

On the border of the Principality of Asturias, **Val de San Vicente** is the municipality that **2 of the 3 rivers in the region** flow into. You surely haven't seen a more beautiful way to unite the river and sea in the form of the **Deva and Nansa Rivers** and the Cantabrian Sea. And this is what the landscapes of the **Tinas** have to offer. Its **villages** include: **Abanillas, Estrada, Helgueras, Luey, Molleda, Muñorrodero, Pechón, Pesués, Portillo, Prellezo, Prío, San Pedro de las Baheras, Serdio and Unquera.**

What will you find? 1 river path and 1 coastal trail, 2 estuaries, 3 historical routes, several beaches and, of course, fancy "corbatas!"

You have to go back to **Prehistoric** times to find the **first inhabitants** of the municipality. They lived in the **Salín and Rejo caves**, where they quite literally left their mark on the walls. For example, in the case of the Salín, there are several **outlines of hands** painted.

It's a place that dates back to a **Pre-Roman Era** in the form of the **Castro del Castillo in Prellezo**. Here are the remains of an old **coastal settlement**. Neither of these places can be visited. The **Torre de Estrada**, which has been standing tall since the **Middle Ages**, was named a Cultural Interest Asset in 1992. **Two pilgrimage routes** pass right in front of the tower: the **Camino de Santiago** (the Way of St. James) and the **Camino Lebaniego**, which separate in Muñorrodero. A third historic route also passed through Val de San Vicente: **Carlos V's first trip to the peninsula in 1517** when he was still prince.

Apart from its rich history, we can't forget the **high environmental value** of the mouths of the Deva and Nansa Rivers: **Tina Mayor and Tina Menor.**

Next, we'll reveal more details and interesting facts about the **ESSENTIAL** things you need to **EXPLORE**:



ESSENTIALS

① TINA MENOR VIEWPOINT

Near **Pechón** you can find the **Tina Menor Lookout Point**. This estuary is where the fresh water from the **Nansa River** mixes with the salt water from the Cantabrian Sea. Apart from the beauty of the landscape, the estuary serves a **great environmental purpose**. Over 30 different species of birds use it for shelter. Moreover, it's protected as a **Special Conservation Area (ZEC)** under the name **Western Estuaries and the Oyambre Dune**.



Next to the **lookout** you'll see the statue of the **"Fisherman with his fishing rod."**

This monument is the work of Portuguese sculptor and architect Antonio Coello. It's quite representative of the fishing activity in the Tina. If you pay close attention, you may even see fishermen fishing on the rocks.


2 TORRE DE ESTRADA (TOWER OF ESTRADA)

Next to the road that goes **from San Vicente de la Barquera to the Nansa valley**, and atop a crag, sits the **medieval Tower of Estrada**. It's **originally** from the **8th century**, although it was rebuilt in the **12th century**. It's a complex with a **wall, tower and chapel**. Its defensive wall still preserves some battlements, arrow-holes and a trench dug out of dirt and rock. Attached to the tower is the **San Bartolomé chapel** from the 13th century. In the summer, it's the setting for the **"The resistance, reality and legend" exposition** which is about the guerillas in postwar Spain. One of the most prominent figures of the resistance or **"those that sought shelter in the mountains,"** was Francisco **Bedoya** who was born quite close to the tower, in the village of Serdio.

The **motto** on the tower reads as follows:

*"Yo soy la Torre de Estrada
fundada sobre este peñasco
más antigua en la montaña
que la casa de Velasco
y al rey no le debo nada".*

*"I am the Tower of Estrada
Founded on this crag
On this mountain I am older
Than Velasco's house
And I owe the King nothing."*


 For more information on opening dates and times, consult the Val de San Vicente town hall. Telephone: 942 71 80 11

3 BEACHES

Val de San Vicente is truly a paradise of small beaches. From east to west they are:

1. **Berellín Beach**, in PELLEZO. It's considered to be one of the most beautiful beaches in Cantabria. Its identifying characteristic is the rocky arch along the coastline that makes it unique.
2. **El Sable Beach**, this sandy area that can be found in the beautiful setting of Tina Menor is where the Nansa River and the Cantabrian Sea meet.
3. **Amió Beach**, in Pechón. Besides its beauty, an interesting fact about this beach is that at low tide, the Castril island attaches itself to the mainland. When the tide rises, two currents cross until they separate it from the beach.
4. **Aramal Beach**. This is the beach right after Amió. When it's low tide, both beaches connect. If not, to access the beach you have to leave your car a few meters away and go on foot along a steep path.

5. **Las Arenas Beach.** It's located next to the Pechón campsite and accessed through a trail you must do on foot.
6. **El Pedrero (or Pedreru) Beach.** It's located in **Tina Mayor**, which is the mouth of the Deva River. It's **accessed** through the entrance to the **Pechón campsite**. A steep, **conditioned path** takes you through a beautiful **oak grove** that will lead you to Pedreru—which gets its name from the small rocks that cover the beach.

