



under construction!

In the current first stage of production, an 'abecedarian' list is being drawn up – with only occasionally an entry promoted to the 'basic' stage; also the help pages (maps, search, guide) are momentarily only available in a skeleton version. So, none of the content on this website is already fit for purpose...!

/A='abecedarian' /B=basic /C='curated' /D=done

#

20250317/A

**Earth**, Aarde (NDL)

1 macro-region **8** A flag was proposed in 2015 by IFOPE-O → 20:3

20:2



20250317

**United Nations–UN**, *Verenigde Naties–VN* (NDL)

20:3



20250317/A

**International Flag of Planet Earth Organization–IFOPE-O**

**b** Oskar Pernefeldt **i** proposed in 2015 for Earth **j** <<https://www.flagofplanetearth.com/>>



20240716/A

**East Anglia**, \*Oost-Anglië (NDL)

1 historical region **2** (s) United Kingdom (r) England.(a) counties Norfolk and Suffolk and part of Cambridgeshire, Essex and Lincolnshire **3** Norwich, Ipswich, Bury St. Edmunds, Peterborough, Ely, Great Yarmouth, Cambridge, Colchester

#

20240716/A

**Eastern Europe**, VOSTOČNAJA EVROPA (RUS), USKHIDNA EVROPA (UKR), USCHODNJAJA EŪROPA (BEL), Východní Evropa (CES), Kelet-Európa (HUN), Europa Wschodnia (POL), Europa de Est (RON), Iztočna Evropa (BUL), Osteuropa (DEU), Oost–Europa (NDL)

1 macro-region **2** (s) Russian Federation, Ukraine, Belarus - (hr) all historical regions within those three states, except: Galicia, [under construction]

#

20250406/A

**Eastern Norway**, ØSTLANDET (NNO) / AUSTLANDET (NOB), Oost-Noorwegen (NDL)

1 historical region **2** (s) Norway (a) provinces Oslo, Akershus, Vestfold, Østfold, Telemark, Buskerud, Innlandet **3** Oslo, Tønsberg, Frederikstad, Moss, Skien, Drammen, Hamar **4** → mNorway



20250813/A

**Eastern Rumelia**

**1** historical region **2** (s) Bulgaria **2** (hr) part of Thrace and Rumelia **3** Plovdiv, Sliven, Burgas, Haskovo, Stara Zagora

#

20250813/A

**Eastern Switzerland**, OSTSCHWEIZ (DEU)

**3** Sankt-Gallen, Schaffhausen, Säntis, Appenzell



20260128/A

**East Frisia**, ÖSTFRÄISLAND (FRS), AASTFRÄISLOUND (STQ), OOSTFREESLAND (NDS), OSTFRIESLAND (DEU), Eastfryslân (FRI), Oost-Friesland (NDL)

**1** historical region **2** (s) Germany **3** (c) Aurich, Emden, Leer, Norden, Wittmund

#

20240716/A

**East Iceland**, AUSTURLAND (ISL), **Oostland** (NDL)

**1** historical region **2** (s) Iceland **3** (c) Egilsstaðir, Seidisfjörður, Neskaupstaður, Eskifjörður, Reyðarfjörður, Vopnafjörður, Breiðdalsvík



20250813/A

**East Prussia**, OSTPREUSSEN (DEU), Oost-Pruisen (NDL)

**1** historical region **2** (s) Poland, Russian Federation, Lithuania

#

20250813/A

**Egerland**, CHEBSKO (CES), Böhmisches Vogtland (DEU)

**1** historical region **2** (s) Czech Republic

#

20250813/A

**Elis**, ILIA (ELL)

**1** historical region **2** (s) Greece



20240719/A

**Emilia**, EMILIA (ITA), EMÉLIA (EGL), Emilië (NDL)

**1** historical region **2** (s) Italy **3** (c) Bologna, Parma, Modena, Piacenza, Modena, Ferrara, Ravenna, Rimini, Reggio Emilia, Forli, Cesena **7** Emilian, Emiliân (EGL), Emiliaans (NDL)



20240719/A

**England**, Engeland (NDL)

**1** region **2** (s) United Kingdom

#

20240719/A

ENTRE DOURO E MINHO (POR)

