



GUIDE TO TOURIST RESOURCES

Cantabria



Cantabria
Infinita

The Botín Center and Paseo de Pereda by the Santander bay

SANTANDER

Capital of Cantabria

Santander is a modern city of almost 200,000 inhabitants established on a bay facing south that is a member of the **Club of the Most Beautiful Bays in the World**. Ever-changing and magnificent, its image full of contrasts is determined by the light and the wind: blue when calm, grey when rough.

The tourist vocation of Santander originates from the mid-19th century with the first "**wave bathing**" on the beaches of **El Sardinero**. This was culminated with the summer holidays of the King and Queen of Spain between 1913 and 1930 when it became the summer court. This was the time of the city's greatest splendour which gave rise to its most representative constructions, the silhouettes of which remain radiant today: the **Royal Palace of La Magdalena**, the **Hotel Real**, and the **Gran Casino**.

Few cities can boast a number of beaches with such diverse characteristics: family, secluded, elegant, and sporting beaches. Peligros, La Magdalena, Bikini, El Camello, El Sardinero, Los Molinucos, Mataleñas, and La Maruca, which are attractive both in summer and in the mild days of winter and autumn.

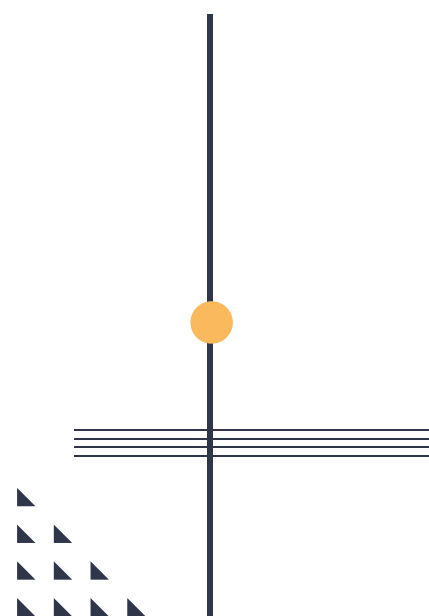


Its elegant parades and avenues (Pereda, Castelar, Reina Victoria) have the charm of a city that combines tradition and modernity and where nature is always present. It is complemented by a rich and varied cultural and artistic heritage.

Two events have marked the cultural development of Santander in recent decades: the **Universidad Internacional Menéndez Pelayo** and the **Santander International Festival**, which project the image of the city in other countries. More recently still was the inauguration of the **Centro Botín** of contemporary art, a project of Renzo Piano. Santander thus takes its place as one of Spain's favourite destinations for congresses and professional, social, and sporting events.



Peninsula of La Magdalena and beaches of El Sardinero



B L U E C A N T A B R I A

Coastal Landscape · Beach.
Seafaring Villages · Marine Tourism

Cantabria has over **two hundred kilometres of coast** with a great diversity of landscapes, alternating rugged cliffs, small islands, deep estuaries, bays, and beaches. Several of the natural spaces of the region lie on the seaboard: the Oyambre Nature Reserve, that of the Dunas de Liencre, the Costa Quebrada Geological Park, and the Nature Reserve of the Marshes of Santoña, Victoria, and Joyel. The Cantabrian coast has an interesting **network of lighthouses** situated on watchtowers and capes, and lively **seafaring villages** where history and tourism coexist in respectful harmony. In this vast space, coloured by the reflection of a changing sky, various **leisure activities** (fishing, diving...) **or sports** can be practised (sailing, rowing, surfing, windsurfing, kitesurfing...) which help to enrich the summer entertainment of our region.

Beaches

Some one **hundred beaches** with outstanding nature and landscapes succeed each other along the Cantabrian coast. Small quiet coves alternate with wide expanses of sand, surrounded by green meadows, rounded hills, or rippling mountains. **Most are of easy access** and the few that are not are better preserved.

Among the small ones the following stand out for their charm: Berellín (Prellezo), set between rocks and vegetation; Santa Justa (Ubiarco), with a lovely chapel lying between the folds of the cliff; Covachos, Portio, La Arnía, and Somocuevas, with steep cliffs on the so-called "**Costa Quebrada**". Among the large ones, the wild Langre, Comillas and Laredo for the family, the rocks and sands of Noja and Isla, or the spectacular Berria, fine enclaves for enjoying the waters.

Many of the beaches are suitable for surfing: Merón and Oyambre in San Vicente de la Barquera, Los Locos and La Concha in Suanes, Valdearenas and Canallave in Piélagos, Somo and Loredó in Ribamontán al Mar, plus those already mentioned of Ris (Noja), Berria (Santoña), and Salvé (Laredo) exemplify this sport in which Cantabria is a pioneer in Spain.

