Villar de Gallegos, Mieres

Along the Asturian Coast

The Asturian coast, stretching over 300 km, is formed by a succession of cliffs, small coves and fine sandy beaches with uniquely beautiful ecosystems, fishing villages, seaside towns and larger cities, which offer travellers a variety of tourist attractions. In addition, in Asturias fishermen, surfers, divers and fans of paragliding and other action and adventure sports will find interesting options for active and leisure activities which can be enjoyed at any time of the year.

The East Coast

The east coast of Asturias, from the Tina Mayor Estuary (Ribadesella) to the Villaviciosa Estuary, forms a line of cliffs with a large number of beaches. On the Llanes coast alone there are more than 30. The entire area is characterised by the influence of the coastal mountain ranges that run parallel to the sea. El Cuera and El Sueve. The Sierra del Cuera mountain range creates an impressive barrier which rises up to 1,315 m in height at its peak (Pico Turbina). The Sierra del Sueve has its main peak at Pico Pienzu at 1,161 m. Llanes, Ribadesella and Lastres are some of the major tourist centres.

ROUTE 1. FROM COLOMBRES TO LLANES

COLOMBRES: Indianos Archives-Emigration Museum Foundation. Casa de Piedra (Stone Cottage). **PIMIANGO:** El Pindal Cave. San Emeterio Hermitage. **BUELNA:** The Cobijeru System. Las Acacias Beach and Cave. **PENDUELES:** San Acisclo Church (11th century) and Santa Engracia Palace (19th century). **PUERTAS DE VIDIAGO:** Rock engravings and paintings on the Sólo de Peña Tu outcrop. Blowholes in the cliffs along the coast. **LLANES:** Historical Old Town. Guia Chapel. Fishing port and marina. Cubos de la Memoria (Cubes of Memory), a work by Agustín Ibarrola. **CELORIO:** San Salvador Monastery. Church and cemetery. **PORRUA:** Eastern Asturias Ethnographic Museum. Indoor bowls centre (the only one that is completely indoor in the whole of Asturias). **SAN ANTOLIN DE BEDON:** Romanesque monastery, of which only the chapel remains - 11th and 12th centuries. **NAVES:** Gulpiyuri Inland beach. **VILLAHORMES:** Espinaredo Palace - 17th century. **NUEVIA:** Palace del Conde de la Vega del Sella (Palace used by the Count of Vega del Sella).

ROUTE 2. THE JURASSIC COAST

JUNCO: Santa María de Junco Temple - (12th century, remodelled in 16th century. Artistic Historical Monument. **RIBADESELLA:** Seaside town. Fishing port and marina. La Guía Hermitage. Tito Bustillo Cave and Rock Art Centre. **PRAIDO:** Capital of the district of Caravia. House of the González Cutre family. **GOBIENDES:** Santiago Church, late pre-Romanesque -10th century. Gobiendes Palace. Historical Monument -15th century. Sierra del Sueve Interpretation Centre. **LIBARDÓN:** Majada de Espinares, where the Asturcón (breed of pony) Festival is held which aims to bring back this native breed. **COLUNGA:** MUJA -Asturias Jurassic Museum. Gaitero de Libardón Interpretation Centre. Estrada Palace, now the Town Hall. **LASTRES:** Old Town. Fishing port and marina. Lighthouse. **VILLAVICIOSA:** Old Town. Villaviciosa Estuary. Protected Landscape. Tazones, a small fishing village. Rodilles Beach. San Salvador de Valdedios Monumental Site (pre-Romanesque Asturian).

Las Llanas Beach, Muros de Nalón

The Western Coast of Asturias

Between Cabo Vidio (Cudillero) and the Eo Estuary (Castropol) we find high cliffs, numerous beaches, relatively small towns such as Luarca and Navia and small villages with an unmistakeably marine atmosphere such as Puerto de Vega, Vaveléz, Tapia and Castropol.

