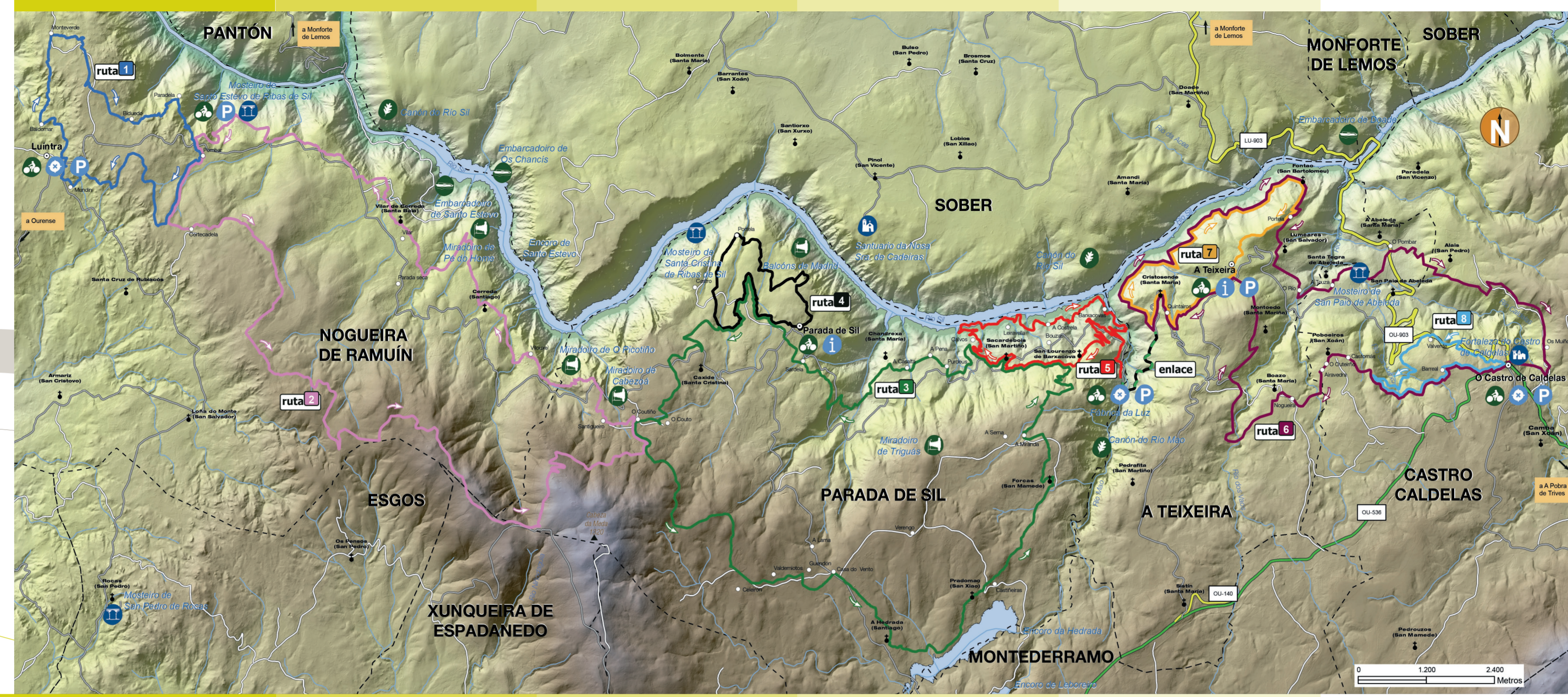


Other centres of BTT Galicia network:  
 CENTRO BTT ALLARIZ - VILAR DE SANTOS  
 CAMIÑO DOS NERVIADOS  
 CENTRO SOCIAL VILAR DE SANTOS  
 CAMPO DE GOLPE DE MES  
 CENTRO BTT O SALNES  
 CENTRO BTT PORTAS DE GALICIA  
 CASA DA VIANA  
 CASA DA CULTURA  
 CENTRO DE MONTAÑA ANIA  
 CENTRO BTT SERRA DO XURÉS  
 COMPLEXO TURÍSTICO-DEPORTIVO O COBO  
 Ourense  
 Miradouro de Cabeleiros, Ourense  
 1. +34 988 456 403 / +34 988 406 075  
 Rua Talla 59, Máis de Sabes, Muros, Ourense  
 1. +34 607 477 375

