

OSCOS-EO REGION

Hiking

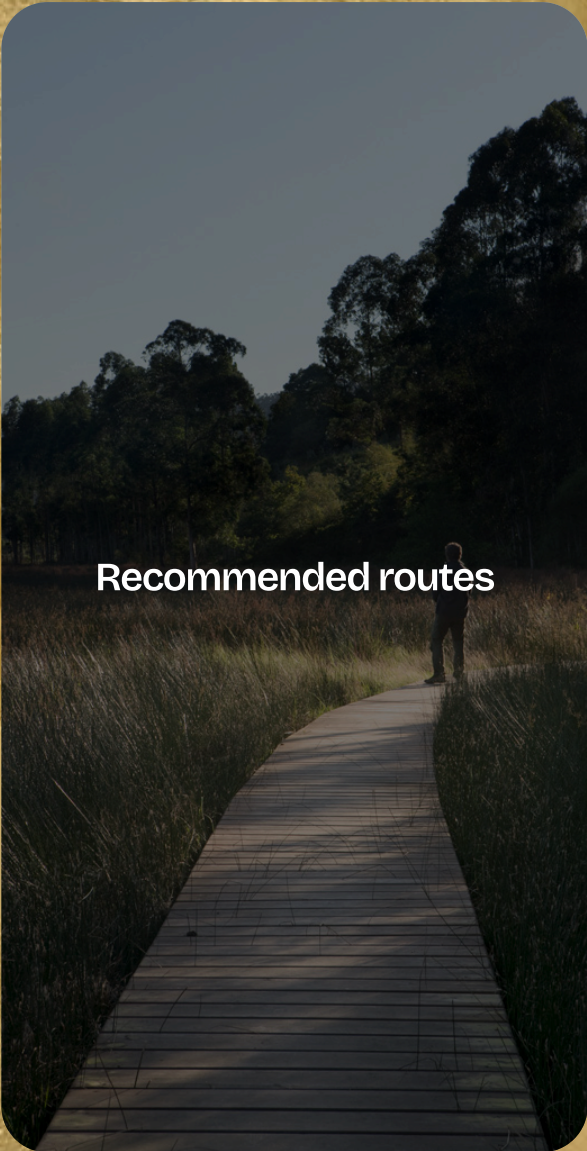
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Introduction



Recommended routes

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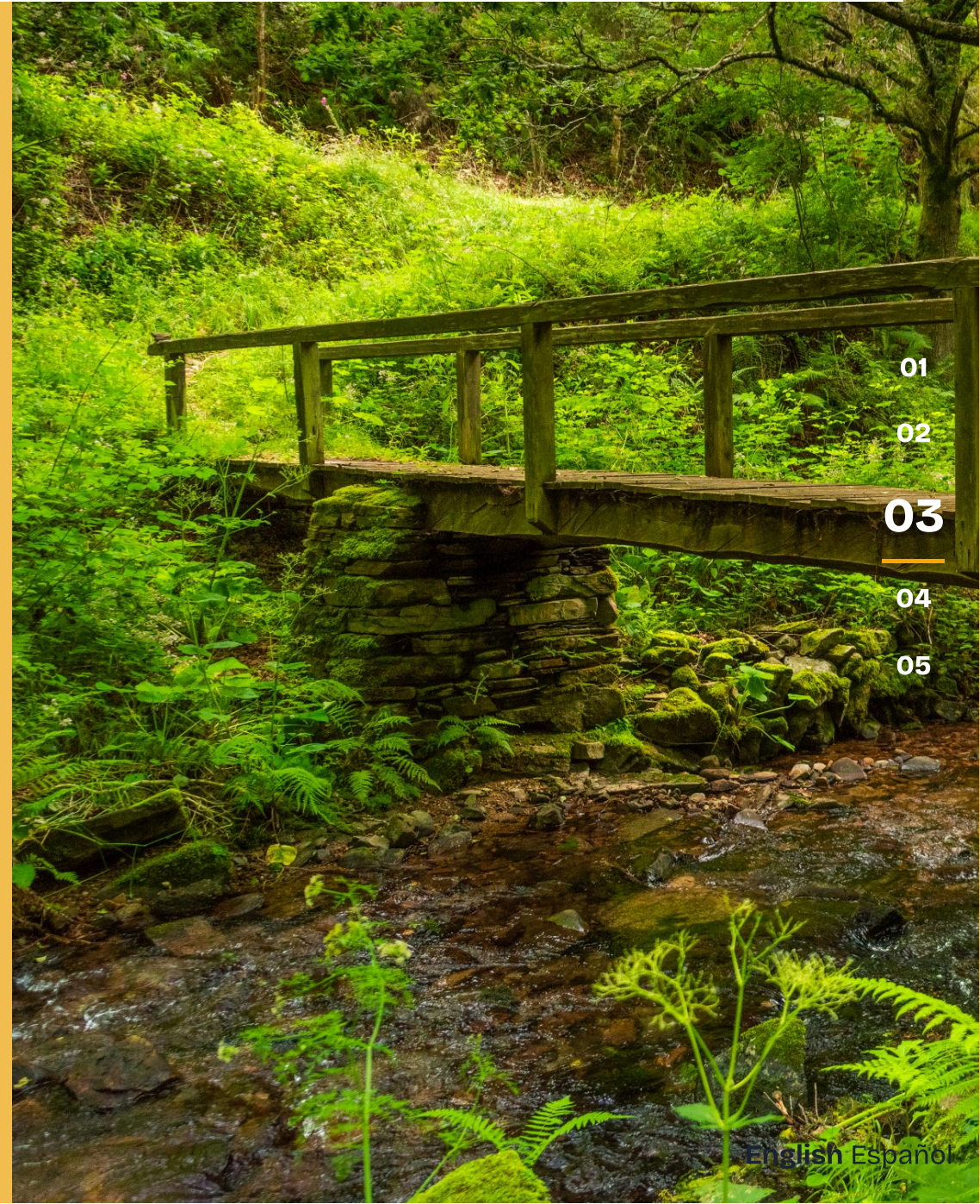
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Introduction

