

Some years ago, Susana and Didier arrived in this idyllic place of La Granda de La Pereda, ready to turn a dream into reality. Not wishing to explain it themselves in the first person, they placed their words in the mouth of Bella Segunda, a peaceful and very dignified cow—in the style of La Cordera, immortalized by Leopoldo Alas Clarín.

Bella would drop pearls of wisdom such as:

"I have spent years peacefully grazing among the hazelnut trees of these beautiful "praos" (meadows) facing El Cuera (our beloved Sierra del Cuera). There is no better grass or pasture in the world! Until recently, we hadn't even realized that we were less than 3 km from the Cantabrian Sea, although we breathed in its fresh breeze and sensed the roar of its green waves (or are they blue?).

Our neighbors, Susana and Didier, have been working hard for several years to make their dream come true: to have a rural hotel in La Pereda. We, the natural tenants, are fond of them because they try to keep everything as it was, but in a more modern and environmentally friendly way. They use neither gas nor diesel for heating, and the only smoke rising comes from the fireplace. And it smells of oak and holm oak."

And Bella would bid farewell, as befits her lineage, with a touch of the typically Asturian wit:

"Anyway, I wish you a happy stay in La Pereda, and if by any chance it rains a little, you will have the good fortune of contemplating, even more beautifully, the finest natural scenery in this country. And by the way... drink more milk! (or whatever you may fancy)." Today, it is the Concha family, from the Montemar Hotels group, who welcomes you to La Quinta Esencia, with the firm intention of keeping the spirit of Susana and Didier alive. And of "Bella Segunda..."



Dear Guest,

As we are a rural hotel, our reception, check-in and check-out hours are limited. As indicated in your reservation, many of these procedures can be completed online.

If you require personal assistance, you may contact the owner/director, **José Alberto Concha**, directly by phone or WhatsApp at +34 639 835 462.

Please remember that La Quinta Esencia produces no more smoke than what rises from its fireplaces. We kindly ask for your understanding if the hot water takes a little longer to run or if its temperature is less constant. In any case, we would appreciate it if you inform management of any incident.

HEATING

The hotel's heating system is underfloor radiant heating (electric foil system). This is a highly efficient system that works by warming the floor through very fine electrical resistances.

Although it takes time to heat up—especially materials such as wood and natural stone—it can continue radiating warmth for hours even after being switched off.

Each room has one thermostat in the bedroom and another in the bathroom so that you may regulate the temperature according to your preferences.

Please avoid unnecessary energy consumption.

SAFE

Each room is equipped with an electronic safe.

Please remember to leave the safe open on the day of your departure.

COMPLIMENTARY MINIBAR

All rooms are equipped with a minibar. Its contents are complimentary.

HONESTY BAR

Morning hours: 12:00 a.m. – 3:30 p.m.

Evening hours: 7:00 p.m. – 11:00 p.m.

In the fireplace lounge you will find our Honesty Bar, where you may serve yourself your own drinks.

Please respect the designated quiet hours for the rest of all guests and place your order note in the box provided.

LIBRARY

The books in the library are available for guests' reading pleasure. There are works by local authors that may be purchased upon request. Many of them will be delighted to personally dedicate a copy to you.

For any questions, suggestions, or literary inquiries, please contact **José Alberto Concha** via phone or WhatsApp at +34 639 835 462.

WIFI INTERNET

We offer free fiber-optic WiFi with high performance throughout the hotel. However, we encourage you to take a break from phone dependency and enjoy the silence.

Password:

WIFI: La QuintaEsencia_1 CONTRASEÑA: Esencia01
WIFI: Hotel02 CONTRASEÑA: Guest_002

GARDEN, TERRACES & FIREPLACE LOUNGE

The garden areas are for guests' use and enjoyment. We kindly ask that you respect the plants and surroundings. All ground-floor rooms have a private terrace.

Please respect the peace and privacy of other guests.

The hotel also features a terrace with garden access and views of the Sierra del Cuera, where we offer the same services as in the lounge and bar.

The fireplace in the lounge is lit at management's discretion. Its operation may be dangerous, so please do not attempt to light or handle it.



