



LIVE

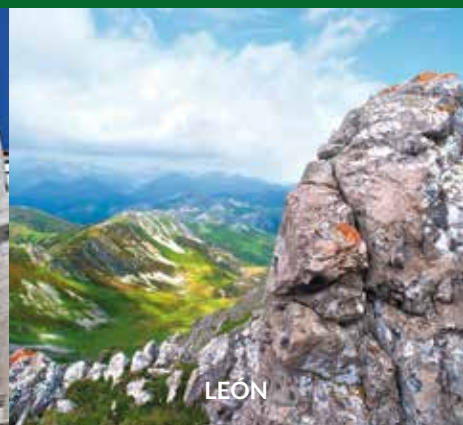
Castilla y León



ÁVILA



BURGOS



LEÓN



PALENCIA



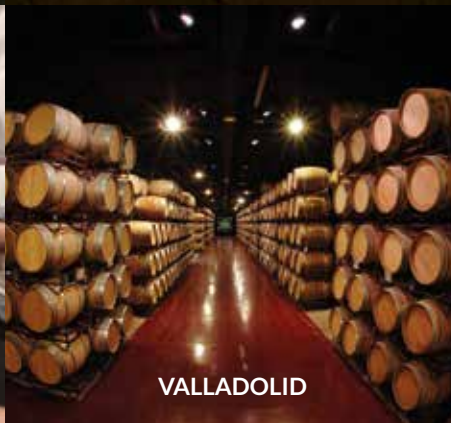
SALAMANCA



SEGOVIA



SORIA



VALLADOLID



ZAMORA





CASTILLA Y LEÓN

The information contained in this guide cannot encompass the full wealth of Castilla y León's natural, cultural and heritage resources. Readers wishing to obtain further information are therefore advised to visit the website at www.turismocastillayleon.com

Published by: Fundación Siglo para el Turismo y las Artes de Castilla y León.

Formatting: Galera Publicidad

Photos: © Fundación Siglo para el Turismo y las Artes de Castilla y León, Javier Prieto Gallego.

Legal Deposit: DL VA 518-2017.

Review: December 2022

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A CAPTIVATING LAND

Castilla y León is one of Spain's 17 Autonomous Communities and is situated in the north-west of the Iberian Peninsula in the upper region of the central plateau, providing a natural route for travellers between Portugal and the rest of Europe. It is made up of nine provinces: Ávila, Burgos, León, Palencia, Salamanca, Segovia, Soria, Valladolid and Zamora.

Castilla y León rises up 830 metres above sea level, and our loftiest peaks reach heights of more than 2,500 metres.

Moorish watchtower in Quintanilla de los Barrios, just outside San Esteban de Gormaz, Soria.



A panoramic view of Segovia.



Live Castilla y León



Presentation

The autonomous community of Castilla y León comprises the historic territories that made up the ancient kingdoms of León and Castile. Over the centuries, it has played a decisive role in forging the nation that Spain is today and has provided a vital link between Europe and America. Many cultures have lived in Castilla y León and have left their mark.

TEMPERATURE VARIATIONS

Maximum temperatures range from around 39°C in the hottest months of the year to 12°C below zero in winter months. The average annual temperature is almost 12°C.

The entire region is surrounded by magnificent mountain ranges: to the north, the Cantabrian Mountains and the Picos de Europa; to the north-west, the Mountains of León; to the east, the Iberian System; and to the south, the Central System.

Our autonomous community nestles in the basin of the Douro, the largest river that flows through Castilla y León. With a total length of just under 900 km, almost 600 km of the Douro cross our region from East to West,

from its source in the Urbión mountains, in the province of Soria, as far as the Arribes del Duero region in Portugal.

Castilla y León boasts a large number of reservoirs, allowing for the rational use of its water resources, several of which also provide excellent opportunities for tourist activities. Castilla y León's climate is characterised by its cold winters and hot summers, as well as brief spring and autumn seasons.



Sanabria Lake, Zamora.



Shrine of San Saturio, Soria.

Over the centuries, Castilla y León, birthplace and home of illustrious historical figures, has set an example for Spain and Europe in terms of respect, coexistence, dialogue within diversity and its rich cultural melting pot.

Castilla y León boasts modern communication infrastructures. A rapidly expanding network of highways and motorways link the region quickly and easily with the principal cities of Spain

and Europe. It is a major hub for the national railway network as most of the lines that connect the northern half of Spain run through the region. Castilla y León also has more cities connected to Madrid via high speed trains than any other region in Spain.



Plaza Mayor, Salamanca.



A panoramic view of Ávila.

Four airports and easy access to Adolfo Suárez-Barajas Airport complete the infrastructures of a region that is well connected with its surroundings. The hospitality and friendliness for which its residents are renowned have opened up Castilla y León to the rest of the world both in the past and present. Visitors to these lands will always receive a warm welcome and will find countless reasons to form part of the dynamic, friendly and prosperous society.

MILLIONS OF VISITORS

Castilla y León has a consolidated tourist industry, attracting record numbers of visitors from Spain and abroad. In 2019, we welcomed nearly 9 million national and international visitors, a record figure for our autonomous community, positioning tourism as a key factor for economic growth and development.



INFORMATION

Spain: www.spain.info

Castilla y León: www.turismocastillayleon.com

PROVINCIAL WEBSITES

Province of Ávila: turismoavila.com

Province of Burgos: turismoburgos.org

Province of León: turismoleon.org

Province of Palencia: palenciaturismo.es

Province of Salamanca: salamancaemocion.es

Province of Segovia: segoviaturismo.es

Province of Soria: sorianitelaimaginas.com

Province of Valladolid: provinciadevalladolid.com

Province of Zamora: turismoenzamora.es

El Bierzo Regional Council: ccbierzo.com

LOCAL WEBSITES

City of Ávila: avilaturismo.com

City of Burgos: aytoburgos.es

City of León: leon.es

City of Palencia: aytopalencia.es

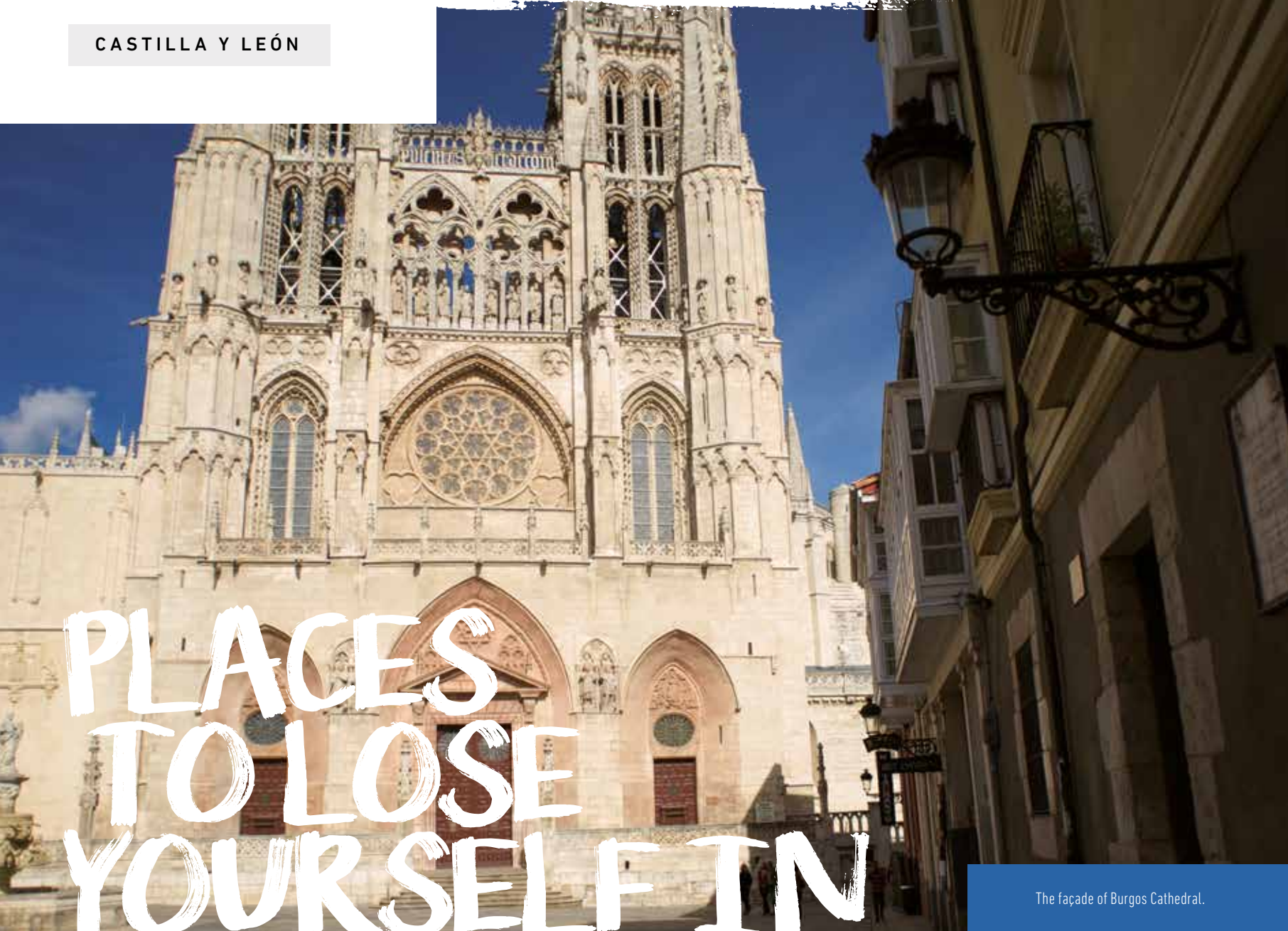
City of Salamanca: salamanca.es

City of Segovia: turismodesegovia.com

City of Soria: turismosoria.es

City of Valladolid: info.valladolid.es

City of Zamora: turismo-zamora.com



Live Castilla y León



Cultural tourism

Throughout its history, Castilla y León has been a place of settlement, as reflected in countless examples of art and archaeology: magnificent prehistoric remains, Celtiberian villages, Roman monuments and superb examples of the Romanesque, Mozarabic, Gothic, Baroque, Plateresque and Neoclassical styles, etc.

