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**PARADISE**

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*Rural tourism in Asturias*

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**Asturias**  
natural paradise

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# Introduction

*#RuralAsturias*

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

Design: Arrontes y Barrera Estudio de Publicidad

Layout: Paco Currás Diseñadores

Maps: Da Vinci Estudio Gráfico

Texts: Ana Paz Paredes

Translation: Morote Traducciones, SL

Photography: Front cover: Amar Hernández. Inside pages: Aitor Vega, Amar Hernández, Camilo Alonso, Carlos Salvo, Gonzalo Azumendi, Hotel 3 Cabos, Iván Martínez, Joaquín Fanjul, José Ángel Diego, José Ramón Navarro, Juan de Tury, Juanjo Arrojo, Julio Herrera, Mampiris, Marité Lana, Miki López, Noé Baranda, Paco Currás Diseñadores, Pelayo Lacazette, Pueblosatur and own archive.

Printing: Sgraf Artes Gráfica SL. Nov. 22

D.L.: AS 02714-2021

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greenspain  
\*\*\*  
The spirit of the north



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Vibuli (Ponga)

Asturias gives so much, but it also takes a little something from travellers wanting to discover and enjoy it. It takes their astonishment and a little piece of their hearts. Every journey is the penultimate one, because, the more you get to know Asturias, the more you discover, and of course, there is always something yet to be discovered. Perhaps another cliff to admire, another river to descend in a canoe, or perhaps another beach to be enjoyed from a hang glider, another trail to be discovered... You just can't get enough of it. It is never enough. So much greenery, so much rock, so much forest, so many ports to watch the boats coming and going, and all that cider poured in good company; all forming a series of monuments that leave those leaving with an impression of a friendly and welcoming land, like its **people**, always prepared to go the whole nine yards for those that love and respect it.

Relentless Asturias. Attractive Asturias. Where great gastronomy invites food enthusiasts to enjoy the most traditional or innovative dishes, where the vegetables, meat, seafood, shellfish or cheeses, are all from the region. Asturias full of unique corners, taking visitors back to old, lost professions, such as the Blacksmith's shops or the old mills, some of which are deteriorated now, forming an indelible part of the riverbanks. Mining Asturias, with its incredible industrial heritage. Pilgrim Asturias, par excellence. No wonder King Alfonso II, nicknamed "el Casto" (the Chaste), was the first pilgrim ever and inaugurated the Original Way to St. James. Asturias full of good people. Full of **stunning villages** where one can lose oneself and discover part of its history from those who live in the villages and love them. Because beauty also lies in those who look at travellers with good intentions and offer them, much to their surprise and in the heat of an afternoon, a drop (*culin*) of homemade cider.

That is Asturias, intense, welcoming, with its doors wide open at all times. There are no bells. Simply an imaginary and appealing sign hanging from the landscape that says: "Come in and see for yourselves".

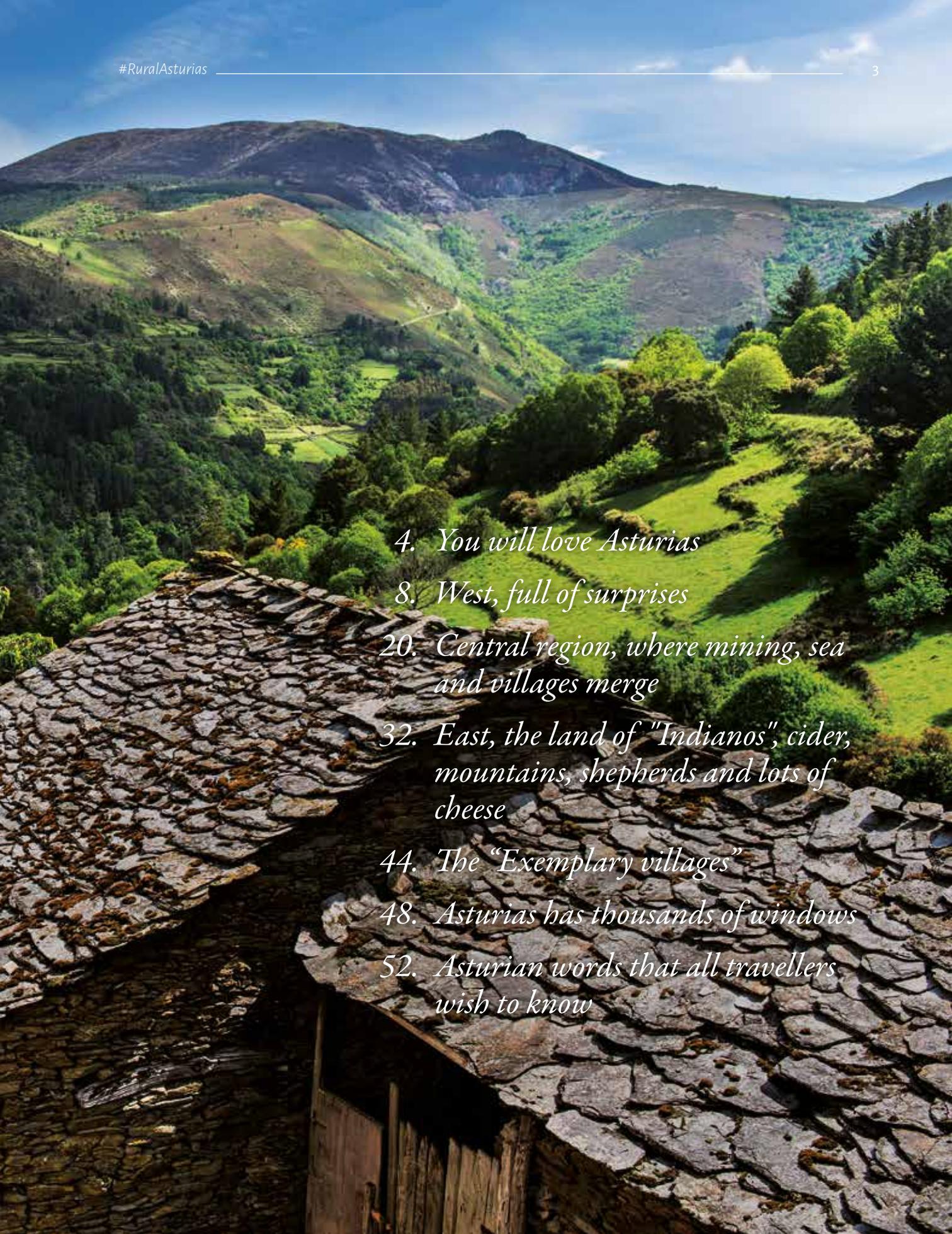


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Santesteba (Illano)

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You will love Asturias, traveller. That is guaranteed. This is good to know before you set foot in Asturias. It is good to have been warned. Everything is extremely intense here. The colours. The seasons. The people. *The "leave it, I'm paying"*. Fresh cider on a hot day, or on a cold day. When you enter Asturias, even on days when the *orbayu* (light drizzle) seems endless, soaking raincoats and faces, you will love it so much you won't be able to stop yourself talking about it with passion, rightly so, with joy and nostalgia and with a memory of such a beautiful and immeasurable land; whose only boundaries with the world, are the sea and the sky, and these are endless too.

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# You will love Asturias

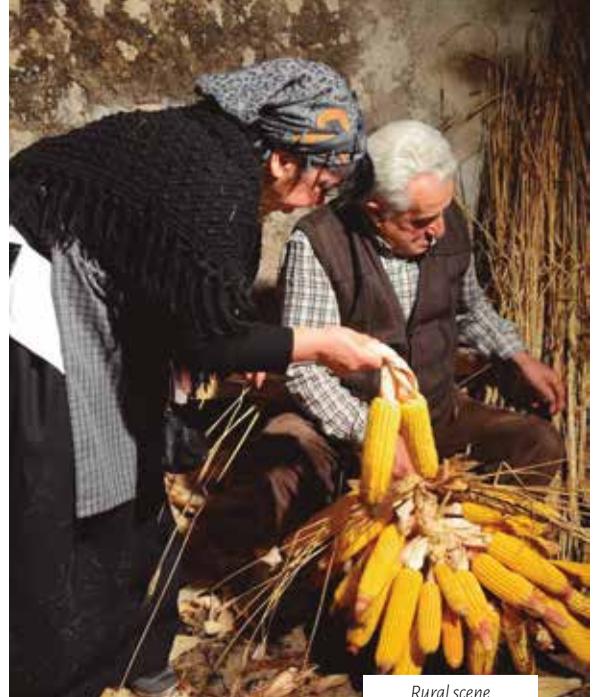
There are countless reasons for falling in love. They depend, in any event, on the perception of those who have decided to make Asturias their destination; a place people always return to, as an old advertisement used to say that hung on the door of the old bar-shops, Asturias is “open 25 hours”.

There is something for everyone, and particularly for those that believe that looking at the horizon from the Oviñana lighthouse and watching the fish move about in the port or discovering the sound of cider when it hits (*espalma*) the glass, are all equally important.

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*Because, if this land is beautiful, so are the people that live in it and share it; those that tell travellers about it as they pass through the villages and hamlets, those that enjoy admiring the “panoyes” (corn) and “fabes” (beans) hanging from the “hórreos” (raised granaries).*

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Rural scene

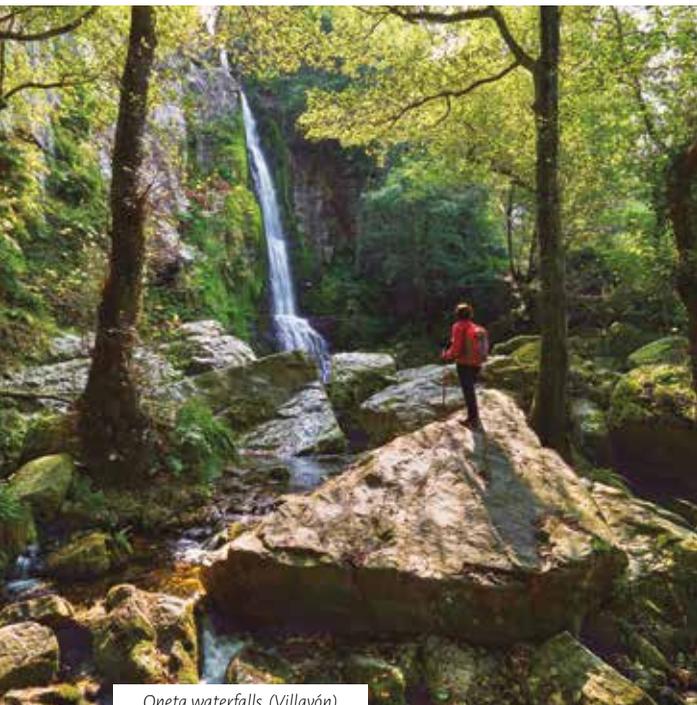
Those unique and one-off moments between locals and tourists as they pass in front of their homes, stopping and asking questions. Generous people that drop everything just to show walkers the right way, invite them to have a *cafetín* (coffee) or a piece of *boróña preñada* (corn bread with chorizo inside) or to chat about forgotten professions, the ideal places to visit in nearby areas or to tell them who the best cheese artisans are in the area.

That is how this feeling starts.

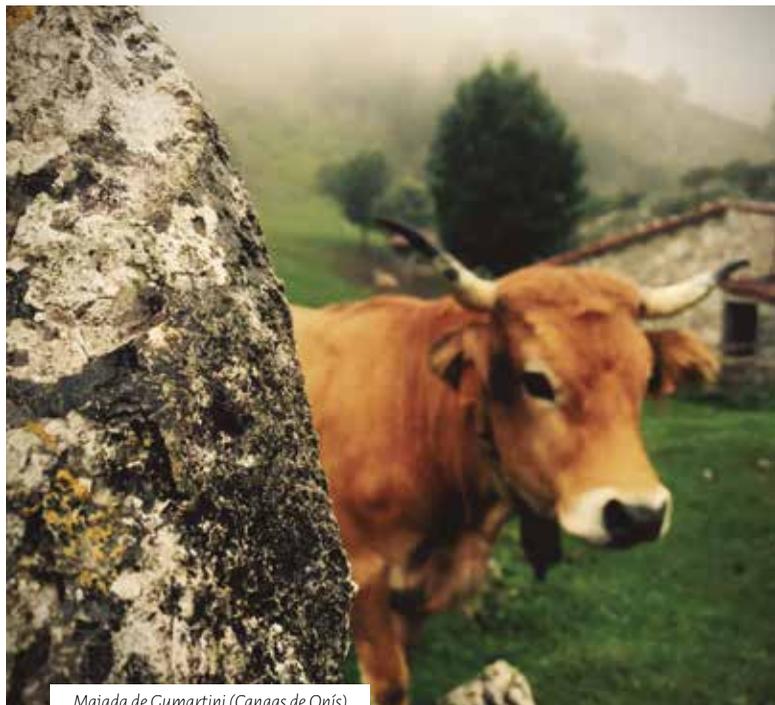
Naturally, they also talk about the landscape and all that it offers. Love of nature, which is so strong in Asturias, so diverse, so amazing, where, no matter how much you get to know, how much you enjoy, how much you walk and discover, it is just never enough.



Cueves (Ribadesella)



Oneta waterfalls (Villayón)



Majada de Gumartini (Cangas de Onís)

There is always time to feel this land a little bit more, under your feet and in your heart.

Thousands of trails cross one another and you will need more than one lifetime to visit all of them. Some go towards Santiago; others, towards us, meeting up somewhere in the world, where silence can be heard on the beaches and where time stops when it comes to discovering, out in the distance, the Picu Urriellu (Naranjo de Bulnes) peak, peering out from the clouds.

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*A love that grows when you discover the Oneta waterfalls; thanks to the smell of freshly cut grass; listening to the cowbells on the “braña” (High-mountain pasture areas); sharing “arrocin” (rice) with seafood by the sea; or joining a religious pilgrimage.*

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And then to another religious pilgrimage. And more local festivals, where people dance in the *prau* (meadows) and eat *empanada* (a savoury-filled baked dough) and potato omelette and chorizo cooked in cider and, well, everything that makes us feel as if we have returned to our family home, like when we were children, and everything seemed more endearing and warmer when we visited our *güela* (grandmother's) home.



Religious pilgrimage

Big and small emotions that make Asturias hold a special place in your soul forever, with simple little things like kayaking down the Sella River, riding up a mountain on a horse, looking for *trasgos* (mythological elf-like creature) and *xanes* (a female nymph found in Asturian mythology) in a forest or being moved to tears by the sound of the bagpipes.

These simple pleasures, which is nothing compared to what this little corner of the world has in store for you and which you will have to discover for yourself. Traveller, you should know that you will love Asturias.



Asturian wooden cart



Sunset by the seaside



Pouring cider



Artisan at work

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*You will love Asturias because it is authentic, generous, surprising, intense, unique and fun, like its people. Because it doesn't need to be compared with anyone or to be a better or worse land than any other.*

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Because there is only one Asturias, and this is it. With no further adornments other than its name.

And, when you get to know it, you won't want to leave.

