



STAGE 5

Cabanaquinta/Cabañaquinta (Aller) Santibanes de Murias (Aller)

LENGTH: 13.7 km.

DURATION ON FOOT: 3 hours 30 minutes

DURATION BY MTB: 2 hours 45 minutes

ACCUMULATED ASCENT GRADIENT: 904 m.

ACCUMULATED DESCENT

GRADIENT: 626 m.

MAXIMUM HEIGHT: 1201 m.

MINIMUM HEIGHT: 405 m.



DESCRIPTION OF THE STAGE

The fifth stage of the Cycle Loop of the Central Mountain leaves from the centre of Cabanaquinta/Cabañaquinta, in the train station. We cross the train tracks with caution and then we go through a walkway over Aller River until we reach to the path which leads us to Espineo. Then we take a concrete lane which goes to Soto.

Once we are in the village Soto, in front of its keep, we turn left towards a wide path with short steep slopes which leads us to Soto Recreation Area where we take the path to La Collaína. In this stretch, we find steep slopes too.

In La Collaína, at the foot of the road to Coto Bello, we turn left, following the paved path to Coto Bello. Shortly before it, the signposts lead us to the right towards the Braña de Soto, whose meadowlands we have to cross until we reach the track that goes up to Renorios, where we also find the signposts to the GR- 109 "Asturias Interior".

Once we are in the higher part of the track, we turn right again towards Curriel.los and we start going down towards the Santibanes Valley. Soon, we leave behind the arid areas of the summit to get into the meadowlands paths, whose arboreal vegetation closes the estates. This stage passes through these paths towards Vil.lar, sharing its itinerary with several PRs and with the GR-109, which afterwards takes a detour to the right. The Cycle Loop continues through the main path towards Vil.lar.

We cross the village Vil.lar, following the signposts to the PR-AS 133 and the GR- 208, where we come back to soil paths, until we reach to the AE-3 where we take the turnoff to the left and after going up some metres, we end in Santibanes de Murias.

MIERES

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