



Roteiríos é un programa de itinerarios organizado polo [Proxecto Ríos](#) que pretende unir ríos e persoas, achegando os cursos fluviais á cidadanía nun ambiente lúdico, así como dar a coñecer o seu patrimonio natural, cultural e social. A temática escollida para os itinerarios neste ano son os **ríos de montaña**.

O noso país acolle unha extensa rede fluvial de ríos e regatos de montaña moi ben conservados e cun alto valor ecolóxico. Dende o Proxecto Ríos, queremos achegarnos a este singular patrimonio para divulgalo e poñelo en valor como unha peza fundamental para a conservación dos nosos ríos. Nesta edición realizaranse

dous roteiros de fin de semana

, visitando no mes de marzo o Macizo Central ourensán e en setembro Trevinca.

ROTEIRRIOS 2010. 13-14 de marzo: MACIZO CENTRAL OURENSÁN

O LIC Macizo Central, ocupa unha superficie de 46.983 Ha, e acolle un dos cumios mais altos do país, Cabeza de Manzaneda con 1780 m. Trátase dun conxunto de serras montañosas, nas que destacan os pasteiros de alta montaña e onde debido á baixa densidade de poboación, achegarémonos a unha natureza espectacular vixiados polo lobo, o bufo e a águia real.



Nos percorridos desfrutaremos de dous ríos da alta montaña ourensá, coas suas peculiaridades, augas frías e cristalinas onde descubriremos un tipo de ranúnculo propio destes ríos (*Ranunculus fluitantis*). Entre as especies animais destaca o auguaneiro e a rá patilonga, fauna que gosta de ríos de augas limpas e oxixenadas. Dos réptiles é de destacar o lagarto das silvas, tamén asociado aos cursos de auga, que poderemos descubrir tomando o sol nos valados durante todo o camino. Este espazo alberga tamén unha vexetación única en Galiza como a xanzá, o afroixón ou o esfagno, e nel habita o musgão.

PROGRAMA

Sábado 08:00 Saída de Compostela 10.00 Café en

Manzaneda: Bar Pendón.

11.00 Saída de Requeixo

14.00 Xantar no pobo
abandonado de Prada

16.00 Visita por
Prada, os regos e
os arredores

17.00 Volta cara
Requeixo

20.00

Instalámonos
no Albergue
de

Montederram

o
21.00 Cea
en
Montederra
mo

24.00

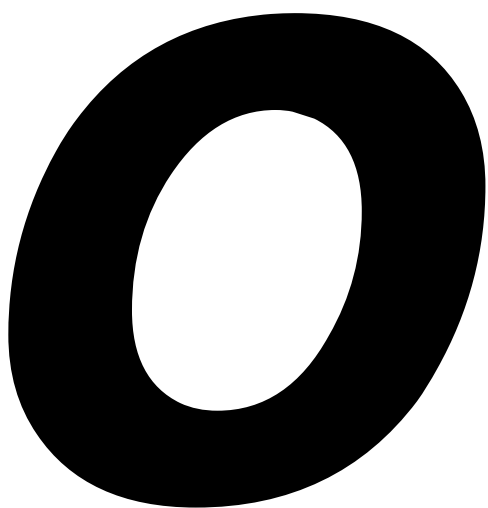
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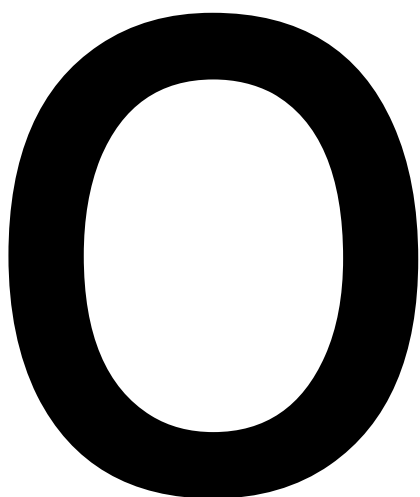
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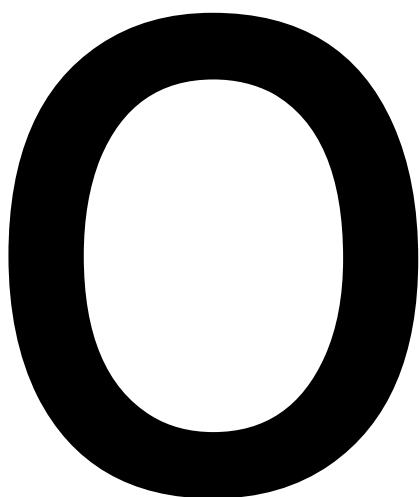
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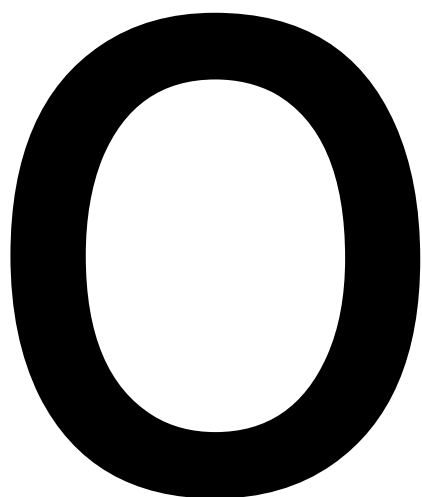
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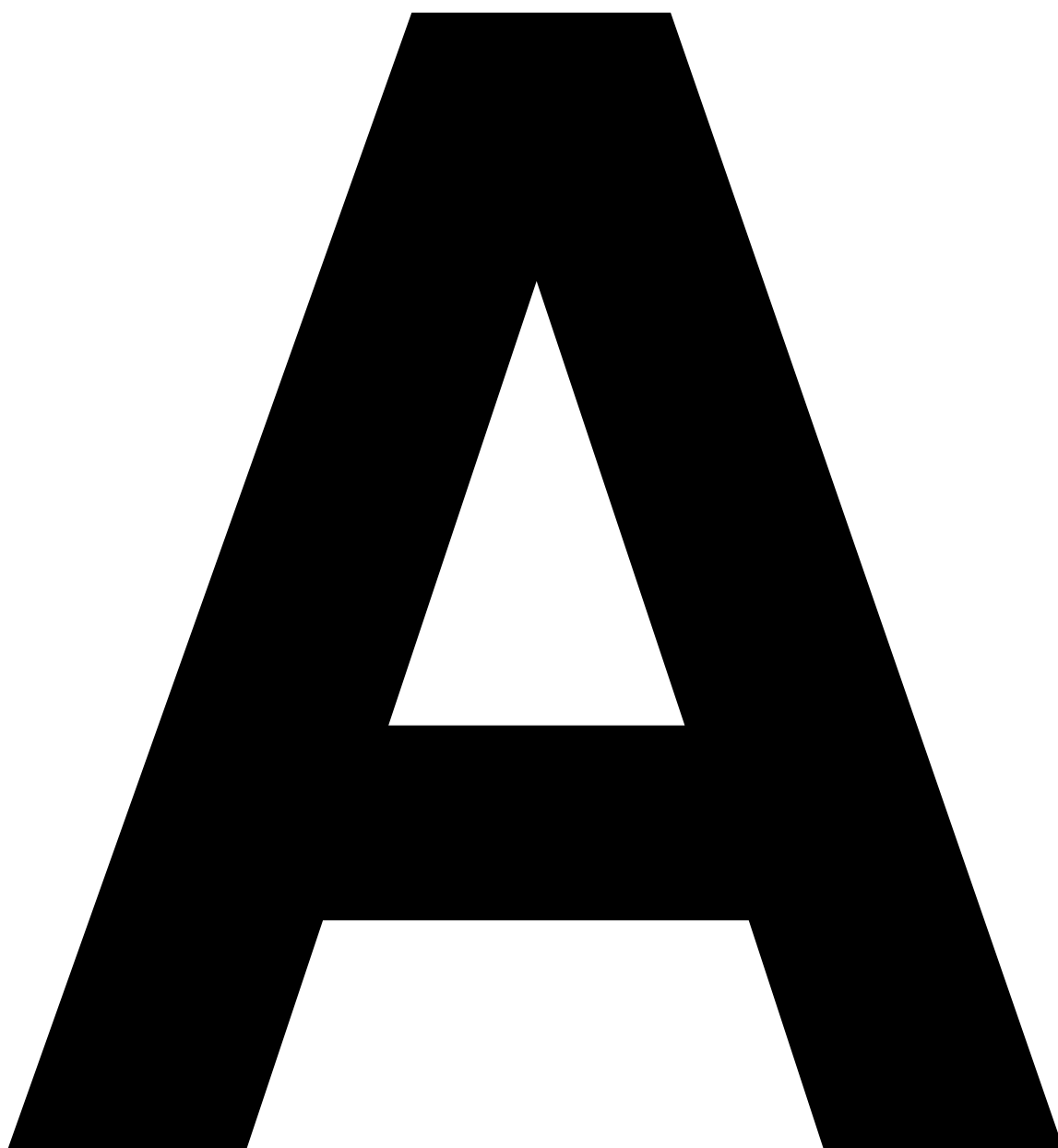
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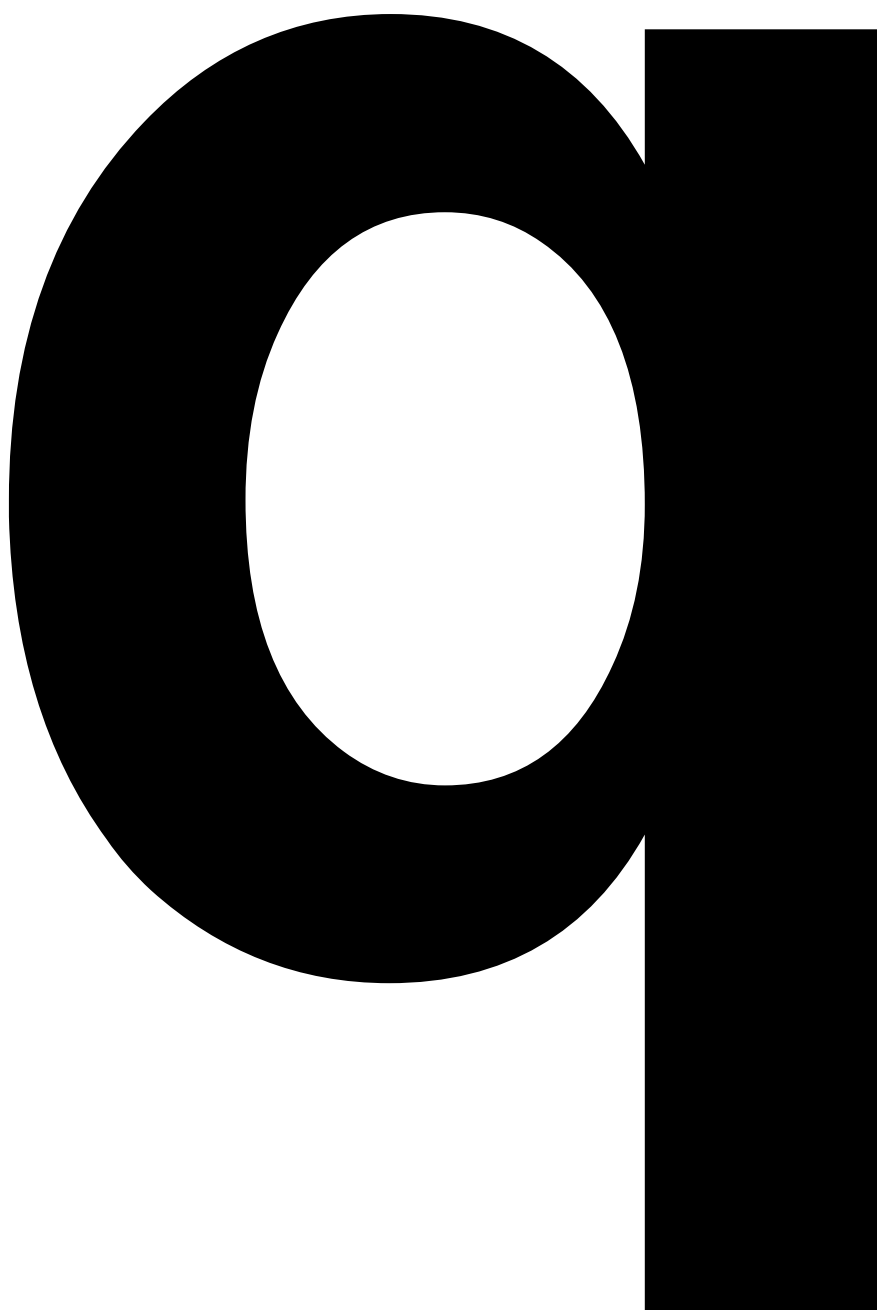
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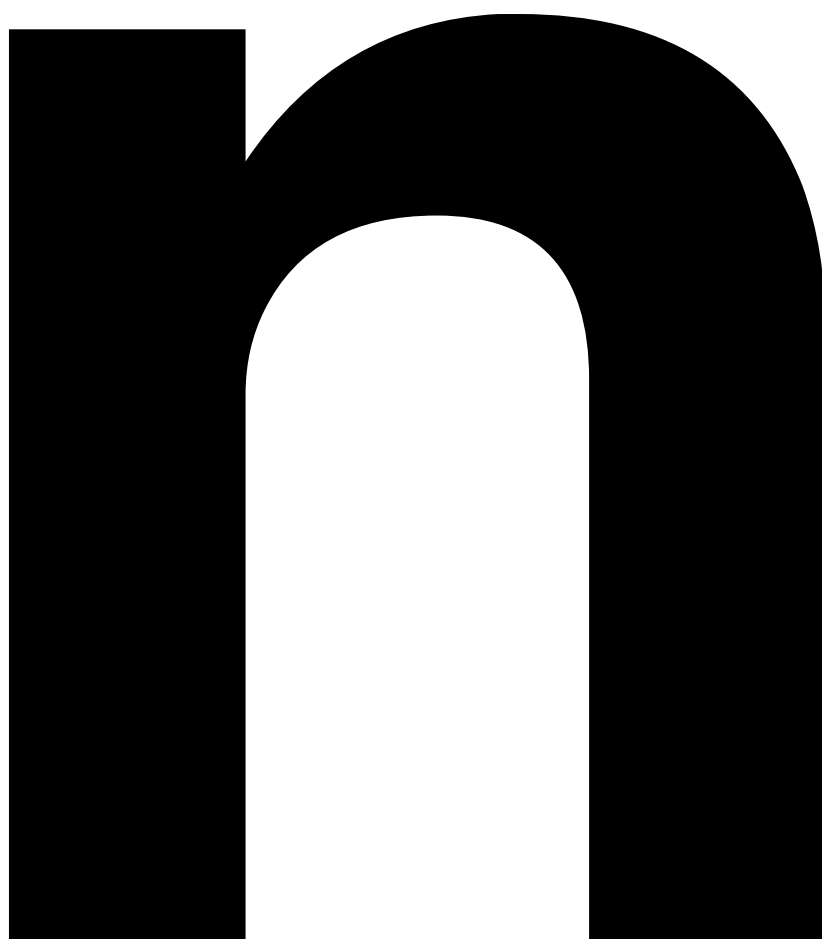
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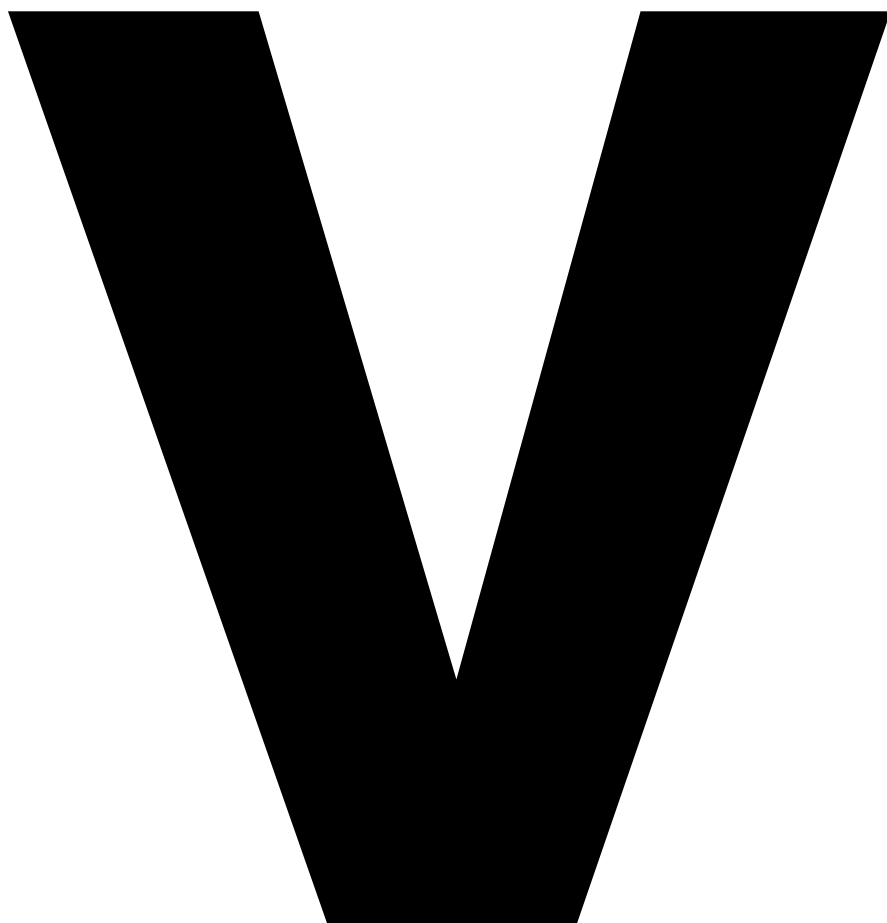




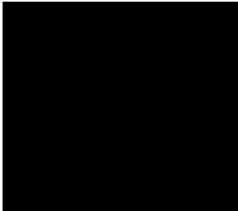
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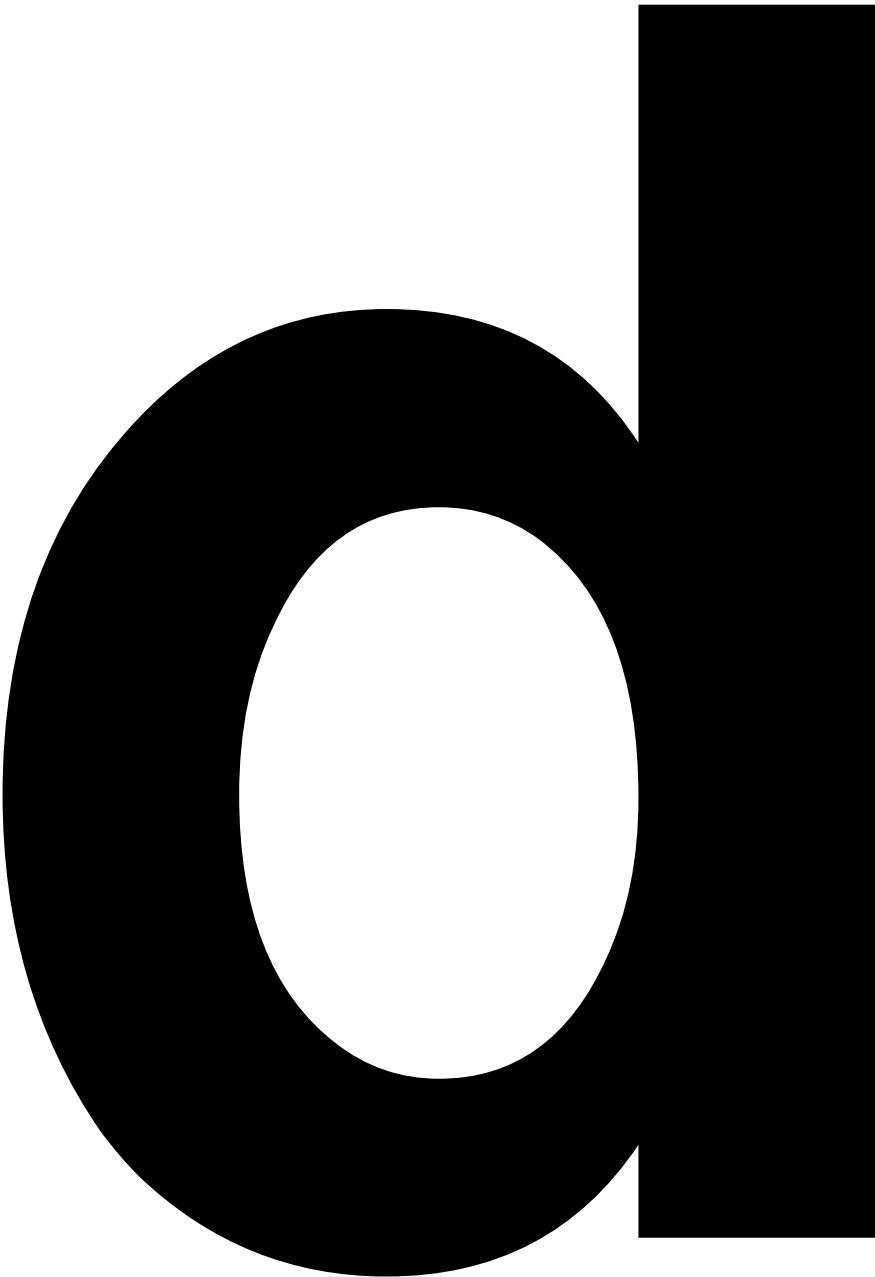
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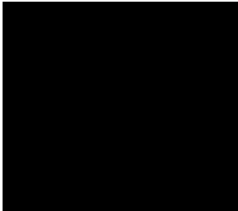


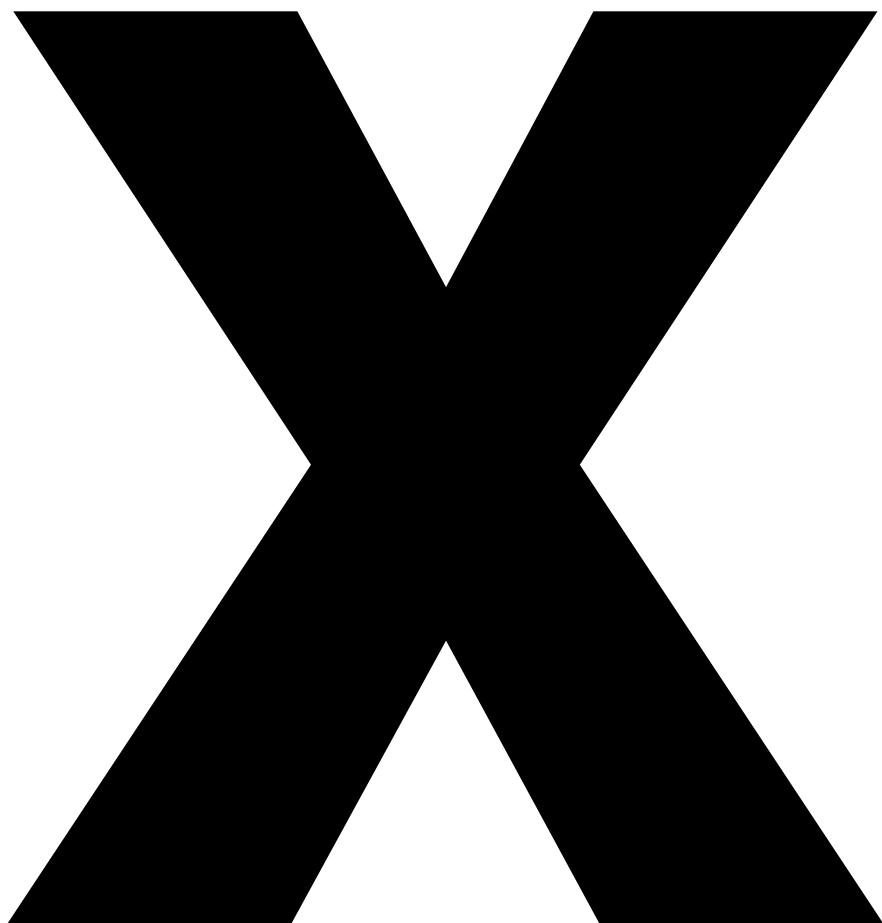
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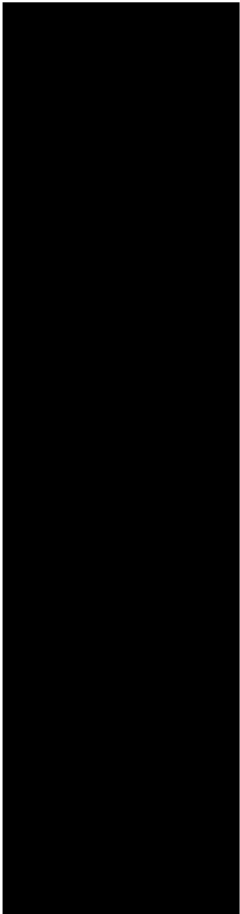
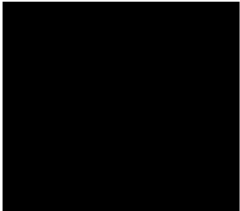


