

HIKING AND MOUNTAIN BIKING ROUTE GUIDE
2019

Ribeira  Sacra

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rutas

rame

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galicia





HIKING AND MOUNTAIN BIKING ROUTE GUIDE

For several months we travelled the paths and trails of Ribeira Sacra searching for the most interesting and attractive routes to include in this guide.

You can find further information on all the routes plus GPS data and photos on the Ribeira Sacra Tourism Consortium website and its Wikiloc page.

Most of the routes in this guide are approved by the Galicia Mountain Federation. On the routes that have not been approved there may be few or no signs, so we recommend using a good map and/or GPS.

All the town councils listed have undertaken to maintain these routes in good condition, so that they can be used at any time of year. The Tourism Consortium is not responsible for their maintenance.

Hiking and mountain biking are sports that involve certain risks and for which proper preparation and equipment are needed.

WARNING: Care is required on some routes during hunting season (October-January). Phone the local council to find out about areas possibly affected.

Find out the latest news on the hiking and mountain biking routes by phoning 638-823-592 or e-mailing turismo@ribeirasacra.org

Ribeira Sacra
Wikiloc page



Download the hiking
and mountain
biking guide



APP “sendeRS”



LEGEND



Start and/or end of route



Start and/or end of route

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THE MIÑO ROUTE

Municipality of A Peroxa



Length	24,2 km	Duration	7 hours 30 minutes
Difficulty	Media	Bike access	Unsuitable
Starting/ending point	A Peroxa district (below the church)/River beach at Os Peares		
Services	Restaurants and accommodation in A Peroxa and Os Peares and health centre in Os Peares.		

NGI maps 1:25.000 188-I A Peroxa

Place	Latitude	Length	Z. UTM	X	Y
A Peroxa	42° 26.467'N	7° 47.458'W	29T	599435	4699462
Os Peares	42° 27.299'N	7° 44.103'W	29T	604011	4701069



GETTING THERE

A Peroxa village ((below the church):

Desde Ourense por la N-525. Al pasar Gustei, desviarse a la derecha dirección A Peroxa.

River beach at Os Peares

From Ourense take the N-120 in the direction of Monforte, take the Os Peares exit and continue to the village, where the river beach is located.



The route is divided into two very different sections. The two paths that go down from A Peroxa to Gulfariz and the one that follows the banks of the R. Miño from Gulfariz to Os Peares.

To go down from A Peroxa to Gulfariz, you can follow the course of the R. Rial, through a number of villages. This is a very pleasant walk as the trail runs through a riverside wood. You will cross various wooden bridges over the river and can visit the ruins of A Peroxa Castle. On arriving in Gulfariz, you can choose between going upstream along the R. Miño to Os Peares or go back down to A Peroxa along another path further east. If you decide to go on to Os Peares, the trail follows the course of the R. Miño, starting with a trail that runs between vineyards with views of the river. The last 4 kilometres are along a dirt track parallel to the river and the railway lines that link Ourense with Monforte.

You also have the option of taking a taxi back from Os Peares to A Peroxa, which cuts the hike in half. If you follow this route in summer, you can enjoy the river beach in Os Peares.



RUTA DOS BOSQUES MÁXICOS

Concello de Castro Caldelas



Length

21 km

Duration

5 hours

Difficulty

Media

Bike access

Suitable

Starting/ending point

Praza do Prado (Castro Caldelas)

Services

Restaurants, Accommodation and Health Centre in Castro Caldelas.

NGI maps 1:25.000

189-III

Place

Latitude

Length

Z. UTM

X

Y

Praza do Prado

42° 22.490'N

7° 24.920'W

29 T

630467

4692611



GETTING THERE

From Ourense:

Getting to Castro Caldelas

Take the OU-536

Praza do Prado square



This route goes through some of the places of the greatest scenic, historical and ethnographic interest in the municipality of Castro Caldelas: abandoned villages, woods with monumental chestnut trees and numerous natural viewing points, to mention only a few.

Along the route are some very important historical heritage sites, including monasteries like San Paio de Abeleda and the Poboeiros rectory. The mediaeval bridge of A Ponte and the Pozo dos Cabalos waterfall are some of the places that the route crosses.

This route can also be travelled as two loops, one 15 km long and the other 6 km.



THE BELESAR VINEYARD ROUTE

Municipality of Chantada



Length

4,6 km

Duration

2 hours

Difficulty

Media

Bike access

Suitable

Starting/ending point

Belesar / A Veiga.

Services

Food and drink in Belesar. Accommodation and health centre in Chantada.

NGI maps 1:25.000

155-I, 155-III

Place

Latitude

Length

Z. UTM

X

Y

Belesar

42° 35.448'N

7° 43.539'W

29T

604557

4716163

A Veiga

42° 33.800'N

7° 42.804'W

29T

605609

4713127



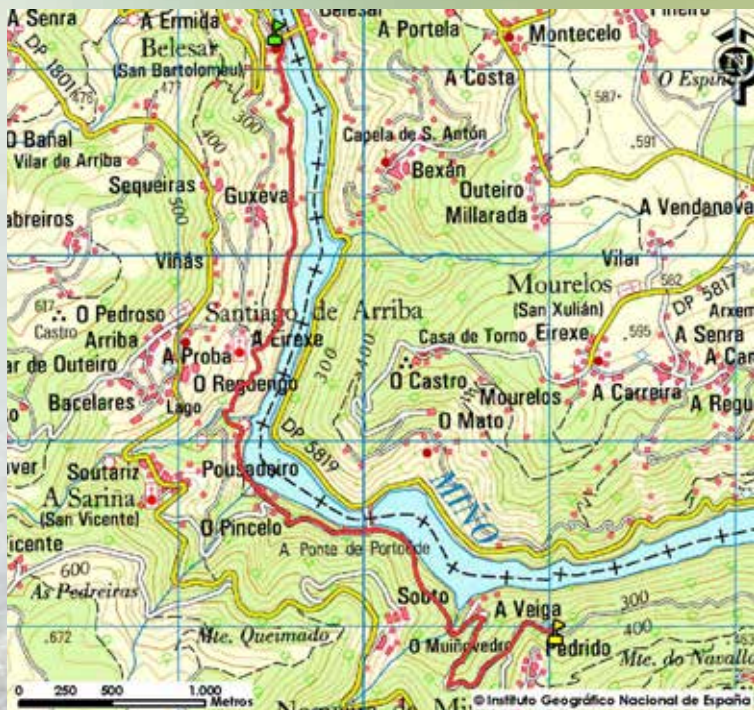
GETTING THERE

Belesar:

From Chantada take the LU-533 in the direction of Monforte.

Turn off after crossing the bridge over the R. Miño in the direction of Belesar.

The trail continues alongside the Belesar bridge.



This route starts in the village of Belesar and follows the course of the R. Miño.

This is an easy hike, with few slopes, on which areas with vineyards alternate with chestnut and oak woods.



THE SAN PEDRO DE ROCAS ROYAL ROAD

Municipality of Esgos



Length

9 km

Duration

2 hours 45 minutes

Difficulty

Baja

Bike access

Suitable

Starting/ending point

Esgos.

