishing port, with spectacular beaches including the Porcía and Pormenande, or the amazing fortified settlement of Cabo Blanco, undoubtedly a unique site, or the magic of the Andina Caves. As for Navia, the village is home to important buildings, including the casino and theatre, with its undeniable Indianos architecture's influence, together with private houses and hotels. Travellers can also visit the attractive port, Puerto de Vega.



Puerto de Vega (Navia)

So much to be discovered

Cangas del Narcea, Ibias and Degaña offer spectacular wealth in terms of both landscape and ethnography.

Cangas del Narcea, which shares the Nature Park with Degaña and Ibias, also represents the history of mining and vine-growing in Asturias, with its own wine with the Protected Denomination of Origin of Cangas, together with a museum complex dedicated to wine. The village has charming nooks and crannies, such as the Mayor Street or the Old Quarters of Entrambasaguas and El Cascarín.

Buildings of interest are, undoubtedly, the parador, the old monastery of San Juan Bautista de Corias and L'Acebu. Some "guapas" (attractive) villages are Bisuyu, where the playwright, Alejandro Casona, was born; the climb to El Puertu, Xedré, Mual, Xinestosu and L'lamas del Mouru which is home to the black pottery makers. Nature lovers simply have to visit the Muniel.los forest.

Other less-explored, but equally beautiful ones, are **Degaña** and **Ibias**. In the first of the two, Trabáu, El Corralín and Fonduveigas are villages with a rich cultural value. In terms of Ibias, the hórreos with their palloza (made with stalks of rye) roofs are always popular among visitors. Others, however, have slate roofs.

There are beautiful villages, many of which sit amid vines and are truly spectacular, such as Uría, Alguerdo, Valvaler, Seroiro and Pradiás, together with Riodeporcos, which is accessed via a suspended bridge.

The three councils form the Nature Reserve of Fuentes del Narcea, Degaña and Ibias.

Lands full of history, unique traditions, individual cultures and a love of one's roots, are the councils of the **Vaqueira Region: Valdés, Salas, Tineo, Cudillero and Allande**, although there are also vaqueiros de alzada and vaqueira roots in Somiedo, Teverga and Cangas del Narcea. The name came about because all the livestock in these places, in mountain passes and high-mountain pasture areas, were looked after by the vaqueiros de alzada.

Allande is a place to be enjoyed. Here, travellers can visit Montefurado, at the Palo Pass, or unique villages such as Bustantigo, Berducedo, Mon and Is. Visitors have to visit the medieval village of San Emiliano. Among its most beautiful high pasture land is Campel. The Santa Coloma Church offers visitors the chance to see the beautiful yews full of history. Its most important fortified settlement is the one in San Chuis. **Valdés** has one of the most beautiful ports in Western Asturias in its capital, Luarca/Lluarca. Apart from its beaches, the inland areas offer beautiful villages such as Trevías or Brieves, together with the Paredes Valley, its route along the Esva gorge or high pasture lands such as those of Arcayana, Argumosu, Enverniegu and Aristébanu. The latter, which borders with the area of Tineo, hosts the vaqueira wedding and festival each year.



Cudillero

Travellers are impressed, amazed and fall in love with Cudillero Port, with its incredible amphitheatre suspended over the sea.

Equally beautiful are its beaches. The stunning Cape Vidio, its lighthouse and the village of Oviñana, together with those forming the Luiñas Valley, such as Soto de Luiña and San Martín de Luiña. From here, visitors can climb up to the high-mountain pasture areas of Brañaseca, Gallinero and Cipiello, offering spectacular views on a clear day.

Well-worth a visit in **Salas** is the Old Quarter, with buildings such as the Santa María Church, the Collegiate Church of Santa María la Mayor and the palace tower of Valdés-Salas. Also, the millenary yew growing in the middle of the cemetery, the climb to the Virgen del Viso Sanctuary and the beautiful Indiano villages (houses from Asturians who emigrated to the America and returned with a fortune) of Maeza, Maecina and La Granxa. An essential visit in Corniana/Cornellana is the San Juan Bautista Monastery, where pilgrims stop off. As in the previous case, pilgrims pass through **Tineo** on their way to Santiago. Even if only from outside, it is essential to visit the Romanesque monasteries of Oubona and San Miguel de Bárzana; the beautiful and impressive carbayu (oak) in Valentín; Navelgas, with its important Roman mining history and where gold is still extracted, and Naraval, which is home to the Vaqueiro Museum.

Chosco (cured smoked meat), oysters and wine from Cangas, symbols of the west

#Gastronomy

The gastronomic wealth of Asturias has three clear leaders in the western part of the region. First there is a type of cured meat with a difference, in which cabecero de lomo (a particular cut of pork) is combined with a small percentage of tongue to produce Chosco, the great unknown which everyone falls in love with when they try it. It is eaten raw or cooked, alone or with potatoes, but always dressed with paprika, which gives it that special punch. What goes well with Chosco? Chosco is the perfect travelling companion for wine from the Protected Designation of Origin of Cangas which includes wines with several centuries of history. What makes these different to other wines? Mainly because they have been classified as from "viticultura heroica" (heroic wine-making), which implies vineyards on steep slopes, at great altitude and which can only be harvested by hand. In addition, there are number of indigenous varieties, including the white Albarin grape (not to be confused with Albariño) as its properties are quite different) and the red wine grapes, Carrasquín, black Albarín and black Verdejo. Without a doubt these wines can be classified as unique and different.