ROUTE 5. THE COAST OF THE VAQUEIRA DISTRICT

Cudillero, Cudillero

CUDILLERO: Typical seaside village. Historical site. San Pedro Church - 16th century. Humilladero Chapel - 18th century. Fishing port and marina. **EL PITO:** Palace of Los Selgas - 19th century. **S. MARTIN DE LUIÑA:** San Martin Church - 18th century. Chapel of Christ (18th century). **SOTO DE LUIÑA:** Rectory house -18th century, today «Cultural Centre. Santa María Church - 18th century. **CABO VIDIO:** Lighthouse. **NOVELLANA:** Santiago Church - 19th century. **BALLOTA:** Santa María del Gonzáleez Cutre family. **GOBIENDES:** Santiago Church, late pre-Romanesque -10th century. Gobiendes Palace. Historical Monument -15th century. Sierra del Sueve Interpretation Centre. **LIBARDÓN:** Majada de Espinares, where the Asturcón (breed of pony) Festival is held which aims to bring back this native breed. **COLUNGA:** MUJA -Asturias Jurassic Museum. Gaitero de Libardón Interpretation Centre. Estrada Palace, now the Town Hall. **LASTRES:** Old Town. Fishing port and marina. Lighthouse. **VILLAVICIOSA:** Old Town. Villaviciosa Estuary. Protected Landscape. Tazones, a small fishing village. Rodilles Beach. San Salvador de Valdedios Monumental Site (pre-Romanesque Asturian).

ROUTE 6. FROM NAVIA TO EO ALONG THE COAST

Puerto de Vega, Navia

PUERTO DE VEGA: Winner of the Outstanding Town Award in 1995. Santa Marina Church - 18th century. Whalers' Lookout. (Mirador de los Balleneros). Fishing port. **NAVIA:** Town Hall - 19th century. Frexulfe Beach. Coastal Route (Navia-Vaveléz). **ANLEO:** Anleo Palace - 18th century. San Miguel Church -altarpieces - 17th and 18th centuries. **MOHÍAS:** Mohías Fort. Cienfuegos-Jovellanos Palace - 16th century. **COAÑA:** Way of St. James coastal route as it passes through the district. Port and Seaside Village of Ortiguera. **VILLACONDIDE:** Coaña Fort. Teaching room. **EL FRANCO:** Andina Caves. Seaside village of Vaveléz. **VIAVÉLEZ:** Vaveléz Lookout. Birthplace of Corín Tellado. **VALDEPARES:** Fonfría Palace - 14th - 16th centuries. San Bartolomé Church - 16th century. **TAPIA DE CASARIEGO:** Salave Lakes. Represas Lookout. Huerta-Reguera House - 17th century. San Blas Hermitage - 16th century. **FIGUERAS:** Pardo Dorlebún Castle - 16th century. Church - 18th century. Arroxo Fort - 16th century. Fishing port. **CASTROPOL:** Old Town. Cioyo Waterfall. Penamonda Beach. The Eo Estuary Interpretation Centre. **VEGADEO:** Route of the 12 Bridges. Route of the Palaces. Town Hall - 19th century. **PIANTÓN:** Medieval town. San Esteban Church - 16th-18th centuries.

Pedranonda Beach, Castropol

ROUTE 9. PONGA NATURAL PARK, SIDRA DISTRICT AND NORA DISTRICT

Espinaredo River, Piloña

TARANES: Santa María Church - 18th century). **BELÉRIO:** Capital of the district of Ponga. San Juan Church (17th century). **SOBREFOZ:** Mountain village. VILLAMAYOR. Monastery of Sta. María (12th-13th centuries). **ARRIONDAS:** Capital of the district of Parres. Concordia Park. **INFIESTO:** Capital of the district of Piloña. Covián Palace (18th century). Nuestra Señora de la Guía Shrine. **ESPINAREDO:** Set of raised granaries. **TORAZO:** San Martín el Real Church (17th century). **PIÑERA:** House-museum of Popular Asturian Ceramics. **CABRANES:** Route of Peñacabrera. Town of Torazo. **VIÑÓN:** San Julián Church (12th century). **SARIEGO:** San Pedrín Chapel and Cave. «Las Cercanías del Celiso hiking route. **NAVA:** Capital of the district. Cider Museum. **BMUNIS:** Path of the «Molinos» (Mills). Martimporra Palatial House (in the town of Martimporra, capital of the district. **FUENSANTA:** La Ferrería Palace (14th and 16th centuries). **CECIÓN:** Santa Lucía Chapel. **SIERO:** The Way of St. James. Route of the Rural Palaces. **NOREÑA:** Soledad Chapel (Ecce Homo). Rebeillón Palace. **LLANERA:** Fernando Alonso Museum. San Cucao Castle.

