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*Come to eastern Asturias*

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## East, the land of “Indianos”, cider, mountains, shepherds and lots of cheese

Rivers such as the Sella, the Dobra and the Cares, will always be remembered by those that discover them. It is impossible to forget our “Santina”, the Virgin of Covadonga, patron saint of Asturias, when visiting Cuadonga/Covadonga and, even less so, Enol and Ercina Lakes, or the magnificent sight of the Picos de Europa Mountain Range, where the Urriellu, also called Naranjo de Bulnes, is the king. Visitors must try Cabrales cheese in Cabrales; the Gamonéu, in Cangas de Onís and in Onís, or the Vidiago, Pría and Porrúa cheeses, in Llanes; walk up to Bulnes or watch people hang-gliding over beautiful beaches such as the Torimbia. All that, and lots of forests where you can listen to the silence as you brush through the leaves or look for the Busgosu, a creature that lives in Ponga. It's not magic. It is Asturias. Specifically, eastern Asturias.



Tazonés (Villaviciosa)

## The Cider Region and beyond

Cider-tourism is a term that takes on its full meaning in the councils of the Cider Region, particularly in **Villaviciosa** and **Nava**, the capitals of cider and apples. Together with these, **Cabranes**, **Bimenes**, **Colunga** and **Sariego**. In **Villaviciosa**, among other things, there is plenty of Pre-Romanesque and Romanesque art, together with routes and the Way of Saint James, which passes through the district. It has a beautiful estuary, where it is an absolute pleasure to watch the sunset from the Puntal or on Bonhome beach.

*Visitors must not miss a stroll through the lanes of the Port of Tazonés, pure seamanship.*

And also discover the history of jet, looking for mills next to the Profundu River or, even, wandering through Sietes, a small hamlet with a large number of hórreos and paneras (granaries raised). It is also worth taking a stroll through the Villa. In the other cider council, **Nava**, nature lovers will find picturesque places such as La Praera, or villages such as Piloñeta or Grátala, together with the Pendón River gorge and the Remediú route. Food enthusiasts should visit **Cabranes**, which hosts the famous Rice Pudding Festival and, while there, if the chance arises, they should visit the little villages of Santolaya, its capital or Torazu. The Rural School Museum in Viñón, is also well worth a visit. Pretty villages and great scenery can also be found in **Sariego** and **Bimenes**. The former is home to the Santa María Church and the San Pedrín Chapel, next to the cave, and, of course, don't forget the Cercanías del Cielo walking route. In **Bimenes**, those that like dried cured meats, will find a large number of companies making traditional cured pork products. And radio enthusiasts must visit the Casa de Les Radios (An exhibition on the road broadcasting world).

**Colunga**, and the entire coastal area from Villaviciosa, is replete with dinosaur tracks; unsurprisingly, very close to Llastres Port, in Rasa de San Telmo, is the Jurassic Museum of Asturias. Colunga, next to the sea, is as beautiful as the valley and mountains. Apart from its marvellous beaches, it is also worth discovering villages such as Güerres, Lloroñi, Llúe, Lliberdón and Gobiendes. Lighthouse enthusiasts should visit the one in Luces.

Travellers fall in love with **Caravia**, **Ribadesella**, **Llanes** y **Ribadedeva** not only for the sea, but also for the inland areas with gorgeous valleys, mountains and forests. It is easy to fall in love with beaches such as the Arenal de Morís and La Espasa.

*The mountains offer other gems, the Sueve Mountain Range, crossing various districts and crowned by the Picu Pienzu. And of course, Fitu viewpoint.*

The history of the “Indianos” (Asturians who emigrated to America and returned with a fortune) is reflected across the entire eastern region through the architectural legacy. **Ribadesella** and **Llanes** are two clear examples. In **Ribadesella/Ribeseya** visitors can admire the promenade of Santa Marina Beach, the historic town centre and places such as the fish market and the port. In Ribadesella, essential visits include the Tito Bustillo Caves, or beautiful villages such as Cuevas del Agua.

**Llanes** maintains the same beauty as the rest of eastern Asturias. Both in terms of the incredible quality of its beaches and coves and its inland landscapes. The fishing village, which captivates visitors at first sight, and its entire historic quarters, going on to the villages and unique sites such as the famous Pría and Vidiago blowholes; the cemetery on the estuary between Barru and Niembu, or small villages such as Porrúa, Cue, Andrín, Po, Nueva, Rinsena, El Mazucu, Vidiago, Buelna, Valmori, Niembu and Pendueles.



Ribadesella/Ribeseya

The history of the Primiango shoemakers is well-known in **Ribadedeva**. The San Emeterio Sanctuary and the ruins of the Tina Monastery are also worth visiting.

*Colombres, its capital, also reflects the influence of the “Indianos” in the many mansions and palaces that remain there.*

The most important is “La Quinta Guadalupe”, which is home to the Indianos Archive and the Museum of Emigration. And, once in Alles, the capital of **Peñamellera Alta**, an essential visit is to San Pedro Church, in the centre of the village, and the restored remains of the old San Pedro de Plecín Church, which are located in a magical spot. In Trescares is the beautiful La Vidre Bridge, while a pretty winding road, offering spectacular views, leads to the village of Oceño, where visitors can also buy Cabrales cheese. **Peñamellera Baja**, with its capital Panes, offers natural monuments such as the willow plantation Saucedá de Buelles, singular villages such as Cuñaba and monuments like the San Juan de Ciliengo Church. A visit to the Loja Cave, with its Palaeolithic art, should also be included in any visitor's agenda.

## Back to the centre, from Cabrales to Parres

If we already mentioned the appearance of the Picos de Europa where the districts of Peñamellera Alta and Peñamellera Baja meet, it is even more impressive once we reach **Cabrales**, and this will be the case all along this journey back to the eastern centre of Asturias, through **Onís**, **Cangas de Onís** and **Amieva**. The Picos de Europa National Park is the main show. On the Central Massif are the highest peaks of the Cantabrian mountain ranges, with the Urrieles, with the Picu Urriellu, as it is called by the locals in Cabrales, although others refer to it as the Naranjo de Bulnes which is 2,519 metres high. Cabrales is known worldwide for mountain climbing, but it is also popular with those that enjoy gentle hiking, and it is also famous for the Peñamellera Alta, where the Cabrales cheese is made, with its protected designation of origin. It has unique little villages such as Camarmeña, Tielve, Sotres, Berodia, Inguanzo, Carreña, Asiegu... and various viewpoints to admire the Urriellu, including the one in Pozo de la Oración, or the Pedro Udaondo viewpoint, to name but a few, as well as many routes, the most popular of which are those that climb up to Bulnes and the Cares trail. But there are plenty more..

