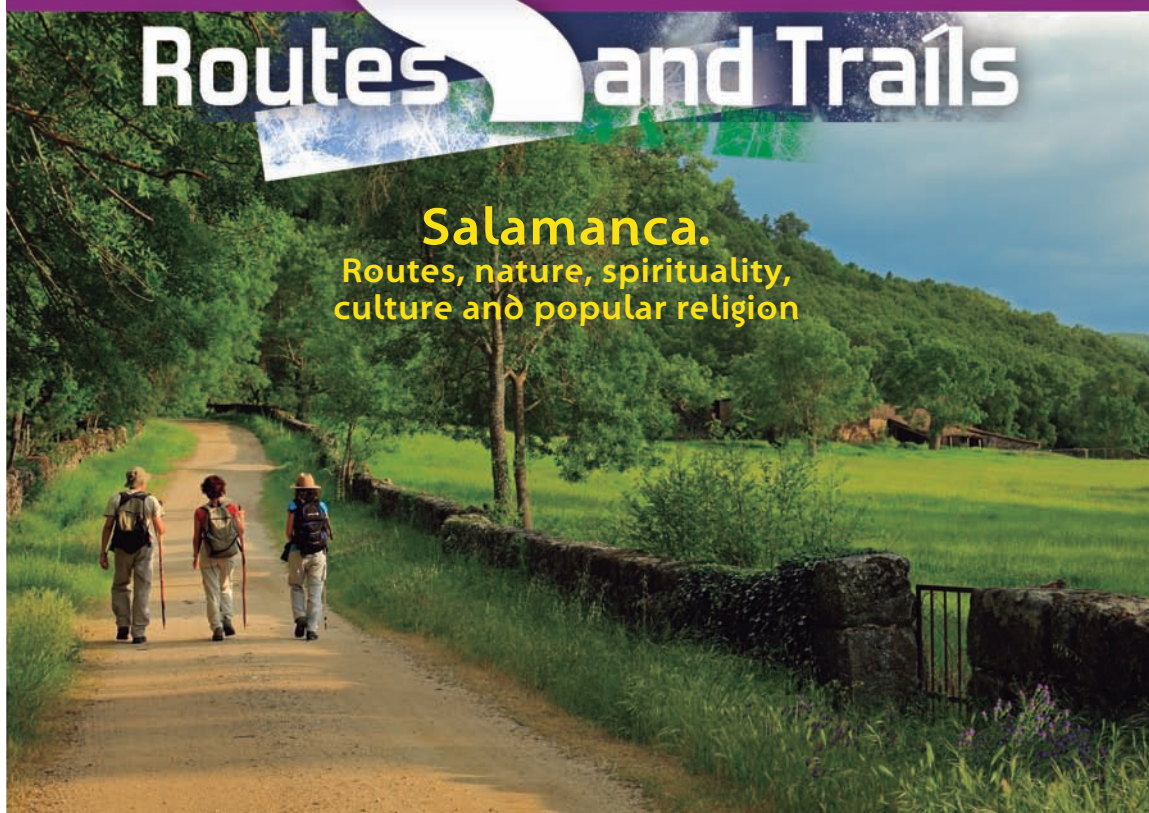


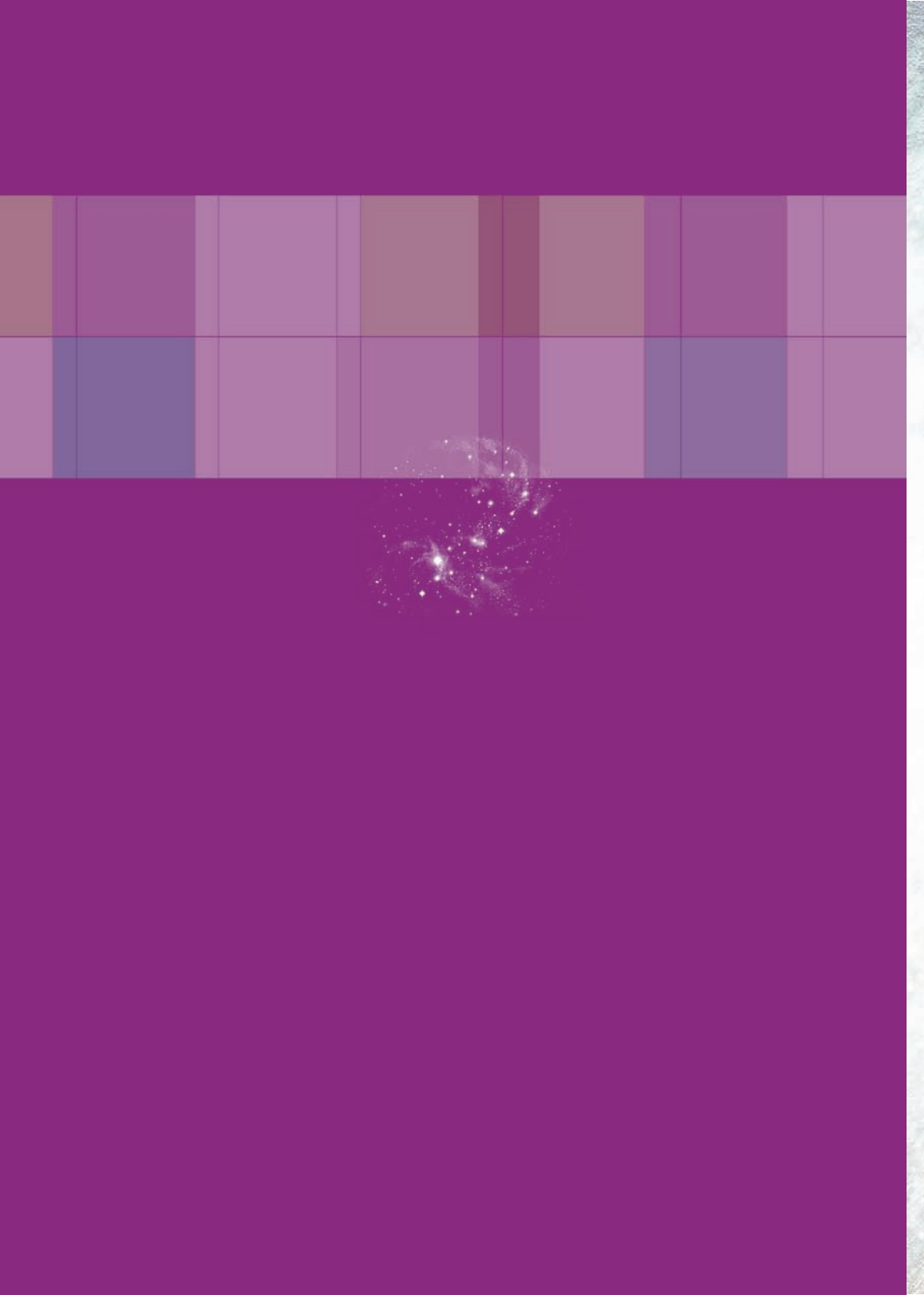


Routes and Trails

Salamanca.

Routes, nature, spirituality,
culture and popular religion







Routes and Trails

Pilgrims to Santiago, Rome, and Jerusalem... And walkers...

For those of you who are aware that walking is more than just a sport, it is peace and tranquillity, silence, a slowing down of time, of no longer being an individual but rather "part of a whole", where monotony does not lead to sense of boredom, but rather to a gateway ... , then please come to Salamanca.

We have six truly spectacular routes, lasting one day, three days or a week, personalized or set, some leisurely, while others require a great deal of effort. But all of them designed so that you can discover a part of the country with a natural landscape and culture that are difficult to beat; and to be able to enter, although you are under obligation to do so, into a singular human and religious experience.

Experiences with ties to popular religion such as the **"El Sendero del Cristo de Cabrera"** (the Cristo de Cabrera Trail), of scarcely more than three kilometres, with its unexpected reward at the end.

A long route, **"La Vía de la Plata"** (the Silver Way), the Southern Way of Saint James, where you will become part of a both an ancient and a modern-day community of walkers.

A route with Teresian undertones, from Avila to Alba de Tormes, **"De la cuna al sepulcro"** (From the Cradle to the Grave), also long, considered to be a metaphor of a life, namely that of the "errant Saint", and of a way of life and behaving; and walking, a simple process of essential learning.

Another route – **"El Camino de la Peña de Francia"** (Peña de Francia Way)– which takes a great deal of effort to get to the top of the sacred mountain that proudly looks over the region, with its "Virgen Negra" (Spanish for "Black Virgin"), the queen of popular fervour.

"El Camino de San Francisco" (The Saint Francis Way), which must also be tackled in stages, stretches from Ledesma to Ciudad Rodrigo and follows the route taken by the significant yet very humble figure of Saint Francis of Assisi.

And the city of Salamanca itself, the **"Huellas de Teresa"** (Traces of Teresa) and the experience of discovering and building ones own story with the Saint as the central theme.

