

## R.1

### ruta PARQUE FORESTAL OUTEIRO DA CELA

The Outeiro de Cella 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 Rabadouro.

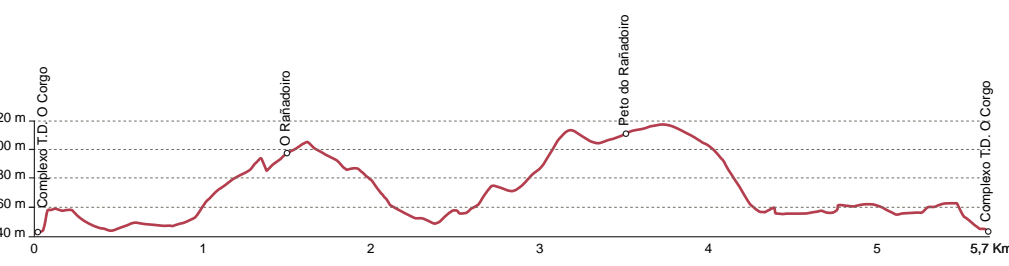
We recommend going to the highest point of O Novai, a small hill very near the location of the reception point of this route; it can be reached from several tracks that are signed. From here, you can enjoy the beautiful panoramic view of the reservoir and the archaeological remains of the military Aquis Querquennis 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 rockdrome.

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.

<b>start point</b>	Complexo turístico-deportivo do Corgo 41°57'46.86" N / 00°58'59.95" W	<b>max. height</b>	624 m	<b>altitude difference (+)</b>	175 m	<b>distance</b>	5,7 km	<b>connection/s</b>	none
<b>finish point</b>	Complexo turístico-deportivo do Corgo 41°57'46.86" N / 00°58'59.95" W	<b>min. height</b>	547 m	<b>altitude difference (-)</b>	-175 m	<b>time</b>	1h	<b>difficulty</b>	●



Vertical exaggeration x10



## 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 Picós, through an area of well-preserved autochthonous forest. Follow the signposts on the PR-G Torrente-Salgueiro footpath, belonging to the network of Park routes, until reaching the hermitage of A Clamadreira, from where you can contemplate the beautiful panoramic view of the river Limia valley. Magnificent centenary oak trees surround the little 18th century church.

The next compulsory stop is the village of Prado de Limia, 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.

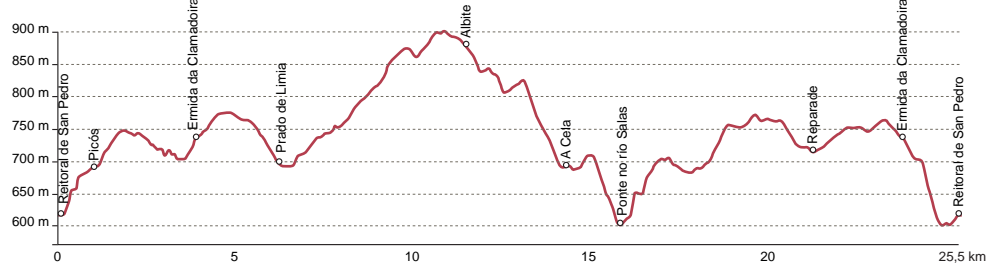
We cross the river Salas over a stone bridge leading to a recreational area with several mills, some are still working. We go down a track that is in good condition towards Albite, a small cattle village. After a very technical rise and descent, we come to the parish of A Cella, where its houses and stables fuse with the huge granite boulders that make singular architecture. Downstream from A Cella, 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 Reparede, where we join the “Via Nova” Route 6, coming from Lobios.

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

<b>start point</b>	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 00°58'43.09"W	<b>max. height</b>	906 m	<b>altitude difference (+)</b>	920 m	<b>distance</b>	25,5 km	<b>connection/s</b>	none
<b>finish point</b>	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 00°58'43.09"W	<b>min. height</b>	599 m	<b>altitude difference (-)</b>	-920 m	<b>time</b>	3h 40'	<b>difficulty</b>	●



Vertical exaggeration x10



## 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 Casíña 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 siting due to building the reservoir.

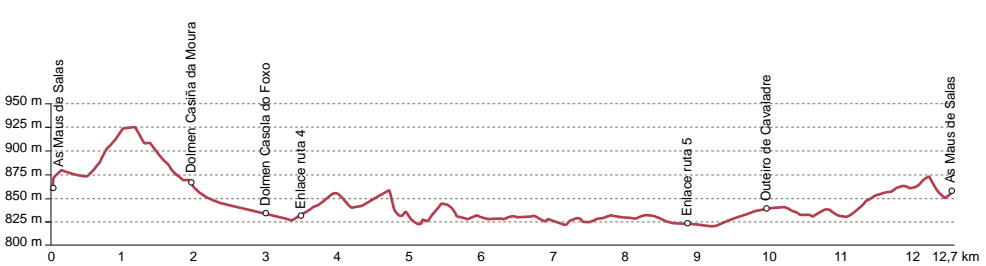
After pedalling along a track that borders the reservoir, where you can see several very singular rocky formations, we reach the bridge that joins Guntumil to As Maus de Salas. At this point of the trail, you can choose to connect to Route 5 that goes to the O Pisco refuge or cross the bridge to continue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

