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 CASA DA VINA
 T. +34 988 694 003 / 696 820 722
 CENTRO BTT PORTAS DE GALICIA
 CASA DA CULTURA
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 T. +34 988 329 168 / 638 847 602
 CENTRO BTT RIBEIRA SACRA
 PAVILLÓN POLIDEPORTIVO DE LUIXIANA
 Estrada de Santo Estevo, s/n. Luitua, Ourense
 T. +34 988 201 525 / 988 201 023 / 620 996 866
 ALBERGUE A FABRICA DA LUZ
 Barcoela, s/n. Ferreiral de St. Quenese
 T. +34 988 984 990 / 679 060 598

TURISMO DE GALICIA
 +34 981 900 434
 www.turismo.gal/centrosbtt
 btt@xunta.gal



Area of thermal baths on the river Caldo, Lobios.



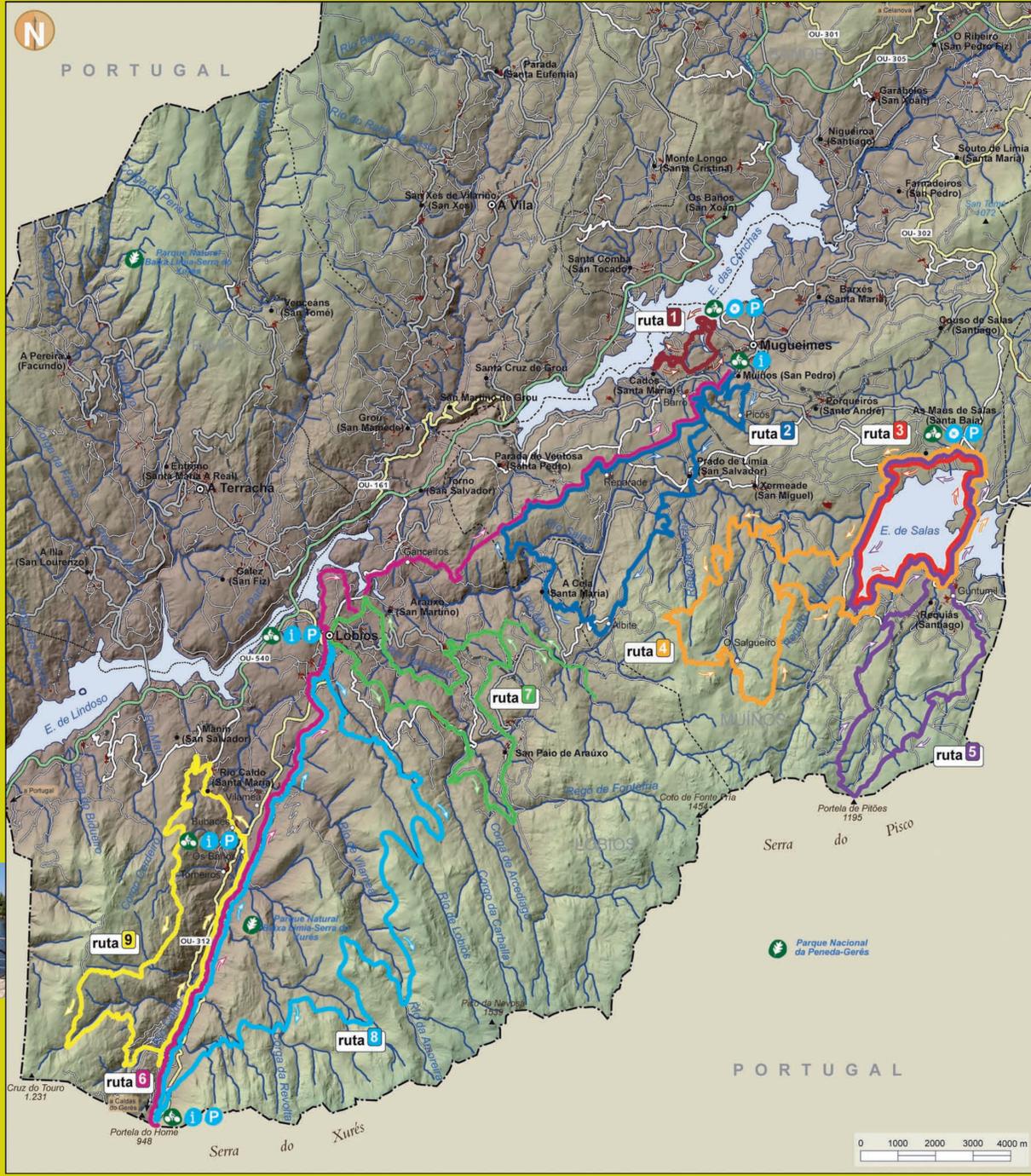
Dolmen Casilla da Moura, As Maus de Salas.