TURISMO DE GALICIA  
 +34 981 542 500  
 www.turismo.gal/centrosbtt  
 btt@xunta.es



The Ribeira Sacra Mountain Bike Center is located in the Sil River Canyon, on the border of the provinces of Lugo and Ourense. Eight circular routes and 160 kilometers of different levels of difficulty, which allow you to get to know the municipalities of A Teixeira, Castro Caldelas, Nogueira de Ramuín and Parada de Sil.

A territory with a magical atmosphere to visit such special places as Santo Estevo de Ribas de Sil, a monastery completely rehabilitated and integrated into the Paradores Hotel Network, the monastery of Santa Cristina de Ribas de Sil, located in a fantastic chestnut forest known as the Souto de Meiral and the historic center of the Castro de Caldelas, declared an artistic historical site in 1998 where the Castle of the Counts of Lemos stands out.

Let yourself be carried away by the charm of the Ribeira Sacra, by its spectacular landscapes of native forest, by the impressive canyons of the rivers Sil and Mao, by the mountain villages and by the Romanesque of the churches and monasteries. Get to know the history and ethnographic heritage of its villages. Enjoy its gastronomy, accompanied by its famous wines with a designation of origin, enjoy its terraced vineyards cultivated on a steep terrace system and, above all, enjoy this land chosen since ancient times as a place of retreat and entertainment.



cover photo: Balcoño de Madrid panoramic view  
 redif: Turismo de Galicia  
 text: Oficina Técnica Centros BTT Galicia  
 cartography: Oficina Técnica Centros BTT Galicia  
 design: oceanovisual  
 D. L. C 1530-2015

**RECEPTION POINT**

**FORTALEZA DO CASTRO DE CALDELAS**  
 Rua Cima da Vila, s/n. O Castro de Caldelas  
 32760 CASTRO CALDELAS

MARCH\_OCTOBER  
 open daily 10:00-14:00 h.  
 16:00-20:00 h.

NOVEMBER\_FEBRUARY  
 open daily 10:00-14:00 h.  
 16:00-18:00 h.

telephone attention 607 835 783

**PAVILLÓN POLIDEPORTIVO DE LUÍNTRA**  
 Carretera de Santo Estevo, s/n. Luíntra  
 32180 NOGUEIRA DE RAMUÍN

ALBERGUE A FÁBRICA DA LUZ  
 Barxacoa, s/n  
 32741 PARADA DE SIL

15 MARCH\_MAY  
 Saturdays, Sundays and holidays 09:00-00:00 h.

JUNE\_SEPTEMBER  
 open daily 09:00-00:00 h.

OCTOBER\_15 DECEMBER  
 Saturdays, Sundays and holidays 09:00-00:00 h.

telephone attention 988 201 525  
 988 201 023  
 620 986 863

telephone attention 988 984 990  
 679 060 509

**RECEPTION POINTS SERVICES**

Information point  
 bicycle and helmet rental  
 bike wash point  
 changing rooms and showers

**EMERGENCIES**  
 112

**OTHER SERVICES**

accommodation  
 other sports activities

**HEALTH EMERGENCIES**  
 061



Lumeiras bridge. Route 6



Castro de Caldelas fortress. Routes 6 and 8



Monastery of Santo Estevo de Ribas de Sil. Route 2 "Circular de Nogueira de Ramuín"



Mao river, Valdallón. Route 5 "A Fábrica da Luz"

**Network**

- Toll-paying / two-lane motorway
- Main road
- Basic autonomic network
- Secondary autonomic network
- Provincial road
- Other roads
- Railway

