



Asturias

A PARADISE FOR FAMILIES

*Asturias travel guide
for kids*

turismoasturias.es

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1

Fun and interactive museums and cultural spaces

Asturias, located in the heart of Green Spain, has a **wide variety of museums and cultural spaces** that are perfect for visiting with kids. With their **activities, workshops and educational opportunities**, the littlest ones in the family will have unforgettable experiences while learning new things.

Jurassic Museum of Asturias (MUJA) in Colunga

- Scenic views and various activities and workshops where kids can discover the fascinating world of **dinosaurs**.
- The MUJA's exterior **recreates the Jurassic** period and its plants and animals, with more than twenty life-size replicas of dinosaurs, fossilised tree trunks and vegetation of the era.





The Park of Life

The Park of Life and Giant Squid Museum in Luarca

- The Park of Life in La Mata, offers 750 m² of exhibitions on **cosmic life, astronautics and the seas**, as well as fossils, laboratories, workshops, a planetarium, and more. It also features a **native forest** and a **kiddie park**.
- The Giant Squid Museum in Luarca houses **the world's biggest collection of large cephalopods**. It also recreates their ecosystem in the depths of the Cantabrian Sea, where predators and their prey coexist.

"Pepe el Ferreiro" Ethnographic Museum in Grandas de Salime

- This museum is the ideal place to immerse yourself in **traditional culture** in a fun and educational way, through different **workshops and activities**.
- The museum occupies more than 3,000 square metres in the old village **Rectory House** and consists of 3 main buildings: the Rectory House, the Miller's House and the Mansion, as well as a mill, a granary, a raised barn known as a *panero*, a type of granary called a *cabazo* and a chapel.





Aquarium and Atlantic Botanical Garden in Gijón

- The Bioparc Aquarium contains **60 freshwater and saltwater tanks**. With a total of 12 ecosystems and more than 2 million litres of water, it recreates the life in rivers and oceans around the world, featuring **4,500 animals and 410 species**. It also offers a wide variety of activities for kids.
- The Atlantic Botanical Garden is a plant museum featuring specialised collections of flora, with an **extensive educational and entertainment programme**.

Teverga

Prehistoric Park

- At this park in San Salvador de Alesga (Teverga), you can discover the most important examples of European cave art. **You'll also take a journey into the past** outside, as the park has an **animal enclosure** where you can see Przewalski's horses (of prehistoric origin), European bison, aurochs, deer, fallow deer, and tarpan horses, among others.
- You can visit the Gallery and the **Park's Caves** or workshops and participate in activities there.





Museum of Mining and Industry of Asturias (MUMI) in El Entrego

Built on the site of the old San Vicente mine shaft, it recreates the atmosphere of a real mine and a mining railway, two fantastic experiences for kids.



Maritime Museum of Asturias in Luanco

Ideal for exploring maritime activity in its many forms and participating in **workshops and educational programmes** for the whole family.

Museum of Fine Arts of Asturias in Oviedo

This museum has one of the best public art collections in Spain and offers educational and fun **activities** for kids all year around.



"Valle de Samuño" Mining Ecomuseum in Langreo

Get ready for an experience full of adventure! This is your chance **to become a miner** for a few hours and ride a real mining train.





Tito Bustillo Cave Art Centre in Ribadesella

- Discover how the main panel **was created over the course of thousands of years**, as more and more figures and symbols were added. Thanks to the use of different pigments and the scraping of contours, an extraordinary and vivid polychrome effect was achieved.
- There are also **activities for kids** related to Prehistory.



Asturian Pre-Romanesque Art

- Pre-Romanesque art in Asturias is a **cultural legacy** that cannot be overlooked.
- Asturias is home to a wealth of Pre-Romanesque architectural gems that reflect the brilliance of the period and its influence on medieval European culture. These buildings, such as **Santa María del Naranco**, are considered exceptional examples of early medieval architecture in Western Europe.



*Santa María
del Naranco*



Reception and Interpretation Centre of Asturian Pre- Romanesque Art in Oviedo

- The perfect place to discover the different **stages of Asturian Pre-Romanesque art**.
- **Interpretive panels, maps, timelines and photographs** guide visitors along the route.
- Information is available in **English, French and Braille** to ensure access to all visitors.
- There is a specific area for **kids** and an **interactive** experience.



2

Zoos and other places to see animals

Zoos and other places where you can **enjoy a close-up view of animals** are an **excellent option** for families.

In Asturias there are many places you can visit **to get to know local fauna** and that of other parts of the world.

El Bosque Zoo

in Oviedo

- One of the most popular zoos, El Bosque, is home to a **wide variety of animals of different species**, including tigers, monkeys, snakes, various species of birds and wolves to name just a few.
- An educational and fun experience, **it offers activities and events for kids and adults**, such as guided tours and workshops to learn about animals, their habitat and conservation.





Tuernes el Pequeño Zoological Centre in Llanera

- This centre, a small animal reserve, focuses on the **conservation and care of different species**.
- Its **different animals** include ponies, Vietnamese pigs, Xalda sheep, Watusi cows, and alpacas, to name just a few.
- Check out the **guided tours** to learn more about the animals and their natural habitat.
- This zoo is a **small and quiet** place, which makes it ideal for kids who may feel overwhelmed in larger zoos.

Visitable farms

- In Asturias there are also farms with **guided tours** where you can see farm animals and learn about their care and feeding.
- One of the most popular farms is Los Caserinos in Villaviciosa, a family-run Asturian cheese dairy that prides itself on its long tradition of livestock farming.





Visitable **farms**

Each farm has its **own individual style and speciality**. Many of them offer rural games, workshops, traditional cooking, hiking and other nature **activities**.

