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

<table>
<thead>
<tr>
<th>Continuity of the pathway</th>
<th>GR</th>
<th>PR-G</th>
<th>DERIVATION</th>
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<td><img src="image" alt="SENDEIRO PR-G 27" /></td>
<td><img src="image" alt="SENDEIRO GR 53" /></td>
</tr>
</tbody>
</table>
**SIGN**

- 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).

- Right road, direction to follow.

- 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.

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

- 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.

- Wrong direction.

- 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.

- Pathway identification. Right road.

- 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.

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

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.

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).

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.

www.eurimide.info

Valuation from 1 to 5 points

<table>
<thead>
<tr>
<th>ENVIRONMENT</th>
<th>SEVERITY OF THE NATURAL ENVIRONMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Icon]</td>
<td>1 Not free of risks</td>
</tr>
<tr>
<td></td>
<td>2 There is more than one risk factor</td>
</tr>
<tr>
<td></td>
<td>3 Several risk factors</td>
</tr>
<tr>
<td></td>
<td>4 Quite a few risk factors</td>
</tr>
<tr>
<td></td>
<td>5 Many risk factors</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ITINERARY</th>
<th>ORIENTATION ON THE ITINERARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Icon]</td>
<td>1 Well-defined tracks and crossroads</td>
</tr>
<tr>
<td></td>
<td>2 The pathway is clearly laid out and marked</td>
</tr>
<tr>
<td></td>
<td>3 Requires the identification of landmarks and points of the compasss</td>
</tr>
<tr>
<td></td>
<td>4 There is no layout on the terrain nor certainty of identifying landmarks</td>
</tr>
<tr>
<td></td>
<td>5 The itinerary is interrupted by obstacles that must be skirted</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TERRAIN</th>
<th>DIFFICULTY IN THE TERRAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Icon]</td>
<td>1 Going over flat ground</td>
</tr>
<tr>
<td></td>
<td>2 Going over varied terrain</td>
</tr>
<tr>
<td></td>
<td>3 Going over stepped pathways or uneven terrain</td>
</tr>
<tr>
<td></td>
<td>4 Requires the use of hands or jumps over the terrain</td>
</tr>
<tr>
<td></td>
<td>5 Requires the use of hands to make progress</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>EFFORT</th>
<th>AMOUNT OF EFFORT REQUIRED</th>
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<tbody>
<tr>
<td>![Icon]</td>
<td>1 Up to one hour’s walk</td>
</tr>
<tr>
<td></td>
<td>2 From 1 to 3 hour’s walk</td>
</tr>
<tr>
<td></td>
<td>3 From 3 to 6 hour’s walk</td>
</tr>
<tr>
<td></td>
<td>4 From 6 to 10 hour’s walk</td>
</tr>
</tbody>
</table>
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 an 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 farmhouse 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.

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.
HOTELS IN THE RURAL ENVIRONMENT

Durante los últimos años se han creado en Galicia nuevos hoteles que, grandes o pequeños, simples o de categoría superior, se distinguen por su ubicación en un entorno rural o cerca de áreas naturales de gran valor ambiental. Aunque apenas están empezando, este red ya tiene casi cuarenta establecimientos y está creciendo muy rápido, permitiendo a los caminantes disfrutar de alojamientos confortables en contacto con la naturaleza.

Montaña hotles 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.

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
informacion.xacobeo@xunta.es
www.xacobeo.es
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 rest: 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: www.turgalicia.es
Turismo de Galicia promotes and encourages hiking as a way to get closer to both our natural spaces and our ethnographic and cultural heritage.

This app will allow you to discover Galicia’s officially recognized trails. It provides a short description of the route and a view on Google Earth (with the option of a 3D recreation). Maps of each trail can be downloaded to your smart mobile device (iPhone, Android, etc.) and stored in the telephone’s memory (offline mode). Or the device can be used in online mode. In both cases, the GPS will indicate your position at all times, making it easy to follow the trail. You can search by list or by map. The app provides information about the length of the route, estimated time, level of difficulty and cartography, as well as photographs and other information of interest.
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<thead>
<tr>
<th>Nº</th>
<th>NAME</th>
<th>LENGTH</th>
<th>PAGE</th>
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<td>GR 53</td>
<td>Panorámico de Vigo</td>
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<td>GR 58</td>
<td>Sendeiro das Greas</td>
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<td>GR 65</td>
<td>Camiño de Santiago</td>
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<td>GR 94</td>
<td>Rural de Galicia</td>
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<td>PR-G 1</td>
<td>Galiñeiro</td>
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<td>PR-G 2</td>
<td>Aloia</td>
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<td>PR-G 4</td>
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<td>PR-G 7</td>
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<td>Arredor de Cambre</td>
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<td>Rota de Queguas</td>
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<td>O Río dos Dous Nomes</td>
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<td>PR-G 68</td>
<td>A Vía Escondida</td>
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<td>Rota da Fraga da Becerreira</td>
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<td>PR-G 82</td>
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<td>Rota de Subida ó Picato</td>
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<td>PR-G 86</td>
<td>Sendeiro Viñedos da Ribeira Sacra</td>
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<td>PR-G 93</td>
<td>Rota da Ribeira do Ulla</td>
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<tr>
<td>PR-G 94</td>
<td>Rota dos Muíños do Folón e do Picón</td>
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<td>PR-G 95</td>
<td>Sendeiro de “Os Carranos”</td>
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<td>PR-G 98</td>
<td>Canón do Sil - Santa Cristina</td>
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<td>Rota da Auga de Guitiriz</td>
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<td>Sendeiro Natural Aciveiro - Candán</td>
<td>15 km</td>
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<td>Roteiro Mariñán “Costa da Égoa”</td>
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<td>PR-G 102</td>
<td>Sendeiro dos Muíños de Riomaíor</td>
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<td>PR-G 103</td>
<td>Sendeiro dos Petroglifos de Cobres</td>
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<td>PR-G 105</td>
<td>Sendeiro dos Muíños de Barosa</td>
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<td>PR-G 107</td>
<td>Sendeiro de Pedra Miranda</td>
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<td>Ruta das Almiñas e do Foxo do Lobo</td>
<td>10,82 km</td>
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<td>Sendeiro de Pescadores Río Miño-Tamuxe</td>
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<td>Ruta das Pontes do Lérez</td>
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<td>PR-G 114</td>
<td>Sendeiro Laxe-Traba</td>
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<td>PR-G 116</td>
<td>Ruta do Con Negro-Arte ao Natural</td>
<td>3,25 km</td>
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<td>PR-G 117</td>
<td>Ruta da Fraga aos Muíños</td>
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<td>PR-G 118</td>
<td>Ruta dos Soutos</td>
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<td>Ruta do Xabriña</td>
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<td>Roteiro dos Penedos da Picariaña</td>
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<td>Ruta dos Tres Ríos</td>
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<td>Senda Peonil da Ponte do Ramo</td>
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<td>112</td>
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<tr>
<td>PR-G 124</td>
<td>Ruta da Auga, Fonte e Lavadoiros de Parada</td>
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<td>Ruta dos Miradoiros Lobeira-Faro das Lúas</td>
<td>4,41 km</td>
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<td>PR-G 127</td>
<td>Ruta do Pan</td>
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<td>Senda Rodis-Xesteda</td>
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<td>PR-G 129</td>
<td>Meirama-Xalo-Meirama</td>
<td>7,6 km</td>
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<td>PR-G 130</td>
<td>Ruta Cerceda-Portobrea</td>
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<td>PR-G 131</td>
<td>Ruta dos Montes de San Cibrán</td>
<td>12,83 km</td>
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<td>PR-G 132</td>
<td>Sendeiro “Muiños del Poñente”</td>
<td>25 km</td>
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<td>PR-G 133</td>
<td>Roteiro do Con Negro-Arte ao Natural</td>
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<td>PR-G 134</td>
<td>Meirama-Xalo-Meirama</td>
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<td>PR-G 135</td>
<td>Sendeiro de Pena Guimara</td>
<td>11,37 km</td>
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<td>PR-G 136</td>
<td>Ruta Val do Glaciar de Prada</td>
<td>17,5 km</td>
<td>138</td>
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<td>PR-G 137</td>
<td>Ruta dos Soutos de Cesurís</td>
<td>11 km</td>
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<tr>
<td>PR-G 138</td>
<td>Ruta da Auga, Fonte e Lavadoiros de Parada</td>
<td>11 km</td>
<td>142</td>
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<td>PR-G 139</td>
<td>Sendeiro de Pena Guimara</td>
<td>11,5 km</td>
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<td>PR-G 140</td>
<td>Sendeiro do Gallol</td>
<td>16 km</td>
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<td>PR-G 141</td>
<td>Roteiro do Ouro e do Camiño Real</td>
<td>24,1 km</td>
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<td>PR-G 142</td>
<td>Ruta do Con Negro-Arte ao Natural</td>
<td>11 km</td>
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<td>PR-G 143</td>
<td>Sendeiro de Pena Guimara</td>
<td>6,3 km</td>
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<tr>
<td>PR-G 144</td>
<td>Ruta Natural dos Castros a Niviera</td>
<td>21,3 km</td>
<td>154</td>
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<tr>
<td>PR-G 145</td>
<td>Sendeiro as Fragas da Ribeira e do Lostegal</td>
<td>19 km</td>
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</tr>
</tbody>
</table>
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.
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.
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 _____________ 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
Fully suitable.
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 Chandebrito Castro, Soutomaio 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 Cies islands like a backdrop, part of the new marineterrestrial Atlantic Islands National Park.

The mountains make their presence felt in the Sierras of O Suído, 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, Soutomaio, Fornelos de Montes, Manors de Borbén, Mos, Ponteareas, 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 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

FOR FURTHER INFORMATION PLEASE CONTACT
Mancomunidade Área Intermunicipal Vigo
Vía da Hispanidade, 17. 36203 Vigo
Galician Mountaineering Association
(see page 206)
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 Portomarín, 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.
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).

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, Babadela, Ferreiros, Portomarin, Gonzar, Ventas de Narón, Lige, Palas de Rei, Mato Casanova, Melide, Ribadiso, Arzúa, Sta. Irene, Arca, Monte do Gozo and San Lázaro.

ACCESS BY BIKE
Fully suitable.

ACCESS ON HORSEBACK
Fully suitable.

CARTOGRAPHY I.G.N. 1:25.000
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
97 Guntín, 123 Portomarín, 124 Sarria and 125 As Nogais.

FOR FURTHER INFORMATION PLEASE CONTACT
Xacobeo
Tel.: 902 332 010
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<td>008°32.648'W</td>
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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 Soutomaor 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 Almofrei 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 Rascadería 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.
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, Cequeril, 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, Vea, Luou and Solláns.

**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.

**GEOREFERENCES**

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<td>42º51.827’N</td>
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</table>

**Petroglyphs**

Petroglyphs consist of open-air rupetrian 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).
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.
**GEOREFERENCE**

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**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 400 m there and back).

**DEPARTURE POINT / ARRIVAL POINT**
A Pasaxe.

**ROUTE**
A Pasaxe, Galiñeiro, presa de Zamáns and A Pasaxe.

**DIFFICULTY**
Medium.

**DURATION**
3 hours.

**CONNECTIONS**
With the GR 53, 58 and 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**
261-I Baiona.

---

**FOR FURTHER INFORMATION PLEASE CONTACT**
Club Montañeiros Celtas
Av. Camelías, 78 oficina K. 36211 Vigo
Tel. / Fax: 986 438 505
info@celtas.net
www.celtas.net
PR-G\textsuperscript{2} Aloia

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\textsuperscript{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.
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.
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.
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.
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 and places 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.
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
Medium; 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 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. Optional parallel route along the wind generator paths.

ACCESS ON HORSEBACK
Fully suitable.

