

From the cradle to the grave

## CAMINOS TERESIANOS



Ávila - Alba de Tormes



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The information reflected on this map is subject to change. We recommend you to check the complete and updated information at

[www.rutateresiana.com/en](http://www.rutateresiana.com/en)



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Collaboration:



## I am yours

From **Ávila**, Little Teresa's voice resounds through the way. The girl who wants to go to the Moorish land by 'Los cuatro postes'. The same way she took to Gotarrendura and later to the foundations of Medina and Valladolid. Behind us, the town draws her 'Castillo interior' while we walk across the forest between meadows, Medieval roads and quarries. We pass Cardeñosa and

Peñalba and we go into La Moraña. On this plain, the steps of travellers connect different births: from Santa Teresa's cradle to San Juan de la Cruz's in Fontiveros and to the Barefoot Carmelites' in the little place of Duruelo, between the sober Castilian steppe and the freshness of ponds, pine forests and meadows sprinkling the landscape: El Oso, Papatrigo, Narros de Saldueña, Collado de Contreras, Rivilla de Barajas and Narros del Castillo... The fields become brick art in castles and churches with wonderful Mudéjar coffered ceilings. The spirituality adjusts to the history and the

landscape, with the past traces and the present people, between the blue sky and the ochre and green land, whose twilights and springs paint with amazing colours. Then Mancera, Macotera or Peñaranda de Bracamonte...

The way is directing **to Alba**, and it is following Teresa's last steps by Nava de Sotrobal, Tordillos and Garcihernández towards the ducal village of the Tormes river. There, Teresa's grave is the goal of pilgrims or the starting point of the way, if you look at it another way...



## I was born for you

'I don't put at these foundations the hard work of the ways, with cold, sun, snow... But, when I started to walk, it seems to me little, thinking about the person for whom I was doing that.'

The routes that Teresa de Jesús crossed, the places where she and San Juan de la Cruz were born and lived, bring us over her vital adventure today. This way, Ávila - Alba de Tormes, shows us, through its landscape, its art and its history, her deep personality, her writings that talk about life as 'Camino' and 'Subida' and her voice: 'It's time to walk'.



Ávila.



Alba de Tormes.



Narros de Saldueña.



Cardeñosa.



Mancera de Abajo.



Fontiveros.



Coca de Alba.

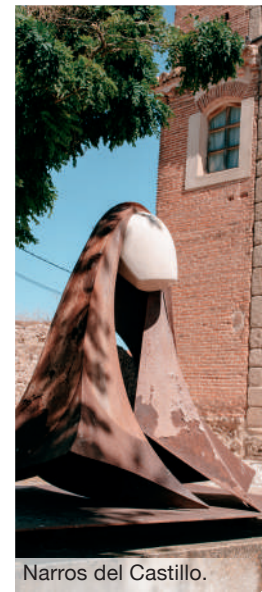


Fountain near the Convent of Duruelo.



Art in Bóveda del Río Almar.

Nature in the Teresian Route.



Narros del Castillo.



Papatrigo.

## More information:

- 1 Plan the stages of your route
- 2 Check our "Guide to Towns"
- 3 Get your credential
- 4 You are ready to start!
- 5 Don't forget the Andariega

## Ávila-Alba de Tormes



### ÁVILA

- Church and convent of St. Teresa. The order of Barefoot Carmelites (BIC). Teresa's birth house.
- Monastery of La Encarnación where Teresa entered the Carmelite Order.
- Convent and church of San José. Teresa's first foundation.
- The Walls.
- Ávila Cathedral.
- The Basilica of San Vicente. (BIC).
- Monastery of Santo Tomás. (BIC).

### GOTARRENDURA:

- The dovecote of St. Teresa.
- Eugenio López Berrón Ethnographic museum.

### EL OSO:

- Verraco vetón.
- 'Laguna de El Oso' Ornithological Reserve.

### NARROS DE SALDUEÑA:

- Castle of Conde de Montellano.
- Church of San Martín.

### FONTIVEROS:

- Birth House of San Juan de la Cruz.
- Church of San Cipriano.
- Convent of Carmelites.
- Hermitage of Nuestra Señora de los Mártires.

### RIVILLA DE BARAJAS:

- Castle of Castronuevo.

### NARROS DEL CASTILLO:

- Church of San Juan Bautista (BIC).

### CONVENT OF DURUELO (Blascomillán):

- First foundation of the order of Barefoot Carmelites.

### MANCERA DE ABAJO

- Convent of Carmelites.
- Arch. ruins of the palace of Marqueses de Mancera.

### MACOTERA

- Church of Nuestra Señora del Castillo (BIC).
- Museum of 'Las Llanuras y Campiñas de Salamanca'.

### TORDILLOS

- Church of Asunción de Nuestra Señora.

### PEÑARANDA DE BRACAMONTE

- Arcade squares.

- Church, convent & museum of Barefoot Carmelites. (BIC)

- Calderón de la Barca theatre.

### NAVA DE SOTROBAL

- Church of San Miguel Arcángel.

### COCA DE ALBA

- Church of San Juan ante Portam Latinam (BIC).

### PEÑARANDILLA

- Church of Nuestra Señora de la Asunción (BIC).

