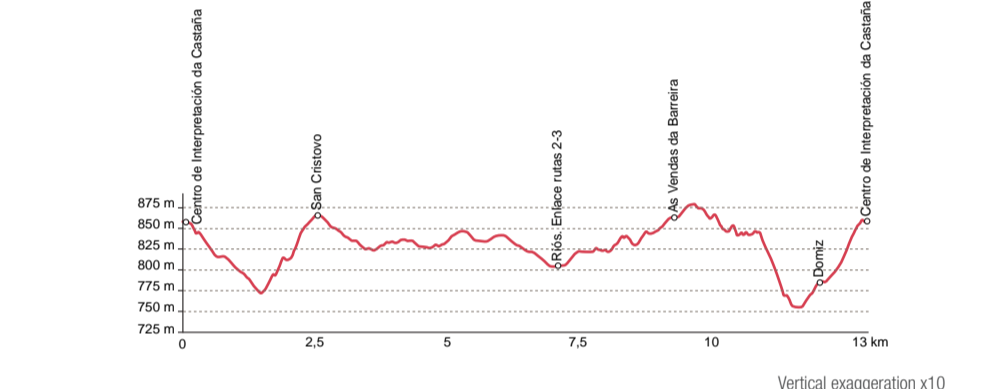


R.1 ruta das CARBALLEIRAS

The route starts at the A Castaña Interpretation Centre in A Eirea...

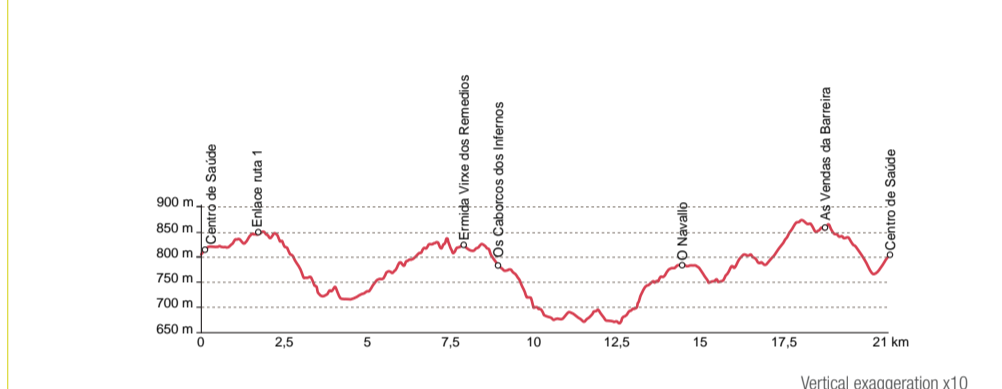
Table with route statistics: start point, finish point, max. height, min. height, altitude difference, difficulty, connection/s, min. height, max. incline, distance, time, IBP index.



R.2 ruta de VALMEDO

Starting in Riós, this route shares its first section with Route 1...

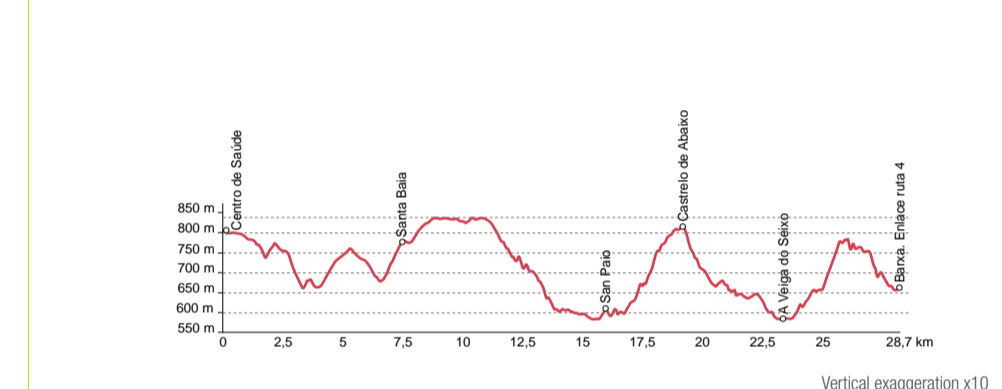
Table with route statistics for R.2.



R.3 conexión RIÓS-BARXA

From Riós, this connection crosses the Marcolin River Valley...

