

*Come home to*

# PARADISE

*Guide to discover Asturias*

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# Come home to paradise

EDITING: SOCIEDAD PÚBLICA DE GESTIÓN Y PROMOCIÓN TURÍSTICA Y CULTURAL DEL PRINCIPADO DE ASTURIAS, SAU

Design: Arrontes y Barrera Estudio de Publicidad

Layout: Paco Currás Diseñadores

Maps: Da Vinci Estudio Gráfico

Texts: Susana D. Machargo

Translation: Morote Traducciones

Photography: Front cover: Amar Hernández. Inside pages: Amar Hernández, Armando Álvarez, Benedicto Santos, Casona del Viajante, Comarca de la Sidra, Hotel 3 Cabos, José Ángel Diego García, José M<sup>a</sup> Díaz-Formentí, José Ramón Navarro Tudela, Juan de Tury, Juanjo Arrojo, Manuel S. Calvo, Marcos Vega García, María Martín Berciano, Miki López, Museo Bellas Artes, Noé Baranda, Paco Currás SL, Pelayo Lacazette, Pozo Sotón, Incuna, Xurde Margaride and own Files.

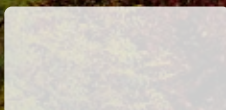
Printing: Sgraf Artes Gráficas SL - Nov. 22

D.L.: AS 04181-2017

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greenspain  
...  
The spirit of the North



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Vega de Brañagallones (Caso)

The first settlers captured their dreams, fears and emotions on the walls of caves where they took refuge from danger. From these cave paintings, which today enjoy international recognition and protection, to the avant-garde architecture of the Centro Niemeyer in Avilés, centuries of history have passed which have helped to form the landscape of the Principality and the idiosyncrasies of the Asturian people. The Castro culture, the warrior Pelayo and the Kingdom of Asturias, the figures of the Enlightenment of the 18th century, the industrial revolution in a land that provided water and carbon, these are all elements you can still perceive and enjoy.

By land, sea or air. It doesn't matter how you get there. The lofty sight of the steep Cantabrian Mountains, with their rolling green valleys which meet the coastline in an abrupt outline of its coast which falls off into the deep blue Cantabrian Sea, captivates you before you even step foot into Asturias. This is just the starters of a unique experience for which you are going to need all of the five senses. Without them you will not be able to taste its gastronomy, be stunned by its architecture, breathe its nature, listen to its urban heart beat or enjoy its hospitality.

Asturias is honest, authentic, full of life, respectful of the past and present, attentive, courageous, welcoming, modern and cosmopolitan. With unrivalled success, it brings together in a sort of magic potion the proud essence of all the cultures that have tried to conquer it and have left an indelible mark on its history, legend, architecture and customs.

This guide is intended to help you get a deeper understanding of this Asturias in a concise way, this Asturias that allows you to feel alive and get in touch with nature, leaving the stress of everyday life behind. It's only notes, some of an emotional nature and others more practical, which intend to pique your curiosity, offering a list of just a few must-see sites to begin the scratch the surface. It's a trail of breadcrumbs leading you to your own Natural Paradise.





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## Spain's first National Park

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On 22 July 1918, Alfonso XII declared the first National Park in Spain. This was the Montaña de Covadonga National Park, which today is the Picos de Europa National Park. The entrance to the park from Cangues d'Onís/Cangas de Onís is a crucial spot in Spain's history: Cuadonga/Covadonga, where the beginning of the Reconquest took place in a legendary battle led by Pelayo. Today, the cave where the Virgin appeared and the Basilica occupy this spot.





Muniellos Forest Nature Reserve (Cangas del Narcea and Ibias)

# Explore paradise

*#NaturalParadise*

One thing Asturians are proud of is their region's nature: its mysterious forests and coastline left unscathed by the whirlwind of property developments, its salmon rivers and steep mountains, ideal for rock climbers and hikers. Arising from this pride is a magnificent conservation that has led to more than a third of Asturias' territory being declared as national and international protected areas and the best-preserved coastline in Spain.

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*From reserves, parks, protected landscapes to natural monuments, there is a total of 55 places that stand out for their landscape, geology or botany.*

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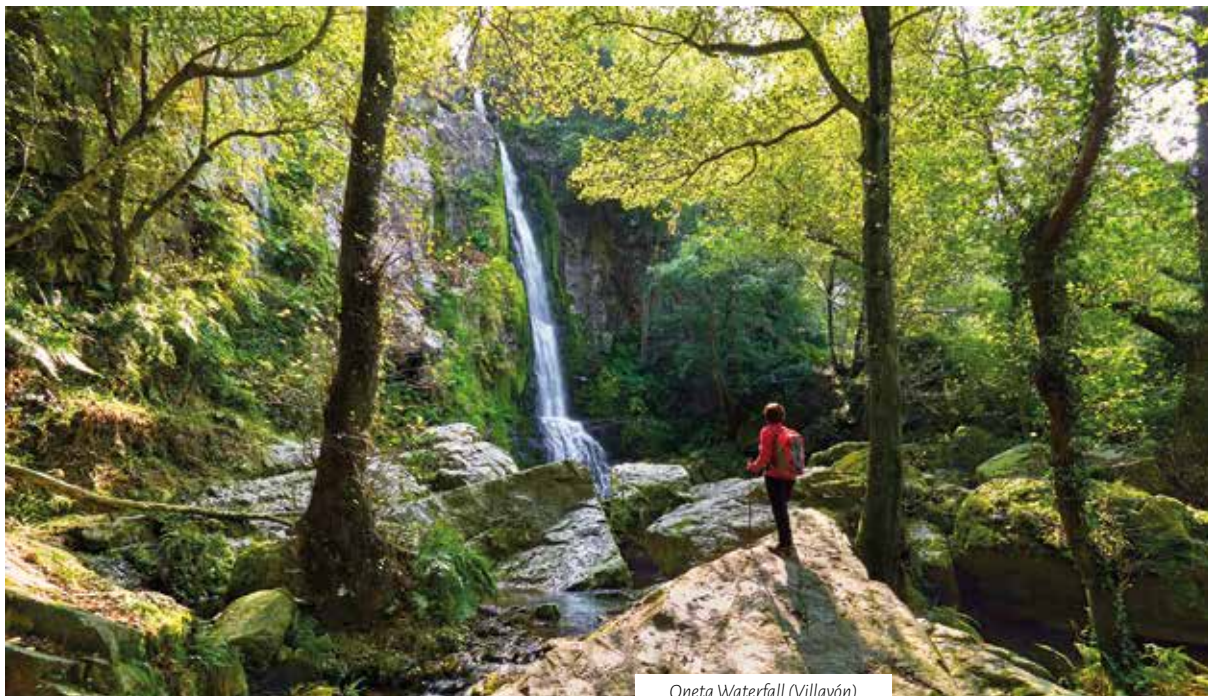
The only way to understand this passion for nature is to experience it. In order to get to explore it, you need to pack in your suitcase appropriate clothes and shoes.

The exploration begins with the 7 UNESCO-listed Biosphere Reserves in the Principality. The Picos de Europa's reserve was Spain's first National Park, protected since 1918. Rising up in the centre of this park is the Picu Urriellu, a real magnet for rock climbers, which then opens onto the Lakes of Covadonga. Fuentes del Narcea, Degaña and Ibias is a Nature Park with totemic fauna including the brown bear and capercaillie. Within this park you will also find the Muniellos Forest Nature Reserve and El Cueto de Arbás Partial Nature Reserve. The brown bear's habitat extends up to Somiedo which, as well as being a Biosphere Reserve, became the first Nature Park in Asturias (1988). Its lake, El Valle, is the biggest in the region and its brañas (high-

## Submerge yourself into the magic forest

Only 20 people per day can enjoy the experience of travelling through the Muniellos Forest, the largest oak grove in Spain and one of the best-preserved in Europe. You need to book far enough in advance. The route is mapped out, is circular and is 20 kilometres long. It's free but you can pay for a guide. It takes about seven hours and covers a slope of 600 m. You need to bring appropriate mountain clothing and food. There is no bar or shop along the route.





Oneta Waterfall (Villayón)



Somiedo Nature Park

mountain pasture areas) are dotted with teitos (thatched roof cottages). Las Ubiñas - La Mesa Nature Park contains the second largest mountain range in the region, the Peña Ubiña Massif and is full of natural monuments, such as the Huerta Cave, home to a large bat hibernation colony, or the Puertos de Marabio, with its peculiar karst complex. Redes is a refuge for all species native to northern regions, from the brown bear to the capercaillie or the wolf. Its complex terrain, also recognised as a Nature Park, is combined with spectacular mountains, valleys and limestone gorges that can be discovered on the River Alba Trail or in Los Arrudos. Ponga is made up of gorges such as the Ponga or Beyos gorges and lies within the Partial Nature Park of Peloño.

Oscos-Eo is the biggest UNESCO-listed Biosphere Reserve. Running through this territory is the river corridor of the Eo River, a special area for bird watching.

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*Apart from the Biosphere Reserves, Asturias has 6 partial nature reserves, 40 natural monuments and 2 other protected landscapes.*

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Other networks of international protected areas are the European Union's Red Natura 2000 and Sites of Community Importance (SCIs). Following their trace, you can discover the Sueve Range, the Oneta Waterfalls, the Esva Basin, the Deboyo Cave, the Santiuste Blowhole, the Villaviciosa or Barayo Estuary, the Caldoveiro Peak, or the Pastur Yew.



Hiking is possibly the best way to admire these lush spots. In Asturias, there are trails suitable for all physical conditions and tastes and for those looking for only short excursions. And you don't even need to park the car. The intricate network of regional motorways allows you to combine visits and organise unforgettable excursions. Other options are cycling along the sign-posted and well-preserved greenways or taking a journey on one of the routes travelled by giant dinosaurs, using their ichnites carved on rocks as a guide.

There are themed experiences for all tastes and seasons. Wildlife watching tourism has opened up a new door of experiences: set off on an ornithological route, follow the footsteps of the brown bear, get a taste of nature on an excursion collecting plants that are used in cookery workshops or travel through folds used by shepherds keeping your eye on the sky to spot the bearded vulture, reintroduced into Picos de Europa, in flight. This way you will be able to experience the passion for nature first hand.



*More information at:*

[asturiastourism.co.uk/NaturalParadise](http://asturiastourism.co.uk/NaturalParadise)



## Don't miss...

- ▶ The Fitu lookout (Parres), Pozo de la Oración (Cabres), Cabo Busto and the Hermitage of La Regalina (Valdés) and Puerto del Connio (Cangas del Narcea).
- ▶ Covadonga Lakes - Picos de Europa National Park.
- ▶ Follow the traces of bears, deer and wolves: Montaña Central and the Nature Parks of Fuentes del Narcea, Degaña and Ibias, Las Ubiñas-La Mesa, Somiedo and Redes.
- ▶ Through the Asturian forests, oak groves and beech forests: Muniel.los and Peloño.
- ▶ The Eo and Villaviciosa estuaries.
- ▶ Routes through Oneta Waterfalls (Villayón), Seimeira (Santa Eulalia de Oscos), Cioyo (Castropol) and Xurbeo (Aller).

