



hoya
de huesca

Come *and* See



SPORT TOURISM

HIKING



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1

HIKING

1.1 Hiking

La Hoya de Huesca's natural environment and heritage are reason enough to spend the day out hiking: the pre-Pyrenees mountain ranges of Santo Domingo, Loarre, Gratal and Guara,

sheltered by a belt of huge

mallos (cliffs) and imposing

Medieval castles, cast

their shadow over

Huesca's magnificent

foothills, an ensemble

of fertile and luxuriant

plains that spread out

from La Galliguera to La

Violada, and from Guara to the

prelude of Los Monegros mountain range.

The region offers a host of hikes along marked paths with a variety of distances and levels of difficulty, for you to contemplate **amazing**

A variety of landscapes –from the summits of the mountain ranges to the steeps of the Ebro valley– dotted with historical, artistic and cultural elements, all contained within a reduced geographical area. La Hoya is a delightful destination for hiking.

natural and cultural attractions, such as Parque Natural de la Sierra y Cañones de Guara (Sierra y cañones de Guara Nature Park) or Reino de los Mallos, beautiful architectural examples of Romanesque and Gothic art, river courses boxed in by stunning canyons, etc. Some trails uncover

spectacular and unique geological formations; others enter forests and a range of natural environments: Holm oak groves, oak woods, beech groves, pine tree forests, river shores, almond tree groves and cereal crops. La Hoya de Huesca is also a great place for bird watching, with routes that lead to exceptional locations where you will be able to see **birds of prey (mallos, cliffs, small mountain ranges and crags) or migratory birds (wetlands and basins).**



hoya de huesca



1.1 HIKING

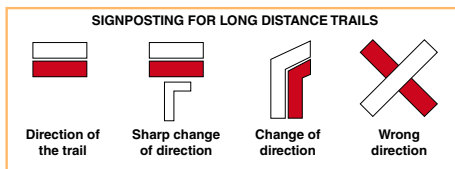
1.2

Marked paths

As we are gradually becoming increasingly aware of how important nature is to our wellbeing and realize how healthy outdoor activities are, the number of trails and the amount of people hiking along them is also increasing.

Trails are classified by type of path. Long Distance trails (GR), Short Distance trails (PR) and Local Paths (SL) compose a network of signposted and pedestrian routes that consists of roads, paths, trails, cattle tracks, etc. All routes try to keep off the tarmac and out of the way of motor vehicles.

The GR definition identifies long distance trails that are divided into stages. They are hundreds, sometimes even thousands, of kilometres long, stretching out between different locations and visiting areas, regions and, even, countries that are, sometimes, very distant. These itineraries are marked using white and red paint.





The PR definition identifies short distance trails that can be completed in one day and visit specific locations in the area. Some are simple, easy walks, but others require a degree of physical effort. They are marked using white and yellow paint. The SL definition identifies local trails, which are marked using white and green paint. They are simple, reduced itineraries which require a short amount of time and are ideal for children, elderly people and people with difficulties for physical activities. All three modalities (GR, PR, SL) can be linear or circular itineraries.

These and other trails aim to contribute to promoting and preserving our natural locations by making use of a host of infrastructures which are currently in disuse and, in doing so, to allow hikers to enjoy the natural environment where they are located.



1.2 HIKING

Marked paths

1.2

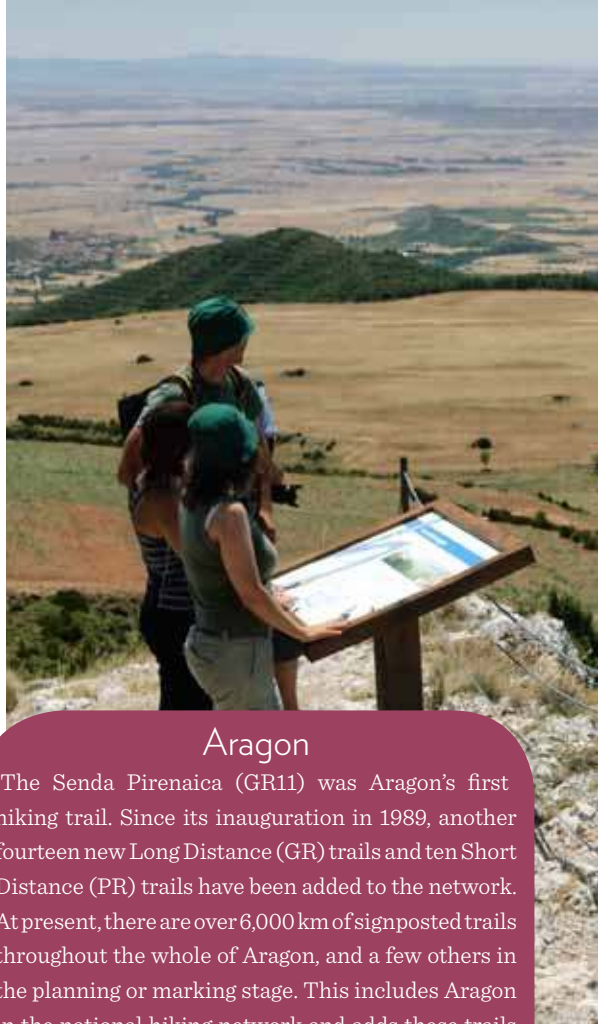
Marked paths

These trails are suited to people who like walking, enjoying nature, observing the landscape and discovering everything a good hike has in store: artistic wealth, cultural, ethnographic and gastronomic variety, photography, drawing, an interest in the fauna and flora, all wrapped up in the peace and calm of travelling by foot.



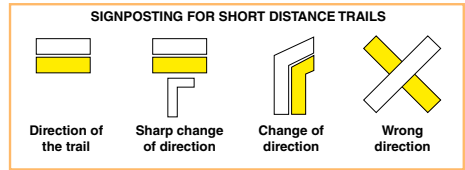
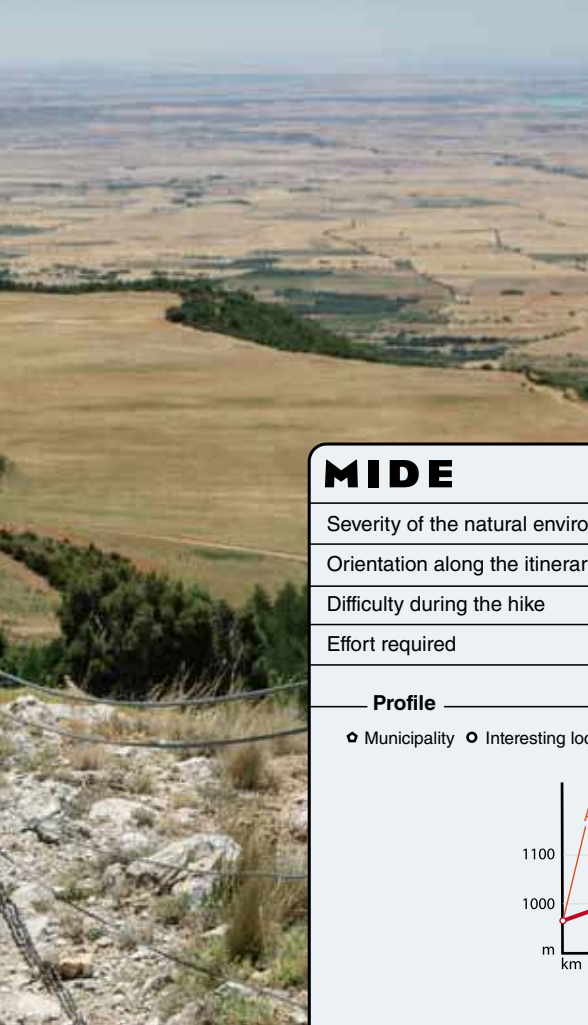
Apart from the horizontal paint marks, the paths are also identified with vertical indications that make it easy to follow and recognise the route: **signposts and arrows, informative panels, landscape interpretation tables...**

These elements complement and support the activity, adding an informative component and making it more interesting for hikers to learn to value the environment that surrounds them on their walk.




Aragon

The Senda Pirenaica (GR11) was Aragon's first hiking trail. Since its inauguration in 1989, another fourteen new Long Distance (GR) trails and ten Short Distance (PR) trails have been added to the network. At present, there are over 6,000 km of signposted trails throughout the whole of Aragon, and a few others in the planning or marking stage. This includes Aragon in the national hiking network and adds these trails to a European network that consists of thousands of kilometres which connect distant points around the whole of the continent.




