

## 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.

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

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

[To know more](#)

## Omaña and Luna Valleys

- **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

## Omaña and Luna Valleys

[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**

## Omaña and Luna Valleys

**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

# Omaña and Luna Valleys

[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](#)