## Follow the footsteps of the fauna

This alluring landscape is home to some rare animals, such as the Cantabrian brown bear, a species that is on its way to being recovered. The Bear's Trail is a greenway ideal for hiking and cycling. Bicycle rental is available. In one of its margins, the Proaza bear enclosure can be found, where the female bears Paca and Molina live. The Wolf House, in Belmonte, is an interpretation centre that pays tribute to Félix Rodríguez de la Fuente. Complete your visit with a one and a half kilometre long guided and accessible tour of the installations, which are located next to the Pigueña River and extend up to the enclosure, home to three Iberian wolves. Another unforgettable experience is listening to the moving sound of deer bellowing that can be heard in the period between summer and autumn, coming from a valley which amplifies their call. Or take part in the Fiesta of the Asturcón in the heart of the Sueve Range, a party held in celebration of the small and robust Asturcón, one of the oldest and purest horse breeds in the world. The Montañas del Quebrantahuesos Centre, in Benia, is a space that promotes the study of natural science, as well as conservation and sustainable development.



Cantabrian Brown Bear



## Wild nature beaches

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White and golden sand beaches are hidden along the coastline. Gulpiyuri and El Cobijeru are inland beaches. Located at a distance from the seafront, the water seeps through the porous cliffs and during high tide, forms salt water pools. This porous rock formation also opens in the east into blowholes, chimneys excavated in the rock through which you can hear the rumbling sound of the sea and even see foam rising when there are sea storms. The evocatively named beach El Silencio has gained protected area status under several categories, as well as the beaches of Vega, El Espartal, Penarronda, Frexulfe, Barayo, Rodiles and Bayas.





# Submerge yourself in the coast

## #AsturianCoast

401. These stretch out along the coastline of the Principality, bordering the Cantabrian Sea. The best-preserved coast in Spain is the land of fishermen and ship owners experienced in the battle against the sea, who have known how to build their villages vertically on quays, protected from the worst tides. They are heirs to the whale hunters of the Middle Ages who fought against giant whales using the most rudimentary gear. The lighthouses that guided them still pepper the cliffs and the estuaries that contributed to forging of the character of the shellfish gatherers are now nature reserves. The region's idiosyncrasies are reflected in traditional crafts, maritime rites, extraordinary folklore and a gastronomy based on its natural larder.

Each one has its own singularity and charisma. There the charming terraced houses in Cudillero and Llastres that stand daringly on the hillsides. The colourful Llanes' pier is protected by huge breakwater concrete blocks; these are the foundations of one of the most ambitious works of Basque artist Agustín Ibarrola, 'The Memory Cubes'. The small urban centre of El Porto/Viavélez looks out onto the Cantabrian Sea and As Figueras onto the Eo Estuary. The town act like natural borders, as happens with Bustio or Castropol and offer a perfect view of the mouth of the fast-flowing rivers, such as in San Esteban and L'Arena, on the banks of the River Nalón. The white town of Luarca/Lluarca with Modernist and Indiano architecture.

*Asturias has 18 fishing villages immersed with rich ancestral culture and scenic beauty with their ports, markets, cobblestone streets and great fishing tradition.*



Puerto de Vega (Navia)

Candás Lighthouse



## From lighthouse to lighthouse

A tour around Asturias's lighthouses is blended with landscape, sea, cliffs and sea birds. From Cabo Busto to Cabo Lastres, with a stop in Peñes in the northernmost point of Asturias, with an interpretation centre located at the bottom of the tower. You have the most extraordinary watchtowers in the lighthouses of Tapia, Ortigueira, Candás, Tazones, Llastres, Ribadesella/ Ribeseya, Llanes and Bustio.



Colonial architecture is also typical of Ortigueira, a nucleus located 20 metres above sea level. Tazones is where Carlos V first arrived in Spain from Flanders. The Watchtower of Tapia, the only lighthouse in Asturias built on an island. Candás and Lluanco/Luanco were already important ports in the Middle Ages. They organise gastronomy events based on products which make up an integral part of their cuisine, such as sardines or albacore tuna. One of the oldest settlements in the West is Puerto de Vega, where seaside houses and mansions are built side by side. Palaces, mansions and walls delineate the urban centre of Navia, one of the less steep and biggest fishing villages of Asturias, together with Ribadesella/Ribeseya, which was a focal point of maritime trade in the 19th century.

The beaches are for the summer, but can also be enjoyed in the winter while taking a stroll. City lovers have a wide range of choices with Gijón/Xixón, Ribadesella/Ribeseya or Salinas. Nature lovers, on the other hand, can enjoy towns that are secluded and wild, coves and large open sandbanks. Two of the nature reserves open onto stunning sandbanks. There are Villaviciosa, with Rodiles, and Barayo (between Navia and Valdés), an ecosystem that contains a mix of dunes, cliffs and unique botanical species. This route is made up of different sections



Villaviciosa Estuary (Villaviciosa)

*The Senda Costera (coastal path) is an excellent way to enjoy the different elements that make up the 401 kilometres of coastline.*

of varying lengths, difficulties and charm. The lookouts of Muros/Muros de Nalón offer different views, as well as the section between Frejulle and Puerto de Vega, where you can go from the cliffs down to paths located at sea level.



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



### Don't miss...

- ▶ The Púa blowholes.
- ▶ Cudillero.
- ▶ Gulpiyuri beach.
- ▶ Peñes.
- ▶ The Dinosaur Coast and the Jurassic Museum of Asturias.
- ▶ The Partial Nature Reserve of Barayo.



Cape of Busto (Valdés)



Storm in Cuerres (Ribadesella)





Cueurúa beach (Cudillero)



Watchtower of Luarca (Valdés)

## Traces of a whaling past

A document dated 1232 tells of how the brave Asturian fishermen set out to sea in search of whales. This fishing art reached its peak in the 15th and 16th century and later disappeared in the 18th century. You get a real sense of this whaling past in Llanes, Ribadesella/ Ribeseya, Llastres, Gijón/Xixón, Candás, Lluanco/Luanco, Cudillero, Puerto de Vega, Ortigueira, El Porto/Viavélez, Tapia y As Figueiras. It can be seen in the lookout of Riba, in Puerto de Vega; the Balleneros neighbourhood, in Llastres; in the medieval port of Cadavéu or in the recreational area La Mofosa, in Lluanco/Luanco. If you look closely at the sea from the central coast, you might be able to spot a jet of water blown by a whale crossing the Cantabrian Sea.





## A unique style in Europe

Twelve temples and three civil buildings, dated between the 8th and 10th centuries, make up the most complete and best-preserved set of architecture from the high medieval period in western Europe, with beautiful pieces of precious metal work. Its artistic and historical singularity has been recognised by UNESCO since 1985. Buildings that enjoy this distinction are San Julián de los Prados, San Miguel de Lillo, Santa María del Naranco, the Holy Chamber de Oviedo, the Foncalada fountain and Santa Cristina de Lena.

*Santa María del Naranco (Oviedo)*



# Absorb Asturian culture

*#AsturianCulture*  
*#CultureLife*

Asturias's long and eventful history has become the guiding thread, allowing you to understand its heterogeneous culture. 200 million years ago, this land was inhabited by huge dinosaurs who left their footprints along the coastline. The first settlers lived in caves to protect themselves and the cave paintings are evidence of their emerging interest in art 22,000 years before our times. Belonging to the Castro culture were excavated circular constructions that can still be seen today in the fortified settlements in the west: Los Castros. You can visit the San Chuis settlements in Allande or Coaña.

The Kingdom of Asturias, founded in the middle of the Reconquista, converted the Principality into the heart of Europe, with a monarchy that promoted talent, finding its expression in a unique architectural style: Asturian pre-Romanesque Art that spread through many municipalities, from Oviedo to Villaviciosa, Lena, Pravia, Colunga, Santo Adriano... Churches, palaces and monasteries make up the Gothic and Baroque heritage, with the Oviedo/Uviéu Cathedral being the finest example. The industrial revolution changed again this skyline and left landscapes which in the 21st century, have reinvented themselves, giving rise to works such as the Centro Niemeyer, located right on the Avilés estuary.

*A walk through the Asturian culture is a trip back in time through the centuries.*

An excellent way to begin this trip is visiting the UNESCO World Heritage Sites: caves exhibiting cave art, Pre-Romanesque Art and the northern routes of the Camino de Santiago. The caves and shelters whose walls are covered with pre-historic art can be found throughout the Principality and five of them enjoy the most prestigious international protected area status. These are Tito Bustillo (Ribadesella), Covaciella (Cabrales), Llonín (Peñamellera Alta), El Pindal

## Travel back in time inside a cave

Between 22,000 and 10,000 years before our times, men lived in caves in the Ardines massif and left traces on the walls showing their way of life. The Tito Bustillo cave (Ribadesella) has some of the best-preserved cave paintings and is open to the public from March to October. Visits are organised in groups of 15 and you need to book in advance. In the 700-metre-long gallery, there are eleven sets of paintings. What stand out are the horses and reindeer. With the same entrance ticket, you can explore the Tito Bustillo Cave Art Centre, which popularises the visit, offering a modern approach to cave art.



Tito Bustillo Cave (Ribadesella)

(Ribadedeva) and La Peña (Candamo). This is the same for the pre-Romanesque buildings, which stand majestically in the landscape. Specifically, the buildings listed are those located in Oviedo and Lena. The northern ways to Santiago Compostela, the Coastal and the Primitive Route, have been the last to be added to the selective UNESCO-list, with their multiple options for the pilgrims and hidden gems of cultural heritage that appear on the edge of both routes, such as San Salvador de Priesca (Villaviciosa), Santa María de Soto





Coaña Castro

de Luiña (Cudillero) and the San Salvador de Cornellana Monastery (Salas).

Religious travellers are astounded by the gothic Cathedral of San Salvador de Oviedo/Uviéu, which conserves the relics of Santo Sudario, the Cruz de la Victoria and the Cruz de los Ángeles, and the legend of the goldsmith pilgrims who designed the piece for Alfonso II; and the cave and Basilica of Covadonga, a mountainous area of picturesque beauty in which the Virgin appeared before Pelayo and instilled him with the courage to begin the Reconquista.

