



**A SPORT/SPA DESTINATION FOR
ROAD CYCLING FANS**

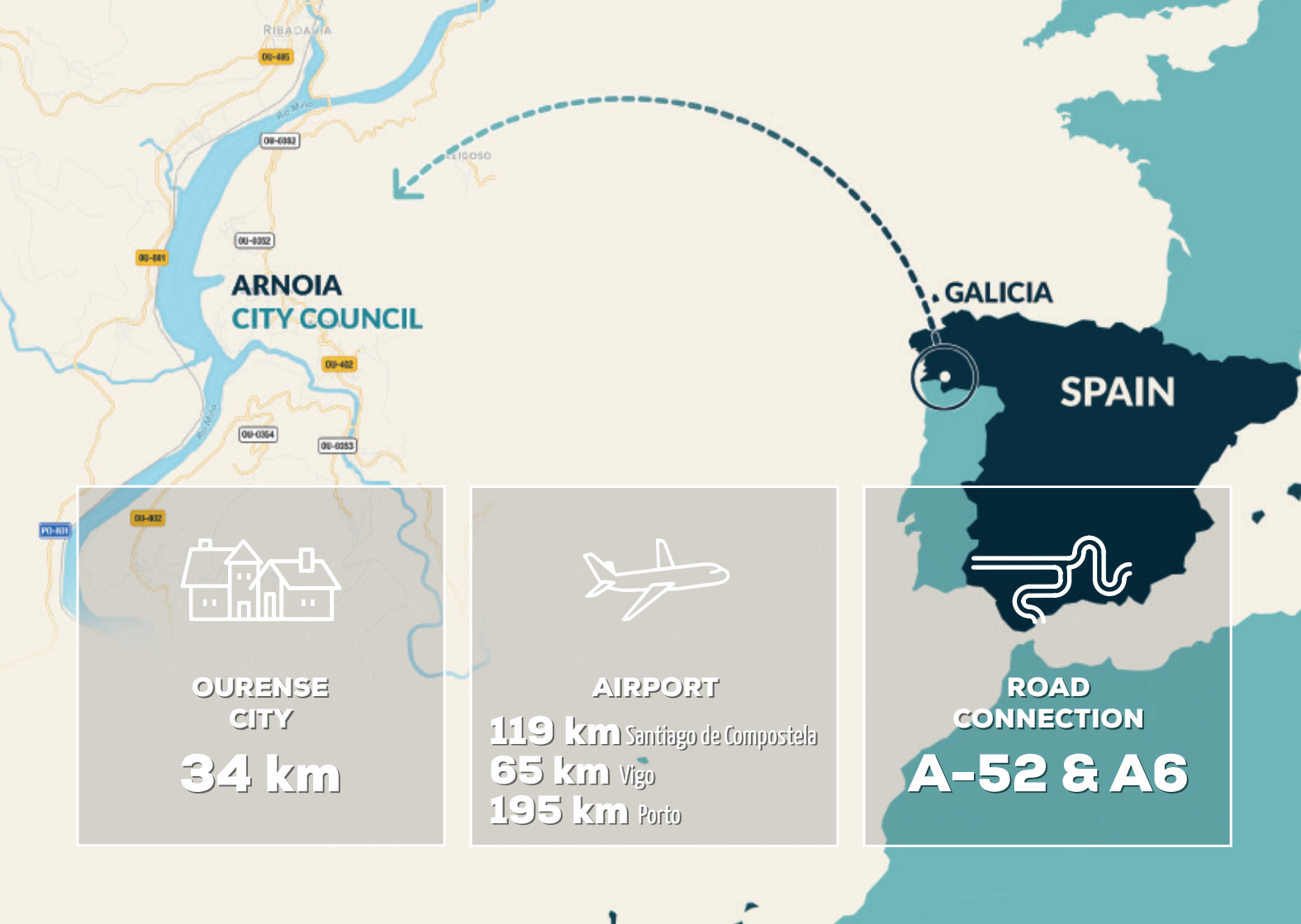
Arnoia is one of the main spa resorts in the province of Ourense and one of Europe's premier spas. In recent years, it has been associated with La Vuelta a España, both as a sponsor as well as a host for various stages.

Nestled within the O Ribeiro region, its strategic location affords it a favourable climate throughout the better part of the year. Its primary distinguishing features are the Arnoia River Canyon, the Miño River, and the thermal waters, along with its scenery. Of note are the Ribeiro monasteries, the wineries, and the Ribadavia historic complex.

