

galicia

pathways for
discovering a country



XUNTA
DE GALICIA

EN



Data collect: August 2019

TEXTS

- > Federación Galega de Montañismo
- > J Taboada
- > Segatur
- > Sherpa Project

CARTOGRAPHY

> **iet** INSTITUTO
DE ESTUDIOS DE
TERRITORIO

PHOTOGRAPHS

- > Turgalicia Archive
- > J Taboada
- > Segatur
- > Sherpa Project

DESIGN AND PRODUCTION

- > Stéphane Allier

LEGAL DEP.

- > ...

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- > ...

Pathways

FOR DISCOVERING A COUNTRY

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

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

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

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

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



Galicia,

PATHWAYS TO DISCOVER A COUNTRY

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

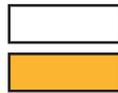
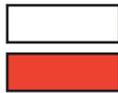
Sign posting

GR

PR-G

DERIVATION

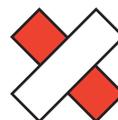
Continuity of the pathway



Change of direction



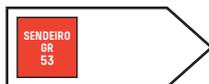
Wrong direction



Sign



Arrow





SIGN

MEANING

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

► Right road, direction to follow.

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

► 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.

Pathways

SENDEIRO
GR
00

▶ LONG DISTANCE PATHWAYS

Known by the initials GR, they consist of long-distance walking itineraries, made up of connecting paths, roads, tracks and any kind of communication route not generally appropriate for motor vehicles. These routes are intended to join up interesting districts, even crossing regions and passing from one country to another. Every few km they run through towns where you can find provisions or, if necessary, accommodation.

SENDEIRO
PR-G
00

▶ GALICIAN SHORT DISTANCE PATHWAYS

PR-G is the name given to local pathways over a shorter distance than 50 Km which, normally, can be covered in less than two days. Some of these leave from a GR to visit certain points of landscape, architectural or cultural value which, near to the main itinerary, do not actually belong to it. Access to the start of the route itself has led to many of these routes starting and finishing at the same point, in which case they are known as Circular Pathways. It is also common to find Ecological Pathways which, covering a short distance and beginning and ending at the same point, visit areas of great natural value, appropriate for exploring wildlife subjects.

SENDEIRO
GR
00.0

SENDEIRO
PR-G
00.0

▶ VARIATIONS

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

SENDEIRO
GR
53

▶ DERIVATIONS

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

System R.I.M.

ROUTE INFORMATION METHOD

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

Valuation from 1 to 5 points.

www.euromide.info

ENVIRONMENT



SEVERITY OF THE NATURAL ENVIRONMENT

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

ITINERARY



ORIENTATION ON THE ITINERARY

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

TERRAIN



DIFFICULTY IN THE TERRAIN

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

EFFORT



AMOUNT OF EFFORT REQUIRED

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

Download the SENDEGAL app

DISCOVER GALICIA FROM A DIFFERENT PERSPECTIVE

Turismo de Galicia would like to promote and encourage hiking as a way of getting closer to our natural spaces as well as our ethnographic and monumental heritage.

This app will allow you to discover the officially approved trails in Galicia, with a short description of the route and its visualisation on Google Earth (with the possibility of recreating it in 3D). SENDEGAL has two modes, you can either download and save the maps on to your smartphone device (iPhone, Android...) and use the app while being offline or simply use the on-line mode and see the maps as you go. In both cases, the GPS will indicate your position at all times and will allow you to follow the trail without difficulty. When searching for a route, you will be able to visualise them by list or by map; you may further filter your search by selecting the length of the route, the estimated time needed to complete it, its level of difficulty and the cartography, as well as be able to see photographs and other information of interest related to Galicia's pathways.



Pathways

Nº NAME LENGTH PAGE

Long distance pathways

GR 53	Panorámico de Vigo	39,9 km	16
GR 65	Camiño de Santiago	157 km	18
GR 94	Rural de Galicia	126 km	22

Galician short distance pathways

PR-G 1	Galiñeiro	8,6 km	24
PR-G 2	Aloia	8,9 km	26
PR-G 4	Camiño Real de San Pedro de Rocas	9 km	28
PR-G 7	Ruta do Faro	12,2 km	30
PR-G 8	Morgallón-Río Sor-Morgallón	9,3 km	32
PR-G 14	Ruta do Loio	9 km	34
PR-G 15	Subida ao Monte da Muralla	14,7 km	36
PR-G 17	Arredor de Cambre	9,3 km	38
PR-G 27	Ruta de Queguas	6,8 km	40
PR-G 28	Ruta de Padrendo	11,3 km	42
PR-G 35	O Río dos Dous Nomes	3,5 km	44
PR-G 36	Sendeiro de San Xoán da Cova	11,2 km	46
PR-G 70	Sendeiro Laxe-Punta Insua	5,2 km	48
PR-G 76	Senda do Río Avía	15,8 km	50
PR-G 77	Senda de Boboras	16,5 km	52
PR-G 78	Senda de Pena Corneira	8,3 km	54
PR-G 79	Senda do Arenteiro	11 km	56
PR-G 80	Senda de Santa Marta	6,3 km	58
PR-G 81	Ruta da Fraga da Becerreira	6,2 km	60
PR-G 82	Ruta do Monte Roxal-Teixido	7,9 km	62
PR-G 83	Ruta do Vento	11,2 km	64
PR-G 84	Ruta de Subida ó Picato	7,8 km	66
PR-G 85	Ruta da Fraga de Vilapena	10,3 km	68
PR-G 86	Sendeiro Viñedos da Ribeira Sacra	13,3 km	70
PR-G 93	Ruta da Ribeira do Ulla	12,8 km	72
PR-G 94	Ruta dos Muiños do Folón e do Picón	3,5 km	74
PR-G 95	Sendeiro de "Os Carranos"	5,2 km	76
PR-G 98	Canón do Sil-Santa Cristina	18 km	78
PR-G 99	Ruta da Auga de Guitiriz	19,6 km	80
PR-G 101	Roteiro Mariñán "Costa da Égoa"	13 km	82
PR-G 102	Sendeiro dos Muiños de Riomaior	2,6 km	84
PR-G 103	Sendeiro dos Petróglifos de Cobres	3,32 km	86
PR-G 105	Sendeiro dos Muiños de Barosa	2,1 km	88
PR-G 107	Sendeiro de Pedra Miranda	2,45 km	90
PR-G 109	Ruta das Almiñas e do Foxo do Lobo	10,82 km	92
PR-G 112	Sendeiro de Pescadores Río Miño-Tamuxe	7,2 km	94
PR-G 114	Sendeiro Laxe-Traba	8 km	96
PR-G 115	Ruta do Adro Vello	3,1 km	98

Pathways

Galician short distance pathways

Nº	NAME	LENGTH	PAGE
PR-G 116	Ruta do Con Negro- Arte ao Natural	3,25 km	100
PR-G 117	Ruta da Fraga aos Muíños	15,9 km	102
PR-G 118	Ruta dos Soutos	14,9 km	104
PR-G 119	Ruta do Xabriña	17 km	106
PR-G 121	Ruta dos Tres Ríos	9 km	108
PR-G 122	Camiños do Trega	7,7 km	110
PR-G 123	Senda Peonil da Ponte do Ramo	6,51 km	112
PR-G 124	Ruta da Auga, Fontes e Lavadoiros de Parada	6,7 km	114
PR-G 125	Sendeiro de Visantoña	14,48 km	116
PR-G 126	Ruta dos Miradoiros Lobeira-Faro das Lúas	4,41 km	118
PR-G 128	Ruta do Pan	6,73 km	120
PR-G 135	Roteiro da Escuadra	7,1 km	122
PR-G 137	Ruta dos Soutos de Cesuris	11,37 km	124
PR-G 138	Ruta Val do Glaciar de Prada	17,5 km	126
PR-G 139	Sendeiro de Pena Guimara	11 km	128
PR-G 140	Sendeiro do Gallol	11,5 km	130
PR-G 141	Ruta do Ouro e do Camiño Real	16 km	132
PR-G 142	Ruta das Fervedas	24,1 km	134
PR-G 143	Roteiro do Rio Arnoia	11 km	136
PR-G 144	Ruta Natural dos Castros a Nivieira	6,3 km	138
PR-G 145	Ruta da Marronda-Alto Eo	21,3 km	140
PR-G 147	Sendeiro As Fragas da Ribeira e do Lostegal	19 km	142
PR-G 148	Ruta do Mar de Corme e Ribeira do Anllóns	11,1 km	144
PR-G 151	Ruta das Lagoas	14,5 km	146
PR-G 152	Ruta dos Muíños	5,7 km	148
PR-G 153	Augas de Fomiñá	12,8 km	150
PR-G 154	Ruta do Azúmara	7 km	152
PR-G 155	Ruta Miradoiro da Terra Chá	10,7 km	154
PR-G 156	Costa do Vicedo	13 km	156
PR-G 157	Roteiro Augas Mestas-Doade	27 km	158
PR-G 158	Ruta da Costa da Morte	22,4 km	160
PR-G 159	Sendeiro Quintá-Río Donsal	15,3 km	162
PR-G 160	Ruta da Desembocadura do Miño	8,6 km	164
PR-G 162	Ruta da Ribeira Sacra do Miño	37,6 km	166
PR-G 164	Senda da Fraga do Barragán	17,3 km	168
PR-G 165	Sendeiro das Fragas e Levadas do Calvo e Deva	18,3 km	170
PR-G 166	Roteiro das Fervenzas de Toques	9 km	172
PR-G 167	Roteiro da Ermida	9,2 km	174
PR-G 168	Roteiro dos Megalitos	12 km	176
PR-G 170	Ruta da Pedra e da Auga	6,5 km	178
PR-G 171	Ruta do Río San Martiño	11,2 km	180

**Galician
short
distance
pathways**

Nº	NAME	LENGTH	PAGE
PR-G 172	Ruta do Río Chanca	7 km	182
PR-G 173	Ruta do Río Umia	5,5 km	184
PR-G 174	Ruta de Coto da Cruz	7 km	186
PR-G 175	Ruta do Monte de San Xusto	7,5 km	188
PR-G 176	Ruta do Río Deva	7 km	190
PR-G 177	Ruta Canón do Río Mao	16,5 km	192
PR-G 178	Ruta Maquino Largaño	14,7 km	194
PR-G 180	Ruta da Cubela	13,5 km	196
PR-G 181	Ruta de Cibrisqueiros a San Cosmede	4 km	198
PR-G 182	Bidueiral de Gabin	9,5 km	200
PR-G 184	Ruta da Lagoa da Lucenza	9,7 km	202
PR-G 186	Ruta Moreiras-Concello de Toén	27 km	204
PR-G 187	Camiño do Ferradal	10,6 km	206
PR-G 188	Sendeiro de Zobra	22,8 km	208
PR-G 189	Ruta dos Castros do Irixo	5,4 km	210
PR-G 193	Ruta do Val do Río Quiroga	14,2 km	212
PR-G 195	Ruta dos Muiños do Río das Gándaras	5,4 km	214
PR-G 196	Ruta de Castro	11,4 km	216
PR-G 197	Ruta de Codeseda-Rapa das Bestas	30,5 km	218
PR-G 198	Ruta do Maluro e Pena Trevinca	26 km	220
PR-G 199	Ruta Pena Trevinca polo Sestil Alto	18 km	222
PR-G 200	Ruta das Lagoas Glaciares da Serpe e de Ocelo	14 km	224
PR-G 201	Ruta Integral Serra Calva	42 km	226
PR-G 202	Ruta da Fervenza do Rexedoiro	13,3 km	228
PR-G 203	Senda da Ribeira	6 km	230
PR-G 204	Ruta Ribeira do Bispo-Miradoiro de Augas Caidas	12 km	232
PR-G 208	Ruta das Reigadas	8,4 km	234
PR-G 209	Ruta Río Eo-Pena Millares	13,1 km	236
PR-G 210	Ruta do Castro de Doade	15,7 km	238
PR-G 211	Senda Verde do Xares	33,4 km	240
PR-G 212	Ruta Ponte do Porto-Ponte Uilló	6,4 km	242
PR-G 213	Sendeiro Os Bosques Máxicos de Castro Caldelas	20,6 km	244
PR-G 221	Ruta do Monte Cido	7,8 km	246
PR-G 222	Ruta da Devesa da Rogueira	13,3 km	248
PR-G 224	Sendeiro do Teixeira	13,4 km	250
PR-G 225	Ruta do Ferro	6,1 km	252
PR-G 228	Ruta Fervenza Pena dos Portelos	5,1 km	254
PR-G 229	Ruta Chao de Pousadoiro-Muiño de García	4,2 km	256
PR-G 230	Sendeiro do Río Maneses	8,6 km	258
PR-G 233	Ruta da Fervenza das Hortas ao Río Lañas	12,3 km	260

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.



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



Cepudo Mount



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 Maquias mill on the River Zamáns, autochthonous forests.



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

► 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, 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 and with GR 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.


CARTOGRAPHY I.G.N. 1:25.000

223-II Redondela, 223-III Vigo,
223-IV Mos, 261-I Baiona, 261-II O Porriño.


FURTHER INFORMATION

Federación Galega de Montanismo
(see page 266)



As Maquías Mills

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



Samos Monastery

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

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

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



Entering the Praza da Quintana. Santiago de Compostela



Pallozas. O Cebreiro

► **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.

Plus...

JUBILEE AND COMPOSTELA

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

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



Alto do Poio

► **DEPARTURE POINT / ARRIVAL POINT**

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

► **ROUTE**

O Cebreiro, Triacastela, Samos, Sarria, Portomarin, Palas de Rei, Melide, Arzúa, 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 Condesea, Triacastela, Calvor, Sarria, Barbadelo, Ferreiros, Portomarin, Gonzar, Ventas de Narón, Ligonde, Palas de Rei, Mato Casanova, Melide, Ribadiso, Arzúa, Sta. Irene, Arca, Monte do Gozo.

► **ACCESS BY BIKE**

Fully suitable.

► **ACCESS ON HORSEBACK**

Fully suitable.



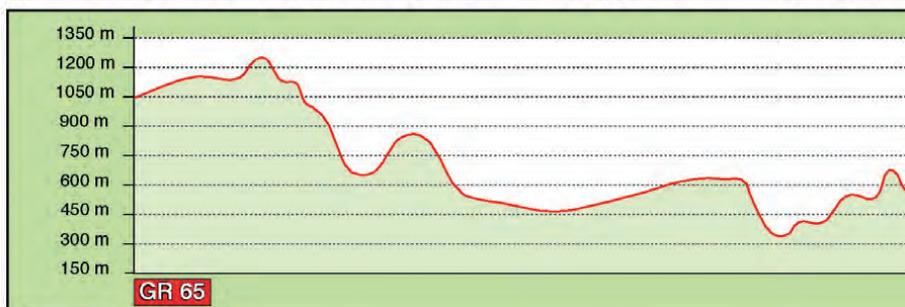
CARTOGRAPHY I.G.N. 1:25.000

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 Portomarin, 124 Sarria, 125 As Nogais.



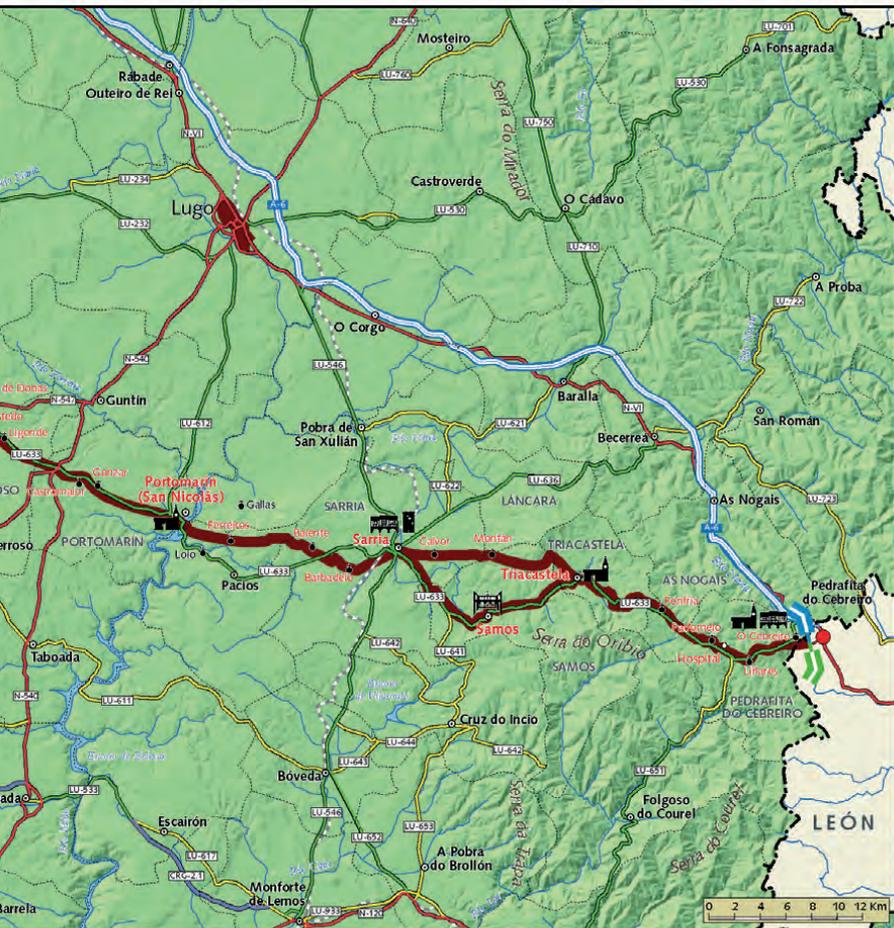
FURTHER INFORMATION

Tel.: 881 866 393
www.caminodesantiago.gal



GEOREFERENCES

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



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



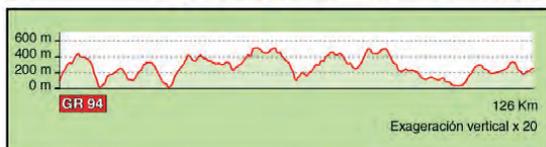
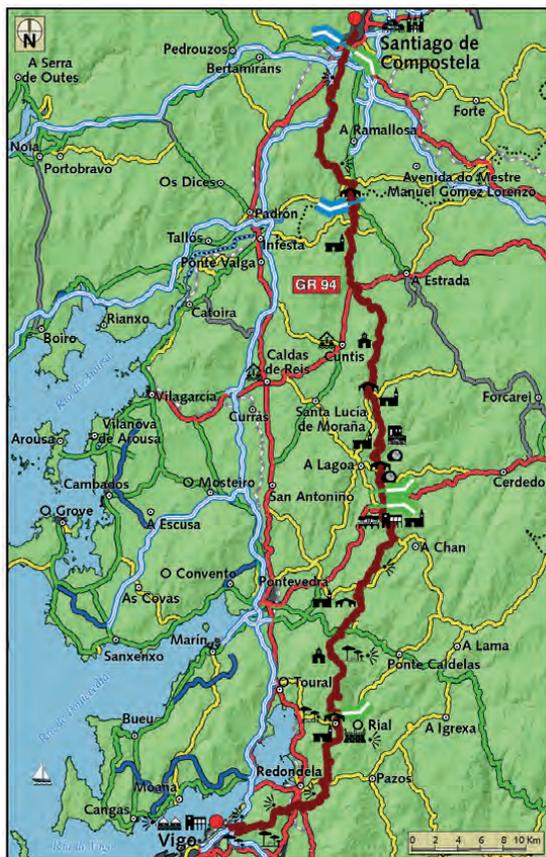
The GR 94 pathway, located in the south-west of Galicia, is a road that joins the sea and the mountains, running south to north.

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

Leaving behind the Church of Rial and the Comboa Bridge over the River Verdugo and after a short deviation, the route surprises us with the 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 Rascaderia hórreos (raised granaries), in the old Cusprediños 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.



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



Petroglyphs

Plus...

PETROGLYPHS

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

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).

The Rock Art Archaeological Park in Campo Lameiro (Pontevedra) is home to one of the most important groups of petroglyphs in Europe. An exhibition space and a cultural landscape spanning 22 hectares that will take you on a journey back in time to the Bronze Age.

ACCESS

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

LENGTH

126 km

DEPARTURE POINT / ARRIVAL POINT

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

ROUTE

Vigo, Soutomaior, Campo Lameiro, Cequeril, Luou, 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 PR-G 230.

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.



CARTOGRAPHY I.G.N. 1:25.000

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



FURTHER INFORMATION

Club Peña Trevinca
Montañeiros de Galicia
 Tel.: 986 420 551
 info@trevinca.es
 www.trevinca.es

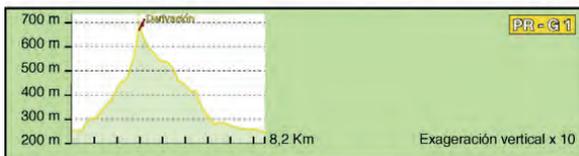
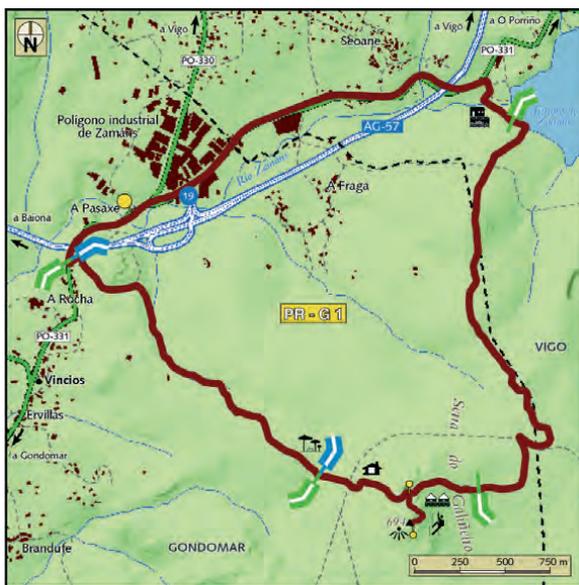
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



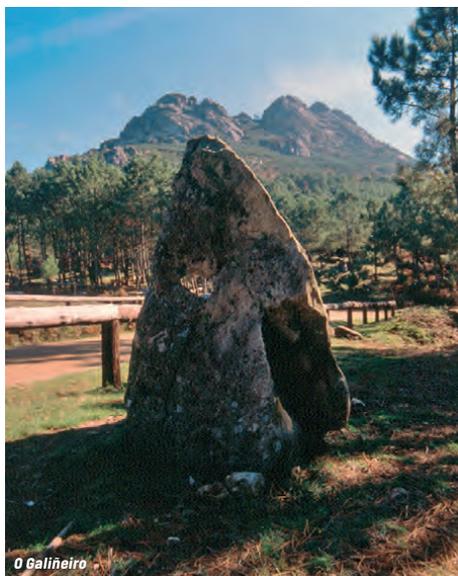
View over Vigo Ría

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 a Galician-Roman fortress. The peak overlooks an extensive panorama of southern Pontevedra province.



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



► **ACCESS**

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

► **LENGTH**

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

► **DEPARTURE POINT / ARRIVAL POINT**

A Pasaxe.

► **ROUTE**

A Pasaxe, Galíneiro, presa de Zamáns, A Pasaxe.

► **DIFFICULTY**

Medium.

► **DURATION**

3 hours.

► **CONNECTIONS**

With GR 53 and with 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.



FURTHER INFORMATION

Club Montañeiros Celtas

Tel.: 986 438 505

info@celtas.net

www.celtas.net

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

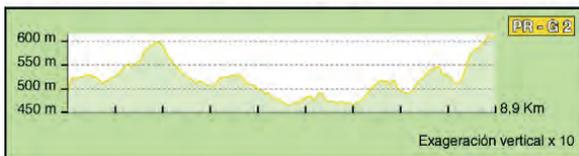
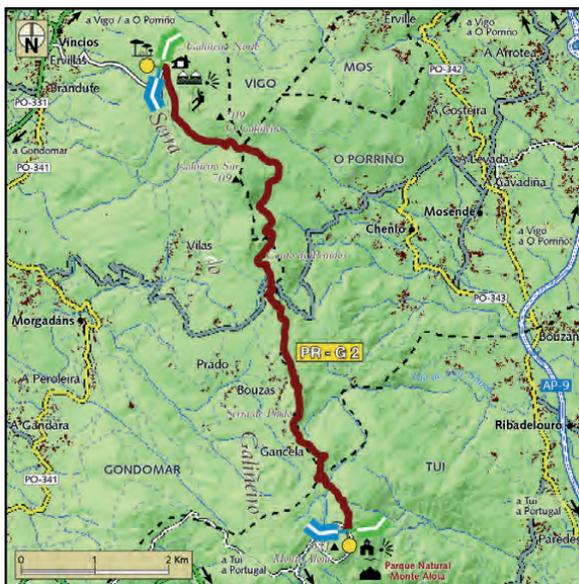


Visitors' Centre

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

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

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



GEOREFERENCES

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



Plus...

MONTE ALOIA

Thanks to its strategic situation, this hill was silent witness to a number of battles in ancient times. Some historians identify it as Mount Medulio. It could be here where, according to legend, the Galicians heroically resisted the Roman invasion, preferring collective suicide to submission or slavery.

ACCESS

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

LENGTH

8,9 km

DEPARTURE POINT / ARRIVAL POINT

Miguel Regueira Refuge Hut / Monte Aloia.

ROUTE

O Galiñeiro, Prado, Monte Aloia.

DIFFICULTY

Low.

DURATION

3 hours.

CONNECTIONS

With GR 53 via the PR-G 1.

MATERIAL

Take sufficient food.

SERVICES

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

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

261-I Baiona, 261-II O Porriño.



FURTHER INFORMATION

Club Montañeiros Celtas

Tel.: 986 438 505

info@celtas.net

www.celtas.net

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

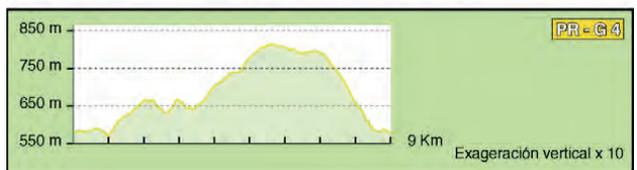
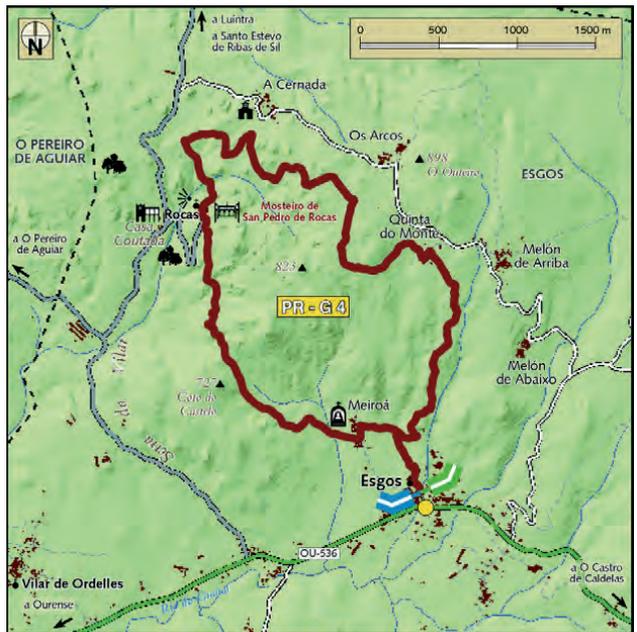


San Pedro de Rocas

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

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

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



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



Chapel of San Pedro de Rocas

Plus...

MONASTERY OF SAN PEDRO DE ROCAS

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

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

ACCESS

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

LENGTH

9 km

DEPARTURE POINT / ARRIVAL POINT

Esgos.

ROUTE

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

DIFFICULTY

Low.

DURATION

3 hours.

MATERIAL

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

SERVICES

Food in Esgos.

R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	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

226-I Esgos, 188-III Nogueira de Ramuin.



FURTHER INFORMATION

Oficina de Información Turística de Esgos

Tel.: 988 372 020

info@concelloesgos.com

www.concelloesgos.com

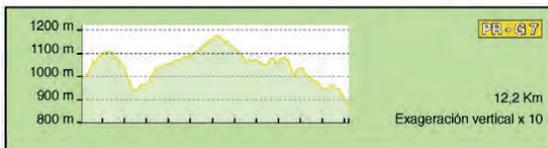
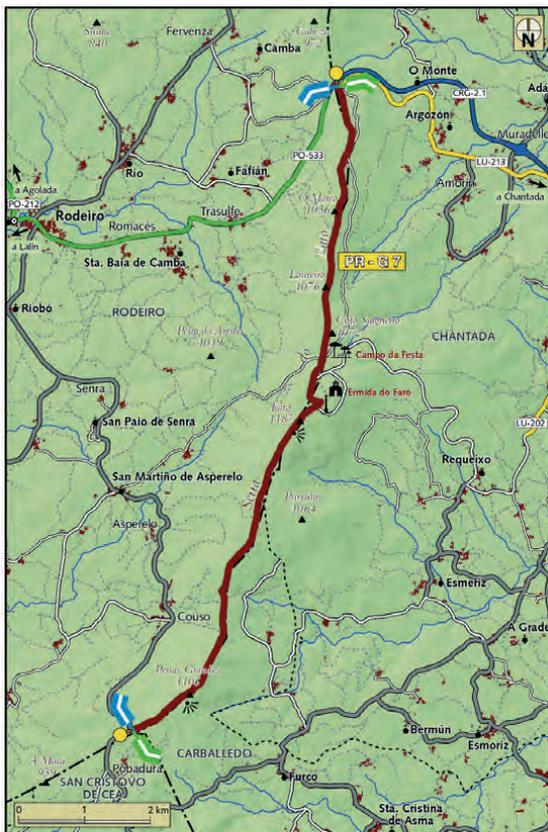
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



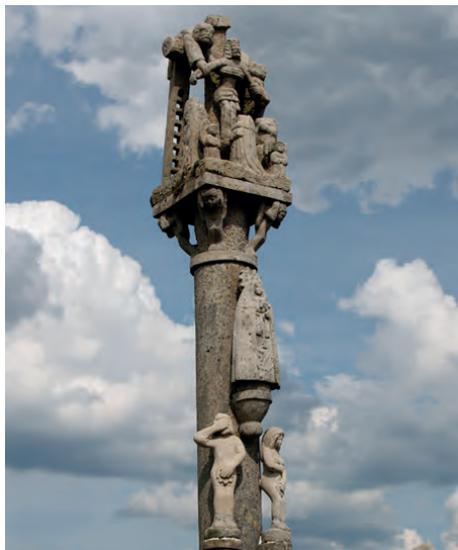
This is a south-north route along the Serra do Faro that offers spectacular views on clear days. The signpost that separates the provinces of Pontevedra, Lugo and Ourense on the PO-6202 road marks the starting point towards in the south. The trail begins on a path and continues north along a firebreak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



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Road P0-6202 (O Marco)	42°34.780'N	007°55.757'W	29T	587870	4714780
Road P0-533 (Alto do Faro)	42°40.134'N	007°53.336'W	29T	591050	4724730



Serra do Faro from Penas Grandes



Chapel of Nosa Señora do Faro

► **ACCESS**

From Rodeiro along road P0-6202 to Oseira reaching O Marco at the limits of the municipality. Following road P0-533 or CG-2.1 to O Alto do Faro.

► **LENGTH**

12,2 km

► **DEPARTURE POINT / ARRIVAL POINT**

Road P0-6202 Oseira - Rodeiro, at a nearby point where the towns of San Cristovo de Cea (Ourense), Carballedo (Lugo) and Rodeiro (Pontevedra) meet / Road P0-533 in O Alto do Faro, between Chantada (Lugo) and Rodeiro (Pontevedra).

► **ROUTE**

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

► **DIFFICULTY**

Average; it crosses mountainous areas.

► **DURATION**

4 hours.

► **MATERIAL**

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

► **SERVICES**

In Rodeiro and in Oseira.

► **R.I.M. ROUTE INFORMATION METHOD**

ENVIRONMENT	1	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,
154-IV Oseira.



FURTHER INFORMATION
Concello de Rodeiro
Tel.: 986 790 009
info@rodeiro.org
www.rodeiro.gal

Federación Galega de Montañismo
(see page 266)

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



Chair-bridge over the River Sor

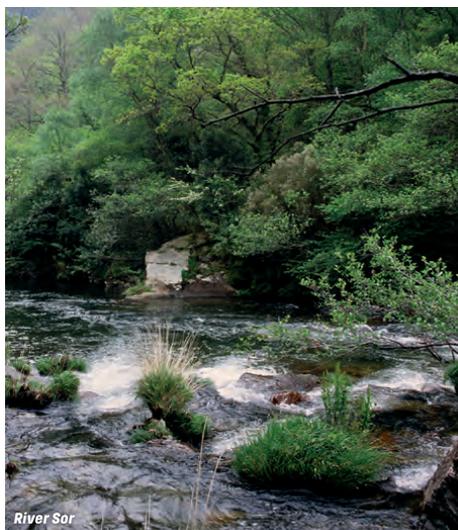
This pathway is remarkable for the beauty of the banks of the River Sor. It starts after passing the town of O Morgallón, at the crossroads of a large esplanade. It continues along a local highway until the bridge that crosses the river at Monte de Ínsua de Baixo. From here, it heads up-river to Ponte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

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

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



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



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, Sor River, 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	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
2-III Ortigueira.



FURTHER INFORMATION
Casa da Cultura do Vicedo
Tel.: 982 590 195
concello@concellodovicedo.org
www.concellodovicedo.org

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

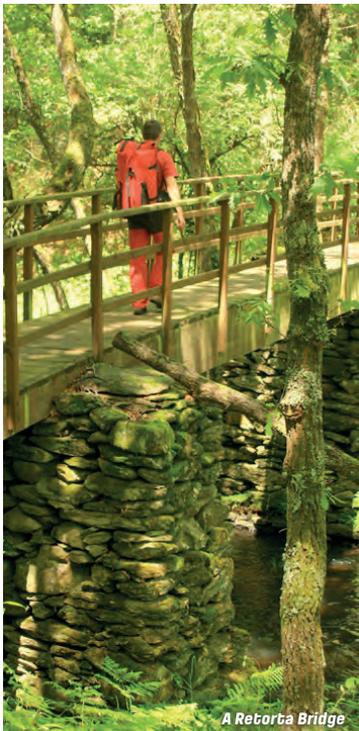


Miño River, Belesar Reservoir

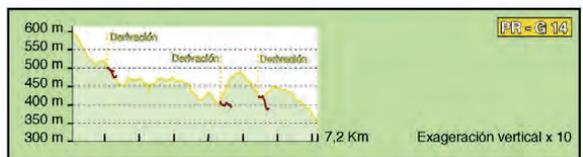
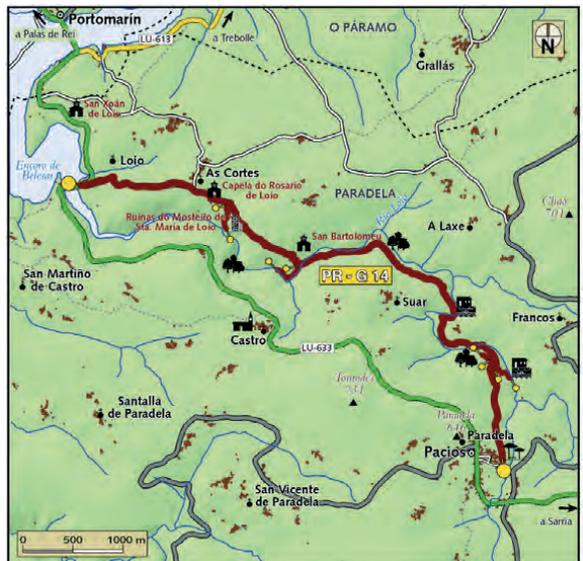
This route runs close to the Way of St. James, passing areas with major specimens of indigenous trees by the banks of the Loio River. We can find traditional bridges and mills throughout the route, such as the A Retorta bridge and mill, or following a brief deviation, the hidden mill of Pías.

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 Maria de Loio, in the depths of the woods. From Loio the route continues along a paved lane to the Ribera do Loio bridge, next to the Belesar reservoir, where the route ends.



A Retorta Bridge



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Municipal swimming pools	42°45.989'N	007°33.785'W	29T	617570	4735970
Mill of O Cabo	42°47.318'N	007°36.795'W	29T	613425	4738660



O Rosario de Loio Chapel



► **ACCESS**

Along road M-633 from Portomarin 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**

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 recommended.

► **ACCESS ON HORSEBACK**

Not recommended.



CARTOGRAPHY I.G.N. 1:25.000

123-II Portomarin.



FURTHER INFORMATION

Concello de Paradela

Tel.: 982 541 101 / 982 541 196
 concello.paradela@eidolocal.es
 www.paradela.es

Federación Galega de Montañismo

(see page 266)

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

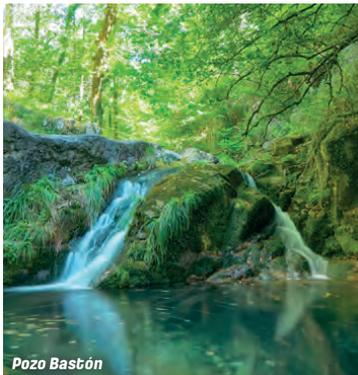
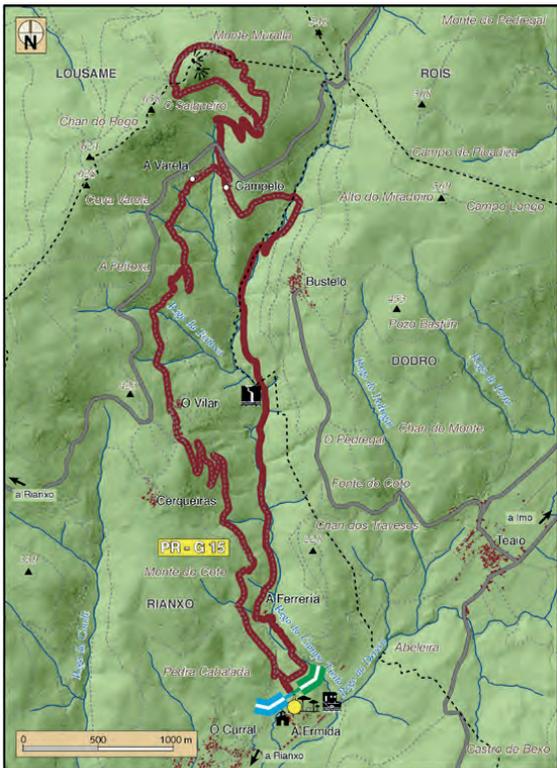


Monte da Muralla

The route starts at the entrance to the village of A Ermida, next to the children's area. The rustic chapel of San Xoán is of note in this small rural village.

The route ascends through A Ferreria, the usual route for tourists who want to reach the famous Pozo Bastón. In this section, a large part of the route runs along and repeatedly crosses the Rego do Campo Treito. Just over a kilometre upstream from A Ferreria is the turn to Pozo Bastón, a natural pool with beautiful waterfalls, located just 350 metres from the route.

The ascent reaches Campelo, where the steep climb to Monte da Muralla begins. The route does not go up to the summit, but it is worth taking the detour there to enjoy the views of the Arousa and Muros e Noia estuaries. The route returns to Campelo and the descent ends at A Ermida.



Pozo Bastón



It is highly recommended that you also visit the nearby O Araño granary, which is the longest in Galicia.

LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
A Ermida	42°42.428'N	8°46.190'W	29T	518850	4728320



Plus...

THE GRANARY OF O ARAÑO

Built between the 16th and 18th centuries, this granary is not very widely known. Other granaries are more famous, but this is the largest granary in Galicia at 37.05 metres long, 2.40 metres wide and 2.70 metres in height. This granary does not rest on beams as its base is formed by a continuous and closed stone structure. Its gabled roof protects its perfectly ventilated interior with rib hollows carved in fine stonework.

■ **ACCESS**

Via the AG-11 motorway, access the AC-305 road via exits 10 or 19. Reach the village of Bures, then take the detour to A Ermida and A Ferreria.

■ **LENGTH**

14,7 km

■ **DEPARTURE POINT / ARRIVAL POINT**

A Ermida (Concello de Rianxo).

■ **ROUTE**

A Ermida, A Ferreria, Pozo Bastón, Campelo, Monte da Muralla, Campelo, A Varela, O Vilar, A Ermida.

■ **DIFFICULTY**

Average.

■ **DURATION**

5 hours and 15 minutes.

■ **MATERIAL**

Hiking boots, provisions and water are recommended.

■ **SERVICES**

Off route, in Rianxo.

■ **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 reservations. Very technical areas.

■ **ACCESS ON HORSEBACK**

Suitable with reservations. Vegetation by the river can make riding difficult.



CARTOGRAPHY I.G.N. 1:25.000

120-III Cabaioira.