TELEPHONES

To call Reception: 9

To call other rooms:

Room 1: 21	Room 6: 26
Room 2: 22	Room 7: 27
Room 3: 23	Room 8: 28
Room 4: 24	Room 9: 29
Room 5: 25	Room 10: 30

Hotel telephone number: +34 669 714 860

BREAKFAST

The special La Quinta Esencia breakfast is served from 8:00 a.m. to 11:00 a.m., exclusively for guests who have booked it in advance.

It is a buffet focused on artisanal, locally sourced (“zero-kilometre”) products: Jams and honey from the Picos de Europa, butter and yogurt from small Asturian farms, and our homemade pastries.

By enjoying these products, we rediscover traditional flavors while supporting our local farmers, helping Asturias remain the “Natural Paradise” we all admire—and ultimately fall in love with.

ASTURIAN CIDER & CHEESE TASTING

An exciting journey from the mildest cheeses to the essential Cabrales, accompanied by different varieties of cider expertly poured (escanciada) for the enjoyment of your senses.

Minimum six people. Advance booking required at least 48 hours in advance.

FABADA MENU

So that you do not leave Asturias without enjoying an authentic fabada.

This is the specialty of El Cenador del Convento.

Scorpionfish pâté prepared in our kitchen, traditional Asturian Fabada (D.O. Asturian faba beans) with compango from Casa Milia (Alto Aller), our selection of wines included, and for dessert, rice pudding.

The menu is served at El Cenador del Convento in Llanes. Free parking for La Quinta Esencia guests.



OUR APP

Your guide to an unforgettable stay

Make the most of your time in Eastern Asturias with our free mobile app "Llanes Montemar."

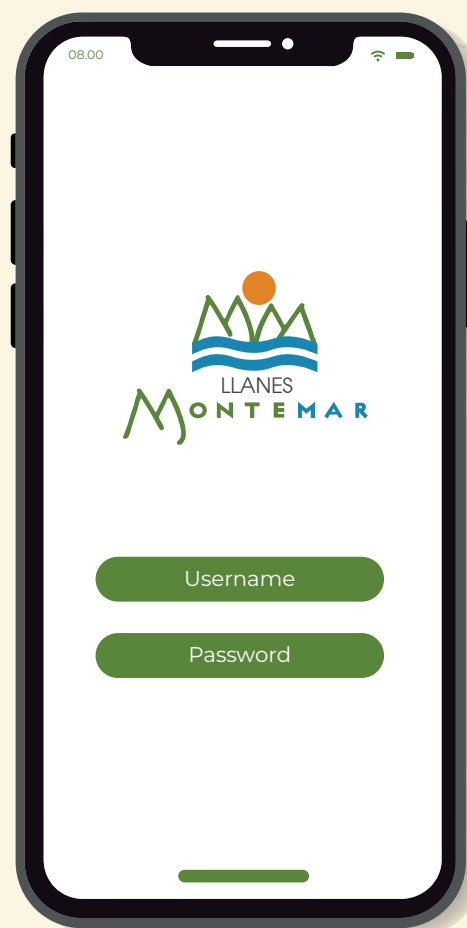
Inside you will find our best local recommendations, including places to visit, hidden gems and experiences to help you discover the region like a local.

Simply scan the QR code or search for "Llanes Montemar" in your App Store (available for Android and iPhone).



DON'T MISS
HIKING ROUTES · CYCLING ROUTES
MONUMENTS AND CULTURAL SITES
PLANS AND ACTIVITIES

*Everything you need to explore,
discover and enjoy the Natural Paradise!*



In our APP you will find a more extensive selection of restaurants and cider houses in the area, including contact details and geolocation.

Below we present a small selection of those located closest to La Quinta Esencia.

EL CENADOR DEL CONVENTO €€€€

Traditional cuisine with an “Indiano” touch.

Located in Llanes, this restaurant offers complimentary parking for guests of La Quinta Esencia. The setting alone makes it well worth the visit, whether dining in the main room — housed within a 17th-century Baroque chapel — or beneath the pergola on the garden terrace.

Beyond its remarkable surroundings, the cuisine is truly outstanding. If you wish to experience a memorable Asturian fabada before leaving the region, this is undoubtedly the place.