Pilgrimages, spiritual and religious routes in the most liberal and copious sense of the word, that cater of all beliefs and all publics. And foremost, an experience that we would recommend to all walkers.



SENDERO DEL CRISTO DE CABRERA

The landscape and popular religion

It is 3.3 km there and another 3.3 km back, more than enough to reveal – in this cluster of religious routes – the peculiar relationships that exist between nature, spirituality and the landscape.

It makes for a pleasant and peaceful stroll through one of the special areas of the province of Salamanca, on

horseback between the prairies and the mountains, making your way between Holm oak down in the valley and the Pyrenean oak up in the hills. A fusion of landscapes and backdrops resplendent with colour sounds and scents.

The treasure you will discover when you get there is a 2-m-tall wooden “Christ”, which despite its somewhat medieval hieratic pose, appears to be awaiting us to embrace us and to offer us protection.

A figure that in fact inspired Miguel de Unamuno, to write a poem about it. As did Gabriel y Galán, born nearby, in Frades de la Sierra, and whose texts appear on panels that accompany us along the route.

This so called “Christ of the pasturelands”, has its own Brotherhood –www.cofradia-cristodecabrera.com– with its very own pilgrimage, paying homage to popular religion and a sense of belonging.



Ermita del Cristo de Cabrera



Distance: 3.3 km. | Difficulty: low | Length: 45 min.





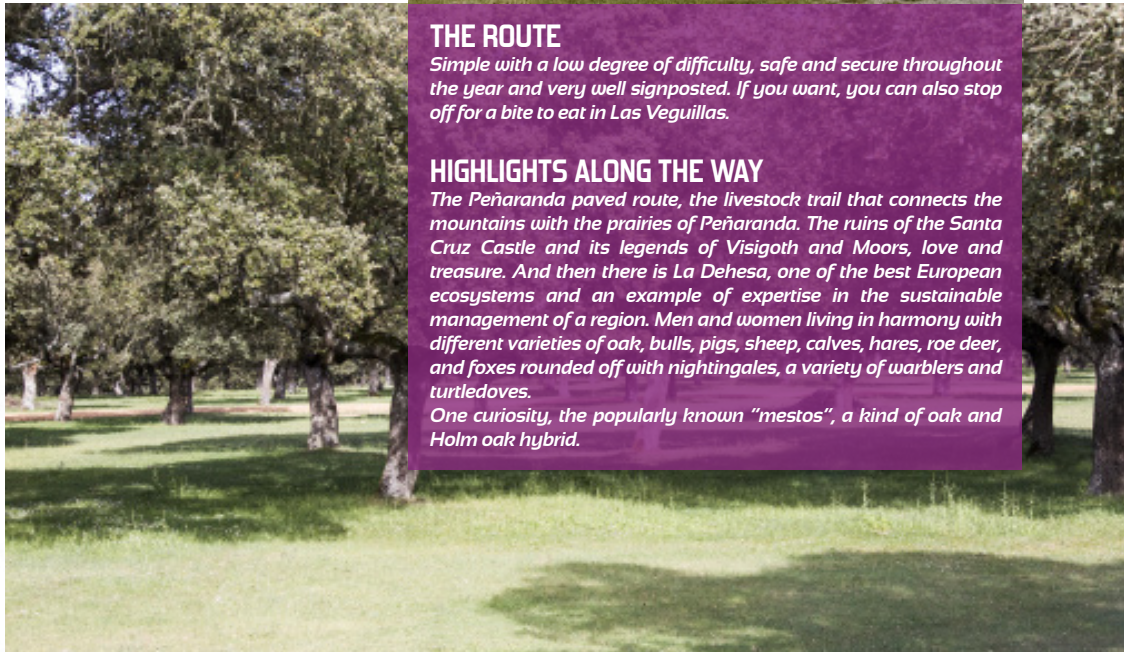
THE ROUTE

Simple with a low degree of difficulty, safe and secure throughout the year and very well signposted. If you want, you can also stop off for a bite to eat in Las Veguillas.

HIGHLIGHTS ALONG THE WAY

The Peñaranda paved route, the livestock trail that connects the mountains with the prairies of Peñaranda. The ruins of the Santa Cruz Castle and its legends of Visigoth and Moors, love and treasure. And then there is La Dehesa, one of the best European ecosystems and an example of expertise in the sustainable management of a region. Men and women living in harmony with different varieties of oak, bulls, pigs, sheep, calves, hares, roe deer, and foxes rounded off with nightingales, a variety of warblers and turtledoves.

