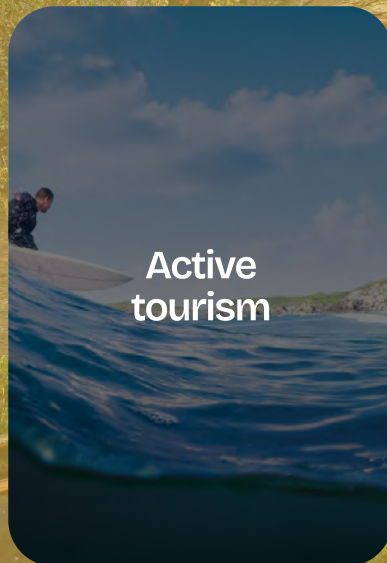
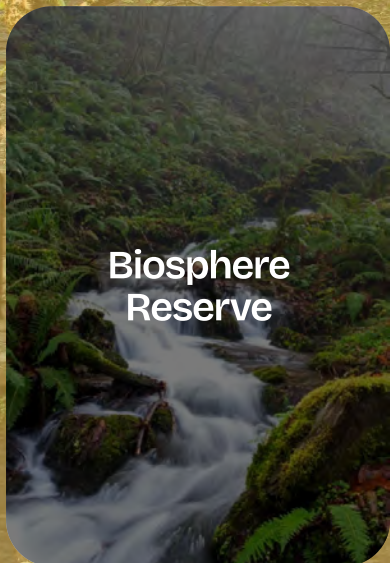
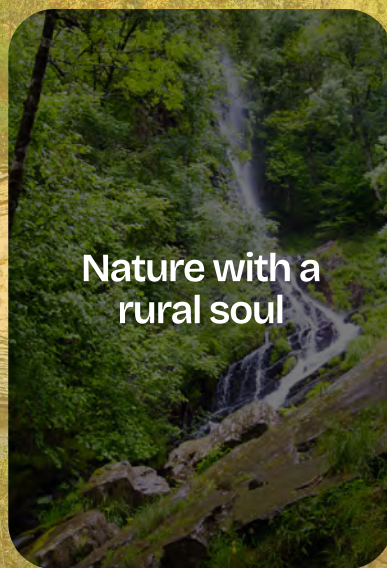