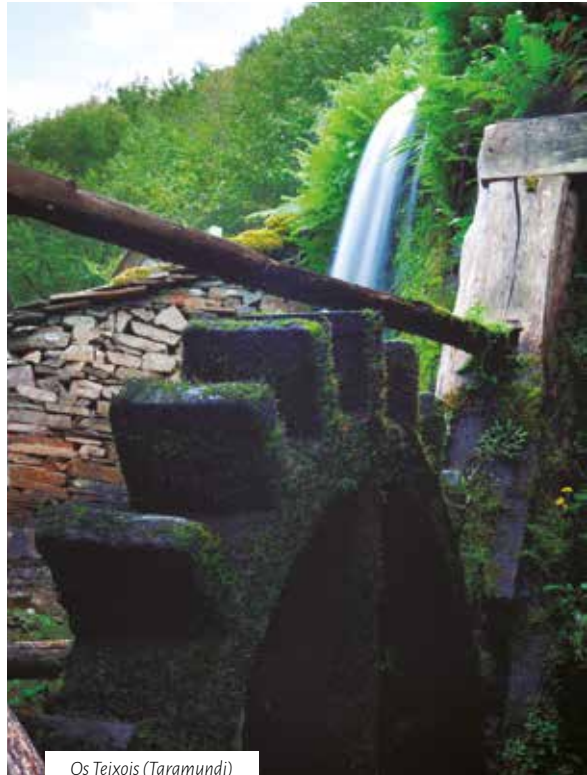
This list of must-see sites is endless, from magnificent monasteries like those in Corias, San Salvador de Cornellana or Santa María de Villanueva de Oscos, to theatres such as the Riera de Villaviciosa or palaces such as La Quinta de Selgas in El Pito, Cudillero, named the small Asturian Versailles.

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*It is impossible to understand the essence of this rich cultural tapestry without at least knowing a little bit about its ethnography.*

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The museums and themed attractions evoke Asturias's musical, educational and economic history of a society that has known how to adapt without abandoning its roots. The Museum of the Asturian People, in Cijón/Xixón; the Grandas de Salime Ethnographic Museum, the Os Teixois Ethnographic Site, in Taramundi; the Ethnographic Museum of Eastern Asturias, in Porrúa-Llanes; the Maritime Museum of Asturias, in Gozón; the exquisite building "Quinta Guadalupe" that houses the Indiano Archives-Emigration Museum Foundation, in Colombres; or the Rural School Museum of Asturias are some examples.

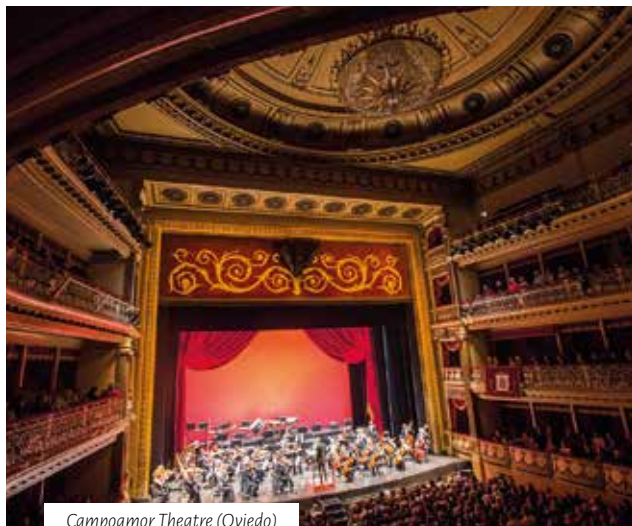


Os Teixois (Taramundi)



The Royal Site of Covadonga (Cangas de Onís)





Campoamor Theatre (Oviedo)



Jurassic Museum of Asturias (Colunga)

Cultural activities taking place in the Principality are as rich and varied as its heritage. The opera season, from September to the start of following year, is a cornerstone of the annual programme Campoamor Theatre in Oviedo/Uviéu, with top-class events and names. Similar to that is the Palacio Valdés Theatre in Avilés, an important venue for national events and a reference for theatre lovers. The programme ends in the city the Centro Niemeyer. In Gijón/Xixón, as well as the International Film Festival, there is the line-up of the Jovellanos Theatre and the Laboral Theatre and Art and Industrial Creation Centre.

The museum network is vast in terms of numbers and themes. Right in the heart of Oviedo/Uviéu you will find the Museum of Fine Arts of Asturias, with its modern, award-winning extension. Not

very far from here is the Archaeological Museum which takes us back into the prehistory and history of Asturias and the Historical Archive, located in the city's old prison. Another representative building, because of its location in the watchtower on the coastal plain its backdrop, is the MUJA, the Jurassic Museum of Asturias, a building constructed in the shape of a dinosaur footprint. The Pre-Romanesque Reception and Interpretation Centre, located in the old Naranco schools, accepts bookings for visits. The Teverga Prehistory Park is a very original project which holds a collection of reproductions of cave paintings.



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

The Museum of Fine Arts of Asturias (Oviedo)



## A hypnotic Museum of Fine Arts

More than 15,000 works, dated from the 14th century to the present, make up the biggest collection of art in the Principality, belonging to the Museum of Fine Arts of Asturias. Paintings, sculptures, engravings, photographs. Works from Dali to Goya, El Greco, Murillo, Tàpies, Barceló make up this open collection, which continues to grow thanks to acquisitions, grants and donations. The museum building is of great value in and of itself. It is made up three buildings, the Velarde Palace (18th century), the Oviedo-Portal House (17th century) and the award-winning extension by Patxi Mangado, opened in 2015.



## Don't miss...

- Asturian Pre-Romanesque Art: Santa Maria de Naranco, San Miguel de Lillo...
- Cave Art: Tito Bustillo and its Cave Art Centre (Ribadesella), La Peña (Candamo) and the Teverga Prehistory Park.
- The Museum of Fine Arts of Asturias (Oviedo).
- The Museum of the Asturian People (Gijón/Xixón).
- The Castros of Navia: Castro culture.
- "Princess of Asturias" Awards.



## A mining experience in the Valle de Nalón

The Nalón basin offers three ways to discover Asturias's mining culture and its urban, social and economic importance. The first is by visiting the Mining and Industry Museum in L'Entregu/El Entrego and exploring all of its exhibition space. The second is by following this sign: "Come and discover a valley, village and mine". This is what the Samuño Valley Mining Ecomuseum proposes to the traveller. Here you can enjoy a two-kilometre journey in train following the route along which coal extracted from the mines was transported, visit the entrance to the old San Luis Pit and explore the surroundings of the town La Nueva. The third alternative, much more intense, is to enter the darkness of the mine, the place where the real solidarity among the miners was formed. The company Hunosa offers guided visits of the Sotón Pit. Here you will descend down 556 metres in the old pit cage and explore the eighth, ninth and tenth floor.







### Don't miss...

- ▶ Mining and Industry Museum of Asturias - MUMI - (L'Entregu/El Entrego-San Martín del Rey Aurelio)
- ▶ Samuño Valley Mining Ecomuseum (Ciaño-Langreo)
- ▶ Sotón Pit (San Martín del Rey Aurelio)
- ▶ Mining town of Bustiello (Mieres)
- ▶ Arnao Mine Museum (Castrillón)
- ▶ Railway Museum of Asturias (Gijón/Xixón)

## Admire your surroundings

### *#IndustrialTourism*

Silhouettes of mining scaffolds dominate the horizon, steam machines rolling over metal tracks, towns born out of industrial paternalism...All a testimony to the richness that flows from underground, from the rivers and seafloor, to how men and women tried to tame nature.

This image is very different from the rural Asturias of the 19th century, whose inhabitants lived off of agriculture and livestock farming and only had a few canning factories and arms factories built in the 18th century. The men and women of Asturias had known about coal for at least two centuries but they had never shown an interest in mining it. But industrialisation

required fuel and the Asturian deposits were too highly sought-after. Coal mining opened the way for all the rest. With mining came the metallurgical and steel industry and power production, fuelled also by the abundance of water. The railway became the main figure of industrialisation. The landscape of the Principality was transformed, driving it towards the future.

Asturias's industrial heritage, protected by the Spanish Cultural Heritage Law, includes three types of assets: isolated elements, such as the Tabaco Factory, located in the centre of Gijón/Xixón; industrial plants, such as the one in Arnáu or the Trubia Arms Factory; and whole landscapes revealing a range of



Arnao Mining Complex (Castrillón)



Sotón Pit (SMRA)

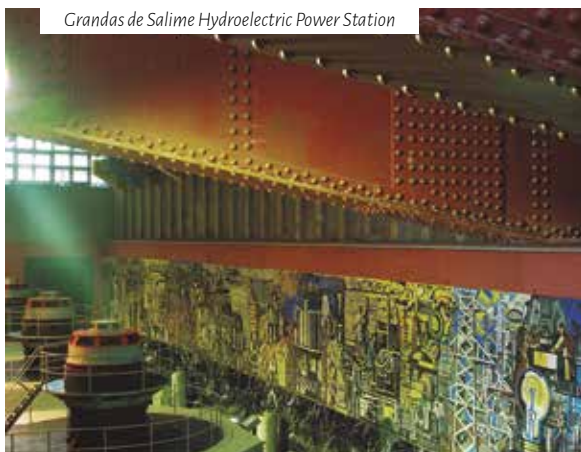




Mining town of Bustiello (Mieres)



Railway Museum (Gijón)



Grandas de Salime Hydroelectric Power Station



Old cranes at the mouth of the Nalón River  
(San Esteban—Muros de Nalón)

different activities, such as in the Nalón and Caudal basins and, more specifically, the mining landscape of Turón.

These buildings and industrial structures dot the horizon of Asturias. Taking a trip along the motorways of the Principality you will see the outlines of the scaffolds that lowered the cages down into the pits, the unique architecture of the mining neighbourhoods, factories, old gas tanks and lofty chimneys. Be surprised by the business centre of Valnalón, the mining town of Bustiello or the scaffolds and pitheads of Mosquitera, Candín or San Fernando. Hidden inside the Salime Hydroelectric Power Station, the largest dam in Asturias, are wall paintings and low relief sculptures by architects and artists, as well as father and son Joaquín Vaquero Palacios and Joaquín Vaquero Turcios.



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*The motorways also pass by examples of the flourishing food-processing industry or other traditional arts.*

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El Gaitero cider factory combines its activities with guided visits of their permanent collection and brewery, ending with a cider tasting session. A lot of other cider-press houses also offer similar activities. The canning industry led to almost a hundred of factories being opened, which provided a traditional source of employment for women. The Permanent Exhibition of the Canning Industry in Candás is located in the old cistern of the Bernardo Alfageme Cannery and Cider Factory.

