



ECOTOURISM GRAND RESERVE

greenspain

GUIDE TO TOURIST EXPERIENCES



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Ecotourism Grand Reserve

The Green Spain Ecotourism Grand Reserve takes you on a journey through the unspoilt nature of northern Spain. A destination that blends sustainable tourism and biodiversity to offer unique experiences amidst mountains, forests and Atlantic coastlines.

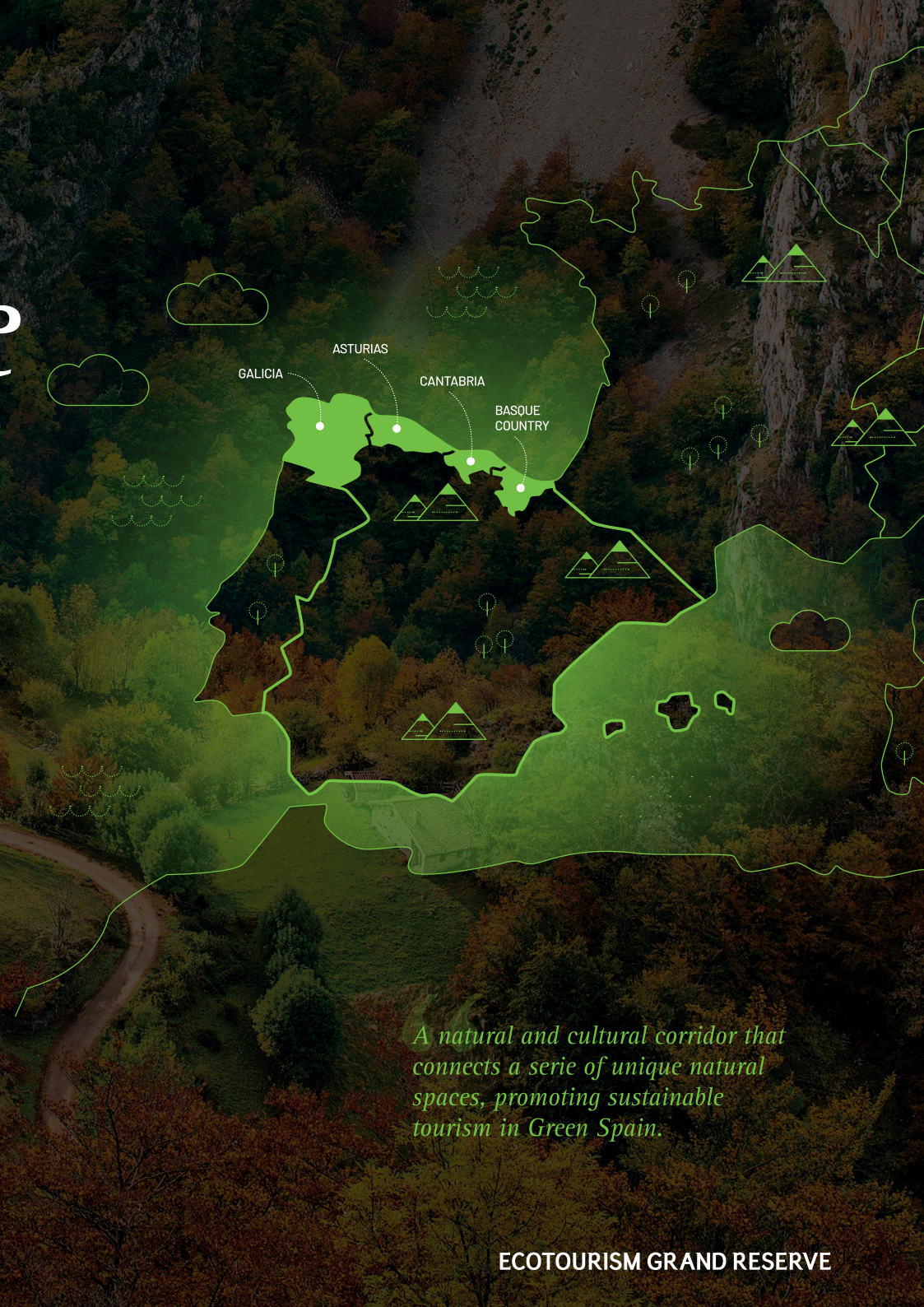
The Green Spain Ecotourism Grand Reserve is a nature and biodiversity corridor that joins 25 protected natural spaces in Galicia, Asturias, Cantabria and the Basque Country. National Parks, Nature Parks, Biosphere Reserves and UNESCO Global Geoparks, as well as other invaluable natural areas are all part of this network that promotes a way of travelling grounded in sustainable tourism and respect for the environment.

Here, ecotourists encounter so much more than landscapes: they discover a way of travelling that promotes conservation and supports local communities, through

experiences that reach out to the heart and soul of each territory. The Ecotourism Grand Reserve invites you to explore forests and woodlands, mountains, rivers and Atlantic coastlines, to see wildlife in its natural habitat and discover the beating heart of village life in northern Spain.

