

Active and sports tourism IN OSCOS-EO

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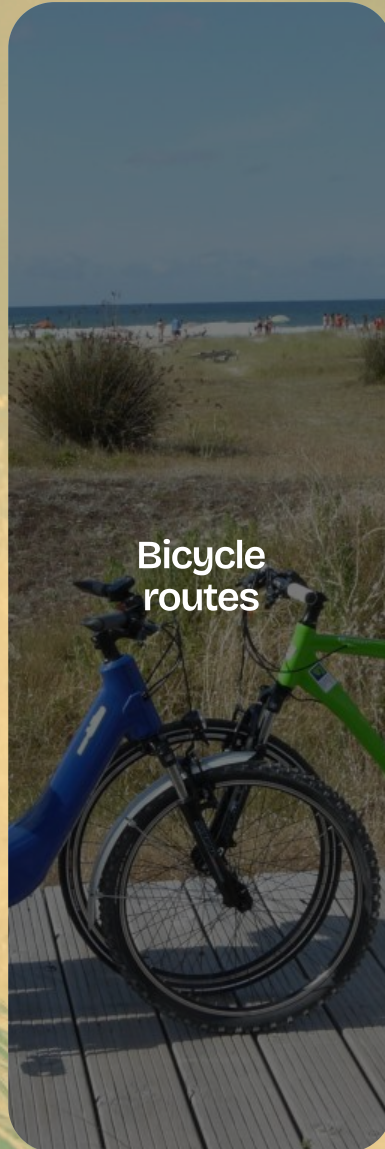
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Introduction



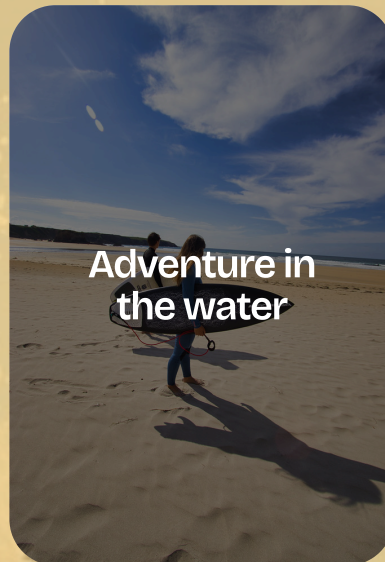
Hiking, trail
running and
mountain
routes



Bicycle
routes



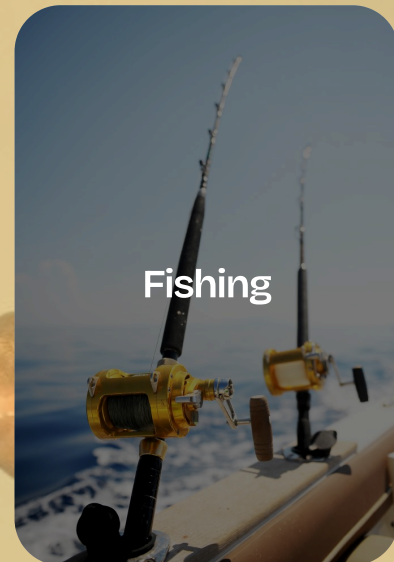
Equestrian
tourism: a
journey
through
nature



Adventure in
the water



Golf between
nature and
calm



Fishing

01

02

03

04

Introduction

Nature in motion: enjoy Oscos-Eo with energy

In the Río Eo, Oscos-Eo, and Terras de Burón Biosphere Reserve, nature invites you to move. Rivers, mountains, and trails intertwine to offer active experiences in a unique setting. Here, every step and every stroke connects with the essence of a land that beats to the rhythm of adventure. Come and feel the energy of Oscos-Eo.

Activity for all rhythms: adventure, sport and enjoyment



Did you know that...?



- S- The Eo River is recognized as a UNESCO Biosphere Reserve. You can explore it (parts of its mouth) by canoe and enjoy its river scenery in an active yet peaceful way.
- Some of the Oscos-Eo routes follow ancient muleteer trails that transported salt and wine between Asturias and Galicia. Today, they are paths steeped in history.
 - In San Tirso de Abres, you can explore the Railway Route, a former mining line converted into a green path for walking and cycling.

