

galicia

Natural Parks of Galicia
Serra da Enciña da Lastra

*Experiences
in the midst
of nature*

Mediterranean landscape in Galicia



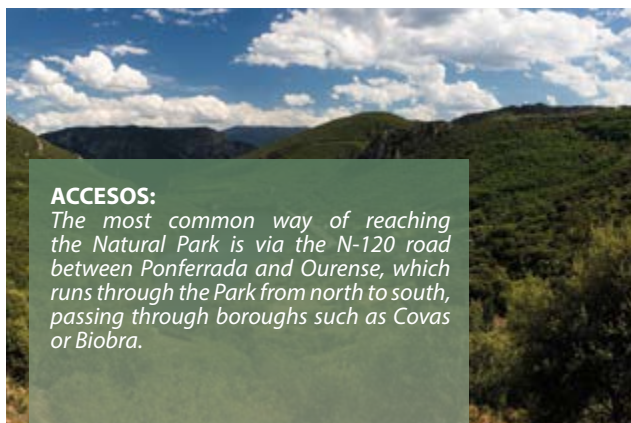
A GALICIAN LANDSCAPE EXCEPTION

Its name corresponds to a huge holm oak which, it would appear, served as a reference point for travellers in these lands in Roman times. You will be surprised by its Mediterranean climate and chalky soils.

The waters of the River Sil have shaped interesting landscapes and elements as a result of erosion, among which feature the *palas* or caves which make up Galicia's largest cave network. Not only are these caves of interest to speleologists, but historians have also discovered archaeological remains from

different civilisations; the Bronze, Roman and Middle Ages. One of the Park's natural resources, intensively exploited economically, was the calcareous stone from which quicklime was extracted for use in construction as a base for mortar to whitewash buildings.


We would highly recommend visiting Covas and Biobra, where the Visitor Centre is located.



ACCESOS:

The most common way of reaching the Natural Park is via the N-120 road between Ponferrada and Ourense, which runs through the Park from north to south, passing through boroughs such as Covas or Biobra.





**FIND OUT MORE ABOUT THE PARK AND
PROPOSED EXPERIENCES AT:**

**Serra da Enciña da Lastra Natural Park
Visitor Centre**

Praza dos Bolos, s/n Biobra. 32004 Rubiá

Prior contact:

T. 988 386 376 · 988 386 029

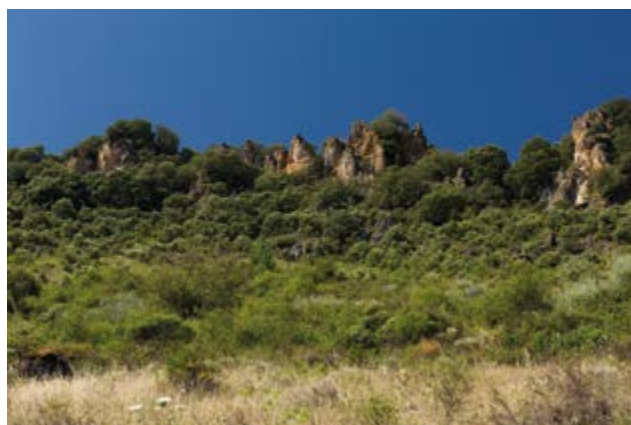
Look to the sky and discover how valuable it is by identifying the different bird species that live here.



ENCIÑA DA LASTRA BIRDING

Would you like to become an ornithology expert? The canyons and fluvial ravines make the Park an interesting place of refuge for various species, among which feature birds of prey such as the Egyptian vulture, the golden eagle and the peregrine falcon, uncommon in the north-western Iberian peninsula. Experts have confirmed that this area is home to the largest concentration of nesting birds in Galicia, as well as important communities of bats in the numerous caves here.

Download the free **Birding Galicia** app on your phone and enjoy the four routes we suggest in this Nature Reserve. Two are for driving and the other two for walking, and all four will provide an introduction to the world of ornithology.



