



TRAVEL GUIDE TRIP TO BIODIVERSITY



NATURE, WILDLIFE AND RURAL LANDSCAPE
IN SPAIN AND ESTONIA



Since 2009, eleven rural areas in Spain represented by their corresponding Local Action Groups have been working together in the transnational cooperation programme “WOLF: WildLife & Farmers”.

The aim of the project is to promote measures and actions that make it possible for both livestock and wolves as an example of large predators to live together. The project WOLF, which now has additional joined members of Portugal, Romania, and Estonia, aims to boost sustainable development and maintain biodiversity.

Edit:
“Wolf, wild life & farmers”
project of the National Rural Network



In the past years, **the European wolf population** has changed so that from being a rare and endangered species, in some areas wolves have now grown to healthy numbers.

The current estimates for **Spain's wolf population are roughly 250 to 300 reproducing packs** with a total population ranging between 1,500 and 2,500 wolves making it the biggest wolf population in the whole of Western Europe.

A large part of that population can be found in the north-eastern quadrant of the autonomous communities of Asturias, Galicia, and Leon. Even though these regions are also inhabited by bear, their numbers are very low; however, it is possible to observe these animals via nature tour operators and specialised guides.

In Estonia, the wolf population is around 300, but in central Estonia in Järva County, this predator shares its territory with other beautiful animals such as bear and lynx that also roam the local forests, making it a highly rewarding destination for nature loving visitors

This growth of the population of wolves has brought along a development of various strategies that undertake the difficult task of achieving coexistence between farming, livestock rearing and wolves, without forgetting about the conservation of the species.

The presence of wolves and other large predators in general, in itself shows that the surrounding environment is of exceptional quality and that the rural areas are well preserved. However, this value will be even greater if we consider that only very few countries in the European Union still have these natural treasures of biodiversity coexisting with livestock farming.

This guide intends to showcase the quality of this biodiversity, the beauty of the countries and the value of the natural heritage of these rural areas in Spain and Estonia, focusing on wolves and large predators, with the aim to build a unique tourism product.

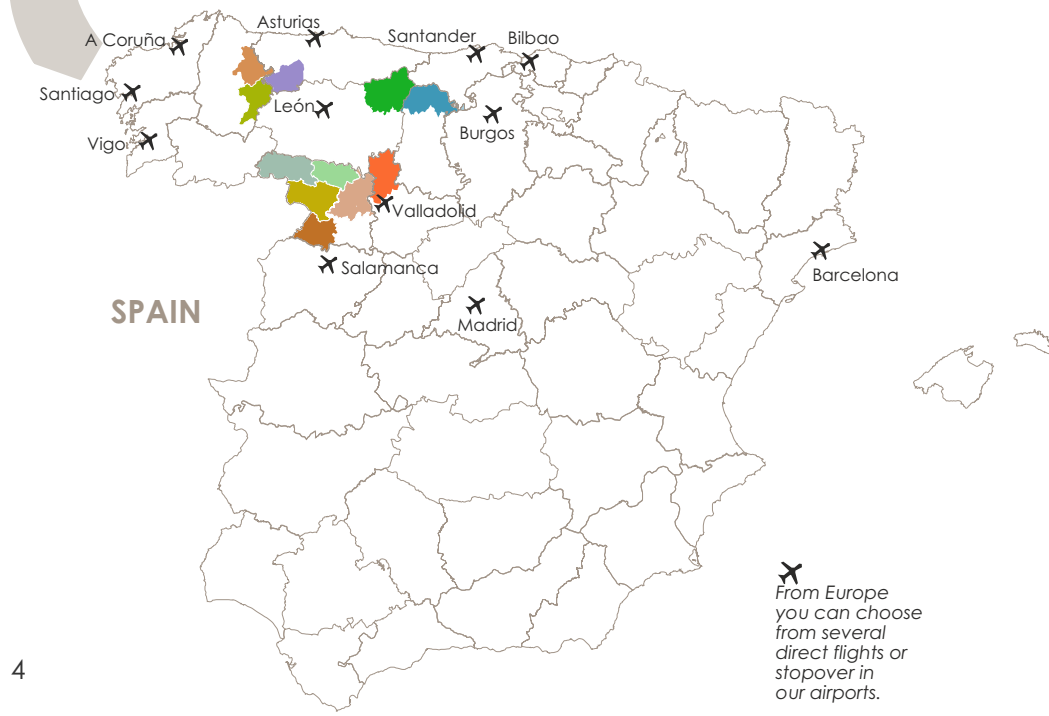
You will discover that the accommodation and nature tourism companies listed in this guide come from as diverse rural areas as Europe itself: there are mountains, large forests, plains and steppe lands, watercourses and riverbank forests. The listed service providers are the best starting point for learning about our regions and our heritage, cuisine, nature, and wildlife. You can find a roof in the middle of wilderness, enjoy observing wildlife and visiting emblematic places. Behind each of the products and services are a series of values that favour biodiversity, which are also key factors for preserving our territories.

Today it is possible to learn about these emblematic animals without interfering in their lives in areas that have a long tradition of wolf-related heritage. Moreover, you can also observe these predators in the wild in a way that is respectful to the animal.





ESTONIA



SPAIN

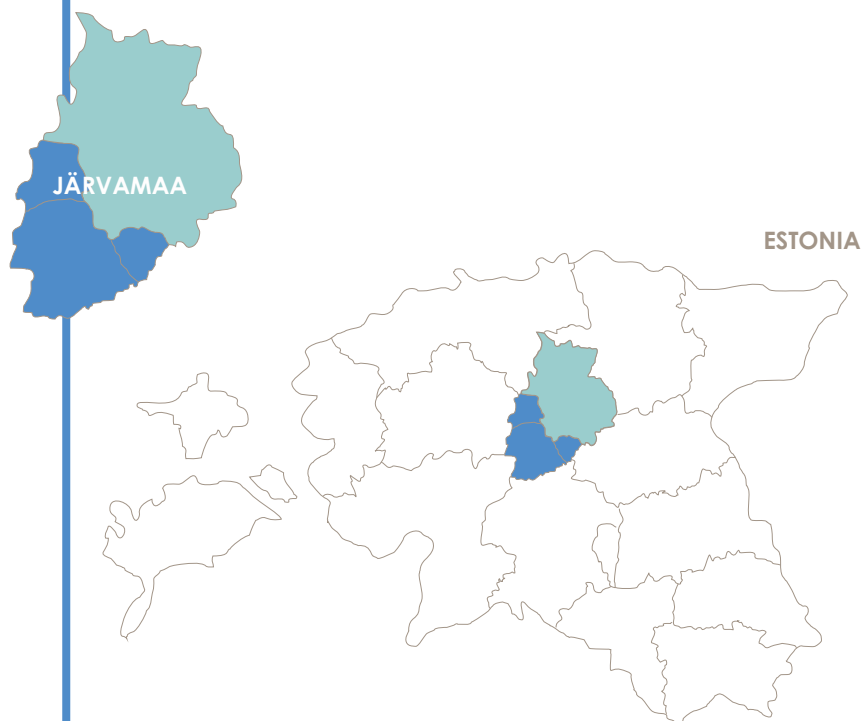
✈ From Europe you can choose from several direct flights or stopover in our airports.

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ESTONIA

LÕUNA JÄRVAMAA KOOSTÖOKOGU



The region of South Järva County in Estonia boasts untouched forests and bogs that invite you to enjoy the unspoilt and pristine local nature! The four seasons here showcase the true diversity that nature has to offer visitors year-round.

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Hiking trail in Kakerdaja raised bog

OUR NATURE. The area is characterised by the waived plains of the **Pandivere** hills that are brightened up by drumlins and eskers that alternate with numerous mires and raised bogs. The south of the region is enlivened by the small drumlin hills of **Türi** and the pine and primal forests near the village of Kabala.

The territory of **Kõrvemaa** in the north-east of the region is a mire plain, which till this day remains the least touched area, where the rolling drumlins, terminal moraine hills, kames and chains of eskers are called the plain mountains by the locals. The highest point is situated in Albu parish where Valgehobusemägi hill rises at 106,5 metres above sea level.

Järva County as a whole has quite shallow residual soils and is heavily karstified. The bigger karst areas are situated in the Järva-Jaani parish (Kagavere – Kuksema), in Ambla parish (Lüsingu), in Türi parish (Kurta), and in Kareda parish.

Järva County wouldn't be the same without its bogs, the largest of which is Epu-Kakerdi bog (363 km²), which lies on the boarder with Harju County and has numerous bog ponds and lakes. This area with its innumerable springs and bogs is an enormous freshwater reservoir, where a large part of the freshwater supply for the north of the country is produced. A big chunk of Järva County is taken up by the Pandivere water protection area and, **in total, more than half of the county is protected area, making its primal and untouched nature very appealing for visitors!**



Sopa spring



Many rivers are born in Järva County, including the Pärnu river, which is the longest in Estonia.

The biggest lakes are **lake Väinjärv** (41 ha) and lake Endla (20 ha), and the most remarkable springs are situated in the Endla nature reserve. **The Norra-Oostriku spring area** that consists of a dozen springs attracts attention in many ways: **the Sopa spring** is Estonia's deepest (4,8 m), whereas the spring lake situated just next to the Norra mansion, pumps out up to 1.3 million litres of water a day. **In Roona–Alliku there is the biggest spring lake in Estonia** (2.5 ha) that is also where the Pärnu river begins, and the local Prandi river also begins from a 1.4 ha spring lake by the same name.

There are many types of protected areas in Järva County: **the Endla nature reserve, the Kõrvemaa landscape protection area, the Pandivere water protection area, the Türi drumlins protection area, the Piiumetsa bog protection area, the river island in the town of Türi, oak groves in Rava and Päinurme villages, and the pseudotsuga wood in Purdi.** In addition, there are many parks, most of which surround beautiful manor houses.



