



W I T H  
C H I L D R E N

Cantabria



Cantabria  
Infinita

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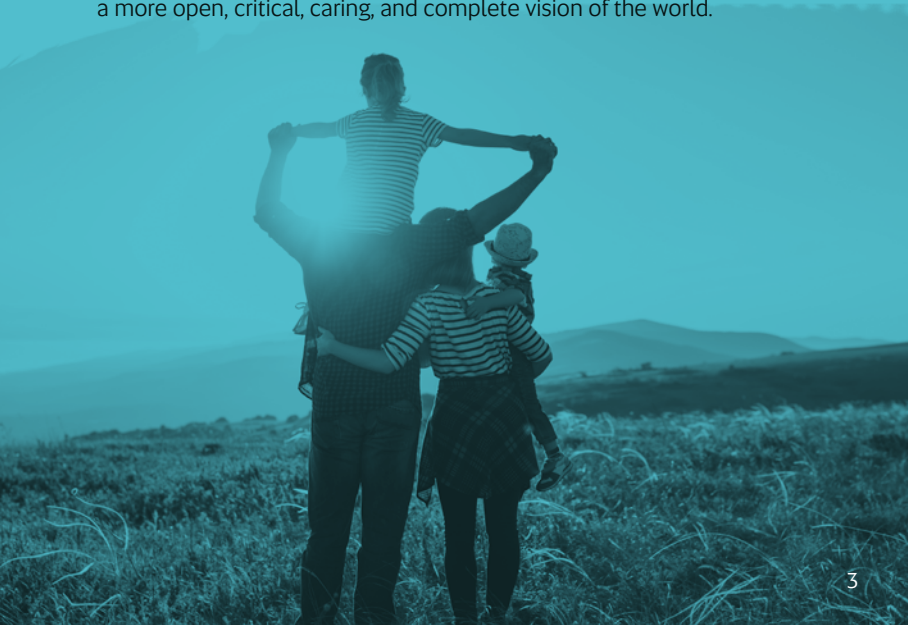
# SHARING WITH THE FAMILY

## Cantabria

Travelling with children is creating links and memories that will last forever. Travelling with children needs a little more planning and must take into account their needs, pace, and tastes. Where to make a halt along the way, places to play, plans for a rainy afternoon, or what to order in a restaurant.

The more specific information we give you about Cantabria, the more likely it is that you will have a good experience when you come to visit us.

Tourism is recognised by the UN as a phenomenon of the culture of our times which is decisive for learning and having experiences and contributes towards the full formation of people and the facilitating of a more open, critical, caring, and complete vision of the world.



# CHILDREN'S MAP

## Cantabria

### S A J A - N A N S A

Merón Beach  
Boat trips  
Oyambre Nature Reserve  
Monte Corona  
Nature Museum  
El Soplo Cave  
Zip lines  
Nansa River Path  
Canoeing  
Sequoia Wood  
Cabezón de la Sal  
Cantabrian village

### C E N T R A L C O A S T

Comillas Beach  
La Concha Beach  
Santillana Zoo  
Altamira Museum  
La Ribera Path  
Villapresente Maze

### L I É B A N A

Picos de Europa  
National Park  
Fuente Dé  
Cableway  
Zip lines  
Routes  
Rural tourism

### C A M P O O - L O S V A L L E S

Alto Campoo Ski Resort  
Golf in Nestares  
Ebro Reservoir  
Route of the Menhirs  
Argüeso Cantabrian village  
Argüeso Castle  
Domus of Juliobriga  
Cave Chapels

## SANTANDER

Urban beaches  
Children's parks  
Zip lines  
Boat trips  
Prehistory Museum  
Maritime Museum  
Centro Botín  
Costa Quebrada  
Dunes of Lienres  
Abra del Pas Golf  
Cabárceno Park

## TRASMIERA

Loreda Beaches  
Arnadal Beach  
Berria Beach  
Trasmiera Ecopark  
Fluvarium  
Mina Pepita  
Mythological Park  
Isla Beach  
La Arena Beach  
Galizano-Langre Route



## ASÓN AGÜERA

Salvé Beach  
Brazomar Beach  
Alto Asón Nature Reserve  
Canoeing  
Castro Urdiales Greenways  
Horse riding  
Sea trips  
Surfing  
Quad bikes

## VALLES PASIEGOS

Sobaos pasiegos  
(sponge cakes)  
Puente Viesgo  
Caves  
Horse riding  
El Pas Greenway  
Zip lines  
Sopeña Caves  
(Saltpetre II)

## BESAYA

Cantabrian Wars  
Roman Road  
Saja Besaja  
Nature Reserve





Loreda Beach

# B E A C H E S

## all year round

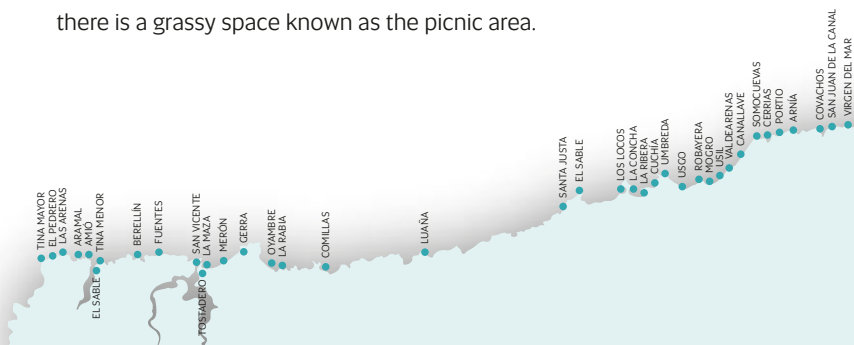
The beach is the setting for almost all summer fantasies. But it is also a fun place that is safe for children at any time of the year. Observing nature, playing in and with the sand, and looking for treasures on the tide line are very absorbing activities which all children enjoy.