CARTOGRAPHY I.G.N. 1:25,000
122-IV Ventosa, 154-II Rodeiro and 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
info@rodeiro.org
www.rodeiro.org

Galician Mountaineering Association
(see page 206)
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 Insua 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".
**GEOREFERENCEs**

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**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: 1
- Itinerary: 1
- Terrain: 1
- Effort: 1

**ACCESS BY BIKE**
Not suitable.

**ACCESS ON HORSEBACK**
Not suitable.

**CARTOGRAPHY I.G.N. 1:25.000**
2-III Ortigueira.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Casa da Cultura do Vicedo
Rua Cidade de Mondonoñedo, 23
27860 O Vicedo
Tel.: 982 590 195 / Fax: 982 590 001
concillo@concellodovicedo.org
www.concellodovicedo.org
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.
**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**
Medium.

**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**

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**ACCESS BY BIKE**
Not recommended.

**ACCESS ON HORSEBACK**
Not recommended.

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**GEOREFERENCES**

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**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Paradela
Casa do Concello
Rúa Cabaleiros de Santiago, 15. 27611 Paradela
Tel. 982 541 101 / 982 541 196
www.paradela.es
Galician Mountaineering Association
(see page 206)
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**

<table>
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<tr>
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<tr>
<td>Museo Romano de Cambre</td>
<td>43º17.586’N</td>
<td>008º20.586’W</td>
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<td>553290</td>
<td>4793660</td>
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**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**

<table>
<thead>
<tr>
<th>ENVIRONMENT</th>
<th>ITINERARY</th>
<th>TERRAIN</th>
<th>EFFORT</th>
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<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

**ACCESS BY BIKE**

Suitable.

**ACCESS ON HORSEBACK**

Suitable.

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

45-II Betanzos.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Cambre
Concellería de Xuventude. OMIX - Cambre
Tel.: 981 613 170 / 128
omix@cambre.org
xuventude@cambre.org
www.cambre.org

Galician Mountaineering Association
(see page 206)
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 predo-minant. It crosses areas with tre-mendously 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.
**GEOREFERENCE**

<table>
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<tr>
<th>LOCATION</th>
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<td>Queguas</td>
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<td>6,8 km</td>
<td>29T</td>
<td>574170</td>
<td>4646960</td>
</tr>
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</table>

**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 Carrínns, 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**

<table>
<thead>
<tr>
<th>ENVIRONMENT</th>
<th>1</th>
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<tr>
<td>EFFORT</td>
<td>1</td>
<td>2</td>
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<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

**ACCESS BY BIKE**
Not suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

**CARTOGRAPHY I.G.N. 1:25,000**
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 206)
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 of 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.
GEOREFERENCES

<table>
<thead>
<tr>
<th>LOCATION</th>
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<th>LENGTH</th>
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<tr>
<td>Padrendo</td>
<td>41°52.814’N</td>
<td>008°06.824’W</td>
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<td>573540</td>
<td>4636940</td>
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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 
ITINERARY 
TERRAIN 
EFFORT

ACCESS BY BIKE
Not suitable.

ACCESS ON HORSEBACK
Partially suitable.

CARTOGRAPHY I.G.N. 1:25,000
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 206)

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 da 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.
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.
**GEOREFERENCE**

<table>
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<td>008°06.522’W</td>
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<td>572370</td>
<td>4787750</td>
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</table>

**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 Oís and heading for Ponte Aranga.

**LENGTH**

3.5 km (2.9 km the main route and 600 m 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**

<table>
<thead>
<tr>
<th>ENVIRONMENT</th>
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<tr>
<td>EFFORT</td>
<td>1</td>
<td>2</td>
<td>3</td>
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</tr>
</tbody>
</table>

**ACCESS BY BIKE**

Not suitable.

**ACCESS ON HORSEBACK**

Not suitable.

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

46-III Oza dos Ríos.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Asociación de Exploradores das Mariñas
Grupo Scout “Castro de Untía”
Camiña 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
oixcoiros@es.inter.net

**Plus...**

The “muño” (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 bestknown folk dance: “a muiñeira”.

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**For further information please contact**

Asociación de Exploradores das Mariñas
Grupo Scout “Castro de Untía”
Camiña 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
oixcoiros@es.inter.net
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.
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.

<table>
<thead>
<tr>
<th>LOCATION</th>
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<tr>
<td>Área Recreativa Cubelas</td>
<td>42°44’.776’N</td>
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<td>29T</td>
<td>543270</td>
<td>4732860</td>
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<tr>
<td>San Xoán da Cova</td>
<td>42°47’.133’N</td>
<td>008°23’.558’W</td>
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<td>549680</td>
<td>4737265</td>
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</table>

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.

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.

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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

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
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.
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 GR 58.

SERVICES
In Mos, Redondela, O Porriño and Vigo.

R.I.M. ROUTE INFORMATION METHOD
ENVIRONMENT
ITINERARY
TERRAIN
EFFORT

ACCESS BY BIKE
Fully suitable.

ACCESS ON HORSEBACK
Fully suitable.

CARTOGRAPHY I.G.N. 1:25,000
223-IV Mos.

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

GEOREFERENCES

<table>
<thead>
<tr>
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<tr>
<td>Mos</td>
<td>42º12.302’N</td>
<td>008º36.263’W</td>
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<td>532660</td>
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</table>

DUE FOR REVISION
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 Xian 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 Fonteseca, Barbeitos, Molino Grande on the River Lérez and, finally, the rectory house and “cruceiro” (stone cross) in A Igrexa.
**Georeferences**

<table>
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<td>Viascón</td>
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<td>4703800</td>
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</table>

**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 the 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, Muño Novo, turn-off to the Coutadas petroglyphs, Natual spring, Coto de Karballos viewpoint, small forest, Tazes petroglyph, Ponte-Atalaia, Fonteseca, River Lérez, A igrexoa, 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: _________ 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**

152-IV Cutián, 185-II Pontevedra and 186-I Carballedo.

For further information please contact

Asociación de vecinos “O Agro” de Viascón

www.viascon.es
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.
“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).
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 Rodrigas. 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 Vilapercide 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.
**GEOREFERENCE**

<table>
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<td>Cruce en Carretera LU-5508</td>
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</table>

**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**

<table>
<thead>
<tr>
<th>ENVIRONMENT</th>
<th>ITINERARY</th>
<th>TERRAIN</th>
<th>EFFORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

**ACCESS BY BIKE**

Not suitable.

**ACCESS ON HORSEBACK**

Not suitable.

---

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

24-II Vilanova de Lourenzá.

FOR FURTHER INFORMATION PLEASE CONTACT

Concello de Trabada

Rúa do Concello, 15. 27765 Trabada

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

Galician Mountaineering Association

(see page 206)
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 Rodrigas. 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 Vilapercide 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.

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<table>
<thead>
<tr>
<th>Natural interest</th>
<th>Landscape interest</th>
</tr>
</thead>
</table>

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![View from O Roxal Pico da Cadeira and Penas Mouras](image)
GEOREFERENCE

<table>
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<th>UTM ZONE</th>
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<th>Y</th>
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</thead>
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<tr>
<td>Cruce en carretera LU-5508</td>
<td>43º26.332’N</td>
<td>7.9 km</td>
<td>29T</td>
<td>644850</td>
<td>481195</td>
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</table>

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

DEPARTURE POINT / ARRIVAL POINT

Car park on the road from Trabada to Augaxosa.

ROUTE

Crossroads on the CP-55-08, Becerreira Fraga (forest), Vilapercide 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

ITINERARY

TERRAIN

EFFORT

ACCES BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Partially suitable.

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

24-II Vilanova de Lourenzá.

FOR FURTHER INFORMATION PLEASE CONTACT

Concello de Trabada
Rúa do Concello, 15, 27765 Trabada
Tel.: 982 135 011 / Fax: 982 135 257

Galician Mountaineering Association
(see page 206)
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 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.
**GEOREFERENCE**

<table>
<thead>
<tr>
<th>LOCATION</th>
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</table>

**ACCESS**

On the CP-55-06 highway from Trabada to As Rodrigas (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**

On the CP-55-06 highway from Trabada to As Rodrigas, at Alto do Couso refuge hut and recreation area.

**ROUTE**

Road from Trabada to As Rodrigas, at Alto do Couso refuge hut and 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 Lourenzá.

**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**

24-II Vilanova de Lourenzá and 24-IV A Pontenova.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Trabada
Rúa do Concello, 15. 27765 Trabada
Tel.: 982 135 011 / Fax: 982 135 257

Galician Mountaineering Association
(see page 206)

**Plus...**

A good complement to the route is to visit Vilanova de Lourenzá to see its old Monastery of San Salvador with the parish Church of Santa María 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.
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 Mencia 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 anchoret 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.
**GEOREFERENCES**

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<tr>
<th>LOCATION</th>
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<td>Os Chancís</td>
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<td>4696390</td>
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**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, Rectoral de Anllo, 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**

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<td>EFFORT</td>
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</table>

**ACCESS BY BIKE**

Not suitable.

**ACCESS ON HORSEBACK**

Fully suitable.

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

188-II Sober and 188-IV Parada de Sil.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Galician Mountain&ing Association
(see page 206)

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*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 landscape and monumental sights have made the "Sacred Riverside" a new tourist destination in Galicia.
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. The 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.
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.
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.
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.

For further information please contact
Concello do Rosal
Praza do Calvario, 1. 36770 O Rosal
Tel. 986 625 000 / Fax: 986 626 034
orosal@concellodonorosal.es
www.concellodonorosal.es
www.orosal.es
Galician Mountaineering Association
(see page 206)
Segatur S.L. (see page 206)
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.
**GEOREFERENCE**

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<tr>
<th>LOCATION</th>
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<tr>
<td>Rectoral de Fofe</td>
<td>42º16.877’N</td>
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<td>554100</td>
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<td>Maceira River Beach</td>
<td>42º16.340’N</td>
<td>008º21.076’W</td>
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</tr>
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</table>

**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**
Low.

**DURATION**
2.5 hours.

**MATERIAL**
It is advisable to take waterproof hiking footwear.

**SERVICES**
In Fofe and in Maceira.

**R.I.M. ROUTE INFORMATION METHOD**

<table>
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<tr>
<td>EFFORT</td>
<td>1</td>
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</tbody>
</table>

**ACCESS BY BIKE**
Not suitable.

**ACCESS ON HORSEBACK**
Partially suitable.

**CARTOGRAPHY I.G.N. 1:25,000**
224-II Melón.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Covelo
Praza Mestre Cerviño, 2
36872 Covelo
Tel.: 986 650 027 / Fax: 986 650 131
www.concellodecovelo.es

Galician Mountaineering Association
(see page 206)
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.
Santa Cristina de Ribas de Sil Monastery

River Sil Canyon

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

DIFFICULTY
Medium.

DURATION
6 hours.

SERVICES
In Parada de Sil.

R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT

ITINERARY

TERRAIN

EFFORT

1 2 3 4 5

ACCESS BY BIKE
Not suitable.

ACCESS ON HORSEBACK
Partially suitable.

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

Clube de Montaña Ribeira Sacra
Parada de Sil, s/n. 32740 Parada de Sil
www.ribeirasacracm.org

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
Rota da Auga de Guitiriz

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, Montemeá or Moeiro; a large
number of mills, such as the restored ones of Parga and Ferreira; the leisure areas such that of Os Sete
Muiños; 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**

<table>
<thead>
<tr>
<th>LOCATION</th>
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<tr>
<td>Ponte de Santo Alberte</td>
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<tr>
<td>Pardiñas</td>
<td>43º11.486’N</td>
<td>007º55.244’W</td>
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<td>4782725</td>
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</table>

**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 Valdobín, A Pobra de Parga, A Ponte de Ferreira, A Ponte de Montemeá, A Ponte de Moiero, Guitiriz Spa Hotel, A Ponte da Forxá, Recreation area and Os Sete Muíños swimming pool, O Pazo, Pardiñas.

**DIFFICULTY**

Low.

**DURATION**

6.5 hours.

**SERVICES**

En 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.

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.