While the red wines are the perfect companion for Chosco, the white wines are a marvellous complement for oysters from the river Eo, a product currently experiencing an excellent period in terms of quality and demand. The natural border between Asturias and Galicia offers a unique setting in which a number of shellfish species proliferate.



Chosco

Not far from here, we encounter one of the main fish markets of the region, Puerto de Vega. Every day hake, angler fish, "pedreru" octopus (small and recognised by their strong flavour) are offloaded from the boats, and in season, when the sea is calm enough, the goose-necked barnacle, highly-prized throughout Asturias.

But we cannot finish our journey around the western region without the scent of its cheeses. If you are a lover of soft cheeses, the Abredo (Coaña) may be an excellent choice. A little further south, the Oscos cheese is the king. If you like nuts, in Taramundi they make a cheese with walnuts and sometimes with hazel nuts which you are sure to love, while in Salas and Tineo, the Afuega'l pitu cheese has gained fame in recent years. The western region is also known for its fabes (a type of bean),



Oysters from the Eo

as this is where a large portion of the regional production is grown. The beans are used to prepare the most typical dishes of the region, fabada (bean stew) and the Asturian pote, to which butiellu (spare ribs) are sometimes added.

When it comes to typical desserts, don't forget to try the carajitos (typically from Salas) and the almond-based Venera tart, created in Navia.

If you travel west at Easter, you might visit the Mussel and shellfish festival in Tapia de Casariego, or the Cheese Fair in Taramundi. April is the month for sampling Asturian beef and wine from Cangas in the Narcea district, in May visit the oyster festival in Castropol and the Hake festival in Cudillero. In June you will have the chance to sink your teeth into the shellfish at the Crab festival in Oviñana (Cudillero). August sees the Chosco Festival in Tineo, while Puerto de Vega pays homage to the mussel and goose-necked barnacle, and in Tapia de Casariego it is the perfect time to try bonito tuna during the festivals in the second half of the month. October is the month for wine in Cangas, and the wine harvest festival is held on Pilar Day, while Boal pays tribute to honey over the last weekend.



Vineyard

March

- ▶ **San José Festivities** in Coaña.
- ▶ **Local Food Products and Traditional Craft fair** in Santalla (Santa Eulalia de Oscos).

April

- ▶ **The Salmon Fair** in Corniana/ Cornellana (Salas).
- ▶ **Vía Crucis Viviente** in Vilanova (Villanueva de Oscos).
- ▶ **Traditional Craft Workshops** in Bres in Taramundi.

June

- ▶ **Floral Carpets to celebrate Corpus Day** in Castropol and Santalla (Santa Eulalia de Oscos).
- ▶ **l'Amuravela Festival** in Cudillero.
- ▶ **MTB Crossing Degaña - Ibias** in Degaña and Ibias.
- ▶ **Trade Fair** in A Veiga/Vegadeo.

July

- ▶ **Nuestra Señora del Carmen Festival, La Descarga** in Cangas del Narcea.
- ▶ **National Gold Extraction Championship** in Navelgas (Tineo).
- ▶ **Vaqueira wedding. Vaqueirada Festival** in the village of Aristébanu, (Tineo y Valdés).

Hoces del Esva

#Hiking

Starting point of the route: San Pedru
End of the route: San Pedru
District: Valdés
Type of route: Circular
Length: 9,5 km

Duration: 3 h
Minimum altitude: 95 m
Maximum altitude: 568 m
Climb: 473 m



This circular route begins in **San Pedru**, in the municipality of Valdés. 200 metres from the beginning, cross over the Esva River on a bridge, and a bit further along, on reaching a small group of houses, turn right towards the south. This is the start of a climb of 560 metres that lasts for 2.35 kilometres.

At kilometre 2.6, you reach the highest point of the route, from where you begin the descent down the mountainside of **Mount Relloso**. Some 2 kilometres farther ahead, at the fork, take the trail to the left, heading south, and walk about 600 metres until reaching the **Esva Gorges** and the old river dam. Then, retrace your steps.

When you have been walking for some 5.8 kilometres from the beginning of the route, return to the fork, and this time follow the trail straight ahead, heading north. Approximately 1.2 kilometres later, you arrive in the town of **Bustiel.lu**, which you should cross heading northwards.

At kilometre 7.75 there is a fork. Take the trail that continues straight on to the north. After a few metres you arrive in the town of **Llongréi**, which you should cross, carrying straight on, heading eastwards.

In the next few metres you will come across numerous forks, where you should proceed as follows: at the first, take the trail on the left; at the second, go straight on; at the third, turn to the right; and finally, at the fourth, follow the trail to the left. Almost at the end of the route, after passing the last fork, at kilometre 9.2 approximately, continue straight on until you arrive once again in the town of **San Pedru**, the start and end point of the route.

