









▲ Climbing on rock

A Parachuting in Santa Cilia, Huesca

🛕 River Gállego, Huesca

▲ Ski in Valdelinares, Teruel

ARAGÓN GENERAL INFORMATION

ELCOME to Aragon. Do you know where you are? You are in the Iberian Peninsula's northeast. Its territory covers an area of more than 47,500 square kilometers and is made up of the provinces of Huesca, Saragossa and Teruel. More than 1,200,000 inhabitants live here. They are friendly, noble and close. The best thing you can do is to get lost in this natural land, full of life and flavor. It has a border of 136 km with France, so you are in the central door to Europe from France and Portugal.

It will take your breath away, but Aragon is a land that breathes history. If you follow the thousand-year-old marks, you will realize that, in this community of contrasts, Christians, Jewish and Muslims have lived together. Get ready because your adventure starts.

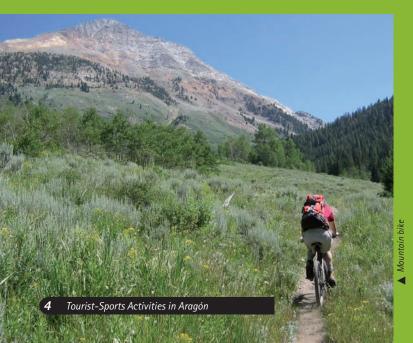


FEEL RAGÓN

0 you want to live a geographic space with intensity? And to feel in the last nerve ending everything that surround you? Aragon is a provocation to the senses. If you dare to embark yourself on an unforgettable adventure full of live and sensations, the first thing you have to do is to locate yourself.

Aragon is one of the seventeen Autonomous Regions of Spain. It is located in the northeastern part of the Iberian Peninsula, in the middle of many things and always near. In its 47,724 square kilometers, 1,200,000 inhabitants live. On the whole, kind and friendly people, with a sarcastic humor and noble intentions.

In the north, the Pyrenees, in the south, the Iberian System and, in the center, the River Ebro, the biggest river in the peninsula. Huesca, Teruel y Zaragoza. This land and its contrasts will knock you senseless and, at the same time, with your entire senses alert.

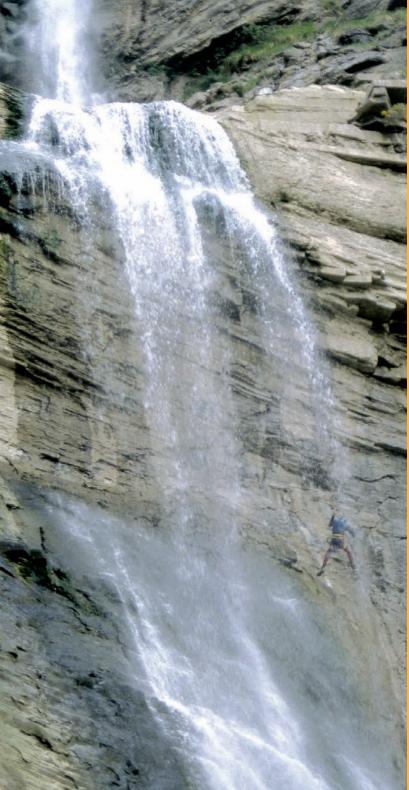




SPORT_{IS} ARAGÓN

ET loose. Aragon will inspire you with its contrasts. Another world opens before you. High mountains dotted with gorges and canyons next to forests, valleys, and deserts, thousands of shapes and colors. They are the perfect scenario for you to stage an unforgettable adventure.

Whether you want it or not, in Aragon, you will find the sportsman you have inside yourself. Maybe you will let yourself be captivated by the depth of its gullies or by the beauty of its peaks. Maybe you will feel like loosing contact with the ground and dare to fly though the sky. If you prefer something gentler, you can have a walk, enjoy the plants and animals that brighten up the paths, or just sit on a rock in order to contemplate incredible landscapes while you breathe fresh air. Sport x tourism is an infallible formula.



GO UP THE OUNTAINS

HE Aragonese Pyrenees raises impressive, full of three thousands. The highest peak of the Pyrenees, the Aneto, which is situated 3,404 m above sea level, is located here. The Outer Mountain Ranges (Sierras Exteriores) are as captivating, from the one of Santo Domingo to the Guara one. The Iberian System surprises with the magical Moncayo, La Vírgen, Vicort, or Cucalón. Ready to captivate you, the mountain ranges of Albarracín, Javalambre, Maestrazgo, and Gúdar, located in Teruel. Do you dare to?