Services

Restaurants, accommodation and health centre in Esgos.

NGI maps 1:25.000

Nº 226-I Esgos y 188-III Nogueira de Ramuín.

Place

Latitude

Length

Z. UTM

X

Y

Esgos

42°19.609'N

7°41.735'W

29T

607480

4686970



This is one of the oldest official trails in Galicia. It is a good example of why some trails are still there after many years and others disappear a few months after they open.

It is an easy circular route that is simple to follow. It goes along an old royal road that served as a link with Ourense. The roads still have walls on each side and on many stretches you can see the marks left on the stone by carts. Oak woods and stands of conifers, fields with stone walls and strange rock formations are found along the way.

In addition to the royal road itself, on this route you will find one of the most important architectural sites in Ribeira Sacra, the Monastery of San Pedro de Rocas, where there are anthropomorphic tombs and a Ribeira Sacra Interpretation Centre.



GETTING THERE

From Ourense:

Take the OU-536 to Esgos. The route starts on the Praza da Souteira square, by the health centre.

GABÍN BIRCH WOOD ROUTE

Municipality of Montederramo



Length

9,4 km

Duration

3 hours

Difficulty

Baja

Bike access

Suitable

Starting/ending point

Campo do Casar - Serra de San Mamede.

Services

Accommodation, restaurants and health centre in Montederramo.

NGI maps 1:25.000

n° 227-III Montederramo.

Place

Latitude

Length

Z. UTM

X

Y

Campo do Casar-Serra de San Mamede

42° 14.130'N

7° 29.664'W

29T

624231

4677022



GETTING THERE

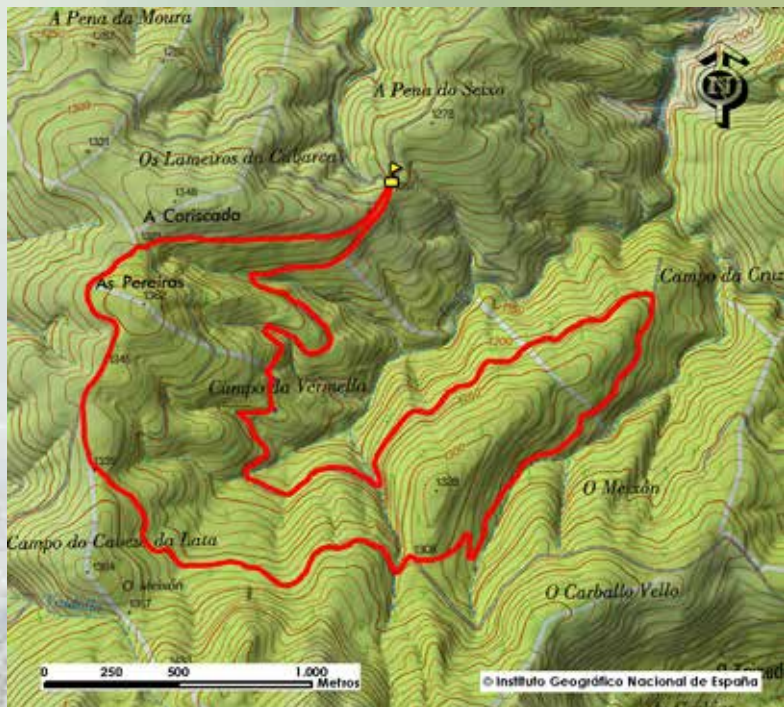
From Ourense:

Take the OU-536 to Leboreiro. Turn onto the OU-0602 in the direction of Montederramo.

After Montederramo, take the turn-off to the right in the direction of Gabín-A Mogaiña.

In Mogaiña, turn right onto an unpaved road leading to the birch wood.

There is no easy access to Campo de Casar with a vehicle.



The route runs for its entire length in an area belonging to the Montederramo Birch Wood Nature Network. It is a dense forest of birch and oak trees, holly bushes and other species of undergrowth. There are also several areas of Scots pine.

The entire route follows a well-kept forest track with gentle slopes that crosses the wood and is very attractive, both when walking and on a bike.



THE MAQUINO LARGAÑO ROUTE

Municipality of Nogueira de Ramuín



Length

15 km

Duration

6 hours

Difficulty

Media

Bike access

Partially suitable

Starting/ending point

Luíntra.

Services

Restaurants, accommodation and health centre in Luíntra.

NGI maps 1:25.000

188-I, 188-III.

Place

Latitude

Length

Z. UTM

X

Y

Luíntra

42° 24.646'N

7° 43.599'W

29T

604775

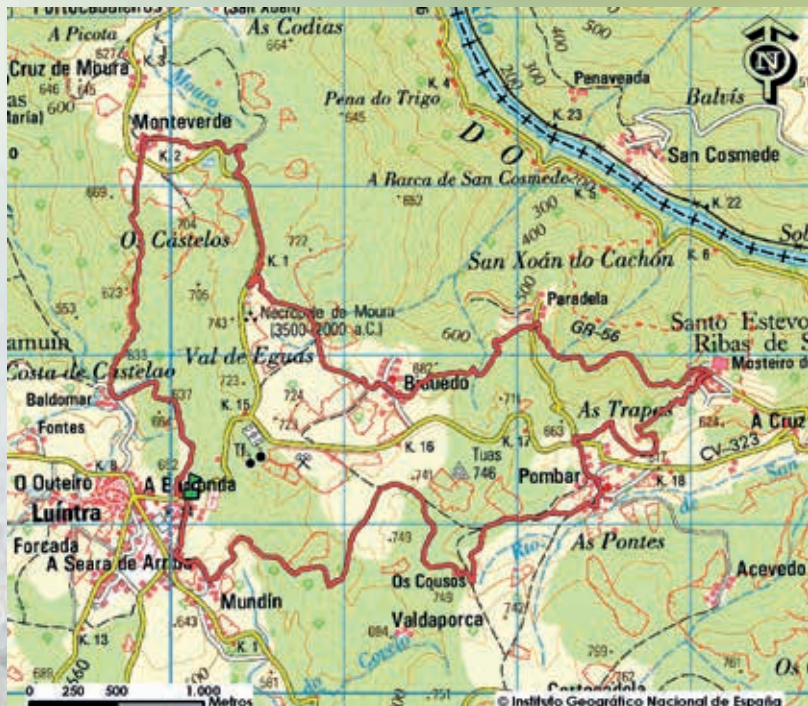
4696170



GETTING THERE

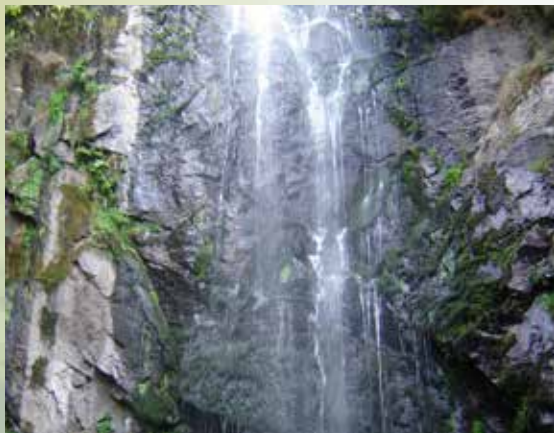
From Ourense:

Take the OU-536. In Castadón, turn off in the direction of Luínta. The route starts at the track to the left of the new Civil Guard Barracks.



