

galicia

Natural Parks of Galicia
O Invernadeiro

*Experiences
in the midst
of nature*

Nature at its purest



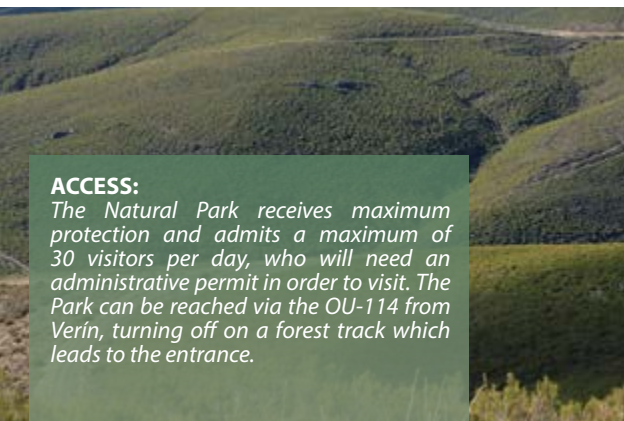
WITHOUT A TRACE OF HUMAN BEINGS

Embedded in the Galicia's Central Massif, in the province of Ourense, O Invernadeiro is a 6000 hectare nature reserve with no human settlements at present, although numerous examples of ethnographic and industrial heritage are a testimony to the people who lived here in the past.

Visit these mountains to learn about the wolves who live here and their main prey, roe deer and boar. The succession of deep valleys and rounded peaks is a result of ages past which gave rise to a surprising glacial cirque and spectacular

waterfalls which can be seen from high up on the ravines.


Two rivers shape this territory in the main: Ribeira Grande and Ribeira Pequena, into which numerous water courses flow before joining the River Camba and ending up in the River Sil.



ACCESS:

The Natural Park receives maximum protection and admits a maximum of 30 visitors per day, who will need an administrative permit in order to visit. The Park can be reached via the OU-114 from Verín, turning off on a forest track which leads to the entrance.





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

O Invernadeiro Natural Park Reception Centre
Ribeira Pequena, s/n. 32547 Vilariño de Conso
Contactar antes:
T. 988 386 376 - 988 386 029

Interpreting wildlife has never been more accessible.



DISCOVERING WILDLIFE

O Invernadeiro is one of the best nature classrooms in Galicia. Do not miss the opportunity to visit Ribeira Grande's Interpretation Centre.

Ribeira Pequena features the Ruta dos Cercados (Enclosures), taking us close to the natural habitats of deer, mountain goats, fallow deer, chamois and mouflon. These installations facilitate the control of the animal populations and make sightings one of the most rewarding experiences visitors can have.

If you are lucky, you might see one of the families of wolves that live here. And if you bring your binoculars, you might also see eagles, falcons and vultures.



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



HIKING ALONG THE O INVERNADEIRO

Getting to know O Invernadeiro is as close as you can come to feeling cut off from the world around you. Any of the recommended routes is transformed into a magical experience when you come across the fauna that inhabits the Park. Given its important botanic, faunistic and geomorphologic interest, we recommend taking a guide with you.

The Ruta de Aceveda (Aceveda Route) offers spectacular views of the Ribeira Pequena valley and passes through several holly forests. The Ruta da Auga (Water Route) and the Ruta das Troitas (Trout Route) can be combined with the Ribeira Grande Nature Classroom as a starting point.

