

*experiences*

**TERRITORIO  
SIERRA  
ESPUÑA**

Where you can  
enjoy nature  
with all your senses





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Where you can  
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ADMIRE THE LANDSCAPE OF AN EXTREMELY RICH PROTECTED ECOSYSTEM.  
FEEL THE TEXTURES THAT MOTHER NATURE HAS BEEN SHAPING FOR AGES.

SMELL THIS PINE FOREST AND BREATHE IN ITS HISTORY.

TASTE A CUISINE BASED ON TRADITION AND LOCAL PRODUCE.

LISTEN TO THE SILENCE OF A PROTECTED NATURAL ENVIRONMENT.





# experiences



PRACTICE YOUR FAVOURITE  
SPORT IN A GREEN  
MEDITERRANEAN PARADISE

AN UNPARALLELED  
BIRD-WATCHING  
TRAIL TO ENJOY  
SUSTAINABLE TOURISM



FEEL THE FREEDOM,  
VISIT SIERRA ESPUÑA  
ON TWO WHEELS

IMAGINE CONTEMPLATING AN  
EXTRAORDINARY NATURAL  
LANDSCAPE WHEREVER YOU LOOK



A DELICIOUS TOUR  
OF THE TRADITIONAL CUISINE  
OF SIERRA ESPUÑA

MAKE YOUR OWN PATH  
AS YOU WALK  
AT THE HEART OF  
SIERRA ESPUÑA







Sierra Espuña is the green heart of the Region of Murcia

## a huge heart

...a huge heart where Mother Nature has been working her magic for thousands and thousands of years to give us a lush pine tree area that is much more than just a forest.

**Home to hundreds of animal and plant species**, an environment where diversity is celebrated in every corner.

A magnificent gift in the form of a natural park that we are all deeply proud of. Proud to protect it, proud to enjoy it.

And, more than anything else, proud to share such a natural treasure with you.



## feel



SOMETHING YOU CAN'T TOUCH,  
BUT YOU CAN  
DEFINITELY FEEL

You are here because you appreciate the value of a protected environment like the **Sierra Espuña Regional Park**.

A green space we are grateful for every day.

Because it is one of the lungs of the Region of Murcia; because it allows us to live in a place without hurries or stress.

A place without crowds or traffic jams.

An environment where people know how to enjoy a peaceful lifestyle and are willing to share it with you.

TERRITORIO SIERRA ESPUÑA  
WELCOMES YOU WITH OPEN  
ARMS

This land of contrasts paints a natural mosaic designed so you can enjoy **ecotourism in the company of your loved ones**.

With the deepest respect for the conservation of the park and all its inhabitants, in Sierra Espuña you can delve into nature through **experiences** to suit all tastes.

If you are looking for an adrenaline rush, you can choose adventure sports, mountain bike, cycling road routes, or trekking.

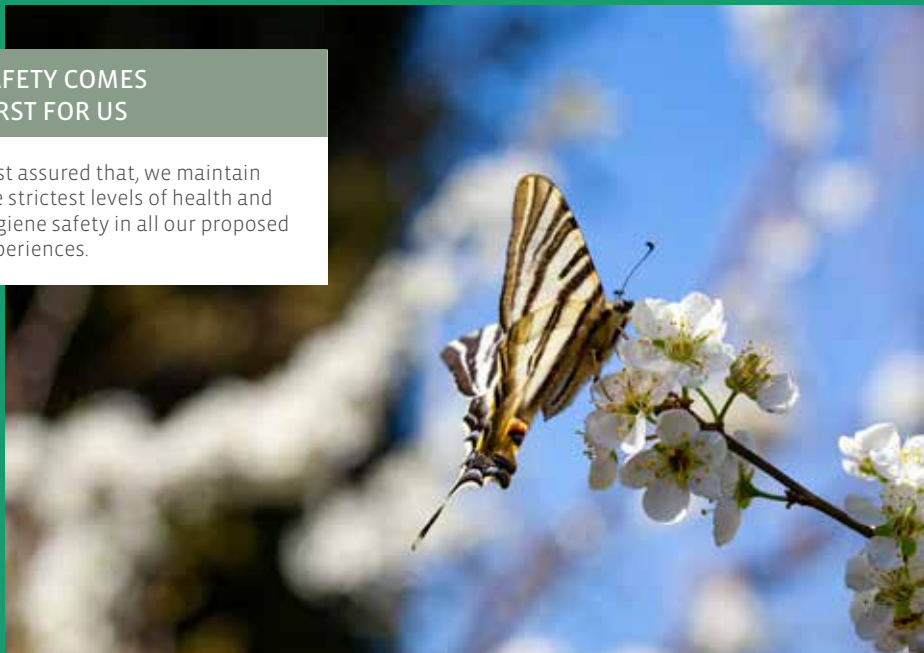
If you are here to relax, the first thing you will notice is that peace can be found in every corner.