Spruce forest

*The most common types of forests are **spruce** and **pine forests**, and the most widespread deciduous trees are **birch, grey alder, and aspen** among others.*

The region is rich in wildlife rarities.

In the forests, mires and raised bogs you can spot moose, roe deer, red deer, wild boar, brown bear, lynx, wolf, fox, raccoon dog, beaver, European otter, European polecat, stoat, least weasel, badger, European pine marten, hare, mountain hare, squirrels and other species.

There are many bird species that nest in the area, such as Eurasian sparrowhawk, grey partridge, corn crane, Northern lapwing, Eurasian curlew, common swift, woodpecker, Eurasian skylark, swallow, white wagtail, fieldfare, redwing, song thrush, typical warbler, Icterine warbler, spotted flycatcher, European pied flycatcher, parus, magpie, Western jackdaw, crow, common starling, common chaffinch, European greenfinch, European goldfinch, Common linnet, geese, golden eagle, black stork, not to mention numerous white stork nesting areas and many other bird species.





Fishing in the area is mainly recreational, and the most caught species is trout. In addition, it is possible to fish European crayfish. Pärnu river is one of the richest in different fish species where more than 30 species can be found, such as salmon, river trout, rainbow trout, European whitefish, European smelt, northern pike, eel, common roach, common dace, European chub, ide, common minnow, common rudd, tench, gudgeon, common bleak, silver bream, common bream, vimba bream, Crucian carp, carp, stone loach, burbot, three-spined stickleback, ninespine stickleback, zander, European perch, ruffe, straightnose pipefish, sea lamprey, and European river lamprey.

Having four clearly distinguished seasons is our great natural wealth!



More about us.....

This area has one of the richest soils in Estonia, which is why farms here have been passed down from generation to generation. Every year on the third Saturday of July local farms open their doors to visitors and introduce their life and activities to everyone who is interested in rural life.

Farms are mainly engaged in rearing cattle, dairy cattle, pigs, sheep, goats, chickens, etc. In addition, many different types of cereals, vegetables, root crops and berries are grown in the region.

The slogan of our area is
IT'S COMFY IN SOUTH JÄRVA COUNTY!

We respect and carry on the family farm tradition down from generation to generation.



ACCOMMODATION

NAME	ADDRESS	TELEPHONE	MAIL	WEB
Eistvere hunting House	Eistvere 72401 Imavere vald Järvamaa	+372 5027405	mati@hobemagi.ee	www.hobemagi.ee
Eistvere Manour	Eistvere 72401 Imavere vald Järvamaa	+372 5013370	merike.touart@gmail.com	www.eistvere.ee
Tori Manour	Tori küla Türi vald Järvamaa	+372 53633125	saerg@hotmail.com	www.puhkaeestis.ee/et/tori-moisa-kodumajutus
Veskisilla Hotel	Türi-Alliku Türi vald Järvamaa	+372 3857050	veskisilla@veskisilla.ee	www.veskisilla.ee
Metsajõe Holiday Home	Laupa küla Türi vald Järvamaa	+372 5140855	info@metsajoe.ee www.metsajoe.ee	
Kallisaba Holiday Home	Mägede küla Albu vald Järvamaa	+372 5236833	info@kallisaba.ee www.kallisaba.ee	
Allika Hiking House	Allika tn 4 Türi linn Järvamaa	+372 5112135	allika.matkamaja@gmail.com	www.allikamatkamaja.ee
MaaRitza Holiday Homes	Hariduse 15 Türi linn Järvamaa	+372 5142066	maaritza@maaritza.ee	www.maaritza.ee
Rae Holiday Home	Jändja küla Türi vald Järvamaa	+372 56694863	maoinvest@maoinvest.ee	www.maoinvest.ee/puhkemaj/
Vana Tall Guesthouse	Kooli 4 Väätsa Järvamaa	+372 53411290	astamaasikas@hotmail.com	www.hot.ee/kylalistemaja
Tagametsa Hunting Castle	Rassi küla Türi vald Järvamaa	+372 58619760	kodumetsa@gmail.com	www.tagametsa.ee
Imavere Tavern Guestrooms	Imavere Järvamaa	+372 56463044	info@imaveretrahter.ee	www.imaveretrahter.ee



Culture and traditions

The region has long culture traditions, where song and dance festivals have been organised for centuries. In the local culture centres there are many active folk dance and singing clubs, and children are encouraged to participate in handicraft workshops from an early age.



Arts and handicraft.

Handicraft is held in high esteem and many different techniques are practised. In local workshops, the knowledge is passed down from older to younger generations, and visitors are welcome to give it a go as well.



Museums, information centres and other sights of interest.

The area has a number of exciting museums, beautiful manor houses and many other places to explore.



Local food culture

The local gastronomy is based on respecting old traditional dishes, and also serving modern foods. Estonian food offers unforgettable experiences – it is prepared of local produce by master cooks, washed down with some local tipples, and accompanied by fun entertainment – all that is what makes up the local food culture.



Sports

There are many sporting facilities in the region where you can go skiing, ice skating, sledding, bowling, play pool, go kart racing, horse riding, visit the local skate-parks, rent a bike and take to the bicycle paths, giving a go at archery, bike racing, hiking, orienteering and other activities.

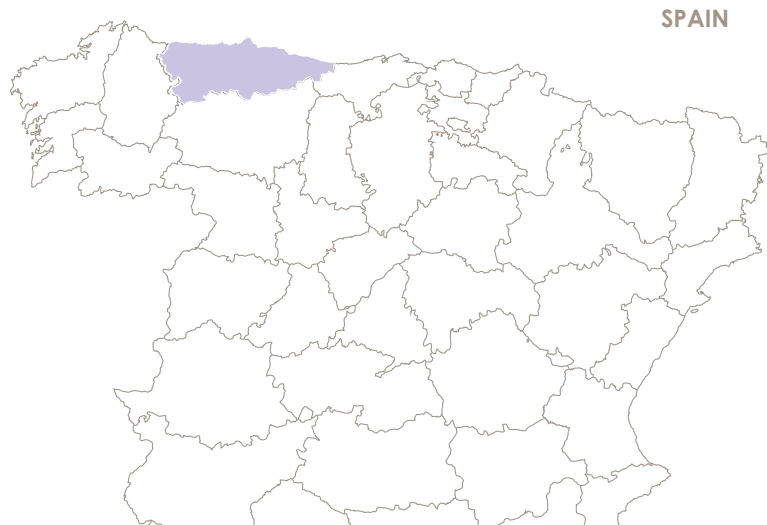
Welcome to Estonia and to South Järva County!

If you wish to visit us or have any questions contact us via email at:
wolfftourism.estonia@gmail.com

You are very welcome!

SPAIN

FUENTES DEL NARCEA



Fuentes del Narcea is situated in Asturias, which is considered the heartland of Green Spain. It is made up of the municipalities of Cangas del Narcea, Degaña, and Ibias.

Its age-old isolation has allowed maintaining large beech and oak forests in the region where such species as wolf, bear, or the Capercaillie live together with the inhabitants of hamlets scattered over the territory. In the nature park you can enjoy its hiking trails, outings to observe the local wildlife and many other unforgettable experiences.

CONTACT ASOCIACIÓN CENTRO DE DESARROLLO ALTO NARCEA MUNIELLOS
 TELEPHONE + 34 985 81 37 56
 MAIL info@altonarceamuniellos.org
 WEB www.altonarceamuniellos.org

Walking in wolf tracks. You can learn about wolf biology, issues of its conservation, local traditions, relations with man, projects for its study, protection and recuperation.

There are tours where you can explore old ruins of buildings meant for wolf hunting back in the day, discover wolf tracks and enjoy what the nature park of Fuentes del Narcea, Degaña and Ibias has to offer.



WILDLIFE WATCHING COMPANIES

NAME	ADDRESS	TELEPHONE	MAIL/WEB
QUEI VITORINO Experiencias Medioambientales	Tablado Degaña	659 55 50 77	experiencias@queivitorino.com www.queivitorino.com
NATUR Naturaleza y Turismo	Vega de Hórreo Cangas del Narcea	609 54 77 88	naturactivo@gmail.com www.naturactivo.net



