



### **OPTION 1: TREKING natural areas**

Guided walking tour with a medium difficulty, for the most spectacular places in each park. This tour will venture into the heart of every natural space to contemplate the natural wonders hidden in each ecosystem ..

- Arrival at the hotel on arrival will make an audiovisual presentation of natural areas to be visited the following days, dinner and overnight.

- **Day 1: NATURE PARK Sierra de Gredos. full day**

Leave the hotel by bus to route starting point of the Platform of the Sierra de Gredos. Trekking through the magnificent Cirque de Gredos, where we can contemplate the famous species like ibex and discover spectacular glacial valleys such as the Laguna del circo de Gredos. (Picnic). Return to hotel dinner and overnight.

- **Day 2: Sierra de Béjar y Candelario. full day**

Departure by bus to the Platform of Candelario. Trekking to the top of the valley and Calvitero Glacial Trampal hoyamoros and Lagoons. Lunches. Return to hotel dinner and overnight. full day

- **Day 3: P. NATURAL BATUECAS - SIERRA DE FRANCE. 1 / 2 full**

Check out towards the mountains of France. Hiking route through the heart of the valley of the Batuecas. Lunch at La Alberca. Visit the interpretation center of the park. Return to hotel dinner and overnight.

- **Day 4. Breakfast at the hotel and departure to destination.**



## OPTION 2: BUS VISITING THE ROAD NATURAL AREA

Guided tour to the wilderness to contemplate their beauty. Visit the centers of each natural area interpretation of historic and artistic most representative of each area.

- Arrival at the hotel, audio-visual presentation of natural areas to be visited the following days, dinner and overnight.

- **DAY 1: NATURE PARK Sierra de Gredos.**

Leave the hotel and travel by coach through all the Gredos mountains to reach sands of San Pedro where we will visit its famous caves with stunning stalactites eagle and inland lakes. Return to hotel for lunch. In the afternoon we will visit a center to interpret the Sierra de Gredos national park and undertake a journey to re Platform Gredos. Return to hotel, dinner and overnight.

- **DAY 2. Nature areas Sierra de Béjar and Candelario.**

In the morning we will visit the historical towns of Béjar and Candelario located in the foothills of the mountains where we can contemplate its picturesque architecture and beautiful landscapes of the Sierra declared a World Biosphere Reserve. Return to hotel for lunch. In the afternoon there was a journey to the ski resort of La Covatilla to contemplate from the summit, spectacular views of the countryside of Sierra de Béjar and Candelario. You will also visit the interpretation center of Rio Tormes in Barco de Avila.

- **DAY 3: SIERRA DE FRANCE-BATUECAS.**

Departure by bus to traverse the countryside of Sierra de Francia-Batuecas. In the morning visit the Sanctuary of the Rock of France, the highest point of the natural park where you can enjoy spectacular views of natural park and we can observe the ibex. Lunch at La Alberca. Visit the park interpretation center and conduct a tour of its National Historic Heritage. Return to hotel dinner and overnight.