01

02

03

04

05

Introduction

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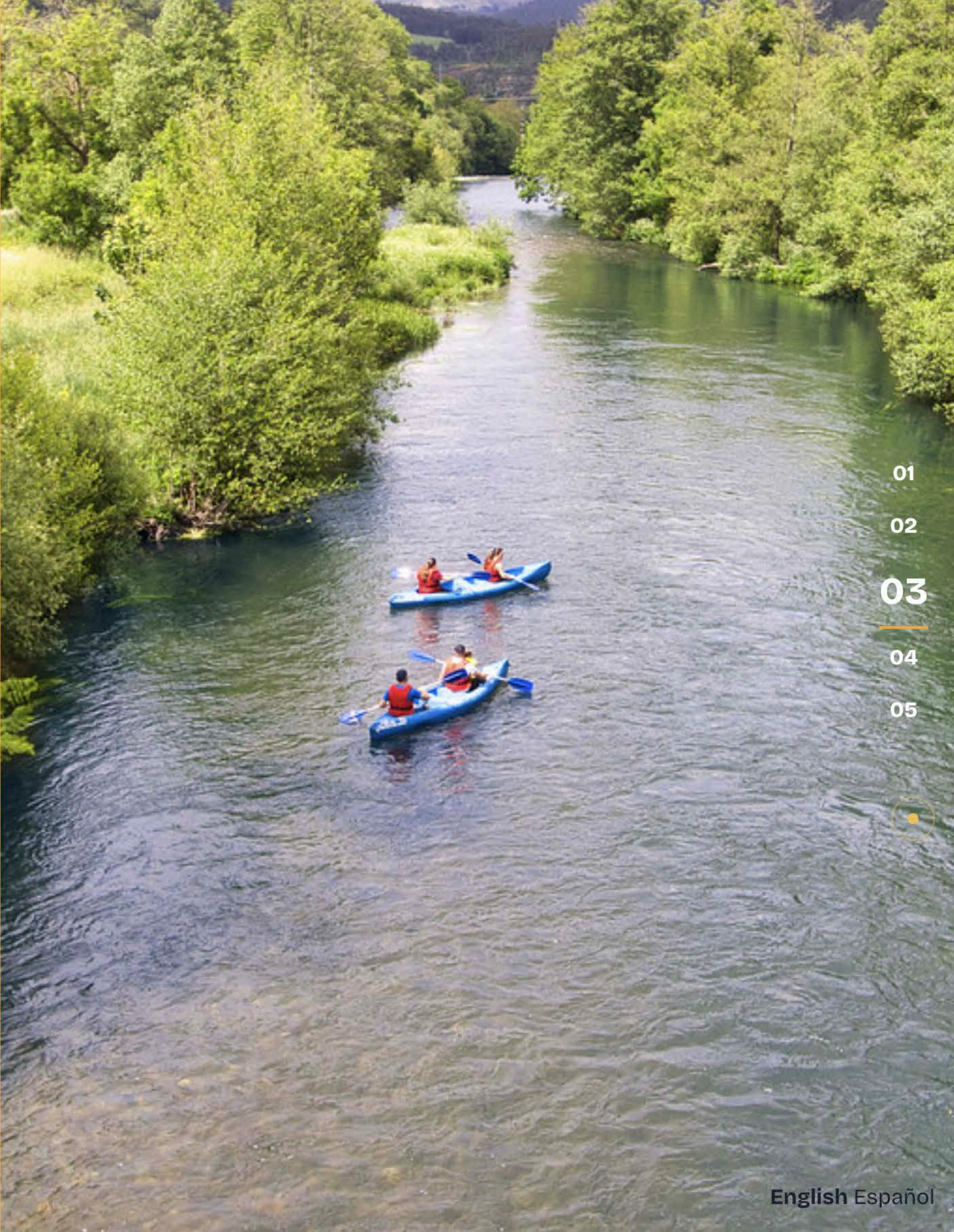
Activity for all rhythms: adventure, sport and enjoyment

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In Oscos-Eo, every rhythm finds its place. From canoeing **down the Eo River to horseback riding along** ancient trails, the region offers experiences for everyone. Whether by bike, canoe, or on foot, nature becomes a companion for unforgettable adventures. Here, sport is experienced with soul and landscape.