Moal Forest

#Hiking

Start point of the route: Mual
End of route: Mual
District: Cangas del Narcea
Type of route: Circular
Length: 8,5 km

Duration: 3 h 10 min
Minimum altitude: 580 m
Maximum altitude: 1.009 m
Climb: 429 m



The trail described here is an easy path around the Integral Nature Reserve of Muniellos and the Natural Park of the Fuentes del Narcea, Degaña and Ibias. The trail starts in the village of **Mual**, from where you follow a concrete track that runs between the houses until the end of the track. A chestnut wood spreads around the village of Mual, on the other side of the river. Here you can see several corripas, circular constructions with stone walls used to store the chestnut burs where they are left to ripen until the fruit comes away from the burr easily.

After leaving the village, the trail runs parallel to the river Muniellos, crossing the fields of the river plain, and leaving the chestnut woods behind. The path continues through oak and beech forests on both sides. Cortinos are visible all along the path. These are circular stone constructions used to protect the bee hives from bears.

The route continues along the main track, ignoring any turnoffs, until reaching the access fence to the **Integral Nature Reserve of Muniellos**, a true gem from the Asturian natural heritage, and a refuge for emblematic species such as the Brown Bear and the Cantabrian capercaillie. A permit is necessary to enter the reserve, issued by the competent authority for protected natural spaces, as access is restricted to a maximum of twenty visitors per day. Take the path to the left which continues upwards through oaks and chestnuts, first crossing a beautiful beech wood.

After crossing the beech forest, the path continues climbing towards the **Montecín viewpoint** which can be seen ahead. From the viewpoint you can see the village of Mual, Connio port and the lower part of the Integral Nature Reserve of Muniellos—a Biosphere Reserve.

On returning to the main path, the track continues to the left through a beech wood until reaching **Colláu de Moncóu**, a crossroads. Take the left-hand turning which descends sharply to the same track taken on the way up, and follow this to return to **Mual**.

August

- **Inter - Celtic Festival of the West** in Tapia de Casariego
- **Vaqueiro Market** in San Martín de Luiña (Cudillero).
- **Swimming down** the Navia River.
- **San Timoteo Festival** in Luarca/ Lluarca.

- **Regalina Festival** in Cadavéu (Valdés).
- **Porcía/Porcía Celtic Night**, in El Franco.

September

- El 8th, **Asturias Day and Nuestra Señora de Covadonga** festival in the entire región.

October

- **Cangas Quality Wine Harvest Festival** in Cangas del Narcea.

November

- **Magical Night and Esfoyón and Amagüestu Festival** in Navelgas

(Tineo) (festival celebrating popular old traditions).



More information at:
agendaasturias.es

Oneta Waterfalls

#Hiking

Start of the route: Oneta
End of the route: Oneta
District: Villayón
Type of the route: Round trip
Length: 3 km

Duration: 1 h
Minimum altitude: 228 m
Maximum altitude: 331 m
Climb: 103 m



Water, the source of life, powerfully draws our attention, attracting us, and even more so when due to the weather or the terrain, it shows us all its strength and power and becomes something beautiful. This is what the Oneta Waterfalls teach us, at least two of the three in existence.

The route begins in the village of **Oneta**, specifically at the south-western end. A walk leads to the waterfalls of the same name, just a kilometre and a half from the village.

After the first 700 metres, you will come to a fork where you should take the left-hand path.

After walking approximately 1.2 kilometres, a short detour from the path to the left leads to the **first waterfall**; white, thunderous, beautiful, in the heart of the forest. A little further down, an old mill. Continue walking some 300 metres further, after a zigzag path through the forest, to reach the **second one**, even more isolated if that's possible, a bit more open, buried in the vegetation and equally beautiful. In between, a walk through the interior of the forest, where in spring different species of daffodils fill the walk with yellow.

Seimeira Route

#Hiking

Start point of the route: Pumares
End of the route: Seimeira Waterfall
District: Santa Eulalia de Oscos
Type of the route: Round trip
Length: 6,2 km

Duration: 2 h 30 min
Minimum altitude: 503 m
Maximum altitude: 806 m
Length: 313 m



This magnificent route begins in **Pumares recreational area**, between the towns of Santalla and Pumares. For the first 200 metres of the route, you cross the village of **Pumares**, in order to continue in the opposite direction to the flow of Agüeira River. The village is a typical ensemble of traditional architecture from the Oscos, which formerly had a large ironworking industry and which is currently dedicated primarily to rural tourism.

After about a kilometre and a half, you come to a fork, where you should take the path to the right. Some 300 metres farther ahead, you reach the abandoned village of A Ancadeira, where the walls, overgrown with vegetation, are barely visible. At this point, take the trail that opens to the right, to go to the Seimeira through **Desterrado Valley**.

After walking 2.8 kilometres, you reach Desterrado Valley. Some metres further along you come to a path that detours to the right towards the **Seimeira**; from here to the waterfall is about 500 metres. Once at the waterfall there are two options: return to Pumares or carry on and visit the picturesque village of **Busqueimado**.

If you choose to go to Busqueimado, at kilometre 3.10 turn right and cross a bridge over the river. One kilometre farther along, you reach Busqueimado. An obligatory stop in the chapel of the village, which has two impressive yew trees planted in its surroundings.

Molín de Valbona Route

#Hiking

Starting point of the route: Pola de Allande
End of route: Figueras
District: Allande
Type of route: One-way route or circular

Length: 5,46 km one - way
Duration: 1 h 45 min
Minimum altitude: 239 m
Maximum altitude: 583 m
Climb: 344 m



The route starts in **Pola de Allande**, next to the municipal swimming pool, where you can also park. The path was renovated in 2012 and there are informative signs along the route.

