

The **Saja River** shapes the terrain as it passes and forms valleys, and it's in one of these where we can find the **municipality Cabezón de la Sal**. To start with, here are the towns that it consists of: **Bustablado, Cabezón de la Sal, Carrejo, Casar de Periedo, Duña, Ontoria, Santibáñez, Vernejo and Virgen de la Peña**.

As a brief introduction to the municipality, you should know that the majority of the population can be found in its capital: the town **Cabezón de la Sal**. It's a town of great importance to the area, due to its location, as well as its commercial, administrative and economic activity—especially due to its prominence in the textile industry.

The name **Cabezón** comes from the word “**cabezo**” which is the word used to describe cone-shaped hills. In this case, the hill is called **Picu La Torre** and it can be found at the entrance of the town. The second part of the name comes from **Salt**, a very precious resource used for food preservation and leather tanning. The salt was extracted from the mines, which despite being closed today, still leave their mark in the municipality's name and architecture, as parts of buildings have disappeared due to the method used to extract salt. The **technique** was to put water pressure on the subsoil to **dissolve the layered salt**. After the layers of salt disappeared, the subsoil was left hollow and empty, thus debilitating the buildings' foundations and causing them to topple over.

Any time of year is perfect to visit, because the municipality of Cabezón de la Sal offers so many things to see: the villages' traditional mountain or “*montañesa*” style of architecture, **museums** like the Nature Museum or the Textile Art Museum, **festivals** like Cantabria Day or the Bean and Vegetable Festival, the **natural environment** with the Minchón river path, and of course, the delicious gastronomy.

Next we'll reveal more of its **ESSENTIAL** information and also clues and fun facts to get to know this municipality a little better.




ESSENTIALS

① POBLADO CÁNTABRO (A CANTABRIAN FORT)

At the entrance of Cabezón de la Sal, on the hill known as Picu La Torre, is where our **journey back in time begins...** We're going to be able to experience the Cantabrian way of life in the **Pre-Roman period**. The town is a **replica** of what could have been a **Cantabrian fort** from 2000 years ago. We'll see its defensive wall, houses, clothing, weapons and we'll learn about the customs.





On your visit, you'll learn about weapons like the “**falcata**” and “**caetra**,” and what other objects like a “**torque**” and a “**fíbula**” are and what they were used for. You'll also learn how grinding was carried out using a **barquiform mill**.

-  It's recommended to make reservations for groups. Individually, it will be based on order of arrival until full capacity is reached. More information at the tourist office. Telephone: 942 700 332



2 THE SEQUOIA FOREST

Do you want to know what it's like to walk among **trees that are over 36 meters** tall? Come to the sequoia forest and connect with this species that originates from North America. So you may be wondering, what are they doing here? Well, this plantation was created for its timber use in the 1940s; however, in the end it was decided not to chop down these beautiful trees, and now we can enjoy this spectacular forest which has been declared a **Natural Monument**. There are **over 840 specimens** of the **Sequoia sempervirens** species, also known as the coastal redwood or California redwood. The forest's main entrance is through a wooden **walkway**.

-  An interesting fact about the sequoias is that they can reach over 100 meters in height and the longest living specimens can live for up to 2,000 years.
-  A sequoia's **bark is just like our own skin**. You'll see how some trees have been damaged by visitors who take pieces of the tree with them. Please help us **conserve them**. Instead, take a photo with them so you can remember the experience of visiting a sequoia forest.

3 THE TEXTILE ART AND REGIONAL COSTUME MUSEUM

The textile industry has proved to be of great economic importance in Cabezón. Many of its inhabitants have worked, or continue to work, at the textile company, **Textil Santanderina**, or more commonly known by locals as **La Fabricona**. So this museum is well-deserved and it's where you can see the entire manufacturing process, from its raw materials to the finished piece. Furthermore, on the top floor there's a display of the traditional **Regional Costumes**. You can see the different outfits that are used depending on the occasion and geographical area from which they come.

-  Several types of different fabrics are manufactured at Textil Santanderina. They even have a line in which recycling and sustainability are the main priority. For example, **SEAQUAL** is a polyester fiber made from **recycled plastic and plastic recovered from the bottom of the ocean**.
-  Visit the Cabezón de la Sal tourist office for hours and tours. Telephone: 942 700 332

4 NATURE MUSEUM OF CANTABRIA

At the **Los Haces Palace** in **Carrejo**, a building from the **18th century**, you can find the Nature Museum of Cantabria. If there's anything that sets our **little region** apart from others, it's its **natural environment**, and it's here where you'll have the chance to learn about it in more detail. Through maps, models, fossils, taxidermy animals, etc., you'll experience its **5 ecosystems, geology, flora, and fauna**. You'll also be able to listen to the **sounds** of different birds.



In the old chapel, there's a **collection of butterflies from across the world**.



There are expositions, activities and workshops which you can learn more about at the following website: [Nature Museum of Cantabria](#)

5 SELF-GUIDED TOURS: CABEZÓN DE LA SAL, CARREJO-SANTIBÁÑEZ, CASAR DE PERIEDO

The best way to get to know a place is to wander around through the towns. The self-guided tours on Cabezón de la Sal's website will help you take a look in the past through its architecture. We'll leave you with each of the links for quick access.

