

Location of the Park



HOW TO GET TO PONGA?

To access Ponga Natural Park from Asturias you have to reach Arriondas through the **N-634** road, then take the detour to the **N-625** road (Cangas de Onís-Riaño) and then take the **AS-261** road (Puente de Los Grazos-Beleño) which takes us to **San Juan de Beleño**, the capital of Ponga and the most populated in the area.

You can also access the park from Sebares, through the **AS-339**, a mountain road that takes us back to the **AS-261**.

When driving from León, you should take the **N-625** in Riaño, which gets into Asturias through the impressive **Beyos Gorge** to continue on the **AS-261** to San Juan de Beleño.



Rules



The place you visit is a protected natural space, which means that there is a regulation that protects it and regulates its public use. It is important to be aware of it, because by respecting it, you can ensure the conservation of the natural, ecological and cultural resources of this emblematic environment. This regulation is:

Decree 163/2014, of December 29, declaring the Special Conservation Zone Ponga-Amieva (ES1200009) and approving the I Integrated Management Instrument of various protected areas in the councils of Ponga and Amieva.

Activities allowed according to the different areas:

- Visitors are only allowed to drive **motor vehicles** in the General Use Zone (ZUG).
- Visitors can participate in **land sports** including hiking, mountaineering, bicycle touring, mountain biking, horseback riding or similar sports which do not imply the use of a motor vehicle, and **snow sports** such as cross-country skiing and snowshoeing in the General Use Zone (ZUG), Agricultural Use Zone (ZUA) and High Mountain Zone (ZAM), and in the Special Restricted Use Zone (ZURE) through the network of roads and trails.
- Rock, sport or alpine climbing are permitted in the areas enabled and on the opened roads in the ZUG, ZUA and ZAM.

Activities not allowed:

- Free camping, caravans or other mobile shelters (apart from the bivouac in ZUG, ZUA and ZAM).
- Water activities such as canyon descent and ravines, whitewater, rafting, etc. (with the exception of the canyons of Viboli and Carangas, which will have authoritative usage).
- Sport activities that imply the use of motor vehicles.
- Sport air activities such as gliding, parachuting, paragliding and similar.
- Causing damage to the fauna and the flora.

Territory Characteristics

The **Ponga Natural Park**, declared in **2003** and located in the central-eastern area of the Cantabrian Mountain Range, encompasses the entire Asturian council that gives it its name: Ponga. Its territory has an approximate area of 205 km², border on the east by the Picos de Europa National Park and on the west by the Redes Natural Park. Currently and since 2018, the International Council of the Man and Biosphere Program (MAB) of UNESCO has also declared it a **Biosphere Reserve**.

Within this environment, heterogeneous landscapes stand out, such as **alpine pastures, glacial valleys, gorges, rocky ridges and lush forests**. Among them, small towns appear in this territory, although without important human influence, thanks to the considerable altitude difference and complicated relief.

Among its most important mountainous alignments are the peaks of the **Abedular, Les Pandes** and the emblematic **Peña Ten** (2,142 m), on the southern boundary of the territory; while in the west summits such as **Maciédome, Tiatordos** and **Campigüeños**, among others, form a great natural barrier called the Ponga Mountain Range.



Two important rivers must be highlighted as they define the landscape, forming canyons as they pass. The **Ponga** river traverses from south to north and the **Sella** river crosses the park through its easternmost area to follow its course to the border of **Amieva**, leaving behind the spectacular **Gorge of the Beyos**.

In its capital, **San Juan de Beleño**, we will find the park's **Center for Reception and Interpretation**, which offers a permanent exhibition where the natural and cultural values of the protected area stand out. In this center, visitors can collect information about the Ponga's environment, routes and trails, associated regulations, and any type of clarification you need to fully enjoy your passage through this beautiful Asturian landscape.



Vegetation

The marked and abrupt relief, together with the relatively mild weather conditions, make the settlement of **large forest stands** possible, where the complexity of the ecosystems allows the existence of a **rich diversity** of plant species in this natural landscape.

