



W I T H
T H E

F A M I L Y

Cantabria



Cantabria
Infinita

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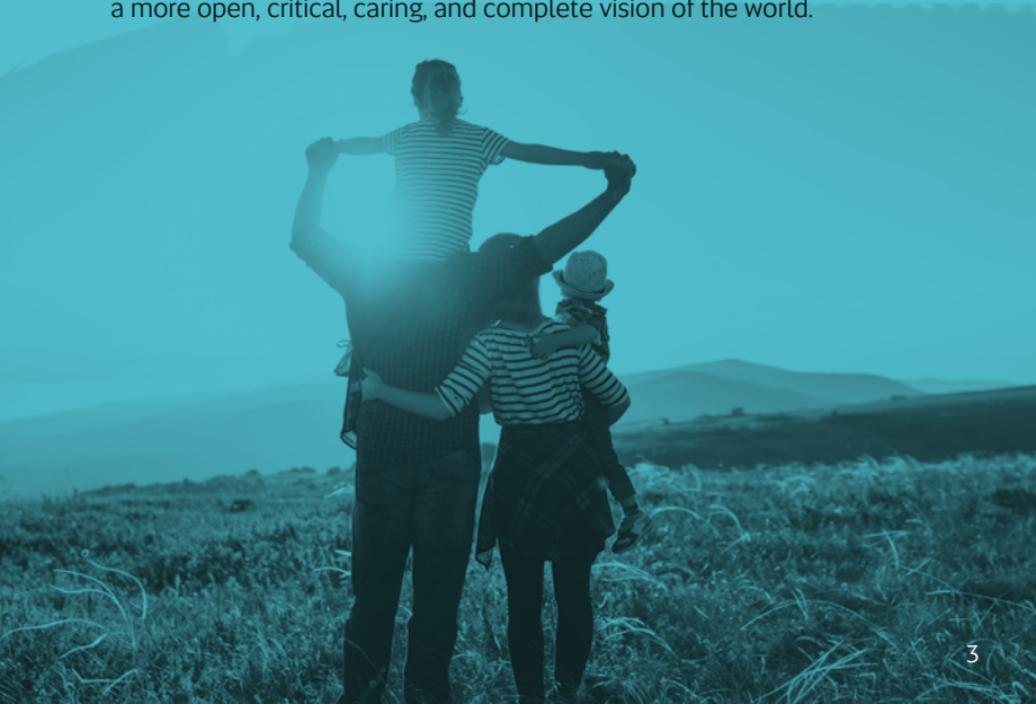
SHARING WITH THE FAMILY

Cantabria

Travelling with children is creating links and memories that will last forever. Travelling with children needs a little more planning and must take into account their needs, pace, and tastes. Where to make a halt along the way, places to play, plans for a rainy afternoon, or what to order in a restaurant.

The more specific information we give you about Cantabria, the more likely it is that you will have a good experience when you come to visit us.

Tourism is recognised by the UN as a phenomenon of the culture of our times which is decisive for learning and having experiences and contributes towards the full formation of people and the facilitating of a more open, critical, caring, and complete vision of the world.



CHILDREN'S MAP

Cantabria



SAJA - NANSÁ

- Merón Beach
- Boat trips
- Oyambre Nature Reserve
- Monte Corona
- Nature Museum
- El Soplao Cave
- Zip lines
- Nansa River Path
- Canoeing
- Sequoia Wood
- Cabezón de la Sal
- Cantabrian village

CENTRAL COAST

- Comillas Beach
- La Concha Beach
- Santillana Zoo
- Altamira Museum
- La Ribera Path
- Villapresente Maze

LIÉBANA

- Picos de Europa National Park
- Fuente Dé
- Cableway
- Zip lines
- Routes
- Rural tourism

CAMPOO - LOS VALLES

- Alto Campoo Ski Resort
- Golf in Nestares
- Ebro Reservoir
- Route of the Menhirs
- Argüeso Cantabrian village
- Argüeso Castle
- Domus of Juliobriga
- Cave Chapels

SANTANDER

Urban beaches
Children's parks
Zip lines
Boat trips
Prehistory Museum
Maritime Museum
Centro Botín
Costa Quebrada
Dunes of Lienres
Abra del Pas Golf
Cabárceno Park

