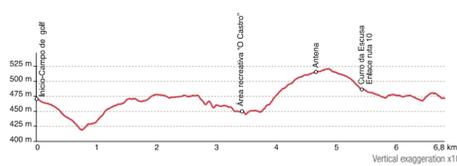


R.1 circuito do MONTE DA ESCUSA

This is the easiest route of the whole network; it starts next to the car park and the reception point and goes round the Golf Course. Along the route of almost 7 km you will enjoy magnificent panoramic views of the Pontevedra and Arousa Estuaries and the O Morrazo and O Barbanza Sierras. Some of the sections run through pine woods, making it easy to find wild mushrooms or see semi-wild horses grazing among the trees. A place worth stopping at is the O Castro Recreational Area, in the Poo municipal district, where the beauty of the surroundings is increased by the sea views. In the vicinity of the village of A Escusa and its curro (animal enclosure), in Tras do Foxo, the route briefly shares a section with route 10.

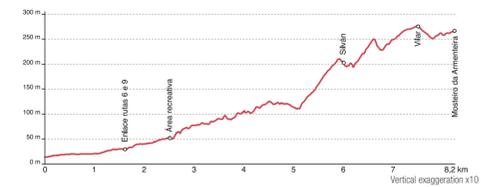
| start point | max. height | altitude difference | difficulty | connections | |
|--|-------------|---------------------|-----------------------------------|-------------|-----------|
| Aparcadero Campo Golf Meis. X=42° 28'10.40"N Y=8° 43'10.73" O | 520 | 128 m | ● | 10 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Aparcadero Campo Golf Meis. X=42° 28'10.40"N Y=8° 43'10.73" O | 418 | 12.5 % | 6.8 Km | 40' | 11 |



R.2 ruta dos MUÍÑOS DE ARMENTEIRA

The route joins the Barrantes waterfalls (Ribadumia) with the Cistercian monastery of A Armenteira (Meis). The route coincides on many points with the famous Ruta da Pedra e da Auga hiking path, which means cyclists must slow down and give priority to passers-by. From the Barrantes waterfalls the route starts the ascent of the first sections of little difficulty along side the River Armenteira until it passes by the reconstructed O Serén waterfalls and the unique sculptural monument of "Aldea Labrega" in Meis. The route gains altitude and difficulty in the last section, moving away from the river's concolated course and approaching the village of Silván. Later, in a short asphalted section, the route goes back along the river to slowly reach the monastery. On this itinerary, you will enjoy leafy river landscapes and the rich popular architecture along this small river. At the end of the route a visit to A Armenteira Monastery is a must. Via this route you can make the most of the whole network, as it connects with Routes 6 and 9 in Barrantes and with Routes 3 and 5 in Armenteira.

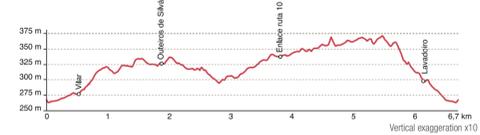
| start point | max. height | altitude difference | difficulty | connection/s | |
|---|-------------|---------------------|-----------------------------------|--------------|-----------|
| Muíños de Barrantes. A Ponte Nova. X=42° 29'35.06"N Y=8° 46'27.83" O | 276 | 370 m | ● | 3, 5, 6 y 9 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Mosteiro de A Armenteira. X=42° 27'51.83"N Y=8° 44'33.67" O | 15 | 15 % | 8.2 Km | 55' | 31 |



R.3 ruta dos OUTEIROIS DE SILVÁN

It starts along side the A Armenteira River and Monastery. Despite being a short route, it presents some difficulty at the beginning and the end. It slowly zigzags between the houses of Vilar, many of which are made of stone and in traditional style, until heading deeper into the somewhat winding A Cova do Raposo Wood. However, the small effort is worthwhile when the cyclist reaches Os Outeiros de Silván and, among the trees, a clear horizon of green valleys and agricultural and wine-growing landscapes opens up, scattered with small hillocks with dense perennial woods. Most of this itinerary, both northwards and southwards on the way back, coincides with Route 10, linking up with most of the other itineraries.

