



Shrine at Pineda de la Sierra



Small lagoon with water lilies



Church at Monterrubio de la Demanda

ARCHAEOLOGICAL SITE OF ATAPUERCA

This site, declared World Heritage by the UNESCO, contains a rich fossil record of the earliest human beings in Europe which had provided essential elements to understand the evolution of our species. They represent an exceptional reserve of data, the scientific study of which provides priceless information about the appearance and the way of life of these remote human ancestors. Worth mentioning is the discovery, in 2007, of the *Homo antecessor*, the first European human being, from whom the *Homo heidelbergensis* (and after him, the *neanderthalensis*) and the *Homo sapiens sapiens* come.

10. After a few kilometres, the town of Riocavado de la Sierra can be seen. The houses of Barbadillo de Herberos appear further on. The road then passes through a litiged tunnel and crosses the road again to continue towards Bezares through an oak grove which, after passing a small pond, opens onto vast meadows.

6. The trail then crosses an iron and wooden bridge over a stream and continues along the edge to the tail end.

5. The route descends through the forest, crosses a stream, and climbs again through a pine forest with two fire-breaks. It reaches the edge of the reservoir and skirts along the left side at half-slope, through pine and oak groves.

4. In the next stretch, the trail drifts away from the railway line, and winds up a steep slope to an intersection. Here, the route continues to two crossroads, where it again, in both cases, takes the left fork. The Nature Trail is now on flat terrain and follows again the old railway line

3. As the Trail winds through flat terrain, the mixed forest gives way to pastures until it crosses the road to Urrez; then the route ventures again into a dense oak forest with a small pond carpeted with water lilies. The route continues straight ahead, and passes next to a larger lagoon where the oak groves are dotted with beeches

2. After passing through another oak forest with pasture lands, the route crosses a firebreak and ventures into a reforestation Scots pine forest studded with a few oaks.

1. This nature trail, which follows an old mining railway line, starts at Arlanzon's sports center, and continues east on a gravel road, until it crosses the bridge over River Arlanzón, and heads towards a water treatment plant, past a flat oak forest.

7. Heading straight ahead at the next two intersections, the trail reaches a chapel situated at a crossing, next to Pineda de la Demanda, following the route among plantations until it reaches the BU-820 road.

8. From here, the Nature Trail runs along the river through a riparian forest, with birches and beeches. After crossing the river several times by small bridges, it reaches an intersection where the route climbs a steep slope, leaving to the side the tunnel of the old railway line. Once at Manquillo mountain pass (1,400 m), the route descends to Barbadillo de Herberos, after a brief stop to enjoy the best scenic views of the valley on this route.

9. The next stretch runs up a steep slope to the southeast towards the tunnel exit, and continues across flat terrain with thick oak groves with a few beeches in the shadiest spots. It follows the route of the old railway line until it intersects the road that comes from the mountain pass.

11. The Trail continues through several intersections to finally reach the small town of Bezares. It winds through meadows and crosses a small road, before heading into Las Aceras forest, populated with large tree species typical of Atlantic forests, including beeches and oaks, pines, maples and hollies, among others.

13. After climbing down a slope, the Nature Trail ends at La Pradera recreation area, a beautiful place near the village of Monterrubio de la Demanda, with a fountain, a small cottage and several tables under centenary oak trees, which invite to rest.



IN A LAND OF OAKS AND WOLVES

This area is exceptionally humid due to its proximity to the Cantabrian mountain range. The landscape, thus dominated by large oak and beech forests, is populated by many native animal species, including the Iberian wolf, whose howl can be occasionally heard in the valleys and peaks.



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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 Sierra de la Demanda 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.