Naturaleza Zona Centro

The mountain begins in Puerto de Tarna, where the Nalón starts. It continues to the east through Pajares, and concludes with El Puerto Ventana y Somiedo, where in 1988 the Natural Park was created.
In the centre, Oviedo, the capital of Asturias, retains a flavour of the past in its old town and echoes times of great splendour with its pre-Romanesque elements.

ROUTE 10. TO REDES

LA FELGUERA: Llunguera Chapel (18th century). Dolores F. Duro Park (bandstand). San Pedro Church (1954). Municipal Art Gallery of Langreo "Eduardo Úcular". Extensive historical and industrial heritage. **SAMA:** Santiago (19th century). **CIAÑO:** Quintana Tower and House (14th century). San Esteban Church. San Felix Palace and chapel (18th century). Carbayu Hermitage (18th century). **EL ENTREGO:** Mining and Industry Museum (MUMI). **LANGREO:** Valle de Samuño Mining Eco-museum. Museum of Iron and Steel (MUSI). **BLIMEA:** García Claño Palace (17th century). **POLA DE LAVIANA:** Capital of the district. Church of Sta. María (19th century). Nº 5º del Obero Chapel (16th century). **ENTRALGO:** Armando Palacio Valdés House (18th century). **EL CONDADO:** El Tomeón tower (pre-Romanesque origin). **SOBRESCOBIO:** Soto de Agues and the Alba Route. Villamorei en Rioseco Reservoir and Tower. **TANES:** Santa María Church (16th century). **CALEAGO:** Santa Cruz la Real Church (16th century). **CAMPO DE CASO:** Capital of the district. Pando District. Wood Museum. **BEZANES:** Redes Natural Park (Biosphere Reserve). **PUERTO DE TARNA:** La Ralora Spring (source of the Nalón River).

ROUTE 11. TO FUENTES DE INVIERNO

OLLONIEGO: Medieval Tower and Bridge. **MIERES:** Capital of the district. Palace of Marqués de Camposagrado (17th century). **SANTULLANO:** Vizconde de Heredia Palace (17th-18th centuries). Bridge (13th century). **FIGAREDO:** Bernaldo de Quirós Palace (17th century). **CABAÑAQUINTA:** Capital of the district of Aller. **SERRAPIO:** San Vicente Church (12th century). **CASOMERA:** A section of the Route of the Gorges of the Aller River (Ruta de Las Foces del Río Aller) passes through here. **SANTIBÁÑEZ:** S. Juan de Romera Church (13th century). **EL PINO:** San Felix Church (18th century). Gorges of El Pino (Natural Monument). **ALLER:** Winter Resort of Fuentes de Invierno. Via Carola. Coto Bello Pass.

Gorges of El Pino, Aller

Picos de Europa

Here you find one of the most spectacular mountainous areas of Asturias, the Picos de Europa, situated just 20 km from the coast. The Mountain of Covadonga was declared a National Park in July 1918, becoming the first protected natural area in Spain and Europe. In 1995 it was expanded to the current Picos de Europa National Park, also recognised as a Biosphere Reserve by UNESCO.
However, the mountain area does not finish there. The mountain range continues and along its slopes are beech and oak forests that descend down into the valleys where villages such as Sella and Cares-Deva, along with their tributaries, create a beautiful natural setting for kayaking, canoeing and other sports that involve contact with nature. Its main towns is Cangas de Onís.