**Boundaries**

- Municipal boundary

**Place-names**

- Municipality
- Municipal center
- Population center
- Parish

**Key to symbols**

- Historical set
- Hill fort
- Archaeological remains
- Camping
- Museum
- Church
- Chapel
- Convent / Monastery
- Mill
- Mámoa (megalithic tomb)
- Bridge
- Information point
- Parking
- Reception point
- Starting point
- Natural countryside
- Panoramic view
- River beach
- Natural space
- Pier

**Start and connection route**

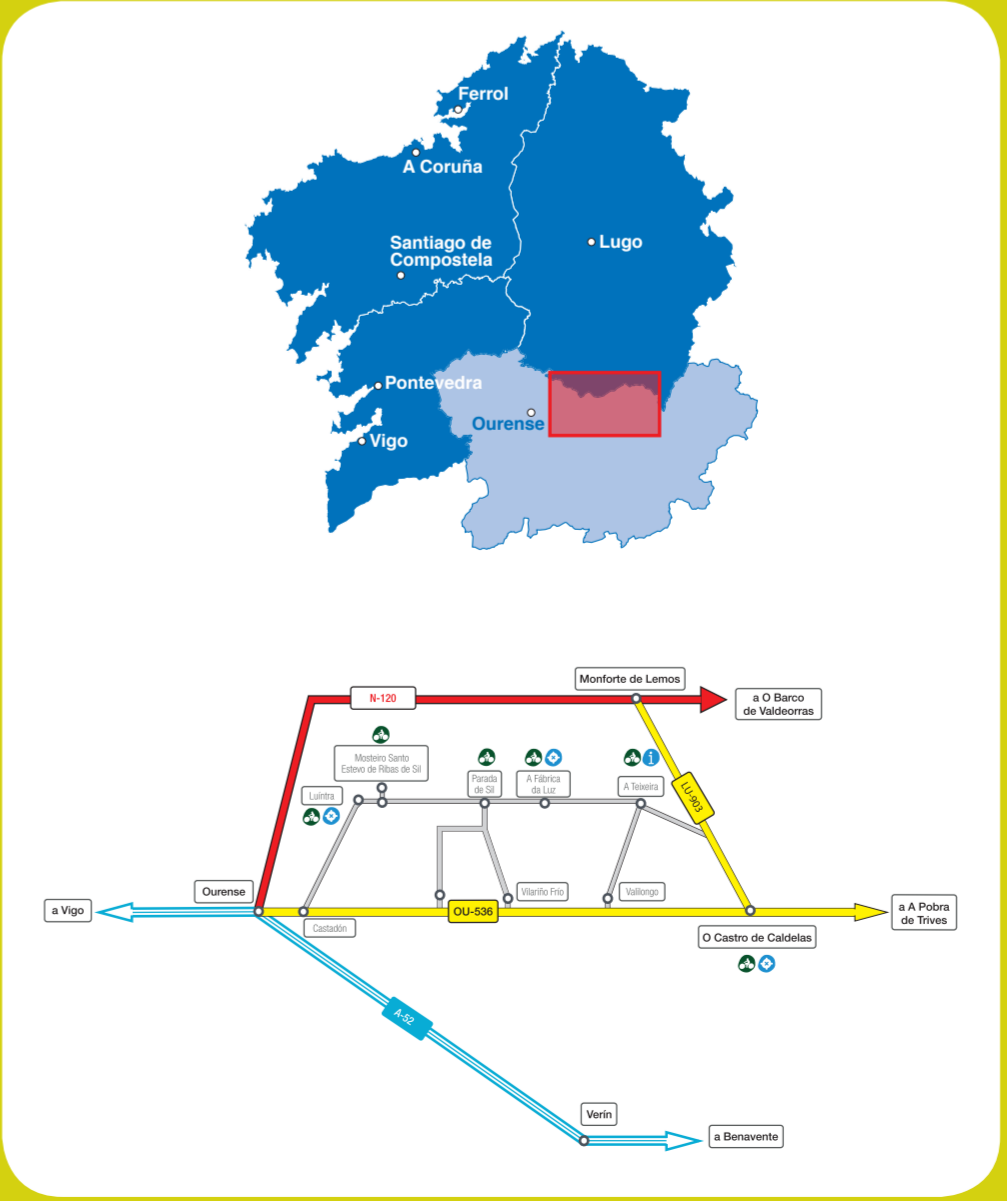
route	name	km	difficulty
1	ruta MAQUINO LARGAÑO	13,8 km	●
2	ruta CIRCULAR DE NOGUEIRA DE RAMUÍN	34,3 km	●
3	ruta CIRCULAR DE PARADA DE SIL	33,5 km	●
4	ruta OS TORGAIS	8,8 km	●
5	ruta A FÁBRICA DA LUZ	12,5 km	●
6	ruta CIRCULAR DE DOS BOSQUES E VIÑAS	32 km	●
7	ruta CIRCULAR DA TEIXEIRA	11,7 km	●
8	ruta CIRCULAR DE CASTRO CALDELAS	7 km	●