In Cantabria there are some 70 beaches of all kinds and some are more suitable for children than others. Because of their accesses, services, and because they are more sheltered from the open sea, these are the most recommendable.

**San Vicente de la Barquera:** Merón Beach. Three kilometres of beach between San Vicente and the Cabo de Oyambre. The extreme western part close to the town is less exposed to the swell, has a car park, and has services and stores nearby. There is also a park with trees alongside the estuary.

**Oyambre:** A very unspoilt beach which is, reasonably sheltered. In the camp site area there is a car park and also services.

**Comillas:** A convenient urban beach with services. At low tide children will be delighted with the area of rocks and pools. Next to the car park there is a grassy space known as the picnic area.





**Suances:** La Concha Beach. Very sheltered from the waves and flanked by a promenade with all services and a children's play area.

**Miengo:** Cuchía Beach. With a large car park and several catering establishments.

**Liencres:** Valdearenas Beach. Both the beach and the car park are very large but fill up in summer. Bathing is often forbidden owing to the swell and in this case we suggest you take a walk along the paths in the wood.

**Soto de la Marina:** San Juan de la Canal. Protected from the swell and with services. Large children's park alongside the beach.



# P



**Santander:** All the urban beaches of the city have good access, services, and children's areas. Those of El Sardinero have a moderate swell but those of La Magdalena and Peligros have none.

**Ribamontán al Mar:** Los Tranquilos. A small beach on the eastern edge of the bay sheltered from the wind.

**Isla:** Arnadal Beach. Highly protected from the swell and with all services.

**Noja:** Trengandín. Very quiet waters and with rocks to explore at low tide.

**Santoña:** Berria. Easy to get to with extensive dunes and nearby services.





**Laredo:** Salvé Beach. Flanked by the promenade all along its length. It has several children's play areas along the Paseo Marítimo.

**Castro Urdiales:** Brazomar Beach. Urban and sheltered. With rocky areas at both ends. The Ostende Beach with its characteristic shell shape is also considered a family beach.



## ON THE BEACH

- / Take great care with the swell, the currents, and the tides, which are very extreme in Cantabria. Consult the lifeguards and always be prudent if there is any doubt.
- / Respect the fauna and flora of the beach.
- / In summer use sunscreen.
- / In autumn, winter, and spring take spare shoes, socks and trousers for the children.





# L E A R N I N G H A V I N G F U N

## museums, activities...



Almost all museums and interpretation centres have some kind of fun educational activity aimed at children. With experts on Cantabria the children will learn about nature, culture, stockbreeding, or art and adults will too.

## M U S E U M S

### **Cantabrian Maritime Museum**

In its 20 aquariums it has over one million litres of seawater and gives the rare possibility of taking a selfie under the skeleton of a huge blue whale. Closed on Mondays.

**Santander.** San Martín de Bajamar s/n. (+34) 942 274 962.  
[museosdecantabria.es](http://museosdecantabria.es)

### **Museum of Prehistory and Archaeology of Cantabria MUPAC**

Flint arrows, cave bear skeletons, sharks' teeth, Roman swords. In this museum fact is stranger than fiction. Closed on Mondays.

**Santander.** C/ Bailén s/n. (+34) 942 209 922. [culturadecantabria.com](http://culturadecantabria.com)



Santander and the Centro Botín



### **Centro Botín**

Right on the Santander Bay, it holds international contemporary art exhibitions, concerts, and numerous activities for all ages.

Closed on Mondays, except in summer.

**Santander.** Jardines de Pereda s/n. (+34) 942 047 147. [centrobotin.org](http://centrobotin.org)

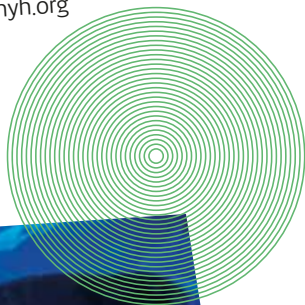
### **Regional Nature Museum**

Devoted to the ecology and fauna of Cantabria.

**Carrejo.** (+34) 942 701 808. [museosdecantabria.com](http://museosdecantabria.com)

### **Fluviarium Ecomuseum of the Mountain and the Pasiego River Basins**

Camino Real S/N **Liérganes.** (+34) 942 528 196. [fnyh.org](http://fnyh.org)





El Soplao



## C A V E S

### Altamira National Museum and Research Centre

It contains a scale reproduction of the Altamira Cave with all its paintings. It has workshops and activities for children. Santillana del Mar.

**Santillana del Mar.** [museodealtamira.mcu.es](http://museodealtamira.mcu.es) (+34) 942 818 005

### World Heritage Caves

Ten caves in Cantabria are World Heritage Sites and several of them can be visited. The most suitable for visiting with children are El Pendo (**Camargo**), Puente Viesgo (**Puente Viesgo**), Covalanas and Cullalvera (**Ramales de la Victoria**), Hornos de la Peña (**Tarriba**), and Chufin (**Riclon**). Opening hours and information at [cuevas.culturadecantabria.com](http://cuevas.culturadecantabria.com) (+34) 942 598 425

### El Soplao Cave

A former mine where you can see the incredible formations and cavities inside the earth. Several visiting systems, one of which is 100% accessible.

