

Észak-Spanyolország , Leontól északra, északkeletre - Portugália- Madridtól nyugatra
401-465

401 - Collado Barreda 1325 m , 43.2405 / -4.72014

SIDES

W 21.5 km - 1168 pt

E 7.5 km - 450 pt

Gijon-tól délre, délkeletre

396 - Puerto de Pajares 1378 m , 42.99274 / -5.75958

SIDES

N 19.6 km - 811 pt

S 9.4 km - 140 pt

395 - Puerto de la Cubilla 1683m , **Campomanes** 383m 43.10542 / -5.81864 1300m , 28.3 km 4.6 - 8.8 % Energy points 904

394 - La Cobertoria 1173 m , 43.14362 / -5.90578

SIDES

E

second name Gamoniteiro start place Pola de Lena , 322m közel **Campomanes-hez** , 43.1562 / -5.8305 , 851m , 9.8 km , 8.7-17 % , Energy points 1013

W 19.5 km - 845 pt

392 - Puerto de Ventana 1587 m , 43.05839 / -6.00439

SIDES

N 19.8 km - 842 pt

S 16 km - 277 pt

393 - L'Angliru 1570m , second name La Gamonal, Puerto de Aramo , start place **La Vega** , 316m ,43.23073 / -5.88215

1254m , 12 km , 10.4-18.5 % , Energy points 1602 (E side)

391 - Puerto de San Lorenzo 1347 m 43.14111 / -6.19493 ,

SIDES

E

San Martin 459m , 43.16084 / -6.09838 , 888m , 11.1 km , 8 -15.8 % Energy points 914

W 10.1 km - 858 pt

közeli ca. 15 km

390 - Puerto de Somiedo , 1486m **Aguesmestas** , 413m , 43.17509 / -6.3002 , 1073m , 24.8 km , 4.3-9.8 % , Energy points 803

389 - Santuario del Acebo 1175m , Cangas del Narcea , 381m , 43.1801 / -6.55058 , 794m 9.8 km , 8.1-13.5 % , Energy points 840

388 - Piedratecha 894 m , 43.33928 / -6.45606

SIDES

E

Tinéo , 586m , 43.3325 / -6.41489 , 308m , 7.6 km , 4.1 -9.2 % , Energy points 268

NW 11.1 km - 390 pt

385 - Puerto del Palo 1137 m , 43.27242 / -6.6778

SIDES

E

Allande , 533m , 43.27181 / -6.61125 , 604m , 11.9 km , 5.1 -9.5 % , Energy points 401
W 32.8 km - 646 pt

386 - Pozo las Mujeres Muertas 1111 m , 43.10741 / -6.78537

SIDES

SW 19.3 km - 887 pt **San Antolin de Ibias**

NE 6.5 km - 634 pt

387 - Puerto del Connio 1315m **San Antolin de Ibias** , 328m 43.036 / -6.87448 ,
987m , 22.5 km , 4.4-13.2 % , Energy points 851

381 - Puerto de Ancares 1675 m 42.86857 / -6.8179

SIDES

NW 18.8 km - 1162 pt

E 12.1 km - 869 pt

379 - Alto do Boi - Puerto del Buey 980 m 42.54464 / -7.21419

S 11.3 km - 520 pt

N 9.6 km - 386 pt

378 - Alto de San Clodio 950m ,**Ribas de Sil** 246m ,42.46546 / -7.28959 , 704m , 7.9
km , 8.9 -15 % Energy points 797

380 - Cabeza de Manzaneda 1760 m , 42.25805 / -7.30115

SIDES

NE

Manzaneda 670m ,42.30898 / -7.23503 , 1090m , 17.5 km , 6.2 -12.7 % Energy points
956

N 20 km - 736 pt

382 - El Sestil 1850m ,second name Peña Trevinca, Fonte da Cova ,

W side / nyugati oldal:start place **Sobradelo** 341m , 42.41306 / -6.91348
1509m , 27.3 km , 5.5 -8.9 % Energy points 1140

383 - Paso del Morredero 1762 m 42.40966 / -6.51261

SIDES

N

Ponferrada 510m 42.53803 / -6.5895 , 1252m , 26 km , 4.8-14.9 % , Energy points
1196

S 20.9 km - 691 pt

384 - Puerto de Foncebadón 1501m **Ponferrada** 529m 42.54544 / -6.56491 , **972m**
23.9 km , 4.1 -11.5 % ,Energy points 873

innen Portugáliába !!!!

510 - Caramulinho 964m , Campo de Besteiros 283m ,40.55641 / -8.13498 , **681m** ,
15.5 km , 4.4-8.1 % , Energy points 431

506 - Buçaco 545m , second name Cruz Alta , **Luso** 71 m, 40.40964 / -8.39936
474m 15 km , 3.2-9.1 % , Energy points 373

509 - Alto do Trevim 1202 m 40.09072 / -8.17857

SIDES

N 26.5 km - 679 pt

S 22.7 km - 521 pt

518 - Montejunto 658 m 39.17395 / -9.06063

SIDES

SE 13.3 km - 582 pt

W 12.8 km - 490 pt

N 5.5 km - 459 pt

517 - Monte Fóia 902 m 37.31536 / -8.59576

SIDES

SW 11.2 km - 476 pt

N 6.6 km - 438 pt

NE 7.6 km - 421 pt

E 7.5 km - 359 pt

511 - Sao Mamede 1019 m , 39.31271 / -7.35975

SIDES

W 10.3 km - 575 pt

N 10.9 km - 522 pt

512 - Marvao 877 m , 39.39423 / -7.37635

SIDES

N 5.9 km - 318 pt

S 5.6 km - 297 pt

vissza Spanyolországba

514 - Monsanto 676m , **Medelim** 419m 40.04835 / -7.18008 , **257m** 8.1 km , 3.2-11.4 % , Energy points 231

456 - Puerto Viejo 1115 m , 40.37282 / -6.46516

SIDES

S 11 km - 395 pt

N 11.6 km - 254 pt

458 - Peña de Francia 1705 m , 40.51256 / -6.16819

SIDES

W 16.3 km - 540 pt

E 17 km - 538 pt

457 - El Portillo 1258m , 40.47244 / -6.11969

SIDES

N 3.5 km - 289 pt

second name :Puerto de Las Batuecas , **La Alberca** 1046m , 40.4908 / -6.11187 , **212m** , 3.5 km , 6.1 -36.5 % , Energy points 289

S 14.7 km - 639 pt

462 - Puerto del Piornal 1269m , **Valdastillas** , 416m 40.13649 / -5.89192 , **853m** , 16.8 km , 5.1 -7.7 % Energy points 605

460 - Puerto de Honduras 1420 m , 40.22192 / -5.87192

SIDES

E 19.9 km - 757 pt

W 17.4 km - 587 pt

459 - El Travieso 1850m **Béjar** , 932m 40.38436 / -5.75841 , **918m** , 14.3 km , 6.4
-13 % Energy points 833 északi oldal

463 - Puerto de la Peña Negra 1909 m , 40.4222 / -5.2988331

SIDES

N 14.8 km - 694 pt

S 13 km - 369 pt

464 - Puerto de Serranillos 1575 m 40.30748 / -4.94777

SIDES

S 19.7 km - 608 pt

N 24.2 km - 583 pt

465 - Puerto de Mijares 1572 m 40.3314 / -4.81394 SIDES

SW 22.2 km - 770 pt

N 17.7 km - 502 pt

Délen még :