



galicia X 21

REDE DE PARQUES NATURAIS

Guía e plano do P. Nat. Guide and map

Baixa Limia e Serra do Xurés

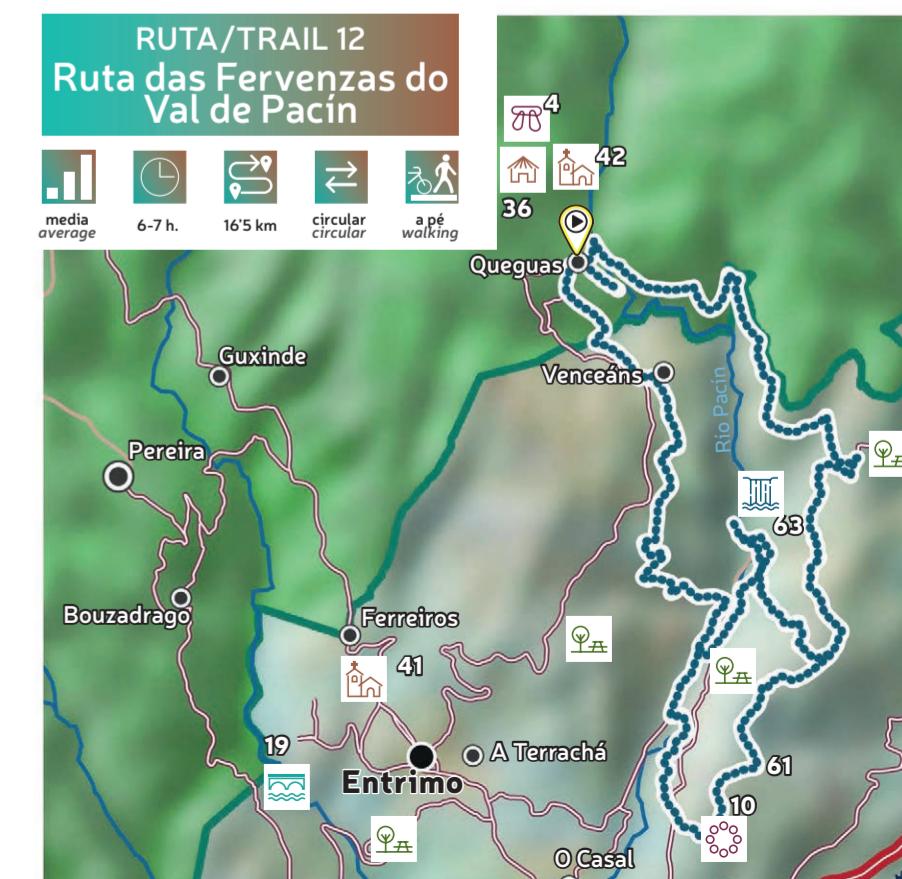
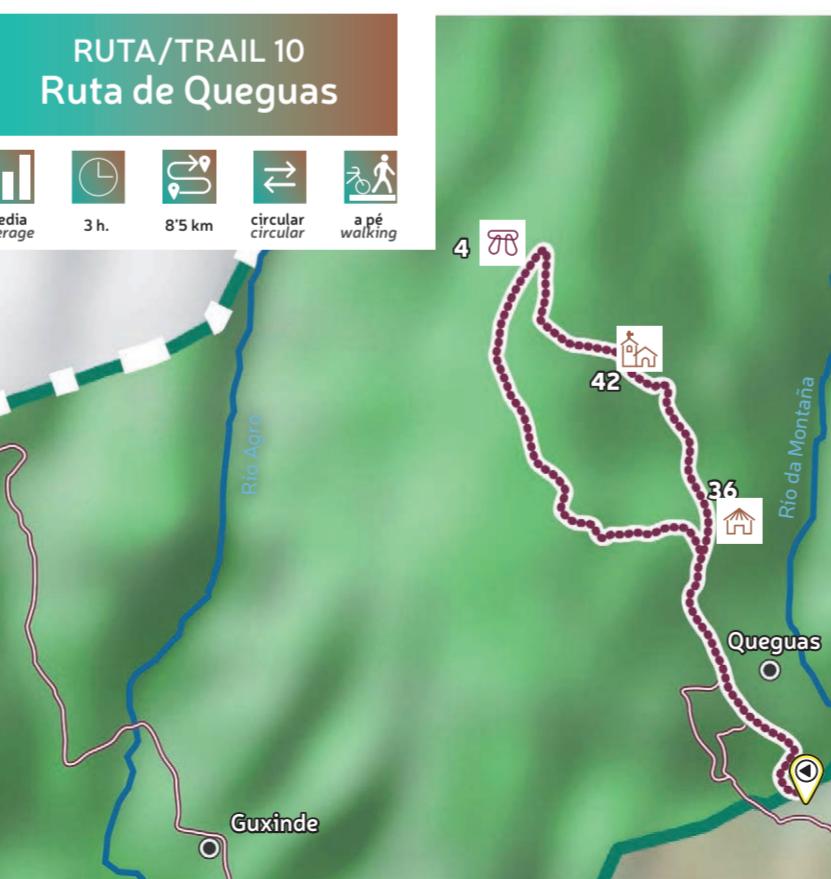
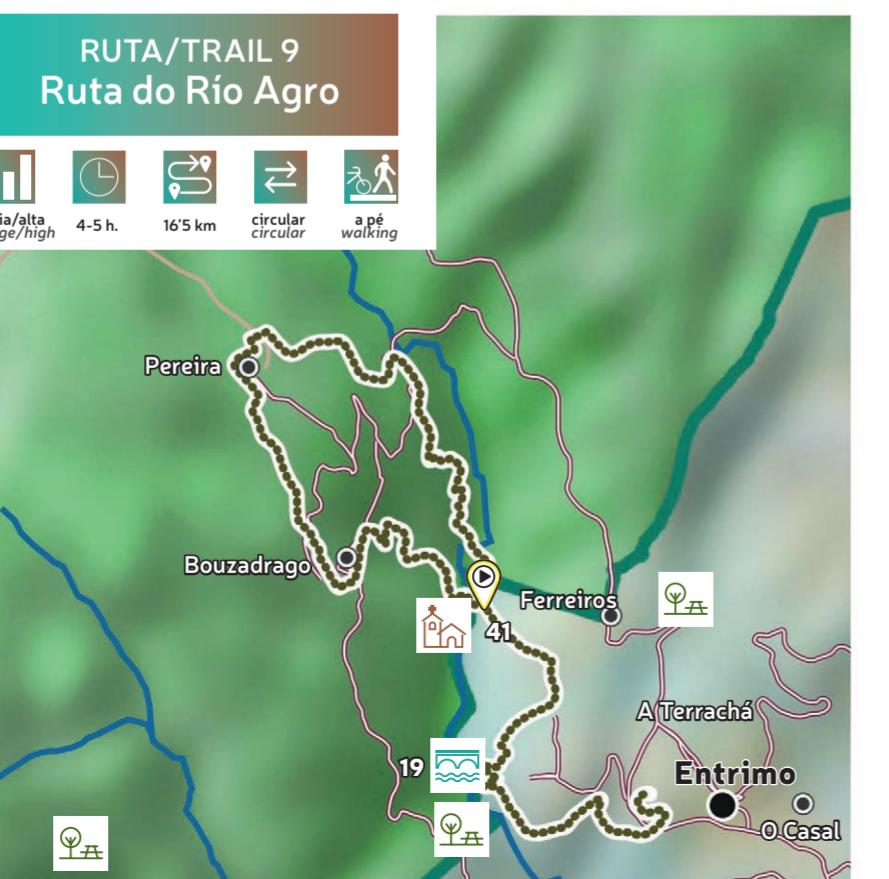
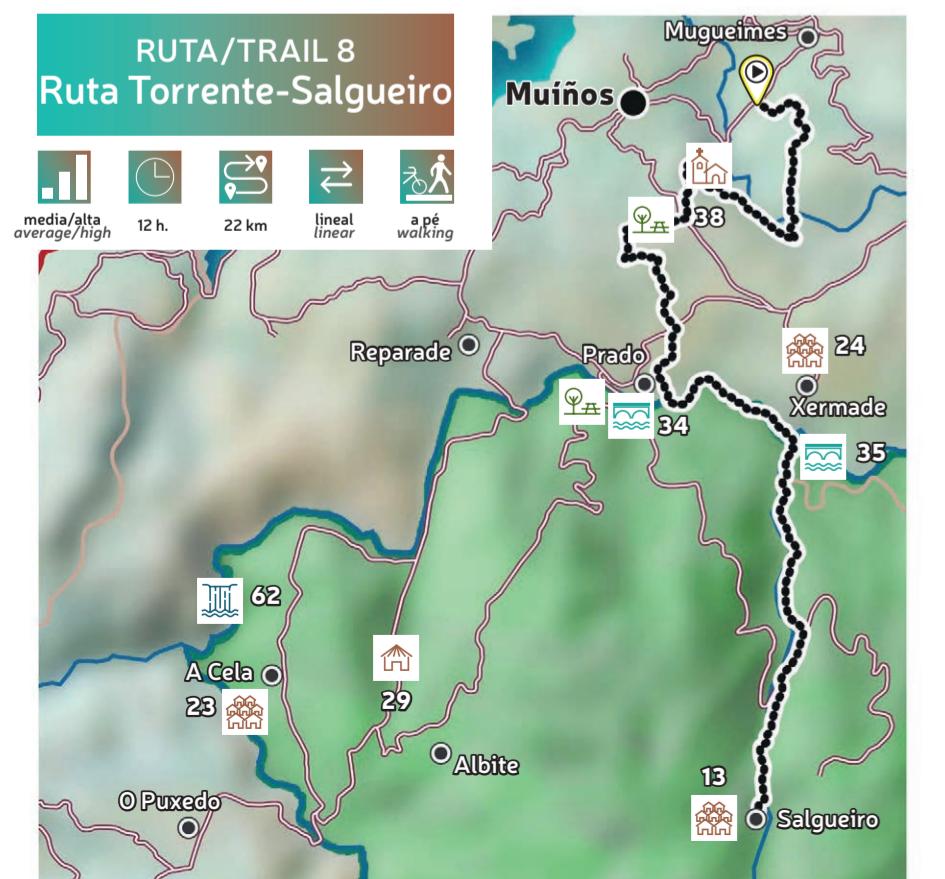