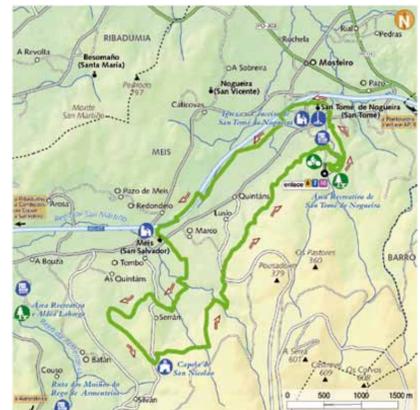
| start point | max. height | altitude difference | difficulty | connection/s | |
|--|-------------|---------------------|-----------------------------------|--------------|-----------|
| Mosteiro de A Armenteira. X=42° 27'51.83"N Y=8° 44'33.67" O | 371 | 142 m | ● | 5 y 10 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Mosteiro de A Armenteira. X=42° 27'51.83"N Y=8° 44'33.67" O | 282 | 13 % | 6.7 Km | 30' | 17 |



R.4 circuito do VAL DE MEIS

To discover the Valley of Meis, cyclists can follow this circular route which starts at the San Tomé de Nogueira Recreational Area. The streams that accompany you along the first section, San Tomé and Manela, flow northwards to form the River Cañón, which ends in the Arousa. Later, the route advances between the land consolidation and the O Sainés dual carriageway to reach San Salvador de Meis. Now the San Martín and Campo Ladrón streams form a valley which descends eastwards, whilst the route begins an ascent up the side of A Pedra da Valada to reach the hillsides of A Escusa Mountain. Along the way it is a good idea to stop off at the small chapel of A Nicolao in Castiello. From here, the way back to Arcos Mountain offers magnificent views of this fertile valley to the end and route along side the restored Arcos waterfalls. The start of the route coincides with Route 6 up to the vicinity of the Church of San Tomé de Nogueira. It also coincides in the Recreational Area with Routes 7 and 10.

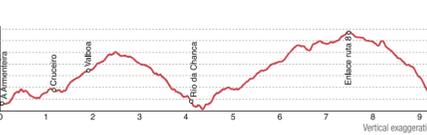
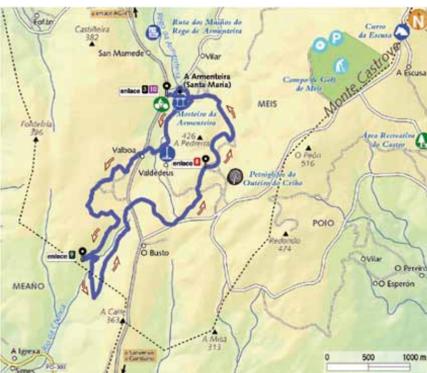
| start point | max. height | altitude difference | difficulty | connections | |
|--|-------------|---------------------|----------------------------------|-------------|-----------|
| Área recreativa de Arcos. X=42° 30'19.80"N Y=8° 41'58.58" O | 269 | 305 m | ● | 6, 7 y 10 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Área recreativa de Arcos. X=42° 30'19.80"N Y=8° 41'58.58" O | 68 | 14 % | 13.8 Km | 1h 15' | 26 |



R.5 ruta da CHANCA

The route leads the cyclists to the source of the River A Chanca, a river basin which is one of the axes of the town of Meaño and flows into the short kilometre of coastline belonging to this mainly inland town district. The river has various waterfalls, many of which have been restored, and, therefore, at the end of the route it is a good idea to spend some time visiting them. From A Armenteira Monastery, the route ascends and crosses Valdedós and Valboa. It later descends through mixed forest to the riverbanks of the source of the River A Chanca, where it coincides with Route 9, and returns uphill to O Outeiro de Valdedós, crossing the sources of the River Armenteira on its way. From the crossroads with Route 8 which comes from Sarxeno, the way back to the monastery is downhill, at first a gentle slope followed by a steeper section, along the Caroi paths. This route is characterised by the agricultural landscapes of smallholdings and mixed forest, with small surprises in the shape of short cruces (crosses) or fun, rapid descents.

