



STAGE 3

Sotiel.lo (L.lena/Lena)

Recreation Area La Peral Valley (L.lena/Lena)

LENGTH: 23.8 km.

DURATION ON FOOT: 6 hours

DURATION BY MTB: 2 hours 30 minutes

ACCUMULATION ASCENT GRADIENT: 1239 m.

ACCUMULATION DESCENT

GRADIENT: 763 m.

MAXIMUM HEIGHT: 1399 m.

MINIMUM HEIGHT: 416 m.



DESCRIPTION OF THE STAGE

The GR-208 "Cycle Loop of the Central Mountain" initially has some paved stretches but then we find road surfaces which are more proper for mountain bikes (MTB). It leaves Sotiel.lo through the lane which gives access to the villages Zurea and Val.le. It is an ascending stretch which, at the height of the last village, changes since the slope becomes harder and it constantly goes through soil surfaces.

The ascent from Val.le to Collado de Porciles is very hard until we reach the hill range in Porciles. After crowning the hill, we arrive at the Mayau de Brañavaler, where there is a small lake in the so-called El Chagu. Here we have excellent views.

Once we reach the Alto del Cordal, we find a flat stretch until we reach a marked descent which continues until the surroundings of La Balsa Peak and ends in the road QU-5, alternating technical stretches.

Then, we turn right until we reach the Alto de La Cobertoria (mind the vehicles), where we leave behind the Quiros Valleys and we go into L.lena council.

In the legendary Alto de La Cobertoria, it links with the road AS-230, where we turn right and then go down until La Peral Recreation Area, the ending point of this third stage of the GR-208.

MIERES

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