Did you know that...?

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01

02

03

04

05





Hiking, trail running and mountain routes

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In Oscos-Eo, walking is a way to connect with the land. The trails pass through forests that whisper stories, villages that hold memories, and mountains that open the horizon. Whether at a leisurely pace or running among chestnut trees, each step invites you to stop, listen to the silence, and be amazed by the beauty of nature.

04

05

All you need to do is put on your hiking boots... and let yourself go.

06

Hiking Brochure

Bicycle routes

Oscos-Eo on two wheels: nature, culture and excitement

Touring Oscos-Eo by bike means immersing yourself in a vibrant, authentic landscape, redolent of history and silence. Between ancient forests, slate villages, and hidden valleys, the bike becomes the key to the heart of this land. Challenging mountain routes or gentle walks like the Eo Greenway invite you to discover artisans, museums, and local cuisine. Whether you're an expert or a beginner, cycle touring here is an exciting experience that connects you with a nature that leaves its mark.



03

04

05

06

07

Highway 85km

CASTROPOL GRANDAS DE SALIME

This route runs through the Los Oscos region, a place where the green of nature blends with the black of the pizzeria...

-  Great tour
-  IBP index 137
-  Route type: linear

Highway 15.6km

SANTALLA POUSADOIRO - MURIAS

A short route that explores the northern part of the municipality of Santa Eulalia de Oscos, taking advantage of very quiet roads and trails.

-  One day route
-  IBP index 50
-  Route type: circular

41km Road BACK TO OSCOS

This route is located in western Asturias, within the Oscos-EO region, and combines landscapes of grasslands and forests with a scenic drive.

-  One-day route
-  IBP index 100
-  Route type: circular

70KM LUARCA - CASTROPOL Highway

This route crosses the western coast of Asturias. It runs along a narrow coastal strip of landscape open to the sea, with large expanses of land.

-  Great tour
-  IBP index 55
-  Route type: linear

Highway 91km

CASTROPOL - GRANDAS DE SALIME

This route proposes a different approach, following the Riop EO, to the Oscos region, a place where nature is green.

-  Great tour
-  IBP index 200
-  Route type: linear

Road 34km

VEGADEO - BOAL

A route that runs through the municipalities of Vegadeo, Castropol, and Boal, in western Asturias, along the EO Estuary.

-  One-day routes
-  IBP index 99
-  Route type: linear

04

05

06

07

08

Gravel 76km LUARCA - CASTROPOL

This route passes through several nature reserves, coastal towns such as Navia, Puerto de Vega, Tapia, and AS Figueritas, and numerous coastal viewpoints.

-  Great tour
-  IBP index 137
-  Route type: linear

BTT 25km PESOZ - ARGUL - BOUSOÑO

A route through western Asturias that visits unique places such as the village of Argul, declared a Site of Cultural Interest in 2004.

-  One-day routes
-  IBP index 116
-  Route type: circular

MTB 12km EO GREEN ROUTE

The Eo Greenway recovers the old railway route that transported iron across the border of Asturias and Galicia to the Cantabrian Sea.

-  Family route
-  IBP index 4
-  Route type: linear

To see more
mountain bike
routes

More
information and
route map

05

06

07

08

09



Everything ready to roll

In Oscos-Eo, the journey begins before you pedal. In Vegadeo, the municipal **Trail Center** welcomes cyclists with informative mountain bike route maps and a small bike repair and cleaning station. You can also rent electric bikes in **Villameitide (Vegadeo)** — Alborada del Eo — or in **San Tirso de Abres** (EoActivo and Cientovolando). Here we take care of the cyclist. Whether with the family, on the road, or in the mountains, you choose the pace. And we choose the territory. Because moving through the Reserve is also a way to experience and protect it.