Castilla y León is home to an unrivalled historical, cultural and artistic heritage. Highlights include not only the 11 UNESCO World Heritage Sites, but also a host of castles, fortresses and strongholds, monasteries and religious buildings all with their own unique features. Centuries of history carved into its walls, façades, cathedrals and ancient Jewish quarters.

The façade of Burgos Cathedral.

AN IMPRESSIVE CITY WALL

Ávila's city wall features 87 fortified towers and 2,000 battlements. The main section that is open to visitors, measuring 1,200 m, links the Casa de las Carnicerías with Adaja Bridge.



A view of Ávila's city walls from the battlements.

WORLD HERITAGE

THE CITY OF ÁVILA



Ávila was included on the UNESCO World Heritage List in 1985. This city, traditionally known as a 'land of chants and saints', is enclosed within almost three kilometres

of walls that safeguard a wealth of monumental treasures that includes the cathedral and a considerable number of fine churches, convents, palaces and stately homes that transmit a profound, almost magical essence. The city is imbued with the air of spirituality of its most illustrious personality: Saint Teresa of Ávila.

Throughout the year, Ávila plays host to a large number of events. One of the most important of these is Holy Week, declared an event of international tourist interest. Another popular attraction is the International Circus Festival, which takes place between late August and early September.

THE CITY OF SALAMANCA



Salamanca, an outstanding university city, has managed to find a clever balance between old and new. It has managed to respect its superb heritage and even add to it with more recent constructions that have renewed its appearance and further enhanced its beauty. Salamanca stands out for its historic past, the Silver Trail left by the Romans, its university

(one of the oldest in Europe), and also as the focal point for the Golden Age of Spanish literature. In addition to the bustling and well-known Plaza Mayor, its cathedrals and numerous palaces and stately homes, the city is also the site of more recent or renovated buildings such as the Conference Centre, the Centre for Scenic Arts and Music (CAEM) and the DA2 Contemporary Art Centre, etc. A wealth of monumental sites that in 1988 earned it the title of UNESCO World Heritage City.



THE UNIVERSITY OF SALAMANCA

One of Europe's four oldest universities, together with Bologna, Oxford and Paris. Its origins lie in the medieval cathedral schools of the 12th century, and by the 17th century it was firmly positioned as a prestigious university.

The streets of Salamanca with the Clerecía building in the background.



THE AQUEDUCT

It measures 15 kilometres in length and 29 m at its highest point. It was built from 20,400 ashlar stones of granite, assembled without mortar using an ingenious method to balance the forces. This sturdy construction has stood for more 2,000 years.

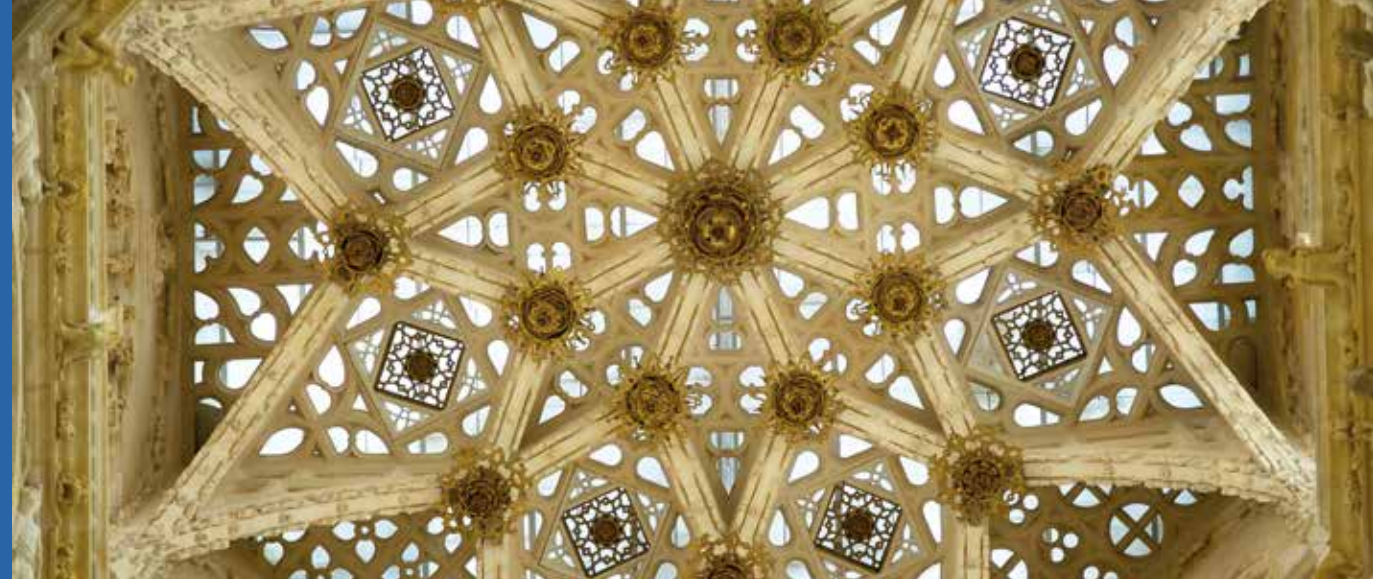
THE CITY OF SEGOVIA



Segovia, declared a UNESCO World Heritage City in 1985, is presided over by a magnificent aqueduct, one of the finest feats of Roman engineering. The Cathedral – known as 'the Queen' of Spain's cathedrals – the Royal Fortress and its many religious and civil

constructions confer not only an aesthetic appeal but also an undisputable cultural value on this city. In some of the streets and buildings it is still possible to observe traces of the coexistence of the Jewish, Muslim and Christian cultures. Each year the streets of Segovia provide the backdrop for a wide range of interesting cultural and tourist activities that draw large numbers of visitors.

A panoramic view of Segovia aqueduct.



Close up of the domical vault in Burgos Cathedral.

BURGOS CATHEDRAL



The Cathedral of Santa María de Burgos is the only cathedral in Spain to be individually declared a UNESCO World Heritage Site. It is one of the finest examples of 13th century Gothic architecture. In addition to the slender towers, the dome and the Constables

Chapel, it offers a fascinating collection of reredos, choir stalls, chapels, stained glass windows, tombs – such as those of El Cid and his wife - and the famous Golden Staircase by Diego de Siloé. Work on the cathedral continued for nearly 550 years, making it a unique monument that reflects the artistic, religious, social and economic identity of each era.



BURGOS, AN ANCIENT CITY

The earliest records of Burgos as a city date back to 884, the year it was believed to have been founded by Count Diego Rodríguez Porcelos on the orders of King Alphonse III.



CUTTING-EDGE MINING

The gold extraction techniques used in Las Médulas were so efficient that the mines ranked amongst the most productive in the world during the days of the Roman Empire.

General view of Las Médulas from Orellán viewpoint. León.

LAS MÉDULAS



Las Médulas Natural Monument in León was declared a World Heritage Site in 1997. Nature and man came together to form an extraordinary archaeological and cultural site. Located in the region of El Bierzo, Las Médulas is considered to be the largest Roman open gold mine. From the

Orellán viewpoint, we can marvel at the immense ravine rising up over 100 metres and admire the capricious reddish earth figures that have been shaped by time and erosion. Before beginning the tour of this natural monument, it is well worth taking the time to stop off at the Archaeology Information Centre and Visitor Centre to obtain a greater insight into the area which will undoubtedly make the visit even more enjoyable.



ATAPUERCA MOUNTAIN RANGE



The archaeological site in the Atapuerca Mountain Range was discovered quite by chance in the late 19th century during work on a trench that was being dug along the route of a new mine railway. No one could imagine at the time the riches that the soil concealed. It was in 1978 that the first systematic excavations

began at the site, and in the year 2000 UNESCO declared it a World Heritage Site, subsequently reasserting its universal value. A total of 40 caves house an endless number of fossils, small bones or natural materials, providing a precise vision of human evolution. The Museum of Human Evolution opened in Burgos in 2010, with the mission to promote and disseminate the most important discoveries made at the site and offer an insight into the evolution of humankind.



MUSEUM OF HUMAN EVOLUTION

Situated in Burgos, a tour of this museum is highly recommended for anyone with an interest in archaeology. The only exhibition of its kind in Spain, it offers an insight into the origins and evolution of humankind based on the archaeological findings uncovered to date.

The main façade of the Museum of Human Evolution



CARVING TECHNIQUE

At Siega Verde the figures were carved out of the rock using techniques that included chip carving, fine incisions, abrasion and rasping. Chip carving essentially consists of tracing the outlines of the figures with fine dots, chipping the stone away with a sufficiently hard object.

SIEGA VERDE



The Siega Verde Rock Art Site, situated in the province of Salamanca, dates back to between 20,000 and 11,000 BCE and boasts an exceptional number of Palaeolithic stone engravings on the banks of the River Águeda. There are 645 outlines of animals and signs were made using the rock carving technique, which depicts the figure using dots or

incisions that trace fine lines. The site was included on the UNESCO World Heritage List in 2010. Siega Verde has an Archaeological Information Centre that helps visitors interpret and understand the rock carvings. A unique setting that brings together this remarkable collection of open air cave art, today considered to be one of the most important in Europe, alongside the Valle del Côa in Portugal, with which it shares World Heritage status.

Siega Verde. Open air rock art.



THE FRENCH WAY OF THE PILGRIMS' ROUTE TO SANTIAGO



In addition to its inclusion on the World Heritage List in 1993, the French Way of the Pilgrims' Route to Santiago was also declared the

First European Cultural Itinerary by the Council of Europe in 1987. Stretching out for 750 kilometres between Roncesvalles and Santiago de Compostela, more than half of the route runs through Castilla y León, leaving myriad traces on these lands that have withstood the test of time. This ancient route crosses through the provinces of Burgos, Palencia and León.



BEECH FOREST



The Cuesta Fría and Canal de Asotín beech forests in León, as well as the Riaza beech forest in Segovia, are included on the list of the "Ancient and Primeval Beech Forests of the Carpathians and Other Regions of Europe", drawn up by UNESCO in 2017. The beech is a sturdy tree that withstood the onslaught of the Ice Age. It can grow to heights of between 35 and 40 metres. Castilla y León is home to several ancient specimens located in fairly inaccessible protected locations, which has ensured their conservation up until the present day.