LA CASERÍA DE SANTA MARINA €€

Grill... and much more

Just 1.5 km from La Quinta Esencia, at the foot of Mañanga — like the saint from whom it takes its name (her hermitage stands proudly only 200 metres from the restaurant):

Glorious Saint Marina,
who stands at the foot of Mañanga,
waiting for the shepherds
as they return from the mountain pastures.

The property is beautifully maintained and deeply traditional in style, with some tables set inside large wooden barrels. The restaurant sits on a charming estate and offers private parking.

Alongside its excellent grilled meats, the menu also features traditional Asturian dishes, generous tapas-style plates, cachopos, local cheeses and homemade desserts.

EL FRESNU €

In Parres you will find this traditional village chigre (a popular Asturian cider bar), where you may simply enjoy a bottle of cider with an excellent slice of Spanish omelette, or sit down for a leisurely meal on the terrace.

The menu is thoughtfully composed and highly appealing. Salads are fresh and generous.

It is also a perfect place to begin — or continue — the ritual of Asturian maize cuisine. Here you will find tortos (traditional corn cakes) prepared in several ways, always with beautifully fermented dough.

The tripe is highly recommended, and the Asturian meats are of exceptional quality.

Important note for coeliacs: the kitchen is 100% gluten-free.

Around the year 1600, Gonzalo Cancio y Méndez Casariego — better known as Méndez Cancio — brought from Florida to his native Asturias one or two cedar chests (chroniclers disagree on the exact number) containing the first maize ever to reach the European continent.

The adaptation of this crop to the region was extraordinary. Within a short time it spread throughout northern Spain and later across Atlantic Europe. A source of pride not only for Asturias, but also for Méndez Cancio's descendant Jesús Evaristo Casariego, who delighted in embellishing his vast erudition with family anecdotes —and took no small pride in this particular story.

In truth, maize was something of a miracle.

In Mayan cosmology, the gods failed in their first two attempts to create humankind.

The first humans, made of mud, could neither speak nor walk, collapsing back into clay with the slightest movement. The second, made of wood, could walk and speak but possessed no soul — stiff, emotionless beings incapable of feeling.

After long reflection — and after destroying the wooden men in a great flood — the gods finally created humans from maize.

These new beings were intelligent; they could run, think and love. The maize from which they were formed became their blood and shaped their hearts. The gods, seeing their creation, were finally satisfied, and the people of maize began to populate the earth.

MAIZE

MAIZE

Body and soul. The gastronomic symbiosis between the essence of life and its sustaining nourishment: maize and pork.

Corn blood sausage — boronu, bolla, pantrucu, emberzau — traditionally wrapped in cabbage leaves for preservation.

Chestnut leaves for baking the cake; first the talo on the hearth, later on the iron plate of the wood-burning stove.

With the borona preñada enjoyed on Easter Sunday, the circle of maize is complete. On this most festive of days, the people of Llanes traditionally fill this humble corn bread with chorizo, bacon and ham.

Whether knowingly or not, they are also celebrating the journey of maize — closing a circle that began on another Easter day, April 2nd, 1513, when Ponce de León discovered the peninsula he named with the lyrical title it still bears today as one of the fifty states of the Union: Florida.

EL RETIRO €€€€€

The star of Llanes cuisine

Located in Pancar, just 2 km from La Quinta Esencia, chef Ricardo González Sotres has not only preserved the family restaurant but elevated it to international recognition, earning a Michelin star.

Yet this is far from an ostentatious Michelin establishment. Innovation is always balanced, tradition is deeply respected, and the quality of the produce takes centre stage.

Alongside the main dining room, guests will also find Le Bistró, set within a beautiful glass gallery, offering a more relaxed and informal menu.

A true delight for the senses.

EL ROXÍN €€

An experience to remember

The village of El Mazucu perfectly captures the unique geography of this stretch of coastline near the Picos de Europa. In just a few kilometres and a handful of winding curves, the gentle seaside landscape gives way — abruptly and dramatically — to an imposing alpine scenery rising steeply behind it.

These rugged mountains were also the setting for one of the fiercest battles of the Spanish Civil War. Look closely at the bell of the village chapel: it is in fact the nose cone of an artillery shell.

