

Lake of Sanabria and Sierras Segundera and de Porto



During the Upper Pleistocene age, over 100,000 years ago, an impressive glacier with ice tongues of more than 20 kilometres in length gave rise to what is currently known as the Lago de Sanabria. Today, its 318 hectares of surface area and depth reaching 51 metres make it the largest lake in the Iberian peninsula.

The abundant forests surrounding the Lago de Sanabria are formed by Pyrenean oaks. There are also interesting clumps of holly and yew trees while birch trees and alders are plentiful in the banks of the rivers that descend from the summits or link the different lakes contained within the natural park.

El Cañón del Tera

Very near the riverbank of the Lago de Sanabria, in Ribadelago Viejo, is the starting point of the walk through the narrow and spectacular Cañón del Tera. On leaving Ribadelago Viejo, and always parallel to the river's course, is the gorge. After leaving the path to San Martín de Castañeda to the right and crossing the Tera through an improvised walkway, the trail continues through an area full of large stones, brought there by the water current.

Declared

Category: Natural Park

Area: 32,302 ha.

Municipalities in the province of Zamora: Cobreros, Galende, Porto, Trefacio

Visitor Centre

Park House of the Lake of Sanabria and Sierras Segundera y de Porto

In this space visitors can observe and admire the Nature Park's various habitats, which change in accordance with the altitude. This space also provides a fascinating insight into the habitats of Lake Sanabria, one of the Park's most important features.

Address:

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Email: cp.sanabria@patrimonionatural.org

Website: http://www.patrimonionatural.org/casas.php?id_casa=168

Enviromental Areas

Fauna: Lots of animals, 76 bird species and 17 large mammals. Most notably the grey partridge and the wolf.

Relief: Quaternary glacial modelling that has given rise to the largest lake of glacial origin in the Iberian peninsula.

Vegetation: Oak woods predominate. Alders, ash trees, willows, birch, holly, yew and chestnut trees.

Route

Canyon of Forcadura (Lago Sanabria - Senda 2)

Journey: Lineal

Length: 14 km.

Difficulty of the route: High

Canyon of the Tera (Lago Sanabria - Senda 3)

Journey: Circular

Lake of Sanabria and Sierras Segundera and de Porto



Length: 12 km.

Difficulty of the route: High

Cardena Canyon - Pico del Fraile (Lago Sanabria - Senda 4)

Journey: Circular

Length: 10.5 km.

Difficulty of the route: High

Grand Tour Route Mountain of Sanabria, from Porto to the Refuge of Laiol (GR 84)

Journey: Journey

Length: 14.4 km.

Difficulty of the route: High

Grand Tour Route Mountain of Sanabria, from the Park House Lago de Sanabria to the Refuge of Yeguas (GR 84)

Journey: Journey

Length: 17.7 km.

Difficulty of the route: High

Grand Tour Route Mountain of Sanabria, from the Refuge of Odosia to the Park House of Sanabria Lake Natural Park (GR 84)

Journey: Journey

Length: 13.3 km.

Difficulty of the route: High

Grand Tour Route Mountain of Sanabria, from the Refuge of Riopedro to Porto (GR 84)

Journey: Journey

Length: 22 km.

Difficulty of the route: High

Grand Tour Route Mountain of Sanabria, from the Refuge of Yeguas to the Refuge of Riopedro (GR 84)

Journey: Journey

Length: 15.1 km.

Difficulty of the route: High

Lagoon of los Peces a Peña Trevinca (Lago Sanabria - Senda 7)

Journey: Circular

Length: 24 km.

Difficulty of the route: High

Lagoon of the Peces - Lagoon of the Yeguas (Lago Sanabria - Senda 9)

Journey: Lineal

Length: 6 km.

Difficulty of the route: Low

Porto de Sanabria-Valdesirgas-Valdeinfierno (Lago Sanabria - Senda 8)

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Trayecto: Lineal

Longitud: 10,5 km.

Dificultad de la ruta: Media-Alta

Ribadelago Nuevo - Laguna de Sotillo (Lago Sanabria - Senda 5)

Journey: Lineal

Length: 12 km.

Difficulty of the route: Medium-High

The lake and the monks (Lago Sanabria - Senda 1)

Journey: Circular

Length: 12 km.

Difficulty of the route: Medium

Waterfall of Sotillo (Lago Sanabria - Senda 6)

Journey: Circular

Length: 6 km.

Difficulty of the route: Medium

Z3 - Senda del Lago y los Monjes (Z3)

Trayecto: Circular

Longitud: 10 km.

Dificultad de la ruta: Media

Z5 - Hacia Porto por Valdesirgas y Valdeinfierno (Z5)

Trayecto: Circular

Longitud: 10,5 km.

Dificultad de la ruta: Media-Alta

Z8 - Sendero Laguna de los Peces a Peña Trevinca (Z8)

Trayecto: Lineal

Longitud: 24 km.

Dificultad de la ruta: Alta

Nautical activities

Find out more

Other sites

<http://www.miespacionatural.es/espaciospanel/2661>

<https://patrimonionatural.org/espacios-naturales/parque-natural/parque-natural-lago-de-sanabria-y-sierras-segundera-y-de-porto>