HIKING

Put on a pair of good boots, warm or rain clothes, depending on the season, take some food, water, and go out to know Aragon. Thousands of kilometers of routes along quiet paths, roads, lanes, and tracks are waiting for you, far from the madding crowd. Paths marked with white and red if they are long distance (GR) or with white and yellow if they are short distance (PR).

You can design your own route; invest thirty minutes or several hours. Nevertheless, you will also find other more ambitious ones where the path sometimes becomes blurred and there is nobody to ask to. Anyway, you are going to bear witness to the prodigies of nature. The snowfields decorate high hills and the grasslands remain green even during summer, thanks to the storms. You will be met by medieval fortifications, the Mozarabic universe of the Pre-Romanesque churches or the charm of the Road to Santiago. Forests brightened up by the song of the birds or the murmur of the water. Everything with smell of box, gall-oak grove, and gorses. In the aridest areas, the yellow, ocher, and grey colors will captivate you. You choose according to your strength.



MOUNTAINEERING

You will be able to experience all the sensations in Aragon. In the XVIII century, the geographical measuring and the delimitation of borders allow talking about "Pyreneism"; in the XIX century, botanists, geographers, and foreign travelers begin to discover the high peaks of the Pyrenees. In the XX century, the mountain clubs are born and, in the XXI, the lovers multiply, as well as the possibilities that this sport offers.

Stop looking for. You are in the perfect scenario to do mountaineering. The Aragonese Pyrenees invite you to reach the top of its peak during any season. You do not have an excuse. Stay at sky level. There is a wonderful network of Mountain Refuges to stay overnight in places hard to reach.

CLIMBING

If you are in good form and you have the necessary technical knowledge to do climbing, come closer to the attractive silhouettes of Ordesa or Bujaruelo, let yourself be impressed by the red giants of Riglos or by the wild beauty of Órganos de Montoro, in the Maestrazgo, in Teruel. With a bit of sangfroid, you can dare to do ice climbing during winter. A frozen pleasure.

Moreover, among the hiking and the climbing, the vertical itineraries for experienced hikers. If you are looking for a first contact, you will find sport climbing in Morata de Jalón, Vadiello, Rodellar, Jaraba, or Torralba de los Frailes. You will learn the varied techniques, become familiar with the necessary material and with the varied world of the knots. You will be speechless.

ORIENTEERING

If you have lost your bearings, here, you have another funny way to comb this land. Map in hand, with a compass and a bit of skill, it is about finding on the terrain the markers marked on the paper with precision. In addition, time is gold.

The first one was made in 1979 in the green lung of Pinares de Venecia, in Saragossa, but there are more and more orienteering maps, whether on foot or in mountain bike. Our autonomous region is pioneer in this last one, as it has housed national and international events in places like Daroca, Calatayud, Castejón de Monegros o Campo. Aragon, you cannot miss it.



GOLF

If holes are what you are looking for, you can play golf in La Peñaza and Real Aéreo Club in Saragossa. Without leaving the province, in Los Lagos (Pinseque) and in Augusta Golf (Calatayud) In Huesca, Golf de Guara (Arascués), Benasque Club (Anciles) and Las Margas (Latas). In Teruel, El Castillejo (Alcalá de la Selva). The open air and the best and most natural green carpet at your disposal. Get your irons ready and feel like making the most of every second you spend in Aragon.

BICYCLE

If you are a Jack-of-all-trades who thinks that the walks on foot are a bit tedious and you want to cover more distance in less time, welcome to the mountain bikes' paradise. Riding your bicycle, you will be able to explore spots that are inaccessible with the car while you do a complete sport. You will get to know Aragon from the inside, following rural and mountain tracks located in the riverbank of small streams or next to spots that keep the secret of the passage of time. Until your body and mind can withstand. If you are not in a hurry and you can handle long trips, the bicycle touring is your sport. What better way to travel in freedom.

RIDES ON HORSE

In order to cover the peaceful and relaxed roads of this land, the horse is the ideal partner. This noble animal is pleased to accompany you along the horseshoe paths, traditional routes, cattle roads, and forest tracks. You do not need to be a great rider; you just need to let yourself be led by experts.