Discover the pleasure of losing yourself all the while knowing exactly where you are going.







HIKING IN ENCIÑA DA LASTRA



The Val do Sil Route, between Vilardesilva and Covas, runs alongside the right-hand side of the river towards the fluvial canyon, allowing us to discover the incredible gorges which serve as natural dams and a perfect place for birds of prey to hunt.

The northern slopes of Penedos de Oulego represent one of the best views in the Park, to be enjoyed as you walk along the Tras os Penedos Route, which starts at the Caprada rest area and enters the dense forest leading you to the base of the rocky hills.

				
Ruta Val do Sil	LOW/ MEDIUM	5 Km	1,30 h	LINEAR
Ruta Tras os Penedos	LOW	1,5 Km	25 min	CIRCULAR
Ruta Soutos Baixo Pena Falcueira	MEDIUM/ HIGH	3,9 Km	1,45 h	CIRCULAR
Ruta do Caleiro	MEDIUM/ HIGH	6 Km	3 h	LINEAR
Ruta do Real de Oulego	MEDIUM	4 Km	2,30 h	LINEAR
Ruta da Vía Romana	MEDIUM	8,6 Km	3,30 h	CIRCULAR
Ruta da Ermita de Santo Estevo	MEDIUM	6 Km	3 h	CIRCULAR
Ruta das Galegas	MEDIUM	6,8 Km	3 h	LINEAR
Ruta das Dúas Vertentes	MEDIUM	4 Km	1,30 h	CIRCULAR
Ruta Baixo de Páramo	MEDIUM	4 Km	2 h	CIRCULAR

In spring, learn to recognise the different species that bloom throughout the Park.



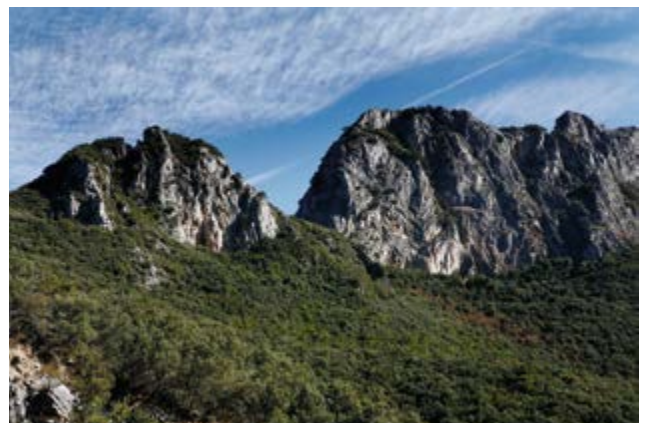
DISCOVERING ORCHIDS

The Mediterranean climate and soil conditions are the reasons behind one of the largest communities of orchids in Galicia that you can enjoy on your visit.

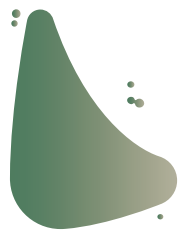
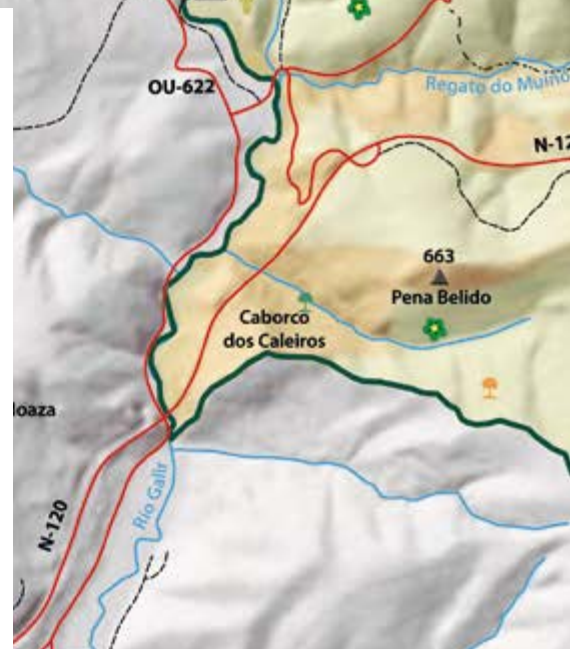
In the company of an expert guide, we would like to invite you to enjoy the orchids in bloom by following an interpretative route and learn how to identify more than 25 species. We recommend visiting in spring and summer to appreciate their beautiful small flowers. Among the different species and most easily recognisable is the *ophrys*; This little

