



“Sometimes you lose a forest through the trees.” - Chinese proverb

OUTDOOR SPACES

Burgos climate (Continental Mediterranean), though windy and colder than in other parts of Spain, is not particularly wet, this allows locals and visitors to enjoy leisure time outdoors, where parks and natural spaces offer great views and a hint of the city and province flora and fauna.

Burgos University's sustainability office (UBUVerde) collaborating with the city council and Sylvania Environmental Education organizes throughout the year different free routes through the parks and forests surrounding the city. Based on the Japanese Shinrin Yoku, it allows the participants to relax and disconnect in a natural environment, which helps to reduce stress and anxiety and improves one's immune system. These activities “baños de bosque” are informed by @UBUEstudiantes on Twitter or in the University website: www.ubu.es/ubuverde

Thanks to the city size and distribution, cycling to the city parks is always a good option, the city tourism office (CITUR) located near the Cathedral, offer tourists the possibility of renting a bike for free. Walking there is also another possibility and in that case, the tourism office offers a wheelchairs' loan service too.

EL PARRAL

El Parral is one of the largest green spaces in Burgos. It is located near the main campus of Burgos University and San Amaro public swimming pools. It is owned by

National Heritage and is currently ceded to the City Council, which is responsible for its management and conservation.

It is the last park pilgrims cross in the city before continuing toward Santiago, and it is close to traditional pilgrims hospitals as Hospital del Rey, which was famous for the hospitality and quality food offered to pilgrims who would enjoy wine, bread, meat and soup when in there; nowadays it holds the University's Law Faculty, however, it preserves the original façade and entrances.

Many activities take place in el Parral, including "El día del Curpillos" when several local clubs put up a market and sell typical Burgos tapas called pinchos.

