

Family tourism IN OSCOS-EO

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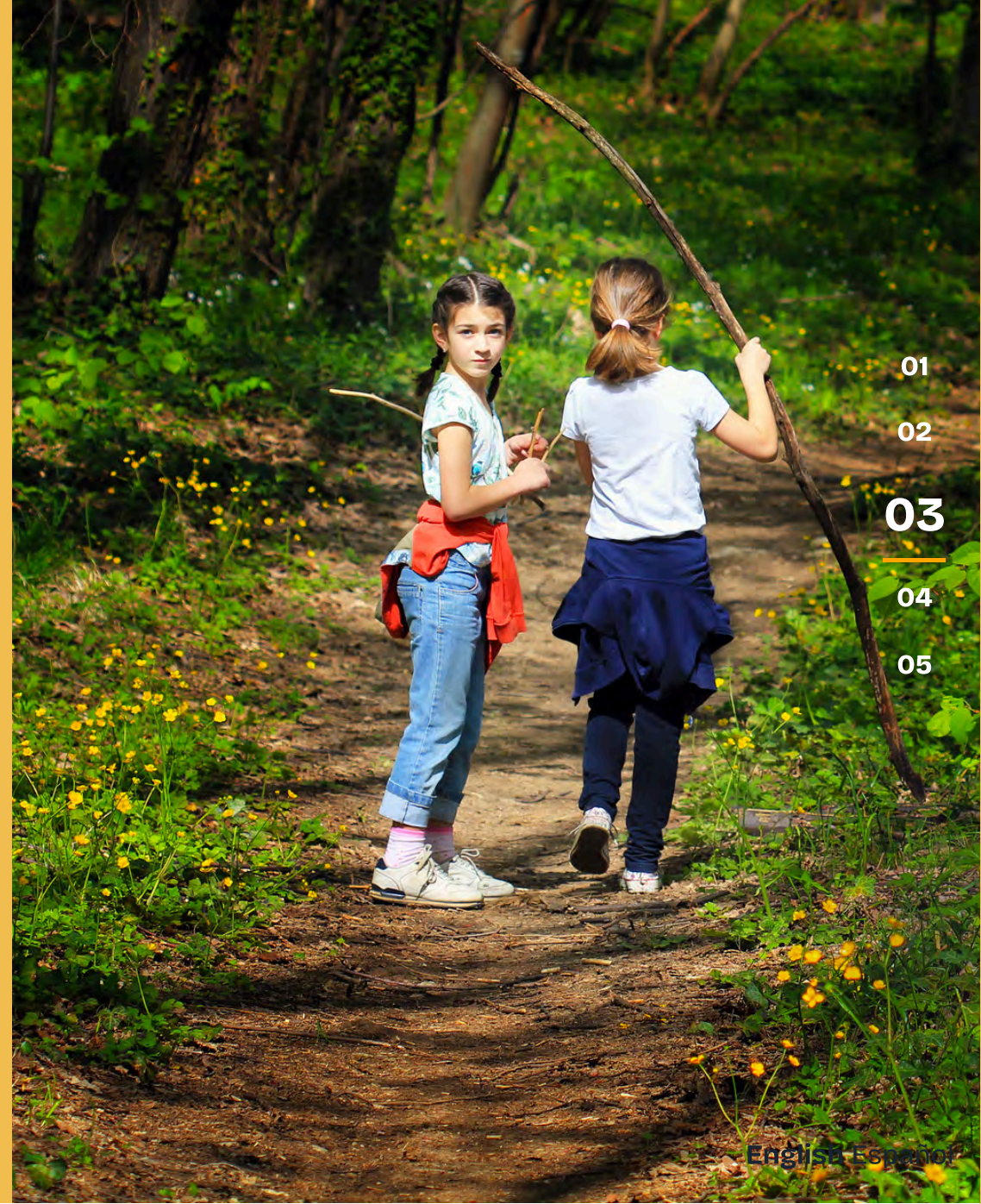
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Welcome to Oscos-Eo with children

In Oscos-Eo, you can breathe in the greenery, walk slowly, and hear the sound of the water. It's a place designed for families to discover: among forests, rivers, historic towns, and people who welcome their homes. Peaceful, safe, and authentic. It's no wonder one of its municipalities, Santa Eulalia de Oscos, has been chosen as the Rural Tourism Capital of 2024. Ideal for reconnecting and enjoying time with the little ones.



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Easy and fun excursions

Between mountains and rivers, Oscos-Eo winds its way through secondary roads that connect from Castropol or Ribadeo. Access is easy, but the experience begins as you travel. Hidden villages, forest paths, and unexpected viewpoints await you on every journey. By car, bike, or on foot, getting around the region is part of the journey: everything invites you to stop, observe, and continue exploring.

Castropol–Figueras Promenade

8 km (round trip) | +50 m elevation gain
Coastal path with views of the estuary, ideal for sunset.

[Go to the website](#)

Os Ferreiros – Taramundi Route

8 km | +100 m elevation gain
Between forges and mills, to see how people lived in the past.

