

Omaña and Luna Valleys



The lands that make up this Biosphere Reserve boast an immense biological diversity, determined by the transition between two types of climate. Highlights include outstanding birch and juniper woods, as well as species of endangered fauna such as the brown bear and Cantabrian capercaillie.

This area offers an immense range of natural, cultural and ethnographic resources, turning this Reserve into a unique site with a host of attractions.

ENJOY THIS NATURAL SPACE

On foot and by bike

- Lomba Oak Groves

The route allows going into the Oakwood that fills the hills between the villages of Inicio and Andarraso.

Journey:	Linear
Way:	- On foot (3.3 h.) - By bike (2 h.)
Length:	10 kms.
Recommended:	- spring - summer - autumn
Difficulty of the route:	Low

[To know more](#)

- MTB Route Riello-Villablino

One kilometer far from Riello starts this tour, taking a dirt track and crossing road sections and forest trails, as well as the...

Journey:	Linear
Way:	- By bike (4.8 h.)
Length:	54 kms.
Ascent slope:	400 m.
Difficulty of the route:	High

[To know more](#)

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- **Stage 10 - Section 1: Inicio - Pobladura de las Regueras**
Journey: Linear
Way: - By bike (3 h.)
Length: 31.2 kms.
Ascent 565 m.
slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: High
[To know more](#)
- **Stage 10 - Section 1: Inicio - Riello**
Journey: Linear
Way: - By bike (0.33 h.)
Length: 3.4 kms.
Ascent 100 m.
slope:
Recommended: - spring
- summer
- autumn
- winter

Difficulty of the route: Medium
[To know more](#)
- **Stage 10 - Section 2: Andarraso - Pobladura de las Regueras**
Journey: Linear
Way: - By bike (2.83 h.)
Length: 27.6 kms.
Ascent 565 m.
slope:
Recommended: - spring
- summer
- autumn

Difficulty of the route: High
[To know more](#)
- **Stage 10 - Section 2: Andarraso - Riello**
Journey: Linear
Way: - By bike (0.5 h.)
Length: 7 kms.
Ascent 405 m.
slope:
Recommended: - spring
- summer
- autumn
- winter

Difficulty of the route: Medium

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[To know more](#)

- **Stage 10 - Section 3: Murias de Ponjos - Pobladura de las Regueras**

Journey: Linear
Way: - By bike (1.75 h.)
Length: 17.6 kms.
Ascent: 400 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: Medium

[To know more](#)

- **Stage 10 - Section 3: Murias de Ponjos - Riello**

Journey: Linear
Way: - By bike (1.58 h.)
Length: 17 kms.
Ascent: 450 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: High

[To know more](#)

- **Stage 10: Riello - Pobladura de las Regueras**

More than 34 kilometers are part of this tenth stage that crosses the towns of Inicio, Andarraso, Ponjos and the nearby lands of...

Journey: Linear
Way: - By bike (3.2 h.)
Length: 34.6 kms.
Ascent: 565 m.
slope:
Difficulty of the route: High

[To know more](#)

- **Stage 8 - Section 6: Portilla de Luna - La Robla**

Journey: Linear
Way: - By bike (3.41 h.)
Length: 30.8 kms.
Ascent: 340 m.
slope:
Recommended: - spring
 - summer
 - autumn

Difficulty of the route: High

[To know more](#)

- **Stage 8 - Section 6: Portilla de Luna - Vega de Caballeros**

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Journey: Linear
Way: - By bike (0.66 h.)
Length: 5.4 kms.
Ascent: 170 m.
slope:
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: Low

[To know more](#)

- **Stage 9 - Section 1: La Urz - Riello**

Journey: Linear
Way: - By bike (0.5 h.)
Length: 6.2 kms.
Ascent: 210 m.
slope:
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: Low

[To know more](#)

- **Stage 9 - Section 1: La Urz - Vega de Caballeros**

It is practicable all year except in winter, when the upper parts may be covered with snow.

Journey: Linear
Way: - By bike (2 h.)
Length: 18 kms.
Ascent: 310 m.
slope:
Recommended: - spring
 - summer
 - autumn
 - winter

Difficulty of the route: High

[To know more](#)

- **Stage 9: Vega de Caballeros - Riello**

For over 24 kilometers, this route has some slopes and goes across the towns of Oterico and Lago de Omaña, along dirt roads. During...

Journey: Linear
Way: - By bike (3 h.)
Length: 24.2 kms.
Ascent: 310 m.
slope:
Difficulty of the route: High

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[To know more](#)

NATURAL SPACE

Babia and Luna Valleys Natural Park

[To know more](#)

INTERPRETATION CENTER

Omaña and Luna Valleys Biosphere Reserve Interpretation Center

[To know more](#)