29% of this area is protected, making Green Spain one of the biggest nature sanctuaries in Europe. The Ecotourism Grand Reserve invites travellers to explore its heritage in a conscientious way, on foot, hiking its mountain trails, or on board a boat, sailing down its waterways and hugging the shoreline around its cliffs, or discovering the incredible food and wonderful arts and crafts made locally, always guided by accredited professionals.

It's the ideal destination if you crave authenticity on your travels, where every step you take helps to conserve nature and keep the local identity alive. ■



A natural and cultural corridor that connects a serie of unique natural spaces, promoting sustainable tourism in Green Spain.

Protected spaces

GALICIA

01 As Mariñas Coruñasas and Terras do Mandeo Biosphere Reserve.

The As Mariñas Coruñasas e Terras do Mandeo Biosphere Reserve stretches across some very varied terrain from the Atlantic coast to valleys and mountains further inland. Its cliffs, estuaries and beaches provide essential shelter for migratory birds and endangered species like the kentish plover.

Moving inland, the rivers Mero and Mandeo shape a landscape of ancient woodlands and riverside forests, vital to the area's

local biodiversity. The Reserve combines natural conservation with the promotion of organic farming, offering locally produced wines, fruit and craft beer.

As Mariñas Coruñasas e Terras do Mandeo invites you to explore this territory through guided trails, wildlife spotting and sustainable nautical activities, available throughout the year. A destination where nature, culture and a deep commitment to local development are in perfect harmony.

02 Atlantic Islands of Galicia Maritime-Terrestrial National Park.

The Atlantic Islands of Galicia Maritime-Terrestrial National Park spans four archipelagos (Cíes, Ons, Sálvora and Cortegada) and the waters that surround them, a unique tapestry of cliffs, beaches and vibrant marine ecosystems. It provides shelter to important colonies of water

birds, such as the European shag and the yellow legged gull, and is home to unique plant specimens, including a local species of broom called "xesta de Ons" (*Cytisus insularis*).

It's also a great place to go for cultural history, with deeply engrained seafaring traditions and a type of fishing boat specific to this area called a *dorna*. Ecotourists can explore this area through guided hikes and trails, bird spotting, dolphin and whale watching excursions, environmental education activities or by sailing along its estuaries.

The Park encourages you to explore the wilder side of Galicia, boasting rich natural and cultural heritage in breathtaking surroundings.

03 Ribeira Sacra and Serras do Oribio and Courel Biosphere Reserve.

The Ribeira Sacra and Serras do Oribio and Courel Biosphere Reserve occupies 10% of mainland Galicia and is divided into three major geographical units: the Miño and Sil

river gorges, the inland valleys and the eastern mountains. Along the Sil river gorge and the banks of the Miño, you will see grapevines grown on terraces cut into the slopes, native woodlands and dramatic, sheer cliffs.

Within the Reserve is the Courel Mountains Geopark, one of the most biodiverse spaces in Galicia, home to some exceptional ethnographic heritage. Monasteries, historic trails and traditional villages all enrich an area where nature and culture intertwine.

The Ribeira Sacra and Serras do Oribio and Courel Biosphere Reserve invites you to embark on a peaceful, mindful journey, as the geology, sustainability and authenticity of the Galician landscape reveal themselves in every path and hidden corner.



04 Courel Mountains UNESCO Global Geopark.

The Courel Mountains UNESCO Global Geopark is one of the most distinctive areas in Galicia, intertwining geology, biodiversity and cultural heritage. Spread across the Iberian Massif, it has more than 90 geologically fascinating sites, including internationally important Geosites linked to the Courel Recumbent Syncline.

Natural and human history go hand in hand in this territory, marked by ancient Roman gold mines and dry-stone villages. Native woodlands such as the Devesa da Roguiera and plant micro-reserves are home to an extraordinary wealth of diversity, including some endemic species of orchids such as the *Dactylorhiza cantabrica*.

The Courel Mountains are also a key habitat for the brown bear and an area where there is so much to explore through geology themed routes, interpretative hiking trails and scenic viewpoints that offer unforgettable views out over this living testimony to the Variscan orogeny.

05 Os Ancares Lucenses and Montes de Cervantes, Navia, and Becerreá Biosphere Reserve.

The Os Ancares Lucenses and Montes de Cervantes, Navia, and Becerreá Biosphere Reserve stretches out over a landscape of dramatic elevation changes, with native forests and essential habitats for the brown bear. Its geology retains traces of ancient glaciers in the form of cirques and landforms sculpted more than 12,000 years ago.

In addition to exceptional nature, this area also boasts some important cultural heritage, such as *pallozas*, the name given to traditional, ancestral dwellings dotted around the countryside, particularly in the village of Piornedo. Hill forts, castles and a thriving rural culture highlight the strong human connection with the Reserve.