**Rábago.** [elsoplao.es](http://elsoplao.es) (+34) 902 820 282.

### El Valle Cave Palaeolithic Park

It offers a simple route to the mouth of the cave, in **Rasines**.



El Valle Cave



## I N T E R P R E T A T I O N C E N T R E S

In Cantabria there are numerous interpretation centres with exhibitions and activities aimed at both children and adults.

As far as ethnography and the landscape is concerned, the network of **visitors' reception centres** of the CIMA (Centre for Environmental Research) stands out with themes as varied as woodland, the trade routes of antiquity, stone construction, and the Ebro river and reservoir.

Reception or interpretation centres can be found in the protected natural areas of the **Picos de Europa** (Tama), **Marshes of Santoña** (Santoña, Arnuero, and Argoños), **Alto Asón** (La Gándara), **Oyambre** (San Vicente de la Barquera), **Saja Besaya** (Los Tojos), **Dunes of Liencres** (Soto de la Marina), **Pasiego Valleys** (Liérganes y Puente Viesgo), and **Ebro Reservoir** (La Población).  
Tel. 942 04 94 38 y 608 413 109. [natureacantabria.com](http://natureacantabria.com)

At the **La Vijanera Museum** (Silió, Molledo) we can get to know this ancestral celebration of Cantabrian origin. By reservation only. **La Mitocasuca de Anievas** (Barriopalacio) shows the mythology of Cantabria.  
de Cantabria. (+34) 942 840 613. [mitocasucaanievas.es](http://mitocasucaanievas.es)

Other interpretation centres that should be highlighted are the **Monte Hijedo Interpretation Centre** (Riopanero), **La Casa de la Naturaleza** (Pesaguero), and a visit to one of the **Tide Mills of Santa Olaja in the Trasmiera Ecopark**.

The **turismodecantabria.com** website has a browser of activities with which it is easy to find the next workshops and excursions on the calendar.



# P A R K S

## and playgrounds



Parque de Las Llamas, Santander

When kids' patience runs out it is essential to find a children's playground or recreation area where they can let off steam.

**Potes:** Children's playground very near the Plaza de La Serna.

**San Vicente de la Barquera:** Children's playground in Avenida Miramar next to the bus station.

**Comillas:** Large park for running opposite the Palacio del Marqués de Comillas.

**Mazcuerras:** The recreation area of Mazcuerras near Cabezón de la Sal has a large space for games and a river walk.

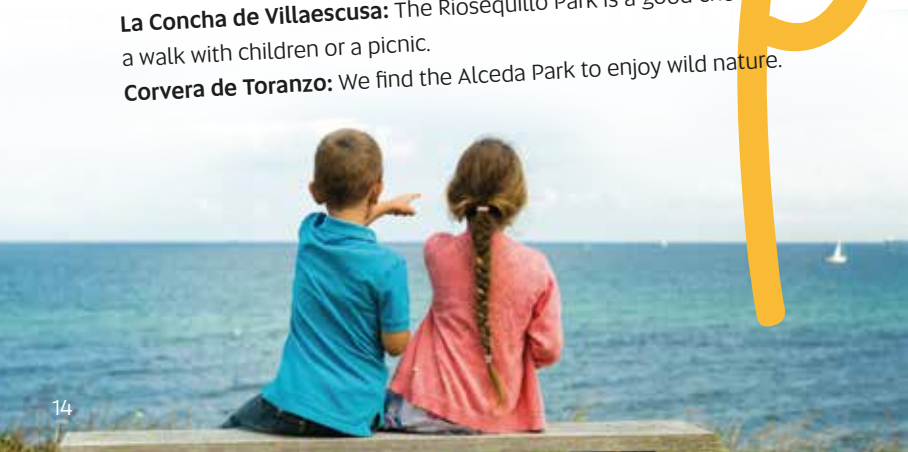
**Ucieda:** La Casa del Monte, a large space for children's games.

**Bárcena Mayor:** If you take a stroll towards Poza Negra you will find the Braña Castrillo area, with a park, picnic areas, and children's games.

**Cervatos:** Near the collegiate church of San Pedro alongside the River Marantes there is a small children's playground.

**La Concha de Villaescusa:** The Riosequillo Park is a good choice for a walk with children or a picnic.

**Corvera de Toranzo:** We find the Alceda Park to enjoy wild nature.





**Reinosa:** The Parque de Cupido in the Avenida de Castilla surrounded by many catering options.

**Santillana del Mar:** The Parque de Revolgo is large and has a children's playground.

**Suances:** Children's playground on the promenade alongside the La Concha Beach.

**Puente Viesgo:** Children's playground alongside the old station and a cycle touring route.

**Liérganes:** Children's playground alongside the FEVE station.

**Ribamontán al Mar:** Large park at the Plaza Central de Somo. Promenade alongside the beach. Somo also has a skatepark which gives skating classes. Surfing classes and surf camps are also available.

**Santander:** The Parque de las Llamas in the vicinity of the Racing football stadium, the Parque de La Magdalena, the Pereda Gardens in the Centre, the Parque de Mataleñas, and the El Faro zip lines park.

