

galicia

Pathways for  
discovering a country



XUNTA DE GALICIA



**TEXTS**

- > Galician Mountaineering Association
- > Segatur
- > Sherpa Project

**CARTOGRAPHY**

- > SITGA

**PHOTOGRAPHS**

- > Turgalicia Archive
- > Segatur
- > Sherpa Project

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- > Alva Gráfica



# PATHWAYS

## FOR DISCOVERING A COUNTRY

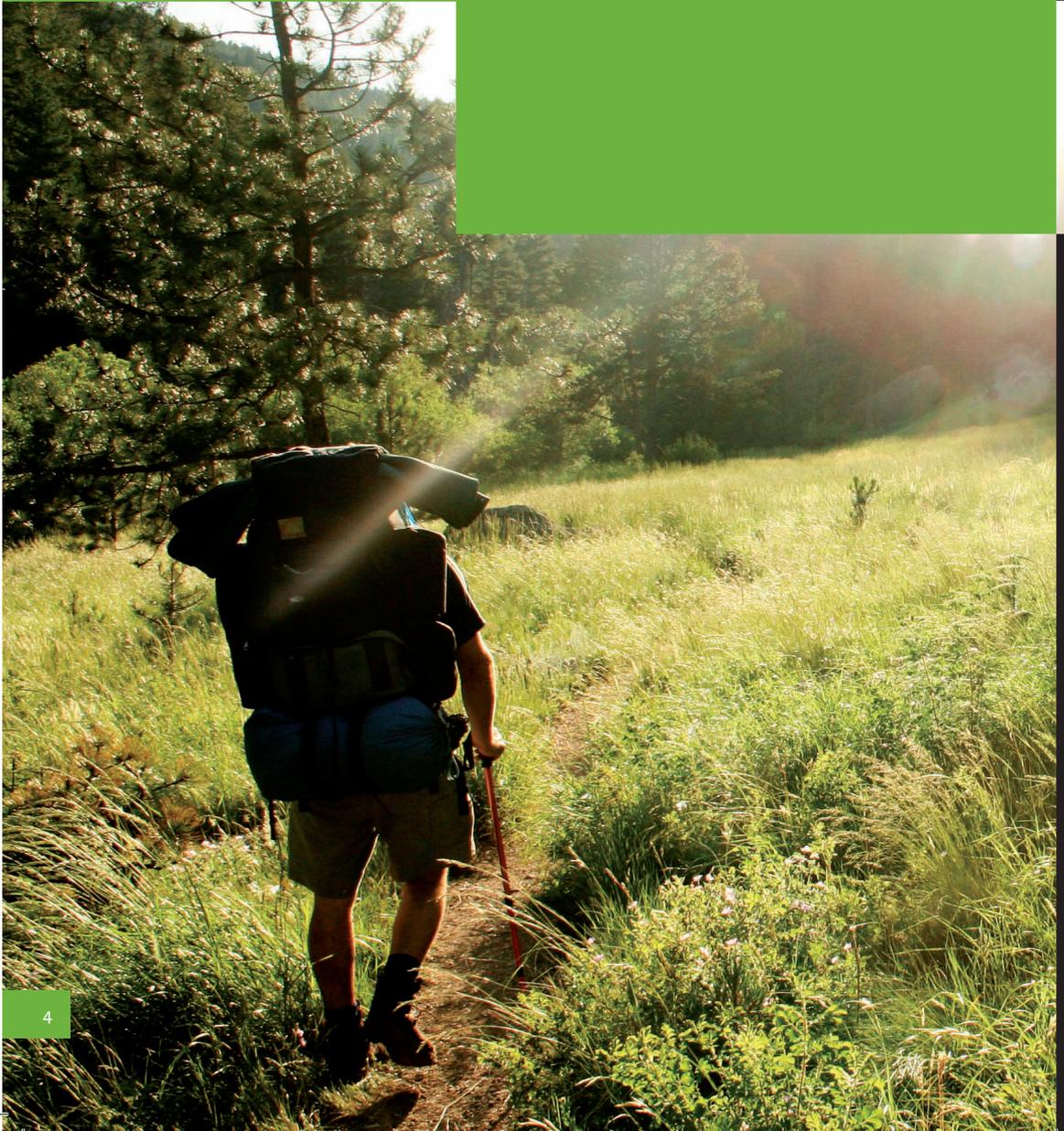
The essence of paths is to discover the unknown. This is one of the main mottos for backpackers who set off to travel with the desire to live a unique and unforgettable experience.

From the coast to the innermost dense forests, Galicia boasts wonderful places – when you discover them on foot you discover their rich landscape and their cultural and heritage legacy.

The official routes covered in this guide are capable of adapting to all skills and desires in nature lovers and hikers. Pathways and tracks through the forest, old cart roads, royal highways inherited from Roman times, labyrinthine pathways on the banks of rivers, hills and mountains that seek to tear the clouds, unique places worth visiting.

Routes along the Atlantic coast and the Estuaries, valleys covered in vineyards and other traditional crops, cattle grazing in broad meadows, old restored mills, Manor Houses, little chapels that still serve as places of worship in some rural communities that survive the passage of time and the exodus of their inhabitants - all this is a magnetic invitation for those willing to walk and explore.

You can find these pathways whether you are motivated by a desire for sport or leisure, and find the double excitement of activity and landscape. You can search for culture and history and then shires, cities and small villages are waiting for you, where you breathe different smells and see different colours. You can go, in the end, just to soak up the beauty; there is no better destination for this than Galicia.





**GALICIA, PATHWAYS TO DISCOVER A COUNTRY** is a reference catalogue for pathways that fulfil the conditions for approval required by the FEDME (the Spanish Federation of Mountain Sports and Climbing) on a nationwide level and the FGM (Galician Mountaineering Federation) in the region, and that meet international standards. With this information, we would like to bring the fascinating world of hiking to the general public and to encourage those who already love it to discover the rich natural and monumental heritage of Galician pathways. However, before you set out, it is essential to consult other specialised publications and seek additional information from recommended institutions and associations.

# SIGN POSTING

GR

PR-G

DERIVATION

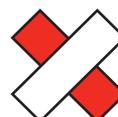
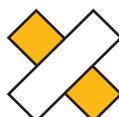
Continuity of the pathway



Change of direction



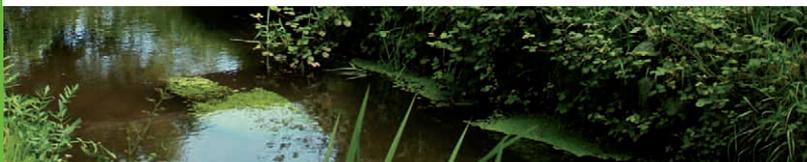
Wrong direction

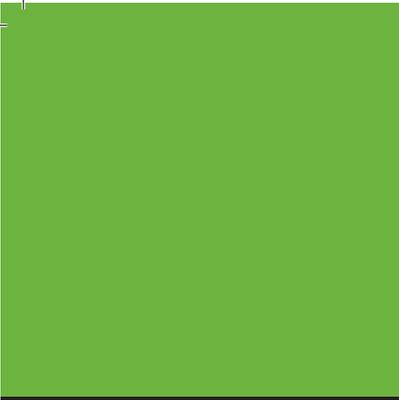


Sign



Arrow





## SIGN

## MEANING

- Consists of two lines painted horizontally, each 5 cm wide by 15 in distance. The upper strip is white and the lower one red (GR) or yellow (PR-G).

- Made up of two lines painted horizontally with a small white angle meaning a new direction to take. Now it is more common to see a sign made up of two vertical lines with the upper part turning towards the new direction. In this case, the white line always covers the coloured line.

- Made up of an X or St. Andrew's cross, with a continuous white line and another coloured, broken line. It is usually visibly located on tracks that the pathway does not follow so that distracted walkers are not confused when the way to go is not very clear.

- This sign allows pathways to be identified, so its use is very important along the routes, especially at junctions or crossroads of several pathways. It is usually to be seen in singular locations like the start of the pathway or on the way out of towns. It is square in shape, the background is coloured and the lettering is white for GR and black for both PR-G and derivations.

- It is rectangular in shape with one pointed side. It should bear a box with the pathway number, following the standard marks as regards colours used. In protected natural areas, the authority in charge may modify the colour and shape of these arrows.

- Right road, direction to follow.

- Major change in the pathway. Take the new direction indicated by the angle.

- Wrong direction..

- Pathway identification. Right road.

- Shows the proximity of a town, viewpoint, refuge..., or forks in the road or variations leading off the main pathway



# PATHWAYS

SENDEIRO  
GR  
OO

## LONG DISTANCE PATHWAYS

Known by the initials GR, they consist of long-distance walking itineraries, made up of connecting paths, roads, tracks and any kind of communication route not generally appropriate for motor vehicles.

These routes are intended to join up interesting districts, even crossing regions and passing from one country to another. Every few km they run through towns where you can find provisions or, if necessary, accommodation

SENDEIRO  
PR-G  
OO

## GALICIAN SHORT DISTANCE PATHWAYS

PR-G is the name given to local pathways over a shorter distance than 50 Km which, normally, can be in less than two days. Some of these leave from a GR to visit certain points of landscape, architectural or cultural value which, near to the main itinerary, do not actually belong to it. Access to the start of the route itself has led to many of these routes starting and finishing at the same point, in which case they are known as Circular Pathways.

It is also common to find Ecological Pathways which, covering a short distance and beginning and ending at the same point, visit areas of great natural value, appropriate for exploring wildlife subjects.

SENDEIRO  
GR  
OO.O

## VARIATIONS

As their name suggests, these are other pathways that split from a main GR or PR-G, then re-joining it after some distance. They are named the same but with a number after (E.g. GR 53 and GR 53.1).

SENDEIRO  
PR-G  
OO.O

SENDEIRO  
GR  
53

## DERIVATIONS

These are routes that leave from a pathway to finish in a town, a station, a natural curiosity, a refuge, etc., so the way back to the main itinerary has to be along the same route. Marking is the same as for the GR and PR-G but crossed with a diagonal white strip.

# SYSTEM R.I.M.

## ROUTE INFORMATION METHOD

R.I.M. is a system for communication between excursionists to assess and note down the routes' physical and technical demands. Its aim is to unify appreciations as to pathways' difficulty to let every enthusiast make the most appropriate choice. In any event, readers should know that nature is more complex than a subjective system like the R.I.M. is able to evaluate.

Valuation from 1 to 5 points

### ENVIRONMENT



#### SEVERITY OF THE NATURAL ENVIRONMENT

- 1 Not free of risks
- 2 There is more than one risk factor
- 3 Several risk factors
- 4 Quite a few risk factors
- 5 Many risk factors

### ITINERARY



#### ORIENTATION ON THE ITINERARY

- 1 Well-defined tracks and crossroads
- 2 The pathway is clearly laid out and marked
- 3 Requires the identification of landmarks and points of the compass
- 4 There is no layout on the terrain nor certainty of identifying landmarks
- 5 The itinerary is interrupted by obstacles that must be skirted

### TERRAIN



#### DIFFICULTY IN THE TERRAIN

- 1 Going over flat ground
- 2 Going over varied terrain
- 3 Going over stepped pathways or uneven terrain
- 4 Requires the use of hands or jumps over the terrain
- 5 Requires the use of hands to make progress

### EFFORT



#### AMOUNT OF EFFORT REQUIRED

- 1 Up to one hour's walk
- 2 From 1 to 3 hour's walk
- 3 From 3 to 6 hour's walk
- 4 From 6 to 10 hour's walk
- 5 From 6 to 10 hour's walk

# RURAL ACCOMMODATION

## ON GALICIAN PATHWAYS

### RURAL TOURISM HOUSES

With nearly 500 rural tourism houses, Galicia offers a wide range of possibilities for making the most of your leisure time in close contact with nature. Galicia's geographical characteristics make it a genuine paradise for rural tourism, allowing travellers to stay in comfortable pazos (Manor Houses), ancestral houses, village houses, farm houses and rural villages that make an ideal complement to trekking.

#### GROUP A

**Manors Houses (Pazos), castles, monasteries, large Houses, rectories and other buildings** with unique characteristics and renowned architectural value.

#### GROUP B

**Village houses** which, on account of their age and construction features, respond to the typical standard of Galician rural homes.

#### GROUP C

**Farm houses with rooms set aside for accommodating guests. In this kind of farm-house tourism, there are agricultural activities that guests can take part in.**

#### GROUP D

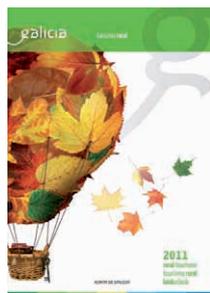
**Rural villages** made up of a collection of, at least, 3 houses located in the same rural town, at a distance of less than 500 m and managed as a whole. a integrada.

**ALSO RURAL TOURISM BOOKINGS CENTRE:** [www.turgaliciarural.com](http://www.turgaliciarural.com)

FURTHER INFORMATION:

## TURGALICIA

Tel.: +34 981 542 500 · Fax: +34 981 542 659  
[www.turgalicia.es](http://www.turgalicia.es) · e-mail: [cir.turgalicia@xunta.es](mailto:cir.turgalicia@xunta.es)





## HOTELS IN THE RURAL ENVIRONMENT

During recent years, new types of hotels have been set up in Galicia which, big or small, simple or top category, are distinguished by their location in a rural environment or near a natural area with great environmental value. Although just starting out, this network already has almost forty establishments and is growing very quickly, allowing walkers to enjoy comfortable accommodation in touch with nature.

Mountain hotels for visiting winter sports stations and Galicia's mountains with information on these sports in the area.

Nature hotels located in open, natural areas that offer the chance for activities in touch with nature or the simple sight of protected areas. These hotels always have an information service for tourist-sport activities that can be carried out in the area, relating to the natural environment.

Country hotels that value peace, quiet and harmony with the environment. Hotels which, located near small towns, help to discover the rural world. The design of these constructions and their decoration are in keeping with the characteristics of the environment and the construction standards of the Galician countryside

## CAMPSITES

With more than 110 tourist campsites, Galicia has an extensive network of places to camp dotted all over its 1,300 Km of coastline, and numerous natural sites in its inland mountains. Breathing the clear, fresh, morning air or sleeping with the pleasant sound of Galicia's forests are just some of the experiences to remember.

## XUNTA DE GALICIA'S NETWORK OF HOSTELS ON THE ROAD TO SANTIAGO

The Xunta of Galicia, through the Ministry of Culture, has opened numerous hostels located on the different Roads to Santiago inside Galicia. Simple accommodation beside the pathway where pilgrims on foot, on horseback or on bicycle, can stay free of charge for one night (bookings not allowed).

FOR FURTHER INFORMATION:

### S.A. de Xestión do Plan Xacobeo

Tel.: +34 902 332 010

Fax: +34 981 576 586

[www.xacobeo.es](http://www.xacobeo.es)

e-mail: [informacion.xacobeo@xunta.es](mailto:informacion.xacobeo@xunta.es)



# BONO IACOBUS

## THE PILGRIMS' ROAD TO SANTIAGO



Walking along Galicia's ancient trails that pilgrims marked out on their way to Santiago de Compostela is what the Iacobus Card offers.

From the heights of Cebreiro, the natural gateway to Galicia through the mountains of Os Ancares and O Courel, to the Basilica of Compostela, the French Road invites you on a route steeped in history and varied landscapes. But together with the universally known French Road there are other routes like the Silver Road, the Portuguese, English, Northern and Primitive Roads, which from all directions lead to Compostela. Neither should we forget the Finisterre and Muxía Road which takes us to Finisterre – the ancient end of the known world - where we can see the sun fall into the infinite Atlantic Ocean at the end of the day.

The Iacobus Card is a tourist service designed specifically for the Pilgrims' Road to Santiago in Galicia. It allows holders to walk the different stages of the historical pathways leading to Compostela, staying in a different Rural Tourism house every day, including dinner and breakfast. All the Rural Tourism houses participating in the Iacobus Card programme welcome the travellers as if they were one of the family and offer them quality food, typical of each zone.

For nature lovers and hikers, the Iacobus Card is an exceptional opportunity to walk the major routes with all services included. The motto of the Iacobus Card is "Walk, feel and rest," the three pillars on which the philosophy behind this new tourist product rests: travellers should enjoy the Pilgrims' Road to Santiago, the beauty of the landscape and the people and food with all their senses and no further concerns. The Iacobus Card seeks to combine the spiritual and personal experience of the Pilgrims' Road to Santiago itself with the comfort of accommodation in Rural Tourism houses, thereby learning more about the traditions and lifestyle of rural Galicia.

The Iacobus Card received the special jury mention as the best tourist product at the International Tourism Fair (Fitur) in 2010.



FOR FURTHER INFORMATION  
PLEASE CONTACT:

## TURGALICIA

Tel: +34 981 542 500

Fax: +34 981 542 659

[www.turgalicia.es](http://www.turgalicia.es)

e-mail: [cir.turgalicia@xunta.es](mailto:cir.turgalicia@xunta.es)



Nº NAME LENGTH PAGE

LONG  
DISTANCE  
PATHWAYS

GR 53	Panorámico de Vigo _____	39,9 km	18
GR 58	Sendeiro das Greas _____	206 km	20
GR 65	Camiño de Santiago _____	157 km	22
GR 94	Rural de Galicia _____	126 km	26

GALICIAN  
SHORT  
DISTANCE  
PATHWAYS

PR-G 1	Galiñeiro _____	8,6 km	28
PR-G 2	Aloia _____	8,9 km	30
PR-G 4	Camiño Real de San Pedro de Rocas _____	9 km	32
PR-G 7	Rota do Faro _____	12,2 km	34
PR-G 8	Morgallón-Río Sor-Morgallón _____	9,3 km	36
PR-G 14	Rota do Loio _____	9 km	38
PR-G 17	Arredor de Cambre _____	9,3 km	40
PR-G 27	Rota de Queguas _____	6,8 km	42
PR-G 28	Rota de Padrendo _____	11,3 km	44
PR-G 35	O Río dos Dous Nomes _____	3,5 km	46
PR-G 36	Sendeiro de San Xoán da Cova _____	11,2 km	48
PR-G 67	Sendeiro Histórico de Mos _____	17,8 km	50
PR-G 68	A Vía Escondida _____	17 km	52
PR-G 70	Sendeiro Laxe-Punta Insua _____	5,2 km	54
PR-G 81	Rota da Fraga da Becerreira _____	6,2 km	56
PR-G 82	Rota do Monte Roxal-Teixido _____	7,9 km	58
PR-G 84	Rota de Subida ó Picato _____	7,8 km	60
PR-G 86	Sendeiro Viñedos da Ribeira Sacra _____	13,3 km	62
PR-G 93	Rota da Ribeira do Ulla _____	12,8 km	64
PR-G 94	Rota dos Muíños do Folón e do Picón _____	3,5 km	66
PR-G 95	Sendeiro de "Os Carranos" _____	5,2 km	68
PR-G 98	Canón do Sil - Santa Cristina _____	18 km	70
PR-G 99	Rota da Auga de Guitiriz _____	19,6 km	72
PR-G 100	Sendeiro Natural Aciveiro - Candán _____	15 km	74
PR-G 101	Roteiro Mariñán "Costa da Égoa" _____	13 km	76
PR-G 102	Sendeiro dos Muíños de Riomaior _____	2,6 km	78
PR-G 103	Sendeiro dos Petroglifos de Cobres _____	3,32 km	80
PR-G 105	Sendeiro dos Muíños de Barosa _____	2,1 km	82
PR-G 107	Sendeiro de Pedra Miranda _____	2,45 km	84



Nº	NAME	LENGTH	PAGE
PR-G 109	Ruta das Almiñas e do Foxo do Lobo _____	10,82 km	86
PR-G 112	Sendeiro de Pescadores Río Miño-Tamuxe _____	7,2 km	88
PR-G 113	Ruta das Pontes do Lérez _____	13,8 km	90
PR-G 114	Sendeiro Laxe-Traba _____	8 km	92
PR-G 115	Ruta do Adro Vello _____	3,1 km	94
PR-G 116	Ruta do Con Negro-Arte ao Natural _____	3,25 km	96
PR-G 117	Ruta da Fraga aos Muíños _____	15,9 km	98
PR-G 118	Ruta dos Soutos _____	14,9 km	100
PR-G 119	Ruta do Xabriña _____	17 km	102
PR-G 120	Roteiro dos Penedos da Picaraña _____	7,12 km	104
PR-G 121	Ruta dos Tres Ríos _____	9 km	106
PR-G 122	Camiños do Trega _____	7,7 km	108
PR-G 123	Senda Peonil da Ponte do Ramo _____	6,51 km	110
PR-G 124	Ruta da Auga, Fonte e Lavadoiros de Parada _____	6,7 km	112
PR-G 125	Sendeiro de Visantoña _____	14,48 km	114
PR-G 126	Ruta dos Miradoiros Lobeira-Faro das Lúas _____	4,41 km	116
PR-G 128	Ruta do Pan _____	6,73 km	118
PR-G 130	Meirama-Xalo-Meirama _____	7,6 km	120
PR-G 132	Ruta dos Montes de San Cibrán _____	12,83 km	122
PR-G 133	Sendeiro “Muíños do Poñente” _____	25 km	124
PR-G 134	Sendeiro “Muíños do Nacente” _____	23,9 km	126
PR-G 135	Roteiro da Escuadra _____	7,1 km	128
PR-G 137	Ruta dos Soutos de Cesuris _____	11,37 km	130
PR-G 138	Ruta Val do Glaciar de Prada _____	17,5 km	132
PR-G 141	Ruta do Ouro e do Camiño Real _____	16 km	134
PR-G 142	Ruta das Férvedas _____	24,1 km	136
PR-G 143	Roteiro do Río Arnoia _____	11 km	138
PR-G 144	Ruta Natural dos Castros a Niviera _____	6,3 km	140
PR-G 145	Ruta da Marronda-Alto Eo _____	21,3 km	142

The distance indicated corresponds to the main pathway including possible deviations.  
The distance of the variations mentioned is specified in the technical info for each pathway.





# GR 53

Traditional architecture

Ethnography

Archaeological interest

General interest

Historical interest

Natural interest

Landscape interest

## Panorámico de Vigo



This itinerary skirts the municipal borders of Vigo across its mountainous side, giving remarkable views of the city and the ria.

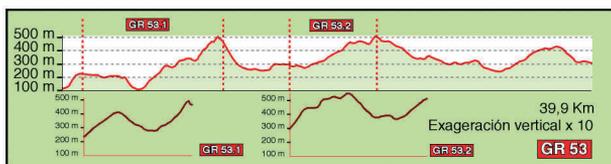
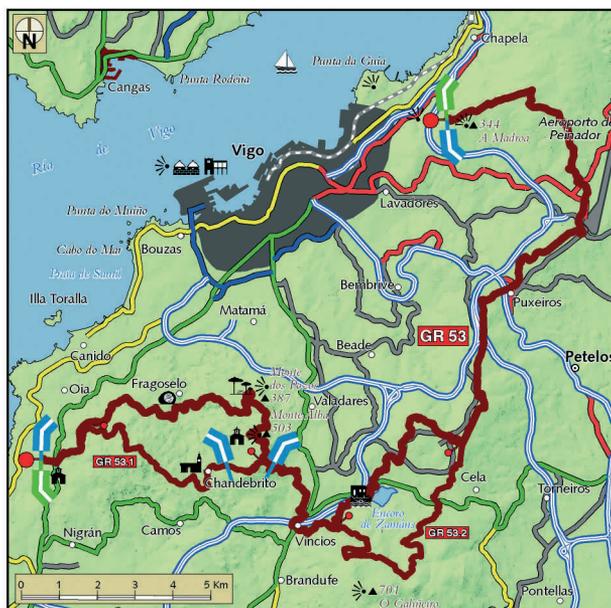
It is a route designed to show people from this large city the natural environment that spreads out just a few metres from their homes. A series of forest parks have been located in parishes in Vigo District which, equipped with everything necessary for leisure and rest, are decisive in this pathway's massive success at weekends.

There is also place for history, however: the Fragoselo petroglyphs, the dolmens in the area of El Mercantil and the remains of the old defensive wall of Monte O Galiñeiro.

Rural architecture in Chandebrito and Fraga, the beautiful site of the As Maquías mill on the River Zamáns, autochthonous forests.



Cepudo Mount



■ GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Madroa	42°14.985'N	008°40.487'W	29T	526830	4677640
Saiáns	42°10.117'N	008°48.204'W	29T	516240	4668600



■ *As Maquíás Mills*

#### ■ ACCESS

By town bus to Saiáns, A Garrida, University, Rebullón, Airport and A Madroa. In Saiáns, leave from the Church of San Xurxo. In A Madroa set off from in front of the zoo.

#### ■ LENGTH

58.2 km in total. The main pathway covers 39.9 km and the variations GR 53.1 and 53.2 cover a distance of 8.1 and 10.2 km respectively.

#### ■ DEPARTURE POINT / ARRIVAL POINT

Saiáns / A Madroa.

#### ■ ROUTE

Saiáns, A Garrida, Puxeiros AND A Madroa.

#### ■ DIFFICULTY

Medium. This is a very long route, so it is recommended to be tackled over several days. It has a large number of ups and downs although the going is quite gentle.

#### ■ DURATION

19 hours.

#### ■ CONNECTIONS

With PR-G 1, 5, 9 and with GR 58 and 94.

#### ■ MATERIAL

If the plan is to do the whole pathway in a weekend, you will need enough equipment. Water is easy to find all along the route.

#### ■ SERVICES

Provisions in the towns surrounding Vigo.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	<b>1</b>	2	3	4	5
ITINERARY	1	<b>2</b>	3	4	5
TERRAIN	1	<b>2</b>	3	4	5
EFFORT	1	2	3	4	<b>5</b>

#### ■ ACCESS BY BIKE

Partially suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

Nº 223-II Redondela, 223-III Vigo, 223-IV Mos, 261-I Baiona and 261-II O Porriño.



#### FOR FURTHER INFORMATION PLEASE CONTACT

Galician Mountaineering Association  
(see page 146)

# GR58

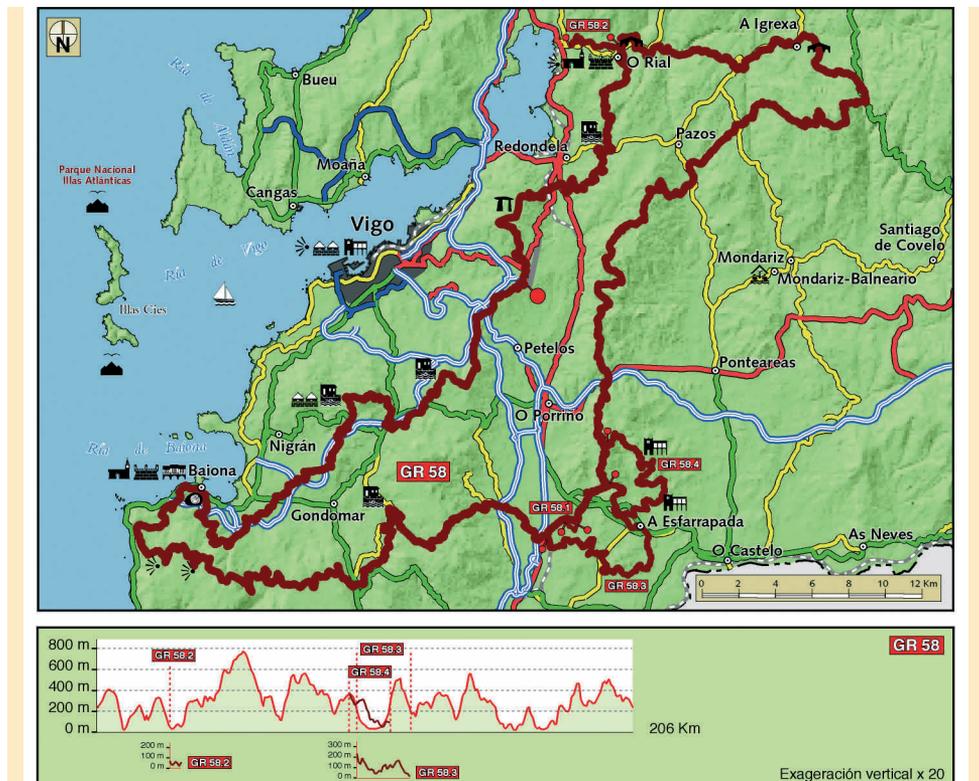
## Sendeiro das Greas

-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



 Bridge on the River Verdugo

■ GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Baiona	42°07.279'N	008°51.174'W	29T	512160	4663340
Confurco	42°10.513'N	008°34.618'W	29T	534940	4669400
Soutomaior	42°20.426'N	008°34.031'W	29T	535655	4687750
Peinador	42°13.467'N	008°38.015'W	29T	530240	4674845



The longest of the Long-Distance pathways in Galicia runs through all the municipalities of the Joint Community of Vigo's Inter-municipal Area. There are a large number of environmental attractions, through areas of great beauty, with no shortage of local architecture such as the Devesa mills, Barragán carballeira, fraga and banks of the Couñago, foxo de lobos (an old trap for catching wolves), the forest along the banks of the River Borbén, the River Zamáns and As Maquías mills, the Miñor marshes, the coastal cliffs of Baiona, Oliveira fraga... Not forgetting major constructions that help to interpret the culture of these lands, such as Monte Penide's megalithic site and the El Rei barrow, the Chandebritro Castro, Soutomaioir castle or unique constructions like the Manor Houses of Pegullal, Aballe and Picoña, in the municipality of Salceda de Caselas.

Viewpoints along this route overlook the finest sights in the south of Pontevedra province. Continuing clockwise, we come to San Simón bay, the River Oitavén canyon, the River Borbén valley, Baiona bay and the Monteferro peninsula with the Cíes islands like a backdrop, part of the new marine-terrestrial Atlantic Islands National Park.

The mountains make their presence felt in the Sierras of O Suido, O Galiñeiro and A Groba, like silent guardians of the road.



#### ■ ACCESS

By motorway to Vigo airport or numerous access points along the route.

#### ■ LENGTH

247 km, including variations. The main pathway covers 206 km. And the variations GR 58.1, 58.2, 58.3 and 58.4 cover a distance of 0.9, 4.2, 20.4 and 15.5 km respectively

#### ■ DEPARTURE POINT / ARRIVAL POINT

Vigo, next to the Airport and the Trade Fair Centre.

#### ■ ROUTE

Through the municipalities of Vigo, Redondela, Soutomaioir, Fornelos de Montes, Manors de Borbén, Mos, Pontearreas, O Porriño, Salceda de Caselas, O Porriño, Tui, O Porriño, Gondomar, Baiona, Nigrán and Vigo.

#### ■ DIFFICULTY

Medium. In view of the itinerary's distance, you have to take it in stages, with good planning of accesses and sections to cover.

#### ■ DURATION

70 hours.

#### ■ CONNECTIONS

With PR-G 1, 2, 5, 9, 26, 67 and with GR 53 and 94. .

#### ■ MATERIAL

If you aim to cover long sections, it is recommended to go well-equipped: good footwear, mountain boots, rucksack, protective jacket, energy foods and, although water is abundant all along the itinerary, keep your flask full.

#### ■ SERVICES

Numerous towns near the pathway.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	<b>1</b>	2	3	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	<b>2</b>	3	4	5
EFFORT	_____	1	2	3	4	<b>5</b>

#### ■ ACCESS BY BIKE

Partially suitable.

#### ■ ACCESS ON HORSEBACK

Partially suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

Nº 185-IV Soutomaioir, 186-III Ponte-Caldelas, 223-II Redondela, 223-III Vigo, 223-IV Mos, 224-I Barcia de Mera, 260-II Baredo, 261-I Baiona, 261-II O Porriño, 261-III Cristelos and 261-IV Tui.



#### FOR FURTHER INFORMATION PLEASE CONTACT

Mancomunidade Área Intermunicipal Vigo  
Vía da Hispanidade, 17. 36203 Vigo  
Galician Mountaineering Association  
(see page 146)



■ Praza da Quintana. Santiago de Compostela

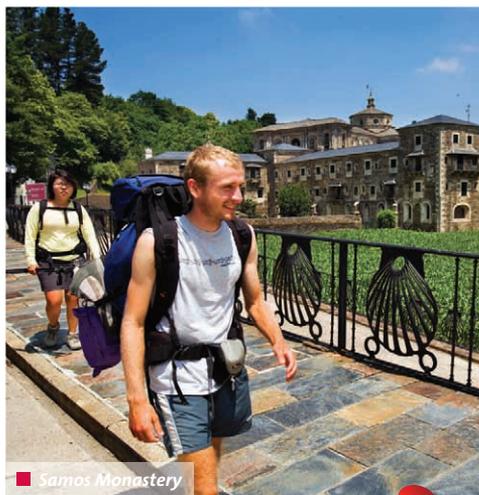
Pilgrimage is essentially an act with an existential and religious aspect. But nowadays, the Road of Santiago is a route open as much to pilgrims as to walkers who come to discover new, attractive elements such as art, culture and contact with towns and customs.

The Road of Santiago, classified as First European Cultural Itinerary in 1987 by the European Council and declared World Heritage by UNESCO in 1998, is a journey of initiation that leads into the heart of Galicia through settings that take us back to Medieval Europe. On foot, by bicycle or on horseback, we are travelling pathway laid down by the mark of men throughout history and one of humanity's most-travelled roads.

The different monumental sights are a complete artistic pleasure: thatched huts and the monumental site of O Cebreiro, Monastery of Samos, Sarria old quarter, Church of Portomarin, Romanesque Church of Vilar de Donas and Melide cruceiro (stone cross), are just some of the countless architectural treasures that culminate in Santiago de Compostela's old quarter.



■ Pallozas. O Cebreiro



■ Samos Monastery

### Plus...

It is not necessary to travel the Road to earn the Jubilee. You just have to visit the Cathedral in any Holy Year (when the 25th of July falls on a Sunday) and make a prayer, confess and receive Holy Communion on any day between the 15 days before and after the visit.

THE COMPOSTELA is the certificate awarded by Santiago Cathedral to whoever makes the pilgrimage for religious reasons (whether or not it is Holy Year). To earn it, you have to travel part of the Road on foot, by bicycle or on horseback and verify it in your arrival (100 km on foot or horseback or 200 km by bicycle).



■ Alto do Poio

#### ■ ACCESS

O Cebreiro is a beautiful rural town, a major stage on the Road of Santiago, located on the LU-633 highway on the border between Galicia and León province.

#### ■ LENGTH

157 Km.

#### ■ DEPARTURE POINT / ARRIVAL POINT

O Cebreiro (Pedrafita do Cebreiro) / Santiago de Compostela.

#### ■ ROUTE

O Cebreiro, Triacastela, Samos, Sarria, Portomarín, Palas de Rei, Melide, Arzúa and Santiago de Compostela.

#### ■ DIFFICULTY

Medium. A very long route.

#### ■ DURATION

50 hours. Five days in excess of 30 km .

#### ■ CONNECTIONS

With GR 94.

#### ■ MATERIAL

This route is generally completed in one go, for reasons that go beyond the pathway itself. It is recommended to pack a rucksack well, although it is easy to find provisions along the way.

#### ■ SERVICES

In all the towns that the pathway runs through. Xunta de Galicia hostels in: O Cebreiro, Hospital da Condesa, Triacastela, Calvor, Sarria, Barbadelo, Ferreiros, Portomarín, Gonzar, Ventas de Narón, Ligonde, Palas de Rei, Mato Casanova, Melide, Ribadiso, Arzúa, Sta. Irene, Arca, Monte do Gozo.

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

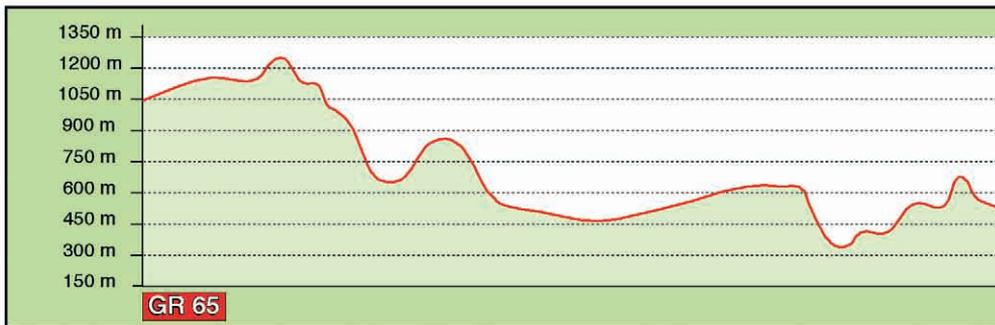
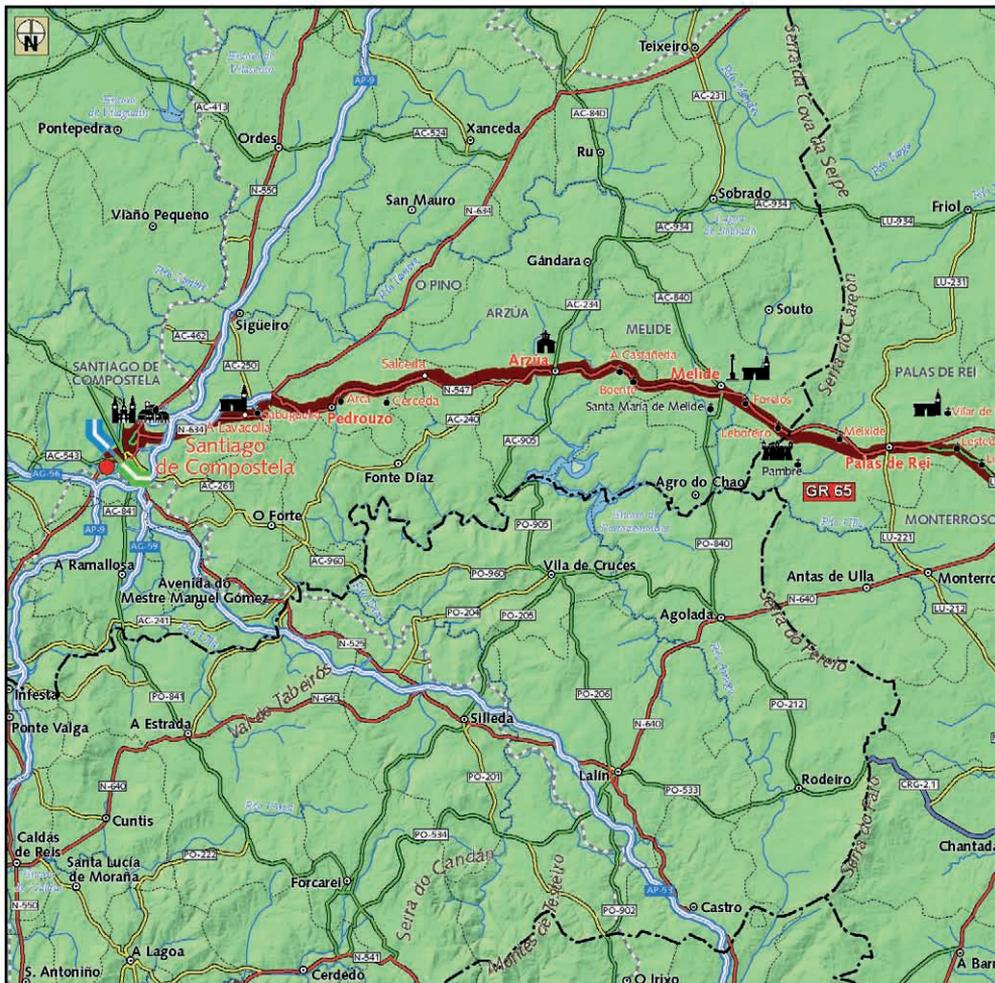
Nº 94-IV Santiago de Compostela, 95-III San Marcos, 95-II O Pino, 95-IV Touro, 96-II Arzúa, 96-IV Palas de Rei, S.G.N. 1:50.000 Nº 97 Guntín, 123 Portomarín, 124 Sarria and 125 As Nogais.