With over 30 signposted trails, visitors can explore its mountains, discover its diverse wildlife and experience its rich tradition of hand-crafted products like cheese, honey, chestnuts and cured meats, all symbols of a sustainable way of life, closely intertwined with nature.

06 Río Eo, Oscos and Terras de Burón Biosphere Reserve.

The Río Eo, Oscos and Terras de Burón Biosphere Reserve spreads out around the River Eo, stretching between Galicia and Asturias in a shared territory that connects mountain systems, valleys and the river estuary with the Cantabrian coastline. This area has 41 habitats that are protected under EU law, with ecosystems including



humid forests, peat bogs, wetlands and the striking coastal cliffs found in places like As Catedrais beach.

Its biodiversity is exceptional, encompassing species like the Atlantic salmon, lamprey, otter and Iberian desman, and with an estuary that provides a refuge for migratory and wintering birds.

The Reserve also preserves a rich ethnographic heritage: *pallozas* (traditional round, thatched dwellings), *hórreos* (raised granaries), dolmens and hill forts that tell the story of ancient life in this area. Through guided trails, birdwatching and landscape photography, you can explore a region where nature and tradition continue to thrive. ■

ASTURIAS

07 Fuentes del Narcea, Degaña and Ibias Natural Park and Biosphere Reserve.

The Fuentes del Narcea, Degaña and Ibias Natural Park and Biosphere Reserve is home to some of the most exceptional forest areas in the Cantabrian Mountains.



Oak forests such as the one in Muniellos and beech forests such as the one surrounding Monasterio de Hermo are all part of a rugged landscape, sculpted by ancient siliceous rock.

This is also an important area for the conservation of the brown bear and the Cantabrian capercaillie, and is home to a vast array of plants, trees and wildlife, such as the black woodpecker and the gold-striped salamander. Its forests, valleys and mountains are ideal for wildlife spotting, nature photography and hiking the guided trails.

The area's natural beauty is complemented by its rich rural heritage: remote villages, vernacular architecture and crafts like woodwork (known as the *cunqueira* tradition), all of which preserve the memory of this authentic, unspoilt region.

08 Somiedo Natural Park and Biosphere Reserve.

The Somiedo Natural Park and Biosphere Reserve is a place of exceptional geological, ecological and cultural diversity. The rugged landscape, shaped by ancient glaciers, is dotted with lakes, native forests and a rich variety of plants, including orchids and rare endemic species like the *Centaurea somedana*.

Somiedo is a key habitat for the Cantabrian brown bear and an excellent place to spot other mountain-dwelling animals such as chamois, golden eagles, bluethroats and wallcreepers. The ethnographic heritage visible in this Park is also fascinating, with traditional thatched huts and grazing pastures reflecting an ancient way of life



typical of the nomadic Vaqueiros de Alzada people and their transhumant farming practices. Through trails, interpretive hiking routes and the Somiedo Ecomuseum, visitors can truly immerse themselves in the nature and culture of this unique region.

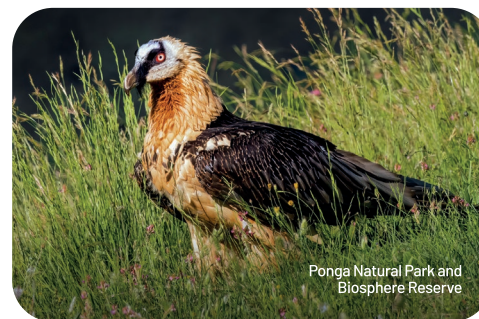
09 Las Ubiñas-La Mesa Natural Park and Biosphere Reserve.

The landscape of the Las Ubiñas-La Mesa Natural Park and Biosphere Reserve is rich and varied, from the peaks of Peña Ubiña to the river valleys and gorges such as the Foz de la Estrechura. Forests populated with beech, oak and birch trees are home to a wealth of biodiversity, including brown bears, wallcreepers, golden eagles and the emblematic mountain Apollo butterfly. Rock faces are also often covered with native plants that have adapted to this environment, another source of tremendous botanical wealth. Mountain pasture lands and traditional buildings reflect the close bond between humans and mountains across the centuries.

Through hiking trails, scenic viewpoints and interpretation centres, you can explore this area and discover its incredible nature, culture and way of life linked to sustainability in the heart of the Cantabrian Mountains.