**Noja/Isla:** The children's playground of Los Pinares in the Ris area.

**Santoña:** On the Paseo Pereda alongside the beach there is a large park with a children's playground.

**Laredo:** Large playing area in the Parque de la Avenida España and the Alameda Miramar.

**Castro Urdiales:** At the port, a playing area in the Parque de Amestoy. There is also a skating circuit and a children's zip line in the Parque de Ostende and the park of the gardens of the Casa de Cultura.

**Torrelavega:** The Parque de La Viesca is a former mining complex which has been converted for use as a public leisure space.



# A C T I V I T I E S

## for all

Although the [turismodecantabria.com](http://turismodecantabria.com) website has much updated information on activities and on service companies, these are the most important general ideas.

## CYCLE TOURING

Some of the greenways and cycle lanes of Cantabria are suitable for children with their gentle slopes and complete safety.

### El Pas Greenway

The 6-km section between **Astillero and Obregón** and that of 2.8 km alongside the river between **San Vicente de Toranzo** are the easiest and most accessible.



### La Ribera Path

A particularly easy section is that of 7 km between **Suances and Viveda** alongside the River Saja. It then continues to **Torreleva, Cartes, Riocorvo, and Los Corrales de Buelna**. In Viveda there is a large car park and in Suances bikes can be hired alongside the port.







### Santander

Cycle lane alongside the sea from the Paseo de Pereda to El Sardinero via the beaches of La Magdalena. A fun alternative way of discovering the city. There is a municipal bike hire service.

## ADVENTURE PARKS

Zip lines, Tibetan bridges, and other challenges to enjoy with the family. There are installations of this kind in **Camaleño** (Liébana), **Ruente** (Saja-Nansa), **Alceda** (Toranzo Valley), **Mataleñas** (Santander), and excellent indoor facilities in **Cicero** (Trasmiera).



## HIKING

Many signposted routes have been prepared in all districts and here is a selection (estimated time for walking with children aged at least 10).

**Asón-Agüera:** Pico Candiano Route from Padiérniga (there and back). Views of the sea from the peak.

**Total distance:** 7 km

**Ascent:** 325 m **Time:** 2:15

**Besaya:** Monte Tejas Route leaving and arriving in Tarriba. Alongside the Palaeolithic cave of Hornos de la Peña.

**Total distance:** 9.5 km

**Ascent:** 300 m **Time:** 2:50

**Campoo and Valderredible:** Pico Tresmares Route from the hill of the Chivo Fountain. There and back to the hydrological peak of the Iberian Peninsula.

**Total distance:** 3 km

**Altitude:** 200 m **Time:** 1:00





**Costa Central:** Monte Corona from Rioturbio.  
Magnificent walk between oaks.

**Total distance:** 8.3 km

**Ascent:** 160 m **Time:** 2:15

**Liébana:** Fuente Dé. From the El Cable Viewpoint to the Hotel Áliva and back.

**Total distance:** 7 km

**Ascent:** 100 m **Time:** 2:30

**Saja-Nansa:** River path along the Nansa from Muñorrodero to Cades.

**Total distance:** 14 km **Ascent:** 150 m

**Time:** 4:00. It can be halved (Trascudia hydroelectric power station).

**Santander and its surroundings:** Costa Quebrada from the Virgen del Mar to La Arnía. Spectacular geology.

**Total distance:** 7 km

**Ascent:** 100 m **Time:** 2:00

**Trasmiera:** Marshes of Joyel and Noja. Santa Olaja Mill and Casa de Mareas.

**Total distance:** 2.7 km

**Ascent:** 0 m **Time:** 50

**Pasiego Valleys:** Nevera de Fiñumiga Route from Mirones. Ancestral customs in the Miera woodland.

**Total distance:** 7 km

**Ascent:** 150 m **Time:** 2:30





## SURFING AND BODYBOARDING

Almost all Cantabrian beaches have surfing and bodyboarding schools willing to organise a family experience on the waves.

## GOLF

Various golf courses, including those of Nestares and Abra del Pas Celia Barquín, provide courses for beginners so you can make contact with this sport.

## SKIING

The Alto Campoo Skiing and Mountain Resort is ideal for beginners and has a large area where children can ski.

## VIAS FERRATAS

One of the most popular open-air events for enthusiasts of adventure sports.

**La Hermida:** Low difficulty.

**Pozo Millar:** Average difficulty.

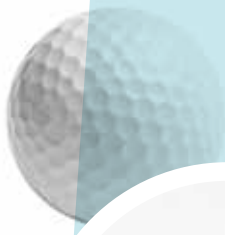
**Camaleño:** Low-average difficulty.

**El Cáliz:** High difficulty.

**El Risco:** High difficulty.

**Socueva:** Very high difficulty.

**El Torreón:** Low difficulty.





# A

## CANOEING

A trip by canoe is a different way of discovering Cantabria. The most popular sections for the family are on the lower reaches of the Deva (Unquera) and the Asón (Ampuero).



## BOAT TRIPS

Boat trips can be taken in San Vicente de la Barquera, Suances, Santander, Santoña, Laredo, Castro Urdiales, and also at the Ebro Reservoir.

## SAILING SCHOOLS

Short courses for children are given in Santander, Laredo, Santoña, Castro, and Pedreña...