ROUTE 7. NATIONAL PARK OF THE PICOS DE EUROPA AND ITS FOOTHILLS

EL MAZO: La Loja Cave. **PANES:** Capital of the district of Peñamellera. Baja. Ruins of San Juan de Cillergo. Asturias Bowling Museum. **ALLES:** Capital of the district of Peñamellera Alta. S. Pedro de Piecún Church (18th century, and Romanesque ruins of the Abbey). **ARENAS:** Santa María de Llás (13th century). La Corraláda Neighbourhood. **SOTRES:** Mountain village. Starting point towards La Vega de Liniello. **CARREÑA:** Capital of the district of Cabrales. Manor House of Los Bárcena (17th century). Pozo de la Oración Lookout (views of Naranjo de Bulnes peak). **BENIA:** Capital of the district of Onís. Santa Eulalia Church (9th century). **ABAMIA:** Sta. Eulalia. Historical Monument. **LA RIERA:** Basilio Sobrecueva Museum of Ceramics and Clock. **COVADONGA:** Santa Cueva. San Fernando Collegiate Church (17th century) and Basílica (19th century). **THE LAKES:** Enol and Ercina Lakes serve as a starting point for many excursions through the Picos de Europa. **CARDES:** Buxu Cave. **CANGAS DE ONIS:** Roman bridge declared a Historical Monument. Santa Cruz (5th and 8th centuries, rebuilding on a dolmen 18th and 19th centuries) and Asunción (20th century) Churches. Dago House (20th century. Reception Centre for the Picos de Europa National Park). Town Hall (19th century). **VILLAMAYOR:** San Martín Monastery (12th century, Historical Monument, Tourist Parador). **SAMES:** Capital of the district of Amieva. VIS. Santiago Chapel. Medieval Bridge. **VEGA DE CÉBI:** San Pablo Chapel (17th century). **AMIEVA:** The Jocica Path and Beyu Pen Route.

Picos de Europa from Suve

The Valleys of Western Asturias

From the Somiedo Natural Park to Los Oscos, and passing through Fuentes del Narcea, the Cantabrian Mountain range reaches its astonishing heights. From the line of summits, the foothills stretch out, accompanied along their way by the Narcea and Navia rivers. Forests such as Muniellos (declared a Biosphere Reserve) and Monasterio de Hermo mark the slopes of the mountains and extend down to the peaceful interior and shade of the valleys. The Eo River is the creator and main feature of one of the most beautiful areas in the region: Oscos-Eo, a natural area declared a Biosphere Reserve. Cangas del Narcea, with its mining sites, forms the most significant town in the area.

ROUTE 15. THROUGH THE VAQUEIRA DISTRICT

CORNELLANA: San Salvador Church and Monastery (17th century, Historical Monument). **SALAS:** Capital of the district. Santa María la Mayor Collegiate Church (14th century, Historical Monument. Valdés Salas Pantheon and Altarpiece. 16th century). Valdés Salas Palace and Tower (14th-16th centuries). **SOTO DE LOS INFANTES:** Castle Tower. **TINEO:** Capital of the district. House of General Riego (18th century, Artistic Historical Site). García Tineo Palace (12th century). San Pedro Church (18th century). Tineo Sacred Art Museum. **ODONA:** Santa María la Real Monastery (12th century). **NAVELGAS:** Gold Museum. Manor of los Capallega (19th century). **POLA DE ALLANDE:** Capital of the district. Cienfuegos Palace (15th century). **CELÓN:** Church of Sta. Mª (12th century). **SAN MARTÍN DE BEDULEDO:** San Chuis Fort. **MONTEFURADO:** Roman gold mines. **GRANDAS DE SALIME:** Capital of the district. S. Salvador Collegiate Church (17th century). Ethnographic Museum.

ROUTE 16. FROM TUÑA TO CUETO DE ARBAS

TUÑA: Cabo del Río Palace (16th-18th centuries). Riego y Tineo Palace (18th century). Cienfuegos Tower House (14th century). Chomblona House (birthplace of General Riego). Tuña Tower (14th and 18th centuries).
MERILLÉS: Dolmen.
LLAMAS DE MOURO: Black ceramics.
TEBROGO: San Miguel Church.
CORIAS: S. Juan Monastery (16th century. Fuente Parador).
CANGAS DEL NARCEA: Historical Old Town. Wine cellars open to the public. Entrambasaguas Neighbourhood (preserves part of its medieval layout).
SANTUARIO DEL ACEBO: Chapel and lookout.
SAN PEDRO DE ARBAS: Queipo de Llano Palace (18th century).
CARBALLO: Santa María Church - 13th century).
PUERTO DE LEITARIEGOS: Cueto de Arbas Partial Nature Reserve.