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

46-IV Guitiriz, 47-III Baamonde, 71-II Dombrete and 72-I Parga.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Guitiriz  
Rúa do Concello, 4.  
27300 Guitiriz  
Tel.: 982 370 109 / Fax: 982 372 178  
www.concellodeguitiriz.com

Galician Mountaineering Association (see page 206)

Segatur S.L. (see page 206)
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.
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 Lalín; 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 the 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**

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</table>

**ACCESS BY BIKE**
Partially suitable.

**ACCESS ON HORSEBACK**
Partially suitable.

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

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Forcarei
Praza da Igrexa, 1.
36550 Forcarei
Tel.: 986 755 036 / Fax: 986 754 082
www.forcarei.net

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
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 altarpiece, 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).
**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**

Iglesia de Santo Estevo de Paleo, Paradela, Pazo de Esperante, Salgueiros, Pazo de Vilasuso, Chamoso, Iglesia de San Pedro de Rubieiro, Montemeán, Costa da Égoa, Herves, Pazo das Cadeas, Muiño de Batán, Chamoso.

**DIFFICULTY**

Medium.

**DURATION**

3.5 hours.

**SERVICES**

In Chamoso.

**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**

45-III Cerceda.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Carral
Campo da Feira, 1. 15175 Carral
Tel.: 981 672 580 / Fax: 981 672 581
contacto@concellocarral.com
www.concellocarral.com

Galician Mountaineering Association
(see page 206)
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**

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<th>UTM Zone</th>
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<td>42°19.509’N</td>
<td>008°39.279’W</td>
<td>29T</td>
<td>528456</td>
<td>4686020</td>
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<td>Muño de Miguel Lois</td>
<td>42°20.309’N</td>
<td>008°40.313’W</td>
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<td>527031</td>
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**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 / Muñio de Miguel Lois (Municipality of Vilaboa).

**Route**

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

**Difficulty**

Low.

**Duration**

1 hour and 15 minutes.

**Services**

In Larache, Vilaboa or Cobres.

**R.I.M. Route Information Method**

<table>
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</tbody>
</table>

**Access by Bike**

Not suitable.

**Access on Horseback**

Not suitable.

**Cartography I.G.N. 1:25,000**

185-IV Soutomair 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
info@vilaboa.org
www.vilaboa.org
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.

![Vigo Estuary viewpoint]
**ACCESS**
On the N-550 from Pontevedra to Redondela, turn onto the N-554 in Vilabo, 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 (Concello de Vilabo).

**ROUTE**
Casa Rural de Os Areeiros, Vilar, Chan da Rúa, Calverte and Casa Rural de Os Areeiros.

**DIFFICULTY**
Low.

**DURATION**
1 hour.

**SERVICES**
Rural tourism accommodation in Areeiros. Off the route, in Vilabo and Cobres.

**R.I.M. ROUTE INFORMATION METHOD**

<table>
<thead>
<tr>
<th>ENVIRONMENT</th>
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</table>

**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

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**CARTOGRAPHY I.G.N. 1:25,000**
185-IV Soutomaior.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Vilabo
Toural, s/n. 36141 Vilabo
Tel.: 986 708 215 / Fax: 986 708 387
info@vilabo.org
www.vilabo.org

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**Petroglyphs of Chan da Rúa**
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.
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, Fervenza 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**

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**ACCESS BY BIKE**
Partially suitable.

**ACCESS ON HORSEBACK**
Partially suitable.

CARTOGRAPHY I.G.N. 1:25,000
152-IV Campo Lameiro.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Barro
San António, 8. Perdecanai. 36194 Barro
Tel.: 986 711 002 / Fax: 986 711 001
barro@concellos.depontevedra.es
www.barro.es
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.
**GEOREFERENCE**

<table>
<thead>
<tr>
<th>LOCATION</th>
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<tr>
<td>Cantera de A Lapa</td>
<td>42°21.163’N</td>
<td>008°37.136’W</td>
<td>29T</td>
<td>53186</td>
<td>46890</td>
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<tr>
<td>At the end of the Paredes Street</td>
<td>42°21.831’N</td>
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<td>531031</td>
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**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 150 m).

**DEPARTURE POINT / ARRIVAL POINT**
Car park before the quarry of A Lapa / End of the Paredes road 300 m 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**

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**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

**CARTOGRAPHY I.G.N. 1:25.000**
185-IV Soutomaioir.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Vilaboa
Toural, s/n. 36141 Vilaboa
Tel.: 986 708 215 - 986 708 252
Fax: 986 708 387
info@vilaboa.org
www.vilaboa.org
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**

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<td>Caritel church</td>
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<td>008°27.640'W</td>
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<td>544395</td>
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**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**

<table>
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**ACCESS BY BIKE**
Partially suitable.

**ACCESS ON HORSEBACK**
Partially suitable.

**CARTOGRAPHY I.G.N. 1:25.000**
186-III Ponte Caldelas.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Ponte Caldelas
Avenida de Galicia, 17
36820 Ponte Caldelas
Tel.: 986 750 001 / Fax: 986 750 020
omix@pontecaldelas.org
www.pontecaldelas.net
www.pontecaldelas.org
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.
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**

<table>
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<th>Environment</th>
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</table>

**Access by Bike**
Fully suitable.

**Access on Horseback**
Fully suitable.

**Georeferences**

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<td>Eiras Beach</td>
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<td>008°47.164’W</td>
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<td>51738</td>
<td>4641266</td>
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<tr>
<td>Aceñas Mill</td>
<td>41°55.354’N</td>
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<td>4641193</td>
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**Cartography I.G.N. 1:25.000**
299-I Tomaño and 299-II Salcidos.

**For Further Information Please Contact**
Concello do Rosal
Praza do Calvario, 1. 36770 O Rosal
Tel.: 986 625 000 / Fax: 986 626 034
www.concelloorosal.es
www.orosal.es

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
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**

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<td>Aciveiro Monastery</td>
<td>42º37.160’N</td>
<td>008º18.009’W</td>
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<td>557397</td>
<td>4718866</td>
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<td>Gaxin</td>
<td>42º34.691’N</td>
<td>008º20.673’W</td>
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**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 / Gaxin (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, Gaxin.

**DIFFICULTY**

Medium.

**DURATION**

4 hours 30 minutes.

**CONNECTIONS**

With the 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.

**RECOMENDACIÓN**

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**

153-II Forcarei and 153-IV Soutelo de Montes.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Forcarei
Praza da Igrexa, 1 36550 Forcarei
Tel.: 986 755 036
concello.forcarei@forcarei.net
www.forcarei.net

Galician Mountaineering Association (see page 206)

Segatur S.L. (see page 206)
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 Sendeiro Laxe - Traba from Santa Rosa Chapel.

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 Boaño. We take the path in this direction until we come to the recreation area of Campo de Almazarro, 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

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<tr>
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<td>4785432</td>
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<td>Laguna de Traba</td>
<td>43°11.373’N</td>
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**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**
Paseo Marítimo / Lagoa de Traba (Concello de 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**
43-III Camelle and 43-IV Laxe.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Laxe
Avda. Cesáreo Pondal, 26
15117 Laxe
Tel.: 981 706 903 / Fax: 981 728 025
info@concellodelaxe.com
www.concellodelaxe.com

Galician Mountaineering Association
(see page 206)
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.
Salting factories of Barcela

Un plus...

Salgadeiras (salting factory)

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 craftsmen’s 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.

CARTOGRAPHY I.G.N. 1:25,000
184-II O Grove.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello do Grove
Plaza do Congo, s/n. 36980 O Grove
Tel.: 986 730 975 / Fax: 986 731 358
oftur@turismogrove.com
www.turismogrove.com

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
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.
**CARTOGRAPHY I.G.N. 1:25,000**

184-II O Grove.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello do Grove
Praza do Corgo, s/n.
36980 O Grove
Tel.: 986 730 975 / Fax: 986 731 358
oftur@turismogrove.com
www.turismogrove.com

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)

---

**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 Batería.

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

**DEPARTURE POINT / ARRIVAL POINT**
O Conchido / A Torre (Concello do Grove).

**ROUTE**
O Conchido (military battery), Con Negro beach, Aguiereira 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.

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**GEOREFERENCES**

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**Aguieria beach**
Views of the pathway with military batteries in the background.

---

**Segatur S.L. (see page 206)**
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 Balsares.
**LOCATION**

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**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 / Área recreativa Ponte Carballa (Concello de 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**

70-II Mesía.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Mesía
Xanceda, s/n. 15685 Mesía
Tel.: 981 687 001 / Fax: 981 687 069
correo@concellodemesia.es
www.concellodemesia.es

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
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.
In 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.
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 Portocortiñas, 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”.

The Devils Well

Traditional architecture

Ethnography

Archaeological interest

General interest

Historical interest

Natural interest

Landscape interest
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**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 Ponteareas and 500 metres further on turn left to Paraños.

**LENGTH**
17 km

**DEPARTURE POINT / ARRIVAL POINT**
Paraños (Concello de Covelo).

**ROUTE**
Paraños, Portocortiñas, Área recreativa do Roupeiro, Pozo do Demo, 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**

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<td>Terrain</td>
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<td>Effort</td>
<td>1</td>
<td>2</td>
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</tbody>
</table>

**ACCESS BY BIKE**
Partially suitable.

**ACCESS ON HORSEBACK**
Partially suitable.

**CARTOGRAPHY I.G.N. 1:25,000**
224-111 Ponteareas and 224-IV A Cañiza.

**FOR FURTHER INFORMATION PLEASE CONTACT**
C.M.V.M.C. de Paraños (Covelo)
Tel.: 986 645 768 / 664 244 722
info@montesparanhos.com
www.montesparanhos.com

Galician Mountaineering Association
(see page 206)
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.
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 Orencia, 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 Adega de 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.

**ACCESS**
In Ponteareas 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 Ponteareas).

**ROUTE**
A Sierra, 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 Ponteareas.

**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.

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**GEOREFERENCES**

<table>
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**CARTOGRAPHY**
I.G.N. 1:25,000
224-III Ponteareas.

---

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Ponteareas
Rua Real, s/n. 36860 Ponteareas
Tel.: 986 661 429 / Fax: 986 644 681
turismo@ponteareas.es
www.ponteareas.es

Galician Mountaineering Association
(see page 206)
Segatur S.L. (see page 206)
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**

<table>
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**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 Diaz.

**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.

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).

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

95-IV Touro and 121-II Carbia.

FOR FURTHER INFORMATION PLEASE CONTACT

Concello de Touro

Isabel II, 14, Fonte Díaz. 15822 Touro

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

correo@touro.dicoruna.es

www.touroturismo.com

www.concellodetouro.com

Galician Mountaineering Association

(see page 206)

Segatur S.L. (see page 206)
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**

<table>
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**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**

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</table>

**ACCESS BY BIKE**
Not suitable.

**ACCESS ON HORSEBACK**
Not suitable.

**CARTOGRAPHY I.G.N. 1:25.000**
298-IV A Guarda.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello da Guarda
Praza do Reló, 1, 36780 A Guarda
Tel.: 986 610 000 / Fax: 986 610 283
aguarda@concellodaguarda.com
www.concellodaguarda.com

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
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

<table>
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<tr>
<td>Ponte do Ramo</td>
<td>42°36.237'N</td>
<td>008°31.607'W</td>
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<td>538820</td>
<td>477029</td>
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</table>

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 (Concello de 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
152-II Caldas de Reis and 153-I Codeseda.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Cuntis
Casa do Concello. Pz. da Constitución, s/n.
36670 Cuntis
Tel.: 986 548 005
turismo@cuntis.es
www.turismodecuntis.com
www.cuntis.es

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
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.

Redemuiños Fountain is the last stop before returning to the starting point of the pathway.
**GEOREFERENCES**

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<tr>
<td>Buxos fountain</td>
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**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 Caneixa.

**LENGTH**

6.7 km

**DEPARTURE POINT / ARRIVAL POINT**

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

**ROUTE**

Buxos fountain, Barro washing place and fountain, Parada washing place, Outeiro washing place and fountain, Rego do Foxo fountain, Redemuiños 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**

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<tr>
<th>ENVIRONMENT</th>
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**ACCESS BY BIKE**

Partially suitable.

**ACCESS ON HORSEBACK**

Partially suitable.

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**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 ("lavadioir" 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.
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**

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<tr>
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**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 (Concello de 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**

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**ACCESS BY BIKE**

Fully suitable.