10 Redes Natural Park and Biosphere Reserve.

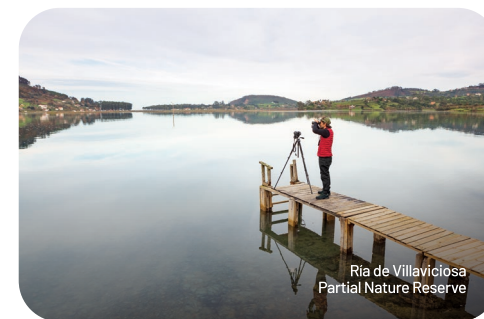
The Redes Natural Park and Biosphere Reserve is one of the most heavily wooded



areas in Asturias, a haven for mountain ecosystems in Cantabria. Its woodlands and forests lined with beech, oak and chestnut trees provide a home to important species like brown bears, wolves, and the largest populations of chamois and deer in Asturias. Redes boasts a wealth of wildlife, as well as a significant water network and valuable cultural heritage linked to traditional livestock farming and vernacular architecture. Hiking along its many paths gives you a great opportunity to spot birds like the black woodpecker, the golden eagle and the white-throated dipper, and discover high-altitude mountain pastures where traditional cabins still stand. This area offers a truly immersive experience in nature, with mountain landscapes, pristine forests and the authenticity of rural life in Asturias.

11 Ponga Natural Park and Biosphere Reserve.

The Ponga Natural Park and Biosphere Reserve spans some of the most rugged terrain in the Asturian mountains, with spectacular ravines and forests covering much of this area. In Peloño, you'll find one



of the best preserved beech and oak forests in Asturias, home to species such as the middle spotted woodpecker, the fire salamander and the Alpine longhorn beetle. Large birds of prey such as the Egyptian vulture, the Eurasian griffon vulture and the bearded vulture fly high over mountain passes, where livestock still graze.

Traditional villages, local products such as Los Beyos cheese and the unique features of the local rural architecture, including the raised granary barns known as *hórreos beyuscos* all enrich the experience of being in this area, a perfect destination for hiking, wildlife watching and nature photography.

12 Ría de Villaviciosa Partial Nature Reserve

The Ría de Villaviciosa Partial Nature Reserve protects an 8km stretch of estuary that runs through an interlinked network of wetlands, reclaimed marshland, dunes and cliffs to create one of the most unique areas on the Asturian coast. The presence of both fresh and salt water creates a patchwork of invaluable habitats. It is the second most important area of wetlands in Asturias for wintering and migrating water birds, which makes it the

perfect place for bird watching and nature photography.

It is also part of the Jurassic Coast, and there are plenty of opportunities to discover some fossilised dinosaur tracks. The perfect place to learn about coastal nature and enjoy the rich biodiversity available in these stunning surroundings.

13 Picos de Europa National Park and Biosphere Reserve.

The Picos de Europa National Park and Biosphere Reserve, located between Asturias, Cantabria and Leon, is home to one of the largest limestone formations in Atlantic Europe, shaped by karst and glacial processes. Some of its peaks are over 2,500 metres, with the highest summit being Torrecerredo, known as the ceiling of the Cantabrian Mountains.

This space is home to a vast array of biodiversity with species including the chamois, the bearded vulture, the brown bear and the wallcreeper. The landscapes blend karst depressions known locally as



jous, with chasms, lakes and stunning ravines. Some of the most emblematic scenery in this area can be found around the Covadonga Lakes and the iconic Pico Urriellu mountain.

The Asturian side is known for its livestock and cheese-making traditions, while the Cantabrian side is famous for products with Protected Designation of Origin status, with delicious local cheeses including Bejes-Tresviso blue cheese and Quesucos de Liébana, reflecting the region's rich culinary heritage.

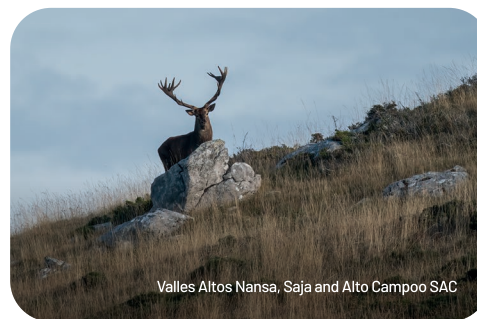
The Picos de Europa are a must-visit destination to explore pristine nature, the living history of the mountains and a deeply rooted culture. ■

CANTABRIA

14 Liébana SAC.

Liébana SAC is an exceptional space where spectacular mountain formations can be found alongside deep ravines like La Hermida, and some of the best examples of sessile oak and beech forests in the Cantabrian mountains, along with ancient chestnut trees and holm oaks influenced by the Mediterranean.

Its unique microclimate favours the rich biodiversity of this area, with crucial habitats and species such as the brown bear, the grey partridge, the middle spotted woodpecker and the bearded vulture. Fuente Dé is a popular spot for birdwatching, especially mountain-dwelling species such as the



wallcreeper and the white-winged snowfinch.

In addition to its natural wealth, Liébana preserves a valuable cultural and religious heritage, with traditional villages, Romanesque hermitages and the Monastery of Santo Toribio de Liébana, the final destination of the Camino Lebaniego pilgrimage trail. It is an ideal area to explore at a leisurely pace, surrounded by mountains, nature and the living history of the Cantabrian landscape.

