

R.1

ruta MAQUINO LARGAÑO

Maquino Largaño means 'long path' in Barallete, the argot once used by members of the knife-sharpening and umbrella-repair trade.

After leaving the meeting point at the Luintra sports centre, the trail descends towards Baldomar, running through a forested area with oaks and chestnuts along a wide path with a good surface. The path then narrows and becomes more technical on the ascent.

After reaching the village of Monteverde, you can stop to visit Moura Necropolis, located 750 metres above sea level. You will see the half-buried ruins of up to seven funerary structures dating from the Neolithic Age.

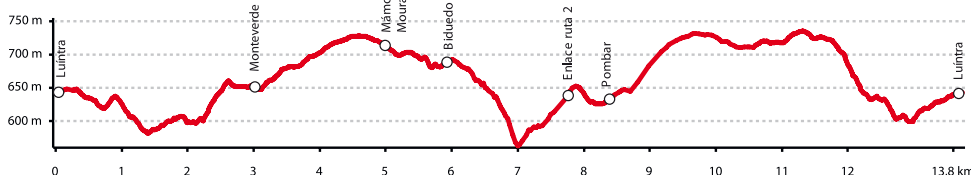
From here, an extremely beautiful descent along a path running between stone walls leads to San Lorenzo en Biduedo Chapel, where you will need to stop and catch your breath before tackling the climb along a paved section to Pombar. After following a stretch of the route shared with Route 2 - Nogueira de Ramuín Circular close to Cortecadela, the route continues to Alto do Bidueiro, heading towards the village of Mundín before returning to its starting point.

Along several sections, the MTB route coincides with the Maquino Largaño, Transourensán and Camino Natural de Santo Estevo trails. Caution is advised along these sections as you may encounter hikers.

start point	Pavillón polideportivo de Luintra 42°24'33.69" N / 007°43'21.34" W	max. height	736 m	altitude difference (+)	438 m	distance	13,8 km	connection/s	2
finish point	Pavillón polideportivo de Luintra 42°24'33.69" N / 007°43'21.34" W	altura mín.	563 m	altitude difference (-)	-438 m	time	1h 50'	difficulty	



Vertical exaggeration x10



R.4

ruta OS TORGAIS

Leave Parada de Sil at the spot known as Fondo de Vila and head towards the "Foxo do Lobo" (wolf pit) along a cart path, passing several of the chestnut drying huts known as *saqueiros*.

A good track leads to Os Torgais Viewpoint and then on to a spot known as "Balcones de Madrid". This extraordinary viewpoint is where street merchants who sold rolled wafers, a profession with a long tradition in the entire Ribeira Sacra region, once bid farewell to their families. When these Parada de Sil natives set off, they would usually say that they were 'going to Madrid', giving one of the most extraordinary spots from which to view the Sil River Canyon its name.

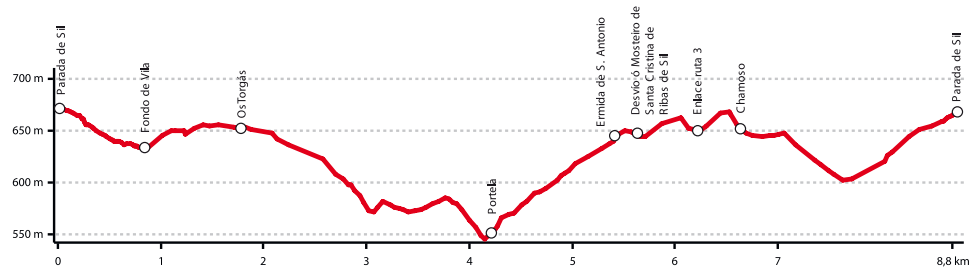
After a descent along a cobbled path, the route comes to Portela. A paved trail climbs up to San Antonio Chapel. After crossing the road which leads to Santa Cristina Monastery, it continues on to the village of Santa Mariña. This section is shared with Route 3 - Parada de Sil Circular, which runs in the opposite direction. It is therefore advisable to exercise caution.