OSCOS-EO REGION General brochure

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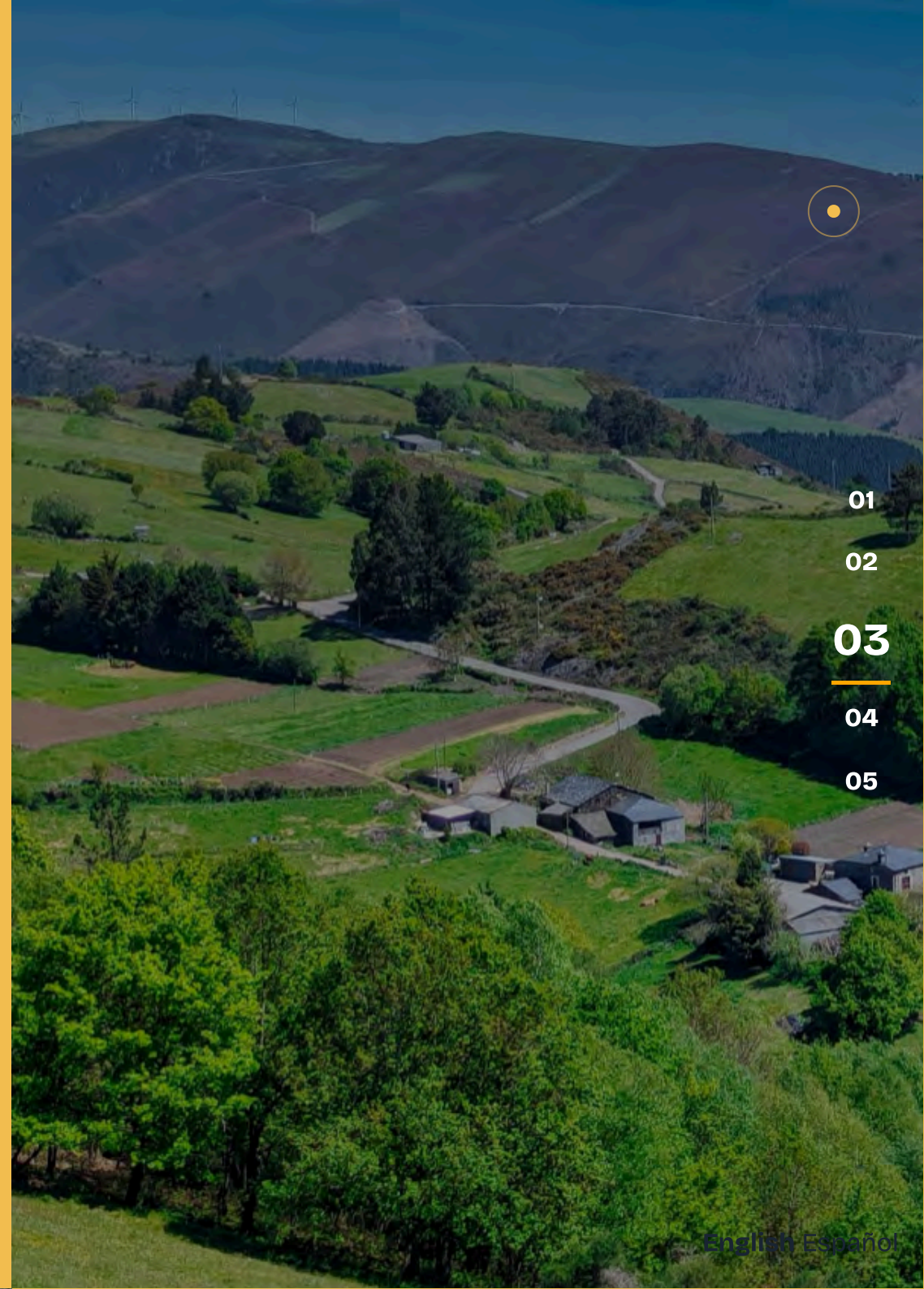
03

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Get to know Oscos-Eo.

In the far west of Asturias , where the mountains embrace the sea and rivers forge secret paths, lies **Oscos-Eo** . Seven municipalities and a thousand landscapes, where stone, slate, and wood tell stories of another era. Here, **the valleys of the Eo River** open up, fertile and tranquil, while the heights of Los Oscos preserve the intact pulse of rural life. With fewer than 10,000 inhabitants spread across **500 square kilometers of diverse nature** , this region is a mosaic of scattered villages, forests of oak, chestnut, birch, and pine trees.

Oscos-Eo is a land of **wise hands and ancient crafts** . The blacksmiths marked their identity with fire, forging iron and legends. Even today, the **mills, granaries, and breadbaskets** stand the test of time, witnesses to a knowledge that endures. Walking along its paths is like entering a living story, where nature and culture converse in every corner.



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Biosphere Reserve

Oscos-Eo is part of a unique setting : the **Eo River, Oscos and Terras de Burón Biosphere Reserve** , the only one in Asturias overlooking the sea . The **Cantabrian Sea caresses the coast of Castropol** , where the estuary becomes a mirror of the sky and **the fishing villages** retain the calm and character of bygone days.

The **Eo estuary** (with a lowercase initial letter like the rest of the references) not only unites territories: it is also a place to discover from the water. **River crossings** allow you to explore this protected area from a new perspective, sailing between marshes, forests and reflections. A landscape that speaks of **balance, biodiversity and beauty** .

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The municipalities of OSCOS-EO



Castropol

Castropol is a privileged enclave next to the **Eo estuary** that combines **history, sea, and nature** . Its **historic center** , with stately homes and cobbled streets, reflects its noble and seafaring past. The **views from** the Mirandilla viewpoint or Vicente Lorient Park are spectacular. As for **gastronomy , seafood, oysters, and fresh fish** stand out , and the **hiking and water sports** options make Castropol an ideal destination to enjoy **western Asturias** .

More information



Saint Martin of Oscos

San Martín de Oscos is an ideal destination for those seeking **nature, history, and tranquility** . Its **mountainous landscape** is filled with **forests and trails** , and its heritage is highlighted by the **Mon Palace** and the **Casa del Marco Museum** , which showcases **traditional Asturian life** . Its **stone and slate** architecture and serene atmosphere make it a perfect place for **rural tourism** .