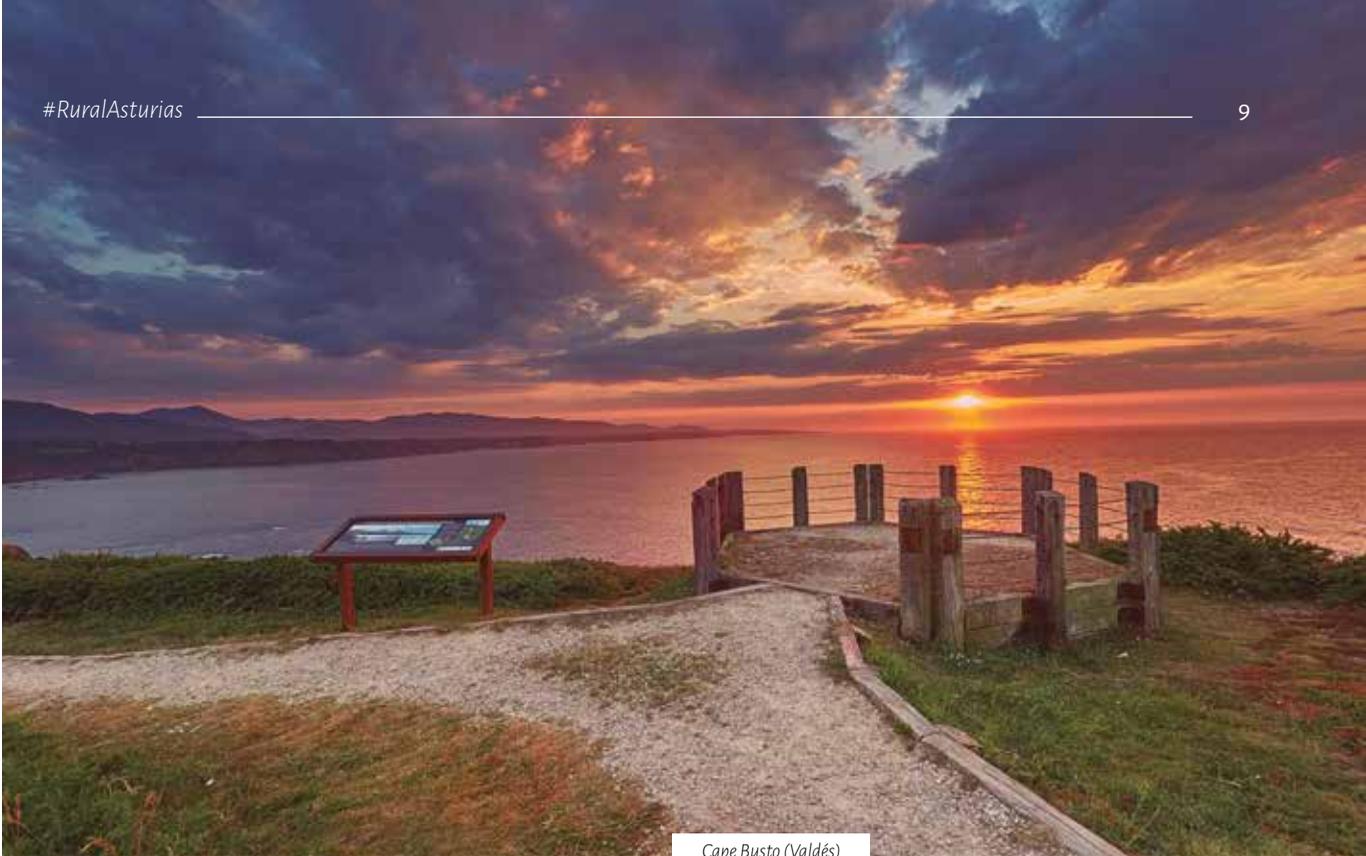


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Every green is different, the pounding of each sea changes, every step through the forest is not the same and not even the climate draws the same landscape in Asturias.





Cape Busto (Valdés)

## West, full of surprises

The West is tinged with silver, or so it seems with the slate roof tiles when it rains; a land full of history where the Romans left their mark in search of gold and occupying the fortified settlements of the first settlers. The West is fire and iron, the pounding of the trip-hammer on steel, the *cortines* (small circular or semi-circular architectural structures) built on the mountains to protect the honey from the bears, wine from the Asturian vines, waterfalls that echo through the forests or the trout and salmon that can be spotted in the Eo River.

It is easy to fall in love with the seas of fog, the imposing *brañas vaqueiras* (summer high-mountain pasture areas), the reflections of the landscape on La Florida or Pilotuerto Reservoirs, the high grazing land on the mountain passes where the *teitos* (traditional thatched huts) are hallmarks of a culture and way of life that refuse to disappear. Of course, not forgetting the *hórreos* (raised granaries) with thatched roofs, or how they coexist in some areas close to Galicia, with *cabazos*, a rectangular-shaped granary, storing food in villages, together with the *paneras* (typical building of Asturias for storing grain).



Ferreiro (blacksmith) in Mazonovo (Santa Eulalia de Oscos)

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*Mountains, yes. Lakes, as well. And routes for all tastes. And sea. Plenty of sea and plenty of gorgeous beaches.*

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And amid the coming and goings, authentic *pueblinos*, villages, whose people are just as inviting. Lovers of traditions and forgotten trades, which they love to talk about with anyone who shows an interest in them. These people, as in the whole of Asturias, who, with their natural and friendly nature, win over the hearts of visitors wanting to discover the region in order to better understand and enjoy it.

## Starting with Taramundi

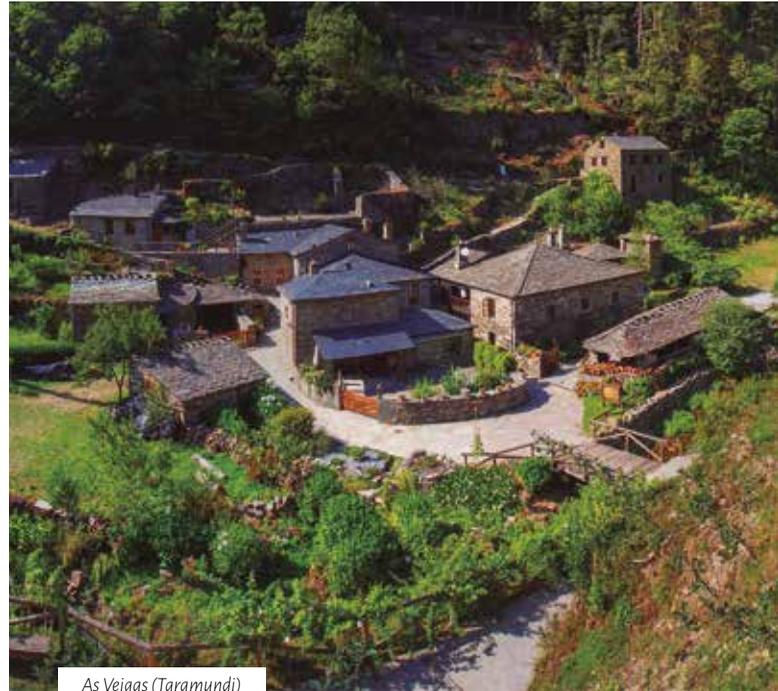
**Taramundi**, together with Oscos, is a very important location in terms of the transformation of iron, and many forges and *mazos* (hammers powered by a water wheel) can be found along the river, as well fulling mills and hammers. Taramundi, which was really the birthplace of rural tourism, with the inauguration of the first hotel, La Rectoral, in 1986, is famous for its knives and all types of cutlery.

*Food enthusiasts must try the bread, jams, honey and the cheeses made there.*

The unique villages include Aguillón, As Veigas and Os Teixóis. The latter is also a live museum, since it has a small power station and fulling mill still in operation. Arts and crafts enthusiasts should visit the Arts and Crafts Centre in Bres, the Cutlery Museum in Pardiñas, the Ethnographic Museum in Os Esquíos, the Sewing Museum in Taramundi and the Mill Museum in O Mazonovo.



Honey



As Veigas (Taramundi)

*Pure magic in the three Oscos: Santa Eulalia de Oscos, San Martín de Oscos and Villanueva de Oscos. Stone houses and slate roofs still dominate the landscape.*

Some unique villages in **Santa Eulalia de Oscos** include Ferreira, Pumares, Quintá and Busqueimado. A marvellous visit to the hydraulic press in Mazonovo, which has once again been used as a blacksmith's for a few years now, thanks to the Austrian Fritz Brasmsteidl. The Birthplace of the Marquis of Sargadelos is also a must-see. Among the most well-known routes is that of La Seimeira. This route leads to the village of A Coba, in Grandas de Salime. The village is a unique and unforgettable place, with a small cobbled caleya (path), a forest, a river, a stone bridge and a large old mill abandoned years ago. In **San Martín de Oscos**, it is worth visiting the beautiful church, as well as the Mon Palace and the outside of the Casa de los Guzmanes House. Some of the gems in **Villanueva de Oscos**, include the partially restored medieval monastery of Santa María de Villanueva. Here, the Santa Eufemia Bread Ecomuseum is well worth a visit.

The endless journey continues on to **San Tirso de Abres**, along a beautiful and unique route, the railway route, and where the Eo River invites fishing enthusiasts to fish for trout and salmon during the open seasons.

**Vegadeo**, in turn, is where pilgrims pass through on their way to Santiago along the coast and, as in most western parts of Asturias, there are also some very interesting routes, such as the Estraperlo and the Meredo Mallet, one of the most ethnographic gems of the district. However, visitors should not leave the region of Oscos-Eo without taking a stroll through the beautiful village of **Castropol** or admiring its infinite landscape from the Gremio de Mareantes viewpoint, in the As Figueiras port. Another fun option is to walk along the Cioyo Waterfall path.

## Stories of emigration, iron and sea

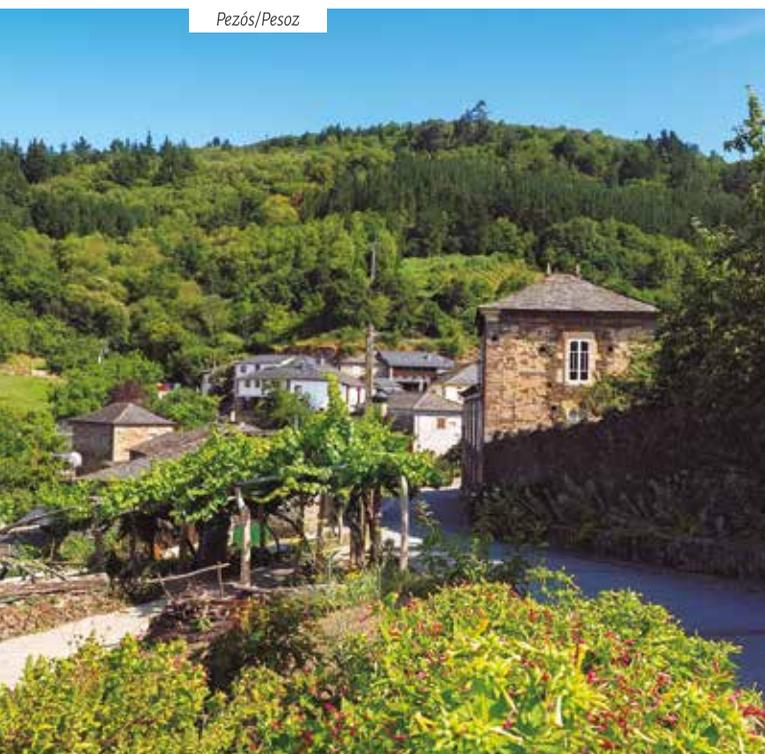
In Ortigueira, **Coaña** has the smallest port in the West; **Pesoz**, with unique villages such as Argul; **Illano**, with unique pools; **Villayón** which is the kingdom of waterfalls, and **Boal**, which represents the history of Asturian emigration. Just a taste of what the councils of *Valle del Navia* have to offer, a landscape largely shaped by the construction of the Grandas de Salime, Doiras and Arbón reservoirs.

**Grandas de Salime** is a land of mounds and fortified settlements, the most popular being the Chao Samartín fortified settlement, and from being the Way of Saint James. Interesting places to visit are the old Collegiate Church, the Ethnographic Museum or the reservoir viewpoints. Once in



A Veiga/Vegadeo

**Pesoz**, the vineyards surrounding the villages, give them their own personality. There are three unmissable visits: Argul, which, although in poor condition, still captivates visitors with its medieval architecture, the abandoned village of A Paicega, where the workers building the Grandas de Salime reservoir lived, and also Pelorde.



Pezós/Pesoz



Emigration and Public Instruction Interpretation Centre (Boal)

**Illano**, Villayón and Boal, are also enticing villages. Eilao capital is worth exploring. An essential village to visit is Santesteba, with its decadent beauty and location, never failing to astound travellers. With its incredible Buitres viewpoint. El Villar de Buyaso and Zadamoño are other villages worth visiting. **Villayón** is home to beautiful waterfalls such as the Oneta or the Méxica, the Pímpano Cave, the Mouro Well and the Dolmen and Carondio route. Finally, in **Boal**, which was the starting point for so many leaving for the Americas, the *Indianos* (Asturians who emigrated to the America and returned with a fortune) architecture is still very present. In the capital Bual, is a route that showcases these buildings, including the “Villa Anita” and “Casa Rosito”. Among all the places and villages to be enjoyed, are the Doiras and Arbón reservoirs, the viewpoints of Penouta, the Pencia fortified settlement and some of its interpretation centres, such as the Emigration and Honey centres.

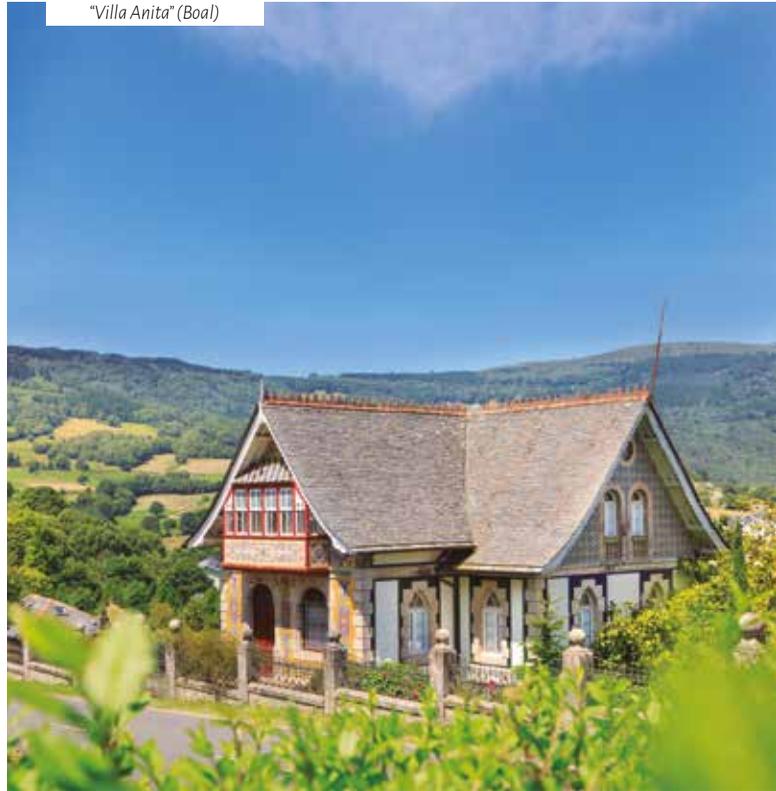
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*Coaña shares meadowlands and forests with the sea. A little further inland is one of the best preserved and most visited fortified settlement called Coaña, while nearer the coast is the fortified settlement of Mohías.*

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Ortigueira is the smallest port on the western coast of Asturias. A must-see here is the Cape of San Agustín, which is home to the old and new lighthouse.