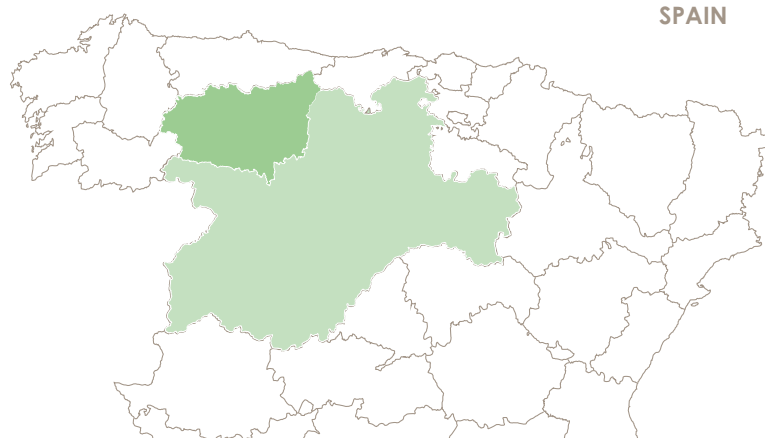
ACCOMMODATION

NAME	ADDRESS	TELEPHONE	MAIL	WEB	
CASA BERNARDO	Trasmonte Arriba - Cangas del Narcea	985 91 14 18	info@casabernardo.es	www.casabernardo.es	COTTAGE
CASA CHANOS	Dagüeño - Cangas del Narcea	985 92 14 69	casachanos@hotmail.com	www.casachanos.es	COTTAGE
CASA FUNSIQUÍN	Gedrez - Cangas del Narcea	985 91 13 30	funsiquin@gmail.com	www.funsiquin.com	COTTAGE
CASA LA FONTE	Oballo - Cangas del Narcea	663 98 73 35	apartamentoslafonte@live.com	www.apartamentoslafonte.com	COTTAGE
CASA MARIA CECILIA	Vega de Rengos - Cangas del Narcea	985 91 11 32	casamariacecilia@hotmail.com	www.casamariacecilia.com	COTTAGE
CASA MARIO	Posada de Rengos - Cangas del Narcea	985 91 11 98	info@casamario.net	www.casamario.net	COTTAGE
CASA VUELTA	Trascastro - Cangas del Narcea	985 92 16 11	c_vuelta@yahoo.es	www.casavuelta.com	COTTAGE
CASA XUAQUÍN	Moal - Cangas del Narcea	985 91 11 40	info@casaxuaquin.com	www.casaxuaquin.com	COTTAGE
QUEI VITORINO	Tablado - Degaña	659 55 50 77	casaruralqueivitorino@yahoo.es	www.queivitorino.com	COTTAGE
EL MIRADOR	Robledo S. Cristobal - Cangas del Narcea	657 21 30 31	info@casa-elmirador.com	www.casaelmirador.com	COTTAGE
LA CASA AZUL DE VILLACONEJO	Vega de Pope - Cangas del Narcea	985 81 24 78	info@villaconejo.com	www.villaconejo.com	COTTAGE
LA POSADA DEL CHANO	Posada de Besullo - Cangas del Narcea	610 346 595	laposadadelchano@hotmail.es	ww.laposadadelchano.es	COTTAGE
LA PUMARADA DE LIMES	Limés - Cangas del Narcea	985 81 14 07	ana@lapumaradadelimes.es	www.lapumaradadelimes.es	COTTAGE
VEGA DE HÓRREO	Vega de Horreo - Cangas del Narcea	985 91 88 68	ecotur@hotmail.es	www.ecotur.arrakis.es	HOSTEL
EL MIRADOR DE FUENTES DEL NARCEA	Moncó - Cangas del Narcea	985 91 11 04	elmiradordelnarcea@hotmail.com	www.elmiradordefuentesdelnarcea.es	HOTEL
RURAL HOTEL GENESTOSO	Genestoso - Cangas del Narcea	985 97 30 19	genestoso@genestoso.com	www.genestoso.com	HOTEL



SPAIN

MONTAÑA DE RIAÑO



SPAIN

This beautiful area in the province of León boasts an enormous geographical diversity, which is dominated by mountains and valleys towards the south of the province, flattening down into plains further north.

The diversity of its landscape turns the region into a perfect place for any kind of leisure tourism or active sports activities where on top of that you can enjoy an unequalled landscape.

CONTACT ASOCIACIÓN GRUPO DE ACCIÓN LOCAL MONTAÑA DE RIAÑO
 TELEPHONE + 34 987 74 07 78
 MAIL gerente@mriano.com
 WEB www.mriano.com



In spring and summer the remote and solitary **valleys of Montaña de Riaño are the best places in Europe for spotting wolves in their habitat.**

In this region you can observe these enigmatic animals without disturbing their everyday life. It's a unique adventure for those who enjoy wild animals and nature.

WILDLIFE WATCHING COMPANIES

NAME	ADDRESS	TELEPHONE	MAIL/WEB
WILDWATCHING SPAIN	Riaño	608 99 07 15	info@wildwatchingspain.com www.wildwatchingspain.com
CASAS DE MONTAÑA ALTO CURUEÑO	Paraje villafraía Lugueros	660 93 41 06	casasdeleon@gmail.com www.casasdelugueros.com



ACCOMMODATION

NAME	ADDRESS	TELEPHONE	MAIL	WEB	
CABAÑAS PATAGÓNICAS	C/ Viforco 19 - Maraña	987 74 00 64	patagonicos@gmail.com	cabanaspatagonicas.blogspot.com.es	COTTAGE
CASAS DE MONTAÑA ALTO CURUEÑO	Lugueros	660 93 41 06	casasdeleon@gmail.com	www.casasdelugueros.com	COTTAGE
EL SABINAR	Pza. República Argentina - Crémenes	987 71 10 58	estefania@elsabinar.net	www.elsabinar.net	COTTAGE
LA ERA	Ctra. Riaño-Oviedo km 13 - Lario	987 74 00 96		www.fontun.com/laera	COTTAGE
TÍA CELESTINA	C/ Cimadevilla - Redipollos	987 73 13 55	info@tiacelestina.com	www.tiacelestina.com	COTTAGE
PRESA	Avda Valcayo, 12 - Riaño	987 74 06 37	info@hotelpresa.com	www.hotelpresa.com	HOTEL
TIERRA DE LA REINA	Ctra. de Santander, 6 - Boca de Huérgano	987 74 01 00	correo@hoteltierradelareina.com	www.hoteltierradelareina.com	HOTEL

NATURAL HERITAGE

- Los Argüellos- Valdelugueros (Bioshere Reserve).
- National and Regional Park of Picos de Europa (SCI: Site of Community Importance and SPA Special Protection Area for birds)
- Rebollares del Cea (SCI: Site of Community Importance).
- Banks of the Esla and its tributaries (SCI: Site of Community Importance).

CULTURAL SITES

- Castle of Boca de Huérgano
- Romanesque portal in Siero de la Reina. Boca de Huérgano
- Castle of Villapadierna. Cubillas de Rueda
- Castle palace of los Álvarez Acevedo. Otero de Curueño - Valdepiélagos
- Raised granary in Posada de Valdeón
- Parish church of Lois. Crémenes
- Villa de Lois. Crémenes
- San Martín church in San Martín de Valdetuéjar. Valderrueda
- Palace fortress of Prado. Renedo de Valdetuéjar - Valderrueda
- Sanctuary of the Virgin of Velilla. La Mata de Monteagudo - Valderrueda
- Monastery of Eslonza. Santa Olaja de Eslonza - Gradefes
- Church of the Assumption. Villarmún - Gradefes
- Monastery of San Miguel de Escalada. Gradefes
- Nunnery of Saint Mary. Gradefes
- Foundry of San Blas. Sabero
- Fortified tower in Puebla de Lillo
- Military tower. La Vecilla de Curueño

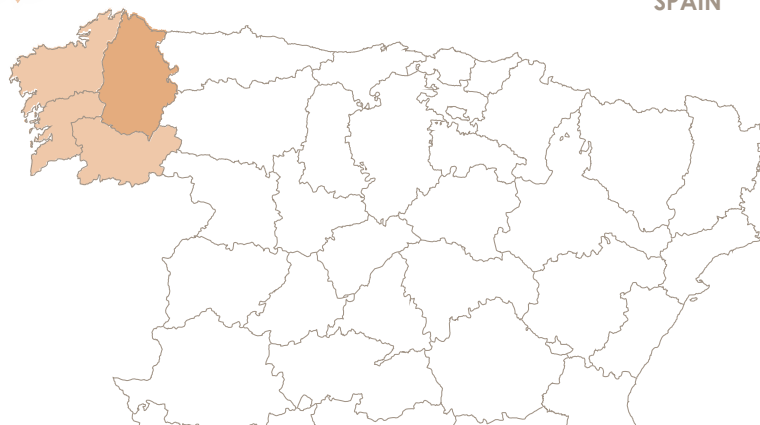
MUSEUMS AND OTHER ACTIVITIES

- Museum of the Iron and Steel Industry and Mining of Castile and León. Sabero
- Wildlife Museum. Valdehuesa - Boñar.
- Prioro and Riaño Ethnographical Museum.
- Regional Park of Picos de Europa. Guest houses in Puebla de Lillo and Lario.
- Boat tours on the Riaño reservoir



SPAIN

A MONTAÑA LUGUESA



Montaña Luguesa is situated in the province of Lugo in the cradle of the Eo and Miño rivers. The region's river ecosystems and low levels of contamination favour well-preserved surroundings, where a fraga thickets, beech forests and riverbank plants abound.

Among the populations of nutria and the Pyrenean desman, there are wild boars and deer with predators such as wolves and bears also roaming the area.

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MAIL gdr3montesevales@gmail.com
WEB Gdr3montesevales.blogspot.com



There are two biosphere reserves that run through the territory: **Oscos-Eo y Terras de Burón**, and **Terras do Miño** where you can enjoy hiking trails, and the local ethnographic and culinary heritage. For pilgrims, this area also serves as an entrance route to Santiago known as Camiño Primitivo or the "Primitive Way".

Wolf track watching and wolf spotting are possible in many corners of the territory, which you can combine with visiting the old "foxos" or "cortíns" that remind us of the old ways of people and wolves living together.