Some of them are:

- **Conlléu Farm School.**
- **Amaido Farm.**
- **Trasgu La Fronda Farm School.**
- **Marinas Farm School.**
- **Albeitar Farm.**
- **San Luis Livestock Farm.**
- **Jesusa House.**

Ecotourism activities

Asturias is the perfect place for ecotourism lovers with its **protected natural spaces**, which occupy approximately one-third of its territory.

If you like nature, authentic villages and observing the local flora and fauna, Asturias is the **ideal destination for you and your family**.



Dinosaur ichnites at La Griega Beach

The Dinosaur Coast in Asturias

- This route, approximately 65 km long, can be travelled by car and includes the municipalities of Ribadesella, Caravia, Colunga and Villaviciosa. Here you'll find sites with ichnites or **dinosaur footprints, dating back 150 million years.**
- **Santa Marina Beach and the Cliffs of Tereñes, La Griega Beach** and the Cliffs of Llastres, the Tazones Lighthouse and port, the Cliffs of Oles and Merón Beach are key places to visit.



Llastres, Colunga

On the trail of the Cantabrian brown bear in Somiedo, Fuentes del Narcea, Degaña and Ibias

- The Asturian natural parks of Somiedo, Fuentes del Narcea, Degaña and Ibias are home to the **largest number of brown bears on the Iberian Peninsula**. Asturias is an ideal place to follow bear tracks and learn about their habitat and ecosystem.
- In addition, both parks are **Biosphere Reserves**, which guarantees their protection and conservation.





4

Best hiking trails for families

Kids will especially enjoy family hikes and **themed routes** to discover beautiful beaches, impressive cliffs, and ancient villages or cool off in streams, rivers and waterfalls. Asturias offers hiking **routes and trails** **for all preferences and levels** of experience.



La Regueirina Path in Tineo

- You'll love this **circular route of 3.5 kilometres** that will immerse you in Asturian nature.
- To begin this route, **use the village of El Pedregal**, located between La Espina and Tinéu, as a reference point, and from there go to the hamlet of **El Faidal**, where the route starts beside a hermitage.
- You'll **cross the Regueirina Stream**, passing over some stones.
- You'll soon reach the **highest point** of the route, where you can enjoy views of **Peña Manteca**.





Cape Busto Route in Valdés

- This **8 km circular route** starts and ends in the village of Bustu.
- Along the way, you can **enjoy 7 viewpoints** with breathtaking views of the sea. In addition, the walk will take you through farmland, pine forests and, above all, **along the edge of the cliffs**, where you can enjoy views of **Cape Vidio and Luarca**. But be careful in the cliff area! **It's important to be safe**, especially when visiting with kids.
- You'll be able to observe wildlife, such as **jays and sparrowhawks**.

Luanco-Bañugues Coastal Path in Gozón

You can start in **Luanco**. You'll go through the **Sierra de Peroño**, with wonderful views of the sea and cliffs. **Moniello**, with its beach and the recreational area of Bañugues, is located along this route, which is approximately **12 km** round trip.



El Forcón de los Ríos in Santa Eulalia de Oscos

A route of almost **12 km** that starts near the cultural centre of Santa Eulalia de Oscos and ends in Ferreirela de Baxo, where **the Birthplace of the Marquis of Sargadelos Museum is located.**



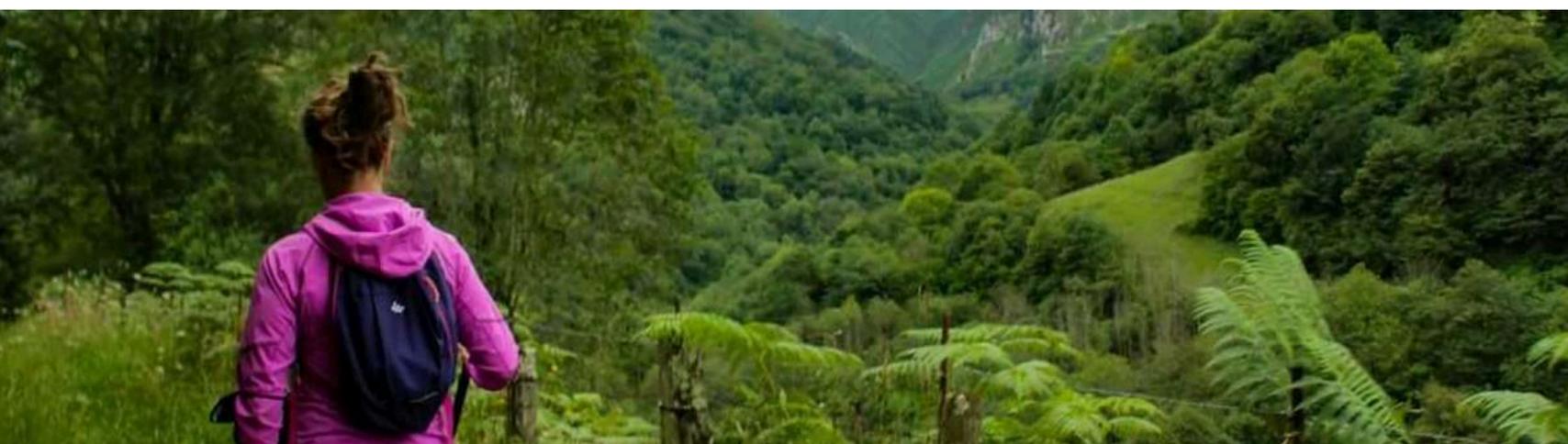
Cabo Busto Route in Valdés

A **circular route of about 8 km** that starts in the village of Busto. It's a nature walk with breathtaking sea views, passing through **several viewpoints and cliffs**. A pleasant and enjoyable route, perfect for a family outing.



