Roteirríos é un programa de itinerarios organizado polo Proxecto Ríos que pretende unir ríos e persoas, achegando os cursos fluviais á cidadanía nun ambiente lúdico, así como dar a coñecer o seu patrimonio natural, cultural e social. A temática escollida para os itineraios neste ano son os **ríos de montaña**.

O noso país acolle unha extensa rede fluvial de ríos e regatos de montaña moi ben conservados e cun alto valor ecolóxico. Dende o Proxecto Ríos, queremos achegarnos a este singular patrimonio para divulgalo e poñelo en valor como unha peza fundamental para a conservación dos nosos ríos. Nesta edición realizaranse **dous roteiros de fin de semana**, visitando no mes de marzo o Macizo Central ourensán e en setembro Trevinca.

ROTEIRRIOS 2010. 13-14 de marzo: MACIZO CENTRAL OURENSÁN

O LIC Macizo Central, ocupa unha superficie de 46.983 Ha, e acolle un dos cumios mais altos do país, Cabeza de Manzaneda con 1780 m. Trátase dun conxunto de serras montañosas, nas que destacan os pasteiros de alta montaña e onde debido á baixa densidade de poboación, achegarémonos a unha natureza espectacular vixiados polo lobo, o bufo e a águia real.

Nos percorridos desfrutaremos de dous ríos da alta montaña ourensá, coas suas peculiaridades, aguas frías e cristalinas onde descubriremos un tipo de ranúnculo propio destes ríos (*Ranunculion fluitantis*). Entre as especies animais destaca o auguaneiro e a rá patilonga, fauna que gosta de ríos de augas limpas e osixenadas. Dos réptiles é de destacar o lagarto das silvas, tamén asociado aos cursos de auga, que poderemos descubrir tomando o sol nos valados durante todo o camino. Este espazo alberga tamén unha vexeación única en Galiza como a xanzá, o afroixón ou o esfagno, e nel habita o musgaño.

PROGRAMA

Sábado 08:00 Saída de Compostela

10.00 Café en Manzaneda: Bar Pendón.

11.00 Saída de Requeixo

14.00 Xantar no pobo abandoado de Prada

16.00 Visita por Prada, os regos e os arredores

17.00 Volta cara Requeixo

20.00 Instalámonos no Albergue de Montederram

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21.00 Cea

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24.00 Paseo nocturno

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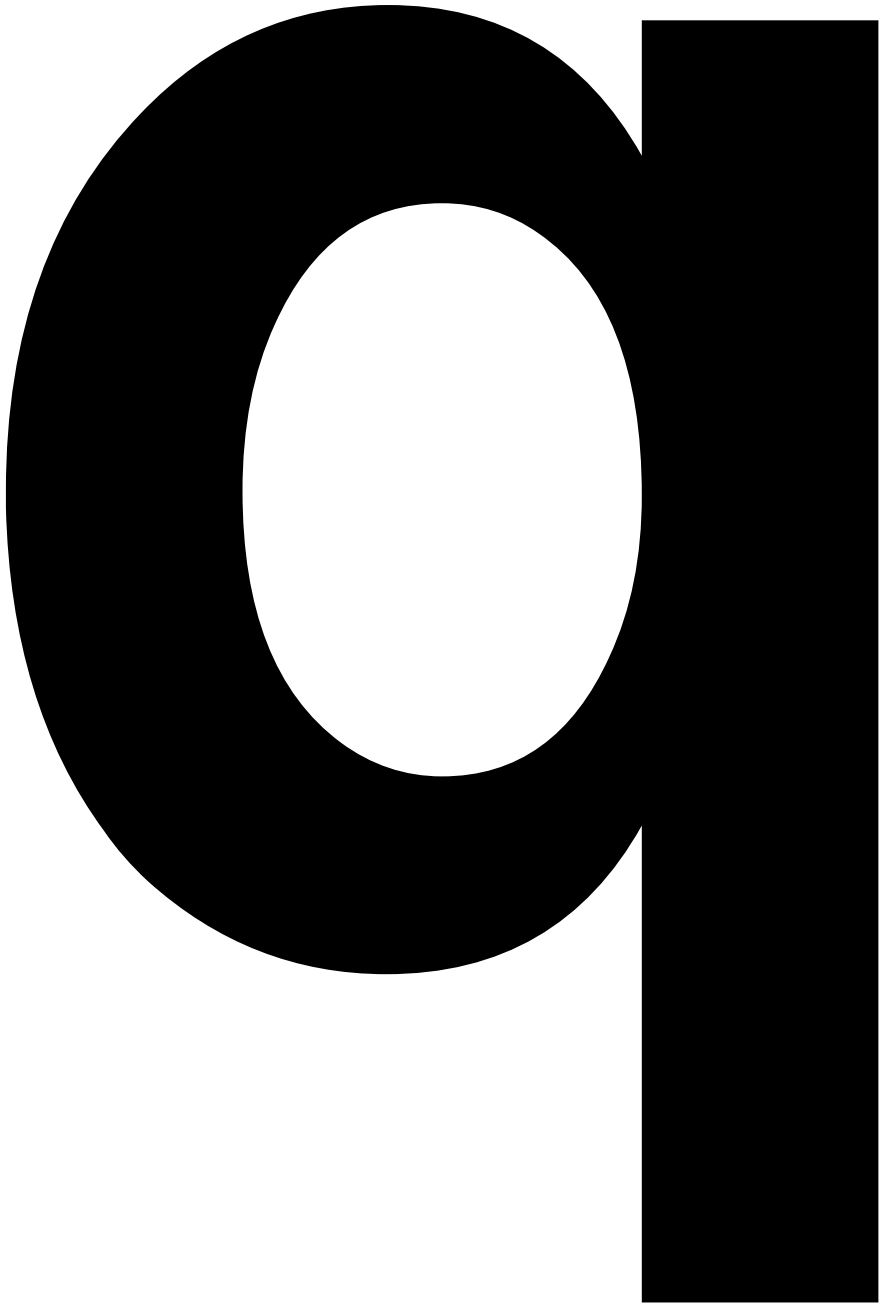

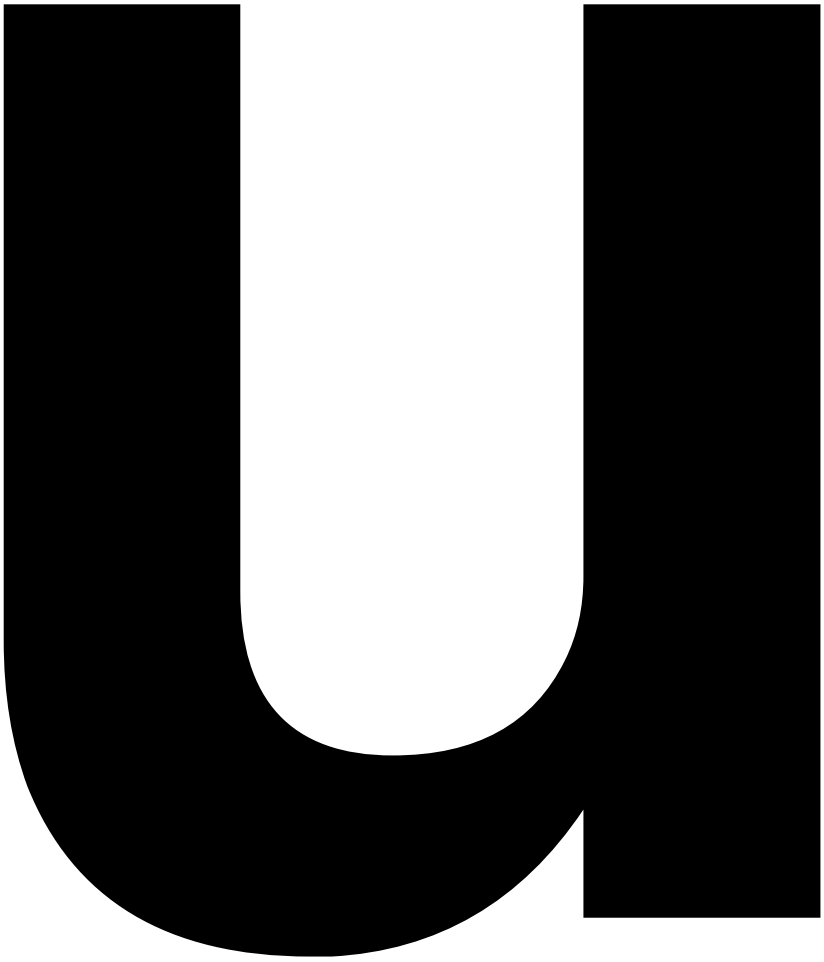

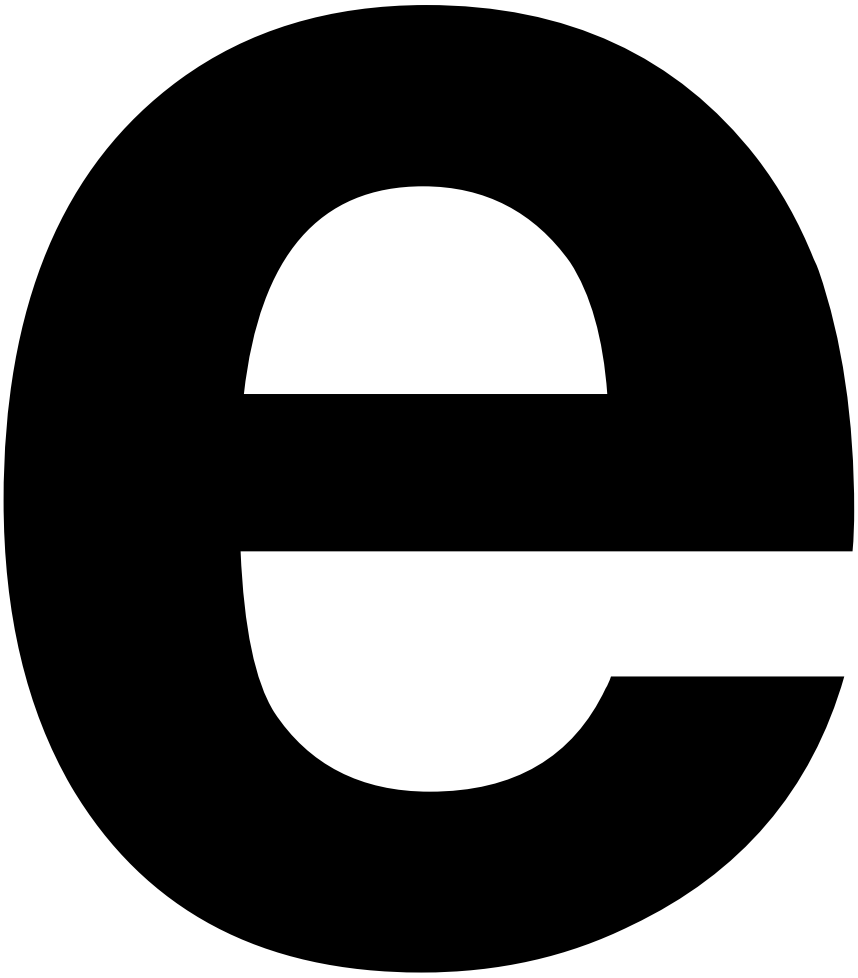

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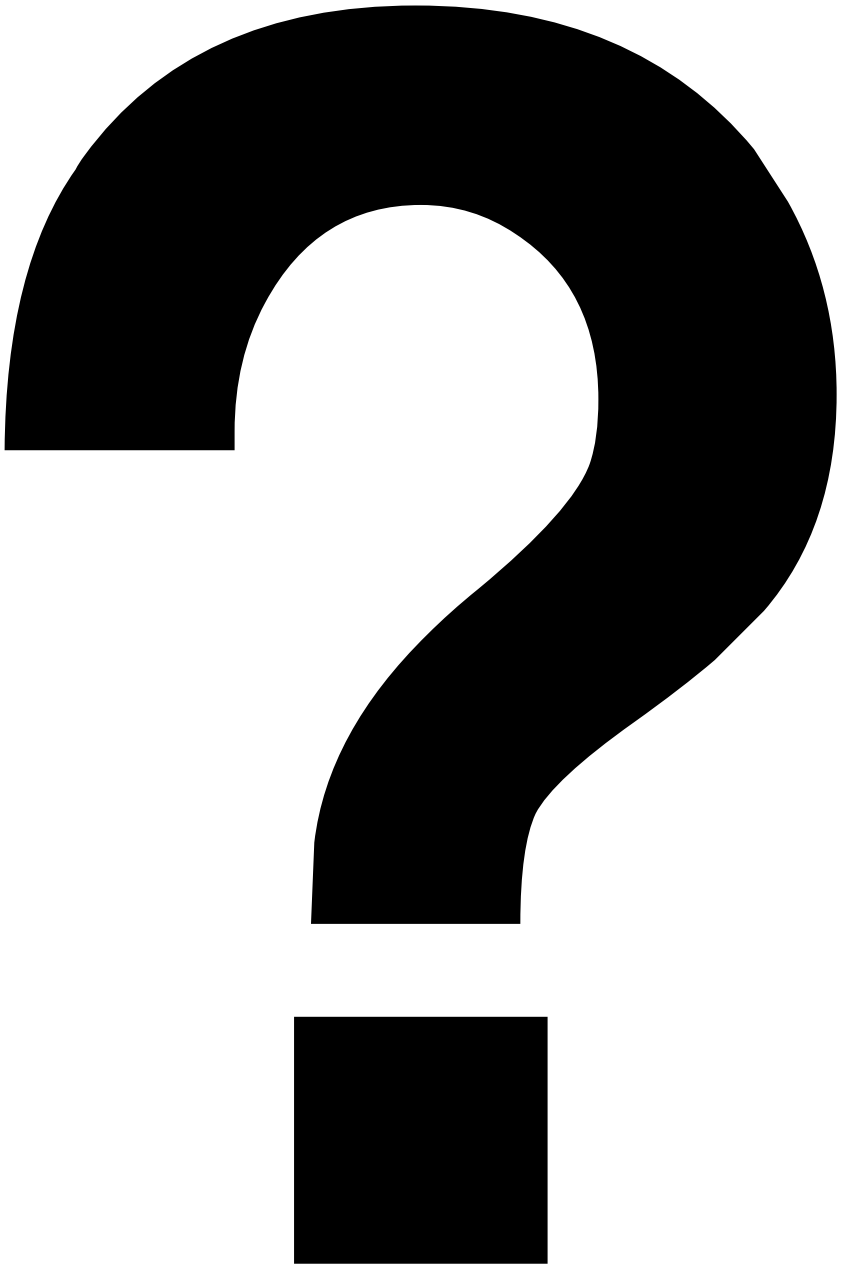

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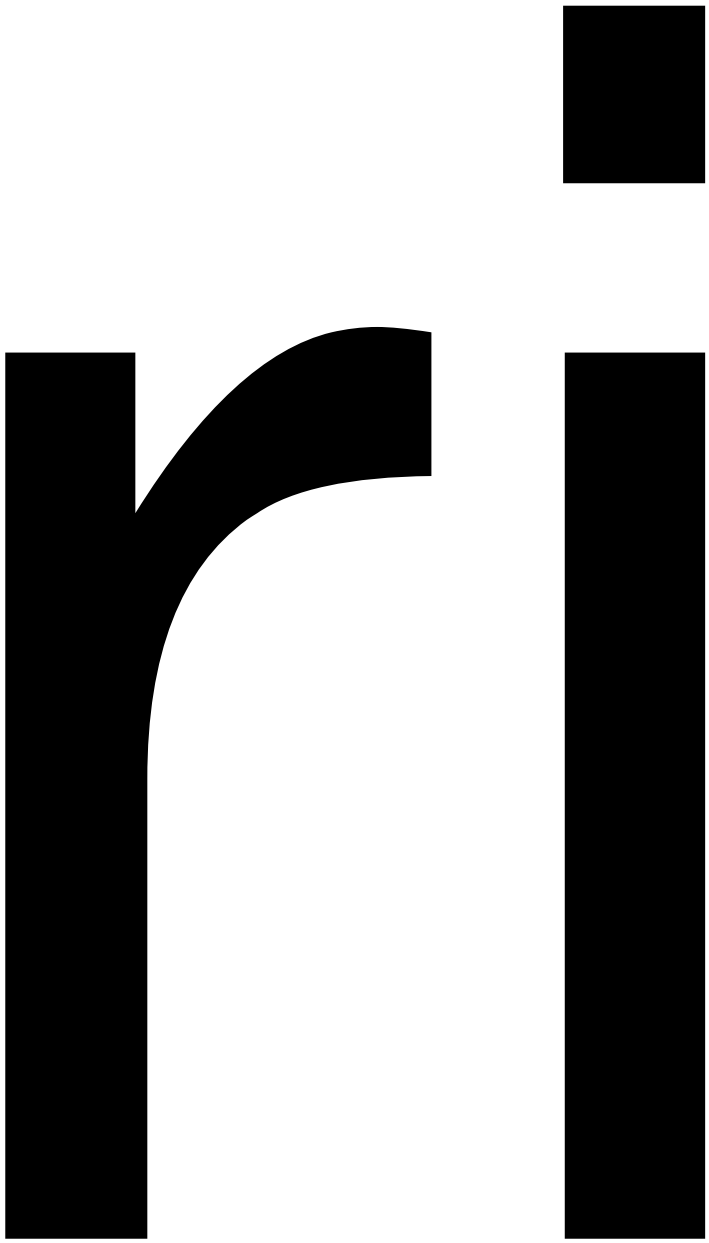

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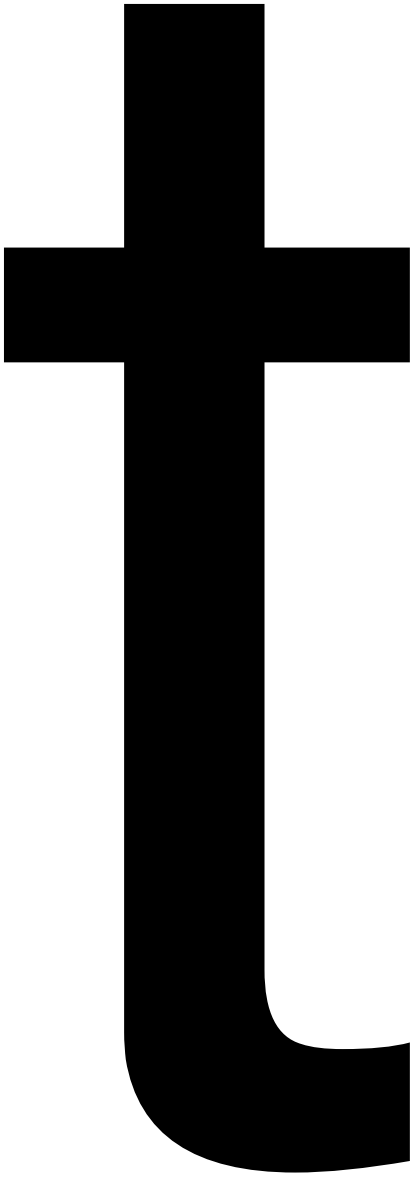

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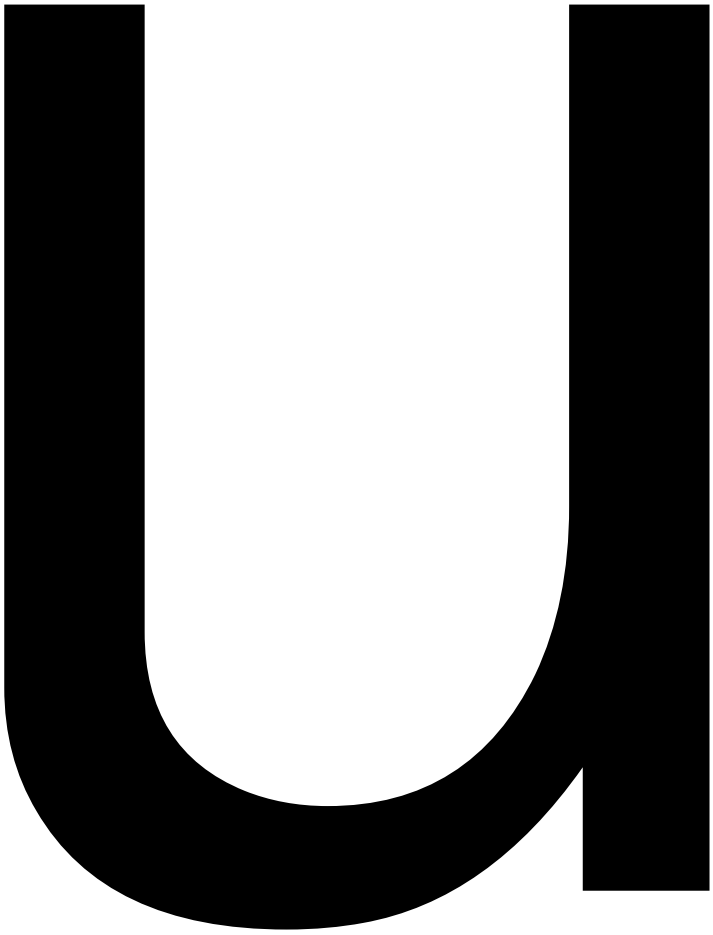

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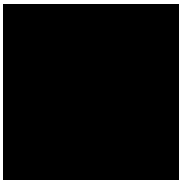

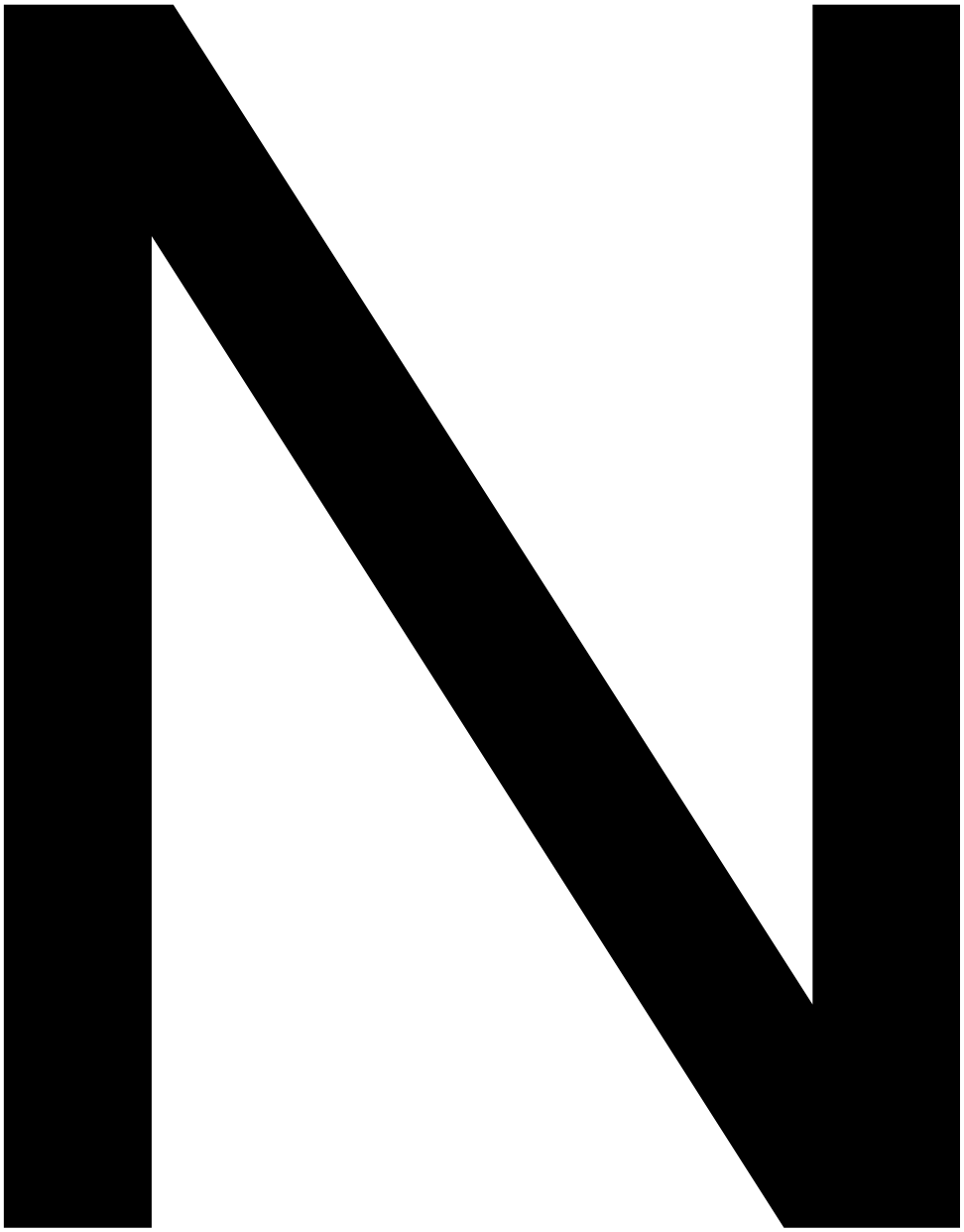

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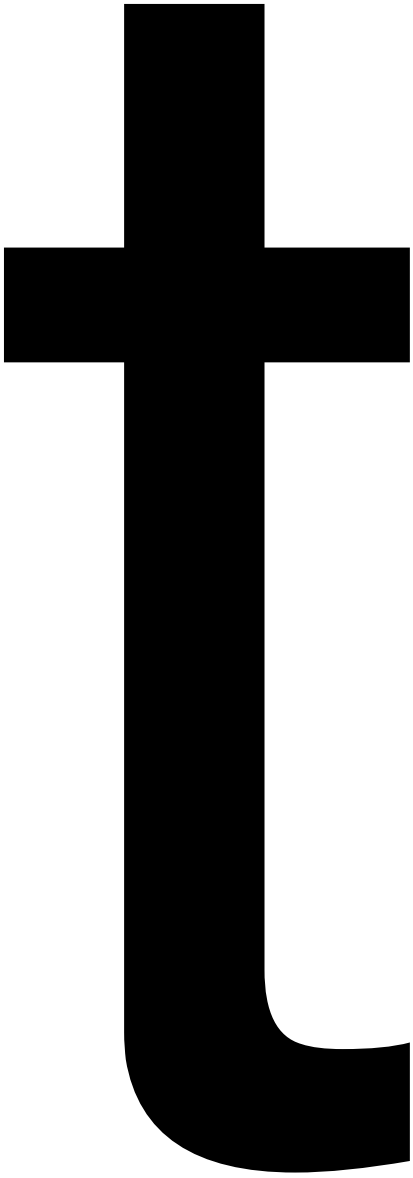

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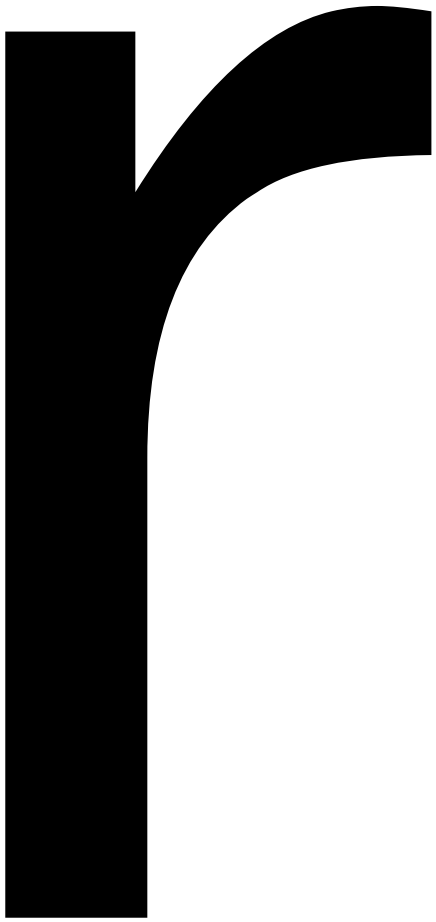

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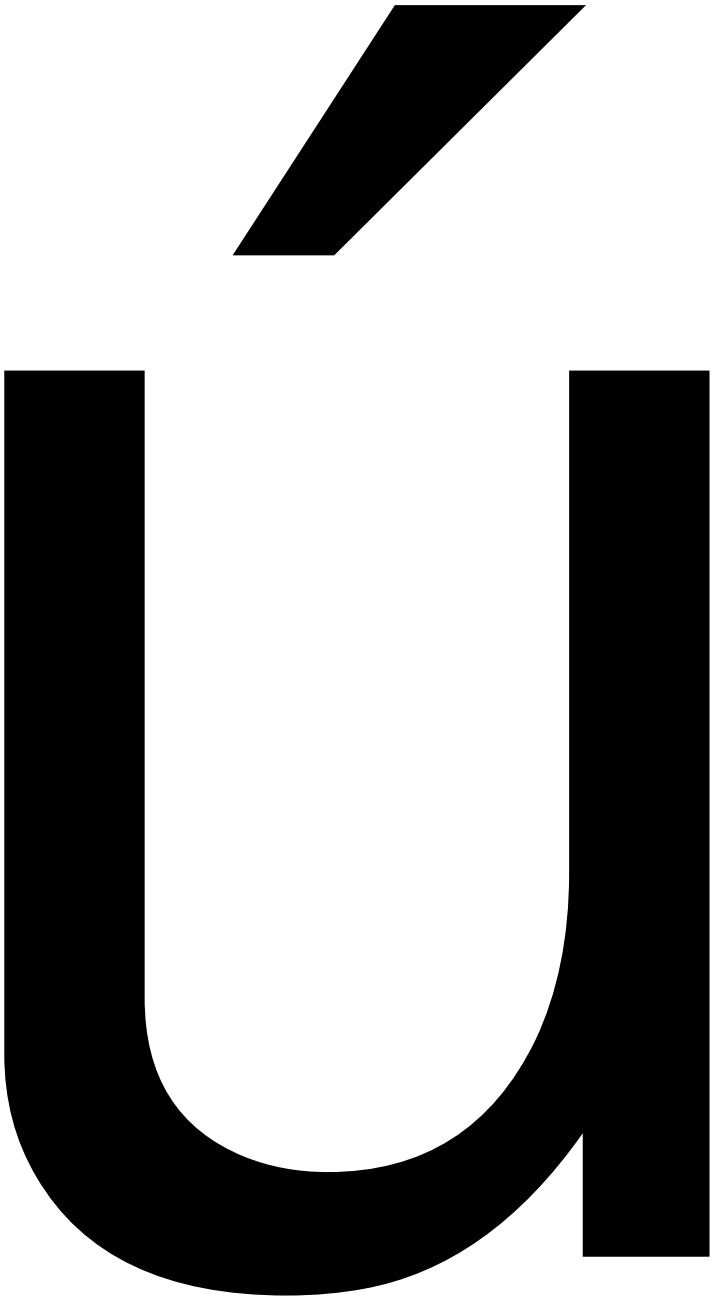

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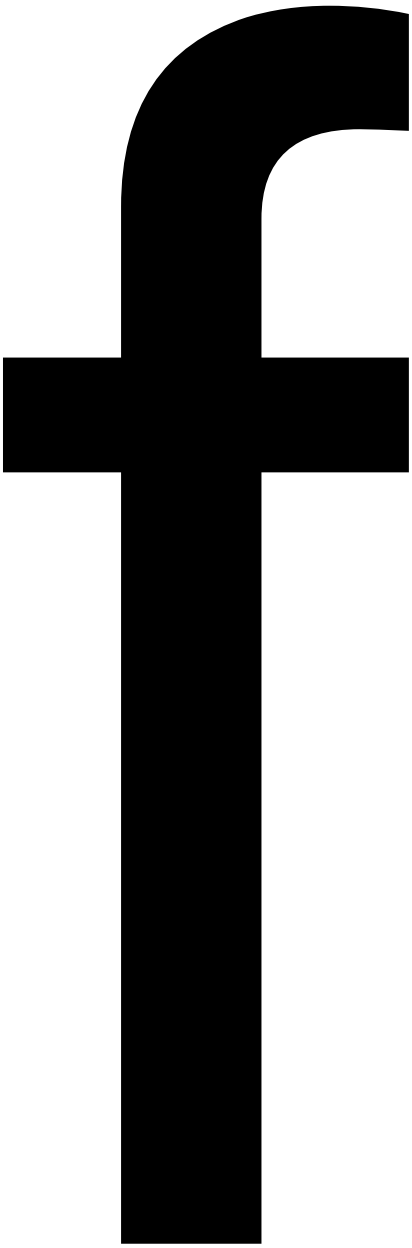

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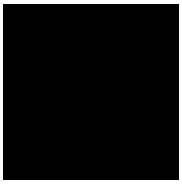

