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THE ROUTE OF THE MONASTERIES

NÁJERA
 BADARÁN
 SAN MILLÁN DE LA COGOLLA
 CAÑAS
 SAN ASENSIO
 *CASALARREINA (Annexed)

60 km 71 minutes

Nájera - Badarán
10 km 14 minutes

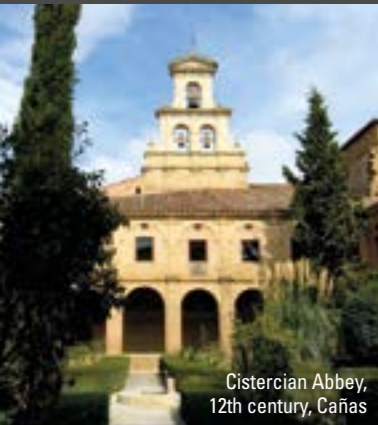
Badarán - San Millán de la Cogolla
7 km 10 minutes

San Millán de la Cogolla - Cañas
8.8 km 11 minutes

Cañas - San Asensio
22 km 22 minutes

San Asensio - Nájera
12 km 13 minutes

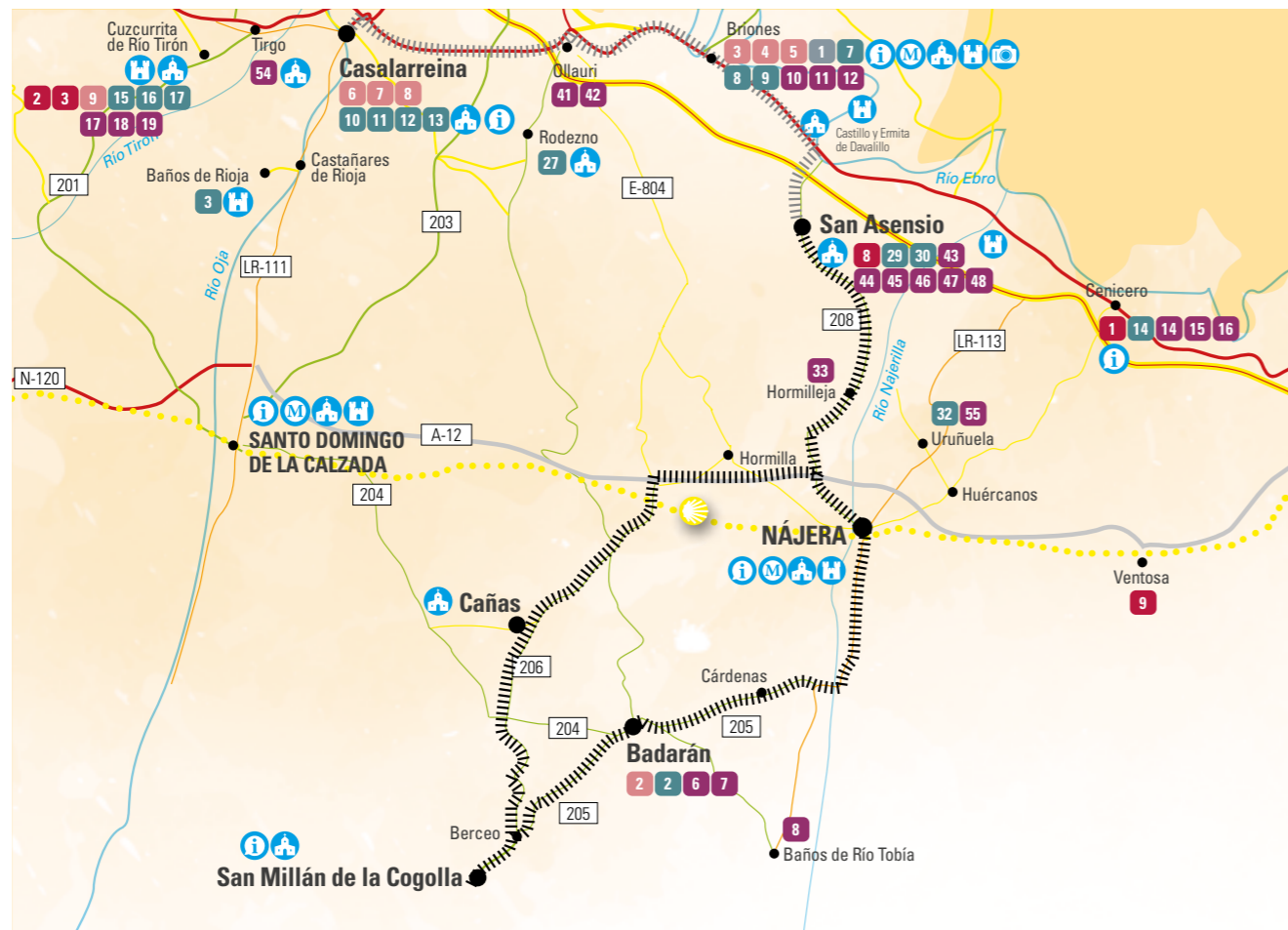
*San Asensio - Casalarreina
21 km 18 minutes



