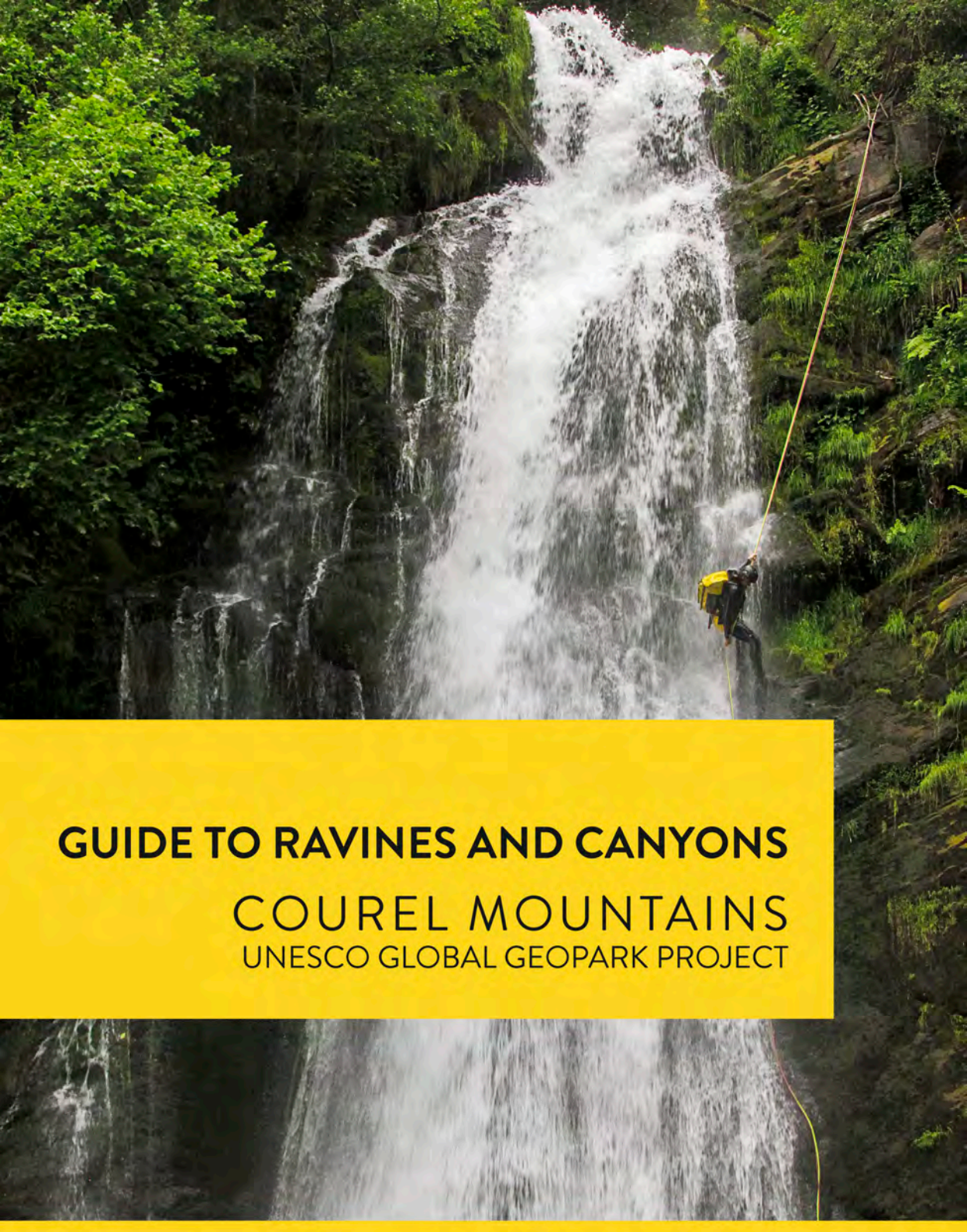

GUIDE TO RAVINES AND CANYONS

COUREL MOUNTAINS

UNESCO GLOBAL GEOPARK PROJECT

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UNIÓN EUROPEA
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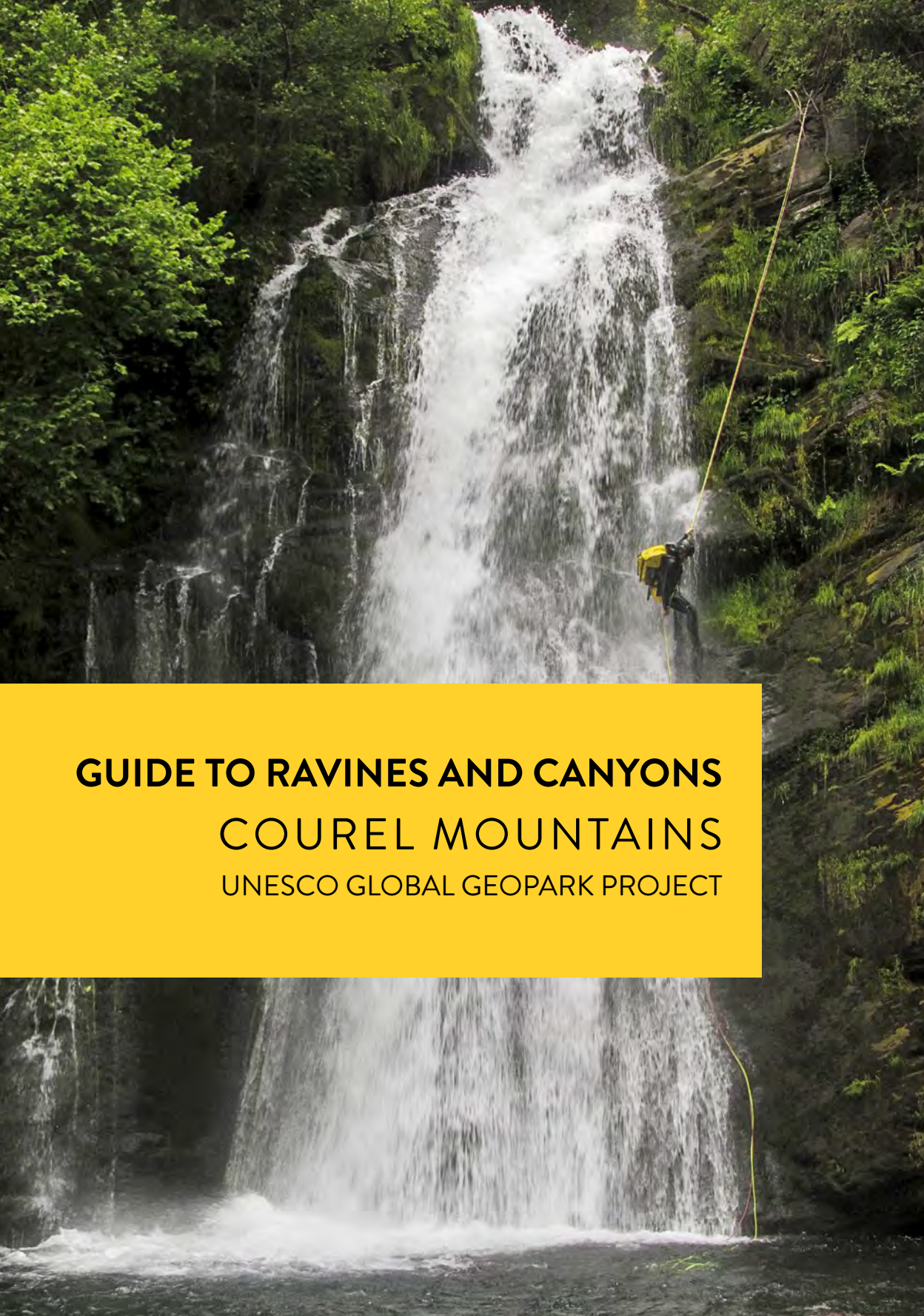
AXENCIA GALEGA DE DESENVOLVEMENTO RURAL
Montañas de Courel
Proyecto Geoparque Mundial de la UNESCO
galicia



GUIDE TO RAVINES AND CANYONS

COUREL MOUNTAINS

UNESCO GLOBAL GEOPARK PROJECT

Promoted by:
Asociación Montañas do Courel

Coordination:
Martín Alemparte Vidal
Ramón Vila Anca

Geological introduction:
Irene De Felipe
Daniel Ballesteros

Reviews and plans:
Carlos Ares Vázquez
Ubaldo Vila Anca
Manuel Fernández Ferrín
Ramón Vila Anca
Ricard Redondas

Photography:
Ramón Vila Anca
Carlos Ares Vázquez
Inma Pumariño

Maps:
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Orthophotos:
PNOA assigned by © Instituto Geográfico Nacional
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Design and layout:
Puertas Afuera Comunicación Medioambiental y Cultural, S.L.

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PREFACE

This guide to ravines and canyons of the territory of the Courel Mountains UNESCO Global Geopark Project would not be possible without the altruistic work done over many years by countless people and groups.

Since 1990, explorations and openings have been carried out in the ravines and canyons of the Courel Mountains; in the 1990s, several rivers and ravines were descended for the first time: the river Ferreiriño, the Eiriz ravine, the Cavorco do Inferno de Vidallón ravine, the Aceval stream in Ferramulín, the Fiais ravine, the river Vilarmel and the river Selmo, between A Seara and Ferramulín.

Although this activity never stopped, it received an impressive boost with the opening of new itineraries since 2014; from this last period are all the priceless routes around the river Carballido in Folgoso: Upper and Middle Carballido, Coiteladas, Fieiteiras and Rego do Val. Also from the last few years are the Seceda sector routes: Forgas do Fial, Veiga Darca ravine (River Porredo) and Regueiro Seco de Campodola.

It is impossible to name all the people who collaborated in any way in the great adventure of the ravines of the Courel Mountains, but it would be unfair not to try.

We would like to acknowledge the work of: Carlos Ares, E.C. Rei Cintolo from Mondoñedo, GES Irmandiños from Castro Riberas de Lea, G.E. Arcoia de Quiroga, G.E.S.C. Montañeiros Celtas de Vigo, Galician Federation of Speleology, Formigueiros de Quiroga Mountain Club, Antonio Ferreiro Vidal, Ubaldo Vila Anca, Manuel Fernández Ferrin, Orlando Gregorio Álvarez Álvarez, Guillermo Díaz Aira, Ramón Vila Anca and, above all, José Fernández Ferrín, who left us years ago but is still present on this trip.

We would also like to express our gratitude for the support provided over time by the municipalities of Folgoso do Courel, Quiroga and Ribas de Sil, now united with the common goal of revitalising this region by promoting the exciting Courel Mountains UNESCO Global Geopark Project.

Canyoning through ravines and canyons in the Courel Mountains is, like speleology, an activity with strong roots among several generations of athletes and researchers who visit the area for this purpose for many years. The association that promotes the Courel Mountains UNESCO Global Geopark initiative strongly bet on a concept of development based on the resources offered by the characteristic geology of the area; a proof of this is the opening of the Covas de Meiraos Interpretation Centre and the edition of this guide of the ravines and canyons of the Courel Mountains that you have in your hands.

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1. INTRODUCTION

The Courel Mountains are located in the southeast of the Province of Lugo and comprise the municipalities of Ribas de Sil, Quiroga and Folgoso do Courel, with a total area of 578 km^2. This territory presents an exceptional geological heritage with a great variety of rocks, geological structures and Paleozoic and Quaternary fossils, as well as fluvial, glacial and karstic landscapes.

Among the rich geological heritage, the recumbent folding of the Courel Mountains stands out and was catalogued as a point of international geological interest in 1983 and as a Natural Monument of Galicia in 2011, between the villages of Campodola and Leixazós. The natural resources of this region have made it object of interest since Prehistory, with the use of stone for the construction of forts and bridges during the Iron Age and the Roman Empire, and gold, antimony and iron mining. The latter constitutes the base of a prosperous traditional ferrous metallurgy, developed in blacksmiths and forges, where iron was modelled using the strength of the rivers of the Courel Mountains.

Nowadays, the extraction of high quality slates that are exported to much of Europe to build roofs and covers continues to be active. This activity constitutes one of the economic engines of the region.

Ravine of the river Ferreiriño, perpendicular to the axis of the recumbent folding of O Courel. The erosion made by this river allows us to observe this large geological structure, which is the symbol of the Courel Mountains.

The Courel Mountains are also characterised by a unique and abrupt relief, with more than 150 km of ravines and canyons originated by the river Sil and its tributaries during the Cenozoic, the last era of the history of Earth, which started 66 million years ago. The river Sil, one of the most important rivers in northwest Spain, crosses the Courel Mountains from east to west, generating a valley, about 30 km long, that constitutes the main communication channel of the region for wildlife and human beings, probably since Prehistory.

Meander of A Cubela in the canyon of the river Sil, in the SW of the Courel Mountains. Its steep hillsides of 400 m of slopes testify the deep entrenchment of the river during the Cenozoic.

The river Sil developed pronounced curves, called meanders, which have been changing their layout progressively during the last millions of years. In the western part, this river formed a canyon that reaches a depth of 800 m and can be visited in A Cubela or on the route that leads to this village from Castro de Abaixo (Ribas de Sil). This canyon was originated by the entrenchment of the river Sil in a terrain that was rising at an estimated speed of less than one millimetre per year.

However, the tributaries of the river Sil, the rivers Lor, Quiroga, Soldón and Selmo, have a much more rectilinear course with frequent deep and narrow ravines, although they also present some meanders. These rivers have strong slopes with abundant waterfalls, and among them a good number of saults or "fervenzas" stand out, some of them more than 30 m high. To these waterfalls, we have to add those of the small streams visible from the roads of the Courel Mountains, which feed the tributaries of the river Sil.

The current relief, resulting from the entrenchment of these rivers, makes the Courel Mountains a privileged place for the practice of canyoning. This sport can be practiced in the Courel Mountains UNESCO Global Geopark Project along 20 km of rivers, with a total cumulative slope of 2.8 km. Altogether, 15 canyons have been prepared for canyoning, which include almost 100 rappels to descend waterfalls up to 40 m high. For all these reasons, the Courel Mountains constitute a benchmark in the practice of this sport since the 90s in northwest Spain.

2. BILLION-YEAR-OLD ROCKS IN OUR RAVINES

The Courel Mountains were formed by Precambrian and Palaeozoic rocks, with ages between 600 and 300 million years. The different types of rocks, their distribution in time and the rocks on which our ravines are modelled are shown in the stratigraphic column. The oldest rocks are found in the northern part of the territory, while the younger materials are in the central-southern part, as seen in the geological map.

The oldest rocks that appear in the Courel Mountains are more than 540 million years old and were formed during the Precambrian (Neoproterozoic). The main rocks of this period are slates and schists that appear in the north of the region.

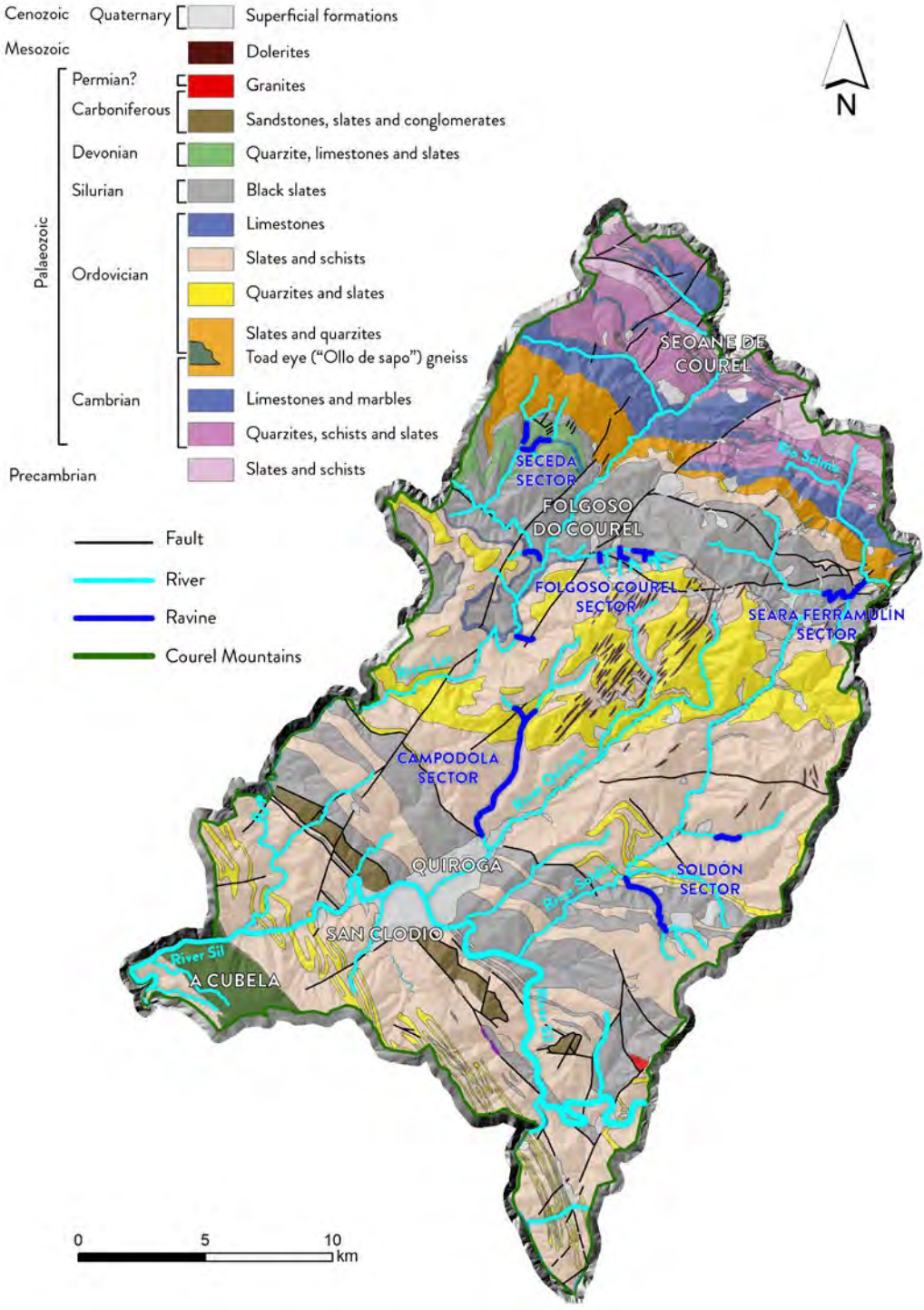
In the Cambrian, the first Palaeozoic period, there was the great explosion of life in a shallow and warm sea where an important succession of sands, clays and carbonates was deposited and later became metamorphic rocks (quartzites, schists, slates and marbles) and that also appear exclusively in the northern part of the territory. Among these rocks, the limestones with archaeocyatha fossils stand out. Archaeocyatha were organisms similar to the current sponges.

In the Lower Ordovician, an important magmatic activity took place and generated igneous rocks that were subsequently affected by metamorphism, becoming very particular rocks, "toad's-eye" gneisses ("Ollo de Sapo"). During the rest of the Ordovician, large-scale successions of quartz-rich sands were deposited, which later resulted in quartzites and also series of slates and schists. Towards the end of the Ordovician, round intrusions of reef limestones were formed. The Ordovician rocks surface occupying a large part of the central and southern area of the territory. Most fossils of the Courel Mountains, such as trilobites, crinoids and brachiopods, are embedded in these rocks.

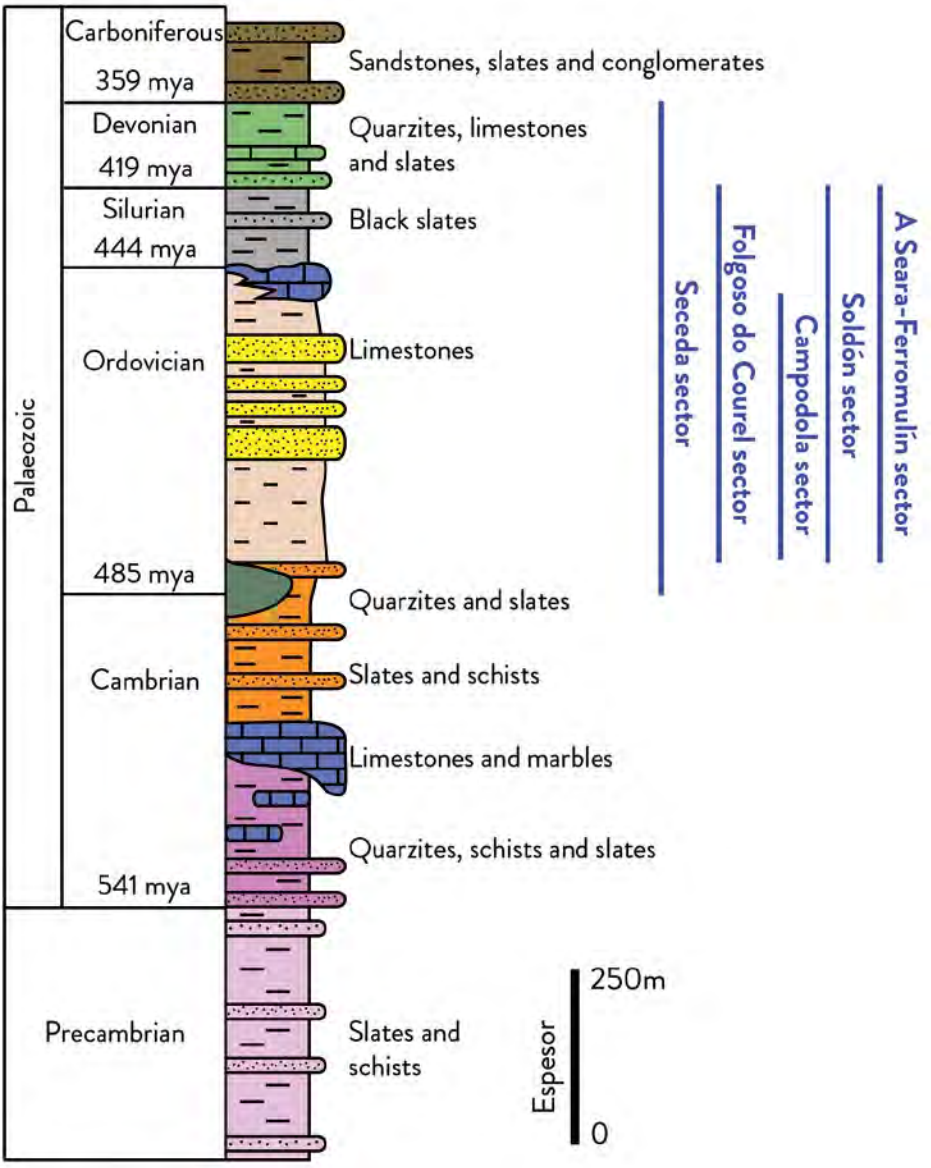
During the Silurian, the sea increased its depth and in the seabed the shortage of oxygen favoured the preservation of the organic matter deposited. In this way, the Black Silurian slates, which now surface mainly in the central part of the Courel and in the surroundings of Quiroga, were created. Many times, these slates are called ampelite because of their satin appearance, and in them it is easy to find fossils of graptolites. Interspersed in these black slates there are layers of schists and quartzites.

At the end of the Devonian, the continental drift was progressively closing the deep oceans, and quartzites, limestones and slates were the last materials deposited in a marine environment. These rocks appear only in the northwest of the geological map, in the vicinity of Seceda. Siluric and Devonian rocks contain microscopic fossils, conodonts, and crinoid fossils, visible to the naked eye.

Already in the Carboniferous, the first rocks formed in a continental environment appeared: sandstones, slates and conglomerates. In the southeast of the Courel Mountains, igneous rocks such as granites emerge sporadically as a result of the rise of magmas at the end of the Carboniferous or the Early Permian.



Simplified geological map of the Courel Mountains showing the ravines equipped for the practice of canyoning.



Simplified stratigraphic column of the rocks of the Courel Mountains. To the right of the column it is shown in which rocks the ravines develop by sectors. These rocks are usually slates, quartzites and schists from the Ordovician and the Silurian.

During the Carboniferous, there was a collision of tectonic plates that generated a unique supercontinent called "Pangea". The great tectonic forces generated during this collision compressed and deformed the rocks present in our territory, forming the large folds that are currently visible. Among these geological structures is the Campodola-Leixazós fold, a large syncline lying to the north with flanks up to 12 km long.

About 70 million years ago a new collision of tectonic plates began. On this occasion, the Iberian plate was pushed by the African plate towards the north until hitting the European plate, leading to the uplift of the alpine mountain ranges in the Cenozoic (Pyrenees, Cantabrian Mountains and Courel Mountains). As a result of this collision, the current relief of the Iberian Peninsula arose. As the relief formed, the current rivers were modelled and quickly dug their beds, forming the ravines, gorges and canyons of the Courel Mountains.

This important fluvial activity gave rise to deposits comprised by boulders, sands and clays from the erosion of the river Sil basin, which can be found up to more than 100 m of unevenness on the bottom of the valley.

In some of these deposits the Romans found gold, which is known as secondary deposits of gold, located in the rivers Sil, Lor and Soldón.

Quartzites, schists and slates boulders of the river Ferreiriño, with subangular morphologies that show the short transport suffered by these sediments. The presence of very variable sediment sizes is also related to the type of watercourses, with a certain torrential component.

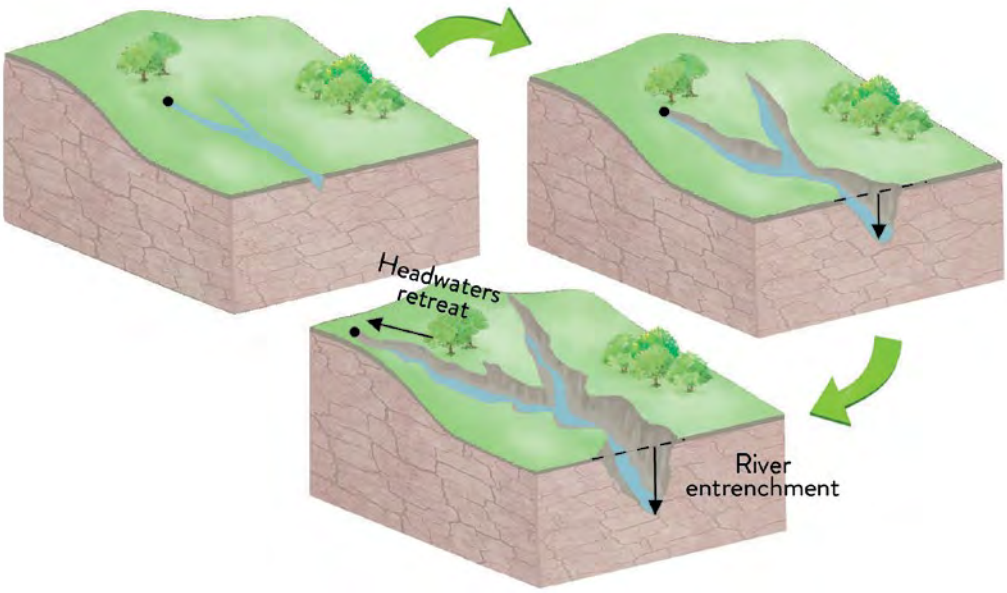
3. RAVINES AND WATERFALLS: HOW ARE THEY FORMED?

A ravine is a deep and narrow valley with a V-shaped cross section, with steep slopes, many times vertical, which results from the entrenchment of a river in the terrain. The ravines of the Courel Mountains are between 200 m and 7 km in length, up to 200 m in depth and between 70 and 600 m in slope. Through these ravines perennial streams with a flow of approximately 10 l/s circulate.

During periods of heavy rains or ice thawing, the flow can increase by 10 or even 100 times, overflowing and causing flooding in the nearest towns. During these periods, the high energy of the river allows to transport large amounts of sediment of a large size, such as blocks of metric dimensions. This transport is short and produces a slight erosion of the boulders and blocks present in the ravines, so these do not have time to be completely rounded. They thus present angled edges typical of rocks of mountain rivers.

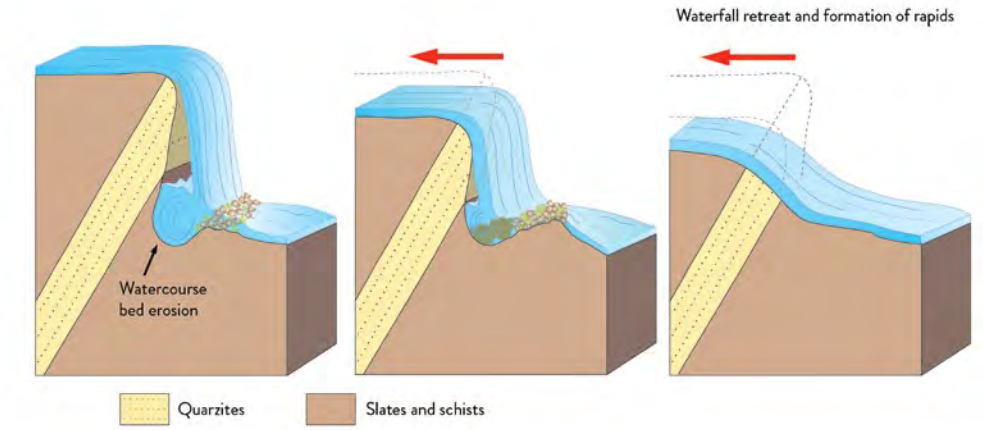
Large blocks of limestones and marbles formed by the entrenchment of the river are detached from the steep slopes of the river Visuña banks.