MIDE

Severity of the natural environment 




Duration on foot

Orientation along the itinerary 



Upward slope

Difficulty during the hike 



Downward slope

Effort required 



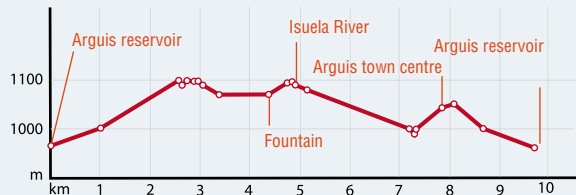
Horizontal distance

Profile



Type of itinerary

◊ Municipality ○ Interesting locations



1.2 HIKING

Marked paths

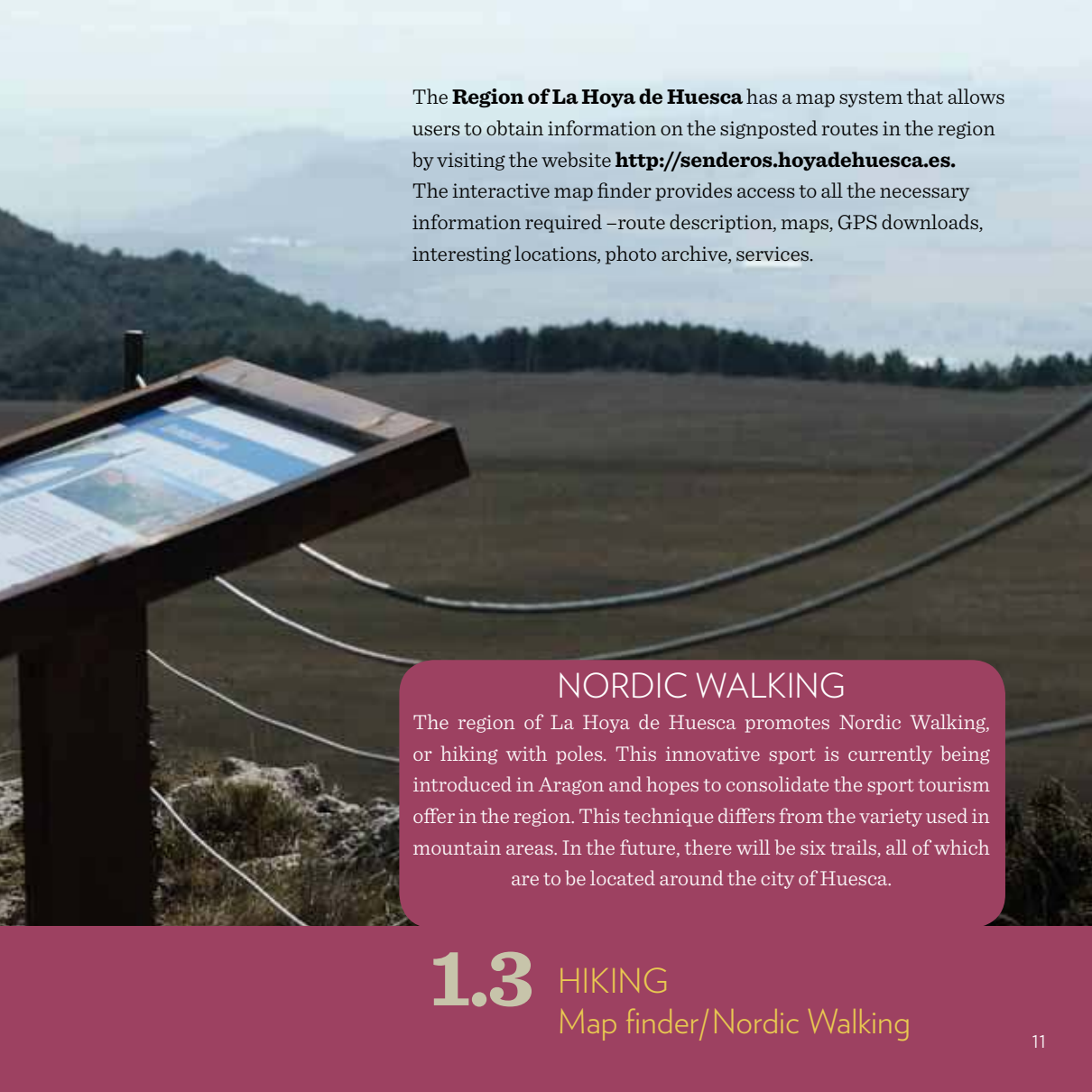
1.8

Map finder for the region Nordic Walking

Huesca

This province boasts the highest number of trails in Aragon and has pioneered this activity. The most notable routes are the Senda Pirenaica (Pyrenean Trail) (GR 11), the Senda Prepirenaica (Pre-Pyrenean Trail) (GR 15) and the Sendero Histórico (Historical Trail) GR 1, alongside other trails in locations such as Ribagorza (GR 18), Sobrarbe (GR 19) and Serrablo (GR 16). France and Italy are also departure points for one of the most famous trails in Spain, St. James' Way.

hoya de huesca



The **Region of La Hoya de Huesca** has a map system that allows users to obtain information on the signposted routes in the region by visiting the website **<http://senderos.hoyadehuesca.es>**. The interactive map finder provides access to all the necessary information required –route description, maps, GPS downloads, interesting locations, photo archive, services.

NORDIC WALKING

The region of La Hoya de Huesca promotes Nordic Walking, or hiking with poles. This innovative sport is currently being introduced in Aragon and hopes to consolidate the sport tourism offer in the region. This technique differs from the variety used in mountain areas. In the future, there will be six trails, all of which are to be located around the city of Huesca.

1.3

HIKING

Map finder/Nordic Walking

1.4 List of paths



GR1 Historical

Trail (stages)

- 1.- Used-Nocito
- 2.- Nocito-Arguis
- 3.- Arguis-Bolea
- 4.- Bolea-Riglos
- 5.- Riglos-Agüero
- 6.- Agüero-San Felices



GR95 (stages)

- 7- Sarsamarcuello-La Peña
- 8-. La Peña-Ena





PR



- 1** PR-HU 96. Loarre-La Peña Estación
- 2** PR-HU 97. Salinas de Jaca-corrales de la Rabosera
- 3** PR-HU 98. Circular itinerary around Riglos
- 4** PR-HU 99. Sarsamarcuello-mirador de los Buitres
- 5** PR-HU 105 (alternative 1). Castle of Loarre-Puchilibro
- 6** PR-HU 105 (alternative 2). Loarre-Rasal
- 7** PR-HU 108. Loarre-La Paúl de Aniés
- 8** PR-HU 109. From Aniés to Rasal
- 9** PR-HU 110. From Aniés to the connection with the trail to La Paúl
- 10** PR-HU 111. From Bolea to the Hermitage of San Cristóbal
- 11** PR-HU 112. Lierta-Gorgas de San Julián
- 12** PR-HU 140. Cortés Wetland
- 13** PR-HU 141. Loreto Wetland
- 14** PR-HU 142. Valdabrá Wetland
- 15** PR-HU 143. Itinerary around the villages in La Hoya (Huesca-Pompenillo- Lascasas-Monflorite-Hermitage of Salas-Huesca)
- 16** PR-HU 145. Itinerary around Saso de Montearagón
- 17** PR-HU 146. Fuentes de Marcelo

1.4 HIKING

List of paths

1.4 List of paths



Reino de los Mallos

- 1 Villalangua-Agüero
- 2 Circular itinerary around Mallos de Agüero
- 3 From Agüero to Carcavilla
- 4 From Murillo de Gállego to Carcavilla
- 5 Circular itinerary around Mallos de Riglos
- 6 Foces de Escalete-Garoneta
- 7 Route of the Castles (Ayerbe-Linás de Marcuello-Castle of Loarre-Bolea)
- 8 Murillo de Gállego-Santa Eulalia de Gállego
- 9 Concilio-Erés



Sierra de Guara

- 1 Ascent to Monte Peiró
- 2 Circular itinerary around the Arguis reservoir
- 3 Gorgas de San Julián. (Nueno and Arascués)
- 4 Ascent to Pico del Águila
- 5 Circular route around the Santa María reservoir in Belsué
- 6 Vadiello-Hermitage of San Chinés-Vadiello
- 7 Circular Route. Santa Eulalia de la Peña-Santa Olarieta