FURTHER INFORMATION

Concello de Rianxo

Tel.: 981 860 075

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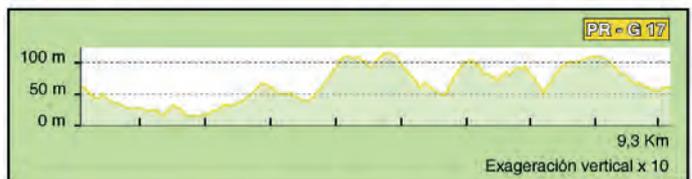
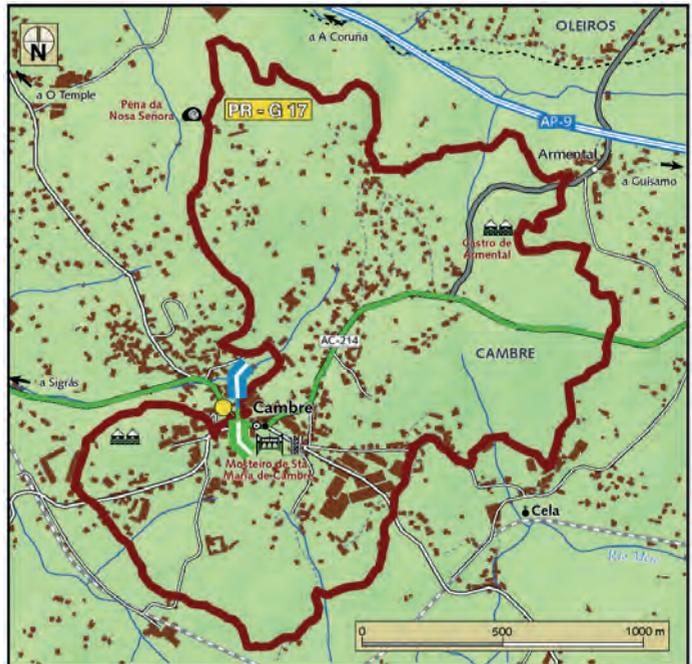
	Traditional architecture
	Ethnography
	Archaeological interest
	General interest
	Historical interest
	Natural interest
	Landscape interest

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 Maria 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.



Church of Santa Maria de Cambre



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Cambre Archeological Museum	43°17.586'N	008°20.586'W	29T	553290	4793660



Colonial houses

► **ACCESS**

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

► **LENGTH**

9,3 km

► **DEPARTURE POINT / ARRIVAL POINT**

Cambre Archeological Museum.

► **ROUTE**

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

► **DIFFICULTY**

Low.

► **DURATION**

3 hours.

► **SERVICES**

In Cambre.

► **R.I.M. ROUTE INFORMATION METHOD**

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

► **ACCESS BY BIKE**

Suitable.

► **ACCESS ON HORSEBACK**

Suitable.



CARTOGRAPHY I.G.N. 1:25.000

45-II Betanzos.



FURTHER INFORMATION

Concello de Cambre

Tel.: 981 613 170 / 128

omix@cambre.org

www.cambre.es

Federación Galega de Montañismo

(see page 266)

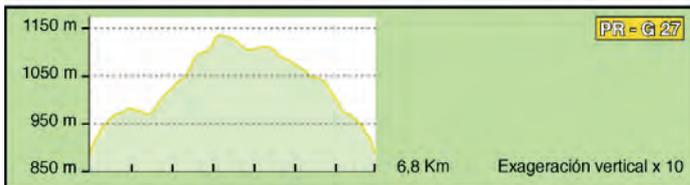
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



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

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

Prehistoric remains are frequent in the area.



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



Hermitage of A Ascensión



► **ACCESS**

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

► **LENGTH**

6,8 km

► **DEPARTURE POINT / ARRIVAL POINT**

Queguas.

► **ROUTE**

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

► **DIFFICULTY**

Medium.

► **DURATION**

2 hours.

► **MATERIAL**

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

► **SERVICES**

In A Terrachá.

► **R.I.M. ROUTE INFORMATION METHOD**

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

► **ACCESS BY BIKE**

Not suitable.

► **ACCESS ON HORSEBACK**

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

301-I Entrimo.



FURTHER INFORMATION

Natural Park Headquarters

Baixa Limia-Serra do Xurés

Tel.: 988 448 048

Federación Galega de Montañaismo

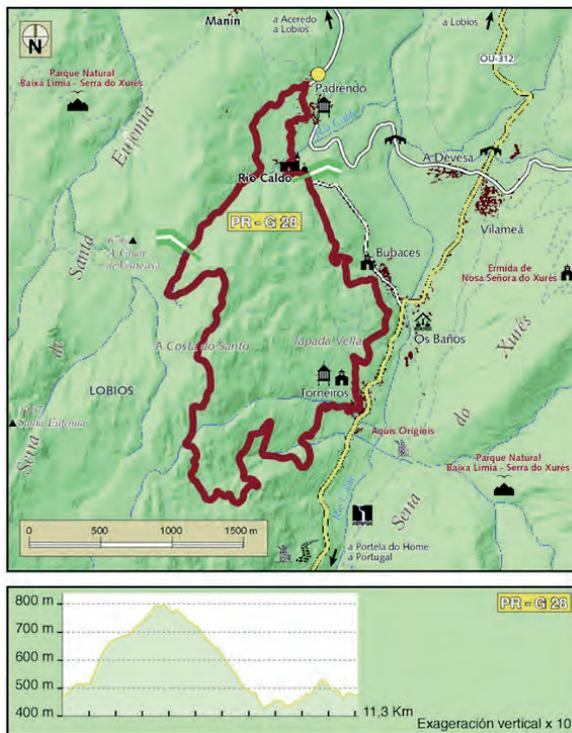
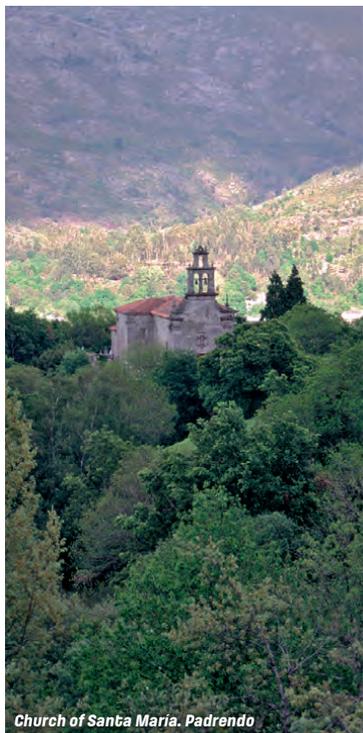
(see page 266)

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



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.



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

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.



Plus...

LANDS OF CELANOVA

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

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, Padrendo.

DIFFICULTY

Medium.

DURATION

3 hours and a half.

SERVICES

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

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Partially suitable.



CARTOGRAPHY I.G.N. 1:25.000
301-III Lobios.



FURTHER INFORMATION
Sede del Parque Natural
Baixa Limia-Serra do Xurés
Tel.: 988 448 048
Federación Galega de Montañismo
(see page 266)

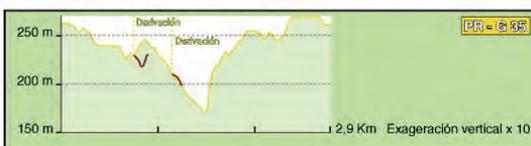
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



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.



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



Plus...

THE MILLS IN GALICIA

The "muiño" (mill), also called muiñ 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".

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 Maria de Ois and heading for Ponte Aranga.

LENGTH

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

DEPARTURE POINT / ARRIVAL POINT

A Ponte Xora.

ROUTE

A Ponte Xora, fábrica (mini power station), A Ponte Xora.

DIFFICULTY

Low.

DURATION

1 hour and a half.

SERVICES

In Coirós de Arriba.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

46-III Oza dos Ríos.



FURTHER INFORMATION

Asociación de Exploradores das Mariñas
Grupo Scout "Castro de Untia"

Tel.: 606 284 184

Servicio Municipal de Xuventude
do Concello de Coirós

Tel.: 981 796 414

omix@coiros.es

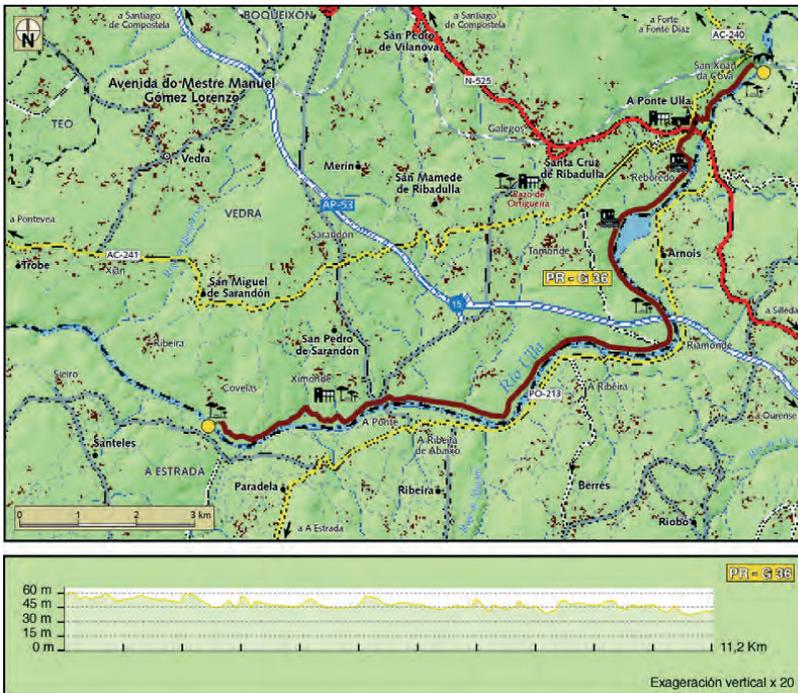
concellocoiros.com

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

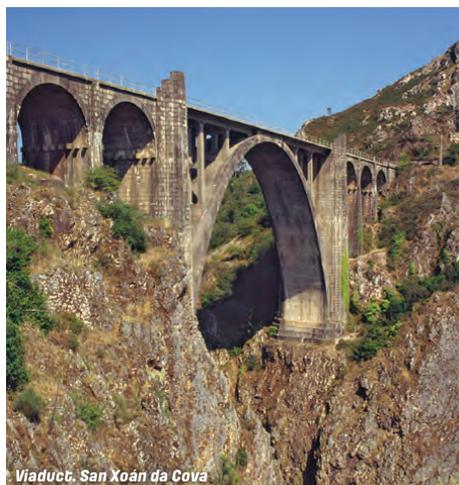


This beautiful route runs along the right bank of the River Ulla, heading downhill, taking advantage of tracks, fishermen's paths and already marked ways. From San Xoán da Cova, to the base of the impressive ravine, artfully crossed by the railway viaduct, the path quickly comes to A Ponte Ulla with interesting constructions to be found within its small urban area.

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



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



Viaduct. San Xoán da Cova

Plus...

THE "PAZOS"

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

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

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

► ACCESS

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

► LENGTH

11,2 km

► DEPARTURE POINT / ARRIVAL POINT

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

► ROUTE

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

► DIFFICULTY

Medium.

► DURATION

3 hours and 45 minutes.

► MATERIAL

Take sufficient food.

► SERVICES

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

► R.I.M. ROUTE INFORMATION METHOD

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

► ACCESS BY BIKE

Not suitable.

► ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

121-I Vedra, 121-III A Estrada.



FURTHER INFORMATION

Concello de Vedra

Tel.: 981 814 612

www.concellodevedra.es

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



Church of Sta. Maria da Atalaia. Laxe

Plus...

COSTA DA MORTE

"Costa da Morte" or "Coast of Death" is a name that defines a wide region of Galicia between the Muros and Noia Rías and A Coruña Ría. 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).

ACCESS

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

LENGTH

5,2 km

DEPARTURE POINT / ARRIVAL POINT

Laxe.

ROUTE

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

DIFFICULTY

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

DURATION

2 hours and 15 minutes.

CONNECTIONS

With the PR-G 114.

MATERIAL

Comfortable, sturdy footwear.

SERVICES

In Laxe.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

43-IV Laxe.



FURTHER INFORMATION

Concello de Laxe

Tel.: 981 706 903
 info@concellohelaxe.com
 correo@laxe.es
 www.concellohelaxe.com

Federación Galega de Montañismo

(see page 266)

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



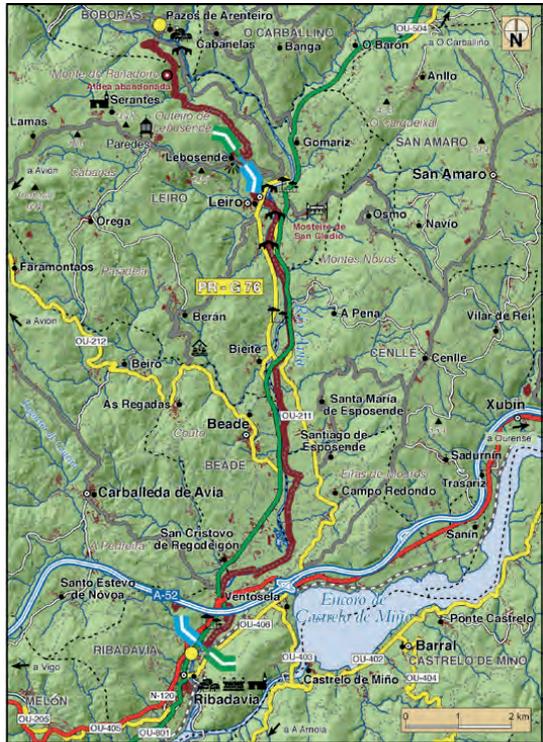
Suspension bridge in Leiro

From the beautiful village of Pazos de Arenteiro, upstream from the imposing ruins of A Ponte da Cruz, the route runs southwards, along with the Avia riverbed. At the beginning, the route goes through a young forest, where there used to be vineyards. The walls of the terraces and the hidden ruins of the abandoned town of Viñoa indicate that the landscape was very different less than a century ago.

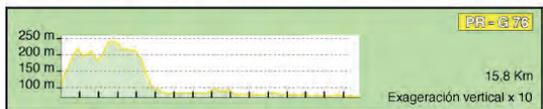
In Lebosende, the route descends towards Leiro along an old cobblestone road. It then approaches the Avia river and crosses over to the left bank over A Ponte das Poldras. From here, it is recommended that you visit the Monastery of San Clodio, declared an artistic-historical monument in 1931.

Following the route, you will reach the magnificent San Clodio bridge. The path continues through riverside forests and wide vineyards. In A Quinza, the path crosses over to the other bank of the Avia river and ends a few kilometres further down in the large Ribadavia recreational area.

It is recommended that you visit the town of Pazos de Arenteiro at the beginning of the route and Ribadavia at the end. These two towns are full of historical and architectural treasures.



View over Leiro, Avia river valley



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Pazos de Arenteiro	42°23.815'N	8°08.913'W	29T	570075	4694200
Ribadavia (recreational area)	42°17.698'N	8°08.360'W	29T	570950	4682890



Saint Clodius bridge



Monastery of San Clodio

Plus...

VILLAGE OF PAZOS DE ARENTEIRO

Historical artistic complex since 1973, it is a small town between the Avia and Arenteiro rivers that enjoyed the protection of the Knights of the Order of Malta. Its Romanesque church, mediaeval bridges, numerous stately mansions and recovery as an important nucleus of rural tourism, make it a first-class tourist destination. A walk through a pastoral riverside landscape to either of the two bridges and the beautiful spot known as "Poço dos Fumes" is highly recommended.

ACCESS

Reach Pazos de Arenteiro via Ribadavia and Leiro or via O Carballiño. From either direction, take the OU-504 and then the OU-0414.

LENGTH

15,8 km

DEPARTURE POINT / ARRIVAL POINT

Pazos de Arenteiro (Concello de Boborás) / Ribadavia (Concello de Ribadavia).

ROUTE

Pazos de Arenteiro, Viñoá (ruinas), Lebosende, Leiro, A Ponte das Poldras, A Ponte de San Clodio, A Quinza, Ribadavia.

DIFFICULTY

Middle-Low.

DURATION

4 hours and 50 minutes.

CONNECTIONS

With the PR-G 77, 78 and 79.

MATERIAL

In winter, hiking boots are recommended.

SERVICES

In Pazos de Arenteiro, Leiro and Ribadavia.

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

187-III Maside, 225-I Ribadavia.



FURTHER INFORMATION

www.terrasdoavia.es

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

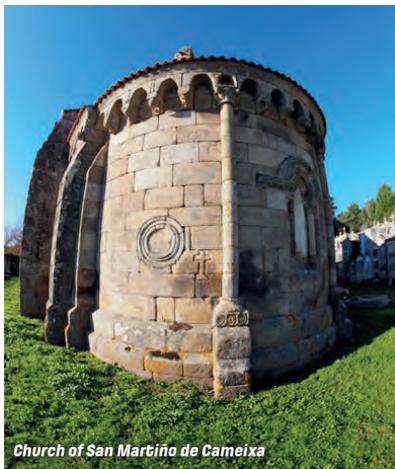
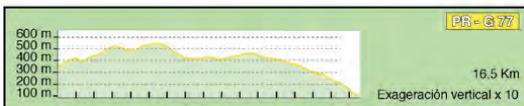
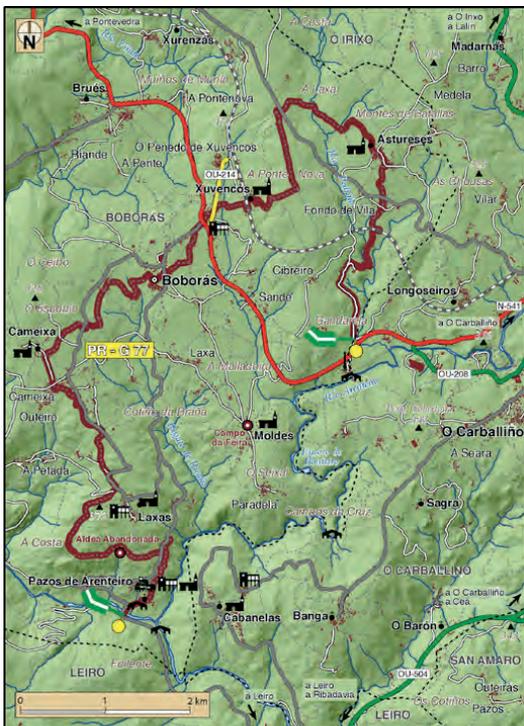


Pedriña River

The start is on the road that connects Eixán with Ponterriza. Despite not being on the route, this last village is worth visiting thanks to its mediaeval bridge and a crucerio (cross) with serpent engravings. In Ponterriza there is also the possibility to connect to PR-G 79. The path reaches Eixán and descends to cross the Pedriña river, then begins the ascent towards Astures.

The heritage that we find on this PR-G is very significant. You can find examples of Romanesque architecture in the churches of San Xulián de Astureses, Sta. María de Xuvencos and San Martiño de Cameixa and the Almuzara country house (rural tourism).

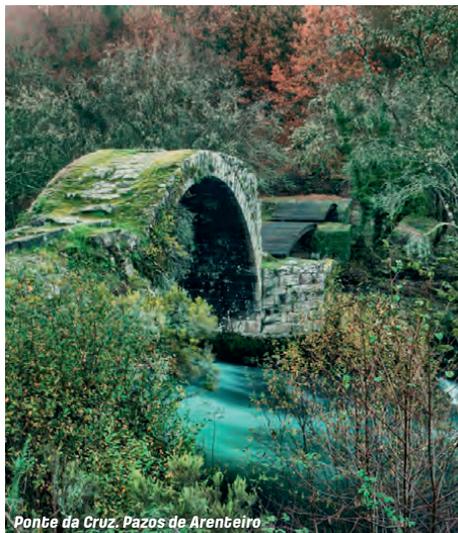
At the end of the journey, the route descends towards the ruins of Leborin and leads to the village of Pazos de Arenteiro between beautiful paths flanked by ancient walls (see PR-G 76). From this town you can take the PR-G 79 towards Ponterriza, 8 km away, passing through Castro Cavadoso and Moldes and, in this way, complete the circular route.



Church of San Martiño de Cameixa

GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Road to Eixán	42°25.552'N	8°06.909'W	29T	572790	4697440
Pazos de Arenteiro	42°23.815'N	8°08.913'W	29T	570075	4694200



Ponte da Cruz, Pazos de Arenteiro

Plus...

O RIBEIRO AND O CARBALLIÑO, STONE MADE INTO ART
 The territory of the regions of O Ribeiro and O Carballiño has a significant amount of religious heritage. To the aforementioned Romanesque route (churches of Astureses, Xuvencos and Cameixa), we must add those of San Mamede de Moldes (also in Boborás), San Tomé de Serantes, Lamas, Lebosende and Gomariz (in Concello de Leiro) and that of San Tomé O Vello in Maside, not forgetting the pre-Romanesque church of San Xes de Francelos in Ribadavia.

Other more recent, but equally unique, temples are those of Carballeda de Avia, Castrelo de Miño, Beade, Banga and O Carballiño. To complete this, the monasteries of Oseira, Melón and San Clodio shape an essential route for any curious traveler.

► ACCESS

The Eixán start panel is on the access road to this village from the N-541, between O Carballiño and A Almuzara, at the height of Godás do Rio and Ponterriza.

► LENGTH

16,5 km

► DEPARTURE POINT / ARRIVAL POINT

Around Godás do Rio (Concello de O Carballiño) / Pazos de Arenteiro (Concello de Boborás).

► ROUTE

Eixán, Fondo de Vila, Astureses, O Igesario, A Almuzara, Boborás, Salceda, Córneas, Cameixa, Leborin, Pazos de Arenteiro.

► DIFFICULTY

Average.

► DURATION

5 hours and a half.

► CONNECTIONS

With PR-G 76 and 79.

► MATERIAL

Comfortable footwear.

► SERVICES

In Boborás and Pazos de Arenteiro.

► 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
 187-I O Carballiño, 187-III Maside.



FURTHER INFORMATION
 boboras.gal
 www.terrasdoavia.es

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



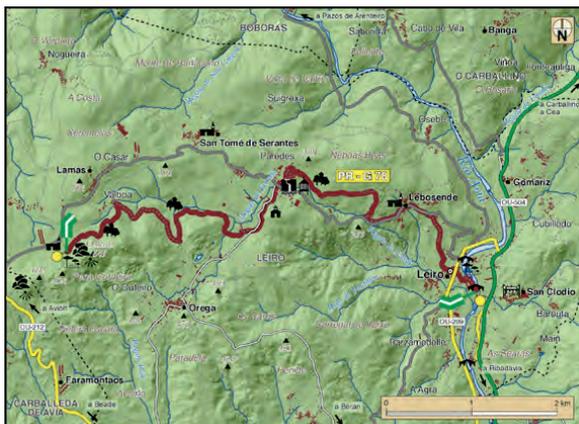
Granaries in Paredes

From A Ponte das Poldras in Leiro this route crosses the urban nucleus of the municipality's capital. The path ascends to Lebosende via the so-called Camino Real, a route it shares with PR-G 76.

Higher up, in Paredes, the route leads you to the "Regato do Foxo" ethnographic area made up of 6 mills and 30 granaries. By taking a turn from this village indicated by an arrow next to a cross, you may leave the signposted route and approach a paved track to the church of San Tomé de Serantes (12th century), one of the most beautiful examples of Romanesque architecture in Galicia.

The path leaves Paredes through a paved section towards Orega. Next, turn right and enter a unique landscape of native vegetation. On this route, the path goes to Valboa and later reaches the Pena Corneira recreational area, crowned with the spectacular granite "horns" (*cornos*) that give this area its name. This is also where the Romanesque church of Lamas is located.

The route also connects to two branches that lead to the summit of Pena Corneira and the Outeiral viewpoint, both located at over 600 metres above sea level with excellent views over the region.



Access to the Outeiral viewpoint

GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Ponte das Poldras – Leiro	42°22.069'N	8°07.316'W	29T	572300	4690990
Pena Corneira Recreational Area	42°22.344'N	8°10.810'W	29T	567500	4691450



Outeiral viewpoint climb



Parish church of San Tomé de Serantes

ACCESS

Via the OU-504 road, from O Carballiño or from Ribadavia, to Leiro.

LENGTH

8,3 km

DEPARTURE POINT / ARRIVAL POINT

Leiro / Pena Corneira Forest Park (Concello de Leiro).

ROUTE

Leiro, Lebosende, Paredes, Valboa, Pena Corneira recreational area.

DIFFICULTY

Middle-Low.

DURATION

2 hours and 50 minutes.

CONNECTIONS

With PR-G 76.

MATERIAL

Appropriate footwear. There are several springs along the route.

SERVICES

In Leiro.

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

187-III Maside.



FURTHER INFORMATION

Concello de Leiro

Tel.: 988 488 000

info@concellodeleiro.com

www.concellodeleiro.com

www.terrasdoavia.es

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



Castro Cavadoso bridge

This route begins in the Parque Municipal do Carballiño, in front of the fish farm. It passes through the popular Pena dos Namorados and the Arenteiro Ethnographic Park, where you can find the interesting Muíño do Anxo ecomuseum, the municipal campsite and a restaurant.

The path crosses the Arenteiro river up to five times over various bridges. Among them, the Ponterriza and Castro Cavadoso stand out.

After passing over Ponterriza, you will arrive at the village of Moldes, next to the old market venues. It is recommended that you go up to the Romanesque church of San Mamede, a national monument immersed in a romantic setting including large chestnut trees and an old cemetery where illustrious Galician intellectuals rest.

Descending towards the river, in an almost magical setting under the rocky crags that support the remains of the Castro Cavadoso fortress, a magnificent stone bridge crosses the Arenteiro river creating a picturesque scene. Afterwards, the path slowly climbs up to the Cima de Vila neighbourhood and descends to Cabanelas with its church, country houses and noble houses.

The route continues towards Pazos de Arenteiro (see PR-G 76). Before entering the villa, it is worth going to Pozo dos Fumes where the river becomes turbulent among the rocks.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
0 Carballiño municipal park	42°25.355'N	8°05.552'W	29T	574655	4697095
Pazos de Arenteiro	42°23.816'N	8°08.917'W	29T	570070	4694200



Plus...

THE MARKET VENUES

Each market had a physical space where people gathered to exchange animals and various products. The markets could be held on fixed or variable days, but care was taken to make sure that markets did not coincide with others taking place in the same region. Over time, architectural constructions were formed by arches in which sellers and buyers were protected and free areas between these acted as streets in which to display their products.

ACCESS

0 Carballiño is one of the main towns in the province of Ourense.

LENGTH

11 km

DEPARTURE POINT / ARRIVAL POINT

0 Carballiño municipal park (Concello do Carballiño) / Pazos de Arenteiro (Concello de Bororás).

ROUTE

Parque do Carballiño, Pena dos Namorados, Muiño do Anxo, Ponterriza, Moldes, Paradela, puente de Castro Cavadoso, Cima de Vila, Cabanelas, Pazos de Arenteiro.

DIFFICULTY

Low.

DURATION

3 hours and 40 minutes.

CONNECTIONS

With the PR-G 76 and 77.

MATERIAL

It is recommended that you wear hiking boots, as the route runs through humid places in areas close to the river.

SERVICES

In 0 Carballiño and Pazos de Arenteiro.

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	3	5

ACCESS BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

187-I 0 Carballiño, 187-III Maside.



FURTHER INFORMATION

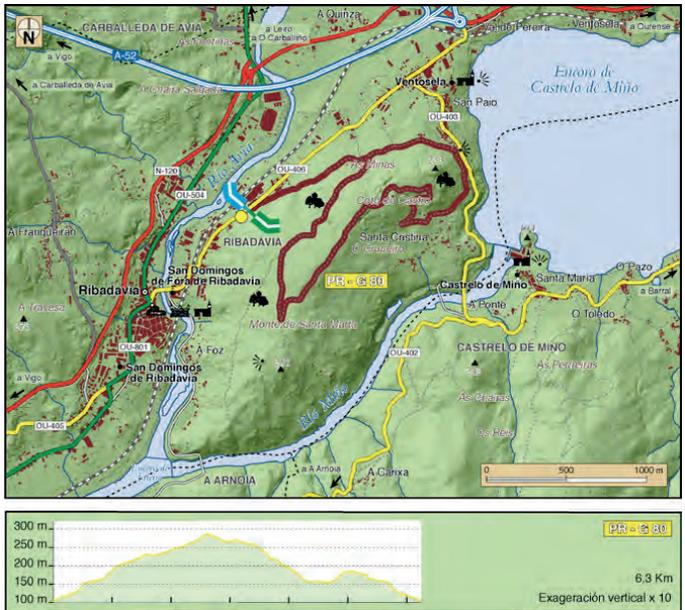
www.terrasdoavia.es

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



The route borders the Santa Marta mountain and runs between pine plantations. The route begins at the foot of the OU-406 road, going up gently until it joins a track that runs along the mountainside. The first section is shared by the start and end of the route.

Following the route to the south, you will find an old viewpoint with views of the Miño river valley and the town of Ribadavia. The itinerary turns towards the top of the mountain and passes by some old tungsten mines. Then the descent begins towards San Paio, from which you can enjoy the panoramic view over the Castrelo de Miño reservoir and the church of Santa María. This baroque church (18th century), which was declared an artistic-historical monument, was built on an old fort in a majestic location overlooking the Miño river.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
OU-406	42°17.712'N	8°8.094'W	29T	571315	4682915



Church of San Paio de Ventosela

Plus...

CAPITAL OF O RIBEIRO

Ribadavia is the capital of O Ribeiro. The wealth generated in the past by the wine trade produced a flourishing Jewish neighbourhood that still retains its splendour today. The castle, the wall, its three Romanesque churches and the Gothic church of Santo Domingo are just a few samples of its rich heritage.

The town is notable for its important cultural and festive activity, the Festa da Istoria standing out above all for its uniqueness. It is an event with deep roots that was held from the beginning of the 17th century until 1868, with the tradition being recovered from 1989. In it, the town's vibrant history is recreated through celebrations in which the attendees are dressed in mediaeval clothing and the payments are made in the currency of the time, the maravedí.

ACCESS

Near Ribadavia. Exit 252 of the A-52. Exit on the OU-406, the starting point is between San Paio and Ribadavia.

LENGTH

6,3 km

DEPARTURE POINT / ARRIVAL POINT

OU-406 (Concello de Ribadavia).

ROUTE

The OU-406 road, turn towards the Santa Marta viewpoint, old mines, San Paio, the OU-406 road.

DIFFICULTY

Low.

DURATION

2 hours.

MATERIAL

Comfortable sports shoes.

SERVICES

In Ribadavia.

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

225-I Ribadavia.



FURTHER INFORMATION

www.terrasdoavia.es

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

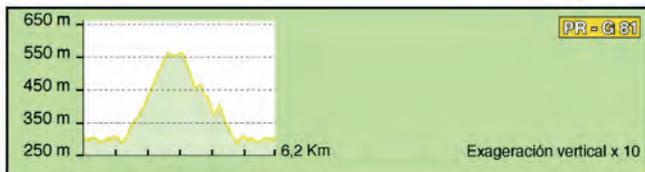
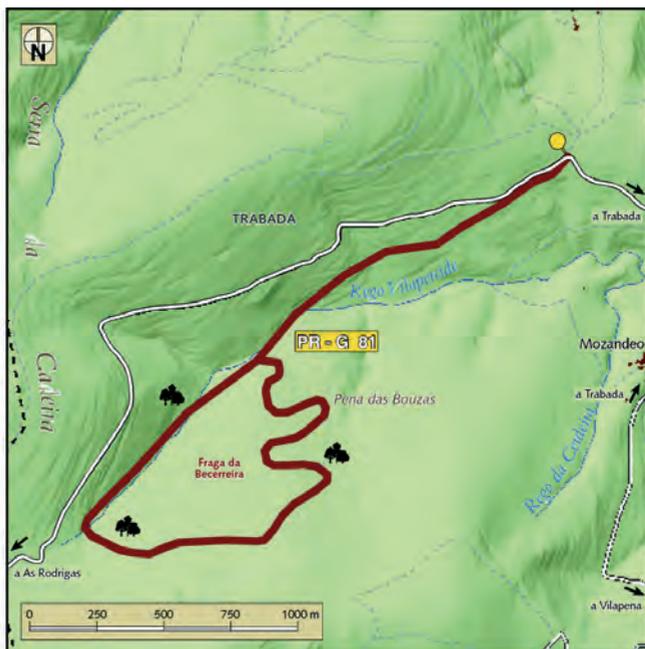


The first section of the route is shared with PR-G 81 and 82. It begins in the car park at the crossroads between the new and old highways from A Trabada to As Rodrigas.

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 Vilaperide 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.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Crossroads on the LU-5508	43°26.332'N	007°12.611'W	29T	644850	4811195



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 PR-G 82.

MATERIAL

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

SERVICES

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

R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	1	2	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

24-II Vilanova de Lourenzá.



FURTHER INFORMATION

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Federación Galega de Montañismo

(see page 266)

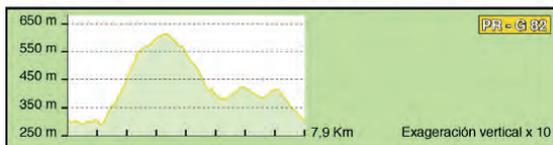
	Traditional architecture
	Ethnography
	Archaeological interest
	General interest
	Historical interest
	Natural interest
	Landscape interest



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

At the entrance to the fraga (forest), there is a refuge hut with explanations about the surrounding plant life. The route climbs up alongside the Vilaperce 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 Lourenzà district. The wood is crossed by *fraga* (forest) tracks run alongside the River Navaes, a small stream that forms a number of waterfalls along its course.



View from O Roxal. Pico da Cadeira and Penas Mouras

LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Crossroads on the CP-5508	43°26.332'N	007°12.611'W	29T	644850	4811195



■ **ACCESS**

On the CP-5508 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-5508, Becerreira Fraga (forest), Vilaperdice stream, As Liñeiras, Teixido Fraga, crossroads on the CP-5508.

■ **DIFFICULTY**

Medium.

■ **DURATION**

2 hours and 40 minutes.

■ **CONNECTIONS**

With PR-G 81.

■ **MATERIAL**

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

■ **SERVICES**

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

■ **R.I.M. ROUTE INFORMATION METHOD**

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

■ **ACCESS BY BIKE**

Not suitable.

■ **ACCESS ON HORSEBACK**

Partially suitable.



CARTOGRAPHY I.G.N. 1:25.000

24-II Vilanova de Lourenzá.



FURTHER INFORMATION

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Federación Galega de Montañismo

(see page 266)

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

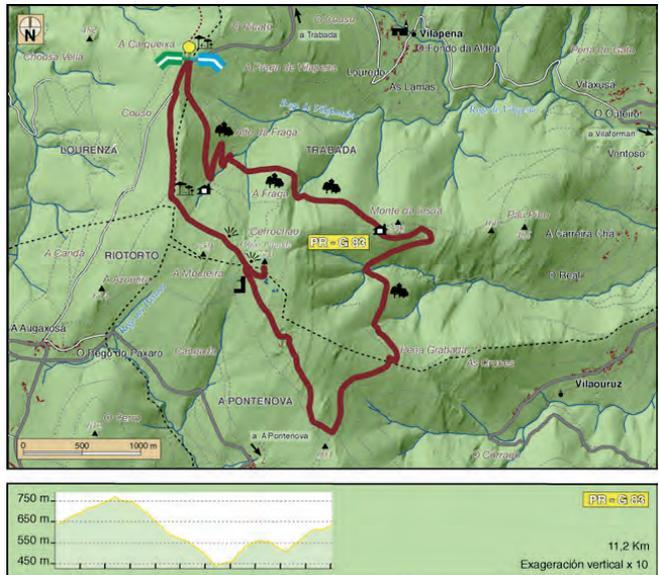


Refuge and recreational area in O Chao Grande

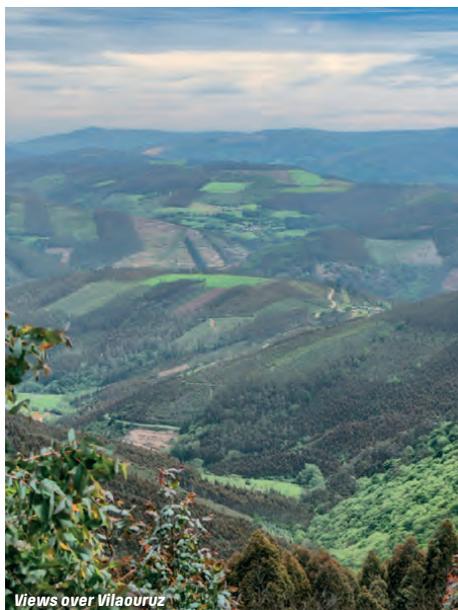
In the Chao do Couso recreational area there is a parking area and information panel on the trails in this council. The route runs entirely on wide tracks with barely any slope. The initial section is 300 metres of road. Then you will start the climb up the easy Serra da Cadeira towards the Chao Grande peak (770 m) in Cerrochán, from which you can enjoy excellent views of the surrounding valleys.

The native forest of oak, Irish strawberry, holly and hazel trees predominates on the northern slope, at a lower altitude than the route. Coniferous plantations and open spaces predominate on the mountain tops.

The route has two small rain shelters in O Chao Grande and Monte da Insua. Almost two kilometres of the route are shared with the PR-G 85 Ruta da Fraga de Vilapena. At the beginning, the route also connects with the PR-G 84.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Crossroads CP-55-06 Vilapena, Chao do Couso	43°24.642'N	7°14.346'W	29T	642570	4807930



Views over Vilaouruz



Views towards o Picato

ACCESS

On the CP-55-06 road from Trabada to As Rodrigas (capital of Concello de Riotorto), at the junction of the detour to Vilapena.

LENGTH

11,2 km

DEPARTURE POINT / ARRIVAL POINT

Trabada to As Rodrigas road, in the refuge and recreational area of Chao do Couso (Concello de Trabada).

ROUTE

Recreational area of Chao do Couso, Chao Grande, Monte da Insua, Fraga de Cabanela, Chao do Couso.

DIFFICULTY

Average.

DURATION

3 hours and 15 minutes.

CONNECTIONS

With PR-G 84 and 85.

MATERIAL

It is recommended that you be prepared for possible inclement weather and carry hiking boots, provisions and water.

SERVICES

Off the trail, in Trabada or in 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

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000
24-IV A Pontenova.



FURTHER INFORMATION
Concello de Trabada
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-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest

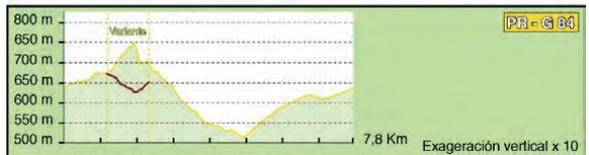


In the recreation area, there is an information panel about the pathways network.

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

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

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



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Road from Trabada-As Rodrigues	43°24.718'N	007°14.241'W	29T	642715	4808160



Plus...

LOURENZÁ MONASTERY

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 Maria de Valdeflores.

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

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

ACCESS

On the CP-55-06 highway from Trabada to As Rodrigues (capital of the Riotorto district).

LENGTH

7.8 km. The variation covers 1.1 km.

DEPARTURE POINT / ARRIVAL POINT

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

ROUTE

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

DIFFICULTY

Low.

DURATION

2 hours and 10 minutes.

CONNECTIONS

With PR-G 83.

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,
24-IV A Pontenova.



FURTHER INFORMATION

Concello de Trabada
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Federación Galega de Montañismo

(see page 266)

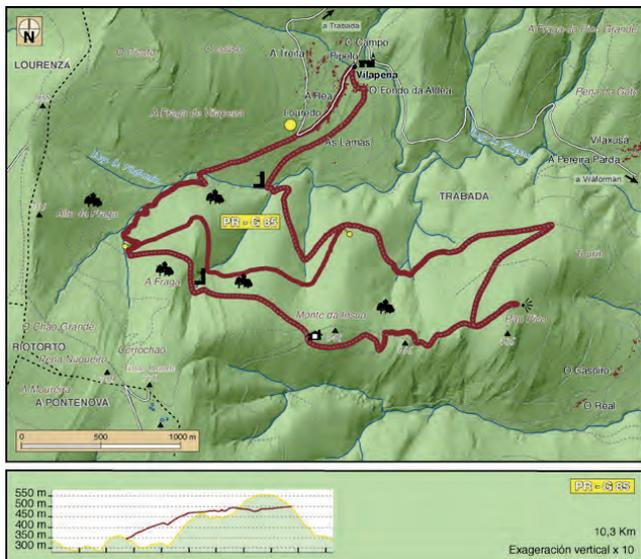
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



The path that surrounds and crosses Fraga de Vilapena runs through an area of great diversity in native vegetation. It begins before reaching the village, in a parking area that has an informative panel. Starting the journey to Vilapena, you will walk past the parish church, numerous granaries and old stone buildings.

The route leaves the prairies of the rural settlement and enters the forest plantations and dense native forest, ascending towards the fork and viewpoint of Pau Pico at 486 metres above sea level. After less than a kilometre, the route joins the PR-G 83. Going up a short hill, you will find a shelter in case of rain. The two trails continue to share their route for a large stretch.