**1** historical region **2** (s) Portugal **3** (c) Porto, Braga, Varzim

#

20250813/A

**Epirus**, IPIROS (ELL), Epirus (NDL)

**1** historical region **2** (s) Greece, Albania



20250314/B

**Estonia**, EESTI (EST), Estland (NDL)

**1** state [Eesti Vabariik (EST)] **2** (m) → Baltic countries (hr) → Aiboland, → Mulgimaa, → Setomaa, → Võrumaa **3a** (c) Tallinn (EST) / Reval\* (DEU), Tartu (EST) / Dorpat\* (DEU), Narva (EST), Kohtla-Järve (EST), Pärnu (EST) **3b** Aiboland ; cultural-historical regions (linked with regiolects): Mulgimaa, Setomaa, Tartumaa, Vorumaa **4** → mEstonia **5** 1227 (N) Denmark (S) German Order; 1347 (N) also German (Livonian) Order; 1558 Russia; 1583 (N) Sweden (Saaremaa) Denmark (S) Poland (duchy of Estonia); 1629 Sweden; 1721 Russia; 1919 independence (state); 1940 Germany (occupation); 1944 Soviet Union (state); 1991-09-06 independence (state) **6** Estonians / Eestlased (EST) / Esten! [Estlanders] (NDL) [! =eenvoudigst, strookt met bv. "Duitsland" > "Duits"] **7** Estonian / Eesti (EST) / Ests! [Estisch, Estlands] (NDL) [! =eenvoudigst, strookt met bv. "Rusland" > "Russisch"]: Finno-Ugric language group **8** °1881: designed by student association Vironia

**20:1**



20250127/A

**Estonian Nationalists and Conservatives / EESTI RAHVUSLASED JA KONSERVATIIVID – ERK** (EST) / *Estse Nationalisten en Conservatieven* (NDL)

**a** 2024 **b** (c) Silver Kuusik, (p) Jaak Madison, Ruuben Kaalep **c** split from EKRE **d** nationalism, conservatism, 'ethnofuturism', anti-immigration **f** (in 2025:) NP: 3; EP: 0 **h** <eerk.ee>



20250127/A

**Conservative People's Party of Estland**, *EESTI KONSERVATIIVNE RAHVAERAKOND – EKRE* (EST), *Conservatieve Volkspartij van Estland* [NDL]

**a** 2012 **b** (c) Martin Helme (p) Mart Helme **c** (2024) split to *ERK* **d** nationalist, rightwing conservative, identitarian, populism, Russophile **e** *Identity and Democracy Party – ID* (party), *Identity and Democracy – ID* (group) > (2024) *European Conservatives and Reformists Group – ECR* (group) **f** NP: (2019) 19 (2023) 17 ; EP: (2019) 1 (2024) 1 > 0 **h**: <ekre.ee>

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#

20260421/A

**Russians in Estonia**, *RUSSKIE V ESTONII* (RUS), *EESTI VENALESED* (EST) [(ENG), *Russen in Estland* (NDL)

**1** people [minority] **2** Estonia [25,6%, mainly in Ida-Viru county] **8** Sillamäe, Narva, Kohtla-Järve, Maardu, Paldiski, Loksa, Narva-Jõesuu + Vaivara municipality

**20:1** There is no party dedicated to the specific interests of the Russians in Estonia. The most popular party with Russians in Estonia is the *Eesti Keskerakond* (EST) {*Estonian Centre Party*} (up to 75% adherence in 2012).

#

20250813/A

**Estremadura**, *ESTREMADURA* (POR), *Estremadura* (NDL)

**1** historical region **2** (s) Portugal

#

20240719/A

**Euboea**

**1** historical region **2** (s) Greece



20240719/A

**Europe**, *EUROPE* (FRA), *EUROPA* (DEU, NDL, NOR)

**1** macro region

**20:0**



20260406/A

**Council of Europe - CoE**, *Raad van Europa - RvE* (NDL)

**f** Parliamentary Assembly of the Council of Europe >

Political groups

#

**European Conservatives, Patriots & Affiliates-ECPA**

a



20240719/A

**European Union – EU**, *Europese Unie – EU* (NDL)

f European Parliament &gt;