This circular trail starts in the town of Luínta, the seat of the Municipality of Nogueira de Ramuín. The route passes through a variety of landscapes, with oak forests, birch woods, farms and villages. It mainly follows gently sloping trails and dirt tracks under the trees. You can visit several local villages, the Moura burial mounds, the Monastery of Santo Estevo de Ribas de Sil and a section of the Sil Gorge belonging to the Natura 2000 network.





Length	2,2 km	Duration	1 hour 15 minutes
Difficulty	Baixa	Bike access	Unsuitable
Starting/ending point	LU-P-4107 / Castro de Marce.		

Services Accommodation, restaurants and health centre in Ferreira de Pantón.

NGI maps 1:25.000 155-III

Place	Latitude	Length	Z. UTM	X	Y
Inicio de ruta (LU-P-4107)	42° 30.915'N	7° 42.187'W	29T	606534	4707801
Castro de Marce	42° 31.338'N	7° 42.901'W	29T	605546	4708568



GETTING THERE

From Ourense:

Take the N-120 in the direction of Monforte. At Segade, take the Guítara turn-off and then go towards Marce.

On that road, 500 metres before Marce, there is a signpost at the start of the route.



The route starts on the road to Marce, on a bend with a signpost marking the start of the trail. Take the path that goes down between the trees.

Take a side path to get to the Augacaída waterfall, one of the highest in Galicia. The slope down to the waterfall is the most difficult section of the route, as it is necessary to hold on to the ropes placed there to help you.

Along the trail are several remains of popular architecture, such as a shelters for cattle, but the most interesting is the Castro de Marce hill fort. This ancient Castro settlement is on top of a small hill, from where there are spectacular views of the R. Miño.



THE CIBRISQUEIROS TO SAN COSMEDE ROUTE

Municipality of Pantón



Length	4 km	Duration	1 hour 30 minutes
Difficulty	Baixa	Bike access	Unsuitable
Starting/ending point	Barrio de Cibrisqueiros (Pombeiro) / San Cosmede.		

Services Restaurants, accommodation and health centre in Os Peares and Ferreira de Pantón.

NGI maps 1:25.000 188-I.

Place	Latitude	Length	Z. UTM	X	Y
Barrio de Cibrisqueiros (Pombeiro)	42° 26.924'N	7° 42.070'W	29T	606808	4700417
San Cósmede	42° 25.734'N	7° 41.477'W	29T	607654	4698227



This route starts in the village of Cibriqueiros, in the parish of Pombeiro. Shortly after it starts, you can make a detour to the church of San Vicente de Pombeiro. After visiting the church, return to the main trail, which leads out of the village and enters a wood with acacia, oak, chestnut and cork oak trees.

Along the way you will see the Preguntoiro Tombs, ancient anthropomorphic burial sites carved into the rock. Go through the abandoned village of Penaveada to San Cosmede, the end of the trail.

The entire route is inside the Sil Gorge Nature Network, which is of great scenic and ecological value.



GETTING THERE

Barrio de Cibriqueiros (Pombeiro):

From Ourense take the N-120 in the direction of Monforte. Turn off at Os Peares. Next take the turn-off to Pombeiro. In Pombeiro, on a tight bend, there is a signpost showing the start of the route.

SIL CANYON - SANTA CRISTINA

Municipality of Parada de Sil



Length

18 km

Duration

6 hours

Difficulty

Media

Bike access

Unsuitable

Starting/ending point

Parada de Sil.

Services

Restaurants, accommodation, camping and health centre in Parada de Sil.

NGI maps 1:25.000

No. 188-IV Parada de Sil

Place

Latitude

Length

Z. UTM

X

Y

Parada de Sil

42° 22.959'N

7° 34.110'W

29T

617849

4693250



GETTING THERE

From Ourense:

Take the OU-536 to Vilaríño Frio and then turn off onto the OU-0604 to Parada de Sil. The route starts in Barquillero Square.



The route is circular, starting in Barquillero Square, in the village of Parada de Sil. As the square is close to Fondo de Vila, you can divide the route into two segments, both circular, by taking a variant. This cuts the distance in half.

The trail mainly runs along cart tracks, between walls, that cross the land on the edge of the canyon among abundant vegetation, mainly oak and walnut trees.

A large part of the journey runs parallel to the R. Sil, and you will find a number of lookout points along the way, where you can enjoy the spectacular views and the traditional vineyards on the steep banks of the river.

One of the most interesting places on the route is the Monastery of Santa Cristina, half hidden in a grove of chestnut trees. It can be visited all year round, although the church is only open in summer and some weekends.



THE RIVER MAO CANYON ROUTE

Municipality of Parada de Sil



Length	16,5 km	Duration	6 hours 30 minutes
Difficulty	Media	Bike access	Unsuitable
Starting/ending point	San Lourenzo de Barxacova.		

Services Restaurants, accommodation, camping and health centre in Parada de Sil.
A Fábrica da Luz hostel, in Barxacova.

NGI maps 1:25.000 nº 189-III Parada de Sil.

Place	Latitude	Length	Z. UTM	X	Y
San Lorenzo de Barxacova	42° 22.631'N	7° 30.366'W	29T	622992	4692731
A Fábrica da Luz	42° 22.460'N	7° 29.828'W	29T	623733	4692432



For this circular route you can start either at the Fábrica da Luz or in San Lourenzo de Barxacova, following only the southern section of the route (11.5 km).

From the Fábrica da Luz, take the wooden walkway along the Mao Gorge to the village of Barxacova. Here, the climb to San Lourenzo de Barxacova starts. Continue on to A Miranda and Forcas, mountain villages situated at the highest point of the route.

From Forcas return to the R. Mao, where you can visit the Conceliñas medieval bridge. Continue along beside the new canal until you get to the old canal, which will take you to the necropolis of San Vitor. From here, simply return to San Lourenzo de Barxacova and then down to A Fábrica da Luz.

From the anthropomorphic tombs of San Lourenzo there is a small 550 m variant from the official route that goes through the Meder woods and returns to the canal, where it joins the PR-G177.



GETTING THERE

From Ourense:

Take the OU-536 in the direction of Trevinca. After passing Valilongo, turn off on the OU-139 in the direction of Cristosende. 3 km from Cristosende, in the direction of Parada de Sil, is the entrance to A Fábrica da Luz; a little farther on is the turn-off for San Lourenzo de Barxacova.

THE LOIO ROUTE

Municipality of Paradela



Length

9 km

Duration

2 hours 30 minutes

Difficulty

Baja

Bike access

Suitable

Starting/ending point

Paradela, the Ruxidoira children's playground, municipal swimming pool / Bridge over the mouth of the R. Loio.

Services

Restaurants and health centre in Paradela.

NGI maps 1:25.000

Nº 123-II Portomarín.