Santa Cristina Monastery is one of the most delightful spiritual centres in the Ribeira Sacra region and well worth a visit. 'Ribas de Sil' was added to its name in 1508, when it became part of Santo Estevo de Ribas de Sil Monastery, serving as the priorate. Apart from the history contained within its walls, the spectacular Romanesque style church with Gothic elements is especially noteworthy.

start point	Casa do Concello de Parada de Sil 42°23'00.27" N / 007°34'19.56" W	max. height	671 m	altitude difference (+)	218 m	distance	8,8 km	connection/s	3
finish point	Casa do Concello de Parada de Sil 42°23'00.27" N / 007°34'19.56" W	altura mín.	546 m	altitude difference (-)	-218 m	time	1h 10'	difficulty	



Vertical exaggeration x10



R.2

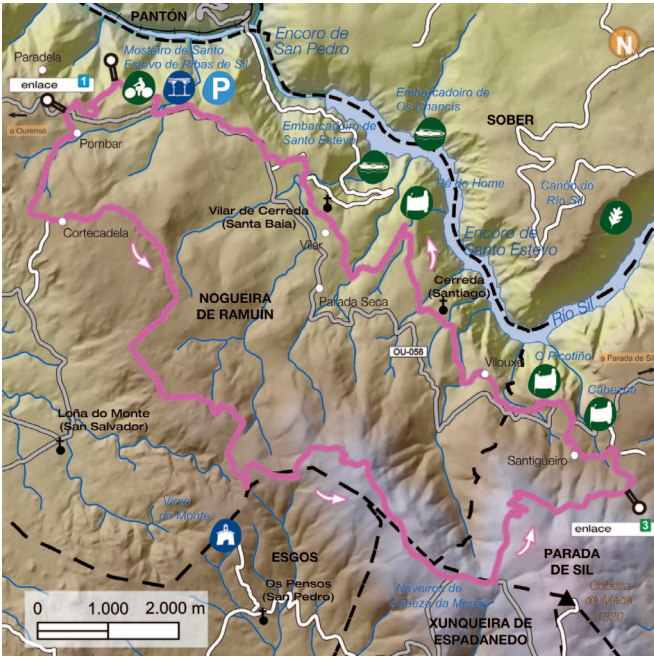
ruta CIRCULAR DE NOGUEIRA DE RAMUÍN

This route begins at Santo Estevo de Ribas de Sil Monastery. After covering the steep gradient on the early part of the route, we recommend visiting Litoria, a *castro* (pre-Roman fortified settlement) just a few metres off the path, to take in the incredible panoramic view of the monastery and Sil River Canyon.

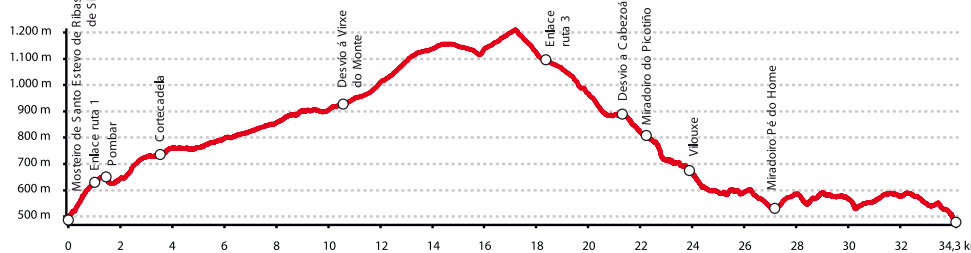
The route continues on to Cortecadela and then follows a forest track until the turn-off for A Virxe do Monte Chapel. Accompanied by the windmills of the Sil Wind Farm, the route crosses through repopulated areas of scots pine to an altitude of 1,150 metres in the Cabeza de Meda Mountains, on the boundary between the municipalities of Esgos, Xunqueira de Espadanedo and Nogueira de Ramuín.

The trail then descends to the village of O Coutiño, sharing the final metres of this section with Route 3 - Parada de Sil Circular, which ascends in the opposite direction. At this point, you can stop at the O Picotíño and Cabezoá viewpoints, which are signed along the route. Following the Transourensán Trail, this stretch of the route includes sections of track and paved trail, passing the Pé do Home Viewpoint, the village of Vilar and Santa María Church before returning to the monastery.

start point	Mosteiro de Santo Estevo de Ribas de Sil 42°25'01.36" N / 007°41'11.77" W	max. height	1210 m	altitude difference (+)	990 m	distance	34,3 km	connection/s	1,3
finish point	Mosteiro de Santo Estevo de Ribas de Sil 42°25'01.36" N / 007°41'11.77" W	altura mín.	474 m	altitude difference (-)	-990 m	time	4h 35'	difficulty	



Vertical exaggeration x10



R.3

ruta CIRCULAR DE PARADA DE SIL

This route begins near the town hall building in Parada de Sil, sharing its initial section with Route 4 - Os Torgais. After leaving Chamoso, the route continues on to O Couto and O Coutiño, where it connects to Route 2 - Nogueira de Ramuín Circular, which runs in the opposite direction from O Mato.