| start point | max. height | altitude difference | difficulty | connection/s | |
|--|-------------|---------------------|----------------------------------|--------------|-----------|
| Mosteiro de A Armenteira. X=42° 27'51.83"N Y=8° 44'33.67" O | 418 | 286 m | ● | 3, 8, 9 y 10 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Mosteiro de A Armenteira. X=42° 27'51.83"N Y=8° 44'33.67" O | 253 | 12 % | 9.5 Km | 50' | 21 |



R.6 ruta do MONTE SAN MARTINO

This itinerary starts at a crossroads between Routes 7 and 10, and coincides in the first section with Route 4 whilst it goes down the right-hand bank of the San Tomé stream. They separate before reaching the parish church and Route 6 becomes urban whilst it crosses the centre of Mosteiro, the capital of the district of Meis. It soon returns to a more rural setting winding between the banks of San Tomé stream, Manela stream and the River Cañón. The small villages of Quintáns and A Pubuxeira, between crops and vines, mark the bicycles' course as they make their way to the first uphill climbs of Zacade Mountain, before San Martín Mountain. The Atlantic forest and the pine reforestation combine and, from time to time, offer views of the Valley of Meis. As the path descends towards Guimeráns and Arousa the vines take over the horizon, showing the riches of these lands.

| start point | max. height | altitude difference | difficulty | connections | |
|---|-------------|---------------------|----------------------------------|--------------|-----------|
| Área recreativa de Arcos. X=42° 30'19.80"N Y=8° 41'58.58" O | 182 | 275 m | ● | 2, 4, 7 y 10 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Rego de A Armenteira. A Lomba. X=42° 29'31.89"N Y=8° 45'32.02" O | 20 | 16 % | 15.2 Km | 1h 40' | 26 |



R.7 panorámica do MONTE CASTROVE

From the greenness and freshness of the River San Tomé at Arcos Recreational Area, the route travels uphill along the northern side of Castrove Mountain showing an itinerary of beautiful views. The section, which coincides with Route 10, is spacious and easy to follow, although over a short distance it gains great height. You can enjoy the view given by the altitude: Xabre Mountain between Vilagarcía de Arousa and Caldas de Reis; the lands of Barro, Morafía or Curtis; and, in the distance, Xesteiras Mountain. On reaching Pousadouro the ascent is gentler until Portella dos Lagos, when Route 10 takes a different direction. In the vicinity we find the curro (animal enclosure), the Chapel of San Ramón and the small village of A Escusa, where we can buy high quality honey. The route now turns northwards and runs around the peak of the mountain to start a sharp, vertiginous descent to return to Arcos.

| start point | max. height | altitude difference | difficulty | connections | |
|--|-------------|---------------------|------------------------------------|-------------|-----------|
| Área recreativa de Arcos. X=42° 30'19.80"N Y=8° 41'58.58" O | 491 | 378 m | ● | 4, 6 y 10 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Área recreativa de Arcos. X=42° 30'19.80"N Y=8° 41'58.58" O | 155 | 19 % | 12.2 Km | 1h. | 42 |



R.8 ruta de BORDÓNS

From the tourist town of Sarxeno, cyclists can join this network of routes starting from San Pedro de Bordóns. On the ascent, among leafy woods, the route goes towards A Chan de Gorla with views of Pontevedra Estuary. The route enters the district of Meaño and reaches A Chan do Couxo where it crosses the road that goes to A Armenteira, a good place to take some photographs. The path reaches O Busto and continues downhill among pine trees to reach the rock carvings of O Outeiro do Cribo, an important prehistoric example of stone engravings, of which there are many in Galicia. The rock carving shows deer and a maze dating back to around 1,500 or 1,000 BC, as well as a horse with rider attributed to 6th C. BC. A short distance away, the itinerary connects with Route 5 in O Outeiro de Valdedós and continues its course to the humid Tomada da Sobreira, where it rapidly descends to A Armenteira Monastery.