A ravine is a dynamic system that progresses through two fundamental processes, as shown in the 3D model. The first of these is the entrenchment of the river due to the effect of the stream eroding downward into its bed; this erosion is called fluvial incision. The second process is the backward movement of the head of the ravine upstream. This process is known as receding erosion and favours the expansion of the river Sil basin.



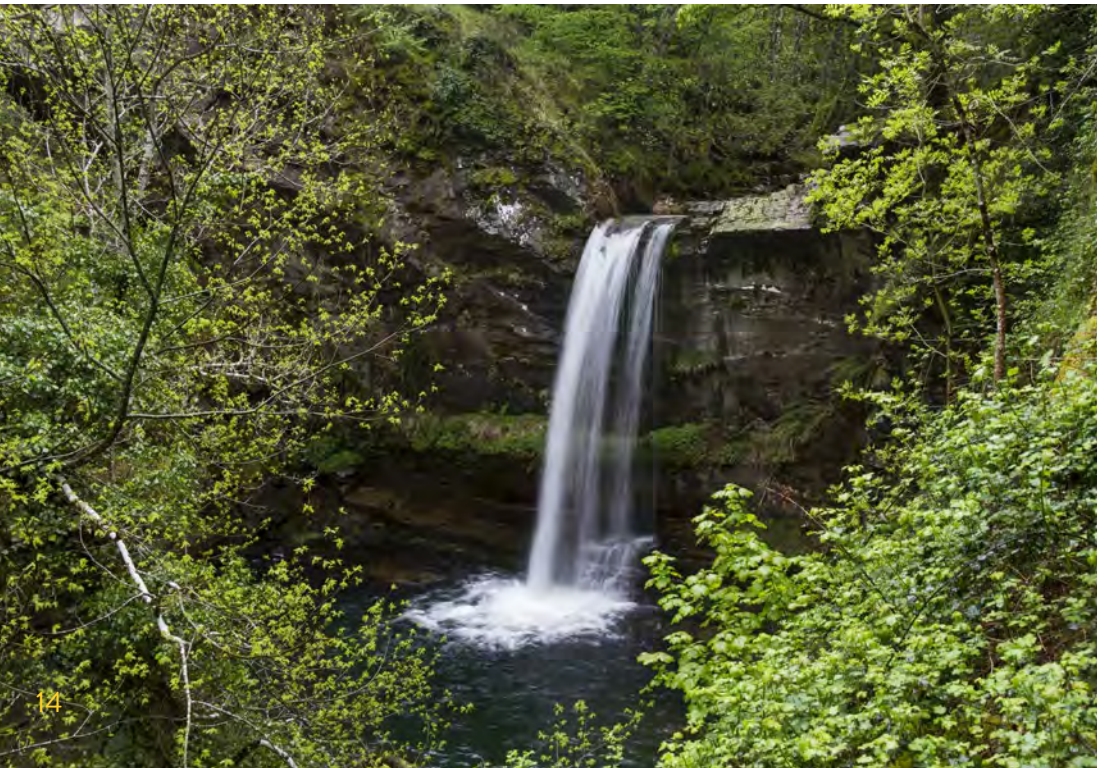
Formation of a ravine by fluvial incision and retreat of the headwaters in the upper part of the river, which causes the expansion of its basin.

In the layout of a ravine, the stream often experiences a rapid fall, which is known as a waterfall. Waterfalls are common along the rivers of the central and northern part of the Courel Mountains. Waterfalls are modelled mainly by the presence of rocks with different resistance to the erosion exerted by the rivers. Quartzites are relatively hard rocks to erode by water, while slates and schists are less resistant rocks and therefore easier to erode. In this way, quartzites tend to originate protruding reliefs while other rocks (slates and schists) constitute the areas of lower relief. The upper part of a waterfall frequently corresponds to layers of quartzite inclined by tectonic processes that occurred millions of years ago. At the foot of a waterfall the water falls with force, eroding its base, usually formed by a rock that is not very resistant. This erosion generates a scour at the base of the cascade, favouring the development of a natural pool or "badina", sometimes with whirlpools. In these pools, canyoners usually make their famous jumps from several metres high. However, they usually accumulate trees and blocks, so these pools can be dangerous. Over time, the head of the waterfall erodes and collapses, so gradually, the waterfall recedes until the original drop disappears and water rapids are formed.



Evolution of a typical waterfall in the Courel Mountains. The most resistant rocks, quartzites, form a ledge in the upper part of the waterfall, while the less resistant rocks, slates and schists, suffer greater erosion at the foot of the waterfall. The waterfall progressively loses height due to the erosion of the bed and the collapse of the ledge until it becomes a zone of water rapids.

O Pombar waterfall (River Quiroga, 20 m high).
The presence of a quartzite layer, which is more resistant to the river erosion than the slates and schists of the surroundings, originated the waterfall.



Large blocks of limestones and marbles formed by the entrenchment of the river are detached from the steep slopes of the river Visuña banks

Cascade of Regueiro Seco in Campodola. The erosive action of the river causes the retreat of this space entrenched in the Ordovician slates and quartzites.

Natural pool or "badina" in the ravine of the river Selmo between Vieiros and Ferramulín. This pool has large blocks that in the past probably used to be part of a waterfall, but it has already been eroded by the river.

4. GEOLOGICAL CANYONING IN THE COUREL MOUNTAINS

In the Courel Mountains there are five sectors for the practice of canyoning, called Seceda, Folgoso do Courel, A Seara-Ferramulín, Campodola and Soldón.

Seceda sector

Half a kilometre from Seceda (in the northwest of the Courel Mountains) is the Forgas do Fial ravine. It is a ravine entrenched in quartzites, limestones and Ordovician, Silurian and Devonian slates. Along this ravine it is possible to observe tuffs formed by calcite precipitation on the rocky walls, some of red colour due to the presence of iron and other metals. The Forgas do Fial ravine has a length of 1.1 km and a slope of 120 m. It has a marked aquatic character in contrast to the verticality and scarcity of water of other ravines in this area. It consists of a first part dominated by ledges, slides and some small waterfalls prepared to descend with cord (rappels) of low technical difficulty. The second part implies a greater technical difficulty since it consists of rappels between 5 and 15 m.

In this same sector is the stream Veiga Darca, with a length of 1.3 km and a vertical slope of 260 m. The rocks on which this ravine is embedded are similar to those of the ravine of Forgas do Fial, although in the stream Veiga Darca the scarce limestones of the Devonian of the Courel Mountains surface.

Veiga Darca

Folgoso do Courel sector

The sector of Folgoso do Courel is located in the river Lor basin and it is the most popular due to the great variety of ravines and the presence of one of the ravines with the highest slope in Galicia. In this sector, Silurian and Ordovician quartzites, slates and schists appear. The headwaters of the ravines are formed in almost vertical levels of quartzites, of greater resistance to erosion than the slates and schists that emerge at the base of the waterfalls, generally undermined. This sector includes the main ravine of Carballido and the tributary canyons on its left bank that, from east to west, are: Coitelas, Fieiteiras and Rego do Val.

The Carballido ravine is divided into an upper and middle section, separated by the Coiteladas ravine as a tributary. The entire Carballido ravine, along with its tributaries, is excavated in Silurian quartzites, slates and schists. The upper Carballido ravine consists of a succession of rappels up to 22 m high and finishes with a 15-metre rappel that ends in the middle Carballido ravine. The Middle Carballido ravine is very different from the upper part, as it includes numerous ledges, slides and small rappels. Its only access is through the upper Carballido or Coiteladas ravines. The Coiteladas ravine comprises continuous downclimbings and rappels up to 23 m long. The Fieiteiras ravine has a perennial bed of cold water with short but intense rappels and downclimbings. After a narrow section, a series of rappels between 7 and 12 m long follow one another. Finally, the Rego do Val is one of the most continuous and vertical ravines in this area, formed in relatively shallow slaty schists and in quartzites that give rise to abrupt ledges. With high flow, it can be considered that its technical difficulty is high due to its 19 rappels up to 30 m high.

8 km from Folgoso do Courel is the Eiriz ravine (Carrozo da Freita), with a length of 900 m and a slope of 140 m. It is a short and simple ravine formed on Silurian slates that can be very slippery.

To the south of Folgoso do Courel and in the vicinity of Vidallón, Carrozo do Inferno was prepared for canyoning in 2017. It is a ravine 550 m long and 135 m high with six rappels between 8 and 15 m high. It is the only ravine in this sector that crosses both Ordovician and Silurian rocks.

Eiriz

A Seara-Ferramulín sector

The sector of A Seara-Ferramulín is located in the northeastern end of the territory and consists of two ravines.

The ravine of the river Selmo, with a route of 2.5 km, is developed in Silurian and Ordovician quartzites, slates and schists. A tributary of this river is the Rego Buzgalegos or Aceval, which forms a ravine less than 1 km long with a 70-metre slope. This ravine is formed by four rappels between 9 and 19 m high that run along a Silurian slate bed.

River Selmo

Campodola sector

The sector of Campodola is located in the well-known geological fold of Campodola-Leixazós, in the centre of the Courel Mountains. This impressive structure can be seen along the PR-192 approved route, where there is a viewpoint with an informative panel. In this sector, the river Ferreiriño, an affluent of the river Quiroga, and its tributary on the right bank, Regueiro Seco, offer a long and intense canyoning activity. It is formed by meanders embedded in Ordovician quartzites and slates whose first part consists of four waterfalls with abundant flow after rainy periods. The second part is formed by a succession of rapid and small jumps that represent a more advanced stage of fluvial erosion. The river Ferreiriño canyon has a length of between 5.9 and 7.4 km, depending on the village from which it starts, and a vertical slope of about 360 m. The rappeling of this ravine can be combined with the ravine of Regueiro Seco, although it would become a very hard activity due to the number of hours needed, since this ravine has a length of 710 m and a vertical slope of 250 m.

Regueiro Seco

Soldón sector

Far from the rest of the sectors is the sector of Soldón, in the southeast of the territory, which includes the ravines of Fiais and Vilarmel.

The Fiais ravine, tributary of the river Soldón, develops in Ordovician and Silurian slates and schists. It is formed by a succession of waterfalls up to 40 m high, some of them very entrenched. Finally, the Vilarmel ravine develops in Ordovician slates, quartzites and schists. It has a length of 1060 m and its slope reaches 183 m.

Vilarmel

River Selmo

SECTOR	REFERENCE NUMBER	NAME	NEAREST TOWN	PAGE	RATING	APPROXIMATE TOTAL TIME	NUMBER OF RAPPELS	LONGEST RAPPELS	VEHICLES	FIRST KNOWN DESCENT
SECEDA	1	Forgas do Fial	Seceda (0,5 km) Folgoso do Courel (16 km)	27	v3a3III	2h	13	15 m	1	2016 Antonio Ferreiro/Guillermo Mendoza
	2	Veiga Darca	Seceda (0,8 km) Folgoso do Courel (16 km)	33	v3a2II	3h	10	32 m	2	2016 Club de Montaña Formigueiros
	3	Carballido Superior	Folgoso do Courel (0,5 km)	43	v3a2III	1h 15’	11	22 m	1	2014 E.C. Rei Cintolo
	4	Carballido Medio	Folgoso do Courel (0,5 km)	49	v3a2II	2h	4	15 m	1	2014 E.C. Rei Cintolo
	5	Coiteladas	Folgoso do Courel (0,5 km)	55	v3a1III	2h	7	23 m	1	2014 E.C. Rei Cintolo
	6	Fieiteiras	Folgoso do Courel (0,5 km)	61	v2a1I	1h 30’	7	12 m	1	2014 E.C. Rei Cintolo
	7	Rego do Val	Folgoso do Courel (0,5 km)	67	v4a1II	2h 30’	18	30 m	2	2014 E.C. Rei Cintolo
	8	Eiriz	Eiriz (2 km) Baldomir (1,5 km)	74	v3a3I	1h	5	30 m	1	Early 90s G.E. Arcoia
	9	Inferno	Vidallón (2,7 km) Folgoso do Courel (7 km)	81	v3a1II	1h 30’	6	15 m	1	Early 90s G.E. Arcoia
A SEARA - FERRAMULÍN	10	Río Selmo	Vieiros-Ferramulín	89	v3a3II	3h	4	34 m	2	1992 G.E. Arcoia
	11	Aceval (Buzgalegos)	Ferramulín	95	v3a1II	45’	4	19 m	1	1992 G.E. Arcoia
CAMPODOLA	12	Regueiro Seco	Campodola (Quiroga, 11 km)	103	v3a1II	2h 30’	7	32 m	1-2	2016 Club de Montaña Formigueiros
	13	Ferreiriño	Campodola (Quiroga, 11 km)	109	v3a2III	5h 30’	9	14 m	2	1990 G.E. Arcoia
SOLDÓN	14	Vilarmel	Vilarmel Quiroga (18 km)	117	v3a2I	2 h	5	15 m	1	1994 Antonio Ferreiro
	15	Fiais	Fiais-Quiroga (26 km) Rugando-Quiroga (15 km)	123	v4a2III	6h	22	40 m	2	1994 Jose Riva/Antonio Ferreiro/ Pablo Rodríguez/Domingo González


Seceda sector
Folgoso do Courel sector
Campodola sector
A Seara - Ferramulín sector
Soldón sector
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
Noceda
Paderne
Meiraos
1453 m Poza Grande
Seoane
Esperante
Moreda
Seceda
Cortes
Sobredo
Ferreirós de Abaixo
1643 m Formigueiros
Visuña
Ferreirós de Arriba
O Carballal
Eiriz
Folgoso do Caurel
1616 m Piapaxaro
A Seara
Vieiros Ferramulín
1275 m Eira Grande
Vilamor
Santa Eufemia
Vilarbacú
Pacios da Serra
Froxán
Castro Portela
Leixazós
Campodola
Xestoso
Bustelo de Lor
Lamas de Lor
Vilar de Lor
Orxais
Soán
Parteme
Bustelo de Fisteus
1542 m Montouto
Fisteus
Paradapinol
Rugando
Vilarmel
A Ermida
Quiroga
O Hospital
Cereixido
Fiais
San Clodio
Paradaseca
Augasmestas
Nogueira
Os Novais
Bendollo
Torbeo
Bendilló
1246 m Lagoa Grande
Centeais
Figueiredo
Vilaster
Peites
Montefurado
A Enciñeira
O Cebreiro
Ponferrada
Ourense

River Selmo

5. SECEDA SECTOR

No. 1

FORGAS DO FIAL

No. 2

VEIGA DARCA

FORGAS DO FIAL

No. 1

No. 1 FORGAS DO FIAL

NEAREST TOWN Seceda (0,5 km), Folgoso do Courel (16 km)

DESCRIPTION

A very beautiful ravine, very surprising and at the same time aquatic, in contrast with the rest of the region, more vertical and with less water in general. Along its route there are striking ferruginous formations, frequent in the rivers of the Courel. And two mini gorges where getting wet is inevitable are crossed. Caution with the route if the flow is high.

Within a five minutes' walk, the riverbed forms a corridor in which the difficulties appear in the form of slides, protrusions and small rappels without much technical complication.

In some points of the route some beautiful stalactites and ferric columns are observed; also petrified plants. These are unique formations of the rivers of the Courel, which demand the greatest respect by everyone. After this first section of gorges, you will pass under a wooden bridge with a path to the right that facilitates a comfortable escape from the river. The abundant protrusions and slides that interrupt the descent are overcome with the help of cord depending on the water level, and where it is necessary, there is an installation or the option of equipping in a natural anchorage.

In the second section of the river, the most demanding parts appear on a technical level. It should be noted in this sense a protrusion not installed in which comes a stream of water on the right wall and a narrow area with limited visibility that can be a bit intimidating and that with high flow rates can generate water movements as the reception is slightly undermined in the left margin. Just after this area, there is a rappel of 11 m that can be done partially on a slide, jumping or using cord. It is evident that it will be necessary to check reception by choosing one of the first two options.

Throughout the route, a thick forest adorns the banks.

FORGAS DO FIAL

No. 1

ACCESS

Entrance: from the Seceda car park, take the path to the church and, before reaching it, follow the chariot path that first ascends and then descends to the river. Then take the second fork to the right and continue down this path for about 40 minutes until you reach an old bridge. Here begins the ravine.

Exit: the river exit is on the bridge that passes the road and takes back to Seceda in a few minutes.

NOTES

Extreme caution should be exercised if the river flow is abundant.

Respect to the extreme all the rock formations that you find during your descent.

DATA

GPS coordinates (WGS 84)	Entrance	646180 4721740
	Exit	646009 4720844

Slope	120 m
Entry altitude	900 m
Length	1,1 km

Descent schedule	2 h
Access schedule	40´
Departure schedule	10´

X-646.180, Y-4.721.740

X-646.009, Y-4.720.844

900m

120m

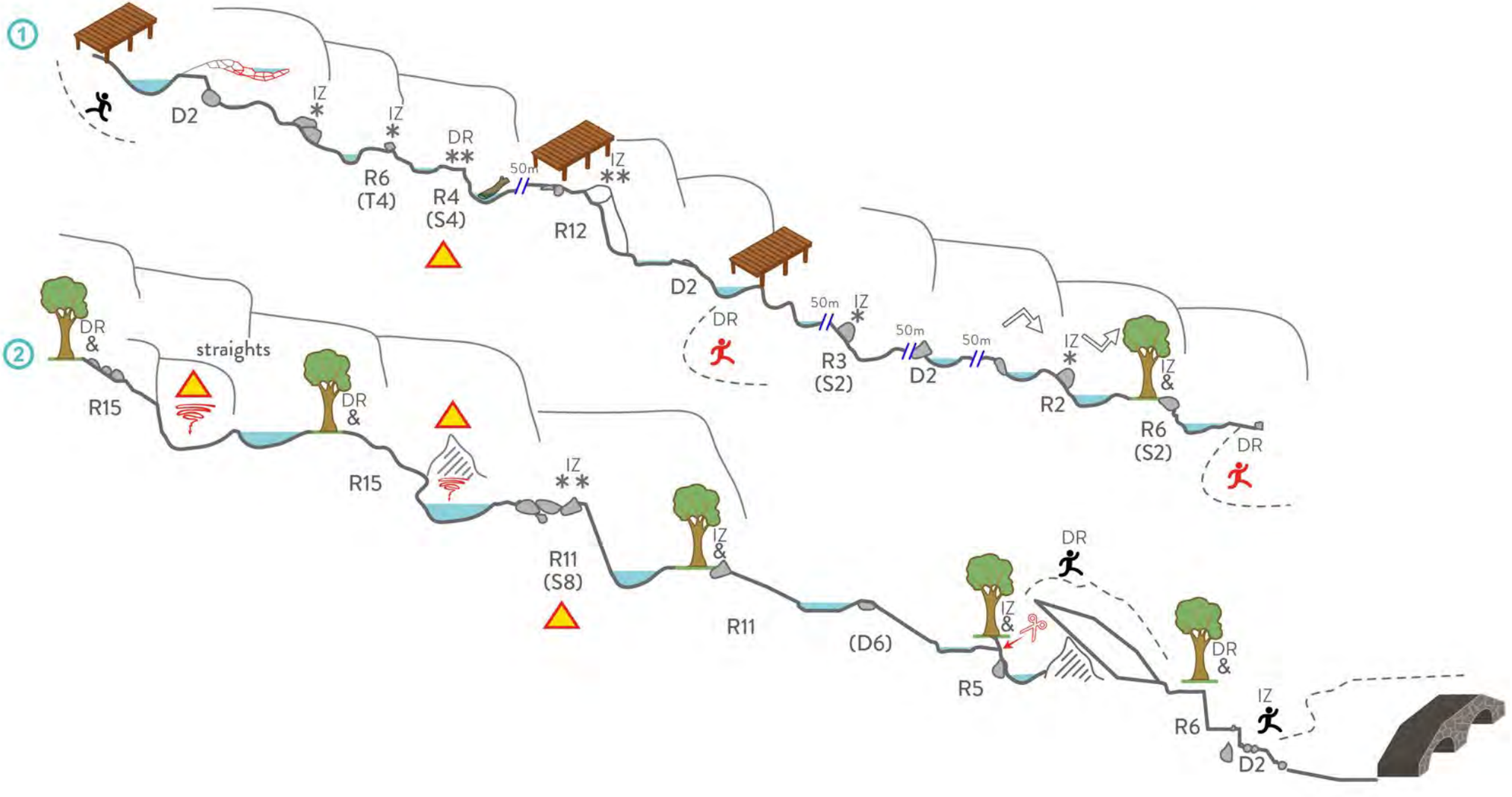
1,1 km

15 m

2 h

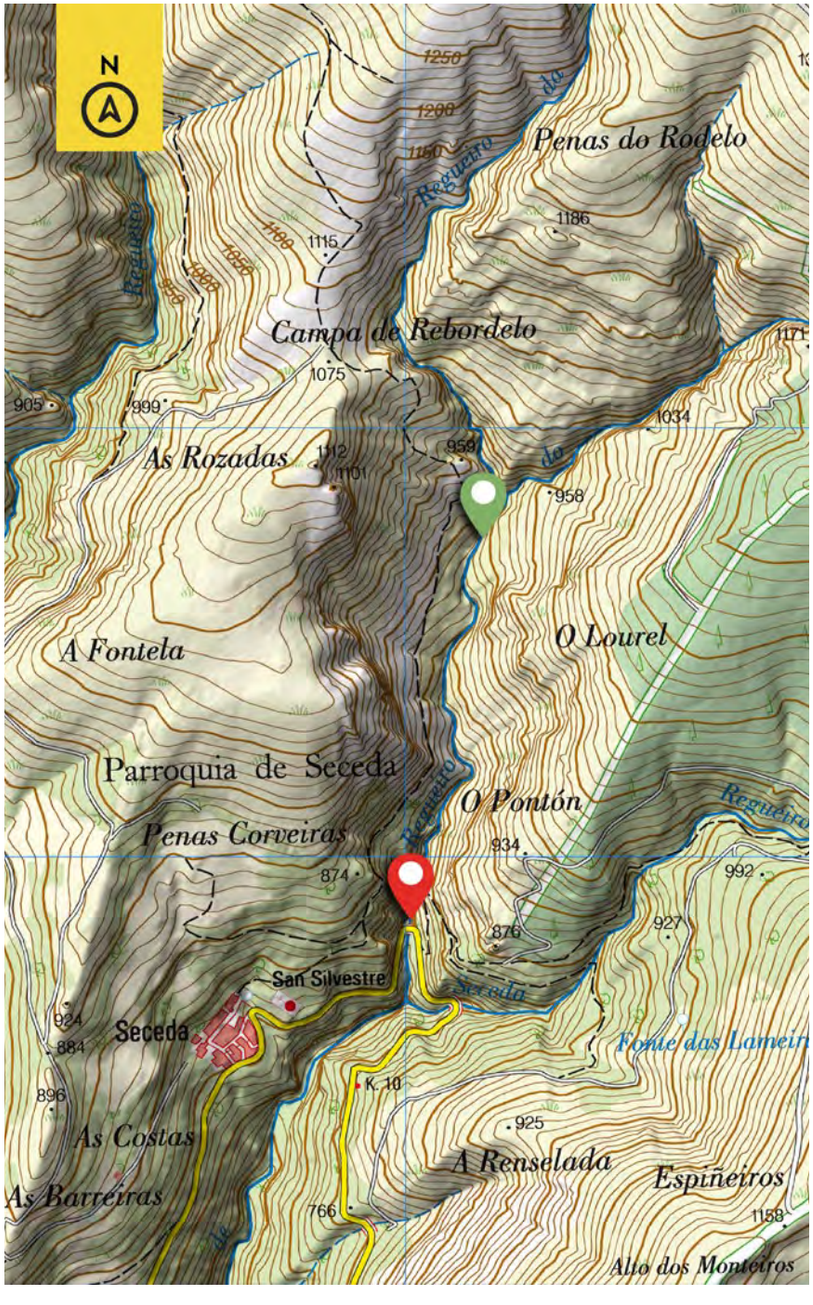
40´

10´



No. 1

FORGAS DO FIAL



VEIGA DARCA

No. 2

No. 2 VEIGA DARCA

NEAREST TOWN Seceda (0,8 km), Folgoso do Courel (16 km)

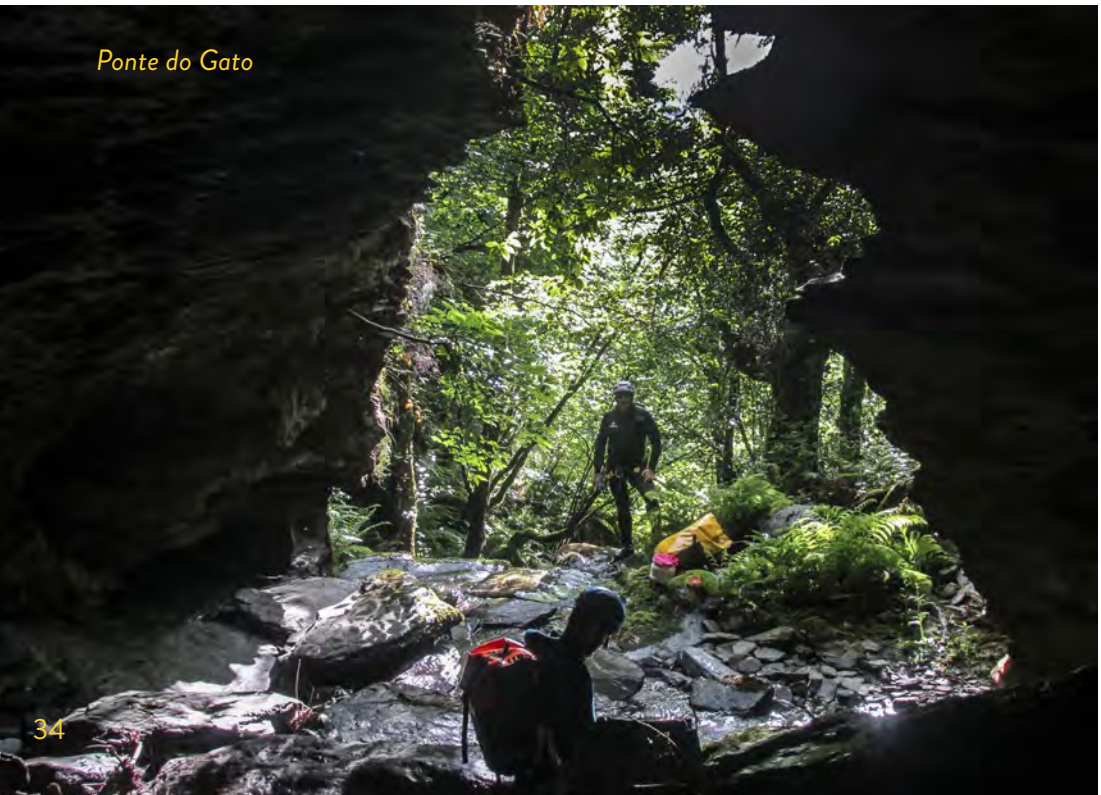
DESCRIPTION

Nature in its pure and wild state. Two points in this route have great interest, “Fervenza de Mouroás” and “Ponte do Gato”. Only from within its magnitude is appreciated. The first waterfall is shortly after entering the river, a rappel of about 9 m; from there, a section that should not be undertaken by the riverbed, but by the right bank of the river.

Then comes the second waterfall, about 26 m high, an avoidable section on the sides and, in about 15 minutes, the great waterfall of Mouroás. It is the highest of the route. From there you can escape by a path to the left that leads to the dirt track that leads to the beginning of the ravine.

Follow through continuous protrusions and rappels; it is advisable to belay the first when the flow is high. Then you get to Ponte do Gato, a spectacular place, and from there only a few protrusions and a rappel separate you from your car.

For this final section, between the waterfall of Mouroás and the end, it is advisable to use a cord of about 20 m that speeds up the descent of the rappels and protrusions. These are slippery, so you must pay attention to the flow. With this bass, you can downclimb almost all with due care.



Ponte do Gato

VEIGA DARCA

No. 2

ACCESOS

Entrance: to get to the Lugar de Seceda (Folgoso do Courel), we have two possibilities from Folgoso: a) through Baldomir and Eiriz; b) towards Seoane do Courel, through Sobredo (Castro da Torre).