flower simulates the body of a female bee.

The exquisite beauty of these flowers, renowned in the ornamental world yet practically unheard of in forest communities, will take you completely by surprise.







Parques Naturais de Galicia | Serra da Enciña da Lastra

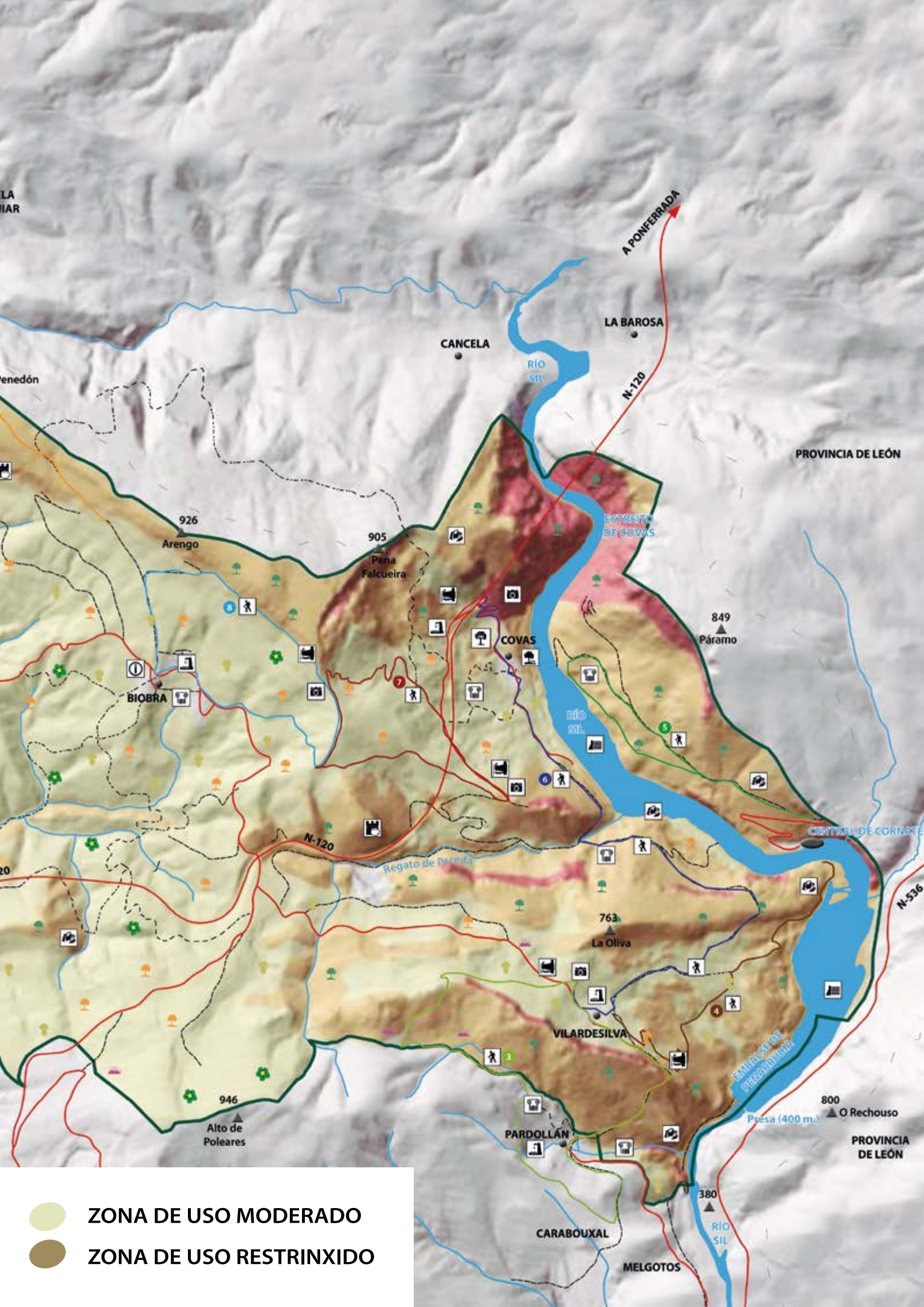
Rutas Serra da Enciña da Lastra

- 1 Ruta do Real de Oulego | 4049 m. (x2 ida/volta)
- 2 Ruta da Vía Romana | 8600 m.
- 3 Ruta da Ermida de Santo Estevo | 6151 m.
- 4 Ruta do Caleiro | 2947 m. (x2 ida/volta)
- 5 Ruta Baixo de Páramo | 4200 m.
- 6 Ruta Val do Sil | 5140 m. (x2 ida/volta)
- 7 Ruta Soutos Baixo Pena Falcueira | 3977 m.
- 8 Ruta das Dúas Vertentes | 4102 m.
- 9 Ruta das Galegas | 6831 m. (x2 ida/volta)
- 10 Ruta Tras os Penedos | 1562 m.

Límite Parque Natural Serra da Enciña da Lastra
 Estradas

- Sede do parque / Centro visitantes do parque
- Vistas panorámicas
- Miradoiro
- Ruta
- Fonte
- Área recreativa
- Árbore senlleira
- Cavidade cárstica
- Encoro
- Elemento arquitectónico singular
- Restos arqueolóxicos
- Bosque mediterráneo
- Castiñeiros
- Cultivos
- Mato mediterráneo
- Pasteiros

ZONA DE USO XERAL
 ZONA DE RESERVA



-  ZONA DE USO MODERADO
-  ZONA DE USO RESTRINXIDO

Tourist packages



*Welcome to the
authenticity of
Enciña da
Lastra*

2-DAY PROGRAMMES IN ENCIÑA DA LASTRA

Exploring the Park



Kayaking in Peñarrubia.
Overnight stay in Hotel rural O Pillabán.

Explore the Natural Park in a kayak

Kayak along the waters of Peñarrubia reservoir; depending on the time of year, you might be in the company of ducks, eagles and herons. An easy activity suitable for everybody which includes a local guide from Vianova Aventura who will help you interpret the landscape.

The following day, we suggest visiting some of the nearby villages, such as Covas, Oulego, Rubiá, Biobra and O Robledo da Lastra, which hide numerous ethnographic treasures.

This activity requires a license from the Park's administration office.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + KAYAKING.

Price from 100€/person.

Check tourist package terms and conditions.



2-DAY PROGRAMMES IN ENCIÑA DA LASTRA

A journey to the underworld



Speleology in one of the Park's caves.
Overnight stay in Hotel rural O Pillabán.

Have you ever been to the centre of the earth?

There are any number of caves in Enciña da Lastra, known here as *palas* a word of Pre-Roman origin. It has become a place of pilgrimage for speleologists and amateur cavers. In the company of an expert guide, we visit caves such as Pala Cumbeira, Pala da Zorra, Pala Pereda or Pala Cubelas, among others.

With only the aid of an artificial electric or carbide lamp, we can explore the caves' interiors and cross from one chamber

to another. We discover incredible geological formations and admire spectacular stalactites and stalagmites.