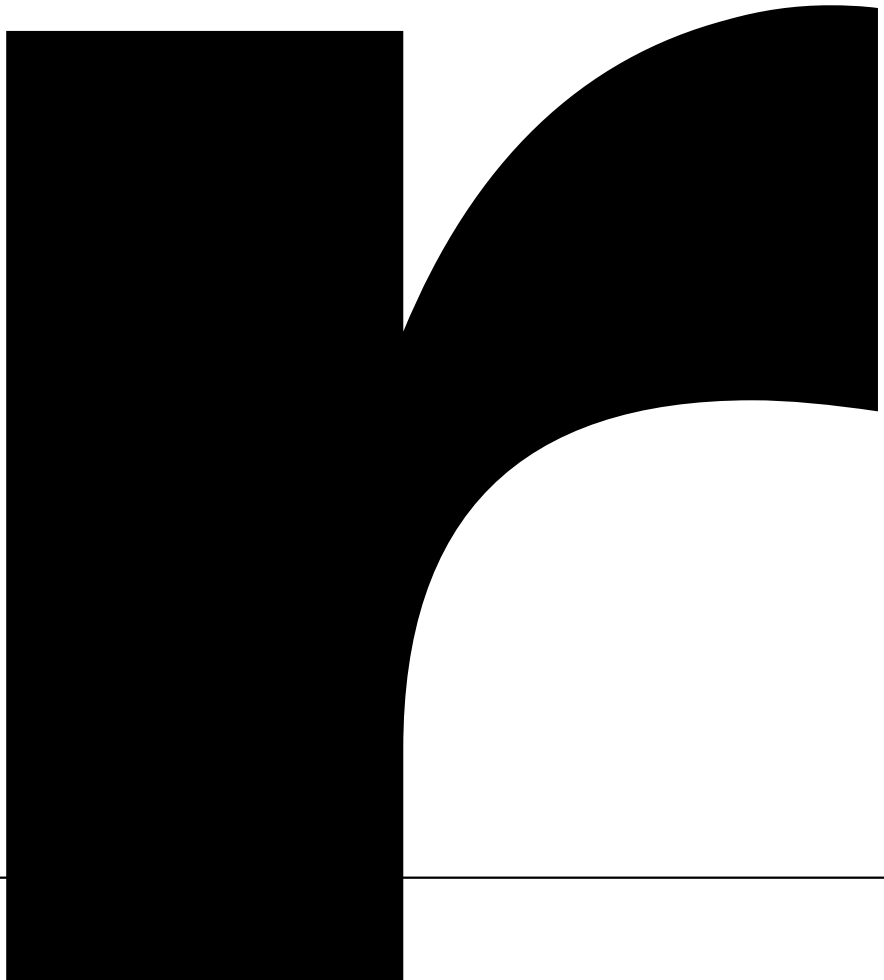

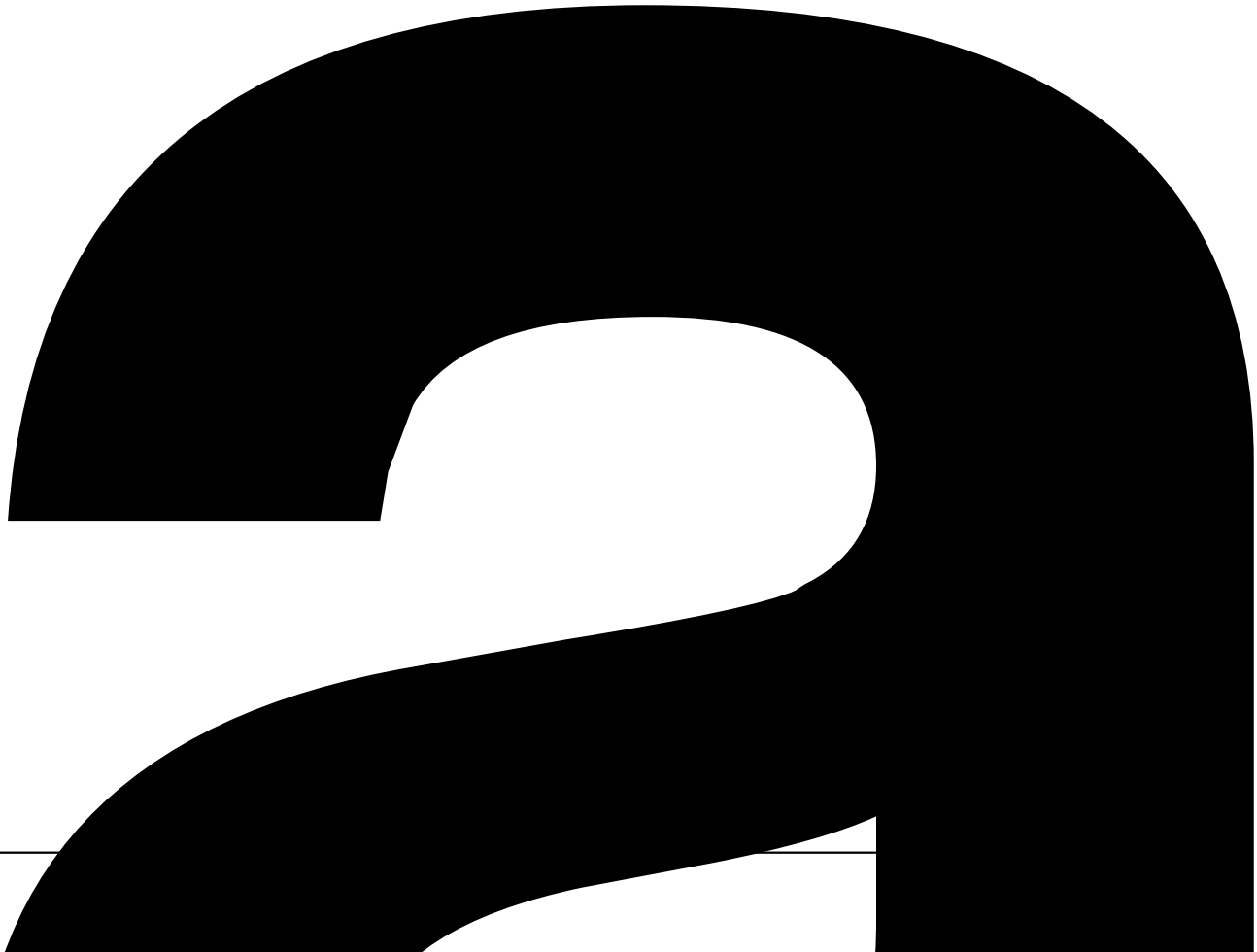

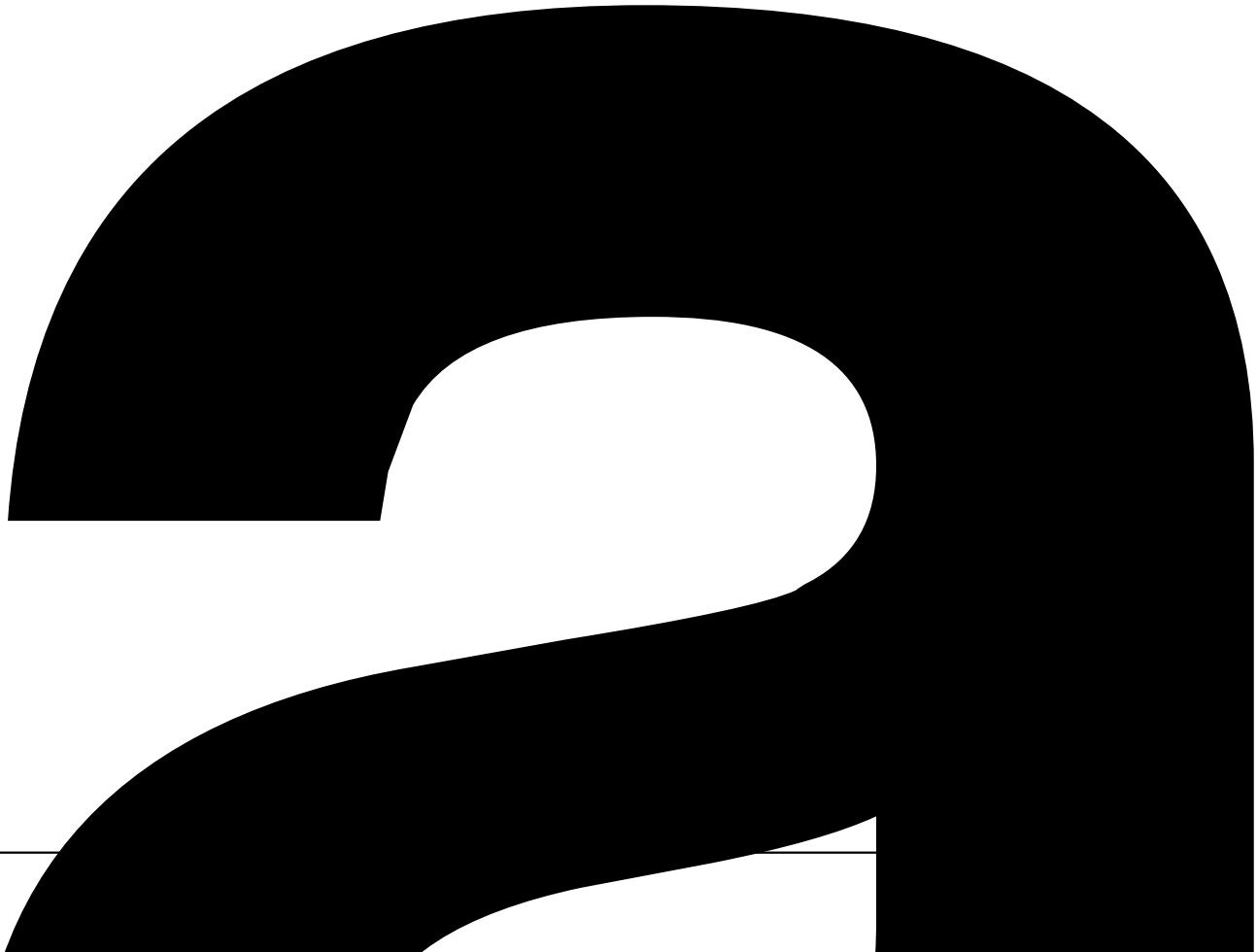

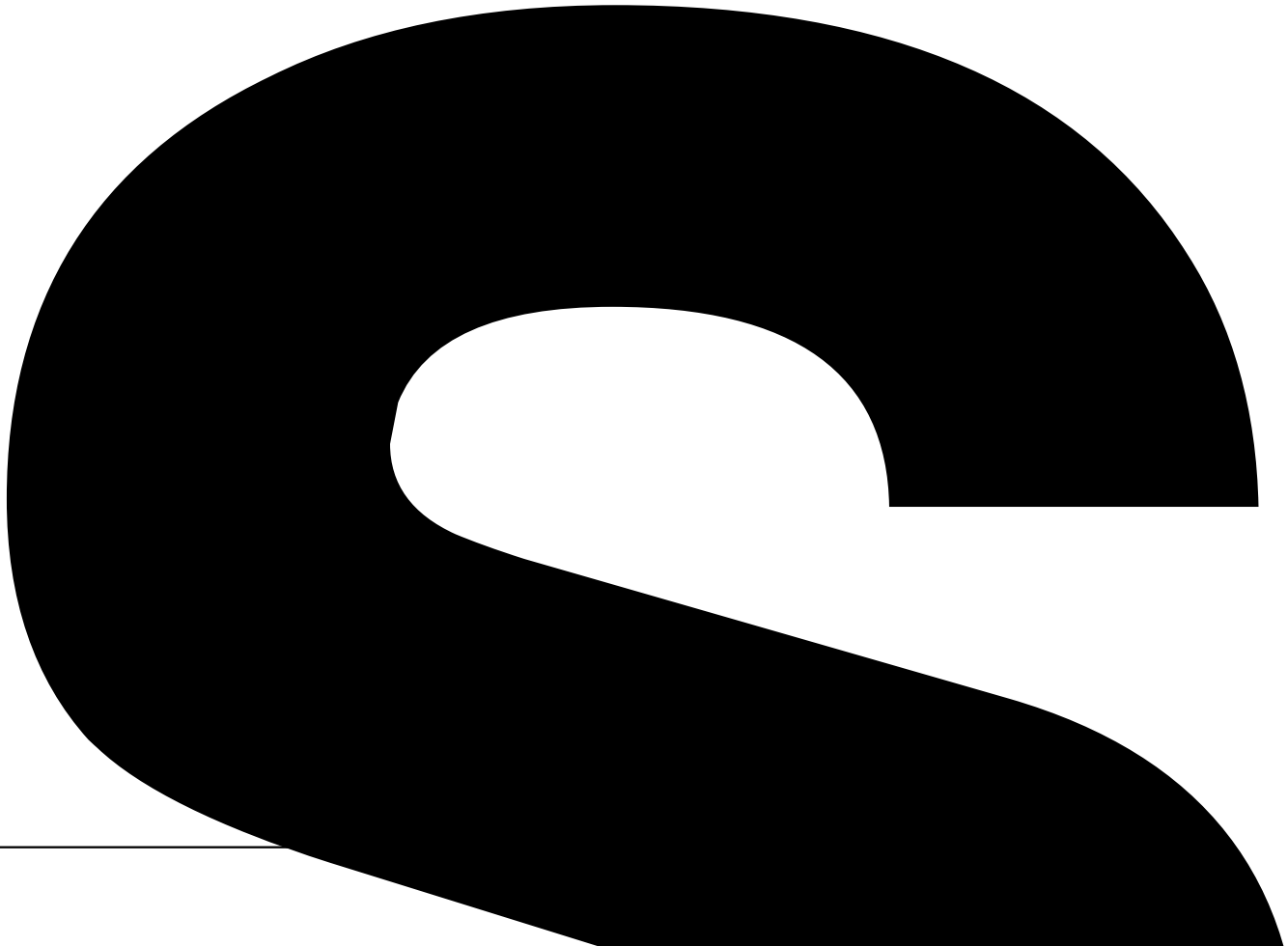

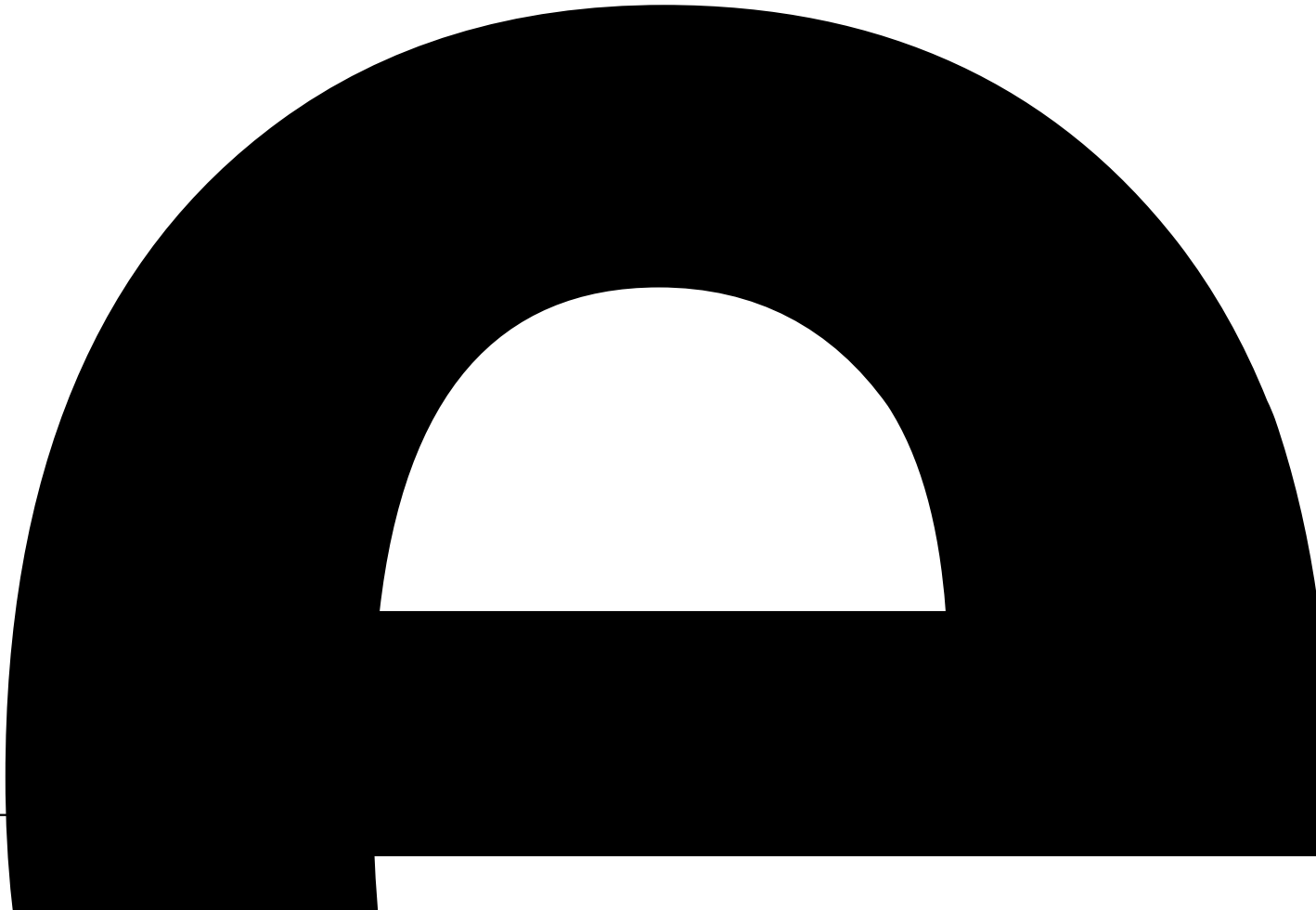

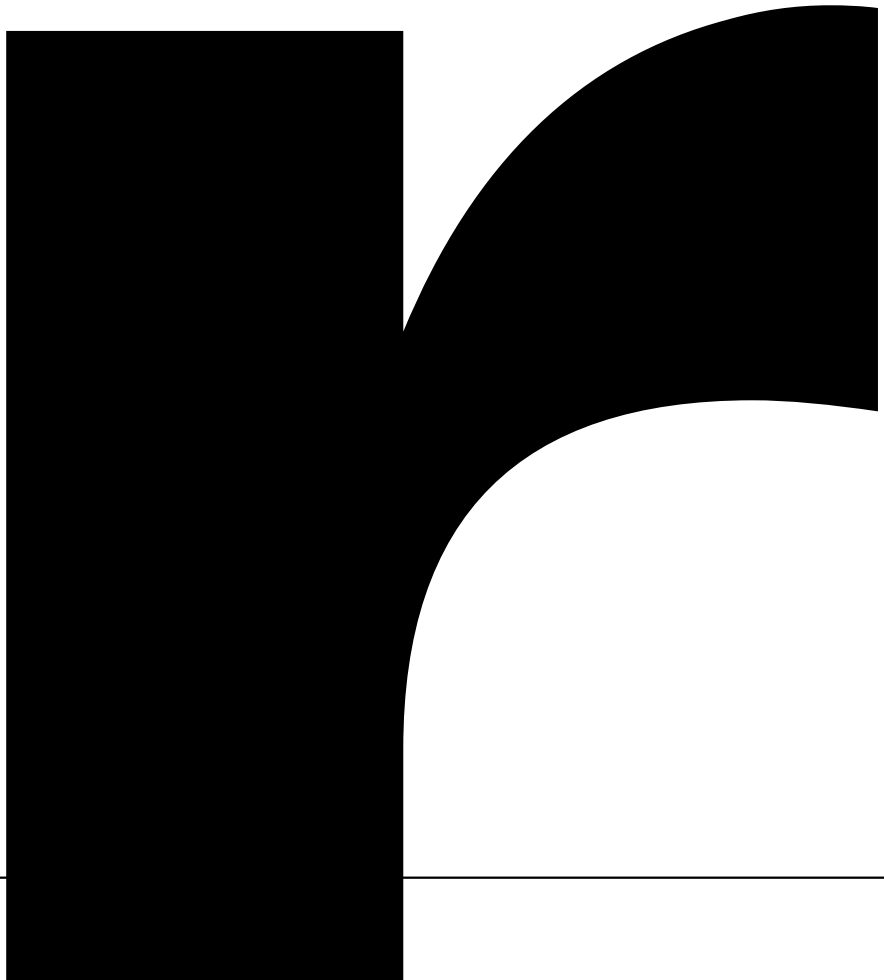

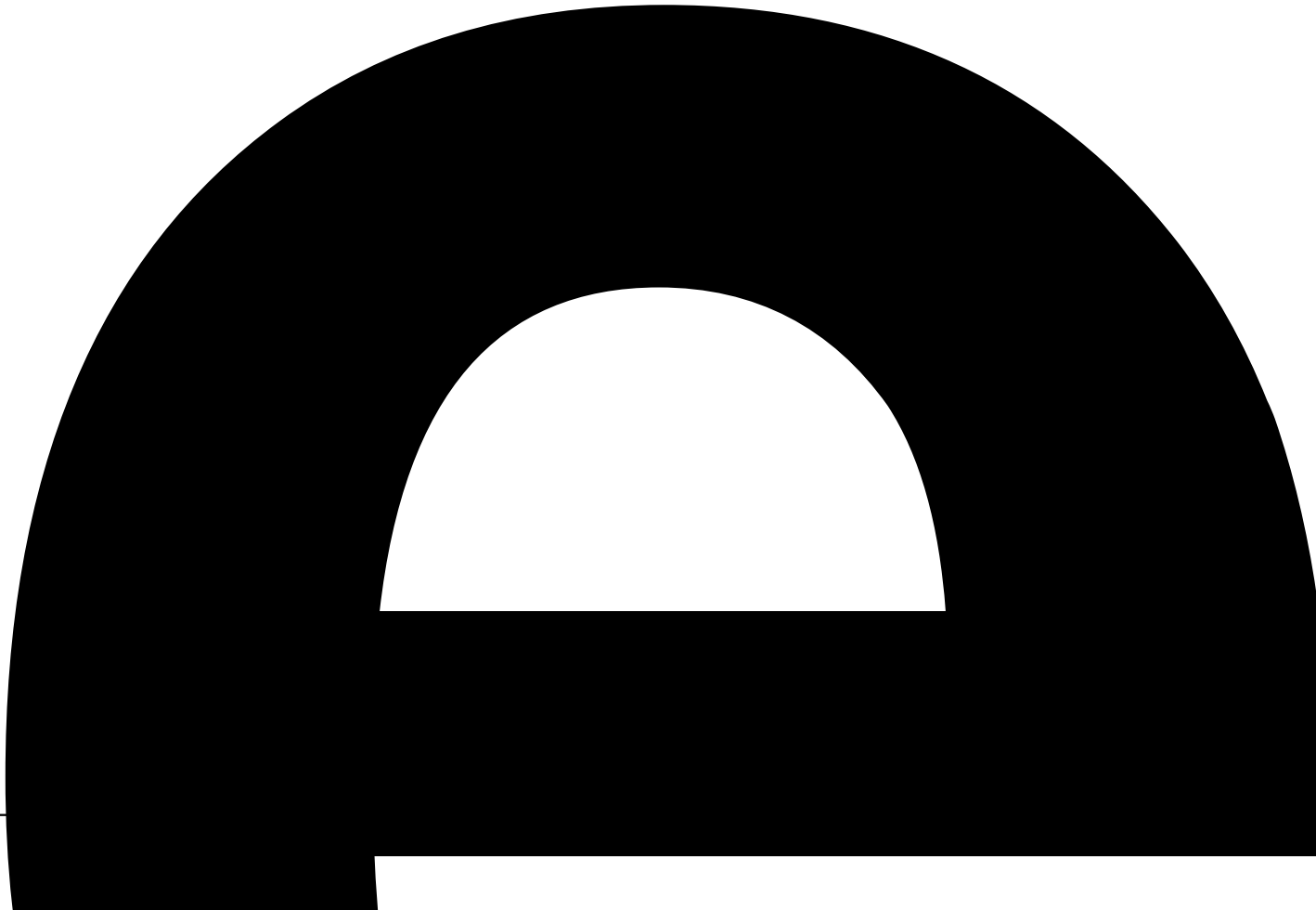

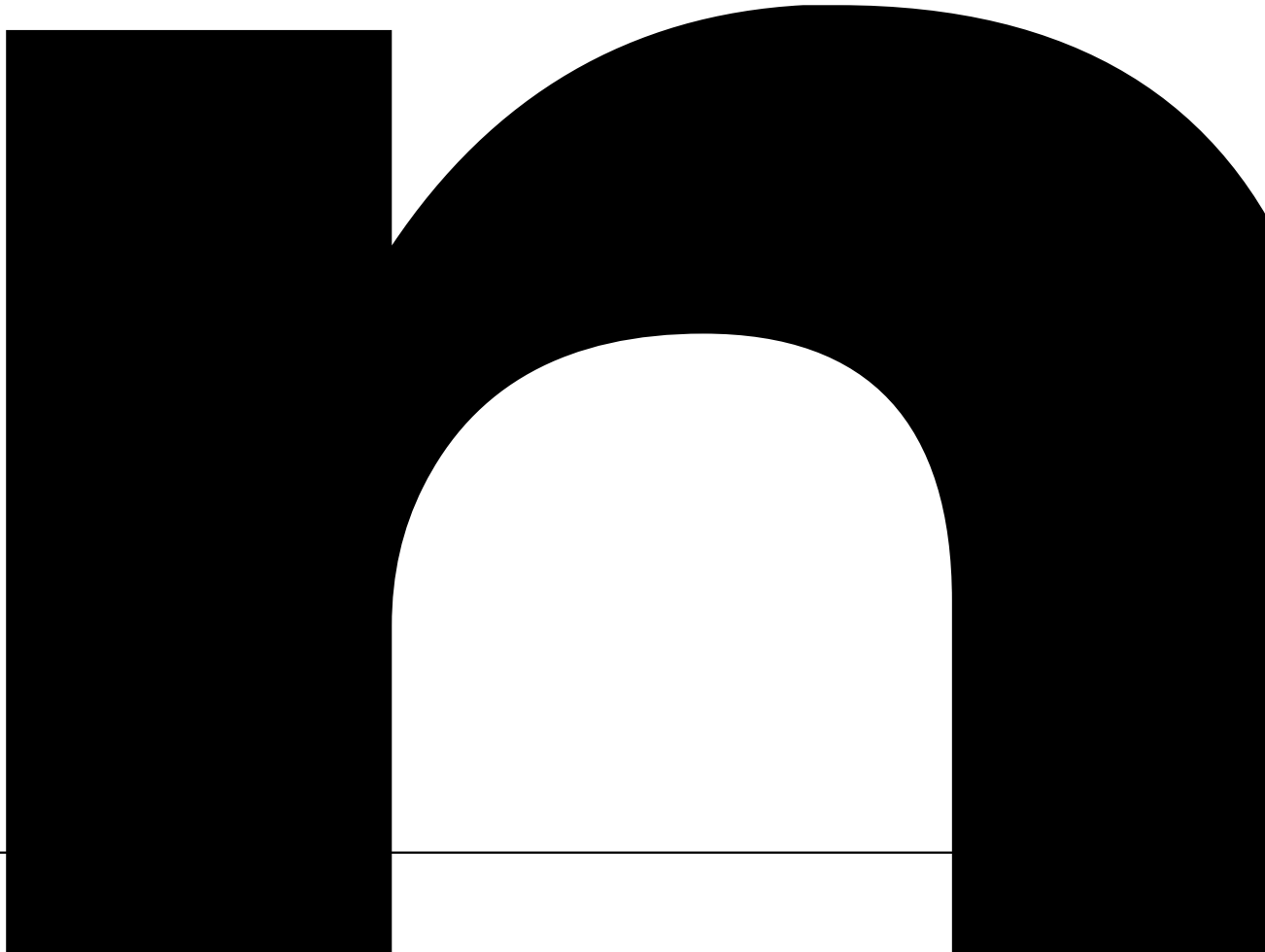

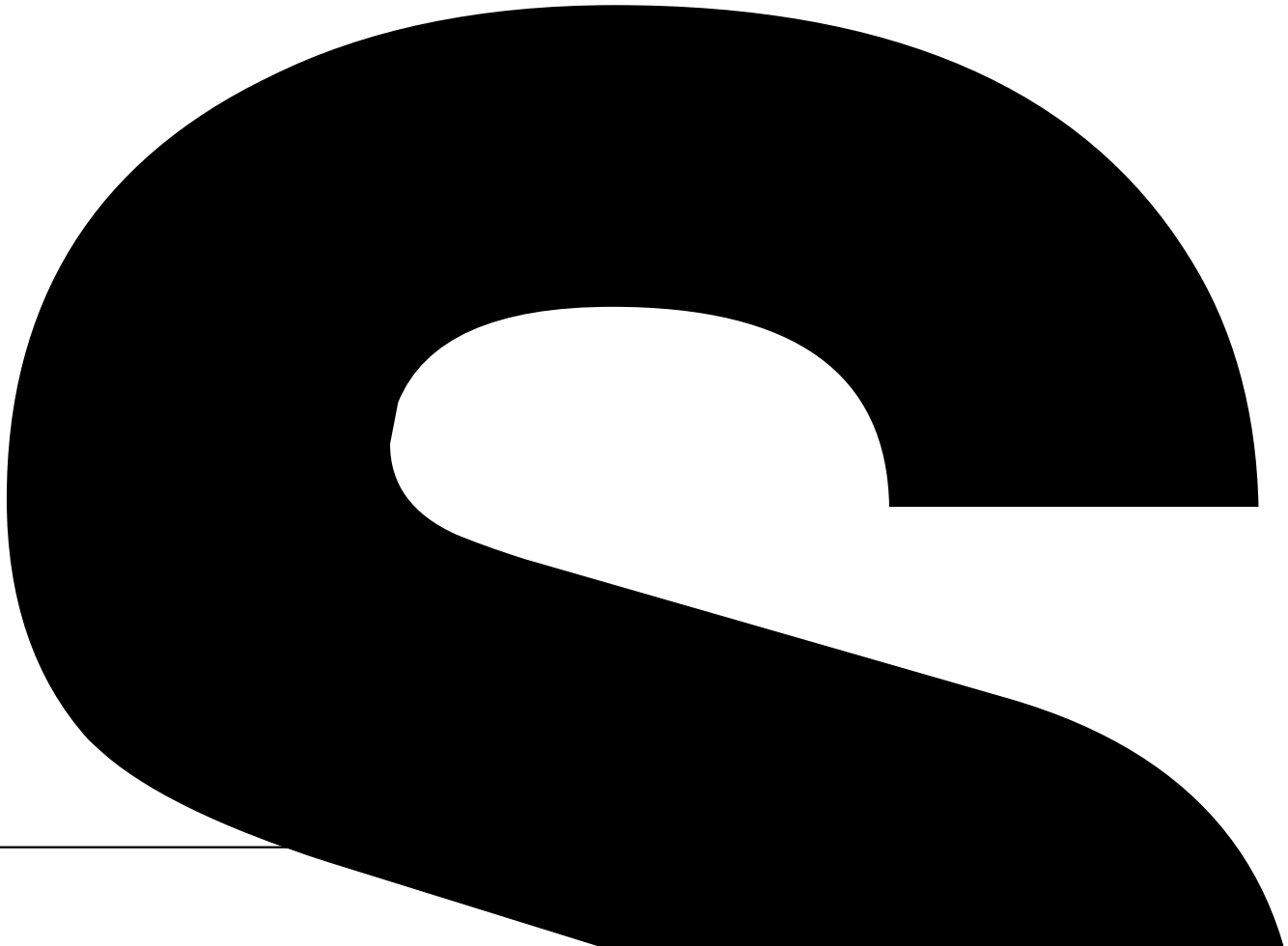

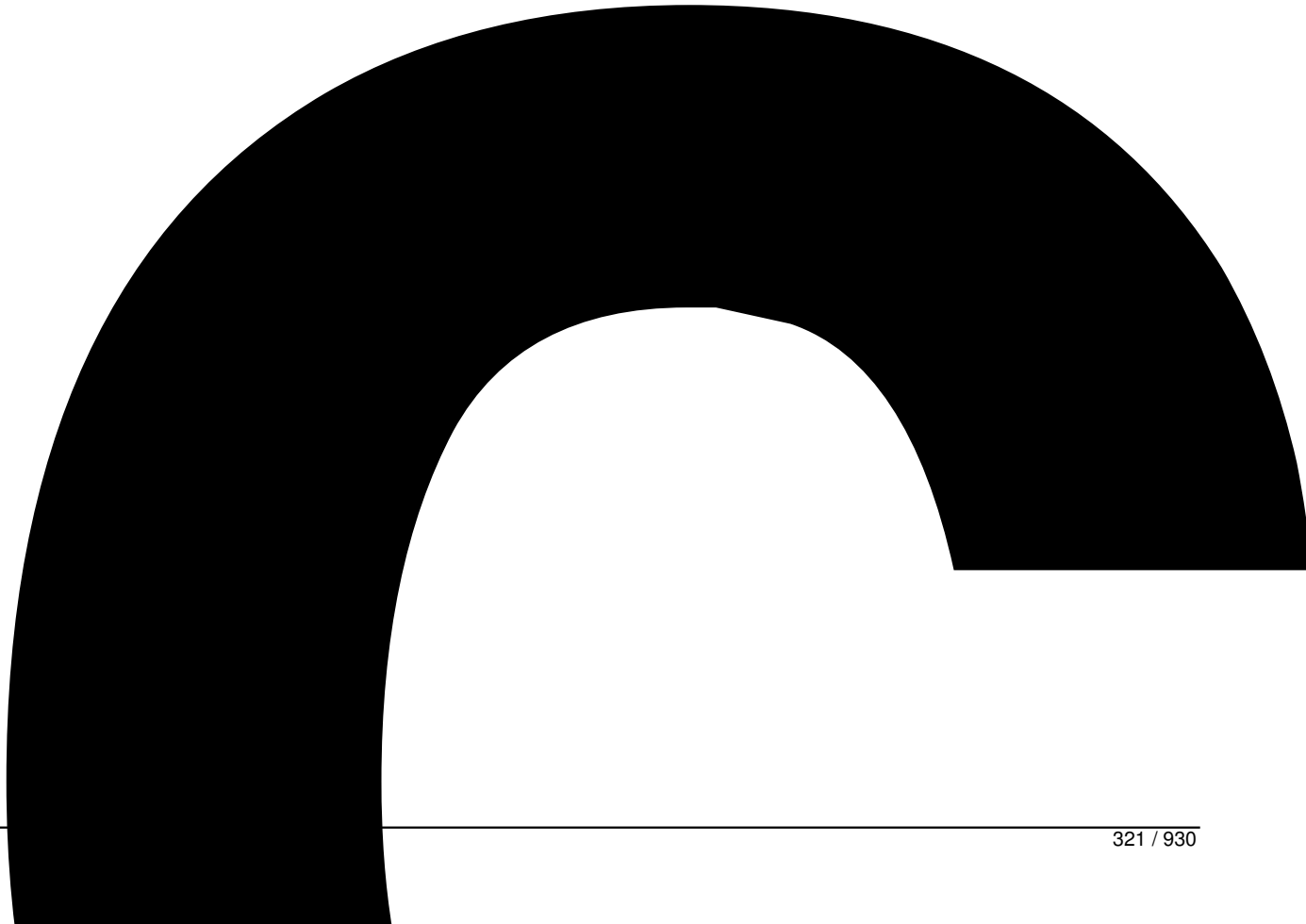

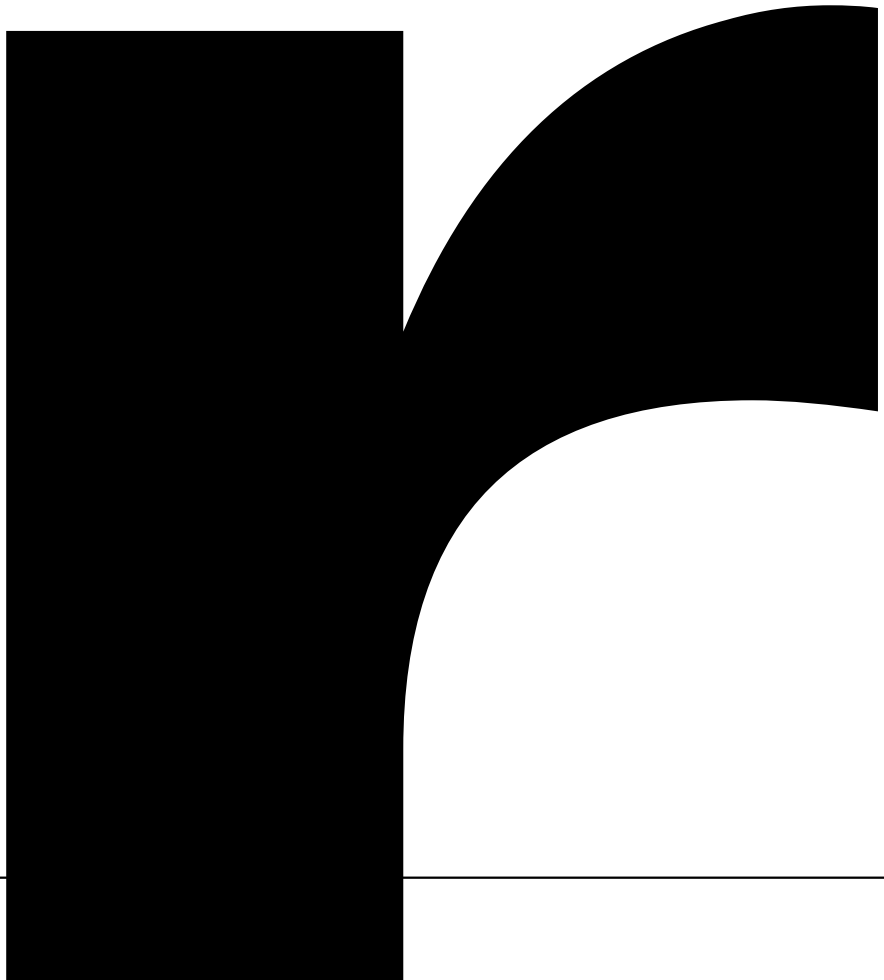

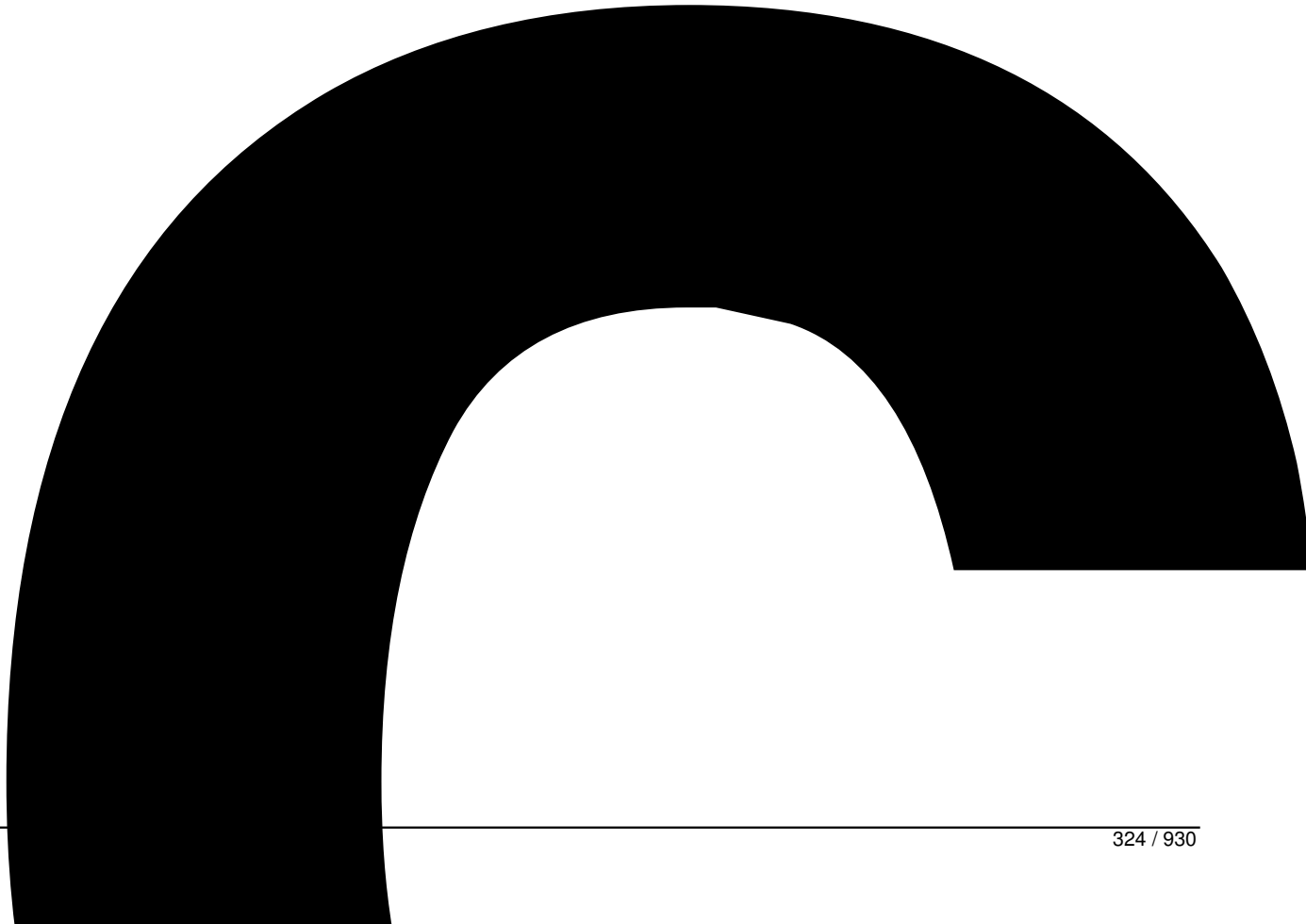

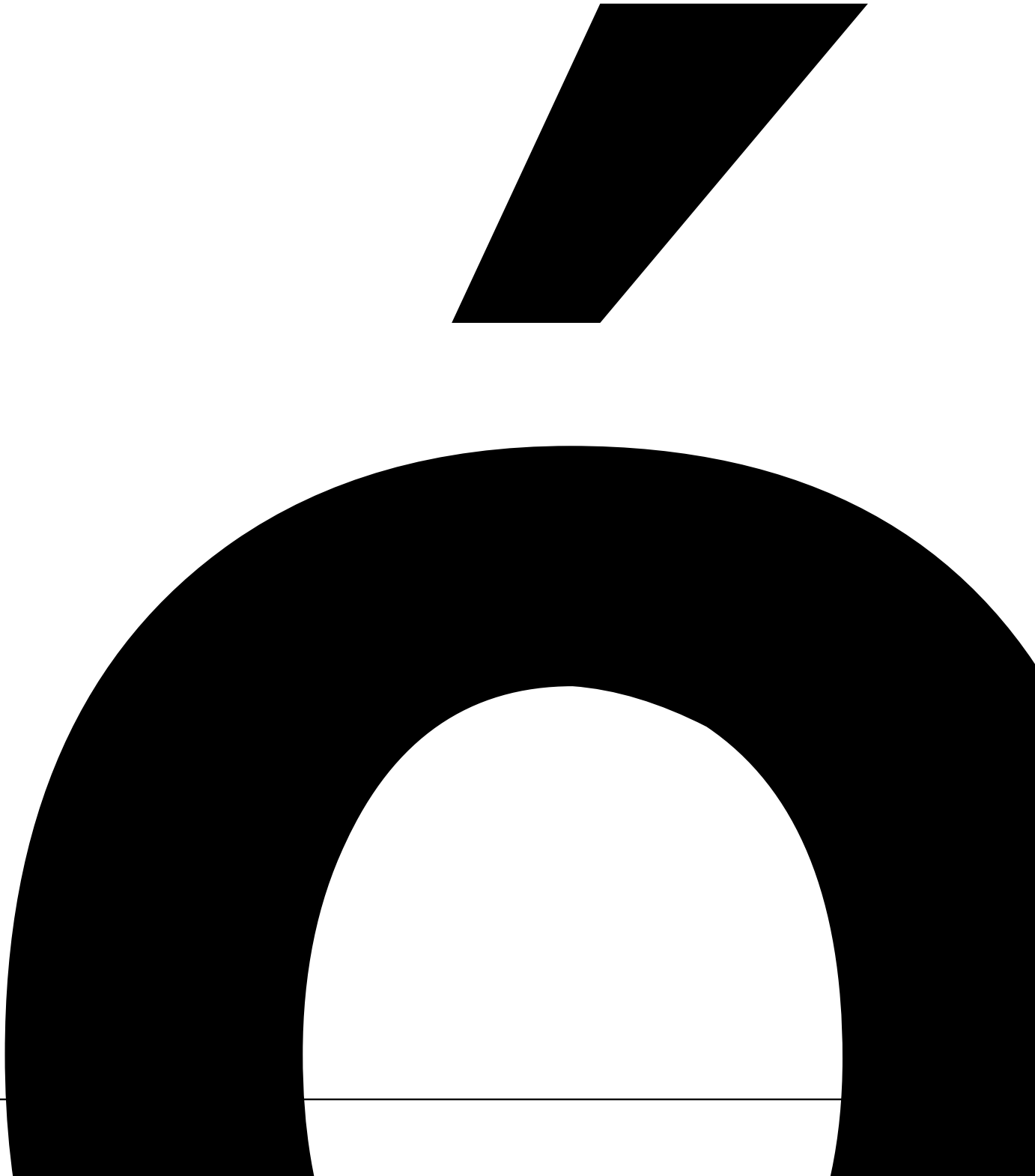

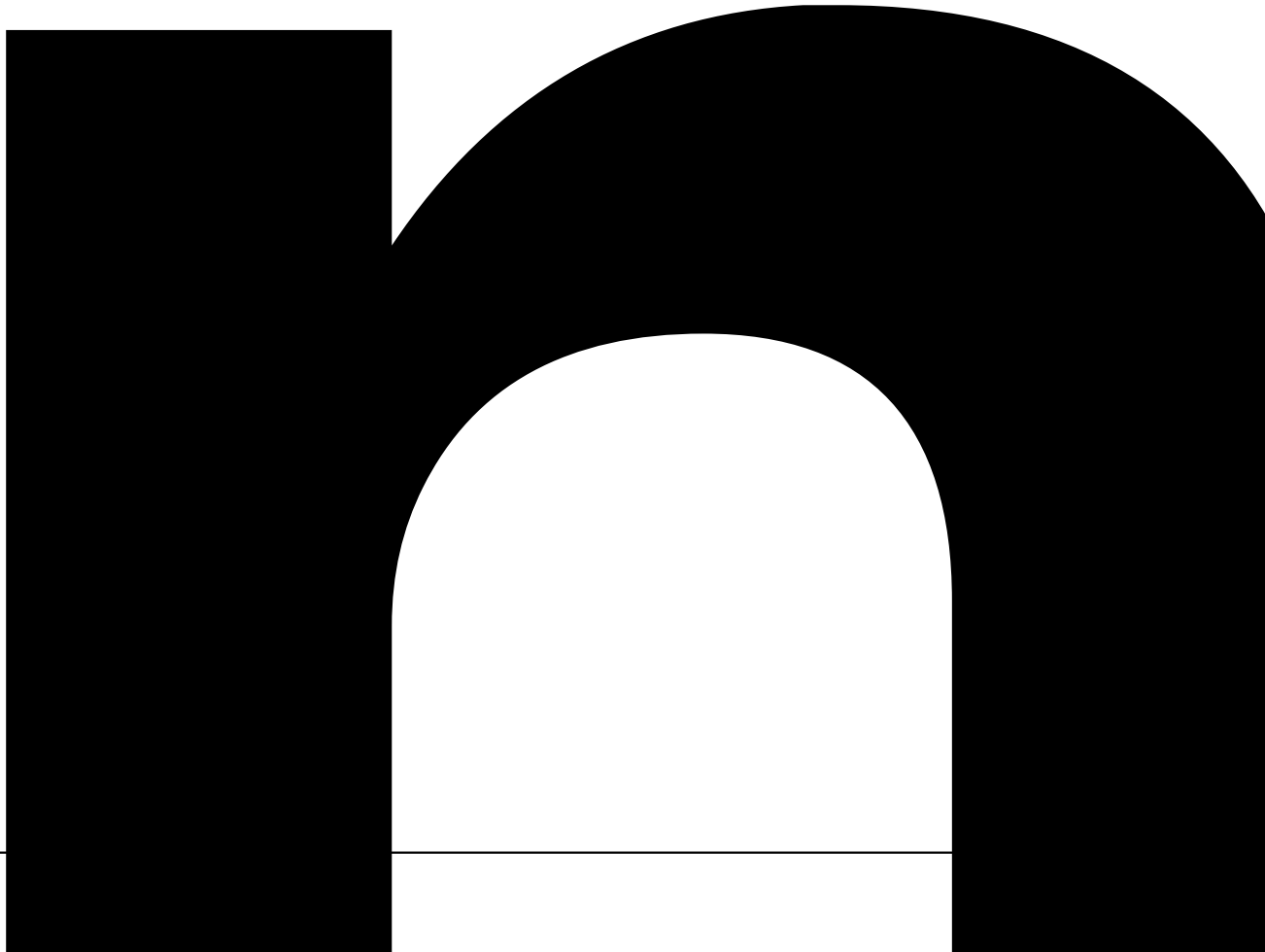

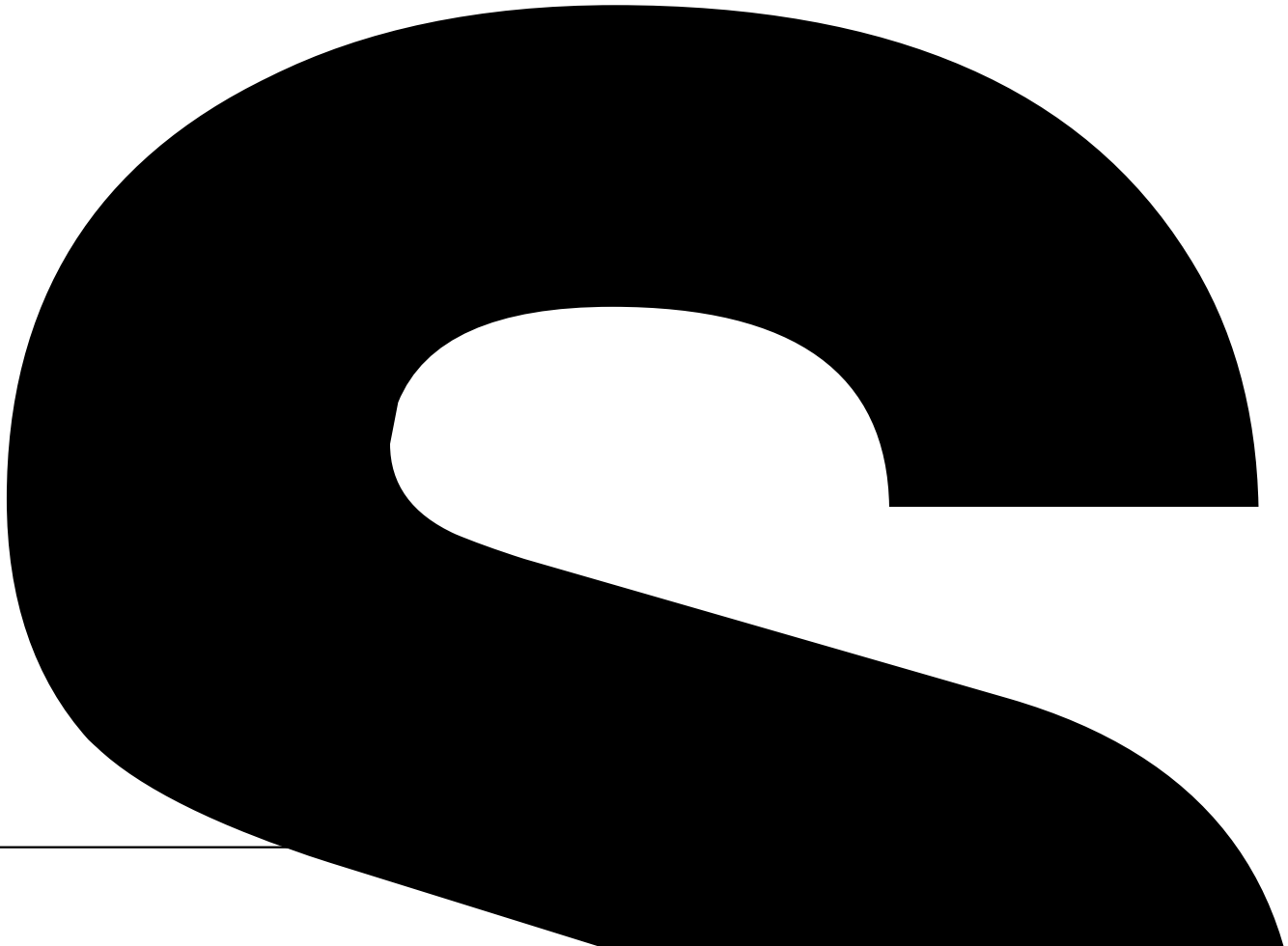

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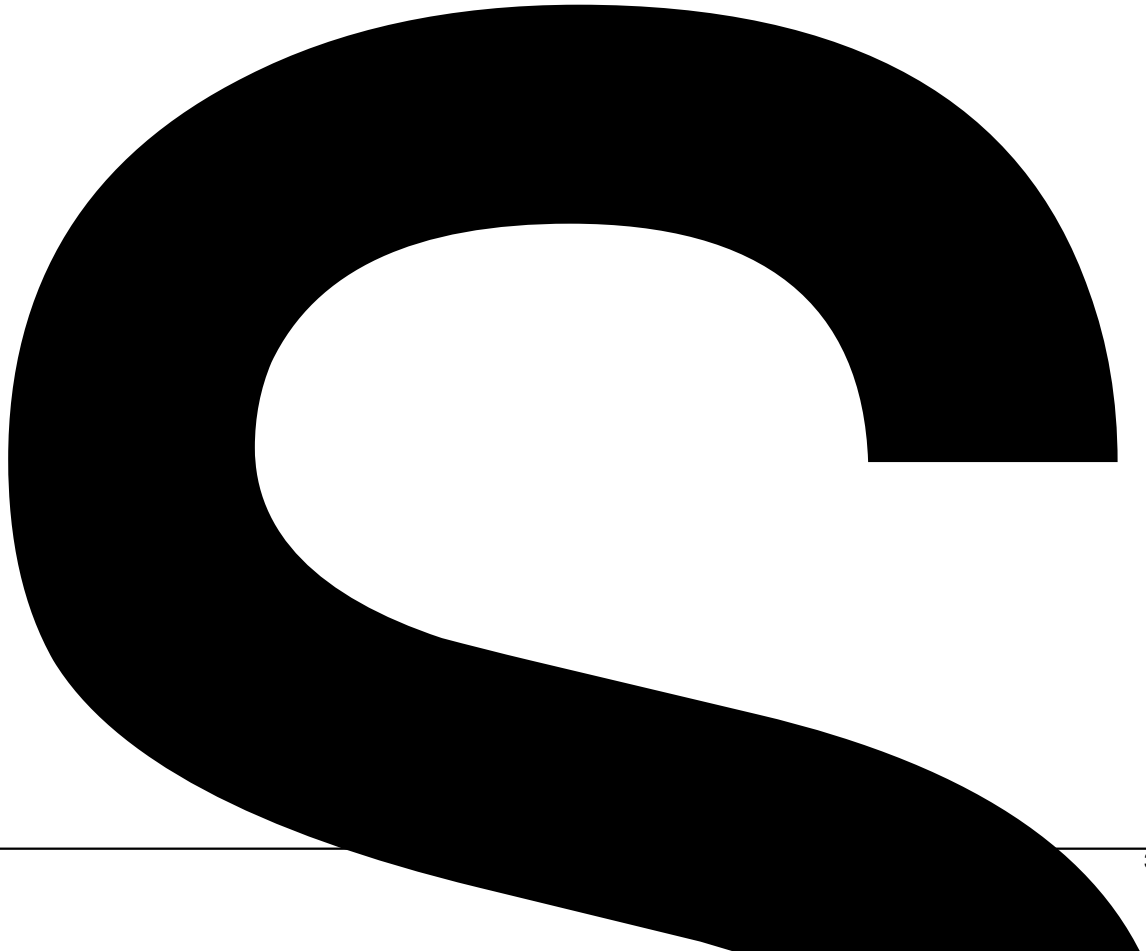