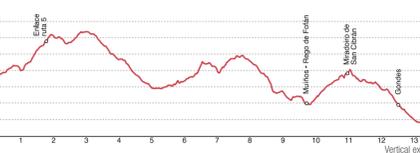
| start point | max. height | altitude difference | difficulty | connections | |
|--|-------------|---------------------|------------------------------------|-------------|-----------|
| San Pedro de Bordóns. X=42° 24'25.26"N Y=8° 47'05.62" O | 432 | 424 m | ● | 3, 5 y 10 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Mosteiro de A Armenteira. X=42° 27'51.83"N Y=8° 44'33.67" O | 107 | 14 % | 13.4 Km | 1h 10' | 48 |



R.9 vistas de AROUSA

From the Church of Sta. María de Simes the route ascends along the right-hand bank of the River A Chanca and connects with Route 5 which comes from A Armenteira. The wood hides the views that we will enjoy later on, but it is surprising to be separated from buildings in such a highly populated area. Firstly westwards and then northwards, the route progresses to reach the well-hidden Castro de Vira where it comes into contact with the dual carriageway and passes along side it. In the descent, we can have a pleasant rest next to the restored Fofán stream waterfall, before climbing uphill to the small but very impressive viewpoint of San Cibrán. From the top, the views really make the climb worthwhile: A Lanzada, O Grove, Cambados, the islands of Arousa and A Toxa... Later on, in a desert of some three kilometres which combines gentle downhill paths and winding slopes, the route ends along side Route 2, making it easy to reach the start of the A Pedra and Auga footpath.

| start point | max. height | altitude difference | difficulty | connections | |
|---|-------------|---------------------|------------------------------------|-------------|-----------|
| Simes. Meaño. X=42° 26'8.81"N Y=8° 45'42.91" O | 317 | 502 m | ● | 2 y 5 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Rego de A Armenteira. A Lomba. X=42° 29'31.89"N Y=8° 45'32.02" O | 20 | 20 % | 14.3 Km | 1h 40' | 48 |



R.10 circuito do CAMPO LADRÓN

It is undoubtedly the most demanding route and it connects with most of the other routes, coinciding in various sections with some of these. At the start, uphill, it coincides with Route 7 and also presents the difficulty of being the return section of this route, which means cyclists must take certain precautions. On reaching A Escusa the route turns right along side the curro (animal enclosure) and connects with Route 1 for a short way. Later, it descends along Campo Ladrón, crosses the stream of the same name and reaches level on the track, along which Route 3 runs above Silván. The views are amazing and the wood is very enjoyable. On reaching A Armenteira it joins other routes, and is a good place to take a rest in the local bars. The route turns northwards and continues along Os Outeiros de Silván. Later, it crosses San Martín stream and changes course to go around O Pousadouro and return across A Xesteira Mountain.

| start point | max. height | altitude difference | difficulty | connections | |
|--|-------------|---------------------|------------------------------------|---------------------|-----------|
| Área recreativa de Arcos. X=42° 30'19.80"N Y=8° 41'58.58" O | 487 | 612 m | ● | 1, 3, 4, 5, 6, 7, 9 | |
| finish point | min. height | max. incline | distance | time | IBP index |
| Área recreativa de Arcos. X=42° 30'19.80"N Y=8° 41'58.58" O | 155 | 19 % | 17.4 Km | 1h 45' | 71 |



TURGALICIA
902 200 432 961 542 500
www.turgalicia.es/centrosbtt
btt@xunta.es

Other centres of BTT Galicia network:

