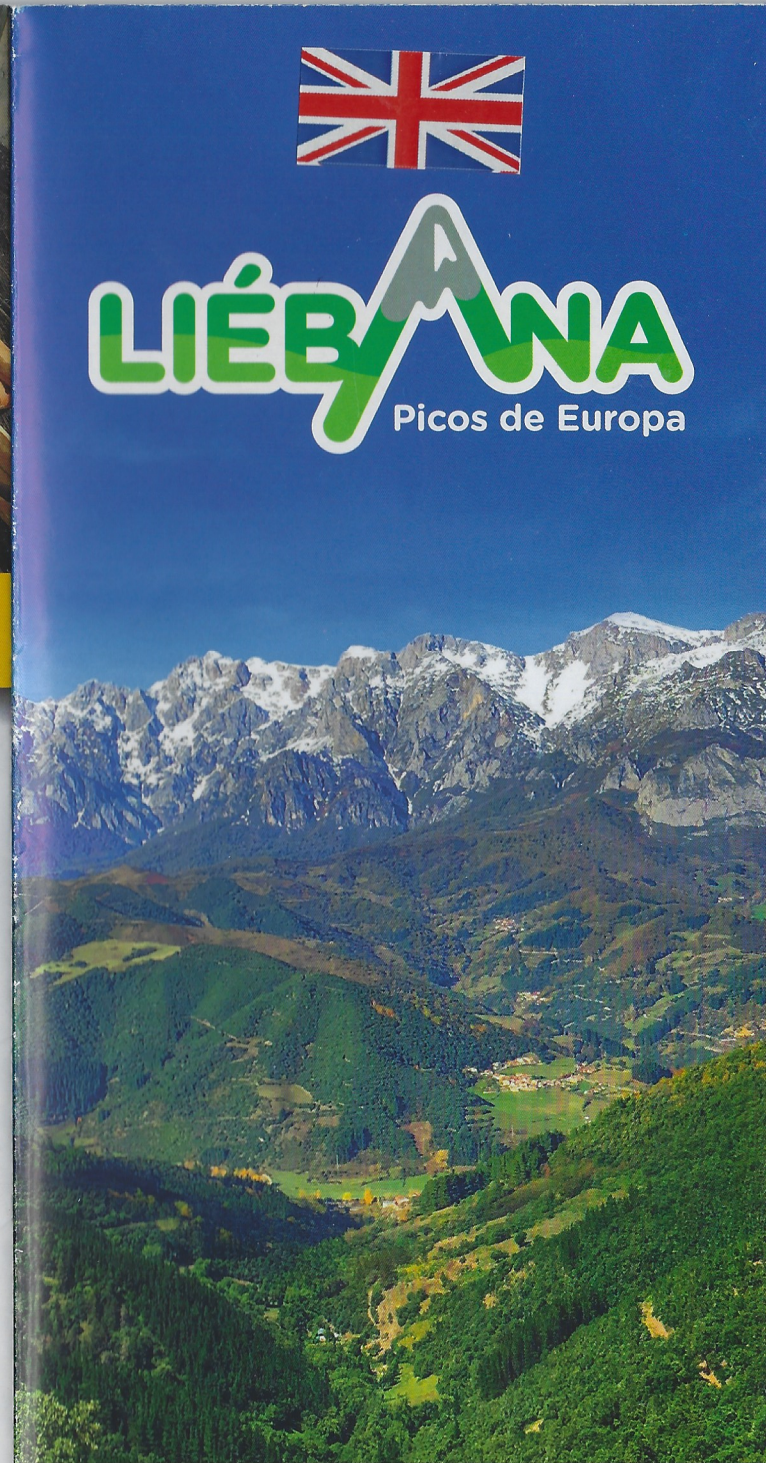




MEAT AND SAUSAGES



BAKERIES AND CONFECTIONERY



LIÉBANA
Picos de Europa



Lamb of Liébana

The extensive woodland and mountain areas of the Liébana district, with its game reserve, provide local family businesses with a unique raw material which they use to produce the traditional home-made sausage out of game meat like wild boar, roe deer or venison.

If these game meats and their sausages are a well known aspect of local cuisine, this is particularly true of the chorizo of Potes, which

is made in a traditional manner that makes it unique. Moreover, on the Liébana uplands local shepherds and stockbreeders continue to rear young lambs and kids which have become a top quality brand.



Frisuelos

Bread ovens are part of the traditional Liébana architecture and even today can still be found in many houses and constructions of the district. Bread baked in a wood-fired oven, *tortos preñaos* of chorizo, *picón* cheese, and pastry pies continue to be among the most popular products for visitors and neighbours alike.

Although this district is not known for its strong

confectionery tradition, Liébana also has some traditional sweet-meats such as the *terronillas* of Potes, which recipe includes the well-known *Tostadillo* wine; *sequillos*; *toribiucas* with Liébana grape liquor; and *frisuelos*.