More than a third of the park is covered with mature forests: oaks, birches, ashes mixed with maples and alders, being the forest protagonist of the **Peloño forest**. It is located in the southeast of the park with an extension of 1,500 hectares (approx.). Beech is its main representative. There are numerous beech woods distributed throughout the park, being areas of high importance, as they are a vital habitat for emblematic and endangered species such as the **cantabrian capercaillie** (*Tetrao urogallus cantabricus*), which is found in the understorey of the beech forest and in the holly forest (*Ilex aquifolium*) the most suitable area to locate their singing spots.



Along with these forested formations, bushlands and plantations alternate, reflecting the human management in the landscape. Among the bushes, **heaths, gorges and pionales** (*Cytisus & Genista*) stand out, and, among the plantations, **chestnuts** (especially in the central zone of the park). Among the flora of Ponga it is possible to emphasize the presence of the **asturian narcissus** (*Narcissus asturiensis*) and **gentian** (*Gentiana lutea*), cataloged Species of *Special Interest* in the Regional Catalog of Threatened Flora of Asturias.



Fauna

The great area of conservation of the park's habitats makes it a strategic enclave to find some of the most emblematic species of the Cantabrian Mountain Range, since they find in Ponga an ideal area for them to find **refuge, feed and breed**.

Among the mammals, the **otter** (*Lutra lutra*) and the **desman** (*Galemys pyrenaicus*) stand out as bioindicator species of the excellent state of conservation of the park's fluvial ecosystems. Others, such as the **pionnal hare** (*Lepus castroviejoii*), endemic to the Cantabrian Mountain Range, which coexists with **european hares** (*Lepus europaeus*), find in



the **pionnal** (*Cytisus & Genista*) shrublands and meadows one of their last refuges. It is also worth mentioning the occasional presence of the **brown bear** (*Ursus arctos*), a species classified as In Danger of Extinction, which locates Peloño as the westernmost limit in its distribution through the Asturian Mountains.

Finally, the Ponga Natural Park is included in the *Red Natura* as a Special Protection Zone for Birds (ZEPA). This is due to a rich and diverse birdlife, mainly composed of forest species such as the **cantabrian capercaillie** (*Tetrao urogallus cantabricus*) and the **pico mediano** (*Dendrocopos medius*), raptors such as the **golden eagle** (*Aquila chrysaetos*), the **griffon vulture** (*Gyps fulvus*) and the **goshawk** (*Accipiter gentilis*), as well as other more frequent species such as the **common thrush** (*Turdus philomelos*), and the **great tit** (*Parus major*).

Discovering the park...



- Visit the **Reception and Interpretation Center of the Ponga Natural Park** in San Juan de Beleño. Here one can collect all the information you need to make the perfect plan for your visit.

- Get the chance to wander around Ventaniella. Located in the south of Ponga, it was part of the *Camino Real de Ribadesella a Castilla*, a traditional route used to transport food and goods across the Cantabrian Mountain Range that separates the northern Spanish regions from the rest of the kingdom.

- Cross the mountain pass of Ventaniella and one can find there "*La Ermita de la Natividad de Nuestra Señora*", next to which you can find the shelter used by the carriers and merchants that crossed the Cantabrian Mountain Range.

- Visit the medieval tower in the village of Cazo and "*La iglesia de las Nieves*", built in the 18th Century, in Sellaño, in the northwest of Ponga.

- Search among the villages of Ponga for the "**hórreos beyuscos**", representatives of the ethnography and traditional architecture. They are architectural elements adapted to the few lands of labor offered by Ponga's rugged landscape. They are characterized by their two or three waters structures. They can be seen especially in Viego and Beyos.

- Enjoy the **Aguinaldo Festival**, a New Year's Eve tradition where young people choose a buffoon (the "**guirria**") who will be responsible to smudge the men with ashes and pinch the women while the rest of the young men enter the town on horseback.

- Get a good sight of the majestic landscapes of Ponga through a route that will take you to the best viewpoints of the park. Among the most important ones, you can visit the "**Mirador de Les Bedules**", an enclave located at an altitude of 1,000 meters from where you can see spectacular views of the western massif of the *Picos de Europa* and the mountain range of Ponga. The route continues through the viewpoints of *El Canto la Sierra, La Seu de Ambiengue, El Canto la Tozana, Mirador de Taranes, Mirador de Abiegos, Peña Soberu* and *El Tombu la Espinera*.