The trail links Pola de Allende with the village of Figueras. There are a number of detours on the way, one of which leads to Valbona mill. After 200 metres, there is a turning to the right followed by another in the same direction a little further on; carry on straight in both cases.

After some 700 metres, turn left and then follow the path which climbs gently for approximately one kilometre; then it starts to descend, perfect for enjoying the peaceful wood. Just after a kilometre and a half from the start, you will find the former mill in the village of **Valbona**, next to the river Nisón. To visit the mill, go slightly to the right of the main path.

After approximately two and a half kilometres, you will encounter the xoxas, circular constructions in which chestnuts were stored for the winter. In other parts of Asturias these buildings are called cuerrias, but they all serve the same purpose, the storage of chestnuts. There is also a bridge across the river Nisón which provides access to the AS-14 highway.

Three kilometres along the trail you will come across the Casa el Rey chestnut tree, which is approximately five hundred years old. The ethnography of the trail is full of surprises. At kilometre point 3,7 there is a calero; this is a type of kiln used to bake the limestone from the area in order to obtain lime. On reaching the glade between the woods there is a path to right, almost going back on itself, and a sign that is sometimes covered.

Watch out! Be sure not to go past it. Take this right-hand turning and after approximately 5 kilometres from the start you reach **Figueras**.

From here, you can either return the same way, take another branch of the trail or, if you have two cars and left one here, return by car to Pola de Allande.

Cadavéu - L'Arena

#Asturiasbycar

Starting of the route: Cabo Busto
End of route: L'Arena
Distance: 56,9 km.



We will start a new day caressed by the breeze of the Cantabrian, advancing from **Cabo Busto** eastwards along the coast, enjoying the marvellous beaches of Cadavéu and Silencio to **Cabo Vidio**, one of the most beautiful clifftops of Asturias. On a clear day, you can see points such as Peñes. A walled enclosure protects the lighthouse of the town of **Oviñana**, on the edge of a hanging cliff. Its light has a range of one hundred metres above sea level. At the base of the lighthouse is the Igleiona, one of the hidden treasures of the Asturian coast. This is a magical place that you can only visit at low tide, paying careful attention to the tides to avoid a fright. This sea cave, sixty metres high, is reminiscent of the dome of a temple and is one of the biggest attractions in the area. It will leave you dumbstruck!

If you have time, stop at the **Concha de Artedo** before heading to the town of **Cudillero**, the best Asturian amphitheatre in whose restaurants you can taste a great variety of dishes linked to the sea, the most unique being curadillo, shark dried in the open air, alongside the popular hake kebabs. From here, visit the lighthouse, at Roballera Point, in the eastern part of the port. This construction, built in 1858, replaced the traditional signage system with stakes, lit for centuries by the Pixuetos (natives of Cudillero).

Aguilar Beach is on the way to the next destination, **San Esteban estuary**. The small cylindrical lighthouse lies on the western breakwater at the entrance to the port. Make the most of your visit and enjoy the mouth of the River Nalón as it merges into the Cantabrian Sea in this beautiful setting. Wander through what used to be the only coal port in Spain and end the day in **L'Arena**, famous for its connection to the elver. After a walk around this peaceful setting, the delicious range of dishes on offer will surprise you.

Heroic viticulture

#Asturiasbycar

Start point of route: Cangas del Narcea
End of route: Bisuyu
Distance: 180 km.



DAY 1: Cangas del Narcea is the capital of the parish council from which it takes its name and is also the capital of wine from the south-western region. The visitor can discover the medieval history, the pride of the Indians and a museum of wine-making as they wander through its streets. A stroll around the town leads to the church of Santa María Magdalena, the palaces of Omaña and Pambley (the oldest building in the town), the chapel of Carmen and the Roman bridge. Five minutes from Cangas, in Courias, is a monastery founded in 1022. It has been recently renovated and converted into a National Parador offering guided tours. **The Natural Park House of Narcea, Degaña and Ibias** has been installed to the rear and is key to becoming familiar with the area. A few kilometres further on lies the Sanctuary of UAcebu, patron saint of the Vaqueiros de Alzada. Returning to Cangas, another must-see stop is the Museum of Wine-making. This centre has been built in Santiso, at the exit from the village towards El Puertu (Leitariegos), where several wineries can be found.

DAY 2: Today we continue south along the AS-15 entering the district of Degaña. Degaña is the name of the district and of its capital. The town has an old quarter, in the neighbourhoods of La Veiga, Entrerríos and El Corral, with typical single-storey buildings with a gateway through which the livestock entered. The top part of the town is newer, but is home to the Church of Santiago, from the 14th century. Zarréu, ten minutes away from Degaña, is a mining town, with industrial archaeological remains and the Church of Santa María, from the 14th century. The Ethnographic Ensemble of Casa Florencio, in La Costapina neighbourhood, is an example of the popular architecture. Another two villages of interest are El Rebol.lal and El Corralín, where it is possible to see the ruins of a Roman gold mine. Both belong to the land of the cunqueiros, the craftsmen who used to make wooden crockery and tools.