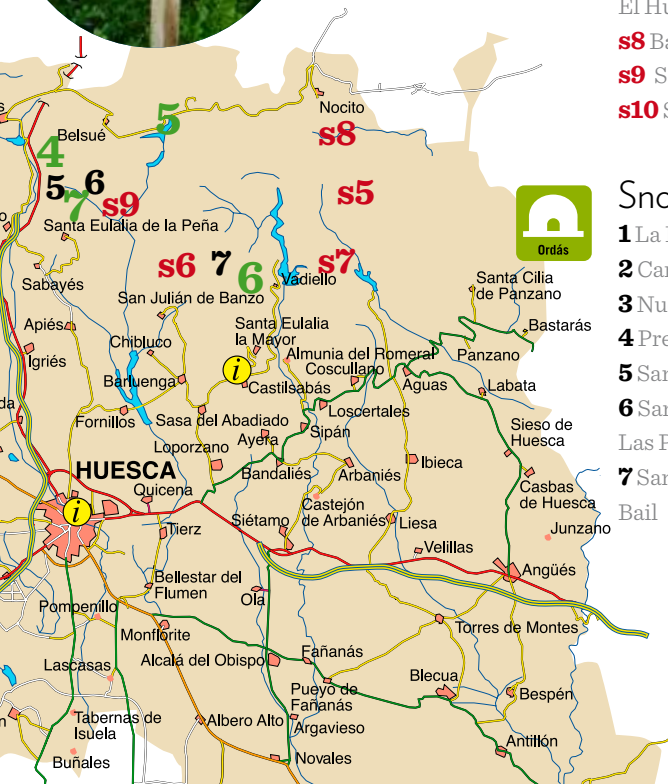
Sierra y cañones de Guara Nature Park

- s5** Tozal de Guara
- s6** San Martín de la Val d'Onsera
- s7** Vadiello-San Cosme y San Damián-
El Huevo de San Cosme
- s8** Barranco de La Pillera (La Pillera Ravine)
- s9** Salto de Roldán-Peña de San Miguel
- s10** Sierra de Bonés



Snow Dome Route

- 1** La Mata Menuda
- 2** Carretera de Bentué de Rasal-Las Calmas
- 3** Nueno-Las Calmas
- 4** Presa de Arguis-Las Calmas
- 5** Santa Eulalia de La Peña-Hermitage in Ordás
- 6** Santa Eulalia de La Peña-Paco La Pinoso and
Las Planas
- 7** Santa Eulalia la Mayor-Cuello
Bail



1.4 HIKING

List of paths



Routes from El Viñedo

- San Julián de Banzo-millenary Spanish Cedar
- Circular route around Castilsabás
- Hermitage of la Virgen del Viñedo-Barluenga
- Ayera-Piedra de los Moros
- Sipán-Loscertales-Coscollano
- Loporzano-Sasa del Abadiado



Traces of the war

- Trenches in Monte Pilatos
- Route to the Transmission Cave
- Route to the Machine gun nest (Vicién)
- Trench in Loporzano and Tierz
- Trenches in Siétamo
- Caves in Tramaced





St. James' Way

- Pertusa-Fañanás
- Fañanás-Huesca
- Huesca-Bolea
- Bolea-Loarre
- Loarre-La Peña Estación
- La Peña Estación-Botaya



Bird-watching routes

- 1 La Peña Reservoir-Central de Carcavilla
- 2 La Peña Reservoir-La Peña
- 3 La Peña-Foz de Escalete
- 4 La Peña-Molino de Yeste
- 5 Sarsamarcuello-Mirador de los Buitres.
- 6 Loarre-Las Navas Reservoir
- 7 Castle of Loarre
- 8 Bolea-Hermitage of San Cristóbal
- 9 Aniés-Hermitage of Virgen de la Peña
- 10 La Sotonera Bird Watching Route:
 - Mirador del corral de Antonié
 - Mirador de la Mezquita
 - Montmesa Green Route
 - Tormos Reservoir
- 11 Serreta de Piracés Bird Watching Route
 - Peña Mediodía
 - Art and Nature Monument



HIKING List of paths

WATER ACTIVITIES

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A group of people are participating in a white-water rafting activity. They are wearing bright red wetsuits or drysuits, black gloves, and yellow safety helmets. They are seated in a raft, holding long silver oars. The background is dark and rocky, suggesting a river gorge. The overall mood is adventurous and energetic.

2

WATER ACTIVITIES

2.1 Water activities

The most popular vessels for practicing water adventure sports in La Hoya de Huesca are pneumatic boats for rafting, kayaks and canoes, and river boards –hydrospeed-.



You must know how to swim and are required to hire the services of a specialised guide before you participate in these adventure sport activities.

Basic equipment requirements include neoprene isothermal protection, helmet, life jacket, suitable footwear and propelling devices (simple oars for rafting, double oars for canoeing, and fins for hydrospeed). The specialised equipment is usually provided by the active tourism company. Guides will also provide the technical equipment required for safety, communication and first aid.





2.1 WATER ACTIVITIES

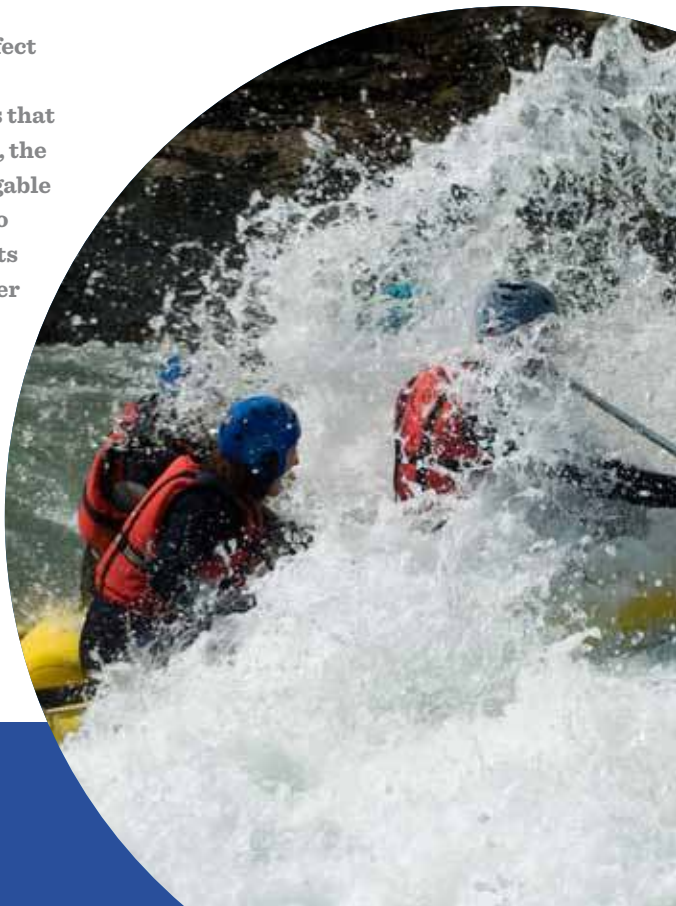
2.3 Rafting

Rafting involves descending down white-water rivers in pneumatic rafts. It is currently considered the king of adventure sports since it affords stunning experiences and requires no previous knowledge or training.

River Gállego, as it passes through the region of La Hoya de Huesca, is the perfect setting for this sport since the river's orography originates sections of rapids that are ideal for this activity. Furthermore, the constant flow ensures the river is navigable from March to October. This spot is also known for its pleasant weather, given its location on the southern end of the outer Pre-Pyrenean mountain ranges.

The best time to practice this sport is between April and June, to coincide with the ice thawing. During those months, the river flow increases affording amazing experiences and sensations.

Rafting down the waves is a fun, exciting team activity that will make for a fast-paced experience and a great adventure. The exceptional panoramic views from the river over the Mallos de Riglos will stay with participants forever.





The 1st “family-friendly” section departs from Playa de Murillo in Gállego to Puente de Hierro in Santa Eulalia. Participants need to be over 8 years old and the experience will delight the youngest members of the family.

The 2nd section departs from Puente de Carcavilla and reaches Playa de Murillo. Participants need to be over 12 years old. This route is slightly rougher and more fun. The route can also depart under the spillways for the La Peña reservoir depending on the water level (usually in May and June).