Place

Latitude

Length

Z. UTM

X

Y

Parque infantil da Ruxidoira

42°45.989'N

7°33.785'W

29T

617570

4735970

Ponte en A Ribeira do Loio

42°47.318'N

7°36.795'W

29T

613425

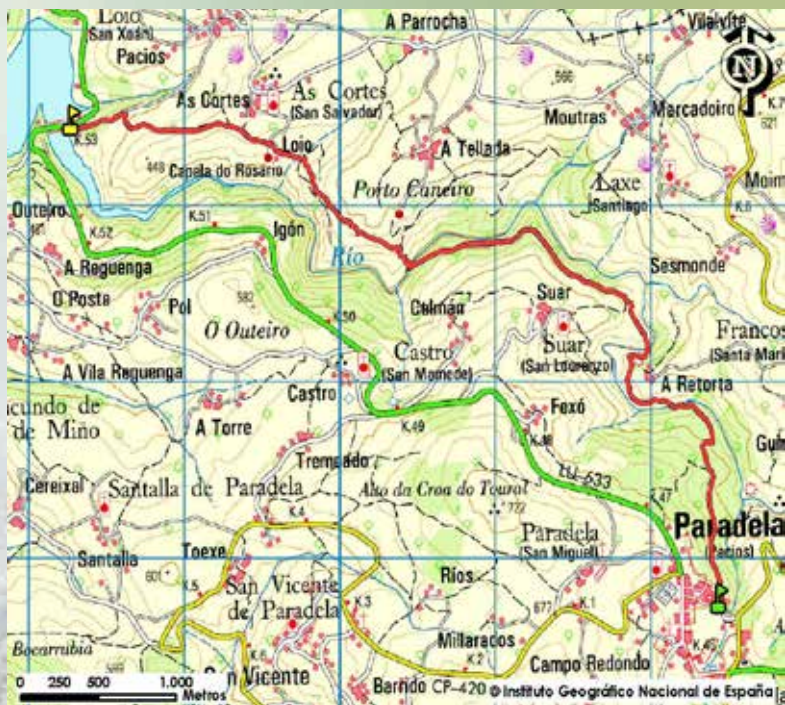
4738660



GETTING THERE

Take the M-633 from Portomarín to Sarria:

The trail starts by the bridge over the R. Loio, and in the town of Paradela, next to the municipal swimming pool.



The entire route runs parallel with the R. Loio and crosses it several times. Along the way you can enjoy several waterfalls, mills and a riverside wood that will offer shade the entire way.

You will pass by tracks of several kinds: fishermen's tracks, dirt tracks and walled cart tracks. The final section, from the village of Loio to the bridge at the mouth of the river, is along an asphalted track (1.4 km).



THE GOLD AND IRON ROUTE

Municipality of A Pobra do Brollón



Length

11 km

Duration

3 hours 30 minutes

Difficulty

Baixa

Bike access

Partially suitable

Starting/ending point

Salcedo.

Services

Restaurants, accommodation in Salcedo and health centre in A Pobra do Brollón

NGI maps 1:25.000

156-IV

Place

Latitude

Length

Z. UTM

X

Y

Salcedo

42° 32.651'N

7° 20.297'W

29T

636443

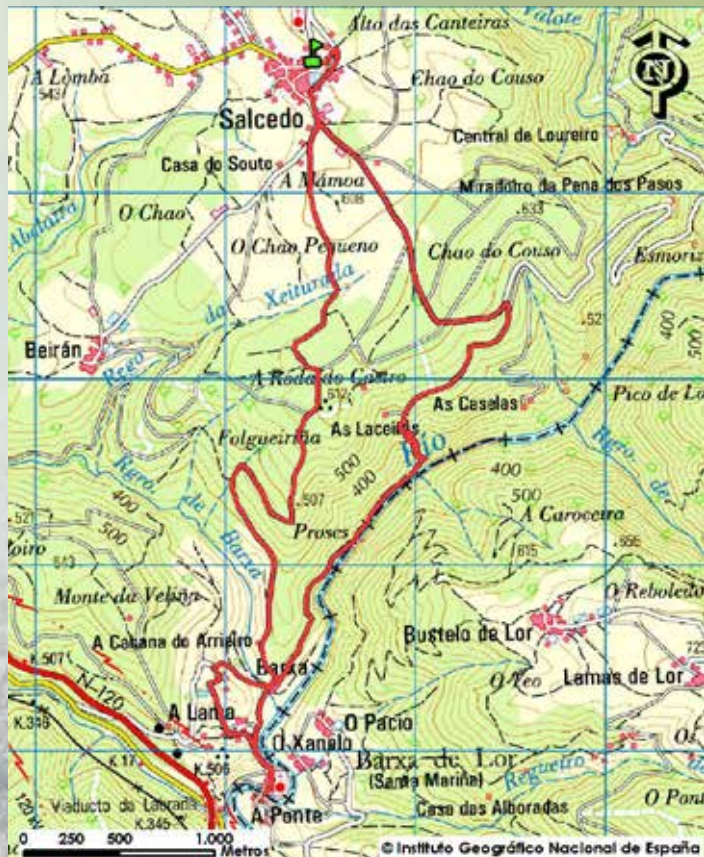
4711537



This circular route starts in Salcedo and descends into the valley of the R. Lor.

For the most part, it follows dirt tracks between pine trees, except for the section that runs parallel to the course of the R. Loio, where riverside vegetation predominates.

Follow the course of the river to A Barxa, where there is a mediaeval bridge with three arches over the river. From here, you start to climb again to Salcedo, after visiting the village of A Lama, where there are remains of Roman gold mining operations.



GETTING THERE

From Ourense take the N-120:

7 km after Monforte de Lemos, turn right onto the LU-933 to O Empalme. From here, go in the direction of Salcedo. The route starts at the Salcedo Ethnographic Museum.

THE FERRADAL TRAIL

Municipality of Quiroga



Length	11,2 km	Duration	3 hours 50 minutes
Difficulty	Media Alta	Bike access	Partially suitable
Starting/ending point	O Soldón / Ferrería de Rugando.		

Services Restaurants, accommodation and health centre in Quiroga. Accommodation in Rugando.

NGI maps 1:25.000 189-II, 190-I.

