***Tramo Lugo-Ourense***

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| **LOCALIDAD** | **DIA** | **Km** | **HORA DE PASO** | **PROXIMO PUNTO** |
| **LUGO, ENTRADA PRINCIPAL****H. LUCUS AUGUSTI** | **21/06** | **0** | **A LAS 12:00 H. INICIO** | **23 KM** |
| **Moreiras (Guntin)**42°52'45.4"N 7°33'08.4"W | **21/06** | **23 KM** | **17:00 h** | **16 KM** |
| **Portomarin** **(Plaza Conde de Fenosa)** 42°48'27.3"N 7°36'56.7"W | **21/06** | **39 KM** | **20:00 h** | **19 KM** |
| **Vilar de Cabalos (Chantada)**42°43'49.9"N 7°43'23.9"W | **22/06** | **58 KM** | **00:00 h** | **4 KM** |
| **Toiriz (Taboada)**42°42'50.5"N 7°42'57.1"W | **22/06** | **62 KM** | **01:00 h.**  | **9 KM** |
| **Sobracedo de Abaixo (Chantada)**42°39'55.1"N 7°45'10.4"W | **22/06** | **73 KM** | **03:00 h** | **27 KM** |
| **Nogueria do Miño (Chantada)**42°33'27.2"N 7°42'43.4"W | **22/06** | **97 KM** | **08:00 h** | **20 KM** |
| **Carballedo (A Peroxa)**42°27'47.5"N 7°43'30.7"W | **22/06** | **117 KM** | **11:00 h** | **3 KM** |
| **Os Peares (A Peroxa)**42°27'14.2"N 7°43'54.7"W | **22/06** | **120 KM** | **12:00 h** | **10 KM** |
| **SOBRADO (Coles)**42°24'15.9"N 7°48'19.3"W | **22/06** | **130 KM** | **14:00 h** | **4 KM** |
| **Aldea Casa Nova (Coles)**42°22'52.9"N 7°49'11.0"W | **22/06** | **134 KM**  | **15:00 h** | **7 KM** |
| **Centro Comercial Ponte Vella (Ourense).** 42°20'39.6"N 7°51'52.8"W | **22/06** | **141 KM** | **16:00 h****Punto de reunión para acompañar hasta el hospital** | **2.3 KM** |
| **HOSPITAL CHUO**42°19'35.0"N 7°51'39.7"W | **22/06** | **144 KM** | **18:00 h** |  |