ROUTE 17. FUENTES DEL NARCEA

BESULLO: «Alejandro Casona» Reception Centre, popular architecture, Mazo d'Abuso. **STA. EULALIA:** Santa Eulalia de Carnota Church. **TABLIZAS:** Reception Centre for the Muniellos Fully Protected Nature Reserve. **CIBUYO:** San Salvador Church (13th century). **GEDREZ:** Church of Sta. Mª Capilla del Cristo (18th century). **OBALLO, HERMO MONASTERY:** Church of Sta. Mª (13th century). Hermo Forest. **DEGAÑA:** Capital of the district. **CERREDO:** Santa María Church - 14th-15th centuries. **SAN ANTOLÍN:** La Paloxa Interpretation Centre. Cunqueira Ciaño. **CECOS:** Parish church (17th century). Ron Palace (17th century). **TORMALEO:** Tormaleo Palace (17th century).

ROUTE 18. FROM NAVIA HISTORICAL PARK TO OSCOS - EO

GRANDAS DE SALIME: Ethnographic Museum. Salime Reservoir. Chao Samartín Fort and Museum. **PESOZ:** Ethnological Museum. Town of Argui, of great architectural uniqueness. **ILLANO:** Doiras Reservoir. San Esteban de los Buitres with fabulous Natural Lookouts. **VILLAYÓN:** Waterfalls such as those of Meiraz and Oneta. Arbón Reservoir. **BOAL:** Prendia Fort. Casa de la Apicultura Beekeeping Museum
VEGADEO: Route of the Palaces. Mazo de Meredo (ethnographic site where you can find out about the use of water as an energy source)
SAN TIRSO DE ABRES: «Ruta a Pena del Encantado» Route. Rail road Route.
TARAMUNDI: Ok Teixeis Ethnographic Site. Mazonovo Mill Museum.
VILLANUEVA DE OSCOS: Monastic Site of Santa María. Eco-museum of Bread. **SAN MARTÍN DE OSCOS:** Mon Palace. Hiking routes (Routes through the Mines, Green Route, «Mon» Route...). **SANTA EULALIA DE OSCOS:** Mazonovo Ethnographic Site. A Seimeira Waterfall. **FERREIRELA:** Birthplace of Marques de Sargadelos - 18th century.

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The word **Asturias is plural,** which is a good reflection of the region because such a variety of landscapes and traditions across its 10,556 square metres is nothing short of a challenge for those who come to discover its lands. **The short distance between the sands of the Cantabrian Sea and the mountain peaks that rise up to over 2,000 metres make Asturias a region of unbroken landscapes,** impossible contrasts and an abundance of nature that has led it to becoming known as the Natural Paradise.

With the brown bear as its undisputed icon, **Asturias possesses six areas that have been declared a Biosphere Reserve by UNESCO** and a third of its surface area enjoys environmental protection, including the entire coastline which is the best preserved in the whole of Spain. It is very aware of its natural heritage and is committed to preserving it for future generations.

This Natural Paradise is also a reflection of the history of Europe, of its most significant events, those that have helped shape the world as we know it today. **Asturias keeps alive the legacy of the centuries, civilisations and cultures** that have shaped history and led to it having an open and hospitable people who have made unity through diversity one of their hallmarks. This legacy includes **genuine cave art** cathedrals **from the Upper Paleolithic,** such as Tito Bustillo, and the **pre-Romanesque constructions** of the Kingdom of Asturias **(both recognised as World Heritage by UNESCO),** along with Neolithic settlements, Roman villas, Romanesque temples, historical routes declared World Heritage, such as the **two routes of the Way of St. James,** Renaissance and Baroque style palaces, farms and mining areas of the earliest industrialisation.