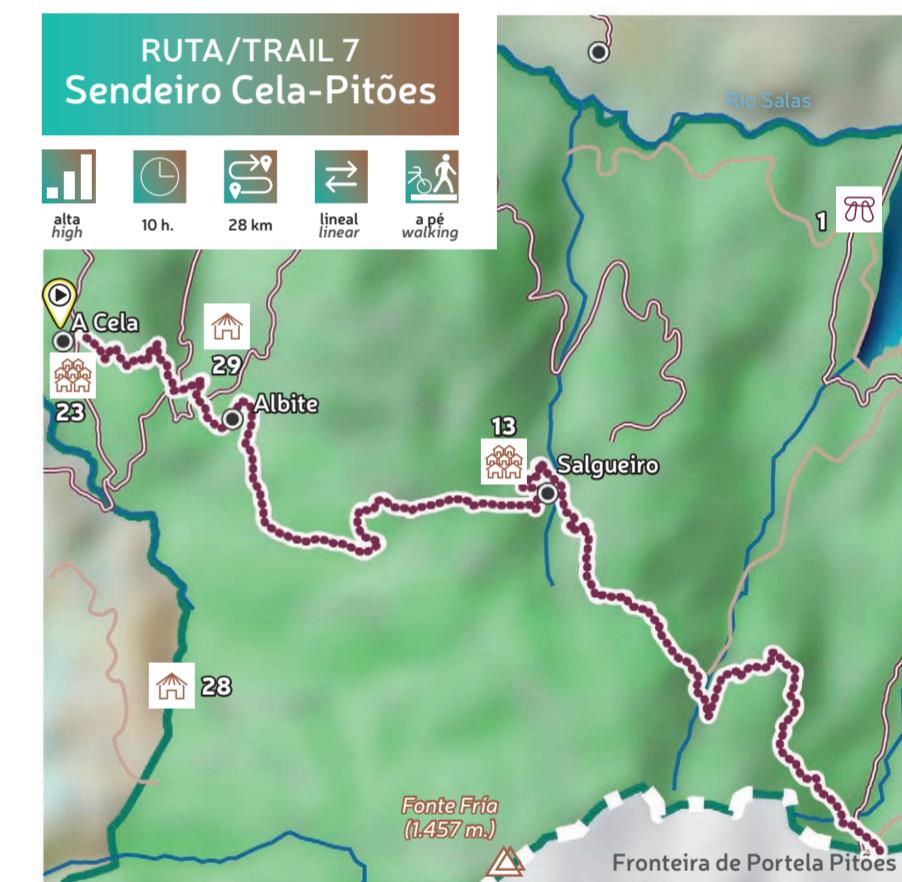
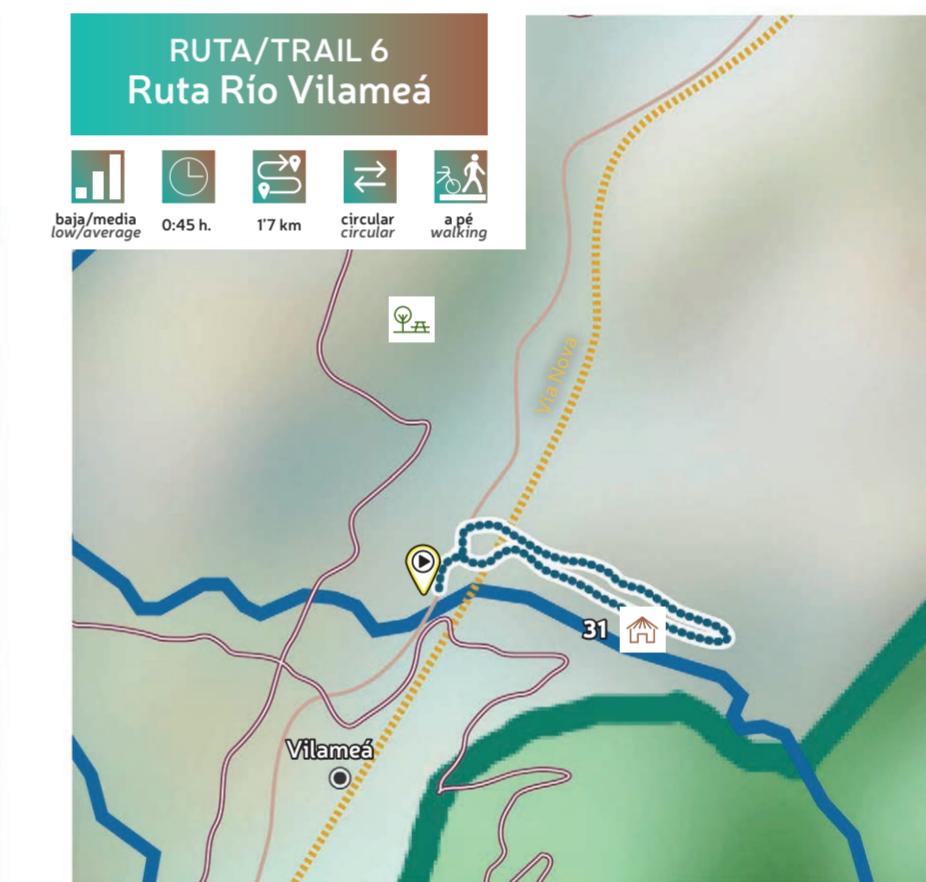
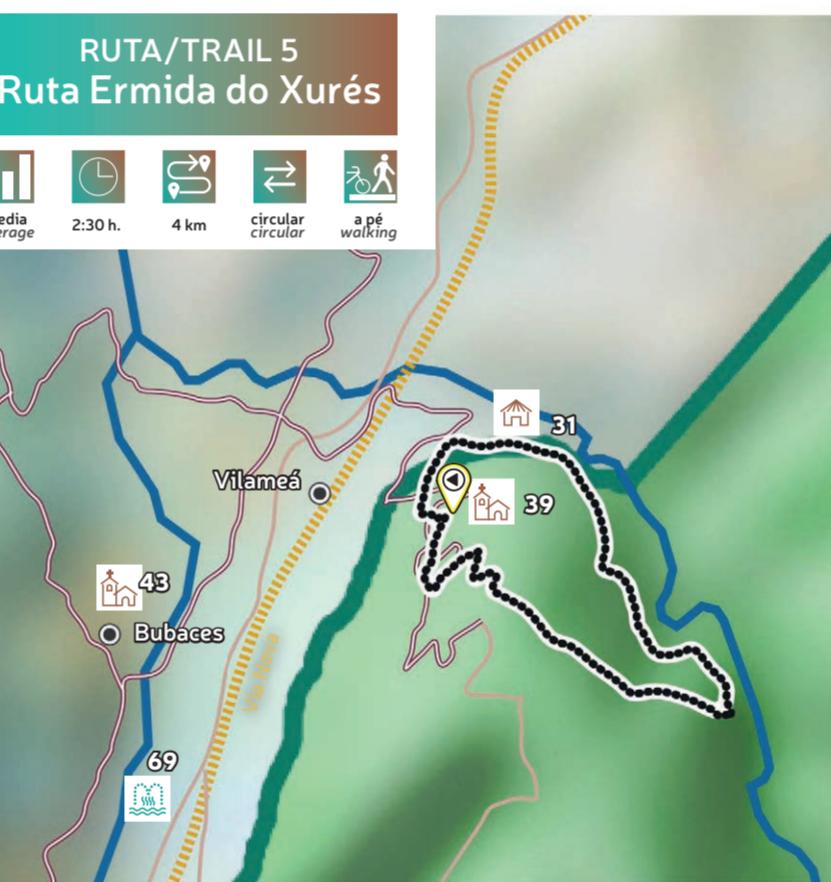