Walking along Los Monegros, the Moncayo, and Santo Domingo Mountain Range; trotting along San Juan de la Peña Mountain Range, the mountain ranges of Albarracín and Gúdar and galloping along the Pyrenean valleys. If you are an adventurer by nature, come to the Great Equestrian Route (*Gran Ruta Hípica*). A circular route along the regions of Sobrarbe and La Ribagorza in Huesca, with more than 300 signposted kilometers. Beat time.





F this autonomous region makes one fall in love from the ground, just imagine in a bird's eye view. Although Aragon has many magical spots, no wings will come up on you. Nevertheless, you will discover many ways of flying.

Do you want to be a witness of what the lammergeyers, vultures, falcons and kites see when fly though the ski? Get ready to take off.

PARAGLIDING AND HANG GLIDING

It is the most similar to flying like the birds, taking advantage of the thermal drafts. To throw oneself over the valleys from high heights without being in apparatus with noise engines, make you feel completely free.

The lightness, the transport easiness, and a simple learning make the paragliding the easiest way to float in the air. The hang glider is heavier and more sizeable, but it allows unforgettable flights. You just need to feel like doing it and find a mountain with an adequate slope, takeoff and landing areas, and a way to access with the car.

Castejón de Sos and San Just Mountain Range, in Teruel, are two excellent areas to throw yourself. Fly in Aragon.



PARACHUTING, FLIGHT WITH ENGINE AND ULTRA LIGHT AIRCRAFT

Get ready for you adrenaline to rocket. You cannot even imagine how many feelings you can get to feel in less than a minute. A parachute jump lasts that time, some 180 km per hour. An indescribable adventure in which you need to have everything under control.

If you want to draw bigger distances, chose the flight with engine or the ultra light aircraft. Flying in low heights gives new perspectives of landscapes that move. In both cases, the plane shrinks to almost nothing regarding hull, weight, and dimensions. In order to do any of these, you need an aerodrome as base. You have, for instance, in Monflorite, Santa Cilia de Jaca, Benabarre, Villanueva de Gállego or Tardienta. The world at your feet.

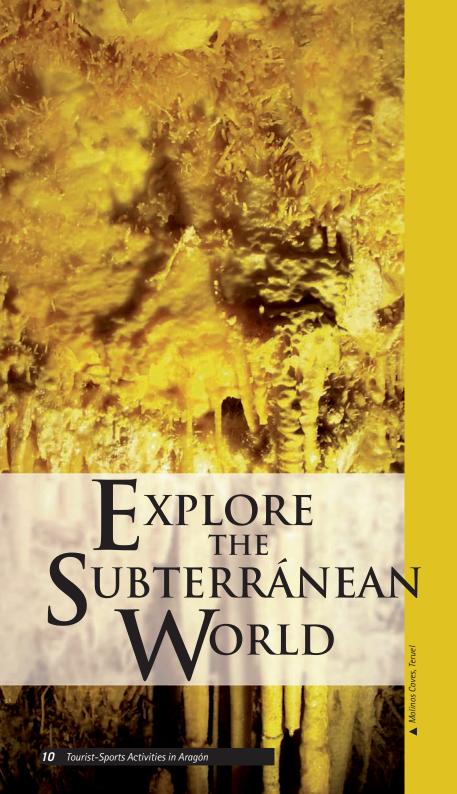
GLIDING

Do you dare to fly in a glider taking advantage of the upward drafts of the atmosphere? This time you will not need an engine, only a good pilot, and the adequate atmospheric conditions. The landscape, without a doubt, the Pyrenees. Their beauty and the excellent climatology attract enthusiasts of all over the world.

Apart from several runways, very near Huesca, you will find Monflorite, where one of the two schools of the entire Spain that impart this discipline is located. In the Aerodrome of Santa Cilia, they have designed a program for your first contact. It is thrilling.

IN BALLOON

To fly though the ski without hurries and tasting every detail of the landscape, choose the aerostation. It is one of the oldest ways of flying, stable and noiseless. It is about a balloon that rises propelled by a light gas or hot air. In Aragon, the crossing in balloon along los Monegros is very famous. Bring yourself to go up or see those that are going for a walk.





▲ Speleology in the caves of the Pyrenees of Huesca

SPELEOLOGY

Aragon makes one fall in love in the outside, but also in the inside. What better experience than covering the beauty basins that have been formed by the water of by the movements of the earth in its crust. Each cave is a unique work of art with its potholes, big vaults, walls, and mazes. You are going to find routes of some minutes or some that will take the whole day, which you can cover on foot or that require authentic climbs, some along subterranean lakes, others along quagmires, there are some that are comfortable, and others that can even turn distressing.