Towards the end, the path returns to Fraga de Vilapena and heads towards the Vilaformán stream, once famous for its trout. If you choose to follow the shorter route, you will enter the interior of the fraga where vestiges of old coal bunkers can be found.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Vilapena	43°24.521'N	7°13.163'W	29T	644170	4807740



ACCESS

From the CP-55-06 from Trabada to As Rodrías, take the turning onto a local road to Vilapena.

LENGTH

10.3 km The shorter route measures 1.9 km.

DEPARTURE POINT / ARRIVAL POINT

Vilapena (Concello de Trabada).

ROUTE

Vilapena, Santiago Church, Pau Pico, Monte da Insua, A Fraga, Vilapena.

DIFFICULTY

Average.

DURATION

3 hours and 40 minutes.

CONNECTIONS

With PR-G 83.

MATERIAL

Hiking shoes.

SERVICES

Off route, in Trabada.

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

24-IV A Pontenova.



FURTHER INFORMATION

Concello de Trabada

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www.trabada.es

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



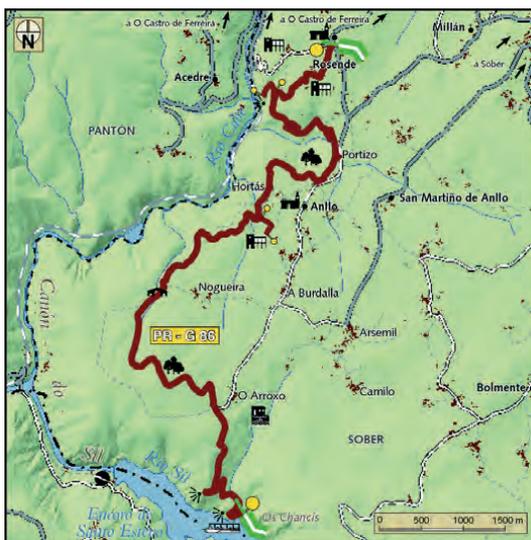
We are in A Ribeira Sacra, a natural and cultural destination of the first order. It starts out in Rosende fair grounds and skirts the wall of the rural tourism Casa Grande Manor House.

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 anchorit 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

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



Santo Estevo Reservoir. Os Chancis

Plus...

RIBEIRA SACRA

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.

ACCESS

On the N-120 from Ourense to Monforte de Lemos, turn off after passing O Castro de Ferreira along the CP-5902 to San Miguel de Rosende; or, past Rosende, go on along the same road to Os Chancis, 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 Chancis.

ROUTE

San Miguel de Rosende, Albarán, Areas, Portizó, Rectoral de Anllo, Castinandi, Os Chancis.

DIFFICULTY

Medium-Low.

DURATION

4 hours and 15 minutes.

MATERIAL

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

SERVICES

In San Miguel de Rosende.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

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



FURTHER INFORMATION

Federación Galega de Montañismo
(see page 266)

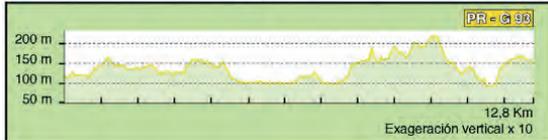
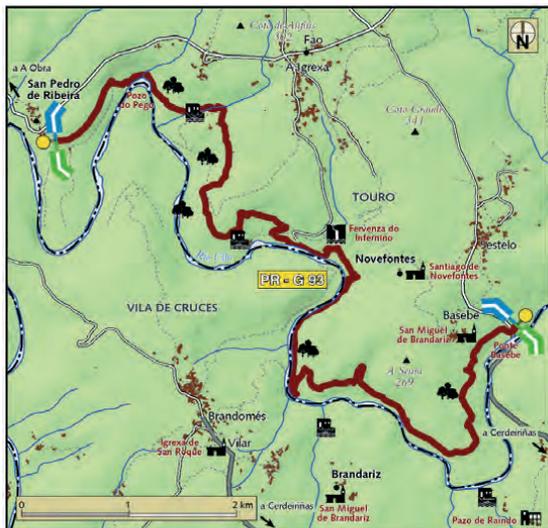
	Traditional architecture
	Ethnography
	Archaeological interest
	General interest
	Historical interest
	Natural interest
	Landscape interest



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

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

The route boasts the pools of the Pozo do Pego before ending at the road that leads



Pozo do Pego

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

GEOREFERENCES

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

► ACCESS

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



Ferzenza do Inferniño

Plus...

CHESTNUTS

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.

► LENGTH

12,8 km

► DEPARTURE POINT / ARRIVAL POINT

Ponte Basebe / San Pedro de Ribeira road.

► ROUTE

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

► DIFFICULTY

Average.

► DURATION

4 hours.

► CONNECTIONS

With PR-G 121.

► MATERIAL

Comfortable and waterproof hiking footwear.

► SERVICES

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

Fully suitable.

► ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

95-IV Touro, 121-II Carbia.



FURTHER INFORMATION

Concello de Touro

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 www.concellodetouro.com

Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



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.

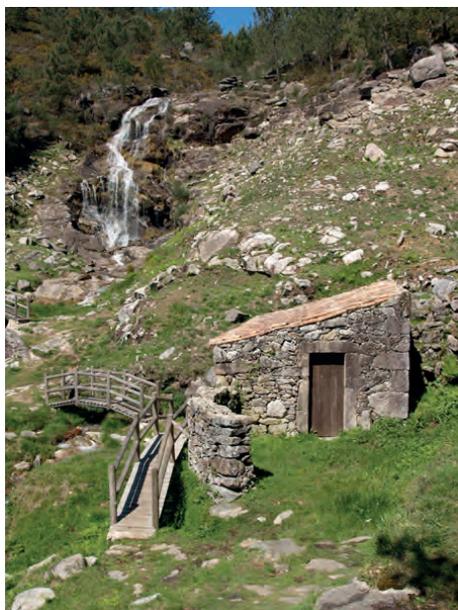
These constructions, located within the municipality that has a beautiful and fragrant name, are built on slopes that also serve as extraordinary viewpoints over the valley of O Rosal.

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 Trega mountain and the Miño river.

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



Plus...

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

Thus, Rias 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.

ACCESS

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

LENGTH

3,5 km

DEPARTURE POINT / ARRIVAL POINT

A Ponte das Penas.

ROUTE

A Ponte das Penas, Muiños do Picón, Muiños do Folón, A Ponte das Penas.

DIFFICULTY

Easy, but with slopes.

DURATION

1 hour and a half.

SERVICES

In San Miguel de Rosende.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

99-I Tomiño.



FURTHER INFORMATION

Concello do Rosal

Tel.: 986 625 000

concellodorosal@concellodorosal.es

www.concellodorosal.es

www.orosal.es

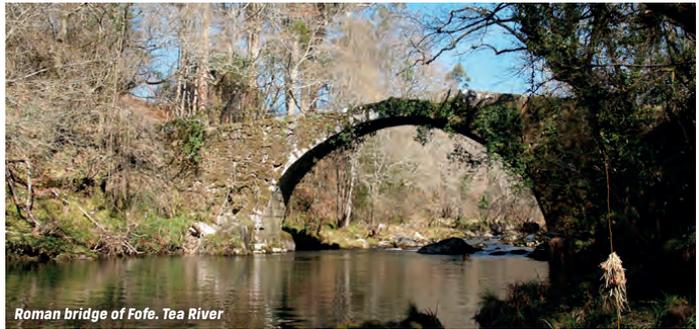
Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



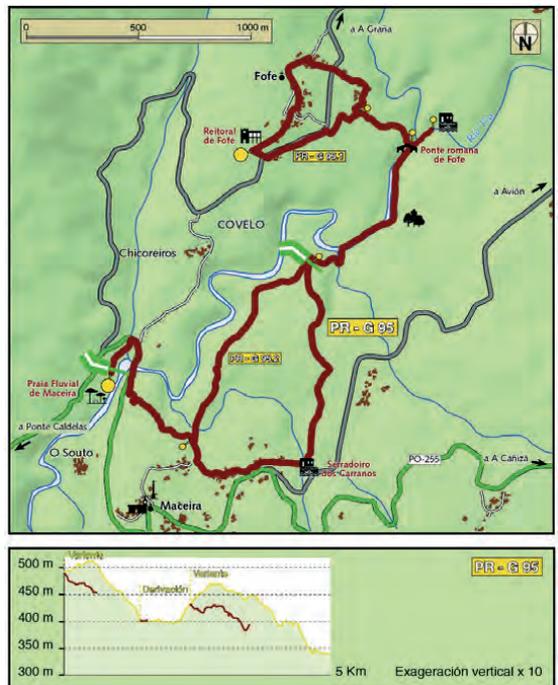
Roman bridge of Fofe. Tea River

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

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



San Breixo Stream



GEOREFERENCES

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



Rectoral de Fofe



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

ACCESS

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

LENGTH

5,2 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 hours and a half.

MATERIAL

It is advisable to take waterproof hiking footwear.

SERVICES

In Fofe and Maceira.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Partially suitable.



CARTOGRAPHY I.G.N. 1:25.000
224-II Melón.



FURTHER INFORMATION

Concello de Covelo
Tel.: 986 650 027
www.concellodecovelo.es

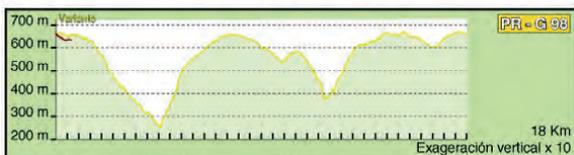
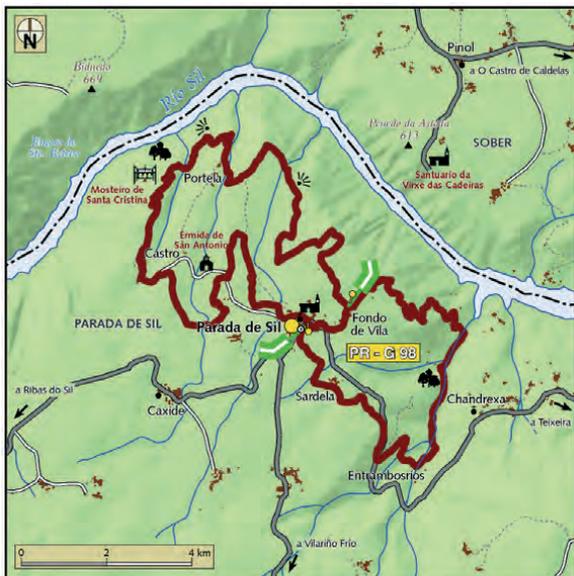
Federación Galega de Montañismo
(see page 266)

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



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.

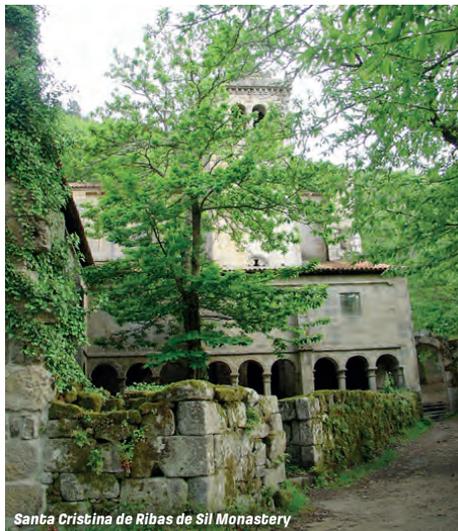


LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Praza do Barquilleiro	42°22.953'N	7°34.109'W	29T	617844	4693245

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



River Sil Canyon



Santa Cristina de Ribas de Sil Monastery

► **ACCESS**

From Ourense along OU-536 to Vilarinho Frio. Then take OU-0604 to Parada de Sil.

► **LENGTH**

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

► **DEPARTURE POINT / ARRIVAL POINT**

Praza do Barquilleiro (Parada de Sil).

► **ROUTE**

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

► **DIFFICULTY**

Average.

► **DURATION**

6 hours and a half.

► **SERVICES**

In Parada de Sil.

► **R.I.M. ROUTE INFORMATION METHOD**

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

► **ACCESS BY BIKE**

Not suitable.

► **ACCESS ON HORSEBACK**

Partially suitable.



CARTOGRAPHY I.G.N. 1:25.000

188-IV Parada de Sil.



FURTHER INFORMATION

Concello de Parada de Sil

Tel.: 988 208 010

concello@paradadesil.es

www.paradadesil.es

Clube de Montaña Ribeira Sacra

www.ribeirasacracm.org

Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

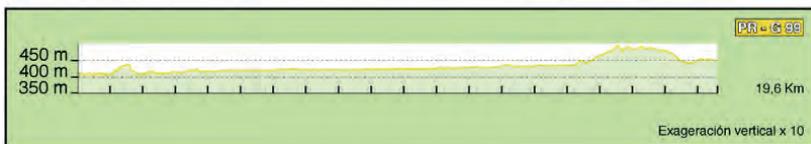
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



Guitiriz Spa Hotel

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 Muíños; the ancient Roman villa of Caranicum, the Parga Castle and Fair, the churches, chapels and the unusual Guitiriz mosque... But above all, this route connects the three most important medicinal springs: Valdobín, with its peaceful leisure area; San Xoán de Lagostelle, in the impressive Guitiriz Spa Hotel; and the quiet spring of Santo Domingo next to the Pardiñas oak grove.



GEOREFERENCES

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



Saint Alberte Chapel



Plus...

GUITIRIZ SPA HOTEL

Inaugurated at the beginning of the 20th century, it 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.

The spa experienced a new splendor at the beginning of this century. At this moment it is closed and waiting for a new reform.

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 Piteiro, Fonte de Valdobin, A Pobra de Parga, A Ponte de Ferreira, A Ponte de Montemeá, A Ponte de Moeiro, Guitiriz Spa Hotel, A Ponte da Forxá, Recreation area and Os Sete Muíños swimming pool, O Pazo, Pardiñas..

DIFFICULTY

Low.

DURATION

6 hours and a half.

SERVICES

In Guitiriz, A Pobra de Parga and Pardiñas.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

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



FURTHER INFORMATION

Concello de Guitiriz

Tel.: 982 370 109

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Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



Costa da Égoa

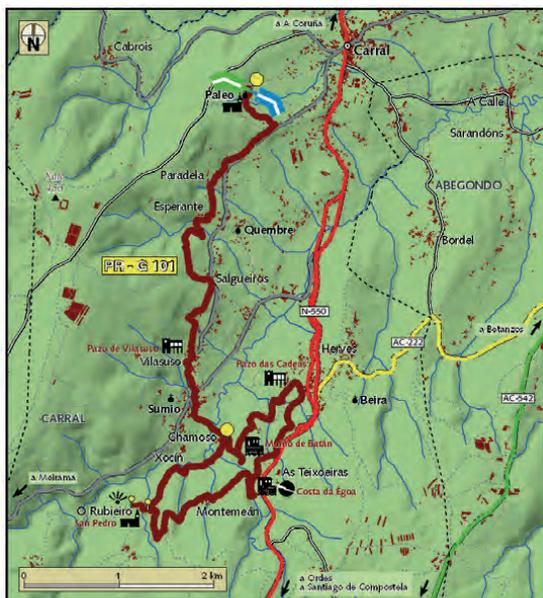
This route goes through the Barcia Valley along a highly recommended pathway for bikes (MTB) or on horseback.

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

The first section of the path starts from the Church of Santo Estevo de Paleo, with an original rococo 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).



GEOREFERENCES

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



Vilasuso Manor House



Cadeas Manor House

ACCESS

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

LENGTH

13 Km. (The main route is 12.5 km and the diversion 500 m).

DEPARTURE POINT / ARRIVAL POINT

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

ROUTE

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

DIFFICULTY

Medium.

DURATION

3 hours and a half.

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.



FURTHER INFORMATION

Concello de Carral

Tel.: 981 672 580

contacto@concellocarral.com

correo@carral.es

carral.es

Federación Galega de Montañismo

(see page 266)

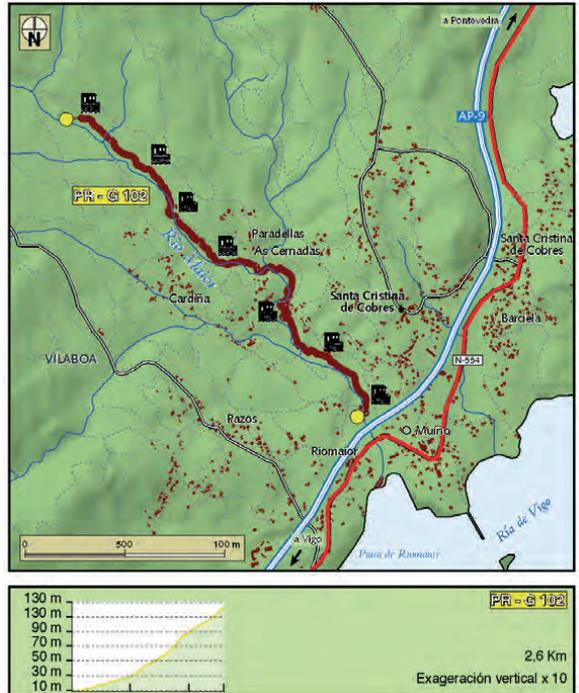
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



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 Muíno de Miguel Lois. At this point, and given the shortness of the walk, we recommend returning to the starting point along the same pathway.



GEOREFERENCES

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



ACCESS

Turn off the N-554 down the P0-0101 to Vilaboa. Take the paved track on the right to the Riomaior Cultural Centre.

LENGTH

2,6 km (one way).

DEPARTURE POINT / ARRIVAL POINT

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

ROUTE

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

DIFFICULTY

Low.

DURATION

1 hour 15 minutes.

SERVICES

In Larache, Vilaboa and Cobres.

R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	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

185-IV Soutomaior, 223-II Redondela.



FURTHER INFORMATION

Concello de Vilaboa

Tel.: 986 708 215 / 986 708 252

info@vilaboa.org

www.vilaboa.org

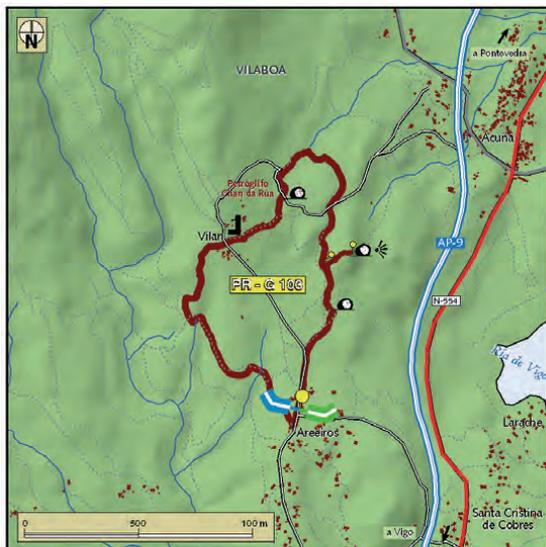
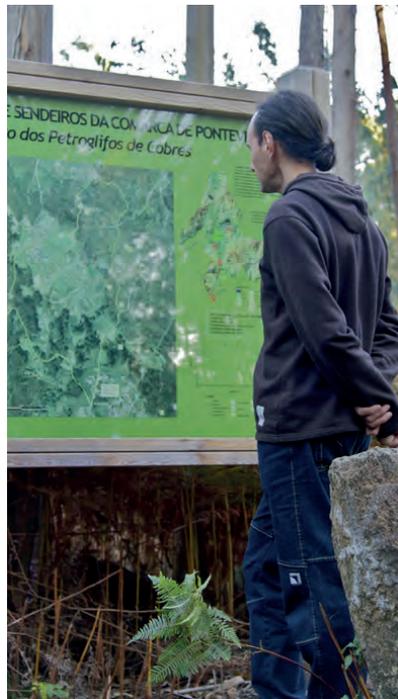
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



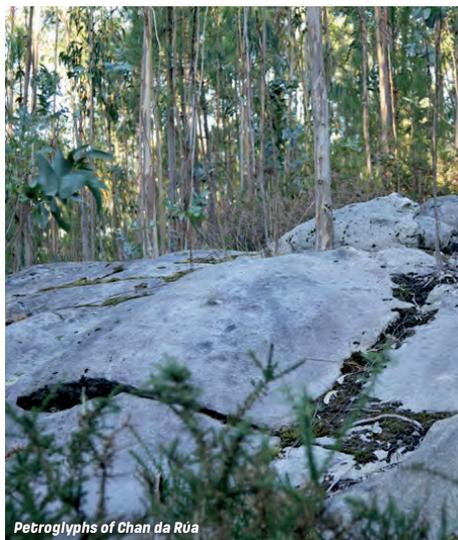
This circular route starts in the parish of Santa Cristina de Cobres, in the country village called Areeiros. Behind the rural tourism house known as "Os Areeiros" we begin the route along a forest track that runs next to some farms and gradually moves into a wooded area where the first signs of the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

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

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



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



Petroglyphs of Chan da Rúa

ACCESS

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

LENGTH

3,32 km. (The main route is 2.936 km and the diversion 384 m).

DEPARTURE POINT / ARRIVAL POINT

Areeiros (Concello de Vilaboa).

ROUTE

Os Areeiros, Vilar, Chan da Rúa, Calverte, Casa rural Os Areeiros.

DIFFICULTY

Low.

DURATION

1 hour.

SERVICES

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

R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	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
185-IV Soutomaior.



FURTHER INFORMATION
Concello de Vilaboa
Tel.: 986 708 215 / 986 708 252
info@vilaboa.org
www.vilaboa.org

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



Barosa Waterfall

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.

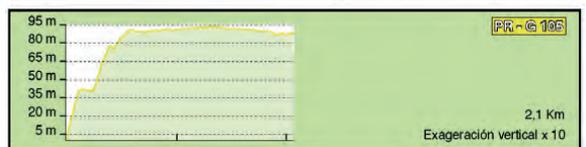
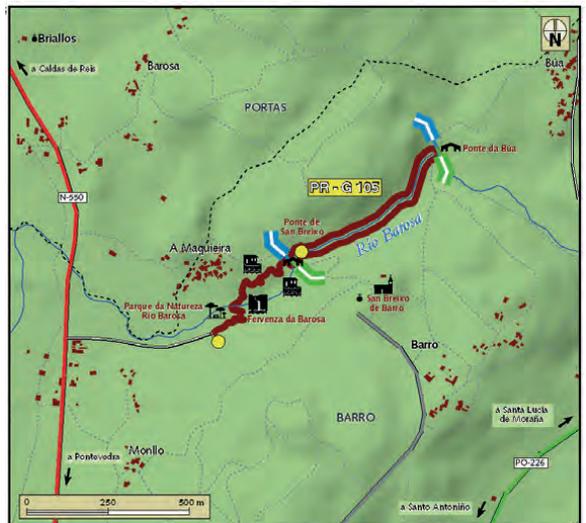
The topography in this park is unique, as the River Barosa cascades through, giving form to the Fervenza da Barosa (waterfall), at a height of thirty metres. Together with this cascade seventeen mills were built, the Upper and Lower Mills, forming a hydraulic complex of great interest.

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 seventeenthcentury church of the same name, from where there is a marvellous view over the valley.

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

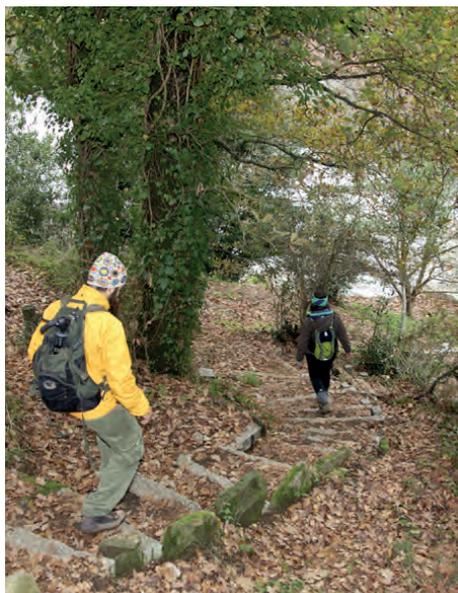
On the second stretch lies a recreation area with a typical tavern, where a circular path begins across the bridge of A Búa and comes back along the right hand side of the river to the bridge of San Breixo, where the end of the route is marked.

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



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Parking area at the River Barosa Nature Park	42°33.298'N	008°37.924'W	29T	4711462	530204
Ponte de San Breixo	42°33.421'N	008°37.776'W	29T	4711686	530411



ACCESS

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

LENGTH

2,1 km

DEPARTURE POINT / ARRIVAL POINT

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

ROUTE

River Barosa Nature 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

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
152-IV Campo Lameiro.



FURTHER INFORMATION
Concello de Barro
Tel.: 986 711 002
www.barro.es

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



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

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



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
A Lapa quarry	42°21.163'N	008°37.136'W	29T	531386	46890
Paredes road end	42°21.831'N	008°37.391'W	29T	531031	4690327



ACCESS

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

LENGTH

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

DEPARTURE POINT / ARRIVAL POINT

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

ROUTE

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

DIFFICULTY

Low.

DURATION

40 minutes.

SERVICES

In Cacheiro.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000
185-IV Soutomaior.



FURTHER INFORMATION
Concello de Vilaboa
Tel.: 986 708 215 / 986 708 252
info@vilaboa.org
www.vilaboa.org

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

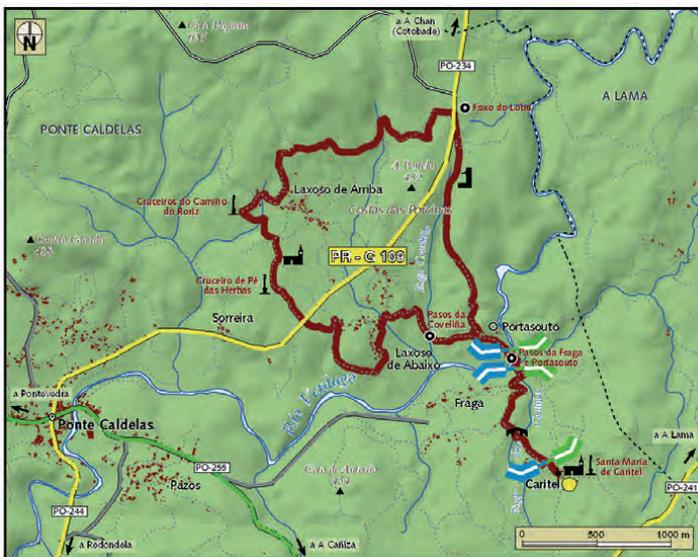


On leaving the church of Caritel, where we can see the Stone Cross of Coto, we come to an ancient cobbled path in the shade, known as the Fraga de Abaixo (Lower Forest), which comes to an end at the River Verdugo.

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.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Caritel Church	42°23.153'N	008°27.640'W	29T	544395	4692762



Caritel Church

ACCESS

When you come to Ponte Caldelas on the P0-532 from here to the city of Pontevedra, take the P0-255 towards Caritel and follow the signs to the church.

LENGTH

10,82 km

DEPARTURE POINT / ARRIVAL POINT

Caritel church (Concello de Ponte Caldelas).

ROUTE

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

DIFFICULTY

Medium.

DURATION

3 hours 20 minutes.

MATERIAL

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

SERVICES

Off the route, in Ponte Caldelas.

R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	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
186-III Ponte Caldelas.



FURTHER INFORMATION
Concello de Ponte Caldelas
Tel.: 986 750 001
omix@pontecaldelas.org
www.pontecaldelas.net
www.pontecaldelas.org

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

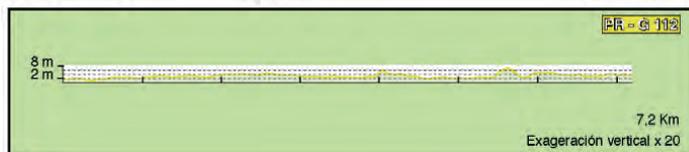


The River Tamuxe

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

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

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



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



Muiño das Aceñas



Morraceira das Varandas island in the River Miño

Plus...

THE MIÑO RIVER

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 kilometres. On its way it flows through various reservoirs such as Belesar, Peares, Velle, Castrolo 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

Praia das Eiras / Muiño das Aceñas (Concello do Rosal).

ROUTE

Praia das Eiras, Eiras recreational area, O Cruceiro, Rego de San Miguel, Porto Vello recreational area, Muiño das Aceñas.

DIFFICULTY

Low.

DURATION

1 hour 50 minutes.

MATERIAL

Binoculars for birdwatching.

SERVICES

On Eiras Beach and in O Cruceiro.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

299-I Tomiño, 299-II Salcidos.



FURTHER INFORMATION

Concello do Rosal

Tel.: 986 625 000

concellodorosal@concellodorosal.es

www.concellodorosal.es

www.orosal.es

Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



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

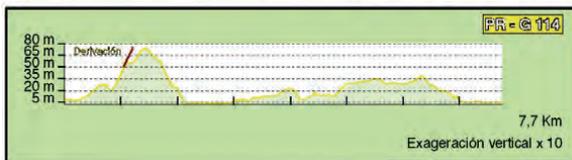
We start from the promenade, sharing the first five hundred metres with the PR-G 70 which ends in Punta Insua. After passing the last houses in the village and the Fonte de Arriba, we recommend going up to enjoy the magnificent views from the chapel of Santa Rosa.

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

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

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

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



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



Santa Rosa Chapel

ACCESS

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

LENGTH

8 km. (The main route is 7760 km and the diversion 240 metres).

DEPARTURE POINT / ARRIVAL POINT

Promenade / Traba Lagoon (Concello de Laxe).

ROUTE

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

DIFFICULTY

Low.

DURATION

3 hours and a half.

CONEXIONES

With PR-G 70.

MATERIAL

Binoculars for bird watching in Traba Lagoon.

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, 43-IV Laxe.


FURTHER INFORMATION
Concello de Laxe

Tel.: 981 706 903

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www.concelloodelaxe.com

Federación Galega de Montañismo

(see page 266)

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



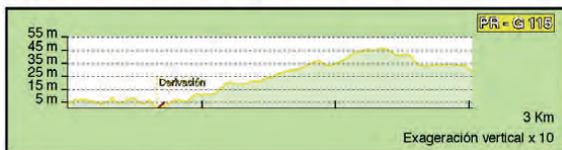
The greater part of the route is located within the "Ons - O Grove" Natural Area, part of the Natura 2000 network. We start the journey along the coast, enjoying beautiful beaches with crystal-clear waters and fine sand. Visiting the old salting factory known as Salgadeira de Barcelona is an absolute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



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


Salting factories of Barcelá

Punta da Barcelá

Plus...

SALGADEIRAS (SALTING FACTORIES)

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

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

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

► ACCESS

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

► LENGTH

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

► DEPARTURE POINT / ARRIVAL POINT

Barreiriño beach / As Rodeiras (Concello de O Grove).

► ROUTE

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

► DIFFICULTY

Low.

► DURATION

1 hour 15 minutes.

► SERVICES

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

► R.I.M. ROUTE INFORMATION METHOD

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

► ACCESS BY BIKE

Fully suitable.

► ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

184-II O Grove.



FURTHER INFORMATION

Concello de O Grove

Tel.: 986 731 415

oftur@turismogrove.com

www.turismogrove.com

Federación Galega de Montañaismo

(see page 266)

Segatur S.L.

(see page 266)

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

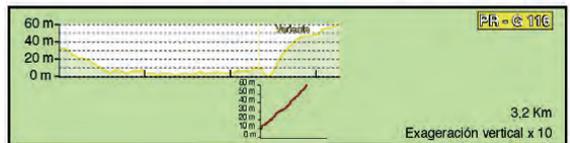


This pathway starts from the place known as O Conchido, where a military battery is located. It winds along the coast through one of the best preserved areas in the peninsula of O Grove, coming to an end near the tourist resort of San Vicente do Grove.

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.



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



Views of the pathway with military batteries in the background



Aguieira Beach

► **ACCESS**

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

► **LENGTH**

3,25 km (The optional extra is 550 m).

► **DEPARTURE POINT / ARRIVAL POINT**

O Conchido (bateria militar) / A Torre (Concello do Grove).

► **ROUTE**

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

► **DIFFICULTY**

Low.

► **DURATION**

1 hour 15 minutes.

► **SERVICES**

Off the route, in O Grove.

► **R.I.M. ROUTE INFORMATION METHOD**

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

► **ACCESS BY BIKE**

Partially suitable.

► **ACCESS ON HORSEBACK**

Partially suitable.



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



FURTHER INFORMATION

Concello do Grove

Tel.: 986 731 415
oftur@turismogrove.com
www.turismogrove.com

Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



Muíño da Ribeira

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.

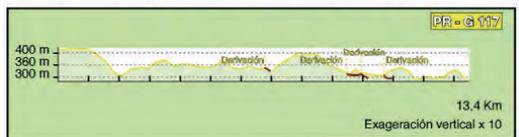
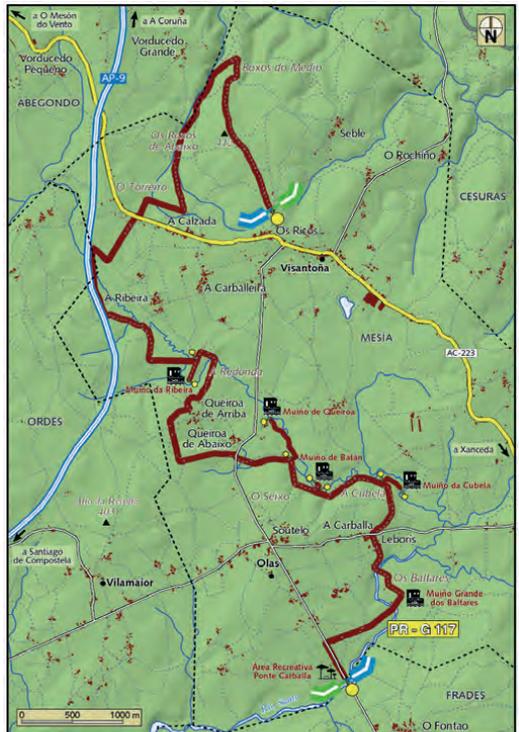
In the area known as O Telleiro there is a diversion leading to Ribeira Mill.

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 Leboris.

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



GEOREFERENCES

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



Muíño da Cubela



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 Mesia. Follow the signs for Os Ricos, where you will see a sign indicating the beginning of the route.

LENGTH

15,9 km (The main route is 13,45 km and the diversions 2,45 km).

DEPARTURE POINT / ARRIVAL POINT

Os Ricos / Ponte Carballa recreational area (Concello de Mesia).

ROUTE

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

DIFFICULTY

Low.

DURATION

3 hours and a half.

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 Mesia.



FURTHER INFORMATION

Concello de Mesia
Tel.: 981 687 001
correo@concellodemesia.gal
www.concellodemesia.gal

Federación Galega de Montañismo
(see page 266)

Segatur S.L.
(see page 266)

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



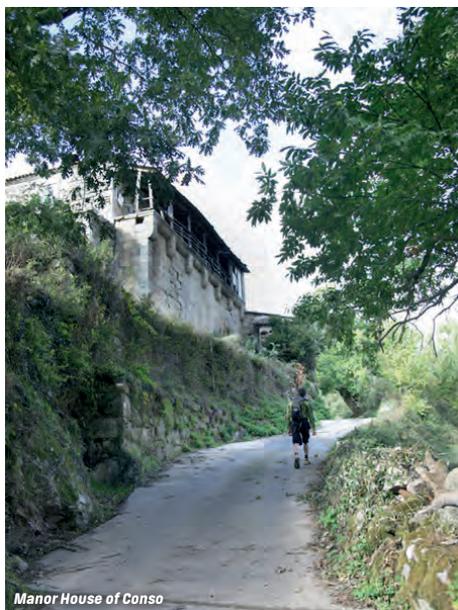
This circular route starts in the municipal capital of Vilaríño de Conso and runs along the eastern side of the mountains of Manzaneda, A Queixa and O Invernadeiro. In this land of mountains, with an average height of 900m, we find varied vegetation consisting of chestnuts, oaks, birches and holly. We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

An old cart trail starts in Vilaríño 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 Vilaríño de Conso.

This route is often snowed over in winter.



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



Manor House of Conso

Plus...

O INVERNADERO NATURAL PARK

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

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

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

ACCESS

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

LENGTH

14,9 kilometres (The main route measures 7.9 km and the diversion 7 km).

DEPARTURE POINT / ARRIVAL POINT

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

ROUTE

Vilarinho de Conso, Conso, San Cristovo, Conso, Encoro do Vao, O Palacio, A Veigiña, Vilarinho de Conso.

DIFFICULTY

Medium.

DURATION

3 hours 45 minutes.

MATERIAL

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

SERVICES

In Vilarinho de Conso.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

228-III Viana do Bolo.



FURTHER INFORMATION

Concello de Vilarinho de Conso

Tel.: 988 340 302

www.vilarinodeconso.es

Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



Pozo do Demo

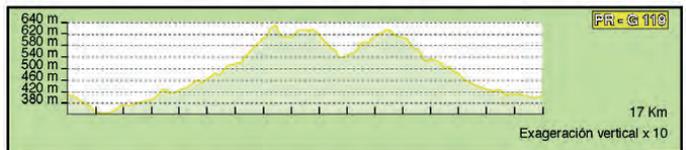
The River Xabriña, a tributary of the Tea, is the real star of this circular route that starts in the parish of Paraños and visits places like Prado de Canda and A Lamosa.

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".



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



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

DIFFICULTY

Medium.

DURATION

6 hours.

SERVICES

In Paraños and A Lamosa.

R.I.M. ROUTE INFORMATION METHOD

ENVIRONMENT	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

224-III Ponteareas, 224-IV A Cañiza.



FURTHER INFORMATION

C.M.V.C. de Paraños (Covelo)

Tel.: 664 244 722

info@montesparanhos.com

www.montesparanhos.com

Federación Galega de Montañismo

(see page 266)

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



Salto das Pombas waterfall

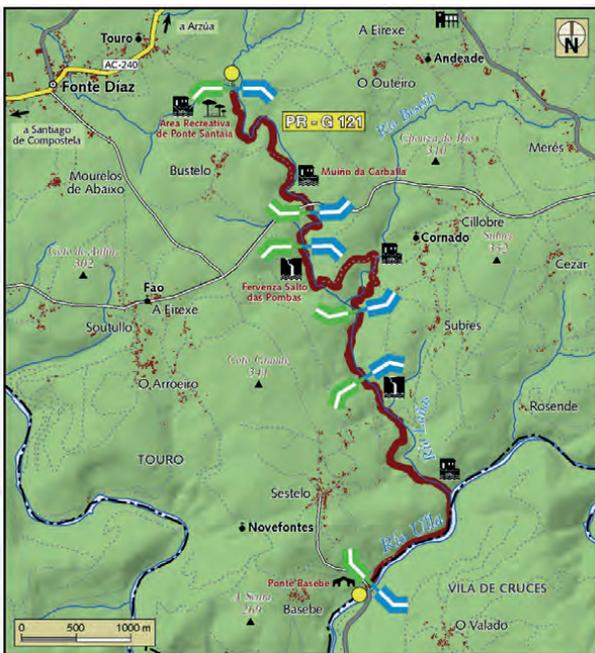
The route starts at Ponte Basebe, where the municipalities of Touro and Vila de Cruces come together, and goes along the banks of the Rivers Ulla, Beseno and Lañas. The route barely leaves the banks of these rivers, and via an ongoing slight uphill path leads us to the end of the path in the recreation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

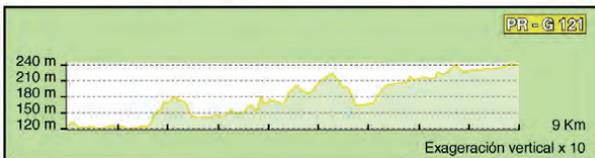
There are also beautiful natural spaces in lush forests, where formerly people gathered firewood and chestnuts. On the stretch by the River Ulla you can still see the remains of some old fisheries that were used to catch river fish.

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.



Lañas River



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



Muiño da Carballa



Plus...

THE "PESQUEIRAS"

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

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

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

ACCESS

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

LENGTH

9 km

DEPARTURE POINT / ARRIVAL POINT

Ponte Basebe / Ponte Santaia recreational area (Concello do Touro).

ROUTE

Ponte Basebe, Fervenza do Salto das Pombas, Muiño da Carballa, Muiño de Santaia, Ponte Santaia Recreational Area.

DIFFICULTY

Medium-Low.

DURATION

3 hours and a half.

CONNECTIONS

With PR-G 93 and PR-G 233.

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.



CARTOGRAPHY I.G.N. 1:25.000

95-IV Touro, 121-II Carbia.