It contains a whole set of equipment that helps you understand the industrial activities and the working conditions of the workers and communities that were formed around about it. The Mining and Industry Museum (MUMI)



Canning Industry



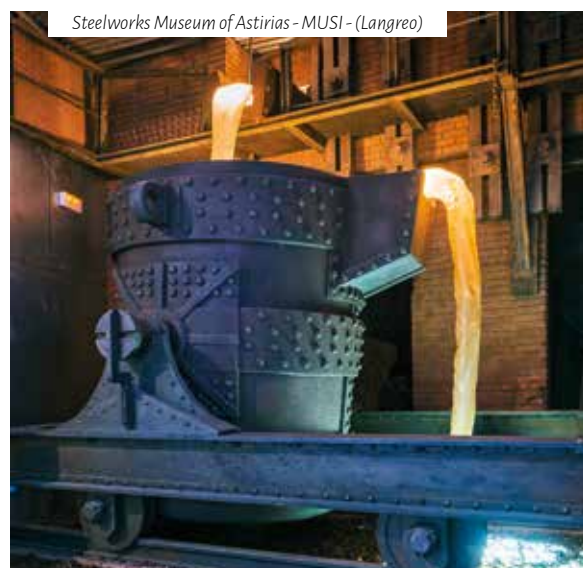
Cider apples

in El L'Entregu/El Entrego explores the historical memory of coal mining and has a mock mine. The Steelworks Museum of Asturias (MUSI) housed in a cooling tower of an old Duro Felguera Plant, in Langreo. The mining complex of Arnáu has one peculiarity that distinguishes it from the rest: some of its galleries run below the sea. Gijón/Xixón's former railway station, Estación del Norte, now houses the Railway Museum of Asturias (MFA), which tells the history of the railway that became the backbone of life in the industrial revolution.



**More information at:**

[asturiastourism.co.uk/IndustrialTourism](http://asturiastourism.co.uk/IndustrialTourism)



Steelworks Museum of Asturias - MUSI - (Langreo)



Mining and Industry Museum of Asturias - MUMI - (SMRA)



Asturias is a reference for lovers of sport and open-air activities, with an authentic natural theme park.

Its peculiar landforms have attracted visitors wishing not only to know a new destination but also to really get the most out of it.



# Make the most of Asturias

## #OutdoorSports



### Don't miss...

- Descents in canoe or pirogue down one of our rivers; Sella, Nalón and Navia.
- Cares Trail.
- Climb up Picu Urriellu.
- Ride a bicycle through our greenways: the Bear's Trail, the Turón or the Eo Trail.
- Surf in Frejulfé, Xagó, Penarronda...
- Winter Resorts: Valgrande-Pajares and Fuentes de Invierno.

### An international canoe race

The International Descent of the River Sella, taking place on the first Saturday of August, if this doesn't fall on the 1st or 2nd, between Arriendas/Les Arriendes y Ribadesella/Ribeseya, is an event known worldwide, known as *Les Piragües*. It was founded by Dionisio de la Huerta after he had enjoyed an excursion between the towns of Coya and L'Infiestu in 1929. Its programme includes fun events such as an opening celebration and float parade and sport events with the best long-distance canoeists.

Active sport tourism offers a regulated and structured way to enjoy the land with maximum safety. As well as unique natural spaces, there is great variety of facilities that add to this experience and provide a whole list of activities for all tastes and physical conditions.

The opportunities are as vast as Asturias's nature itself. An intricate network of long and short trails (GR and PR) flow through the UNESCO Biosphere Reserves, the National Park and the Nature Parks and Natural Monuments, as well as the coastline. The small but fast-



International Descent of the River Sella





Canyon descent



Valgrande-Pajares (Lena)

flowing rivers are very versatile and are carefully managed, combining ecosystem preservation with sports activities. The steep outline of Picos de Europa is an attraction for rock climbers and trekking lovers. The slopes of the mountain motorways attract dedicated cyclists, as well as the well cared for greenways. In winter, the peaks attract skiers. In winter, the peaks attract skiers. The Cantabrian waters are the perfect hideout for water sport lovers.

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*Allow of these settings offer a world of opportunities. Routes of varying levels of difficulty are available for hiking enthusiasts.*

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From the pathways in Picos de Europa to the routes in Redes Nature Park, gorges such as Las Xanas or the pathways leading to waterfalls. You can follow the example of great climbers and cyclists in legendary settings like Angliru and Los Lagos, organise your own bike ride or follow mapped out itineraries, such as the cycling circuit in Montaña Central. To descend the rivers of Navia, Nalón, Cares or Sella in canoe, you don't need to be extremely physically fit, you just need a



Bear's Path by bike (Proaza)



Views of Picu Urriellu - National Park Picos de Europa

## The attraction for climbers

Pedro Pidal and Gregorio Pérez, known as *El Cainejo*, were the first to reach the summit of Picu Urriellu (Naranjo de Bulnes), the bewitching mountain that glints orange at a specific time of day thanks to the sunlight. It was the 5th August 1904 and they were making history. They cleared one of the most complicated paths using basic equipment and they demonstrated the positive outcome of combining the technical knowledge of a nobleman and scholar—Pidal was a lawyer and the Marquis of Villaviciosa—with the intuition of a local guide, *El Cainejo*, who made most of the ascent barefoot. Urriellu peak has become an international attraction.



little bit of skill and the right attitude. Along these rivers you can bathe in pools such as Olla de San Vicente or practice canyoning down ravines and canyons.

Salmon fishing takes place in unrestricted fishing areas and preserves, allocated at the start of the season to registered fishermen.

Wave hunters also have their place. Surfers can be found in the most open sandbanks of the Cantabrian Sea: Tapia, Salinas, Rodiles or Gijón/Xixón, are some examples. Other boards, such as those used for snowboarding and skiing are also welcome. Enjoy the two public stations, Valgrande-

Pajares and Fuentes de Invierno, that have a wide variety of complementary resources, with snowshoe trail or cross-country skiing.

There is a plentiful supply of active tourism opportunities. You only have to decide which one, whether it be horse riding, paragliding, become a speleologist travelling through the subterranean paradise, drive a quad through rural pathways, fly in an ultralight...



**More information at:**

[asturiastourism.co.uk/OutdoorSports](http://asturiastourism.co.uk/OutdoorSports)

## Custom experiences



Cares Trail

### HIKING:

**Cares Trail.** Cross a magnificent gorge that twists and turns over the riverbed of the Cares River and has caves, stone paths and bridges. It is 12 kilometres long measured in a straight line, 24 kilometres there and back.

**Alba Trail.** This is a straight path, in the middle of the Redes Park, with barely any slopes and covers a distance of 14 kilometres there and back.

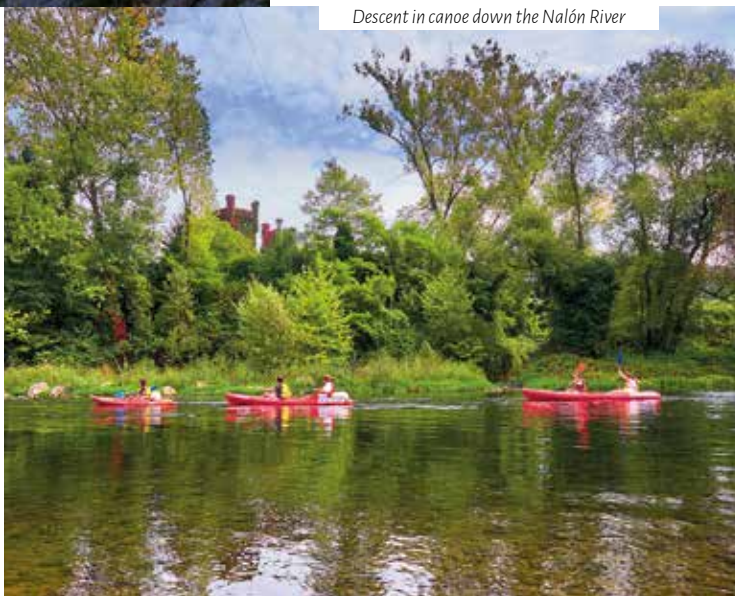
**Seimeira Trail.** 8.6-kilometre-long straight pathway, ending in Santalla and is not very difficult. It finishes with a refreshing 20-metre-high jump into the water.

### WATER SPORTS:

**Surfing class in Salinas, Gijón/Xixón or Rodiles...** On these beaches, there are schools that offer private classes or full courses.

**Descend** the Sella, Cares, Navia, Nalón and Polea rivers **in canoe...** Each basin has its own characteristics. Sella opens into winding meanders. Cares is a fast-flowing river. In Navia, you take off from the Arbón dam.

**Practice paddle-surf** in an estuary or **go kayaking** in the sea stopping off at the best beaches.



Descent in canoe down the Nalón River



## To understand Asturias, you need to know its gastronomy

Its products, recipes, the perfect match for its beverages. The green land bathed by the Cantabrian Sea is a natural pantry of seafood, fresh fish, meat, vegetables and dairy products.





# Follow your stomach

## #TasteAsturias

Ships bring in the best fish. The abundant livestock farms are the necessary basis for elaborating cheeses. The network of small gardens and farms is the main supplier of fruit and vegetables and the raw material used to make cider and wine. The food-processing industry combines innovation and tradition in its production processes.

*A trip would never be complete without sitting down at a table to taste a fabada, an Asturian bean stew, a cachopo, Avilés sausage, hake skewers or stuffed onions.*

Nor without tasting some rice pudding, *frixuelos*, Asturian crepes or *marañuelas*, sweet bread, from Lluanco/Luanco or Candás, the two towns that dispute the origin of the recipe.

The quality its products has led to several recognitions. Six products of the Principality have received the Protected Designation of Origin (PDO) stamp: the cider, wine and the Cabrales, Gamonéu, Casín and Afeuga'l pitu cheeses. Other products have been marked with the Protected Geographical

Covadonga Lakes (Cangas de Onís)



Cabrales Cheese



## Visit a cave in Cabrales

Several producers open their caves to allow you to get to experience first-hand the spaces where the famous Cabrales cheese is cured. The Cabrales Foundation, in the village of Arenas, offers a 40-minute-long guided visit split into two parts. The first takes you into the cave where you can have a look around the rooms while listening to a detailed explanation of the elaboration process, from the moment the milk is collected until when it is decided that the cheese is ready. The second part consists of an audio-visual session providing you with additional information to complete the visit.

Indication (PGI) such as Asturian Beef and Chosco de Tineo, a smoked preserved sausage made from pork, and Los Beyos cheese, Faba Asturiana and Asturian Honey. Asturias also produces other high-quality ecologically certified food products including a selection of vegetables, pulses, the Gochu Asturcelta pig, the Xalda sheep and other products such as yoghurts, bread and jams.





"Sidrerías de Asturias" – Natural Quality

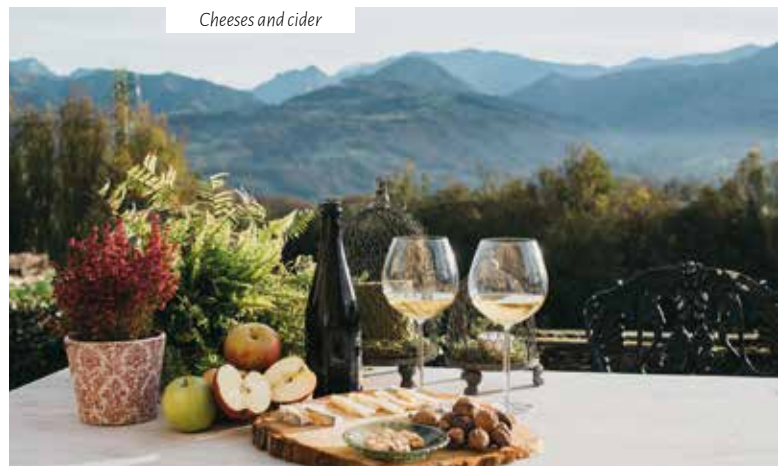
With his arm stretch up to the ceiling, he pours the liquid from a green bottle down the edge of wide glass, catching the splashes in a bucket below. The protagonist of the scene is the waiter serving cider, the Asturian drink par excellence. This is not an ethnographical representation. It's a gesture that is repeated daily in every cider bar. Cider is a fundamental part of Asturian gastronomy and culture.