[Go to the website](#)

Pena Teixeira Mine – San Martín de Oscos

2 km | +40 m elevation gain
Short, easy, and with a surprise ending: an old, illuminated mine.

[Go to the website](#)

Path of the 12 bridges – Vegadeo

3 km | +30 m elevation gain
Urban route between river and art, with walkways, shade, and play areas.

[Go to the website](#)

Railway Route or Green Route of the Eo – San Tirso de Abres

12 km (round trip) | +60 m elevation gain.
Old railway track converted into a bike and stroller path.

[Go to the website](#)

Carbayal de Salgueiras – Villanueva de Oscos

7 km | +100 m elevation gain
Under oak trees and silence, a perfect hike for cool days.

[Go to the website](#)

Route with art – Santa Eulalia de Oscos

6 km | +100 m elevation gain
Sculptures among chestnut trees, ideal for leisurely exploring on foot.

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Activities to do with children

In Oscos-Eo, crafts aren't on display; they're lived. Artisans, ranchers, and farmers open their homes so families can learn by doing. Touching wool, watching the spark of iron, or feeding a calf. Here, everything is an experience: real, simple, and direct.



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Agricultural experience at fabEO

(Saint Eulalia of Oscos)

Immerse yourself in authentic Asturian rural life with a visit to Fabeo, a picturesque farm producing PGI Asturian Faba beans located in Abres. We are Rocio and Javi, the hosts of the Torre de la Alcandra Rural Apartments and producers of one of the best PGI Asturian fabas at fabEO. This unique experience will allow you to learn firsthand about the planting, harvesting, and selection process of the prized Asturian faba bean, a gem of local cuisine.

[Go to the website](#)

Viduedo Farmhouse

(Saint Eulalia of Oscos)

The Viduedo farm is an organic livestock farm where animals are raised in close contact with the environment. The owners invite you to visit their farm and see all their animals on a marked circular trail, which takes approximately one hour. Among the various animals you can see are: Asturian valley and mountain cows, Xalda and dwarf sheep, Pita Pinta chickens, roosters, Asturcone horses, red goats, Asturcelta pigs, geese, and cats.

Workshops with Artesanamente

(Saint Eulalia of Oscos)

Surrounded by nature, little ones can learn to make baskets, candles, soaps, or natural cosmetics as a family. Creative activities that combine play, tradition, and sustainability.

[Go to the website](#)

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Mazonovo Mallet

(Santa Eulalia de Oscos)

An old forge that's still in operation. Here, boys and girls can forge their own nail with the help of a blacksmith. Living tradition, fire, and emotion in its purest form.

[Go to the website](#)

Apitourism and honey

In some spaces, you can learn about the world of bees: see hives, understand their function, and taste local honey. These activities are safe, guided, and educational.

[Go to the website](#)

Birthplace of the Marquis of Sargadelos

(Santa Eulalia de Oscos)

A visit that blends history and memory. You can learn about the Marquis's life, discover antique artifacts, and enjoy **theatrical polavilas** in the summer.

[Go to the website](#)

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Eo Leche Cheese Factory

(Taramundi)

Fresh, tasty cheeses made with local milk. You can visit the facilities, purchase directly, and sometimes see part of the process. Ideal for families who love good food.

The Teixóis

(Taramundi)

Ethnographic site with working hydraulic machines. A magical visit to understand how people lived and worked with the power of water.

The House of Water

(Bres, Taramundi)

A learning space to discover how old mills and hydraulic mechanisms work. Ideal for learning while playing.

Interactive Museum of the Mills⁰⁹

(Mazonovo, Taramundi)

A unique space where young and old can see how water powers ancient mechanisms, turns wheels, and **grinds their own grain to take flour home**. Ideal for curious and active children.

[Go to the website](#)

Beaches to go with children

Peñarronda is a wide, fine-sand beach with easy access. Ideal for running, playing, and building sand castles. It has parking, a wooden walkway, and is usually supervised in summer. A small paradise within a protected area. **Surfing lessons and activities** are also offered during the season, perfect for those wanting to learn this sport. If you're looking for more tranquility, **Arnao Beach**—more sheltered from the wind and waves—is an excellent option for children. With a family atmosphere and a safe environment, it's ideal for spending a peaceful day by the sea.



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Adventures in nature

In Oscos-Eo, nature isn't something you just look at; it's something you experience. Pools to splash around in, rivers and estuaries to row and sail, trails full of surprises, horses wandering through the woods... A region to explore outdoors, freely and playfully.



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River and pool bathing areas

In Ferreira (Santa Eulalia) or Piantón (Vegadeo), or the river beach of San Tirso de Abres, there are quiet and safe areas for swimming. Clean rivers, shaded by grass, are perfect for hot days and picnics under the trees.

[Go to the website](#)

Boat trips along the Eo estuary

Between **Figueras and Castropol**, you can enjoy relaxing boat trips along the **Eo estuary**, a protected estuary teeming with life. Recreational boats allow you to explore the landscape from the water in a comfortable way, suitable for all ages.