<b>start point</b>	Centro de Montaña Aviva. As Maus de Salas 41°56'10.53"N / 00°55'28.59"W	<b>max. height</b>	846 m	<b>altitude difference (+)</b>	268 m	<b>distance</b>	12,7 km	<b>connection/s</b>	4, 5
<b>finish point</b>	Centro de Montaña Aviva. As Maus de Salas 41°56'10.53"N / 00°55'28.59"W	<b>min. height</b>	801 m	<b>altitude difference (-)</b>	-268 m	<b>time</b>	1h 20'	<b>difficulty</b>	●



Vertical exaggeration x10



## 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 Home Direito, 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 Banxa”, an area of very well preserved autochthonous forest and an Integral Reserve of this protected area.

Before joining the “Megalithic” 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.

<b>start point</b>	Centro de Montaña Aviva. As Maus de Salas 41°56'10.53"N / 00°55'28.59"W	<b>max. height</b>	1161 m	<b>altitude difference (+)</b>	1106 m	<b>distance</b>	32,4 km	<b>connection/s</b>	5
<b>finish point</b>	Centro de Montaña Aviva. As Maus de Salas 41°56'10.53"N / 00°55'28.59"W	<b>min. height</b>	766 m	<b>altitude difference (-)</b>	-1106 m	<b>time</b>	4h	<b>difficulty</b>	●

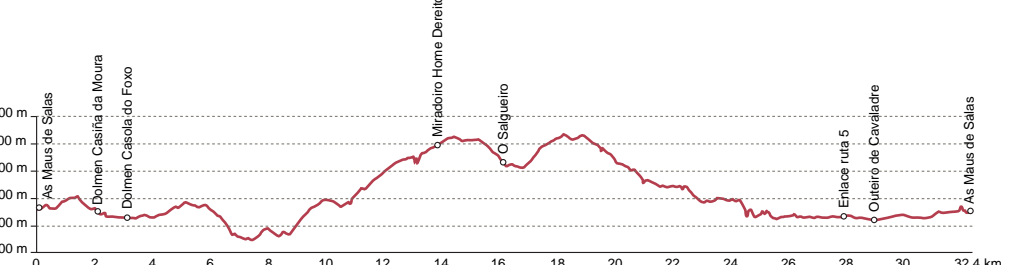
In order to accede to the village of O Salgueiro, owned by The Galicia Government, visitors must get in touch with the Natural Park via phone (988 448 048, from 10:00 to 14:00 and from 16:00 to 18:00), fax (988 448 181) or by e-mail (parque.natural.xures@xunta.es), providing the following data:

- Responsible person (name and surname, Identity Card, postal address, phone number, e-mail address and a declaration stating that he knows and accepts the rules for accessing the village)
- Date of visit
- Number of participants

The access to the village will be on foot or by bicycle, from 10:00 to 20:00 in July and August, and from 10:00 to 18:00 the rest of the year.



Vertical exaggeration x10



## R.5

### ruta SERRA DO PISCO

This shares the same trail as the “Megalithic” 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.

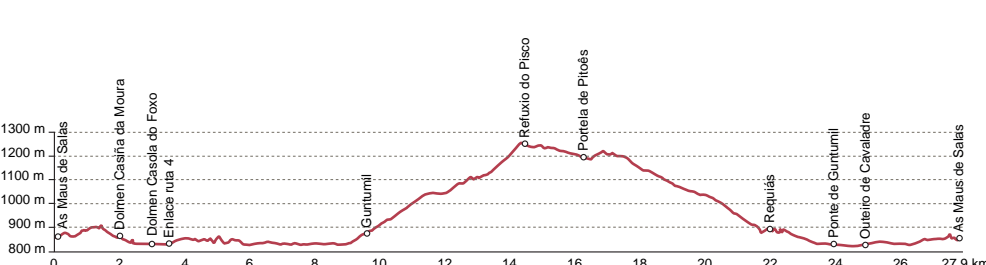
We start the descent towards Portela de Pitões, on the border between Galicia and Portugal, indicated by a framework of stone of the frontier limit between the two countries, a territory dominated by old smugglers and which today offers the spectacular panoramic view of the Cross-border Park Gerês-Xurés,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

We reach the village of Requías, 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.

<b>start point</b>	Centro de Montaña Aviva. As Maus de Salas 41°56'10.53"N / 00°55'28.59"W	<b>max. height</b>	1254 m	<b>altitude difference (+)</b>	829 m	<b>distance</b>	27,9 km	<b>connection/s</b>	4
<b>finish point</b>	Centro de Montaña Aviva. As Maus de Salas 41°56'10.53"N / 00°55'28.59"W	<b>min. height</b>	801 m	<b>altitude difference (-)</b>	-829 m	<b>time</b>	2h 30'	<b>difficulty</b>	●



Vertical exaggeration x10



## 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 Home, 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 miliarios (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 Aquis Originis, a Roman mansion where we can see a series of arches belonging to its thermal area.

