

## 98 - Laguna de la Nava

This hike takes us to the Laguna de la Nava, a small lake located just below 2,000 meters on the west side of the Sierra de Gredos. The first part of the hike we walk through a comfortable wide path. On the second part of the hike we enter a gorge that was once a glacier. Surrounded by streams, waterfalls and rock formations, our environment becomes increasingly spectacular.

- From the parking (1) we follow the road, initially paved and well marked with the signposts of the PR-AV-39. We ignore a side trail left (2) and later at the Y-junction (3) we go to the right. Directly behind it we ignore the path on the right that goes up. This is all very well marked.
- We go over the bridge Puente de la Yunta (4) and ignore behind it the path on the right. Further on we ignore a path on the left. Further on the wide path ends at a green gate (5). We go through the gate. From here the path turns narrower and is well marked with both signs and milestones.
- We follow this path a long time and the gorge is getting narrower. At one point we reach a plain with large boulders where the route is marked with milestones and signposts. The easiest way is to go left here relatively at the beginning, over the water (indicated by a pole) and to follow the route on the left side of the water, instead of walking through the boulders.
- Further on the trail turns narrower and steeper - and the hike turns more and more beautiful - and we ascend through the necessary zigzag turns. After a long ascent we arrive at the lake Laguna de la Nava (6).
- We return via the same route as on the way out.

### Fact Sheet

Duration: 5:30 hrs.

Distance: 18.8 km.

Route type: Round trip

Path type: Forest and mountain trails

Marking: Signposts PR-AV 39, milestones

Total difference in altitude: 841 m.

Highest point: 1,972 m.

Difficulty: Medium (5/15)



### How to get there?

Take on the N-110 towards El Barco de Ávila from the direction Extremadura / Puerto de Castilla just past km. 345 the junction right to Gil-García and Umbrías. First follow the direction Umbrías and from Umbrías the direction Nava del Barco. First go over the Puerto de Umbrías. Just before we reach the village of Nava del Barco there is a car park on the right, still before a large cross a little further to the right of the road. Park the car on this car park.



GPS Coordinates:

Latitude: N 40 17.351

Longitude: W 5 32.650