Continuing along the lower slopes of Mount Meda, along tracks and paths, the route passes through the villages of Guendón and Casa do Vento, where it begins a descent that leads to A Hedrada Reservoir. A path running parallel to the shore will take you to Pradomao, which offers a lovely panoramic view of the entire reservoir. Upon reaching Forcas Cemetery, after crossing through a small meadow, the route follows a gorgeous path which links up with Route 5 - A Fábrica da Luz and continues on to the village of Santo André.

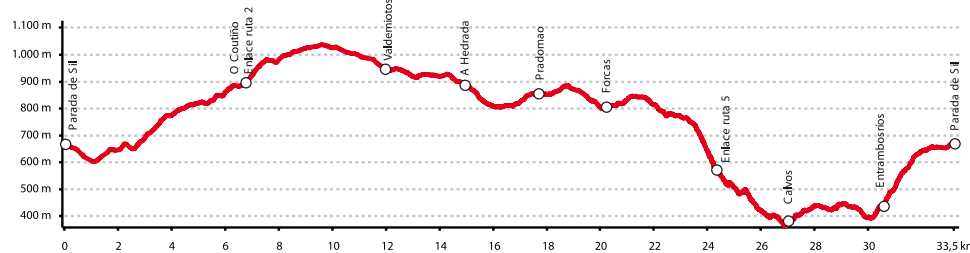
This section of the trail passes the small settlements of Calvos, Pordues, O Valado and A Casalta. On reaching the mills at Entrambosíos, there is a tough climb along a rocky path. We recommend porting your bike for about fifteen minutes until you reach the road to get your energy back.

The final section of the route runs along a path that climbs up to Pardela before ending in Parada de Sil.

start point	Casa do Concello de Parada de Sil 42°23'00.27" N / 007°34'19.56" W	max. height	1038 m	altitude difference (+)	967 m	distance	33,5 km	connection/s	2,5
finish point	Casa do Concello de Parada de Sil 42°23'00.27" N / 007°34'19.56" W	altura mín.	363 m	altitude difference (-)	-967 m	time	4h 30'	difficulty	



Vertical exaggeration x10



No tes



- Using a helmet is compulsory.
- Don't forget to check the bike's condition.
- Find out about the route's technical aspects and the day's weather forecast.
- Select the appropriate itinerary based on your physical and technical abilities.
- It is important to have insurance when cycling. Get your licence processed at the Federación Galega de Ciclismo.
- Always carry water, warm clothes, a repair kit and a properly charged mobile phone.
- Be environmentally friendly. Try not to disturb the wildlife or damage the vegetation. Respect private areas.
- The area you are going to move about is open. People move freely and it is the scene of many activities (sports, forestry, livestock and agriculture). You should maintain an understanding, prudent, responsible and respectful attitude.
- Any activity done in a natural environment involves risks that are not always controllable.
- It is your responsibility to calculate the hazards associated with the route and the current weather.

- Bikes and helmets may be rented at the reception points, in the event you need extra supplies.
- Either tell the reception point or a relative what route you're going to take.
- The routes' designs allow you to link up several together and design a tailor-made route.
- You can download the routes' tracks on the www.turgalicia.es website.
- You can maintain the mountain bike centre by notifying those in charge of the reception point or information points of any incidents regarding the conditions of and signs along the paths.
- You must obey the signs along the route, give priority to pedestrians and comply with the general traffic rules.
- In the absence of signs indicating where to follow at crossings, ride on the road with preference.



The Ribeira Sacra MTB Centre is located in the Sil River Canyon, on the boundary between the provinces of Lugo and Ourense. There are five circular routes covering 110 kilometres, with differing levels of difficulty, from the banks of the Sil to the peaks of the Cabeza da Meda Mountains, offering cyclists the opportunity to explore the municipalities of Nogueira de Ramuín and Parada de Sil.

This area has a truly magical atmosphere and you can discover such special places as Santo Estevo de Ribas de Sil, a monastery which has been fully renovated and now forms part of the Paradores hotel chain, San Pedro de Rocas, a temple carved out of living rock and the oldest monastery in Galicia, and Santa Cristina de Ribas de Sil Monastery, surrounded by a fantastic chestnut wood known as souto de Meiral.