Meeting cachena cows, an autochthonous race from O Xurés.



Road to A Cela "Travesía do Xurés" Route 2.



The Baixa Limia-Serra do Xurés Natural Park gives its name to this BTT (Mountain Bike) Centre, which offers a total of nine routes, between the municipalities of Muíños and Lobios, amounting to more than signposted 200 kilometres.

Together with the neighbouring Peneda-Gerês National Park (Portugal), they form a unique protected cross-border area within Europe, also declared a Biosphere Reserve, where leafy mountain rages and granite deserts look as if they grew at the same pace.

The highest points reach an altitude of 1,500 metres, combining the soft shapes of the old Galician mountains with more abrupt needle-like summits. The presence of rocky formations and boulders (large granite stones) stand out.

We will find megalithic monuments, abandoned villages and the evidence of the passing of Roman legionaries along the 18th causeway or Via Nova, popular buildings, such as mills, walled beehives, shepherds' cabins, barns, communal ovens, trails and enclosures, which reveal the most creative soul of their settlers.

It is a unique BTT destination providing routes at different difficulty levels. In Outeiro de Cela Forest Park, around the Reception Point of O Corgo, you can enjoy a pleasant walk around the As Conchas reservoir. The Megalithic Route that runs from As Maus de Salas is a very simple one for the whole family and takes us back to the megalithic era. The most expert cyclists can travel part of the Via Nova as it passes Lobios, visit the former Minas das Sombras along a demanding route, as well as entering the peaks of Fontefría and travelling through some of the most singular towns, such as A Cela, Prado de Limia, Requiás or Guntumil.

The land around Celanova and A Baixa Limia offers an interesting variety of tourist attractions that turn them into an exceptional destination. The series of towers along A Limia (A Pena in Xinzo, A Fona in Porqueira and the Sandás Tower) show the strategic and defensive nature of this territory. The chapel of San Miguel, in the vicinity of the monastery of Celanova, and the church of Santa Comba de Bande are two perfect examples of the Pre-Romanesque style in Galicia. The monastery and its Baroque church, as well as the old village centre of Celanova are an unavoidable visit to this part of the Ourense province. And in the proximities of this village, we recommend you visit the charming medieval nucleus of Vilanova dos Infantes and the Castro settlement of Castromao, belonging to the Iron Age, that shows us what the first hamlets in the northwest peninsular world. Let us point out two very different tourist experiences: relaxing in the thermal waters of the river Caldo, near Lobios, and enjoying the carnivals in Xinzo de Limia.



cover photo: Bridge over the river Salas, Prado de Limia, Muíños
 edit: Turismo de Galicia
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 cartography: INSTITUTO DE ENLACE DO TERRITORIO
 design: oceánovisual
 D.L. C. xxx-201X



COMPLEXO TURÍSTICO-DEPORTIVO O CORGO
 Outeiro da Cela, s/n. Muqueimes
 32880 **MUÍÑOS**
OPEN ALL YEAR
MAY-SEPTEMBER
 open daily
 10:00 14:00 h.
 16:00 20:00 h.
OCTOBER-APRIL
 saturday, sunday, holiday
 10:00 14:30 h.
 telephone attention
 988 456 403
 609 744 255
 679 971 377

CENTRO DE MONTAÑA AVIVA
 Rúa Tulla, 59. As Maus de Salas
 32880 **MUÍÑOS**
OPEN ALL YEAR
MAY-SEPTEMBER
 open daily
 10:00 14:00 h.
 16:00 20:00 h.
OCTOBER-APRIL
 monday-friday
 10:00 14:30 h.
 saturday, sunday, holiday
 10:00 15:30 h.
 telephone attention
 607 477 375
 634 910 503

RECEPTION POINTS SERVICES
 information point
 bicycle and helmet rental
 bike wash point
 changing rooms and showers

OTHER SERVICES
 accommodation
 other sports activities

EMERGENCIES
 ☎ 112

HEALTH EMERGENCIES
 ☎ 061

Notes



- 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.turismo.gal 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.