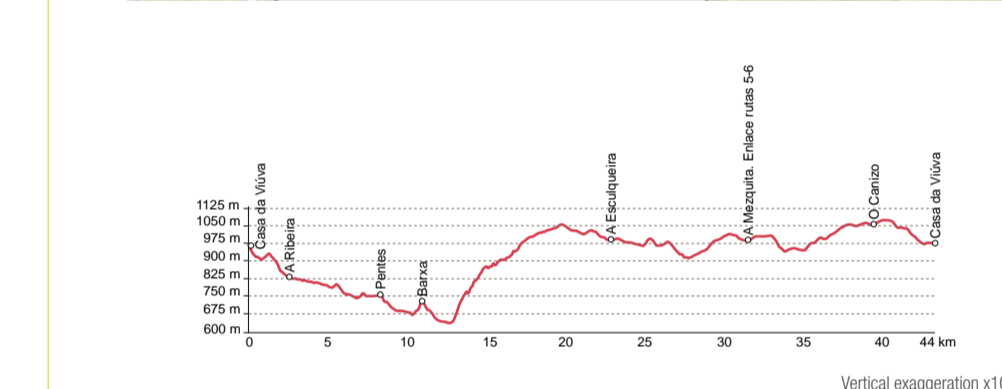
Table with route statistics for R.3.



R.4 ruta de PENÁ MASEIRA

This big circular route features the biodiversity of the municipality of A Gudíña...

Table with route statistics for R.4.



R.5 ruta dos TRES REINOS

This route will allow you to visit the Penedo dos Tres Reinos...

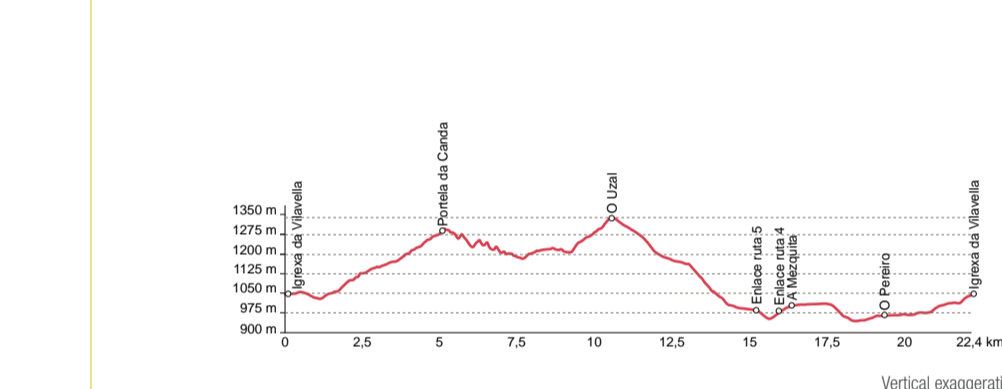
Table with route statistics for R.5.



R.6 ruta os CASTROS

The first section of this cycling route climbs to Portela de Canda...

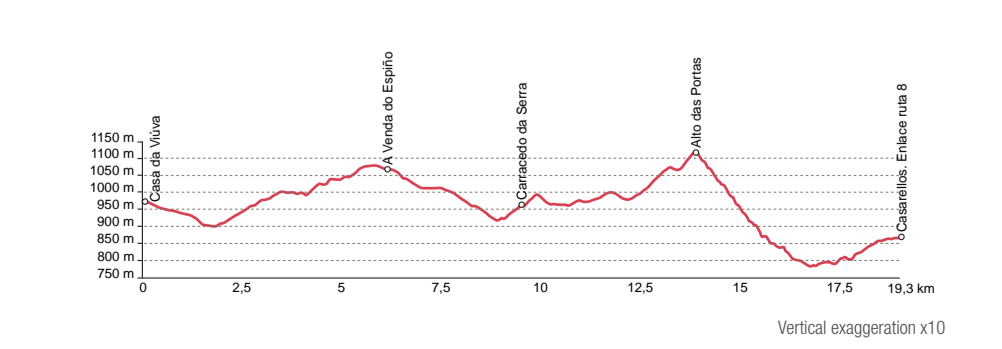
Table with route statistics for R.6.



R.7 conexión A GUDIÑA-ENTRECINSA

Awaiting the cyclist is a spectacular path with some technical difficulties...