Place	Latitude	Length	Z. UTM	X	Y
O Soldón	42° 26.800'N	7° 13.467'W	29T	646016	4700898
Rugando	42° 29.062'N	7° 9.201'W	29T	651772	4705209



GETTING THERE

O Soldón:

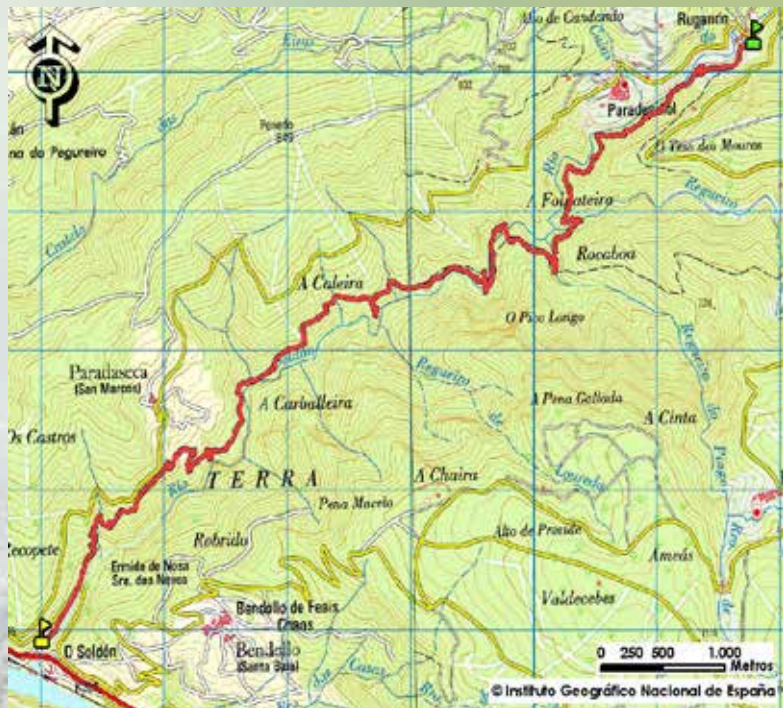
From Ourense take the N-120. 6 km from Quiroga, turn off in the direction of Soldón.

Rugando:

On the same turn-off as for Soldón, continue on the same road to Rugando.



More official routes
in Quiroga



This route follows the valley of the R. Soldón, in the Municipality of Quiroga.

It is an ancient road used to bring down the minerals from several mines that used to exist in the mountains. The minerals were used in the local forges, such as the Ferrería de Rugando, which has been converted into a country hotel.

Along the way, you will find other places of interest, such as the Cova de Ricopete, which used to be a Roman mine, and Pena Furada, a tunnel dug by the Romans to channel water to several gold mines. You will also see chestnut woods, chestnut drying sheds, waterfalls and bridges over the river, including the well-known Ponte do Frade (Friar's Bridge).



LUCENZA LAKE ROUTE

Municipality of Quiroga



Length

9,7 km

Duration

3 hours 45 minutes

Difficulty

Media-Alta

Bike access

Unsuitable

Starting/ending point

A Seara.

Services

Restaurants in A Seara. Restaurants, accommodation and health centre in Quiroga

NGI maps 1:25.000

157-I y 157-III

Place

Latitude

Length

Z. UTM

X

Y

Place de A Seara

42° 34.484'N

7° 5.725'W

29T

656308

4715349



On this circular route, you will see landscapes that are very different from the other routes in Ribeira Sacra. This is a low mountain route, inside the Ancares - Caurel Nature Network, on which you will leave the valleys to climb to the tops of the mountains of Lugo.

The path starts in the mountain village of A Seara and climbs up the Forgas valley past the Fôcaro and Navarega waterfalls until it arrives at the Lucenza Lake, which is of glacial origins, dating back to the Pleistocene era. It continues to climb to the Campa da Lucenza, at an altitude of about 1500 m, and joins a high trail through these mountains. On reaching Alto de Formigueiros, turn off onto a trail that will take you back to A Seara around the opposite side of the Forgas valley.



GETTING THERE

From Ourense take the N-120:

Take the exit to Quiroga. From there, continue on the LU-623 through Santa Cubicia and turn onto the LU-P-5001 in the direction of A Seara. The start of the route is at the exit from A Seara to Vieiros.

THE CUBELA ROUTE

Municipality of Ribas de Sil



Length	13,5 km	Duration	4 hours 30 minutes
Difficulty	Baixa	Bike access	Suitable
Starting/ending point	Castro de Abaixo.		
Services	Accommodation, restaurants and health centre in Ribas de Sil.		

NGI maps 1:25.000 189-I, 189-II

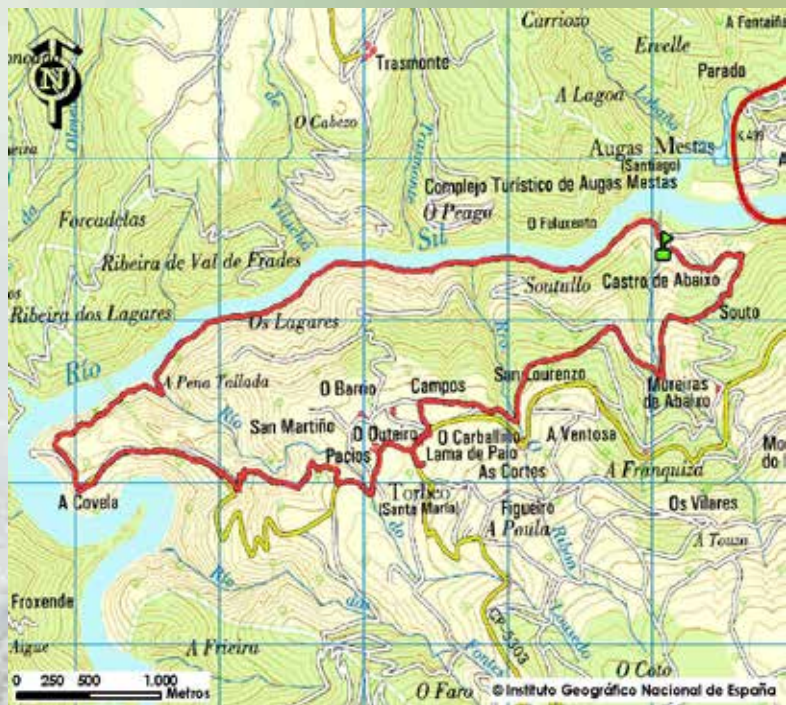
Place	Latitude	Length	Z. UTM	X	Y
Castro de Abaixo	42° 27.253'N	7° 21.367'W	29T	635171	4701518



GETTING THERE

From Ourense:

Take the N-120, and turn right in the direction of Castro de Abaixo.



This is one of the most highly recommended routes in the Lugo area. It is a circular hike around the Municipality of Ribas de Sil that starts in Castro de Abaixo, in the Augasmestas area, and follows the bank of the R. Sil to A Cubela. It then goes up to the top of the gorge of Torbeo and the Moreiras de Abaixo woods, and then returns to Castro. A major portion of the hike is along ancient paths, cut out of the rock in many places.

Almost half of the trail is inside the Ancares-Caurel Nature Network, where the Mediterranean influence can be seen in the cork oaks, holm oaks and strawberry trees growing here.

In A Cubela, as well as visiting a perfectly restored village, you will have a good view of the A Cubela meander, where the R. Sil makes almost a 360° loop.



THE RIBEIRA SACRA VINEYARDS TRAIL

Municipality of Sober



Length

12,3 km

Duration

4 hours

Difficulty

Baixa

Bike access

Suitable

Starting/ending point

San Miguel de Rosende / Os Chancís.

Services

Accommodation and restaurants in San Miguel de Rosende.

NGI maps 1:25.000

nº 188-II Sober y 188-IV Parada de Sil.