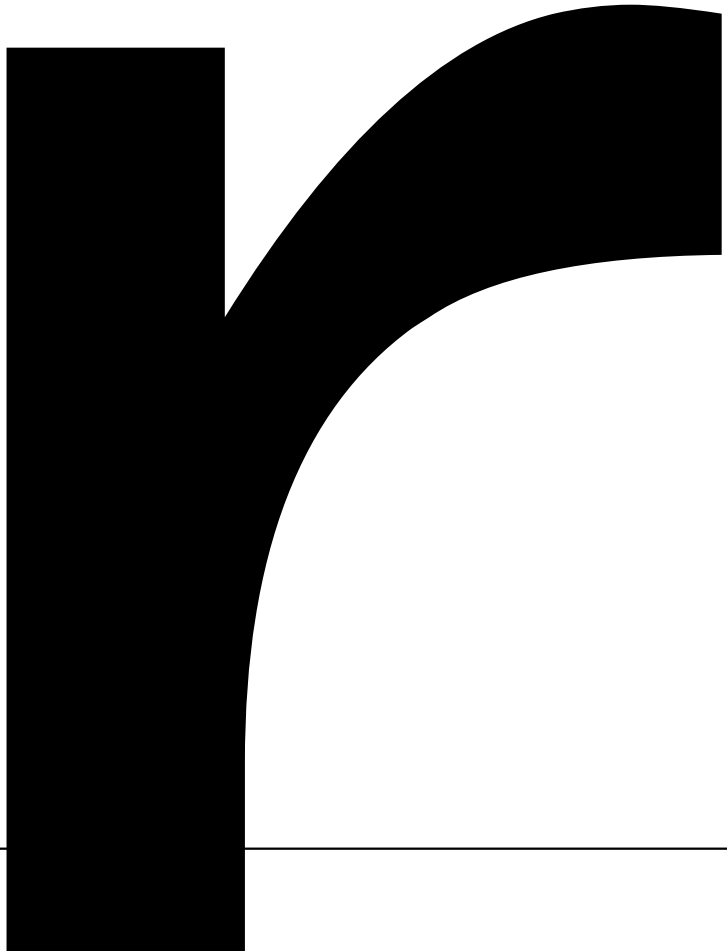

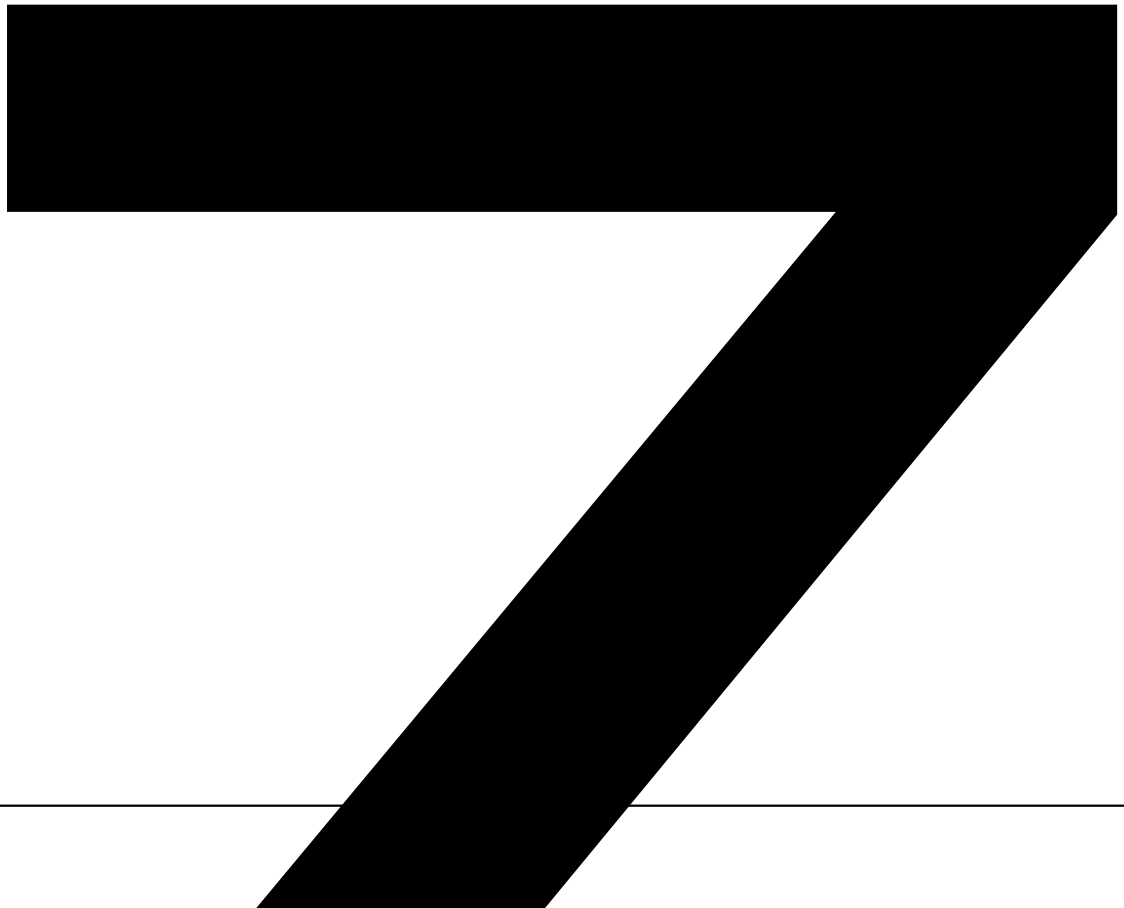

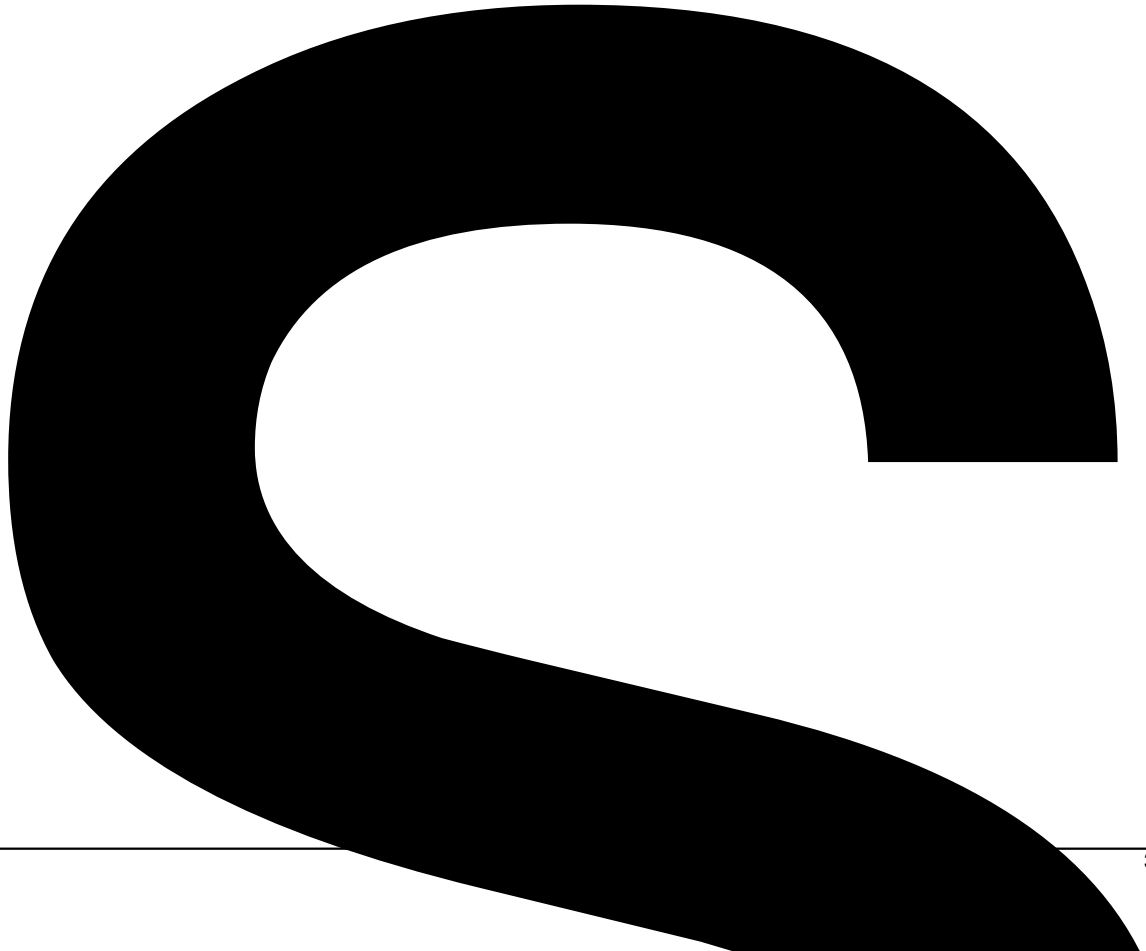

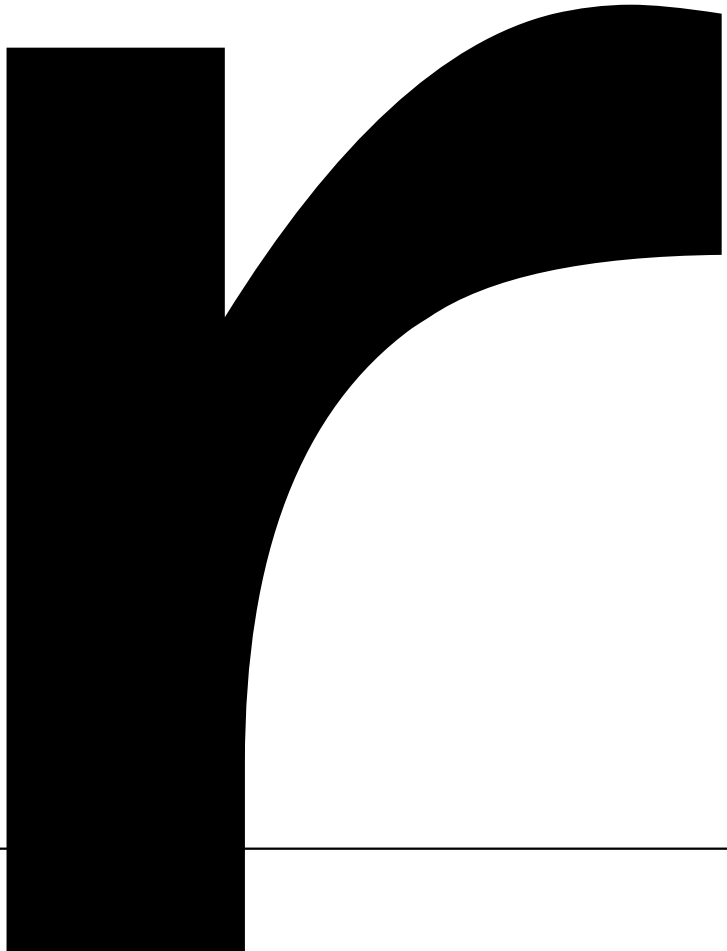

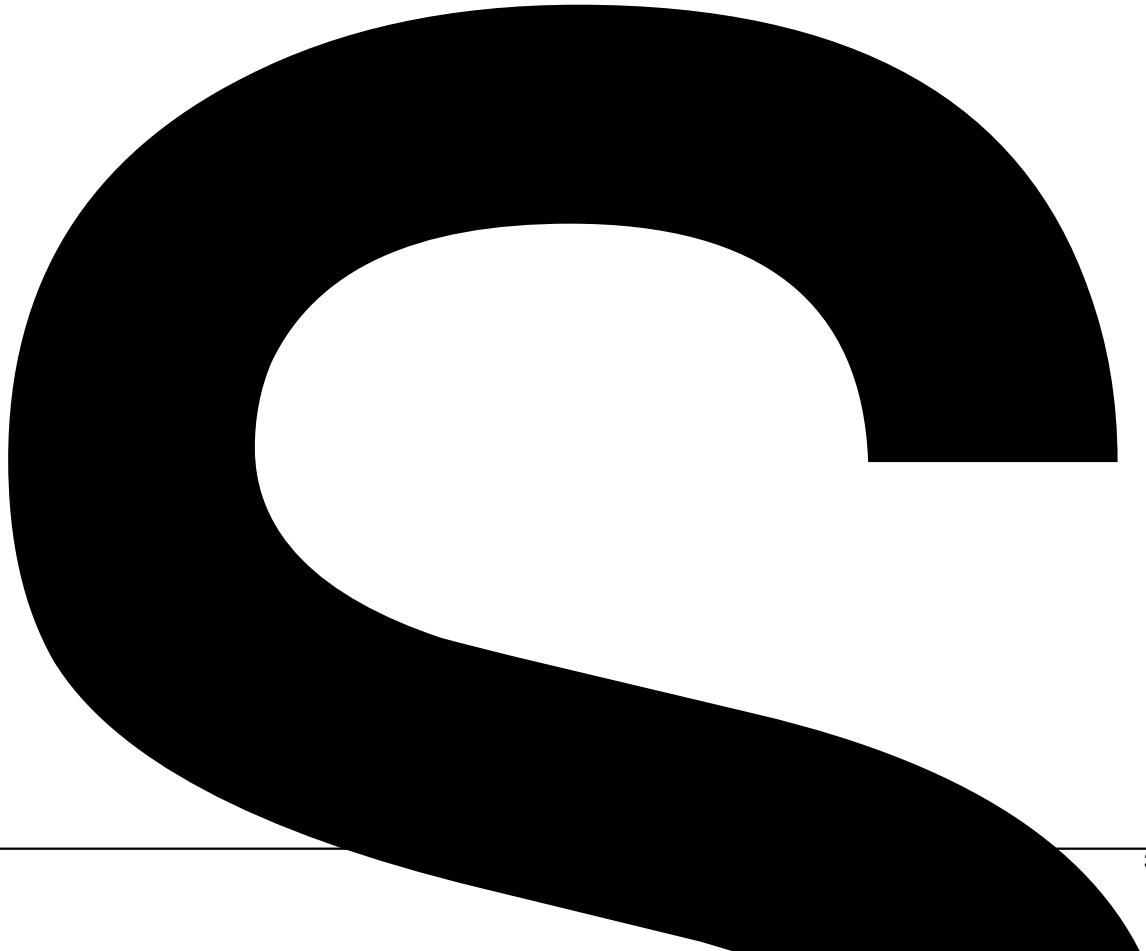

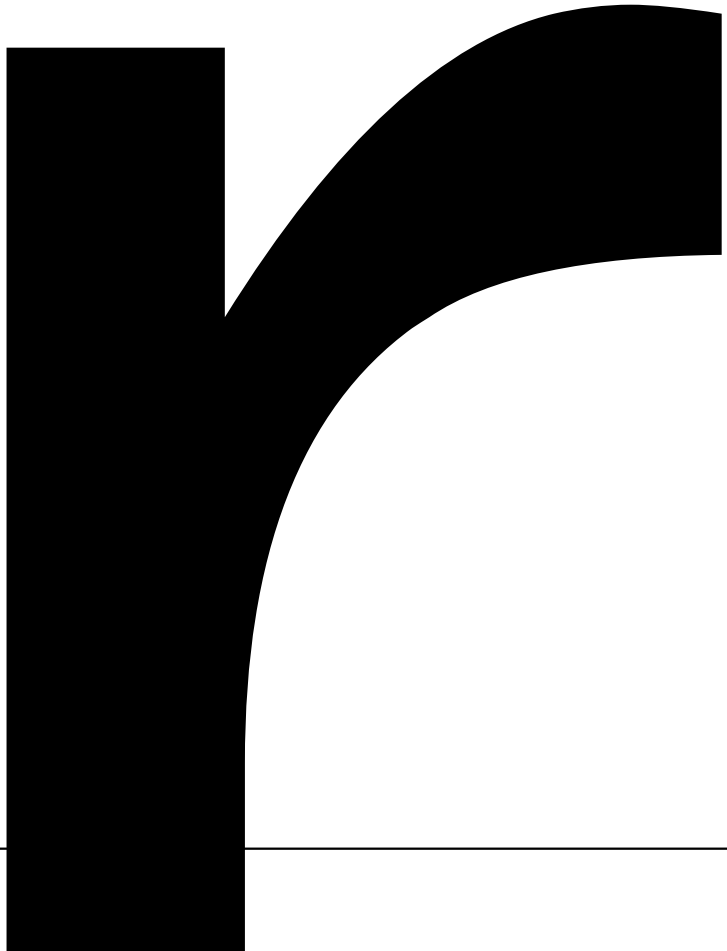

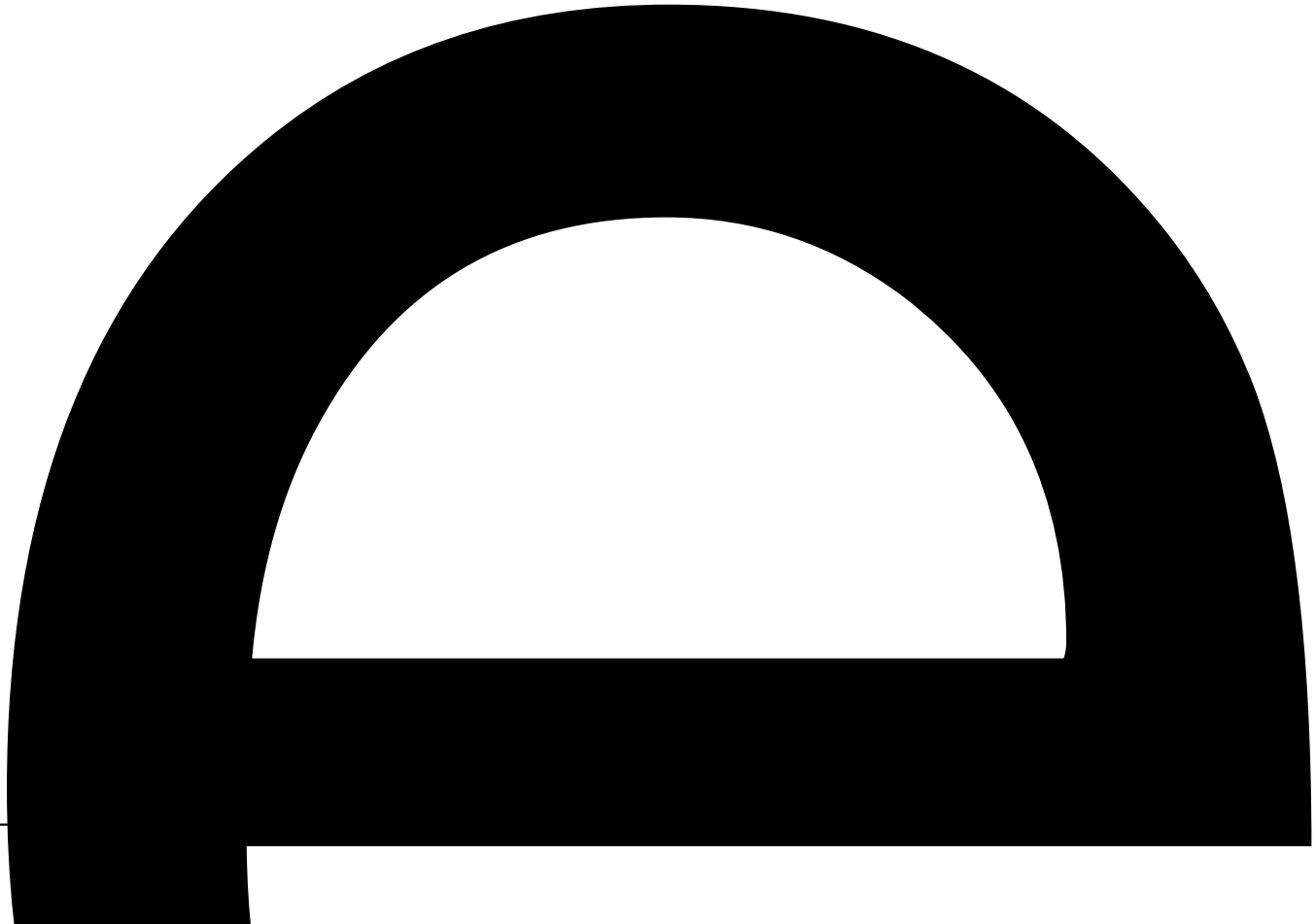

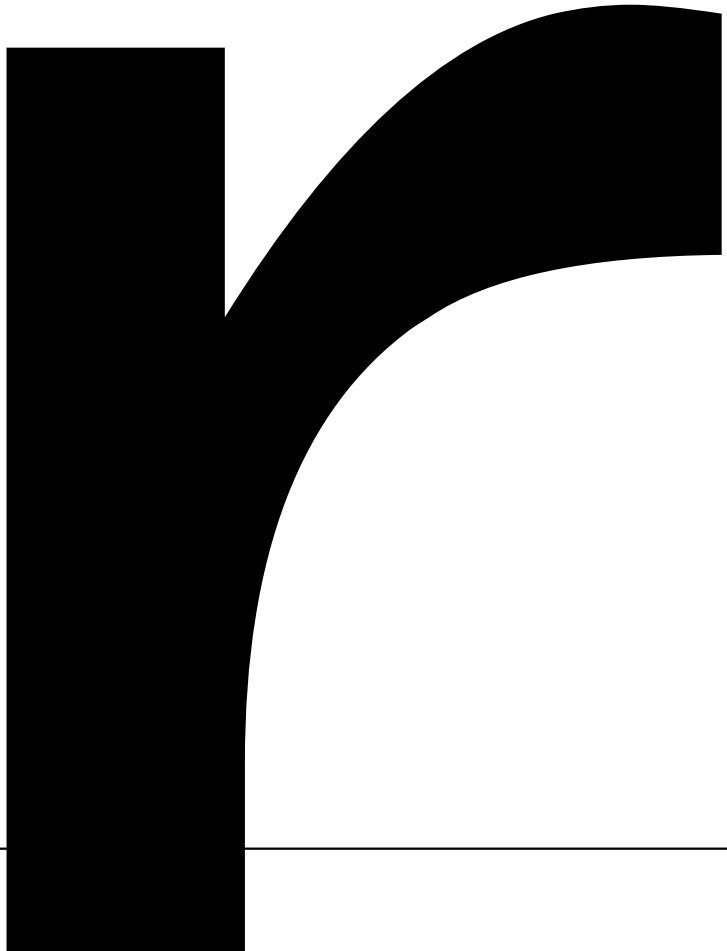

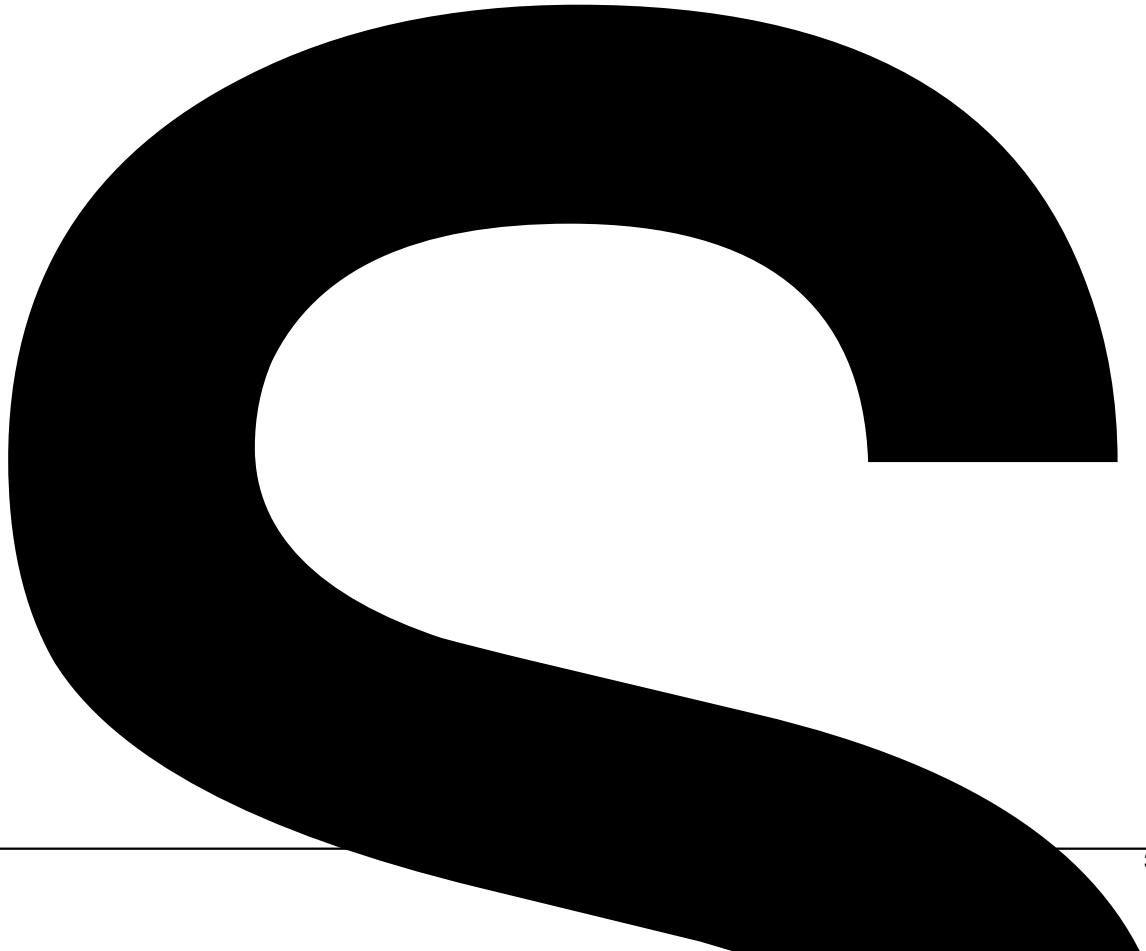

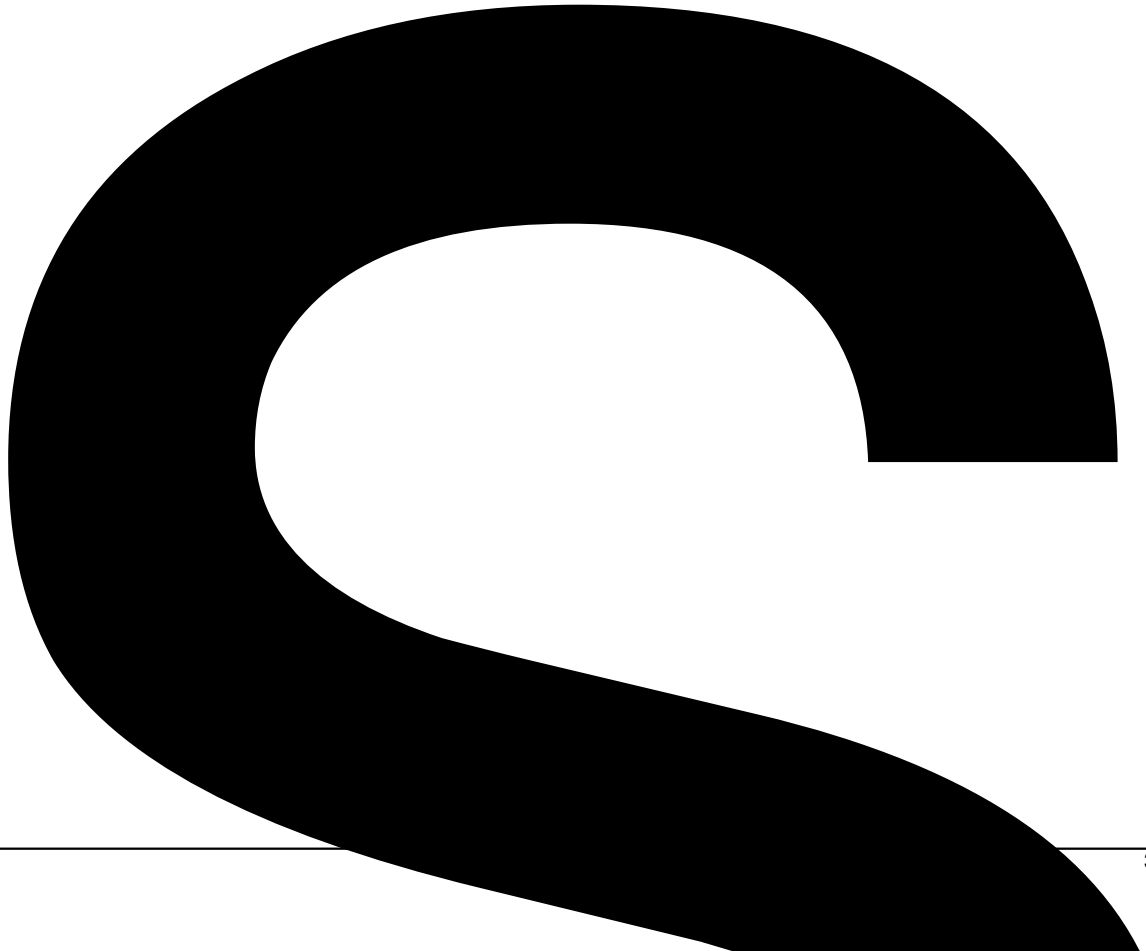

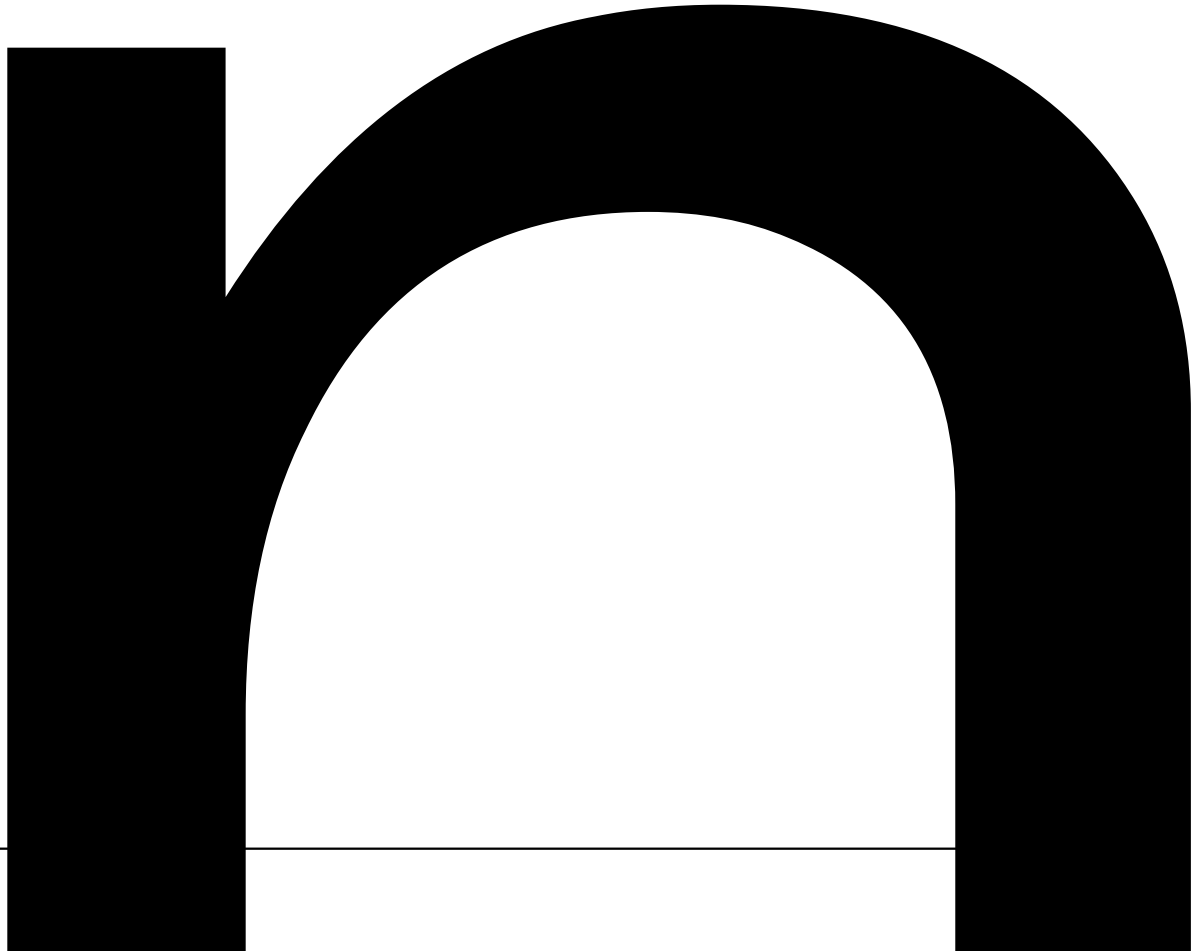

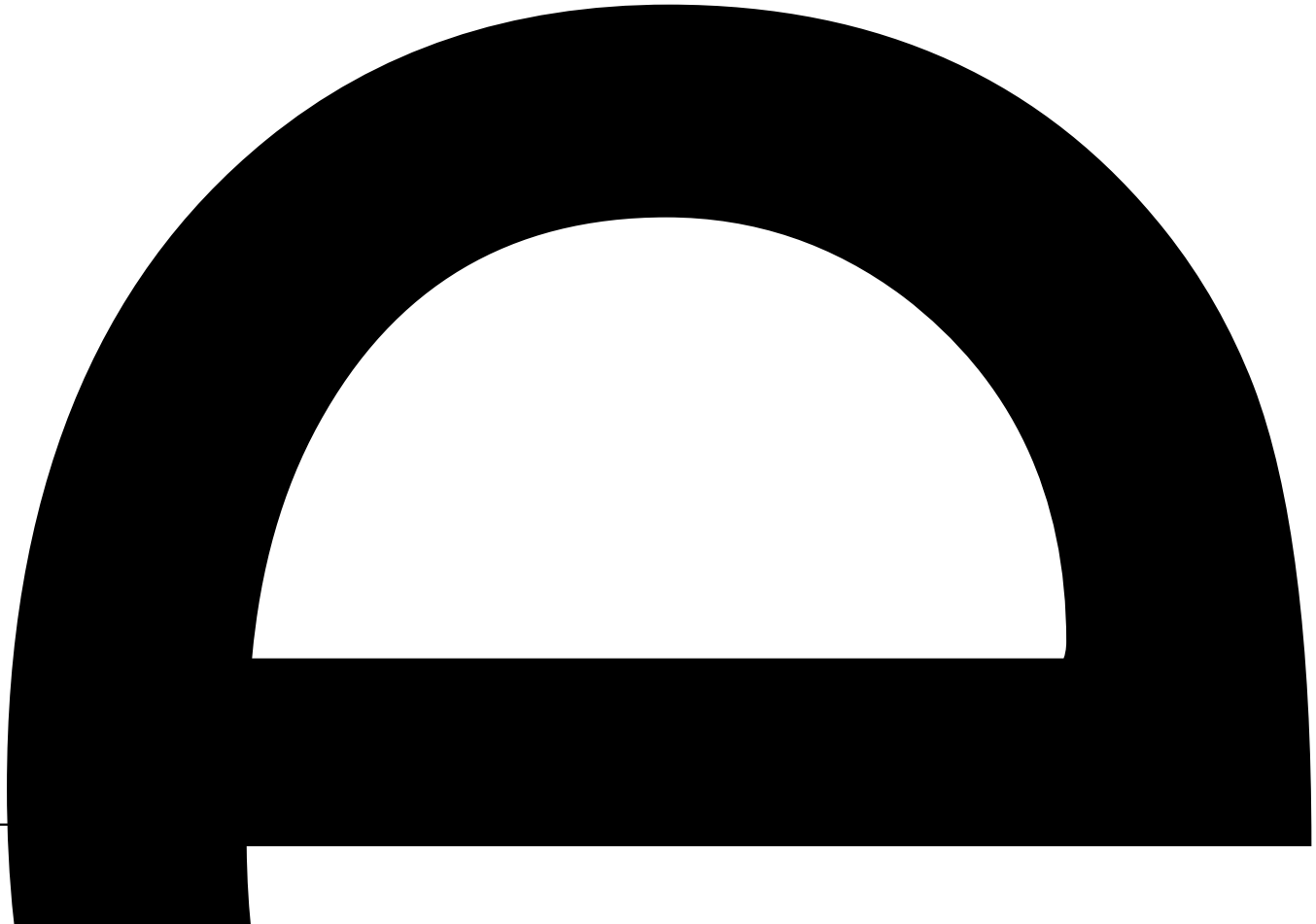

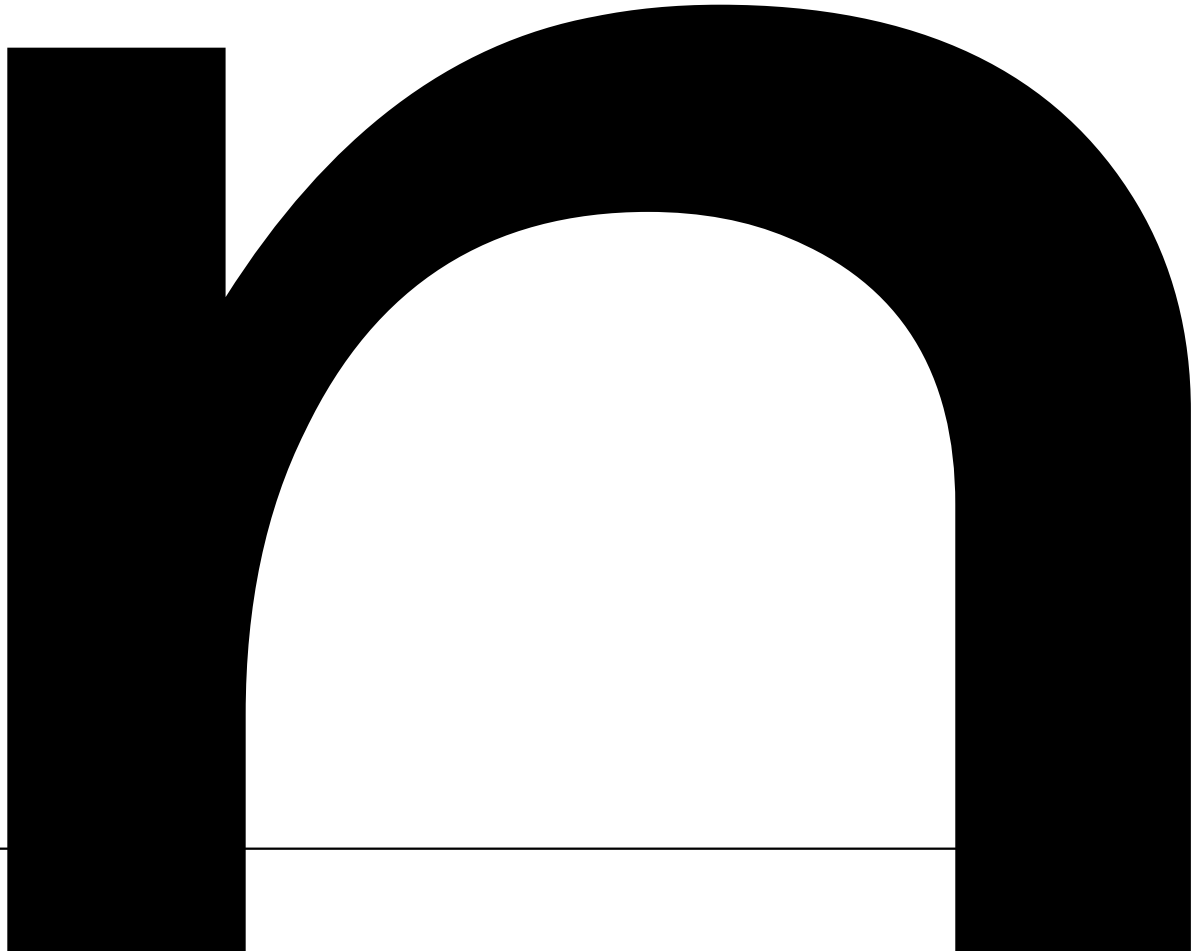

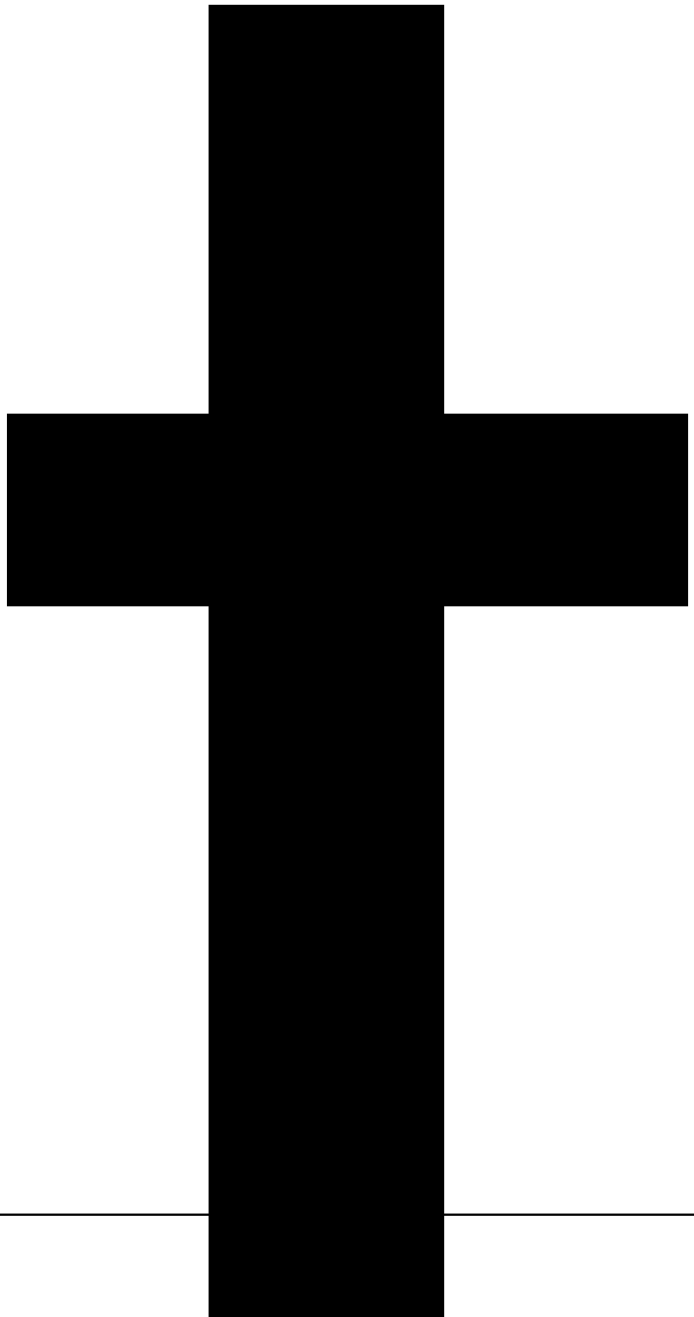

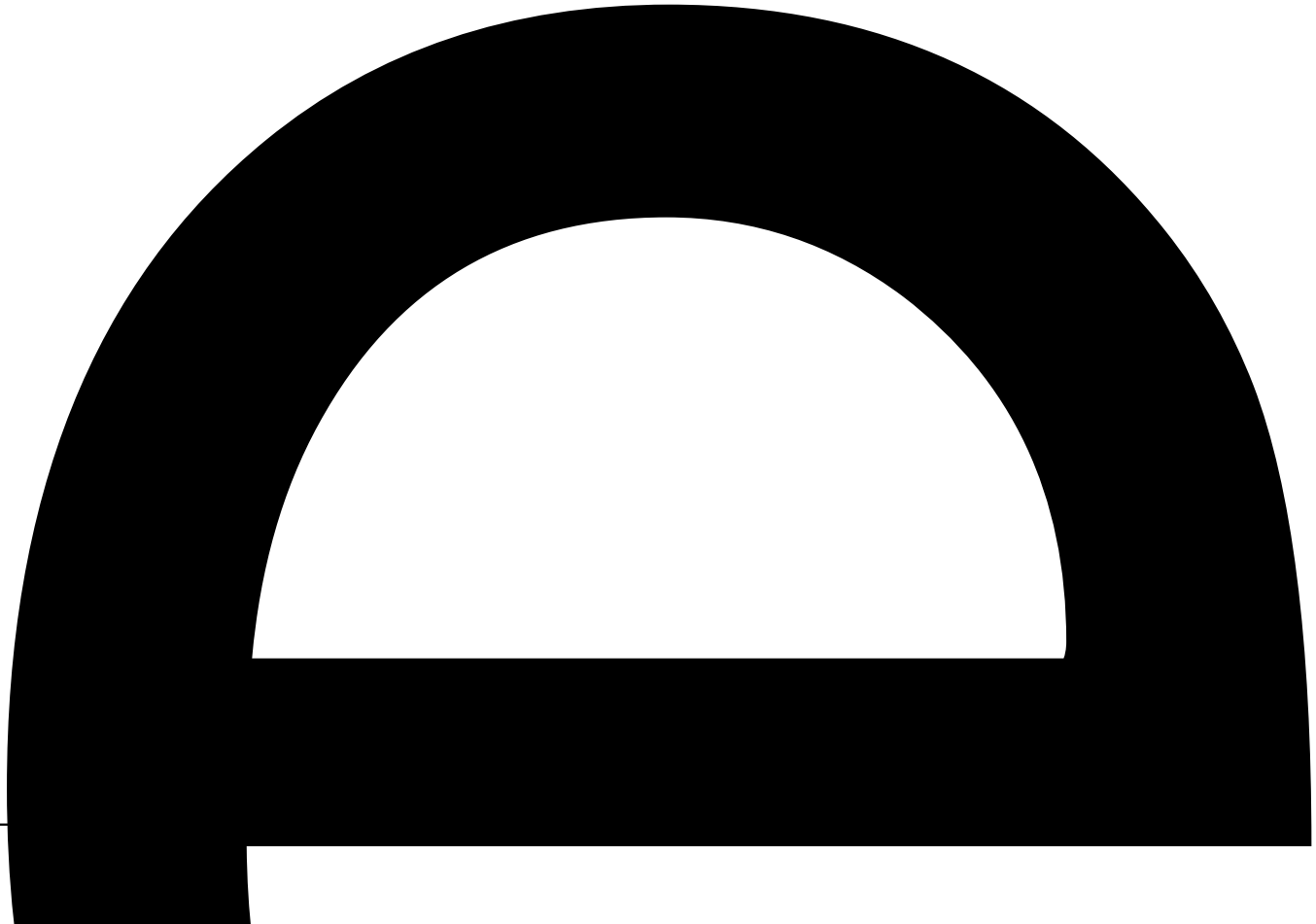

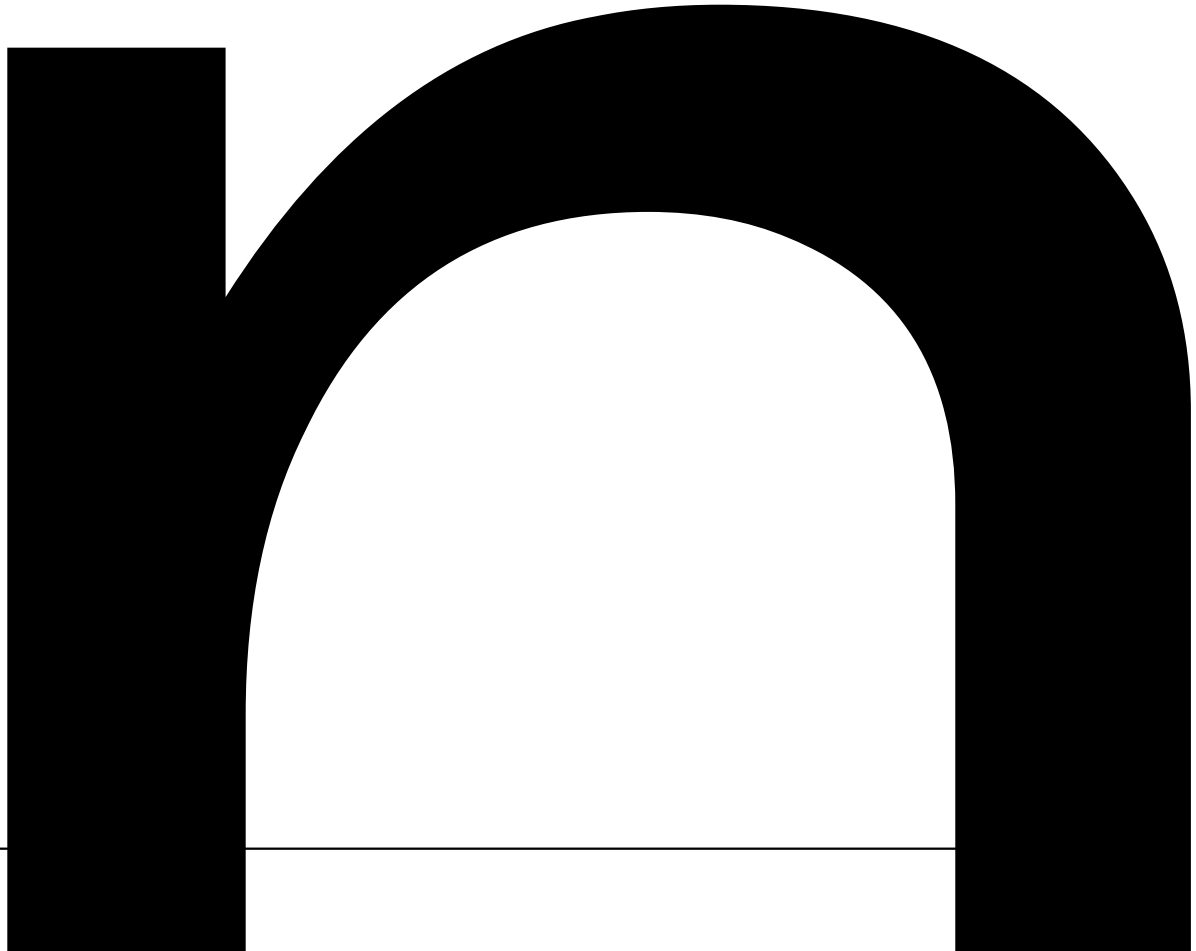

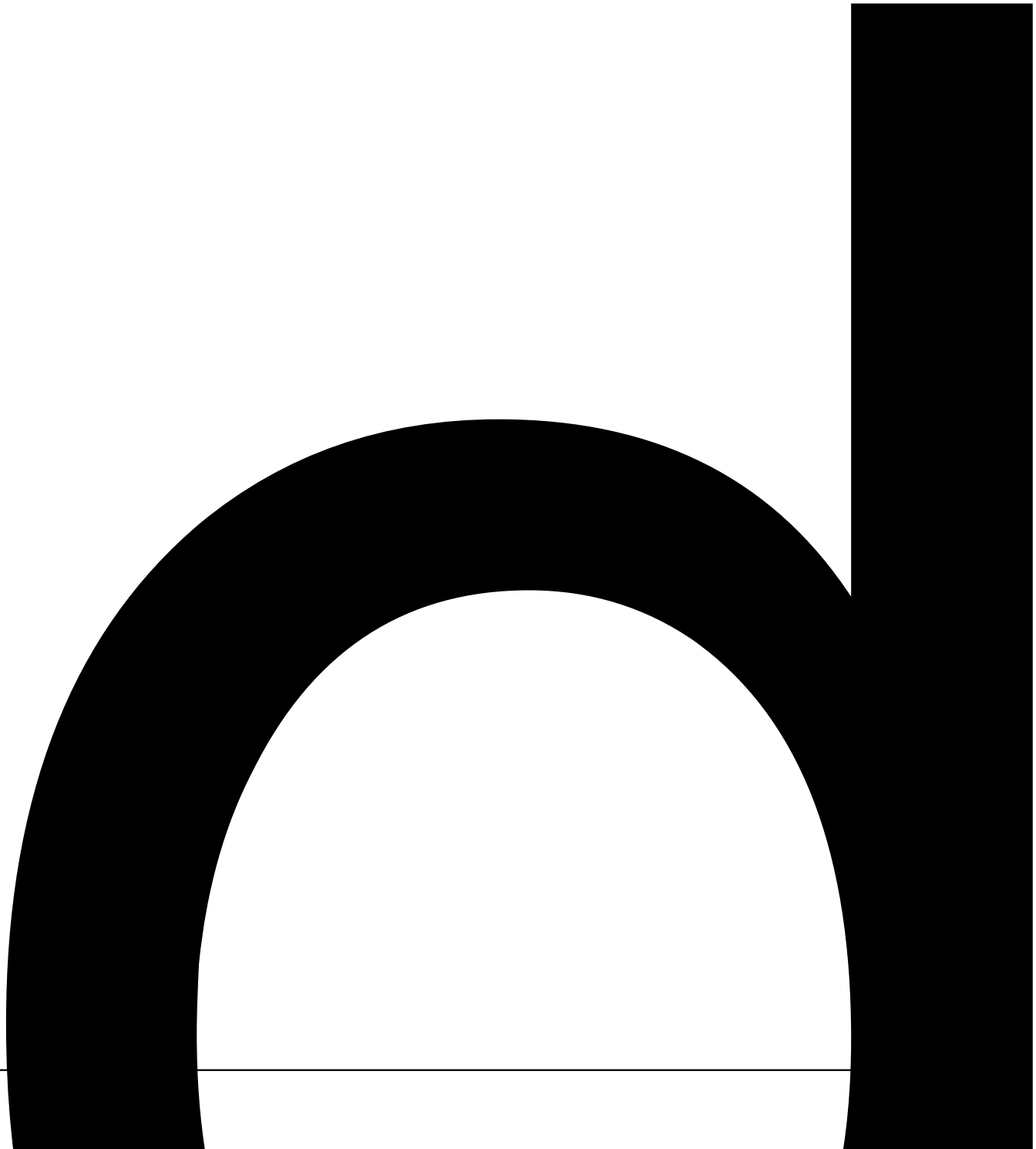

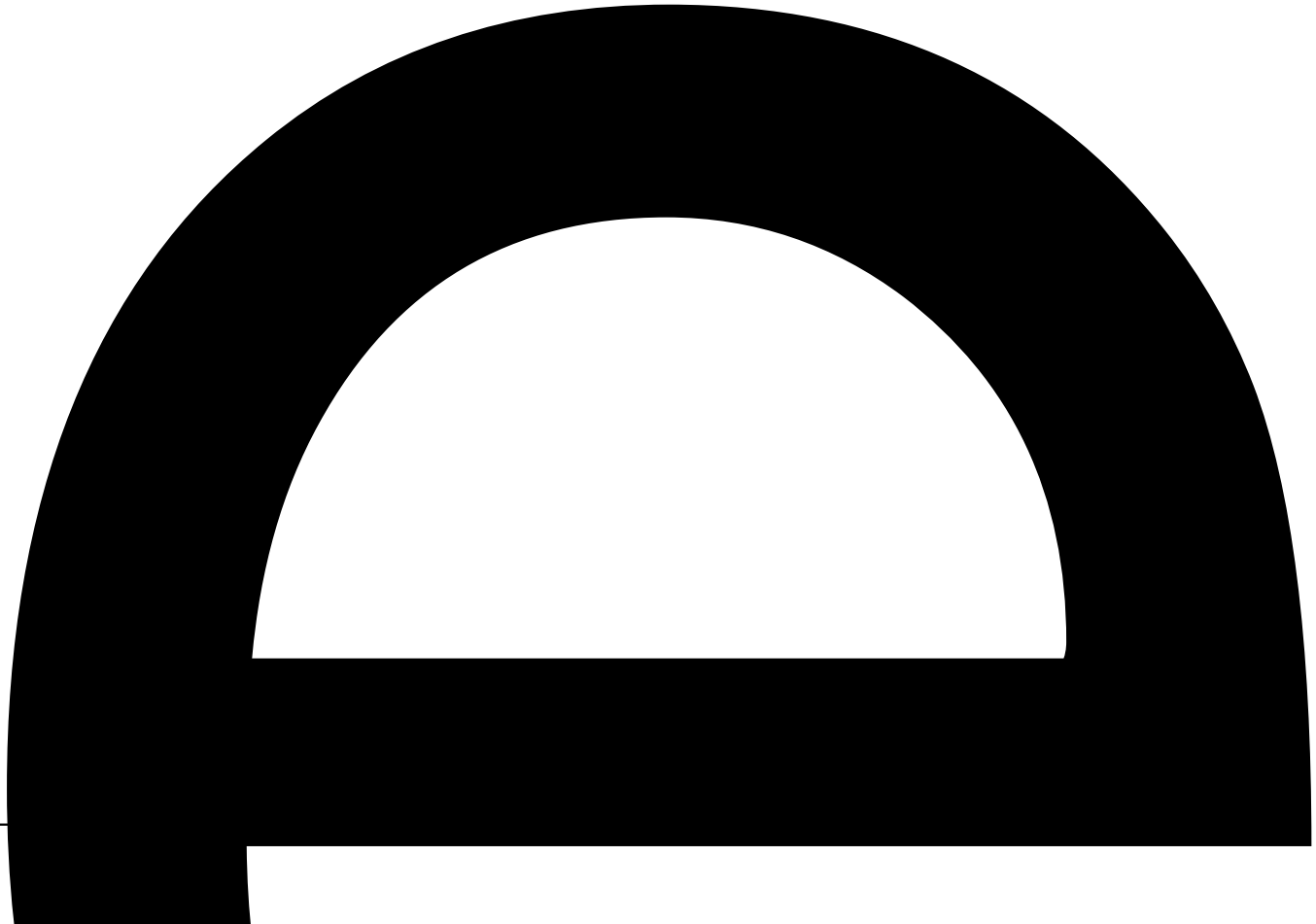