15 Valles Altos Nansa, Saja and Alto Campoo SAC.

The Valles Altos Nansa, Saja and Alto Campoo SAC site protects the headwaters of the Nansa, Saja and Híjar rivers, forming a landscape with deep mountain roots. Everywhere you look you will spot oak trees, beech trees and holly bushes in a terrain that combines mountain pasture land with traditional extensive livestock systems. With 28 priority habitats, this is a key area for the conservation of forest-dwelling birds such as the black woodpecker and the middle spotted woodpecker. It also



marks the edge of the brown bear's territory in Cantabria.

This area's natural wealth is complemented by some invaluable ethnographic heritage visible in traditional villages and in the way the countryside is used. It's an ideal space for guided hiking trails, spotting plants and wildlife and ecotourism linked to the authentic rural way of life here.

16 Montaña Oriental SAC.

The Montaña Oriental SAC site protects a vast amount of ecological diversity by the headwaters of the rivers Pas, Miera and Asón. This mountainous terrain is home to valuable beech and Cantabrian oak

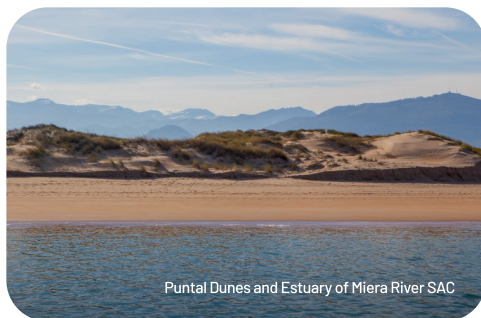
forests, as well as wet heathland and a diverse range of wildlife including birds of prey, bats and otters.

The karst landscape is a huge draw for visitors, with the largest cave network in Cantabria and visible traces of the Castro Valnera glacier. This area is also dotted with traditional house-barn cabins and villages with beautifully preserved vernacular architecture.

This is an important space for conservation projects and scientific ecotourism, offering interpretive hiking trails and animal watching activities to connect with nature and the rural authenticity of the Cantabrian mountains.

17 Geological Park of Costa Quebrada.

The Geological Park of Costa Quebrada is a UNESCO Global Geopark stretching across one of the most emblematic coastal landscapes in the Bay of Biscay, between the Mogro river estuary and the Canal de Hoz. On its rugged coastline, you can see distinctive forms of marine erosion such as



Puntal Dunes and Estuary of Miera River SAC

cliffs, tombolos, sea stacks, dunes and wave-cut platforms, a magnificent example of receding coastlines.

The Valdearenas dune system is a dynamic and biodiverse area, as well as an exceptional place to spot sea birds and migratory species.

Costa Quebrada invites you to discover its geological and natural wonders through interpretive hiking trails, scenic viewpoints such as La Picota and panoramic footpaths. Its rich cultural heritage can be seen in the nearby caves of Altamira and El Pendo, World Heritage Sites, which bear witness to the ancestral connection between humans and this territory.

18 Puntal Dunes and Estuary of Miera River SAC.

The Puntal Dunes and Estuary of Miera River Special Area of Conservation (SAC) encompasses the coastal spit of El Puntal-Somo-Loredo, the estuary of the River Miera and the islands of Santa Marina and Mouro. This tapestry of habitats is home to shifting dunes, coastal heath and invaluable intertidal areas.

It is a unique haven for birdlife, home to the only breeding pair of ospreys on the Cantabrian coast, along with nesting colonies of gulls and European shags on Mouro Island. Both land and sea are teeming with biodiversity, including species such as the relict fern *Woodwardia radicans* and the unusual Italian wall lizard. Guided tours by boat allow you to learn about this dynamic landscape and spot

migratory birds against a truly stunning backdrop, accessible all year round and connected to other Atlantic wetlands.

19 Natural Park of the Marshes of Santoña, Victoria and Joyel.

The Natural Park of the Marshes of Santoña, Victoria and Joyel protects more than 6,000 hectares of marshlands, estuaries and coastal holm oak forests, making this one of the most precious areas of coastal wetlands in northern Spain. The wealth of biodiversity here makes it a crucial wintering area and stop-off point for waterfowl and sea birds.

This includes species such as brent geese, loons, mergansers, numerous waders, as well as herons, gulls and other wintering birds. The marshes are bursting with life and provide vital feeding and breeding grounds for fish and invertebrates.

And Mount Buciera, with its holm oak forest and hiking trail up towards the Caballo lighthouse, is a point of incomparable scenic beauty. Guided hikes, bird watching and kayaking are just three options to enjoy this area throughout the year, especially between autumn and spring. ■



Geological Park of Costa Quebrada

BASQUE COUNTRY

20 Urdaibai Basque Reserve.

Urdaibai is a true natural gem in the Basque Country, declared a Biosphere Reserve by UNESCO in 1984. It stretches out around the Oka river estuary, a vast wetland area that welcomes thousands of migratory birds, which you can spot from the Urdaibai Bird Center.