Oscos-Eo Biosphere Reserve unites coast and mountains in an authentic setting of forests, villages, and rivers. The cradle of rural tourism in Spain, it stands out for its ethnography, trades, and crafts. Historic trails connect forges, mills, and spectacular landscapes. It's a living, tranquil nature, unpretentious. Here, every step holds memory and beauty, at a leisurely pace where you can still greet yourself as you pass by. A true destination, ideal for disconnecting and soaking up nature.



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Recommended or essential routes

Difficulty





Low

Average

High





Cioyo Waterfall Route

Hidden among the mountains and forests of western Asturias, Cioyo Waterfall is one of those places that seems like something out of a fairy tale. The sound of falling water, the lush vegetation surrounding it, and the peaceful surroundings make this spot an ideal destination for those seeking to connect with nature.

-  Waterfall
-  Humid forest
-  photogenic zone
-  Sloping terrain




Mon Route

Between moss-covered walls and centuries-old chestnut trees, this route winds through quiet villages to the old sledgehammer, hidden by the river. A serene path that smells of stone, chestnut, and memory.

-  Mixed forest
-  Charming villages
-  Circular route
-  photogenic zone

Green Path of the Eo

A walk through forests and tunnels following the old mining railway that connected Galicia with Asturias. The route preserves remains of industrial heritage, such as tunnels, bridges, and a hydroelectric power plant, in a natural setting that invites leisurely strolling.

-  Route suitable for cycling
-  Suitable for families
-  Accessible

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Recommended or essential routes

Difficulty

Low

Average

High

Seimeira Route

A trail amidst moss and leaf litter runs through forests of oak, alder, and monumental chestnut trees. Amid ruins, stone walls, and silence, the path delves into the magical Desterrado Valley to reach a 30-meter waterfall or the village of Busqueimado, with its chapel and centuries-old yew trees.

- Waterfall
- Dense forest
- Photo point
- Suitable for families
- Shaded route

Water Route (Taramundi)

A circular route through hidden valleys where water has shaped mills, sledgehammers, and villages. Amidst chestnut groves, cobblestone paths, and the sounds of brooks, the route connects Mazonovo, Esquíos, Veigas, and Teixois, discovering a region that still beats to the rhythm of its hydraulic machines.

- Ethnographic heritage
- Atlantic Forest
- Water
- Picturesque ensembles
- Circular route

Eo Estuary Path

A path that flows with the rhythm of the tide, among footbridges, birds, and water reflections. Perfect for a leisurely stroll and letting the calm of the estuary carry you away.

- Wetland / protected area
- Suitable for families
- Picnic area

Route of Silence

A path that invites you to walk leisurely, among murmuring forests and landscapes where time stands still. Here, silence isn't absence, but presence: of the wind through the branches, of water that flows unseen, of the slow heartbeat of nature. A route to listen to what isn't always heard.