FURTHER INFORMATION

Concello de Touro

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www.touroturismo.com

www.concellodetouro.com

Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



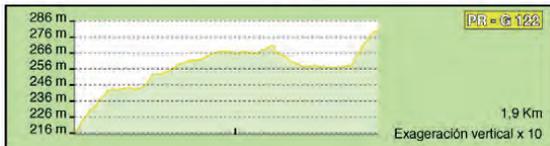
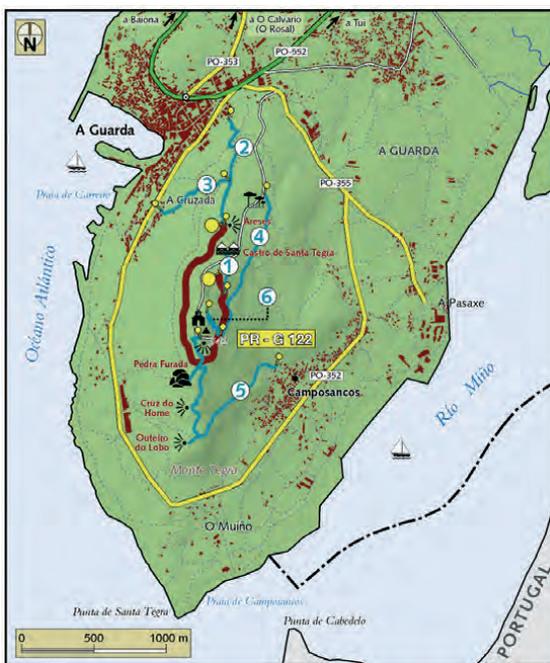
A little network of trails that allows us to walk up and discover Mount Santa Trega in depth. The main route, known as the Volta Promonte (PR-G 122), on the top of the mountain, is accompanied by other smaller trails known as Camiño de Citania (1), Atalla Vello (2), Camiño da Fonte da Cal (3), Camiño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

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



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



Mouth of the river Miño



Cibania Santa Trega

Plus...

SANTA TREGA HILL FORT

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

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

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

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

► 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

Miradoiro de Areses / O Trega Forest House (Concello da Guarda).

► ROUTE

Miradoiro de Areses, Santa Trega Hill Fort, O Trega Forest House.

► DIFFICULTY

Medium.

► DURATION

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

► SERVICES

On top of Mount Santa Trega.

► 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

298-IV A Guarda.



FURTHER INFORMATION

Concello da Guarda

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Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



A Laxe dos Homes petroglyph

The first part of the pathway runs along the River Umia in Ponte do Ramo. Here is where the ceremony of pre-natal 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.

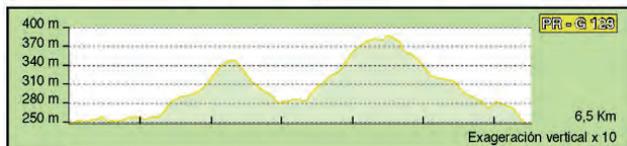
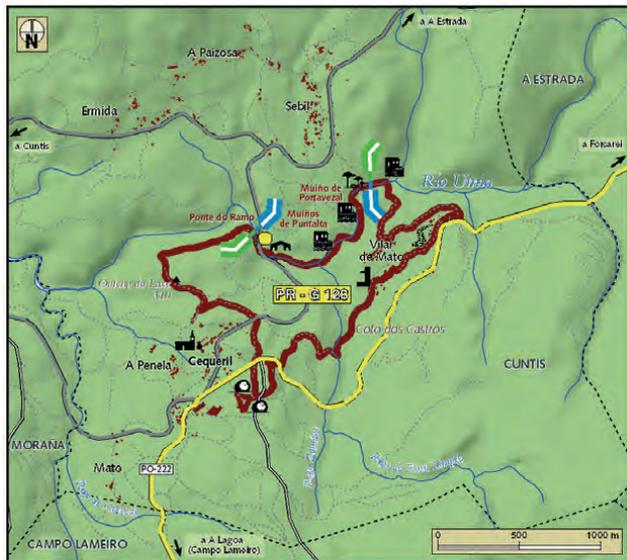
We walk along a narrow path through lush riverside woodland until we come to the Great and Small Mills of Puntalta, where we can contemplate the force of the river as it flows past this point. We continue on our way until we come to the restored Mill of Portavezal, which boasts a sharpener for farming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

From Muíños de Abaixo y de Arriba del Verdugo, the path heads away from the Umia river and takes you to Alto de Portela. Be careful not to get confused by the signs indicating the old PR-G 20 route here.

You will then descend on the old Roman road that links the Portuguese municipality of Arcos de Valdevez with Cuntis, Galicia. Going through large oak groves you will reach Conles. From this small village, you will ascend Rañadoiro Hill, at the top of which you can find the archeological site of the Cequeril Petroglyphs.

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.



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



Viewpoint from the Roman road



Muíño Grande da Puntalta

ACCESS

In Cuntis take the P0-8402 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, Muíños de Puntalta, Muíños de Portavezal, Muíños do Verdugo, Vilar de Mato, Via Romana, Conles, Cequeril Petroglyphs, Ponte do Ramo.

DIFFICULTY

Low.

DURATION

2 hours and a half.

CONNECTIONS

With 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.

RECOMMENDATION

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, 153-I Codeseda.


FURTHER INFORMATION
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Federación Galega de Montañismo

(see page 266)

Segatur S.L.

(see page 266)

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



Barro Fountain

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

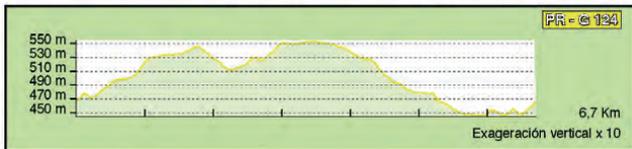
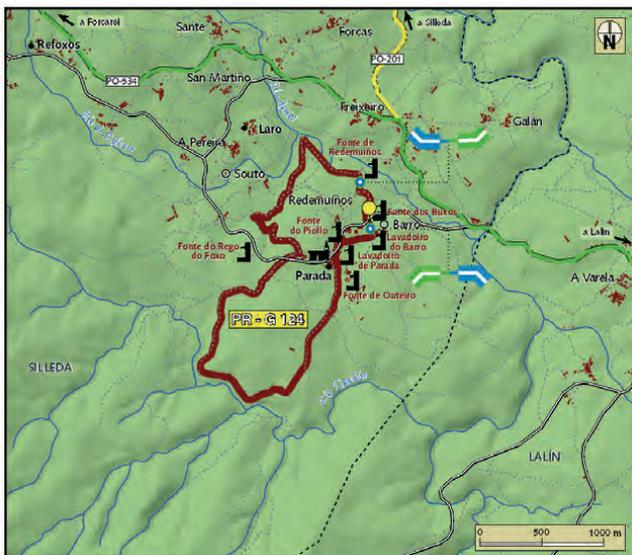
The starting panel for this route is on Buxos Fountain, where we can make the most of the chance to fill up with water for the rest of the route. It is important to point out that water is drinkable in all the fountains along the route, and at almost all of them locals leave cups and glasses to make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

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

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

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

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



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Fonte dos Buxos	42°37.346'N	008°13.519'W	29T	4719178	563528



Plus...

PUBLIC WASHING PLACES

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

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

ACCESS

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

LENGTH

6,7 km

DEPARTURE POINT / ARRIVAL POINT

Fonte dos Buxos in Parada de Cameixa (Silleda).

ROUTE

Fonte dos Buxos, Lavadoiro and Fonte do Barro, Lavadoiro de Parada, Lavadoiro and Fonte de Outeiro, Fonte do Rego do Foxo, Fonte de Redemuíños, Fonte dos Buxos.

DIFFICULTY

Low.

DURATION

2 hours.

SERVICES

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

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Partially suitable.

ACCESS ON HORSEBACK

Partially suitable.



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



FURTHER INFORMATION
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Federación Galega de Montañismo
(see page 266)

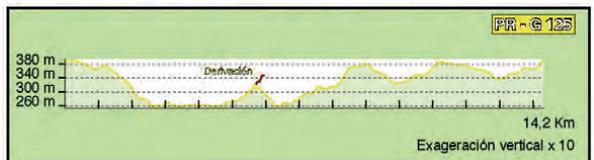
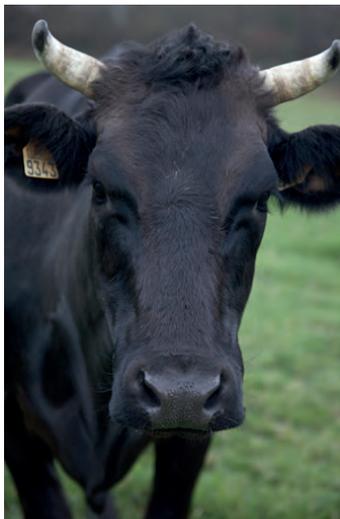
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



This circular route starts at Visantona 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.



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



Pazo Vilar de Ferreiros

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, Castro de Seoane, Mámoas do Ribeiro, Pazo do Ribeiro, Muíños do Tajo, Castro de Vilar de Ferreiros, Pazo de Vilar de Ferreiros, Visantoña.

DIFFICULTY

Low.

DURATION

4 hours.

SERVICES

In Visantoña.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000
96-III Agro do Chao.


FURTHER INFORMATION

Concello de Santiso
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correo@santiso.gal
www.santiso.gal

Federación Galega de Montañismo
(see page 266)

Segatur S.L.
(see page 266)

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

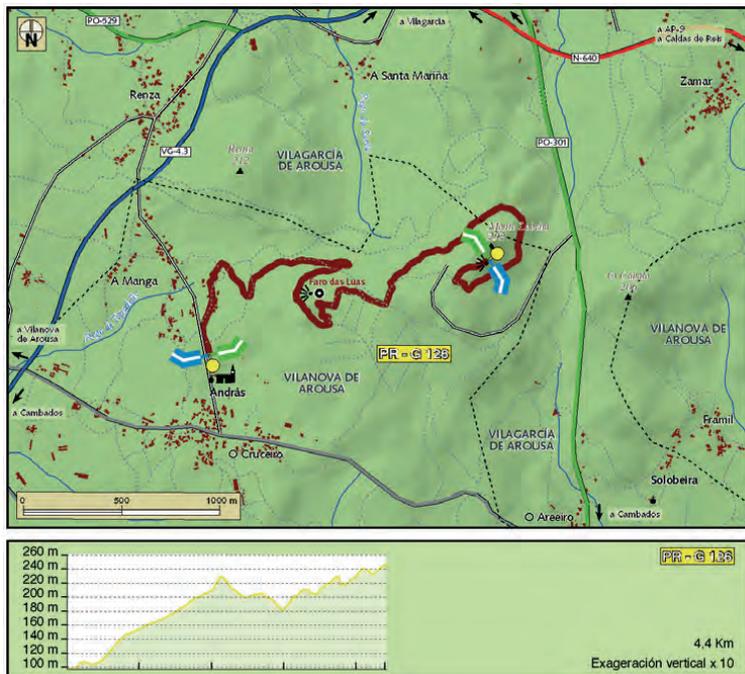


As Lúas lighthouse

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



GEOREFERENCES

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



Panoramic view of Vilagarcía de Arousa



As Lúas lighthouse

ACCESS

On the AP-9 that links Santiago de Compostela and Pontevedra, take exit 119 onto the AG-41 dual carriageway. Take exit 1 onto the PO-300 and follow the indications towards the PO-301 and the PO-9701 that take you directly to Andrés. 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 (Concello de Vilagarcía de Arousa).

ROUTE

Andrés parish church, As Lúas lighthouse, Monte Lobeira.

DIFFICULTY

Low.

DURATION

1 hour 10 minutes.

SERVICES

Off the route, in Andrés.

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
152-II Cambados.



FURTHER INFORMATION

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vilagaracia.es

Federación Galega de Montañismo
(see page 266)



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. Fur-



ther on, a second diversion heads for the village of A Pereira. Passing the last houses in the village we rejoin the main route, and this diversion becomes almost circular.

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

GEOREFERENCES

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



Casa do Frade viewpoint

Plus...

BAIXA LIMIA-SERRA DO XURÉS NATURAL PARK

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

It is situated in the southwest of the province of Ourense, covering the highest areas in the municipalities of Entrimo, Lobios and 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.

► ACCESS

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

► LENGTH

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

► DEPARTURE POINT / ARRIVAL POINT

Guxinde / A Casa do Frade (Concello de Entrimo).

► ROUTE

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

► DIFFICULTY

Medium.

► DURATION

1 hour 42 minutes.

► SERVICES

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

► R.I.M. ROUTE INFORMATION METHOD

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

► ACCESS BY BIKE

Not suitable.

► ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000
301-I Entrimo.



FURTHER INFORMATION

Concello de Entrimo

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Federación Galega de Montañismo

(see page 266)

J. Taboada

(see page 266)

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

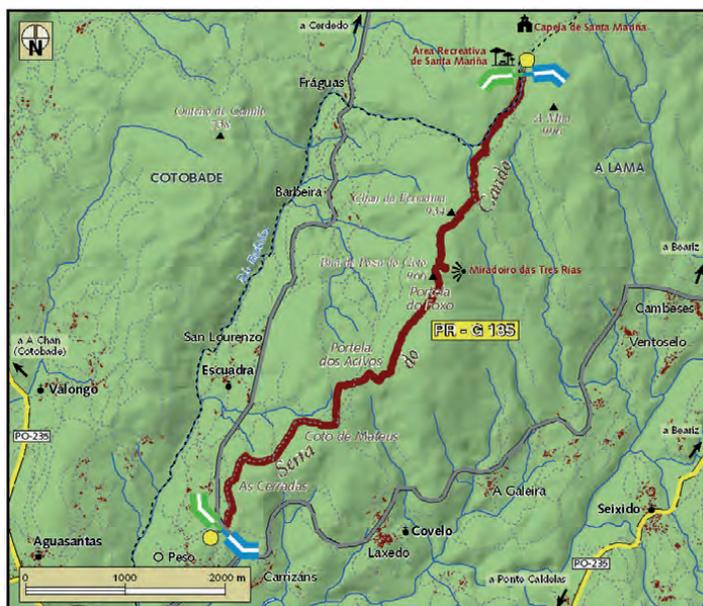


The Three Estuaries viewpoint

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

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

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



GEOREFERENCES

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



Chapel of Santa Mariña



Santa Mariña recreational area

► ACCESS

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

► LENGTH

7,1 km

► DEPARTURE POINT / ARRIVAL POINT

Santa Mariña recreational area / 0 Peso (Concello da Lama).

► ROUTE

Santa Mariña recreational area, Chan da Ferradura, Tres Rías viewpoint, Portela do Foxo, Portela dos Acivos, Coto de Mateus, As Cerradas, 0 Peso.

► DIFFICULTY

Medium-High.

► DURATION

2 hours 45 minutes.

► SERVICES

Off the route, in A Lama.

► R.I.M. ROUTE INFORMATION METHOD

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

► ACCESS BY BIKE

Fully suitable.

► ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000
186-I Cotobade.



FURTHER INFORMATION

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Federación Galega de Montañismo
(see page 266)

Segatur S.L.
(ver páxina 266)

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

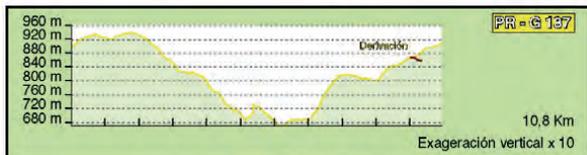


Church of San Miguel de Bidueira

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

After crossing San Miguel de Bidueira and leaving behind the parish church of the same name we come across the sign indicating the beginning of the route. From here, with the panoramic Prada Glacier behind us, we head towards the village of Trabazos, which hides the chapel of Santo Antonio, until we come to Cubeiros. From Borruga, crossing the Souto de Tonxil and Placín, we come to the end of the route on the outskirts of San Miguel de Bidueira.

At this point it is possible to join PR-G 138.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
San Miguel de Bidueira	42°16.076'N	007°11.031'W	29T	649786	4681206
	42°16.332'N	007°11.289'W	29T	649421	4681672



Plus...

CHESTNUT GATHERING: "THE RUMMAGING"

During the months of October and November the chestnut forests or "soutos" are full of gatherers looking for chestnuts. The most common variety in the municipality of Manzaneda is the yellow chestnut, of high quality and highly valued on the market. Besides being one of the largest domestic producers of chestnuts, Manzaneda boasts the largest chestnut tree perimeter in Galicia, located in Rozabales and within walking distance of the route.

The end of the chestnut season is marked by the activity known as "A rebusca" - The rummaging, when the last chestnuts of the year are selected by hand.

► ACCESS

In A Pobra de Trives, in the east of Ourense, take the diversion towards Manzaneda on DU-0701 passing through Mendoi, Sobrado and the centre of Manzaneda until you come to San Miguel de Bidueira.

► LENGTH

11,37 km (main route is 10.83 km and the diversion 540 m).

► DEPARTURE POINT / ARRIVAL POINT

San Miguel de Bidueira (Concello de Manzaneda). The departure and arrival points are at different parts of the village.

► ROUTE

San Miguel de Bidueira, Trabazos, Cubeiros, Borruga, Soutos de Tonxil, Placin, 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 PR-G 138.

► SERVICES

Off the route, in Manzaneda.

► R.I.M. ROUTE INFORMATION METHOD

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

► ACCESS BY BIKE

Fully suitable.

► ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

227-II Manzaneda, 228-I A Veiga.



FURTHER INFORMATION

Concello de Manzaneda

Tel.: 988 333 043

www.concellodemanzaneda.es

Federación Galega de Montañismo

(see page 266)

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



This route begins at the parish church of San Miguel de Bidueira, a jewel of eighteenth-century Baroque architecture, popularly known as the "Cathedral of Manzaneda".

Following the River Requeixo we come to the abandoned village of Prada, which preserves part of the Chapel of San Bartolomeu, and several of its traditional high-mountain homes that are currently used as winter shelter for livestock. You can also enjoy an excellent view over the Glacial Cirque of Prada, dating from between 50,000 to 10,000 years ago and which submitted the mountains of Serra de Queixa and O Invernadeiro to a glacier abrasion process.

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.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
San Miguel de Bidueira	42°16.026'N	007°11.280'W	29T	4681023	649439



Way of Placín



Plus...

MANZANEDA MOUNTAIN STATION

A tourist and sports mountain resort, with activities enabling year-round operation. The 2,000 hectare forest surrounding the entire resort completes an incomparable setting with tourist and catering facilities.

Apart from skiing, visitors can play other sports, thanks to all the amenities: grass football fields, tennis courts, a kart circuit, horse riding, mountain bike circuits, an indoor swimming pool and a multipurpose hall with a gym.

There are also other possibilities, like hiking, mountain climbing, wall climbing, archery and golf.

ACCESS

In the east of the province of Ourense, keep going from A Pobra de Trives on the OU-0701 through Mendoi, Sobrado and the centre of Manzaneda until you come to San Miguel de Bidueira.

LENGTH

17,5 km. (The main route is 15.1 km and the diversion 2.4 km).

DEPARTURE POINT / ARRIVAL POINT

Parish church of San Miguel de Bidueira (Concello de Manzaneda).

ROUTE

San Miguel de Bidueira, Prada, O Pontón, A Biduela, Requeixo, Placín, San Miguel de Bidueira.

DIFFICULTY

Medium.

DURATION

4 hours and a half.

MATERIAL

Due to the high mountains and the duration of the route, good walking shoes, warm clothes, food and water are recommended.

CONNECTIONS

With PR-G 137.

SERVICES

Off the route, in Manzaneda.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

227-II Manzaneda, 227-IV Castañeira.



FURTHER INFORMATION Concello de Manzaneda

Tel.: 988 333 043

www.concellodemanzaneda.es

Federación Galega de Montañismo
(see page 266)



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 Rio 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 Vilardiaz, the highest point on the route. From here the trail descends northwest



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Vilardiáz School	43°13.572'N	007°05.038'W	29T	655600	4787716



Church of San Martín de Robledo



Departure point in Vilardiáz

to the Logares River valley, surrounded by a thick deciduous forest. The magnificent specimens of yew trees along the trail through San Martín de Robledo stand out amongst the great natural diversity.

The only two buildings in this village, a church and a parsonage adorned with coats of arms, are sure to get your attention. If you follow the derivation to the village of Romeán, at the foot of the “castro” (pre-Roman fortified settlement) of the same name, you will see an “hórreo” (raised granary), a typical sight in this area.

The trail continues parallel to the river, following the meanders, which create lovely waterfalls. The daring design of the route offers fabulous views of the river from different heights, all maintained to ensure the safety of walkers.

Follow the trail away from the river, beginning the ascent back to Vilardiáz. The path zigzags up the mountain, offering spectacular views of the Veiga River valley.

► **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 Vilardiáz. 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**

Vilardiáz School (Concello da Fonsagrada).

► **ROUTE**

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

► **DIFFICULTY**

Medium.

► **DURATION**

2 hours 45 minutes.

► **CONNECTIONS**

With the PR-G 140.

► **SERVICES**

In A Fonsagrada.

► **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

49-III Maderne.



FURTHER INFORMATION

Concello da Fonsagrada

Tel.: 982 340 000

es.afonsagrada.org

J. Taboada

(see page 266)

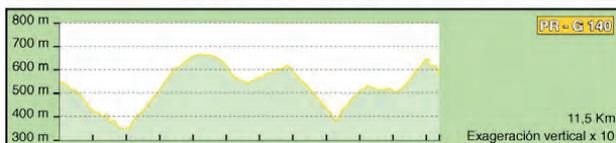


This semi-circular trail must be combined with the PR-G 139 in order to return to the starting point, for a total distance of 14.3 km.

From Lugar de Vilardiaz, 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 Vilardiaz 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.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Vilardíaz school	43°13.572'N	007°05.038'W	29T	655600	4787716
Connection with PR-G 139	43°13.259'N	007°06.462'W	29T	653686	4787093



View of Vilarín do Castelo



View from Vilarxubin

► 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

11,5 Km

► DEPARTURE POINT / ARRIVAL POINT

Vilardíaz School / Connection with the PR-G 139 (Concello da Fonsagrada).

► ROUTE

Lugar de Vilardíaz, Beltrán Bridge, Vilarxubin, Gallol "corripas", Castro do Castelo, Connection with the PR-G 139.

► DIFFICULTY

Medium-High.

► DURATION

4 hours 40 minutes.

► CONNECTIONS

With the PR-G 139.

► SERVICES

In A Fonsagrada.

► 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

49-III Maderne.



FURTHER INFORMATION

Concello da Fonsagrada

Tel.: 982 340 000

es.afonsagrada.org

J. Taboada

(see page 266)

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



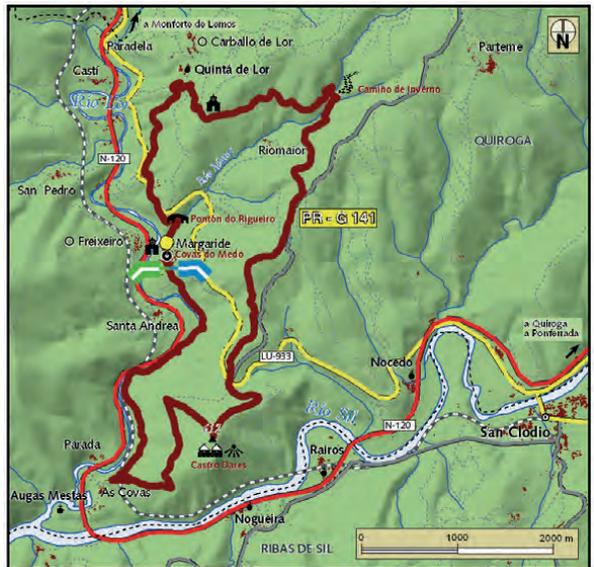
As Covas

This circular route starts in the village of Margaride, next to the old mining complex known as Covas do Medo.

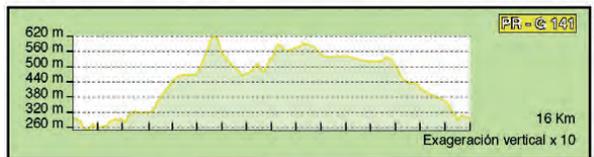
We climb a narrow path, near the railroad tracks, until we come to the village of As Covas. From this point, a forest trail takes us to a steep climb, at the top of which are the remains of Dares Hill Fort and a viewpoint with a spectacular view over the River Sil, Quiroga Valley and the surrounding 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 Riomañor. 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.



Panoramic view from Dares Hill Fort



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Covas do Medo	42°28.900'N	007°20.265'W	29T	636629	4704680



Covas do Medo

Plus...

ROYAL HIGHWAYS

These roads were built by the Spanish crown, often taking advantage of old Roman roads, for the transit of people, goods and livestock. They were ways to communicate the different areas of the country, also known as "horseshoe roads", as they were paved and made things easier for beasts of burden.

On these roads signs to mark the distances in leagues, the legacy of the Roman milestone system, were installed, together with other elements that made the road more comfortable, such as fountains, stone benches, sundials and food establishments.

The stretch of the Royal Highway on this route is documented in various writings as the entry into Galicia from Ponferrada. The route had already been used by the Romans, and later became a branch of the French Pilgrims' Road to Santiago de Compostela.

ACCESS

On the N-120 linking Ourense and Ponferrada, take the LU-5003 towards Margaride.

LENGTH

16 km

DEPARTURE POINT / ARRIVAL POINT

Covas do Medo in Margaride (Concello de Quiroga).

ROUTE

Covas do medo, Castro Dares, Camiño Real, Riomaior, Carballo de Lor, Pontón do Rigueiro, Covas do Medo.

DIFFICULTY

Medium-High.

DURATION

5 hours and a half.

SERVICES

Off the route, on the N-120, in O Conceado, 1.5 km away from Margaride.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Fully suitable.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000
189-II Quiroga.



FURTHER INFORMATION

Concello de Quiroga
Tel.: 982 428 001
concello.quiroga@eidolocal.es
www.concellodequiroga.com

Federación Galega de Montañismo
(see page 266)

Segatur S.L.
(see page 266)

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



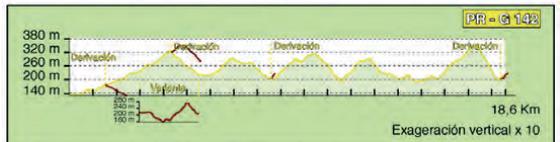
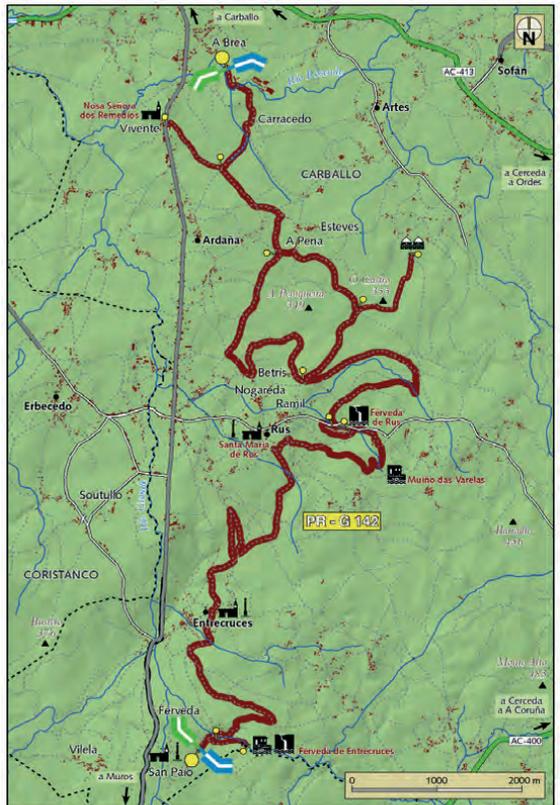
The geological fault that forms the Meridiana depression, one of the most significant geographical features in Galicia, extending from north to south, divides the parishes of Rus and Entrecruces into two parts: the so-called "High" and "Low" areas.

Leaving A Brea, after crossing through the village of Carracedo, the trail diverts to visit the Chapel of Nosa Señora dos Remedios in Viveite. 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 Maria de Rus. The



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Brea	43°11.891'N	008°40.609'W	29T	526259	4782960
Capilla de San Paio	43°07.464'N	008°40.860'W	29T	525950	4774764

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.



Church of Santa Maria de Rus



Entrecruces waterfall

► **ACCESS**

Carballo is the capital of the region of Bergantiños in the province of A Coruña. On the AC-1914 linking Carballo and Santiago de Compostela, very near the centre, you will find a sign indicating the way to A Brea.

► **LENGTH**

24,1 km. (The main route is 18.6 km, the diversions 5.5 km and the optional extra 3.5 km).

► **DEPARTURE POINT / ARRIVAL POINT**

A Brea / Chapel of San Paio (Concello de Carballo).

► **ROUTE**

A Brea, Carracedo, Chapel of Nosa Señora dos Remedios, A Pena, Coto do Castro, Ferveda de Rus, A Redonda, Church of San Xens de Entrecruces, Ferveda de Entrecruces, Chapel of San Paio.

► **DIFFICULTY**

Medium-High.

► **DURATION**

8 hours.

► **SERVICES**

Off the route, in Entrecruces.

► **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

44-IV Laracha, 69-II A Silva.



FURTHER INFORMATION

Concello de Carballo

Tel: 981 704 100

infocarballo@carballo.gal

www.carballo.org

Federación Galega de Montañismo

(see page 266)

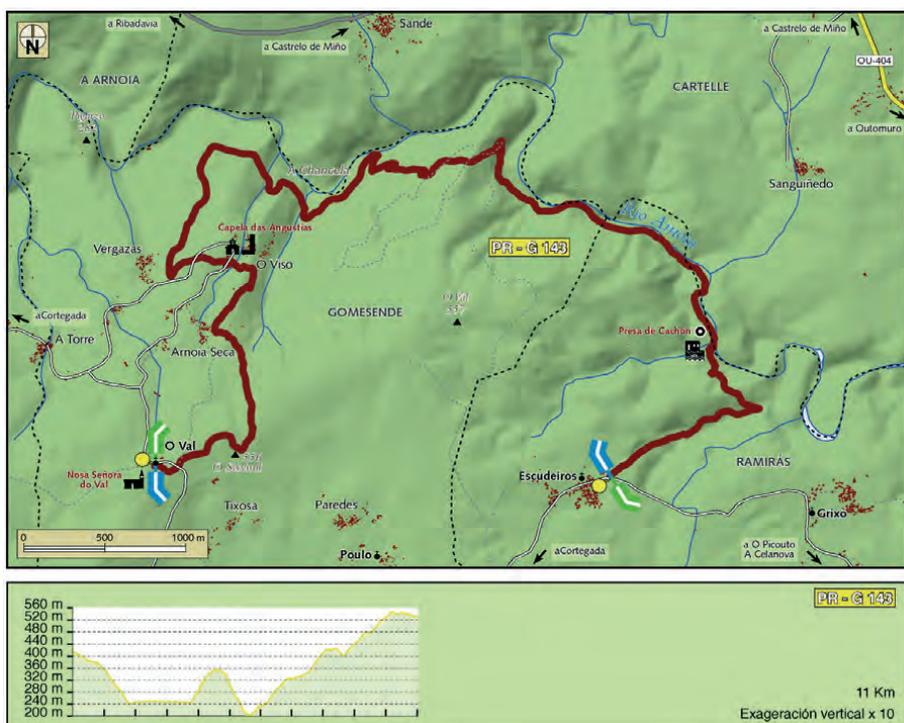
	Traditional architecture
	Ethnography
	Archaeological interest
	General interest
	Historical interest
	Natural interest
	Landscape interest



Sanctuary of Nosa Señora do Val

The beginning of this route, on coming to Cachón dam, runs for almost 2 km by a hydraulic canal that was built in the mid-20th century to divert the river water and produce energy that supplied the tin mines of Sierra Seixosa.

After completing the canal stretch in La Bomba, at the meander of the River Arnoia known as Coto de Seoane, there is a sharp climb up westwards. We then come back to the river to see the remains of the Chancela Mills on the other bank from the route. In the village of O Viso we can visit the small chapel of As Angustias before going up a narrow path between walls and reaching the higher lands of the Sierra del Seixival, and the end of the route at the Sanctuary of Nosa Señora do Val.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Cruceiro de Escudeiros	42°12.510'N	008°04.412'W	29T	576481	4673424
Sanctuary of Nosa Señora do Val	42°12.572'N	008°06.482'W	29T	573631	4673510

A Baroque building on the ancient Pilgrims' Road to Santiago coming from Porto and Celanova. Our attention is drawn to the remains of the unfinished Renaissance courtyard, where the cemetery lies. From the sanctuary we can go back to Escudeiros along a three-kilometre trail heading eastwards.


► ACCESS

On the 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 cruceiro of Escudeiros (Concello de Ramirás) / Sanctuary of Nosa Señora do Val (Concello de Gome sende).

► ROUTE

Escudeiros, O Viso, Arnoia Seca, Sanctuary of Nosa Señora do Val.

► DIFFICULTY

Medium-Low.

► DURATION

3 hours 45 minutes.

► SERVICES

Off the route, in Escudeiros and Gome sende.

► R.I.M. ROUTE INFORMATION METHOD

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

► ACCESS BY BIKE

Fully suitable.

► ACCESS ON HORSEBACK

Fully suitable.


CARTOGRAPHY I.G.N. 1:25.000

225-III Cortegada.


FURTHER INFORMATION
Route website:

www.escudeiros.es

Concello de Ramirás

Tel.: 988 491 523

concello.ramiras@eidolocal.es

www.concelloderamiras.gal

Concello de Gome sende

Tel.: 988 485 000

concellogomesende@yahoo.es

gomesende.es

Segatur S.L.

(see page 266)

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

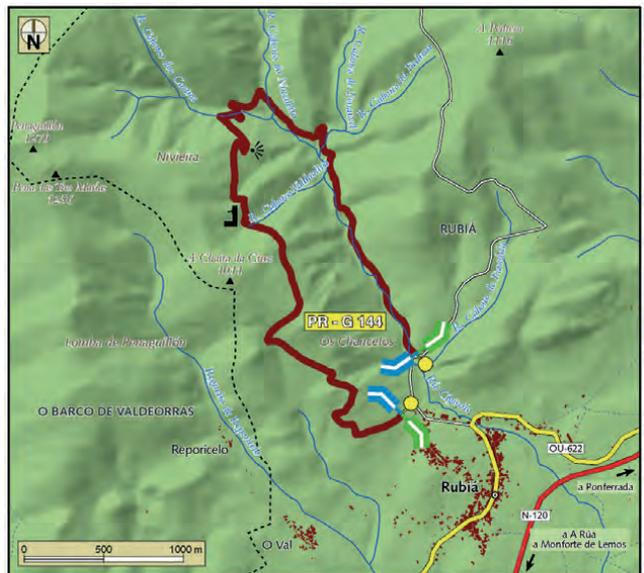


This route, which is almost circular, starts from near the school of Rubiá and goes up towards Mount Chancelos in order to reach the Alto de Cales and then come back down again to Rubiá.

Along an old cart road, we go upwards while enjoying spectacular views of the landscapes of Valdeorras valley. This route is characterised by the existence of cliffs, known as “cavorcos”, with names like Paradela, Valdaoliva, Nacedeiro and Os Castros.

After reaching the highest point, the route starts to descend through a riverside forest, the result of the numerous streams that flow down from the mountains to Rubiá, which we will cross via wooden walkways until we come to the end of the route.

From here, following in the direction of the quarry for about 650 metres, we can return to the starting point.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Rúa Terra de Souto	42°27.468'N	006°56.973'W	29T	668601	4702727
Cantera	42°27.249'N	006°57.051'W	29T	668505	4702321



Pathway through Os Cancelos

► ACCESS

In Valdeorras head for Rubiá on the N-120 and the OR-622. On entering the village, look for the panel indicating the start of the route, near the school.

► LENGTH

6,3 km

► DEPARTURE POINT / ARRIVAL POINT

Rúa Terra de Souto / Near the quarry (Concello de Rubiá).

► ROUTE

Rubiá, Alto de Cales, Niveira, Os Chancelos, Rubiá.

► DIFFICULTY

Medium-Low.

► DURATION

2 hours 15 minutes.

► SERVICES

Off the route, in Rubiá.

► R.I.M. ROUTE INFORMATION METHOD

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

► ACCESS BY BIKE

Fully suitable.

► ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000
190-II Rubiá.



FURTHER INFORMATION

Concello de Rubiá
Tel.: 988 324 146
correo.rubiá@eidolocal.es

Federación Galega de Montañismo
(see page 266)

Segatur S.L.
(see page 266)

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



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.

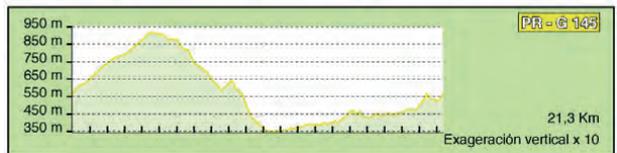
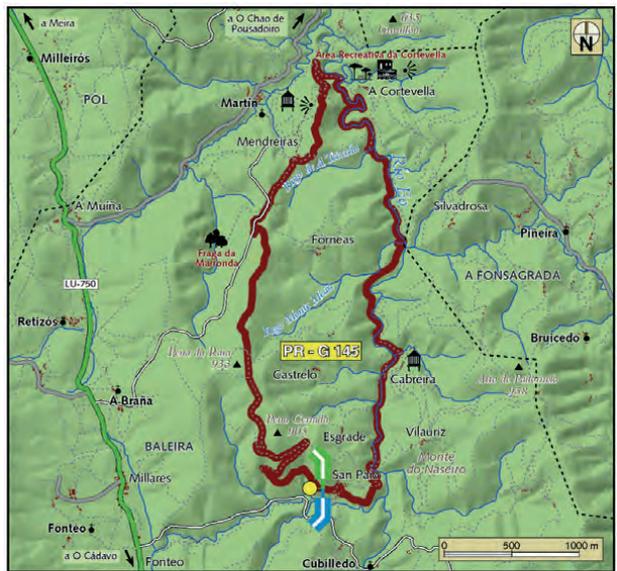
From San Paio, we would recommend doing the first stretch of the route in the recreational area of Cortevella by going up eastwards by Pena Cerrada and then northwards to the Pena da Raia, until we come to A Marronda

- 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.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
San Paio	43°04.474'N	007°13.570'W	29T	644415	4770709


► ACCESS

On the A-6 at the city of Lugo, take exit 493 onto the LU-530 towards A Fonsagrada. In O Cadavo 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	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
73-II Mosteiro, 73-IV Castroverde.


FURTHER INFORMATION

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concellobaleira.es

Federación Galega de Montañismo
(see page 266)

Segatur S.L.
(see page 266)

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



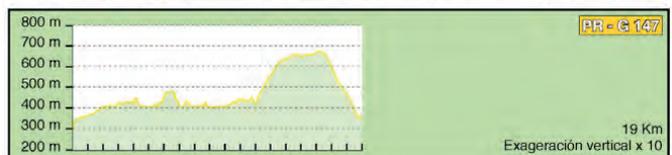
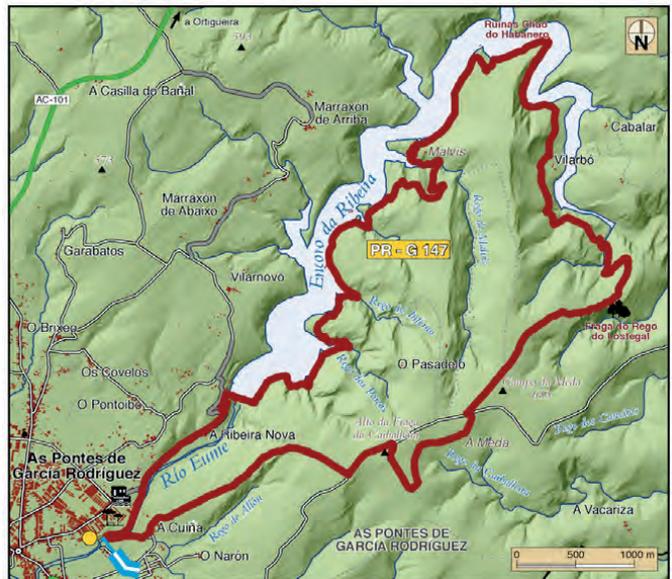
This demanding circular route includes steep gradients and has a length of 19 km, making it more suitable for regular hikers with some skill, especially in winter.

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 A Fraga Park 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.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Fraga park	43°26.909'N	007°50.611'W	29T	593575	4811270



A Ribeira reservoir

► **ACCESS**

Once in the Municipality of As Pontes de García Rodríguez, 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 (Concello das Pontes de García Rodríguez).

► **ROUTE**

A Fraga Park, Lugar da Cuiña, Alto da Carballeira, O Lostegal Forest, Lugar de Vilarbó, A Ribeira Reservoir, A Ribeira Nova, A Fraga Park.

► **DIFFICULTY**

Medium-High.

► **DURATION**

6 hours and a half.

► **CONNECTIONS**

Con PR-G 203.

► **MATERIAL**

Boots with non-slip rubber soles.

► **SERVICES**

In As Pontes de García Rodríguez.

► **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 Rodríguez.



FURTHER INFORMATION

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Segatur S.L.

(see page 266)

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



Anllóns River estuary

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.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
O Porto de Corme Promenade	43°15.861'N	008°57.690'W	29T	503125	4790171
House of author Eduardo Pondal in Ponteceso	43°14.550'N	008°54.057'W	29T	508042	4787749

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.