**Signals of the route**

- CONTINUITY OF ROUTE
- WRONG DIRECTION
- FOLLOW ON THE LEFT
- FOLLOW ON THE RIGHT
- CAUTION

**ROUTES**

- very easy
- easy
- difficult
- very difficult



galicia RIBEIRA SACRA BTT galicia

R.1

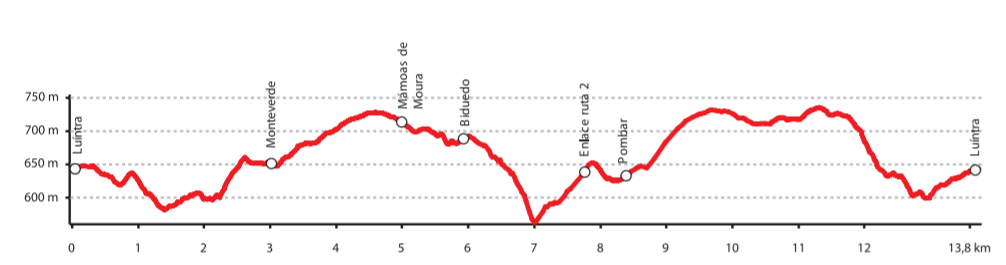
ruta MAQUINO LARGAÑO

Maquino Largaño means 'long path' in Baralete, the argot once used by members of the knife-sharpening and umbrella-repair trade. After leaving the meeting point at the Luintra sports centre, the trail descends towards Baldomar, running through a forested area with oaks and chestnuts along a wide path with a good surface. The path then narrows and becomes more technical on the ascent. After reaching the village of Montevedo, you can stop to visit Moura Necropolis, located 750 metres above sea level. You will see the half-buried ruins of up to seven funerary structures dating from the Neolithic Age. From here, an extremely beautiful descent along a path running between stone walls leads to San Lorenzo in Bidado Chapel, where you will need to stop and catch your breath before tackling the climb along a paved section to Pombar. After following a stretch of the route shared with Route 2 - Nogueira de Ramuín Circular close to Cortacada, the route continues to Alto do Bidueiro, heading towards the village of Mundiñ for returning to its starting point. Along several sections, the MTB route coincides with the Maquino Largaño, Transourensán and Camino Natural de Santo Estevo trails. Caution is advised along these sections as you may encounter hikers.

Table with 6 columns: start point, max. height, altitude difference (+), distance, connections, finish point, min. height, altitude difference (-), time, difficulty.