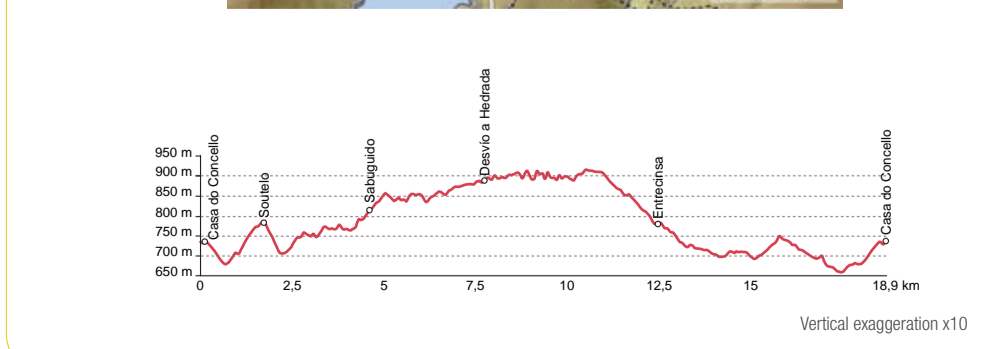
Table with route statistics for R.7.



R.8 ruta do VAL DO RÍO CONSO

Magnificent route that crosses the Conso River Valley and seamlessly combines...

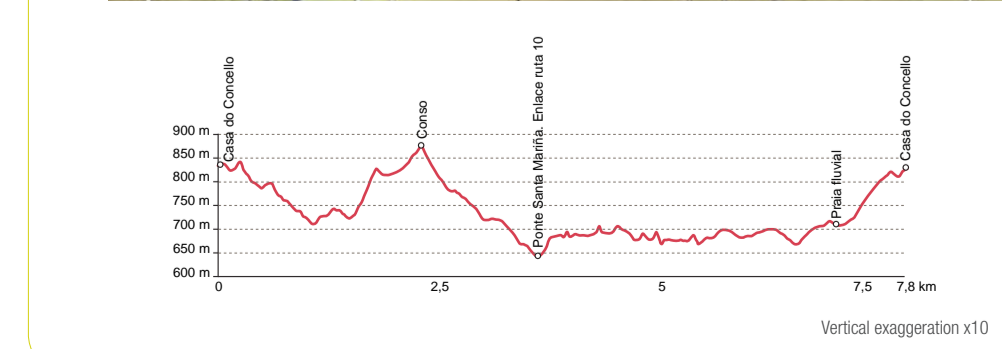
Table with route statistics for R.8.



R.9 ruta do ENCORO DO VAO

With the O Vao Reservoir as protagonist, all mountain bike enthusiasts can enjoy...

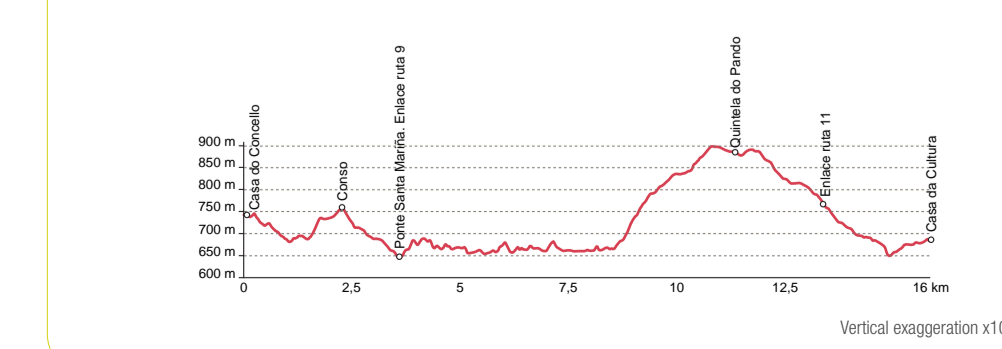
Table with route statistics for R.9.



R.10 conexión VILARIÑO DE CONSO-VIANA DO BOLO

A spectacular tour that shares the first kilometres with Route 9...

