



A fascinating trip to discover **Picos de Europa** through the product which condenses all its values.

PICOS DE EUROPA THROUGH ITS CHEESES

Picos de Europa and its environment would not exist as we know them today if the characteristic **cheeses** of each of its valleys had not been prepared for centuries. **Shepherding activity** necessary to obtain these delicacies is largely responsible for the **biodiversity**, the **landscapes** and the unique **rural culture** associated to the way of life in these mountains.

This experience provides a **truthful** and intimate **approach** to the **essential** and most characteristic **values** of **Picos de Europa**, enjoying at the same time the variety of its delicious **cheeses**.

Duration:	5 days
Optimal group:	6 - 8 p.
Season:	June - October

HIGHLIGHTS

FAUNA. FOREST: Middle Spotted Woodpecker, Black Woodpecker, Short-toed Snake Eagle, Booted Eagle, Cantabrian Capercaillie, Grey Partridge, Bluethroat, 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, Snow Vole. **OTHER FAUNA OF INTEREST:** Iberian Wolf, Iberian Desman, amphibians, butterflies, dragonflies.

VEGETATION AND FLORA. Mediterranean, Atlantic and Subalpine formations. Species characteristic of rocks pastures, scrublands and forests.

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

LANDSCAPE. Mountainous relief, steep slopes, valleys, ravines, prairies, 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: 11 Sites of Community Importance // 8 Special Protection Areas.**
- > Picos de Europa **Biosphere Reserve** (Asturias-Cantabria-Castilla y León).

NATURAL HERITAGE



CULINARY HERITAGE

Cheeses: *Peñamellera, Cabrales, Caxigón, Gamoneu, Los Beyos, Valdeón, Áliva smoked, Pido, Quesucos de Liébana, Picón Bejes-Tresviso.* **Other delicacies:** kid goat, *fabada, cecina, cocido lebaniego*, River Esla Valley veal, *verdina* beans, honey, *frixuelos*, cheesecake, rice pudding, cider, *orujo*...



CULTURAL HERITAGE

Ethnography: shepherding, sheepfolds, cheese making. **Buildings:** *hórreos*, fulling mills, flour mills, traditional houses, fortified towers, 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 for you to build a **unique experience just for you**.

Day 1: FROM PICÓN TO CABRALES. Various types of blue cheese are produced in Picos de Europa. Among them, the most famous of the cheeses of Asturias: *Cabrales* and its Cantabrian counterpart: *Bejes-Tresviso Picón*. We will explore their production areas trying to understand their geographic, cultural and natural **context** and taste them while we observe the *Naranjo de Bulnes*. We will participate in an interpretative activity of the **rural culture** of *Cabrales* and end the day with an *espicha* in a *llagar*, where we will taste their *cider* along with some of the most traditional dishes of Asturias gastronomy.

Day 2: THE LEGEND OF GAMONÉU. In the surroundings of the *Covadonga Lakes*, immersed in the **magical landscape** where the last few farms that maintain their activity **amid the mountain peaks** have their location, we will have the privilege to try the **mountain Gamonéu**. We will know the initiatives to preserve the existence of this **smoked delicacy** that witnessed the birth of the National Park and confirm with a **valley Gamonéu** producer that the qualities of this variety are also extraordinary.

Day 3: ESCORTING THE GORGE. BEYOS CHEESE. This cheese deserves by right a place among the most representative of this **mountainous environment**. Its production is concentrated in the upper basin of the *River Sella*, in the municipalities of Ponga, Amieva and Oseja de Sajambre. We will travel across the small valleys around *Los Beyos Gorge*, visiting the artisans who make this compact cheese and enjoying the breathtaking views of the *Cornión Massif* and the spectacular environment this territory treasures.

Day 4: VALDEÓN BLUE. At the entrance of the *Divine Gorge* through which runs the popular *Cares River trek* in Valdeón Valley in the province of León, we will find the last Picos de Europa **blue cheese** we still do not know. Surrounded by some of the highest and steepest **peaks** we will have the occasion to observe the production conditions of this **delicacy** and understand the associations between the process and the coexisting environmental elements. We will taste the different ways to prepare this cheese by the banks of the *River Cares*.

Day 5: LIEBANA CHEESES. One of the most important values of this natural region is undoubtedly the **diversity** of cheeses produced in its different corners. Goat, cow, sheep, blend, smoked, blue, big, small... each one of them fits perfectly with the resources offered by the **varied scenes** of Liebana. We will **know and savor** them from the hands of their artisans. As a **farewell**, we will enjoy a dinner in an **idyllic setting** which consists, among other delicacies, of a **great selection of cheeses** which will include all those we will have known the previous days and some more.



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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