



Canto del Sordo

Walking along this path you will discover a place where man and nature have cooperated to achieve a harmonious mosaic of farmland and natural vegetation: olive groves, vineyards, chestnuts, orchards, grazing meadows, river bank vegetation along its streams, with ash-trees, poplars, willows...

But you'll also get to know the five villages that constitute the "Barranco de las Cinco Villas": Mombeltrán, Cuevas, Villarejo, San Esteban and Santa Cruz (the last four with the surname "del Valle"). You will see its castle, its churches, its traditional homes, its streets with remembrances of hundreds of years past. You'll breathe its fragrant aromatic scents and you'll know its people.

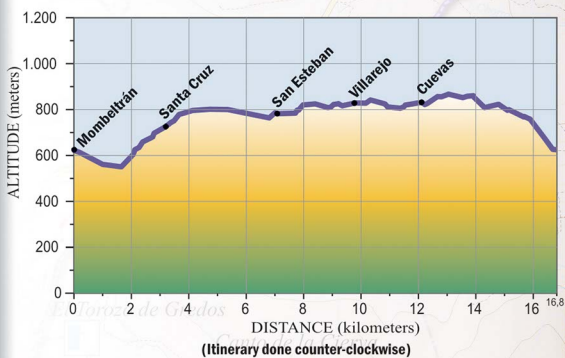


The "Vettones" (Celts), Romans, Visigoths, Moors, Christians, they all left their footprints in the "Barranco de las Cinco Villas"... and you?

Come with us and enjoy the environmental pleasures that offers one of the most picturesque corners of the "Sierra de Gredos" in these simple routes; from the terraced olive groves to the high mountains, going through the freshness of the chestnuts and the charm of its little villages full of historical events.



- ❖ **Type of the route:** Circular.
- ❖ **Difficulty:** Medium difficulty due to the length of the route. If you ride a bicycle, there is a difficult stretch going up from Mombeltrán to Santa Cruz del Valle.
- ❖ **Starting point:** Any of the five villages (Cuevas, Mombeltrán, San Esteban, Santa Cruz or Villarejo).
- ❖ **Gradient:** 350 meters (from 520 to 870 m).
- ❖ **Length of the route:** Approximately 16.8 km.
- ❖ **Average time spent on the route:** 5 to 6 hours, depending on the pace of the hikers.
- ❖ **We recommend wearing adequate clothing and footwear. Try to avoid walking in the middle part of the day during the summer months.**
- ❖ **Sign posts on the route (PRC-AV49)**



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MAP OF THE ZONE

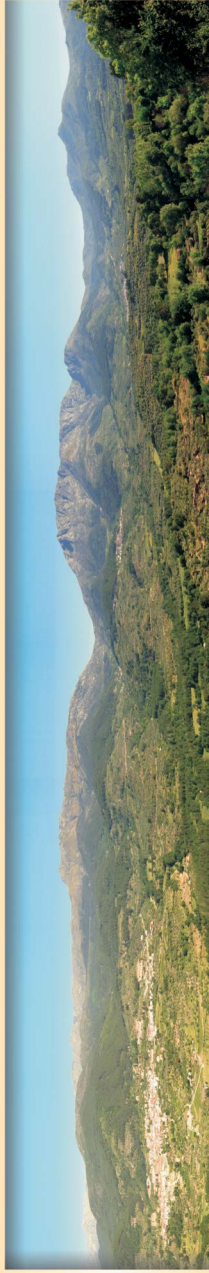


Routes in THE "BARRANCO DE LAS CINCO VILLAS"

ROUTE Cincovillas A landscape in harmony



www.sendascincovillas.eu



MAP OF THE ROUTE

The "Barranco de las Cinco Villas": The harmony between Man and Nature
 Take advantage of any vantage-point that the path has to offer you, to have a good look and you will see a landscape transformed over a thousand years. Our ancestors built hundreds of kilometers of stone walls, so they could cultivate on wild mountain slopes, stubbing the land to get pasture and planted pine trees to get wood and resin. They mixed their farms with the natural vegetation of oaks, quejigo oaks, ash-trees, european alders, and thicket, and they achieved a rich and complex mosaic, half wild and half cultivated, where there is no room for monotony.



Representing the Mediterranean climate
 The olive tree is a tree that requires a climate without long frost periods, and that endures several months of drought. This is why it can only grow in places with a Mediterranean climate, as the "Barranco de las Cinco Villas". This "Barranco" enjoys an exceptionally mild climate inside the very cold province of Ávila.



There is plenty of life here
 The terraced farming stone walls that you can see here, not only sustain olive-trees, vineyards, fig-trees and orchards. Inside the cracks or crevices between the stones you'll find birds, reptiles, amphibians, insects and even small mammals that build their nests and burrows in them.

An absolutely necessary path
 The "Canada Real" Leonesa Occidental" is one of the most important ways of driving cattle in Castilla. Along this trail you can cross the Central Mountain Range and reach the region of Extremadura, something almost impossible to be done from other parts of the country, and therefore this trail has become a compelling passage for herds from the beginning of time.



LEGEND

- Itinerary of the route
- road
- forestry track
- concreted path
- footpath
- Green Regional Park
- Fountain
- Resting Area
- Panoramic view
- Points of interest
- Information of the locality

Map Scale 1:25.000
 0 0.5 km 1 mile

Cartography of the "Mancomunidad del Barranco de las Cinco Villas". DEB of the "Junta de Castilla y León"