

From Lugo to Friol, through Bóveda

	Turns	Distance next point	Total distance (km)	Description
1	<i>Start (405m) fountain</i>	2	2	Just past the Roman bridge, we turn right. About 100 meters after the river club we will take a dirt track to our right, parallel to the river <i>Miño</i> . 100 meters after passing the pillars under the new bridge we will do another turn to the left and when you reach the asphalt road, we turn to the right and 100 m after to the left, following 200 m and turning to the right for a dirt path (<i>Sendeiro Segade</i>). After around 400 m we turn right and immediately there is a fountain on our right. We continue going down 300 m and we are arriving to the Mera river. (There is a shorter alternative, but less nice: you can cross walking the bridge in the road N-540 to Santiago and immediately turn right. 100 m later we turn left, and then “ <i>Sendeiro Segade</i> ” begins.)
2	<i>Sendeiros Segade- Penarrubia</i>	3'1	5'1	We follow the <i>Sendeiro Segade</i> (marked with wooden poles) which coincides with the <i>Green Arrow Route</i> on this stretch. It is a beautiful trail with plenty of shade and areas with wooden walkways, which runs for 3 km by the side of the river Mera; the first 2km we will have the river on our right side, and the last one on our left one (we will cross the second bridge that we find). During the last few meters the trail separates a bit from the river. We will turn to the left to a county asphalt road. Here we leave the <i>Sendeiro Segade</i> and turn left. In just over 100 m we find a stone bridge. It is a difficult stretch for cycling, which will force to set our foot on the ground on several occasions. It can be avoided if we take the LU232 and turn to O Veral (Km 3'5), but the beauty of this stretch worths the effort.
3	<i>Bridge</i>	0'8	5'9	Without crossing the bridge, we turn right following the left bank of the river. We cross a meadow and then walk through some pine trees. We arrive to a dirt track which leads to a new bridge on a local road, in Mera village.
4	A Mera	2'3	8'2	Here turn right and it starts one of the hardest sections because there are over 2 km of asphalt, but on a road with little traffic, with two uphill sections and little shade. We pass through the village “O Veral”, where the churchyard can help us to relax and to take shelter from the sun or rain. Then we arrive to an area with beautiful villas and rehabilitated village houses in “ Matelo ”.
5	Matelo warning!!	5'5	13'7	Attention: Once here, we find the green arrow pointing to two different directions on a post with a shell. [If we walk to the right, we will arrive to Friol through several villages (Marcoi , A Retorta , O Sixto ... –see the separate route description for this trail). However, we turn left to arrive at Friol via Boveda , where you can visit an interesting late-Roman sanctuary of the third century, Santalla de Bóveda (or Santa Eulalia de Bóveda). We cross the road LU232 and the village of Sta. Maria Alta. After 1km and bearing left to the top of the hill, we have to pay attention to find the arrows that draw us to turn right onto pinfe forest trails, then a corredoira, and back to a stony path. We arrive to a village called Vigo . When you reach the first houses, we turn left to reach a fountain. A few meters after, we turn right by the bus shelter onto the provincial road CP 2903 that will lead to Bóveda after around 2 km.
6	Bóveda	5'5	19'2	After visiting the village and the sanctuary (check opening days and timetable), we retrace our steps a little to follow the provincial road LU-P-2923 and after a long slope of around 5 km through several small settlements (Valin, Folgueira...-NB no green arrows on

				<p>this straight stretch) we reach a crossroad, in the area called <i>alto de Gonçe</i> . Here we go straight ahead for about 800 m.</p> <p>[Between Matelo and this point you can see any yellow arrows, but they do not always follow the same path as the one indicated with the green ones.]</p>
7	<p><i>alto de Gonçe</i></p> <p>warning!!</p> <p><i>fountain</i></p>	6'8	26	<p>Here we turn right -be careful, because it is a very open area, so we need to look for the green arrow on the ground and stones sometimes covered by weeds. Look for two trails next to each other on the right: we take the left one of them. After 2'2 km we will be in Guldriz de Arriba. We turn left at the end of the village to go to Guldriz de Abaixo and here we turn left and then right to take a <i>corredoiras</i>. It, after crossing the river <i>Lodoso</i> and the last slope, will lead us (always following the main direction without taking any detour) to the first houses of Friol. The green arrows lead us to a fountain where there is also a clothes washing shelter that could be useful to a walker, next to the church (which was badly restored several years ago).</p>
8	Friol			<p>Turn right and then left and we are in the center of Friol village. To stay you can choose between the pension and restaurant Casa Benigno (982375028), with comfortable rooms and great value / price or the amazing hotel Casa da Galbana (673674722). Nearby are the cottages Casa de Martiño (casademartino.com, 982163700) y Bi Terra (biterra.es, 982183746).</p> <p>In Friol there are all kinds of basic services: health center serves (only in the mornings) and 2 pharmacies. Other: Casa Terrón (ironmongery, bazaar, appliances, mobile phones... everything), Casa Grandío (shoes), Casa das roupas (haberdashery), Asubío (sports), Orixes (restaurant), Friol (restaurant), O Rinconciño (bar, rations), Casa do Rei (bar, grocery), García (supermarket), Día (supermarket).. If the weather is fine, you can enjoy a swimming pool in a nice environment with good facilities, which are accessible via a relaxing riverside walk with tables and benches for a cookout.</p>
<p>Marks: Green Arrow (may vary in shape, size and hue) Estimated time: 6:30 to 7:30 hours on foot. 2:15 hours biking</p>				
<p>Overview: This itinerary has been made with precarious means, without any private or institutional help, and with the only purpose of helping the way for pilgrims to Santiago or any other walkers between Lugo and Friol. Therefore, in some places it coincides with the path marked with the yellow arrow. However, in this case it has been avoided paved stretches as far as possible. In total, there are 10 km of asphalted roads, always with minimal traffic or almost nil. It is essential to pay attention to every possible diversion. Sometimes there are no places where it is easy to paint a sign so we must find the place where it would be possible to check. In any case, if there is no sign, we follow the main direction. In some paths there is a green cross to indicate that we should not follow that direction. The arrows somewhere can be blurred.</p> <p>In any case, the road does not present major difficulties except some stretches with a slope. Most of the time we walk on “<i>corredoiras</i>”, so we have plenty of shade. Overall, it begins following the course of the Miño River and then the river Mera. Since O Veral, it runs parallel to the LU 232 road to Lugo Friol to Santa Maria Alta and then by county roads and <i>corredoiras</i>.</p> <p>We recommend using waterproof footwear most of the year (almost essential between October and June) because there could be puddles. In winter and early spring may be not possible to walk at all on this area because of the puddles and the mud. In that case we will have to follow the upcoming local roads.</p> <p>If you have any comments about the itinerary or report any problems you found in markers, please do it as a comment on the blog www.estradasecorredoiras.blogspot.com so that we can correct them. This blog will be updated with the improvements introduced.</p> <p>The path can be done on a mountain bike, although some sections can be difficult because of uneven ground, especially the section 2.</p>				
<p>Corredoiras: Dirt road flanked by trees, often oaks and stone walls, close to the inhabited places. They used to be the communication routes between near population groups or access to farms.</p>				

You can download the route on wikiloc: <http://es.wikiloc.com/wikiloc/view.do?id=1076630>