FALCONRY



Falconry has been included on the List of Intangible Cultural Heritage since 2010. It boasts a long-standing tradition in Castilla y León, particularly in the training of birds of prey. Falconry was used as a form of hunting, although today it is centred on sporting activity as a means of safeguarding the future of the skills and techniques associated with training birds of prey.



THE MEDITERRANEAN DIET



The Mediterranean Diet is rooted in a set of knowledge, traditions and rituals related to livestock breeding, the tending of kitchen gardens and food transformation and consumption. It forms part of the Intangible Cultural Heritage of Mediterranean countries.



USEFUL WEBSITES:

Heritage Cities: ciudadespatrimonio.org

City of Ávila: avilaturismo.com

City of Salamanca: salamanca.es

City of Segovia: turismodesegovia.com

Burgos Cathedral: catedraldeburgos.es

Las Médulas: patrimonionatural.org/espacios-naturales/monumento-natural/monumento-natural-las-medulas

Siega Verde Prehistoric Rock Art Sites: siegaverde.es

Atapuerca Mountain Range Archaeological Sites: atapuerca.org

Pilgrims' Route to Santiago: turismocastillayleon.com/en/art-culture-heritage/great-routes/way-saint-james

CULTURAL TOURISM

CASTLES



Castilla y León is a land of castles. Strategically perched on rocky peaks overlooking the surrounding countryside, there are more than 200 of these medieval landmarks set in breathtaking scenery around the region. In their day, these military constructions

served as imposing fortifications, always on the lookout for the enemy. They acted as symbols of the power of the Crown, bearing witness to a past immortalised in works such as the Poem of The Cid. The sight of these magnificent castles transports us back to long-forgotten eras, customs and ways of life. Initially built as defensive towers from the 8th century onwards, their construction continued until the

15th century, symbolising to perfection the power of the Crown.

Many of the castles used as defensive constructions centuries ago have been renovated in line with modern uses and needs. Imbued with a second life, visitors can explore and admire these magnificent constructions, which today house museums, cultural centres or provide accommodation...

CASTLE ROUTES

There are now intriguing trails that help uncover their history, architecture and the power they enjoyed centuries ago.



Peñafiel Castle

MONASTERIES



Much of the history of Castilla y León has been written behind these walls. They are holy sites of worship, places for retreat and prayer, spiritual hideaways and authentic miniature cathedrals due to their immense heritage. The convents and monasteries are artistic and cultural testimonies to the religious orders that inhabited them, a reminder of the economic, social, cultural and religious splendour that made them so immensely powerful. Today they have become centres for meditation, some of them open to tourists in search of inner peace and respite.

The monasteries, hidden away in the heart of the cities, perched on mountain sides or nestling in valleys, were also centres that played a vital role in spreading culture, in addition to flexing their political and economic muscle. These religious communities scattered around Castilla y León offer visitors an insight into the development of the principal artistic movements and the earliest form of Spanish, a language born out of Latin.

A number of monasteries in Castilla y León offer accommodation. In most cases the number of beds is limited, and the religious communities are quick to stress that monastic accommodation should not be seen as a mere holiday experience, but rather a place of shared spirituality in which to find oneself again.

HAVENS OF TRANQUILLITY

The convents and monasteries that in days gone by offered shelter to pilgrims have today been converted into spaces where travellers can rediscover the sense of spirituality for which they were created.



The Monastery of Santa María de la Vid (Burgos).

ARCHAEOLOGICAL SITES



Castilla y León boasts myriad traces of bygone cultures, comprising an outstanding cultural offer for tourists with a love of historic heritage.

The prehistoric settlers that once inhabited these lands, and later the Romans, built the roads that connected the Iberian Peninsula from North to South and from East to West.

The various archaeology centres dotted around Castilla y León provide a magnificent showcase for the autonomous community's rich archaeological heritage.

MUSEUMS



History, art and traditions are jealously guarded in the more than 400 museums to be found in Castilla y León, providing an endless source of wealth and knowledge. The collections include traces of the past (archaeology, numismatics, etc.), superb examples of ancient, modern and contemporary art (painting, sculpture and imagery, etc.), as well as the traditions and ways of life of the people that have lived there (ethnography, music, etc.). Yet Castilla y León is in itself an authentic living museum, boasting more than a hundred Historic Sites and over a thousand monuments that are considered Assets of Cultural Interest and therefore the object of official protection.

Contemporary Art Museum – MUSAC. León.

The Autonomous Community of Castilla y León currently has four museums run by the regional authorities: the Museum of Human Evolution in Burgos (MEH), the León Contemporary Art Museum (MUSAC), the Sabero Metallurgy and Mining Museum in the province of León and the Castilla y León Ethnography Museum in Zamora. There are also two regional Cultural Centres: the Centre for Artistic Creation and Innovation housed in Segovia's Quintanar Palace and the Miguel Delibes Cultural Centre in Valladolid.

Castilla y León boasts a wealth of cultural treasures of immense historic and artistic value. They can be admired throughout the region thanks to the extensive network of provincial museums as well as local, diocesan and private collections and exhibitions.

THE AGES OF MAN



Also worthy of mention is the vast historic and artistic heritage conserved by the Church in Castilla y León, which for more than a quarter of a century has been on public display thanks to the major exhibitions organised since 1988 by the Ages of Man Foundation, made up of the autonomous community's eleven Catholic dioceses. Religious treasures that have been admired by more than eleven million visitors and that reflect Castilla y León's rich cultural heritage and Spain's most outstanding collection of religious art.



USEFUL WEBSITES:

- Fundación Siglo para el Turismo y las Artes de Castilla y León: fundacionsiglo.es
- Museums in Castilla y León: museoscastillayleon.jcyl.es
- Museum of Human Evolution: museoevolucionhumana.com
- León Contemporary Art Museum: musac.es
- Castilla y León Metallurgy and Mining Museum: museosiderurgiamineriacyl.es
- Castilla y León Ethnography Museum: museo-etnografico.com
- The Ages of Man Foundation: lasedades.es
- Cultural heritage: patrimoniocultural.jcyl.es



FEEL THE BREEZE ON YOUR FACE

Live Castilla y León



Nature

The rich diversity of Castilla y León's natural areas have made it a favourite destination due to its superb environmental heritage. Nature has outstanding tourist appeal due to the mountain ranges, breathtaking valleys, ravines, peaks, spectacular caves, rivers and lakes with a history dating back millions of years. This wealth of ecosystems, landscapes and natural formations have earned Castilla y León widespread recognition as one of Europe's most valuable regions due to its immense biodiversity and rich environmental heritage.

Babia, a Biosphere Reserve.



Castilla y León is rich in terms of nature and scenery and due to its outstanding environmental wealth, much of the region is protected by the Junta de Castilla y León Network of Natural Areas. It is also home to 10 UNESCO Biosphere Reserves and Las Loras Geopark, in the provinces of Burgos and Palencia. The highlights of the natural areas include the following:

ÁVILA



- Sierra de Gredos Regional Park
- Valle de Iruelas Nature Reserve

LEÓN



- Picos de Europa National Park and Regional Park
- Montaña de Riaño y Mampodre Regional Park
- Babia and Luna Nature Park
- Lago de la Baña Natural Monument
- Lago Truchillas Natural Monument
- Las Médulas Natural Monument

BURGOS



- Montes Obarenes-San Zadornil Nature Park
- Hoces del Alto Ebro y Rudrón Nature Park
- Cañón del Río Lobos Nature Park
- Lagunas Glaciares de Neila Nature Park
- Sabinars de Arlanza-La Yecla Nature Park
- Unesco Las Loras Global Geopark
- Ojo Guareña Natural Monument
- Monte Santiago Natural Monument



Boñar Reservoir. León.

PALENCIA



- Montaña Palentina Nature Park
- Covalagua Protected Landscape
- Covalagua Waterfall Natural Monument
- Las Tuerces Protected Landscape
- Las Tuerces Labyrinth Natural Monument
- Unesco Las Loras Global Geopark

SALAMANCA



- Arribes del Duero Nature Park
- Las Batuecas - Sierra de Francia Nature Park

SEGOVIA



- Sierra de Guadarrama Nature Park
- Sierra Norte de Guadarrama Nature Park
- Hoces del Río Duratón Nature Park
- Hoces del Río Riaza Nature Park

SORIA



- Cañón del Río Lobos Nature Park
- Laguna Negra y Circos Glaciares de Urbión Nature Park
- Sabinar de Calatañazor Nature Reserve
- Acebal de Garagüeta Nature Reserve
- La Fuentona Natural Monument

VALLADOLID



- Riberas de Castronuño - Vega del Duero Nature Reserve

ZAMORA



- Lago de Sanabria y Sierras Segundera y de Porto Nature Park
- Arribes del Duero Nature Park and Lagunas de Villafáfila Nature Reserve

BIOSPHERE RESERVES

The autonomous community of Castilla y León boasts 10 UNESCO Biosphere Reserves:

LEÓN

- Picos de Europa
- Alto Bernesga
- Los Ancares mountain range in the province of León.
- Babia
- Los Argüellos
- Laciana valley and the valleys of Omaña and Luna

SALAMANCA

- The Béjar and Francia mountain ranges
- Meseta Ibérica

ZAMORA

- Meseta Ibérica

SEGOVIA

- Real Sitio de San Ildefonso - El Espinar

HEALTH TOURISM



Castilla y León has made the most of the excellent properties of the waters of its natural springs and today is an ideal destination for health and wellness tourism. The treatments available at the spa resorts are essentially designed for wellness. However, these centres also focus on the recreational and leisure benefits of water.

Castilla y León offers fabulous accommodation options that are perfect for putting aside for a while the stresses and strains of everyday life, turning your holiday and leisure time into an opportunity to unwind and enjoy the water circuits, showers, saunas and Jacuzzis... as well as therapies that include massages and beauty treatments such as wine-based therapies...



IN THE HEART OF THE EARTH

Castilla y León has a large number of caves, making this region a paradise for underground cavern enthusiasts. The photograph shows La Galiana Cave, Río Lobos Canyon. Soria.