Once in Seceda, to approach the ravine, we must go towards Sobredo and, 800 m ahead, after the second bridge that we cross, leave your car next to the bridge that crosses the Porredo stream (Veiga Darca), point to which we will access immediately when finishing the descent.

The start of the descent is reached 2.7 km from this point: following this same road, direction Seceda-Sobredo, 800 m away on the left a forest track of land with quite regular and steep slope sometimes that after 1.8 km leads us to a wide path that goes down to the river (100 m) at the point where the descent started.

There are two options to access the headwaters in case of having only one vehicle: walking or returning to the starting point with the owner of the Casa Calellón de Seceda, on the telephone numbers 982 185 409 and 659 673 533.

Exit: the exit of the river is made at the bridge through which the road passes, and that is the place where we left one of the vehicles.

NOTES

The simplicity of the ravines of this type, it is worth remembering, is not an obstacle to maximise all the precautions, as well as having the security of not carrying with us any piece of equipment that could hook or catch us on any protrusion: rope, cord, harness ...

DATOS

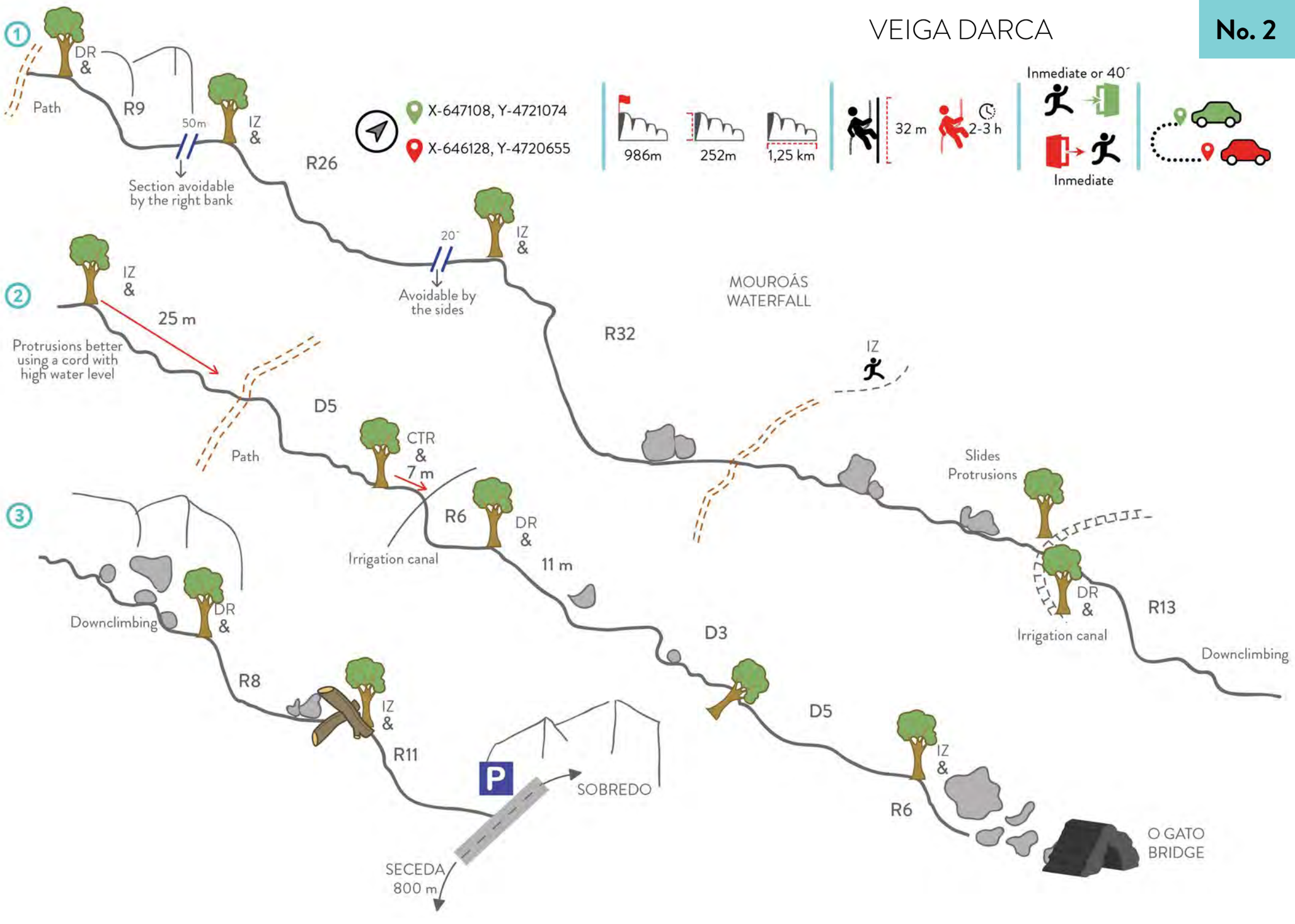
GPS coordinates (WGS 84)	
Entrance	647108 4721074
Exit	646128 4720655

Slope	252 m
Entry altitude	986 m
Length	1,25 km

Descent schedule	2-3 h
Access schedule	Con un coche 40´. Con dos coches inmediato.
Departure schedule	Inmediato

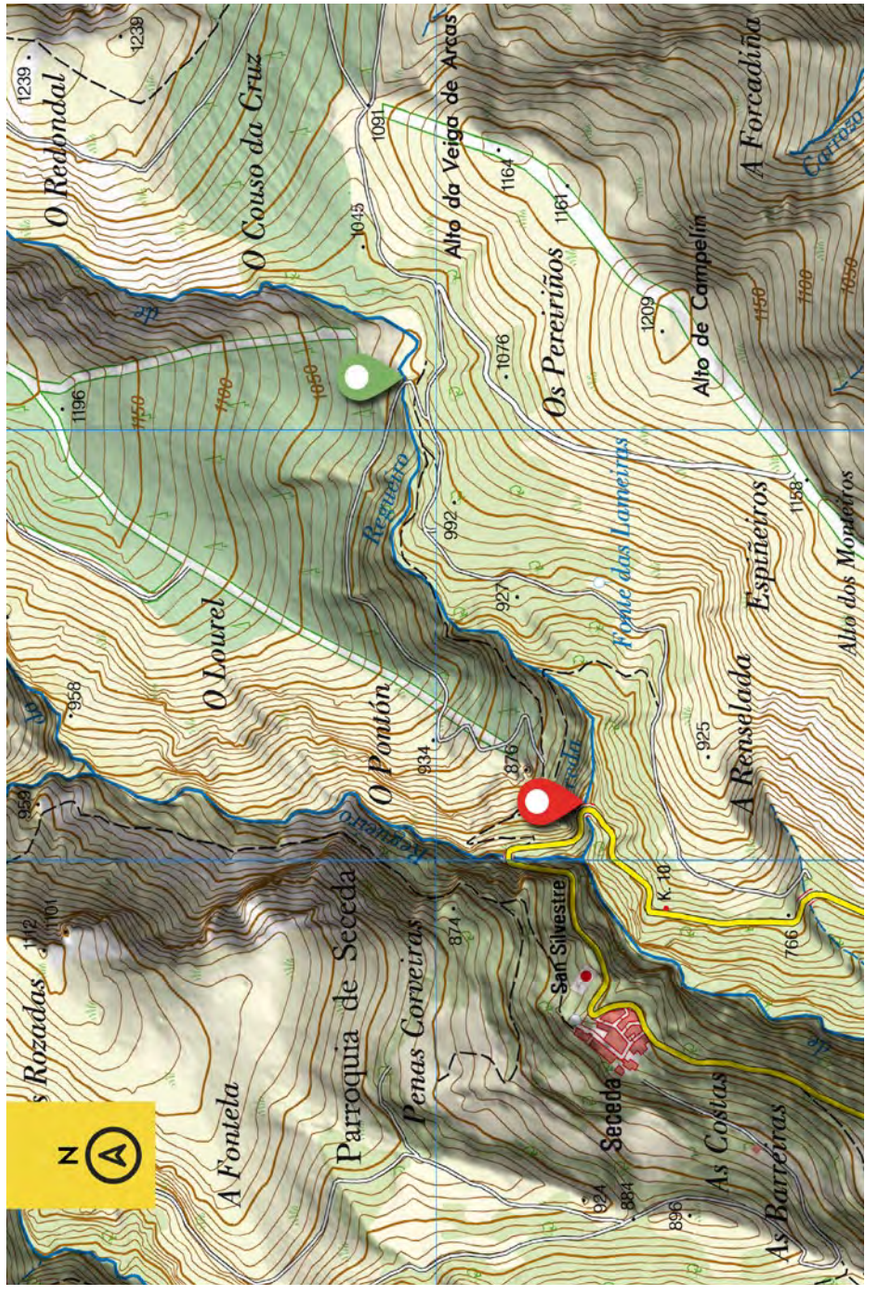
VEIGA DARCA

No. 2



No. 2

VEIGA DARCA



6. FOLGOSO DO COUREL SECTOR

UPPER CARBALLIDO

No. 3

MIDDLE CARBALLIDO

No. 4

COITELADAS

No. 5

6. FOLGOSO DO COUREL SECTOR

No. 6

FIEITEIRAS

No. 7

REGO DO VAL

6. FOLGOSO DO COUREL SECTOR

EIRIZ

No. 8

INFERNO

No. 9

UPPER CARBALLIDO

No. 3

No. 3 UPPER CARBALLIDO

NEAREST TOWN Folgoso do Courel (0,5 km)

DESCRIPTION

From the Pía Paxaro peak, the second highest summit of the Courel after the Pico Formigueiros, most of the waters that feed the river Carballido descend.

On its mountainsides, a thriving riverbank vegetation composed of willows, alders, heather, royal ferns, etc., grows.

The route of Carballido is divided into three sections; Upper Carballido, Middle Carballido, which can be accessed from the Upper section or from Coiteladas; and the lower section, without interest to the canyoneers.

Once in the riverbed, the first thing that is found is a shady area with two linked protrusions that are overcome with the help of several natural anchors; then comes an isolated chemical anchor that allows you to reach headwaters for a simple R10.

The next noteworthy point is announced by a loss of slope where the river makes a small turn. There we have two options: the first one, to install an R22 on the left; the second one, to split at the middle of the rappel on the right.

A new rappel of 16 m precedes a corridor in which there is an installation that makes the descent of the last part possible, yet somehow complicated.

Then come two more 13 and 22-metre rappels, which are passed with the help of natural anchors and a small R5 with a good touch; there, it is possible to lose balance during the descent, since their base is undermined.

Once some of the protrusions have passed, the beautiful rappel of the confluence, where Upper Carballido and Coiteladas converge to cross the valley, is reached.

UPPER CARBALLIDO

No. 3

ACCESS

Entrance: in Folgoso do Courel, take the road that goes up to the public school to continue, then up to a sharp curve to the right, and from there follow the path that leads to the summit of Mount Pía Paxaro up to km 2.5 (marking the exit in Folgoso do Courel as km 0). Park there and continue on an uphill walk of just under half an hour through a wide track from which you can already see, to the right, the beginning of the ravine, to which one descends from a tight curve to the right.

Exit: on the right bank, once the last slide is passed, walk about 50 m, noting a vertical and small tributary on the left. At that moment, on the right bank, a marked path goes up to a mine. The path continues well marked into the mountainside until the point where you left your car.

NOTES

Extreme caution should be exercised if the river flow is abundant.

DATA

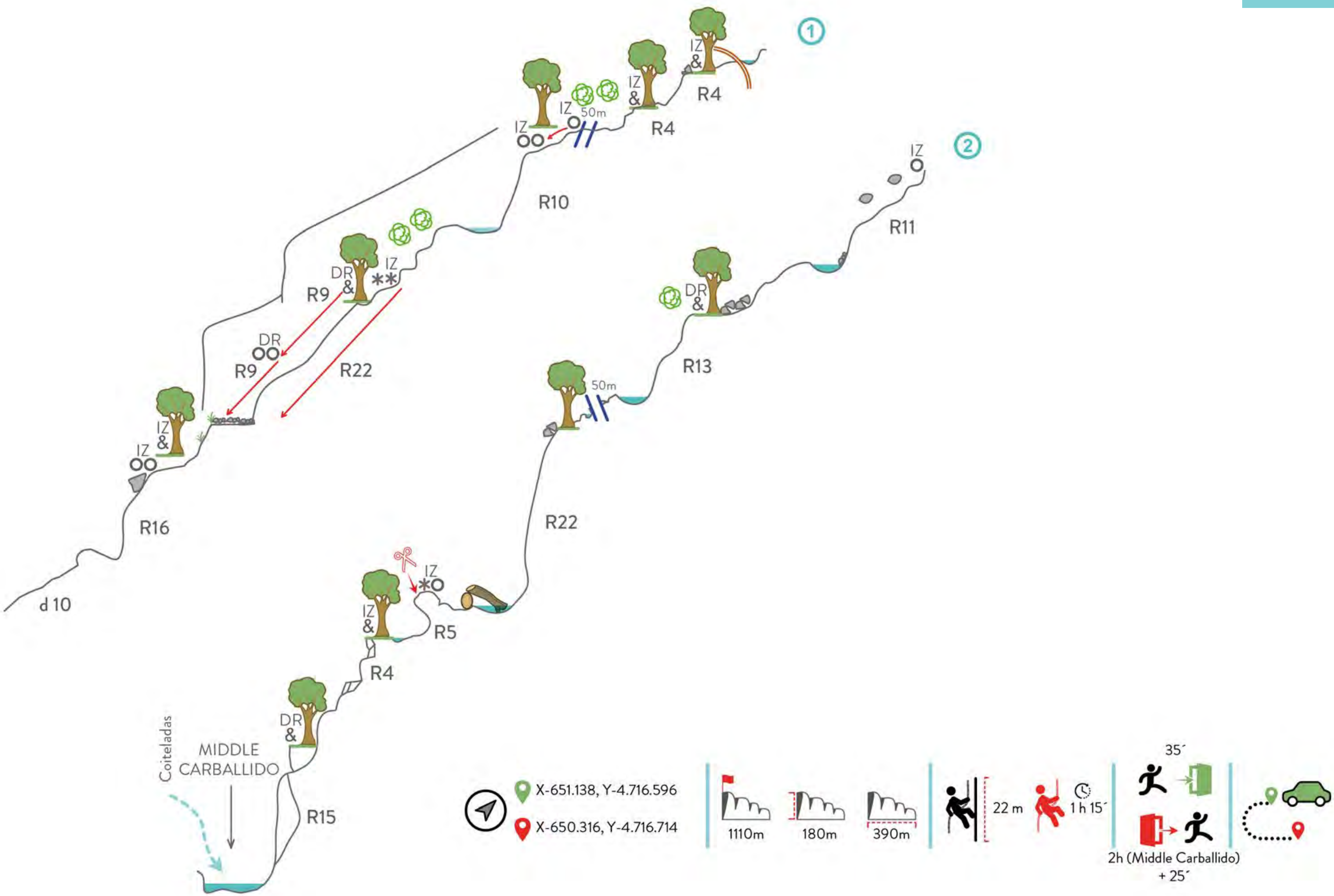
GPS coordinates (WGS 84)	Entrance	651138 4716596
	Exit	650316 4716714

Slope	180 m
Entry altitude	1100 m
Length	390 m

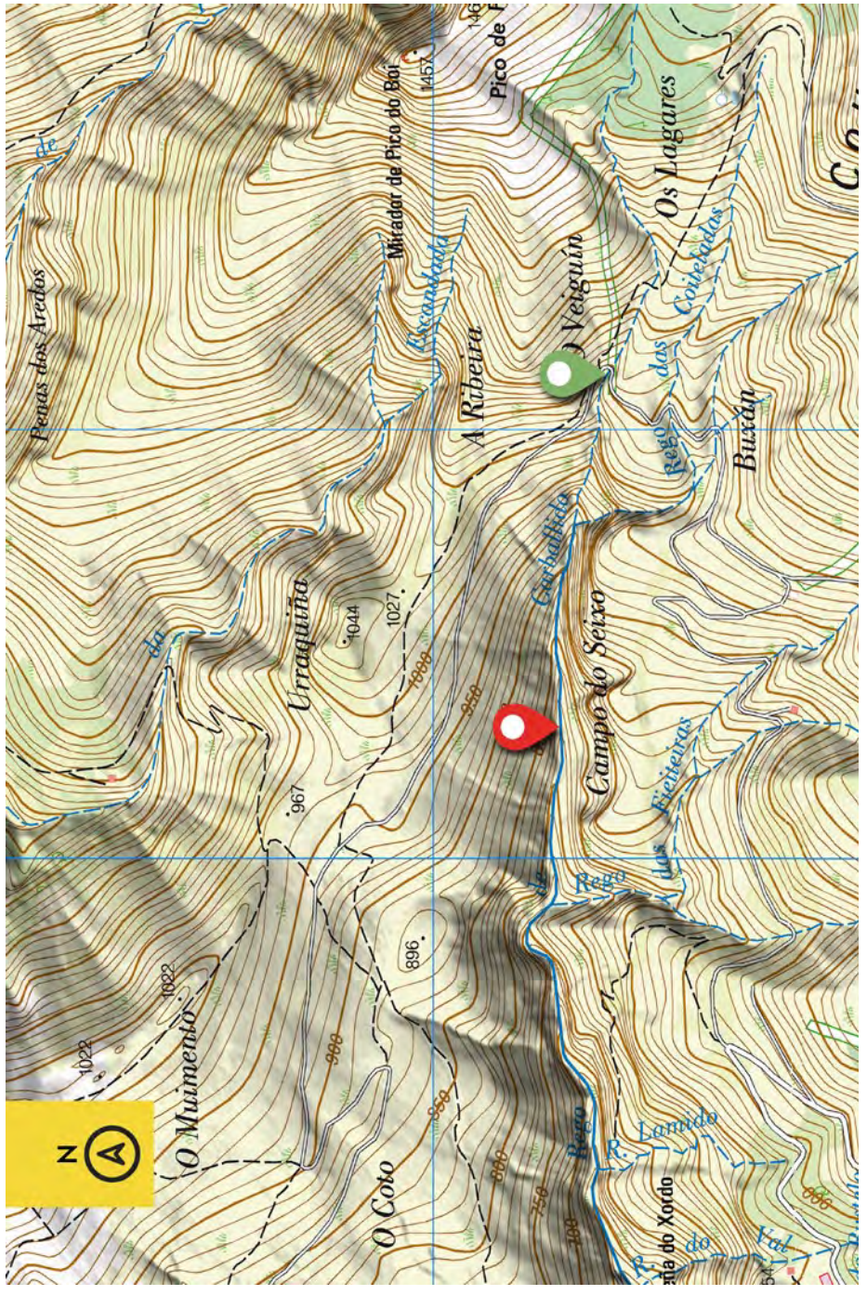
Descent schedule	1 h 15´
Access schedule	35’
Departure schedule	2 h 25´

UPPER CARBALLIDO

No. 3



No. 3 UPPER CARBALLIDO



MIDDLE CARBALLIDO

No. 4

No. 4 MIDDLE CARBALLIDO

NEAREST TOWN Folgoso do Courel (0,5 km)

DESCRIPTION

Ravine without large slopes, mostly in entrenched sectors and abundant vegetation on both banks. The strong reddish tone of its walls stands out because of the abundance of iron ore.

Starting from the confluence of Coiteladas with Carballido, there is a sector of straights and small protrusions; some can be done sliding, but it is advisable to evaluate this option according to the flow and the frankness of the receptions.

The first obstacle to highlight is an R15 with an intermediate pothole in which the end cannot be seen. In its path, it is recommended to enjoy the concretions on ferns that the ferruginous waters have created on the right wall with the utmost respect.

Next comes a small slide with an aquatic finish, and then a curved R14 where getting wet is inevitable in a hidden pool formed by the accumulation of embedded trunks. Follow a beautiful runoff area with striking ochre and reddish tones on the right wall. Then another R14 stepped and aquatic in its reception appears; on the right you can see some curious petrified roots: maximum respect also.

Near the end of the route you have to overcome a small equipped slide that, with low flow rates, is best to rappel; then pass over some embedded quartz blocks that obstruct the riverbed, and a little tributary is seen to the left to, in a few metres, leave the river by a path to the right. This is always on the rise and in just 25 minutes leads to the departure vehicle. On this trail you can see a small cave that deserves a brief visit.

MIDDLE CARBALLIDO

No. 4

ACCESS

Entrance: access from Upper Carballido (see) or from Coiteladas (see).

Exit: on the right bank, once the last slide is passed, walk about 50 m, noting a vertical and small tributary on the left. At that time, on the right bank, a marked path climbs to a mine from where the road continues well marked into the mountainside until the point where you left your car.

NOTES

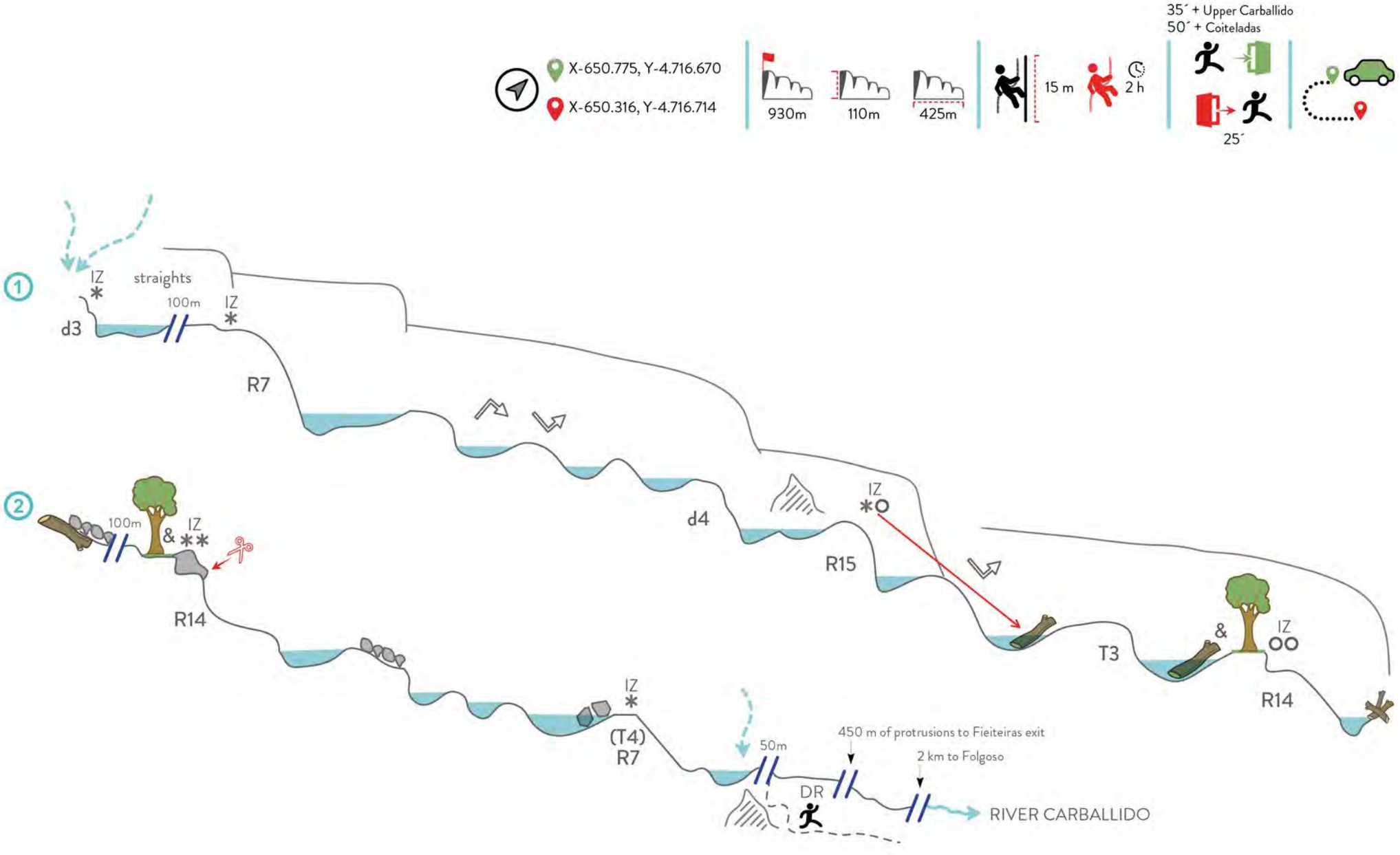
Extreme caution should be exercised if the river flow is abundant.

DATA

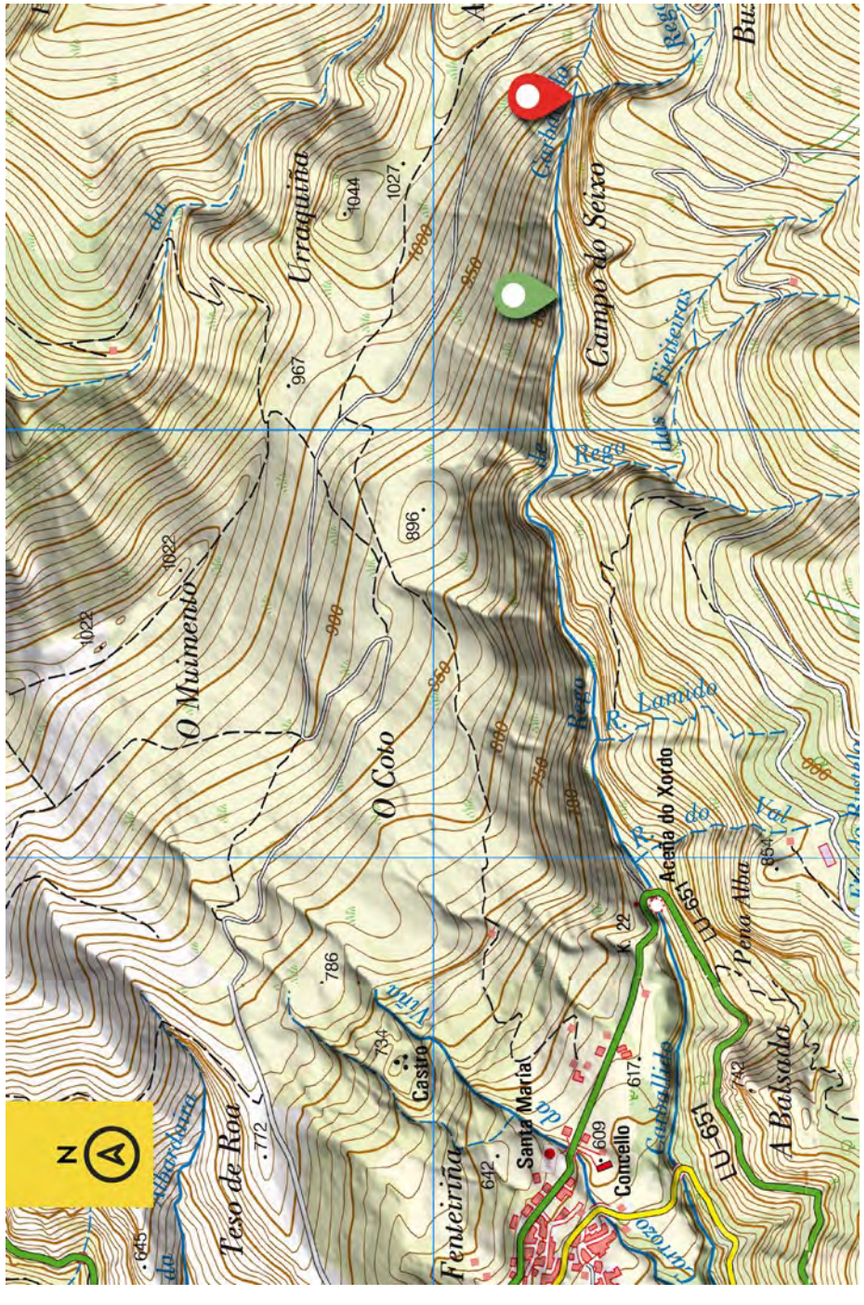
GPS coordinates (WGS 84)	
Entrance	650775 4716670
Exit	650316 4716714

Slope	110 m
Entry altitude	930 m
Length	425 m

Descent schedule	2 h
Access schedule	35' from Upper Carballido, and 50' from Coiteladas
Departure schedule	25´


X-650.775, Y-4.716.670
X-650.316, Y-4.716.714
930m
110m
425m
15 m
2 h
35´ + Upper Carballido
50´ + Coiteladas
25´
1
IZ
straights
100m
IZ
d3
R7
2
100m
IZ
R14
d4
IZ
R15
T3
IZ
R14
IZ
(T4)
R7
50m
450 m of protrusions to Fieiteiras exit
2 km to Folgoso
DR
RIVER CARBALLIDO

No. 4 MIDDLE CARBALLIDO



COITELADAS

No. 5

No. 5 COITELADAS

NEAREST TOWN Folgoso do Courel (0,5 km)

DESCRIPTION

Coiteladas is one of the secret rivers of the Carballido valley. It offers a beautiful, entrenched and vertical descent that joins the section of Middle Carballido to return to the vehicles and thus complete a great day of canyoning.