CENTRO BTT PORTAS DE GALICIA
Casa da Vila
A Gándra, Ourense
T. +34 988 594 003

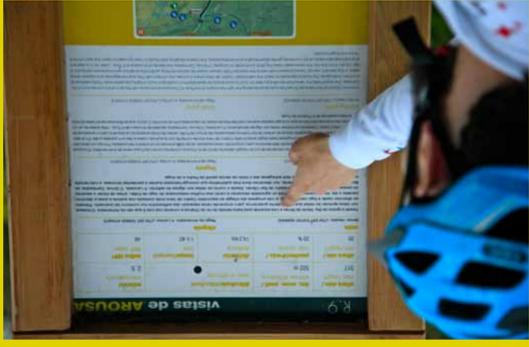
Casa da Cultura
Vera do Bolo, Ourense
T. +34 988 329 168

CENTRO BTT SERRA DO XURÉS
Complejo turístico "O Corvo", Muíños
32880 Muíños, Ourense
T. +34 988 406 075

CENTRO BTT FERROLTERRA
In creating process



Miles Access



Monte Castrove Viewpoint



RUTAS

very easy easy difficult very difficult

CONTINITY OF ROUTES

MARKS DIRECTION

FOLLOW ON THE LEFT

FOLLOW ON THE RIGHT

CAUTION

| route | name | km | difficulty |
|-------|-------------------------------|---------|------------|
| 1 | circulo do MONTE DA ESCUSA | 6,8 km | ● |
| 2 | ruta dos MONTES DE ARMENTEIRA | 8,2 km | ● |
| 3 | ruta dos OUTEROS DE SIAVAN | 6,7 km | ● |
| 4 | circulo do VAL DE MEIS | 13,8 km | ● |
| 5 | ruta da CHANCA | 9,5 km | ● |
| 6 | ruta do MONTE SAN MARTIÑO | 15,2 km | ● |
| 7 | pendencia do MONTE CASTROVE | 12,2 km | ● |
| 8 | ruta do BORDONS | 13,4 km | ● |
| 9 | viñas de AROUSA | 14,3 km | ● |
| 10 | circulo de CAMPO LACON | 17,4 km | ● |

Key to symbols

Start and connection route

Parish

Municipality

Municipal center

MEIS

Escusa

Barraetas

Armenteira (Santa Maria)