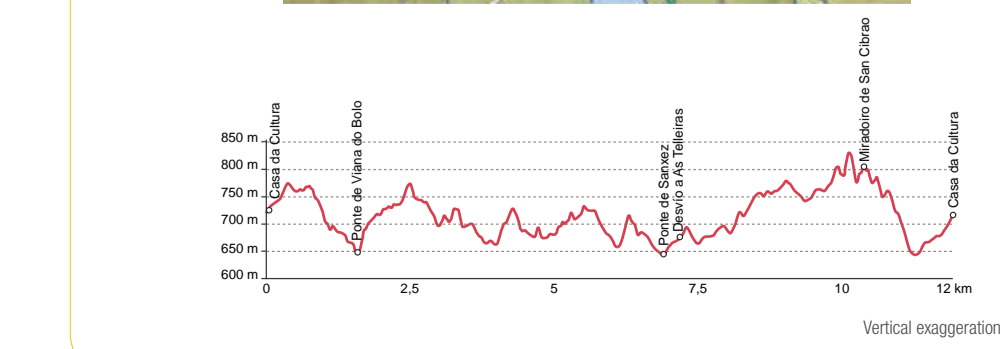
Table with route statistics for R.10.



R.11 ruta AS TELLEIRAS

This circular route is ideal for users who are starting out on the mountain bike...

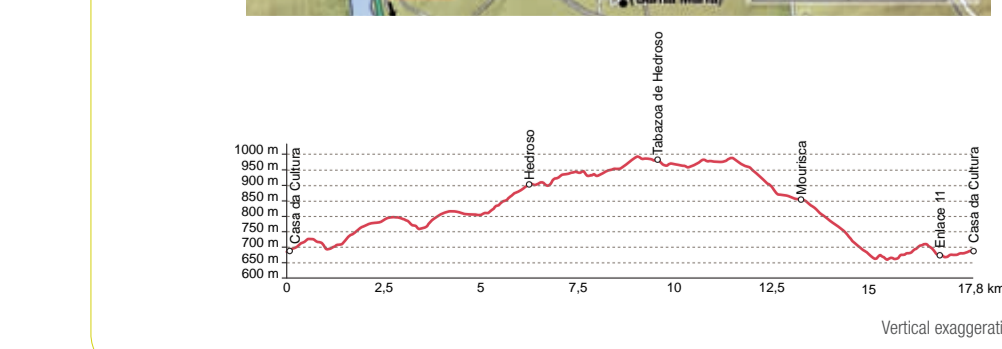
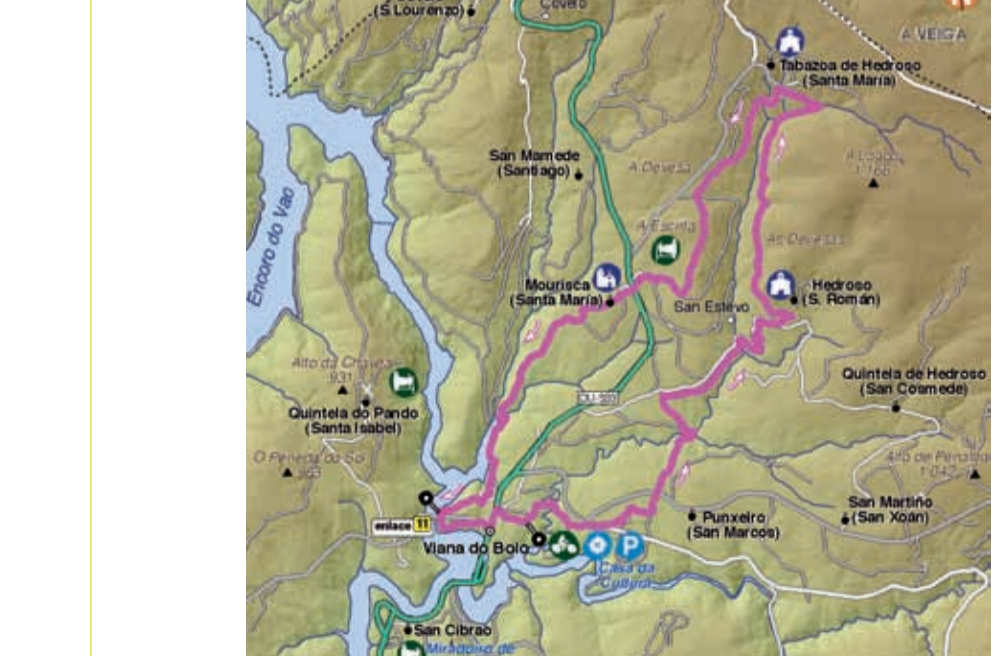
Table with route statistics for R.11.



