

ECO DOS TEIXOS

ECO-EXPERIENCE

MYTHICAL FOREST ROUTE. O TEIXADAL DE CASAIO

Location

Casaio, Carballada de Valdeorras

Duration

2 days, 1 night

Availability

Year-round (subject to hostel availability)

Equipment

Comfortable clothing and appropriate mountain footwear

Difficulty level

Moderate

Includes

- > Percorrido guiado ao Teixadal de Casaio cun Técnico Deportivo en Montaña, experto en interpretación da natureza.
- > Traslado en 4x4 ata o punto de inicio da andaina.
- > Aloxamento e almorzo no albergue Eco dos Teixos, nunha contorna natural privilexiada.
- > Seguro de actividade para todas as persoas participantes.

Not included

- > Comidas ou ceas (aínda que é posible organizar menú ou picnic baixo petición).

Activity Description

The "Mythical Forest Route: O Teixadal de Casaio" is a unique experience designed to connect with the history and nature of the Trevinca forests. Through a guided hike and a 4x4 journey, participants will explore the **Teixadal de Casaio**, considered the oldest forest ecosystem on the Iberian Peninsula. This magical enclave is home to one of the most significant concentrations of ancient yew trees, alongside native species such as oaks and birches. It is also a habitat for emblematic wildlife such as the wolf, the golden eagle, and other species that form part of a high-value ecological ecosystem.

The route allows visitors to immerse themselves in the lushness of the forest on an interpretive itinerary that highlights its history, biodiversity, and ecological values. To reach the starting point of the hike, the journey begins with a vehicle ride, including interpretive stops where the specialized guide will explain the landscape's secrets. The hike itself covers 3 km each way, passing through rocky and rugged areas that add an adventurous touch to the route.

Day 1: Welcome and Connection with Nature

Morning/Afternoon: Arrival at Eco dos Teixos and accommodation in a double or shared room, according to preference.

PM: Free time to relax and explore the surroundings. Optional short walk through the old town and nearby forest. Rest at the hostel to prepare for the grand adventure the next day.

Day 2: Route to Teixadal de Casaio

09:30 AM. Departure by 4x4 to the hiking starting point, with interpretive stops along the way.

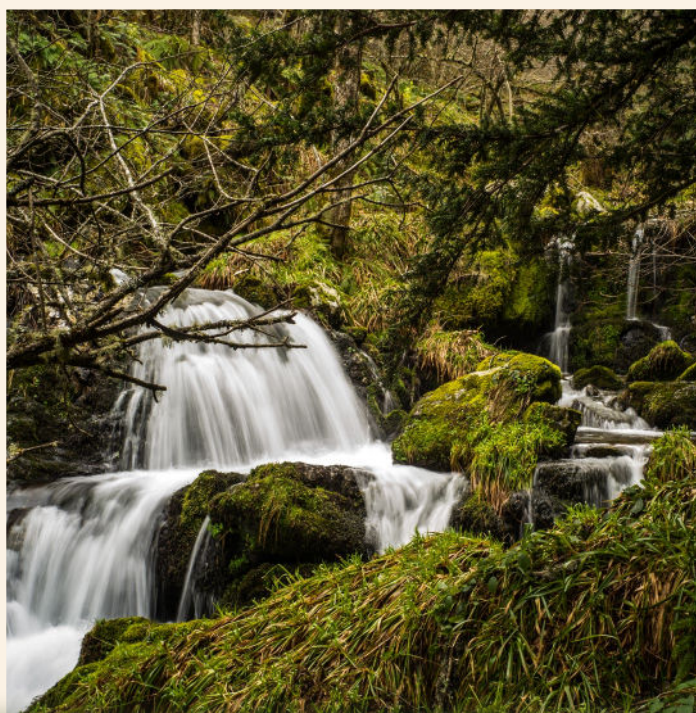
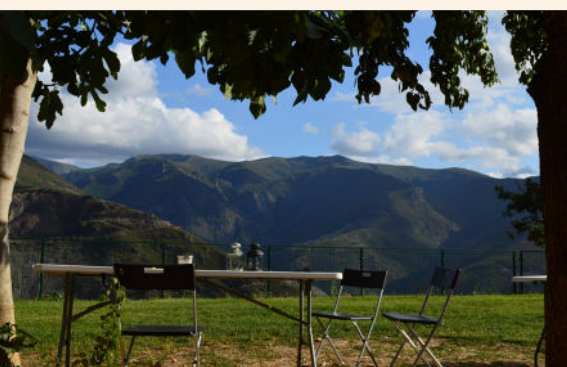
10:30 AM. Start of the hike (6 km round trip), exploring the ancient forest and discovering its incredible biodiversity.

02:00 PM. Picnic break in nature (optional, with prior reservation)

04:30 PM. Return to the hostel.

Prácticas ecoamigables

- > "Leave No Trace" policy.
- > Support for the local economy by consuming locally sourced products.


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