



For many centuries it was said that the world ended on our shores, on the shores of an ocean (the Atlantic) that was believed to be infinite. But before getting lost in that ocean, we invite you to discover Galicia, a universe that will awaken all five of your senses.

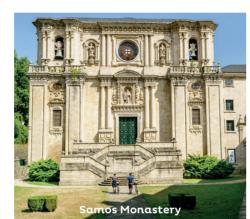
Throughout history, many people have tried to conquer us but, surrendering to the wonders of this land, they decided to stay with us instead. The stones are witness. From petroglyphs and dolmens to the walls that the Romans built, passing through the innumerable Celtic forts and villages. Little by little, imposing churches and monasteries were erected that culminated in that masterpiece that is the Cathedral of Santiago de Compostela.

This is the home that we offer the pilgrims who have continued to arrive from all over the world, since the Middle Ages, after many exhausting days on the various ways of Saint James. Landscapes with an infinite kaleidoscope of greens crossed by hundreds of rivers, forests surrounded by mist and meadows inhabited by cows. An astonishing coastline with the unique Galician estuaries. And here and there an infinite variety of millenary constructions.

We delight visitors with the most exquisite delicacies. If our fish deserve a *cum laude*, the rough ocean grows the best barnacles. And the calm estuaries provide clams, scallops and mussels, among other exceptionally delicious seafood.

Inland, they boast about preparing the tastiest octopus, but they are also home to the best cheeses, turnip greens, potatoes, bread, pies, and beef and pork; with the specialty of Celtic pork. We are experts in applying innovative techniques to natural products, turning them into something special in the hands of new *chefs*.







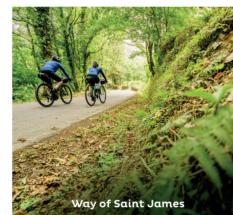


We jump over waves in search of fertility, we fill the beaches with bonfires on Saint John's Eve, and we have stones with healing powers, herbs on the cliffs that foster love and fountains where miraculous waters flow.

If you visit us, you will discover privileged places where rivers meander through vineyards, fine white sands bathed by a rough ocean, mediaeval and fishing villages with maritime smells that will remain etched in your memory, World Heritage monuments and islands with unique species.

Visiting Galicia will give you a different experience. You will escape from routine, travel through the purest nature, lose yourself in the mystery and find peace.





EUROVELO 3 IN SPAIN AND THE GALICIAN SECTION

The EuroVelo 3 "Pilgrims Route" mainly follows the French Way branch of the Way of Saint James through the regions of Navarre, La Rioja, Castilla y León and Galicia. It is a very varied route that begins in the leafy Navarrese Pyrenees, descends to the Ebro river and then enters the extensive agricultural plains of the so-called "Tierra de Campos" de Castilla y León region. Before entering Galicia, it climbs through the attractive mountains of the Bierzo region of León and continues through the Galician forests to Santiago de Compostela.

We suggest you get to know the EuroVelo 3 route in Galicia through its three stages or sections (17, 18 and 19). A new way to discover the most prominent places on this pilgrimage route that will take you to the Cathedral of Santiago de Compostela. The stages are structured in such a way that at the beginning and end of each one you will find accommodation, catering and transport services, among others.

The EuroVelo 3 "Galician" route begins in Pedrafita do Cebreiro and then ascends to the village of O Cebreiro, located at 1,300 m above sea level, between the O Courel and Os Ancares mountain ranges. O Cebreiro is of pre-Roman origin and is famous for its typical pallozas dwellings with rye thatched roofs. This first stage allows you to visit other important places on the route, such as Triacastela village, the surprising monastery of Samos and the town of Sarria. The route also offers beautiful mid-mountain landscapes and numerous examples of popular Galician architecture.

The second stage crosses large areas of meadows and oak groves towards the banks of the river Miño, and then crosses the bridge that leads to Portomarín, a village rescued from the waters after the construction of a dam and relocated to this new area. Palas de Rei is a good place to stock up before continuing to Melide, where this section ends. In Melide, you will find what probably is the oldest stone cross in Galicia. You should also try the traditional pulpo (octopus) á feira in one of Galicia's famous pulperías (traditional octopus restaurants).

