

# Galicia

*Parque Natural Baixa Limia  
Serra do Xurés*

**6**  
*experiences  
in the middle  
of nature*

*galicia*  
*the best way*

# 6 experiences for exploring O Xurés



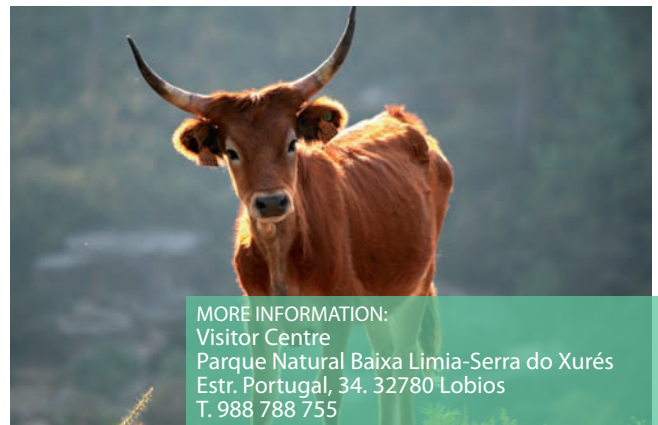
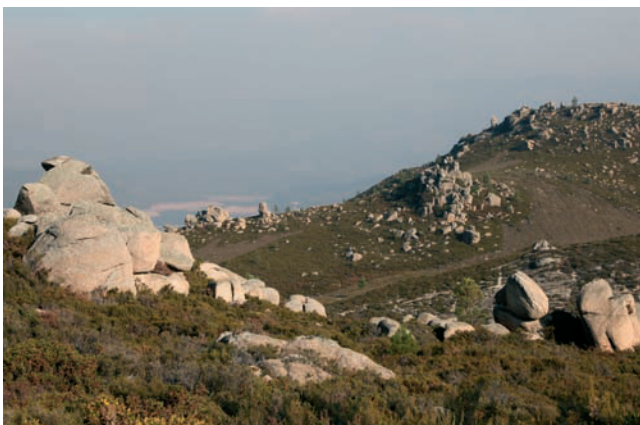
## PROTECTED NATURE

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



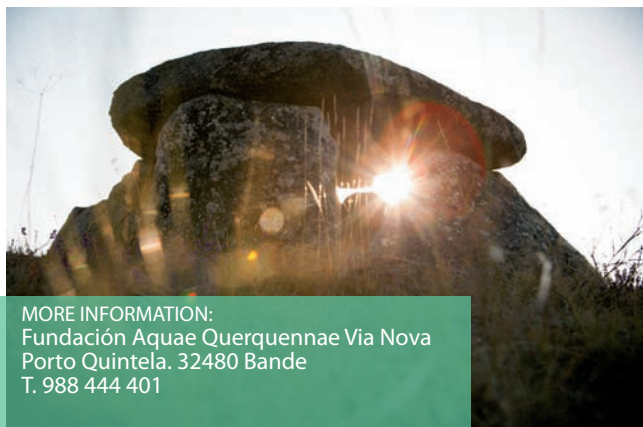
## ARCHAEOLOGICAL HERITAGE

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 Sainza de Abaixo, in Rairiz de Veiga.





# Explore O Xurés by bicycle

## 04



## 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.

*See page 12*

### 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

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## 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**

*See page 13*



**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.

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**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 (Muñíos).  
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?***