Mills of the Tabardín River Route in Onís

Ranging from 4 to 6.7 km in length and lasting an estimated 2 to 3 hours, this circular route explores the rich history of the rich history of the region, passing old mills, historic bridges and ancient roads.





Path of the Invisible Valley in Llanes

- This **magical route** has **enchanting wood and stone carvings**, information panels about the area and the history of the village, and excerpts from the book *Invisible Valley*.
- This quiet **12 km** hike starts in the village of San Roque del Acebal.
- Along the way, you'll go down to **La Riega de los Molinos**, where you'll see the ruins of seven old mills.



The Pindal Cave

El Pindal Cave and Santa María de Tina Monastery in Ribadedeva

A **UNESCO World Heritage Site**, this wooded setting overlooking the sea is simply spectacular. You'll discover the ruins of **Santa María de Tina Monastery**. It spans **2km** round trip.



Path of the Mills of Bimenes

A **6km** route that goes past **5 mills** in the heart of the municipality of Bimenes. You'll discover what **life was like in the past**, when the subsistence economy was closely linked to the wealth of the land and the river.

Camín Encantáu in Llanes

Themed route that immerses you in Asturian mythology. Along the way, **you'll meet mythical characters** such as the *Pataricu*, the *Nuberu*, the *Cuélebre* and the *Busgosu*.



Oneta Waterfalls in Villayón

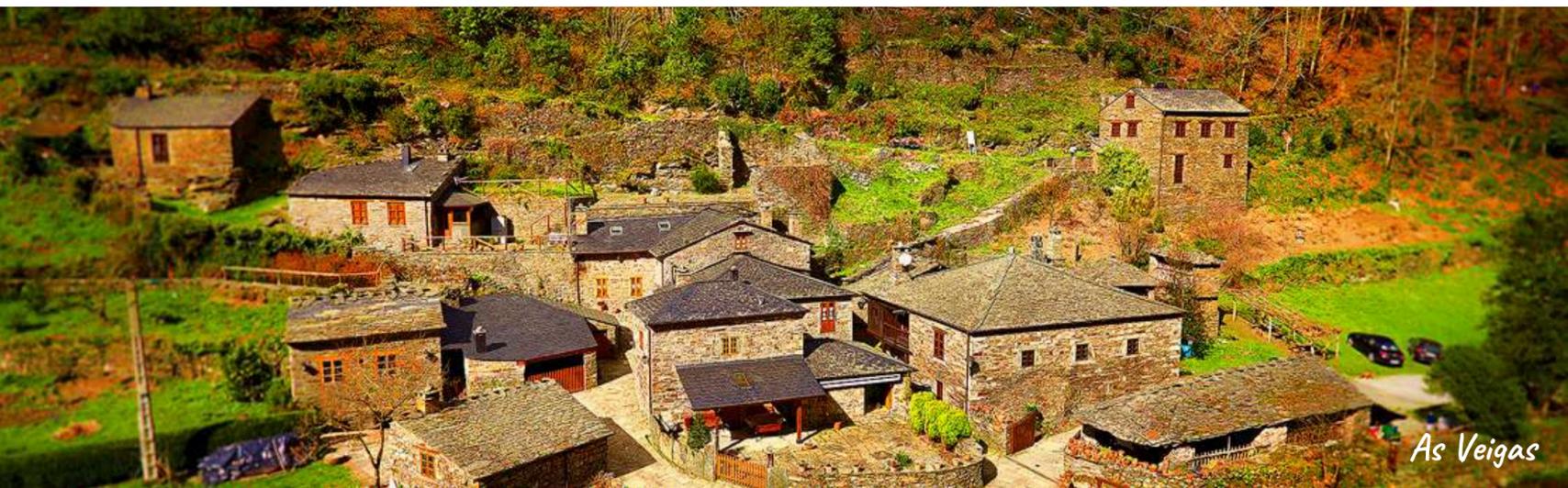
Easy trail with **3 impressive waterfalls**: La Firbia, La Firbia de Abajo and La Maseirúa. This 1,500 m route goes through beautiful green landscapes.





A Seimeira Route in Santa Eulalia de Oscos

This route runs through a **legendary forest** populated by riverside species, oaks and chestnut trees. The final destination is the **waterfall of A Seimeira**, which has an impressive 30 m drop.