Berellín Beach
(Val de San Vicente)



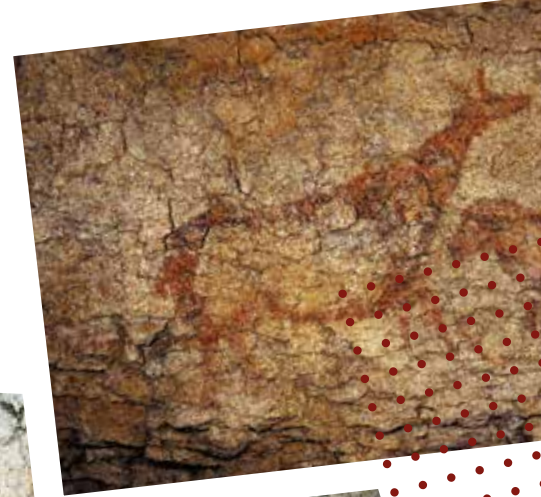
Seafaring villages

Several coastal towns of Cantabria played a important part in the history of trade and fishing and have recently become tourist centres. These are the so-called "Four Towns of the Coast": **San Vicente de la Barquera, Santander, Laredo, and Castro Urdiales**, which belong to the

Brotherhood which arose in about the year 1200 and lasted until the 18th century. These towns retain remains of medieval walls and have large churches which are witnesses to their powerful past. Although less important, other towns exist with a charming seafaring atmosphere such as **Comillas, Suances, and Santoña**, which is a reference in the fishing of the bocarte from which "Cantabrian anchovies" are produced..



El Pendo Cave
(Escobedo de Camargo)



Covalanas Cave (Ramales de la Victoria)



Chimeneas Cave (Puente Viesgo)

Neocave of Altamira



CULTURAL CANTABRIA

Cave paintings. World heritage caves

Cave paintings and UNESCO World Heritage Caves

Cantabria is rich in cave paintings with some 60 caves containing drawings, paintings, and engravings related to the largest series known as Cantabrian Palaeolithic Art, which extends from Asturias in the west to the Basque Country.

In 2008 nine Cantabrian caves were declared World Heritage Sites by the UNESCO: the set of cavities of the Monte Castillo (El Castillo, Las Monedas, Las Chimeneas and La Pasiega), in Puente Viesgo; Chufín, in Riclones (Rionansa); Hornos de la Peña, in Tarriba (San Felices de Buelna); El Pendo, in Escobedo (Camargo); La Garma, in Omoño (Ribamontán al Monte), and Covalanas in Ramales de la Victoria.

Altamira has been on this prestigious list since 1985. **A visit to any of these caves takes us back to the origin of prehistoric art.** Figures of animals, symbols, and complex geometric shapes conceal the spirituality and the mystery that those primitive humans captured on rock, the results of which have inspired 20th-century painters and poets.

According to a recent dating using uranium, the paintings of La Pasiega are among the oldest in the world (64,800 years) together with those of two other sites in Extremadura and Andalusia.

Neocave and Altamira Museum

The neocave at the Altamira National Museum was inaugurated in 2001. It is a life-size reproduction of the famous Hall of the Polychrome Paintings with a precision of millimetres. It was produced by using techniques of laser measurement, numeric control to reproduce the rocks; and primitive techniques and materials –oxides, earth, fats, handcrafted brushes– so as to paint by hand. These installations allow us to appreciate how the cave was when groups of hunter-gatherers lived in it. **The Great Ceiling** has reproductions of bison, horses, hinds, goats, and numerous signs, the oldest of which date back some 30,000 years and the most recent, the famous polychrome paintings, some 15,000 years.

The permanent exhibition "The times of Altamira" represents a very complete collection of the Palaeolithic with pieces both from this cave and from other archaeological sites of Cantabria.

Discovered in 1879 by Marcelino Sanz de Sautuola and his daughter María, the original cave was opened to the public in 1917 to become one of the most visited destinations in Spain and a Cantabria tourist icon. Closed in 2002 after problems of preservation were detected; it is currently open for experimental visits so as to assess the impact of human presence on the paintings.

CULTURAL CANTABRIA

Museums · Architectural heritage

Museums

The museums of Cantabria, storehouses of memory, present several interesting alternatives in various fields: prehistory, ethnography, nature, oceans, arte...

All are witnesses of a glorious past, the legacy of which allows the study and dissemination of the heritage of one of the most significant Spanish regions in the history of art. At the **Altamira National Museum** we will travel back in time; at the **Muriedas Ethnographical Museum** we will get to know the traditional country way of life; and at the Cantabria Nature Museum in Carrejo the various ecosystems; religious art of Cantabria can be seen at the **Regina Coeli Diocesan Museum** in Santillana del Mar.

The **Cantabria Maritime Museum** and the **Prehistory and Archaeology Museum** in Santander exhibit everything related to the sea and prehistory respectively. Finally, the **Casona de Tudanca**, the birthplace of the writer and scholar José María de Cossío, contains brilliant pages of the history of Spanish literature and of Cantabria.

Collegiate Church of Santillana del Mar





Capricho de Gaudí (Comillas)

Architectural heritage

Almost thirty centuries contemplate the "recent" history of Cantabria, a region with a place name meaning "**territory of the mountain man**". It was very well known in antiquity owing to the indomitable cántabro warriors who defied Rome for long periods. The Roman settlement of Juliobriga (1st century B.C.) in Campoo is the first of the manifestations of civil, military, and religious architecture. For centuries Cantabria would be filled with large houses and mansions, towers, castles, and Christian churches of all sizes and styles. Of the former, fine examples include the Neo-Gothic mansion of **Sobrellano** and the modernist building **El Capricho de Gaudí** in Comillas; or the baroque mansions of **Soñanes** in Villacarriedo and Elsedo in Pámanes. Of the latter the Castle of El Rey in San Vicente de la Barquera, the castle-lighthouses of Castro Urdiales and Argüeso, and the towers of Linares in Estrada and Pero Niño in Llano stand out. Fine religious architecture includes the Mozarabic church of Lebeña, the Romanesque **collegiate churches of Santillana del Mar, Castañeda, Cervatos, and San Martín de Elines**, and the Gothic church of Castro Urdiales.





