

Galicia

*Parque Natural Baixa Limia
Serra do Xurés*

6
experiences
in the middle
of nature

galiciã
the best way

6 experiences for exploring O Xurés



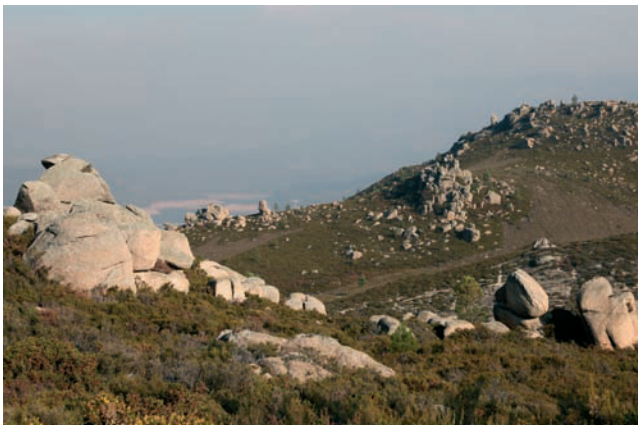
PROTECTED NATURE

The **Baixa Limia-Serra do Xurés Nature Reserve** and **Peneda-Gerês National Park** meet at the border between Portugal and Galicia, forming a unique cross-border space that covers an area of 267,958 hectares. In 2009, it was listed as the **Gerês-Xurés Cross-Border Biosphere Reserve**.

Here, craggy mountains are interspersed with more gentle landforms and leafy forests contrast with a mountainous granite landscape, where the rocks assume unique shapes.

Water takes the form of rivers, pools and natural waterfalls, as well as reservoirs, offering the opportunity to **paddle through calm waters** in the heart of Xurés.

You will discover one of the space's greatest attractions: the variety of flora, with more than 807 species, of which 117 are endemic, including the yellowbeard iris (*Iris boissieri*). There is also a great diversity of fauna, with almost 150 species of birds and unique species such as the native *Cachena* cattle.



MORE INFORMATION:
Visitor Centre
Parque Natural Baixa Limia-Serra do Xurés
Estr. Portugal, 34. 32780 Lobios
T. 988 788 755

*We invite you to explore
the history of Xurés.
Discover vestiges of human
occupation dating back
some 7,000 years.*

02



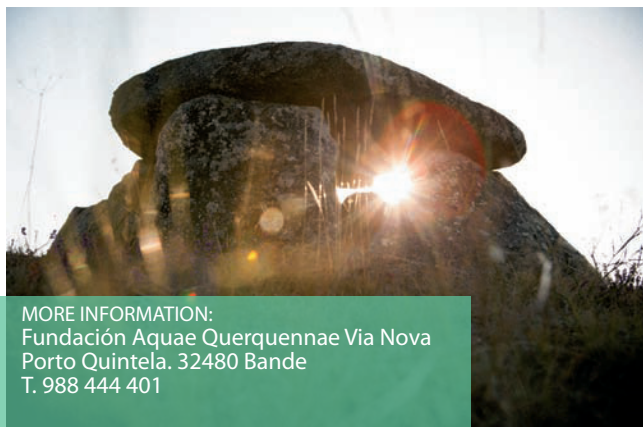
ARCHAEOLOGICAL HERITAGE

This is an exceptional place to discover traces of our human ancestors. The **Leboreiro mountains** contain one of the largest concentrations of tumuli or *mamoas* in Europe. The **Maus de Salas** and **Val do Salas** dolmens are especially worth the trip.

The Via Nova was constructed during the Roman period to link Braga and Astorga. This led to the construction of civil buildings such as **Aquis Querquennis**, a military camp in Bande, and **Aquis Originis**, a villa which served as a roadside

inn and hot springs facility, located near the baths on the Caldo River in Lobios.