One curiosity, the popularly known "mestos", a kind of oak and Holm oak hybrid.



CAMINO DE LA PEÑA DE FRANCIA

From the Silver Way to the Peña de Francia Sanctuary

To truly understand this long and exhausting route, particularly during the latter stages with a sharp incline, there are a couple of key elements you must be aware of.

On the one hand, Its origins. It stems from the interest of the pilgrims along the Vía de la Plata, from different places and cultures, to satiate their thirst for spirituality and to look for alternative routes that would lead them to discover new shrines, monasteries, virgins...

On the other hand, the "Virgen de la Peña", one of the miraculous Spanish "black virgins", which following the Moorish occupation, was rediscovered in 1484, thanks to the insistence and "vision" of French pilgrim; Simón Vela. An image that is beloved by all the local inhabitants of the region.

Then there is the "Peña de Francia" mountain itself. One of these geographical and symbolic landmarks that is visible from all sides and on whose summit, at a height of 1,723 metres, the Sanctuary, the guesthouse and the Dominican Convent were built in the 15th century.

This is a route that requires a relentless effort but which rewards you with peace and silence, the relationship with nature that appears to have its own voice, and once at the summit, the gift of looking out onto one of these unimaginable horizons.



Distance: 72 km. | Difficulty: medium / high | Approx. length: 14hrs.



THE ROUTE

First, 72 kilometres of descent followed by a climb with an average incline of 6.3% but with a 22.5% incline at the final stretch. It is a long and demanding route, just one way, well signposted but that should be tackled in stages (during certain stages, a great deal of care should be taken as the route takes you along main roads, some of which you need to cross).



HIGHLIGHTS ALONG THE WAY

The route, which starts along the Silver Way, on the provincial border with Cáceres, via the Puerto de Lagunilla mountain pass and finishing at the Sanctuary, crosses mountain villages with their traditional architecture, great cuisine and breathtaking plains, two historic settlements, La Alberca and Montemayor del Río. A route that is kept guard over by the San Vicente Castle and nourished by the Cuerpo de Hombre river.

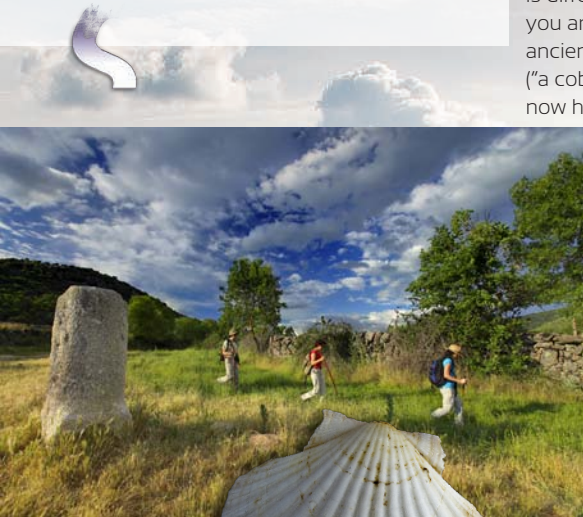
The region is a Biosphere Reserve, and its pleasant, ever changing transcendental landscape is the star of the show. Sweet chestnut, oak and cherry trees, vineyards and olive groves.

From the very start, travellers and pilgrims spoke of the wonderful hospitality and friendly hosts, and nowadays, this route provides great accommodation and mouth-watering food.



SALAMANCA EN LA VIA DE LA PLATA

The Southern Way of Saint James.
A close community of walkers and pilgrims



- Camino Peregrino
- - - - - Itinerario alternativo
- Carretera
- Autovía
- A Albergue
- C Centro de Interpretación Vía de la Plata

Walking is a simple pastime, laying down one foot after the next. But it is different depending on whether you are on a path, a city street or on an ancient road, such as the Vía de la Plata ("a cobblestone road"), which for centuries now has witnessed the passing by of many, many different people.

Built some 3,000 years ago to connect the northern Meseta plateau to the west of the Peninsular with the south, then later further improved by the Romans and used by the Moors, it took on the name of the Way of Saint James in the 9th century, the pilgrim route from the south to get to the tomb of the Apostle.