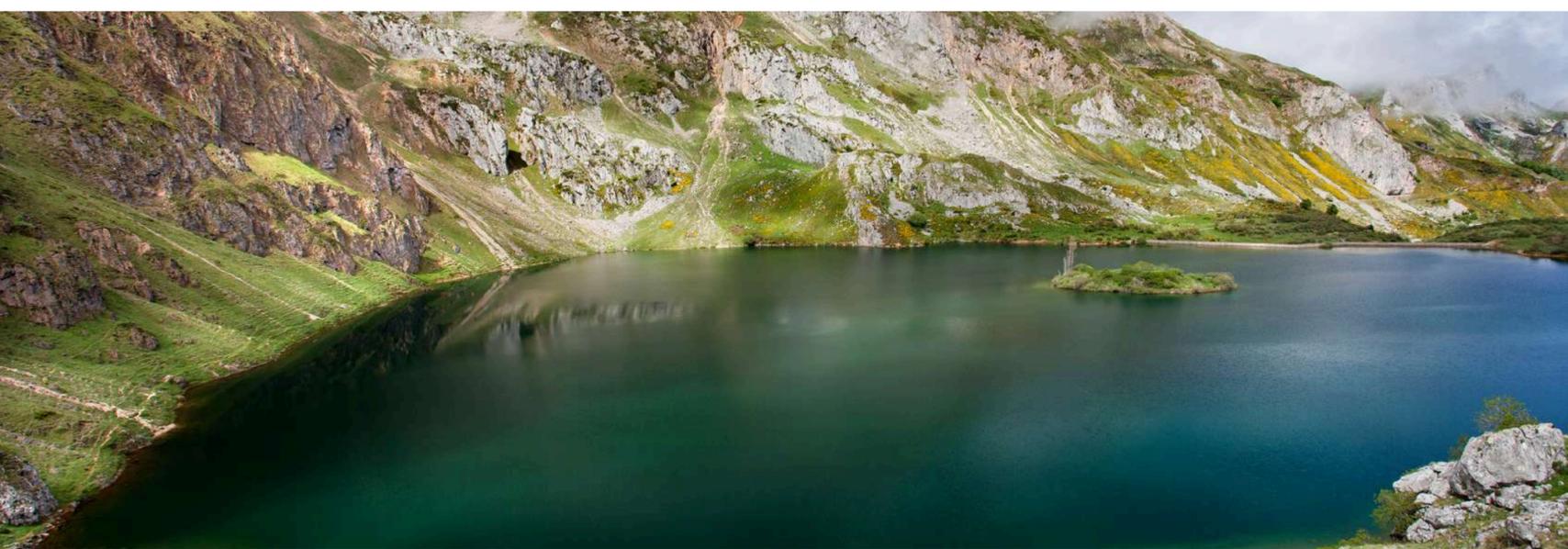


Los Ferreiros Route in Taramundi

This route starts in the village and heads towards A Veiga de Llan, where there are several **cutlery workshops**. The route continues to **A Veiga de Sarza**, a village with an interesting history.

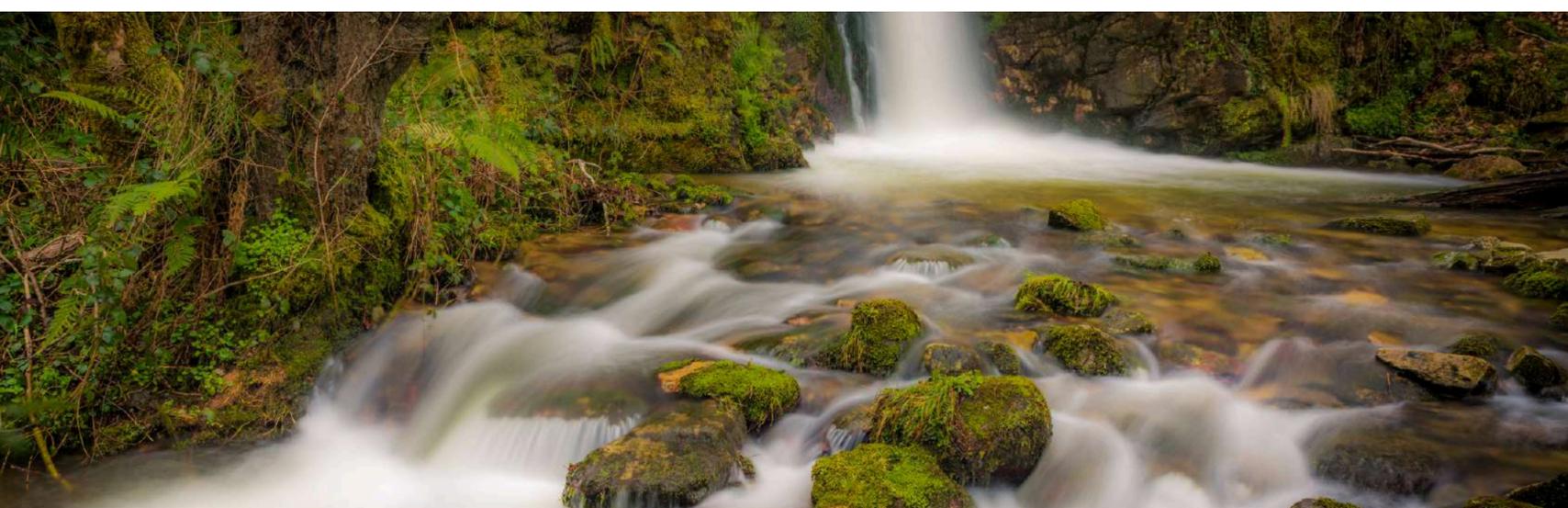
Route from Valle del Lago to Lago del Valle in Somiedo

This straight **6 km** -one-way hike features ethnography, flora, fauna, geology and landscapes. The **teitos, huts** with roofs made of vegetation typical of the area, are an outstanding feature of the route.



Chorrón Route in Piloña

A walk that takes you to an **impressive waterfall**. In the recreation area there are swings for kids. You'll discover traditional constructions called **corras**.





Lakes of Covadonga

- This is one of the most renowned routes in **Picos de Europa National Park**. With a length of **6.5 km**, it has a low level of difficulty and can be walked in both directions, clockwise and counterclockwise.
- You'll enjoy the beautiful **Lake Enol and Lake Ercina**, surrounded by breathtaking natural landscapes. This route offers an unforgettable experience in a setting characterised by cows, lakes and forests.



Ercina Lake

La Senda del Oso Rail Trail

- This is a popular route in Spain that follows an old mining railway line. Accessible and well signposted, it's ideal for families to travel on foot or by bicycle. It runs through four municipalities in the Valles del Oso region, a habitat of **Cantabrian brown bears**.
- **The Paca and Molina bear enclosure** is a highlight. The route forms a "Y" with 2 options: from Tuñón to Cueva Huerta or to Ricao.
- You'll find the **Ethnographic Museum of Quirós**, Casa del Oso and Teverga Prehistoric Park.