Here, Nando “El Roxín” has created a restaurant rooted in honesty and dedication. Many of the products on the menu are prepared in-house.

Expect carefully selected meats for the grill, along with many other delights.

EL MIRADOR DE TORÓ €€€€

Traditional seafood cuisine overlooking a unique beach

The stone “tsunami” formed by the Picos de Europa and the Sierra del Cuera plunges dramatically towards the coast over barely thirty kilometres. Yet the descent continues beneath the sea, into the deep submarine canyons of the Cantabrian, reaching depths of more than four thousand metres.

Toró Beach is emblematic of this coastline: rugged, dramatic, and dotted with small coves and beaches. The cold, lively waters of the Cantabrian give exceptional quality to the seafood and fish served here.

From this iconic restaurant overlooking the sea, Sergio and his family celebrate that maritime richness with a cuisine rooted in tradition and outstanding produce.

In our APP you will find more comprehensive information about local walking routes and beaches, as well as maps and geolocation to help you explore the area with ease.

Please also remember that we offer electric bicycles, allowing you to discover the Natural Paradise in a sustainable and enjoyable way.

The routes we present run through a natural landscape shaped over centuries by the interaction between farmers, shepherds and the land.

We kindly ask you to respect their work and avoid interfering with shepherd dogs, which are protecting their flocks and may react defensively if they perceive a threat.

Carrying a walking stick ("guiyada") is highly recommended. You will find several available for your use at the entrance of the hotel.



DIFFICULTY LEVELS



WALK TO LLANES (CARROCEDO RIVER ROUTE)



A peaceful walk of just under 4 km / approximately one hour.

Right here, in La Granda de La Pereda, several streams and small waterways converge to form the Carrocedo River, which flows into the port of Llanes and which a poet once described as “God’s little tear.”

Leaving La Quinta Esencia, turn right when you reach the road towards La Pereda and, just before the railway line, take the path on the left.

After passing the old Mestas mill, you will cross the motorway through a pedestrian tunnel and arrive in Pancar. From here you may continue through the village or turn right to follow the riverside path, which leads gently and pleasantly into Llanes. Did you know that “Carrocedo” means “place of wild apple trees”?

LA MUEZCA



Not suitable for cycling

An explosive climb to the green, vertical wall that opens up to the south of La Quinta Esencia.

The geological condition of this coast of the Picos de Europa makes it resemble a stone tsunami. The closest wave, the one crashing down on the hotel terrace, is that of Teyedu, 600 meters high. Behind it, the trough of the wave forms the Viango valley with its pastures and cabins. Immediately following is the wall of the Cuera, over 1,300 meters high; another dizzying descent—the trough between the waves—leads us to Cabrales and, finally, the highest wave, the wall of the Central Massif of the Picos, with more than 2,600 meters of vertical challenge.

La Muezca is clearly visible to the south, its open V shape etched into the mountain range. With a little attention, and depending on the light, you can also see the switchbacks that, on a steep slope, reach the mountain pass. From La Quinta Esencia it’s only 3.8 km, but be warned, it’s over 600 m of elevation gain, so the climb is incredibly steep.

The trail has loose stones and is slippery. Avoid it without proper footwear and/or in wet conditions.

The view of Llanes and the coast is breathtaking.

(It could also be that, instead of a tsunami wave, the Cuera was actually an abandoned spine. The monster, a dragon, or a dinosaur, but much larger than anything ever imagined. A creature some twenty kilometers long from snout to tail—from Picu Jana to Peña Blanca, from the banks of the Deva River to the Las Cabras River). The highest parts of the white vertebrae reach over a thousand meters in height. Only a small portion of the white bones is visible.

After all, the monster must have died tens of thousands of years ago. Dust thou art. Earth. Five billion years. And they say there’s no beauty in old age, or are you still a child? – a criíña, as Pilarina Junco would say – how many years have the sea waves been sculpting the rocks – sharpening the saws, honing the daggers – of Toró? The earth has colonized the skeleton, the green slopes cover – where once there was scaly saurian skin – the rib cages, and there are impossible beech trees hanging from the abyss – from the spinous process of a lumbar vertebra – waiting, like Zarathustra’s hero, for the first lightning bolt.