Place

Latitude

Length

Z. UTM

X

Y

San Miguel de Rosende

42°27.5964'N

7°37.0519'W

29T

613670

4701770

Os Chancís

42°24.5834'N

7°37.9197'W

29T

613835

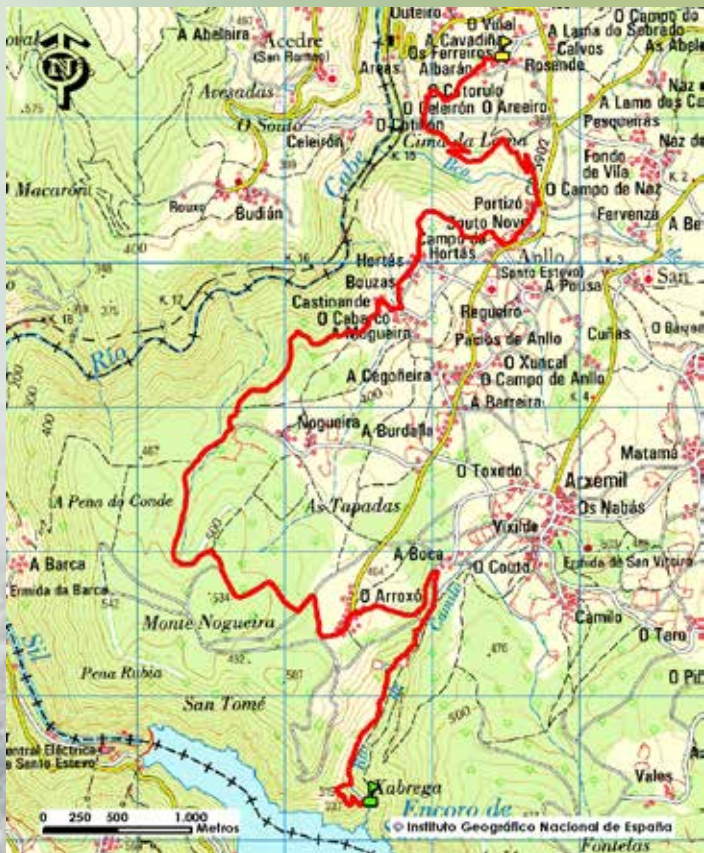
4701749



On this route you will see three different landscapes. The first section follows the service roads of the terraced vineyards, which offer a view of the R. Cabe gorge and let you appreciate the hard work of the local viticulturists. The trail goes through a number of villages, where you will find examples of traditional architecture.

The second section of the route runs along forest paths between repopulated pine trees to the R. Xábrega. On the banks of the river you will find yourself in yet another type of landscape, with riverside vegetation and a series of mills along its course. Several of these mills have been restored in recent years.

The route ends at the Os Chancís jetty, where you can bathe in the river or take a tourist boat along the gorge.



GETTING THERE

San Miguel de Rosende:

From Ourense take the N-120 in the direction of Monforte de Lemos and after O Castro de Ferreira turn off onto the LU-5902 to San Miguel de Rosende.

Os Chancís:

After going through Rosende, continue on the same road to Os Chancís, where there is a boat jetty.

DOADE - AUGASMESTAS

Municipalities of Monforte de Lemos, A Pobra do Brollón and Sober.



Length	27 km	Duration	8 hours 45 minutes
Difficulty	Media	Bike access	Partially suitable
Starting/ending point	Doade / Parada (Augasmestas).		
Services	Restaurants in Vilachá and Doade.		

NGI maps 1:25.000 189-I, 189-II, 189-III

Place	Latitude	Length	Z. UTM	X	Y
Doade	42° 24.873'N	7° 28.750'W	29T	625133	4696924
Parada	42° 27.734'N	7° 20.858'W	29T	635852	4702423



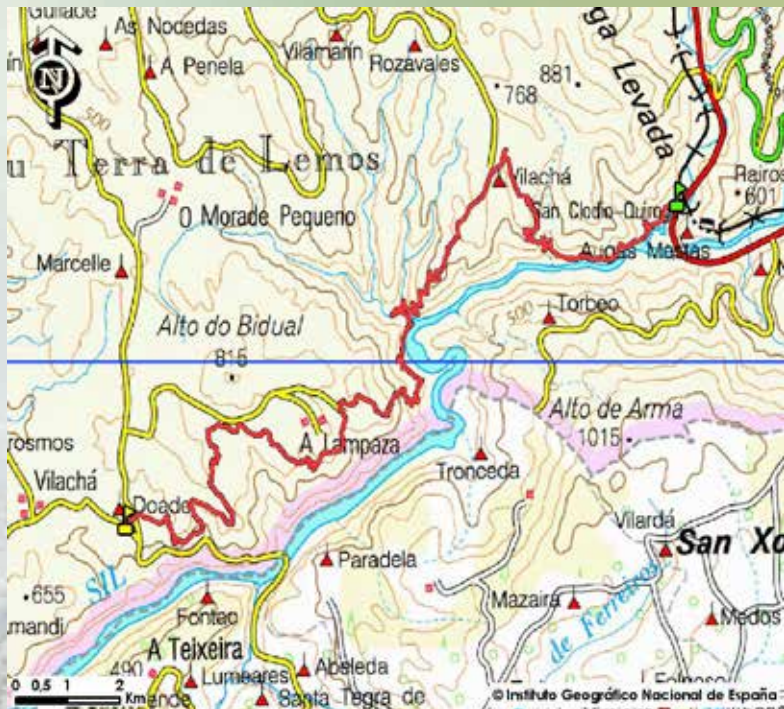
GETTING THERE

Doade:

From Monforte take the LU-903 to Doade.

Parada:

From Monforte take the N-120. After 24 km, turn to the right at the sign to Parada just before Augasmeastas.



This official trail runs over dirt roads and tracks along the R. Sil gorge that either cling to the riverbank or to the top of the gorge, depending on the section. Along the way, you will see large pine forests, oak and chestnut woods, and areas with vines growing on terraces.

If you start at Parada, you will go along the bank of the R. Sil to Ribeira de Vilachá, where you begin to climb up to Trasmonte, going from 230 m to 605 m. In Vilachá you can visit the mediaeval wine cellars where the Vilachá Wine Festival is held in the first week of May.

Now you descend to the bottom of the gorge, to an altitude of 230 m, and pass by the abandoned villages of A Barxa and Froxende, the Froxende wood and the A Cubela meander. After this, you climb back up to Vilar de Mouros, an almost abandoned town but with some good examples of popular architecture. From here, the ascents and descents are gentler and you will see the Muíño do López mill, the Pena do Castelo peak with the Chapel of St. Amaro, and the ancient wood of Valguaire, just before entering Doade.



THE RIBEIRA SACRA OF THE MIÑO ROUTE

Municipalities of O Saviñao and Pantón



Length

35,3 km

Duration

13 hours

Difficulty

Media

Bike access

Partially suitable

Starting/ending point

Romanesque church of Santo Estevo de Ribas de Miño / Cima de Atán.

Services

Restaurants and accommodation in O Saviñao, Ferreira de Pantón and Santo Estevo de Ribas de Miño, among others. Food and drink in Belesar, health centre in O Saviñao. In the Maiorga recreational area, you can take a catamaran along the gorge, depending on the season.