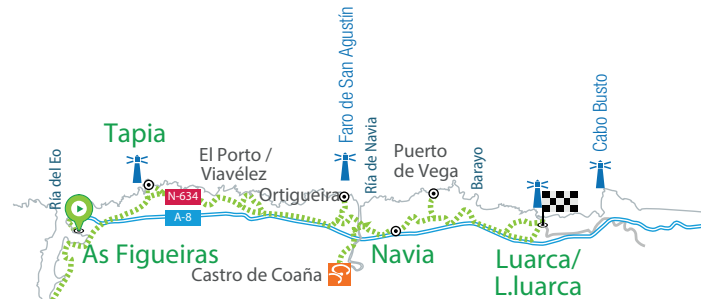
DAY 3: San Antolín de Ibias is fifty-one kilometres from Degaña, along the AS-15 and the AS-212. This town is home to an 11th century church and the Palloza Interpretation Centre (a typical building in the area). The Pallozas de Santiso Trail leaves from the Town Hall, and is 14 kilometres long (5 hours on foot). Along this route, the hiker will discover numerous pallozas, and hórreos with thatched roofs, and shady paths thanks to the vines which form pergolas over the path.

DAY 4: The return from Ibias to Cangas del Narcea can be via the Pozo de las Mujeres Muertas (Dead Women's Well), a mountain pass where your car will climb one thousand metres to reveal a unique view of the south-west region. This route takes an hour and a quarter. After some refreshments in Cangas, the trip continues to Bisuyu, a village half an hour away along the CN-1, birthplace of writer Alejandro Casona and home to an Interpretation Centre of his work. This is blacksmith territory, and home to the Mazo d'Abaxu, a good specimen of this activity.

From Figueras to Luarca/L.luarca

#Asturiasbycar

Start of the route: As Figueiras
End of route: Luarca/L.luarca
Distance: 65,4 km.



DAY 1: Start from the border with Galicia, naturally defined by the Eo estuary, a Biosphere Reserve. From **As Figueiras** you will enjoy a picture-perfect view: the beauty of the coast, the coming and going of the fishing boats, cargo ships and sailing craft, the oyster farms, the bridge over the water to connect Asturias to the neighbouring autonomous community.

The first stop on this route is **Tapia**, a town with a tradition of whaling, far out in the Cantabrian sea, where sailors approach the land guided by the light of the lighthouse. It is located on an island that can be accessed by walking from the port and crossing a one hundred metres-long jetty. Inaugurated in 1859, this lighthouse underwent two extensions, in 1922 and 1962, until it was composed of a square body with the watchtower attached to the north face of the building. From up high, enjoy spectacular views of the whole coastline, all the way to Galicia.

A few kilometres away, (if we drive along the coast, we can enjoy towns such as **El Porto/Viavélez**; another option is to go directly via the motorway) you reach San Agustín lighthouse, in **Ortigueira**, on the western bank of the Navia estuary, which also has spaces intended for naval shipbuilding. Erected in 1973, this lighthouse is located in a landscaped environment beside San Agustín chapel and stands out thanks to its eighty-two metres high cylindrical silhouette and its characteristic horizontal black and white stripes. It is an ideal place for photography lovers.

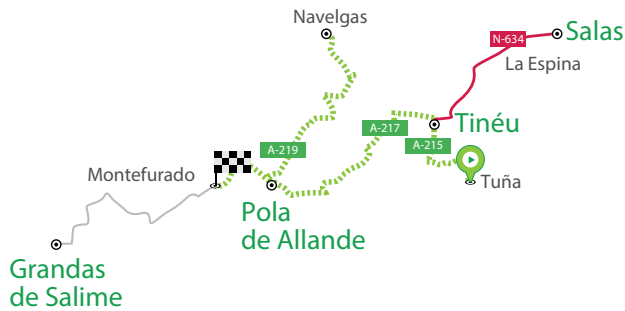
DAY 2: The day starts in the town of **Navia**, wandering around the town hall, the church of Nuestra Señora de la Barca, the medieval wall and Coaña House. The local NV-2 road connects Navia to **Frexulfe beach**, a natural monument, with a rest area shaded by trees. Continuing along the NV-2, you reach **Puerto de Vega**, a town renowned for the beauty of its quay and the stately homes. It is necessary to retrace your steps to find out about the first military vestiges. Seven kilometres from Navia, this time along the AS-12 towards **Bual**, lies **Coaña Fort**, an archaeological site with eighty huts protected by a thick wall. Guided tours are available.

Once in **Luarca/L.luarca**, take a walk from the quay to the watchtower. Three hundred metres from the centre of the town, this collection blends perfectly with the cemetery and the remains of the defensive wall built in the 16th century to protect against French and English attacks.

“El Dorado” from Asturias

#Asturiasbycar

Start point of the route: Tuña
End of the route: Montefurado
Distance: 90,1 km



DAY 1: The car is the best travelling companion for embarking on this adventure. First, a visit to **Tuña**. This small town is famous for its mansions, hórreos and palaces, as well as being the birthplace of the liberal general Rafael del Riego. The palaces of Cabo del Río and of Flórez Valdés, as well as the Tower House and the monument to the chosco, a typical food product of the district, can be found together in just a few metres.

Back in the car to head for the capital of the district, taking the AS-15 road towards Cangas del Narcea, turning right onto the AS-215, to reach Tinéu in approximately 25 minutes. This ancient town still conserves examples of rural architecture of great value. The visitor can wander among the town hall and the palace of Merás, Las Campas square, the primitive temple of San Pedro and the palace of García Tineo. Or, a little further from the centre, the chapels of San Roque and El Viso. The neighbourhood of Cimadevilla deserves special mention.