R.12 ruta A ESCRITA

This is a route for advanced riders who, heading North, will cover some of the most characteristic hamlets...

Table with route statistics for R.12.







[www.turgalicia.es/centrosbtt](http://www.turgalicia.es/centrosbtt)

right on the border between Galicia (Portugal and Castile and Leon in the goodstation of Verh-Viana). Twelve routes totalling 244 kilometers will allow you to discover the municipalities of A Gudria, A Mezquita, Rios, Viana do Bolo and Vilariño de Conso.

to Bolo. There are also other circular routes that are simpler and ideal for a family outing, such as the Ruta do Encoro do Vao in Vilariño de Conso and the Ruta As Telheiras in Viana do Bolo.

Explore the Portas de Galicia area on your mountain bike, crossing its rounded mountains and deep valleys and discovering the As Portas and O Vao Reservoirs. Get to know the rich history and cultural features of towns such as Viana do Bolo, savour its cuisine in which the chestnut is the product par excellence, sample the wine with the Monferri Denomination of Origin and travel along some of the sections of the Way of St James over part of the Southwestern Camino de Bolo. The winter is usually accompanied by snow, so it is advisable to check WARMING: The winter is usually accompanied by snow, so it is advisable to check up the road conditions by calling the reception centres.

design, development, graphic design, illustration, text, technical drawing BTT Galicia INSTITUTO TERRITORIO

D. L. C-346-2015



XUNTA DE GALICIA



### RUTAS

very easy    easy    difficult    very difficult

●    ●    ●    ●

route	name	km	difficulty
1	ruta das CARBALLEIRAS	13 km	●
2	ruta de VALMEAO	27 km	●
3	conexión RÍOS-BARXA	28,7 km	●
4	ruta de FENA MASEIRA	44 km	●
5	ruta dos TRES REINOS	23,3 km	●
6	ruta OS CASTROS	22,4 km	●
7	conexión A GUDRIA-ENTRECOSA	19,3 km	●
8	ruta do VAL DO RIO CONSO	18,9 km	●
9	ruta do ENCORO DO VAO	7,8 km	●
10	conexión VILARIÑO DE CONSO-VIANA DO BOLO	16 km	●
11	ruta AS TELHEIRAS	12 km	●
12	ruta A ESCRITA	17,8 km	●

**Key to symbols**

- Church
- Mill
- "Pazo" (Manor House)
- Picturesque village
- The Way of St James
- Parking
- Reception point
- Physical trail
- Path
- Railway
- Information point
- Trucks
- Other roads
- Secondary automatic network
- Basic automatic network
- Main road
- High capacity network
- Toll-paying motorway, two-lane motorway