The last stage visits the town of Arzúa, one of the cheese capitals of Galicia. Through the so-called "Dutch Route", along the AC-240 regional road, you will visit the municipalities of Touro and Boqueixón before you reach the City of Culture, which welcomes us to Santiago de Compostela. The capital of Galicia is a city full of attractions of all kinds, with a historic centre so well preserved that it has been declared a World Heritage Site by Unesco.

Santiago de Compostela is also a perfect starting point to discover the interesting and varied tourist destinations that Galicia offers. Its central position on the map and its good communications allow you to discover in one day excursions much of what Galicia has to offer.

EUROVELO

EuroVelo is a network of long-distance cycling routes that connect different corners of the European continent. An initiative that promotes sports, ecotourism and the slow discovery of new tourist destinations.

The EuroVelo Network is a European Cyclists Federation (ECF) project that has created 16 long-distance routes that link 42 European countries through over 87,000 kilometres. Each of the 16 EuroVelo routes has its own theme and is identified by a number depending on its direction: north-south (odd) or east-west (even).

The different routes allow you to cycle on good-quality roads with low traffic density on existing or newly built routes. EuroVelo signage is standardised with a homogeneous design that allows you to easily follow the route, regardless of the country the route passes through.

EUROVELO 3 "PILGRIMS ROUTE"

With a length of 5,300 km, the EuroVelo 3 "Pilgrims Route" allows you to travel through seven European countries: Norway, Sweden, Denmark, Germany, Belgium, France and Spain. Along the way, you can visit up to 21 places recognised by UNESCO as World Heritage Sites.

In addition to travelling in the most sustainable way possible, you can visit some of the continent's most important cathedrals, such as those of Cologne, Aachen and Santiago de Compostela, while you can also enjoy the attractions of large cities such as Oslo, Gothenburg, Hamburg, Liège and Paris.

The route connects several pilgrimage routes, including St. Olav Ways between Trondheim and Oslo in Norway; the Oxen Way in Denmark; the Via Baltic, the Osnabrück Path and the North Rhine Route in Germany; the Via Mosana between Maastricht and Namur in Belgium; the Via Monastica that connects Belgium with France; the Estelle Path that reaches Paris; the Via Turonensis that connects the French capital with Saint Jean Pied de Port; and finally, the French Way that leads to Santiago de Compostela.











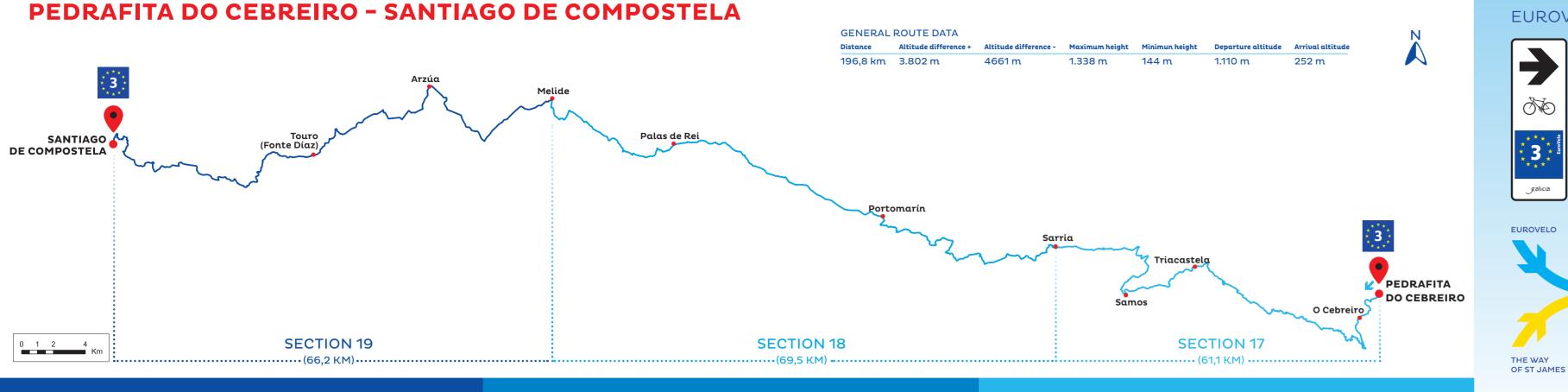












The Way of St James

RECOMMENDATIONS

• It is recommended to wear a helmet.

properly charged mobile phone.