**ACCESS ON HORSEBACK**

Fully suitable.

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

96-III Agro do Chao.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Santiso
Agro do Chao, s/n, 15808 Santiso
Tel.: 981 818 501/ Fax: 981 517 910
info@santiso.org
www.santiso.org

Galician Mountaineering Association (see page 206)
Segatur S.L. (see page 206)
The route starts in the vicinity of the parish church of András; 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 Ría 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.
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.

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

**ROUTE**
Andrés 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**

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**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

**CARTOGRAPHY I.G.N. 1:25,000**
152-II Cambados.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Vilanova de Arousa
Praza do Concello, 1
36620 Vilanova de Arousa
Tel.: 986 554 021/ Fax: 986 554 069
museos@vilanovadeaoura.com
www.vilanovadeaoura.com

Galician Mountaineering Association
(see page 206)
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

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<td>A Casa do Frade</td>
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## 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 (the main route is 4.16 km and the diversions 2.57 km).

## DEPARTURE POINT / ARRIVAL POINT
Guxinde / A Casa do Frade (Concello de Entrimo).

## ROUTE
Guxinde, A Pereira, O Mioto, A Gurita, A Casa do Frade.

## DIFFICULTY
Medium.

## DURATION
1 hour 40 minutes.

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

## R.I.M. ROUTE INFORMATION METHOD

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## ACCESS BY BIKE
Not suitable.

## ACCESS ON HORSEBACK
Not suitable.

## 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 Muíños, 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.

## CARTOGRAPHY I.G.N. 1:25,000
301-I Entrimo.

## FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Entrimo
Praza do Concello, 1.
32860 Entrimo
Tel.: 988 434 666 / Fax: 988 434 610
concello.entrimo@eidolocal.es
www.concelloentrimo.es

Galician Mountaineering Association
(see page 206)

J Taboada (see page 206)
This circular trail is located in the southern part of the Municipality of Cerceda, between the parishes of Rodís and Xesteda. The route leads up to San Martín de Rodís Church. This church stands at the top of a "castro" (pre-Roman fortified settlement). The surrounding area is lovely, with two ancient olive trees and a stone tombstone outside.

It is best to take a clockwise direction, allowing you to tackle the only difficult section of the trail, Mount O Coto do Areeiro, when you have more energy, leaving the flat stretch for the end.

The trail is dominated by a forested and agricultural landscape in which crops determine the surroundings. In summer, you will walk between extensive maize fields and in winter among green pastures. The paths and forest tracks will take you from village to village, where tradition merges with modern farming operations. Along the final leg, a derivation will take you to Santa Comba de Xesteda Church, with its parsonage beside it.
**Access**
From Cerceda, take the AC-400 for 8 km to Lugar de Gosende. At this point, turn left onto a paved path for 1 km. Turn left again and continue 1 km to Lugar de O Adro. The trailhead sign board is next to the church.

**Length**
14.5 km (the main route is 12.5 km and the derivation is 2 km out and back).

**Departure Point / Arrival Point**
Lugar do Adro in San Martiño de Rodís (Municipality of Cerceda).

**Route**
Lugar do Adro (Rodís), Lugar do Carril, Lugar de Astante, Casa da Barrosa, Lugar do Sucadío, Xesteda Church (Santa Comba), Lugar do Fontán, Lugar do Adro (Rodís).

**Difficulty**
Medium.

**Duration**
4 hours.

**Services**
In Cerceda.

**R.I.M. Route Information Method**

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</tbody>
</table>

**Access by Bike**
Fully suitable.

**Access on Horseback**
Fully suitable.

**Cartography I.G.N. 1:25.000**
69-II A Silva and 70-I O Mesón do Vento.

**For Further Information Please Contact**
Concello de Cerceda
Avenida do Mesón s/n, 15185 Cerceda
Tel.: 981 685 001
medio.natural@cerceda.dicoruna.es
www.cerceda.org
Segatur S.L. (see page 206)
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

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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
200 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 2 3 4 5
ITINERARY 2 3 4 5
TERRAIN 1 2 3
EFFORT 1 2 3 4 5

ACCESS BY BIKE
Fully suitable.

ACCESS ON HORSEBACK
Fully suitable.

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

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Cerceda
Avenida do Mesón, s/n. 15185 Cerceda
Tel.: 981 685 001
secretaria@cerceda.dicoruna.es
www.cerceda.org

Galician Mountaineering Association (see page 206)
Segatur S.L. (see page 206)
This one-way trail begins in the outskirts of Cerceda and crosses the municipality in a southerly direction along tracks and age-old trails. It does not have significant gradients and its length makes it suitable for any hiker.

This route provides an opportunity to discover rural life, farming and livestock farming, visiting O Vilar de Queixas, Tourío and other places that have preserved the charm of days gone by. The trail runs through an area of gallery forest, low mountains and agricultural land. The final part of the route descends to the wetland along the Tourío River. You can rest after your efforts at Portobrea Recreation Area, 800 m from the end of the trail.
**GEOREFERENCES**

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<tr>
<td>A Vila da Igrexa</td>
<td>43º 11.019’N</td>
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<td>543562</td>
<td>4781349</td>
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<td>Túnel en Portobrea</td>
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<td>008º 29.926’W</td>
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**ACCESS**
From Cерcedа Town Hall, follow Avda. do Mesón (later the CP-2405) for 700 m. At the junction, turn right and follow signs for the trail. Continue 500 m to an isolated house. This is the trailhead.

**LENGTH**
8,3 km

**DEPARTURE POINT / ARRIVAL POINT**
A Vila da Igrexa / Tunnel in Portobrea (Municipality of Cерcedа)

**ROUTE**
A Vila da Igrexa, Lugar de Tourío, Casa do Ferreiro, Casa da Ponte, Tunnel in Portobrea.

**DIFFICULTY**
Low.

**DURATION**
2 hours 45 minutes

**SERVICES**
In Cерcedа.

**R.I.M. ROUTE INFORMATION METHOD**

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**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

**CARTOGRAPHY I.G.N. 1: 25.000**
69-II A Silva and 70-I Mesón do Vento.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Cерcedа
Avenida do Mesón s/n. 15185 Cерcedа
Tel.: 981 685 001
medionatural@cerceda.dicoruna.es
www.cerceda.org
Segatur S.L. (see page 206)
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 Conforcadas. At this point we can choose between joining GR-58, the As Greas route, and returning to the Alto de Cans.
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.

GEOREFERENCES

<table>
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<td>535031</td>
<td>4663545</td>
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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 Conforcadas (Municipality of Salceda de Caselas).

ROUTE

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

DIFFICULTY

Medium.

DURATION

4 hours.

CONNECTIONS

GR-58.

SERVICES

In Couso.

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

261-II O Porriño and 223-IV Mos.

FOR FURTHER INFORMATION PLEASE CONTACT

Galician Mountaineering Association
(see page 206)
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.
**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**
With the PGR-134.

**SERVICES**
Off the route, in Castroverde.

**ENVIRONMENT**

**ITINERARY**

**TERRAIN**

**EFFORT**

**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

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

---

**CARTOGRAPHY I.G.N. 1:25.000**
73-II Mosteiro, 73-III Pedreda and 73-IV Castroverde.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Asociación Terras de Lugo
Avda. da Coruña 500, 27003 Lugo
Tel.: 982 871 087 / 626 014 105
terrasdelugo@gmail.com

Galician Mountaineering Association
(see page 206)
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.
**GEOREFERENCE**

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**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 Rodinsó 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**

Rodinsó, Furís de Abaixo (Municipality of Castroverde).

**ROUTE**


**DIFFICULTY**

Medium-High.

**DURATION**

6 hours.

**CONNECTIONS**

With the PR-G 133.

**SERVICES**

Off the route, in Castroverde.

**R.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**

73-IV Castroverde and 98-II Furís.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Asociación Terras de Lugo
Avenida da Coruña 500, 27003 Lugo
Tel.: 982 871 087 / 626 014 105
terrasdelugo@gmail.com

Galician Mountaineering Association (see page 206)
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.
**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**

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</table>

**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.
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 Placin, 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.
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 Mendoi, Sobrado and the centre of Manzaneda until you come to San Miguel de Bidueira.

**LENGTH**
11.37 km (the 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**
With the 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.
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.
The Placín pathway

From Prada, through O Pontón, 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.

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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.

CARTOGRAPHY I.G.N. 1:25,000
227-II Manzaneda and 227-IV Castiñeira.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Manzaneda
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 206)
North of the municipality of A Fonsagrada you will find two of the most interesting trails in Galicia: PR-G 139 and PR-G 140, which are connected. They are notable for the quality of the paths opened solely for the purpose of reaching inaccessible areas of the Río Eo, Oscos e Terras de Burón Biosphere Reserve.

PR-G 139 runs along paths and age-old byways that represent a return to the past, filled with ethnographic and cultural features: mills, “corripas” (circular structures used to store chestnuts), sawmills, and more.

The trailhead is in the village of Vilardíaz, the highest point on the route. From here the trail descends
**Georeferences**

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<td>655600</td>
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**Access**

From the LU-630 (Lugo–A Fonsagrada), take the turn-off for the LU-530, 500 metres before entering A Fonsagrada. Go 17.3 km to the village of Vilardíaz. Continue past the village to the school, where the trailhead is located.

**Length**

11 km (the main route is 10.6 km and the derivation is 400 m out and back).

**Departure Point / Arrival Point**

Vilardíaz School (Municipality of Fonsagrada).

**Route**

Lugar de Vilardíaz, San Martín de Robledo Church, Lugar de Romeán, A Foz da Pinguela, Lugar de Vilardíaz.

**Difficulty**

Medium.

**Duration**

2 hours 45 minutes.

**Connections**

With the PR-G 140.

**Services**

In A Fonsagrada.

**R.I.M. Route Information Method**

<table>
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<td>Effort</td>
<td>1</td>
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</table>

**Access by Bike**

Partially suitable.

**Access on Horseback**

Partially suitable.

**Cartography I.G.N. 1:25,000**

49-III Maderne.

**For Further Information Please Contact**

Concello da Fonsagrada
Burón, 12. 27100 A Fonsagrada
Tel.: 982 340 000
www.fonsagrada.org

J Taboada (see page 206)
This semi-circular trail must be combined with the PR-G 139 in order to return to the starting point, for a total distance of 14.3 km.

From Lugar de Vilardíaz, the trail descends along the Rodil River valley. The path offers fabulous views, skirting the mountain to Beltrán Bridge, an age-old walkway connecting Vilarxubín and Vilardíaz which has been refurbished to allow hikers to cross. In the deepest part of the valley, chestnut trees provide welcome shade, making the climb up to the village of Vilarxubín more pleasant. In this charming spot, you will find an “hórreo” (raised granary), a common sight in this area.
When you re-enter the forest, you will see a number of “corripas”, small circular or square stone structures used to store and organize chestnuts, a product which was a staple of the local economy and diet.

As you continue along the trail, you will pass very close to Lugar de Vilarín do Castelo and then head back down to the river. Before the river, you can make a short trek off the trail to visit the “seimeira” (waterfall) at Parada. Continuing along the main route, you will come to Castro do Castelo, a pre-Roman fortified settlement situated on an unassailable spot between two rivers.
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

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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, Castro Dares, 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

ITINERARY

TERRAIN

EFFORT

ACCESS BY BIKE
Fully suitable.

ACCESS ON HORSEBACK
Fully suitable.

CARTOGRAPHY I.G.N. 1:25,000
189-II Quiroga.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Quiroga
Real, s/n. 27320 Quiroga
Tel.: 982 428 001 / Fax: 982 428 808
concello.quiroga@eidolocal.es
www.concellodequiroga.com

Galician Mountaineering Association
(see page 206)
Segatur S.L. (see page 206)

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.
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.
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.

**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**

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</table>

**Access by Bike**
Fully suitable.

**Access on Horseback**
Fully suitable.

**Cartography I.G.N. 1:25,000**
44-IV Laracha and 69-II A Silva.

**For further information please contact**
Concello de Carballo
Praza do Concello, s/n.
15100 Carballo
Tel: 981 704 100 / Fax: 981 702 858
info@carballo.org
www.carballo.org

Galician Mountaineering Association
(see page 206)
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.
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 OU-531 linking Celanova and Cortegada, in Vilavidal 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 Gomesende).