DELICIOUS CANTABRIA

Gastronomy · Quality Foods
Michelin stars

The privileged geography of Cantabria, with its deep valleys, its rivers and mountains, and its being bathed by the sea gives it a natural larder of foods of excellent quality from both the sea and the land. **The richness and diversity of its products, which are created in the traditional manner**, make Cantabria ("La Montaña") a special place for tasting the most exquisite gastronomic delicacies **with five quality brands**.

Cheeses play a leading role with three protected denominations of origin: Bejes-Tresviso picón, Cantabria cream cheese, and quesucos of Liébana. The **sobao pasiego** sponge cake and the **meat of Cantabria** make up the two protected geographical indications of the region. Various foods are sold as **Controlled Quality** brands (the potatoes of Valderredible, the peppers of Isla, and the pomace brandy or honey brandy of Liébana), **Organic Agriculture and Local Wines of Cantabria** complete the roll of honour of Cantabrian gastronomic products. Although they lack a controlled quality brand, the cheesecake of the Pas Valley and canned anchovies and bonito are also prestigious products in great demand. Regional culinary delicacies which can be sampled in the restaurants include the seafaring hotpot on the coast and the **mountain stew** and **lebaniego stew** in the inland villages.

In Cantabria there are six restaurants with Michelin Stars which hold eight stars in all, together with 12 establishments which have been awarded Repsol Suns. The **Cantabria Quality Club includes** a select group of restaurants and accommodation establishments which offer the traveller new culinary experiences.

D I V E R S E C A N T A B R I A

Districts of Cantabria

The territory of Cantabria is characterised by its variety; high mountain landscapes and valleys and coastal landscapes alternate in a surprising succession of shapes and colours. The various districts of Cantabria with their special features make up a homogeneous whole that is most attractive.

Asón-Agüera

In the east of Cantabria. It includes areas of great environmental value such as the Collados del Asón Nature Reserve. In the interior of the district can be found one of the most important cave systems of the Iberian peninsula, the River of Silence with its 53 kilometres of galleries in the municipality of **Rasines**. That of **Ruesga** has been declared a Site of Geological Interest. Its main towns are Ramales de la Victoria, Ampuero, and Limpias.

Besaya

From the River Besaya roads have reached La Meseta since ancient times, as is borne out by the remains of the **Roman road** between Somaconcha and Pie de Concha. All along the river between Reinosa and Suances there are many **Romanesque churches** such as those of **Yermo** and **Silió**. The district capital is Torrelavega and the important towns are Los Corrales de Buelna, Las Caldas, and Bárcena de Pie de Concha.

Campoo Los Valles

A district of transition to the Castilian plateau with its capital being Reinosa; it is interesting historically (the Roman ruins of Juliobriga) and for its art. It has the **most valuable ensemble of Romanesque religious architecture of Cantabria**, fine cave chapels, and the Alto Campoo Ski Resort. The **River Ebro** has its source at Fontibre.

Santander and the surrounding area

This area has a very dense population with towns such as **Astillero**, **Camargo**, **Santa Cruz de Bezana**, and **Piélagos**, and valuable natural landscapes such as the "Costa Quebrada" and the Nature Reserve of the Dunes of Liencres. The Cabárceno Nature Reserve is located here.

Central Coast

The Central Coast of Cantabria extends from Miengo west of Santander to Comillas. This area shows a perfect symbiosis between nature and man's creations with many of its towns being of **historical and monumental importance**. The magical and medieval **Santillana del Mar**, the aristocratic and modernist **Comillas**, the monastic Cóbreces, the outstanding Ruiloba and Novalles, or the exceptional beaches of Suances, Mogro, and Usgo are some examples.

East Coast

A fishing district which is now orientated towards tourism. **Laredo** and **Castro Urdiales** are towns which stand out owing to their historical and artistic ensembles and their fiestas: the **Battle of Flowers** and the White Bullring.