Network

- Toll-paying motorway, two-lane motorway
- Main road
- Basic autonomic network
- Secondary autonomic network
- Provincial road
- Other roads
- Tracks
- Paths
- Railway

Boundaries

- National boundary
- Municipal boundary

Place-names

- Municipality
- Municipal center
- Population center
- Parish

Key to symbols

- Church
- Chapel
- Mill
- Spa
- Camping
- Refuge
- Communal oven
- Stone Cross
- Wayside shrine
- Dolmen
- Mámoa (megalithic tomb)
- Archaeological remains
- Information point
- Parking
- Reception point
- Starting point
- Panoramic view
- Recreation areas
- River beach
- Waterfall
- Natural space
- Natural countryside
- Forest
- Boulders

Start and connection route

route	name	km	difficulty
1	ruta PARQUE FORESTAL OUTEIRO DA CELA	5,7 km	●
2	ruta TRAVESÍA DO XURÉS	25,7 km	●
3	ruta MEGALÍTICA	12,7 km	●
4	ruta PICOS DE FONTEFRÍA	32,4 km	●
5	ruta SERRA DO PISCO	27,9 km	●
6	ruta VÍA NOVA	29,4 km	●
7	ruta CIURCULAR DE LOBIOS	27,4 km	●
8	ruta MINAS DAS SOMBRAS	40,2 km	●
9	ruta ALTO DE SANTA EUFEMIA	24,4 km	●



ROUTES

● very easy ● easy ● difficult ● very difficult



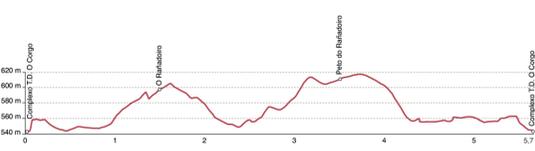
R.1 ruta PARQUE FORESTAL OUTEIRO DA CELA

The Outeiro de Ceta Forest Park is part of the O Corgo tourist - sports complex, where one of the Centro BTT Serra do Xurés Reception Points is located. A natural recreational area of almost 40 hectares with a very simple trail, without hardly any accumulated slopes, and which, along its almost 6 kilometre stretch, lets you approach the banks of the As Conchas reservoir, and see the village of O Rafadoiro.

We recommend going to the highest point of O Nival, a small hill very near the location of the reception point of this route; it can be reached from several tracks that are signed. From here, you can enjoy the beautiful panoramic view of the reservoir and the archaeological remains of the military Aquas Querequenas Roman camp, in the neighbouring municipality of Bande. The O Corgo complex has a camping site and an extensive leisure area for enjoying this privileged environment. Outstanding nautical activities such as kayaks and sailing, as well as the possibility of taking part in organized hiking routes or practicing rock climbing at the outdoor rockdome.

From the actual parking area of the Reception Point, you can cycle along the two kilometres separating it from the San Pedro Rectory, nowadays used as accommodation as part of the Rural Tourism network, from where the "Travesía do Xurés" route 2 leaves.

start point	Complexo turístico-deportivo do Corgo 41°57'46.86"N / 007°58'59.95"W	max. height	624 m	altitude difference(+)	175 m	distance	5,7 km	connection/s	none
finish point	Complexo turístico-deportivo do Corgo 41°57'46.86"N / 007°58'59.95"W	min. height	547 m	altitude difference(-)	-175 m	time	1h	difficulty	●



R.2 ruta TRAVESÍA DO XURÉS

The route starts from the former San Pedro Rectory in Muíños, which has been converted today into Rural Tourism accommodation. Going up, it leads us to the village of O Agreló, which we will cross in order to reach Pícos, through an area of well-preserved autochthonous forest. Follow the signposts on the PR-G Torreiro-Salgueiro footpath, belonging to the network of Park routes, until reaching the hermitage of A Clamadoira, from where you can contemplate the beautiful panoramic view of the river Lima valley. Magnificent centenary oak trees surround the little 18th century church.

