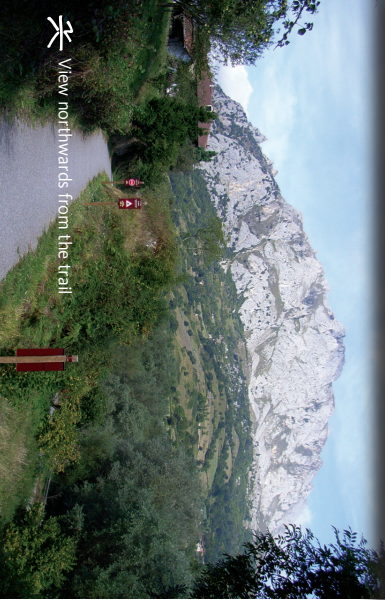


Wooden bridge in Valdemurio



Bermiego Yew



View northwards from the trail

1. The road (AS-228) leading to the Valdemurio Reservoir is the starting point for the Nature Trail. The path continues along its edge during a short distance, until it reaches a recreation area next to a jetty. Here, the route crosses a wooden walkway over the reservoir. Once on the opposite side, the route begins a short but steep climb between centenary chestnut trees. Past a few bends, it reaches a flat area of meadows, whence it begins to descend again along the reservoir, through willows and ashes. This section of the Trail offers stunning views of the eastern slope of Valle de Quirós, including the towns of Las Agüeras, Aciera and Tene.
2. The "Senda del Oso" (bear path) traverses a more or less flat area of meadows, until it crosses the road up to the village of Villaoirille, with views of the impressive Sierra del Aramo, in particular the Pico La Gamonal and Barriscal to the northeast, and the silhouette of Cueto Mar to the northwest. The Nature Trail continues through a chestnut and hazel forest and reaches a path leading to a pleasant rest area next to a water channel.
3. As the route approaches the River Quirós, the chestnut forest gives way to a landscape covered by alders, willows and ashes, and populated by bird species, such as the dipper, wagtail and kingfisher. The route traverses the riparian forest towards the small village of La Vega, located five kilometres from the start of the Nature Trail.

4. After crossing the road up to Toriezo, the trail follows the riverbank until it meets the road to Pola de Lena. After a short stretch along the riverbank, and past the road to Faedo and Fresnedo, the route veers onto a paved road at San Salvador that passes through a small reforestation pine forest, and heads through a chestnut forest.
5. The stretch ends in a cemetery and, from here, the road runs over flat terrain, between chestnut and oak trees, to a wooden bridge over a stream, and continues through an area of meadows with views of the village of Bázana, capital of County Quirós, to the left.
6. The path reaches the road up to the towns of Coañana and Villamarcel, then continues down and takes an off-hoot road to ascend by a concrete path to a trough with unsafe water. The route continues over a flat area shaded by a dense forest towards several meadows by a brook. After crossing a small wooden bridge, it traverses a black poplar grove, until it reaches Santa Marina and crosses the road to Pola de Lena through a lighted tunnel.
7. At the end of the tunnel, the route crosses over the river at Lindes by another wooden bridge, and reaches a recreation area. Further on along this road is a car park next to an old ore loading station, where the Nature Trail ends.

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BERMIEGO YEW

The yew (*Taxus baccata*), a tree sacred to the Celts and the first inhabitants of these lands, signalled the places where ceremonial rites, prayers and burials took place.

The tree produces a poisonous substance called taxine that is present in the leaves, seeds and bark, but not the red fruit body. Legends and traditions hold that the Asturs used this toxin to poison the arrows used to fight against the Roman troops of Augustus during his conquest of the northern territories of Hispania.

The veneration in which it was held gradually declined with the arrival of the first Christians in the area, who built shrines and chapels in these magical places.

One of the most notable specimens in Asturias is the so-called "Texu de Bermiego", listed as Tree of Special Interest. It was declared a Natural Monument of Asturias in 1995.

Almost 19m high, the perimeter of the trunk of this millenarian specimen is 6.82m, and the canopy is 19m in diameter. Popularly known as "Texu l' Iglesta", it is situated on a privileged promontory outside the village, near the church of Santa María.