D I V E R S E C A N T A B R I A

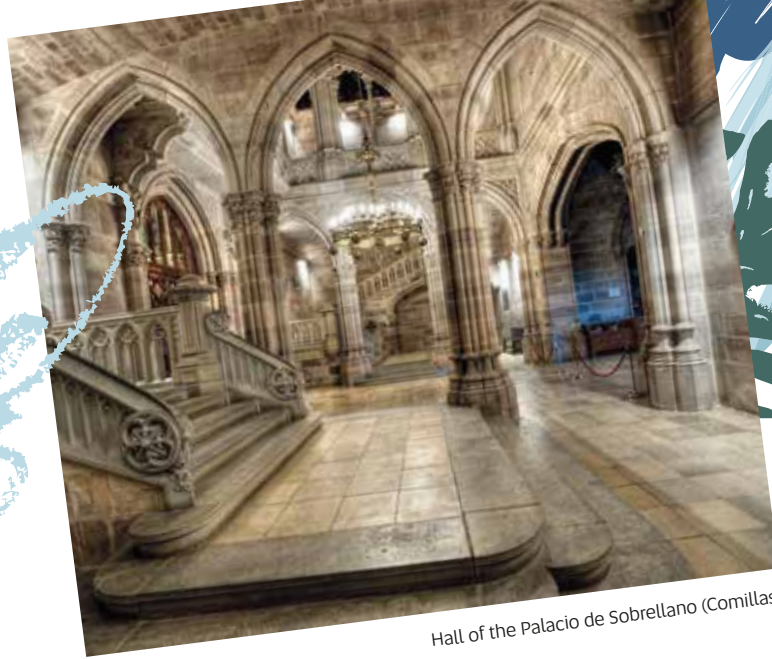
Districts of Cantabria

Liébana

Owing to its rugged relief this district has a personality of its own and a **microclimate** that allows vines and cork oaks to be cultivated. Potes is its capital. The **Monasterio de Santo Toribio** and the **Fuente Dé cableway** in the **Picos de Europa** are its main tourist resources.

Mozarabic church of Lebeña with the Cueto del Valle peak in the background





Hall of the Palacio de Sobrellano (Comillas)

Pas-Pisueña-Miera

The **valleys of the Pas** district constitute the most unusual district of Cantabria. The special traditional way of life of their inhabitants created this landscape of **huts** which together with **panniers** are the distinguishing elements of this culture, which can be observed in the villages of **Vega de Pas** and **San Pedro del Romeral** (the basin of the River Pas) and **San Roque de Riomiera** and **Liérganes** (basin of the Miera).

Saja-Nansa

This district combines the **environmental value** of its landscapes (the Saja-Besaya and Oyambre Nature Reserves) with traditional historical and artistic ensembles such as **Carmona**, **Bárcena Mayor**, and **Tudanca** which have scarcely changed in recent decades. At **San Vicente de la Barquera** the magnificent landscape merges with its seafaring tradition and gastronomy. Near Rábago is the **El Soplao cave** which should not be missed. The most important town is Cabezón de la Sal where the **"Route of the Foramontanos"** to the Meseta begins.

Trasmiera

This historical district originates from the ancient Merindad de Trasmiera. It extends between the bay of Santander and Santoña and includes very diverse beaches (Somo, Loredo, Langre, Isla, and Noja) on which to practise **surfing** or **sailing**, golf (Pedreña and Noja) and cultural and gastronomic tourism (Santoña). Owing to its ecological value the estuary of the River Miera (Ría de Cubas) is part of the 2000 Natura Network.



CANTABRIA FOR FAMILIES

Places to visit with children

Cantabria has many possibilities for **family travel**.

We give you some ideas in the knowledge that the traveller will find others just as satisfactory.

In the open air we find the **Cantabrian towns** of Argüeso and Cabezón de la Sal where the life and customs of the primitive Cantabrians are reproduced; the **ruins and the Domus** (a replica of an ancient Roman house) of Juliobriga in Retortillo (Campoo); the **Fuente Dé cableway** in the central massif of the Picos de Europa which reaches an altitude of 1,800 metres; the ski resort of **Alto Campoo** in Brañavieja; the Twelfth Night procession and the zoo of Santillana del Mar; the fiesta of **La Vijanera** in Silió; and the **landing of Charles V** in Laredo. Santander also has many possibilities for children: the **Parque de La Magdalena** alongside the Palacio Real with extensive play areas and a tourist train; boat trips in the bay; and the festival of **wave bathing** at El Sardinero.

If it rains there is nothing better than **visiting any of the museums of the region**: the Neocave and Altamira Museum (Santillana del Mar), the Cantabria Nature Museum (Carrejo), the Cantabria Ethnographical Museum (Muriedas), the Cantabria Maritime Museum, or the Cantabria Prehistory and Archaeology Museum in Santander. Likewise the El Soplao cave (one of the most important in the world owing to its complex eccentric formations) in Rábago, which is reached by a mining train, is another unforgettable experience for children. Alternative indoor activities are also provided by the interpretation centres of the Casa de la Naturaleza of Liébana and the nature reserves of Oyambre Nature Reserve, the Pasiego Valleys, Campoo los Valles, the Collados del Asón Nature Reserve, and the Nature Reserve of the Marshes of Santoña, Victoria, and Joyel.



Ski resort (Alto Campoo)



Cantabria Maritime Museum (Santander)



FAMILY CANTABRIA

Cabárceno Nature Park

The **Cabárceno Nature Park** holds animals from the five continents in **semi-freedom** and aims to reproduce the habitat of each species so as to facilitate its adaption and improve its welfare. Bears, elephants, tigers, lynxes, giraffes, ostriches, zebras, hippopotamuses, rhinoceroses, and lions roam freely in front of the visitors. The **gorilla's enclosure** is noted for being the largest in Spain and takes part in a world conservation and breeding programme. At 17 kilometres from Santander the Cabárceno Park occupies some 750 hectares. It has two entrances, one in Obregón (west entrance) which is generally more crowded, and another in Cabárceno (east entrance).

Visitors arrive in their cars and can freely explore the network of roads in the reserve, a **hiking circuit**, and a **cable-car** installation so they can enjoy nature, the animals, and the exceptional landscape.