Malecón



Pedra da Serpe

ACCESS

Once in the village of O Porto de Corme, go to the promenade. From this point facing the sea, walk 120 m to the left. The trailhead sign board is at the end of the paved area.

LENGTH

11.1 km (the PR-G 148.1 variation is 5.9 km and the total route including the variation is 9.7 km).

DEPARTURE POINT / ARRIVAL POINT

O Porto de Corme Promenade / House of author Eduardo Pondal in Ponteceso (Concello de Ponteceso).

ROUTE

O Porto de Corme, O Osmo Beach, A Ermida Beach, Pedra da Serpe, Lugar de Gondomil, Balarés Beach, O Medio Beach, Mount Branco, Anllóns River estuary, breakwater, House of the Poet Eduardo Pondal.

DIFFICULTY

Low.

DURATION

3 hours. PR-G 148.1 variation: 2.5 hours.

MATERIAL

Binoculars for bird watching.

SERVICES

In O Porto de Corme and Ponteceso.

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-II Corme.



FURTHER INFORMATION
Concello de Ponteceso
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concello@ponteceso.net
www.ponteceso.gal

Segatur S.L.
(see page 266)

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



End of the trail at the Church of San Martiño de Lamas

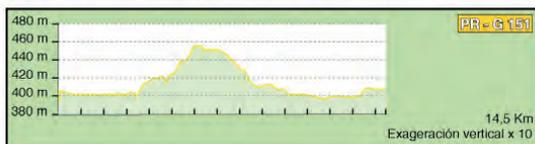
Legend has it that beneath the waters of A Lagoa de Cospeito there lies a village called Valcárcel that was flooded by divine command. Some say that you can still hear the ringing of the church bells. Others swear that they have seen the roofs of the houses when the water in the reservoir was low.

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".

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.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Lagoa de Cospeito Interpretive Centre	43°14.386'N	007°33.347'W	29T	617258	4788453
Church of San Martiño de Lamas	43°10.575'N	007°33.543'W	29T	617114	4781396

► **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



Ornithological observation tower (Lagoa de Cospeito)



Interpretive Centre

► **DEPARTURE POINT / ARRIVAL POINT**

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

► **ROUTE**

A Lagoa de Cospeito Interpretive Centre, A Feira do Monte, Lugar de Fonsin, 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**

In 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.



FURTHER INFORMATION

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Mancomunidade Terra Chá

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Segatur S.L.

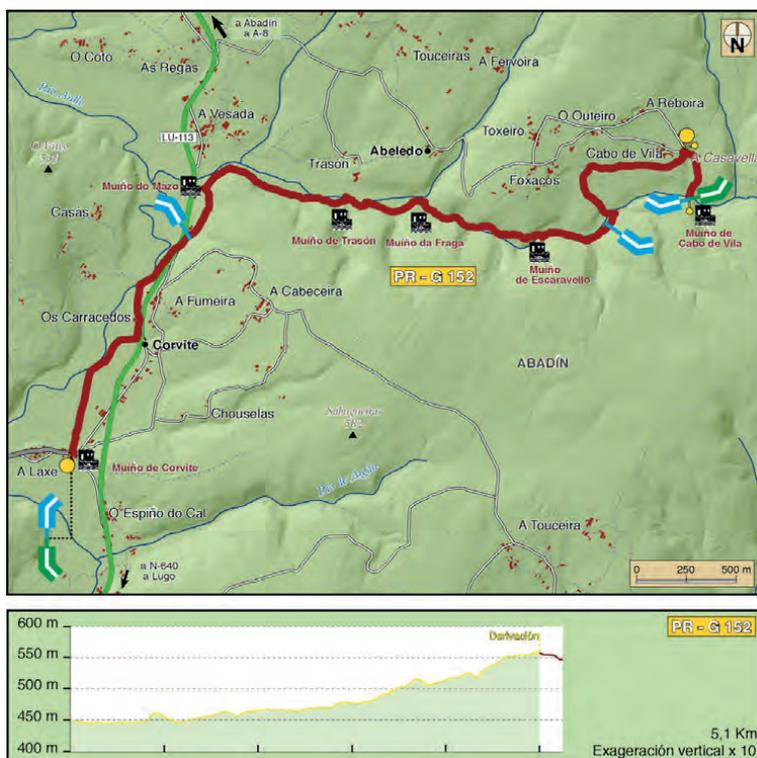
(see page 266)



This is the 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: Trason, A Fraga and O Escaravello. All are situated in strategic locations, allowing them to take advantage of the water's power.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Lugar da Laxe	43°18.619' N	007°29.829' W	29T	621878	4796373
Lugar de Cabo de Vila	43°19.433' N	007°27.537' W	29T	614948	4797936

In the final leg, you will head away from the river basin towards the end of the trail. Here there is a derivation that leads to Cabo da Vila Mill, with all of its interior mechanisms still in working order.



Anllo river



Anllo river

► **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 (Concello de Abadín).

► **ROUTE**

Lugar da Laxe, Lugar da Fumeira, Muiño do Mazo, Muiño de Trasón, Muiño da Fraga, Muiño do Escaravello, Muiño de Cabo de Vila.

► **DIFFICULTY**

Low.

► **DURATION**

1 hour 40 minutes.

► **SERVICES**

In Abadín.

► **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, including the derivation.



CARTOGRAPHY I.G.N. 1:25.000
48-I Muimenta.



FURTHER INFORMATION

Concello de Abadín

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Mancomunidade Terra Chá

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Segatur S.L.

(see page 266)

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



Castro de Sa

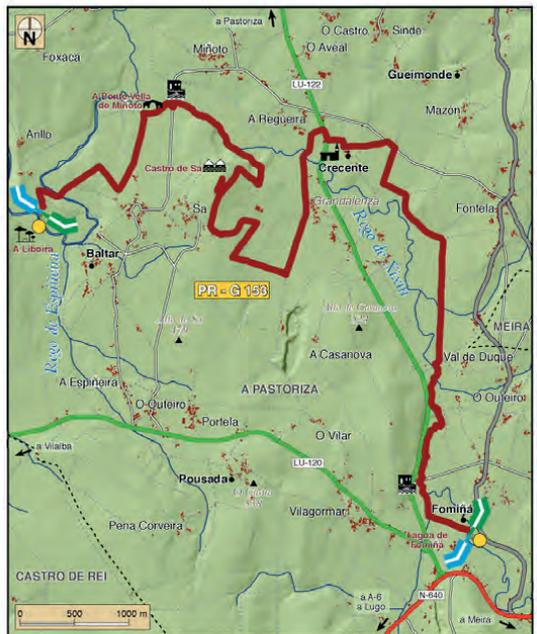
The Miño River begins to flow at A Lagoa de Fomiñá, leading many to consider this pool its source. Trail PR-G 153 will take you along the Miño from the pool to A Liboira Recreation Area, crossing the A Terra Chá district inside the Terras do Miño Biosphere Reserve.

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 360° 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.

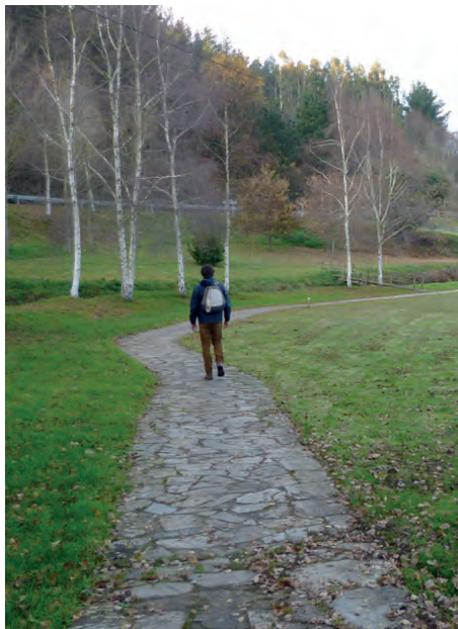


GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
San Salvador de Fomiñá Church	43°13.366' N	007°18.899' W	29T	636847	4786932
A Liboira Recreation Area	43°15.005' N	007°21.738' W	29T	632945	4789889



Lagoa de Fomiñá



► 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 (Concello da Pastoriza).

► ROUTE

Lagoa de Fomiñá, Castro de Sa, A Ponte Vella de Miñoto, A Liboira Recreation Area.

► DIFFICULTY

Low.

► DURATION

3 hours and a half.

► 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.



FURTHER INFORMATION

Concello da Pastoriza

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concellodapastoriza.es

Mancomunidade Terra Chá

www.mancomunidadeterracha.com

Segatur S.L.

(see page 266)

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



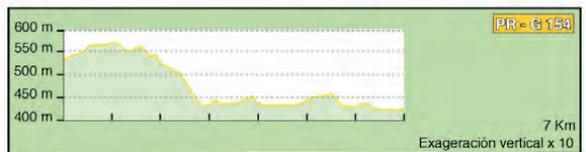
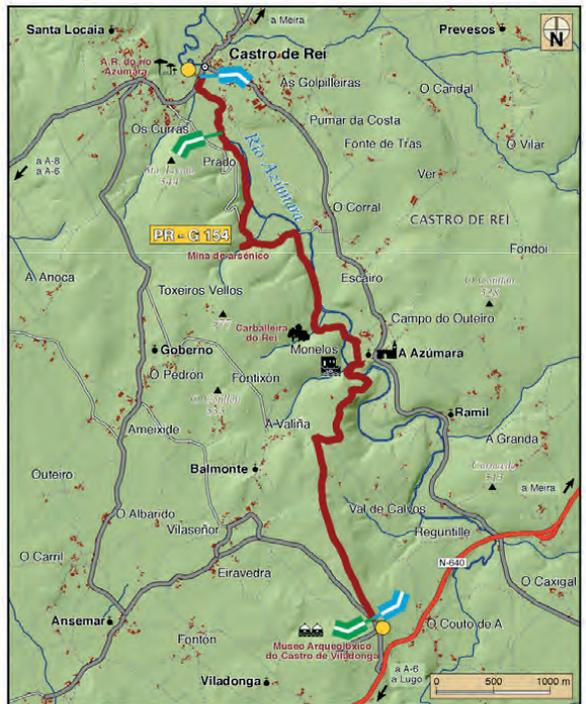
Bridge over Azumara River

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 Azumara Church, just a few metres off the trail.

Continue along the course of the Azumara 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

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Castro de Viladonga Archaeological Museum	43°09.818' N	007°23.059' W	29T	631345	4780247
Azúmara River Recreation Area	43°12.473' N	007° 24.104' W	29T	629833	4785140



Arsenic mine



Muiño de Monelos

► 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 (Concello de Castro de Rei).

► ROUTE

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

► DIFFICULTY

Low.

► DURATION

2 hours and a half.

► SERVICES

In Castro de Rei and Castro Ribeiras de Lea.

► 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

Partially suitable.



CARTOGRAPHY I.G.N. 1:25.000

48-III Castro de Rei, 73-1 Duarria.



FURTHER INFORMATION

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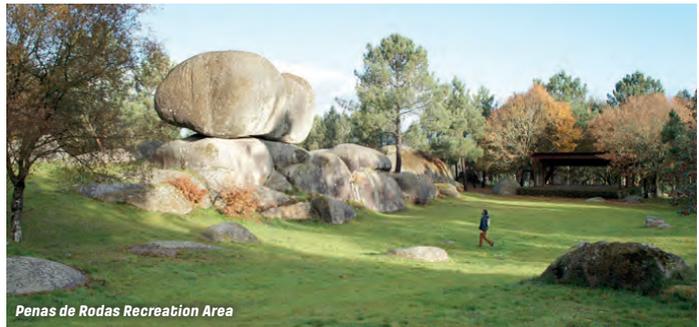
Mancomunidade Terra Chá

www.mancomunidadeterracha.com

Segatur S.L.

(see page 266)

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

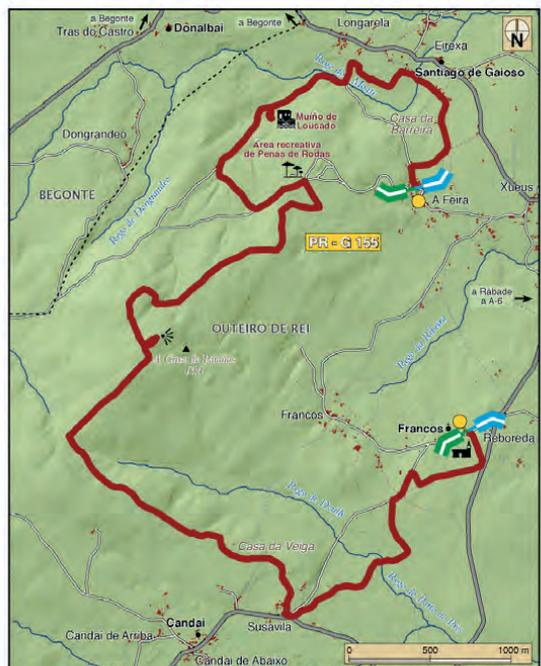


Penas de Rodas Recreation Area

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.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Lugar da Feira	43°07.142' N	007°40.355' W	29T	607987	4774888
Santiago de Francos Church	43°06.314' N	007°40.127' W	29T	608320	4773360

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.



Hórreo in Susavila



Santiago de Francos Church

► 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 (Concello de Outeiro de Rei).

► ROUTE

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

► DIFFICULTY

Low.

► DURATION

3 hours and a half.

► SERVICES

In Outeiro de Rei and Rábade.

► 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

72-I Parga, 72-II Rábade.



FURTHER INFORMATION

Concello de Outeiro de Rei

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www.outeiroderei.org

Mancomunidade Terra Chá

www.mancomunidade.terracha.com

Segatur S.L.

(see page 266)

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



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, 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 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 oneway, 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.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Port of O Vicedo	43°44.338' N	007°40.517' W	29T	606672	4843733
San Román Beach	43°42.979' N	007°37.409' W	29T	610886	4841285



Coelleira Island



San Román Beach

► ACCESS

The port in the town of O Vicedo. The sign board at the trailhead is at the start of the breakwater.

► LENGTH

13 km (the main route is 11 km and the derivations are 1.5 km and 500 m out and back, respectively).

► DEPARTURE POINT / ARRIVAL POINT

Port of O Vicedo / San Román Beach (Concello do Vicedo).

► ROUTE

Port of O Vicedo, O Vidreiro Beach, Caolin Beach, Lugar de Baltar, Xilloi Beach, Illa Coelleira Viewpoint, San Román Beach or Area Grande.

► DIFFICULTY

Middle-Low.

► DURATION

2 hours 40 minutes.

► MATERIAL

Binoculars for bird watching.

► SERVICES

In O Vicedo.

► 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 first 100 m in the Port of O Vicedo.

► ACCESS ON HORSEBACK

Fully suitable, except for the first 100 m in the Port of O Vicedo.



CARTOGRAPHY I.G.N. 1:25.000

2-II Estaca de Bares, 2-IV Celeiro.



FURTHER INFORMATION

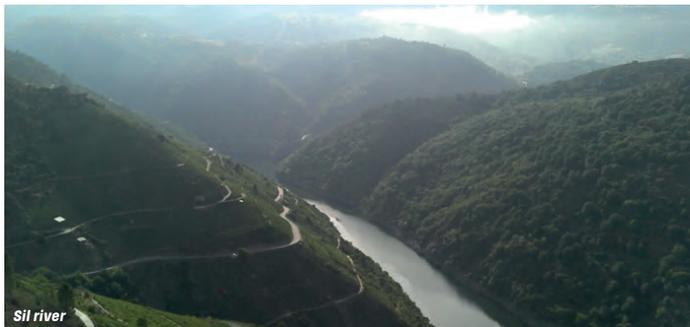
Concello do Vicedo

Tel.: 982 590 029

concello@concellodovicedo.org

www.concellodovicedo.org

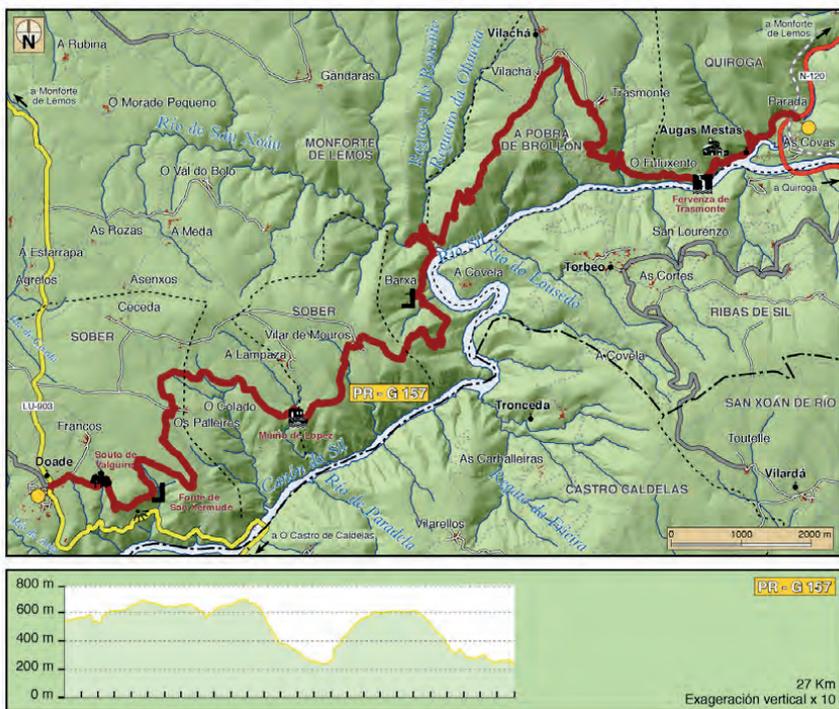
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



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 Vi-



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Lugar de Parada	43°07.459' N	009°11.066' W	29T	635805	4702424
Doade	42°24.949' N	007°28.724' W	29T	655167	4697006

Iachá de Salvador 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.



A Pena do Castelo Viewpoint



View of the Sil canyon

► **ACCESS**

From Monforte de Lemos, take the N-120 in the direction of Quiroga. The trailhead is beside the road in Lugar de Parada, at km 24.3.

► **LENGTH**

27 km

► **DEPARTURE POINT / ARRIVAL POINT**

Lugar de Parada (Concello de Quiroga) / Doade (Concello de Sober).

► **ROUTE**

Lugar de Parada, Lugar do Fuluxento, Fervenza de Trasmonte, Lugar de Trasmonte, Lugar de Vilachá, Lugar de Barxa, Lugar de Froxende, Lugar de Vilar de Mouros, Muíño de López, Fonte de San Xermude, A Pena do Castelo Viewpoint, Souto de Valguire, Doade.

► **DIFFICULTY**

Very High.

► **DURATION**

11 hours.

► **MATERIAL**

Hiking boots with non-slip soles.

► **SERVICES**

In Monforte de Lemos.

► **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 / ACCESS ON HORSEBACK**

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

189-I Torbeo, 189-II Quiroga, 189-III Castro Caldelas.



FURTHER INFORMATION

Oficina de Turismo de Monforte de Lemos

Tel.: 982 404 715

turismo@concellodemonforte.com

www.monfortedelemos.es

Concello de Sober

Tels.: 982 460 001 / 982 460 005

www.concellodesober.com

Concello de Quiroga

Tel.: 982 428 001

www.concellodequiroga.com

Segatur S.L.

(see page 266)

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



Cape Vilán

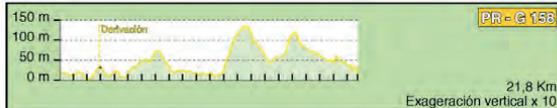
Trail PR-G 158 allows you to discover one of the most spectacular landscapes on the Galician coast, in the heart of A Costa da Morte (The Coast of Death).

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 everchanging 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.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Ruins of O Soberano Castle	43°07.459' N	009°11.066' W	29T	484998	4774636


Cementerio de los Ingleses
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 (Concello de 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	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

68-I Camariñas, 43-III Camelle, 67-II Muxia.


FURTHER INFORMATION

Concello de Camariñas

Tel.: 981 737 004

correo@camarinas.dicoruna.es

www.camarinas.net

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



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



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Lugar do Couso	43°57.803' N	007°06.601' W	29T	654143	4758482
Bridge over the Navia river	42°55.562' N	007°03.884' W	29T	657951	4754392

how old these trails are. Crossing Sevane, whose cherry trees produce exquisite fruit, you will return to the Donsal River at Ferverza 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.



Departure point



► ACCESS

From the A-6, take exit 456 and follow the LU-P-0708 for 10.4 km. At this point, continue along the LU-P-0708 for 4.5 km. You will see a sign board for the trail by the side of the road.

► LENGTH

15.3 km (the main route is 14 km and the derivation is 1.3 km out and back).

► DEPARTURE POINT / ARRIVAL POINT

Lugar do Couso/Bridge over the Navia River (Concello de Becerreá).

► ROUTE

Lugar do Couso, Quintá, Fonte dos Corzos, Sevane, Ferverza de Sevane, Lugar de Buisán, Lugar da Arroxiña, Bridge over the Navia River.

► DIFFICULTY

Medium.

► DURATION

4 hours 50 minutes.

► SERVICES

In Becerreá.

► 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

99-I Córneas.



FURTHER INFORMATION

Asociación Castaño y Nogal

Tel.: 981 126 069

contacto@asociacioncastanoynogal.com

www.asociacioncastanoynogal.com

J. Taboada

(see page 266)

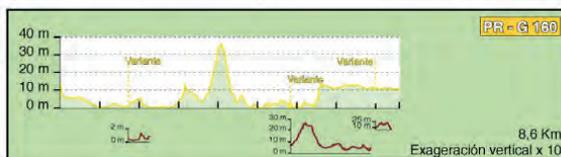
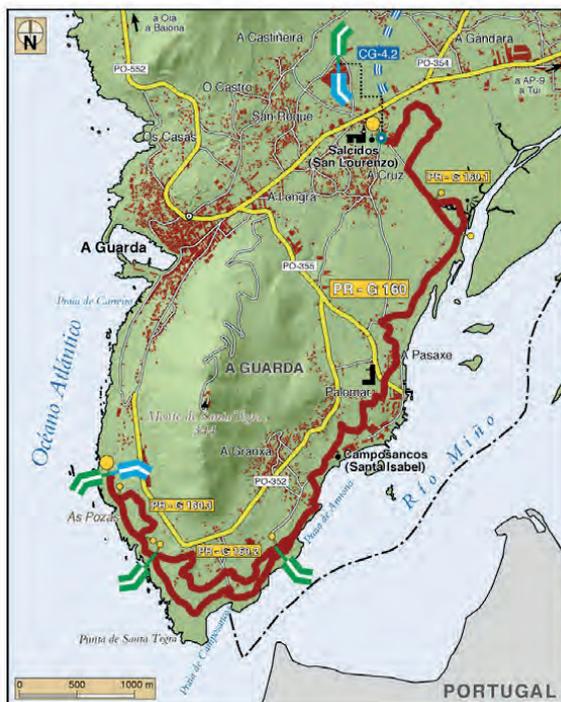


This interesting region can be found in the southwest corner of Galicia, where the Miño River flows into the sea. Because of its great natural and scenic value, it has been named the Baixo Miño SCI and Esteiro do Miño SPA. The trail accompanies the Miño River through this space on its final kilometres 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 Insua, 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

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
San Lorenzo de Salcidos Church	41°54.533' N	008°51.168' W	29T	512208	4639670
As Pozas	41°52.941' N	008°52.871' W	29T	509859	4636721



Ornithological observation tower



► 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 (Concello da 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

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

Partially suitable.



CARTOGRAPHY I.G.N. 1:25.000

298-IV A Guarda, 299-III Salcidos.



FURTHER INFORMATION

Concello da Guarda

Tel.: 986 614 546

turismo@aguarda.es

turismoaguarda.es

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

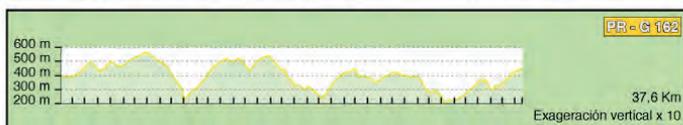
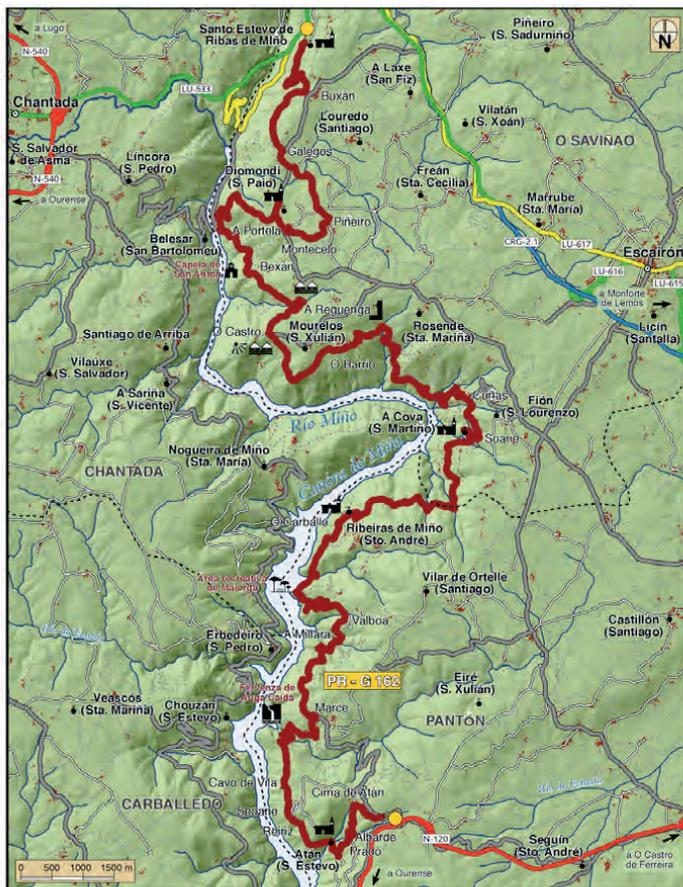


San Martiño da Cova Church

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



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Santo Estevo de Ribas de Miño Church	42°37.086' N	007°42.393' W	29T	606078	4719217
Cima de Atán	42°30.302' N	007°41.623' W	29T	607324	4706678

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.



► ACCESS

Take LU-533 from Chantada in the direction of Monforte de Lemos. After crossing the Belesar Viaduct, take the turn-off for Santo Estevo de Ribas de Miño Church.

► LENGTH

37,6 Km

► DEPARTURE POINT / ARRIVAL POINT

Santo Estevo de Ribas de Miño Church (Concello do Saviñao)/Cima de Atán (Concello de Pantón).

► ROUTE

Santo Estevo de Ribas de Miño Church, Lugar de Galegos, San Paio de Diomondi Church, Belesar, Lugar de Bexán, Lugar da Reguenga, Lugar de Soane, San Martiño da Cova Church, Santo André de Riberlas de Miño Church, Maiorga Recreation Area, Lugar da Millara, Lugar de Marce, Auga Caida Waterfall, Lugar de Cabo de Vila, Lugar de Reiriz, Santo Estevo de Atán Church, Cima de Atán.

► DIFFICULTY

Very high.

► DURATION

12 hours.

► MATERIAL

Hiking boots with non-slip soles.

► SERVICES

In Escalirón and O Castro de Ferreira.

► 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 / ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

155-I Chantada, 155-III A Barrela, 155-IV O Castro de Ferreira.



FURTHER INFORMATION

Concello do Saviñao
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www.concellososaviniao.com

Asociación Vecinal do Saviñao
asociacionvecinaldosaviniao@gmail.com
www.aavvdosaviniao.org

Concello de Pantón
Tel.: 982 456 005
turismopanton@hotmail.com
www.concellodepanton.es

Segatur S.L.
(see page 266)

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



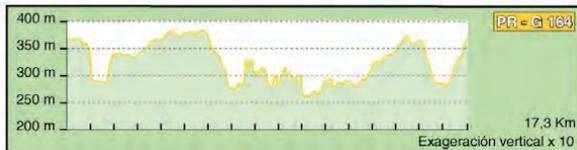
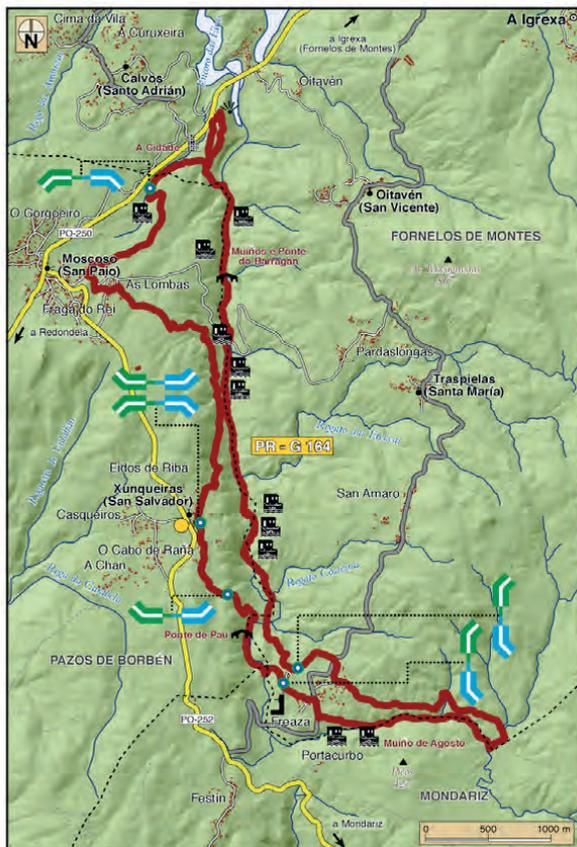
As Lombas

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 rio Barragán.

This incomparable walk culminates at the ruins of A Cidade. After the



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
0 Torreiro, O Cabo de Raña	42°18.005' N	008°29.372' W	29T	542077	4683222

settlement, continue up to As Lombas and close the loop by returning to 0 Torreiro in O Cabo da Raña.



0 Torreiro



A Cidade



Acueducto de A Cidade

► **ACCESS**

Take the PO-252 (Mondariz–Moscoso) to San Salvador de Xunqueiras Parish Church. Follow signs for 0 Torreiro and turn off at the junction. Continue 100 m to the square where the trailhead is located.

► **LENGTH**

17,3 km

► **DEPARTURE POINT / ARRIVAL POINT**

0 Torreiro. O Cabo de Raña (Concello de Pazos de Borbén).

► **ROUTE**

0 Torreiro (O Cabo da Raña), Levadas da Maruxa, Ponte de Pau, Freaza, Muiño de Agosto, Muiño do Cubo, Pasos do rio Barragán, Muiños do rio Barragán, A Cidade, Lugar das Lombas, 0 Torreiro (O Cabo da Raña).

► **DIFFICULTY**

Medium-High.

► **DURATION**

4 hours 45 minutes.

► **SERVICES**

In Moscoso.

► **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

186-II Beariz.



FURTHER INFORMATION

Concello de Fornelos de Montes

Tel.: 986 768 409

www.fornelos.gal

Concello de Pazos de Borbén

Tel.: 986 497 035

www.pazosdeborben.gal

Comunidades de Montes Veciñais

en man común de Traspelias, Calvos,

Moscoso e Xunqueiras

www.sendadobarragan.com

www.facebook.com/SendaBarragan

J. Taboada

(see page 266)

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Ponte	42°10.764'N	8°18.160'W	29T	557590	4669930



Pazo do Conde. O Feirón



Os Frades 'fridge'

Plus...

THE CAMIÑO DA RAÍÑA OR QUEEN'S ROAD

Lady Urraca supposedly took this route on her journey from the lands of Castilla to the convent of A Franqueira, in order to visit her properties in Galician territory.

It was a very important means of communication in the Middle Ages, as it served to connect Atlantic fishing ports with inland Galicia. A network of snowfields was created in which snow was accumulated to help keep produce fresh in the summer. The snowfield of A Franqueira, also known as Neveiro dos Frades, is located and can be visited in the Coto da Vella. It is estimated that it was originally almost six metres deep.

► ACCESS

From A Cañiza, continue on the P0-9402 road for 7.7 km until the intersection where the turn to A Ponte is indicated. Continue along this turn for 500 m to the bridge where the trailhead is located.

► LENGTH

16.3 km The different optional routes measure 1,000 m, 500 m, 11.9 km and 1.1 km. The deviations add a further 2 km.

► DEPARTURE POINT / ARRIVAL POINT

A Ponte (Concello da Cañiza).

► ROUTE

The main route runs through A Ponte, Lugar das Caldas, Muíño de San Paio, Fraga do Río Deva, Pazo do Conde de Cerevella, Parada das Achas, Fraga do Río Calvo, Camiño da Raíña, Lugar da Ibia, A Ponte.

► DIFFICULTY

High.

► DURATION

The main route takes 6 hours.

► MATERIAL

It is recommended that you be prepared for possible inclement weather and carry hiking boots, provisions and water.

► SERVICES

Off route, in A Cañiza.

► 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.

► RECOMMENDATION

Take great caution in areas near rivers and areas with wet ground.



CARTOGRAPHY I.G.N. 1:25.000

224-III Pontearreas, 224-IV A Cañiza, 262-II Arbo.



FURTHER INFORMATION

Concello da Cañiza

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



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.

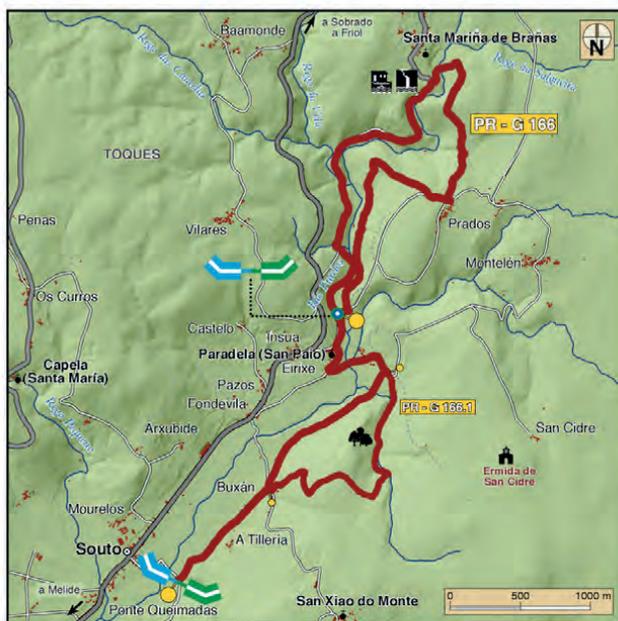
The trail runs parallel to the Furelos River, heading north towards the Serra do Careón mountains. In the first section, you will enjoy flat terrain, walking under the dense shade of chestnut trees to Paradela and Eirixe. Along this leg, there is a variation that splits off from the main route and runs 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

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
100 m from A Ponte da Grela	42°57.908' N	007°58.141' W	29T	584081	4757459
Outbound section of PR-G 166	42°58.913' N	007°57.285' W	29T	585222	4759333



Departure point



Plus...

SANTO ANTONIÑO DE TOQUES

Romanesque Santo Antoniño 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!.

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 (Concello de Toques).

ROUTE

A Ponte da Grela, Lugar de Buxán, Paradela, Lugar de Eirixe, Muiño da Ferverza, 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.



CARTOGRAPHY I.G.N. 1:25.000

96-II Toques.



FURTHER INFORMATION

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J. Taboada

(see page 266)

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



Casa Grande do Herdeiro

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



Gate. Casa Grande do Herdeiro



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
250 m from A Ponte da Grela	42°57.820' N	007°58.151' W	29T	584069	4757295

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.



► 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 250 m.

► LENGTH

9.2 km (the main route is 9 km and the derivation is 200 m out and back).

► DEPARTURE POINT / ARRIVAL POINT

250 m from A Ponte da Grela (Concello de Toques).

► ROUTE

A Ponte da Grela, Lugar da Tillería, Lugar de Buxán, Paradela, Deviation to the hermitage of San Cidre, Lugar de San Xiao, Castro de San Xiao, A Ponte da Grela.

► DIFFICULTY

Medium.

► DURATION

2 hours and 45 minutes.

► CONNECTIONS

With 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.



FURTHER INFORMATION

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J. Taboada

(see page 266)

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



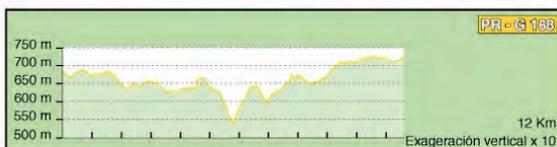
This is another trail in the municipality of Toques network whose main attraction is O Forno dos Mouros, one of the most important megalithic monuments in Galicia. The route is almost circular, beginning in the village of Mirallos and ending 900 m from the same spot. If you follow the trail clockwise, 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.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Mirallos	43°00.818' N	007°57.815' W	29T	585030	4762856
Monte do Peneiral	43°00.774' N	007°57.732' W	29T	584571	4762774



Road to O Couso



Baamonde

Plus...

FORNO DOS MOUROS

Dolmens are Neolithic structures made up of large flat stones. In Galicia, dolmens took on a special size due to the abundance of granite. The ingenuity of their construction is astounding. Legend tells that fabulous treasures are buried beneath Galicia's dolmens. What we do know is that they were associated with important funerary rites.

Forno dos Mouros, a dolmen dating from 3,000 BC, is situated on the king's highway that linked As Pontes de García Rodríguez with the Port of Bares, a route along which more than 80 tombs have been catalogued.

Although it is not possible to visit the tomb, the inside is decorated with horizontal zigzag lines, alternating between red and black.

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 / Monte do Peneiral (Concello de Toques).

ROUTE

Mirallos, Lugar da Casavella, Santa María de Brañas Church or O Acibadoiro Church, Baamonde, O Forno dos Mouros Dolmen, Monte do Peneiral.

DIFFICULTY

Medium.

DURATION

3 hours.

CONNECTIONS

With 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, 71-IV As Cruces.



FURTHER INFORMATION

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(see page 266)

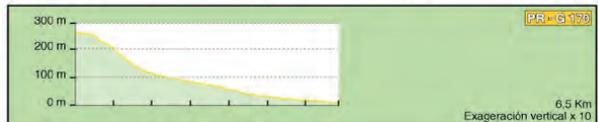
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



One of the four trails in the Rutas do Salnés network, located in the heart of the Rias 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 María 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.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
A Armenteira	42°27.859' N	008°44.555' W	29T	521164	4701362
Roundabout VG-4.2	42°29.590' N	008°46.444' W	29T	518566	4704559



► 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 (Concello de Meis) / Roundabout VG-4.2 (Concello de Ribadumia).

► ROUTE

A Armenteira, Muiños do Concello de Meis, Serradoiro do Souto, Aldea Labrega, Os Muiños de Meis Recreational Area, Muiños do Concello de Ribadumia, 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. Prohibited access on horseback.



CARTOGRAPHY I.G.N. 1:25.000
185-I Meaño.



FURTHER INFORMATION

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Concello de Ribadumia

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Deputación de Pontevedra

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www.depo.gal

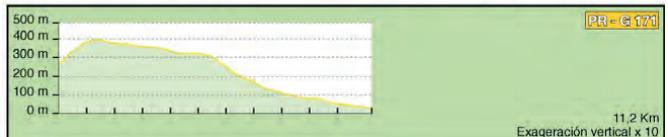
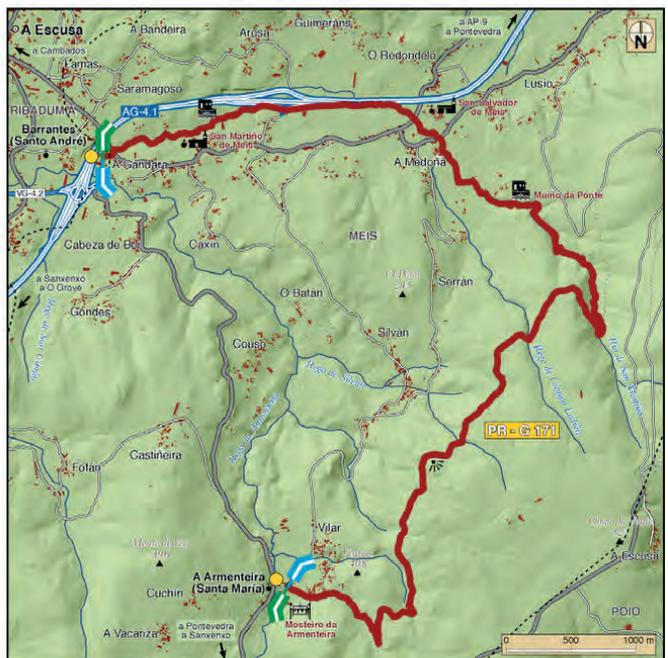
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



San Martiño River

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.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
A Armenteira	42°27.852' N	008°44.482' W	29T	521264	47011349
A Gándara	43°18.619' N	007°29.829' W	29T	519853	4704688

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.



Plus...

A ARMENTEIRA MONASTERY

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.

► ACCESS

A Armenteira, next to the Santa María da Armenteira Monastery car park.