2.2 WATER ACTIVITIES

Rafting

2.3 Canoeing

This activity involves rowing in rivers and other water surfaces. Paddle sports use canoes and kayaks and require some knowledge regarding the techniques and specific material required for these specialities. The exact differences between a canoe and a kayak are difficult to determine, although both watercraft are used in canoeing.

River Gállego offers 20 km of navigable water surface between La Peña and Ardisa reservoirs. The level of difficulty depends on the flow and ranges from class I to class IV.

The section between La Peña reservoir and Playa de Murillo is the roughest area, with class III and class IV sections. An expert command of the sport is required to go canoeing in this area. You can also hire professional experts as guides.

The second section between Playa de Murillo and Puente de Hierro has class I and class II sections, and is ideal for beginners.

The reservoirs in La Peña, Ardisa and La Sotonera are also great options for a peace and calm activity. Whilst canoeing, you will be lucky enough to contemplate birds and enter the forests along the river shore.



2.1 Hydrospeed

Hydrospeed is a board sport that involves descending down rivers laying on a floating sledge with fins for propelling and steering.

You need to be comfortable in the water and be moderately fit to enjoy this activity. Otherwise you will get worn out quickly and will not enjoy this wonderful sport.

You will descend in constant contact with the water, you can experience the rapids and you can even try to surf some of the static waves that appear along the river.

The best section for hydrospeed activities is located between the La Peña reservoir and the area of La Raya. This section is 5 km. long and will give you a huge adrenalin rush, particularly if you go hydrospeeding with a large water flow during the thawing period.



hoya de huesca



2.4 WATER ACTIVITIES

Hydrospeed

2.5 Canyoning

Adventure means investigating and trying to find answers about the unknown. Canyoning in La Hoya de Huesca is a great adventure, but it also teaches a lot about the environment and about sharing one of nature's most precious gifts with the inhabitants: water.

There are three main reasons to practice this sport:

- The itinerary is spectacular: you can see the sky at all times, and marvel at the gorges, narrow mountain passes and ravines, which water runs through constantly, transforming this special landscape with its flow.
- The spirit of adventure does not require you to be in tip top shape, although you do need to be quite agile.

- The activity is pretty exclusive and does not attract a great many people; you also get to see an interior landscape that has nothing to do with the exterior world and it plunges you into a world of loneliness where you can hear a range of sounds and whispers with every footstep.

The canyons in La Hoya de Huesca are outstanding for the characteristics that this territory shares with the geological profile of the Guara Mountain Range, an area that offers a host of possibilities for this type of activities. The Guara ravines are a very special place for practising this activity in the region.





2.5 WATER ACTIVITIES

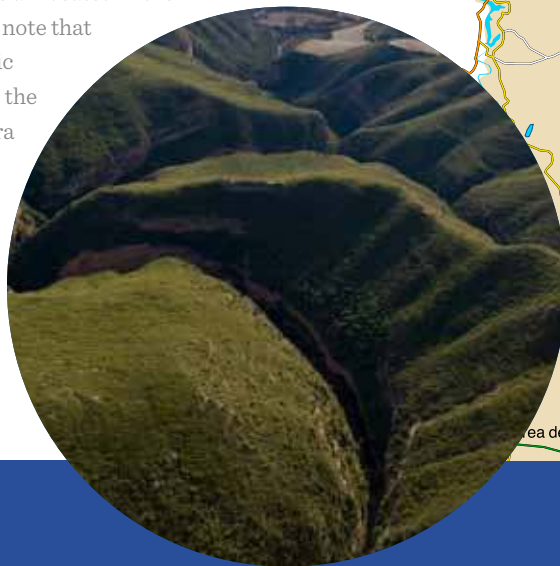
Canyoning

2.5

Most significant ravines

La Hoya de Huesca accommodates some of the most famed descents in the world. All ravines are described in detail in specialised guides and in the website for the region. Although we have listed the most representative ravines in the area, as noted by the community of canyonists, these are not the only ravines in the region. Some ravines are very interesting but are underused because access is difficult or because of the scarce flow or the low water level. Therefore it is important to obtain plenty of information before deciding to descend down these routes.

The following ravines are all located in the region. It is important to note that some abide by the specific regulations applicable to the Sierra y cañones de Guara Nature Park.





- 1** Moliniello Ravine
- 2** San Julián Gorges
- 3** Palomeras del Flumen
- 4** San Martín de la Val d'Onsera Ravine
- 5** La Canaleta Ravine
- 6** La Cueva de la Reina Ravine
- 7** Foratata Ravine
- 8** San Chinés Ravine
- 9** Lazas Ravine
- 10** Gorgonchón Ravine
- 11** Formiga Ravine

2.5 WATER ACTIVITIES

Canyoning

2.5 Respecting the environment

Respecting the natural environment and taking care not to modify the landscape are two essential requirements when practicing canyoning. Since this is a very fragile medium from a natural point of view, we would like to offer a series of pointers to make sure your presence goes practically unnoticed.

Furthermore, the ravines and the region of La Hoya de Huesca are governed by a special regulation on canyoning which is envisaged in **Spanish Decree 164/1997, of September 23, issued by the Government of Aragon, endorsing the Plan for the Use of Natural Resources in the Sierra y cañones de Guara Nature Park**. The decree also limits access to certain ravines and establishes seasonal limitations, pace, essential minimum equipment, group size and regulation specific to certain ravines.





Nevertheless, it is important to consider the following regulations to enjoy the natural environment whilst practicing this sport.

1. Swim instead of walking. Try to keep off the river bed.
2. Go along the river banks, not the river bed.
3. Avoid making loud noises.
4. Do not mark the walls.
5. Take home everything you set out with. Do not litter. Rubbish is not collected in the ravines. The water takes whatever it finds along the way with it. Make sure your litter is not caught up in the process.
6. Do not go at night, even if you are very confident of your abilities and know your way around the area. Animals frequently appear by the water at night.
7. Check where you stop and rest: there are sometimes rattlesnakes by the river banks.
8. The best safety option is to travel with a qualified guide. If you do want to go alone, use your common sense to handle any unexpected events. Make sure you are well equipped and have up-to-date and reliable information on the conditions of the ravine where you are canyoning.

We hope you have great fun and a wonderful experience at the ravines in La Hoya de Huesca.



2.5 WATER ACTIVITIES

Canyoning

2.5 Regulations

In order to guarantee a normal and natural life cycle for the different species living in the region, particularly those included in the National Threatened Species Catalogue and the Aragon Threatened Species Catalogue, canyoning will be practiced considering the characteristics and singularity of each ravine and according to the following limitations:

- Canyoning is banned in the **San Martín ravine**, in the section located one hundred metres down water from the Hermitage of San Martín de la Val d'Onsera.
- Canyoning is banned in the ravines in the area of Vadiello: **Isarre, Escomentué, San Chinés and**

Regulation for canyoning in canyons and ravines in the Sierra y cañones de Guara Nature Park Region of La Hoya de Huesca.

Piedra Foratata, and the ravines of Yara and Formiga until their confluence, during the period from December 1 to June 30, inclusive.

www.fam.es





2.5 WATER ACTIVITIES Regulations

2.6 Fishing

La Hoya de Huesca is an exceptional location for fishing: trout abound in the pre-Pyrenean rivers, and reservoirs and lakes are inhabited by different fish species (zander, common bleak, pike, common rudd, common carp).

Capturing, holding or trading species not designated as a fishing species is prohibited, as is introducing and releasing fish or crab species, or any other water organism, without prior authorisation from the General Department for the Natural Environment.



TROUT FISHING:

Río Gállego, throughout the whole of its course, from where it enters the region, up water from La Peña reservoir, to the bridge over the road between Ayerbe and Santa Eulalia de Gállego, and in all waters that flow into this section.

Río Isuela, from the source to the bridge over N-330 at Nueno.

Río Flumen, from the source to the bridge over N-240 Huesca-Barbastro.

Río Guatizalema, from the source to the bridge over N-240 Huesca-Barbastro.

Fishing schools: Arguis and Valdabrá reservoirs.

Fishing events are held at the La Peña, La Sotonera and Las Navas reservoirs.

Recreational fishing sections: Arascués Lake.

A fishing permit issued by the Instituto Aragonés de Gestión Ambiental (Aragon Institute for Environmental Management, INAGA) is required for fishing in continental waters in the region of Aragón. A fishing permit issued by the Servicio Provincial de Medio Ambiente (Provincial Environmental Service) and by the Oficinas Comarcales Agroambientales (Regional Farming Offices, OCA) is required for fishing in Social Preserves. There are offices in Ayerbe and Huesca in the region of La Hoya de Huesca As regards permits for social preserves, 90% are issued before the due date and the other 10% are available at the councils in the municipalities located on the river banks.