This activity requires a license from the Park's administration office.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + CAVING.

Price from 112€/person.

Check tourist package terms and conditions.



2-DAY PROGRAMMES IN ENCIÑA DA LASTRA

Hiking with a pleasant bouquet



Hiking route and visit to a winery.
Overnight stay in Hotel Calzada.

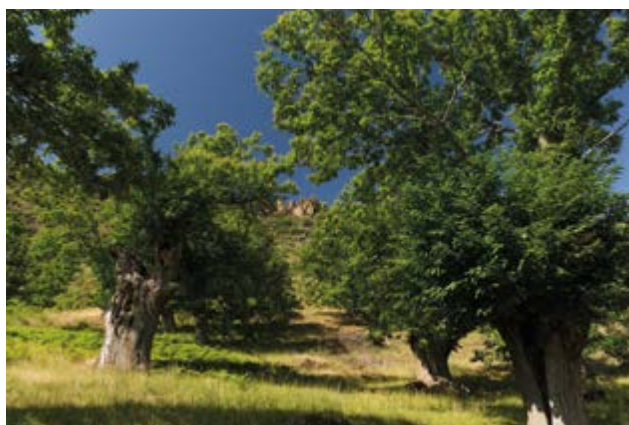
Raise a glass to an experience that combines sport and wine

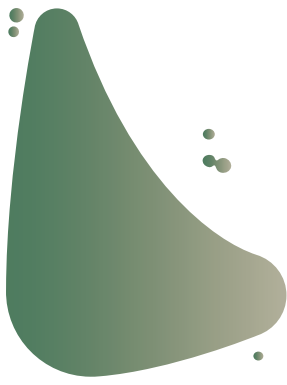
In the company of an expert guide, you can follow some of the Park's main hiking trails and discover some of this unique place's treasures. The following day we suggest visiting a D.O. Valdeorras winery, where you can learn about the wine-making process and enjoy some wine tasting under the expert eye of one of "Valdeorras es Vino's" company's wine tourism guides.

**DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST +
HIKING ROUTE + WINERY VISIT.**

Price from 98€/person.

Check tourist package terms and conditions.





Do not miss

A selection of four highly recommended visits which will not leave you indifferent and which embody the essence of the Serra da Enciña da Lastra Natural Park.

The 9 vantage points

The easiest way to admire the Park's scenery. We especially recommend the vantage points at Caprada in Oulego, Alto da Escrita in Biobra, Tanque de Covas and A Portela in Vilardesilva.



The orchid

The highest concentration of this plant in Galicia. 25 different species that you can learn about by employing the services of a guide or signing up for one of the visits that are organised periodically free of charge.



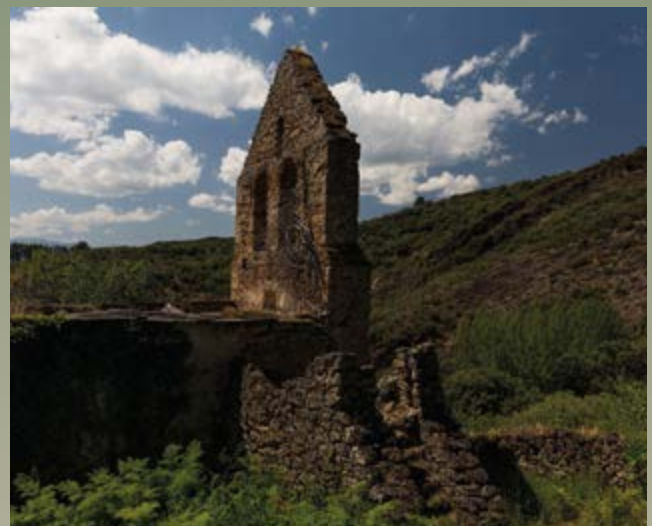
Unique tree

Don't miss seeing the magnificent holm oak, with Unique Tree status, to be found near the cemetery in Covas.