#### FOR FURTHER INFORMATION PLEASE CONTACT

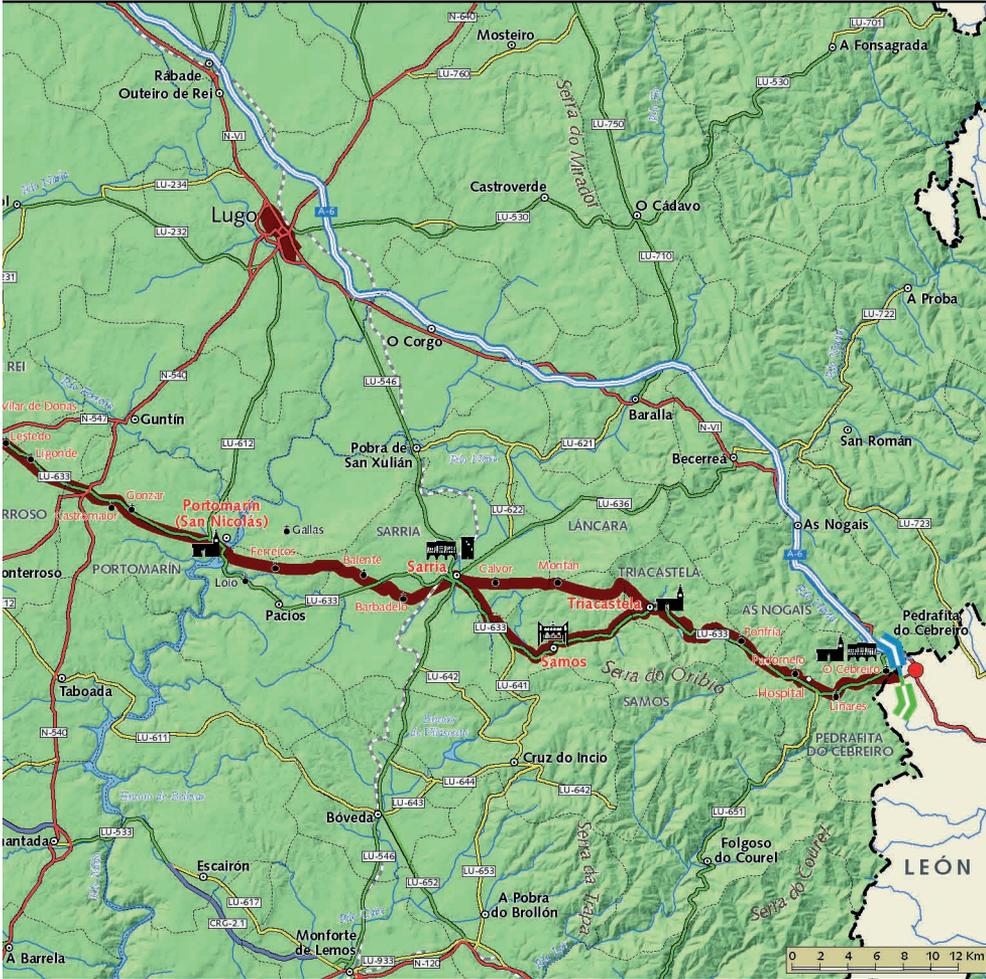
Information telephone number of the Xacobeo: 902 332 010

# GR 65



■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
O Cebreiro	42°42.538'N	007°02.516'W	29T	660360	4730440
Praza do Obradoiro	42°52.900'N	008°32.648'W	29T	537230	4747860



# GR 94

Traditional architecture

Ethnography

Archaeological interest

General interest

Historical interest

Natural interest

Landscape interest

## Rural de Galicia



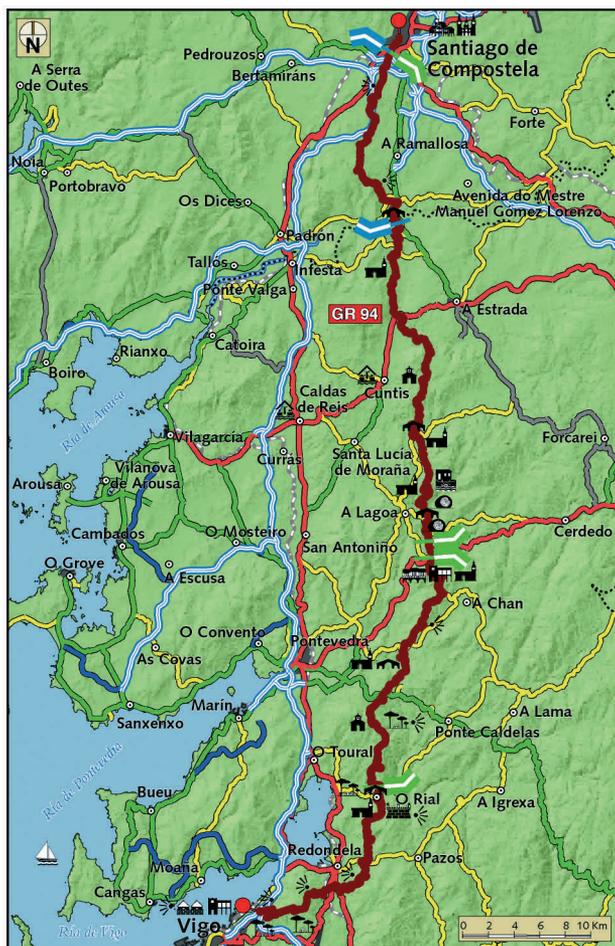
The GR 94 pathway, located in the south-west of Galicia, is a road that joins the sea and the mountains, running south to north.

In Vigo, the route draws near two promontories famous for their panoramic views: A Madroa on the Vigo Ria and Castro de Negros over the River Maceiras valley, Redondela and San Simón bay. The first landmark in the road is Soutomaioir Castle, a medieval stronghold in a harmonious setting.

Leaving behind the Church of Rial and the Comboa Bridge over the River Verdugo and after a short deviation, the route surprises us with the Almfrei Bridge and its extraordinary location. Here, the river runs down forming deep pools in a steep, rocky area.

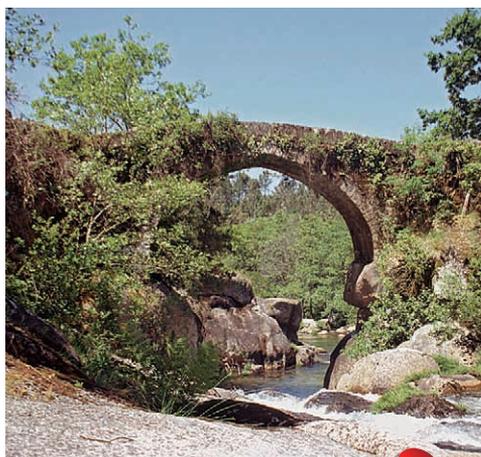
Rural architecture can be seen in the Rascaderia hórreos (raised granaries), in the old Cuspedriños fair and in Cequeril church-rectory complex. The symbolic, ancient *carballeiras* (oak groves) add their beauty to the pathway in San Xusto. The petroglyphs are a reminder of a remote past that walkers can find in Paredes.

This route could also be known as the "Pathway of the Bridges" due to the numerous rivers that it crosses. We could highlight the Roman bridge over the Lérez, single-span, high and slender, and in a completely different style, the suspended bridge at the salmon fishing site and recreation area of O Xirimbao, next to the River Ulla.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Teis	42°15.261'N	008°40.863'W	29T	526310	4678150
Conxo	42°51.827'N	008°33.309'W	29T	536340	4745870



## Plus...

Petroglyphs consist of open-air rupestrian engravings made during the Bronze Age.

This original example of early art in Galicia are mostly to be found in the province of Pontevedra. Among the most often-repeated geometrical motifs are bowls, circular combinations, labyrinths, spirals, etc.

They also depict different kinds of weapons, and anthropomorphic and zoomorphic figures (deer, horses and snakes).



■ Petroglyphs

## ■ ACCESS

A Madroa is one of the most famous viewpoints in Vigo. In Santiago de Compostela, it begins in the district of Conxo.

## ■ LENGTH

126 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

A Madroa (Vigo) / Barrio de Conxo (Santiago de Compostela).

## ■ ROUTE

Vigo, Soutomaior, Campo Lameiro, Cequiril, Luou and Santiago de Compostela.

## ■ DIFFICULTY

High. A very long route over uneven terrain. Recommended to be done in stages.

## ■ DURATION

36 hours.

## ■ CONNECTIONS

With the GR 53 and 58.

## ■ MATERIAL

If you plan to do it "in one go", you are advised to take sufficient protective clothing and food.

## ■ SERVICES

In Vigo, Redondela, Soutomaior, Vilarchán, Xesteira, Sacos, Cimadevila, Cequiril, Sebil, Cuntis, Portela, Veá, Luou and Solláns.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	<b>2</b>	3	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	2	<b>3</b>	4	5
EFFORT	_____	1	2	3	4	<b>5</b>

## ■ ACCESS BY BIKE

Partially suitable.

## ■ ACCESS ON HORSEBACK

Partially suitable.



## CARTOGRAPHY I.G.N. 1:25,000

N° 94-IV Santiago de Compostela, 120-II Extramundi de Abaixo, 120-IV Padrón, 152-II Caldas de Reis, 152-IV Cutián, 153-I Codeseda, 153-III Cerdedo, 185-II Pontevedra, 185-IV Soutomaior, 186-I Cotobade, 223-II Redondela and 223-IV Mos.



## FOR FURTHER INFORMATION PLEASE

### CONTACT

**Club Peña Trevinca Montañeiros de Galicia**  
Rúa Brasil, 46. 36204 Vigo  
Tel.: 986 420 551 / 660 693 535  
e-mail: info@trevinca.es  
www.trevinca.es

## PR-G1



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest

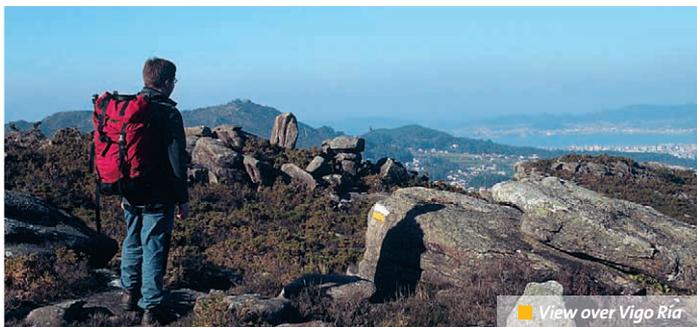


Natural interest



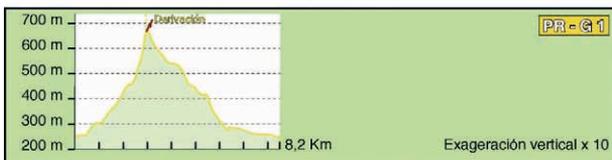
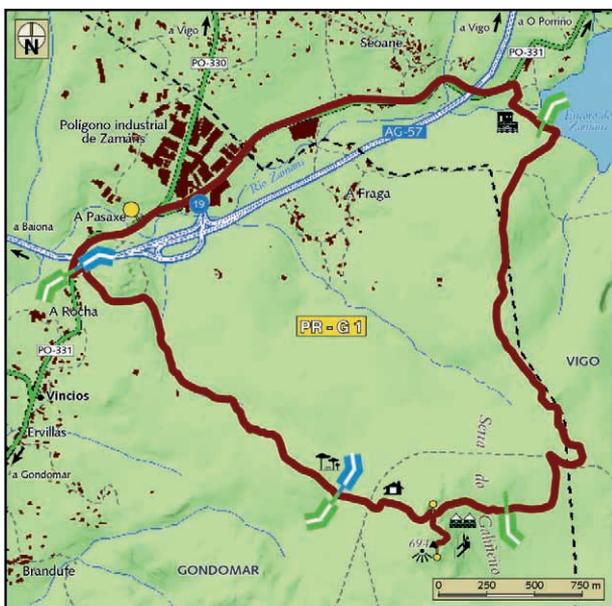
Landscape interest

## Galiñeiro



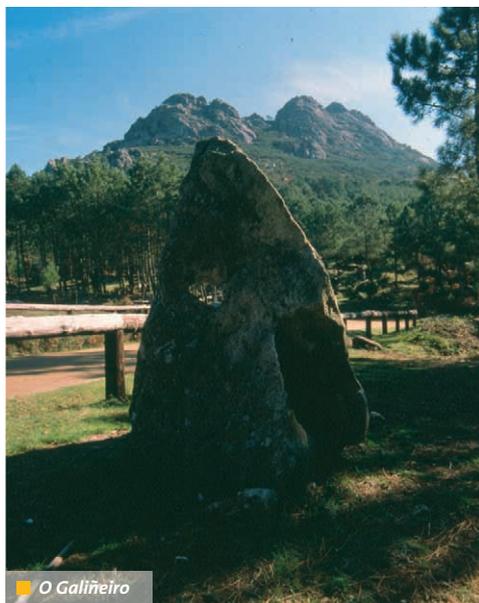
Between the parishes of Zamáns and Vincios and 13 km from Vigo, O Galiñeiro lifts its rocky bulk to 709 m, the maximum height of the mountain range that bears its name, standing up over the surrounding valleys and giving some splendid views.

The pathway begins in the town of O Pasaxe, marked by a sign. Along the route we come across mixed forest and resting areas with fresh water springs. On the granite walls of O Galiñeiro, there is an area for the climbing school with a large number of routes, varying in difficulty, for practising this sport. On the upper part, near the summit, there are some ruins possibly belonging to the defensive wall of a Galician-Roman fortress. The peak overlooks an extensive panorama of southern Pontevedra province.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
A Pasaxe	42°09.296'N	008°43.239'W	29T	523080	4667100



■ O Galiñeiro



■ As Maquías mills

## ■ ACCESS

Along the road from Vigo to Gondomar and at the junction with the road from O Porriño, stop in A Pasaxe.

## ■ LENGTH

8.6 km. The main route is 8.2 km and the derivation 0.4 there and back.

## ■ DEPARTURE POINT / ARRIVAL POINT

Medium.

## ■ ROUTE

A Pasaxe, Galiñeiro, presa de Zamáns y A Pasaxe.

## ■ DIFFICULTY

Medium.

## ■ DURATION

3 hours.

## ■ CONNECTIONS

With the GR 53, 58 and with the PR-G 2.

## ■ MATERIAL

It's easy to find water at the numerous springs along the route.

## ■ SERVICES

Miguel Regueira Refuge Hut, Club Montañeiros Celtas. Bars at the start and end of the route

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

## ■ ACCESS BY BIKE

Partially suitable.

## ■ ACCESS ON HORSEBACK

Partially suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 261-I Baiona.



**FOR FURTHER INFORMATION PLEASE CONTACT**  
**Club Montañeiros Celtas**  
Av. Camélias, 78 oficina K. 36211 Vigo  
Tel. / Fax: 986 438 505  
e-mail: info@celtas.net  
www.celtas.net

## PR-G 2

## Aloia



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest



An attractive, easy route that takes us, from north to south, across the hillsides of Serra do Galiñeiro, to finish on Monte Aloia or San Xulián.

We begin in the mountain refuge hut of Club Montañeiros Celtic, which we can reach via the PR-G 1 and, heading southwards, we cross forests of pines and eucalyptus with beautiful views over Vigo and its ria, the area of Val Miñor and the towns of Baiona and Tui. In route, we come across prehistoric remains and typical rural houses.

In Monte Aloia, declared a Natural Park in 1978, we can see a great variety of tree species, visit the Castro (Celtic fortress) and enjoy some wonderful views over the River Miño and Portugal from the viewpoints.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Miguel Regueira Refuge Hut	42°08.581'N	008°42.531'W	29T	524060	4665780
Monte Aloia	42°05.129'N	008°40.784'W	29T	526590	4659400



### Plus...

Thanks to its strategic situation, this hill was silent witness to a number of battles in ancient times. Some historians identify it as Mount Medulio.

It could be here where, according to legend, the Galicians heroically resisted the Roman invasion, preferring collective suicide to submission or slavery.



## ■ ACCESS

From the PR-G 1. By road it is easier to access from the south, going up from Tui to Monte Aloia Natural Park.

## ■ LENGTH

8,9 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Miguel Regueira Refuge Hut / Monte Aloia.

## ■ ROUTE

Galiñeiro, Prado and Monte Aloia.

## ■ DIFFICULTY

Easy.

## ■ DURATION

3 hours.

## ■ CONNECTIONS

With the GR 53 via the PR-G 1, and with the GR 58.

## ■ MATERIAL

Take sufficient food.

## ■ SERVICES

Miguel Regueira Refuge Hut and Monte Aloia refuge, both of the Club Montañeros Celtas. Provisions in Prado and Aloia.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

## ■ ACCESS BY BIKE

Fully suitable.

## ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25,000**  
Nº 261-I Baiona and 261-II O Porriño.



**FOR FURTHER INFORMATION PLEASE CONTACT**  
**Club Montañeros Celtas**  
Av. Camelias, 78 oficina K. 36211 Vigo  
Tel. / Fax: 986 438 505  
e-mail: info@celtas.net  
www.celtas.net

## PR-G 4



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Camiño Real de San Pedro de Rocas

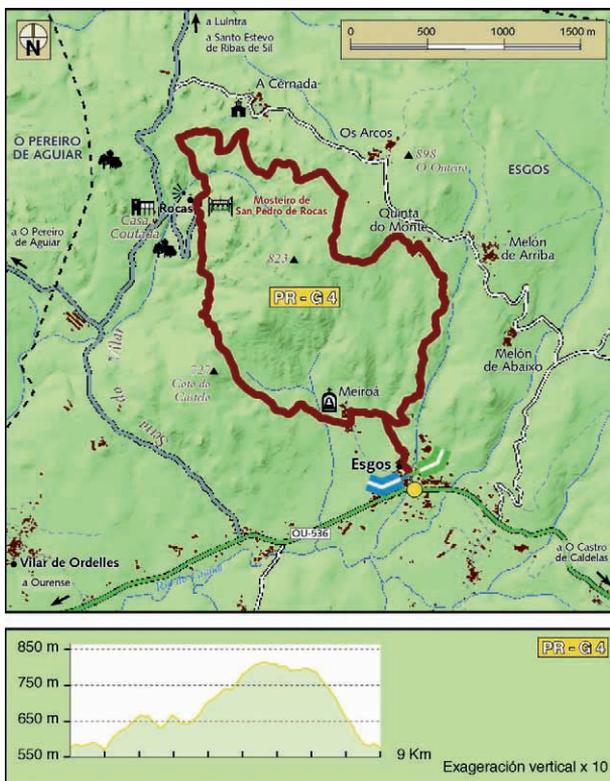


Monastery of San Pedro de Rocas

The route runs along a road that conserves its side walls and pavestones where you can still see the tracks worn down by the carts that used to travel along it. This “Camiño Real” (drovers’ road) was a strategic axis as a communication route towards the lands of Aguiar and Ourense.

We should highlight the Meiroá ánimas (shrine), but particularly the Monastery of San Pedro de Rocas, a historical-artistic monument founded in the year 573.

The monastery gives impressive views over the Rocas Manor and a huge conifer forest that climbs uphill towards the rocky peaks that give it its name (Rocas), brought about by geological agents acting upon this area.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Esgos	42°19.609'N	007°41.735'W	29T	607480	4686970



### Plus...

The monastery's Pre-Romanesque building is remarkable, both on account of the beauty of its location and integration in the natural setting and because of its constructive originality. 13th-century man knew how to benefit from natural forms sculpted by erosion without destroying them; rock and architecture give shape to three chapels with a floor burrowed by numerous anthropomorphic tombs. The bell-tower stands directly on a large outcrop. This monastery, founded in the 6th century by ascetics, reminds us that we are in the A Ribeira Sacra.

The *petos de ánimas* (shrines to hold ex-votos) such as the one in Meiroá, are small stone constructions, very frequent in Galicia, bearing witness to a deeply-rooted cult of the dead and devotion to souls. Located at roadsides or crossroads, they vary in design. The *petos* hold religious imagery (mainly scenes from purgatory) with a money-box for making offerings and giving charity for the souls of deceased loved ones.

## ■ ACCESS

Leave Ourense via the OU-536 and stop in Esgos, about 16 Km from the provincial capital.

## ■ LENGTH

9 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Esgos.

## ■ ROUTE

Esgos, Meiroá, San Pedro de Rocas, Quinta do Monte and Esgos.

## ■ DIFFICULTY

Low.

## ■ DURATION

3 hours.

## ■ MATERIAL

Comfortable footwear that grips rock, as the pathway can get slippery in rain.

## ■ SERVICES

Food in Esgos.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	<b>1</b>	2	3	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	2	<b>3</b>	4	5
EFFORT	_____	1	<b>2</b>	3	4	5

## ■ ACCESS BY BIKE

Fully suitable.

## ■ ACCESS ON HORSEBACK

Fully suitable.



## CARTOGRAPHY I.G.N. 1:25.000

Nº 226-I Esgos and 188-III Nogueira de Ramuín.



## FOR FURTHER INFORMATION PLEASE CONTACT

### Tourist Information Office

Monasterio de San Pedro de Rocas  
32720 Esgos. Tel.: 988 361 368  
e.mail: esgos@concelloesgos.com  
www.concelloesgos.com

# PR-G7

## Rota do Faro



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

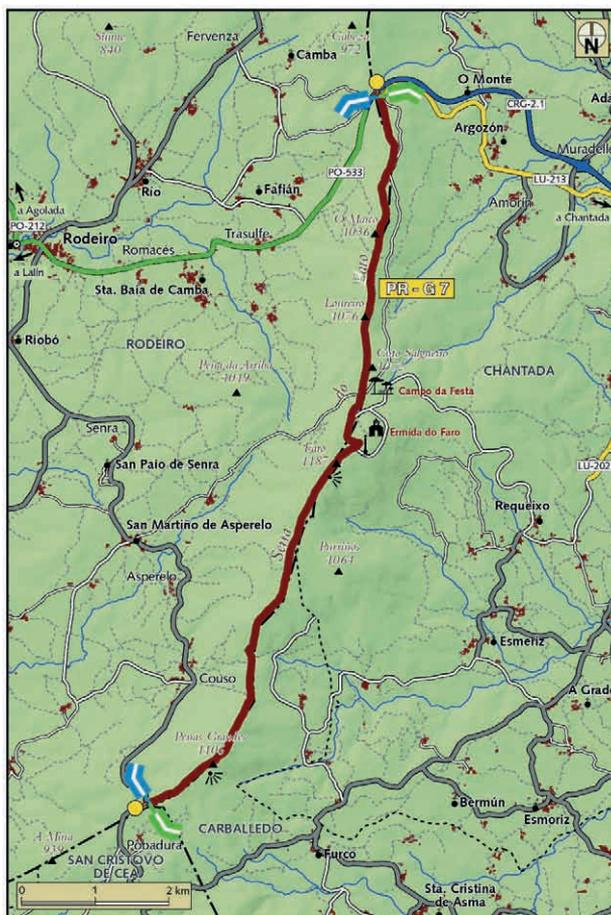


Serra do Faro from Penas Grandes

This is a south-north route along the Serra do Faro that offers spectacular views on clear days. The signpost that separates the provinces of Pontevedra, Lugo and Ourense on the PO-6202 road marks the starting point towards in the south. The trail begins on a path and continues north along a firebreak that runs along the peaks of this small mountain range shared by the provinces of Pontevedra and Lugo.

Raque, O Marco, Penas Grandes, Pena Maior, Faro... are all peaks that rise as high as 1,100 metres. A short distance (1.18 km) separates Monte Faro from the chapel with the same name, famous for the pilgrimages that take place on 8 September, when thousands of worshippers go to pray for their health to the virgin of Nosa Señora o Faro and then celebrate with plenty of octopus and carne "ó caldeiro" (traditional Galician meat stew).

The position of this peak in the centre of Galicia surrounded by lowlands and streaked with white-bladed giants, offers visitors beautiful views and a variety of biking routes.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Carretera PO-6202 (O Marco)	42°34.780'N	007°55.757'W	29T	587870	4714780
Carretera PO-533 (Alto do Faro)	42°40.134'N	007°53.336'W	29T	591050	4724730



■ *Penas Grandes Viewpoint*



■ *Chapel of Nosa Señora do Faro*

### ■ ACCESS

From Rodeiro along road PO-6202 to Oseira reaching O Marco at the limits of the municipality. Following road PO-533 or CG-2.1 to O Alto do Faro.

### ■ LENGTH

12,2 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

Road PO-6202 Oseira - Rodeiro, at a nearby point where the towns of San Cristovo de Cea (Ourense), Carballedo (Lugo) and Rodeiro (Pontevedra) meet / Road PO-533 in O Alto do Faro, between Chantada (Lugo) and Rodeiro (Pontevedra).

### ■ ROUTE

O Marco, Penas Grandes, Pena Maior, Faro, Ermida do Faro, Campo da Festa, Coto das Gambas, O Marco, Alto do Faro.

### ■ DIFFICULTY

Average; it crosses mountainous areas.

### ■ DURATION

4 hours.

### ■ MATERIAL

Hiking footwear, water, food, sports and warm clothes.

### ■ SERVICES

In Rodeiro and in Oseira.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____ 1	<b>2</b>	3	4	5
ITINERARY	_____ 1	<b>2</b>	3	4	5
TERRAIN	_____ 1	<b>2</b>	3	4	5
EFFORT	_____ 1	2	<b>3</b>	4	5

### ■ ACCESS BY BIKE

Partially suitable. Optional parallel route along the wind generator paths.

### ■ ACCESS ON HORSEBACK

Fully suitable.



### CARTOGRAPHY I.G.N. 1:25.000

Nº 122-IV Ventosa, 154-II Rodeiro y 154-IV Oseira.



### FOR FURTHER INFORMATION PLEASE CONTACT

#### Concello de Rodeiro

Praza da Fonte, 2. 36530 Rodeiro  
Tel.: 986 790 185 / Fax: 986 790 195  
e-mail: info@rodeiro.org  
www.rodeiro.org

**Galician Mountaineering Association**  
(see page 146)

## PR-G 8

# Morgallón-Río Sor-Morgallón



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

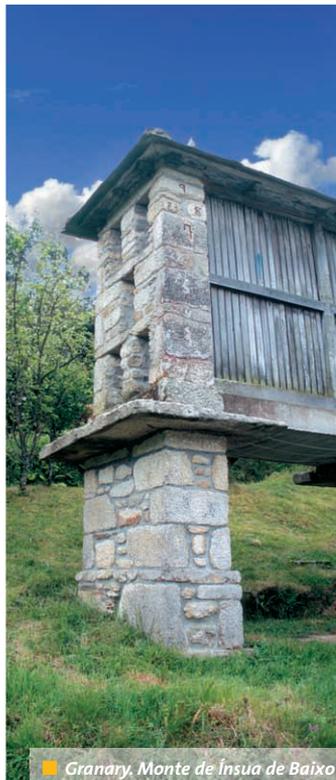


Chair-bridge over the River Sor

This pathway is remarkable for the beauty of the banks of the River Sor. It starts after passing the town of O Morgallón, at the crossroads of a large esplanade. It continues along a local highway until the bridge that crosses the river at Monte de Ínsua de Baixo. From here, it heads up-river to Ponte Ulló.

A now-abandoned electric power station, an old seat-bridge which, thanks to a pulley, crossed the river, and a beautiful mill, are some of the things to be seen along the route.

Ponte Ulló Dam is a major fish reserve. After crossing the isthmus that separates the two sections of river, we take the path back alongside the course of the water hemmed in between vertical banks. When we get back to Monte Ínsua and after crossing the bridge, a pathway on the right bank of the river leads to another “chair bridge”.

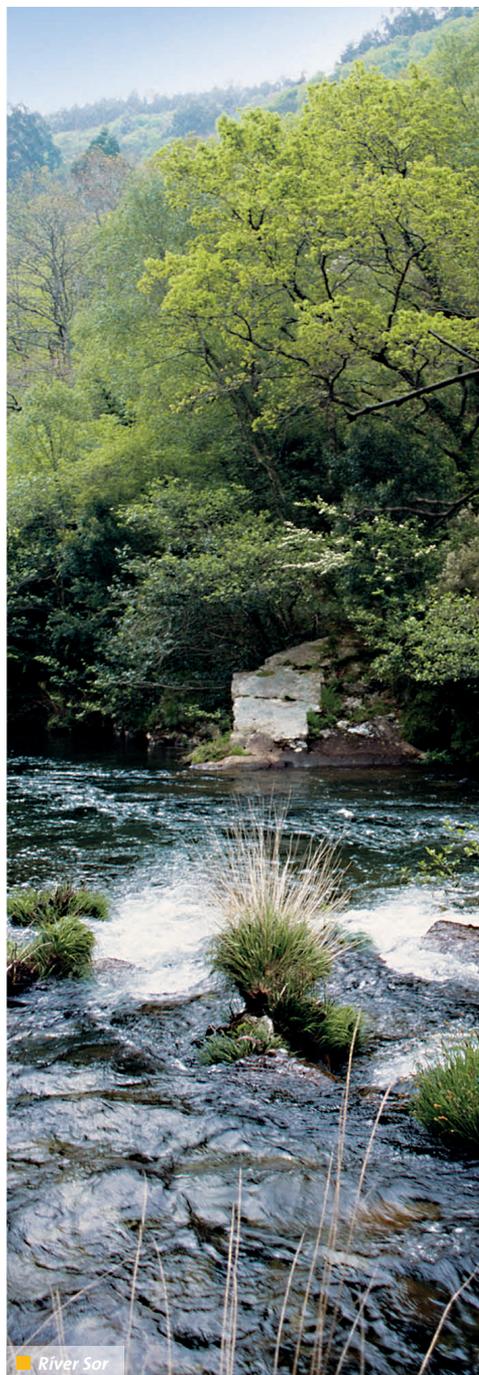


Granary, Monte de Ínsua de Baixo



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
O Morgallón	43°42.296'N	007°41.595'W	29T	605290	4840020



■ River Sor

## ■ ACCESS

From O Vicedo to Negradas, then skirt Isla de S. Martiño and the River Sor estuary and continue to O Morgallón (direction Casa Lamelas-Rural Tourism).

## ■ LENGTH

9,3 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

O Morgallón.

## ■ ROUTE

O Morgallón, River Sor and O Morgallón.

## ■ DIFFICULTY

Low.

## ■ DURATION

3 hours.

## ■ SERVICES

Rural tourism accommodation in O Morgallón. Provisions in O Vicedo.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	<b>1</b>	2	3	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	2	<b>3</b>	4	5
EFFORT	_____	1	<b>2</b>	3	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Not suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 2-III Ortigueira.



## FOR FURTHER INFORMATION PLEASE CONTACT

**Casa da Cultura do Vicedo**  
Rúa Cidade de Mondoñedo, 23  
27860 O Vicedo  
Tel.: 982 590 195 / Fax: 982 590 001  
e-mail: [concello@concellodovicedo.org](mailto:concello@concellodovicedo.org)  
[www.concellodovicedo.org](http://www.concellodovicedo.org)

## PR-G 14



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Rota do Loio



■ Miño River, Belesar Reservoir

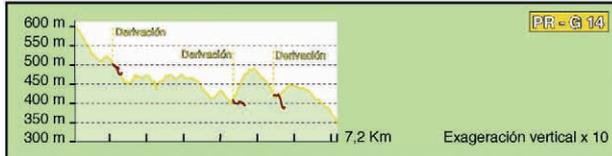
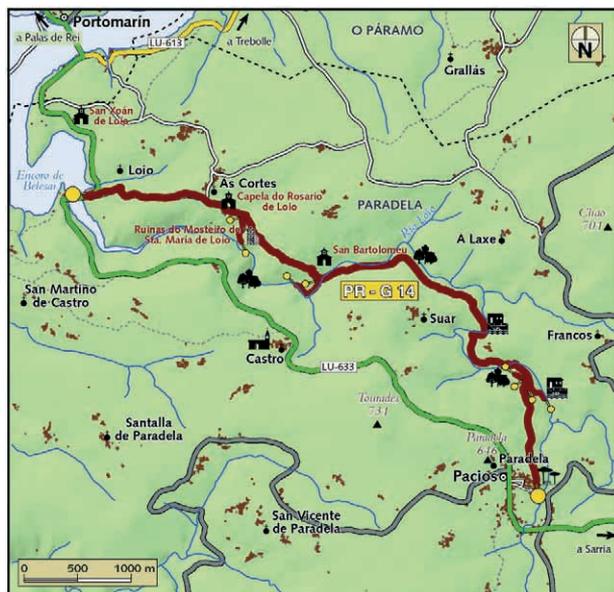
This route runs close to the Way of St. James, passing areas with major specimens of indigenous trees by the banks of the Loio River. We can find traditional bridges and mills throughout the route, such as the A Retorta bridge and mill, or following a brief deviation, the hidden mill of Pias.

The trail crosses woods and scrubland that were cultivated long ago, so we will constantly find remains of old cart trails and stone walls separating fields. Chestnuts and oaks mix with beeches and alders to protect the river in the deep valley.

In Loio a deviation leads to the ruins of the nearly forgotten monastery of Santa María de Loio, in the depths of the woods. From Loio the route continues along a paved lane to the Ribera do Loio bridge, next to the Belesar reservoir, where the route ends.



■ A Retorta Bridge

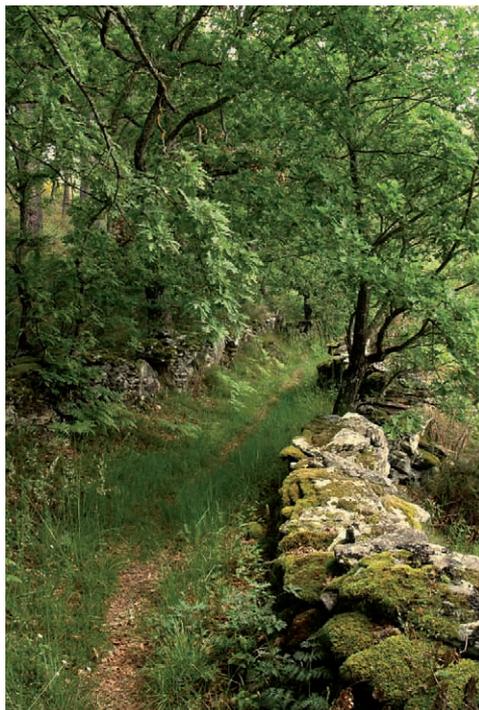


## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Playground of Pacios	42°45.989'N	007°33.785'W	29T	617570	4735970
Bridge in A Ribeira do Loio	42°47.318'N	007°36.795'W	29T	613425	4738660



■ *O Rosario de Loio Chapel*



## ■ ACCESS

Along road M-633 from Portomarín to Sarria. Access by the bridge over the Loio river, and in Pacios, capital of Paradela, in a playground next to the Health Care Centre.

## ■ LENGTH

9 km. (7.2 km. The main route and 1.8 km. for the way there and back deviations).

## ■ DEPARTURE POINT / ARRIVAL POINT

Playground next to the Health Centre in Pacios / Bridge in A Ribeira de Loio in San Xoán de Loio.

## ■ ROUTE

Paradela, A Retorta, Porto Caneiro, Loio, bridge where the Loio river meets the Belesar reservoir.

## ■ DIFFICULTY

Average.

## ■ DURATION

2.5 hours for the main route, 1 more hour to visit all the deviations.

## ■ SERVICES

In Paradela and near the San Xoán de Loio bridge.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	<b>2</b>	3	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	2	<b>3</b>	4	5
EFFORT	_____	1	<b>2</b>	3	4	5

## ■ ACCESS BY BIKE

Not recommended.

## ■ ACCESS ON HORSEBACK

Not recommended.



**CARTOGRAPHY I.G.N. 1:25.000**  
No 123-II Portomarín.



## FOR FURTHER INFORMATION PLEASE CONTACT

**Paradela Town Hall**  
Casa do Concello  
Rúa Cabaleiros de Santiago, 15. 27611 Paradela  
Tel. 982 541 101 / Fax: 982 541 232  
www.paradela.es

**Galician Mountaineering Association**  
(see page 146)

## PR-G17



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



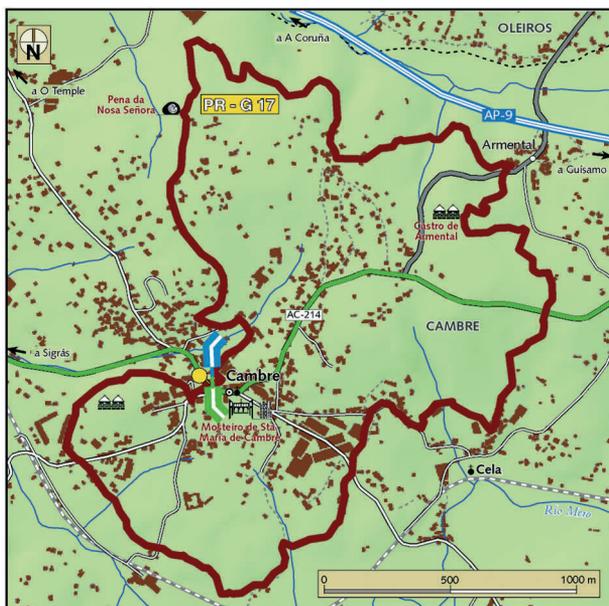
Landscape interest

## Arredor de Cambre



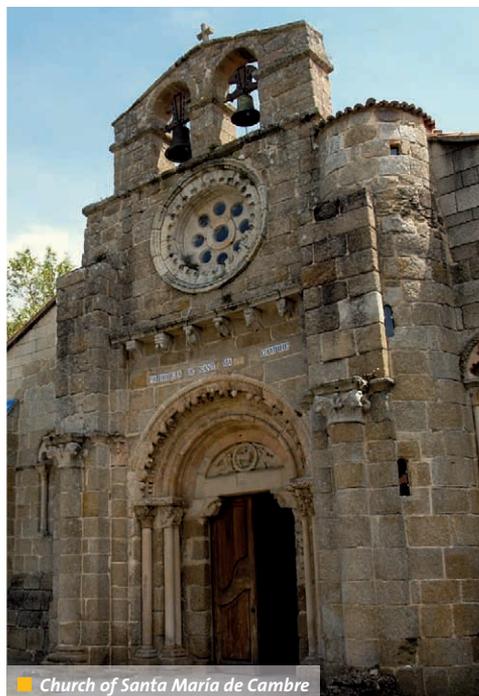
The route around Cambre offers visitors the possibility of seeing and experiencing these lands which are so near the city of A Coruña, and nevertheless offer peaceful and privileged natural sites and dark fragas (woods).

The trail begins in the town of Cambre, next to the Cambre Archaeological Museum and very close to the monastery of Santa María de Cambre, a national monument and amazing jewel of Romanesque architecture. The route passes by the ancient Celtic fortifications of Cambre and Armental, along deep and narrow paths and along the mysterious Pena de Nosa Señora (Our Lady's Rock), which is full of inscriptions and engravings of unknown meaning. After a beautiful walk and nearing the centre of Cambre, we can enjoy the views of the town and especially of the old and unusual colonial houses.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Cambre Archeological Museum	43°17,586'N	008°20,586'W	29T	553290	4793660



■ Church of Santa María de Cambre



■ Colonial houses

## ■ ACCESS

In Cambre. Reach the town along the AP-9 taking exit no. 12 or from A Coruña along CP-1706.

## ■ LENGTH

9,3 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Cambre Archaeological Museum.

## ■ ROUTE

Cambre, Socampo, Cela, Castro de Armental, Estorrentada, A Pena de Nosa Señora, Cambre.

## ■ DIFFICULTY

Low.

## ■ DURATION

3 hours.

## ■ SERVICES

In Cambre.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

## ■ ACCESS BY BIKE

Suitable.

## ■ ACCESS ON HORSEBACK

Suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
No 45-II Betanzos.