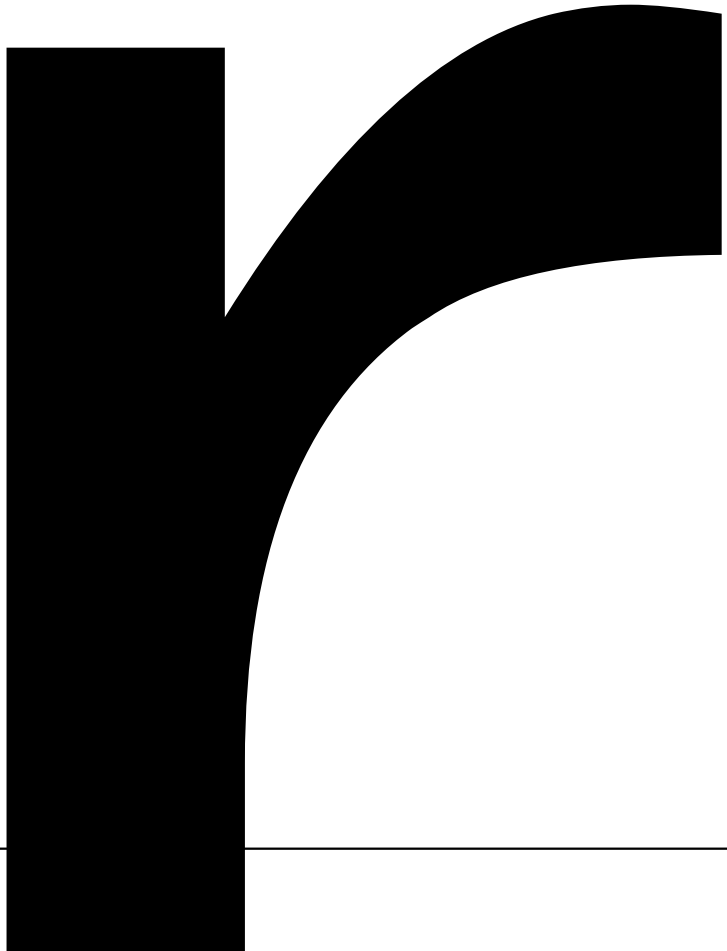

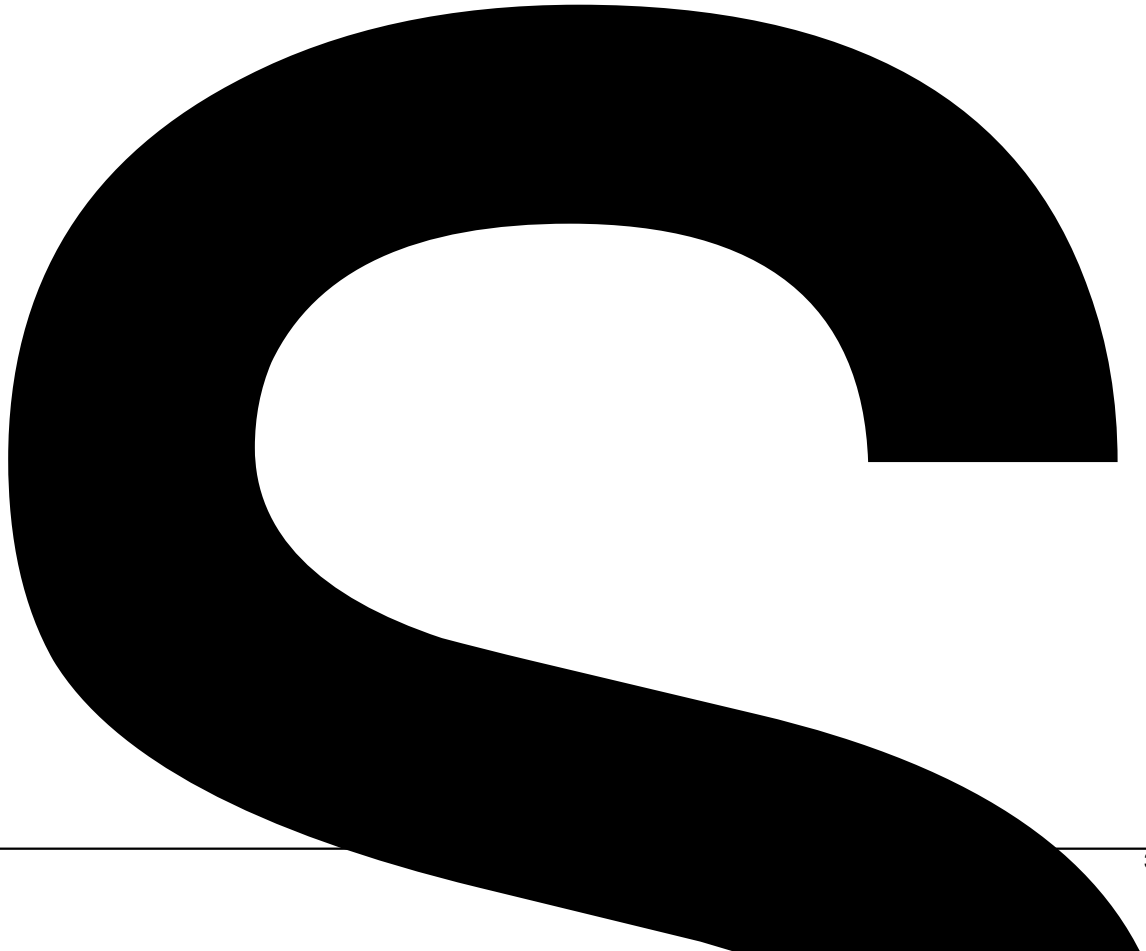

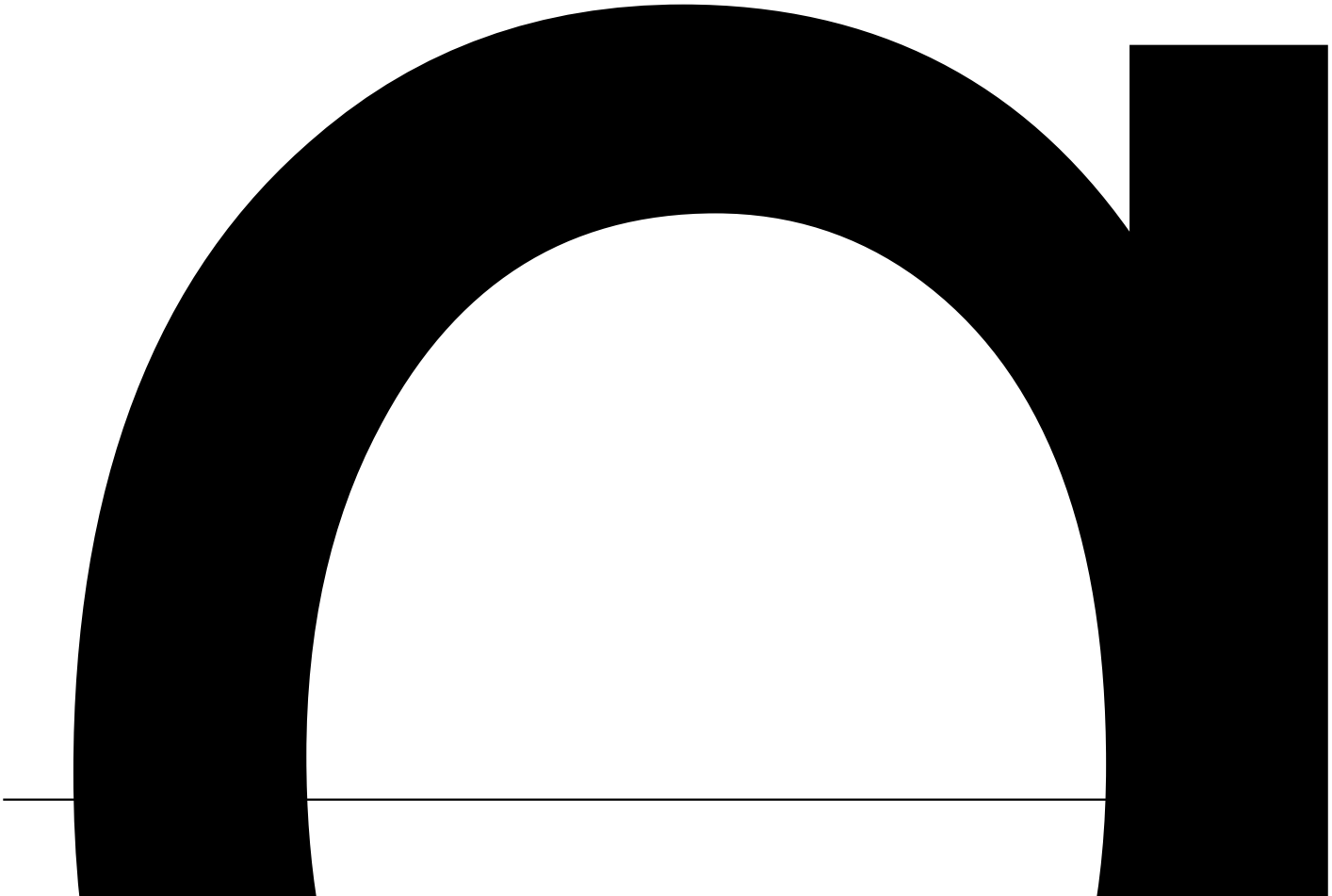

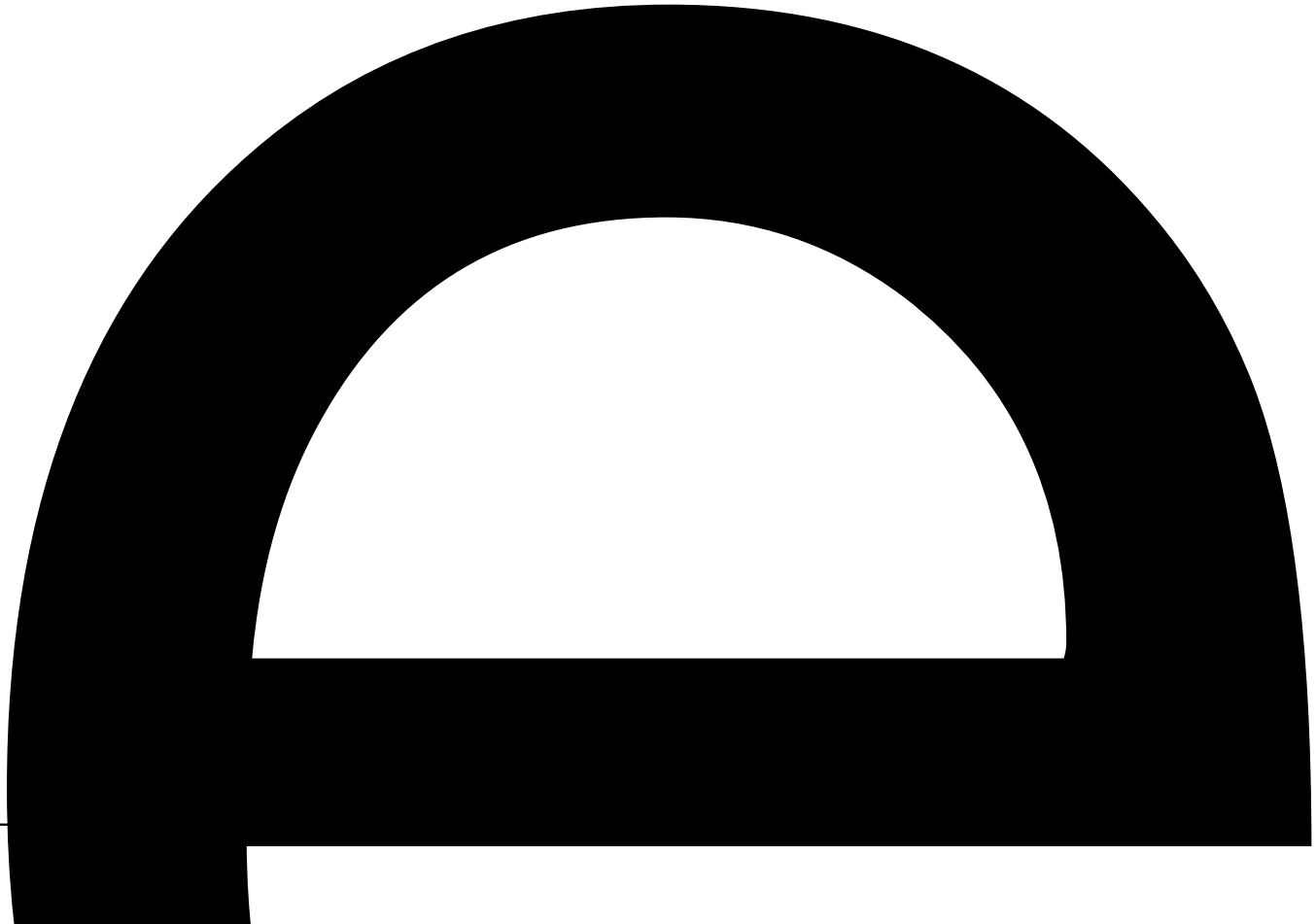

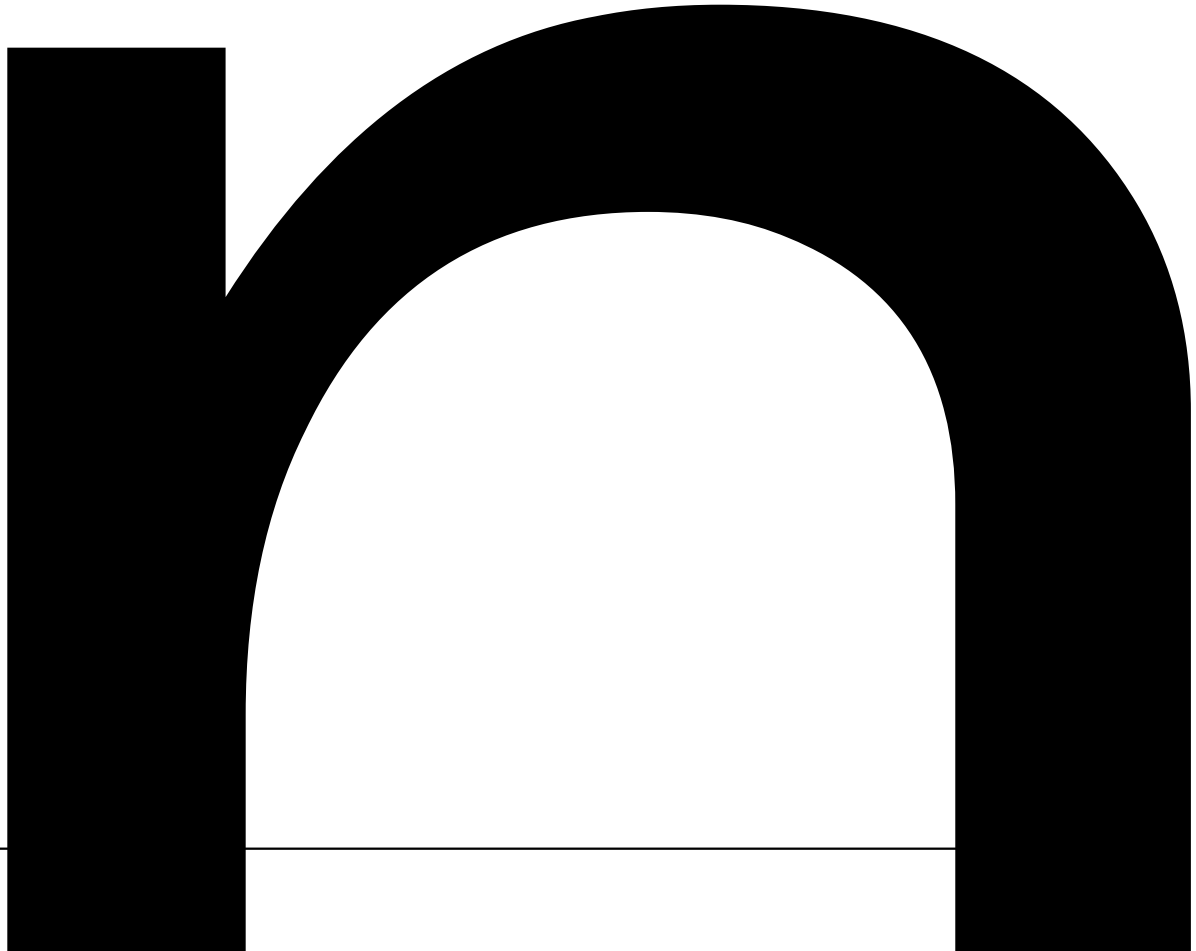

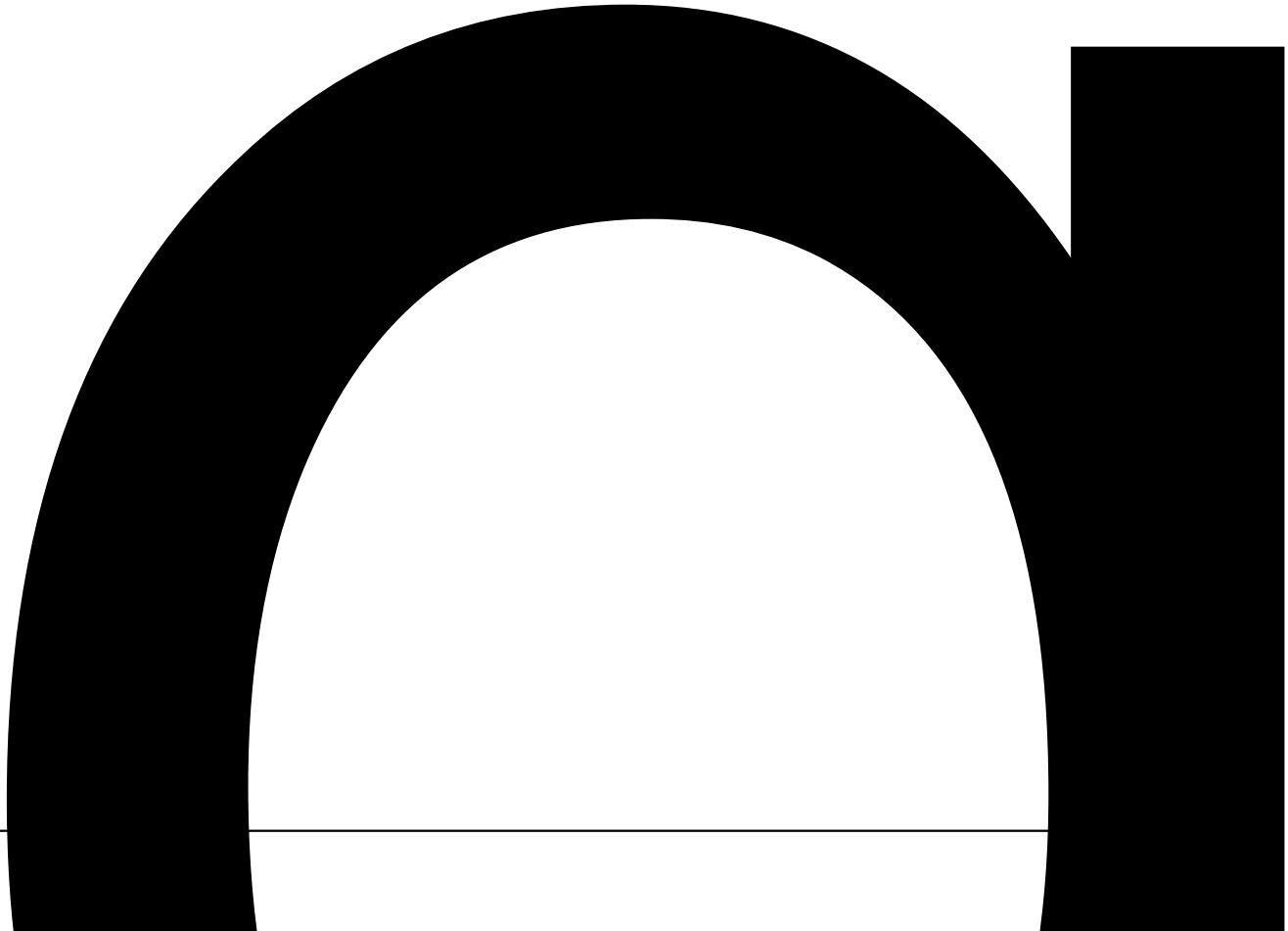

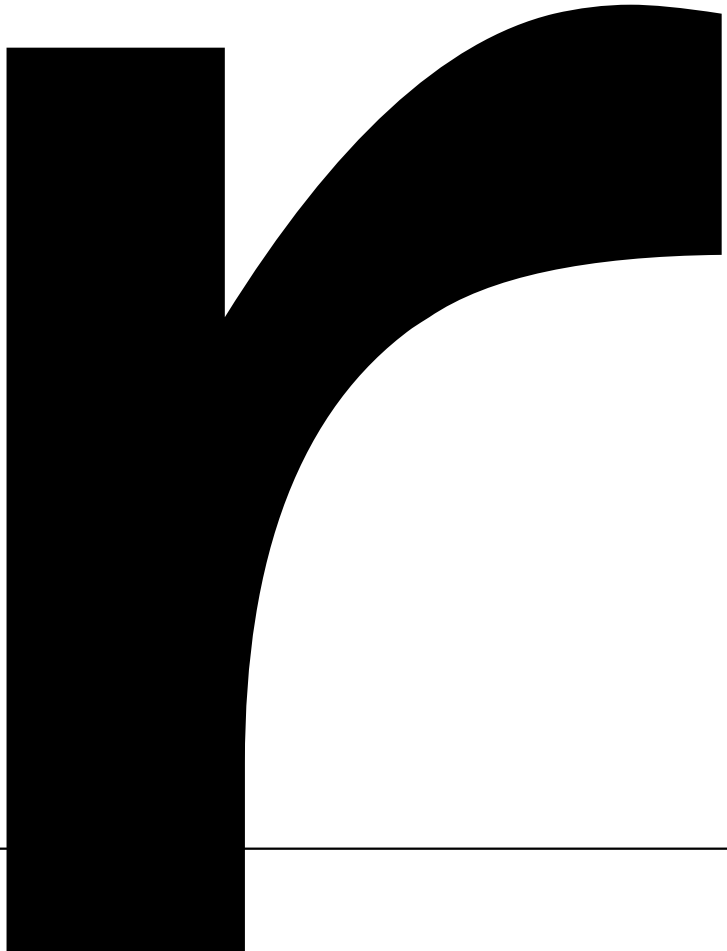

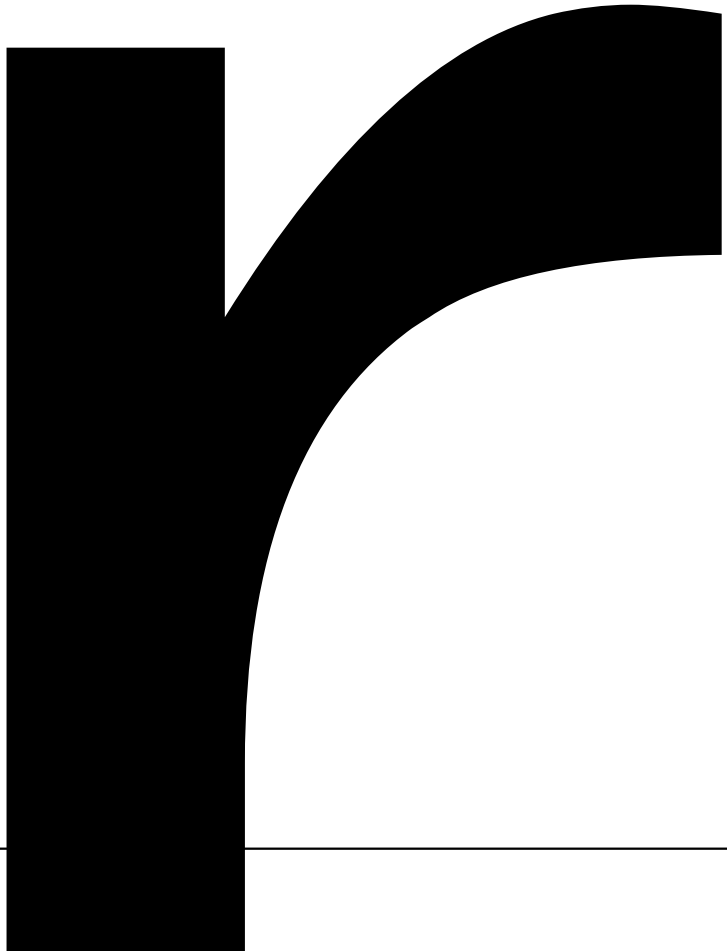

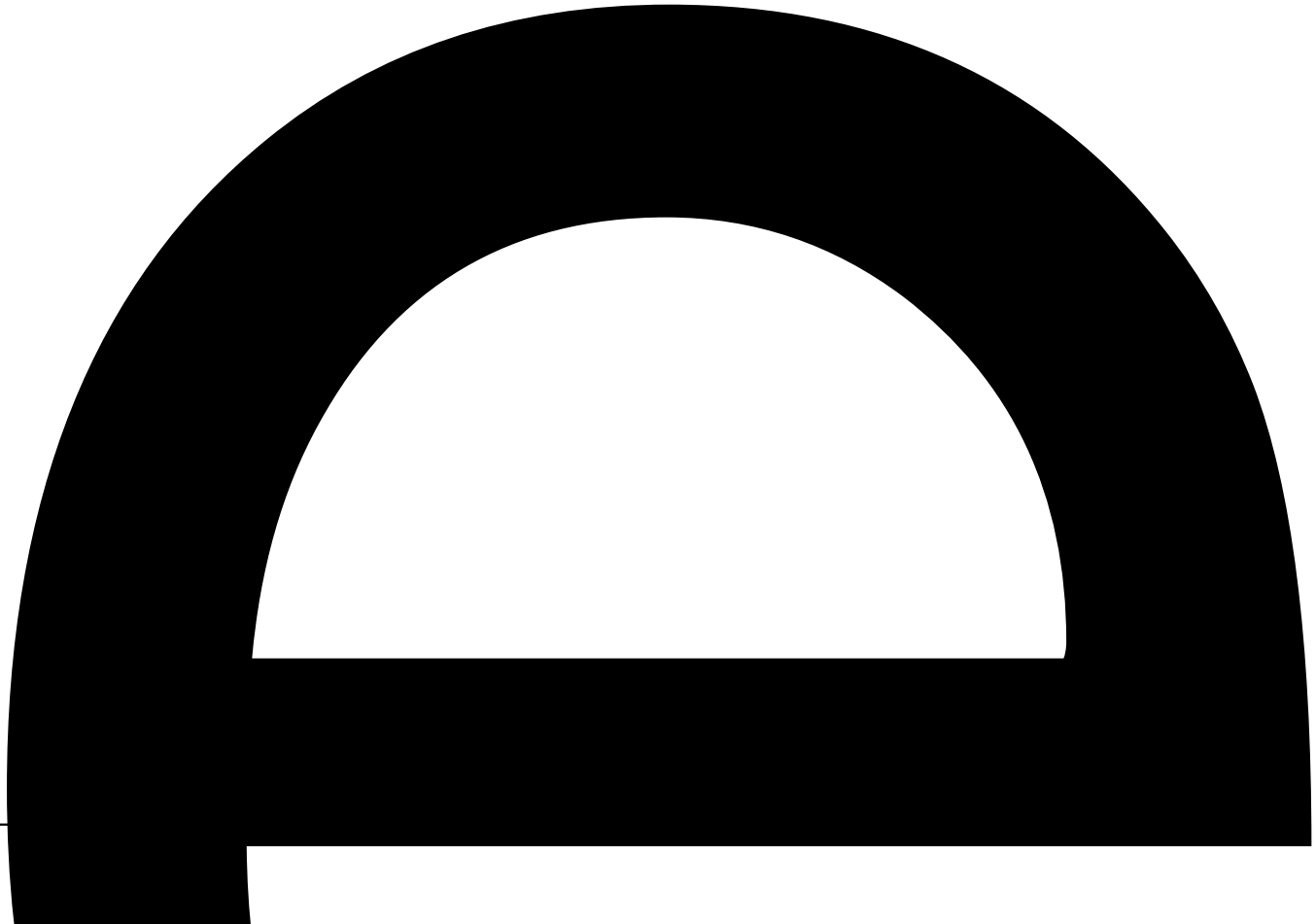

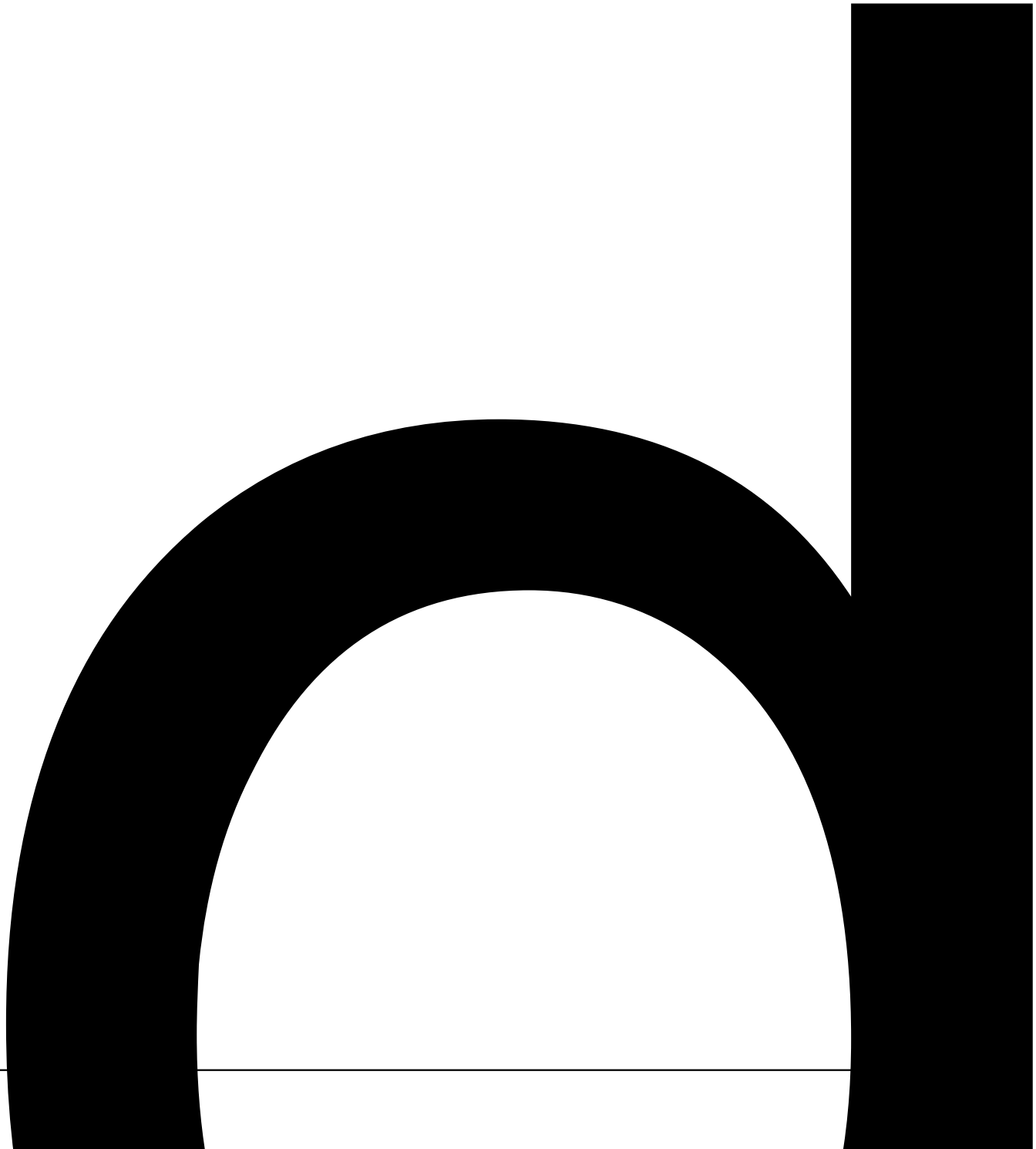

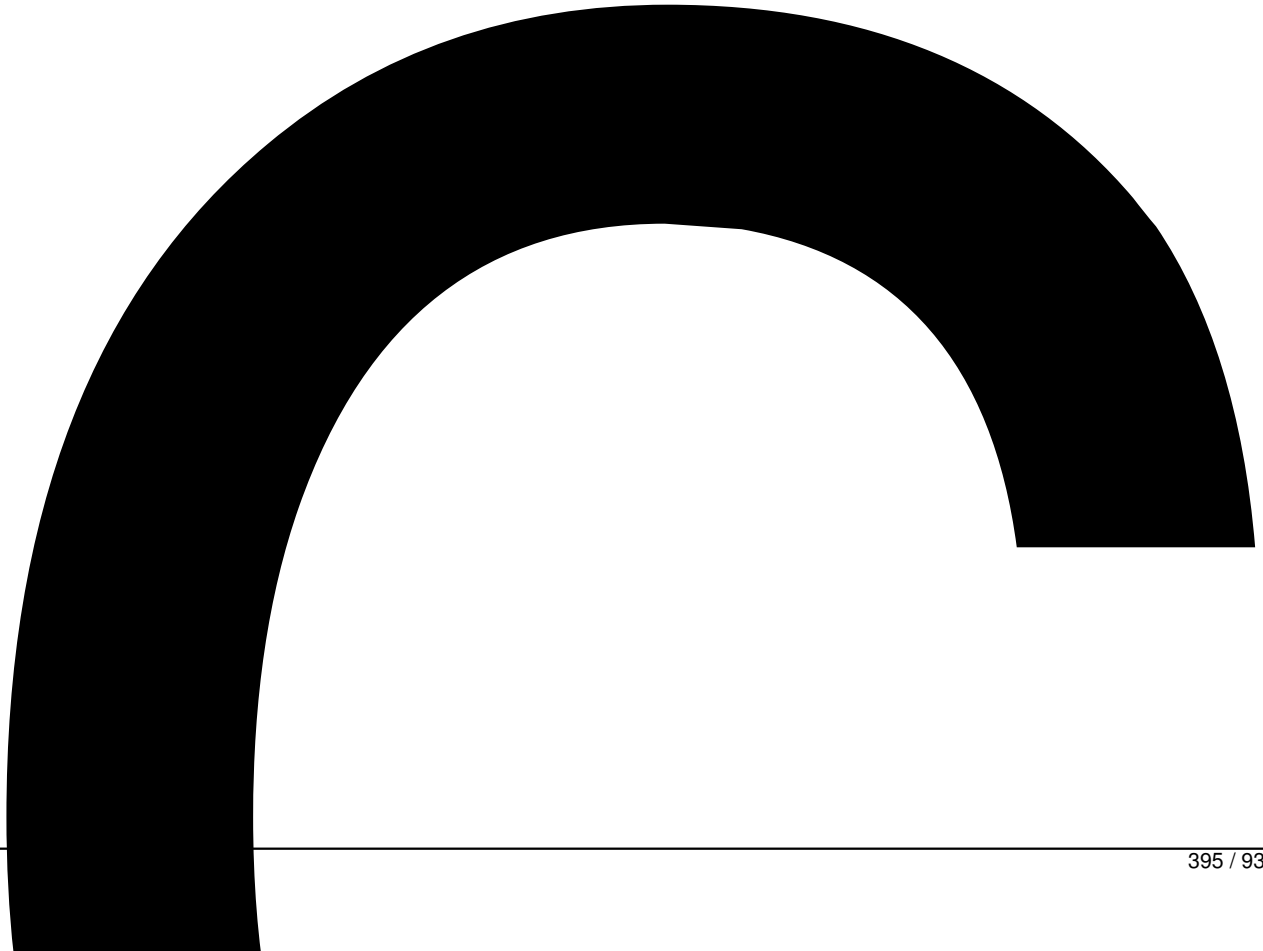

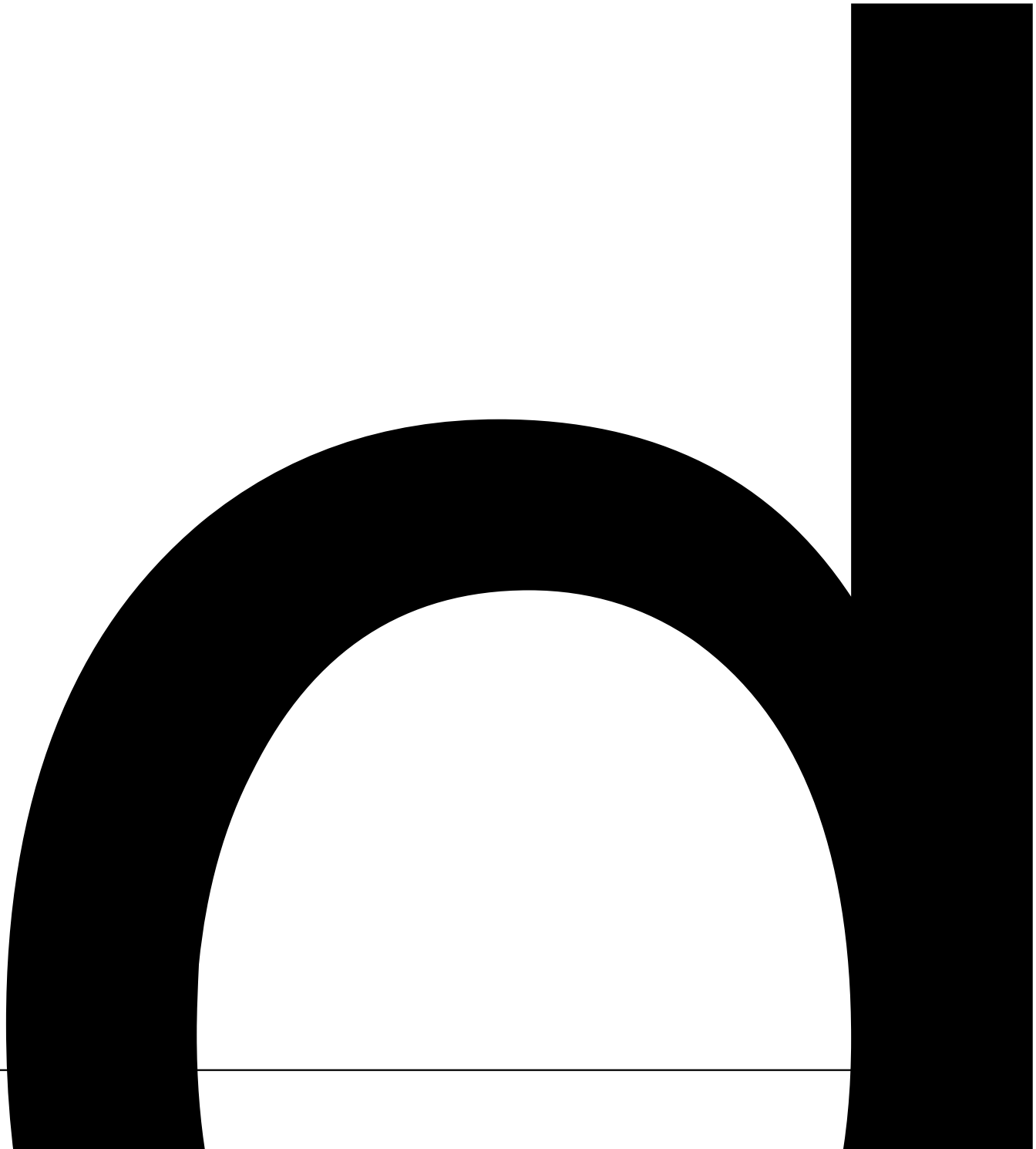

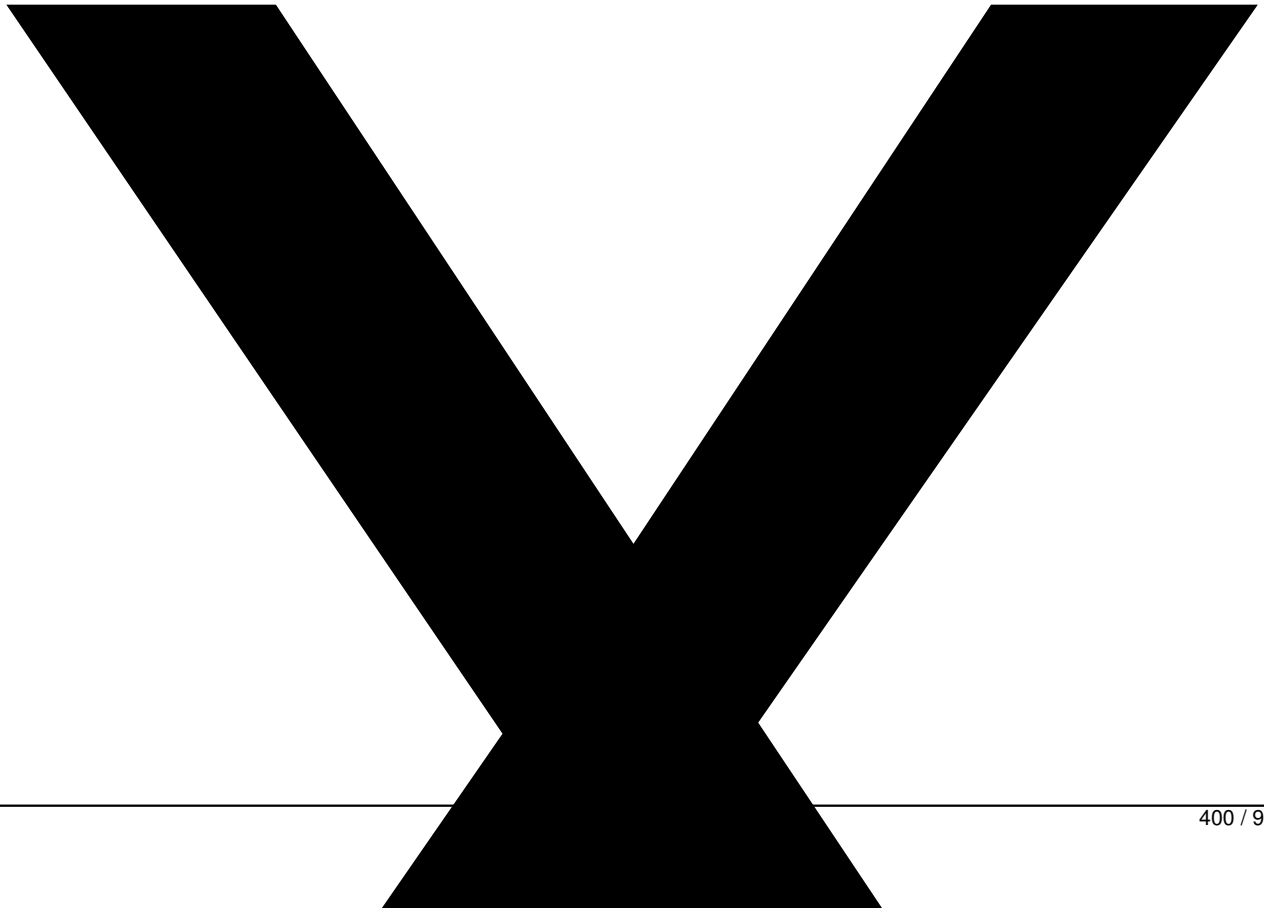

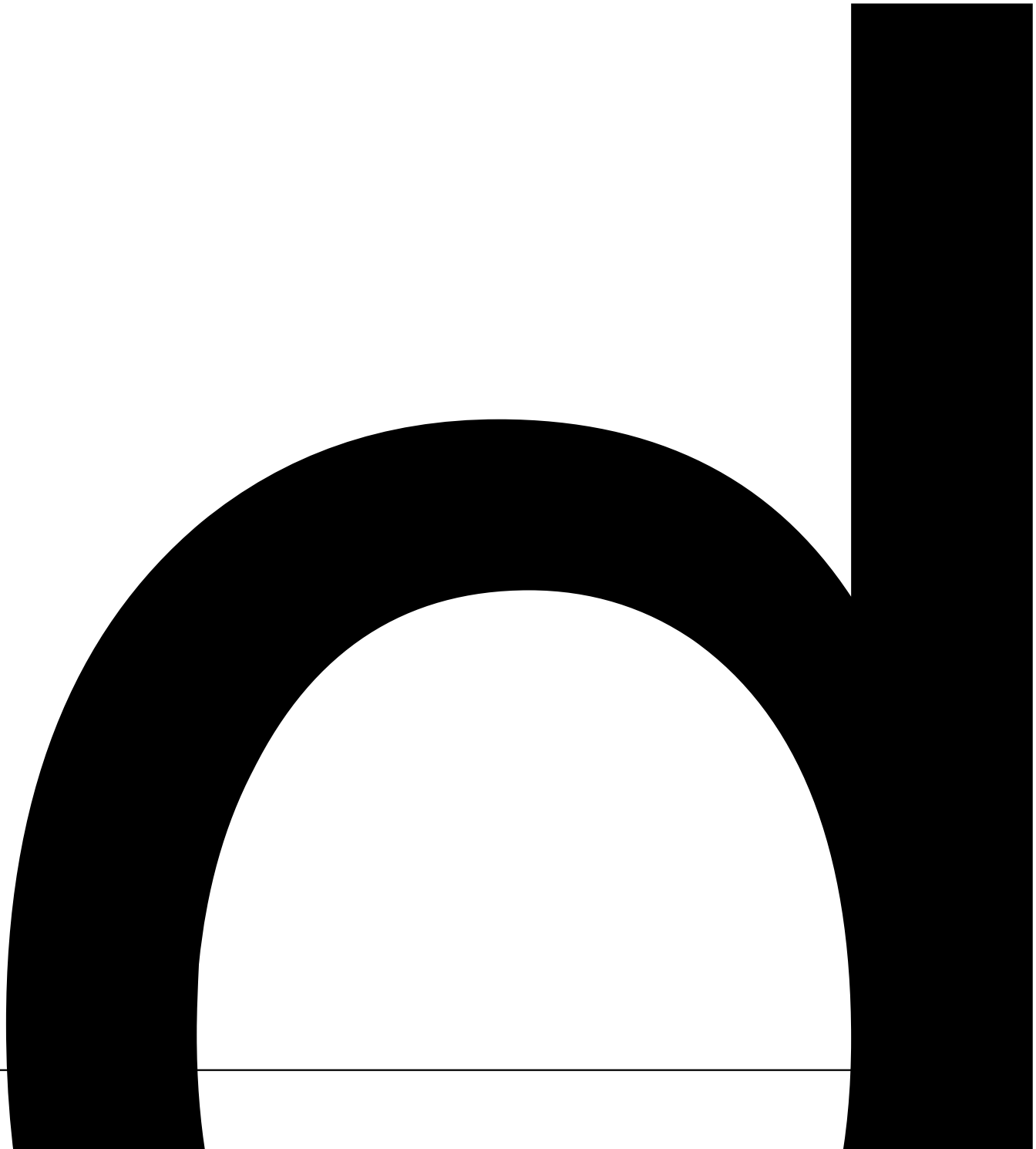

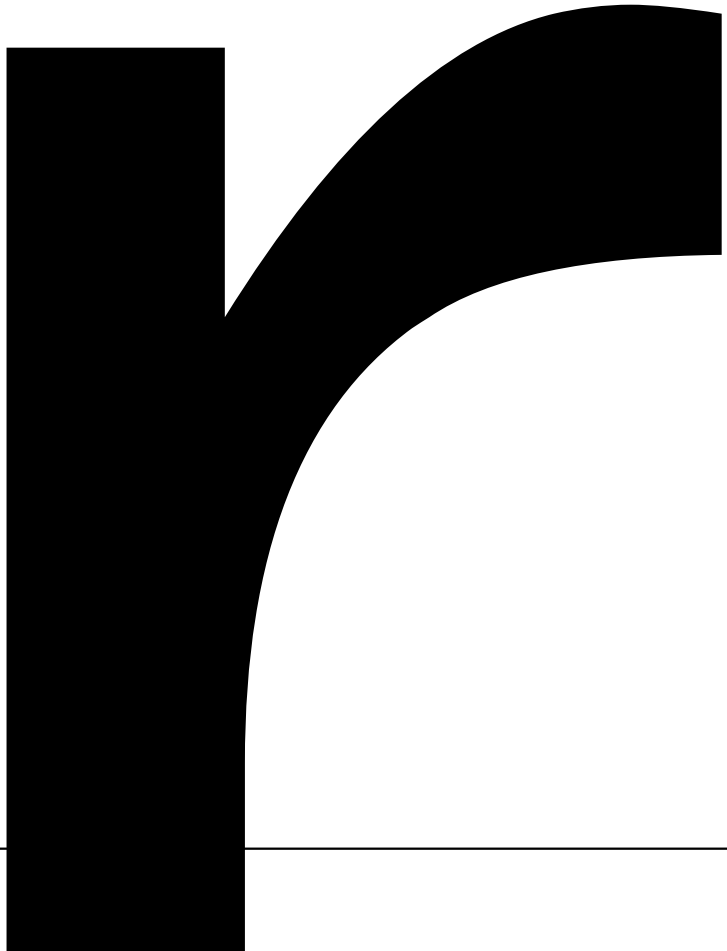

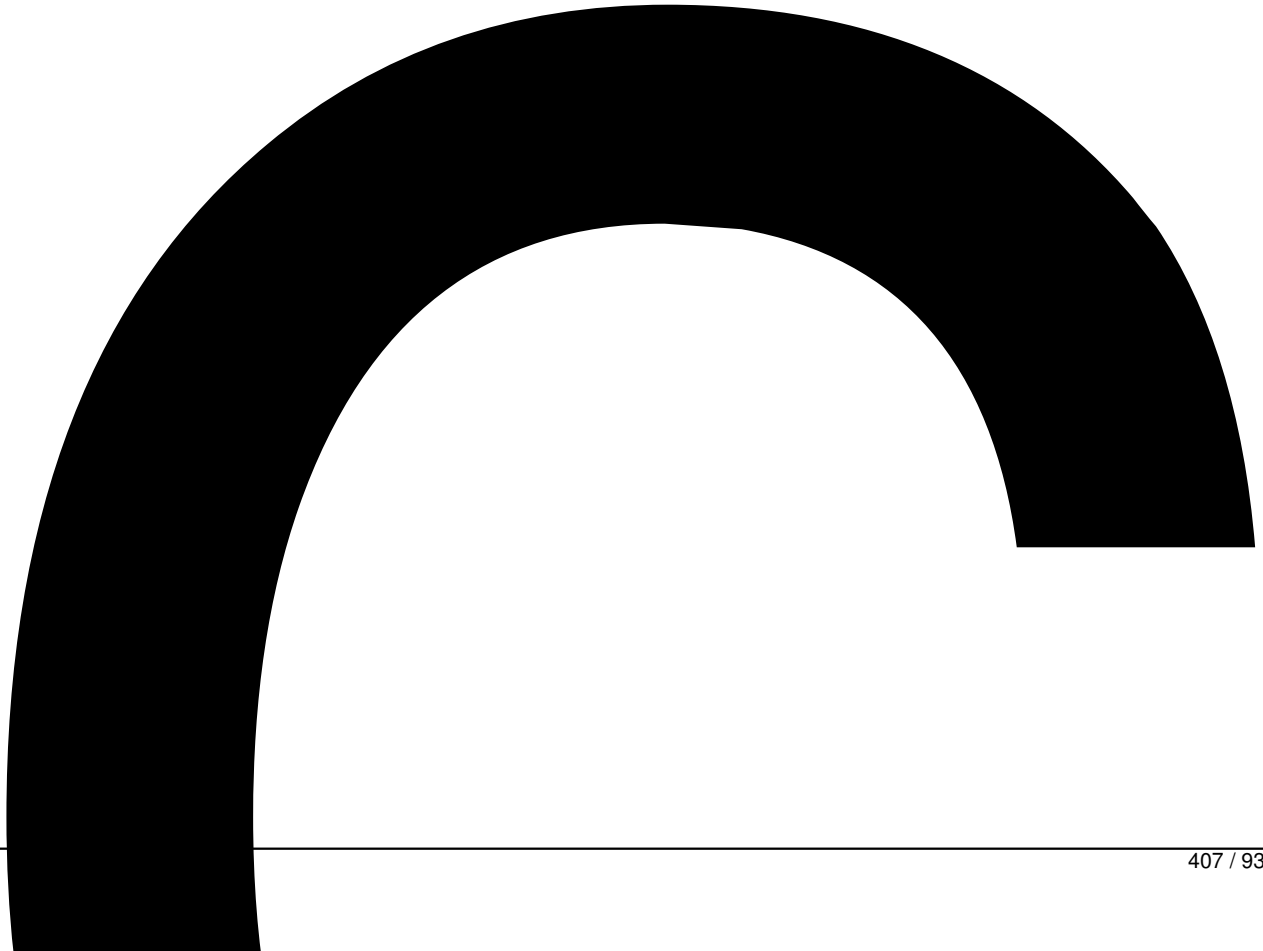

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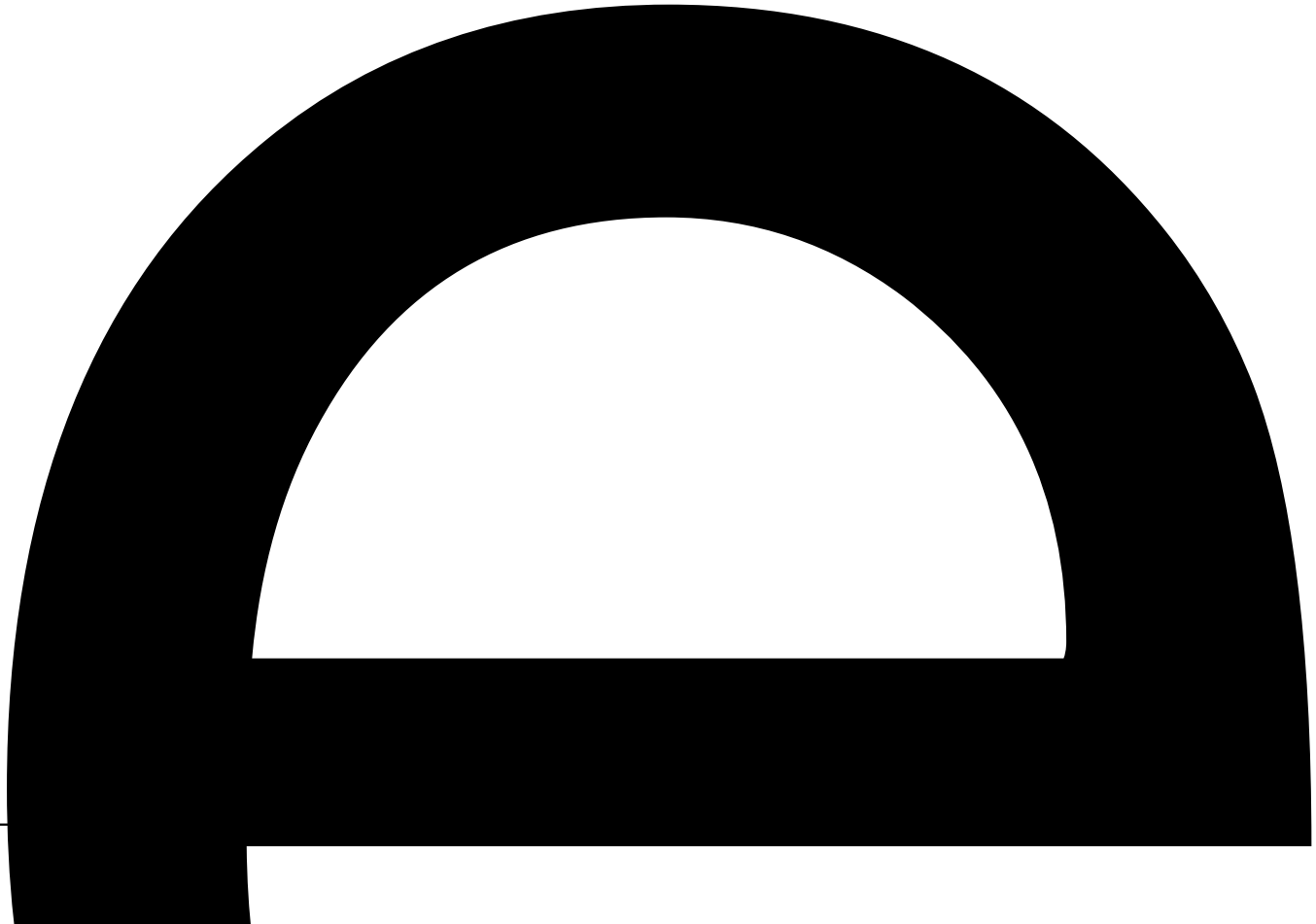