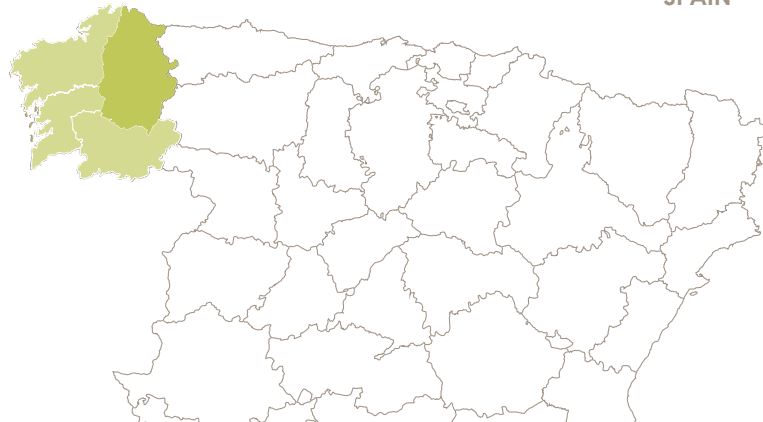
ACCOMMODATION

NAME	ADDRESS	TELEPHONE	MAIL	WEB	
CASA DO CABO	Braña - A Fonsagrada	982 15 47 84	info@casadocabo.es	www.casadocabo.com	COTTAGE
APTOS. VILARCHAO	Vilarchao - A Fonsagrada	982 15 44 96	apartamentosvilarchao@yahoo.es	www.apartamentosvilarchao.com	COTTAGE
CASA DA BASTIDA	Braña - A Fonsagrada	661 35 57 12	info@casoadebrana.com	www.casoadebrana.com	COTTAGE
O VENTORRILLO	Ventorrillo - A Fonsagrada	982 18 40 48	oventorrillo@hotmail.com	www.turismoruralenlugo.es	COTTAGE
CASA FIDALGO	O Machucho - A Pontenova	982 33 80 45	contacto@casadofidalgo.es	www.casadofidalgo.es	COTTAGE
CASA CAZOLEIRO	Grañanova - Meira	982 33 03 31	info@casacazoleiro.com	www.casacazoleiro.com	COTTAGE
HOTEL SAN BRIZ	San Briz - A Pontenova	982 34 23 89	hotel@hotelsanbriz.com	www.hotelsanbriz.com	HOTEL
HOTEL MONEDA	Avda. Baralla, 46 -Baleira	982 35 40 01	Info@hotelmoneda.com	www.hotelmoneda.com	HOTEL
HOTEL MIRADOR DE BARCIA	Ribeira de Piquín	982 33 36 41	info@hotelmiradordebarcia.es	www.hotelmiradordebarcia.es	HOTEL
CAMPING A FONSGRADA	A Fonsagrada	982 34 04 49	ximnasiovitruvius@hotmail.com	www.campingfonsagrada.com	CAMPING



SPAIN

ANCARES Y FOLGOSO DO COUREL



Ancares and Courel: these are two names that have their own authentic identities that revolve around nature, traditions and the coexistence between the local people and their environment. These two are without a doubt two of the most magical regions in Galicia where you can enjoy a great richness that it holds within – a phenomenal nature, remains and evidence of man working in his environment, culture and a thousand-year-old way of life.

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 MAIL gdr5ancarescourel@gmail.com
 WEB www.gdr5ancarescourel.blogspot.com



Just as in other parts of Galicia, this region was inhabited by various settlers, all of whom have left behind countless cultural remains.

There are numerous prehistoric limestone caves in Folgoso do Courel, and in Castros in villages such as Piornedo. Cervantes is a pre-Roman era hamlet where we can still see typical medieval houses, called "pallozas".

Dating to the Roman era, there are several settlements related to gold mining. You can also find Roman bridges or the remains of a Roman road XIX that connected the towns of Astorga (Asturica Augusta) in León, and Lugo (Lucus Augusti).





Evidence of the region's noble past in the medieval days can be seen in its castles, like that of O Carbedo in Folgoso do Courel (built by the Order of Santiago) or the castle of Doncos in As Nogais, and the castle of Doiras in Cervantes that guarded the entrance to Galicia by El Camino Real. There is also the castle of Navia in Pobra de Navia, and the fortified towers of Quindous and Donís, besides numerous country houses and stately homes. Also of a medieval origin is the "A Ponte Vella" bridge in Navia de Suarna, and the way many hamlets in the mountains are built.

The hamlets are one of the main appeals for tourists in the area. In general, they lie in higher parts on the sides of the mountains, facing south so that they are sheltered from the cold winds coming from the north. The houses are surrounded by small family vegetable gardens, and overlook the mosaic patterns of the local landscape of fields, "soutos" (chestnut forests) and pastures. An example of the balance between the human settlements and the natural environment can be seen in the traditional local houses that are built using local materials so that they have stone walls and thatched or slate roofs. The "pallozas" are the most traditional houses that are oval or elliptical in shape and have straw roofs where both people and livestock used to live.



Closely related to the traditional agrarian lifestyle in this region **there are innumerable unique architectural elements.**

This is how we can point out more that 600 raised granaries that can be found in the region of Ancares – these buildings have a square floor raised on top of four pillars made of wood or stone covered with a pyramid shaped straw or a more modern slab roof, which were used as pantries or storage space.

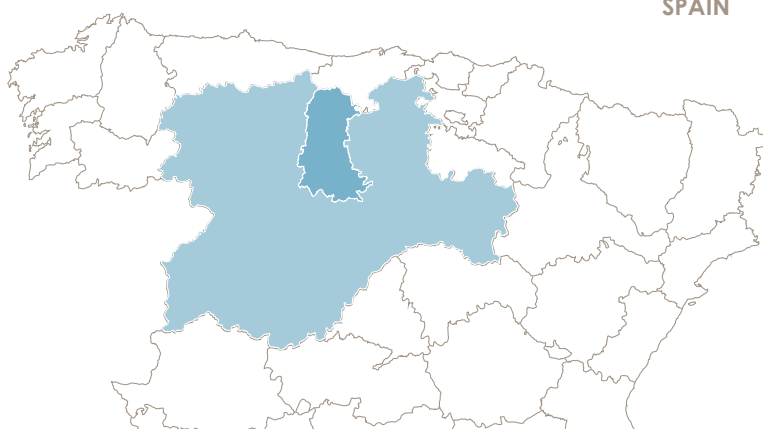


Mills for grinding cereal. "Los Sequeiros" in Folgoso de Courel were used for drying chestnuts, and shelter shepherds high up in the mountains where they drove the flocks to pastures in summer. You can also find **constructions with stone walls and a circular floor that were used to protect beehives from bear attacks and vermin.** Thanks to **the region's mining tradition it has a good number smithies**, the most remarkable of which is "Ferrería de Seoane" in Folgoso de Courel. The numerous churches such as Santuario do Cebreiro witness the passing of the French Way of the Camino de Santiago going through Pedrafita do Cebreiro.



SPAIN

MONTAÑA PALENTINA



Montaña Palentina is situated on the southern slopes of the Cantabrian Mountains displays an interesting diversity in many ways. Its geographic location that combines both ocean and Mediterranean characteristics makes the region stand out for its biodiversity, which is accentuated by the complexity of its geomorphology. Thanks to the high value of the elements that make up this diversity, half of this territory is covered with the Natura 2000 network: there are the Nature Parks of Fuentes Carionas, and Fuente Cobre - Montaña Palentina, as well as the protected areas of Covalagua and Las Tuerces.

CONTACT AGRUPACIÓN COMARCAL DE DESARROLLO MONTAÑA PALENTINA
TELEPHONE + 34 979 87 07 70
MAIL leadercal@montanapalentina.es
WEB www.montanapalentina.es

Nature tourism enjoys a privileged position in Montaña Palentina.

Experiences such as discovering wild birds in the very same forests where perhaps a brown bear was roaming the night before, or sighting birds of prey on a hillside where wolf cubs will play at nightfall, are those that can make you fall in love with this region.



Walking in the many tracks which among others bear, wolf, wildcat, and badger have left of the surroundings is undoubtedly one of the strongest appeals for responsible visitors and mature tourists.

WILDLIFE WATCHING COMPANIES

NAME	ADDRESS	TELEPHONE	MAIL/WEB
PIEDRA ABIERTA	San Martín de Perapertú	979 60 58 71	pedraabierta@pedraabierta.com www.piedraabierta.com/es
DOSAVES	Cordovilla de Aguilar	675 24 45 77	tino.dosaves@gmail.com www.convientonorte.com/dosaves
VICTOR PRIMO TAXI DE MONTAÑA	Cervera de Pisuerga	626 61 06 76	hostalpineda@hotmail.com www.casavictor.algomasquearte.com



ACCOMMODATION

NAME	ADDRESS	TELEPHONE
PIEDRA ABIERTA	Calle Real - San Martín de Perapertú	979 60 58 71
EL MAYORAZGO	Calle Real - Cordovilla de Aguilar	639 92 29 22
CASA PALACIO DE MAVE	Calle de la Iglesia - Mave	646 28 01 03

MAIL	WEB	
pedraabierta@pedraabierta.com	www.piedraabierta.com/es	COTTAGE
fino.dosaves@gmail.com	www.convientonorte.com/el-mayorazgo	COTTAGE
	www.casapalaciodemave.com	COTTAGE

If you further explore the landscape of little hamlets, where there are more than a hundred Romanesque monuments, you'll enter into a whole new dimension: that of Romanesque art that conveys medieval influences till the present day. **A high concentration of rural Romanesque architecture** is scattered between small hamlets surrounded by oak forests and meadows, on soft hillsides and by untamed streams.

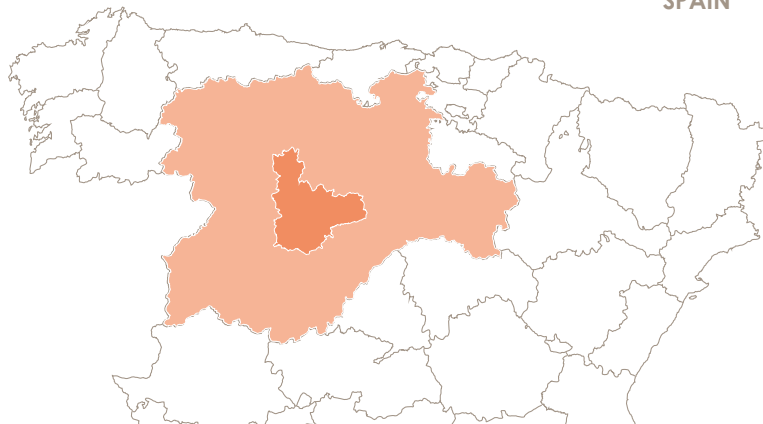
Nature tourism and low impact sports here are respectful activities that make for unforgettable personal experiences.