Another must-see is the 7th-century Visigothic **Santa Comba de Bande** Church, the only building remaining from an earlier monastery, which is located in a very unusual setting. The tiny village of Cela in Lobios, with its structures built around granite rocks, and Cortes da Carballeira in Entrimo are two examples of vernacular architecture we recommend visiting.



MORE INFORMATION:
Fundación Aquae Querquennae Via Nova
Porto Quintela. 32480 Bande
T. 988 444 401



*Travel back to the 1st century AD,
the time of the Flavian dynasty,
and explore one of the
best preserved Roman roads
with the most milestones in Europe.*



VIA NOVA NATURAL ROAD

Portela Do Home Aquis Originis Centro de Visitantes Reparade Reitoral de San Pedro Santa Comba de Bande
P.N. Baixa Limia-Serra do Xurés

The Via Nova, now part of a state programme known as Camiños Naturais (Natural Roads), is accessible on foot, bicycle and horseback. Also referred to as Via XVIII in what is known as the Antonine Itinerary, the road was built to link the towns of Bracara Augusta (Braga, Portugal) and Asturica Augusta (Astorga).

The first section, extending almost 30 km, connects Portela do Home, on the Portuguese border, with Santa Comba de Bande. Along the way, you can visit spots such as the Lobios Spa and the ruins of the ancient *mansio* known as Aquis Originis. Signage was recently placed along a second section linking Santa Comba de Bande and A Saínza de Abaixo, in Rairiz de Veiga.



Explore O Xurés by bicycle

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SERRA DO XURÉS MTB CENTRE

This mountain biking destination offers nine trails with differing levels of difficulty, allowing visitors to explore the local heritage and natural treasures along 133 km of signed trails. The centre offers information services, changing rooms and showers, equipment rental, bike washing and accommodation.

The Outeiro da Cela Forest Park Trail and Megalítica Trail, which begins in As Maus de Salas, are both easy enough for the whole family.



More experienced riders can explore the Picos de Fontefría Trail and visit some of the most unique local villages, including A Cela, Prado de Limia, Requiás and Guntumil.

- Trail 1: **Parque Forestal Outeiro da Cela** 5,7 km.
- Trail 2: **Travesía do Xurés** 25,7 km.
- Trail 3: **Megalítica** 12,7 km.
- Trail 4: **Picos de Fontefría** 32,4 km.
- Trail 5: **Serra do Pisco** 27,9 km.
- Trail 6: **Vía Nova** 29,4 km.
- Trail 7: **Circular de Lobios** 27,4 km.
- Trail 8: **Minas das Sombras** 40,2 km.
- Trail 9: **Alto de Santa Eufemia** 24,4 km.

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RECEPTION POINTS

COMPLEXO TURÍSTICO-DEPORTIVO O CORGO

Outeiro da Cela, s/n. Mugueimes - 32880 Muíños
T. 988 456 403 – 609 744 255 – 679 971 377

CENTRO DE MONTAÑA AVIVA

Rúa Tulla, 59. As Maus de Salas - 32880 Muíños
T. 607 477 375 – 634 910 503

Hike through traditional landscapes

05



TRAILS OF O XURÉS

For anyone who loves to pull on their hiking boots and set off to discover new places, O Xurés is the perfect destination to explore without fear of getting lost. You can choose from a total of 11 hiking trails visiting some of the most notable spots in the area.

Ruta de Queguas
Ruta de Padrendo
Ruta do Pan
Ruta Vieiro das Mámoas
Ruta Torrente-Salgueiro
Ruta do río Vilameá
Ruta do río Mao
Ruta do río Agro
Ruta da Mina das Sombras
Ruta da Ermida do Xurés
Ruta da Corga da Fecha
Ruta A Cela-Pitões

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MORE INFORMATION:
Visitor Centre
Parque Natural Baixa Limia-Serra do Xurés
Estr. Portugal, 34. 32780 Lobios
T. 988 788 755

One of the greatest experiences you will ever have is immersing yourself in the hot, curative waters that spring from the ground in this area.