°Political parties

**European Free Alliance-EFA**, *Europese Vrije Alliantie-EVA* (NDL) [Party]

20240719/A

**a** 1981 **b** Lorena Lopez de Lacalle **d** separatism, autonomism, regionalism, minority rights, progressive **e** (2020) Ålands Framtid-AF, Autonomie Liberté Participation Ecologie-ALPE, Bayernpartei, Bloc Nacionalista Valencia, Bloque Nacionalista Galego -BNG, Democratic Party of Artsakh-DPA, Dostluk Esitlik Baris Partisi-DEB, Enotna Lista-EL, Erdelyi Magyar Neppart-EMN, Esquerre Republicana de Catalunya-ERC, Eusko Alkartasuna-EA, Femu a Corsica, Fryske Nasjonale Partij-FNP, Inseme per a Corsica, Kasszebsko Jednota -KJ, L'Altro Sud-AS, Latvijās Krievu Savienība-LKS, Lausitzer Allianz- Luzicka Alianca, Liga Socijaldemokrata Vojvedine-LSV, Liga Veneta Repubblica, Lista Za Rijeku, Magyar Kereszténydemokrata Szövetség, Mebyon Kernow-MK, Moravské Zemské Hnutí-MZH, Mouvement région Savoie-MRS, Nieuw-Vlaamse Alliantie-N-VA, Nueva Canarias, Oljka Party, Omo Ilinden Pirin-OMO, Partit Occitan-Poc Partito Sardo d'Azione-Psd'Az), Partitu di a Nazione Corsa-PNC, Patrie Furlane,-Plaid Cymru, Pro Lombardia Indipendenza, PMS-Entesa, Rainbow-Vinozhito, Ruch Autonomii Slaska-RAS, Schleswigsche Partie-SP, Scottish National Party-SNP, Slovenska Skupnost-SSK, Süd-Tiroler Freiheit, Südschleswigschen Wählerverbands-SSW, Union Démocratique Bretonne-UDB, Unitat Catalana-UC, Unser Land, Yorkshire Party **f** EP: (2019) 9: 4 in the Greens-EFA Group, 3 (from N-VA) in European Conservatives and Reformists Group-ECR, 1 (from H Bildu) in Confederal Group of the European Left / Nordic Green Left-GUE/NGL


 Patriots.eu
**Patriots.eu** [Party]

20250126/A

**a** 2014 **b** (c) Santiago Abascal, Gerolf Annemans **c** (2014-2019) Europe of Nations and Freedom - ENF / Europa van Naties en Vrijheid – ENV ; (2019-2024) Identity and Democracy Party - ID Party / Identiteit en Democratie - ID Partij **d** nationalism, eurosceptic, radical-right, rightwing populism, identitarian **e** 2024 Ano 2011 / Ano 2011, Danish People's Party / Danske Folkeparti-DF, Enough! / Chega!, Fidesz-Hungarian Civic Alliance / Fidesz-Magyar Polgári Szövetség, Flemish Interest / Vlaams Belang-VB, Freedom Party of Austria / Freiheitliche Partei Österreichs-FPÖ, Latvia First / Latvija pirmajā viet-LPV League for Salvini Premier / Lega per Salvini Premier–LSP, Motorists for Themselves / Motoristé sobé-AUTO (CZE), National Movement / Ruch Narodowy-RN, National Rally / Rassemblement National-RN, Oath / Příklad, Party for Freedom / Partij voor de Vrijheid-PVV, Voice of Reason / Foní Logikís-FL, Pfišaha / Pfišaha občanské hnutí - Pfišaha, Vox / Vox 2019 Eesti Konservatiivne Rahvaerakond – EKRE, For Britain, Freiheitliche Partei Österreichs-FPÖ, Kongres Nowej Prawicy-KNP, Lega, Lega per Salvini Premier-LpSP, Nea Dexia (ND), Rassemblement National-RN, Slovenská Národná Strana - SNS, Sme Rodina, Svoboda a Přímá Demokracie-SPD, Vlaams Belang-VB, Volya; associated members: Alternative für Deutschland-AfD, Dissidences Française-DF, Partij voor de Vrijheid-PVV, United Kingdom Independence Party-UKIP; former members:

Občanská konzervativní strana-OKS (-2016), Die blaue Partei (-2019), Perussuomalaiset-PS (-2023) group: Identity and Democracy Group- ID f EP: 57