Nature tours are complimented by excellent accommodation facilities that offer magical locations with unique views, such as Parador de Cervera.



SPAIN

TIERRA DE CAMPOS ZONA NORTE DE VALLADOLID



SPAIN

Its 40 municipalities accommodate a population that barely reaches 10,000 inhabitants over its area of more than 1,120 km² of wide plains with an average altitude of 720 m. It is a steppe landscape where grain farming is what most identifies this natural region. The area is carved by the meandering beds of the Cea, Valderaduey and Sequillo rivers that belong to the watershed of the Duero. This vast plateau allows for the territory to be observed in a radius of 50 km, reaching 150 km on clear days, and at nightfall the beholder can experience a mesmerising sight as the landscape and the horizon melt together.

CONTACT

ASOCIACIÓN PARA EL DESARROLLO RURAL INTEGRADO DE TIERRA DE CAMPOS - ZONA NORTE DE VALLADOLID "ADRI VALLADOLID NORTE"

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WEB

www.tierradecampos - www.naturcampos.com



The low population density allows for this man-influenced area to preserve its natural heritage. For that reason, **the Natura 2000 network makes up 37% of the region with five special protection areas for birds:** La Nava-Campos Norte, La Nava-Campos Sur, Oteros-Cea, Penillanuras -Campos Norte and Penillanuras-Campos Sur that are home to one of the highest concentrations of bustard, Montagu's Harrier, and Lesser Kestrel in the EU.

In addition to these protected areas, there are also the riverbanks of the Cea, which are catalogued as SCI Site of Community Importance and function as a passageway between wolf inhabited areas in Sierra de la Culebra (west of Zamora), and the eastern edge of the León mountains.

Wildlife observation and interpretation sites. This territory possesses an excellent infrastructure for wildlife observation, since it is also a member of the TRINO project www.birdwatchinginspain.com

There are both bird-watching and landscape lookout points, such as the observatory of Tamariz de Campos by the Canal of Castile, plus the lookout points in Villalba de la Loma, Melgar de Ariba, and Herrin de Campos; in addition, there are three clearly marked and also georeferenced hiking trails within the Natura 2000 network areas where in Monasterio de Vega you can visit the Tierra de Campos Birdlife Interpretation Centre.



ACCOMMODATION

NAME	ADDRESS	TELEPHONE	MAIL	WEB	
EL ENCUENTRO	C/ Marceliano Serrano, 21 Villalón de Campos	983 74 07 67	info@casaruralelencuentro.com	www.casaruralelencuentro.com	HOTEL
EI RINCÓN DE DOÑA INÉS	C/ La Iglesia, Nº 2 Villanueva de la Condesa	983 75 60 67	info@rinconines.com	www.rinconines.com	HOTEL
FUERTE SAN MAURICIO	C/ Caño, 14 Palazuelo de Vedija	983 70 19 10	sansanv@hotmail.com	www.casaruralfortesanmauricio.com	HOTEL
LA HIDALGA	C/ San Pelayo, Nº 5 Villavicencio de los Caballeros	983 75 70 69	info@casalahidalga.com	www.casalahidalga.com	HOTEL
LA QUINTA DEL CANAL	C/ San Pedro, 11 Tamariz de Campos	983 76 04 23	clientes@quintadelcanal.es	www.quintadelcanal.es	HOTEL
VENTA DEL ALÓN	C/ San Juan, 6 - Villalón de Campos	983 74 09 51	ventadelalon@ventadelalon.es	www.ventadelalon.es	HOTEL

Rural and historical heritage. In Tierra de Campos clay is the element upon which the popular heritage of the region lies. The sun-dried brick and rammed earth walls hold up such emblematic buildings as huts, wine cellars and typical dovecots whose origin dates back to the Roman-era villages.

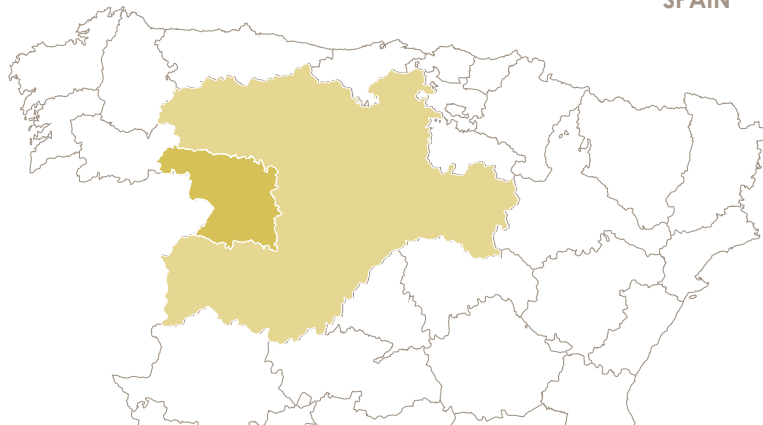
On top of the popular architecture and the Roman remains in Becilla de Valderaduey, the region is also proud of its religious art where the strong presence of Arab art in Christian churches called the Mudejar style is represented in the architecture and rich decorations of the religious buildings from between the 12th and the 16th century. This region could also easily be called the Museum territory, since it includes the Dovecot Interpretation Centre, an ethnographic exposition called "Tools of Yore", and the Museum of Cheese in Villalón de Campos. Nor can we forget the Bread Museum in Mayorga, which is the second of its kind in the EU, as well as the Interpretation Centre for Sustainable Hunting in Saelices de Mayorga, and the centres introducing the local festivities listed as tourism sites, such as those in Palazuelo de Vedija.

Farming and livestock rearing are without a doubt the motors of the region's economy. The cultivation of grasses, and sheep husbandry for milk production are the main activities and this is how the Land of Fields is also a land of pastures, where native Churra and Castellana sheep breeds are awarded the Protected Geographical Indication (PGI) seal "Castile and León suckling lamb". The region also produces outstanding cured and fresh cheeses made of sheep's milk, the most famous of which are called "Queso de Villalón" and "Pata de Mulo". Furthermore, the area is famed for growing the small brown Pardina lentils protected by the PGI "Pardina lentils from Tierra de Campos" and its exquisite wines from vineyards growing the Prieto Picudo variety, which is also added to the "Tierras de León" certificate of origin list.



SPAIN

ALISTE, TÁBARA Y ALBA



SPAIN

The regions of Aliste, Tábara, and Alba span the area of 2,025 km² bringing together 31 municipalities and 102 hamlets and villages situated in the north-east of the province of Zamora that in the north border with Sierra de la Culebra, in the south with the Duero, in the east with the Esla river, and to the west lies the border of Portugal.

CONTACT

ASOCIACIÓN PARA EL DESARROLLO DE ALISTE, TÁBARA Y ALBA
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adata.zamora@gmail.com

WEB

www.adata.es

Wild animals have found some of the most suitable areas for their survival here, the area having a wide population of partridge, rabbit, hare, birds of prey, wild boar, deer, roe deer, etc. Last but not least, **wolves have found a special habitat for themselves in Sierra de la Culebra** where one of the biggest or the biggest wolf populations in Europe can be found.



WILDLIFE WATCHING COMPANIES

NAME	ADDRESS	TELEPHONE	MAIL/WEB
LLOBU ECOTURISMO Y MEDIOAMBIENTE	C/ Real, 139 Robledo de Sanabria	679 8329 61 677 87 30 17	infollobu@gmail.com www.llobu.es
NATURALISTE	Calle Herradura N°4 Alcañices	646 56 07 02	a.naturaliste@gmail.com www.naturaliste.es
TURMA OCIO	C/ Hernán Cortés, 34 Zamora	980 16 18 54 616 00 18 10	turismo@turma.es www.turma.es
ZAMORA NATURAL	Zamora	655 82 18 99	info@zamoratural.com www.zamoratural.com



It is possible to go on tours where you can follow the tracks that wolves have left behind on these lands, and more fortunate visitors might even sight this predator in the wild, as well as visit some curious traditional buildings (the so-called "corrales") that were used by shepherds to shelter their sheep from wolf attacks.

ACCOMMODATION

NAME	ADDRESS	TELEPHONE
VENIATA	San Pedro de las Herrerías	980 68 33 78
POSADA REAL EL MOLINO DE LOSACIO	Ctra. Marquiz, s/n, bajo Losacio de Alba	980 59 60 11
CAMPING SIERRA DE LA CULEBRA	Carretera de Riomanzanas Figueroela de Arriba	980 68 30 20

MAIL	WEB	
info@ctrveniata.com	www.ctrveniata.com	COTTAGE
reservas@elmolinodelosacio.es	www.elmolinodelosacio.es	COTTAGE
reservas@elcampingdelasierra.com	www.elcampingdelasierra.com	CAMPING

Aliste, Tábara, and Alba: A land of contrasts.

The region has a wide range of different landscapes, where much of its area (more precisely 22%) is taken up by various Special Protection Areas for birds, and Sites of Community Importance, or both, which without a doubt prove that the area possesses fascinating ecological resources.

The **climate** here is predominantly continental, meaning that winters are long and cold, whereas summers are short and warm, and in spring and autumn there are big temperature contrasts. Within the territory itself there are small microclimates that in some areas allow growing olive trees.