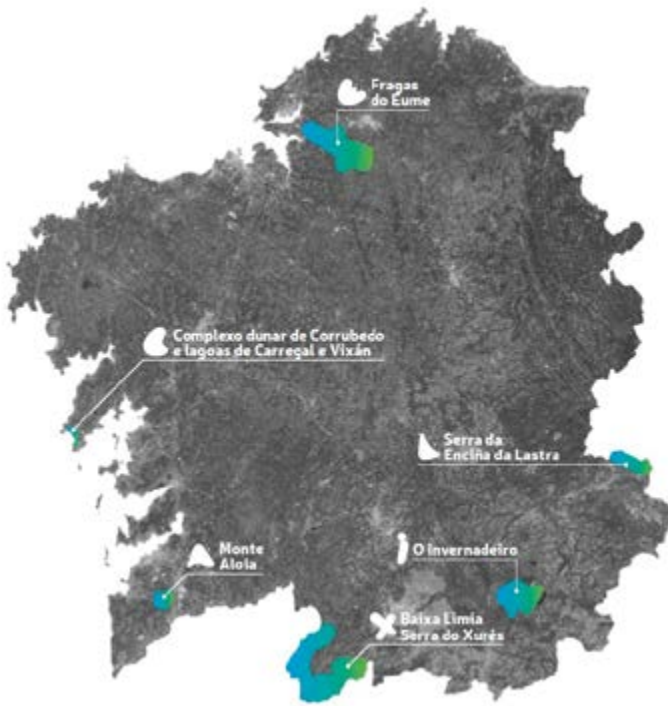
Ethnographic heritage

Visit the villages that lie within the boundaries or on the edge of the Park to discover their ethnographic heritage: communal ovens, mills, apiaries, fountains and washing places, dovecotes and traditional houses.



Obtain the Natural Parks of Galicia passport

Find out about the advantages it offers and follow us at: [#GaliciaNaturaleÚnica](#)



Parques Naturais de Galicia | Fragas do Eume

The best-preserved Atlantic coastal forest in Europe. The River Eume and the Caaveiro and Monfero monasteries are its main attractions. A magical forest which hides more than 20 species of fern and 200 species of lichens on its humid riverbanks.



Parques Naturais de Galicia | Baixa Limia Serra do Xurés

Galicia's largest Natural Park, which also forms part of the border with Portugal. Rugged granite mountains and magnificent stone boulders make it different from other protected areas. It also has many megalithic monuments and bears witness to the passage of the Roman legions along the XVIII road, also known as Via Nova.



Parques Naturais de Galicia | Monte Aloia

Galicia's first Natural Park to undergo tailored reforestation at the hands of the engineer Rafael Areses. Legend has it that this is Monte Medulio, the scene of the collective suicide of Celtic tribes in order to avoid falling into the hands of the Roman invaders.



Parques Naturais de Galicia | Complexo dunar de Corrubedo e lagoas de Carregal e Vixán

North-western Spain's largest mobile dune, more than 1 km long, 250 m wide and 20 m high. Vixán freshwater lake and Carregal saltwater lake, which merges with the sea, are of special interest.



Parques Naturais de Galicia | O Invernadeiro

A natural area with no human settlements in the immediate surroundings. Nature in its wildest state represented by the wolf, which lives alongside its main prey, such as roe deer and boars. Its rounded peaks share a space with a surprising glacial cirque and spectacular waterfalls.

RECOMMENDATIONS

Vehicles should be left in authorised car parks.

Picking flowers and plants is forbidden. It endangers unique species.

Before setting off on a trail, check the level of difficulty and the time required.

Many of the Natural Parks organise free guided interpretation tours. Please call beforehand.

Only use the authorised paths.

Unauthorised camping and overnight caravan parking is forbidden.

Treat waste responsibly. If there are no bins, take your waste with you until you find one.

Swimming in unauthorised areas is forbidden.

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