The next compulsory stop is the village of Prado de Lima, where we can enjoy the typical popular architecture of O Xurés, including its renovated communal oven, as well as of the church of San Salvador.

We cross the river Salas over a stone bridge leading to a recreational area with several mills, some are still working. We go down a track that is in good condition towards Albeite, a small cattle village. After a very technical rise and descent, we come to the parish of A Ceta, where its houses and stables fuse with the huge granite boulders that make singular architecture. Downstream from A Ceta, there is the spectacular A Poza da Seima waterfall. Cross the river Salas via the wooden bridge and start fastidiously carrying your bicycle for approximately 15 minutes until reaching the dirt track that goes towards Repareade, where we join the "Via Nova" Route 6, coming from Lobios.

Leaving Repareade, again the footpath leads us upwards towards the hermitage of A Clamadoira. The return journey towards the San Pedro Rectory is across a narrow path that ends at the Mugeimeiros road, just a few metres away from the end of this trail.

start point	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 007°58'43.09"W	max. height	906 m	altitude difference(+)	920 m	distance	25,5 km	connection/s	7
finish point	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 007°58'43.09"W	min. height	599 m	altitude difference(-)	-920 m	time	3h 40'	difficulty	●



R.3 ruta MEGALÍTICA

This pleasant bicycle ride starts from the Reception Point located at the Aviva Mountain Centre, in the nucleus of As Maus de Salas. It lets us go back to the Bronze Age with a clear playful - interpretive character of the archaeological patrimony to be found around this Nature Reserve.

During our itinerary, we will share some sections of the "Picos de Fontefría" Route 4 and the "Serra do Pisco" Route 5. Before crossing the dam of the Salas reservoir, we find the Casinha da Moura and, just after crossing it, the Casola do Foxo, located in a small natural viewing-point that coincides with the existing link with Route 4. The two most important dolmens of A Baixa Limia are here, dating back to the Third Millennium B.C. and displaced from their original stings due to building the reservoir.

After pedalling along a track that borders the reservoir, where you can see several very singular rocky formations, we reach the bridge that joins Guntumil to As Maus de Salas. At this point of the trail, you can choose to connect to Route 5 that goes to the O Pisco refuge or cross the bridge to continue on our archaeological itinerary and visit other examples of the height of megalithism in this territory: the necropolis of Outeiro de Cavalade, formed by two vias (megalithic tombs) where the remains of arrow tips and ceramic containers were found.

We go back to the Reception Point, wandering along the narrow streets of As Maus de Salas, where we can still find remains of the chapel of Santa Baia.

start point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	max. height	846 m	altitude difference(+)	268 m	distance	12,7 km	connection/s	4, 5
finish point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	min. height	801 m	altitude difference(-)	-268 m	time	1h 20'	difficulty	●



R.4 ruta PICOS DE FONTEFRÍA

We are undoubtedly before one of the most spectacular and demanding routes. With a total of 32,4 kilometres and almost 1,700 metres of accumulated ascent, this is a real challenge for the most experienced cyclists.

From the Reception Point of As Maus de Salas, after crossing the reservoir dam, on our left we leave the dolmen known as Casola do Foxo and we turn to our right towards a wide dirt track.

Over a long ascent, the route starts to gradually take us through the typical granite landscape and semi-desert of O Xurés until reaching the area known as Outeiro do Horno Derroto, at an altitude of 1,115 m.

The trail continues to the village of O Salgueiro, located at the foot of Picos de Fontefría, abandoned by its inhabitants halfway through the 19th century due to the difficulty of establishing adequate access routes. All the buildings and bordering areas currently belong to the Xunta de Galicia, that, in collaboration with the Baixa Limia-Serra do Xurés Nature Reserve, carry out different environmental management programmes and their gradual reconstruction. Wild goat recovery programmes have been started in the surroundings.

Leaving O Salgueiro and after an intense ascent, we come to "Carballeira da Barxa", an area of very well preserved autochthonous forest and an Integral Reserve of this protected area.