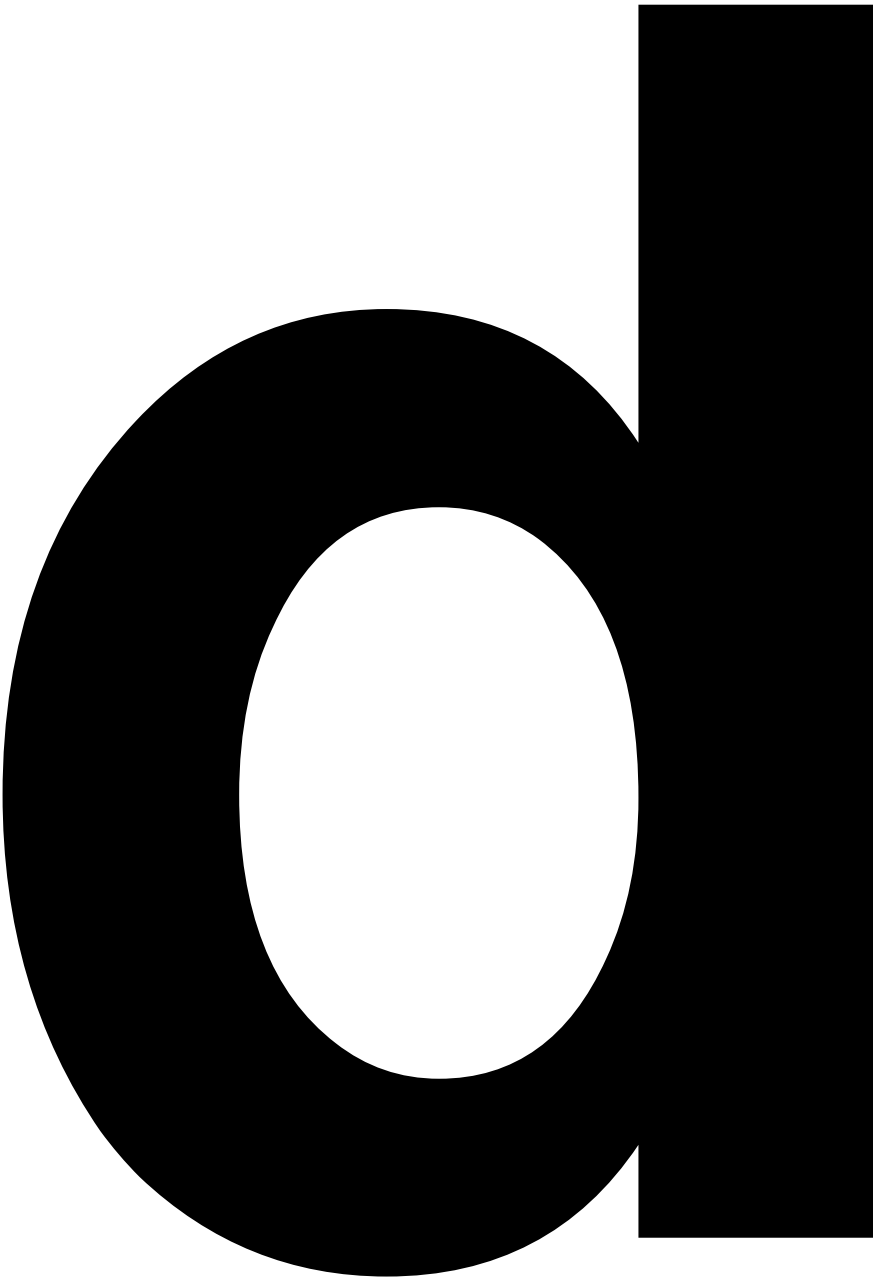


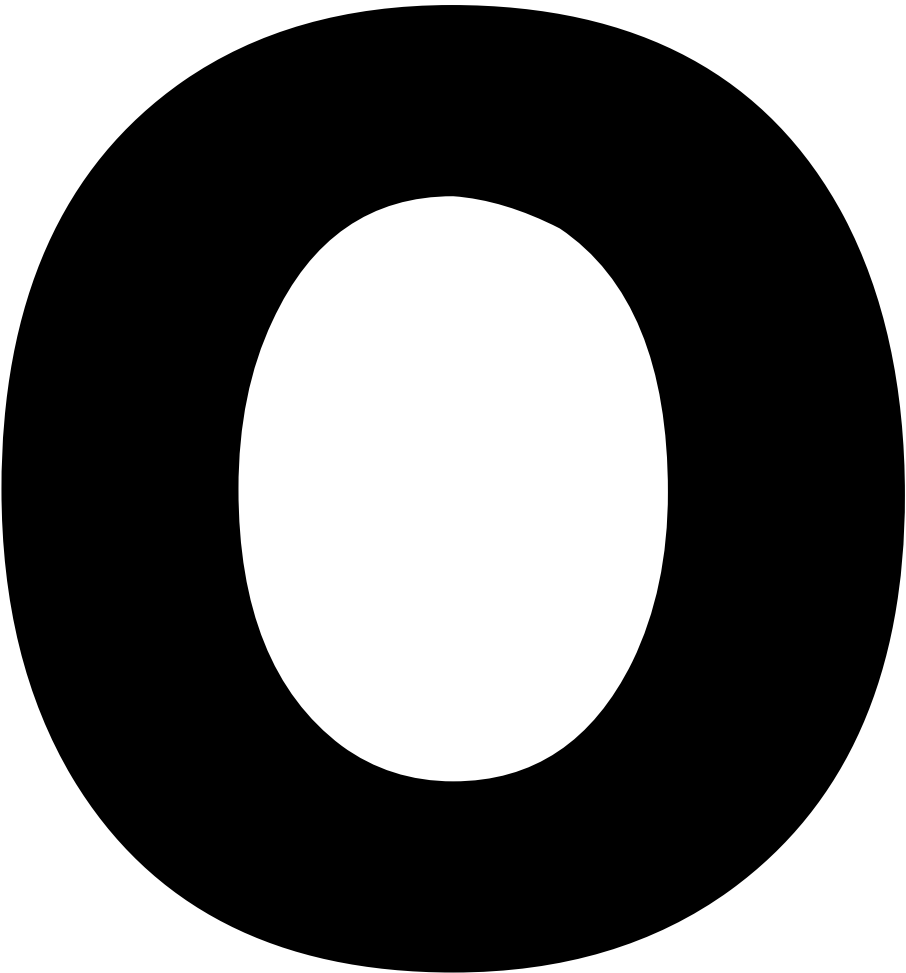






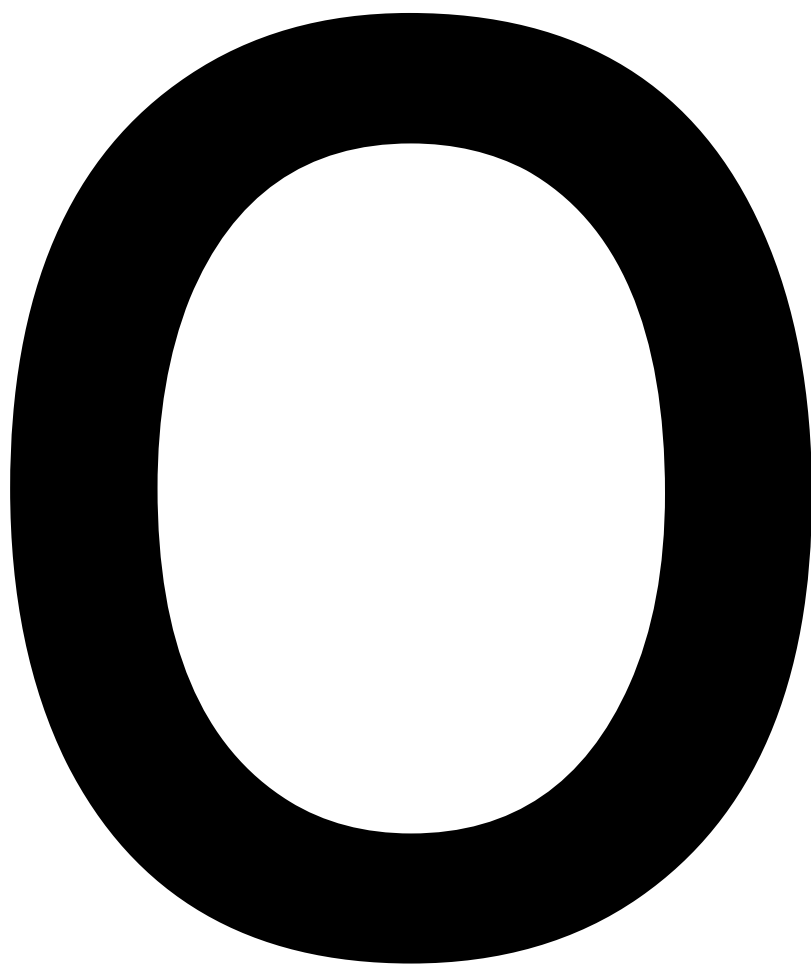


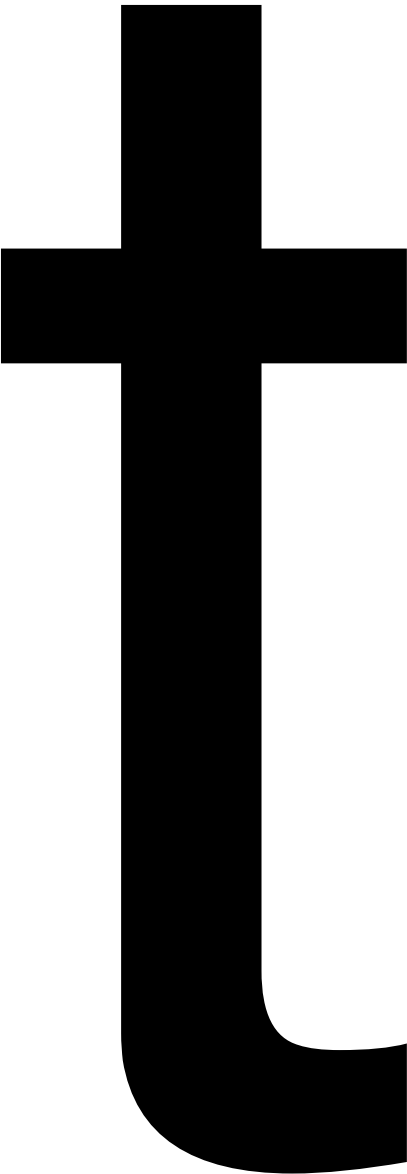






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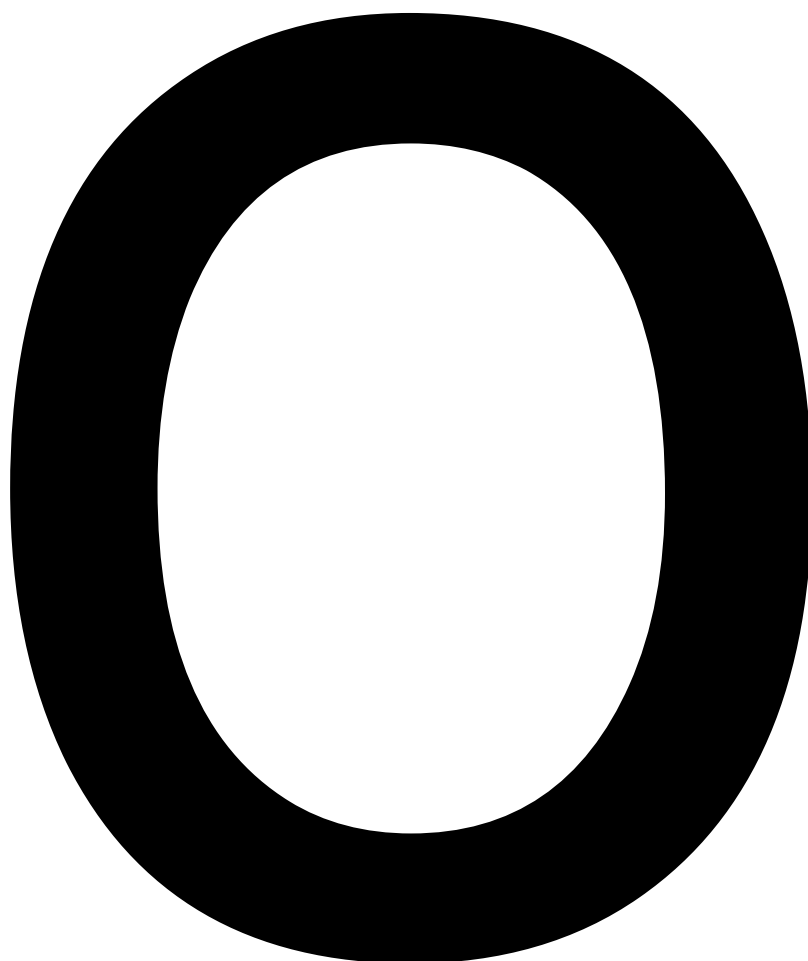




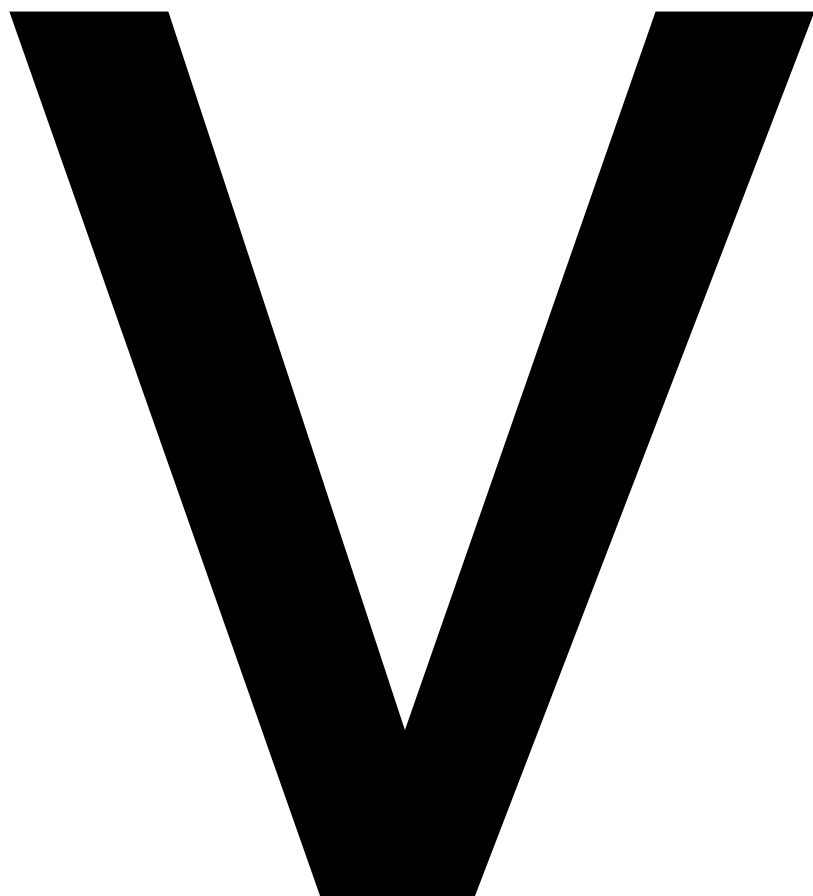
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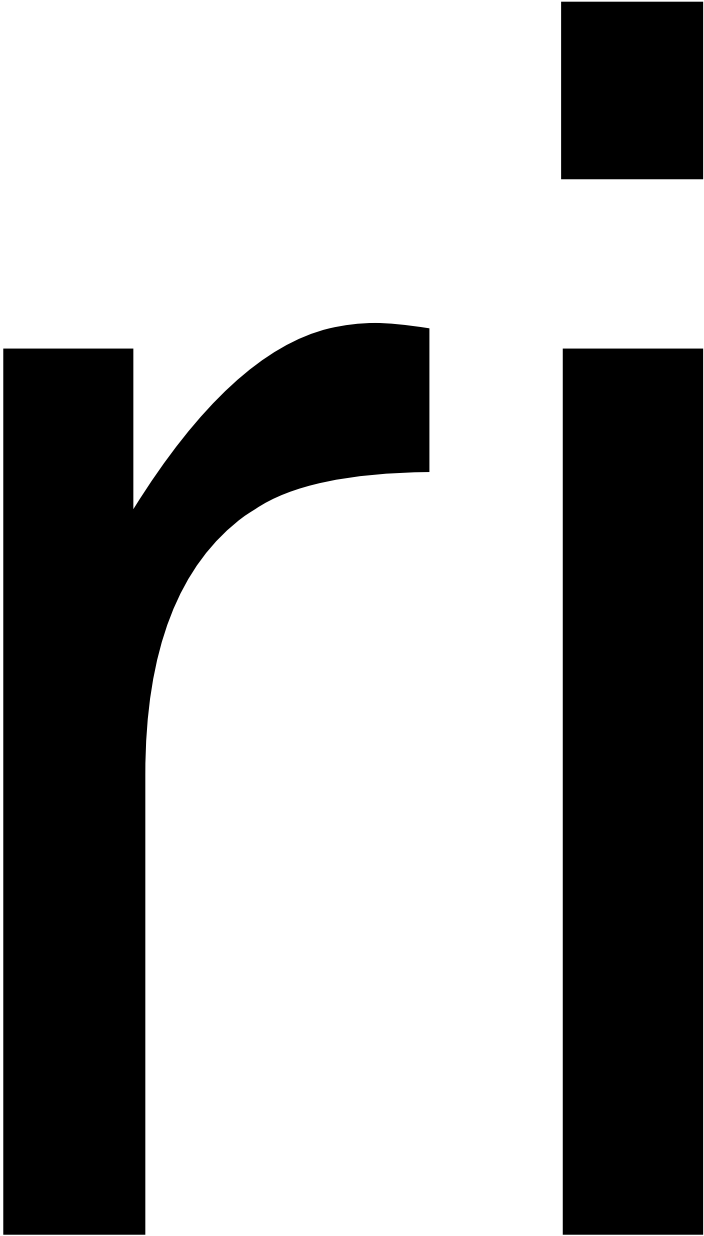


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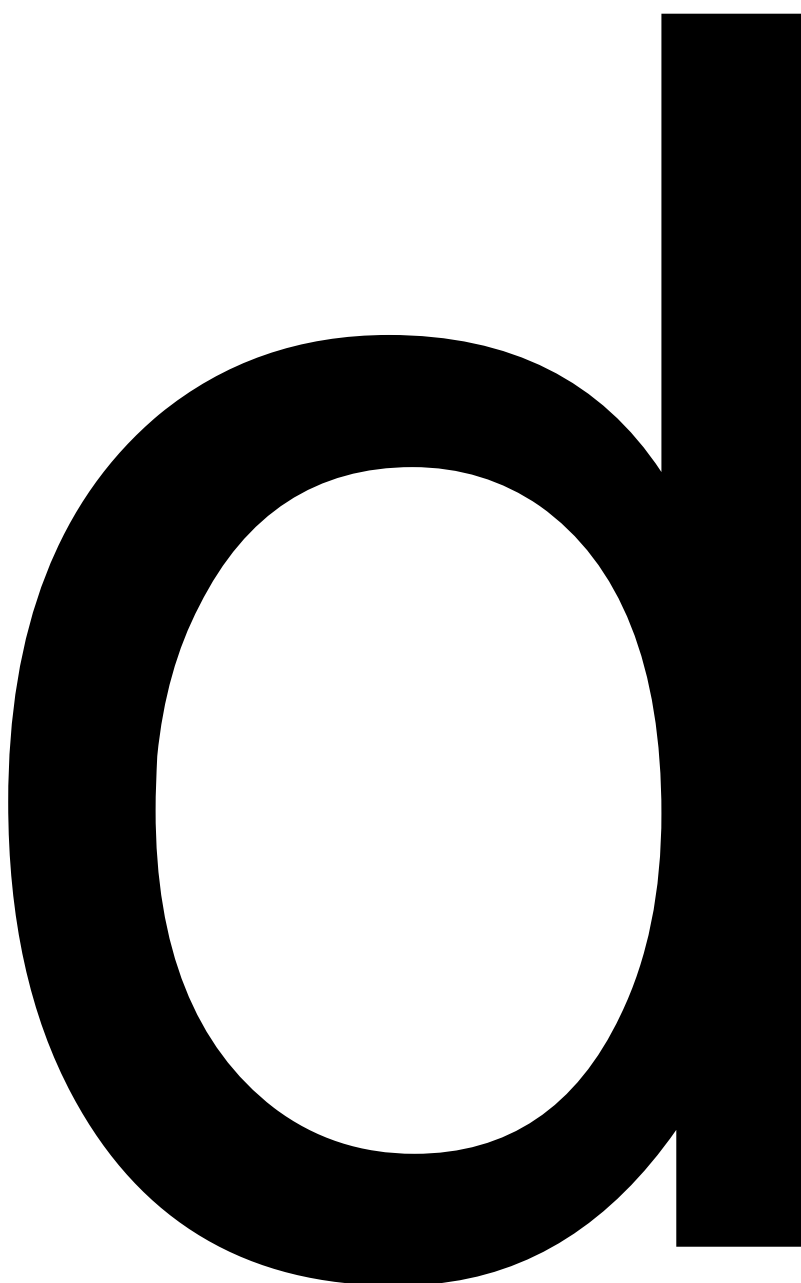


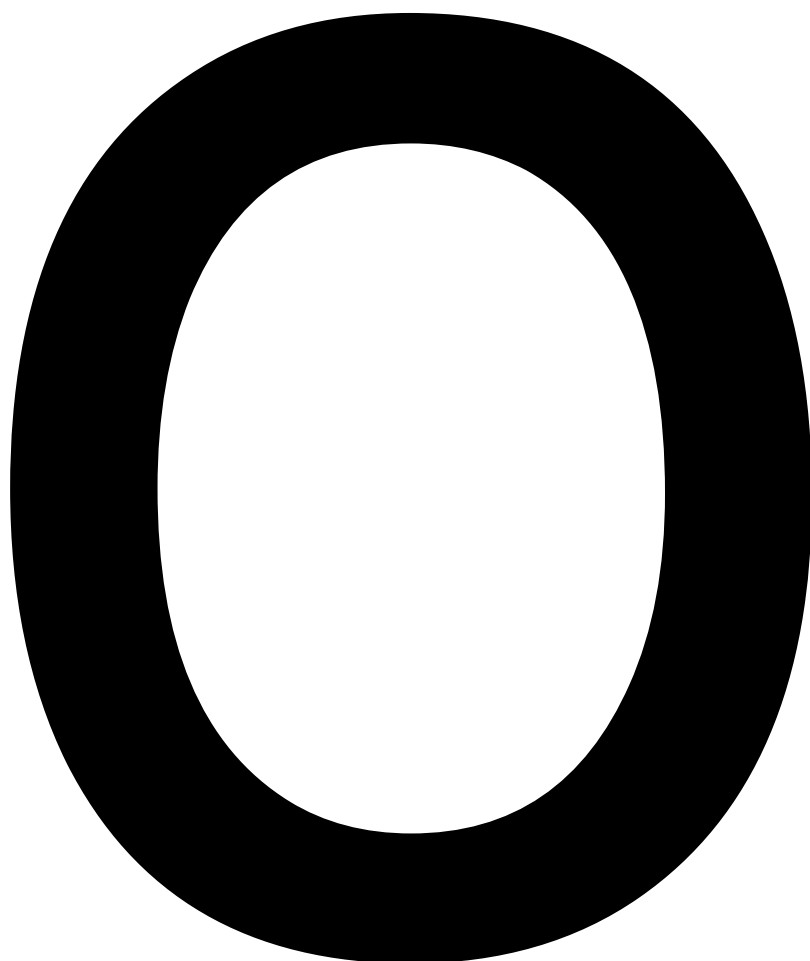
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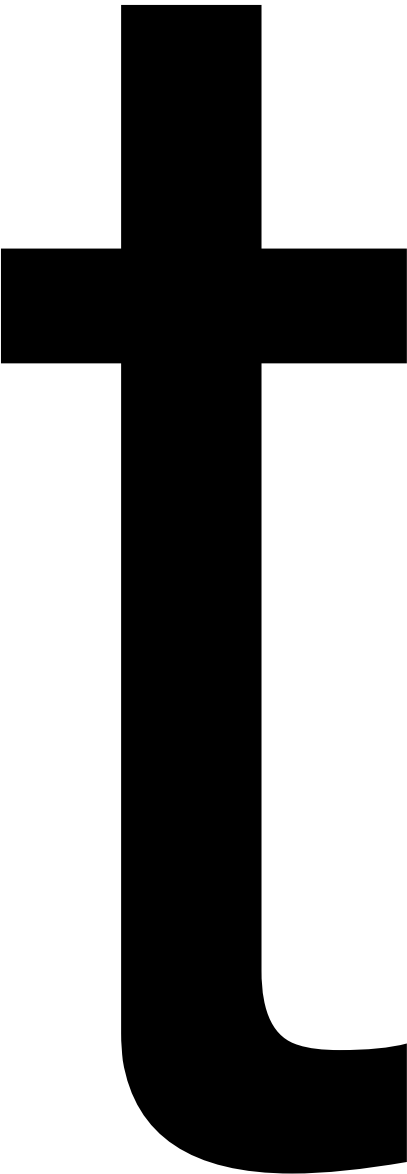


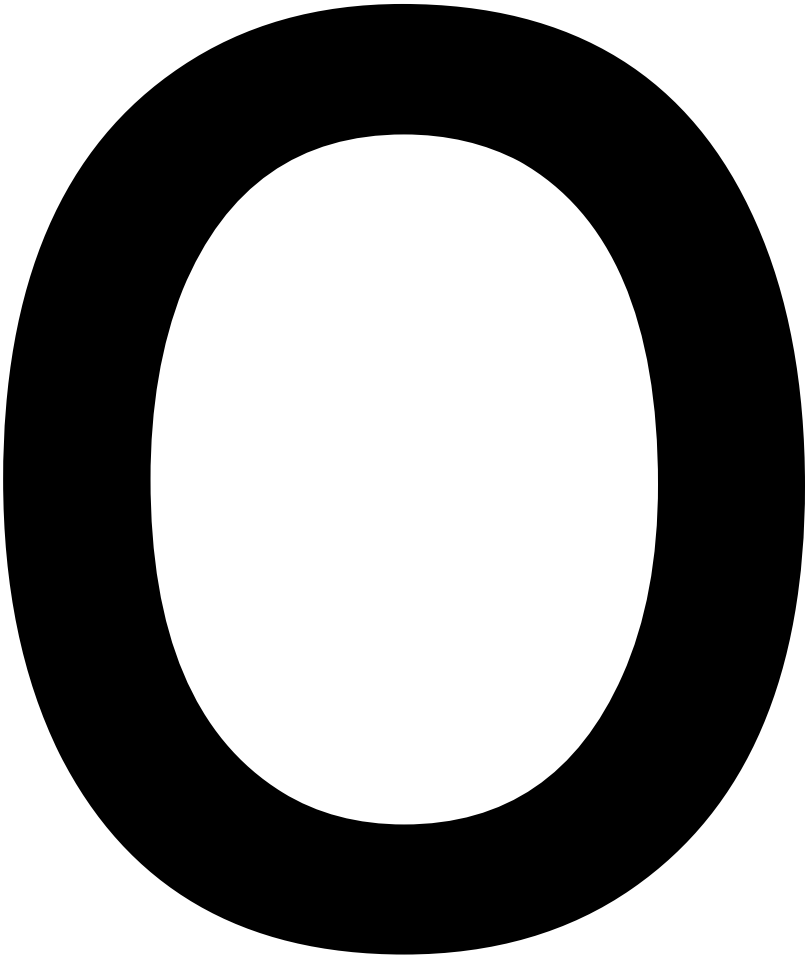


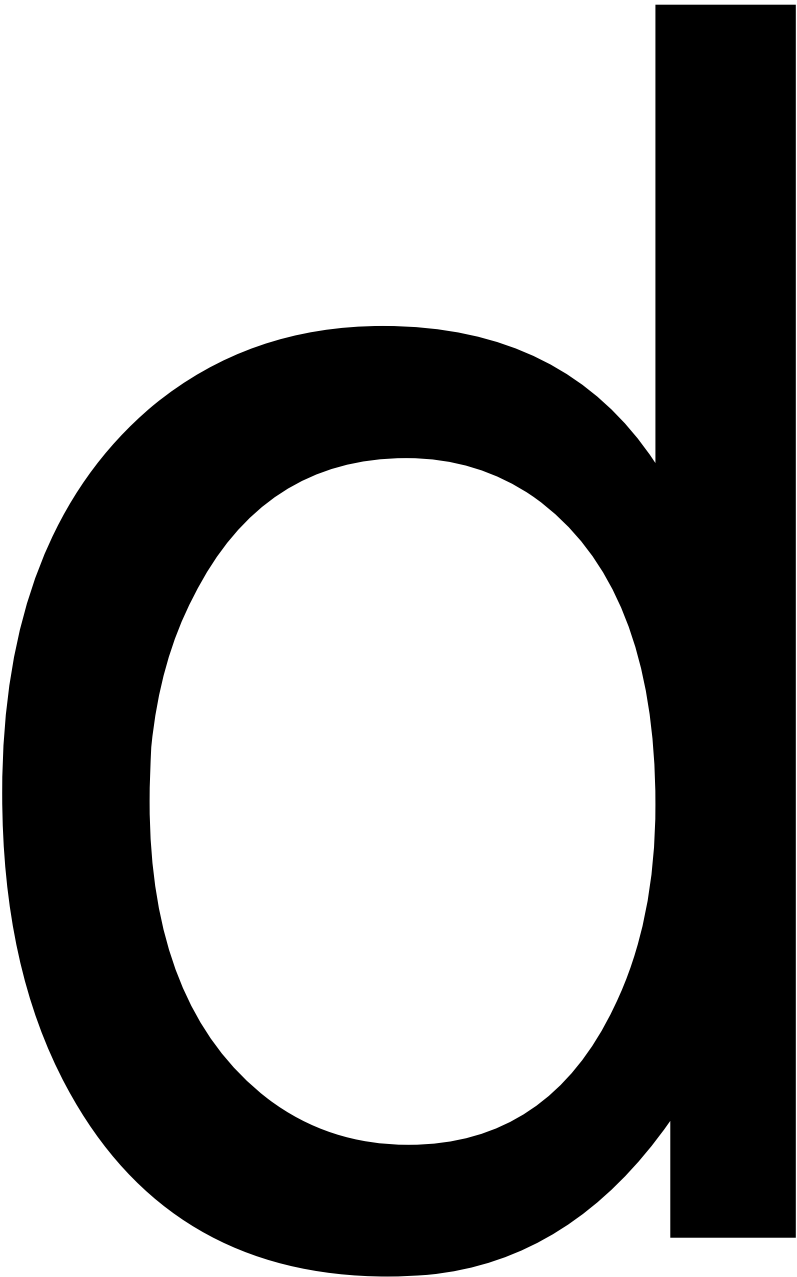




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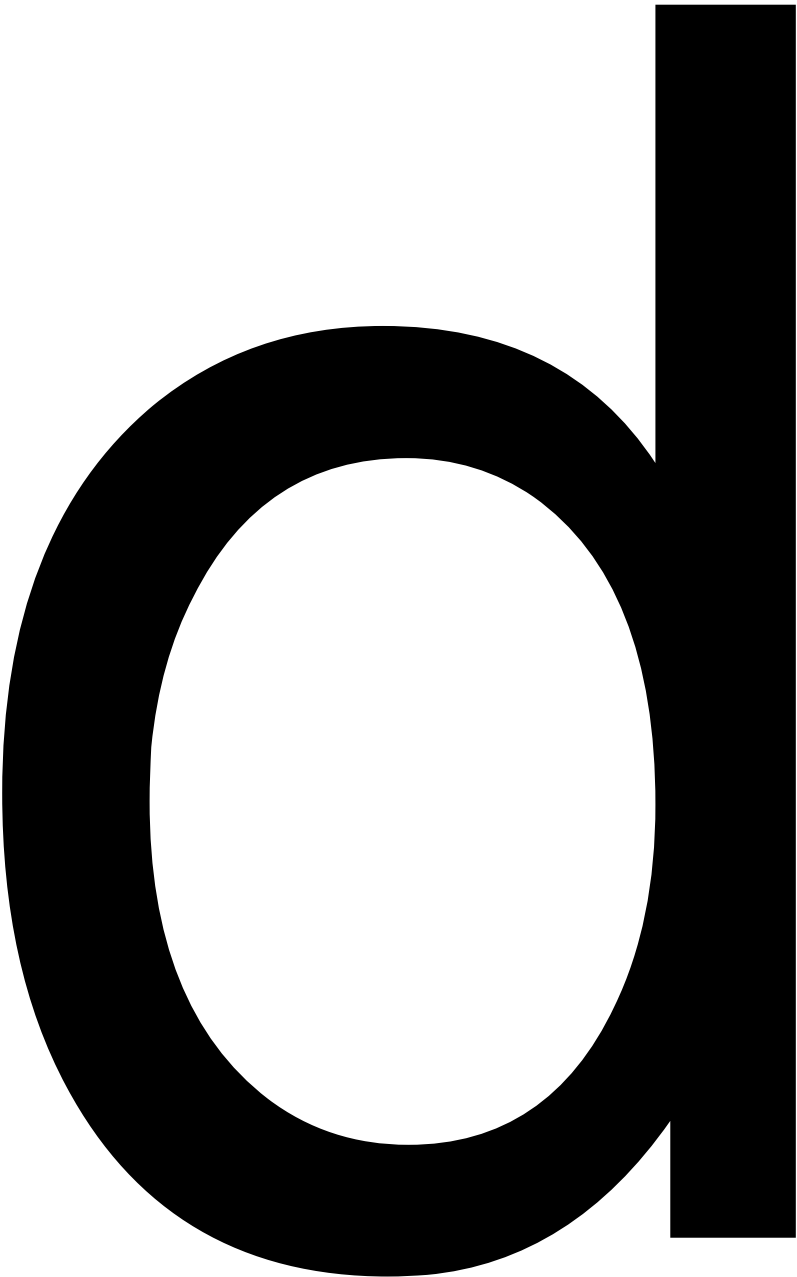