“Villa Anita” (Boal)



Navia River



Ethnographic Museum (Grandas de Salime)



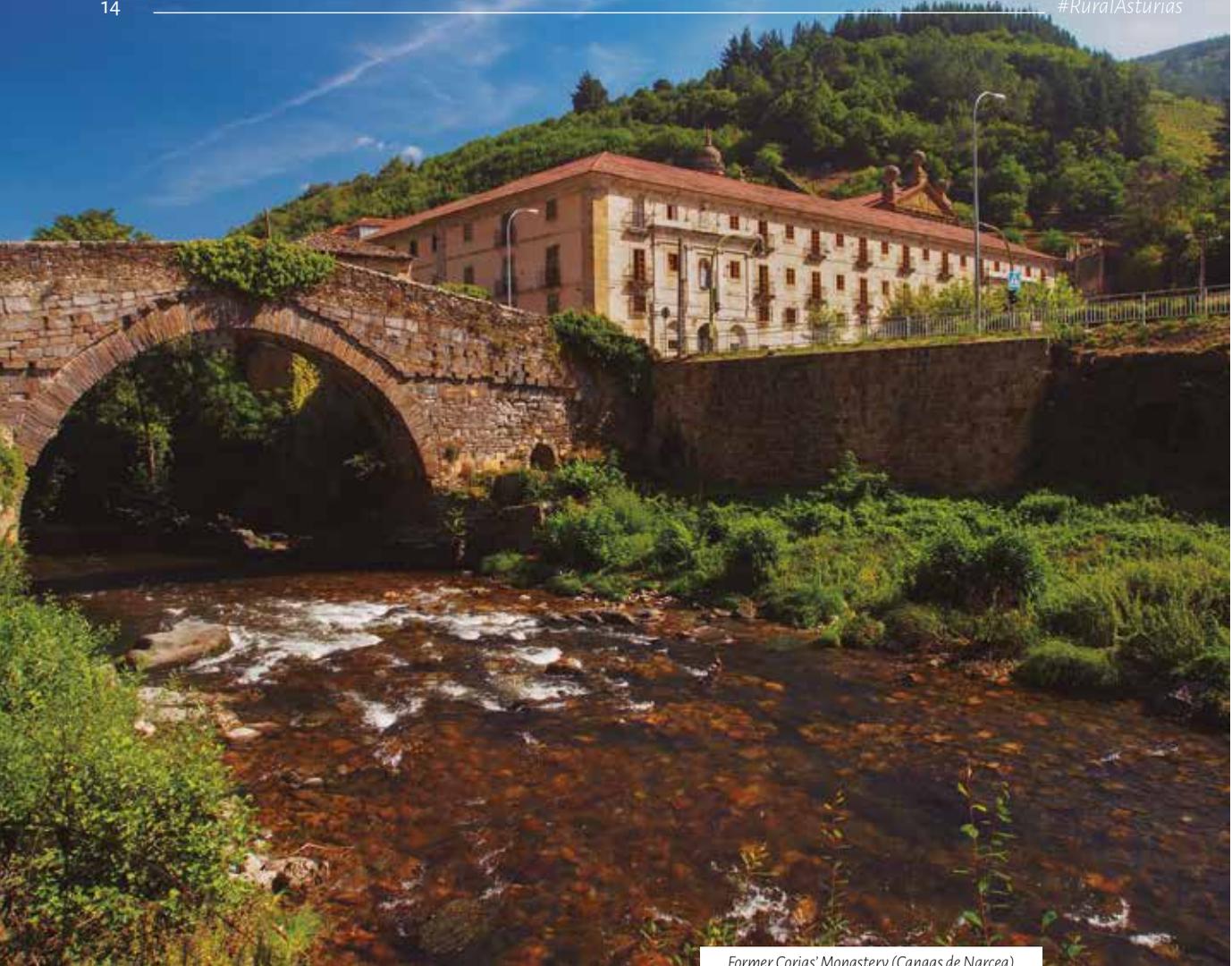


Fortified settlement of Coaña

And along this coastline, although inland they all have landscapes and villages of interest, are **Tapia de Casariego**, **El Franco** and **Navia**. Tapia is a port with a perfect seafaring village, with its white houses and boats moored at the dock. And, of course, the village of **El Franco**. With its beautiful port and the El Porto/Viavélez fishing port, with spectacular beaches including the Porcía and Pormenande, or the amazing fortified settlement of Cabo Blanco, undoubtedly a unique site, or the magic of the Andina Caves. As for **Navia**, the village is home to important buildings, including the casino and theatre, with its undeniable *Indianos* architecture's influence, together with private houses and hotels. Travellers can also visit the attractive port, Puerto de Vega.



Puerto de Vega (Navia)



Former Corias' Monastery (Cangas de Narcea)

## So much to be discovered

**Cangas del Narcea, Ibias** and **Degaña** offer spectacular wealth in terms of both landscape and ethnography.

**Cangas del Narcea**, which shares the Nature Park with Degaña and Ibias, also represents the history of mining and vine-growing in Asturias, with its own wine with the Protected Denomination of Origin of Cangas, together with a museum complex dedicated to wine. The village has charming nooks and crannies, such as the Mayor Street or the Old Quarters of Entrambasaguas and El Cascarín. Buildings of interest are, undoubtedly, the parador, the old monastery of San Juan Bautista de Corias and the Virgen del Acebo Sanctuary. Some "guapas" (attractive) villages are Bisuyu, where the playwright, Alejandro Casona, was born; the climb to El Puertu, Xedré, Mual, Xinestosu and L.lamas del Mouru which is home to the black pottery makers. Nature lovers simply have to visit the Muniel.los forest.



Black ceramic workshop in L.lamas del Mouru

Other less-explored, but equally beautiful ones, are Degaña and Ibias. In the first of the two, Trabáu, El Corralín and Fonduveigas are villages with a rich cultural value. In terms of Ibias, the *hórreos* with their *palloza* (made with stalks of rye) roofs are always popular among visitors. Others, however, have slate roofs.

There are beautiful villages, many of which sit amid vines and are truly spectacular, such as Uría, Alguerdo, Valvaler, Seroiro and Pradíás, together with Riodeporcos, which is accessed via a suspended bridge.

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*The three councils form the Nature Park of Las Fuentes del Narcea, Degaña and Ibias.*

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Cecos (Ibias)



Cunqueira craft in Trabáu

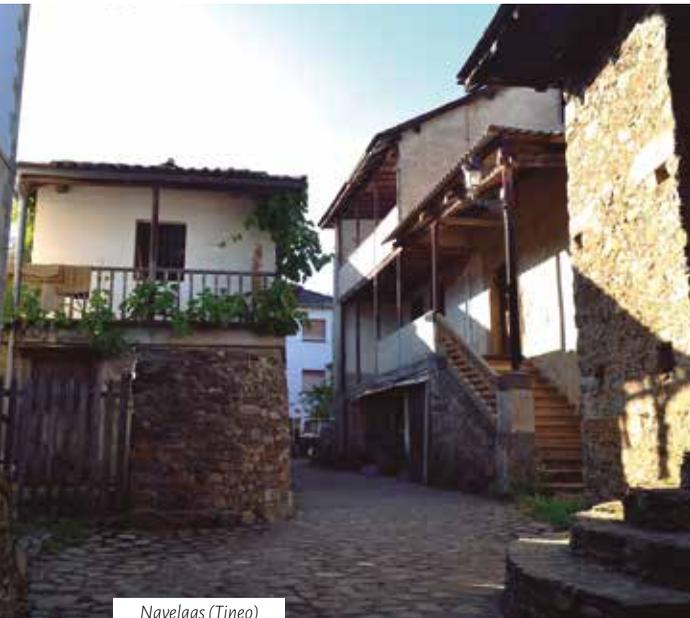
Lands full of history, unique traditions, individual cultures and a love of one's roots, are the councils of the **Vaqueira Region: Valdés, Salas, Tineo, Cudillero and Allande**, although there are also *vaqueiros de alzada* and *vaqueira* roots in Somiedo, Teverga and Cangas del Narcea. The name came about because all the livestock in these places, in mountain passes and high-mountain pasture areas, were looked after by the *vaqueiros de alzada*.

The **VAQUEIROS DE ALZADA** began as a specific social group in the 15th century in the central-western area of Asturias. They are shepherds and their name, "alzada", comes from the verb "alzar" in Spanish, meaning to leave, as they would literally leave their homes and, with just what they needed to live, once the fine weather arrived, they would spend the spring and the summer months with the animals on the mountain passes, living in huts and looking after their animals. Their geographical isolation, individual culture and more independent and free way of living, resulted in them being frowned upon by the rest of the population, referring to them as *xaldos* (sedentary villagers) and *marmuetos* (coastal sedentary villagers). Today, their traditions, culture and their efforts to portray this, occupies the place it deserves in terms of its importance in the history of Asturias, having overcome all the barriers they came across, which for many years, led to social exclusion.



"Vaqueira" wedding

**Allande** is a place to be enjoyed. Here, travellers can visit Montefurado, at the Palo Pass, or unique villages such as Bustantigo, Berducedo, Mon and Is. Visitors have to visit the medieval village of San Emiliano. Among its most beautiful high pasture land is Campel. The Santa Coloma Church offers visitors the chance to see the beautiful yews full of history. Its most important fortified settlement is the one in San Chuis. **Valdés** has one of the most beautiful ports in Western Asturias in its capital, Luarda/L.uarda. Apart from its beaches, the inland areas offer beautiful villages such as Trevías or Brieves, together with the Paredes Valley, its route along the Esva gorge or high pasture lands such as those of Arcayana, Argumosu, Enverniegu and Aristébanu. The latter, which borders with the area of Tineo, hosts the *vaqueira* wedding and festival each year.



Navelgas (Tineo)



Salas

Well-worth a visit in **Salas** is the Old Quarter, with buildings such as the Santa María Church, the Collegiate Church of Santa María la Mayor and the palace tower of Valdés-Salas. Also, the millenary yew growing in the middle of the cemetery, the climb to the Virgen del Viso Sanctuary and the beautiful *Indiano* villages (houses from Asturians who emigrated to the America and returned with a fortune) of Maeza, Maecina and La Granxa. An essential visit in Corniana/Cornellana is the San Juan Bautista Monastery, where pilgrims stop off. As in the previous case, pilgrims pass through **Tineo** on their way to Santiago. Even if only from outside, it is essential to visit the Romanesque monasteries of Oubona and San Miguel de Bárzana; the beautiful and impressive *carbayu* (oak) in Valentín; Navelgas, with its important Roman mining history and where gold is still extracted, and Naraval, which is home to the *Vaqueiro* Museum.

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*Travellers are impressed, amazed and fall in love with the Cudillero Port, with its incredible amphitheatre suspended over the sea.*

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Equally beautiful are its beaches. The stunning Cape Vidio, its lighthouse and the village of Oviñana, together with those forming the Luiñas Valley, such as Soto de Luiña and San Martín de Luiña. From here, visitors can climb up to the high-mountain pasture areas of Brañaseca, Gallinero and Cipiello, offering spectacular views on a clear day.



Cudillero



*Let's party*

Regalina Festival (Valdés)

### March

- ▶ **San José Festival** in Coaña
- ▶ **The Farm Artisan Craft and Food Fair** (Easter Week) in Santalla (Santa Eulalia de Oscos).

### April

- ▶ **Salmon Festival** in Corniana/Cornellana (Salas).
- ▶ **Vía Crucis Viviente** in Vilanova (Villanueva de Oscos). Re-enactment of the Way of the Cross.
- ▶ **Bres Arts and Crafts Workshops** in Taramundi.

### June

- ▶ **Floral Carpets for Corpus Christi** in Castropol and Santalla (Santa Eulalia de Oscos).
- ▶ **L'Amuravela Festival** in Cudillero.
- ▶ **Degaña – Ibias mountain bike route** in Degaña and Ibias.
- ▶ **Trade Exhibition** in A Veiga/Vegadeo.

### July

- ▶ **Nuestra Señora del Carmen Festival, La Descarga** in Cangas del Narcea (Festival

with a barrage of fireworks and rockets).

- ▶ **National Gold Extraction Championship** in Navelgas (Tineo).
- ▶ **Vaqueiros de Alzada wedding. "La Vaqueirada"** Festival in Aristébanu (Tineo/Valdés).

### August

- ▶ **Inter-Celtic Festival of the West** in Tapia (Tapia de Casariego).
- ▶ **Vaqueiro Market** in San Martín de Luiña (Cudillero).
- ▶ **Swimming down** the Navia River (Navia).
- ▶ **San Timoteo Festival** in Luarca/L.Luarca.
- ▶ **Regalina Festival** in Cadavéu (Valdés).
- ▶ **Porcía Celtic Night**, in El Franco.

### September

- ▶ 8 September, **Day of Asturias and Nuestra Señora de Covadonga festival** in the entire region.

### October

- ▶ **Cangas Quality Wine Harvest Festival** in Cangas del Narcea.

La Descarga (Cangas del Narcea)



### November

- ▶ **Magical Night and Esfoyón and Amagüestu Festival** in Navelgas (Tineo) (festival celebrating popular old traditions).