				
Ruta da Auga	LOW	4 Km	2 h	CIRCULAR
Ruta do Valdeirexa or dos Cercados	MEDIUM/ HIGH	3 Km	2 h	CIRCULAR
Ruta das Troitas	LOW	3,5 Km	2 h	CIRCULAR
Ruta da Ortiga	LOW	22 Km	7 h	CIRCULAR
Ruta da Corga or do Depósito	LOW	2 Km	1,30 h	CIRCULAR
Ruta da Aceveda	MEDIUM	8 Km	3,30 h	CIRCULAR



*Discover the natural environment of
O Invernadeiro Natural Park by bike.*



PORTAS DE GALICIA MTB CENTER

There is a MTB Centre in the Park, with 12 routes totalling 244 km which pass through the boroughs of A Gudiña, A Mezquita, Riós, Viana do Bolo and Vilariño de Conso. There is the option of doing one long route in stages from Riós to Viana do Bolo. For those looking for an easier option, we would recommend the Encoro do Vao Route in Vilariño de Conso and the As Telleiras Route in Viana do Bolo. Bikes and helmets can be rented at the Reception Points, which offer bike-washing services and showers free of charge.



- R1. **Ruta das Carballerías** 13 km.
- R2. **Ruta de Valmedo** 21 km.
- R3. **Conexión Riós-Barxa** 28,7 km.
- R4. **Ruta de Pena Maseira** 44 km.
- R5. **Ruta dos Tres Reinos** 23,3 km.
- R6. **Ruta Os Castros** 22,4 km.
- R7. **Conexión A Gudiña-Entrecinsa** 19,3 km.
- R8. **Ruta do Val do Río Conso** 18,9 km.
- R9. **Ruta do Encoro do Vao** 7,8 km.
- R10. **Conexión Vilariño de Conso-Viana do Bolo** 16 km.
- R11. **Ruta As Telleiras** 12 km.
- R12. **Ruta A Escrita** 17,8 km.

RECEPTION POINTS:

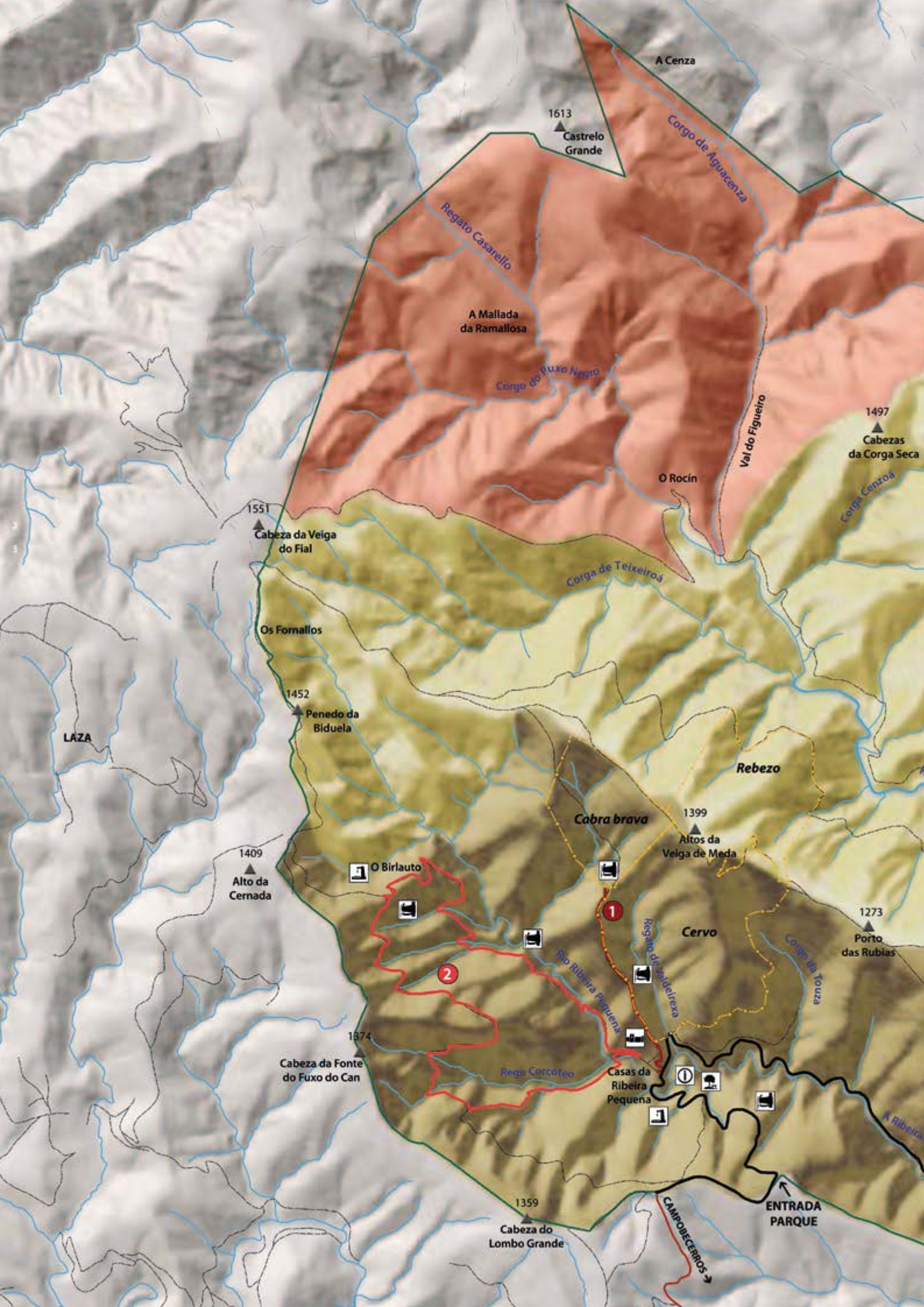
CASA DA VIÚVA

Beato Sebastián de Aparicio, 40. 32540 A Gudiña
T. 988 594 003 • 696 820 722

CASA DA CULTURA

Ferradal s/n. 32550 Viana do Bolo
T. 988 329 168 • 638 847 602










-  Información / Información
-  Aula da Natureza / Aula de la Naturaleza
-  Vistas panorámicas / Vistas panorámicas
-  Fonte / Fuente
-  Área recreativa / Área recreativa
-  Encoro / Embalse
-  Patrimonio cultural / Patrimonio cultural

-  Límite Parque Natural
-  Pista principal
-  Cercados
-  Estradas / Carreteras

Rutas Parque Natural do Invernadeiro

-  1 Ruta do Valdeirexa ou dos Cercados
-  2 Ruta da Aceveda
-  3 Ruta das Troitas
-  4 Ruta da Auga
-  5 Ruta da Corga ou do Depósito
-  6 Ruta da Ortiga

-  RESERVA INTEGRAL
-  PROTECCIÓN ESPECIAL
-  USO PÚBLICO RESTRINXIDO



Tourist packages



Welcome to the authenticity of O Invernadeiro

Sherpa Project, a specialist tourism consultancy, has chosen some of the best experiences to make your journey unforgettable. **Through Viajes Tambre - Aventuras en Galicia**, you can book the programmes we offer.

Make yourself the focal point of your tourism experience or look for more information on other tourism services in contact with nature on the Turismo de Galicia web site.

General conditions for tourist packages:

- * The prices indicated are per person in a double room with dinner and breakfast and VAT is included in all services.
- * Offer subject to availability and the season of the year.
- * Some activities might require a minimum number of participants.

Further information and bookings:

info@aventurasengalicia.com · T. 981 561 785

2-DAY PROGRAMMES IN O INVERNADEIRO

Interpretive bike trail



Leisure bike route.
Overnight stay in Hacienda Airabella.

An active experience to learn about O Invernadeiro's natural resources.

On this bike route we will make a number of stops to observe the fauna and listen to information about the Park's basic features provided by guides from Bilurico. Visitors can also walk along the Ruta das Troitas trail, a short riverside trail which leads to the building that houses the trout laboratory, where we can see the inventions placed in the river for trout spawning.

In Hacienda Airabella, an old farm house with the air of a rectory, we can unwind and enjoy the tranquillity of the village of Seoane de Abaixo.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + INTERPRETIVE BIKE ROUTE .

Price from 60€/person.

Check tourist package terms and conditions.