*And if Cabrales and Peñamellera Alta are where the Cabrales cheese is made, Onís and Cangas de Onís are where the equally famous cheese, Gamonéu, is made.*

**Onís** is located in the heart of the Eastern Massif of the Picos, with Benia as its capital. Some of its villages to be discovered include Demué, Gamonéu, which actually falls within the districts of Onís and Cangas de Onís, and other places such as Remis, Sirviella, Castu, Avín or Villar. All travellers should visit a Gamonéu cheese factory in the valley. This is a variety that is produced all year round, while the seasonal and artisan variety made up in the mountain passes, is only produced during the summer months.



The Royal Site of Covadonga (Cangas de Onís)

Once in **Cangas de Onís**, the tourism centre in this area, its capital, Cangues d'Onís/Cangas de Onís, is a hive of comings and goings of travellers looking, not just for souvenirs for their loved ones, but also to take that mandatory photograph next to the medieval bridge, with its old Roman road, from which the Victoria Cross hangs, representing Asturias and all the Asturians.

*Cangues d'Onís/Cangas de Onís is, without doubt, a truly culturally-rich town.*

To name just a few, some must-see sites are the Buxu Cave, the Santa Cruz and Abamia Dolmens. The Covadonga Sanctuary, also located within the district should be visited, the Santa María la Real Basilica, of course the Santina, the Virgin of Covadonga, patron of all Asturians, in Santa Cueva and, without doubt, the lakes and the entire natural area forming part of the Picos de Europa National Park, with its overwhelming beauty.

Nature's treasures can also be enjoyed in the nearby districts of Amieva and Ponga. Amieva is located in the upper valley of the Sella River. Its oldest building is Santa María de Mián. It has a number of interesting mansions, together with extremely

photographic bridges, such as the Graznos Bridge, at the entrance to the imposing Beyos gorge.

*And of course, here, as in Ponga, the famous Los Beyos cheese is made.*

One of its attractive and easy routes is the Beyu Pen, and of course, the Jocica Route. Sames, Vis and Carbés are some of the attractive villages, as well as the impressive Angón Valley.

And if you love Amieva, you will also fall in love with **Ponga**. Its Nature Reserve is first-class. The capital, San Xuan/San Juan de Beleño, invites visitors to explore its streets, together with villages such as Tarañes, Sobrefoz, Sellañu, Viegü, Abiegos, Valle Moru (an abandoned village) Tanda, Vibuli or Cazu. The beautiful Ventaniella mountain pass, and the equally beautiful Peloño forest, together with the road which, after passing Viegü, descends down to Los Beyos gorge to discover the village of El Beyu perched up



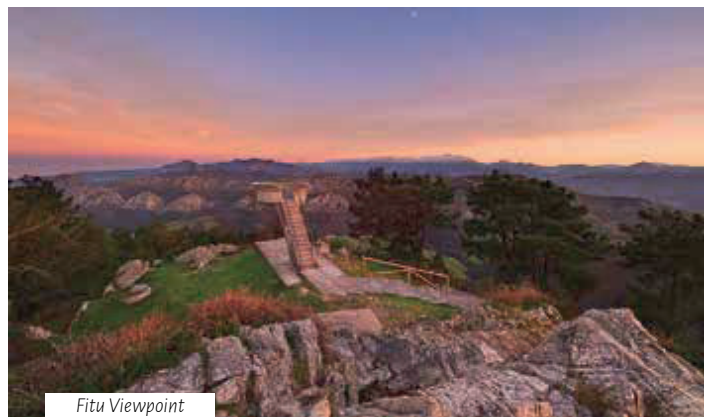
Hut on the Peloño Forest route (Ponga)

on the hill. The Interpretation Centre in Ponga Nature Reserve is worth a visit, located at the exit from San Xuan/San Juan de Beleño.

This journey ends in the East in **Piloña** and **Parres**. The capital of Piloña is L'Infiestu.

*To think of Piloña is to think of the Foces del Infierno route, the "Virgen de la Cueva" Sanctuary, the Sidrón Cave, the kingdom of hazelnuts, the "hórreos" and "paneras" in the village of Espinaréu/Espinarredo and the well-preserved traditional architecture in the neighbourhood of Valledal in Villamayor.*

Among the quaint villages is Anayo, which, once again, offers spectacular views of the Picos. Cerecea, San Roman, Valles, Valle, El Texedal and Santianes are others. And from Piloña, to the district of **Parres**, with its capital Arriendas/Les Arriendes, famous for being the starting point each year for canoeists in the International Descent of the River Sella, the emblematic river in Asturias, to end in Ribadesella/Ribeseya. What is known as the "Fiesta de les Piragües" (canoeing festival) was conceived in 1930 by Dionisio de la Huerta, Manés Fernández and Alonso Argüelles. Climb up to Picu Pienzu, which people normally begin at La Cruz de Llamas or from the Fitu, and the climb up to La Mota Cetín are some of the best-known routes. Picturesque villages include Arenes, Llamas and Vallubil.



Fitu Viewpoint



## The east, the most varied cheese region in Europe

#Gastronomy

The Picos de Europa are not only fantastic to look at, photograph or climb, but are also the lands where cows, goats and sheep roam freely. The combination of the abundant nature of the east and excellent pastures of quality has resulted in fifteen varieties of cheese, each one better than the last. The mildest cheeses are the Vidiago and Bedón, both found in the district of Llanes. In the same district, you can also taste the cheeses from the villages of Porrúa and Pría. Lovers of blue cheese must try a Cabrales (don't miss a visit to a cheese factory and ask to see the cave where they are matured, and everything will start to be clear). Another popular and highly-prized cheese is the Gamonéu, made in the districts of Onís and Cangas de Onís, it is smoked, complex and subtle after three months of tender care and turning. Both cheeses have a Designation of Origin to protect them from imitations, as does the Casín cheese, one of the oldest in the country. Los Beyos cheese has a Protected Geographical Indication and is made with either just one type of milk or with a blend of two or three. The list of cheeses from the east is completed with Peñamellera, Cueva Llonín, Caxigón, Pregondón, Arangas, Franxón, Monje and Los Caserinos.



Gamonéu Cheese

Other products which take centre stage in the eastern cuisine are pork-based products. In Llanes you must try the "pantruque" (prepared with corn flour, onion, bacon, paprika, egg and salt) and in Caravia, the "emberzau" (a variant of black pudding which is mixed with cornflour and wrapped in cabbage).

In any part of the eastern region, you may find "boronchu" or "borona", a type of bread made with corn, whose dough is wrapped in cabbage leaves and cooked in the oven. The "pregnant" (stuffed) version contains chorizo, ham and bacon.