TRASMIERA

Loredo Beaches
Arnadal Beach
Berria Beach
Trasmiera Ecopark
Fluvarium
Mina Pepita
Mythological Park
Isla Beach
La Arena Beach
Galizano-Langre Route



ASÓN AGÜERA

Salvé Beach
Brazomar Beach
Alto Asón Nature Reserve
Canoeing
Castro Urdiales Greenways
Horse riding
Sea trips
Surfing
Quad bikes



BESAYA

Cantabrian Wars
Roman Road
Saja Besaja
Nature Reserve

VALLES PASIEGOS

Sobaos pasiegos
(sponge cakes)
Puente Viesgo
Caves
Horse riding
El Pas Greenway
Zip lines
Sopeña Caves
(Saltpetre II)



Loredo Beach

B E A C H E S

all year round

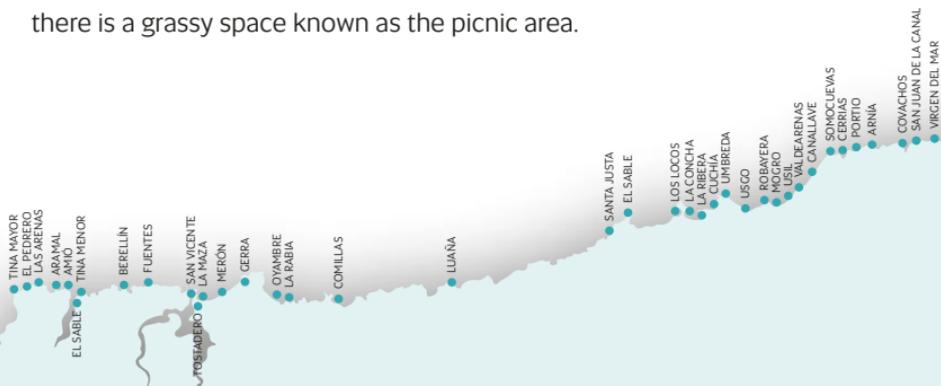
The beach is the setting for almost all summer fantasies. But it is also a fun place that is safe for children at any time of the year. Observing nature, playing in and with the sand, and looking for treasures on the tide line are very absorbing activities which all children enjoy.

In Cantabria there are some 70 beaches of all kinds and some are more suitable for children than others. Because of their accesses, services, and because they are more sheltered from the open sea, these are the most recommendable.

San Vicente de la Barquera: Merón Beach. Three kilometres of beach between San Vicente and the Cabo de Oyambre. The extreme western part close to the town is less exposed to the swell, has a car park, and has services and stores nearby. There is also a park with trees alongside the estuary.

Oyambre: A very unspoilt beach which is, reasonably sheltered. In the camp site area there is a car park and also services.

Comillas: A convenient urban beach with services. At low tide children will be delighted with the area of rocks and pools. Next to the car park there is a grassy space known as the picnic area.





P

Suances: La Concha Beach. Very sheltered from the waves and flanked by a promenade with all services and a children's play area.

Miengo: Cuchía Beach. With a large car park and several catering establishments.

Lienres: Valdearenas Beach. Both the beach and the car park are very large but fill up in summer. Bathing is often forbidden owing to the swell and in this case we suggest you take a walk along the paths in the wood.

Soto de la Marina: San Juan de la Canal. Protected from the swell and with services. Large children's park alongside the beach.



P



Santander: All the urban beaches of the city have good access, services, and children's areas. Those of El Sardinero have a moderate swell but those of La Magdalena and Peligros have none.

Ribamontán al Mar: Los Tranquilos. A small beach on the eastern edge of the bay sheltered from the wind.

Isla: Arnadal Beach. Highly protected from the swell and with all services.

Noja: Trengandín. Very quiet waters and with rocks to explore at low tide.

Santoña: Berria. Easy to get to with extensive dunes and nearby services.



Laredo: Salvé Beach. Flanked by the promenade all along its length. It has several children's play areas along the Paseo Marítimo.

Castro Urdiales: Brazomar Beach. Urban and sheltered. With rocky areas at both ends. The Ostende Beach with its characteristic shell shape is also considered a family beach.



ON THE BEACH

- / Take great care with the swell, the currents, and the tides, which are very extreme in Cantabria. Consult the lifeguards and always be prudent if there is any doubt.*
- / Respect the fauna and flora of the beach.*
- / In summer use sunscreen.*
- / In autumn, winter, and spring take spare shoes, socks and trousers for the children.*





L E A R N I N G H A V I N G F U N



museums, activities...