Vertical exaggeration x10

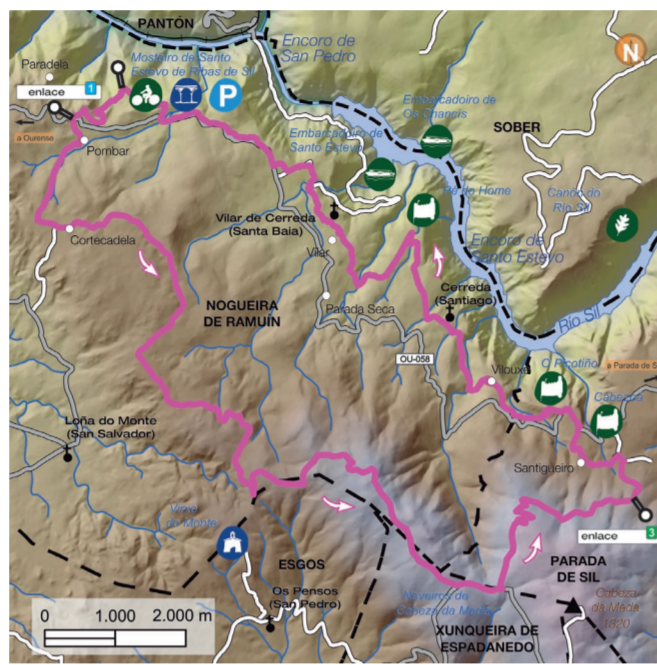


R.2

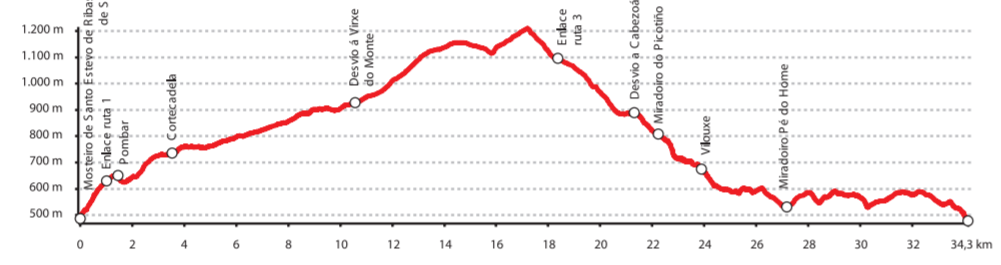
ruta CIRCULAR DE NOGUEIRA DE RAMUÍN

This route begins at Santo Estevo de Ribas de Sil Monastery. After covering the steep gradient on the early part of the route, we recommend visiting Litoria, a Castro (pre-Roman fortified settlement) just a few metres off the path, to take in the incredible panoramic view of the monastery and Sil River Canyon. The route continues on to Cortacada and then follows a forest track until the turn-off for A Vinde do Monte Chapel. Accompanied by the windmills of the Sil Wind Farm, the route crosses through repopulated areas of Scots pine to an altitude of 1,150 metres in the Cabeza de Meda Mountains, on the boundary between the municipalities of Esgos, Xunqueira de Espadanedo and Nogueira de Ramuín. The trail then descends to the village of O Coutiño, sharing the final metres of this section with Route 3 - Parada de Sil Circular, which ascends in the opposite direction. At this point, you can stop at the O Picotiño and Cabezo viewpoints, which are signed along the route. Following the Transourensán Trail, this stretch of the route includes sections of track and paved trail, passing the Pê do Home Viewpoint, the village of Vilar and Santa Maria Church before returning to the monastery.

Table with 6 columns: start point, max. height, altitude difference (+), distance, connections, finish point, min. height, altitude difference (-), time, difficulty.



Vertical exaggeration x10



R.3

ruta CIRCULAR DE PARADA DE SIL

This route begins near the town hall building in Parada de Sil, sharing its initial section with Route 4 - Os Torgais. After leaving Chamoso, the route continues on to O Couto and O Coutiño, where it connects to Route 2 - Nogueira de Ramuín Circular, which runs in the opposite direction from O Mato. Continuing along the lower slopes of Mount Meda, along tracks and paths, the route passes through the villages of Guendón and Casa do Vento, where it begins a descent that leads to A Hedrada Reservoir. A path running parallel to the shore will take you to Pradoma, which offers a lovely panoramic view of the entire reservoir. Upon reaching Forcas Cemetery, after crossing through a small meadow, the route follows a gorgeous path which links up with Route 5 - A Fábrica da Luz and continues on to the village of Santo André. This section of the trail passes the small settlements of Calvos, Purdeus, O Valado and A Casalta. On reaching the mills at Entrambosios, there is a tough climb along a rocky path. We recommend porting your bike for about fifteen minutes until you reach the road to get your energy back. The final section of the route runs along a path that climbs up to Pardela before ending in Parada de Sil.