2.6 WATER ACTIVITIES

Fishing

Sailing and Windsurf

La Sotonera reservoir is the ideal location for sailing, canoeing and windsurfing. The lack of waves makes it the perfect place for beginners. There are no restrictions as regards paddle sports and the conditions for sailing are quite favourable, without any restrictions applicable to this sport. Motor boats are limited.



These activities are governed by the Confederación Hidrográfica del Ebro (Ebro Hydrographic Confederation). Further information is available on the website **www.chebro.es**

Neoprene wetsuits are recommended when spending a long time in the water. Remember it is your duty to preserve the natural environment, and we recommend you observe all necessary safety measures.





2.7 WATER ACTIVITIES

Sailing and Windsurf

CLIMBING

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3

CLIMBING

3.1 Climbing

The Region of La Hoya de Huesca accommodates a host of geologic formations, with a variety of morphologies and stunning lithologic wealth ranging from the area of the Reino de los Mallos and Vadiello, to the sandstone conglomerations of the Arguis area to the limestone formations in the Gratal and Guara mountain ranges.

Infinite forms and rocks that offer a range of possibilities for climbing enthusiasts.

Climbing has a history of its own in the region of La Hoya de Huesca, since international climbing pioneers chose the **Mallos de Riglos** to undertake some of their most notable achievements, such as the first ascent to Mallo Firé or Mallo El Puro. This trend obviously led to the creation of the zones now classified as climbing areas. La Hoya de Huesca offers climbing areas that cater for all varieties and levels, from solitary areas with extreme conditions for advanced climbers –such as the walls of **Cienfuens, Riglos, Agüero and Peña Ruaba**–, to fully equipped, top quality climbing schools with a range of levels –such as **Loarre, Gratal and Vadiello**.



Sport routes

Sport climbing routes are fully fitted with bolts for free climbing and do not require climbers to provide any complimentary safety equipment. When climbing sport routes, environmental conditions are not a threat to the climber partaking in the activity.

Extreme routes

In extreme climbing routes, climbers are required to partially or totally place safety protections. When climbing extreme routes, environmental conditions can appear as an objective threat to the climber partaking in the activity and should be taken into account before setting out on the adventure.



As well as the aforementioned locations, there are other intermediate climbing zones. These areas are not as well-known, but if visitors like peaceful places and know their way around the area and have done a spot of climbing, they will easily be able to find them: Escalote, Aniés, Bentué, Predicadera...

Further information on the Federación Aragonesa de Montañismo (Aragon Mountaineering Federation).

www.fam.es

Climbing grades

Spain, and other European countries, abide by the French system to rate the climbing grades applicable for sport climbing. This grade system is open-ended and can be extended. It starts at grade 1, very easy, and currently reaches grade 9. The grade system takes into account the maximum technical difficulty of a free style climbing activity, without considering environmental or psychological conditions. Each numerical grade can be subdivided by adding a letter (a, b, c) and an optional + may be used to further differentiate difficulty: 5c+, 6a, 6a+, 6b.

3.1 CLIMBING

3.3 Mallos de Agüero

These mallos are located near the eponymous municipality. The mallos were created by conglomerations of limestone boulders ranging from 4 to 40 cm. There are long routes that require technical skill, and sport routes for athletic climbers. The itineraries consist of a succession of bellies and roofs. The mallos accommodate some sport routes (no more than 20) and a few extreme routes, which cover a distance of over 150 m. Recommended routes in this area include the **normal route to Peña Sola**, a classical itinerary which does require climbers to take their own safety equipment even though the main bolts have been replaced. **The area is only recommended for advanced climbers with experience in extreme routes.**

Extreme routes					0%
Sport routes					100%
4º - 0%	5º - 20%	6º - 40%	7º - 50%	8º - 0%	

Peña Rueba

These conglomerates present features similar to the Mallos de Agüero. The area is located between the municipality of Agüero and Murillo de Gallego and, alongside the Mallos de Riglos, it stands as River Gallego's gateway through the Pyrenees and the plateau. The area accommodates around twenty several section grade 5 and 7 routes, which were opened with a mountaineering spirit in mind. Most routes are well fitted, and experience in extreme routes is recommended. The routes are mainly located on the southern side, so stay clear of this location during the summer months. It is noted for the peace and calm and the wild landscape. When approaching the wall, we encounter a characteristic mountain roof which measures approximately 10 metres and accommodates the **“vía Maque”**, opened by Ignacio Cinto, a climber from Aragon who promoted the activity in the region.

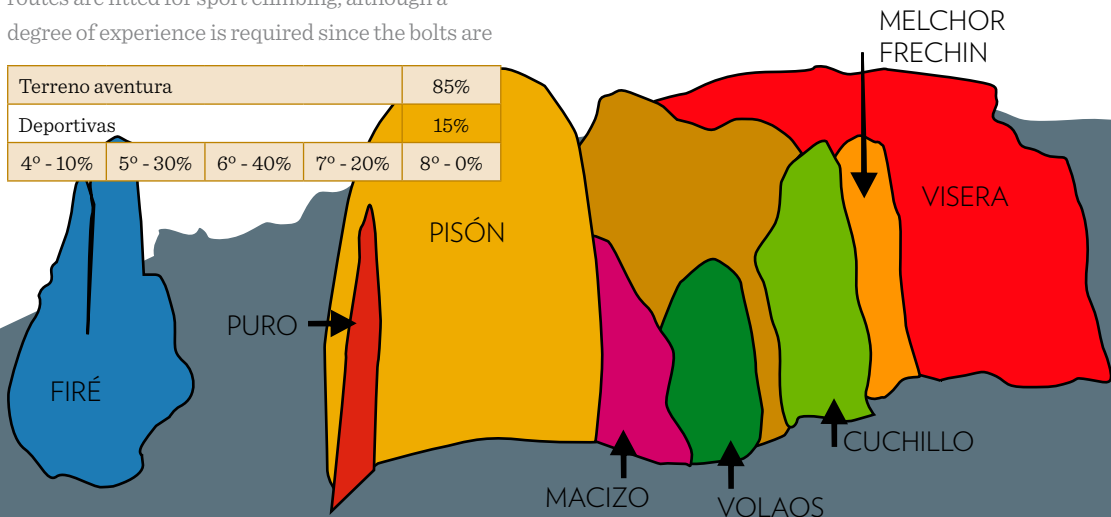
Extreme routes					0%
Sport routes					100%
4º - 10%	5º - 60%	6º - 30%	7º - 0%	8º - 0%	

Mallos de Riglos

This emblematic Aragonese climbing location is world-known in the climbing sector. These mallos, which share the same conglomerate composition as Agüero and Peña Ruaba, rise above the former and reach **325 metres at the Firé mallo**. The climb is aerial and vertical, primarily in the **Visera mallo**, which has a sharp **200 metre drop**. The mallos are a benchmark for climbers who love to combine adventure and sport, since most of the routes are fitted for sport climbing, although a degree of experience is required since the bolts are

located at a distance and the routes are very open. Recommended areas include **la Rabadá and Navarro or la Galletas at Firé, la Murciana or la Carnavalada at Pisón and Fiesta del Biceps or la Zuludemente at Visera**. East of the larger mallos, there are smaller mallos with easier routes, which are also bolted and with distances reaching 120 metres.

Terreno aventura				85%
Deportivas				15%
4° - 10%	5° - 30%	6° - 40%	7° - 20%	8° - 0%



3.2 CLIMBING

Climbing areas

3.3 Foz de Escalate

This is an significant location for sport climbing in Aragon, since this school introduced the notion of grade 8 routes (“**abstinentes**”, “**el sicario**”). However, there are not only sport grade routes. There are also some two and three section grade 5 and 6 routes, which are ideal for climbers who want to enjoy the peace and calm of the activity. The rock is top quality limestone, although climbing is performed on very technical plates.

Extreme routes				0%
Sport routes				100%
4° - 0%	5° - 20%	6° - 60%	7° - 20%	8° - 0%

Loarre

This area is located near the Castle of Loarre. It opened many years ago but was recently expanded with new routes. There are now almost 20 routes with difficulties ranging from grade 4 to 7. These one-section routes are well-equipped.