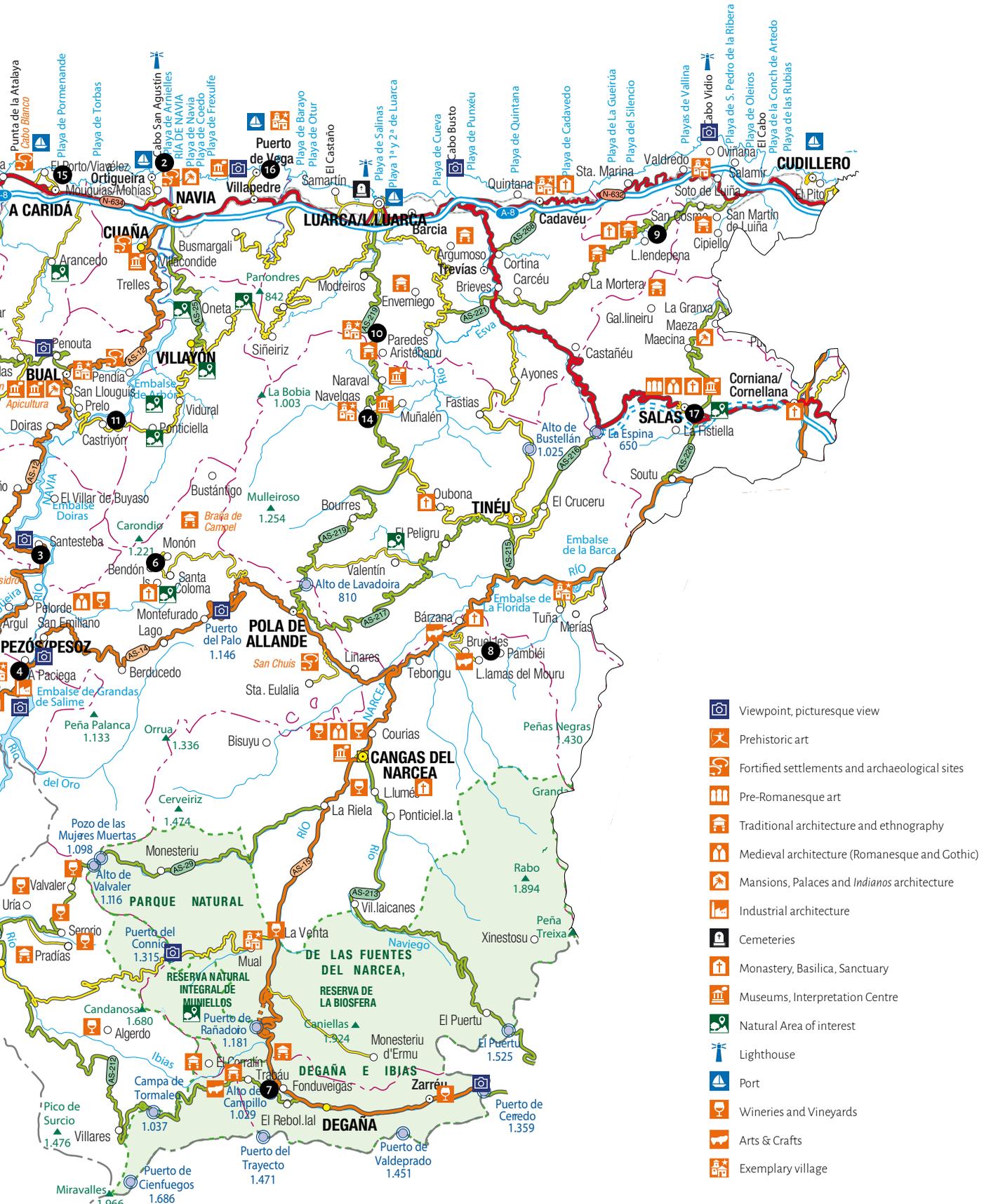
More information at:  
[agendaasturias.es](http://agendaasturias.es)

## Don't leave without...

- 1 Tasting the walnut and hazelnut cheese or the blue cheese from Taramundi.
- 2 Sitting and looking at the sea from a stone bench by the old lighthouse of Cape San Agustín, in Ortigueira (Coaña).
- 3 Admiring the flow of the Navia River from the Santesteba viewpoint (Illano).
- 4 Discovering the Grandas de Salime Reservoir and following the course of the river from the A Paicega viewpoint (Pesoz).
- 5 Discovering the *Frisia* horses reaching the castro of San Isidro from the village of Bousoño (San Martín de Oscos), offering incredible views of various municipalities.
- 6 Visiting the village of Is (Allande) and going down to visit the small chapel of Virgen del Avellano, which seems to emerge from amid the meadows.
- 7 Discovering the work of the *cunqueiros* (local artisans that made wooden objects) and listening to their *fala*, the *xiriga* (a type of jargon) in Trabáu (Degaña).
- 8 Buying some good *madreñas*, (a type of wooden clog typical of the area) from the third-generation artisans in Pambléi (Cangas del Narcea).
- 9 Discovering the beauty of the Llendepena Chapel, in high-mountain pasture areas of Valdés.
- 10 Witnessing a *vaqueira* wedding, in the village of Aristébanu.
- 11 Losing yourself in one of the many magical recreational areas within Asturias, such as that of Castriyón (Boal).
- 12 Having a swim in the salt water natural pool of Tapia (Tapia de Casariego).
- 13 Visiting an authentic shop-bar, seldom found today, in Samartín, which is called Casa Pequenón (San Martín de Oscos).
- 14 Becoming a gold miner for a day in Navelgas (Tineo).
- 15 Capturing storms on film, at the right time of the year, in El Porto/Viavélez (El Franco).
- 16 Whale spotting on the horizon from the district of La Atalaya, in Puerto de Vega (Navia).
- 17 Admiring Salas from the top of the Homage Tower.
- 18 Exploring the Penafurada tunnels, just in case there is any gold left by the Romans (Grandas de Salime).
  - Learning to sing a *vaqueirada*.
  - Learning to sing the “*Asturias, patria querida*” (national anthem and song) and doing so whenever your heart tells you to.
  - Watching a *madreñero* (clog maker) at work and hearing about the history of this trade.



- |                           |                        |                       |               |
|---------------------------|------------------------|-----------------------|---------------|
| 1. San Tirso de Abres     | 7. Ibias               | 13. Pesoz             | 19. Navia     |
| 2. Taramundi              | 8. San Martín de Oscos | 14. El Franco         | 20. Tineo     |
| 3. Vegadeo                | 9. Grandas de Salime   | 15. Allande           | 21. Degaña    |
| 4. Santa Eulalia de Oscos | 10. Tapia              | 16. Coaña             | 22. Valdés    |
| 5. Villanueva de Oscos    | 11. Illano             | 17. Cangas del Narcea | 23. Salas     |
| 6. Castropol              | 12. Boal               | 18. Villayón          | 24. Cudillero |



There is so much on offer in the central area of the region, that it is impossible not to become enthralled. So simple, yet so intense, such as looking at the sea from the Peñas Cape, riding a bike or walking the Senda del Oso (Bear's Trail), discovering the history of the Asturian mining trade in the mining areas of the Nalón and Caudal Rivers, eating sardines in Candás, having a few ciders in the Requejo Square in Mieres del Camín or discovering the beauty of the Corroriu mills in Quirós, where there is also time to fall in love with the yew in Bermiego; or even to look for some *xanes* along the Alba Route, in the Redes Nature Park.



## Central region, where mining, sea and villages merge

### From the region of Bajo Nalón to Gijón, passing through Avilés and Peñas

**Muros de Nalón, Soto del Barco and Pravia** are the councils that form the **Bajo Nalón**. The latter is where, in 774, King Silo ordered the capital status of the kingdom of Asturias after taking it from Cangues d'Onís/Cangas de Onís. Particularly important is the Pre-Romanesque Church of Santianes de Pravia, together with the *Indianos* village of Somáu. Pravia itself has numerous places of interest, such as the Baroque buildings in Moutas, the Valle Hermitage and the Old Quarter in the village.

Sotu is the capital of the municipality **Sotu del Barco**. One of its most beautiful sites is L'Arena, a traditional seafaring village and with the gorgeous Los Quebrantos Beach, at the mouth of the Nalón River. Inland villages worth visiting are Riberas, La Ferrería and El Castillu/El Castillo, with its traditional wharf. Some emblematic buildings in Muros de Nalón include the old palace of Valdecarzana and Vallehermoso, and the actual Town Hall Square. San Esteban is a port located on the left bank of the Nalón River. This is where the viewpoints route begins.



Old mining lamps

**Avilés and the region** are, undoubtedly, another reason to continue exploring Asturias. The councils forming part of it are, together with **Avilés, Castrillón, Corvera de Asturias** and **Illas**. **Castrillón** is famous for its fabulous beaches, while in the council of **Corvera de Asturias**, the Trasona/Tresona Reservoir is worth a visit, where visitors can go canoeing and rowing or play golf on the nearby golf course. In **Illas**, hiking enthusiasts can take either the mill route or climb to the Gorfolí Peak. The two municipalities that make up the **Cabo Peñas Region** are **Gozón** and **Carreño**. The capital of the first of the two municipalities is the fishing village of Lluanco/Luanco.

*With a large number of beaches, undoubtedly, one of its great natural monuments is the Protected Landscape of Cabo Peñas. A less known, yet equally charming port, is Puerto Llumeres.*

And from one fishing village to another in the neighbouring council: **Carreño** and its capital, Candás, a port that visitors fall in love with at first sight. Among the most important gastronomic festivals held in the village, is the Sardine Festival. Among the fascinating sites is the Monte Areo, an extensive tumuli necropolis. Just a few kilometres from these municipalities is **Gijón**.

## From the coast to the inland areas, full of valleys, forests, lakes and fascinating villages

**Oviedo/Uviéu** is the capital of the Principality of Asturias. Nearby are **Llanera**, **Noreña** and **Siero**, forming the **Region of Nora**. Visitors can follow Los Palacios (the Palaces) route in Llanera. Automobile enthusiasts can visit the circuit and the Fernando Alonso Museum. Its festivals include the Exconxuraos festival, commemorating a historical event. As for **Siero**, its mining history is still present in some of the towers and pits such as Pumarabule and Mosquitera. This can all be enjoyed more closely, by following the mining route of Jovellanos. The number of palaces and emblazoned mansions is quite spectacular. Siero is also known for its cider production, as it is the third largest cider making municipality in the region. Its most emblematic festivals include the *Huevos Pintos* and the *Carmin* festivals of La Pola Siero. Finally, once in **Noreña**, the cured meat capital par excellence in Asturias, the most popular dish, in the right season, are *callos* (a tripe dish), but also *moscancia* (a type of fresh blood pudding) or *sabadiego* (a chorizo made in this region). Its meat and pork industry are so important here, that they even have a statue dedicated to it, located near the Town Hall.



La Pola Siero (Siero)

Jacobean scene in the Original Way to St. James



*Las Regueras is a municipality full of history and tradition, with the Way of Saint James passing through it.*

Together with **Santo Adriano**, **Proaza**, **Quirós**, **Teverga**, **Grado**, **Candamo**, **Yernes y Tameza**, **Belmonte de Miranda** and **Somiedo**, all come under the name of **Camín Real de la Mesa**. El Camín was, throughout the entire Middle Ages, the place through which people, cattle and goods passed between Asturias and Castilla.

Its buildings of interest include the Pre-Romanesque Church of San Pedro de Nora, dating back to the end of the 9<sup>th</sup> century, and the Roman Baths of Valduno. Its natural monuments include the meanders of the Nora River. Its ethnographic heritage is truly significant, with one of its most important representatives being the *Molín de Picarín*, an old restored water mill. It has a pilgrim lodging. En route to Valles del Oso, travellers will reach **Santo Adriano**, where the Senda del Oso (Bear's Trail) begins, built on the old mining railway route. Covering 29 kilometres, although some people enjoy walking it, many travellers choose to cycle it, with bikes available to rent along various sections of the route. In Santo Adriano is the Pre-Romanesque temple of Santo Adriano de Tuñón. The recreational area of Buyera is home to the fenced enclosure, where the bears "Paca" and "Molina" lived. The bear

“Tola” also lived there for many years, but passed away in January 2018. The popular route to the Xanas Gorge begins in Villanueva, the capital of the council, and ends in Pedroveya in Quirós.

The trail leads to **Proaza**, with a significant number of hotels and restaurants in its capital. Apart from the aforementioned trail that crosses through it, there are a whole host of routes. One of the most striking villages is the medieval village of Banduxu, which you can hike up to or visit by car. Then the Senda del Oso branches off in two sections, inviting visitors to explore either Quirós, or Teverga. Choosing **Quirós**, offers the chance of admiring is beautiful Valdemurio Reservoir, together with another “guapo” (beautiful) village, Bermiego, which is home to one of the most famous yews in the region. Particularly captivating places are the Virgen de Alba Chapel or the Corroriu mills. There are a large number of restaurants and services of all sorts in the capital, Bárzana. The ethnographic museum is well-worth a visit.



Bear's trail

with traditional-style mountain huts, *teitos* (ancestral constructions covered with a vegetal roof) and *corros* (round stone huts). One of these *majadas* is Cadenas, where there are *corros* (round stone huts) and cabins. The high-mountain pasture areas, where *teitos* can still be found and with thirty-nine of these registered in the council, are Fonfría, El Valle, Tuiza, Lllamaraxil and El Rebellón. One of the most relevant museum centres here is the Prehistoric Park.

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*The beech forest of Montegrande and the Xiblu waterfall are essential visits in any nature lover's agenda.*

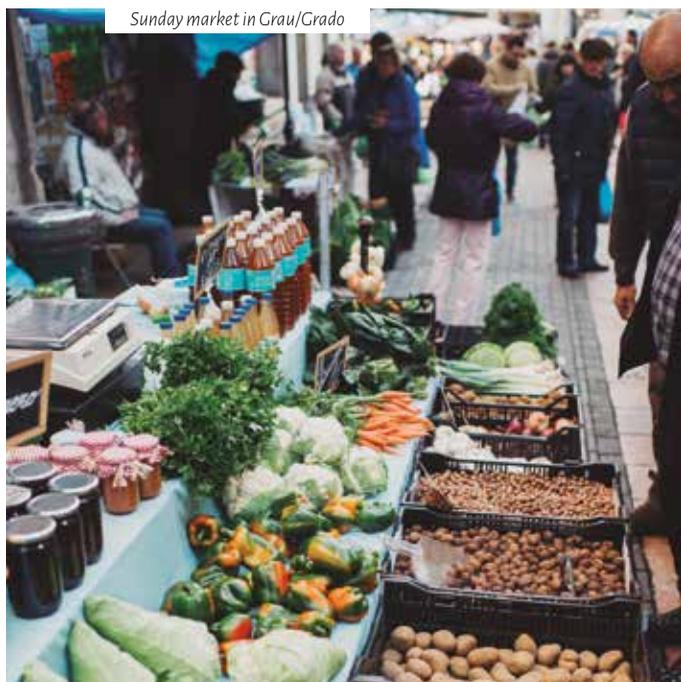
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And a group of interesting villages are the so-called Privilegio villages: Parmu, La Vila de Su and, above all, La Focicha.

## For shopping, Grado and for visiting, Candamo and Yernes y Tameza

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Grau/Grado can certainly be proud of its magnificent Sunday market, a small version of which is also held on Wednesdays. Grau/Grado has an important number of buildings of great historical interest, for example, the Nuestra Señora de los Dolores Chapel, the San Pedro Parish Church, the Medieval Wall, the Peñafior Medieval Bridge and the Nuestra Señora del Fresno Sanctuary. The council, which is large and with numerous significant villages and hamlets, has various routes to discover it, such as the Conde de Coalla Route, the abandoned villages route, the spelt flour route and the Cubia River route.



Sunday market in Grau/Grado

In **Teverga**, in Samartín, those who enjoy cultural visits should visit the collegiate church of San Pedro. It houses a museum, where the mummified corpses of the Marquis of Valdecarzana and his son Pedro de Miranda are located, abbot of the collegiate church from 1690 to 1720. Together with Quirós and Lena, it forms part of the Nature Park of Las Ubiñas-La Mesa. Some of the most significant natural gems are the Huerta Cave and the Puertos de Marabio. Also in Teverga, there are *majadas* (mountain grazing meadows)

In the neighbouring area of **Candamo**, a must-see is the Cueva de la Peña, a cave offering incredible cave paintings. It is only open during specific times of the year, therefore, if it is closed, it is worth visiting the Cave Art Interpretation Centre in San Román. One of its most popular festivals is the strawberry festival.