Already in the beginning of the riverbed it is appreciated how the river begins to entrench; immediately, the first of the three linked rappels that welcome us appears. The Carballido valley is seen from this point, while the river narrows and gains in unevenness; pay much attention to the access to the fourth anchor system: it is a very slippery and risky area; there is an installation to approach it.

Then, the river turns 90 degrees and a slide with equipment appears for the first one to go down and check the reception; then some protrusions and downclimbings are surpassed to reach the head of a 6-metre rappel that connects with another 19-metre one, the "rappel of the peak", named after the ledge that forms at its base.

Follow a short corridor to the confluence of Coiteladas and Carballido; the head of this last rappel is installed in a large block of quartz or "seixo", the name by which some varieties of this mineral are designated in Galicia.

Continue then by Middle Carballido to leave the river.

COITELADAS

No. 5

ACCESS

Entrance: after leaving your car at the departure point (see below), continue along the track for 3 km, where on a path to the right a sign indicates the entry point. Another option is to go to Folgoso do Courel and board the river on the road that accesses Fieiteiras and Rego do Val (see).

Exit: on the right bank, once the last slide is passed, walk some 50 m, noting a vertical and small tributary on the left. At that time, on the right bank, a marked path ascends to a mine. The road, which continues well marked and runs on a slope, will lead you to the point where you left your car.

NOTES

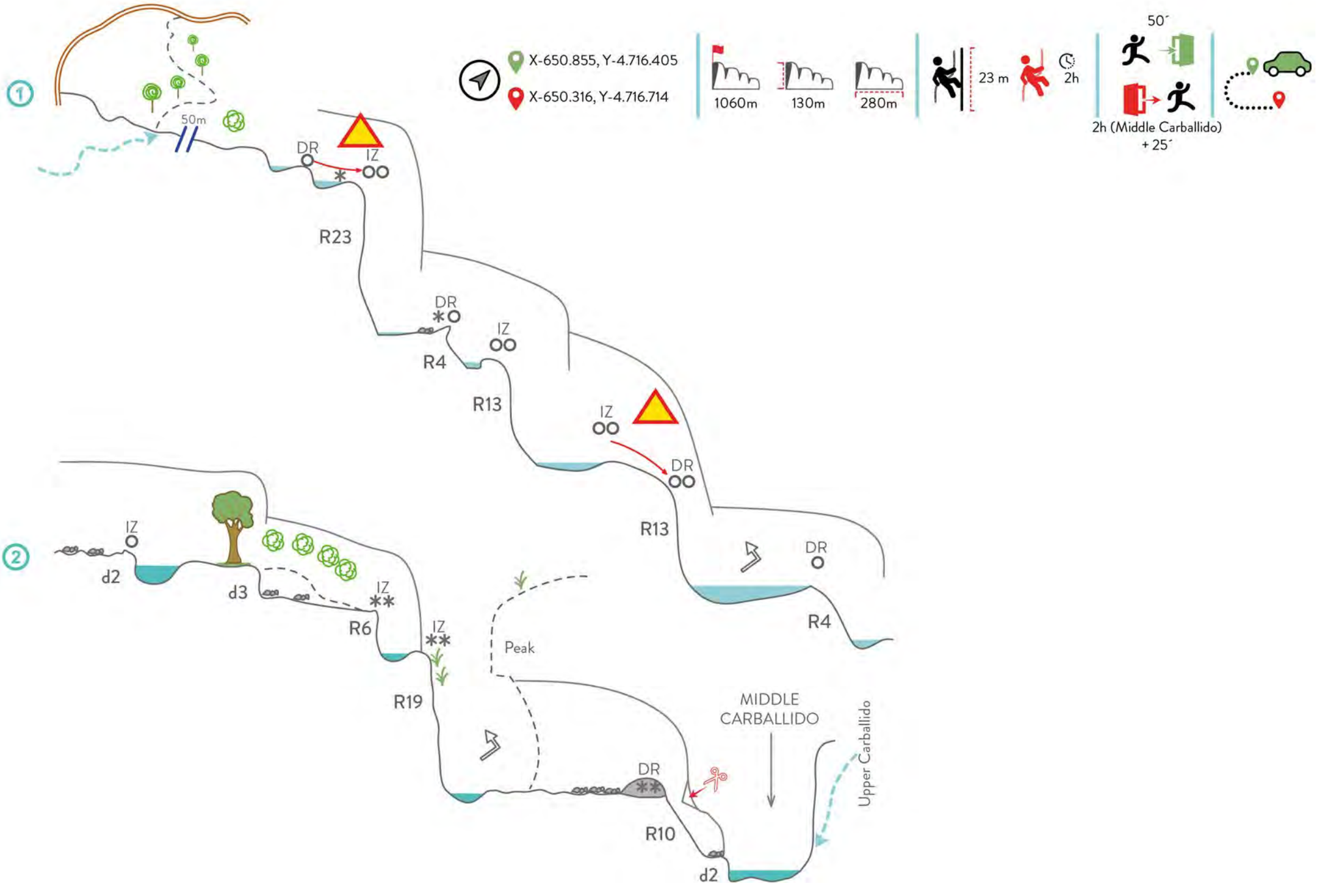
Extreme caution should be exercised if the river flow is abundant. Be careful with the approach to the headers especially the first (R23) and the fourth (R13). Both allow the installation of a handrail for access to the head.

DATA

GPS coordinates (WGS 84)	
Entrance	650855 4716405
Exit	650316 4716714

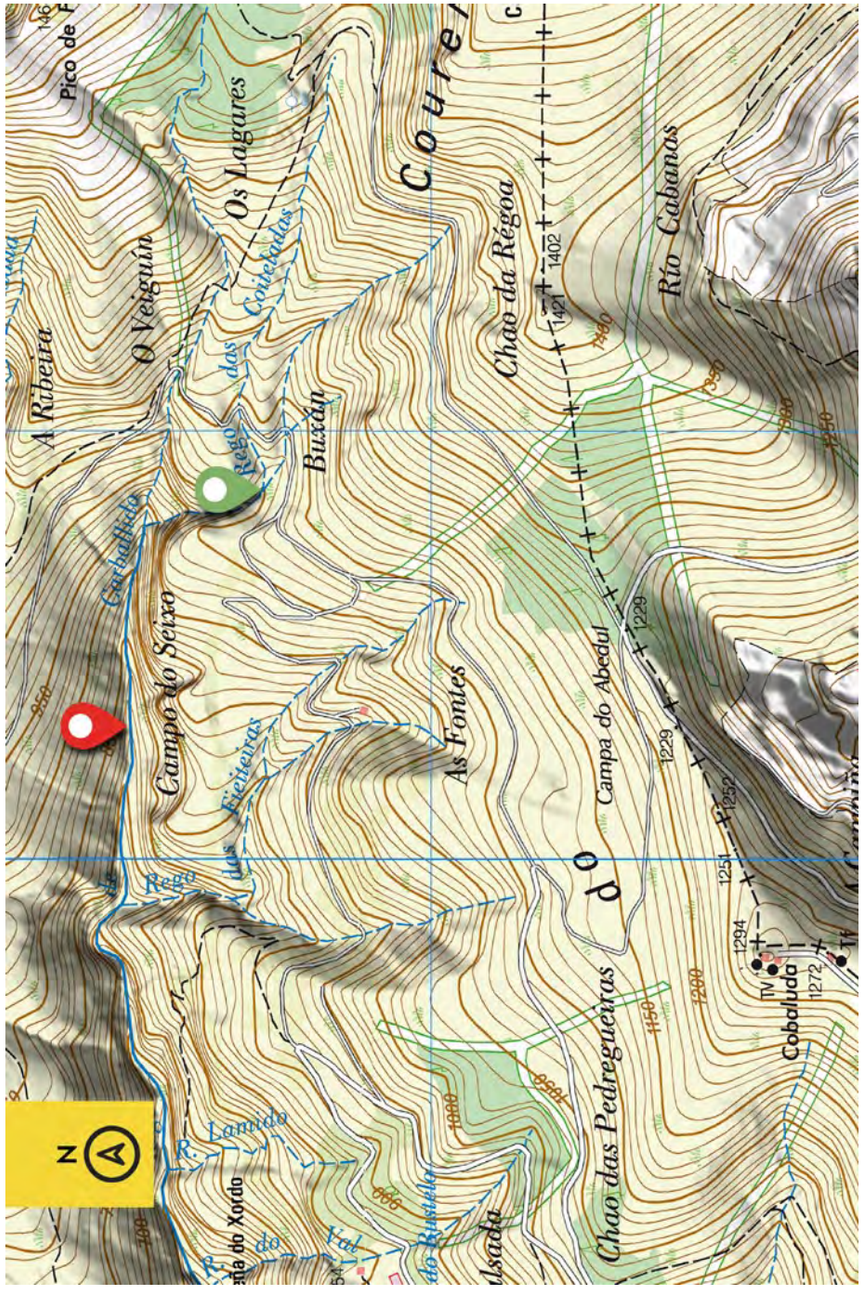
Slope	130 m
Entry altitude	1060 m
Length	280 m

Descent schedule	2 h
Access schedule	50´
Departure schedule	2 h from Middle Carballido, and 25' more


X-650.855, Y-4.716.405
X-650.316, Y-4.716.714
1060m
130m
280m
23 m
2h
50´
2h (Middle Carballido)
+ 25´
1
50m
DR
IZ
R23
DR
IZ
R4
R13
IZ
DR
R13
DR
R4
2
IZ
d2
d3
IZ
R6
IZ
R19
Peak
MIDDLE
CARBALLIDO
Upper Carballido
DR
R10
d2

No. 5

COITELADAS



FIEITEIRAS

No. 6

No. 6 FIEITEIRAS

NEAREST TOWN Folgoso do Courel (0,5 km)

DESCRIPTION

A ravine that seems designed for people who have less experience in this activity, as long as its flow is not abundant.

It starts with a small equipped downclimbing that leads to a slippery area. Then comes a narrow corridor with walls covered with moss and vegetation, through which runoff flows; just at the end of this corridor there is an escape to the left. From then on it is difficult to leave the river.

Pay a lot of attention to the loose stones in the headers; it is advisable to clean well before the first one descends.

The first significant rappel is overcome with the help of an embedded tree that is used as an anchor point; with high flow rates it may seem a delicate step, but there are good supports for the feet and it does not present great difficulty. Then come two small rappels chained in an area of gorges; here, much caution should be taken to approach the R8 installation.

Then, there are some downclimbings, surmountable using the rope in natural. You thus arrive to the R12 that gives access to an R8 on slope; do not let go of the rope until it is anchored to the head of the R8; at this point the river turns to the left announcing the end of the descent. But first, comes a ledge with a cave, if you go down on the right.

At that point, there are two options: first, to continue along the river until you see the path that leaves from the left bank; second, to take the path that leaves to the right after the last rappel. If this second option is chosen, in the remains of some ruined huts you should go down again to the riverbed to cross it and get to the exit point.

Attention: if you reach the river Carballido, you have left behind the path that leads back to the vehicles.

FIEITEIRAS

No. 6

ACCESS

Entrance: from the roundabout on the LU 651 road to the exit of Folgoso do Courel, towards Quiroga, continue until a sharp curve at 2.3 km. There, follow the route to the left by a dirt track, ascending. After 2.5 km, park and continue walking along a path that goes to the left. About 200 m ahead, we take the first diversion to the right, and in approximately 400 m we reach the river after crossing a small runoff.

Exit: leave the river on an uphill path, always turning left in as many bifurcations as you can find, until you reach the place where you parked to enter.

NOTES

Despite being a simple ravine, it is convenient to pay attention and not to rely too much on the access to the headers. Do not get distracted on the way back to your car.

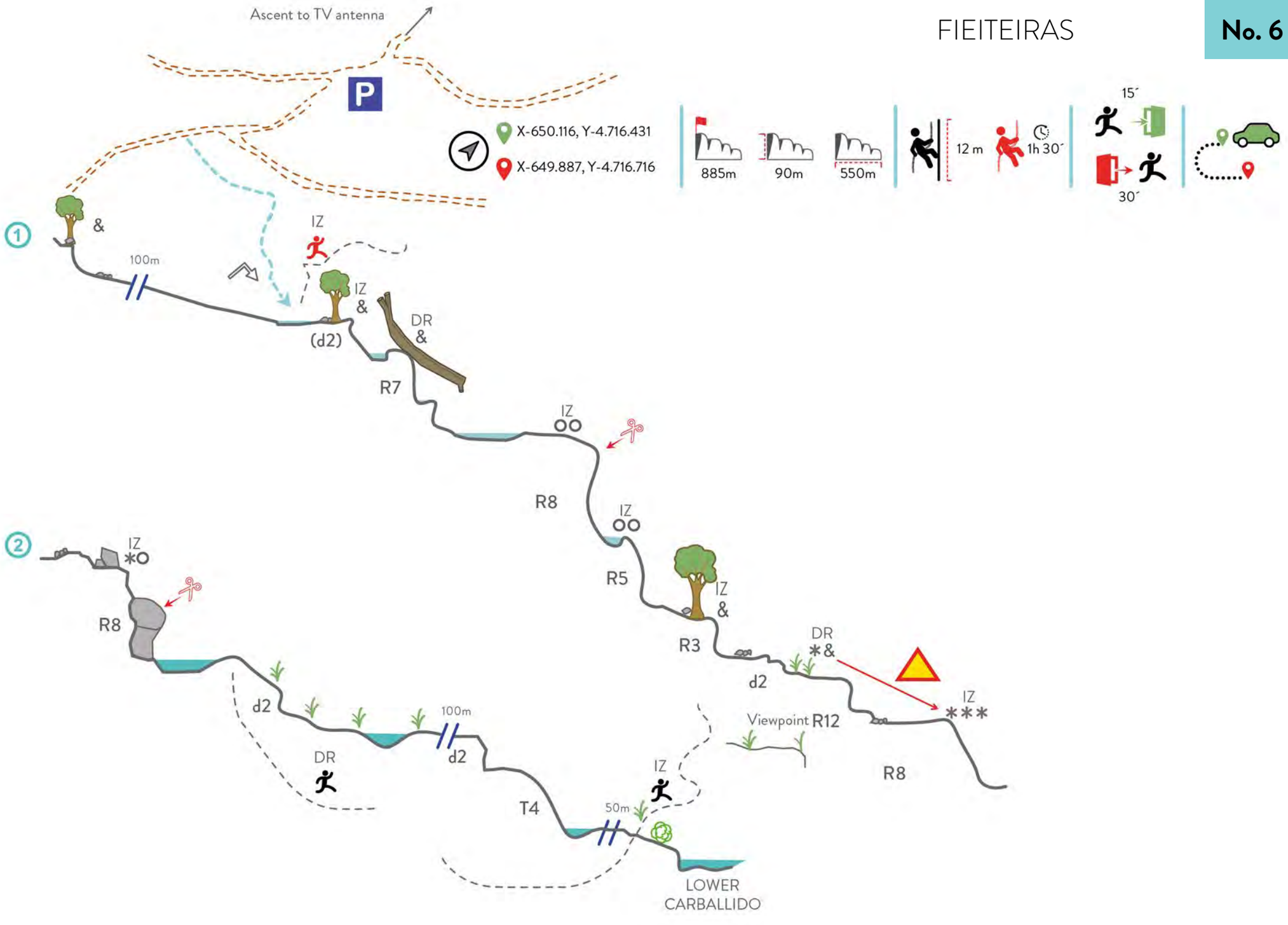
DATA

GPS coordinates (WGS 84)	Entrance	650116 4716431
	Exit	649887 4716716

Slope	90 m
Entry altitude	885 m
Length	550 m

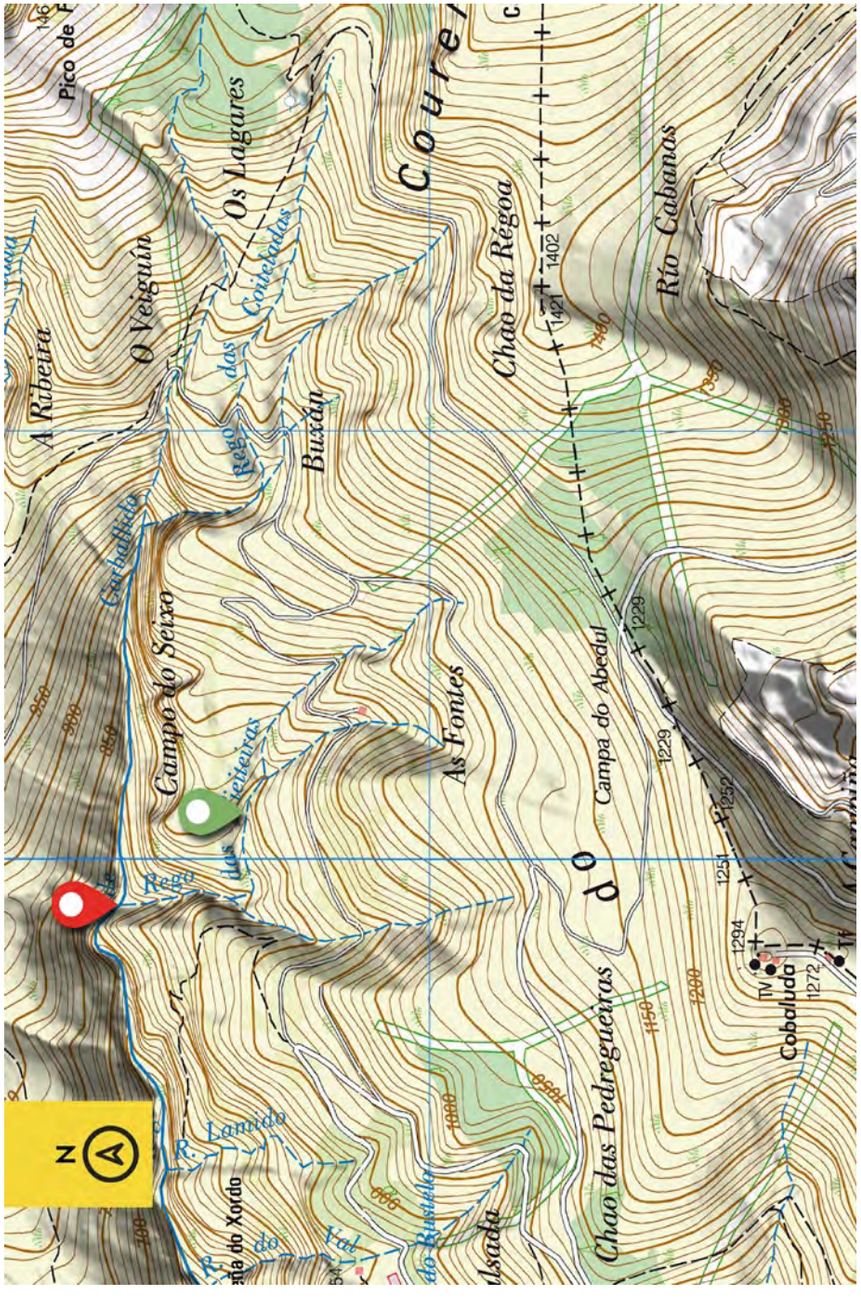
Descent schedule	1 h 30´
Access schedule	15´
Departure schedule	30´

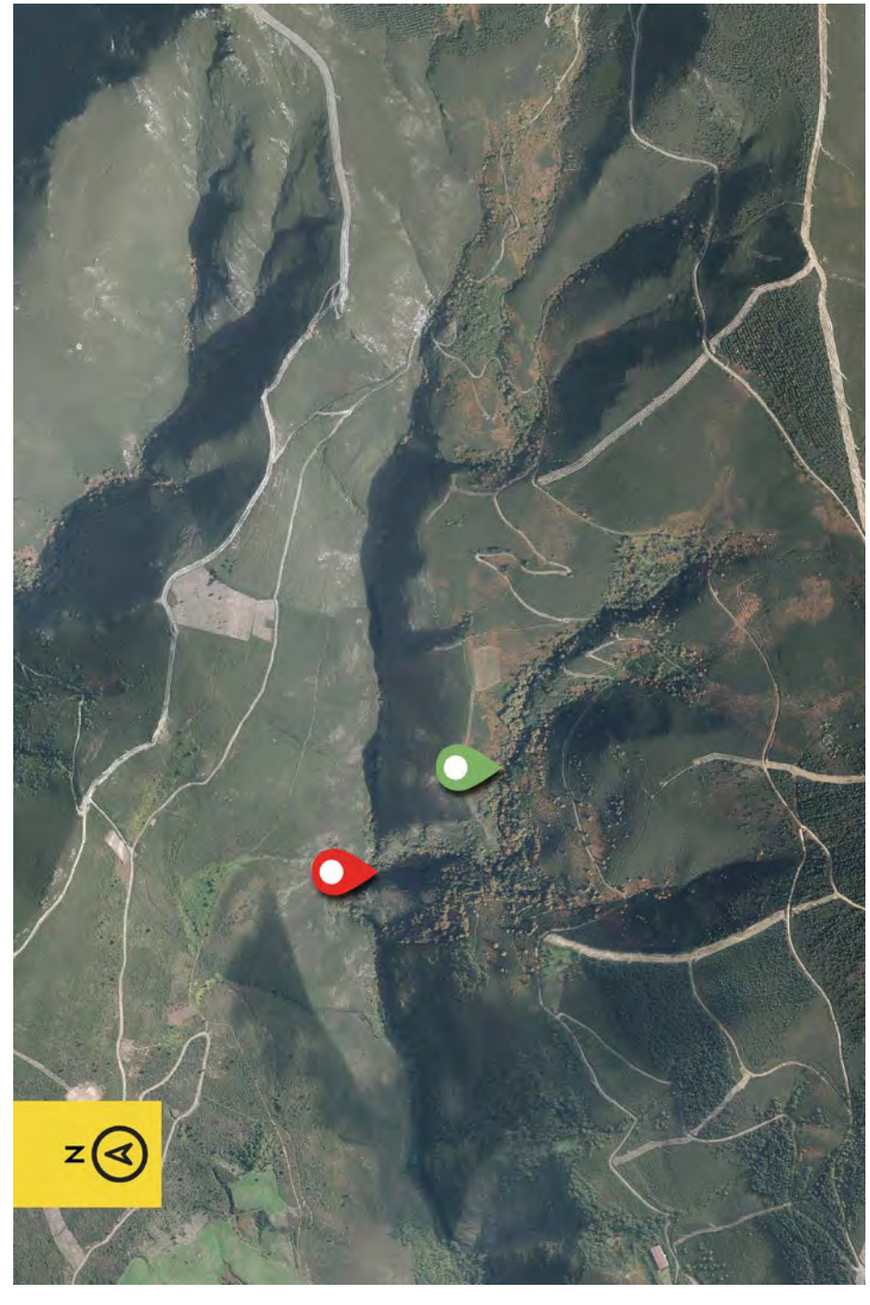
FIEITEIRAS


Ascent to TV antenna
P
X-650.116, Y-4.716.431
X-649.887, Y-4.716.716
885m
90m
550m
12 m
1h 30´
15´
30´
1
&
100m
IZ
IZ
&
(d2)
DR
&
R7
IZ
R8
IZ
R5
IZ
&
R3
DR
*&
d2
IZ
***
Viewpoint R12
R8
2
IZ
*O
R8
d2
100m
d2
DR
T4
50m
IZ
LOWER
CARBALLIDO

No. 6

FIEITEIRAS





REGO DO VAL

No. 7

No. 7 REGO DO VAL

NEAREST TOWN Folgoso do Courel (0,5 km)

DESCRIPTION

Ravine of continuous and entrenched route, without possibility of evident escapes. An almost constant use of the ropes is required: almost all the rappels are linked, without rest areas over 20 m. The difficulties to overcome, about twenty, range from 4 to 30 m.

A tree is used to overcome the first rappel of 9 m, which submerges the canyoneer into a corridor entrenched with installation for a handrail on the left. This is a delicate point, because it connects with the next difficulty. Please be careful: a failure in this very slippery area would have very serious consequences.

After that section, the ravine narrows up with successive consecutive rappels that take us to a header that serves as a viewpoint for a beautiful overhanging R18.

Once again, the walls are very close to each other, and the river surmounts the difficulties in the form of small chained rappels.

It is necessary to pay close attention to the headwaters: being a slate area, many loose stones accumulate after the floods. For that reason, it is convenient to make a good cleaning before the first canyoneer descends.

Thus, we arrive to the last part of the route, from where the union of this river with the Carballido is intuited; a ramp rappel gives access to a chain in the riverbed placed in the last installation; with the help of a short ledge the rappel is mounted on a chain with space for no more than three people. The spectacular 30-metre waterfall is known as Fervenza da Pedreira. At its base, formerly, the bundles of linen with which fabric was made were put to soak.

REGO DO VAL

No. 7

ACCESS

Entrance: from Folgoso do Courel, taking the LU 651 road to Quiroga, before 2 km, you will arrive to a very sharp curve with a change of slope to the left. Right from there, a dirt track starts and, after 1.5 km, it takes us to an abandoned industrial unit, next to which you can park. From the left of that unit there is a path that will take you yo the river in 10 minutes.

Exit: in the same LU 651 road, where it passes over the river Carballido. Your car can be left next to a fire water tank. A path goes up from there in about 5 minutes to the last waterfall.

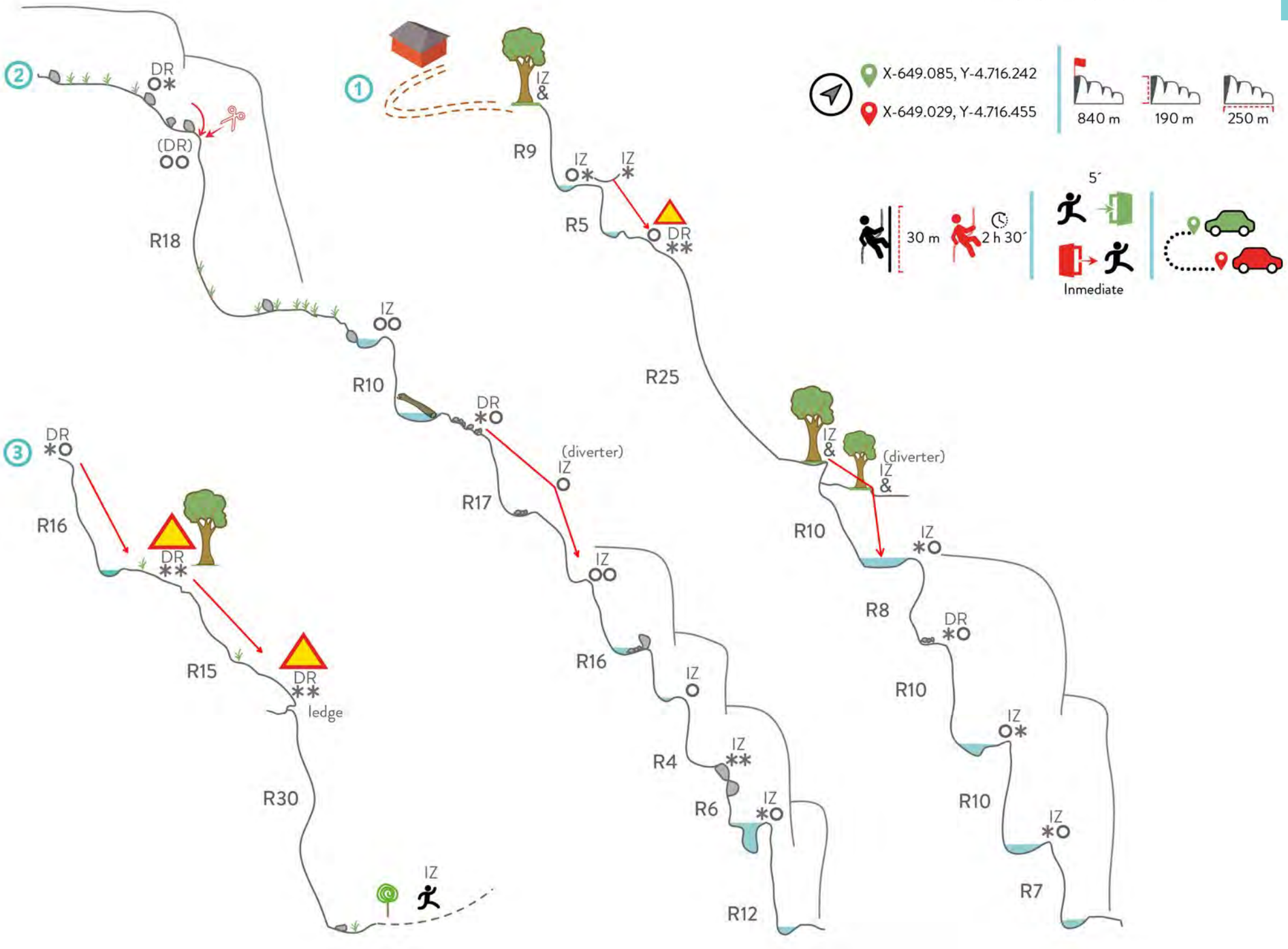
NOTES

Please pay attention to this very vertical ravine, it can present high technical difficulties in several points with high flow. Access to headers may be very slippery. It is convenient to study the possibility of linking rappels. The last waterfall (Fervenza da Pedreira) is a very technically complex point.