 The tide changes every 6 hours, so keep an eye out to make sure it doesn't soak your towel as you're laying out.

4 THE NANSA RIVER PATH

If you're **keen on walking**, then we invite you to come walk along the **Nansa River path**, which not only used to be the **old fishermen's trail**, but also part of the **Camino Lebaniego**. It passes through the municipalities of **Val de San Vicente and Herrerías**, between the villages of **Muñorrodero and Puente El Arrudo**. It's **13 kilometers** which could be separated into **two legs**: the first from **Muñorrodero to Camijanes**, and the second from **Camijanes to the CA-855 road**, between Puente El Arrudo and Otero.

The **first stretch** is recommended for **families**, while the **second** one is of **moderate difficulty**. However, neither of them are suitable for a baby carriage.

1st leg: Muñorrodero – Camijanes

In **Muñorrodero**, in the area of the cabins and cemetery, take the path that leads to the **recreational area**, which is where you can leave your car. Then you return a few meters on foot to **start the route**. The trail runs **along the banks of the Nansa River** and it's not difficult. In fact, **there's even stairs and walkways** in several sections along the trail. However, just be careful if it's rained heavily because it's a **flood zone**. Throughout the hike, you'll see a **forest right along the river**, an area for **climbing and shelters and walkways** that **fishermen** used to cross the river. At the end of this leg you'll find the **Trascudia power plant**, which is where the Supino River reaches the Nansa River in the form of a **waterfall**.

2nd leg: Camijanes – Puente El Arrudo

To start this leg, you should take the **detour at Los Collados towards Trascudia**. Here, the trail has a greater **incline** and it's been preserved in its **natural state**. After passing **Tortorio bridge**, you'll reach the **Trascudia hydroelectric power plant**, which has been running since 1949. From that point on, you fully enter the path that runs through **holm oaks and a riverside forest**. You'll then reach an access area that's a little **more complicated, Peña Sancho**, where there's a cable to help you pass the rocky area. Once you reach the bridge that connects Puente El Arrudo and Otero, you can extend the walk to the Iron Foundry of Cades.



Technical information and recommendations:

- ▶ **Starts and ends:** Muñorrodero - Puente El Arrudo
- ▶ **Length:** 14 km
- ▶ **Duration:** 5h
- ▶ **Level:** easy
- ▶ **Type of track:** linear
- ▶ **Desnivel:** +341 m./ -266 m.
- ▶ **Type of path:** track
- ▶ **Signpost:** yes
- ▶ **Drinking water:** a fountain in Muñorrodero



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.



[Download more information and track of the route](#)

5 CORBATAS


We're so fancy here that the "**corbata**" (necktie) is our **crowning glory** when it comes to **pastries**; so much so, that it's a typical product of the area that's crossed borders. It's a **puff pastry** made with **butter** and a layer of icing sugar and almonds. They have the namesake of **Unquera**, however, there are more bakeries in the municipality that make them, as well. They're great to have for breakfast or as an afternoon snack with hot chocolate.



Over the last few years there's been another pastry product gaining popularity: the "**palmera gigantes**" (giant palms). They're big enough that you can share them with the whole family.

6 TINA MAYOR

After flowing for **more than 60 kilometers** from Fuente Dé and through the La Hermida gorge, the **Deva River** reaches the Cantabrian Sea and forms **Tina Mayor**. The estuary **borders** with neighboring **Asturias** creating a landscape full of eucalyptuses, oaks and marsh vegetation. Down below is **El Pedrero** (also known as **Pedreru**) **Beach**, which is made up of small pebbles. Once you're down there you can relax on a calm beach and marvel at the spectrum of the blues and greens of the water.

 A type of **seaweed** called “**ocle**” (it’s also known as “**ocla**”) washes up on shore which is then collected and sold to **pharmaceutical companies** or **sectors within the food industry**. This seaweed is used to make a variety of things like the lining of gel caplets for medicines, gelatin, candy or agar-agar.



EXPLORING

① THE COASTAL TRAIL OF PRELLEZO

On this **hiking trail** you’ll have the chance to walk along the **flat sierra of Jerra**. These flat sierras of coastal plains were formed **480 million years ago**, when the terrain was at sea level and exposed to the ebb and flow of the tides. In **geology**, these areas are called **abrasion platforms**. The **wooded area** along this trail is replete with eucalyptuses, pines, oaks and laurels. However, the most interesting are the **views of the coastline** and the **Tina Menor estuary**, which is part of the Special Conservation Area (**ZEC**) under the name **Western Estuaries and the Oyambre Dune**.