EMERGENCIAS 112 / 012

(+34) 985 84 81 33

Cangas de Onís Bus Station

PUBLIC TRANSPORT

www.ponga.es

Mon - Fri: 9:00 - 15:00

aytoponga@yaho.es

(+34) 985 843 00 1

PONGA CITY COUNCIL

16:00 - 18:00

09:00 - 14:00

09:00 - 14:00

Tue - Sat

Rest of the year

16:00 - 19:00

09:00 - 14:00

Mon - Sat

Summer timetable

www.parquenaturaldeponga.es

(+34) 985 84 31 13

UTM ETRS 1989 HUSO 30

Coordinates: 324.135 / 4.783.952

San Juan de Beleño, Ponga

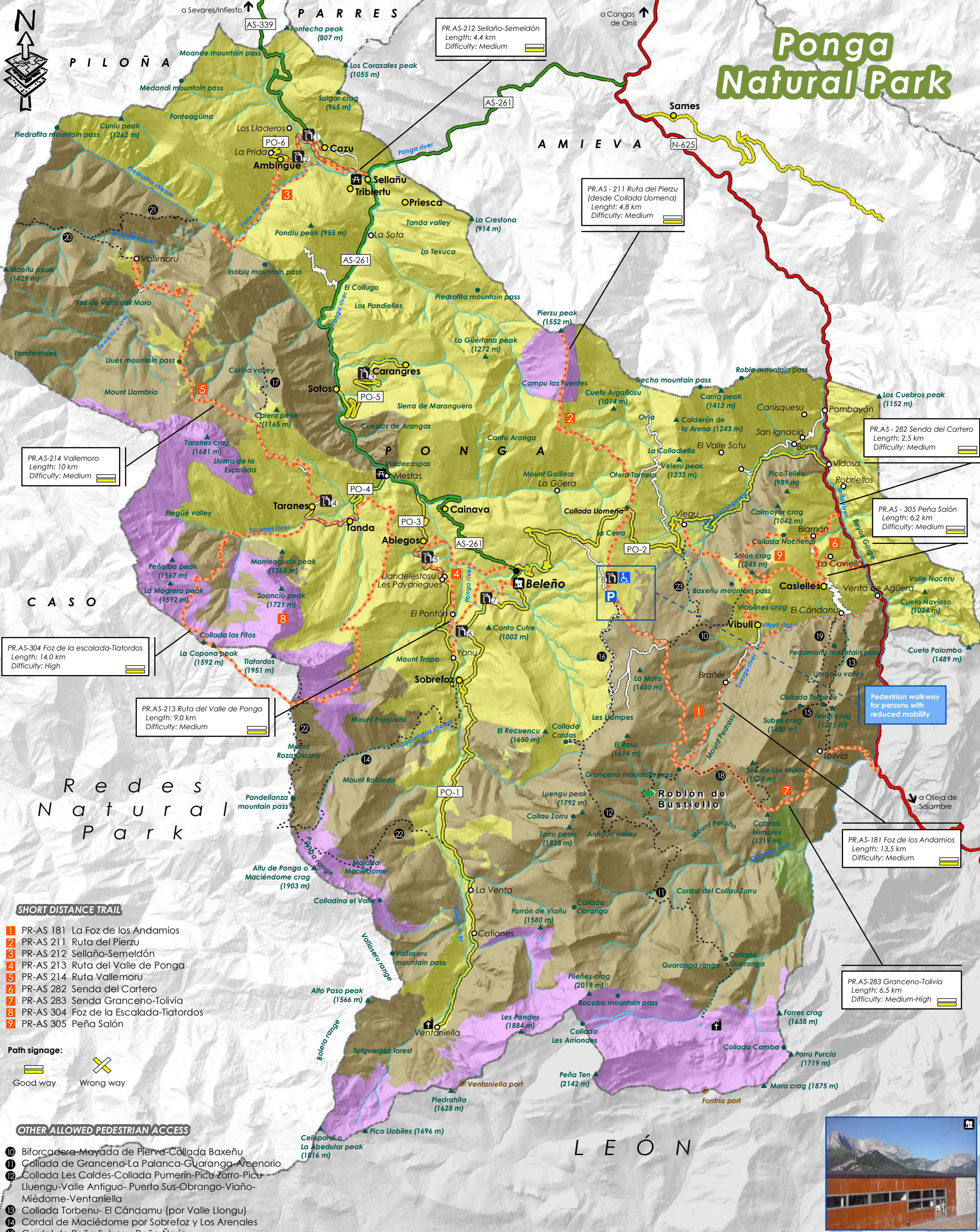
RECEPTION AND INTERPRETATION CENTER

Ponga Natural Park



Regional Network of Protected Natural Habitats in the Principality of Asturias

Ponga Natural Park



PR.AS-214 Vallemoro
Length: 10 km
Difficulty: Medium

PR.AS-212 Sellaño-Semeldón
Length: 4,4 km
Difficulty: Medium

PR.AS - 211 Ruta del Pierzu
(desde Collada Llomena)
Length: 4,8 km
Difficulty: Medium

PR.AS - 282 Senda del Cartero
Length: 2,5 km
Difficulty: Medium

PR.AS - 305 Peña Salón
Length: 6,2 km
Difficulty: Medium

PR.AS-304 Foz de la escalada-Tiartodos
Length: 14,0 km
Difficulty: High

PR.AS-213 Ruta del Valle de Ponga
Length: 9,0 km
Difficulty: Medium

PR.AS-181 Foz de los Andamios
Length: 13,5 km
Difficulty: Medium

PR.AS-283 Granceno-Tolivia
Length: 6,5 km
Difficulty: Medium-High

SHORT DISTANCE TRAIL

- 1 PR-AS 181 La Foz de los Andamios
- 2 PR-AS 211 Ruta del Pierzu
- 3 PR-AS 212 Sellaño-Semeldón
- 4 PR-AS 213 Ruta del Valle de Ponga
- 5 PR-AS 214 Ruta Vallemoro
- 6 PR-AS 282 Senda del Cartero