Extreme routes				0%
Sport routes				100%
4° - 0%	5° - 20%	6° - 40%	7° - 50%	8° - 0%



Aniés

This area is located near Loarre, between the municipality of Aniés and the wall of the Hermitage of Virgen de la Peña, a recently bolted peaceful location that does not attract that many climbers. There are about 10 routes with up to 4 sections, featuring limestone conglomerates with an eastward orientation. **Advanced climbers.**

Extreme routes					0%
Sport routes					100%
4º - 0%	5º - 20%	6º - 40%	7º - 50%	8º - 0%	

Predicadera

This climb is located near the Vadiello reservoir, although access is by the HU-V-3311 which leads from the Huesca-Lérida motorway to Liesa and Ibieca, which leads to A-1227 and the road to the Calcón reservoir appears to the left at the crossing. Before reaching the reservoir, follow the track that leads to Tejería and park there. The rock is a different conglomerate and the climb upwards is carried out between holes and fissures. The routes are semi-fitted. The southern orientation makes it unsuited for the summer months. **Advanced climbers.**

Gratal

Sport climbing area bolted by a climber from the region, with several paths that start out at a 6b level, although most are above level 7, facing west on limestone. Athletic climbing with a sharp drop. Access from the village of Arguis and the road towards Bentué de Rasal.

Extreme routes					0%
Sport routes					100%
4º - 0%	5º - 20%	6º - 40%	7º - 50%	8º - 0%	

Around Gratal

There are another 4 areas for sport climbing near the aforementioned locality. One is located practically opposite, to the north of Arguis, facing southwards with sandstone rock, and another is located very near the village of Bentué, with sandstone rock facing eastwards. These two areas accommodate one-section sport routes. Opposite, north of the Gratal area, there is a sandstone wall that accommodates a few several section extreme routes. The fourth area is near the village of Rasal. This sector has limestone for sport climbing, with several east-facing routes which are all above grade 7.

3.2

CLIMBING Climbing areas

3.3 Vadiello

Alongside Riglos, Vadiello is one of the most emblematic climbing locations near the city of Huesca. Vadiello is actually only 30 minutes away by car. Sport climbing started to boom in this region, which accommodates different types of climbing routes as a result of the coexistence of limestone and conglomerates. The latter appear in the stunning mallos. Furthermore, although there are a good number of bolted routes there are also extreme routes at **Mitra and Puro de Vadiello**, which have been refitted respecting the philosophy with which they were opened. Sport routes on conglomerate rock include the climbing wall, with classical ascents such as **Excalibur** or **Surte Negra**. The **pared del Elefante (Elephant Wall)** is an easier option, since routes present a maximum of 2 sections. This conglomerate differs from the type found in other regions of La Hoya. It is finer and, therefore, requires more climbing technique. The area has advanced as regards sport climbing: several sectors have been opened in limestone rock that accommodates advanced routes in shady areas. **La pared del Muerto**, located by the road, is a notable location for this rock type and accommodates the first bolted sport routes

in the area. The **La Caverna** sector stands out for accommodating the most difficult route in La Hoya de Huesca, with grade 9A.

Extreme routes					0%
Sport routes					100%
4° - 0%	5° - 20%	6° - 60%	7° - 20%	8° - 0%	

Cienfuens

Access from the Belsué reservoir, along the road between Arguis and Nocito. This stunning 200 metre limestone wall is a spectacular sight. **This area is limited during the bird nesting period.** Climbing is allowed from June to December. The wall faces SE, so climbing is recommended in autumn. The walls are semi-fitted and are **highly recommended for advanced climbers.**

Extreme routes					0%
Sport routes					100%
4° - 0%	5° - 20%	6° - 60%	7° - 20%	8° - 0%	



3.2 CLIMBING

Climbing areas

3.3 Regulations

• **In Limited Use 3 areas in Cienfuens, Pico del Mediodía and Formiga**, climbing is prohibited during the period from December 1 to June 30, inclusive.

• **In Limited Use 3 areas in Vadiello-SanCósme**, climbing is regulated as follows: at the Climbing Wall, in the Mallos de Ligüerri sector, climbing is prohibited on the upper sections at the end of the pins of the Canal del Palomois during the period from December 1 to June 30, inclusive.

• **At the Mallos de San Jorge, in the Mallos de Ligüerri sector**, climbing is prohibited during the period from December 1 to June 30, inclusive.

• **At Mitra, in the Mallos de Ligüerri sector**, climbing will be limited and authorised by the Park Management between March 1 and June 30.

• **At the Borón massif**, climbing will be limited and authorised by the Park Management between March 1 and June 30.

• **At La Predicadera, in the San Cosme sector**, climbing will be limited and authorised by the Park Management between March 1 and June 30.

• **At the San Cosme wall**, climbing is prohibited during the period from December 1 to June 30, inclusive.

• **At the Los Pepes wall**, climbing is prohibited during the period from December 1 to June 30, inclusive.

• Climbing is prohibited during the period from December 1 to June 30, inclusive at the “**Paredes Rojas**” (Red Walls), located in a Compatible Use 1 area, west of the road to Vadiello, after the third tunnel on the road.

Regulations limiting climbing activities in the Sierra y cañones de Guara Nature Park. Region of La Hoya de Huesca



3.3 CLIMBING Regulations

4.1 Via Ferratas

7



4

VIA FERRATAS

4.1 Via Ferratas

These routes are an added attraction for nature lovers that enjoy an adventurous twist. We could define this activity as part hiking and part mountain climbing.

Via ferratas provide access to routes that visit steep, vertical locations, and facilitate the upward climb using pins, metal rungs and chains. As an added safety measure, there is also a steel cable with anchor points to latch the specific personal gear to. Other safety equipment includes helmet, appropriate clothing and suitable footwear.



La Hoya de Huesca offers several interesting routes that stand out for both the sport features and the spectacular landscape and natural environment they traverse. From West to East, the routes are: **Peña Ruabavia via ferratas,**

Riglos via ferrata, Vadiello via

ferrata. Other paths have been fitted with metal rungs to provide access to picturesque locations.

Peña Ruaba Via Ferratas

These two itineraries can be combined to create a circular itinerary up to the crag. The itinerary takes around 4 hours.

The via ferratas have been refitted with modern materials, to ensure they can easily be accessed using via ferrata equipment.

There is a board with information on the via ferratas and on where to park the vehicle in the village of Murillo de Gállego.



4.1 VIA FERRATAS

4.1 Riglos Via Ferrata or Cubilillos os Fils

Park in the village called Riglos, there is a board featuring all necessary information by the entrance to the village. This is a circular itinerary and it is recommended to start on the right, which is a more vertical and aerial route. After climbing up by a pleasant pine tree forest, we reach a hill with two vertical walls separated by a grassy terrace. The second vertical section departs from the terrace. You can continue left along path that is fitted but not as vertical, or continue along the bolted vertical wall.

The via ferrata reaches the **Mirador de los Buitres (Vulture Viewpoint)**, an observation point from which you can see the birds nesting in a nearby mountain wall. From this point, you then continue along a sign-posted path that leads to a spectacular natural viewpoint. Then the itinerary descends down a steep path to a ledge guarded by a cable that leads to a bridge with a towrope and chain which takes you to the **Don Justo massif** after 3 metres. You then continue down along fitted, well-protected areas until you reach a trail that leads back to the departure route.

Vadiello Via Ferrata

This via ferrata is located on the road from the Vadiello reservoir, after the Peña Guara shelter. After the bridge, you'll see a car park where you should leave your car. There is also a board with information on the via ferrata.

This is also a circular itinerary, which starts up a conglomerate rock groove, **Canal del Palomo**, which the via ferrata is named after. This is an athletic, vertical climb and you should be in a fit and agile physical condition.



The via ferrata traverses kettles (do not enter the pools, since there are newts and you could harm them), vertical walls and steep drops.

The trail leads to **circo d'o Ciego**, a calm location where you might be lucky enough to see a few lammergeiers in full flight. As you turn back, you will encounter brackets and pins with cable protections. Follow this route until you reach the downward path.