#### SAFETY COMES FIRST FOR US

Rest assured that, we maintain the strictest levels of health and hygiene safety in all our proposed experiences.



## ecotourism

You can get some light activity by walking along trails that will take you to some real natural treasures; practise yoga in the middle of nature; watch the birds that live here or go up to contemplate the immensity of Sierra Espuña from its natural viewpoints.

Lower your stress levels and increase your happiness, keep your body in shape, breathe all the clean, pure air you want, reconnect with nature...

Sounds great, right?

#### WELL, THAT'S JUST THE BEGINNING

Take a look at these 6 **ecotourism proposals in Territorio Sierra Espuña**, designed to enjoy the outdoors in direct contact with nature.

For all ages and physical conditions.

We have activities for all kinds of people who want to get to know this historic forest full of tradition, be part of the local culture and, of course, treat their palate with the most exquisite delicacies.

Come and do ecotourism in Sierra Espuña!



# Practice your favourite sport in a green Mediterranean paradise

Beautifully contrasting landscapes, first-class infrastructures and the protection of an extraordinary environment create the ideal setting to activate your body and relax your mind.



## THE ESSENTIALS

### EARTH, WATER AND AIR

Three natural elements to unleash the athlete within.

### FOR ALL LEVELS

No matter your age or physical condition, all you need is the desire to have fun.

### SAFETY FIRST AND FOREMOST

With specialised equipment and monitors to guarantee that you are safe during your adventure.



*get active!*

SIERRA ESPUÑA  
WAS SHAPED BY THE WHIMS  
OF NATURE

Thanks to this never-ending work, today you have the opportunity to practice adventure sports in an unparalleled protected natural environment.

The caves of La Matea, El Churtal and La Pólvora are great options for spelunking

and for visiting the depths of Sierra Espuña.

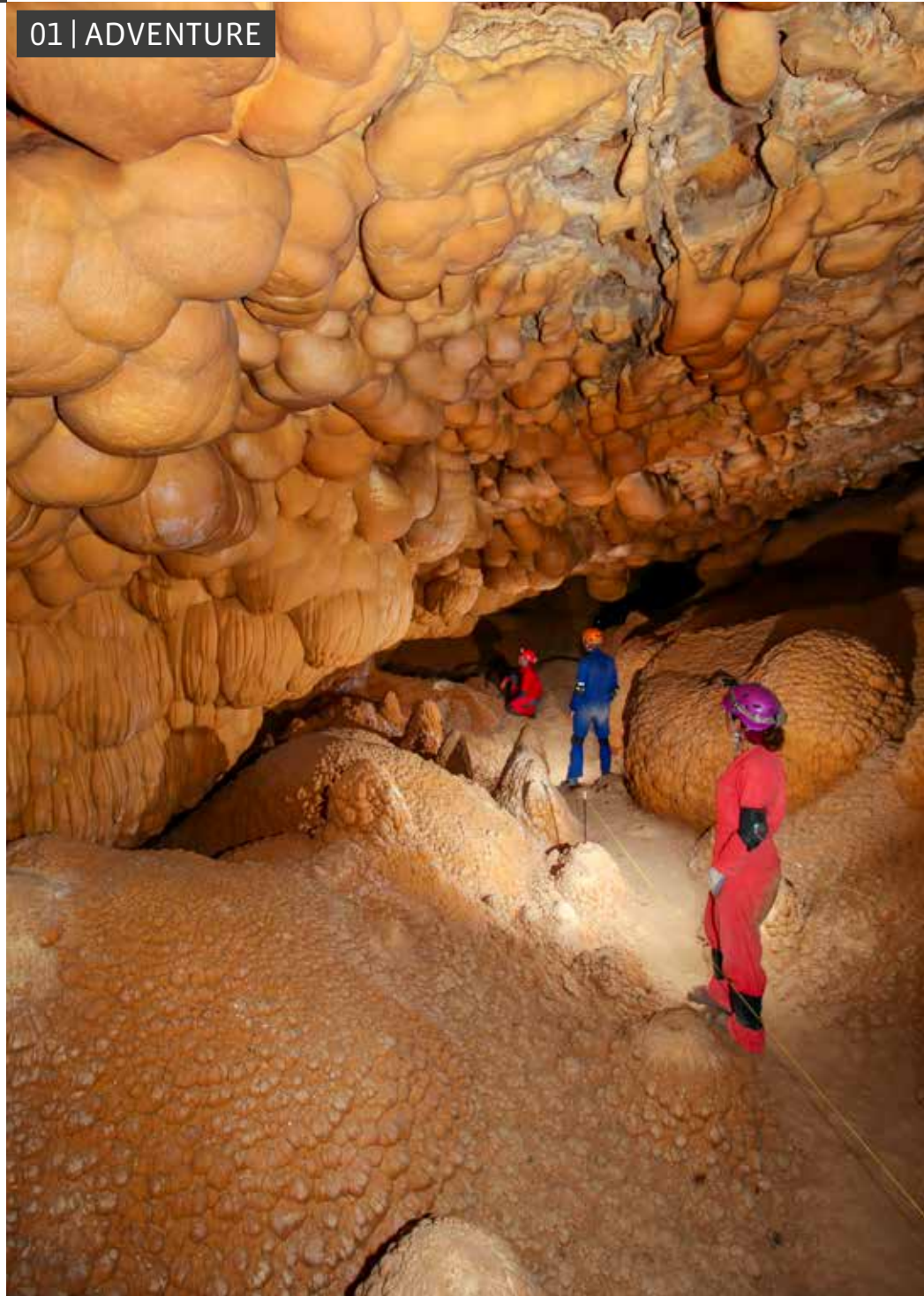
Back at the surface we have the Leyva ravine, an ideal setting for rock climbing.