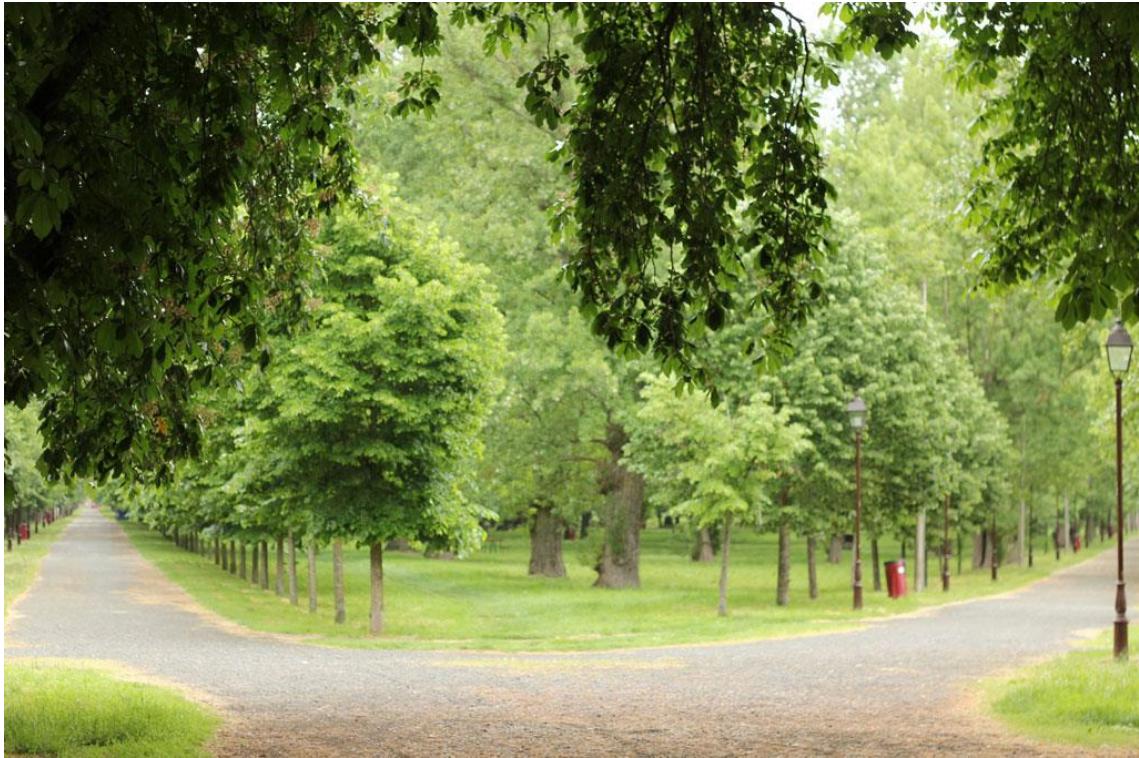


Figure 1 El Parral

LA ISLA

The Paseo de la Isla (Walk of the Island in English) is a romantic walk hosting a great variety of vegetation as well as some monuments brought from different points of the province. It is located on the right bank of the Arlanzón river just between the city center and El Parral, it is approximately 800m long.

Its name comes from the island-like shape the park had at the time of the Napoleonic Invasion since due to the Arlanzón's flow, there was a series of small islands among the course of the river. The walk was limited by the river, on the left, and by a mill riverbed, on the right, covered nowadays.

At the beginning of the 19th Century, the servants' lanes that traversed it were replaced by the first gardens. At the end of the 19th Century, an artificial pond with a waterfall was installed using stalactites and stalagmites from famous Atapuerca's caves.

Its archaeological wealth and variety of trees, together with the design of its walks and gardens, make this park a perfect place to feel at peace with the surrounding nature.

Among the flora species that can be found in the gardens are elder, giant sequoia, Japanese privet, or Himalayan cedar.

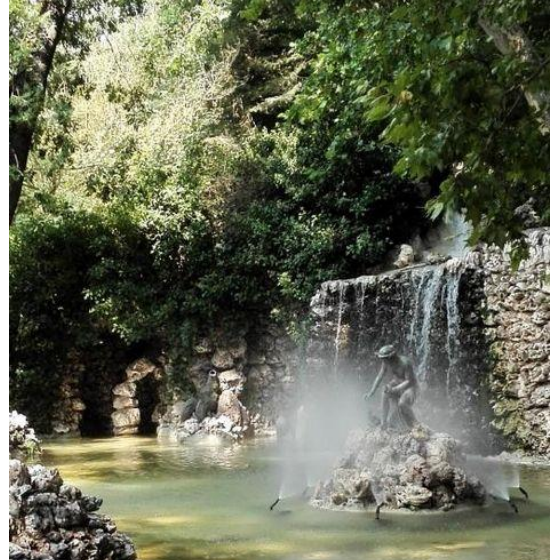


Figure 2 La Isla Mermaids Fountain (Verpueblos.com)

EL CASTILLO - "THE CASTLE GROUNDS"

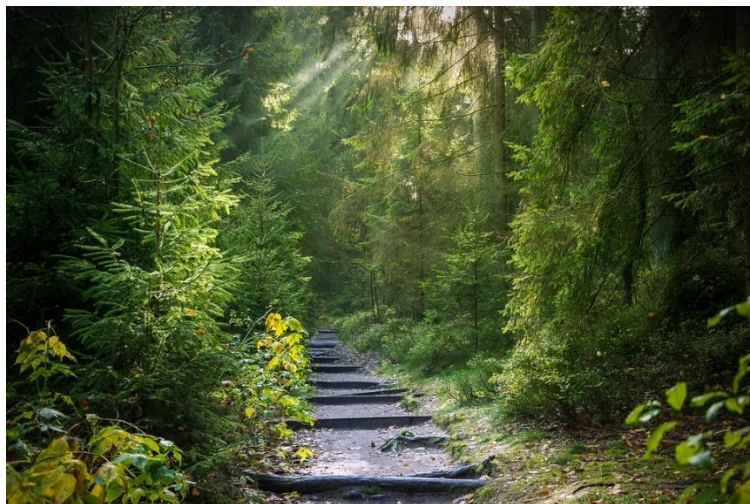


Figure 3 (UBU)

Burgos Castle is sited in the top a hill that embraces the city's northern side, the slopes are covered with vegetation, mainly pine trees creating a forest in which animals hide and many activities can be carried out, from wandering around, jogging

on the prairie of its top, mountain bike routes, gym activities, playing sports or enjoying its ropes' park circuit.