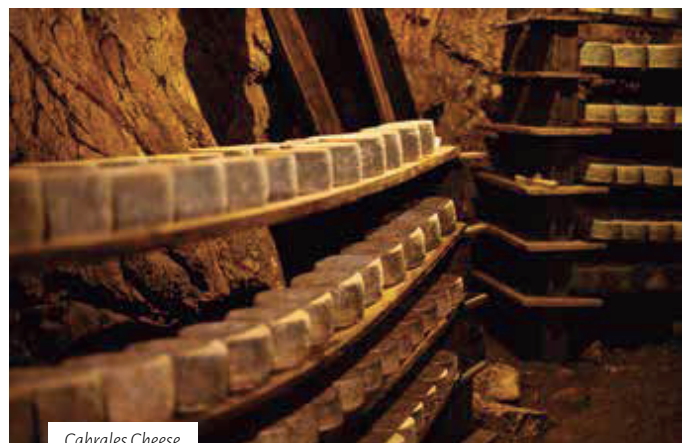
*To drink, what could be better than a 'culín' (poured cider), as this is the Cider District, made up of six parish councils that form almost half of all the cider houses in the region.*



Cider

When it comes to desserts, the most popular in the region include rice pudding, "frixuelos" (sweet pancakes), and "les casadielles", a fried dough filled with crushed walnuts, honey or sugar and a drop of anis.

When is the best time of year to visit the eastern Asturias and try the cuisine? Any time of year, as in February you have the Amieva pork festival or the "Oriciu" (sea urchin) festival in Güerres (Colunga), the corn and flour festival in Llanes around March, when Villaviciosa holds their famous bean festival. In May it is the turn of the "Ilámpares" (limpets) in Quintes and Quintueles, the cider-based dishes in Nava and the rice pudding festival in Cabranes. June starts with the Ribadesella festival of the sea, a tribute to the Cantabrian which is shortly followed by the homage to the hake fish in Ribadedeva. July sees the Cider Festival in Nava, and in August thousands of tourists gather in Cabrales on the last Sunday of the month to attend a fifty-year old cheese-making event. September is again a cider month par excellence with the Villaviciosa Cider Festival, while October pays tribute to the cheeses of the Picos de Europa over the bank holiday weekend in Cangas de Onís, and Benia holds the Gamonéu event the week after. Also, in October, specifically the first weekend, do not miss the Hazelnut Festival in L'Infiestu.



Cabrales Cheese

### January

- Day 1, **The Guirria and Aguinaldo Festival** in San Xuan/San Juan de Beleño (Ponga).

### February

- **Matanza de Amieva and Alto Sella** – gastronomic workshops relating to seasonal pork specialities.

### March

- **San Emeterio and San Celedonio/ Santu Medé Festival** in Pimiango (Ribadedeva).

### April

- **Boroña Preñada Festival** in Colunga.
- **Easter Week** in Villaviciosa.
- **Horse races at Santa Marina Beach** in Ribadesella/Ribeseya.

### May

- **Rice Pudding Festival** in Santolaya (Cabrales).

### June

- **Boroña de Fornu Festival** in Torazu (Cabrales).
- **San Antonio de Padua Festival** in Cangues d'Onís/Cangas de Onís.
- **Sacramental Festival** in Cue

(Llanes).

- **San Antonio Festival** in Alles (Peñamellera Alta).

### July

- **Natural Cider Festival** in Nava.
- **Santa María Magdalena Festival** in Llanes.
- **Shepherd Festival** in Vega de Enol (Cangas de Onís).
- **Bollu Festival** in La Peruyal-

## Ordiales Viewpoint

#Hiking

**Starting point:** Pandecarmen  
**End of route:** Mirador de Ordiales  
**District:** Cangas de Onís  
**Type of route:** Round trip  
**Length:** 15,4 km

**Duration:** 5 h 40 min  
**Minimum altitude:** 1.043 m  
**Maximum altitude:** 1.730 m  
**Climb:** 687 m



Upon arriving at the **Lakes**, after climbing the access road from Cuadonga / Covadonga, we come to a fork. The path to the left borders Lake Enol and takes you to Lake Ercina; take the path to the right to begin the route.

After a little more than half a kilometre, there is a small lane to the right that leads to the **refuge of Lake Enol**, but you should continue on the path to the left, which leads to Pandecarmen, until reaching a car park where you can leave your car, if you want to start the route from this point.

After walking for some 350 m, you reach the famous **German Pool**, known by this name because Roberto Frassinelli, a native of Germany, used to bathe here. He fell in love with the Picos de Europa and settled in the nearby village of Corao in 1811. It is a small pool, three or four metres wide and one metre deep, and at the end of the summer it is full of fresh crystal-clear water.

One kilometre later you come across the **Vega de la Piedra mountain meadow**, one of the most beautiful and characteristic of the Picos de Europa, at an altitude of 1,120 metres.

At kilometre 7 of our route, after crossing the different mountain meadows, you come upon **Vegarredonda** refuge, at 1,470 metres above sea level, and 3 km further on we find the famous Ordiales refuge, very close to the end of your route.

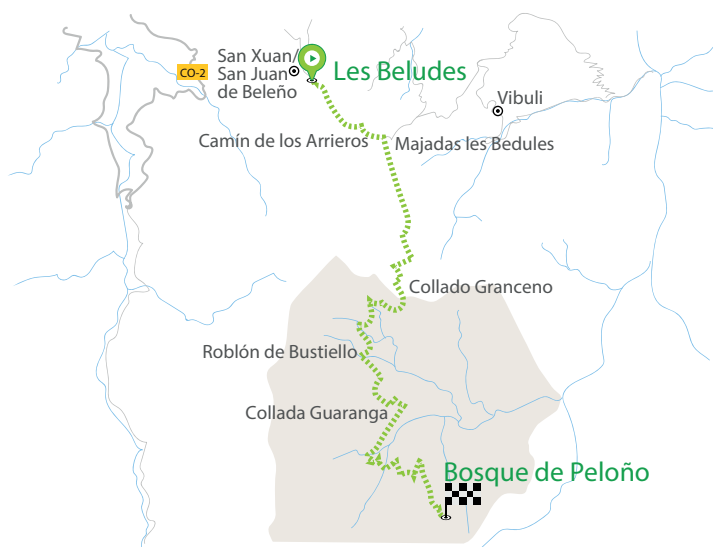
After a few metres you reach **Ordiales Viewpoint**, the end of your journey. This is a natural terrace, suspended in space at an altitude of 1.750 metres, with breathtaking views. It is famous because the remains of Pedro Pidal y Bernaldo de Quirós, marquis of Villaviciosa de Asturias, are buried there. He was not only a climber but also behind the promotion of what is now the Picos de Europa National Park.

## Peloño Forest

#Hiking

**Starting point:** Les Bedules  
**End of route:** Bosque de Peloño  
**District:** Ponga  
**Type of route:** Round trip  
**Length:** 32 km

**Duration:** 8 h 30 min  
**Minimum altitude:** 991 m  
**Maximum altitude:** 1.448 m  
**Climb:** 457 m



To do this route, first go to **San Xuan/San Juan de Beleño**, which can be reached via the AS-261 road from Cangues d'Onís/Cangas de Onís. Right outside the village take the detour to the left, which is the road that leads to Viegü, PO-2. A little further up, at the top of Cabañón, take another turning to the right, leaving the road.