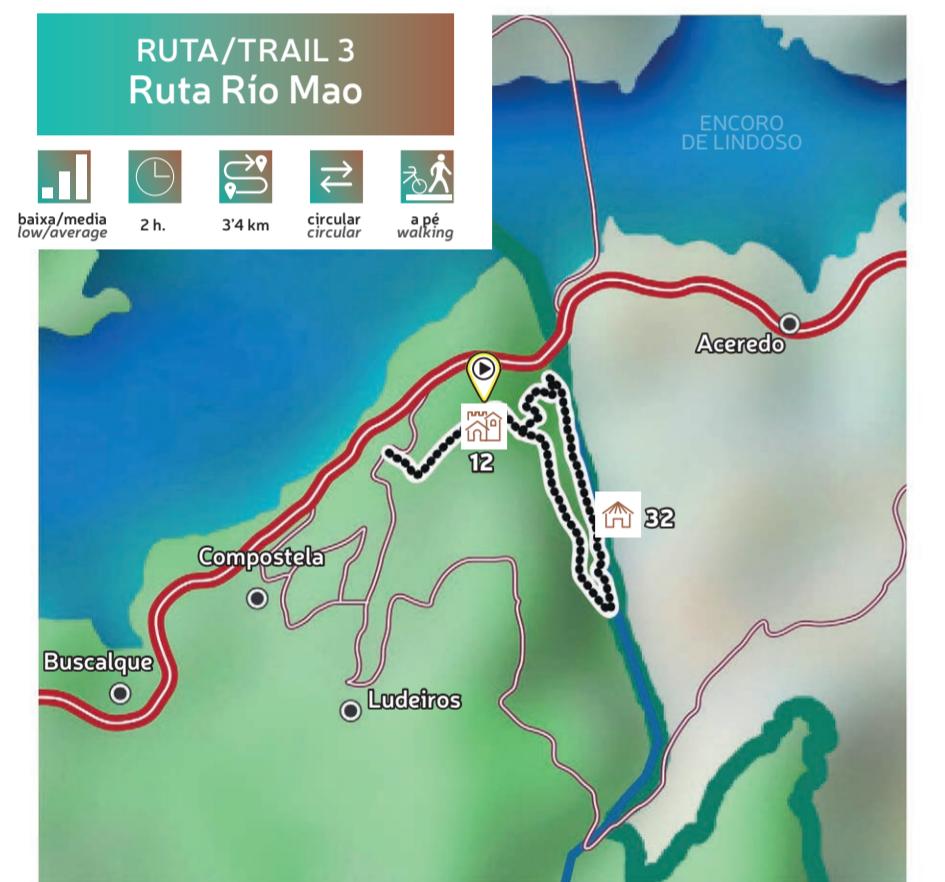
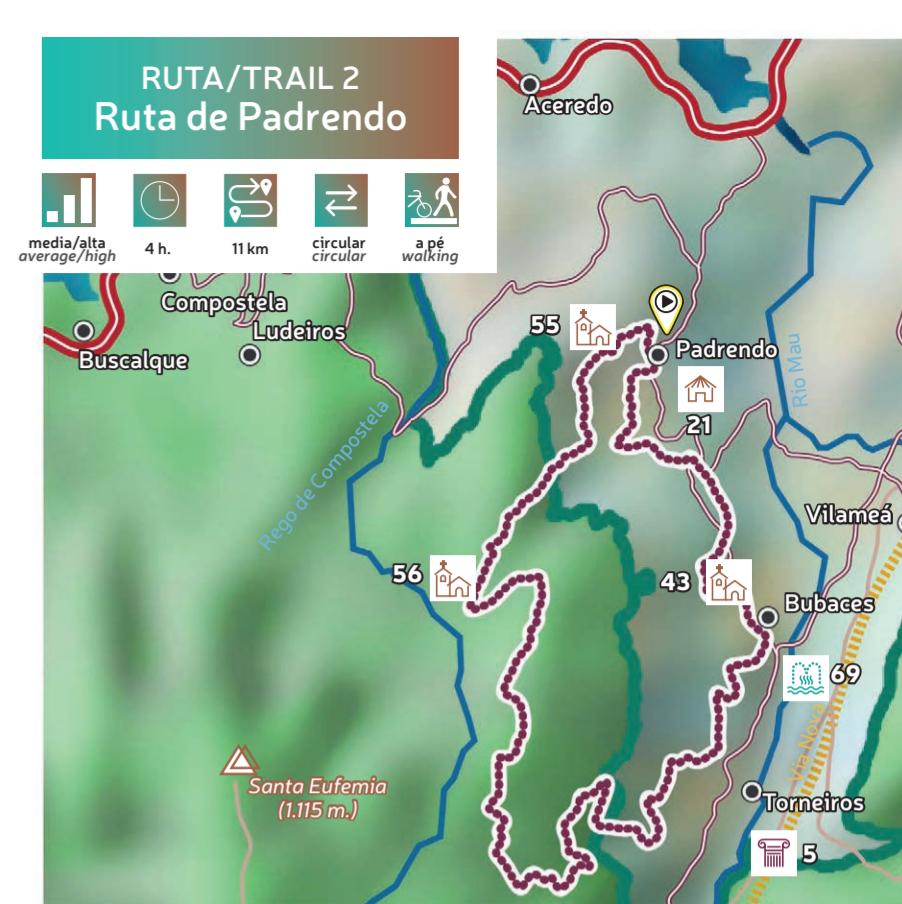
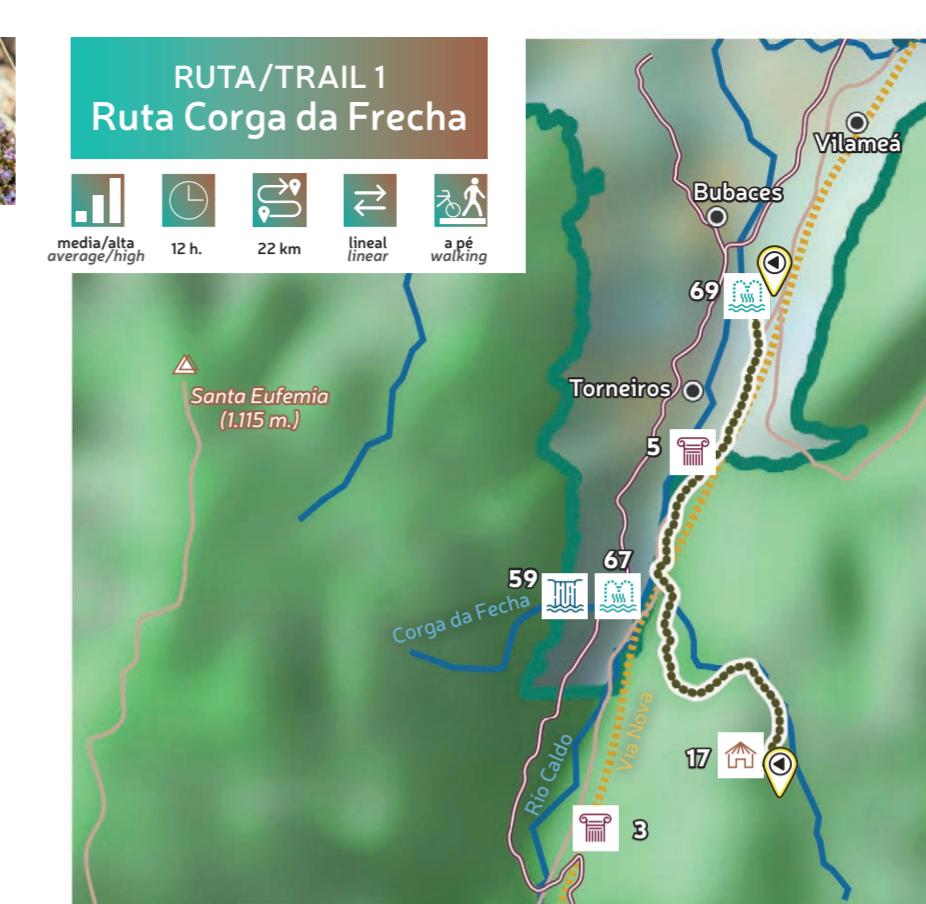
