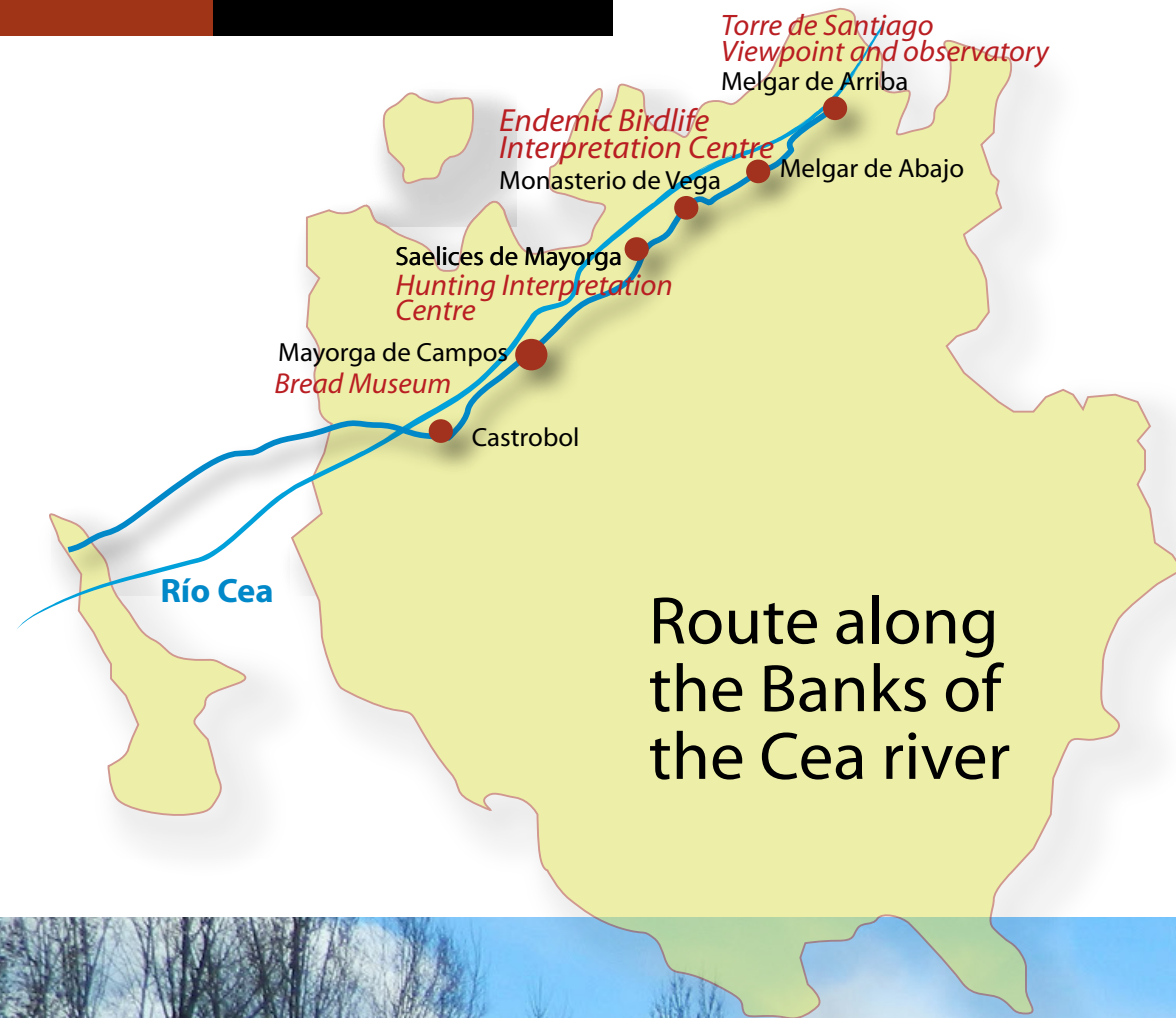


Route along the Banks of the Cea river



In fact this route is made up of ten easy itineraries for you to enjoy the riverbank landscapes of the CEA river. It is one of the most complete and extensive paths through Tierra de Campos with a few outstanding landmarks worth mentioning.

Between Melgar de Arriba and Melgar de Abajo you will discover the river woodland and the Zamorana ravine. On route from Melgar de Arriba to Páramo, our des-

tinuation, besides the simple pleasure of walking, you can see steppe birds including the great bustard, also present between Melgar de Abajo and Monasterio de Vega and Santervás de Campos.

From Monasterio de Vega we can go on to Saelices de Mayorga where there is a lovely area of pigeon-houses or along to Dehesa de la Aldea to the Rebollar lake and an ancient oak tree.

From Saelices de Mayorga you can go to Mayorga where you follow the riverside woodland where there are birds like herons or mallards, or continue on to Izagre to see the fauna associated with the stream through the Izagre valley, the longest affluent of the Cea river.

Finally, from Mayorga to Castrobol where you can visit the Molino farm and walk along the Cañada Zamorana ravine.

 MÓNICA TRISTÁN

 Cea River, Monasterio de Vega