Table with 6 columns: start point, max. height, altitude difference (+), distance, connections, finish point, min. height, altitude difference (-), time, difficulty.



Vertical exaggeration x10



R.4

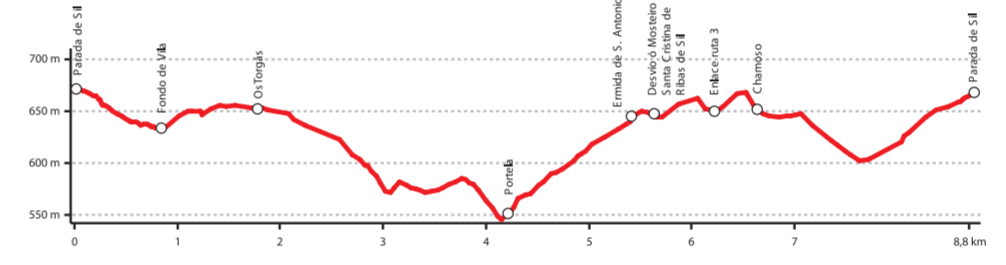
ruta OS TORGAIS

Leave Parada de Sil at the spot known as Fondo de Vila and head towards the 'Foxo do Lobo' (wolf pit) along a cart path, passing several of the chestnut drying huts known as sequeiros. A good track leads to Os Torgais Viewpoint and then on to a spot known as 'Balcones de Madrid'. This extraordinary viewpoint is where street merchants who sold rolled wafers, a profession with a long tradition in the entire Ribeira Sacra region, once bid farewell to their families. When these Parada de Sil natives set off, they would usually say that they were 'going to Madrid', giving one of the most extraordinary spots from which to view the Sil River Canyon its name. After a descent along a cobbled path, the route comes to Portela. A paved trail climbs up to San Antonio Chapel. After crossing the road which leads to Santa Cristina Monastery, it continues on to the village of Santa Mariña. This section is shared with Route 3 - Parada de Sil Circular, which runs in the opposite direction. It is therefore advisable to exercise caution. Santa Cristina Monastery is one of the most delightful spiritual centres in the Ribeira Sacra region and well worth a visit. 'Ribas de Sil' was added to its name in 1508, when it became part of Santo Estevo de Ribas de Sil Monastery, serving as the priory. Apart from the history contained within its walls, the spectacular Romanesque style church with Gothic elements is especially noteworthy.

Table with 6 columns: start point, max. height, altitude difference (+), distance, connections, finish point, min. height, altitude difference (-), time, difficulty.