To understand it, you just need to try it.

You have to experience the whole process, from the selection of the apple in the apple orchards to the fermentation process and the festival dedicated to the first tasting, called the *espicha*. More and more extraordinary events are being organised which allow you to smell and feel the atmosphere of the cider press. From the end of spring onwards, it's not uncommon to stumble upon a cider producer or waiter competition. Among the most prestigious are those of Nava, Villaviciosa and Gijón.

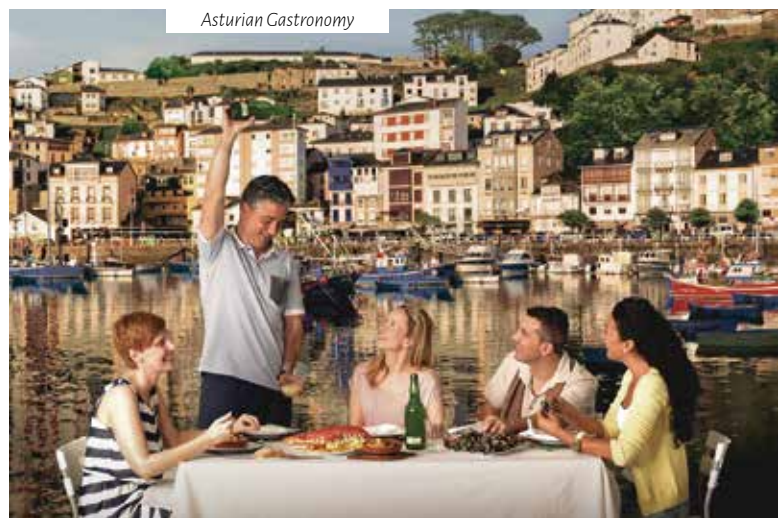
Aware of the importance of these products, the Principality has created a guarantee mark called Alimentos del Paraíso Natural, which can include fresh products such as meat, fish or honey and other processed products such as cheese, jams and ready meals. The essential requirement for all these is quality, both of the product and the elaboration process, where appropriate. Products that currently have this stamp are cranberries, kiwis, honey, goat's cheese, cabbage rolls and *carajitos*, hazelnut biscuits.

The *guisanderas* are the guardians of tradition, a group of chefs and restaurant owners who take care of and promote traditional Asturian cuisine. The other face of excellence is represented by the Michelin-starred chefs, that have introduced innovations to Asturian cuisine.



Cheeses and cider

*The Principality has also created quality marks through which you can sample an ocean of flavours. "Mesas de Asturias" – Gastronomic Excellence category- has existed for several years. More recently the "Sidrerías de Asturias" - Natural Quality - was created, which is currently being developed.*



Asturian Gastronomy



For those who prefer wine, the southwest is the place for you, home to the Cangas wine (PDO). The landscape is interspersed with terraces of vineyards located in the mountains. The founding of the Corias Monastery in 1032 helped boost wine production. Now, there is a new generation led by an association of producers and wine makers who have been awarded PDO recognition. The Grape Harvest Festival, in Autumn, is the perfect moment to try it.

In tasting boards, as a sauce accompanying meats or as a desert accompanied by an artisan cake: they say that Asturias is the most important cheese-making area in Europe. It is also called the land of more than 50 artisan cheeses, most of them matured in caves and cottages. The most well-known is Cabrales, cured in the caves of Picos de Europa. It received the PDO stamp in 1981. You can easily find it in markets around the world, from New York to Paris. It would almost be a crime not to try any one of its varieties.



PDO Cangas wine

*Asturians are so proud of their gastronomy, recipes and food products that they organise festivals throughout the year in dedication to them.*

The calendar of festivals, contests, special days, fairs and actions is practically endless. The up-dated calendar can be found in the events agenda on the official tourism website Turismo Asturias.



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

Poring cider



## Advice on how to pour a “culete”, a small amount of cider that is drunk at once

Get yourself into a comfortable position, with your back straight and legs slightly apart in line with your shoulders. Hold the base of the bottle firmly in your right hand. Hold the glass in your left hand, with the index finger and thumb around the glass and the middle finger below. Lift your arm holding the bottle straight above your head, with the tip in front of your forehead. Position the glass in line between your legs and keeping your eyes fixed on the glass, start to incline the bottle little by little, controlling the weight, until the liquid falls over the end of the glass. Guide the glass towards the flow of cider. Pour an amount just enough to be drunk in one gulp, called a “culete”.



## Don't miss...

- ▶ Cider Museum and visit to a cider press and tasting session.
- ▶ Wine Museum and visit to the winery of the PDO Cangas wine and tasting session.
- ▶ Cave-exhibition of the Cabrales cheese and a visit to a cheese factory and tasting session.
- ▶ Live auction in a fish market.
- ▶ Don't forget to try: fabada, Asturian bean stew, onions stuffed with long finned tuna, rice pudding, casadiellas pastries, cachopo, hake or rape cooked in cider, Asturian stew with chorizo, pitu caleya chicken stew, spit-roasted beef or cabritu (goat).
- ▶ Taste our delicacies in the restaurants of: Mesas de Asturias -Gastronomic Excellence - and “Sidrerías de Asturias”- Natural Quality-.



On the map, they form an almost equilateral triangle. They are the cosmopolitan centres of a multifaceted region that, despite their love of tradition and nature, do not deny their modern character.

Avilés, Gijón/Xixón and Oviedo/Uviéu are the three cities of Asturias, with three different histories and characters. They are all well connected to each other and can be reached in just half an hour, so you can travel between them all by car, bus or train.



# Tune into the urban beat

## #AsturianCities



### Don't miss...

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

Although there is even evidence of pre-historic settlements there, Avilés is a metropolis of medieval origin, evident in its picturesque and well-preserved old quarter. With an industrial past and present, seen in the majestic chimneys and port, the city tries to blend this legacy with its urban redevelopment and cultural aspects.

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*Rising out of the estuary is a white island, dotted with a set of five architectural pieces, the work of the Brazilian Oscar Niemeyer.*

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The Avilés culture does not only rest on this fascinating cultural centre. Throughout the year it organises cutting-edge events, such as a varied programme of theatre shows. Step of the stone of Galiana, walk through Sabugo and take a rest in the Ferrera Park are some of the pleasures to be enjoyed by visitors.

Centro Niemeyer (Avilés)





Gijón/Xixón has become modern and lively city, largely due to its history as a city right on the edge of the sea, with a port with large amount of economic activity.

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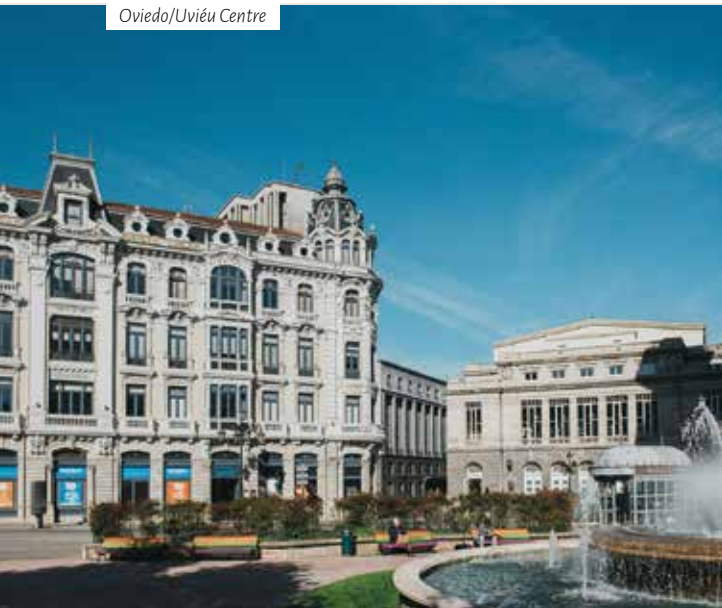
*Its Roman remains are another feature of its past, as well as the proud contribution to the Enlightenment made by Gaspar Melchor de Jovellanos.*

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If your trip to Gijón/Xixón coincides with the last two weeks of November, you will be able to enjoy the varied programme of events that the International Film Festival has to offer. The Black Week takes place in July, a crime novel contest that has been running for nearly three decades. Whatever the season, you must not miss losing yourself in the bohemian fishing neighbourhood of Cimavilla and in La Ruta, not forgetting the rural belt with its must-see cider presses.

As soon as you arrive in Oviedo/Uviéu, you will get a feel of this classic and stately metropolis, the setting described by Leopoldo Alas Clarín in La Regenta, a model city perfect for walking around, which has been imitated by many others. Looking over the fairy tale like old quarter, is the Cathedral, with a Holy Chamber in which treasures from the period of Alfonso II El Casto, King of Asturias, are kept.

Oviedo/Uviéu Centre



Gijón Marina

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*This kingdom is now home to the Princess of Asturias Awards, walking down the blue carpet many states people, scientists and artists from around the world.*

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The classics scholar Mary Beard published an article in The Times in which she compared her visit to Oviedo/Uviéu for the 2016 award ceremony with being “on cloud nine”. The capital of the Principality is also its administrative centre and a bustling commercial hub, with extraordinary buildings of great architectural value.

The three cities are also regular hosts of congresses and business tourism, with three organisations that works towards attracting these events. In the horizon of Oviedo stands Santiago Calatrava's Exhibition & Congress Centre “Ciudad de Oviedo” and the Auditorium-Congress Palace “Príncipe Felipe”. Gijón/Xixón has the biggest Convention Centre in the region, known as Luis Adaro and the impressive Laboral City of Culture, as well as other urban facilities. Avilés has the flagship Niemeyer building, as well as the La Magdalena Convention Centre and the House of Culture.



*More information at:*

[asturiastourism.co.uk/AsturianCities](http://asturiastourism.co.uk/AsturianCities)

## Three one-day long routes



Calle Galiana (Avilés)

1

### Avilés: The lesser known jewel.

The Centro Niemeyer is the perfect point of departure for an excursion around Avilés. Be surprised by the originality of its design and the uniqueness of its location, located between large industries and the port, connected to the city by a colourful bridge. From Plaza España take a walk-up Calle Galiana full of arcs, which still conserves the original stone street, differentiating this area where cattle and their owners used to walk. Smell the nature in the Ferrera Park, drink wine and eat sausage in the Carbayedo, veer off into the El Muelle Park and go inside the Sabugo, where you will find excellent cider bars and a selection of small local businesses.

