

✂ Down the valley, at the background, the town of Porcarizas



✂ "Paloza" (traditional cabin) in Balboa



✂ Church of Balboa

**14.** Already in the vicinity of Balboa, the route crosses the river once again through a bridge near to some pallozas and finally it reaches the church and the municipal hostel, where the nature trail ends.

**10.** Leaving the town behind, the track goes up to a hill with a leafy oak forest and then it goes uphill until it crosses

**4.** After reaching the church, the traveller must continue uphill through the town to the tourist centre. Then, the route leaves Pereda through a dirt path, which follows until it reaches the branch to Braña de Pereda. If we follow the opposite direction, the path goes through a steep slope until a sharp bend where the trail becomes even. Later on, the trail goes uphill

**9.** After taking a branch to the right, the traveller will sight Campo del Agua, in whose neighbourhood of El Regueiral we can find several typical constructions from the region, such as well-preserved pallozas and slate cabins.

**3.** The trail continues down a road until it passes the branch to Espinareda de Ancares. Shortly after, it takes a branch leading to Pereda de Ancares. The first part of this stretch runs among meadows, entering later a forest. After that, the trail arrives at the river, and crosses it through a bridge to continue under the road until another intersection, in which the traveller has to go straight on to Pereda.

**13.** The trail branches off when entering Cantejeira and reaches its square. Then, it leaves the town towards Balboa. When reaching the intersection with the road to Pumarín, the path that branches off towards Castañoso must be followed. The trail runs among meadows, crossing an oak forest and some streams, starting an ascent that meets the road that links Castañoso and Balboa. After crossing another bridge, the trail begins going down among hundred-year-old chestnut trees towards Balboa.

**8.** The trail continues upstream and crosses an intersection. Further on, it crosses to the opposite slope and starts going up through an oak forest until it reaches a flat area, from where the Braña de las Agüerías and its cabins can be seen. Then, the trail goes down until it wades across a stream where it climbs uphill again.

**2.** The trail continues up towards the hill of Boquín (1,753 m), from where we can enjoy a panoramic view of the Suertes valley. The trail goes downhill through a steep slope towards Suertes until it reaches the river and goes parallel to its bank, entering the town and crossing it through calle Real.

**12.** Shortly after, the trail crosses a stream and climbs a hill from where the thermal power plant of Ponferrada can be seen. The trail goes up until it reaches a branch towards a cabin, then it descends to Cantejeira, from where the towns of Pumarín and Chan de Villar can be sighted.

**7.** Oaks, poplars, hawthorns, thorn trees, pine trees and alder trees are abundant up to the remains of the old train station, sitting to the right of the trail.

**1.** The trail begins in a track before entering Guimará, from where it climbs a slope covered by low shrubs that alternate with deciduous forest areas until reaching Braña del Cuadro, where the traveller will find a cabin and a recreational area to rest. The trail continues uphill until it reaches an intersection that leads to the Ibaia valley, in southwest Asturias; in the opposite direction it leads to the high meadow where the traveller will find the shelters of La Pesca and Suertes, by the banks of the Cúa River.

a stream. After an intersection, the track starts a new ascent through a dense forest. After leaving it and passing next to a recreational area, the traveller will be able to see the town of Porcarizas at the bottom of the valley.

**11.** The trail goes through two other hills until it gets to the entrance of the Tejeira Valley. It goes down the valley until an intersection from where the Pedra Caballar shelter can be seen. Then, it goes up through a forest until it arrives at a new hill where it leaves this valley.

again among scrubs and deciduous trees. After this ascent, the traveller reaches an even Scots pine reforestation area.

**5.** The Nature Trail changes its direction and now heads south, going past a cabin and a water tank. After passing an oak grove, it crosses a track that leads to Candín and continues going up towards the hill of Mirandelo (1,414 m).