[Electric bike rental](#)

If you want to plan your route in detail, check out the **cycling services** in Oscos-Eo here.

[Plan your route](#)

06

07

08

09

10

Equestrian tourism: a journey through nature

Discovering Oscos-Eo on horseback is a relaxing and in-depth experience. No previous experience is necessary: the instructors teach the essentials and accompany you throughout the tour. The gentle, calm horses make the journey easy.

Key points : departures from **La Senra del Valín (Castropol)**

Local companies : La Frontera equestrian centre

Duration : from 1 hour to multi-day routes

Best time : spring and autumn, when the landscapes are at their best

Material : comfortable clothing, the rest of the equipment is provided by the company

[Plan your route](#)



07

08

09

10

11

Water activities by the EO

Exploring the Eo by canoe means gliding through the calm or letting yourself be carried along by the current. From the river to the estuary, the landscape changes... but the excitement remains.

Key points : San Tirso de Abres, Castropol, Figueras and Santa Eulalia de Oscos. **Local companies** : [EoActivo](#) and [CientoVolando](#). **Duration** : 1.5 to 2.5 hours depending on the route. **Best time** : Spring, summer and autumn.

Equipment : Swimsuit or comfortable clothing; canoes, life jackets and paddles included.

Canoe routes

Ferreira Recreational Area

Surfing, paddle surfing and nautical activities

In Oscos-Eo, the water is also a place of excitement. Surf at Penarronda Beach, paddleboard along the Eo, or explore the estuary with a group. And if the wind is right, explore the sea with a **windsurf or lateen sail**.

Key points : Penarronda Beach , Eo Estuary and River (Castropol, Figueras, San Tirso de Abres)

Local companies: [Lampariego](#) , [Hola Ola](#) , [CientoVolando](#), [Figueras Nautical Club](#) **Duration** : 1 to 2.5 hours

Best time : between May and September

Material : all included (board, wetsuit, sail, life jacket, paddle...)

08

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11

12

Golf between nature and calm

Playing golf in Oscos-Eo means enjoying the scenery. In **Tol (Castropol)**, the *Castropol Golf* course offers 9 holes (par 72) among pine and olive trees, with a flat and serene course.

Key Point : Golf course next to Hotel Casa Cachón (Tol, Castropol)