2-DAY PROGRAMMES IN O INVERNADÉIRO

A visit to Galicia's Central Massif by MTB



Mountain bike route.
Overnight stay in Hotel-Spa Vilavella.

A bike route combined with a spa treatment

Begin the day by following one of the routes nearest the Park recommended by Portas de Galicia MTB Centre. You can go from Vilavella to Vilariño de Conso, then cycle to the village of Edrada and enjoy the views across O Invernadeiro. At the Reception Points in A Gudiña and Viana do Bolo, you can rent the equipment necessary, as well as use the changing room and shower facilities free of charge. When you have finished the route, nothing is better than

unwinding in the Hotel Vilavella's spa to regain your strength and end the day by trying some of the local food; we highly recommend the beef from the local "frieirasa" breed, very popular in the area.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + MTB ROUTE + SPA.

Price from 105€/person.

Check tourist package terms and conditions.



2-DAY PROGRAMMES IN O INVERNADEIRO

Photography expedition



Nature photography course.
Overnight stay in Hotel-Spa Vilavella.

Wouldn't you like to take home the best memories of the time you spent surrounded by nature?

O Invernadeiro hides photographic treasures just waiting to be discovered.

Come and capture incredible images while learning to perfect your photographic skills and techniques, whatever your level.

A thematic photography expedition which will take you to places of immense natural and photographic value, allowing

you to get the best out of your camera.

You will be able to learn and practise different photographic techniques in the company of a professional photographer. It is necessary to bring your own photographic equipment.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + CURSO FOTOGRÁFICO + ACCESO SPA.

Price from 140€/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 O Invernadeiro Natural Park.

Fauna and flora

Do not miss the opportunity to visit one of Galicia's fauna sanctuaries and one of its most important botanic reserves.



Ribeira Grande river

Choose the Senda da Agua or As Troitas routes to discover the Ribeira Grande river's spectacular fluvial ecosystem.



Nature classroom

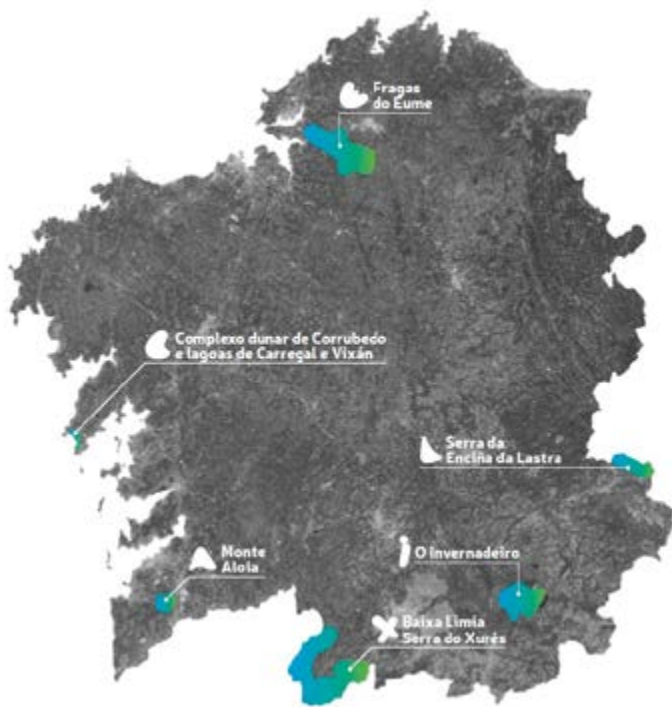
If you are a nature lover, you cannot miss out on a visit to the Park's nature classroom with its permanent exhibition space.



Papelera Española canteen

Reconverted into a small museum which commemorates the time when more than 400 local inhabitants worked in the paper industry.





Obtain the Natural Parks of Galicia passport

Find out about the advantages it offers and follow us at: **#GaliciaNaturaleÚnica**



Parques Naturais de Galicia | Serra da Enciña da Lastra

The holm oak, a tree typical of Mediterranean climates, and its 25 different species of orchid have made this Park exceptional within the Galician landscape. It is well known to speleology lovers, given the number of caves known here as 'palas'.



