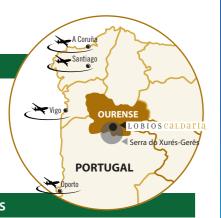
HIRE SERVICE SUPPLEMENTS ■ E-BIKE HIRE SUPPLEMENT – PER PERSON:

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		•
2	TRAVESÍA DO XURÉS	25,5 Km		•
3	MEGALÍTICA	12,7 Km		•
4	PICOS DE FONTEFRÍA	32,4 Km		•
5	SERRA DO PISCO	27,9 Km		•
6	VÍA NOVA	29,4 Km		_

Route	Route Name	Km	Difficulty	Type
1	XURÉS CENCERRO BIKE	133 Km		•
2	TRANS XURÉS-GERÊS	123 Km		•
3	GRAN FONDO XURÉS-GERÊS	160 Km		•
4	PARQUE NACIONAL PENEDA GERÊS	114 Km		•
5	GERÊS GRAN FONDO 1	100 Km		•

MOUNTAIN BIKE (without specific MTB signs)

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

CYCLE ROUTES

Route	Route Name	Km	Difficulty	Type
1	LOBIOS ROTEIRO TERMAL	8,8 Km		-
Lov	w 📕 Medium 📕 High 📕 Very high	n Circ	ular — L	inear

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





#caldariaHyB









CUSTOMIZED CYCLE TOURISM BETWEEN SPAIN AND PORTUGAL



HOTEL BALNEARIO



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 wellbeing which perfectly complement a sporting activity like cycling.

If you already have a bicycle, the Lobios Caldaria Thermal Spa has parking areas, a workshop 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 whole programme. Furthermore, you can choose additional services, such as renting electric bikes or hiring a guide.

XURÉS TERMAL BIKE PROGRAMME

6 NIGHTS with free choice of routes

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

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

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.

NEW! 3 NIGHTS

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

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

Thermal treatment: Sports massage.

2 NIGHTS

- Shoulders-neck massage.

2 nights' accommodation in double room.

Accommodation and buffet breakfast.

Use of pool-side footwear, bathing cap and swimwear are obligator

1 night accommodation in double room. Each of the thermal therapies described above will be applied per persor

Offer valid to 31st December, 2018 at Lobios.

Not valid for people under 18.

Accommodation and buffet breakfast.

All the quality and service of the

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



in order to access the Balneario

Cannot be accumulated with other offers and/or discounts.

You can combine these programs if you decide to lengthen your stay.





1 NIGHT

Thermal treatment:

- Leg massage.

- Foot spa.