We reach the place known as Ricoalco, perfect for stopping for a while and viewing the free area of outdoor baths in the surroundings of the Balneario 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.

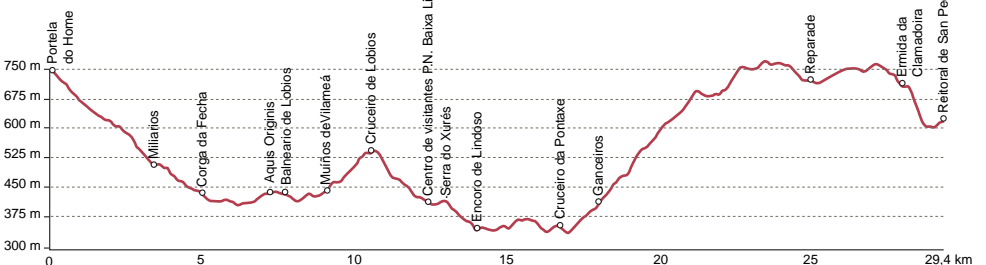
In Lobios, we suggest you visit the church, as well as the Nature Reserve Interpretation Centre.

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

<b>start point</b>	Portela do Home. Lobios 41°48'35.81"N / 00°58'43.09"W	<b>max. height</b>	773 m	<b>altitude difference (+)</b>	940 m	<b>distance</b>	29,4 km	<b>connection/s</b>	none
<b>finish point</b>	Casa reitoral de San Pedro Muíños 41°57'08.96"N / 00°58'43.09"W	<b>min. height</b>	332 m	<b>altitude difference (-)</b>	-1080 m	<b>time</b>	2h 30'	<b>difficulty</b>	●



Vertical exaggeration x10





The Baixa Limia-Serra do Xurés Nature Reserve gives the Centro BTT its name, offering a total of six routes, five of which are in the municipality of Muíños and the sixth one is shared with the municipality of Lobios.

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 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 ride along part of the Via Nova route that crosses through Lobios, and also go into the Picos de Fontefría and ride through some of the most singular villages, 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 Forxa in Porqueira and the Sandiás 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 were like. 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: "Coloso do Xurés". Salas Reservoir  
edit: Turismo de Galicia  
texts: Oficina Técnica Centros BTT Galicia

cartography



INSTITUTO  
DE ESTUDOS DO  
TERRITORIO

design: océanovisual  
D.L. C 1451-2014

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](http://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.



Network	Key to symbols
Toll-paying motorway, two-lane motorway	Church
Main road	Chapel
Basic autonomic network	Mill
Secondary autonomic network	Spa
Provincial road	Camping
Other roads	Refuge
Tracks	Communal oven
Paths	Stone Cross
Railway	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
Boundaries	
National boundary	
Municipal boundary	
Place-names	
Municipality	MUÍÑOS
Municipal center	• Mugueimes
Population center	○ Albita
Parish	◆ Prado de Limia (San Salvador)
Start and connection route	

route	name	Km	difficulty
1	ruta PARQUE FORESTAL OUTEIRO DA CELA	5,7 km	●
2	ruta TRAVESÍA DO XURÉS	25,5 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	●



ROUTES

● very easy ● easy ● difficult ● very difficult



RECEPTION POINT

COMPLEXO TURÍSTICO-  
DEPORTIVO O CORGÓ  
Outeiro da Cela s/n. Mugueimes  
32880 MUÍÑOS

OPEN ALL YEAR

MAY\_SEPTEMBER

open daily

OCTOBER-APRIL

saturday, sunday,  
holiday

telephone attention

CENTRO DE MONTAÑA AVIVA  
Rúa Tulla 59. As Maus de Salas  
32880 MUÍÑOS

OPEN ALL YEAR

MAY-SEPTEMBER

open daily

OCTOBER-APRIL

monday-friday

saturday, sunday,  
holiday

telephone attention

10:00\_14:00 h.  
16:00\_20:00 h.

10:00\_14:30 h.

10:00\_15:30 h.

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

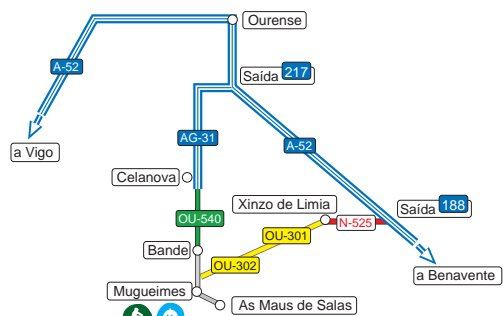
HEALTH EMERGENCIES

061

Bridge over the river Salas. A Cela



Area of thermal baths on the river Caldo. Lobios



Dolmen Casiña da Moura. As Maus de Salas



Meeting cachena cows, an autochthonous race from O Xurés.



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