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*Its relevant routes include the “Historic site in front of the Nalón River”, with numerous well-preserved trenches and buildings constructed by the Republican Army during the Civil War.*

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Silviella (Belmonte de Miranda)

For those that choose to visit **Yernes y Tameza**, they should look out for the many *hórreos* and *paneras* in Yernes, some of which are really quite old. From Yernes, there is a climb to the Cuevallagar pass, a spectacular place and just as beautiful as the cave with the same name, where, during the summer months, cattle seek shelter from the heat. From here, visitors can also access the Aula Vital, a multifunctional refuge, based

on self-organisation and survival, located in the Tameza mountains.

**Belmonte de Miranda** and Somiedo, is also bear territory. The Casa del Lobo (Wolf House Interpretation Centre) is located in Belmonte/Balmonte capital, a visit which can be combined with another to the wolf enclosure, while one of the most beautiful recreational areas around is located in Silviella. Climbing up to “guapo” (pretty) village of Bixega, are some of its *brañas* (high-mountain pasture areas), which also offer signposted routes: the Fuexos route, the Montoubu route, and the Vaqueira, Castañal and Calzada Romana routes.



Candamo's strawberries

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*Somiedo, in turn, captivates visitors from the minute it is discovered. Wide, open valleys, mountains, lakes, forests, villages... and all amid incredibly generous natural surroundings.*

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It is, without doubt, the kingdom of the brown bear, with ever-increasing sightings. The Somiedo Nature Park is made up of five valleys, the Somiedo, the Pigüña, the Valle, the Saliencia and the Perlunes. The Ecomuseum in Somiedo, Caunéu, is well worth a visit. Some of its main *brañas* where the old huts, the *teitos*, capture the attention of travellers, with their roofs made with straw or broom, include the Sosas, Mumián, Saliencia and La Pornacal. La Pola Somiedo,



Puertos de Marabio

Caunéu, La Rebolada, La Peral, Arbichales and the actual pass are just a few of the hamlets that travellers always enjoy, as much as, if not more, than the incredible Saliencia Lakes. There are plenty of routes. To find out more about them, it is worth visiting the Reception and Interpretation Centre of Somiedo Nature Park, in La Pola Somiedo.

## A journey through the history of mining and the most incredible nature of the mining basins

The treasures of the **Central Mountain** are distributed among **Ribera de Arriba, Morcín, Riosa, Mieres, Lena** and **Aller**, with a rich industrial and mining heritage, but also with a vast natural and ethnographic wealth. **Ribera de Arriba**, on the flatter area, has beautiful villages such as Güeñu/ Bueño, with one of the largest samples of *hórreos* and *paneras* in the whole of Asturias. **Riosa** and **Morcín** compete in terms of landscape beauty and places of interest. In Riosa, the history of cycling has been established with the climb to the now famous Angliru, amid the landscape of the Aramo mountain range. Mountain bike enthusiasts can enjoy the "anillo ciclista" (cycling ring). The most popular places in **Morcín** are Monsacro, which is home to the Santa María Magdalena Chapel and the Santiago Hermitage and where, according to History, the relics of Christianity were kept.



Monsacro Chapels in Morcín

Mieres del Camín (Mieres)



It is one of its most emblematic sites. And, of particular interest is its Afuega'l Pitu Cheese Festival or gorgeous places such as the Alfílorios reservoir, and the beautiful *Torrexón* (tower) in Peñerúes.

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*The mining and coal history form an essential part of the council of Mieres, with a rich industrial archaeology heritage.*

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From the mining village of Bustiello to the Espinos, Fortuna pits or The Socavón de la Rebaldana (a mining tunnel), in the Turón Valley, the landscape of houses and meadows mixes with towers, some of which are as famous as the San José or Santa Bárbara pits. In order to discover that history, it is worth visiting Bustiello and the Educational Exhibition of Pozo Espinos, or Pozo Fortuna pit. Mieres also forms part of the Jacobean pilgrims' route who, via the Salvador Way, reach Asturias to visit the Cathedral of Oviedo/Uviéu and continue on towards Santiago. One of the most important festivals is the Mártires de Valdecuna *romería*, a religious pilgrimage held in the area of the San Cosme and San Damián Sanctuary. The capital of **Mieres** is a hive of leisure activities. Visitors simply must have a few ciders in Requejo Square or enjoy its "*Folixa na Primavera*", a festival including music, dance and plenty of cider.

**Lena** and **Aller** also offer rich landscapes and ancestral traditions. In Lena, during the winter months, ski enthusiasts can enjoy skiing at the Valgrande-Payares ski resort in Valgrande, Payares. Its many sites of interest include the Santa Cristina de Lena Church, declared a World Heritage Site by the UNESCO in 1985 and a jewel of Pre-Romanesque architecture in Asturias. However, before going up, it is worth stopping at the Pre-Romanesque Educational Exhibition, located in the former La Cobertoria station. The San Antolín de Sotiello Romanesque Church is also beautiful as well as the church and sanctuary in a beautiful village, Bendueños, with spectacular views of the surrounding area. Visitors can enjoy various routes, including the Valgrande Forest, the valley of Felgueras, Brañavalera, Ablaneo and Mofusu.

Santa Cristina de Lena Church



Xurbeo Waterfall (Aller)

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*Aller also has a variety of activities on offer for winter sports enthusiasts at its Fuentes de Invierno ski resort.*

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Its unique routes include the Xurbeo Waterfall, the Foces del Pino, the one that leads to Peña Mea and the one that goes from the Aller River to the Vegarada pass. The so-called "Vía Carisa" is extremely important here, between the councils of Lena and Aller, built by the Romans during the reign of Augustus, and which was named after Publius Carisius. There are the remains of a Roman camp located at 1,728 metres on the Curriechos Mount, as a result of the war waged against them by "Astures" (Celtic tribes of Asturias). The history of mining is also present, with the pit of the San Jorge and Santiago mines still visible, in Caborana and San Antonio, in Morea/Moreda. There is also a route that goes to the San Fernando pit in Uriés. Its natural beauties, apart from those already mentioned, include the Gumial mountain grazing meadows, the San Julián Valley and the Puertos de Rasón.



Mining and Industry Museum of Asturias

The **Nalón Valley** is also a promised tourism land, a valley where mining, coal, the locals and the river with the same name, form an essential part of the history of Asturias and its people. As in Caudal and other areas with a significant mining history, and not only coal mines, the miners and mining have written part of our history. In **Langreo**, for

example, and as part of its industrial history, is the important MUSI (Steelworks Museum), as well as the mining pits of Candín, María Luisa, Fondón, San Luis and Samuño. In order to discover its natural heritage, a good option is to take one of the routes, such as the Trole and the Molinos routes, the circular Ciañu route and the El Tendejón-La Colladiella greenway. One of its main attractions is now the Samuño Valley Mining Ecomuseum, where, in its mining



Samuño Valley Mining Ecomuseum

train, travellers enter a real mine, the San Luis pit, in an intense, moving and pleasant journey, taking them through the history of mining, which, despite the conversion of the mining sector in Asturias, is still very much alive.

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*San Martín del Rey Aurelio is home to two extremely important museum centres in the region: the MUMI, or The Mining and Industry Museum of Asturias and the Sotón Pit.*

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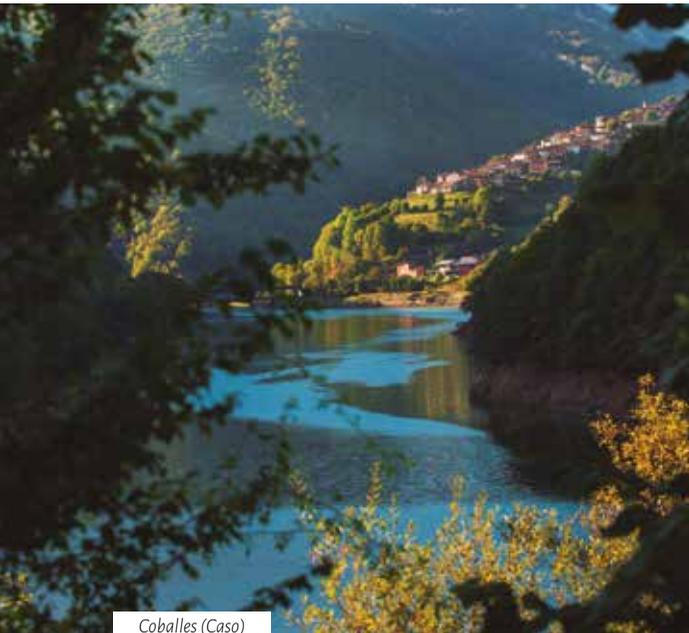
The Mining and Industry Museum of Asturias is in L'Entregu/ El Entregu. Those wanting to enjoy nature, can explore the Santa Bárbara Valley from Sotondio. The route reaches the top of La Colladiella. Its rich industrial heritage is obvious, and an example of this are the mine openings of the Sotón, La Generala, La Sultana, Práu Molín, Venturo pits, the Ignacia pit, La Bornaína mine and the Santa Bárbara mineshaft. In terms of coal mines, these include the San Vicente pit, the Entregu pit, the Cerezal pit, the Venturo pit, the Sorriego pit and the aforementioned Sotón pit.

In the council of **Laviana**, and specifically in Entrialgo, an essential visit is the house in which the writer, Armando Palacio Valdés, was born, very close to the famous La Chalana Bridge. Given its diverse landscape, there are many routes here, including the Foces del Raigosu, a tour around Peñamayor, climbing the Peña Mea and the El Sutu-La Vara greenway. This route through the Nalón Valley ends in two councils, **Sobrescobio** and **Caso**, which form what is known as the **Redes Nature Park**.

*The first thing visitors leave behind upon entering Sobrescobio, is the industrial and mining landscape, to come face to face with a natural open spectacle.*



Madreñas



Coballes (Caso)

The Torrexón de Villamoréi Tower watches our every step. The Tanes Reservoir is truly impressive, with its Santa María la Real Collegiate Church overlooking its waters, or the Alba Route, which, beginning in Soto, takes travellers along a path, where greenery, stone and water come together in stunning harmony. Because Soto is one of the villages that simply has to be visited. And also, Campiellos, Villamoréi, Llaíñes/Ladines, La Polina and the capital itself, Rusecu/Rioseco. Other recommended routes are the Picu La Xamoca, the Roman road route, the Torrexón greenway and the one that goes to the Tabayón del Mongayu from Tarna.

And from Sobrescobio to **Caso**, the home of the wonderful *casín* cheese, one of the most emblematic cheeses in Asturias. To find out more about what is on offer in this area, it is worth visiting the Nature Interpretation and Reception Centre in the Nature Park, in El Campu, the capital of the council, a region full of charming little villages that are delightful for taking a stroll, such as Caliao, Orllé, Veneros, Bueres, El Tozu, Belerda, Bezanes, Coballes and Tarna. One of the most impressive places in the area is Brañagallones. Climbing up to the meadow and discovering it is an unforgettable experience and, from there, visitors can take the Peñal Vientu route. You can also climb the Tiatordos Peak from Caso. An essential visit in Veneros is the Wood Museum, a tribute, mainly, to the many wooden clog makers that used to live in this area.



Soto (Sobrescobio)

## Let's party

### January

- ▶ **Afuega'l Pitu Cheese Competition** in La Foz de Morcín.
- ▶ **Turnip and Fuente Cheese Festival** in Proaza.
- ▶ **Last Saturday of the month, annual cattle fair** in La Pola (Pola de Lena).

### February

- ▶ **Santo Cristo del Socorro Festival** in Lluanco/Luanco (Gozón).
- ▶ **San Blas Festival** in Sotu (Soto del Barco).

### March

- ▶ **The Elver Gastronomic Festival** in Sotu (Soto del Barco).

### April

- ▶ **"Folixa na Primavera"** in Mieres del Camín (Mieres).
- ▶ **Huevos Pintos Festival** in La Pola Siero.
- ▶ **The Flower Festival** in the Naredo Valley, La Pola (Lena).
- ▶ **Picadillo and Sabadiego Festival** in Noreña.
- ▶ **Teverga Passes, cycle-tourism route** in Teverga.
- ▶ **Flor de Grau** in Grau/Grado.

### May

- ▶ **Outing to the Trasona reservoir**, in Corvera.
- ▶ **Medieval Festival** in Pel. Iuno (Aller).
- ▶ **La Flor Festivals** in Lada (Langreo).
- ▶ **Traditional market** celebrating San Isidro in Llanera.
- ▶ **Mercau (market) Quirosán** (Quirós).



Huevos Pintos Festival (Siero)



Exconxuraos Festival (Llanera)

### June

- ▶ **Marine procession** in L'Arena (Soto del Barco).
- ▶ **Strawberry Festival** in Grullós (Candamo).
- ▶ **San Xuan Bonfire Night** in Corvera and San Juan Bonfires across the region.
- ▶ **San Antonio Festivals** in Muros de Nalón.

### July

- ▶ **Exconxuraos Festival** in Llanera.
- ▶ **Lamb Festival** in Prau Llagüezos (Quirós and Lena).
- ▶ **Bandes de Gaites "Villa de Candás" Festival** (Carreño).
- ▶ **International Longboard Surf Festival**, in Salinas (Castrillón).
- ▶ **Nuestra Señora del Carmen and Carmín Festivals** in La Pola Siero.

### August

- ▶ **Sardine Festival** in Candás (Carreño).
- ▶ **Alba Festival** in Salceo (Quirós).
- ▶ **Float parade** in Valdesoto (Siero).
- ▶ **Nuestra Señora del Cébrano Festival** in Teverga.

- ▶ **San Pedrín de la Cueva Festival** in Narzana, Sariego.
- ▶ **Folkloric Descent of the Nalón River** in La Pola Llaviana/Pola de Laviana.
- ▶ **Astur-Roman Festival** in Carabanzo (Lena).

### September

- ▶ **Transhumance Pilgrimage in the Somiedo Lakes** in Somiedo.
- ▶ **8 September, Day of Asturias** and Nuestra Señora de Covadonga festival in the entire region.
- ▶ **Santos Mártires de Valdecuna Religious Pilgrimage**, in Cuna (Mieres).
- ▶ **Nuestra Señora del Carbayu Festivals** (Langreo).
- ▶ **La Ponte Festivity**, in Pravia.

### October

- ▶ **Traditional Market** in La Felguera.
- ▶ **Seronda L'Alcordanza traditional Market and Menu** in Proaza.

### November

- ▶ **Humanitarios Festival** in Morea/Morea (Aller).
- ▶ **Les Cebolles Rellenes Festival** in L'Entregu/El Entregu.
- ▶ **Turnip Festival** in Sotroñido.

### December

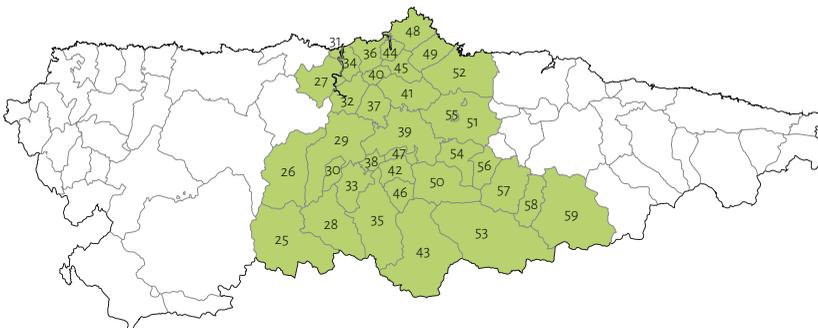
- ▶ **Stuffed Red Peppers Festival** in Blimea (San Martín del Rey Aurelio).
- ▶ **Pote Gastronomic Workshops** in Turón (Mieres).