- 7 PR-AS 283 Senda Granceno-Tolivia
- 8 PR-AS 304 Foz de la Escalada-Tiartodos
- 9 PR-AS 305 Peña Salón

Path signage:
 Good way
 Wrong way

OTHER ALLOWED PEDESTRIAN ACCESS

- 10 Biforcadera-Mayada de Pierva-Collada Baxeñu
- 11 Collada de Granceno-La Palanca-Guaranga-Arcenorio
- 12 Collada Les Caldes-Collada Pumerín-Picu Zorro-Picu Lluengu-Valle Antigo- Puerto Sus-Obrango-Viaño-Miédome-Ventaniella
- 13 Collada Torbenu- El Cándamu (por Valle Llongu)
- 14 Cordal de Maciédome por Sobrefoz y Los Arenales
- 15 Cordal de Peña Subes y Peña Norín
- 16 Les Bedules-La Mofosa-Mayau Les Llampes-Collada Caldes
- 17 Les Curries-Collaes de Tarañes
- 18 Mirador del Monte Peloño-Ascenso a Sen de los Mulos
- 19 Tolivia-Collada Torbenu-El Cándamu (por Monte Cabañín)
- 20 Vallemoro-Collada de Traslafuente
- 21 Vallemoro-Loma de la Morena-Semeldón
- 22 Ventanueva-El Rebolu-Majada de Maciédome-Cordal de Ponga
- 23 Viegu-Mayada de Pierva

- National road
- Regional road
- Local road
- Other roads
- Short distance trail
- Other allowed pedestrian access
- Distric border
- Rivers
- Visitor Center
- Parking
- Picnic area
- Viewpoints
- 1. Canto la Sierra
- 2. Seu de Ambingue
- 3. Canto la Tozana
- 4. Tarañes viewpoint
- 5. Abiegos viewpoint
- 6. Soberu crag
- 7. Tombu la Espinera
- 8. Les Bedules

- Chapel
- Land-use zoning**
- Public Use Zone
- Agricultural Use Zone
- Special Restricted Use Zone
- High Mountain Zone
- Ecological Reserva Zone



0 0,5 1 2 km