Almost all museums and interpretation centres have some kind of fun educational activity aimed at children. With experts on Cantabria the children will learn about nature, culture, stockbreeding, or art and adults will too.

MUSEUMS

Cantabrian Maritime Museum

In its 20 aquariums it has over one million litres of seawater and gives the rare possibility of taking a selfie under the skeleton of a huge blue whale. Closed on Mondays.

Santander. San Martín de Bajamar s/n. (+34) 942 274 962.
museosdecantabria.es

Museo Regional de Prehistoria y Arqueología MUPAC

Flint arrows, cave bear skeletons, sharks' teeth, Roman swords. In this museum fact is stranger than fiction. Closed on Mondays.

Santander. C/ Bailén s/n. (+34) 942 209 922. culturadecantabria.com



Santander and the Centro Botín



Centro Botín

Right on the Santander Bay, it holds international contemporary art exhibitions, concerts, and numerous activities for all ages.

Closed on Mondays, except in summer.

Santander. Jardines de Pereda s/n. (+34) 942 047 147. centrobotin.org

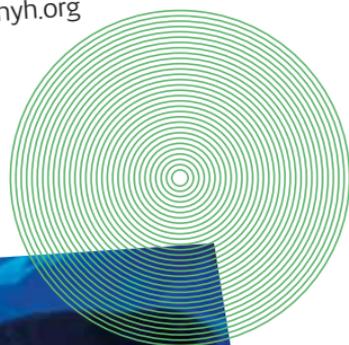
Regional Nature Museum

Devoted to the ecology and fauna of Cantabria.

Carrejo. (+34) 942 701 808. museosdecantabria.com

Fluviarium Ecomuseum of the Mountain and the Pasiego River Basins

Camino Real S/N **Liérganes.** (+34) 942 528 196. fnyh.org





El Soplao



C A V E S

Altamira National Museum and Research Centre

It contains a scale reproduction of the Altamira Cave with all its paintings. It has workshops and activities for children. Santillana del Mar.

Santillana del Mar. museodealtamira.mcu.es (+34) 942 818 005

World Heritage Caves

Ten caves in Cantabria are World Heritage Sites and several of them can be visited. The most suitable for visiting with children are El Pendo (**Camargo**), Puente Viesgo (**Puente Viesgo**), Covalanas and Cullalvera (**Ramales de la Victoria**), Hornos de la Peña (**Tarriba**), and Chufin (**Riclonnes**). Opening hours and information at cuevas.culturadecantabria.com (+34) 942 598 425

El Soplao Cave

A former mine where you can see the incredible formations and cavities inside the earth. Several visiting systems, one of which is 100% accessible.

Rábago. elsoplao.es (+34) 902 820 282.

El Valle Cave Palaeolithic Park

It offers a simple route to the mouth of the cave, in **Rasines**.



El Valle Cave



INTERPRETATION CENTRES

In Cantabria there are numerous interpretation centres with exhibitions and activities aimed at both children and adults.

As far as ethnography and the landscape is concerned, the network of **visitors' reception centres** of the CIMA (Centre for Environmental Research) stands out with themes as varied as woodland, the trade routes of antiquity, stone construction, and the Ebro river and reservoir.

Reception or interpretation centres can be found in the protected natural areas of the **Picos de Europa** (Tama), **Marshes of Santoña** (Santoña, Arnuero, and Argoños), **Alto Asón** (La Gándara), **Oyambre** (San Vicente de la Barquera), **Saja Besaya** (Los Tojos), **Dunes of Liencres** (Soto de la Marina), **Pasiego Valleys** (Liérganes y Puente Viesgo), and **Ebro Reservoir** (La Población).
Tel. 942 04 94 38 y 608 413 109. natureacantabria.com

At the **La Vijanera Museum** (Silió, Molledo) we can get to know this ancestral celebration of Cantabrian origin. By reservation only. **La Mitocasuca de Anievas** (Barriopalacio) shows the mythology of Cantabria.
de Cantabria. (+34) 942 840 613. mitocasucaanievas.es

Other interpretation centres that should be highlighted are the **Monte Hijedo Interpretation Centre** (Riopanero), **La Casa de la Naturaleza** (Pesaguero), and a visit to one of the **Tide Mills of Santa Olaja in the Trasmiera Ecopark**.