[Go to the website](#)



Family canoeing and kayaking

The region offers several options for paddling on calm waters:

- **Ría del Eo** : ideal for guided canoe routes, with family or friends, between Castropol, Figueras and Ribadeo.
- **Ferreira Recreational Area** (Santa Eulalia): a safe and perfect environment for a first experience in canoeing or paddleboarding.
- **Descent of the Eo River** : for the more adventurous, you can canoe down sections of the river, combining sport and nature.

[Go to the website](#)



Bicycle rental

Explore unique landscapes on two wheels by renting a bike. The Eo Greenway in San Tirso de Abres is ideal.

[Go to the website](#)

Horseback riding through the forest or along the coast

Horseback riding tours through nature trails, forests, and rural areas are ideal for families and beginners. With specialized instructors and well-cared-for animals, it's a relaxing and fun way to explore the landscape.

[Go to the website](#)



Family surf lessons

The western coast of Asturias, with beaches like **Peñarronda**, offers **surfing lessons** for all ages. Local schools provide the equipment and safety necessary to get started in this sport in a fun and safe way.

[Go to the website](#)

Recreational areas and playgrounds

All municipalities have parks, areas with tables, water, and space to run around. They're ideal for stopping, playing, or having a picnic. See the list of recreational areas in Asturias.

[Go to the website](#)



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Family gastronomy

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The food in Oscos-Eo is homemade, tasty, and generous. Many restaurants have open spaces, adapt their dishes to children, and offer quality local products. You can also visit producers and taste honey, juices, or cheeses made with care and patience.

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Rural restaurants tend to have open spaces and friendly service. Many offer adapted portions, high chairs, or outdoor play areas.

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There's no formal children's menu, but they do offer authentic cuisine for all ages.

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Calendar of holidays and events

They have activities for children, with games, workshops, performances, and inflatables. They're lively, joyful, and intimate moments where families can enjoy together. Tradition, music... and lots of laughter.

📌 Always check local programs to confirm dates and activities.

Brochure of festivals and traditions





Recommended family accommodations

In Oscos-Eo, most accommodations are rural: village houses, apartments, or small, charming hotels. Many have triple or quadruple rooms, private kitchens, outdoor spaces, and friendly service.

Asturian law guarantees minimum standards of quality, especially tailored to family tourism. Furthermore, some places like **Agroturismo Amaido** or the **Ría del Eo Farm School** offer animals, a vegetable garden, and outdoor activities, ideal for those traveling with children. There are options for all tastes, but always with tranquility, scenery, and hospitality.

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Accommodation

Información práctica

Información práctica para resolver cualquier duda durante tu estancia.

OFICINA DE TURISMO DE CASTROPOL

Ayuntamiento: Pl. del Ayuntamiento, 1

Oficina de Turismo: Pl. del Ayuntamiento

985 635 001 / 684 602 408

oficinadeturismo@castropol.es

www.castropol.es

OFICINA DE TURISMO DE SAN MARTÍN DE OSCOS

Ayuntamiento: Plaza de las Infantas, s/n

Oficina de turismo: Carretera General, s/n

985 62 60 00 / 615 37 57 01

ayuntamiento@sanmartindeoscos.es

turismo@sanmartindeoscos.es

www.sanmartindeoscos.es

OFICINA DE SAN TIRSO DE ABRES

Ayuntamiento: Avda. de Galicia, s/n

Oficina de turismo: Antigua casa de cultura

Avenida general Aranda s/n

985 634 402 / 613 161 732

administracion@santirsodeabres.es

santirsotur2@hotmail.com

www.santirsodeabres.es

OFICINA DE TURISMO DE SANTA EULALIA DE OSCOS

Plaza de Sargadelos, s/n

985 626 032 / 985 621 261

ayuntamiento@santaetulaliadeoscos.es

turismosantalla@yahoo.es

www.santaetulaliadeoscos.es

OFICINA DE TURISMO DE TARAMUNDI

Calle Solleiro, 14

985 646 877

turismo@taramundi.net

www.taramundi.es

OFICINA DE TURISMO DE VEGADEO

Plaza del Ayuntamiento, s/n

624 126 706 / 985 634 022

oficinaturismo@vegadeo.net

www.vegadeo.es

OFICINA DE TURISMO DE VILLANUEVA DE OSCOS

Ayuntamiento: Plaza del Ayuntamiento, s/n

Oficina de turismo: Ecomuseo del Pan

985 62 60 84 / 686 422 446

oficinadeturismo@villanuevadeoscos.es

www.villanuevadeoscos.es

Alojamientos

Dormir en Oscos-Eo es descansar rodeado de tranquilidad. Casas rurales, hoteles familiares, campings y alojamientos con encanto integrados en la naturaleza te esperan.

Saber más

Restaurantes

La gastronomía forma parte esencial del viaje. En la comarca podrás saborear platos caseros, productos locales y recetas tradicionales servidas con hospitalidad.

Saber más





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Plan de Recuperación,
Transformación
y Resiliencia



Principado de
Asturias

Consejería de Presidencia,
Reto Demográfico,
Igualdad y Turismo



ceder OSCOS-EO
Centro para el desarrollo de la
Comarca Natural Oscos-Eo

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