



STAGE 7

La Peña (Mieres)

Alto La Col.ladiel.la (Mieres)

LENGTH: 24.8 km.

DURATION ON FOOT: 5 hours 30 minutes

DURATION BY MTB: 3 hours 30 minutes

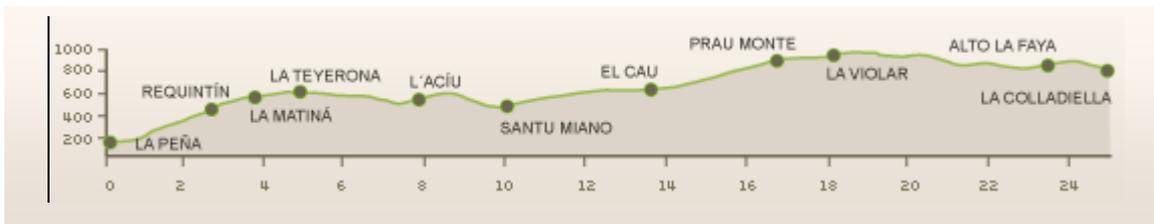
ACCUMULATED ASCENT GRADIENT: 1276 m.

ACCUMULATED DESCENT

GRADIENT: 616 m.

MAXIMUM HEIGHT: 973 m.

MINIMUM HEIGHT: 184 m.



DESCRIPTION OF THE STAGE

The seventh stage of the GR-208 "Cycle Loop Central Mountain", in the direction Peña towards the Alto La Col.ladiel.la, is very hard from the beginning. We take the road towards Mieres for a few moments in order to turn left towards Les Casetes (Requintín). A very steep and technical stretch for MTB cyclists leads to the village La Matiná.

Once we are in the village, we turn left and, through the concrete lane and passing through La Carba, with La Peña Valley as a backdrop, we arrive at La Teyerona Recreation Area. Here we go ahead passing by the Campón Peak, on our way to the Collada La Muezca, in order to see Rioturbio valley and go along the edge of the Borrón del Corralón. Then we arrive at the village L'Acíu in Mieres council.

At the exit of the village, the GR-208 turns left through the old path of Domingo Moro, which has some technical stretches. However the cyclists can also take the road which directly goes to the Alto de Santu Miano, where it links with the PR-44 and the GR-208.

In the Alto de Santu Miano, we go on through the road MI-11 which goes up to El Cau, always sharing the itinerary with the PR-44 "Sendero Vuelta a Langreo". In this village, we take the exit path that goes up through the Sierra de Rebuyu until we arrive at Prau Espines. Here we can see the mining exploitations La Mozquita and Polio. We go on in the shade of Espines Peak towards La Violar, always next to the Cordal del Cogoyu, looking for the turnoff of San Xusto. In this stretch, we share the itinerary with several PRs. We go on heading east towards the Campa Urbiés, where we can gaze the Urbiés Valley (Turón) and the Samuño Valley (Langreo).

The wide track makes cycling easier until we reach the Alto de La Mozqueta or Alto de La Faya, whose road is crossed in order to take a concrete stretch towards Pontaos. At this point, we link with other track which turns right and then goes down until the road AS-337 Alto de La Col.ladiel.la. We cross the road and go on some metres through the track which is in front of the intersection until we reach the car park, the ending point of this seventh stage.

MIERES

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