Here is **Les Bedules Lookout Point**, where you can leave the car and begin the route. From this lookout, start to walk along a trail of about 17 kilometres, which goes into the forest, although in the beginning it is surrounded by pastures. This path is known as the **Camín de los Arrieros** road (Muleteer's Road) and continues to **Collado Granceno**. The trail is wide and easy to follow.

One and a half kilometres after beginning the route, you cross another trail to the left, but you continue straight. After another three kilometres, you reach Collado Granceno Hill, at an altitude of 1,190 metres. Here there are beautiful views of the **Peloño Forest**, in addition to a fountain to cool off. Continue straight on to enter the forest.

Walk for about 5.7 kilometres, and at this particular point take a left turn, following the instructions on the panels, to admire the famous **Bustiello Giant Oak Tree**. Afterwards, either go back along the same path you initially took, or continue walking along the farther track to get closer to Guaranga hill, where a trail begins that takes you closer to the Arcenorio valley.

On reaching kilometre 12.5, continue along the trail, and you reach **Guaranga hill**, the northern edge of the forest and a narrow pass where you can observe ancient machine-gun hides built during the Spanish Civil War it is an ideal place to observe Sen de los Mulos peak. After walking some 16.7 kilometres, almost to the end of the route, you reach Arcenorio valley, below Peña Ten. The hermitage in the meadow is worthy of admiration.

Arriondas/Les Arriondes (Parres).

- **Picos de Europa cheese and arts and crafts competition** in Panes (Peñamellera Baja).

### August

- **Nuestra Señora de Andrín** (Llanes).
- **San Roque Festivals** in Llanes.
- **First Disembarkation of Carlos V** in Tazones (Villaviciosa).
- **Asturcón Festival** on the grazing meadows of Espineros (Piloña).

- **Carmen Festival** in Torazu (Cabranes).
- **Cabrales Cheese Competition** in Arenas (Cabrales).
- **Canoeing Festival – International Descent of the Sella River** (between Arriondas/Les Arriondes and Ribadesella/Ribeseya).
- **San Pedrín de la Cueva Festival** (Sariego).
- **Oles traditional Market** (Villaviciosa).

### September

- **8th September, Day of Asturias and Nuestra Señora de Covadonga Festival** in the entire region.
- **Virgen de la Guía Festival** in Llanes.
- **Santo Cristo del Amparo Festivals** in Nueva (Llanes)

### October

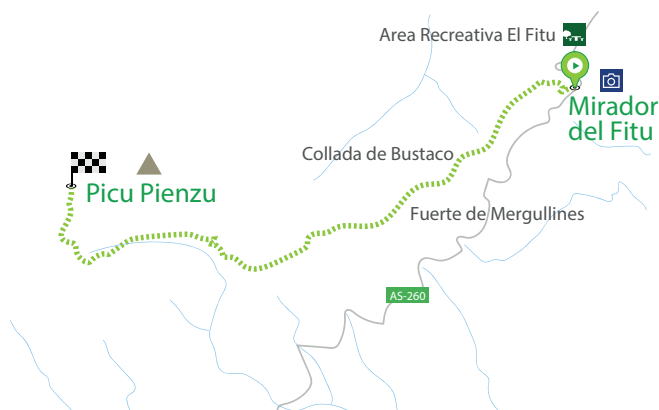
- **Festival of the Hazelnut** in L'Infiestu (Piloña).
- **Apple Festival** in Villaviciosa.
- **Gamonéu Cheese Competition** in Benia (Onís).

## Picu Pienzu Route

#Hiking

**Starting point:** Mirador del Fitu  
**End of route:** Mirador del Fitu  
**Districts:** Caravia, Parres  
**Type of route:** Round trip  
**Length:** 11,3 km

**Duration:** 5 h  
**Minimum altitude:** 582 m  
**Maximum altitude:** 1.161 m  
**Climb:** 579 m



The route begins at **Fitu Viewpoint**, from where there is a spectacular view of both the coast and the interior. The path climbs on the side of the road opposite the car park, which crosses a pine forest.

In the first 400 metres, the path continues along the crest of the hill, which has been invaded by thicket. Small groups of pine and beech trees can still be seen.

On reaching 700 metres from the beginning of the route, on the right is Peña Poares Rock and in the lowest part of the valley you can see a great forest cover, the **Viescona beech forest**, that accompanies you on your way for about 500 metres before arriving at **Bustaco hill**.

After walking some 3,5 kilometre, you will arrive at Bustaco hill. From this point onward the climb becomes steeper.

Halfway up the hill, kilometre 4.35, there is a path that branches off to the left, offering the possibility of access to Mergullines fountain, with fresh drinking water and a chance to fill our bottles.

A little before reaching kilometre 5, next to the trail is **Cuedro watering hole**, on the plain of the same name. The remaining section is the steepest part of the route and there are various options for climbing it.

Having arrived at kilometre 5, the first option is on the right and entails climbing straight up towards the peak. However, this is the most difficult path, so the preferred option for the less experienced is to continue along the path and begin the ascent a few metres farther ahead.

## The Mills Trail

#Hiking

**Starting point:** Virgen de la Velía Chapel  
**End of route:** Rozaes  
**District:** Bimenes  
**Type of route:** One – way route  
**Length:** 6,6 km

**Duration:** 1 h 30 min  
**Minimum altitude:** 368 m  
**Maximum altitude:** 531 m  
**Climb:** 163 m



Five mills in barely three kilometres take us back to a time of subsistence economy, closely linked to the land, the wealth of its rivers, their swell, and their fertilisation of the surrounding lands, where corn was the staple diet. One mill every half a kilometre, a frequency also seen in other parts of Asturias is repeated here, demonstrating the importance of this element which today is almost purely ethnographic.

The trail starts at the **Virgen de la Velía chapel**, in the parish of Santu Medero, belonging to Bimenes council, just at the climb to the renowned Peñamayor peak. Along the route you will see the beautiful mills which give the trail its name. Leave the car here and start the trail following the path which leaves from the chapel.

After 300 metres, turn right, and a few metres further on, right again. After 300 metres, turn right, and a few metres further on, right again. Approximately 200 metres ahead you enter the native Asturian forest. At the first crossroads, take the path to the left, which leads to the **Peña del Hombre Mills**, also known as the Milio and Honorio Mills.

After walking 800 metres, you come to a fork: Honorio mill to the left and Milio mill ahead. Take the turning to the left first.

Walk on for 150 metres, to reach **Honorio Mill** where there is a path to the left which leads to the village of Melendreras.

After just over a kilometre, you reach **Milio Mill**. This has been perfectly restored, and allows you to observe the mechanisms and instruments used in the Asturian milling tradition.