More information at:  
[agendaasturias.es](http://agendaasturias.es)

## Don't leave without...

- 1 Tasting the bread and sponge cakes made in Llañíes/Ladines (Sobrescobio).
  - 2 Staying the night in the Brañagallones hostel (Caso).
  - 3 Dressing up as an *astur* (ok, and as Roman if you want to...) to "fight" in the Astur-Roman Festival in Carabanzo (Lena).
  - 4 Discovering the beauty of the Xiblu waterfall in Teverga.
  - 5 Hugging the millenary yew in Bermiego. Or, at least, trying to.
  - 6 Switching your lamp off just for a few seconds while visiting the Arnao mine to imagine "just a little bit" of what it was like for them men working deep within the earth, and in front of the sea.
  - 7 Watching the sun go down from Peñes (Gozón).
  - 8 Eating sardines in Candás. Pure seamanship.
  - 9 Tasting *panchón*, a typical dessert in Aller.
  - 10 Canoeing across the Valdemurio Reservoir (Quirós).
  - 11 Contemplating the snow in Fuentes de Invierno or Pajares from a room with a burning fire.
  - 12 Resting beneath the shade of the yew in the grounds of the Pedroveya Church, once you have reached the village and after walking the Xanas Route, from Villanueva.
  - 13 Discovering the Bear's Trail on a tandem bicycle with your little dog comfortably lying down in a little cart made for dogs.
  - 14 Looking over the Tanes dam from the Villamoréi trail (Sobrescobio).
  - 15 Enjoying taking photos while discovering the village of La Foceicha, in Teverga.
  - 16 Sitting in silence watching the sea from the Anclas Museum viewpoint in Salinas (Castrillón).
  - 17 Going down to the old El Castillo wharf in Sotu (Soto del Barco) and enjoying taking photographs in such a special place.
  - 18 Climbing up the marvellous Foz de la Güérgola stone path from Arbichales (Somiedo).
  - 19 Looking over the Príncipe viewpoint, in La Peral, with a good pair of binoculars, just in case you can spot a bear on the Gúa mountains (Somiedo).
- Tasting the Casín cheese in the different cheese factories that make it.
  - Attending an Asturian cheese tasting session and getting to know them, and then showing off with your friends, when you invite them to taste them.
  - Learning to distinguish a *casina* cow, an Asturian valley cow or an Asturian mountain cow. Dairy cows don't count, we all know they are black and white!



25. Somiedo	32. Candamo	39. Oviedo	46. Riosa	53. Aller
26. Belmonte	33. Proaza	40. Illas	47. Ribera de Arriba	54. Langreo
27. Pravia	34. Soto del Barco	41. Llanera	48. Cozón	55. Noreña
28. Teverga	35. Quirós	42. Morcín	49. Carreño	56. San Martín del Rey Aurelio
29. Grado	36. Castrillón	43. Lena	50. Mieres	57. Laviana
30. Yernes y Tameza	37. Las Regueras	44. Avilés	51. Siero	58. Sobrescobio
31. Muros de Nalón	38. Santo Adriano	45. Corvera	52. Gijón	59. Caso





Eastern Asturias has a changing yet serene profile, with a history and landscape that distinguish it in an undeniable way. From the quality of its beaches to places with such magical names like *El Valle Oscuro* (The Dark Valley), or *Ídolo de Peña Tú* (The idol of Peña Tú), together with the memory of the *Indianos*, the Asturian people that made their fortune after emigrating to America and whose stories are evident in the vast number of buildings that carry their undeniable style, together with their contributions that improved their villages.



Enol lake (Picos de Europa National Park)

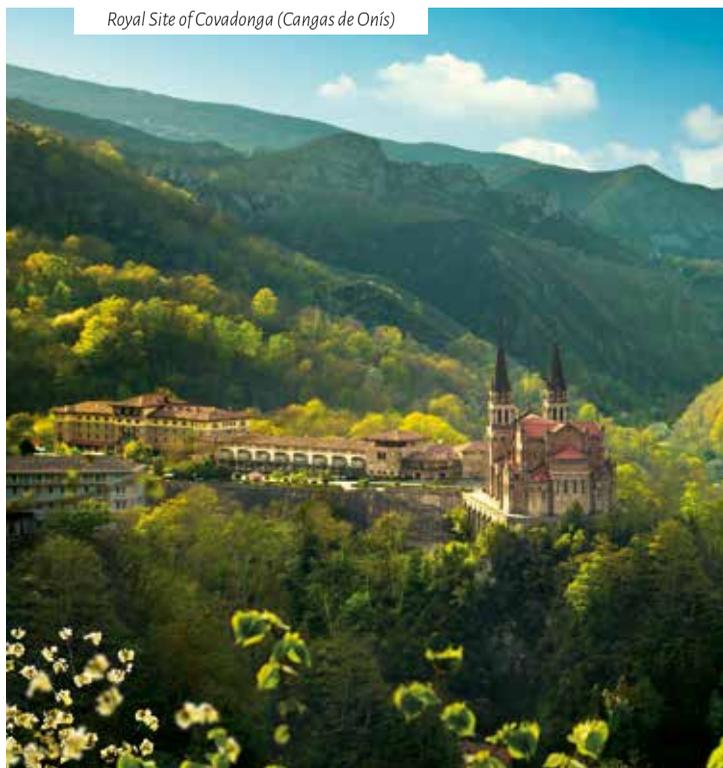
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# East, the land of "Indianos", cider, mountains, shepherds and lots of cheese

Rivers such as the Sella, the Dobra and the Cares, will always be remembered by those that discover them. It is impossible to forget our Santina, the Virgin of Covadonga, patron saint of Asturias, when visiting Cuadonga/Covadonga and, even less so, when visiting the Enol and Ercina Lakes, or the magnificent spectacle offered by the Picos de Europa National Park, where the *Urriellu* Peak, also called *Naranjo de Bulnes*, is the king. Visitors have to try the Cabrales cheese in Cabrales, the Gamonéu cheese, in Cangas de Onís and in Onís, or the Vidiago, Pría and Porrúa cheeses, in Llanes; climb up to Bulnes or watch people hang gliding over enchanting beaches such as the Torimbia. All that and lots of forests in which to listen to the silence brushing through their leaves or looking for the *Busgosu* (Asturian mythology) a creature that lives in the forests in Ponga. It's not magic. It is Asturias. Specifically, eastern Asturias.



Interior of a shepherds' shelter



Royal Site of Covadonga (Cangas de Onís)

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## The Cider Region and beyond

Cider-tourism is a term that makes complete sense in the councils of the Cider Region, particularly in **Villaviciosa** and **Nava**, the capitals of cider and apples. Together with these, **Cabranes**, **Bimenes**, **Colunga** and **Sariego**. In **Villaviciosa**, among other things, there is plenty of Pre-Romanesque and Romanesque art, together with routes and the Way of Saint James, which passes through the council. It has a beautiful river, where it is an absolute pleasure to watch the sunset from the Puntal or on the Bonhome beach.

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*Visitors simply have to take a stroll through the small streets of the Port of Tazones, pure seamanship.*

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And also discover the history of jet, looking for mills next to the Profundu River or, even, take a wander through Sietes, a small hamlet with a large number of *hórreos* and *paneras*.

It is also worth taking a stroll through Villa. In the other cider council, **Nava**, nature lovers will find picturesque places such as La Praera, or villages such as Piloñeta or Grátilla, together with the Pendón River gorge and the Remedi route. Food enthusiasts should visit **Cabranes**, which hosts the famous Rice Pudding Festival and, while there, if the chance arises, they should visit villages such as Santolaya, its capital or Torazu. The Rural School Museum in Viñón, is also well-worth a visit. Lovely villages and great landscapes can also be found in **Sariego** and in **Bimenes**. The former is home to the Santa

María Church and the San Pedrín Chapel, next to the cave, and, of course, the Cercanías del Cielo route. In **Bimenes**, those that like dried cured meats, will find a large number of companies making traditional cured pork products. And radio enthusiasts must visit the Casa de Les Radios (House of the Radios).

**Colunga**, and the entire coastal area from Villaviciosa, is a trove of dinosaur tracks; unsurprisingly, very close to the Llastres Port, in Rasa de San Telmo, is the Jurassic Museum of Asturias. Colunga, next to the sea, is as beautiful as the valley and mountains. Apart from its marvellous beaches, it is also worth discovering villages such as Güerres, Lloroñi, Llué, Lliberdón and Gobiendes. Lighthouse enthusiasts should visit the one in Lluces.

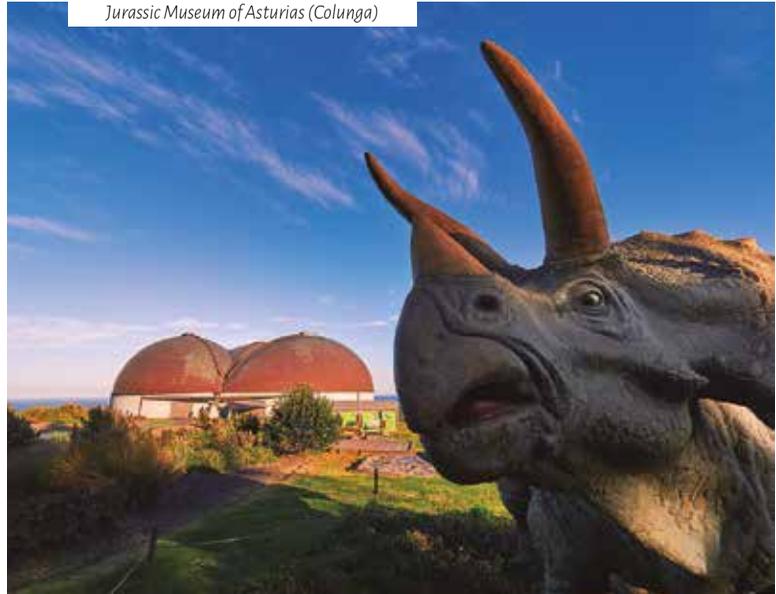
Fitu viewpoint



Rice pudding



Jurassic Museum of Asturias (Colunga)

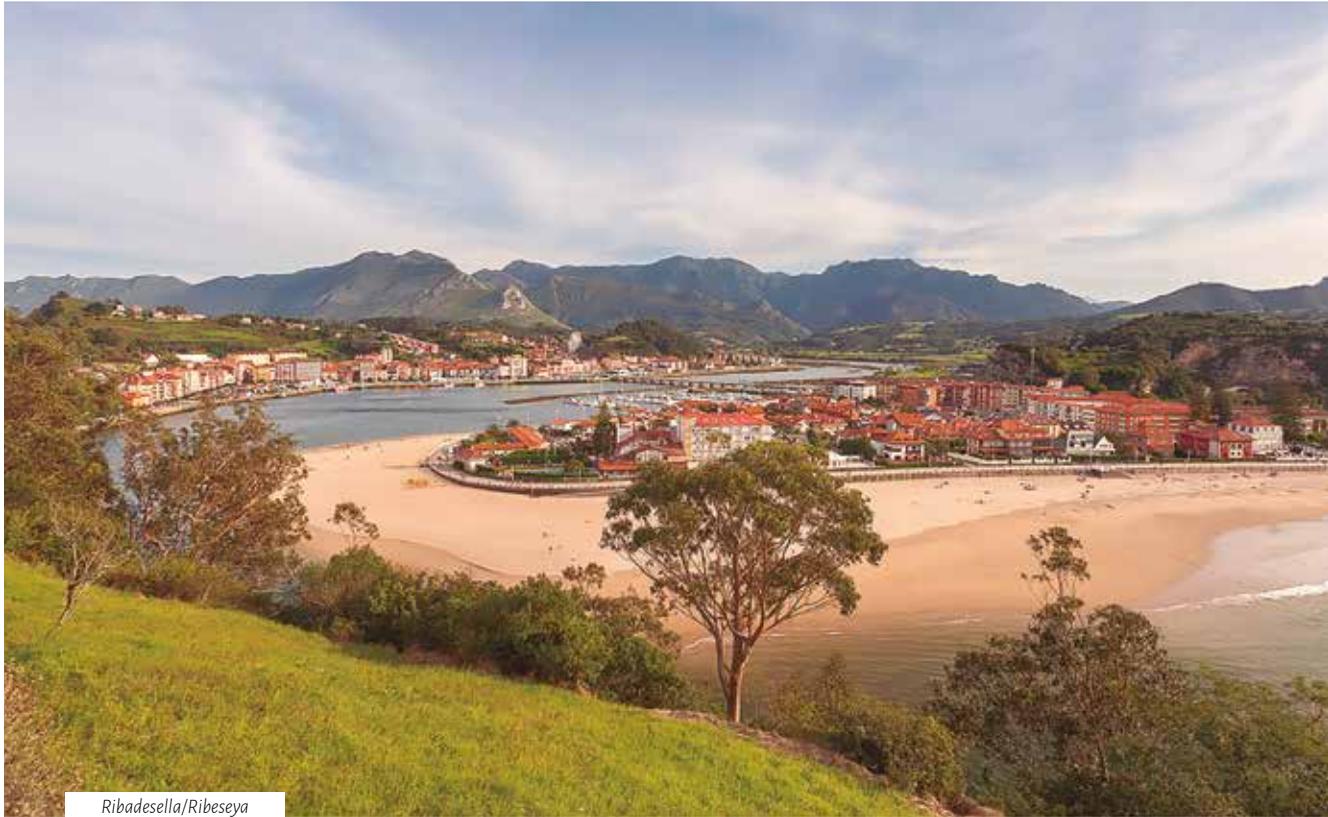


Travellers fall in love with **Caravia**, **Ribadesella**, **Llanes** and **Ribadedeva** not only for the sea, but also for the inland areas with gorgeous valleys, mountains and forests. It is easy to fall in love with beaches such as the Arenal de Morís and La Espasa.

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*The mountains offer other gems, the Sueve Mountain Range, covering various councils and crowned by the Picu Pienzu. And of course, the Fitu viewpoint.*

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Ribadesella/Ribeseya

In terms of the history of the *Indianos* (Asturians who emigrated to America and returned with a fortune), this is reflected across the entire eastern area, through their architectural legacy. **Ribadesella** and **Llanes** are two clear examples. In **Ribadesella/Ribeseya**, visitors can admire, for example, the seaside promenade of the Santa Marina Beach, and its historic centre and places such as the market and even the port. In Ribadesella, essential visits include the Tito Bustillo Cave (Cave with cave paintings declared a World Heritage Sites by the UNESCO) or beautiful villages such as Cueves.



Llanes



Tito Bustillo cave (Ribadesella)

**Llanes** maintains the same beauty as the rest of eastern Asturias. Both in terms of the incredible quality of its beaches and coves and its inland landscapes. Simply beginning with the fishing village, which captivates visitors at first sight, and its entire Historic Quarter, going on to the villages and unique sites such as the famous Pría and Vidiago blowholes; the cemetery on the river between Barru and Niembru, or small villages such as Porrúa, Cue, Andrín, Po, Nueva, Rinsena, El Mazucu, Vidiago, Buelna, Valmori, Niembru and Pendueles.