The Pyrenees and the outside mountain ranges contain spectacular secrets. Torla, Escuaín, Arañonera, the massif of Tendenera, the cavities of the Cotiella, the incomparable of the Guara Mountain Range, the Alba Cave in la Maladeta, the ones of El Moncayo or the pothole of San Pedro de Oliete in Teruel. Some have been fitted out for the tourism, like the ones of Las Güixas in the locality of Villanúa, in Huesca, or the ones of Cristal in Molinos (Teruel). Do you like art?



MELT WITH THE SNOW

HE snow attracts like a magnet. Destination: The Pyrenees, the mountain ranges of Teruel and the Iberian one of Saragossa. Suitable for people of all ages. Some are satisfied with a relaxing walk on foot or in sleighs drawn by dogs; others, feel how their bodies are crying out for crossings with skis or snowshoes; the most adventurer ones, make their ascent on the ice and sign the most spectacular descents. Do you want to dive into it?

DOWNHILL SKIING

You have an appointment with the Aragonese winter sports resorts, more and more modern and better equipped, in order to do the white sport on the slopes of treated snow. You choose. In the Pyrenees of Huesca, Cerler, Panticosa, Formigal and Candanchú-Astún; in Teruel, Valdelinares and Javalambre.

Your two skis and the snowboard will allow you to taste the freedom, breathing pure air and enjoying some landscapes that impress as much as the adventure that you are going to live. A classic that works.

CROSS-COUNTRY SKIING

Softer drops, with narrower and longer boards and more comfortable and flexible boots, follow the double trace drawn on the snow. Enjoy a greater freedom of movements and begin a direct contact with the nature.

It is the cross-country skiing, the Nordic one. It can be anything but boring.

Its first cousin is the backcountry skiing. For long distance lovers, with soft slopes, and for those that love the short mountain crossings.

Los Llanos del Hospital (Benasque), Fanlo (Vió Valley), Pineta (Bielsa), Panticosa-Resort (Panticosa), Candanchú-Le Somport (Candanchú-Aísa), Gabardito (Hecho), Lizara (Aragüés del Puerto), Linza (Ansó) in Huesca and Muela de San Juan (Griegos) in Teruel, have many charms to show you. Just let loose.



▲ Climbing on ice

SKI MOUNTAINEERING

For those that have a good technique and keep fit, the mountaineering and the ski are the perfect couple. With special safety bindings and sealskins under the boards, you will be able to embark on amazing crossings, ascents, and descents on virgin snow. Try in the massifs of Posets and Maladeta.

In addition, for those that look for something different, the telemark skiing. One of the oldest techniques that has developed reaching unforeseen marks. The safety bindings leave the heel free, both for the progression when walking or for ascending and descending. Splendor and beauty guaranteed.

SNOWSHOES

Do you feel like going on a gratifying trip on the snow? Put on the snowshoes and will be able to go closer to inaccessible places and admire unique landscapes. You choose the limits, there are so many itineraries as you can draw.

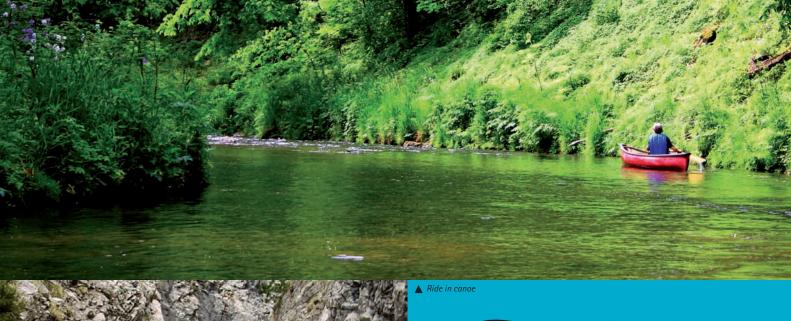
SLED DOG

You have, nearer than ever, the opportunity to be part of the idyllic image of the sleighs drawn by dogs Ready for the cold, these lovely animals are capable of enduring huge efforts and hard crossings, as the one that is held in the Pyrenees. Five hundred kilometers in fourteen days.