Route
Escudeiros, O Viso, Arnoia Seca, Santuario Nosa Señora do Val.

Difficulty
Medium-low.

Duration
3 hours 45 minutes.

Services
Off the route, in Escudeiros and Gomesende.

R.I.M. Route Information Method

Environment

Itinerary

Terrain

Effort

Access by Bike
Fully suitable.

Access on Horseback
Fully suitable.

Cartography I.G.N. 1:25,000
225-III Cortegada.

For further Information please contact
Concello de Ramirás
O Picouto, s/n. 32810 Ramirás
Tel.: 988 491 523 / Fax: 988 478 604
concello.ramiras@eidolocal.es
www.ramiras.es

Concello de Gomesende
Sobrado, s/n. 32212 Gomesende
Tel.: 988 485 000 / Fax: 988 485 001
concellogomesende@yahoo.es
www.concellogomesende.org

Segatur S.L. (see page 206)
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.
**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, Nivieira, Os Chancelos, Rubiá.

**Difficulty**
Medium-low.

**Duration**
2 hours 15 minutes.

**Services**
Off the route, in Rubiá.

**R.I.M. Route Information Method**

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</tr>
</tbody>
</table>

**Access by Bike**
Fully suitable.

**Access on Horseback**
Fully suitable.

CARTOGRAPHY I.G.N. 1:25,000
190-II Rubiá.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Rubiá
Rúa do Campo, 8. 32310 Rubiá
Tel.: 988 324 146 / Fax: 988 342 070
correo.rubia@eidolocal.es

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
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**

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<td>San Paio</td>
<td>43º04.474’N</td>
<td>007º13.570’W</td>
<td>29T</td>
<td>644415</td>
<td>4770709</td>
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- **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 Fonteo and after this village take the LU-P-0405 to San Paio.

- **LENGTH**
  21.3 km

- **DEPARTURE POINT / ARRIVAL POINT**
  San Paio (Concello de 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), ![Itinerary](2), ![Terrain](3), ![Effort](4)

- **ACCESS BY BIKE**
  Fully suitable.

- **ACCESS ON HORSEBACK**
  Fully suitable.

**CARTOGRAPHY I.G.N. 1:25,000**
73-II Mosteiro and 73-IV Castroverde.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Baleira
Avda. Doctor Escobar, s/n. O Cádavo.
27130 Baleira
Tel.: 982 354 059/ Fax: 982 354 039
concello.baleira@eidolocal.es
www.concellodebaleira.com

Galician Mountaineering Association
(see page 206)

Segatur S.L. (see page 206)
This demanding circular route includes steep gradients and has a length of 19 km, making it more suitable for regular hikers with some skill, especially in winter.

The trail can be done in either direction, but if you walk anticlockwise, you will climb the steepest gradient at the start, when you have more energy.

Departing from A Fraga Park, the trail climbs up to Mount Alto da Carballeira (667 m), offering a magnificent scenic view of the town and recently created As Pontes Lake.

On the descent, the trail passes through O Lostegal Forest and an area of dense wooded scrub with oaks, holly trees and laurels that continues until the reservoir. Here, the silent landscape is most intense beside the flooded ruins of Lugar de Chao do Habanero. Continue through the lush natural A Ribeira Forest, whose damp corners are filled with greenery year round.

Please note that the safety of the trail may vary depending on the time of year and weather conditions. When the ground is wet, the rocky surfaces are very slippery, requiring extreme caution.
**GEOREFERENCES**

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**ACCESS**

Once in the Municipality of As Pontes de García Rodriíguez, go to A Fraga Park, next to the Sports Hall. In the park, the trailhead is at the bridge over the Eume River.

**LENGTH**

19 km

**DEPARTURE POINT / ARRIVAL POINT**

A Fraga Park (Municipality of As Pontes de García Rodriíguez).

**ROUTE**


**DIFFICULTY**

Medium-High.

**DURATION**

6.5 hours.

**MATERIAL**

Boots with non-slip rubber soles.

**SERVICES**

In As Pontes de García Rodriíguez.

**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, with some caveats: there are a few challenging spots and it may be necessary to carry the bicycle in certain sections.

**ACCESS ON HORSEBACK**

Not suitable.

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

23-I As Pontes de García Rodriíguez.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello das Pontes de García Rodriíguez
Parque Municipal s/n.
15320 As Pontes de García Rodriíguez
Tel.: 981 453 116
www.aspontes.org

Club de Montaña Caxado
Tel.: 681 365 713
clubmontanacaxado@gmail.com
clubmontanacaxado.blogspot.com.es

Segatur S.L. (see page 206)
Between Corme and Ponteceso there is a section of coast known for its rough seas. This was also home to the poet Eduardo Pondal, whose inspiration was fed by the amazing places along this trail.

The route offers two options: a coastal trail or an inland alternative, the PR-G 148.1 variation. Following the main trail, the route runs along Arnela, Osmo and Ermida beaches to Pedra da Serpe, a unique and mysterious stone sculpture in the shape of a winged serpent lying beneath a cross. It continues on to Balarés Beach and Mount Branco, where the waters of the Anllóns River join the sea, forming a sand barrier between the small islands of Tiñosa and Dos Cagallóns.

The inland variation (PR-G 148.1) climbs a gentle mountain to get a view of the Ria of Corme and Laxe.
The two routes come together to descend and cross the breakwater, a spectacular wall across the mouth of the Anllóns River built 50 years ago to drain the land so that it could be used for maize farming.

Today it is a wetland of significant ornithological importance, part of the Costa da Morte SCI and SPA.

After the breakwater, the trail continues another 500 m to Ponteceso. The end of the route is next to the house of poet Eduardo Pondal.
Legend has it that beneath the waters of A Lagoa de Cospeito there lies a village called Valcárcel that was flooded by divine command. Some say that you can still hear the ringing of the church bells. Others swear that they have seen the roofs of the houses when the water in the reservoir was low.

No matter the truth, the stars of this trail are the pools that occupy this flat terrain in the Terras do Miño Biosphere Reserve. The first one you come across will be A Lagoa de Cospeito, which the route will explore, offering an excellent look at the astonishing life found there. Next is A Lagoa de Carballosa, halfway along the trail.

This is a one-way route. Near the beginning it will take you around the pool on a path created for bird watching. Walk stealthily and from the observation towers, you will be able to see and hear the hundreds of waterfowl that shelter at the pool.

The trail then enters a forest, following the age-old paths around A Feira do Monte. After crossing the road, you will enter the true A Terra Chá district, where long straight paths, distant horizons and flat plains will make you feel as if you are in some sort of “other Galicia”.

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

Ruta das Lagoas

Church of San Martiño de Lamas
GEOREFERENCES

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<td>A Lagoa de Cospeito Interpretive Centre</td>
<td>43°14.386’N</td>
<td>007°33.347’W</td>
<td>29T</td>
<td>617258</td>
<td>4788453</td>
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<tr>
<td>Church of San Martiño de Lamas</td>
<td>43°10.575’N</td>
<td>007°33.543’W</td>
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ACCESS

Turn off the A-8 at Vilalba and head towards A Feira do Monte, capital of the Municipality of Cospeito. At the Town Hall, follow signs for A Lagoa de Cospeito. The trailhead is next to the A Lagoa de Cospeito Interpretive Centre.

LENGTH

14.5 km

DEPARTURE POINT / ARRIVAL POINT

A Lagoa de Cospeito Interpretive Centre / San Martiño de Lamas Church (Municipality of Cospeito).

ROUTE

A Lagoa de Cospeito Interpretive Centre, A Feira do Monte, Lugar de Fonsín, Lugar de Bodenlle, Lugar de Ribela, Carballosa Pool, San Martiño de Lamas Parish Church.

DIFFICULTY

Low.

DURATION

4 hours.

MATERIAL

Binoculars for bird watching.

SERVICES

En A Feira do Monte.

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, except for the section around A Lagoa de Cospeito, which is only possible on foot.

ACCESS ON HORSEBACK

Fully suitable, except for the section around A Lagoa de Cospeito, which is only possible on foot.

CARTOGRAPHY I.G.N. 1:25.000

47-IV Cospeito.

FOR FURTHER INFORMATION PLEASE CONTACT

Concello de Cospeito
Praza Maior, s/n. A Feira do Monte
27377 Cospeito
Tel.: 982 520 001
www.concellodecospeito.es

Mancomunidade Terra Chá
www.mancomunidadeterracha.com

Segatur S.L. (see page 206)

Walking through both farmland and forest, you will pass A Lagoa de Carballosa, travelling easily across the flat terrain of this final leg. The route ends at San Martiño de Lamas Church, where you will find a “cruceiro” (stone cross) with motifs from the Passion carved on the shaft.
This is shortest route in the A Terra Chá trail network, just 5.7 km. It begins in a forest and runs past five water mills built along A Fraga River.

This one-way route begins at Lugar da Laxe, next to restored Corvite Mill. This section of the trail runs parallel to the Anllo River canal through a gallery forest. It then crosses the road and continues on an age-old path which provided access for the intense activity that once took place along this small river.

The first thing you will come across is a mill called O Mazo. As you continue through the magnificent chestnut wood, you will see more mills: Trasón, A Fraga and O Escaravello. All are situated in strategic locations, allowing them to take advantage of the water’s power.
**GEOREFERENCES**

<table>
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<td>621878</td>
<td>4796373</td>
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<td>Lugar de Cabo de Vila</td>
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<td>007º27.537’W</td>
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**ACCESS**
Lugar da Laxe is in San Pedro de Corvite Parish, near the LU-113. The trailhead is next to the mill.

**LENGTH**
5.7 km (the main route is 5.1 km and the derivation is 600 m out and back).

**DEPARTURE POINT / ARRIVAL POINT**
Lugar da Laxe / Lugar de Cabo de Vila (Municipality of Abadín).

**ROUTE**

**DIFFICULTY**
Low.

**DURATION**
1 hours 40 minutes.

**SERVICES**
In Abadín.

**R.I.M. ROUTE INFORMATION METHOD**

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**ACCESS BY BIKE**
Partially suitable.

**ACCESS ON HORSEBACK**
Fully suitable, including the derivation.

**CARTOGRAPHY I.G.N. 1:25,000**
48-I Muimenta.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Abadín
Plaza del Ayuntamiento. 27730 Abadín
Tel.: 982 508 021
concello.abadín@gmail.com
www.concellodeabadín.es

Mancomunidade Terra Chá
www.mancomunidadeterracha.com

Segatur S.L. (see page 206)
The Miño River begins to flow at A Lagoa de Fomiñá, leading many to consider this pool its source. Trail PR-G 153 will take you along the Miño from the pool to A Liboira Recreation Area, crossing the A Terra Chá district inside the Terras do Miño Biosphere Reserve.

Like most other trails in A Terra Chá, the route is almost flat. The horizon fades into the distance across farmed fields. The straight lines of the route and the poplar woods will allow you to enjoy a very different Galician environment.

The Miño River is the heart of this route. You will be walking along the riverbank from the start. However, you may want to turn off at the signpost to visit O Salvador de Crecente Church.

Further along, you will pass Castro de Sa, a pre-Roman fortified settlement. From the “croa” (highest part of the settlement), there is a 360º panoramic view of the surrounding area. Below, there is a mysterious cave which may have provided refuge for the inhabitants.

Return to the Miño across a large agricultural area in Baltar Parish and then continue on to A Liboira Recreation Area.
GEOREFERENCES

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<td>San Salvador de Fomiñá Church</td>
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<td>636847</td>
<td>4786932</td>
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<td>A Liboira Recreation Area</td>
<td>43º15.005’N</td>
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<td>632945</td>
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ACCESS
From San Salvador de Fomiñá Parish Church, continue 150 m to the LU-122 (Lugo–Mondoñedo road). The trailhead is at the junction of the paved road and a dirt road.

LENGTH
12.8 km

DEPARTURE POINT / ARRIVAL POINT
San Salvador de Fomiñá Church / A Liboira Recreation Area (Municipality of Pastoriza).