The park has a **farm** and an environmental **education classroom**, a **space for demonstrating the flight and hunting techniques of birds of prey**, another for exhibiting sea lions, a reptile house, catering facilities, and souvenir shops. The **characteristic reddish hue** of the karst landscape of the park is due to the presence of iron, which was mined from the time of the Romans until recent years.

One of the main objectives of the park is to **develop conservation and breeding programmes for threatened species** such as the African elephant, the tiger, the brown bear, the gorilla, the European bison, and the white rhinoceros. The premium visit known as "**Visita Salvaje**" allows visiting areas of the park not normally accessible in the company of specialised guides.







Trasmiera Ecopark

NATURAL CANTABRIA

Protected Natural Spaces

Cantabria's natural environment is very varied. Its 5,000 square kilometres include all landscape types from beaches to peaks of over 2,600 metres. Rugged and divided by valleys and sierras, the region located between two geographical features which bear its name (the Cantabrian Sea and the Cantabrian Mountains) is a natural spectacle.

Protected spaces

Cantabria has a National Park (**Picos de Europa**) and five nature reserves: **Oyambre**, **Saja-Besaya**, **Dunes of Liencres**, **Marshes of Santoña**, and **Collados del Asón**.

The **Oyambre Nature Reserve** includes complex coastal ecosystems with beaches, estuaries, cliffs, and pasturelands, where the livestock coexists with many aquatic and migratory birds.

The **Saja-Besaya Nature Reserve** is an area of forest between the two rivers from which it takes its name. Its oak and beech woods are very well preserved; it is part of the largest national hunting reserve in Spain.

The **Dunes of Liencres Nature Reserve** is a fragile ecosystem between the sea and the estuary of the River Pas. It consists of beaches, dunes, cliffs, and woodland.

The Nature Reserve of the **Marshes of Santoña, Victoria, and Joyel** is a system of wetlands at the mouth of the River Asón. It is an important stopover for birds migrating between Europe and Africa and is an excellent place for observing them.

The **Collados del Asón Nature Reserve** is a limestone landscape with spectacular and highly complex geology. It is a magnet for climbers and potholers with exuberant nature on its surface; its depths conceal numerous caves of spectacular dimensions.

Other natural spaces

The **defile of La Hermida**, the gateway to Liébana, is a narrow gorge which has been carved between rocks by the River Deva. It is 20 km in length and its walls reach a height of 600 metres.

The estuaries of **Tina Mayor** and **Tina Menor** make up the mouth of the Rivers Deva and Nansa, which is one of the prettiest places on the Cantabrian coast.

Although it is an artificial lake, the **Ebro Reservoir** of Campoo is surrounded by uplands and natural woodland of great environmental value.

The **Costa Quebrada geological park** includes the coast between the Cabo Mayor lighthouse and the mouth of the river Besaya in the municipalities of Santander, Bezana, Piélagos, and Miengo. It is characterised by the plasticity of its geological formations among its cliffs and beaches.



Central Massif of the Picos de Europa



N A T U R A L C A N T A B R I A

Picos de Europa National Park Fuente Dé Cableway

Parque Nacional Picos de Europa

The **Picos de Europa** constitute the wildest sector of the Cantabrian Mountains. This national park of some 700 km² is distributed between Cantabria, Asturias, and León. The immense limestone massif rises sharply above the surrounding valleys, crossed by the rivers **Deva, Duje**, Cares, and Sella, which have **carved impressive** gorges to divide the territory into three massifs: east, central, and west. Geomorphologically the Picos are of importance owing to their incomparable defiles, glacial forms, and above all their karst **formations with several of the deepest abysses in the world**. The Cantabrian peaks of **Peña Vieja** (2,614 m), Pico Tesorero (2,563 m), Morra de Lechugales (2,441 m), and Peña Remoña (2,239 m) stand out.

It has areas of Atlantic woodland (mainly beech and oak groves) which coexist with Mediterranean holm oaks in the bottom of the valley of Liébana; the high areas of the Picos hold mountain flora of great botanical interest. The National Park is a refuge for endangered species such as the brown bear or the capercaillie and other more abundant ones such as **roe deer and chamois**.

The landscape is completed by pretty villages at the foot of the crags with interesting popular architecture, including the last raised granaries in Cantabria. The best access to the Picos de Europa is **Fuente Dé**, a glacial cirque with beech woods where a **cableway** rises 753 metres in a few minutes. At the upper station the viewpoint of El Cable overlooks the void over the Liébana valley.



NATURAL CANTABRIA

El Soplao Geological cave Network of caves of the Alto Asón

The El Soplao cave is in the Sierra de Arnero near Rábago. Its galleries run through the subsoil of the municipalities of Rionansa, Valdáliga, and Herrerías in western Cantabria. When a mining gallery finds a natural cave a strong current of fresh air is established, "**un soplao**" in mining slang hence the cave's name. In 1975 a group of Cantabrian potholers started to explore and study the topography of the cave; this initiative was completed in 2005 with its opening to the public. **The unique character of the speleothems** of El Soplao is its main tourist attraction and what has made the cave famous, in particular the abundance and variety of eccentric helictites, delicate formations which challenge gravity by adopting **capricious forms on ceilings and walls**.