Returning to the car, the traveller continues on their way towards **Navelgas**, twenty-five kilometres and approximately forty minutes away along the AS-217. Navelgas is the neuralgic centre for gold, with the MOA (the Asturias Museum of Gold) and the headquarters of the gold panning clubs, which organise competitions around the world. After a visit to the museum, the traveller can make their way along the Footprint of Gold Route, which starts in a recreational area accessed from a path next to the petrol station. The route is three kilometres long (round trip). A number of very ancient Roman mines can be seen along this route.

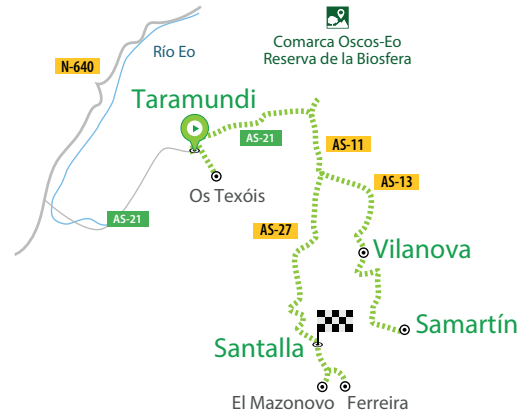
DAY 2: The second day is reserved for **Allande**, a parish council in the southwest. From Navelgas take the AS-219 to get to Pola de Allande. The capital of this council is the start of the excursion. La Puela is a small village with a hidden treasure. Its streets invite you to discover the Palace of Cienfuegos or the Indiana stately homes. San Martín de Beduledo is just seven kilometres away. From the town, it is possible to access San Chuis Fort, along a track suitable for vehicles. Entrance to the fort is free of charge and it is an example of the military culture of the region.

In the afternoon, along the AS-14, heading towards **Grandas de Salime**, the trip ends in Montefurado, where you can visit the Fana de la Freita Ensemble and Xuan Cave, former gold mines. This is also a passing point on St James' Way, allowing tourists to observe a small part of the route.

The cradle of blacksmiths

#Asturiasbycar

Start point of the route: Taramundi
End of the route: Santalla
Distance: 55,6 km.



DAY 1: Rural tourism in Asturias was born in **Taramundi**. If only for that reason, it is worth a visit. But also, for its ethnographic wealth and much-appreciated artisan knives. The traveller first comes across the church of San Martín de Taramundi, and the Carbayo do Poyo, a curious wooden sculpture. The first rural hotel in Spain, La Rectoral, was built at the end of the rectory hill. The museums are the next stop on this trip. The traditional knife-making museum, a private centre which describes the history and techniques used in knife-making, is a one-kilometre walk away. Also, one kilometre away, but heading towards El Mazonovo, is the largest Museum of Mills in Spain. This includes 19 pieces within a complex of great beauty. Four kilometres away (so it's a good idea to go by car) is the ethnographic ensemble of Os Texóis, a farm with several hydraulic inventions, ranging from a hydraulic press to a grinding wheel.

In the afternoon, we go from culture to nature. The traveller, depending on their physical fitness and their tastes, has a choice of a number of trails. Two of these are: the Water Route, 14 kilometres long, and taking about four and a half hours; or Los Ferreiros, only 6 kilometres long and taking two and a half hours.

DAY 2: The three councils of the Oscos make up the route for the second day. In **Vilanova** is the imposing Santa María Monastery, with its 12th century church. Just over a kilometre further on, in Santa Eufemia, it is possible to visit the Ecomuseum of Bread (open in the summer and at Easter) to discover all there is to know about making bread. From Vilanova, a quarter of an hour along the AS-13 takes you to **Samartín**. This town is home to the Casa de los Guzmanes, a property of cultural interest which is currently home to a number of administrative offices. It is also possible to enter the parish church or visit the exterior of the Palace of Mon.

The last afternoon in the Eo Biosphere Reserve is reserved for **Santa Eulalia de Oscos**. The Museum of the Birthplace of the Marquis of Sargadelos is in Ferreirela de Baxo, and nearby, just 3 kilometres away, the Mazonovo blacksmiths. It is also possible to call at the door of the former traditional knife-making workshops, as many of the owners offer demonstrations for visitors. Tourists wishing to make the most of their time right down to the last second may also visit Seimeira waterfall. This is a trail which leaves from Santalla, 8 kilometres long (round trip), suitable for children who are discovering nature.

Don't leave without...