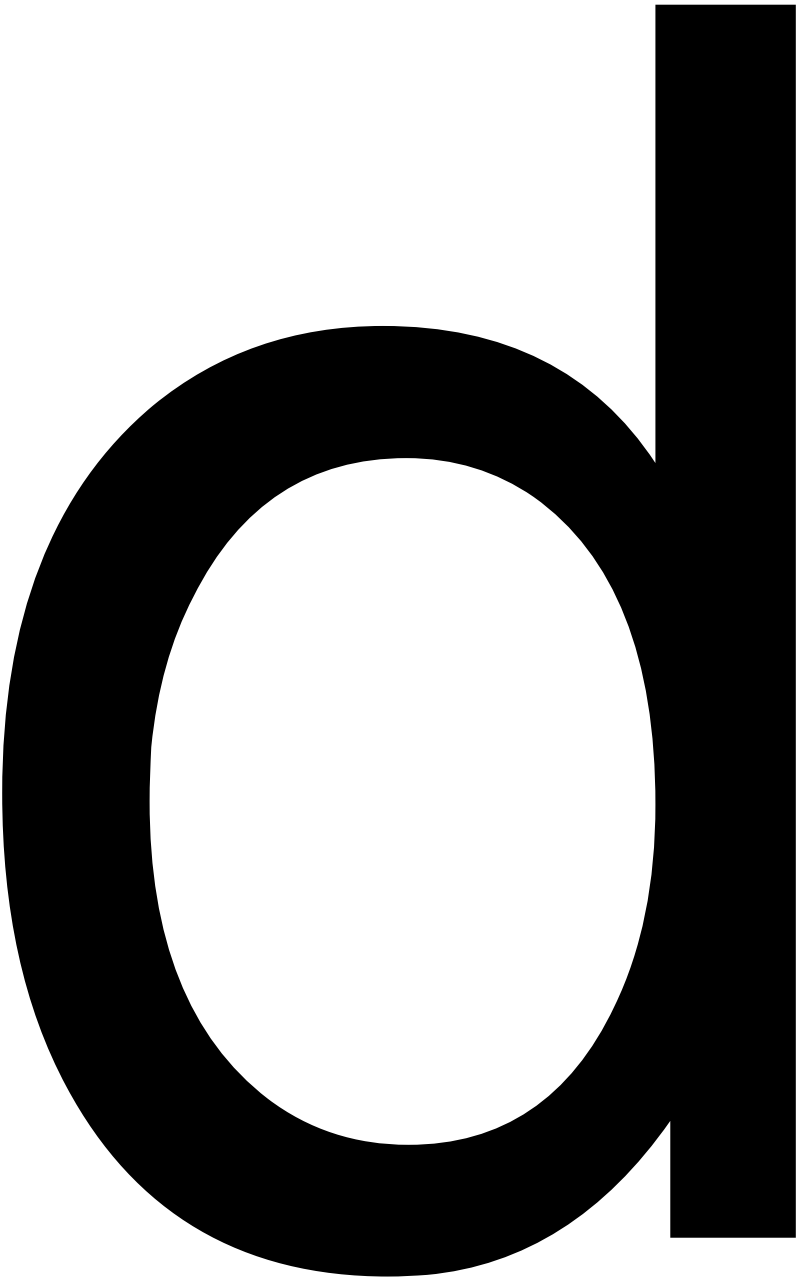
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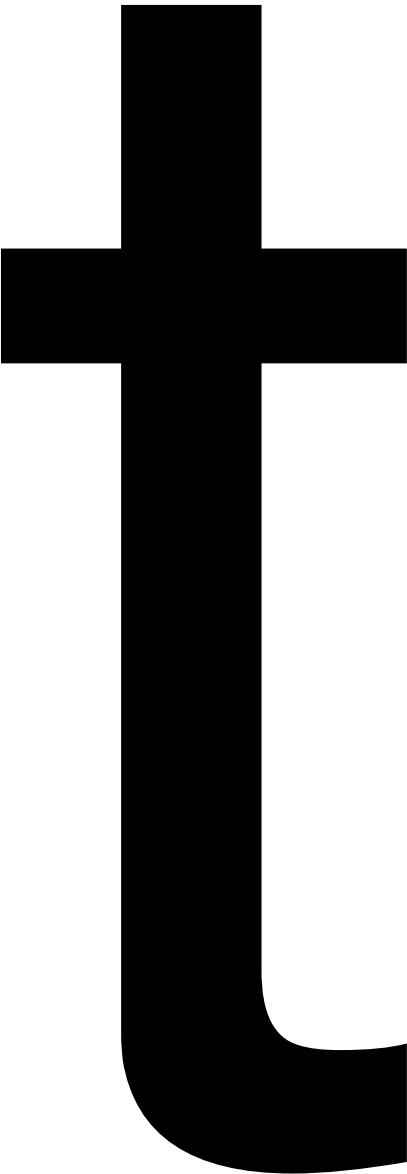
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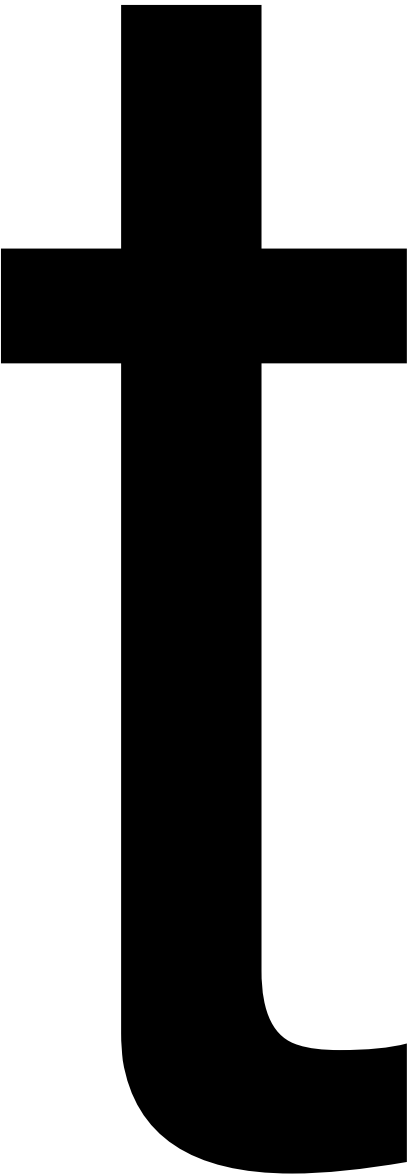
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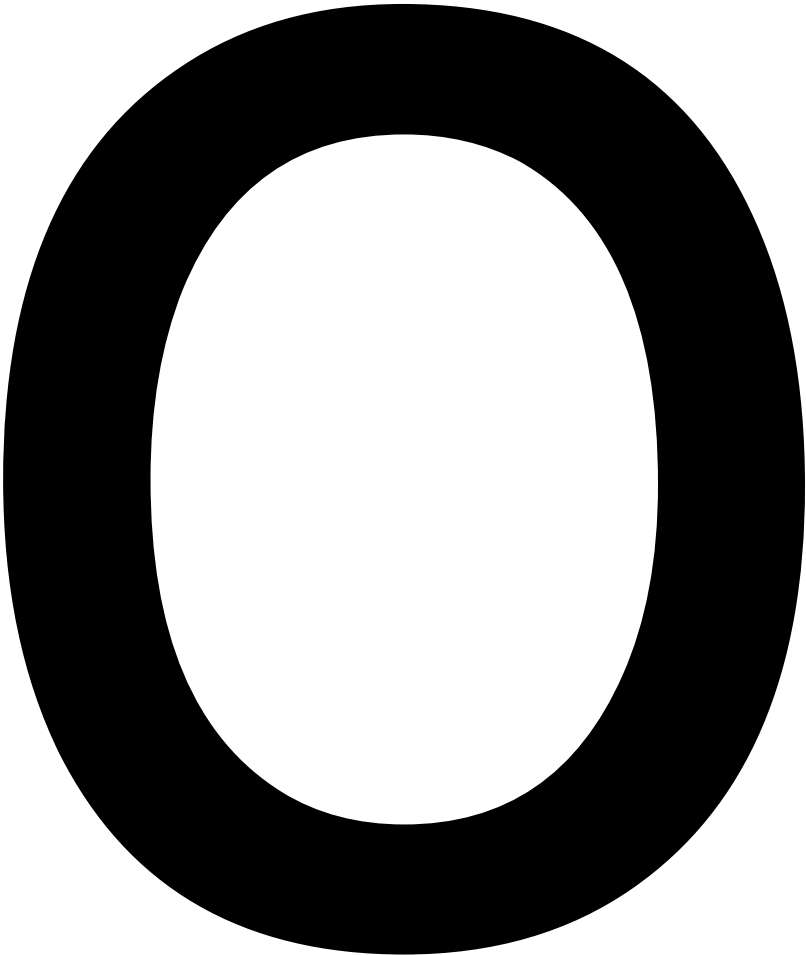




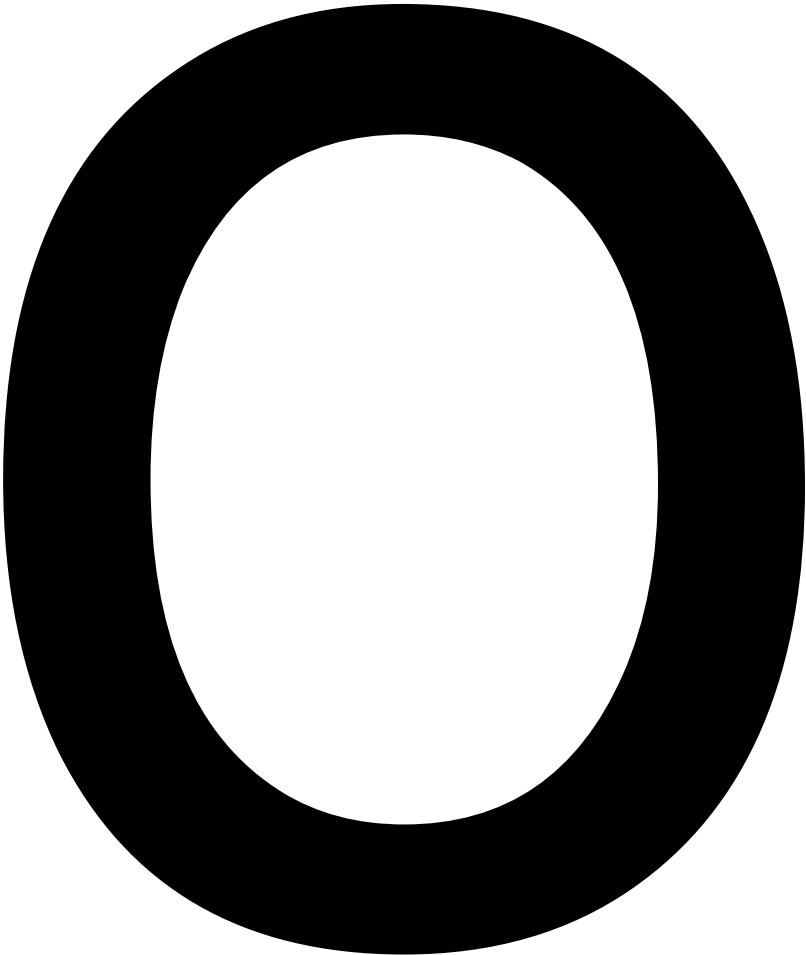
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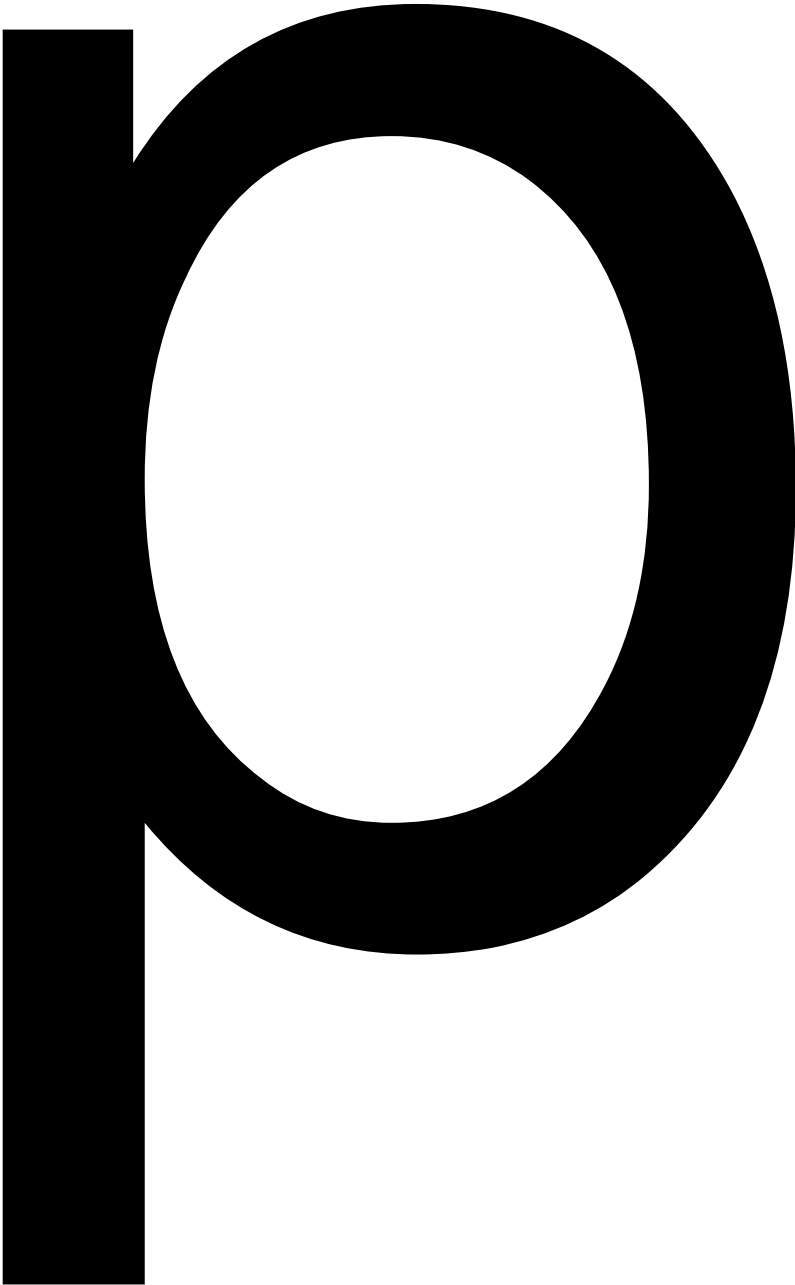




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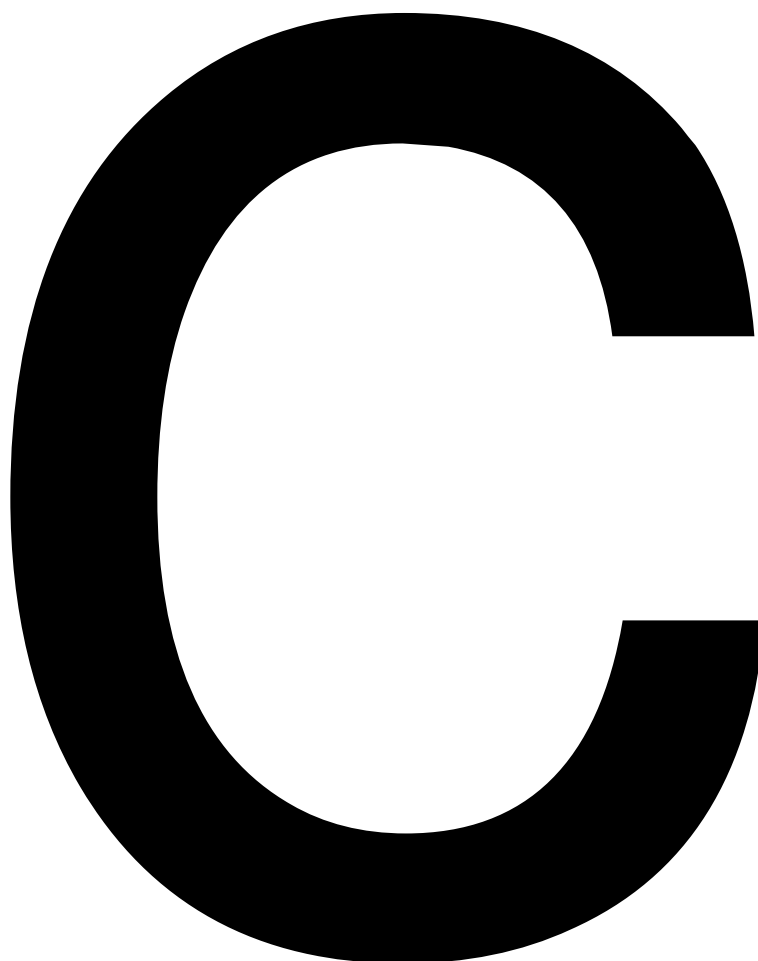
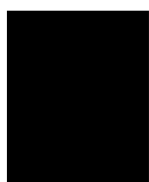


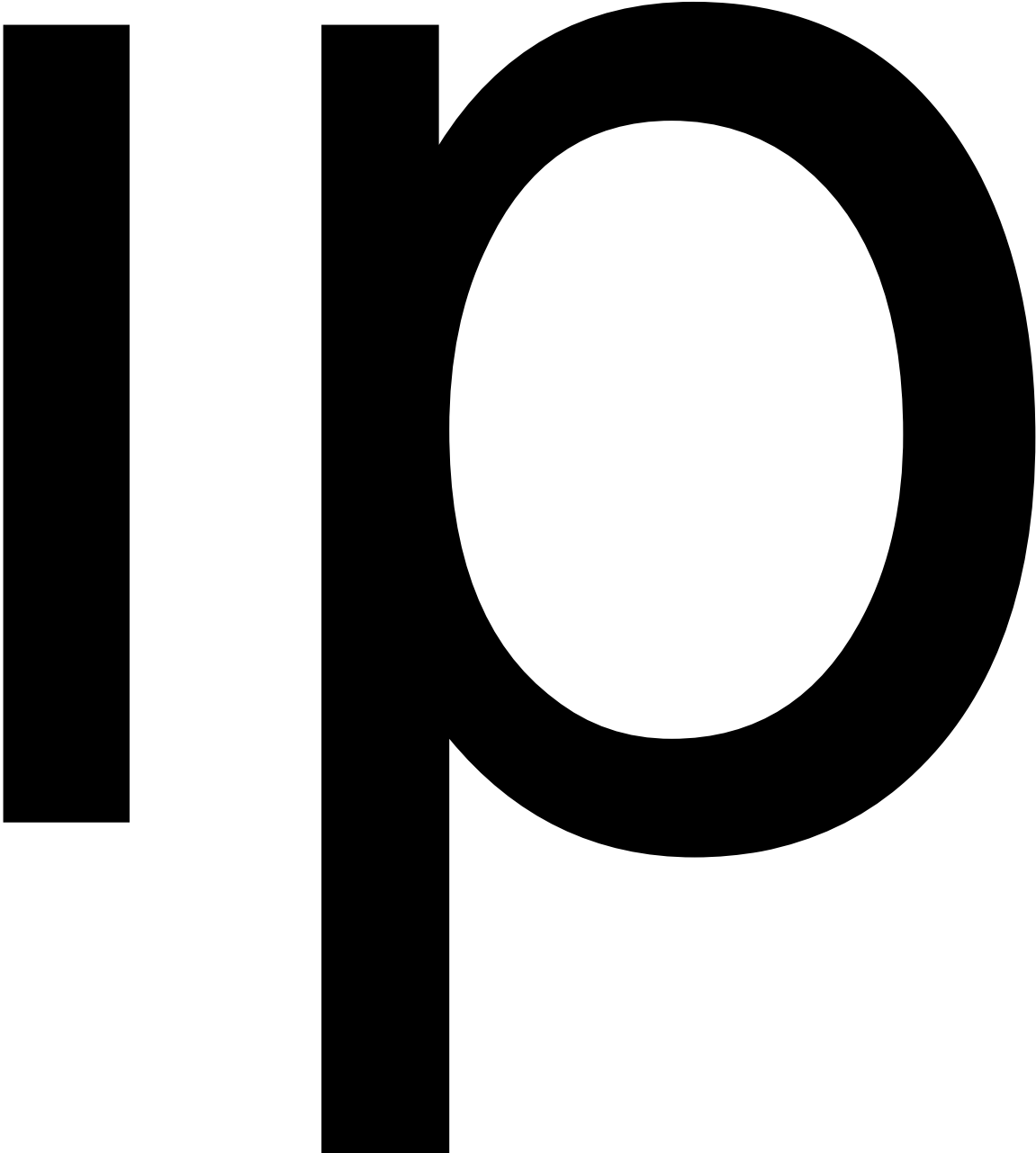
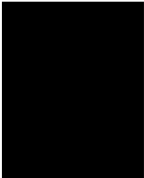
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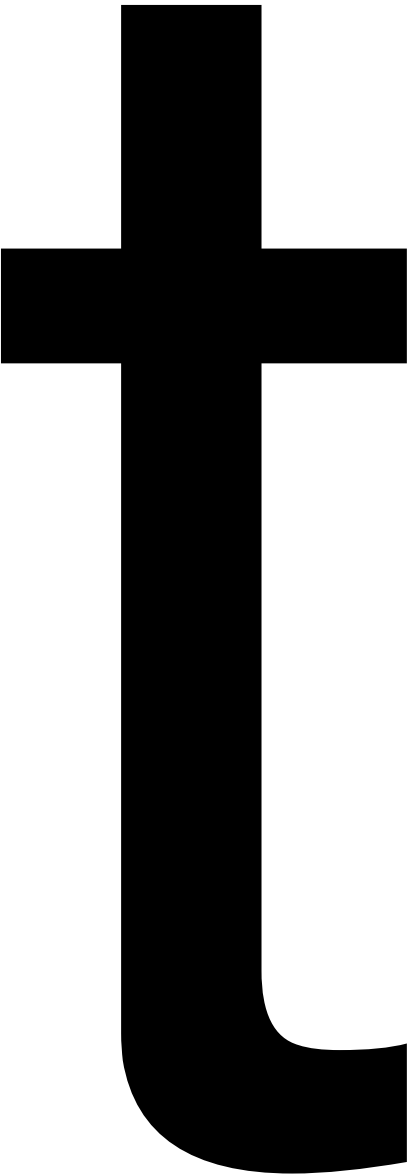
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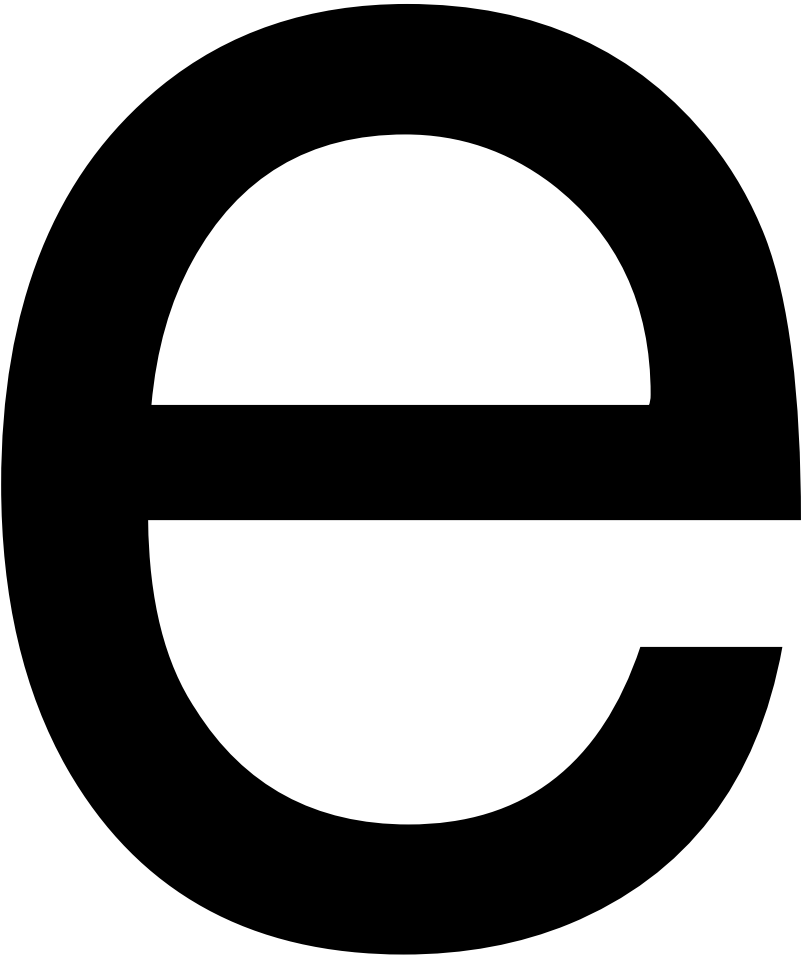




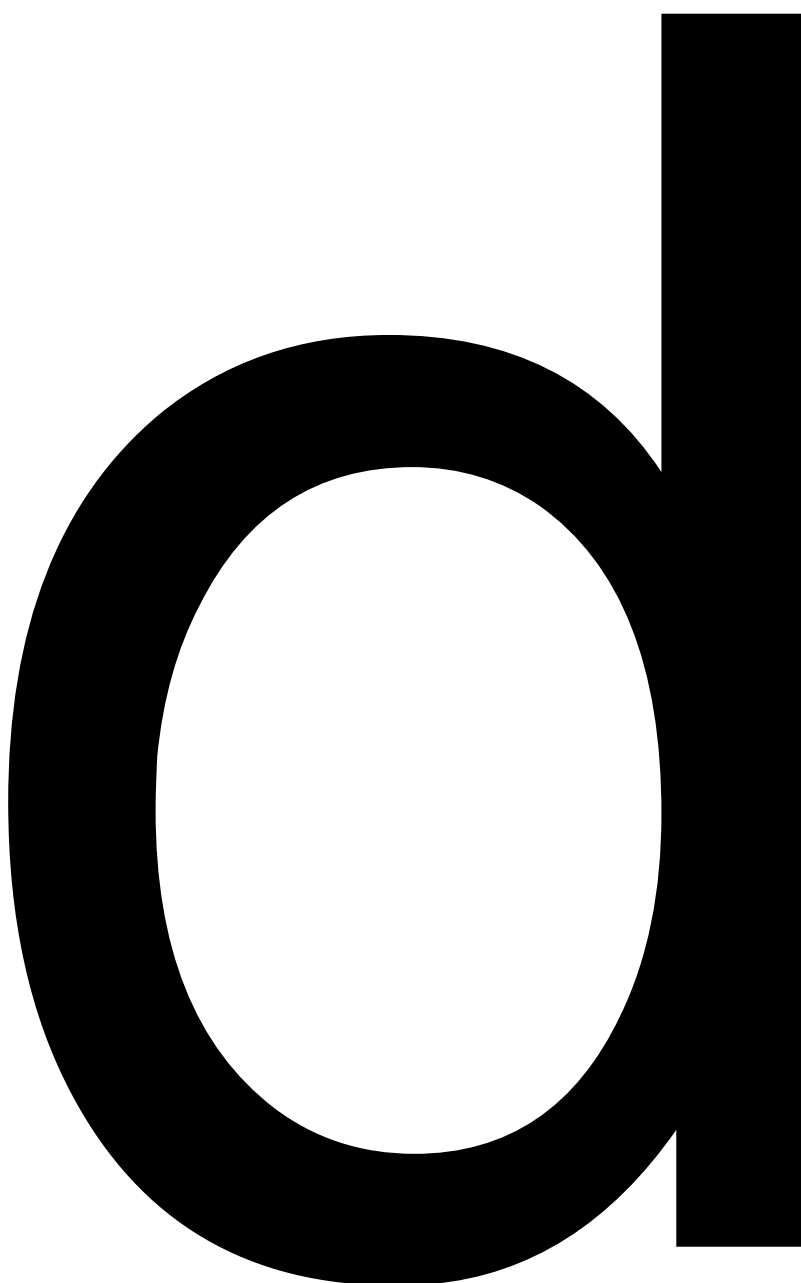
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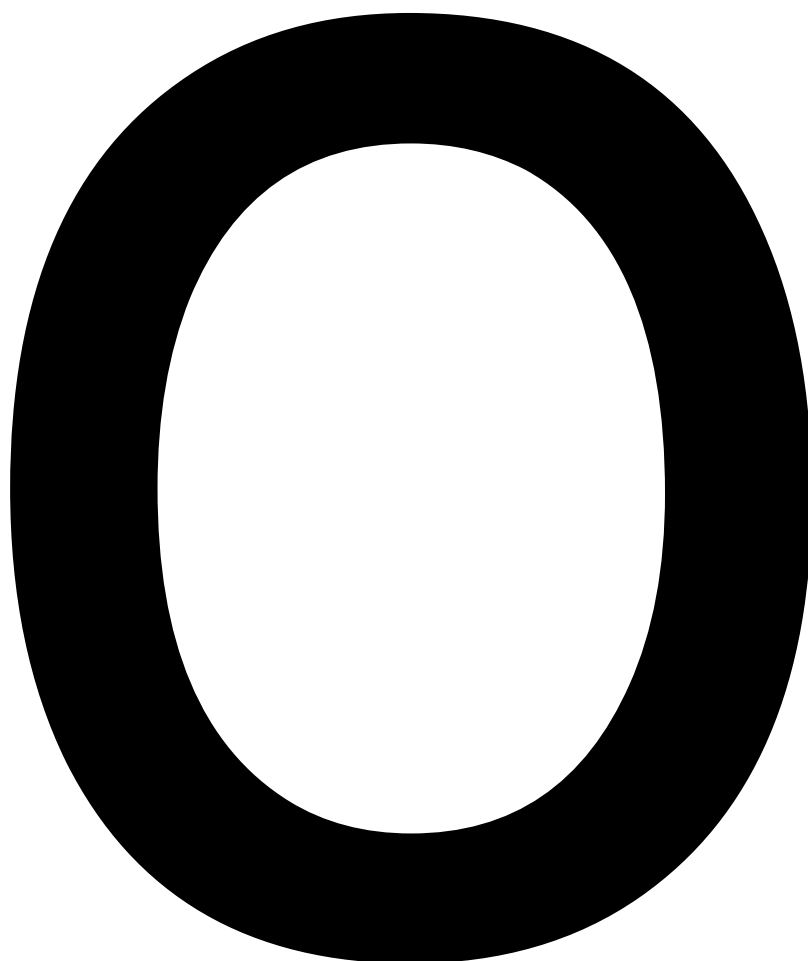
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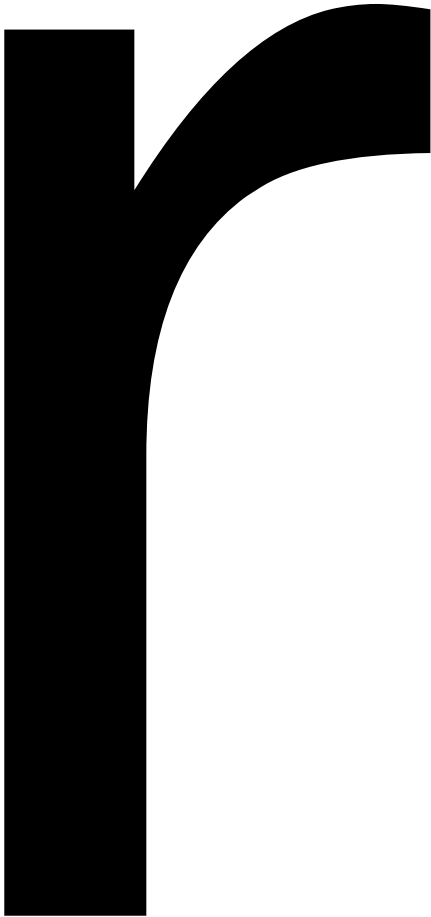