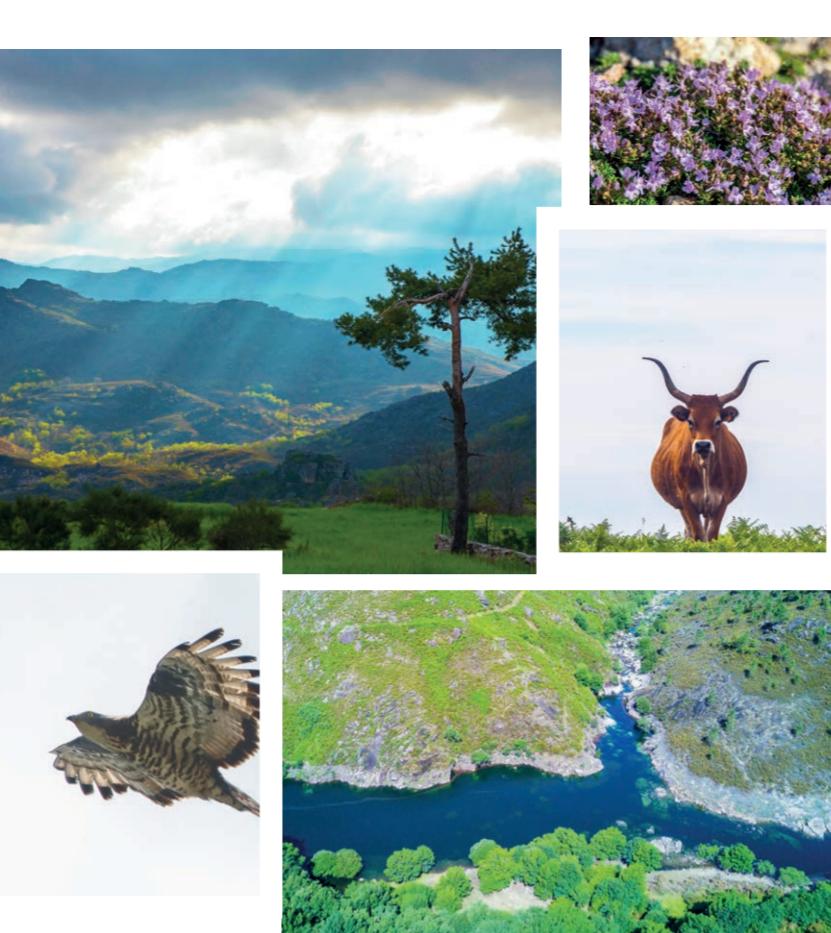
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Parque Natural Baixa Limia e Serra do Xurés