But if you're more into the canyoning and want an adrenaline rush, there are two places to choose: the Lébor and El Ciervo ravines.





## 01 | ADVENTURE



Near El Ciervo there is also a **via ferrata** (which can be combined with the canyon) located right at the gates of the Natural Park.

We now take to the skies to offer you the chance to see Sierra Espuña while **paragliding** or from a **hot-air balloon**, whichever you prefer.

Also at a high altitude, although a little more moderate, we have the **multi-adventure area** of the Las Alquerías Nature Classroom. You'll have a great time: they have zip lining, abseiling, slackline, tree climbing and a monkey bridge.

When the sun gets scorching hot, it's a good time to soak in the water, and a great place to do so is the La Cierva reservoir, which is also perfectly equipped for **paddle surfing**.





## 01 | ADVENTURE



### ADVENTURE AWAITS IN SIERRA ESPUÑA

With plenty of options  
to have a great time:

#### CLIMBING

- Leyva Ravine

#### PARAGLIDING

- La Muela

#### ZIPLINING, ABSEILING, SLACKLINE, TREE CLIMBING AND MONKEY BRIDGE

- Las Alquerías

#### SPELUNKING

- La Matea Cave
- El Churtal Cave
- La Pólvara Cave
- Las Palomas Cave
- Casa Leyva Caves

#### CANYONING

- Lébor Ravine
- El Ciervo Ravine

#### VÍA FERRATA

- El Ciervo Ravine

#### PADDLE SURFING

- La Cierva Reservoir

#### HOT-AIR BALLOON

Guadalentin Valley

#### YOGA

- Territorio Sierra Espuña

#### A DAY WITH THE SHEPHERD

- Territorio Sierra Espuña

For those who prefer the peace and quiet of direct contact with the nature and culture of Territorio Sierra Espuña, we have two proposals: yoga in the middle of the forest and the activity **A Day with the Shepherd**.

Yes, really!! The idea is to spend a day in the company of a shepherd and learn all the secrets of the trade.

The variety of Territorio Sierra Espuña is what makes it special.





# An unparalleled bird-watching trail to enjoy sustainable tourism

Get ready to take the best pictures of the monarchs of the Iberian sky from dedicated observation points.



## THE ESSENTIALS

### WE ARE A SPA

That is, a **Special Protection Area** that guarantees the protection of all bird species.

### 123 BIRDS SPECIES

They inhabit Sierra Espuña in perfect harmony with the rest of the animal and plant species in the park.

### OBSERVATION FACILITIES

With 6 hides and perches with expertly positioned drinking troughs.



WATCHING BIRDS IN THEIR NATURAL HABITAT WILL CAPTIVATE YOU, AND IN SIERRA ESPUÑA YOU'LL HAVE A GREAT TIME

With the majesty of the two undisputed monarchs of the park: the **golden eagle** and the **booted eagle**.

But remember that they are not alone up there. The **peregrine falcon** and the **goshawk** are other birds of prey spectacularly soaring through the Murcian sky.

Other smaller birds, known as **passerines**, also have their home in the Mediterranean mountains: **crossbills**, **cirl buntings** and **black wheatears**.

Rest assured, you will return home with an album full of pictures that you probably won't be able to capture anywhere else.

And this is no coincidence: Sierra Espuña has been a **Special Protection Area for birds** since 1998, thanks largely to the **golden eagle** and **eagle owl** communities living in the area.