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 | 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.

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.

Free apps:



Sendegal
Parques naturais
Birding galicia

EMERGENCY SERVICES

Emergencies 112
Seprona 062
Forest fires 085



www.turismo.gal



EUROPEAN REGIONAL
DEVELOPMENT FUND
"A way to build Europe"



Parques
Naturais de Galicia

galicia
the best way



**XUNTA
DE GALICIA**



Aloxamentos · Alojamentos · Accommodation



ALBERGUE TURÍSTICO · TOURIST HOSTEL

FUNDACIÓN CIPRI GÓMES ★★★
Nicolás Tenorio, 32, Viana do Bolo (Santa María), 32550, Viana do Bolo
T. 988 329 283
correo@fundacionciprigomes.com



APARTAMENTOS · APARTMENTS

O BOLAÑO 🐾
Venta do Bolaño, 32557, Vilariño de Conso
T. 988 421 005
apartamentosruralesobolano@gmail.com



HOTEIS · HOTELES · HOTELS

O RETORNO ★
Mazairas, 2, Viana do Bolo (Santa María), 32550, Viana do Bolo
T. 988 340 415
T. 616 422 862

VILA DE VIANA ★
Praza Maior, 12, Viana do Bolo (Santa María), 32550, Viana do Bolo
T. 988 329 205
T. 638 715 253
viladeviana@gmail.com
www.hotelviladeviana.com

MIRADOR DA RIBEIRA ★
Santo Cristo, 12, Viana do Bolo (Santa María), 32550, Viana do Bolo
T. 619 562 125
miradordaribeira@gmail.com

BRUMA II ★★
Beato Sebastián Aparicio, 8, 32540, A Gudiña
T. 988 421 121
info@hotelbruma.es
www.hotelbruma.es

HACIENDA AIRABELLA ★
Caldesiños (Santa Cristina), 56-58, Seoane de Abaixo, 32554, Viana do Bolo
T. 659 524 133
info@haciendaairabella.es
www.haciendaairabella.es

SPA VILAVELLA ★★★★★
A Vilavella (Santa María da Cabeza), s/n, 32549, A Mezquita
T. 988 425 674
comercial@hotelspavilavella.com
www.hotelspavilavella.es

PORTA GALEGA ★
N-525, Km 118,5, A Vilavella (Santa María da Cabeza), 32549, A Mezquita
T. 988 525 593

MESON DE EROSA ★
A-53 salida 132, Pentas (San Mamede), 32540, A Gudiña
T. 988 421 309
meson_erosa@yahoo.es
www.mesonerosa.es

SUIZO-2 ★
N-525, km.132, A Gudiña (San Martiño e San Pedro), 32540, A Gudiña
T. 988 421 066

EL RELOJERO ★
Ctra. 524 Km 443, A Gudiña (San Martiño e San Pedro), 32540, A Gudiña
T. 988 421 139
hotelrelojero@gmail.com



PENSIÓNS · PENSIONES · PENSIONS

O CARRIZO ★
O Pereiro, s/n, O Pereiro (San Pedro), 32548, A Mezquita
T. 988 425 591
sol_rima@hotmail.es
www.restauranteocarrizo.es

O CAZADOR ★
N-525, Km. 123, O Pereiro (San Pedro), 32549, A Mezquita
T. 988 425 596
restaurantecazadorjm@hotmail.com
www.restaurantepensioncazador.com

AUGAS MANSAS ★
Estda. A Gudiña-Viana do Bolo, 15, Bembibre (Santo André), 32550, Viana do Bolo
T. 988 340 268

DON PEPE 2 ★
N-525, Km.425, 32549, A Mezquita
T. 988 425 597

LA MADRILEÑA
Beato Sebastián Aparicio, 146, A Gudiña (San Martiño e San Pedro), 32540, A Gudiña
T. 988 421 030