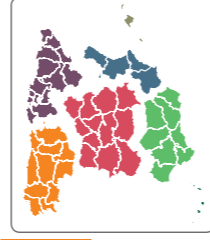
A WALK THROUGH THE HEART OF THE ATLANTIC FOREST

This pedestrian and cyclist Nature Trail through County Quirós, located in the central part of Asturias. The trail starts at Valdemurio Reservoir and ends at Santa Marina, running along 10 kilometres of the old mining railway line that linked Trubia and Santa Marina with a branch that went to Entrago mine.

The area, blessed with landscapes of exceptional beauty, is home to a variety of threatened Asturian wildlife species, including the bear, otter and golden eagle. The traveller can experience a rich cultural heritage through its architecture, traditions and unparalleled cuisine.



Guide to the
Nature Trails
of Spain



SECTOR NORTHWESTERN PENINSULAR



Since 1993 the Ministry for Agriculture, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment.

These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country.

We invite you to visit them and offer you the keys to enjoy the trip. In this brochure you will find a brief description of the Senda del Oso Nature Trail and the map for the journey, along with recommendations to make the most of this experience. We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

TELÉFONOS DE INTERÉS:

- Quirós City Council:

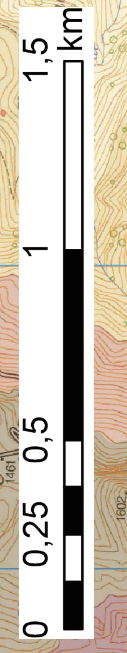
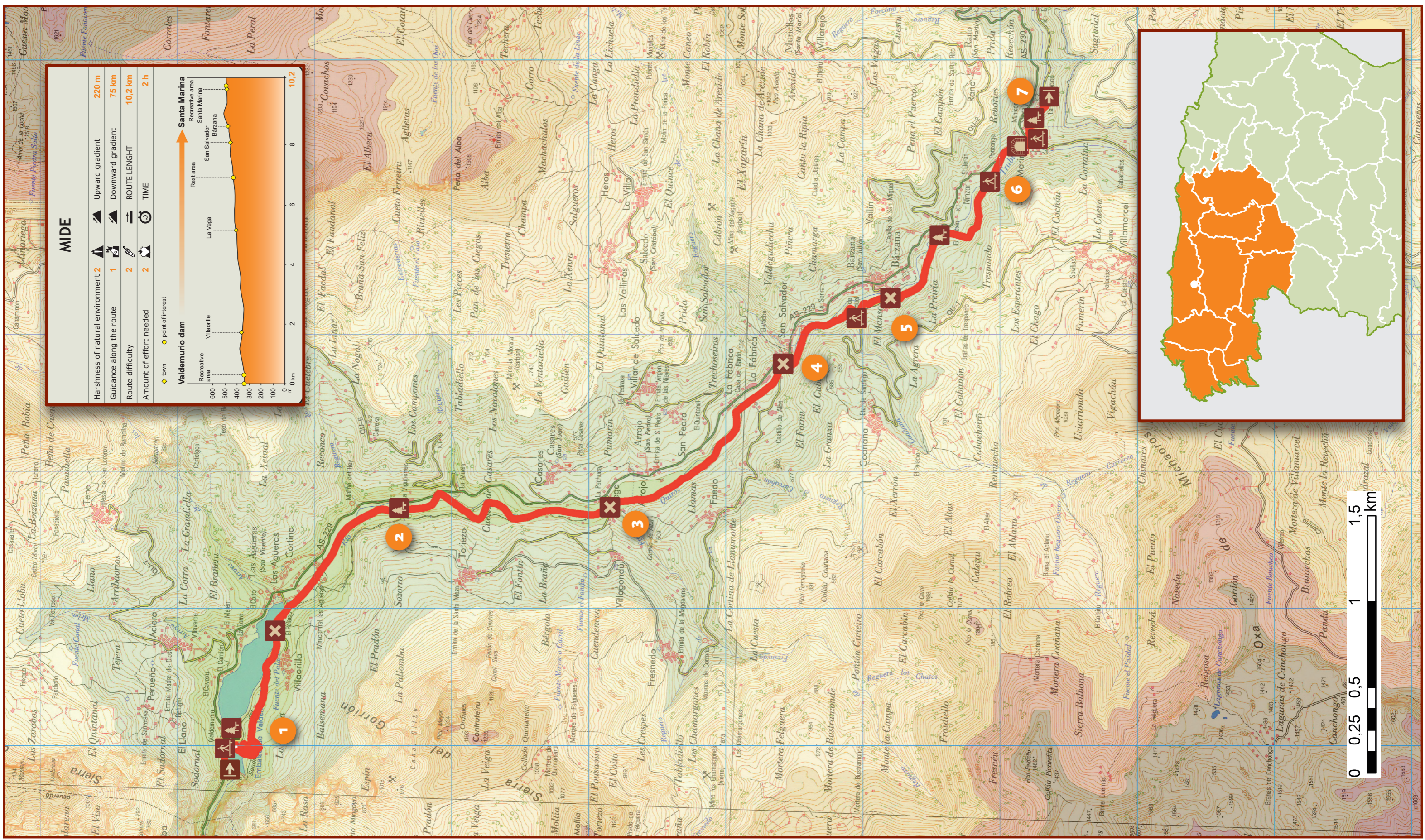
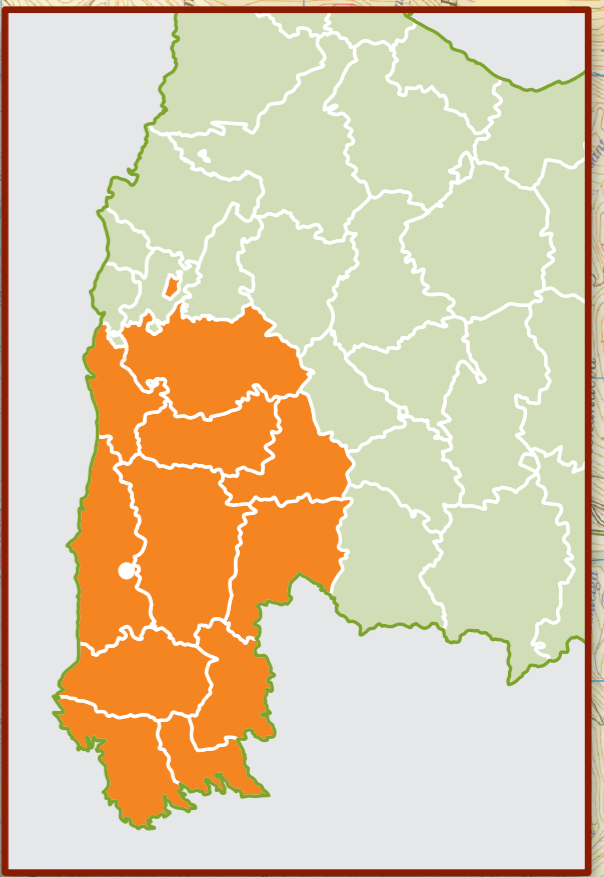
0034 985 768 160

NATURE TRAIL SENDA DEL OSO VALDEMURIO RESERVOIR TO SANTA MARINA

MIDE

Harshness of natural environment	2	▲	Upward gradient	220 m
Guidance along the route	1	➔	Downward gradient	75 km
Route difficulty	2	🏃	ROUTE LENGTH	10.2 km
Amount of effort needed	2	🕒	TIME	2 h

◆ town ● point of interest
 ▲ Valdemurio dam
 🌳 Rest area
 🏠 Recreative area
 🏠 Santa Marina
 🏠 San Salvador
 🏠 Bárzana
 🏠 La Vega
 🏠 Villaorilla



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NATURE TRAIL
SENDA DEL OSO
 VALDEMURIO RESERVOIR TO
 SANTA MARINA

- ➔ Starting point
- 🏠 Rest area
- ➔ End of trail
- 🏠 Tunnel
- 🌳 Rest area
- ✕ Junction