## sightings



## COME TO SIERRA ESPUÑA FOR BIRDWATCHING

### ALL THIS IS AT YOUR DISPOSAL:

- Use of the 6 hides in the park.
- Expert birdwatching guide.
- Transport to the observation points.
- Technical advice to take the best photos.
- Processing the permits required to photograph birds in Sierra Espuña.



# Feel the freedom, visit Sierra Espuña on two wheels

Cycle through the natural park. Two different ways to discover small hidden treasures in corners others cannot reach.



## THE ESSENTIALS

### ES PUBIKE & ESPUROAD

Choose your style: ride **across the mountains or on asphalt**; we'll take care of the unforgettable scenery. Be responsible and ride only on the permitted trails.

### GET TO KNOW SIERRA ESPUÑA AT A GOOD PACE

Visit villages and natural enclaves at your leisure, stopping to rest, taste our gastronomy or simply to contemplate the landscape.

### WILL YOU ACCEPT THE CHALLENGE?

Prove you're not afraid of adventure and complete the **Espubike Challenge**. On top of the glory, you'll get a free gift.



## pedaling



### IF YOU ENJOY CYCLING, THIS IS THE PLACE FOR YOU

Getting to know Sierra Espuña by bike is a great plan no matter who you come with. In the park you have options designed for all types of cyclists, whether you come with your family, with your friends or as a couple.

For those who like to feel the adrenaline in contact with the land, **Espubike** is the correct option. A four-stage circular route takes you through some of the most beautiful spots in the area.

The small village of El Berro, the towns of Gebas and Casas Nuevas, and the pine forest of Las Alquerías are some of them.

But if you prefer speed, with **Espuroad** you can also enjoy to the fullest.







## PEDAL AROUND SIERRA ESPUÑA IN YOUR OWN STYLE

Choose your preferred option:

### ESPUBIKE

A 146 km circular route in four safe sections with different levels of difficulty:

- T1. El Berro > Gebas
- T2. Gebas > Casas Nuevas
- T3. Casas Nuevas > Las Alquerías
- T4. Las Alquerías > El Berro

Take part in the Espubike Challenge, departing from the Sierra Espuña Campsite, in El Berro.

### YOU WILL HAVE THIS AT YOUR DISPOSAL:

- MTB bikes and GPS rental.
- Official guides to accompany you during the tour.
- Luggage transport to wherever you need it.
- En-route technical assistance (we'll always be close to you).
- Accommodation to recharge your batteries.

### ESPUROAD

Three routes of about 80 kilometres each running along paved roads starting in the towns near the park:

- Northern Route (78.16 km).
- Eastern Route (87.02 km).
- Southern Route (81.73 km).

Choose how you want to explore: around the park's massif or crossing the mountain range.

You can also follow the routes by car or motorbike.

Three road routes border the mountains starting from the towns close to Sierra Espuña.

If you want to go deep into the green heart, they can also take you there.

What's more, if you're up for a challenge, you're going to love the **Espubike Challenge**.

It is an official route starting at the Sierra Espuña campsite in El Berro. They will provide you with everything you need to do it. Also, keep in mind that you'll get a free gift if you complete it.

So now you know: don't forget your bike on your next trip to Sierra Espuña.



# Imagine contemplating an extraordinary natural landscape wherever you look

That is exactly what we propose: admire the immensity of Sierra Espuña from carefully curated viewpoints that will give you the best panoramic moments.



## THE ESSENTIALS

### 360° PANORAMIC VIEWS

Surrounding you with the magic of a hundred-year-old forest.

### 10 SCENIC OVERLOOKS

**No human intervention.** In most cases, these spots appeared through the direct action of Mother Nature.

### ON YOUR OWN OR WITH A GUIDE

You can go up to these natural terraces on your own or accompanied by a guide.



## Landscapes



OPEN YOUR EYES WIDE  
AND TAKE A DEEP BREATH

When was the last time you stopped and enjoyed the moment?

With these **panoramic views**, time stands still.

In Sierra Espuña you can once again feel the peace that only nature can provide.

A green landscape bathed in silence, broken only by some birds chirping, a branch swaying in the wind... Or a bird of prey announcing its presence.