The journey starts next to the church in **Prellezo**. The trail is signaled at PRS-252 and has **yellow and white markers**, although some of them may be missing. It’s best to **download the track** on your phone beforehand to avoid any confusion. At **1 km** from the start, after passing the houses of Prellezo on the west, you’ll reach a **fork in the road**. You can do this hike in **either of the two directions**. The track we’ve included follows the path to the left. You’ll soon come across the stretch with the greatest incline. However, after that, the uphill and downhill sections are less steep and you’ll continue on until you reach a **lookout point** where you can see the entire coastline. About 2 km away from the viewpoint, you’ll find the fork in the road which will lead you back to Prellezo.



Technical information and recommendations:

- ▶ **Starts and ends:** Prellezo
- ▶ **Length:** 6 km
- ▶ **Duration:** 3 h
- ▶ **Level:** easy
- ▶ **Type of track:** circular
- ▶ **Incline:** +210 m./ -210 m.
- ▶ **Type of path:** forest trail and road
- ▶ **Signpost:** partial
- ▶ **Drinking water:** a fountain in Prellezo

 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.

 [Download more information and track of the route HERE](#)


② PILGRIMAGE ROUTES

There are **4 Holy places of Christianity** since the **Middle Ages: Rome, Jerusalem, Santiago de Compostela and the Monastery of Santo Toribio de Liébana.**

The region of **Saja Nansa** has the privilege of being crossed by two historic pilgrimage routes: the Northern route of the **Camino de Santiago** and the **Camino Lebaniego.**

- **The Northern route of the Camino de Santiago (the Way of St. James)**

In the **9th century**, the **tomb of Santiago** (St. James) was discovered in what was known as Libredón forest, in the northeast of the Iberian peninsula. A church is founded which the first pilgrims begin to visit. In the **11th century** it was solidified as a **pilgrimage center** at a European level. It's often said that *there are as many routes as there are pilgrims*; although it's true that throughout time, **several main routes** were developed, like the **Portuguese**, the **Silver**, the **English**, the **French** and the **Northern Ways**. Within Saja Nansa, the Camino passes through the municipalities of **Alfoz de Lloredo, Ruiloba, Comillas, Valdáliga, San Vicente de la Barquera and Val de San Vicente**. Every year, thousands of pilgrims from all over the world pass through Saja Nansa on their way to Santiago de Compostela.

 And interesting fact is the names of places, streets, fountains, hermitages or churches that bear the name of **Santiago**. Generally, it means that the Camino passes through or near that place.

- **Camino Lebaniego**

The **Monastery of Santo Toribio de Liébana** near **Potes** houses the **Lignum Crucis**, the largest fragment of the True Cross that is currently preserved. Since its arrival is the **8th or 9th century**, Christians began coming to the monastery in order to pray to the **piece of the True Cross**. In **1512**, **Pope Julius II** granted this place the privilege of the Holy Year every time April 16th—the day of Santo Toribio—falls on Sunday. The **Camino Lebaniego connects the North and French Ways of the Camino de Santiago** via the **Vadiniense Route**. All of these routes have been named **UNESCO World Heritage Sites**.

i For more information go to: [Camino de Santiago](#) and [Camino Lebaniego](#)

3 ROUTE OF CARLOS V

Emperor Carlos V was one of the most well-traveled kings, as has been documented by the chroniclers who accompanied him. His journeys are part of The Cultural Routes of the Council of Europe and can be found under the name: **The European routes of Emperor Carlos V “*Itinera Carolus V Imperator.*”** Under the section of Cultural Routes of Spain is where you’ll find **Prince Carlos’s first trip from 1517**, during which he crossed the Saja Nansa region.

After the death of his grandfather **Fernando the Catholic**, he had to travel to the Iberian peninsula from Flanders to take possession of his lands as heir. This **first trip** was truly an odyssey: a fierce storm in the **Cantabrian Sea** caused the expedition to be split into two parts. The ship on which Prince Carlos was traveling, along with others, ended up in **Tazonés**, on the **Asturian coast**. This is the start of a long journey to **Mojados (Valladolid)**. He passed through the municipalities of **Val de San Vicente, San Vicente de la Barquera, Cabezón de la Sal, Ruente, Cabuérniga and Los Tojos**. They also spent the night in various towns in the region like **San Vicente de la Barquera, Treceño, Valle de Cabuérniga and Los Tojos**.

The journey was recorded by his chronicler Laurent Vital. You can read it on the website

4 DESCENSO INTERNACIONAL DEL DEVA (THE INTERNATIONAL DESCENT OF THE DEVA RIVER)

Between **Asturias and Cantabria**, the **Deva River** bears witness to a renowned **canoeing** sporting event: the **Descenso Internacional del Deva (International Descent of the Deva River)**. This competition is held the last weekend of August or the first weekend of September. The sportspeople start at the Panes-Siejo bridge and travel 12 kilometers until they reach Unquera. Throughout the river you can see the canoeists in Buelles, Vilde, Molleda or the bridge that connects Unquera and Bustio.

i If you’d like to experience for yourself what it’s like to canoe down the **Deva River**, there are several adventure tourism companies that do this activity year round.