# C A B Á R C E N O

## nature park

The Cabárceno Nature Park is a space that has been conceived to house animals from the five continents in semi-freedom over large areas, aiming to reproduce the original habitat of each species in such a way that it adapts to the park as well as possible and can breed normally. Bears, elephants, tigers, lynxes, giraffes, ostriches, zebras, hippos, rhinoceroses, and lions roam freely under the surprised gaze of visitors. The gorillas' enclosure is noted for being the largest in Spain to hold these great apes; their games cause a sensation among children. Located 17 km from Santander, the Cabárceno Park occupies a surface area of 750 hectares.

It has two entrances, one in Obregón (west entrance) which is generally more crowded, and another in Cabárceno (east entrance). Visitors can freely explore the network of roads in the reserve by car; there is also a hiking circuit and a cable-car service to give the user a panoramic aerial view.





The installations of the park include in particular a farm and an environmental education classroom, a space for demonstrating the flight and hunting techniques of birds of prey, another for exhibiting sea lions, a reptile house, and various buildings housing catering services and souvenir shops.

One of the main objectives of the reserve is to develop conservation and breeding programmes for threatened species such as the African elephant, the tiger, the brown bear, the gorilla, the European bison, and the white rhinoceros.

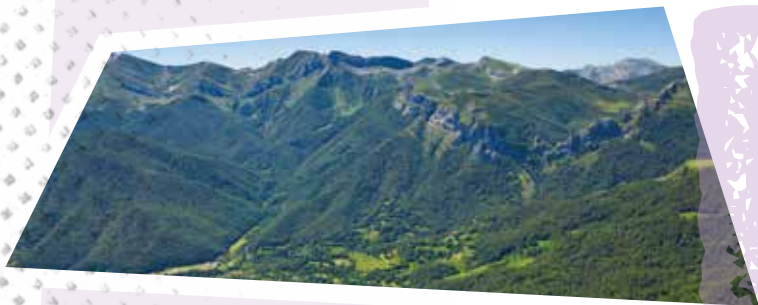


# F U E N T E D É

## cableway

For many children and also adults this is the place where they have first travelled on a cableway; the Fuente Dé glacial cirque.

In the Liébana district in the heart of the Picos de Europa National Park we find this modern cable-car with a capacity of 20 passengers, which rises 753 metres and reaches the upper station of El Cable in a few minutes. Here there is a vantage point looking over the void where you can contemplate the Liébana Valley in all its splendour.



The National Park is one of the last refuges for certain threatened species such as the brown bear and the capercaillie; more abundant species include the roe deer and the chamois. Its vegetation includes magnificent samples of Atlantic woodland (mainly beeches and oaks) which coexist with Mediterranean holm oaks dominating the Liébana Valley bottom: on the highest areas of the Picos there is a high mountain flora of great botanical interest.





The park is noted for the height of the Cantabrian peaks of Peña Vieja (2,613 m), Morra de Lechugales (2,441 m), and Peña Remoña (2.239 m).

The landscape of the area is completed by the pretty and welcoming villages at the foot of the crags with their interesting popular architecture, which includes the last raised granaries in Cantabria.



# R U R A L T O U R I S M

with children



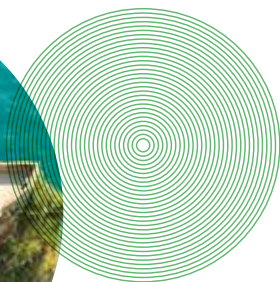
Potes

In Cantabria there are approximately 800 rural tourism establishments, camp sites, and hostels which give you a unique opportunity to get to know the natural environment, the landscapes, and the customs of each region, and also all kinds of active tourism experiences.

## Asón-Agüera

It occupies the most easterly part of the Cantabrian coast and includes areas of high ecological value such as the Collados del Asón Nature Reserve. The highest part of the district has some of the largest caves in Europe.

**A unique experience:** Potholing in one of the caves of the district such as the Escalón or the Coentosa.  
[www.cantabriaorientalrural.es](http://www.cantabriaorientalrural.es)





### Besaya

Since ancient times roads to La Meseta have been opened up alongside the course of the River Besaya. Unspoilt woodland and mountains alternate with villages with a rich heritage from all historical periods.

**A unique experience:** Walking the Roman road between Somaconcha and Pie de Concha.  
[www.altobesaya.es](http://www.altobesaya.es)



### Campoo-Los Valles

This district of transition to the Castilian plateau is redolent with history (the Roman ruins of Juliobriga) and with art. It holds the most valuable Romanesque ensemble of religious art in Cantabria and fine cave chapels. The River Ebro has its source here (at Fontibre) and its capital is Reinosa.

**A unique experience:** The Tracks of the Billy Goat, a tourist route on a snow groomer from the Alto Campoo Skiing and Mountain Resort.  
[www.altocampoo.com](http://www.altocampoo.com)

The Romanesque interpretation centre of Villacantid is very suitable for children owing to its high interactive content. interactivo.

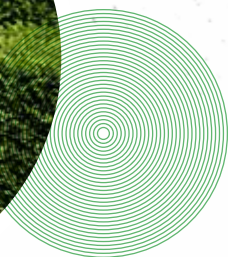
(+34) 942 598 425. [culturadecantabria.com](http://culturadecantabria.com)







Villapresente Maze



### Central Coast

The Central Coast of Cantabria extends from Miengo west of Santander to Comillas and includes towns of note such as Santillana del Mar, Comillas, Cóbreces, and Suances.