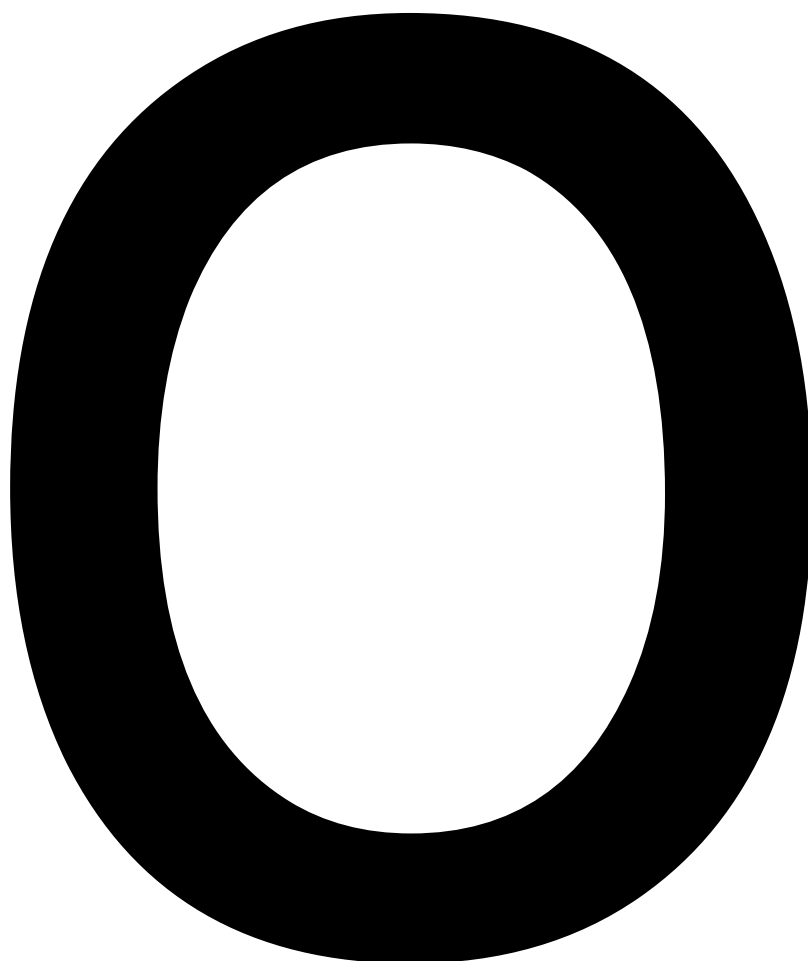
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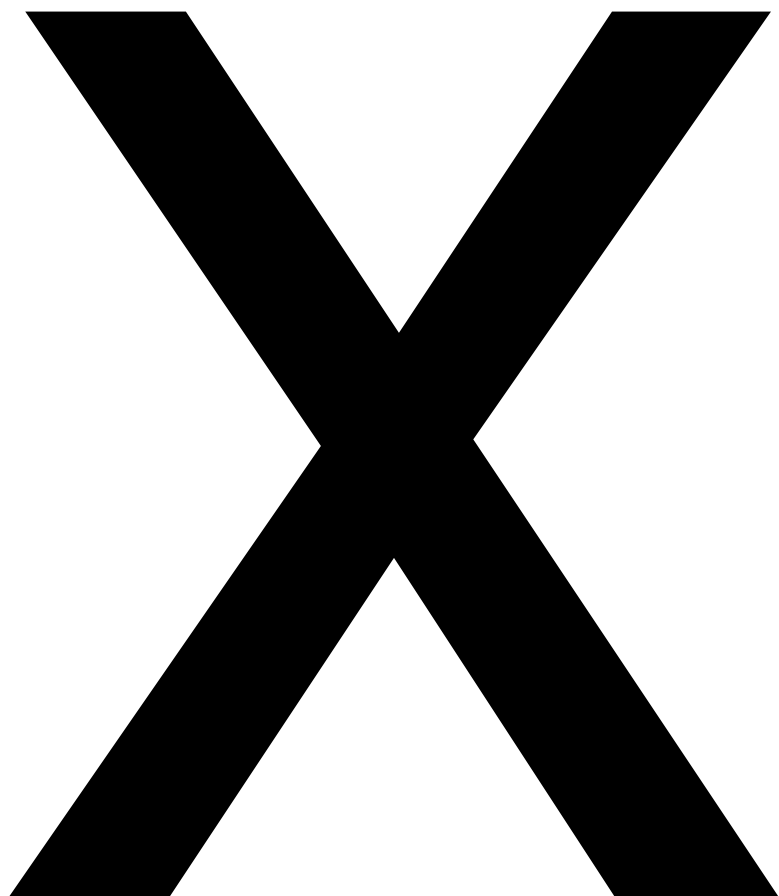




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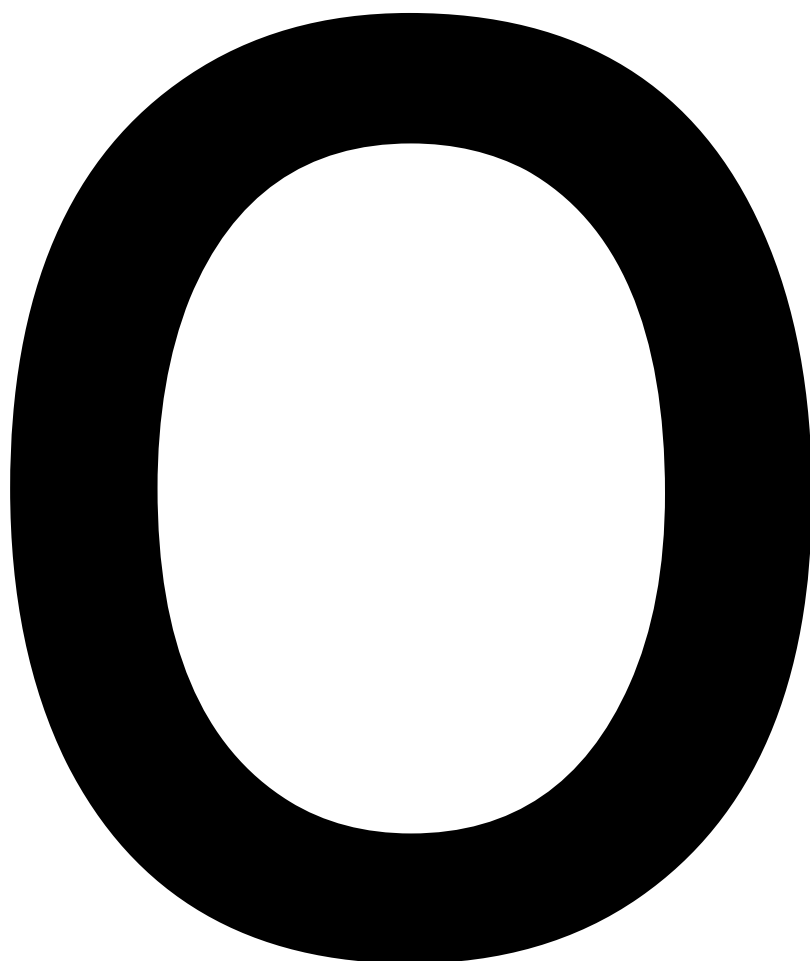






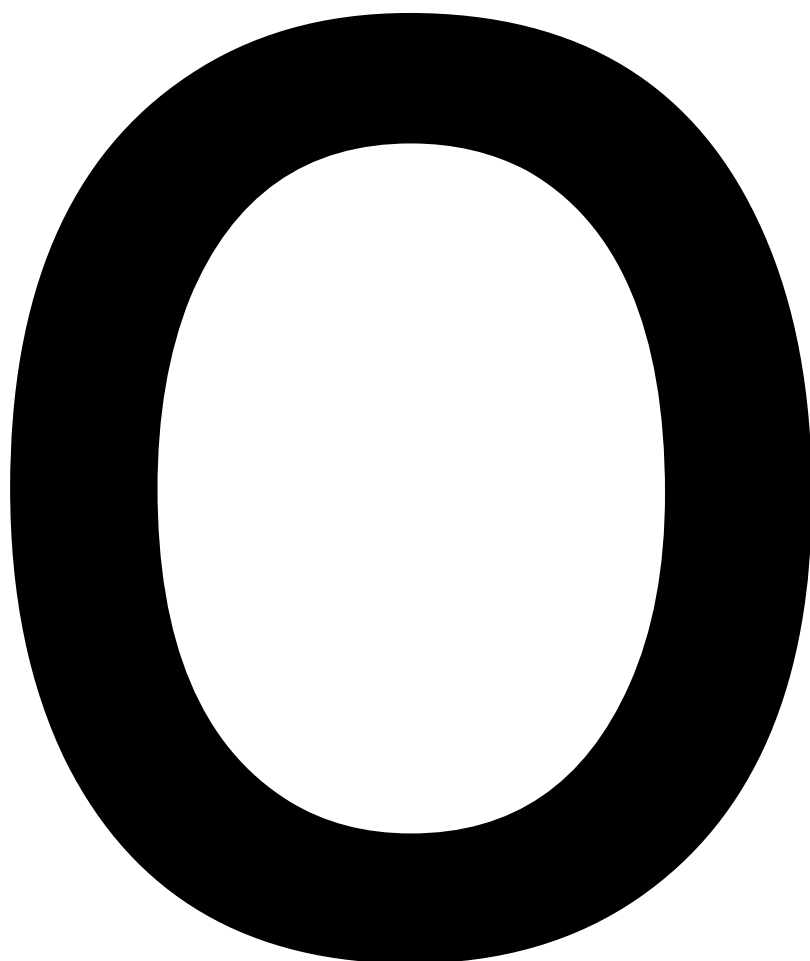
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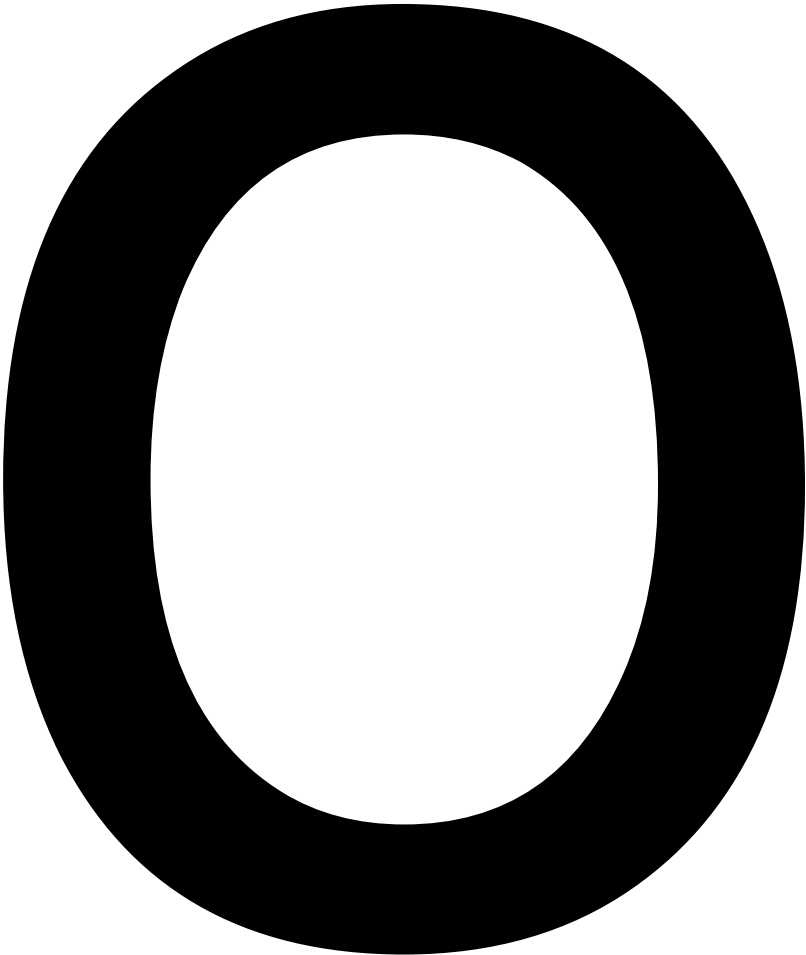
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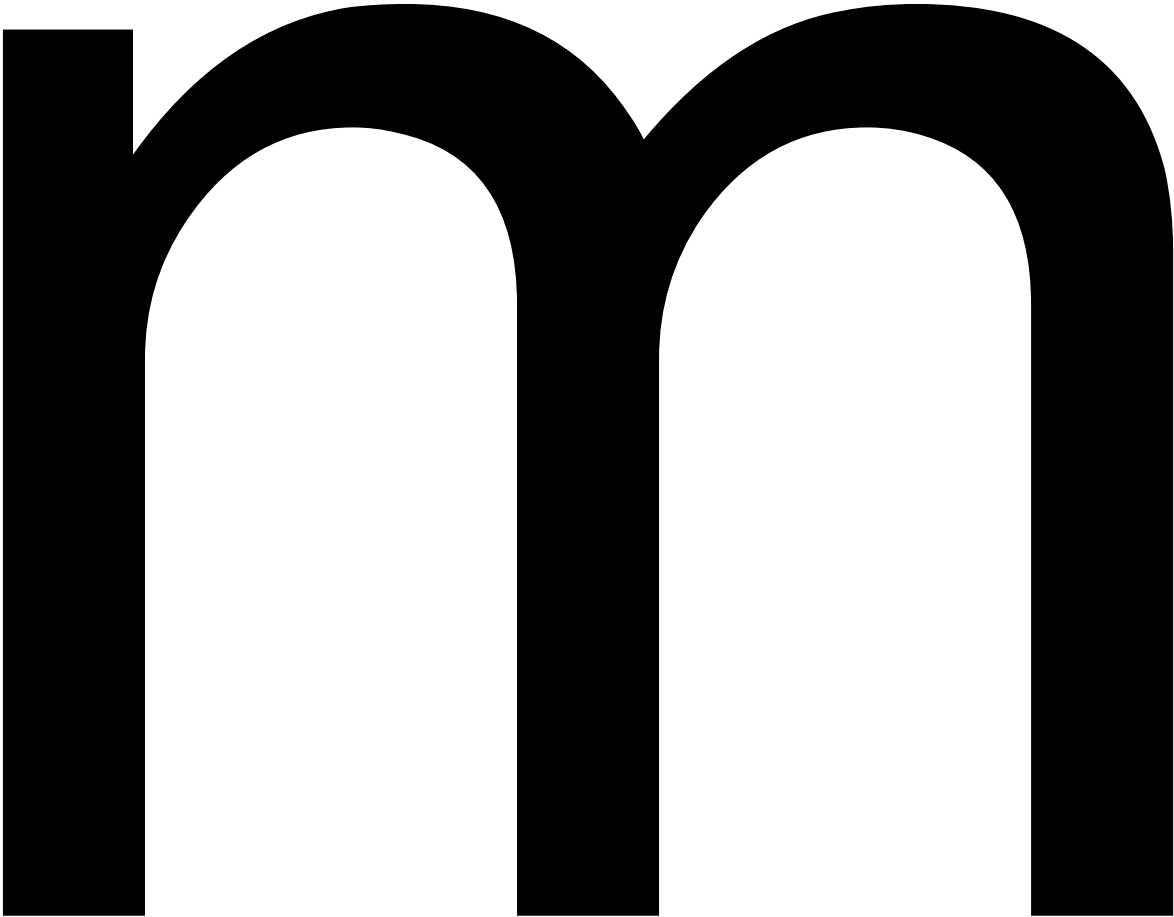


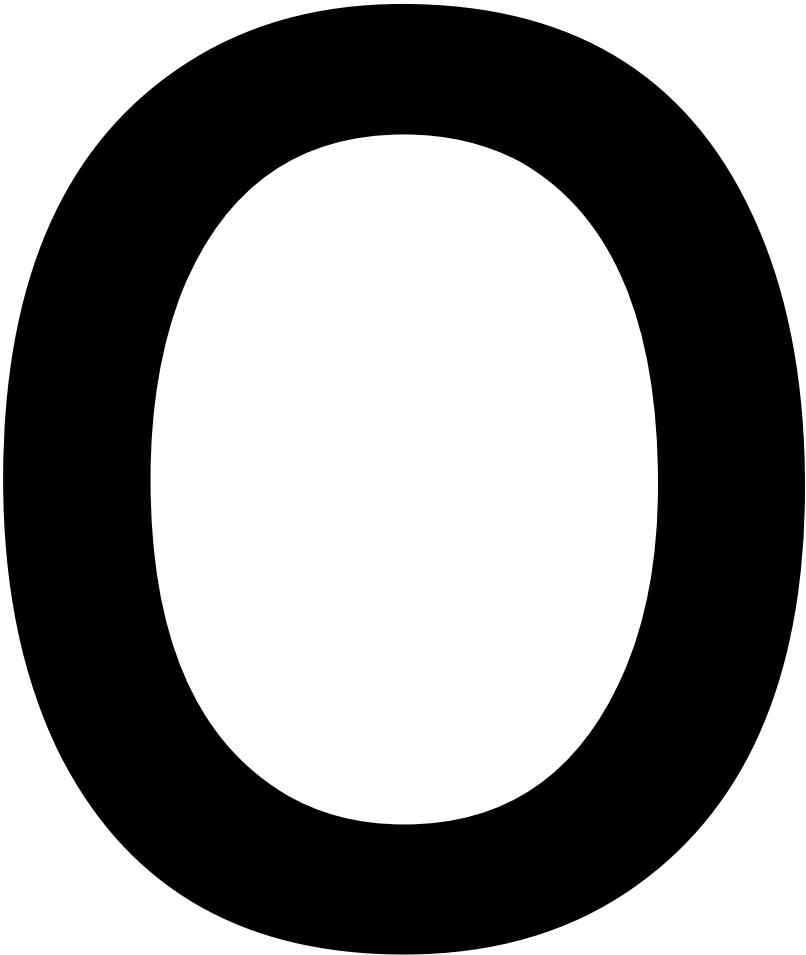


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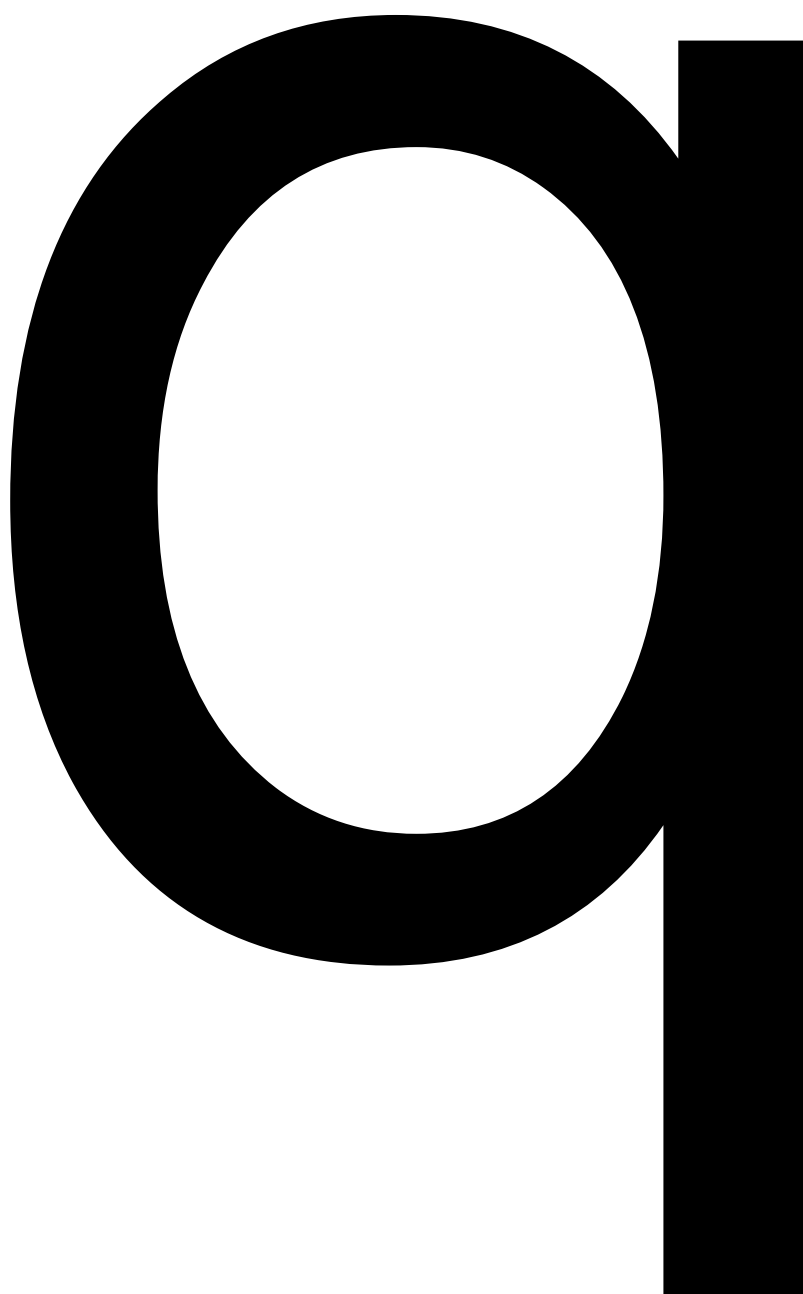
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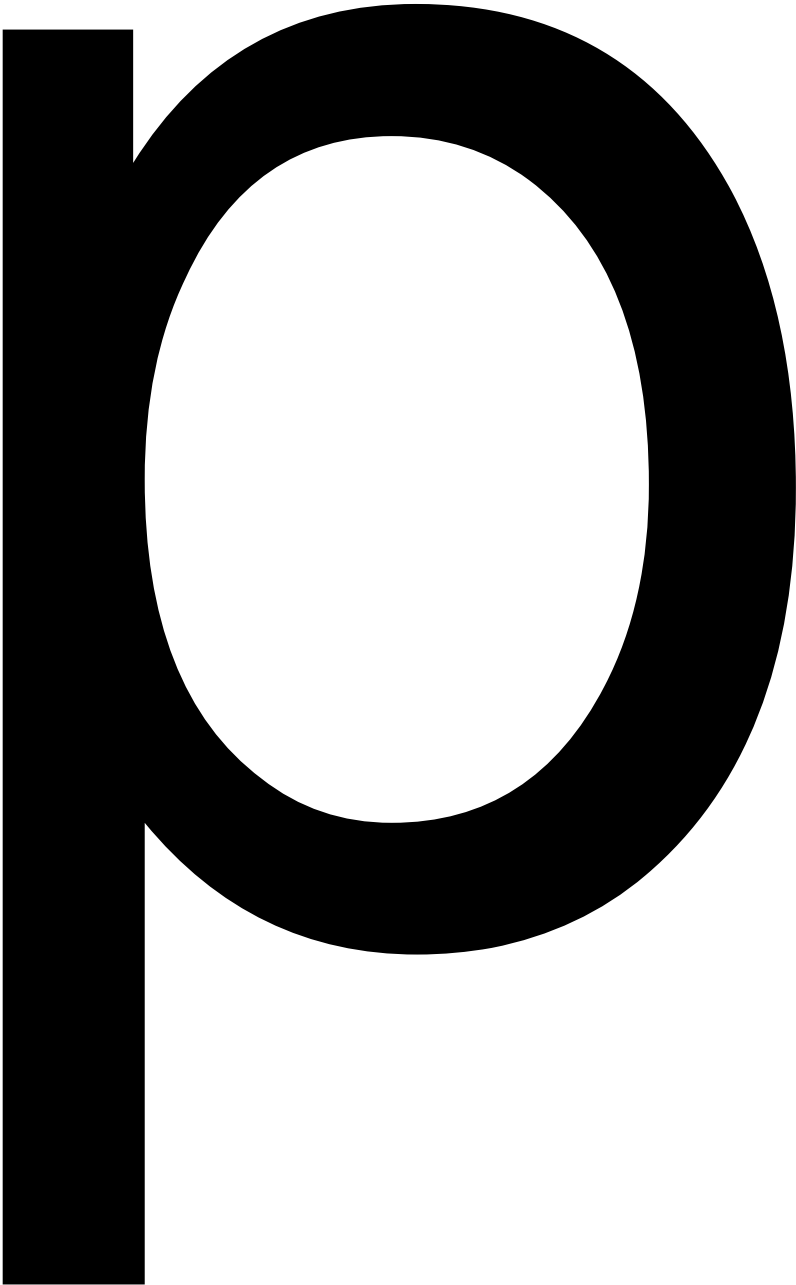