**Boundaries**

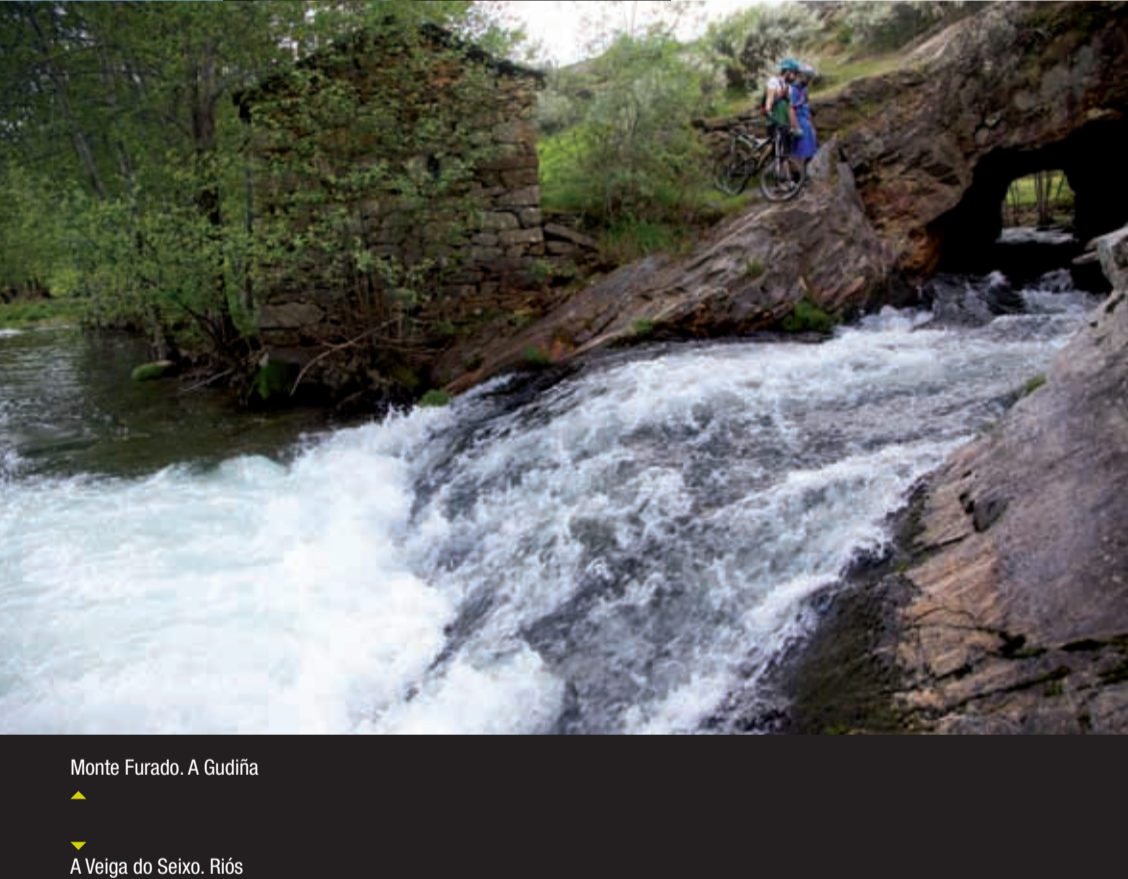
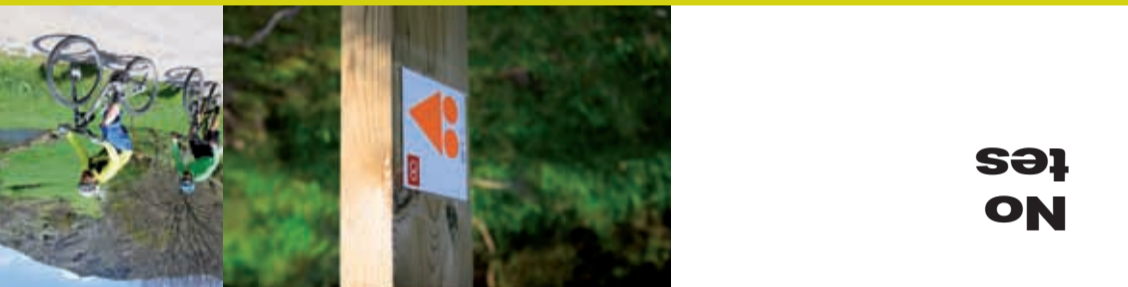
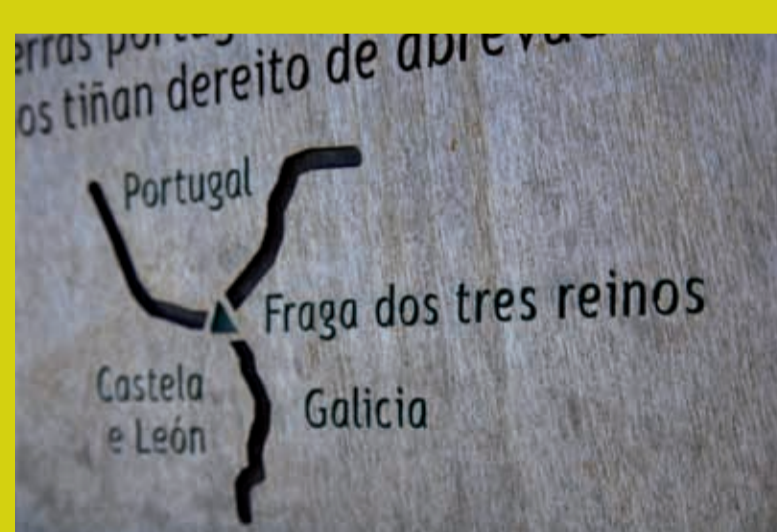
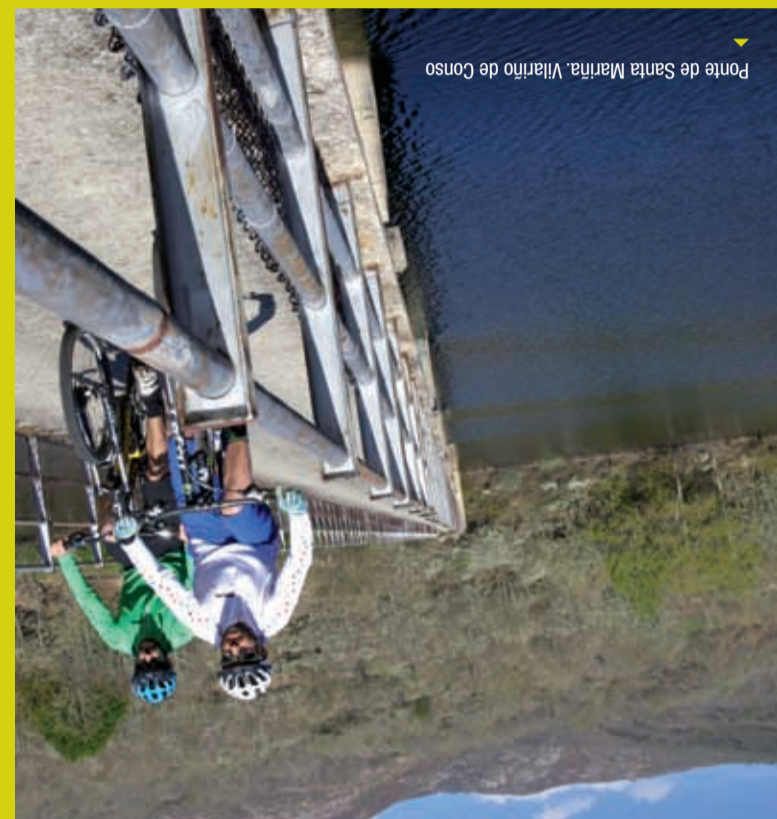
- Natural limit
- Town council limit