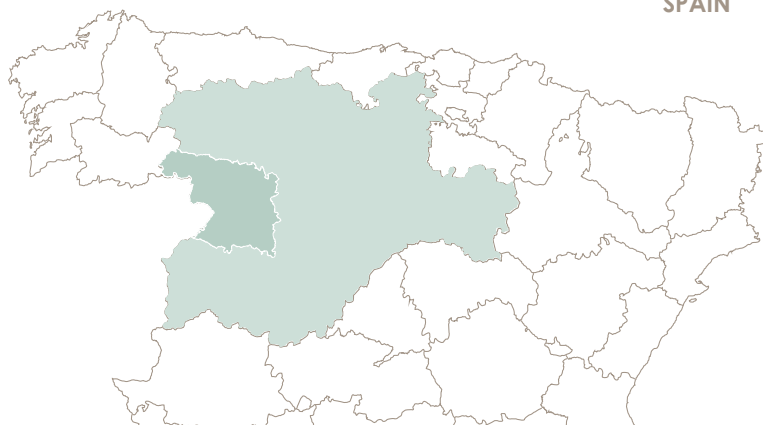
Roughly 25% of the territory's vegetation is of Mediterranean origin and is most commonly a **representation of reforested pines**, as well as forests of native origin, such as Portuguese and Holm oak forests, chestnut and oak groves, or even small cork oak woods. By the same token, you can also find an abundance of low hills covered with rockrose and heather.

From the geological point of view, the area can be considered an orographically complex zone that is characterised by stretches of mountains, valleys and plains predominantly having granite and slate that do not create the richest of soils, which is also why this landscape is more suited for forestry and livestock farming rather than agriculture.



SPAIN

SANABRIA Y CARBALLEDA



SPAIN

Sanabria and Carballada lies on the north-east of the Province of Zamora, forming the border with Leon in the north, and Orense and Portugal in the west.

The geography of the region is shaped by a large glacial valley that has formed large watercourses, strong forest masses, numerous lakes, as well as the biggest lake of glacial origin in Spain. This gives the region a unique landscape with enormous biodiversity, both in flora as well as in fauna.

CONTACT ASOCIACIÓN PARA EL DESARROLLO INTEGRAL DE SANABRIA
CARBALLEDA ADISAC - LA VOZ

TELEPHONE + 34 980 62 09 31

MAIL adisaclavoz@adisaclavoz.com

WEB www.adisaclavoz.com

The region of Sanabria and Carballada maintains all its natural splendour of a thousand-year-old ecosystem of oaks, chestnuts, alders, black poplars, ashes, birches, yews, hollies, and various types of fruit trees, where the region's culture and livestock live side by side with wolves, deer, roe deer, and wild boar, and also share the company of fox, badger, wildcat, nutria, genet and marten.



The nature park of Lago de Sanabria with its surroundings and Sierra Culebra stand out as natural highlights of the region where the traveller **can discover various hiking trails, go on outings to observe wildlife**, and undertake many other activities.

Do you know that the region of **Sanabria and Carballada is the European Union territory that has the highest wolf density** with 22 definite and 6 probable packs, reaching a total estimate of 200 wolves.

WILDLIFE WATCHING COMPANIES

NAME	ADDRESS	TELEPHONE	MAIL/WEB
LLOBU ECOTURISMO Y MEDIOAMBIENTE	C/ Real, 139 Robledo de Sanabria	679 8329 61 677 87 30 17	infollobu@gmail.com www.llobu.es
TURMA OCIO	C/ Hernán Cortés, 34 Zamora	980 16 18 54 616 00 18 10	turismo@turma.es www.turma.es

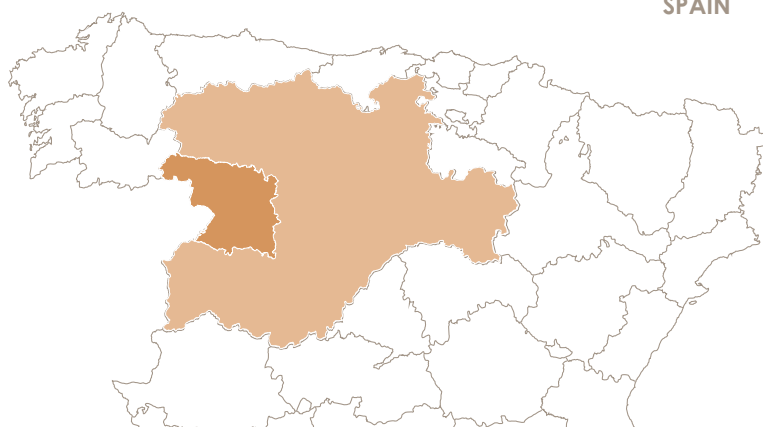


ACCOMMODATION

NAME	ADDRESS	TELEPHONE	MAIL	WEB	
CABAÑAS VALLECINO	Manzanal de los Infantes	690 03 34 57	casasdesanabria@yahoo.es	www.vallecino.es	COTTAGE
DOS INFANTAS	Ctra. Lago, 6 - Puebla de Sanabria	980 62 18 28	contacto@dosinfantas.com	www.dosinfantas.com	COTTAGE
EL MIRADOR DE SANABRIA	C/ Corredora - San Martín de Castañeda	980 62 20 09	elmiradordesanabria@gmail.com	www.elmiradordesanabria.com	COTTAGE
EL RECREO	C/ Corredoira - San Martín de Castañeda	980 62 20 06	info@elrecreodesanabria.com	www.elrecreodesanabria.com	HOTEL
EL RINCON DE TREFACIO	Ctra. San Ciprián, 2 - Trefacio	980 62 83 00	elrinco@helcom.es	www.sanabriaturismo.com	HOTEL
LA CARTERÍA	C/ Rúa, 16 - Puebla de Sanabria	980 62 03 12	posadareallacarteria@gmail.com	www.lacarteria.com	HOTEL
LA HOJA DE ROBLE	C/ Costanilla, 13 - Puebla de Sanabria	980 62 01 90	info@lahojaderoble.com	www.lahojaderoble.com	HOTEL
LA PASCASIA	C/ Costanilla, 11 - Puebla de Sanabria	980 62 02 42	lapascasia@gmail.com	www.lapascasia.com	HOTEL
LAS MISAS	C/ Plaza Mayor, 13 - Puebla de Sanabria	980 62 03 58	posadadelasmisas@gmail.com	www.posadadelasmisas.com	HOTEL
LA YÉNSULA	C/ Río Truchas, 17 - Puebla de Sanabria	980 62 02 87	reservas@layensula.es	www.layensula.es	HOTEL
SANABRIA	Ctra. Del Lago - Galende	607 70 03 44	apartamentossanabria@gmail.com	www.apartamentossanabria.es	COTTAGE
AGUALLEVADA	Ctra. Remesal-El Puente, Km. 4 - Paramio de Sanabria	980 62 17 03	aguallevada@gmail.com	www.aguallevada.com	HOTEL
EL SENDERO DEL AGUA	C/ Barrio Seco, 8 - Trefacio	666 46 22 14	elsenderodelagua@gmail.com	www.elsenderodelagua.es	HOTEL
EL PICO DEL FRAILE	Ctra. De Santa Colomba, 1 - Cobreros	980 05 70 21	info@picodelfraile.com	www.picodelfraile.com	HOTEL



SPAIN
SAYAGO



Sayago borders in the north with the region of Aliste, in the west with Portugal, in the east with Zamora and the "Land of Wine" Tierra del Vino, and to the south lies the province of Salamanca. The capital of the region is Bermillo de Sayago, which is nestled between the Tormes river in the south and the Duero in the north.

CONTACT ASOCIACIÓN PARA EL DESARROLLO ECONÓMICO RURAL INTEGRAL DE SAYAGO - ADERISA
 TELEPHONE + 34 980 61 02 09
 MAIL aderisa@aderisa.es
 WEB www.aderisa.es

The region of Sayago extends over an area of approximately 240,000 hectares, and boasts a wide range of landscapes and ecosystems, which can be divided according to their vegetation and soil, giving us the following areas:

Border Zone: it is made up of Arribes, which is formed by a set of canyons around the Duero bordering with Portugal and comprising the **Nature park of Arribes del Duero**. The bedrock in this area mainly consists of granite covered with scarce vegetation. Agriculture-wise, the area predominantly has olive groves, vineyards and fruit farms.



The Middle Zone: it is made up of a transition peneplain with **extensive dehesas** that are characterized by Holm oaks and scrublands, and where the main agricultural activity is livestock farming.

Eastern Edge Zone: This is a **flat area that has soils that are rich in clay and are mainly covered in fields**. As regards to towns and villages there are 57, among which the ones offering administrative services stand out.

As it appears from this description, **Sayago is mainly an agricultural area**; however, this "poverty" is also its great asset, since over a long period of time the local people have stuck to their customs and a way of life that can lead into a generation of development based on things that used to be common but today are unique.

For that reason, the Sayago region has a great future ahead.



