

# NATURE TRAILS IN CASTILE AND LEÓN



Guide to the  
**Nature Trails**  
of Spain

## NATURE TRAILS IN CASTILE AND LEÓN

In the following pages, the Nature Trails running through Castile and León are briefly described. Among them, there are short trails such as Esla, Las Merindades, Sayago Crop Fields or Campo Azálaro; other composed by several stages such as Mirada Circular, Hayedos de Riaza, el Agua Soriano, and some longer trails, such as the Senda del Duero or Douro Way.

**Mirada Circular: León Ancares from Guimarán to Balboa (LE).** This 70.3 km long trail runs along the Ancares mountain range, in the Bierzo County. This natural landscape has been granted World Heritage Site and Biosphere Reserve status. Its oak and chestnut woods are host to the wood grouse and brown bear.

**Cacabelos-Quilós (León).** 4.3 km long route which links the French Way of the Camino de Santiago and the Mirada Circular Nature Trail. It crosses the Bierzo plains, a fertile, wine-producing land since Roman times and which nowadays boasts the Denominación de Origen (Designation of Origin) El Bierzo.

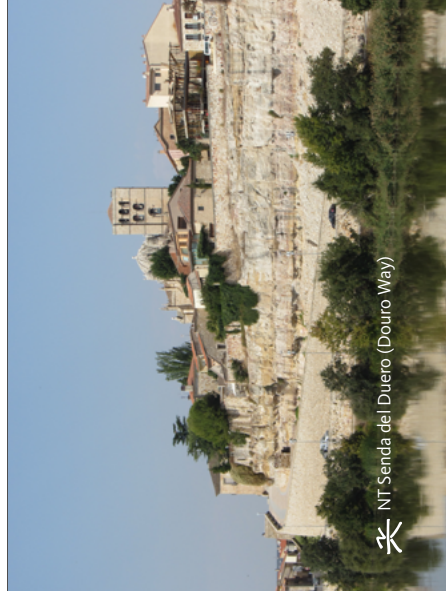
**Esla (León).** The town of Valencia de Don Juan, on the southern part of the province of León, is the starting point of this 11.5 km trail. The town origins date back to a Vaccæi settlement established where the current ruined castle is now.

**Las Merindades (Burgos).** This 6.8 km trail runs through the county of Las Merindades, in northern Burgos. For the most part, it follows an old railway line which was laid between rocky walls between Santelices and the La Engaña tunnel.

**Sierra de la Demanda (Burgos).** This train turns among large oak and beech woods which are the home of many animal species, including the Iberian wolf. The trail follows entirely the layout of an old mining railway line 52.4 km long.

**Senda del Duero, or Douro Way (Soria, Burgos, Valladolid, Zamora, Salamanca).** This trail runs along the Douro river for 752 km, where the traveller may find themselves in monumental

**MORE INFORMATION:**  
[www.mapama.gob.es/en/desarrollo-rural/temas/caminos-naturales](http://www.mapama.gob.es/en/desarrollo-rural/temas/caminos-naturales)



NT Senda del Duero (Douro Way)

Since 1963 the Ministry for Agriculture and Fisheries, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment. These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country.

We invite you to visit the Nature Trails in Castile and León offer you the keys to enjoy the trip. We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

towns such as Soria or Zamora, natural enclaves such as the Sierra de Urbión hill range or the Arribes del Duero, a rich cultural environment and a delicious gastronomic tradition.

**Sayagués agricultural landscape (Zamora).** This 14.5 km trail runs between the Virgen de Gracia Shrine and the town of Escudero, in the province of Zamora, and allow the visitor to enjoy the traditional architecture of the province of Sayago and the rich heritage associated to sheep breeding.

**Palentian Romanesque (Palencia).** This 105.5 km is located in northern Palencia and it is specially noteworthy for the abundance of Romanesque architecture and the stunning beauty of the Palencia mountains.

**River Ebro GR-99 (Cantabria, Burgos, Araba/Alava, La Rioja, Navarra, Zaragoza, Huesca, Lerida, Tarragona).** For centuries, the Ebro valley has been occupied by many cultures, and proof of its rich cultural past remain along its course. This 1280 km trail follows the course of the river from Reinosa to Tortosa, crossing a large variety of landscapes, ecosystems and towns.

