

## **The south of the Sierra de la Demanda**

### **“Walk in the footsteps of the past”**

**The southern slopes of the Demanda mountain range** are characterized on the one hand by its high peaks, glacial cirques and lakes with extensive forests of beech and oak, and on the other hand its lower areas where traces of the past are printed: fossil trees, dinosaur footprints and the largest necropolis and hermitages of the whole Europe.

There is an area known as Tierra de Pinares (pine land) where a remarkable pine forest has been called : Urbión model forest. This is a sustainable managed pine forest which culmination is the House of Wood, where visitors can learn about the way of life of an area around the mountains.

Our tour begins at the port of El Manquillo. Area with incredible views where is placed the source of the river Arlanzón. These are one of the best points for watching Alpine citril finch and Red crossbill among other birds.

Few kilometres away we find the meadow of Monterrubio de la Demanda formed by beeches, white oaks and good specimens of holly. Within this idyllic forest area there is a small well-integrated recreational area. Some of the birds that we can watch here are the European pied flycatcher and several species of woodpeckers.

Descending the port to Barbadillo del Pez, we enter to the Valley of Valdelaguna. Here stands out the meadow of Tolbaños de abajo, the meadow of Huerta de Arriba and very close to them we find the first glacial lagoon in our walk: Haedillo Lagoon, one of the most inaccessible parts of the province of Burgos.

We continue our journey to the small town of Neila, framed in one of most representative high mountain landscapes of Burgos.

It is worth climbing to the peaks which overlooks the full extent of a number of niches, circuses, glacial lagoons, peat- bogs and sinkholes that were formed by the Quaternary ice retreat, highlighting the Lagunas de Neila.

The vegetation is formed by what can be considered as a real forest. In particular it is the largest and best preserved scot pine woodland of the entire Iberian Peninsula.

In terms of fauna we can find species such as the wolf, marten and birds like sparrow alpine and Gold crest.

Without a doubt the most spectacular scenic treasure across the mountains are “Las Calderas”. A unique landscape formed by series of rock formations sculpted by water, ice and wind, and dominated by whimsical stone figures.

We continue our circular route to get into the famous area known as “Tierra de Pinares” (Pine Land). Here we can find the necrópolis of Cuyacabras, Revenga and Palacios de la Sierra.

We will also admire dinosaur footprints in Regumiel and Salas de los Infantes, where we will visit the Dinosaur Museum.

In the nearby town of Hacinas there is a curious and singular collection of fossil trees and there is a Geological Museum.