NGI maps 1:25.000

nº 155-I Chantada, 155-III Carballedo y 155-VI Pantón.

Place

Latitude

Length

Z. UTM

X

Y

Romanesque church of Santo Estevo de Ribas de Miño

42°37.073'N

7°42.417'W

29T

606077

4719219

Romanesque church of San Martiño da Cova

42° 33.658'N

7° 40.560'W

29T

608683

4712911

Cima de Atán

42° 30.301'N

7° 41.631'W

29T

607313

4706675



This route, which is over 30 km long, runs parallel to the R. Miño through the municipalities of O Saviñao and Pantón. The R. Miño gorge dominates the landscape of this trail, on which you will be able to appreciate the architectural riches of Ribeira Sacra, as you come across small villages, streams, waterfalls and rich vegetation, dominated by chestnut and oak woods. The other element that defines the landscape of this route is the traditional vineyards found all along the way, where the vines are grown on terraces.

Among the architectural features that you will find on this route are a number of Romanesque churches, including Santo Estevo de Ribas de Miño, San Paio de Diomondi, San Martiño da Cova and San Estevo de Atán. You will also come across various examples of Galicia's Castro heritage and several villages.

Another feature of great interest of the so-called Codos de Belesar (literally, Belesar's elbows). This is a section of cobblestone road dating from Roman times that winds down to the town of Belesar.

Along the way, the route passes through a number of riverside recreational areas where there are hotels and jetties from which you can take a boat on a tourist trip along the R. Miño gorge.



GETTING THERE

Romanesque church of Santo Estevo de Ribas de Miño:

Take the LU-533 from Chantada in the direction of Monforte. After 8 km, there is a turn-off to the right with a signpost to the church.

Cima de Atán:

From Ferreira de Pantón take the N-120 in the direction of Ourense. Take the turn-off to Guítara. Continue along the N-120a, first in the direction of Monforte and then Marce. After going through a tunnel under the road, continue 500 metres to the start of the trail.

THE A TEIXEIRA ROUTE

Municipality of A Teixeira



Length

13,7 km

Duration

5 hours 50 min.

Difficulty

Media

Bike access

Si, con zonas de porteo

Starting/ending point

A Teixeira / A Teixeira; Cristosende / Cristosende; River Mao / River Mao

Services

Accommodation and restaurants in Cristosende and A Abeleda. Health centre in A Teixeira.

NGI maps 1:25.000

189 III

Place

Latitude

Length

Z. UTM

X

Y

A Teixeira

42° 23.374'

007° 28,365'

29

625710

4694161

Cristosende

42° 23.187'

007° 29,320'

29

624406

4693791

Río Mao

42° 22.853'

007° 29.769'

29

623801

4693161



GETTING THERE

From Ourense:

Take the OU-536 in the direction of Trives to Valillongo, and then take the OU-0606 to A Teixeira.



This circular route starts and ends in the village of A Teixeira. On this trail we will skirt the gorges of the rivers Mao, Sil and Edo, and also cross the typical terraced vineyards of this area. When following the route in a clockwise direction, the route starts in the village of A Teixeira and goes along roads with stone walls surrounded by native plants species, such as chestnut and oak trees, until it gets to Cristosende. From here the trail descends to the R. Mao, where you will cross a number of vineyards and enjoy spectacular views of the Sil and Mao gorges.

After this, it continues east for 5 km along the left bank of the R. Sil, where the path is wide and on some of the curves you can lean over and see the R. Sil at the bottom of the gorge. The route changes direction again and starts to climb to the top of the gorge where you can visit Pena do Corvo, a natural lookout point at the confluence of the rivers Sil and Edo.

In the final section, the route continues along narrow paths known locally as “canellas” that cross the local vineyards to the village of A Cruz, where you will find the Crucero de la Cruz, dating from the 18th century. From here, all that remains is to climb the final section that returns to A Teixeira, to walk along its streets and through the main square.



LONG-DISTANCE AND MOUNTAIN BIKE ROUTES

These routes should not be considered a normal hiking trail, with signs and a definite route. These are long-distance routes, with a significant element of adventure, for which you will have to plan the logistics for your journey and will find all kinds of paths, tracks and trails. They are perfect for travelling for several days by bike or hiking and for getting to know the most interesting places in Ribeira Sacra.

The routes were drawn up by consulting local cyclists and hikers, linking up existing routes and avoiding paved roads as far as possible. It is highly recommended to use GPS while travelling on them. Also, on Wikiloc or the Consorcio website you will find more information on each of the routes, tracks and waypoints for all the places of interest.





The French Way of St. James

The Way of St. James is one of the world's best known long-distance routes and in Galicia it goes through Ribeira Sacra. There are two stages of the Way that go through the north of Ribeira Sacra, the Sarria – Portomarín stage and the Portomarín – Palas de Reis stage.

The Way crosses the R. Miño at the end of the Belesar reservoir, near Portomarín. You can find all kinds of accommodation in any of the local towns and villages and the route is clearly signposted.

The Winter Way

When winter arrived and the snow covered the Ancares and Cebreiro mountains, the roads were closed by snow and travellers going to Compostela had to seek alternative routes for their pilgrimages. Today, with hostels, GPS and Gore-Tex, this seems nonsensical but in the Middle Ages a snowfall along the way could have serious consequences. Pilgrims from all over Europe who followed the French Way of St. James spent the winter in one of the villages but others headed south and followed the R. Sil Gorge to enter Galicia and go to Santiago de Compostela.

The Winter Way splits off from the French Way in Ponferrada and follows the course of the R. Sil to enter Galicia at Quiroga. From here, it goes towards Monforte de Lemos and crosses the R. Miño to get to Chantada. After crossing the Sierra de Faro mountains, it goes to Lalín and then Santiago de Compostela.





The Sil Canyon Route is a circular route that uses parts of other, shorter trails and, by linking them together, runs along both sides of the Sil Canyon, between San Clodio and Os Peares, for 200 km.

As this is a circular route, you can start anywhere, but it is advisable to start out in one of the large population centres, such as Os Peares, Castro Caldelas, Parada de Sil, Doade or the Augasmestas recreational area.

A pleasant alternative is to go out along one of the side of the Canyon and return in a tourist boat offering trips along the R. Sil.

Along this route you will enjoy the landscape of the canyon, see real gems of Romanesque architecture, cross woods of great ecological value and visit a number of villages.

Along the way there is rural accommodation where you can spend the night, get back your strength and enjoy the good food and wines of the area.