ICONS PICTURE

	CHEESE FACTORIES		TOWN HALL
	GRAPE LIQUOR FACTORIES		TOURIST OFFICE
	CIDER FACTORIES		ACTIVE TOURISM
	BAKERIES		VIA FERRATA
	BEEKEEPERS		ACCOMMODATION
	JAMS		RESTAURANT
	CONFECTIONERY		BAR
	MEAT AND SAUSAGES		
	WINES		
	VINEGAR		
	FODDER		



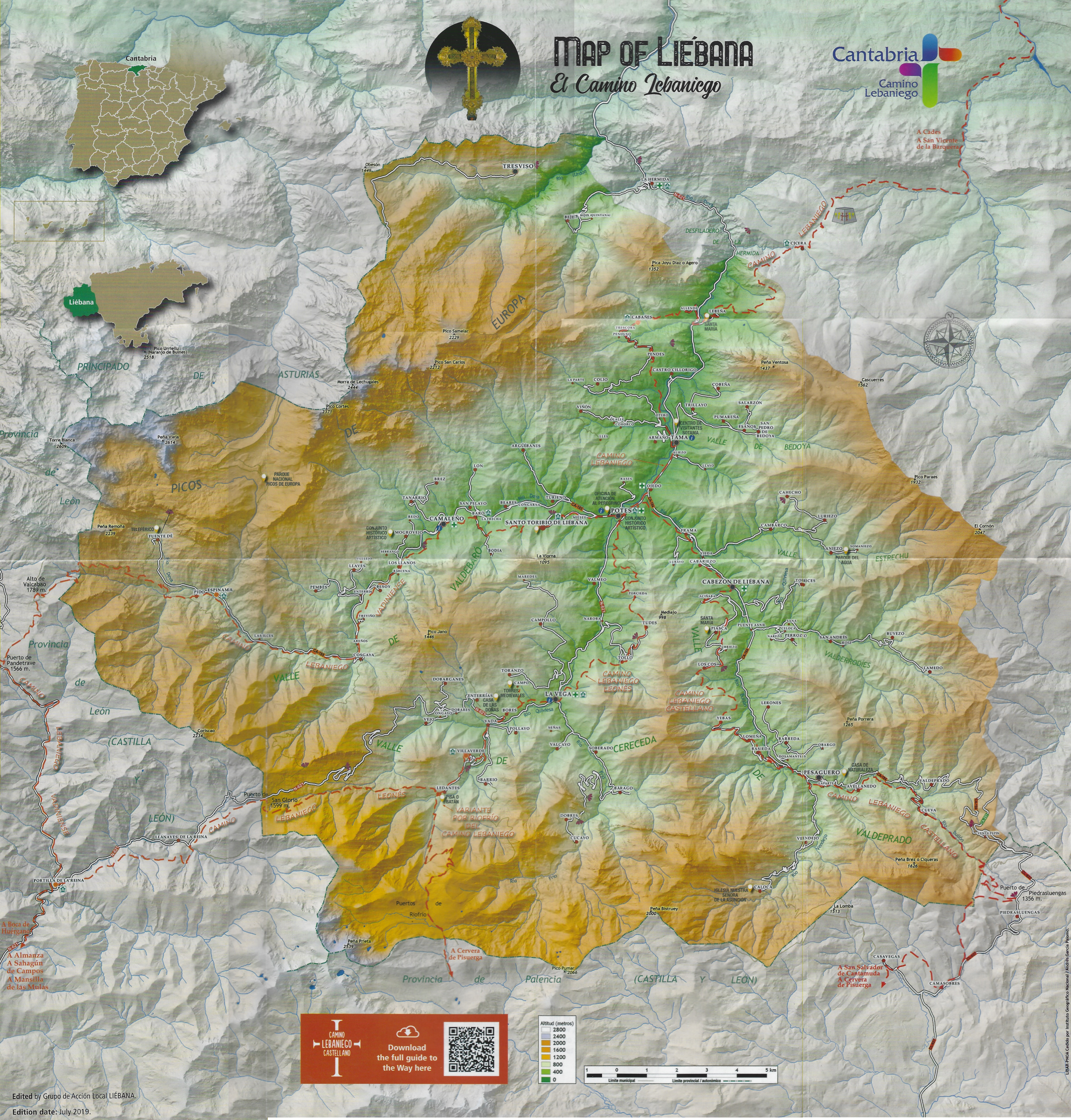
PLACES OF GREAT INTEREST

- 1 SANTO TORIBIO DE LIÉBANA
- 2 SANTA MARÍA DE LEBEÑA
- 3 SANTA MARÍA DE PIASCA
- 4 POTES
- 5 MOGROVEJO
- 6 FUENTE DÉ CABLEWAY
- 7 INTERPRETATION CENTRE OF PICOS DE EUROPA NATIONAL PARK
- 8 HOUSE OF NATURE
- ETHNOGRAPHY
- LANDSCAPE



