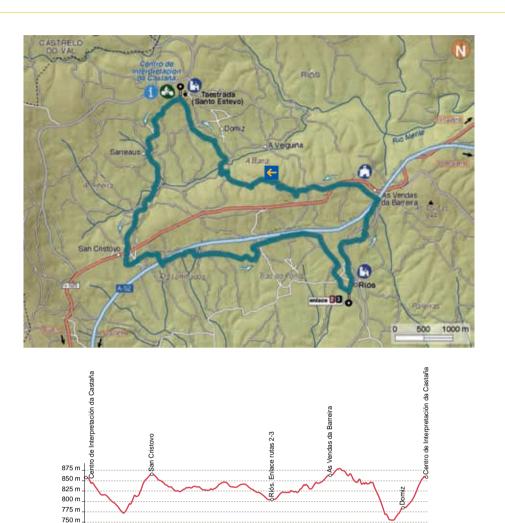
ruta das CARBALLEIRAS

The route starts at the A Castaña Interpretation Centre in A Eirexa (Trasestrada), an old rectory which has been renovated and s now a Mountain Bike Centre information point. It also houses a complete exhibition on the chestnut, the star of the local cuisine, of the economic activity of the municipality and of the landscape along this trail. At the very beginning of the itinerary is the parish Church of Santo Estevo. From here on, the route alternates stretches of country road and forest tracks that head towards San Cristovo and then continue on to Riós over a path between fields and chestnut forests. Once in Riós – the municipal capital – you can visit the parish Church of Santa María, built in the Baroque style. From the Riós town centre, and sharing a common stretch of Route 2, "Ruta de Valmedo", this route continues North on a

dirt road that goes to As Vendas da Barreira, where you can stop along the way to take a look at the Chapel of San Mauro and the baptismal font located on the outside of the building. Once you've left behind this hamlet, the route travels for a few kilometres over the Southeastern Way of St James (the "Silver Route") until it splits off at the location known as "As Mallas", then continues to Domiz and finally returns to the route's starting point.

start point_ Centro de Interpretación da Castaña (Riós) X= 41º59.901 N Y= 007º18.671' W	max. height 889	altitude difference 324 m	difficulty		connection/s 2, 3	
finish point_ Centro de Interpretación da Castaña (Riós)	min. height	max. incline	distance	time	IBP index	
X= 41°59.901'N Y= 007°18.671' W	754	15,9 %	13 km	1h 30'	36	



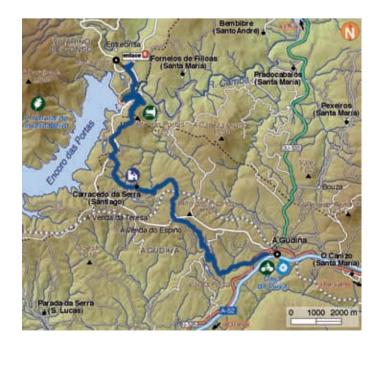
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conexión A GUDIÑA-ENTRECINSA

Vertical exaggeration x10

Awaiting the cyclist is a spectacular path with some technical difficulties due to being uneven in some places. However, efforts will be rewarded with some of the best views of the O Invernadeiro Nature Park and the As Portas Reservoir. After leaving the centre of A Gudiña, via the road to Val da Porca you take a forest track towards A Venda do Espiño and then continue towards Carracedo da Serra. After reaching the top of Alto das Portas, we suggest you make a short stop to recharge A short climb from the road linking A Gudiña to Vilariño de Conso allows the rider to reach the village of Casarellos, the end of the connection. From here, the most recommended option is to follow Route 8, "Ruta do Val do Río Conso" in its descent to Entrecinsa. The final kilometres run over the Camiño da Veiga Cibeira, parallel to the River Conso until you reach the Casa do Concello in Vilariño de Conso.