Colombres (Ribadedeva)



The history of the Pimiango shoemakers is well-known in **Ribadedeva**. The San Emeterio Sanctuary and the ruins of the Tina Monastery are also worth visiting.

*Colombres, its capital, also reflects the influence of the Indianos in the many mansions and palaces that remain there.*

The most important is “La Quinta Guadalupe”, which is home to the *Indianos* Archive and the Museum of Emigration. And, once in Alles, the capital of **Peñamellera Alta**, an essential visit is to its San Pedro Church, in the centre of the village, and the restored remains of the old San Pedro de Plecín Church, which are located in a magical spot. In Trescares is the beautiful La Vidre Bridge, while a pretty winding road, offering spectacular views, leads to the village of Oceño, where visitors can also buy Cabrales cheese. **Peñamellera Baja**, which capital is Panes village, offers natural monuments such as the willow plantation Saucedá de Buelles, singular villages such as Cuñaba and monuments like the San Juan de Ciliengo Church. A visit to the Loja Cave, with its Palaeolithic art, should also be included in everyone’s diary.

## Back to the centre, from Cabrales to Parres

If we already mentioned the appearance of the Picos de Europa where the councils of Peñamellera Alta and Peñamellera Baja meet, it is even more impressive once we reach **Cabrales**, and this will be the case all along this journey back to the eastern centre of Asturias, through **Onís**, **Cangas de Onís** and **Amieva**. The Picos de Europa National Park is the main show. On the Central Massif are the highest peaks of the Cantabrian mountain ranges, with the Urrieles, with the Picu Urriellu, which is what the locals in Cabrales call it, although others refer to it as the *Naranjo de Bulnes*, 2,519 metres high. Cabrales is known worldwide for mountain climbing, but it is also popular with those that enjoy gentle hiking, and it is also famous together with the Peñamellera Alta Council, where the Cabrales cheese is made, with its protected denomination of origin. It has unique little villages such as Camarmeña, Tielve, Sotres, Berodia, Inguanzo, Carreña, Asiegu... and various viewpoints to admire the Urriellu Peak, including the one in Pozo de la Oración, or the Pedro Udaondo viewpoint, to name but a few, as well as many routes, the most popular of which are those that climb up to Bulnes and the Cares trail. But there are plenty more.

Cabin exterior in a majada





Maturing cave for Gamonéu cheese

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*And if Cabrales and Peñamellera Alta are where the Cabrales cheese is made, Onís and Cangas de Onís are where the equally famous cheese, Gamonéu, is made.*

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**Onís** is located in the heart of the Eastern Massif of the Picos de Europa, with Benia as its capital. Some of its villages to be discovered include Demués, Gamonéu, which actually falls within the councils of Onís and **Cangas de Onís**, and other places such as Remís, Sirviella, Castru, Avín o Villar. All travellers should visit a Gamonéu cheese factory in the valley, a variety that is produced all year round, while the seasonal and artisan variety made up in the mountain pass, is only made during the summer months.



Gamonéu (Cangas de Onís)



Cangues d'Onís/Cangas de Onís bridge

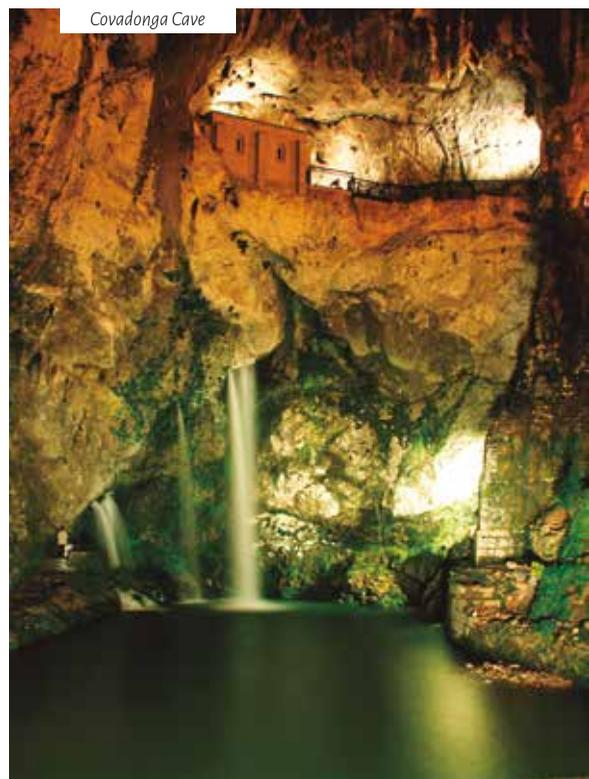
Once in **Cangas de Onís**, the tourism centre in this area, its capital, Cangues d'Onís/Cangas de Onís, is a hive of comings and goings of travellers looking, not just for souvenirs for their loved ones, but also to take that mandatory photograph next to the medieval bridge, with its old Roman road, and with the Victoria Cross hanging from it, representing Asturias and all the Asturian people.

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*Cangues d'Onís/Cangas de Onís is, without doubt, a truly culturally-rich town.*

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To name just a few, some must-see sites are the Buxu Cave, the Santa Cruz and Abamia Dolmens. The Covadonga Sanctuary, also located within the council should be visited, the Santa María la Real Basilica, of course the Santina, the Virgin of Covadonga, patron of all Asturians, in the Holy Cave and, without doubt, also the lakes and the entire natural area forming part of the Picos de Europa National Park, with its overwhelming beauty.



Covadonga Cave

Nature's treasures can also be enjoyed in the nearby councils of Amieva and Ponga. **Amieva** is located in the high valley of the Sella River. Its oldest construction is Santa María de Mián. It has a number of interesting mansions, together with extremely photographic bridges, such as the Graznos Bridge, at the entrance to the imposing Beyos gorge.

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*And of course, here, as in Ponga, the famous Beyos cheese is made.*

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One of its attractive and simple routes is the Beyu Pen, and of course, the Jocica Route. Sames, Vis and Carbés are some of the attractive villages, as well as the impressive Angón Valley.



Cabin in Peloño forest



Onions hanging on a hórreo



Panoramic view from Pen (Amieva)



La Jocica reservoir (Amieva)

And if Amieva is a pretty village, the same can be said of **Ponga**. Its Nature Park is first-class. The capital, San Xuan/ San Juan de Beleño, invites visitors to explore its streets, together with villages such as Tarañes, Sobrefoz, Sellañu, Viegu, Abiegos, Valle Moru (abandoned village) Tanda, Vibuli or Cazu. The beautiful Ventaniella mountain pass, and the equally beautiful Peloño forest, together with the road which, after passing Viegu, descends down to the Beyos gorge to discover the village of El Beyu perched up on the hill. The Interpretation Centre of Ponga Nature Park is worth a visit, located at the exit from San Xuan/ San Juan de Beleño.

This journey ends in the East in **Piloña** and **Parres**. The capital of Piloña is L'Infiestu.

*Thinking about Piloña is like thinking about the Foces del Infierno Route, the Virgen de la Cueva Sanctuary, the Sidrón Cave, the kingdom of hazelnuts, the hórreos and paneras in the village of Espinaréu and the well-preserved traditional architecture in the neighbourhood of Valledal in Villamayor.*

Hazelnuts



Piloña



Picu Pienzu (Parres)



Among the quaint villages is Anayo, which, once again, offers spectacular views of the Picos de Europa. Cerecea, San Roman de la Villa, Valles, Valle, El Texedal and Santianes are others. And from Piloña, to the council of **Parres**, with its capital Arriondas/Les Arriondes, famous for being the starting point each year for canoeist in the International Descent of the River Sella, the emblematic river in Asturias, to end in Ribadesella/Ribeseya. What is known as the "Fiesta de les Piragües" (Pirogues festival) was founded in 1930 by Dionisio de la Huerta, Manés Fernández and Alonso Argüelles. Among its most famous routes are the climb up to the Picu Pienzu, which people normally begin at La Cruz de Llames or from the Fitu, and the climb up to La Mota Cetín. Picturesque villages include Arenes, Llames and Vallubil.



*Let's party*

International Descent of the River Sella

### January

- ▶ 1 Jan **The Guirria and Aguinaldo Festival** in San Xuan /San Juan de Beleño (Ponga)

### February

- ▶ **Matanza (slaughtering)** in Amieva and Alto Sella - gastronomic workshops relating to seasonal pork specialities.

### March

- ▶ **San Emeterio and San Caledonio/Santu Medé Festival** in Pimiango (Ribadedeva).

### April

- ▶ **Boroña Preñada Festival** in Colunga.
- ▶ **Easter Week** in Villaviciosa.
- ▶ **Saint Marina Beach and Horse Race** in Ribadesella/Ribeseya

### May

- ▶ **Rice Pudding Festival** in Santolaya (Cabranes).

### June

- ▶ **Boroña de Fornu Festival** in Torazu (Cabranes).
- ▶ **San Antonio de Padua Festival** in Cangues d'Onís/ Cangas de Onís.
- ▶ **Mercau Astur** (traditional market) in Nava.
- ▶ **Sacramental Festival** in Cue (Llanes).
- ▶ **San Antonio Festival** in Alles (Peñamellera Alta).

### July

- ▶ **Natural Cider Festival** in Nava.
- ▶ **Santa María Magdalena Festival** in Llanes.
- ▶ **Shepherd Festival** in Vega de Enol (Cangas de Onís).
- ▶ **Bollu Festival** in La Peruyal-Arriondas/Les Arriondes (Parres).
- ▶ **Picos de Europa cheeses and arts and crafts competition** in Panes (Peñamellera Baja)

### August

- ▶ **Nuestra Señora de Andrín Festival** (Llanes).
- ▶ **San Roque Festival** in Llanes.
- ▶ **First Disembarkation of Carlos V** in Tazonos (Villaviciosa).
- ▶ **Asturcón Festival** on the grazing meadows of Espineros (Piloña).
- ▶ **Del Carmen Festival** in Torazu (Cabranes).
- ▶ **Cabrales Cheese Competition** in Arenas (Cabrales).
- ▶ **Canoeing Festival – International Descent of the Sella River** (between Parres and Ribadesella).
- ▶ **San Pedrín de la Cueva Festival** (Sariego).
- ▶ **Oles traditional Market** (Villaviciosa).

### September

- ▶ **8 September, Day of Asturias and Nuestra Señora de Covadonga Festival** in the entire region.
- ▶ **Virgen de la Guía Festival** in Llanes.

- ▶ **Santo Cristo del Amparo Festival** in Nueva (Llanes).

### October

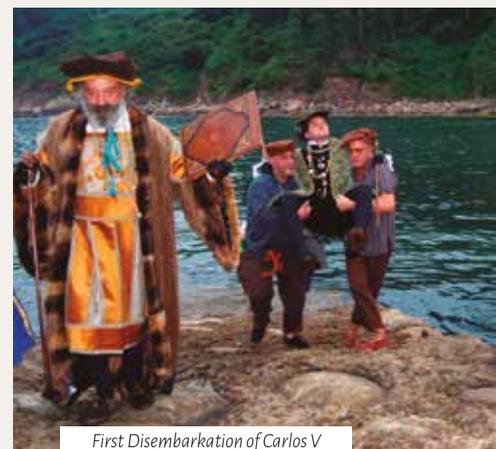
- ▶ **Hazelnut Festival** in L'Infiestu (Piloña).
- ▶ **Apple Festival** in Villaviciosa.
- ▶ **Gamonéu Cheese Competition** in Benia (Onís).

### December

- ▶ **Beyos Cheese Competition** in San Xuan de Beleño//San Juan de Beleño (Ponga).



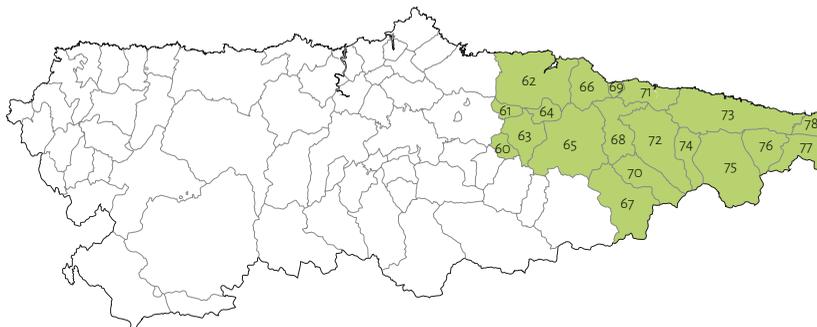
More information at:  
[agendaasturias.es](http://agendaasturias.es)



First Disembarkation of Carlos V

## Don't leave without...

- 1 Tasting the hazelnut cake in L'Infiestu (Piloña).
  - 2 Photographing the Misiego beach (Villaviciosa) during low tide.
  - 3 Cider Museum in Nava.
  - 4 Enjoying the Azabache (Jet) route in Oles (Villaviciosa).
  - 5 Looking for dinosaur footprints across the entire coast from Villaviciosa to Colunga.
  - 6 Discovering Asturias from the Següencu viewpoint (Cangas de Onís).
  - 7 Listening to the hissing of the sea during a storm in Pría or in Santiuste.
  - 8 Climbing up to the Ídolo de Peña Tú and being amazed by it and from there, admiring the entire Oscuru Valley (Llanes).
  - 9 Discovering the *Picu Urriellu* Peak from Camarmeña (Cabrales).
  - 10 Chatting in Casa La Gallega, in Sotres (Cabrales), one of the most famous bars-shops in the area.
  - 11 Taking a pleasant stroll through the small village of Lliberdón (Colunga).
  - 12 Discovering the cemetery on the Niembu estuary (Llanes).
  - 13 Discovering the *hórreos* in Ricaliente (Llanes).
  - 14 Going to Ventaniella walking from the turn-off on the left from the road that leads to Sobrefoz (Ponga)
  - 15 Admiring Asturias from Tarañes (Ponga).
  - 16 Discovering the old restored mill next to the river, in the district of Estanco, in Alea (Ribadesella).
  - 17 Getting to know the life and history of the Asturcón pony and other autochthonous animals in the Ca l'Asturcón Ecomuseum (Villaviciosa).
  - 18 Admiring more mills on the route from the source of the Cabra River (Llanes).
  - 19 Taking the really cool La Isla-Güerres coastal trail (Colunga).
  - 20 Watching the fabulous sunset in front of the Castro de las Gaviotas in Villahermes (Llanes).
  - 21 Visiting the Honey Educational Exhibition in Alles to discover all there is to know about the fascinating world of bees.
  - 22 Promising the patron saint Santina that you will return next year. So that you do return. And you will return.
  - 23 Sailing along the Villaviciosa River and discovering the incredible tide mill.
  - 24 Visiting the Ethnographic Museum of Porrúa (Llanes) and admiring the incredible Mexican avocado tree at the entrance, over three hundred years old.
- Tasting each and every cheese made in Eastern Asturias and, if possible, visiting the cheese factories.