LOS RESQUILONES



The dwarf's hut from La Pereda

If you're up for a walk, you can complete the 6.5 km that separate La Quinta Esencia from Alto de la Tornería.

You can also drive up and complete the 2.5 km to Pico de Los Resquilones via the track that branches off to the right (as you ascend).

The path is very easy, suitable for all ages and fitness levels (if you only do the final section; from the hotel there's a steep climb up the road).

The views of the coast from the summit are breathtaking.

The area witnessed one of the bloodiest battles of the Spanish Civil War. It's chilling to think of the suffering endured by both sides (those attacking the positions and those defending them) in a landscape so challenging for warfare.



MOUTH OF THE PURÓN RIVER AND ARENILLAS BLOWHOLES



The Coast of Wonders.

This can be done in several ways as a circular route depending on where you park your car. If you leave your car between the Río Puón Campsite and the fish farm located further downstream, it's easy to find the fishermen's path on the other side of the bridge, on the eastern bank of the river.

Follow the path downstream, in a dreamlike setting, until you reach the wooden bridge of the coastal path.

The pools and pools formed by the emerald backwaters are an excellent alternative to swimming at the beach. However, you must be extremely careful not to disturb the fishermen, if there are any, as this section is a fishing reserve.

You can see trout and, if you're lucky, even a salmon.

Crossing the wooden bridge to the east, you will easily reach Andrín. Following the path that climbs steeply westward in the opposite direction, you reach the

Arenillas Blowholes Natural Monument.

The blowholes are the "geysers" of the Picos de Europa coast. The limestone soil has been eroded—leaving it riddled with holes like Swiss cheese—over geological ages. Many of the sinkholes, kilometers deep, pose a challenge for speleologists. It's no wonder the Picos de Europa are known as the "Himalayas of speleology" their subterranean landscape represents 14% of the deepest caves on the planet.

Some cavities connect the land to the sea. These are what we know as blowholes. No one could describe them better than José Zorrilla. The fame and prestige of the poet and playwright had faded. Many years had passed since a very young and emotional Zorrilla had recited his verses, to the admiration and acclaim of the Romantic constellation, at the funeral of Mariano José de Larra.

Times were different then; new tastes were emerging in 1882, and the poet, old and weary, waiting for a state pension that never arrived, accepted the invitation of Manuel Lamadrid, a man from Vidiago who had made his fortune in the Americas. He had met Lamadrid at the somewhat operetta-like court of Maximilian of Habsburg, the last emperor of Mexico.

Zorrilla had spent eleven years of his life in this fantastical country. Although initially received with enthusiasm by liberals, federalists, and unitarians—that is, by everyone—he would eventually become a staunch supporter of the emperor, with whom he forged a sincere friendship. A friendship he would honor by writing, after the emperor's execution—and when he could expect no reward from his support—*The Drama of the Soul: Something About Mexico and Maximilian: Poetry in Two Parts*.

But returning to the jesters, nothing better than the poet's verses to describe what one experiences before this phenomenon of nature. The experiences are many; it's not the same with a calm sea as with a gale.

But, if one pays the attention the poet did, they all have their charm.

In calm sea conditions, one can hear a murmur (like the breathing of a dragon slumbering deep in its grotto):

"The stately palace of the wealthy man from the Indies) rises
alongside a gigantic rock
that the sea has eroded; in whose hollow
a hundred meters inland it opens a mouth,
where, when peaceful, it evokes
an echo awakens from its gentle murmur."
"(...) it whispers intermittently, murmuring,
like a hidden spring that trickles
barely within a silo;
and its subterranean and mysterious sound
holds the attention of the listener spellbound."

But when the sea grows rough, things change:

"(it seems) that the sea is coming upon the land;
the echo in its cavern rages,
and calling the wind to war against the sea,
it frightens the coast and deafens it
with roars of such dreadful sound,
that they disturb the peace of the people."