MAP OF LIÉBANA

Et Camino Lebaniego



CAMINO LEBANIEGO

(72 kilometres)

- 1st Stage: San Vicente de la Barquera / Serdio
- 2nd Stage: Serdio / Cades
- 3rd Stage: Cades / Lafuente
- 4th Stage: Lafuente / Cicera
- 5th Stage: Cicera / Lebeña / Cabañes
- 6th Stage: Cabañes / Potes
- 7th Stage: Potes / Santo Toribio de Liébana

CAMINO LEBANIEGO-LEONÉS

(149,5 kilometres)

- 1st Stage: Mansilla de las Mulas / Gradefes
- 2nd Stage: Gradefes / Cistierna
- 3rd Stage: Cistierna / Riaño
- 4th Stage: Riaño / Portilla de la Reina
- 5th Stage: Portilla de la Reina / Ledantes
- 6th Stage: Ledantes / Villaverde
- 7th Stage: Villaverde / Potes / Santo Toribio de Liébana

CAMINO LEBANIEGO-VADINIENSE

(151 kilometres)

- 1st Stage: Mansilla de las Mulas / Gradefes
- 2nd Stage: Gradefes / Cistierna
- 3rd Stage: Cistierna / Riaño
- 4th Stage: Riaño / Portilla de la Reina
- 5th Stage: Portilla de la Reina / Fuente Dé -Espinama
- 6th Stage: Espinama / Los Llanos / Santo Toribio de Liébana

CAMINO LEBANIEGO-CASTELLANO

(214,4 kilometres)

- 1st Stage: Palencia / Amayuelas de Abajo
- 2nd Stage: Amayuelas de Abajo / Frómista
- 3rd Stage: Frómista / Osorno la Mayor
- 4th Stage: Osorno la Mayor / Herrera de Pisuerga
- 5th Stage: Herrera de Pisuerga / Alar del Rey
- 6th Stage: Alar del Rey / Perazancas de Ojeda
- 7th Stage: Perazancas de Ojeda / Cervera de Pisuerga
- 8th Stage: Cervera / San Salvador de Cantamuda
- 9th Stage: San Salvador de Cantamuda / Camasobres
- 10th Stage: Camasobres/ Piedrasluengas / Pesaguero
- 11th Stage: Pesaguero / Santo Toribio de Liébana

IMPORTANT TELEPHONE NUMBERS

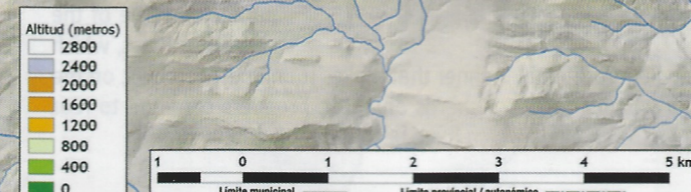
Grupo de Acción Local Liébana	942 730 726
Cabezón de Liébana Town Hall	942 735 032
Camaleño Town Hall	942 733 015
Cillorigo de Liébana Town Hall	942 730 241
Potes Town Hall	942 730 006
Pesaguero Town Hall	942 735 083
Tresviso Town Hall	629 121 515
Vega de Liébana Town Hall	942 736 001
Fuente Dé Cableway	942 736 610
Picos de Europa Visitors' Centre (Sotama)	942 738 109
Casa de la Naturaleza (House of nature) (Pesaguero)	608 849 362
Casa del Oso (Bear House) (Fuente Dé)	942 736 768
Don Desiderio Gómez Señas Liébana Study Centre	942 738 126
Torre del Infantado	942 738 107
Monasterio de Santo Toribio de Liébana	942 730 550
Fredo Arias de la Canal Cultural Centre	942 730 812
Casa de las Doñas Ethnographical Centre	674 233 610
Camaleño Tourist Office	942 733 020
Cillorigo de Liébana Tourist Office	942 732 116
Potes Tourist Office	942 730 787
Vega de Liébana Tourist Office	942 736 001
Liébana Health Centre (Potes)	942 730 360
Cabezón de Liébana Doctor's Surgery	942 735 057
Camaleño Doctor's Surgery	942 733 065
Cillorigo de Liébana Doctor's Surgery	942 730 868
Pesaguero Doctor's Surgery	942 735 010
Vega de Liébana Doctor's Surgery	942 736 331
Potes Pharmacy	942 730 008
Cabezón de Liébana Pharmacy	942 735 042
Camaleño Pharmacy	942 733 189
Ojeda Pharmacy (Cillorigo de Liébana)	942 730 761
La Vega Pharmacy (Vega de Liébana)	942 040 352
Civil Guard, Special Mountain Rescue Groups (GREIM), and the Environmental Police (SEPRONA)	942 730 007
Félix de las Cuevas Old People's Home	942 730 218
Taxi Rank	942 730 400
Autobuses Palomera	942 880 611