CENTRO DE INTERPRETACIÓN
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Interreg España - Portugal **Fronteira esquecida** **Parques Naturais de Galicia** **XUNTA DE GALICIA**

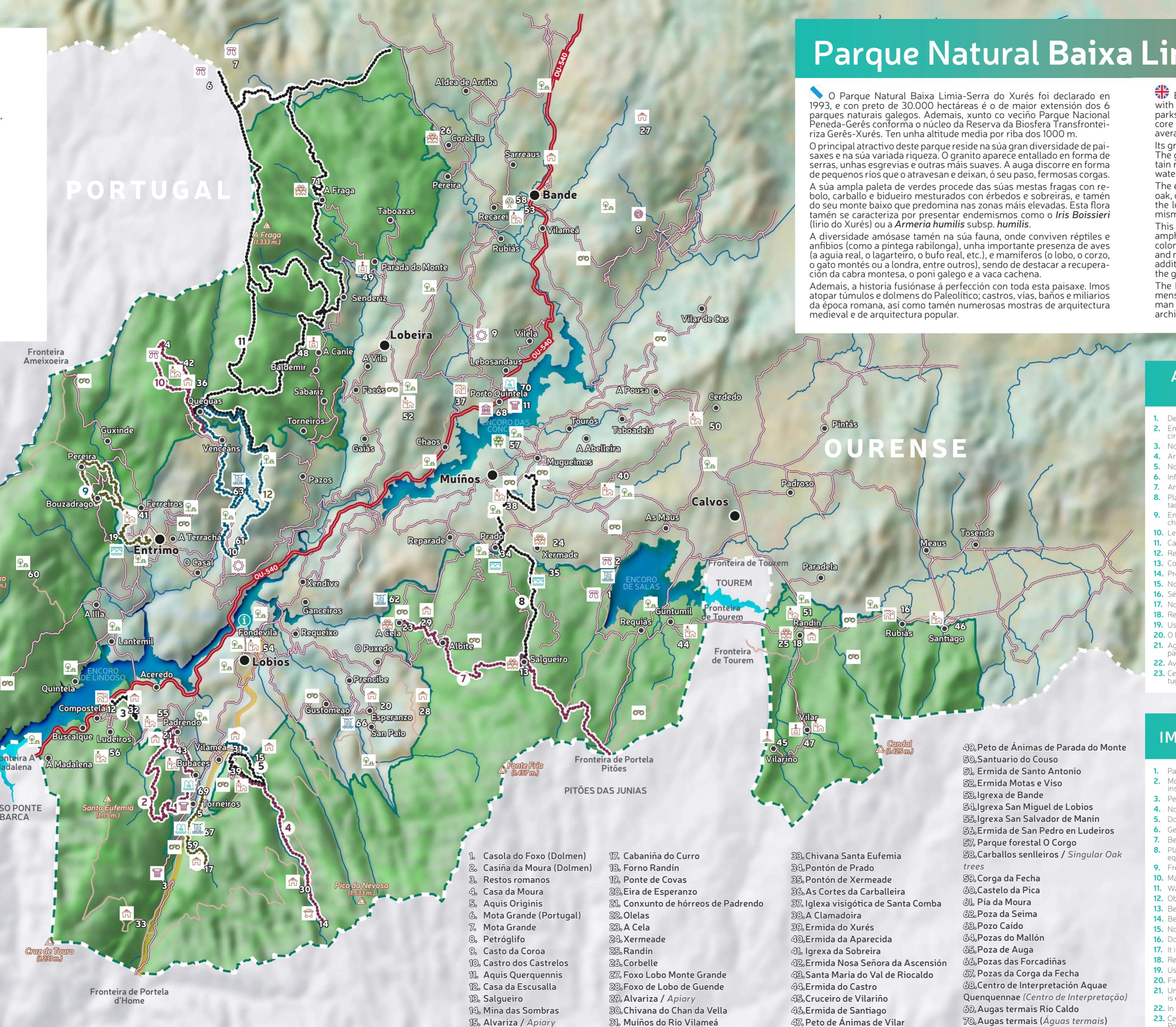
Proyecto cofinanciado polo Fondo Europeo de Desenvolvemento Regional FEDER no marco do programa Interreg V A España - Portugal (POCTEP) 2014-2020 // Project co-financed by The European Regional Development Fund FEDER, under the Interreg V Spain-Portugal (POCTEP) 2014-2020 programme.