- Don't forget to check the bike's condition.
- Find out about the route's technical aspects and the day's weather forecast.
- Always carry water, warm clothes, a repair kit and a
- You must obey the signs along the route, give priority to pedestrians and comply with the general traffic rules.
- You can download the routes' tracks on the website www.turismo.gal
- You can maintain the route notifying of any incidents regarding the conditions of and signs along the paths using the email btt@xunta.gal

EMERGENCIES:

SECTION 17 (Pedrafita do Cebreiro - Sarria)

The EuroVelo 3 "Galician" route begins in Pedrafita do Cebreiro and then ascends to the village of O Cebreiro, located at 1,300 m above sea level, between the O Courel and Os Ancares mountain ranges. O Cebreiro is of pre-Roman origin and is famous for its typical pallozas dwellings with rye thatched roofs. This first stage allows you to visit other important places on the route, such as Triacastela village, the surprising monastery of Samos and the town of Sarria. The route also offers beautiful midmountain landscapes and numerous examples of popular Galician architecture.



SECTION 18 (Sarria - Melide)

The second stage crosses large areas of meadows and oak groves towards the banks of the river Miño, and then crosses the bridge that leads to Portomarín, a village rescued from the waters after the construction of a dam and relocated to this new area. Palas de Rei is a good place to stock up before continuing to Melide, where this section ends. In Melide, you will find what probably is the oldest stone cross in Galicia. You should also try the traditional pulpo (octopus) á feira in one of Galicia's famous pulperías (traditional octopus restaurants).



SECTION 19 (Melide - Santiago de Compostela)

The last stage visits the town of Arzúa, one of the cheese capitals of Galicia. Through the so-called "Dutch Route", along the AC-240 regional road, you will visit the municipalities of Touro and Boqueixón before you reach the City of Culture, which welcomes us to Santiago de Compostela. The capital of Galicia is a city full of attractions of all kinds, with a historic centre so well preserved that it has been declared a World Heritage Site by Unesco.



GENERAL ROUTE DATA

Distance	difference +	difference - 1.876 m		height 1.338 m		height 419 m	altitude 1.110 m		420 m
61,1 km	1.187 m								
		X	(3)			Table 1	+		
	Accommodations	Restaurants	Bike-repair	Bus	Taxi	Train	Airport	Healthcare centre	Pharmacy
Pedrafita do Cebreiro	V		V	V	V	X	X	V	V
O Cebreiro	V		X	X	V	X	X	X	X
Triacastela	V	V	X	V	V	X	X	V	V
Samos	V	V	V	V	V	X	X	V	V
Sarria	V	V	V	V		V	X	V	



GENERAL ROUTE DATA

Distance	difference +	difference -		height		height	altitude		altitude
69,5 km	1.458 m	1.424 m		723 m		350 m	420 m		453 m
		X.	থ	Ā			+		
	Accommodations	Restaurants	Bike-repair	Bus	Taxi	Train	Airport	Healthcare centre	Pharmacy
Sarria	V		V	V	V	V	X	V	V
Portomarín	V		V	V	V	X	X		V

Altitude difference + difference - height height nheight notitude altitude altitude 66,2 km 1.159 m 1.361 m 455 m 144 m 453 m 252 m Accommodations Restaurants Bike-repair Bus Taxi Train Airport Healthcare centre Melide V V V V V X X V V Touro V V V X X X V V

PEDRAFITA DO CEBREIRO - SARRIA O GIONO GAPRI BIRRIA FINCASTEIR PESCARTI PESCARTI A Browner Rescribe O Cabreiro O Cabr