**A unique experience:** Getting to know the orangutans, wolves, lions, thousands of birds, butterflies, and snakes of the Santillana Zoo, or trying to find the way out of the Villapresente Maze.

### Liébana

Protected by the heights of the Picos de Europa, it enjoys a Mediterranean type microclimate with crops such as the vine and trees such as the cork oak. Its capital Potes is the starting point for visiting the Monasterio de Santo Toribio or the Fuente Dé cableway.

**A unique experience:** Visiting a real cheese factory and learning how cheese is made.

[www.turismodecantabria.com](http://www.turismodecantabria.com)



### Saja-Nansa

A district which combines the high environmental value of its natural landscapes and areas (Saja-Besaya and Oyambre Nature Reserves) with historical-artistic ensembles such as those of San Vicente de la Barquera, Carmona, Bárcena Mayor, or Tudanca.

**A unique experience:** A stonemason for a day workshop where you will learn to work the stone.

[www.turismodecantabria.com](http://www.turismodecantabria.com)

### Trasmiera

This corresponds to the former Merindad de Trasmiera, which extends between the bays of Santander and Santoña. It has a great variety of beaches (Somo, Loreda, Langre, Isla, and Noja) where activities such as surfing come to the fore together with golf (Pedreña and Villaverde de Pontones).

**A unique experience:** A boat trip to get to know the habitat of the osprey on the estuary of the River Miera which is part of the 2000 Natura Network. [www.turismodecantabria.com](http://www.turismodecantabria.com)

### Pasiego Valleys

The migratory way of life of the Pas Valley people has given rise to a peculiar habitat characterised by scattered huts and a trading culture which is expressed in elements such as the pannier or sponge cake. Vega de Pas, San Pedro del Romeral (crossed by the River Pas and its tributaries), San Roque de Riomiera, and Liérganes (bathed by the River Miera) are the most representative villages.

**A unique experience:** Visiting a bakery of genuine genuine quesadas and sobaos pasiegos (cheese and sponge cakes) from the Pasiego valleys. [www.vallespasiegos.org](http://www.vallespasiegos.org)





# FEAST DAYS

## with the family

**Twelfth Night procession** (5th January) If your visit to Cantabria coincides with the Epiphany season, the procession of Santillana del Mar (a festival of National Tourist Interest) is held in the streets of this charming town with its particular characters. In addition the processions of Seña (Limpías) and Castanedo, and Carriazo and Galizano (Ribamontán al Mar) are festivals of Regional Tourist Interest.

**Bisontere** (last week in May) An international puppet festival which takes place each year in the streets, plazas, and cultural spaces of Santillana del Mar. [bisontere.es](http://bisontere.es)

**Cantabria Children's Day** (First Sunday in June) This fun festival to celebrate regional culture is held in the Parque de La Magdalena (Santander). The programme includes activities such as an exhibition of aluche (ancient Cantabrian wrestling) and other rural sports such as the milk churn race, tug of war, pasiego jumping, and cutting tree trunks.

**Mythological festival** (mid-August) in Barriopalacio (Anievas).



El Cristo, Comillas



**Battle of Flowers** (last Friday in August). A procession of floats covered in flowers organised by the neighbours' associations (ITN) of Laredo.

**Cantabrian Wars** (last weekend in August and first in September) This festival of International Tourist Interest is held in Los Corrales de Buelna and commemorates the clashes between Cantabrians and Romans reproduced by hundreds of locals in period costume. guerras-cantabras.net

**MAF International Exhibition of Fantastic Art** (last week in September) A week of visual shows (performances, magic, projections, technology...) in the scenic spaces and the streets of Santander.

**Hoky Popi Music** (week of 25th July)

This teenage music festival features top Spanish music stars and coincides with the Semana Grande (Big Week) of Santander.





# GASTRONOMY FOR KIDS

## what to order

Travelling with kids in Cantabria is an excellent opportunity to introduce them to new tastes and satisfy their curiosity about the pleasures of good healthy eating. Here are our suggestions.

### **Rabas (Calamari slices)**

Easy to share and with a pleasant taste and texture, calamari slices are the appetiser par excellence all over Cantabria, especially in coastal areas.

### **Cheeses**

Among the typical cheeses of Cantabria, the most suitable for children are soft ones such as white cheese, cream cheese, and even the quesucos de Liébana.

### **Vegetables**

Many children have still not discovered how much they like vegetables. Creamy white kidney beans are ideal owing to their taste and smoothness, whether on their own or in a mountain stew. If you show them first the kitchen garden where the beans are grown, they're sure to want to try them. The same can be said of salads of local tomato and lettuce.

### **Meats**

Cantabria is a land of excellent meat presented in the traditional cuts of escalope and sirloin. With children in mind more and more establishments are offering hamburgers of organic meat reared in Cantabria.







### **Fish**

Fish is the matter pending on the menus of many children. The Cantabria markets supply the restaurants with extremely fresh fish of the season. The easiest to eat and the most in keeping with children's tastes are hake, bonito, and bocartes (anchovies).

### **Rice**

The rice eaten in Cantabria has to be imported, but on the other hand the local restaurants have the best ingredients from the sea (molluscs, crustaceans, and fish) for making tasty paellas.