► LENGTH

11,2 km

► DEPARTURE POINT / ARRIVAL POINT

A Armenteira / A Gándara (Concello de Meis).

► ROUTE

A Armenteira, San Martiño River, Muíño da Ponte, San Salvador de Meis Church, San Martiño de Meis Church, Lugar da Gándara.

► DIFFICULTY

Medium.

► DURATION

3 hours and a half.

► CONNECTIONS

With the PR-G 170 and PR-G 172.

► 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

Fully suitable.

► ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

185-I Meaño.



FURTHER INFORMATION

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 www.depo.gal

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



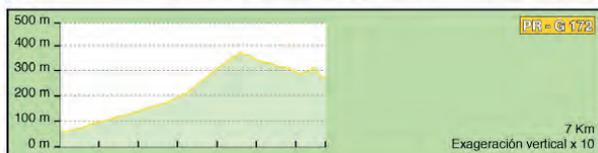
Path along the Chanca River

This new trail runs along the western part of the O Salmés 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 Pontillón 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 fourmetre stone wall will indicate that you have reached the grounds of A Armenteira Monastery. Walk around the convent to the centre of the village.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Ponte de Caxoi	42°26.043' N	008°46.951' W	29T	517889	4797994
A Armenteira	42°27.852' N	008°44.482' W	29T	521264	47011349



Pontillón Mill



Cruceiro, Armenteira Monastery

ACCESS

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

LENGTH

7 km

DEPARTURE POINT / ARRIVAL POINT

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

ROUTE

A Ponte de Caxoi, Muíños de San Miguel de Lores, Muíños de Sta. Maria de Simes, Muíño do Pontillón, Lugar de Valboa, Muíños da Buraca, A Armenteira.

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.


CARTOGRAPHY I.G.N. 1:25.000

185-I Meaño.


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

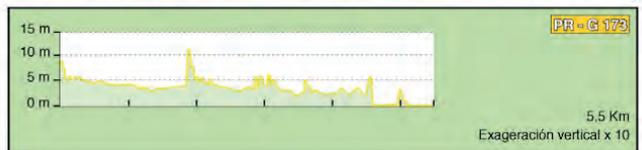
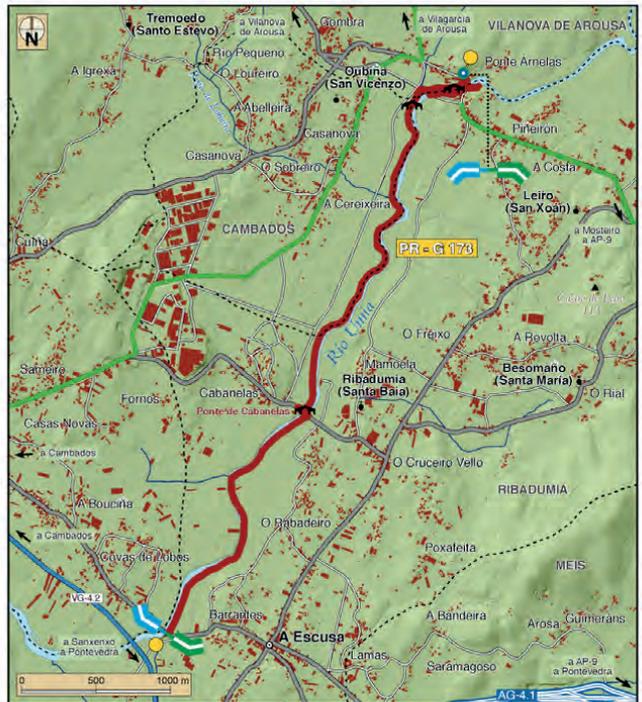


Start Panel. Umia River

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 Rias 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

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Bridge over Umia River	42°30.123' N	008°46.611' W	29T	518335	4705545
Ponte Arnelas	42°32.132' N	008°45.143' W	29T	520335	4709268



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 (Concello de Ribadumia).

ROUTE

Ponte de Barrantes, Ponte de Cabanelas, Ponte de Santa Marta, Ponte Arnelas.

DIFFICULTY

Low.

DURATION

1 hour and a half.

SERVICES

In Ponte Arnelas.

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
152-III Cambados.



FURTHER INFORMATION

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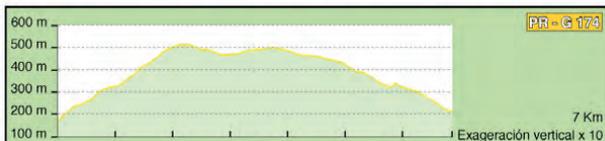


The village of O Freixo is located in the Municipality of Crecente, in the mountains that shape the course of the Miño River. This is the starting point for a circular trail leading up to the top of Coto da Cruz.

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.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Parish Church of O Freixo	42°09.599' N	008°11.948' W	29T	566159	4667850



Water spack in A Granxa



A Virxe do Camiño Chapel

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 (Concello de Crecente).

ROUTE

O Freixo, Mollapán, Muiño dos Tarendos, Lugar da Granxa, Miradoiro do Coto da Cruz, A Virxe do Camiño Chapel, O Cristo dos Aflixidos Chapel, Poza da Aradela, O Freixo.

DIFFICULTY

Middle-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, 262-II Arbo.


FURTHER INFORMATION
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Comunidade de Montes Veciñais
en Man Común do Freixo

Tel.: 630 586 637

www.rutadocotodacruz.com

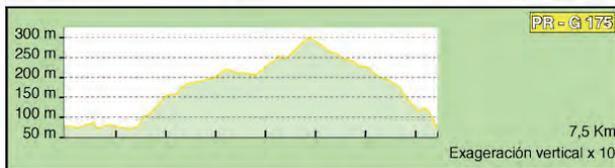
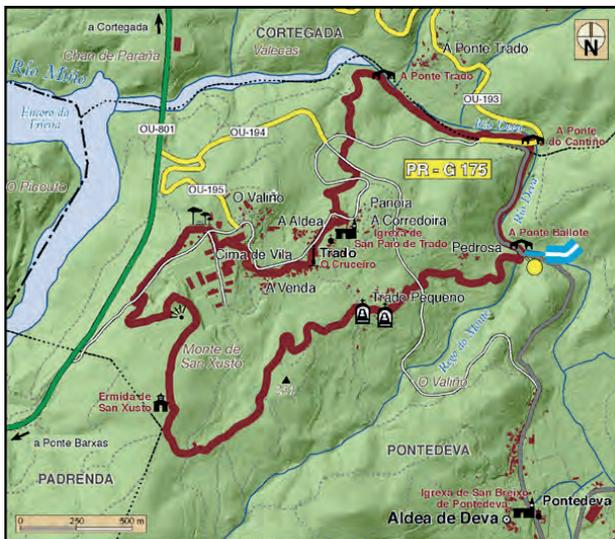
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



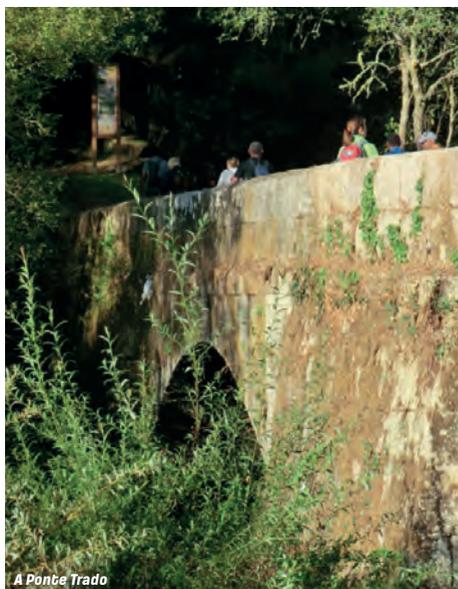
This trail showcases the exuberant nature surrounding the Deva river and leads to beautiful views over the Miño river. As it is a circular route, you can start at various points, such as the O Valiño or A Ponte Ballote motorhome area. The latter location is recommended as it also links to route PR-G 176.

From A Ponte Ballote, the route descends along the Deva river to reach A Ponte do Cantiño and continues to A Ponte Trado, an interesting mediaeval construction with probable Roman origins. Next, you will ascend up to Trado. A little further up, you will find the O Valiño motorhome area.

The route continues towards Monte de San Xusto. During the ascent, visit the viewpoint over the Miño river and the modest, renovated hermitage of San Xusto, which has tables and benches around it. The path then descends to the village of Trado Pequeno and continues until you reach A Ponte Ballote.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
A Ponte Ballote	42°10.529'N	8°08.268'W	29T	571220	4669620



A Ponte Trado


ACCESS

From the OU-410 road from Cortegada to Ponte Barxas, take the road towards A Ponte do Cantiño at the crossroads next to the bridge over the Deva. Following the old road to Pontedeuva, you will reach A Ponte Ballote.

LENGTH

7,5 km

DEPARTURE POINT / ARRIVAL POINT

A Ponte Ballote (Concello de Pontedeuva).

ROUTE

A Ponte Ballote, A Ponte do Cantiño, A Ponte Trado, Trado, O Valiño motorhome area, viewpoint, San Xusto hermitage, Trado Pequeno, A Ponte Ballote.

DIFFICULTY

Low.

DURATION

2 hours and 40 minutes.

CONNECTIONS

With PR-G 176.

SERVICES

In Trado and, off route ruta, in Aldea de Deva.

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 reservations. There are complicated sections; in some areas it may be necessary to carry your bicycle on your shoulder.

ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000
225-III Cortegada.



FURTHER INFORMATION
Concello de Pontedeuva
Tel.: 988 495 005
concello@pontedeuva.es
www.pontedeuva.es

Segatur S.L.
(see page 266)

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



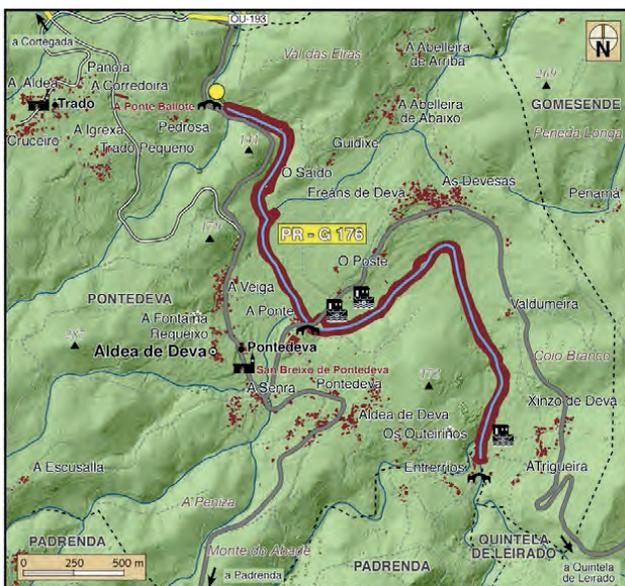
A Ponte Ballote

You can join this circular route at A Ponte Ballote, where it connects to PR-G 175, or in the Freáns recreational area, on the banks of the Deva river. The latter location is more recommended as it is better signposted.

From Freáns, an area with tables, grills and children's games, the route runs along the two banks of the Deva river. The waters of this river, which flow into the Miño, can be crossed at three points on this simple route: in Ponte Deva, in Entrerrios or in A Ponte Ballote.

The gently sloping path runs quietly along fishing paths, allowing you to enjoy the sight of old traditional hydraulic works that were once very important, as well as retaining walls, canals and mills.

The freshness of the riverside forest environment, permanently in shade and with predominantly deciduous trees such as maples, oaks, chestnuts, willows and birches, as well as leafy shrubby and herbaceous vegetation, make this trail a true delight for the senses.



Route



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Ponte Deva	42°09.955'N	8°07.965'W	29T	571640	4668560



Deva River



Freás Recreation Area

► **ACCESS**

From the OU-410 road from Cortegada to Ponte Barxas, take the road towards Aldea de Deva (capital of the municipality) at the crossroads next to the bridge over the Deva. Head towards the city hall and then take the road to Freás to reach the bridge over the Deva river.

► **LENGTH**

7 km

► **DEPARTURE POINT / ARRIVAL POINT**

A Ponte Deva (Concello de Pontedeva).

► **ROUTE**

A Ponte Deva, Entrerriros, Freás recreational area, A Ponte Ballote, A Ponte Deva.

► **DIFFICULTY**

Low.

► **DURATION**

2 hours and 20 minutes.

► **CONNECTIONS**

With PR-G 175.

► **SERVICES**

In Aldea de Deva and, off route, in Trado.

► **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

225-III Cortegada,
263-I Quintela de Leirado.



FURTHER INFORMATION

Concello de Pontedeva
Tel.: 988 495 005
concello@pontedeva.es
www.pontedeva.es

Segatur S.L.
(see page 266)

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

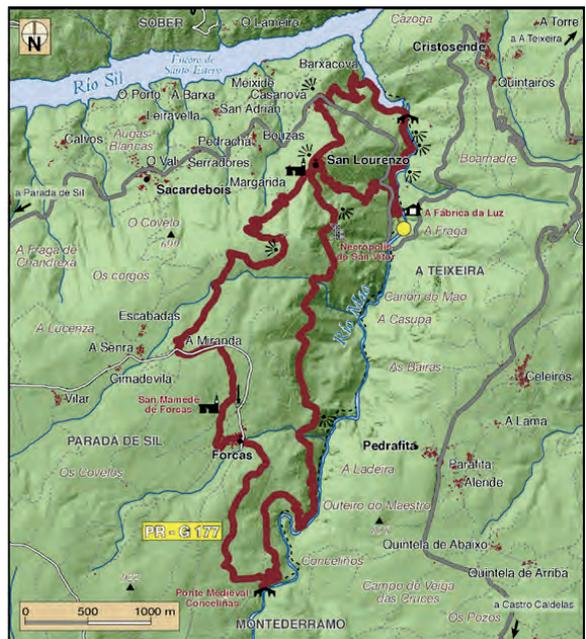


This path seems to fly over the impressive Mao River canyon. The route is made up of two rings that connect at San Lourenzo de Barxacova. You can start at A Fábrica da Luz hostel for a 16.5-kilometre route, or you can take the southern loop from San Lourenzo de Barxacova that is around 11.5 kilometres and avoids the steepest slopes.

From A Fábrica da Luz, the route descends parallel to the Mao river through some elevated wooden walkways that have beautiful views. At the end of the wooden promenade, the route continues along the left-hand bank until it reaches the village of Barxacova.

A steep ascent brings us closer to San Lourenzo de Barxacova, with its narrow streets and small church. The climb continues towards the towns of Miranda and Forcas, where the San Mamede church is located.

The path then returns along the course of the Mao river where you can visit the mediaeval bridge of Conceliñas, which is only a few metres from the route. The path continues parallel to the this newer canal and deviates towards Canle Vella (the old canal). Its then continues on to the enigmatic mediaeval necropolis of San Vitor. The path then returns to San Lourenzo de Barxacova and descends sharply towards A Fábrica da Luz.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Albergue: A Fábrica da Luz	42°22.565'N	7°29.749'W	29T	623845	4692715


ACCESS

From Parada de Sil on the OU-0605 towards A Teixeira. Turn towards San Lourenzo de Barxacova and later towards A Fábrica da Luz. Another option is to follow the OU-536 from Ourense to Trives. After passing Vallongo, turn left at Sistin and continue until Cristosende. Continue to Parada de Sil. After crossing the Mao river bridge you will see find the turning to San Lourenzo de Barxacova after the A Fábrica da Luz hostel.

LENGTH

16,5 km

DEPARTURE POINT / ARRIVAL POINT

A Fábrica da Luz (Concello de Parada de Sil).

ROUTE

A Fábrica da Luz, Barxacova, San Lourenzo de Barxacova, A Miranda, Forcas, necrópolis San Vitor, San Lourenzo de Barxacova, A Fábrica da Luz.

DIFFICULTY

Medium-High.

DURATION

6 hours and a half.

CONNECTIONS

With PR-G 224.

SERVICES

Off route, in Parada de Sil.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Not suitable.

ACCESS ON HORSEBACK

Not suitable.


CARTOGRAPHY I.G.N. 1:25.000

189-III O Castro de Caldelas.


FURTHER INFORMATION

Concello de Parada de Sil

Tel.: 988 208 010

concello@paradadesil.es

paradadesil.es

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

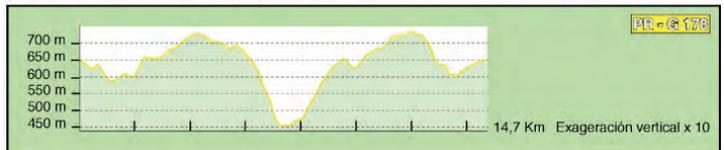
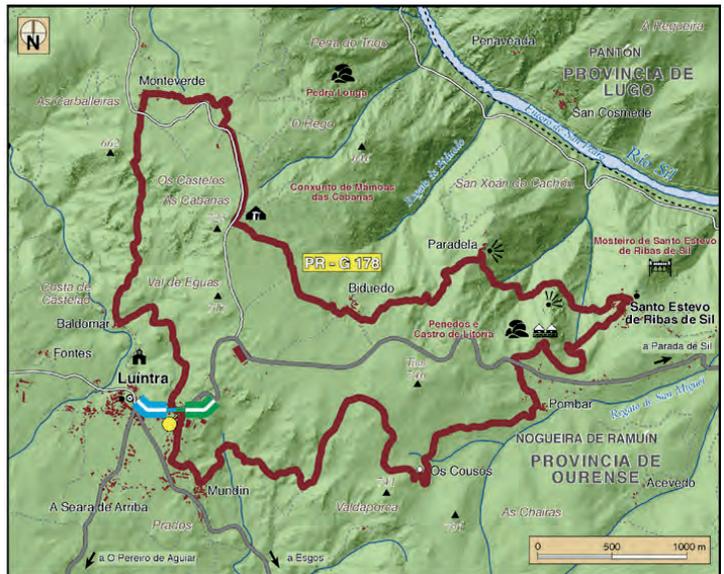


Parador of Santo Estevo

This is a circular route; you can start at Luintra, the capital of the municipality of Nogueira de Ramuín, or from Parador and monastery of Santo Estevo de Ribas de Sil. The route mainly follows wide paths and tracks, and intersects the Centro BTT Ribeira Sacra's Route 1 bicycle route on several occasions.

The landscapes vary between farmed fields and dense oak, chestnut and birch forests. This route offers magnificent views over the Sil River Canyon and an imposing panoramic view over the Santo Estevo monastery offered by the Castro de Litoria, which towers over large granite crags.

The name of the Maquino Largaño route means "long road" and is a tribute to barallete, the guild slang used among certain travelling traders, especially sharpeners and umbrella makers. It was used for cryptic purposes and was very well established in this area.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Luintra. Guardia Civil barracks	42°24.644'N	7°43.408'W	29T	605040	4696170



Way of Biduedo

Plus...

CASTRO DE LITORIA

Also known as *Penedos do Castro*, it represents a curious example of a small *citania*, a pre-Roman city that was refortified in the Middle Ages. It is believed to originate from the 6th century BC. It was used during the Iron Age and later abandoned, without being Romanised. It was subsequently reoccupied in the Suebi-Visigoth era, with it being occupied until the late Middle Ages (14th-15th centuries). Its functions were to monitor access to Santo Estevo and to serve as a refuge in case of danger.

ACCESS

From Ourense, Luintra can be accessed via the N-120 and then continuing on the OU-555, or from the OU-536 via the OU-508. The start of the route in Luintra is located next to the Guardia Civil barracks.

LENGTH

14,7 km

DEPARTURE POINT / ARRIVAL POINT

Luintra (Concello de Nogueira de Ramuín).

ROUTE

Luintra, Baldomar, Monteverde, Biduedo, Paradela, Santo Estevo de Ribas de Sil, Pombar, Mundín, Luintra.

DIFFICULTY

Medium-High.

DURATION

5 hours and a half.

SERVICES

In Luintra and Santo Estevo de Ribas de Sil.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Suitable with reservations. The entire route can be covered by bike, but there are some very technical areas. It is recommended that you instead ride on Centro BT's route 1, which runs alongside a large part of this route.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

188-I A Peroxa, 188-II Sober, 188-III Nogueira de Ramuín, 188-IV Parada de Sil.



FURTHER INFORMATION

Concello de Nogueira de Ramuín

Tel.: 988 201 023

www.nogueiraderamuin.com

turismo.ribeirasacra.org

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



From Castro de Abaixo, ascend a track that coincides with the old Camino Sur de Santiago, also called Camino de Invierno (the Winter Way). Between fields of work, meadows and some native forest, the climb will bring you closer to the village of Torbeo. It is recommended that you walk the route in this direction as this leaves the descent and walk along the Sil river to the end of the journey.

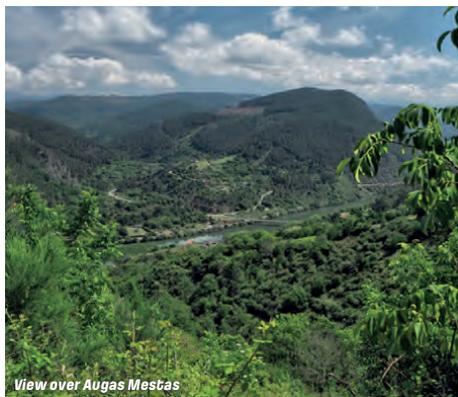
In Torbeo, the Romanesque church of Santa María (12th-13th century) is off the route but worth visiting. It belonged to the former priory of the friars of San Benito.

The route then descends to A Covela but, before arriving, appreciate the stonework in Pena Tallada. This path was carved by hand to allow people, animals and carriages to descend to A Covela. You can see spectacular views from a watchtower over the closed meander that forms the Sil river.

From A Covela, the trail runs along the river. It is largely paved and covered by a Mediterranean forest of cork oaks, Irish strawberry trees and holm oaks. At the end of the route, the path gently ascends to Castro de Abaixo.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Castro de Abaixo	42°27.207'N	7°21.406'W	29T	635120	4701430


Pena Tallada

View over Augas Mestas

Pena Tallada viewpoint
► ACCESS

Following the N-120 from Ourense and Monforte de Lemos in the direction of the region of Valdeorras, turn right after passing the brige of Augas Mestas over the river Sil to access Castro de Abaixo.

► LENGTH

13,5 km

► DEPARTURE POINT / ARRIVAL POINT

Castro de Abaixo (Concello de Ribas de Sil).

► ROUTE

Castro de Abaixo, Torbeo, Pena Tallada, A Covela, Sil River, Castro de Abaixo.

► DIFFICULTY

Low.

► DURATION

4 hours and a half.

► SERVICES

Off route, in Nogueira and in San Clodio.

► 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

189-I Torbeo, 189-II Quiroga.


FURTHER INFORMATION

Concello de Ribas de Sil

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www.concelloribasdesil.es

turismo.ribeirasacra.org

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

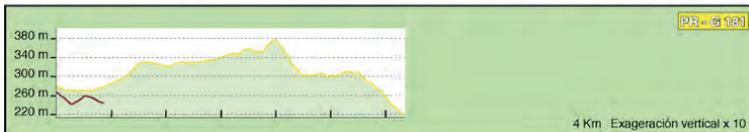
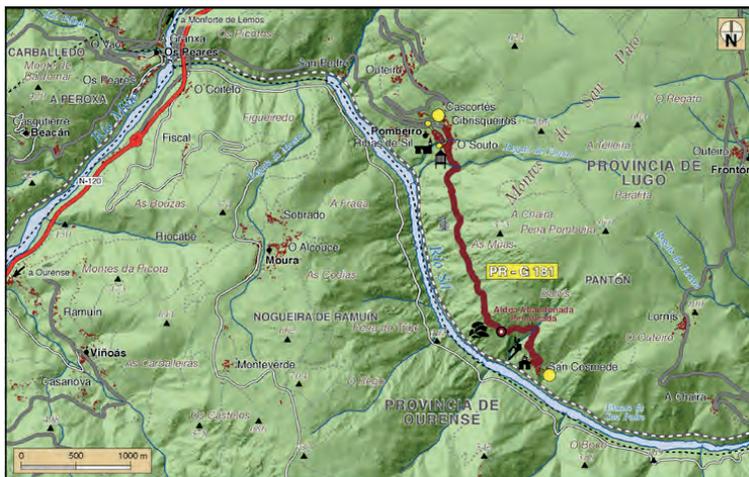


This route runs along the old road that linked Cibrisqueiros with San Cosmede. From the road, near a communal laundry, the route goes between the village's houses. Once you get to the height of the last buildings there is a turn to the right to the beautiful Romanesque church of San Vicente de Pombeiro (12th-13th century).

Continuing onwards, the path climbs up to some abandoned old buildings after crossing a stream. Soon, you will arrive at the tombs of O Preguntoiro, located a few metres from the path. These are two anthropomorphic tombs, a small pile and other remains, all carved out of granite stone.

The rocks take centre stage, forming a beautiful path. You can find a wall for climbing, as well as rocks of curious honeycomb shapes. The route then descends through Penaveada towards the small chapel of San Cosmede, where the Virgen de los Dolores is worshipped. Following a stretch between vineyards and old stone walls, you will reach the next village of San Cosmede.

The trees will part and allow you to see the Cañón del Sil occasionally. However, walking the route in autumn and spring will be a delight for the senses due to the wonderful hues of the vegetation.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Castro de Abaixo	42°26.923'N	7°42.070'W	29T	606810	4700415
San Cosmede	42°25.744'N	7°41.474'W	29T	607660	4698245


Anthropomorphic tombs of O Preguntoiro

Chapel of San Cosmede

San Cosmede, Santo Estevo de Ribas de Sil in the background
ACCESS

You can access the route from Ourense on the N-120 towards Monforte de Lemos. Turn in Os Peares, after crossing the Sil river. Continue towards the church of San Vicente de Pombeiro in O Priorato. The start of the route is indicated on a sharp curve.

LENGTH

4 km

DEPARTURE POINT / ARRIVAL POINT

Place of Cibrisqueiros in the parish of Pombeiro / San Cosmede (Concello de Pantón).

ROUTE

Cibrisqueiros, San Vicente Church, tombs of O Preguntoiro, Penaveada, San Cosmede.

DIFFICULTY

Low.

DURATION

1 hour and a half.

SERVICES

Off route, in Os Peares and in O Castro de Ferreira.

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

188-I A Peroxa.


FURTHER INFORMATION
Concello de Pantón

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

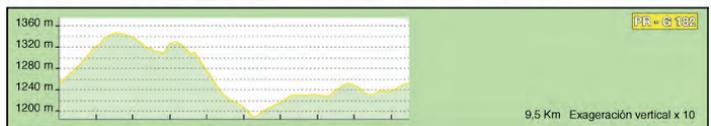
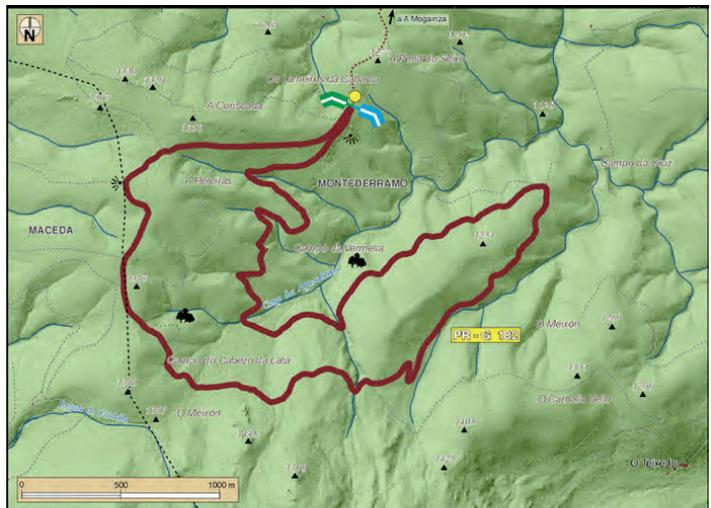


Route through the pine forest

The Bidueiral de Gabin is a birch forest (*bidueiros* in Galician) belonging to the parish of Gabin, on the north side of the Sierra de San Mamede. It is considered to be the southernmost birch forest in Europe, as this species is more typically found in Nordic countries.

You can access the starting point, Campo do Casar, via a dirt track that can be driven on by mountain vehicles; it is therefore recommended that you use the off-road taxi service available from the town of Montederramo. The access and the entire route follows forest tracks with gentle slopes, so they can easily be traversed on foot or by bicycle.

Birches in Spain rarely form a forest, although they are frequently found in the northern mountain ranges where, as in Montederramo, they are interspersed with holly, rowan, heather and berry trees. Along the route, we will also cross other areas of wild pine forest.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Campo do Casar	42°14.119'N	7°29.665'W	29T	624230	4677000



Montederramo. Indication of access to Bidueiral



Fountain and birch forest



Booth and route information

ACCESS

You can reach the route from Ourense via the OU-536 to Leboeiro. Turn right on the OU-0602 towards Montederramo. Pass Montederramo and take the detour to the right towards Gabin and A Mogainza. Upon reaching A Mogainza, turn right onto a dirt track that leads to Campo do Casar. This section is recommended for off-road vehicles.

LENGTH

9,5 km

DEPARTURE POINT / ARRIVAL POINT

Campo do Casar (Concello de Montederramo).

ROUTE

Campo do Casar, Bidueiral de Gabin, Campo do Casar.

DIFFICULTY

Low.

DURATION

3 hours. If you are starting A Mogainza and returning their (over 9 km round trip), add 3 more hours.

MATERIAL

Not recommended in winter. Snow is often found on this route because it often runs at above 1,200 meters of altitude. If you do walk it in winter, it is advisable to go prepared with warm clothes, hiking boots and poles. The route is away from urban centres. Bring provisions and water.

SERVICES

Off route, in Montederramo.

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
227-III Rebordechau.



FURTHER INFORMATION
Concello de Montederramo
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turismo.ribeirasacra.org

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

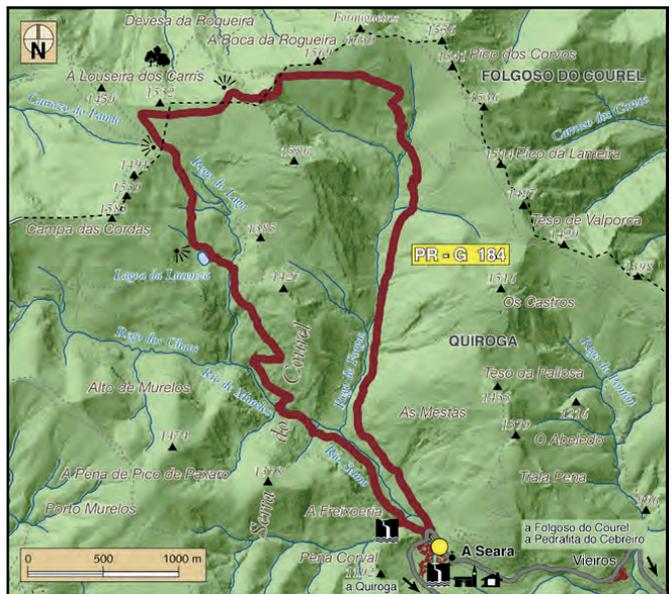


Path through the Selmo river valley

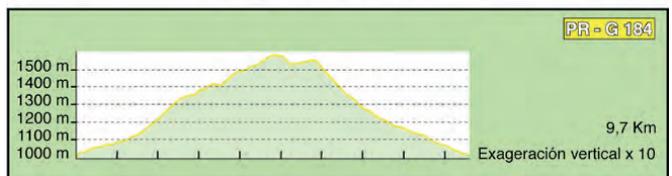
This route begins at the village of A Seara and ascends through the Selmo river valley. On the way, you will pass the O Fócaro waterfall.

The route's ascent reaches the glacial lagoon of A Lucenza and continues until Campa da Lucenza. The route's maximum altitude is over 1,500 metres, so the weather is extreme in both summer and winter. In winter, the path may even be buried under snow. This route is best in spring and autumn, when the temperature is milder and mountains are full of beautiful colour.

A wide track runs through the upper part of the mountain range, meeting the route from Campa da Lucenza to the vicinity of Alto de Formigueiros. Here, the path deviates along a small and ancient path to continue descending through the Forgas river valley and, finally, returns to the town of A Seara.



O Fócaro waterfall



LOCATION

Start in A Seara

LATITUDE	LONGITUDE	UTM ZONE	X	Y
42°34.527'N	7°05.734'W	29T	656295	4715430



A Seara



A Lucenza Lagoon

ACCESS

You can access the route from Ourense on the N-120 towards the Valdeorras region. Exit at Quiroga and continue on the LU-623 until you pass Santa Cubicia. Continue on the LU-5001 until Cruz de Outeiro and then on the LU-5004 until A Seara.

LENGTH

9,7 km

DEPARTURE POINT / ARRIVAL POINT

Bridge on the A Seara road (Concello de Quiroga).

ROUTE

A Seara, Lagoa da Lucenza, Campa da Lucenza, A Seara.

DIFFICULTY

Average.

DURATION

4 hours and a half.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

In A Seara and, off route, in Quiroga.

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

157-I Seoane do Courel, 157-III A Seara.


FURTHER INFORMATION
Concello de Quiroga

Tel.: 982 428 001

concellodequiroga.com
turismo.ribeirasacra.org

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



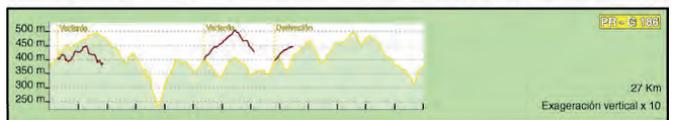
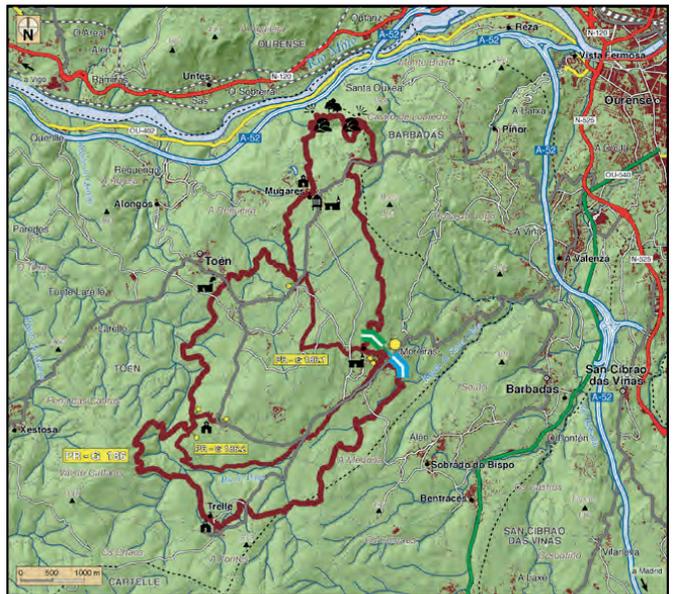
Medieval fountain and laundry in Mugares

This route is notable thanks to its spectacular views over the Miño river, as well as for the architectural wealth of the Toén town hall.

Starting in Moreiras, the route initially travels through the urban centre, which has well-preserved, well-built buildings, such as its square and fountain from 1895, the Casa del Patín or the baroque façade of the church of San Pedro.

This long route mainly runs along wide tracks, except for the old paths between villages and the winding paths found in the Coto Louredo forest. Along this path, areas of scrubland will alternate with dense forests that contain cork oaks, chestnuts, strawberry trees, oaks and holly trees.

In Coto Louredo, you can enjoy the views over the Miño river valley from the natural viewpoint and the Cima da Granxa cave or from Penedo Fendido. In Mugares, the route passes the hermitage of Las Angustias, as well as the church of Santa Maria and its blazoned rectory.



Source in Moreiras

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Moreiras	42°18.034'N	7°55.154'W	29T	589085	4683715



The route also visits the towns of Toén, Trellerma and Trelle with old houses and religious buildings worth visiting. There are two well-indicated deviations that allow you to shorten your walk.

► **ACCESS**

From Ourense via the OU-518.

► **LENGTH**

27 km (the main route is 26 km and the deviation is 1 km). The PR-G 186.1 deviation measures 2.7 km and the PR-G 186.2 deviation measures 4.8 km.

► **DEPARTURE POINT / ARRIVAL POINT**

Moreiras (Concello de Toén).

► **ROUTE**

Moreiras, Castro de Louredo, Mugares, O Fondón, Toén, Trellerma, Trelle, Moreiras.

► **DIFFICULTY**

Medium-High.

► **DURATION**

7 hours and a half.

► **SERVICES**

In Moreiras, Mugares, Toén and Trelle.

► **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 reservations.

► **ACCESS ON HORSEBACK**

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

187-IV Ourense,
225-II San Cibrao das Viñas.



FURTHER INFORMATION

Concello de Toén
Tel.: 988 261 074
www.toen.es

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

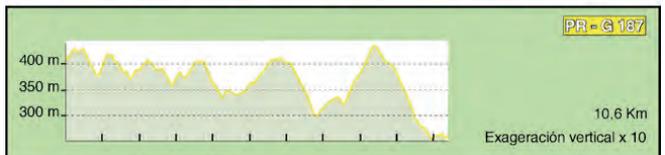


This path runs along the final section of the Soldón river, from the old Rugando smithy, now a rural tourism establishment, to the village of O Soldón, next to the Sil river. Since the route runs along the bottom of the river valley, we recommend that you walk this route downhill rather than uphill.

The locals are said to have taken the raw minerals from the O Courel mountains down this route to the forges located in the area. Starting at the Rugando Ironworks, head downhill along the left bank of the Soldón river. Soon, you will see the village of Paradapiñol on the other side of the river.

The route crosses some streams such as Regueiro do Barreiro and Regueiro de Rocboa. Further down, cross the Soldón where the Regueiro de Louredo flows into it, switching to the right bank of the river/ Carry on along this bank until you reach the end of the trail. The route goes past some old, abandoned apiaries and mills.

The descent, which is steep in places, will take you to O Soldón, where the trail ends near the recreational area under the viaduct.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Ferrería de Rugando	42°29.054'N	7°09.210'W	29T	651760	4705195
O Soldón	42°26.809'N	7°13.460'W	29T	646025	4700915



Rugando Smíthy



Descending towards O Soldón



Alvariza (old apiary)

ACCESS

You can reach the trail from Ourense on the N-120. After passing Quiroga, turn left towards Paradaseca at approximately kilometre 485.5. At the last crossroads, go left towards Paradaseca. Continue along the road until you reach Rugando.

LENGTH

10,6 km

DEPARTURE POINT / ARRIVAL POINT

Rugando / O Soldón (Concello de Quiroga).

ROUTE

Rugando, Soldón River, O Soldón.

DIFFICULTY

Middle-Low.

DURATION

4 hours and a half.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

Off route, in Quiroga.

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 reservations.

ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

189-II Quiroga, 190-I San Vicente de Leira.



FURTHER INFORMATION

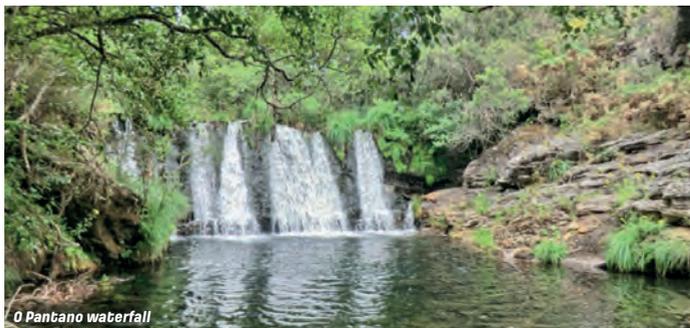
Concello de Quiroga

Tel.: 982 428 001

concellodequiroga.com

turismo.ribeirasacra.org

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

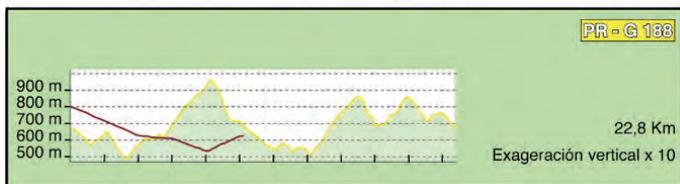


From the village of Zobra, this demanding route can be completed in its entirety. It can also be divided or shortened by an alternative route that leaves from the village itself. This alternate route is in close proximity to the public source.

Mountain landscapes, fields and native forests characterise this route. The path runs along steeply sloping roads, often paved with the remains of old wheel tracks. These roads have very little traffic and were once used by locals and miners.

In these mountains, there are still many remains of the apiaries or *alvarises* that protected honey and bees from the extinct bears of the Serra do Candán. You can also find buildings of high ethnographic value, such as the stone viaduct known as Ponte dos Medos or the remains of the tin mining operations that were so abundant on these high slopes.

From a viewpoint at Ameixedo, very close to the summit of Monte Coco, as well as from the top itself, the views extend over the mountains of Candán and Testeiro, all of them located at around 1,000 metres above sea level. Beneath its peaks, which are normally snowy in winter, deep valleys collect the waters that irrigate the beautiful lands of the Deza. From Coco, you can see the capital of the municipality of Lalín in the distance.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Zobra	42°34.035'N	8°12.137'W	29T	565475	4713070



Porto Martin bridge, Deza river



Ponte das Tenzas, Zobra river



Source, Zobra

► **ACCESS**

From exit 46 of the AP-53, at the height of Lalin, take the PO-534 towards Laro and Vilatuxe. At Vilatuxe turn left onto the PO-203. In 400 metres turn right towards Pinoi and Zobra. Continue for about 9 km.