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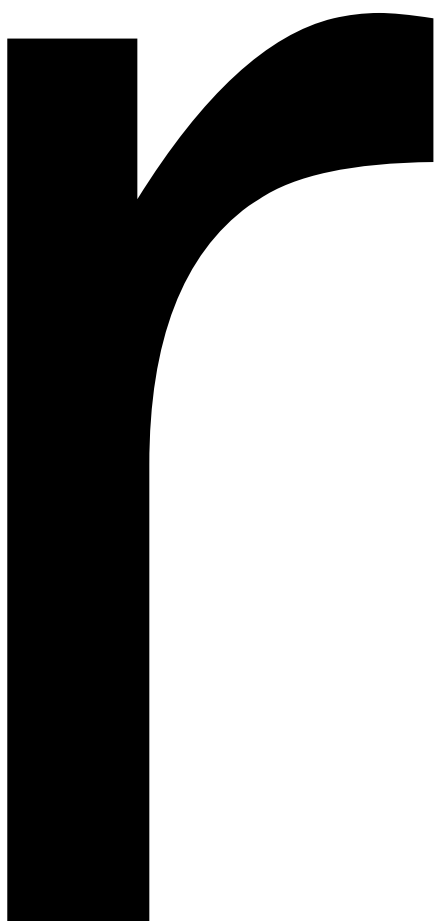
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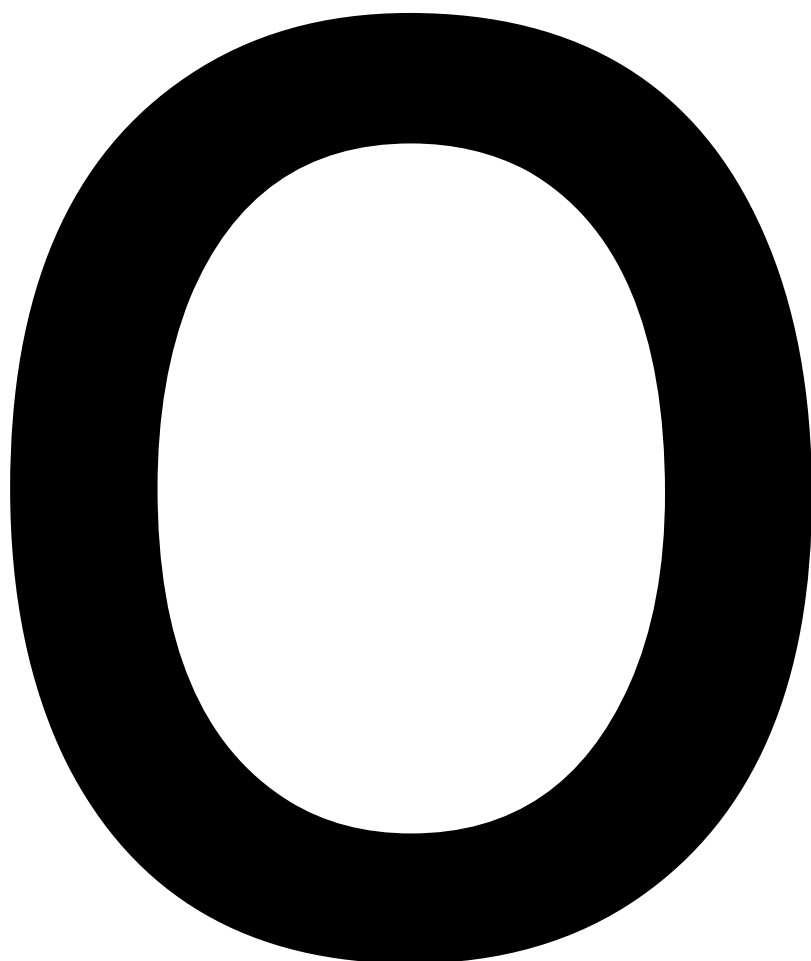
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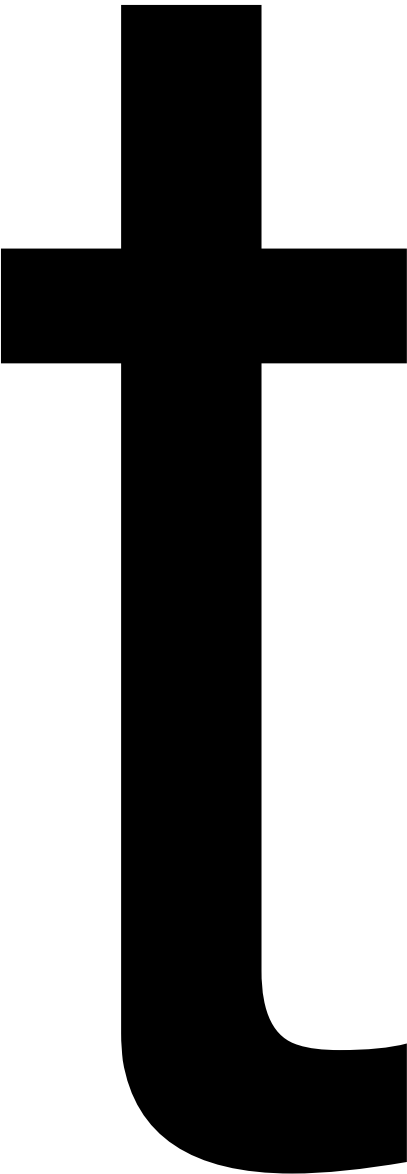
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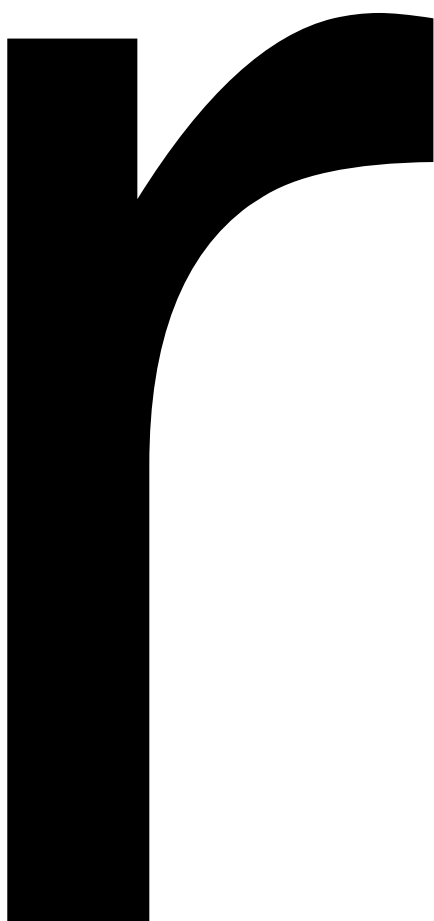
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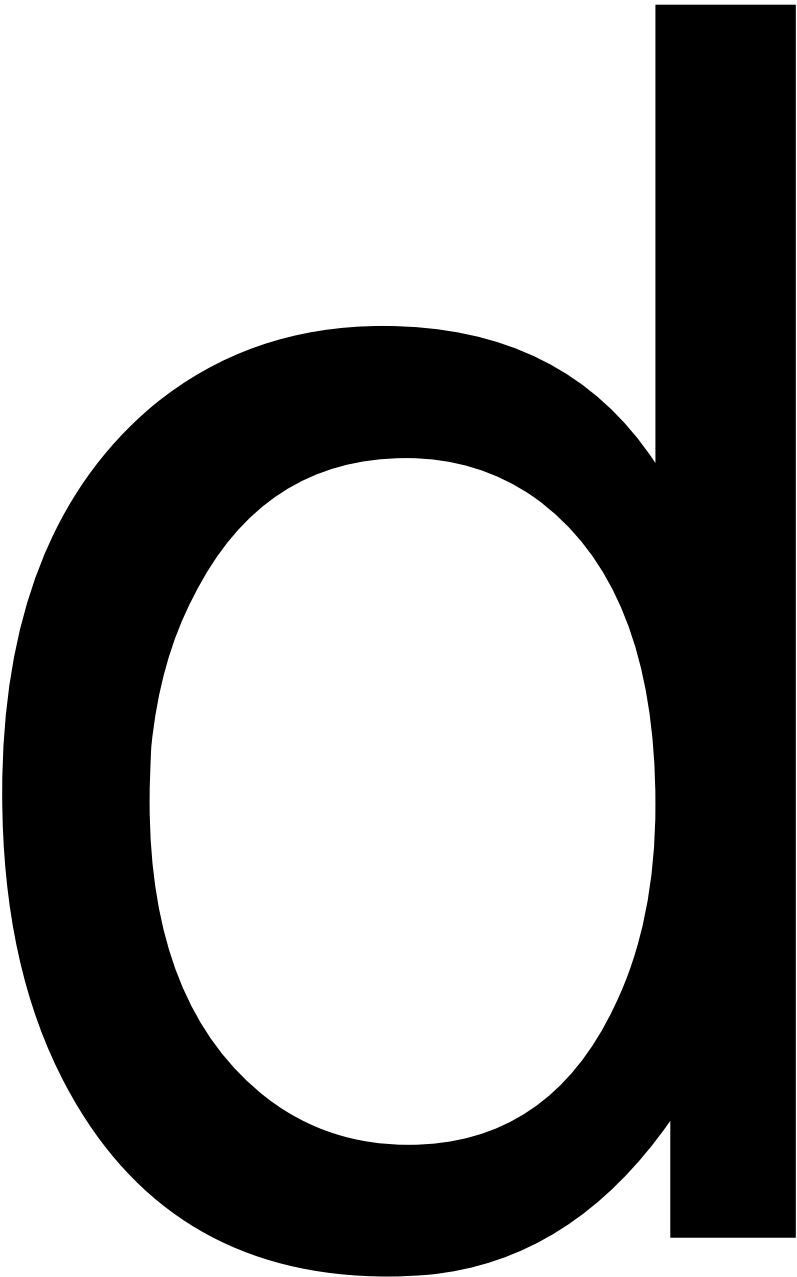
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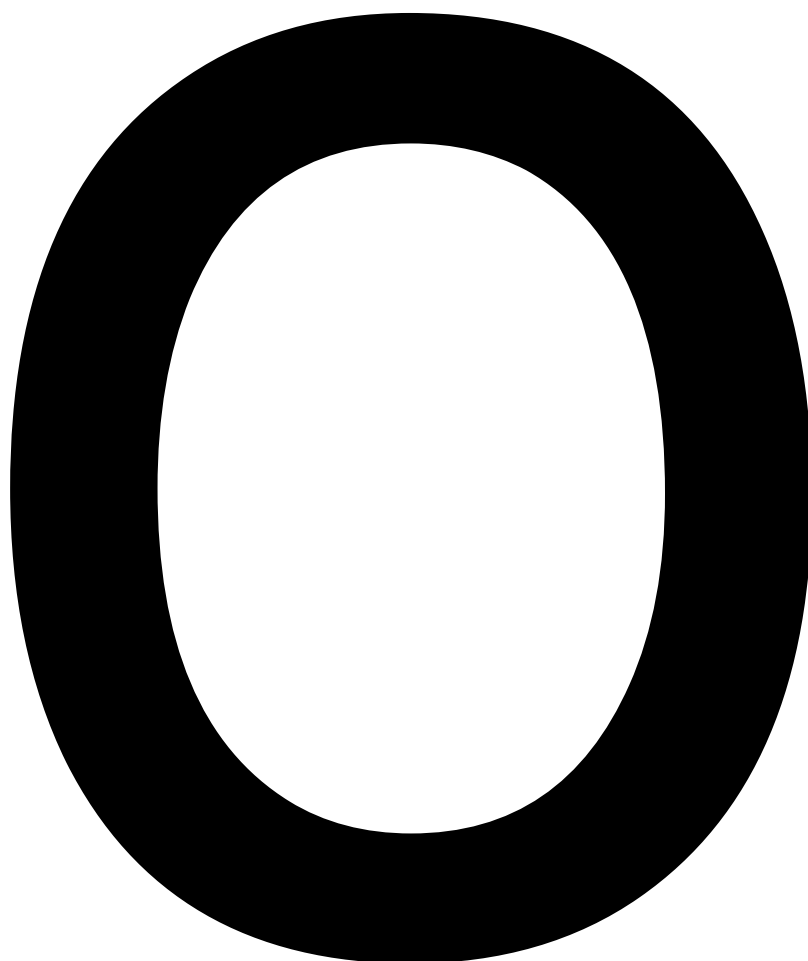
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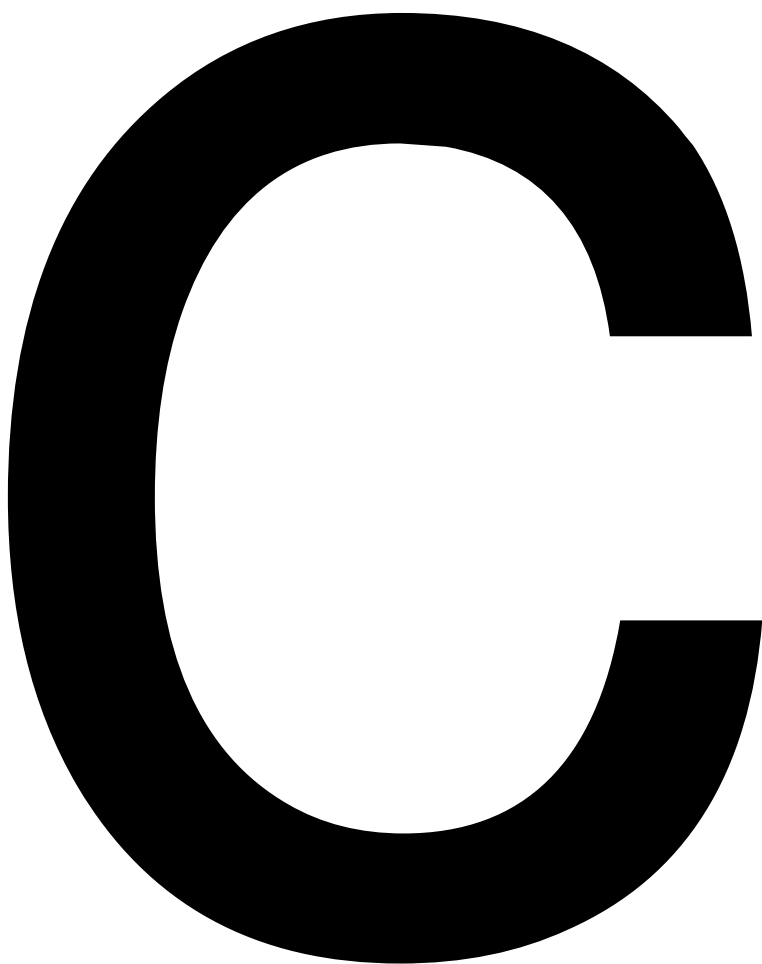
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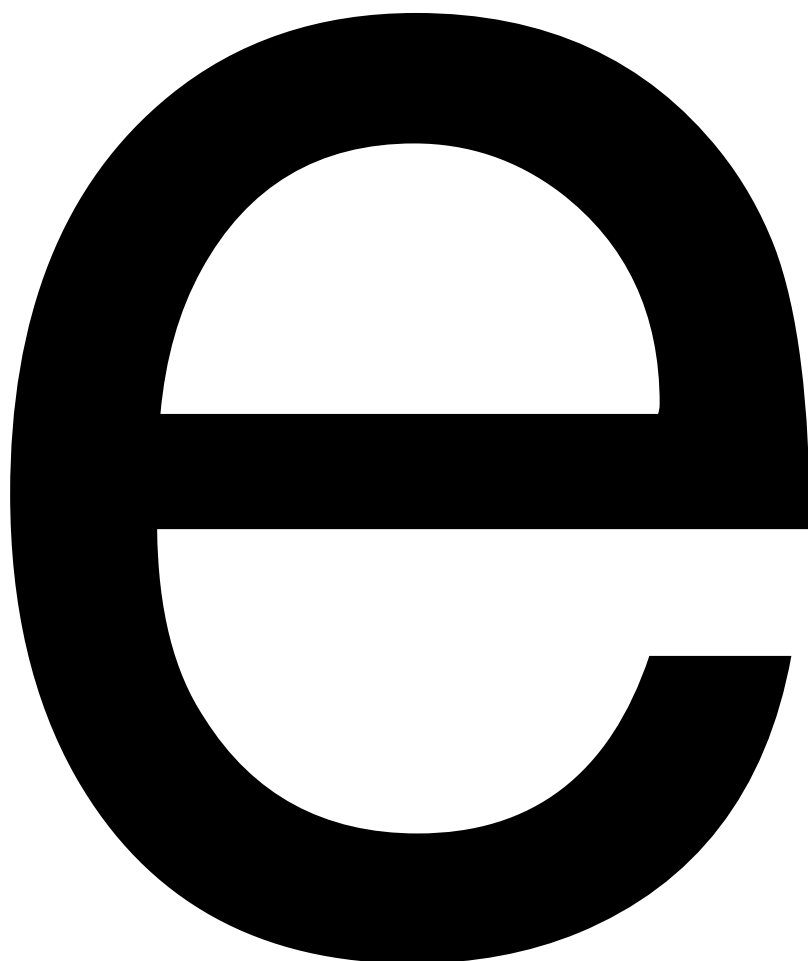
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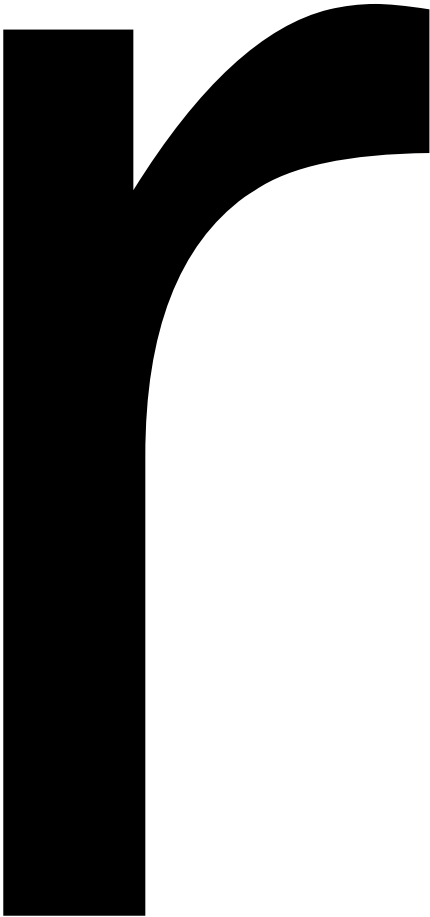


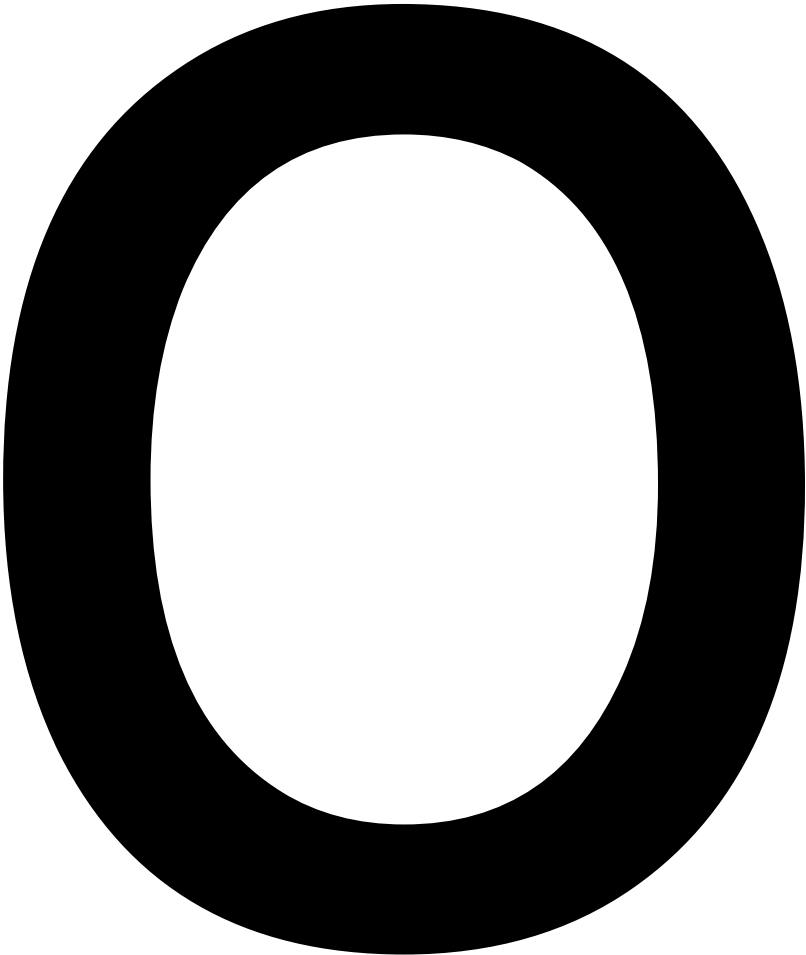
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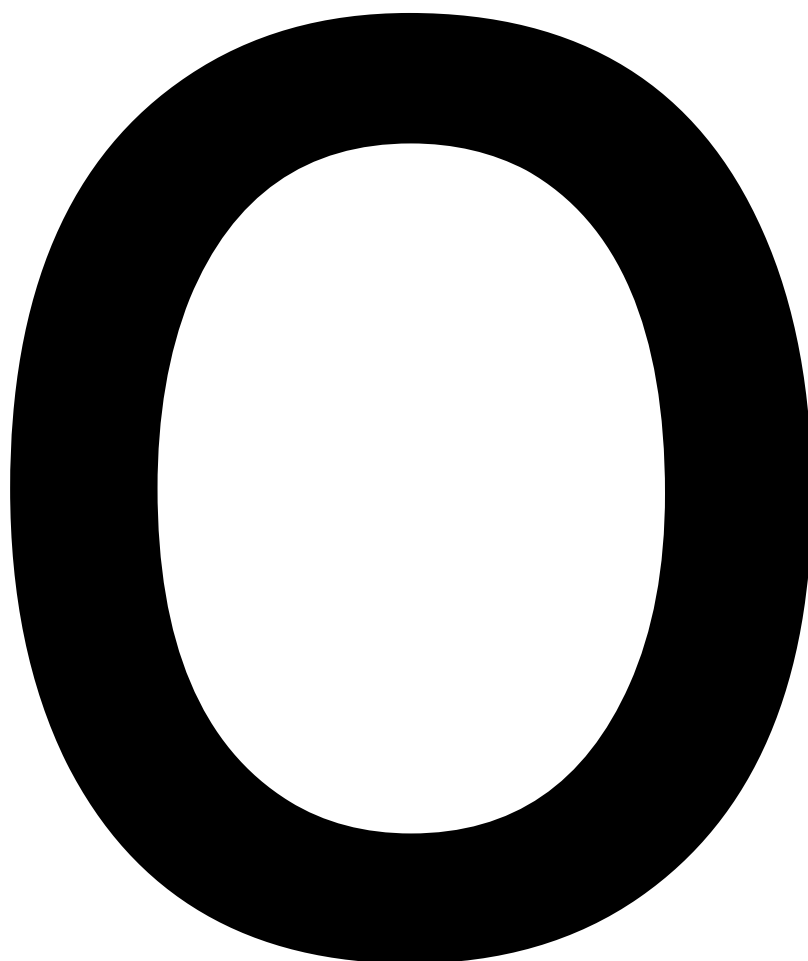




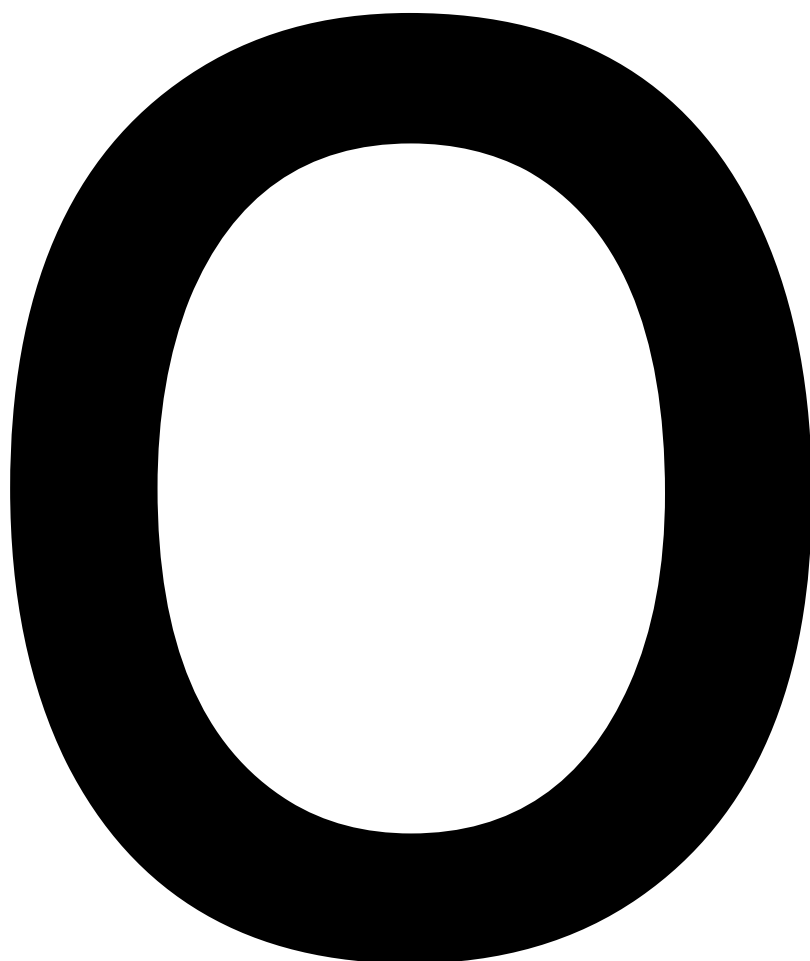


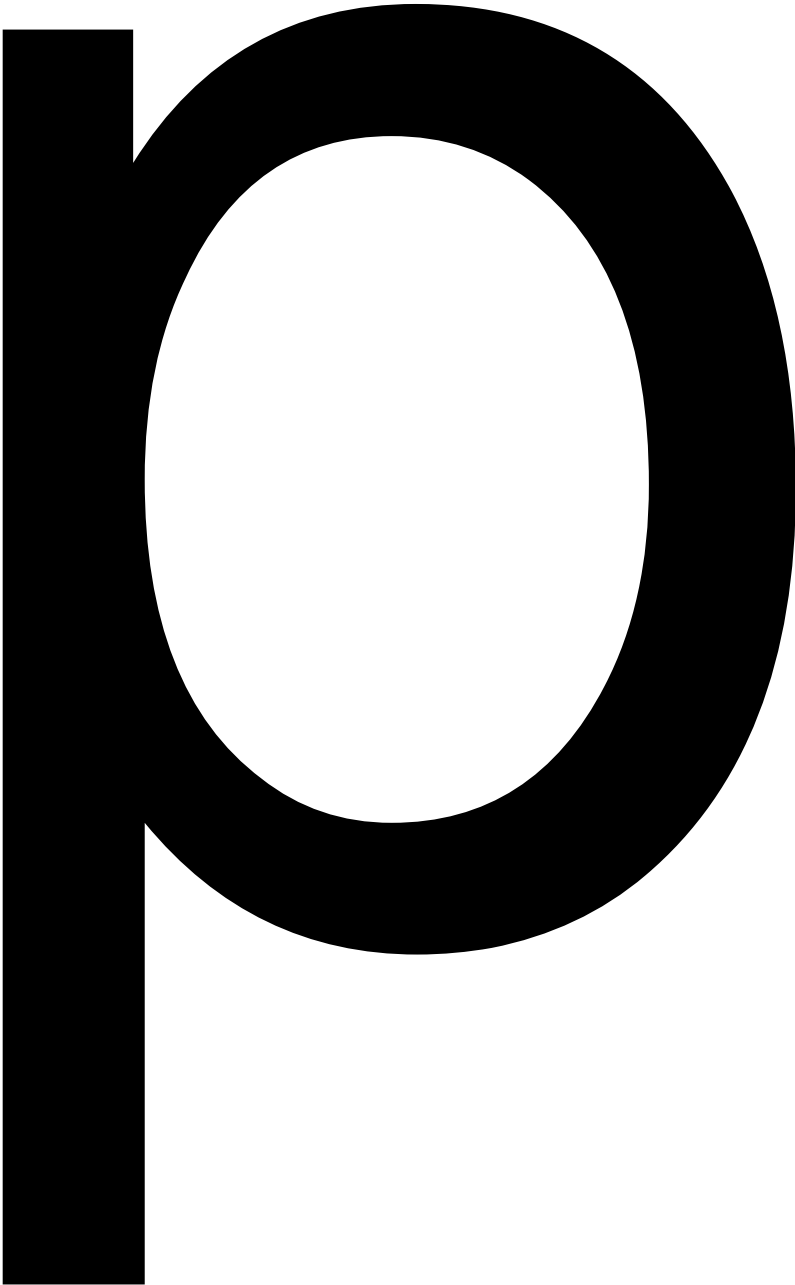


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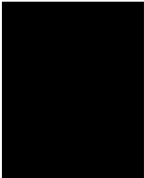
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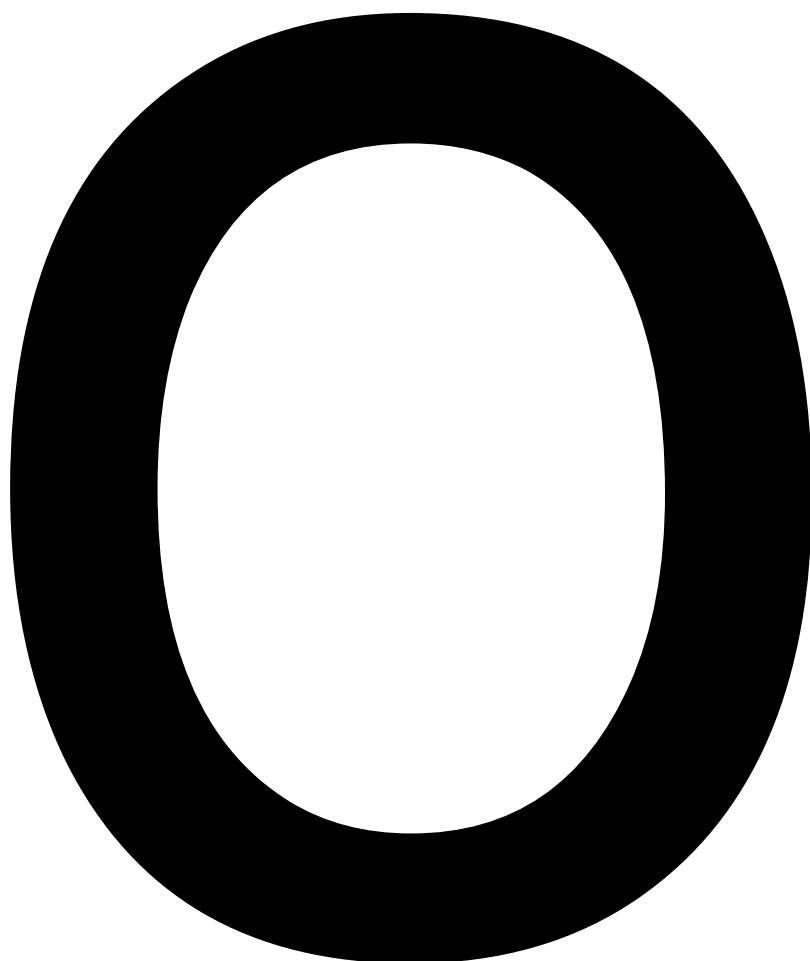