Vertical exaggeration x10



R.5

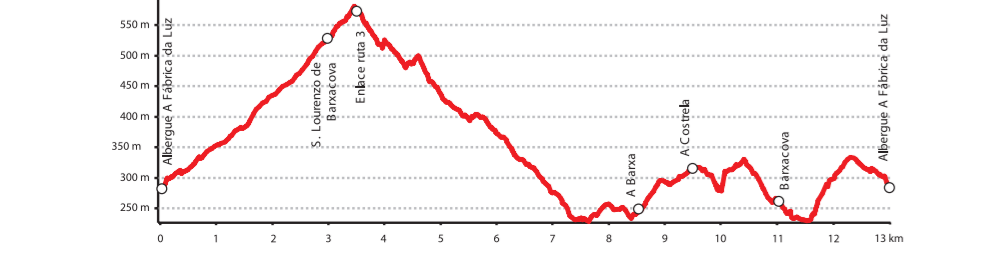
ruta A FÁBRICA DA LUZ

This route has three distinguishing features: the local relief, which includes steep gradients; the Mao River Canyon, which marks the municipal boundary of A Teixeira; and the pipes leading to Regueiro Hydropower Plant, which divide the area and can only be crossed at specific points. The route begins at the meeting point at A Fábrica da Luz, one of the first parts of Galicia's hydroelectric infrastructure built in the early 20th century. It has now been converted into a hostel. The route then climbs three kilometres along a paved path to San Lourenzo, where it is possible to visit San Vitor Necropolis. It then descends to the Sil River Canyon and continues on a good path along the riverbank to A Barxa, which marks the start of a climb up to A Costrêla. To cross the pipes that supply water to Regueiro Hydropower Plant, you will need to cross a small bridge and then port your bike a short distance between some of the area's traditional vineyards. The next section runs along a hillside on a path by the edge of the canyon, offering a view of the mouth of the Mao River where it flows into the Sil. From Barxa, continue along the riverbank to a dirt track with a steep gradient, which ends at the road that leads back to the hostel at A Fábrica da Luz. Before or after your ride, we recommend visiting the elevated wooden walkway along the Mao River Canyon that forms part of an easy hiking trail running from the car park at A Fábrica de Luz to Barxa.

Table with 6 columns: start point, max. height, altitude difference (+), distance, connections, finish point, min. height, altitude difference (-), time, difficulty.



Vertical exaggeration x10



R.6

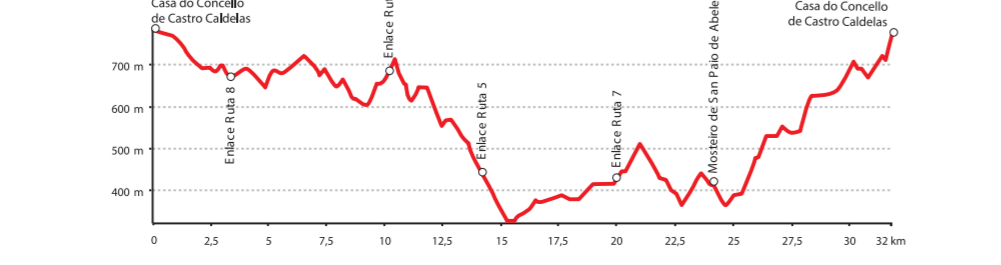
ruta CIRCULAR DE DOS BOSQUES E VIÑAS

This route departs from the centre of Castro Caldelas - a town worth visiting before setting off. The old quarter, declared a historic and artistic site in 1938, consists mainly of the streets going up to the Castle of the Counts of Lemos, which follow their mediaeval course, revealing interesting stone houses adorned with galleries and coats of arms. We cross the city centre in the direction of the small village of Barreal to venture into the lush woodland of the Poboeiros Souto (chestnut grove), where we can find several specimens of centuries-old chestnut trees. Nowadays, new trees and different plant species, above all oaks, grow alongside the majestic chestnut trees. On leaving the woodland, we continue pedalling towards the town of Poboeiros with its grandiose rectory, and then on to Boazo. We enter once again into dense woodland until reaching a track from where we can enjoy the Abelela Valley and an impressive view of A Teixeira. At this point of the route, there is a 2-kilometre link that allows us to get closer to the 'Fábrica da Luz', in the municipality of Parada de Sil to be able to enjoy the visit to the walkway of the Mao River and other bike routes of montaña that departs from this place. From the original route we go into the Mao Canyon and the Cristosende vineyards, rising parallel to the Sil Canyon. The route brings us back to the Abelela Valley, which we cross through, passing the San Paio de Abelela Monastery. Despite its state of neglect, it's an interesting ensemble dating back to the 10th or 12th century, depending on the author. We tackle the last part of this route by ascending through the thousand-year-old vineyards of the coast of Alais and a final stretch crossing the Edo Valley, the last few kilometres offering glimpses of Castro Caldelas in the distance.

Table with 6 columns: start point, max. height, altitude difference (+), distance, connections, finish point, min. height, altitude difference (-), time, difficulty.