Do not worry. You can begin with much shorter walks and not only in winter. Apart from the typical sleighs, other ones have wheels and allow going along earth paths, as it happens in the crossing of Los Monegros. Aragon is pioneer in drawing stable marked routes for sleighs. Better company, impossible.

ICE-SKATING

Draw figures on the ice with more or less skill is always very funny. Whatever your age, whether you are skilful or not, you can try the Ice Rink of Jaca any day of the week. There, you could hire the boots and, if you are lucky, you will be able to see training, a hockey game, or a skating display. You only need to let loose.



GET WET

HE water shines in the rivers and reaches its greater beauty in the glaciers and small lakes, roars in the shape of a waterfall and settles in marshes and reservoirs. If the water sports attract you, get wet.

CANYONING

Follow the river bed by impossible stretches is a refreshing adventure. The canyoning entails crossing waterfalls and ledges and crossing fitted corridors walking, swimming, or diving. And add jumps and rappels to all this. A good way to know the wild nature face to face.

There are degrees of difficulty for people of all ages, from eight years old, and the landscape is worth it. If you give it a go, you need to know that one needs suitable material and the advice of specialized guides, unless he/she be a great expert. From this point of view, the Pyrenees, the Mountain Range and the Canyons of Guara, the Mountain Passes of Beceite and Javalambre, are spectacular. Do you take the challenge?

CANOE AND ROUGH WATERS

If you are looking for something relaxing, you can go for a relaxing ride in a canoe, enjoying the quiet waters of a lake. You will soon learn.

However, if what you want is your adrenaline to bolt, dare with the rough, white, and foamy waters of the River Gállego. You will see how you go down. It can be in a pirogue, kayak, or canoe. The rafting gets several rowers in a rubber raft, the hydrospeed uses an individual sledge, the hot dog is an inflatable tube in which several adventure fellows go. Yu need to know some navigation techniques, climatology, and the stretch of river that is going to be witness of your achievement. There are companies that help you, spread all over the Aragonese geography.

UNDERWATER ACTIVITIES

Aragon does not have a sea, but the water of its rivers, reservoirs, and small lakes, get a lot of play. Apart from fishing, you can do swimming with flippers in a swimming pool, underwater orienteering in El Grado or Median, or just try the diving under ice in the prized small lakes of the Pyrenees. A complete privilege. You can see. Aragon is your sport.







IMPORTANT RECOMMENDATION

Nearly all the activities described here need a good physical and technical condition, knowledge of the physical environment and climatology, as well as a minimum experience. If you do not have this experience and, in order to avoid possible accidents, we advise you to turn to training and learning courses, as well as to the help of specialized guides that will advise you adequately.

FOR MORE INFORMATION

Aragonese Association of Sports Tourism Companies

Plaza Luis López Allué, 3, 1.º dcha. 22001 Huesca Phone number 974 24 02 61 and 974 22 79 43

Fax number: 974 22 14 43 • Web page: www.aetda.com

ACTIVITIES IN THE AIR

Federación Aragonesa de Deportes Aéreos (F.A.D.A). (Aragonese Air Sports Federation)

C/ Alfonso I, 19, bajo. 50003 Saragossa.

Phone number: 976 21 43 78 • Fax number: 976 21 43 79

E-mail: fada@public.ibercaja.es

UNDERWATER ACTIVITIES

Federación Aragonesa de Actividades Subacuáticas (Aragonese Federation of Underwater Activities)

C/ Padre Marcellán, 15. 50015 Sargossa

Phone number: 976 73 01 20 • Fax number: 976 73 06 08

Web page: www.mundofree.com/faras E-mail: faras@mundofree.com

MOUNTAIN BIKE

Federación Aragonesa de Ciclismo (Aragonese Cycling Federation)

C/ Padre Marcellán, 15, entlo. 50015 Saragossa.

Phone number: 976 73 02 48 • Fax number: 976 73 07 33

Web page: www.aragonciclismo.com

SPELEOLOGY/CANYONING

Federación Aragonesa de Espeleología (Aragonese Speleology

Federation) C/ Padre Marcellán, 15. 50015 Saragossa.

Phone number: 976 73 04 34

DOWNHILL SKIING / SNOWBOARD / CROSS-COUNTRY SKIING / ICE SKATING / SLED DOG

Federación Aragonesa de Deportes de Invierno (Aragonese Winter Sports Federation). C/ Padre Marcellán, 15. 50015

Saragossa. Phone number: 976 74 29 68

Club Mushin Litera

Albelda (Huesca). Phone number: 974 42 01 42

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C/ Albareda, 7. 4.º 4.º 50004 Saragossa.