**Place-names**

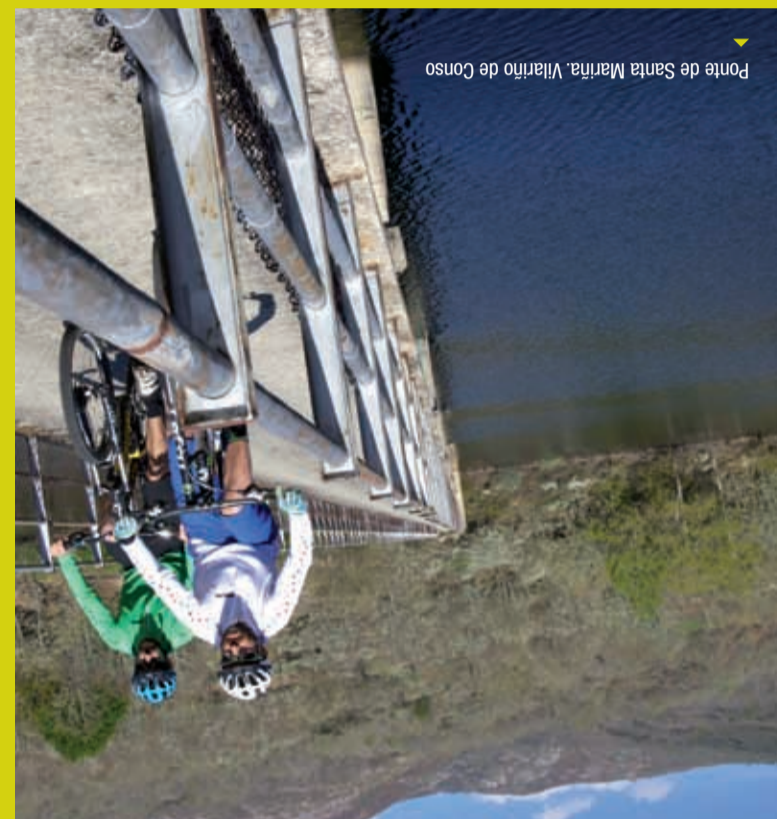
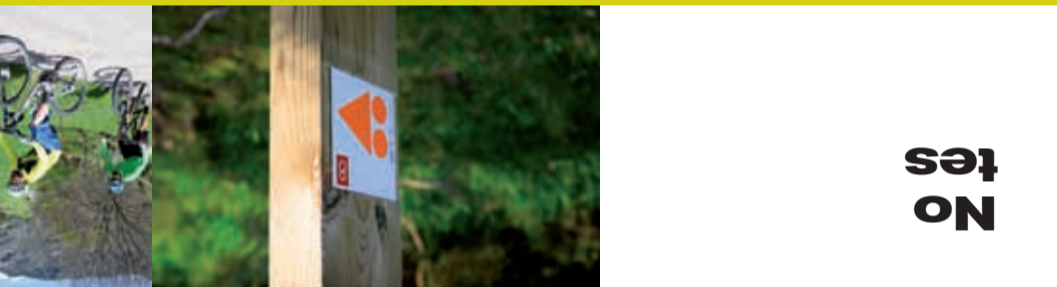
- Municipality
- A Gudria
- Municipality center
- Parish
- Morroteiros (Nosa Señal da O)