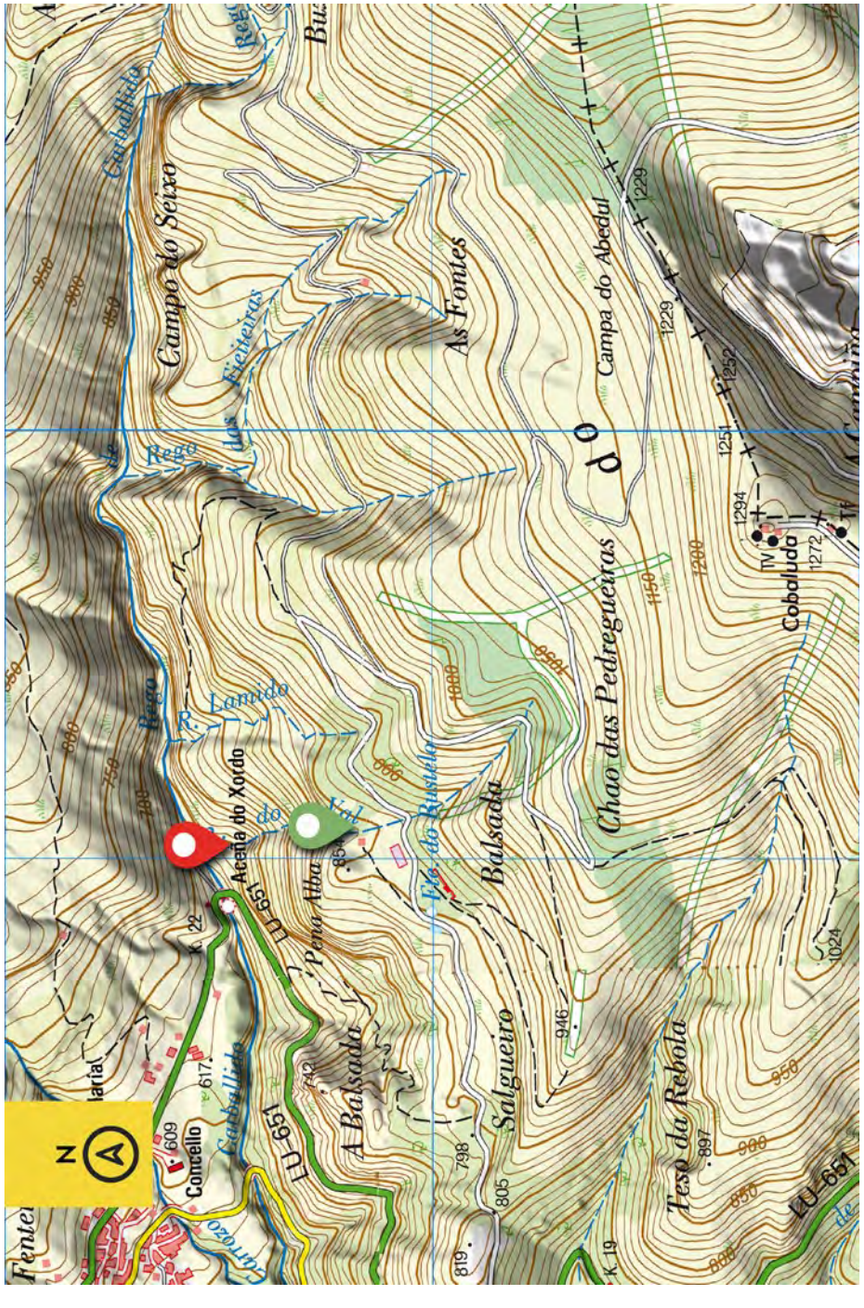
DATA

GPS coordinates (WGS 84)	Entrance	649085 4716242	Slope	190 m	Descent schedule	2 h 30´
	Exit	649029 4716455	Entry altitude	840 m	Access schedule	5’
			Length	250 m	Departure schedule	Inmediate

REGO DO VAL


X-649.085, Y-4.716.242
X-649.029, Y-4.716.455
840 m
190 m
250 m
30 m
2 h 30´
5´
Inmediate
1
2
3
DR
(DR)
IZ
R18
R9
R5
R25
R10
R17
R16
R15
R30
R4
R6
R12
R8
R7
(diverter)
ledge

No. 7 REGO DO VAL



EIRIZ

No. 8

EIRIZ

No. 8

NEAREST TOWN Eiriz (2 km), Baldomir (1,5 km)

DESCRIPTION

A short, vertical and simple ravine, typical of the rivers of the Courel, with slippery slate channels, little entrenched and with the banks surrounded by abundant vegetation.

The route is divided into two very different parts: a vertical one, which forms the Carrozo da Freita; and another horizontal, formed by the river Lóuzara, whose banks are followed to reach your cars at the exit.

The route begins with a small waterfall just as you enter the riverbed; a few narrowness are surmounted before beginning the vertical section, as well as a succession of three waterfalls; the first of them is very beautiful but slippery, with a curved part at the beginning, immediately an R27 in which attention should be paid when approaching the head if there is a lot of water; the third waterfall is divided into two rappels of 15 and 24 m; in the second one, there is the option to take on a small slide and fall directly into the waters of the river Lóuzara.

If the flow is not high, you can walk along the banks to avoid water almost all the way. The river has no difficulty but, as always, it is necessary to take the necessary precautions, remember to release the backpacks and remove any element that could be trapped: harness, ropes, cords, etc.

Leave the river at the wooden bridge of Sudrios, and from there go to the right, to Touzón.

No. 8 EIRIZ

ACCESS

Entrance: it can be reached from Touzón, going up about 600 metres towards Eiriz, until reaching a very sharp curve. Through a chestnut grove there is a path that leads to the beginning of the ravine, only 100 metres ahead.

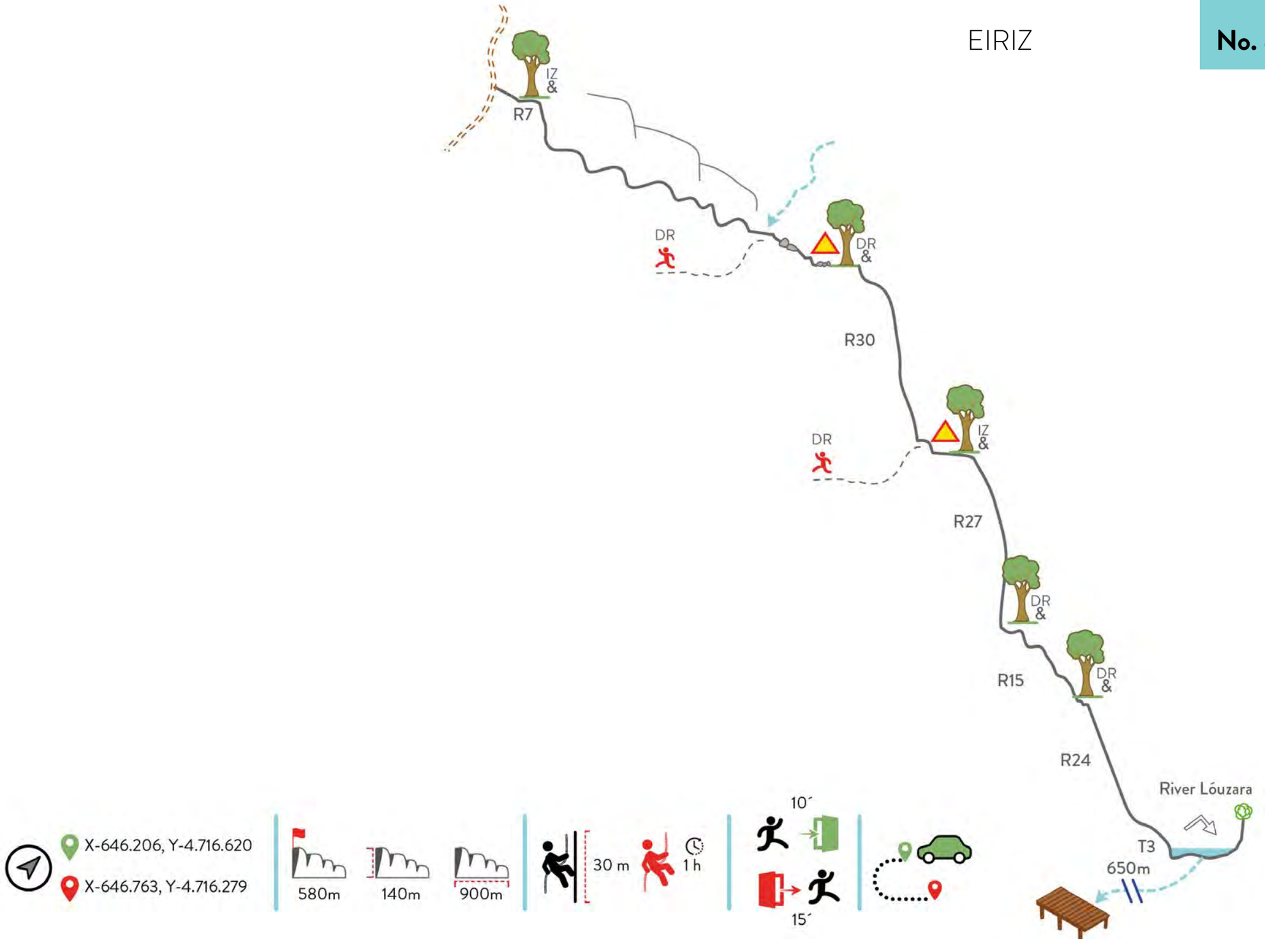
Exit: also in Touzón. You can reach this village through the LU-P-4701 road, from Folgoso to Pobra do Brollón. Just past the bridge on the river Lor, 4 km away, turn right towards Baldomir. From there, continue until Touzón.

NOTES

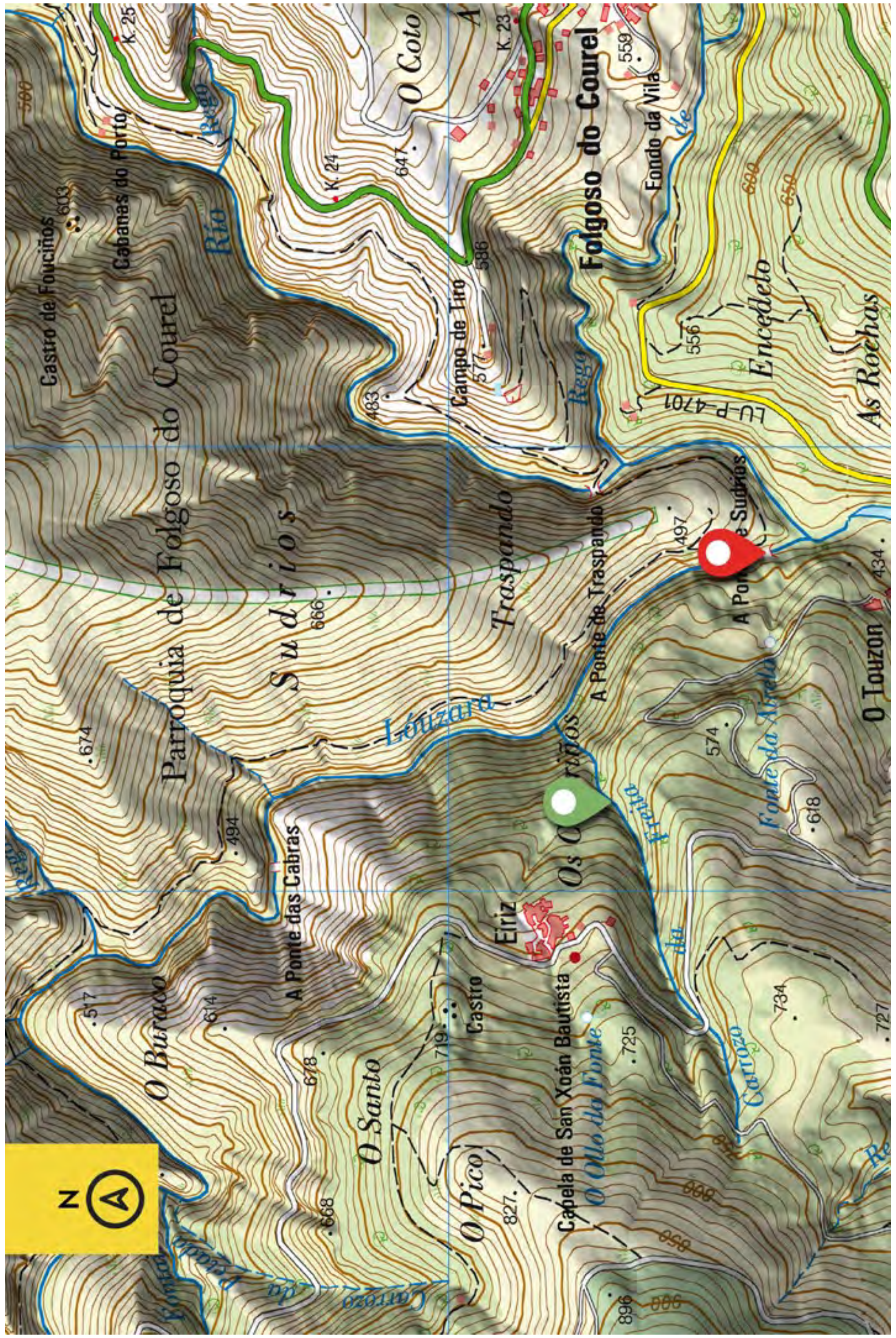
Plase pay attention to the flow. It is worth remembering that the river Louzará, through which you will exit, is a large river with lots of water and can be dangerous. Please be careful when approaching the headwaters through a terrain that is always slippery.

DATA

GPS coordinates (WGS 84)	Entrance	646206 4716620	Slope	140 m	Descent schedule	1 h
	Exit	646763 4716279	Entry altitude	580 m	Access schedule	10´
			Length	900 m	Departure schedule	15´


IZ
&
R7
DR
DR
&
R30
DR
IZ
&
R27
DR
&
R15
DR
&
R24
River Lóuzara
T3
650m
X-646.206, Y-4.716.620
X-646.763, Y-4.716.279
580m
140m
900m
30 m
1 h
10´
15´

No. 8 EIRIZ


Castro de Fouciños
Cabanas do Porto
Parroquia de Folgoso do Courel
Sudrios
Traspando
A Ponte de Traspando
Folgoso do Courel
Fondo da Vila
Campo de Tiro
O Coto
Encedeto
As Rochas
LU P 4701
O Touzón
Lóuzara
Eiriz
Castro
Capela de San Xoán Bautista
A Ponte das Cabras
O Buraco
O Santo
O Pico
N


Eiriz
N

INFERNO

No. 9

No. 9 INFERNO

NEAREST TOWN Vidallón (2,7 km), Folgoso do Courel (7 km)

DESCRIPTION

Short and easy ravine, equipped in 2017. A large part of its riverbed is covered by stones and trunks, coming from a “freita”, a landslide on a hillside, which does not diminish the interest of the river.

Its descent comprises six equipped difficulties. The first one is a ramp that ends in a blind spot in whose reception there is an insurmountable pool; then comes an R13 divided into two steps, and at the reception of this rappel there is an escape to the right that leads to some buildings in ruins, a place known as “Cabanas das Campiñas”.

Then, an easy R8 forces you to get wet at its base, and leads to a waterfall with a large cave behind it. A log blockage on the top gives access to the head, which has a derailleur to make a cleaner rappel.

From that point, only two minor protrusions separate you from the end of the descent.

Right at the confluence with the river Lor, a path that goes over the last two waterfalls rises to the left and, ascending, connects with a hiking trail that comes from Vilar within half an hour. In another quarter of an hour, passing in front of “Cabana dos Calangros”, you get back to the vehicles.

INFERNO

No. 9

ACCESS

Entrance: from km 14 of the LU 651 road that connects Folgoso do Courel with Quiroga, take the diversion to Vidallón and, without entering the village, travel less than 2 km to a dirt track on the left. Follow it for 1.3 km until you reach a bridge. There is the entrance.

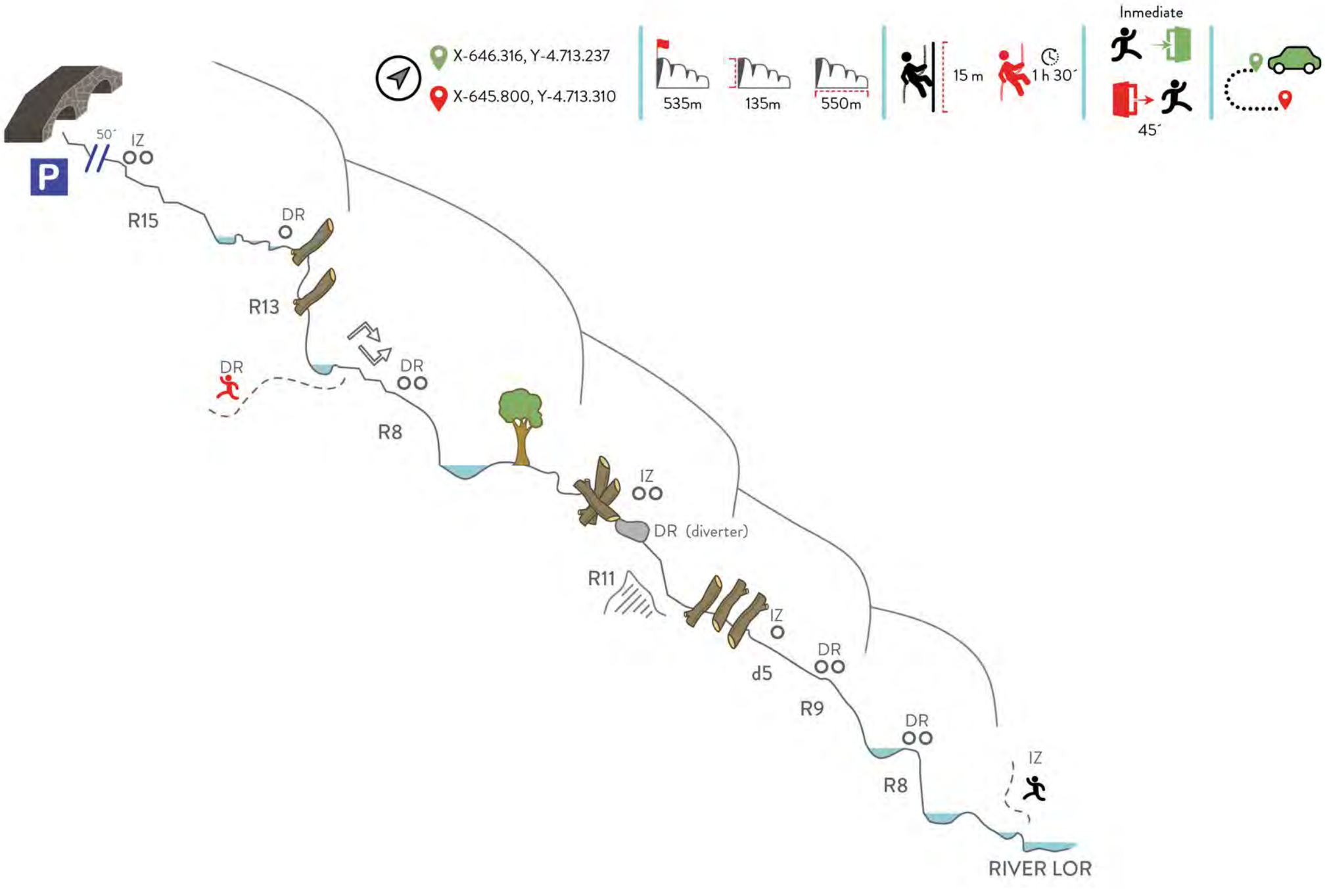
Exit: from the confluence with the river Lor, a path to the left ascends through the last two waterfalls to connect, thirty minutes later, with a hiking route that comes from Vilar. A quarter of an hour later you will pass by the "Cabana dos Calangros" and you will get back to your car.

NOTES

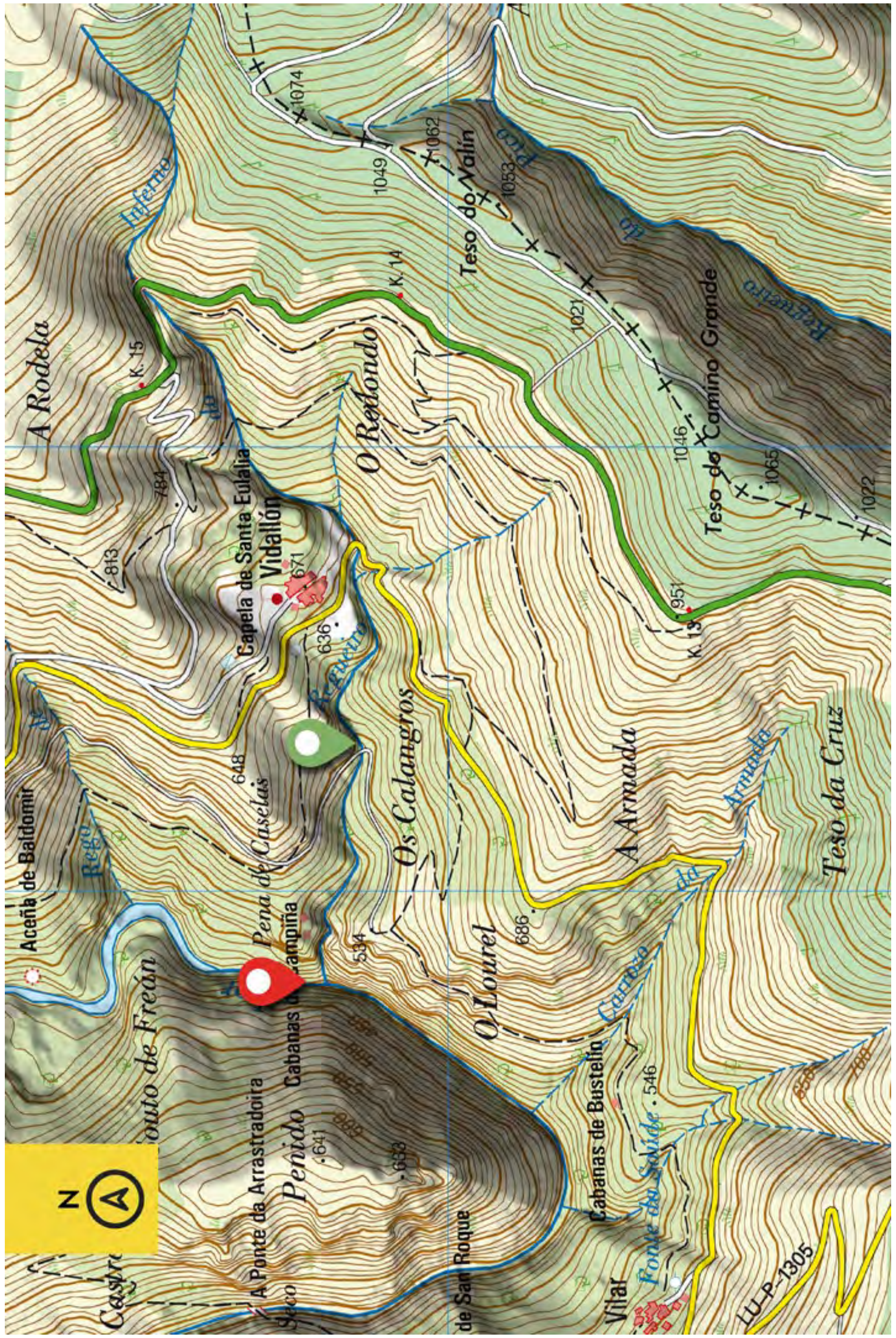
Extreme caution should be exercised if the river flow is abundant. Pay attention when approaching the headers, especially the last two. The way out requires all your attention due to the verticality of the terrain.

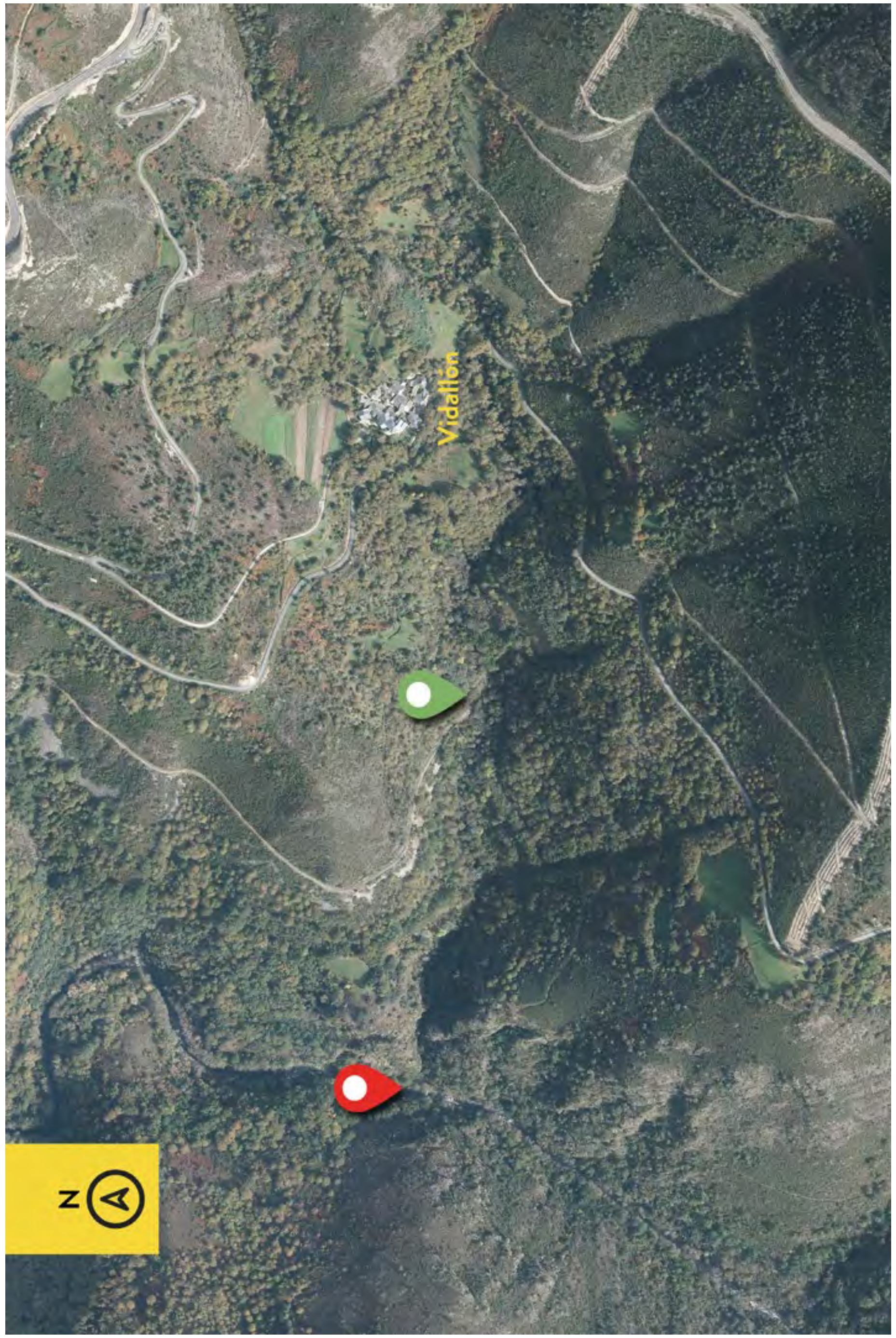
DATA

GPS coordinates (WGS 84)	**Entrance**	646316 4713237	**Slope**	135 m	**Descent schedule**	1 h 30´
	Exit	645800 4713310	**Entry altitude**	535 m	**Access schedule**	Inmediate
			Length	550 m	**Horario salida**	45´


X-646.316, Y-4.713.237
X-645.800, Y-4.713.310
535m
135m
550m
15 m
1 h 30´
Inmediate
45´
P
50´
IZ
R15
DR
R13
DR
DR
R8
IZ
DR (diverter)
R11
IZ
DR
d5
R9
DR
R8
IZ
RIVER LOR

No. 9 INFERNO


A Rodela
Inferno
Teso do Valín
Teso do Camiño Grande
O Redondo
Capela de Santa Eulalia
Vidallón
Os Calangros
A Armada
Teso da Cruz
Aceña de Baldomir
O Lourel
Cabanas de Bustelo
Penido
A Ponte da Arrastradoira
Vilar
LU-P-1305
N


Vidallón
N

7. A SEARA- FERRAMULÍN SECTOR

No. 10

RIVER SELMO

No. 11

ACEVAL (BUZGALEGOS)

RIVER SELMO

No. 10

No. 10 RIVER SELMO

NEAREST TOWN Vieiros-Ferramulín

DESCRIPTION

A small sample of the great river Selmo in its highest part, which involves a concentrated dose of nature: rock, water and a magnificent riverbank mountain forest. In addition, as in almost all the less steep routes in these mountains, there is an impressive and invaluable sample of popular engineering throughout the route, with the sole purpose of taking advantage of the waters of the river to irrigate. Once again, only from within we can access this type of beauty.