In addition to marshes, this natural space is also home to a variety of different oak species growing in forests such as Arratzu, as well as the beaches of Laida and Laga, cliffs and fossils, together with invaluable cultural heritage. Fishing villages such as Bermeo, Mundaka and Elantxobe, together with Gernika-Lumo



Urdaibai Basque Reserve

and the Santimamiñe cave, form part of a landscape where nature and history are intertwined.

Urdaibai is a great spot for bird watching, geotourism, boat trips, landscape photography and visiting archaeological sites, a vibrant and diverse destination to be enjoyed all year round.

21 Basque Coast UNESCO Global Geopark.

The Basque Coast UNESCO Global Geopark is home to one of the most spectacular areas of coastline in Europe. Its 13km stretch of cliffs are a veritable geological archive, documenting more than 60 million years of history in the form of flysch, bearing witness to key episodes such as the extinction of the dinosaurs.

Moving further inland, the Geopark has blind valleys, karst landscapes and traditional farmsteads that further enhance its natural and cultural diversity. You could, for example, explore sites such as the Olatz karst field, the Ekain cave or any number of the scenic viewpoints looking out to sea.

The Geopark is an ideal destination for geotourism and environmental education, with guided hiking or boat tours, and a packed programme of activities to discover the science behind this landscape in a fun way.

22 Gorbeia Natural Park.

The Gorbeia Natural Park sprawls out over both sides of the Cantabrian-Mediterranean dividing line, combining damper and sunnier

climates to create a mosaic of invaluable ecosystems. More than 70% of the Park is covered by forests and woodlands, with vast swathes of beech forests, Pyrenean oak forests, wetlands such as Saldropo, pasture lands and heath.

Crowned by the emblematic Gorbeia cross, the Park's natural landmarks include the Itxina karst, the Gujuli waterfall and the Mairuelegorreta cave. Traditional shepherd's huts and farmhouses reflect the area's deep historical connection with livestock farming. Gorbeia is an ideal destination for hiking, bird and amphibian spotting, mushroom foraging, and witnessing the spectacle of rutting deer, offering experiences that bring you into direct contact with nature and traditional Basque culture.

23 Valderejo Natural Park.

The Valderejo Natural Park is located in an area of valleys known as Los Valles Alaveses, part of a landscape made up of rugged mountain ranges, river canyons and well-preserved forests. The rough terrain, crowned by karst plateaus and limestone cliffs, is home to a wide variety of Mediterranean habitats, with holm oak

forests, Portuguese oak forests and ancient beech woodlands.

Valderejo has a particularly important community of rock-dwelling birds of prey, such as the golden eagle, Egyptian vulture, Eurasian eagle-owl, peregrine falcon and the main colonies of Eurasian griffon vultures in the Basque Country.

This space is ideal for hiking, birding and nature photography, giving you access to a sparsely populated natural environment with pristine biodiversity.

24 Salburua Park (Vitoria-Gasteiz) SAC

The Salburua Special Area of Conservation (SAC) is a reclaimed area of wetlands, with lakes, wet meadows and a valuable floodplain oak forest near Vitoria-Gasteiz. Thanks to the restoration project launched in 1994, it is now a vibrant ecosystem nourished by underground aquifers. Salburua (Vitoria Gasteiz) is noted for its biological diversity, as a key area for migratory and breeding birds. Its mammal population includes the endangered European bison. The wetland vegetation boasts unique formations like reed beds.



Salburua Park (Vitoria-Gasteiz) SAC

Ideal for environmental education, birdwatching and walks or bike rides, Salburua (Vitoria Gasteiz) offers a direct connection to nature from the Ataria Interpretation Centre, one of the best examples of a natural space on the outskirts of a city in Spain.

25 Izki Natural Park.

The Izki Natural Park is an exceptional area of forest, populated largely by Pyrenean or Spanish oaks, one of the best-preserved in Europe. This forest is home to a mix of beech trees, oaks, holm oaks and silver birch, creating a diverse landscape that supports a rich variety of wildlife.

Izki is renowned for its botanical diversity, with carpets of daffodils, orchids and rare species like the white water lily and *Rhynchospora fusca*. It's also an important spot for forest birds, with a sizeable population of middle spotted woodpeckers, as well as golden eagles, Egyptian vultures and Bechstein's bats.

With its gentle hills and unmistakable Mediterranean influence, Izki is perfect for leisurely walks and wildlife spotting. Its interpretation centre in the little village of Korres makes it easy for visitors to explore this destination, the perfect place to enjoy the forest all year round. ■



Basque Coast UNESCO Global Geopark



Valderejo Natural Park

Location



Protected spaces

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Experiences Galicia

The estuaries, cliffs, forests and mountains of Galicia offer truly unforgettable experiences. Hiking, spotting marine and mountain wildlife, water-based adventures and visits to cultural landmarks invite travellers to discover a living landscape and ancient heritage, coexisting in perfect harmony with the passage of time.



LEFT
Playa de As Catedrais,
Galicia.

RIGHT
Red Squirrel,
Os Ancares.