**Senda del Pastoreo (Burgos, Araba/Alava, Gipuzkoa, Navarre).** A circle route which leads the visitor to those places where shepherding has defined and shaped the cultural landscape, which has been harmoniously humanised. Most of this path, which spans over 400 km, runs through spaces of environmental interest.

**Riaza Beech and oak woods (Segovia).** This route is composed of seven circle paths, mainly forest trails running among oak trees and mid-slope mountain tracks. The traveller will be able to admire many shrines, red (*arquitectura roja*) and black (*arquitectura negra*) villages, woods and the beautiful views over the Sierra de Ayllón.

**Campo Azálaro (Ávila).** Right in the walls of the city of Ávila (World Heritage Site) starts this 139 km Nature Trails, which follows part of the layout of the Cañada Real Soriana Occidental drover's way.

NIP0: 013-17-167-6

## LAND WITH THE THE DOURO VALLEY AS ITS BACKBONE

Castile and León is the largest Autonomous Community, and for the most part it coincides with the Spanish section of the Douro basin. Castile and León is host to an excessive rich historical, architectural, artistic and natural heritage: here, the traveller will find World Heritage Sites, historical sites, castles, cathedrals, the world's greatest concentration of Romanesque art, as well as unique natural spaces, and Biosphere Reserves. The traveller may enjoy a wide natural variety: riverside landscapes, agricultural fields, mountains and woodland, all with their characteristic vegetation and fauna, not forgetting a delicious cuisine and a persistent wine culture.

There are 20 Nature Trails in this Autonomous Community,

which either run totally through Castilian territory or are shared with other Autonomous Communities.



NT Las Merindades

**Camino del Agua Soriano. Camino Antonino. (Soria, Zaragoza, Navarre).** Running from Tudela to Soria, this Nature Trail joins the Ebro Nature Trail, or GR-99, and the Douro Natural Trail. A historical 113.5 km route which leads us from Celtiberian settlements through Roman remains and into the Middle Ages, under the watchful eye of the Moncayo.

**Eresma (Segovia).** Starting in Segovia's paved streets, this 13 km route descends by the slopes of the Sierra de Guadarrama towards the Eresma river valley, until reaching its fertile river-side lands where Hontanares de Eresma is located.

**Eresma Valley Greenway (Segovia).** This Nature Trail follows the old Segovia - Medina del Campo railway line, which basically runs along the Eresma river. This trail is great for family walks or bike rides.

**Vía de la Plata, the Silver Way (Salamanca).** This Nature Trail runs the 22.7 km from Alba de Tormes to Carbajosa de la Sagrada, following the old railway line between Morfrágue y Astorga, which coincides with the original Ruta de la Plata or Silver Way.

**Cañada Real Soriana Occidental (Segovia).** This 148 km long trail crosses the Segovia slope of the Sierra de Guadarrama between El Espinar y Ayllón, crossing the counties of Terras de Segovia and Riaza-Ayllón.

**The Conquest of Bembibre (León).** This trail offers a route across the Bierzo Alto, an area with a significant tourist interest: landscapes and nature, remains from the Roman abundance of ecomuseums and thematic Visitors' centres.

**Villablino Mining Railway (León).** This trails follows the old railway line of the Minero Siderúrgica de Ponferrada (MSP) company, which linked Laciama with Ponferrada, and which runs parallel to the Sil River. **Santander - Mediterranean (Soria).** This trail is connected to the historical link between the Cantabrian coast and the Mediterranean Sea and runs across the Pinares county, in the province of Soria.