### GARCIHERNÁNDEZ

- Church of San Juan Bautista.

### ALBA DE TORMES

- Monastery and church of the Barefoot Carmelites: grave, remains and cell of St. Teresa (BIC)
- Convent of Barefoot Carmelites and church of San Juan de la Cruz.
- 'Teresa de Jesús en Alba' Carmelite Museum.
- Church of San Juan Apóstol (BIC)
- Basilica and statue of St. Teresa.
- Castle of Duques de Alba (BIC)
- Church and convent of Madres Isabeles. (BIC)
- Monastery of San Leonardo. Museum of Padre Belda (BIC).

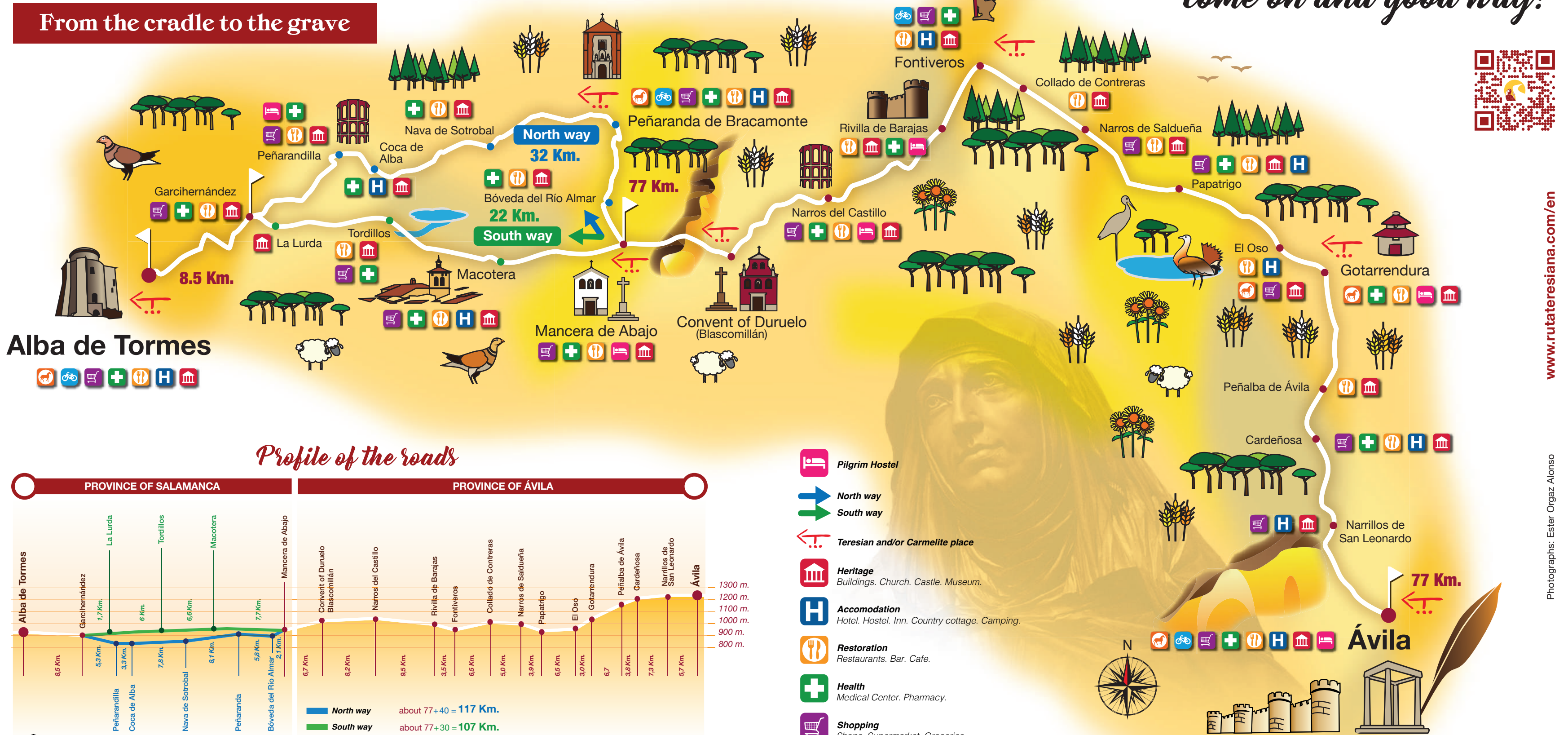
\*(BIC) - Place of Cultural Interest



# Ruta teresiana

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it's time to walk  
come on and good way!



## Pilgrims credentials and the "Andariega"

All the pilgrims can pick up their credentials in the Visitor's Centre in Ávila or the Tourist Office in Alba de Tormes. Pilgrims can stamp or date them in some establishments, town halls or parishes\* in the **Teresian Route**. The credential of the pilgrim will prove the accomplishment of the **Teresian Route** and it will be a memory of St. Teresa de Jesús. The **"Andariega"** is the final document, which proves that the pilgrim has completed the route. To obtain the **"Andariega"**, you must show the stamped credential in the Tourist Office in Alba de Tormes or in the Visitor's Centre in Ávila.

\*Check the guide to towns in [www.rutateresiana.com](http://www.rutateresiana.com) for more accurate information.

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