



## STAGE 1

### Recreation Area of Viapara (Riosa) Güeño/Bueño (La Ribera/Ribera de Arriba)

LENGTH: 19.4 km.

DURATION ON FOOT: 3 hours 30 minutes

DURATION BY MTB: 2 hours 30 minutes

ACCUMULATED ASCENT GRADIENT: 791 m.

ACCUMULATED DESCENT

GRADIENT: 1322 m.

MAXIMUM HEIGHT: 677 m.

MINIMUM HEIGHT: 108 m.



## DESCRIPTION OF THE STAGE

The GR-208 “**Cycle Loop of the Central Mountain**” leaves from the Recreation Area of Viapará, which is on the right of the legendary ascent to the Angliru. We go down through the road to Busloñe, getting in, thus, in Morcín council. It is a paved descent which offers us a great panoramic view to the Sierra del Aramo on the left, to the Monsacro on the right, and to the Monte Naranco at the front.

We take the first significant turnoff through the village La Carbayosa, towards the old path to La Salguera until we get to La Vara. This is a technical stretch which has muddy areas.

In La Vara, after taking the access to the village through the road to La Piñera, the GR-208 turns right through descending stretches with technical areas due to the rocky road surfaces until the turnoff to El Vallín. The cyclists can avoid this stretch and continue through the road to La Piñera. This stretch goes on through the path until Ablaneru (San Xuan de Piñera), where the GR-208 turns left to the paved road which goes towards Peñerúes. We have to be careful with the vehicles in these paved stretches.

Once we are in El Campo (Peñerúes), the itinerary is shared with the PR-143 “L’Angliru Route”. We take the concrete road towards Casa del Malatu. We pass by it and then we take the GR-106, and we continue going down until the village La Mortera. Next, we go towards Fuexos, and without leaving the direction nor the lane, we end in Palombar.

At this point, we will gaze the GR-208 near the country house of Palombar and we go down to the bottom of the valley and cross the Nalón River. Then we turn right and take the river pathway towards the Llosalín, which is the ending point of this stage.

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