

# Navarre

## THE EASTERN PYRENEAN VALLEYS



The proposed route is 148 kilometres long, from Sanguésa, by the eastern Pyrenean valleys of Navarre. A circuit for pleasant walks along the stunning gorges of Salazar; to fish in the trout river Esca between abundant waterfalls and rapids of sparkling water; for cross-country skiing through forests of pine and beech of the Pyrenean peaks that crown the valley Belagoa.

Visitors can also use the ski lift Lakora to Larra, one of the most impressive morphological plateaus of Europe, where caving enthusiasts can venture along the famous San Martín chasm. This route is also an occasion to see traditions such as the Tribute of the Three Cows; of Muskilda in Ochagavia; to approach the place where the tenor Julian Gayarre was born; to taste local produce such as absolutely delicious pecorino, or to stroll through some twenty villages of singular beauty who know a lot of legends and 'almadíás' glens and "good work" of its people.



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