ROUTE
Fomiñá Pool, Castro de Sa, Miñoto Old Bridge, Liboira Recreation Area.

DIFFICULTY
Low.

DURATION
3.5 hours.

SERVICES
In A Pastoriza.

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
48-I Muimenta, 48-II A Pastoriza, 48-IV Meira.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello da Pastoriza
Plaza Galicia, 1. 27287 A Pastoriza
Tel.: 982 332 197
pastorizac@terra.es
www.concelloapastoriza.es
Mancomunidade Terra Chá
www.mancomunidadeterracha.com
Segatur S.L. (see page 206)
This one-way route is easier if you begin at the Castro de Viladonga Archaeological Museum. Take advantage of this opportunity to visit one of the most important sites in Galicia’s castro culture. From here, the route descends, offering a spectacular panoramic view of the A Terra Chá district. A forest of birch and alder trees gradually covers you as you walk towards Lugar de Monelos.

Here you will find an amazing architectural complex made up of a manor house, Pazo de Fontexón, attached house and mill. The last two structures have been exquisitely restored. And don’t miss San Xoán de Azúmara Church, just a few metres off the trail.

Continue along the course of the Azúmara River until you come to the former arsenic mine. According to locals, in the 1940s, mining this toxic metal gave an important boost to the local economy. In addition to the mouth of the mine, a long, deep channel which carried water to the mine is still visible, parallel to the trail.

Following the relaxed descent of the river, you will come to the end of the trail, the recreation area at the entrance to the village of Castro de Rei.
GEOREFERENCES

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<tr>
<td>Castro de Viladonga Archaeological Museum</td>
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<td>007º23.059´W</td>
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<td>631345</td>
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<td>Azúmara River Recreation Area</td>
<td>43°12.473´N</td>
<td>007º24.104´W</td>
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ACCESS
At km 70 on the N-640, continue to the Castro de Viladonga Archaeological Museum access road. The trailhead is 100 m north of this point.

LENGTH
7 km

DEPARTURE POINT / ARRIVAL POINT
Castro de Viladonga Archaeological Museum / Azúmara River Recreation Area (Municipality of Castro de Rei).

ROUTE
Castro de Viladonga Archaeological Museum, Lugar de Monelos, Arsenic Mine, Lugar de Prado, Río Azúmara Recreation Area.

DIFFICULTY
Low.

DURATION
2.5 hours.

SERVICES
In Castro de Rei and Castro Ribeiras de Lea.

R.I.M. ROUTE INFORMATION METHOD
ENVIRONMENT

ITINERARY

TERRAIN

EFFORT

ACCESS BY BIKE
Fully suitable.

ACCESS ON HORSEBACK
Partially suitable.

CARTOGRAPHY I.G.N. 1:25,000
48-III Castro de Rei, 73-I Duarría.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Castro de Rei
Praza Maior, 1.
27250 Castro de Rei
Tel.: 982 314 034
concello.castroderei@eidolocal.es
www.castroderei.com
Mancomunidad Terra Chá
www.mancomunidadeterracha.com
Segatur S.L. (see page 206)
This trail is one-way in the form of a “C”. The start and end points are connected by a path, allowing hikers to return to the trailhead. The route begins in the English oak wood in Lugar da Feira, where a traditional fair was once held.

As it leaves the village, the trail runs along paths enclosed by the walls of ancestral homes that bear witness to the past splendour of the area. Casa da Barreira and Casa da Veiga are magnificent examples of the traditional architecture of the minor agrarian nobility. Before beginning the climb, you can take a breather at the Penas de Rodas Recreation Area, named for the unique rock formation. You can’t miss the two gigantic granite stones that seem almost as if they are about to roll down the slope. As you head towards Mount A Cruz de Paraños you will pass through the surrounding...
“estivadas” (communal plots of mountain land that were burned and then planted with cereals). At the top (613 m), there is a complete panoramic view of the plain of the A Terra Chá district. A gentle descent will bring you back to the villages, where secluded large houses with sturdy chimneys and surrounded by large plots of land provide the backdrop to a pleasant final leg of the route.

**CARTOGRAPHY I.G.N. 1:25,000**
72-I Parga y 72-II Rábade.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Outeiro de Rei
Plaza del Concello, 1. 27150 Outeiro de Rei
Tel.: 982 393 281
www.outeiroderei.org
Mancomunidade Terra Chá
www.mancomunidadeterracha.com
Segatur S.L. (see page 206)

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**ACCESS**
From Outeiro de Rei, follow the N-VI (in the direction of A Coruña) for 2.3 km. At this point, turn left onto the Friol road and continue 2.7 km until you cross the bridge over the Ladra River. After the bridge, take the turning for Lugar da Feira. The trailhead is a little over 1 km further, hidden in the middle of an oak wood, next to a “cruceiro” (stone cross).

**LENGTH**
10.7 km

**DEPARTURE POINT / ARRIVAL POINT**
Lugar da Feira / Santiago de Francos Church (Municipality of Outeiro de Rei).

**ROUTE**
Lugar da Feira, Casa da Barreira, Lousado Mill, Penas de Rodas Recreation Area, Casa da Veiga, Lugar de Susavila, Santiago de Francos Church.

**DIFFICULTY**
Low.

**DURATION**
3.5 hours.

**SERVICES**
In Outeiro de Rei and Rábade.

**R.I.M. ROUTE INFORMATION METHOD**

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**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

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**GEOREFERENCES**

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<td>607987</td>
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<td>Iglesia de Santiago de Francos</td>
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**ITINERARY**

1. **Granarie in Susavila**
2. Lugar da Feira
3. Casa da Barreira
4. Lousado Mill
5. Penas de Rodas Recreation Area
6. Casa da Veiga
7. Lugar de Susavila
8. Santiago de Francos Church
This is the northernmost recognized trail in Galicia. It offers hikers the opportunity to admire the beauty of the Lugo coast from the Ria of Barqueiro and Cape Estaca de Bares to San Román Beach. The route begins at the port in the town of O Vicedo and runs along the coast, passing amazing beaches and cliffs hundreds of metres high, to San Román Beach, where you can take a break and watch the birds that shelter in this magnificent spot. But the high point of the route is Illa Coelleira Viewpoint and the amazing view of the small island that was once home to a Templar monastery.

The route is one-way, running along well-maintained paths and forest tracks also suitable for cycling and horse riding. It crosses dizzying cliffs in a number of places. There are few gradients and several rest areas, making it suitable for any hiker.
There are also two derivations: The first leads to Santo Estevo do Vicedo Church. The second, at the end of the route, goes to A Cruz de Baltar Viewpoint.

CARTOGRAPHY I.G.N. 1:25,000
2-II Estaca de Bares and 2-IV Celeiro.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello do Vicedo
Travesía da Mariña, 57 27880 O Vicedo
Tel.: 982 590 195
concello@concellodovicedo.org
www.concellodovicedo.org
We are in the Ribeira Sacra Designation of Origin wine-producing area, in the Terra de Lemos district, and this is where you have come to walk one of the most spectacular trails in Galicia, as well as one of the longest and most demanding. 27 km in length, the changes in elevation and gradients require good physical fitness, as well as planning, food and water, attention to time and return transport.

The route is one-way. We recommend starting in Lugar de Parada and heading in the direction of Doade, as the gradient is less steep. Immediately after leaving the Augas Mestas area, the trail begins to run along the mountain wall, forming incredible “balconies” hundreds of metres above the Lor and Sil rivers.
Continue climbing along a narrow path until you reach the abandoned village of O Fuluxento. At this point, the trail begins its run through the wine-producing area, going first past vineyards and then the wineries of Vilachá de Salvadur Parish. The next section descends along forest tracks, bringing you back to the river, where you can visit the abandoned villages of Barxa, Froxende and Vilar de Mouros.

Continue walking through forests of ancient chestnuts, arbutuses and cork oaks, an indicator of the Mediterranean microclimate of the Sil River basin. The route again heads away from the reservoir and runs through a farming area between the villages of A Lampaza and Os Palleiros. The final leg returns to the river, offering an unforgettable panoramic view of the Sil basin from A Pena do Castelo Viewpoint.
Trail PR-G 158 allows you to discover one of the most spectacular landscapes on the Galician coast, in the heart of A Costa da Morte (The Coast of Death).

The first half of the route crosses beaches, coves and cliffs within sight of the rough ocean. The second half runs through the mountains, allowing you to enjoy serene views of the Ria of Camariñas.

The coastal leg skirts the sea, sometimes so close that the waves seem within reach. There is an ever-changing display of panoramic views. Just 2 km from the start, if you take the derivation to A Virxe do Monte Chapel, you will find the first: Ria of Camariñas and Cape Vilán. The picturesque area around the cape offers many different viewpoints over several kilometres.

After you pass the Cementerio de los Ingleses, where the victims of the wreck of the British ship Serpent lie, the trail heads inland. The most noteworthy features on this next leg of the route are the unique rock formations in which you will find curious similarities. At the highest point on the trail, O Monte das Seixas Viewpoint, with a simple turn of the head, you can take in a picture-postcard view from the mouth of the Grande River to the Ria of Camariñas and Cape Vilán.

As you approach Camariñas, you will walk through agricultural land and small villages which feature the unique “hórreos” (raised granaries) commonly found in this area. The trail takes you around Camariñas on the west, along age-old narrow byways and back to the ruins of O Soberano Castle.
GEOREFERENCES

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ACCESS
Go through the town of Camariñas and along the sea to the ruins of O Soberano Castle. The trailhead is located here.

LENGTH
22.4 km (the main route is 21.7 km and the derivation is 700 m out and back).

DEPARTURE POINT / ARRIVAL POINT
Ruins of O Soberano Castle (Municipality of Camariñas).

ROUTE
Ruins of O Soberano Castle, Lago Beach, Nosa Sra. do Monte Shrine, Foxo do Lobo, Cementerio de los Ingleses, Portela de Reira, Monte das Seixas Viewpoint, Lugar de Mourin, Ruins of O Soberano Castle.

DIFFICULTY
Medium-High.

DURATION
7 hours.

SERVICES
In Camariñas.

R.I.M. ROUTE INFORMATION METHOD
ENVIRONMENT

ITINERARY

TERRAIN

EFFORT

ACCESS BY BIKE
Fully suitable.

ACCESS ON HORSEBACK
Fully suitable.

CARTOGRAPHY I.G.N. 1:25.000
68-I Camariñas, 43-III Camelle and 67-II Muxía.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Camariñas
Praza da Insuela, 57 E. 15123 Camariñas
Tel.: 981 453 116
correo@camarinas.dicoruna.es
www.camarinas.net
A lovely route through an area of great scenic and natural value: the Os Ancares Lucenses e Montes de Navia, Cervantes e Becerreá Biosphere Reserve.

The trail can be done by any hiker. We recommend walking it from north to south, as there is less of a gradient, and preferably in the cooler months. The route begins in Lugar de O Couto, continuing...
through a hilly area of low scrub to the Donsal River valley, passing through the village of Quintá. Once in the valley, you can follow the derivation to the hidden spring known as Fonte dos Corzos, continuing through wooded Fraga da Baliña to a lovely spot on the Donsal River.

For the next few kilometres you will walk along the riverbank, then begin climbing up to Lugar de Sevane. Along this section, you will see a number of ancient chestnut trees, whose twisted trunks are proof of just how old these trails are. Crossing Sevane, whose cherry trees produce exquisite fruit, you will return to the Donsal River at Fervenza de Sevane. This small pool is the perfect place to rest and refuel before setting off on the final leg. There is a simple hydroelectric facility in this spot, which for many years supplied electricity to the local area.

Cross through Lugar de Buisán to begin the long climb up to Lugar da Arroxiña that will lead you to the final section of the route. You will again get a panoramic view of the valley. From here, the path descends through ancient chestnuts to the Navia River and the end of the route.
This interesting region can be found in the southwest corner of Galicia, where the Miño River flows into the sea. Because of its great natural and scenic value, it has been named the Baixo Miño SCI and Esteiro do Miño SPA. The trail accompanies the Miño River through this space on its final kilometres before reaching the sea. It is a pleasant, completely flat route that runs along reed beds, rocks and beautiful beaches on a well-maintained trail.