start point_	Casa da Viúva (A Gudiña) X= 42º 03.634 N Y= 007º08.433 W	max. height 1116	altitude difference 601 m	difficulty		connection/s 8	
finish point_	Casarellos. Entrecinsa (Vilariño de Conso)	<mark>min. height</mark>	max. incline	distance	time	IBP index	
	X= 42ª07.665'N Y= 007°12.335'W	777	14,4 %	19,3 km	2h 30'	68	





ruta de VALMEDO

Starting in Riós, this route shares its first section with Route 1, "Ruta das Carballeiras " as far as the village of As Vendas da Barreira. In this first section, there are about 150 metres of national motorway that you'll have to travel along, so be careful Next, you take the turnoff towards Trancoso and As Porqueiras. After cycling through a dense oak forest along the River Mente, take the forest track towards to Virxe dos Remedios Hermitage. Along the way, you'll be treated to a panoramic view of the A Urdiñeira Mountain Range, an area of great archaeological and natural value. The trail heads towards the location known as "Os Caborcos dos Infernos", where it begins a rapid descent until it once again reaches the River Mente. After passing under two spectacular viaducts, you'll reach the hamlet of Atallo do Mente. Once you've crossed the river and biked parallel to the motorway, you'll reach O Navallo, where you can visit the Church of San Vicente. From this point, the route heads towards the areas of Fragoso and O Cabezo, then joins part of the Southeastern Way of St James (the "Silver Route") and then returns to Riós.

start point_ Health Establishment (Riós)	max. height	altitude difference	e difficulty		connection/s	
X= 41°58.542'N Y= 007°16.921'W	876	697 m			1	
finish point_ Health Establishment (Riós)	min. height	max. incline	distance	time	IBP index	
X= 41ª58.542'N Y= 007º16.921'W	664	17 %	21 km	2h 30'	93	

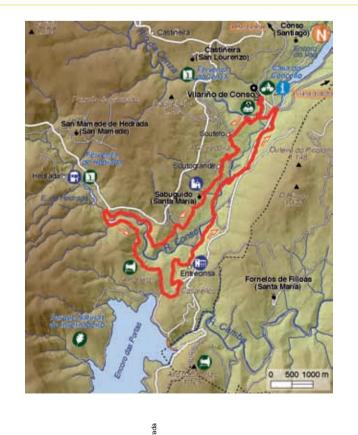


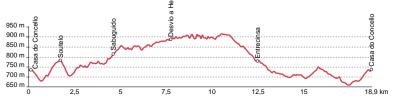


ruta do VAL DO RÍO CONSO

Magnificent route that crosses the Conso River Valley and seamlessly combines a passion for mountain biking with the pleasure of discovering an unspoiled, indigenous landscape. After reaching the village of Soutelo and descending through a forest of chestnut trees to the River Pentes, you reach the village of Soutogrande. This place is known for the presence of the Castiñeiro da Corredoira, one of the largest chestnut trees in Galicia. In Sabuguido, do not miss the church of Santa María, imples in the territory. Following an old stone-payed road that is part of the trail known a the "Ruta de Sabuguido", there is an off-route detour marked at the Hedrada Reservoir that ends at the village of the same name. This picturesque village – real must-see – has several attractions, such as the Chapel of San Xoán and the Hedrada Waterfall. From the dam, the trail continues along a road with little traffic towards Casarellos until it reaches Entrecinsa where, parallel to the River Conso, you'll cover the last few kilometres back to Vilariño de Conso.

start point_ Casa do Concello (Vilariño de Conso)	max. height	altitude difference	difficulty		connection/s
X= 42º09.985'N Y= 007º10.933'W	956	787 m			without connections
finish point_ Casa do Concello (Vilariño de Conso)	min. height	max. incline	distance	time	IBP index
X= 42º09.985'N Y= 007º10.933'W	661	24,4 %	18,9 km	2h	90





Vertical exaggeration x10

conexión RIÓS-BARXA

From Riós, this connection crosses the Marcelín River Valley as far as the village of Santa Baia, then continues on to San Paio, where a short climb up to Castrelo de Abaixo begins. This border area where the Rivers Mente and Arzoá come together, near the Montesinho Nature Park (Portugal) and the heart of Trambolosríos is rich in Mediterranean-influenced ecology and has species that are unique to Galicia. The road begins to descend in Castrelo de Abaixo until it reaches A Veiga do Seixo, where you'll pedal alongside the border. After crossing the River Mente in A Ponte de Veiga, a fairly technical clim begins that will reward the rider with a quick descent to As Forcadas and the natural watchtower of Curva do Cepillo. From this point, you can enjoy a spectacular view of the border with Portugal, Pena Maseira and – in the background – Barxa, the final destination of this route. The Chapel of San Xoán and the "Muíños de Cachón" are must-sees in Barxa.