There are three types of visit: the "**tourist visit**" for everyone including those with reduced mobility, which lasts an hour; the "**adventure tourism visit**", a potholing excursion which lasts two and a half hours (the organisation provides the necessary equipment); and the "**mining visit**", an experience which allows getting to know the characteristics and the hardships of this activity. Near El Soplao in 2008 a curious **amber deposit** from the Lower Cretaceous was discovered with bio-inclusions (organisms trapped in the fossilised resin).

The network of the Alto Asón is one of the most valuable underground landscapes in Cantabria. This network of natural caves has been prepared for active potholing tourism, which allows the discovery of true underground paradises such as Coventosa, Cayuela, the Fresca Cave, the El Escalón Cave, Tocinos, and Cullalvera (Ramales de la Victoria).

Eccentric formation detail of El Soplao





Galería la Gorda (El Soplao Cave)

C R O S S I N G C A N T A B R I A

Old paths and pilgrimages Paths · Cycle touring

Nature lovers can discover the beautiful and charming Cantabrian landscapes by means of a complete network of short-distance and long-distance paths, which are generally well signposted and not difficult.

Greenways (railways converted for hiking and cycle touring) also allow you to explore beautiful and little-known landscapes.

Cultural routes also stand out: two of them (the "Northern Route" and the "Lebaniego Way") are UNESCO World Heritage Sites.

Roman road

The first network of roads shaped as such in Cantabria dates from the Roman occupation and is the forerunner of the current road network. **The Roman road of the Valley of the Besaya** between Herrera de Pisuerga (Pisoraca) and Suances (Portus Blendium) was built in the 1st century A.D. and was the most important route between La Meseta and the Cantabrian coast; it was in use until the construction of the Royal Road in the 18th century. A 5-km section of it has been preserved in very good condition between Somaconcha (Pesquera) and **Pie de Concha** (Bárcena de Pie de Concha) in an area of mountain woodland.

The Northern Pilgrims' Route to Santiago

The passage through Cantabria of pilgrims bound for Santiago is older than the well known French Route, which the Cluniacs opened in the 12th century when the Moslems had retreated enough to consider the land safe. The coastal Pilgrims' Route to Santiago, which passes through Cantabria, is currently an interesting alternative as a greener and cooler route studded with small architectural treasures and holy places, which allows enjoyment of the pilgrimage and the sea at the same time.

The Way to Santo Toribio de Liébana

With the Moslem invasion of the Iberian Peninsula many Christians of the early Middle Ages sought refuge in the north and to be precise in Liébana. Among them was the bishop of Astorga named Toribio who was the custodian of the largest surviving fragment of the cross of Christ, the Lignum Crucis. The monastery where he took refuge near Potes soon attracted numerous pilgrims who came to venerate the relic. It also became an influential intellectual and theological centre where books beautifully illuminated by the scribes among the monks were copied.

When the tomb of the Apostle Santiago was discovered in the 9th century the routes of Liébana and Compostela were linked. The Lebaniego Way leaves the Santiago route on the coast at San Vicente de la Barquera, climbs the valleys of the Nansa and Lamasón, and continues to Liébana, passing the Sierra de las Cuerres by the Collado de Arceón.

In 1512 Pope Julius II granted a bull by which in the years when Santo Toribio (16th April) fell on a Sunday the pilgrims passing the Gateway of Pardon of the monastery would obtain the jubilee. From Liébana the route to Santiago continues through the province of León, where it joins the French route at Mansilla de las Mulas.

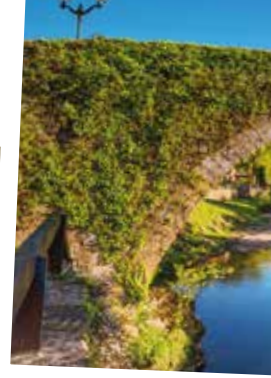


Santo Toribio de Liébana monastery



Lebaniego Way. Vadiniense route

Liérganes



Bárcena Mayor



G R E E N C A N T A B R I A

Charming villages
Outdoor activities

Charming villages

Green Cantabria is the Cantabria of the interior, which is divided by the valleys of various rivers with short courses and steep slopes, with rugged relief at their sources and gentle middle courses as they cross **woods and meadows with endless shades of green**. The natural isolation of these valleys has allowed them to maintain a fascinating diversity of rural settlements.

At **Cabuérniga** in the heart of the Saja-Besaya Nature Reserve there is an enviable tranquillity with the murmur of the rivers. Visitors come to these villages, such as Carmona or Bárcena Mayor, to taste the traditional stews. Their well preserved houses have characteristic façades of stone and wood.

In **Liébana** the small villages among the folds of the Cantabrian Mountains show perfect symbiosis between man and nature with the snowy crests of the Picos de Europa always present; Brez, Cucayo, Pido, Luriezo, and Mogrovejo are good examples.

A wide variety of cheeses with a Protected Denomination of Origin are made here; they are known as "quesucos".

The Pasiego Valleys with their rugged relief constitute one of the most striking districts of Cantabria with its charming villages such as Vega de Pas, San Roque de Riomiera, and San Pedro del Romeral. Their inhabitants have a strong personality and a culture of their own which is revealed in minor ethnographical details such as huts, panniers, and sponge cakes.