06

THERMAL XURÉS

In Lobios, you will find a 21st-century spa town, a peaceful place where you can relax and catch your breath, a spectacularly beautiful spot with waters that spring forth on the banks of the Caldo River at a temperature of 77°C. You can bathe in the large public hot spring free of charge, or pamper yourself at Lobios Spa, where the waters are indicated for treating chronic digestive, respiratory, rheumatological and dermatological problems, and curing diuresis, as well as beauty treatments and stress cures.

LOBIOS SPA
Riocaldo, s/n
32895 Lobios
T. 988 448 440



Why not slow down and enjoy the pleasures of travel? We recommend combining your favourite activity with the best of our culture, cuisine and nature.



welcome to the authenticity that is O Xurés

Sherpa Project, a specialized tourism consultancy and expert in the area, has selected a few of the best experiences to make your trip truly unforgettable.

You can book the packages described below through **Viajes Tambre-Aventuras en Galicia**. **Baixa Limia-Serra do Xurés Nature Reserve** offers a range of varied alternatives. Seize the reins of your own experience and ask about other tourist services involving outdoor nature activities.

XURÉS IN 2 DAYS PACKAGES

XURÉS SPA AND BIKING



Stay at Lobios Spa.
Cycling trail at the Serra do Xurés
MTB Centre

Lobios Spa has put together the perfect plan for you: a little biking combined with nature and spa bathing.

Begin the day with a ride at the Serra do Xurés MTB Centre. The spa will offer advice on the perfect trail for you. And if you don't want to worry about bringing your own bike, you can rent one on-site. For a more relaxed experience, you can even opt for an electric bike, allowing you to focus on exploring the area.

After your ride, there is nothing better than to pamper

yourself with a foot bath and leg massage. And if you've still got some free time, take a stroll along the banks of the Caldo River before dinner.

On the second day, immerse yourself in the hot waters at Lobios. Take your time: the only thing that will get you out of the water will be the desire to sample some of the local recipes.

1 night in a double room + buffet breakfast + foot bath + leg massage
Price: €72 per person/night in a double room



XURÉS IN 2 DAYS PACKAGES

OUTDOOR XURÉS



Stay at Aviva Centre (Muíños).
Running and kayak excursion in Maus de Salas.

Do you dream of heading for a run to escape the daily grind and get back in touch with nature?

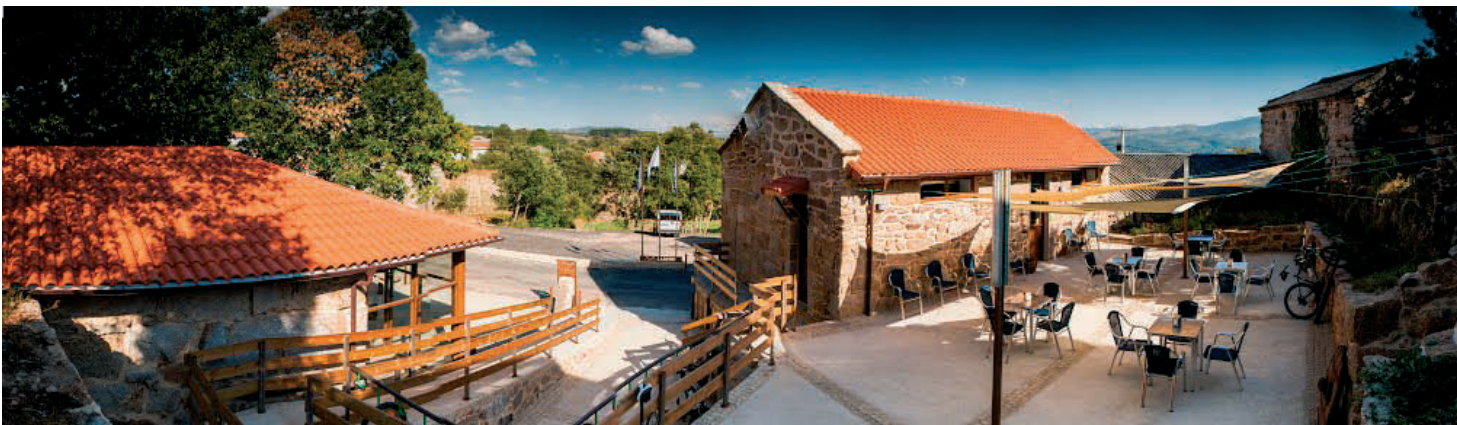
Set aside two days for yourself and plan a getaway to Aviva Centre, a complex specializing in mountain sports, where you can set up your base camp and head out for a jog without having to get in the car.

