

CASTILLA

Y

UN VIAJE QUE MEREZCA LA PENA

TOURIST NEWSLETTER

MARCH 2025

LEÓN



AMONG DINOSAURS IN THE SORIA HIGHLANDS



Villar del Río.

The region of Tierras Altas de Soria was inhabited by dinosaurs 140 million years ago and from that period a large number of testimonies have survived to the present day in the form of fossilized footprints, called ichnites. In the Paleontological Classroom of Villar del Río you have access to a first contact prior to the experience of visiting the sites. The tour of the fifteen spaces in which the footprints are visible is enlivened by life-size replicas of dinosaurs.

The Cretaceous Adventure Park located in the town of San Pedro Manrique offers themed activities and games for all audiences around the traces that remain of the fauna of that period.



TOURIST PROPOSALS

Yemas de Ávila



YEMAS DE SANTA TERESA, ÁVILA

The typical pastry from Ávila. It is named after Saint Teresa of Jesus. The crunchy sugary coating of these little round pastries breaks open to reveal a soft and delicate interior. Ingredients for 4 servings: 8 egg yolks, 200 grams of sugar, lemon juice and zest of half a lemon. For preparation, the first step is the cachado, the separation of the whites from the yolks. You then need to boil about 10 tablespoons of water, the sugar and the lemon zest to make a syrup, over a low heat and stirring constantly. Beat the egg yolks then add to the syrup. Add the lemon juice and place on a very low heat and stir continuously with a whisk until it begins to solidify. Spoon onto a cold plate and leave for 24 hours. Roll the dough in sugar, then shape into little balls. Place the balls in little paper cases; you can caramelize the sugar coating with a torch or iron.



Equinoccio de la iglesia de San Nicolas en la ciudad de Burgos



EQUINOX OF THE CHURCH OF SAN NICOLAS IN THE CITY OF BURGOS

Around 20 March and 22 September, on the spring and autumn equinoxes, a unique phenomenon occurs in the Church of San Nicolás de Bari, in the city of Burgos. When designing the church close to the cathedral, builders in the 15th century oriented it so that on the days of the equinox, the rays of the afternoon sun would shine on the altarpiece. The sun enters through the rose window at the foot of the church, illuminating the altarpiece from left to right. The crowning moment comes when, for a brief period of time, at around 5.20 p.m., it passes through the centre, shining on the namesake of the church, Bishop St Nicholas of Bari, radiant in a true apotheosis that opens the door to the new season of the year. The stone altarpiece, rare for its material in Castile, is a masterpiece by two of the leading sculptors who worked in Burgos at the end of the Middle Ages and the Renaissance: Simón de Colonia and his son Francis.



ZONA ALFA, LEÓN

The Zona Alfa (Alpha Zone), located in the Central Mountains of León and in the municipalities of La Robla and Pola de Gordón, is a paradise for mountain biking enthusiasts. This area has become a point of reference for cyclists of all levels—from beginners to experts of all ages—thanks to its wide range of routes and the stunning natural environment. Undoubtedly, it is a place that combines ideally adventure, the thrill of the descents and nature. The very varied terrain mean cyclists can enjoy different levels of difficulty, with trails signposted like a ski resort using green, red and black. This makes it easier for cyclists to follow the right route and stay safe. The routes vary in length and difficulty, allowing users to choose the one that best suits their skills and preferences. Some of the most popular routes include trails that lead to panoramic viewpoints, as well as paths through areas of outstanding natural beauty.



Cripta Catedral San Antolín de Palencia



PALENCIA CATHEDRAL

Dedicated to San Antolín, patron saint of the cathedral and the city of Palencia, whose feast day is celebrated on 2 September. It is the third largest cathedral in Spain, after Seville and Toledo. Its oldest part, the crypt of San Antolín, is Visigothic, dating back to 7th century AD. There is also a Romanesque part built by Sancho the Great, King of Pamplona (Navarre) in the 11th century. Today we see a Gothic cathedral with mainly Renaissance decoration. It has a very rich religious heritage of great artists including painters, sculptors, goldsmiths, such as Pedro Berruguete, El Greco, Juan de Flandes, Alejo de Vahía, Gregorio Fernández, Felipe Vigarni, and Andrés Espetillo, among others. It is home to a number of curiosities, such as the original Flycatcher (automaton), the anamorphosis of Charles V, the visit through the triforium, the encounter with the photographer's gargoyle, or the 'aliens', that can be found on the outside. One of its doors, very simple, is known as the 'Gate of the Bride and Groom', due to the fact that it was the only one built in 1388, when the First Princes of Asturias, Henry III and Catherine of Lancaster, entered through it to be married.





LA PIEDRA DE VILLAMAYOR, SALAMANCA

Villamayor stone is the primary raw material of the city of Salamanca and the art material for the local expert craftsmen and stonemasons. It is a clayey rock, of sedimentary origin, easy to cut and carve, very suitable for ornamentation and sculpture. Villamayor sandstone is traditionally used as a building material, as can be seen in the local houses and in the buildings and historical and artistic monuments of the city of Salamanca. Fresh from the quarry it is pale yellow in colour, but in contact with air, it turns golden over time as the iron particles it contains oxidise. To promote it and recognise its artistic value, a fair is held every year in Villamayor, a few kilometres from Salamanca, in mid-May, which includes, among other activities, guided tours of the quarries.



