

## Puebla de Sanabria - Lubián

The Way starts going around the hill of the old town of Puebla de Sanabria and crossing the River Castro, running parallel to it. After walking for 3 kilometres, the Camino goes onto the N-525 to continue to the village of **Terroso**, past the church of Santiago.

After 10 kilometres, you cross the autovía towards the village of **Requejo** into the woods, which make for a nice walk. You leave Requejo in the same direction, past the town hall, and continue onto the main road until **Padornelo**.

With two-thirds of the section behind you, you will have to climb to Padornelo, 1,300 metres. From here you continue to Lubián, in Alta Sanabria, where you will find the Shrine of Tuiza, a heritage site; the Castro das Muradellas; and the Fraga de Osa, a glacier valley.

In Lubián, during the last weekend in September, there is the romaría of La Tuiza, a festival dedicated to Nuestra Señora de las Nieves, where harvesters and pilgrims alike used to pray.

### El consejo del cartero

“In Lubián, there is a popular building called Cortello de los Lobos, a wolf trap where people used to leave a sheep as bait. Once the wolf was trapped, the villagers used to parade it around neighbouring villages. Another interesting construction are the “chozos”, shepherds’ huts”. **Mercedes Álvarez, Correos of Lubián.**

### Teléfonos de interés

**Ayuntamiento de Lubián**Calle Souto da Feira, 749570 Lubián, Zamora+34 980 624 003

**Centro de Salud de Alta Sanabria**Souto de Feira, s/n49570 Lubián, Zamora+34 980 624 028

**Guardia Civil de Lubián**Calle Souto da Feira49570 Lubián, Zamora+34 980 624 010

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