

# A Rocky Barrier



Many observers have noted that the Celtic Regions of today have been primarily affected by their proximity to the sea. While the sea has played a significant role in shaping the history of the Celtic Regions, it is far from the only influence.

These Celtic Regions boast some beautiful, and rugged, coastline that attracts visitors from around the world. But to their south they also share a chain of mountains that has significantly affected their development. The Cantabrian Mountains run east and west, nearly parallel to the sea. This mountain chain captures ocean winds, leading to more rainfall in these Celtic Regions than their neighbors to the south. This has created a green zone of diverse and lush vegetation, as well as creating a sort of cultural barrier, allowing the people of this area to develop in different ways from the rest of the nation they share.

The Cantabrian Mountains have long fascinated geologists due to its unusual curvature. Research indicates that the mountains were actually formed when the two ancient super continents of Laurussia and Gondwana split apart. Over millions of years this mountain range has been slowly shaped by wind, water, and glaciers into examples of spectacular scenery, culminating in the jewel known as the Picos de Europa, a magnificent series of limestone peaks.



Romans, Goths, Moors, and modern invaders have all found these mountains a real barrier to fully conquering these Celtic Regions, allowing unique customs, cuisine, and music to flourish and thrive up to this very day.

Do you know the Celtic Regions that have been significantly affected by this mountain chain? **ASTURIAS** and **GALICIA**