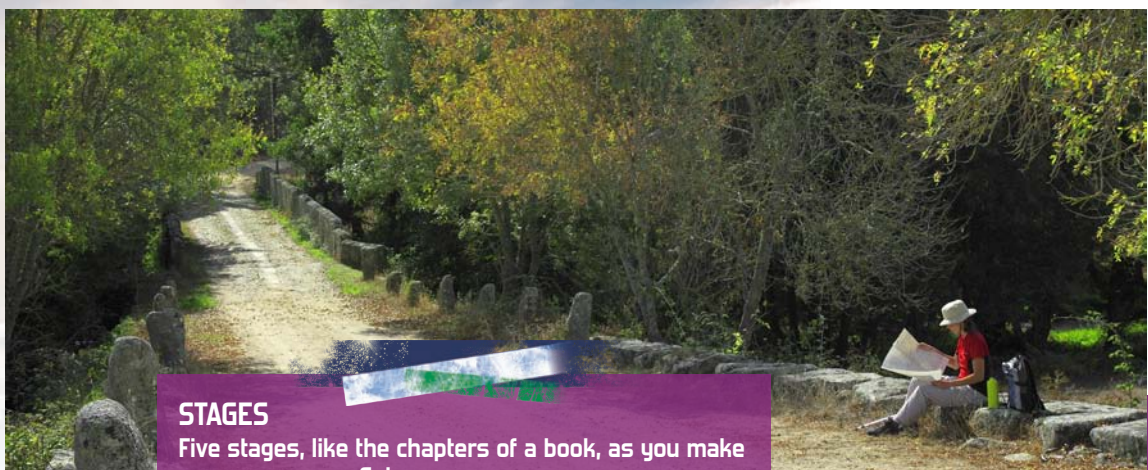
Walking the Way brings with it an air of mystery, as if you

were entering into a community of livestock farmers, muleteers, arable farmers, warriors, thugs - a bit of everything really - and of course pilgrims, who have left behind them their traces and their stories.

The Vía, along the 106-kilometer stretch through Salamanca offers up a variety of different landscapes - from sweet chestnut trees to fields of cereals, passing through pasturelands - making your way past archaeological sites, milestones, Medieval bridges, historic settlements, forts and castles. And it also takes you through the city of Salamanca, one of the most breathtaking, religious and hospitable urban landscapes of the Iberian Peninsula.



Distance: 106 km. | Difficulty: medium | Approx. length: 23hrs.



STAGES

Five stages, like the chapters of a book, as you make your way across Salamanca:

1. As you enter into the Province of the Salamanca from Caceres, via the Béjar mountain pass, to Fuenterroble de Salvatierra. 30.8 km. Woodlands, sweet chestnuts, highlands, old Roman roads, milestones, the "la Malena" bridge, the remains of the La Calzada de Béjar fortress, the Via de la Plata Visitors' Centre in Fuenterroble. Hostels in La Calzada de Béjar, Valverde de Valdelacasa and Fuenterroble de Salvatierra.

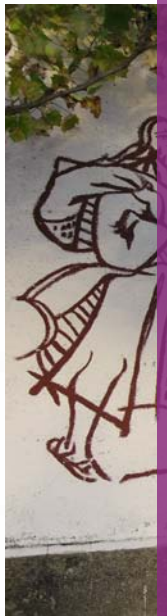


2. From Fuenterroble to San Pedro de Rozados (28.6 km). The path shares the route with the ancient livestock trail. Oak, Holm oak and endless horizon with scarcely any settlements.

3. San Pedro de Rozados a Salamanca. (19 km) Si no se quiere ir por carretera, se puede elegir un camino entre encinares ondulados y ganaderos y campos de cereal que pasa por Morille para llegar hasta Aldeatejada, y el valle del Zurguén. Y entrar por el puente romano a Salamanca.

4. From Salamanca to Calzada de Valdunciel. (17.5 km.) The Vía crosses the city from south to north, from the Roman Bridge to the Puerta de Zamora gate, passing by the Cathedral, the University, the Clerería Towers and the Plaza Mayor. Upon leaving the city, next to the stadium, take care with the signposting. Calzada de Valdunciel is a warm and very hospitable place. The cereal fields of La Armuña. Hostels in both Salamanca and in Calzada de Valdunciel.

5. From Calzada de Valdunciel to the border with Zamora. (16.5 km.) A relaxing a safe route that runs alongside the motorway, although there are no settlements and only after crossing into Zamora, do we come across the first village, El Cubo de la Tierra del Vino, that is well worth stopping at. Farm tracks.



DE LA CUNA AL SEPULCRO. RUTA TERESIANA

The route as a metaphor for life...

Cradle and the grave, birth and death, summing up as it does human existence. But in the case of Teresa, it was different, because death was not the finish line, but rather the start, of a life of devotion.