HOUSE OF ANTONIO MACHADO, SEGOVIA

Antonio Machado lived in Segovia from 1919 to 1932. He was assigned to teach French at the General and Technical Institute of Segovia, but his intellectual activity went much further in this city, participating in the founding of the Universidad Popular (Popular University), with the aim of bringing culture to the most isolated social sectors. He also contributed to magazines and newspapers. It was in this house in Segovia that he was inspired to write much of his theatre work; he created two of his most famous characters (Juan de Mairena and Abel Martín) and met Guiomar, his muse after the death of Leonor. The guesthouse where he went to live in Segovia was run by Doña Luisa Torrego. He later moved into a house from the early 20th century. Touring the guesthouse, visitors can see all kinds of writings related to Machado, lithographs, portraits, books and various materials related to the poet. This house currently belongs to the Royal Academy of History and Art of San Quirce, formerly the Popular University. Declared an Asset of Cultural Interest in the Monument category in December 2024.





ROMAN MEDINACELI, SORIA

The Arco de Triunfo (Triumphal Arch), salt pans, causeway, walls, apiaries, fountains, the canal, forum and mosaics are all traces of the old Imperial Rome that remain in Medinaceli, a town declared a Conjunto Histórico-Artístico (protected 'Historic-Artistic Grouping') on 30 October 1963. The picture of a Roman arch is a reference on Spanish road signs to indicate a Monumento Histórico-Artístico (Historic and Artistic Monument). It is 13.20 metres long, 8.10 metres high and 2.10 metres wide. It has three arches, the largest of which is in the middle, and was mostly built with blocks of the characteristic yellowish-reddish sandstone from the local area. It can be deduced that this monumental gate and the wall to which it belonged were erected during the 1st century AD. Strolling through the town, visitors can also admire the iconic mosaics. In the Plaza de San Pedro, in Calle de San Gil, there are mosaics dating from the second half of the 2nd century AD, in a room inside the Palacio Ducal. In the Plaza Mayor, another mosaic was discovered between 1986 and 1989, whose structure and decorative motifs suggest that it dates to the Late Imperial period of the 4th century.



ROUTE THROUGH THE VALLEY OF THE RÍO BAJOS, VALLADOLID

Iglesia La Santa Espina, Valladolid



The route through the valley of the Bajoz River, in the region of Montes Torozos, some 40 kilometres from Valladolid, offers a unique outdoor experience crossing the forests and fields that follow the course of the river. The circular hiking route, near the town of Castromonte, is approximately 12 kilometres long, of moderate difficulty, and leads to the reservoir of the Río Bajoz, included in the catalogue of Wetlands of Special Interest in Castilla y León. Near this road is the impressive Gothic Monastery of La Santa Espina (Holy Thorn), founded in the 12th century to house the relic and, with various subsequent extensions, it is a reference of Cistercian art. The monastery's outbuildings are home to an exhibition of butterflies with more than three thousand specimens from the five continents. On this route, we recommend a visit to Castromonte, a picturesque village with an important historical heritage, in particular the traditional architecture of the casas blasonadas and the Church of the Immaculate Conception. The Río Bajoz hike, passing close to Castromonte and the Monastery of Santa Espina make this route a complete experience combining nature, history and heritage.



GARBANZO DE FUENTESAÚCO, ZAMORA

El Garbanzo de Fuentesauco, Zamora (cedida por Nicolás, IGP Lenteja de la Armuña)



As the Spanish saying goes: de marzo a marzo no hay mejor comida que el garbanzo (from March to March, there is no better food than chickpeas). The local chickpeas from Zamora bear the Protected Geographical Indication (PGI) 'Garbanzo de Fuentesauco', and are of excellent quality. This is backed up by history, given that, in 1569, the cultivation of this legume, which was consumed at the Spanish Court, was regulated in the municipal ordinances of Fuentesauco, prohibiting the entry of foreign chickpeas, endorsed by Felipe II two years later. In 1776, King Carlos III established the Feria de los Santos in Fuentesauco by Royal Order, allowing the market to be held on Tuesdays and the first six days of November. Fuentesauco chickpeas were praised by writers of the calibre of Francisco de Quevedo, Benito Pérez Galdós and Camilo José Cela. For chef Jordi Cruz, 'the Fuentesauco chickpea is the best on the planet and offers infinite cooking possibilities.' It is produced in 22 municipalities, almost all of them in the La Guareña region of Zamora. It is round, a bit flattened and with a pronounced, curved peak, creamy in colour, with slightly wrinkled and unblemished skin. Once cooked, it increases greatly in size (it has great capacity for water absorption, which allows it to swell by over 100% in ten hours), remaining whole, with a uniform buttery texture, a tender and soft skin that is barely perceptible on the palate, leaving a persistent and pleasant flavour in the mouth.



**REMEMBER, IN CASTILLA
Y LEÓN, YOU'LL FIND
EVERYTHING AND
MORE...
WE CAN'T WAIT TO SEE
YOU!!!**



LAS POSADAS REALES PROPOSALS



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INCOMING TOUR OPERATORS PROPOSALS

In this newsletter, we would also like to share the proposals of some incoming tour operators in Castilla y León that organise different activities based on their thorough knowledge of the area and extensive experience.

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