► **LENGTH**

22.8 km The alternative route is 1.9 km.

► **DEPARTURE POINT / ARRIVAL POINT**

Zobra, in the location of Portela (Concello de Lalin).

► **ROUTE**

Zobra, Ponte das Tenzas, Ponte de Porto Martin, Porto Martin, Ameixedo, Coco, Ponte dos Medos, Cabana, Campa Valiño, Liñeiras, Zobra.

► **DIFFICULTY**

High.

► **DURATION**

9 hours.

► **MATERIAL**

When passing through a massif such as the Serra do Candán, it is recommended that you be prepared for possible inclement weather.

► **SERVICES**

Off route, in Vilatuxe and Lalin.

► **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 reservations. Very difficult areas with high slopes.

► **ACCESS ON HORSEBACK**

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000

153-IV Soutelo de Montes, 154-III O Irixo.



FURTHER INFORMATION

Comunidade de Montes de Zobra

Tel.: 986 784 592 / 608 061 772

montesdezobra@yahoo.es

Concello de Lalin

Tel.: 986 787 060

lalin.gal

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



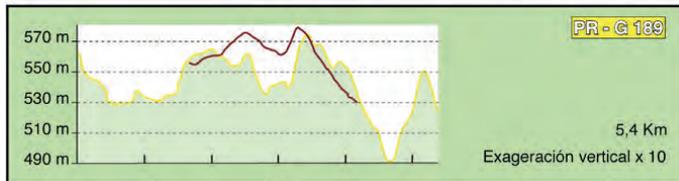
Bridge in O Irixo

From O Irixo de Arriba to Valdesoiro, the route visits places that have been populated since ancient times. Thanks to modern-day depopulation, nature has reclaimed its land and forests and silvicultural plantations border the route.

This route is flat and passes by the collapsed Valcobo mill, next to the Coedo river. A water channel brings you to an optional additional route that goes up to Coto do Castro, where you will find the barely visible remains of the rampart of Castro de Orros.

In Paredes, you will make a small detour to see the remains of its granaries. The path then descends to Os Casares and, after a small hill, will bring you closer to Valdesoiro.

On this route, we can find traditional mixed granaries made of stone and wood. These granaries do not normally rest on foundations, but on beams (walls or transverse pieces, the same width as the chamber) and have a slate or tile roof.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Irixe de Arriba	42°30.921'N	8°07.755'W	29T	571530	4707365
Valdesoiro	42°29.982'N	8°08.402'W	29T	570660	4705620



Plus...

THE GROUP OF GRANARIES

Although groups of granaries exist throughout Galicia, they are more prevalent in the province of Ourense and in the mountain ranges of Pontevedra. When a village is composed of attached houses and it is not possible to construct granaries next to houses, all the granaries in the neighbourhood are built together in a public or communal space on rocks and sterile land that has no other use.

ACCESS

From O Carballiño on the OU-202, or from Lalín on the PO-202. Turn at O Irixe towards Irixe de Arriba.

LENGTH

5,4 km. The deviation is 1.2 km.

DEPARTURE POINT / ARRIVAL POINT

Irixe de Arriba / Valdesoiro (Concello do Irixe).

ROUTE

Irixe de Arriba, Coedo River, Coto do Castro, Orros, Santa Mariña da Cidá Church, Rego da Cidá, Paredes (set of granaries), Os Casares, Valdesoiro.

DIFFICULTY

Low.

DURATION

2 hours and 10 minutes.

SERVICES

In O Irixe.

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

154-III O Irixe, 187-I O Carballiño.



FURTHER INFORMATION

Concello do Irixe

Tel.: 988 287 400

irixo.gal

Segatur S.L.

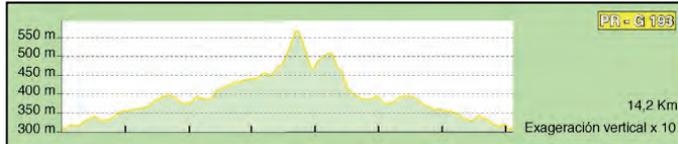
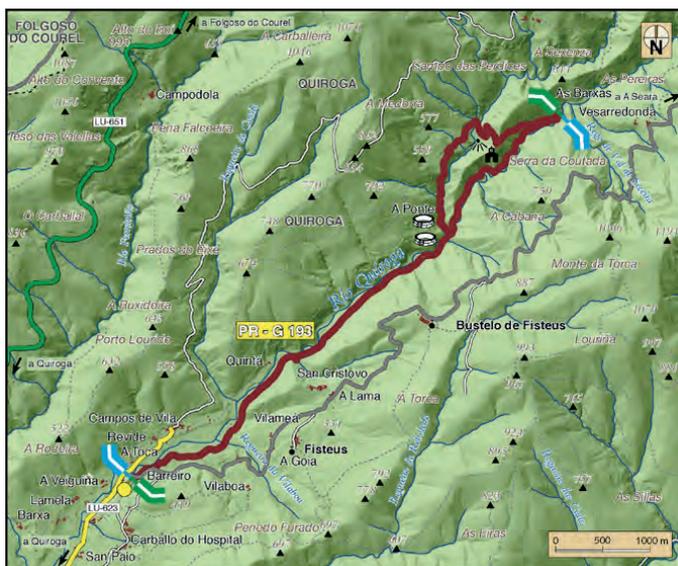
(see page 266)

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



The route starts at the A Seara motorway, at a point very close to the Campos de Vila crossroads. A dirt track takes you along the Quiroga river valley from this point to the village of Casa do Vello. After just over a kilometre, the path reaches A Rodela and passes through a tunnel under a large house. Afterwards, the track continues for about five kilometres to Casa do Vello, passing the O Chao do Toxo bridge. The indicated section has hardly any slopes, making it suitable for cycling, including beginner cyclists.

From Casa do Vello the route goes up a steep path to the hermitage of San Xoán and descends towards the Pacios river valley. You will reach the village of As Barxas, where the return journey begins through an oak forest, in the direction of the Os Barreiriños and O Chao do Toxo bridges. In this section, you will find some fairly well preserved old apiaries. Continue on to reach the point at which you began.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Road to A Seara	42°29.569'N	7°13.568'W	29T	645770	4706020



A Rodela



A Rodela



► **ACCESS**

From Quiroga, follow the LU-623 motorway. After passing Santa Cubicia, you will reach the Ponte Barreiro crossroads. Turn right towards A Seara. The start of the trail is only a few meters from the road intersection.

► **LENGTH**

14,2 km

► **DEPARTURE POINT / ARRIVAL POINT**

In Barreiro (Concello de Quiroga).

► **ROUTE**

Ponte Barreiro, A Rodela, Casa do Vello, capilla de San Xoán, As Barxas, A Rodela, Ponte Barreiro.

► **DIFFICULTY**

Middle-Low.

► **DURATION**

3 hours and 45 minutes.

► **SERVICES**

Off route, in Quiroga.

► **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

156-IV Salcedo, 157-III A Seara, 189-II Quiroga.



FURTHER INFORMATION

Concello de Quiroga

Tel.: 982 428 001

concello.quiroga@eidolocal.es

concellodequiroga.com

turismo.ribeirasacra.org

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



Muíño do Fachal

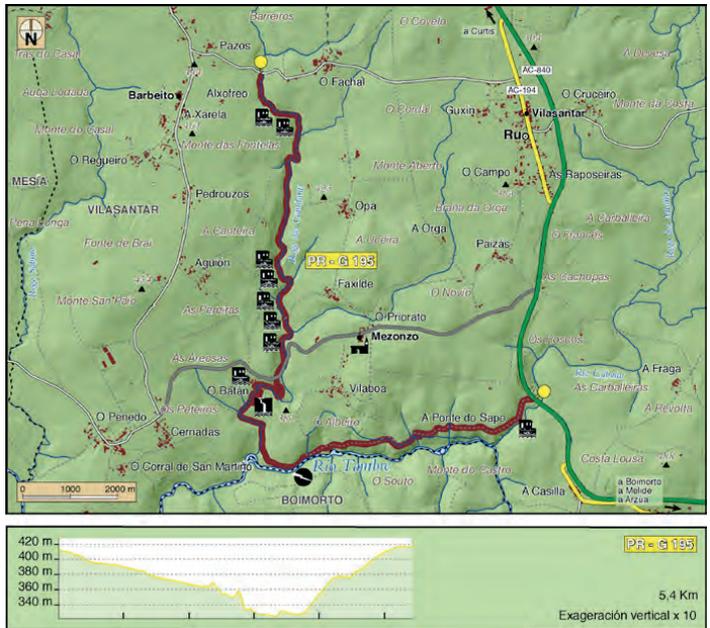
From the A Gándara bridge, the path descends along the bed of the Rego das Gándaras on a gently sloping path and follows the Tambre and Cabalar rivers upstream to A Ponte do Sapo, allowing you to enjoy an environment that serves as a backdrop for a beautiful ethnographic site formed of numerous mills and a fulling mill.

This journey of less than 6 km visits 22 hydraulic mills in varying states of conservation. This includes the restored Mezonzo fulling mill, which was used to repeatedly hit textile products such as felt and fabrics to make them firmer and more resistant. It is believed that the origin of this fulling mill may be related to the 12th century Mezonzo monastery, making it one of the oldest on the peninsula.

The trail is surrounded by lush vegetation, creating a wet and fresh ecosystem all year round. It is also home to numerous riverside trees, especially alder, willow, birch and hazel trees.



Fervenza do Batán (Waterfall)



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Ponte da Gándara	43°04.513'N	8°08.538'W	29T	569825	4769524
A Ponte do Sapo - AC-840	43°03.402'N	8°07.293'W	29T	571535	4767485



Muiño do Xuezo



Church of Santa María de Mezonzo

Plus...

THE PARISH CHURCH OF SANTA MARÍA DE MEZONZO
 Declared a historical-artistic monument, this church is notable for its late-12th-century Romanesque style, although its origin probably dates back to the 10th century. Originally, it was a monastery of great importance that had an extensive library. Its history is closely intertwined with that of its abbot Pedro de Mezonzo (930-1003), who became bishop of Iria Flavia - Santiago de Compostela and was later declared a saint.

ACCESS

First get to the town of Arzúa, in the centre of Galicia. Continue on the AC-1002 until you get to Corredoiras, continue on the AC-840 towards Curtis until km 30, where A Ponte do Sapo is located. To get to A Ponte da Gándara, continue 2 km to Vilasantar and turn left in Guxin, towards Barbeito. The start of the route is 500 metres after O Fachal.

LENGTH

5,4 km

DEPARTURE POINT / ARRIVAL POINT

A Ponte da Gándara / A Ponte do Sapo (Concello de Vilasantar).

ROUTE

A Ponte da Gándara, Muiño do Xuezo, Muiño do Fachal, Muiño de Freire, Os Pasos da Vella, Muiño de Opa, Muiño de Vasques, A Ponte de Faxilde, Muiño da Mera, Muiño do Batán, Batán de Mezonzo, Fervenza do Batán, Muiño de Cernadas, Tambre river, A Ponte do Sapo.

DIFFICULTY

Low.

DURATION

1 hour and 40 minutes.

SERVICES

Off route, in Vilasantar.

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
71-III Sobrado.



FURTHER INFORMATION
Concello de Vilasantar
 Tel.: 981 778 169
 correo@vilasantar.gal
 vilasantar.gal

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



Mount of O Castro

The start of the route can be found in O Seixo, next to the chapel of Nosa Señora das Angustias. The route crosses the nucleus of Prado and runs alongside a huge *hórrea* (more information in the next section).

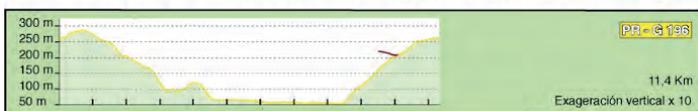
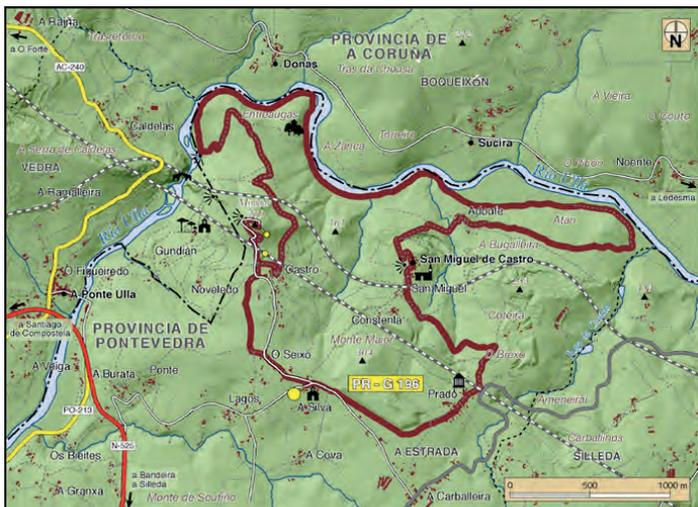
After walking through a mixed forest, you will reach San Miguel de Castro. Its church has undergone multiple interventions over the centuries, but it still retains Romanesque remains in its apse and triumphal arch dating from before 1115.

It descends to the Ulla River, running along its banks through a humid forest. Caution should be exercised in rainy seasons, since the channel may overflow onto the route itself. At a point marked clearly with an arrow, you must come off the route for 50 metres in order to enjoy an impressive view of the Gundián bridges, where the Ulla river creates a beautiful canyon.

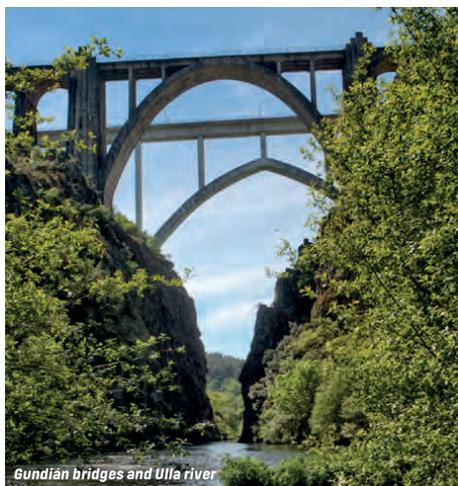
Before reaching the end of the route, it is highly recommended that you ascend to the O Castro viewpoint and enjoy the panoramic view of the Ulla river and the Gundián bridges. After your trip, you should visit to the Sanctuary of Gundián recreation area.



Church of San Miguel de Castro



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
O Seixo	42°46.388'N	8°23.065'W	29T	550360	4735805


Gundian bridges and Ulla river

Views over the Ulla river

Plus...

The word *hórrea* ('granary') is a local term that is not recognised by the Royal Galician Academy. It is used to define a particular type of granary. These *hórreas* are typical in the central regions of Galicia, on both banks of the Ulla river, and are distinguished from other granaries by their larger size, width and capacity.

ACCESS

From A Estrada, you can reach the trail via the N-640 and PO-2017 to O Seixo. From Santiago, take the N-525 and PO-2017.

LENGTH

11,4 km. The deviation measures 900 m there and back.

DEPARTURE POINT / ARRIVAL POINT

Capela das Angustias in O Seixo (Concello da Estrada).

ROUTE

O Seixo, Prado, San Miguel de Castro, Ulla river, Castro, O Seixo.

DIFFICULTY

Average.

DURATION

3 hours and 50 minutes.

MATERIAL

Hiking shoes.

SERVICES

Off route, in A Ponte Ulla.

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.

RECOMMENDATION

Avoid this route when the Ulla river is flooded.



CARTOGRAPHY I.G.N. 1:25.000
121-I Vedra.



FURTHER INFORMATION
Concello da Estrada
Tel.: 986 570 165
turismo.aestrada.gal

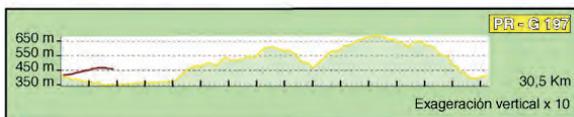
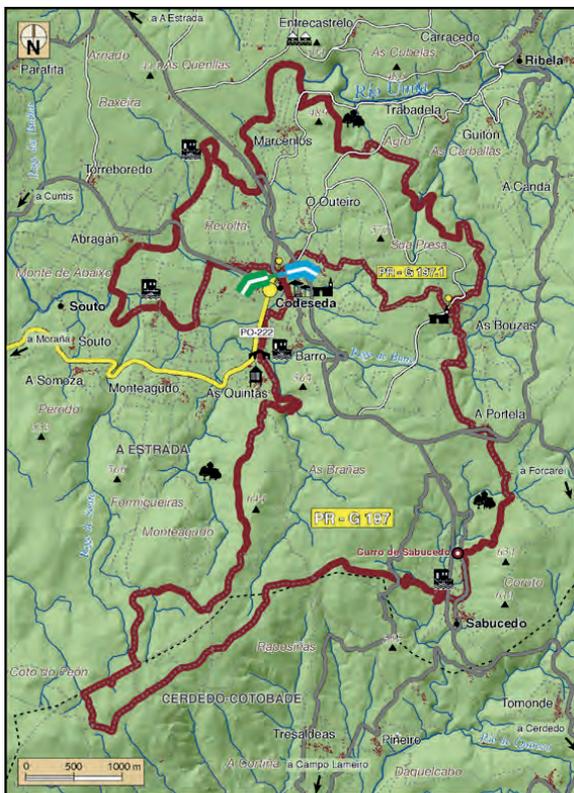
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



This long route begins at Codeseda and runs through the parishes of San Xurxo de Codeseda and San Lourenzo de Sabucedo. Given its length, it is recommended that you divide it into two loops, using the PR-G 197.1 route between the Guadalupe Sanctuary in A Agrela and Codeseda to close the two sections.

The trail runs through an area with abundant prehistoric archaeological sites, Middle-Age roads and monasteries, and more modern churches, granaries, *hórreas*, mills and bridges.

The landscapes and topography are diverse and have varying characteristics at different times of the year. River bank areas are mixed with native forests, as well as mid-mountain landscapes with meadows and conifers. In the latter landscape you can find wild horses that are part of Sabucedo's annual *rapa das bestas*.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Codeseda	42°37.162'N	8°26.247'W	29T	546135	4718700



Church of San Xurxo de Codeseda



Curro de Sabucedo

ACCESS

From A Estrada or Forcarei, you can access the route via the EP-7001 road.

LENGTH

30.5 km The variant measures 2.8 km.

DEPARTURE POINT / ARRIVAL POINT

Codeseda (Concello da Estrada).

ROUTE

Codeseda, Fontenlo, Fragoso, Umia river, A Agrela, A Portela, Vilaboa, curro de Sabucedo, Sabucedo, Couto Mosqueiro, As Quintás, Codeseda.

DIFFICULTY

Medium-High.

DURATION

9 hours and a half.

MATERIAL

It is recommended that you be prepared for possible inclement weather. You should bring hiking boots, provisions and water.

SERVICES

In Codeseda and Sabucedo.

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 reservations. Very technical areas.

ACCESS ON HORSEBACK

Fully suitable.

Plus...

SABUCEDOS'S A RAPA DAS BESTAS

Declared a Festival of International Tourist Interest, a rapa das bestas is held in early July and is probably the best-known event in Galicia. The aloitadores (fighters) face the horses as equals, without ropes or rods, and three men defeat the "beast" in a dangerous fight.

The tradition and celebration are born from the need to control the horses that live freely in the bush. The stallions and the bestas (horses and mares) are led from the mountains to fields where, tightly fastened, they are shaved, marked and microchipped.



CARTOGRAPHY I.G.N. 1:25.000
153-I Codeseda, 153-III Cerdedo.



FURTHER INFORMATION
Concello da Estrada
Tel.: 986 570 165
turismo.aestrada.gal

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



Descending towards the Lombo do Rocin

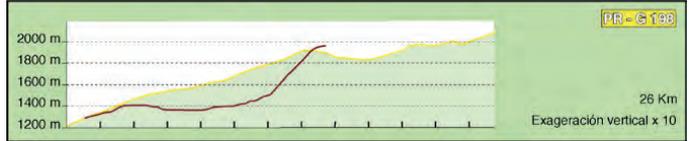
The route is linear and climbs from Vilanova to the vicinity of the Pena Trevinca summit. The route begins as a wide dirt track that forks after just 700 metres. To the left, it follows the main route (PR-G 198) towards Mount Maluro. To the right, it follows the variant route PR-G 198.1 towards the mines known as the "mines of the Germans".

The route and its variant connect in Poula de Campo Raso. From this point, the ascent becomes more alpine. The route passes through Lombo do Rocin, a place with a steep ridge, until it reaches the heights of Sestil Alto and A Valigota. At the end of the route, at the division between the valleys of the Xares and Tera rivers, you will find the summit of Pena Trevinca on your right.

You can return the way you came, via the variant route or via the other, connected trails.



End of the route. Tera Valley in the background



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Vilanova	42°16.006'N	6°53.770'W	29T	673510	4681540
Hill over the Xares river	42°14.651'N	6°47.727'W	29T	681880	4679240



Pena Negra and Pena Trevinca



Val de Meladas



Upper hill of Lombo do Rocin

► **ACCESS**

From A Rúa or from A Gudiña, on the OU-533 to Alto do Covelo. Turn towards A Veiga, continue to Xares and reach Vilanova in Concello da Veiga.

► **LENGTH**

26 km (mandatory round trip).

► **DEPARTURE POINT / ARRIVAL POINT**

Vilanova (Concello da Veiga). The end of the route (next to Pena Trevinca) has no vehicle access.

► **ROUTE**

Vilanova, Maluro, Lombo do Rocin, Xares river hill near Pena Trevinca, and return.

► **DIFFICULTY**

High. Mountain trail.

► **DURATION**

7 hours and a half.

► **CONNECTIONS**

Connected to PR-G 199 and PR-G 201. It is also connected to the PR-G 200 through the latter.

► **MATERIAL**

Warm clothes, even in summer. Water provisions. GPS and map.

► **SERVICES**

In Vilanova and, off route, in A Veiga.

► **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**

Accessible, although it requires a lot of effort.

► **ACCESS ON HORSEBACK**

Fully suitable.

► **RECOMMENDATION**

Mountain trail featuring limited signage and equipment. You must be aware of the weather. We recommend that you only undertake this climb in the summer with a GPS and a map.



CARTOGRAPHY I.G.N. 1:25.000

228-II Lamalonga, 229-I Lago de la Baña, 229-III Peña Trevinca.



FURTHER INFORMATION

Concello da Veiga

Tel.: 988 350 000
concello.aveiga@eidolocal.es
www.aveiga.gal

Segatur S.L.

(see page 266)

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



Pena Tevinca

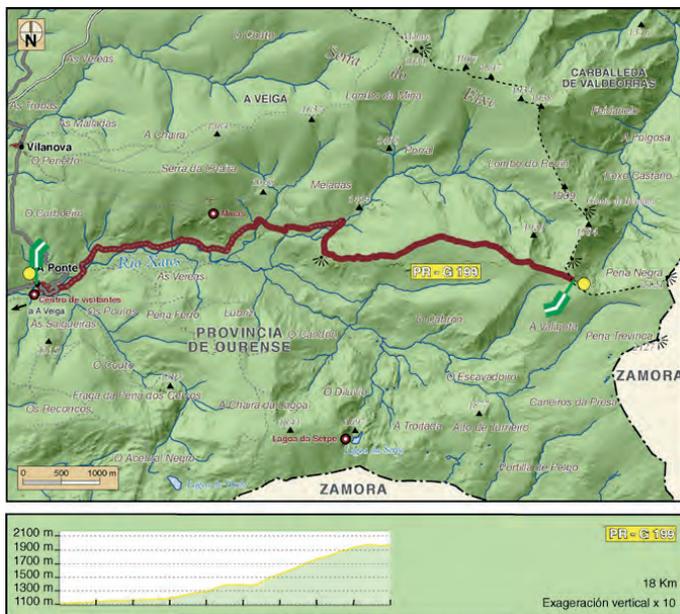
The path is linear and runs from A Ponte to Sestil Alto. The route begins in the plaza of the church of Santa María Madalena. You should not leave A Ponte without visiting the ZEC Pena Tevinca Visitor Centre or the Casa dos Vaqueiros, which has pre-Roman carvings in the stone of its exterior walls.

After crossing the Pontón de Pena Pausa, the route continues along a path between walls, towards the Pontón das Olgas. Before arriving there, the route ascends towards the Meladas river valley where it will briefly share its route with PR-G 198.1. Once separated from this variant and after crossing a wooden footbridge over the Meladas river, the ascent begins on the crest of Sestil Alto. From above, you can enjoy magnificent views over the glacial valley of the Xares River.

The route ends between the summit of Sestil Alto and A Valigota, where it connects to the PR-G 198. From there, you can access the summit of Pena Tevinca in just 1.8 km. You can return the way you came or via any of the connected routes.



Egravings in Casa dos Vaqueiros



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Ponte	42°15.046'N	6°53.648'W	29T	673720	4679765
PR-G 198 connection	42°14.963'N	6°48.520'W	29T	680775	4679790

► **ACCESS**

You can access the route from A Rúa or A Gudiña on the OU-533 to Alto do Covelo. Turn towards A Veiga, continue to Xares and reach A Ponte at Concello da Veiga.

► **LENGTH**

18 km (mandatory round trip). If you include the ascent to Pena Trevinca, the round trip is 21.6 km.

► **DEPARTURE POINT / ARRIVAL POINT**

A Ponte (Concello da Veiga). The end of the route that is linked to the PR-G 198 has no vehicle access.



► **ROUTE**

A Ponte, Pontón de Pena Pausa, linked to PR-G 198.1, Meladas river, Sestil Alto, hill at the source of the A Valigota river (PR-G 198 connection). And return.

► **DIFFICULTY**

High. Mountain trail.

► **DURATION**

7 hours.

► **CONNECTIONS**

With PR-G 200, PR-G 198.1 and PR-G 198. Through 200 and 198, it also links to PR-G 201.

► **MATERIAL**

Warm clothes, even in summer. Water provisions. GPS and map.

► **SERVICES**

Off route, in Vilanova and in A Veiga.

► **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.

► **RECOMMENDATION**

Mountain trail with reduced signage and equipment. You must be aware of the weather. We recommend that you undertake this climb in the summer with a GPS and a map. It is possible that you will have no mobile network coverage in some areas. Try to go in a group.



CARTOGRAPHY I.G.N. 1:25.000

228-II Lamalonga, 228-IV Porto, 229-I Lago de la Baña, 229-III Peña Trevinca.



FURTHER INFORMATION

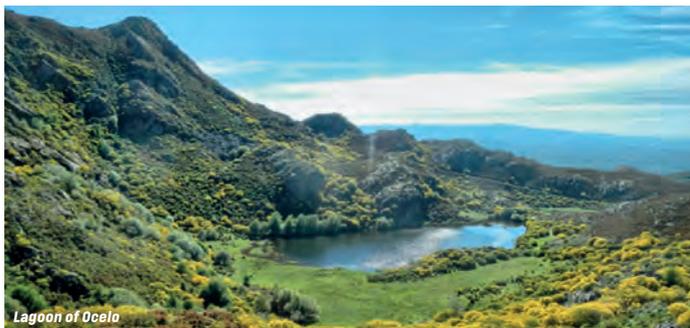
Concello da Veiga

Tel.: 988 350 000
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www.aveiga.gal

Segatur S.L.

(see page 266)

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

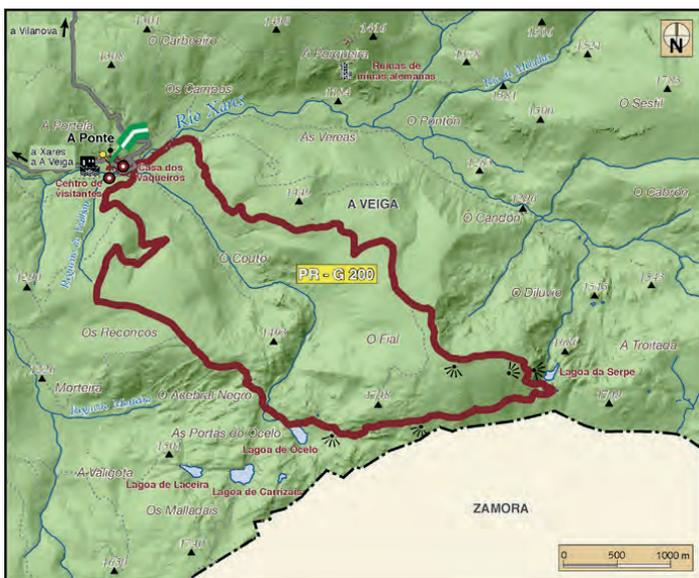


Lagoa de Ocelo

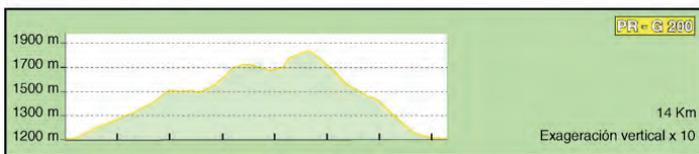
The village of A Ponte is the beginning and end of this circular mountain trail. The tour begins in front of the Church of Santa María Madalena and passes next to the old school-house, which has been converted into the ZEC Pena Trevinca Visitor Centre. Immediately, the path forks: the path ahead of you leads to a climb up O Fial mountain and Lagoa da Serpe (Serpent Lagoon) while the path to the right is lighter and leads first to Lagoa de Ocelo.

Choosing the latter, the route ascends until it reaches the metal fence of the Xares Game Reserve. The wide track continues to Lagoa de Ocelo (1,510 m). Then, a narrow mountain path heading east that skirts the foot of O Fial mountain reaches the Lagoa da Serpe, which is related to various legends.

To return, carry on walking uphill along a steep path to a magnificent viewpoint over the lagoon itself. The route follows some tracks that allow you to easily reach the rounded summit of O Fial (1,841 m), a place from which the entire Sierra de Trevinca and the valleys of Xares and Bibei can be seen. Descend to A Ponte via the Pena Ferro track and the As Calellas road.



Pico de Ocelo



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
A Ponte	42°15.037'N	6°53.658'W	29T	673710	4679750


On the way from the Lagoon of Ocelo to the Lagoon of a Serpe

View of Moncalvo from O Fial

Lagoon of A Serpe
ACCESS

You can access the route from A Rúa or A Gudiña on the OU-533 to Alto do Covelo. Turn towards A Veiga, continue to Xares and reach A Ponte at Concello da Veiga.

LENGTH

14 km

DEPARTURE POINT / ARRIVAL POINT

A Ponte (Concello da Veiga).

ROUTE

A Ponte, As Salgueiras, Lagoa de Ocelo, Lagoa da Serpe, O Fial, A Ponte.

DIFFICULTY

Medium-High. Mountain trail.

DURATION

5 hours.

CONNECTIONS

With the PR-G 201. Through this, the route also connects with the PR-G 198 and PR-G 199 trails.

MATERIAL

Warm clothes, even in summer. Water, provisions. GPS and map.

SERVICES

Off route, in A Veiga.

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

228-II Lamalonga, 228-IV Porto, 229-III Peña Trevinca.


FURTHER INFORMATION
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www.aveiga.gal

Segatur S.L.

(see page 266)

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



Lagoon of A Paraxe

The path runs along the border between the provinces of Ourense and Zamora. The journey begins at Portela da Serra Calva (1,520 m), also known as As Lagoas das Tabillas, on the border of the Concello da Veiga and the Zamora municipality of Porto de Sanabria. Here, there is an astronomical observation area, as the area has a broad view of the sky and no light pollution.

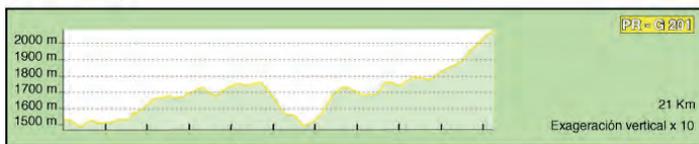
The route runs alongside many small seasonal lagoons called lagoallos. The presence of these small lakes and waterlogged areas (called brañas) is an indication of these mountains' glacial history.

The path visits the glacial lagoons of Ocelo and A Serpe, as well as the meadows and remains of huts formerly used by ranchers. From O Escavadoiro, the route climbs alongside the Xares river almost until its source. It then connects with other trails to get closer to the summit of Pena Trevinca.

The Integral da Serra Calva route is a total of 21 km, but you must reserve some strength for the return journey of the same length. Or go down to Vianova or A Ponte through other connected trails.



Connection with route PR-G198



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Portela da Serra Calva	42°10.333'N	6°56.627'W	29T	669835	4670945
Hill over the Xares river	42°14.651'N	6°47.727'W	29T	681880	4679240

► **ACCESS**

You can access the route from A Rúa or A Gudiña on the OU-533 to Alto do Covelo. Take the turning towards A Veiga. Then continue to Valdín and, in the direction of Porto de Sanabria, go up to As Tablillas, on the edge of the Concello da Veiga.

► **LENGTH**

42 km (mandatory round trip). There are shorter descent options on other routes.

► **DEPARTURE POINT / ARRIVAL POINT**

As Tablillas or Portela da Serra Calva (Concello da Veiga). The end of the route (next to Pena Trevinca) has no vehicle access.

► **ROUTE**

Portela da Serra Calva, Sestil da Calva, Lagoa de Carrizais, Lagoa de Ocelo, Lagoa da Serpe, O Escavadoiro, hill of the Xares river near Pena Trevinca, and return journey.

► **DIFFICULTY**

High. Mountain trail.

► **DURATION**

14 horas (both ways).

► **CONNECTIONS**

Connected to PR-G 200 and PR-G 198. It is also connected to the PR-G 199 through the latter.

► **MATERIAL**

Warm clothes, even in summer. Water provisions. GPS and map.

► **SERVICES**

Off route, in A Veiga.

► **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.

► **RECOMMENDATION**

The path is linear and at the end near Pena Trevinca, it entails a descent to a nearby town or returns along the same path. For this reason, it is necessary that you be aware of your schedule, since the whole route (there and back) can exceed 15 hours. It is recommended that you only walk this route in the summer. Precautions should be taken depending on the weather. It is not advisable that you travel this route alone.



As Tablillas astronomical viewpoint



Lagoon of A Serpe



CARTOGRAPHY I.G.N. 1:25.000

228-IV Porto, 229-III Peña Trevinca.



FURTHER INFORMATION

Concello da Veiga

Tel.: 988 350 000
concello.aveiga@eidolocal.es
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Segatur S.L.

(see page 266)

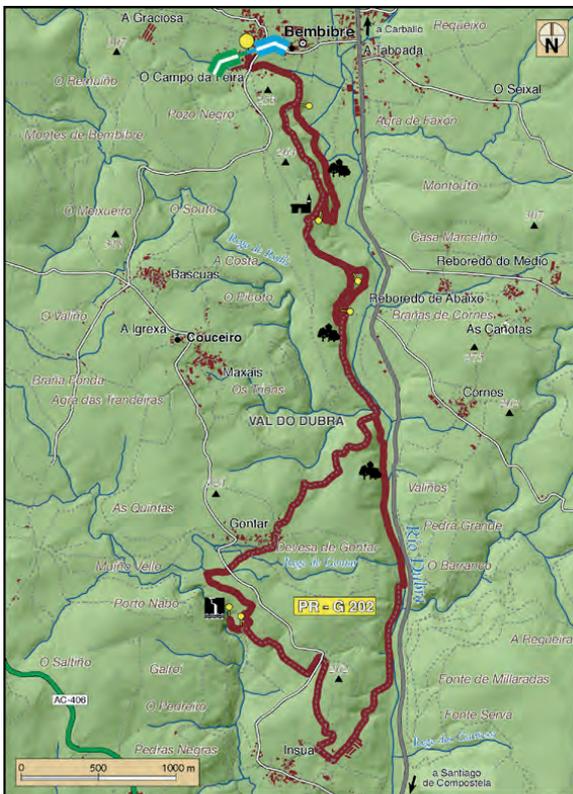
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



Circular path that begins and ends in O Campo da Feira de Bembibre. From this point, the route runs along the right-hand bank of the Dubra river to Insua de Santa Mariña de San Román, from which it returns to the beginning. On its way, there is a turn towards the Rego do Portonabo riverbed, a tributary of the Dubra, which forms a waterfall in two sections, adding about 10 meters of uneven passage.

The tour alternates fishing paths and trails, as well as agricultural farmland and meadows with forest areas. Among the latter, the route goes through repopulation areas and other native areas with holly, cork oak, laurel, oak and chestnut trees.

About two kilometres from the start, you will find the isolated chapel of San Xoán Bautista, a surprising find in this uninhabited area within the mountains of the San Martiño Couceiro parish. Built in the 17th century, it is believed to be standing on the remains of a primitive mediaeval temple. Once abandoned and in ruins, it was restored in the first decade of the 21st century to recover the numerous pilgrimage routes around it. Nearby is the source of Augas Virxes, considered to be miracle waters.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
0 Campo da Feira	43°01.427'N	8°39.891'W	29T	527307	4763511



Fervenza do Rexedoiro (waterfall)



Route in San Xoán



San Xoán hermitage

ACCESS

From Santiago de Compostela, take the DP-0701 in the direction of Carballo and, after crossing the Tambre river, continue on the DP-1914 until you reach Bembibre in the Val do Dubra municipality. The start is located in O Campo da Feira.

LENGTH

13.3 km. The variation covers 300 metres.

DEPARTURE POINT / ARRIVAL POINT

O Campo da Feira de Bembibre (Concello de Val do Dubra).

ROUTE

O Campo da Feira, O Rial, O Carqueixal, San Xoán chapel, Monte de San Román, Gontar, Fervenza do Rexedoiro, Insua, Dubra river, San Xoán chapel, O Campo da Feira.

DIFFICULTY

Middle-Low.

DURATION

4 hours and 15 minutes.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

In Bembibre.

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 reservations. Technical areas.

ACCESS ON HORSEBACK

Fully suitable.

RECOMMENDATION

You have to pay attention to the flood areas in the rainy season.


CARTOGRAPHY I.G.N. 1:25.000

69-IV Val do Dubra, 94-II Portomouro.


FURTHER INFORMATION

Concello de Val do Dubra

Tel.: 981 889 000

www.valdodubra.gal

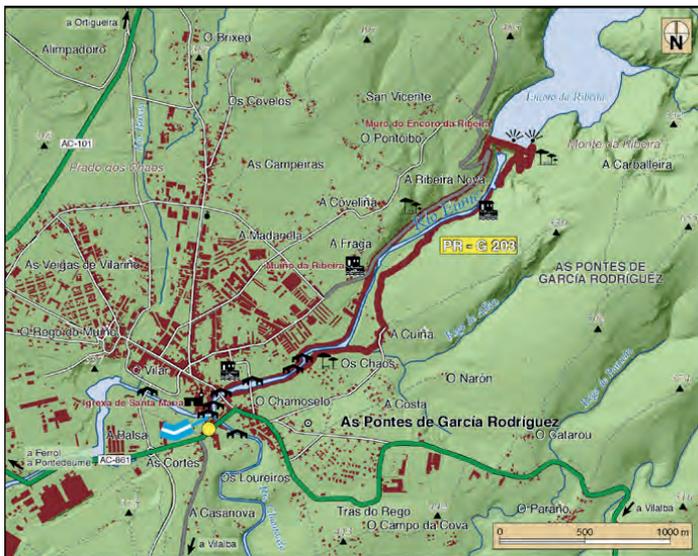
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



The route starts next to the emblematic Garcia Rodriguez bridge (1376), also known as *Ponte Vella* or *Ponte dos Ferros*. This construction is named after nobleman Garcia Rodriguez de Valcárcel, the lord of the lands on which he ordered it to be built.

After crossing a passageway, the route follows a wooden promenade next to the Eume river and the church of Santa Maria (16th century). Upon reaching the Isabel II Bridge, built in 1862, the trail crosses the river over a metal bridge and continues along the left-hand bank, ascending upstream, until it is located below the dam wall.

A short zigzag climb allows you to reach the recreational area of A Ribeira, the highest place on the route. You will then cross the dam and go down a pedestrian promenade next to the A Ribeira Nova recreational area. After passing the A Ribeira mill, the route enters the town again through the Parque do Eume. The end of the journey is reached at the Alende mill (1805), a large abandoned building. This route has an easy and attractive trajectory that coincides with the PR-G 147 trail several times.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Ponte dos Ferros	43°26.702'N	7°51.096'W	29T	592925	4810880
Muiño de Alende	43°26.777'N	7°51.015'W	29T	593030	4811020



Church of Santa Maria



Muiño da Ribeira

► ACCESS

As Pontes de García Rodríguez is an important town at the foot of the highway between Ferrol and Vilalba.

► LENGTH

6 km

► DEPARTURE POINT / ARRIVAL POINT

A Ponte dos Ferros / Muiño de Alende, both in the village of As Pontes de García Rodríguez (Concello das Pontes de García Rodríguez).