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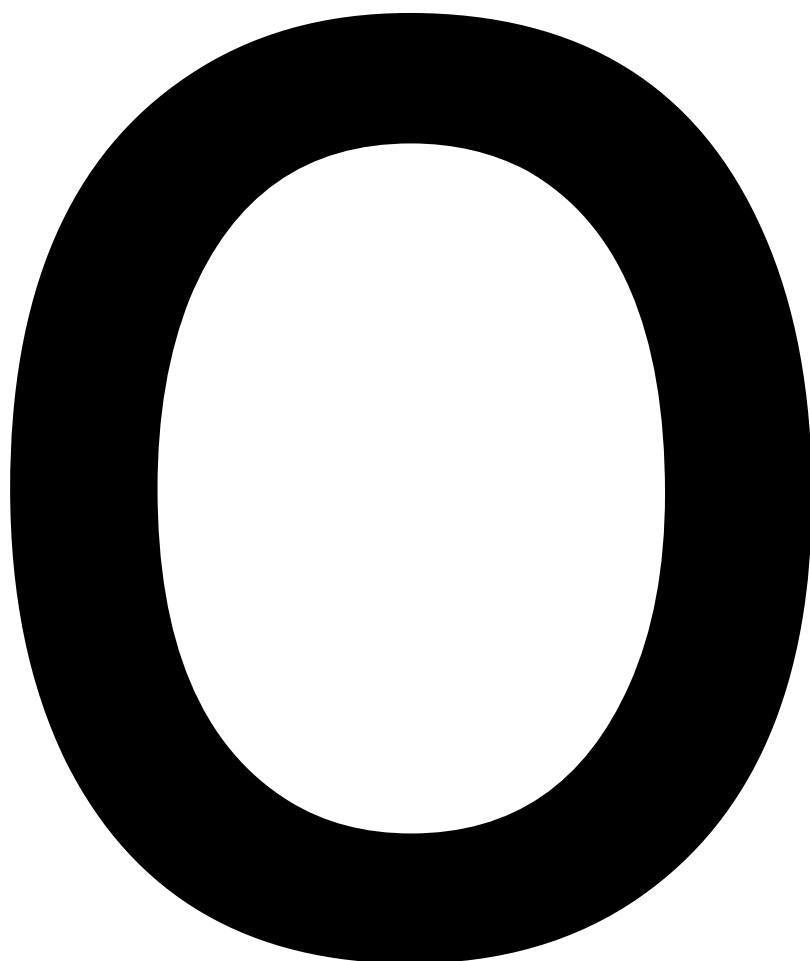
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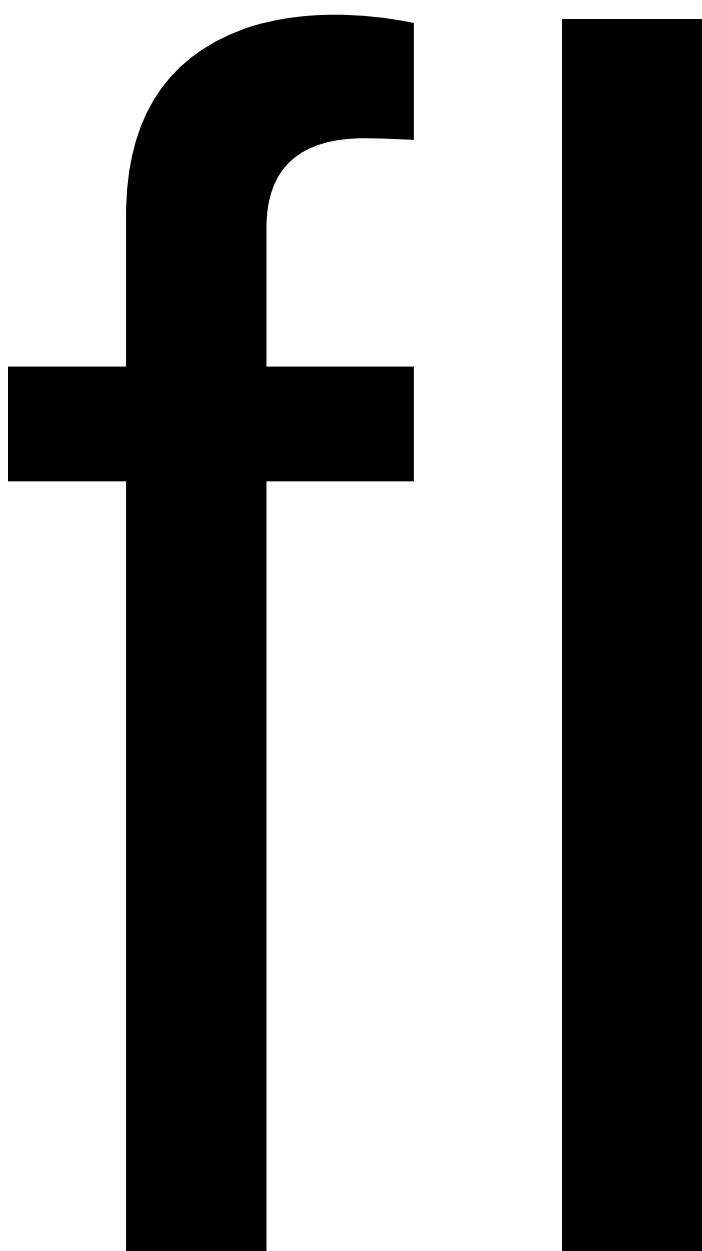








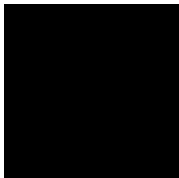


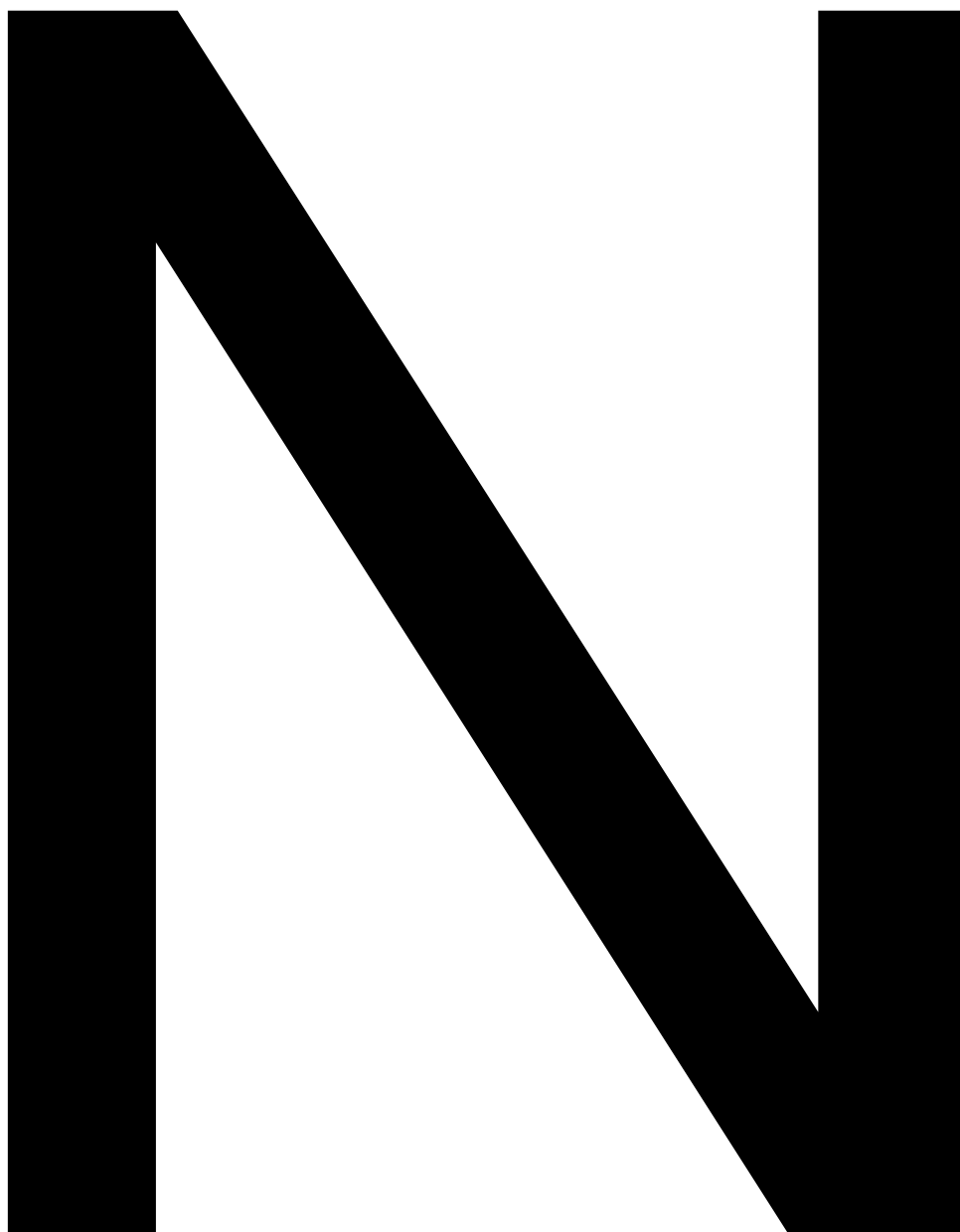


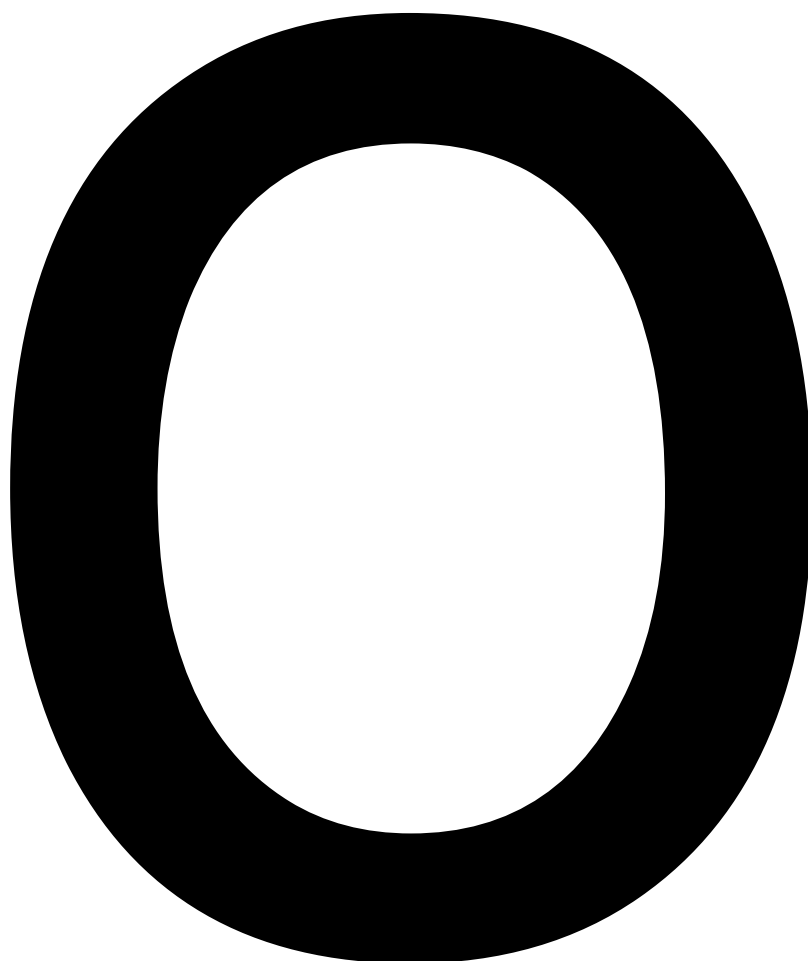
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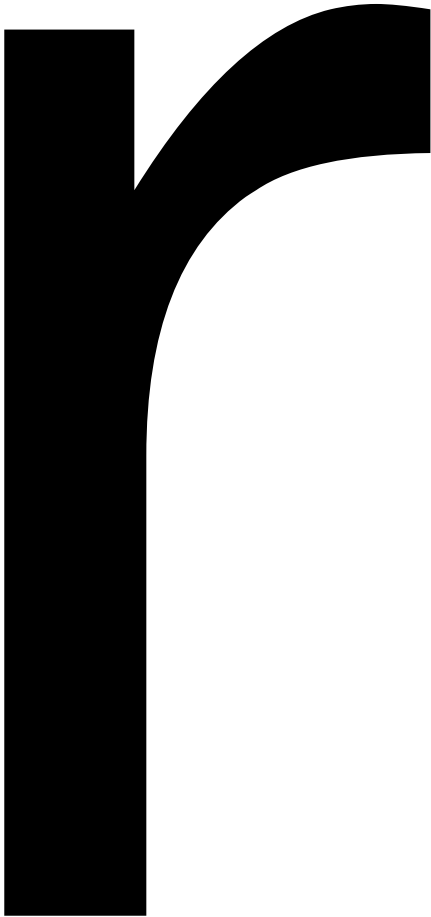
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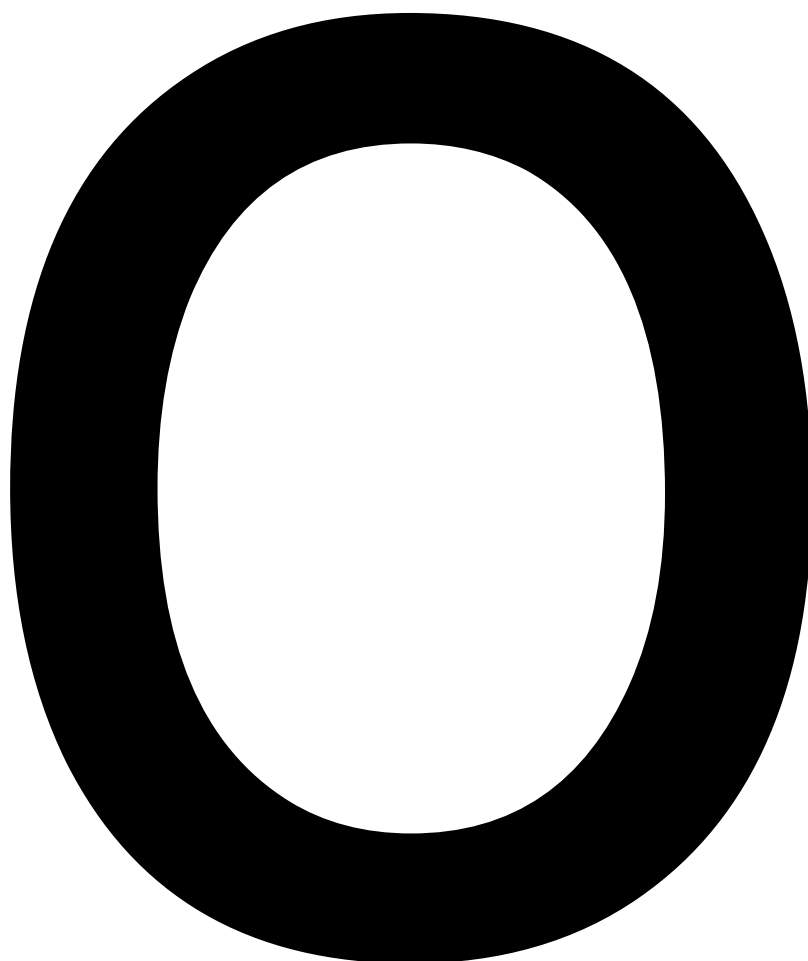


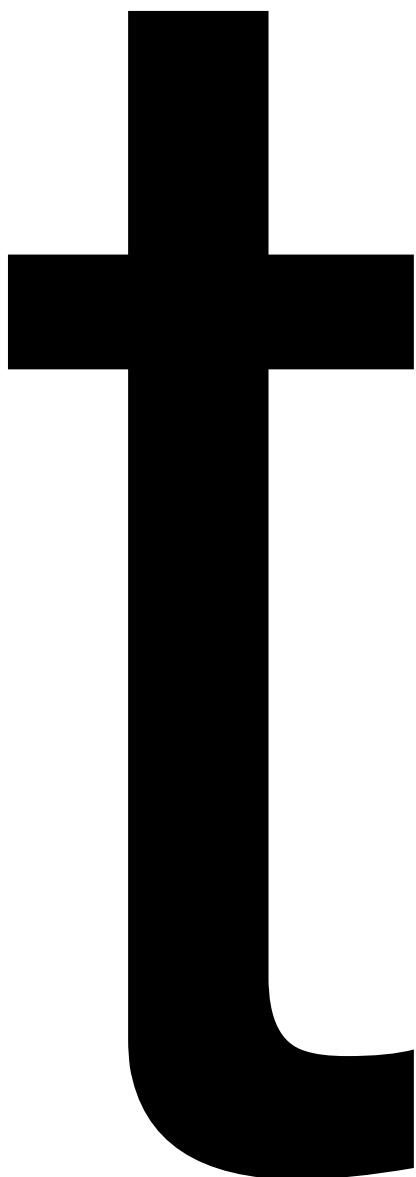




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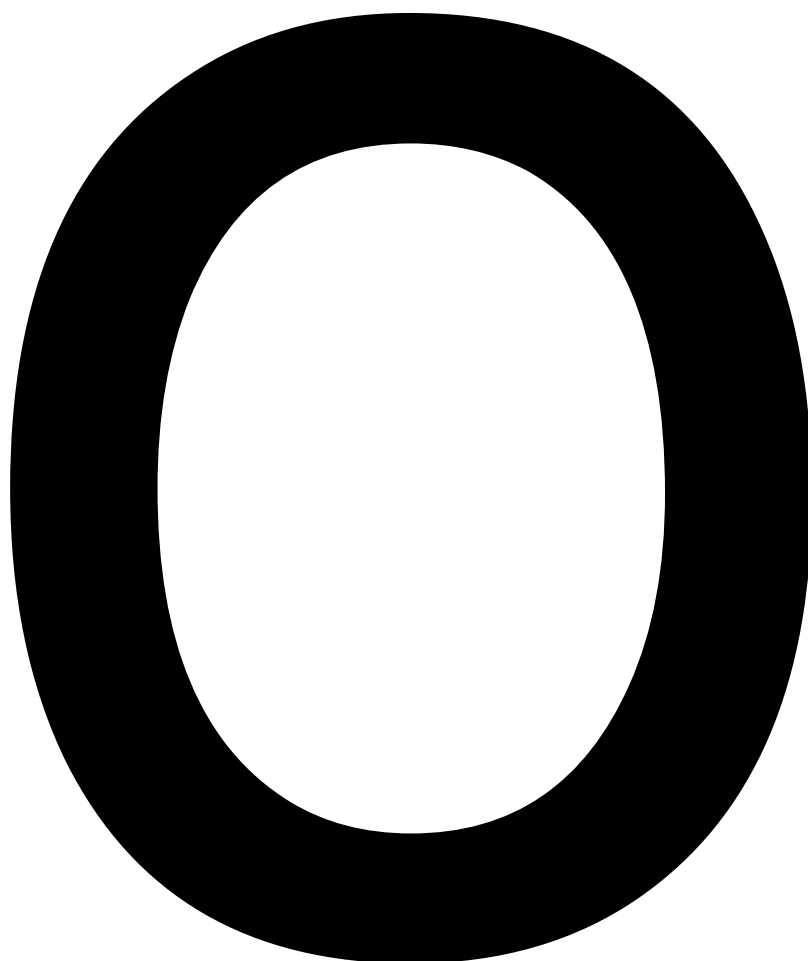




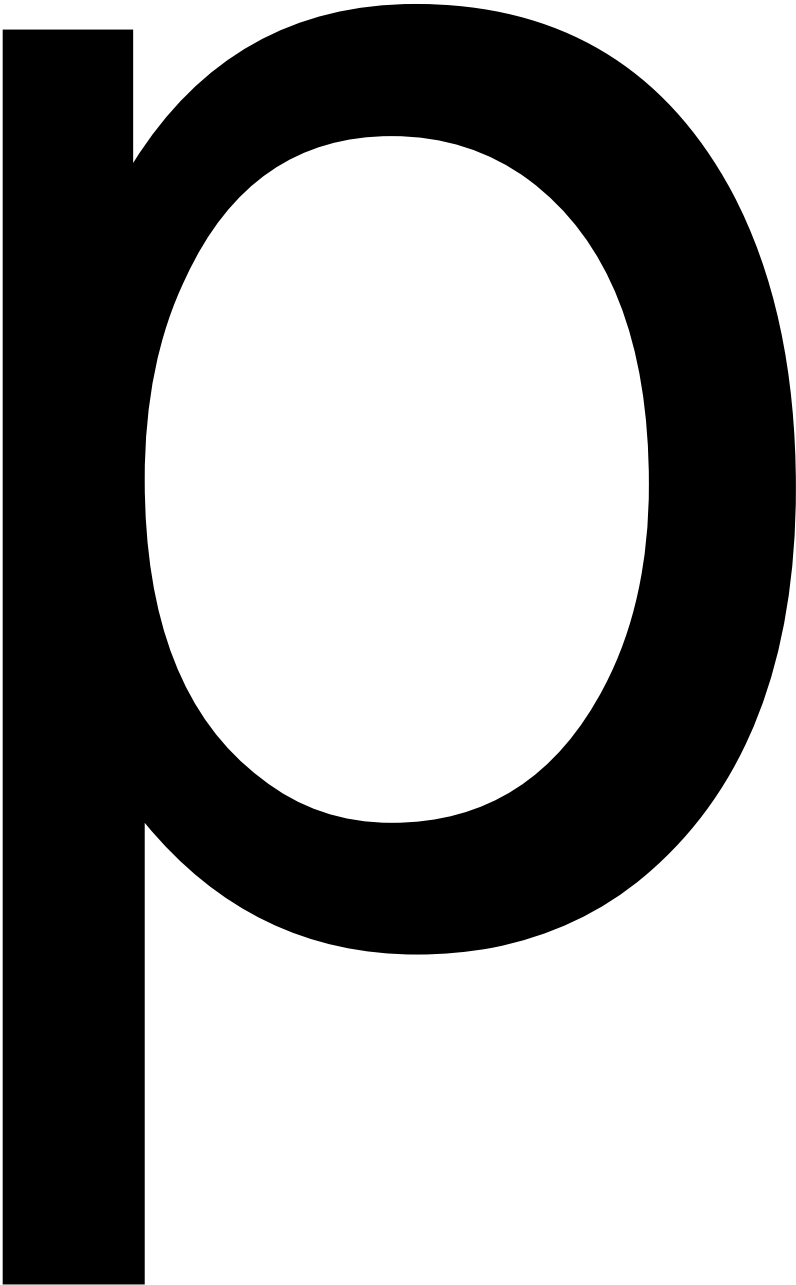
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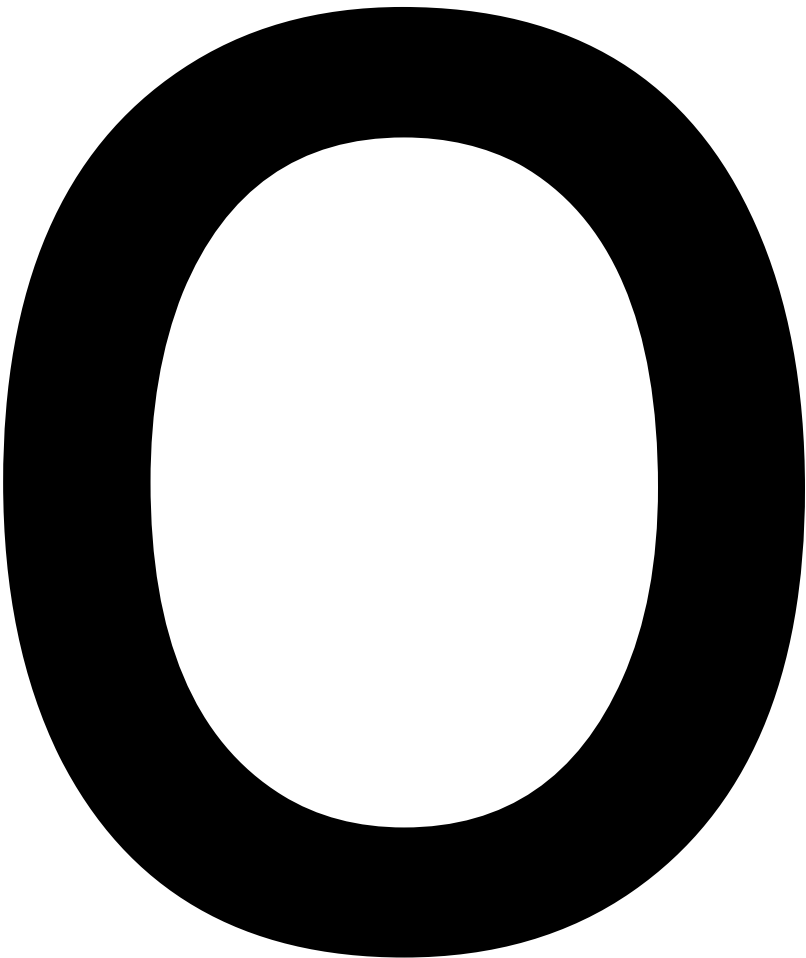
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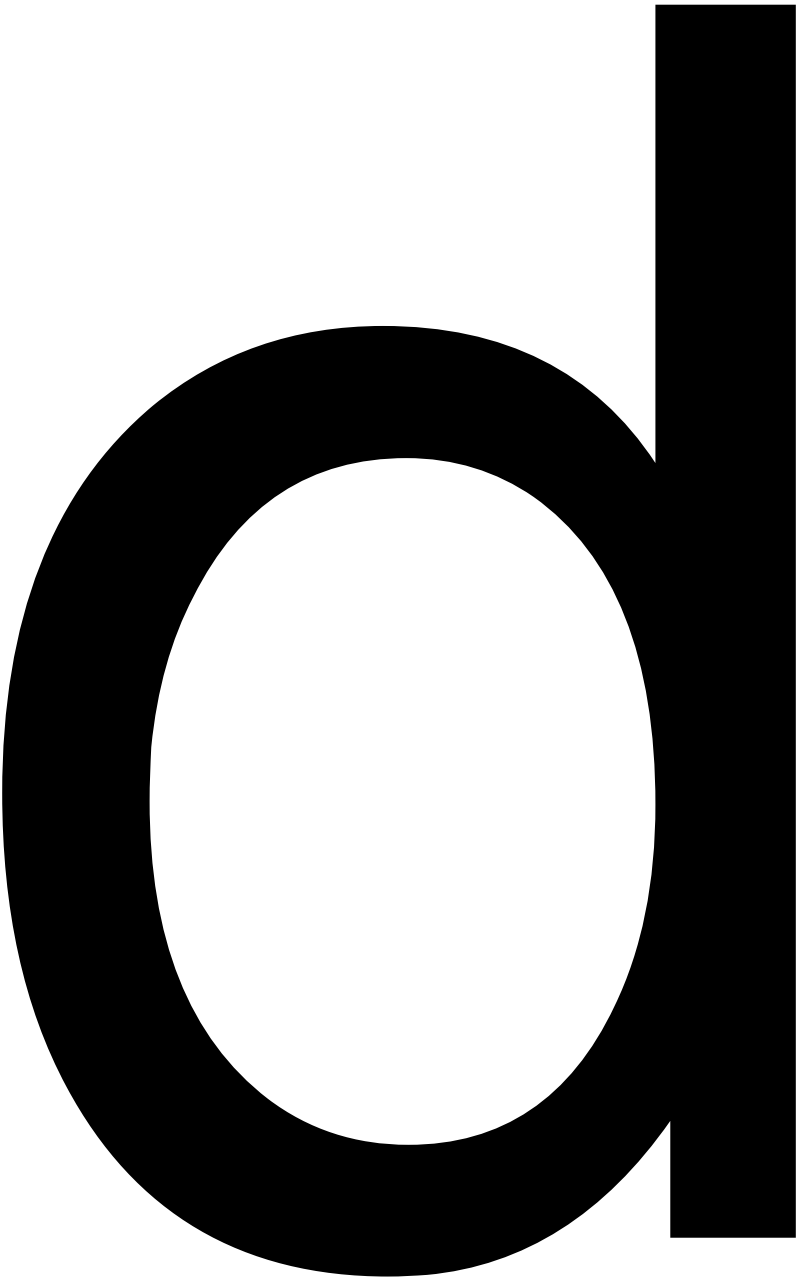