Thus, between Ávila, where she was born in 1515, and from where she escaped at the age of six to become the martyr of heretics, the place of her first Founding. And Alba de Tormes, the place where she took her last breathe in the arms of her companion... Ana de San Bartolomé, a distance of some 110 or 117 kilometres (depending on the chosen route) and .67 years.



Enough time to cross the Iberian Peninsular a number of times, always on foot, in the rain, the cold, the unrelenting sun and the wind and with her oft-mentioned "sound constitution", as she went around founding her 17 convents. And a time to learn, in preparation for another type of journey, the most important one of her life. This long route, but not too demanding between quarries, meadows, pine groves and farmed land, taking you past Teresian and Carmelite landmarks, enabling travellers to get closer and learn from the experience of an "errant saint" for

whom walking was a form of prayer, soothing energy, determination and transcendence. And for whom the finish line did not mark the end but rather a new beginning.

Distance: 110/117 km. | Difficulty: medium / low | Approx. length: 20hrs.



THE ROUTE

A well sign-posted route, level, smooth and with alternative routes, one to the north (via Peñaranda) the other to the south (via Macotera) and where you can eat well and rest well. A long route that can be tackled on foot, on horse or by bike and which you are recommended to take in stages



HIGHLIGHTS ALONG THE WAY

Ávila, World Heritage City, with its outstanding historical and cultural legacy and the constant presence of Santa Teresa. And further along the route, Gotarrendura – the pigeon loft of Santa Teresa -, Narros de Saldueña, Fontiveros – the family home and birthplace of San Juan de la Cruz-, Rivilla de Barajas, Narros del Castillo, the Duruelo Convent – the first ever Monastery of the Order of the Barefoot Carmelites -, Mancera de Abajo – the Carmelite Convent -, Macotera and its coffered ceiling, Tordillos, Peñaranda with its porticoed squares and the Descalzas Convent, Navade Sotrobal, Coca de Alba and Peñarandilla –beautiful samples of “mudejar” churches -, Garcihernández and, lastly, Alba de Tormes, with the Monastery, the tomb, the relics, the cell and the Carmelites Convent, the San Juan de la Cruz Church, the Carmelite Museum and the Casa de Alba Castle.



ruta "HUELLAS DE TERESA" EN SALAMANCA

"The city that gives life to the words of Santa Teresa"

Cities are home to "flâneurs"¹, not walkers. They are places to take a stroll, to discover, for each of us to paste together ideas of our own route, based on some suggestions, a landmark or a subject, in this case Santa Teresa.

The reasons have ties to the special "landmarks" that bear witness to her travels through the city, with the cloisters, the heirs of her "female spirituality", and with this refreshing heartbeat, so typical of Teresa, that is part of the very soul of Salamanca.

In 1570 she reached Salamanca on a "ghostly night" to found her seventh convent. The San Esteban Convent was home to her most influential and beloved confessors. The city inspired her to write her renowned "vivo sin vivir en mí" and here she wrote a good part of the Book of Foundations. Salamanca was also home to the books first publisher, Fray Luis de León, and it was at the city's University that Miguel de Unamuno put forward her name as the very first "Honoris Causa" Honorary Doctor and Patron Saint of writers. The cathedral has a chapel that bears her name and she also has her own medallion in the Plaza Mayor.

It is a city made up of many other cities and Santa Teresa also had many facets to her, many of which genuinely belong to Salamanca.



¹ Flâneur: originating from French, meaning "stroller", "pedestrian".



STROLL THROUGH THE CITY

Or rather, to do what you will, take your time, discover "exteriors" and uncover "interiors". To enjoy the pleasures of discovery, for each and every one of us to create our very own story.

OF PARTICULAR NOTEA:

HOME OF SANTA TERESA. *Her seventh Founding. The chapel, the courtyard and a chance to hear her words.*

DOMINICAN CONVENT OF SAN ESTEBAN. *The confessional where she still appears.*

SPACES OF FEMALE SPIRITUALITY.

CONVENTO DE LAS ÚRSULAS. *The convent and the museum.*

CONVENTO DE LAS CLARAS.

Traces, church, convent and coffered ceilings.

CONVENTO DE LAS DUEÑAS. *Cloister.*

MONTERREY PALACE.

Teresa and her relationship to the Casa de Alba.

THE UNIVERSITY. *The Library that houses her writings.*

Fray Luis de León, her first publisher.