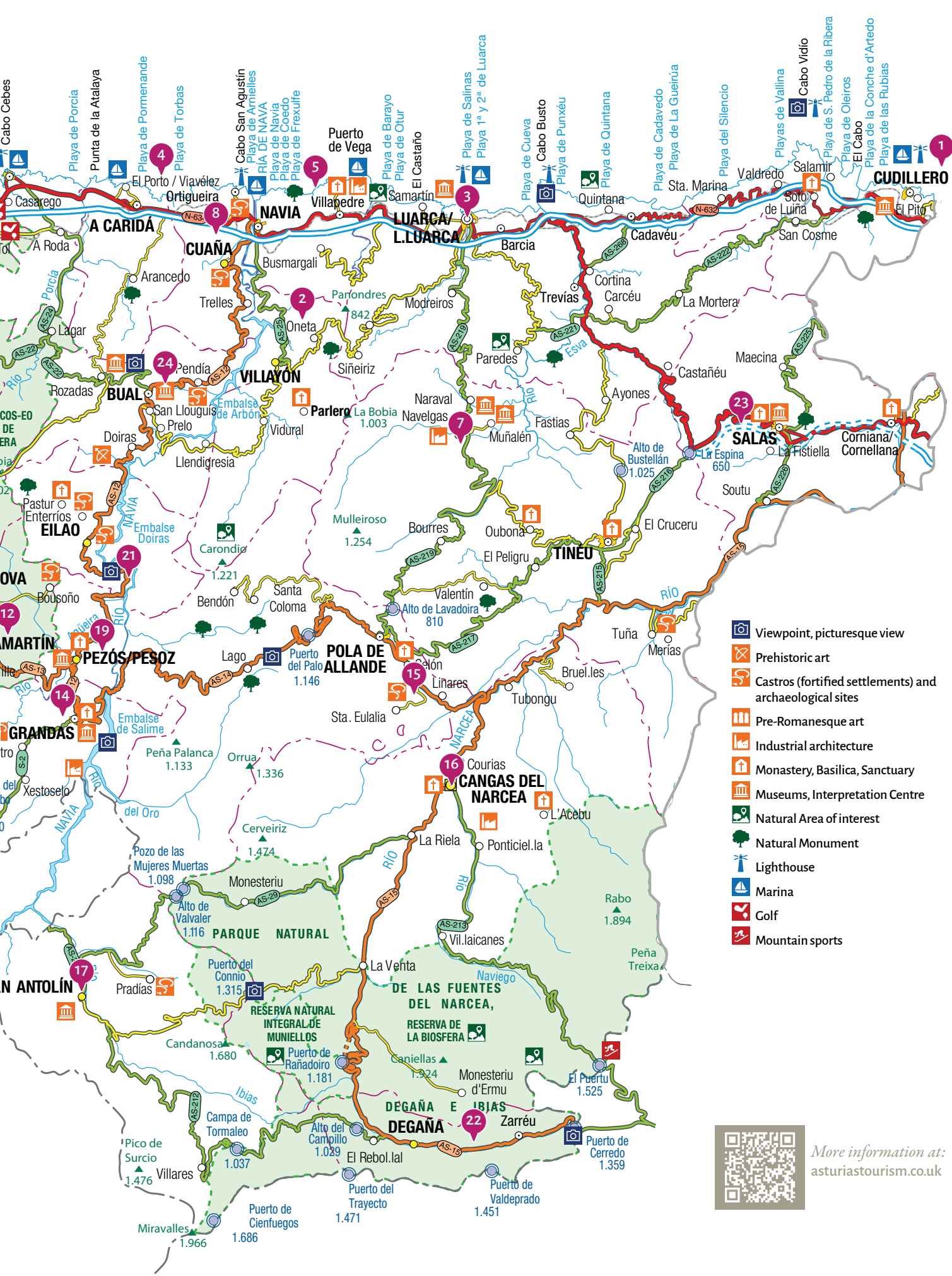
- 1 Visit the picturesque fishing village of Cudillero
- 2 Oneta Waterfall (Villayón) in the parish council of Villayón
- 3 The cemetery of Luarca/Lluarca, a balcony towards the sea
- 4 The small village of El Porto/Viavélez
- 5 La Frexulfe Beach declared a natural monument and the fishing village of Port de Vega
- 6 The mouth of the Eo estuary from As Figueiras
- 7 The Gold Museum in Navelgas
- 8 The Celtic Castro hill fort of Coaña
- 9 Museum of Knife-Making near Taramundi
- 10 The Meredo trip hammer in Vegadeo
- 11 Mazonovo Ethnographic Site in Santa Eulalia de Oscos
- 12 The Mon Palace in San Martín de Oscos
- 13 Saint Marina Monastic Site in Villanueva de Oscos
- 14 Grandas de Salime Ethnographic Museum
- 15 San Chuis Castro Hill Fort in Allande
- 16 Visit one of the wineries of Cangas del Narcea and its Wine Museum
- 17 Nature Learning Centre of Fuentes del Narcea, Degaña and Ibias Nature Park and the Palloza Interpretation Centre, in San Antolín
- 18 Fishing Interpretation Centre in Eo River, San Tirso de Abres
- 19 The medieval settlement of Argul, declared a Site of Cultural Interest, located in the parish council of Pesoz
- 20 Reception Centre Los Señores de las Casas-Palacios, one of the three entrances to the Navia Historic Park in Tapia de Casariego.
- 21 Admire the Navia River from the San Esteban de los Buitres viewpoint (Illano)
- 22 Discover the work of the *cunqueiros* (local artisans that made wooden objects) in Trabáu (Degaña)
- 23 Pre-Romanesque Learning Centre Museum, Samartín (Salas)
- 24 Beekeeping House in Boal