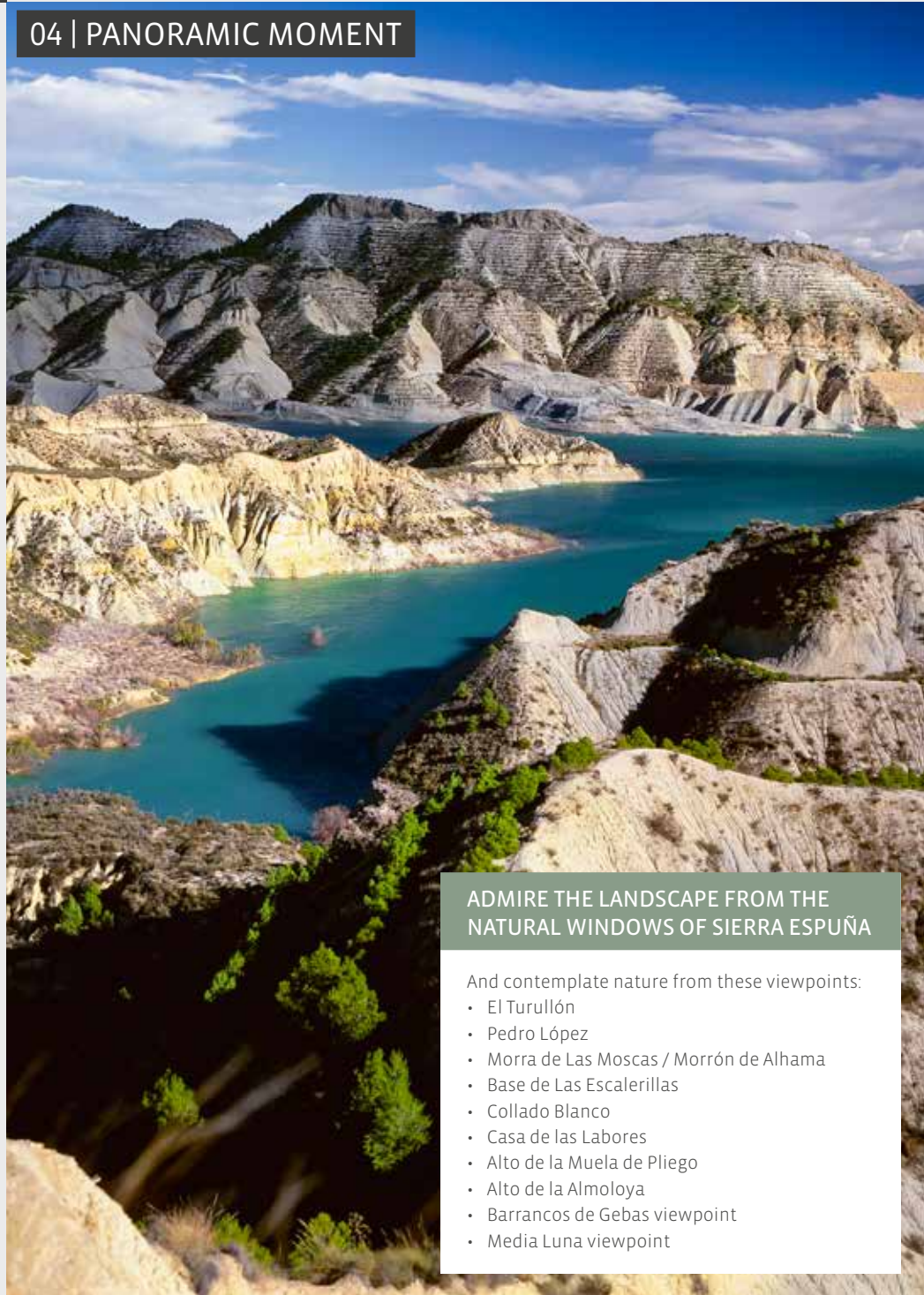
In the park the atmosphere is so clean that you can clearly see the landscape, beautifully adorned in natural tones.

This is actually our recommendation: join us to contemplate the immensity of this landscape from 10 natural viewpoints, veritable balconies to admire nature.

We recommend coming at dawn to admire the light changes over mountains and treetops, in a fascinating display that repeats when the sun goes down.



## 04 | PANORAMIC MOMENT



### ADMIRE THE LANDSCAPE FROM THE NATURAL WINDOWS OF SIERRA ESPUÑA

And contemplate nature from these viewpoints:

- El Turullón
- Pedro López
- Morra de Las Moscas / Morrón de Alhama
- Base de Las Escalerillas
- Collado Blanco
- Casa de las Labores
- Alto de la Muela de Pliego
- Alto de la Almoloya
- Barrancos de Gebas viewpoint
- Media Luna viewpoint



From up there you can see some of the highest peaks of Sierra Espuña: **Morrón de Totana** and **Pedro López**, both almost 1,600 metres above sea level.

Other peaks such as **Peña Apartada**, **Morrón de Alhama**, **Paredes de Leyva**, and **Morrón Chico** are not far behind.