The **turismodecantabria.com** website has a browser of activities with which it is easy to find the next workshops and excursions on the calendar.

P A R K S S

and rest areas



Parque de Las Llamas, Santander

When kids' patience runs out it is essential to find a children's playground or recreation area where they can let off steam.

Potes: Children's playground very near the Plaza de La Serna.

San Vicente de la Barquera: Children's playground in Avenida Miramar next to the bus station.

Comillas: Large park for running opposite the Palacio del Marqués de Comillas.

Mazcuerras: The recreation area of Mazcuerras near Cabezón de la Sal has a large space for games and a river walk.

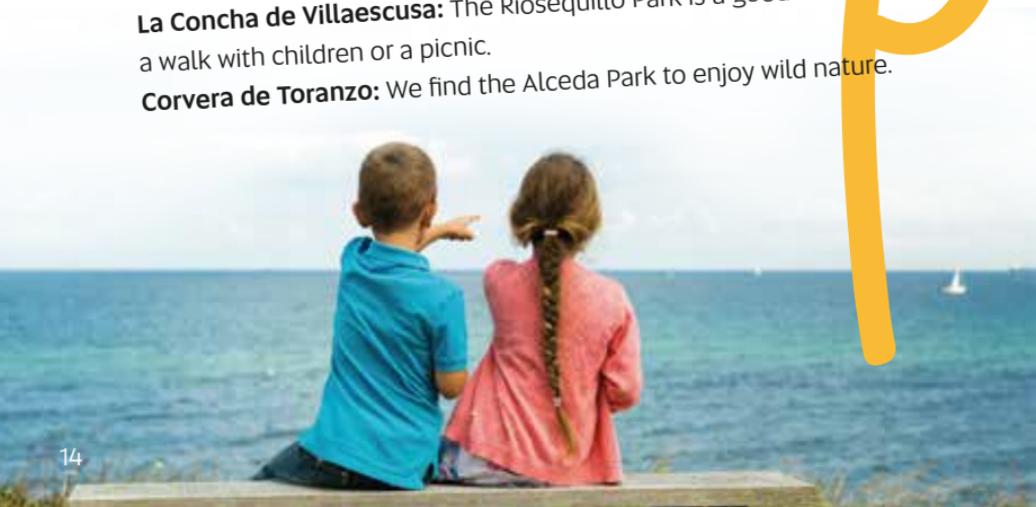
Ucieda: La Casa del Monte, a large space for children's games.

Bárcena Mayor: If you take a stroll towards Poza Negra you will find the Braña Castriello area, with a park, picnic areas, and children's games.

Cervatos: Near the collegiate church of San Pedro alongside the River Marlantes there is a small children's playground.

La Concha de Villaescusa: The Riosequillo Park is a good choice for a walk with children or a picnic.

Corvera de Toranzo: We find the Alceda Park to enjoy wild nature.





Reinosa: The Parque de Cupido in the Avenida de Castilla surrounded by many catering options.

Santillana del Mar: The Parque de Revolgo is large and has a children's playground.

Suances: Children's playground on the promenade alongside the La Concha Beach.

Puente Viego: Children's playground alongside the old station and a cycle touring route.

Liérganes: Children's playground alongside the FEVE station.

Ribamontán al Mar: Large park at the Plaza Central de Somo. Promenade alongside the beach. Somo also has a skatepark which gives skating classes. Surfing classes and surf camps are also available.

Santander: The Parque de las Llamas in the vicinity of the Racing football stadium, the Parque de La Magdalena, the Pereda Gardens in the Centre, the Parque de Mataleñas, and the El Faro zip lines park.

Noja/Isla: The children's playground of Los Pinares in the Ris area.

Santoña: On the Paseo Pereda alongside the beach there is a large park with a children's playground.

Laredo: Large playing area in the Parque de la Avenida España and the Alameda Miramar.

Castro Urdiales: At the port, a playing area in the Parque de Amestoy. There is also a skating circuit and a children's zip line in the Parque de Ostende and the park of the gardens of the Casa de Cultura.

Torrelavega: The Parque de La Viesca is a former mining complex which has been converted for use as a public leisure space.



A C T I V I T I E S

for all

Although the turismodecantabria.com website has much updated information on activities and on service companies, these are the most important general ideas.