Rutas *Trails*

- 1 Ruta Corga da Fecha
 - 2 Ruta de Padrendo
 - 3 Ruta do Río Mao
 - 4 Ruta Mina das Sombras
 - 5 Ruta Ermida do Xurés
 - 6 Ruta do Río Vilameá
 - 7 Sendeiro A Cela-Pitões
 - 8 Ruta Torrente-Salgueiro
 - 9 Ruta do Rio Agro
 - 10 Ruta de Queguas
 - 11 Vieiro das Mámoas
 - 12 Ruta das Fervenzas do Val de Pacín



Parque Natural Baixa Limia Serra do Xurés

O Parque Natural Baixa Limia-Serra do Xurés foi declarado en 1993, e con preto de 30.000 hectáreas é o de maior extensión dos 6 parques naturais galegos. Ademais, xunto co veciño Parque Nacional Peneda-Gerês conforma o núcleo da Reserva da Biosfera Transfronteriza Gerês-Xurés. Ten unha altitude media por riba dos 1000 m.

O principal atractivo deste parque reside na súa gran diversidade de paisaxes e na súa variada riqueza. O granito aparece entallado en forma de serras, unhas esgrevias e outras más suaves. A auga discorre en forma de pequenos ríos que o atravesan e deixan, ó seu paso, fermosas corgas.

A súa ampla paleta de verdes procede das súas mestas fragas con rebolo, carballo e bidueiro mesturados con érbedos e sobreiras, e tamén do seu monte baixo que predomina nas zonas más elevadas. Esta flora tamén se caracteriza por presentar endemismos como o *Iris Boissieri* (lirio do Xurés) ou a *Armeria humilis* subsp. *humilis*.