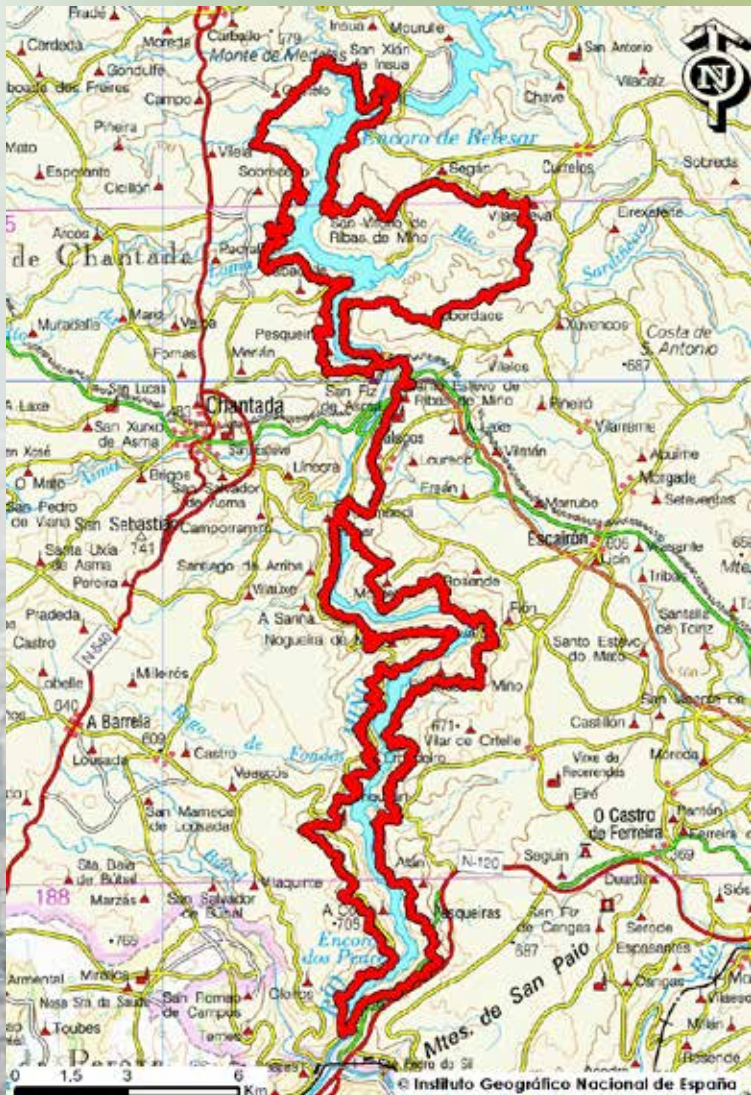


This circular route uses both banks of the R. Miño, taking you from the Os Peares dam to the outskirts of Taboada. It goes through the municipalities of Pantón, O Saviñao, Taboada, Chantada and Carballedo.

Following various hiking routes, forestry roads and Roman roads, you will go the entire length of the Miño Gorge, which has been shaped over the centuries by mankind into the characteristic terraces on which the vines are grown.

You can hike or bicycle this route and you will find rural accommodation here so that you can plan your different stages. Small boats offer tourist trips along the R. Miño and you can use them for some of the stages.

Among the picturesque landscapes and Romanesque art, you will find the impressive Augacaída waterfall, the Codos de Belesar Roman road, the monastery of Santo Estevo de Ribas de Miño and the church of Santa María de Pesqueiras.





The Ribeira Sacra Mountain Biking Centre is to the south of the Sil gorge, on the border between the provinces of Lugo and Ourense, in Ribeira Sacra. Five circular routes, totalling 110 km, let you discover the municipalities of Nogueira de Ramuín and Parada de Sil.

These rides have different levels of difficulty, although the tough local terrain makes most of them demanding. The routes are intended to be circular, but they can be linked together to offer a longer ride or hike, even of several days.



Mountain bike centres
Turismo de Galicia

galicia
el buen camino

At the welcome centres you will find a variety of services, including bicycle hire, changing rooms and information desks.

Further information:

Municipality of Parada de Sil

Telephone no.: 988 208 010

Municipality of Nogueira de Ramuín

Telephone no.: 988 201 023

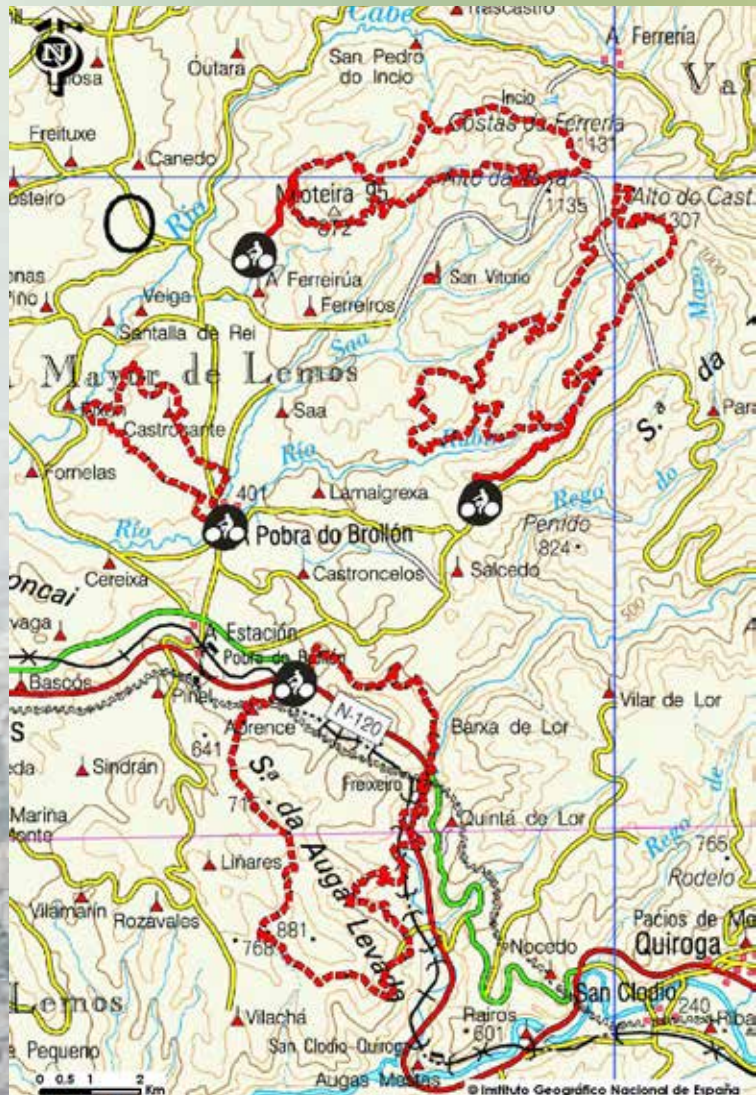




The Municipality of Pobra de Brollón has 4 mountain bike routes, totalling 90 km of signposted trails. These routes offer different levels of difficulty and you can find out more about them by phoning 982-430-001 or visit the Town Council website.

In addition to the routes, the Town Council offers services, including bicycle hire, showers and washing areas.

www.concellodapobradobrollon.gal



During the summer, the Municipality of Ribas de Sil offers a bike rental service. It also offers a short 6 km ride in the area of San Clodio and along the banks of the R. Sil. This service is handled by the river beach cafe.

For more information, phone the Municipality of Ribas de Sil on 982-428-237 or visit their website.

www.concelloribasdesil.es







Ribeira Sacra Website



Map of RS



Travelling
by road in RS