During the tour, which you can do on foot or by car, you will sometimes be surrounded by the dense pine forest of the **Espuña river valley** and the plains of the **Guadalentín valley**.

You will be able to walk next to a sinkhole, see the old **Snow Wells** and enjoy the scent of pine trees and flowers, so typical of this environment.

Don't forget to pack a snack; our favourites are local almonds and walnuts, Murcian dry figs and a good sandwich, of course!

You can also visit the viewpoints **in the company of a park guide** who will be happy to tell you all about the history and peculiarities of the landscape in front of you.





# A delicious tour of the traditional cuisine of Sierra Espuña

Taste slow-cooking dishes made with local produce.  
A foodie paradise.



## THE ESSENTIALS

### THE FLAVOUR OF THE LAND

These are recipes with a story to tell. A story about cooking and how it has been celebrated in Sierra Espuña for hundreds of years.

### LOCAL PRODUCE

Our cuisine respects the environment and uses the highest quality **local produce** in its preparations.

### THE CULINARY TEMPLES OF SIERRA ESPUÑA

We make it easy for you to know where to go to treat yourself to a selection of delicacies that will win your heart.



## mediterranean diet



IN TERRITORIO SIERRA ESPUÑA, GASTRONOMIC TOURISM IS A MUST

An opportunity to discover our fresh and healthy local cuisine. Food coming out of steaming pots to feed both your body and your soul.

With the pride of those who know its value, our cuisine is part of the only gastronomy declared Intangible Cultural Heritage by UNESCO: the **Mediterranean Diet**.

Intimately linked to our land and way of life.

Based on two of our most prized treasures, vegetable gardens and mountains, which sometimes join forces with the sea to

bring simple but wisely combined dishes to your table.

The orchards of Territorio Sierra Espuña are famous for their **fruit and vegetables**, among which citrus fruits shine brightest.

Not too far away, we find masterfully cultivated olive groves that provide us with local and sustainable **olive oil**.

Followed by the intense flavours of **pickled and preserved olives**, and top-quality fruits worthy of any renowned restaurant.

Dried fruits such as **almonds, walnuts and pistachios** are also highly prized for their quality and every year they dress our landscapes in beautiful colours.





### COME AND TASTE THE FLAVOURS OF SIERRA ESPUÑA

Here is everything you need:

#### JOIN THIS GASTRONOMIC FESTIVAL

Recipes for fennel and broad bean rice stew, cod or meatball stew, gypsy stew, *pipirrana* or *menestra*, some of the dishes on offer.

#### LOCAL PRODUCE PANTRY

Come and discover the local and organic gastronomic products of Territorio Sierra Espuña.

#### RESTAURANTS AND GOURMET SHOPS

Discover the gastronomic offer at [sierraespuna.com](http://sierraespuna.com).



If you like **honey**, let us tell you: you have never tasted honey like ours. Local and organic, of course.

We conclude this tour with the **aromatic and medicinal herbs** used to season the dishes of Territorio Sierra Espuña. And, of course, good **bread**, always present on our tables.

With such a well-stocked pantry, there is no need to go far to find authentic **local produce**.

We have two options for you: you can enjoy them in our restaurants or buy them at the different shops and take them home with you.





# Make your own path as you walk at the heart of Sierra Espuña

Miles upon miles of trails that take you through a Mediterranean landscape with a rich variety of natural scenery steeped in history.



## THE ESSENTIALS

### FOR ALL AGES AND PHYSICAL CONDITIONS

**Choose your route** amongst the variety we offer and remember to never leave the path or road.

### ESPUSENDAS

For you, hikers, we have **5 circular routes** starting near the lodgings affiliated to the European Charter for Sustainable Tourism.

### ESPUTREK

If you are more into adventure, all you need is your trekking equipment to explore the 101.59 kilometres of **traditional tracks and trails** organised in 6 stages.