A diversidade amósase tamén na súa fauna, onde conviven réptiles e anfibios (como a píntega rabilonga), unha importante presenza de aves (a aguia real, o lagarteiro, o bufo real, etc.), e mamíferos (o lobo, o corzo, o gato montés ou a londra, entre outros), sendo de destacar a recuperación da cabra montesa, o poni galego e a vaca cachena.

Ademais, a historia fusionase á perfección con toda esta paisaxe. Imos atopar túmulos e dolmens do Paleolítico; castros, vías, baños e miliarios da época romana, así como tamén numerosas mostras de arquitectura medieval e de arquitectura popular.

Baixa Lima-Serra do Xurés Nature Reserve, was declared in 1993, almost 30,000 hectares, the largest of the six galician natural parks. In addition, along with Peneda-Gerês National Park, forms the core of the Gerês-Xurés Transboundary Biosphere Reserve. It has an average altitude above 1000 m.

greatest appeal lies in the diversity of landscapes and varied wealth. Granite appears sculpted in the shape of rough and smooth mountain ranges. The water runs in small rivers leaving in its wake beautiful waterfalls known as Corgas.

An extensive range of greens comes from its dense forests with black oak and birch mixed with strawberry trees and cork oaks, and from low scrub on the higher land. The flora is characterized by endemic species like the Xurés lily or the armeria.

Its great diversity is also mirrored in its fauna, where you will find amphibians and reptiles like the long-tailed salamander, a significant colony of birds such as the golden eagle, the kestrel or the eagle owl, mammals like the wolf, the roe deer, wild cat, otter, among others. In addition, it is important to highlight the recovery of the mountain goat, galician pony and the Cachena cow.

history blends seamlessly with all this nature; you will find dolmens and mounds from the Paleolithic, Celtic fortifications, Roman milestones and significant examples of medieval and popular architecture.

TER EN
ONTA:

EXPERIENCIAS
112

SEPRONA 062 INCENDIOS 085

- Deixa o vehículo nos aparcadoiros establecidos.

Emprega o vehículo só nas estradas/camiños habilitados e modera a velocidade cando circúles polo interior do Parque.

Non leves mascotas.

Arrincar flores e plantas está prohibido, ademais de poñer en perigo especies singulares.

Non molestes a fauna e non fagas ruido.

Infórmate dos permisos requeridos para acceder ó parque ou para facer calquera ruta.

Antes de emprender un itinerario, comproba a súa dificultade e o tempo preciso.

Planifica concienciadamente a túa visita, sobre todo se vas ir en grupo, e equípate axeitadamente.

En moitos dos parques naturais organizanse visitas guiadas e interpretadas de balde; hama antes.

Leva o móbil sempre coa batería cargada.

Camiña polas sendas habilitadas.

Respecta a sinalización.

Coidado coas enchentes.

Precaución ó pisar pedras e troncos cando están mollados xa que son moi esvaradios.

Non está permitida a acampada libre nin pasar a noite con caravana.

Sé responsable co teu lixo; se non hai contedores, gárdalo ata que atopes un.

Non está permitido o baño fóra das zonas habilitadas.

Respecta as propiedades privadas.

Usa as áreas recreativas.

O lume pode destruir a vida do parque, non o prendas.

Agás casos concretos, está prohibida a caza e a pesca. Consulta a normativa de cada parque natural.

Avísava o persoal do Parque ante calquera incidente (Tfno.: 988 788 755)

Centro de interpretación do Parque Natural Baixa Limia-Serra do Xurés, estrada de Portugal, 34, Lobios (Ourense). Tfno.: 988 788 755

A horizontal graphic with a teal background. On the left, the word "IMPORTANT" is written in large white capital letters. In the center, the words "EMERGENCY SERVICE" are written above the number "112". On the right, the words "SEPRONA FIRES SERVICE" are written above the numbers "062" and "085".

- Park your car in the parking spaces provided.
 - Motorized vehicles prohibited off roadway. Be mindful of your speed when you drive inside the park.
 - Pets not allowed.
 - No picking flowers and plants.
 - Do not disturb the fauna, control noise levels.
 - Get information about the necessary permissions to access to the park and do hiking.
 - Before starting the route, you must take into account the time you will required to do it.
 - Plan your visit with detail, especially if you visit as a group. Make sure to have the right equipment.
 - Free Guided and translated visits are organized in several of the natural parks, call ahead.
 - Make sure your phone battery is fully charged.
 - Walk in the marked paths.
 - Obey all signs and instructions.
 - Be careful with the increased water levels in the water paths.
 - Be careful to not step on rocks or trunks when they are wet as they can become slippery.
 - No camping.
 - Don't drop litter. Please place rubbish in the bins provided.
 - It is not allowed to swim outside of enabled areas.
 - Respect private property.
 - Use recreational areas.
 - Fire can destroy the life of the park, please don't start a fire.
 - Unless otherwise indicated, hunting and fishing are prohibited. Please consult the norms of each national park.
 - In the case of any incident, warn the Park's Personnel. (Tel: 988 788 755)