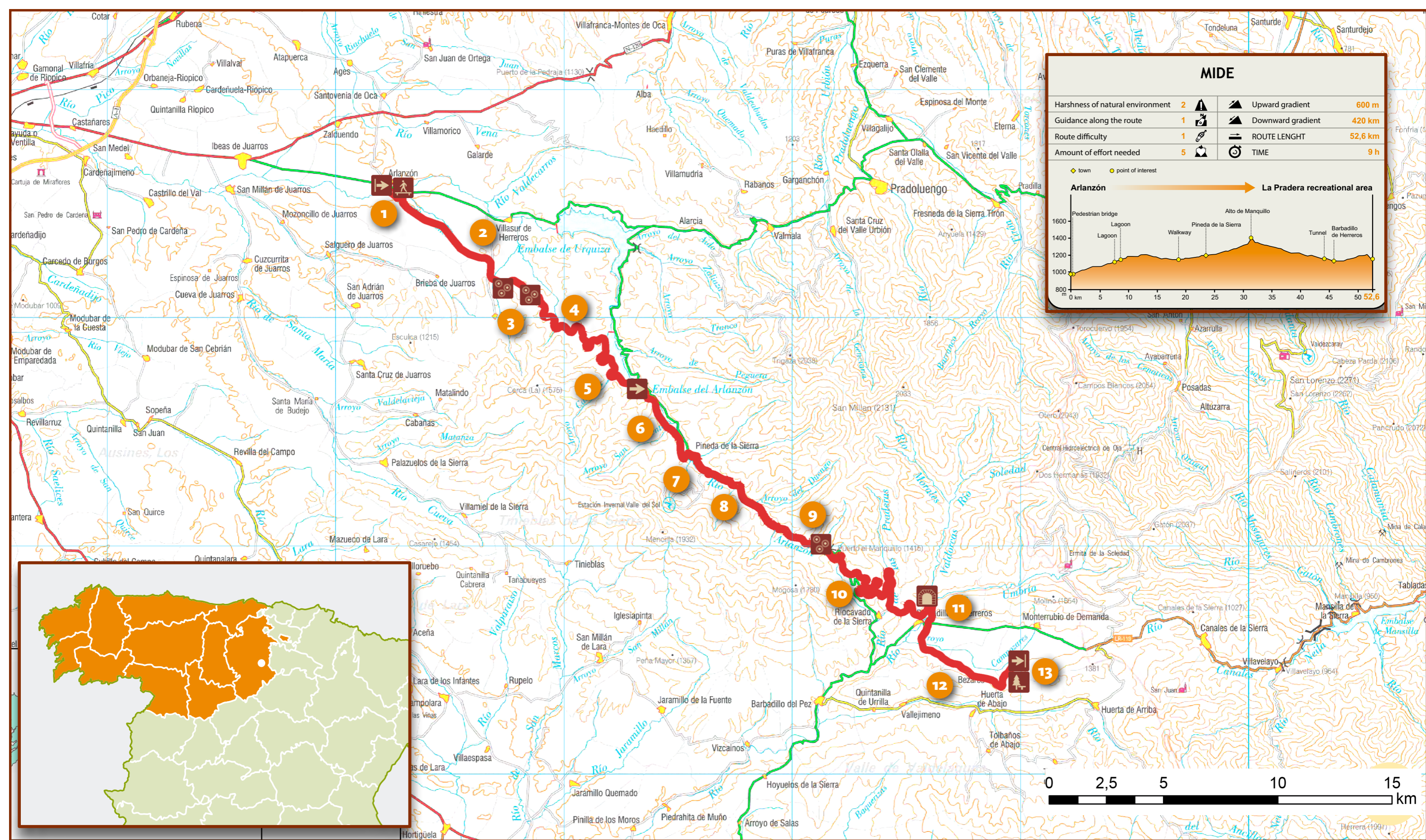
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**NATURE TRAIL
SIERRA DE LA
DEMANDA**





MIDE

Harshness of natural environment	2			Upward gradient	600 m
Guidance along the route	1			Downward gradient	420 km
Route difficulty	1			ROUTE LENGHT	52,6 km
Amount of effort needed	5			TIME	9 h

town point of interest

Arlanzón → **La Pradera recreational area**

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NATURE TRAIL SIERRA DE LA DEMANDA

- Starting point
- Underpass
- End of trail
- Walkway
- Rest area
- Tunnel
- Other sights of interest