Arnoia Termal Bike Km0 is helping to promote and commercialize this area as a spa/sport destination, where road cycling and spa culture unite to create a new brand of tourism. There are eleven total routes, all designed and endorsed by cyclists and geared toward end users of varying levels: amateur, semi-professional and professional. The Arnoia Hotel and Spa is serving as home base for this new bicycle tourism project, and it boasts the "Bikefriendly by SERHS" certification. It offers complementary and health services to cyclists during training and recovery stages.

A new way to travel, discover a place, and cycle.





OURENSE
CITY

34 km



AIRPORT

119 km Santiago de Compostela
65 km Vigo
195 km Porto



ROAD
CONNECTION

A-52 & A6

ARNOIA TERMAL BIKE KMO

Explore the ideal setting for road cycling, with routes that allow you to discover the diverse scenery of the province of Ourense, as well as that of northern Portugal and south-eastern Pontevedra. From a classic route through the Arnoia spa resort, Ourense and Cortegada to longer, more challenging routes like the one that climbs up to Castro Laboreiro, a fort located deep within the Portuguese Serra do Gêres mountains, or the Sil Canyon in Ribeira Sacra.



ROAD
CYCLING ROUTES

11



TOTAL
DISTANCE

968 km



ACCUMULATED
DROP

17.500 m





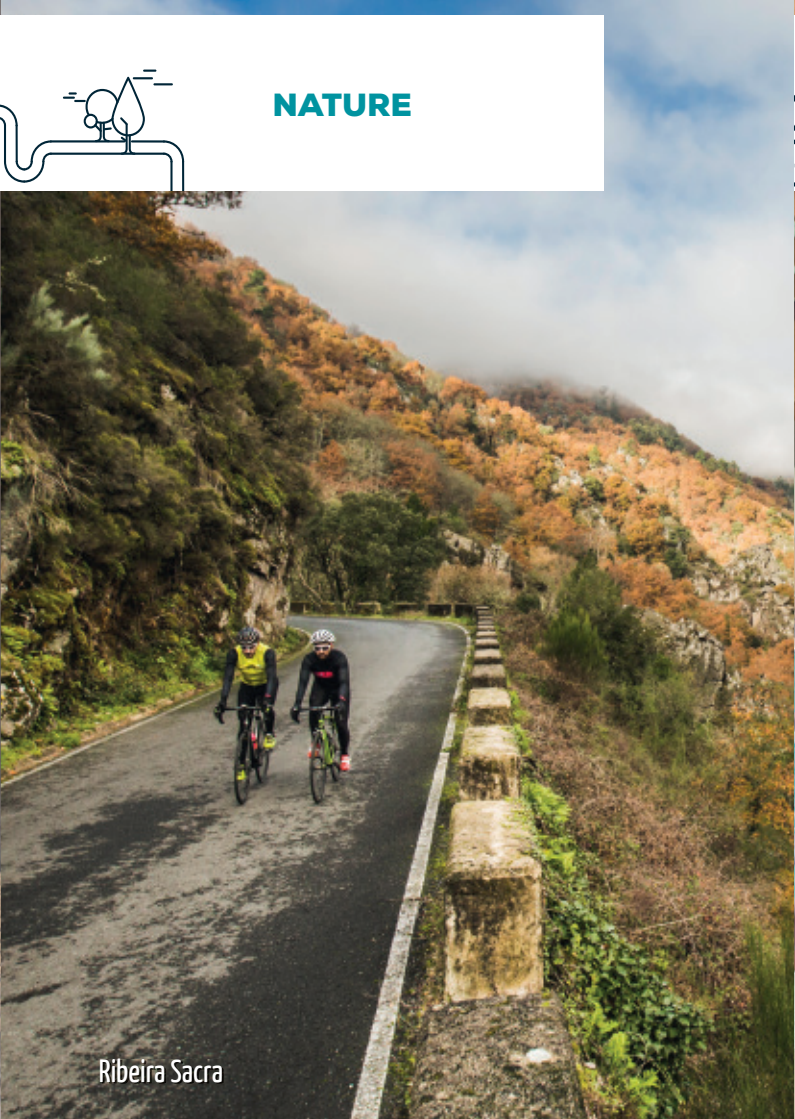
MOUNTAIN PASSES

Castro Laboreiro



NATURAL HERITAGE

Monasterio de San Salvador de Celanova



NATURE

Ribeira Sacra

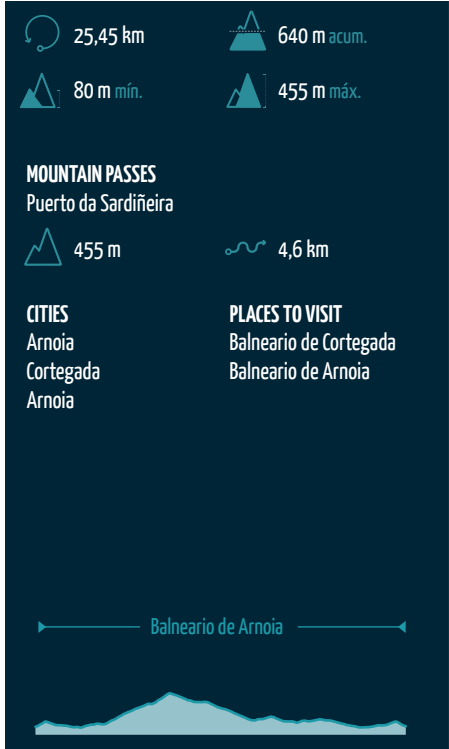


HEALTH

Arnoia Spa

VILAS TERMAIS ROUTE

This route allows you to visit the Arnoia and Cortegada spas and travel through Miño River Valley, the main attraction.



AS VILAS DO ARNOIA ROUTE

Travelling along the Arnoia River, you can visit Celanova and Allariz, which have been declared an Historic Art Grouping, and the granaries of A Merca.



DOS MONXES ROUTE

This demanding route leads cyclists to three Monasteries, these are all examples of monastic activity in Ourense.