- The Senda del Oso goes through the spectacular **Las Ubiñas-La Mesa Nature Reserve**, a place where the whole family can enjoy breathtaking landscapes, rivers, fauna and even the possibility of spotting bears.
- Be sure to visit the Pre-Romanesque jewel of **Santo Adriano de Tuñón** and charming medieval village of **Banduxu**, located in Proaza. **Declared an Asset of Cultural Interest**, it conserves a valuable heritage and captivates people of all ages.





5

Cycling routes

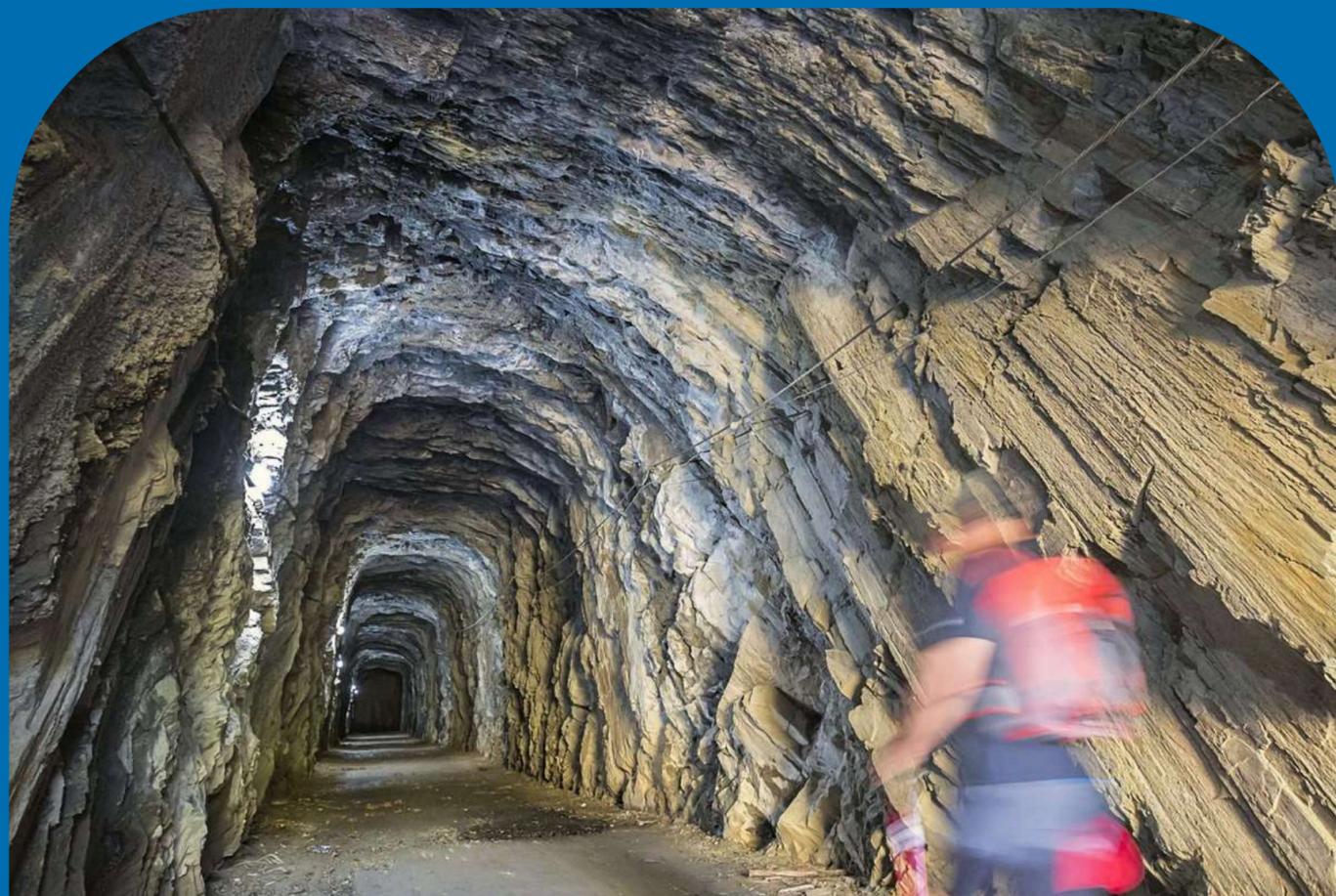
One of the best ways to explore Asturias is by bicycle, as there are many **routes available for cyclists of all levels**. The routes are quite varied ranging, from trails winding through the Asturian Mountains and quiet coastal routes overlooking the Cantabrian Sea, to more urban roads in the countryside.





Rail Trail in San Tirso de Abres

- This rail trail **follows an old railway line** and features industrial architecture, waterfalls, tunnels and suspension bridges.
- This route is completely flat, with a distance of 14 km and an elevation of just 45 metres, ideal for walking or cycling. It runs through lands bathed by the **River Eo**.
- **Bicycles can be rented** nearby. We recommend taking a flashlight to use in the tunnels.