FESTIVALS

PIASCA CARNIVAL	2 nd weekend in February / Cabezón de Liébana
LA SANTUCA	2 nd May / Patron of Liébana
SAN PEDRO	29 th June / Tresviso
LA SALUD	2 nd July / Camaleño
NUESTRA SEÑORA	15 th August / Vega de Liébana
SAN ROQUE	16 th August / Pesaguero
SAN TIRSO	Last weekend in August / Cillorigo de Liébana
VIRGEN DE LA LUZ	8 th September / Cabezón de Liébana
LA CRUZ	14 th September / Potes
GRAPE LIQUOR FESTIVAL	2 nd weekend in November / Potes

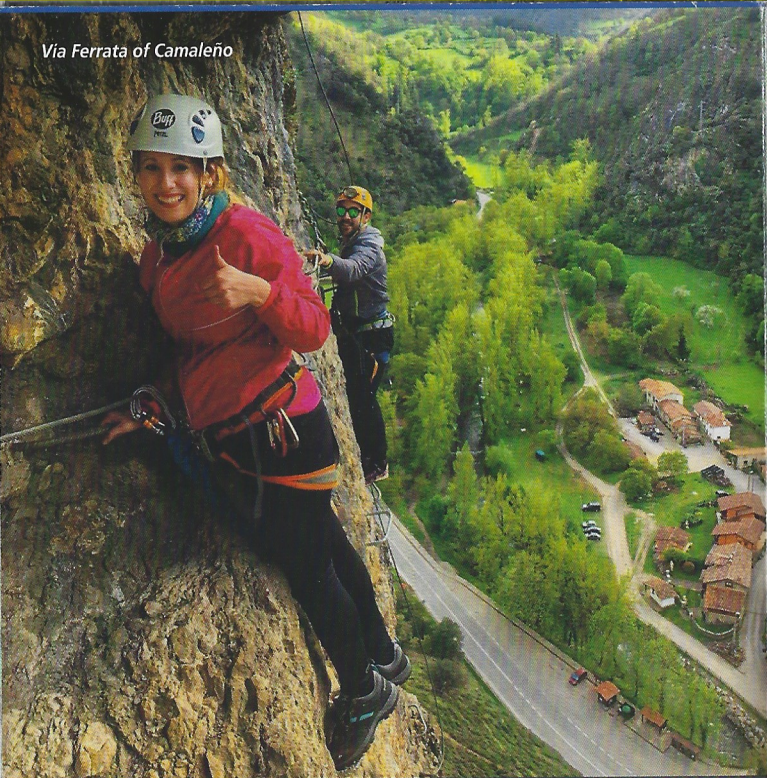
CAMINO LEBANIEGO CASTELLANO

Download the full guide to the Way here

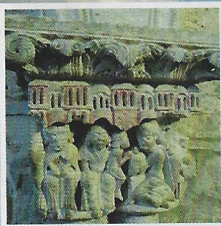


LÍBANA PHOTOCENTRO por Instituto Geográfico Nacional / Archivo García Palomera

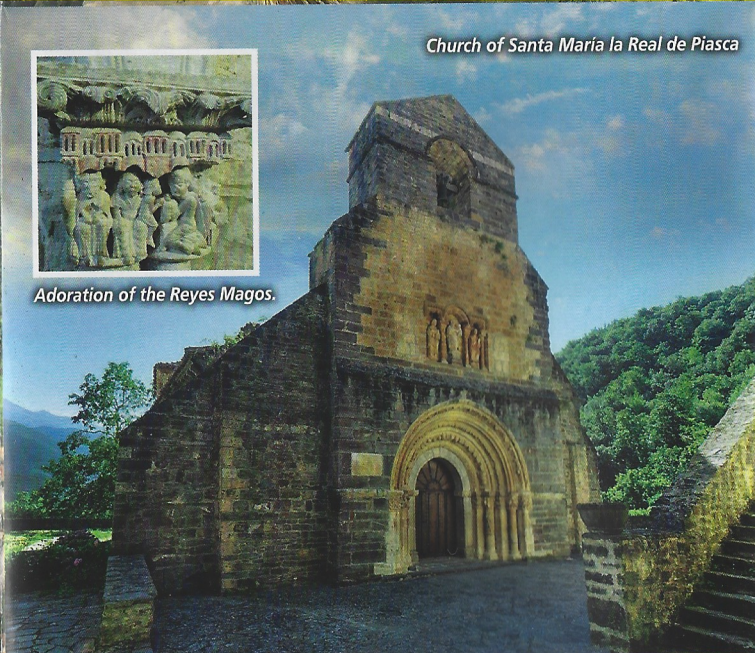
Via Ferrata of Camaleño



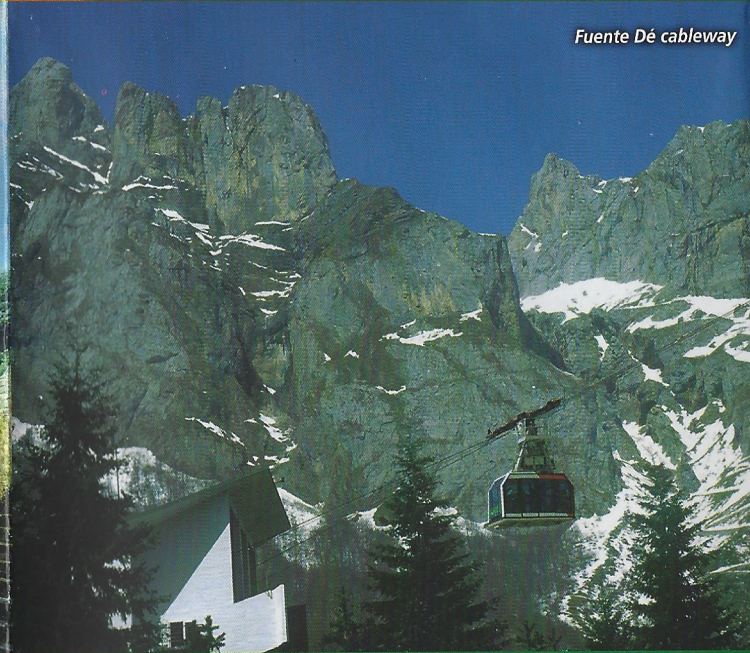
Church of Santa Maria la Real de Piasca



Adoration of the Reyes Magos.



Fuente Dé cableway



CABEZÓN DE LIÉBANA



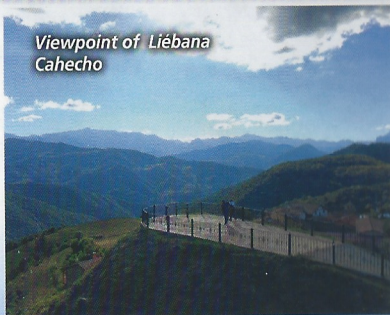
CAMALEÑO



The district of Liébana brings together a series of natural, landscape, historical, and cultural attractions which make it one of the most popular rural tourism destinations in the region.

Delimited by the Cordillera Cantábrica and the Picos de Europa, the territory of Liébana is divided between the Nature Reserve of El Saja and the National Park of the Picos de Europa. These are two protected areas of great environmental value and host the habitat of species such as the Brown bear, the roe deer, and the capercaillie.