CYCLE TOURING

Some of the greenways and cycle lanes of Cantabria are suitable for children with their gentle slopes and complete safety.

El Pas Greenway

The 6-km section between **Astillero and Obregón** and that of 2.8 km alongside the river between **San Vicente de Toranzo** are the easiest and most accessible.



La Ribera Path

A particularly easy section is that of 7 km between **Suances and Viveda** alongside the River Saja. It then continues to **Torreleva, Cartes, Riocorvo, and Los Corrales de Buelna**. In Viveda there is a large car park and in Suances bikes can be hired alongside the

port.





Santander

Cycle lane alongside the sea from the Paseo de Pereda to El Sardinero via the beaches of La Magdalena. A fun alternative way of discovering the city. There is a municipal bike hire service.

ADVENTURE PARKS

Zip lines, Tibetan bridges, and other challenges to enjoy with the family. There are installations of this kind in **Camaleño** (Liébana), **Ruente** (Saja-Nansa), **Alceda** (Toranzo Valley), **Mataleñas** (Santander), and excellent indoor facilities in **Cicero** (Trasmiera).



HIKING

Many signposted routes have been prepared in all districts and here is a selection (estimated time for walking with children aged at least 10).

Asón-Agüera: Pico Candiano Route from Padiérniga (there and back). Views of the sea from the peak.

Total distance: 7 km

Ascent: 325 m **Time:** 2:15

Besaya: Monte Tejas Route leaving and arriving in Tarriba. Alongside the Palaeolithic cave of Hornos de la Peña.

Total distance: 9.5 km

Ascent: 300 m **Time:** 2:50

Campoo and Valderredible: Pico Tresmares Route from the hill of the Chivo Fountain. There and back to the hydrological peak of the Iberian Peninsula.

Total distance: 3 km

Altitude: 200 m **Time:** 1:00





Costa Central: Monte Corona from Rioturbio. Magnificent walk between oaks.

Total distance: 8.3 km

Ascent: 160 m **Time:** 2:15

Liébana: Fuente Dé. From the El Cable Viewpoint to the Hotel Áliva and back.

Total distance: 7 km

Ascent: 100 m **Time:** 2:30

Saja-Nansa: River path along the Nansa from Muñorrodero to Cades.

Total distance: 14 km **Ascent:** 150 m

Time: 4:00. It can be halved (Trascudia hydroelectric power station).

Santander and its surroundings: Costa Quebrada from the Virgen del Mar to La Arnía. Spectacular geology.

Total distance: 7 km

Ascent: 100 m **Time:** 2:00

Trasmiera: Marshes of Joyel and Noja. Santa Olaja Mill and Casa de Mareas.

Total distance: 2.7 km

Ascent: 0 m **Time:** 50

Pasiego Valleys: Nevera de Fiñumiga Route from Mirones. Ancestral customs in the Miera woodland.

Total distance: 7 km

Ascent: 150 m **Time:** 2:30





SURFING AND BODYBOARDING

Almost all Cantabrian beaches have surfing and bodyboarding schools willing to organise a family experience on the waves.

GOLF

Various golf courses, including those of Nestares and Abra del Pas Celia Barquín, provide courses for beginners so you can make contact with this sport.

SKIING

The Alto Campoo Skiing and Mountain Resort is ideal for beginners and has a large area where children can ski.

VIAS FERRATAS

One of the most popular open-air events for enthusiasts of adventure sports.

La Hermida: Low difficulty.

Pozo Millar: Average difficulty.

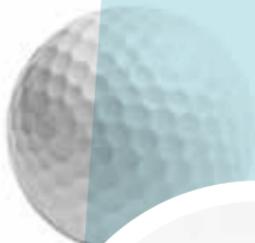
Camaleño: Low-average difficulty.

El Cáliz: High difficulty.

El Risco: High difficulty.

Socueva: Very high difficulty.

El Torreón: Low difficulty.





A

CANOEING

A trip by canoe is a different way of discovering Cantabria. The most popular sections for the family are on the lower reaches of the Deva (Unquera) and the Asón (Ampuero).



BOAT TRIPS

Boat trips can be taken in San Vicente de la Barquera, Suances, Santander, Santoña, Laredo, Castro Urdiales, and also at the Ebro Reservoir.

SAILING SCHOOLS

Short courses for children are given in Santander, Laredo, Santoña, Castro, and Pedreña...