RURAL TOURISM



Castilla y León has more rural tourism accommodation than any other autonomous community. It also has its own rural tourism accommodation quality seal known as 'Posadas Reales', which includes the finest countryside accommodation options dotted around some of the autonomous community's most breathtaking scenery.



Posada del Infante. Arenas de San Pedro (Ávila)

Covalagua Natural Area. Las Loras Geopark. Palencia.

WATER FEATURES

Castilla y León's is home to Las Loras, the first site in the autonomous community to be included in the UNESCO Global Geopark network, which covers part of the northern sections of the provinces of Burgos and Palencia. Its unique geological heritage, together with its wealth of cultural and environmental assets, has earned it this distinction.

Laguna Negra y Circos Glaciales de Urbión Nature Park. Soria.



Castillo del Buen Amor Posada Real. Topas, Salamanca.



NATURE AND RURAL TOURISM WEBSITES

Environmental heritage: patrimoniounatural.org

Natural Areas: miespacionatural.es

National Parks: patrimoniounatural.org/espacios-naturales

Iberian Wolf Centre: centrodellobo.es

Posadas Reales: turismocastillayleon.com/es/posadas-reales

Las Loras Global Geopark Route geoparquelasloras.es

Biosphere Reserves:

turismocastillayleon.com/es/rural-naturaleza/reservas-biosfera

HEALTH TOURISM WEBSITES

Castilla y León Spa Resorts Association:

turismocastillayleon.com/en/health-wellness

Corconte Spa-Hotel: balneariodecorconte.net

Caldas de Luna Spa-Hotel: balneariocaldasdeluna.com

Ledesma Spa-Hotel: balnearioledesma.com

Retortillo Spa-Hotel: balnearioretortillo.com

El Burgo de Osma Spa-Hotel, Olmedo and Valbuena Monastery: castillatermal.com

Medina del Campo Spa-Hotel: balneariogranchotellassalinas.com

Almeida Spa-Hotel: ladamaverde.com

FAMILY TOURISM WEBSITES

Young people: juventud.jcyl.es

Camping: campingscastillayleon.es

Hostels: infoalbergues.com



GET ACTIVE NATURALLY



Castilla y León's ancient sites offer a fun-filled mix of sport, nature and culture. The region has reinvented nature tourism thanks to its modern ski resorts, golf courses and specially adapted bathing areas in its reservoirs, rivers and channels that surprise and delight lovers of all kinds of outdoor sports.

Snowshoeing at Los Peces Lagoon. Sanabria. Zamora.

GOLF COURSES



The increase in the number of golf professionals and enthusiasts in Castilla y León has led to a rise in the number of courses and tourist complexes built around them. Golf is much more than just a hobby and the autonomous community offers a wide range of nature-based leisure and tourism activities that include the chance for all the family to enjoy this sport.



A WIDE CHOICE OF GOLF COURSES

No fewer than 41 golf courses are scattered around the autonomous community, enabling players of all abilities to enjoy this sport. Fourteen 18 green hole, sixteen 9 green hole and eleven 9 rustic hole courses complete the highly appealing offer.

SKI RESORTS



The onset of winter covers the lofty summits of Castilla y León's mountain ranges with snow. These settings and winter sports resorts, located within easy reach of towns and villages of immense tourist interest, form a spectacular backdrop for skiing, snowboarding and cross-country skiing, as well as hiking routes that will reveal truly breathtaking scenery.

RIVER BOATS



Taking a boat trip on any of the bodies of water in Castilla y León is a unique experience and an alternative way of enjoying the region's stunning natural landscapes. In the hottest months of the year, Castilla y León offers a wide choice of water sports options or the chance to delve into the history of our towns and villages during a leisurely boat trip along its rivers and canals. Examples include Castilla Canal, the Arribes del Duero, Riaño Reservoir, Sanabria Lake and the River Pisuerga.

RESERVOIRS



Reservoirs and dams comprise an important part of Castilla y León's water resources. In addition to a cooling dip or fishing, these areas are also ideal for a range of activities in various types of sailing and motor boats, such as skysurfing, kitesurfing or canoeing, etc. In the summer months in particular, the reservoirs are a favourite bathing spot for many tourists.

ACTIVE TOURISM



The sheer size of Castilla y León, one of Europe's largest regions, combined with its wealth of natural resources protected in 28 Natural Areas, make us the ideal choice for active tourism. It is a different, fun and often thrilling way of experiencing more dynamic contact with nature through a series of outdoor activities such as hiking, trekking, mountaineering, climbing, mountain biking, horse riding, canoeing, high rope centres, hot air balloon flights, paintball, archery as well as quad and 4x4 routes.

MOUNTAIN BIKE ROUTES



The main mountain bike routes offer visitors the chance to explore the Silver Trail, as well as Castilla y León's mining areas and the routes that cross the provinces of Salamanca, Zamora or the Gredos mountains in Ávila and the Cuatro Villas de Amaya in the province of Burgos. Routes that make their way through a wealth of scenery featuring moorlands and green fields, as well as valleys and mountainous landscapes. There are more than 250 mountain bike routes in Castilla y León, offering countless options for practising this popular sport.

Further details of the mountain bike routes can be found on the Castilla y León tourism website. The IMBA website also includes details of the itineraries signposted in accordance with its international criterion.

EUROVELO ROUTE

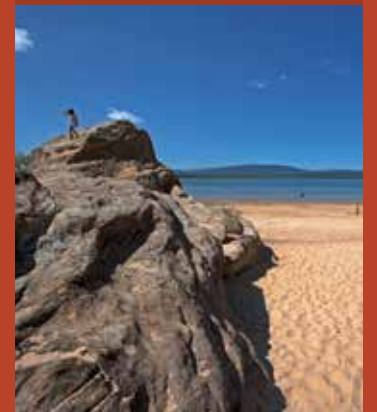


Castilla y León in part of the EuroVelo 1 international tourist cycle route, which starts in Norway and runs through Belgium, France, the UK, Ireland, Spain and Portugal. The route is clearly signposted within the autonomous community and takes in stretches of immense environmental and natural value included in the French Way of the Pilgrims' Route to Santiago, Castilla Canal, the Douro Route and the Silver Trail, a total of 488 km.

La Cuerda del Pozo Reservoir, Vinuesa (Soria).

PRIME LOCATIONS

Castilla y León's spectacular relief and climate offer the ideal conditions for adventure activities, cycling, climbing and enjoying high rope courses...



SPORTS AND ACTIVE TOURISM WEBSITES

- Winter sports resorts: turismocastillayleon.com/es/rural-naturaleza/estaciones-invernales
- Golf: fgolfcyl.org
- Active Tourism Association: atacyl.org
- Mountain bike routes: turismocastillayleon.com/es/rural-naturaleza/rutas-btt
- Castilla y León's Great Cycling Routes: turismocastillayleon.com/en/onbike
- Boat trips: turismocastillayleon.com/es/rural-naturaleza/recorridos-barco
- Mountaineering, Climbing and Hiking Federation: fclm.com



SIMPLY DELICIOUS!

HAM WITHOUT BORDERS

The ham produced in Salamanca from Iberian breed pigs holding the PDO Guijuelo quality seal accounts for over 50% of all the cured Iberian ham sold in Spain.

GASTRONOMY EVENTS

Castilla y León hosts more than four hundred culinary events a year, including shows, festivals and competitions.

Gastronomy in Castilla y León is currently enjoying one of its finest moments due to the outstanding skill and know-how of its chefs, the superb quality and diversity of its products, as well as a rich gastronomic legacy.

This culinary and gastronomic wealth is in evidence every day thanks to the large network of food and beverage professionals that make up the teams working in over 5,000 restaurants. Some of these restaurants hold prestigious awards and are featured in the most important and best-known gastronomy guides, including the Michelin or Repsol guides. In addition to these eateries, there is a packed calendar of culinary celebrations, events and workshops.

More than 400 dates including the Buscasetas Gastronomy Event, dedicated to mycology, the Roast Suckling Lamb Festival, or celebrations to mark the pig-slaughter tradition, as well as tapas competitions. In this sense, mention must be made of the quality of the miniature culinary tradition, which includes the national Pinchos and Tapas competition held in Valladolid every November. The List of Popular Recipes of Castilla y León is a collection of almost 12,000 recipes.

Live Castilla y León



Food and wine

The gastronomy of Castilla y León boasts a cultural and ethnographic heritage of immense value. The nine provinces that make up the autonomous community share tastes and flavours yet are also characterised by their gastronomic diversity.

Moreover, wine lovers visiting Castilla y León will revel in this land's immense wealth in this sector, which has positioned it at the forefront of wine tourism.

OUR PRODUCTS



When it comes to meat, pork is one of the hallmarks of Castilla y León. Today, Segovia is renowned for its roast suckling pig. Poultry has traditionally formed an essential part of the family economy and has given rise to a wealth of recipes, several of which are highly appreciated, such as 'Gallo Turretilano' – chicken casserole in white wine, famous in Tordesillas, Valladolid, or 'Gallina en pepitoria' – chicken fricassee. Kid meat roasted in a wood-fired oven is considered a particular delicacy.

Castilla y León has more beef cattle than any other region in Spain and is home to a number of specifically identified breeds. Our lands also boast a tradition of ox breeding, producing juicy red meats that are much appreciated.

Lamb also features predominantly in the region's gastronomy, thanks to its famous roast suckling lamb. The region is also Spain's biggest sheep's cheese producer.

In addition to its highly-acclaimed pulses, the Castilla y León Food and Agriculture List includes more than 90 pastries, cakes and sweets. There is also a long-standing tradition in the baking of crusty country bread.

The region's wealth of mycology resources and the launch of a series of initiatives such as black truffle growing in Soria, has led to the creation of a mycological tourism offer unlike any other in Spain. It boasts around 1,500 documented species, more than 50 of which are of outstanding culinary interest. Major events in this sector include the annual Buscasetas Gastronomy Event and the International Mycology Congress, Soria Gastrónomica, as well as the 'Cooking with Truffles' International Competition, which take place every two years.

THE FINEST INGREDIENTS

Castilla y León has more than 250 listed food and agriculture products. Over fifty of these have received some form of official recognition, such as a Designation of Origin or Quality Seal.