### Gijón/Xixón: Modern and cosmopolitan.

Travel along the front of a city resting on the sea. From the Aquarium to the Marina, passing through the picturesque neighbourhood of Cimavilla, the busy beach of San Lorenzo with its wall, and the seafront promenade up to the El Rinconín beach, with the magnificent sculpture The Mother of the Emigrant standing tall above, which popular wit has renamed as "The Crazy Lady of Rinconín". Well connected by public transport are another two must visits, the Laboral City of Culture and the Atlantic Botanic Gardens. Take a look in the small shops in the centre, surrounding the City Hall Square.



The Laboral City of Culture (Gijón)

2



Fontán Market (Oviedo/Uviéu)

3

### Oviedo/Uviéu: A stately walk.

Travel through history in the old quarter of Oviedo/Uviéu, from the Cathedral and the Holy Chamber to the Museum of Fine Arts and the Archaeological Museum of Asturias and the Fontán market, in an unforgettable walk through the pedestrian area of the city. Cross the commercial hub in the Calle Iría and let yourself be seduced by the city's green lung: the San Francisco Park. Not very far from the centre, on Naranco Hill, you will see two unique Pre-Romanesque Monuments in Santa María and san Miguel de Lillo. You can't leave the city without having tried its typical cakes, such as the delicious *carbayones* (almond pastries) and *moscovita* biscuits, and without having discovered the Wine Route and the bustling Cider Boulevard in Gascona.



Visitors are charmed by the people, fascinated by the landscapes and surprised by traditional arts. The hospitality draws you in and the quality captivates you. Asturias is the seed of rural tourism in Spain, a way of travelling that is strongly based on the authenticity of the towns.

A Natural Paradise, the slogan of the Principality since three decades ago, could not be understood if it wasn't for the care for traditions, love for the environment and the generous, social and noble character of Asturians, the best guides of their own land. Visitors can discover new worlds and become supporters of this way of understanding life. The setting is perfect: rolling terrain full of beauty, extraordinary towns on each bend of the pathway and a nature ideal for practicing sports and open-air activities.



# Breathe Asturias

## #RuralTourism

This rural tourism that emerged in the 80s has become widespread with the turn of the century. A wide range of accommodation is available, from hostels to hotels and houses. The Principality has two identifiable quality marks, "Casonas Asturianas", for boutique hotels of extraordinary architecture and "Aldeas" - Asturias Calidad Rural - for rural houses and apartments, a reference for unforgettable stays.



Quality mark "Asturian Country Houses"



Hórreo (a granary) in Cadavéu (Valdés)



### Don't miss...

- Taramundi and Os Teixois Ethnographic Site.
- Grandas de Salime Ethnographic Museum.
- A walk through the Somiedo Brañas (high mountain pastures) with their emblematic teitos, thatched roof cottages.
- Hórreos (raised granaries) in Güeñu/Bueño (Ribera de Arriba).
- The Plains of Picos de Europa.
- Charming rural accommodation: listed under the quality marks "Casonas Asturianas" and "Aldeas". Asturias Calidad Rural.



Mazonovo Ethnographic Site (Santa Eulalia de Oscos)

### The Taramundi and Los Oscos steel blade

Master cutlers continue to hand forge the prestigious knives and Taramundi and Los Oscos. The Museum of Cutlery is intended to give you an initial introduction, as well as the visit to extraordinary ethnographic sites and hydraulic factories unique in Spain. Many artisans open their doors to visitors to allow them to get to see first-hand what their work involves.



## A wedding without an invitation

The Fiesta Vaqueirada in Aristébano is a very popular traditional wedding that commemorates the life and traditions of the vaqueiros, a cultural ethnic group of nomadic shepherds. The brides arrive in a procession, dressed in traditional attire led by a carriage carrying the dowry. The ceremony is followed by a communal meal.



*Vaqueira Wedding Celebration (Valdés and Tineo)*

Museums and ethnographic centres are a perfect way to begin to get to know the essence of Asturias, which can also be felt in the everyday life in the towns, in the people who make an effort to maintain official traditions, in livestock and agriculture farming activity, vital to understanding the economy of this territory. Including in this network of collections are the Museum of the Asturian People (Gijón), Grandas de Salime Ethnographic Museum, Ethnographic Museum of Eastern Asturias (Llanes), Somiedo Ethnographic Ecomuseum (Somiedo), Mazonovo Ethnographic Site (Santa Eulalia de Oscos), Vaqueiro (Cattle Herders) Museum (MUVAS) (Tineo),



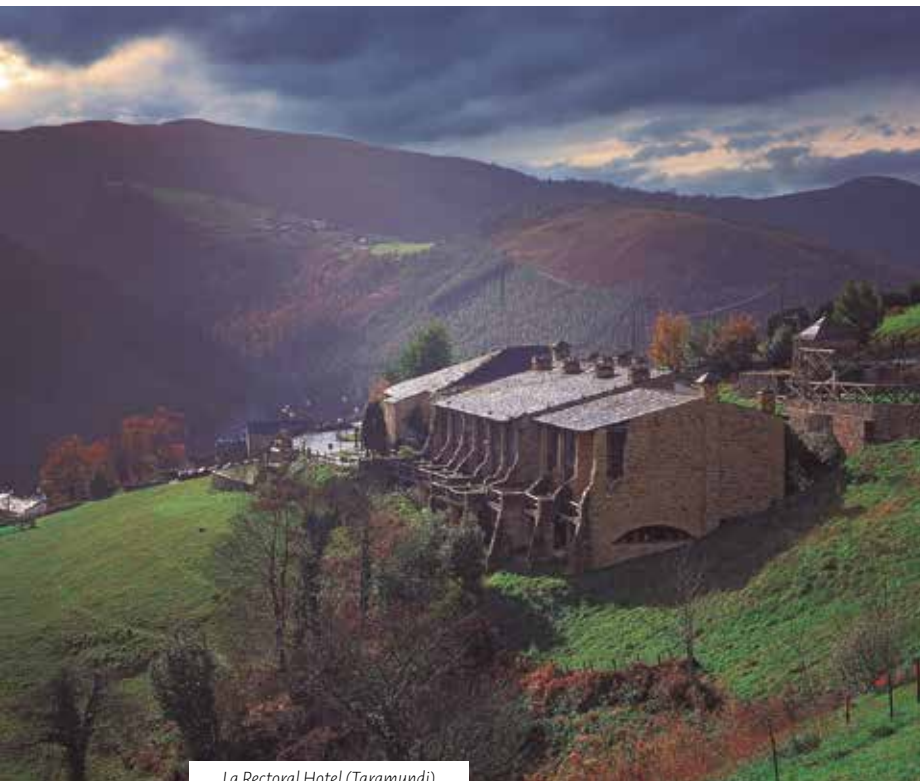
*The Volley (Cangas del Narcea)*

## Go on a religious pilgrimage

In Asturian, a party is called folixa. As firmly rooted in culture as the term itself are the festivities and traditions of Asturias, which has a long list of Festivals of Tourist Interest. In the Volley of Cangas del Narcea, coinciding with the Fiesta El Carmen in July, the whole of the southwest shakes with rocket fireworks and tonnes of gunpowder fill the air. The Cüevos Pintos or Painted Easter Egg Festival in La Pola Siero takes place on the Tuesday after Holy Week. Children and artists decorate and sell eggs of many different sizes and with various drawings ranging from the traditional to contemporary. The Shepherd Fiesta is a tribute to livestock farming. Every 25 July, traditional sports and religious pilgrims fill the town of Los Lagos. In August, Lluarca/Lluarca holds the festival in honour of San Timoteo.

Quirós and Comarca Ethnographic Museum (Quirós), Rural School Museum (Cabranes), Wood and Beekeeping Museum (Caso) and the Grado Ethnographic Museum (Grado).

Another exciting way to explore the region is to take part in one of the festivals of tourist interest celebrated throughout the year. There are gastronomy, sports, cultural and religious festivals and those linked to agriculture and some recreate historic events. You can find the complete list, allowing you to go from celebration to celebration all year round, on the official website Turismo Asturias.



La Rectoral Hotel (Taramundi)

## The cradle of rural tourism

Taramundi is real tourism hotspot. It is here in this small western municipality, home to artisan cutlers, spelt wheat bread, looms and leather, where Spanish rural tourism started. Its people, supported by local institutions and business owners, new how to turn its subsistence economy and towns on the brink of becoming abandoned into a real attraction for tourists who are drawn by its authenticity. The transformation of the old rector house into an exclusive hotel was only the starting point. A whole economy based on natural resources has been built up around it, traditional crafts have been brought back. All of this has breathed new life into communities who up until then had no expectations for the future, becoming an example for the whole world. You must visit Taramundi with an open mind, remembering its past and enjoying its present.

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*Two easily identifiable constructions that are an essential part of the countryside are the two types of granaries, hórreos and paneras.*

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These traditional granaries raised on high stone pillars, called pegoyos, are not only useful to Asturians, visitors also find them very attractive. You can walk amongst them in Espinaréu (Piloña), a town with one of the best-preserved sites of hórreos and paneras. They dot the landscape from east to west and you can also do some research into the different varieties and sizes and take a journey in search of the most interesting.

Ecotourism and agrotourism are two ways to enjoy a rural experience. Accommodation that combines touristic activities with livestock farming or traditional food production, establishments that are sustainable and respectful of the environment are new options available to the traveller.

Are you ready to give it a try?



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



Field labour



The northern routes of St. James's Way, that end in the Principality and with Oviedo/Uviéu in the centre, have been declared a UNESCO World Heritage Site. The region actually has five different routes, all with their own beauty and uniqueness. These pilgrimage routes to Santiago have a modernised network of hostels along the way, suitable for the 21st century pilgrim and offer the perfect place to rest your legs after having walked many kilometres, offering the opportunity for you to enjoy the warm welcome of the Asturians, picturesque architecture and delicious cuisine.

History, spirituality and friendliness and community spirit is guaranteed whichever route you decide to take.







*The Original Way of St. James*

# Walk through the past

*#StJamesWay*  
*#Pilgrims*

The two main routes are the Coastal Route, which leaves from Irún (Basque Country) and runs in parallel with the Cantabrian Sea, and the Primitive Route which, according to legend, is the route taken by Alfonso II in the first pilgrimage, starts in Oviedo/Uviéu and continues through southwestern Asturias into Galicia.

The Coastal Route is 284.1 kilometres long, divided into 11 sections which barely depart from the coast. It crosses over medieval bridges, through beaches, cities and old pilgrim hospitals. Along this route you can discover the Santa María del Conceyu Church (Llanes), San Salvador Church and the Santa María la Real de Valdediós Monastery or the Temples of San Salvador

de Priesca and San Juan de Amandi, all in Villaviciosa; Campa Torres Archaeological Nature Park and the Monte Areo Necropolis between Gijón and Carreño, Avilés's Old Quarter, Guazón Castle, in Castrillón; Santa María de Soto de Luiña Church and Quinta Selgas in Cudillero.