More information



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Saint Tirso de Abres

San Tirso de Abres , the westernmost municipality of Asturias, is a perfect destination for enjoying nature **and tranquility** . Bathed by the **Eo River** , it is ideal for **fishing** and outdoor activities such as the **Railway Route** , which runs through green and serene landscapes. Its **rural heritage** includes **traditional granaries, mills, and mansions** , and its welcoming atmosphere makes it an ideal spot for **rural tourism** .

More information



Saint Eulalia of Oscos

Santa Eulalia de Oscos , in the heart of the region, is a place that maintains its **rural essence** . Its **mountainous landscape** , with **forests and rivers** , is perfect for **hiking** . The villages preserve traditional buildings, and the history of the **blacksmiths** lives on in Mazo de Mazonovo. An ideal place to **unwind** and experience the most authentic essence of Asturias.

More information



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Taramundi

Taramundi , the birthplace of **rural tourism** in Spain, is a destination where **nature, tradition, and craftsmanship** come together. Surrounded by mountains and green valleys, it offers trails like the **Agua Trail** , among **mills and waterfalls** . Its fame for **artisanal cutlery** **lives on in workshops where razors and knives** are still forged . The **Os Teixois Ethnographic Complex** and its **stone and slate** architecture complete a unique experience in western Asturias.

More information



Vegadeo

Vegadeo , next to the **Eo estuary** , is a destination that combines **nature, history, and local life** . Its **town center** , with stately homes and lively streets, reflects its **commercial and riverside** past . The estuary offers spaces for strolling and outdoor activities. Highlights include a **weekly market** , the **Trade Fair** , and a full calendar of events. Its location makes it a **strategic point** for exploring western Asturias, A Mariña, and eastern Lugo.

More information



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Villanueva de Oscos

Villanueva de Oscos, in the heart of the Oscos region, is a place where **history and nature** merge in an authentic rural setting. Its main attraction is the **Monastery of Santa María**, which preserves the town's monastic legacy. Surrounded by **mountains, forests, and rivers**, it invites you to explore **trails** that connect with **traditional villages** and ancient trades such as **blacksmithing**. It's a perfect destination to **unwind** and experience the essence of western Asturias.

[More information](#)



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Organize your trip



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By road

From the Cantábrico Highway (A-8), take the exit towards **Vegadeo** , the natural gateway to the region.

From there, the **AS-11** road leads to **San Tirso de Abres** , and the **AS-13** and **AS-21** connect with **Santa Eulalia, Villanueva and San Martín de Oscos** .

The access routes are well signposted and pass through landscapes of great beauty.

Indicative distances

- Oviedo – 140 km
- Bilbao – 396 km
- Madrid – 545 km
- Seville – 878 km
- Barcelona – 994 km

By sea

The region has **marinas in Castropol and Figueras** .

The **port of Ribadeo** , in neighboring Galicia, is also a popular nautical destination.

Access from these points is by road through Vegadeo.

By air

Asturias Airport (120 km away) offers good national and international connections. The airports of **A Coruña** and **Santiago de Compostela** are also suitable options , with direct access via highways and regional roads.

By train

The narrow gauge line (FEVE) **Oviedo–Ferrol** , operated by Renfe, stops in **Vegadeo** .

A comfortable and sustainable way to get there, with a scenic route for those who want to enjoy the journey before even reaching their destination.

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Where to sleep?

Oscos-Eo tastes of the mountains, the sea, the river, and tradition. **Free-range meats** , **honey** , **chestnuts** , **artisan cheeses** , and **seasonal crops** are transformed into dishes with soul. In these lands of encounter, the cuisine draws on centuries of rural life and knowledge passed down from generation to generation.

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Eating here is a taste of what is authentic, what is local, what is truly cared for.

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Discover all the restaurants and eateries in the region at:

[More information](#)

Where to eat?

Oscos-Eo tastes of the mountains, the sea, the river, and tradition. **Free-range meats** , **honey** , **chestnuts** , **artisan cheeses** , and **seasonal crops** are transformed into dishes with soul. In these lands of encounter, the cuisine draws on centuries of rural life and knowledge passed down from generation to generation.