**FOR FURTHER INFORMATION PLEASE CONTACT**

**Cambre Town Hall**

Concellería de Xuventude. OMIX - Cambre

Tel.: 981 613 170 / 128

e-mail: [omix@cambre.org](mailto:omix@cambre.org)

[xuventude@cambre.org](mailto:xuventude@cambre.org)

[www.cambre.org](http://www.cambre.org)

**Galician Mountaineering Association**  
(see page 146)

## PR-G 27



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



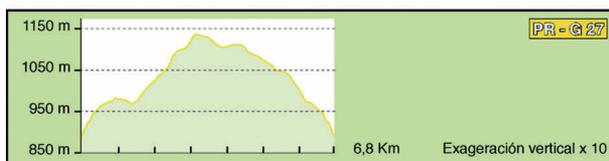
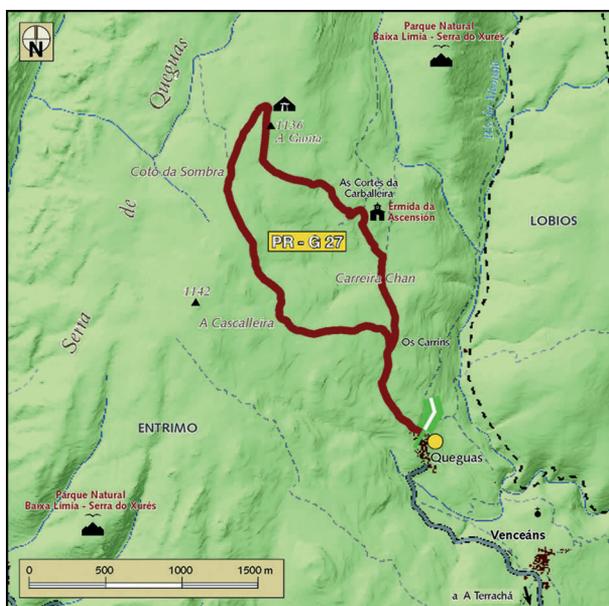
Landscape interest

## Rota de Queguas



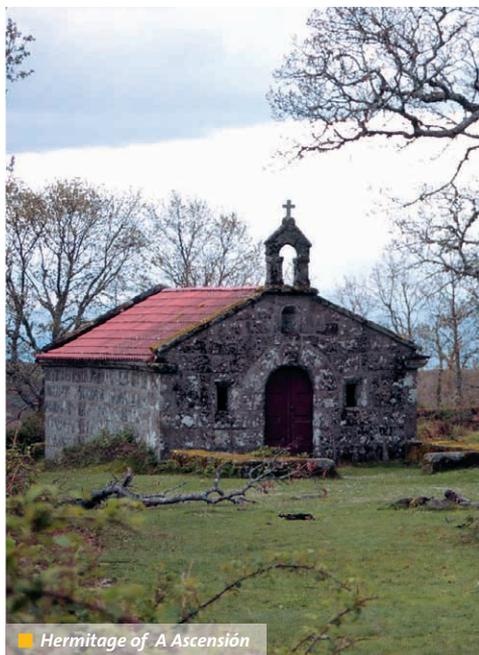
This itinerary is part of a new network of short-distance path-ways in the Baixa Limia-Serra do Xurés Natural Park.

It sets off along a track from the village of Queguas, belonging to the parish and archpriestship of San Tomás de Venceáns. This is a circular route that skirts high mountain tops through the Sierras of O Laboreiro and Queguas, at heights around 1,000 m, where rock and undergrowth are predominant. It crosses areas with tremendously attractive landscape and the horizons stretch as far as the Montes do Quinxo or the sharp, granite summits of Serra do Xurés and its impressive stone blocks. Prehistoric remains are frequent in the area.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Queguas	41°58.224'N	008°06.293'W	29T	574170	4646960



■ *Hermitage of A Ascensión*



## ■ ACCESS

From A Terrachá (Entrimo) go 7 km via Vilar and Venceáns to the village of Queguas, where the surfaced road ends.

## ■ LENGTH

6,8 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Queguas.

## ■ ROUTE

Queguas, Os Carrins, As Cortes da Carballeira, A Gurita and Queguas.

## ■ DIFFICULTY

Medium.

## ■ DURATION

2 hours.

## ■ MATERIAL

As you travel next to a massif like Serra do Xurés, you are advised to be prepared for rough weather.

## ■ SERVICES

In A Terrachá.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 301-I Entrimo.



## FOR FURTHER INFORMATION PLEASE CONTACT

**Natural Park Headquarters**  
**Baixa Limia-Serra do Xurés**  
Estrada Portugal, 34. 32870 Lobios  
Tel.: 988 448 048 / Fax: 988 448 181  
**Galician Mountaineering Association**  
(see page 146)

## PR-G 28



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Rota de Padrendo



Granaries. Padrendo

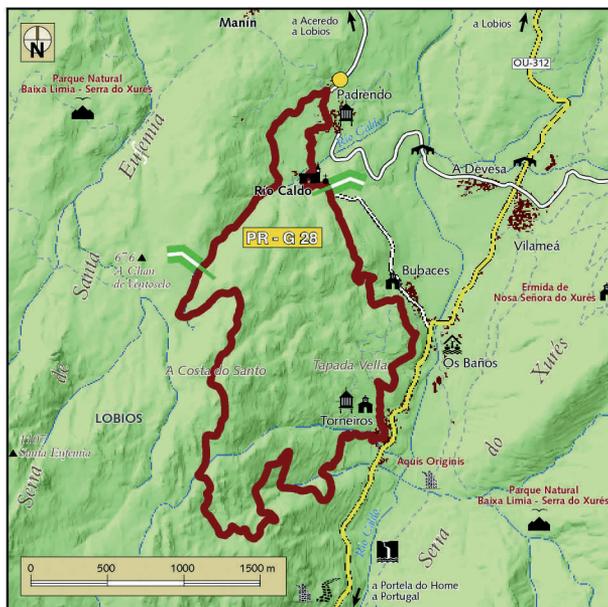
The pathway runs through Ourense lands brimming with history. On the way from the provincial capital to the village of Padrendo, you can visit the Monastery of Celanova, the Visigothic Church of Santa Comba de Bande, the Roman camp of Aquis Querquennis, the thermal waters of the River Caldo and the old Roman Via Nova with remains of its pavestones and a number of milestones. Small deviations take us up to the Baroque Church of O Terrachá or the Muíños Megalithic Park.

The route continues along the valley, between the foothills of Sierras de Santa Eufemia and O Xurés. Apart from environmental values, this area conserves a wealth of ethnographic attractions with interesting examples of the area's rural architecture.

We are in the "raia", frontier territory where the Galician Natural Park "Baixa Limia-Serra do Xurés" and the neighboring Portuguese National Park "Peneda-Gerês" they have blurred the administrative limits and form a Cross-border Park that is unique in Europe



Church of Santa María. Padrendo



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Padrendo	41°52.814'N	008°06.824'W	29T	573540	4636940



## ■ ACCESS

By road from Lobios to the border of Portela de Home (OU-312), turn off to A Devesa as far as Padrendo. You can also access the pathway in the village of Torneiros, a little further ahead on the same OU-312.

## ■ LENGTH

11,3 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Padrendo.

## ■ ROUTE

Padrendo, A Chan do Ventoselo, Torneiros and Padrendo.

## ■ DIFFICULTY

Medium.

## ■ DURATION

3 and a half hours.

## ■ SERVICES

In Padrendo and Torneiros. Lobios is the largest town and nearest the pathway for provisions and accommodation.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Partially suitable.

## Plus...

The district of Celanova contains major remains from every period: the Castromao fort, the remains of the Milmanda fortress, the Roman bridge of Freixo, the medieval village of Vilanova dos Infantes, the Romanesque Monastery of Ramirás, the Sanctuary of A Virxe do Cristal... Also, the town itself adds to these assets with the impressive Monastery of San Rosendo, the Chapel of San Miguel (the best-conserved Mozarabic chapel in all Galicia) or the birthplaces of writers as brilliant as Curros Enríquez and Celso Emilio Ferreiro.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 301-III Lobios.



## FOR FURTHER INFORMATION PLEASE CONTACT

**Natural Park Headquarters**  
**Baixa Limia-Serra do Xurés**  
Estrada Portugal, 34. 32870 Lobios  
Tel.: 988 448 048 / Fax: 988 448 181  
**Galician Mountaineering Association**  
(see page 146)

## PR-G35



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## O Río dos Dous Nomes



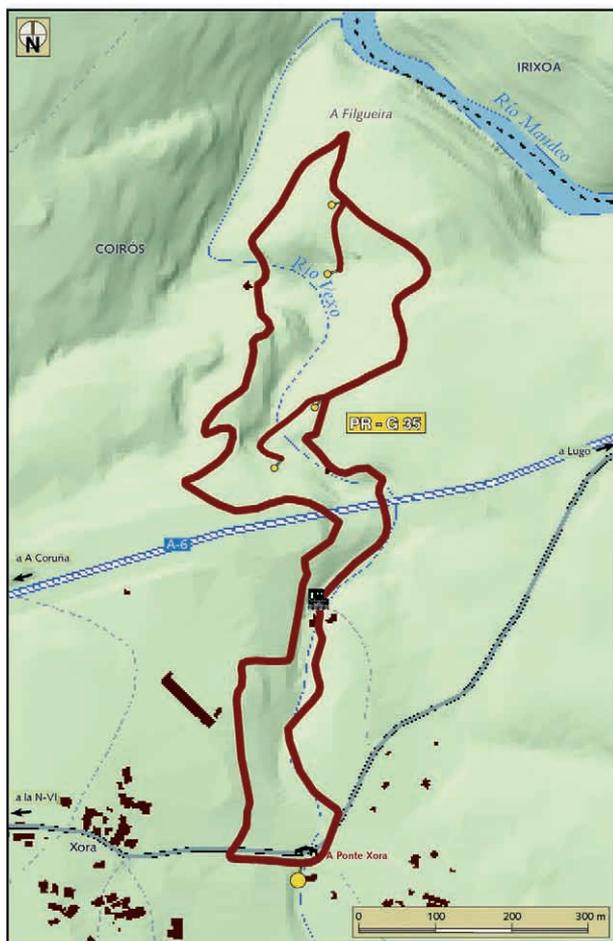
This is definitely a route of water and mills, a symbiosis between somewhere almost wild and the human touch that has cleverly intervened in Nature to improve it.

No sooner you set off than you come to four mills, part of an ethnographic site of seven of these typical rural Galician structures. At a level with the fourth mill, an enormous rock indicates an earthen track leading to a new construction, larger in size. The river and the vegetation merge in harmony and beauty around the site of the seventh mill.

The route lets you contemplate the most beautiful sections of the River Vexo. A short way before the mini power station, a diversion of a few minutes leads to a forge. After crossing the bridge that joins both banks, continuing through very attractive landscape, we go up to the reservoir that supplies the mini power station. Coming to the ninth mill on the route, a small autochthonous forest makes the most interesting part of the pathway.



River Vexo



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
A Ponte Xora	43°14.298'N	008°06.522'W	29T	572370	4787750



## ■ ACCESS

In the municipal district of Coirós. The town of A Ponte Xora, on the bank of the River Vexo, is on the turn-off from the N-VI in the parish of Santa María de Ois and heading for Ponte Aranga.

## ■ LENGTH

3.5 km (2.9 km the main route and 0.6 km the derivations both ways).

## ■ DEPARTURE POINT / ARRIVAL POINT

A Ponte Xora.

## ■ ROUTE

A Ponte Xora plant (mini power station) and A Ponte Xora.

## ■ DIFFICULTY

Low.

## ■ DURATION

1 and a half hours.

## ■ SERVICES

In Coirós de Arriba.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Not suitable.

## Plus...

The “muiño” (mill), also called *muín* or “*acea*”, plays a significant role in traditional Galician economy.

In Galicia, almost all architectural types are represented, taking into account their driving force (water, tides, wind, etc.), their purpose (oil, oak-bark, paper or electricity) or their location. It was an important place for meeting with neighbors, narrating “*cantigas*” (countless ballads) and the origin of this region’s best-known folk dance: “*a muiñeira*”.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 46-III Oza dos Ríos.



## FOR FURTHER INFORMATION PLEASE CONTACT

**Asociación de Exploradores das Mariñas Grupo Scout “Castro de Untia”**

Camiño da Estación, 13. 15300 Betanzos  
Tel.: 606 284 184

**Servicio Municipal de Xuventude do Concello de Coirós**

Coirós de Arriba, 16. 15316 Coirós  
Tel.: 981 796 414 / Fax: 981 796 256  
e-mail: oixcoiros@es.inter.net

## PR-G36

## Sendeiro de San Xoán da Cova



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



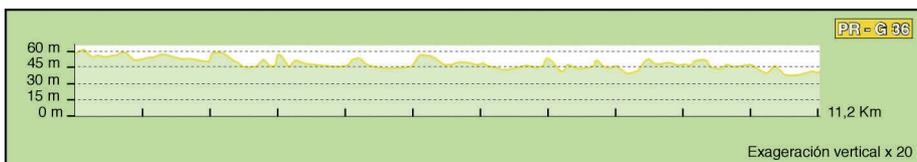
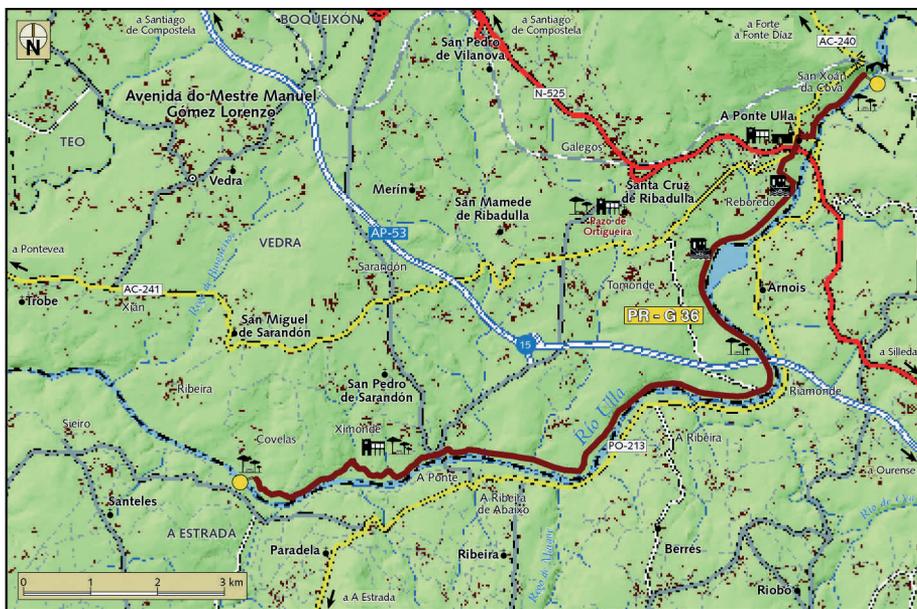
Landscape interest



This beautiful route runs along the right bank of the River Ulla, heading downhill, taking advantage of tracks, fishermen's paths and already marked ways.

From San Xoán da Cova, to the base of the impressive ravine, artfully crossed by the railway viaduct, the path quickly comes to A Ponte Ulla with interesting constructions to be found within its small urban area.

Further ahead, it is well worth turning off to see the Ortigueira Manor in Santa Cruz, founded in the 16th century by the Mondragón family and one of the most interesting in the area around Santiago de Compostela. This Baroque "pazo" (Manor House) is remarkable for its extensive gardens and ancient trees that decorate the property, where the great politician Jovellanos drafted his Memorial in defence of the Central Government.

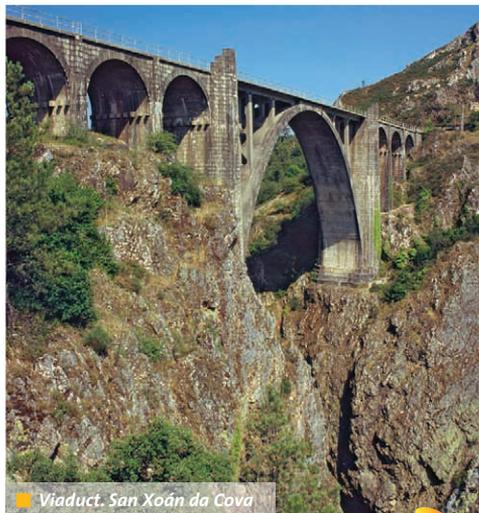


## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Cubelas recreation area	42°44.776'N	008°28.280'W	29T	543270	4732860
San Xoán da Cova	42°47.133'N	008°23.558'W	29T	549680	4737265

In the parish of San Miguel de Sarandón, we come to a recreational area and center of fish-farming studies, as well as a beautiful “pazo” (Manor House), all in the town of Ximonde.

Leaving the Cubelas recreation area and the mills of Pastel behind, the route ends next to the River Ulla.



■ Viaduct. San Xoán da Cova

## Plus...

“Chapel, garden, dovecot and cypress, a “pazo” it is”. This sentence and other similar ones define one of Galicia’s most interesting rural architectures.

The word “pazo” (from Palatium), meaning Manor House, generally identifies ancestral houses with heraldic signs and with proportions and levels of comfort significantly superior to what is usual in rural areas. Nowadays, the term comprises buildings from the luxurious country Manor Houses in palace style to rather more rustic buildings, though not less valuable because of that, where the lesser Galician nobility lived. Urban “pazo” are also referred to.

Historically, the origin of “pazo” architecture lies in castles and medieval forts, adopting a multitude of construction styles over history. There are more than 700 all over Galicia and a large part of them have been converted in recent years into rural tourist accommodation or small museums that take us back to bygone days.

## ■ ACCESS

In A Ponte Ulla, a town located on the N-525 from Santiago to Ourense, turn off along the AC-240 to the town of San Xoán da Cova.

## ■ LENGTH

11,2 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

San Xoán da Cova/ Cubelas recreation area in the parish of Trobe.

## ■ ROUTE

San Xoán da Cova, A Ponte Ulla, Agronovo recreation area, Ximonde and Cubelas recreation area.

## ■ DIFFICULTY

Medium.

## ■ DURATION

3 hours and 45 minutes.

## ■ MATERIAL

Take sufficient food.

## ■ SERVICES

In A Ponte Ulla.  
Different recreation areas along the itinerary.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Not suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 121-I Vedra and 121-III A Estrada.



**FOR FURTHER INFORMATION PLEASE CONTACT**  
**Concello de Vedra**  
Av. Maestro M. Gómez. 1. 15885 Vedra  
Tel.: 981 814 692 / Fax: 981 503 331

## PR-G 67

## Sendeiro Histórico de Mos



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest

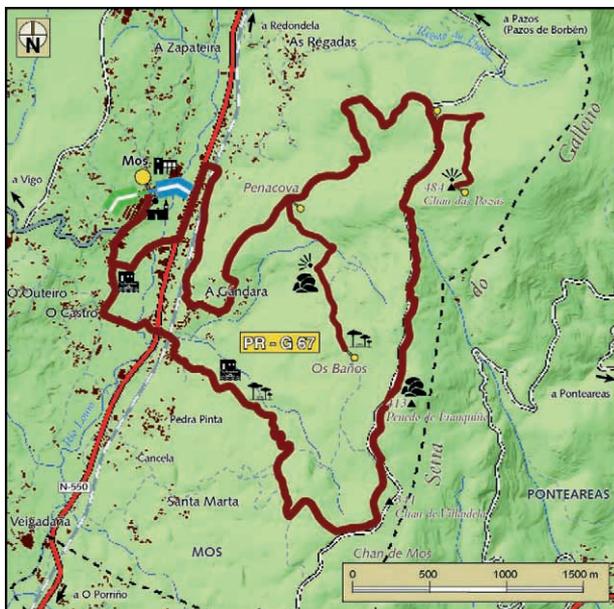


Landscape interest



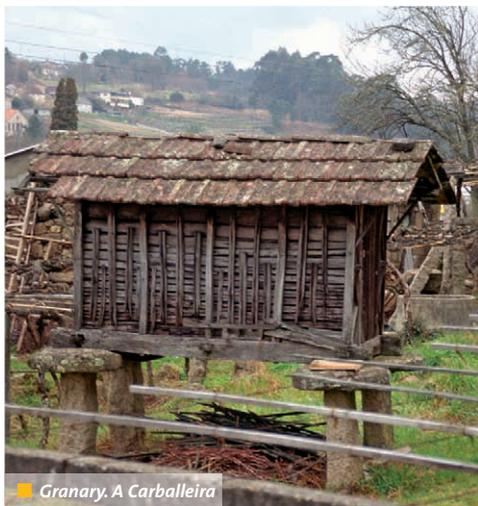
A circular pathway that joins up places with local historical interest, forest parks and extraordinary viewpoints. We should especially highlight mills like Muíño do Corviño and Muíño da Ponte do Río, and peaks like Penedo da Pucha, Penide and A Pedra que Fala.

The culminating point of the route is the A Caseta viewpoint with extraordinary views over Val de Louriña, Vigo Ria and the hills surrounding Vigo, (O Galiñeiro, Vixiador, Monte Aloia...). Among the historical and artistic references, we could mention the ruins of the Marquises of Mos' Manor, the Casa Blanca and a 16th-century sarcophagus.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Mos	42°12.302'N	008°36.263'W	29T	532660	4672700



■ Granary. A Carballeira



■ River Louro

## ■ ACCESS

Go to the parish of Mos on the N-550 in the municipal district of the same name near Vigo.

## ■ LENGTH

17.8 km (the main route 12 km and the derivations total 5.8 km both ways).

## ■ DEPARTURE POINT / ARRIVAL POINT

Ponte do Regueiro.

## ■ ROUTE

Ponte do Regueiro, Trabazos, Chan de Mos, Castelo, Seixos Blancos, A Caseta, Seixos Blancos, Coto dos Castros, Penacova, Os Baños, Penacova, Sartego, Carballeira and Ponte do Regueiro.

## ■ DIFFICULTY

Medium.

## ■ DURATION

6 hours.

## ■ CONNECTIONS

With the GR 58.

## ■ SERVICES

In Mos, Redondela, O Porriño and Vigo.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

## ■ ACCESS BY BIKE

Fully suitable.

## ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25,000**  
Nº 223-IV Mos.



**FOR FURTHER INFORMATION PLEASE CONTACT**  
**Asociación Xuvenil "Mos-Keo Colectivo"**  
Barrio da Gándara, 91. 36415 Mos  
Tel.: 673 778 328

## PR-G 68



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## A Vía Escondida



Church of Santiago, Viascón

The route mostly runs along pathways on bank of the river and some forest tracks.

From the Carbalinchán “carballeira” (oak forest) and, to be precise, from Coto das Mos or Coto da Bouza de Mogo, formed by impressive rock formations, there are some beautiful views over the parish of Viascón. Starting from the Bouza do Mogo mill, the road crosses an extraordinary landscape skirting the River Cabanelas. Water and mills (Mallo, Reboredo, Veiga...) form a beautiful setting for enjoying pools and streams.

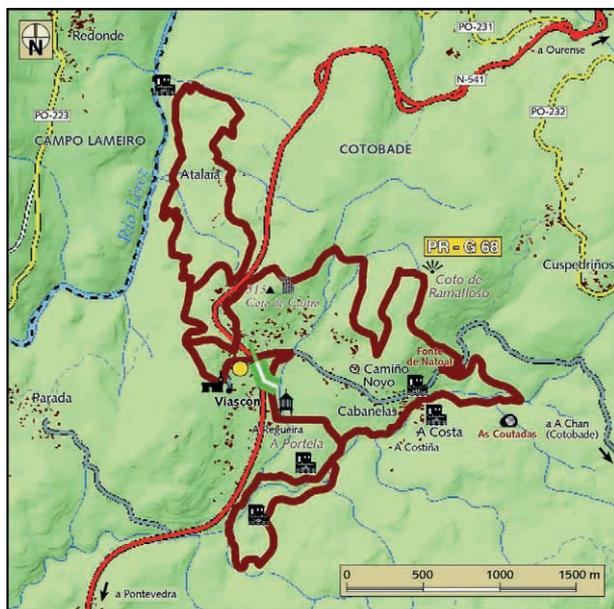
Back on San Xián bridge, the path continues along the bank, heading up-river. Among lush riverside vegetation, we come to the mills of Abaixo, Chachopo, Arriba, Casa da Alvariza and the mill of Aceñas

de Abaixo, and this last one is one of the most interesting thanks to its state of conservation.

In the village of Cabanelas, you can visit the Plaza do Quinteiro with its fountain, wash-basin and numerous hórreos (raised granaries) displaying magnificent artisanal architecture.

The route is completed by visiting the mills of Aceñas de Arriba and Novo. It continues a short way along the regional highway towards Carballedo and goes uphill to Coto de Castro to enjoy an excellent panoramic view.

After a visit to the Laxes petroglyphs, the path returns towards the national road and Viascón, continuing along a small circular pathway that joins up again with the main route. This amplification of the pathway visits the mills of Fontesecca, Barbeitos, Molino Grande on the River Lérez and, finally, the rectory house and “cruceiro” (stone cross) in A Igrexa.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Viascón	42°29.092'N	008°32.318'W	29T	537920	4703800



■ Mill. River Cabanelas



## ■ ACCESS

On the N-541 heading Pontevedra-Ourense, shortly after the Viascón crossroads, turn right. The route starts in a place near the Casa Manolo cafeteria-restaurant.

## ■ LENGTH

17 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Viascón, in a site near a cafeteria-restaurant.

## ■ ROUTE

N-541 Viascón, carballeira da Portela, San Xián bridge, carballeira de Carbalinchán, Rexedoiro bridge, Bouza do Mogo mill, San Xián bridge, Cabanelas river pool, Muíño Novo, turn-off to the Coutadas petroglyphs, Natoal spring, Coto de Ramaloso viewpoint, small forest, Laxes petroglyph, Ponte-Atalaia, Fontesecca, River Lérez, A Igrexa, carballeira das Portela and N-541 Viascón.

## ■ DIFFICULTY

Low.

## ■ DURATION

4 hours and 15 minutes.

## ■ MATERIAL

Mountain boots or waterproof footwear, as the ground can be wet along paths next to rivers.

## ■ SERVICES

In Viascón.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	<b>1</b>	2	3	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	<b>2</b>	3	4	5
EFFORT	_____	1	2	<b>3</b>	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Fully suitable.



## CARTOGRAPHY I.G.N. 1:25,000

Nº 152-IV Cutián, 185-II Pontevedra and 186-I Carballedo.



## FOR FURTHER INFORMATION PLEASE

### CONTACT

Asociación de veciños "O Agro" de Viascón  
www.viascon.es

# PR-G70

## Sendeiro Laxe - Punta Insua

- Traditional architecture
- Ethnography
- Archaeological interest
- General interest
- Historical interest
- Natural interest
- Landscape interest



The route leaves Plaza de Ramón Juega through the arch that leads to Calle Real, continues along the way to the cemetery and leaves the asphalt heading towards the lighthouse.

Little by little, the road becomes a path surrounded by ferns, brambles and pines along the tops of cliffs that give views over Laxe bay and, further east, the mouth of River Anllóns. Punta de Ola, Furna do Asno or Punta do Boi are some of the formations beaten by the wild sea that surrounds Monte da Insua at a height of 66 m.

Back in Laxe, the road leads to the Hermitage of Santa Rosa.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Laxe	43°13.372'N	009°00.251'W	29T	499660	4785650



■ Church of Sta. María da Atalaia. Laxe

### ■ ACCESS

Follow the AC-431 to Laxe, major fishing town on A Costa da Morte.

### ■ LENGTH

5,2 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

Laxe.

### ■ ROUTE

Laxe, Punta da Insua, Laxe, hermitage of Santa Rosa and Laxe.

### ■ DIFFICULTY

Low. Precaution is advised with children, as the route involves cliffs and a quarry.

### ■ DURATION

2 hours and 15 minutes.

### ■ CONNECTIONS

With the PR-G 114.

### ■ MATERIAL

Comfortable, sturdy footwear.

### ■ SERVICES

In Laxe.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

### ■ ACCESS BY BIKE

Not suitable.

### ■ ACCESS ON HORSEBACK

Not suitable.

## Plus...

"Costa da Morte" or "Coast of Death" is a name that defines a wide region of Galicia between the Muros and Noia Rias and A Coruña Ria. This curious toponym, according to some academics, may have been given by the Greeks to define the region where the Sun disappeared into the sea every day and sank into the land of the dead until the following morning. Another more recent and widespread suggestion refers to the large number of shipwrecks that have taken place on this dangerous stretch of coastline (more than 140 major shipwrecks in a hundred years).



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 43-IV Laxe.



**FOR FURTHER INFORMATION PLEASE CONTACT**  
**Concello de Laxe**  
Av. Cesáreo Pondal, 26. 15117 Laxe  
Tel.: 981 706 903 / Fax: 981 728 025  
**Galician Mountaineering Association**  
(see page 146)

## PR-G 81



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Rota da Fraga de Becerreira



The first section of the route is shared with PR-G 81 and 82. It begins in the car park at the crossroads between the new and old highways from A Trabada to As Rodrigues. At this point, there is a panel with a map of the two routes.

At the entrance to the “fraga” (forest), there is a refuge hut with explanations about the surrounding plant life.

The route climbs up alongside the Vilapercede stream to its source. Crossing from bank to bank by wooden footbridges, we can appreciate the typical dark, humid riverside forest. Identification plaques occasionally help to recognize the different tree species.

In As Liñeiras, the two paths separate and the PR-G 81 enters into the upper part of the autochthonous forest where Galician carballos (oak trees) are most common. The way down to the starting point is easy going.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Cruce en Carretera LU-5508	43°26.332'N	007°12.611'W	29T	644850	481195



### ■ ACCESS

On the LU-5508 highway from Trabada to As Rodrigas (capital of the Riotorto district), after passing Cima de Vila.

### ■ LENGTH

6,2 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

Car park on the road from Trabada to Augaxosa.

### ■ ROUTE

Crossroads on the LU-5508, Becerreira fraga (forest), Vilapercide stream, As Liñeiras, upper part of the fraga, crossroads on the LU-5508.

### ■ DIFFICULTY

Low.

### ■ DURATION

2 hours.

### ■ CONNECTIONS

With the PR-G 82.

### ■ MATERIAL

Do not forget information about the area's plant life.

### ■ SERVICES

Off the pathway, in Trabada or in Vilanova de Lourenzá.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	<b>3</b>	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	2	<b>3</b>	4	5
EFFORT	_____	1	<b>2</b>	3	4	5

### ■ ACCESS BY BIKE

Not suitable.

### ■ ACCESS ON HORSEBACK

Not suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 24-II Vilanova de Lourenzá.



**FOR FURTHER INFORMATION PLEASE**

**CONTACT**

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Rúa do Concello, 15. 27765 Trabada

Tel.: 982 135 011 / Fax: 982 135 257

**Galician Mountaineering Association**

(see page 146)

## PR-G 82



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

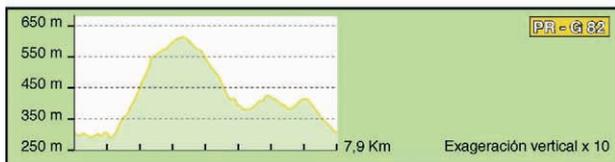
## Rota do Monte Roxal - Teixido



The first section of the route is shared with PR-G 81 and 82. It begins in the car park at the crossroads between the new and old highways from A Trabada to As Rodrigues. At this point, there is a panel with a map of the two routes.

At the entrance to the fraga (forest), there is a refuge hut with explanations about the surrounding plant life. The route climbs up alongside the Vilaperceide stream to its source. Crossing from bank to bank by wooden footbridges, we can appreciate the typical dark, humid riverside forest. Identification plaques occasionally help to recognize the different tree species.

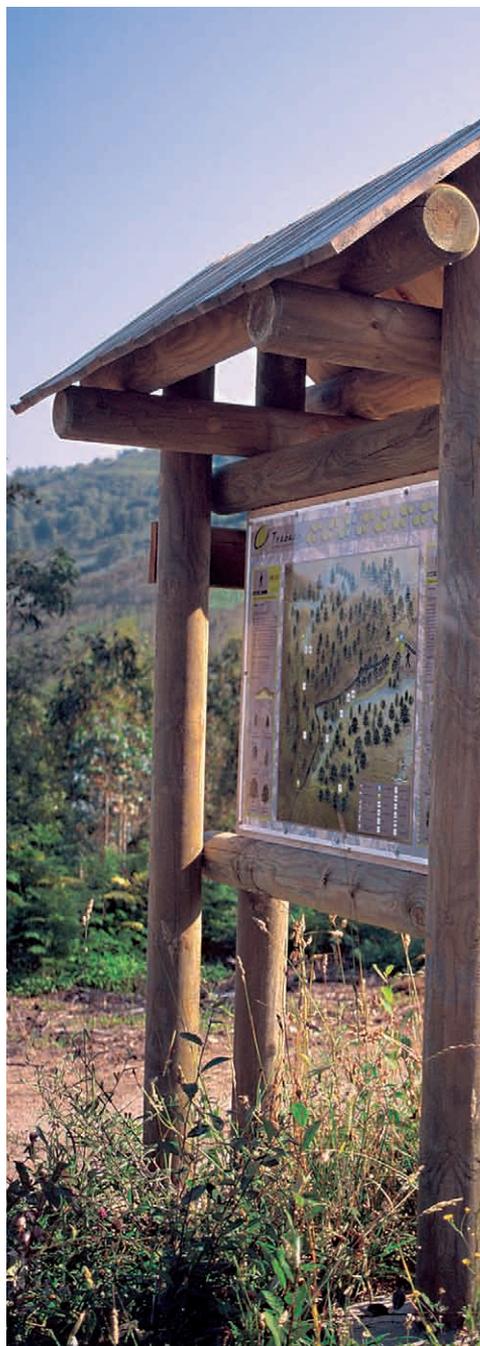
In As Liñeiras, the two paths separate and the PR-G 82 crosses the highway and goes up to the edge of the border with the Lourenzá district. The wood is crossed by *fraga* (forest) tracks run alongside the River Navaes, a small stream that forms a number of waterfalls along its course



View from O Roxal. Pico da Cadeira and Penas Mouras

## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Cruce en Carretera LU-5508	43°26.332'N	007°12.611'W	29T	644850	481195



## ■ ACCESS

On the CP-55-06 highway from Trabada to As Rodrigas (capital of the Riotorto district), after passing Cima de Vila.

## ■ LENGTH

7,9 km.

## ■ POINT OF DEPARTURE / ARRIVAL

Car park on the road from Trabada to Augaxosa.

## ■ ROUTE

Crossroads on the CP-55-08, Becerreira Fraga (forest), Vilalpercide stream, As Liñeiras, Teixido Fraga, crossroads on the CP-55-08.

## ■ DIFFICULTY

Medium.

## ■ DURATION

2 hours and 40 minutes.

## ■ CONNECTIONS

With the PR-G 81.

## ■ MATERIAL

Do not forget information about the area's plant life.

## ■ SERVICES

Off the pathway, in Trabada or in Vilanova de Lourenzá.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	<b>3</b>	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	2	<b>3</b>	4	5
EFFORT	_____	1	<b>2</b>	3	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Partially suitable.



**CARTOGRAPHY I.G.N. 1:25,000**  
Nº 24-II Vilanova de Lourenzá.



**FOR FURTHER INFORMATION PLEASE CONTACT**  
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Rúa do Concello, 15. 27765 Trabada  
Tel.: 982 135 011 / Fax: 982 135 257  
**Galician Mountaineering Association**  
(see page 146)

# PR-G 84

# Rota de Subida ó Picato

- Traditional architecture
- Ethnography
- Archaeological interest
- General interest
- Historical interest
- Natural interest
- Landscape interest

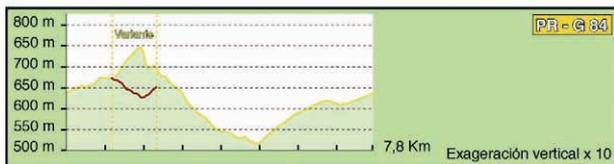
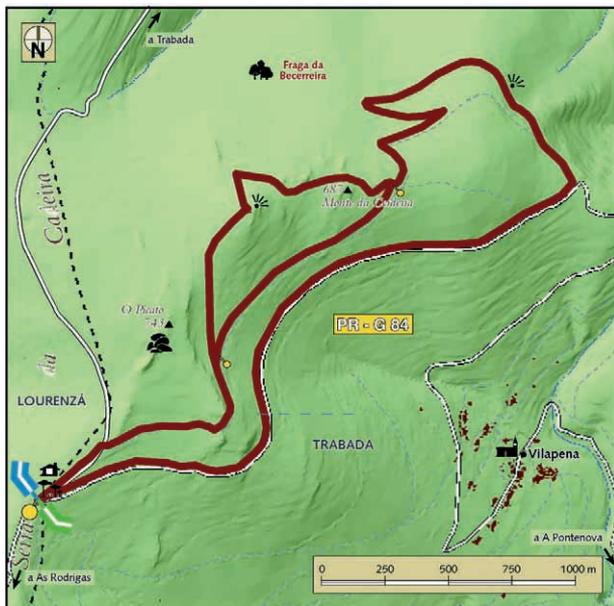


In the recreation area, there is an information panel about the pathways network.

At first, the route involves little difficulty, but as it goes into in the pine forest it grows steeper, until it reaches Alto do Picato (743m), where you can enjoy splendid views.

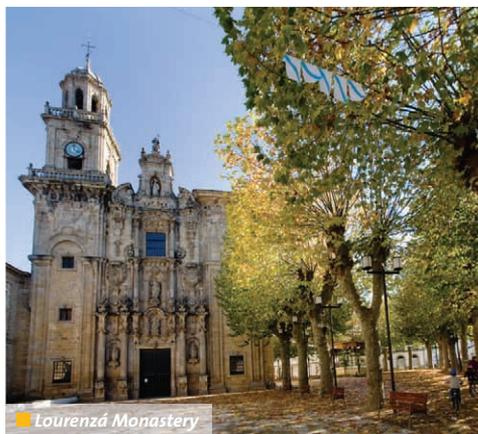
The path zigzags and goes downhill, leaving the forest and entering the landscapes of Santiago de Vilapena and its fraga (forest).

The return is made over practically flat terrain until we get back to the starting point.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Carretera Trabada - As Rodrigues	43°24.718'N	007°14.241'W	29T	642715	4808160



■ Lourenzà Monastery



### Plus...

A good complement to the route is to visit Vilanova de Lourenzà to see its old Monastery of San Salvador with the parish Church of Santa Maria de Valdeflores.

Built in 1732, it has a tower, never finished due to budget problems at the time of construction.

In Baroque style, it was designed by Casas Novoa, an architect best known for the Obradoiro facade on Santiago Cathedral.

## ■ ACCESSES

On the CP-55-06 highway from Trabada to As Rodrigues (capital of the Riotorto district), where there is a turn-off to Vilapena.

## ■ LENGTH

7.8 km. The variation covers 1.1 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Road from Trabada to As Rodrigues, at Alto do Couso refuge hut and recreation area.

## ■ ROUTE

Alto do Couso recreatio area, Alto do Picato, Monte da Cerdeira Alto do Couso recreation area.

## ■ DIFFICULTY

Low.

## ■ DURATION

2 hours and 10 minutes.

## ■ MATERIAL

Sports footwear and water bottle.

## ■ SERVICES

Off the pathway, in Trabada or in Vilanova de Lourenzà.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

## ■ ACCESS BY BIKE

Partially suitable (The whole route except the main pathway alternative to the variation).

## ■ ACCESS ON HORSEBACK

Fully suitable.



## CARTOGRAPHY I.G.N. 1:25,000

Nº 24-II Vilanova de Lourenzà y 24-IV A Pontenova.



## FOR FURTHER INFORMATION PLEASE CONTACT

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**Galician Mountaineering Association**

(see pages 146)

## PR-G 86



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest

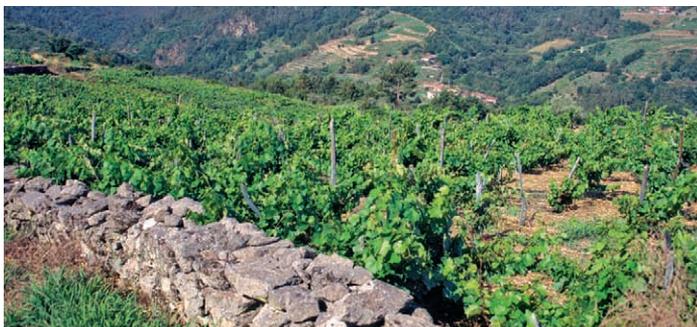


Natural interest



Landscape interest

## Sendeiro Viñedos da Ribeira Sacra



We are in A Ribeira Sacra, a natural and cultural destination of the first order. It starts out in Rosende fair grounds and skirts the wall of the rural tourism Casa Grande Manor House.