The preservation of their villages and traditions keeps alive outstanding ethnographical and architectural styles, and their gastronomy features some of the treasures of Cantabria's traditional cookbook.



Viewpoint of Liébana Cahecho

In this municipality history, tradition, and the value of its artistic and cultural heritage share the limelight with the richness of the natural landscape of its beech, oak, and evergreen oak woods.

The ascent to the Peña Sagra (2,042 metres), home of "La Santuca" patron saint of Liébana, is a must for mountain and nature lovers. The area's wide range of rural tourism offers the visitor a series of traditional villages and spots of great beauty.



Monastery of Santo Toribio de Liébana

This municipality consists of some thirty villages in which outstanding architectural remains can be found such as the urban ensemble of Mogrovejo and the Monasterio de Santo Toribio de Liébana, where the *Lignum Crucis* is venerated and which hosts one of the five jubilee year celebrations held in the world.

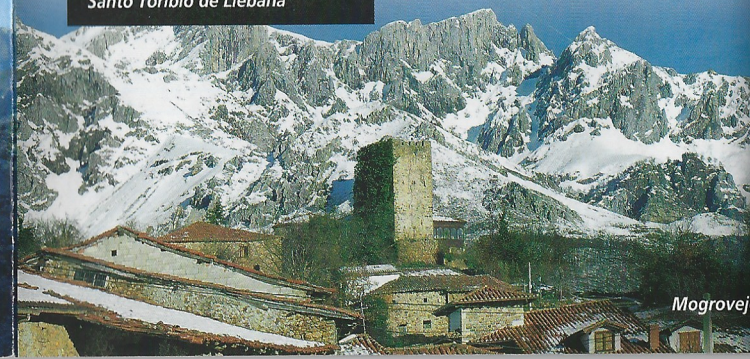
The Fuente Dé Cableway, the via ferrata, and the mountain routes represent an invitation to tourists.