Eating here is a taste of what is authentic, what is local, what is truly cared for.

Discover all the restaurants and eateries in the region at:

[More information](#)



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Motorhome and bicycle rental areas

Traveling by motorhome through Oscos-Eo is a unique way to discover the region at your own pace, connecting with its wildest and most serene essence. Here, the **designated motorhome areas** allow you to sleep surrounded by mountains, rivers, and vibrant villages, in complete harmony with the surroundings.

Asturias is an ideal destination for **conscious motorhome tourism**, which promotes respectful tourism with a lower environmental impact and greater connection to the region.

Check out all the areas and services available at:

[More information](#)

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Tourist offices and brochures available

If you want to plan your visit with peace of mind or resolve any questions about **routes, activities, accommodations, or other aspects of your trip** , you can visit any of our **tourist offices** . There you'll find **personalized attention** , **local recommendations** , and **up-to-date information materials** .

You can also **view and download brochures and maps** directly from the website, so you can take everything you need with you and discover Oscos-Eo at your own pace:

[Brochures](#)

Do you have any questions? We'll help you with:

[Contact](#)





Nature with a rural soul



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Atlantic landscapes and forests

Oscos-Eo is a refuge of **Atlantic forests** and **river landscapes** where silence and nature envelop every corner. Oak, chestnut, and beech trees flank rivers like the Eo and Agüeira, creating cool trails, pools, and waterfalls. The **Río Eo, Oscos, and Terras de Burón Biosphere Reserve**, shared with Galicia, protects this diverse environment, home to otters and wild boars. A place to walk leisurely, breathe deeply, and discover the verdant essence of western Asturias.

Quiet beaches

The Oscos-Eo coast surprises with **tranquil and authentic beaches** like **Penarronda**, **Arnao**, and **San Román**. Dunes, marshes, and cliffs create landscapes where the sea and rural silence coexist in harmony. They are ideal places to **relax after a hike**.

Eo River and estuary

Oscos-Eo is part of the **Eo River, Oscos and Terras de Burón Biosphere Reserve**, a 1,600 km² area between Asturias and Galicia where nature, tradition, and sustainability coexist. The **Eo River** flows through forests, villages, and valleys teeming with life. At its mouth, the **Eo estuary**, declared a Partial Nature Reserve and **ZEPA (Special Protection Area for Birds)**, is a natural and ornithological paradise.

Recreational areas and viewpoints

Oscos-Eo invites you to stop, breathe, and admire. Scattered throughout the region, **recreational areas** offer peaceful spaces to rest, have a snack, or enjoy time with the family, always surrounded by nature. The **viewpoints**, meanwhile, offer spectacular panoramic views of valleys, mountains, and rivers, ideal for contemplating the landscape with calm and perspective.

Download the digital guide with all the areas and viewpoints at:

Rural and Nature Tourism eBook

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Active tourism



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Walking routes

Hiking through Oscos-Eo means discovering an authentic land step by step. Trails such as the **Cioyo or Seimeira Waterfalls**, the **Taramundi Water Route**, or the **serene Silence Route** connect nature, history, and rural life. The **Railway Route** and the **Eo Estuary Trail** are perfect for families, accessible, and offer birdwatching areas.

Routes

Bicycle routes

Oscos-Eo is explored on two wheels, passing through forests, villages, and viewpoints. There are routes for all levels: from the challenging **Vuelta a Oscos** to the peaceful **Vía Verde del Eo**. The **Vegadeo Trail Center** offers services for cyclists, and **electric bike rentals** are available in Villameitide and San Tirso.

Bicycle routes

Bicycle rental

You can rent bicycles (electric or conventional) in **Vegadeo** (Alborada del Eo) or **San Tirso de Abres** (EoActivo, CientoVolando). All set up for safe, well-marked routes through forests, villages, and spectacular landscapes.

Nature adventure: horseback riding, golf, etc.

Horseback riding from La Senra del Valín, golf lessons in Tol, or peaceful nature walks. Oscos-Eo offers activities tailored to all ages, with instructors and local businesses that take care of every detail.

Active and Sports Tourism eBook

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Bird watching

The Eo estuary, the Greenway, and other wetlands are prime spots for observing migratory birds, raptors, and otters. With binoculars and a calm atmosphere, Oscos-Eo reveals a vibrant and peaceful nature, ideal in spring and autumn.