Galicia is a land where sea and mountains merge in a vibrant and ever-changing landscape. To explore its landscapes, wildlife and living traditions through authentic experiences is to enter a land where wonder and serenity walk side by side.

Galicia is a land of water, where landscapes and seascapes interlace to create a unique tapestry of nature. Its estuaries, like true fjords of the Atlantic, are home to rich and varied ecosystems, while its rugged cliffs and sea caves provide nesting grounds for sea birds like the European shag and storm petrel. A little way off the coast, tiny islands offer shelter to species such as Scopoli's shearwaters, making Galicia a great place to spot marine wildlife.

As you move further inland, Galicia invites you to slow down and switch off in places like the Courel Mountains or Os Ancares, where ancient forests,

traditional villages and quiet mountains set the pace of nature.

Hiking is one of the best experiences Galicia offers, with guided trails such as the Dexo route and scenic viewpoints looking out over the **Sil and Miño river gorges**, treating visitors to breathtaking views. Wildlife spotting on land or out at sea is another option, from dolphins and sea birds in the Atlantic Islands of Galicia Maritime-Terrestrial National Park to golden eagles and wild horses in the mountains further inland.

You could also hop on a boat and sail along the estuaries, or experience the region's deep connection with traditional culture by visiting its cultural heritage, including granary barns, traditional round thatched huts, mills and fortified hill settlements, living testaments to the constant dialogue between humankind and nature. ■

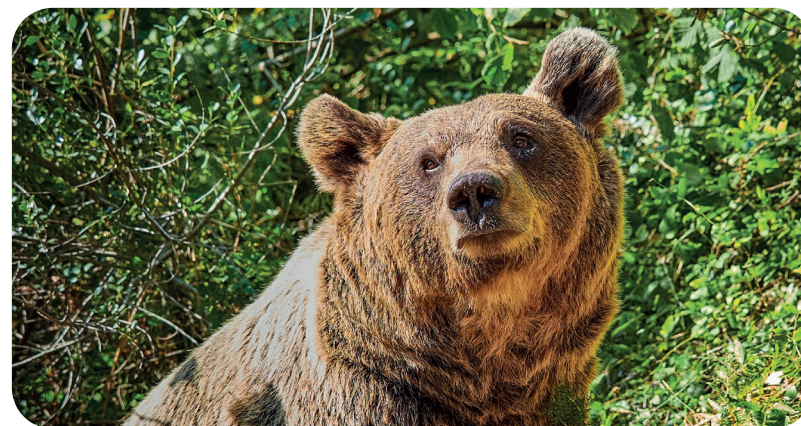


Scan the QR code and discover all the experiences Galicia has to offer.

Experiences

Asturias

Asturias is a land of wild, untamed beaches, mountains swathed in forests and traditional villages, offering visitors the chance to experience its nature, culture and rural way of life. Hiking, wildlife watching, locally sourced food and rich ethnographic heritage come together in a region that's perfect for those seeking authenticity and sustainability every step of the way.



LEFT
Urriellu Peak, from the Mirador del Pozo Viewpoint, Poo de Cabrales.

RIGHT
Bear in the wild.

Asturias unveils a truly unspoilt natural world, where sea and mountains exist in perfect harmony. Its breathtaking landscapes, iconic wildlife and rich cultural heritage offer unforgettable experiences for travellers drawn to explore, discover and feel every moment in this remarkable land.

Asturias is a land of striking contrasts, where the Cantabrian coastline and mountains blend to form a mosaic of unique landscapes. Stretching over more than 400 kilometres of coastline, its cliffs, wild, untamed beaches and sand dunes are of tremendous ecological importance, a haven for vegetation that has adapted to the winds and salinity.

Moving further inland, majestic mountains rise up, blanketed in beech and oak forests, with glacial lakes and snow-capped summits in winter. This area is also home to some exceptional biodiversity, including **emblematic species such as the brown bear, the Iberian wolf and the Cantabrian capercaillie**, along with

some truly distinctive and unique indigenous vegetation.

Asturias invites you to discover nature through guided hiking trails like the **Senda del Oso** or the Ruta del Alba, perfect for immersing yourself in these protected landscapes. Wildlife spotting is another unmissable experience, whether you're looking out for large mammals or discovering the wealth of insect and birdlife to be found here.

The region's ethnographic heritage adds depth and value to the landscape: **artisan cheeses** made in highland shelters, raised granary storage buildings, rustic wooden huts and traditional structures including stone enclosures used to protect beehives from bears and thatched-roof shepherd huts all tell the story of an ancestral way of life lived in harmony with nature. Asturias offers unique experiences for anyone looking to forge a deeper connection with this dynamic and pristine natural environment. ■



Scan the QR code and discover all the experiences Asturias has to offer.

Experiences

Cantabria

The beaches, cliffs, mountains and forests of Cantabria come together to offer unique experiences. Hiking, wildlife spotting, boat trips and visits to protected spaces to explore a rich and varied landscape and experience pristine, unspoilt nature and the essence of its culture.



