

TERRAS ALTAS DE TREVINCA

ECO-EXPERIENCE

PENA TREVINCA: SUMMIT OF GALICIA

Location

Trevinca Mountains

Availability

Todo el año

Duration

10-11 hours

Groups

Minimum 8 people,
maximum 15 people

Route type

Circular (linear traverse
in case of snow), cart
path, and mountain trails

Distance

24 km (21 km in case
of snow) with a total
elevation gain of 2,400m
(1,200m ascent, 1,200m
descent, for the whole
route)

Includes

- > Local mountain guide with an official qualification (Mid-Mountain Sports Technician, TD2 MM).
- > Visit to the Trevinca Mountain Interpretation Centre.
- > Guided tour and environmental interpretation along the route.
- > Accident and civil liability insurance.
- > Group first aid kit.

Not included

- > Participant transportation to the starting point.
- > Lunch and drinks, which must be provided by each participant.

Restrictions

- > Activity suitable for people in good physical condition, comfortable with walking in the mountains and/or regularly practising other physical activities.
- > Pets, including dogs, are not allowed.
- > Consumption of alcoholic beverages during the activity is prohibited.
- > Participants must follow the instructions of the activity leaders at all times.
- > When registering, participants must disclose any health conditions or allergies that could affect them during the activity.
- > Minors under 18 must be accompanied by an adult or a responsible person
- > The activity is not recommended for children under 15 years old.

Suggested equipment

- > Mountain or trekking boots, covering the ankle and with a waterproof membrane.
- > Clothing appropriate for mountain activities and expected weather conditions.
- > Backpack of 25-30 L with at least 1,5 L of water (2 L per person recommended).
- > Telescopic trekking poles.

Experience description

We will start from A Ponte (1,100 masl) along the PR-G 199 trail to the Valmeladas valley, crossing the Meladas River. We will begin a continuous ascent of 3 km to Sextil Alto (1,993 m) and continue towards Alto de la Valigota (2,009 masl). From there, we will head towards the Trevinca pass to reach the summit of Peña Trevinca (2,127 masl). At the summit, we will take a break for lunch and admire the views of the massif and the glacial valley of the Tera River. We will descend partially along the same path to the junction of PR-G 199 and PR-G 198. We will follow PR-G 198 to the Morteira de Campos pass. Then, we will take its variant with a steep descent towards Valmeladas. Finally, we will reconnect with PR-G 199 to return to the starting point.

Eco-friendly practices

- > We apply the "Leave No Trace" principle.
- > We respect flora and fauna: We stay on marked trails to minimize impact on vegetation and soil.

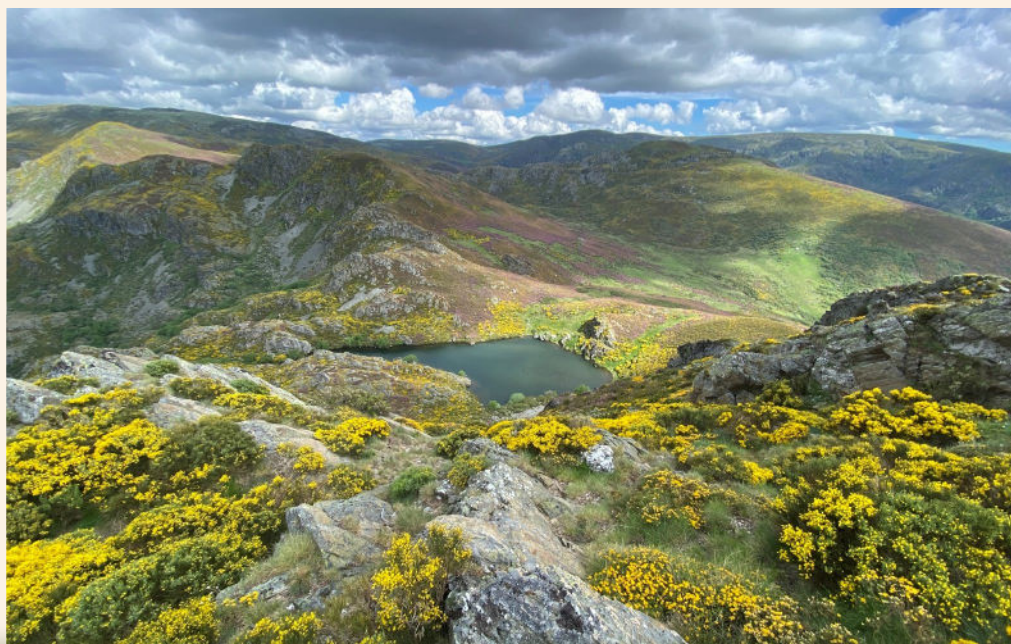
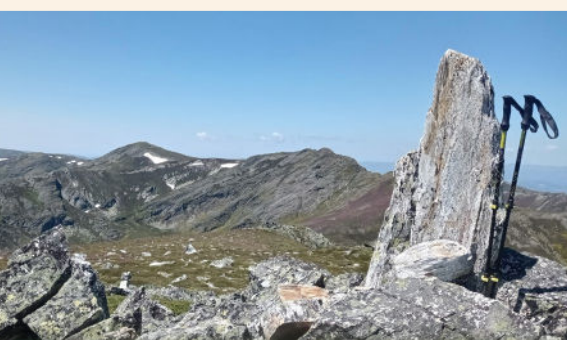
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