- Total tranquility
- Mountainous landscape
- Long/demanding route
- Panoramic views

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Cioyo Waterfall Route (Castropol)

A hike among trees, small waterfalls, and landscapes that invite you to stop and breathe. At the end of the trail, the great Cioyo waterfall forces its way through the rock, offering an image of wild beauty that's hard to forget.

Distance / Duration / Difficulty: 3 km, medium difficulty

Start and end of the trail: From the parking lot, walk back about 4 or 5 meters and find the path that leads to the waterfall. A narrow path leads to the lower, but no less beautiful, waterfalls. The higher Cioyo waterfall is reached by crossing the mountain.

Practical advice: It is advisable to bring water, some warm clothing, and footwear with good grip due to the steep slopes and terrain.



Picnic Areas Nature Viewpoints

Although this is not a designated recreational area, the natural surroundings of the waterfall offer quiet, shaded spaces ideal for relaxing, having a snack, or simply being carried away by the sound of the water and the songs of the forest.

It's a perfect place to pack a small backpack with light food, a blanket, and enjoy a simple, eco-friendly picnic.

Where to eat

Where to sleep

Tourist office

More info

Mon Route (San Martín de Oscos)

Distance / Duration / Difficulty: 12 km / 4.30 h / Medium

Start and end of the route: The route begins in the village of A Revoqueira, 3 km from San Martín, and from there continues until reaching the Palacio de Mon. The route continues to Mazo de Mon, and ends with a detour to Ventosa before returning to Revoqueira along the same path.

What to see along the way: gentle mountain scenery, traditional architecture, stone paths with *chantos*, native forests, pastures with cattle, the Mon Palace, the Santa Marina chapel, *soutos* with *corripas*, the Mazo de Mon and its centuries-old irrigation ditch.

Practical advice: A quiet route, ideal for autumn due to the forest's color. Wear good-grip shoes, water, and rain gear. Uneven ground cover in some sections.



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Picnic Areas Nature

Villarquille Recreation Area: Located next to the Casa Campesina Museum (Casa del Marco), in the village of Villarquille, along the route. A peaceful setting with tables and natural shade, it's ideal for a break.

Abraira Recreation Area: approximately 700 meters from the town of San Martín de Oscos. It has tables, a grassy area, and trees. It's close to the RV park and soccer field.

Where to eat

Where to sleep

Tourist office

More info

Green Path of the Eo (San Tirso de Abres)

Distance / Duration / Difficulty:

7.1 km (one way) / 2 h approx. / Easy (accessible)

Start and finish of the route:

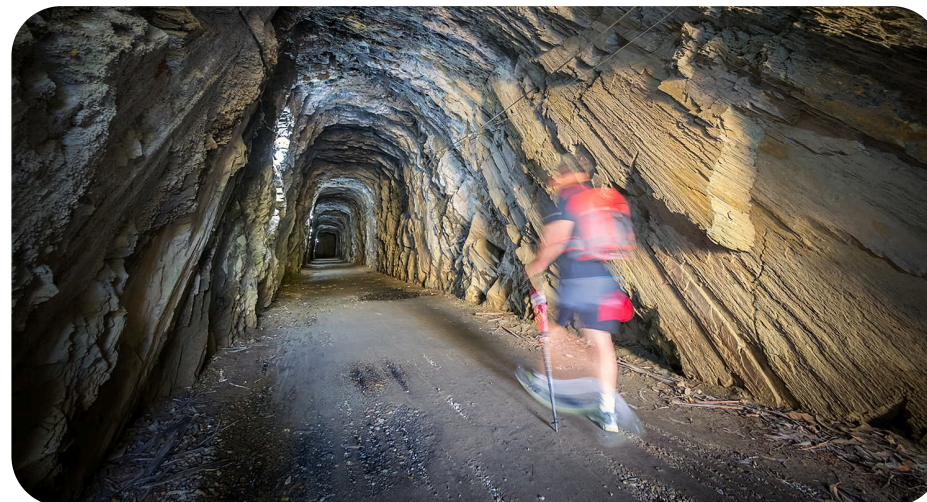
It begins in the town of San Tirso de Abres and follows the old mining railway line to the border with Galicia, near Vegadeo.

What to see along the way:

It follows the Eo River, passes through railway tunnels, old bridges, and wooded riverside areas. Ideal for birdwatching and taking photos of the river landscape.

Practical tips:

Very comfortable hike, suitable for cyclists, children, and people with reduced mobility. Bring a flashlight for the tunnels if you're going during low-light hours. Most areas have coverage. Bring water (there are no fountains). Perfect for cloudy or hot days.



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Picnic Areas Nature Viewpoints

El Piñeiro Recreational Area: located in the Eo River valley, it offers picnic tables and is surrounded by alders.