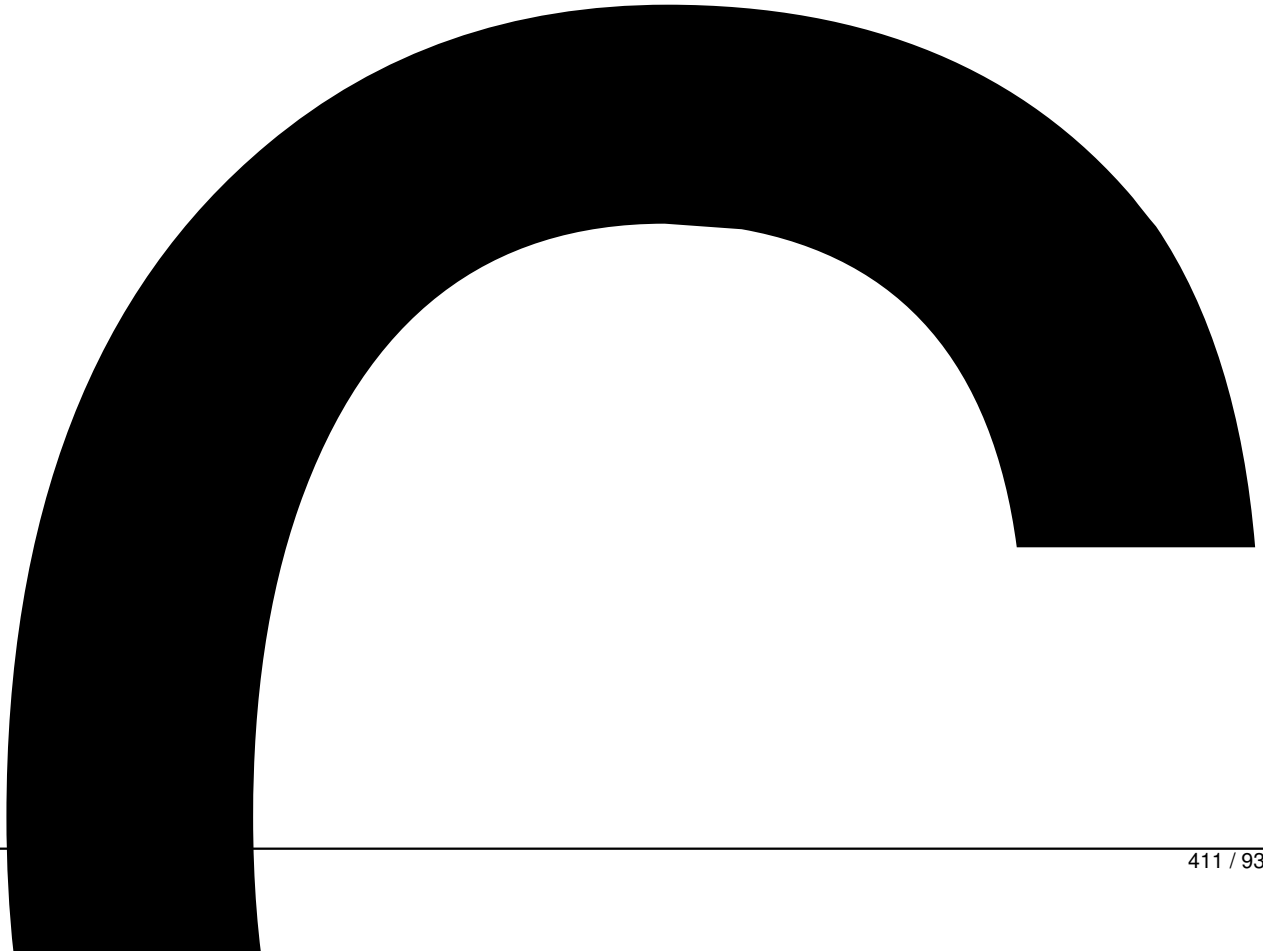

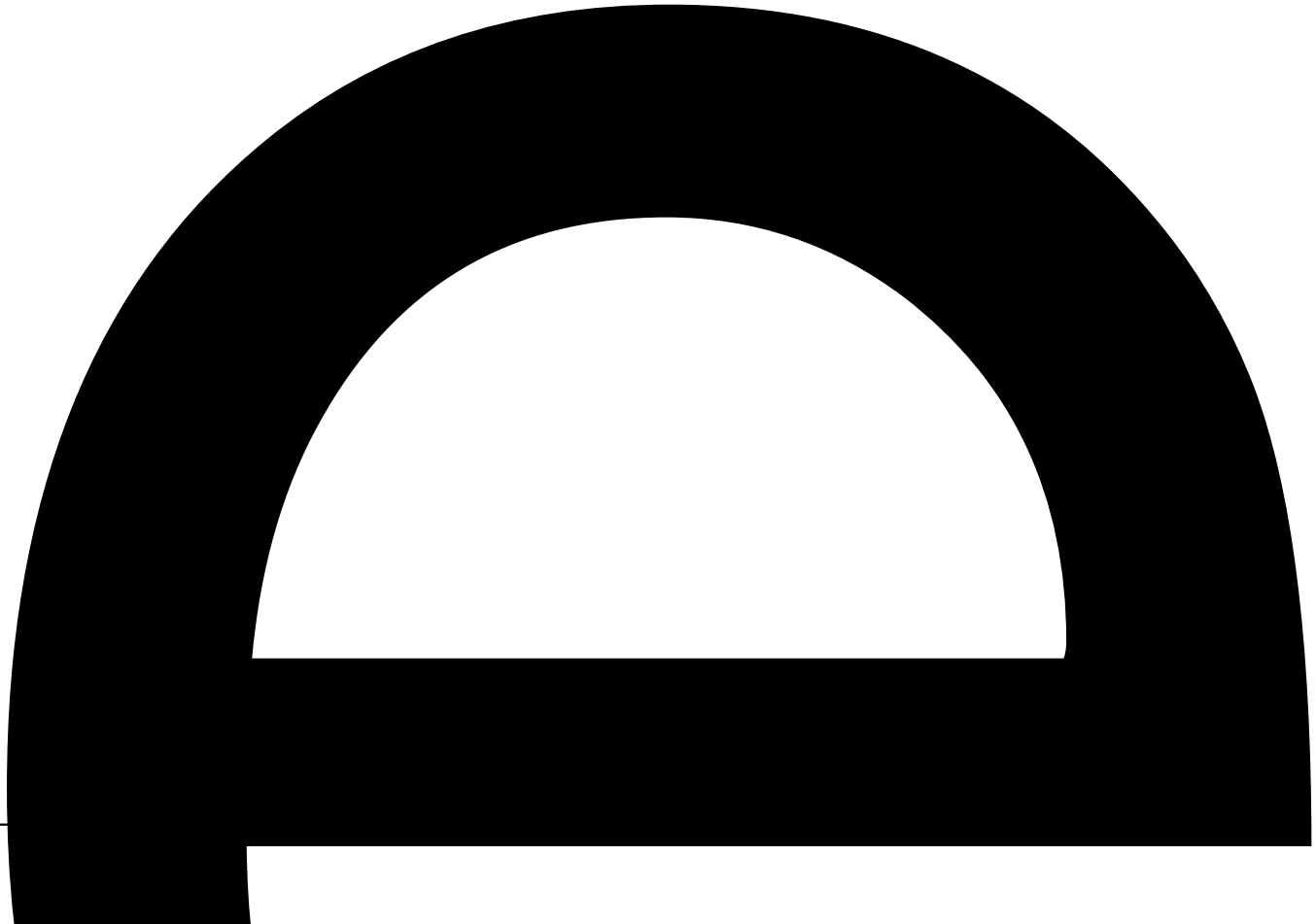

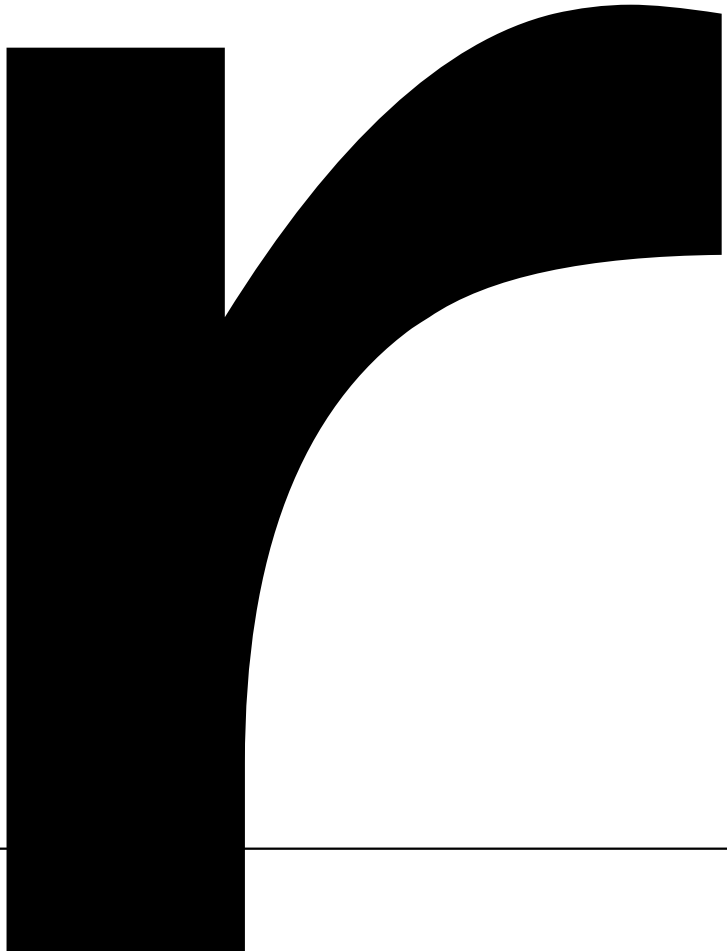

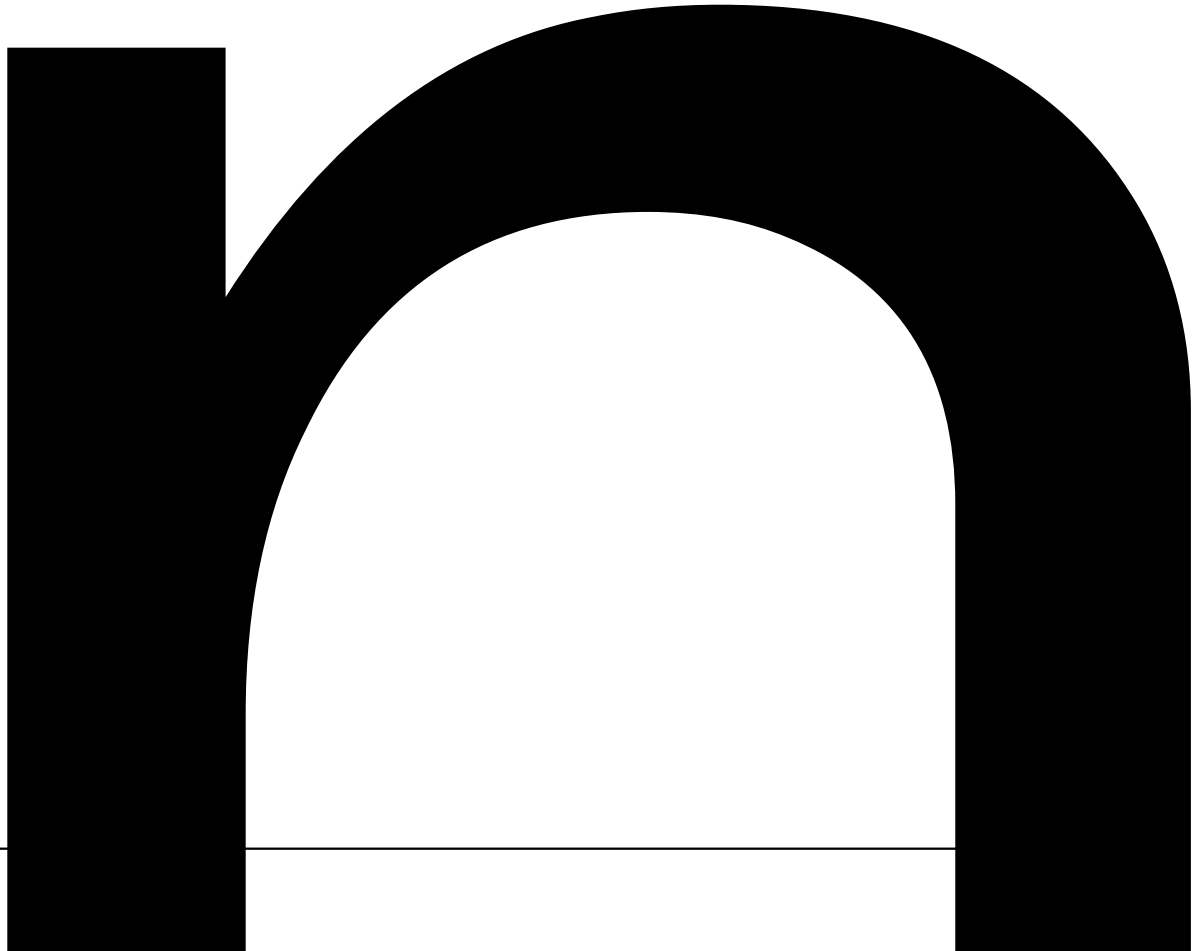

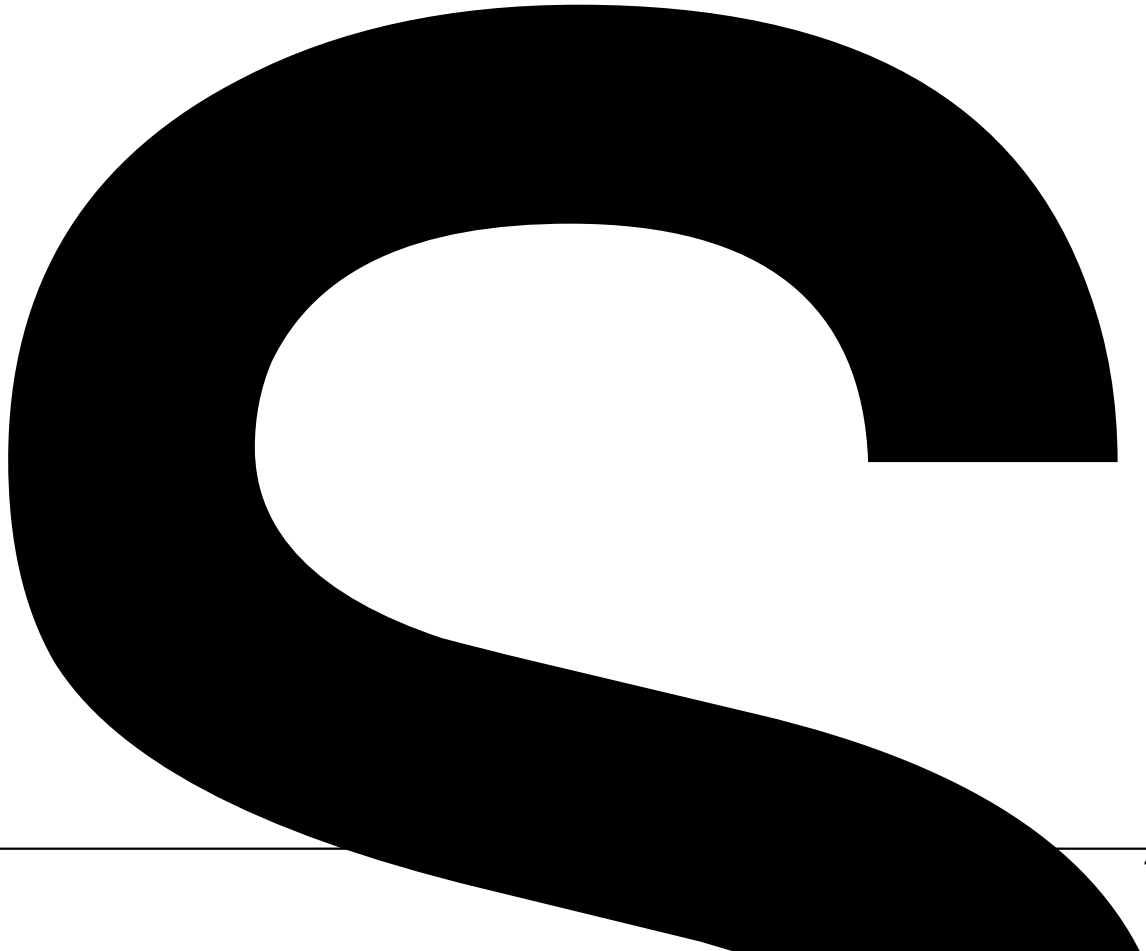

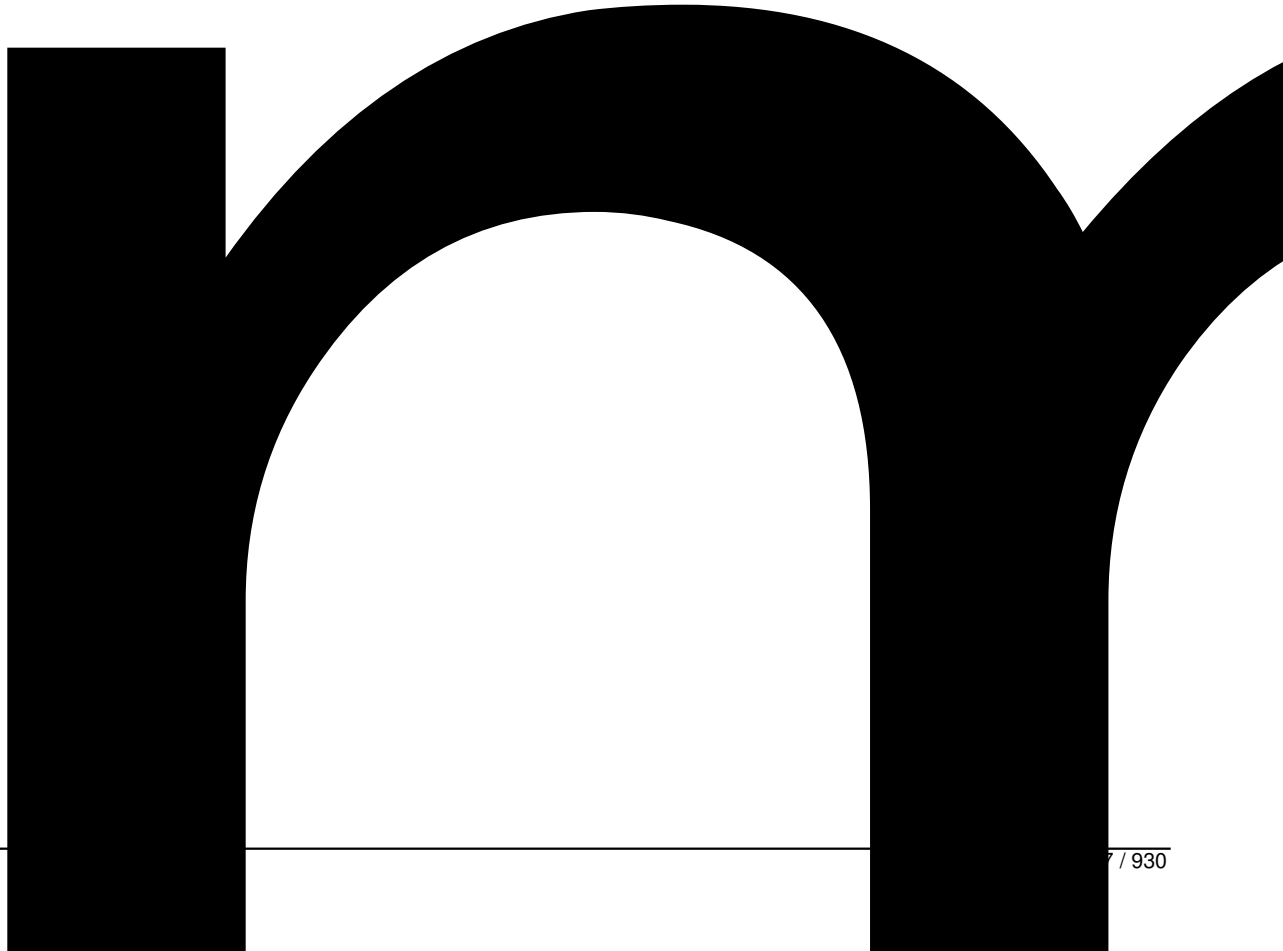

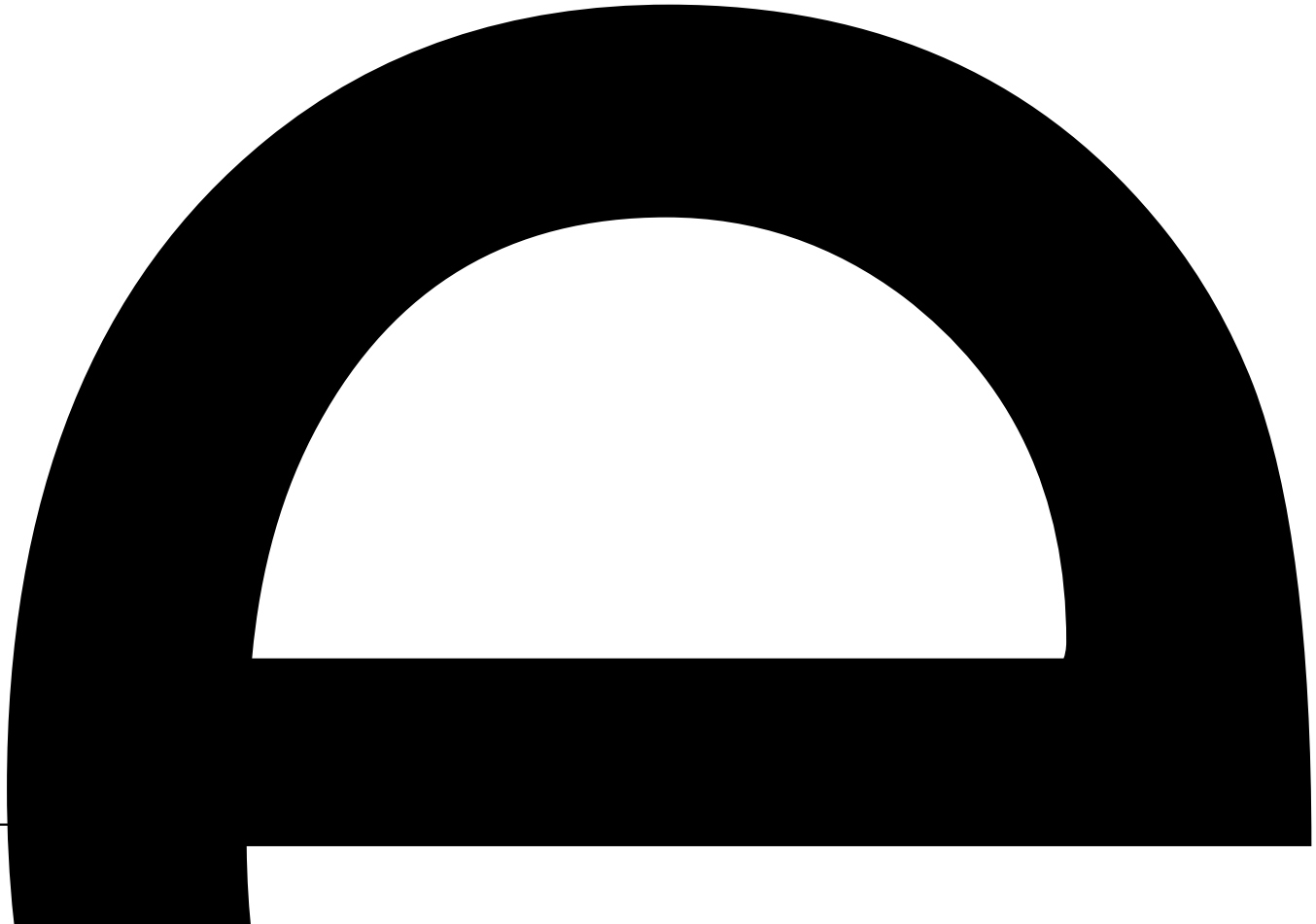

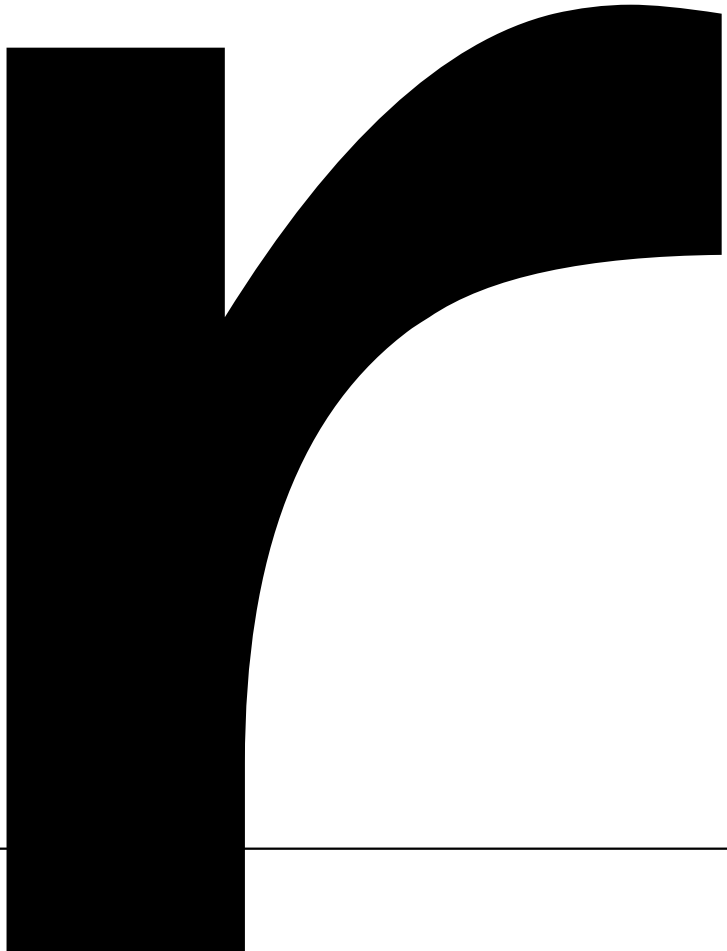

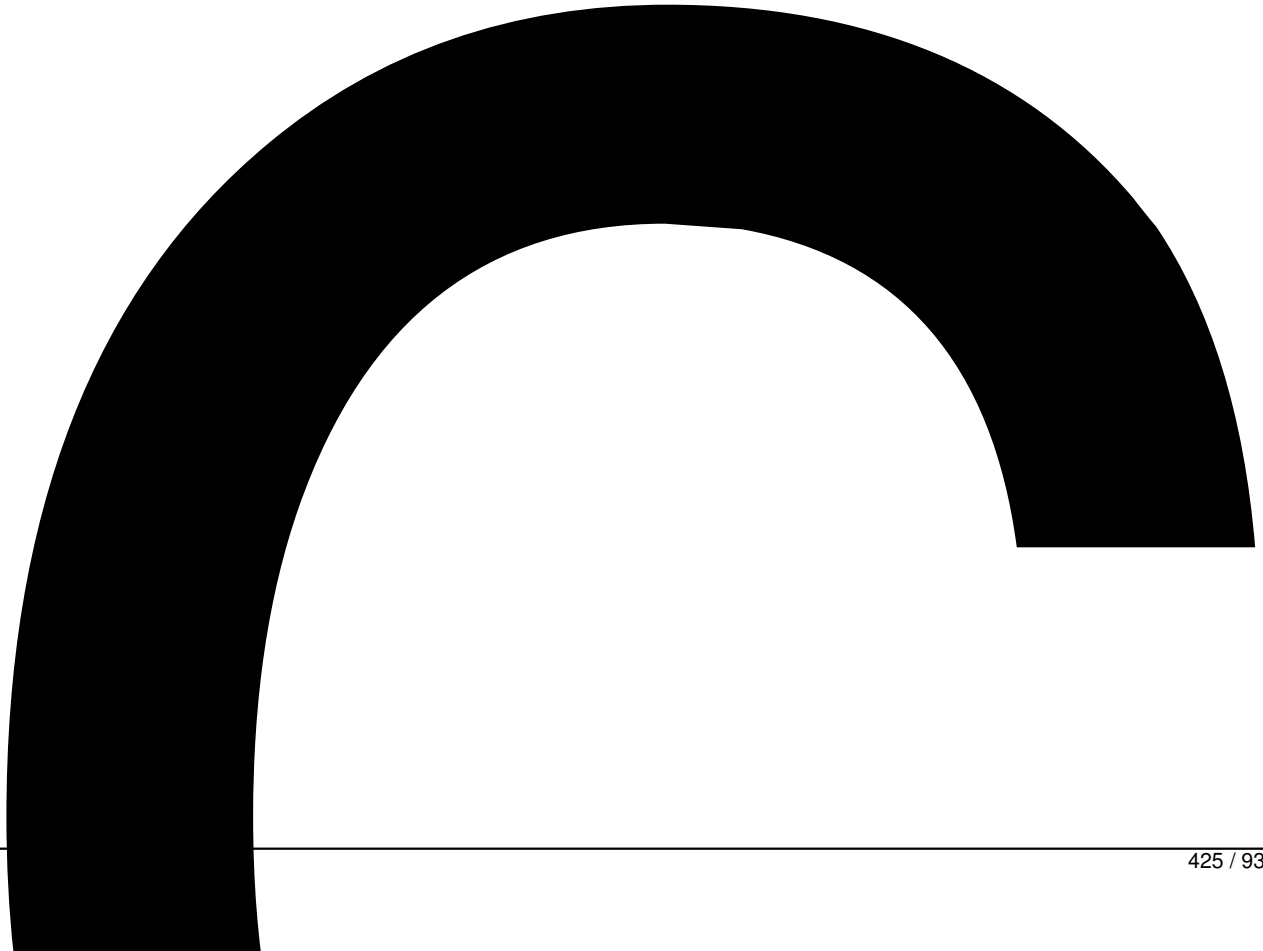

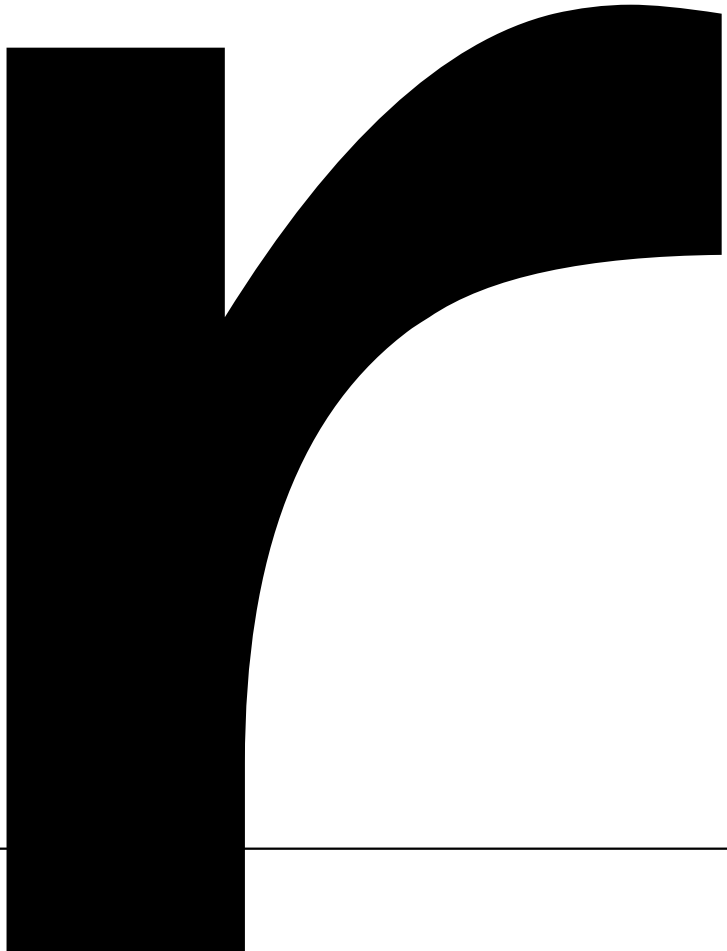

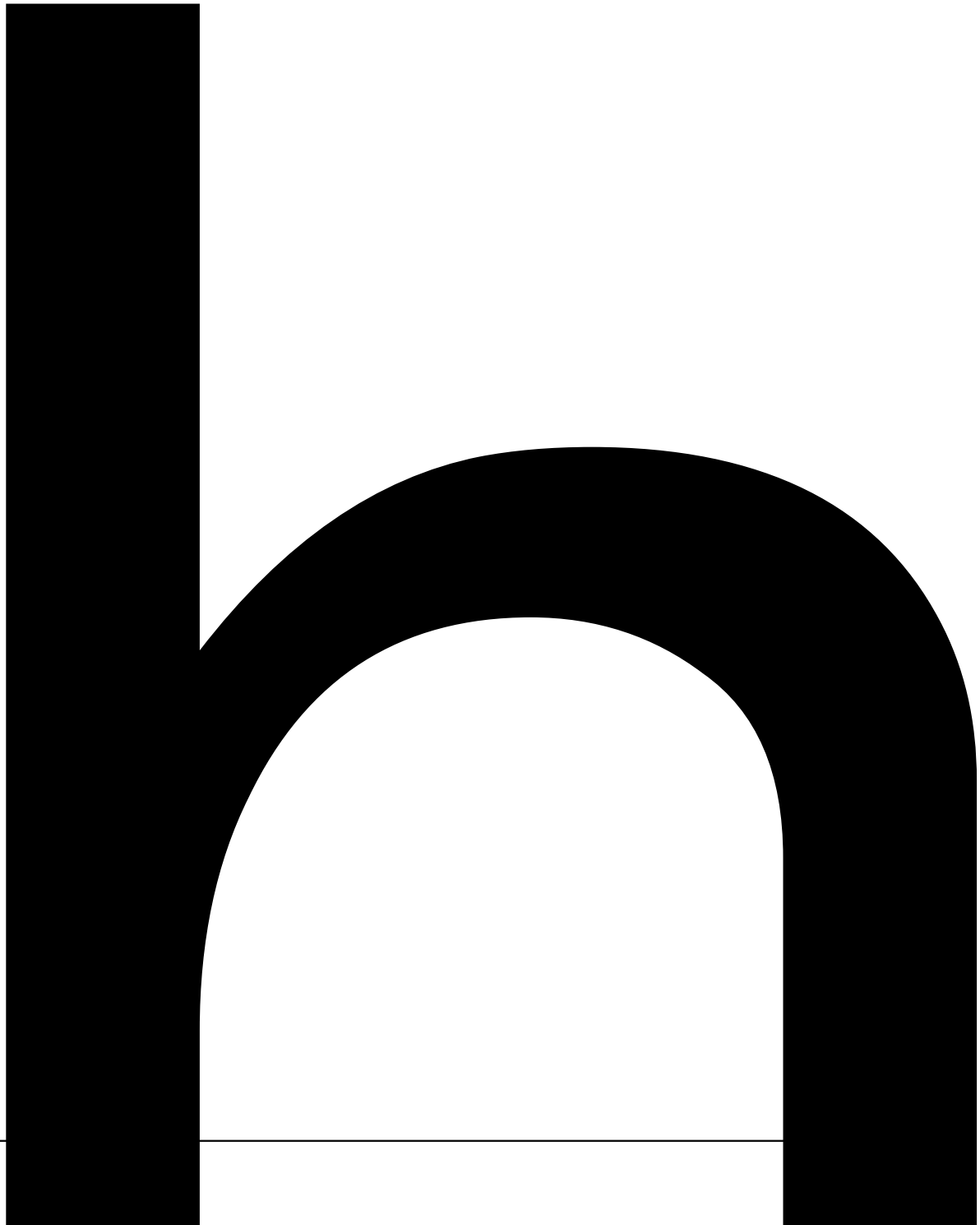

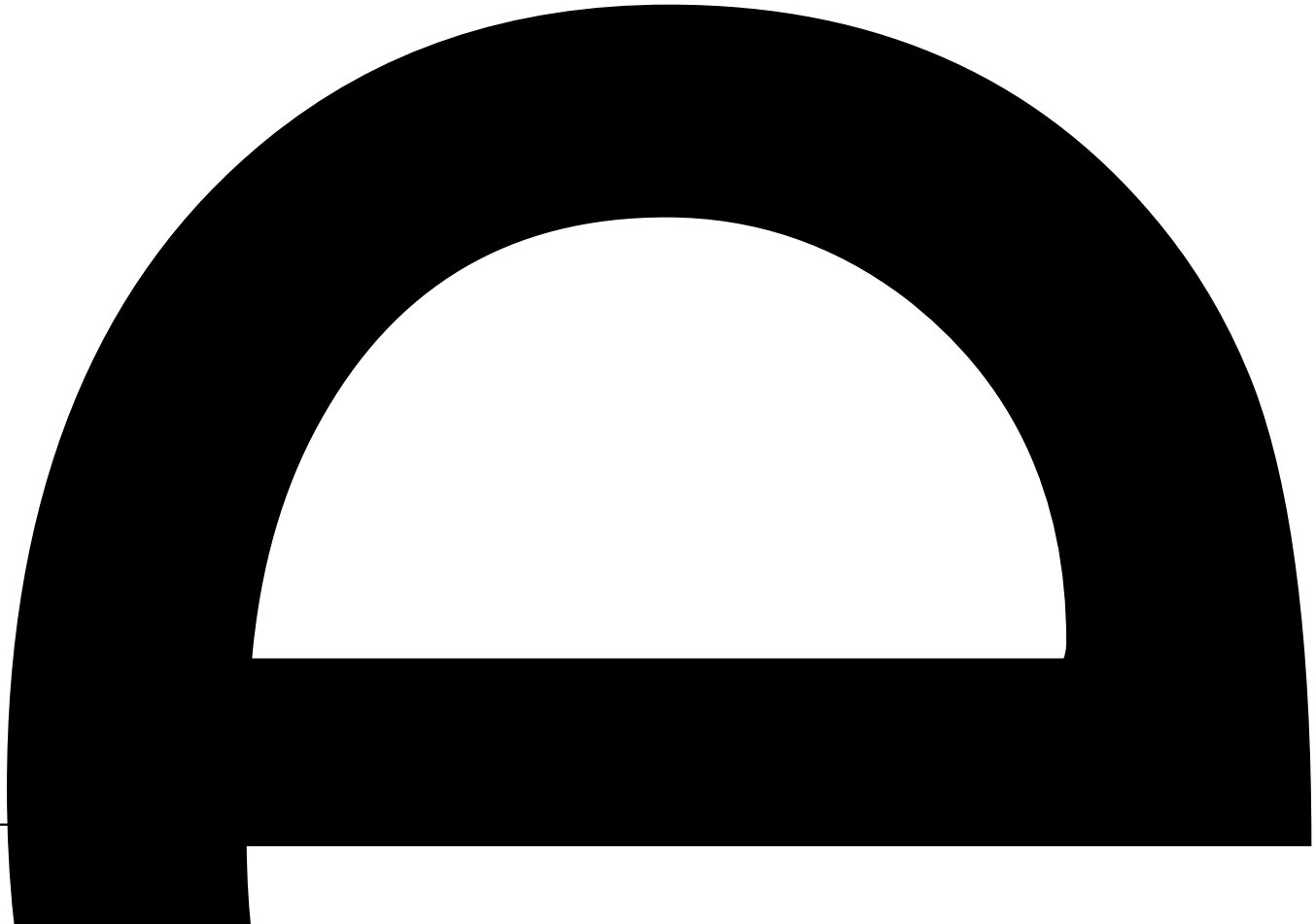

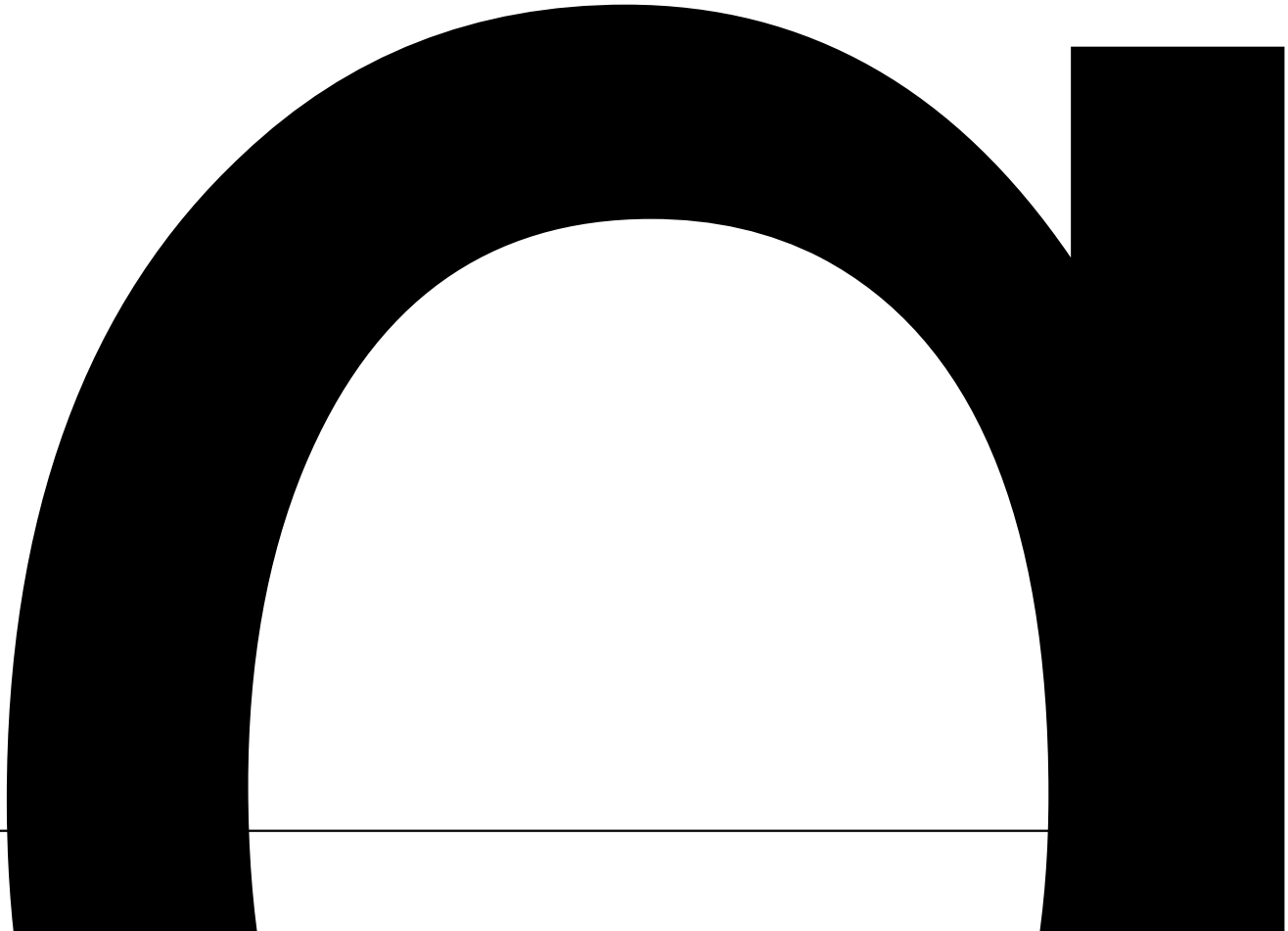

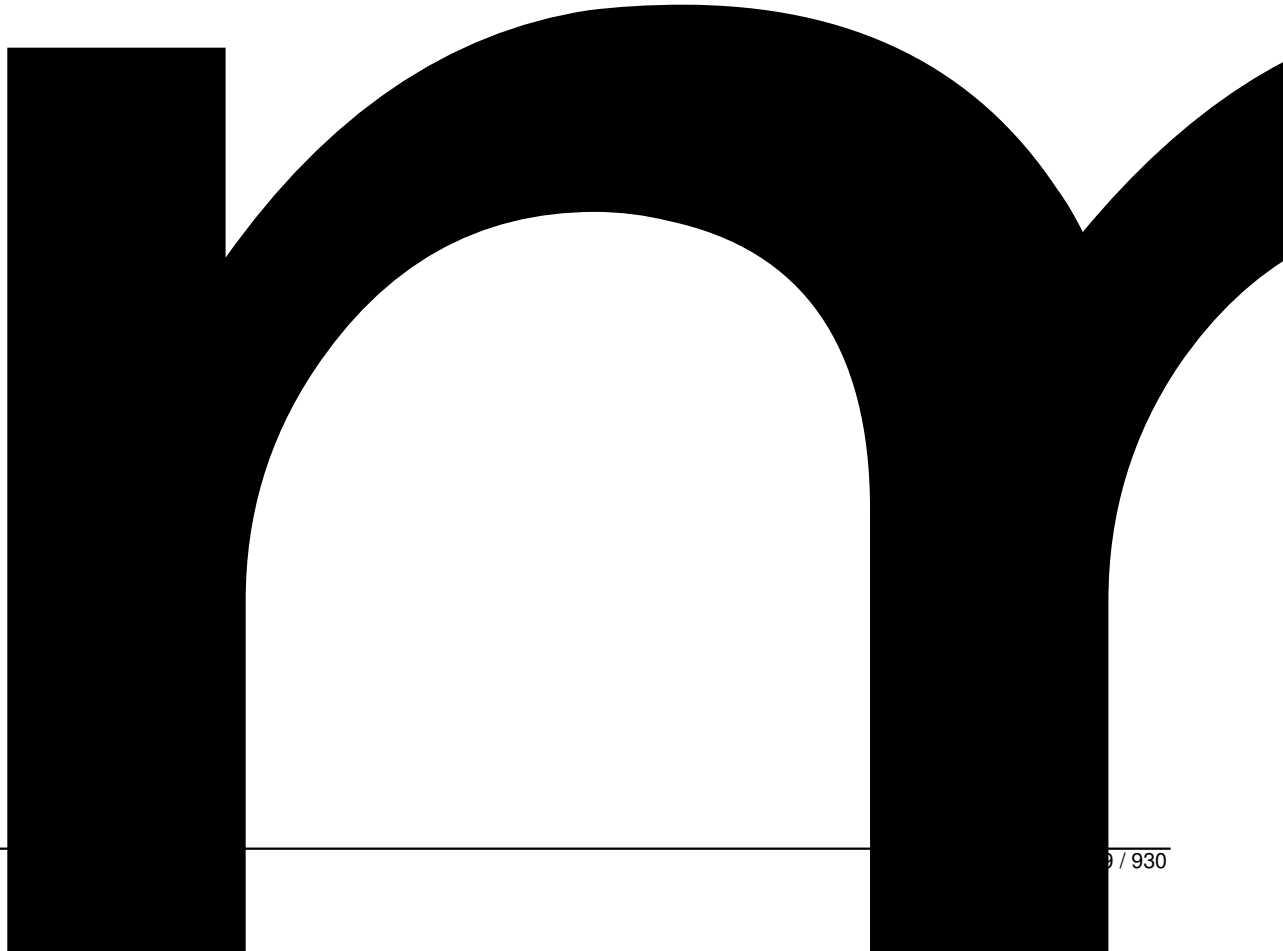

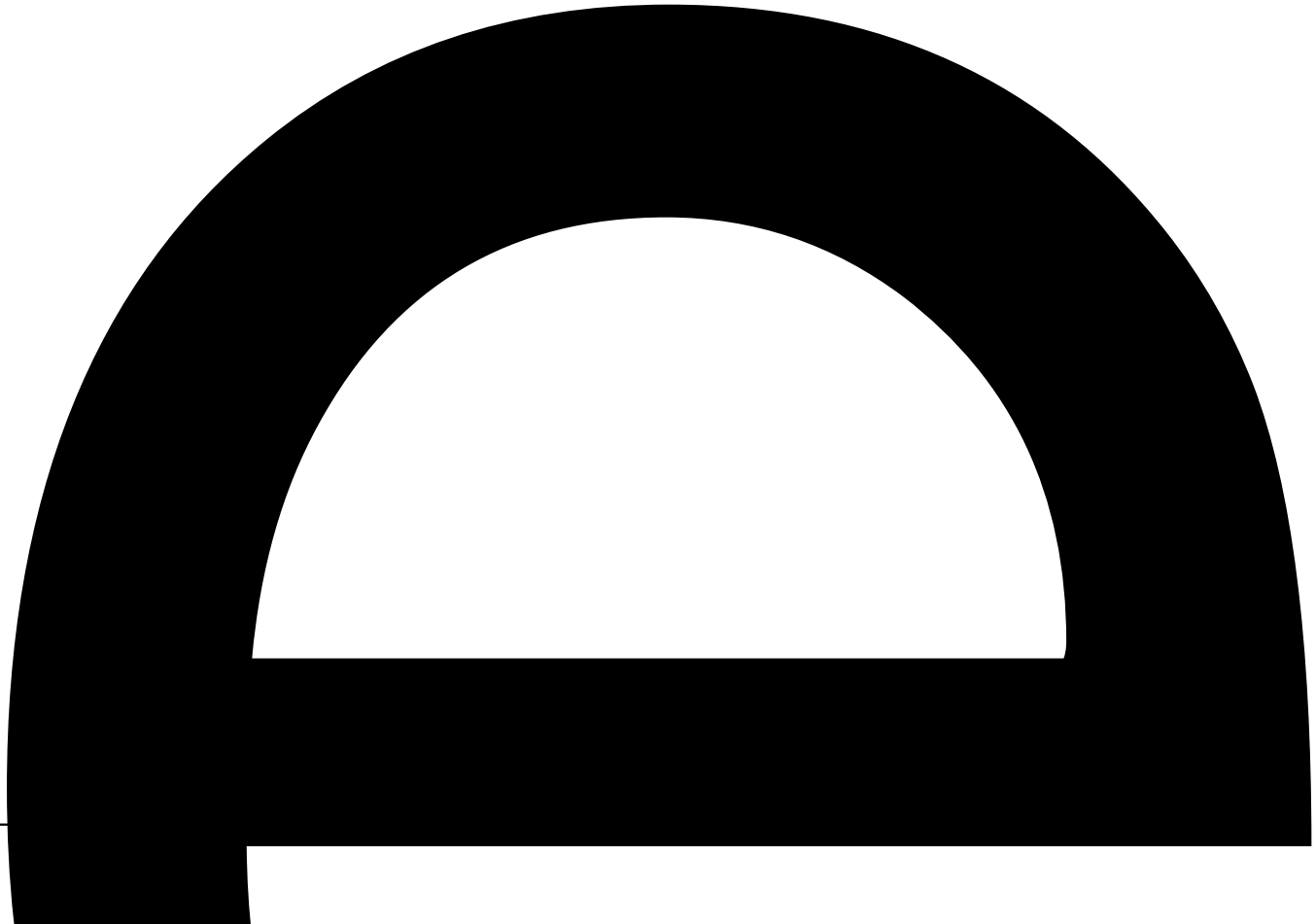

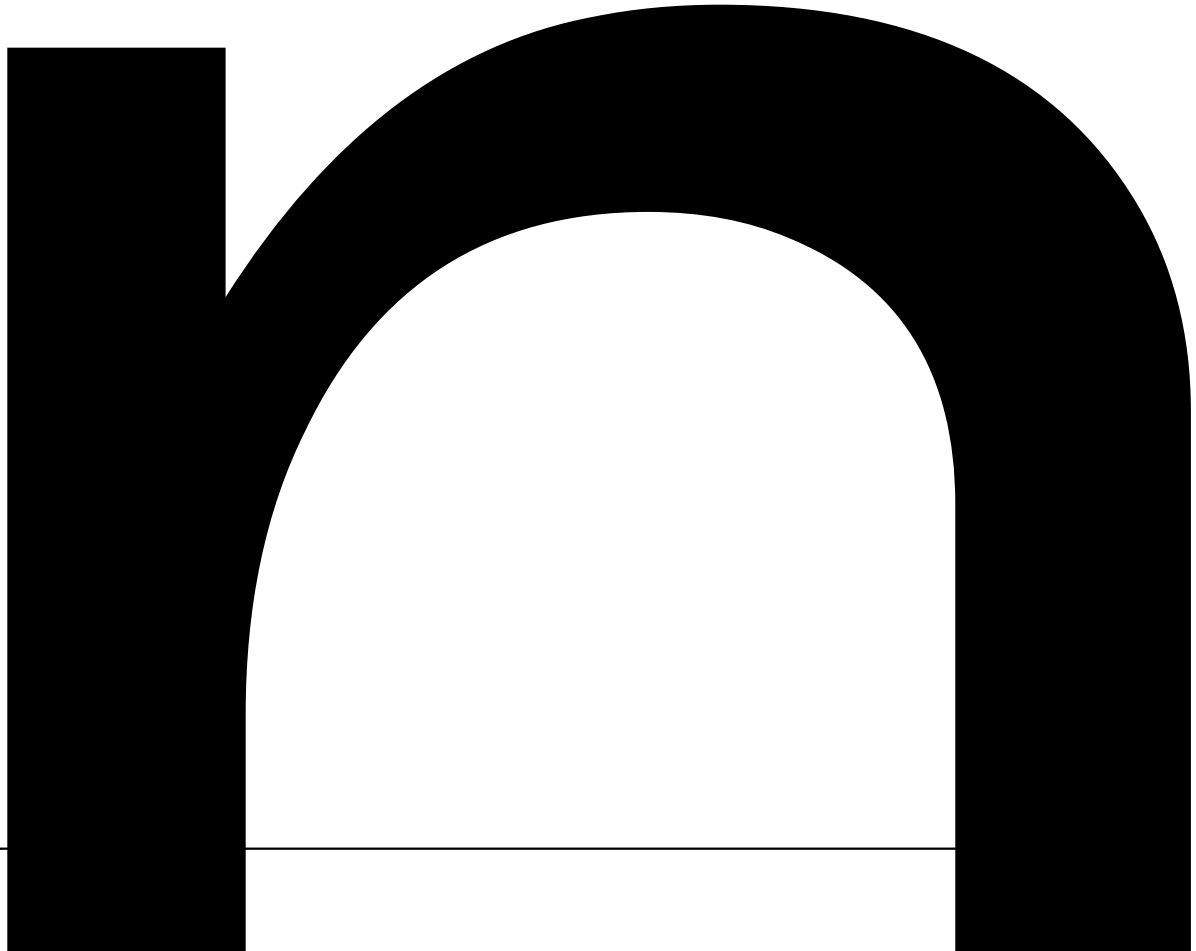

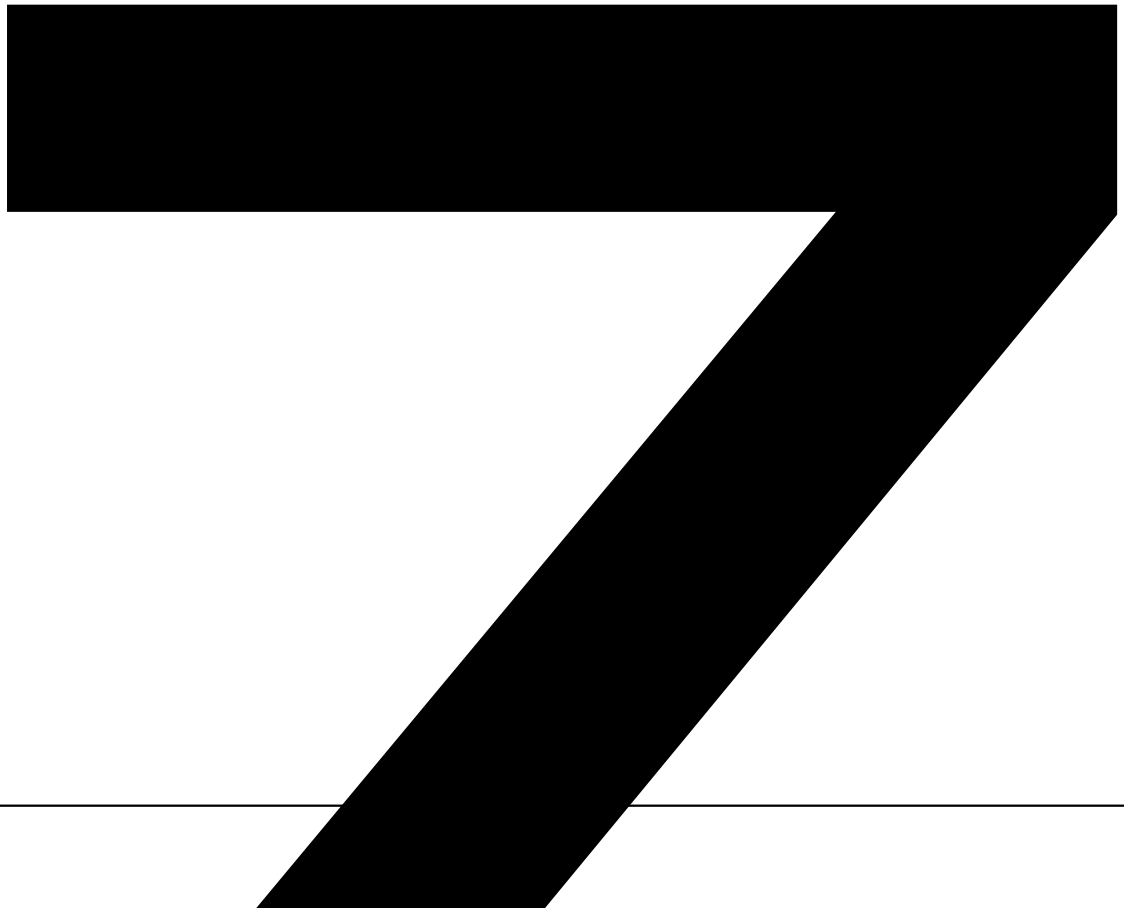

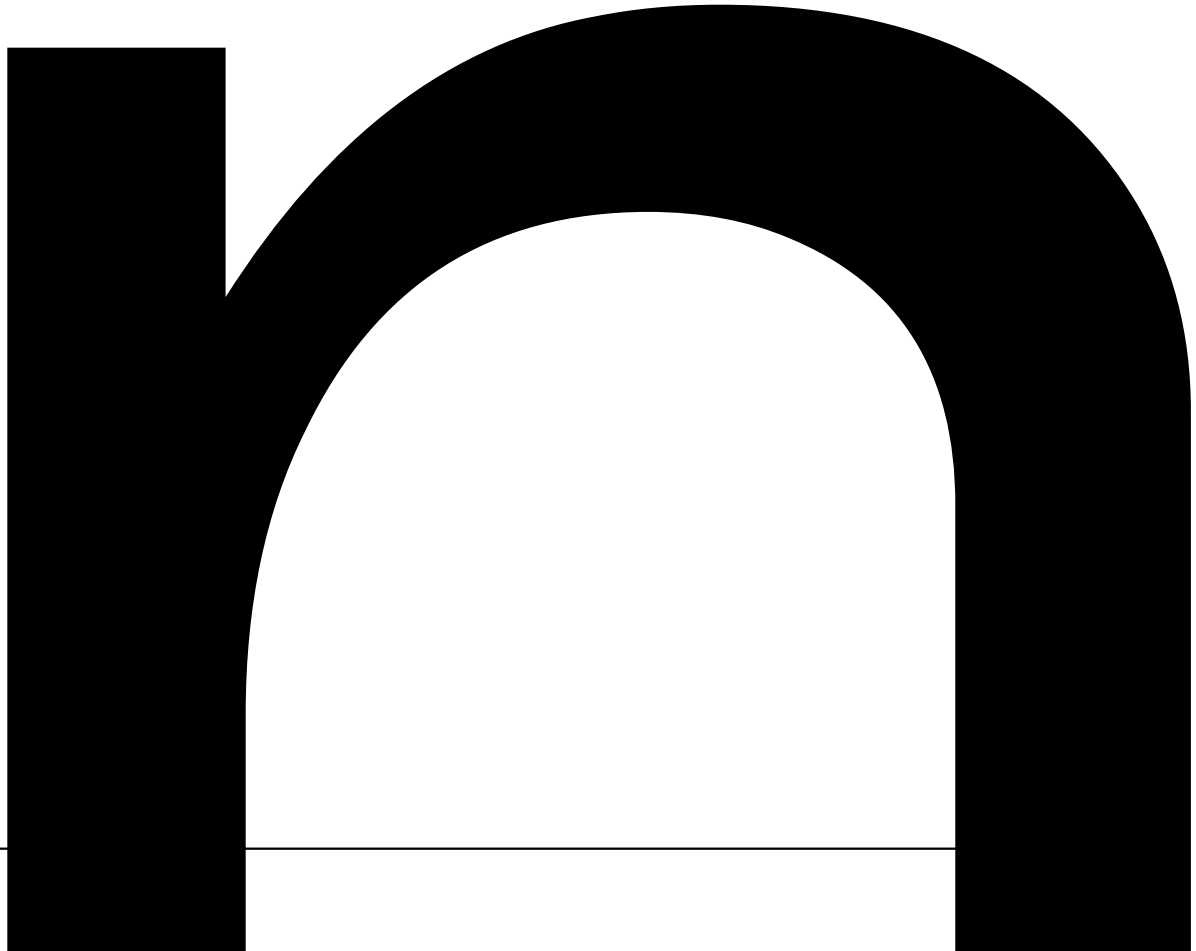

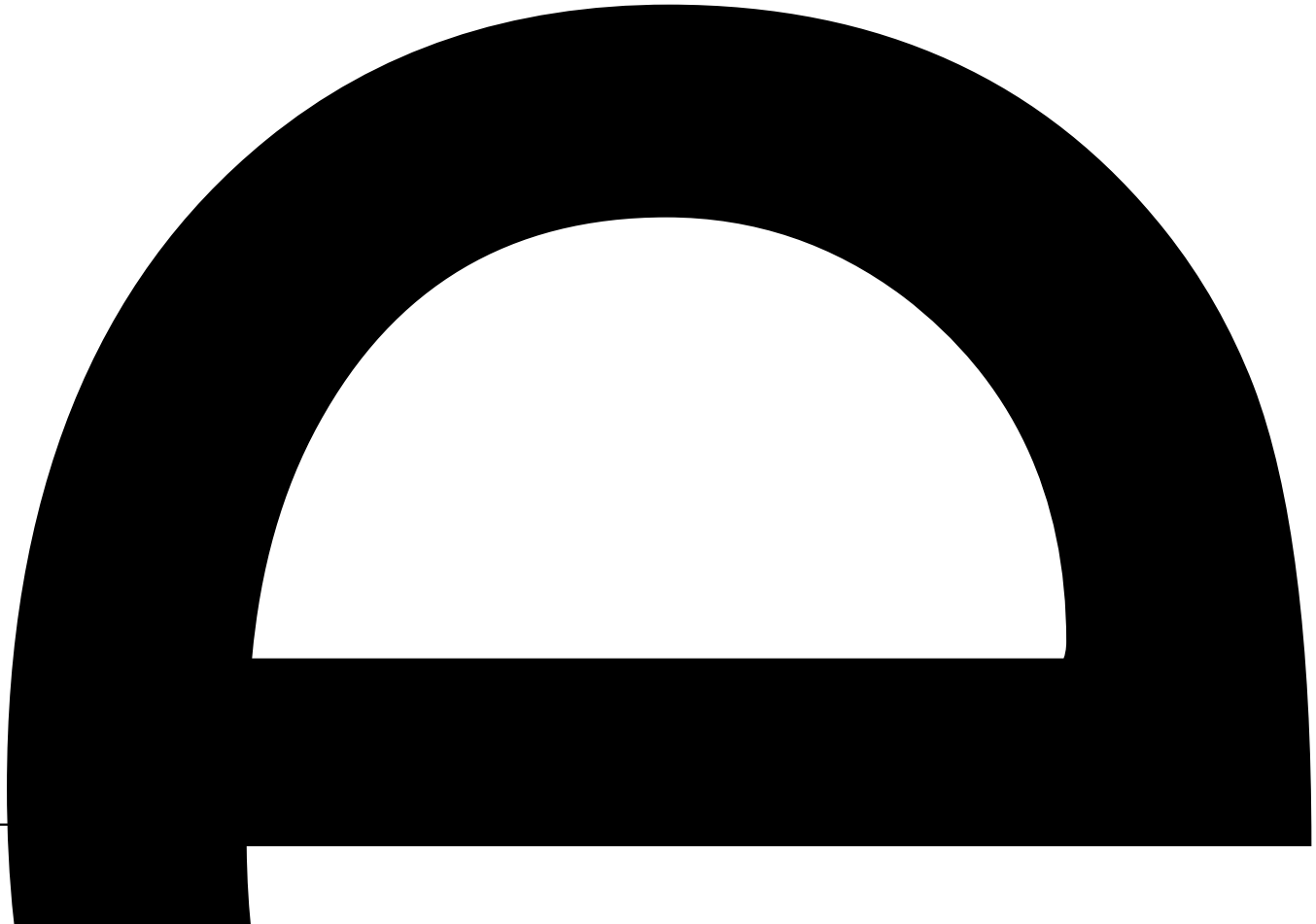

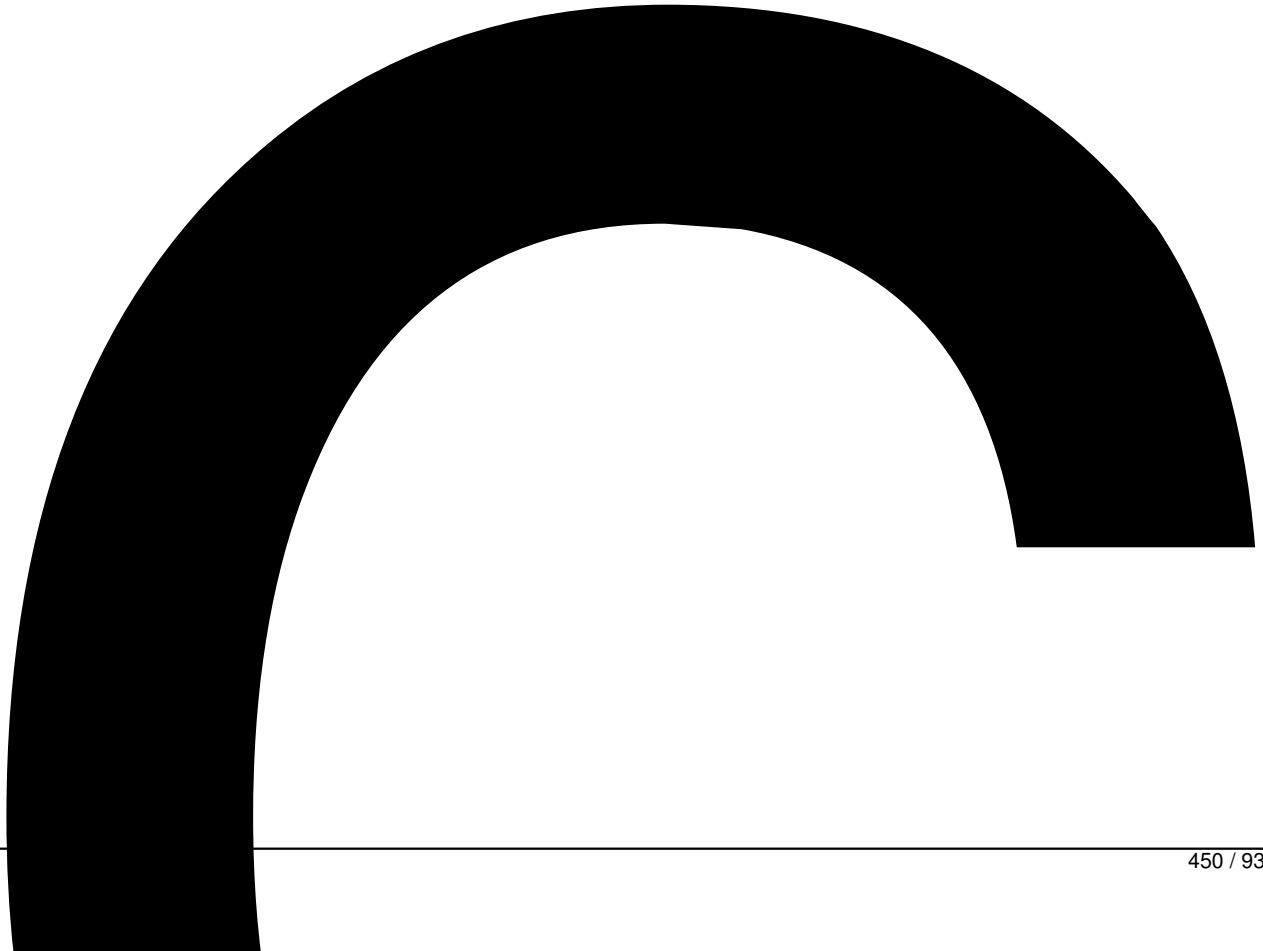

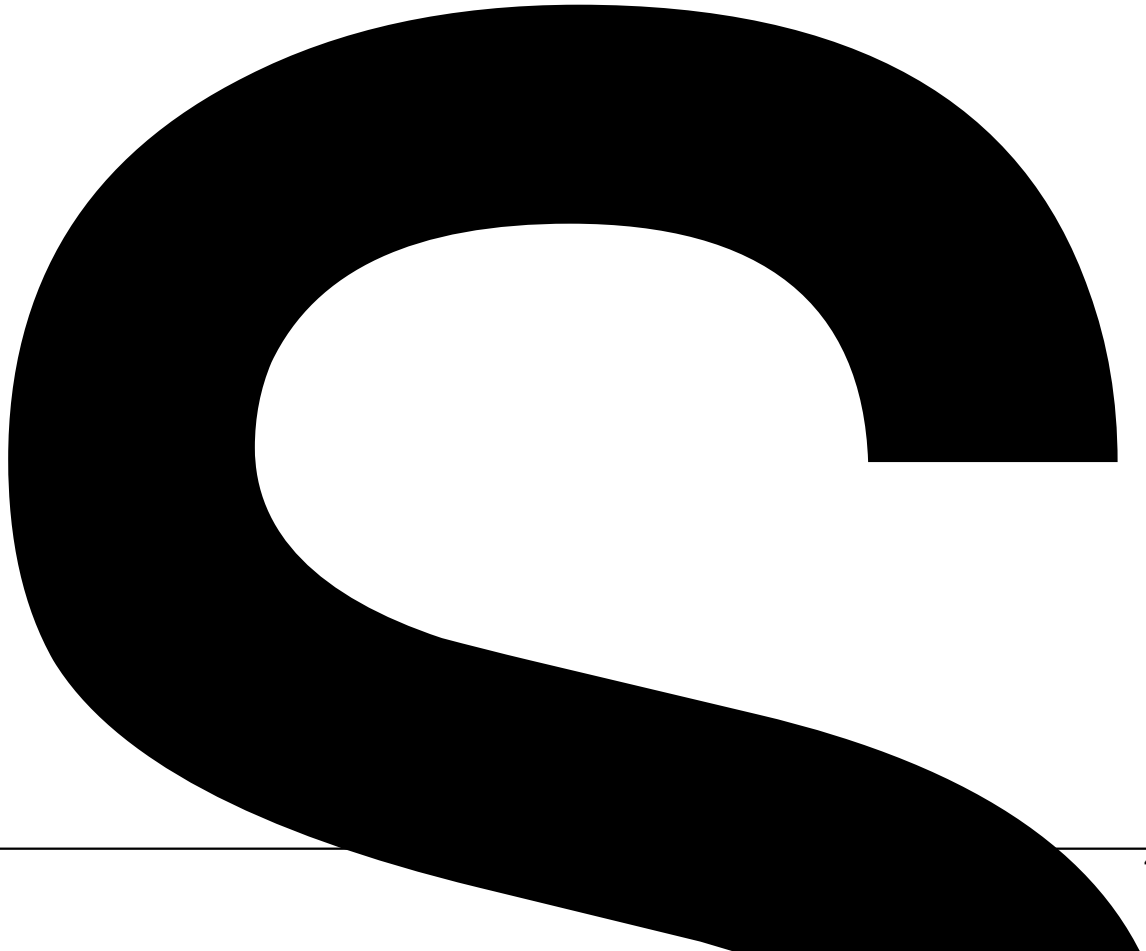

