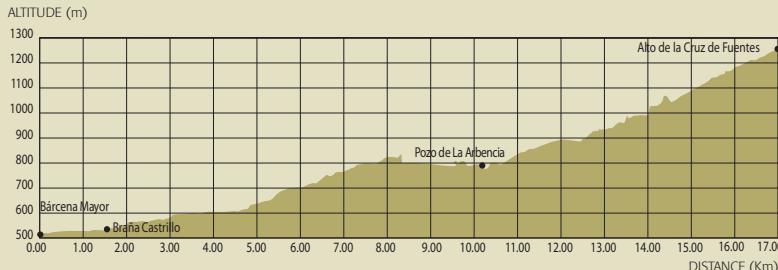


Route of the PUERTOS DE FUENTES

CARTOGRAPHY
 Cartography: Mapa Topográfico Nacional (IGN) Escala 1:25.000
 Hojas 82-II Los Tojos, 83-I Molledo y 83-IV La Costana.
 Proyección UTM, Huso 30N.

Longitudinal profile of the route:



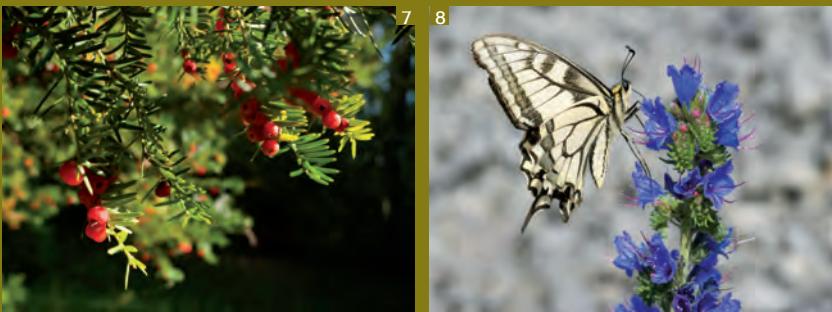
FACT SHEET

Duration	7 h (one way)	Cumulative loss (-)	162 m
Height gained	765 m	Horizontal distance	17 km (one way)
Height lost	-	Type of route	linear
Cumulative gain (+)	923 m	Type of ground	track
Puertos de Fuentes			
Place names	UTM Coordinates	Altitude	
Starting point: Bárcena Mayor car park	30 T 402822 4777951	505 m	
Braña Castrillo	30 T 403664 4776721	526 m	
Pozo de la Arbencia	30 T 406950 4771450	790 m	
Finish: Alto de la Cruz de Fuentes	30 T 402629 4768385	1.270 m	

HABITATS

91EO*	Alluvial forests with <i>Alnus glutinosa</i> and <i>Fraxinus excelsior</i> (<i>Alno-Padion</i> , <i>Alnion incanae</i> , <i>Salicion albae</i>).
9230	Galicio-Portuguese oak woods with <i>Quercus robur</i> and <i>Quercus pyrenaica</i> .
9120	Atlantic acidophilous beech forests with <i>Ilex</i> and sometimes also <i>Taxus</i> in the shrublayer (<i>Quercion roboripetraeae</i> or <i>Ilici-Fagenion</i>).
4030	European dry heaths.
9380	Forests of <i>Ilex aquifolium</i> .
6230*	Species-rich <i>Nardus</i> grasslands, on siliceous substrates in mountain areas (and submountain areas in Continental Europe).
6430	Hydrophilous tall herb fringe communities of plains and of the montane to alpine levels

(*) Priority habitat: habitats in the European Union which the European Council has a special responsibility, due to their delicate state.
 Council Directive 92/43/EEC of 21 May 1992 on the conservation of natural habitats and of wild fauna and flora.



Itinerary DESCRIPTION

The walk starts in **Bárcena Mayor**, the only centre of population within the Saja-Besaya Natural Park, which was named an Historic Artistic place in 1979. The route allows for a complete exploration of the river **Lodar**, ascending the entire Barranco de Fuentes river basin until its waters join the river Hormigas in **Pozo de La Arbencia**, and afterwards to Puertos de Fuentes.

This route is an excellent way to explore the Natural Park, because it groups most of the ecosystems of this protected space, from prairies to pastures of the surrounding areas of the **Alto de la Cruz de Fuentes**. There are typical lines of holly, until the thick beech forests that appear as we ascend, with oak and chestnut trees around Bárcena Mayor, and the river bank environment of the water course.

After checking out the fluvial environment at the start of the walk, the path ascends little by little across the beech forests of Bárcena Mayor, where we can observe, next to the track, the **Asperal yew tree**, which is number 179 in the Open Inventory of Peculiar Trees of Cantabria.

One of the most attractive points on the route, after walking some kilometres through the forest, is the group of small waterfalls and pools of La Arbencia, where the Barranco de Fuentes and the river Hormigas converge to form the river Lodar.