Visits to producers

The region is also known through its workers. Visits to cheese factories, oyster farms, farms with native animals, bean plantations, and even apiaries. You can also participate in workshops on cheesemaking, breadmaking, pottery, and natural cosmetics, among many others, allowing you to discover the flavors and crafts that give life to this region.

Water activities and fishing

The Eo River and estuary invite you to canoe, paddleboard, sail, or try surfing at Penarronda Beach. For fishing enthusiasts, the Eo offers salmon runs in San Tirso de Abres and sea trips from Castropol. There are also quiet bathing areas and canoe rentals in Santa Eulalia.

More information

Boat trips

Exploring the Eo estuary by boat is a peaceful and unique experience. Departures from **Castropol** and **Figueras**, with stops to discover birds, landscapes, and the Puente de los Santos bridge. A year-round activity, ideal for families.

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Heritage and craftsmanship



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History and traditional architecture

Oscos-Eo is a landscape inhabited for centuries, where stone, wood, and water shape houses, granaries, mills, and forges. The villages preserve the essence of utility and beauty: architecture designed to last, living and working in harmony with the environment. Castropol, with its historic site declared a Cultural Heritage Site, and the Monastery of Villanueva de Oscos, are living examples of a moving heritage.

Museums and interpretation centers

The region has numerous spaces where you can discover the rural soul: the **Casa del Marco** , the **Mazonovo Mills Museum** , the **Casa del Agua** , the **Bread Ecomuseum** , and the **Birthplace of the Marquis of Sargadelos** . These are also centers dedicated to cutlery, forging, rural life, and pre-Roman forts. A network of living museums where culture is touched, heard, and remembered.

More information

Craftsmen and living trades

Here, craftsmanship isn't on display: it's lived. Forging, knife-making, basketry, wood carving, and shipwrighting are still active thanks to the skilled hands that create unique pieces. In **Taramundi** , **Santa Eulalia** , **Castropol** , **Vegadeo** , and **Villanueva de Oscos**, you can visit workshops, purchase directly, or participate in demonstrations and courses. **Artesanamente (Artisanal)** or the **Ferreiros Route** invite you to learn, create, and connect with traditional trades.

ebook crafts

Forges, granaries and rural life

Iron continues to beat at the **Mazonovo Ironworks** and the **Santa Eufemia Ironworks** , where hydraulic hammers still work. Granaries, ovens, corrals, and carpentry shops are scattered throughout the villages as a testament to a self-sufficient life. And places like Os Teixóis and Esquíos demonstrate how people lived with ingenuity, effort, and community.

More information

Mines

The Oscos-Eo Mountains also boast a history of mining. The **Pena Teixeira mine** in San Martín de Oscos is an accessible and surprising example, ideal for families to discover an underground world that shaped the local economy for centuries. Mina Carmina stands out for its long, fully illuminated, accessible route, but access is not recommended for children and/or people with physical disabilities. Mining surveillance was also organized around the hill forts of San Pelayo and Piorno in pre-Roman times.

More information

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Gastronomy and local products



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Dishes and products with identity

Oscos-Eo is savored with care: free-range beef, fabada (bean stew), rabizas (whitebait) broth, cured meats, roxóis (roasted sausages), artisan cheeses from Taramundi, and homemade sweets like freixolos (fried oysters) and rice pudding.

The sea also leaves its mark with fresh fish and the organic oyster from Eo. All this is complemented by products with a rural soul: heather honey, mountain blueberries, and natural cider made in our own cider presses. Tradition, flavor, and territory in every bite.

ebook Gastronomy

Markets, fairs and gastronomic experiences

Gastronomy in Oscos-Eo is also experienced. Fairs like *"We Are the Oyster,"* the Taramundi cheese fair, and the weekly Vegadeo market celebrate local flavors.

You can visit a cheese factory, discover the world of bees, make traditional bread, or learn how to make beer or natural cosmetics. Here, flavors are shared, cultivated, and discovered alongside those who make them possible.