Vertical exaggeration x10



R.7

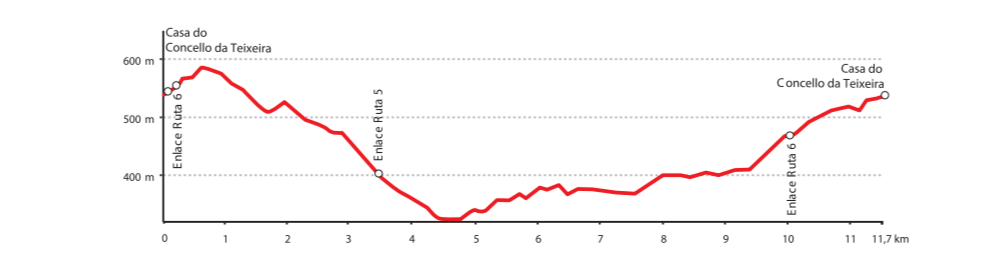
ruta CIRCULAR DA TEIXEIRA

Scenic route through which we can discover the three valleys surrounding this high village being an excellent natural viewpoint overlooking the Ribeira Sacra. The route starts in the woodlands of the A Carosa before reaching Cristosende, a spectacular observation point where you can take in the sights of the surrounding scenery. From there we head into the first valley, Mao, descending among vineyards and enjoying views of the famous River Mao walkway - a wooden path stretching 1.8 kilometres we recommend you visit. We can get closer to this place by following the signposted link on a 2-kilometre route that allows us to reach the 'Fábrica da Luz', the starting point of this spectacular walkway and route 5 that belongs to the Sil del Centro BTT Ribeira stop sector sacro. From this point we face a climb parallel to the Sil Canyon where we can contemplate its famous terrace vineyards before reaching Portela. We carry on pedalling across the Abelela Valley, which combines a long wine-growing tradition with great scenic beauty. In the last few kilometres, we'll be able to glimpse the village of Castrocaldelas with its famous castle in the distance, before going back to A Teixeira.

Table with 6 columns: start point, max. height, altitude difference (+), distance, connections, finish point, min. height, altitude difference (-), time, difficulty.



Vertical exaggeration x10



R.8

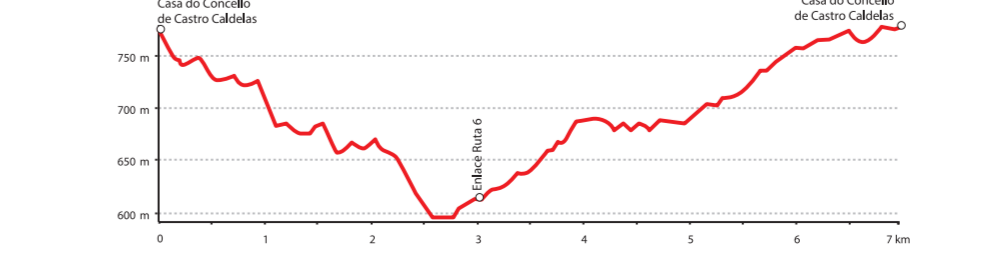
ruta CIRCULAR DE CASTRO CALDELAS

On this short route departing from the centre of O Castro de Caldelas, we'll see woods of centuries-old chestnut trees surrounding the village. It is a very simple route suitable for all levels of difficulty. We can visit the ruins of the villages Entrambasgaus and O Rosario with its views of the Abelela Valley. At kilometre 3, the cyclist can connect with route 6 'Circular dos bosques e viñas' and continue pedalling through this great route of the Ribeira Sacra BTT center that joins the municipalities of O Castro de Caldelas and A Teixeira. At the height of Valverde, we can visit the chapel of San Amaro, off the route but well signposted. We carry on pedalling until heading into the Poboeiros Souto, a lush woodland where a gentle ascent starts between centuries-old chestnut trees that will accompany us until we reach the first houses of the village of O Castro de Caldelas.

Table with 6 columns: start point, max. height, altitude difference (+), distance, connections, finish point, min. height, altitude difference (-), time, difficulty.



Vertical exaggeration x10



▼ Sil river on routes 6 and 7



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.turismo.gal 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.