Before joining the "Megalítica" Route again and returning to As Maus de Salas, the last part of the trail goes through the highest areas of Serra do Xurés, between crags and granite boulders that give the landscape an arid look but one of great natural value.

start point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	max. height	1161 m	altitude difference(+)	1106 m	distance	32,4 km	connection/s	5
finish point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	min. height	766 m	altitude difference(-)	-1106 m	time	4h	difficulty	●



R.5 ruta SERRA DO PISCO

This shares the same trail as the "Megalítica" Route 3, until reaching the bridge that crosses the Salas reservoir, where we will continue on the right towards the village of Guntumil.

We leave this small village of hardly 150 inhabitants behind to start a long uphill climb along a broad track in perfect conditions that, little by little, gains height until reaching the Refugio do Pisco, at an altitude of 1,395 metres. From here, there is a good opportunity to look at the extensive panoramic view of the Salas valley.

We start the descent towards Portela de Piñós, on the border between Galicia and Portugal, indicated by a framework of stone of the frontier limit between the two countries, a territory dominated by old smugglers and which today offers the spectacular panoramic view of the Cross-border Park Gerês-Xurés, covering almost 90,000 hectares of protected territory in both countries.

We reach the village of Requiás, where we suggest you visit its communal oven, before returning to the reservoir bridge, crossing over it towards As Maus de Salas and share the last few kilometres along the same trail as Routes 3 and 4.

start point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	max. height	1254 m	altitude difference(+)	829 m	distance	27,9 km	connection/s	4
finish point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	min. height	801 m	altitude difference(-)	-829 m	time	2h 30'	difficulty	●



R.6 ruta VÍA NOVA

The Via Nova, constructed under the mandate of the emperor Augustus in the 1st century A.D., played a fundamental role in connecting Galicia, joining Bracara Augusta (Braga) with Asturica Augusta (Astorga). The trail leaves from the place known as Portela do Horno, the former border crossing with Portugal. Using the earlier itinerary of the Via Nova, today recovered through the state Natural Ways programme, we begin to descend almost 7 kilometres across the valley of the river Caldo, where we can see several groups of *milarios* (former Roman kilometric milestone system represented by stone markers).

During the last part of this descent, we recommend that you visit the longest waterfall in Galicia, the Corga da Fecha, spectacular in the winter months, as well as the Roman remains of what is known as Aquas Originis, a Roman mansion where we can see a series of arches belonging to its thermal area.

We reach the place known as Rocaíralo, perfect for stopping for a while and viewing the free area of outdoor baths in the surroundings of the Bañeiro de Lobios.

The trail continues towards the village of Vilameá, where a detour to the right indicates access through a steep climb to the hermitage of Nosa Señora do Xurés. From here, we can enjoy the impressive panoramic view of Sierra de Santa Eufemia and the valley of the river Caldo. On leaving this village, we meet twelve mills restored on the banks of the river Vilameá. In Lobios, we suggest you visit the church, as well as the Nature Reserve Interpretation Centre.

From this point, we recommend a last stop at the hermitage of A Clamadoira, before reaching the end of the trail at the San Pedro Rectory in Muíños.

start point	Portela do Horno, Lobios 41°48'35.81"N / 007°58'43.09"W	max. height	773 m	altitude difference(+)	940 m	distance	29,4 km	connection/s	8, 9
finish point	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 007°58'43.09"W	min. height	332 m	altitude difference(-)	-1090 m	time	2h 30'	difficulty	●



R.7 ruta CIRCULAR DE LOBIOS

From the parking area which is located at the entrance to the town of Lobios, we head towards the wells near to the village of A Ceta. This is a route which entails a challenge for the cyclist due to continually going uphill and downhill but this is compensated for by the attractive environment. It crosses small towns such as Gostomeao, San Paio, O Puxedo and A Vila, making it possible to discover really charming places such as Chao de Requeixo, an area of immense natural value, and the Church of San Miguel and the chapel of the Virxe da Regueixa, examples of the religious architecture of the zone.