Network

High-capacity motorway, two-lane motorway

Main road

Basic autonomous network

Secondary autonomous network

Provincial road

Other roads

Tracks

Paths

Railway

Boundaries

Town council limit

Monasteries

Church

Chapel

Mill

Stone cross

Curvo

Information point

Parking

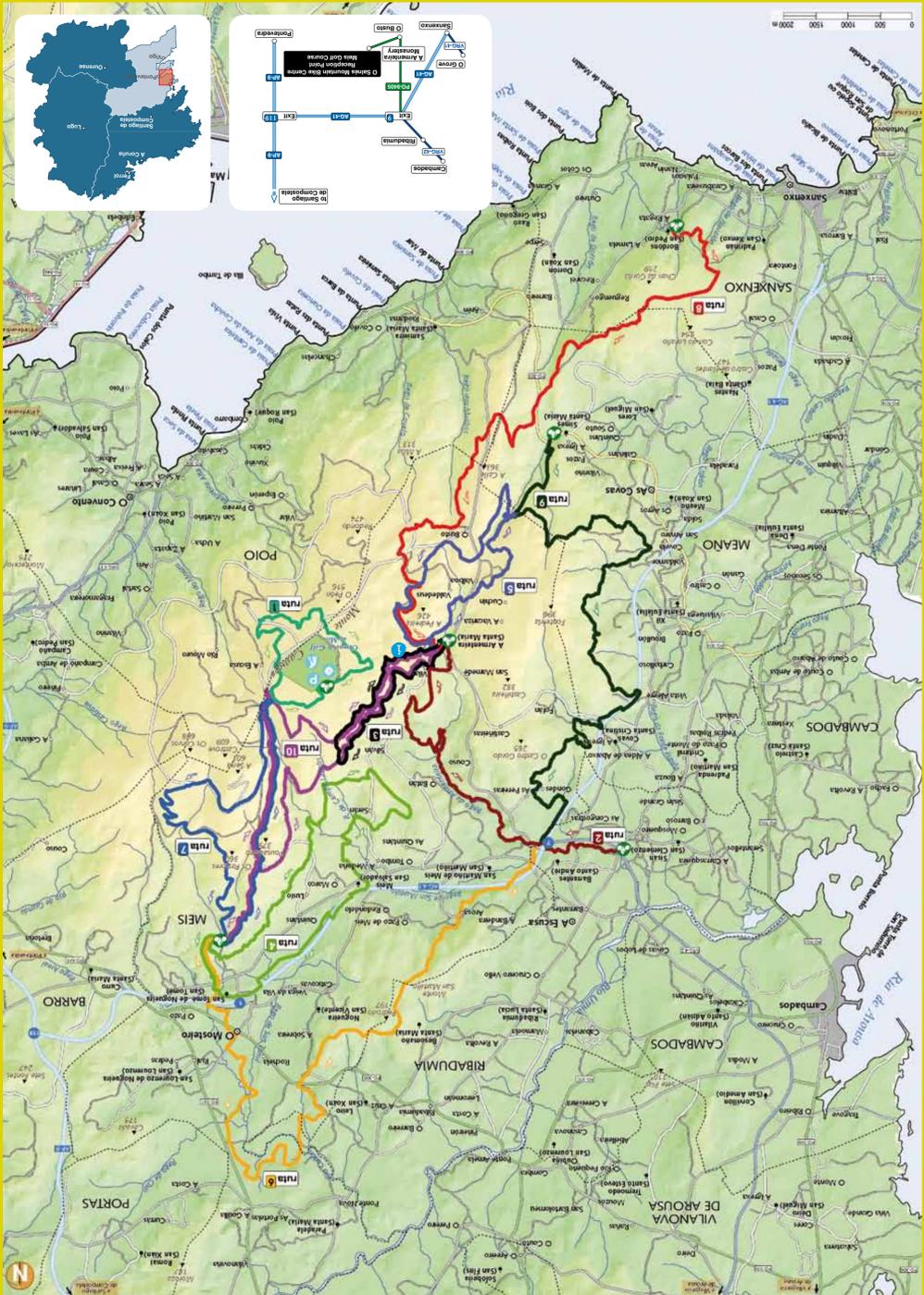
Reception point

Starting point

Panoramic view

Recreation areas

Petrogly



The Region of Salnés in Pontevedra is home to the first Mountain Bike Centre to be opened in Galicia. The reception point is located at Meis Golf Course, 15 km from Pontevedra and 75 from Santiago de Compostela. Starting from Meis, there are various routes through a beautiful region famous for its beaches of fine white sand, Albariño wine and a wide variety of high quality seafood.

The O Salnés Mountain Bike Centre offers 10 routes for all levels, although the most exceptional ones are the demanding itineraries around Castrove Mountain which test the cyclists' strength and skill, making them ideal for expert mountain bikers. One of the most accessible routes is the Escusa Mountain Circuit with start and finish point at the Golf Course and with beautiful panoramic views over the Arousa and Pontevedra Estuaries.

www.turgalicia.es/centrosbtt



cover photo: Ria de Pontevedra. Tambo Island

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.

MEIS GOLF COURSE (MONTE CASTROVE PUBLIC FOUNDATION)

Silván de Armenteira
36196 MEIS

OPEN ALL YEAR

JULY-SEPTEMBER
monday_sunday
08:00-21:00 h.

OCTOBER-JUNE
weekdays
08:00-20:00 h.

CHECK SPECIAL DAYS

telephone attention
023 523 400
667 689 986

RECEPTION POINTS SERVICES

information point
bicycle rental
bike wash point
changing rooms and showers
aluguer de toalla

EMERGENCIAS

112

HEALTH EMERGENCIAS

061

OTHER SERVICES

golf course
restaurant

Cruceiro (stone cross) in Ruta da Chanca