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GOLF

Federación Aragonesa de Golf (Aragonese Golf Federation) C/ Padre Marcellán, 15, despacho 42. 50015 Saragossa. Phone number: 976 73 13 74 • Fax number: 976 73 03 08 Web page: www.aragongolf.com • E-mail: info@aragongolf.com

SNOW WHITE PHONE NUMBER 976 20 11 12

ORIENTEERING

Pirineos Mountain Club (Saragossa)

Phone number: 976 29 87 87

Caspe Sports Center Orienteering Section

Phone number: 976 73 04 71

Peña Guara Mountain Club (Huesca)

Phone number: 974 21 24 50

CANOEING/ROUGH WATERS

Federación Aragonesa de Piragüïsmo (Aragonese Federation of Canoeing). C/ Padre Marcellán, 15. 50015 Saragossa.

Phone number: 976 73 12 36

EQUESTRIAN TOURISM

Federación Hípica Aragonesa (Aragonese Equestrian Federation). C/ Padre Marcellán, 15. 50015 Saragossa.

Phone number: 976 73 09 04

SAILING/WINDSURFING

Federación Aragonesa de Vela (Aragonese Sailing

Federation). C/ Padre Marcellán, 15. 50015 Saragossa.

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TOURIST FFICES (OPEN ALL YEAR ROUND)

Aragón tourism office (OPEN ALL YEAR ROUND)
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Zaragoza	Zaragoza	Eduardo Ibarra, 3. Auditorio (Patronato Mpal. de Turismo)	976 72 13 33
Zaragoza	Zaragoza	Glorieta Pío XII, s/n. Torreón de la Zuda	976 20 12 00 / 902 20 12 12
Zaragoza	Zaragoza	Plaza de Nstra.Sra. del Pilar, s/n	976 39 35 37
Zaragoza	Zaragoza	Estación Zaragoza-Delicias. Avda. de Rioja, 33	976 32 44 68
Zaragoza	Zaragoza	Torre, 28 (S.I.P.A.)	976 29 84 38
Zaragoza	Zaragoza	Plaza de España, 1. Cuarto Espacio (Patronato Prov. de Turismo)	976 21 20 32
Zaragoza	Alagón	Plaza de San Antonio, 2	976 61 18 14
Zaragoza	Borja	Plaza España, 1. Ayuntamiento	976 85 20 01
Zaragoza	Calatayud	Plaza del Fuerte, s/n	976 88 63 22
Zaragoza	Caspe	Plaza España, 1. Casa-Palacio Piazuelo Barberán	976 63 65 33
Zaragoza	Daroca	Plaza de España, 4	976 80 01 29
Zaragoza	Gallocanta	Mayor	976 80 30 69
Zaragoza	Meguinenza	Plaza Ayuntamiento, 5	976 46 41 36
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Zaragoza	Uncastillo	Plaza de España, 1	976 85 51 54
Zaragoza		Santiago, s/n. Iglesia de San Martín de Tours	976 67 90 61
Huesca	Huesca	Plaza Catedral, 1 Entremuro	974 29 21 70
Huesca	Abizanda		974 30 03 26
Huesca	Aínsa	Plaza del Castillo. Torre nordeste	974 50 05 12
Huesca	Aínsa	Avda. Pirenaica, 1	974 50 07 67
Huesca	Barbastro	Avda. La Merced, 64	974 30 83 50
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Huesca	Canfranc-Estación	Plaza del Ayuntamiento, 1	974 37 31 41
Huesca	Formigal	Edificio Almonsa III	974 49 01 96
Huesca	Graus	Fermín Mur y Mur, 25	974 54 61 63
Huesca	Jaca	Avda. Regimiento de Galicia Local 2	974 36 00 98
Huesca	Monzón	Plaza Mayor, 4 (Porches Ayto.)	974 41 77 74
Huesca	Monzón	Castillo de Monzón	974 41 77 91
Huesca	Panticosa	San Miguel, 37	974 48 73 18
Huesca	Sabiñánigo	Plaza de España, 2	974 48 42 00
Huesca	Torreciudad	Santuario de Torreciudad	974 30 40 25
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Teruel	Rubielos de Mora	Plaza Hispano América, 1	978 80 40 01
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Teruel	Valderrobres	Avda. Cortes de Aragón, 7	978 89 08 86

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