La Camocha Rail Trail in Gijón

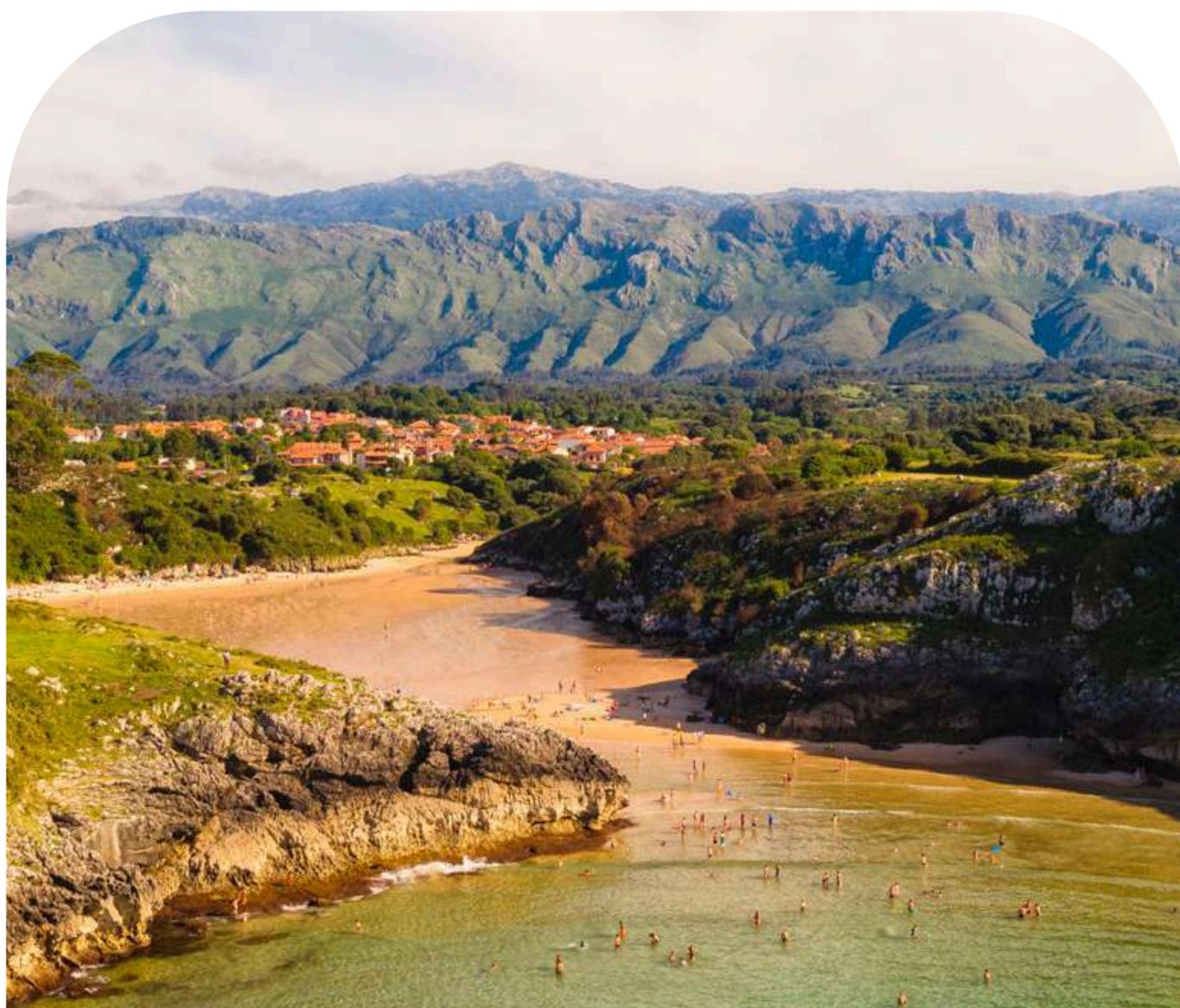
- This **accessible** route for people with reduced mobility stands out for its **views** of the mountains and historical heritage sites, such as the village of **Santa Bárbara** and the **fountain of La Mortera**.





Fuso Rail Trail in Oviedo

- Exploring the Fuso Rail Trail is an enriching experience, an opportunity to **connect with nature** and enjoy moments of peace and quiet in a unique setting.
- This route, **which used to be a railway line**, can be explored on foot, by bicycle, or even on roller skates, so you can immerse yourself in the tranquil natural landscapes of Asturias.



Coastal path from Poo to Niembro in Llanes

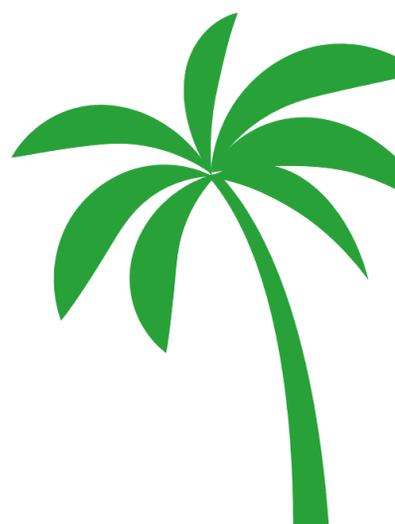
- Ideal for bike rides, this **9 km** route starts at Poo Beach and ends at the estuary of Niembro. It goes past beautiful **beaches such as San Martín, Celoriu, Borizu, Troenzo, Sorraos and Barro**, ending at the Port of El Vao in Niembro.
- **The Church of Santa María de los Dolores**, on the estuary, offers a picturesque setting. You can return by bicycle along the same route or take the train at Celoriu back to [Llanes](#).

6

Best Beaches for kids

Asturias has a wide variety of beaches, and some are **great to visit with kids**. They have calm, shallow waters and play areas where kids can have fun while parents rest.

They are also **surrounded by spectacular nature** with fantastic places for outdoor activities.