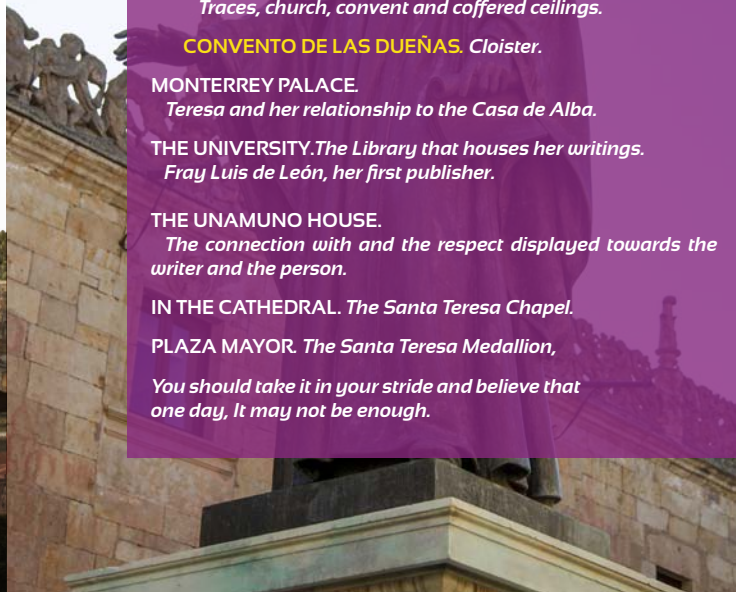
THE UNAMUNO HOUSE.

The connection with and the respect displayed towards the writer and the person.

IN THE CATHEDRAL. *The Santa Teresa Chapel.*

PLAZA MAYOR. *The Santa Teresa Medallion,*

You should take it in your stride and believe that one day, It may not be enough.



CAMINO DE SAN FRANCISCO DE ASÍS, LA VIA DALMACIA

**Following in the footsteps of the holy men.
Ledesma, Ciudad Rodrigo and Aldea del Obispo**

Saint Francis of Assisi walked these lands in around 1214, as he returned from Santiago, stopping off at Ciudad Rodrigo (formerly Miróbriga) with the aim, it would appear, of heading towards Lisbon before setting sail for the Almohad lands of North Africa. We do know that he stayed for a month in Ciudad Rodrigo in the S. Gil Hermitage, he founded the San Francisco Convent and that the Cathedral is home to the only picture he drew during his lifetime.

So this route follows the footsteps of the Saint, crossing as it does other ancient trails. The Dalmatian Way, a branch of the Roman Via de la Plata or Silver Way, and became, during the wars between Castile and Leon in a strong and fortified border line.

A route that in addition to connecting the two Historic Settlements of Ledesma and Ciudad Rodrigo, crosses some of the emblematic Salamanca ecosystems: the Dehesa pasturelands, the plains of grazing cattle, the farmed land and the rocky cliff edges.

But call It the Franciscan route, and above all travel it, is to call upon the spirit of a humble, kind and errant saint. It Is rediscovering a way of looking at nature as if it was for the very first time and to give it names, as we did during our childhood years: "sister Holm oak", "brother fox", "sister moon"....

Undoubtedly the man from Assisi was a poetic and ecological saint.



Distance: 131 km. | Difficulty: medium / low | Approx. length: 22hrs.



N



THE ROUTE

It is the longest of the routes on offer, 131 km in length. that must be tackled in stages, with a medium to low level of difficulty and an average incline of 0.9%. It is well signposted and although safe and secure, walkers should take care, primarily because on some parts of the route take you through or across main roads, towns and cities.



HIGHLIGHTS ALONG THE WAY

On the one hand, an ever changing and pleasant landscape – Campo de Ledesma – with its granite, Holm and Pyrenean oaks, extensive livestock farming, fauna, fighting bulls -, Tierras de Ciudad Rodrigo – Dehesa pasturelands and areas for grazing– the Águeda Valley and its rocky cliff edges and the Campo de Argañán, rolling hills and fertile soils along the borderlands.

And on the other hand, two fortified Historic Settlements, Ledesma and Ciudad Rodrigo, with fortresses, palaces and religious buildings. And small treasures such as Puente Mocho, the start of the Route, the bridges over the Huebra and Azaba rivers, with both imposing and diminutive churches. Then as you get closer to the border with Portugal, the Fuerte de la Concepción, one of the great bastioned defensive enclaves of Europe.