WINES

Castilla y León is home to red, rosé and white wines made from various grape varieties including Tempranillo, Tinta de Toro, Garnacha, Godello, Malvasía, Mencía or Rufete. They include a number of autochthonous varieties, such as Verdejo, Juan García, Prieto Picudo or Bruñal. The autonomous community produces wines of all types: young and aged, reserves, dry, semi-dry, sweet, sparkling or fortified wines.



Grape harvest festival celebrations in Rueda, Valladolid.

CASTILLA Y LEÓN AND WINE CULTURE



Castilla y León has 80,000 hectares dedicated to wine production (6% of the national total). It ranks fourth in terms of grape production and is home to more than 600 wineries that are flourishing thanks to the dedication and enthusiasm of 18,500 producers of unique wines.

The autonomous community boasts 17 Designations of Origin, 3 of which are “Vinos de Pago” (single-estate wine), and there is also a specific quality seal for the entire territory: the Vino de la Tierra de Castilla y León Protected Geographical Indication (PGI). Our region comprises a vast agricultural space dotted with vineyards, mainly grouped around the basin of its principal river, the Douro, where some of the world’s best-known wines are produced. The earliest traces of vine growing and winemaking date back to the days before the Romans and the Celtic tribes that settled in the Douro basin.

AN ANCIENT TRADITION

The passion for winemaking is not new to the autonomous community. Indeed, evidence points to the existence of vineyards planted on the lands that today form the DO Ribera del Duero before the arrival of the Romans.

WINE TOURISM



Wine tourism is enjoying exponential growth in Castilla y León, based on winemaking, gastronomy and cultural activities and services related directly to wine and its culture. Castilla y León has more quality wine tourism destinations than any other Spanish autonomous community. It currently has nine wine routes certified by ACEVIN (the Association of Spanish Wine-Producing Cities), backed by the Secretary of State for Tourism.

Tourists can explore the Arlanza Wine Route, the Arribes Wine Route, the Bierzo Wine Route, the Cigales Wine Route, the Ribera del Duero Wine Route, the Rueda Wine Route, the Sierra de Francia Wine Route, the Toro Wine Route and the Zamora Wine Route.



FOOD TOURISM WEBSITES

Tourism:
turismocastillayleon.com

Roast Suckling Lamb Chefs Association:
asadoresdelechazo.com

Association of Master Chefs:
maestresdecocina.es

Eurotoques Association:
euro-toques.es

Soria Gastronómica Congress:
congresosoriagastronomica.com

Castilla y León Academy of Food and Gastronomy:
gastronomiacyl.com

Mycological Tourism:
micocyl.es

Tierra de Sabor:
tierradesabor.es

DO WEBSITES:

DO Arlanza:
arlanza.org

DO Arribes:
doarribes.es

DO Bierzo:
crdobierzo.es

DO Cigales:
do-cigales.es

DO Ribera del Duero:
riberadelduero.es

DO Rueda:
dorueda.com

DO León:
dotierradeleon.es

DO Toro:
dotoro.com

DO Tierra del Vino de Zamora:
tierradelvino.net

DO Rioja:
riojawine.com

PDO Valles de Benavente:
vallesdebenavente.org

PDO Sierras de Salamanca:
dosierradesalamanca.es

PDO Cebreros:
dopcebreros.com

WINE ROUTES



ARLANZA: The Arlanza Wine Route lies to the south of the city of Burgos and east of Palencia, running through the lands of both these Castilian provinces. A total of 2,000 km², including over 450 hectares of vineyards nestling between the lower and middle Arlanza valleys, the Covarrubias mountain range and the Cerrato moors, included in the Arlanza Wine Designation of Origin.

info@rutadelvinoarlanza.com
rutadelvinoarlanza.com

ARRIBES: Located between the provinces of Salamanca and Zamora, on the border with Portugal, with more than 150 km of river canyons from which it takes its name, “Arribes” an etymological derivation of the Latin “ad ripa” meaning “on the banks”, lining the Douro and its tributaries. It is a route of outstanding beauty, located in the magnificent Arribes del Duero Natural Area, declared a Nature Park and part of the UNESCO Meseta Ibérica Biosphere Reserve.

hola@rutadelvinoarribes.com
rutadelvinoarribes.com

EL BIERZO: El Bierzo Wine Route runs through the region of the same name, situated in the west of the province of León and encircled by the valleys that form the boundary with Galicia and Asturias and stretch out along the Pilgrims’ Route to Santiago. The wineries, most of which are family owned and run, offer experiences for everyone to enjoy: from expert wine lovers to beginners; for those seeking to practise sports in a natural setting; and also for those looking to relax and unwind whilst exploring the vast cultural heritage of this area.

info@enoturismoenelbierzo.com
bierzoenoturismo.com

CIGALES: Its convenient location in the Lower Pisuerga region in the heart of Castilla y León and within easy reach of the cities of Valladolid (4 km) and its airport (8 km), Palencia (12 km) and the A-62 Highway makes the Cigales Wine Route an appealing destination for quality wine tourism, with attractions that include wineries open to the public and museums, as well as heritage, gastronomy, environmental, sporting and leisure resources.

info@rutadelvinocigales.com
rutadelvinocigales.com

RIBERA DEL DUERO: The Ribera del Duero area stretches out for 115 kilometres from east to west and 35 kilometres from north to south in Castilla y León. The vineyards and cereal fields form a surprising landscape, bathed by the River Douro, where first class gastronomy and wine converge with the most authentic scenery, art and history. A unique experience for all the visitors that each year opt for a new and exciting form of travel: wine tourism.

info@riberate.com
riberate.com

RUEDA: In the heart of Castilla y León, where the Douro flows through cereal fields and lush green vineyards, the Rueda Wine Route takes us on a journey filled with authenticity and lasting sensations. This generous land is home to a wealth of delicious gastronomy, where the passion for winemaking, tradition and the most avant-garde technologies come together to offer visitors a unique experience, based on its autochthonous vine: Verdejo.

info@rutadelvinoderueda.com
rutadelvinoderueda.com

SIERRA DE FRANCIA: The Sierra de Francia Wine Route is located in Castilla y León, in the south of the province of Salamanca. The Sierra de Francia Wine Route offers you the chance to stroll amongst vineyards, tour our wineries, enjoy tasting sessions of our wines paired with delicious mountain produce, sample our wealth of mouth-watering gastronomy, explore myriad landscapes, delve into the rich artistic heritage of our municipalities and take part in our festivals and folklore. Take a step back in time where the pull of the land and a strong sense of tradition can be seen and felt at every turn.

info@rutadelvinosierradefrancia.com
rutadelvinosierradefrancia.com

TORO: The Toro Wine Route was created with the goal of offering experiences that ‘leave a mark’. It’s the perfect plan for a weekend of rural tourism. Discover an area full of history, heritage, culture and delicious food with an incredible tradition of high-quality wine. The origins of the wines from the Toro region of Zamora predate the settlement of the Romans. They say the cellars of La Pinta were full of Toro Wine when it set sail for the Indies.

info@rutavinotoro.com
rutavinotoro.com

ZAMORA: Nestled on the banks of the Douro River and crossed by the Silver Route, the Tierra del Vino region covers an area of almost 1800km², across forty-six districts of the province of Zamora and ten districts in the province of Salamanca. Explore the unique countryside of century-old vineyards and traditional wineries which still perform the same function they were built for, surrounded by a wealth of heritage, culture and tradition, nature, and talented, independent craftsmen and women.

info@rutavinozamora.com
rutavinozamora.com





A LAND THAT KNOWS HOW TO CELEBRATE

El Zangarrón of Sanzoles. Zamora.

Live Castilla y León

Traditional festivities and avant-garde festivals



Castilla y León's Holy Week celebrations are of great interest. The autonomous community is immersed in an atmosphere of deep devotion, and sculpted figures and groups of immense heritage value are taken out in procession around the streets.

Numerous cultural events and festivals are held during the course of the year that cover all art forms, ranging from music and theatre to dance, films, magic and circus performances. Nor must we forget the traditional festivals and celebrations of each town and village, each with their own unique characteristics.

HOLY WEEK TRADITIONS

Holy Week in Castilla y León is a display of deeply rooted customs and fervent devotion, inviting everyone to experience this intense period, discover the towns and villages from a different perspective and enjoy the local gastronomy and monuments.

Holy Week in Segovia.



Castilla y León celebrates almost a hundred festivals declared to be of regional, national and international tourist interest.

HOLY WEEK



The air is filled with the aroma of wood, palm leaves, branches and candle wax. The atmosphere is sombre, silent and the fervent religious sentiment can be sensed as the processions pass by. Holy Week in Castilla y León is one of the most deeply-rooted religious,

cultural and popular attractions, drawing large numbers of tourists. Castilla y León has more Holy Week celebrations declared of international tourist interest than any other autonomous community in Spain. They include the following: Ávila, León, Medina del Campo, Medina de Rioseco, Palencia, Salamanca, Valladolid and Zamora.



Holy Week in Palencia.

POPULAR FESTIVITIES



Traditions and customs from the past, yet which are also well worth celebrating and enjoying today. Grape harvest festivals, bullfighting, processions and parades, carnivals and masked balls, medieval jousting, music and dancing to the sounds of the reed instrument known as the dulzaina, drums and other traditional modern musical instruments are held throughout the region.



Las Cantaderas Festival. León.