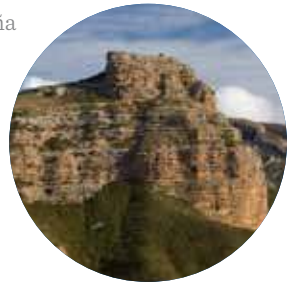
San Miguel Crag

There are small via ferratas or bolted trails that facilitate access to locations that are relevant from a landscape or cultural perspective. For instance, the via ferrata that leads to **Peña San Miguel (San Miguel Crag) in the characteristic and fascinating Salto de Roldán.**

Salto de Roldán appears as River Flumen passes between the Peña Man (Man Crag) and Peña San Miguel (San Miguel Crag).

It is easy to access the location from the road between Apies and Santa Eulalia. There is a trail to the hill and the car park where you can leave your vehicle.

The itinerary is a short walk that finishes with a climb up metal rungs to the top of the San Miguel Crag. The trail requires via ferrata equipment.



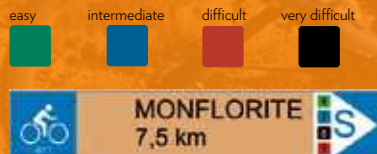
4.1 VIA FERRATAS

MOUNTAIN BIKE ROUTES

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5.3	Mountain ranges and foothills in Reino de los Mallos sector	66
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Signposting

Colours: progressive grading marks the different levels of difficulty



A full-page photograph of a mountain biker in an orange jersey and white helmet riding up a rocky, dry trail. In the background, a large stone castle sits atop a hill under a clear blue sky. The text '5' is in the top right, and 'MOUNTAIN BIKE ROUTES' is across the middle.

5

MOUNTAIN BIKE ROUTES

5.1 Mountain bike routes



The region of La Hoya de Huesca provides an exceptional setting for mountain bike activities.



You can pedal away along easy, flat routes or mountain ranges that rise up 1500 metres above sea level. Furthermore, the climate is quite gentle in the winter, and the temperatures aren't as cold as in other northern regions, since there are plenty of south-facing

locations. The cool northern walls of the pre-Pyrenean mountain ranges are great for the summer months and there are plenty of springs to provide fresh water. Furthermore, La Hoya de Huesca offers a host of natural and cultural treasures for you to discover on the routes.



<http://senderos.hoyadehuesca.es>

La Hoya de Huesca has a 500 km long network of mountain bike itineraries with physical and virtual signposts, consisting of signs and information panels along the way, and data information for GPS navigation systems.

The cycling routes are circular and are graded by level of difficulty, which follows universal colours: **Green (easy)**, **Blue (average)**, **Red (difficult)**, **Black (very difficult)**. These levels of difficulty consider physical and technical criteria, although almost all routes are 100% cyclable and allow cyclists to enjoy the territory as they pedal.

The region of La Hoya de Huesca has taken the territorial layout and the promotion of tourism into account to create **3 sectors with a variety of routes**, in the best locations for mountain biking in the region. Cyclists can start the itineraries in the localities that provide information and feature the services required for each route.



5.1 MOUNTAIN BIKE ROUTES

5.2

Sierra de Guara (Guara Mountain Range) and Abadiado de Montearagón (Montearagón Abbey)



Routes fan out from Tierz, a locality situated 4.5 km east of Huesca which can be accessed from road N-240. The name Tierz is of Latin origin and refers to the distance in miles that separates the locality from the city of Huesca.

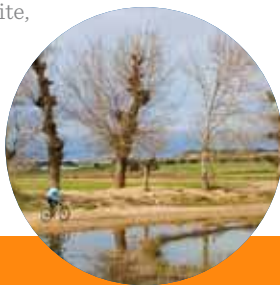
The sector offers 5 different routes:

1 Flumen route (green), an easy route that travels 22 km and has a 200 m positive slope. It departs southwards, by the thicket by river Flumen and passes through the locality called Monflorite.



2 Ashlar and trench

route I (blue), a 43 km route with a 400 m positive slope. It departs southwards, by the thicket by river Flumen and passes through the localities of Monflorite, Lascasas, Albero Bajo, Albero Alto.



3 Ashlar and trench route II (red), a 53 km route with a 525 m positive slope. It departs southwards, by the thicket by river Flumen and passes through the localities of Monflorite, Lascasas, Albero Bajo, Albero Alto and Piracés.

These three routes include visits to the Hermitages of Salas and Los Dolores, and reach the upland that accommodates a beautiful Holm oak grove and offers stunning views over Huesca and the Guara Mountain Range. Cyclists can also watch as people go skydiving at Monflorite airport. At the end of the route, before starting down towards Tierz, you can visit restored trenches that were used during the Spanish Civil War.





4 “Abadiado de Montearagón”

(Montearagon abbacy) route (green), a 15 km route with a 200 metre positive slope. The itinerary departs from the tourist information point in the Sierra y cañones de Guara Nature Park, located by the Viñedo Hermitage, a former commercial meeting point in the area. The route calls in at the villages of Loporzano, Bandaliés, Ayera, Castilsabás and visits the old Hermitage of San Fertús as well as the Hermitage of Viñedo. At Ayera, cyclists can access a signposted trail that leads to the Piedra de los Moros (Moorish Stone).

5 Quicena-Montearagón Castle route

(black), this mountain bike competition route has a 15 km itinerary with very technical areas. It is the setting for a local and regional competition in September.



5.2

MOUNTAIN BIKE ROUTES

Sierra de Guara (Guara Mountain Range) and Abadiado de Montearagón (Montearagón Abbey)

5.2

Sierra de Guara (Guara Mountain Range) and Abadiado de Montearagón (Montearagón Abbey)



hoya de huesca



5.2

Mountain ranges and foothills in Reino de los Mallos sector



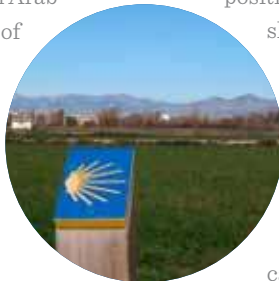
These routes fan out from Bolea, a village located about 20 km. northwest of Huesca and can be accessed along the A-132, the road between Huesca and Pamplona. The name has an Arab origin and means round, on the account of its location on the north side of a small hill.

The following 8 mountain bike routes depart from this locality:



1 Sotón and Riel route.

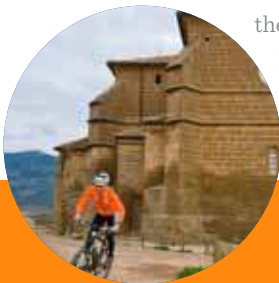
The route is 14 km long and has a 125 m upward slope. It departs from Bolea, southwards through the villages of Plasencia and Quinzano. The itinerary visits the old bridge over the Plasencia road and the thickets by rivers Sotón and Riel.



2 La Sotonera route, a 42 km route with a 400 m

positive slope that visits the villages of Plasencia, Lupiñén, Alerre, Chimillas. Along the itinerary, cyclists can see castles in Campiés, Otura, Becha, Castejón... and farm holdings and crops in the region. Some of the paths are lined by Holm oaks and cyclists may run into pilgrims on their way to Santiago de Compostela as they walk along the Saint James' Way.

3 Foothills of Reino de los Mallos route, a 28 km route with a 400 m upward slope that departs from Bolea. The itinerary visits the localities of Los Corrales, Santa Engracia, Loarre, as well as the Las Navas reservoir and the Castle of Loarre.





4 Sierra Caballera route, departs from Bolea towards the northern mountain range. The route is 25 km long and has an 800 m climb. The itinerary departs from Aniés, climbs up a trail past Virgen de la

Peña to the snow domes on Bentué de

Rasal hill (GR-1 or historical trail). The route then descends down the south side of the hill, with views of the whole of La Hoya de Huesca and Gratal peak (1,542 m).

5 Sierra de Loarre I (Loarre mountain range I), a 34 km route with a 1,000 upward slope which departs from Bolea along GR-1 to Aniés. The route takes the Virgen de la Peña track up to the vicinities of the Pusilibro peak and descends down a pleasant track, lined by pine trees, towards the Castle of Loarre, the most important Romanesque fortress in Europe. The route back also departs from Aniés, between almond trees, cherry trees and Holm oaks.

6 Sierra de Loarre II (Loarre mountain range II), a 48 km route which departs from Bolea along GR-1 to Aniés. The route takes the Virgen de la Peña track up to the vicinities of the Pusilibro peak before heading towards the booster station on the hill and on to Rasal (Pyrenees viewpoint) before descending to Fuenfría. After a small route round the Loarre mountain range, with a visit to Santa Marina, the route descends along a pleasant track linked by pine trees towards the Castle of Loarre. The route back also departs from Aniés.