INFORMATION OF INTEREST

TOURIST OFFICES BELONGING TO THE GOVERNMENT OF CANTABRIA

SANTANDER

Regional Tourism Office
Mercado del Este, Hernán Cortés, 4. 39003
Tel. 942 310 708 Fax 942 313 248
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SANTILLANA DEL MAR

Jesús Otero, 20. 39330
Tel. 942 818 251 Fax 942 840 265
turismosantillana@cantur.com

SEVE BALLESTEROS SANTANDER AIRPORT

Arrivals terminal
39600 Camargo. Tel. 942 250 904
turismoaeropuerto@cantur.com

SANTANDER FERRY STATION

Estación Marítima, s/n. 39003
Abierta en días de Ferry/cruceros

SANTANDER BUS STATION

Plaza de las Estaciones, s/n. 39002
Tel. 629 910 440
Abierta en verano, Semana Santa y puentes
turismoestacionbus@cantur.com

UNQUERA

San Felipe Neri, s/n. 39560
(junto a Casa de Cultura Villa Mercedes)
Tel. 690 602 107
turismounquera@cantur.com
Open in Easter and summer

TORRELAVEGA

Plaza José María González Trevilla
(Pequeñeces)
39300 - Tel. 942 133 077
turismotorrelavega@cantur.com

CABÁRCENO NATURE PARK (By the Reptile House)

Open in Easter and summer
Tel. 606 592 281
infoturcabarceno@cantur.com

PILGRIM INFORMATION LEBANIEGO
STUDIES CENTER, PILGRIM AID
Tel. 942738 126

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Tel. 942 203 000 - Fax 942 203 005
turismo@ayto-santander.es

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Botín, 1. 39500. Tel. 942 700 332
turismo@cabezondelasal.net

CASTILLO (ARNUERO)

Antiguas Escuelas Castillo 7 Villas. 39193.
Tel. 942 637 915
museohedilla@ecoparque.info

COMILLAS

Town hall ground-floor
Joaquín del Piélago, 1. 39520
Tel. 942 722 591 Fax 942 720 037
oficinadeturismo@comillas.es

FONTIBRE

Argüeso castle
Hermandad de Campoo de Suso. 39212.
Tel. 942 779 607
cunadelebrofontibre@gmail.com

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Barrio Hazas, 53. 39776
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turismo@aytoliendo.org

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Plaza de la Villa s/n, 79-81. 39180
Teléfono y Fax 942 630 306
oficinadeturismo@ayuntamientodenoja.com

POLIENTES

(Facing the Museum of Ethnography)
Barrio La Huertota. 39220
Tel. 942 776 146 Fax 942 776 155
cultura@valderredible.es

POTES

Clebaniego Studies Center. 39570.
Tel. 942 730 787
turismopotes@yahoo.es

RAMALES DE LA VICTORIA

Fundación Orense
Paseo Barón de Adzaneta, 8. 39800
Teléfono y Fax 942 646 504
turismo@cantabriaorientalrural.es

REINOSA

Avda. del Puente de Carlos III, 23. 39200
Tel. 942 755 215 Fax 942 751 147
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Palacio de Manzanedo. 39740
Teléfono y Fax 942 660 066
oficinadeturismo@turismosantona.com

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Avda. del Generalísimo, 20. 39540
Tel. 942 710 797 Fax 942 712 251
oficinadeturismo@sanvicentedelabarquera.es

SUANCES

Mirador Vuelta Ostrera. 39350
Teléfono y Fax 942 810 924
turismo@aytosuances.com

VILLACARRIEDO

Pl. Jacobo Roldán Posada, 1-2pl. 39640
Tel. 942 591 999
agencia@vallespasiegos.org

TOURIST ATTRACTIONS

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39330 Santillana del Mar
Tel. 942 818 815 / 942 818 005
museodealtamira.mcu.es

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Rábago. Tel. 902 820 282.
www.elsoplao.es

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cuevas.culturadecantabria.com

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cuevas.culturadecantabria.com

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CHUFÍN CAVE

Riclon. Tel. 942 598 425
cuevas.culturadecantabria.com

PREHISTORY AND ARCHAEOLOGY MUSEUM OF CANTABRIA - MUPAC

C/ Bailén s/n. 39003
Tel. 942 209 922
www.museosdecantabria.com

ETHNOGRAPHIC MUSEUM OF CANTABRIA

Muriedas. Tel. 942 251 347
www.museosdecantabria.com

CANTABRIAN MARITIME MUSEUM

S. Martín de Bajamar s/n. Santander
Tel. 942 274 962. www.cantur.com

REGIONAL NATURE MUSEUM

Carrejo. Tel. 942 701 808
www.museosdecantabria.com

CABÁRCENO NATURE PARK

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culturadecantabria.com/julioibriga.asp

CAMESA-REBOLLEDO ROMAN AND MEDIEVAL ARCHAEOLOGICAL SITE

Tel. 626 325 932
culturadecantabria.com/camesa.asp

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R1 Santander and the surrounding area

Santander-Soto de la Marina-Lienres-Besana-Muriedas-La Concha-Obregón-Cabárceno

R2 West Coast

Suances-Santillana del Mar-Cóbreces-Comillas-San Vicente de la Barquera-Pesués

R3 Trasmiera

Pedreña-Somo-Ajo-Amuero-Isla-Noja-Argoños-Santoña

R4 East Coast

Colindres-Laredo-Orión-Islares-Castro Urdiales

R5 Liebaná

- La Hermida-Liébaná-Tama-Potes-Santo Toribio-Camaleño-Cosgaya-Espinama-Fuente Dé
- Ojedo-Frama-Cabezón de Liébana-Piasca-Pesaguero • Potes-La Vega-Vada-Puerto de San Glorio

