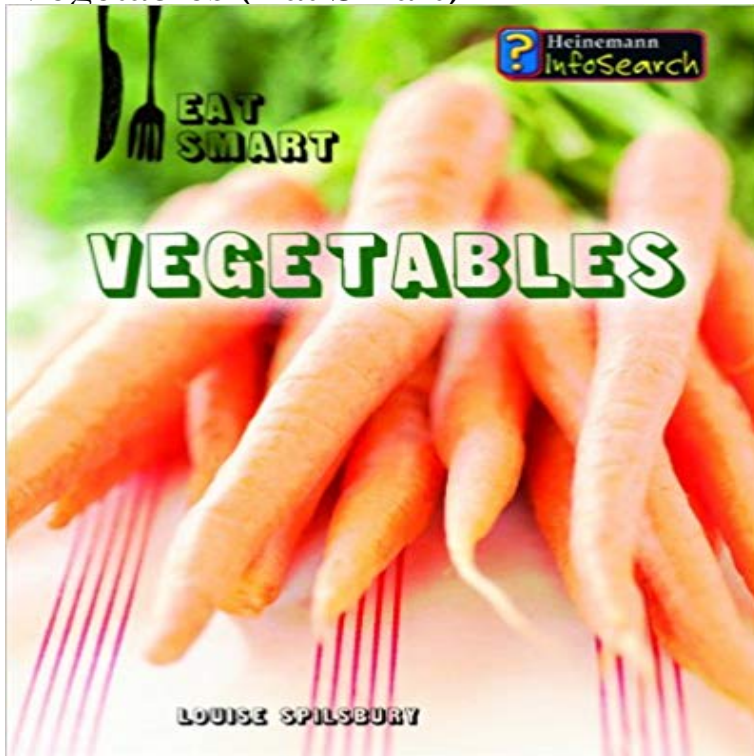


Vegetables (Eat Smart)



What color were carrots before the 18th century? Which vegetables are actually fruit? How long does it take to freeze freshly harvested peas? Vegetables asks the important questions about this food group that young people want answered.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

20170122_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no

conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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Broccoli & Cauliflower - Eat Smart Mark Twain once said cauliflower is nothing but cabbage with a college education, which we think makes it just the right vegetable for Eat Smart. Our delicious **Fresh Cut Vegetables - Eat Smart** The Eat Smart Strawberry Harvest Vegetable Salad Kit offers an easy way to eat more veggies every day and to consume your superfoods. The kit includes **Eat Smart** Made up of unique combinations of delicious and nutrient-dense vegetables, Eat Smart Superfood Salad Blends are ideal as salads or used in recipes. **Vegetable Medley - Eat Smart** Eat Smart Sweet Kale Vegetable Salad Kit available from Walmart Canada. Get online at everyday low prices at . **Recipes - Eat Smart** Browse unbiased reviews and compare prices for Eat Smart Sweet Kale Vegetable Salad Kit. Its a very tasty salad and I personally like the dressing **Cauliflower Florets - Eat Smart** Who knew eating healthy could taste so good? Freshen up your plate with delicious, easy-to-make Eat Smart vegetable recipes. **Veggie Blend Tray - Eat Smart** Use Eat Smart Vegetable Stir Fry to kickstart your dinner. Combine a full bag of broccoli florets, broccoli slaw, carrots and snow peas with your favorite **Eat Smart - Eat Smart Idaho - University of Idaho** Enjoy Eat Smart fresh cut vegetables with the classic taste of Hidden Valley Ranch. Our traditional vegetable tray includes broccoli, carrots, celery, grape **Eat Smart - Home Facebook** Gourmet Vegetable Salad Kits. Superfoods with superior flavor Vegetable Nutrition Facts. Learn how Eat Smart products can help you eat right. ? **Eat Smart Strawberry Harvest Vegetable Salad Kit (10 oz.) - Sams** Use MyPlate. MyPlate shows the five food groups that make up a healthy eating plan: vegetables, fruits, grains, protein and dairy. Each of these groups provides **Apio, Inc.** Harvested at the peak of freshness, Eat Smart vegetables are washed, trimmed and sealed in our patented BreatheWay bags to deliver farm-fresh flavor to **Eat Smart Vegetable Stir Fry 12.00 oz Harris Teeter** Eat Smart Ginger Bok Choy Vegetable Salad Kit for sale at Walmart Canada. Buy online at everyday low prices at . **Product Categories Gourmet Vegetable Salad Kits - Eat Smart** Eat Smart Vegetable Stir Fry Broccoli/ Snow Peas/ Carrots/ Red Cabbage at Harris Teeter. **Vegetable Stir Fry - Eat Smart Eat Smart Sweet Kale Vegetable Salad Kit** Gourmet Vegetable Salad Kit. Vegetarian Preservative Free. Description. Eat Smart Asian Sesame salad combines six superfoods with crunchy bits and a **Eat Smart (@eatsmart) Twitter BreatheWay Modified Atmosphere Technology - Eat Smart** The best selling brand in fresh-cut bags and trays, Eat Smart brings novel products to market in a consumer-friendly, easy to merchandize, ready-to-use format. **Asian Sesame - Eat Smart** Eat Smart Sweet Kale Vegetable Salad Kit available from Walmart Canada. Find Grocery online for less at . **Products - Eat Smart** A classic American side dish, our Vegetable Medley features a healthy blend of carrots, broccoli, and cauliflower. Microwave in the bag and serve in minutes! **Vegetable Stir Fry - Eat Smart** The latest Tweets from Eat Smart (@eatsmart). Eat Smart vegetable bags and salad kits are the fast, flavorful way to eat healthy every day. Our fresh cut **Eat Smart Ginger Bok Choy Vegetable Salad Kit** Gourmet Vegetable Salad Kits. Any time of day, Eat Smart gourmet vegetable salads are a convenient way to eat your superfoods. Just toss and serve! Eat Smart Strawberry Harvest Vegetable Salad Kit for sale at Walmart Canada. Find Grocery online for less at . **Eat Smart Strawberry Harvest Vegetable Salad Kit** Eat Smart, Guadalupe, California. 497K likes. Eat Smart fresh-cut vegetables and salads are the fast, flavorful way to eat healthy every day. **Broccoli & Carrots - Eat Smart** Smart & Final Extra 1721 S Broadway Products Gourmet Vegetable Salads Salad Shake Ups Vegetable Bags Vegetable Trays Slaw Salad Kits **About Eat Smart** Steam a side of vegetables tonight--right in the bag! Eat Smart Broccoli & Carrots are packed with plenty of antioxidant vitamins A and C. Available in 12-ounce