In Albarán, it follows a vineyard service track that leads towards the valley of the River Cabe. The road winds through Mencía grape vines which the famous wine with D.O. Ribeira Sacra is made from, a drink appreciated as far back as Roman times.

A short derivation leads to Areas with very simple constructions that some theories date back to early anchorite inhabitants that sought peace in this land, in contact with nature.

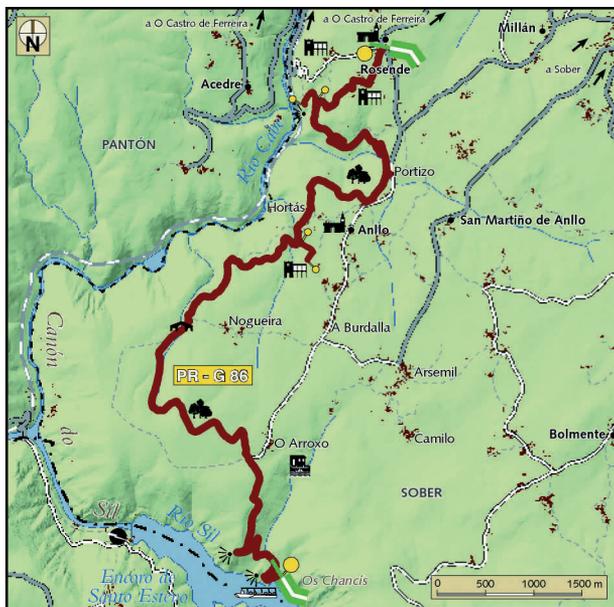
In Portizó and Hortás you can see fine examples of traditional architecture.

Again, a short derivation leads to the rural tourism house "Rectory of Anllo" where walkers can stop off on the way to freshen up.

Forests and vineyards give beautiful panoramic views over the Cabe and Sil valleys. Past the Camilo bridge, we come to the road running down to the catamaran jetty. A beautiful spot for spending a while drinking in the superb landscape.

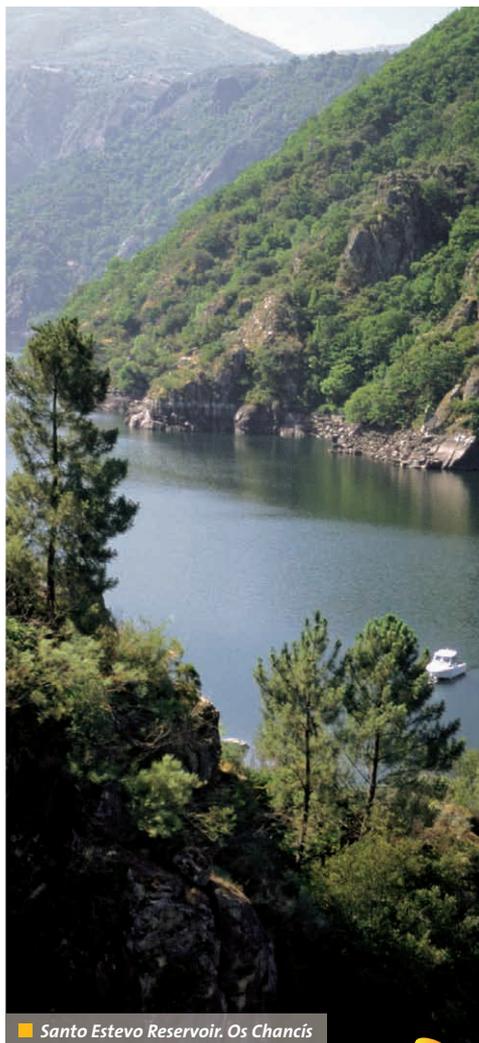


Rectory of Anllo



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
San Miguel de Rosende	42°27.668'N	007°36.967'W	29T	613785	4701990
Os Chancís	42°24.653'N	007°37.839'W	29T	612680	4696390



■ Santo Estevo Reservoir. Os Chancís

### Plus...

A Ribeira Sacra is an extensive territory at the meeting point of the River Sil and River Miño canyons, containing one of the largest collections of Romanesque churches, monasteries and convents anywhere in Europe. Mountain land-scape and monumental sights have made the "Sacred Riverside" a new tourist destination in Galicia.

## ■ ACCESS

On the N-120 from Ourense to Monforte de Lemos, turn off after passing O Castro de Ferreira along the CP-59-02 to San Miguel de Rosende; or, past Rosende, go on along the same road to Os Chancís, on the Banks of the River Sil on the Santo Estevo reservoir.

## ■ LENGTH

13.3 km. Of these, 11.5 on the main route and 1.8 on the derivations, both ways.

## ■ DEPARTURE POINT / ARRIVAL POINT

San Miguel de Rosende / Os Chancís.

## ■ ROUTE

San Miguel de Rosende, Albarán, Areas, Portizó, Anllo Rectory, Castinandi and Os Chancís.

## ■ DIFFICULTY

Medium-Low.

## ■ DURATION

4 hours and 15 minutes.

## ■ MATERIAL

Comfortable sports footwear, rucksack, water-bottle and food.

## ■ SERVICES

In San Miguel de Rosende.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT _____	1	2	3	4	5
ITINERARY _____	1	2	3	4	5
TERRAIN _____	1	2	3	4	5
EFFORT _____	1	2	3	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Fully suitable.



## CARTOGRAPHY I.G.N. 1:25,000

Nº 188-II Sober y 188-IV Parada de Sil.



## FOR FURTHER INFORMATION PLEASE CONTACT

Tel.: 982 152 165 · 982 460 039  
982 460 627

**Galician Mountaineering Association**  
(see page 146)

## PR-G 93

## Rota da Ribeira do Ulla



Traditional architecture



Ethnography



Archaeological interest



General interest



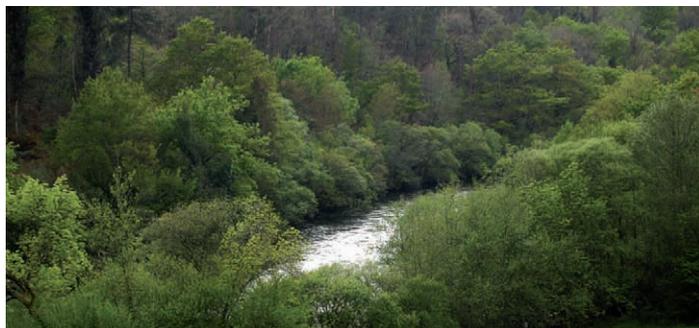
Historical interest



Natural interest



Landscape interest

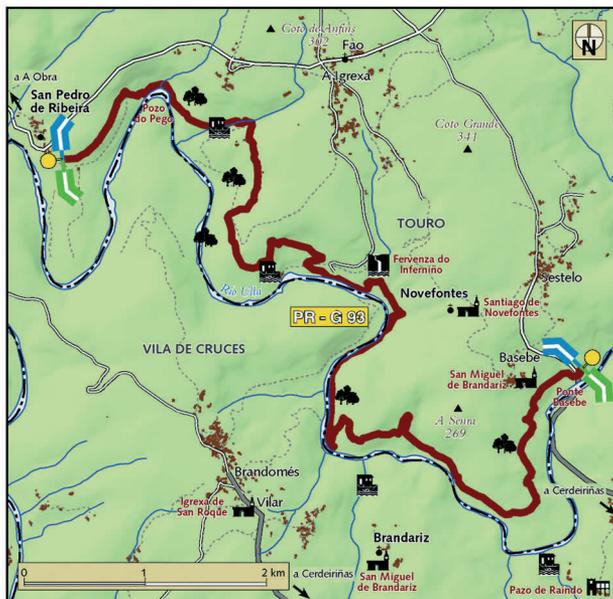


Throughout this route, in A Coruña's municipality of Touro, the star is the Ulla river. From Ponte Basebe to San Pedro de Ribeira, the route is clearly defined by its environmental character: fishermen's trails, cart trails, large woods, thick oak groves, hidden waterfalls and the major natural site known as Pozo do Pego.

From Ponte Basebe, going down to the right bank of the Ulla river, the ripian woods, the remains of old mills and the abandoned ouriceiras (old stone constructions to store chestnuts) call out to us, in the middle of a beautiful natural surrounding until we reach the waterfall known as Fervenza do Inferniño and the mills of Os Muíños de Quintas, to discover, near the path, the ruins of the Pazo de San Cristovo.

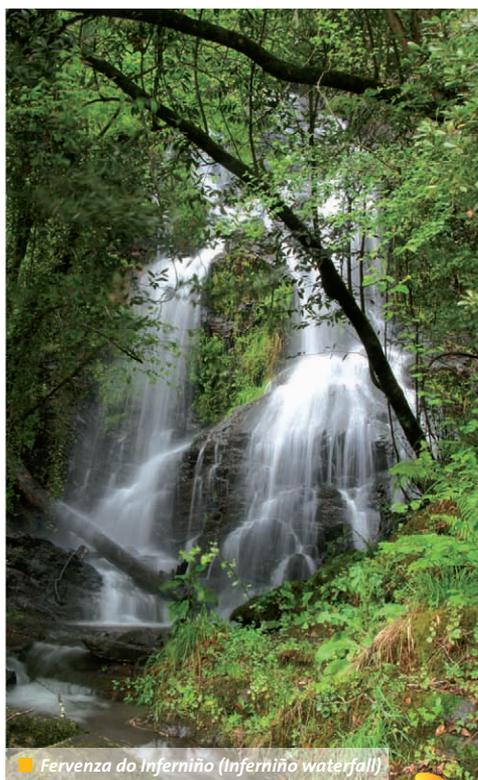
The route boasts the pools of the Pozo do Pego before ending at the road that leads to San Pedro de Ribeira

We must always pay close attention in order to discover the long lost ouriceiras. They are very primitive constructions, usually composed of small circular shaped stone walls which were built in chestnut groves to gather and store the burs containing the chestnuts and to protect them from being eaten by boars.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Ponte Basebe	42°49.541'N	008°16.260'W	29T	559590	4741800
Cross at San Pedro de Ribeira Road	42°50.517'N	008°19.435'W	29T	555250	4743570



■ Ferverza do Inferniño (Inferniño waterfall)

## ■ ACCESS

Along N-547 to km. 78 in O Empalme, then take AC-0605 and then AC-6602 to Fonte Díaz (Touro). Continue to the crossing with A Igrexa and then straight to Ponte Basebe or turn right towards San Pedro de Ribeira (the route's starting and finishing points).

## ■ LENGTH

12,8 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Ponte Basebe / San Pedro de Ribeira road.

## ■ ROUTE

Ponte Basebe, Carballeira de Basebe, Ferverza do Inferniño, Finca do Retorno, Carballeira do Pego, Pozo do Pego and crossroads on San Pedro de Ribeira road.

## ■ DIFFICULTY

Average.

## ■ DURATION

4 horas.

## ■ CONNECTIONS

With PR-G 121.

## ■ MATERIAL

Comfortable and waterproof hiking footwear.

## ■ SERVICES

In Fonte Díaz.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	<u>1</u>	2	3	4	5
ITINERARY	1	<u>2</u>	3	4	5
TERRAIN	1	<u>2</u>	3	4	5
EFFORT	1	<u>2</u>	3	4	5

## ■ ACCESS BY BIKE

Fully suitable.

## ■ ACCESS ON HORSEBACK

Fully suitable.

## Plus...

For centuries chestnuts were one Galicia's staple foods, until they were substituted by corn and potatoes brought from America.

Their growth spread throughout the territory and it is still possible to find giant chestnut trees growing in the interior of Galicia. It is a very nutritious food, rich in protein, vitamins and minerals and has a pleasant taste.

Currently in Galicia chestnuts are still worshipped during the popular Magosto festivity, where chestnuts, fire and new wine are brought together.

But this Galician fruit is also prized in other countries as delicacies and it is exported to countries such as France, Switzerland and even Japan.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 95-IV Touro y 121-II Carbia.



## FOR FURTHER INFORMATION PLEASE CONTACT

### Touro Town Hall

Fonte Díaz, s/n. 15822 Touro  
Tel.: 981 504 029 / Fax: 981 504 110  
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### Segatur, S.L.

Apdo. 5430. 36200 Vigo.  
Tel. 886 117 011  
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www.segatur.com

**Galician Mountaineering Association**  
(see page 146)

## PR-G 94



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Rota dos Muíños do Folón e do Picón

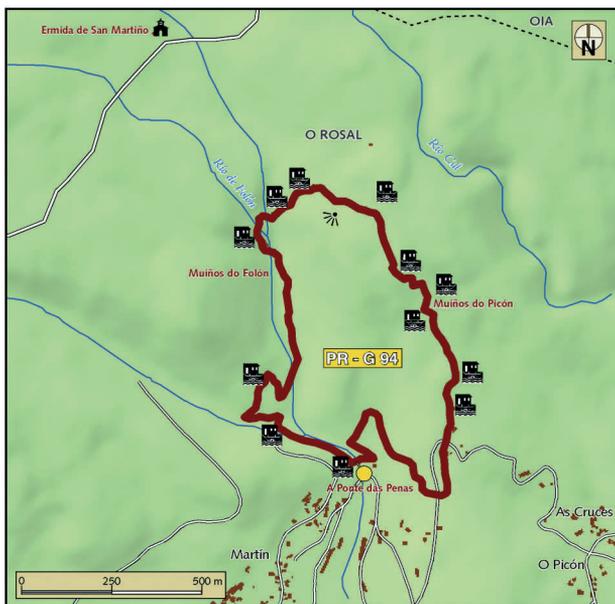


This short route allows visitors to enjoy an attractive walk along the well-known mills of O Picón and O Folón, heritage that today is considered of Cultural Interest.

These constructions, located within the municipality that has a beautiful and fragrant name, are built on slopes that also serve as extraordinary viewpoints over the valley of O Rosal.

The mills stand out as imposing marvels of traditional engineering, and also because of their seemingly precarious balance on the slopes where they are located. Also, their well cared for surroundings make it possible to observe a number of plants that are favoured by the area's microclimate

In their search for the ancient sounds of the millstones and water wheels, from the heights, walkers can enjoy uniquely beautiful and magnificent views of the Santa Tegra mountain and the Miño river.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
A Ponte das Penas	41°57.454'N	008°50.154'W	29T	513600	4645160



## ■ ACCESS

Along PO-552 from Tui to A Guarda, take PO-354 to O Rosal. From O Rosal you reach A Ponte das Penas following the numerous indications towards the mills of O Folón.

## ■ LENGTH

3,5 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

A Ponte das Penas.

## ■ ROUTE

A Ponte das Penas - Muíños do Picón - Muíños do Folón - A Ponte das Penas.

## ■ DIFFICULTY

Easy, but with slopes.

## ■ DURATION

1.5 hours.

## ■ SERVICES

In San Miguel de Rosende.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

## ■ ACCESS BY BIKE

Suitable.

## ■ ACCESS ON HORSEBACK

Suitable.

## Plus...

The exceptional quality of the wine and the profuse growth of flowers and ornamental plants in this area are the result of its special microclimate.

Thus, Rías Bajas are northern Spain's coastal area with the largest amount of daylight hours, with warm but not suffocating summers, with scarce summer rains and slight temperature differences between day and night.

But Galicia does not have just one climate. Because of its geographical location, amongst Atlantic, continental, subtropical and polar influences, and due to its quite complex orography, there are several microclimates in all four provinces



## CARTOGRAPHY I.G.N. 1:25.000

Nº 299-I Tomiño.



## FOR FURTHER INFORMATION PLEASE CONTACT

### O Rosal Town Hall

Praza do Calvario, 1. 36770 O Rosal

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### Galician Mountaineering Association

(see page 146)

# PR-G 95



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Sendeiro de “Os Carranos”



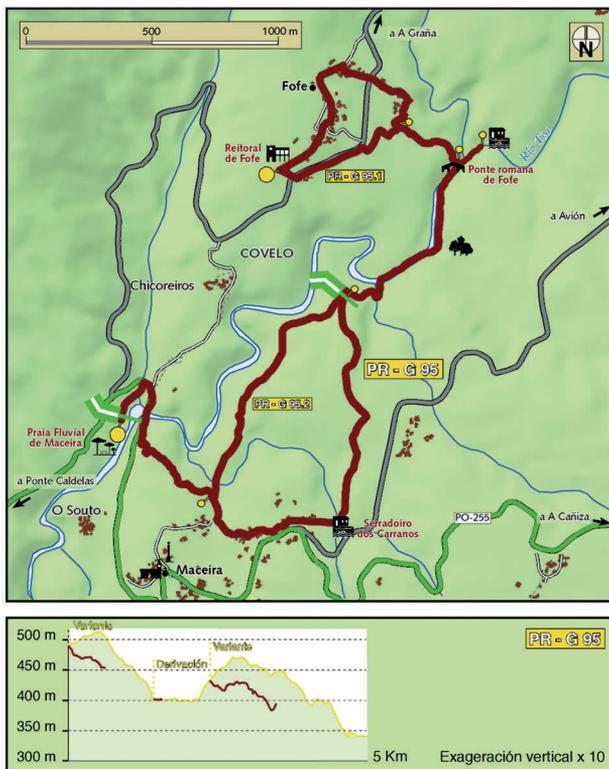
■ Roman bridge of Fofe. Río Tea

This route begins by the old rectory of Fofe, leading down to the Maceira river beach leisure area, and to the Os Carranos water mill. Along the way the riparian forests by the source of the Tea river, with their natural beauty, together with the stylized Roman bridge in Fofe, probably from the Medieval period, offer spectacular views of the river's pools from above.

The movement of the water wheel of the Os Carranos mill, built in 1922, can still be seen, moved by the water from the Vixiáns brook. The mill takes its name from the fact that in the old days carts (carros) were built there and it had a wood drying and storage area, as well as a small forge to manufacture the iron fittings for the cart wheels.



■ San Breixo Stream



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Rectoral de Fofe	42°16.877'N	008°20.633'W	29T	554100	4681300
Maceira River Beach	42°16.340'N	008°21.076'W	29T	553500	4680300



■ Rectoral de Fofe



■ Aserradero de "Os Carranos" ("Os Carranos" mill)

## ■ ACCESS

From road N-120 in Paraños exit towards Santiago de Covelo. Then continue to Maceira, and later to the Maceira river beach and then continue towards Fofe.

## ■ LENGTH

6,9 km (5 km for the main route and 0.2 for a way there and back deviation. Variants PR-G 95.1 and 95.2 have a distance of 0,6 and 1,1 km respectively).

## ■ DEPARTURE POINT / ARRIVAL POINT

Fofe Rectory / Maceira river beach.

## ■ ROUTE

Fofe Rectory, Fofe Roman bridge, Os Carranos mill, Trasfontán, Maceira river beach.

## ■ DIFFICULTY

Easy.

## ■ DURATION

2.5 hours.

## ■ MATERIAL

It is advisable to take waterproof hiking footwear.

## ■ SERVICES

En Fofe y en Maceira.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

## ■ ACCESS BY BIKE

Not suitable.

## ■ ACCESS ON HORSEBACK

Partially suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 224-II Melón.



**FOR FURTHER INFORMATION PLEASE CONTACT**  
**Covelo Town Hall**  
Praza Mestre Cerviño, 2.  
36872 Covelo  
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www.concellodecovelo.es  
**Galician Mountaineering Association**  
(see page 146)

## PR-G 98

# Canón do Sil - Santa Cristina



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

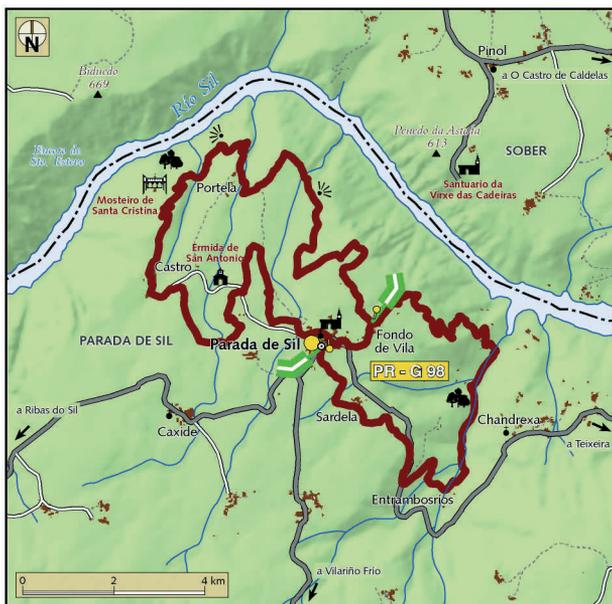


O Batán stream

This interesting route runs along cart trails and footpaths, in Parada de Sil, municipality of Ourense, along well cared for grapevines, century old chestnut groves, ancient oak forests and by the magnificent Sil Canyon and its beautiful viewpoints.

The ovens, wood drying areas and mills show the humanization of the still wild nature that preserves, like a small treasure, one of the historical marvels of this canyon: the unique Romanesque monastery of Santa Cristina de Ribas de Sil. The central location of the variant PR-G 98.1, between Parada de Sil and Fondo de Vila, enables us to cut the route short by half its length. Thus, a walk between the Praza do Barquilleiro, in the capital of the municipality, and the village of Fondodevila, is a shorter version of this pleasant route.

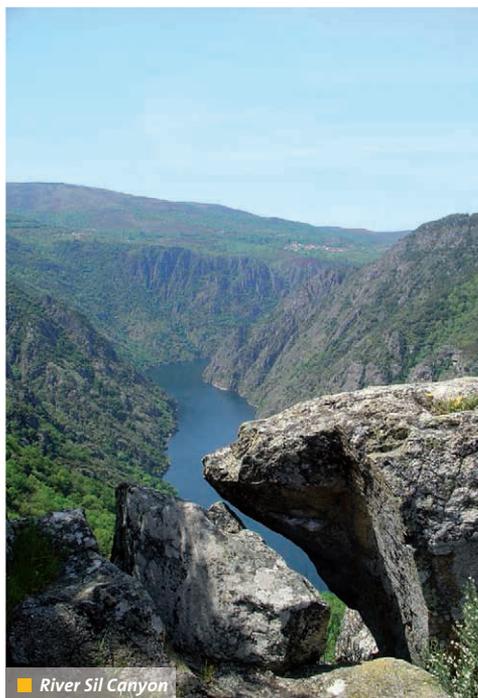
Most importantly, while we enjoy these lands above the Sil river, we must not miss the opportunity of tasting the gastronomy and the good wines of this peaceful region.



River Sil Canyon

## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Praza do Barquilleiro	42°23.023'N	007°34.026'W	29T	617960	4693460



■ River Sil Canyon



■ Santa Cristina de Ribas de Sil Monastery

### ■ ACCESS

From Ourense along OU-536 to Vilariño Frío. Then take OU-0604 to Parada de Sil.

### ■ LENGTH

18.7 Km. (18 km. Along the circular route and 700 metres along a variant).

### ■ DEPARTURE POINT / ARRIVAL POINT

Praza do Barquilleiro (Parada de Sil).

### ■ ROUTE

Parada de Sil, Sardela, Entrambosríos, San Vitoiro, Fondo de Vila, O Fental, As Fontiñas, Portela, A Galiña, Castro, Chamoso, Parada de Sil.

### ■ DIFFICULTY

Average.

### ■ DURATION

6 hours.

### ■ SERVICES

In Parada de Sil.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

Not suitable.

### ■ ACCESS ON HORSEBACK

Partially suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 188-IV Parada de Sil.



### FOR FURTHER INFORMATION PLEASE CONTACT

**Concello de Parada de Sil**  
Campo da Feira, 1. 32740 Parada de Sil  
Tel.: 988 208 010  
[www.paradadesil.com](http://www.paradadesil.com)  
**Clube de Montaña Ribeira Sacra**  
Parada de Sil, s/n. 32740 Parada de Sil  
[www.ribeirasacracm.org](http://www.ribeirasacracm.org)  
**Segatur S.L.**  
Apdo. 5430. 36200 Vigo  
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[www.segatur.com](http://www.segatur.com)  
**Galician Mountaineering Association**  
(see page 146)

# PR-G 99

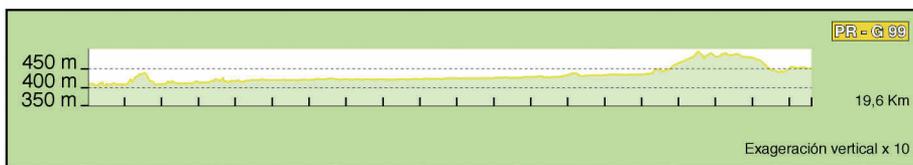
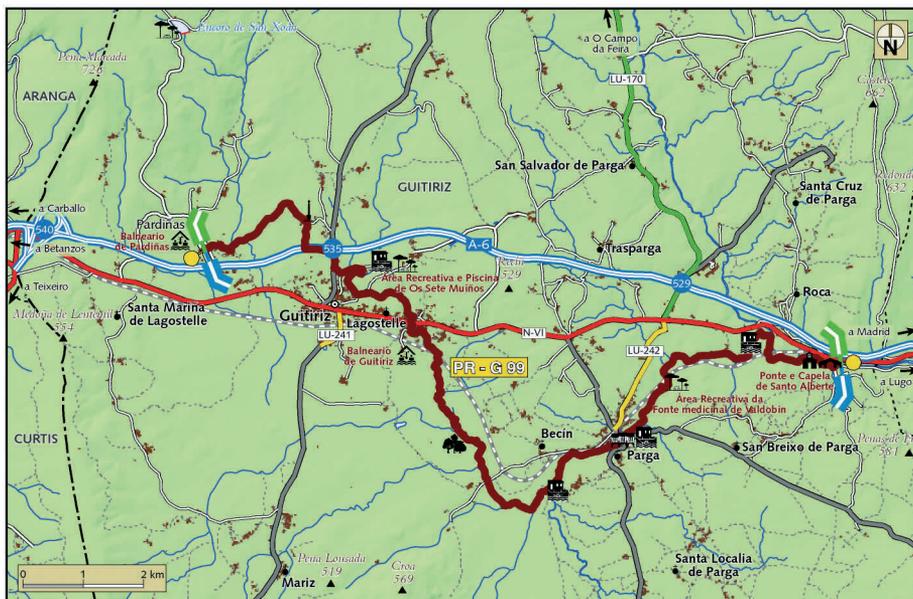
# Rota da Auga de Guitiriz

- Traditional architecture
- Ethnography
- Archaeological interest
- General interest
- Historical interest
- Natural interest**
- Landscape interest



The Guitiriz water route is a level route that, by the banks of the rivers Parga and Ladroil, travels along the green trail that goes from the Santo Alberte bridge to the Pardiñas oak grove.

The sites, the history and the buildings make it a highly recommendable route: the bridge of Santo Alberte, on the northern Way of St. James, the bridges of Pitero, Parga, Ferreira, Montemeã or Moeiro; a large number of mills, such as the restored ones of Parga and Ferreira; the leisure areas such that of Os Sete Muíños; the ancient Roman villa of Caranicum, the Parga Castle and Fair, the churches, chapels and the unusual Guitiriz mosque... But above all, this route connects the three most important medicinal springs: Valdobin, with its peaceful leisure area; San Xoán de Lagostelle, in the impressive Guitiriz Spa Hotel; and the quiet spring of Santo Domingo next to the Pardiñas oak grove.



## ■ GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Santo Alberte Bridge	43°10.395'N	007°47.494'W	29T	598225	4780850
Pardiñas	43°11.486'N	007°55.244'W	29T	587700	4782725



■ Saint Alberte Chapel

## Plus...

The Guitiriz Spa Hotel, opened at the beginning of the 19th century, was an important motor for the town's economy. During the Civil War it operated as a hospital for the "Moorish" troops, and a mosque was built near the hotel. Later, following the splendour of the 1950s, with the trend of sunbathing at the beach, spa hotels entered a period of decadence. Today, like many other Galician spa hotels, it is experiencing a rebirth with completely new facilities. Thus, Galicia has become the peninsula's main spa destination because of its wide variety and high quality springs and thermal facilities.



## ■ ACCESS

From A Coruña or Lugo along the A-6 exiting in Guitiriz, continuing along the N-VI to the starting points.

## ■ LENGTH

19,6 km.

## ■ DEPARTURE POINT / ARRIVAL POINT

Santo Alberte bridge / Pardiñas spa hotel.

## ■ ROUTE

Santo Alberte bridge and chapel, Fonte da Fala, Ponte Pitero, Fonte de Valdobin, A Pobra de Parga, A Ponte de Ferreira, A Ponte de Montemeá, A Ponte de Moeiro, Guitiriz Spa Hotel, A Ponte da Forxá, Recreation area and Os Sete Muiños swimming pool, O Pazo, Pardiñas.

## ■ DIFFICULTY

Easy.

## ■ DURATION

6.5 hours.

## ■ SERVICES

In Guitiriz, A Pobra de Parga and Pardiñas.

## ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

## ■ ACCESS BY BIKE

Fully suitable.

## ■ ACCESS ON HORSEBACK

Fully suitable.



## CARTOGRAPHY I.G.N. 1:25.000

Nº 46-IV Guitiriz, 47-III Baamonde, 71-II Dombrete and 72-I Parga.



## FOR FURTHER INFORMATION PLEASE CONTACT

### Guitiriz Town Hall

Rúa do Concello, 4.

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Tel.: 982 370 109 / Fax: 982 372 178

www.concellodeguitiriz.com

### Segatur S.L.

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e-mail: info@segatur.com

www.segatur.com

### Galician Mountaineering Association

(see page 146)

# PR-G100

# Sendeiro Natural Aciveiro-Candán

- Traditional architecture
- Ethnography
- Archaeological interest
- General interest**
- Historical interest
- Natural interest
- Landscape interest



Aciveiro Monastery

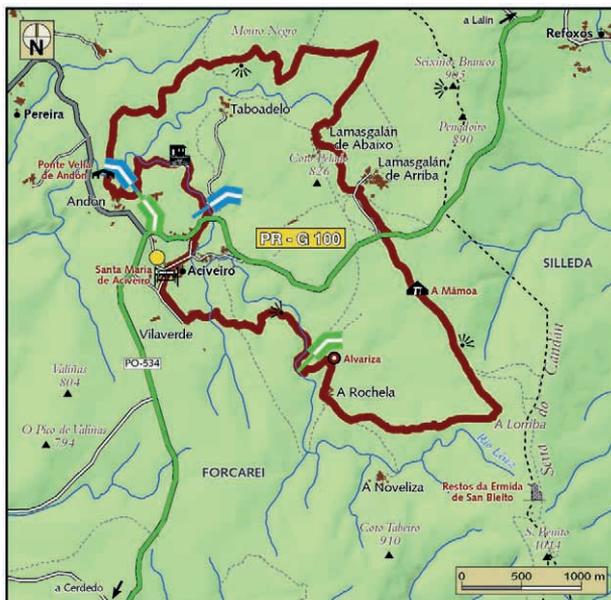
This is a 15 km circular route which begins and ends at the well known monastery of Aciveiro. Walking towards the village of Vilaverde, it crosses the Lérez river, very near its source, surrounded by numerous tree species, until it reaches A Rochela, an ancient apiary (alvariza) which is proof of the former presence of bears in these high mountain ranges of Pontevedra.

Then, among meadows, thickets, quagmires and small forests it rises along the gentle slopes of the Sierra de O Candán, a natural area that forms part of the European project Natura 2000. The route gently descends towards the village of Lamasgalán de Arriba where a primitive cart trail leads walkers to the village of Lamasgalán de Abaixo.

While enjoying the area's landscapes and humanized ecosystems, it leads us to the beautiful old bridge of Andón, and later along the banks of the Lérez river in search of the monastery. The houses, bridges, mills and stone crosses of Forcarei are samples of the renowned work carried out by the stonemasons from these lands.



Alvariza



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	ZONA UTM	X	Y
Aciveiro Monastery	42°37.146'N	008°18.051'W	29T	557340	4718840



Leite River

### Plus...

The monastery of Santa María a Real de Aciveiro was founded in the 12th century and was of great importance during the Middle Ages. The monastery was built in land that was taken up by a large forest of holly trees (*Ilex aquifolium*), and later became farmland which greatly modified the landscape. The place name Aciveiro comes from that holly forest and a large number of holly trees can still be found in the mountain range. Another outstanding element in these monastic lands is the old bridge of Andón (Ponte Vella de Andón) which connected the monastery with the Umia valley and with Santiago, and is attributed to abbot Gonzalo das Penas, who was later canonized as Saint Gonzalo

#### ACCESS

From Santiago and Ourense along AP-53/AG-53 or N-525 to Lalin; continue along PO-534 to Aciveiro. From Pontevedra along N-541 and in Cercedo take PO-534 to Aciveiro.

#### LENGTH

15 km.

#### DEPARTURE POINT / ARRIVAL POINT

Aciveiro monastery.

#### ROUTE

Aciveiro monastery, Vilaverde, A Rochela, A Lomba, Mámoa, Lamasgalán de Arriba, Lamasgalán de Abaixo, Mouro Negro, Ponte Vella de Andón, Andón, O Cotiño and Mosteiro.

#### DIFFICULTY

Low. Pay attention to the weather changes.

#### DURATION

4.5 hours.

#### CONNECTIONS

With PR-G 113.

#### MATERIAL

Due to mountain range's weather conditions it is advisable to take waterproof hiking footwear, as well as warm clothes.

#### SERVICES

In Forcarei.

#### R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	<b>1</b>	2	3	4	5
ITINERARY	1	<b>2</b>	3	4	5
TERRAIN	1	<b>2</b>	3	4	5
EFFORT	1	2	<b>3</b>	4	5

#### ACCESS BY BIKE

Partially suitable.

#### ACCESS ON HORSEBACK

Partially suitable.



CARTOGRAPHY I.G.N. 1:25.000  
Nº 153-II Forcarei.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Forcarei Town Hall

Praza da Igrexa, 1.  
36550 Forcarei  
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www.forcarei.net

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e-mail: info@segatur.com - www.segatur.com

##### Galician Mountaineering Association

(see page 146)

## PR-G101



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Roteiro Mariñán “Costa da Égoa”



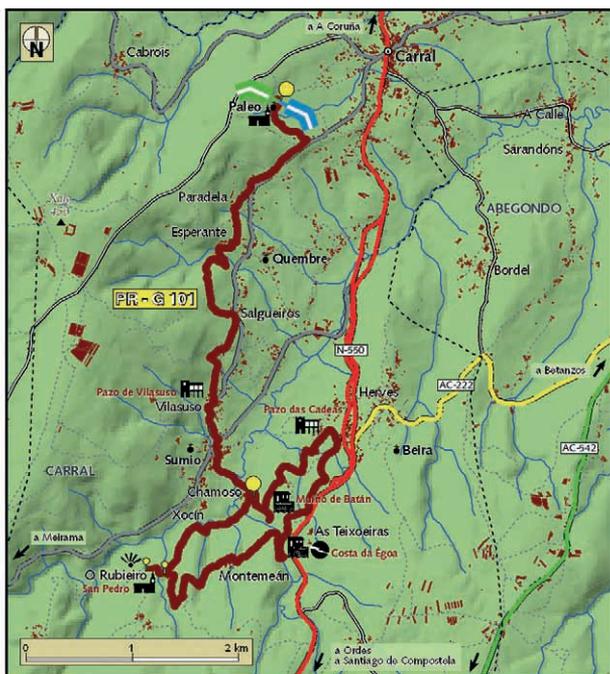
This route goes through the Barcia Valley along a highly recommended pathway for bikes (MTB) or on horseback.

The pathway is the union of two routes, the first linear and the second circular. The combination is a good opportunity to enjoy the Manor Houses, visit churches and the Costa da Égoa Eco-Museum with fourteen mills and a small hydroelectric power station.

The first section of the path starts from the Church of Santo Estevo de Paleo, with an original rococo altar-piece, and continues past Monte Xalo, along the old Pilgrims' Road to Santiago, coming to the rural town of Chamoso. We could highlight the Manor Houses of Esperante and Vilasuso; when you have passed the latter you can choose to continue along the pathway or to come back to the starting point.

The second stretch is a circular route that starts from Chamoso, from where you can choose between heading east towards Batán or west towards O Rubieiro. If you go for the second alternative, the landscape is truly beautiful and can be admired from the viewpoint of O Rubieiro. After crossing Monteamán we then come to the hydroelectric power station of Costa da Égoa, fed by the River Abelleira.

In Herves lies the Manor House of Cadeas, dating from the sixteenth century, and before returning to Chamoso we can visit the Muíño de Batán (fulling mill).



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Iglesia Santo Estevo de Paleo	43°13.547'N	008°22.016'W	29T	551414	4786170
Chamoso	43°11.569'N	008°22.229'W	29T	551153	4782506



■ Vilasuso Manor House



■ Cadeas Manor House

### ■ ACCESS

Carral lies on the N-550 road between A Coruña and Ordes. In the middle of the town follow the signs for Rúa de Paleo on the AC-2105 road until you come to the church of Santo Estevo del Paleo, where there is a panel marking the beginning of the route.

### ■ LENGTH

13 Km. (The main route is 12,5 km and the diversion 500 m).

### ■ DEPARTURE POINT / ARRIVAL POINT

Church of Santo Estevo de Paleo / Chamoso (Municipality of Carral).

### ■ ROUTE

Church of Santo Estevo de Paleo, Paradela, Esperante Manor House, Salgueiros, Vilasuso Manor House, Chamoso, Church of San Pedro de Rubieiro, Montemeán, Costa da Égoa, Herves, Cadeas Manor House, Muíño de Batán fulling mill, Chamoso.

### ■ DIFFICULTY

Medium.

### ■ DURATION

3 hours 30 minutes.

### ■ SERVICES

In Chamoso.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	<b>1</b>	2	3	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	<b>2</b>	3	4	5
EFFORT	_____	1	2	<b>3</b>	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY IGN 1:25.000**

Nº 45-III Cerceda.