C A B Á R C E N O

nature park

The Cabárceno Nature Park is a space that has been conceived to house animals from the five continents in semi-freedom over large areas, aiming to reproduce the original habitat of each species in such a way that it adapts to the park as well as possible and can breed normally. Bears, elephants, tigers, lynxes, giraffes, ostriches, zebras, hippopotamuses, rhinoceroses, and lions roam freely under the surprised gaze of visitors. The gorillas' enclosure is noted for being the largest in Spain to hold these great apes; their games cause a sensation among children. Located 17 km from Santander, the Cabárceno Park occupies a surface area of 750 hectares.

It has two entrances, one in Obregón (west entrance) which is generally more crowded, and another in Cabárceno (east entrance). Visitors can freely explore the network of roads in the reserve by car; there is also a hiking circuit and a cable-car service to give the user a panoramic aerial view.





The installations of the park include in particular 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, and various buildings housing catering services and souvenir shops.

One of the main objectives of the reserve 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.



F U E N T E D É

cableway

For many children and also adults this is the place where they have first travelled on a cableway; the Fuente Dé glacial cirque.

In the Liébana district in the heart of the Picos de Europa National Park we find this modern cable-car with a capacity of 20 passengers, which rises 753 metres and reaches the upper station of El Cable in a few minutes. Here there is a vantage point looking over the void where you can contemplate the Liébana Valley in all its splendour.



The National Park is one of the last refuges for certain threatened species such as the brown bear and the capercaillie; more abundant species include the roe deer and the chamois. Its vegetation includes magnificent samples of Atlantic woodland (mainly beeches and oaks) which coexist with Mediterranean holm oaks dominating the Liébana Valley bottom: on the highest areas of the Picos there is a high mountain flora of great botanical interest.



The park is noted for the height of the Cantabrian peaks of Peña Vieja (2,613 m), Morra de Lechugales (2,441 m), and Peña Remoña (2.239 m).

The landscape of the area is completed by the pretty and welcoming villages at the foot of the crags with their interesting popular architecture, which includes the last raised granaries in Cantabria.



R U R A L T O U R I S M

with children



Potes

In Cantabria there are approximately 800 rural tourism establishments, camp sites, and hostels which give you a unique opportunity to get to know the natural environment, the landscapes, and the customs of each region, and also all kinds of active tourism experiences.

Asón-Agüera

It occupies the most easterly part of the Cantabrian coast and includes areas of high ecological value such as the Collados del Asón Nature Reserve. The highest part of the district has some of the largest caves in Europe.

A unique experience: Potholing in one of the caves of the district such as the Escalón or the Coventosa.

www.cantabriaorientalrural.es





Besaya

Since ancient times roads to La Meseta have been opened up alongside the course of the River Besaya. Unspoilt woodland and mountains alternate with villages with a rich heritage from all historical periods.

A unique experience: Walking the Roman road between Somaconcha and Pie de Concha.

www.altobesaya.es

Campoo-Los Valles

This district of transition to the Castilian plateau is redolent with history (the Roman ruins of Juliobriga) and with art. It holds the most valuable Romanesque ensemble of religious art in Cantabria and fine cave chapels. The River Ebro has its source here (at Fontibre) and its capital is Reinosa.

A unique experience: The Tracks of the Billy Goat, a tourist route on a snow groomer from the Alto Campoo Skiing and Mountain Resort.

www.altocampoo.com

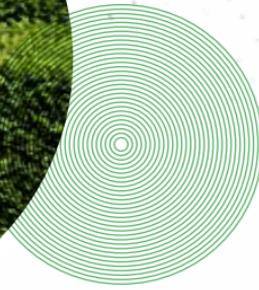
The Romanesque interpretation centre of Villacantid is very suitable for children owing to its high interactive content. interactivo.

(+34) 942 598 425. culturadecantabria.com





Villapresente Maze



Central Coast

The Central Coast of Cantabria extends from Miengo west of Santander to Comillas and includes towns of note such as Santillana del Mar, Comillas, Cóbreces, and Suances.

A unique experience: Getting to know the orangutans, wolves, lions, thousands of birds, butterflies, and snakes of the Santillana Zoo, or trying to find the way out of the Villapresente Maze.

Liébana

Protected by the heights of the Picos de Europa, it enjoys a Mediterranean type microclimate with crops such as the vine and trees such as the cork oak. Its capital Potes is the starting point for visiting the Monasterio de Santo Toribio or the Fuente Dé cableway.