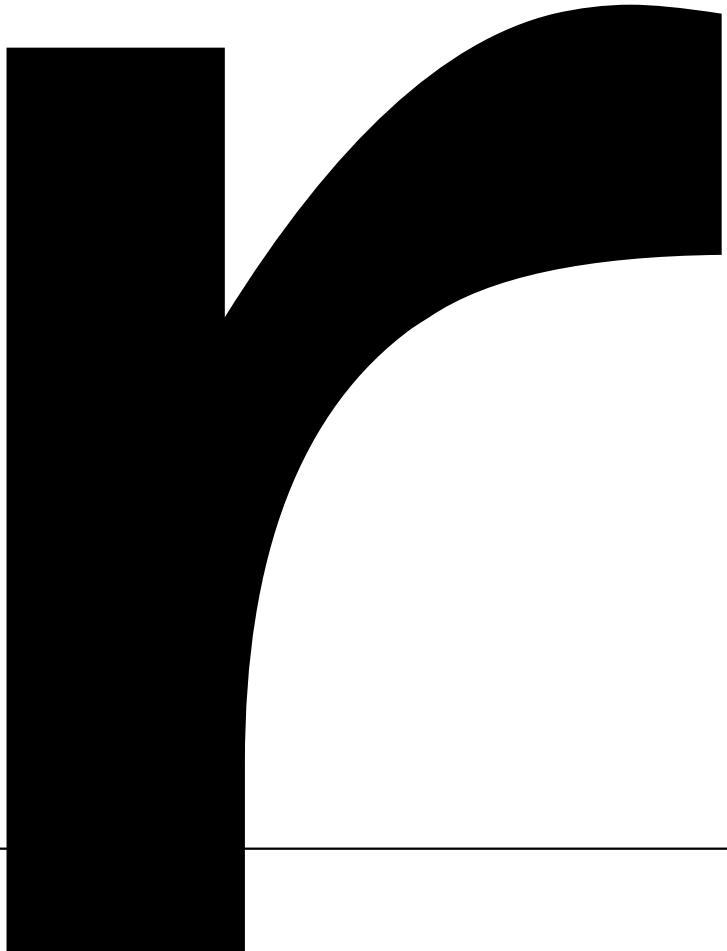

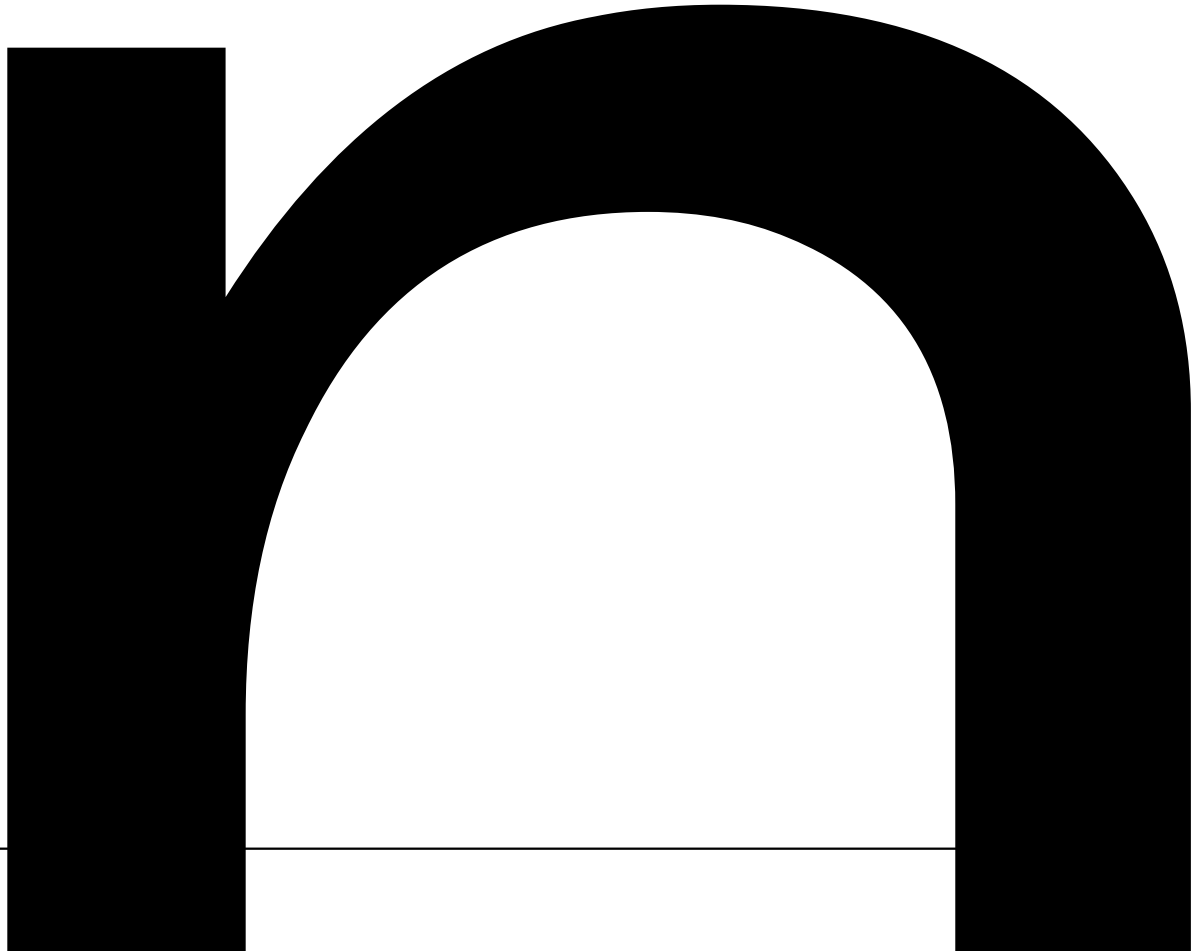

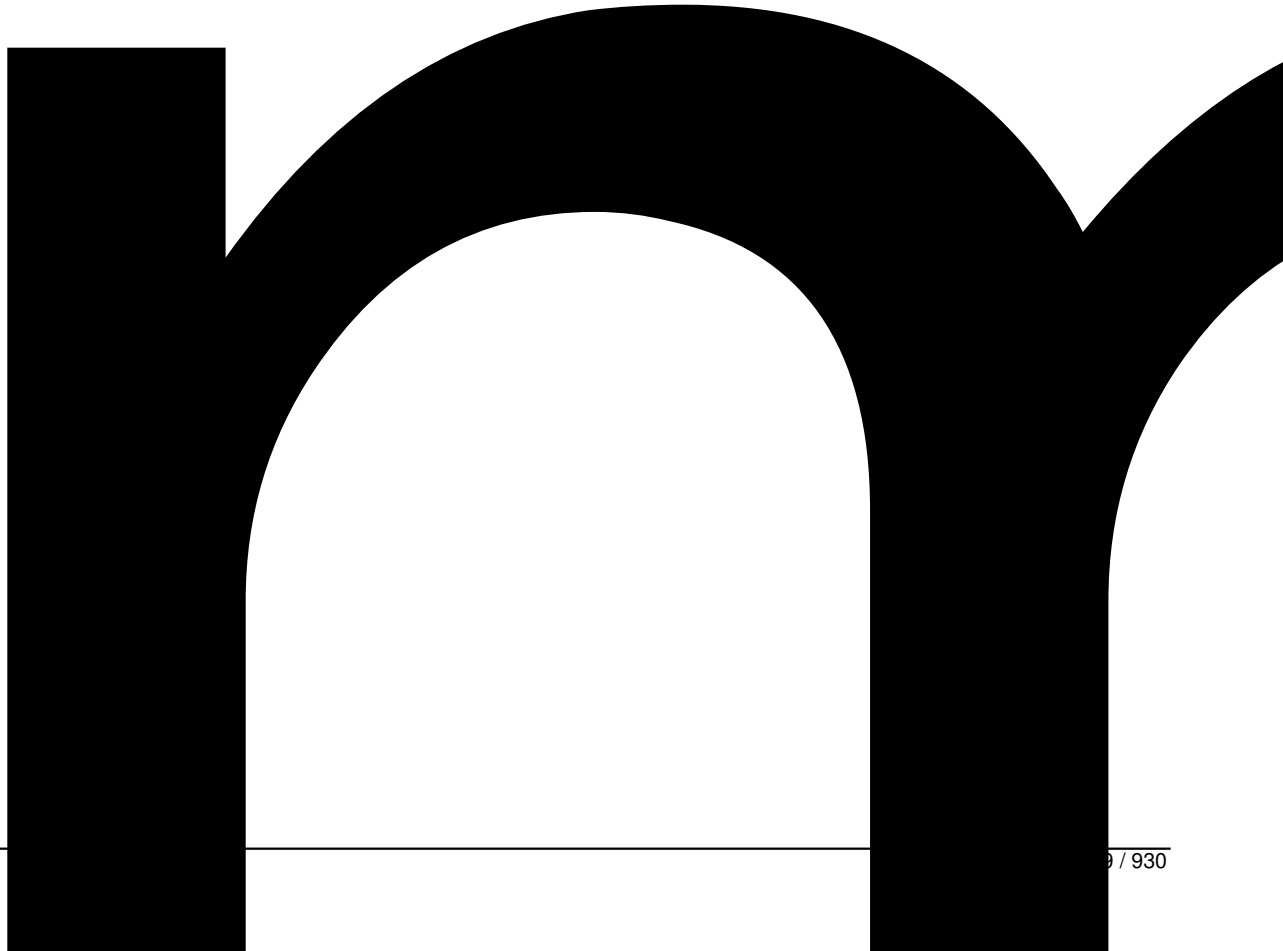

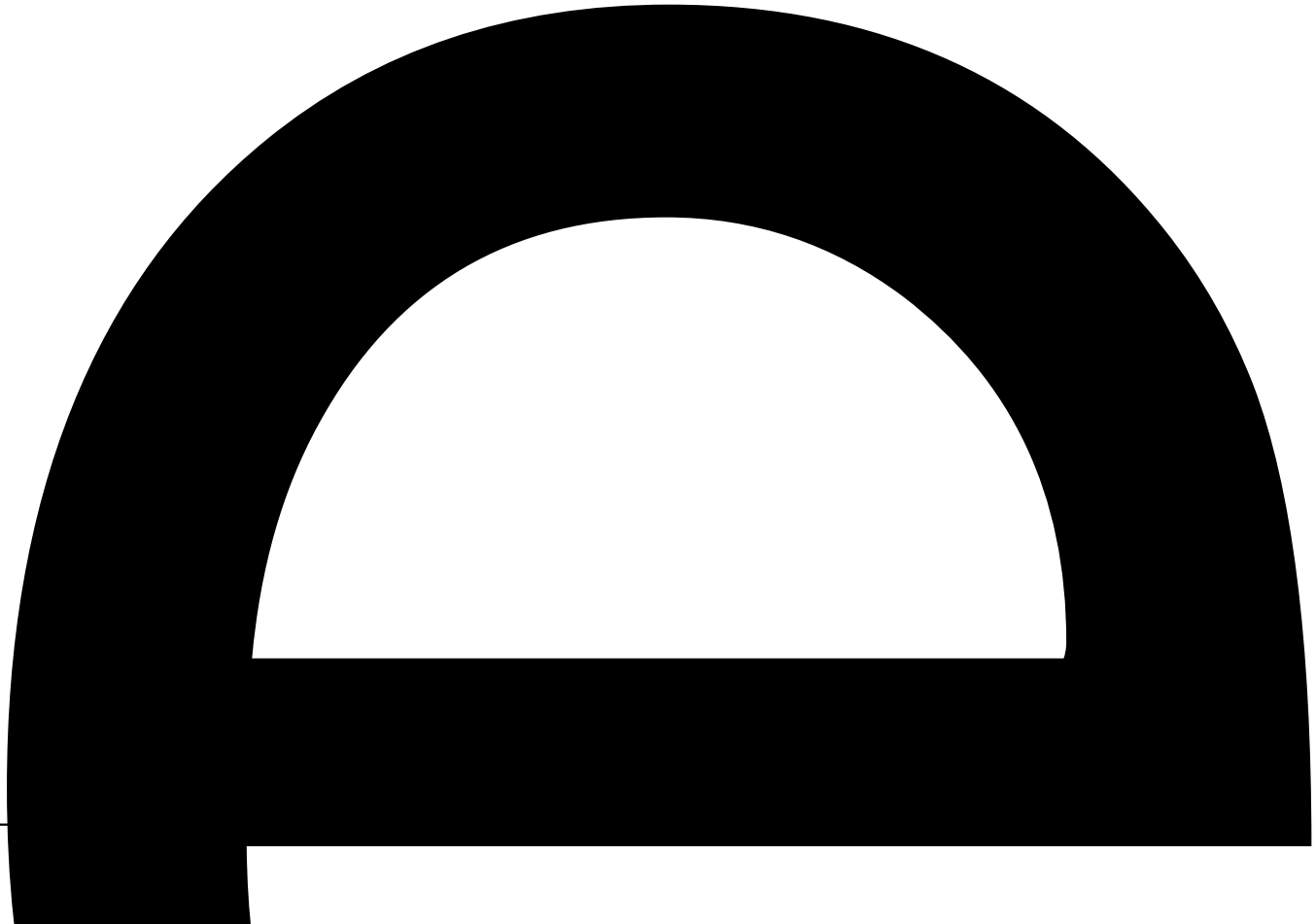

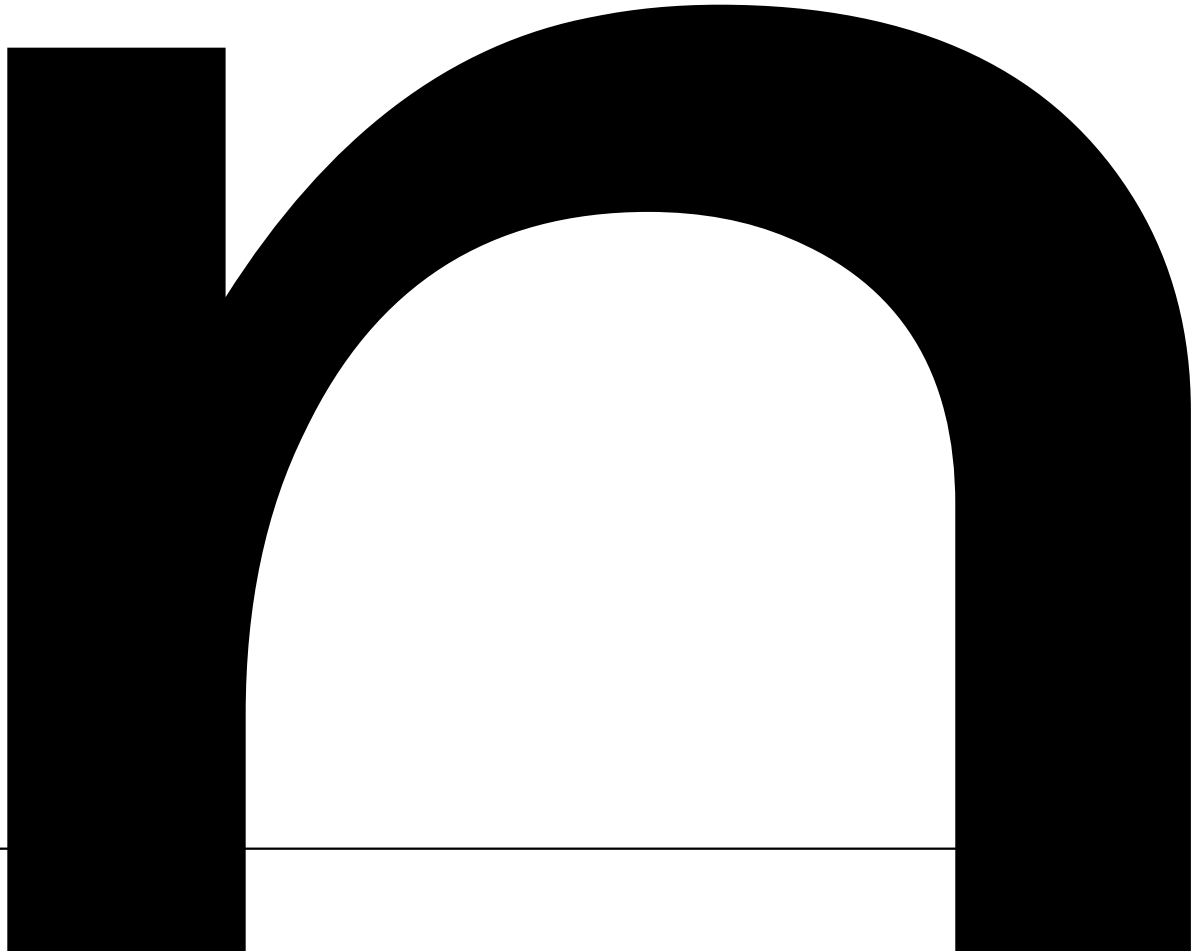

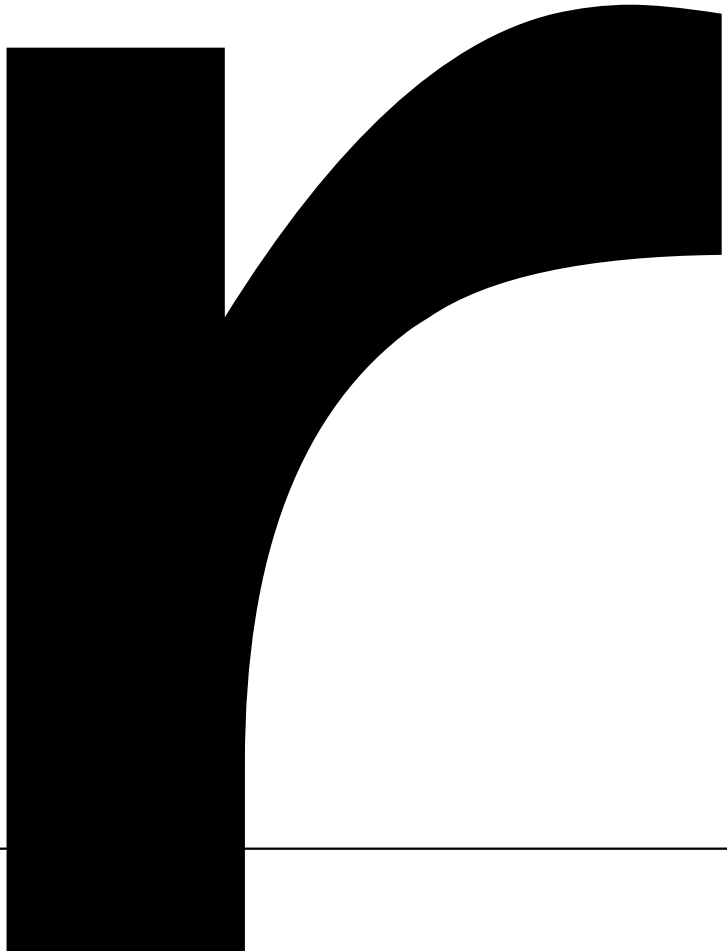

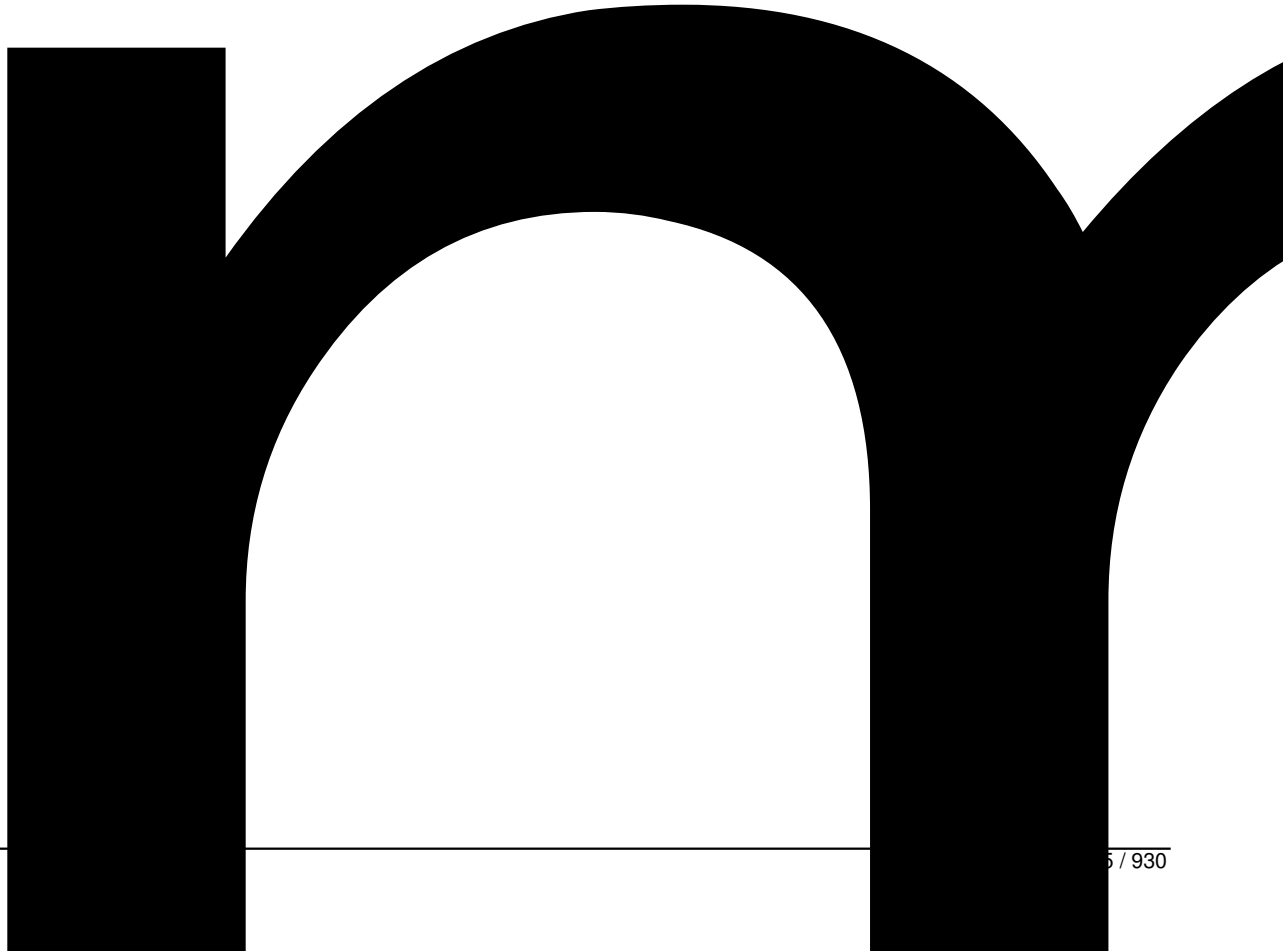

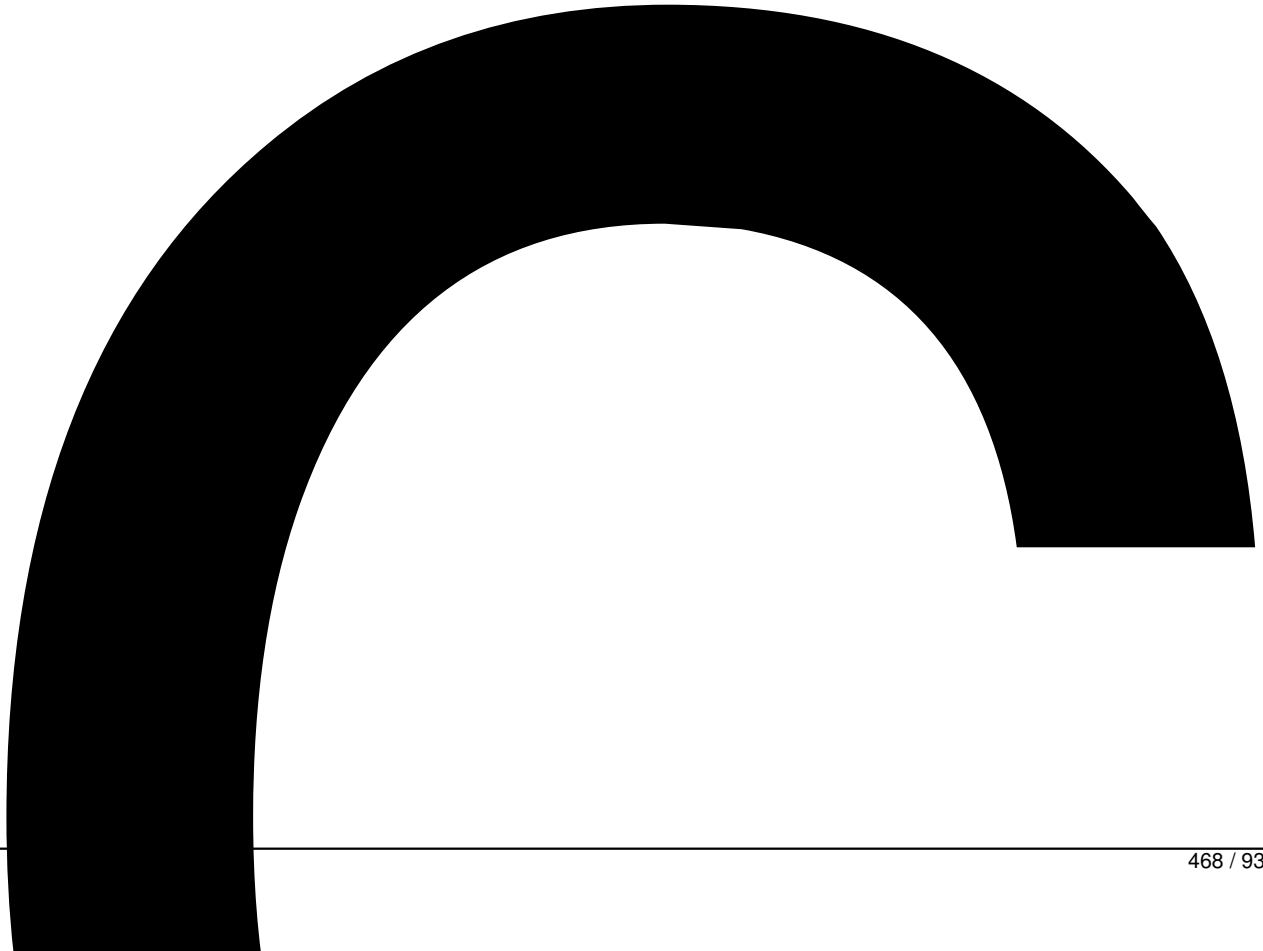

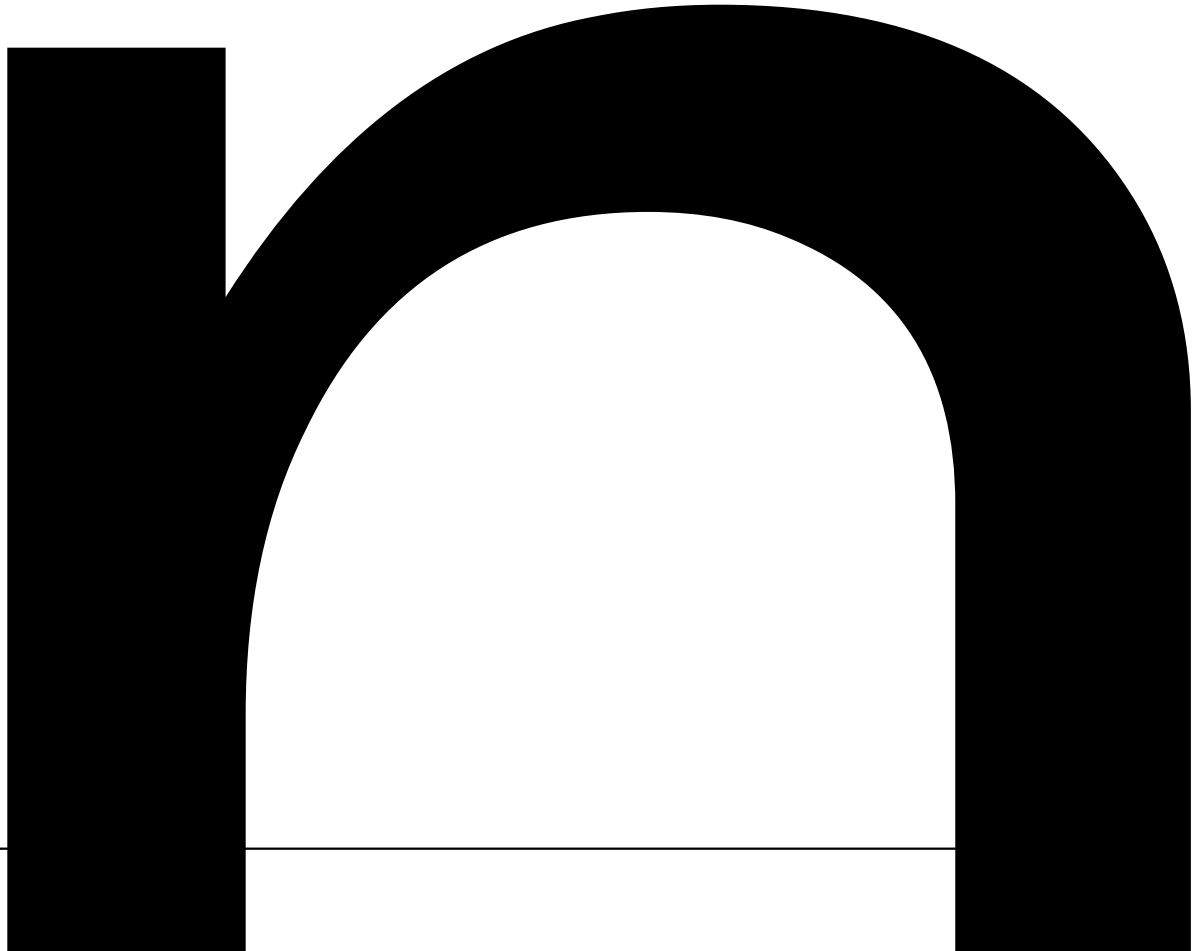

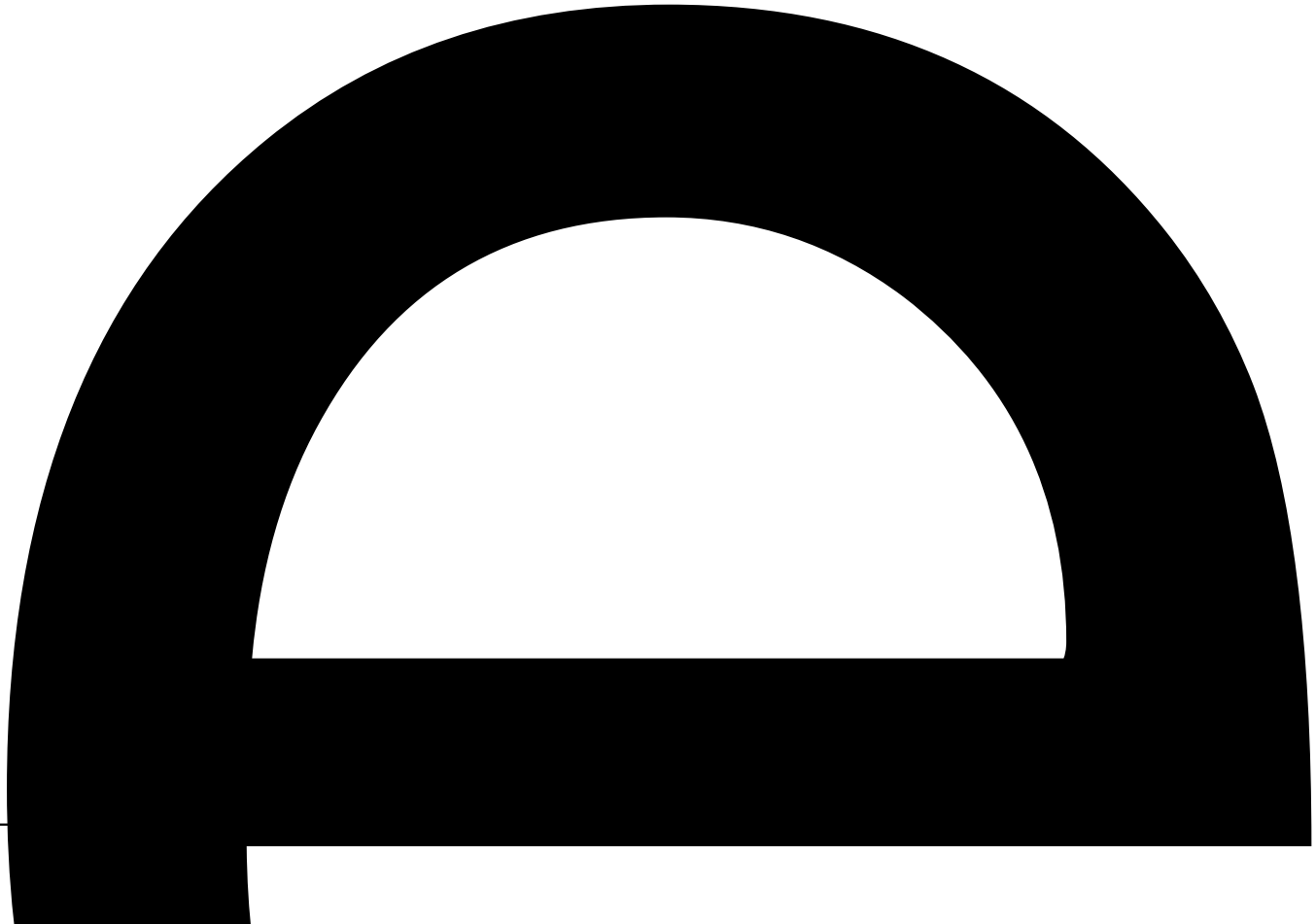

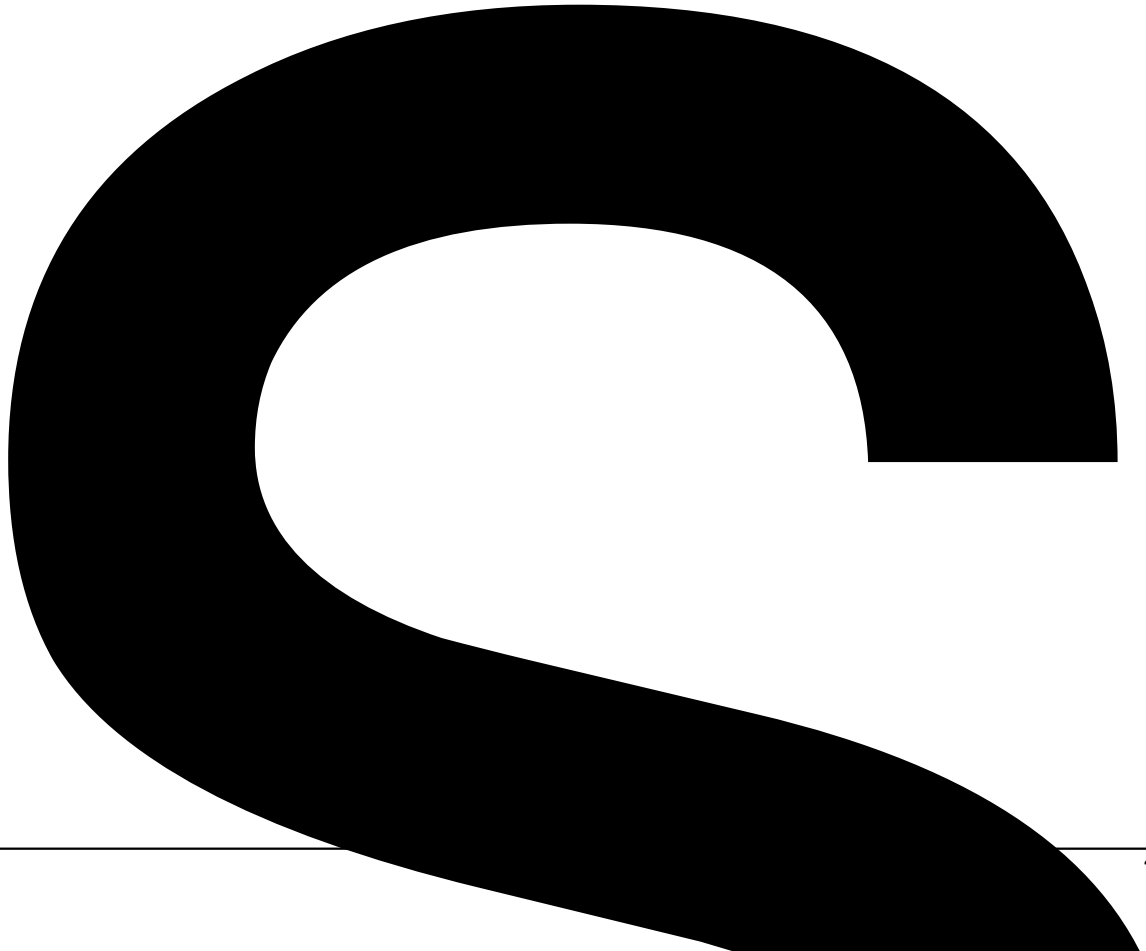

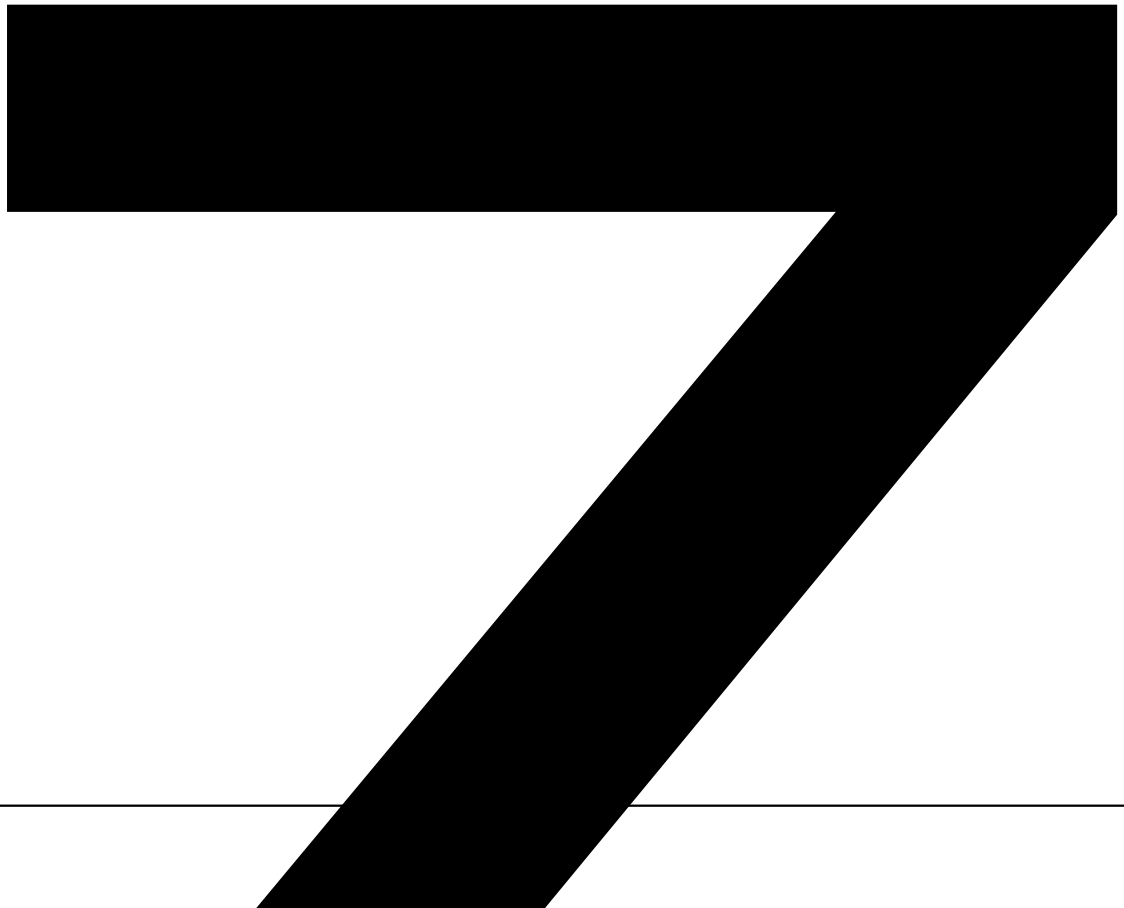

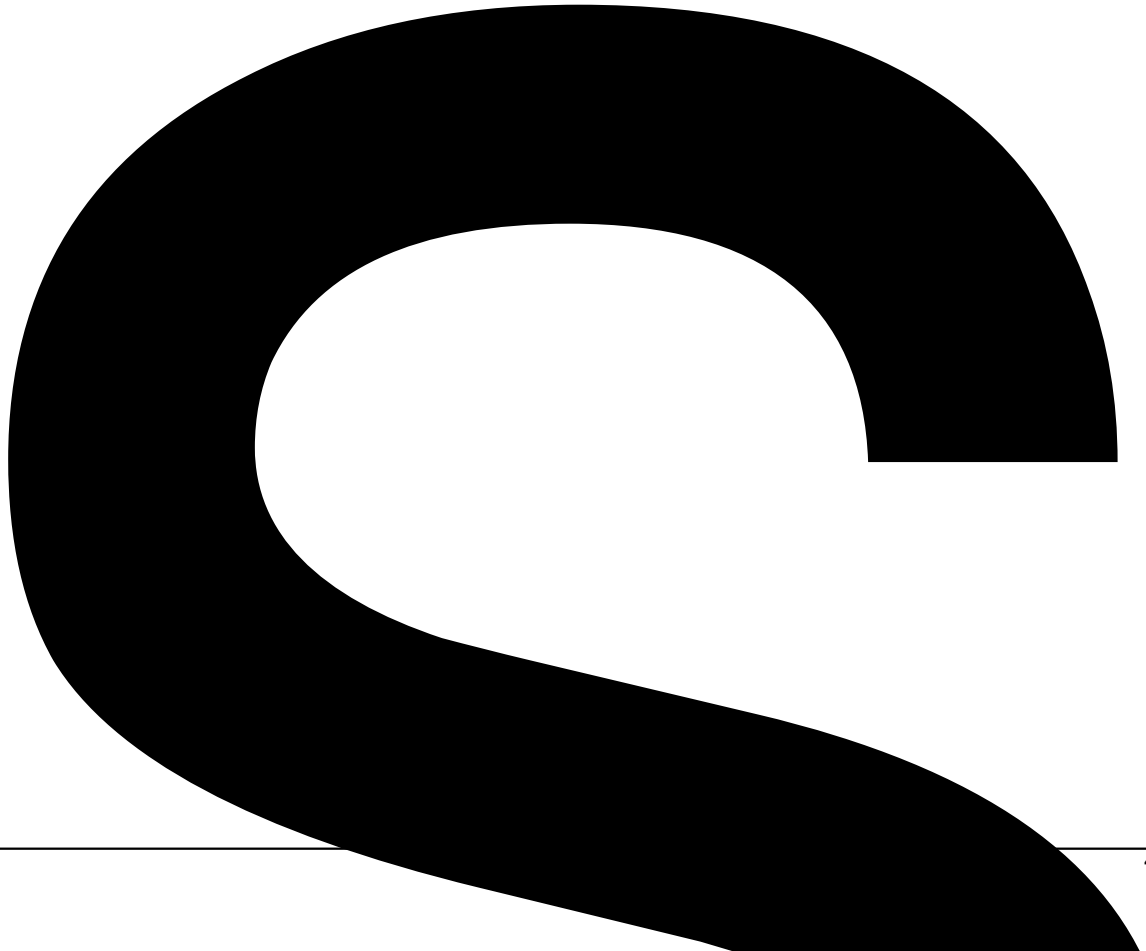

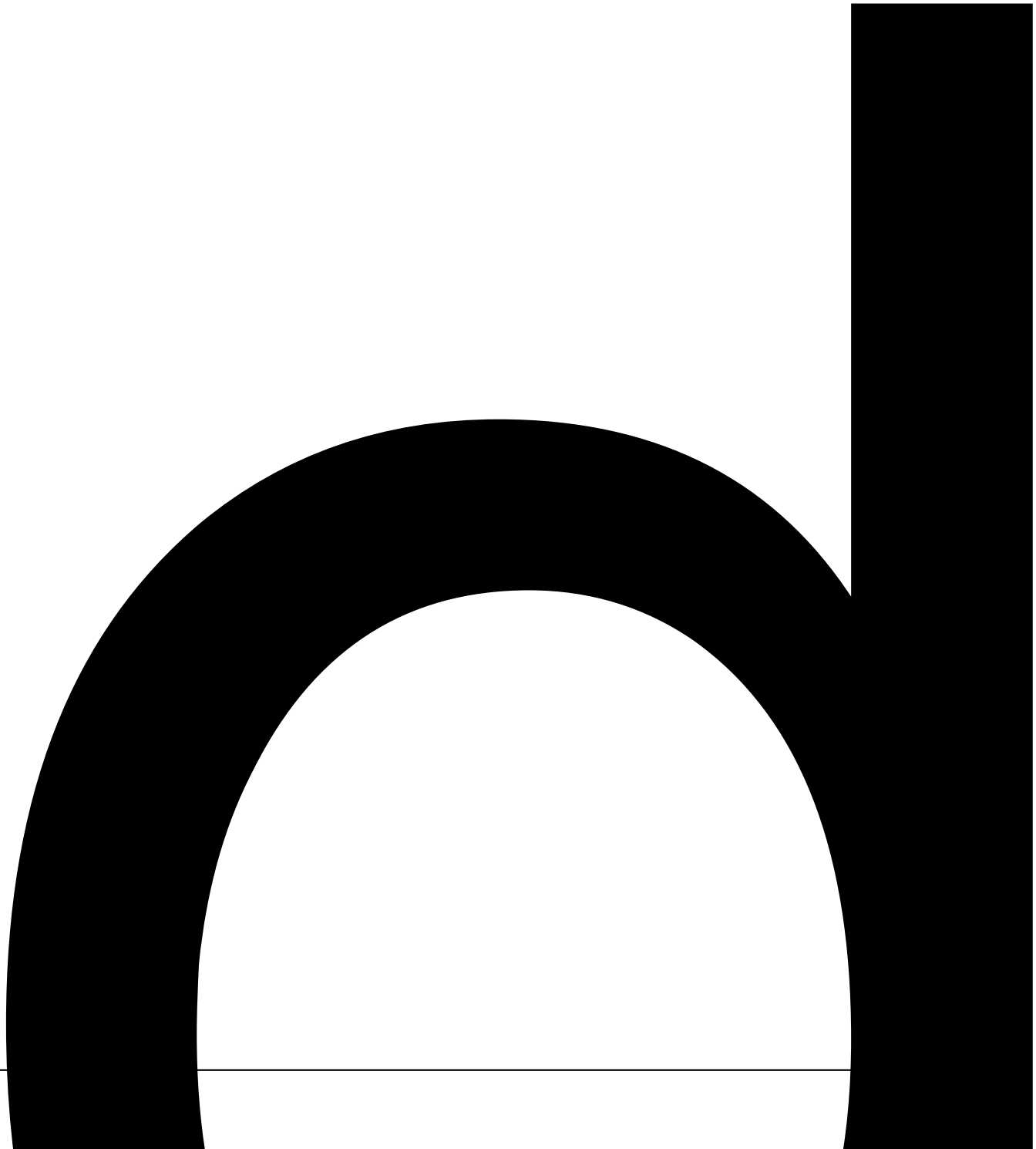

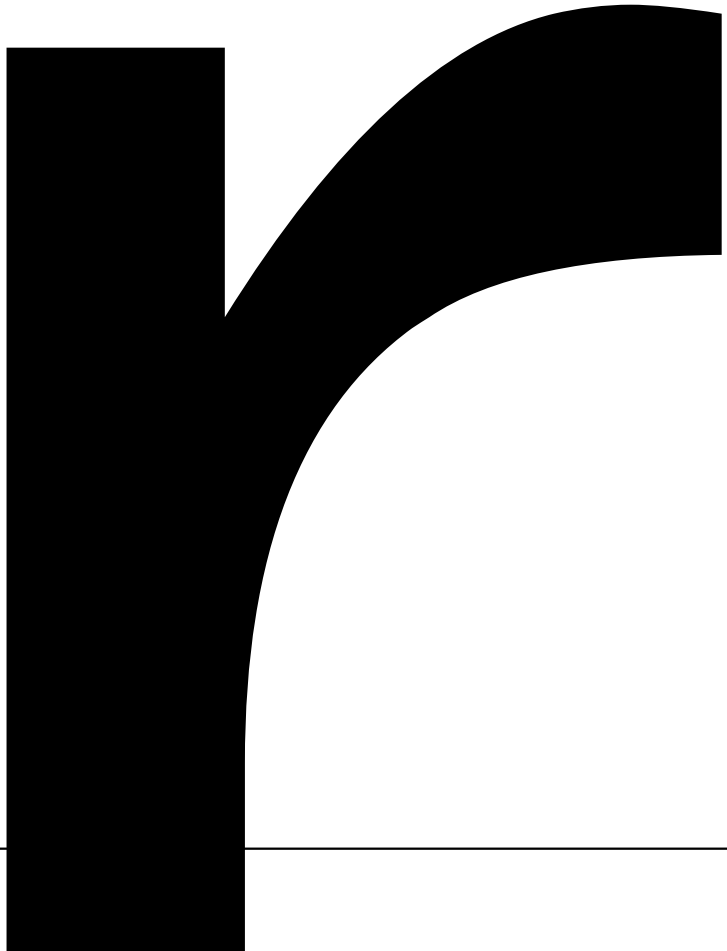

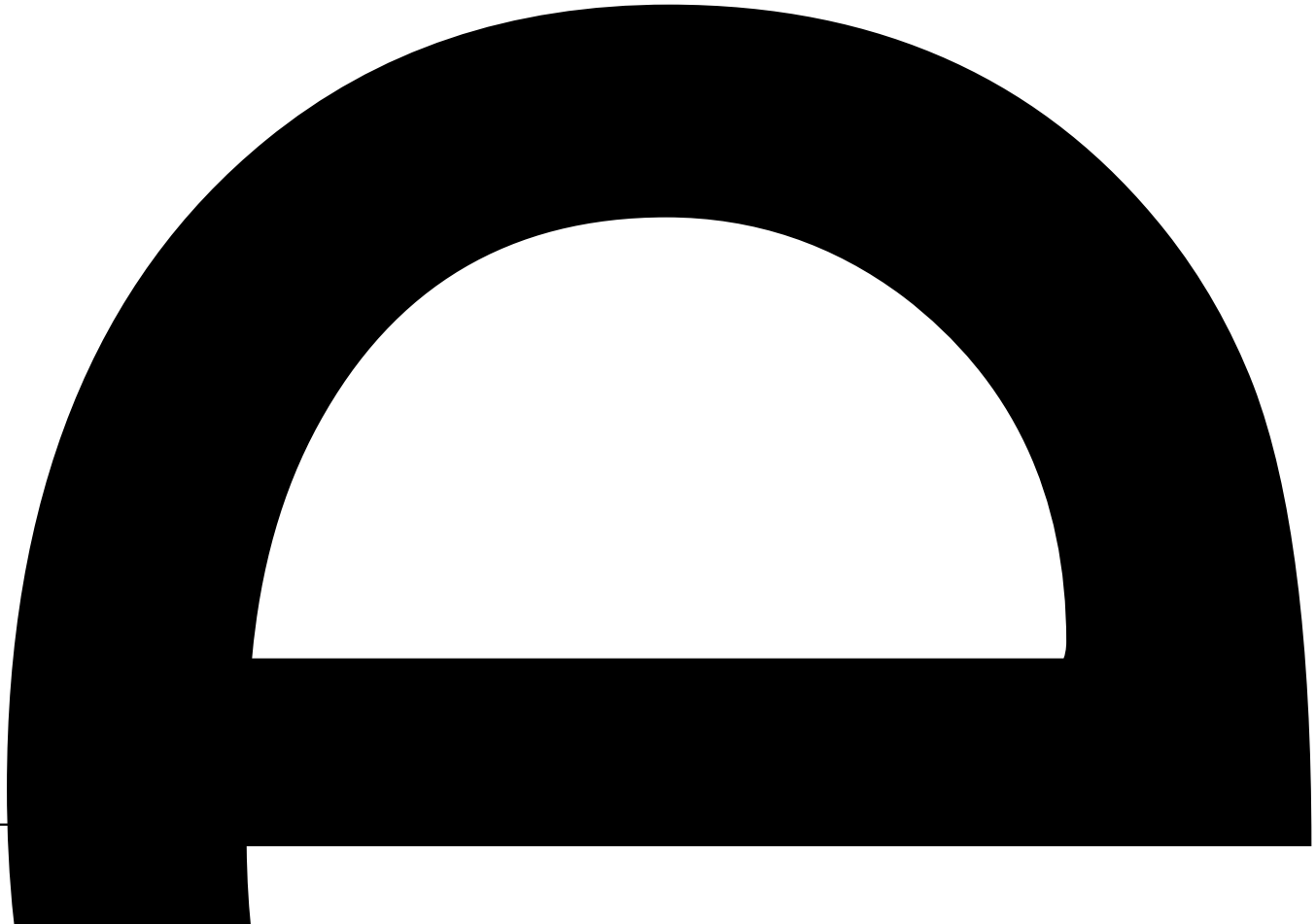

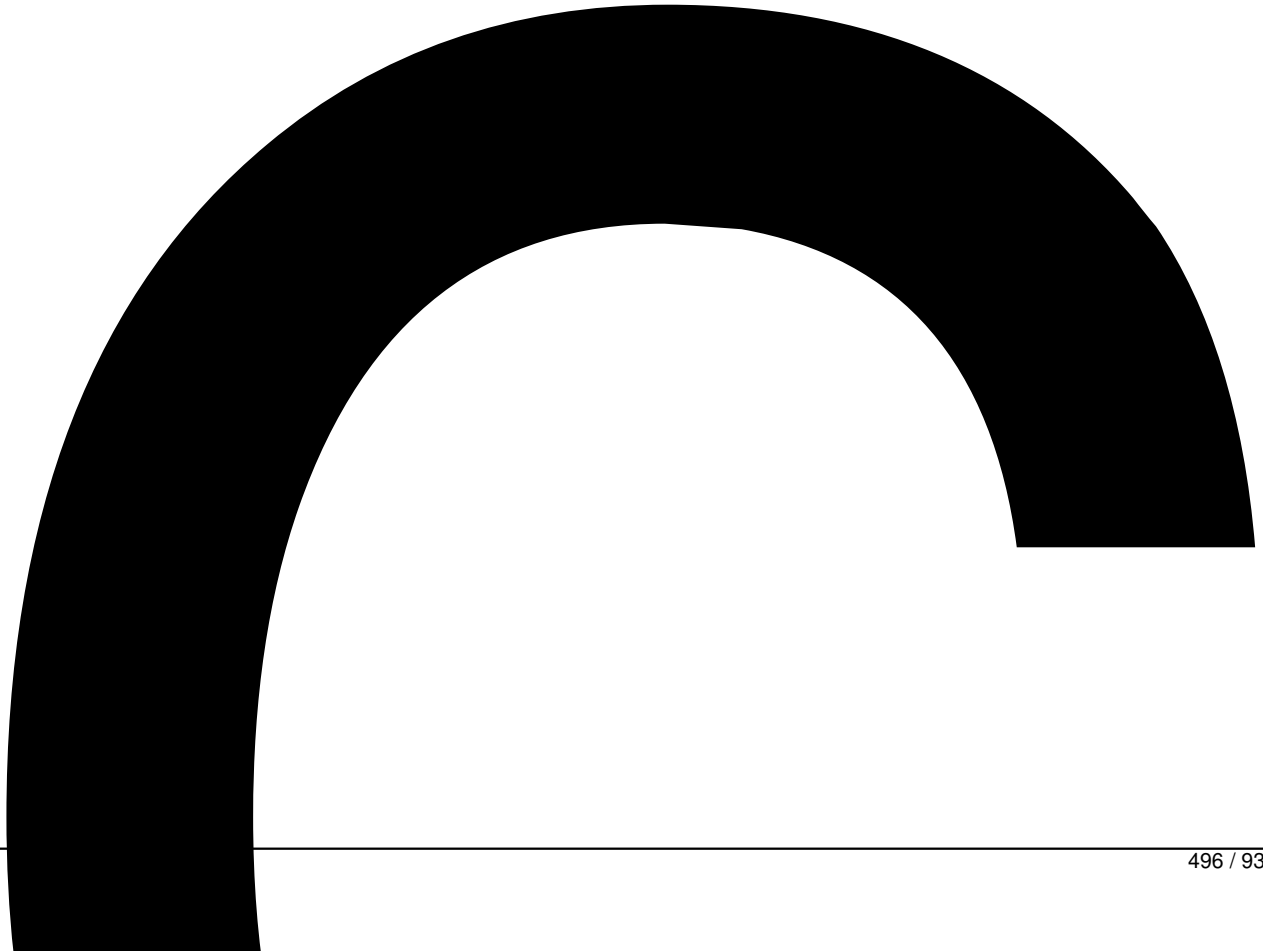

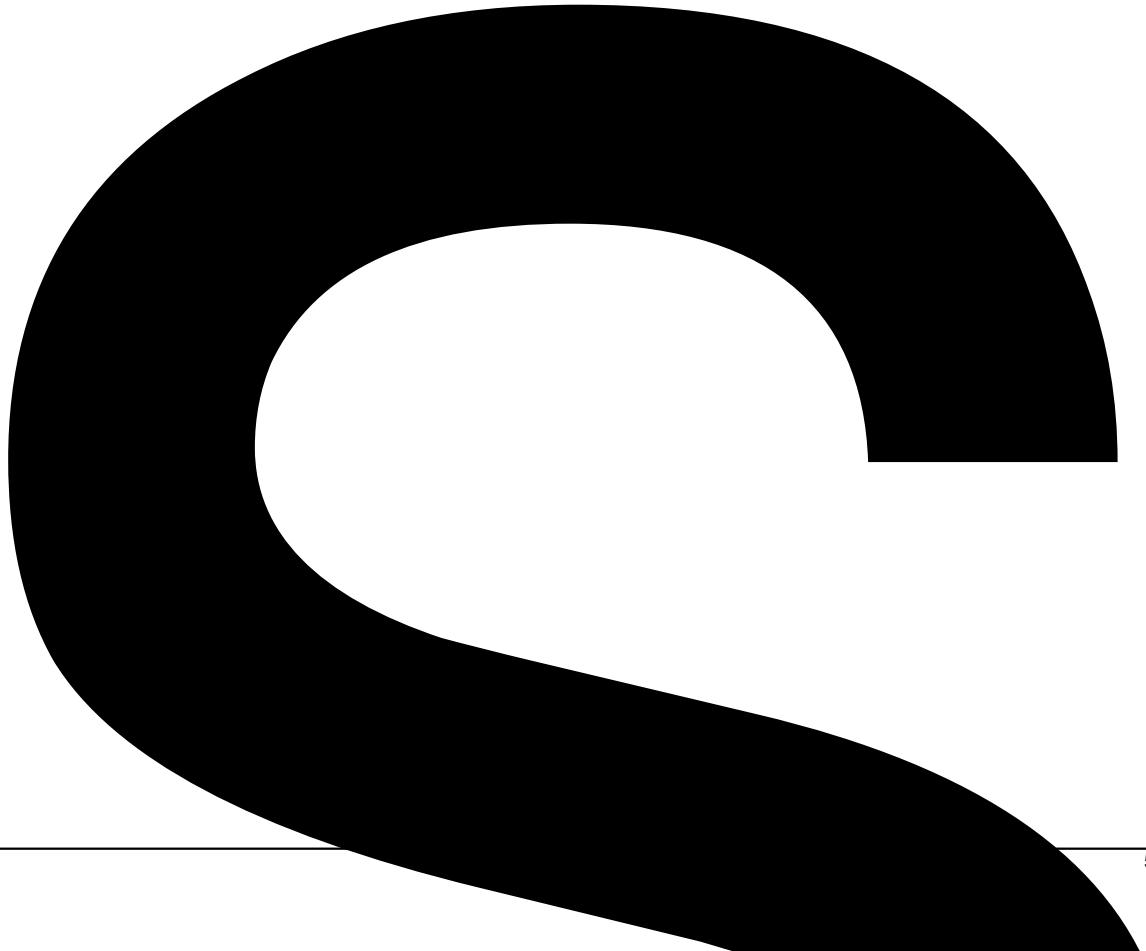

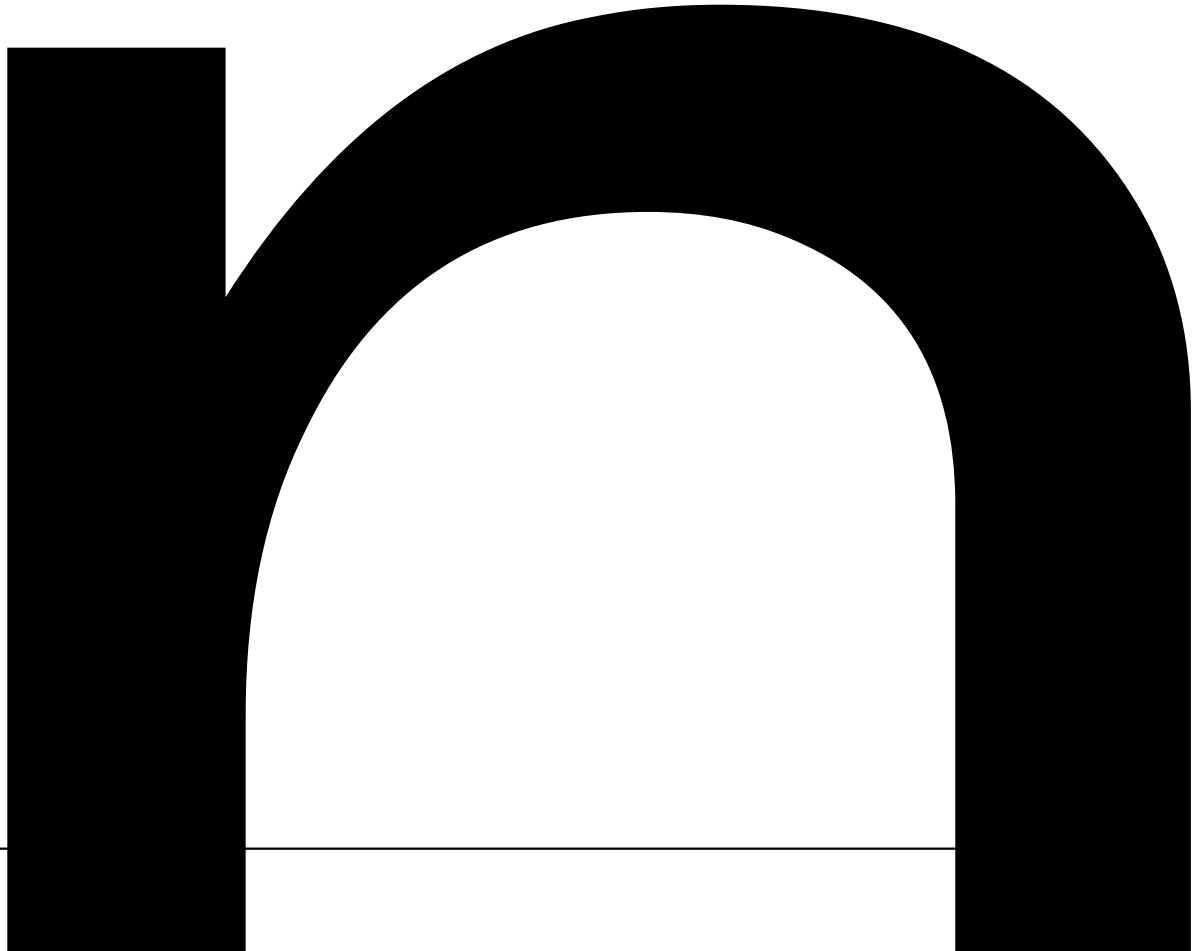

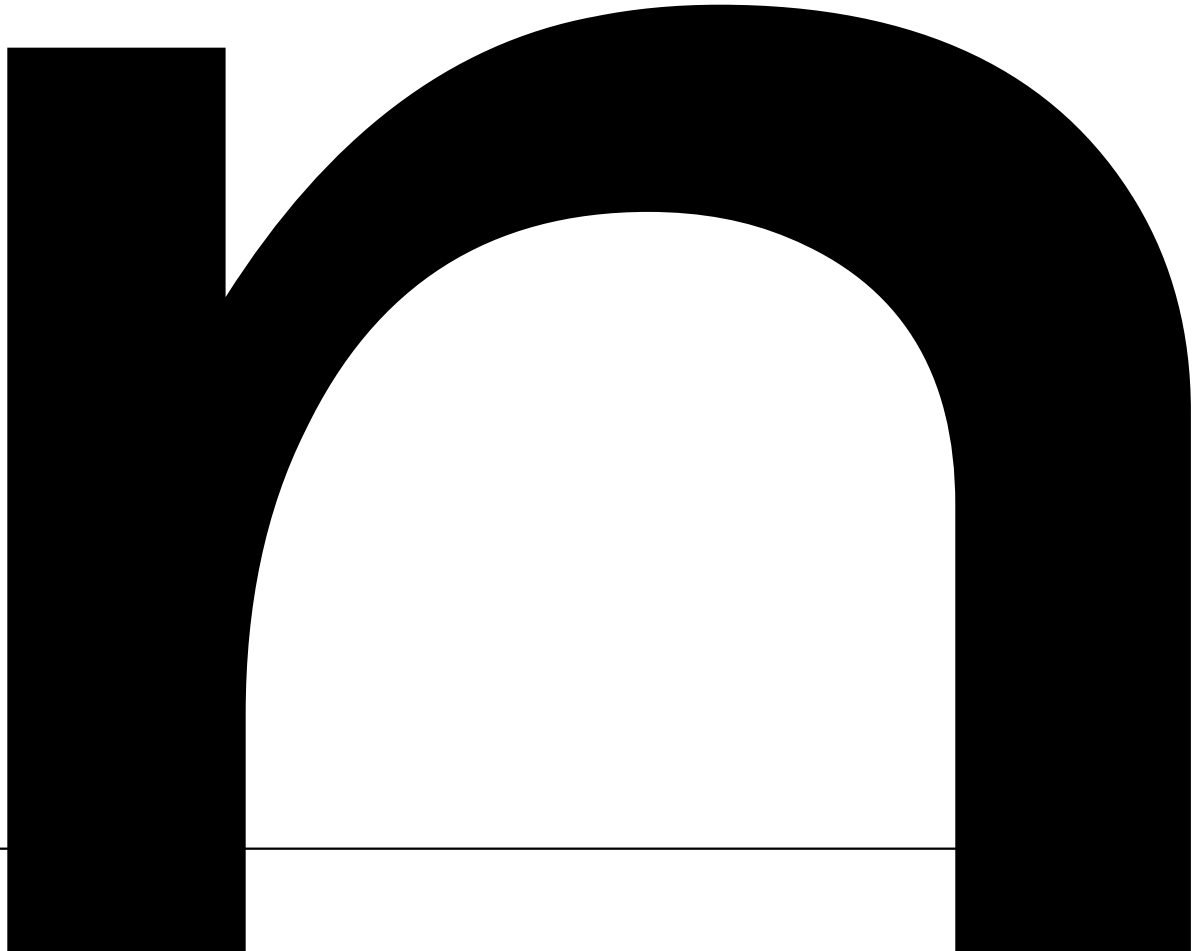

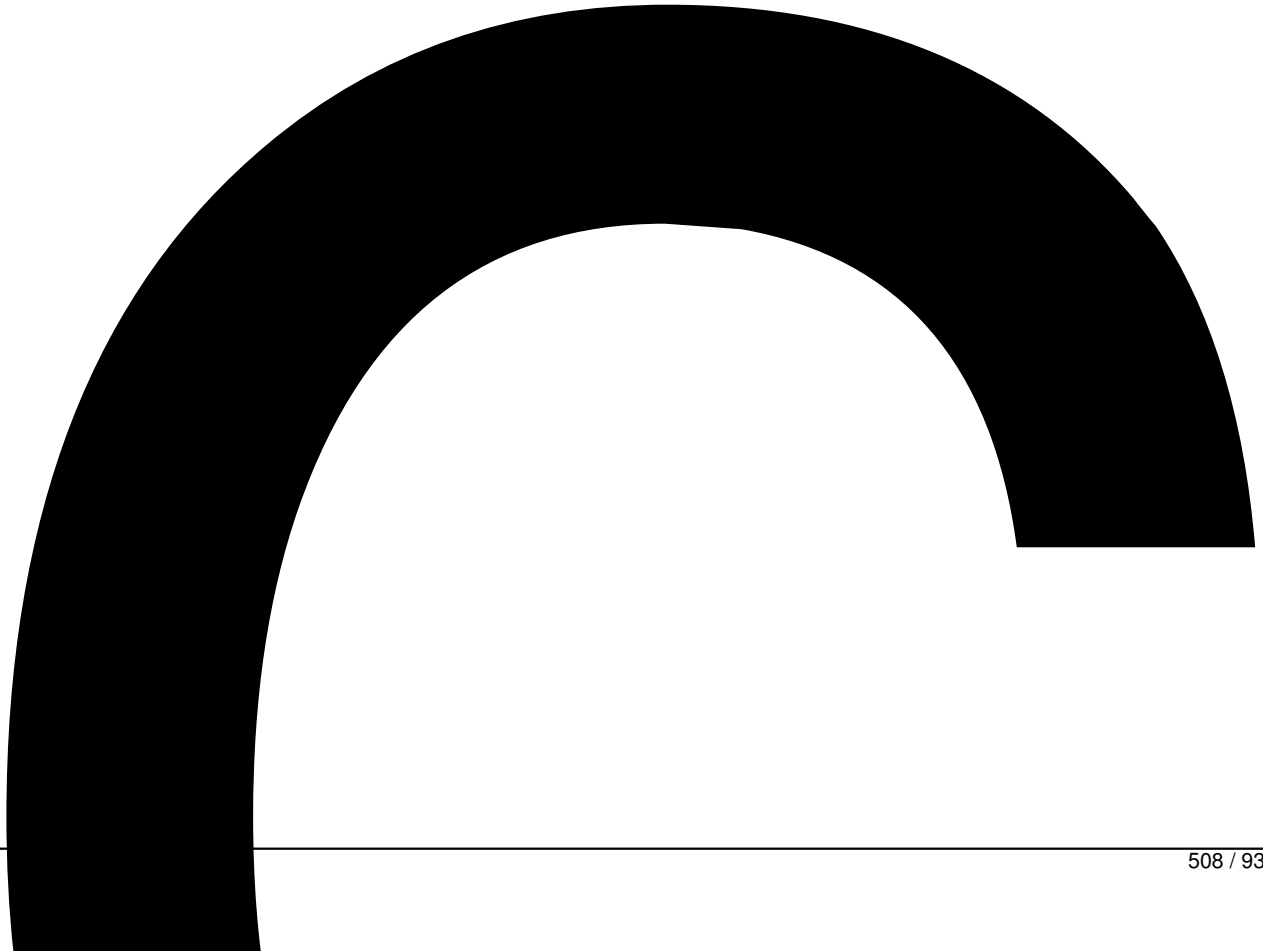

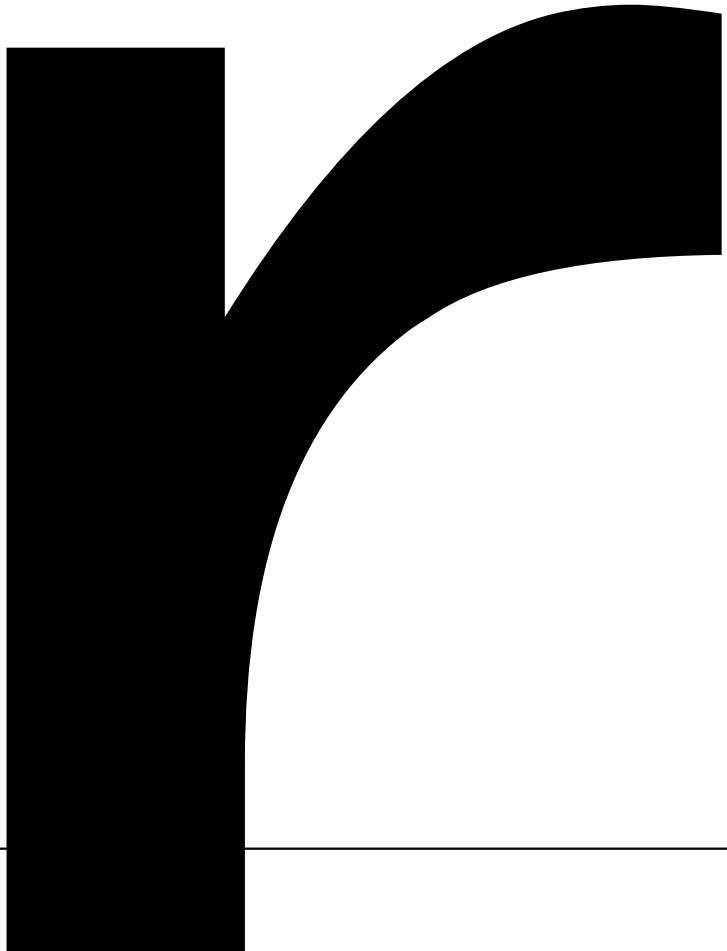