ACCOMMODATION

NAME	ADDRESS	TELEPHONE	MAIL	WEB	
MARQUES DE LA LISEDA	C/ Requejo, 247 - Fermoselle	980 61 40 26	mliseda@helcom.es	www.mliseda.helcom.es	COTTAGE
LAS ARRIBAS	C/ Quebrada, 5 - Moralina	980 61 6 077	info@lasarribas.com	www.lasarribas.com	COTTAGE
LOS JERONIMOS	Peñas, 14 - La Tuda - Pereruela	980 55 12 40	info@losjeronimos..com	www.losjeronimos.com	COTTAGE
POSADA REAL	C/ Veronica, 8 - Villardiegua de la Ribera	980 61 80 79	info@lamuladelosarribes.com	www.lamuladelosarribes.com	COTTAGE
LA MULA DE LOS ARRIBES					

SAYAGO

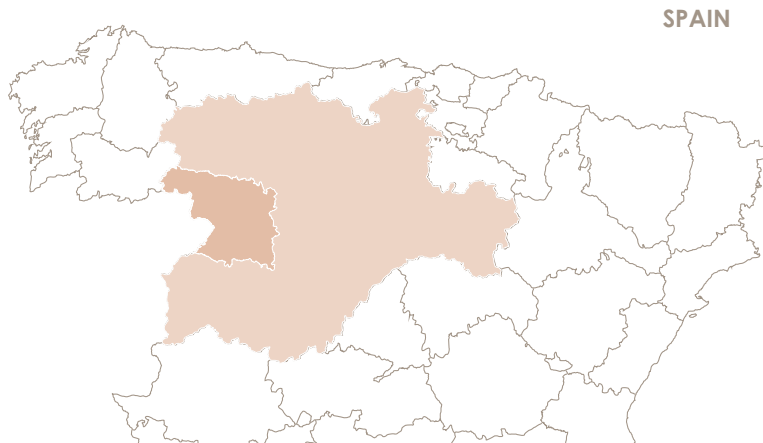


SAYAGO



SPAIN

TIERRA DE CAMPOS, PAN Y NORTE DUERO



It is a place where you can lose yourself contemplating the endless horizon, where the land and the sky merge into impressive views lightly brushed with flying birds. It is a land of earth and sun-dried brick where robust walls lead to cosy stays filled with hospitality towards the traveller.

CONTACT

ASOCIACIÓN DE DESARROLLO RURAL INTEGRAL PALOMARES
(VÍA DE LA PLATA - SALINAS - NORTE DUERO) "ADRI PALOMARES"

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MAIL

adripalomares@adripalomares.com

WEB

www.adripalomares.com

The Land of Fields, Bread and North Duero represent a strange symbiosis between the nature filled with life and the toil of its people in the farmland, which creates a whole that takes us back to a time where there was total harmony between man and nature. Fortunately, it has been preserved here unchanged.



As regards to wild animals, we can describe the areas as steppe plains where a wide array of species have found a perfect home. The landscape may make it seem as if the place is inhospitable for large and medium-sized mammals because of the lack of refuge created by vegetation and rocky hills.

However, in the past decades the number of wolves has risen, especially near Villalpando and in the vicinity of the Quintos bridge and la Estación de la Tabla where the animals are moving closer to the area of the nature reserve of Las Lagunas de Villafáfila in search of food. Natural protected spaces perfect for hiking and watching birds and Iberian wild fauna.

WILDLIFE WATCHING COMPANIES

NAME	ADDRESS	TELEPHONE	MAIL/WEB
ZAMORA NATURAL	Zamora	655 82 18 99	info@zamoratural.com www.zamoratural.com

The combination of steppe birds, such as bustard living together with wolves grant the region of Tierra de Campos – Land of Fields, Bread, and North Duero – a high tourist potential offering excellent bird and wildlife watching sites, especially if we keep in mind that the nature reserve of Las Lagunas de Villafáfila boasts one of the largest if not the largest population of bustard in the whole world.



ACCOMMODATION

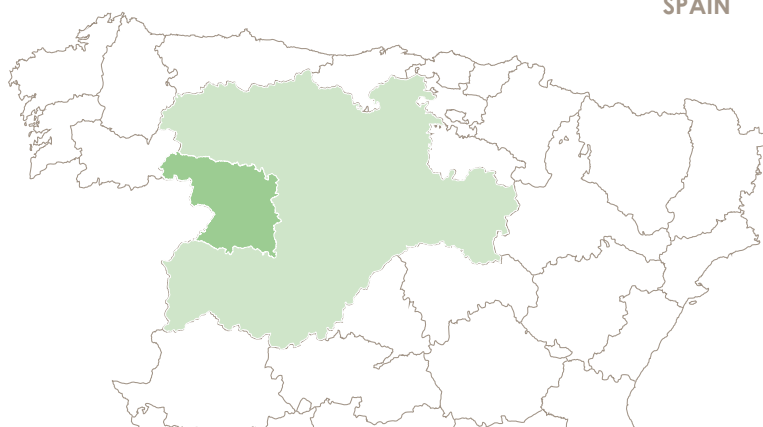
NAME	ADDRESS	TELEPHONE	MAIL	WEB	
ALTEJO	C/ Honda N°6 Manganeses de la Lampreana	980 58 90 10	altejo.com@hotmail.com	www.ctraltejo.com	COTTAGE
LA CASA DEL PUEBLO	C/ Iglesia, 16 Manganeses de la Lampreana	655 82 18 99	info@lacasadelpueblo.es	www.lacasadelpueblo.es	COTTAGE
LA HUERTA EL TORDO	Camino San Cebrían, nº 2 Manganeses de la Lampreana	980 58 90 80	info@lahuertaeltordo.es	www.lahuertaeltordo.es	COTTAGE
LA PALOMA	Calle Pajares, 29 Manganeses de la Lampreana	625 51 54 28	info@casalapaloma.es	www.casalapaloma.es	COTTAGE
EL RICÓN DE SAN CAYETANO	C/ Cercas de Santiago, 27 Villalpando	980 66 04 25 669 56 12 25	info@rincondesancayetano.com	www.rincondesancayetano.com	COTTAGE
LOS CONDESTABLES	C/ Real, 24. Villalpando	980 66 09 39	info@posadaloscondestables.com	www.posadaloscondestables.com	COTTAGE
LAGUNA DEL VILLARDÓN	Generalísimo,nº 18 Villarrín de Campos	980 58 02 25	lagunadelvillardon@yahoo.es	www.hotelrurallagunadelvillardon.com	HOTEL



The region's architecture, local cuisine, its festivities and traditions, and its natural surroundings all evoke reminiscences of a place we all have in our memory – it is where we lived in our childhood or it is a place we have heard our grandparents speak of, and thanks to the faraway industrial world of big cities and also the development initiatives like ADRI Dovecots it still remains safeguarded so that future generations could enjoy it as well.



SPAIN
VALLES DE BENAVENTE



The region of Valles de Benavente is situated in the northeast of the province of Zamora, and borders with the nature reserve of Sierra de La Culebra, making it the habitat of more than a dozen packs of Iberian wolves.

CONTACT ASOCIACIÓN PARA EL DESARROLLO INTEGRAL DE LAS MANCOMUNIDADES DE LA COMARCA DE LOS VALLES DE BENAVENTE "MACOVALL 2000"
 TELEPHONE + 34 980 64 39 10
 MAIL macovall@macovall.org
 WEB www.macovall.com



Fotos: LLOBU Ecoturismo y Medioambiente C.B.



There are also places on Community Interest of wildlife, leisure areas related to the riverbank areas and a number of archaeological sites (a traveller could start out in the centre of archaeology in Manganeses de la Polvorosa, then visit similar centres in Morales de Rey and Arrabalde, not forgetting to visit Sierra de Carpurias, and then explore Valle de Vídriales, where in the middle of the three villages of Santibáñez de Vídriales, Rosinos de Vídriales and San Pedro la Viña, there are ruins of Roman era campgrounds called Petavonium).

WILDLIFE WATCHING COMPANIES

NAME	ADDRESS	TELEPHONE	MAIL/WEB
LLOBU, ECOTURISMO Y MEDIOAMBIENTE	C/ Real Nº 139 Robledo de Sanabria	679 83 29 61 677 87 30 17	infollobu@gmail.com www.llobu.es

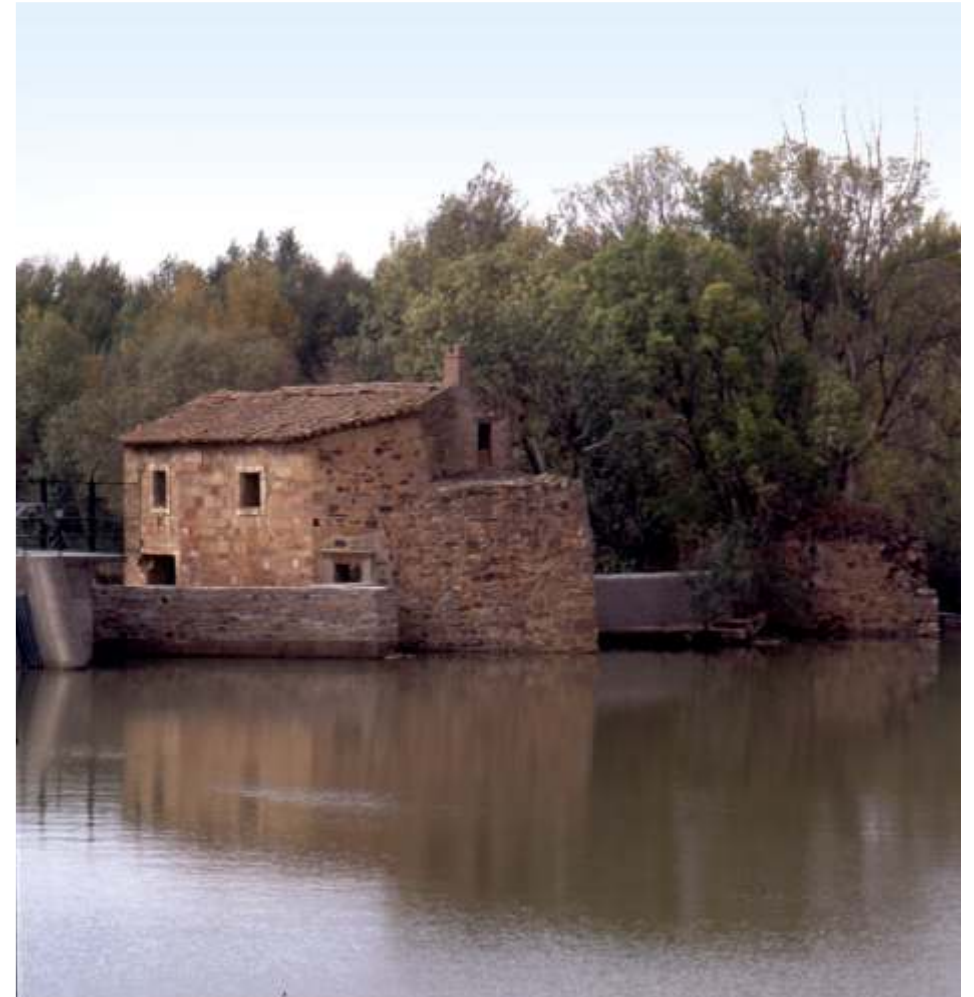
Our privileged natural heritage relies on rich biodiversity that includes many species that are without a doubt emblematic, such as wild boar, deer, roe deer, black kite, hawk that can be observed on the various hiking trails the region has to offer.