We must bear in mind that it is a river, not a stream, so we will always take into account its flow, which has probably the coldest waters of these mountains.

The highlight of the descent is at the start: the famous "Fervenza de Vieiros" (Vieiros waterfall), 34-metre high. Continue downstream, taking advantage of the fishing and animal trails along its banks, finding several ledges, all of them downclimbable, always taking the necessary precautions. Thus, you get to a 9-metre protrusion, tree to the left, which can be skipped (evaluate). Continue descending, by downclimbings and ledges that lead to a new protrusion of about 10 m, tree to the right, which ends in a large pool.

Downstream, advancing along its right bank, you reach a very beautiful, wild and entrenched area. Be very careful at this point at the 10-metre rappel, especially with high flow. The most advisable thing is to advance a little by the irrigation canal, at the left bank, and descend from a tree to avoid the force of the water that in this point flows entrenched.

From this point, look first for the right margin to advance, and then advance towards the left bank to continue along paths through which, in just 30 minutes, you reach your car.

RIVER SELMO

No. 10

ACCESS

Entrance: from the village of Vieiros, follow the road towards Ferramulín; some informative panels of the Fervenza de Vieros soon appear. Right next to them, on the left side of the road, leave the first car. From there, descend towards the river and, after the last of the constructions, take a diversion to the right along a path that ends on top of the Fervenza de Vieros. There is a chain and ring installation on a large rock on the left bank. In order to avoid the friction of the rope, the descent can be made in two sections: from this first installation and from the next one, which is a few metres below.

We will have left the second car in the curve above the cemetery of Ferramulín (coordinates 659267/4715339).

Exit: once we have passed the small canyon that forms the last considerable vertical difficulty of the route, it is advisable to leave the river and advance first through the right bank to pass to the left when it becomes impracticable; both banks allow you to advance on fishermen's trails that leave you in your car in only 30 minutes.

NOTES

The Selmo is a river that always maintains a good flow of very cold water, probably the coldest of all the Courel Mountains.

Although the proposed route allows us to get into a wild nature driven by the waters of the river Selmo, it is convenient to take advantage of the fishing and animal trails along its banks.

DATA

GPS coordinates (WGS 84)	**Entrance**	657924 4714963
	Exit	659348 4715287

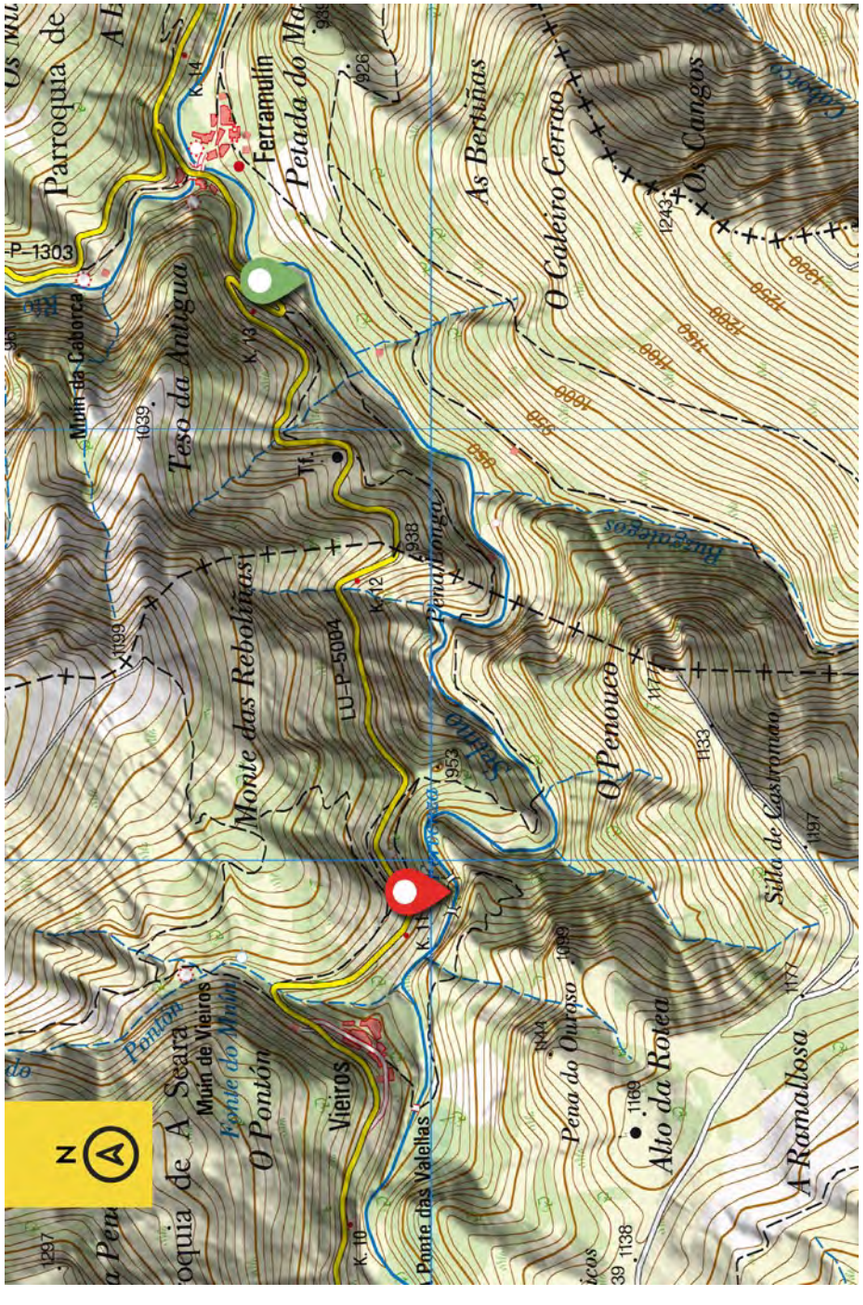
Slope	100 m
Entry altitude	915 m
Length	2330 m

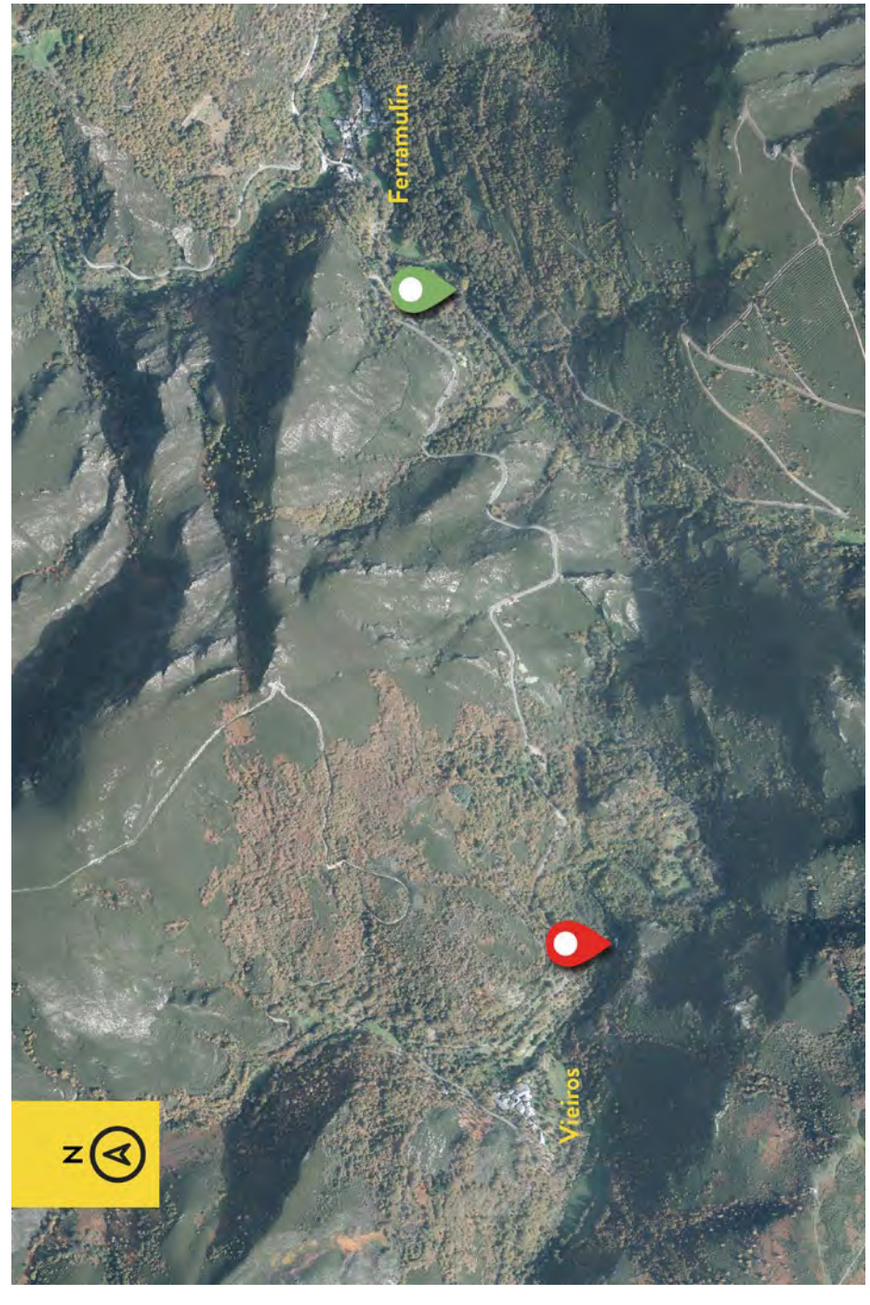
Descent schedule	3 h
Access schedule	5´
Departure schedule	From the last techical difficulty, some 30 minutes to the point where you would leave the river. From the river to the car, some 5 minutes.


** IZ
** IZ
1
R34
VIEIROS
WATERFALL
X-657.924, Y-4.714.963
X-659.348, Y-4.715.287
915m
100m
2330m
34 m
3h
5´
30´
10´
D4
Irrigation
canal
5´
D3
Right intake
D3
10´
IZ
&
R9 Possible to jump
(evaluate)
15´
D5
DR
&
2
R10
5´
IZ
IZ
&
Irrigation
canal
R10
IZ
CANYON
30´

No. 10

RIVER SELMO





ACEVAL (BUZGALEGOS)

No. 11

No. 11 ACEVAL (BUZGALEGOS)

NEAREST TOWN Ferramulín

DESCRIPTION

Brief and of little difficulty, yet very beautiful. It includes four rappels distributed by a slate riverbed, which provides an interesting half-day descent.

The first difficulty of the descent is a 26-metre vertical, divided halfway. The first section is approached by installing a quite delayed natural anchor on the left bank, and the fractionation is made using oxidised anchors with a ring, on the right.

At that point you can see the horizontal structure of the slate riverbed by which you descend, as well as the remains of a stone wall on the left, on which you can appreciate the structures where a path ran some decades ago.

Continue until you find the next rappel; descend a step formed by a small artificial wall followed by a ledge where, taking advantage of a natural anchor to the right, prepare the rope. Caution: although it is an easy ramp, it is slippery.

Then comes a path that crosses a beautiful semicircular bridge; there a natural anchor in the centre allows you to rappel from the top or from the barrel of the bridge.

Continue then until the confluence with the river Selmo, and taking advantage of an old canal, as well as small paths, you get back to Ferramulín.

ACEVAL (BUZGALEGOS) No. 11

ACCESS

Entrance: in Ferramulín, after crossing the bridge over the river Selmo and in the same town square, take the first street on the right. Pass a white chapel. Continue to rise through chestnut trees to a slate construction (a chestnut drying facility). From there, 30 m ahead, there is a path to the right where you can descend towards the river.

Exit: in Ferramulín.

NOTES

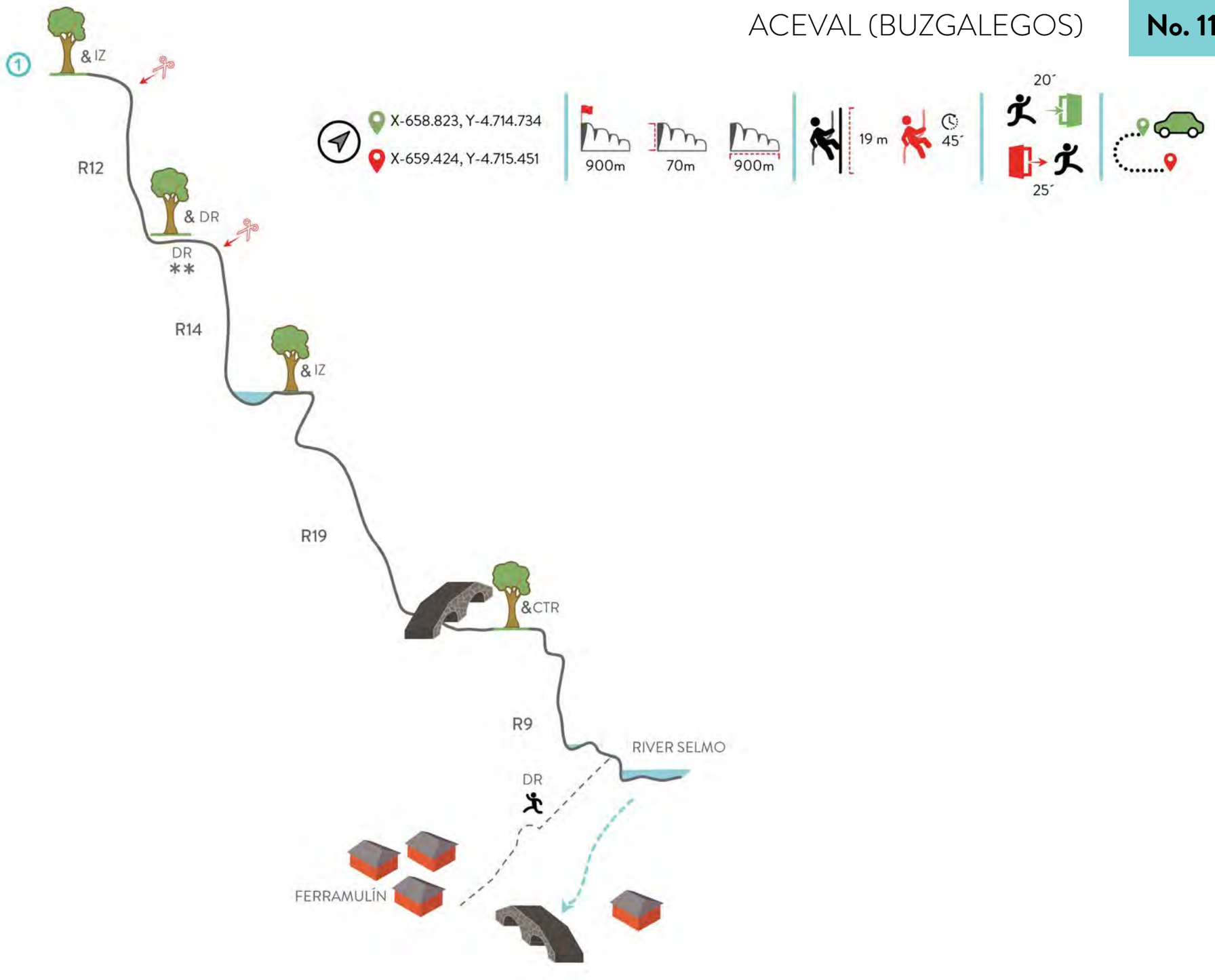
Extreme caution should be exercised if the river flow is abundant. Slippery terrain. Be careful with the exit of the last rappel (R9) you can exit through the tunnel and anchor to the rope without difficulty.

DATA

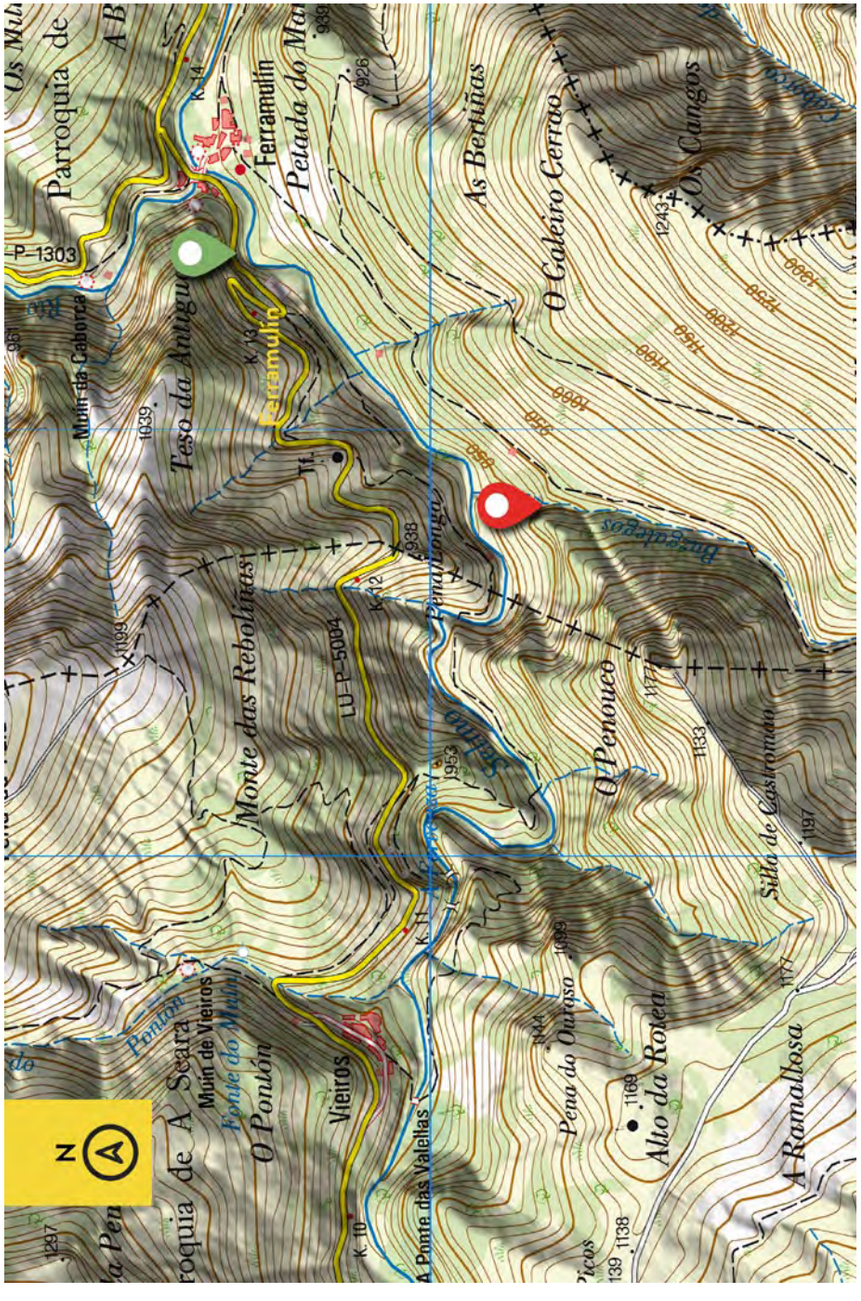
GPS coordinates (WGS 84)	Entrance	658823 4714734
	Exit	659424 4715451

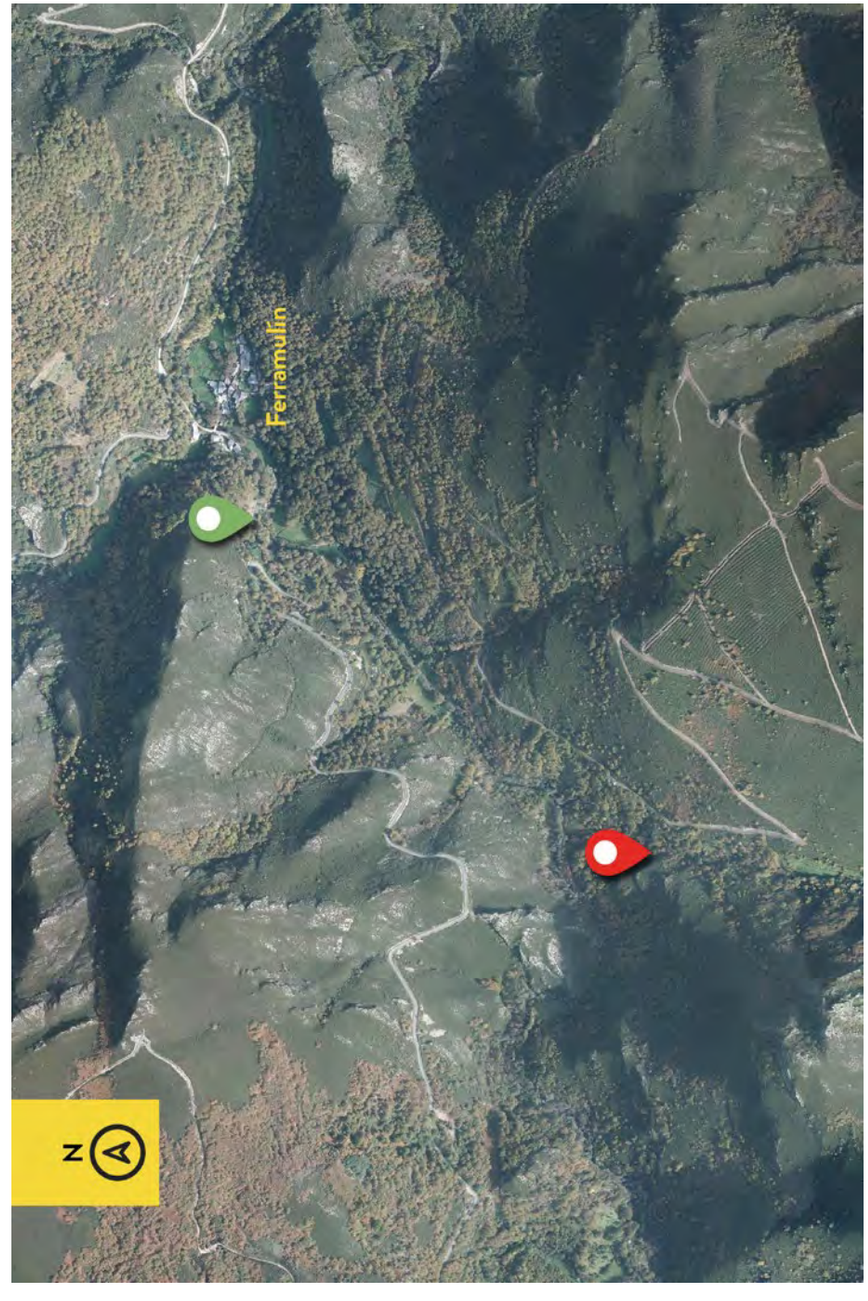
Slope	70 m
Entry altitude	900 m
Length	900 m

Descent schedule	45´
Access schedule	20´
Departure schedule	25´


1
&IZ
R12
&DR
DR
**
R14
&IZ
R19
&CTR
R9
RIVER SELMO
DR
FERRAMULÍN
X-658.823, Y-4.714.734
X-659.424, Y-4.715.451
900m
70m
900m
19 m
45´
20´
25´

No. 11 ACEVAL (BUZGALEGOS)



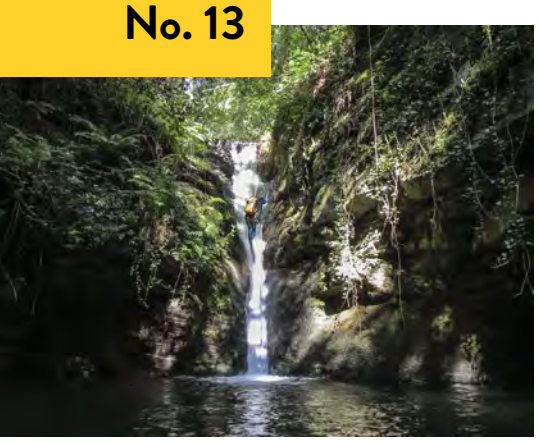


8. CAMPODOLA SECTOR

No. 12

REGUEIRO SECO

No. 13



FERREIRIÑO

REGUEIRO SECO

No. 12

No. 12 REGUEIRO SECO

NEAREST TOWN Campodola (Quiroga, 11 km)

DESCRIPTION

A small jewel in the heart of the synclinal of the Courel Mountains.

Second tributary of the river Ferreiriño on the right bank, between the villages of Campodola and Leixazós, which originates in a basin between Alto do Convento and Poza del Lago.

The descent is characterised by a marked verticality. Several waterfalls follow each other with heights close to 30 m, with a 250-metre drop in a distance of 750 m.

The flow is never of great concern. The highest level moment is after the thaw or storms, when this area becomes more dangerous. It is convenient to schedule this descent after the rains.

As a weak point of this descent, it should be noted that the upper part is somewhat degraded by the successive works on the road that reaches Alto do Boi. This does not mean that you should not schedule the descent since its beauty will also compensate you.

Bearing in mind that the end of this ravine is the river Ferreiriño, you can combine both descents, thus becoming a very interesting activity (with a duration of probably more than 8 h).

REGUEIRO SECO

No. 12

ACCESS

Entrance: from Quiroga take the road to Folgoso do Courel by Alto do Boi (LU-651). At km 10.5, shortly before arriving at the port, you can leave your car next to a pond on the left bank of the road, at a sharp curve.

There is another option: leave your car in Campodola, exit for the ravine. From Quiroga, take the road to Folgoso do Courel by Alto do Boi (LU-651). At km 9 (Campodola geo-viewpoint) there is a track that 2 km ahead leads to Campodola. Do not try to enter the village with your car.

From Campodola we will have to walk to the viewpoint and from there on the LU-651 road to the starting point (approximately 2 km).

Access the ravine crossing the road carefully and, downclimbing between blocks, you will reach the head of the first of the waterfalls.

Exita: Regueiro Seco ends in the river Ferreiriño, from which you access by a wooden bridge to the PR-G 192 that joins Leixazós with Campos de Vila. After a short ascent, turn left along an old wooden walkway to keep going up a marked path to the village of Campodola. Your car will be at its entrance.

NOTES

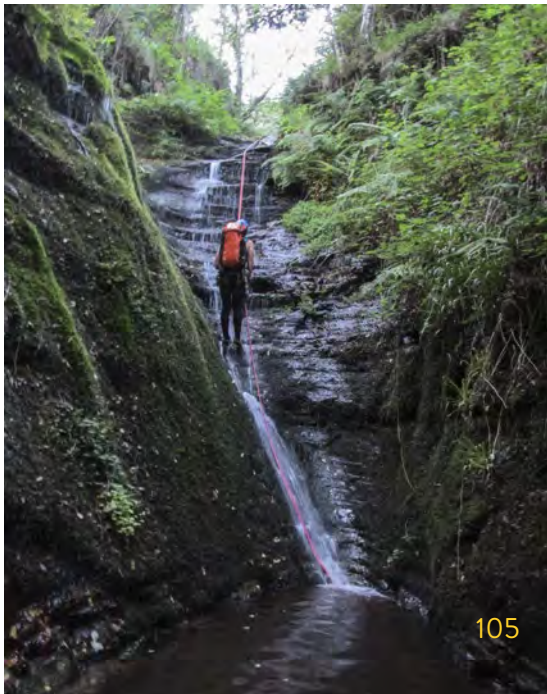
Better with good flow, but without it becoming excessive. It can be checked from the road. Access to the headers can be slippery.

