



Asociación Castaño y Nogal

Subject: Diffusion of the walking route – Rio Quintá Donsal

Dear Sir / Madam,

Would you have the courtesy to inform your members and public relations on the discovery of a unique Natural area in the province of Lugo, Galicia, Spain.

Discover the 16 kilometres trail in Quintá-Rio Donsal, located in the municipality of Becerreá (Lugo) where runs 80%, 18% in Navia de Suarna and 2% in Cervantes (The Ancares), natural reserve 2000 and UNESCO biosphere reserve 2006.

Promoted by the Association « Castaño y Nogal », to encourage the growth of the rural development and natural environment.

This project includes 23 volunteers from 16 countries, 3 continents of SCI, the leading team of A Coruna, local partner, as well as some of Barcelona and Seville who have also participated.

Notice this association does not receive any financial support from the public sector. <http://desnivel.com/excursionismo/una-asociacion-gallega-recupera-senderos-con-pasion-y-sin-un-duro-publico>

It is a road with Nature at its purest, with forests, original vegetations, landscapes, waterfalls, heritage and a Forest Wealth who varies every 100/300 meters, exceptional surroundings in which 60% of it develop in the summer a shadow of chestnuts, oaks, beeches, cherries, alders etc...

We also have wild plants such as blackberries, blueberries, raspberries, and native vegetations.

Begins at an altitude of 840 meters and ends at 410 meters, with four entrances / exits intermediate villages with asphalted roads, with medium difficulty level and most of the lower-middle section, excluding the section return to the Fraga de Valiñas.

For more information visit the web page and blog:
<http://www.asociacioncastanoynogal.com/sendero.html>
http://www.asociacioncastanoynogal.com/blog/?page_id=890

With a little bit of patience you will be able to find in these biosphere reserve exceptional wildlife (deer, stag, boar, wolves etc...).

If fishing is one of your passion, with a daily permit, you could enjoy wild trout fishing while discovering our many rivers and magnificent forests. Do not forget your digital camera and camera recorder!

You can find more information on hiking at: wikiloc.com - this site contains routes, commented maps, videos and stories uploaded by hikers who traveled themselves on those amazing areas.

For workshops, musical-poetic concerts, newspapers, magazines and television reports in Galicia and TV5 channels, please follow the link:

<http://bit.ly/LmtJjd>

If you would like more information, please do not hesitate to contact Mr Ricardo Pena Ares - expert hiker and manager for this association.
Email: alareira@mundo-r.com

Yours sincerely,
Antonio Gonzalez Alvarez
Association « Castaño y Nogal »