Chamois



Valley of Valderrodies

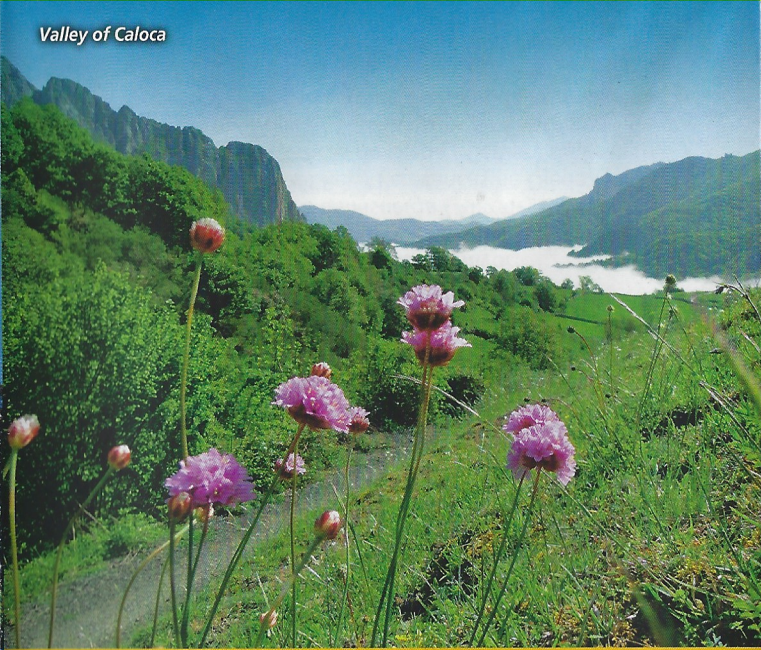


Mogrovejo

Church of Santa María de Lebeña



Valley of Caloca

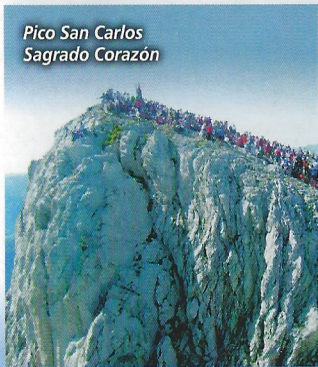


Tower of the Infantado



CILLORIGO DE LIÉBANA

Pico San Carlos
Sagrado Corazón

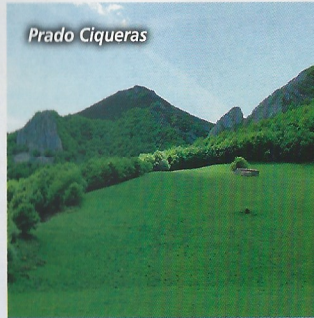


The church of Santa María de Lebeña is not only surrounded by a landscape of incomparable beauty but is also the centrepiece of a rich historical and artistic heritage and one of the most important manifestations of pre-Romanesque art in the country. In addition to the historical heritage, the Sotama Visitors' Centre provides a full interpretation of life in the National Park of the Picos de Europa.



PESAGUERO

Prado Ciqueras



In the heart of the Brown Bear Recovery Area, Pesaguero is a strategic starting point for numerous hiking routes. The Casa de la Naturaleza (Nature House) provides all the information you will need on the natural and cultural values of the Liébana Valley.

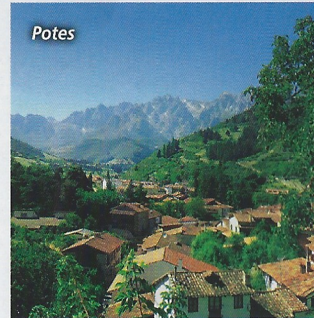
Moreover, a wide variety of civil and religious buildings of considerable historical value are scattered all over the area.



POTES



Potes



Potes, which is known as the town of bridges and towers, is where the four valleys of the Liébana district meet together with the Deva and Quiviesa rivers which flow through the town. Its streets display a wide and diverse offer of restaurants where the most traditional recipes of Liébana's cookbook, such as traditional stew, the game meat and delicious home-made desserts, can be tasted.

Vineyards in Bedoya



House of Nature



Bridge of San Cayetano






Climb to Urdón
Tresviso



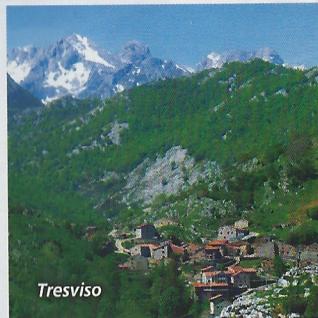
Peña Prieta



TRESVISO



VEGA DE LIÉBANA



Tresviso

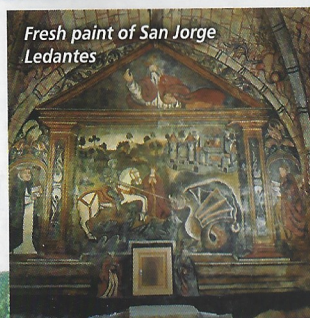
Tresviso is located on the western edge of Cantabria and is the only village of this upland municipality.