The Primitive Route is 148.6 kilometres long and is divided into 9 sections of rural and mountain landscape. You can take variations or take the original Hospital route, between Tineo and Allande which, as its name indicates, has five old pilgrim hospitals along the way and is considered to be the original route.

## The first pilgrim

King Alfonso II of Asturias, known as the Chaste, is considered to be the first pilgrim to Santiago. Legend or history? Tradition has it that during his reign the tomb of the Apostle was discovered and the King set off on a journey to check whether this was true or not. The journey he took is that known as the Primitive Way. There is a popular saying that tried to reaffirm this version. It goes like this "he who goes to Santiago and not to San Salvador (the Cathedral of Oviedo/Uviéu) visits the servant, but not the Lord".



*There is nothing better than starting off your journey in the San Salvador Cathedral of Oviedo/Uviéu and taking this opportunity to get to know the Asturian Pre-Romanesque buildings of Santa María del Naranco and San Miguel de Lillo.*

Take in the sights of the bridges of Gallegos, in Las Regueras or Peñaflor, in Grado. Located in this municipality is also the Los Dolores Chapel. Discover the Collegiate Church of Santa María la Mayor de Salas and the Monastery of Santa María la Real de Obona, in Tineo. In Allande you will find the Peñalba Cienfuegos Mansion and the Parish Church of Santa María de Burdacedo. Cross the challenging port of El Palo or learn about the legend of the devil that baptised the towns of Salime or Subalime, now buried under the waters of the giant dam containing the hydraulic waterfall of Grandas de Salime water, these are just another two of the Route's charms.



San Salvador Cathedral (Oviedo)



Santa María la Real de Obona (Tineo)



St. James's Way (Allande)

## More than just a journey

St. James's Way is more than a route. It is a pilgrimage which you share with others each step of the way or where your neighbour offers you a refreshing glass of water when you need it the most. But there are real architectural treasures hidden in villages that you probably would never discover if you didn't decide to put on some boots and backpack and go. The Monastery of Vadediós or that of Santa María de Obona are only two examples. Crossing the Eo Estuary in boat, from As Figueras or Castropol, as was done centuries ago when there were only a few bridges, is an added bonus.

The Route continues through Galician territory until reaching Santiago de Compostela.

The other three routes are actually connections between the Primitive and Cantabrian Route and the between the Primitive and the French Route. The route that connects to France starts in León, enters Asturias via the Pajares pass, traversing impressive mountainous landscapes, with a mandatory visit to the Pre-Romanesque church of Santa Cristina de Lena. It is divided into three sections (63.7 kilometres in total) before reaching Oviedo/Uviéu. The Coastal and the Primitive Route join together coming from two different ways but they both have Oviedo as a reference point. From Villaviciosa you can turn towards the interior through

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*The Principality can make up part of a larger journey or be a starting point.*

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Sariego and visit the Santiago Church; Siero and Noreña, in two sections measuring 39 kilometres in total.

If you choose Asturias as a starting point, you must fill in the document so you can receive the Pilgrim's Passport that you can get stamped as you go and will mean you can get the Compostela at the end of the journey, when you arrive in Compostela. It is important to plan beforehand. As well as organising stages, there are many other useful services worth taking into consideration. The Cider Region offers the Pilgrim's Pass, which includes accommodation at a modest price, with a

welcome package and transfer if you are more than 500 m from the route. Pilgrims in the North, walk the Camino staying in a selection of hotels with services designed especially for pilgrims. Massages, express laundry service, garage for bicycles and much more. Other interesting services include the guided cultural and staged visit through the origins of the first St. James's Way or the free mobile app, which guides you using GPS and contains information of the different stages, the location of the hostels, restaurants and even physiotherapists and architectural and cultural landmarks. Correos (national postal service) also has a special service offering the transport of equipment between stages, posting of clothes and purchases and a special bicycle service.



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



### Don't miss...

- ▶ El Salvador statue in the Cathedral of Oviedo/Uviéu.
- ▶ Monastery of San Salvador de Cornellana (Salas)
- ▶ Salas Collegiate Church
- ▶ Monastery of Santa María la Real de Obona (Tineo)
- ▶ Peñalba Cienfuegos Mansion (Allande)
- ▶ Chao Samartín Castro (Grandas de Salime)

St. James's Way (Villaviciosa)





# — Practical information

## *When to travel to Asturias?*

The pleasant climate of Asturias makes it an attractive destination 365 days of the year, without extreme temperatures during any of the seasons. You can enjoy the beaches in the summer and the ski resorts in the winter, or take advantage of the spring and autumn to embark on mountain trails and active tourism activities such as going down the rivers in a canoe. The fully-packed cultural agenda, wide range of festivals of tourist interest and the abundance of gastronomy contests linked to seasonal cuisine fill up all the weeks in the year.

## Climate

Asturias has a typical oceanic climate, characterised by mild temperatures in winter and summer and rain fall spread throughout the year. The varied terrain of Asturias means there are many different microclimates a few kilometres away from each other. These can be split into four main groups: the coastal strip, heavily influenced by the sea; the southeast, more continental; the central area, oceanic but not influenced

by the sea; and the Cantabrian Mountain Range, mountain climate with frequent snow in winter. Average temperatures follow the typical seasonal changes, with maximum temperatures in the summer. However, rain fall follows the opposite pattern, with less rain fall in summer and the most in autumn.



The average temperature is 15 degrees, varying between 10 and 20 degrees throughout the day.



The average temperature is around 20 degrees. It can occasionally reach 30 degrees.



Very similar to spring. Temperatures decrease until reaching between 10-15 degrees.



In high mountain villages, you can find temperatures below zero, but in lower areas closer to the sea, temperatures average around 5-10 degrees.

## Time Zone

**Asturias** belongs to the CET (Central European Time) Zone or CEST (Central European Summer Time) during the period of summer daylight-saving, therefore it is in GMT+1 in winter and GMT+2 in summer (GMT: Greenwich Meridian Time). This way, the last weekend of October clocks are turned back one hour (at 3 a.m. it will be 2 a.m. and the last weekend of march clocks are turned forward an hour (at 2 a.m. it will be 3 a.m.).

**Lunch time** is usually a little bit later than in the rest of Europe: breakfast, similar to a continental style, is usually between 8 a.m. and 10:30 a.m. Lunch is served in restaurants between 1 p.m. and 3:30 p.m. and dinner from 8:30 p.m. to 11 p.m.

Out with these hours you can always find places serving pinchos (bar top snacks) and sandwiches.

**Business hours** are from 10 a.m. to 2 p.m. in the mornings and 5 p.m. to 8 p.m. in the evening.

Large supermarkets and shopping centres are opened all day between 10 a.m. and 9 p.m. Shops and shopping centres usually open on Saturday mornings only, although it is increasingly common in large cities to find them open on Saturday afternoons and some Sundays and holidays. It is worth mentioning that pubs, cocktail bars and nightclubs stay open until 3 or 4 a.m. on weekends.

## Currency

In Asturias, the currency is the **Euro (€)**, legal tender throughout the European Community. One euro is divided into 100 cents; there are 1, 2, 5, 10, 20 and 50 cent coins, 1 and 2 Euro coins, and 5, 10, 20, 50, 100, 200 and 500 Euros notes.

Most **banks** are open **Monday to Friday from 8:30 a.m. to 2-2:30 p.m.** Throughout Asturias there are cash machines available 24 hours, which belong to the three networks that operate in Spain: Servired, 4B and Euro 6000, offering international Visa and MasterCard services.

You can **change money** in any bank.

Most hotels, restaurants and businesses in Asturias accept the main **credit cards** (American Express, Visa, MasterCard, 4B...), which are indicated on signs at the entrance.

It is worth mentioning that some establishments (restaurants, shops...) do not accept payments made with 100 and 200 € notes.





## Useful telephone numbers

### EMERGENCIES: 112

The Emergency Helpline 112 is a free, public service that accepts telephone calls 24/7, **for any emergency situation** related to health, fire-fighting and rescue, citizen safety and civil protection.

Telephone numbers beginning with 900 and some other emergency numbers are free.

National Police	091
Local Police	092
Guardia Civil	062
Health Emergencies	061
Fire Brigade	080
Directorate General of Traffic (DGT) Help on motorways	900 123 505

## How to arrive, transport



### Motorway

The main motorways of Asturias are:

**A-66:** Autovía de la plata. Access to Asturias from the plateau through a toll motorway.

**N-630:** Access to Asturias from the plateau through Puerto de Pajares.

**A-8:** Autovía del Cantábrico: This motorway connects Asturias from the west to east.

**N-634 and N-632:** National Motorway, runs from west Asturias to the East.

**AS-I:** Known as the "Mining Motorway", it connects the town of Mieres del Camín with Gijón/Xixón, crossing the mining areas.

**AS-II:** Known as the "Industrial Motorway", connects Oviedo/Uviéu and Gijón/Xixón.

**A-63 and AS-15:** Goes from Oviedo/Uviéu to the west/southwest of Asturias.

**Autopista Y:** A section of motorway that connects the three main cities of Asturias: Oviedo/Uviéu, Gijón/Xixón and Avilés.



### Plane

The airport is located 14 km from Avilés, 40 km from Gijón/Xixón and 47 km from Oviedo/Uviéu.

**Information AENA:** +34 913 211 000



### Buses

Asturias has a very good road network that allowing visitors easy access using this mode of transport, as well as large bus terminals in the cities and bus stations in the towns for more local services.

**Oviedo Bus Station:** +34 985 969 696 / +34 985 969 678

**Gijón Bus Station:** +34 985 342 713

**Avilés Bus Station:** +34 985 561 277



### Train

RENFE, a freight and passenger railway company, connects Asturias with the rest of the Spanish and European cities. It allows you to travel comfortably through the region with railway lines connecting the different cities.

**National Information and Reservations Service:** +34 912 320 320

**Luxury Trains:** Transcantábrico (tourist train running through Asturias, <http://www.renfe.com/treneturisticos/>)



### Boat

Cruises arrive in Asturias at EL Musel Port, located six kilometres from the centre of Gijón/Xixón; or at the Port of Avilés located on the estuary that bathes the city.

**Port of Gijón:** +34 985 179 600. **Port of Avilés:** +34 985 541 111

#### Marinas in Asturias

Recreational boats also have 20 marinas that offer different services allowing you to enjoy travelling around the Asturias and its seaside towns.

**Gijón Marina:** +34 985 344 543. **Avilés Marina:** +34 985 525 115



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



## *Accommodation*

Asturias has a wide variety of accommodation options, in line with the richness of its tourist offering and customer demand. From city hotels of different categories to rural hotels, hostels and pensions, along with holiday rental homes, tourist apartments and camp sites, with tent spaces and bungalows... The possibilities are endless. You can combine the comfort of a hotel room with the freedom offered by fully self-catering village houses or connection with nature in one of the campsites. The Quality Marks “Casonas Asturianas” and “Aldeas”—Asturias Calidad Rural—are also a reference.