Almost half way along the route at kilometre 1.4, you come back to the initial crossroads. This time take the turning to the right, in order to visit the other mills. Some 800 metres further on, kilometre 2.2, you will find the remaining water mills on this route: **Matilde**, which has a small dam from where water is supplied to drive the grinding stones to crush the corn; **Máxima**; **Ferreru**; **Flora**, and **Barrial**, perfectly renovated. A little later, you cross the river.

At kilometre 3 of the route, you reach the last of the bridges, La Llera, at the height of the village of **Rozaes**, where the route ends. It is also possible to start the route here and finish in La Velía.

*December*

► **Los Beyos Cheese Competition**  
in San Xuan/San Juan de Beleño  
(Ponga).



More information at:  
[agendaasturias.es](http://agendaasturias.es)

## Charles V Route

#Hiking

**Start point:** Tazones  
**End of route:** Villaviciosa  
**District:** Villaviciosa  
**Type of route:** One-way route  
**Length:** 11,34 km

**Duration:** 3 h  
**Minimum altitude:** 2 m  
**Maximum altitude:** 165 m  
**Climb:** 163 m



This historic route starts in the town of **Tazones**, where, five centuries ago, Carlos V, the future king of Spain, disembarked from Flanders en route to Villaviciosa for a few days rest.

60 metres from the port is the Hotel Imperial. Next to this is an information panel offering a description of the route: history, coordinates, maps... In addition, this route is very well signposted: there are plaques, small wooden posts and painted route marks, making it almost impossible to get lost. Leave the panel behind and follow the cobbled path marked by the blue plaques.

A little further on, just 130 metres, turn left, continuing along the path between the houses of this pretty village. You reach a paved path with a wooden rail, which is also marked with a wooden sign; go up the path through the trees, including elms, passing by a well-known restaurant.

700 metres along the trail, you reach a junction with the VV-5 road, which you should cross with care, as indicated by the signs, to continue along the path across the road. Some metres further on, there is a turning to the right but you should continue straight on.

After the first kilometre, turn right and carry on along the path until reaching the village of **Lliñeru**, ignoring any turnings on the way.

After 1.2 kilometres, kilometre point 2.2, you reach Lliñeru, where you should take the right-hand turning and continue straight, without turning off for approximately one kilometre more. The path forks here and you take the left-hand turn until reaching the next village, **Samartín**. There are two turnings to the left, but you should continue straight.

At kilometre 4.3, you are now in Samartín, from where you can see the beautiful Villaviciosa estuary, a partial natural reserve which serves as a refuge and resting place for migratory birds; the porreos, land reclaimed from the marshes with the construction of dykes, mainly intended for agriculture and livestock, and "Encienona" tide mill, built in 1880, which uses the rise and fall of the sea to move the grinding stones to ground the flour.

200 metres further on, but still in Samartín, you have an opportunity to visit the church and, nearby, the 18th century yew tree. Just follow the instructions on the sign at the crossroads. Continue along the path to the right.

After walking approximately 6.2 kilometres, you will reach a beautiful waterfall, also signposted, and unknown until now, on the **Molinos stream**. There is large population of Woodwardia radicans, commonly known as pñara, a tropical fern which appears in the regional catalogue of endangered species of flora from Asturias, and for which there are only 23 known populations, one of which is in the village at the start of this route, in Tazones.

A few metres further on is another dangerous crossing across the AS-256. Carry along this road for approximately 200 metres until reaching another path to the right which you should take to reach the next village.

Once in Bedriñana, kilometre 8.4, there is a crossing in the middle of the village; take the path straight ahead to exit the village but first make a slight detour to visit the Church of San Andrés de **Bedriñana**, on our right, declared a National Monument

in 1931 and included in the prestigious list of pre-Romanesque churches of Asturias.

Continue along the path without turning off until reaching kilometre 10, where once again it joins the AS-256, where you should take care, until reaching **Villaviciosa**, the end of our route.

Just over a kilometre further on, you reach Villaviciosa, from where you can also start the route. This pretty village is home to Santa María de la Oliva church, a Romanesque church with elements of transition to the gothic style, declared a National Monument in 1931; and Hevia Mansion, which claims its artistic and historic value from the visit of Carlos V of Germany in 1517, on his return from Flanders, on route to be proclaimed Carlos I of Spain.

## Pimiango Cliff Trail

#Hiking

**Starting point:** Pindal Cave Car Park, Pimiango  
**End of route:** Pindal Cave Car Park, Pimiango  
**District:** Ribadedeva  
**Type of route:** Circular  
**Length:** 7,9 km

**Duration:** 2 h 30 min  
**Minimum altitude:** 15 m  
**Maximum altitude:** 164 m  
**Climb:** 149 m



This circular route starts in the vicinity of **Pindal Cave**. The first part runs across a private field and is not part of the route as such. After leaving the car in the car park, follow the path and take the first turning to the left.

After approximately 300 metres, you will reach the entrance to Pindal Cave, a World Heritage Site, worth a visit as it is home to one of the most beautiful examples of cave art in the region. A little further on you come to San Emeterio Hermitage, which has its own Interpretation Centre; you enter an eucalyptus wood.

After the first kilometre, you come to a junction with a road. Take the left-hand turning. Some 300 metres further on are the ruins of the 13th century temple of **Nuestra Señora de Santa María de Tina**.

After walking for about 2 kilometres, you will see some abandoned houses and a crossroads, where you turn to the left; you will take the right-hand turning later on.

Almost 3 kilometres along the route, you will find an overhang which is perfect for viewing the **mouth of the river Deva**. Now retrace your steps back to the crossroads one kilometre away. Once at the crossroads, take the turning to the right. Follow this path straight without turning off until you reach **Pimiango**.

You arrive in Pimiango, kilometre 6.1; along the way you can see los Picos de Europa, weather permitting. Leave the village following a path to the right that returns to the coast. After 700 metres you reach a viewpoint, with a fountain to cool you down. Carry on along the path.

At kilometre 7.7, almost at the end of the route, there are a number of crossroads: to the right, one of these goes back to the sanctuary, but you should carry on until getting back to the car park. Carry on down this path, to **San Emeterio lighthouse**.



## The Dinosaur Coast

#Asturiasbycar

**Starting point of the route:** Villaviciosa

**End of route:** Ribadesella/Ribeseya

**Distance:** 106 km



**DAY1:** Villaviciosa is a charming town which combines modern-day architecture with stately homes. The traveller can begin their expedition in the town before heading off along the dinosaur route. The route includes La Ballina Park, the remains of the medieval wall, the birthplace of José Caveda y Nava, the market and Los Valdés Palace. There are no dinosaur prints in Valdadiós but it is worth a trip to admire the ensemble formed by the Santa María Monastery and San Salvador Church, popularly known as El Conventín, built in the 9th century and one of the best examples of Pre-Romanesque Asturian.