NT Vía de la Plata



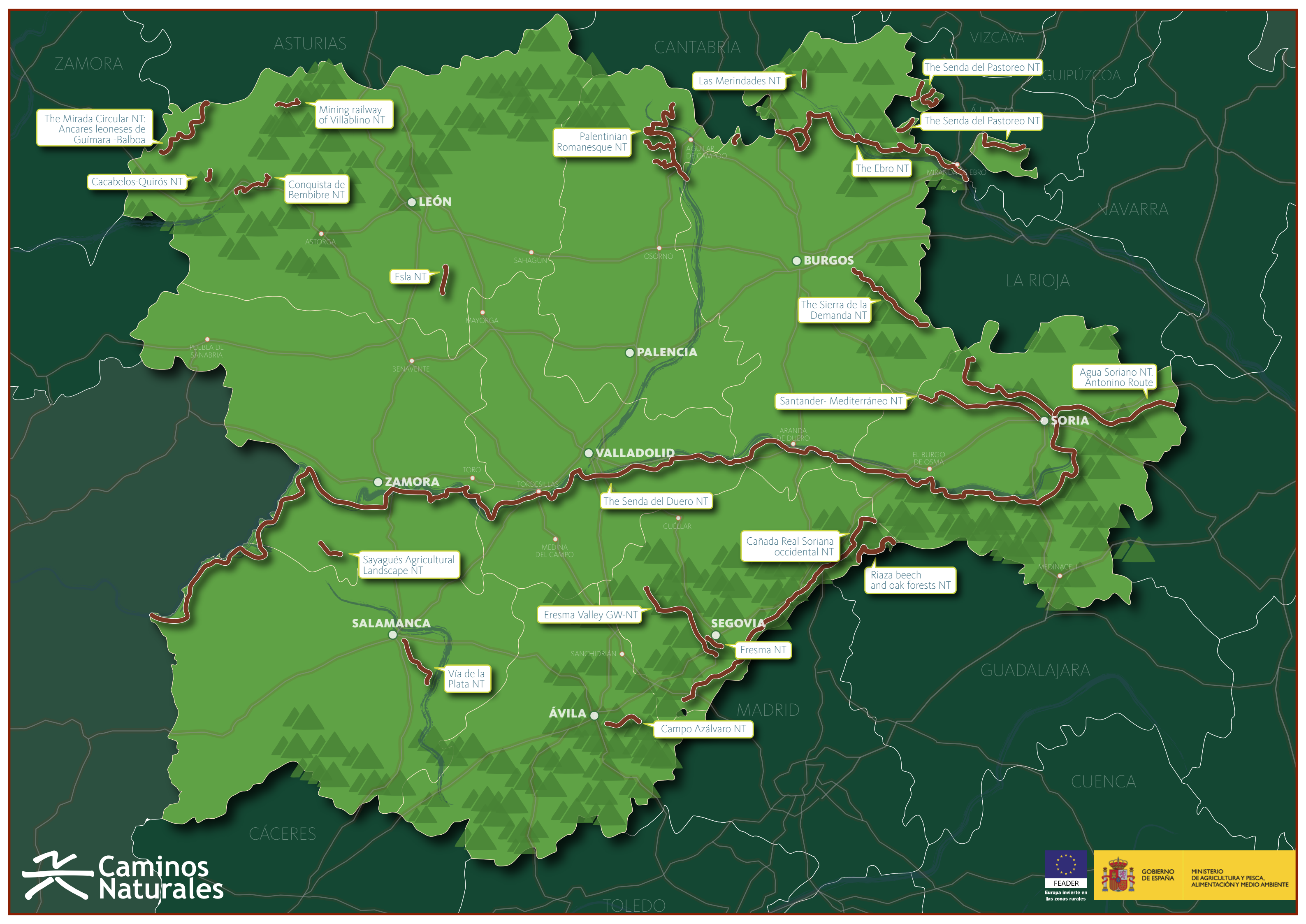
NT Sierra de la Demanda



NT Esla







The Mirada Circular NT: Ancares leoneses de Guímara - Balboa

Mining railway of Villablino NT

Cacabelos-Quirós NT

Conquista de Bemibre NT

Palentian Romanesque NT

Las Merindades NT

The Senda del Pastoreo NT

The Senda del Pastoreo NT

The Ebro NT

Esla NT

The Sierra de la Demanda NT

Agua Soriano NT. Antonino Route

Santander- Mediterráneo NT

The Senda del Duero NT

Sayagués Agricultural Landscape NT

Cañada Real Soriana occidental NT

Riaza beech and oak forests NT

SALAMANCA

Eresma Valley GW-NT

SEGOVIA

Eresma NT

Vía de la Plata NT

ÁVILA

Campo Azálvaro NT