A unique experience: Visiting a real cheese factory and learning how cheese is made.

www.turismodecantabria.com



Saja-Nansa

A district which combines the high environmental value of its natural landscapes and areas (Saja-Besaya and Oyambre Nature Reserves) with historical-artistic ensembles such as those of San Vicente de la Barquera, Carmona, Bárcena Mayor, or Tudanca.

A unique experience: A stonemason for a day workshop where you will learn to work the stone.

www.turismodecantabria.com

Trasmiera

This corresponds to the former Merindad de Trasmiera, which extends between the bays of Santander and Santoña. It has a great variety of beaches (Somo, Loredo, Langre, Isla, and Noja) where activities such as surfing come to the fore together with golf (Pedreña and Villaverde de Pontones).

A unique experience: A boat trip to get to know the habitat of the osprey on the estuary of the River Miera which is part of the 2000 Natura Network. www.turismodecantabria.com

Pasiego Valleys

The migratory way of life of the Pas Valley people has given rise to a peculiar habitat characterised by scattered huts and a trading culture which is expressed in elements such as the pannier or sponge cake. Vega de Pas, San Pedro del Romeral (crossed by the River Pas and its tributaries), San Roque de Riomiera, and Liérganes (bathed by the River Miera) are the most representative villages.

A unique experience: Visiting a bakery of genuine pasiego cheese-cakes and sobaos pasiegos (sponge cakes.). www.vallespasiegos.org





F E A S T D A Y S

with the family

Twelfth Night procession (5th January) If your visit to Cantabria coincides with the Epiphany season, the procession of Santillana del Mar (a festival of National Tourist Interest) is held in the streets of this charming town with its particular characters. In addition the processions of Seña (Limpías) and Castanedo, and Carriazo and Galizano (Ribamontán al Mar) are festivals of Regional Tourist Interest.

Bisontere (last week in May) An international puppet festival which takes place each year in the streets, plazas, and cultural spaces of Santillana del Mar. bisontere.es

Cantabria Children's Day (First Sunday in June) This fun festival to celebrate regional culture is held in the Parque de La Magdalena (Santander). The programme includes activities such as an exhibition of aluche (ancient Cantabrian wrestling) and other rural sports such as the milk churn race, tug of war, pasiego jumping, and cutting tree trunks.

Mythological festival (mid-August) in Barriopalacio (Anievas).





Battle of Flowers (last Friday in August). A procession of floats covered in flowers organised by the neighbours' associations (ITN) of Laredo.

Cantabrian Wars (last weekend in August and first in September) This festival of International Tourist Interest is held in Los Corrales de Buelna and commemorates the clashes between Cantabrians and Romans reproduced by hundreds of locals in period costume. guerras-cantabras.net

MAF International Exhibition of Fantastic Art (last week in September) A week of visual shows (performances, magic, projections, technology...) in the scenic spaces and the streets of Santander.

Hoky Popi Music (week of 25th July)

This teenage music festival features top Spanish music stars and coincides with the Semana Grande (Big Week) of Santander.



GASTRONOMY FOR KIDS

what to order

Travelling with kids in Cantabria is an excellent opportunity to introduce them to new tastes and satisfy their curiosity about the pleasures of good healthy eating. Here are our suggestions.

Rabas (Calamari slices)

Easy to share and with a pleasant taste and texture, calamari slices are the appetiser par excellence all over Cantabria, especially in coastal areas.

Cheeses

Among the typical cheeses of Cantabria, the most suitable for children are soft ones such as white cheese, cream cheese, and even the quesucos de Liébana.

Vegetables

Many children have still not discovered how much they like vegetables. Creamy white kidney beans are ideal owing to their taste and smoothness, whether on their own or in a mountain stew. If you show them first the kitchen garden where the beans are grown, they're sure to want to try them. The same can be said of salads of local tomato and lettuce.

Meats

Cantabria is a land of excellent meat presented in the traditional cuts of escalope and sirloin. With children in mind more and more establishments are offering hamburgers of organic meat reared in Cantabria.





Fish

Fish is the matter pending on the menus of many children. The Cantabria markets supply the restaurants with extremely fresh fish of the season. The easiest to eat and the most in keeping with children's tastes are hake, bonito, and bocartes (anchovies).