### **Sweets**

Children (and adults too) go mad over the quesadas and sobaos (cheese and sponge cakes) from the Pasiago Valleys, for breakfast, for tea, or as a snack. They will also love the typical puff pastry of Cantabria (corbatas in Unquera, pantortillas in Reinosa, sacristanes in Liérganes, and polkas and other variants in Torrelavega).

### **Ice cream**

Owing to the dairy tradition of the region, it is very easy to find handcrafted ice cream in Cantabria. Ice-cream parlours are located in pedestrian areas but are also to be found everywhere on the beaches and in leisure areas and at events in the form of "mobile branches". If it's ice cream you want, be sure to ask for Cantabrian handcrafted ice cream.





## INFORMATION OF INTEREST

### TOURIST OFFICES BELONGING TO THE GOVERNMENT OF CANTABRIA

#### SANTANDER

Regional Tourism Office  
Mercado del Este. Hernán Cortés, 4. 39003  
Tel. 942 310 708 Fax 942 313 248  
Teléfono Vacaciones: 901 111 112  
Infocantur: 902 210 112  
turismosantander@cantur.com

#### CASTRO URDIALES

Parque Amestoy, s/n. 39700  
Tel. 942 871 512 Fax 942 871 337  
turismoastro@cantur.com

#### LAREDO

Alameda Miramar, s/n. 39770  
Teléfono y Fax 942 611 096  
turismolaredo@cantur.com

#### SANTILLANA DEL MAR

Jesús Otero, 20. 39330  
Tel. 942 818 251 Fax 942 840 265  
turismosantillana@cantur.com

#### SEVE BALLESTEROS SANTANDER AIRPORT

Arrivals terminal  
39600 Camargo. Tel. 942 250 904  
turismoaeropuerto@cantur.com

#### SANTANDER FERRY STATION

Estación Marítima, s/n. 39003  
Abierta en días de Ferry/cruceros

#### SANTANDER BUS STATION

Plaza de las Estaciones, s/n. 39002  
Tel. 629 910 440  
Abierta en verano, Semana Santa y puentes  
turismoestacionbus@cantur.com

#### UNQUERA

San Felipe Neri, s/n. 39560  
(junto a Casa de Cultura Villa Mercedes)  
Tel. 690 602 107  
turismounquera@cantur.com  
Open in Easter and summer

#### TORRELAVEGA

Plaza José María González Trevilla  
(Pequeñeces)  
39300 - Tel. 942 133 077  
turismotorrelavega@cantur.com

#### CABÁRCENO NATURE PARK

(By the Reptile House)  
Open in Easter and summer  
Tel. 606 592 281  
infoturcabarceno@cantur.com

#### PILGRIM INFORMATION LEBANIEGO STUDIES CENTER, PILGRIM AID

Tel. 942738 126

### MUNICIPAL TOURISM OFFICES OPEN ALL YEAR ROUND

#### SANTANDER

Jardines de Pereda, s/n. 39002  
Tel. 942 203 000 - Fax 942 203 005  
turismo@ayto-santander.es

#### CABEZÓN DE LA SAL

Botín, 1. 39500. Tel. 942 700 332  
turismo@cabezondelasal.net

#### CASTILLO (ARNUERO)

Antiguas Escuelas Castillo 7 Villas. 39193.  
Tel. 942 637 915  
museohedilla@ecoparque.info

#### COMILLAS

Town hall ground-floor  
Joaquín del Piélagu, 1. 39520  
Tel. 942 722 591 Fax 942 720 037  
oficinadeturismo@comillas.es

#### FONTIBRE

Argüeso castle  
Hermanidad de Campoo de Suso. 39212.  
Tel. 942 779 607  
cunadelebrofontibre@gmail.com

#### LIENDO

Town hall ground-floor  
Barrio Hazas, 53. 39776  
Tel. 942 643 026  
turismo@aytoliendo.org

#### NOJA

Plaza de la Villa s/n, 79-81. 39180  
Teléfono y Fax 942 630 306  
oficinadeturismo@ayuntamientodenoja.com

#### POLIENTES

(Facing the Museum of Ethnography)  
Barrio La Huertota. 39220  
Tel. 942 776 146 Fax 942 776 155  
cultura@valderredible.es

#### POTES

Lebaniego Studies Center. 39570.  
Tel. 942 730 787  
turismopotes@yahoo.es

#### RAMALES DE LA VICTORIA

Fundación Orense  
Paseo Barón de Adzaneta, 8. 39800  
Teléfono y Fax 942 646 504  
turismo@cantabriorientallrural.es

#### REINOSA

Avda. del Puente de Carlos III, 23. 39200  
Tel. 942 755 215 Fax 942 751 147  
turismo@aytoreinosa.es

#### SANTOÑA

Palacio de Manzanedo. 39740  
Teléfono y Fax 942 660 066  
oficinadeturismo@turismosantona.com

#### SAN VICENTE DE LA BARQUERA

Avda. del Generalísimo, 20. 39540  
Tel. 942 710 797 Fax 942 712 251  
oficinadeturismo@sanvicentedelabarquera.es

#### SUANCES

Mirador Vuelta Ostrera. 39350  
Teléfono y Fax 942 810 924  
turismo@aytosuances.com

#### VILLACARRIEDO

Pl. Jacobo Roldán Posada, 1-2pl. 39640  
Tel. 942 591 999  
agencia@vallespasiegos.org