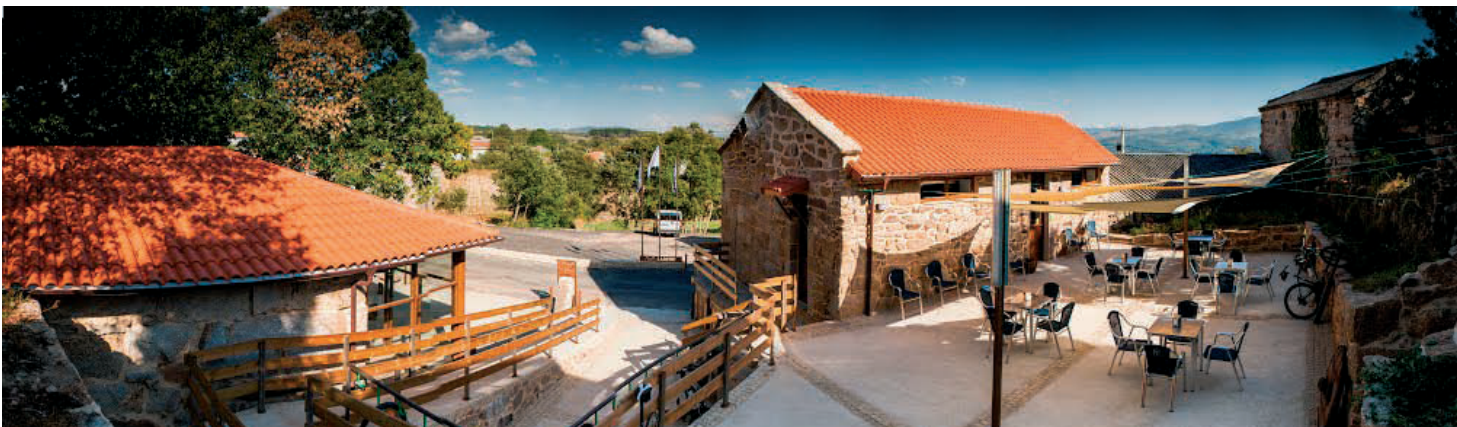
Set aside two days for yourself and plan a getaway to Aviva Centre, a complex specializing in mountain sports, where you can set up your base camp and head out for a jog without having to get in the car.

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.

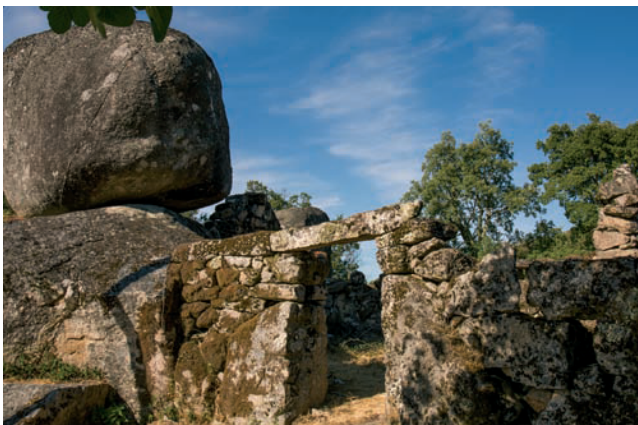
You will stay at Casa da Feira, a rural dwelling of the kind typically found in the mountain villages of southern Galicia,

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
<b>Centro de Interpretación "Aquis Querquenis"</b>	Porto Quintela, s/n. 32840 - <b>Bande</b>	988 444 401	
<b>Centro de Interpretación do Parque Natural Baixa Limia - Serra do Xurés</b>	Estrada de Portugal, s/n. 32870 - <b>Lobios</b>	988 788 755 parque.natural.xures@xunta.gal	<b>Summer:</b> Open daily 10:00 to 14:00 h & 16:00 to 20:00h <b>Winter:</b> Open daily 10:00 to 14:00 h & 16:00 to 18:00 h
<b>Centro de Montaña Aviva (MTB Galicia Centre)</b>	Rúa Tulla, 59 <b>As Maus de Salas</b> 32880 - <b>Muíños</b>	607 477 375 www.avivacenter.com info@avivacenter.com	<b>May - September:</b> Open daily 10:00 to 14:00 h & 16:00 to 20:00 h <b>October - April:</b> Monday to Friday 10:00 to 14:30 h Saturday, Sunday & holiday 10:00 to 15:30 h
<b>Complejo Turístico-Deportivo O Corgo (MTB Galicia Centre)</b>	Outeiro de Cela, s/n <b>O Corgo</b> 32880 - <b>Muíños</b>	988 456 403 639 030 034	<b>May - September</b> Open daily 10:00 to 14:00 h & 16:00 a 20:00 h <b>October - April:</b> Saturday, Sunday & holiday 10:00 to 14:30 h



## MTB Routes

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





### Approved by the Galician Mountaineering Federation

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

### Trails in the Natural Park (\*\*)

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



### Hotels



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

### Boarding House



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

### Apartments



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



## Accommodation



### Rural Tourism

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



### Touristic Homes

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



### Hostels

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



### Campings

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



### Motorhome Areas

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

# Turismo de Galicia

## www.turismo.gal

More information and reservations  
[info@aventurasengalicia.com](mailto:info@aventurasengalicia.com)  
[aventuras@viajestambre.com](mailto:aventuras@viajestambre.com)  
[www.aventurasengalicia.com](http://www.aventurasengalicia.com)  
981 561 785



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