20240719/A

### **Alliance for Peace and Freedom (APF)** [Party]

**a** 2015 **b** Robert Fiore (cr:) Nick Griffin, Jean-Marie Le Pen **d** nationalism, radical right, eurosceptic **e** (2020) *Comités Jeanne-CJ, Democracia Nacional-DN, Dissidences Française-DF, Dělnická strana sociální spravedlnosti- DSSS, Forza Nuova-FN, Laïke Ellenike Patriotike Enose-LEPEN, Kotlebovci – Ľudová strana Naše Slovensko-L'SNS, Nation, Natsionalja Demokratitsjeska Partija-NDP, Noua Dreapta-ND, Parti Nationaliste Français-PNF, Partidul România Unită-PRU, Vlaanderen Identitair-VLI [ex-leden: Chrysi Avgy, Danskernes Parti, Svenskernas Parti]* **f** EP: (2019) 2

**h**  Europa Terra Nostra



20240719/A

### **Alliance of European National Movements – AEMN** [Party]

**a** 2009 **b** Bela Kovacs **d** radical right, rightwing populism, nationalism, eurosceptic, anti-zionist **e** *British National Party-BNP, Destre Unite, Flamma Tricolore, Partido Nacional Renovador-PNR, Slovenska Nacionalna Stranka-SNS*; voormalige leden: *Front National-FN, Jobbik, Nationaldemokraterna-ND, Movimiento Social Republicano-MSR, Svoboda, Sinivalkoinen Rintama-VP* **f** EP: (2019) 0 **h** **European Identities and Traditions**



20240719/A

### **European Conservatives and Reformists – ECR** [Party]

**a** 2009 **b** Jan Zahradil **c** 2009-2016: *Alliance of European Conservatives and Reformists-AECR*; 2016-2019: *Alliance of Conservatives and Reformists in Europe-ACRE* **d** conservative, eurosceptic **e** *Alliance for the Union of Romanians / Partidul Național Conservator Român-PNCR, Alternative Democratic Reform / Alternativ Demokratesch Reformpartei, Brothers of Italy / Fratelli d'Italia-Fdl, Civic Democratic Party / Občanská demokratická strana-ODS* *Croatian Sovereignists / Hrvatski suverenisti-HS, Electoral Action of Poles in Lithuania - Christian Families Alliance / Lietuvos lenkų rinkimų akcija – Krikščioniškų šeimų sąjunga – LLRA-KŠS / Akcja Wyborcza Polaków na Litwie – Związek Chrześcijańskich Rodzin-AWPL-ZCHR, Freedom and Solidarity / Sloboda a Solidarita / Home and National Rally / Dom i nacionalno okupljanje-DOMiNO, Identity-Liberties / Identité-Libertés-IDL, Law and Justice / Prawo i Sprawiedliwość-PiS, Lithuanian Farmers and Greens Union / Lietuvos valstiečių ir žaliųjų sąjunga-LVŽS, National Alliance / Nacionālā Apvienība-NA* *National People's Front / Ethniko Laiko Metopo-ELAM, Swedish Democrats / Sverigedemokraterna-SD, The Bridge / Most (HRV), There is such a people / Ima Takāv Narod, The Right Alternative / Alternativa Dreaptă, United List / Apvienotais saraksts-AS, VMRO-Bulgarian National Movement / VMRO-Bâlgarsko Nacionalno Dviženie, We Citizens / Wir Bürger*



20241125/A

E

**European Christian Political Movement - ECPM** [Party]

a 2002 e [selection] *Latvia First!* d rightwing, christian-democratic, christian right, conservative f EP: (2024) 5 h (s) Amersfoort

**Europe of Sovereign Nations-ESN** [Party]

20250822/A

a 2024 e *Alternative for Germany / Alternative für Deutschland–AfD, Forum for Democracy / Forum voor Democratie–FvD, Freedom and Direct Democracy / Svoboda a Přímá Demokracie–SPD, New Hope / Nowa Nadzieja–NN, Our Homeland Movement / Mi Hazánk Mozgalom–MNH, People and Justice Union (Centrists, Nationalists) / Tautos ir teisingumo sąjunga (centristai, tautininkai)–TTS, Reconquest / Reconquête–R!, Republican Movement / Hnutie Republika, Revival / Vazrazhdane* f EP 2024 27 (/720)