DATA

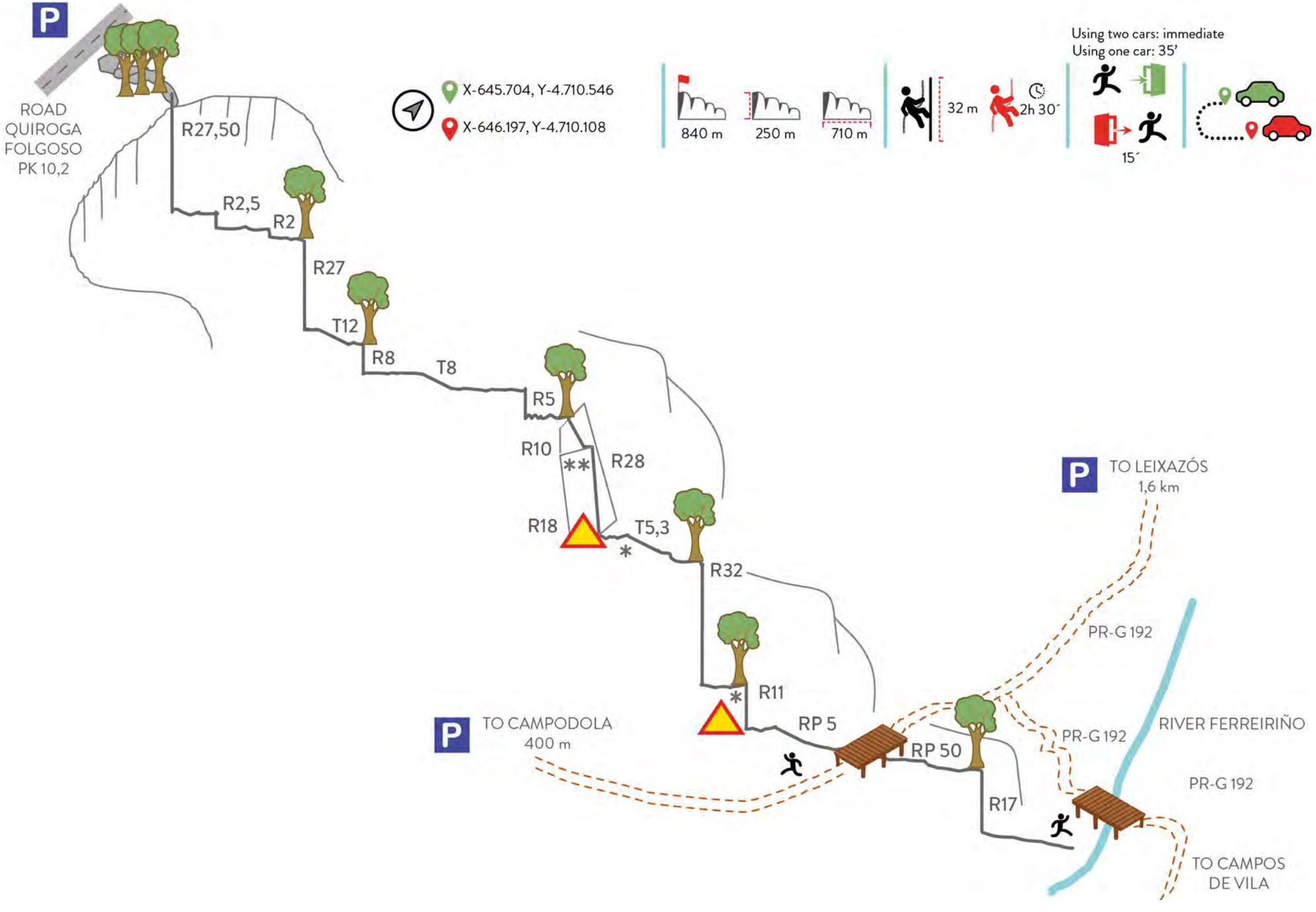
GPS coordinates (WGS 84)	
Entrance	645704 4710546
Exit	646197 4710108

Slope	250 m
Entry altitude	840 m
Length	710 m

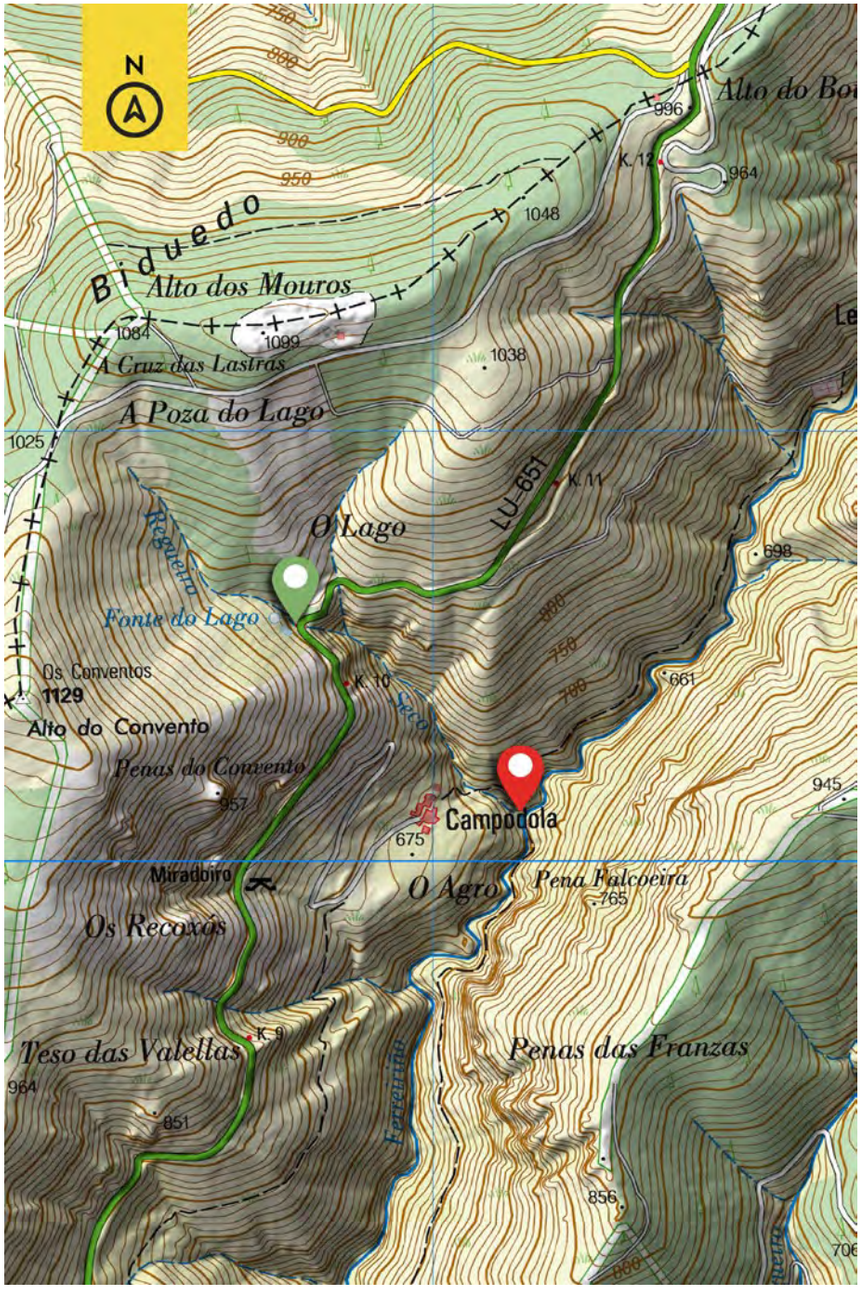
Descent schedule	2 h 30´
Access schedule	Using two cars Inmediate Using one car 35´
Departure schedule	15´

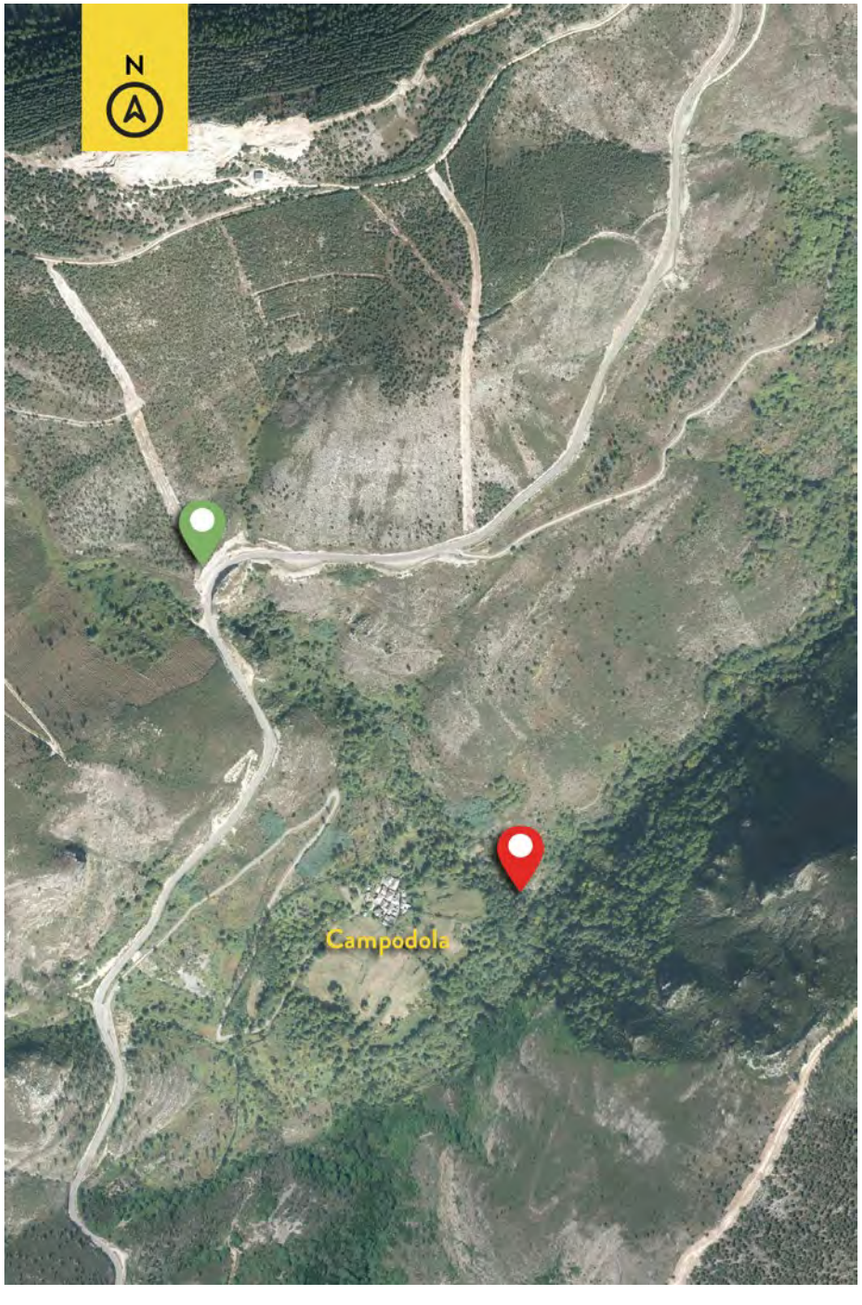


REGUEIRO SECO



No. 12 REGUEIRO SECO





FERREIRIÑO

No. 13

No. 13 FERREIRIÑO

NEAREST TOWN Campodola (Quiroga, 11 km)

DESCRIPTION

This is one of the best-known ravines in Galicia, as it is the longest in this region. Next to the ravine of the river Mao, it has the honour of being the place where more Galician canyoneers have improved their technique. Horizontal sections abound in it.

The ancient slate walls that can be seen along its route, remains of old paths between villages and towns, evoke the life of yesteryear of the people from this valley.

Upstream of the Campodola bridge, the section has three rappels of 5, 11 and 14 m, separated by small sections of downclimbings.

The river Ferreiriño then continues its course descending by slides, ledges and old dams spread over an open riverbed with some more entrenched areas.

A mini gorge excavated in slate tiers surprises and alters the monotony of the riverbed; a natural anchir on the right allows you to descend the R7 entrance, at whose base you will necessarily get wet. Upon leaving the gorge, take on a short slide, and then rappel an R5 from a tree somewhat advanced.

Leaving the pool of the R5, a small pile of blocks announces the entrance to the second narrow zone of the river; an old and deteriorated installation allows you to descend the R4 that has a small cave at its base; then comes another R4, with the head to the left, located very low; you may leave the gorge by a V-shaped corridor.

Then, walk along a section where slides, downclimbings and narrow passages follow one another. The walls approach at some points and there are remains of old roads on the banks.

The last gorge zone is the longest and most attractive of this route. It arrives after an R7 formed by a striking slate pot, and then a big room that ends in a dark corridor, with very narrow walls. From this point, go for a walk, which will be interrupted by two steps that announce an R12 which ends in a pool; the head of this rappel is installed in a piton that is reinsured to a tree.

From the R12 to the Barxa bridge it takes approximately 1 h 45 minutes, whether you continue along the river or exit through any of the paths on the left bank that make it possible to leave the river in search of a parallel path.

FERREIRIÑO

No. 13

ACCESS

Entrance: there are three options: a) In the village of Leixazós, from Quiroga on the road itself, a path descends to the river. This option increases the time of descent, but through some sections without particular interest. b) The most used. Leave Campodola. At the end of the village descend a path to the river. There cross a wooden bridge over the Regueiro Seco of Campodola and continue along a path until you come to a fork. Right there you can descend to the river, but, in order not to lose the rappels, it is best to continue on the left, along a path marked as a hiking route, to descend to the river in the first waterfall. c) From the Regueiro Seco in Campodola.

Exit: leave at the Barxa bridge. Getting there from the R12 requires a 1 h 45 minutes' walk.

NOTES

Extreme caution should be exercised if the river flow is abundant. Long descent, do not enter when running short on time.

DATA

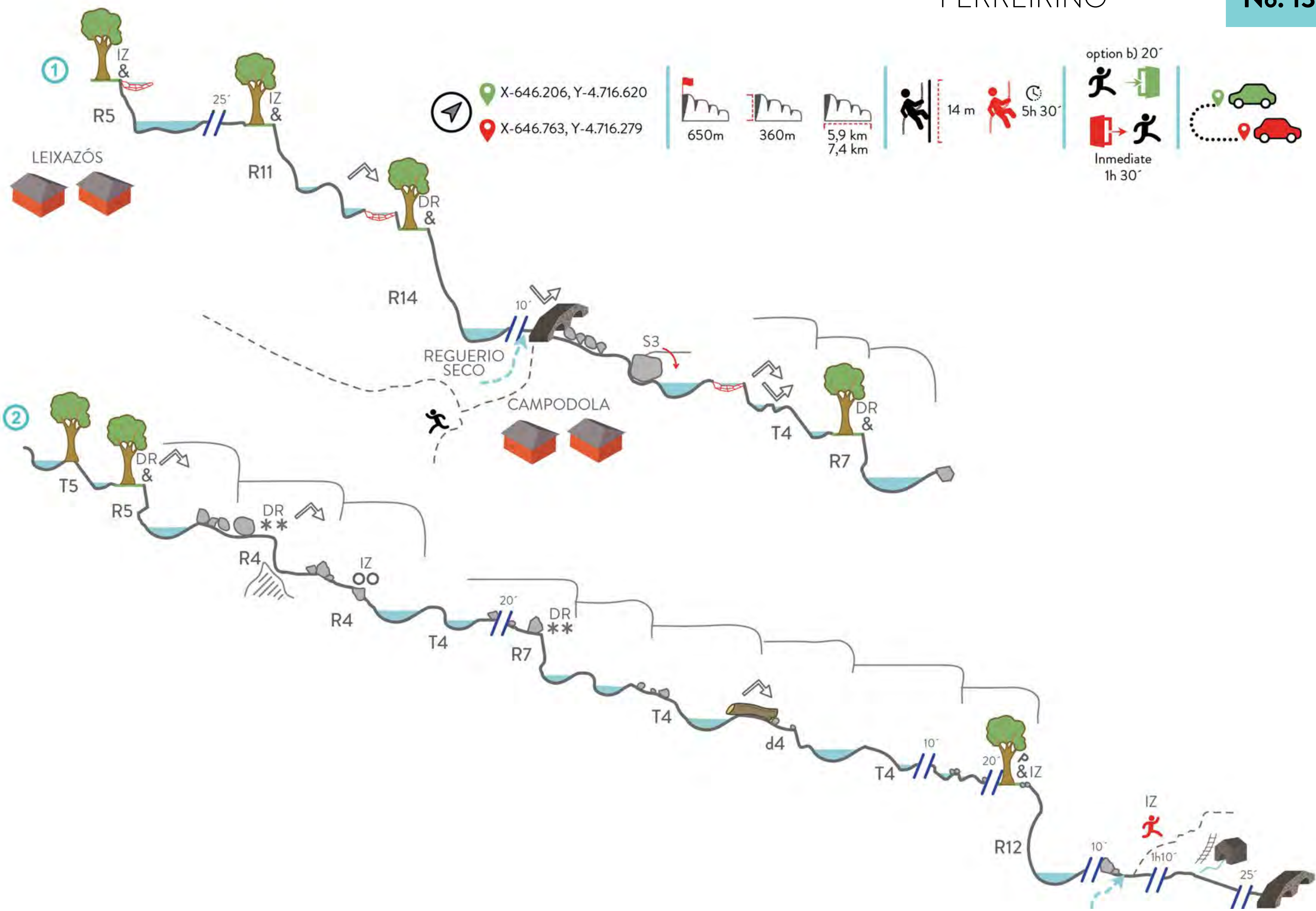
GPS coordinates (WGS 84)	**Entrance**	646485 4710437
	Exit	644452 4705578

Slope	360 m
Entry altitude	650 m
Length	5,9 km (Campodola) 7,4 km (Leixazós)

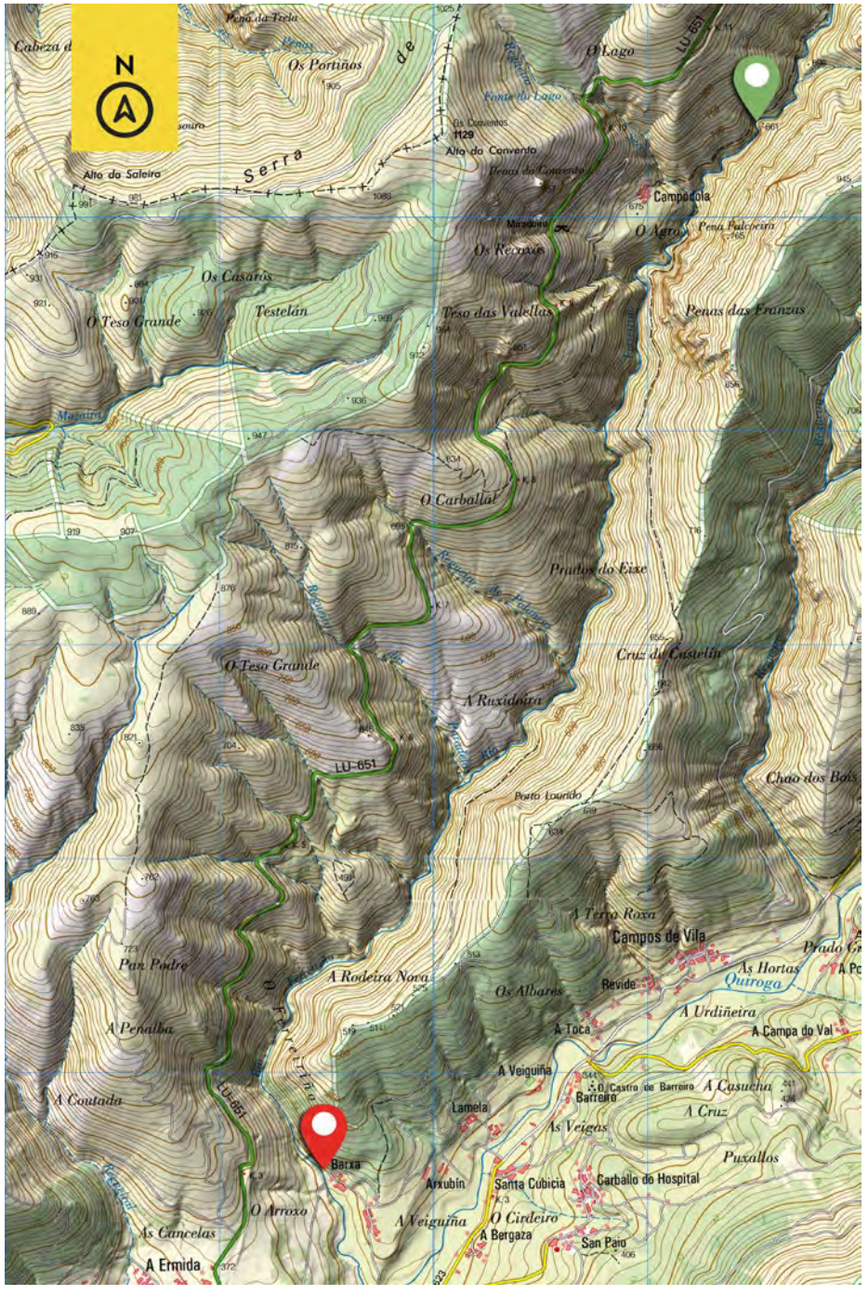
Descent schedule	5 h 30´
Access schedule	20´
Departure schedule	Inmediate

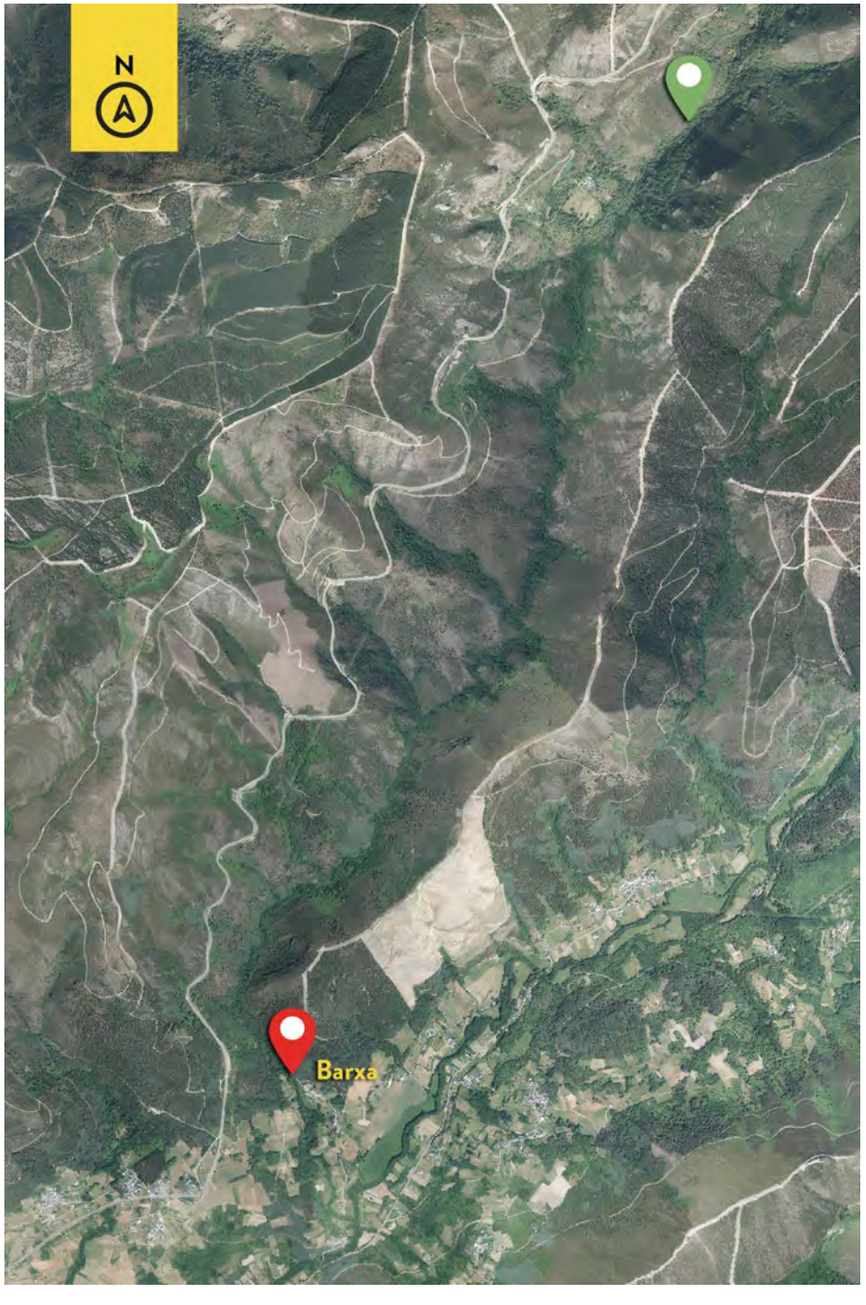
No. 13

FERREIRIÑO



No. 13 FERREIRIÑO





9. SOLDÓN SECTOR

No. 14

VILARMEL

No. 15

FIAIS

VILARMEL

No. 14

No. 14 VILARMEL

NEAREST TOWN Vilarmel (Quiroga, 18 km)

DESCRIPTION

Enter the river and a few metres ahead you will find a slide that you should face on the left, with good reception. At the end of the pool that appears after the slide, you will reach a waterfall of about 12 metres from its anchor, a tree on the right, which leaves us in a narrow pit covered all around, even vaulted, in a place of special beauty. As always, be careful at the exit with high flow. Move between small slides until you reach a concrete bridge. From here you can leave the descent to reach the starting point, Vilarmel, in just ten minutes of comfortable walk. After this place, the possibilities of escape are less evident.

After the bridge there are two small protrusions and you can continue downstream without difficulty for about 15 minutes, until you reach the first waterfall (natural anchor / tree on the right). From this point, the river is entrenched, forming a spectacular canyon, and we reach a series of protrusions that you can belay with the rope (natural anchor / tree on the right). Above you, you can see the remains of a wooden bridge. Be careful with these protrusions with high flow.

Another waterfall that you can belay using a natural anchor (tree on the right). Be careful at the exit of this waterfall, minding its concave shape, with high flow. Downstream you will find the highest waterfall on the route, 15 metres down to a narrow pool (natural anchor / tree on the left). In about ten more minutes, downstream, and without difficulties, you will reach a wooden bridge in good condition that crosses the riverbed.

VILARMEL

No. 14

ACCESS

Nearest town: Vilarmel, 1 km. Leave Quiroga on the N-120 towards Ponferrada, passing the Lugar de Os Novais, diversion to the left, direction Paradaseca, Paradipiñol, Ferrería de Rugando. From Rugando to Vilarmel. In total a journey of about thirty minutes.

Entrance: in Vilarmel we park at the entrance of the town, in a small terrace where the garbage containers are located (the streets of the village are quite narrow).

From there, cross the town towards its lower part, looking for the PR-G 191 trail. Following its marks to the right, in about five minutes you will reach an obvious path that also takes to the right and that will soon leave you in an apiary you shall go through. Access the river by a path (rocks between which an oak stands out).

Exit: from the wooden bridge, to the left, take a path that accesses a small stone building, leave it to the right and move upwards, across disused meadows. Looking for an accessible point among the chestnut trees you will come back to the PR-G 191 trail (about ten minutes from the river). When you get to the PR trail, turn left and return to the starting point, Vilarmel, in just ten minutes of comfortable walk.

The access and the exit are in the same place, so you will only need one vehicle to perform the activity.