## trekking

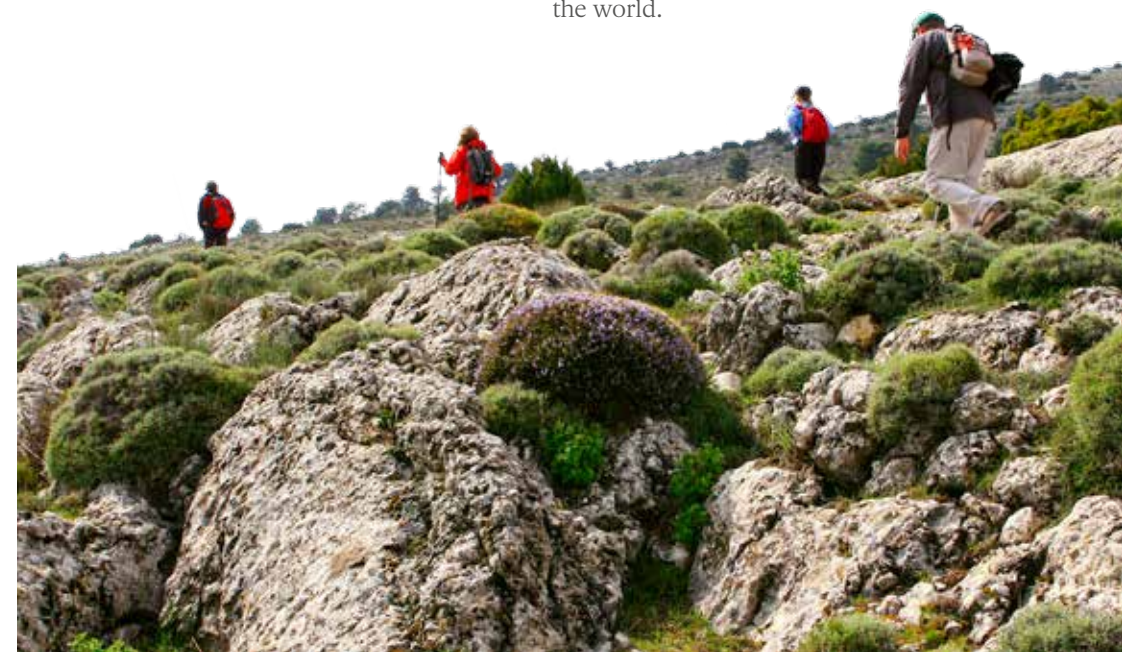


### DON'T THINK THE PATHS ARE RANDOM

The hiking and trekking routes in Sierra Espuña have been strategically designed to take you through invaluable natural spots.

These routes offer you breathtaking panoramic views and allow you to **get to know a historic forest** that speaks to you around every corner.

It will tell you about the passing of “el apóstol del árbol” (Quevedo, sometimes called the apostle of the tree), who was a real breath of fresh air at a time when it seemed that the park was dying; about how the mountains you walk on became one of the first ecological refrigerators in the world.





## 06 | TRAILS

### BUT IT ALSO TAKES YOU ON A JOURNEY

Along paths that cross the dense **pine forest of Las Alquerías**; to see the Mare Nostrum from the **Pilón viewpoint**; or to get to know **El Berro**, a beautiful mountain village.

### BUT WAIT, THERE'S MORE

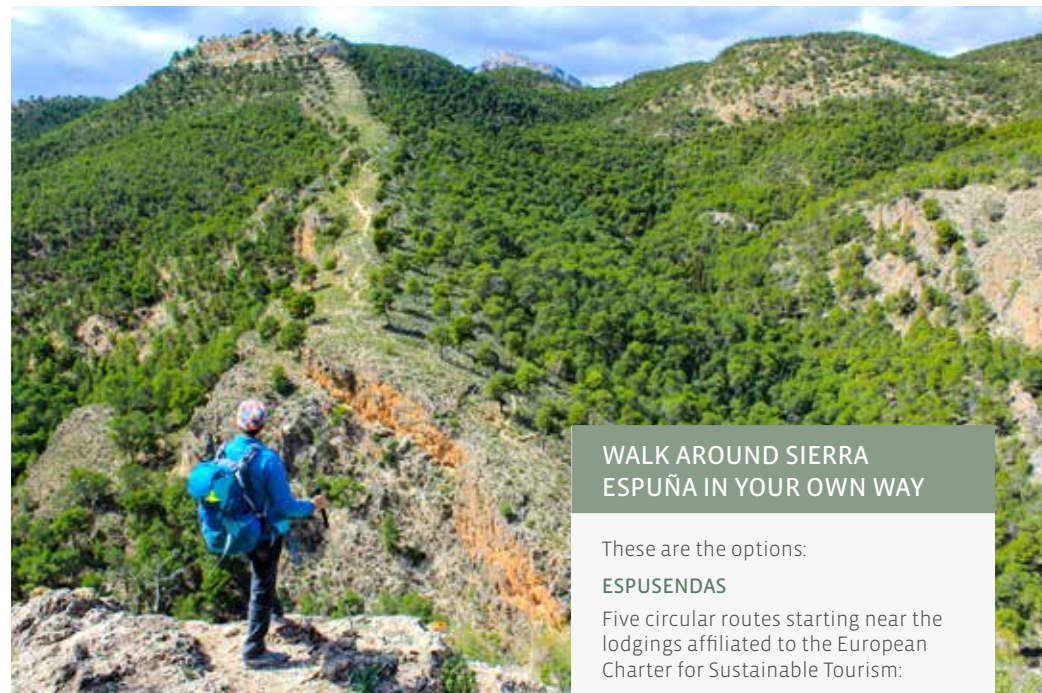
The near-mystical experience of touching the sky from the 1,568-metre-high summit of the second highest peak, **Pedro López**.