All of these natural and cultural features are reflected in **its gastronomy,** in a cuisine that has made best possible use of the artisan products coming from this land and has created well-known dishes. **With option such as fabada a la sidra (the famous cider, pork and bean stew), the greatest variety of artisan cheeses imaginable,** wine from Cangas, Chosco de Tineo (a cured sausage from the Tineo region), and spelt bread, **you can discover a whole universe of flavours that are inseparable from the experience of discovering Asturias** and are a great choice after a hard day taking advantage of the countless possibilities that the **Asturian countryside offers for taking part in sport and active and adventure activities.**

Cities, mountain villages, seaside towns... the whole of Asturias is dotted with places that have adapted to their environment and created landscapes in which nature and man have learned how to coexist. It has a culture and a way of life that can only be understood by taking into account the unbreakable link between the Asturian people and their land. **a paradise to be discovered and shared.**

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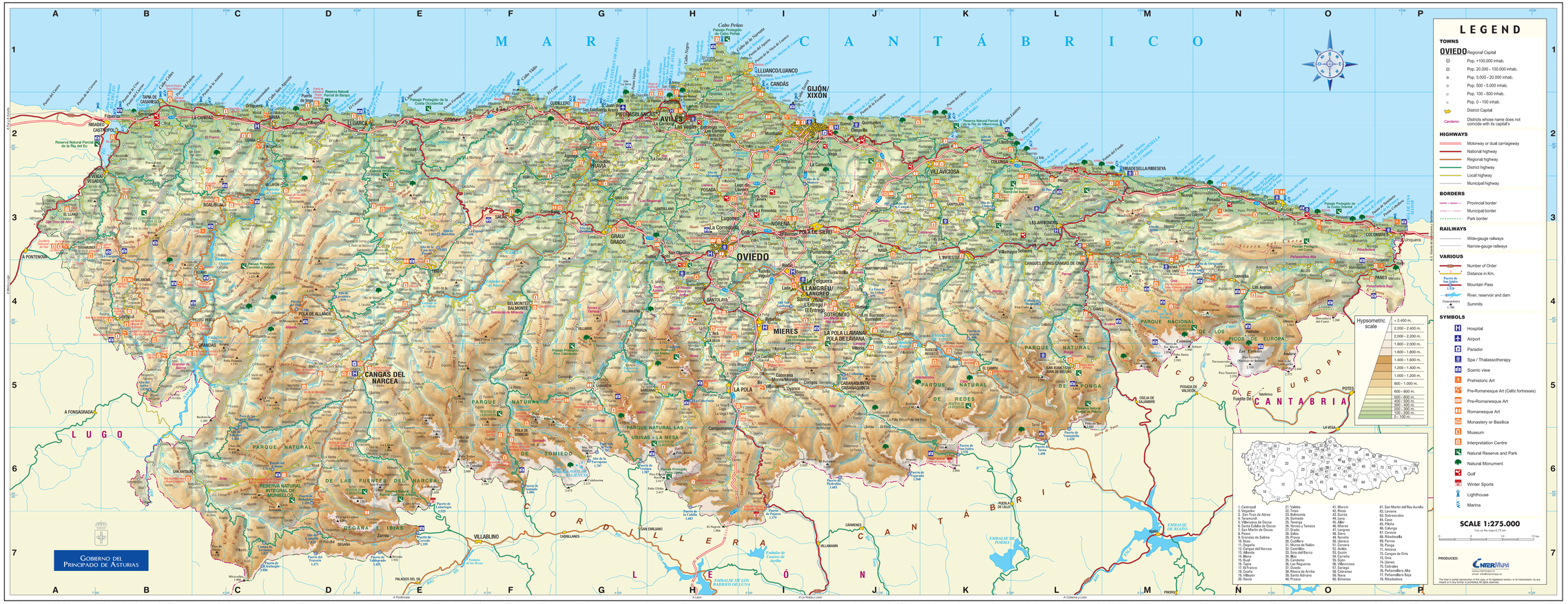

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