OSCAR
N-525, Km. 131, A Gudiña (San Martiño e San Pedro), 32540, A Gudiña
T. 988 421 014

O MARCO LONGO ★★★
A Faceira, s/n, 32557, Vilariño de Conso
T. 988 329 200
manuboteiro@hotmail.com
www.omarcolongo.com



TURISMO RURAL · RURAL TOURISM

A NOSA CASA ★★
Libertade, 2, 32550, Viana do Bolo
T. 988 329 317
anosacasaviana@gmail.com



VIVENDAS TURÍSTICAS · VIVIENDAS TURÍSTICAS · TOURIST HOUSING

CASA QUINA G. B
San Martiño, s/n, A Mezquita (San Martiño), 32549, A Mezquita
T. 988 423 534

A PARADA
Cemiterio, s/n, Punxeiro (San Marcos), 32550, Viana do Bolo
T. 676 014 733

CASA DO LAGO
Maior, 36, 32540, A Gudiña
T. 609 300 318
dlagocabo@gmail.com





Restaurantes · Restaurants



RESTAURANTES · RESTAURANTS

CHURRASCO DE ORO 4ª Cat. †

N-525, A Gudiña (San Martiño e San Pedro), 32540, A Gudiña
T. 988 421 129

SUIZO-2 4ª Cat. †

N-525, s/n, A Gudiña (San Martiño e San Pedro), 32540, A Gudiña,
T. 988 421 066

O CARRIZO 4ª Cat. †

O Pereiro, s/n, O Pereiro (San Pedro),
32548, A Mezquita
T. 988 425 591
sol_rima@hotmail.com
www.restauranteocarrizo.com

O CAZADOR 4ª Cat. †

N-525, Km. 123, O Pereiro (San Pedro),
32549, A Mezquita
T. 988 425 596
restaurantecazadorjm@hotmail.com
www.restaurantepensioncazador.com

AUGAS MANSAS 4ª Cat. †

As Telleiras, 2, Viana do Bolo (Santa María), 32550, Viana do Bolo
T. 629 294 197

OSCAR 3ª Cat. ††

N-525, nº130, A Gudiña (San Martiño e San Pedro), 32540, A Gudiña
T. 988 421 014

RELOJERO 3ª Cat. ††

N-525, Km. 443, s/n, A Gudiña (San Martiño e San Pedro), 32540,
A Gudiña
T. 988 594 033
hotelrelojero@gmail.com

DON PEPE 2 3ª Cat. ††

N-525, Km. 425, O Pereiro (San Pedro),
32548, A Mezquita
T. 988 425 597

PORTA GALEGA 3ª Cat. ††

N-525, Km. 118, A Vilavella (Santa María da Cabeza), 32549,
A Mezquita
T. 988 425 593
www.portagalega.es

BRUMA II 3ª Cat. ††

Beato Sebastián Aparicio, 8, Pentes (San Mamede), 32540, A Gudiña
T. 988 421 121
info@hotelbruma.es
www.hotelbruma.es

ESTACIÓN 4ª Cat. †

Estación Renfe, s/n, A Mezquita (San Martiño), 32590, A Mezquita
T. 608 012 739

STOP 4ª Cat. †

Estrda. San Agustín, 2, 32550,
Viana do Bolo
T. 630 763 687

O MARCO LONGO 4ª Cat. †

A Faceira, s/n, 32557, Vilariño de Conso
T. 988 329 200
www.omarcolongo.com

MESÓN DE EROSA 3ª Cat. ††

A-53, Salida 132, Pentes (San Mamede), 32540, A Gudiña
T. 988 421 309
meson_erosa@yahoo.es
www.mesonerosa.es

A NOSA CASA 4ª Cat. †

Libertade, 2, 32550, Viana do Bolo
T. 988 329 317
anosacasaviana@gmail.com



Turismo de Galicia

www.turismo.gal



Parques Naturais de Galicia | O Invernadeiro