Its strategic location within the National Park of the Picos de Europa makes it a favourite destination for mountaineers and hikers.

Moreover, Tresviso is the home of the famous cheese, Picón Bejes-Tresviso, protected by an official Designation of Origin, which is made in the traditional manner and cured in the caves scattered throughout the municipality.



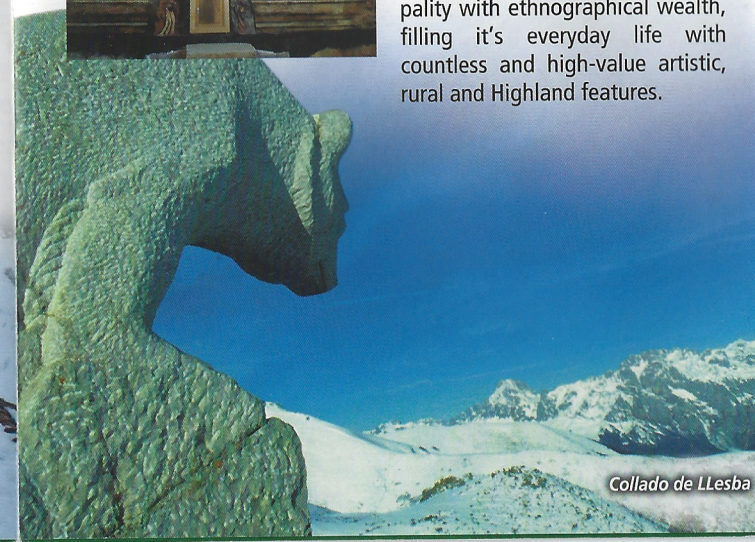
Tresviso



Fresh paint of San Jorge
Ledantes

The Viewpoint of El Corzo and that of El Collado de Llesba offer a matchless panorama with spectacular views of the valley and its surrounding peaks.

The traditional architecture, the countryman way of life, traditions, songs and recipes coat the municipality with ethnographical wealth, filling it's everyday life with countless and high-value artistic, rural and Highland features.



Collado de Llesba

Liébana Local Action Group

C/ San Roque, 7 - 2ª planta
39570 Potes | Cantabria
Tel.: 942 730 728 | 942 730 726
liebana@comarcadeliebana.com



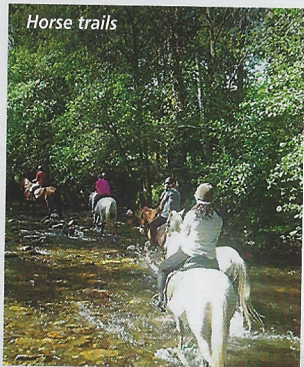
www.comarcadeliebana.com

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Via Ferrata Socastillo

ACTIVE TOURISM



Horse trails

Its wide range of leisure and open-air activities make Liébana one of the key destinations for active tourism in the region.

Hiking, climbing, potholing, via ferratas, mountain biking, or horse riding, cross-country skiing or snowshoes trails are only a few of the attractive proposals of the various villages and valleys of the district.



Valley of Valdebaró

More information in www.comarcadeliebana.com



FRUIT AND VEGETABLES

The numerous vegetable gardens of the valley, which have been sown on a fertile soil full of natural richness, provide fresh and exceptional products, including highlights like bilberries, potatoes, red onions, collard and cabbage, green beans, lettuces and juicy tomatoes.

The famous local chickpea, similar in appearance to the Pedrosillo variety, deserves a special mention and is one of the star ingredients of the traditional Liébana stew.

The whole district also boasts a wide variety of fruit trees (apple trees, cherry trees, pear trees, hazel nut trees, plum trees, and walnut trees, among others) that fill the Liébana countryside with their colours and scents.



Liébana stew

More information in www.comarcadeliebana.com



WINES, VINEGARS AND CIDERS



Vinegar of Liébana

Vineyards have always been part of the Liébana landscape in its lower valleys.

Protected from winds and storms by the Picos de Europa, these vineyards produce different varieties of both green and black grapes used to elaborate wines, mostly red ones, characterized by their shiny and fresh aspect.

The special microclimate of the Liébana region is also ideal for growing a delicious variety of apple, which is used to produce the region's famous natural cider, hand-made in its apple presses.

Moreover, the vinegar tradition of the Liébana area, originally focused on home consumption, has jumped into the market, producing and selling a sweet wine vinegar, which does not contain conservatives or chemical additives.