Taking a walk through the magnificent moonlike landscape of **Barrancos de Gebas** and recharging your batteries in one of the village's lodgings.

Or, why not, waiting for nightfall to lie on the ground and contemplate a sky bursting with stars.

You've never seen anything like it!

Here's a safety tip: if you decide to walk around Sierra Espuña on your own, stop by the **Ricardo Cordorníu Visitor Centre** to tell us about your plans. We will be happy to help you with anything you need.



### WALK AROUND SIERRA ESPUÑA IN YOUR OWN WAY

These are the options:

#### ESPUSENDAS

Five circular routes starting near the lodgings affiliated to the European Charter for Sustainable Tourism:

1. Sendero El Berro
2. Senda los Azagadores
3. Senda Lentiscos - Ballesteros
4. Sendero Umbría del Bosque
5. Sendero del Pedro López

Duration of the tour: between 3.5 and 5.5 hours.

You can tour Sierra Espuña on your own or in the company of an official guide, if you prefer.

#### ESPUTREK

Six routes along traditional paths and trails, organised in stages:

1. El Berro - Casas Nuevas
2. Casas Nuevas - La Perdiz
3. La Perdiz - Las Alquerías
4. Las Alquerías - Centro de Visitantes
5. Centro de Visitantes - Gebas
6. Gebas - El Berro

Up to 34.45 total walking hours in the park.

You can start and finish wherever you choose.





ESPUÑATURÍSTICA



conservation



## Espuñaturística

SIERRA ESPUÑA  
IS MUCH MORE THAN A TERRITORY

We are a community project created by a committed team: park managers, the Sierra Espuña Tourist Association, tourism companies and the local population.

Our objective is the protection and promotion of this magnificent environment through a comprehensive ecotourism offer consisting of nature, traditional and cultural activities, sports, cuisine and charming rural accommodation.

We also seek to create responsible and sustainable tourism. To this end, we have obtained all these recognitions and endorsements.





# Ecotourism in Sierra Espuña

WHAT IS ECOTOURISM?



At first glance, it seems like it's all about travelling to natural environments and enjoying all the wonders that green spaces have to offer, right?

Well, you're on the right track, but it's important to know that ecotourism goes much further than that, actually.

Because the point of ecotourism is to be responsible and to know that the protection of biodiversity is the only way to have fun in harmony with nature.

To be grateful for everything it gives us.

To contribute to the socio-economic development of the Sierra Espuña area by choosing our destination to enjoy any of the experiences we offer you.

Our flag is the deepest respect for Territorio Sierra Espuña, and this is also the fundamental requirement that we ask of you and all our visitors.

So please read our decalogue of a good ecotourist carefully.



## DECALOGUE OF A GOOD ECOTOURIST

TO BE A TOP CLASS ECOTOURIST, FOLLOW THESE GUIDELINES CLOSELY:

1. **Respect and preserve the environment** in all its extension, as well as any living being or natural or cultural element that you might find during your stay in Sierra Espuña.
2. Leave the area **even cleaner than you found it**. You will find waste bins in the Recreational Areas, and you can always take your litter back with you to a recycling centre.
3. **Do not feed wild animals**; they have their own diet and our food can cause diseases and may even be lethal to them. **Avoid shouting** or making noises that may disturb park inhabitants or other visitors.
4. Find out about the activities you can do in the park and always leave your vehicle in the **designated areas**.
5. Follow **all the signs and indications** of the staff to the letter. Never leave the trails and paths, as they are designed to maintain a peaceful environment for the flora and fauna.
6. **Do not smoke or throw cigarette butts** in the park and, of course, do not light any fires.
7. If you want to visit Sierra Espuña in the company of your furry best friend, you must keep them **leashed and close to you** at all times.
8. **Maintain an appropriate speed** when riding a mountain bike or on the road, and never leave the marked trails. Always ride on the right and wear a helmet, as well as other protective measures.
9. Taking home any species from the park, whether animal or plant, is **strictly forbidden**. Do not pick flowers or break tree branches. Do not alter or modify the natural environment even a little bit.
10. Do not forget to **contact the local population**; they will help you live an authentic ecotourism experience.

By collaborating with all these measures, you help Territorio Sierra Espuña to shine brightest, today and always!





#### CREDITS

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[sierraespuna.com/experiencias-territorio](http://sierraespuna.com/experiencias-territorio)