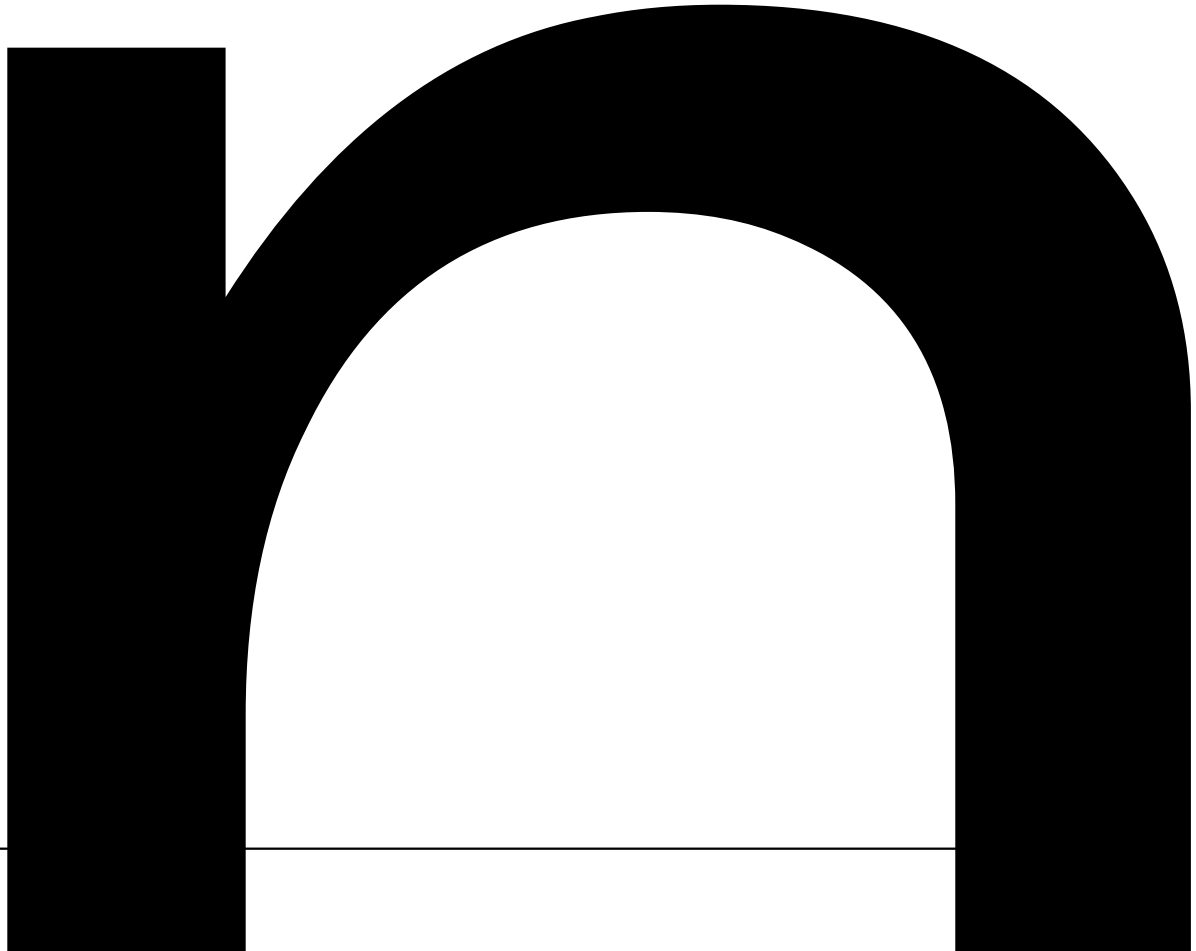

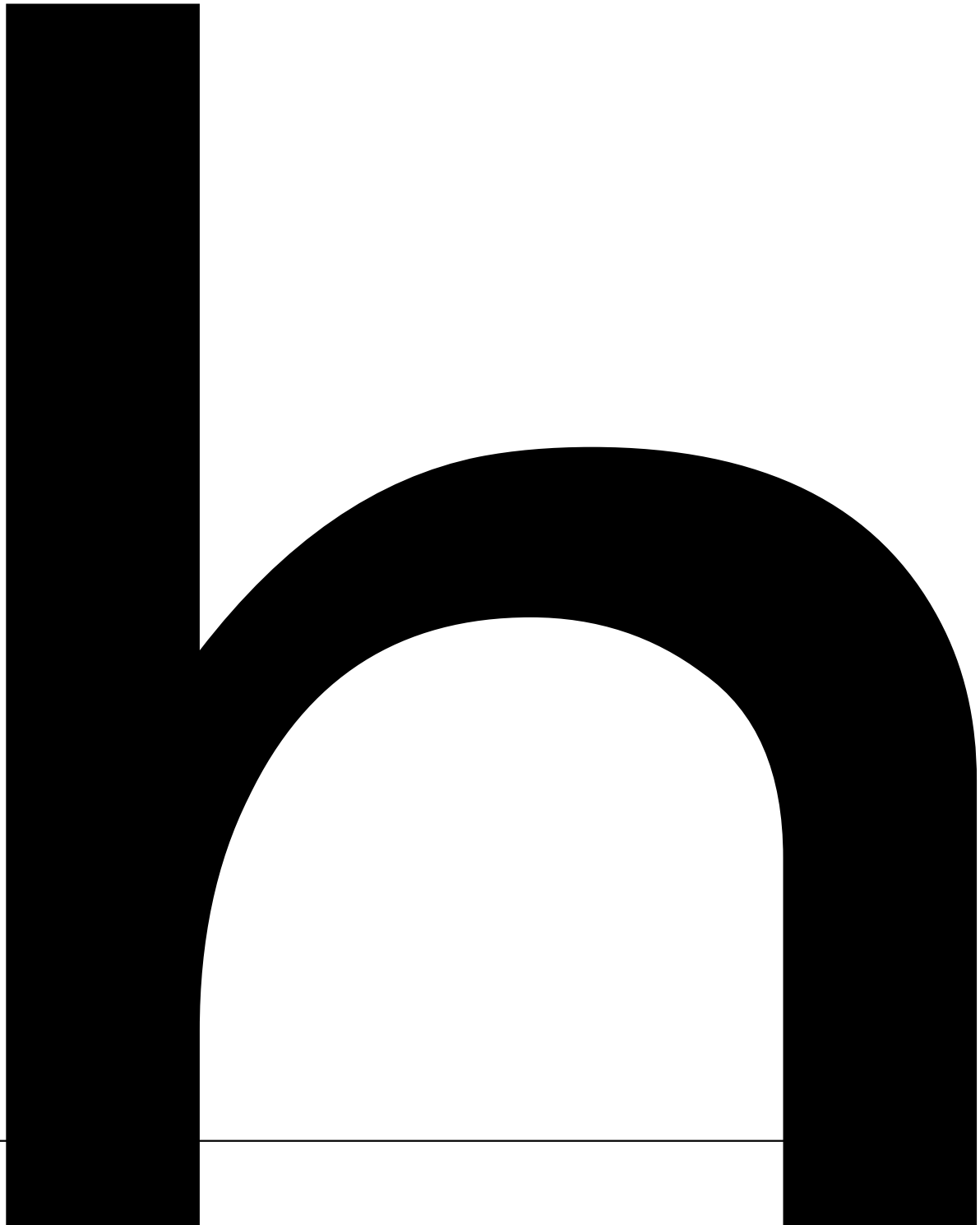

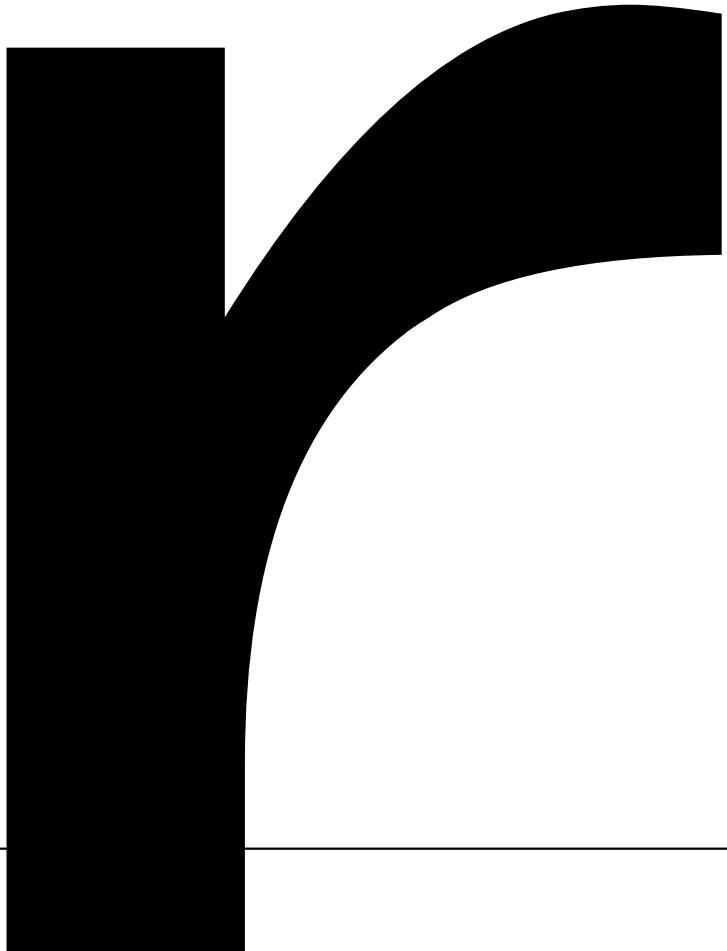

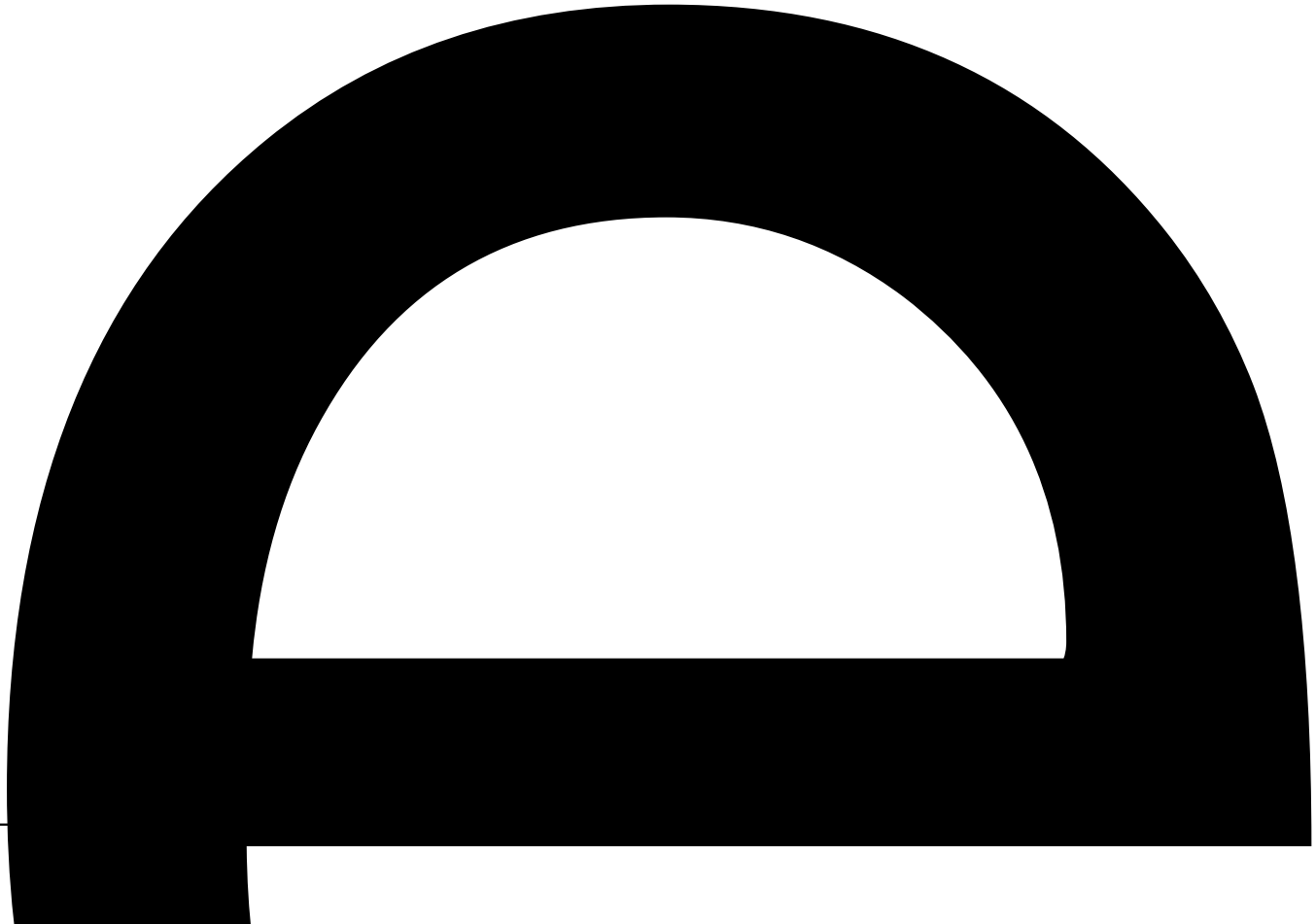

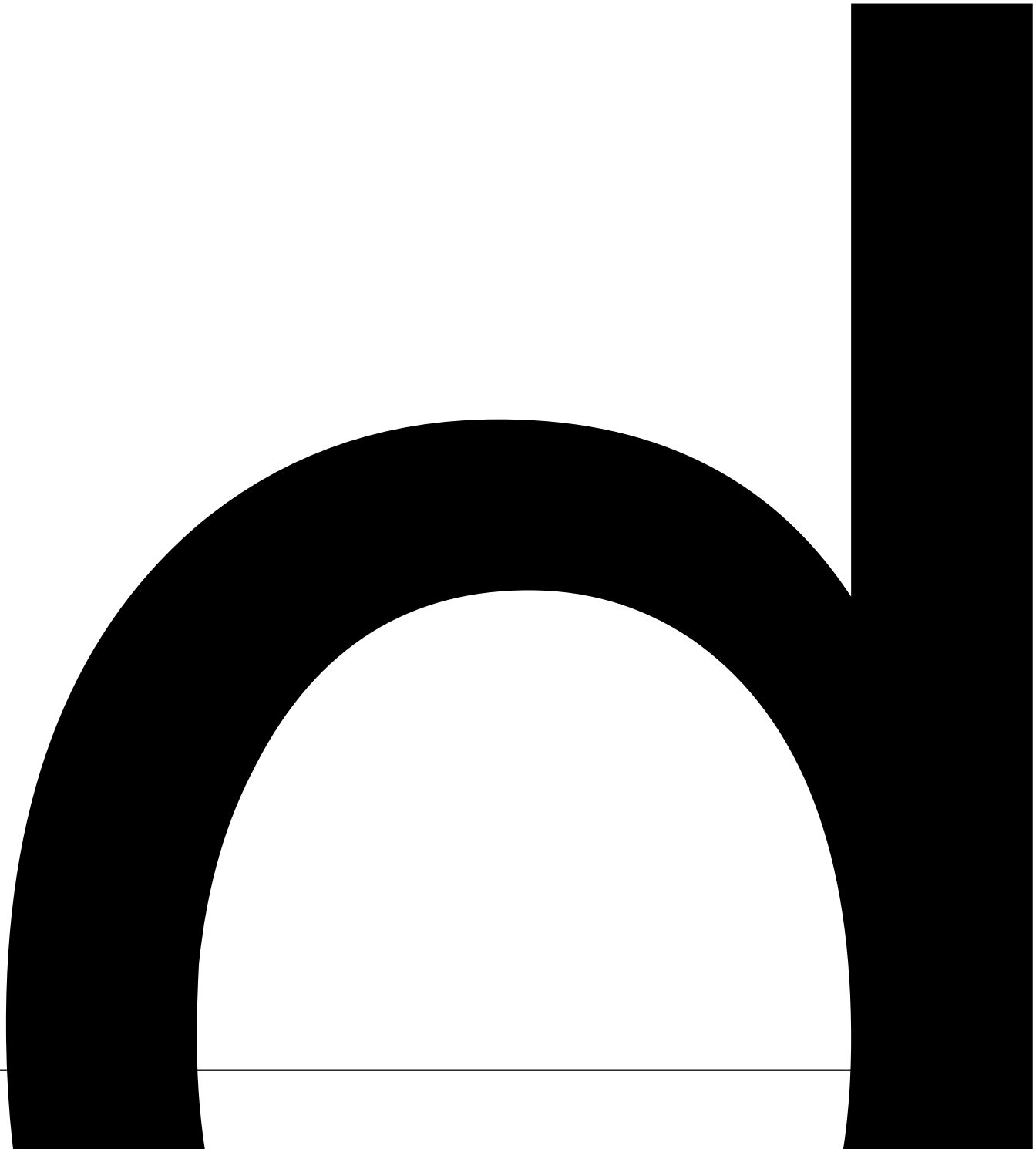

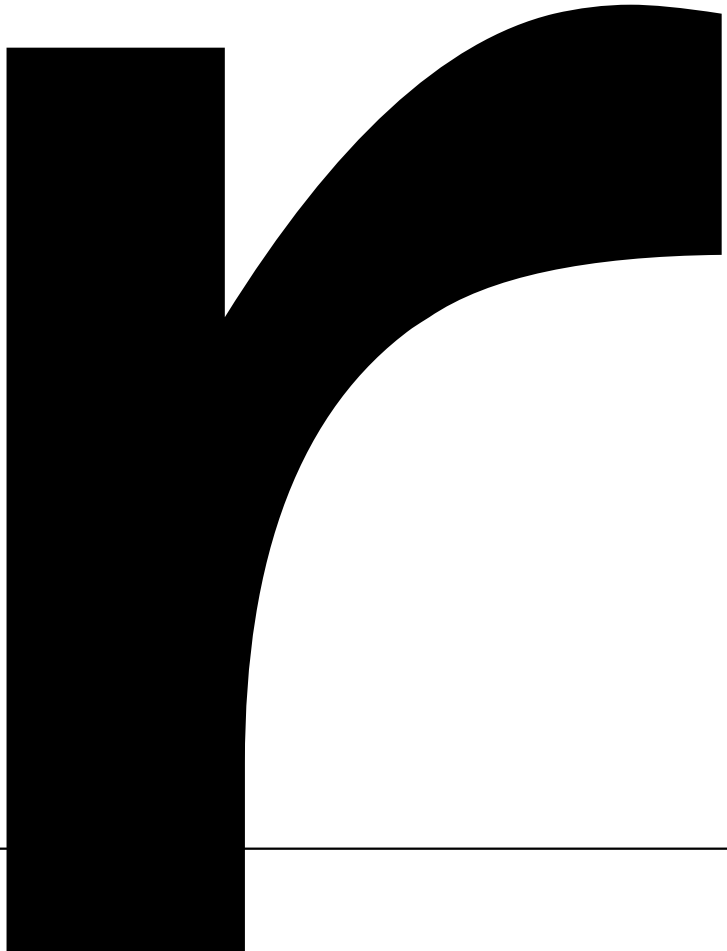

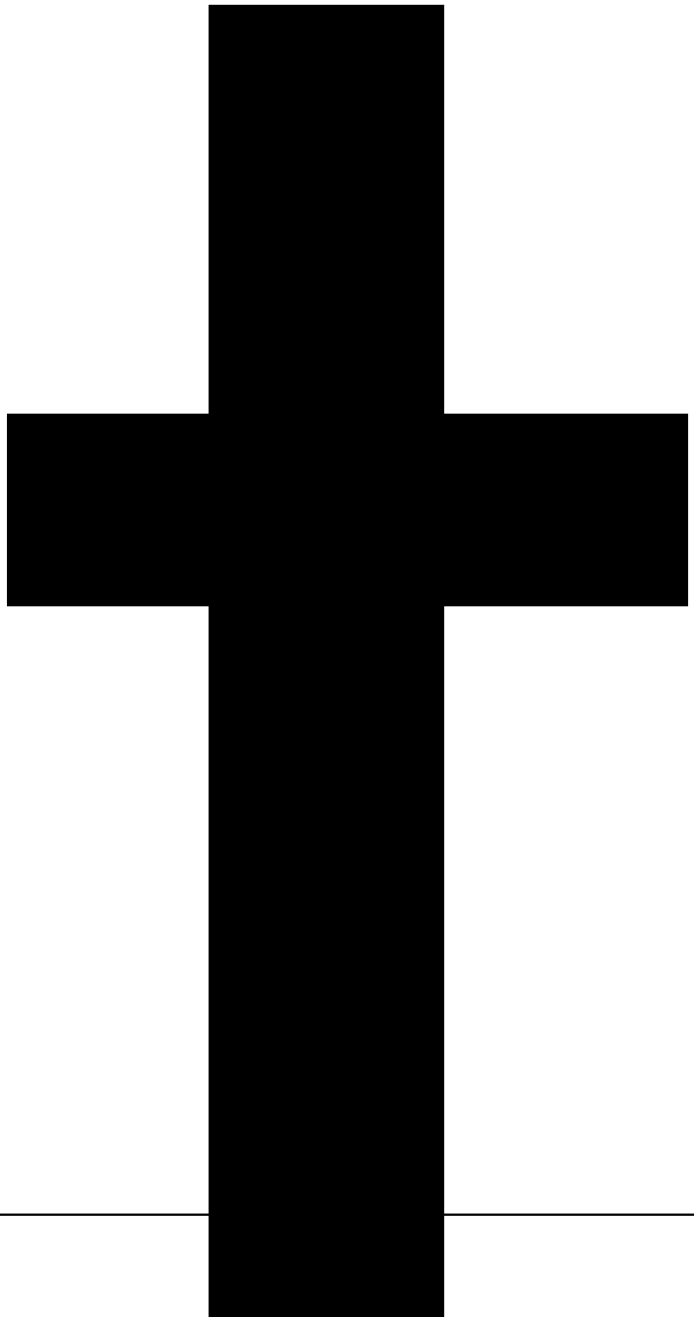

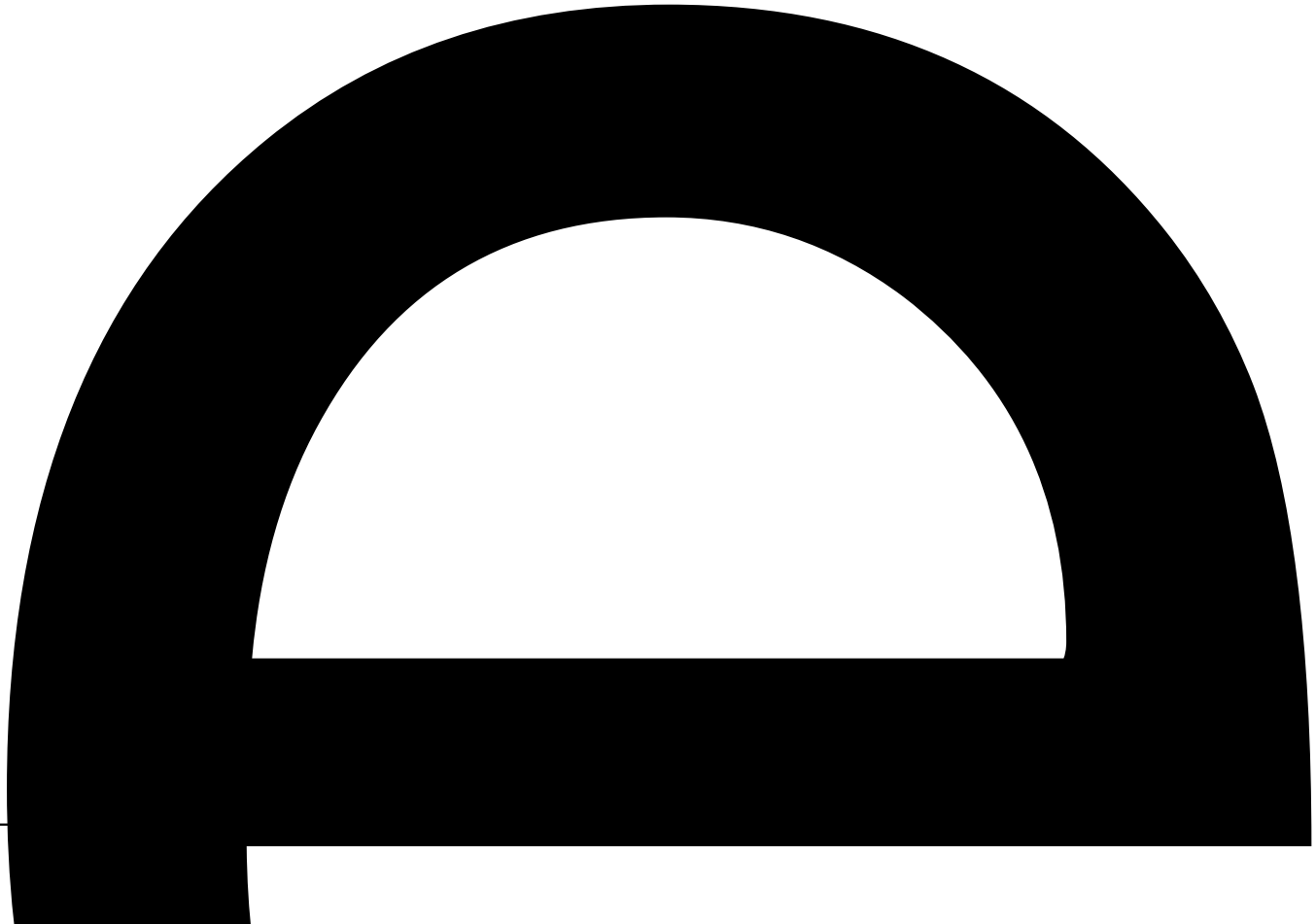

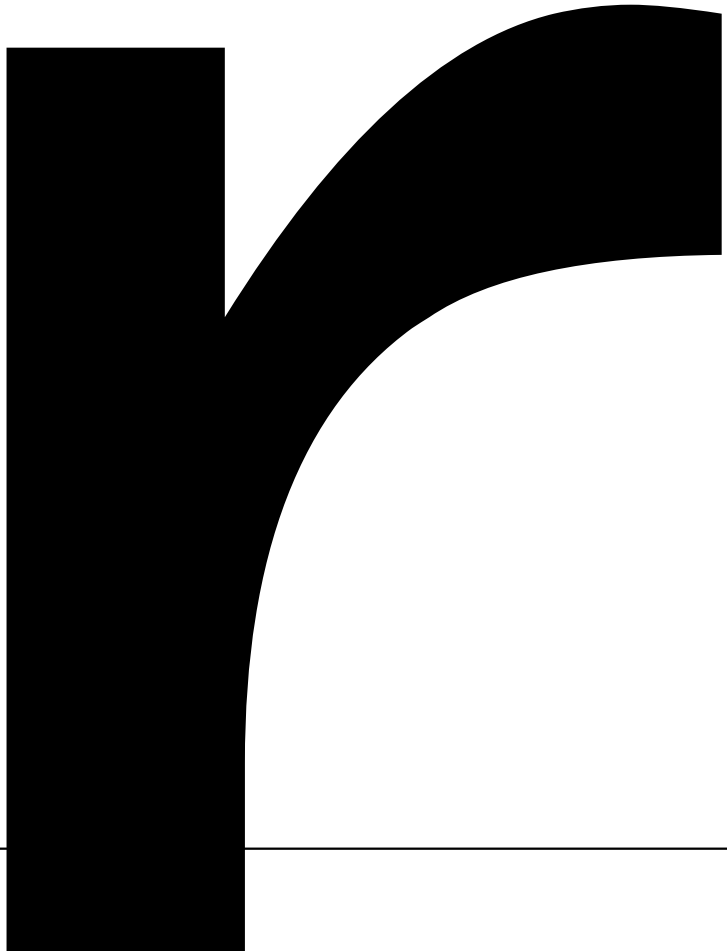

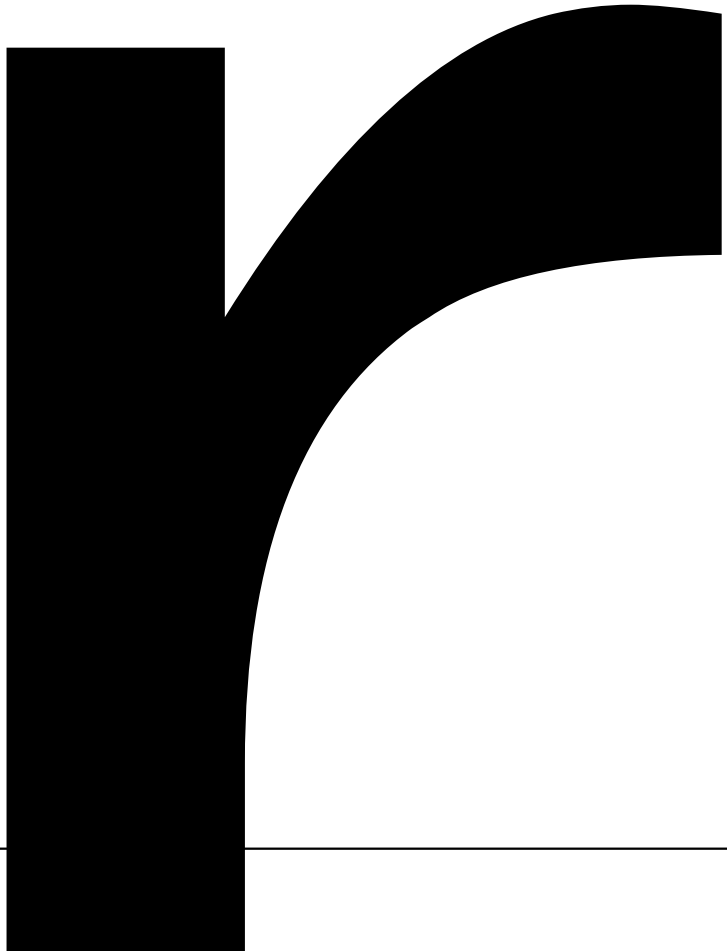

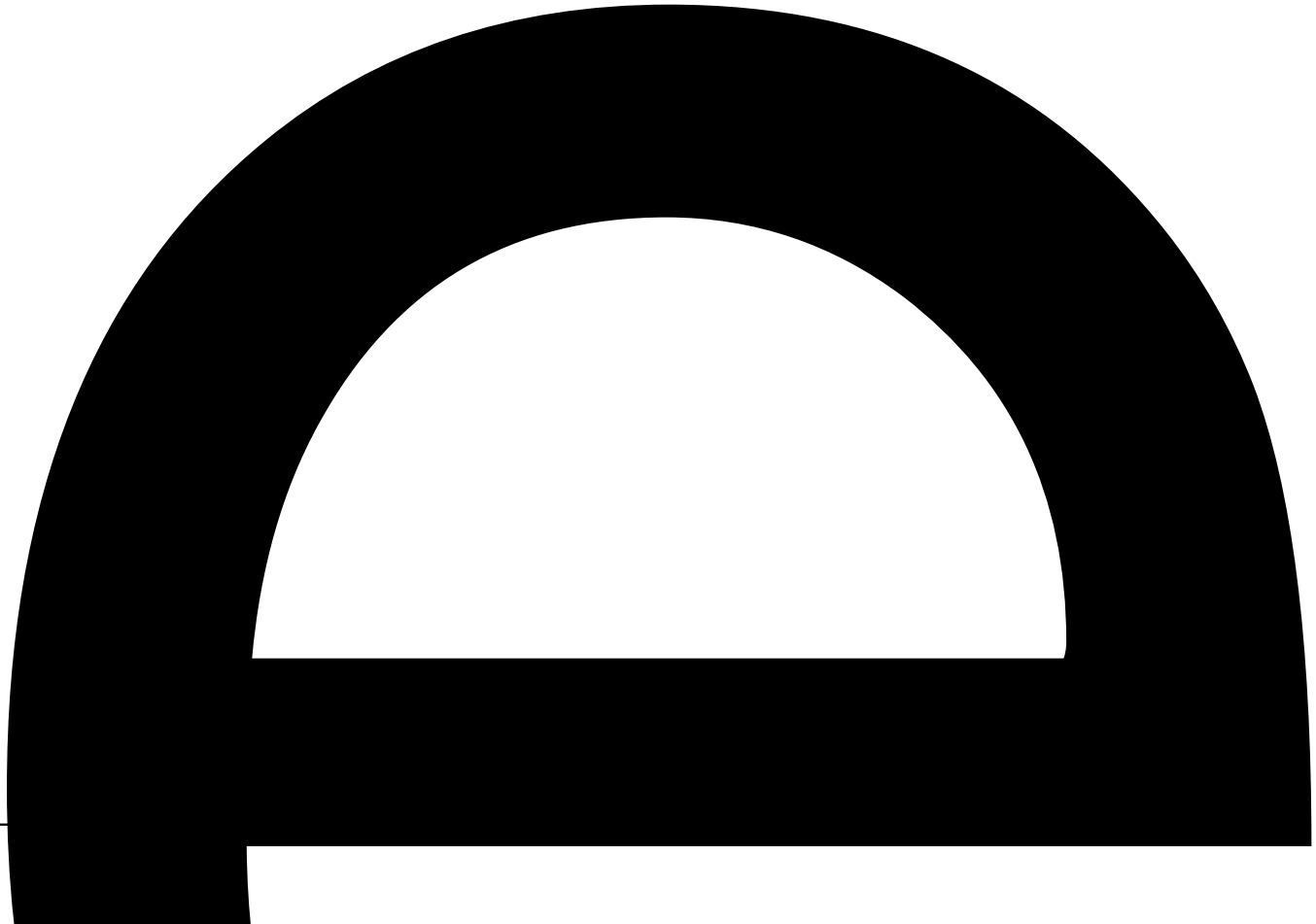

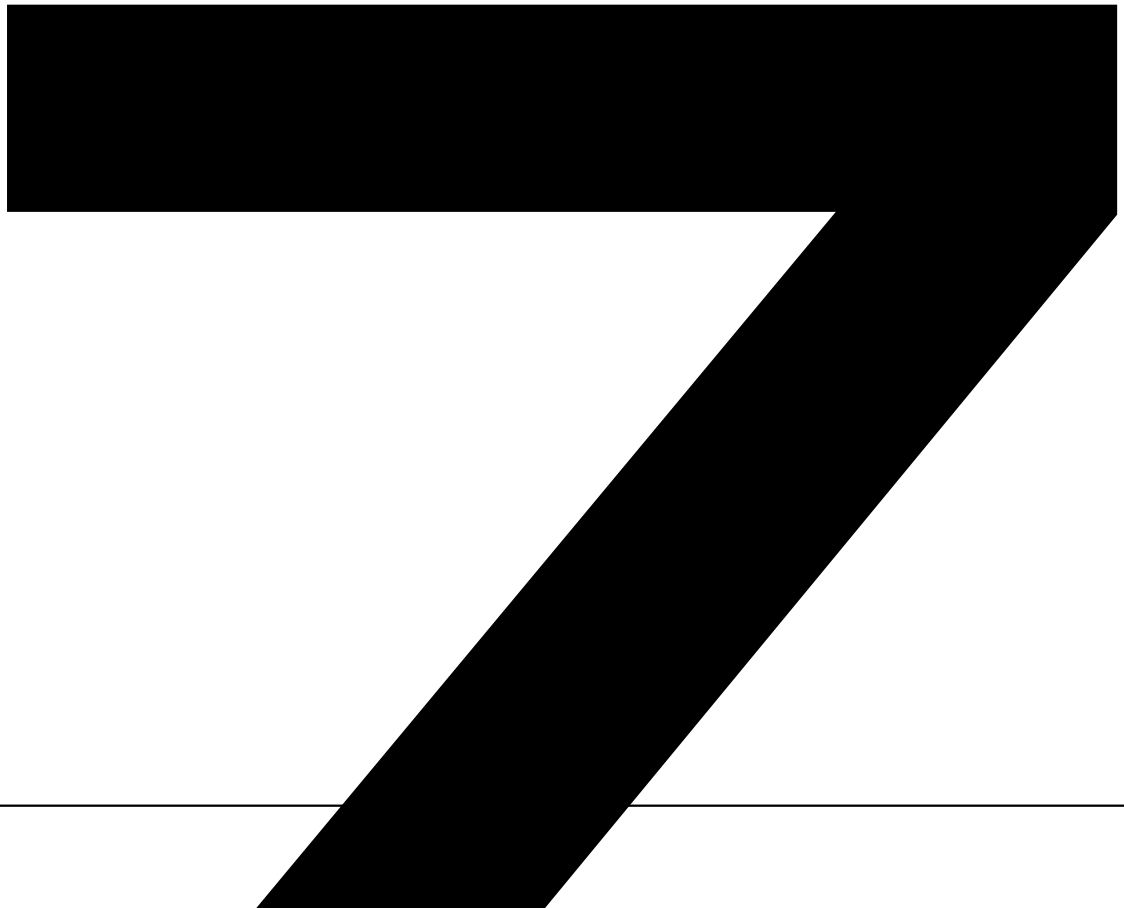

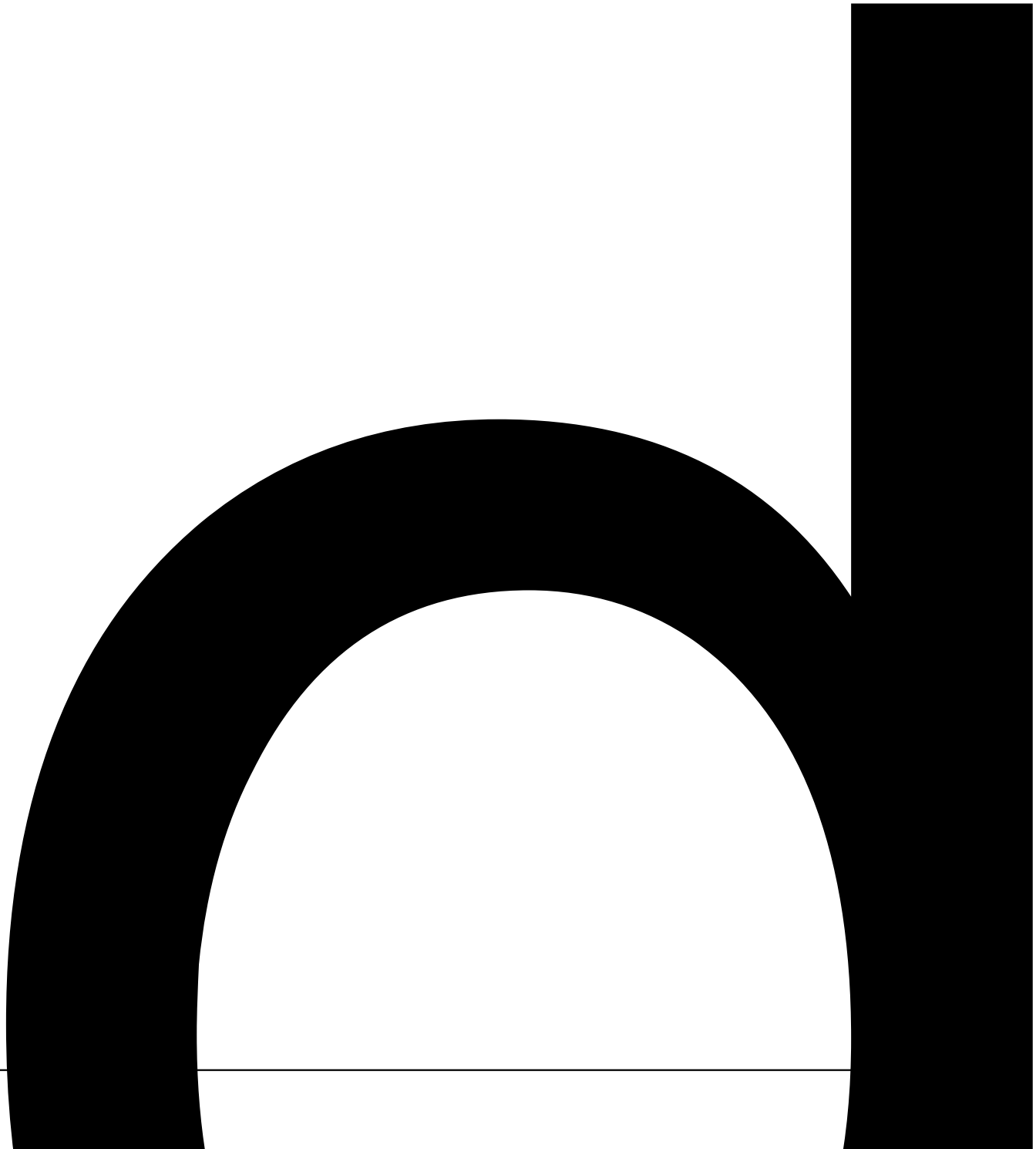

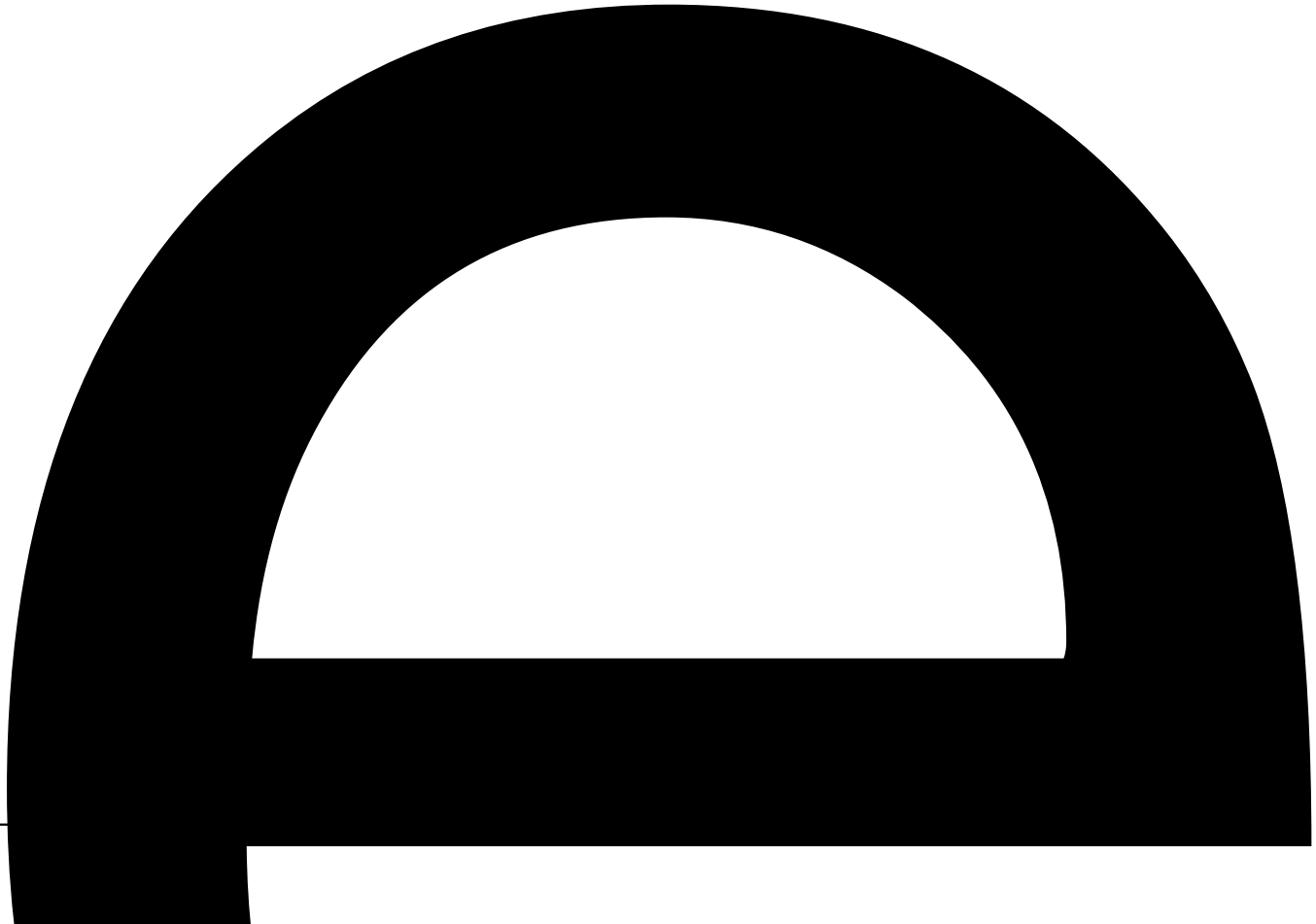

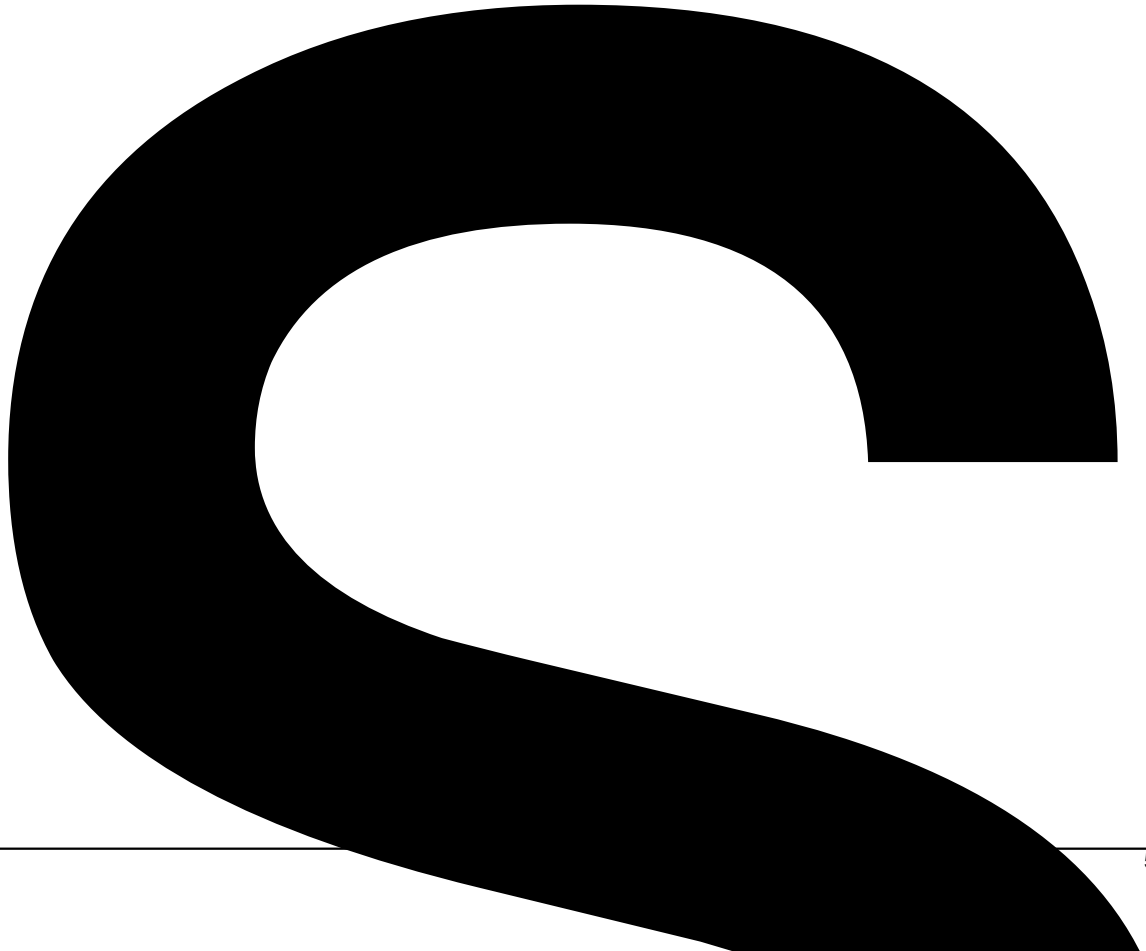

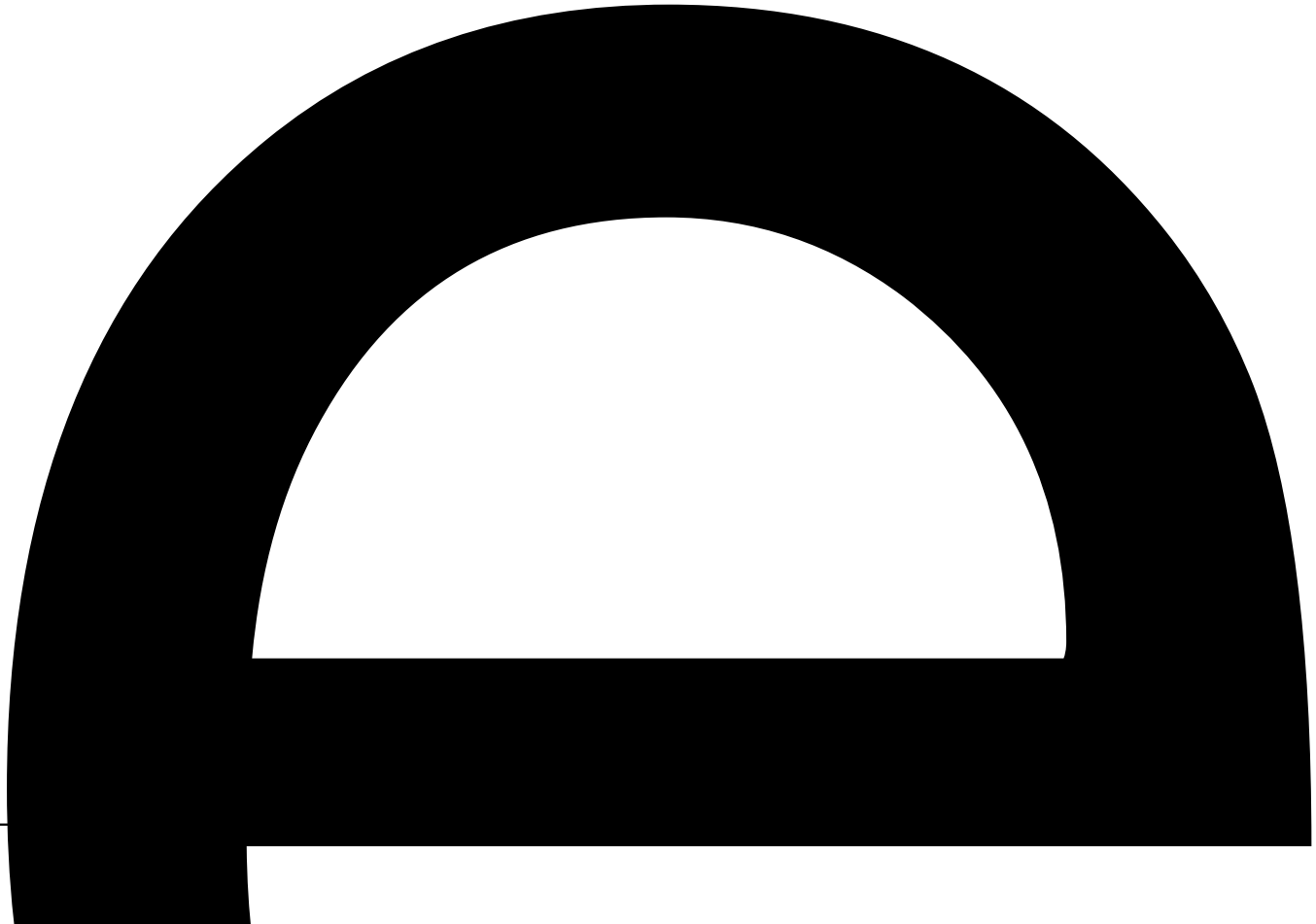

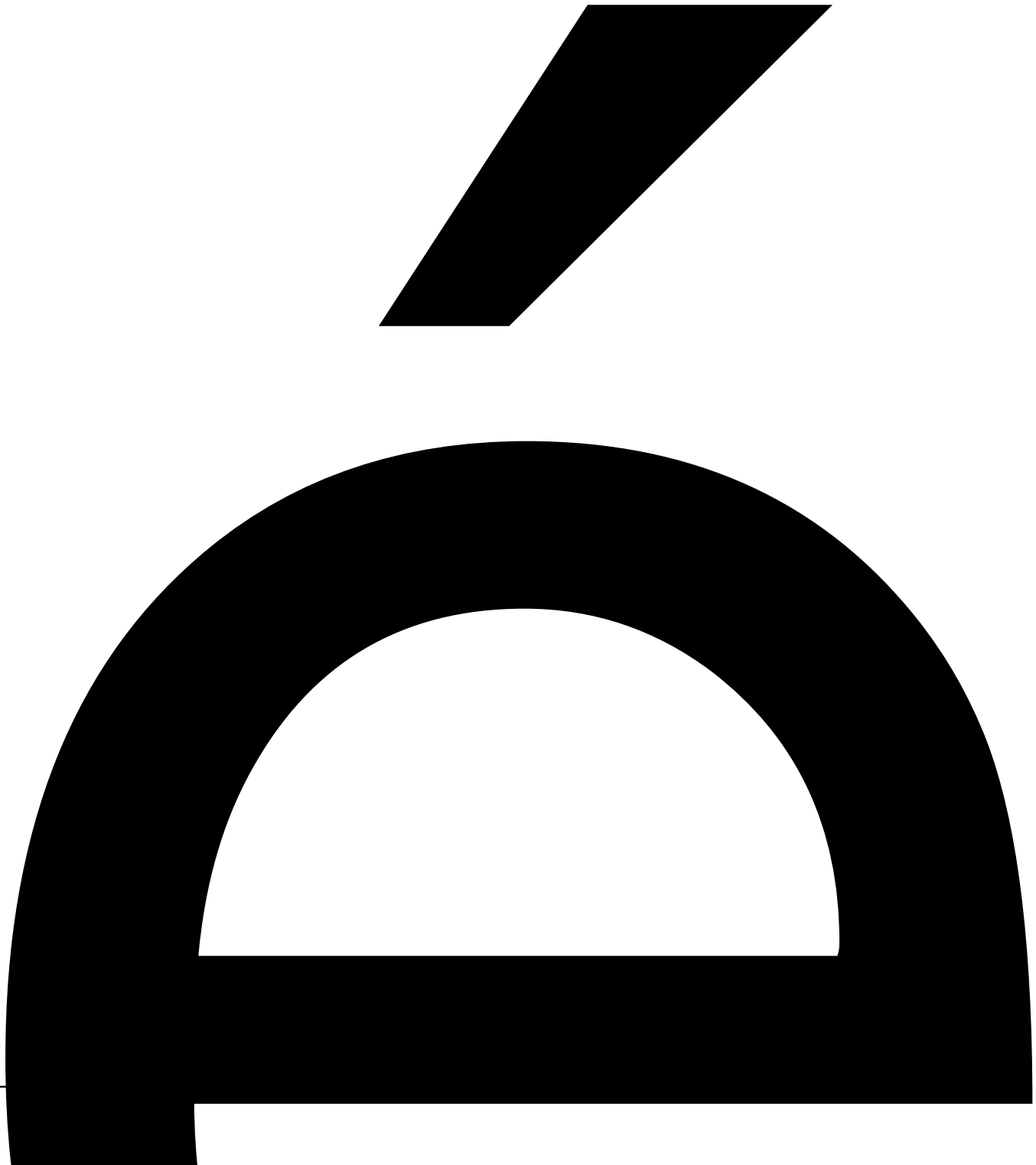

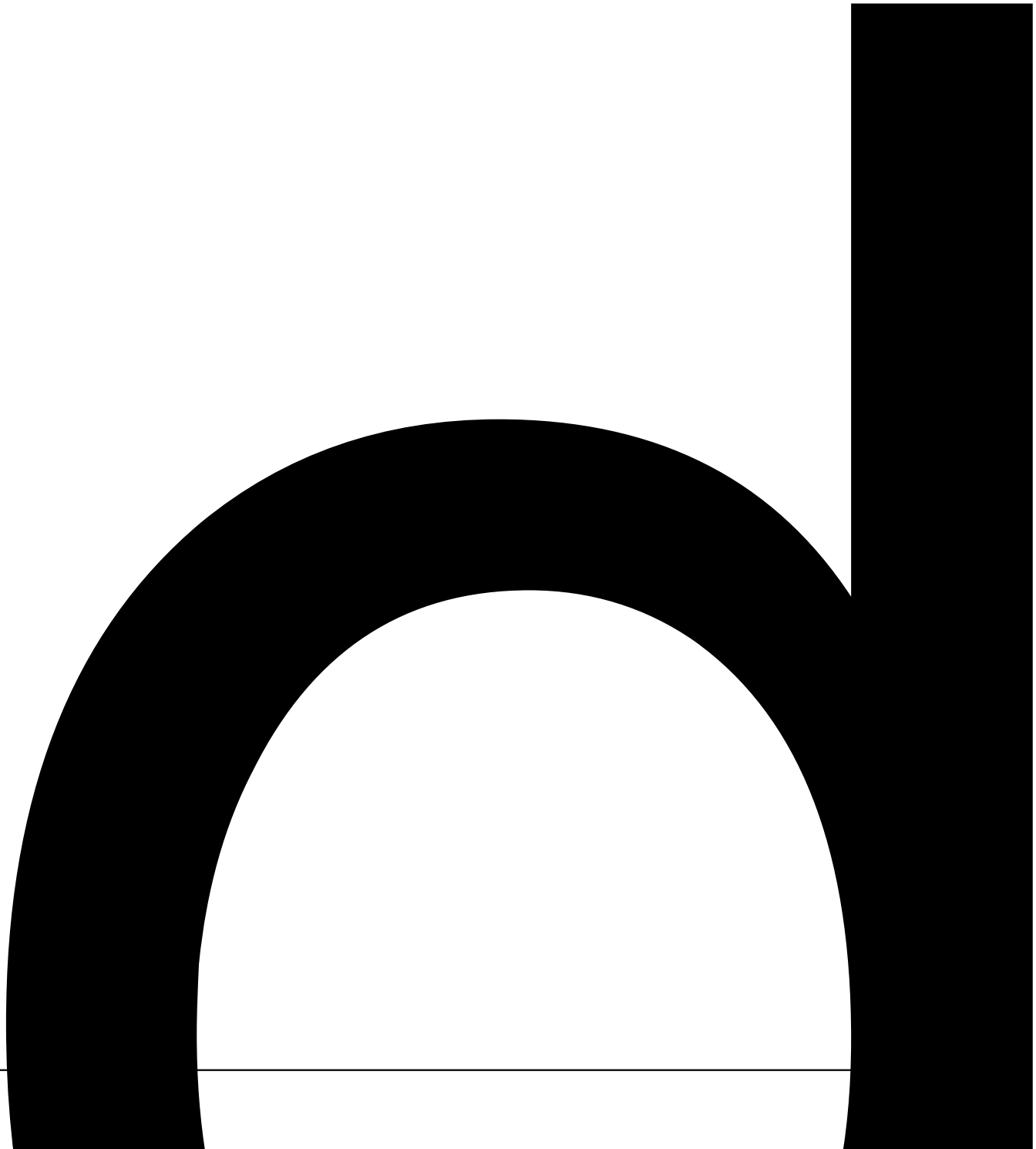

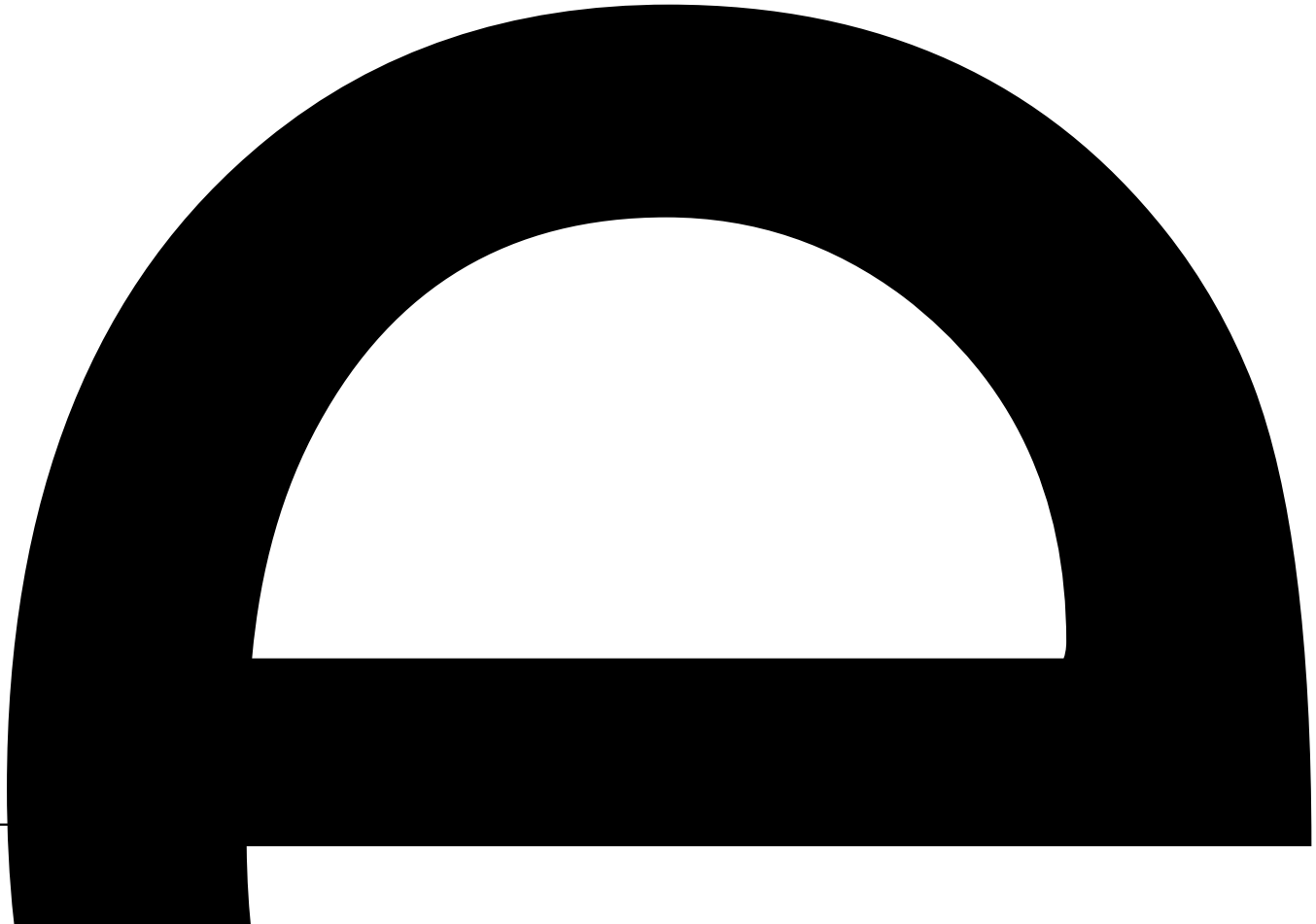

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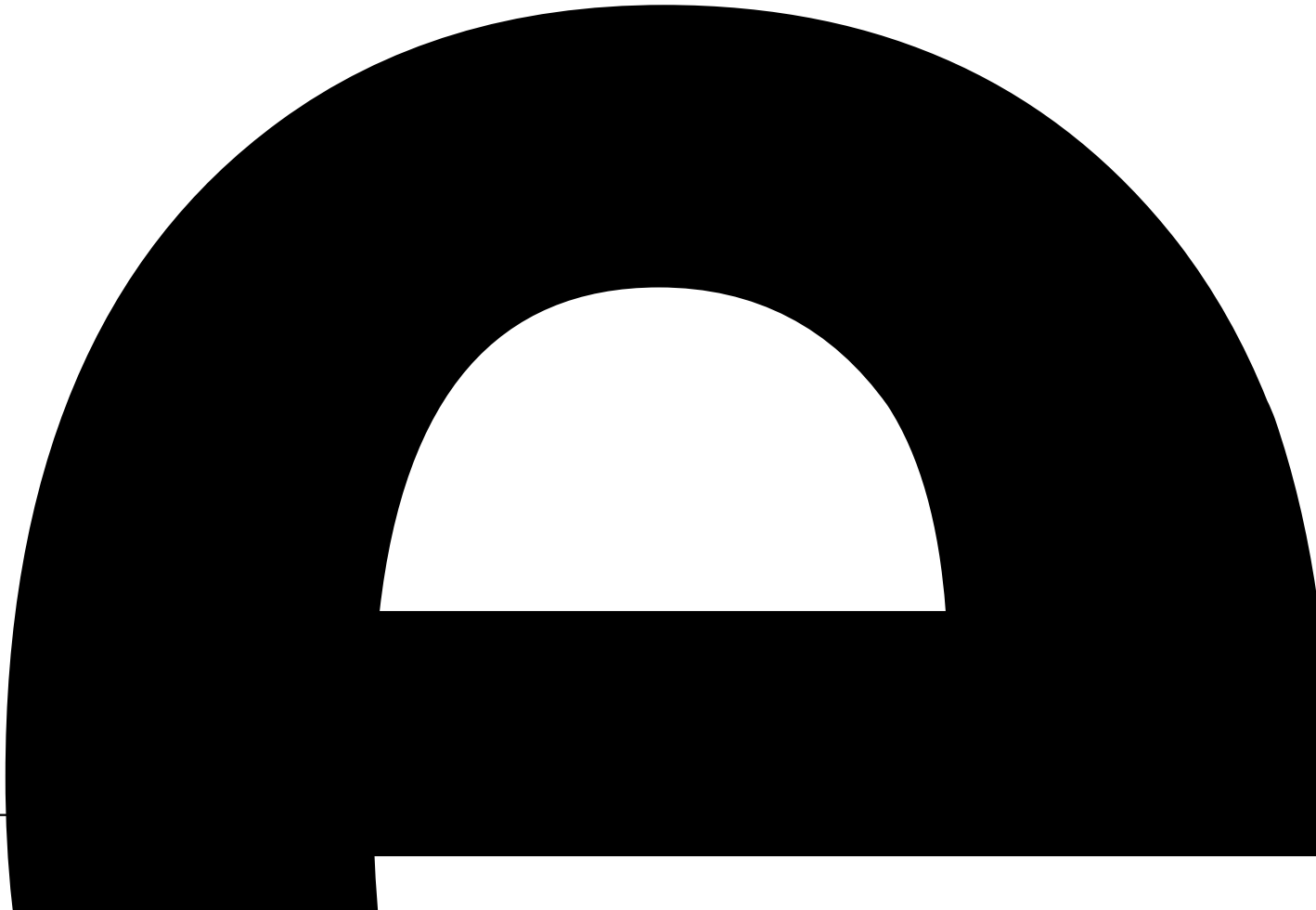