- | | | |
|---------------------------|------------------------|-----------------------|
| 1. San Tirso de Abres | 9. Grandas de Salime | 17. Cangas del Narcea |
| 2. Taramundi | 10. Tapia de Casariego | 18. Villayón |
| 3. Vegadeo | 11. Illano | 19. Navia |
| 4. Santa Eulalia de Oscos | 12. Boal | 20. Tineo |
| 5. Villanueva de Oscos | 13. Pesoz | 21. Degaña |
| 6. Castropol | 14. Coaña | 22. Valdés |
| 7. Ibias | 15. Allande | 23. Salas |
| 8. San Martín de Oscos | 16. El Franco | 24. Cudillero |



- ROADS**
- Motorway or dual carriageway
 - State highway
 - Regional highway
 - Primary road
 - Non-primary road
- GEOGRAPHICAL BOUNDARIES**
- Regional boundaries
 - Municipal boundaries
 - Natural Park boundaries
- MISCELLANEOUS**
- Number of the road
 - Puerto de San Isidro
 - Mountain pass
 - River, reservoir, dam
 - Mountains



-  Viewpoint, picturesque view
-  Prehistoric art
-  Castros (fortified settlements) and archaeological sites
-  Pre-Romanesque art
-  Industrial architecture
-  Monastery, Basilica, Sanctuary
-  Museums, Interpretation Centre
-  Natural Area of interest
-  Natural Monument
-  Lighthouse
-  Marina
-  Golf
-  Mountain sports



More information at:
asturiastourism.co.uk

Tourist attractions to visit in western Asturias

Eo Fishing Interpretation Centre

San Tirso de Abres. O Chao
T. +34 985 476 407

www.santirsodeabres.es

Os Teixóis Ethnographic Site

Taramundi. Os Teixóis
T. +34 985 979 684 / +34 608 248 913

www.osteixois.es

Museum of Knife - Making

Taramundi. Pardiñas

T. +34 985 646 810

www.navallasdetaramundi.com

Bres Water House

Taramundi. Bres

T. +34 629 854 259 / +34 985 301 541

www.taramundi.es/casa-del-agua

Bres Craftsmanship Centre

Taramundi. Bres

www.taramundi.es/centro-de-artesania-de-bres

Mazonovo Mills Museum

Taramundi. O Mazonovo

T. +34 985 646 817 / +34 619 635 330

www.mazonovo.es

Esquíos Ethnographic Museum

Taramundi. Os Esquíos

T. +34 985 979 640 / +34 669 876 899

www.esquios.es/

Ethnographic Museum – Birthplace of The Marquis of

Sargadelos

Santa Eulalia de Oscos.

Ferreirela de Baxo

T. +34 985 621 295 / +34 985 626 032 (Cityhall)

www.redmeda.com

Mazonovo Ethnographic Site

Santa Eulalia de Oscos. El Mazonovo

T. +34 620 309 362

www.santaaulaliadeoscos.es/que-visitar

Bread Ecomuseum

Villanueva de Oscos. Santa Eufemia

T. +34 685 822 237 / +34 985 626 219

www.villanuevadeoscos.es/que-visitar

Palozza de Ibias Interpretation Centre

Ibias. San Antolín

T. +34 985 816 101 (Ayto) / +34 615 164 329

www.ibias.es

“Casa del Marco”. Countryside House Museum

San Martín de Oscos. Vilarquille

T. +34 617 255 752

Chao Samartín Castro Hill Fort and Museum

Grandas de Salime. Castro

T. +34 985 627 143

www.chaosamartin.es

www.parquehistorico.org

Grandas de Salime Ethnographic Museum

Grandas de Salime. Avda. El Ferreiro

T. +34 985 627 243

www.museodegrandas.com

www.redmeda.com

Beekeeping House

Boal. El Mazo

T. +34 985 620 629

Iron Craftsmanship Interpretation Centre

Boal. Rozadas

T. +34 689 573 196

www.parquehistorico.org

Pesoz Ethnological Museum

Pezós/Pesoz. Edificio de Servicios Múltiples

T. +34 985 627 334

Coaña Castro Hill Fort Educational Room

Coaña. Villacondide

T. +34 985 978 401

www.parquehistorico.org

Cangas Wine Museum

Cangas del Narcea. Barrio de Santiso

T. +34 984 497 009

www.museovinocangas.com

Nature Learning Centre of Fuentes del Narcea,

Degaña e Ibias Nature Park

Cangas del Narcea. Courias

T. +34 985 813 981

www.fuentesdelnarcea.org

“Juan Pérez Villamil” Ethnographic Museum

Navia. Puerto de Vega

T. +34 985 648 805

www.parquehistorico.org

www.redmeda.com

Gold Museum of Asturias (MOA)

Tineo. Navelgas

T. +34 985 806 018

www.museodeloro.es

Vaqueiro Museum (MUVAS)

Tineo. Naraval

T. +34 677 896 992

www.muvas.es

www.redmeda.com

Forest Museum

Tineo. Ca'l Teso. Muñalén

T. +34 985 806 310

www.museodelbosque.es/

The Park of Life

Valdés. La Mata

T. +34 689 570 708 / +34 660 660 400

www.parquedelavida.org/

San Martín de Salas Pre-Romanesque Learning Centre Museum

Salas. Plaza de la Campa

Tel.: +34 985 830 988 / +34 985 830 004

Selgas Fagalde Foundation

Cudillero. La Quinta (El Pito)

T. +34 985 590 120

www.selgas-fagalde.com

Asturias



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