start point_ Health Establishment (Riós) $X = 41^{a}58.542'N Y = 007^{o}16.921'W$	max. height 839	altitude difference 1003 m	difficulty		connection/s 4
finish point_ Barxa (A Gudiña)	min. height	max. incline	distance	time	IBP index
X= 41°59.571'N Y= 007°10.593'W	583	21,4 %	28,7 km	3h	122

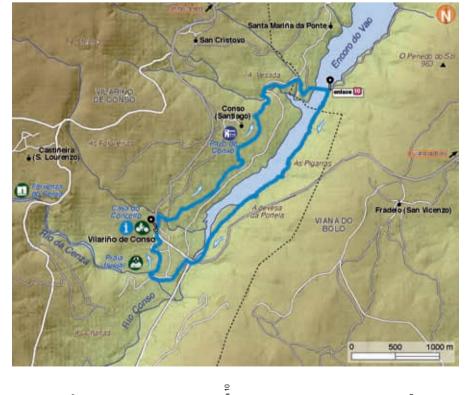


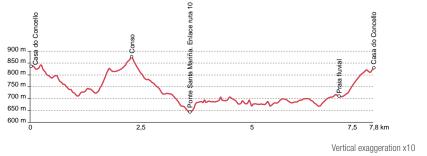


ruta do ENCORO DO VAO

With the O Vao Reservoir as protagonist, all mountain bike enthusiasts can enjoy a varied route whose only difficulty is the ascent to the village of Conso over a concrete track. The P.R.G.-118 "Ruta dos Soutos" official path has been used in part to design this trail, so attention must be paid to the presence of hikers and traffic rules must be followed. In the village of Conso stands the Pazo de Conso, an example of traditional Galician manors of noble character. From this point, you'll head towards ir over the Santa Mariña Bridge. At this inte to the connection with Viana do Bolo or return to Vilariño de Conso making a last don't-miss stop-off on the river beach of the River Cenza, near the end of the route.

start point_ Casa do Concello (Vilariño de Conso) X= 42°09.985'N Y= 007°10.933'W	max. height 772	altitude difference 244 m	difficulty		connection/s 10
finish point_ Casa do Concello (Vilariño de Conso)	min. height	max. incline	distance	time	IBP index
X= 42°09.985′N Y= 007°10.933 W	651	21,7 %	7,8 km	1h	29



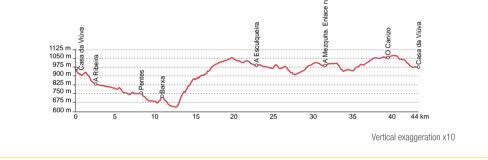


ruta de PENA MASEIRA

This big circular route features the biodiversity of the municipality of A Gudiña through a natural corridor crossing Pena Maseira, between the Macizo Central of Ourense and the Montesinho Nature Park in Portugal. In its first kilometres, the trail heads in the direction of the river beach of A Ribeira then continues along flat ground among chestnut trees until it reaches the village of Pentes, where you'll be surprised by the presence of a large, centuries-old chestnut tree. Continuing through the same valley, when you reach Covelas, there is an off-route detour that will take you to Mount Furado, a hole made in the side foothills in order to divert the River Pentes, along with some old tungsten mines and the "Muíño das Canteiras". In Barxa, neading to the area known as "Os Covatos", you'll cross the River San Lourenzo over a stone walkway where you'll have to get off your bike in order to move forward. In the area surrounding Pena Maseira – in As Salgueiras – you can enjoy the pristine pastures and native forests. After reaching the municipal capital of A Mezquita, the route shares the path with Route 5 "Ruta dos Castros " to O Pereiro, where the two routes separate once again. After riding your bike along a stretch of the Southeastern Way of St James (the "Silver Route") to O Canizo, you'll return to A Gudiña along a track that runs parallel to the national road.

start point_ Casa da Viúva (A Gudiña)	max. height	altitude difference	difficulty		connection/s	
X= 42º 03.634'N Y= 007º08.433' W	1078	997 m			5, 6	
finish point_ Casa da Viúva (A Gudiña)	min. height	max. incline	distance	time	IBP index	
X= 42° 03.634′N Y= 007°08.433′ W	637	20,6 %	44 km	4h 45'	115	