The views from every angle of the mountain are astonishing, as the whole city and its surrounding are visible. The hill also hides a couple of pubs, "El Vagón"- the Wagon (originally it was a genuine train wagon), just by the side of the castle and near a children playground and "La Ciudadela" bar, with one of the greatest views of the city, it also works as a night club and can host private and business parties.

Other activities that can be done in the Castle grounds are visiting the Birds Rehabilitation Centre or the Castle and its underground passages.

On certain dates, some theatre shows take place there, as well as the historical recreations of the Castle besiegement by the Napoleonic troops in October 1812.

Websites:

La Ciudadela: laciudadelaburgos.com

El Vagón: elvagon.es

FUENTES BLANCAS



Figure 4 Slides on Fuentes Blancas (burgospedia.es)

Near the Arlanzón riverbank, Fuentes Blancas park spreads over 130 hectares, it is the green heart of the city, visited by hundreds of locals every day. It holds some playgrounds for kids, a mini-golf, some trampolines, bike circuits, sports facilities, a camping site, an artificial beach in Fuente Prior (closer to the city) and some bars and restaurants where one can order a menu, a sandwich, just stops for a coffee or a "tapa".

Walking through its forests one can learn a lot about the province's natural ecosystems while seeing the dangers that global warmth and climate change entails, and if lucky witness how elusive squirrels climb from tree to tree.

Its diversity allows visitors to discover the natural resources of the area and the problems they face, in order to arouse within everyone the respect and commitment for the conservation and proper management of these resources.

On the last day of the city festivities “Sampedros”, city clubs set up their huts and sell local tapas called “pinchos” there while farewelling the celebrations until next year with a feast and some music, it is known as The Day of the Absent Burgalés. A day to remember those from the city that are not longer living there.

Websites:

Camping: www.campingburgos.com

THE ARLANZÓN RIVER BANKS

The Arlanzón river crosses the city from East to West and is an important part of the city distribution and geography, on its banks people spend their leisure time socializing, walking their dogs, jogging, or cycling while enjoying nature on the middle of the city.

During the local festivities of “Sampedros” (29 of June and usually the weeks around that date) the riverbank is one of the locals’ favorite spots for watching the fireworks. And on its left side, in the Atapuerca Walk, in front of the Human Evolution Museum, where all the big music gigs take place.

On that side of the riverbank, the Quinta walk is also a must, recently refurbished is a beloved space for locals due to its traditional significance, big black poplars, and Indian chestnut trees. It used to be the fairgrounds for many years. Nowadays during

Sampedros the city youth usually socialize and party in there during the afternoons. as it joins the Fuentes Blancas and Fuente Prior area with the city center.



Figure 5 The Quinta Walk (Burgospedia)

THE VENA RIVER BANKS

The river Vena joins the Arlanzón river in the city center and up to that place, it flows through the East part of the city, creating a linear park on its riverbank, perfect for a walk, jogging, cycling through it or playing sports on its facilities.



Figure 6 Vena River (Wikipedia)

TOURISM OFFICE LOAN HOURS:

October 1st to May 31st: 10:00 to 13:00 and 16:00 to 18:30

June 1st to September 30th, Easter and long weekends: 9:00 to 19:00

<https://www.vueltaburgos.com/es/project/parque-del-parral/>

<http://turismo.aytoburgos.es/en/citur/>

<https://burgospedia1.wordpress.com/2011/01/04/parque-de-fuentes-blancas/>

<https://burgospedia1.wordpress.com/2010/12/22/parque-de-la-quinta/>

https://es.wikipedia.org/wiki/Archivo:Parque_Lineal_del_Vena_1.JPG