Experiences in the midst of nature
The oldest natural park in Galicia

Declared a Natural Park in 1979, the first in Galicia, Monte Aloia’s stand-out feature is its 629 m Alto de San Xiao peak. Forestry engineer Rafael Areses transformed this landscape a hundred years ago with an exotic reforestation that included autochthonous vegetation as well as other species, such as cypress, spruce and Lebanon cedar. We recommend a visit to the Casa Forestal (Forest House), an attractive building that houses the Visitor Reception Centre.

Mount Aloia is home to pre-historic and Roman remains and its history is shrouded in legend, such as the one affirming it as being the mythical Mount Medulio, scene of the collective suicide of Celtic tribes in order to avoid falling into the hands of the Roman invaders. Following tradition, at the end of January a popular pilgrimage takes place from Tui up to the San Xiao chapel.

ACCESS: The most common way of reaching Monte Aloia is to go from Tui, taking the PO-340 road to Gondomar, which runs through the land of the Natural Park and has signposts indicating entrances and car parks.

FIND OUT MORE ABOUT THE PARK AND PROPOSED EXPERIENCES AT:
Nature Interpretation Centre
Casa Forestal Ingeniero Areses
Frinxo, 37. Pazos de Reis 36715. Tui
T. 886 120 650
Discover the landscape of the Baixo Miño as far as the Cies Islands from above.

Don’t forget to bring along your binoculars. Mount Aloia’s six vantage points do not disappoint on a clear day. You can enjoy the spectacular views of the Miño and Louro valleys, the River Miño estuary, Mount Santa Tegra and the Cies Islands.

The design of several of the vantage points is eye-catching, as stone railing imitating tree trunks to blend in with the environment has been put in place.

Discover the pleasure of losing yourself all the while knowing exactly where you are going.

Hiking on Mount Aloia

The trails here are very easy for walkers. The Muíños do Tripes trail is made up of walkways and wooden bridges taking us by an ensemble of restored mills. The Rego da Pedra route can be started at the Forest House itself or in the village of Frinxo, taking us along an old stone waterway built to carry water to the crops.

<table>
<thead>
<tr>
<th>Path</th>
<th>Low</th>
<th>Medium</th>
<th>High</th>
<th>Length</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senda das Udenías</td>
<td>LOW</td>
<td></td>
<td></td>
<td>600 m</td>
<td>30 min</td>
</tr>
<tr>
<td>Botanic Trail</td>
<td>LOW</td>
<td></td>
<td></td>
<td>400 m</td>
<td>30 min</td>
</tr>
<tr>
<td>Rego de Pedra</td>
<td>MEDIUM</td>
<td></td>
<td></td>
<td>2.4 km</td>
<td>1.30 h</td>
</tr>
<tr>
<td>Muíños do Tripes</td>
<td>LOW/</td>
<td>MEDIUM</td>
<td>HIGH</td>
<td>2.5 km</td>
<td>1.30 h</td>
</tr>
<tr>
<td>Muíños de Paredes - Muíños do Deique</td>
<td>LOW/</td>
<td>MEDIUM</td>
<td>HIGH</td>
<td>6.5 km</td>
<td>3.30 h</td>
</tr>
<tr>
<td>Castro Alto dos Cubos</td>
<td>LOW</td>
<td></td>
<td></td>
<td>4.5 km</td>
<td>2.5 h</td>
</tr>
<tr>
<td>Cabana-Cabaciña</td>
<td>LOW/</td>
<td>MEDIUM</td>
<td></td>
<td>2.6 km</td>
<td>2 h</td>
</tr>
<tr>
<td>A Muralla</td>
<td>MEDIUM</td>
<td></td>
<td></td>
<td>2.5 km</td>
<td>2 h</td>
</tr>
</tbody>
</table>
Embark on a trip across the shared territory of Mounts Aloia and Santa Tegra, the Atlantic Ocean and the River Miño.

**BAIXO MIÑO ROUTE**

We suggest a 3-day route whose final aim is to get to know the Park and take in a view of the land you have crossed from the highest part of the trail followed to reach this point. You can drive part of the route in combination with short walks.

On the first day, we visit Baiona and Oia and end the day in A Guarda, on Mount Santa Tegra.

