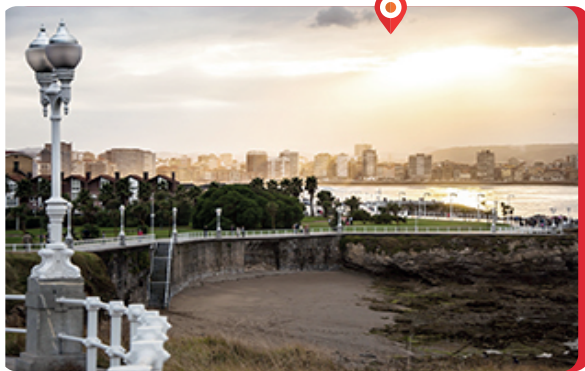


# ASTURIAS IN 48 HOURS

## You can't miss...

### Avilés

A city that straddles both sides of the Ría, one of the main attractions of Avilés is its historic centre; its origins date back to Medieval times and it is one of the best conserved in Asturias. The Ría de Avilés, which divides the city in two, is a recovered natural estuary home to a marina. The architect Oscar Niemayer also wanted to leave his mark on the Ría, with the Oscar Niemayer International Cultural Centre. Avilés is known for its wealth of historic and artistic attractions, with various palaces, noble houses, churches, squares and parks.



### Gijón

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### Oviedo

Of legendary origins, the first Christian capital of the Iberian Peninsula's main appeal lies in its cultural and commercial life. It is a city easily and best explored on foot, especially to enjoy its old town where you'll find the Cathedral and several museums. To relax, there's nothing better than to visit Calle Gascona, known locally as 'Cider Boulevard' for reasons that will soon become apparent. After sampling the local gastronomy, we can head along Calle Uría, a busy commercial area that also serves as an illustration of the city's evolution in the 20th century.

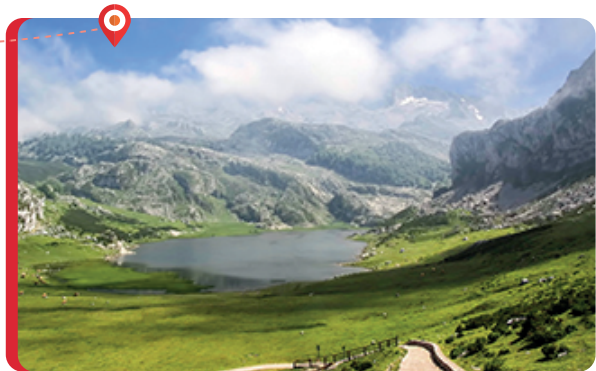


### Covadonga

An unmissable visit. The Virgin of Covadonga, or La Santina, the patron saint of Asturias, is not just a place of religious pilgrimage but a spectacle in plain nature. The Virgin of Covadonga is to be found in a cave-chapel built into the mountain and, alongside her sits the Basilica with its statue of Pelagius, Visigothic nobleman and founder of the Kingdom of Asturias. From Covadonga one can also visit the glacial Lakes Enol and Ercina in the Picos de Europa.

## Nature

Between mountain and sea, Asturias is a paradise, whatever you're looking for. One third of its surface is protected and it boasts no fewer than six UNESCO-declared Biosphere Reserves: Oscos; Somiedo; Fuentes del Narcea, Degaña e Ibias; Las Ubiñas-La Mesa; Redes and, the most popular of all, the Picos de Europa. Aside from National Parks, also worth visiting are the Rías of Eo and Villaviciosa and the caves of Las Caldas, Del Sidrón, Lloviu and Andina. In these and in dozens of other protected spaces, the visitor can avail of walking and mountaineering routes or brave a climb to the peaks.



## The Coast

The Asturian coastline is 345 kilometres long and dotted with more than two hundred different beaches: expansive and sandy, stony or intimate coves... each, according to its features, perfect for swimming, water sports or fishing. Some of the best known are those of Llanes, Cadavedo, Andrín, Gulpiyuri's interior beach, Aguilar, and Rodiles. To discover the beaches, there is no better way than to take a trip through the score of coastal villages. Cudillero, Llanes, Luanco, Navia and Luarca are among the most popular.



## From the Airport to the City

### By bus:

The ALSA bus company links the airport with the cities of Avilés, Gijón and Oviedo.

### By taxi:

Depending on your final destination prices vary. From approximately €25 (Avilés) to €56 (Oviedo).

### By car:

You can rent a car from any of the major car rental companies located in the terminal building.



## What to Eat

Local cider, cheese, wine, sweets, meat, charcuterie, fish and seafood: a natural paradise like Asturias has only produce of the highest quality. That's why Asturian recipes are simple recipes, with few ingredients so as not to mask the flavour of the ingredients. The traditional fabada, or bean stew, is a fine example: slow-cooked and stress-free. The cachopo is another well-known dish: two beef fillets filled with ham and cheese, all covered in breadcrumbs and fried. It has evolved into different variations with fish, chicken, pork, wild mushrooms, asparagus and more. Autumn is hunting season, when game recipes using boar, roe deer and venison are popular.

## What to Do

In addition to the above, there are plenty more places worthy of a visit. The Llanes area is very famous for its tranquillity and beaches, although it can become very busy in the high season. Another well-known area is Cudillero, characterised by its hillside houses and coastal cliffs. And speaking of the coast, a visit to Cabo Peñas is worthwhile, the most northerly point of Asturias and crowned with the most important lighthouse on the Asturian coast. Mountain lovers will enjoy the River Cares route between the villages of Poncebos and Cain: a twelve-kilometre route through the Picos de Europa to admire this natural landscape. The Mirador del Fito viewing point is another interesting visit to include on any itinerary.