Penarronda Beach, between Castropol and Tapia

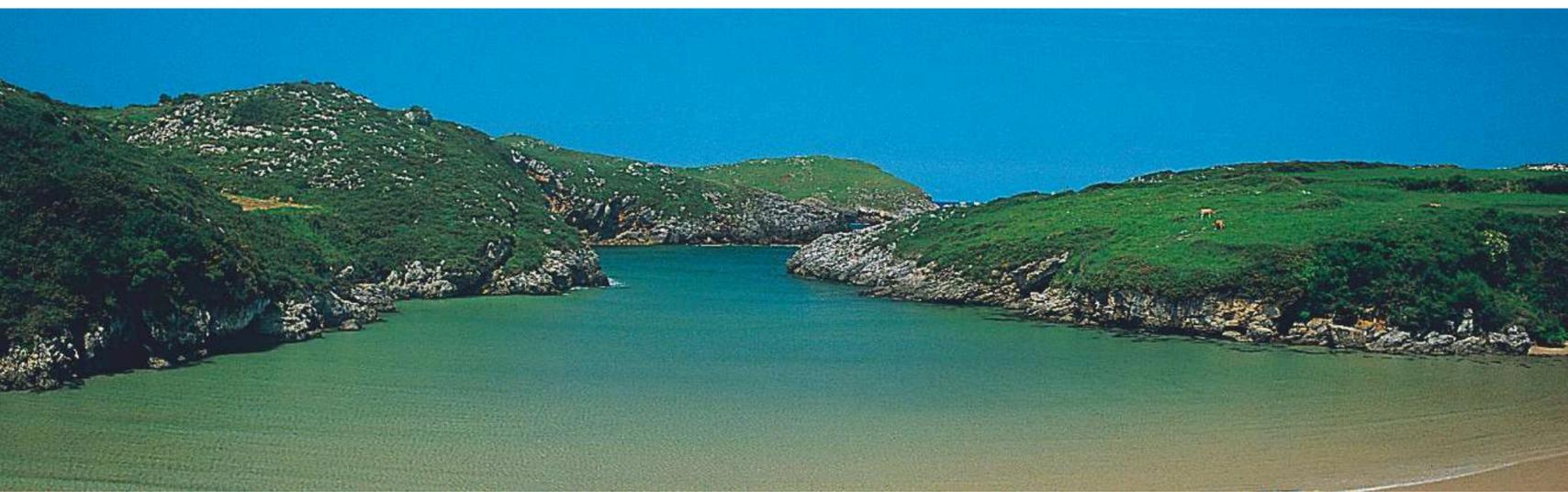
- This vast beautiful space is divided by a **stream** and gets its name from a large rounded rock in the middle of the sandy area.
- An accesible beach with **high-quality facilities**, forms part of the **River Eo, Oscos and Terras de Burón Biosphere Reserve**. Although it can sometimes be windy, it's a spectacular place to enjoy with kids.





Serantes Beach in Tapia

A large sandy beach in an **idyllic setting**, close to green meadows and cornfields, and with a dune and **marsh ecosystem**. Although it can be somewhat windy and have moderate waves, it has a family-friendly atmosphere.



Poo Beach in Llanes

Perfect for kids because of its calm safe waters. Its funnel shape creates a **saltwater pool** at high tide. Surrounded by meadows and a small stream, it's an ideal spot for bathing, playing and resting.

Aguilar Beach in Muros de Nalón

Ideal for kids due to its easy access by car and beautiful **rock formations**. Aguilar Beach offers a wide range of accommodations and is the starting or finishing point of the Ruta de los Miradores (Viewpoint Route). **Accessible** and a perfect spot for anchoring pleasure boats.



Bañugues Beach in Gozón

The perfect beach for kids due to its gentle waves and **natural pools** at low tide. It offers all the necessary services and accommodation for a comfortable stay.





Rodiles Beach

in Villaviciosa

-
- This is one of the largest and busiest beaches in Asturias, with an extensive **wooded area and a promenade** that make it a unique place.
 - Ideal for **water sports** lovers, it's the perfect beach for the whole family. It also offers all the necessary services and a wide range of hotels and restaurants.



La Griega Beach in Colunga

Golden sandy beach, known for its **dinosaur footprints**. The site is located on the beach and can be accessed either directly from the beach or along a path that runs parallel to it. There is also a campsite nearby.



Santa Marina Beach in Ribadesella

This beautiful, wide urban beach **is located in the heart of a historic town**, where the enchanting River Sella flows into the sea. Its famous promenade is lined by the *Casas de Indianos*, which stand out for their unique architecture.



Barro Beach in Llanes

- A **horseshoe-shaped** beach with generally calm waters and fine white sand. Protected to the east and west by islets, this beautiful sandy shell with **crystal-clear waters** is completely sheltered from the wind and the open sea.
- With magical sunsets, it has been featured in numerous **films and commercials**.



La Franca Beach

in Ribadedeva

- La Franca is an ideal beach getaway for the **whole family**.
- Located at the mouth of the **River Cabra**, which marks the border between Llanes and Ribadedeva. In La Franca, it's just as lovely to swim in the sea as it is to bathe in the river.
- Its **fine golden sand** takes on a special glow in the sunlight.

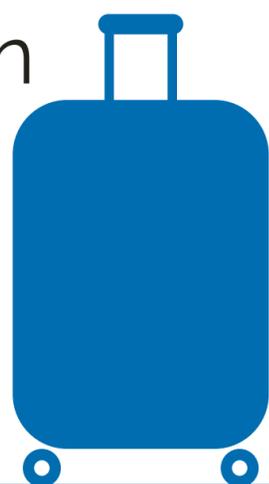


7

Accommodation for families

All throughout Asturias, you'll find a **wide variety of** accommodation options for holiday and leisure stays or getaways.

Asturian tourist accommodation, in its various forms, **guarantees a happy and relaxing family holiday** in this natural paradise.