"(...) (the air) beneath the earth: raging it waves,
and as it rises, waves upon waves it bends,
and fills the chasm with foam and noise:
the echo, between water and compressed air,
like that of a pneumatic press in a pump,
turns its lullaby breath into a whirlwind,
its mournful sound into an infernal roar.
The air puffs furiously: the sea roars
and calls for its aid, wave after wave:
it hurls mountains of water upon the air:
it bursts forth with fury:
the water doubles its thrust: the air loosens,
feeling that it is finally weakening,
and moans with the deepest anguish:
but however tenaciously it struggles,
the water before it is removed,
and it, through the narrowed chimney,
a fugitive hurricane, plunges."

PEÑA TÚ IDOL



The Stone Came First

Following the N634 towards Santander, 1 km from the bridge over the Purón River, take the local road to the right, towards the village of the same name as the river: Purón.

There is a semicircular concrete building with a metal roof, a monument to the ineptitude of our politicians: the Peña Tú Interpretation Center (which never opened).

There is a convenient parking area where you can leave your car and begin walking uphill at a leisurely pace, enjoying the vegetation and the landscape.

According to Miguel de Blas, Professor of Prehistory at the University of Oviedo and an expert on Peña Tú, the important thing is not to be seduced by the idol and to start with the stone.

Let's allow Don Miguel himself to guide us on the visit.

"The locals called the magical site the 'Head of the Gentile.' This strange name, along with the legends surrounding the rock and the fabulous treasures hidden nearby, spurred archaeological investigation in 1914. Since then, Peña Tú has been known as an important prehistoric site, dominated by the abstract image of a figure: the supposed idol that soon gave the rock and its art their popular name."

The first thing that caught the attention of the prehistoric inhabitants who sanctified the place was the stone itself, the jaws of the dragon.

Miguel de Blas reminds us that we are in a sacred space:

"The choice of our rock by the people of the early Metal Ages was not a mere coincidence. In fact, the Sierra de la Borbolla had been fulfilling its function as a sacred space for over 1,000 years, its strategic elevation becoming the spiritual center of the Neolithic populations of the eastern coast of Asturias."



This sacred space was chosen to become the commemorative site, perhaps the tomb, of a notable figure from some 4,000 years ago.

"The 'idol,' 1.10 m tall, is a highly geometric representation of an anthropomorphic being; perhaps an idealization of a person enveloped in elaborate clothing, their head covered by a broad headdress topped with a series of fringes or a plume. The overall drawing is extremely abstract, with a star-shaped body and clothing and headdress indicated by a simplified combination of straight lines, short strokes, and the occasional zigzag. Only two small circles and a vertical line are noted of the anatomy: the eyes and nose of an enigmatic face; while at the bottom, several short lines (the toes) suggest the presence of the bare left foot."

We are at the dawn of metallurgy, the beginning of the copper age, and from copper to bronze, and from bronze to iron... The power of the sword:

"Thus, the cave at Peña Tú, where a cavity in the rock at the foot of the figures may have served as a tomb, seems to recall the dignity of some notable figure died, according to the archaeological identification of the sword depicted as a copper weapon from the first quarter of the millennium BC, generally during the transition from the Copper Age to the Bronze Age. At that time, and from the late Neolithic period onward, monuments commemorating the existence of important men—chiefs or valiant warriors, perhaps in

more than one case also enriched by the control and trade of certain economic resources (copper, gold, salt, cereals, etc.)—began to be erected in different regions of central and southwestern Europe.

The sword rescued from the waters? An Excalibur emerging from a pool of the Purón River?

This magical setting was the backdrop for juicy anecdotes involving illustrious travelers such as Sánchez Dragó and Sam Peckinpah. Not surprisingly, there is something unsettling and mysterious here:

“Despite the millennia that have passed, the mystery of Peña Tú, the arcane prestige of a place alien to the mental universe introduced by the spread of Christianity, maintained a certain, remote, vitality. On the prehistoric figures, on the altered walls of the rock shelter, one can observe crosses engraved in recent centuries. They are evidence of Christian incantations against the symbolic, pagan value of the prehistoric paintings and engravings, their original ideological charge now lost, though not their memory, which remained latent until recent times.”

Could the dancing figures be performing a proto-pericote? It is strongly recommended to contemplate this ancient dance before answering the question.