FESTIVALS

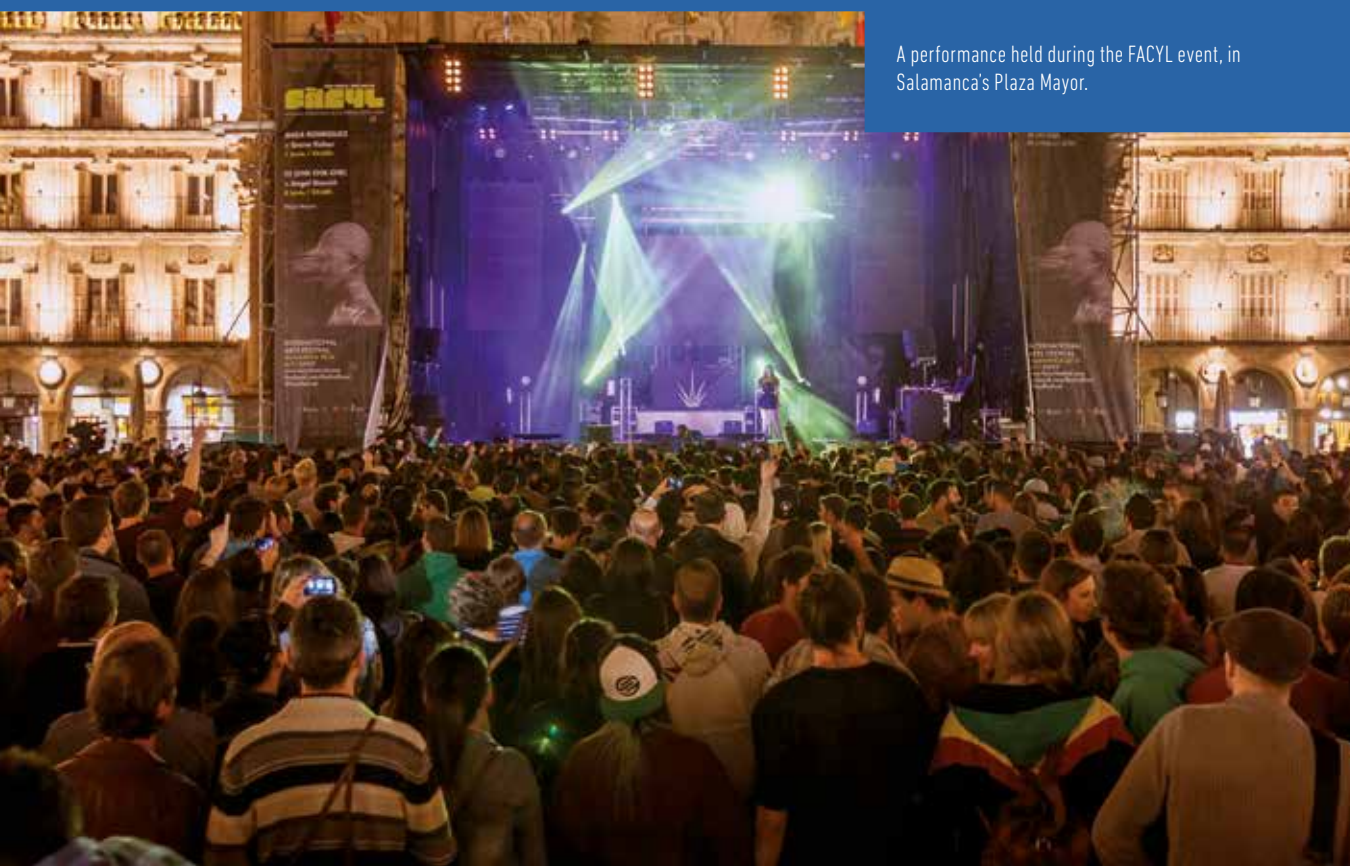


Castilla y León has skilfully managed to conserve the finest traditions of its popular festivals, whilst at the same time creating new events and celebrations that fill the region with energy, modernity and an explosion of colour.

Indeed, each year Castilla y León plays host to major events based on a diversity of themes ranging from the dramatic arts to classic, modern and jazz music, as well as film, dance, theatre, puppets and magic. Many of these festivals are now firmly consolidated and boast an international reputation.

MUCH MORE THAN MUSIC

The venues of Facyl host a wide range of performances, including pop music, break dance, contemporary dance, circus acts, theatre and poetry readings. Every artistic discipline has its space at the Festival.



A performance held during the FACYL event, in Salamanca's Plaza Mayor.



A performance during the Titirimundi Festival. Segovia.

SAVE THE DATE IN MAY

The Titirimundi festival is held during May, taking advantage of the wonderful weather at this time of the year.

VALLADOLID STREET THEATRE AND ARTS FESTIVAL (TAC)

Each May, theatre companies from around the world travel to perform in the streets of Valladolid, which for several days are transformed into a makeshift stage for myriad art forms.

TITIRIMUNDI



FACYL



More than 30 years have passed since the first edition of Titirimundi was held in the theatres of Segovia, bringing the puppets and marionettes to life. Ever since, these diminutive stars of the stage are brought out each spring, turning this centuries-old art form into the perfect opportunity to fill the theatres, courtyards and streets of Segovia. Each edition of this event brings more than 50,000 spectators to this UNESCO World Heritage City. A stunning setting that also plays its part. Indeed, the delightful city of Segovia forms the perfect backdrop for the magic of puppetry. Titirimundi provides the perfect excuse to spend a fabulous weekend in a city that is the site of the best-preserved aqueduct of the Roman era.

The International Arts Festival of Castilla y León was founded more than a decade ago. An event featuring art, music, theatre and street dance, set against the magnificent backdrop of a UNESCO World Heritage City, where the Romanesque, Gothic, Renaissance, Baroque and Plateresque buildings provide the setting for many of the performances and shows.

SOCIAL CIR&CO

The festival also focuses on the contribution the circus can make to society. Comedy in the guise of a clown brings fun and laughter to older audiences thanks to the social programme that includes performances at old people's homes in Ávila.

FROM ÁVILA TO THE WORLD

The show created by the young people selected for the Schools Meeting is premiered first in Ávila before moving to the Price Circus in Madrid. A unique opportunity for those wishing to embark on a circus career.

CIR&CO



The international Circus Festival of Castilla y León takes place over several days, during which more than a hundred performances are staged. CIR&CO is unique, not only in providing a setting for the circus arts, but because of the way Ávila has managed each year to attract the leading companies from the national and international scene. CIR&CO is an invitation to discover the city in a highly-entertaining way. Enjoy a stroll from show to show, marvel at the acrobatics, and spend a truly memorable day exploring the fascinating landmarks of this UNESCO World Heritage City.

SEMINCI



Valladolid International Film Festival. Each October Valladolid hosts an event that has become one of Spain's leading international film festivals. Specialising in experimental and independent films, it has evolved since the first edition of the Valladolid Religious Film Festival, held during the Holy Week of 1956.

An evening performance in front of Ávila's city wall during the Cir&Co festival.



HOLY WEEKS OF INTERNATIONAL TOURIST INTEREST

Ávila: juntasemanasanta-avila.com

León: semanasantaleon.org

Medina del Campo: semanasantamedina.es

Medina de Rioseco: semanasantaenrioseco.com

Palencia: semanasantapalencia.com

Salamanca: semanasantasalamanca.es

Valladolid: jcsva.org

Zamora: semanasantadezamora.com

HOLY WEEKS OF NATIONAL TOURIST INTEREST

Astorga: semanasanta-astorga.com

Burgos: semanasantaburgos.com

Peñafiel: turismopenafiel.es/semana-santa.php

Ponferrada: ponferrada.org

Segovia: semanasantasegovia.com

HOLY WEEKS OF REGIONAL TOURIST INTEREST

Ágreda: veracruzagreda.es

Aranda de Duero: cofradiasdearanda.es

Bercianos de Aliste: semanasantabercianos.com

El Burgo de Osma: burgodeosma.com

Navaluenga: navaluenga.es

Sahagún: villadesahagun.es/semana-santa

Soria: semanasantadesoria.com

Tordesillas: semanasantatordesillas.es

Toro: toroayto.es

CULTURAL EVENTS AND INTERNATIONAL FESTIVALS

Fundación Siglo para el Turismo y las Artes de Castilla y León: fundacionsiglo.es

Titirimundi International Puppet Festival in Segovia: titirimundi.es

Circus: circocyl.es

Castilla y León International Arts Festival: facyl-festival.com

Castilla y León Theatre Fair: feriadeteatro.es

Castilla y León's 'Experience the Magic' International Festival: leonvivelamagia.es

SEMINCI, Valladolid International Film Festival: seminci.es

Valladolid Street Theatre and Arts Festival (TAC): tacva.org

A JOURNEY OF INNER EXPLORATION AND DISCOVERY

Castilla y León, a vast region with a rich history dating back many centuries, has witnessed a wealth of cultures and peoples that have travelled its ancient paths and routes.

THE FRENCH WAY OF THE PILGRIMS' ROUTE TO SANTIAGO

Countless examples of history, traditions, culture, art and dedication to pilgrims that today continue to form an essential part of life in the towns and cities that line this route.

THE FRENCH WAY OF THE PILGRIMS' ROUTE TO SANTIAGO



The French Way, declared the First European Cultural Itinerary by the Council of Europe and included on the UNESCO World Heritage List, is undoubtedly one of the region's best-known and most popular routes.

It begins in Roncesvalles (Navarra) and ends in Santiago de Compostela. More than half of its 750 kilometres run through Castilla y León.

From East to West, crossing the provinces of Burgos, Palencia and León for just under 400 km, pilgrims share and receive the hospitality of the inhabitants of Castilla y León, marvel at the matchless artistic treasures they come across on their way and revel in the unspoilt diversity of the landscapes. Castilla y León is proud to form part of this ancient route, one of the hallmarks of European identity that throughout history has provided a channel for the communication of ideas, customs and experiences.

Pilgrims travelling along the French Way to Santiago.

THE DUERO ROUTE



The River Douro forms one of the principal arteries of Castilla y León, crossing the region from East to West through the provinces of Soria, Burgos, Valladolid, Zamora and Salamanca. This route offers truly breathtaking scenery from its starting point in the Picos de Urbión as far as the Portuguese border on the majestic Arribes riverbanks.

The River Douro has played a major role in the Iberian Peninsula's complex history. It formed a natural boundary

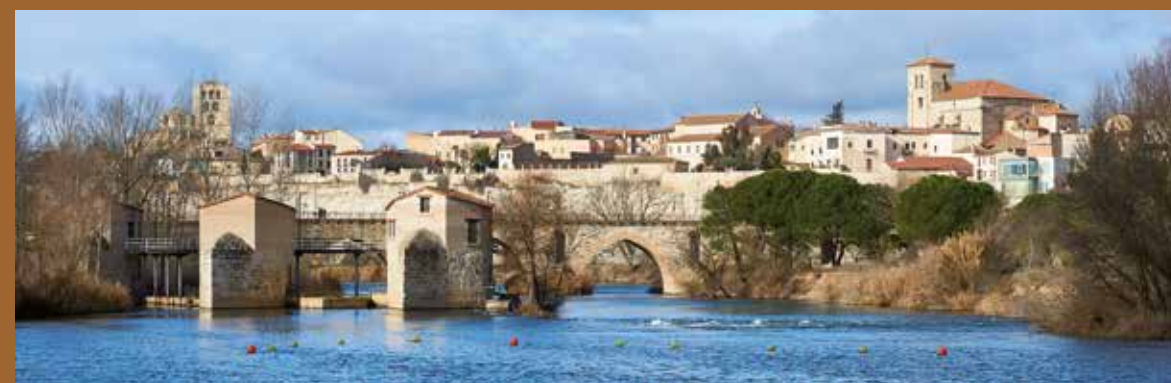
during the Reconquest, resulting in the construction of castles, monasteries and many other historic sites in the towns and villages that line its banks.