The route begins near San Lorenzo de Salcidos Parish Church. From here, head towards the river across the extensive plain. Step carefully as you cross the reed bed and take a moment to do a bit of birdwatching from the bird observation tower. You will pass through Lugar da Pasaxe, a place with a great deal of history. It was and continues to be a maritime connection with neighbouring Portugal. Highlights include the magnificent Jesuit School building.

Halfway along the route, river turns to sea. You will spot O Forte da Ínsua, a spectacular Portuguese fortification erected in the centre of the river mouth, where the waters of the river and sea collide violently. Continuing along the trail, you will cross a large rocky area broken up by the force of the waves, creating millions of pebbles. You will also see a pile of stones once used to extract salt from the seawater.

At this point, there are two alternatives to the main route, variations that run a little further away from the coast, allowing you to make the return journey along different paths.
**GEOREFERENCES**

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**ACCESS**

Near the town of A Guarda, in the southwest corner of Galicia. Go to San Lorenzo de Salcidos Church, where an arrow indicates the trailhead.

**LENGTH**

8.6 km (variations 1, 2 and 3 are 500 m, 2 km and 680 m, respectively).

**DEPARTURE POINT / ARRIVAL POINT**

San Lorenzo de Salcidos Church / As Pozas (Municipality of A Guarda).

**ROUTE**

San Lorenzo de Salcidos Church, Lugar da Pasaxe, Palomar, Armona Beach, Camposancos Beach, As Pozas.

**DIFFICULTY**

Low.

**DURATION**

3 hours 45 minutes.

**SERVICES**

In A Guarda.

**R.I.M. ROUTE INFORMATION METHOD**

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**ACCESS BY BIKE**

Fully suitable.

**ACCESS ON HORSEBACK**

Partially suitable.

---

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

298-IV A Guarda and 299-III Salcidos.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello da Guarda
Praza do Reló, 1.
36780 A Guarda
Tel.: 986 614 546
turismo@aguarda.es
www.aguarda.es
This is one of the most demanding short-distance footpaths in Galicia, with a length of 37 km and continuous ups and downs. It is one of the best trails in the country, designed to be completed comfortably in two or more stages, as it requires some 12 hours of walking time.

The route will allow you to fully experience the Ribeira Sacra region, following the course of the Miño River from Santo Estevo de Ribas de Miño (O Saviñao) to Cima de Atán (Pantón). You will see scenery that will take your breath away, solitary villages such as Bexán, A Pena, Millarada and Marce, surrounded by the vineyards of the Ribeira Sacra Designation of Origin and groves of ancient chestnuts. Romanesque churches – Santo Estevo de Ribas de Miño, San Paio de Diomondi and San Martiño da Cova – together with chapels and pre-Roman fortified settlements, fill this route with history and art.
This is just a sampling of why the area is being considered as a candidate for UNESCO World Heritage Site.

The route is one-way, with continuous climbs and descents to the Miño River. You will walk along Roman roads marked by ruts for cartwheels, including the route from Diomondi to Belesar, which later continued on to Santiago de Compostela. There are also narrow paths between vineyards filled with details created over time by extreme viticulture. The diverse variety of colours offer visual delights, especially in autumn, and the region’s pleasant temperatures make this an ideal trail for the cooler months.

In short, this is a complete experience to enjoy one of the most beautiful parts of Galicia.
This trail centres on A Fraga do Rei Recreation Area, a natural area in the Montes de Cristiñade community which has been reclaimed with native plants and set up for leisure activities. The name A Fraga do Rei (King’s Forest) reminds us that this area was once the property of the monarchy, with wood from these forests being harvested to build ships for the royal fleet.

The route forms a figure eight with the centre at A Fraga do Rei Recreation Area, making it possible to walk it in either direction. One of the loops runs through the highest part of the woodland, the other is lower.

The trail begins with a gentle, steady ascent. The landscape of the Ponteareas Valley begins to appear through the trees, and when you reach the Xandolaia viewpoint there is a full view. The gentle climb will...
**ACCESS**
The village of Cristiñade is south of the Municipality of Ponteareas. From Cristiñade, follow signs for A Fraga do Rei along the only road up to the wooded area. The trailhead is 1 km further, in the recreation area.

**LENGTH**
6.3 km (the main route is 5.8 km and the derivation is 500 m out and back).

**DEPARTURE POINT / ARRIVAL POINT**
A Fraga do Rei Recreation Area (Municipality of Ponteareas).

**ROUTE**
A Fraga do Rei Recreation Area, Xandolaia Viewpoint, As Camisas Spring, A Fraga do Rei Recreation Area.

**DIFFICULTY**
Low.

**DURATION**
1.5 hours.

**SERVICES**
In Cristiñade.

**R.I.M. ROUTE INFORMATION METHOD**

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**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

The route through the lower part of the valley runs through a wooded environment where you will come across several streams, as well as O Freixo and As Camisas springs. Other highlights along this leg are the unique rock formations. 

**CARTOGRAPHY I.G.N. 1:25,000**
261-II O Porriño.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Comunidad de Montes en Man
Común de Cristiñade
Lugar de Penela, s/n. Cristiñade.
36867 Ponteareas
Tel.: 654 540 530
fragadorei@hotmail.com
www.roteirocristinhade.com
J Taboada (see page 206)
Designed to follow the Barragán River basin, this route runs along different altitudes, with the river as its central focus.

Before reaching the Eiras Reservoir, the course of the Barragán River runs through a patch of native forest in the deepest part of the basin, with areas of great natural beauty. The abundance of ethnographic heritage, including mills, bridges and “levadas” (channels which carried water to the mills), along with historical sites such as the ruins of the settlement known as A Cidade, will make this trail an unforgettable experience.

The route is circular, with various points of access from nearby roads, allowing you to begin at a number of different spots. Starting from the place known as O Torreiro (San Salvador de Xunqueiras Parish), the trail descends towards the river along forest paths and refurbished “levadas”. It crosses the river to reach Freaza and begins a hilly section where you may encounter fighting bulls grazing freely. The path returns to the river basin, crossing the river at the Freaza crossing. Proceed carefully! It then enters a spectacular section that runs through the forest which gives the trail its name: Fraga del río Barragán.
This incomparable walk culminates at the ruins of A Cidade. After the settlement, continue up to As Lombas and close the loop by returning to O Torreiro in O Cabo da Raña.
This very well-made circular trail will take you through areas of incredible natural value, including the Fraga do rio Calvo, a forest which has been classified a Natural Space of Local Interest. Follow the route in a clockwise direction, walking towards the Deva River. A stony path leads down the mountain, running through a wonderful “fraga” (forest). In the past, mills were built along this section to take advantage of the gradient. Water was diverted to the mills through channels known as “levadas”.

Follow the trail away from the Deva River, climbing up to the Calvo River basin. You will pass O Cruceiro and O Feirón, where the skill of long-ago stonemasons can be seen in the local manor house, Pazo do Conde de Cervellón, and other stone structures.
Now in the rugged Calvo River basin, the trail climbs, following the river’s course. The dark and wet conditions in this area produce a proliferation of mosses and lichens, surrounding you in dozens of shades of green. The stony path has some difficult spots. Exercise extreme caution, especially when the ground is wet.

We recommend taking the derivation leading to O Coto da Vella. It runs along the Camiño da Raíña, an age-old communication route used for centuries by merchants and muleteers transporting goods from the coast to inland areas. It was even followed by Queen Doña Urraca on her journey to A Franqueira. At the end of this trail, another derivation leads to A Pena de Francia Chapel (“francia” refers to a densely wooded area). You can take a break here before tackling the final leg, which runs through a unique cork oak grove with several ancient specimens.

**Plus...**

The Camiño da Raíña, or Queen’s Road, was used by Queen Doña Urraca on her journey from Castile to A Franqueira Monastery to visit her Galician properties.

This was an extremely important communication route during the Middle Ages, connecting fishing ports on the Atlantic with inland Galicia. To keep the products fresh, a network of artificial snowfields had been devised, making it possible to stock up on snow in anticipation of the summer heat.

The A Franqueira snowfield, also known as “pozo da neveira”, was located at Coto da Vella and was almost six metres deep.
Toques is the Galician municipality with the most land in the Natura 2000 Network. A trail network which covers a large part of this valuable natural area has been created. PR-G 166 connects with PR-G 167 and PR-G 168, making it possible to combine the routes.

The trail runs parallel to the Furelos River, heading north towards the Serra do Careón mountains. In the first section, you will enjoy flat terrain, walking under the dense shade of chestnut trees to Paradela and Eirixe. Along this leg, there is a variation that splits off from the main route and runs through rougher terrain between Buxán and Paradela. At A Fervenza Mill, you can take in the beautiful sight of the 20-metre waterfall and old mill.

After the waterfall, the terrain becomes mountainous as the trail goes through the Serra do Careón mountains, with views of the Furelos River valley.

This natural area is unique for its flora, with plants that are virtually extinct at the national level and others which are endemic to the region.

After reaching the village of Prados, the trail descends to the Furelos River, bringing the route back on itself and connecting with the outbound leg.

Hikers can be picked up in Eirixe or return to the starting point via variation PR-G 166.1.
**Georeferences**

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**Access**

From Melide, take the CP-4604 to Souto, capital of the Municipality of Toques. 60 m from the town hall building, take the turning for Mangoeiro. Continue to A Ponte da Grela. The trailhead is a further 100 m.

**Length**

9 km (the variation is 2.1 km).

**Departure Point / Arrival Point**

100 m from A Ponte da Grela / Connection with the outbound leg of the PR-G 166 (Municipality of Toques).

**Route**

A Ponte da Grela, Lugar de Buxán, Paradela, Lugar de Eirixe, A Fervenza Mill, Prados, Connection with the PR-G 166.

**Difficulty**

Low.

**Duration**

2 hours and 45 minutes.

**Connections**

With the PR-G 167 and PR-G 168.

**Services**

In Souto.

**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.

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**Plus...**

Romanesque Santo Antóniño de Toques Church, surrounded by a lovely oak wood, is one of the oldest monasteries in Galicia and the first evidence of the Benedictine presence in this area.

The exterior is very restrained. Inside, highlights include a lovely Gothic Calvary made of polychrome wood and Renaissance paintings. In the years following the general seizure of church lands and property, the church was used as a nail factory.

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

96-II Toques.

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**For Further Information Please Contact**

Concello de Toques
Lugar de Souto, s/n. A Capela.
15806 Toques
Tel.: 981 505 826
correo@toques.dicoruna.es
www.toques.es

J Taboada (see page 206)
This is another of the interconnected trails in the Municipality of Toques network (PR-G 166, 167 and 168), making it possible to combine the routes.

The trail begins with a one-way section and then forms a loop. We recommend taking an anticlockwise direction for a less demanding gradient. This route shares a small section with Trail PR-G 166, before beginning the climb up to San Cidre Chapel. From this high point, there is a magnificent panoramic view of the surrounding area. From the “cruceiro” (stone cross), you can make out the unique scrubland plain that characterizes the Serra do Careón SCI.

Continue along the mountain tops towards San Xiao, a small area where you can take shelter in the shade of the English oak wood, visit San Xiao Chapel and discover Casa Grande do Herdeiro, which features all the typical elements of an ancestral home: “hórreo” (raised granary), pigeon shed and stone wall.
Before beginning the descent back to the starting point, be sure to visit Castro de San Xiao, a perfect example of the castro type of pre-Roman fortified settlement, and explore the different parts.
This is another trail in the municipality of Toques network whose main attraction is O Forno dos Mouros, one of the most important megalithic monuments in Galicia. The route is almost circular, beginning in the village of Mirallos and ending 900 m from the same spot. If you follow the trail clockwise, you will soon enter the Serra do Careón. This mountain area has been named a Site of Community Importance (SCI).