More information in www.comarcadeliebana.com



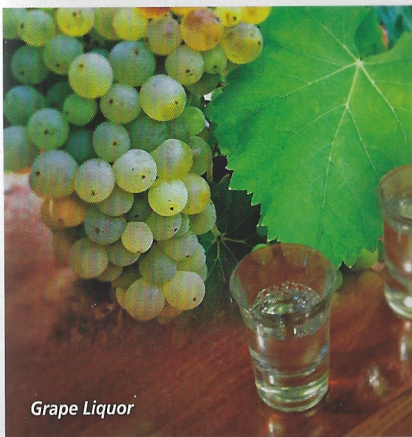
GRAPE LIQUOR AND LIQUEURS

The Liébana product par excellence, the origin of the grape liquor in the valley dates back to the 14th century.

Nowadays there are numerous varieties such as *aguardiente* (in its pure form), grape liquor with mountain tea (*Sideritis hyssopifolia*) or with coffee, honey, herbs, chamomile or cherries, etc., and although the production has been modernised, the essence of its tradition and production remained the same throughout the years, using careful distillation processes and selecting meticulously the raw materials.

Stills, skin, stems, distillation... remain terms with a historical link to the culture of Liébana.

Every second weekend of november the famous Grape Liquor Festival is held in Potes, this celebration was declared a Festival of National Tourist Interest in 2012.



Grape Liquor

More information in www.comarcadeliebana.com



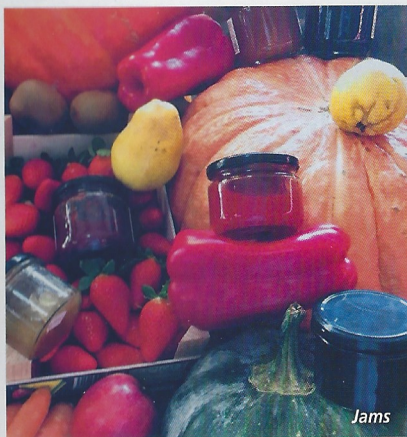
HONEY AND JAMS



Liébana honey has recently been included on the European register of Protected Designations of Origin to acknowledge the quality of its single-flower varieties (heather) and *mielada* (oak, evergreen oak, heather, and blackberry honey). This local honey is used in a multitude of recipes and stands out for its delicious touch of freshness.

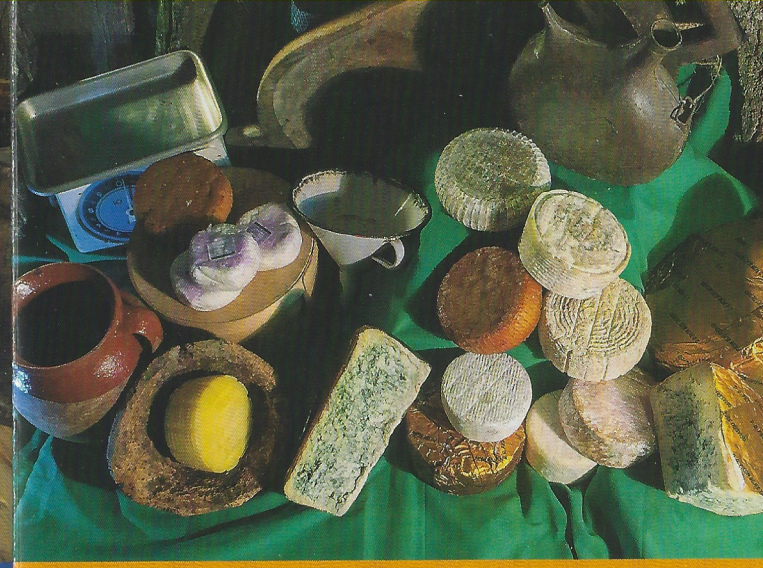
Moreover, in the woods, fields and vegetables gardens throughout the district are also cultivated bilberries, figs, apples, strawberries and other

fruits used to make a broad range of home-made jams. Hand-made natural products, cooked on a low heat and with a unique personality, we can find delicacies such as strawberry, orange with grape liquor essence, greengage jams, together with red wine jam and fig with nuts cream, among a wide range of varieties.



Jams

More information in www.comarcadeliebana.com



CHEESES

Liébana is a district with a deep-rooted cheese tradition which was recorded as early as the 10th century. The home-made cheeses produced in the area are clearly distinct from those of other districts or regions. Cheesemakers in the region stand by their traditions and are still committed to making their products by hand in the traditional way used in the past by mountain herdsmen in the Picos de Europa.

This strong personality is evident in all the different varieties of cheeses produced in the towns and villages in the district. *Picón Bejes-Tresviso* and *Quesucos de Liébana* are two of the most famous examples. Both are protected by their official Designation of Origin.

The cheese acts as a dessert in its freshest and creamiest versions or as an appetizer or special ingredient in lots of recipes. Our wide range of over sixty different cheeses give the consumer limitless flavours and nuances, which make Liébana cheeses widely acknowledged for their qualities by aficionados of these delicacies.



More information in www.comarcadeliebana.com