**FOR FURTHER INFORMATION PLEASE CONTACT**

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15175 Carral

Tel: +34 981 672 580 / Fax: +34 981 672 581

e-mail: contacto@concellocarral.com

www.concellocarral.com

**Galician Mountaineering Association**

(see page 146)

## PR-G102



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

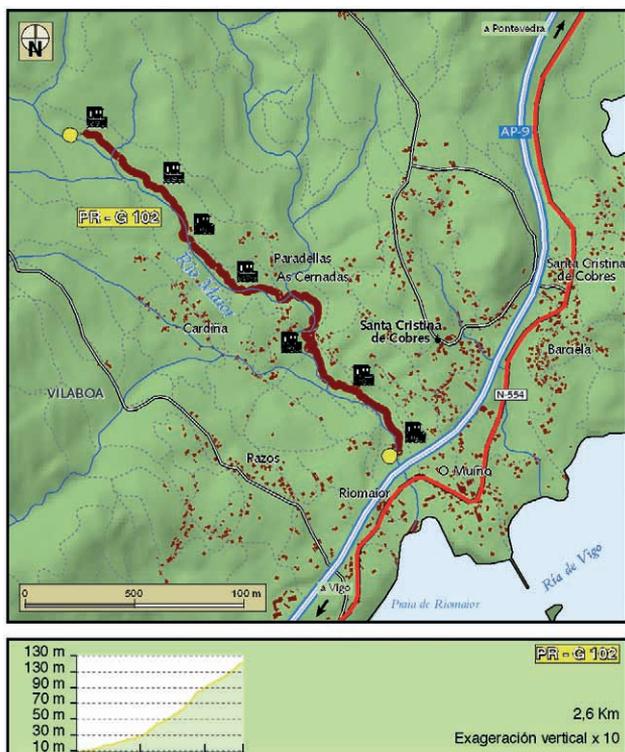
## Sendeiro dos Muíños de Riomaior



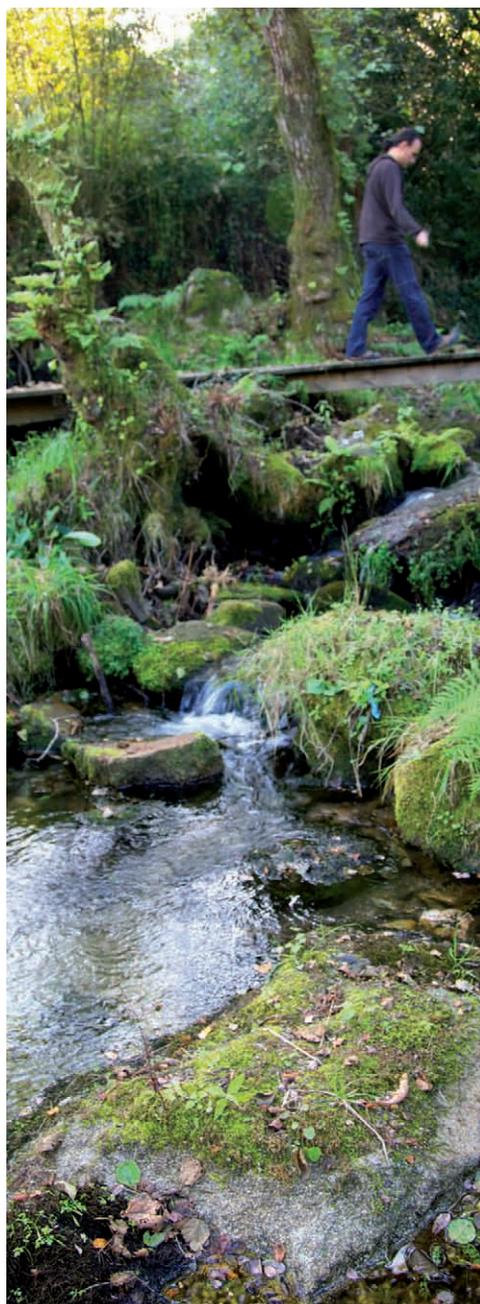
This trail is located on the boundary between the parishes of Santa Cristina and Santo Adrán de Cobres. We begin our journey in the vicinity of the Riomaior Cultural Centre, where we find the sign identifying this pathway.

There are 34 mills altogether on the banks of the River Maior, mostly restored, which in the past ground grains such as oats, rye and especially corn. A little pathway by the river takes us from one mill to another; the most technical and complex zones are well-endowed with walkways, bridges and wooden steps.

The route comes to an end at the mill known as Muíño de Miguel Lois. At this point, and given the shortness of the walk, we recommend returning to the starting point along the same pathway.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Casa Cultura de Riomaior	42°19.509'N	008°39.279'W	29T	528456	4686020
Muiño de Miguel Lois	42°20.309'N	008°40.313'W	29T	527031	4687495



#### ■ ACCESS

Turn off the N-554 down the PO-0101 to Vilaboa. Take the paved track on the right to the Riomaior Cultural Centre.

#### ■ LENGTH

2.6 km (one way).

#### ■ DEPARTURE POINT / ARRIVAL POINT

Riomaior Cultural Centre / Muiño de Miguel Lois. (Municipality of Vilaboa).

#### ■ ROUTE

Riomaior Cultural Centre, mills 1 to 33, Muiño de Miguel Lois.

#### ■ DIFFICULTY

Low.

#### ■ DURATION

1 hour 15 minutes.

#### ■ SERVICES

In Larache, Vilaboa and Cobres.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	<b>1</b>	2	3	4	5
ITINERARY	<b>1</b>	2	3	4	5
TERRAIN	1	<b>2</b>	3	4	5
EFFORT	1	<b>2</b>	3	4	5

#### ■ ACCESS BY BIKE

Not suitable.

#### ■ ACCESS ON HORSEBACK

Not suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

Nos. 185-IV Soutomaior and 223-II Redondela.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Concello de Vilaboa

Toural, s/n.  
36141 Vilaboa  
Tel: 986 708 215 - 986 708 252  
Fax: 986 708 387  
e-mail: info@vilaboa.org  
www.vilaboa.org

##### Rural Development Association Proder II-Comarca de Pontevedra

Rúa Santa Clara, 4 - 2°.  
36002 Pontevedra  
Tel.: +34 986 108 144 / Fax: +34 986 108 009  
e-mail: adrproderpontevedra@mundo-r.com  
www.adrproderpontevedra.org

## PR-G103

# Sendeiro dos Petroglifos de Cobres



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



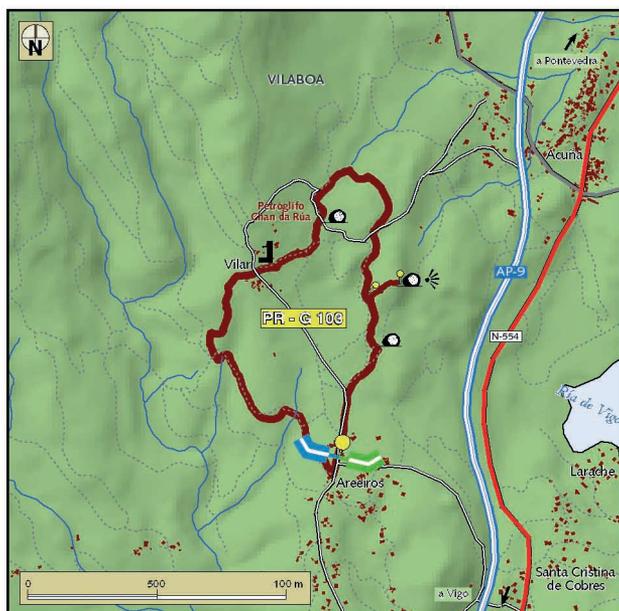
Landscape interest



This circular route starts in the parish of Santa Cristina de Cobres, in the country village called Areeiros. Behind the rural tourism house known as “Os Areeiros” we begin the route along a forest track that runs next to some farms and gradually moves into a wooded area where the first signs of the petroglyphs come to light, on both sides of the road.

After these initial findings, we recommend taking the diversion to the Acuña Viewpoint, from where we can contemplate a spectacular view over the Vigo Estuary.

After coming back to the main route, about 900 m further on the pathway separates from the forest track and goes up another one until we come to the village of Vilar. After crossing this little core of houses, we come to a small hill where you will find various petroglyphs. From here the trail goes back down to the rural tourism house.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Areeiros	42°20.155'N	008°39.324'W	29T	528389	4687131



■ Petroglyphs of Chan da Rúa

#### ■ ACCESS

On the N-550 from Pontevedra to Redondela, turn onto the N-554 in Vilaboa, and once in Cobres take the turnoff to Areeiros.

#### ■ LENGTH

3.32 km. (The main route is 2.936 km and the diversion 384 m).

#### ■ DEPARTURE POINT / ARRIVAL POINT

Areeiros (Municipality of Vilaboa).

#### ■ ROUTE

Casa Rural de Os Areeiros, Vilar, Chan da Rúa, Calverte y Casa Rural de Os Areeiros.

#### ■ DIFFICULTY

Low.

#### ■ DURATION

1 hour.

#### ■ SERVICES

Rural tourism accommodation in Areeiros. Off the route, in Vilaboa and Cobres.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	<b>1</b>	2	3	4	5
ITINERARY	1	<b>2</b>	3	4	5
TERRAIN	<b>1</b>	2	3	4	5
EFFORT	1	<b>2</b>	3	4	5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

No. 185-IV Soutomaioir.



#### FOR FURTHER INFORMATION

##### PLEASE CONTACT

##### Vilaboa Town Council

Toural, s/n. 36141 Vilaboa

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[www.vilaboa.org](http://www.vilaboa.org)

##### Rural Development Association

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[www.adrproderpontevedra.org](http://www.adrproderpontevedra.org)

## PR-G105



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Sendeiro dos Muíños de Barosa



This pathway is located in the enclave known as the “River Barosa Nature Park”, an essential resting spot on the Portuguese Road to Compostela, as it passes through the municipality of Barro.

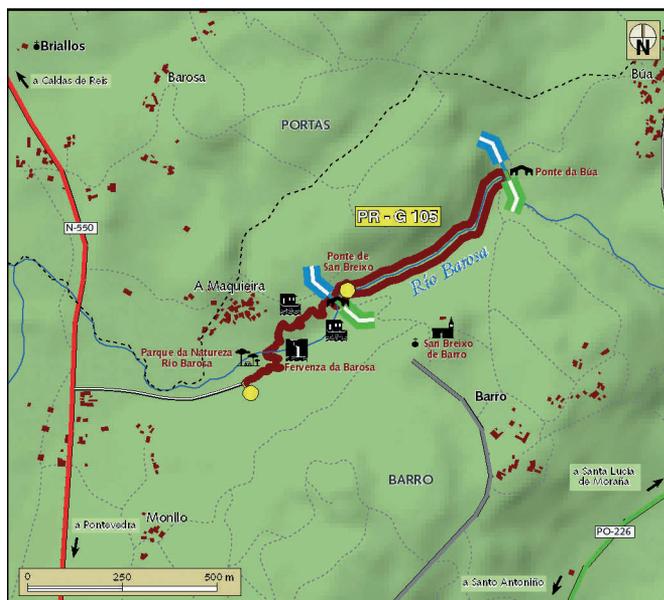
The topography in this park is unique, as the River Barosa cascades through, giving form to the Fervenza da Barosa (waterfall), at a height of thirty metres. Together with this cascade seventeen mills were built, the Upper and Lower Mills, forming a hydraulic complex of great interest.

The first section of the trail runs from the Lower Mills to the bridge of San Breixo, where you can leave the main route and visit the seventeenth-century church of the same name, from where there is a marvellous view over the valley.

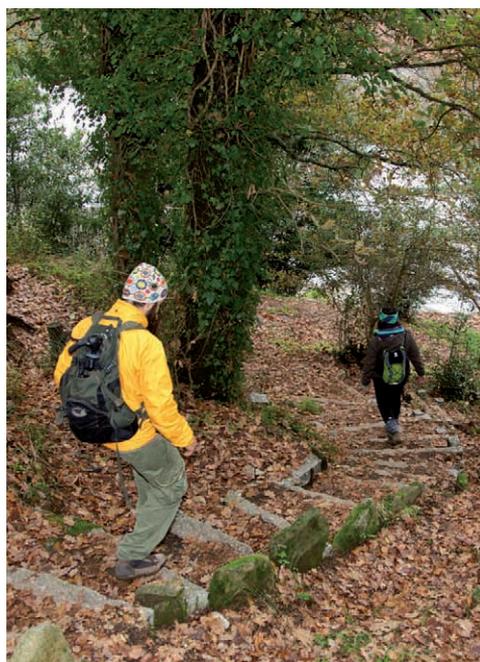
Following the PR-G 105 we come across more mills, some of which are very well preserved.

On the second stretch lies a recreation area with a typical tavern, where a circular path begins across the bridge of A Búa and comes back along the right hand side of the river to the bridge of San Breixo, where the end of the route is marked.

From here you can do the first stretch of the route the other way and come back to the car park.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
River Barosa Nature Park car park	42°33.298'N	008°37.924'W	29T	530204	4711462
San Breixo bridge	42°33.421'N	008°37.776'W	29T	530411	4711686



#### ■ ACCESS

On the N-550 from Pontevedra to Caldas de Reis, in the town of Barro we will find the board that signposts River Barosa Nature Park.

#### ■ LENGTH

2,1 km.

#### ■ DEPARTURE POINT / ARRIVAL POINT

Parking area at the River Barosa Nature Park / San Breixo Bridge (Municipality of Barro).

#### ■ ROUTE

River Barosa Nature Park car park, Ferverza da Barosa (waterfall), Lower Mills, Bridge of San Breixo, Upper Mills, A Búa Bridge, Bridge of San Breixo.

#### ■ DIFFICULTY

Low.

#### ■ DURATION

1 hour.

#### ■ SERVICES

In two taverns along the route.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT \_\_\_\_\_ 1 2 3 4 5  
 ITINERARY \_\_\_\_\_ 1 2 3 4 5  
 TERRAIN \_\_\_\_\_ 1 2 3 4 5  
 EFFORT \_\_\_\_\_ 1 2 3 4 5

#### ■ ACCESS BY BIKE

Partially suitable.

#### ■ ACCESS ON HORSEBACK

Partially suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
 No. 152-IV Campo Lameiro.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### **Concello de Barro**

San Antoniño, 8. Perdecanaí. 36194 Barro  
 Tel.: 986 711 002/ Fax: 986 711 001  
 e-mail: barro@concellos.depontevedra.es  
 www.barro.es

##### **Asociación de Desenvolvemento Rural Proder II-Comarca de Pontevedra**

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 www.adrproderpontevedra.org

## PR-G107

# Sendeiro de Pedra Miranda



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest

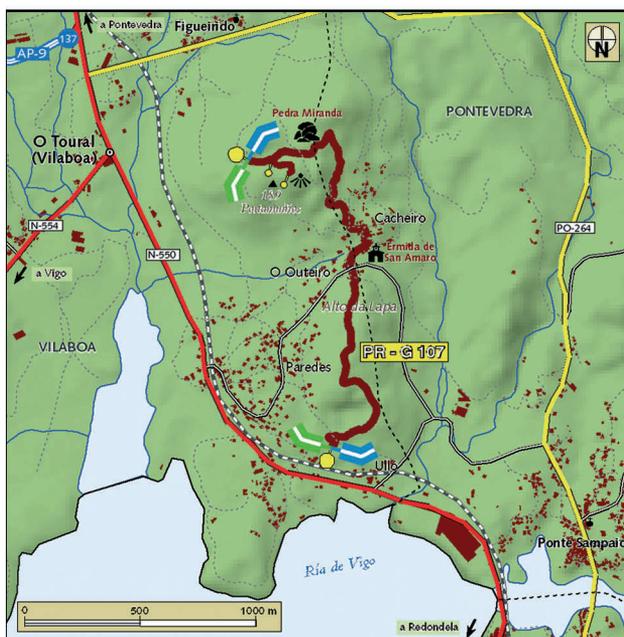


Landscape interest



At the start of this route we come across a lagoon in the former quarry of A Lapa. From here head upwards past the old quarry and after passing a water tank, we follow a path bordered by tall pine trees, and come to Alto da Lapa.

We continue to go upwards, leaving behind the chapel of San Amaro in Cacheiro, reaching the highest point of the route, which is easily identifiable by the rock formation shaped like a cave, known as Pedra Miranda. At the end of the route is a natural viewpoint from where you can admire the bays of San Simón and Rande.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Lapa quarry	42°21.163'N	008°37.136'W	29T	531386	4689092
Paredes road end	42°21.831'N	008°37.391'W	29T	531031	4690327



■ Pedra Miranda

#### ■ ACCESS

On the N-550 from Pontevedra to Arcade, at kilometer 132 there is a sign indicating the route.

#### ■ LENGTH

2,45 km. (The main route is 2.3 km and the diversion 150m).

#### ■ STARTING POINT / FINISHING POINT

Car park before the quarry of A Lapa / End of the Paredes road 300m from Pedra Miranda.

#### ■ ROUTE

A Lapa quarry, Alto da Lapa, Chapel of San Amaro, Pedro Miranda.

#### ■ DIFFICULTY

Low.

#### ■ DURATION

40 minutes.

#### ■ SERVICES

In Cacheiro.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT \_\_\_\_\_ **1** 2 3 4 5

ITINERARY \_\_\_\_\_ **1** 2 3 4 5

TERRAIN \_\_\_\_\_ **1** 2 3 4 5

EFFORT \_\_\_\_\_ **1** 2 3 4 5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**

No.185-IV Soutomaior.



**FOR FURTHER INFORMATION PLEASE CONTACT**

**Vilaboa Town Council**

Toural, s/n. 36141 Vilaboa

Tel: 986 708 215 - 986 708 252

Fax: 986 708 387

e-mail: info@vilaboa.org

www.vilaboa.org

**Rural Development Association**

**Proder II-Comarca de Pontevedra**

Rúa Santa Clara, 4 - 2º.

36002 Pontevedra

Tel: 986 108 144 / Fax: 986 108 009

e-mail: adrproderpontevedra@mundo-r.com

www.adrproderpontevedra.org

## PR-G109



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Ruta das Almiñas e do Foxo do Lobo

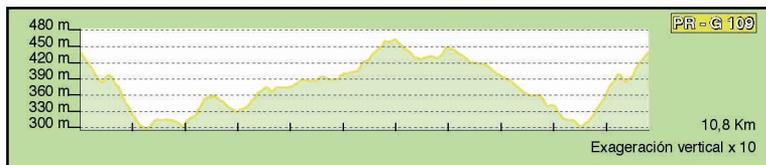
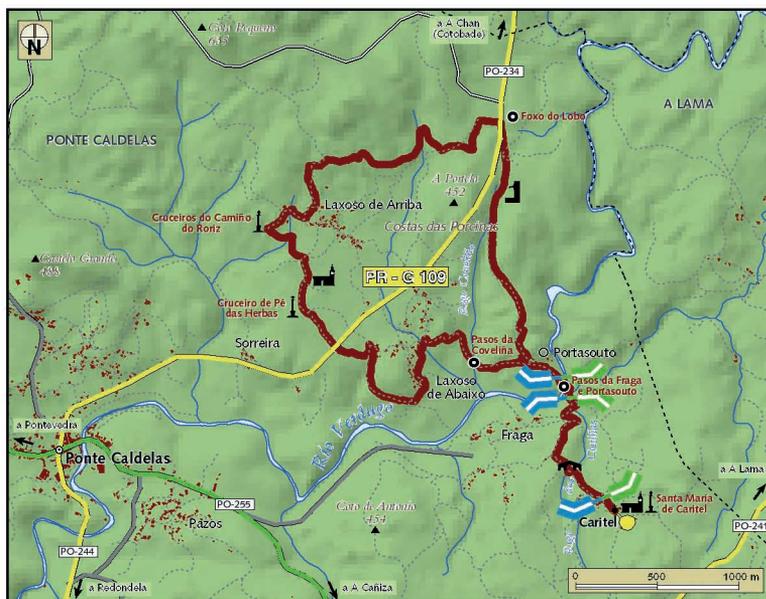


On leaving the church of Caritel, where we can see the Stone Cross of Coto, we come to an ancient cobbled path in the shade, known as the Fraga de Abaixo (Lower Forest), which comes to an end at the River Verdugo.

To cross the river and continue the route, walkers have to summon all their skills and get over the so-called “Fraga stepping stones” and “Portasouto stepping stones” over Costiñas brook and the River Verdugo respectively. After crossing the “Coveliña stepping stones” and the village of Laxoso de Abaixo, we head for Laxoso de Arriba until we come to the stone crosses of Pé das Herbas and Camiño do Roriz.

The route continues towards the village of Porcinas until we come to a forest trail between walls that leads us to the Foxo do Lobo. At this point we can choose between leaving the original trail and visiting this unique building from where wolves were once hunted to death.

We then cross the road from Ponte Caldelas to Aguasantas and go down a pathway between stone walls, which takes us to the brook of Coveliña. We can then find the way back to the church in Caritel.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Caritel church	42°23.153'N	008°27.640'W	29T	544395	4692762



■ Caritel Church

### ■ ACCESS

When you come to Ponte Caldelas on the PO-532 from here to the city of Pontevedra, take the PO-255 towards Caritel and follow the signs to the church.

### ■ LENGTH

10,82 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

Caritel church (Municipality of Ponte Caldelas).

### ■ ROUTE

Caritel Church, Fraga and Portasoutos stepping stones, Coveliña stepping stones, Laxoso de Abaixo and Arriba, Foxo do Lobo, Porcinas, Caritel Church.

### ■ DIFFICULTY

Medium.

### ■ DURATION

3 hours 20 minutes.

### ■ MATERIAL

Waterproof footwear and walking sticks are recommended for crossing wet or muddy areas.

### ■ SERVICES

Off the route, in Ponte Caldelas.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	<b>1</b>	2	3	4	5
ITINERARY	<b>1</b>	2	3	4	5
TERRAIN	1	<b>2</b>	3	4	5
EFFORT	1	2	<b>3</b>	4	5

### ■ ACCESS BY BIKE

Partially suitable.

### ■ ACCESS ON HORSEBACK

Partially suitable.



### CARTOGRAPHY I.G.N. 1:25.000

No. 186-III Ponte Caldelas.



### FOR FURTHER INFORMATION PLEASE CONTACT

#### Ponte Candelas Town Council

Avenida de Galicia,17.  
36820 Ponte Caldelas.  
Tel.: 986 750 001 / Fax: 986 750 020  
e-mail: omix@pontecaldelas.org  
www.pontecaldelas.net  
www.pontecaldelas.org

#### Rural Development Association Proder II-Comarca de Pontevedra

Rúa Santa Clara, 4 - 2º.  
36002 Pontevedra  
Tel.: 986 108 144 / Fax: 986 108 009  
e-mail: adrproderpontevedra@mundo-r.com  
www.adrproderpontevedra.org

## PR-G 112



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

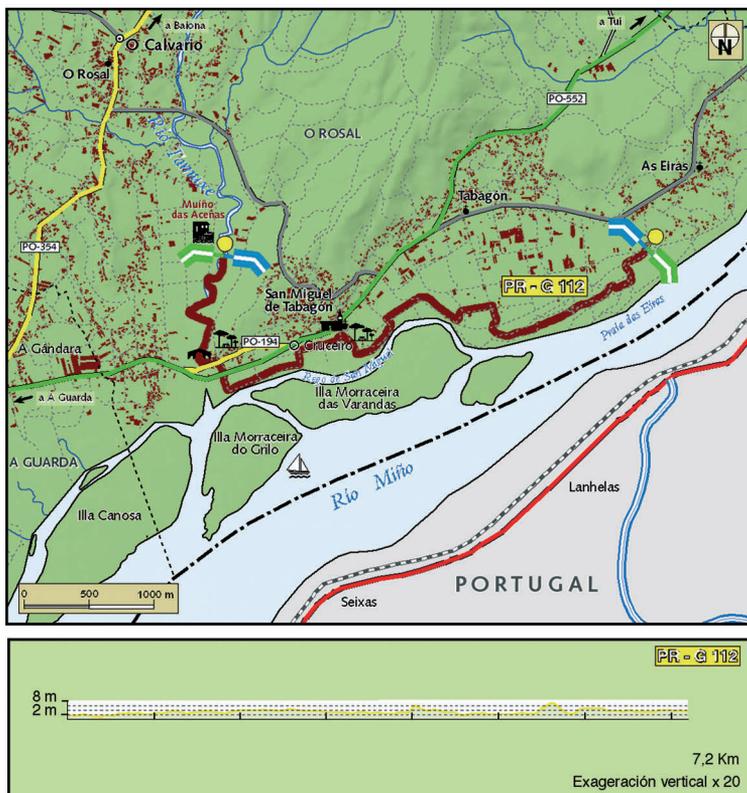
## Sendeiro de Pescadores Río Miño-Tamuxe



From Eiras Beach the pathway leads to the River Tamuxe Recreational Area, where we can contemplate the ruins of a large steam sawmill and the Aceñas Mill.

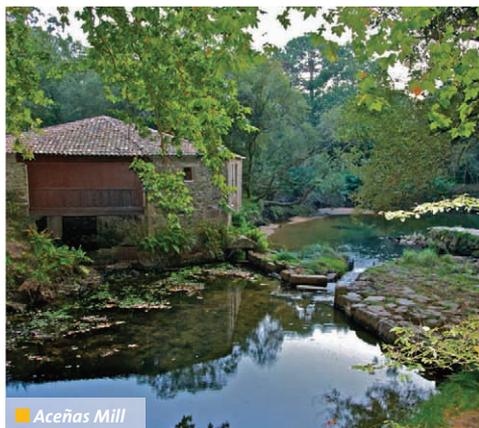
This enclave belongs to the Natura 2000 network and consists of a natural ecosystem of great beauty and interest made up of riverside forests, reeds, rushes and pine trees, with a great variety of birds that make this habitat an ornithological setting of great interest.

Large sandy beaches and wonderful views of the River Miño estuary accompany us on the route, which is suitable for the whole family. If you feel like some sport, we would recommend renting a kayak in the area of As Eiras and visiting the little islands halfway over to the Portuguese side, and then sailing up the River Tamuxe.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Eiras Beach	41°55.389'N	008°47.164'W	29T	517738	4641266
Aceñas Mill	41°55.354'N	008°49.534'W	29T	514464	4641193



■ Aceñas Mill



■ Morraiceira das Varandas island in the River Miño

### Plus...

The Rio Miño is the father of all Galician rivers. From its birth in Lugo, in the Sierra de Meira, until it empties into the Atlantic Ocean between A Guarda and Caminha (Portugal), it flows for 308 kilometers. On its way it flows through various reservoirs such as Belesar, Peares, Velle, Castrelo de Miño and Frieira.

Large numbers of seabirds winter in its final stretch, such as the tufted duck (*Aythya*), the common plover (*Pluvialis apricaria*) and the lapwing (*Vanellus vanellus*). There is also a great variety of fish, among which we could highlight the sea lamprey, traditionally caught in these waters.

#### ■ ACCESS

Take the PO-552 from A Guarda to Tui, until you come to the crossroads with the PO-3303 towards Eiras Beach, in the municipality of O Rosal.

#### ■ LENGTH

7,2 km.

#### ■ DEPARTURE POINT / ARRIVAL POINT

Eiras Beach / Aceñas Mill  
(Municipality of O Rosal).

#### ■ ROUTE

Eiras Beach, Eiras recreational area, O Cruceiro, Rego de San Miguel, Porto Vello recreational area, Aceñas Mill.

#### ■ DIFFICULTY

Low.

#### ■ DURATION

1 hour 50 minutes.

#### ■ MATERIAL

Binoculars for birdwatching.

#### ■ SERVICES

On Eiras Beach and in O Cruceiro.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

No. 299-I Tomiño and 299-III Salcidos.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Town Council of O Rosal

Praza do Calvario, 1.  
36770 O Rosal  
Tel.: 986 625 000 / Fax: 986 626 034  
[www.concellodorosal.es](http://www.concellodorosal.es)  
[www.orosal.es](http://www.orosal.es)

**Galician Mountaineering Association**  
(see page146)

# PR-G 113

# Ruta das Pontes do Lérez

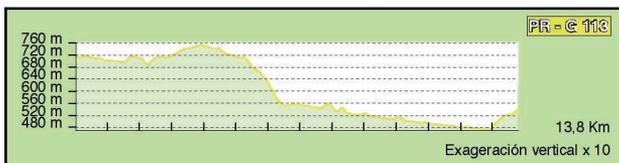
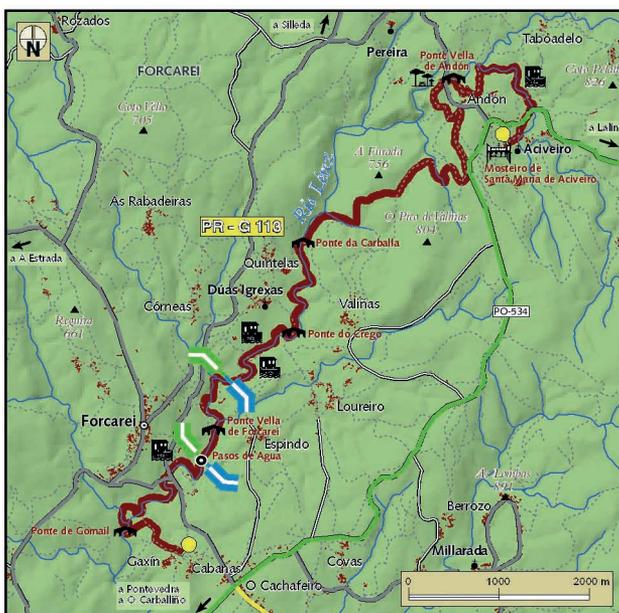
- Traditional architecture
- Ethnography
- Archaeological interest
- General interest
- Historical interest
- Natural interest
- Landscape interest



The medieval Cistercian monastery of Santa Maria de Aciveiro marks the beginning of this fishermen’s pathway along the River Lérez to the village of Gaxin. Today the church is used for parish worship while the monastery has been restored and converted into a 3-star hotel/monument.

After visiting the monastery, the road goes down to the river that takes us to the medieval bridge of Andón. Up to this point the pathway shares the same route as PR-G 100. The route then leaves the river for a while to go up Pico Valiñas - thick vegetation accompanies hikers to Carballo Bridge, where we rejoin the River Lérez.

From this point, walking through a thick riverside forest, the trail goes from one side to the other crossing the bridges of Crego, Maril, the Old and New Bridges of Forcarei and the medieval bridge of Gomail, where we leave this beautiful river behind us and walk up to the village of Gaxin.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Aciveiro Monastery	42°37.160'N	008°18.009'W	29T	557397	4718866
Gaxín	42°34.691'N	008°20.673'W	29T	553792	4714267



#### ■ ACCESS

On the N-541 from Pontevedra to O Carballiño, turn off in Folgoso down the N-534 until we come across the sign for the Monastery of Aciveiro.

#### ■ LENGTH

13,8 km.

#### ■ DEPARTURE POINT / ARRIVAL POINT

Aciveiro Monastery / Gaxín (Municipality of Forcarei).

#### ■ ROUTE

Aciveiro Monastery, Old Bridge of Andón, Carballa Bridge, Crego Bridge, Maril Bridge, the Old Bridge of Forcarei, the New Bridge of Forcarei, Gomail Bridge, Gaxín.

#### ■ DIFFICULTY

Medium.

#### ■ DURATION

4 hours 30 minutes.

#### ■ CONNECTIONS

PR-G 100.

#### ■ SERVICES

At Aciveiro Monastery.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ■ ACCESS BY BIKE

Partially suitable.

#### ■ ACCESS ON HORSEBACK

Partially suitable.

#### ■ RECOMMENDATION

In case of heavy rains, find out about the river flow before starting the route as flooding is possible on some stretches.



#### CARTOGRAPHY I.G.N. 1:25.000

No. 153-II Forcarei and 153-IV Soutelo de Montes.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Town Council of Forcarei

Praza da Igrexa, 1.  
36550 Forcarei  
Tel: 986 755 036  
e-mail: concello.forcarei@forcarei.net  
www.forcarei.net

**Galician Mountaineering Association**  
(see page 146)

## PR-G 114

Traditional architecture

Ethnography

Archaeological interest

General interest

Historical interest

Natural interest

Landscape interest

## Sendeiro Laxe - Traba



Laxe from Santa Rosa Chapel

The sea is the star of this route, which could be defined as a very beautiful trip along the coast of Laxe, Soesto and Traba.

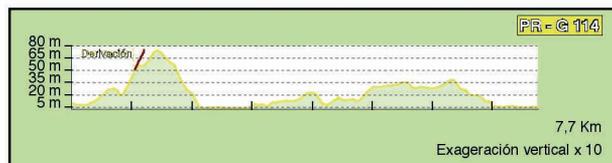
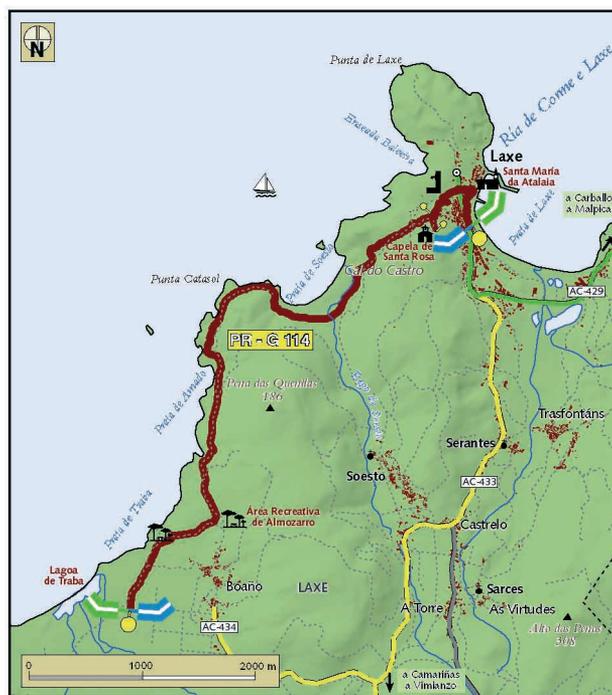
We start from the promenade, sharing the first five hundred metres with the PR-G 70 which ends in Punta Insua. After passing the last houses in the village and the Fonte de Arriba, we recommend going up to enjoy the magnificent views from the chapel of Santa Rosa.

From here, we continue along a restored pathway bordered with wood that goes to the Alto de Cal do Castro, from where it is possible to climb the Peñón do Castro to see this stretch of the Costa da Morte (Death Coast).

The next stop is Soesto beach, much frequented by surfers and also by people who come to spend the day there. Our route, after crossing the bridge over the Soesto stream, follows the wood-floored path to Punta Catasol, where you can see, in the granite, the ruts left by carts which formerly collected seaweed to fertilise the fields.

When we reach the small beach of Arnado, we come to a wide path coming from Boaoño. We take the path in this direction until we come to the recreation area of Campo de Almozarro, which is very close to the first dunes of Traba beach.

The final stretch runs through the beach dunes, between the road and the creek of Rego do Vao, crossing over a stone bridge and finally coming to Traba Lagoon, where the route comes to an end.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Laxe promenade	43°13.254'N	009°00.221'W	29T	499701	4785432
Traba lagoon	43°11.373'N	009°02.475'W	29T	496649	4781951



■ Santa Rosa Chapel

### ■ ACCESS

Laxe lies in the Corme and Laxe Estuary, on the legendary Costa da Morte (Death Coast).

### ■ LENGTH

8 km. (The main route is 7,760 km and the diversion 240 metres).

### ■ DEPARTURE POINT / ARRIVAL POINT

Promenade / Traba Lagoon (Municipality of Laxe).

### ■ ROUTE

Laxe, Santa María da Atalaia Church, Santa Rosa Chapel, Cal do Castro, Soesto Beach, Arnado Beach, Campo do Almozarro, Traba Beach, Traba Lagoon.

### ■ DIFFICULTY

Low.

### ■ DURATION

3 hours 30 minutes.

### ■ MATERIAL

Binoculars for bird watching in Traba Lagoon.

### ■ CONNECTIONS

PR-G 70.

### ■ SERVICES

In Laxe.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
N°43-III Camelle and 43-IV Laxe.



### FOR FURTHER INFORMATION PLEASE CONTACT

#### Laxe Town Council

Avda. Cesáreo Pondal, 26.  
15117 Laxe  
Tel: 981 706 903 / Fax: 981 728 025  
e-mail: info@concellodelaxe.com  
www.concellodelaxe.com

**Galician Mountaineering Association**  
(see page 146)

## PR-G 115

## Ruta do Adro Vello

Traditional architecture

Ethnography

Archaeological interest

General interest

Historical interest

Natural interest

Landscape interest



The greater part of the route is located within the “Ons - O Grove” Natural Area, part of the Natura 2000 network. We start the journey along the coast, enjoying beautiful beaches with crystal-clear waters and fine sand. Visiting the old salting factory known as Salgadeira de Barcela is an absolute must.

After leaving the coast, the landscape takes on the common characters of rural Galicia, where grasslands and agricultural areas accompany us down to the end of the road in As Rodeiras.

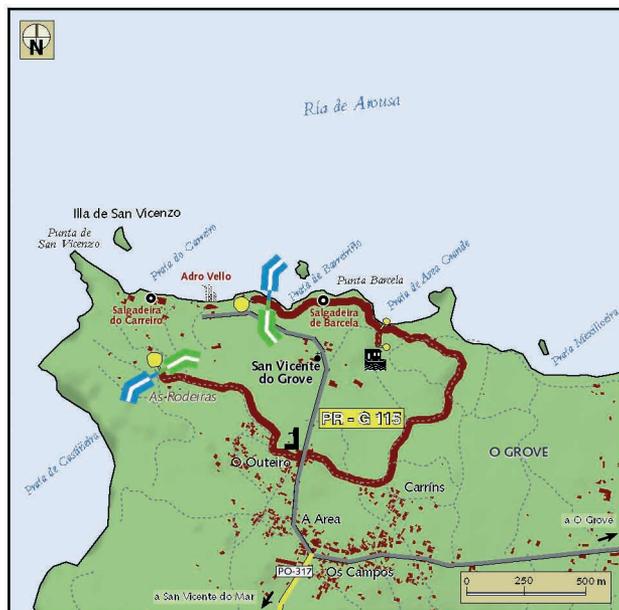
The route takes its name from the archaeological remains of the necropolis known as Adro Vello, located on the shore, next to O Carreiro beach. Throughout history it has housed a Roman villa, a salting factory and other settlements of ancient people.

Excavation work in recent years has brought to light tombs and traces of Roman walls, paving and the foundations of the early Visigothic church - in the 18th century, due to frequent raids by pirates and damage from rough seas, the church was moved to a safer place, where the present-day church of San Vicente stands.

The site is now fenced off and closed to the public.



Carreiro beach



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Barreiriño beach	42°28.746'N	008°55.641'W	29T	505972	4703060
As Rodeiras	42°28.575'N	008°55.922'W	29T	505587	4702742



■ Salting factories of Barcela

## Plus...

### Salgadeira (salting factories)

The Phoenicians brought with them the art of salting fish. After them, the Romans promoted this method of conservation with the transport of fish and seafood to the rest of the Empire.

From the late 18th century to the mid 1900's the salting factories marked out the economy in the Arousa Estuary, changing from a craftsmans' task into an industrial activity. Families from Catalonia started this economic activity in Galicia, locating their factories in sheltered coves with easy access for fishing boats..

The process lost momentum in the late 19th century, leaving the way open for a thriving industry in the region: fish canning.



■ Punta da Barcela

### ■ ACCESS

Take exit 119 from the AP-9 to O Grove on the AG-41. On coming to the peninsula of O Grove, take the PO-317 through San Vicente do Mar towards San Vicente do Grove. From here go down to the remains of Adro Vello, next to Carreiro beach.

### ■ LENGTH

3,1 km (main route is 3.03 km and the diversion 80m).

### ■ DEPARTURE POINT / ARRIVAL POINT

Barreiriño beach / As Rodeiras (Municipality of O Grove).

### ■ ROUTE

Barreiriño beach, Barcela salting factory, Barcela beach, Area Grande beach, Carrins, O Outeiro, As Rodeiras.

### ■ DIFFICULTY

Low.

### ■ DURATION

1 hour 15 minutes.

### ■ SERVICES

On the route but only in the summer.  
Off the route, in O Grove.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
N°184-II O Grove.



### FOR FURTHER INFORMATION PLEASE CONTACT

**O Grove Town Council**  
Plaza do Corgo, s/n. 36980 O Grove  
Tel.: 986 730 975 / Fax: 986 731 358  
e-mail: oftur@turismogrove.com  
www.turismogrove.com

**Galician Mountaineering Association**  
(see page 146)

## PR-G116

Traditional architecture

Ethnography

Archaeological interest

General interest

Historical interest

Natural interest

Landscape interest

## Ruta do Con Negro-Arte ao Natural

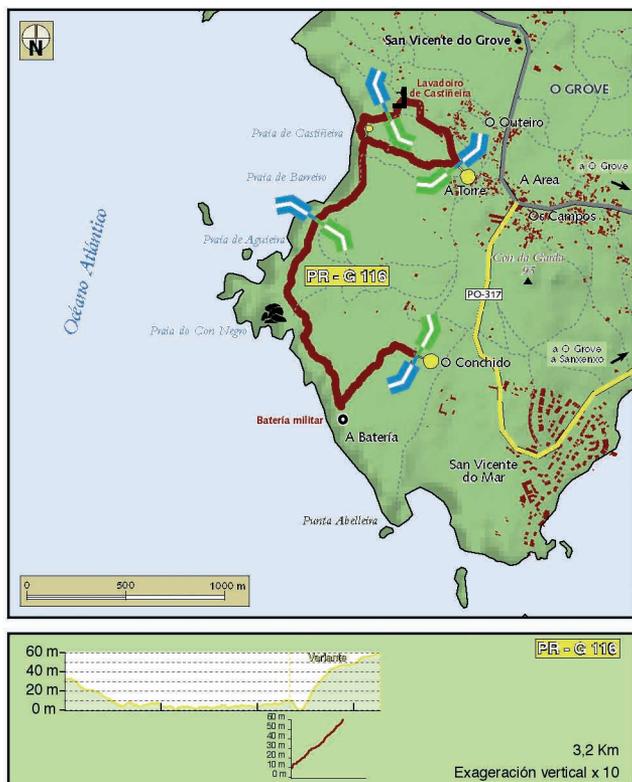


This pathway starts from the place known as O Conchido, where a military battery is located. It winds along the coast through one of the best preserved areas in the peninsula of O Grove, coming to an end near the tourist resort of San Vicente do Grove.