Half way along the route, we reach a diversion which takes us towards the River Mao (a tributary of the River Salas), where we can visit several of the natural wells which are placed in such a way that they form small waterfalls where we can enjoy a privileged area. There is a possibility to continue going up the road until you reach the village of A Ceta and continue by Route 2 "Travesía do Xurés" which enables you to finalise this route at the Rectory de San Pedro in Muíños. If you choose to return to the "Circular de Lobios" route, we will address the second half of the more favourable itinerary accompanied by the River Cabaieiro which we will cross by a small bridge at A Portaxe before returning to the centre of Lobios.

start point	Parking area, Lobios 41°54'06.29"N / 008°05'05.84"W	max. height	773 m	altitude difference(+)	1130 m	distance	27,43 km	connection/s	2
finish point	Parking area, Lobios 41°54'06.29"N / 008°05'05.84"W	min. height	332 m	altitude difference(-)	-1130 m	time	4h 30'	difficulty	●



R.8 ruta MINAS DAS SOMBRAS

This route starts by going south from the centre of Lobios towards "Minas das Sombras", on the way discovering an environment which is one hundred per cent natural and with a demanding orography. The first part of the route goes uphill until it reaches the old mining exploitation and the final stage coincides with a path which will be obligatory to take carrying the bicycle in order to preserve the state of the path. We return to the main track, where the ascent is more gradual and leave a path on our right which leads to the Corga da Fecha, one of the most representative waterfalls of the Baixa Limia-Serra do Xurés Natural Park. In addition, we will have the opportunity to see other small waterfalls such as the Corga do Curro, the Corga do Medeiro, the Corga da Candela and the Corga da Revolta, among others.

We reach the frontier with Portugal arriving at Portela do Horno, from where we begin a descent to the starting point sharing the first kilometres of Route 6 "Via Nova" until we return to Lobios.

start point	Parking area, Lobios 41°54'06.29"N / 008°05'05.84"W	max. height	1085 m	altitude difference	1608 m	distance	40,19 km	connection/s	6
finish point	Parking area, Lobios 41°54'06.29"N / 008°05'05.84"W	min. height	396 m	altitude difference(-)	-1608 m	time	5h 10'	difficulty	●



R.9 ruta ALTO DE SANTA EUFEMIA

From the Lobios-Caldaria Spa, this route starts going north towards the Alto de Santa Eufemia. After leaving the area of the river Caldo travelling along some metres of the OU-312, we divert towards Bubacoas and Padrendo, where it is possible to visit the chapel of Santa Catarina and view the singularity of a doveote. Leaving behind Padrendo we continue along the route which leads towards Chan de Ventoso by an uphill track in a very good state which enables us to enjoy a spectacular panoramic view with the outstanding Corga da Fecha in the background.

For those who wish to take part in a simpler version, halfway up this ascent a deviation is signposted on the left which goes towards Torneiros and makes it possible to return by an easier track to travel to the Lobios-Caldaria Spa. Those who choose the longer version of the route will continue the ascent until they reach a diversion on the right towards the Alto de Santa Eufemia from where it is possible to view part of the extension of the Baixa Limia-Serra do Xurés Natural Park. Due to reasons concerning the preservation of the natural environment where we are located, the 2,5 kilometres which separate the main track from the heights must be travelled carrying our bicycles.

From this point, the route continues towards the frontier with Portugal and diverts to the left until it connects with Route 6 "Via Nova" where we can visit a group of milestones (the ancient system for marking miles in the Roman epoch represented by stone markers), divert towards the Corga da Fecha or visit the remains of a Roman mansion used as a thermal area and known as Aquas Originis, before returning to the spa.

start point	Lobios-Caldaria Spa 41°51'40.92"N / 008°06'22.23"W	max. height	1114 m	altitude difference(+)	1005 m	distance	24,15 km	connection/s	6
finish point	Lobios-Caldaria Spa 41°51'40.92"N / 008°06'22.23"W	min. height	379 m	altitude difference(-)	-1005 m	time	4h	difficulty	●



R.10 ruta TRAVESÍA DO XURÉS

The route starts from the former San Pedro Rectory in Muíños, which has been converted today into Rural Tourism accommodation. Going up, it leads us to the village of O Agreló, which we will cross in order to reach Pícos, through an area of well-preserved autochthonous forest. Follow the signposts on the PR-G Torreiro-Salgueiro footpath, belonging to the network of Park routes, until reaching the hermitage of A Clamadoira, from where you can contemplate the beautiful panoramic view of the river Lima valley. Magnificent centenary oak trees surround the little 18th century church.