Check in with the mountain: we recommend a route around Salas Reservoir. After that, why not explore the village of Cela? If your legs are begging for a rest, ask about the Pozas

da Seima, popularly known as the 'Black Pool'. Then it will be time to enjoy the facilities and a homemade dinner.

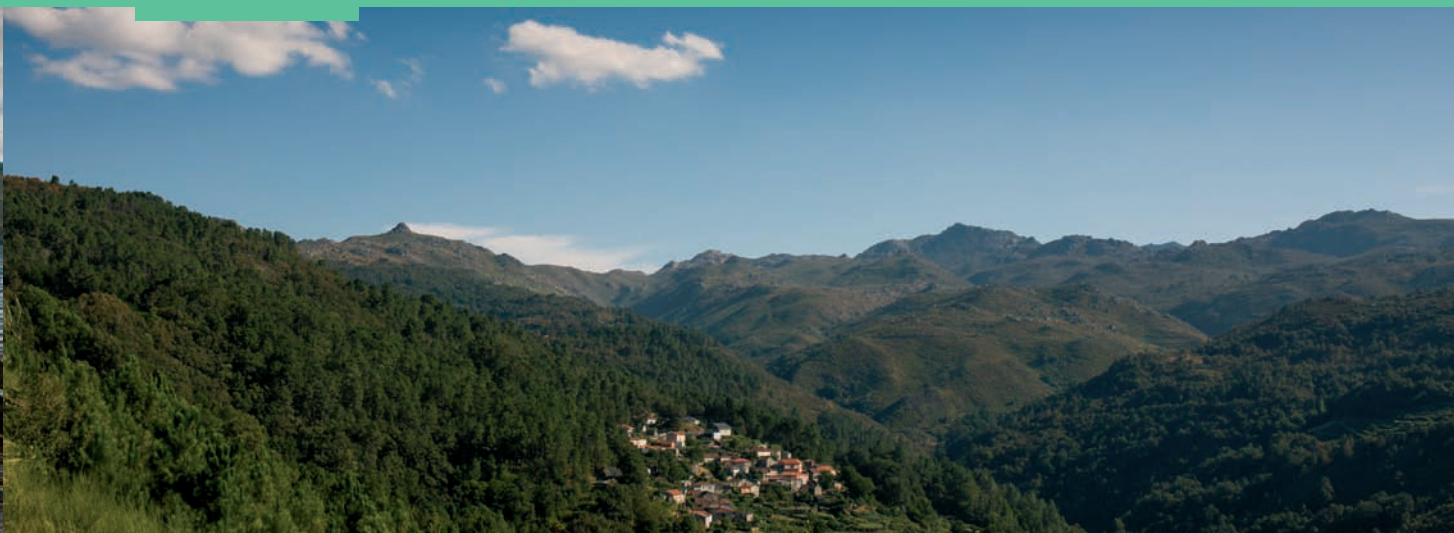
The next day, we have a plan in mind that you won't want to miss: kayaking on the calm waters of Maus de Salas Reservoir.

Dinner + 1 night in a shared room + breakfast + kayaking activity
Price: €43 per person/night in a shared room



XURÉS IN 2 DAYS PACKAGES

XURÉS ADVENTURE



Stay at Casa da Feira (Lobios).
All-terrain route through the small villages of O Xurés.