7-8 Reino de los Mallos and Gratal-river Garona,

two routes that cover approximately 60 km. with a

2,000 m slope which makes them suited to advanced

cyclists that are used to employing GPS technology to find their way around. Cyclists will travel

both faces of the mountain ranges in the region and will be able to enjoy stunning views at the Mirador de los Buitres (Vulture Viewpoint) over the Mallos de Riglos, enter the beech groves in Arguis and admire the steep mountain walls of the Gratal peak.



5.3

MOUNTAIN BIKE ROUTES

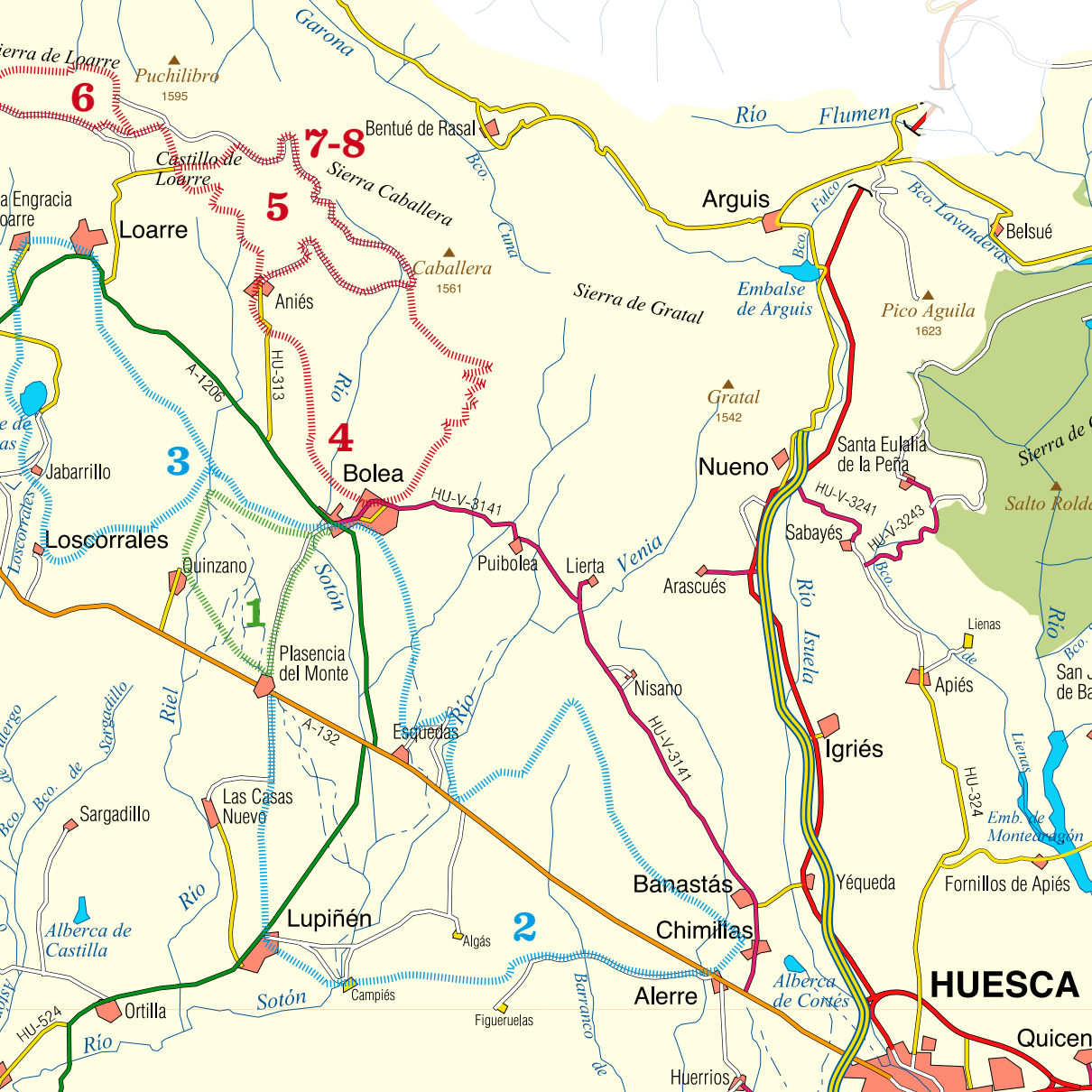
Mountain ranges and foothills in Reino de los Mallos sector

5.3

Mountain ranges and foothills in Reino de los Mallos sector



hoya de huesca

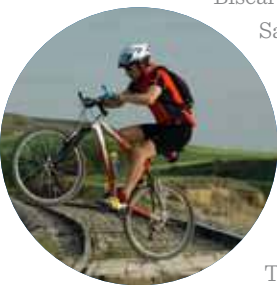


5.4 La Sotonera sector



This sector offers 4 itineraries, all intermediate or blue grade, each departing from a different village:

Biscarrués, Ortila, Montmesa and Santa Eulalia de Gállego.



1-2-3 Three circular routes depart from Biscarrués, Ortila and Montmesa, which share some sections of the itinerary.

These 25-30 km routes visit the plains around La Sotonera reservoir.

These easy itineraries also visit farm holdings such as Mezquita, Artasona, Contienta and beautiful Holm oak groves, with the mountain range to the north.

4 Santa Eulalia de Gállego is located on the right bank of the river, surrounded by ravines and pine forests. The 20 km route has a 500 m upward slope, mostly at the start, along a track that climbs up to Santa Quiteria, which offers stunning views of the Riglos and Agüero mallos.





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FROM THE SKY TO THE GROUND

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6.2	Golf	75



6

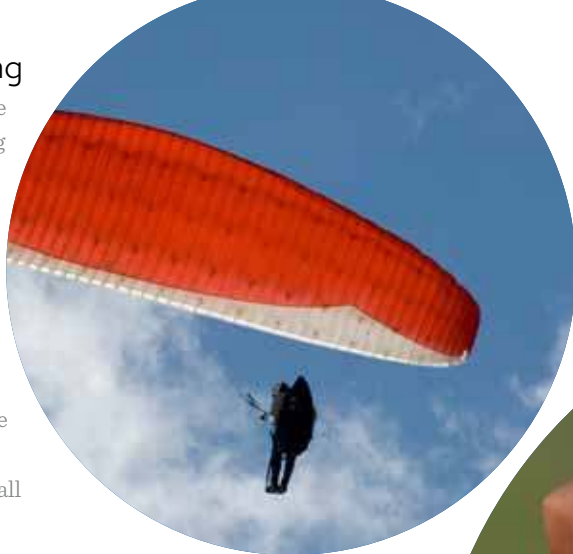
FROM THE SKY TO THE GROUND

6.1 Paragliding and gliding

The Mallos area and the Castle of Loarre are favourites among those who like to enjoy the mountainscape from a stunning perspective: paragliding, hang gliding or gliding over them.

The orographic characteristics and the climate make La Hoya de Huesca an ideal location for these sports all year round.

The wind is clean and has no violent thermals. The cloud paths mark out the routes and the multiple vultures that live in the area guide the way towards the ascents.



Club de Vuelo Huesca
689 218 648

www.aeroclubnimbus.aero

hoya de huesca



6.2 Golf

As well as sport activities typical of La Hoya de Huesca's pre-Pyrenean environments, the region also offers other appealing modalities.

Golf is growing steadily in the region and Guara is equipped with excellent golf facilities. Enjoy golfing surrounded by a natural landscape that transmits peace and calm.

Golf de Guara, a partner of the Aragon Golf Foundation since 1996, has a 9 hole course designed by Pepín Rivero. Listed as par 72 by the Royal Spanish Golf Federation, the course is flanked by autochthonous vegetation (ilexes, olive trees...).

The Golf de Guara facilities cater for all golfing requirements and also offer other complementary services that make the centre a first class tourist attraction.

Golf de Guara

Ctra N-330

22193 Arascués-Nueno

Huesca (Spain)

Tel. No.: +34 974 340 165

Fax: +34 974 340 968

www.golfdeguara.es

Email: info@golfdeguara.es

6.2 FROM THE SKY TO THE GROUND

La Hoya de Huesca accommodates a vast selection of contrasting landscapes, which will delight enthusiasts of both wild, abrupt settings and of open areas and smoother environments, which are ideally suited to a range of sport activities.

Come *and* See

www.hoyadehuesca.es
www.visitaragon.com

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