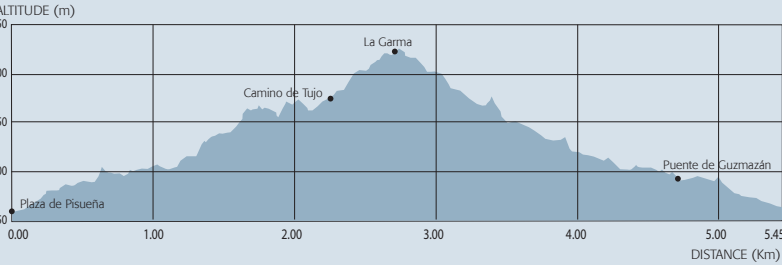


# Route OF LA GARMA

CARTOGRAPHY  
Cartography: Mapa Topográfico Nacional (IGN) Escala 1:25.000  
Hoja 59-III Selaya. Proyección UTM, Huso 30N.

Longitudinal profile of the route:



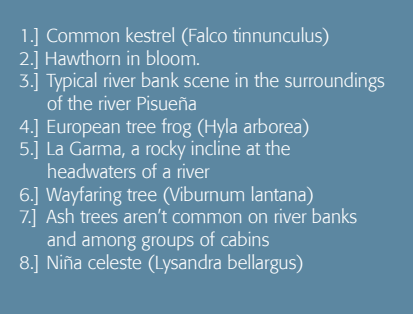
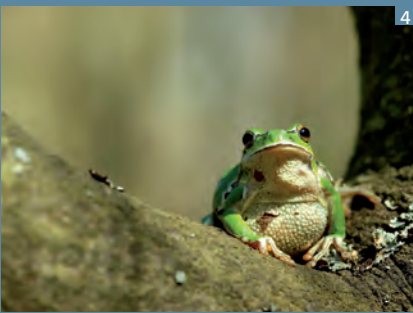
## FACT SHEET

Duration	2,5 h	Cumulative loss (-)	201 m
Height gained	165 m	Horizontal distance	5,5 km
Height lost	165 m	Type of route	circular
Cumulative gain (+)	203 m	Type of ground	path/track
La Garma, source of river Pisueña			
Place names	UTM Coordinates		Altitude
Start and finish point:			
Plaza Pisueña	30 T 437943 4782285		380 m
Camino del Tujo	30 T 439998 4782429		490 m
La Garma	30 T 448698 4782529		541 m
Puente Guzmazán	30 T 438648 4782314		410 m

## HABITATS

4020*	Temperate Atlantic wet heaths with <i>Erica ciliaris</i> and <i>Erica tetralix</i> .
4030	European dry heaths.
6510	Lowland hay meadows ( <i>Alopecurus pratensis</i> , <i>Sanguisorba officinalis</i> )
6230*	Species-rich <i>Nardus</i> grasslands, on silicious substrates in mountain areas (and submountain areas in Continental Europe).
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> ).
3240	Alpine rivers and their ligneous vegetation with <i>Salix elaeagnos</i> .
91E0*	Alluvial forests with <i>Alnus glutinosa</i> and <i>Fraxinus excelsior</i> (Alno-Padion, <i>Alnion incanae</i> , <i>Salicion albae</i> ).
9160	Sub-Atlantic and medio-European oak or oak-hornbeam forests of the <i>Carpinion betuli</i> .

(\*) Priority habitat: habitats in the European Union for 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 route of La Garma allows for the characteristic aspects of the region of La Vega de Pas to be appreciated in the upper valley of the river Pisueña. Several things will stand out to the visitor during this walk: the dispersed settlement, the cabin as the centre of the dispersed habitat, the fields as the core of the farm and especially the complete use of meadows and pastures whether scarce, bendy, steep or with shallow watersheds. Except for exactly here, in La Garma, the source of the river, where the river Pisueña meets the neighbouring river Miera in a twisting shape caused by the limestone of Los Picones de Sopeña.

The route follows the course of the river, and lets us enjoy the river bank ecosystems from the medium sized mountains of Cantabria. Always present are different types of willow (*Salix atrocinerea* and *Salix eleagnos*), ash (*Fraxinus excelsior*), hazel (*Corylus avellana*), black alder (*Agnus glutinosa*) or hawthorn (*Crataegus monogyna*). The historic buildings, used for farming over the last three centuries, with natural coolers, "fly roofs" which covered the tools for honey harvesting, simple cabins or more sophisticated ones after the appearance of balconies, fountains, bridges and a large network of paths make up this unique landscape in the mountains of Cantabria. Some of the natural attractions of this route are the heaths and fens from the headwaters of the river, the small snippets of the original forest very damaged by a history of anthropic use so detrimental to the forest development, the river bank vegetation, the river wildlife; and the rich avifauna.



## [Walking routes throughout the Protected Natural Spaces of Cantabria]

Significant  
SPECIES

• **Birds of prey:** Griffon vulture (*Gyps fulvus*), Black kite (*Milvus migrans*), Booted eagle (*Hieraetus pennatus*), Peregrine falcon (*Falco peregrinus*), Northern goshawk (*Accipiter gentilis*), Eurasian sparrowhawk (*Accipiter nisus*), Common kestrel (*Falco tinnunculus*), Tawny owl (*Strix aluco*), Little owl (*Athene noctua*), Barn owl (*Tyto alba*).

• **Other birds:** Carrion crow (*Corvus corone*), Yellow wagtail (*Motacilla flava*), Grey wagtail (*Motacilla cinerea*), Eurasian golden oriole (*Oriolus oriolus*), Eurasian nuthatch (*Sitta europaea*), European green woodpecker (*Picus viridis*), Eurasian jay (*Garrulus glandarius*), Long-tailed tit (*Aegithalos caudatus*), White-throated dipper (*Cinclus cinclus*), Grey heron (*Ardea cinerea*).

• **Mammals:** Red fox (*Vulpes vulpes*), European Badger (*Meles meles*), Red squirrel (*Sciurus vulgaris*), Wild boar (*Sus scrofa*), Least weasel (*Mustela nivalis*), Stoat (*Mustela erminea*), Pyrenaean desman (*Galemys pyrenaicus*), European polecat (*Mustela putorius*), European hedgehog (*Erinaceus europaeus*), European mole (*Talpa europaea*).

• **Amphibians:** Common toad (*Bufo bufo*), Common midwife toad (*Alytes obstetricans*), Iberian painted frog (*Discoglossus galganoi*), Perez's frog (*Rana perezii*), Common frog (*Rana temporaria*), European tree frog (*Hyla arborea*).

• **Reptiles:** Grass snake (*Natrix natrix*), Viperine water snake (*Natrix maura*), Baskian viper (*Vipera seoanei*), European green lizard (*Lacerta viridis*), Common wall lizard (*Podarcis muralis*), Viviparous lizard (*Lacerta vivipara*).

• **Invertebrates:** Quimper snail (*Elona quimperiana*), Stag beetle (*Lucanus cervus*), European freshwater crayfish (*Austropotamobius pallipes*), Adonis blue (*Lysandra bellargus*).

• **Fish:** Brown trout (*Salmo trutta*), Common minnow (*Phoxinus phoxinus*).



Start of the route

La Garma

ROUTE 09

Site of Community Importance (SCI) Río Pas  
ROUTE OF LA GARMA  
(PR-S 069)



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