- | | | |
|------------------------|---|---|
| 1. Cabezón de la Sal | → | Self-guided tour Cabezón de la Sal |
| 2. Carrejo- Santibáñez | → | Self-guided tour Carrejo-Santibáñez |
| 3. Casar de Periedo | → | Self-guided tour Casar de Periedo |

6 TASTE THE FLAVORS OF THE AREA

There's no better way to complement a tourist visit than trying products from the region. Although they're not exclusive to the municipality, blood sausage, beans, and Tudanca cow meat are fairly relevant in the area.

1. **Blood sausage.** The **slaughtering of the pig** was a big event in many homes. Among the many products made from pig is blood sausage. The ingredients are: pig blood, corn flour, a pinch of wheat flour, onion, spices and pig lard. Next, you knead it and form elongated balls to boil them. Then, they're cut in slices and fried. Shall we try it?
2. **Beans**, which arrived from America centuries ago, play a significant role in our gastronomy. Every November, the town of **Casar de Periedo** holds a **Bean and Vegetable Festival**, where you can see the true value of Cantabrian vegetable garden staples like beans and collard greens. Also, the town transforms into the Cantabria of the 1940s.

To learn more about the festival, you can check out the website: [Bean and Vegetable Festival](#)

3. **Palucos de Cabezón (little sticks from Cabezón)**. these originated in the 1980s at the hands of bakers from Cabezón. Their name comes from the sticks that are used in a regional **dance, la Baila de Ibio**. The ingredients are: sugar, starch, eggs, honey and coconut.



If you have a **sweet tooth**, we'll add another product that's common to find on display in bakery windows: **puff pastry**. It's a high quality product which can be enjoyed a variety of ways: caramelized, in butter cake or as sweet bread.



① PIRALBA- CANTOS REDONDOS TRAIL

This trail promises **incredible views**, weather permitting. Climb to the top of one of the most unique mountains in the area: the **Sierra del Escudo de Cabuérniga**. There are two lookout points which indicate exactly what you're looking at: **Piralba** and **Cantos Redondos Lookout Points**. There are **360º panoramic views** of: the **Picos de Europa (the Peaks of Europe)** and the **Sierra del Cuera**; the **Cantabrian Mountain Range**; the **Valley of Cabuérniga**; the **Eastern mountains** of Cantabria; the municipalities of **Cabezón de la Sal** and **Mazcuerras**; and the whole **coast from the limit with Asturias to close to Santander**. **It's a truly amazing sight to see!**



Technical information and recommendations:

- ▶ **Starts and ends:** Santibáñez
- ▶ **Length:** 10,30 km
- ▶ **Duration:** 4 h y 30 min.
- ▶ **Level:** moderate
- ▶ **Type of track:** circular
- ▶ **Incline:** +535 m./ -535 m.
- ▶ **Type of path:** forest trail and walking path
- ▶ **Signpost:** It's marked as PR-S121 (white/yellow) although it's not complete
- ▶ **Drinking water:** a fountain in Santibáñez



Notes:

1. We recommend downloading the track of the route on your phone. There are areas where the signs may be difficult to see.
2. Wear good hiking shoes and take a walking stick.
3. You will cross areas where cattle graze. Always close gates behind you after going through. Not recommended if you have vertigo.
4. Avoid doing the hike in poor weather conditions.
5. Only leave your footprints on the ground: throw any trash you accumulate into the correct bin when you return.
6. Live in harmony with the environment: observe animals from a distance and respect the plants. If you walk quietly you may find some pleasant surprises.



[Download more information and track HERE](#)

2 EL MINCHÓN RIVER PATH

The **El Minchón river path** is an **easy route** and suitable for anyone. It starts in the town of **Carrejo** next to the water mill, and goes along the **left side of the Saja River** to the town of **Ontoria**. Throughout the route you can see harvesting fields, **riverbank vegetation** with willows and alder trees, **native vegetation** like oak and chestnut trees, and if you look south, you'll see the **Sierra del Escudo de Cabuérniga** mountain range. Halfway through you'll come across a footbridge that connects the municipalities Cabezón de la Sal and Mazcuerras. We recommend you go up and enjoy the views that **both sides of the river** have to offer. Look carefully to see if you can spot any river inhabitants: **grey herons**, **mallards**, and **trout**! The journey continues to **Ontoria**, which is the **end of the trail**. Now all you have to do is return to Carrejo on the same path or through Cabezón de la Sal.

A tip: if it's summertime, take your swimsuit and towel and take a dip in the river!



Technical information and recommendations:

- ▶ **Starts and ends:** Carrejo / Ontoria
- ▶ **Length:** 3 km
- ▶ **Duration:** 1 h
- ▶ **Level:** easy
- ▶ **Type of track:** lineal
- ▶ **Incline:** +14 m. / -14 m.
- ▶ **Type of path:** forest trail
- ▶ **Signpost:** It's marked as PR-S120 (white/yellow) although it's not complete
- ▶ **Drinking water:** a fountain in Carrejo



Notes:

1. We recommend downloading the track of the route on your phone.
2. Wear good hiking shoes and take a walking stick.
3. Only leave your footprints on the ground: throw any trash you accumulate into the correct bin when you return.
4. Live in harmony with the environment: observe animals from a distance and respect the plants. If you walk quietly you may find some pleasant surprises.
5. At the footbridge, you can cross and visit the neighboring town of Mazcuerras and the recreational area in the forest



[Download more information and track HERE](#)