The first leg is mostly mountainous. Continue along dirt roads until you reach O Acibadoiro Church. The wide trail alternates with mysterious narrow paths known as “congostras”. The width of a cart, these tracks are an authentic vestige of the past. As the trail descends, the woods grow more dense, with lovely picture-postcard grasslands also making an appearance.

At the lowest point on the route, the trail connects to Trail PR-G 166 Fervenzas de Toques, making it possible to combine the two.

Go through Baamonde and continue climbing through vast meadows to solitary Lugar do Couso. From here, the trail climbs up to the peaks of the Serra do Bocelo mountains, with spectacular views of the surrounding area, until it reaches the high point on the route: O Forno do Mouros. This dolmen still has almost all of its paintings.

The trail ends at Mount O Peneiral, just 900 m from the starting point.
GEOREFERENCES

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ACCESS
In O Souto, capital of the Municipality of Toques, take the CP-4604 in the direction of Sobrado. After 5.6 km, take the turning for Mirallos.

LENGTH
12 km

DEPARTURE POINT / ARRIVAL POINT
Mirallos / Mount O Peneiral (Municipality of Toques).

ROUTE
Mirallos, Lugar da Casavella, Santa Maria de Brañas Church or O Acibadoiro Church, Baamonde, O Forno dos Mouros Dolmen, Mount O Peneiral.

DIFFICULTY
Medium.

DURATION
3 hours.

CONNECTIONS
With the PR-G 166.

SERVICES
In O Souto.

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
96-II Toques and 71-IV As Cruces.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Toques
Lugar de Souto, s/n. A Capela
15806 Toques
Tel.: 981 505 826
correo@toques.dicoruna.es
www.toques.es

J Taboada (see page 206)
One of the four trails in the Rutas do Salnés network, located in the heart of the Rías Baixas region. This is an age-old path that provided access to the mills. It was also used by pilgrims on Easter Monday to reach Santa Maria da Armenteira Convent.

On this short trail you will visit more than 30 mills, many of them very well made. The route begins in the Municipality of Meis and descends along a narrow path running parallel to the Armenteira River. There are a few difficult spots. This first section has the highest gradient.
As a result, you will find more mills, each identified by name. At O Souto Mill, you can also see an unusual water saw. As the route progresses, the slope becomes gentler.

After passing the recreation area, it continues along a comfortable avenue beside the river in the Municipality of Ribadumia. This is a very pleasant trail for a family outing or an excursion on cloudy days when summering in the area.

■ ACCESS
Village of A Armenteira, famous for its Monastery. Direct exit from the AG-41.

■ LENGTH
6.5 km

■ DEPARTURE POINT / ARRIVAL POINT
A Armenteira (Municipality of Meis) / Roundabout VG-4.2 (Municipality of Ribadumia).

■ ROUTE
A Armenteira, Municipality of Meis mills, Serradoiro do Souto, Aldea Labrega, Os Muíños de Meis Recreational Area, Municipality of Ribadumia mills, Roundabout VG-4.2.

■ DIFFICULTY
Low.

■ DURATION
2 hours and 15 minutes.

■ CONNECTIONS
With the PR-G 171, 172 and 173.

■ SERVICES
In A Armenteira.

■ 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
Not suitable. Prohibido el ACCESS ON HORSEBACK.

CARTOGRAPHY I.G.N. 1:25,000
185-I Meaño.

FOR FURTHER INFORMATION PLEASE CONTACT
Concello de Meis
Tel.: 986 712 001
www.meis.es

Concello de Ribadumia
Tel.: 986 710 304
www.ribadumia.org

Deputación de Pontevedra
Tel.: 986 804 100
www.pousadas.depo.es
This trail is part of the Rutas del Salnés network. It shares some sections with O Salnés MTB Centre's Route 6, making it possible for cyclists to combine the two routes.

The first part of the route climbs the lower slopes of Mount A Escusa, from which you will be able to make out the
Ria of Arousa. The next leg will take you along forest tracks. Then you will begin to descend, following the course of the San Martiño River, a small watercourse that snakes its way through the rocks, creating many colourful spots. Legend has it that a group of Muslims threw the bells they had taken from San Salvador de Meis Church into the river at a spot known as O Pozo Negro (The Black Well). When the guilty parties were discovered, the town forced them to recover the bells, and several died in the attempt.

The final section of the trail, which continues to follow the river, is completely flat. This relaxed walk runs past vineyards of Albariña grapes and maize fields, passing the churches of San Salvador de Meis and San Martiño de Meis.

Legend has it that Ero, a knight in the court of Alfonso VII and founder of A Armenteira Monastery by divine command, dreamt a dream lasting 200 years.

History tells us of a modest monastery with a small community from the 12th century to the mid-19th century, when it was abandoned as a result of the seizure of church lands and property under Mendizábal.

Today it still rises imposingly from the lower slopes of the mountain, distinguished by its large rose window. Nearby is a state-of-the-art building, the new hotel establishment belonging to the Pousadas do Salnés network.
This new trail runs along the western part of the O Salnés district. It climbs from sea level along a gentle, pleasant path, following the course of the Chanca River to A Armenteira Convent.

Along the way you will pass more than 20 mills, some of them completely restored. Inside, you can see how the grain was milled. The mill at O Pontilllón is a unique example. Its cylindrical millpond (the area where the water enters) was constructed using stacked stone rings, a demonstration of the skill of those long-ago “canteiros” (stonemasons).

The first half of the trail is gentle, running through vineyards which extend along both sides of the river in some sections. As you climb, you will enter a wooded area of deciduous trees along the river.

At the end of the route, a four-metre stone wall will indicate that you have reached the grounds of A Armenteira Monastery. Walk around the convent to the centre of the village.
**ACCESS**

Lugar de Galiñãns (Meaño), on the PO-9205, next to the bridge across the Chanca River.

**LENGTH**

7 km

**DEPARTURE POINT / ARRIVAL POINT**

Caxoi Bridge (Concello de Meaño) / A Armenteira (Concello de Meis).

**ROUTE**


**DIFFICULTY**

Medium.

**DURATION**

2 hours and 10 minutes.

**CONNECTIONS**

With the PR-G 170 and 171.

**SERVICES**

In A Armenteira.

**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.

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**GEOREFERENCEs**

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

185-I Meaño.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Meaño
Rua Campo da Feira, 1. 36968 Meaño.
Tel: 986 747 102
www.concellodemeano.com

Concello de Meis
36637 Meis
Tel: 986 712 001
www.meis.es

Deputación de Pontevedra
Paço Deputación Provincial
Avda. Montero Ríos, s/n. 36071 Pontevedra
Tel: 986 804 100
www.pousadas.depo.es
This trail follows the Umia River, running from near the manor house known as Pazo de Barrantes to the historic bridge at Ponte Arnelas. The completely flat route will allow you to enjoy a pleasant walk.

The path runs along the fertile basin of the Umia River, crossing the river several times: at Cabanelas Bridge, Santa Marta Bridge and finally, Ponte Arnelas. The walk will take you through vineyards of the Rías Baixas Designation of Origin, with the grapevines providing lovely views. The gentle, established trail offers several places to rest and contemplate the pools along the river.

Ponte Arnelas marks the end of the route. An inscription tells us that the bridge for which it was named was rebuilt in 1598 by Philip II, due to the importance of this location as a communication route for transporting goods from the coast to inland areas.
**GEOREFERENCEs**

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<td>Ponte Arnelas</td>
<td>42°32.132’N</td>
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**ACCESS**
In Barrantes, between Cambados and the AG-4.1, where the EP-9506 crosses the Umia River. Descend along the levelled area along the side to the riverbank.

**LENGTH**
5.5 km

**DEPARTURE POINT / ARRIVAL POINT**
Bridge over the Umia River / Ponte Arnelas (Municipality of Ribadumia).

**ROUTE**
Barrantes Bridge, Cabanelas Bridge, Santa Marta Bridge, Ponte Arnelas.

**DIFFICULTY**
Low.

**DURATION**
1.5 hours.

**SERVICES**
In Ponte Arnelas.

**R.I.M. ROUTE INFORMATION METHOD**

<table>
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<tr>
<th>ENVIRONMENT</th>
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<td>3</td>
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<td>1</td>
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<td>4</td>
<td>5</td>
</tr>
<tr>
<td>EFFORT</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

**ACCESS BY BIKE**
Fully suitable.

**ACCESS ON HORSEBACK**
Fully suitable.

**CARTOGRAPHY I.G.N. 1:25.000**
152-III Cambados.

**FOR FURTHER INFORMATION PLEASE CONTACT**
Concello de Meis
Avda. Cambados, 67, O Mosteiro.
36637 Meis
Tel.: 986 712 001
www.meis.es

Deputación de Pontevedra
Pazo Deputación Provincial
Avda. Montero Ríos, s/n. 36071 Pontevedra
Tel.: 986 804 100
www.pousadas.depo.es
The village of O Freixo is located in the Municipality of Crecente, in the mountains that shape the course of the Miño River. This is the starting point for a circular trail leading up to the top of Coto da Cruz.

The early part of the trail is demanding, winding along the paths that run between houses and vineyards. Pace yourself accordingly until you reach Lugar da Granxa. The residents of this small village heroically confronted the French in the Peninsular War, forcing the invading troops to withdraw.

The route then continues to climb through magnificent specimens of “sobreiras” (cork oaks). When you reach the top, your efforts will be rewarded with a fabulous panoramic view from the Coto da Cruz Viewpoint, with Portugal opposite and the Miño River running along the border.

From here, the trail descends past A Virxe do Camiño Chapel and a little further along, Cristo dos Aflixidos Chapel. The path then enters the forest before returning to the starting point.
**GEOREFERENCE**

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<td>O Freixo Church</td>
<td>42°09.599´N</td>
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**ACCESS**

In southern Galicia, very close to the border between the provinces of Ourense and Pontevedra with Portugal. Take the PO-400 to O Freixo Parish. Turn off at the parish church in the village of the same name. The trailhead is in a square 30 m from the church.

**LENGTH**

7 km

**DEPARTURE POINT / ARRIVAL POINT**

Parish church in O Freixo (Municipality of Crecente).

**ROUTE**


**DIFFICULTY**

Medium-Low.

**DURATION**

2 hours and 40 minutes.

**SERVICES**

In O Freixo.

**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**

224-IV A Cañiza and 262-II Arbo.

**FOR FURTHER INFORMATION PLEASE CONTACT**

Concello de Crecente

Rúa Solís Ruiz, 11.

36420 Crecente

Tel.: 986 666 300

Comunidade de Montes Veciñais en Man Común do Freixo

Tel.: 630 586 637

www.rutadocotodacruz.com
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.
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
Xardíns de Méndez Núñez, s/n (zona Teatro Colón)
Tel.: 881 88 12 78

FERROL
Edificio Administrativo da Xunta.
Praza Camilo José Cela, s/n
Tel.: 981 31 11 79

SANTIAGO DE COMPOSTELA
Rúa do Vilar, 30-32
Tel.: 981 584 081

LUÑO
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

PONTEVEDRA
Rúa do Marqués de Riestra, 30 Baixo · Local A
Tel.: 986 850 814

VIGO
Avda. Cánovas del Castillo, 22
Tel.: 986 430 577

MADRID
Casado del Alisal, 8
Tel.: 915 954 214

FURTHER INFORMATION

GALICIAN MOUNTAINEERING ASSOCIATION
Rúa Fotógrafo Luis Ksado, 17 · Oficina 10
36209 Vigo, Pontevedra
Tel.: 986 208 758 · Fax: 986 207 407
sendeirismofgm@yahoo.es
www.fgmontanismo.com

J TABOADA
Rúa Prudencio Landín, 10
36002 Pontevedra
Tel.: 626 835 030
xuliotaboada@hotmail.com

SEGATUR (Sendeiros de Galicia para o Turismo Rural S.L.)
Rúa Zaragoza 62, bajo
Apdo. 5430
36200 Vigo, Pontevedra
Tel.: 654 165 730 / 886 117 011 · Fax: 886 117 011
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www.segatur.com

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www.meteogalicia.es

EMERGENCY CENTRE OF THE XUNTA DE GALICIA
Tel.: 112

FOREST FIRE FIGHTING SERVICE
Tel.: 085