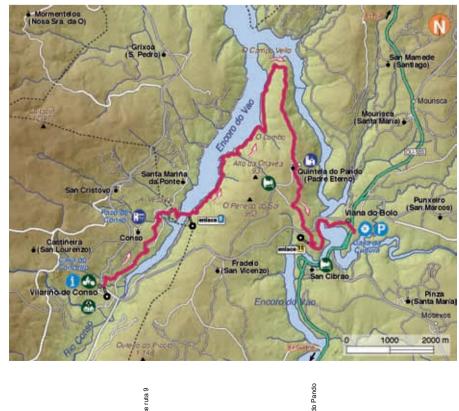


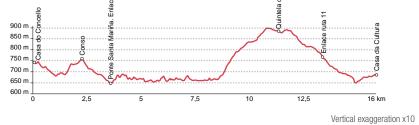


conexión VILARIÑO DE CONSO-VIANA DO BOLO

A spectacular tour that shares the first kilometres with Route 9, "Ruta do Encoro do Vao" pedalling round both banks of this eservoir that bathes the territory known as "Terras do Bolo". After crossing the Santa Mariña Bridge, this trail continues North until it reaches O Lombo and O Campo Vello. In Quintela do Pando you can visit the Church of Santa Isabel and enjoy the panoramic views of the Alto da Chavea. After crossing the bridge linking the towns of Vilariño de Conso and Viana do Bolo, Boute 11 of the Mountainbike Centre – "Buta As Telleiras – or do the las the road through the village until you reach the Casa da Cultura which houses the reception point.

start point_	Casa do Concello (Vilariño de Conso) X= 42º09.985'N Y= 007º10.933'W	max. height 900	altitude difference 633 m	difficulty		connection/s 9, 11	
finish point_ Casa da Cultura (Viana do Bolo)		min. height	max. incline	distance	time	IBP index	
X= 42º10.713'N Y= 007º06.571' W		641	23,7 %	16 km	1h 40'	81	





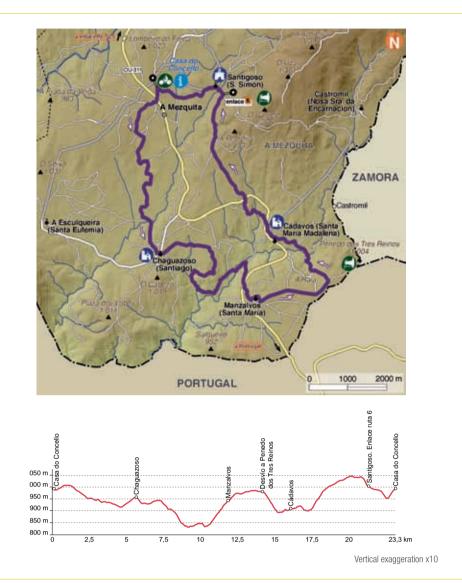


to the reception point at the Casa da Cultura.

ruta dos TRES REINOS

This route will allow you to visit the Penedo dos Tres Reinos, a mountainous area that defines the border between Galicia, Portugal and Castile and León. It is also known to be a transit area for the Ruta de la Pana (the "Corduroy Route") – a route used by smugglers who brought this raw textile material from Portugal to the municipality of A Rúa, where it was loaded onto the train to Barcelona to be manufactured and exported to UK. A stop is recommended in the first few kilometres of the trail in order to stop in Chaguazoso and visit its church. After leaving the hamlet of Manzalvos, just over two kilometres further along there is an off-route detour that marks the location of the Penedo dos Tres Reinos. Upon return to the original route and passing through Cádavos, continue on towards Santigoso, sharing the last stretch of the trail that leads to A Mezquita with Route 6, "Ruta dos Castros".

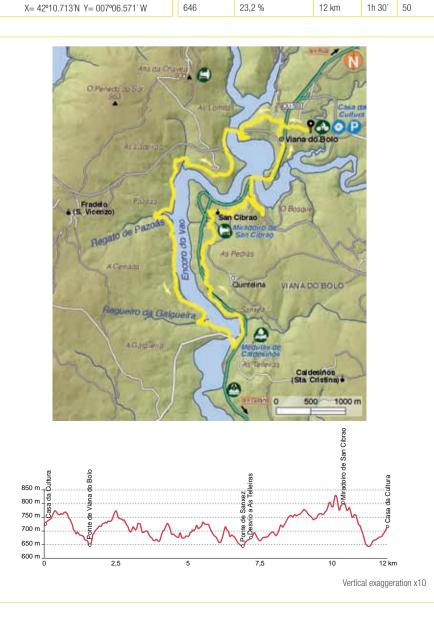
t point_ Casa do Concello (A Mezquita) X= 42°02.245'N Y= 007ª00.877' W	max. height 1042	altitude difference 475 m	difficulty		connection/s 6
h point Casa do Concello (A Mezquita)	min. height	max. incline	distance	time	IBP index
X= 42°02.245′N Y= 007°00.877′ W	947	11,7 %	23,3 km	2h 30'	39