We recommend an exceptional way to visit the hidden villages of Xurés.

Enjoy a day of travelling along ancient roads in a 4x4, discovering hidden villages and learning about the local traditions in the heart of the mountains. Xurés Activo will be your guide, amazing you with an outdoor picnic along the way.

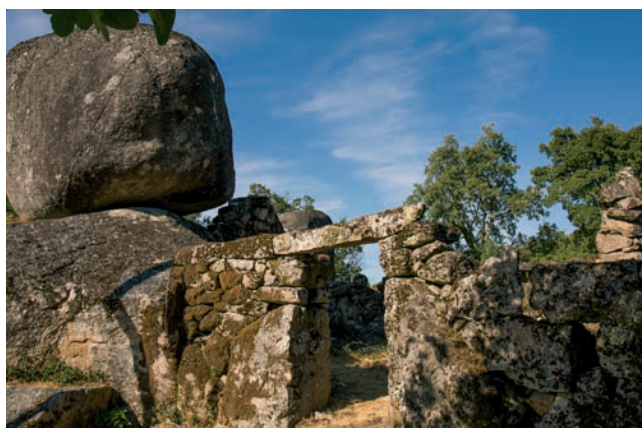
You will stay at Casa da Feira, a rural dwelling of the kind typically found in the mountain villages of southern Galicia,

and discover what it feels like to be a local. In the evening, you will enjoy a traditional dinner.

To bid farewell to this wonderful destination, devote your last day to Roman archaeology, with a visit to the Aquis Querquennis archaeological complex.

Dinner + 1 night in a double room + picnic + 4x4 excursion

Price: €200 / night for two people in a double room





Information and Interpretation Centres

Centre	Address	Phone	Opening time
Centro de Interpretación "Aquis Querquennis"	Porto Quintela, s/n. 32840 - Bande	988 444 401	
Centro de Interpretación do Parque Natural Baixa Limia - Serra do Xurés	Estrada de Portugal, s/n. 32870 - Lobios	988 788 755 parque.natural.xures@xunta.gal	Summer: Open daily_10:00 to 14:00 h & 16:00 to 20:00h Winter: Open daily_10:00 to 14:00 h & 16:00 to 18:00 h
Centro de Montaña Aviva (MTB Galicia Centre)	Rúa Tulla, 59 As Maus de Salas 32880 - Muíños	607 477 375 634 910 503 www.avivacenter.com info@avivacenter.com	May - September: Open daily_10:00 to 14:00 h & 16:00 to 20:00 h October - April: Monday to Friday_10:00 to 14:30 h Saturday, Sunday & holiday_10:00 to 15:30 h
Complexo Turístico-Deportivo O Corgo (MTB Galicia Centre)	Outeiro de Cela, s/n O Corgo 32880 - Muíños	988 456 403 609 744 255 679 971 377	May - September Open daily_10:00 to 14:00 h & 16:00 a 20:00 h October - April: Saturday, Sunday & holiday_10:00 to 14:30 h



Active Tourism and Adventure Activities Companies

Company	Address	Phone	web / email
Xurés Aventura	Estrada de Portugal, 65 Portal B, Local 7 Lobios	988 448 283 609 348 391	www.xuresaventura.com
Xurés Activo	Casa da Feira. Lugar da Portaxe, 9 Araúxo - Lobios	988 448 138	www.xuresactivo.es
Mira Xurés	(rutas interpretativas)	617 164 082	mdgrou@gmail.com

You can contact these companies if you want to do trekking routes, interpretive routes, mountain biking, canyoning, bicycle or canoe rentals or any adventure inside the park, accompanied by a guide or just to request information.