R6 Saja-Nansa

- Pesués-Cades-Rábago-Celis-Puentenansa-Carmona-Tudanca-Puente Pumar
- Cabezón de la Sal-Ruente-Valle-Correpoco-Barcelona Mayor (*Ruta de los Foramontanos*)
- Puentenansa-Obeso-Quintanilla-Sobrelapeña-Linares-La Hermida

R7 Besaya

Torrelavega-Cartes-Las Caldas de Besaya-Los Corrales-Barcelona de Pie de Concha-Pesquera-Reinosa

R8 Campoo Los Valles

- Reinosa-Fontibre-Espinilla-Brañaveja-Alto Campoo
- Cervatos-Reinosa-Retortillo-Arroyo-Arroyal-Bárcena de Ebro-Polientes-Cadalso-San Martín de Elines

R9 Pas-Pisueña-Miera (Valles Pasiegos)

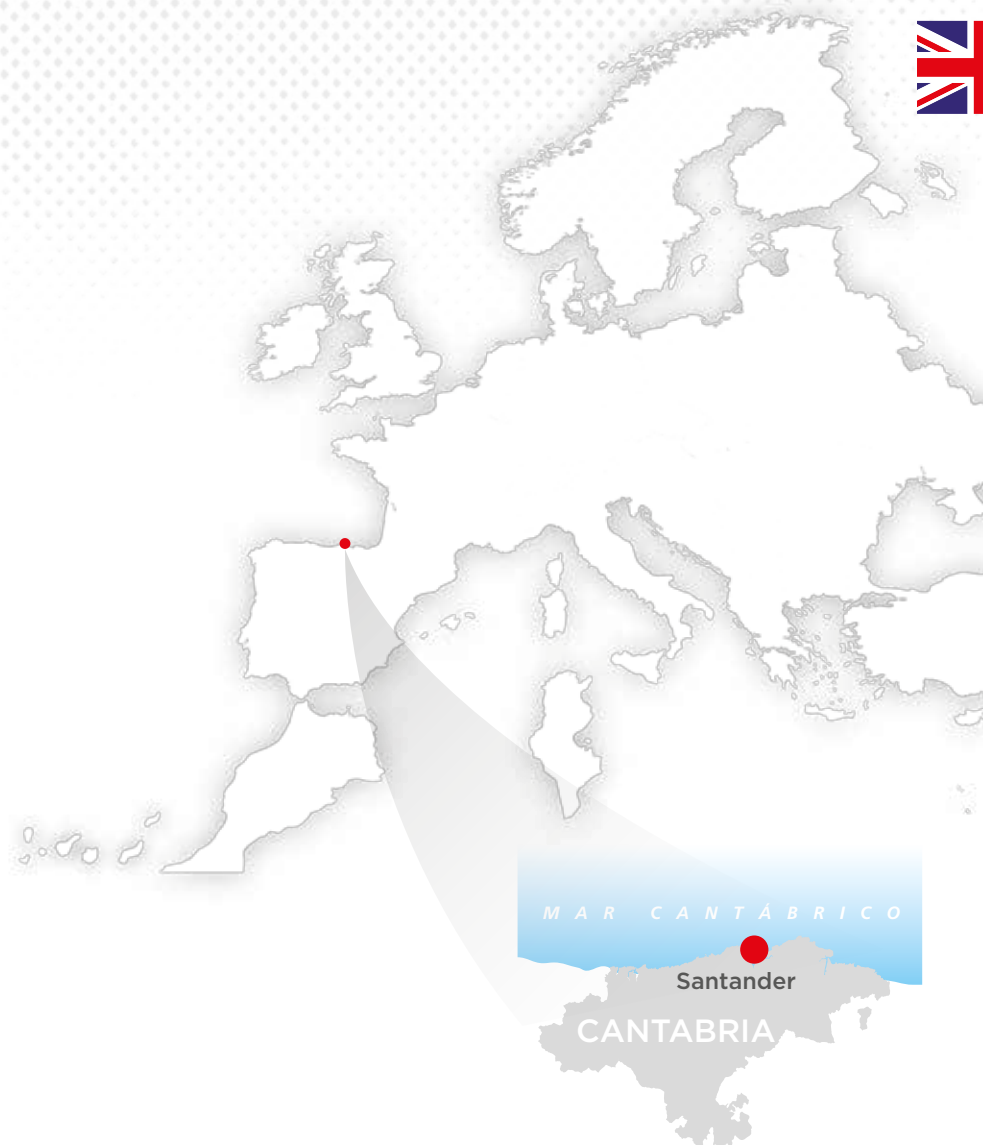
- Castañeda-Puente Viesgo-Ontaneda-Alceda-Entrambasmestas-Vega de Pas
- Sarón-Santa María de Cayón-Villacarriedo-Selaya-San Roque de Riomiera-Liérganes-Pámanes

R10 Ason-Agüera

- Colindres-Limpias-Ampuero-La Aparecida-Rasines-Ramales de la Victoria-Riva-Arredondo
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