Along cart trails and pathways, crossing little-used wild beaches, we never lose sight of the sea. The whole route stands out thanks to the presence of monumental granite rocks that have been molded into different forms by the powerful wind erosion.

Along the route we can see a number of small beaches such as Con Negro, A Poza, Barreiro and Castiñeira.

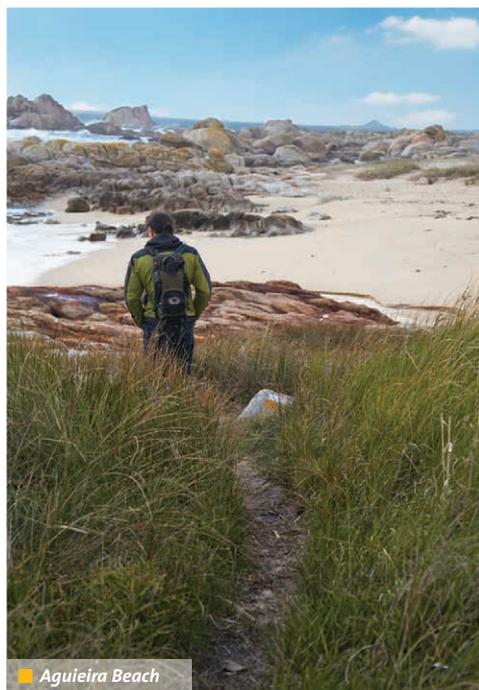
Nearing the end of the route, we come to Castiñeira public washing place, built by residents in the mid-twentieth century to take advantage of the fresh water there.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
O Conchido	42°27.706'N	008°55.848'W	29T	505689	4701134
A Torre	42°28.248'N	008°55.691'W	29T	505904	4702137



Views of the pathway with military batteries in the background



Aguieira Beach

#### ACCESS

Take exit 119 from the AP-9 to O Grove, along the AG-41. Continue towards VRG-4.1 and follow the signs to San Vicente do Grove. Go through the village and stay on the PO-9106 to the military training area known as A Bateria.

#### LENGTH

3,250 km (The optional extra is 550 m).

#### DEPARTURE POINT / ARRIVAL POINT

O Conchido / A Torre (Municipality of O Grove).

#### ROUTE

O Conchido (military battery), Con Negro beach, Agueira beach, Barreiro beach, Castiñeira beach, Os Couprins, A Torre.

#### DIFFICULTY

Low.

#### DURATION

1 hour 15 minutes.

#### SERVICES

Off the route, in O Grove.

#### R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ACCESS BY BIKE

Partially suitable.

#### ACCESS ON HORSEBACK

Partially suitable.



CARTOGRAPHY I.G.N. 1:25.000  
Nº 184-II O Grove.



#### FOR FURTHER INFORMATION PLEASE CONTACT

**O Grove Town Council**  
Praza do Corgo, s/n.  
36980 O Grove  
Tel.: 986 730 975 / Fax: 986 731 358  
e-mail: oftur@turismogrove.com  
www.turismogrove.com

**Galician Mountaineering Association**  
(see page 146)

# PR-G 117



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Ruta da Fraga aos Muíños



The route starts on the old forest path, via a very well-preserved track through farmland and woods. There are four traditional mills along the route, completely restored, with panels providing information about their heritage and ethnographical value.

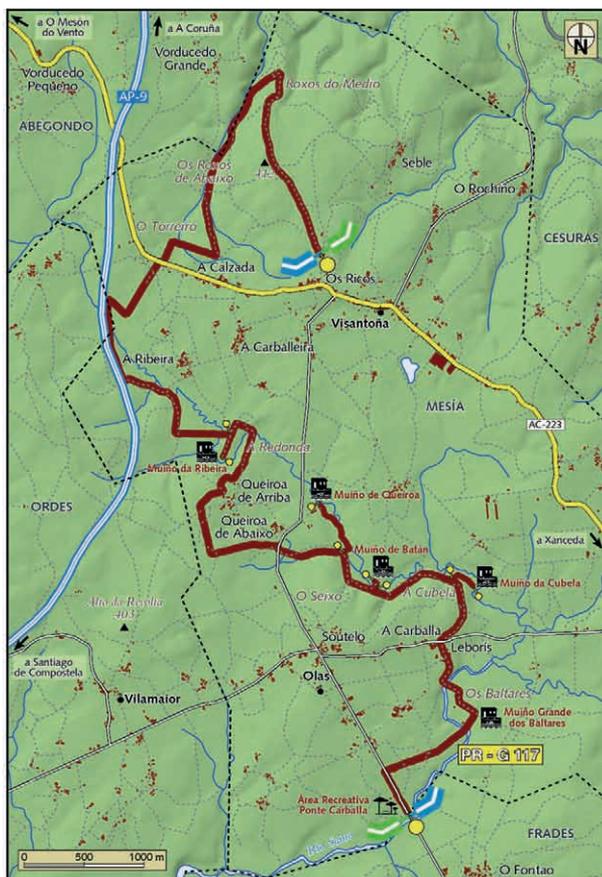
In the area known as O Telleiro there is a diversion leading to Ribeira Mill.

After coming back to the main route and passing the diversion to Queiroa de Abaixo, we take a second diversion to visit Queiroa Mill, once fed by the River Traveso.

Near Soutelo, a third diversion goes to the Fulling Mill, lying on a water course crowned by Olas hill fort.

The last restored mill we can visit is Cubela Mill, down the fourth diversion on the route. From here we head for the villages of A Carballa and Leborís.

Towards the end of the route, in the recreational area of Ponte Carballa by the River Samo, lie the ruins of the Large Mill of Baltares.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Os Ricos	43°08.378'N	008°18.418'W	29T	556363	4776641
Ponte Carballa recreational area	43°05.826'N	008°17.914'W	29T	557085	4771923



■ *Cubela Mill*



### ■ ACCESS

Take exit 41 for Ordes from the AP-9 between Santiago de Compostela and A Coruña, and go down the AC-524 towards Curtis. Turn off onto the AC-223 to Mesía. Follow the signs for Os Ricos, where you will see a sign indicating the beginning of the route.

### ■ LENGTH

15,9 km (The main route is 13.45 km and the diversions 2.45 km).

### ■ DEPARTURE POINT / ARRIVAL POINT

Os Ricos / Ponte Carballa recreational area (Municipality of Mesía).

### ■ ROUTE

Os Ricos, Roxos do Medio, Os Roxos de Abaixo, O Torreiro, A Redonda, O Seixo, A Cubela, Ponte Carballa Recreational area.

### ■ DIFFICULTY

Low.

### ■ DURATION

3 hours 30 minutes.

### ■ SERVICES

At the Ponte Carballa recreational area.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 70-II Mesía.



### FOR FURTHER INFORMATION PLEASE CONTACT

**Mesía Town Council**  
Xanceda, s/n. 15685 Mesía  
Tel.: 981 687 001 / Fax: 981 687 069  
e-mail: correo@concellodemesia.es  
www.concellodemesia.es

**Galician Mountaineering Association**  
(see page 146)

## PR-G118

## Ruta dos Soutos



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest



■ Crossing the stream of Lacediras

This circular route starts in the municipal capital of Vilariño de Conso and runs along the eastern side of the mountains of Manzaneda, A Queixa and O Invernadeiro. In this land of mountains, with an average height of 900m, we find varied vegetation consisting of chestnuts, oaks, birches and holly. We also come across cattle pastures and subsistence farming plots near the villages.

An old cart trail starts in Vilariño de Conso towards Conso, becoming a forest track that goes up to San Cristovo, where the Manor House of Conso is located. From here, we begin the descent back down to Conso to visit the church. After leaving the village and heading towards O Palacio, we can take a diversion to visit the Encoro do Vao reservoir by crossing a bridge in A Auga Lavada. Back on the main route, we continue down the path back to Vilariño de Conso.

This route is often snowed over in winter.



■ O Vao Reservoir



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Town Hall of Vilariño de Conso	42°10.038'N	007°10.927'W	29T	650160	4669951



■ Manor House of Conso

### Plus...

O Invernadeiro Natural Park comprises various mountains in the southern massif of Ourense, in a typical landscape of rounded peaks covered in local plant species. Roe deer, ibex, wolves, wild boars and two pairs of golden eagles share this setting in a geographical location straddling the Mediterranean and Euro-Siberian worlds.

There is also a wildlife observatory and several marked routes in the park.

From July to September there are guided visits with biologists from the Nature Preservation Service – a good opportunity to discover one of the best preserved natural areas in Galicia and live a unique experience, isolated in nature.

#### ■ ACCESS

On the N-120 from Ourense to Ponferrada, turn onto the OU-533 at Cambela, then take the OU-0701 to Vilariño de Conso.

#### ■ LENGTH

14,9 kilometers (The main route measures 7,9 km and the diversion 7 km).

#### ■ DEPARTURE POINT / ARRIVAL POINT

300 m. away from the Town Hall of Vilariño de Conso.

#### ■ ROUTE

Vilariño de Conso, Conso, San Cristovo, Conso, Encoro do Vao, O Palacio, Vilariño de Conso.

#### ■ DIFFICULTY

Medium.

#### ■ DURATION

3 hours 45 minutes .

#### ■ MATERIAL

In winter there is often snow, so we would recommend taking warm clothes and walking sticks.

#### ■ SERVICES

In Vilariño de Conso.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 228-III Viana do Bolo.



#### FOR FURTHER INFORMATION PLEASE CONTACT

**Vilariño de Conso Town Council**  
Rúa do Museo, s/n.  
32557 Vilariño de Conso  
Tel.: 988 340 302 / Fax: 988 340 269  
[www.vilarinodeconso.org](http://www.vilarinodeconso.org)

**Galician Mountaineering Association**  
(see page 146)

## PR-G 119

## Ruta do Xabriña



Traditional architecture



Ethnography



Archaeological interest



General interest



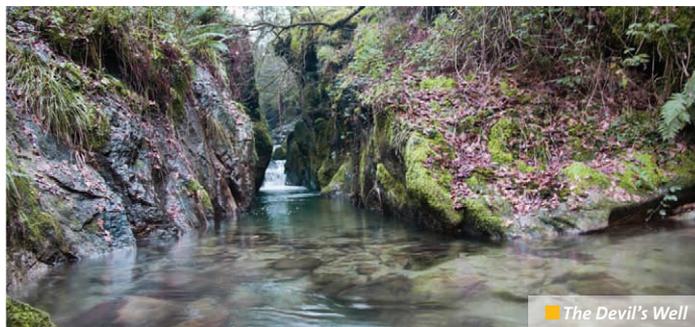
Historical interest



Natural interest



Landscape interest



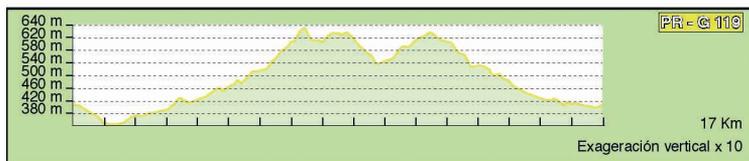
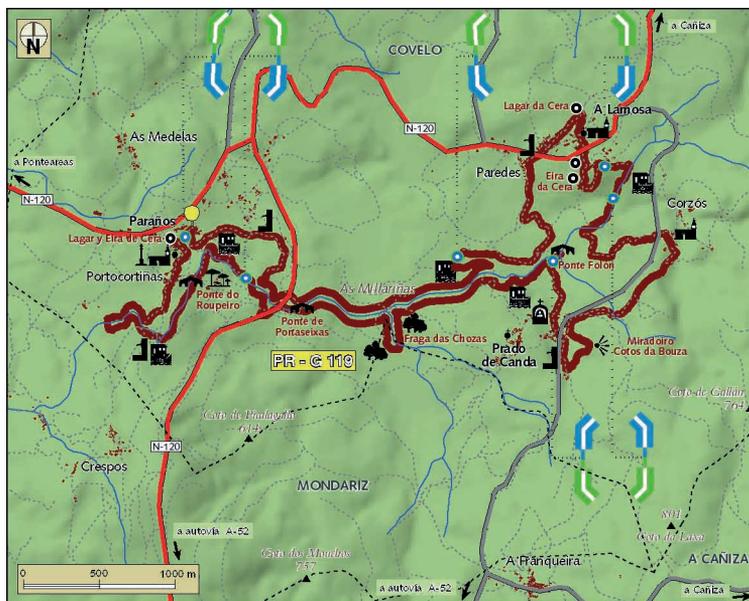
The River Xabriña, a tributary of the Tea, is the real star of this circular route that starts in the parish of Paraños and visits places like Prado de Canda and A Lamosa.

In addition to the exquisite vegetation on its banks, along the way you can enjoy extraordinary ethnographic and cultural wealth. Along the entire route we come across well-preserved elements of great value, such as the parish church of Paraños, various old chandleries like the “Lagar da Cera” in Portocortínas, almost thirty mills along the river, traditional pathways, fountains, culverts and bridges such as Ponte Folón.

The circular design is divided into two large rings.

The first runs by the river from Paraños through dense woods to Ponte Folón. The second ring goes through Prado and A Lamosa and takes us to the Cotos da Bouza viewpoint and several small villages where we can discover the ancient activity of craftsmen working with wax.

In addition, at several points along the way we can enjoy panels with verses by Galician poet Uxío Novoneyra, from his book entitled “Os Eidos”.

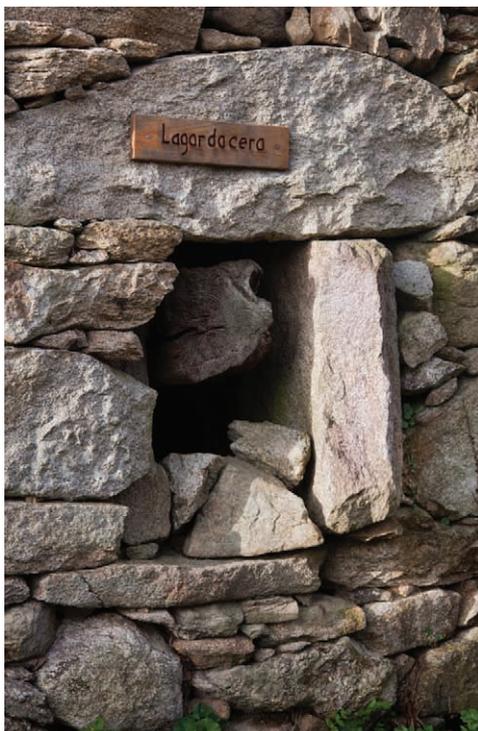


## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Paraños	42°12.234'N	008°23.218'W	29T	550608	4672598



■ *The River Xabriña*



### ■ ACCESS

Take exit 282 from the A-52-SC between Porriño and Ourense towards Santiago de Covelo on the PO-5001. At the crossroads with the N-120 go towards Pontearreas and 500 metres further on turn left to Paraños.

### ■ LENGTH

17 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

Paraños (Municipality of Covelo).

### ■ ROUTE

Paraños, Portocortinaas, Roupeiro recreation area, The Devil's Well, Portaseixas, As Millariñas, As Chozas, Ponte Folón, Prado de Canda, Cotos da Bouza, Corzós, A Lamosa, Paraños.

### ■ DIFFICULTY

Medium.

### ■ DURATION

6 hours.

### ■ SERVICES

In Paraños and A Lamosa.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	<b>1</b>	2	3	4	5
ITINERARY	_____	1	<b>2</b>	3	4	5
TERRAIN	_____	1	2	<b>3</b>	4	5
EFFORT	_____	1	2	<b>3</b>	4	5

### ■ ACCESS BY BIKE

Partially suitable.

### ■ ACCESS ON HORSEBACK

Partially suitable.



### CARTOGRAPHY I.G.N. 1:25.000

224-III Pontearreas and 224-IV A Cañiza.



### FOR FURTHER INFORMATION PLEASE CONTACT

#### Covelo Town Council

Praza do Mestre Cerviño, 2.

36872 Covelo

Tel.: 986 650 027 / Fax: 986 650 131

e-mail: [info@concellodecovelo.es](mailto:info@concellodecovelo.es)

[www.concellodecovelo.es](http://www.concellodecovelo.es)

#### Galician Mountaineering Association

(see page 146)

## PR-G120



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest

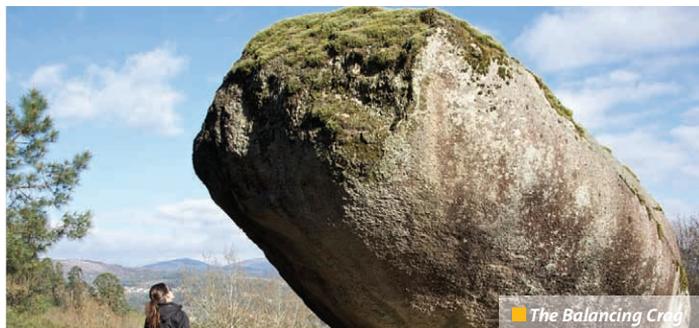


Natural interest



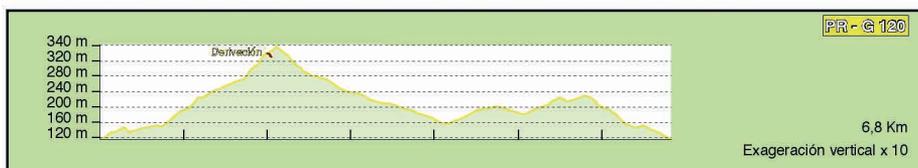
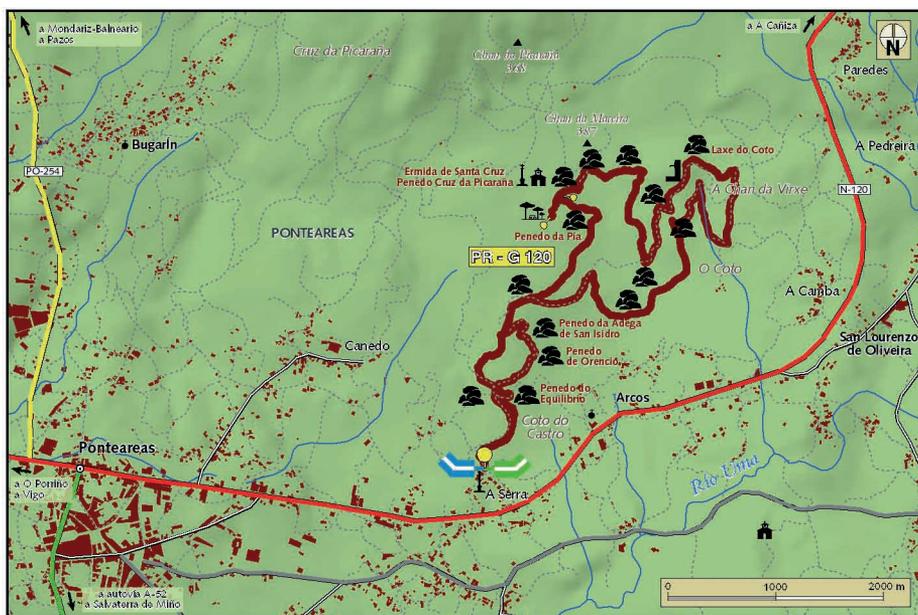
Landscape interest

## Roteiro dos Penedos da Picaraña



Rich forests and rocky crags define the nature of this circular route that starts at the stone cross in A Serra, in the parish of Arcos, near the Chapel of Sorrows. The route takes in over twenty crags of different sizes, classified by their original names and the legends attributed to them.

We begin the route at the foot of Coto do Castro, a hill where there is a large hill fort site. Walking around this hill we come to the Hill Fort Crag, from where you can enjoy a splendid view of the church and rectory of Arcos together with the Paradanta and San Nomedio Mountains.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Serra	42°10.691'N	008°28.952'W	29T	542738	4669772



■ Pía Crag

We go down to the right through a wood of oaks and pines that dot the trail to the famous and impressive Balancing Crag.

From here, we enter a forest of pine trees until we come to the Crag of Orenca, used as a quarry in the 1950's. At this point on the route we can go up either side of the Alto da Picaraña. If we choose the left hand side, we visit the Crag of Adegade San Isidro and the viewpoint of Pía Crag. After reaching the summit, we come down past the Stations of the Cross to the Hermitage of Santa Cruz, a place of worship and pilgrimage on 1 May every year.

From here starts a forest track back to A Serra on the other side of the slope. On the way back the Hat Crag and Laxe de Coto stand out, among others.



■ Santa Cruz hermitage. A Picaraña

#### ■ ACCESS

In Pontearas take the N-120 towards Ourense and after a few kilometers, in the parish of Arcos, you will see the route indicator.

#### ■ LENGTH

7,12 km. (The main route is 6.82 km and the diversion 300 metres).

#### ■ DEPARTURE POINT / ARRIVAL POINT

The stone cross in A Serra in parish of Arcos (Municipality of Pontearas).

#### ■ ROUTE

A Serra, Coto do Castro, the Balancing Crag, the Pía Crag viewpoint, Cruz da Picaraña, A Chan da Virxe, O Coto, A Serra.

#### ■ DIFFICULTY

Low.

#### ■ DURATION

2 hours 40 minutes.

#### ■ SERVICES

Off the route, in Pontearas.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

Nº 224-III Pontearas.



#### FOR FURTHER INFORMATION PLEASE

##### CONTACT

##### Pontearas Town Council

Rúa Real, s/n. 36860 Pontearas  
Tel.: 986 661 429 / Fax: 986 644 681  
e-mail: turismo@pontearas.es  
www.pontearas.es

##### Galician Mountaineering Association

(see page 146)

## PR-G 121

## Ruta dos Tres Ríos



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest



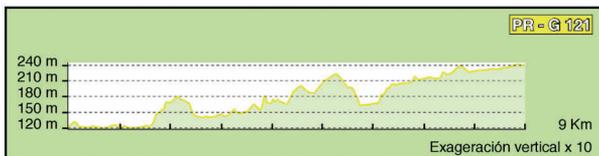
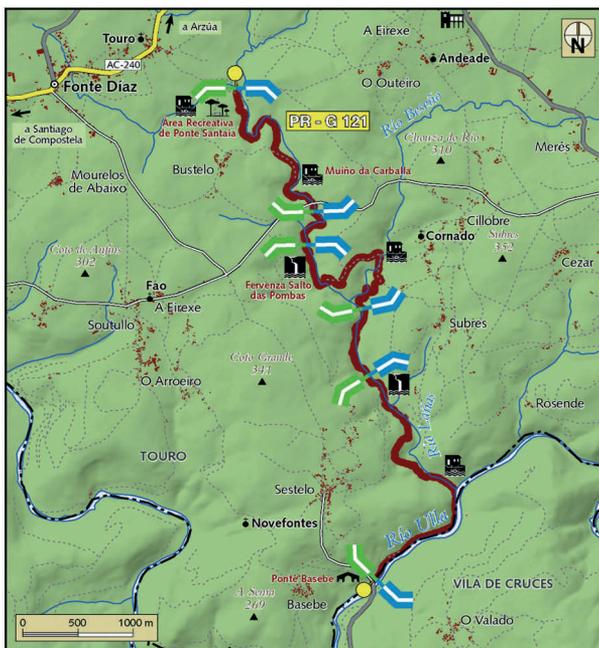
The route starts at Ponte Basebe, where the municipalities of Touro and Vila de Cruces come together, and goes along the banks of the Rivers Ulla, Beseño and Lañas. The route barely leaves the banks of these rivers, and via an ongoing slight uphill path leads us to the end of the path in the recreation area of Ponte Santaia.

You can visit some of the mills that once occupied part of the locals' daily activities. The waters of the River Lañas once fed the Carballa Mill, now completely restored, and Santaia Mill, among others.

There are also beautiful natural spaces in lush forests, where formerly people gathered firewood and chestnuts. On the stretch by the River Ulla you can still see the remains of some old fisheries that were used to catch river fish.

The waterfall known as Salto das Pombas is another attraction in this area, located in a place known as Montes de Fao – the falls are ten metres high.

The more technical areas of the trail have been endowed with steps and boardwalks to make it easier to cross and make the route suitable for anyone who decides to visit this place.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Ponte Basebe	42°49.542'N	008°16.255'W	29T	559597	4741802
Ponte Santaia recreational area	42°51.998'N	008°17.136'W	29T	558358	4746338



Carballá Mill



### Plus...

Fisheries are buildings located on the banks of the rivers specially designed for catching salmon, lamprey, eels and shad. The most common consist of ashlar block walls aligned parallel to or across the river, where the currents push the fish through narrow passages, among which is a conical net (called a "boteirón" in the Galician language), which is placed at the end of the passages.

The first fisheries date from before the twelfth century, traps made of wooden poles or simple structures made by rearranging the river stones. In the fifteenth century there is evidence of more intricate constructions.

The progressive abandonment of these river infrastructures, given that they were not profitable, took them to the brink of extinction. Only some buildings remained almost in their original state, as is the case with the fisheries in the Municipality of Arbo (Pontevedra).

#### ACCESS

You can reach Touro on the 0605-AC or AC-240, off the N-547 between Santiago de Compostela and Arzúa. In the centre of the town follow the signs for Basebe, where you will find the bridge and the panel indicating the beginning of the route.

#### LENGTH

9 km.

#### DEPARTURE POINT / ARRIVAL POINT

Ponte Basebe / Ponte Santaia recreational area (Municipality of Touro).

#### ROUTE

Basebe bridge, Salto das Pombas waterfall, Carballa Mill, Santaia Mill, Ponte Santaia Recreational Area.

#### DIFFICULTY

Medium-Low.

#### DURATION

3 hours 30 minutes.

#### CONNECTIONS

PR-G 93.

#### SERVICES

Off the route, in Fonte Díaz.

#### R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ACCESS BY BIKE

Partially suitable.

#### ACCESS ON HORSEBACK

Partially suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

Nº 95-IV Touro and 121-II Carbia.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Touro Town Council

Isabel II, 14. Fonte Díaz. 15822 Touro

Tel.: 981 814 566/ Fax: 981 504 110

e-mail: correo@touro.dicoruna.es

www.touroturismo.com

www.concellodetouro.com

#### Galician Mountaineering Association

(see page 146)

## PR-G 122

## Camiños do Trega



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest



Santa Tegra Hill Fort

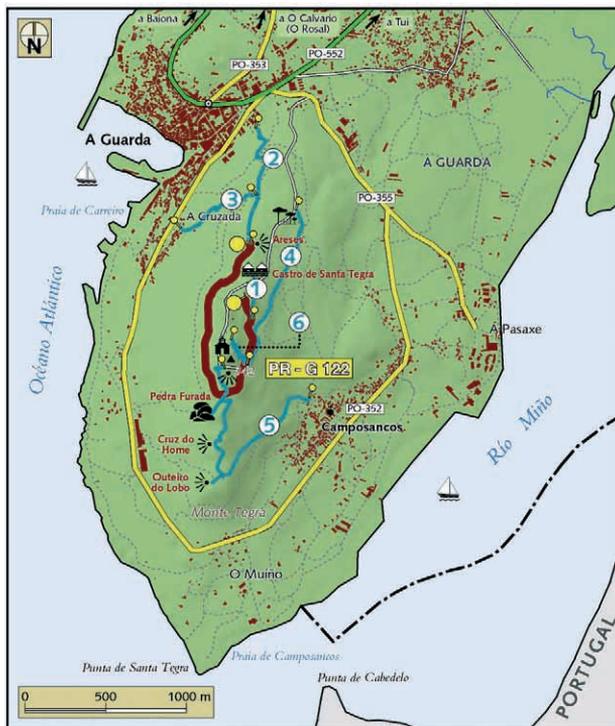
A little network of trails that allows us to walk up and discover Mount Santa Tegra in depth. The main route, known as the Volta Promonte (PR-G 122), on the top of the mountain, is accompanied by other smaller trails known as Camiño de Citania (1), Atalla Vello (2), Camiño da Fonte da Cal (3), Camiño do Concheiro (4), Camiño do Carro e da Cruz do Home (5) and the Camiño das 14 revoltas (6).

You can choose from several combinations; it is possible to start the journey in A Guarda from the neighbourhood of A Cruzada, either from the parish of Camposancos or from the highest point on the mountain that houses the Visitors' Centre and other services for hikers.

This set of pathways provides us with a geographical area of exceptional beauty, with endless views over the River Miño, its mouth and the Atlantic Ocean – it is a unique viewpoint.

Each pathway maintains its own identity and proposes routes to visit places like the Santa Tegra Hill Fort, the Ares Viewpoint, A Pedra Furada and A Cruz do Home, among others.

The series of services located on Santa Tegra, with a car park and catering, among others, are the perfect combination to plan a whole day of enjoyment in outstanding surroundings.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Areses Viewpoint	41°53.732' N	008°52.070' W	29T	510964	4638267
O Tegra Forest House	41°53.563' N	008°52.107' W	29T	510914	4637955



■ The mouth of the River Miño

*Plus...*

### Santa Tegra Hill Fort

Monte Santa Tegra Hill Fort. At a height of 326 metres and almost at the summit of the mountain, this settlement dating from the 1st century BC is an example of the strategic type with its defenses in the mouth of the River Miño and the proximity of crop fields and pasture for livestock.

It was declared a National Historical and Artistic Monument in 1931 and only a small part of the site has been excavated.

It is one of the most advanced hill forts in the peninsula and even has a restored house. Highlights include the composition and zoning of the streets and its water channelling system. The houses are grouped into districts of eight houses with a fortification around the whole. Circular constructions predominate, in many cases with an entrance hall, but there are also oval and square constructions.

There is also a small museum which exhibits pieces from the excavation.



■ Citania Santa Tegra

### ■ ACCESS

From the centre of A Guarda head for La Alameda, pass the Cultural Centre and take the road up the hill until you come to the starting and finishing point of the route.

### ■ LENGTH

7.7 km (The main route is 1.9 km and the other routes 5.8 km).

### ■ DEPARTURE POINT / ARRIVAL POINT

Areses Viewpoint / O Tegra Forest House (Municipality of A Guarda).

### ■ ROUTE

Areses viewpoint, Santa Tegra Hill Fort, O Tegra Forest House.

### ■ DIFFICULTY

Medium.

### ■ DURATION

40 minutes for the main route and 2 hours for the other routes.

### ■ SERVICES

On top of Mount Santa Tegra.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

No apto.

### ■ ACCESS ON HORSEBACK

No apto.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 298-IV A Guarda.



### FOR FURTHER INFORMATION PLEASE CONTACT

**A Guarda Town Council**  
Praza do Reló, 1  
36780 A Guarda  
Tel.: 986 610 000 / Fax: 986 610 283  
e-mail: [aguarda@concellodaguarda.com](mailto:aguarda@concellodaguarda.com)  
[www.concellodaguarda.com](http://www.concellodaguarda.com)

**Galician Mountaineering Association**  
(see page 146)

## PR-G 123



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Senda Peonil da Ponte do Ramo



■ A Laxe dos Homes petroglyph

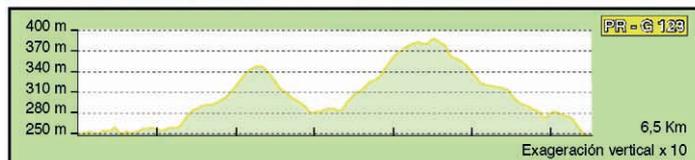
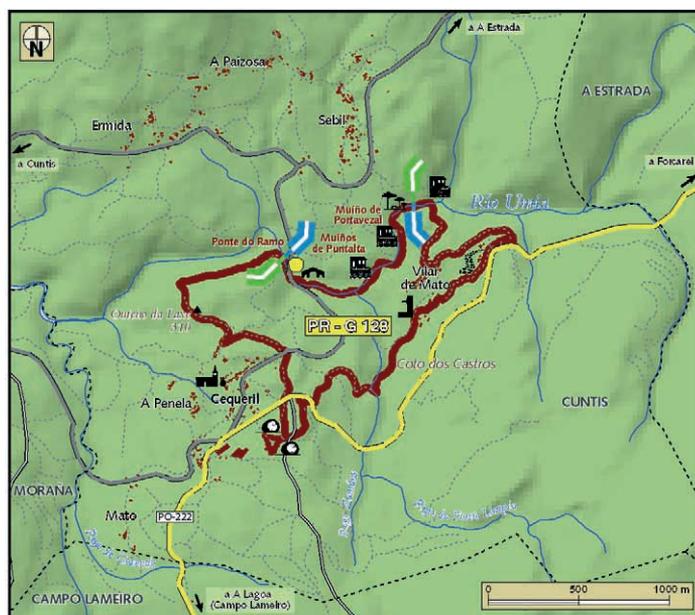
The first part of the pathway runs along the River Umia in Ponte do Ramo. Here is where the ceremony of prenatal baptism was carried out. For this kind of baptism, pregnant women waited at midnight for passersby who became the godfather or godmother of the baby the women were expecting.

We walk along a narrow path through lush riverside woodland until we come to the Great and Small Mills of Puntalta, where we can contemplate the force of the river as it flows past this point. We continue on our way until we come to the restored Mill of Portavezal, which boasts a sharpener for farming tools.

Viewpoint from the Roman road.

In Outeiro dos Campiños we can see the graphic depictions in the rocks, where we could highlight the so-called A Laxe dos Homes, with its anthropomorphic figures.

We then leave Cequeril behind, where we can visit the church and from there, coinciding with the long-distance trail GR-94, we return to our starting point in Ponte do Ramo.



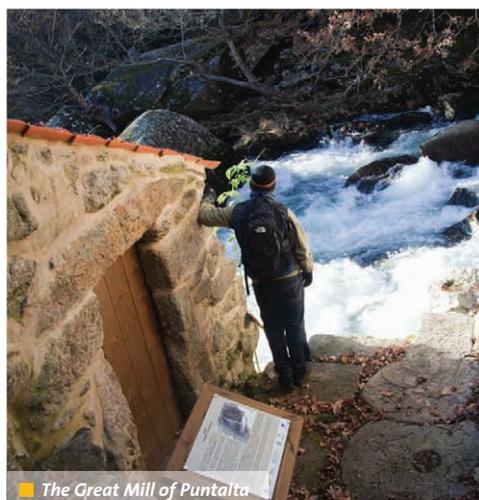
GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Ponte do Ramo	42°36.237'N	008°31.607'W	29T	538820	4717029



■ Viewpoint from the Roman road

In Outeiro dos Campiños we can see the graphic depictions in the rocks, where we could highlight the so-called A Laxe dos Homes, with its anthropomorphic figures.

We then leave Cequeril behind, where we can visit the church and from there, coinciding with the long-distance trail GR-94, we return to our starting point in Ponte do Ramo.



■ The Great Mill of Puntalta

#### ■ ACCESS

In Cuntis take the PO-8402 towards Cequeril and after c. 6,5 km, you come to Ponte do Ramo, where you will find the panel marking the beginning of the route.

#### ■ LENGTH

6,51 km.

#### ■ DEPARTURE POINT / ARRIVAL POINT

Ponte do Ramo (Municipality of Cuntis).

#### ■ ROUTE

Ponte do Ramo, Puntalta Mills, Portavezal Mills, Verdugo Mills, Vilar de Mato, Roman road, Conles, Cequeril Petroglyphs, Ponte do Ramo.

#### ■ DIFFICULTY

Low.

#### ■ DURATION

2 hours 30 minutes.

#### ■ CONNECTIONS

GR-94.

#### ■ SERVICES

Off the route, in Cuntis.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ■ ACCESS BY BIKE

Partially suitable.

#### ■ ACCESS ON HORSEBACK

Partially suitable.

#### ■ RECOMENDACIÓN

In case of heavy rain, check the river flow before setting out for possible flooding at some points along the route.



#### CARTOGRAPHY I.G.N. 1:25.000

Nº 152-II Caldas de Reis and  
153-I Codexeda.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Cuntis Town Council

Casa do Concello. Praza da Constitución,  
s/n. 36670 Cuntis.  
Tel. y Fax: 986 532 424  
e-mail: turismo@cuntis.es  
www.turismodecuntis.com  
www.cuntis.es

##### Galician Mountaineering Association

(see page 146)

## PR-G 124



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Ruta da Auga, Fonte e Lavadoiros de Parada



Barro Fountain

The series of fountains and public washing places, now fully restored, give meaning to this circular route that invites hikers to enjoy a typical landscape in rural Galicia with no shortage of spreading green fields, farmhouses or small cattle farms. It is also a clear example of the relevance that water played in the daily life of this parish in Silleda, just like in many other areas in our land.

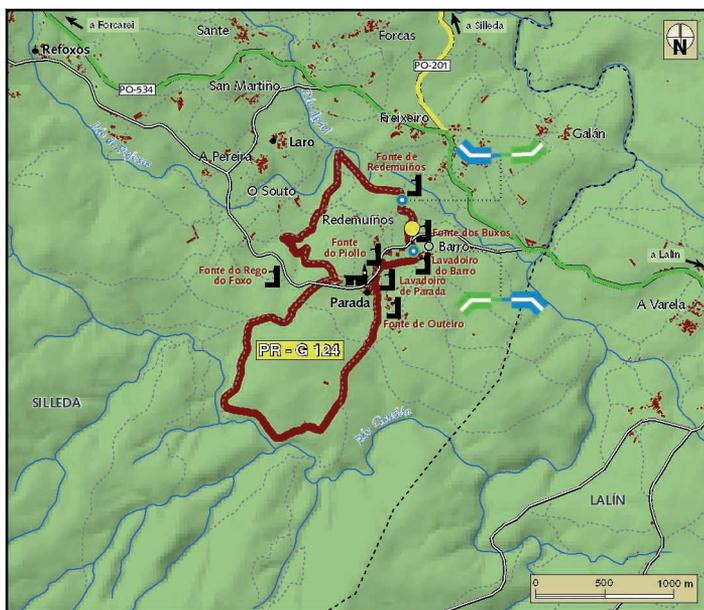
The starting panel for this route is on Buxos Fountain, where we can make the most of the chance to fill up with water for the rest of the route. It is important to point out that water is drinkable in all the fountains along the route, and at almost all of them locals leave cups and glasses to make drinking more comfortable for hikers.

The route climbs along a road towards Lavadoiro and Barro Fountain, where flocks of sheep were once gathered, climbing up to graze on the nearest mountains.

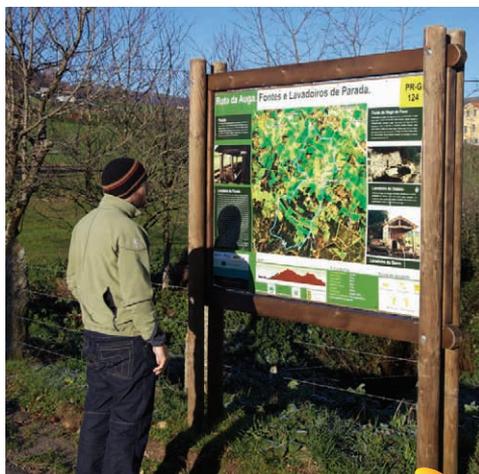
From here the trail leads to other preserved places such as Piollo Fountain and the Parada and Outeiro public washing places.

After leaving Parada and following a forest track, we come to the Rego do Foxo Fountain, where formerly people left linen to soften it using the existing wells.

Redemuíños Fountain is the last stop before returning to the starting point of the pathway.