ruta AS TELLEIRAS

This circular route is ideal for users who are starting out on the mountain bike, as it is one of the shortest routes and features a technically simple trail that allows you to enjoy lovely surroundings. Its first few metres cross the centre of the town through the Main Square and the old fortress where the keep housing the Terras de Viana Ethnographic Museum is located. After crossing the bridge on the road to Vilariño de Conso and continue on a few metres, pay attention so as to turn left on the continue the route or follow the off-route detour signs outside to the Médulas de Caldesiños. These ancient Roman farms led to the existence of several "telleiras" - old kilns where they fired the tiles made of clay extracted from the Médulas, whose remains are still appreciable today. To return to Viana do Bolo from the bridge, you'll need to travel one kilometre from the main road until you turn in the direction of the San Cibrao viewpoint and enjoy a beautiful view of the town before returning

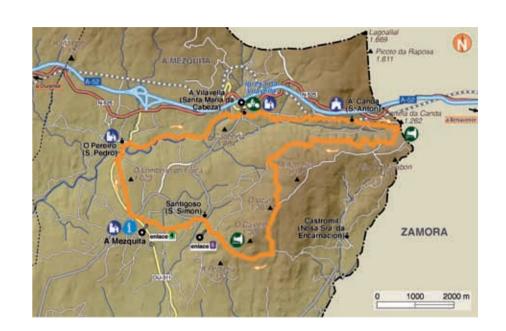
start point Casa da Cultura (Viana do Bolo) max, height altitude dif X= 42°10.713'N Y= 007°06.571' W 427 m 749 without connection finish point_ Casa da Cultura (Viana do Bolo) min. height max. incline distance time IBP index



ruta os CASTROS

The first section of this cycling route climbs to Portela da Canda, the boundary between the provinces of Zamora and Ourense. An off-route detour will allow you to visit the Alto do Castelo, where you can enjoy a lovely view from the remains of an ancient and unexcavated fortress. After linking up with Route 5 "Ruta dos Tres Reinos", you'll continue descending toward the village of Santigoso, where you can visit the Church of San Simón. Very near to A Mezquita, it is possible to link up with Route 4, "Ruta de Pena Maseira" in the direction of A Gudiña or continue the original Route 6 path on a dirt road heading North that goes to O Pereiro. At the outskirts of this municipality, you'll have to turn onto a path to the right that runs parallel to the River Pereiro and that returns cyclists to the church in A Vilavella.

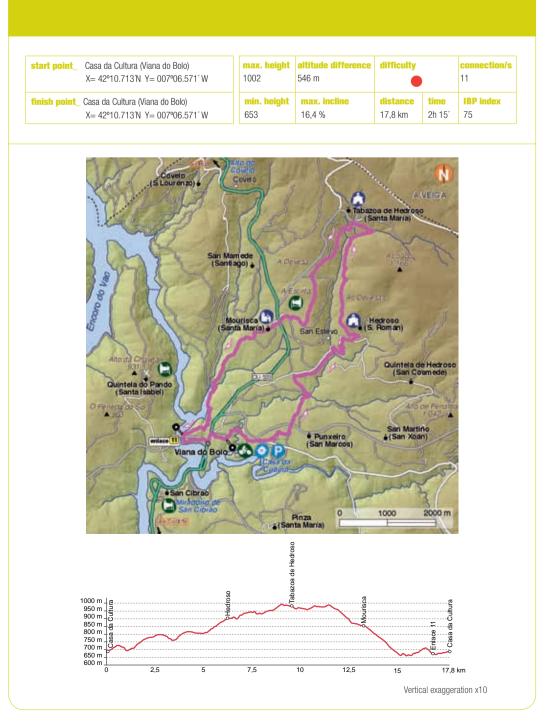
start point_ A Vilavella's church. X= 42°00.794'N Y=007°02.717' W	max. height 1342	altitude difference 759 m	difficulty		connection/s 4, 5
finish point_ A Vilavella's church.	min. height	max. incline	distance	time	IBP index
X= 42°00.794'N Y=007°02.717' W	941	22,7 %	22,4 km	2h 30'	97





