



**ECAMAR (TM)**

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**33700 Luarca - Asturias - Spain**

*"Asturias,  
God has painted colors  
between your land and your souls.  
God has carved  
the belly of your mountains.  
And the sea has become your friend  
it has given you the result,  
the fruit of his spine.  
He has put in your green valleys  
and color in your mountains,  
and people put in your effort,  
struggle and longing.  
While you're away, Asturias,  
I feel your calm  
you always carry with me  
as written in the soul" Anonymous*



Our business offers you a wide variety of activities to enjoy in all seasons. Not only is it worth visiting us in Summer but also the rest of the year provides interesting adventure activities like these:

- **Scuba diving:** from May to September enjoy our marine life in clear water with high visibility.
- **Horseback riding:** visit our most important natural places riding our magnificent horses. A picnic bag will be given for long daytrips
- **Paintball:** aim at your friends and shoot them. In our private forest you will find many hidden places to ambush your opponents
- **Buggies:** If you love nature but you hate to walk slowly this is your activity
- **Canoe trip:** enjoy our fast and nice rivers rowing in a single or double canoe. Spring and Summer are the best seasons to do this
- **Trekking:** you can walk on unused paths and enjoy the environment. Each season has something special to see



*Combined tickets are available for more than one activity and can save you money*

## *Places to visit*

### **Landscapes:**

In Luarca and its surroundings you can go sightseeing along the coast of the Cantabrian Sea, where you will discover impressive beaches and amazing cliffs or, if you prefer, you can enjoy the mountains and their small villages that offer the visitors amazing landscapes.

Three points you should not miss are the nearby beaches of Barayo and Cueva, Puerto de Vega, a sailor village, and the reservoirs and the banks of the middle part of the Navia river.

### **Buildings and museums:**

The monuments around Luarca's graveyard explain how the past inhabitants of Luarca lived, the Museum of the Sea, in which exotic fish and enormous dead squid are shown and the beautiful house where the Nobel Prize winner scientist Severo Ochoa was born.

## *Food*

### **What to eat**

You can choose between a wide variety of traditional food: the seafood is delicious, the steaks of our cows are juicy and, of course, our fabada (beans with meat and Spanish sausages) is sincerely excellent. Any decision you make will be correct, there is no bad food here.

### **Where:**

It depends on how much money you want to spend. Though all the restaurants are excellent we strongly recommend you to go to "El Noray" or the "Sport" if you love seafood, both of them are located in Luarca.

## *Accommodation*

There are lots of hotels and houses to hire, but especially in summer it is very difficult to park the car in Luarca so try to look for accommodation with its own car park. You can book your accommodation by surfing the Internet but be careful with the distances to the main villages.

## *How to reach the area*

If you are a foreign tourist the best way to arrive here is by flying to Asturias airport and after that, going along the A-8 motorway which will take you less than an hour. You can choose between hiring a car or public transport like the bus or taxi.