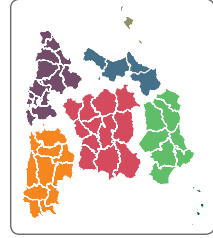
**6.** Then, the trail keeps going flat until it reaches an intersection where it winds down through a steep slope towards Burbia. The path crosses a chestnut forest with some scattered constructions, crosses two intersections and, once in Burbia, it continues to the town square through a cobbled path.



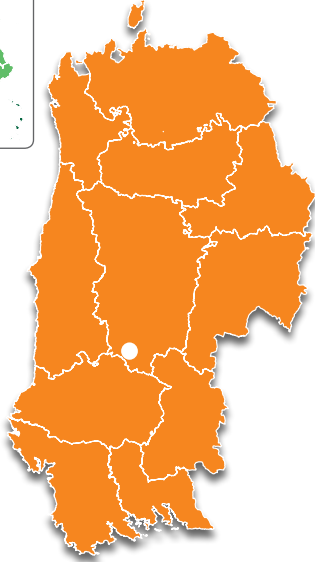
## THROUGH LANDS OF BEARS AND PALLOZAS

The Sierra de Ancares is located in the northwest of the province of León. It borders with the province of Lugo and the Principality of Asturias, within the Bierzo region, an exceptional natural territory that has been acknowledged as World Heritage Site and Biosphere Reserve by UNESCO, and whose valleys covered by hundred-year-old oak and chestnut trees provide shelter to a vast variety of fauna, among which the last capercaillies of this area and the occasional brown bears stand out.

This trail begins in the municipality of Guimara, in the north area of the Ancares, at the border with the Principality of Asturias, and ends in Balboa, on the southwest of the Ancares, near the provincial border with Lugo.



## SECTOR NORTHWESTERN PENINSULAR



Since 1993 the Ministry for Agriculture and Fisheries, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment.

These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country.

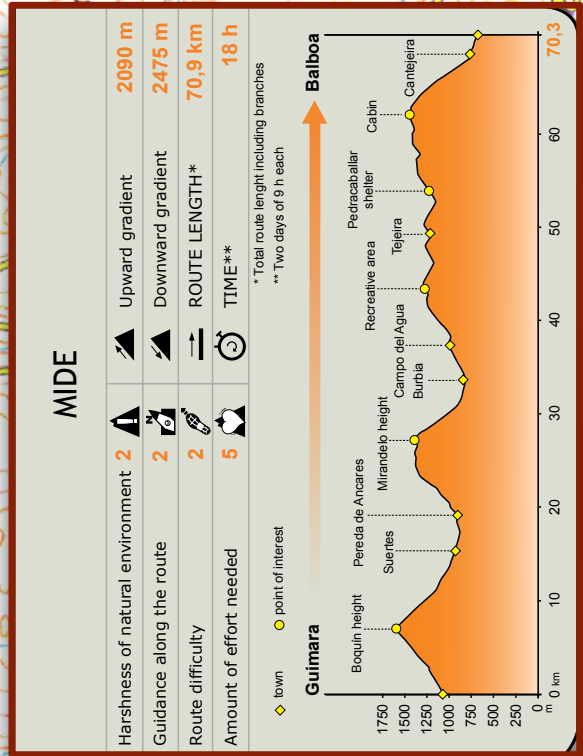
We invite you to visit them and offer you the keys to enjoy the trip. In this brochure you will find a brief description of La Mirada Circular. Nature Trail: Ancares Leoneses from Guimará to Balboa and the map for the journey, along with recommendations to make the most of this experience. We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

**TELEPHONES OF INTEREST:**  
• El Bierzo Regional Council: 0034 987 42 35 51



# NATURE TRAIL LA MIRADA CIRCULAR





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## NATURE TRAIL LA MIRADA CIRCULAR ANCARES LEONESES FROM GUIMARÁ TO BALBOA

- Starting point
- End of trail
- Religious building
- Rest area
- Information panel
- Other sights of interest



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ALIMENTACIÓN Y MEDIO AMBIENTE