NOTES

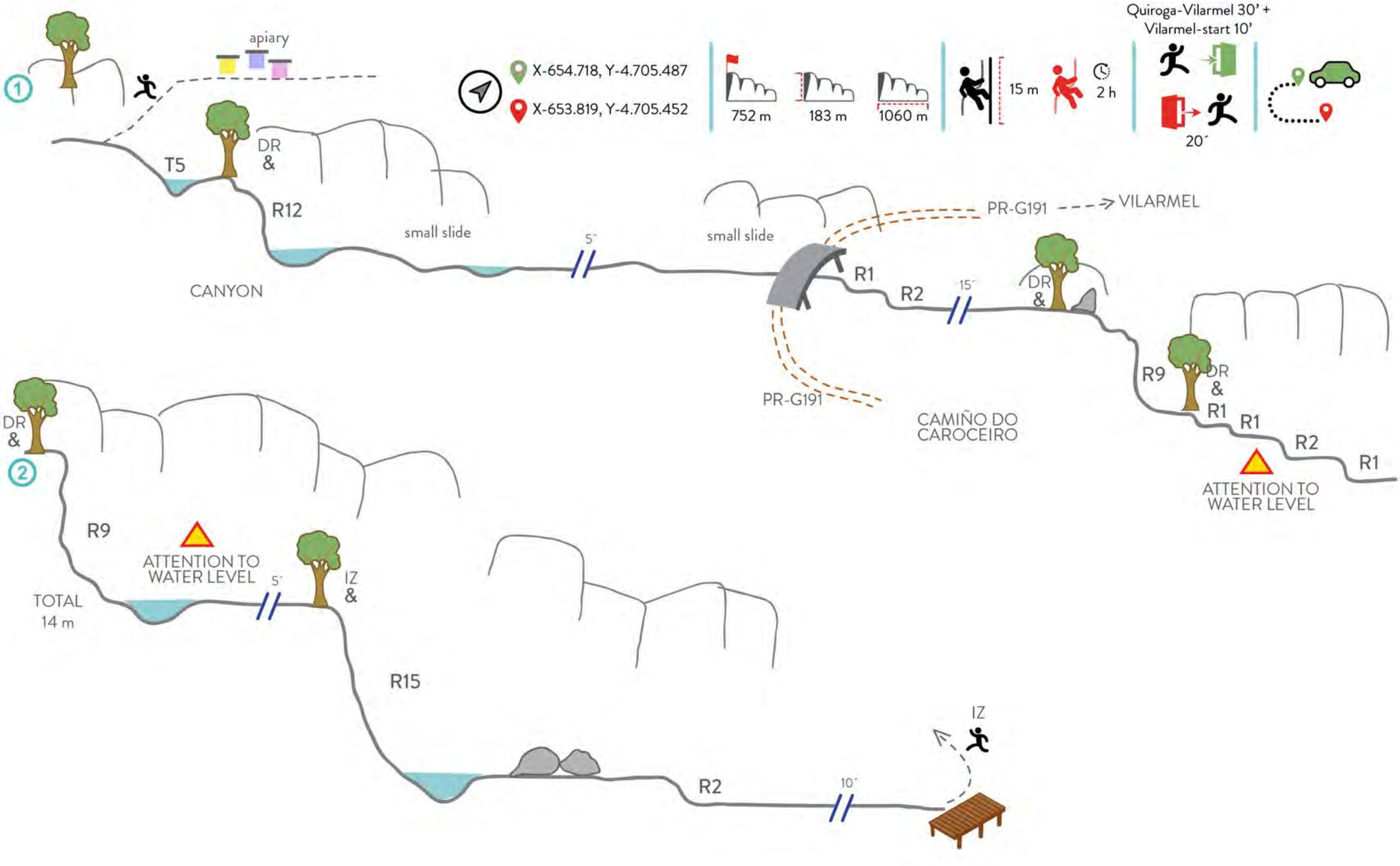
The progression along the riverbed should be done with great caution, using the riverbanks. Beware of access to headers. With high flow, the waterfalls of this river are delicate: be careful.

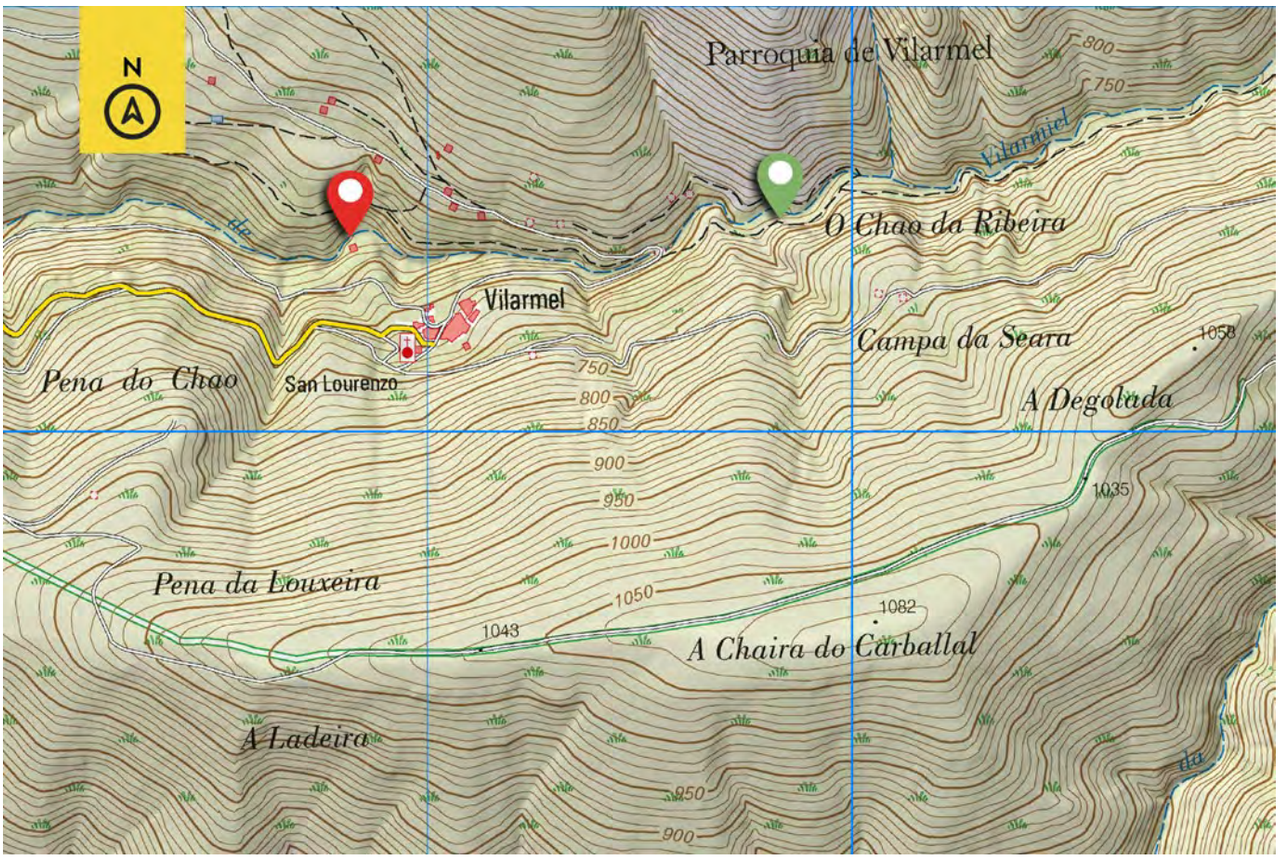
DATA

GPS coordinates (WGS 84)	
Entrance	654718 4705487
Exit	653819 4705452

Slope	183 m
Entry altitude	752 m
Length	1060 m

Descent schedule	2 h
Access schedule	Quiroga-Vilarmel 30' + Vilarmel-start 10'
Departure schedule	20´


1
apiary
X-654.718, Y-4.705.487
X-653.819, Y-4.705.452
752 m
183 m
1060 m
15 m
2 h
Quiroga-Vilarmel 30' +
Vilarmel-start 10'
20´
T5
DR
&
R12
small slide
CANYON
5´
small slide
PR-G191
VILARMEL
R1
R2
15´
DR
&
PR-G191
CAMIÑO DO
CAROCEIRO
R9
DR
&
R1
R1
R2
R1
ATTENTION TO
WATER LEVEL
DR
&
2
R9
ATTENTION TO
WATER LEVEL
5´
IZ
&
TOTAL
14 m
R15
IZ
R2
10´


N
Parroquia de Vilarmel
800
750
Vilarmel
O Chao da Ribeira
Vilarmel
Vilarmel
Campa da Seara
1058
Pena do Chao
San Lourenzo
750
800
850
A Degolada
900
950
1035
1000
Pena da Louxeira
1050
1082
1043
A Chaira do Carballal
A Ladeira
950
900


N
Viralmel

FIAIS

No. 15

No. 15 FIAIS

NEAREST TOWN Fiais-Quiroga (26 km), Rugando-Quiroga (15 km)

DESCRIPTION

This is one of the best known ravines in Galicia. Its return until not too long ago was demanding, but today it is surmounted thanks to a hiking route. It is essential to do it to obtain the Galician canyoneer card.

It is accessed through a small riverbed that is gradually expanding. There, several mills, next to a chestnut forest, show what the life in this place was like until not so many decades ago.

At the base of a wooden bridge an R15, that can be avoided on the left, appears. Continue along the river, surmounting small protrusions, up to an R25 with the possibility of a slide in the last metres. A pool separates you from a simple R12 adorned by the roof of a small hollow; then take on a 4-metre slide and access a ledge where the river turns left. At this point, a curved tree that is very easy to detect serves as an anchor for an R16 interrupted by a panhole. Then two rappels are left to finish this first part of the route. It is advisable to pay attention when approaching the second rappel (R13), since, when wet, it is risky and slippery.

Then, you will face the more vertical section of the river. During the next two hours the ropes will be used constantly, as it will be necessary to surmount several waterfalls interrupted by small pools and ledges, difficulties that have recently been re-equipped looking for the most aquatic lines. The numerous trees on the banks allow you to adapt the route to the taste of each group. A short horizontal section announces the presence of two 22-metre rappels linked by a somewhat scarce middle anchor, uncomfortable for more than one person. From the next difficulty, you can see how the valley opens up; in the background, you will be able to recognise the road that you have accessed to leave the exit car.

Now, a small intermediate rappel serves as an approximation for an R28 that closes the part with the most slope of the descent.

At that point, the river changes its verticality for a more overturned riverbed; the pond of the last rappel drains almost without slope to a riverbank forest: from there to the end, it is only necessary to gradually lose altitude to reach the wooden bridge over which the "Camiño Ferradal" route passes, in approximately one hour. This is the path that crossed the Soldón valley to lower the minerals from several mines in the area. Going to the right, up the valley, pass a chestnut drying facility, cross another wooden bridge over the stream and continue parallel to the river to a signaled crossing. On the left, it takes approximately 25 minutes to go up to the village of Paradapiñol; to the right, it leads to Ferrería de Rugando in another 25 minutes. The way out may have some brushwood depending on the time of year and the maintenance of the route.

You must remember that this is a physically demanding route, with no clear possibilities of escape and that, when wet, it is considerably complicated due to the slipperiness of the terrain; even access to certain headers presents an added effort and difficulty.

No. 15 FIAIS

ACCESS

Entrance: a) By Rugando (exit point)-Fiais. Access the place of Rugando following the directions to approach the river Vilarmel. From Rugando, go in direction Vilarmel to deviate to Lugar de Cereixido (7 km). Before the village, take a dirt track with irregular terrain that after 3.5 km takes you to Fiais.

b) By Bendollo-Fiais. On the section of the N-120 that leads from Quiroga to A Rúa, take a crossing at km 483 towards Bendollo. Continue on this road until, in the first houses of the town, without entering the centre, a sign signals the "Ruta del Vino" (Wine Route) that always leads you on the way to Fiais. The road becomes a dirt road in the vicinity of a large water tank from which, about 7 km ahead, you will reach the abandoned village, where you can leave your vehicles. To access the river, you only have to cross the village and, at the last houses, descend towards the riverbed through the cattle trails or the remains of roads that went down to the old mills.

Exit: the end of the ravine coincides with the Ferradal PR-G187 road. On this path, you can access the town of Paradapiñol or Ferrería de Rugando, since both options are on the same road and involve a similar effort, although the second is recommended because it has a more distributed slope.

NOTES

Ravine of great magnitude, long, technical, vertical and without obvious escapes. Better with abundant water but, like all of them, without excess.

It must also be remembered the responsibility of all canyoneer to take care of and maintain these routes in optimal conditions: it is important to bring material to change and remove the many natural anchors that are found in poor conditions.

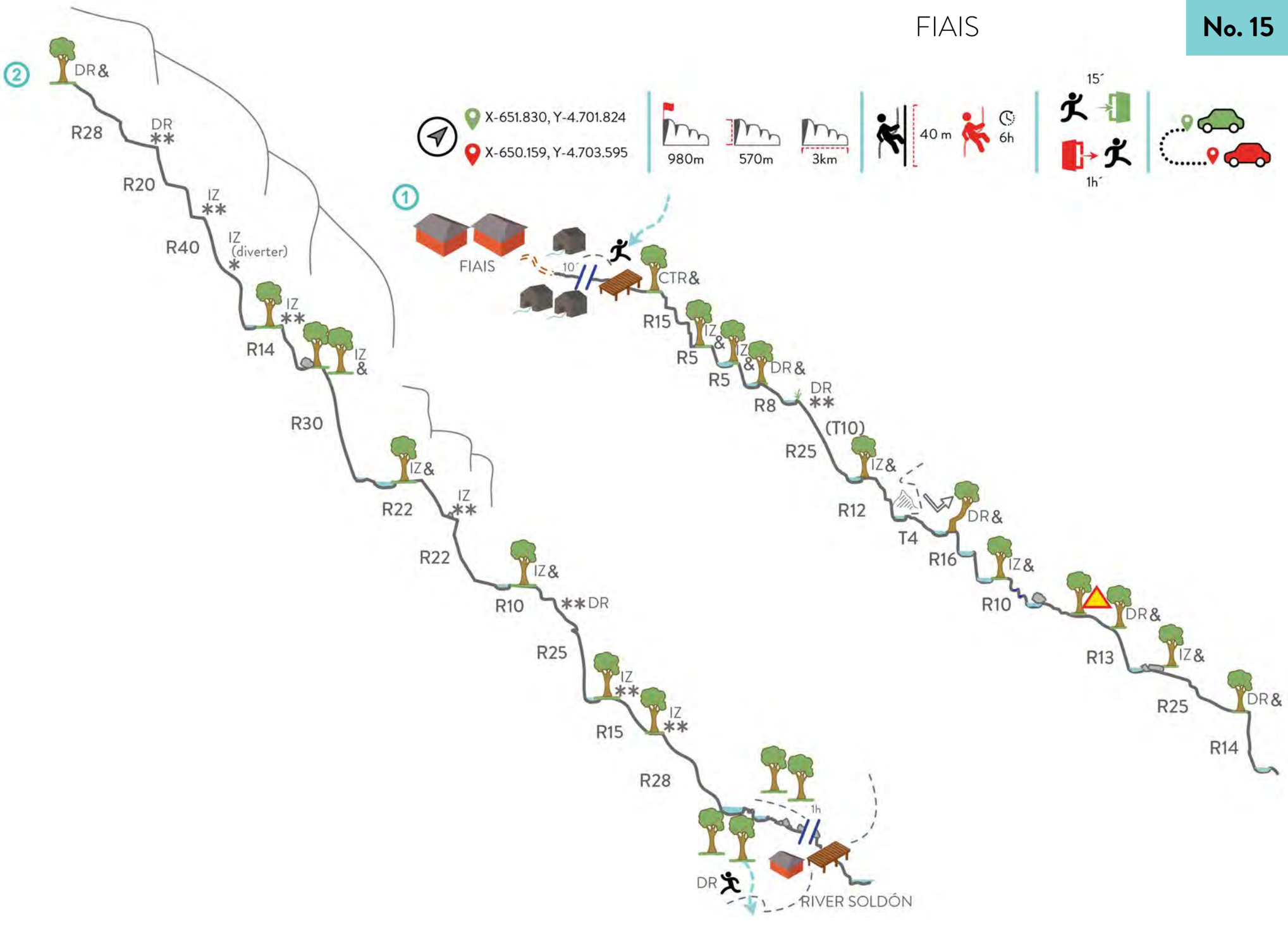
DATA

GPS coordinates (WGS 84)	Entrance	651830 4701824
	Exit	650159 4703595

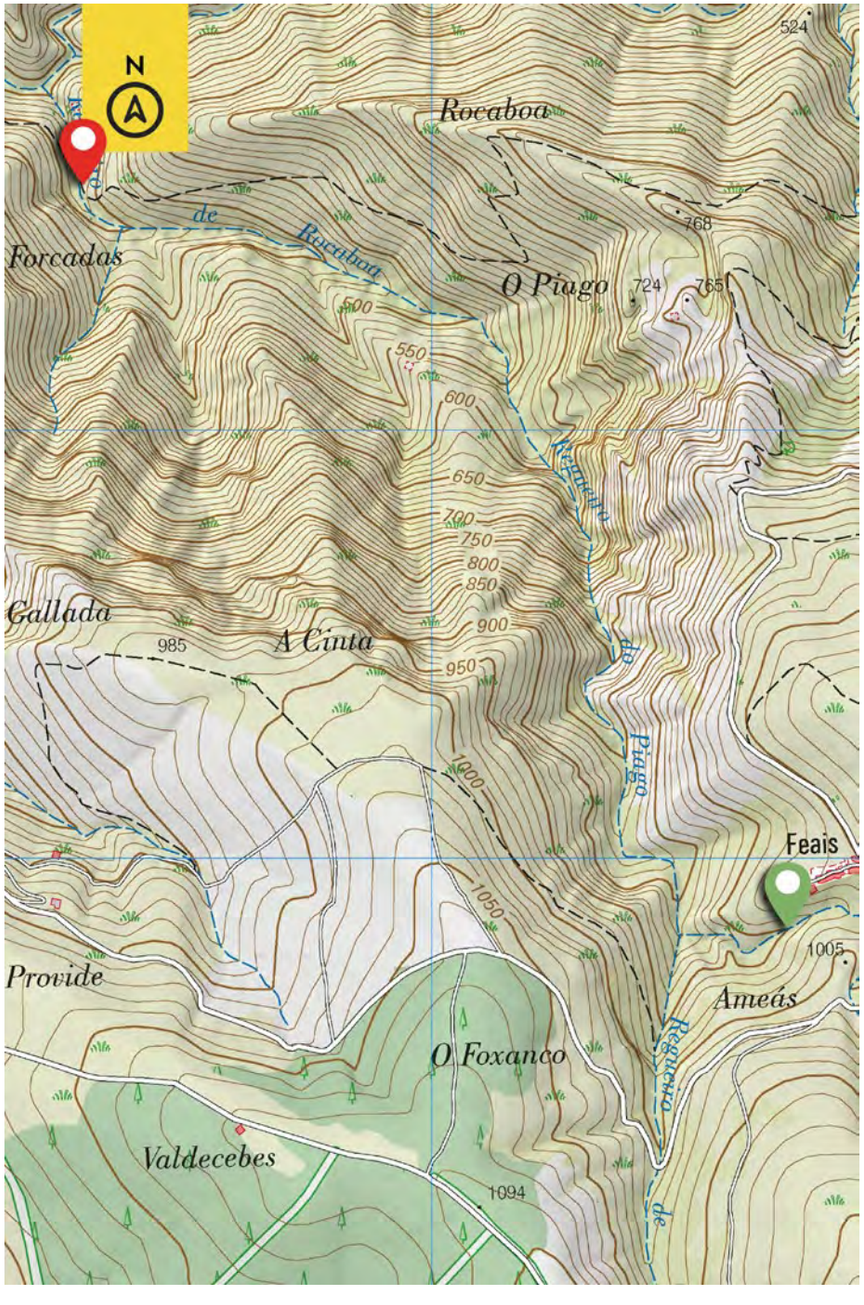
Slope	570 m
Entry altitude	980 m
Length	3 km

Descent schedule	6 h
Access schedule	15´
Departure schedule	1 h

FIAIS


X-651.830, Y-4.701.824
X-650.159, Y-4.703.595
980m
570m
3km
40 m
6h
15´
1h´
FIAIS
10´
CTR&
R15
IZ&
R5
IZ&
R5
DR&
R8
DR
**
(T10)
R25
IZ&
R12
T4
DR&
R16
IZ&
R10
DR&
R13
IZ&
R25
DR&
R14
2
DR&
R28
DR
**
R20
IZ
**
R40
IZ
(diverter)
*
IZ
**
R14
IZ&
R30
IZ&
R22
IZ
**
R22
IZ&
R10
**DR
R25
IZ
**
IZ
**
R15
R28
1h
DR
RIVER SOLDÓN
1

No. 15 FIAIS

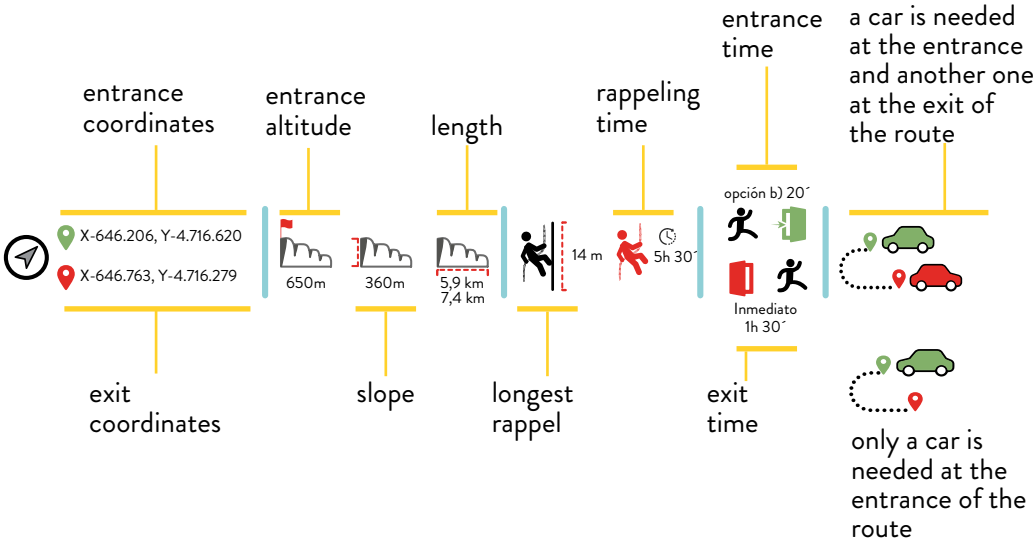

N
Rocaboa
de
Rocaboa
Forcadas
O Piago
524
768
724
765
600
550
600
650
700
750
800
850
900
950
1000
1050
Regueiro
da
Paxe
Feais
Gallada
985
A Cinta
Provide
Ameás
O Foxanco
Valdecebes
1094
1005
de
Regueiro


N
Feais

10. MAP KEYS

SYMBOLS	
&	natural anchor
*	parabolt
o	chemical anchor
DR / IZ / CTR	right / left / back centre
S3	fall in metres
T3	slide in metres
R3	protrusion in metres
D3	downclimbing in metres
	turns
50m //	section without representation in metres (it can also appear in minutes)
 DR / IZ	escape to RIGHT or LEFT
 DR / IZ	ravine access or exit to RIGHT or LEFT
	cleaned area
	whirlpool
	ATTENTION!
	parking
	timber bridge
	stone bridge
	tree

SYMBOLS	
	trunk
	vegetation
	path
	tributary
	house
	mill



11. LET'S OBEY THE REGULATIONS

Environmental regulations and canyoning

As a result of its great natural value, the Courel Mountains have been declared a Special Area of Conservation (SAC) within the Natura 2000 Network, created by Council Directive 92/43/EEC, of 21 May 1992, on the conservation of natural habitats and of wild fauna and flora, and Law 42/2007, of 13 December 2008, on Natural Heritage and Biodiversity, and the Galician Network of Protected Areas, created by Law 9/2001, of 21 August 2001, on Nature Conservation.

In accordance with this regulation, all people are responsible for respecting and conserving natural spaces, and Public Administrations, within the scope of their respective competences, must ensure the protection of these spaces and their responsible management. For these purposes, the publication of instruments for planning, ordinance and management of the natural resources present in those protected areas is foreseen.

In the case of the SAC, which includes the Courel Mountains, this planning, ordinance and management instrument was provided for in Decree 37/2014, dated 27 March, declaring places of special conservation the areas of community importance of Galicia and the Master Plan of the Natura 2000 Network for Galicia is approved.

The aforementioned Master Plan specifies the set of measures necessary to ensure the maintenance or, where appropriate, the restoration of a favourable conservation status of the spaces of the Autonomous Community of Galicia included in the Natura 2000 Network, as well as to avoid the production of alterations or appreciable deterioration in relation to the established conservation objectives.

For the planning of activities in this area, it is necessary to take into account that the Master Plan of the Natura 2000 Network for Galicia provides that some activities are subject to authorisation by the autonomous regional body responsible for the conservation of nature, which, at the date of publication of this guide, is the Consellería de Medio Ambiente e Ordenación do Territorio (Galician Department of Environment and Territory). ***Canyoning*** *is among the authorisable activities listed in the aforementioned Master Plan, specifically in subsection 3.f).3o.v) of its section 61. In order to protect the natural wealth of these spaces, the competent authority may specify precise conditions for carrying out the activity, or even prohibit it when its practice may appreciably affect the conservation status of the habitats of community interest or the habitats of the species of conservation interest found in the Courel Mountains.*

Keep in mind that the laws and usage rules are always changing, so you should look for updated information at the time that you are going to carry out your activity. Even the Consellería and different general directorates in charge of watching over the protection of the environment assume or delegate competencies throughout time

Let's take care of our environment

Regardless of the applicable regulations, it is clear that any alteration in the environment can influence both wildlife and plants that live there, as well as the rest of the elements that compose an ecosystem and its biodiversity. As practitioners of an activity in sensitive environments and places, there are a series of actions that we must take into consideration to help maintain their value:

- You shall not leave any kind of waste.
- You shall not damage the flora or other natural elements of the environment, nor collecting, moving or displacing them.
- You shall take care of where we tread at all times.
- In the trips outside the watercourse, you shall try to stay in paths and tracks, stepping as little as possible outside them. You shall not leave the permitted or marked routes.
- You shall avoid being noisy and speak in a low voice so as not to disturb the fauna or other users of the space.
- You shall respect the rights of the owners of the lands, leaving doors and fences as you found them.

These general rules are not exhaustive and only serve to guide your actions. At https://www.courelmountains.es/barranquismo you can find a small document about canyoning in sensitive spaces.

12. OTHER RAVINES IN THE SURROUNDINGS

PROVINCE OF LUGO	
REGATÍN 29T 641385 / 4719160 29T 641695 / 4719735	It is the most important of the Incio sector, essential. Seasonal flow, like its neighbours in the sector; ideal with water. Verticality is the main characteristic of this descent, easy and linked rappels, comfortable anchors and absence of trouble spots with a good installation. Highly recommended: descent 2 h 30 min, access 25 minutes and exit 10 minutes. You will need two cars. The longest rappel is 40 m (v4a1II). *First descent Irmandiños Group / Rei Cintolo Club 2016 (Grupo de Exploracións Soterradas Irmandiños; Rei Cintolo - Espeleo Club de Descenso de Cañones)*
REGO DA ROXA 29T 643234 / 4721106 29T 642955 / 4720954	Tributary of the river Lóuzara on its way through O Incio, located in front of the town of Parada. It has a nice overhanging rappel at the start before seeing how the riverbed gradually closes to rush back into another vertical zone with ramp rappels linked. A pair of 40 m ropes will be enough to tackle this descent since the route is dotted with numerous natural anchors. *First known descent Irmandiños Group, 2017.*
REGO DE CERVELA 29T 642348 / 4718527 29T 642465 / 4719199	Located in the Incio sector, seasonal runoff as Regatín, Rego de Lanza and Miranda. Interesting after heavy rains. They are an option for when the rest of descents of the area are impracticable. These descents are characterized by their lack of water, narrow riverbeds, closed vegetation and much verticality. It has some very precarious exploration anchors, necessary 40-metre ropes. *First known descent Irmandiños Group, 2017.*

REGO DE LANZA 29T 641815 / 4718757 29T 642456 / 4719204	Located at the base of the peak of Lanza between Pena de Cervela and Regatín. Due to several breaks in its route it has a greater longitudinal development than its neighbours. The first part runs through areas of ramps to gain verticality in the last protrusions. Like all the small streams of this sector, one of the great difficulties lies in finding out where to get into the river. It is not difficult to make mistakes and make a descent that you did not intend. In any case, because the "regos" (irrigation canals) of this Incio sector run along the same slope, the character and configuration of these runoffs is very similar, having practically the same level of difficulty. Scarce exploration installation, very precarious. Necessary 60-metre ropes. Perform only after heavy rains and when you see water in the riverbed. *First descent Irmandiños Group, 2018.*
MIRANDA 29T 642700 / 4719106 29T 642689 / 4719112	The southernmost of the descents of the Incio sector has the most entrenched riverbed and possibly the one with more water, although the verticality of these walls causes the regos to empty quickly. Therefore, as the rest of its neighbours, it is only interesting after heavy rains. Exploration installation, very precarious. It can be done with 60-metre ropes. *First descent Irmandiños Group, 2018.*
PROVINCIA DE OURENSE	
VAL DE NAVEA 29 643329 / 4693533 29 643770 / 4692575	Río das Cabanas, in the vicinity of the towns of Navea (A Pobra de Trives, Ourense) and Os Casares (Ribas de Sil, Lugo). Sustained and vertical descent that can be done separately in its upper and middle sections. The comprehensive option will take about 2 hours and you will need two 45-metre ropes. In this route there is also some delicate downclimbing that is necessary to belay. It can be done with only one car at the middle point, although, if you have two vehicles, it is a good option to leave one in the town of Navea to facilitate the return. v4a1II *First known descent 1998 Jesús Sáez, Jorge Peñalver and Luis Ángel Fernández.*

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Montañas do Courel
Proyecto Geoparque Mundial da la UNESCO

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AXENCIA GALEGA DE DESENVOLVEMENTO RURAL

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