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- Asturian tourist accommodation, in its various forms, **guarantees a happy and relaxing stay** in this natural paradise.
- **Its hotels, village houses and apartments**, among other types of accommodation, meet a wide variety of demands and the highest standards.
- **These charming places**, are renowned for their comfort, cosiness and warmth, offering an ideal setting to rest and fully enjoy this destination.

The quality brands offering accommodation in Asturias, such as **Casonas Asturianas and Aldeas Asturianas**, provide a wide selection of establishments that are synonymous with excellence in terms of both, hospitality and the services they offer. These facilities, usually found in **privileged locations** with breathtaking scenery and excellent amenities, also stand out for their commitment to **Rural Quality**.





8

Active tourism

Asturias has a wide variety of **natural landscapes**, from the coast to the mountains, which offer many opportunities for outdoor activities.

It's an **ideal destination for a family holiday**, where you can enjoy bike rides, quad biking or even observe wildlife in its natural habitat.

-
- The province of Asturias has **more than a third of its surface area protected**, including **seven** Biosphere Reserves, making it a true natural paradise.
 - This region offers a **wide range of options for active and sports tourism** all year round, with its stunning natural landscapes designed for activities such as hiking, cycling, climbing, skiing, water sports and more.



Obaya's Waterfalls



Eo river

- Local companies and professional guides ensure the **safety and enjoyment of visitors**, who can choose from a variety of traditional and modern activities, such as canoeing or laser tag.
- **Asturias is a pioneer in rural and active tourism in Spain**, offering visitors a unique and unforgettable experience in nature.

- There are active tourism activities in Asturias **for all levels and ages**. Among the most popular options are **canoeing down the River Sella or the River Eo**, where you can enjoy beautiful landscapes and thrilling rapids. You can also go horse riding along trails and through forests, or surfing on the beaches of the Asturian coast.
- The activities are properly **monitored** by local guides and professionals, to **guarantee participants' safety** and enjoyment.



Canoes on the Sella river

Gastronomy

Asturian gastronomy, one of the **most renowned in Spain**, offers a wide variety of dishes and products to be enjoyed by the whole family, even the little ones!

Its culinary treasures include various **cheeses and cured meats**, which are especially tasty when paired with local breads.



-
- Asturian gastronomy includes a wide range of delicious dishes, **from traditional *fabada*, a bean stew, to cachopo**, a breaded steak stuffed with ham and cheese.
 - You can also enjoy **fried *pixin* (monkfish)**, ***bollos preñaos*** (buns stuffed with chorizo and bacon), veal scallopini, scorpion fish pie, rice with *pitu caleya* (free-range chicken), soft cheeses and other delicacies.
 - For **dessert**, there are options such as Hot Cross Buns, rice pudding, *frixuelos* (the Asturian version of crepes), *casadielles* (nut cakes) and mini *carbayones* (puff pastries).





Asturian cheeses

- **Cheeses** are a fundamental part of Asturias' gastronomic culture, and visiting cheese dairies to taste them and learn more about how they are made is a unique experience.
- In addition, **picking seasonal red fruits**, such as blackberries and blueberries, in places like the El Malain Estate, is another fun and delicious activity to enjoy, bringing you into direct contact with Asturian nature.

- The gastronomy of Asturias is quite varied and tasty. **Cultural and gastronomic routes are popular in the region**, and you can find itineraries that include visits to cheese dairies, cider presses, wine cellars, craft workshops, etc.
- Unforgettable gastronomic experiences in Asturias include **the Pepín Route in Sirviella, the Cheese and Cider Route in Asiegu**, and the chance to enjoy a quiet walk in the countryside and finish with the best Asturian food on your table.



Pepín Route



- In Asturias, you can enjoy **unique culinary experiences**. Visit the **oyster farmers in the Eo estuary** to learn about oyster farming and taste them in a special setting. In Oviedo, take the **Sabores de Vetusta** gastronomic route and explore the city's rich culinary tradition.
- **Cangas Wine** is a benchmark of Asturias' wine production, with high-quality reds and whites. **The Wine Harvest Festival in Cangas del Narcea** is an unmissable event that combines tradition and passion for wine. You can also visit the Wine Museum in this welcoming town.

- In Los Oscos, **Artesanamente** offers workshops on basketry, soaps, bread, craft beer, cheese and mushroom recognition in the **Sargadelos Birthplace Museum**. Nearby, **Duxemiel** offers guided tours for families to learn about the world of beekeeping. Tours are also held in the **Honey Classroom of the Picos de Europa**.
- Don't miss the experience of **visiting an eco-farm** in Asturias. At La Quintana de la Foncalada, you'll enjoy an organic vegetable garden and a traditional Asturian house, surrounded by native animals in the wild.
- Asturias has a great sausage tradition, and **El Chosco de Tineo** is a characteristic product. Try this sausage on a tourist route offered by the Gancedo family in the Curiscada mountain range, where you can also admire the local breeds and taste typical dishes.



*Basket workshops
with Artesanamente*



These and other ideas about Asturias are available on our **channels:**

TikTok, Instagram, Facebook and Twitter.

Also check out the **Plans for Kids** section of our blog.

Follow us to explore and fall even more in love with the charms of this wonderful region!



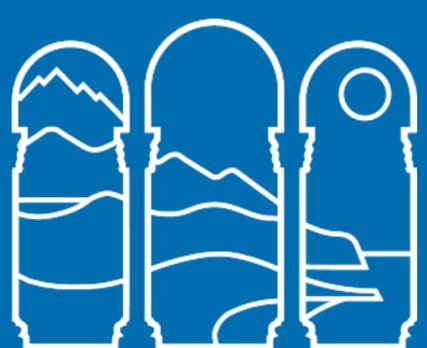
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