LEFT
Playa de Arnia,
Cantabria.

RIGHT
Pyrenean chamois.

Cantabria offers travellers a perfect combination of untamed nature and serene landscapes. From hidden, tucked-away beaches to towering mountains, you can discover the biodiversity and culture of this area through experiences that tap into the essence of this living landscape.

In Cantabria, the coast meets the mountains, offering travellers a spectacular and varied landscape. With **over 200 km of coastline**, it has beaches, coves and sand dunes of tremendous ecological importance, such as the Costa Quebrada and Puntal beach. Other areas like Trengandín beach, in Noja, stand out not only for their striking beauty but also for their rich natural heritage. Along the cliffs and estuaries, marine and bird life shift with the seasons, offering a constantly changing spectacle.

Moving further inland, valleys and mountains reveal a landscape that remains largely untouched by time. Hiking trails

such as those that wind through Nansa or the Pas Valley lead you deep into **woodlands and gorges, with sweeping views** across the area of Pas or the Picos de Europa, visible from scenic viewpoints such as Piedrasluengas or Fuente Dé. Along every path, travellers come across the legacy of a rural tradition that has long coexisted in harmony with nature.

There are many ways to discover the rich natural heritage of Cantabria: guided walks that interpret the biodiversity and landscapes of its natural areas; wildlife and nature spotting, including emblematic species like the osprey, chamois or otter; or unique coastal experiences, sailing through the Bay of Santander or the Miera estuary to explore marine and bird life. It's a region where every experience allows you to connect with its pristine landscapes and explore its fascinating natural heritage. ■



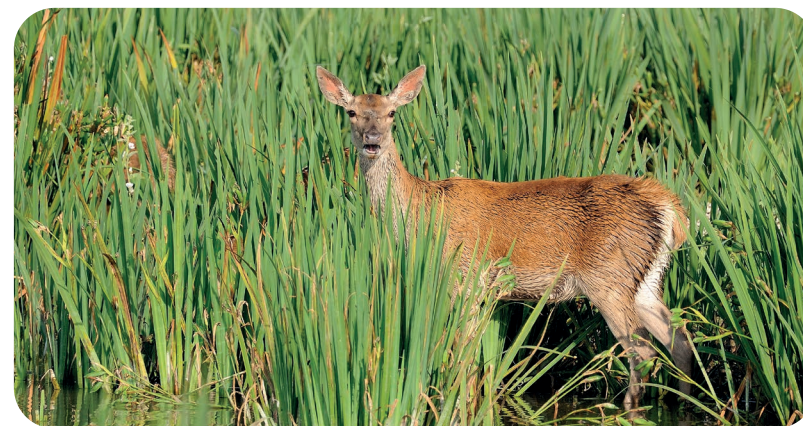
Scan the QR code and discover all the experiences Cantabria has to offer.

Experiences

Basque Country

From dramatic flysch cliffs to ancient beech forests inland, the Basque Country invites you to explore hiking trails, spot the local wildlife, enjoy geological and cultural experiences, in addition to wellness activities in the heart of nature.

A destination where every step uncovers the authenticity of a land steeped in tradition and committed to sustainability.



LEFT
Rural landscape in the Urdaibai Basque Reserve.

RIGHT
Hind in Salburua SAC (Vitoria-Gasteiz).

The Basque Country takes you on a journey from sea to mountain, where nature, history and culture are intertwined in a landscape of striking contrasts. It's a place that invites you to experience its true essence through authentic, sustainable experiences.

Nestled between the coast and the mountains, the Basque Country unveils a **landscape of contrasts**, where the sea, cliffs, forests and villages with living traditions are intertwined in a unique combination. Stretching over more than 170 kilometres of coastline, wild beaches, fishing villages such as Mutriku and geological formations like the flysch of the Basque Coast allow you to discover the planet's natural history and the region's fishing heritage. Further inland, the Gorbeia, Izki and Valderejo Natural Parks all have hiking trails that take you through **beech forests, oak groves and around mountain peaks** with spectacular views. Each trail draws you into an area where biodiversity, history, culture and cuisine go hand in hand. Another option

would be to explore the richly diverse wetlands of Salburua Park (Vitoria-Gasteiz) SAC, an ideal place to spot water birds in a natural setting on the edge of the city.

The Basque Country offers a wide range of experiences: hiking through ancient forests, guided trails on foot or by bike through natural spaces, spotting water birds and birds of prey, or boat trips to catch a glimpse of the local marine life.

Local ecotourism companies provide over twenty experiences that combine nature, culture, health and sustainability: mushroom and fungi workshops, geology themed guided trails, wildlife spotting from observation hides, stays in eco-friendly accommodation and wellness experiences immersed in nature.

The Basque Country is a destination where each experience allows travellers to connect with the truest essence of its landscape and culture. ■



Scan the QR code and discover all the experiences the Basque Country has to offer.



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