MTB Routes

	Name	Start point	Circular	Distance	Time	Difficulty
R. 1	Parque Forestal Outeiro da Cela	Complexo turístico-deportivo O Corgo. Muíños	Yes	5,7 km	1 h	Very easy
R. 2	Travesía do Xurés	Casa reitoral de San Pedro. Muíños	Yes	25,5 km	3 h 40'	Very difficult
R. 3	Megalítica	Centro de Montaña Aviva. As Maus de Salas	Yes	12,7 km	1h 20'	Very easy
R. 4	Picos de Fontefría	Centro de Montaña Aviva. As Maus de Salas	Yes	32,4 km	4h	Very difficult
R. 5	Serra do Pisco	Centro de Montaña Aviva. As Maus de Salas	Yes	27,9 km	2h 30'	Difficult
R. 6	Vía Nova	Portela do Home. Lobios	No	29,4 km	2h 30'	Difficult
R. 7	Circular de Lobios	Zona estacionamento. Lobios	Yes	27,43 km	4h 30'	Difficult
R. 8	Minas das Sombras	Zona estacionamento. Lobios	Yes	40,19 km	5h 10'	Very difficult
R. 9	Alto de Santa Eufemia	Balneario Lobios-Caldaria. Lobios	Yes	24,15 km	4h	Difficult

Hiking trails



Approved by the Galician Mountaineering Federation

	Name	Start point	Finish point	Distance	Time	Difficulty
PR-G 27	Ruta de Queguas	Queguas (Entrimo)	Queguas (Entrimo)	6,8 km	2 h	Medium
PR-G 28	Ruta de Padrendo	Padrendo (Lobios)	Padrendo (Lobios)	11,3 km	3 h 30'	Medium
PR-G 128	Ruta do Pan	Guxinde (Entrimo)	A Casa do Frade (Entrimo)	6,73 km	1 h 40'	Medium

Other trails not approved by the Galician Mountaineering Federation (**)

	Name	Start point	Finish point	Distance	Time	Difficulty
	Ruta do Vieiro das Mámoas	Queguas (Entrimo)	Queguas (Entrimo)	49 km	22 h	Medium
	Ruta Torrente-Salgueiro (*)	Reitoral de Torrente (Muíños)	Aldea de Salgueiro	22 km	12 h	Medium-high
	Ruta do río Vilameá	Vilameá (Lobios)	Vilameá (Lobios)	1,7 km	45'	Low-Medium
	Ruta do río Mao	Casa da Escusalla (Lobios)	Casa da Escusalla (Lobios)	3,4 km	2 h	Low-medium
	Ruta do río Agro	Sta. María A Real (A Terrachá-Entrimo)	Sta. María A Real (A Terrachá-Entrimo)	16,5 km	4-5 h	Medium-high
	Ruta da Mina das Sombras	Ermida do Xurés (Lobios)	Mina das Sombras	14 km	8 h	High
	Ruta da Ermida do Xurés	Ermida do Xurés (Lobios)	Ermida do Xurés (Lobios)	4 km	2 h 30'	Medium
	Ruta da Corga da Fecha	Vila termal de Lobios	Miliarios da Ponte Nova	3,6 km	3 h	High
	Ruta A Cela-Pitões (*)	A Cela (Lobios)	Portela de Pitões (Muíños)	28 km	10 h	High

(*) For these two itineraries you must send a written communication (parque.natural.xures@xunta.gal) to cross the regulated access area of the environmental village of Salgueiro. Indicate day, number of people, responsible, telephone and contact email.

(**) Natural Park website information - <http://parquesnaturais.xunta.gal/es/baixa-limia-serra-xures>

Health



Pharmacies

Village	Address	Phone
Bande	Pombal, 8	988 443 076
Entrimo	Santa María A Real, s/n	988 434 644
Lobeira	Estrada Bande-Entrimo, 41	988 434 644
Lobios	Estrada de Portugal, 49	988 448 253
Mugueimes (Muíños)	Xaquín Lorenzo, 40	988 456 435