Rice

The rice eaten in Cantabria has to be imported, but on the other hand the local restaurants have the best ingredients from the sea (molluscs, crustaceans, and fish) for making tasty paellas.

Sweets

Children (and adults too) go mad over the sponge cakes and the cheesecakes of the Pas Valley for breakfast, for tea, or as a snack. They will also love the typical puff pastry of Cantabria (corbatas in Unquera, pantortillas in Reinosa, sacristanes in Liérganes, and polkas and other variants in Torrelavega).

Ice cream

Owing to the dairy tradition of the region, it is very easy to find handcrafted ice cream in Cantabria. Ice-cream parlours are located in pedestrian areas but are also to be found everywhere on the beaches and in leisure areas and at events in the form of "mobile branches". If it's ice cream you want, be sure to ask for Cantabrian handcrafted ice cream.





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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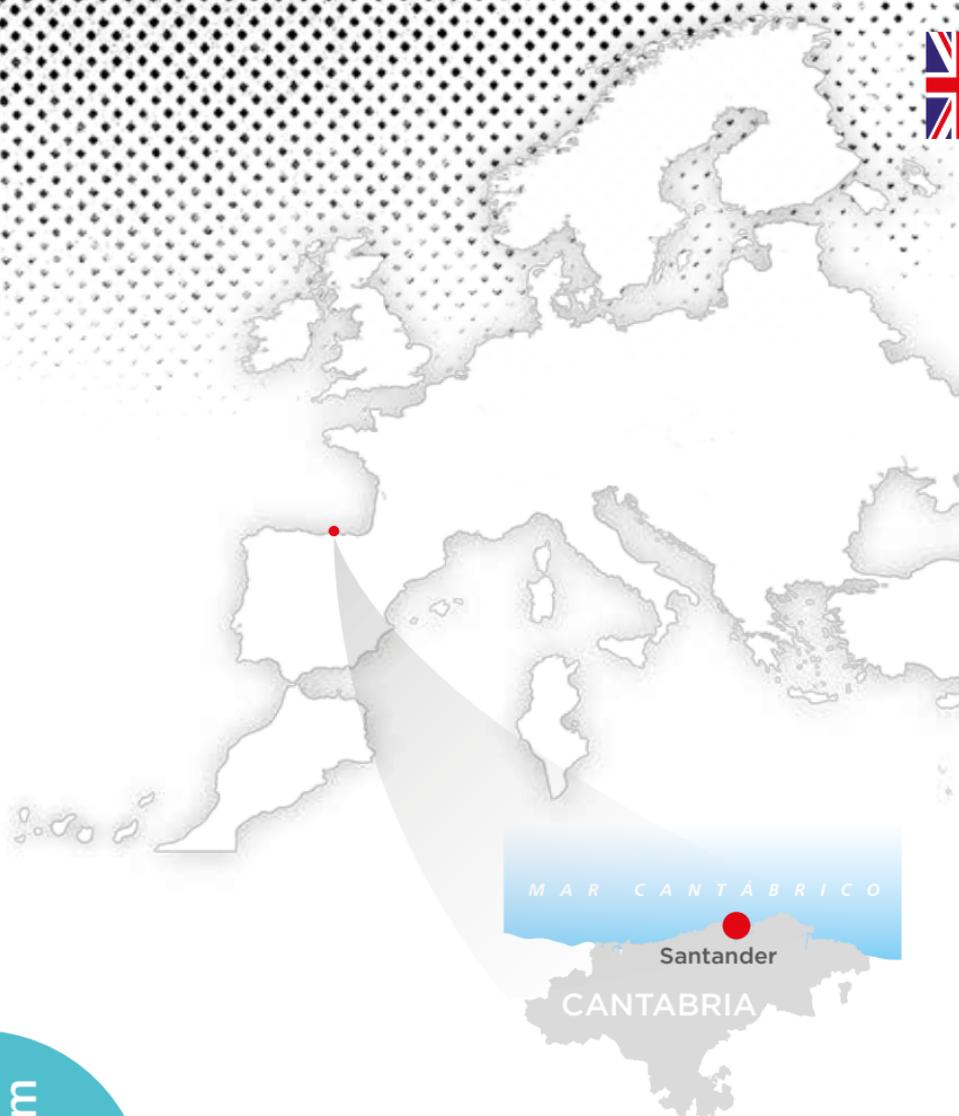
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