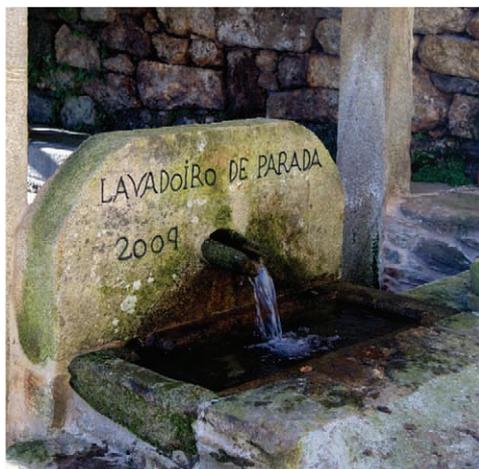
GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Buxos Fountain	42°37'346"N	008°13'519"W	29T	563528	4719178



### Plus...

The public washing places are buildings designed as a public service, and although no longer used, they remain as a manifestation of popular Galician art. People washed clothes by hand there, on a table or on a flat stone that had the same name ("lavadoiro" in the Galician language).

In many villages in Galicia people still remember women that in the morning and evening met in these places, home to social gatherings where gossip and comments surfaced about life in the neighbourhood.



#### ■ ACCESS

On the AP-53 that links Santiago de Compostela and Ourense, take exit 46 towards Silleda and at the first roundabout head towards Laroá on the PO-534. Turn off at the sign for Parada de Cameixa.

#### ■ LENGTH

6,7 km.

#### ■ DEPARTURE POINT / ARRIVAL POINT

Buxos Fountain in Parada de Cameixa (Municipality of Silleda).

#### ■ ROUTE

Buxos fountain, Barro washing place and fountain, Parada washing place, Outeiro washing place and fountain, Rego do Foxo fountain, Redemuíños fountain, Buxos fountain.

#### ■ DIFFICULTY

Low.

#### ■ DURATION

2 hours.

#### ■ SERVICES

Drinking water at all the fountains. Off the route, in Silleda.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ■ ACCESS BY BIKE

Partially suitable.

#### ■ ACCESS ON HORSEBACK

Partially suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº153-II Forcarei.



#### FOR FURTHER INFORMATION PLEASE CONTACT

**Silleda Town Council**  
Rúa Trasdeza, 55.  
36540 Silleda  
Tel.: 986 580 000/ Fax: 986 581 021  
e-mail: info@concellodesilleda.com  
www.silleda.es

**Galician Mountaineering Association**  
(see page 146)

## PR-G 125

 Traditional architecture

 Ethnography

 Archaeological interest

 General interest

 Historical interest

 Natural interest

 Landscape interest

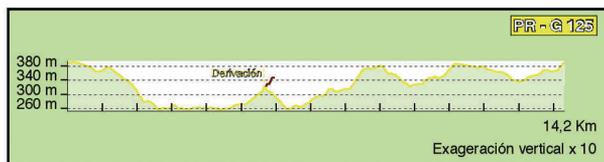
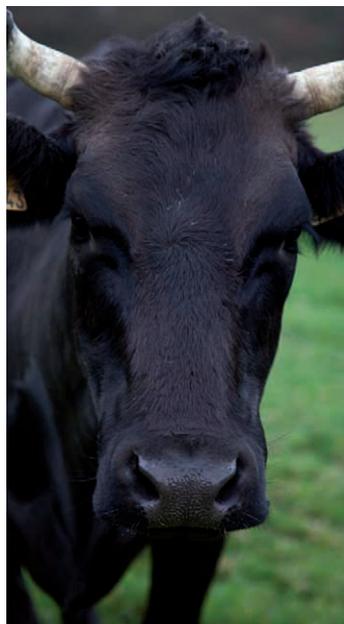
## Sendeiro de Visantoña



This circular route starts at Visantoña Social Centre, in the parish of Santiso, and is highly suitable for walking, bicycles and horses. Most of the route runs along pathways in good condition, surrounded by a landscape of meadows marked by the major economic activity in the area - livestock farming.

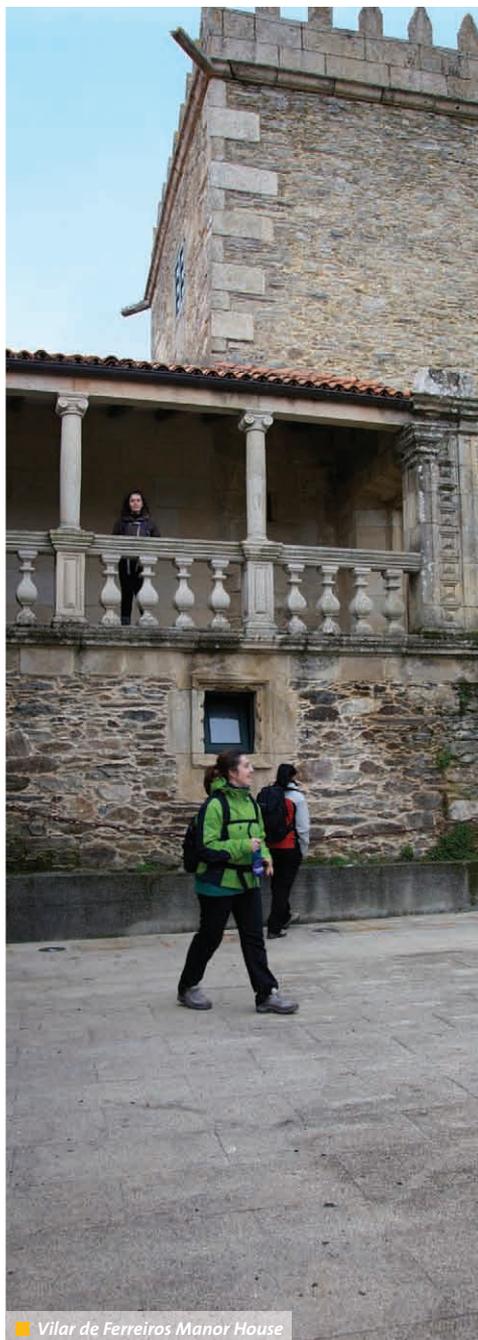
For almost 15 kilometres we can enjoy the Tajo Mills, the remains of megalithic tombs in O Ribeiro and the Portodemouros reservoir built in the 1960's for water from the River Ulla and its tributaries.

It is possible to contact any of the active tourism companies operating around the reservoir and contract some of the activities available, such as canoeing and windsurfing courses. In order to discover the surroundings, we would recommend using the ferry that has connected Santiso and Vila de Cruces since 1977, a continuous and free transport for passengers and cars from one shore to the other.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Visantoña	42°52.029'N	008°06.641'W	29T	572647	4746532



■ Vilar de Ferreiros Manor House

### ■ ACCESS

On the N-547 in Arzúa, right on the French Pilgrims' Road to Santiago, take the AC-7901 to Santiso and then turn off to Visantoña, very close to Portodemouros reservoir.

### ■ LENGTH

14,48 km. (The main route is 14.18 km and the diversion 300 m).

### ■ DEPARTURE POINT / ARRIVAL POINT

Visantoña (Municipality of Santiso).

### ■ ROUTE

Visantoña, Seoane Hill Fort, Ribeiro Tumuli, Ribeiro Manor House, the Tajo Mills, Vilar de Ferreiros Hill Fort, Vilar de Ferreiros Manor House, Visantoña.

### ■ DIFFICULTY

Low.

### ■ DURATION

4 hours.

### ■ SERVICES

In Visantoña.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 96-III Agro do Chao.



### FOR FURTHER INFORMATION PLEASE CONTACT

**Santiso Town Council**  
Agro do Chao, s/n. 15808 Santiso  
Tel.: 981 818 501/ Fax: 981 517 910  
e-mail: info@santiso.org  
www.santiso.org

**Galician Mountaineering Association**  
(see page 146)

## PR-G126

Traditional architecture

Ethnography

Archaeological interest

General interest

Historical interest

Natural interest

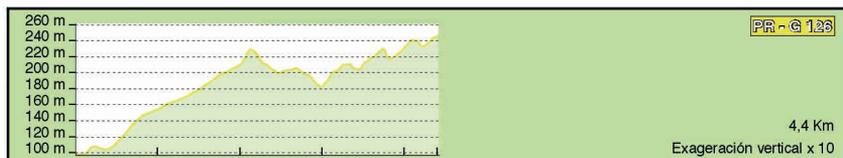
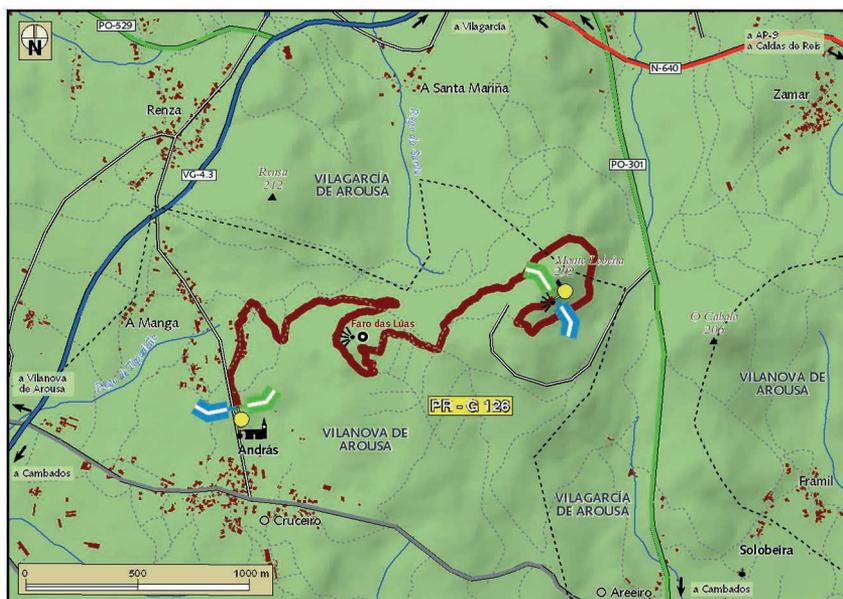
Landscape interest

## Ruta dos Miradoiros Lobeira - Faro das Lúas



The route starts in the vicinity of the parish church of Andrés; we walk a few metres down the road and turn right along a forest track until we come to the first compulsory stop: As Lúas Lighthouse. This stainless steel construction, whose name means “The Glasses”, was called thus due to the sun’s rays reflecting in the three glass sections on its upper part, and is an excellent vantage point over the Ria de Arousa and the islands of Arousa and A Toxa.

The path continues along a forest track that is quite irregular. It takes us to the top of Mount Lobeira (292 m), the end of this route. At the top there is a viewpoint from where we can observe the island of Ons, O Grove isthmus, and even O Barbanza mountain range and Salnés Valley on clear days. There is also a monument to the victims of the sea and a plaque placed by the the British Admiralty, recalling the sailors who lost their lives when the “Serpent” sank.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Parish Church of András	42°33.579'N	008°46.709'W	29T	518185	4712025
Mount Lobeira	42°33.840'N	008°45.677'W	29T	519595	4712512

Several archaeological excavations on the top of the hill have uncovered 25 metres of the old wall and a large cistern, which collected rainwater for the inhabitants of the fortress.



■ Panoramic view of Vilagarcía de Arousa



■ As Lúas lighthouse

### ■ ACCESS

On the AP-9 that links Santiago de Compostela and Pontevedra, take exit 119 onto the AG-41 dual carriageway. Take exit 1 onto the PO-300 and follow the indications towards the PO-301 and the PO-9701 that take you directly to András. On arriving in the town, you will find the indications to take you to the church.

### ■ LENGTH

4,41 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

András parish church / Mount Lobeira (Municipality of Vilanova de Arousa).

### ■ ROUTE

András parish church, As Lúas lighthouse, Mount Lobeira.

### ■ DIFFICULTY

Low.

### ■ DURATION

1 hour 10 minutes.

### ■ SERVICES

Off the route, in András.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000  
Nº 152-II Cambados.



### FOR FURTHER INFORMATION PLEASE CONTACT

Vilanova de Arousa Town Council  
Praza do Concello, 1.  
36620 Vilanova de Arousa  
Tel.: 986 554 021/ Fax: 986 554 069  
e-mail: museos@vilanovadearousa.com  
www.vilanovadearousa.com

Galician Mountaineering Association  
(see page 146)

## PR-G128

## Ruta do Pan



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest



This route is part of the territory of the Baixa Limia - Serra do Xurés Natural Park, which gives it a broad appeal, crossing places that preserve the character of mountain populations. The final stretch shows the natural border separating Galicia from Portugal, with a balanced combination of cultural, ethnographic and landscape interests.

Stone has a special role on this route – we can contemplate a thorough work of paving, characteristic of the best stone laying intended to iron out slopes and fix the land.

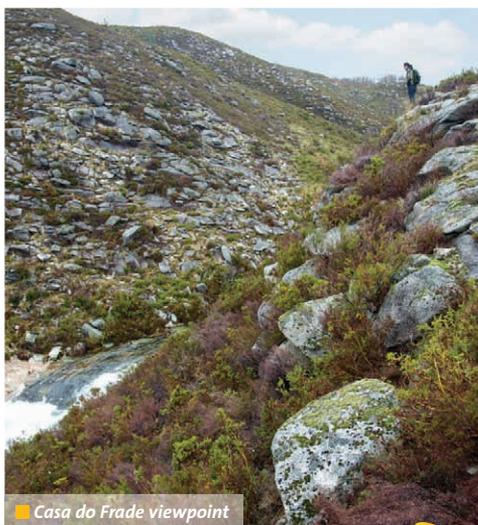
After leaving Guxinde, a first diversion invites us to visit a restored mill. Further on, a second diversion heads for the village of A Pereira. Passing the last houses in the village we rejoin the main route, and this diversion becomes almost circular.

Once back on the main route, after passing through A Gurita we come to the place known as A Casa do Frade, which marks the border with Portugal and offers us a spectacular view of the Natural Park. Two hundred metres below the viewpoint is the Casa do Frade Mill, recently restored, although the visit is not advisable as the access is dangerous.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Guxinde	41°57.993'N	008°08.500'W	29T	571126	4646500
A Casa do Frade	41°58.119'N	008°09.954'W	29T	569115	4646715



■ Casa do Frade viewpoint

## Plus...

### Baixa Limia-Serra do Xurés Natural Park

This natural space, together with the largest in Portugal, the National Park of Peneda-Gerês, gives shape to one large transborder protected area, unique in Europe. It has also been declared a Biosphere Reserve.

It is situated in the southwest of the province of Ourense, covering the highest areas in the municipalities of Entrimo, Lobios and Muiños, bordering on Portugal. One of its main attractions is the great variety of landscapes, with rugged mountain ranges, where granite is the star, and little rivers which at times form cascades and waterfalls.

A Fecha waterfall stands out as the highest in Galicia.

On the summits scrub vegetation predominates, while in the valleys areas of oak trees lie hidden. Among the wildlife we could highlight the wolf, the mountain goat and the so-called Galician pony, undergoing reintroduction and preservation programmes. It is also the best place in Galicia to see the Cachena cow, a native breed of cattle, of small size but with large horns adapted to the harshness of the mountain range.

### ■ ACCESS

On the OR-540 linking Ourense and Portugal, take the OU-1212 that passes through Entrimo and comes to Guxinde.

### ■ LENGTH

6,73 km. (main route is 4.16 km and the diversions 2.57 km).

### ■ DEPARTURE POINT / ARRIVAL POINT

Guxinde / A Casa do Frade (Municipality of Entrimo).

### ■ ROUTE

Guxinde, A Pereira, O Mito, A Gurita, A Casa do Frade.

### ■ DIFFICULTY

Medium.

### ■ DURATION

1 hour 42 minutes.

### ■ SERVICES

Off the route, in A Terrachá, capital of the Municipality of Entrimo.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

Not suitable.

### ■ ACCESS ON HORSEBACK

Not suitable.



### CARTOGRAPHY I.G.N. 1:25.000

Nº301-I Entrimo.



### FOR FURTHER INFORMATION PLEASE CONTACT

#### Entrimo Town Council

Praza do Concello, 1.  
32860 Entrimo  
Tel.: 988 434 666 / Fax: 988 434 610  
e-mail: concello.entrimo@eidolocal.es  
www.concelloentrimo.es

**Galician Mountaineering Association**  
(see page 146)

## PR-G130

## Meirama - Xalo - Meirama



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

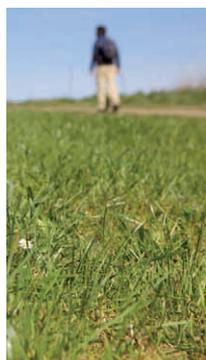
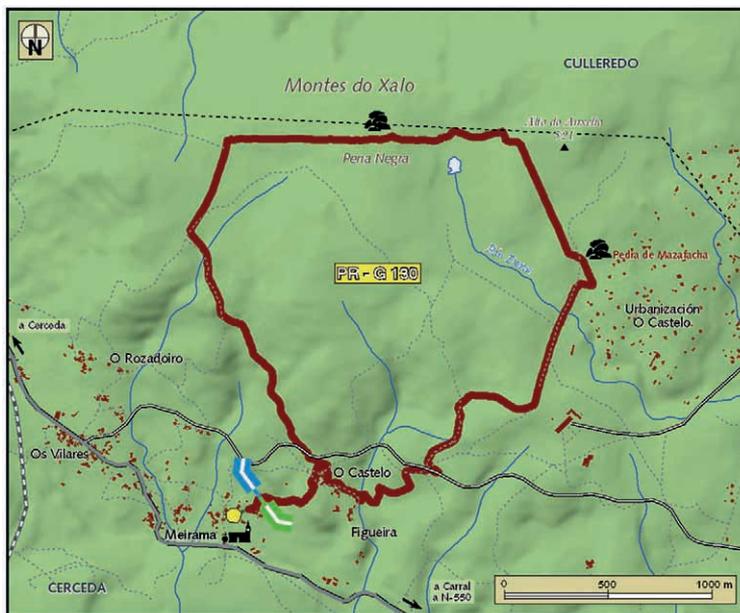


This circular route starts a few metres from the Church of Santo André, of Romanesque origin, and reaches the village of O Castelo. A loop starts here, going up the southern slope of the Montes do Xalo.

Different species live in these mountains, such as foxes, rabbits, squirrels, hedgehogs and minks, and even wolves have been spotted on the way to their natural habitat. We can also see a wide variety of migratory birds that stop in the various wetlands, such as ducks, geese, herons and swans. The flora is characterised by large plantations of pine and eucalyptus.

Halfway along the route, in Pena Negra, is the lake where the River Dorca is born;

and in the vicinity of the housing development of O Castelo lies the Mazafacha Stone, where the gods were once worshipped and rituals were performed to ward off Atlantic storms.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Santo André church	43°12.626'N	008°26.067'W	29T	545942	4784425



■ Santo André church



■ O Castelo

### ■ ACCESS

On the N-550 between A Coruña and Ordes, turn off in O Mesón do Vento onto the AC-523 towards Cerceda until you come to the diversion to Meirama train station, and from there to the Church of Santo André.

### ■ LENGTH

7,6 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

250 m away from the church of Santo André (Municipality of Cerceda).

### ■ ROUTE

Santo André church, O Castelo, Pena Negra, Figueira, O Castelo, Santo André church.

### ■ DIFFICULTY

Low.

### ■ DURATION

2 hours 30 minutes.

### ■ SERVICES

Off the route, in Meirama.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
N°45-III Cerceda.



### FOR FURTHER INFORMATION PLEASE CONTACT

**Cerceda Town Council**  
Avenida do Mesón, s/n.  
15185 Cerceda  
Tel.: 981 685 001/ Fax: 981 685 205  
e-mail: secretaria@cerceda.dicoruna.es  
www.cerceda.org

**Galician Mountaineering Association**  
(see page 146)

# PR-G 132

# Ruta dos Montes de San Cibrán

-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest

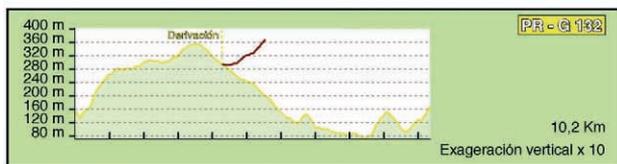
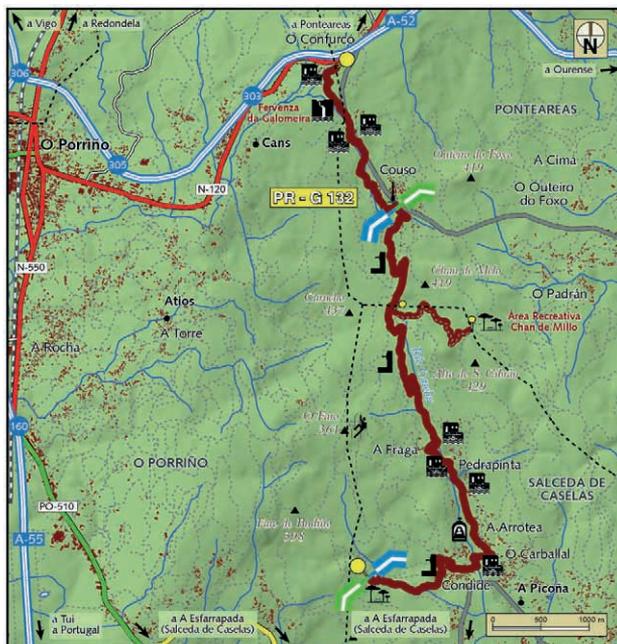


The route starts at the Alto do Confurco, located in the parish of Cans. At the beginning there are several wooden stairways and boardwalks to help us over some very uneven land, while passing by the stream of Couso that once fed the seven Mills of Laxe.

From this point, the route winds through vineyards, meadows, cornfields, fountains and villages; an enjoyable and beautiful mosaic that shows what life is and above all was like in rural Galicia.

Once on the Alto de San Cibrán we come down parallel to the river Caselas towards the bottom of the valley, where most of the houses and buildings of interest are located, like public washing places, windmills and the Peto de ánimas de O Carballal.

The last stretch of the trail runs through San Xurxo community mountains until the end of our journey in the recreation area of As Conforçadas. At this point we can choose between joining GR-58, the As Greas route, and returning to the Alto de Cans.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Alto do Confurco	42°10.314'N	008°34.816'W	29T	534669	4669030
As Conforçadas recreational area	42°07.349'N	008°34.573'W	29T	535031	4663545



■ Access to A Galomeira waterfall

#### ■ ACCESS

On the A-52 dual carriageway heading towards Ourense, turn off onto the N-120 towards Cans shortly after passing O Porriño. A few metres away, on the Alto do Confurco, there is a post indicating the beginning of the route.

#### ■ LENGTH

12.83 km (The main route is 10.13 kilometers and the diversion 2.70 km).

#### ■ DEPARTURE POINT / ARRIVAL POINT

Alto do Confurco (Municipality of Porriño) / Recreational area of As Conforçadas (Municipality of Salceda de Caselas).

#### ■ ROUTE

Alto do Confurco, A Galomeira waterfall, Couso, Alto de San Cibrán, A Picoña, Recreational area of As Conforçadas.

#### ■ DIFFICULTY

Medium.

#### ■ DURATION

4 hours.

#### ■ CONNECTIONS

GR-58.

#### ■ SERVICES

In Couso.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	<b>1</b>	2	3	4	5
ITINERARY	_____	<b>1</b>	2	3	4	5
TERRAIN	_____	<b>1</b>	2	3	4	5
EFFORT	_____	1	2	<b>3</b>	4	5

#### ■ ACCESS BY BIKE

Partially suitable.

#### ■ ACCESS ON HORSEBACK

Partially suitable.

## Plus...

### Budiño lighthouse

This granitic mass is one of the most recognisable natural features in the south of the province of Pontevedra. In the parish of San Salvador de Budiño (O Porrino) it reaches a height of 398m above sea level.

A place of pilgrimage for rock climbers, it is considered the birthplace of this sport in Galicia. Its walls are made of a granite that has large crystals in its plates, known locally as "pythons" and highly appreciated by lovers of this sport.



**CARTOGRAPHY I.G.N. 1:25.000**  
N°261-II O Porriño and 223-IV Mos.



**FOR FURTHER INFORMATION PLEASE CONTACT**  
**Galician Mountaineering Association**  
(see page 146)

## PR-G 133



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Sendeiro “Muíños do Poñente”



A visit from north to south to a series of recently restored mills. The mid-mountain landscape boasts pasture meadows where cattle graze, pine forests, varied wildlife (mostly deer and wild boars) and small villages.

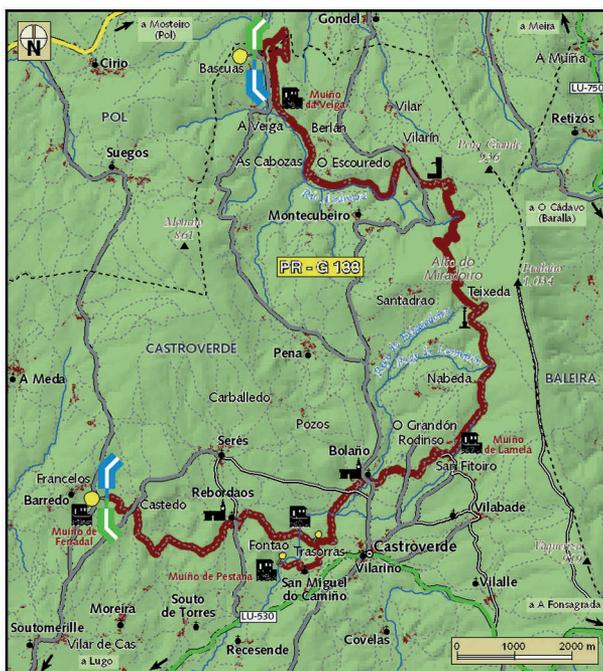
The route can be divided into two sections:

From Ferradal Mill to Lamela Mill, where it coincides with the beginning of PR-G 134. The route follows the flattest and most populated part of the territory, visiting villages such as Bolaño and Rebordaos.

Halfway along the route you can visit Pestana Mill, by leaving the main route along a diversion.

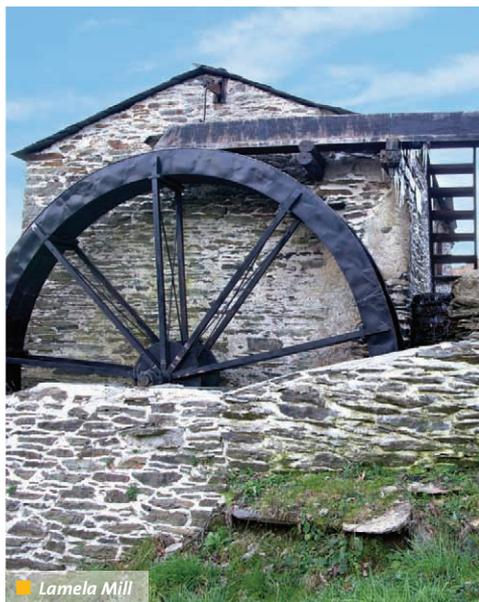
The second stretch starts at Lamela Mill (one of the few in Galicia with an outside waterwheel), heading north towards the slopes of Mount Miradoiro, passing through places like Nabeda and Teixeda. After reaching the highest point of this section, we descend along a trail that crosses small and almost completely abandoned villages towards the River Azuma Valley, where we can visit the last mill on the route, in A Veiga.

We recommend travelling this route by bike or on horseback because of both its profile and orography and the direct contact with a mid-mountain landscape of great beauty.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Francelos	43°02.455'N	007°22.799'W	29T	631965	4766717
A Veiga	43°06.730'N	007°20.730'W	29T	634618	4774686



■ Lamela Mill



■ Bolaño

### ■ ACCESS

On the A6 at the city of Lugo, take exit 493 and join the LU-530 towards A Fonsagrada. In the vicinity of Castroverde, turn onto the LU-1203 to Castedo where you will find the access to Ferradal Mill.

### ■ LENGTH

25 km. (The main route is 22 km and the diversion 3 km).

### ■ DEPARTURE POINT / ARRIVAL POINT

Francelos / A Veiga. (Municipality of Castroverde).

### ■ ROUTE

Francelos, Castedo, Rebordaos, Fontao, Trasoras, Bolaño, San Fitoiro, Rodinso, O Grandón, Nabeda, Teixeda, Vilarín, As Cabozas, A Veiga.

### ■ DIFFICULTY

Medium-High.

### ■ DURATION

6 hours.

### ■ CONNECTIONS

PGR-134.

### ■ SERVICES

Off the route, in Castroverde.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.

### ■ RECOMENDACIÓN

Find out when the hunting season is as some sections cross hunting areas.



### CARTOGRAPHY I.G.N. 1:25.000

Nº 73-II Mosteiro, 73-III Pedra and 73-IV Castroverde.



### FOR FURTHER INFORMATION PLEASE CONTACT

#### Lands of Lugo Association

Torre, 1. San Miguel de Orbazai  
27297 Lugo  
Tel.: 982 228 922 / 626 014 105  
email: terrasdelugo@gmail.com

**Galician Mountaineering Association**  
(see page 146)

# PR-G134

## Sendeiro “Muíños do Nacente”



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest



Mirandela Mill

This route goes past all the mills existing between the villages of O Grandón and Furís de Abaixo. It is a privileged environment made up of small rural villages, forest pathways and trails, a broad ethnographic heritage with architectural examples of stone houses that have stood the test of time.

From the beginning, after visiting Lamela Mill in Rodinso, one of the few waterwheel mills in Galicia, the route leads us to the Serra da Vaqueriza. Before reaching this place, taking a diversion with a steep slope, you can visit the village of Vilabade and admire the Manor House of the same name.

Back on the main route, near the Alto da Vaqueriza, we share a stretch of the Primitive Pilgrim's road to Santiago de Compostela, which starts in Oviedo.

From this point, we keep walking among small peaks and valleys, visiting the villages of Masoucos, Vilacote and Riomol. At the end of this latter village there is a diversion to Cabaleiros Mill.

Once back on the main route, in Mirandela we follow a stretch of the Roman Road running beside the village mill.

Following the river upstream we come to the end of the route in Furís de Abaixo, where Portela and Cabanela Mills are located.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Rodinso	43°02.828'N	007°18.294'W	29T	638067	4767529
Furís de Abaixo	42°57.786'N	007°16.840'W	29T	640232	4758238



■ Vilabade Manor House



■ Mirandela Mill



■ The Roman Road - Mirandela

### ■ ACCESS

On the A6 at the city of Lugo, take exit 493 and join the LU-530 towards A Fonsagrada. In Castroverde take the LU-1212 until you come to Rodinso and find Lamela Mill. About 250 m west from this point lies the sign indicating the beginning of the route.

### ■ LENGTH

23.9 km (the main route is 18.9 km and the diversions 5 km).

### ■ DEPARTURE POINT / ARRIVAL POINT

Rodinso / Furís de Abaixo (Municipality of Castroverde).

### ■ ROUTE

Rodinso, Lamela Mill, Vilabade, Masoucos, Vilacote, Riomol, Cabaleiros Mill, Mirandela, Furís de Abaixo.

### ■ DIFFICULTY

Medium-High.

### ■ DURATION

6 hours.

### ■ CONNECTIONS

PR-G 133.

### ■ SERVICES

Off the route, in Castroverde.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.

### ■ RECOMENDACIÓN

Find out when the hunting season is as some sections cross hunting areas.



### CARTOGRAPHY I.G.N. 1:25.000

Nº 73-IV Castroverde and 98-II Furís.



### FOR FURTHER INFORMATION PLEASE CONTACT

#### Lands of Lugo Association

Torre, 1. San Miguel de Orbazai

27297 Lugo

Tel.: 982 228 922 / 626 014 105

email: terraselugo@gmail.com

#### Galician Mountaineering Association

(see page 146)

## PR-G135

## Roteiro da Escuadra



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

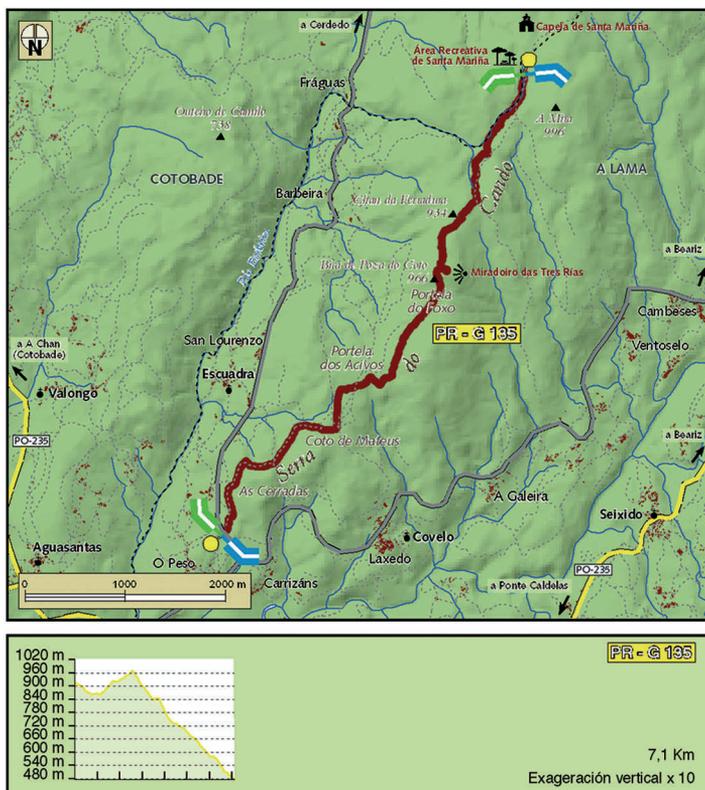


The Three Estuaries viewpoint

Mount Escuadra belongs to the Serra do Cando and is the protagonist of this mid-mountain route with a landscape made up of forests of oaks, pines and ample pasture for livestock.

Before embarking on the route in Santa Mariña recreational area, we recommend visiting the small chapel that bears the same name, still standing among the windmills on the wind farm of Serra do Cando.

Halfway along the route is the Three Estuaries viewpoint, from where on clear days there is a spectacular view - you can make out the three estuaries in the province of Pontevedra.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Santa Mariña recreational area	42°28.010'N	008°23.661'W	29T	549792	4701871
O Peso	42°25.507'N	008°25.882'W	29T	546780	4697219



■ Chapel of Santa Mariña



■ Santa Mariña recreational area

### ■ ACCESS

At Ponte Caldelas on the PO-532, which connects this town with the city of Pontevedra, take the PO-234 to Aguasantas and then the PO-235 to Barcia. From here take a track to Santa Mariña Recreational Area.

### ■ LENGTH

7,1 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

Santa Mariña recreational area / O Peso (Municipality of A Lama).

### ■ ROUTE

Santa Mariña recreational area, Chan da Ferradura, Three Estuaries viewpoint, Portela do Foxo, Portela dos Acivos, Coto de Mateus, As Cerradas, O Peso.

### ■ DIFFICULTY

Medium-High.

### ■ DURATION

2 hours 45 minutes.

### ■ SERVICES

Off the route, in A Lama.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº186-I Cotobade.



### FOR FURTHER INFORMATION PLEASE CONTACT

**Lama Town Council**  
Avda. do Concello, 1.  
36830 A Lama  
Tel.: 986 768 238 / Fax: 986 768 282  
e-mail: oficinas@concelloidalama.com  
www.alama.es

**Galician Mountaineering Association**  
(see page 146)

## PR-G 137



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Ruta dos Soutos de Cesuris

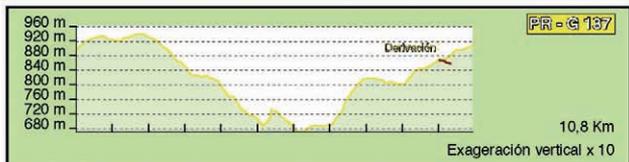
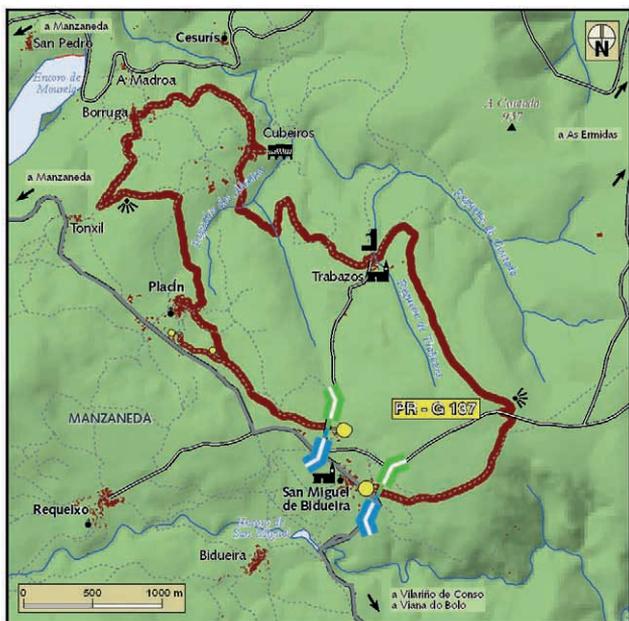


Church of San Miguel de Bidueira

Among ancient chestnut trees, this route goes into the Central Massif to cover one of the most unknown areas within the municipality of Manzaneda. A place where, despite the ongoing depopulation, traditional activities such as animal grazing, farming and chestnut gathering are still kept alive.

After crossing San Miguel de Bidueira and leaving behind the parish church of the same name we come across the sign indicating the beginning of the route. From here, with the panoramic Prada Glacier behind us, we head towards the village of Trabazos, which hides the chapel of Santo Antonio, until we come to Cubeiros. From Borruga, crossing the Souto de Tonxil and Placín, we come to the end of the route on the outskirts of San Miguel de Bidueira.

At this point it is possible to join PR-G 138.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
San Miguel de Bidueira	42°16.076'N	007°11.031'W	29T	649786	4681206
	42°16.332'N	007°11.289'W	29T	649421	4681672



Plus...

### Chestnut gathering: "The rummaging"

During the months of October and November the chestnut forests or "soutos" are full of gatherers looking for chestnuts. The most common variety in the municipality of Manzaneda is the yellow chestnut, of high quality and highly valued on the market. Besides being one of the largest domestic producers of chestnuts, Manzaneda boasts the largest chestnut tree perimeter in Galicia, located in Rozabales and within walking distance of the route.

The end of the chestnut season is marked by the activity known as "A rebusca" - The rummaging, when the last chestnuts of the year are selected by hand.

#### ■ ACCESS

In A Pobra de Trives, in the east of Ourense, take the diversion towards Manzaneda on OU-0701 passing through Mendoí, Sobrado and the centre of Manzaneda until you come to San Miguel de Bidueira.

#### ■ LENGTH

11,37 km (main route is 10.83 km and the diversion 540 m).

#### ■ DEPARTURE POINT / ARRIVAL POINT

San Miguel de Bidueira (Municipality of Manzaneda). The departure and arrival points are at different parts of the village.

#### ■ ROUTE

San Miguel de Bidueira, Trabazos, Cubeiros, Borruga, Soutos de Tonxil, Placín, San Miguel de Bidueira.

#### ■ DIFFICULTY

Medium.

#### ■ DURATION

3 hours.

#### ■ MATERIAL

Due to the high mountains and the duration of the route, good walking shoes, warm clothes, food and water are recommended.

#### ■ CONNECTIONS

PR-G 138.