## ° Political groups

**PATRIOTS**  
FOR EUROPE

20250823/A

**Patriots for Europe** [Group]

a 2024 b (c) *Jordan Bardella* d rightwing populism, euroscepticism e *Ano 2011 / Ano 2011, Christian Democratic People's Party / Kereszténydemokrata Néppárt–KDNP, Danish People's Party / Danske Folkeparti–DF, Enough! / Chega!, Fidesz–Hungarian Civic Alliance / Fidesz–Magyar Polgári Szövetség, Flemish Interest / Vlaams Belang–VB, Freedom Party of Austria / Freiheitliche Partei Österreichs–FPÖ, Latvia First / Latvija pirmajā viet–LPV, League / Lega, Motorists for Themselves / Motoristé sobé–AUTO, National Movement / Ruch Narodowy–RN, National Rally / Rassemblement National–RN, Party for Freedom / Partij voor de Vrijheid–PVV, Oath / Příklad, Voice of Reason / Foní Logikís–FL, Vox / Vox* f 2024 85 (/720)



20240719/A

**European Conservatives and Reformists – ECR** [Group]

a 2009 b *Ryszard Antoni Legutko / Raffaele Fitto* e 2024 *Alliance for the Union of Romanians, Partidul Național Conservator Român–PNCR, Brothers of Italy / Fratelli d'Italia–Fdl (ITA), Civic Democratic Party / Občanská demokratická strana–ODS, Electoral Action of Poles in Lithuania - Christian Families Alliance / Lietuvos lenkų rinkimų akcija – Krikščioniškų šeimų sąjunga – LLRA–KŠS / Akcja Wyborcza Polaków na Litwie – Związek Chrześcijańskich Rodzin–AWPL–ZCHR, Estonian Centre Party / Eesti Keskerakond–KE, Finns Party / Perussuomalaiset–PS, Greek Solution / Elliniki Lysi, Home and National Rally / Dom i nacionalno okupljanje–DOMiNO, Identity-Liberties / Identité-Libertés–IDL, Law and Justice / Prawo i Sprawiedliwość–PiS, National Alliance / Nacionālā Apvienība–NA, National People's Front / Ethniko Laiko Metopo–ELAM (ELL), New Flemish Alliance / Nieuw-Vlaamse Alliantie–N-VA, Romanian National Conservative Party / Partidul Național Conservator Român–PNCR, Swedish Democrats / Sverigedemokraterna–SD, There is such a people / Ima Takāv Narod, United List / Apvienotais saraksts–AS + 2 independent Romanian and 2 independent Spanish members 2019 (selection) *Elliniki Lusy, Forum voor Democratie, Fratelli d'Italia, IMRO–BND, Lietuvos lenkų rinkimų akcija – Krikščioniškų šeimų sąjunga–LLRA–KŠS, Nacionālā apvienība, „Visu Latvijai!” – Tēvzemei un Brīvībai /**

LNKK, Nieuw-Vlaamse Alliantie-N-VA, Sverigedemokraterna-SD, Vox; 2024 Eesti Konservatiivne Rahvaerakond – EKRE, [under construction] f 2024 79 (/720) 2019 69 (/705)



20250818/A

### Europe of Sovereign Nations-ESN [Group]

a 2024 e Alternative for Germany / Alternative für Deutschland–AfD, Freedom and Direct Democracy / Svoboda a Přímá Demokracie–SPD, New Hope / Nowa Nadzieja–NN, Our Homeland Movement / Mi Hazánk Mozgalom–MNH, People and Justice Union (Centrists, Nationalists) / Tautos ir teisingumo sąjunga (centristai, tautininkai)- TTS, Reconquest / Reconquête–R! , Republican Movement / Hnutie Republika, Revival / VAZRAZHDANE f 2024 27 (/720)



20240719/A

### European Free Alliance - EFA, Europese Vrije Alliantie-EVA [(part of) Group]

a 1999 c part of the Greens–European Free Alliance Group e 2024 Republican Left of Catalonia / Esquerre Republicana de Catalunya-ERC, Galician Nationalist Bloc / Bloque Nacionalista Galego-BNG, More / Més (VLC) 2019 Republican Left of Catalonia / Esquerre Republicana de Catalunya-ERC, Latvijas Krievu Savienība-LKS + 1 Corsican individual member of Régions et Peuples Solidaires f 2019 4 2024 3



20240719/A

### Identity and Democracy – ID [Group]

a 2019-2024 b Marco Zanni e (2020) members of AfD, DF, EKRE, FPÖ, Lega, PS, RN, SPD, VB +independents: Jean-Paul Garraud, Thierry Mariani f EP: (2019) 76