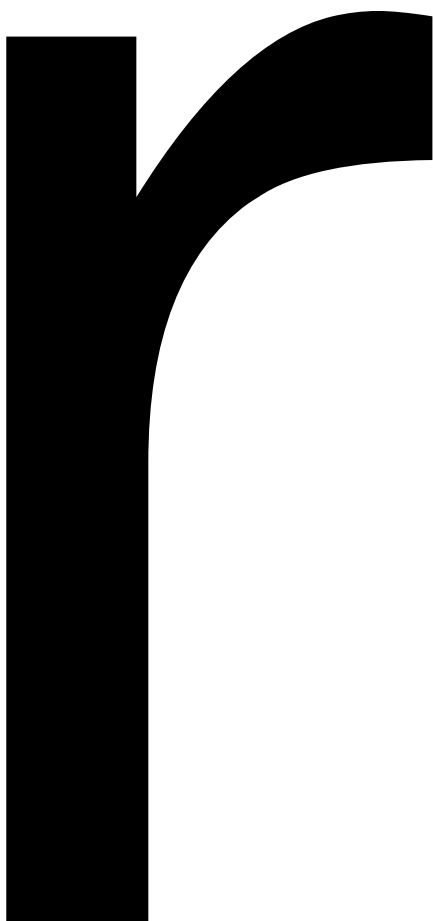
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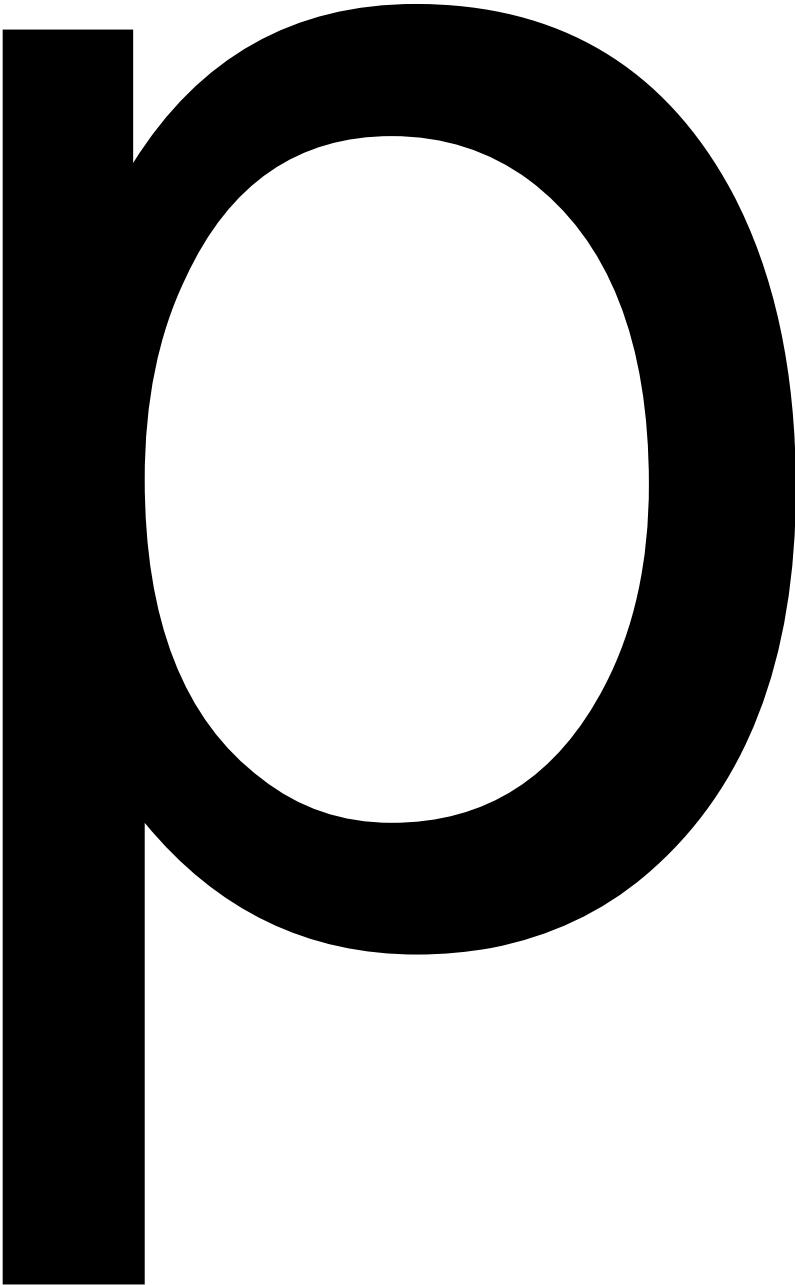


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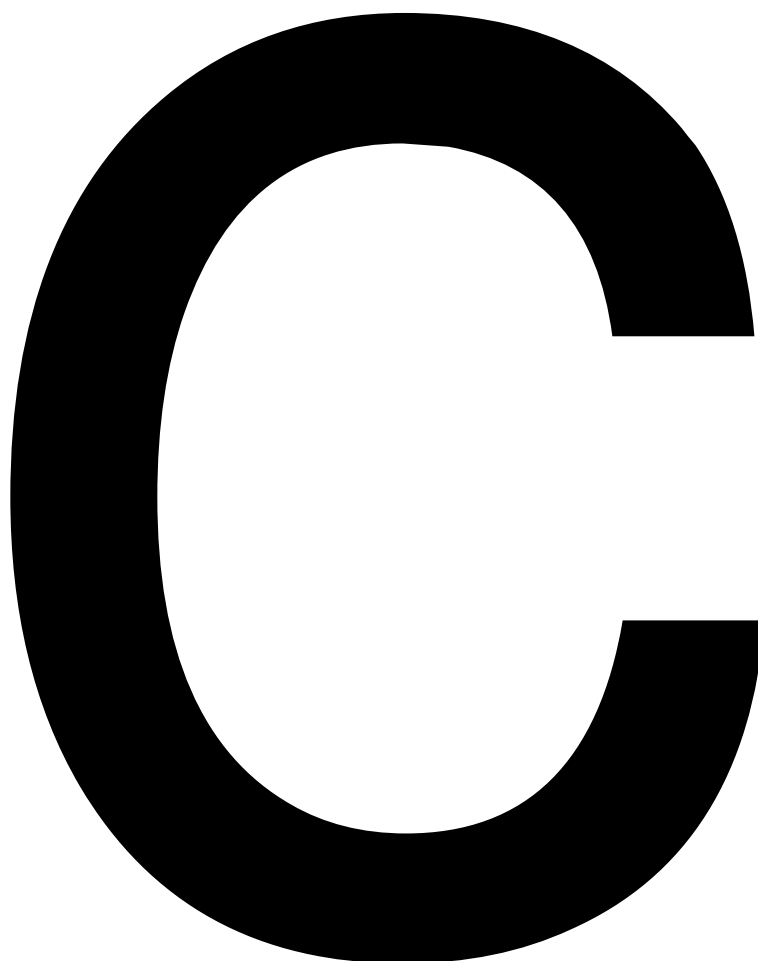
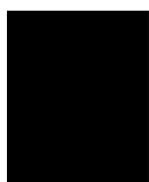
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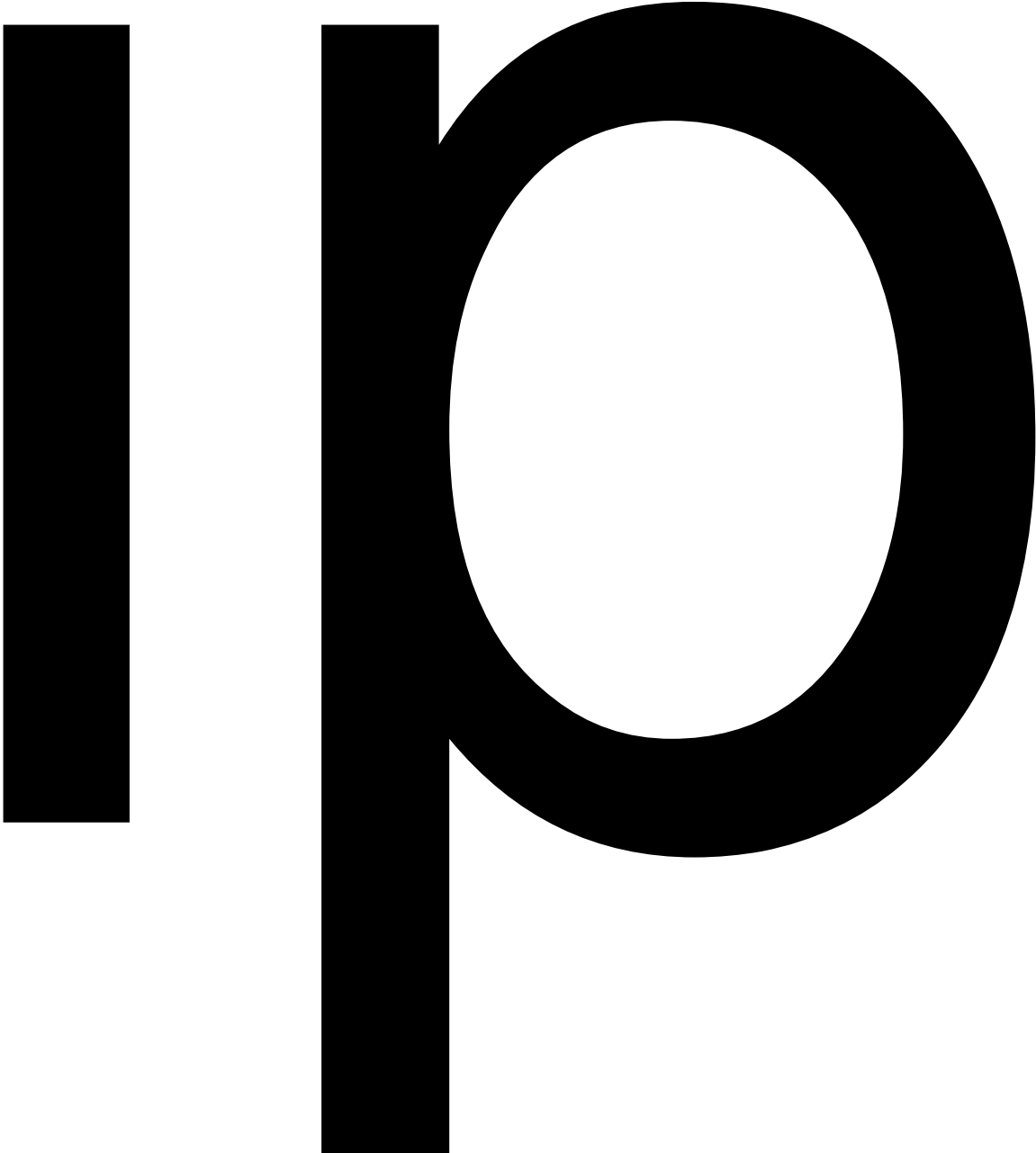
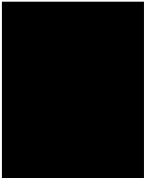
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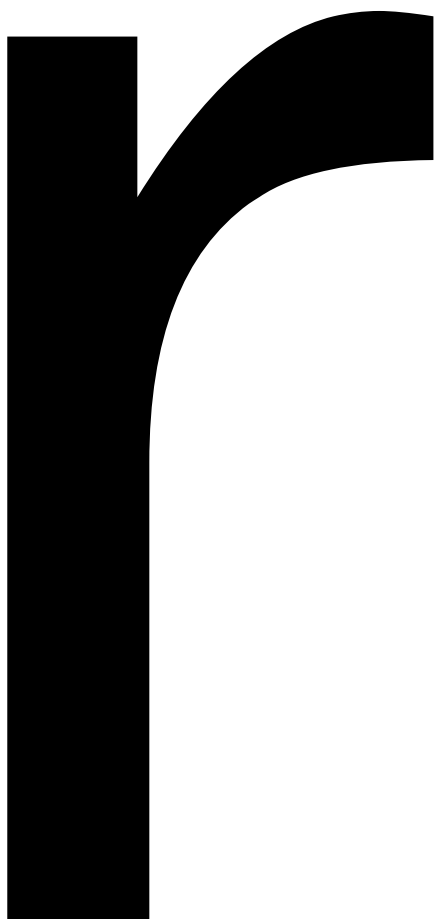
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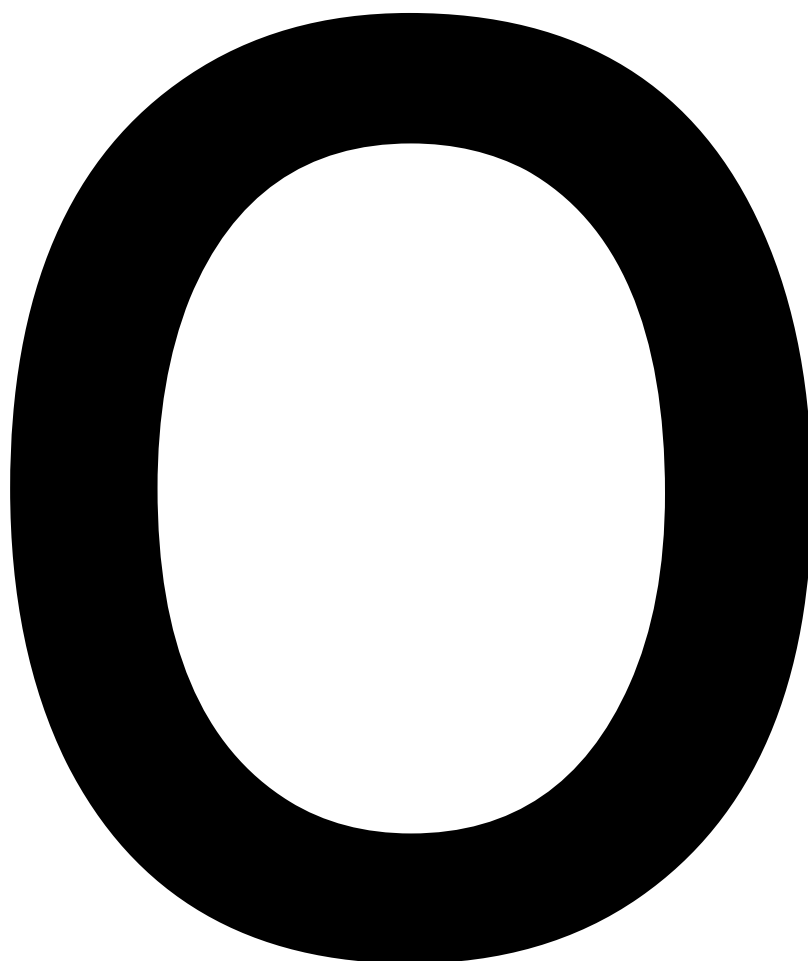


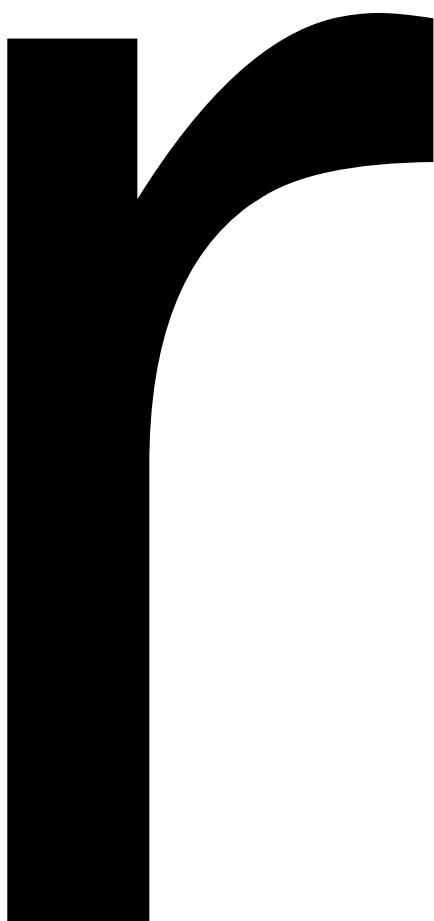
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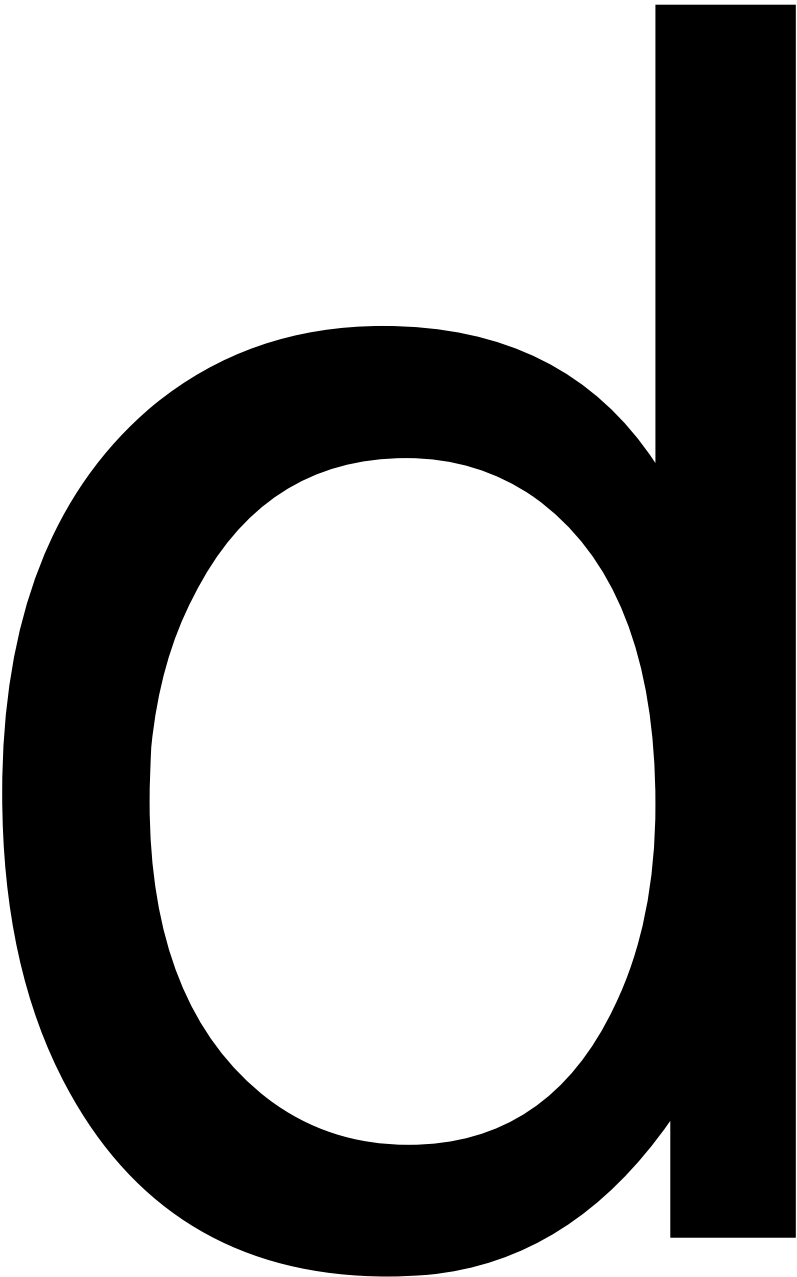
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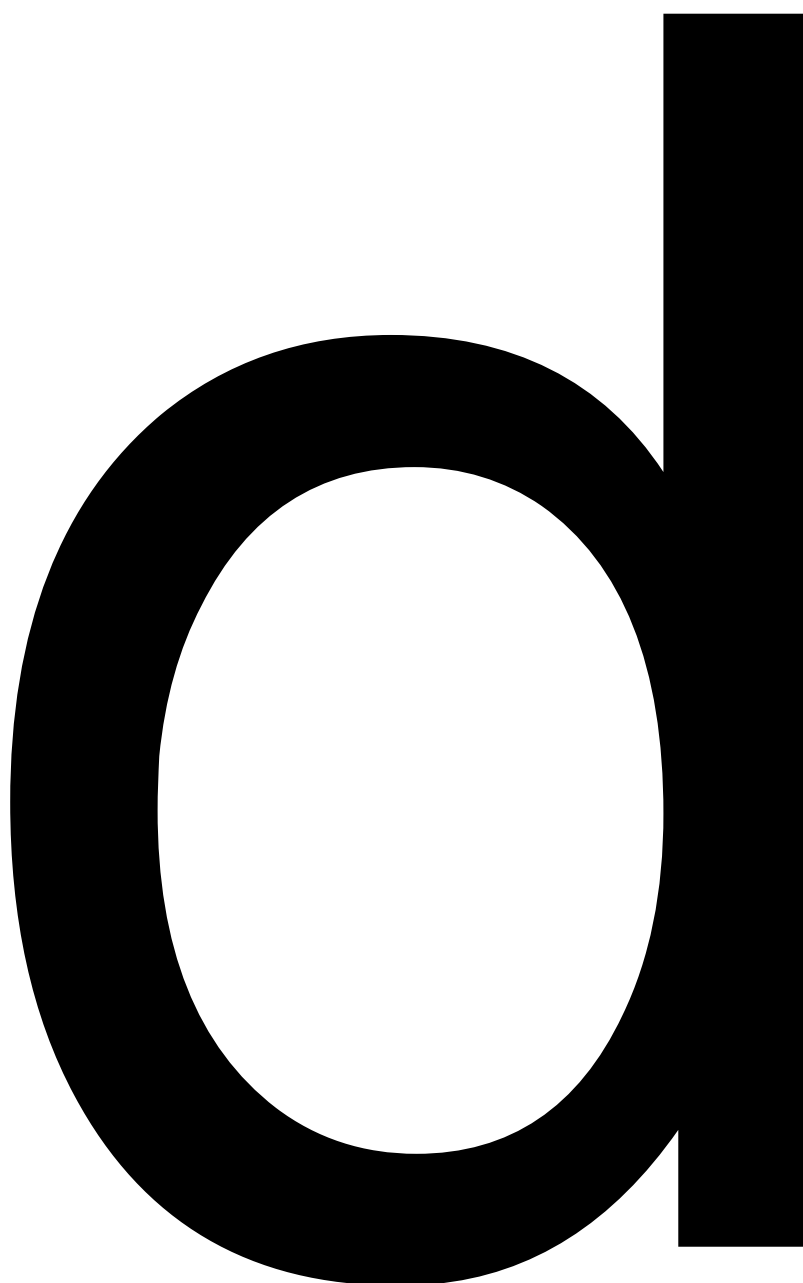
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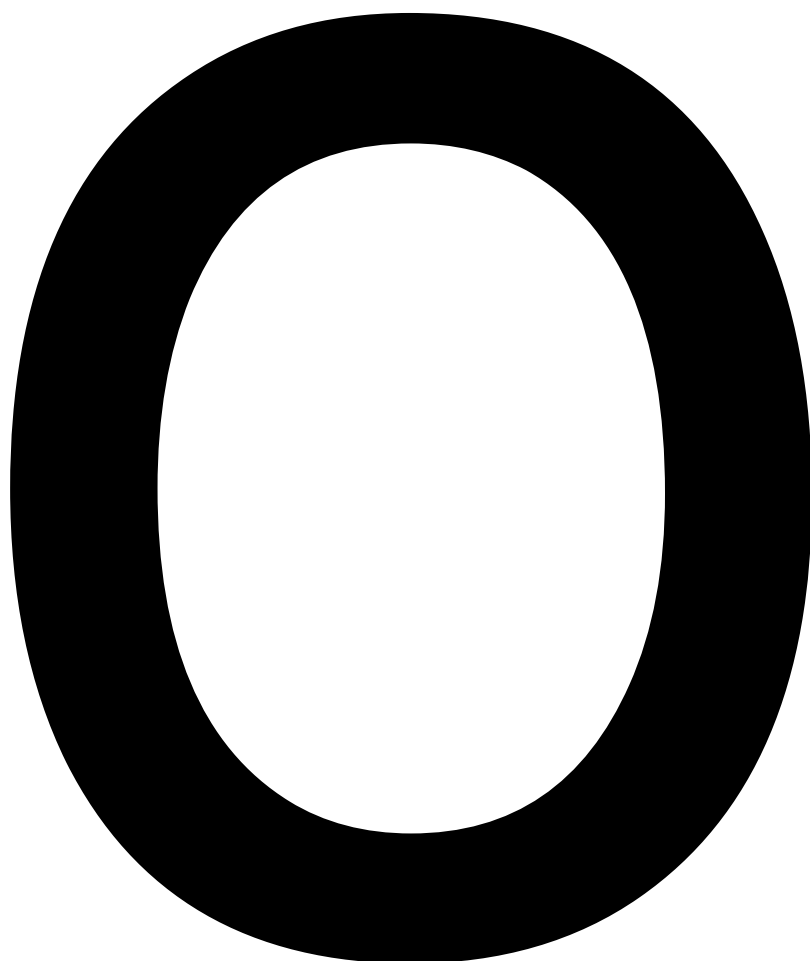
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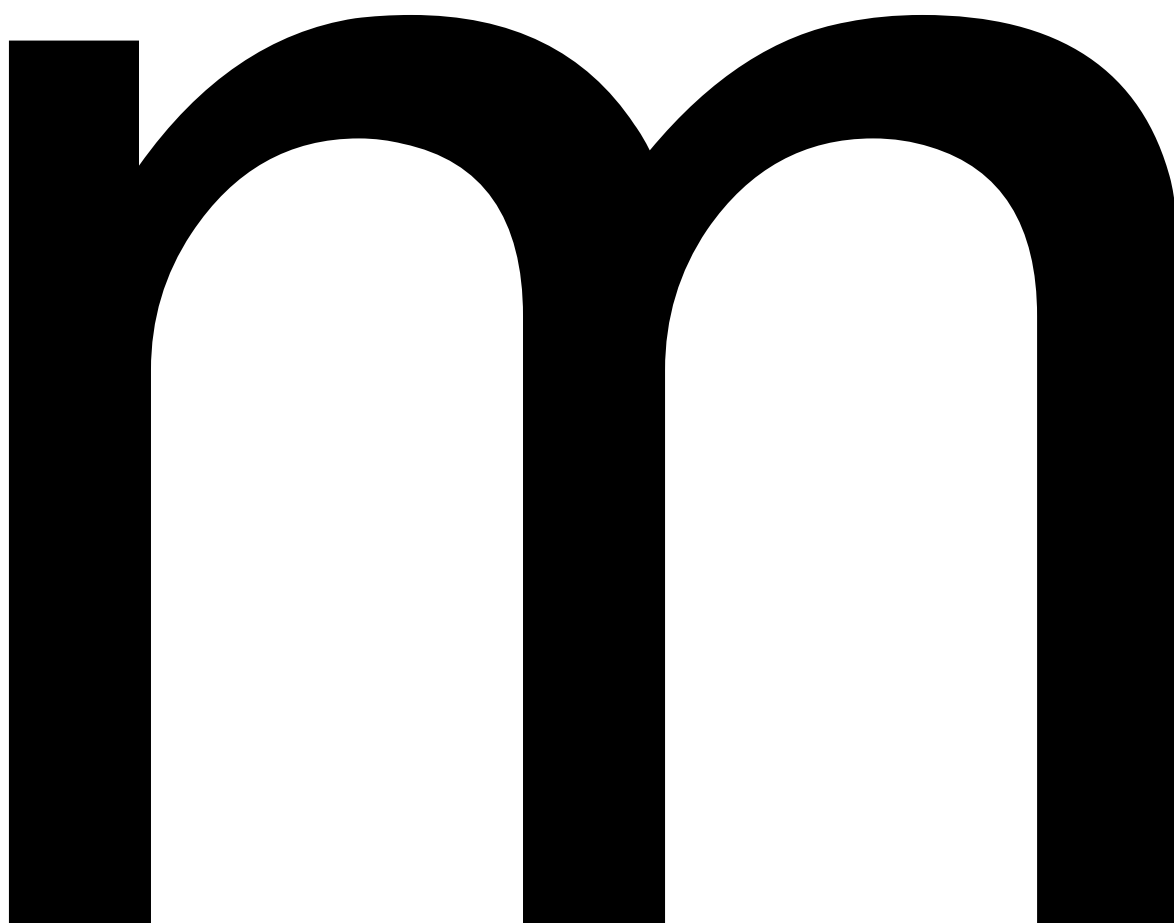
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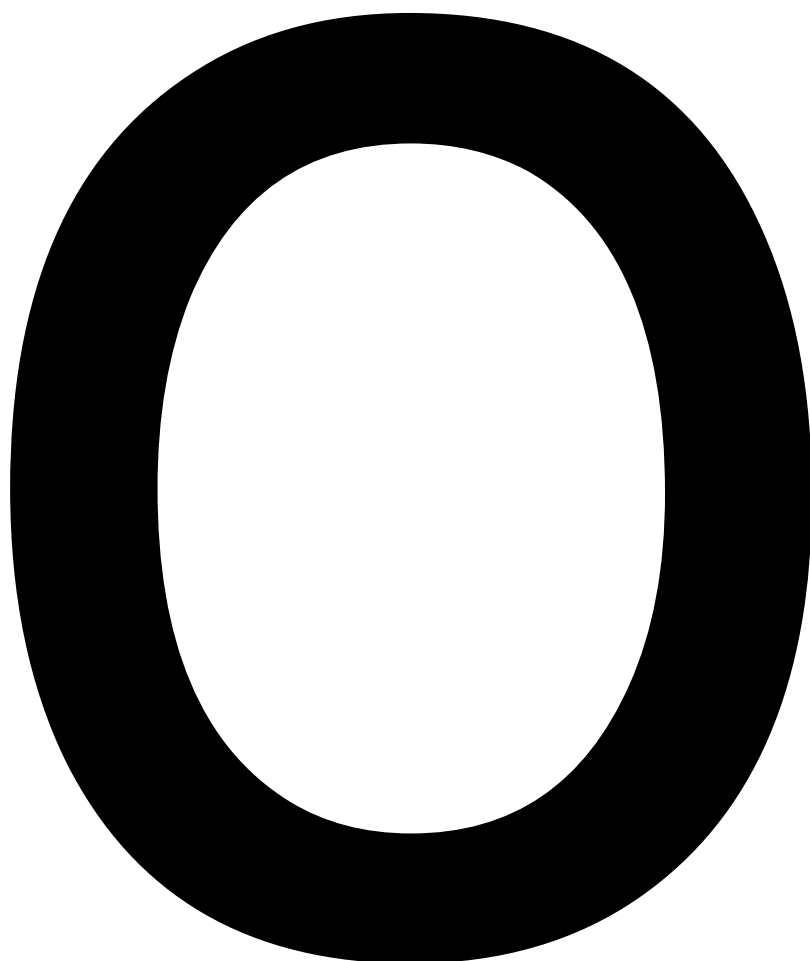