This river route is closely linked to a delicious and varied gastronomy, as well as a selection of wines unlike any other in Spain, produced under the Ribera del Duero, Rueda, Toro, Tierras del Vino de Zamora and Arribes Designations of Origin. The town of Peñafiel (Valladolid) is home to the Provincial Wine Museum, offering a detailed insight into the winemaking culture and tradition.

THE DUERO ROUTE

The Duero Route is one of southern Europe's most outstanding cultural axes. A route that enables travellers to cross through natural areas that today have become reserves for flora and fauna.

The River Douro as it flows through Zamora, with the Cabañales water mills in the foreground.



Live Castilla y León Major Routes



THE SILVER TRAIL



This route, which crosses Castilla y León for 383 km through the provinces of Salamanca, Zamora and León, provides an insight into the major civilisations and periods that have shaped the history of Spain, from the Romans to the Moors and including the medieval, Renaissance and Baroque periods... Starting in the Béjar mountain range (site one of Spain's most outstanding examples of a Roman road due to its length and excellent state of conservation), this route takes in some of our autonomous community's most spectacular and emblematic towns and villages marked by milestones formed by carved stone columns featuring inscriptions that refer to the emperor and the miles separating the various points on the route.

CHARLES V

The Emperor embarked on a pilgrimage through Castilla y León between 8th October and 10th November 1556. Milestones that today offer tourists the chance to admire stunningly beautiful towns and landscapes, as well as a vast cultural wealth reflected in the traditions, legends, festivals and lives of the people that live there.

THE CHARLES V ROUTE



The Charles V Route runs through the regions of Cantabria, Castilla y León and Extremadura.

A journey across several autonomous communities that retraces the steps of Charles I of Spain and V of Germany after disembarking in Laredo, Cantabria on 26th September 1556, until the end of his days in Yuste Monastery, where he passed away on 21st September 1558.

Indeed, the King chose the lands of Castilla y León to make his final journey. A journey that today has been recreated in a historic route that takes visitors through 24 of the towns and cities in this autonomous community. Sites through which the Emperor travelled on a pilgrimage that would take a month and three days, and which visitors can discover on this thrilling adventure.

The route leads from the north of the province of Burgos to the south of Ávila, passing through many towns and villages in the provinces of Burgos, Palencia, Valladolid, Salamanca and Ávila, where the Emperor had the opportunity to experience at first hand the affection he was held in by his subjects and stay not only in magnificent palaces but also in humble inns. Along the way he also had the chance to savour the mouth-watering dishes these lands are renowned for.

THE ROUTE OF SAINT TERESA OF ÁVILA



In 2015 an association of Teresian cities was formed in Ávila under the name 'The Footsteps of Saint Teresa of Ávila' to commemorate the 5th Centenary of the birth of Saint Teresa of Ávila. A tourist and pilgrimage route created to raise awareness of her work and legacy, based on the various convents she founded throughout her life.

In Castilla y León, the Route of Saint Teresa of Ávila includes the 9 sites in which the saint, founder of the Order of the Discalced Carmelites, set up convents, namely Ávila, Segovia, Soria, Burgos, Palencia, Valladolid, Medina del Campo, Salamanca and Alba de Tormes, where her tomb and several relics can be seen. Several of these towns are home to museums that commemorate the figure of this universal saint. A number of additional routes have also been created, including 'From Cradle to Grave', 'The Route of Life', 'The Final Resting Places', 'The Early Convents' or 'Saint Teresa in World Heritage Cities'.

THE ROUTE OF SAINT TERESA OF ÁVILA

The University of Salamanca granted Saint Teresa the honorary degree of Doctor Honoris Causa, the first time such a distinction had been bestowed on a woman, during the Vice-Chancellorship of Miguel de Unamuno.

The River Douro from the viewpoint in El Espolón Gardens. Alba de Tormes Salamanca.



Locks 22, 23 and 24. North branch. Ribas de Campos. Palencia.

CASTILLA CANAL



Although this magnificent feat of engineering, which flows through the provinces of Palencia, Burgos and Valladolid, is no longer used for its original purpose of transporting cereals and other goods, today it is truly delightful route.

Visitors can enjoy a host of active tourism activities such as canoeing, routes on horseback, cycling and hiking, etc. The constructions associated with the canal – locks, aqueducts, bridges, dams, wharfs and

warehouses – used for loading and unloading the goods, reveal all the beauty and harmony with which they were designed.

Castilla Canal stretches out for 207 kilometres and has three branches: North, South and Campos. The North branch starts at Alar del Rey and ends in Ribas de Campos, where the branch of the same name begins, extending as far as Medina de Rioseco. In turn, the South branch starts at the fork formed by the Campos branch in El Serrón and continues as far as Valladolid, where it meets the River Pisuerga.

LOCKS ALONG THE CANAL

As they make their way along the Canal, tourists will come across no fewer than 69 locks through which the barges used to pass, which at one time totalled more than 300. Today, a number of boat trips can be taken along Castilla Canal, departing from Medina de Rioseco (Valladolid), Herrera de Pisuerga or Fromista (Palencia) and Melgar de Fernamental (Burgos).

A STRATEGIC LOCATION

Astorga is a strategic point and a crossroads for the Silver Trail and the French Way to Santiago. The Bishop's Palace is one of the three works that the Modernist architect Antoni Gaudí built outside Catalonia. Since 1962 it has housed the Museum of the Ways, dedicated to the Pilgrims' Route to Santiago.





The cloister at the Monastery of Santo Domingo de Silos. Burgos.

MYSTICAL LITERATURE

This is one of the most important types of literature in the history of Spanish writing. During the 16th and 17th centuries more than 3,000 books were published on this topic.

THE SPANISH LANGUAGE TRAIL



THE SILOS GLOSSES

Santo Domingo de Silos is directly linked to the history of the Spanish language as it was here that the Silos Glosses were written, one of the earliest documents in Spanish.

Castilla y León, known as the birthplace of the Spanish language, is also home to its Language Trail. A route that offers travellers the chance to explore the milestones and sights associated with one of the world's most important languages.

It is a magnificent opportunity to delve into history, art and culture, discovering the birth and development of a universal language that today is spoken by more than 400 million people around the world. Valpuesta is

the route's first stopping place in Castilla y León, where there are four places not to be missed: Santo Domingo de Silos, in whose monastery the Silos Glosses (the first examples of written Spanish) were discovered; Valladolid, which as capital of the Spanish Empire played a major role in the dissemination of the language; Salamanca, the university city that in 1492 witnessed the publication of the first Spanish Language Grammar, the work of Antonio de Nebrija; And lastly Ávila, birthplace of the finest mystics in Spanish literature: Saint Teresa of Ávila and Saint John of the Cross.



Plaza Mayor of Valladolid.



Alcocer Gate and the statue of Queen Isabelle, the Catholic Monarch. Arévalo. Ávila.

THE ROUTE OF ISABELLE



This route visits the sites associated with Queen Isabelle I of Castile, who was born in 1451 in Madrigal de las Altas Torres (Ávila). On the death of King John II, Henry IV ascended to the throne and Isabelle retired to Arévalo (Ávila) with her mother. Disputes between Isabelle and her brother Henry IV led to the convening of the 'Treaty of Guisando' in El Tiemblo (Ávila), whereby Isabelle was granted the title of Princess of Asturias.

In 1469 Isabelle married King Ferdinand of Aragón at the Palace of the Vivero family in Valladolid. On the death of Henry IV in 1474,

Isabelle was proclaimed Queen of Castile in the city of Segovia. Her reign would prove highly eventful (the Reconquest, the founding of the Spanish Inquisition, the discovery of the New World, the signing of peace with Portugal...).

Isabelle travelled extensively around the country during the course of her reign, and many of these towns in Castilla y León still conserve elements that recall her visit (Almazán, Burgos, Zamora, Toro and Villalonso). Towards the end of her life she moved to Medina del Campo where she died in the Royal Palace in 1504.

THE ROUTE OF ISABELLE

Isabelle I of Castile was born in 1451 in the historic palace that today houses the Monastery of Nuestra Señora de Gracia in Madrigal de las Altas Torres (Ávila), which today is popular with tourists and visitors eager to learn more about the life of Isabelle, the Catholic Monarch.

THE MADRID WAY OF THE PILGRIMS' ROUTE TO SANTIAGO



THE MADRID WAY

The first hostel on this branch of the Pilgrims' Route to Santiago opened in Cuenca de Campos (Valladolid) during the 1999 Holy Year.

The Madrid Way starts in the Spanish capital and enters Castilla y León via the Fuenfría Pass before heading to the plateau lands of Segovia, the cereal fields of Valladolid and eventually joining the French Way in Sahagún, in the province of León. Truly breathtaking

scenery for an alternative to the major routes that is guaranteed to surprise and delight pilgrims.

In all, the Pilgrims' Route to Santiago from the Spanish capital as far as Sahagún, where it joins the French Way, runs for 325.3 kilometres, 241.5 kilometres of which are in Castilla y León. Those following this route will come across stretches of a Roman road before eventually joining the classic itinerary that begins in Spain at Roncesvalles or Somport.