### EPC

20240719/A

### European Political Community - EPC, Europese Politieke Gemeenschap (NDL)

a °2022

20:1



20240719/A

### Volt Europa

a 2017 b Andrea Venzon c before: Vox Europe d European federalism, social-liberal f EP: (2019) 1



20240719/A

### European Federalist Party - EFP

a 2011 b Pietro de Matteis d European federalism, social-liberal f EP: (2019) 0

#

### EuroNat

20240719/A

a 1997-200? b nationalism, radical right



20240719/A

### European National Front–ENF

a 2004-2009 d European nationalism, neofascism

20:2



EUROPEAN CENTRE  
FOR  
MINORITY ISSUES

20250506/A

### European Centre for Minority Issues

a °1996 d to provide actors with new knowledge and tool-kits that empower and equip them to mitigate differences and exchange views through constructive dialogue about how to build a peaceful and diverse Europe f academic research institute for minority issues, ethnopolitics and minority-majority relations g established by the governments of Denmark, Germany and Schleswig-Holstein h centre in Flensburg

→ *Minority Map and Timeline of Europe (MMTE)*

<https://www.ecmi.de/research/cross-cluster/minority-map-and-timeline-of-europe-mmte>



Federal Union of European Nationalities  
Föderalistische Union Europäischer Nationalitäten  
L'Union fédéraliste des communautés ethniques européennes  
Федералистский Союз Европейских Национальностей

20240719/A

### Federal Union of European Nationalities–FUEN

a °1949 (Paris) d with more than hundred member-organizations (no political parties) from thirty-five countries the biggest European interest group of autochthonous populations and national minorities h offices in Flensburg, Berlin and Brussels; website (<<https://fuen.org>>)



### Minority Rights Group International–MRG

a °1969 (London) d NGO h website: <<https://minorityrights.org>>

*World Directory of Minorities and Indigenous People*

→ <https://minorityrights.org/directory/> [accessed 20210418]



20240719/A

### Multinatio.eu. Stateless nations and minority peoples

a °1999 b (p) Mikael Bodlore-Penlaez c previously called *Eurominority* d private, committed organization g after having been a few years off-line, this private initiative remerged in 2020 under its new name h edits a comprehensive website ([eurominority.eu](http://eurominority.eu)) and has published books and maps

→ *Multinatio.eu. Stateless nations and minority peoples*

<http://multinatio.eu/index.php/en/> [accessed 20210418]

'Committed' website, with up-to-date information on (mainly) Europe's nations, minorities, regions and languages (albeit by far not all of them).



20240719/A

**Coppieters Foundation - CMC**

20:3

#

20240719/A

**Indigenous Archives Collective**

a °2018 (Australia) c preceded by the *Indigenous Archives Network* (°2011) d to generate worldwide exchange of information, cooperation and debate around the archives, libraries, galleries, museums etc. of autochthonous populations h so far without a database; see <https://indigenousarchives.net/> [accessed 20210419]

20:5:1



20240719/A

**Confederation of Independent Football Associations – CONIFA**

a °07/06/2013 d global, non-profit football federation for all associations outside FIFA, supporting representatives of international football teams from nations, de-facto nations, regions, minority peoples and sports isolated territories. It organized its first World Football Cup in June 2014 in Östersund (Sweden)

#

20240719/A

**Evrytania**

1 historical region 2 (s) Greece



20240719/A

**Extremadura**, EXTREMADURA (SPA), Extremadura (NDL)

1 region 2 (s) Spain 3 (c) Mérida, Càceres, Badajoz, Plasencia, Trujillo, Don Benito, Almendralejo, Villanueva de la Serena, Navalmoral de la Mata, Zafra, Montijo 7

Extremaduran / Estremeño (EXT) / Extremeño (SPA) / **Extremeens** (NDL)

^

#

20240812/A

**Fala**, FALA (FAX), FALA (SPA), FALA DA ESTREMADURA (POR), **Fala / Fable** (NDL)

1 linguistic 2 (s) Spain (g) Valle de Jálama / Val(le) de Xálima / Valle del río Elja 3 drie dorpen (van de Sierra de Gata): Valverde del Fresno, Eljas, San Martín de Trevejo