60. Bimenes	65. Piloña	70. Amieva	75. Cabrales
61. Sariego	66. Colunga	71. Ribadesella	76. Peñamellera Alta
62. Villaviciosa	67. Ponga	72. Cangas de Onís	77. Peñamellera Baja
63. Nava	68. Parres	73. Llanes	78. Ribadedeva
64. Cabranes	69. Caravia	74. Onís	



- Viewpoint, picturesque view
- Prehistoric art
- Fortified settlements and archaeological sites
- Pre-Romanesque art
- Traditional architecture and ethnography
- Medieval architecture (Romanesque and Gothic)
- Mansions, Palaces and *Indiana* architecture
- Cemeteries
- Monastery, Basilica, Sanctuary
- Museums, Interpretation Centre
- Natural Area of interest
- Lighthouse
- Port
- Cider mills and Apple Orchards
- Cheese Factories
- Arts & Crafts
- Exemplary village



Villar de Vildas

## The “Exemplary villages”

The award recognises teamwork, love of the countryside, striving to remain in the rural environments in which they live, ensuring that their traditional expressions, together with buildings that hold a special place in their hearts, such as schools, chapels, old laundry washing places, fountains, mills, fulling mills, *hórreos*, *paneras*, *teitos*, *pallozas* or bridges are kept alive, as well as working together, by holding neighbourhood meetings to clear tracks and maintain the village itself. It also recognises associations in rural surroundings that strive to maintain the future of their people and the places of origin by carrying out all sorts of acts of solidarity.

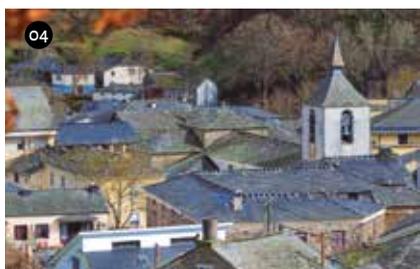
King Felipe VI of Spain stated in a text he wrote to commemorate the 25<sup>th</sup> anniversary of “Exemplary villages”: “The Asturian people joyfully prepare the events to celebrate the Exemplary Village Award Ceremony. All their initiatives to celebrate the recognition granted to them reflect their honest and friendly nature. They get excited, and so they should, showing us their traditional artisan work, music, dance, games and autoctonous sports, gastronomy, community improvement works, the importance of their associations and, above all, the conservation of nature and some of their ancestral customs and traditions. That is why their happiness is contagious. That is why it is marvellous

to share in so many emotions in what is for them such an emotional moment. That is why these twenty-five years of exemplary villages are truly unforgettable for everyone”.



Soto (Sobrescobio)

*There are currently thirty three  
“Exemplary villages”.  
These are:*



- 01 1990 San Esteban de Cuñaba (Peñamellera Baja) 02 1991 Cubera, Asociación de Amigos del Paisaje de Villaviciosa 03 1992 Soto de Luiña y Novellana (Cudillero) 04 1993 Comunidad vecinal de Grandas de Salime 05 1994 Pastores de los Picos de Europa 06 1995 Puerto de Vega (Navia) 07 1996 Comunidad vecinal de Nava 08 1997 Comunidad vecinal de Castropol 09 1998 La parroquia de Xomezana y valle del Huerna (Lena) 10 1999 Comunidad vecinal y educativa de Ibias 11 2000 Tuña (Tineo) 12 2001 Valle y parroquia de Paredes (Valdés)



13 2002 La Hermandad de la Probe y la comunidad vecinal de La Foz de Morcín (Morcín) 14 2003 Navelgas (Tineo) 15 2004 Vil.lar de Vildas (Somiedo) 16 2005 Porrúa (Llanes) 17 2006 Comunidad vecinal de Sariego 18 2007 Sociedad Los Humanitarios de San Martín y el pueblo de Morea/Moreda (Aller) 19 2008 Torazu (Cabranes) 20 2009 Comunidad vecinal de Sobrescobio 21 2010 Llastres (Colunga) 22 2011 San Tirso de Abres 23 2012 Güeñu/Bueño (Ribera de Arriba) 24 2013 Comunidad vecinal de Teverga 25 2014 Movimiento asociativo y vecinal de Boal 26 2015 Colombres (Ribadedeva) 27 2016 Comarca de los Oscos (Villanueva de Oscos, San Martín de Oscos y Santa Eulalia de Oscos)



28 2017 Poreñu (Villaviciosa) 29 2018 Mual (Cangas del Narcea) 30 2019 Asiegu (Cabrales) 31 2020 Somáu (Pravia) 32 2021 Santa María del Puertu (Somiedo) 33 2022 Cadavéu (Valdés).

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*The Princess of Asturias Foundation award for “Exemplary village” has been granted since 1990*

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to villages, hamlets, population groups or human groups that have stood out in defence of the natural environment, artistic and cultural heritage or for carrying out communal work or other extraordinary acts of solidarity.

This recognition takes place in October, as part of the “Princess of Asturias” Awards, with the main event being held in the Campoamor Theatre in Oviedo. The following day, the King and Queen of Spain visit the award-winning village and spend a morning with the residents.



Torazu



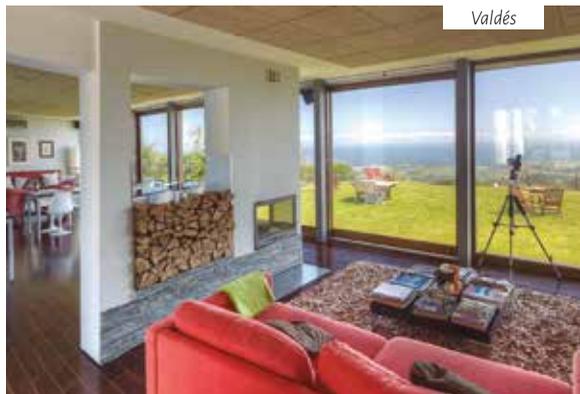
Rural tourism in Asturias is like that feeling of getting home after being away and putting down your suitcase as you get in, going to the kitchen, having a glass of water and, as if automatically, you feel like opening the curtain to quietly look outside. There are hundreds, thousands of those windows in rural Asturias, which differ from one another, not just because of the beauty that can be perceived outside, which is true, but also through the house, the apartment or the hotel they form part of and which provide light every morning.



Taramundi

## Asturias has thousands of windows

Because there are many types of accommodation in this paradise, depending on what travellers are looking for and need. Accommodation choices on offer, based on what or how travellers would like to have breakfast, what type of landscape they would like to enter their room or what sounds of nature they would like to listen to in the afternoon... this is all possible thanks to the wide variety of accommodation, where everyone can find their perfect place; where the warmth of the host and the service provided or simply the décor that makes it authentic, all make Asturias one of the preferred destinations for those wishing to enjoy this region, contemplated from the chosen window.



Valdés

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*On the top of a mountain or in a nearby village; hanging over breathtaking cliffs or on the top of a hill, which was once a small Indiano palace, the thousands of windows from which you can love Asturias even more, are endless, because they are designed to suit all tastes and situations.*

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Various forms of accommodation for those that like to travel with their family or with friends; those who want to get back from the beach or the mountains, and have a shower and get a good dinner on the go in a house with a cheese board full of local cheeses and cider or wines from Cangas; or those that prefer to have everything done for them with a personalised service, after getting back, happily tired after a horse riding route or having enjoyed one of the many "de prau" festivals, that are really worth a visit, particularly in summer, while visiting the "tierrina", the land of Asturias.



*In terms of accommodation, you can choose between:*

## Rural Hotels

These are establishments located in buildings with a unique architectural value or built in the traditional Asturian style for the area, usually found in rural and natural surroundings, with or without additional services, and they are just perfect for lovers of truly rural environments.



## Quality Brands

And, as exclusivity also exists in the countryside, for those that like to look out of windows of historic buildings, old *Indianos'* palaces or 18<sup>th</sup> century Asturian mansions, such as the Hotel La Rectoral in Taramundi- which was inaugurated thirty years ago, and was the forefather of what is understood as rural tourism in Asturias today- they can find their accommodation in the **QUALITY CLUB "CASONAS ASTURIANAS"**. They are all character hotels, with quality facilities and offering an impeccable service.

For those that prefer *Casas de Aldea* or Rural Apartments, with the same level in terms of the beauty of the surroundings, architecture that respects tradition; a warm and rich décor with utmost attention to detail and all types of services for all tastes, they can enjoy the **"ALDEAS" ASTURIAS RURAL QUALITY**.

Rooms with fireplaces to watch the dancing flames during the cold winter months; four poster beds and exquisite décor while also being cosy; some equipped with spas or hydromassage baths in many of their rooms; antique furniture that retain all their beauty or, other more contemporary ones but in-keeping with the surroundings and also offering catering services for travellers to fully relax.



## Rural Apartments

This form of accommodation is usually based on traditional Asturian architecture and they are normally equipped with a kitchen, lounge and bedrooms. They are designed to enable customers to live an autonomous and very free life, in in-keeping with the rural surroundings.



## Casas de aldea

These are autonomous and independent houses, that can be rented whole (customers rent the entire house, ideal for families and groups of friends) or shared (rented per bedroom), and they may or may not offer additional services. The architecture is normally typically Asturian, and they are normally located in traditional Asturian hamlets, which are both bucolic and pleasant.



## Rural Tourism Centres

These are holiday centres set in a rural environment, and offering accommodation services in one or more forms of rural tourism, located in geographic areas of special natural and rural interest, which are perfect for enjoying all that the area has to offer.



Finally, for those that like to live full rural experiences, integrating into the daily life of an Asturian countryside house, the best option is **AGROTURISM**. This category includes accommodation which, regardless of its speciality, is integrated in agricultural farms, therefore, apart from accommodation, guests can also take part in farming activities. Ideal for children and adults. Picking apples, feeding hens, learning to milk a cow, collecting products from the vegetable garden and a whole host of other activities enable travellers to fully understand everyday rural life in any village in this paradise called Asturias.

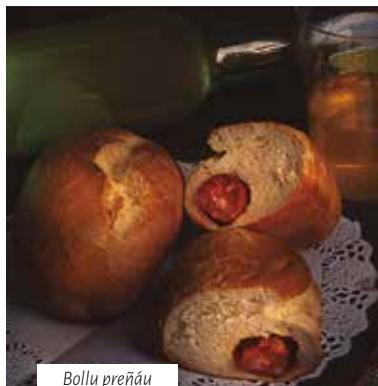


*More information at:*

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# Asturian words that all travellers wish to know

There are some words that are more common in everyday language among the people of Asturias than others, therefore, knowing them and understanding them will help travellers to not feel completely lost when someone says to them “*le presta*”, “*vámonos de espicha*”, “*no me chisques*” or that they should learn to “*echar un culín*”, for example. Here is a little sample of some of them that travellers should take note of, in order to confidently “integrate”, without blushing, into Astur territory. Words which, once remembered, will help travellers to better understand what they see, hear and feel in Asturias, which generously welcomes those who visit, prepared to fully enjoy it:



Bollu preñáu

- ▶ **Amagüestu:** A Festival that involves roasting chestnuts and eating them accompanied by sweet cider and which invites the entire neighbourhood to take part. It is a popular celebration held throughout Asturias during November and when the cold weather arrives.
- ▶ **Antroxu:** Carnival.
- ▶ **A esgaya:** A lot, a great deal, much.
- ▶ **Bar-tienda:** Bars, generally in rural areas, that used to also sell all types of goods. There are not many original ones left, although in recent years they are gradually appearing again in more modern formats.
- ▶ **Bollu preñáu:** A large bread roll cooked with chorizo inside.
- ▶ **Boroña:** Corn bread.
- ▶ **Branu:** Summer.
- ▶ **Caleya:** Neighbourhood paths within a village. Narrow street in a hamlet. Cobbled cart path. Mountain path. Rural path in small villages.
- ▶ **Caleyar:** To visit villages, walking along rural areas. To wander around aimlessly. To walk from one place to



Bar-tienda

another without doing anything. To roam from *caleya* to *caleya*.

- ▶ **Carbayu:** Oak.
- ▶ **Cegaratu:** Short-sighted.
- ▶ **Culín or culete de sidra:** Amount of cider served in a cider glass.
- ▶ **Chigre:** Village bar. Small inn. Old artefact used to uncork cider bottles.
- ▶ **Chiscar:** Splash someone with liquid. Spark or light a tinder or a wick with a blade. Light the fire with a pocket lighter.
- ▶ **Espichar:** Open a tank or barrel of cider and taste it.
- ▶ **Espicha:** Festive meeting held in the *llagares* where, apart from drinking cider poured straight from the barrels, products are eaten such as

Pouring cider



chorizo with cider, potato omelette, boiled eggs, shoulder of pork, pastries, bread or Boroñas preñadas (corn bread with chorizo inside), local cheeses or rice pudding. People eat and drink standing up.

- ▶ **Fame:** Hunger.
- ▶ **Fartón:** One who eats a lot. Glutton. Gobbler. Hog.
- ▶ **Fiestas de prau:** Religious pilgrimages, open-air popular festivals in villages.
- ▶ **Folgar:** Rest, repose, relax.
- ▶ **Frixuelos:** A typical dessert in Asturias made with flour, milk, eggs and sugar. Although it is served all year round, it is typical of the Carnival (*Antroxu* in Asturias) It has a savoury and sweet variety.
- ▶ **Gochu:** Pork.
- ▶ **Guah,je/a:** Boy, girl.
- ▶ **Güelu/a:** Grandfather, grandmother.
- ▶ **Iviernu:** Winter.
- ▶ **Llambión:** Those who love sweet things, those who love desserts.



Branu



Pitos Caleyá

- ▶ **Lloqueru:** Cow bell. Ram that carries the small bell in the flock of sheep.
- ▶ **Madreñes:** Wooden shoes with three heels to protect against the rain and mud. The *escarpín madreña* has a narrow opening and are worn with *escarpinos* (traditional woollen footwear). The *madreña de zapatilla* with a wider opening, are used with slippers.
- ▶ **Orbayu:** Gentle, persistent and light drizzle.
- ▶ **Pigacín:** Short nap.
- ▶ **Pitu/pita:** Rooster or hen.
- ▶ **Pitu/pita caleya:** Free range roosters or hens, fed on corn and grazing with other cattle on the meadows and eating along the paths in the villages in which they are located. Given their diet and the way they live, their meat is considered healthier and more expensive than normal chickens.
- ▶ **Prestar:** In Asturias, when an Asturian uses the verb *prestar*, it means that what they are referring to makes them extremely happy, content, pleased or simply that they like it. Here are some

examples: ¡Nun sabes lo que me prestó! (You have no idea how happy that made me!), or ¡Vaya cómo me prestó esa película! (Wow, I really loved that movie!) , ¿Prestote la comida? (Did you like the food?). Keep your ears peeled for this verb as Asturians use it often!

- ▶ **Seronda:** Autumn.
- ▶ **Pingarates:** Drops of a liquid.
- ▶ **Xana:** An Asturian nymph with golden hair that lives in the rivers and can only be seen on the night of San Juan, offering the treasures that are kept, nearly all gold, to those that disenchant them. It forms part of Asturian mythology together with other characters such as the *trasgu*, the *nuberu*, the *ayalga*, the *bruxa*, the *güestia* procession, the *cuélebre*, the *serenas* and the *busgosu*.
- ▶ **¿Esto qué ye?:** What is this?

# Asturias

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