As we ascend, we leave the **Alto de Abedules** to the right to finally reach the Alto de la Cruz de Fuentes.



Significant SPECIES

- **Birds of prey:** Griffon vulture (*Gyps fulvus*), Golden eagle (*Aquila chrysaetos*), Egyptian vulture (*Neophron percnopterus*), Hen harrier (*Circus cyaneus*), Peregrine falcon (*Falco peregrinus*), Northern goshawk (*Accipiter gentilis*), Common kestrel (*Falco tinnunculus*), Long-eared owl (*Asio Otus*), Tawny owl (*Strix aluco*), Little owl (*Athene noctua*), Barn owl (*Tyto alba*), Short-toed snake eagle (*Circaetus gallicus*), European honey buzzard (*Pernis apivorus*), Eurasian sparrowhawk (*Accipiter nisus*), Booted eagle (*Hieraaetus pennatus*).

- **Other birds:** besides an excellent representation of passerine birds, there are woodpeckers such as the Middle spotted woodpecker (*Dendrocopos medius*), Great spotted woodpecker (*Dendrocopos major*), Black woodpecker (*Dryocopus martius*), European green woodpecker (*Picus viridis*), Red-billed chough (*Pyrhocorax pyrhocorax*), Red-legged partridge (*Alectoris rufa*).

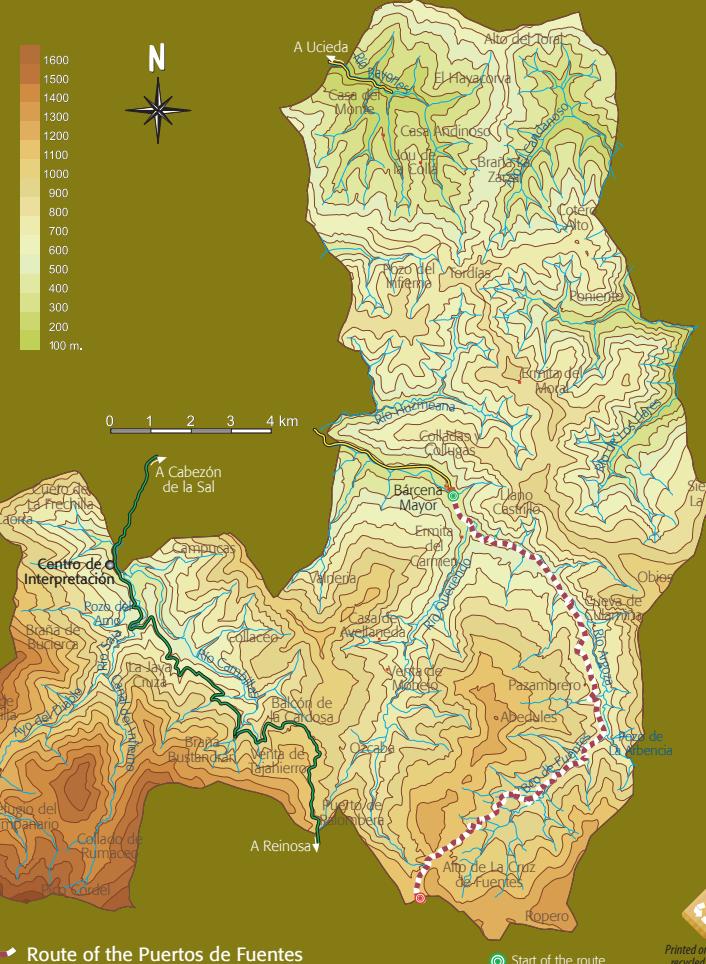
- **Mammals:** Gray wolf (*Canis lupus*), Red fox (*Vulpes vulpes*), Wildcat (*Felis sylvestris*), European pine marten (*Martes martes*), Stoat (*Mustela erminea*), European hedgehog (*Echinaceus europeus*), European badger (*Meles meles*), European roe deer (*Capreolus capreolus*), Pyrenean desman (*Galemys pyrenaicus*), European otter (*Lutra lutra*), Beech marten (*Martes foina*), Common genet (*Genetta genetta*), Wild boar (*Sus scrofa*), Red deer (*Cervus elaphus*), Spanish mole (*Talpa occidentalis*).

- **Amphibians:** Fire salamander (*Salamandra salamandra*), Common midwife toad (*Alytes obstetricans*), Common frog (*Rana temporaria*), Common toad (*Bufo bufo*), Palmate newt (*lissotriton helveticus*), Alpine newt (*Mesotriton alpestris*).

- **Reptiles:** Grass snake (*Natrix natrix*), Baskian viper (*Vipera seoanei*), Slow worm (*Anguis fragilis*), Common wall lizard (*Podarcis muralis*)

- Invertebrates:** Quimper snail (*Elona quimperi*)
- Fish:** Brown trout (*Salmo trutta*)

Walking routes throughout the Protected Natural Spaces of Cantabria



Leaflets for public use: information and bookings
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