ruta A ESCRITA

This is a route for advanced riders who, heading North, will cover some of the most characteristic hamlets in the "Terras do Bolo", such as Hedroso, Tabazoa de Hedroso and Mourisca. What's more, from the Alto da Escrita you can also have a great view of Viana do Bolo showing its picturesque setting surrounded by the O Vao Reservoir and crowned by the remains of the mediaeval fortress. The first kilometres of the trail head towards the parish of Punxeiro and then towards the Chapel lomán in Hedroso. From this point, you'll have to pedal along a track through the area known a you reach the hamlet of Tabazoa de Hedroso, which is divided into two districts: Barrio de Riba and Barrio de Baixo. After reaching the summit of Alto da Escrita, a track running between fields on the edge of the banks of the reservoir returns to the village centre, where we suggest you to visit the fortress keep and the Main Square before returning to the reception point at the Casa da Cultura.



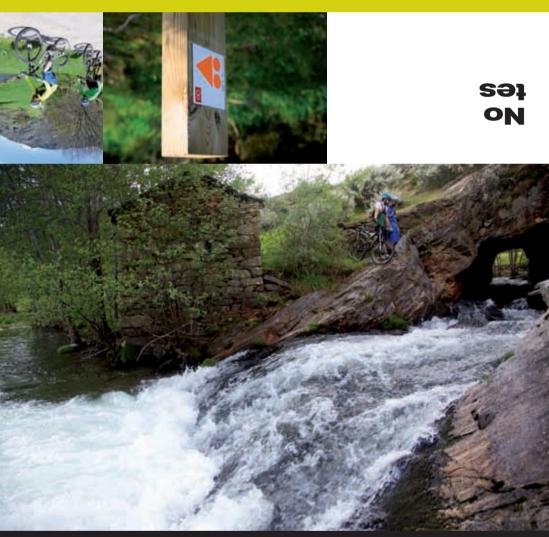


- You must obey the signs along the route, give priority to pedestrians and
- comply with the general traffic rules.

- conditions of and signs along the paths.
- the reception point or information points of any incidents regarding the
- You can maintain the mountain bike centre by notifying those in charge of
- You can download the routes' tracks on the www.turgalicia.es website.

- a tailor-made route.
- ightarrow The routes' designs allow you to link up several together and design
- Either tell the reception point or a relative what route you're going to take.
- ueeq extra supplies. Bikes and helmets may be rented at the reception points, in the event you

- the current weather. • It is your responsibility to calculate the hazards associated with the route and
- controllable. Any activity done in a natural environment involves risks that are not always
- 'aftitude. should maintain an understanding, prudent, responsible and respectful the scene of many activities (sports, forestry, livestock, and agriculture). You The area you are going to move about is open. People move freely and it is
 - the vegetation. Respect private areas. Be environmentally friendly. Try not to disturb the wildlife or damage
 - .ənorlq əlidom Always carry water, warm clothes, a repair kit and a properly charged
- the Federación Galega de Ciclismo. • It is important to have insurance when cycling. Get your licence processed at
- Select the appropriate itinerary based on your physical and technical abilities.
- ightarrow Find out about the route's technical aspects and the day's weather forecast.
 - Don't forget to check the bike's condition.
 - . Vsing a helmet is compulsory.