In the afternoon the trip turns from Villaviciosa westwards, along the AS-256, to visit the first fossilised footprints. The first stop is Merón beach, accessed via the turning from Argüeru. Here there are traces of a sauropod, consisting of twenty prints. On the way back to Villaviciosa, turn onto the VV-5 towards the well-known and picturesque fishing village of Tazones, declared a Historic Ensemble, and which enjoys great fame thanks to the quality of its fish and shellfish, and its traditional cuisine. Then carry on along the local road which offers spectacular views of Rodiles beach, Villaviciosa Estuary and El Puntal Port.

**DAY2:** The second day takes you to the east. Colunga is the next capital accessed from the Cantabrian Highway. It is built around San Cristóbal church, the Alonso Covián family home, the market square and Santa Ana chapel. This is a good refuge to take strength before meeting the dinosaurs. After a stroll around the streets of the town, get back in the car and take the AS-257 towards Llastres until reaching the Jurassic Museum, located on a hill with privileged views and with all the facilities for discovering more about these animals which became extinct millions of years ago.

With the information fresh in your mind, the best thing is to head for La Griega beach, just one kilometre from the museum and home to the first site discovered in Asturias, with the largest sauropod footprint in the world. The trail begins with an informative sign next to the river Llibardón and leads the traveller to the remains. The final destination is Llastres, a fishing port tucked away right in the heart of the dinosaur route.

**DAY3:** The third day takes you to the easternmost dinosaur prints discovered to date along the Asturian coast: in Ribadesella, and more specifically along the cliffs of Tereñes and la Punta'l Pozu—at the far west of Santa Marina Beach.

Tereñes is a pretty port belonging to Ribadesella, with spectacular sunsets, where the bars and restaurants offer the best cuisine of the area on terraces overlooking the sea. The historic Ribadesella lighthouse can also be found here.

As you approach the fishing village of Ribadesella/Ribeseya, Santa Marina is a fantastic sight, as much for the huge expanse of white sands and great surfing waves, as for the striking “Indiana” (houses of Asturians who emigrated to America and returned with a fortune) architecture opposite the beach, found throughout Asturias.

Ribadesella/Ribeseya, famous around the world as the finishing line for the International Descent of the Sella, also known as the Canoeing Festival, has a Winners’ Promenade, Princesa Letizia promenade, in honour of the present Queen of Spain, who spent many summers in the town, la Grúa promenade, and Guía chapel are other must-see attractions in Ribadesella. Not to forget Tito Bustillo Cave, declared a UNESCO heritage Monument.

## Eastern seduction at Picos de Europa

#Asturiasbycar

**Starting point of the route:** Llanes

**End of route:** Panes

**Distance:** 107,2 km



**DAY1:** The route starts in Llanes to discover the heritage of the town in a morning. The starting point is San Pedro promenade, next to Sablón beach. The 19th century watchtower connects you to the sea and is where you can see the first stones of the medieval Old Quarter. Then visit the city wall and gates, the tower, the basilica, La Magdalena and Santa Ana chapels, the palaces of Gastañaga and Posada Herrera, now converted into a cultural centre. The traveller should also visit the harbour to see “The memory cubes”, a huge work of art by the Basque sculptor Agustín Ibarrola.

After the trip around Llanes, we head towards the Picos de Europa, along the AS-115. The road climbs the mountain from Posada. In just three quarters of an hour (34 kilometres), you arrive in Carreña. Right at the start of the village, a sign to the left points towards the village of Asiegu, with the Pedro Udaondo viewpoint. This is the first sighting of Picu Urriellu (known as Naranjo de Bulnes), the mountain which observes all our movements on this trip. Back in Carreña, take a stroll around the streets of the village, visiting the parish church and Bárcena House. Four kilometres further on is Arenas, where you can discover the secrets of cabrales cheese at the museum-cave.

**DAY2:** The second day is spent in the mountains. From Arenas, climb up in the car to Poncebos, the strategic point for all the trips. The first option is to climb up to Bulnes, one of the villages in Asturias with no roads. Tourists can get there on foot or in an underground cable car. Or combine the two, one in each direction. On foot, there is a climb of 400 metres and the route takes an hour and a half. The cable car only takes seven minutes.

Back in Poncebos, take the car to get to Telve and Sotres, the latter being one of the villages at highest altitude in the region. The detour takes about 20 minutes along the CA-1 and allows you to see life at an altitude of one thousand metres. To descend from Sotres go back through Poncebos.

**DAY3:** Early risers can climb to Camarmeña for a view of Naranjo de Bulnes or Picu Urriellu, an imposing limestone colossus in the central massif of the Picos de Europa. After a light breakfast, head back on the AS-114 towards las Peñamelleras, along the Cares Gorge, a stunning landscape. On the way you pass through scenic villages with pretty Indiano architecture such as Abándames or Alevia, until finally reaching the capital of Peñamellera Baja, Panes. From here it is possible to reach La Loja cave, in an idyllic setting close to the Cares-Deva, a perfect end to our day.



## Around the Sierra del Sueve and Ponga Natural Park #Asturiasbycar

**Starting point of the route:** San Xuan/San Juan de Beleño  
**End of route:** Caravia L'Alta/Prado  
**Distance:** 117,3 km



**DAY1:** The region furthest to the south is **Ponga**, with its Natural Park, which serves as a border to the Picos de Europa. Nature, excellent cheeses and thermal waters are the three main attractions. There are two different ways to access the district: the AS-339 from the N-634, at the height of Sebares, or the N-625 from Cangues d'Onís/Cangas de Onís. The capital of the zone is a small rural town called San Xuan/San Juan de Beleño, and this could be a good starting point. Los Beyos cheese is cured in the villages of Ponga. It is a much-appreciated variety prepared with goat, sheep or cow's milk. There are dozens of trails to explore. Perhaps the best known is Pelloñ Forest, a large beech forest crossed by a 24-kilometre trail. But there are other options, such as the route to Tiatoros from Tarañes (16 kilometres in seven hours), or la Senda del Cartero, which has a short variant of almost 4 kilometres taking 3 hours, as it is a rocky poorly defined path. In the lower zone, you will find the thermal waters of Mestas, which may offer an excellent restorative option after a day in the mountains.

**DAY2:** On the way back to **Piloña** along the AS-339, make a stop in Villamayor to discover Santa María Church, a Romanesque temple built alongside a Benedictine convent of which there are no remains. Then continue along towards the Sierra del Sueve, a natural habitat of the asturcones (Asturian pony), via the AS-259, a road which leaves the N-634 on the outskirts of Villamayor. If the trip happens to take place on the third Saturday in August, you may enjoy the Fiesta del Asturcón in Majada de Espineros. At any other time of the year there are different routes which will allow you to enjoy the environment and maybe spot some of the wild species. Two of these options are the trail from El Alto de La Llama to Majada de Espineros or Miyares to Pico Ordiyón.

