



## STAGE 6

La Col.ladiella (Mieres)

Cabanaquinta/Cabañaquinta (Aller)

LENGTH: 16.7 km.

DURATION ON FOOT: 4 hours 45 minutes

DURATION BT MTB: 2 hours 30 minutes

ACCUMULATED ASCENT GRADIENT: 583 m.

ACCUMULATED DESCENT

GRADIENT: 1013 m.

MAXIMUM HEIGHT: 1066 m.

MINIMUM HEIGHT: 420 m.



## DESCRIPTION OF THE STAGE

The sixth stage of the GR-208 "Cycle Loop Central Mountain" starts in La Col.ladiella, in the facilities which show the industrial past of the area, and its complements: the monuments to the Miner and to the Maquis. The itinerary starts going down through a track which leads us to Fuente de Texu and having as a reference Tres Concejos Peak. This is a two-kilometre ascent, which gets easier as we move away from the surroundings of the previously mentioned peak. We find short paths to both sides of the itinerary which are integrated in the Green Paths towards the bottom of the valleys. The GR-208 "Cycle Loop Central Mountain" continues in parallel to the line of the summits looking for the bends below Peña Teixio.

It is outstanding the country houses of Urbiés parish and the forest stands surrounding this spot, the Mayau Carril region and Turón's hillside of the mountain ranges Navaliego y Logalendo.

While we are climbing to the right, we reach to the intersection of the Green Path that goes up from Turón. The itinerary of the GR-208, after reaching the blends of Campa Espinera where the hiking variation starts, changes of hillside. Now, we look at Laviana council. This stretch is full of ups and downs and ends with a steep slope in order to crown the Collada de Caballos, we can gaze the slope of Cabanaquinta/Cabañaquinta valley.

In the Collada de Caballos, we go down some metres in order to link with the track which leads us to Collado Ablanu going along the edge of the southern side of La Burra Blanca Peak. From this point we link with the hiking variation.

In the Collado Ablanu, the GR-208 goes down the valley through La Felguerosa and the Pindal, and gets to the turnoff towards San Fernando Shaft, whose facilities can be visited. Going down we reach the village Uriés, to continue through the road until San Vicente de Serrapio's Sanctuary, where the GR-208 turns right until the village Serrapio.

We cross the village transversely and then we take a steep slope towards the water tank of the village, whose path leads us to the road AS-252, and directly goes down until the centre of Cabanaquinta/Cabañaquinta, the ending point of the stage.

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