Succumb to the charms of the Ribeira Sacra region: spectacular landscapes filled with native forests, the incredible canyons of the Sil and Mao rivers, mountain villages, and Romanesque style churches and monasteries. Discover the area's history and ethnographic heritage. Enjoy the local cuisine, accompanied by acclaimed wines from the Ribeira Sacra designation of origin. The vineyards occupy terraces laid out on steep slopes known locally as socacos. And most of all, enjoy a land favoured as a place of retreat and relaxation since the time of antiquity.

cover foto: Balcóns de Madrid panoramic view
edit: Turismo de Galicia
texts: Oficina Técnica Centros BTT Galicia

cartography:



design: oceánovisual
D.L. C 1530-2015



Route 3 "Circular de Parada de Sil"



Route 5 "A Fábrica da Luz"



Monastery of Santo Estevo de Ribas de Sil. Route 2 "Circular de Nogueira de Ramuín"



Mao river, Valdallón. Route 5 "A Fábrica da Luz"

Network

- Main road
- Basic autonomic network
- Secondary autonomic network
- Provincial road
- Other roads
- Railway

Boundaries

- Municipal boundary

Place-names

- Municipality
- Municipal center
- Population center
- Parish

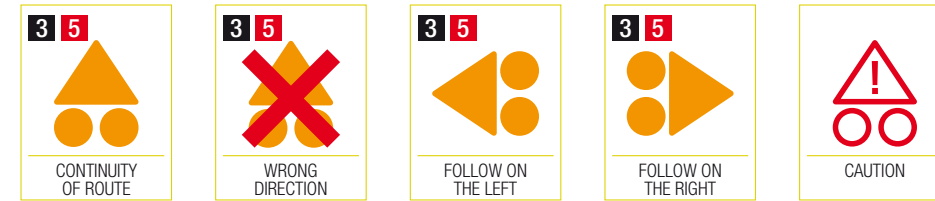
Start and connection route



Key to symbols

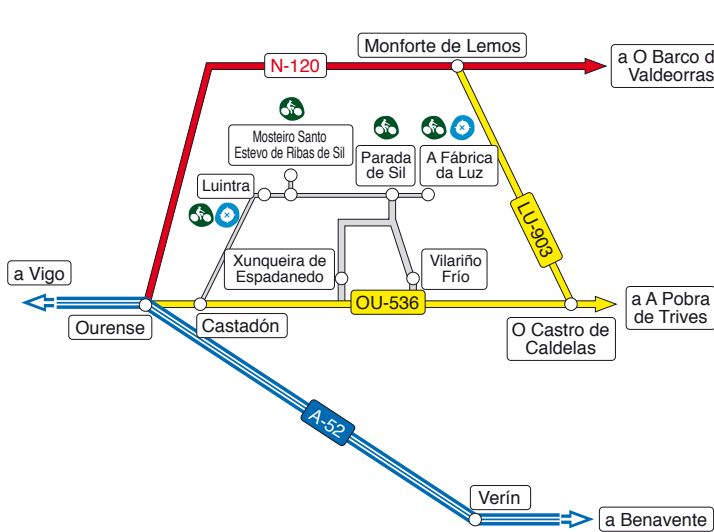
- Church
- Chapel
- Monastery
- Bridge
- Mil
- Mámoa (megalithic tomb)
- Archaeological remains
- Information point
- Parking
- Reception point
- Starting point
- Panoramic view
- River beach
- Natural space
- Pier

route	name	km	difficulty
1	ruta MAQUINO LARGAÑO	13,8 km	
2	ruta CIRCULAR DE NOGUEIRA DE RAMUÍN	34,3 km	
3	ruta CIRCULAR DE PARADA DE SIL	33,5 km	
4	ruta OS TORGAIS	8,8 km	
5	ruta A FÁBRICA DA LUZ	13 km	



ROUTES

- very easy
- easy
- diffi cult
- very difficult



PAVILLÓN POLIDEPORTIVO DE LUÍNTRA

Carretera de Santo Estevo, s/n. Luíntra
32160 NOGUEIRA DE RAMUÍN

MAY - SEPTEMBER

open daily

OUTUBRO - ABRIL

monday - friday

saturday, sunday,
holiday

telephone attention

ALBERGUE A FÁBRICA DA LUZ

Barxacova, s/n.
32741 PARADA DE SIL

MARCH 15 - MAY

saturday, sunday,
holiday

JUNE - SEPTEMBER

open daily

OCTOBER - DECEMBER 15

saturday, sunday,
holiday

telephone attention

RECEPTION POINTS SERVICES

- information point
- bicycle and helmet rental
- bike wash point
- changing rooms and showers

OTHER SERVICES

- accommodation
- other sports activities

EMERGENCIES

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HEALTH EMERGENCIES

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