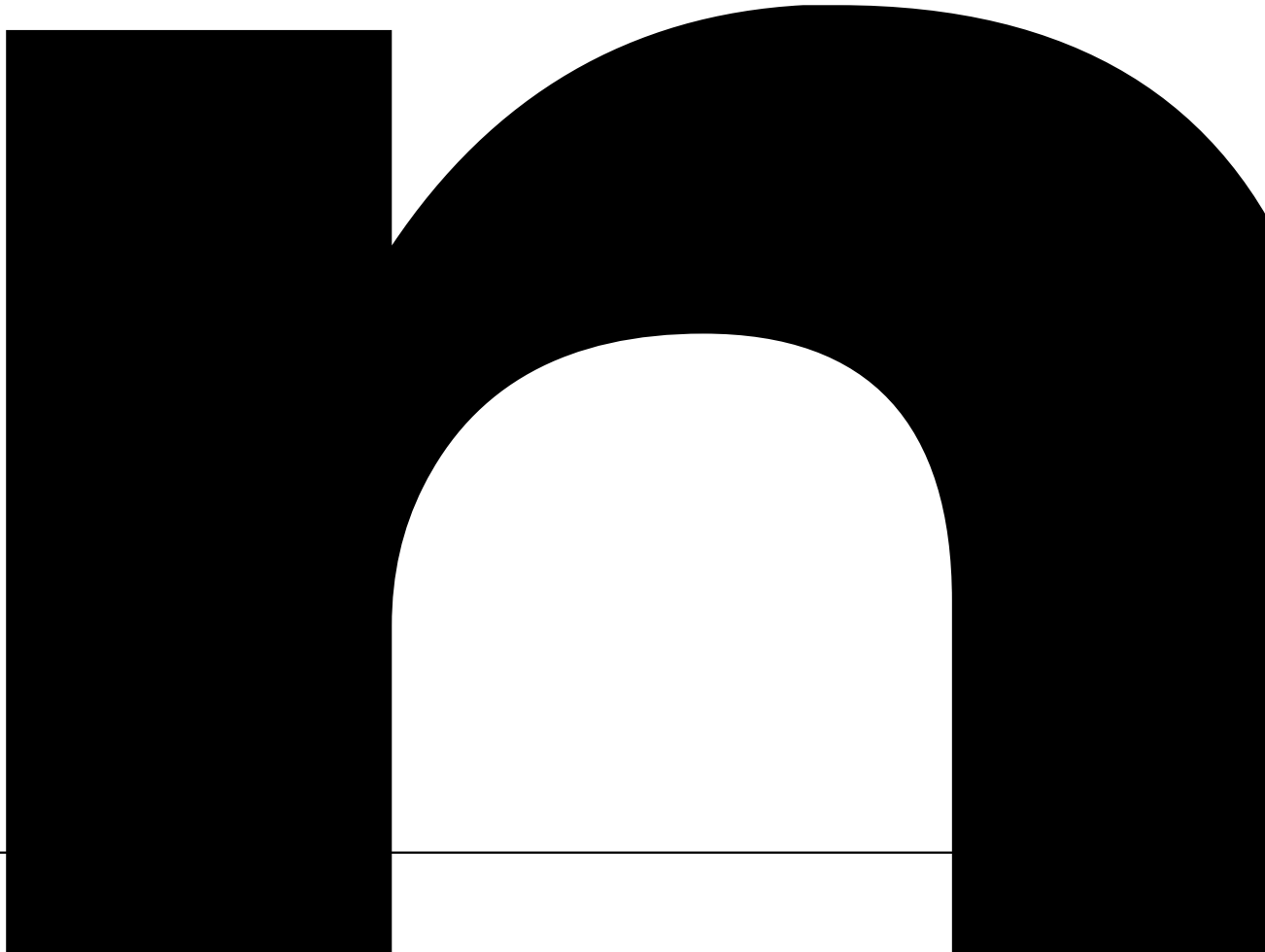

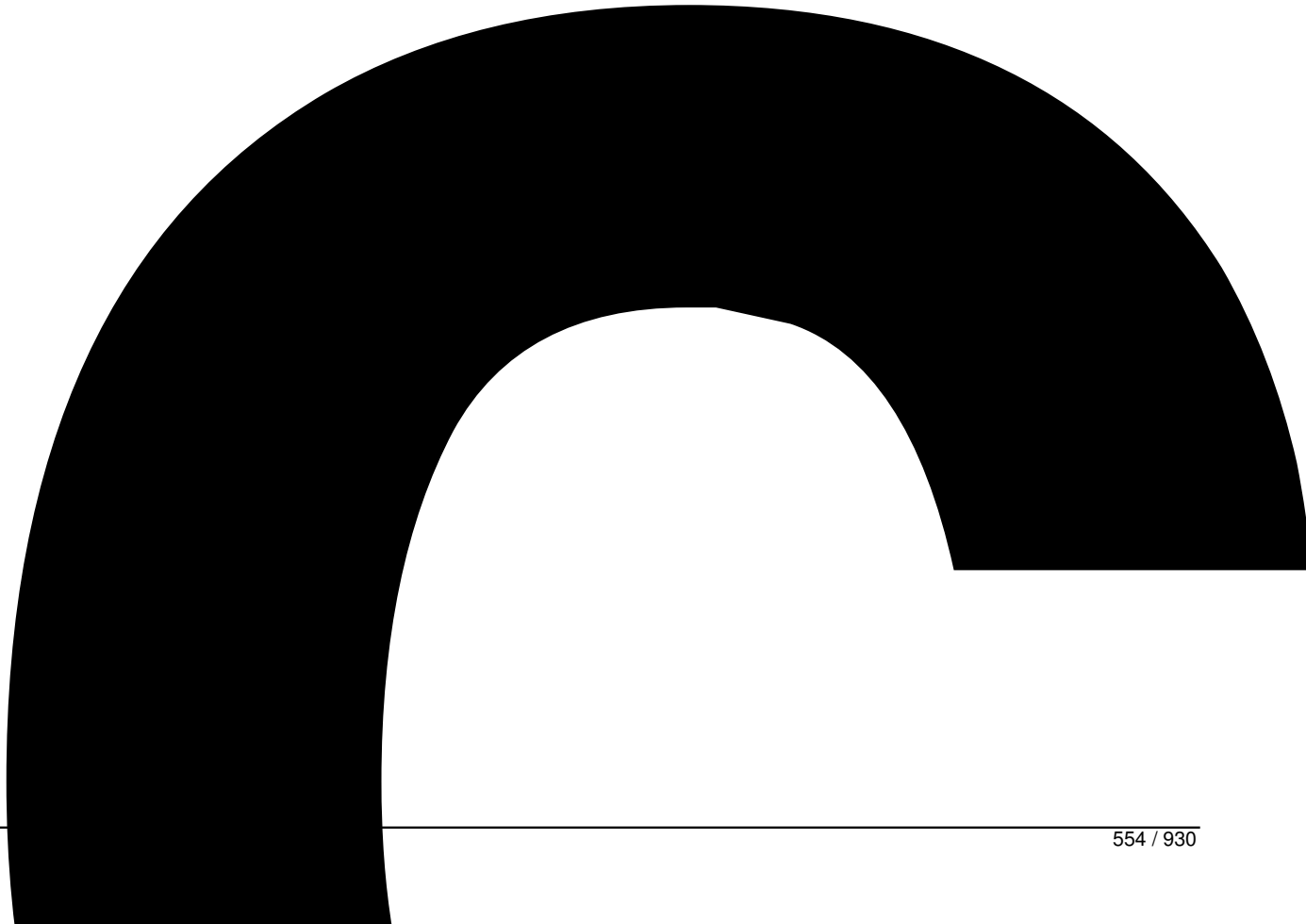

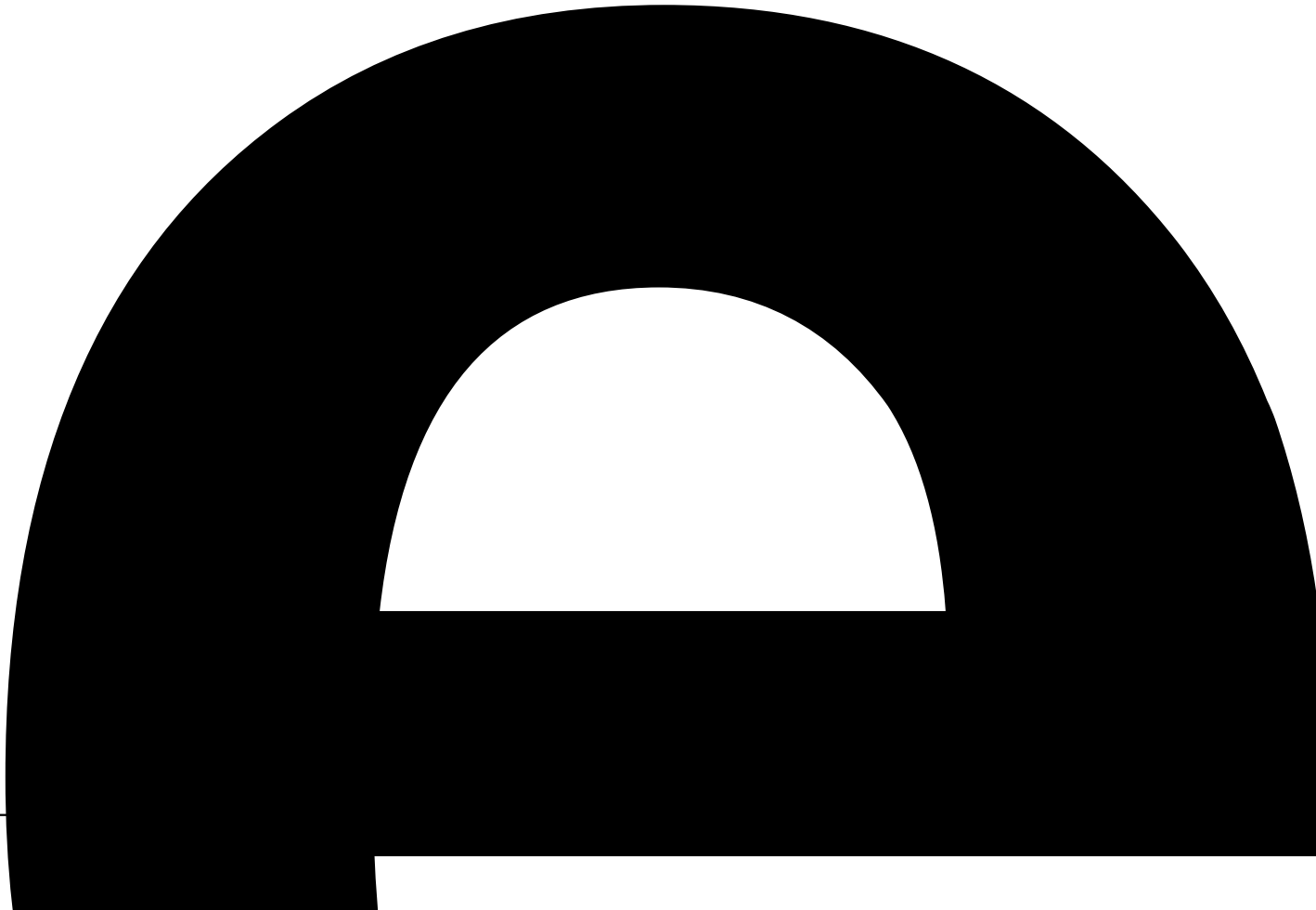

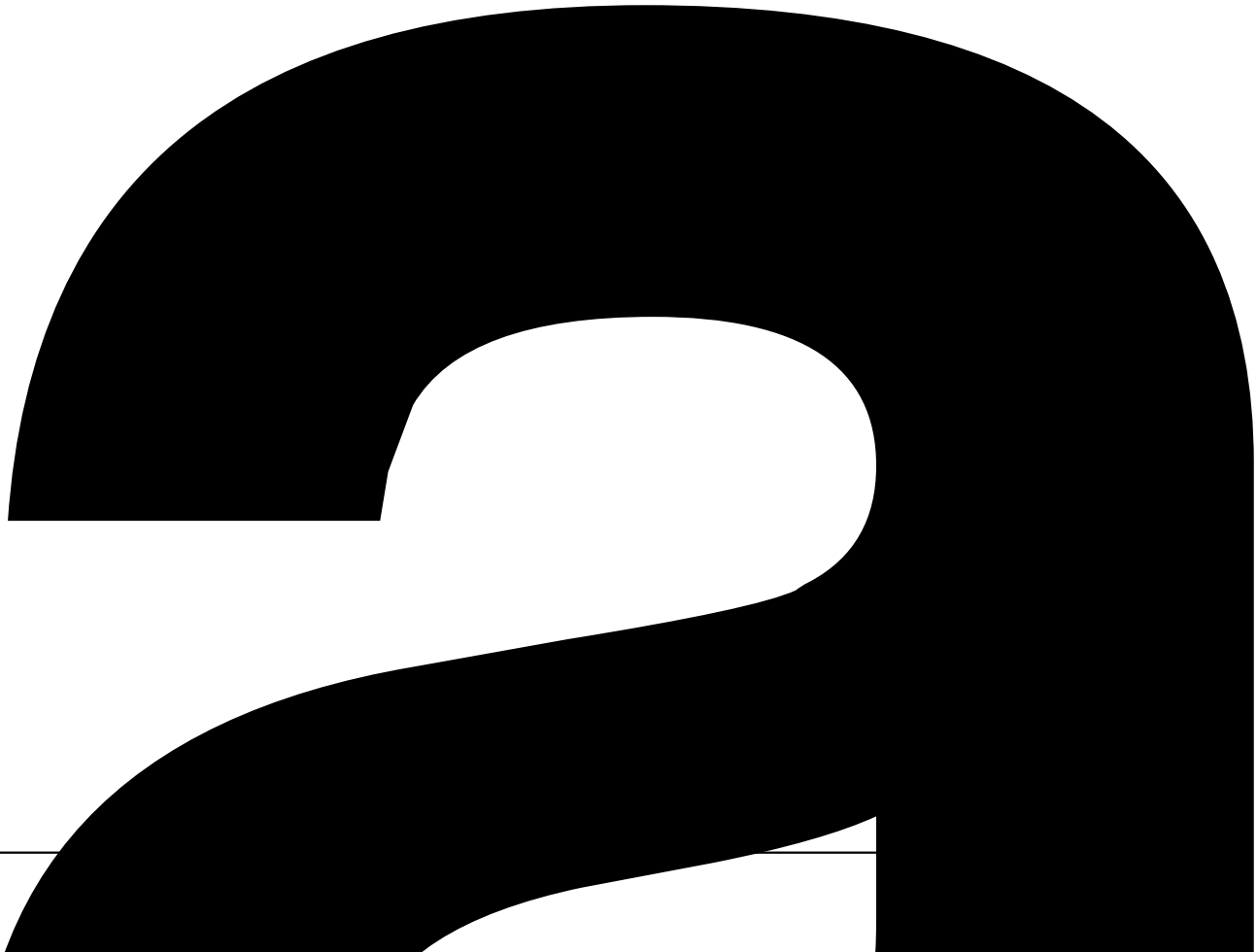

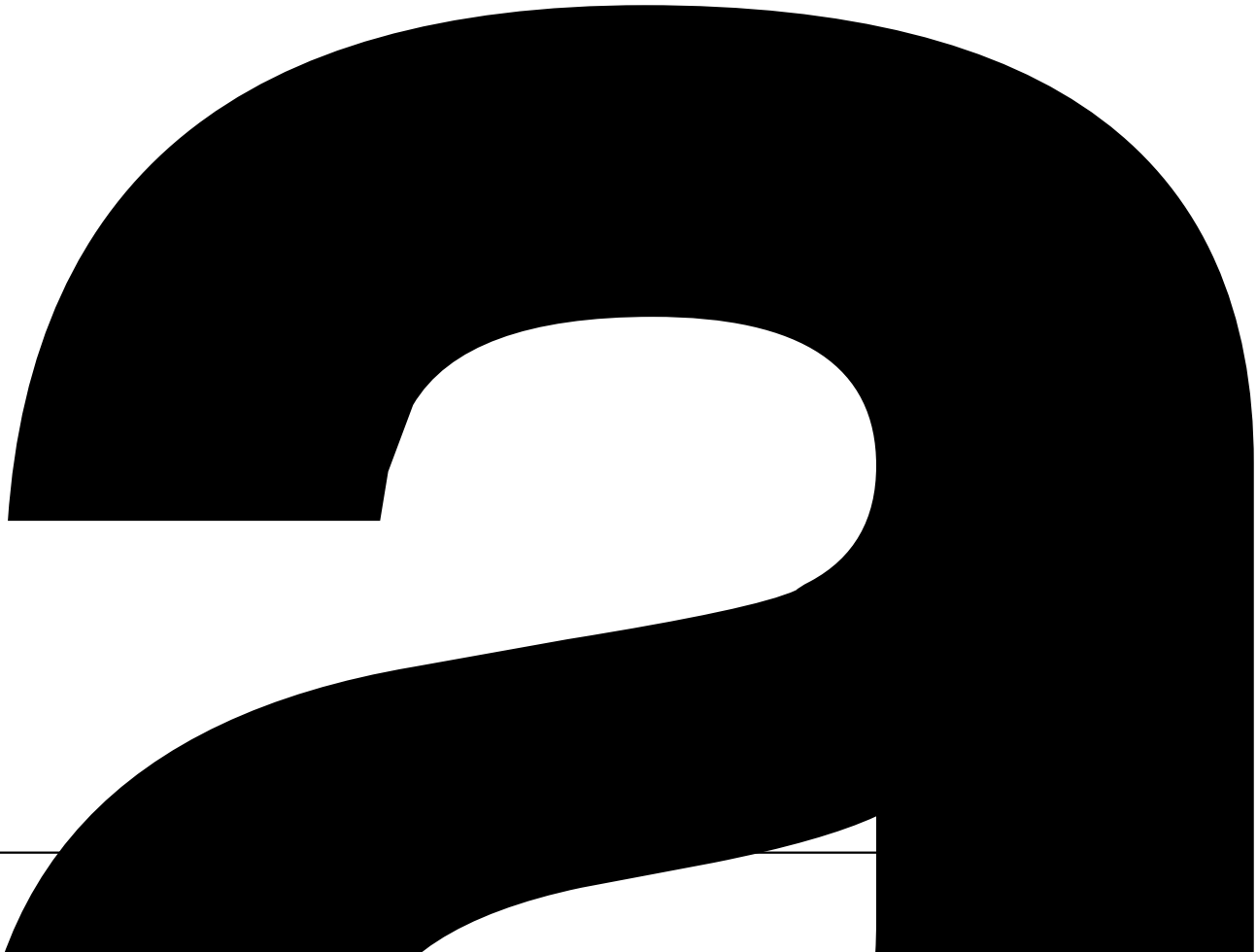

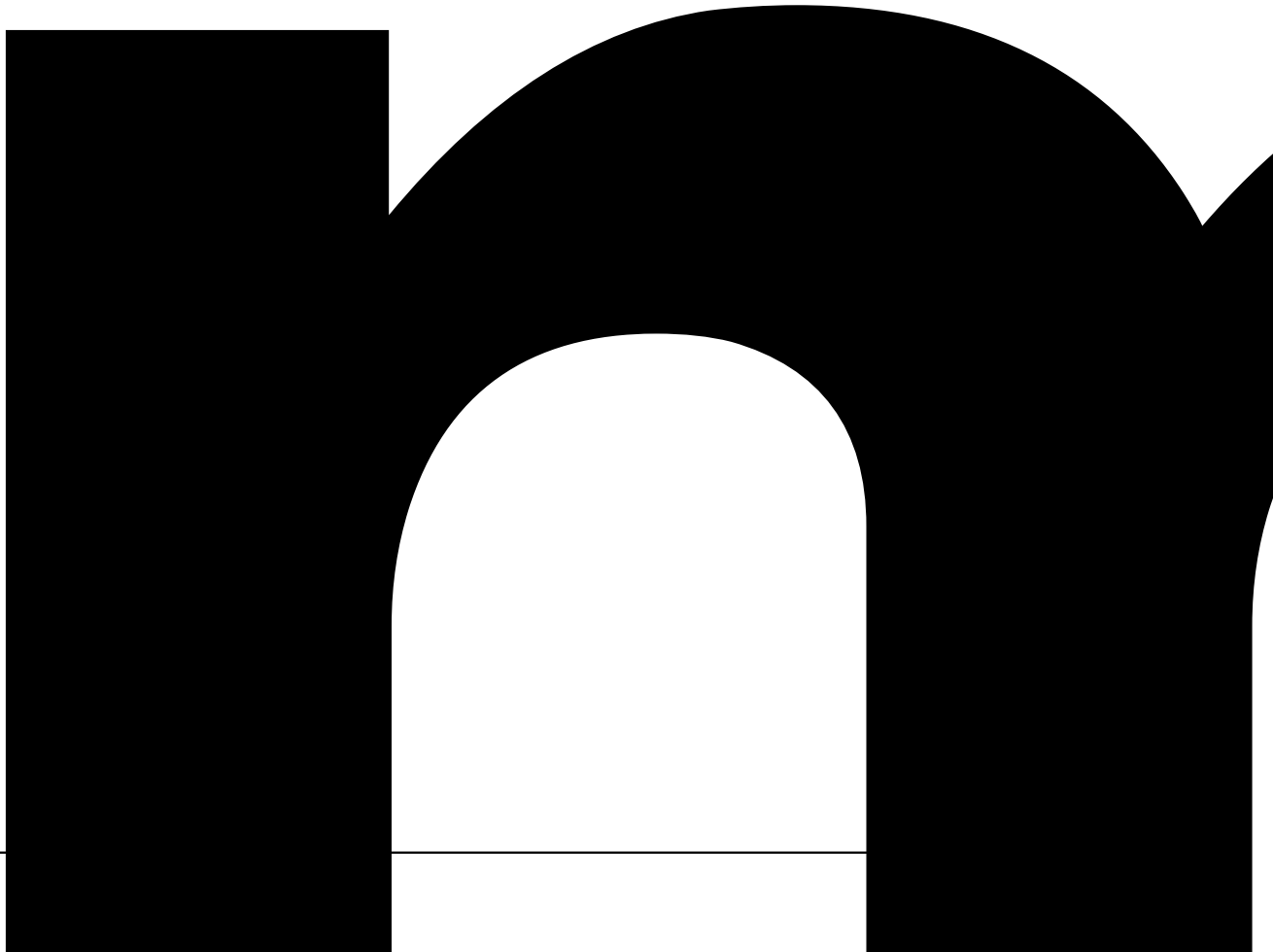

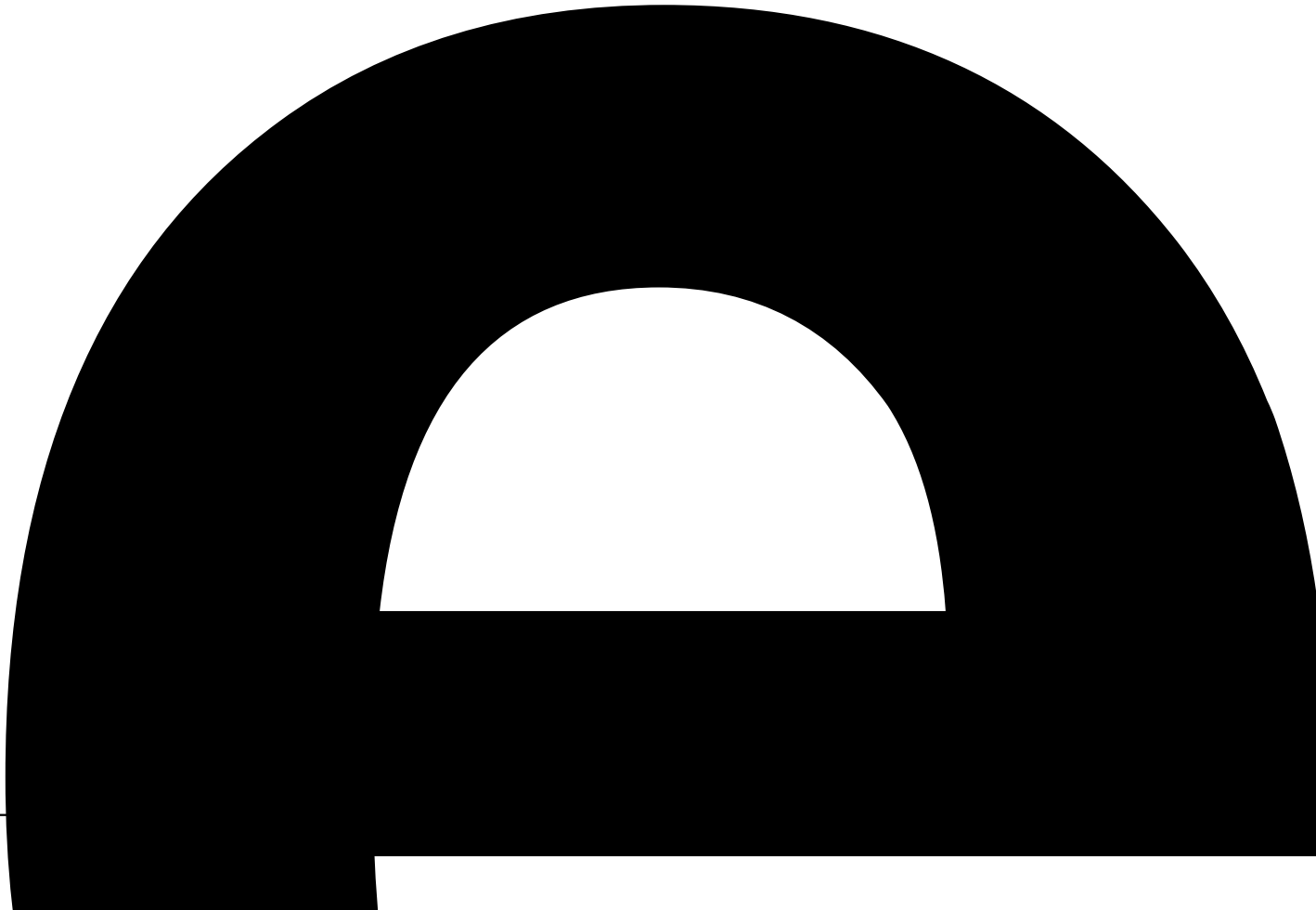

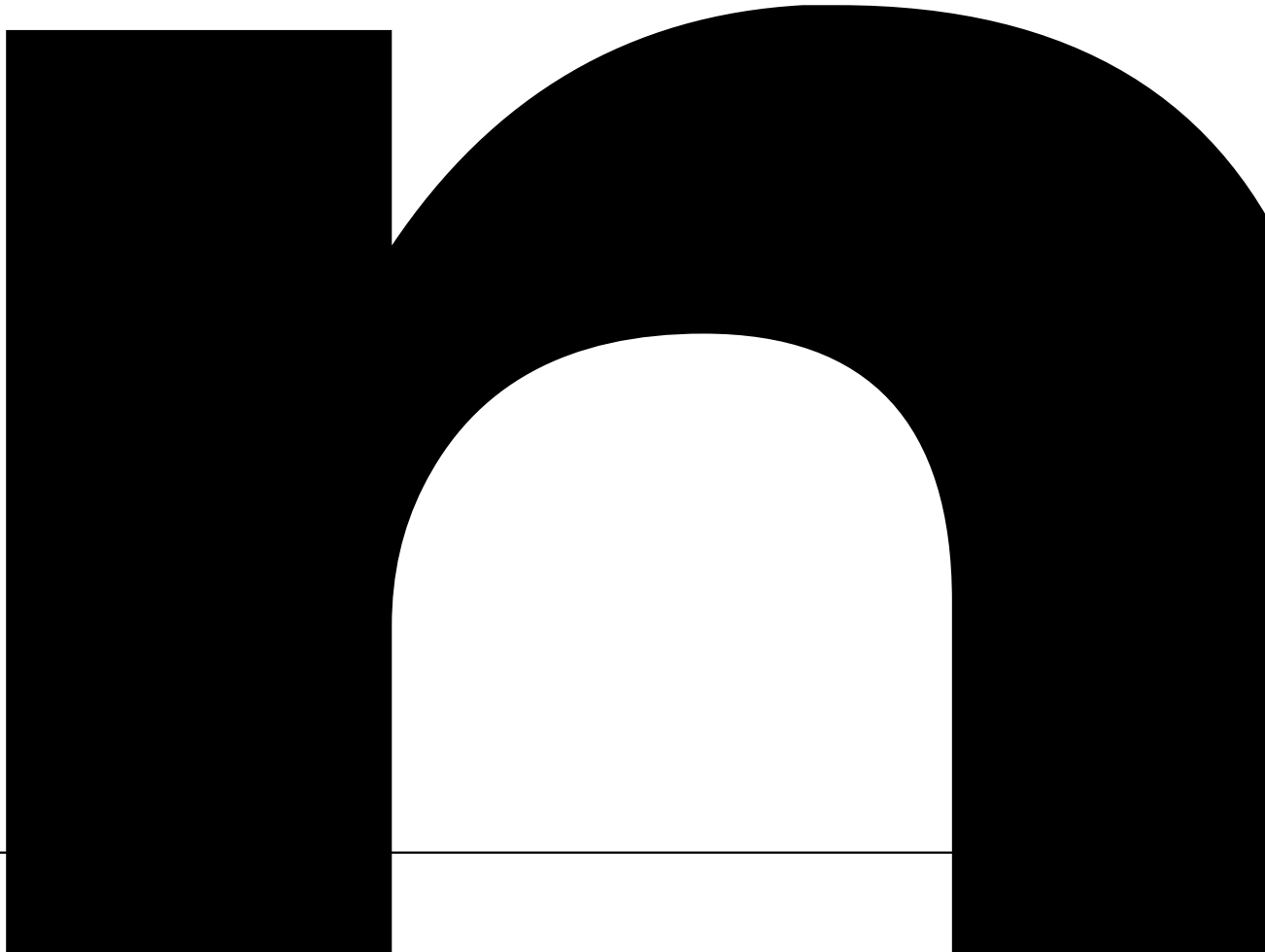

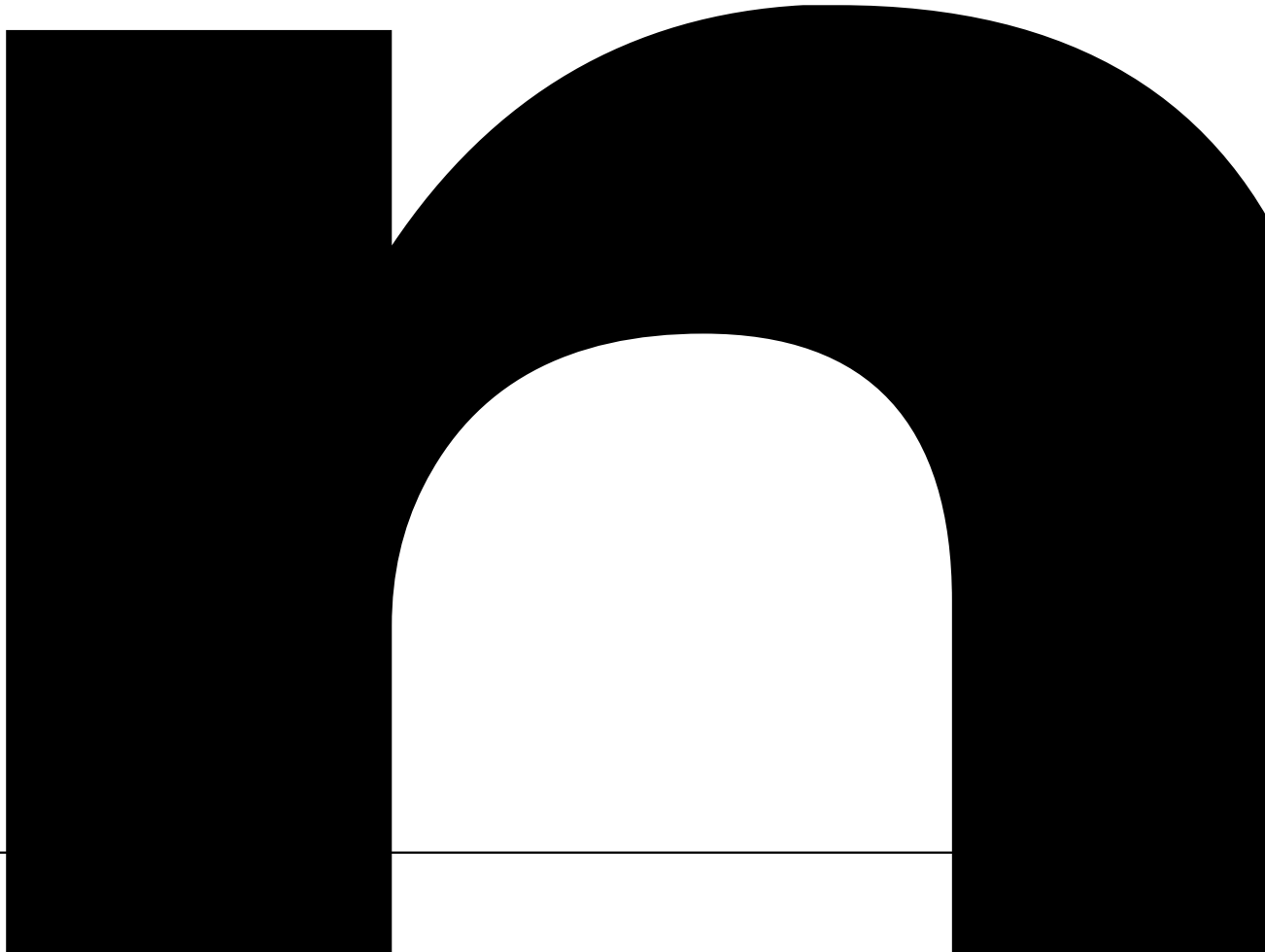

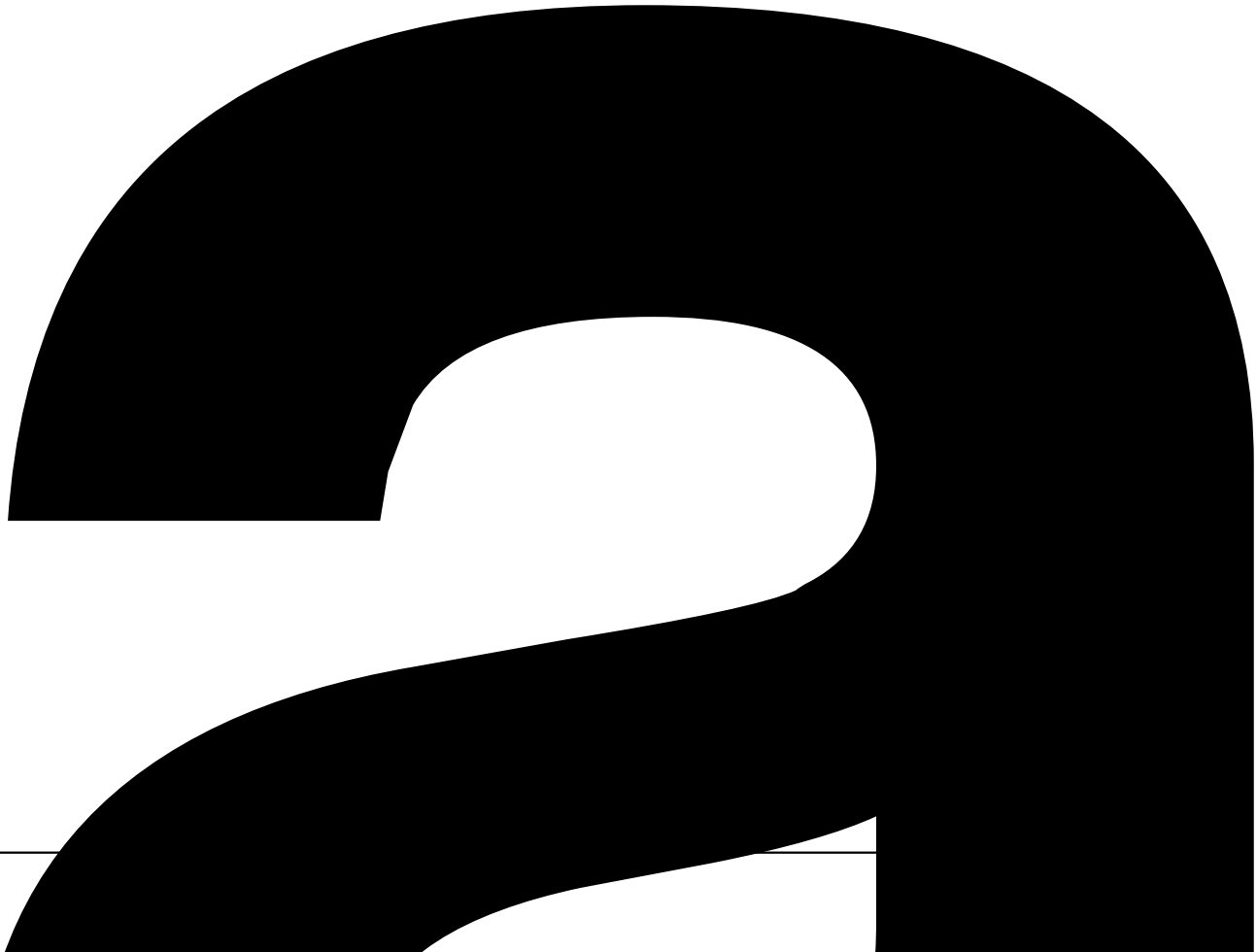

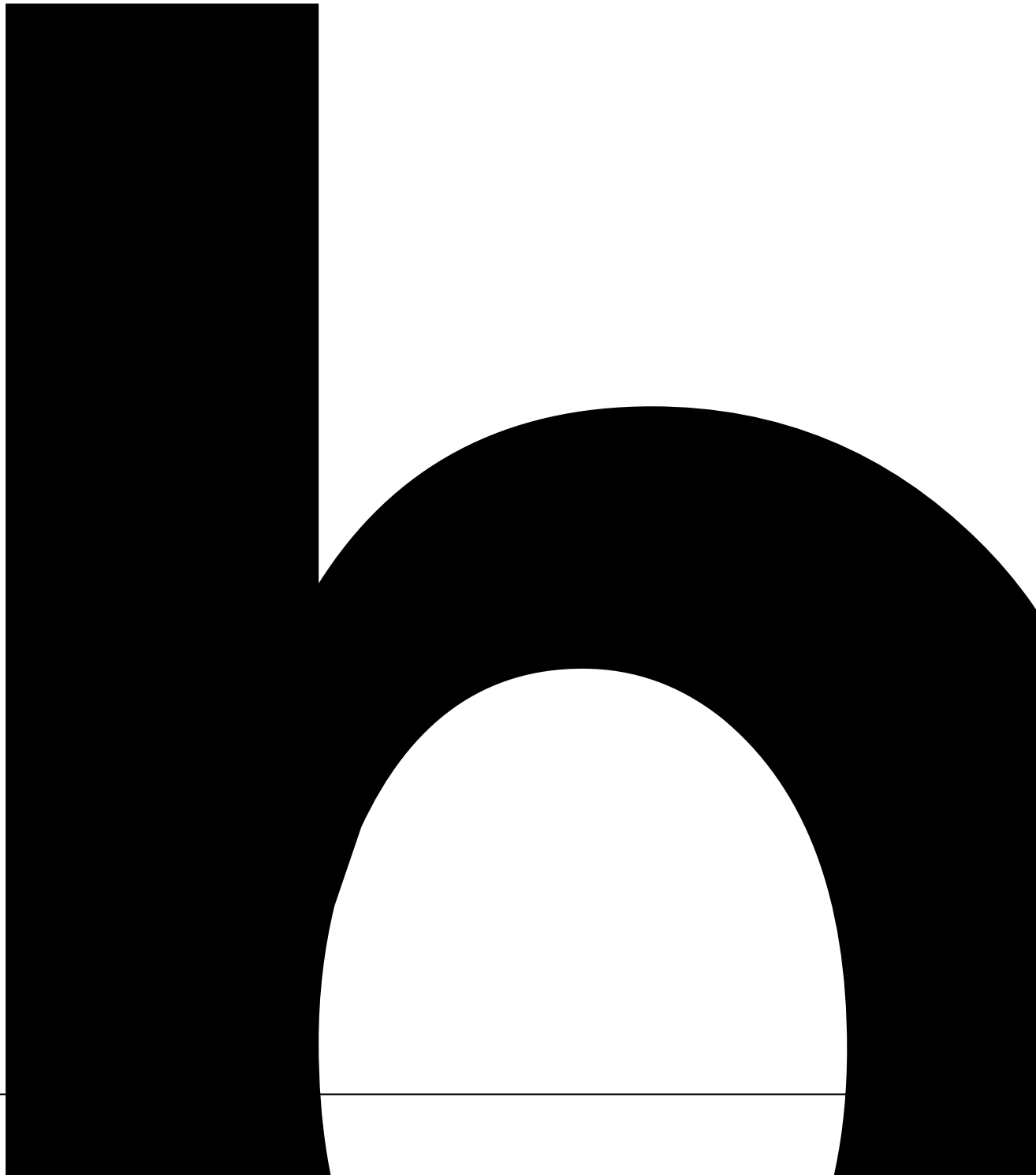

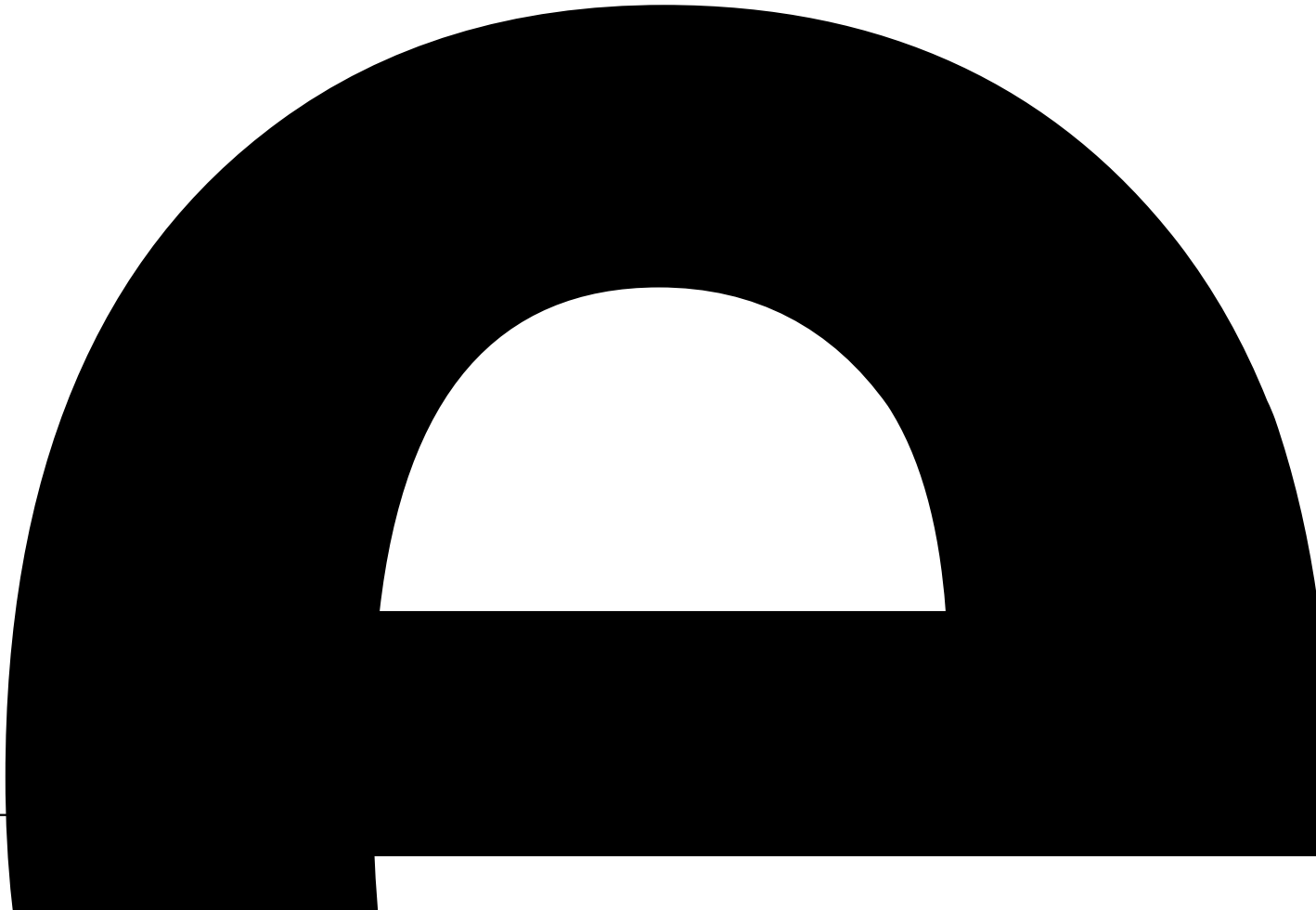

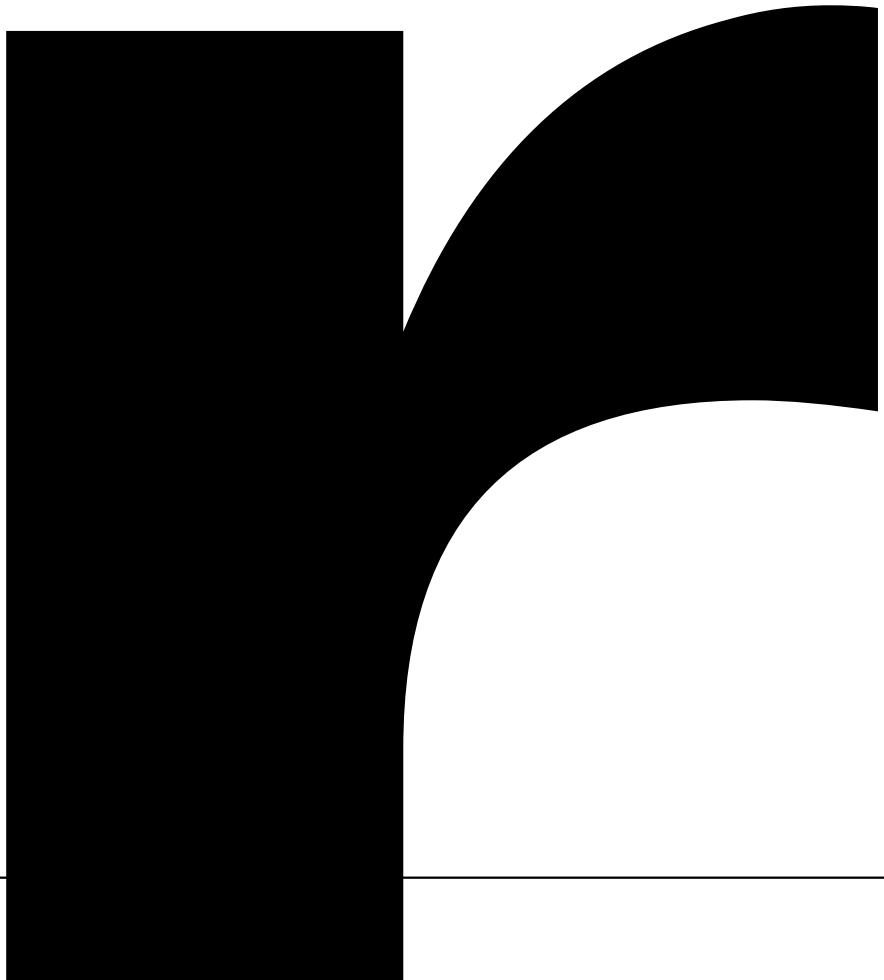

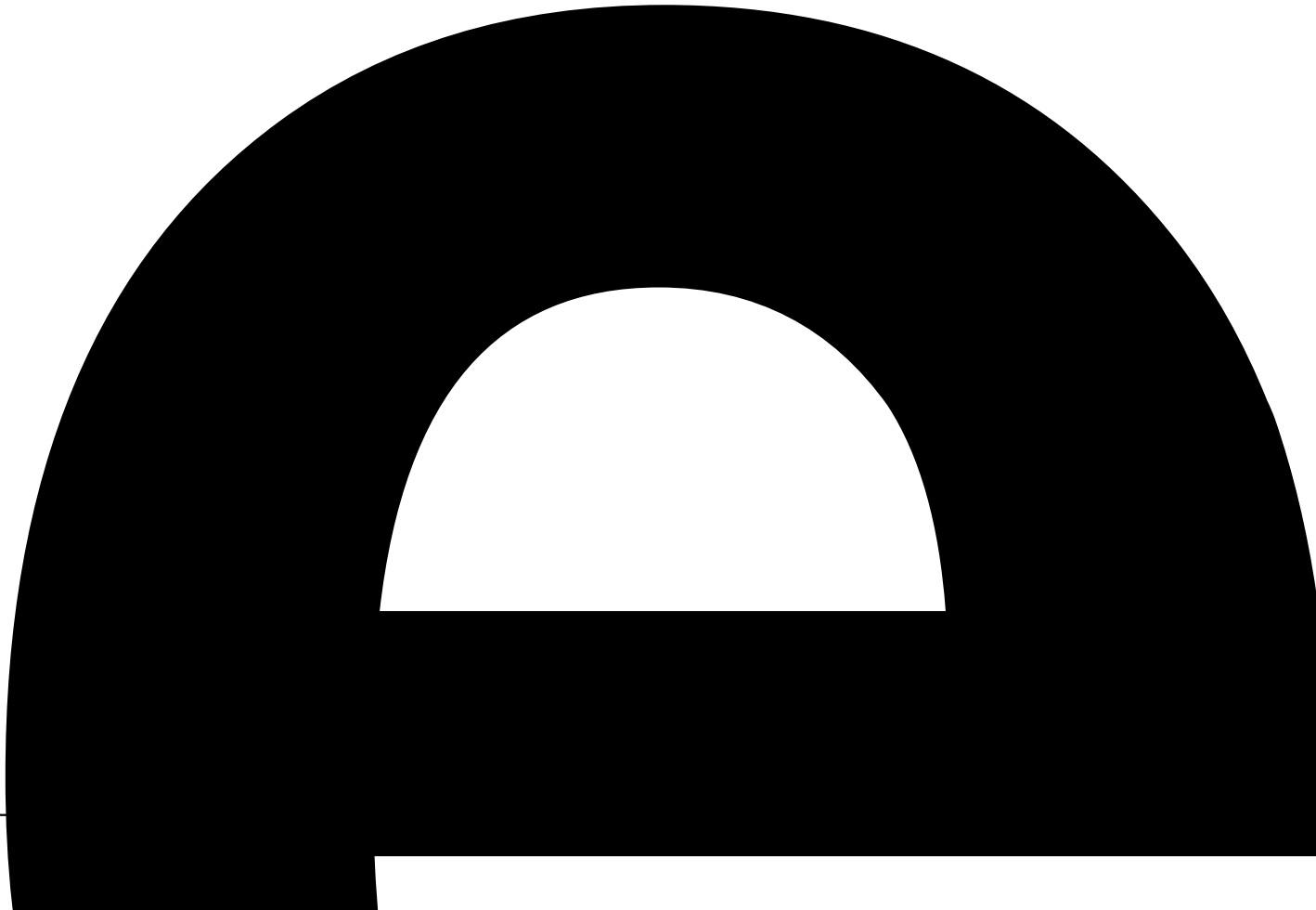

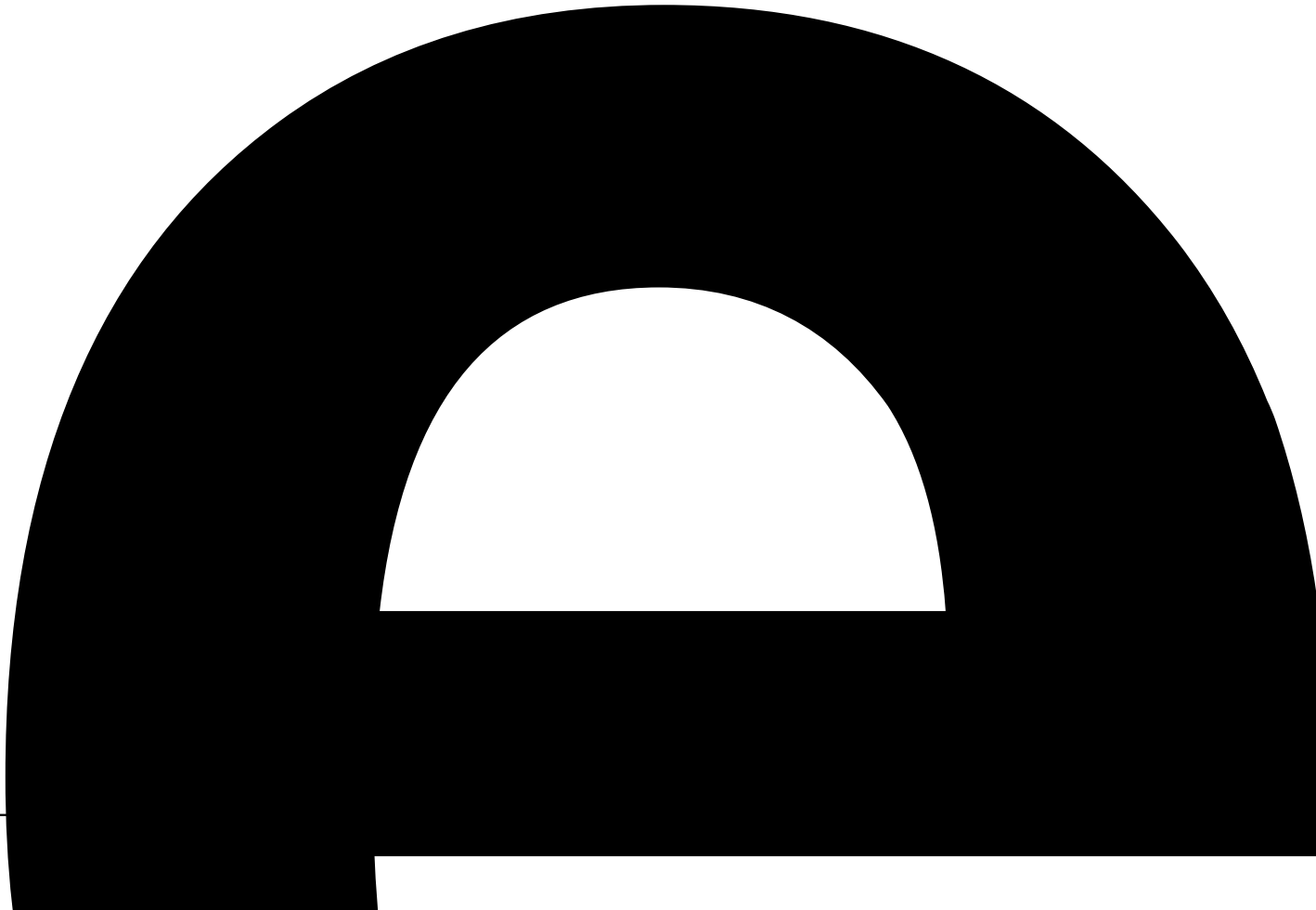

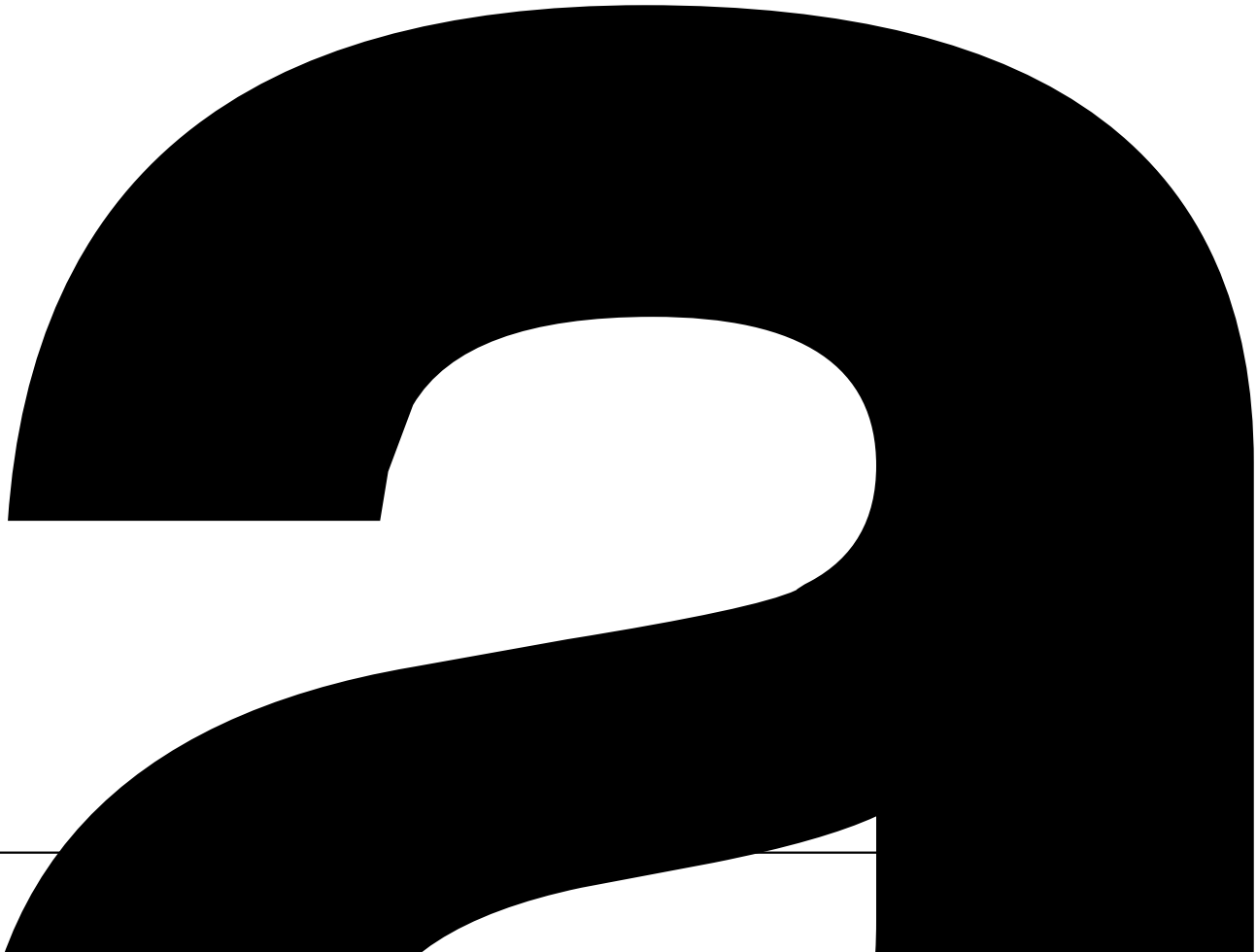

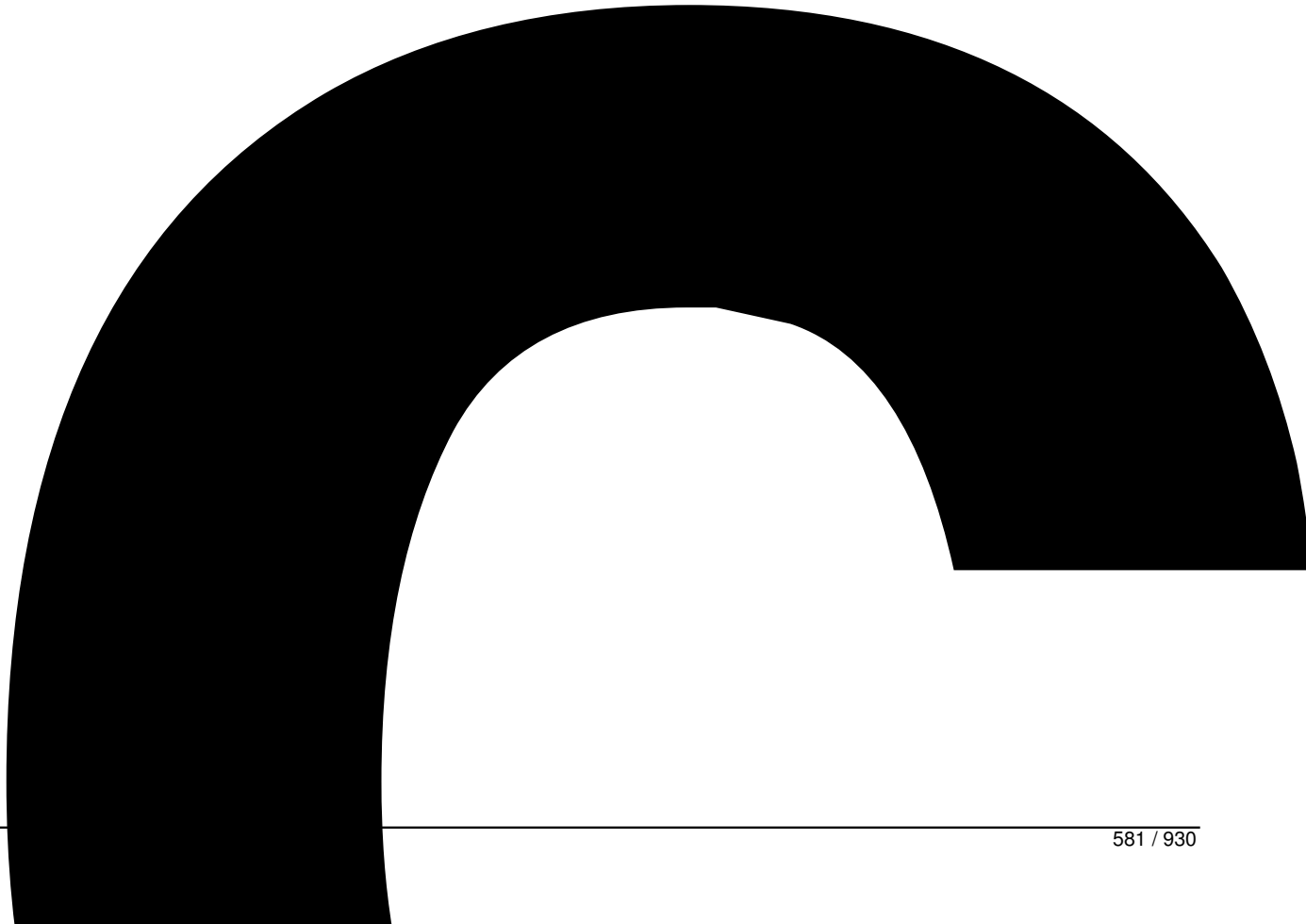

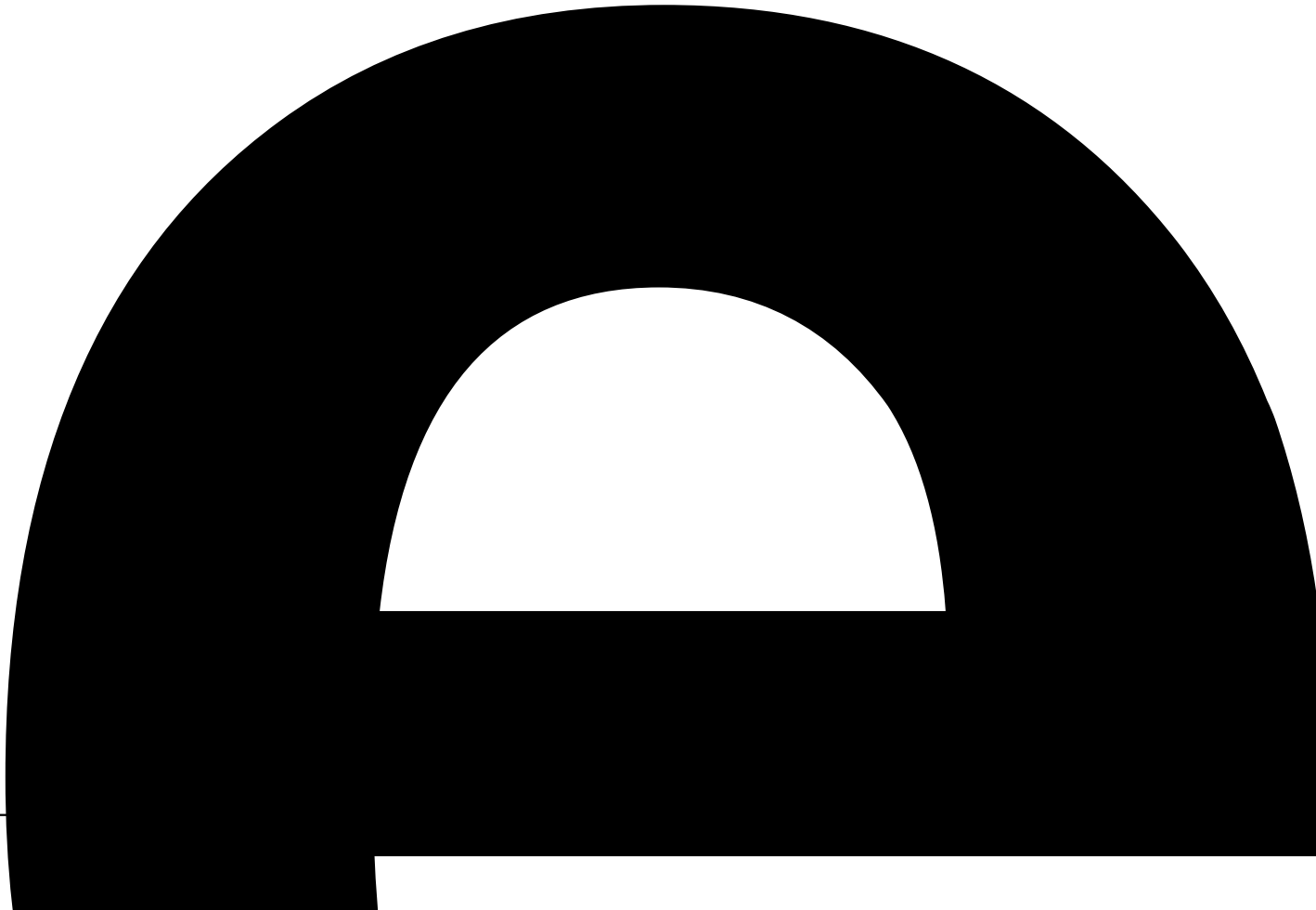

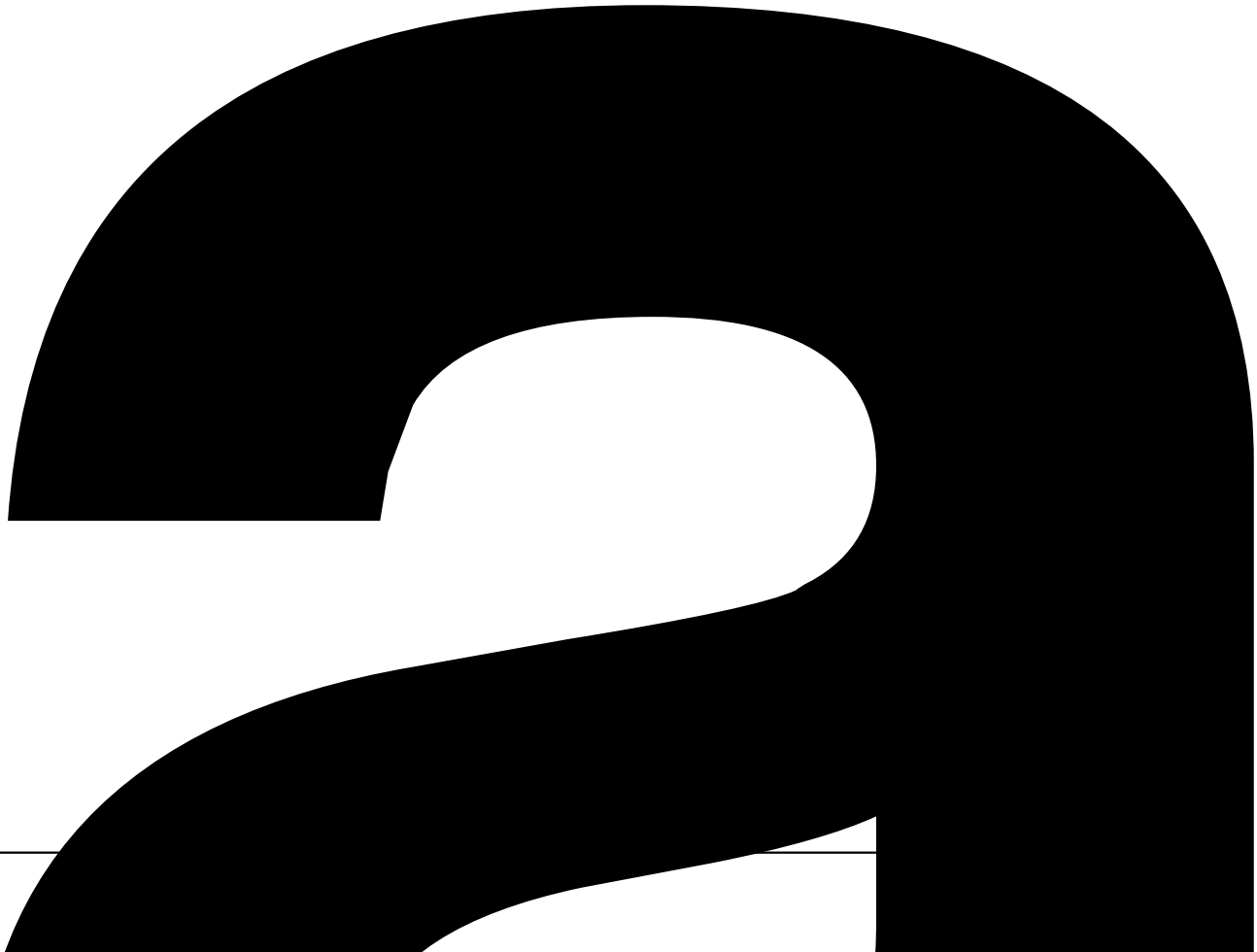

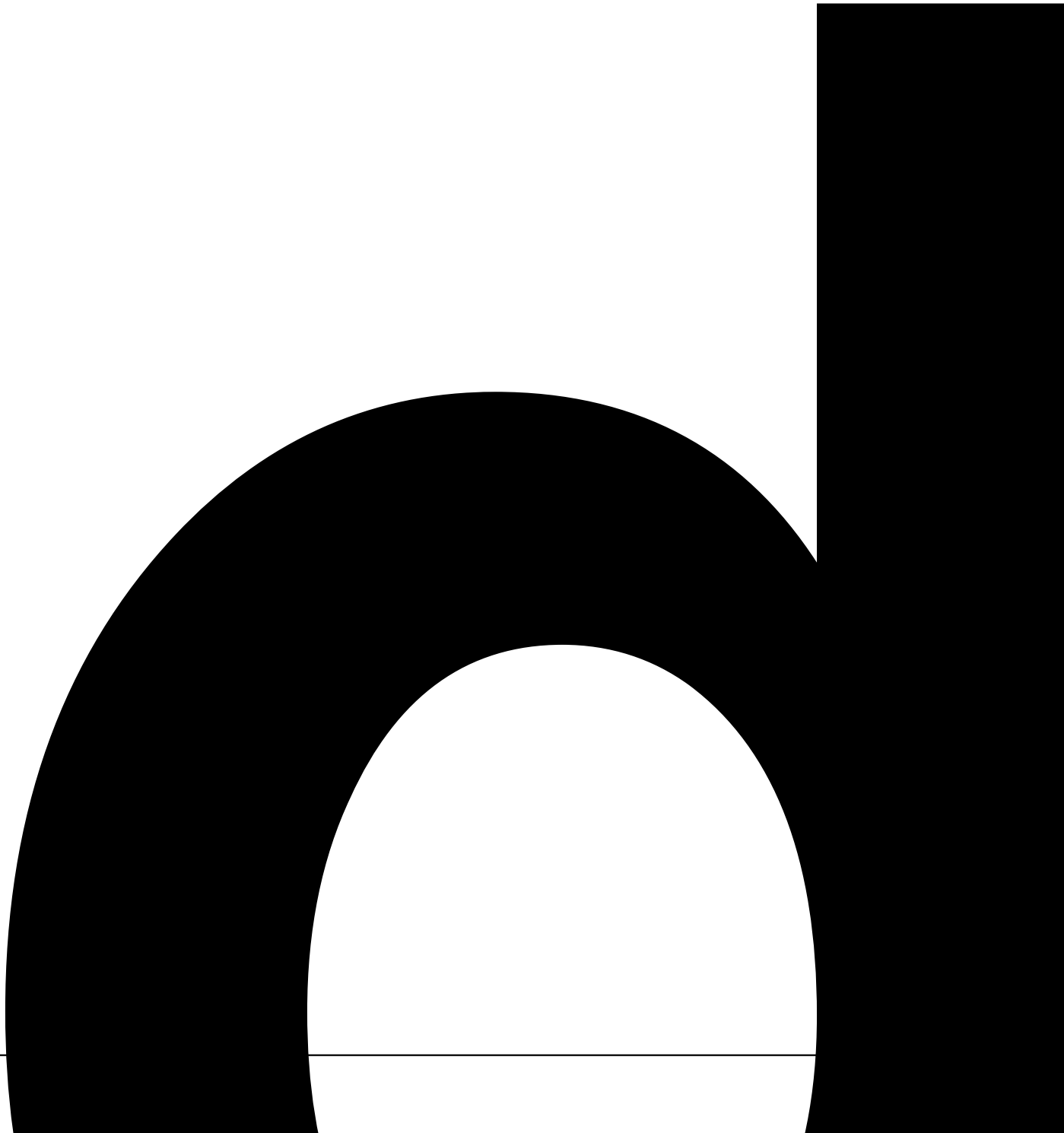

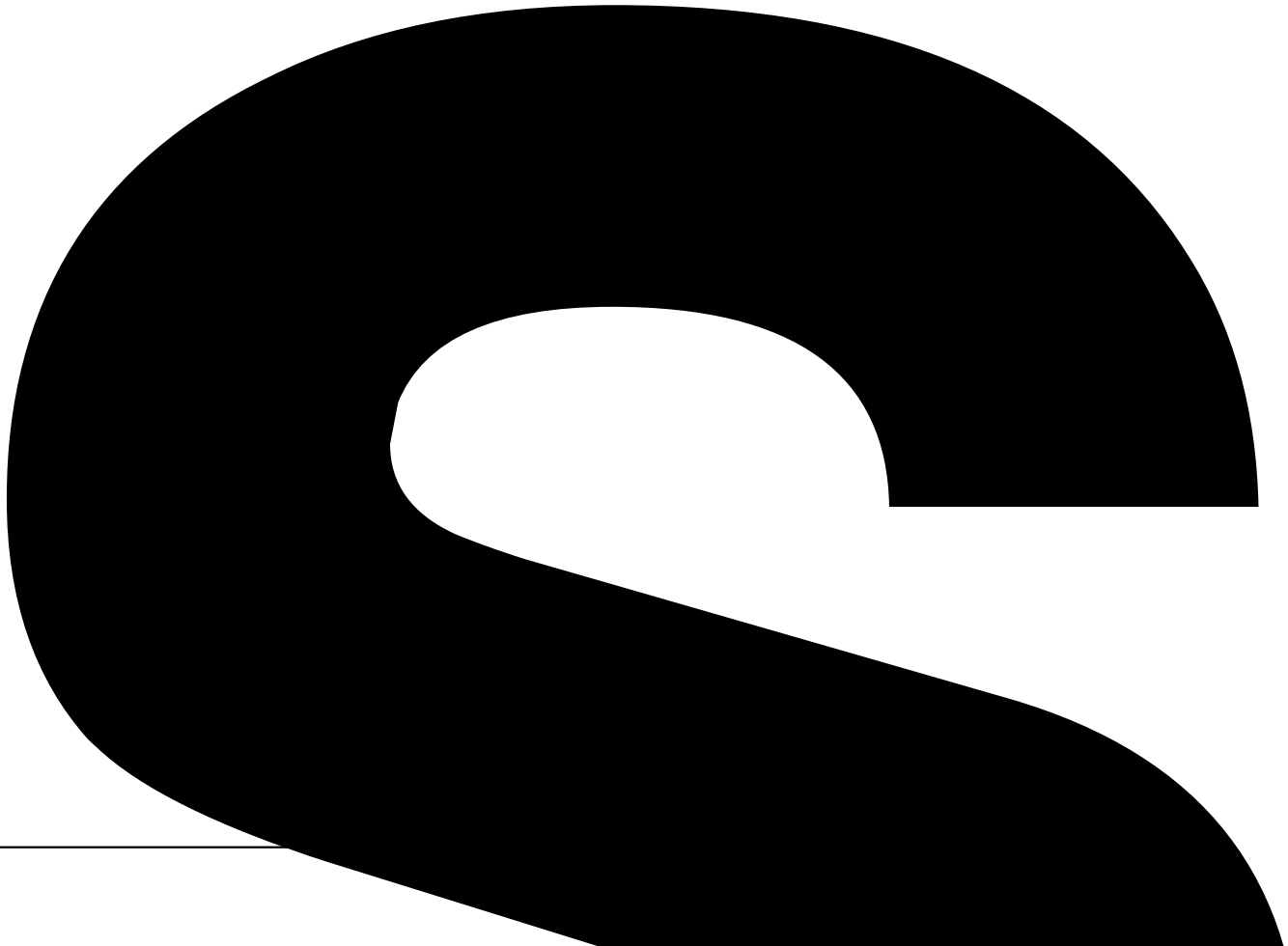

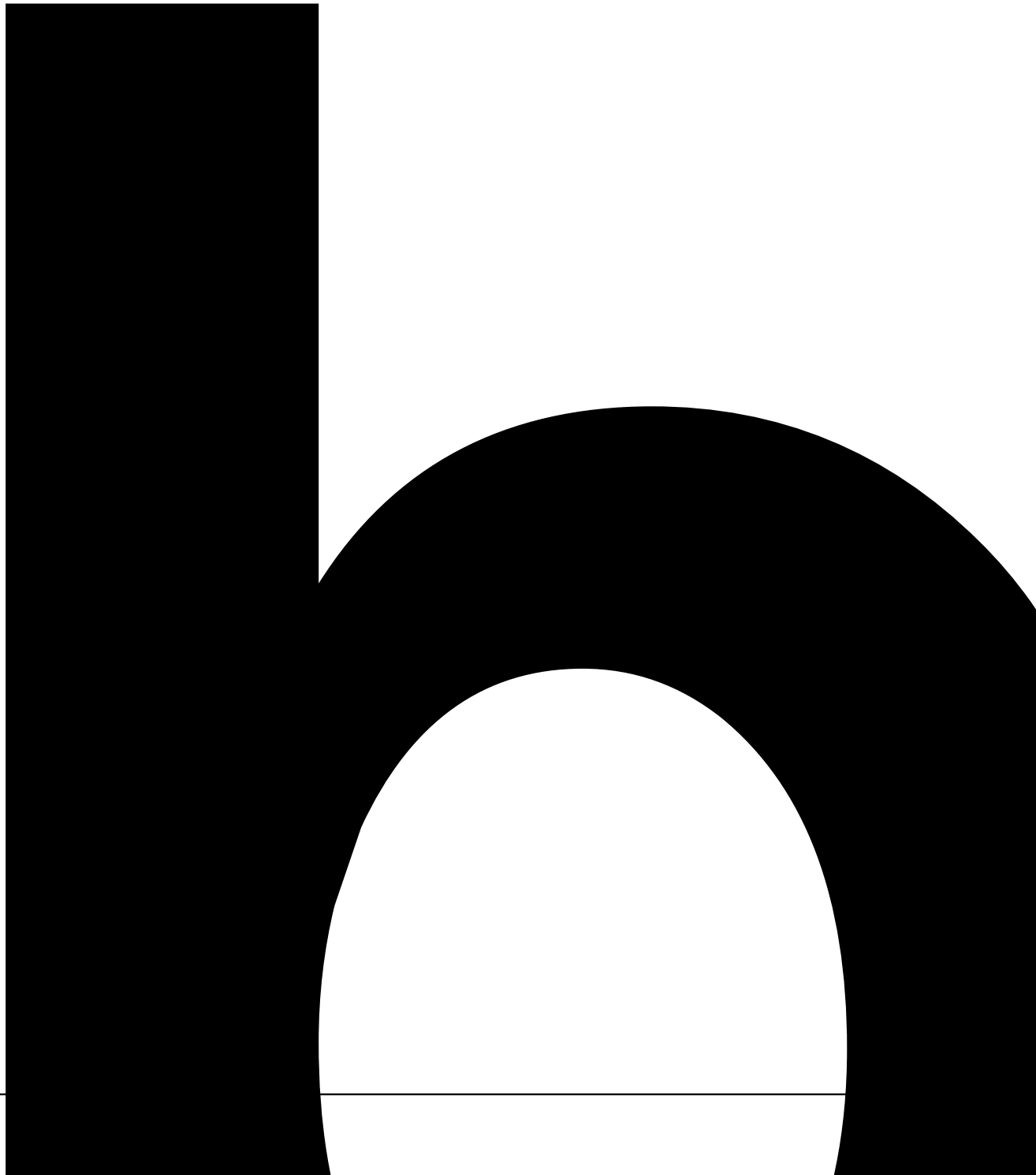

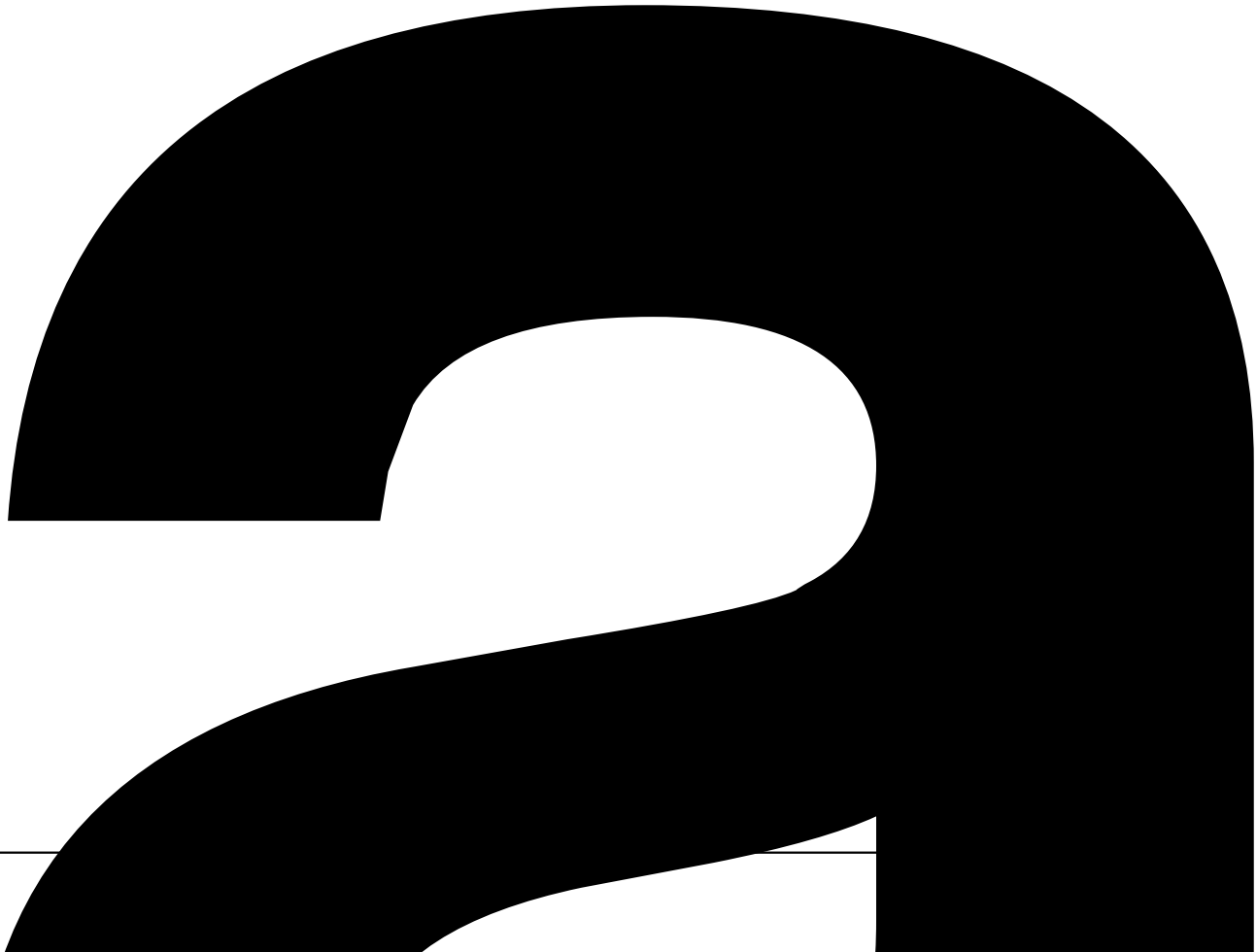

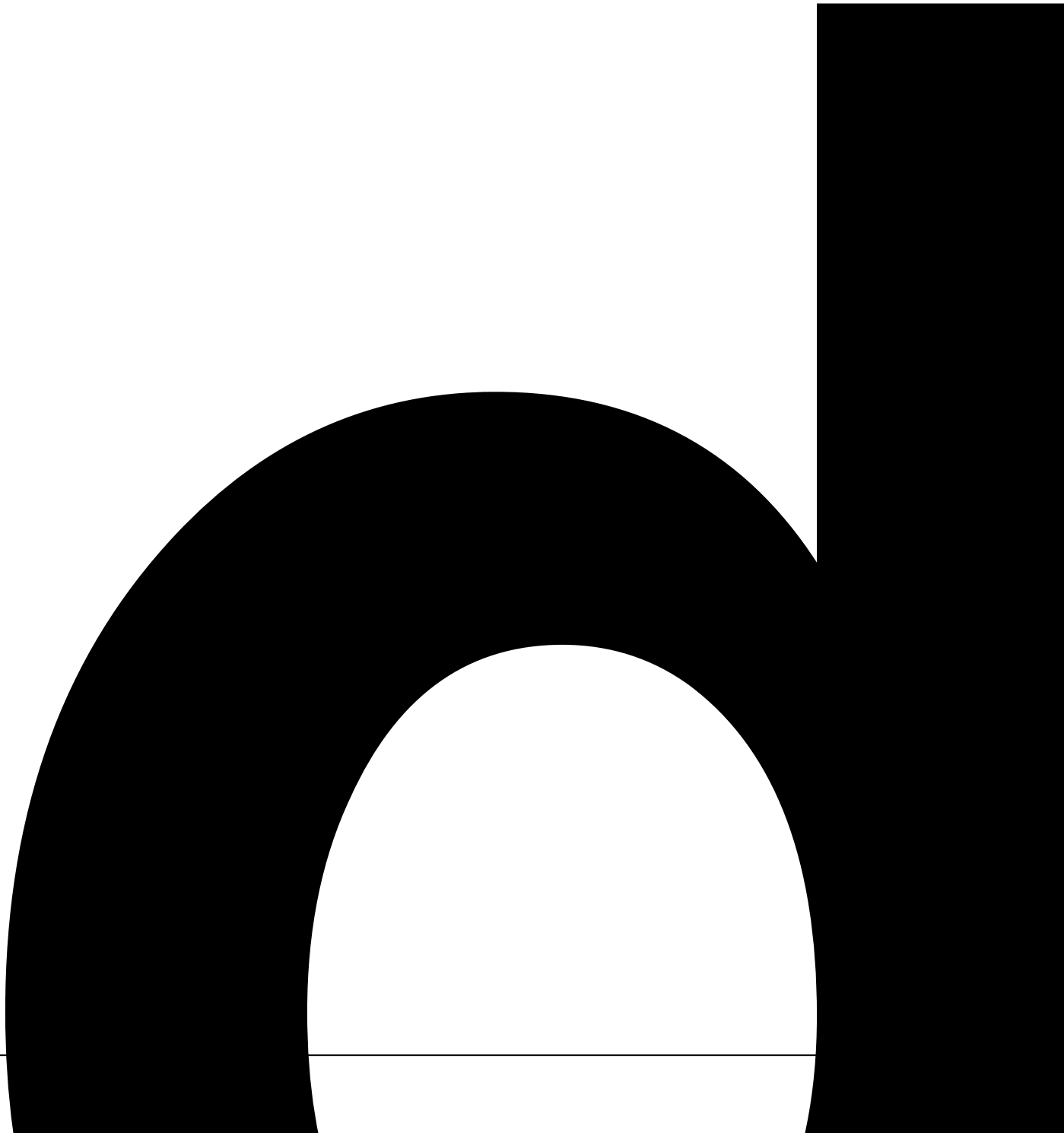
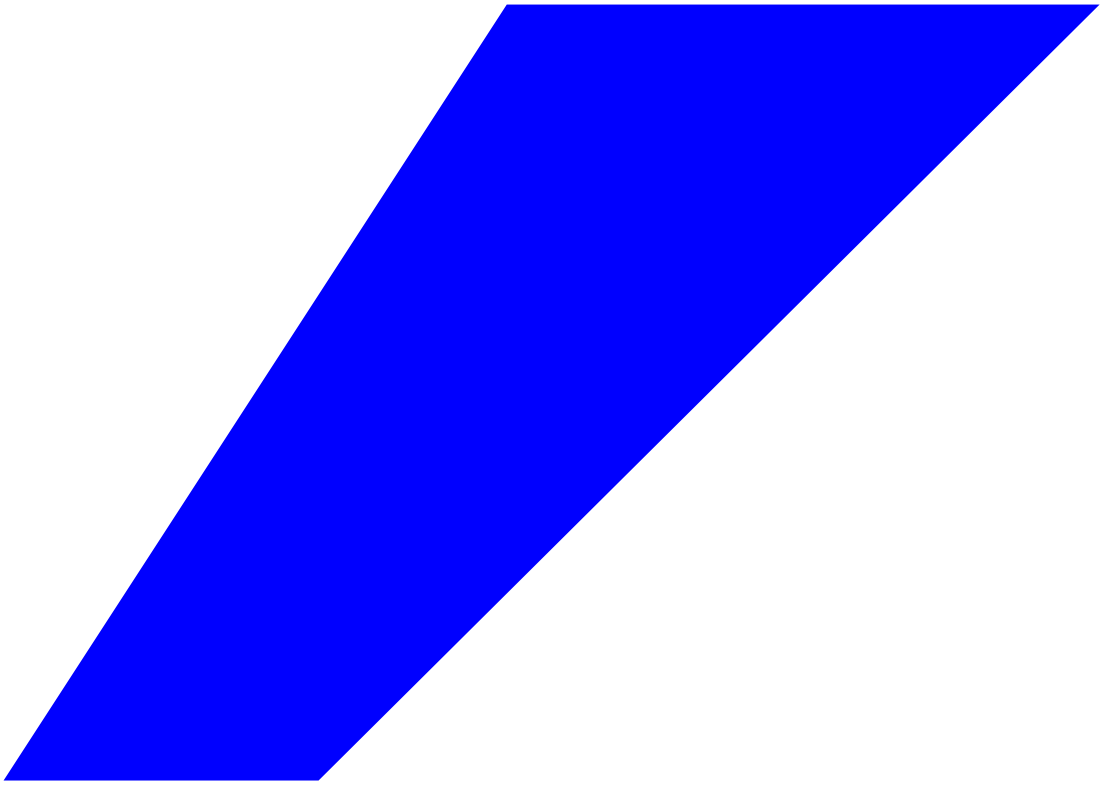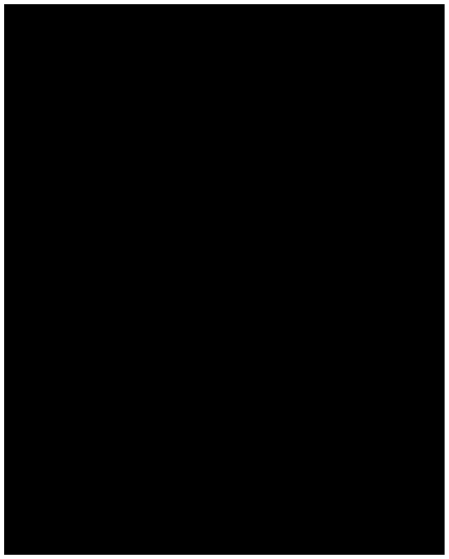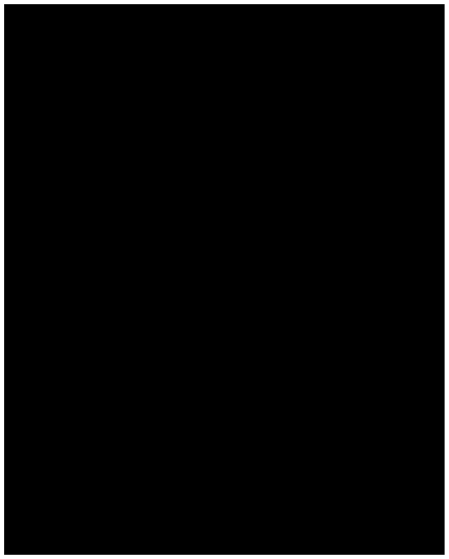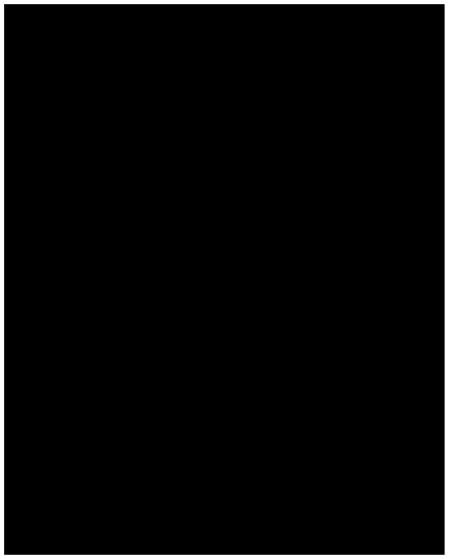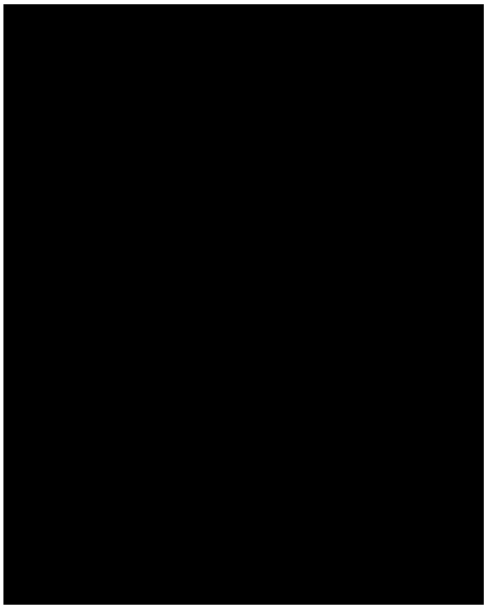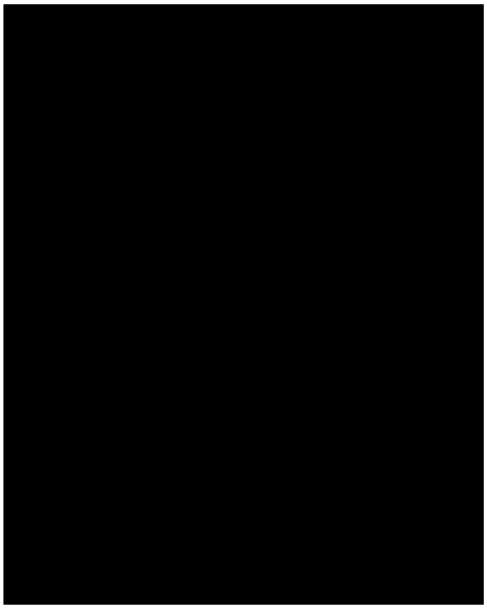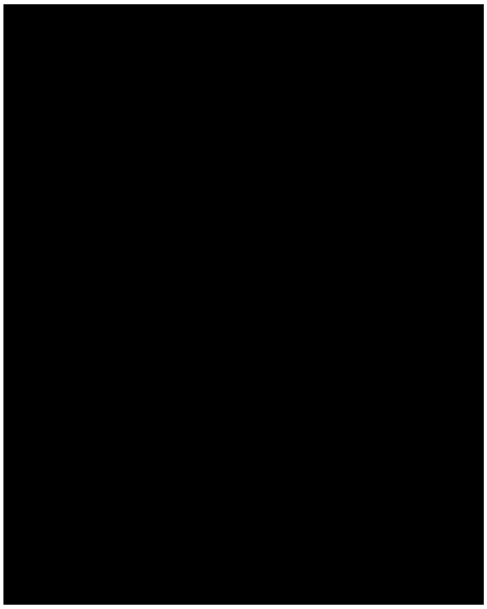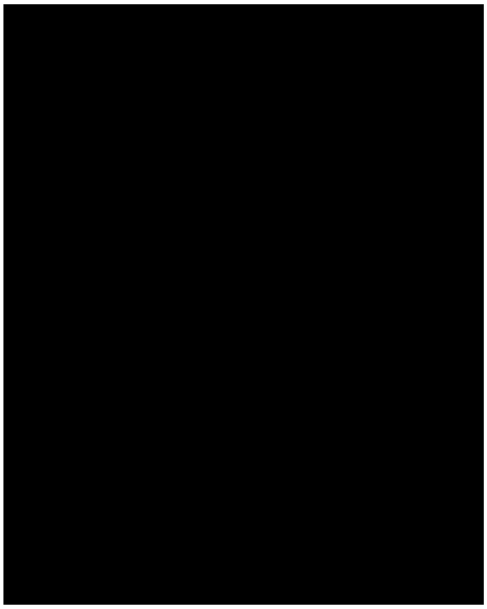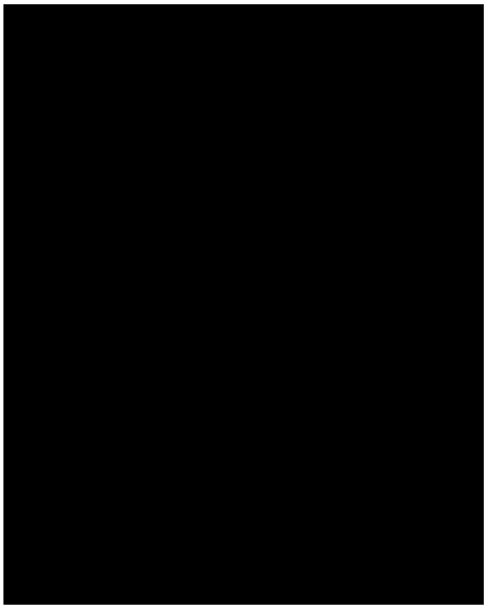
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