ACCOMMODATION

NAME	ADDRESS	TELEPHONE	MAIL	WEB	
CTR EL MOLINO	Camino La Presa Congosta de Vidriales	655 99 20 12	ctr.elmolino@hotmail.com	www.ctr-elmolino.es	COTTAGE
CTR VILLA MARTINA	Travesía El Rosario Villanueva de Azoague	980 63 82 83	villamartina1820@hotmail.com	www.villamartina1820.com	COTTAGE

The **traditional architecture** that is based on stone and clay has shaped the wine cellars and underground vaults where our forefathers used to preserve food and make their wine. Today, many of these constructions have been restored to house restaurants where you can taste various beloved regional dishes.

Another fundamental part of the local heritage is watermills that were used to grind grains to make flour.



Step back in time with us to land of wolf

The coexistence of man and wolf for thousands of years in our territories has brought about a culture and a way of life that is mirrored in our literature, stories and legends, landscape, popular architecture, and in many other aspects.

We offer you an opportunity to get immersed in our history and experience the eco-tourism routes that have been built around the ethnographic heritage created by livestock farming and wolves.

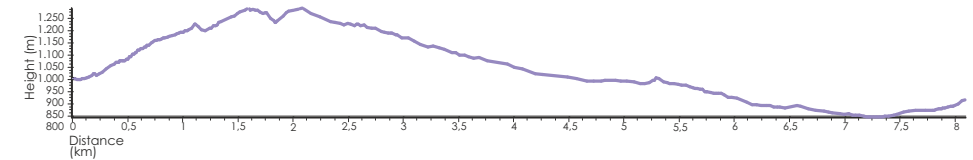
For that reason, you can visit "corralas" (shelters for livestock from wolves in the mountains), as well as various wolf trapping systems known as "foxos", "cortellos" and "calechus

A fun and original plan for your trip.

If you want more information you can consult our website
www.wolf-project.com

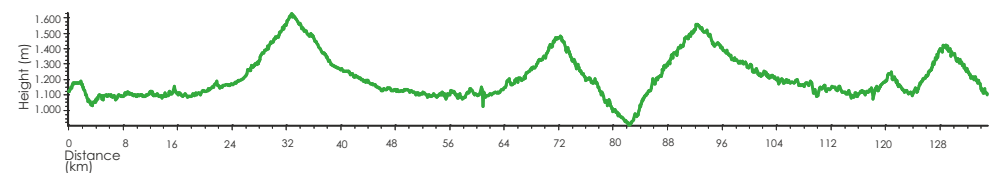
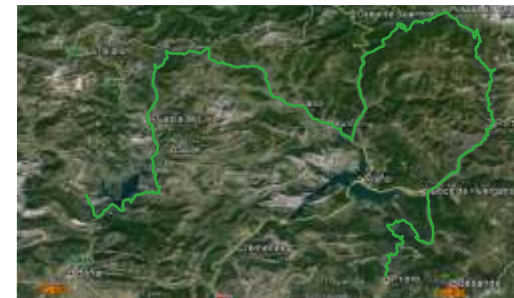


FUENTES DEL NARCEA Calechus of Tablado and Rebollar



Start: El Rebollar (Degaña - Asturias) - **Distance:** 8,2 km (5 mill) - **Ramp:** 442 m

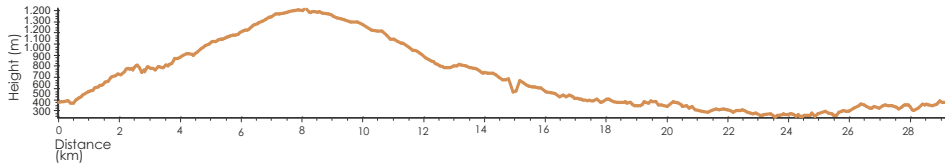
MONTAÑA DE RIAÑO Ethnographic route



Start: Prioro (Riaño - Zamora) - **Distance:** 134 km (83 mi) - **Ramp:** 722 m

A MONTAÑA LUGUESA

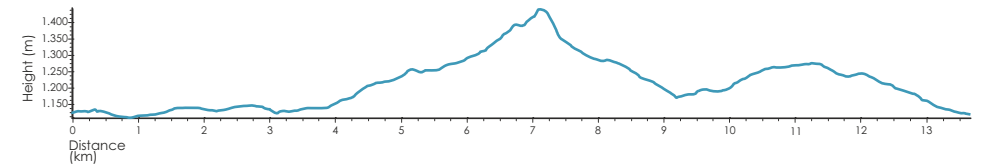
O Foxo Negueira



Start: Santalla (Negueira - Lugo) - **Distance:** 29 km (18 mi) - **Ramp:** 972 m

MONTAÑA PALENTINA

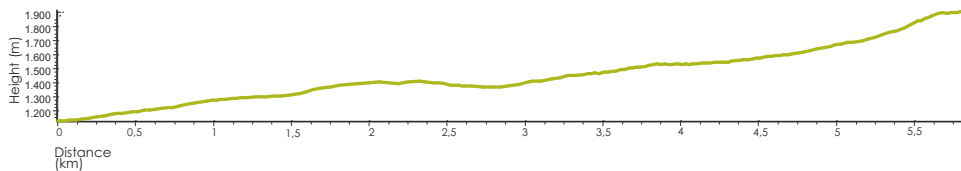
Watching wolves



Start: Guardo (Palencia) - **Distance:** 13,6 km (8,8 mill) - **Ramp:** 333 m

ANCARES Y FOLGOSO DO COUREL

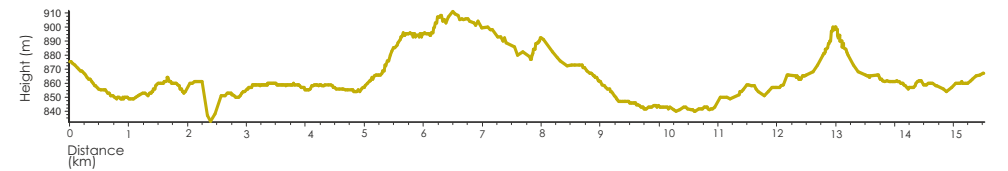
Foxo of Mostallar



Start: Piornedo (Cervantes - Lugo) - **Distance:** 5,7km (4 mill) - **Ramp:** 783 m

ALISTE, TÁBARA Y ALBA

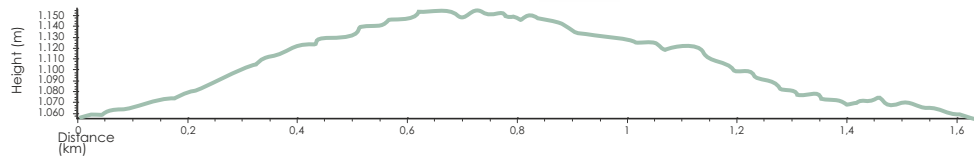
Corrales of Abejera



Start: Abejera de Tábara (Zamora) - **Distance:** 15,5km (9 mill) - **Ramp:** 78 m

SANABRIA Y CARBALLEDA

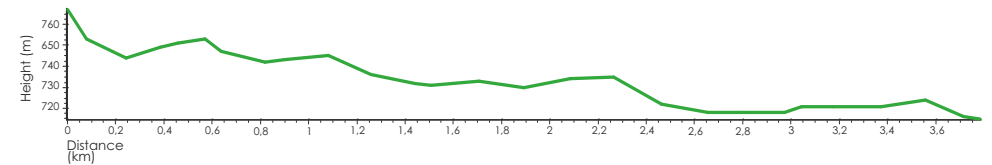
Cortello dos lobos



Start: Lubian (Zamora) - **Distance:** 1,4 km (1500 yd) - **Ramp:** 100 m

AVALLES DE BENAVENTE

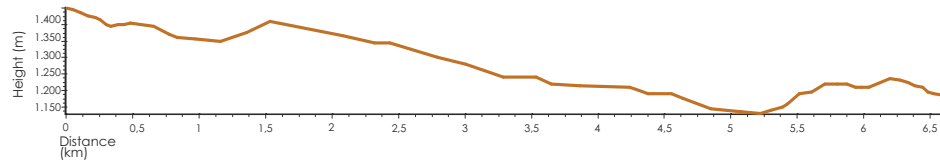
Corralas of Brime de Urz



Start: Brime de Urz (Zamora) - **Distance:** 3,8 km (2,5 mill) - **Ramp:** 52 m

SAYAGO

Chiviteros of Torregamones



Start: Torregamones (Zamora) - **Distance:** 6,6km (4,17 mill) - **Ramp:** 64 m





FINANCE



The European Agricultural Fund
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