RAIA TERMAL ROUTE

If you follow this challenging route along the border between Galicia and Portugal, you can visit places like Monçao and Ribadavia.



MIÑO-SIL ROUTE

This rigorous route passes through the city of Ourense, a European thermal point of reference, as well as Ribeira Sacra and Sil Canyon.



RIBEIRO-LABOREIRO ROUTE

A mountain route par excellence, it travels through the Biosfera Transfronteriza Gerês-Xurés, a biosphere located on the Galician/Portuguese border. A great challenge for everyone passionate for cycling.





ROUTES WITH 3D MAPS

You can download 3D maps to use new technology to see the characteristics of each path. These details are very important when planning your bicycle route. You can request a more in-depth information sheet of each route with all of the relevant technical data, as well as a brief description of the route and points of interest. In any case, in order to make use of the Arnoia Thermal Bike KMO programme, you will definitely need to use GPS.

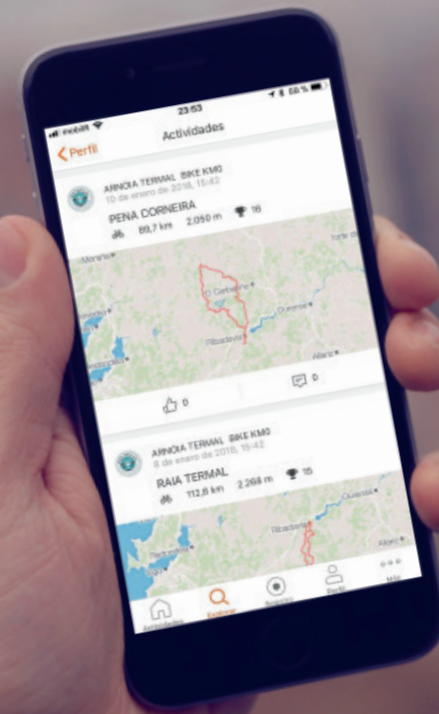
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Download our routes



STRAVA™

Follow our activity





HOTEL BALNEARIO DE ARNOIA

Arnoia boasts 89 rooms and a spa with a thermal treatment area (hydrotherapy, mesotherapy, aesthetics), as well as two therapeutic pools and a large swimming pool that has a terrace that overlooks the Miño River and Ribeiro vineyards. The hotel a high-performance entertainment centre for rowing and canoeing and is specialised in road cycling tourism: bicycle parking is available, along with a workshop and a bicycle washing/drying area, and there is an information point that offers on-road routes throughout the province of Ourense, northern Portugal, and south-eastern Pontevedra.



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ARNOIA
VILA TERMAL



benvidos
bienvenidos



CONCELLO DE
ARNOIA

www.arnoiatermalbikekm0.com