

HIRE SERVICE SUPPLEMENTS

- E-BIKE HIRE SUPPLEMENT – PER PERSON:
Half day: €15. One day: €20
- MOUNTAIN BIKE (MTB) HIRE SUPPLEMENT PER PERSON:
Half day: €10. One day: €13
- GROUP GUIDE SUPPLEMENT FOR 1 TO 10 PEOPLE:
Half day: €40. One day: €80

XURÉS TERMAL BIKE' SPECIAL SERVICES FOR CYCLE-TOURISTS

- Special parking area
- Washing and drying area
- Workshop space
- Information point at hotel reception with digital tracks of MTB and road routes to download.

MOUNTAIN BIKE, ROAD AND CYCLE ROUTES

At the Balneario Information point you can find information on over 30 MTB, road and cycling routes to do during your stay as part of any of our Xurés Termal Bike programmes. You can also download data in gpx and kml formats. Here are some examples of route types.

MTB Galicia Serra do Xurés

Route	Route Name	Km	Difficulty	Type
1	PARQUE FORESTAL OUTEIRO DA CELA	5,7 Km	Low	Circular
2	TRAVESÍA DO XURÉS	25,5 Km	Medium	Circular
3	MEGALÍTICA	12,7 Km	Low	Circular
4	PICOS DE FONTEFRÍA	32,4 Km	Medium	Circular
5	SERRA DO PISCO	27,9 Km	High	Circular
6	VÍA NOVA	29,4 Km	High	Linear

ROAD

Route	Route Name	Km	Difficulty	Type
1	XURÉS CENCERRO BIKE	133 Km	Medium	Circular
2	TRANS XURÉS-GERÉS	123 Km	Very high	Circular
3	GRAN FONDO XURÉS-GERÉS	160 Km	High	Circular
4	PARQUE NACIONAL PENEDA GERÉS	114 Km	High	Circular
5	GERÉS GRAN FONDO 1	100 Km	High	Circular

MOUNTAIN BIKE (without specific MTB signs)

Route	Route Name	Km	Difficulty	Type
1	TRAVESÍA LOBIOS- CASTRO LABOREIRO	100 Km	High	Circular
2	RUTA XURÉS	61 Km	High	Circular
3	RUTA DE SANTA EUFEMIA	32 Km	High	Circular
4	LOBIOS-SERRA AMARELA	93 Km	High	Circular
5	XURÉS-CAMPO DE GERÉS	53 Km	Medium	Circular

CYCLE ROUTES

Route	Route Name	Km	Difficulty	Type
1	LOBIOS ROTEIRO TERMAL	8,8 Km	Low	Linear

Low Medium High Very high Circular Linear

WE HAVE SPECIAL OFFERS FOR TEAMS, CLUBS AND GROUPS.
CONTACT reservas@caldaria.es OR PHONE +34 988 280 406

The Hotel Balneario de Lobios is a BTT (MTB) Galicia Information Point.



The Hotel Balneario de Lobios has attained the Bikefriendly quality mark



www.caldaria.es

[#caldariaHyB](https://twitter.com/caldariaHyB)

facebook.com/caldaria



CUSTOMIZED CYCLE TOURISM BETWEEN SPAIN AND PORTUGAL



LOBIOS caldaria
HOTEL BALNEARIO

IT'S PARADISE FOR CYCLING AND NATURE LOVERS

Xurés Termal Bike is a tourist destination that brings together the main resources of the **Xurés-Gerês World Biosphere Reserve** -one of Europe's largest cross-border natural parks-, **the thermal waters of Caldaria and MTB and road routes** for cycling in this natural area straddling the border between Spain and Portugal.

The destination includes the Serra do Xurés MTB Centre, where there are two reception points, one at Maus de Salas (Muiños council district) managed by AvivaCenter and the other at the O Corgo (Mugueimes-Muiños) Tourist Sports Complex, which has an information point at our Balneario de Lobios and approved tourist routes that not only let you take part in the activity but are also in designated natural areas where people can find out about the region's cultural and natural heritage. All this falls within the activities of our thermal waters facility, where we offer various treatments for health, relaxation and well-being which perfectly complement a sporting activity like cycling.

If you already have a bicycle, the Lobios Caldaria Thermal Spa has **parking areas, a work-**

shop and shop, as well as an information point where you can download the Serra do Xurés MTB Centre's mountain bike routes, or mountain bike road routes or cycling routes provided by Xurés Termal Bike. **If you don't have your own bicycle, you can hire one** when you book the programme and add it to the package of complementary services such as **SatNav hire with routes included or guide hire** so that you can be accompanied on the route. An **electric bike service** is available.

And so that you can enjoy this spectacular destination **we have designed programmes to suit all types of people.**

Among these programmes we highlight the one of **6 nights with free choice of routes.** You only have to indicate us the destinations and the type of routes you want to make (MTB, road, city, touring or hybrid) and Xures designs the **whole programme.** Furthermore, you can choose additional services, such as renting electric bikes or hiring a guide.



All the quality and service of the Caldaria hotels and spas adapted to the particular necessities of bicycle lovers.



XURÉS TERMAL BIKE PROGRAMME

6 NIGHTS with free choice of routes

NEW!

6 nights' accommodation in double room
Accommodation and buffet breakfast.

Thermal treatment:

- Foot massage.
- Venous massage.
- Shoulder-neck massage.
- Legs partial massage.

€63
person/night

This programme includes a free choice of routes. You should clarify the type of route you wish to take (MTB, road, city, touring or hybrid) in the booking observation section and within 48 hours, together with the booking confirmation, we'll send you the options for your Xurés Termal Bike Programme.



3 NIGHTS

3 nights' accommodation in double room.
Accommodation and buffet breakfast.

Thermal treatment:

- Tired legs massage.
- Bamboo cane massage.
- Shoulders-neck massage.

€68
person/night

1 NIGHT

1 night accommodation in double room.
Accommodation and buffet breakfast.

Thermal treatment:

- Foot spa.
- Leg massage.

€75
person/night

2 NIGHTS

2 nights' accommodation in double room.
Accommodation and buffet breakfast.

Thermal treatment:

- Sports massage.
- Shoulders-neck massage.

€70
person/night

* Single room supplement and/or superior room: €25 person/night.
Free use of thermal pools. Loan of bath robe and towel.
Use of pool-side footwear, bathing cap and swimwear are obligatory in order to access the Balneario.
Each of the thermal therapies described above will be applied per person per stay.
Offer valid to 31st December, 2018 at Lobios.
Cannot be accumulated with other offers and/or discounts.
Not valid for people under 18.
You can combine these programs if you decide to lengthen your stay.