**DAY3:** The Sierra del Sueve extends towards **Parres**, the capital of which is Arriendas/Les Arriendes. Arriendas/Les Arriendes is also known around the world as the starting point of the International Descent of the Sella, popularly known as the Kayaking Festival. Just 6 kilometres before Arriendas/Les Arriendes along the PR-3 is Llamas, a village where you will find the Church of San Martín de Escoto, a historic artistic monument from the 16th century. A visit to Arriendas/Les Arriendes is a good moment to rent a kayak and take to the river in imitation of the professionals. Many adventure companies offer this activity. More opportunities for active tourism in Parres include pot-holing, quad rides, horse riding, mountain biking or paintball. Another alternative is to follow a trail close to the Sueve, such as Majadas del Sur.

**DAY4:** The AS-260 leaves from Arriendas/Les Arriendes, leading to the sea after crossing El Fitu. At the peak there is a viewpoint, of unique architectural shape, offering a privileged view of the centre of Asturias, the sea and the mountains, and a recreational area. If you feel like a walk, you can climb the Pico Pienzu, which at an altitude of 1161 metres is the highest peak of the Sueve. From El Fitu, the route takes around three and a half hours. On the other side of the mountain, descending the AS-260 is the **Caravia**, a district with two beautiful beaches, La Espasa, regularly used by surfers and kite surfers who organise a festival here every year, and El Arenal de Morís, both of which are connected by an attractive coastal trail. The 18th century church of Nuestra Señora de la Consolación is in the capital, Caravia L'Alta/Prado.

## Cider, the drink promoted by Estrabón #Asturiasbycar

**Starting point of the route:** Nava  
**End of route:** Villaviciosa  
**Distance:** 134,5 km



**DAY1:** **Nava**, with its Cider Museum, is the starting point. The facility, in the heart of the town, allows you to follow the cider production cycle, right from the harvest of the apples to the traditional espicha (Asturian cider festival) where you sing, eat and drink the best 'palu'. The exhibition includes interactive installations. After visiting the museum, stroll around the town to see the cider houses, former presses, San Bartolomé church and the Town Hall. Nava grows in the shadow of Peña Mayor. This mountain is climbed along a road heading towards Piloña. The final part involves a very steep track which ends in some prairies from where you have a spectacular view of the central Asturian region.

**DAY2:** **Les Foces del Río Pendón** is the proposed route for the second day. It starts from the vicinity of Fuentessanta/Huentessanta, just under four kilometres from Nava along the NA-1. Close to the departure point is the privately-owned Fuerte de la Ferrería Palace, a 14th century building which has been declared a historic and artistic monument. The Les Foces trail is ten kilometres long and takes three and a half hours. Back in the town, take a guided tour of a cider press or head for Martimporra along the AS-251, capital of Bimenes, to visit the Palace of the Marqués de Casa Estrada. From here continue towards **Sariego** to discover the Romanesque churches of Santa María de Narzana and Santiago El Mayor. Both are buildings of great beauty constructed in isolated locations. Sariego is reached along the AS-357, which reveals the huge rural zone. To return to Nava take the A-8 and the N-634.

**DAY3:** From Nava to Villaviciosa along the AS-335 via **Cabranes**, another cider-producing centre. As you enter the district of Cabranes you come across the Museum of Asturian Folk Pottery in Piñera (reservations required). Visit Torazu, Exemplary Village of Asturias (an award from the Princess of Asturias Foundation) in 2008, and take a walk back in time with the Rural School Museum exhibition in Viñón. Once in Villaviciosa, a good walk will take you to La Ballina park, the remains of a medieval city wall, the House of José Caveda y Nava, the Market, the Palace of Los Valdés and the renovated Riera Theatre. Guided tours of the cider apple orchards and of the presses are available, during which it is possible to sample the latest harvest.

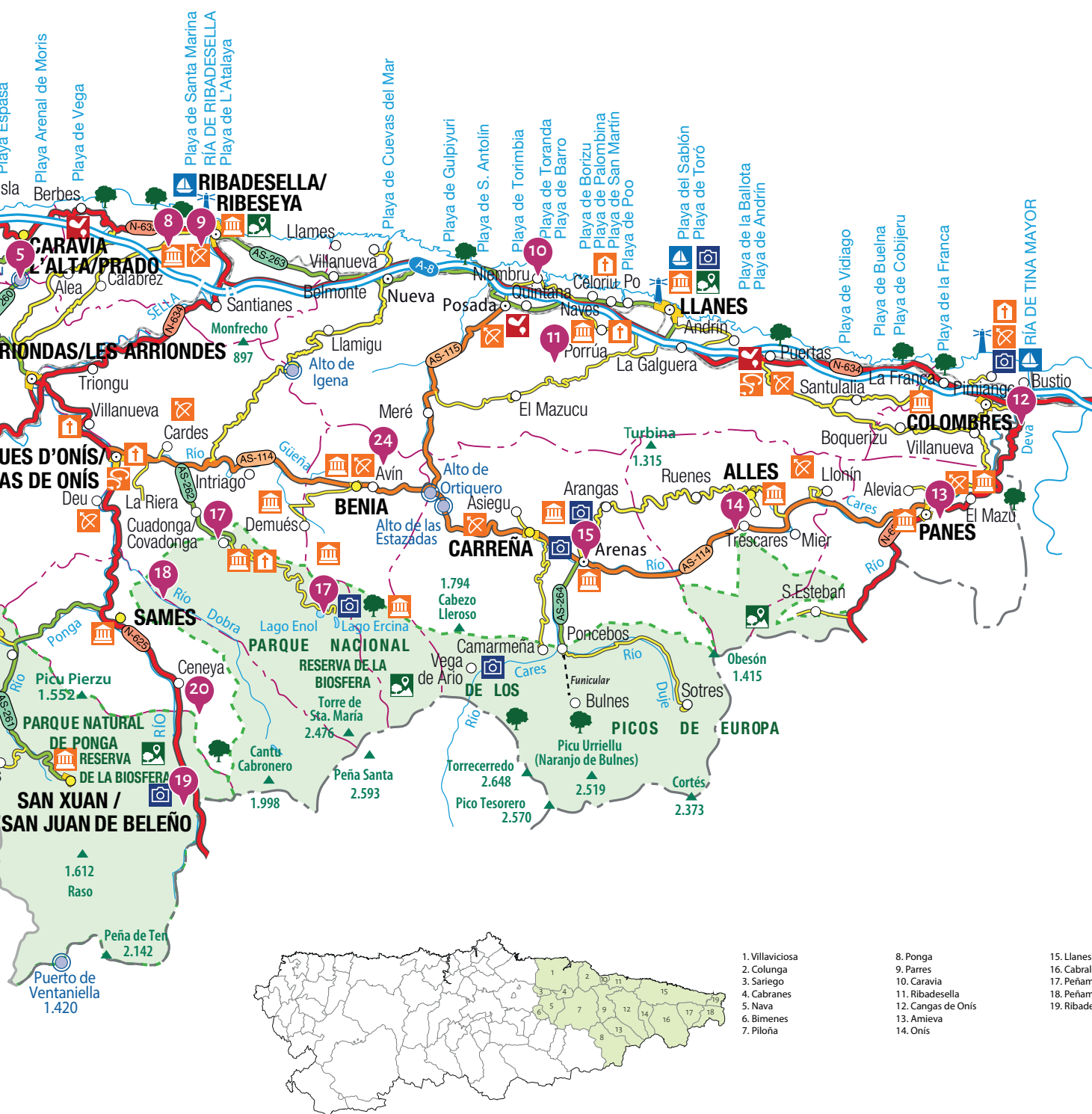
**DAY4:** Valdediós, a village located to the south of **Villaviciosa**, has a monastery and a pre-Romanesque church of priceless worth, located in a rural setting. This may be a good first stop. Back on the coast, you must stop at the Villaviciosa Estuary Interpretation Centre, where the ecological value of this partial nature reserve is explained. The centre only opens daily in the summer. Closer to the coast, along the AS-256, towards **Gijón/Xixón**, is the town of Argüero, with an Ecomuseum about the Asturcón, a typical Asturian breed of horse. This includes an exhibition area forming part of a rural centre with breeding stables. Back in **Villaviciosa**, it is still possible to discover new cider presses and cider houses or stop to visit Tazones and the port of El Puntal to rent a kayak. Weather permitting, this is a good opportunity to visit Rodiles Beach.