**Network**

- Toll-paying motorway, two-lane motorway
- High capacity network
- Main road
- Basic automatic network
- Secondary automatic network
- Physical trail
- Trucks
- Other roads
- The Way of St James
- Picturesque village
- Mill
- "Pazo" (Manor House)
- Picturesque village
- Parking
- Reception point
- Physical trail
- Path
- Railway
- Information point
- Trucks
- Other roads
- Secondary automatic network
- Basic automatic network
- Main road
- High capacity network
- Toll-paying motorway, two-lane motorway



- 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 license 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' designers 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 route, give priority to pedestrians and accompany with the general traffic rules.
- Your obey the signs along the route, give priority to pedestrians and accompany with the general traffic rules.
- In the absence of signs indicating where to follow at crossings, ride on the road with preference.



### RECEPTION POINTS SERVICES

changing rooms and showers  
bike wash point  
repair centre  
information point

112 HEALTH EMERGENCIES  
061 EMERGENCIES

**CASA DA VIVA**  
32540 A GUDRIA  
Calle Beato Sebastián de Aparicio, 40

**RECEPTION POINT**

**OPEN ALL YEAR**  
10:00-14:00 h.  
16:00-20:00 h.

**MONDAY, FRIDAY**  
10:00-14:00 h.  
16:00-20:00 h.

**SATURDAY, SUNDAY, HOLIDAY**  
10:00-14:00 h.  
16:00-20:00 h.

**OPEN ALL YEAR**  
10:00-14:00 h.  
16:00-20:00 h.

**MONDAY, FRIDAY**  
10:00-14:00 h.  
16:00-20:00 h.

**SATURDAY, SUNDAY, HOLIDAY**  
10:00-14:00 h.  
16:00-20:00 h.

**CASA DA CULTURA**  
32550 VIANA DO BOLO  
Ferreiros, 10

**RECEPTION POINT**

**OPEN ALL YEAR**  
10:00-14:00 h.  
16:00-20:00 h.

**MONDAY, FRIDAY**  
10:00-14:00 h.  
16:00-20:00 h.

**SATURDAY, SUNDAY, HOLIDAY**  
10:00-14:00 h.  
16:00-20:00 h.

**Telephone attention**  
988 329 168  
988 329 722  
988 329 722

**Telephone attention**  
988 329 168  
988 329 722  
988 329 722

TURGALICIA  
902 200 432 + 34 981 981 542 500  
[www.turgalicia.es/centrosbtt](http://www.turgalicia.es/centrosbtt)  
btt@xunta.es

Other centres of BTT Galicia network:

- CENTRO BTT O SALNÉS**  
Campo de Golf de Meis  
Sivón de Armenteira, Meis, Pontevedra  
T. +34 986 680 400
- CENTRO BTT SERRA DO XURÉS**  
In creating process
- CENTRO BTT FERROLTERRA**  
In creating process

**galicia** XUNTA DE GALICIA

PUERTAS DE GALICIA Verh-Viana  
FEDER  
DEPARTAMENTO DE TURISMO  
DEPARTAMENTO DE CULTURA

FOLLETO BTT PDG-EN.indd 2