The Mountainous Asturias Region of Spain by Nancy Gallen

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Even though Asturias is made up of one province, it is still a region with great things to offer to its visitors. The most amazing thing about the region are the mountain ranges dominating it and within the ranges you will fine natural preserves which are outstanding among the most interesting being the natural park of Somiedo and National park of Los Picos Europa.

This region is most popular because of the lush green landscapes away from the mountain peaks which stand tall here. You will also find colorful and beautiful fishing villages and of course magnificent beaches which are a favorite for everyone. The Way of Saint James is one of the manor attractions of the region. The way has numerous pre Romanic monuments to be enjoyed and leads also to other hot spots that cannot be missed while here.

Ancient beliefs and rites are still very evident in Asturias and the customs of the region happen to be some of Spainâ€™s most outstanding and interesting. The regionâ€™s gastronomy also has a very high reputation across the country with the main highlight being the sea food and other typical dishes which include fabada. The dish is made up of blood sausage, beans and a variety of cheese taken down with cider.

Oviedo: it is the capital of Asturias and sits on a strategic geographical center. The great cathedral found here as well as the Roman monuments are what add to the cityâ€™s popularity and fame.

Gijon: this is another history filled city in Asturias. It was founded by the Romans and has a very important port by the sea. The cultural life here is also boiling active and you will most definitely enjoy every minute that you get to spend in the city.

Aviles: it is among Cantabric area oldest settlements and is a place with great economic importance. You will find history conserved in many areas within it and you will also enjoy the traditional style of the area.

Asturias is definitely a land of very important monuments and buildings and some of those which cannot be missed while here include Sam Miguel, San Julian and Santa Maria churches. The monuments have the humanity patrimony honor from UNESCO and are therefore heritages of importance within the region. There are lots of things to enjoy and do while in Asturias and as long as you have your timing right, you will enjoy your holiday here.

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