THE ROUTE OF EL CID



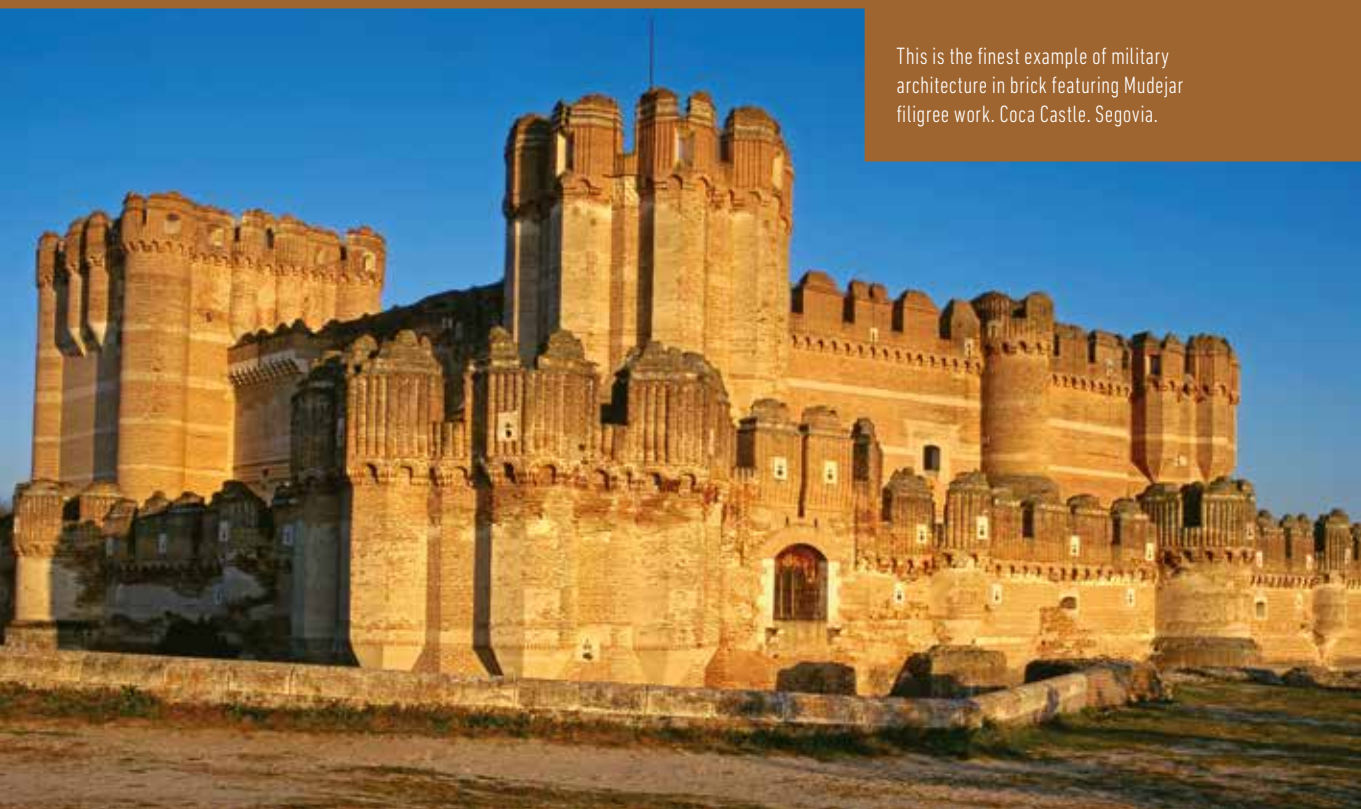
This route retraces the steps of the knight Rodrigo Díaz de Vivar on his way into exile, decreed by King Alphonse VI in the 11th century. Legend and history merge into one on a route which, crossing the provinces of Burgos and Soria, follows the journey made by the warrior, according to the famous Poem of The Cid. The Cid came across towns and villages, castles and fortresses, churches and monasteries that are still standing today, steeped in the medieval atmosphere that accompanied this hero of Castile. Zamora also played a part in the life of The Cid, as related in various episodes of the poem.

THE POEM OF THE CID

Since its origins, this route has traditionally been identified with journey of The Cid told in the poem, the principal source of information used in the design of the various stages included on this trail.



The horseshoe arch at Gormaz Castle, Soria.



This is the finest example of military architecture in brick featuring Mudéjar filigree work. Coca Castle, Segovia.



USEFUL WEBSITES:

FRENCH ROUTE

Pilgrims' Route to Santiago in Castilla y León:

turismocastillayleon.com/en/art-culture-heritage/great-routes/way-saint-james

Spanish Federation of the Friends of the Pilgrims' Route to Santiago Associations in Spain:

caminosantiago.org

The French Way (Friends of the Pilgrims' Route to Santiago Associations):

Burgos: caminosantiagoburgos.com

Palencia: bibliotecajacobea.org

Pulchra Leonina: caminosantiagoleon.es

Astorga and surrounding area: caminodesantiagoastorga.com

El Bierzo: amigoscamino Bierzo.org

VÍA DE LA PLATA ROUTE

The Salamanca Association on the Silver Trail:

salamancaenlaviadelaplata.es

THE MADRID WAY

Segovia Pilgrims' Route to Santiago Association:

caminodesantiagoensegovia.es

Valladolid and province, AJOVA – the Valladolid Pilgrims' Route to Santiago Association:

ajova.es

MAJOR ROUTES

The Duero Route:

rutadelduero.es

The Silver Trail:

rutadelaplata.com

The Route of Charles V:

itineracarolusv.eu

turismocastillayleon.com/es/arte-cultura-patrimonio/grandes-rutas/ruta-carlos-v

The Route of Saint Teresa of Ávila:

delacunaalsepulcro.es

turismocastillayleon.com/es/servicios/videteca/ruta-teresiana-castilla-leon

Castilla Canal:

canaldecastilla.org

The Spanish Language Route Foundation:

caminodelalengua.com

The Route of El Cid:

caminodelcid.org

The Route of Isabelle:

turismocastillayleon.com/es/arte-cultura-patrimonio/grandes-rutas/ruta-isabel

GREAT SPACES FOR SHARING



Castilla y León Convention and Exhibition Centre. Salamanca.

MICE TOURISM



Castilla y León is the ideal choice for holding a convention, trade fair, corporate event or incentive trip. Not only does it offer excellent communications with the rest of Spain thanks to its four airports, extensive high speed rail network and modern highways, but it also boasts a large number of venues and facilities including convention centres, auditoriums, halls, theatres, chapels, lounges and exhibition sites, as well as external catering and transport services, translators, entertainment and a full range of amenities. Together with the quality accommodation and restaurant options, the region can cater to the majority of the demand in this sector under optimal conditions.

The main façade of the Miguel Delibes Cultural Centre. Valladolid.

Moreover, Castilla y León also boasts a vast cultural, monumental, natural and gastronomic wealth, offering visitors and convention delegates added value, as they can combine their work sessions with additional activities of interest such as museum and monument tours, food and wine tasting sessions

in historic wineries, or exploring unique natural areas, etc.

Castilla y León's major cities offer public and private infrastructures as well as convention bureaus that will provide all the information necessary in order to organise any event.



Entrance to the Museum of Human Evolution.

Live Castilla y León

Much more than tourism



Castilla y León's strategic situation, excellent communications with the rest of Spain and the tourist attractions to be found in each province, converge to make our autonomous community a prime location for MICE tourism.

A WIDE CHOICE OF OPTIONS

Castilla y León boasts a consolidated network of facilities that are ideal for hosting major events, including convention centres, auditoriums, unique venues, hotels, monasteries, wineries, universities, rural centres or castles, setting it apart from other destinations.



The cities of Salamanca (above) and Valladolid (right) are two favourite destinations for language tourism in our autonomous community.

LANGUAGE TOURISM



Spanish is the second most spoken language in the world and more and more people are showing an interest in learning it. Thriving trade relations with Central and South America are one of the reasons why knowledge of this language is considered to offer excellent opportunities for business and corporate expansion. Learning Spanish in Spain offers all the necessary guarantees, yet those seeking

proven quality should look to the birthplace of the Spanish language. Our land is home to four prestigious public universities and more than twenty schools of Spanish for foreign learners, all of which hold the Instituto Cervantes quality seal. Learning Spanish in Castilla y León is therefore a guarantee for acquiring the highly prestigious variant spoken in the land that witnessed the birth and development of this magnificent language.



WORKING TOGETHER

In 2006 our autonomous community embarked on a collaboration project with the Instituto Cervantes. The Junta de Castilla y León and the Instituto signed a framework agreement that laid the foundations for the Castilla y León Spanish Language Plan for foreigners, a pioneering initiative in this field.

SHOPPING TOURISM



Castilla y León is characterised by its modern and dynamic society that is open to the world. It is also an ideal destination for shopping tourism in the small stores and boutiques to be found in the city centres, as well as in the small craft workshops located in the various provinces.

Shopping tourism in Castilla y León focuses particularly on

the acquisition of handcrafted products including pottery, leather goods, textiles, jewellery or embroidered items, to name but a few. Yet visitors to Castilla y León are also advised to purchase some of the region's local produce, ranging from its delicious and highly acclaimed wines and liqueurs belonging to the various Designations of Origin, to culinary delicacies such as cured meats, cheeses, tinned goods, wild mushrooms, sweets and pastries or pulses, etc.



A potter in his workshop.



MICE WEBSITES

turismocastillayleon.com/en/mice

Ávila Convention Bureau: avilaturismo.com/es/recursos/convention-bureau

Burgos Convention Bureau: congresosburgos.com

León Convention Bureau: leon.es

Salamanca Convention Bureau: salamancaconventionbureau.com

Segovia Convention Bureau: segoviacongresos.turismodesegovia.com

Valladolid Convention Bureau: info.valladolid.es/we-congresos-y-reuniones/congresos-y-reuniones

Zamora Convention Bureau: zamora.es

WEBSITES FOR LANGUAGE TOURISM AND LEARNING SPANISH

ele.jcyl.es

CRAFT WORKSHOP WEBSITES

Castilla y León Federation of Craft Organisations: foacal.org

Castilla y León Craft Centre: cearcal.com

Castilla y León Craft Portal: artesaniamjyl.es



CASTILLA Y LEÓN

es vida



MADRID



LEÓN

PALENCIA

BURGOS

ZAMORA

VALLADOLID

SORIA

SALAMANCA

SEGOVIA

ÁVILA



turismocastillayleon.com



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**Junta de
Castilla y León**