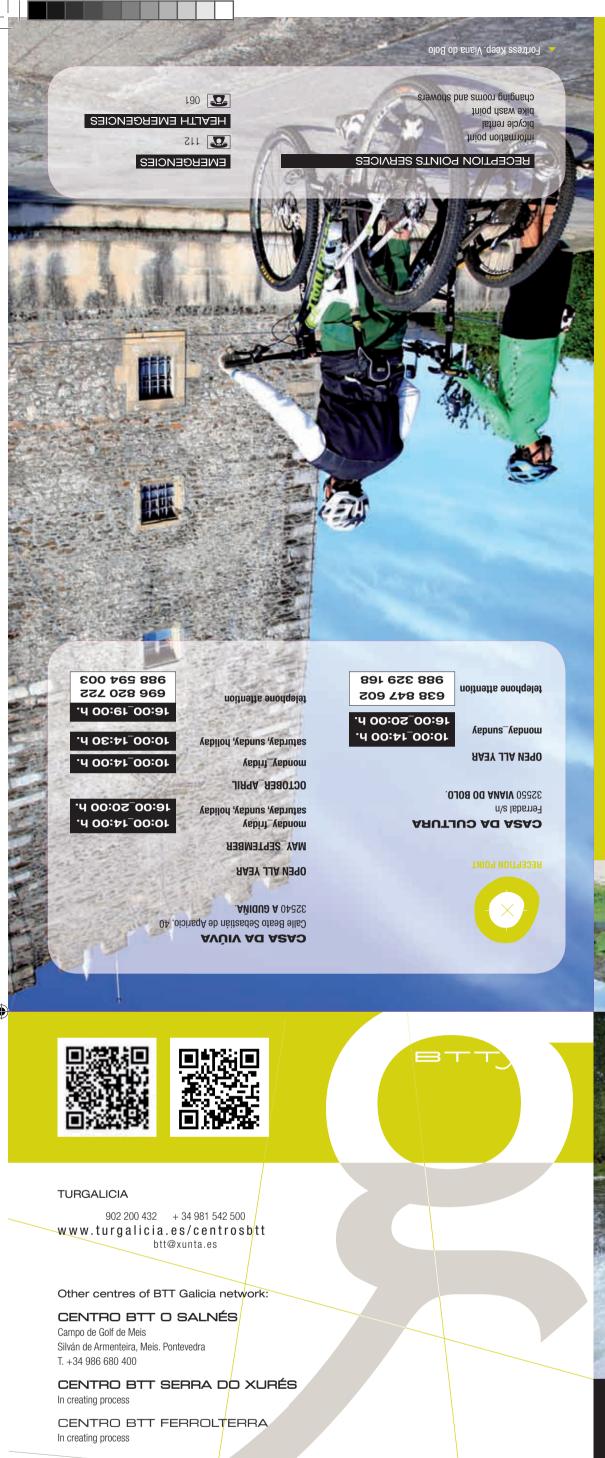


Monte Furado. A Gudiña

A Veiga do Seixo. Riós

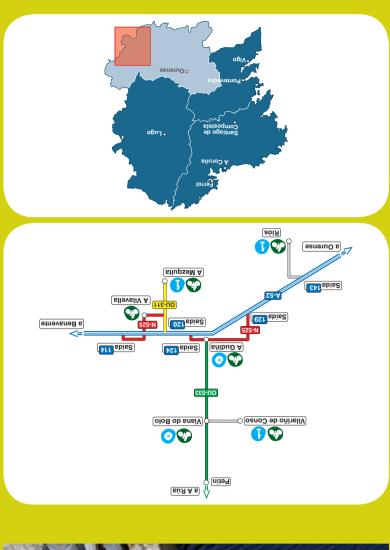


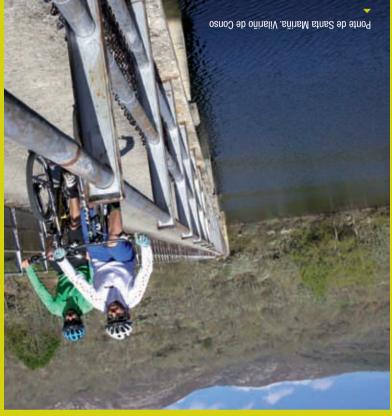
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	16 km	CONEXIÓN VILARIÑO DE CONSO-VIANA DO BOLO	01	
	тя 8,7	ruta do ENCORO DO VAO	6	
	my 9,81	ruta do VAL DO RÍO CONSO	8	
	my E,91	ASNIJAATNA-AŬIDUA A noixenoo	Z	
	m4 4,SS	ruta OS CASTROS	9	
	my 6,62	ruta dos TRES REINOS	S	
	44 km	AAIBSAM ANA9 ab stut	4	
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	21 km	ruta de VALMEDO	5	
	13 km	ruta das CARBALLEIRAS	L	
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Penedo dos Tres Reinos. A Mezquita