Cistercian Abbey, 12th century, Cañas



Yuso Monastery, birthplace of Castilian, San Millán de la Cogolla



Cloister of the Monastery of Santa María la Real, Nájera

Few valleys have the same patrimonial wealth as the valley of the Cárdenas river. The itinerary starts at the main town in the region, Nájera, where you can visit the Monastery of Santa María la Real. Built by king García Sánchez III and finished in 1052, it's a mixture of Baroque, Late Gothic and early Renaissance styles. Its royal mausoleum houses the twelve graves of two different dynasties (Abarcas and García Ramírez). The Cloister of the Knights is the burial site of many noblemen.

The Yuso and Suso Monasteries are World Heritage Sites and the birthplace of the Castilian language. The first words in this language were written there.

From here, cross the towns of Badarán and Berceo to reach San Millán de la Cogolla. Its twin monasteries Yuso and Suso were declared World Heritage Sites and birthplace of the first words in Castilian, written by the most famous

poet of the valley, Gonzalo de Berceo. Suso (upper) was built on the site where eremites, disciples of Saint Emilian, lived in the 6th century. Yuso (lower) was an addition to Suso in the 11th century, rebuilt during the 16, 17 and 18th centuries. They're a mix of styles, mainly Renaissance and Baroque.

Few valleys have the same patrimonial wealth and beauty as the valley of the Cárdenas river.

These impressive buildings hold great treasures, such as a library still furnished as at the end of the 17th century. The library and the archive are considered some of the best in Spain.

The itinerary ends at the Cistercian Abbey of Cañas, started in the 13th century. Its main entrance was finished in the 18th century. Some of the highlights of this abbey are the church, the great Renaissance reredos and the doorway to the chapter house.

NÁJERA
See page 13

BADARÁN
502 people

- Aug. - Fest. Virgin of Assumption & St Roch
- Aug. - Theatre Festival 'Badarán que hablar'
- Sep. - Gracia Festival
- Prehistoric & Roman settlements
- Church of La Expectación (17th c.)

SAN MILLÁN DE LA COGOLLA
222 people

- Pentecost - Pilgrimage to the Monastery of Valvanera
- July - Fest. Virgen del Carmen
- Sep. - Fest. La Traslación
- Nov. - Fest. Saint Emilian
- Monasteries of Yuso (11th c.) & Suso (6th c.)
- Chapel of Santa Potamia

CAÑAS
97 people

- May. - Fest. Saint Mary
- Sep. - Fest. of Giving Thanks
- Sep. - Pilgrimage to Sto. Domingo de Silos
- Dec. - Fest. Sto. Domingo de Silos
- Cistercian abbey (13th c.)

SAN ASENSIO
See page 5

CASALARREINA
See page 9