Health Centre

Village	Address	Phone	Opening time
Bande	Prolongación Irmáns Martínez, s/n	988 444 435	EMERGENCIAS 24H 988 443 610
Lobeira	Estrada Xeral, P. K. 54	988 448 054	M-F:10:00 a 14:00 h/16:00 a 19:00 h
Lobios	Pedreira, s/n	988 448 161	
Mugueimes (Muíños)	Val do Salas, 2	988 456 484	



Accommodation

Hotels



Name	Category	Address	Phone
Lobios Caldaria	H 4****	Río Caldo, s/n Lobios	988 280 406 988 302 115
AV Apartamentos	H 1*	Portugal, 61 Lobios	988 788 755
Barcelona	H 1*	A Feira Vella (Galez) Entrimo	988 434 724
Lusitano	H 1*	Estrada de Portugal, 47 Lobios	988 448 028

Boarding House



Name	Category	Address	Phone
La Entrimeña 2	P 3***	Cortiña da Fonte, s/n Entrimo	630 926 206
As Termas	P 2**	Os Baños 9 – Río Caldo Lobios	988 448 284
Casa Rosalia	P 2**	r/ Pazos, 28 Lobios	988 448 407
El Trébol	P 1*	Rúa Pombal, 15 Entrimo	988 443 067

Apartments



Name	Category	Address	Phone
Casa Prado	Ap 1 Key	Rúa Vilamea, 18 Bande	988 443 426 660 122 039
Casa Requiás	Ap 1 Key	Requiás Muíños	629 444 360
Casa San Martiño	Ap 1 Key	Vilameá -Río Caldo Lobios	625 471 202 609 41 83 62
El Valle	Ap 1 Key	Bubaces, Río Caldo Lobios	678 509 258 637 857 717
O Combarrizo	Ap 1 Key	Suigrexia, 14 - San Martiño Lobios	615 942 374
Outeiro de Cela	Ap 1 Key	O Corgo Entrimo	988 456 403
Vía Nova	Ap 1 Key	Estrada OU-312, Km1.8 Lobios	988 448 407 693 831 639

Accommodation



Rural Tourism

Name	Category	Address	Phone
Casa da Feira	Group A	Lugar da Portaxe, 9 - San Martiño Lobios	988 448 138 697 689 635
Casa Rectoral de San Pedro	Group A	Estrada N-540 - Mugueimes Muíños	988 456 403 609 744 255
As Fontes	Group B	Porqueirós, 30 Muíños	670 950 520 670 319 790 988 984 914
Casa Baralló	Group B	Lugar Casal do Souto Lobios	988 434 566 607 459 200
Casa d'Asperelo	Group B	Aldea de Asperelo, s/n Entrimo	988 435 045 679 678 138
Casa da Feiravella	Group B	Feira Vella, 15 Entrimo	988 434 963 610 526 405
Casa Mariña	Group B	Rúa Pombal, 65 Bande	988 443 640



Touristic Homes

Name	Category	Address	Phone
Casa da Abuela	VT	Chaus de Limia, 64 Lobeira	686 887 635 988 448 140
Casa Chuca	VT	Requiás Muíños	629 444 360
Casa da Tía Dolores	VT	Picós Muíños	609 300 788



Hostels

Name	Category	Address	Phone
Albergue Municipal de Bande	AL	Rúa Xaquín Lourenzo, s/n Bande	988 443 001 988 443 004



Campings

Name	Category	Address	Phone
Quinta da Viña Grande	2ª	A Illa, s/n - Lantemil Entrimo	661 423 801 988 543 303
O Corgo	2ª	Outeiro da Celea-Mugueimes / Estrada OU-540, s/n - O Corgo Muíños	629 444 360



Motorhome Areas

Name	Type	Coordinate X	Coordinate Y
Área de Servizo de Entrimo	Public	-8,120981	41,932683

Turismo de Galicia

www.turismo.gal

More information and reservations

info@aventurasengalicia.com

aventuras@viajestambre.com

www.aventurasengalicia.com

981 561 785



VIAJES
TAMBRE, S.L.
X.G.-15



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