Where to eat

Where to sleep

Tourist office

More info

Seimeira Route (Santa Eulalia de Oscos)

Distance / Duration / Difficulty:

8 km (round trip) / 3 h / Easy

Start and finish of the trail:

It begins in the Pumares recreational area and ends at the Seimeira waterfall, crossing the magical and secluded "Valle del Desterrado." After ascending to the village of Busqueimado, the trail returns along the same path.

What to see along the way:

lush Atlantic forest, the Agüeira River, wooden walkways, and traditional villages like A Ancadeira. The Seimeira waterfall is the main attraction. The Chapel of San Pedro, whose yew trees are listed as a natural monument.

Practical advice:

Wear shoes with good grip, especially if it's been raining. Very busy, ideal for families. There are no fountains, but there is a picnic area at the beginning. Good coverage. The route has plenty of shade.



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Picnic Areas Nature Viewpoints

Pumares Recreational Area: located 1 km from Santa Eulalia de Oscos, in the village of Pumares, next to the Agüeira River.

Where to eat

Where to sleep

Tourist office

More info



Water Route (Taramundi)

Distance / Duration / Difficulty: 14 km / 4 h / Medium

Start and end of the route: circular from the center of Taramundi, passing through Os Teixois, Esquíos, As Veigas and Mazonovo

What to see along the way: windmills, canals, forests, and traditional villages. Ethnographic sites of note, such as Os Teixois, the Molionos de Mazonovo Museum, and the Esquíos museum collection.

Practical tips: A varied route with gentle slopes and wet sections. Wear shoes with good grip, bring water, and check the schedule if you plan to visit any museums. Limited service is available at some points. You can bring a picnic or reserve a place to eat at one of the restaurants along the route.

Picnic Areas Nature

Aguillón Recreation Area: Located in the village of the same name, 3 kilometers from Taramundi towards Vegadeo on the AS-21 highway. Ideal for hot days, as it is a shaded area next to the river. Equipped with tables and seating, as well as several barbecue grills.

Vega de Zarza Recreation Area : Located in Vega de Zarza, in the village of the same name, 5 kilometers from Taramundi, heading toward Puentenuevo on the AS-21. Accessible from the Los Ferreiros route, this highly recommended area is shaded and bordered by the Turía River. Equipped with tables, seating, and grills.

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Where to eat

Where to sleep

Tourist office

More info

Eo Estuary Path (Vegadeo)

Distance / Duration / Difficulty: 6 km / 2 h / Easy

Start and finish:

The trail departs from the town of Vegadeo, in the Fondrigo area, and runs through a protected natural area next to the estuary, declared a Site of Community Interest, a Special Protection Area for Birds, and a wetland of international importance. Halfway along the trail, a renovated jetty with a wooden platform invites you to rest and a birdwatching spot is perfect for relaxing, sunbathing, or quietly enjoying the scenery.

What to see along the way:

estuary and marsh landscapes, riparian vegetation, and open, flat areas ideal for birdwatching. Very peaceful and with great views.

Practical advice:

This is a circular, easy route. Ideal for taking binoculars, a camera, or simply strolling leisurely. Bring water and sunscreen. There is coverage throughout the entire route.



Picnic Areas Nature Viewpoints

El Noveledo Recreation Area: Located in the center of Vegadeo, next to the Suarón River. It has tables, shade, barbecue grills, and a playground. Ideal for relaxing after a walk along the river path or as a starting point for nearby trails.

Where to eat

Where to sleep

Tourist office

More info

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Route of Silence (Villanueva de Oscos)

Distance / Duration / Difficulty: 13 km / 4–5 h / High

Start and finish of the route: a circular route from the town of San Cristobal, passing through Mourelle, entering a spectacular forest with numerous corripas (circular stone buildings where chestnut hedgehogs were stored), ascending to Pico de Balongo, crossing the Ahío River and arriving back in San Cristobal.

What to see along the way: gentle, solitary mountain scenery, lush forests, high-altitude meadows, and virtually uninhabited rural areas. Total tranquility, ideal for unwinding.

Practical advice: Recommended for experienced hikers. Bring good footwear, water, and appropriate clothing. Very limited coverage. There are some water sources along the way, but it's best not to overreact.



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Picnic Areas Nature Viewpoints

La Bobia Recreation Area: next to the AS-13 highway, with spectacular views and very close to the start of the route.

La Garganta Lookout: with benches and good views.

Where to eat

Where to sleep

Tourist office

More info

Información práctica

Información práctica para resolver cualquier duda durante tu estancia.

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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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