Routes and Trails



PRACTICAL INFORMACIÓN Tourism Offices



SALAMANCA

Tourism Information Office - Salamanca

Plaza Mayor 32, Tel: +34 923 21 83 42

E-mail: informacion@turismodesalamanca.com

Tourism Information Point - Province of Salamanca

C/ Felipe Espino, 1. Tel: +34 923 29 31 00

turismo@lasalina.es

ALBA DE TORMES

Plaza Mayor, 1. Tel: +34 923 30 00 24

infoturismo@villaalbadetormes

LA ALBERCA

Plaza Mayor, 11. Tel: +34 923 41 50 36

ayuntamiento@laalberca.com

CIUDAD RODRIGO

Plaza Mayor, 27. Tel: +34 923 49 84 00

omd-rosa@aytociudadrodrigo.es

LEDESMA

C/ San Miguel. Tel: +34 689 78 78 76

turismo@ayuntamientodeledesma.com

MACOTERA

Plaza Mayor, 1. Tel: +34 923 55 50 03

ayuntamiento@macotera.es

PEÑARANDA DE BRACAMONTE

Plaza de España, 21. Tel: +34 605 942 142

turismo@bracamonte.org

Pilgrim hostels along the Vía de la Plata



La Calzada de Béjar

Albergue "Alba y Soraya"

C/ Calzada Romana, s/n.

Tel: +34 923 416573 / 646410643

Places: 28 / Price: €10 / Opening times: 24 h.

www.edicionweb.com/casaalbasoraya
casaalbasoraya@wanadoo.es

Valverde de Valdelacasa

Albergue "Casa Albergue Nenufar"

C/ Iglesia, 13.

Tel: +34 680119824 / 649578821

Places: 10 / Price: €5 / Opening times: 24 h.

www.nenufar.nom.es
nenufar09@gmail.com

Fuenterroble de Salvatierra

Albergue parroquial hogar de Peregrinos Santa María de Fuenterroble de Salvatierra

Ctra. de Guijuelo. Tel: +34 923151083

Places: 60 / Price: voluntary

Opening times: 24 h.

www.viadela-plata-fuenterroble.com
aviaplata@hotmail.es

San Pedro de Rozados

Albergue "El Miliario"

C/ Rosario, 14. Tel: +34 636208086

Places: 8 / Price: €10

Opening times: after midday.

www.casamiliarios.es
www.casamiliario.com
casamiliario@gmail.com

Albergue "M^a Carmen"

C/ Oriente, 9. Tel: +34 923344075

Places: 14 / Price: €7 / Opening times: after
midday. (closed December and January)

reservas@turismoruralviacarreras.es

Morille

Albergue municipal

C/ Mayor n^o1. Tel: +34 699179786

Places: 24 and 6 / Price: €6 / Opening times: 24 h.

www.morille.es
aytomorille@morille.es

Aldeatejada

Albergue municipal

Avda. Peña de Francia, s/n.

Tel: +34 923 341001

Places: 8-10 / Price: free / Opening times: 24 h.

www.aldeatejada.es
auxiliares@aldeatejada.es

Salamanca

Albergue municipal de peregrinos

"Casa la Calera"

C/ Arcedianos n^o14.

Tel: +34 652921185

Places: 18 / Price: voluntary

Winter timetable (17h-22h)

Summer timetable (12h-13h. and 16h-22h)

www.salamancaenlaviadelaplata.es
casalacalera@salamancaenlaviadelaplata.es

Calzada de Valdunciel

Albergue municipal

C/ Cilla, 21.

Tel. +34 923 310024, 678642737,
678642690

Places: 8 beds and 4 bunk beds / Price: €5

Horario: 24h

www.calzadadevaldunciel.es

SENDERO DEL CRISTO DE CABRERA / THE CRISTO DE CABRERA TRAIL

PK. 31,8. Carretera de las Vegullas | Ermita C. de Cabrera

CAMINO DE LA PEÑA DE FRANCIA / THE PEÑA DE FRANCIA WAY

Puerto de Béjar | La Peña de Francia

SALAMANCA EN LA VIA DE LA PLATA / SALAMANCA ON THE SILVER WAY

Puerto de Béjar. Vía de la Plata | Límite provincia de Zamora

DE LA CUNA AL SEPULCRO / FROM THE CRADLE TO THE GRAVE

Ávila | Alba de Tormes

RUTA HUELLAS DE TERESA EN SALAMANCA / TRACES OF TERESA

Salamanca | Salamanca

CAMINO DE SAN FRANCISCO DE ASÍS / THE SAINT FRANCIS WAY

Ledesma | Aldea del Obispo





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