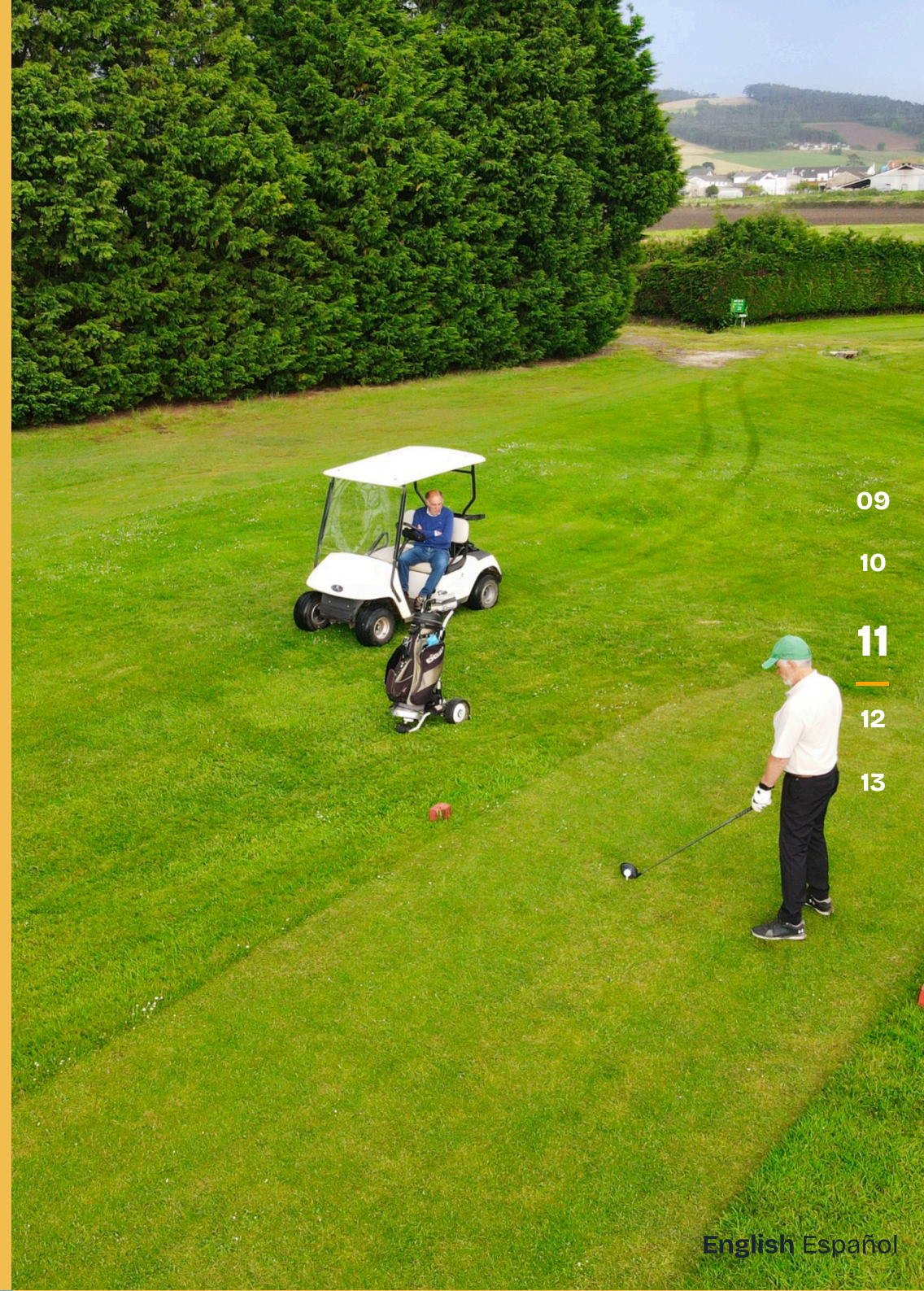
Local Company : *Castropol Golf*

Duration : Variable, depending on the course

Best Time : All Year

Equipment : Club, trolley and car rental; lessons and practice range available

[More information](#)



09

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11

12

13



Recreational fishing in the Eo

In Oscos-Eo, fishing is connecting with nature.

The Eo River has fifteen salmon reserves: eleven shared with Galicia and four in the Asturian section of San Tirso de Abres. There is also a small open-fishing section. The San Tirso Bridge reserve, declared a no-kill fishing reserve in 2001, requires the return of catches to the river.

Between forests and clean waters, fishing in the Eo is a serene and environmentally friendly experience.

The Eo River is the only one in the region where salmon can be fished, which allows you to compete for the Campanu, the first salmon caught in the season. Every Asturian river has its own Campanu. In San Tirso de Abres, the City Council presents the "Golden Salmon" award to the fisherman who catches the heaviest salmon in the Eo, thus celebrating this tradition with pride and emotion.

Key points : sections of the **Eo River** , especially in **San Tirso de Abres**

Contact : consult regulations and permits at pescafluvial.asturias.es

Duration : free, according to preference

Best time : spring and early summer

Material : rod, baits and mandatory fishing license

10

11

12

13

14

Fishing in the estuary, offshore

Aboard the **Coqui 3** , fishing becomes a journey and a landscape. From the **Eo Estuary** , every outing is an invitation to the blue.

Key Point : Departures from Castropol

Local Company : **Coqui 3 Recreational Boat**

Duration : 2 to 3 hours

Best Time : Spring, Summer and Early Autumn

Equipment : Rods, tackle and life jackets included; no previous experience required

In addition to fishing in the estuary and offshore, fishing is permitted in all rivers in the seven municipalities.