More information about restaurants

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Family tourism



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Easy and fun excursions

Oscos-Eo invites you to take a family hike. Short, safe routes with a surprise: the **illuminated Pena Teixeira mine**, the **Path of the 12 Bridges** in Vegadeo, or the **Art Route** in Santa Eulalia combine nature, art, and play. Also noteworthy are the **Eo Greenway**, the **Carbayal de Salgueiras**, and the **Os Ferreiros Route**, which follow ancient paths through forests, forges, and viewpoints. The coast between **Castropol and Figueras** offers a walk with spectacular views.

Easy and fun excursions

Activities to do with children

Here, the crafts are lived and practiced. You can feed the animals at **Caserío Viduedo**, participate in basketry, candle-making, or natural cosmetics workshops with **Artesanamente**, or forge a nail at **Mazo de Mazonovo**.

Other options include learning about the life of bees with Duxemiel, visiting the **Fabeo** bean farm, discovering how cheese is made at **Eo Leche**, or exploring spaces such as **the Os Teixois ethnographic complex**, the **Mills Museum**, or the **Casa del Agua**, designed for enjoyable and participatory learning.

Activities to do with children

Nature, workshops and accommodation for families

Swimming in tranquil pools like **Ferreira**, canoeing along the **Eo estuary**, or renting bikes to explore the **Vía Verde** are just a few ways to enjoy the outdoors. You can also go horseback riding through the forest or try surfing at beaches like **Penarronda**.

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More information

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In the region, you can participate in **workshops** on breadmaking, animal care, or learning about the world of bees. Spaces like **Artesanamente**, **Mazo de Mazonovo**, or the **Fabeo** farm invite you to learn with your family, hands-on with the earth.

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More information



Maps and resources

Oscos-Eo is made up of seven municipalities: **Castropol, San Martín de Oscos, San Tirso de Abres, Santa Eulalia de Oscos, Taramundi, Vegadeo and Villanueva de Oscos** .

Each one offers its own experiences, but together they form a mosaic of nature, culture and rural life.

Download the **interactive overview map** with routes, points of interest, and links to specific maps:

[Interactive map](#)

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Practical information

Practical information to resolve any questions during your stay.

CASTROPOL TOURIST OFFICE

Town Hall: Pl. del Ayuntamiento, 1

Tourist Office: Pl. del Ayuntamiento

985 635 001 / 684 602 408

oficinadeturismo@castropol.es

www.castropol.es

SAN MARTÍN DE OSCOS TOURIST OFFICE

Town Hall: Plaza de las Infantas, s/n

Tourist Office: Carretera General, s/n

985 62 60 00 / 615 37 57 01

ayuntamiento@sanmartindeoscosc.es

turismo@sanmartindeoscosc.es

www.sanmartindeoscosc.es

SAN TIRSO DE ABRES OFFICE

Town Hall: Avda. de Galicia, s/n

Tourist Office: Former Cultural Center

Avenida General Aranda s/n

985 634 402 / 613 161 732

administracion@santirsodeabres.es

santirsotur2@hotmail.com

www.santirsodeabres.es

SANTA EULALIA DE OSCOS TOURISM OFFICE

Plaza de Sargadelos, s/n

985 626 032 / 985 621 261

town_hall@santaetulaliadeoscosc.es

turismosantalla@yahoo.es

www.santaetulaliadeoscosc.es

TARAMUNDI TOURISM OFFICE

Calle Solleiro, 14

985 646 877

turismo@taramundi.net

www.taramundi.es

VEGADEO TOURIST OFFICE

Town Hall Square, s/n

624 126 706 / 985 634 022

oficinaturismo@vegadeo.net

www.vegadeo.es

TOURIST OFFICE OF VILLANUEVA DE OSCOS

Town Hall: Town Hall Square, s/n

Tourist Office: Bread Ecomuseum

985 62 60 84 / 686 422 446

oficinadeturismo@villanuevadeoscosc.es

www.villanuevadeoscosc.es



Accommodations

Sleeping in Oscos-Eo means relaxing surrounded by tranquility. Rural houses, family hotels, campsites, and charming accommodations nestled in nature await you.

[Learn more](#)

Restaurants

Gastronomy is an essential part of any trip. In the region, you can savor homemade dishes, local products, and traditional recipes served with hospitality.

[Learn more](#)



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GOBIERNO
DE ESPAÑA



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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