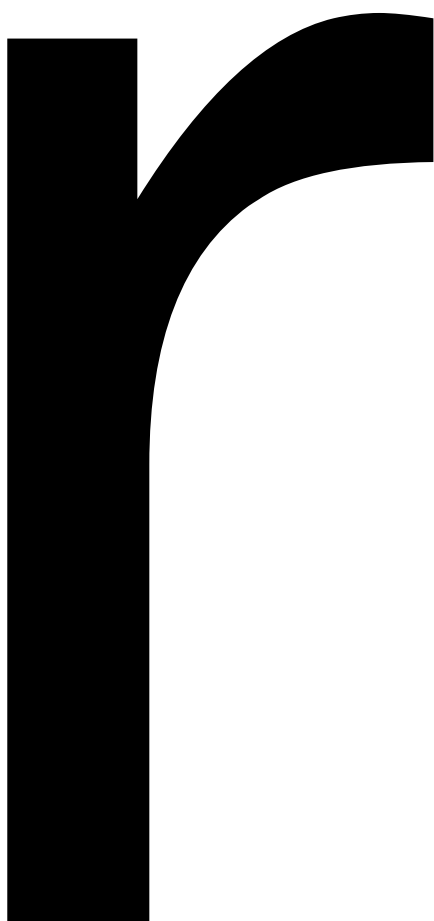
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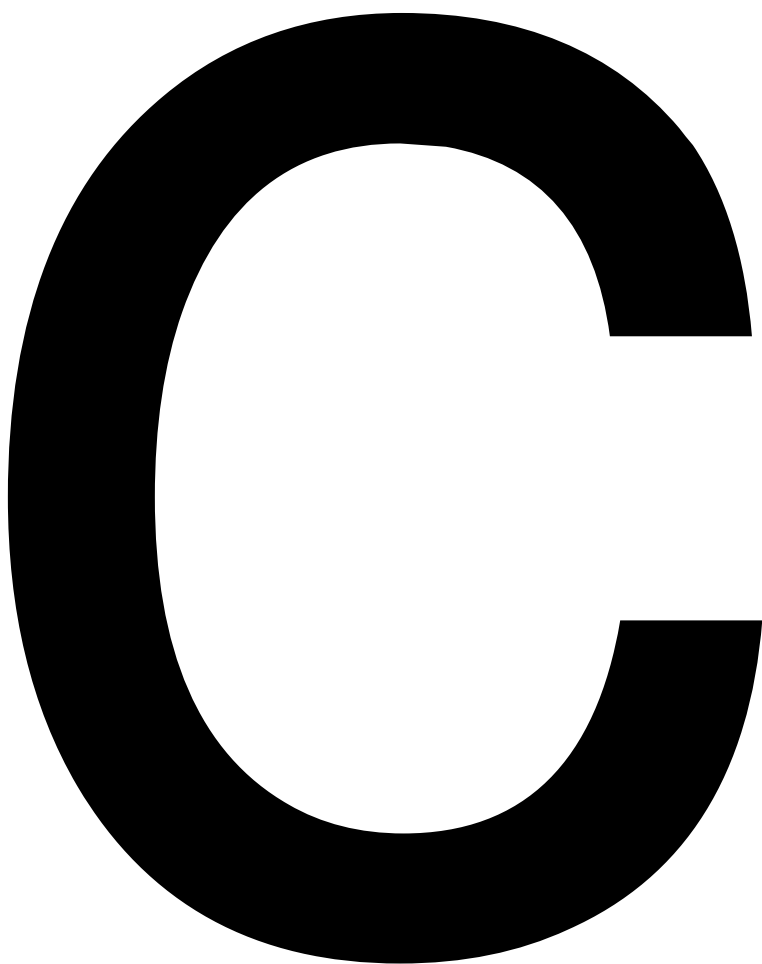


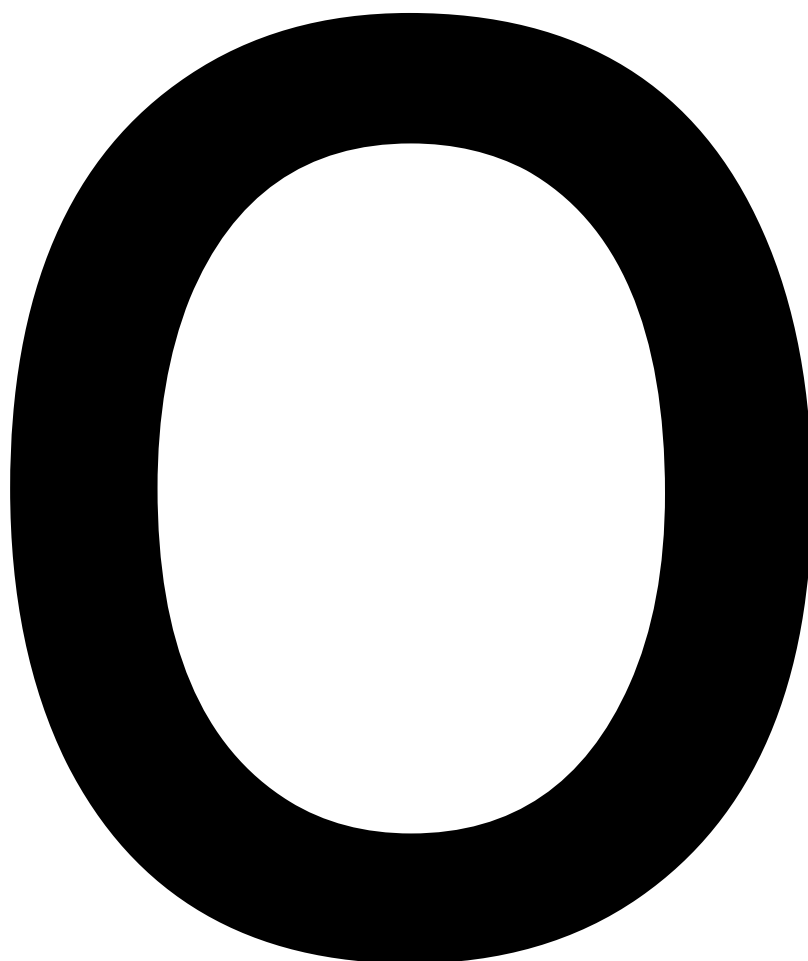


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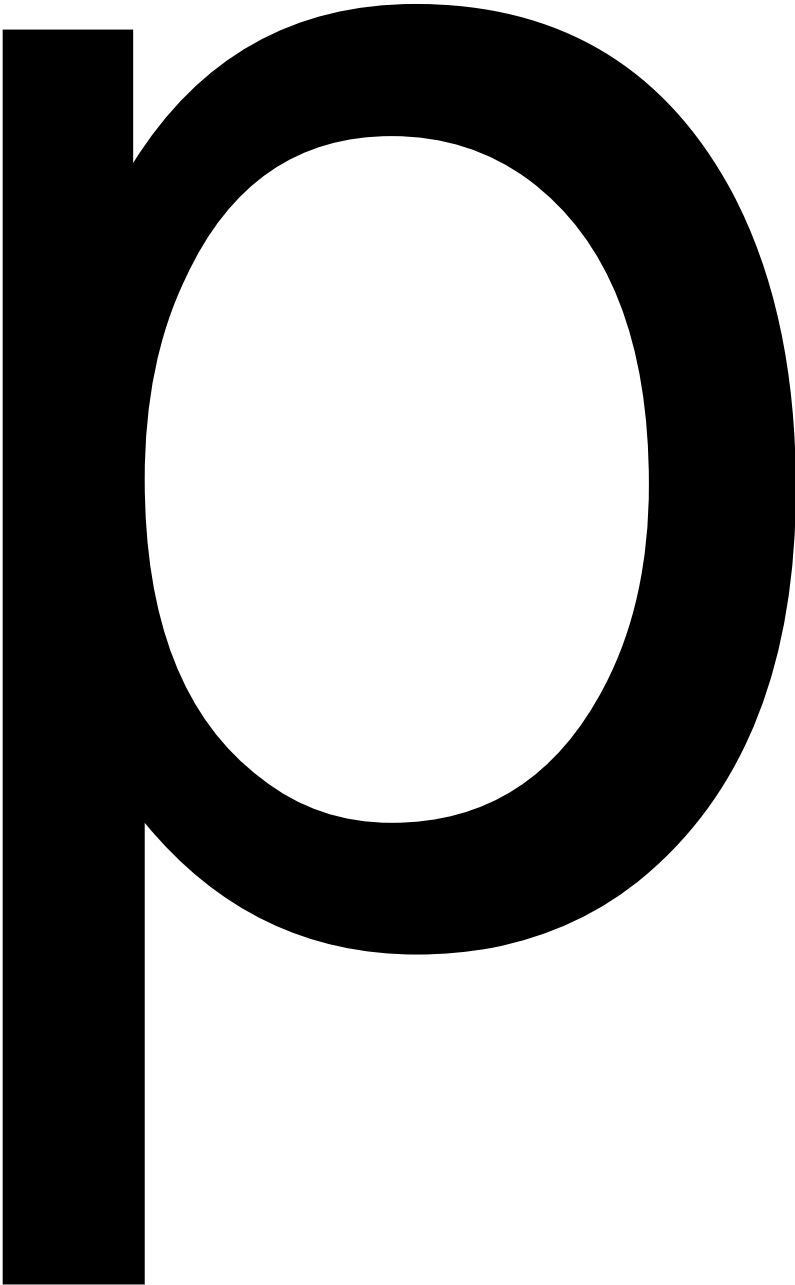
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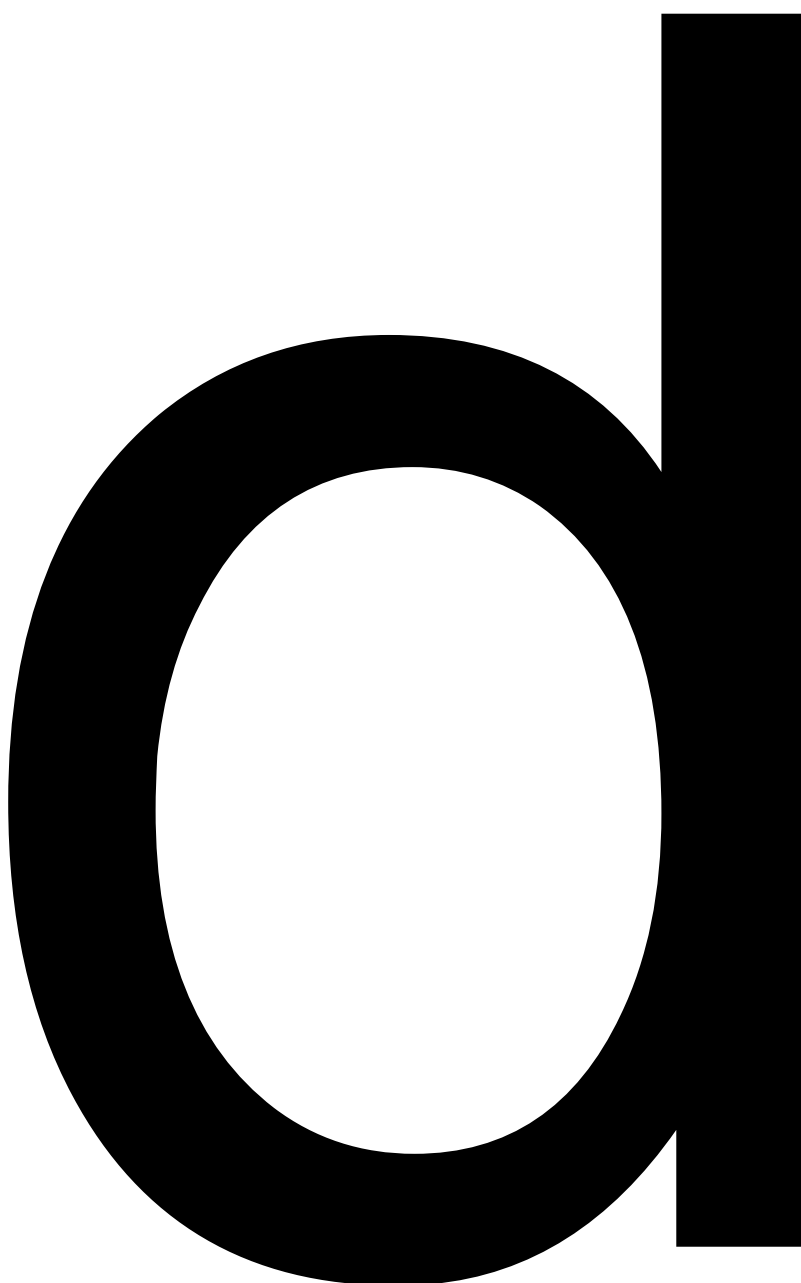


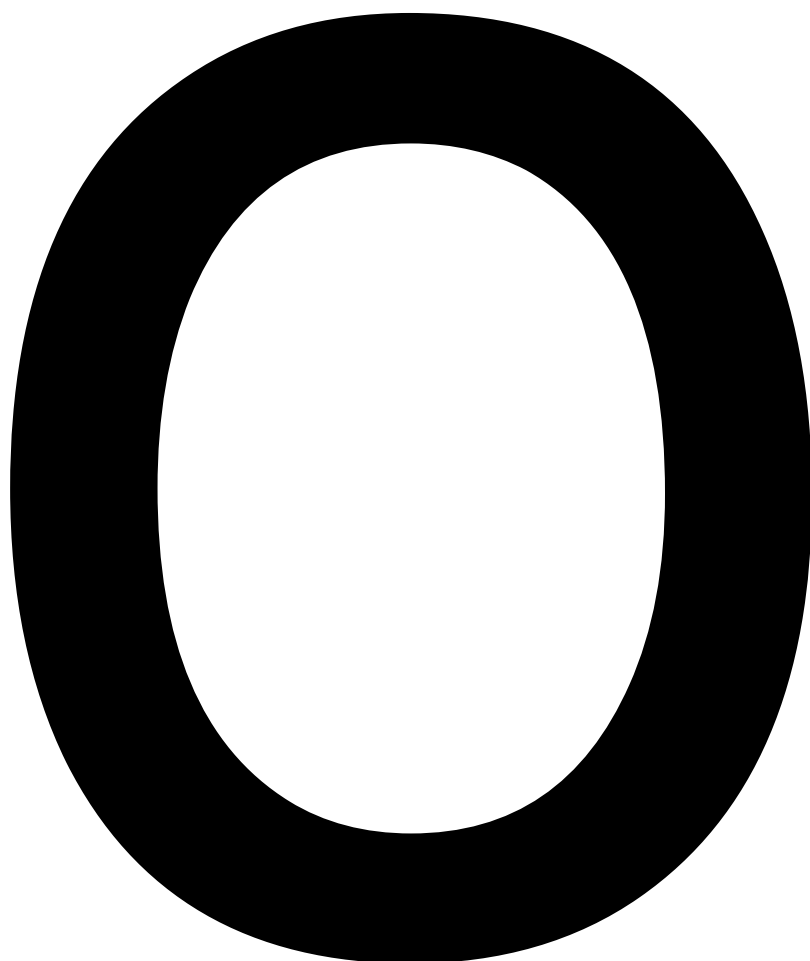


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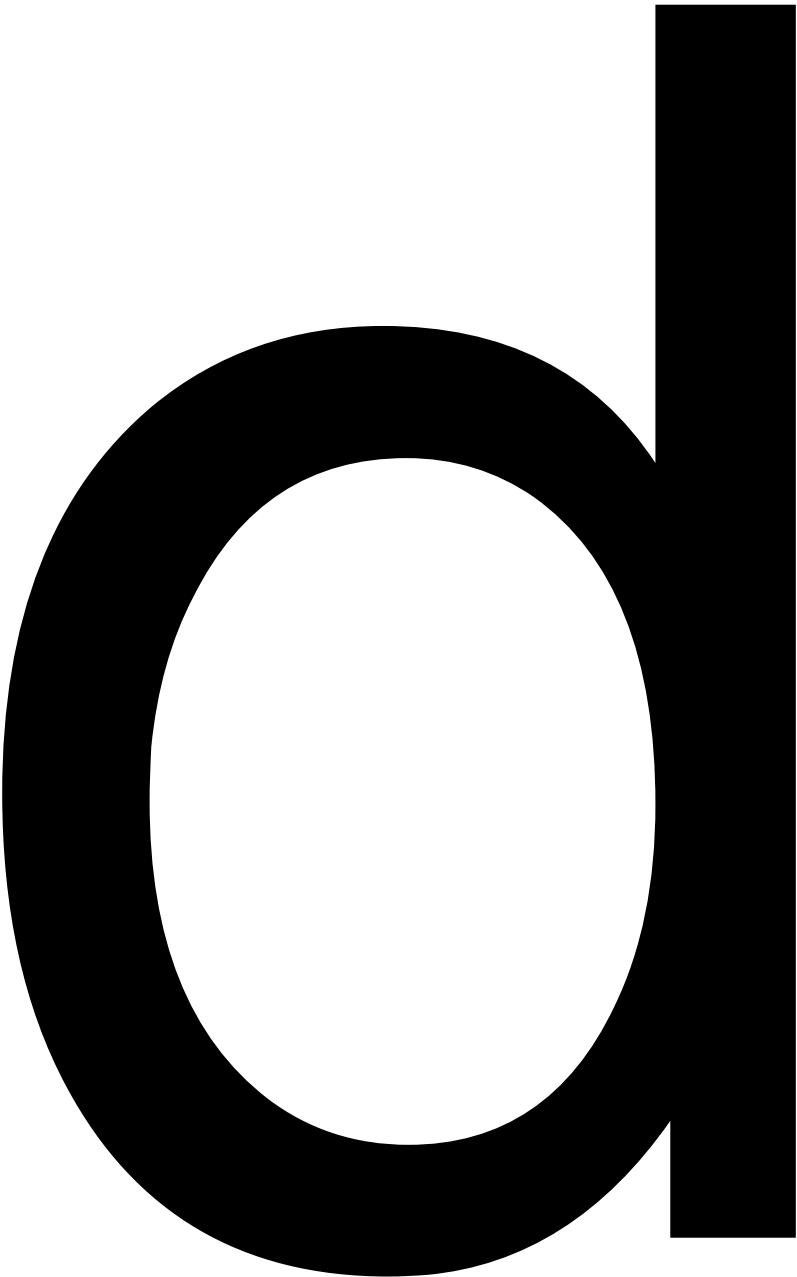
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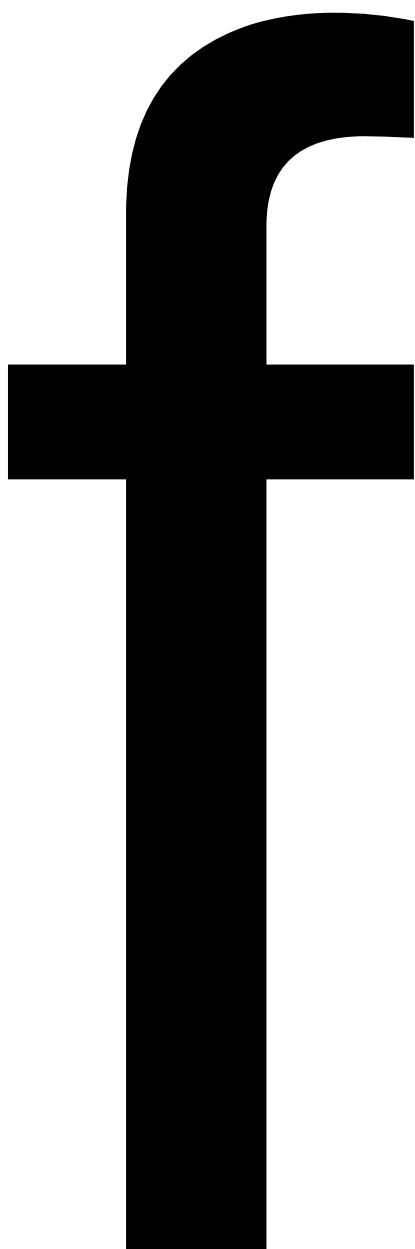


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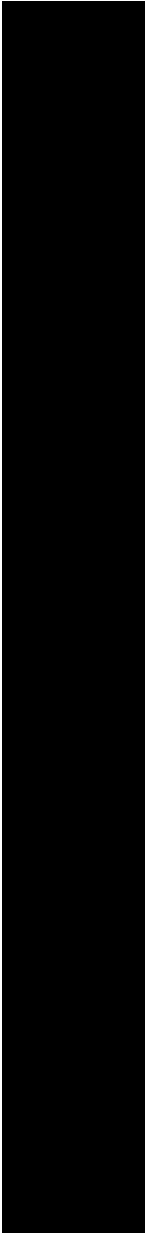
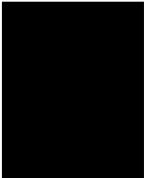
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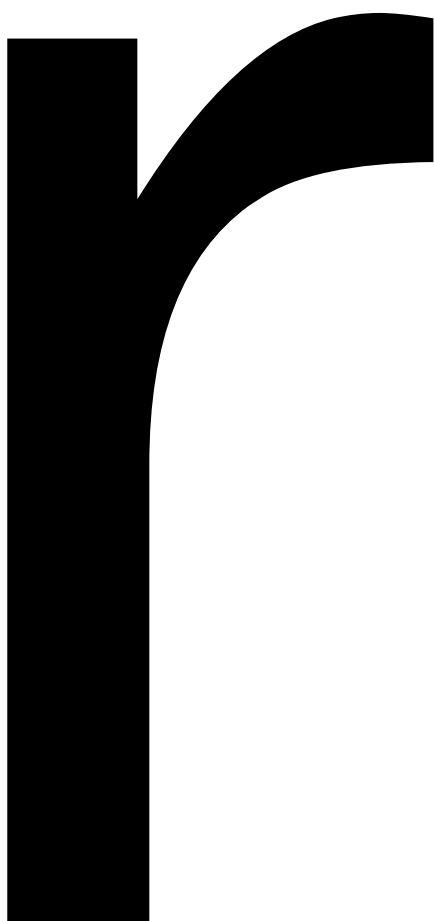


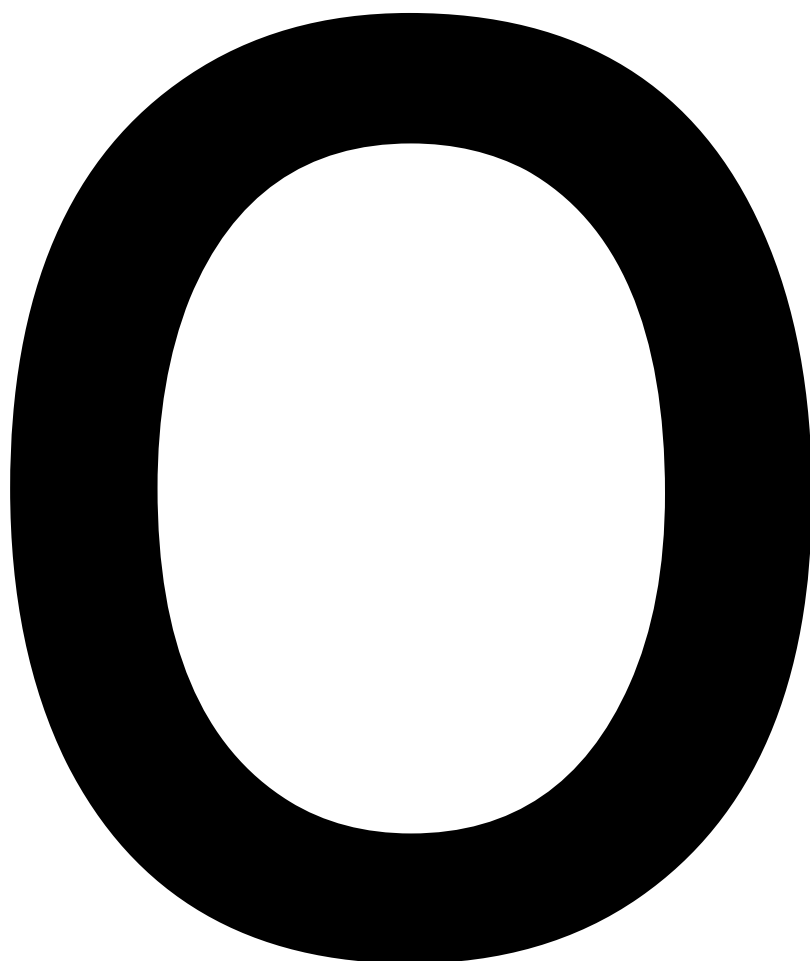
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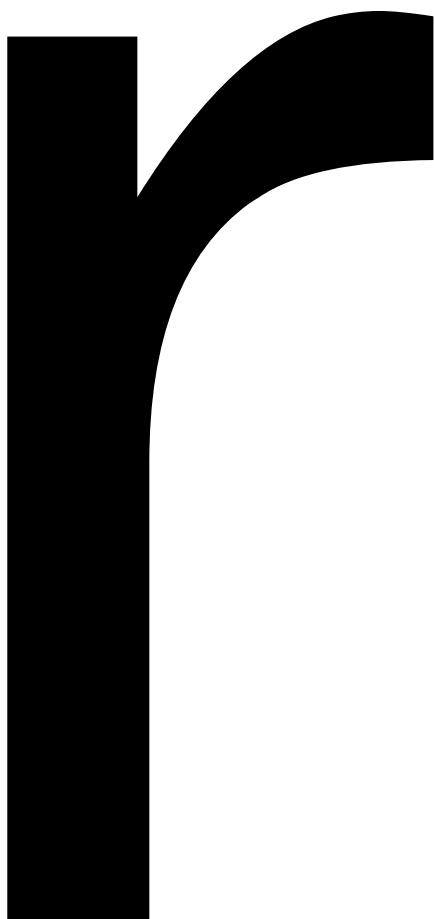


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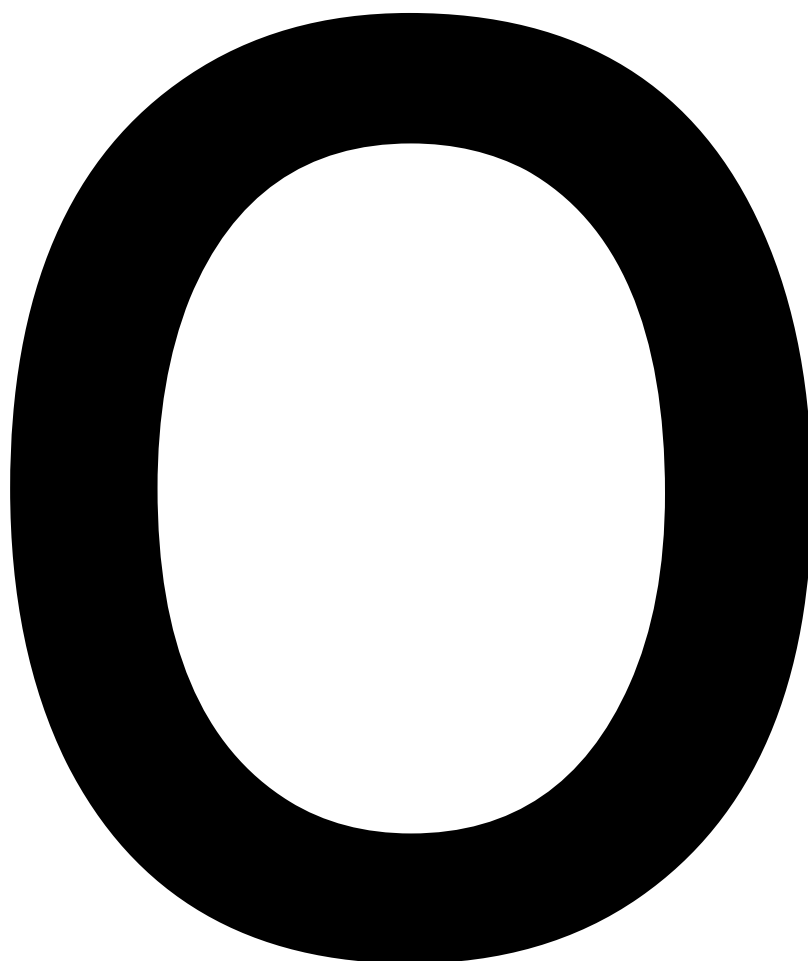
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