#### ■ SERVICES

Off the route, in Manzaneda.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

Nº227-II Manzaneda and 228-I A Veiga.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Manzaneda Town Council

Casa Consistorial. Estrada de Raigada, s/n.  
32781 Manzaneda  
Tel.: 988 333 043 / Fax: 988 333 048  
www.concellodemanzaneda.es

##### Galician Mountaineering Association

(see page 146)

## PR-G138

## Ruta Val do Glaciar de Prada



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest

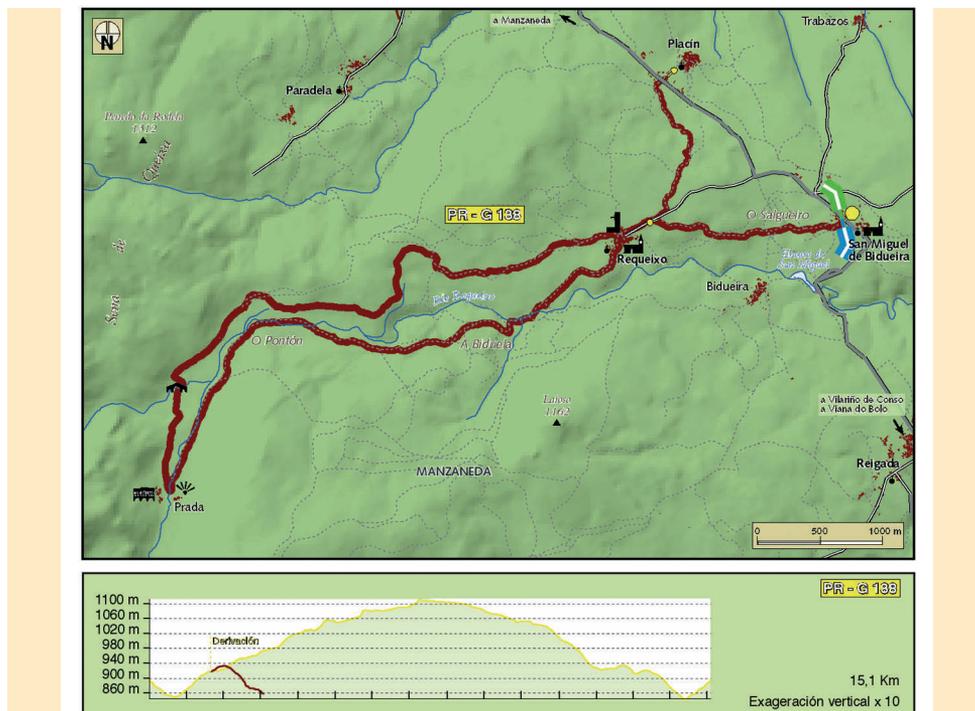


Landscape interest



This route begins at the parish church of San Miguel de Bidueira, a jewel of eighteenth-century Baroque architecture, popularly known as the “Cathedral of Manzaneda”.

Following the River Requeixo we come to the abandoned village of Prada, which preserves part of the Chapel of San Bartolomeu, and several of its traditional high-mountain homes that are currently used as winter shelter for livestock. You can also enjoy an excellent view over the Glacial Cirque of Prada, dating from between 50,000 to 10,000 years ago and which submitted the mountains of Serra de Queixa and O Invernadeiro to a glacier abrasion process.



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
San Miguel de Bidueira	42°16.026'N	007°11.280'W	29T	649439	4681023



The Placín pathway

From Prada, through O Ponton, A Biduela and O Salgueiro, along high mountain trails and narrow pathways, we return to the village of San Miguel de Bidueira. In Requeixo we can take a diversion from the main route and visit the village of Placín.



## Plus...

### Manzaneda Mountain Station

A tourist and sports mountain resort, with activities enabling year-round operation. The 2,000 hectare forest surrounding the entire resort completes an incomparable setting with tourist and catering facilities.

Apart from skiing, visitors can play other sports, thanks to all the amenities: grass football fields, tennis courts, a kart circuit, horse riding, mountain bike circuits, an indoor swimming pool and a multipurpose hall with a gym.

There are also other possibilities, like hiking, mountain climbing, wall climbing, archery and golf.

### ACCESS

In the east of the province of Ourense, keep going from A Pobra de Trives on the OU-0701 through Mendoi, Sobrado and the centre of Manzaneda until you come to San Miguel de Bidueira.

### LENGTH

17.5 km. (The main route is 15.1 km and the diversion 2.4 km).

### DEPARTURE POINT / ARRIVAL POINT

Parish church of San Miguel de Bidueira (Municipality of Manzaneda).

### ROUTE

San Miguel de Bidueira, Prada, O Pontón, A Biduela, Requeixo, Placín, San Miguel de Bidueira.

### DIFFICULTY

Medium.

### DURATION

4 hours 27 minutes.

### MATERIAL

Due to the high mountains and the duration of the route, good walking shoes, warm clothes, food and water are recommended.

### CONNECTIONS

PR-G 137.

### SERVICES

Off the route, in Manzaneda.

### R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

### ACCESS BY BIKE

Fully suitable.

### ACCESS ON HORSEBACK

Fully suitable.



### CARTOGRAPHY I.G.N. 1:25.000

Nº 227-II Manzaneda and 227-IV Castiñeira.



### FOR FURTHER INFORMATION PLEASE CONTACT

#### Manzaneda Town Council

Casa Consistorial. Estrada de Raigada, s/n.  
32781 Manzaneda  
Tel.: 988 333 043 / Fax: 988 333 048  
www.concellodemanzaneda.es

#### Galician Mountaineering Association

(see page 146)

# PR-G 141

## Ruta do Ouro e do Camiño Real

- Traditional architecture
- Ethnography
- Archaeological interest
- General interest**
- Historical interest
- Natural interest
- Landscape interest

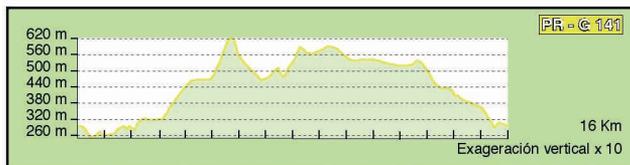


This circular route starts in the village of Margaride, next to the old mining complex known as Covas do Medo.

We climb a narrow path, near the railroad tracks, until we come to the village of As Covas. From this point, a forest trail takes us to a steep climb, at the top of which are the remains of Dares Hill Fort and a viewpoint with a spectacular view over the River Sil, Quiroga Valley and the surrounding peaks.

After recovering our strength in this privileged place, the route comes gently down to join the so-called Royal Highway, signposted as the Camino de Inverno or Winter Road.

From here we continue north of the village of Riomaior. Towards O Carballo de Lor we find the Pontón do Rigueiro, a old and recently restored bridge which retains its original design and takes us back to Margaride along the old Mass Route.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Covas do Medo	42°28.900'N	007°20.265'W	29T	636629	4704680



■ Covas do Medo

## Plus...

### Royal Highways

These roads were built by the Spanish crown, often taking advantage of old Roman roads, for the transit of people, goods and livestock. They were ways to communicate the different areas of the country, also known as "horseshoe roads", as they were paved and made things easier for beasts of burden.

On these roads signs to mark the distances in leagues, the legacy of the Roman milestone system, were installed, together with other elements that made the road more comfortable, such as fountains, stone benches, sundials and food establishments.

The stretch of the Royal Highway on this route is documented in various writings as the entry into Galicia from Ponferrada. The route had already been used by the Romans, and later became a branch of the French Pilgrims' Road to Santiago de Compostela.

### ■ ACCESS

On the N-120 linking Ourense and Ponferrada, take the LU-5003 towards Margaride.

### ■ LENGTH

16 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

Covas do Medo in Margaride (Municipality of Quiroga).

### ■ ROUTE

Covas do medo, Dares Hill Fort, Camiño Real, Riomaior, Pontón do Rigueiro, Covas do Medo.

### ■ DIFFICULTY

Medium-High.

### ■ DURATION

5 hours 30 minutes.

### ■ SERVICES

Off the route, on the N-120, in O Conceado, 1.5 km away from Margaride.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
N°189-II Quiroga.



### FOR FURTHER INFORMATION PLEASE CONTACT

**Quiroga Town Council**  
Rúa Real, s/n.  
27320 Quiroga  
Tel.: 982 428 001 / Fax: 982 428 808  
e-mail: [concello.quiroga@eidolocal.es](mailto:concello.quiroga@eidolocal.es)  
[www.concellodequiroga.com](http://www.concellodequiroga.com)

**Galician Mountaineering Association**  
(see page 146)

## PR-G 142

## Ruta das Férvedas



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest



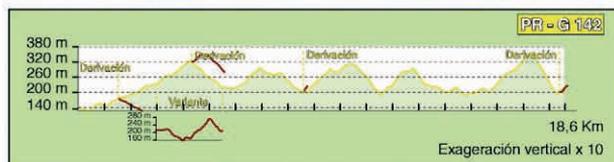
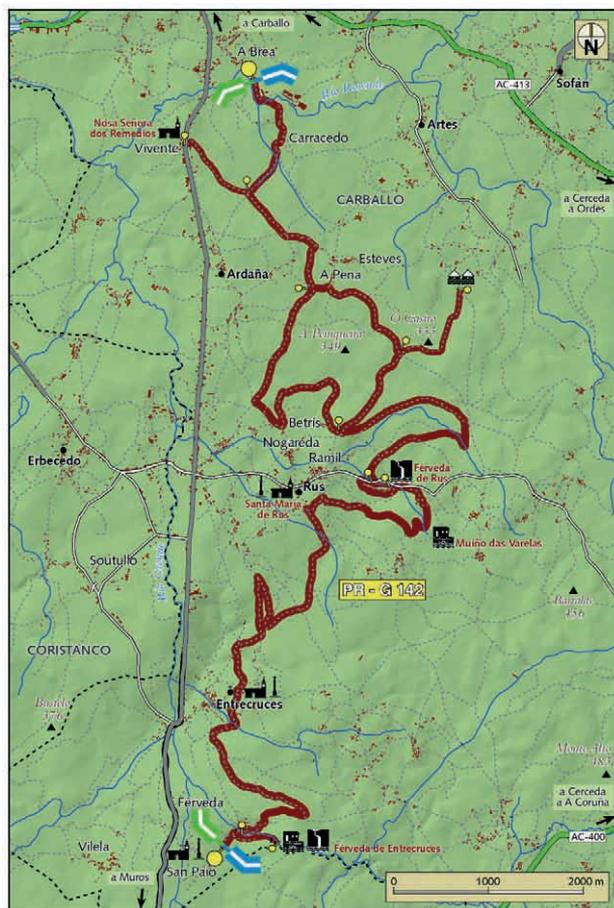
The geological fault that forms the Meridiana depression, one of the most significant geographical features in Galicia, extending from north to south, divides the parishes of Rus and Entrecruces into two parts: the so-called “High” and “Low” areas.

Leaving A Brea, after crossing through the village of Carracedo, the trail diverts to visit the Chapel of Nosa Señora dos Remedios in Vivente. This natural phenomenon led to the emergence of two waterfalls known as “férvedas”, which give this route its name.

In the vicinity of A Pena there are two options: we can take the route that goes round Mount Peniqueira and joins the main route again near Betris, or keep going towards the Coto do Castro to see the archaeological remains of the defensive wall of this Galician-Roman settlement.

We then come down towards Rus waterfall, also known as Ramil, along a diversion that hardly leaves the main route.

After crossing the Rego da Férveda, there is a sign indicating the presence of the Baroque church of Santa María de Rus. The path continues through a lush wood to the church of San Xens de Entrecruces.



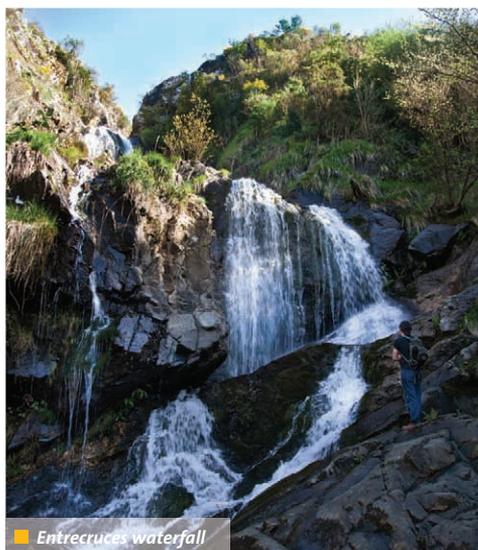
GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Brea	43°11.891'N	008°40.609'W	29T	526259	4782960
Chapel of San Paio	43°07.464'N	008°40.860'W	29T	525950	4774764



■ Church of Santa Maria de Rus

From here a steep ascent begins until we come to the diversion to Entrecruces waterfall, where the River Outón flows down a 50 metre slope and we can see the remains of a small hydroelectric plant that supplied Carballo early in the 19th century.

Back on the main route, a few metres further on is the end of the route at the Chapel of San Paio, a Gothic construction.



■ Entrecruces waterfall

#### ■ ACCESS

Carballo is the capital of the region of Bergantiños in the province of A Coruña. On the AC-1914 linking Carballo and Santiago de Compostela, very near the centre, you will find a sign indicating the way to A Brea.

#### ■ LENGTH

24,1 km. (The main route is 18.6 km, the diversions 5,5 km and the optional extra 3,5 km).

#### ■ DEPARTURE POINT / ARRIVAL POINT

A Brea / Chapel of San Paio (Municipality of Carballo).

#### ■ ROUTE

A Brea, Carracedo, Chapel of Nosa Señora dos Remedios, A Pena, Coto do Castro, Rus waterfall, A Redonda, Church of San Xens de Entrecruces, Entrecruces waterfall, Chapel of San Paio.

#### ■ DIFFICULTY

Medium-High.

#### ■ DURATION

8 hours.

#### ■ SERVICES

Off the route, in Entrecruces.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	<b>1</b>	2	3	4	5
ITINERARY	<b>1</b>	2	3	4	5
TERRAIN	1	<b>2</b>	3	4	5
EFFORT	1	<b>2</b>	3	4	5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



#### CARTOGRAPHY I.G.N. 1:25.000

Nº 44-IV Laracha and 69-II A Silva.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Carballo Town Council

Praza do Concello, s/n.  
15100 Carballo  
Tel: 981 704 100 / Fax: 981 702 858  
e-mail: info@carballo.org  
www.carballo.org

**Galician Mountaineering Association**  
(see page 146)

## PR-G143

## Roteiro do Río Arnoia



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



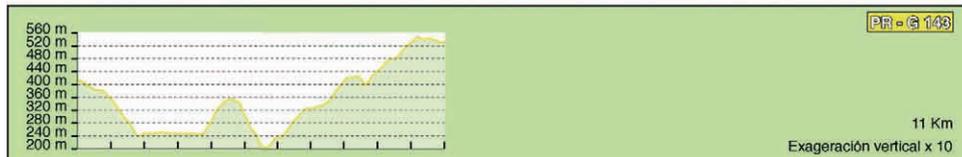
Landscape interest



Sanctuary of Nosa Señora do Val

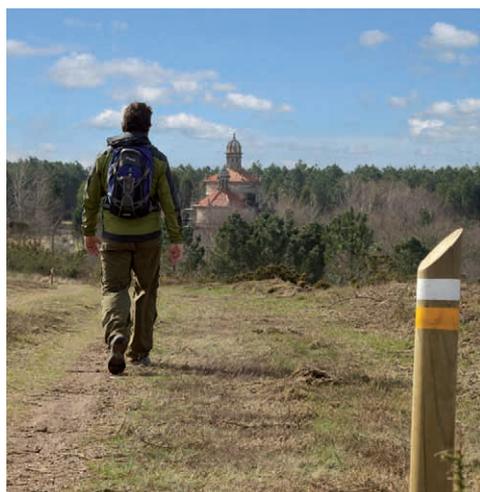
The beginning of this route, on coming to Cachón dam, runs for almost 2 km by a hydraulic canal that was built in the mid-20th century to divert the river water and produce energy that supplied the tin mines of Sierra Seixosa.

After completing the canal stretch in La Bomba, at the meander of the River Arnoia known as Coto de Seoane, there is a sharp climb up westwards. We then come back to the river to see the remains of the Chancela Mills on the other bank from the route. In the village of O Viso we can visit the small chapel of As Angustias before going up a narrow path between walls and reaching the higher lands of the Sierra del Seixival, and the end of the route at the Sanctuary of Nosa Señora do Val.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Stone Cross of Escudeiros	42°12.510'N	008°04.412'W	29T	576481	4673424
Sanctuary of Nosa Señora do Val	42°12.572'N	008°06.482'W	29T	573631	4673510

A Baroque building on the ancient Pilgrims' Road to Santiago coming from Porto and Celanova. Our attention is drawn to the remains of the unfinished Renaissance courtyard, where the cemetery lies. From the sanctuary we can go back to Escudeiros along a three-kilometer trail heading eastwards.



#### ■ ACCESS

On the the OU-531 linking Celanova and Cortegada, in Vila Vidal you will find the diversion that takes us to Escudeiros.

#### ■ LENGTH

11 km.

#### ■ DEPARTURE POINT / ARRIVAL POINT

A few metres from the stone cross of Escudeiros (Municipality of Ramirás) / Sanctuary of Nosa Señora do Val (Municipality of Gome sende).

#### ■ ROUTE

Escudeiros, O Viso, Arnoia Seca, Sanctuary of Nosa Señora do Val.

#### ■ DIFFICULTY

Medium-low.

#### ■ DURATION

3 hours 45 minutes.

#### ■ SERVICES

Off the route, in Escudeiros and Gome sende.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 225-III Cortegada.



#### FOR FURTHER INFORMATION PLEASE CONTACT

##### Ramirás Town Council

O Picouto, s/n.

32810 Ramirás

Tel.: 988 491 523 / Fax: 988 478 604

e-mail: [concello.ramiras@eidolocal.es](mailto:concello.ramiras@eidolocal.es)

[www.ramiras.es](http://www.ramiras.es)

##### Gome sende Town Council

Sobrado, s/n.

32212 Gome sende

Tel.: 988 485 000 / Fax: 988 485 001

e-mail: [concellogomesende@yahoo.es](mailto:concellogomesende@yahoo.es)

[www.concellogomesende.org](http://www.concellogomesende.org)

## PR-G144



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

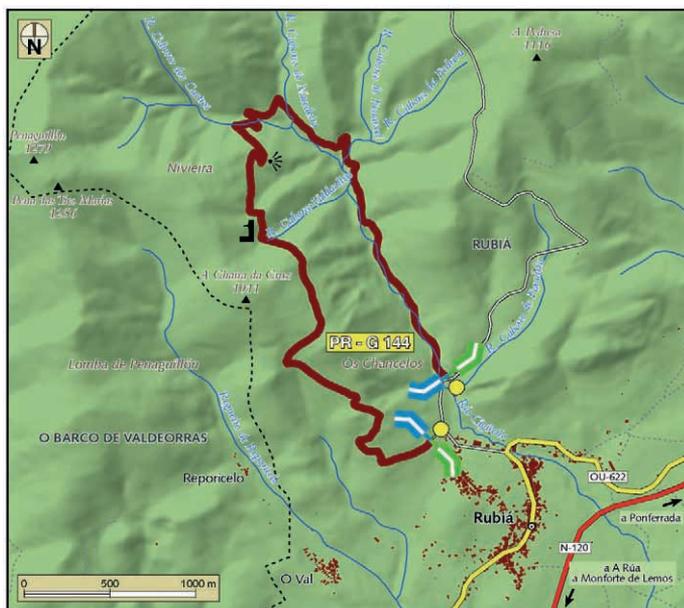
## Ruta Natural dos Castros a Niviera



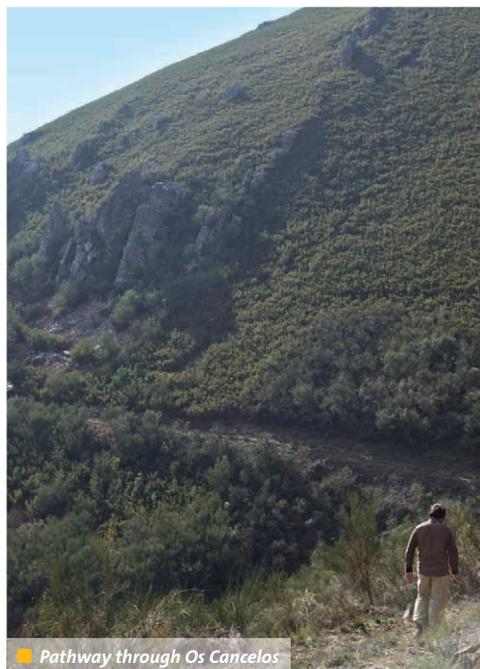
This route, which is almost circular, starts from near the school of Rubiá and goes up towards Mount Chancelos in order to reach the Alto de Cales and then come back down again to Rubiá.

Along an old cart road, we go upwards while enjoying spectacular views of the landscapes of Valdeorras valley. This route is characterised by the existence of cliffs, known as “cavorcos”, with names like Paradela, Valdaoliva, Nacedeiro and Os Castros.

After reaching the highest point, the route starts to descend through a riverside forest, the result of the numerous streams that flow down from the mountains to Rubiá, which we will cross via wooden walkways until we come to the end of the route. From here, following in the direction of the quarry for about 650 metres, we can return to the starting point.



GEOREFERENCES					
LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Rúa Terra de Souto	42°27.468'N	006°56.973'W	29T	668601	4702727
Quarry	42°27.249'N	006°57.051'W	29T	668505	4702321



■ Pathway through Os Cancelos

#### ■ ACCESS

In Valdeorras head for Rubiá on the N-120 and the OR-622. On entering the village, look for the panel indicating the start of the route, near the school.

#### ■ LENGTH

6,3 km.

#### ■ DEPARTURE POINT / ARRIVAL POINT

Rúa Terra de Souto / Near the quarry (Municipality of Rubiá).

#### ■ ROUTE

Rubiá, Alto de Cales, Niveira, Os Chancelos, Rubiá.

#### ■ DIFFICULTY

Medium-low.

#### ■ DURATION

2 hours 15 minutes.

#### ■ SERVICES

Off the route, in Rubiá.

#### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	3	4	5
ITINERARY	1	2	3	4	5
TERRAIN	1	2	3	4	5
EFFORT	1	2	3	4	5

#### ■ ACCESS BY BIKE

Fully suitable.

#### ■ ACCESS ON HORSEBACK

Fully suitable.



**CARTOGRAPHY I.G.N. 1:25.000**  
Nº 190-II Rubiá.



#### FOR FURTHER INFORMATION PLEASE CONTACT

**Rubiá Town Council**  
Rúa do Campo, 8.  
32310 Rubiá  
Tel.: 988 324 146 / Fax: 988 342 070  
e-mail: correo.rubia@eidolocal.es

**Galician Mountaineering Association**  
(see page 146)

## PR-G145



Traditional architecture



Ethnography



Archaeological interest



General interest



Historical interest



Natural interest



Landscape interest

## Ruta da Marronda - Alto Eo



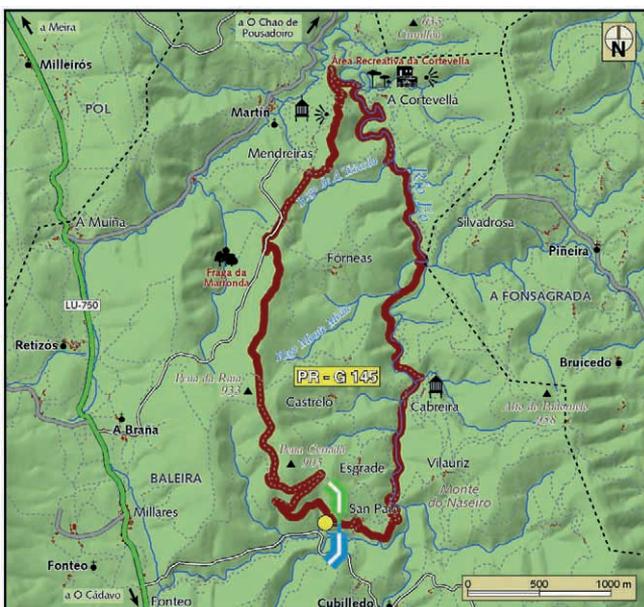
A circular walk divided into two sections that offers visitors the opportunity to discover the region of A Fonsagrada. Far from large towns and roads, the route boasts rich and unspoiled scenery in one of the least known areas of Galicia. A Marronda forest, of great ecological and hunting value, and the source of the river Eo are the protagonists of the route.

From San Paio, we would recommend doing the first stretch to the recreational area of Cortevella by going up eastwards by Pena Cerrada and then northwards to the Pena da Raia, until we come to A Marronda - a magnificent example of native Galician forest. Included in the "Nature 2000 Network" and a Biosphere Reserve, it is one of the main reserves of beech trees in the southwest of Europe.

After passing through the village of Mendreiras we begin a long descent back to the recreational area, where we can enjoy panoramic views from the viewpoint of O Ferreiro and visit the mill of the same name.

From here begins the second stretch of the route, along both banks of the River Eo to San Paio. In this section we cross the streams of A Teixeda and Monte Meán, and visit the waterfalls of O Pozo da Ferreira and Acea de Serra, as well as the small village of Cabreira.

In some sections we cross from one side of the river to the other, over bridges like Naseiro, where we finally leave the Eo behind and come back to San Paio



## GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
San Paio	43°04.474'N	007°13.570'W	29T	644415	4770709



■ Mendreiras



■ The River Eo

### ■ ACCESS

On the A-6 at the city of Lugo, take exit 493 onto the LU-530 towards A Fonsagrada. In O Cádavo turn off onto the LU-760 to Fonteio and after this village take the LU-P-0405 to San Paio.

### ■ LENGTH

21,3 km.

### ■ DEPARTURE POINT / ARRIVAL POINT

San Paio (Municipality of Baleira).

### ■ ROUTE

San Paio, Pena da Raia, Mendreiras, A Cortevella, Cabreira, San Paio.

### ■ DIFFICULTY

Medium-high.

### ■ DURATION

7 hours.

### ■ SERVICES

Off the route, in O Cádavo.

### ■ R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	_____	1	2	3	4	5
ITINERARY	_____	1	2	3	4	5
TERRAIN	_____	1	2	3	4	5
EFFORT	_____	1	2	3	4	5

### ■ ACCESS BY BIKE

Fully suitable.

### ■ ACCESS ON HORSEBACK

Fully suitable.



### CARTOGRAPHY I.G.N. 1:25,000

Nº 73-II Mosteiro and 73-IV Castroverde.



### FOR FURTHER INFORMATION PLEASE

#### CONTACT Baleira Town Council

Avda. Doctor Escobar, s/n. O Cádavo.  
27130 Baleira

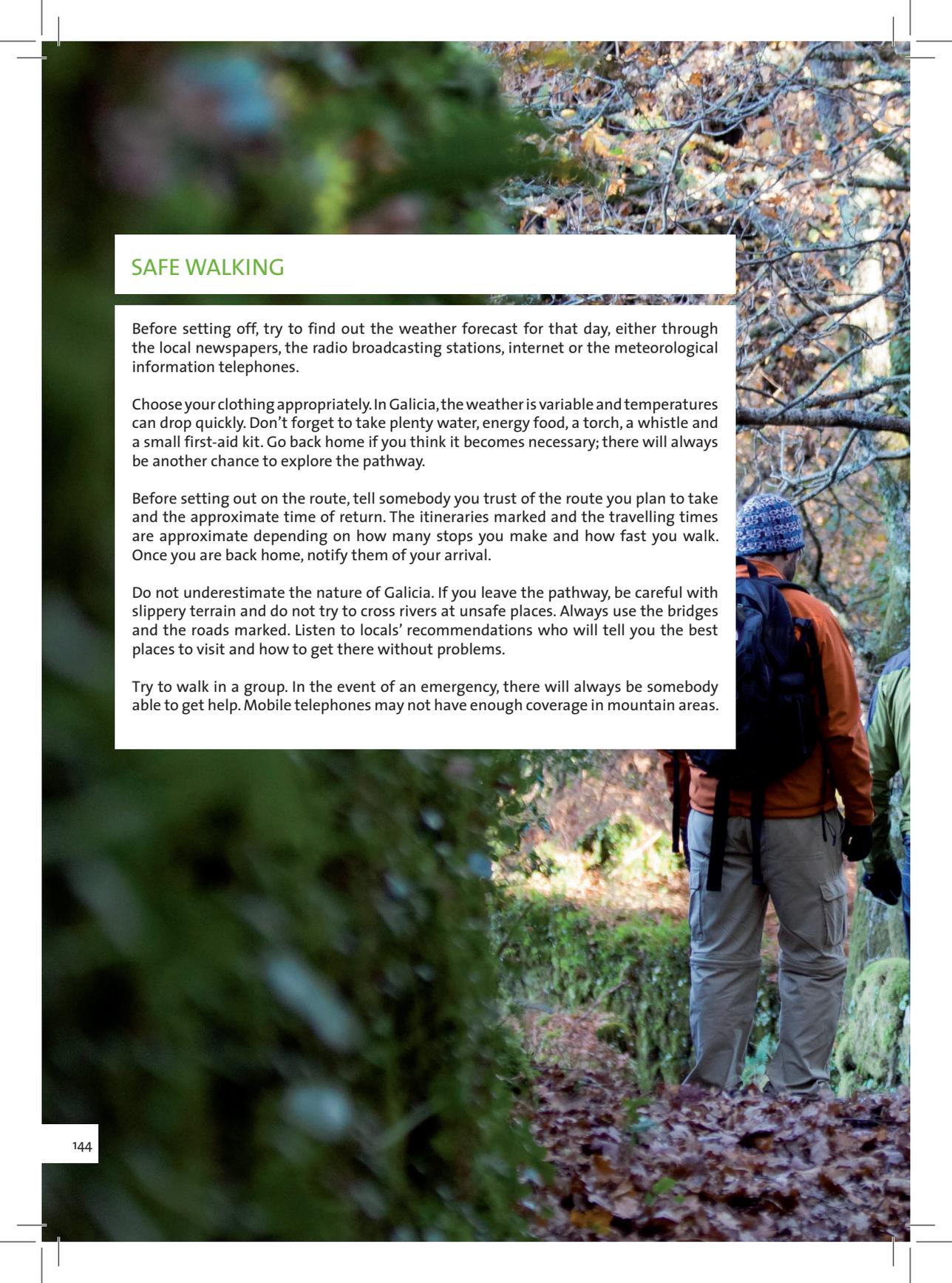
Tel.: 982 354 059/ Fax: 982 354 039

e-mail: [concello.baleira@eidolocal.es](mailto:concello.baleira@eidolocal.es)

[www.concellodebaleira.com](http://www.concellodebaleira.com)

#### Galician Mountaineering Association

(see page 146)

A hiker wearing an orange jacket, grey cargo pants, and a blue patterned beanie is walking away from the camera on a forest path. The path is covered in fallen autumn leaves. The hiker has a large black backpack. The background shows trees with yellow and orange leaves, suggesting an autumn setting. The lighting is soft, and the overall scene is a natural, outdoor environment.

## SAFE WALKING

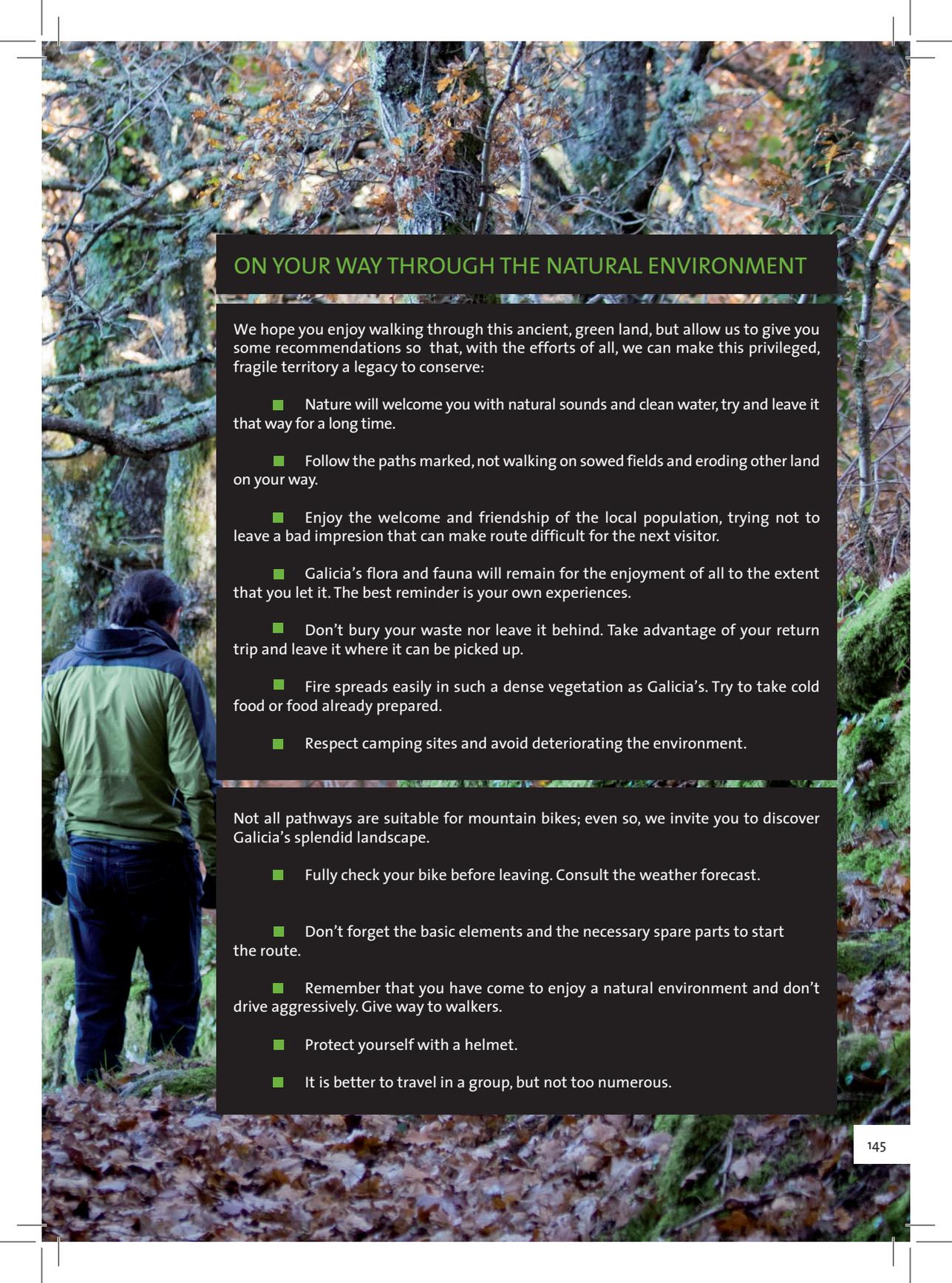
Before setting off, try to find out the weather forecast for that day, either through the local newspapers, the radio broadcasting stations, internet or the meteorological information telephones.

Choose your clothing appropriately. In Galicia, the weather is variable and temperatures can drop quickly. Don't forget to take plenty water, energy food, a torch, a whistle and a small first-aid kit. Go back home if you think it becomes necessary; there will always be another chance to explore the pathway.

Before setting out on the route, tell somebody you trust of the route you plan to take and the approximate time of return. The itineraries marked and the travelling times are approximate depending on how many stops you make and how fast you walk. Once you are back home, notify them of your arrival.

Do not underestimate the nature of Galicia. If you leave the pathway, be careful with slippery terrain and do not try to cross rivers at unsafe places. Always use the bridges and the roads marked. Listen to locals' recommendations who will tell you the best places to visit and how to get there without problems.

Try to walk in a group. In the event of an emergency, there will always be somebody able to get help. Mobile telephones may not have enough coverage in mountain areas.

A person wearing a green and black jacket and dark pants is seen from behind, walking on a path through a forest. The ground is covered in fallen brown leaves. The trees have sparse, yellowish-brown leaves, suggesting an autumn setting. The background is a dense forest with similar foliage.

## ON YOUR WAY THROUGH THE NATURAL ENVIRONMENT

We hope you enjoy walking through this ancient, green land, but allow us to give you some recommendations so that, with the efforts of all, we can make this privileged, fragile territory a legacy to conserve:

- Nature will welcome you with natural sounds and clean water, try and leave it that way for a long time.
- Follow the paths marked, not walking on sowed fields and eroding other land on your way.
- Enjoy the welcome and friendship of the local population, trying not to leave a bad impression that can make route difficult for the next visitor.
- Galicia's flora and fauna will remain for the enjoyment of all to the extent that you let it. The best reminder is your own experiences.
- Don't bury your waste nor leave it behind. Take advantage of your return trip and leave it where it can be picked up.
- Fire spreads easily in such a dense vegetation as Galicia's. Try to take cold food or food already prepared.
- Respect camping sites and avoid deteriorating the environment.

Not all pathways are suitable for mountain bikes; even so, we invite you to discover Galicia's splendid landscape.

- Fully check your bike before leaving. Consult the weather forecast.
- Don't forget the basic elements and the necessary spare parts to start the route.
- Remember that you have come to enjoy a natural environment and don't drive aggressively. Give way to walkers.
- Protect yourself with a helmet.
- It is better to travel in a group, but not too numerous.

## TOURIST OFFICES OF THE XUNTA DE GALICIA

### A CORUÑA

Dársena de la Marina  
Tel.: 981 221 822

### FERROL

Rúa Magdalena, 12 Baixo  
Tel.: 981 311 179

### RIBEIRA

Avda. do Malecón, 3  
Tel.: 981 873 007  
*[Open only in summer].*

### SANTIAGO DE COMPOSTELA

Rúa do Vilar, 30-32  
Tel.: 981 584 081

### LUGO

Rúa Miño, 10-12  
Tel.: 982 231 361

### OURENSE

Edificio "Caseta do Legoeiro". Ponte Romana  
Enlace N-120 con Rúa do Progreso  
Tel.: 988 372 020

### A GUDIÑA

Casa da Viúva.  
Avda. Beato Sebastián de Aparicio, s/n  
Tel.: 988 594 003  
*[Open only in summer].*

### O CARBALLIÑO

Centro Comarcal do Carballiño  
Avda de Pontevedra N-541, Km. 27  
Tel.: 988 530 252

### PONTEVEDRA

Rúa do Marqués de Riestra, 30 Baixo · Local A  
Tel.: 986 850 814

### TUI

Rúa Colón. Edif. Área Panorámica  
Tel.: 986 601 789

### VIGO

Avda. Cánovas del Castillo, 22  
Tel.: 986 430 577  
Porto-Vigo-Estación Marítima, s/n  
Tel.: 986 432 541  
*[Open only in summer].*

### VILAGARCÍA DE AROUSA

Juan Carlos I, 37  
Tel.: 986 510 144

### MADRID

Casado del Alisal, 8  
Tel.: 915 954 214



## FURTHER INFORMATION

### FEDERACIÓN GALEGA DE MONTAÑISMO (GALICIA MOUNTAINEERING ASSOCIATION)

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Tel.: 986 208 758 • Fax: 986 207 407  
www.fgmontanismo.com  
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### METEOGALICIA

Tel.: 881 999 654 • Fax: 981 957 466  
www.meteogalicia.es  
prediccion@meteogalicia.es

### EMERGENCY CENTRE OF THE XUNTA DE GALICIA

Tel.: 112

### FOREST FIRE FIGHTING SERVICE

Tel.: 085



# TERM

## COMMUNICATIONS

	Motorway, dual carriageway
	Motorway, dual carriageway in construction
	Trunk road
	National
	Primary
	Secondary
	Regional
	Other roads
	Tracks
	Railway

## PLACE-NAMES

	Municipal capital
	Parish
	Town
<b>VEREA</b>	Name of municipality

## BORDERS

	Border of Galicia
	Provincial border
	Municipal border

## SYMBOLS

	National / natural park		Hórreo (Raised granary)
	Recreation area		Monumental site
	Park / garden		Typical town
	Forest		Fortress
	Outcrops		Pazo (Manor House)
	Panoramic view		Cathedral
	Waterfall		Monastery
	Climb		Church
	Refuge		Chapel
	Lighthouse		Peto de ánimas (shrine)
	Sailing		Archaeological remains
	Spa		Roman road
	Catamaran		Castro (Celtic town)
	Hydroelectric power station		Mámoa (Barrow)
	Water mill		Dolmen
	Bridge		Petroglyph (Rock engraving)
	Crucero (stone cross)		
	Fountain		

**PR-G 1** No. of pathway (Galician short distance)

**GR 1** No. of pathway (Long distance)

**GR 1.2** No. of variation or derivation (Long distance)

	Start and finish of PR-G
	Start and finish of GR
	Start and finish of variation and derivation (PR-G)
	Start and finish of variation and derivation (GR)
	Section of pathway suitable for horseback
	Section of pathway suitable for mountain-bike

Can you keep my secret?

Covers: Stéphane Allier / J. Vázquez Bermúdez



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[www.turgalicia.es](http://www.turgalicia.es)



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