Recreational boats on the Eo Estuary

The mouth of the Eo Estuary, one of Spain's most beautiful estuaries, offers a unique experience sailing through its waters, discovering its marine flora and fauna, and passing under the imposing Puente de los Santos Bridge. Several companies operate half-hourly trips with stops in Castropol, Figueras, and Ribadeo, and also offer group services with advance reservations.

Key points : departures from the ports of Castropol and Figueras

Local company : Albatros V / Nuevo Agamar / TerralMar

Duration : from 30 minutes, to longer routes

Best time : all year round, off-season by reservation

Material : comfortable clothing; the rest of the equipment is provided by the company

[More information](#)

12

13

14

15

Regulations and permits

To enjoy fishing in Oscos-Eo, it is essential to have the appropriate license, either river or sea, depending on the type of fishing you choose. Furthermore, in regulated areas, a specific permit is required for each fishing trip. Regulations establish minimum sizes, quotas, and fishing periods, ensuring a sustainable and environmentally friendly practice. Check the updated regulations before each trip.

[More information](#)

Recommendation and safety

Tips for enjoying responsibly

Oscos-Eo is a living nature: respect it. Walk on marked trails, leave no trace, and avoid disturbing wildlife. Follow the rules for each activity and always listen to the guides. Calmness, respect, and common sense are part of the journey.

What to bring, how to act and useful phone numbers

Comfortable shoes, water, clothing appropriate for the weather, and sun protection. Check the weather before you go out. In case of emergency, call 911. Always better with someone.

Información práctica

Información práctica para resolver cualquier duda durante tu estancia.

OFICINA DE TURISMO DE CASTROPOL

Ayuntamiento: Pl. del Ayuntamiento, 1

Oficina de Turismo: Pl. del Ayuntamiento

985 635 001 / 684 602 408

oficinadeturismo@castropol.es

www.castropol.es

OFICINA DE TURISMO DE SAN MARTÍN DE OSCOS

Ayuntamiento: Plaza de las Infantas, s/n

Oficina de turismo: Carretera General, s/n

985 62 60 00 / 615 37 57 01

ayuntamiento@sanmartindeoscosc.es

turismo@sanmartindeoscosc.es

www.sanmartindeoscosc.es

OFICINA DE SAN TIRSO DE ABRES

Ayuntamiento: Avda. de Galicia, s/n

Oficina de turismo: Antigua casa de cultura

Avenida general Aranda s/n

985 634 402 / 613 161 732

administracion@santirsodeabres.es

santirsotur2@hotmail.com

www.santirsodeabres.es

OFICINA DE TURISMO DE SANTA EULALIA DE OSCOS

Plaza de Sargadelos, s/n

985 626 032 / 985 621 261

ayuntamiento@santaetulaliadeoscosc.es

turismosantalla@yahoo.es

www.santaetulaliadeoscosc.es

OFICINA DE TURISMO DE TARAMUNDI

Calle Solleiro, 14

985 646 877

turismo@taramundi.net

www.taramundi.es

OFICINA DE TURISMO DE VEGADEO

Plaza del Ayuntamiento, s/n

624 126 706 / 985 634 022

oficinaturismo@vegadeo.net

www.vegadeo.es

OFICINA DE TURISMO DE VILLANUEVA DE OSCOS

Ayuntamiento: Plaza del Ayuntamiento, s/n

Oficina de turismo: Ecomuseo del Pan

985 62 60 84 / 686 422 446

oficinadeturismo@villanuevadeoscosc.es

www.villanuevadeoscosc.es

Alojamientos

Dormir en Oscos-Eo es descansar rodeado de tranquilidad. Casas rurales, hoteles familiares, campings y alojamientos con encanto integrados en la naturaleza te esperan.

Saber más

Restaurantes

La gastronomía forma parte esencial del viaje. En la comarca podrás saborear platos caseros, productos locales y recetas tradicionales servidas con hospitalidad.

[Saber más](#)





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