



STAGE 4

Santibanes de Murias (Aller)

Sotiel.lo (L.lena/Lena)

LENGTH: **30.8 km.**

DURATION ON FOOT: **7 hours**

DURATION BY MTB: **5 hours**

ACCUMULATED ASCENT GRADIENT: **1452 m.**

ACCUMULATED DESCENT

GRADIENT: **1763 m.**

MAXIMUM HEIGHT: **1616 m.**

MINIMUM HEIGHT: **420 m.**



DESCRIPTION OF THE STAGE

The fourth stage of the GR-208 "Cycle Loop of the Central Mountain" leaves from the village Santibanes de Murias towards Puente Vieyu, where the pavement ends, and it starts a hard ascent with considerable steep slopes which leads us to the meadowlands in El Rasón.

At this point, we leave the GR-109 "Asturias Interior", which coincides with the GR-208, and then we cross the meadowlands towards a path which is over them and leads us to the Portillín de la Boya. We reach, thus, to L.lena council with the Ubiñas and the Sierra del Aramo as a backdrop.

In the Portillín de la Boya, we take the signposted turnoff towards the Tunelón, where it links with part of the GR-100.1 "La Carisa", leaving it behind immediately and starting a long descent through the surroundings of La Fasgosa Mine until the village Parana.

From Parana we continue through the road towards Fierros. We cross the N-630 with caution in order to take the road towards Fresneo (the hikers have other variation which leaves from Fierros Chapel).

Then, we go on through the tracks of the Route of Santiago which coincides with the GR-208 "Cycle Loop Central Mountain" and both pass through a series of stretches of paths until we reach to the beautiful site of San Miguel d'Eros Chapel after an ascent from which we can gaze Campu-manes and Fierros Valleys.

From San Miguel, we start a diminished descent until we reach Erías. In front of the Dominican monk Manuel Suárez's house, we turn left through the road that goes up to the Cantu La Cruz, where we have a panoramic view of the Huerna Valley.

From La Cruz, the GR-208 goes down through a road until we reach the village Bendueños, and then we go under the highway A-66. This wide path allows us to end this stage in the village Sotiel.lo.

MIERES

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POLA DE LENA

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