### TOURIST ATTRACTIONS

#### ALTAMIRA MUSEUM

39330 Santillana del Mar  
Tel. 942 818 815 / 942 818 005  
museodealtamira.mcu.es

#### EL SOPLAO CAVE

Rábago. Tel. 902 820 282.  
www.elsoploa.es

#### MONTE EL CASTILLO CAVES VISITOR CENTER

Puente Viesgo. Tel. 942 598 425  
cuevas.culturadecantabria.com

#### HORNOS DE LA PEÑA CAVE

S. Felices de Buelna.  
Tel. 942 598 425  
cuevas.culturadecantabria.com

#### COVALANAS CAVE

Ramales de la Victoria  
Tel. 942 598 425  
cuevas.culturadecantabria.com

#### EL PENDO CAVE

Escobedo de Camargo  
Tel. 942 5a98 425  
cuevas.culturadecantabria.com

#### CHUFÍN CAVE

Riciones. Tel. 942 598 425  
cuevas.culturadecantabria.com

#### MUSEUM OF PREHISTORY AND ARCHEOLOGY OF CANTABRIA. MUPAC

C/ Bailén s/n. 39003  
Tel. 942 209 922  
www.museosdecantabria.com

#### ETHNOGRAPHIC MUSEUM OF CANTABRIA

Muriedas. Tel. 942 251 347  
www.museosdecantabria.com

#### CANTABRIAN MARITIME MUSEUM

S. Martín de Bajamar s/n. Santander  
Tel. 942 274 962. www.cantur.com

#### REGIONAL NATURE MUSEUM

Carrejo. Tel. 942 701 808  
www.museosdecantabria.com

#### CABÁRCENO NATURE PARK

Tel. 942 563 736  
www.parquedecabarceno.com

#### ABRA DEL PAS GOLF COURSE

Mogro. Tel. 942 577 597.  
www.cantur.com

#### NESTARES GOLF COURSE

Las Eras s/n. Tel. 942 771 127.  
www.cantur.com

#### ALTO CAMPOO SKI AND MOUNTAIN RESORT

Brañavieja. Tel. 942 779 223  
www.altocampo.com

#### FUENTE DE CABLE CAR

Tel. 942 736 610 www.cantur.com

#### CASONA DE TUDANCA

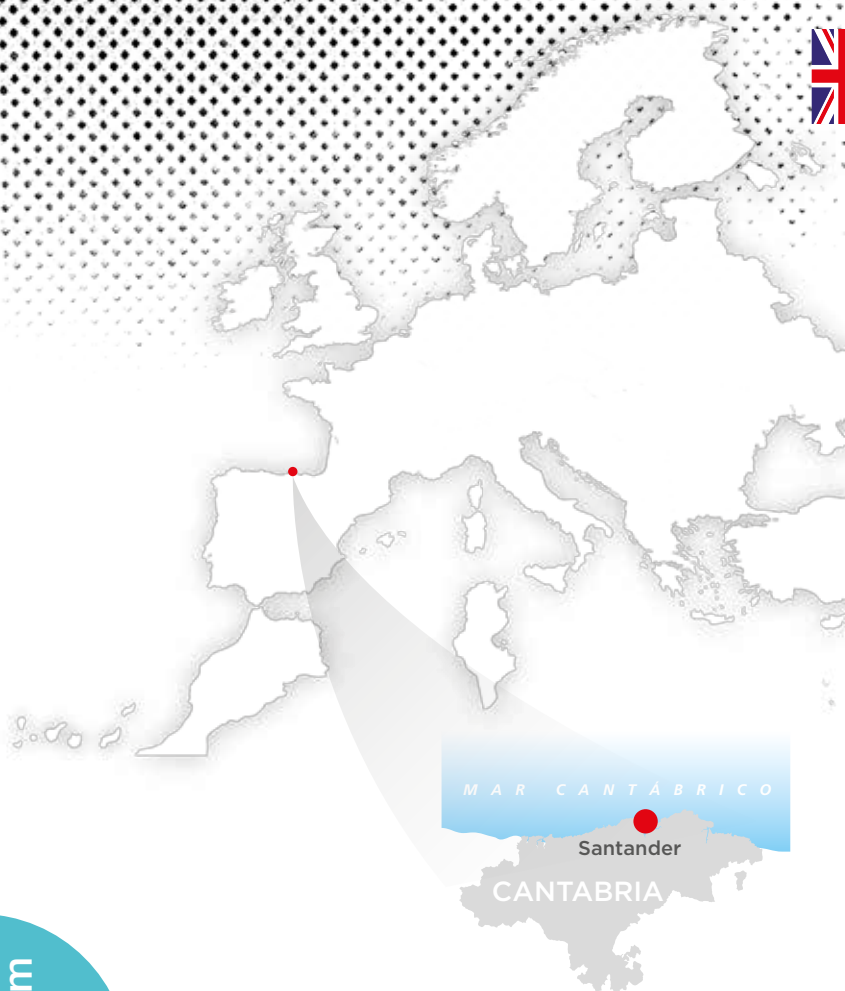
Tel. 942 598 425  
www.museosdecantabria.com

#### JULIÓBRIGA DOMUS VISITORS CENTER

(Retortillo). Tel. 626 325 927  
culturadecantabria.com/juliobriga.asp

#### CAMESA-REBOLLEDO ROMAN AND MEDIEVAL ARCHAEOLOGICAL SITE

Tel. 626 325 932  
culturadecantabria.com/camesa.asp



[www.turismodecantabria.com](http://www.turismodecantabria.com)



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