All of the information on the accommodation establishments is available on the official website Turismo Asturias.

*More information at:*

[asturiastourism.co.uk/Wheretosleep](http://asturiastourism.co.uk/Wheretosleep)

[casonasasturianas.com](http://casonasasturianas.com)

[aldeasasturias.com](http://aldeasasturias.com)

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## *Local and national holidays*

### **Local holidays**

Asturias Day, 8 September

### **National holidays**

New Year's Day, 1 January;

Labour Day, 1 May

Assumption of the Virgin, 15 August

National Holiday of Spain, 12 October

All Saints' Day, 1 November

Spanish Constitution Day, 6 December

The Immaculate Conception, 8 December

Nativity of Jesus, 25 December

**Easter Thursday and Friday**, Holy week is celebrated on different days each year, because it is based on lunar cycles.

If a holiday falls on a Sunday, the Autonomous Community can decide to postpone it to the following Monday.



## *Eating out*

Cider bars are the typical place to try the traditional Asturian drink, cider, but they are also a good place to try the local cuisine. The Principality has set up a quality seal names “Sidrerías de Asturias”- Natural Quality- to distinguish the best cider bars and another named “Mesas de Asturias”—Gastronomic Excellence- which includes the most prestigious restaurants. The Guisanders Club is made up of the guardians of traditional Asturian cuisine and the Michelin-starred restaurants are the spearhead of a new generation of chefs who have reinvented the traditional recipes of the region. Along with these are many wine shops, taverns and cafeterias.

*More information at:*

[asturiastourism.co.uk/Wheretoeat](http://asturiastourism.co.uk/Wheretoeat)

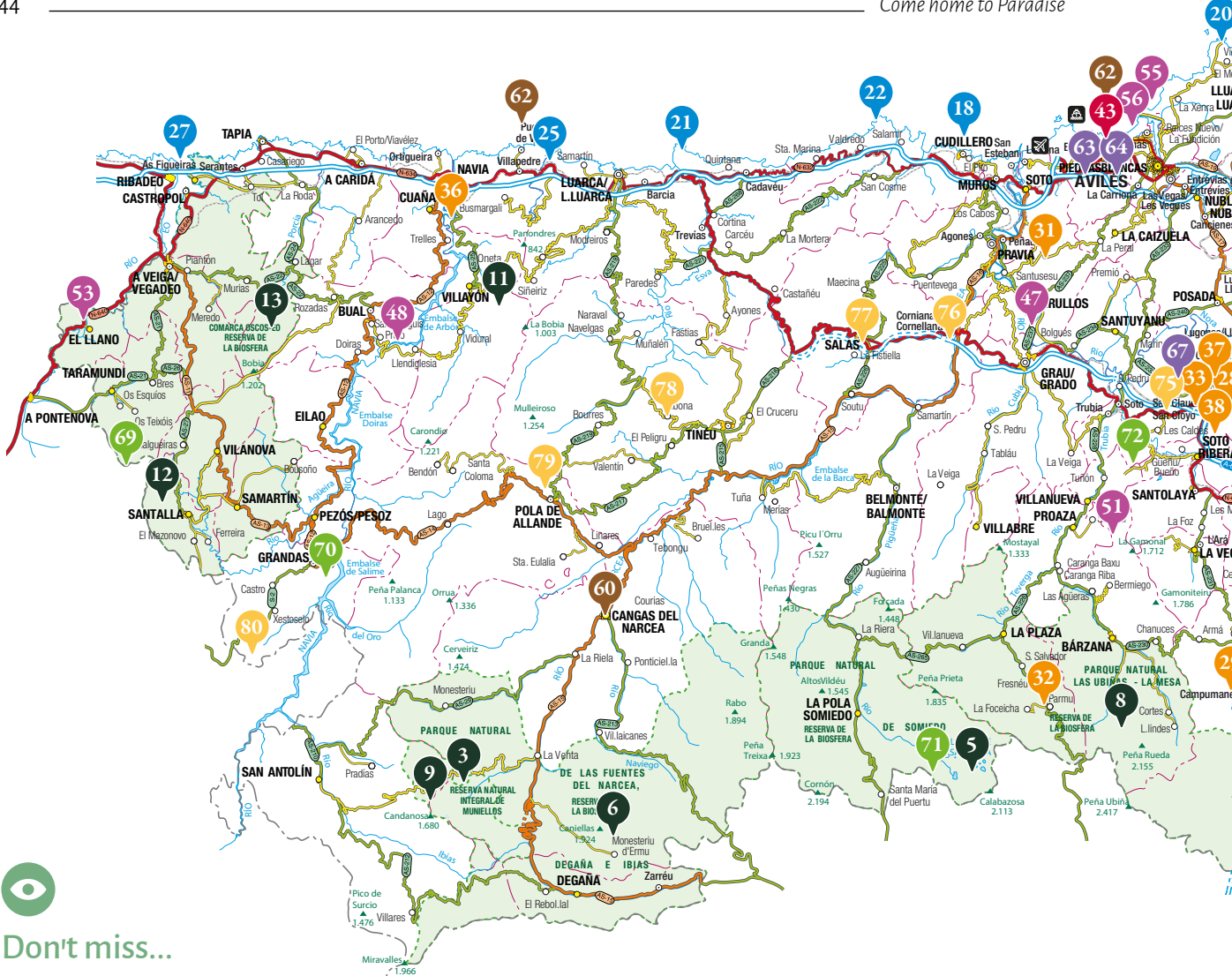
## *Shopping*

Asturias is a land of artisans and traditional trades which enables travellers to buy a wide range of emblematic souvenirs of the region. You can fill your suitcase with wooden carvings, jewellery with its own symbology or made using materials such as jet, leather accessories, woollen garments, small decorative pieces, knives... The website for Asturian crafts provides a host of pointers - [artesaníadeasturias.com](http://artesaníadeasturias.com)

You can also choose a product or item with the clearly recognisable logo “Asturias, Paraíso Natural” (Asturias, Natural Paradise).







Don't miss...

### Explore paradise

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

### Submerge yourself in the coast

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

### 23. Lastres Cape (Colunga)

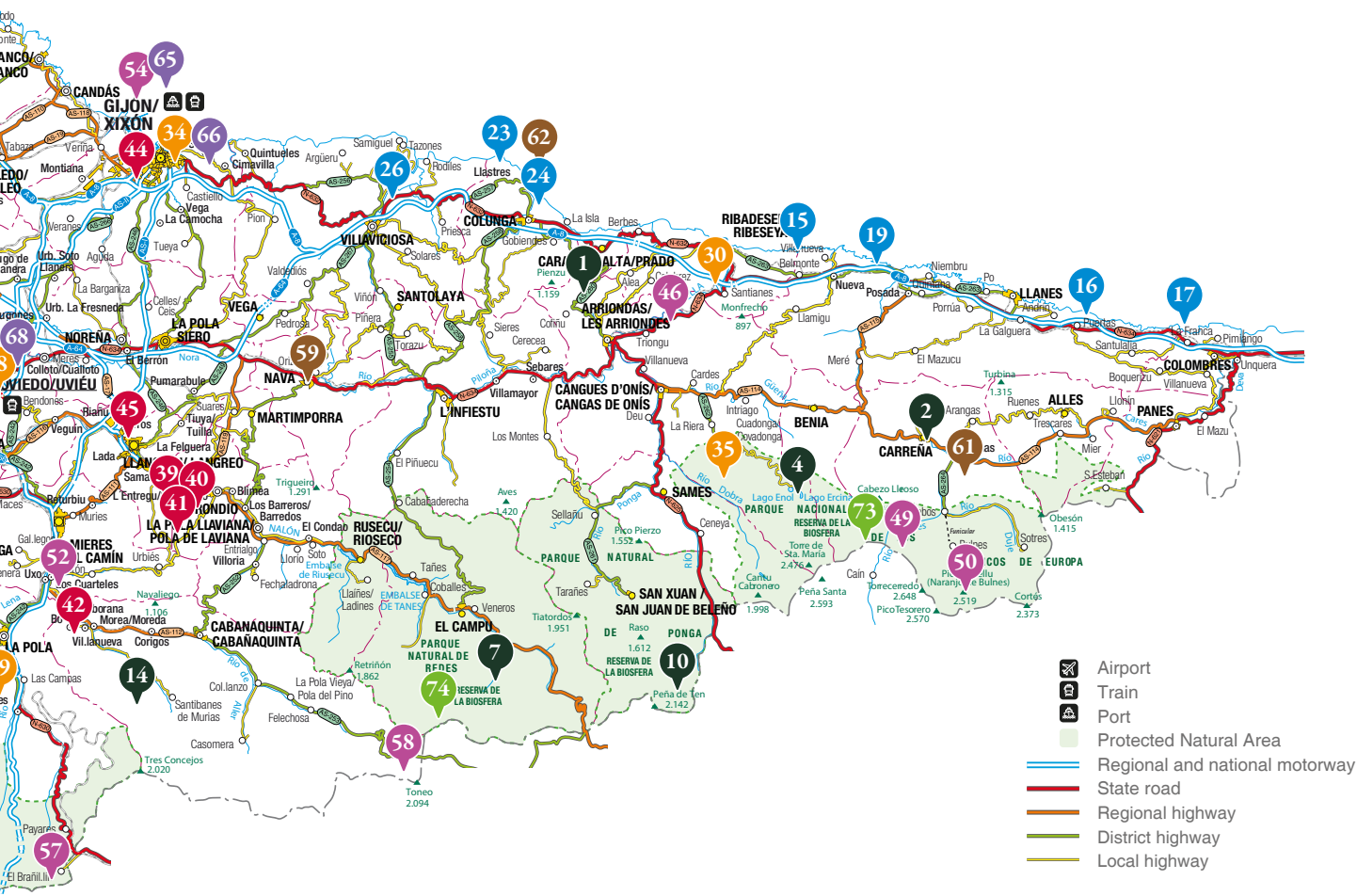
24. The Dinosaur Coast and the Jurassic Museum of Asturias (Colunga)
25. Barayo Partial Nature Reserve (Valdés)
26. Villaviciosa Partial Nature Reserve
27. Landscape of the Eo Estuary (Castropol and Vegadeo)

### Absorb Asturian culture

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

### Admire your surroundings

39. Mining and Industry Museum of Asturias - MUMI - (L'Entrego/El Entrego-San Martín del Rey Aurelio)
40. Samuño Valley Mining Ecomuseum (Ciaño-Langreo)
41. Sorotón Pit (San Martín del Rey Aurelio)
42. Mining town of Bustiello (Mieres)



- 43. Arnao Mine Museum (Castrillón)
- 44. Railway Museum of Asturias (Gijón)
- 45. Steelworks Museum of Asturias-MUSI (Langreo)

### Make the most of Asturias

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

### Follow your stomach

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

### Tune into the urban beat

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

### Breathe Asturias

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

### Walk through the past

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

\*Outside visits



# Asturias

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