On the second day, we head for O Rosal, headquarters of several D.O. Rías Baixas wineries, and visit the towns of Goián and Tomiño.

The last day is set aside for visiting the historic city of Tui and Mount Aloia Natural Park.
Sherpa Project, a specialist tourism consultancy, has chosen some of the best experiences to make your journey unforgettable. Through Viajes Tambre - Aventuras en Galicia, you can book the programmes we offer. Make yourself the focal point of your tourism experience or look for more information on other tourism services in contact with nature on the Turismo de Galicia web site.

General conditions for tourist packages:
* The prices indicated are per person in a double room with dinner and breakfast and VAT is included in all services.
* Offer subject to availability and the season of the year.
* Some activities might require a minimum number of participants.

Further information and bookings:
info@aventurasengalicia.com · T 981 561 785

2-DAY PROGRAMMES IN ALOIA
Aloia on horseback

The perfect companion for discovering Mount Aloia. We suggest a horseback riding route, organised by Equigalia Centro Equestre, enabling us to enjoy the natural landscape and introducing us to the equine world. An activity recommended for anyone who wants to learn about the world of horse riding. Suitable for all the family.

Horseback riding route.
Overnight stay in O Rozo country house.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + HORSEBACK RIDING ROUTE.
Price from 113€/person.
Check tourist package terms and conditions.

O Rozo country house dates back to the year 1800. It is now completely refurbished and preserves features common in Galician country houses.

Welcome to the authenticity of Monte Aloia
On the crest of O Galiñeiro

If climbing is your passion, you will not be able to resist the challenge of climbing to the top of O Galiñeiro. Its granite crest 700 m above sea level attracts dozens of experienced hikers who share the feeling of conquering one of the Galicia’s most well-known climbs with mere enthusiasts. Accompanied by an expert guide, we are in extremely safe hands at all times, free to enjoy the feeling of climbing high.

Having reached the top, our descent takes us along a signposted 8.9 km stretch of the PRG-2 which links O Galiñeiro and Mount Aloia, allowing us to visit some of its main attractions.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + CLIMB.
Price from 105€/person.
Check tourist package terms and conditions.

Trip along the River Miño

Have you ever experienced what paddle boarding is like? This route includes all the necessary equipment: board, paddle, life jacket and wetsuit if required. From Areeiros beach in Guillarei, we descend the River Miño towards Tui, cross beneath the two bridges that separate Galicia from Portugal and continue to our destination in Amorín.

That evening, during our stay at O Rozo country house, we plan our visit to Mount Aloia Natural Park. An expert guide will accompany us along some of the trails to visit its most representative places.

DINNER + 1 NIGHT ACCOMMODATION + BREAKFAST + PADDLE BOARD TRIP.
Price from 100€/person.
Check tourist package terms and conditions.
Do not miss

A selection of four highly recommended visits which will not leave you indifferent and which embody the essence of Mount Aloia Natural Park.

Stone Cross
Climb to the top of San Xiao to take in the spectacular view of the River Miño and see the cross built in 1900 to celebrate the new century.

Castro Alto dos Cubos
Visit the archaeological remains of this Pre-Roman settlement during a 4.5 km route beginning in the village of Frinxo.

Botanic Trail
A short route close to the Forest House with information panels explaining the plant diversity and identifying the species in the area through games.

The Engineer Ramón Areses’ Forest House
An original building dating back to 1921, it is home to a permanent exhibition and detailed information on the Park.

Obtain the Natural Parks of Galicia passport
Find out about the advantages it offers and follow us at: #GaliciaNaturaleUnica

RECOMMENDATIONS

Vehicles should be left in authorised car parks.
Picking flowers and plants is forbidden. It endangers unique species.
Before setting off on a trail, check the level of difficulty and the time required.
Many of the Natural Parks organise free guided interpretation tours. Please call beforehand.
Only use the authorised paths.
Unauthorised camping and overnight caravan parking is forbidden.
Treat waste responsibly. If there are no bins, take your waste with you until you find one.
Swimming in unauthorised areas is forbidden.

Free apps:
- Sendegal Parques naturais
- Birding galicia

EMERGENCY SERVICES
- Emergencies 112
- Seprona 062
- Forest fires 085