## Don't leave without...

- 1 El Puntal and Tazones port. Villaviciosa
- 2 Luces Lighthouse. Colunga
- 3 Exhibition "Los 13 del Sidrón" (An exhibition on Neanderthal Human groups in L'Infiestu)
- 4 Torazu Village. Cabranes
- 5 Fitu Viewpoint. Parres
- 6 Ceceda Village. Nava
- 7 Jurassic Museum of Asturias and La Griega beach where dinosaur footprints are found
- 8 Historical tour of the port of Ribadesella/Ribeseya
- 9 Tito Bustillo Cave and Cave Art Centre in Ribadesella/Ribeseya
- 10 See the Church of Niembu at high tide in Llanes
- 11 Ethnographic Museum of Eastern Asturias in Porrúa
- 12 Indianos houses in Colombres and don't miss the Asturian Emigration Museum – Indiano Archives
- 13 Bowling Museum in Panes
- 14 View of the Cares River from La Vidre bridge in Peñamellera Alta
- 15 Cheese Cave in Cabrales
- 16 Rural School Museum of Asturias in Viñón, Cabranes
- 17 Royal Site of Covadonga and the Lakes in Cangas de Onís
- 18 Olla de San Vicente River beach or Dobra Pond in Cangas de Onís
- 19 Les Bedules Viewpoint in Ponga
- 20 Views from Ordiales Viewpoint, Angón valley in Amieva
- 21 Cider – Museum in Nava
- 22 San Pedrín Cave and the Santa María de Narzana Romanesque Church (Sariego)
- 23 "La Casa de Les Radios" in Bimenes (A radio exhibition)
- 24 Glacial Fauna Cave and Interpretation Centre in Avín







More information at:  
[asturiastourism.co.uk](http://asturiastourism.co.uk)

## Tourist attractions to visit in eastern Asturias

### El Gaitero Cider Factory

Villaviciosa. La Espuncia

T. +34 985 890 100

[www.sidraelgaitero.com](http://www.sidraelgaitero.com)

### Jurassic Museum of Asturias (MUJA)

Colunga. Rasa de San Telmo

T. +34 985 868 000

[www.museojurascicoasturias.com](http://www.museojurascicoasturias.com)

### Rural School Museum

Cabranes. Viñón

T. +34 985 898 213 / +34 985 898 002 (City Council)

[www.museodelaescuelarural.com](http://www.museodelaescuelarural.com)

[www.redmeda.com](http://www.redmeda.com)

### Museum – House of Asturian Folk Ceramics

Cabranes. Piñera

T. +34 652 535 589

### Asturias Cider Museum

Nava. Pza. Príncipe de Asturias

T. +34 985 717 422

[www.museodelasidra.com](http://www.museodelasidra.com)

[www.redmeda.com](http://www.redmeda.com)

### Les Radios House

Bimenes. Suares

T. +34 985 700 004

<http://casadelesradios.blogspot.com.es/>

### The House of Time

Piloña. L'Infiestu

T. +34 984 113 012

[www.museodelreloj.org](http://www.museodelreloj.org)

### Tito Bustillo Cave. Tito Bustillo Cave Art Centre.

Ardines Cave.

Ribadesella. Avda. de Tito Bustillo. Ribadesella / Ribeseya

T. +34 985 861 255

[www.centrotitobustillo.com](http://www.centrotitobustillo.com)

### Buxu Cave

Cangas de Onís. Cardes

T. +34 608 175 467

### Museum of Covadonga

Cangas de Onís. Cuadonga/Covadonga

T. +34 985 846 096

[www.realsitiodecovadonga.com](http://www.realsitiodecovadonga.com)

### The Peruyal Cave. Glacial Fauna Interpretation Centre

Onís. Avín - Benia

T. +34 616 212 483

### Gamonéu Cheese Interpretation Centre

Onís. Demués

T. +34 616 212 483

### "The Mountains of the Lammergeier" Centre

Onís. Benia

T. +34 985 844 293 / +34 687 080 374

[www.quebrantahuesos.org](http://www.quebrantahuesos.org)

### Ethnographic Museum of Eastern Asturias

Llanes. Porrúa

T. +34 985 402 547

[www.porrúa.net](http://www.porrúa.net)

[www.redmeda.com](http://www.redmeda.com)

### The Cheese Cave

Cabrales. Arenas

T. +34 985 84 51 23 / +34 985 84 67 02

[www.fundacioncabrales.com/](http://www.fundacioncabrales.com/)

### Honey from the Picos de Europa Study Centre

Peñamellera Alta. Alles

T. +34 985 415 987 / +34 659 240 751

[www.auladelamiel.com/web6](http://www.auladelamiel.com/web6)

### La Loja Cave. La Loja Cave Study Centre

Peñamellera Baja. El Mazu

T. +34 985 414 417 / +34 676 128 176

### Bowling Museum of Asturias

Peñamellera Baja. Panes

T. +34 985 414 417 / +34 676 128 176

### El Pindal Cave. Interpretation Centre

Ribadedeva. Pimiango

Ctra Mirador del Picu towards the Lighthouse

Tel. +34 608 175 284 (Tourist Guide)

### Indians Archive Foundation

Ribadedeva. Colombres

T. +34 985 412 005

[www.archivodeindianos.es](http://www.archivodeindianos.es)

# Asturias



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