The next compulsory stop is the village of Prado de Lima, where we can enjoy the typical popular architecture of O Xurés, including its renovated communal oven, as well as of the church of San Salvador.

We cross the river Salas over a stone bridge leading to a recreational area with several mills, some are still working. We go down a track that is in good condition towards Albeite, a small cattle village. After a very technical rise and descent, we come to the parish of A Ceta, where its houses and stables fuse with the huge granite boulders that make singular architecture. Downstream from A Ceta, there is the spectacular A Poza da Seima waterfall. Cross the river Salas via the wooden bridge and start fastidiously carrying your bicycle for approximately 15 minutes until reaching the dirt track that goes towards Repareade, where we join the "Via Nova" Route 6, coming from Lobios.

Leaving Repareade, again the footpath leads us upwards towards the hermitage of A Clamadoira. The return journey towards the San Pedro Rectory is across a narrow path that ends at the Mugeimeiros road, just a few metres away from the end of this trail.

start point	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 007°58'43.09"W	max. height	906 m	altitude difference(+)	920 m	distance	25,5 km	connection/s	7
finish point	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 007°58'43.09"W	min. height	599 m	altitude difference(-)	-920 m	time	3h 40'	difficulty	●



R.11 ruta MEGALÍTICA

This pleasant bicycle ride starts from the Reception Point located at the Aviva Mountain Centre, in the nucleus of As Maus de Salas. It lets us go back to the Bronze Age with a clear playful - interpretive character of the archaeological patrimony to be found around this Nature Reserve.

During our itinerary, we will share some sections of the "Picos de Fontefría" Route 4 and the "Serra do Pisco" Route 5. Before crossing the dam of the Salas reservoir, we find the Casinha da Moura and, just after crossing it, the Casola do Foxo, located in a small natural viewing-point that coincides with the existing link with Route 4. The two most important dolmens of A Baixa Limia are here, dating back to the Third Millennium B.C. and displaced from their original stings due to building the reservoir.

After pedalling along a track that borders the reservoir, where you can see several very singular rocky formations, we reach the bridge that joins Guntumil to As Maus de Salas. At this point of the trail, you can choose to connect to Route 5 that goes to the O Pisco refuge or cross the bridge to continue on our archaeological itinerary and visit other examples of the height of megalithism in this territory: the necropolis of Outeiro de Cavalade, formed by two vias (megalithic tombs) where the remains of arrow tips and ceramic containers were found.

We go back to the Reception Point, wandering along the narrow streets of As Maus de Salas, where we can still find remains of the chapel of Santa Baia.

start point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	max. height	846 m	altitude difference(+)	268 m	distance	12,7 km	connection/s	4, 5
finish point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	min. height	801 m	altitude difference(-)	-268 m	time	1h 20'	difficulty	●



R.12 ruta PICOS DE FONTEFRÍA

We are undoubtedly before one of the most spectacular and demanding routes. With a total of 32,4 kilometres and almost 1,700 metres of accumulated ascent, this is a real challenge for the most experienced cyclists.

From the Reception Point of As Maus de Salas, after crossing the reservoir dam, on our left we leave the dolmen known as Casola do Foxo and we turn to our right towards a wide dirt track.

Over a long ascent, the route starts to gradually take us through the typical granite landscape and semi-desert of O Xurés until reaching the area known as Outeiro do Horno Derroto, at an altitude of 1,115 m.

The trail continues to the village of O Salgueiro, located at the foot of Picos de Fontefría, abandoned by its inhabitants halfway through the 19th century due to the difficulty of establishing adequate access routes. All the buildings and bordering areas currently belong to the Xunta de Galicia, that, in collaboration with the Baixa Limia-Serra do Xurés Nature Reserve, carry out different environmental management programmes and their gradual reconstruction. Wild goat recovery programmes have been started in the surroundings.

Leaving O Salgueiro and after an intense ascent, we come to "Carballeira da Barxa", an area of very well preserved autochthonous forest and an Integral Reserve of this protected area.

