

A unique experience in one of the most singular regions of **Picos de Europa** due to its outstanding environmental conditions, nature, gastronomy and culture.

# NATURE AND FOOD IN **LIEBANA** VALLEY

**LIEBANA** is located in Cantabria and represents the southeastern limit of the mountainous area of **Picos de Europa**.

It is 'confined' by its relief and enjoys a mild climate, which gives rise to a remarkable diversity of environmental conditions as reflected in the extraordinary **biodiversity** that it treasures and is acknowledged in several conservation designations that concur in this territory.

It has a deep **cultural identity** developed around shepherding and mountain farming. These activities have been the base of the traditional economy of this area and have modeled its magnificent landscape.

The excellent raw materials and the exquisite cuisine that characterize Liebana's **gastronomy** are in perfect harmony with the environment where they are produced and prepared.



## HIGHLIGHTS

### NATURAL HERITAGE

**FAUNA. FOREST:** Middle Spotted Woodpecker, Black Woodpecker, Short-toed Snake Eagle, Booted Eagle, Cantabrian Capercaillie, Brown Bear, Rosalia Longicorn, Hermit Beetle.

**SUBALPINE AND ROCK FAUNA:** Wallcreeper, Golden Eagle, Griffon Vulture, Egyptian Vulture, Bearded Vulture, Common Rock Thrush, Red and Yellow-billed Chough, White-winged Snowfinch, Alpine Accentor, Chamois.

**OTHER FAUNA OF INTEREST:** Grey Partridge, Bluethroat, Iberian Wolf, Iberian Desman, amphibians, butterflies, dragonflies.

**VEGETATION AND FLORA.** Mediterranean, Atlantic and Subalpine formations. Species characteristic of **rocks** (clefs, ledges and screes), prairies and **pastures** (orchids, daffodils), **forests** and scrublands.

**GEOMORPHOLOGY. Glaciation, periglaciation and karstification.** Limestone pavement, caves, sinkholes, channels, clefs, screes, mining, fluvial dynamics.

**LANDSCAPE.** Mountainous relief, steep slopes, valleys, ravines, gorges, rivers, Cantabrian and Mediterranean fauna and vegetation, little villages, orchards, narrow roads, tracks, trails.

### NATURE CONSERVATION DESIGNATIONS.

- › Picos de Europa **National Park**.
- › **Natura 2000: 2** Sites of **C**ommunity **I**mportance // **3** Special **P**rotection **A**reas.
- › Picos de Europa **Biosphere Reserve**.

### CULINARY HERITAGE

**Cheeses:** *Picón Bejes-Tresviso*, *Quesucos de Liébana*, *Áliva* smoked cheese, *Pido* cheese.

**Other delicacies:** *Cocido lebaniego*, *embutidos*, **meat**, market **garden** products, mountain tea, **honey**, cherries, **orujo**, *tostadillo* wine.

### CULTURAL HERITAGE

**Ethnography:** shepherding, sheepfolds, cheese making.

**Buildings:** *hórreos*, fulling mills, flour mills, traditional houses, fortified towers, monasteries, hermitages.

**Events:** festivals, processions, pilgrimages, fairs.



## SUGGESTED ITINERARY

This itinerary is an initial suggestion so that you know what we can offer. Contact us and we can adapt it together to suit your wishes. We provide you plenty of options, the most special accommodations and restaurants for you to build **a unique experience just for you**.

**Day 1: MEDITERRANEAN IN THE NORTH OF SPAIN AND ORUJO.** We will observe the unique blend of **habitats and species** that occur in Liebana due to its **Mediterranean climate** in an Atlantic region. We will discover the **traditional architecture** and enjoy **tasting local products** from an exceptional viewpoint in front of the peaks. As a dessert, we will savor the famous Liebana **Orujo** in a local distillery, where we will know the secrets of its distillation.

**Day 2: OLD FORESTS AND HONEY.** We will spend the day visiting some of the many **old forests** in Liebana, enjoying the opportunity to observe their characteristic **forest fauna**. In the afternoon, a local beekeeper will show us their **beehives** and tell us how **honey** is obtained and the relationships of this business and the environment. We will taste it and understand why **bears** love it.

**Day 3: CLEFTS, PASTURES AND QUESUCO CHEESE.** We will walk through rocky slopes, clefts and mountain pastures particularly suitable for observing its **characteristic fauna and flora**. We will have a rest under the branches of a group of **centennial chestnut trees** before visiting an artisan **Liebana Quesuco** cheese maker, where we will discover their manufacture process and taste their products with a local **red wine** and **good bread**.

**Day 4: COCIDO LEBANIEGO BETWEEN THE MOUNTAINS.** This day we will go above 1800 m. altitude, crossing the stunning **glacial landscape** where **subalpine flora and fauna** of Picos de Europa live and develop. Right there, between the mountains, we will serve you the most representative dish of the region: **Cocido Lebaniego**, prepared by one of the most expert cooks in the valley. Finally we will visit some of the last **hórreos** left in Cantabria.

**Day 5: SHEPHERDING AND PICÓN CHEESE.** We will go over an area representative of how **shepherding** creates and affects the **landscape** that hosts the characteristic **fauna** and **vegetation** of *Picos de Europa*. We will be able to observe many **bird of prey** species and we will converse with a local **shepherd**, who will explain us the connections of their work and the environment. Then we will discover the product that best defines their work: **Picón Cheese**, which we will obviously taste.



**two birds one stone** provides ecotourism experiences to travelers who are enthusiasts for nature and the most genuine food and culture, who demand the maximum authenticity and exclusivity in their experiences, proposing:

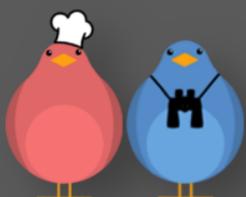
- The **observation** of the most prominent values of the Iberian Peninsula.
- The **appreciation** of its culinary resources.
- The **knowledge** of the associated cultural expressions.

- ✓ We offer the **direct, calm and relaxed experience** of nature and gastronomy, taking the necessary and wanted time to enjoy them.
- ✓ We attach importance to the existence of space, time and appropriate ways for **proper assimilation and understanding** of things, therefore we dispense with tight schedules.
- ✓ We work with **very small groups** and adapt to the requirements and needs of every traveler, trying to serve as companions who facilitate and enable a personal discovery.
- ✓ We search the less exploited options and make sure the experiences have the **maximum exclusivity** possible.
- ✓ **Small is big:** we know how to value the great pleasure that lies behind the "small" things.
- ✓ We give priority to **honesty, integrity, sincerity** and **transparency** over economic benefit.
- ✓ We are socially, economically and environmentally **responsible**. We have the utmost respect and admiration for the natural and cultural diversity of the different places we visit.

We are committed to promoting

**ecotourism** as a way to travel and enjoy the natural and cultural diversity of the planet. According to The International Ecotourism Society (TIES), this activity is defined as "Responsible travel to natural areas that conserves the environment and improves the well-being of local people". We subscribe their fundamental principles:

1. Minimize environmental and social impacts.
2. Build environmental and cultural awareness and respect.
3. Provide positive experiences for both visitors and hosts.
4. Provide direct financial benefits for heritage conservation.
5. Provide financial benefits and empowerment for local people.
6. Raise sensitivity to host country's political, environmental, and social climate.



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