Before joining the "Megalítica" Route again and returning to As Maus de Salas, the last part of the trail goes through the highest areas of Serra do Xurés, between crags and granite boulders that give the landscape an arid look but one of great natural value.

start point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	max. height	1161 m	altitude difference(+)	1106 m	distance	32,4 km	connection/s	5
finish point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	min. height	766 m	altitude difference(-)	-1106 m	time	4h	difficulty	●



R.13 ruta SERRA DO PISCO

This shares the same trail as the "Megalítica" Route 3, until reaching the bridge that crosses the Salas reservoir, where we will continue on the right towards the village of Guntumil.

We leave this small village of hardly 150 inhabitants behind to start a long uphill climb along a broad track in perfect conditions that, little by little, gains height until reaching the Refugio do Pisco, at an altitude of 1,395 metres. From here, there is a good opportunity to look at the extensive panoramic view of the Salas valley.

We start the descent towards Portela de Piñós, on the border between Galicia and Portugal, indicated by a framework of stone of the frontier limit between the two countries, a territory dominated by old smugglers and which today offers the spectacular panoramic view of the Cross-border Park Gerês-Xurés, covering almost 90,000 hectares of protected territory in both countries.

We reach the village of Requiás, where we suggest you visit its communal oven, before returning to the reservoir bridge, crossing over it towards As Maus de Salas and share the last few kilometres along the same trail as Routes 3 and 4.

start point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	max. height	1254 m	altitude difference(+)	829 m	distance	27,9 km	connection/s	4
finish point	Centro de Montaña Aviva, As Maus de Salas 41°56'10.53"N / 007°55'28.59"W	min. height	801 m	altitude difference(-)	-829 m	time	2h 30'	difficulty	●



R.14 ruta VÍA NOVA

The Via Nova, constructed under the mandate of the emperor Augustus in the 1st century A.D., played a fundamental role in connecting Galicia, joining Bracara Augusta (Braga) with Asturica Augusta (Astorga). The trail leaves from the place known as Portela do Horno, the former border crossing with Portugal. Using the earlier itinerary of the Via Nova, today recovered through the state Natural Ways programme, we begin to descend almost 7 kilometres across the valley of the river Caldo, where we can see several groups of *milarios* (former Roman kilometric milestone system represented by stone markers).

During the last part of this descent, we recommend that you visit the longest waterfall in Galicia, the Corga da Fecha, spectacular in the winter months, as well as the Roman remains of what is known as Aquas Originis, a Roman mansion where we can see a series of arches belonging to its thermal area.

We reach the place known as Rocaíralo, perfect for stopping for a while and viewing the free area of outdoor baths in the surroundings of the Bañeiro de Lobios.

The trail continues towards the village of Vilameá, where a detour to the right indicates access through a steep climb to the hermitage of Nosa Señora do Xurés. From here, we can enjoy the impressive panoramic view of Sierra de Santa Eufemia and the valley of the river Caldo. On leaving this village, we meet twelve mills restored on the banks of the river Vilameá. In Lobios, we suggest you visit the church, as well as the Nature Reserve Interpretation Centre.

From this point, we recommend a last stop at the hermitage of A Clamadoira, before reaching the end of the trail at the San Pedro Rectory in Muíños.

start point	Portela do Horno, Lobios 41°48'35.81"N / 007°58'43.09"W	max. height	773 m	altitude difference(+)	940 m	distance	29,4 km	connection/s	8, 9
finish point	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 007°58'43.09"W	min. height	332 m	altitude difference(-)	-1090 m	time	2h 30'	difficulty	●



R.15 ruta CIRCULAR DE LOBIOS

From the parking area which is located at the entrance to the town of Lobios, we head towards the wells near to the village of A Ceta. This is a route which entails a challenge for the cyclist due to continually going uphill and downhill but this is compensated for by the attractive environment. It crosses small towns such as Gostomeao, San Paio, O Puxedo and A Vila, making it possible to discover really charming places such as Chao de Requeixo, an area of immense natural value, and the Church of San Miguel and the chapel of the Virxe da Regueixa, examples of the religious architecture of the zone.

Half way along the route, we reach a diversion which takes us towards the River Mao (a tributary of the River Salas), where we can visit several of the natural wells which are placed in such a way that they