► ROUTE

A Ponte dos Ferros, Isabel II bridge, A Cuiña, A Ribeira recreational area, A Ribeira reservoir wall, A Ribeira Nova recreational area, Muiño da Ribeira, Parque do Eume, Muiño de Alende.

► DIFFICULTY

Low.

► DURATION

1 hour and 45 minutes.

► CONNECTIONS

With PR-G 147.

► SERVICES

In the town of As Pontes de García Rodríguez.

► 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

Not suitable.


CARTOGRAPHY I.G.N. 1:25.000

23-I As Pontes de García Rodríguez.


FURTHER INFORMATION

Concello das Pontes de García Rodríguez

Tel.: 981 453 116

info@aspontes.org

ven.aspontes.org/es/turismo

www.turismoaspontes.com

Club montaña O Caxado

www.clubmontañacaxado.es

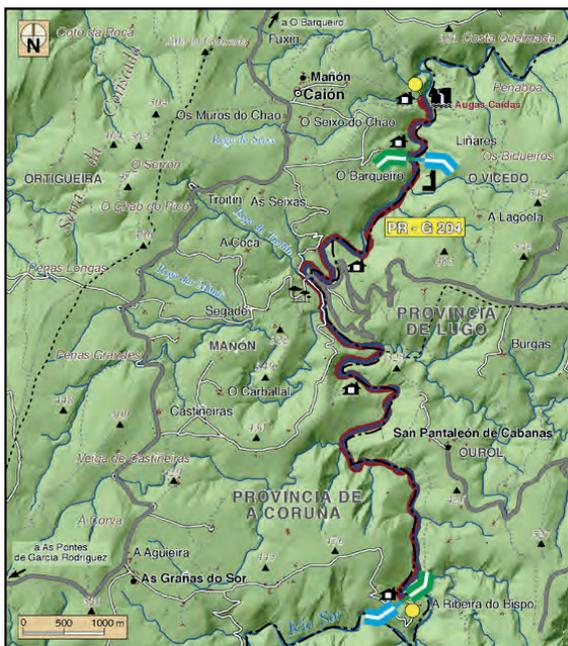
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  **Natural interest**
-  Landscape interest



Layout parallel to the Sor river. The environment is a forest on the Atlantic shore with lush vegetation where birch, alder, laurel, chestnut and oak trees dominate, as well as various species of ferns. Protected by a fertile nature, the Sor can boast of being rich in fish, with about 16 limited kilometres for recreational fishing. On the way you will find up to five fishermen's refuges, built on old mills in good condition.

From the Augas Caidas viewpoint and the O Couce refuge, the route descends sharply to the river and then slowly ascends towards the Salustio refuge. This section, about three kilometres long, is the route's steepest and most natural section, so it is important to wear good shoes and take care. The rest of the route is flatter and can even be cycled.

In the Ponte Segade recreational area, you will find the most comprehensive leisure complex on the entire route. It has numerous tables and a few cooking grills. It also has a hotel service, a playground, a river beach and facilities for bathers, with toilets and showers.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Ribeira do Bispo	43°35.076'N	7°43.309'W	29T	603190	4826530
Augas Caidas viewpoint	43°38.482'N	7°43.079'W	29T	603400	4832840



Aguas Caidas viewpoint



Bridge in the Cubelas refuge



Sor river

ACCESS

From the CP-4401 road that connects O Porto do Barqueiro with As Pontes de Garcia Rodriguez, take the turning in Grañas do Sor towards A Ribeira do Bispo and then another turn in the Mañón parish toward Augas Caidas.

LENGTH

12 km

DEPARTURE POINT / ARRIVAL POINT

A Ribeira do Bispo / Augas Caidas viewpoint - O Couce refuge (Concello de Mañón).

ROUTE

A Ribeira do Bispo, A Ribeira do Bispo refuge, O Cascón refuge, A Ponte Segade recreational area, Salustio refuge, Cubelas source, Cubelas refuge, Augas Caidas viewpoint and O Couce refuge.

DIFFICULTY

Middle-Low.

DURATION

4 hours.

SERVICES

In Ponte Segade and, off route, in As Grañas do Sor and O Porto do Barqueiro.

R.I.M. ROUTE INFORMATION METHOD

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

ACCESS BY BIKE

Partially suitable.

ACCESS ON HORSEBACK

Partially suitable.

RECOMMENDATION

Caution in the section from Augas Caidas to Fonte Cubelas, especially with children.


CARTOGRAPHY I.G.N. 1:25.000

8-1 Mañón.


FURTHER INFORMATION

Concello de Mañón

Tel.: 981 414 002

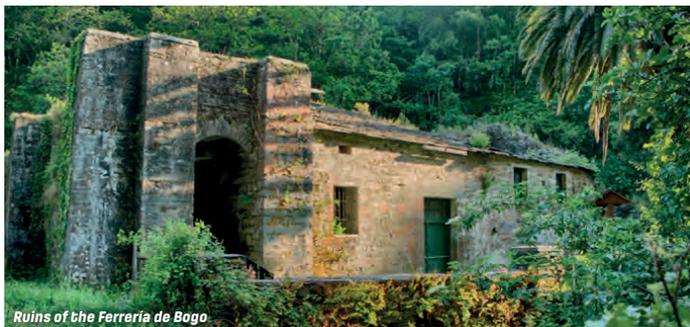
correo@manon.es

www.manon.es

Segatur S.L.

(see page 266)

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



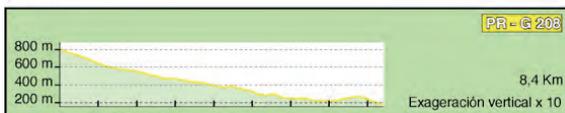
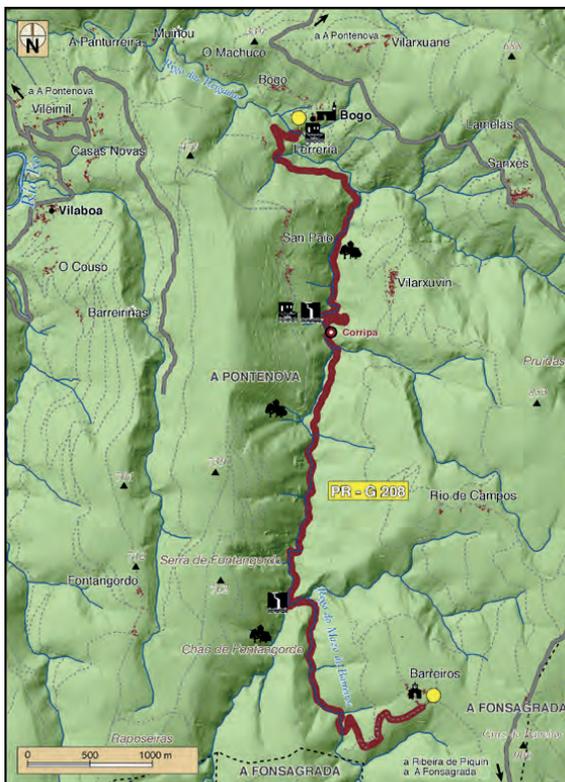
Ruins of the Ferreria de Bogo

The route follows fishing paths along the Rego de Bounote, which becomes Rego das Reigadas after joining the Rego do Bidueiro stream. The route is located in the Biosphere Reserve created by Unesco in 2007.

From Barreiros, a place of wide meadows, the trail begins a steep descent to the bottom of the valley, where it runs along the Rego do Mazo de Barreiros. The forest that surrounds the area is in a very good state of conservation and contains some centuries-old specimens of oak, chestnut, holly and hazelnut trees.

When you reach the Pozo da Chamosa waterfall, you will end up in the leafy Rego de Bounote. Going downhill, you will go past the Paradela bridge, the Encrucilladas wooden bridge and, a little further on, the As Reigadas mill and waterfall.

Along the route, you will see a multitude of bridges, traditional *ouriceiras* for storing chestnut husks and mills. The path ends next to the magnificent remains of the Bogo Ironworks.



Bridge in Encrucilladas

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Barreiros	43°16.065'N	7°8.361'W	29T	651000	4792230
Ferreria de Bogo	43°18.590'N	7°9.037'W	29T	649982	4796883



Start of the route in Barreiros



Bogo ironworks

Plus...

FERRERIA DE BOGO

This spectacular smithy, located in the parish of San Pedro de Bogo, uses the hydraulic force of the Reigadas River. It was founded by nobleman Pedro de Miranda to take advantage of his properties' iron wealth. It worked from 1534 until the end of the 18th century, when a fire left it ruined. It has recently been partially restored.

► ACCESS

You can access the route by travelling south from A Pontenova on local roads to Barreiros.

► LENGTH

8,4 km

► DEPARTURE POINT / ARRIVAL POINT

Barreiros / Ferreria en San Pedro de Bogo (Concello da Pontenova).

► ROUTE

Barreiros, Rego do Mazo de Barreiros, Pozo da Chamosa, Rego de Bounote, Ponte Paradela, Fervenza das Reigadas, Ferreria de Bogo.

► DIFFICULTY

Middle-Low.

► DURATION

3 hours.

► MATERIAL

Hiking boots and water are recommended.

► SERVICES

Off route, in A Pontenova.

► 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

49-I Santa Eulalia de Oscos.



FURTHER INFORMATION

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correo.apontenova@fegamp.gal

www.concellodapontenova.org

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



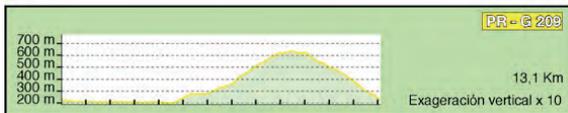
Pena Millares

The Eo river runs alongside this route for almost half of its journey. The riverbed is characterised by the great biodiversity that surrounds it. The quality of its natural environment means that it is included in the Biosphere Reserve "O Río Eo, Oscos e Terras de Burón".

Starting from the well-kept river beach of O Chao de Pousadoiro, the path runs through riparian forests next to the Eo river and visits the mills distributed along its route. Its natural environment and flat land make this a pleasant route that reaches the recreational area of A Retorta.

After a short stretch of asphalt, the trail leaves the valley floor and begins a zigzagging ascent towards the stony and magnificent viewpoint of Pena Millares, with exceptional views of the Pena Armada and Meira mountain ranges, as well as of the Eo river valley.

Before it ends in Barcia, the path passes through the village of Sadrarin, where examples of traditional architecture can still be seen, particularly in its typical granaries.

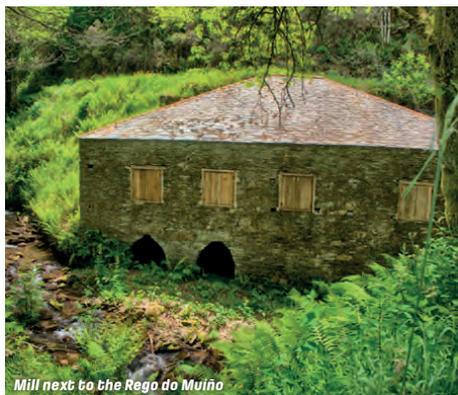


GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
O Chao de Pousadoiro	43°12.074'N	7°12.127'W	29T	646065	4784730
Barcia	43°12.308'N	7°12.286'W	29T	645840	4785160



O Chao de Pousadoiro



Mill next to the Rego do Muíño



O Chao de Pousadoiro

ACCESS

From Meira, the capital of the municipality of the same name, continue on the LU-751 until O Chao de Pousadoiro, capital of the Council of Ribeira de Piquin.

LENGTH

13,1 km

DEPARTURE POINT / ARRIVAL POINT

O Chao de Pousadoiro / Barcia (Concello de Ribeira de Piquin).

ROUTE

O Chao de Pousadoiro river beach, Aceña de Barcia, Eo river, A Ponte, A Retorta recreational area, Rego do Muíño, Tumballón, Pena Millares, Sadrarin, Barcia.

DIFFICULTY

Medium.

DURATION

5 hours.

CONNECTIONS

With PR-G 229. There is no direct connection but the route is very close to the PR-G 228.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

In O Chao de Pousadoiro and, off route, in Meira.

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 reservations. Very difficult areas with high slopes.

ACCESS ON HORSEBACK

Not suitable.



CARTOGRAPHY I.G.N. 1:25.000

48-IV Meira, 49-III Maderne.



FURTHER INFORMATION

Concello de Ribeira de Piquin

Tel.: 982 333 601

info@ribeiradepiquin.es

www.ribeiradepiquin.es

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

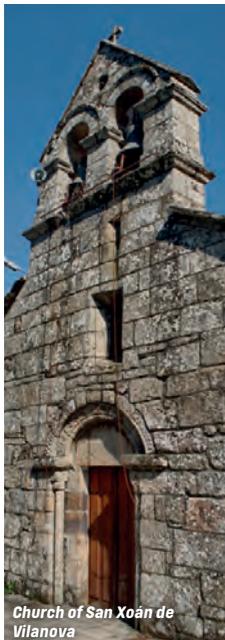


Froiz Mill

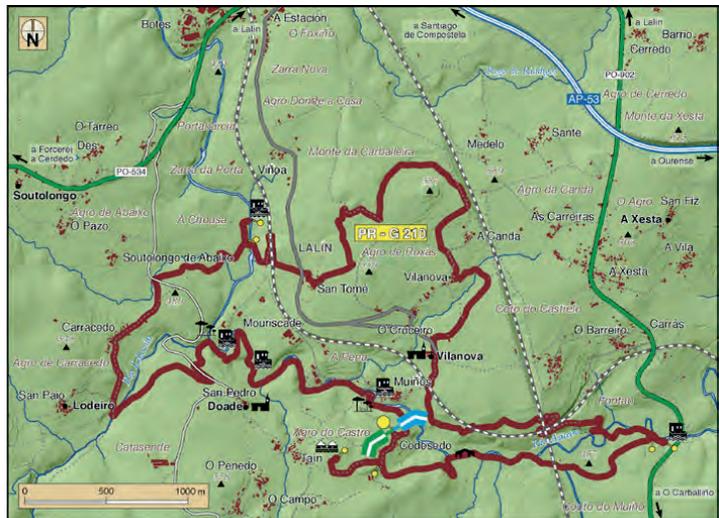
This route begins at the Casa do Patron ethnographic museum, in Codesedo, and runs along both banks of the Asneiro river and its tributary Lebozán.

From Codesedo, the path turns towards the Castro de Doade prehistoric site. The rest of the route uncovers the rich heritage of this mainly agricultural area. On this route, you will find mediaeval roads, bridges, *ponte-las* (clapper bridges) and mills. The Froiz mill is particularly notable for its construction and protected environment. The Romanesque church of San Xoán de Vilanova is also of note.

Its location on the Asneiro River mean that its riverside forests bring freshness and joy. Towering above the rest of the forest are enormous chestnut and oak trees, with the Soutolongo oak being identified as having the largest crown in Galicia.



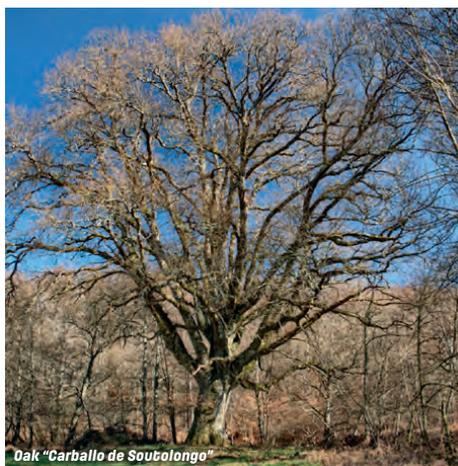
Church of San Xoán de Vilanova



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Codesedo, Doade, Lalin	42°36.537'N	8°07.945'W	29T	571162	4717755



Ethnographic museum "Casa do Patrón"



Oak "Carballo de Soutolongo"

Plus...

CARBALLO DE SOUTOLONGO

Carballo de soutolongo is a large specimen Galician arboreal senlleira (singular tree). These protected and peculiar specimens represent a valuable living legacy of incalculable natural value, considering that they have survived the best of time and have unique characteristics compared to other species.

The experts who carried out the study of this particular oak (Quercus robur L.) placed its age at between 150 and 200 years. Its size reaches 26 metres and its crown is 22.5 x 24 metres. It is located between the banks of the Asneiro river and a private property dedicated to cultivation, near the Espinosa mill.

► ACCESS

From Lalin follow the P0-534 to the roundabout to access the railway station. Continue towards the Mouriscade recreational area and follow the indications to the Casa do Patrón ethnographic museum.

► LENGTH

15.7 km. The main route measures 14.5 km and the deviations are an additional 1.2 km.

► DEPARTURE POINT / ARRIVAL POINT

Casa do Patrón en Codesedo (Concello de Lalin).

► ROUTE

Codesedo, Castro de Doade, Froiz mill, Vilanova, San Tomé, Carracedo, Mouriscade, Codesedo.

► DIFFICULTY

Middle-Low.

► DURATION

4 hours and 35 minutes.

► MATERIAL

Hiking boots are recommended.

► SERVICES

In Codesedo and, off route, in Lalin.

► 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 technical areas.

► ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000
154-I Lalin.



FURTHER INFORMATION
Concello de Lalin
Tel.: 986 787 060
turismo.lalin.gal
museoetnografico.net

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

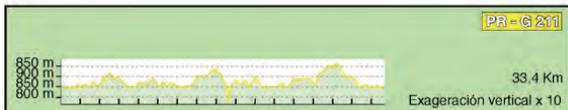
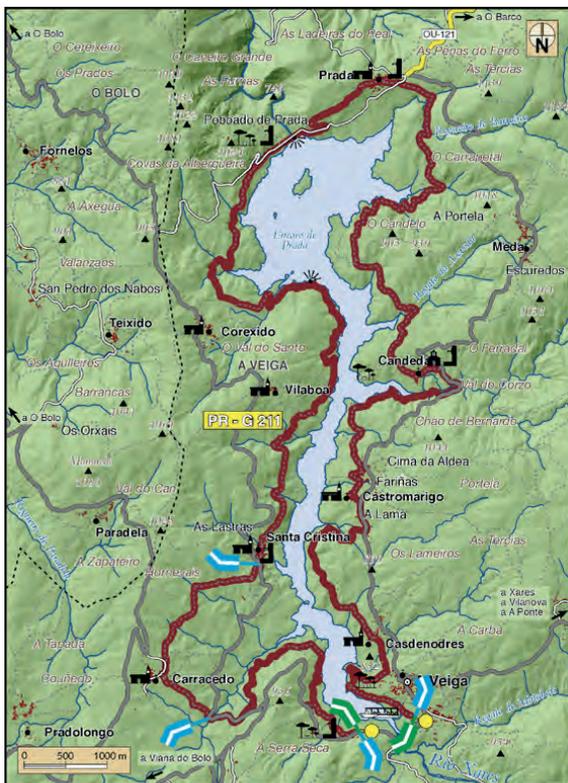


O Coiñedo beach

You can start this route from the town of A Veiga, along the right-hand bank of the Xares river basin to the Prada dam. You can then return along the river's other bank to Playa de los Franceses.

The landscape is dominated by the Prada reservoir. The village of Alberguería and the most fertile lands in the Xares river basin were flooded to create this reservoir in 1958. Currently, the marsh creates its own microclimate that affects the valley's climate. The dam gives A Veiga a river beach that is perfectly equipped for summer use.

The route is flat and can be travelled on a mountain bike, with some duly marked alternative sections. What is difficult about the route is its length, but there are multiple alternatives that allow you to do it in several stages, through access by roads and tracks to the villages that surround the river-bank.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
A Veiga	42°14.823'N	7°01.505'W	29T	662928	4679095
Os Chaos. Playa de los Franceses	42°14.733'N	7°01.986'W	29T	662270	4678912


View of Candeda

Casdenodres Church
ACCESS

You can access the route from A Rúa or A Gudiña on the OU-533 to Alto do Covelo. Take the turning towards A Veiga.

LENGTH

33,4 km

DEPARTURE POINT / ARRIVAL POINT

A Veiga / Playa de los Franceses (Concello da Veiga).

ROUTE

A Veiga, O Coiñado recreational area and beach, Casdenodres, Castromarigo, Candeda, Prada, Poboado de Prada, Prada dam wall, playa de Alberguería, Santa Cristina, Carracedo, playa de los Franceses.

DIFFICULTY

Medium-High.

DURATION

9 hours.

MATERIAL

Comfortable boots, food and water are recommended.

SERVICES

In A Veiga.

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 alternative routes.

ACCESS ON HORSEBACK

Fully suitable.


CARTOGRAPHY I.G.N. 1:25.000

228-I A Veiga, 228-II Lamalonga, 228-III Viana do Bolo.


FURTHER INFORMATION
Concello da Veiga

Tel.: 988 350 000
 concello.aveiga@eidolocal.es
 www.aveiga.gal

Segatur S.L.

(see page 266)

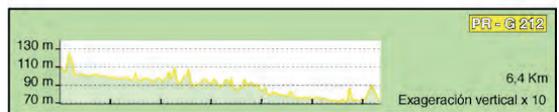
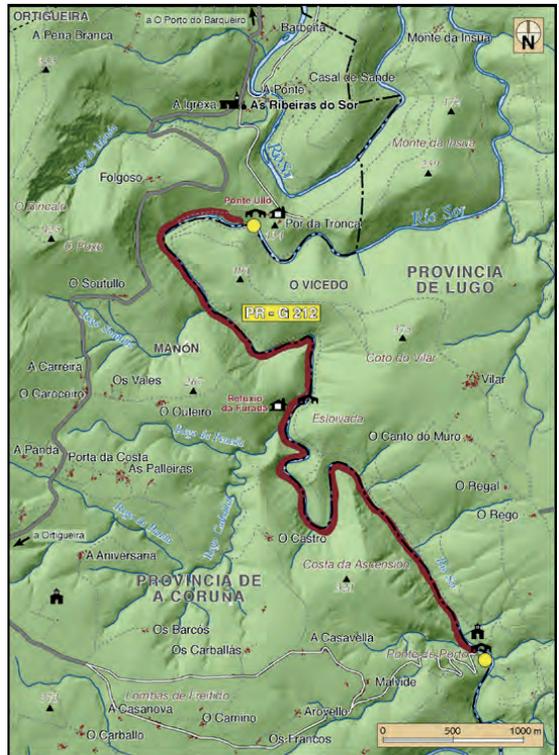
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  **Natural interest**
-  Landscape interest



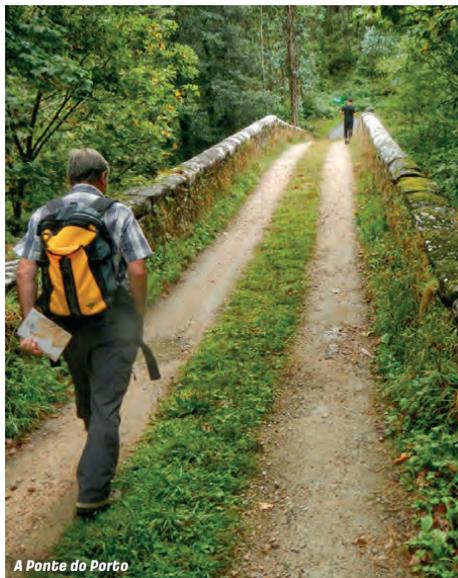
The path runs along the lush vegetation on the left bank of the Sor river. On its route, the Sor collects the waters of a multitude of small tributaries, creating a deep basin of meanders embedded between very steep slopes. Its clean and transparent water is excellent for recreational fishing.

A Ponte do Porto is an ancient and exquisite viaduct that is a marvel thanks to its size, its beautiful stonework and its semi-circular arches. Of mediaeval origin, it enabled the Camino Real to cross the Sor river. It was the communication route between the towns of Viveiro and Ortigueira, which belonged to the former provinces of Mondoñedo and Betanzos, respectively.

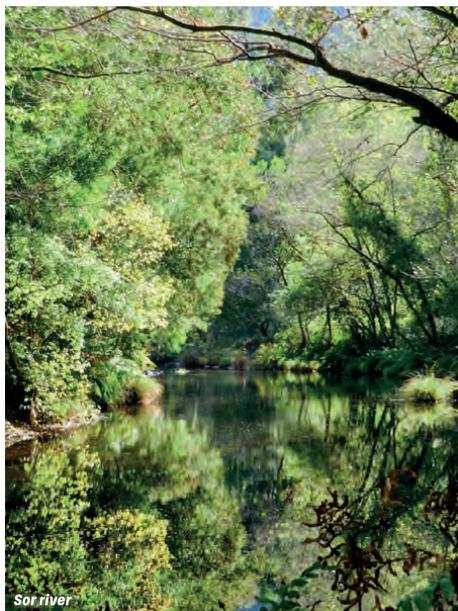
Along the route, you will pass the recreational areas of Ponte Ulló and A Furada, where there are shelters in which to recuperate. Near A Furada, a suspension bridge allows you to cross to the other bank.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
A Ponte do Porto	43°39.569'N	7°41.558'W	29T	605415	4834885
Ponte Ulló	43°41.255'N	7°42.791'W	29T	603710	4837980



A Ponte do Porto



Sor river

► **ACCESS**

From the CP-4401 road that connects O Porto do Barqueiro with As Pontes de Garcia Rodríguez, take the turning towards A Casanova and A Ponte do Porto.

► **LENGTH**

6,4 km

► **DEPARTURE POINT / ARRIVAL POINT**

A Ponte do Porto / Ponte Ulló (Concello de Mañón).

► **ROUTE**

A Ponte do Porto, refuge of A Furada, suspension bridge, Rego Soutullo, Ponte Ulló.

► **DIFFICULTY**

Low.

► **DURATION**

1 hour and 45 minutes.

► **SERVICES**

Can be found slightly away from the route, in the parish of As Ribeiras de Sor and in the town of O Porto do Barqueiro.

► **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.

► **RECOMMENDATION**

Caution with children.



CARTOGRAPHY I.G.N. 1:25.000
2-III Ortigueira, 8-I Mañón.



FURTHER INFORMATION
Concello de Mañón
Tel.: 981 414 002
correo@manon.es
www.manon.es

Segatur S.L.
(see page 266)

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



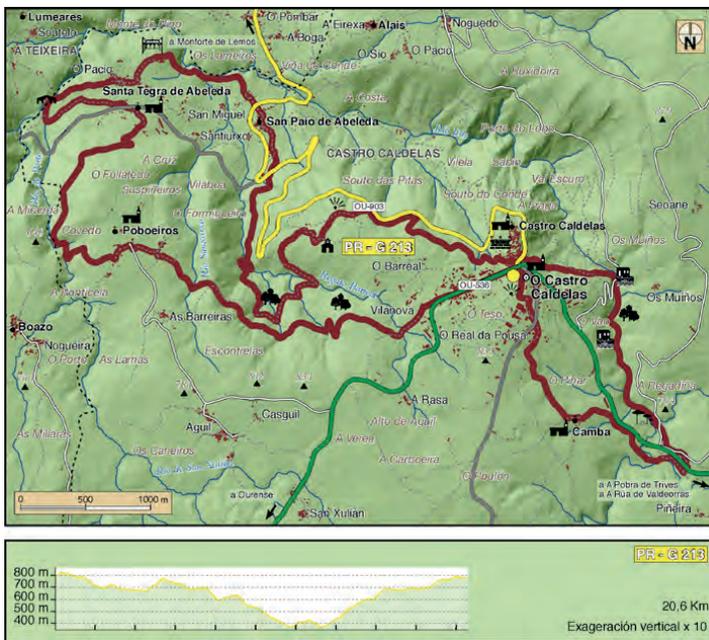
The path forms two loops that meet at the Prado square in the municipal capital of O Castro de Caldelas. You can do the complete route or choose one of the loops, as both options are circular.

The short loop, about five kilometres long, starts with an incredible panoramic view of the castle and then approaches the church of Camba (10th century). From here, it descends to the river and recreational area of Ponte das Táboas. Following the Edo river, the loop returns to O Castro de Caldelas between mills and forests.

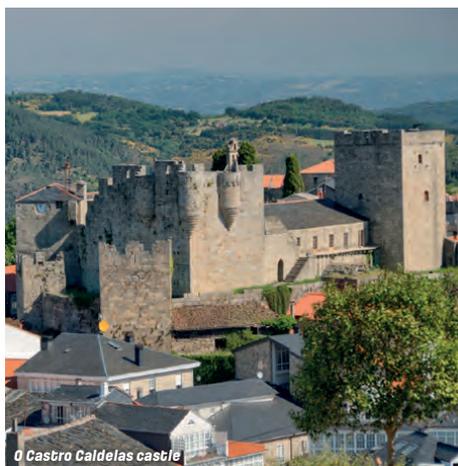
The long ring, about fifteen kilometres, descends between villages and forests towards the Edo river. In a short time, you will reach the ruins of the monastery of San Paio de Abeleda (12th century), which is located between wide vineyards. Afterwards, the itinerary continues close to the O Porto river, skirting the mountain crowned by the village of Poboeiros. In Souto de Poboeiros, centuries-old oak and chestnut trees surround and shade this path.



Ruins of San Paio de Abeleda church



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Castro Caldelas	42°22.495'N	7°24.921'W	29T	630465	4692620



O Castro Caldelas castle

Plus...

O CASTRO DE CALDELAS CASTLE

It is believed that this fortress that belonged to the Counts of Lemos is situated on a primitive fort and a later Roman camp. The current construction dates from the 14th century. During the Irmandiño revolts, between the years 1467 and 1469, the Irmandiño forces seized and partially destroyed the fortress. After the revolts, the Count of Lemos punished his vassals, forcing them to rebuild the castle.

Today it is a cultural centre and houses the tourist office, the municipal library, an assembly hall and an archaeological and ethnographic museum.

ACCESS

O Castro de Caldelas is an important town on the OU-536 between Ourense and the Trives region.

LENGTH

20,6 km

DEPARTURE POINT / ARRIVAL POINT

Praza do Prado in O Castro de Caldelas (Concello de Castro Caldelas).

ROUTE

O Castro de Caldelas, San Xoán de Camba, A Ponte das Táboas fluvial area, Edo River, O Castro de Caldelas, Valverde, O Couto, Soutelo, Edo River, Monastery of San Paio de Abeleda, Santa Tegra de Abeleda, Poboeiros, Souto de Poboeiros, O Castro de Caldelas.

DIFFICULTY

Medium-High.

DURATION

7 hours.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

In O Castro de Caldelas.

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.

RECOMMENDATION

The route crosses busy roads in various places. Be cautious.



CARTOGRAPHY I.G.N. 1:25.000

189-III O Castro de Caldelas.



FURTHER INFORMATION

Concello de Castro Caldelas

Tel.: 988 203 000

correo.castrodecaldelas@fegamp.gal

www.castrocaldelas.es

turismo.ribeirasacra.org

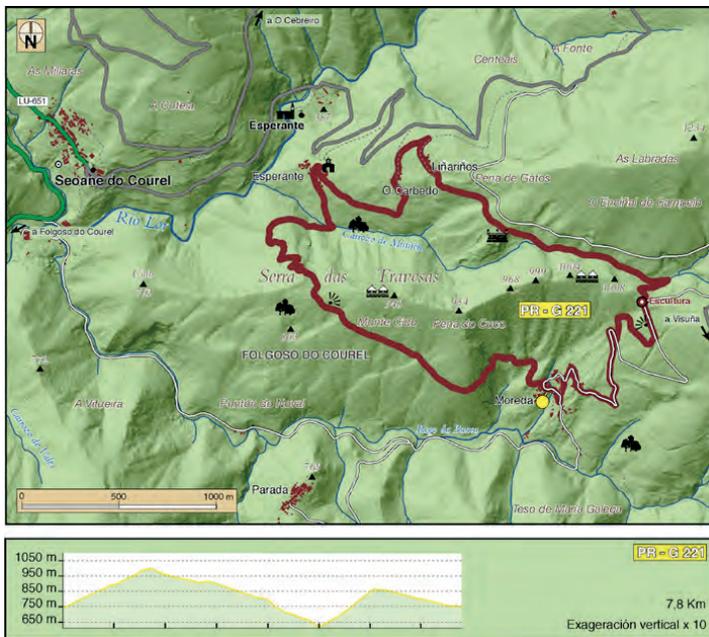
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



From the centre of Moreda, the route ascends through the village and through Carrozo da Gralleira in a wide zigzag. The climb allows you to enjoy beautiful views over the Rego da Barxa and Devesa da Rogueira valleys. On the crest of the hill of Monte Cido, there is signposted access to its peaks, known for very important archaeological remains such as a necropolis and forts, as well as for its micro-reserve of orchids.

At the end of 2018, a monolith was placed in commemoration of the discovery of the first samples of Roman documentary writing in the northwest of the peninsula, since several Roman remains were discovered in Monte Cido.

The path descends into the valley and crosses the channel of the Carrozo de Muínelo. On the way down, we will discover the ruins of the Carbedo castle. After crossing the river's path again, a strong ascending zigzag takes us to the other side of Monte Cido to return to Moreda.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Moreda	42°37.702'N	7°07.293'W	29T	654031	4721258


0 Carbedo castle viewpoint

0 Carbedo castle

Plus...

THE MONTE CIDO

At Monte Cido, two bronze tesseras were found. The first was located in 1959 and is now located in the Lugo Museum. The engraved tablet shows a pact of hospitality between a Roman detachment and the inhabitants of a fort. A bronze eagle that was part of a labarum, a type of standard carried by the Romans, was found alongside the tablet. In 1984, a second tablet was found in the same area, which has been donated to the Museo do Castelo de San Antón, in A Coruña. It reflects another pact of hospitality with similar characteristics to the previous one.

ACCESS

From Quiroga, follow the LU-651 towards Seoane do Courel. Before reaching Seoane, take a detour to the right, signposted as Moreda.

LENGTH

7,8 km

DEPARTURE POINT / ARRIVAL POINT

Moreda (Concello de Folgoso do Courel).

ROUTE

Moreda, Carrozo da Gralleira, Carbedo castle, Liñariños, O Carbedo, Esperante, Monte Cido, Moreda.

DIFFICULTY

Medium.

DURATION

3 hours and a half.

CONNECTIONS

With PR-G 222.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

Off route, in Seoane do Courel and Folgoso do Courel.

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

157-I Seoane do Courel.



FURTHER INFORMATION

Concello de Folgoso do Courel
Tel.: 982 433 001
info@folgosodocourel.com
www.folgosodocourel.com

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



View of the Monte Formigueiros

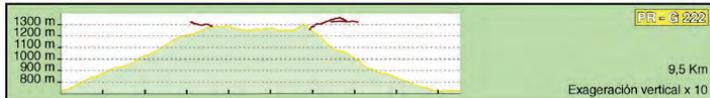
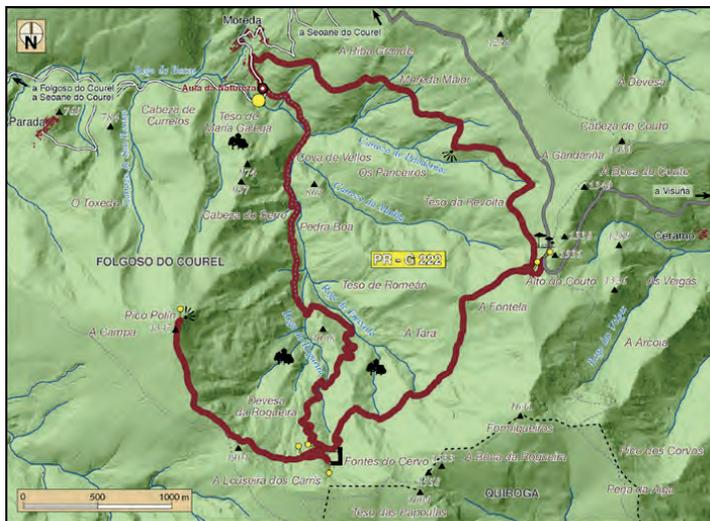
From the Nature Classroom (Aula de la Naturaleza) the path ascends towards the village of Moreda. Next, the path turns and goes up the side of O Ucedo mountain, crossing the traditional constructions of Moreda Maior. The pastoral landscape and native forests constantly alternate along this route. Further on, on a stony ledge under the Monte do Cabeza do Couto, the route offers a magnificent panoramic view of the valley landscape.

Upon reaching 1,300-metres above sea level, we will find a crossroads with a short path that connects to the road towards Alto do Couto. This could be a good place to start the route for those who do not want to tackle the harder section.

From this point on, the journey is magical, first between conifers and then between a very dense native forest, which runs smoothly through the upper part of the Devesa da Rogueira. Before returning to the start, you will descend through the valley of the Rego da Rogueira channel. You must take the turning towards As Fontes do Cervo and the viewpoint of Pico Polín.



Start of the route



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Nature Classroom - Moreda	42°37.526'N	7°7.189'W	29T	654180	4720935
Alto do Couto	42°36.902'N	7°5.855'W	29T	656030	4719820


Moreda from the Pico Polin viewpoint

Moreda Maior

Ciervo sources
ACCESS

From Quiroga, follow the LU-651 towards Seoane do Courel. Before reaching Seoane do Courel take a right-hand turn towards Moreda.

LENGTH

13.3 km (the main route measures 9.5 km and the deviations to As Fontes do Cervo and the Pico Polin viewpoint are 3.8 km). Access from Alto do Couto to the route is 260 metres.

DEPARTURE POINT / ARRIVAL POINT

Nature Classroom in Moreda (Concello de Folgoso do Courel).

ROUTE

Nature Classroom, Moreda, Moreda Maior, Devesa da Rogueira, Fontes do Cervo, Pico Polin viewpoint, Rego da Rogueira, Moreda.

DIFFICULTY

Medium-High.

DURATION

5 hours and 45 minutes.

CONNECTIONS

With PR-G 221.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

Off route, in Seoane do Courel and Folgoso do Courel.

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

157-I Seoane do Courel.


FURTHER INFORMATION

Concello de Folgoso do Courel

Tel.: 982 433 001

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www.folgosodocourel.com

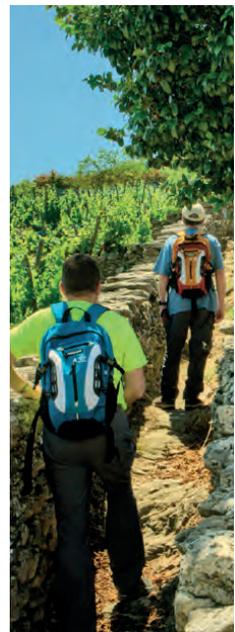
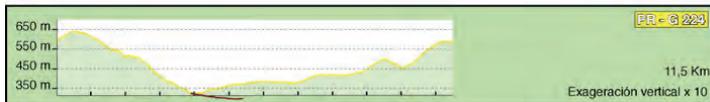
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



Starting from the vicinity of a laundry in the village of A Teixeira, the path leads to Cristosende between stone walls and is covered by a fairly dense native forest of oak and chestnut trees. The landscape opens up as you approach Cristosende, where the vineyards replace the forest.

Descending between terraces, the route approaches the Mao river where, through a diversion, you can join the PR-G 177 trail. Following the track along the main route, you can enjoy the beautiful views of the Sil river and its canyon.

The path leaves the Sil in the abandoned town of Fontao and turns towards the slopes of the Edo riverbed. A sign indicates access to the A Pena do Corvo viewpoint, with a wide panoramic view of the confluence of the Edo and Sil rivers. Following the route, when entering A Portela, the wide track becomes a narrow path, winding between walls and vineyards. The ascent passes through A Cruz and a viewpoint over Lumeares, to conclude again in A Teixeira.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
A Teixeira	42°23.375'N	7°28.368'W	29T	625706	4694162


Sil river canyon

Church of Santa María de Cristosende
ACCESS

You can access the route from Ourense on the OU-536 towards O Castro de Caldelas. Upon reaching Valilongo, turn left onto the OU-139 and, in a few metres, take the OU-0606 to A Teixeira.

LENGTH

13.4 km The main route is 11.5 km and the deviation to the river Mao is 1.9 km there and back.

DEPARTURE POINT / ARRIVAL POINT

A Teixeira (Concello da Teixeira).

ROUTE

A Teixeira, Cristosende, Sil river canyon, Pena do Corvo viewpoint, A Portela, A Cruz, A Teixeira.

DIFFICULTY

Medium.

DURATION

5 hours and 15 minutes.

CONNECTIONS

With PR-G 177.

MATERIAL

Provisions and water are recommended.

SERVICES

In A Teixeira and in Cristosende.

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 technical areas.

ACCESS ON HORSEBACK

Fully suitable.


CARTOGRAPHY I.G.N. 1:25.000

189-III O Castro de Caldelas.


FURTHER INFORMATION
Concello da Teixeira

Tel.: 988 207 400

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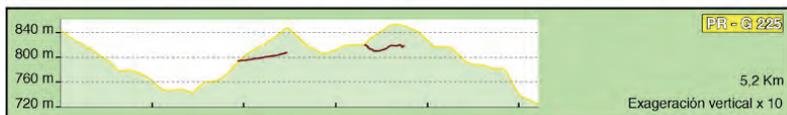
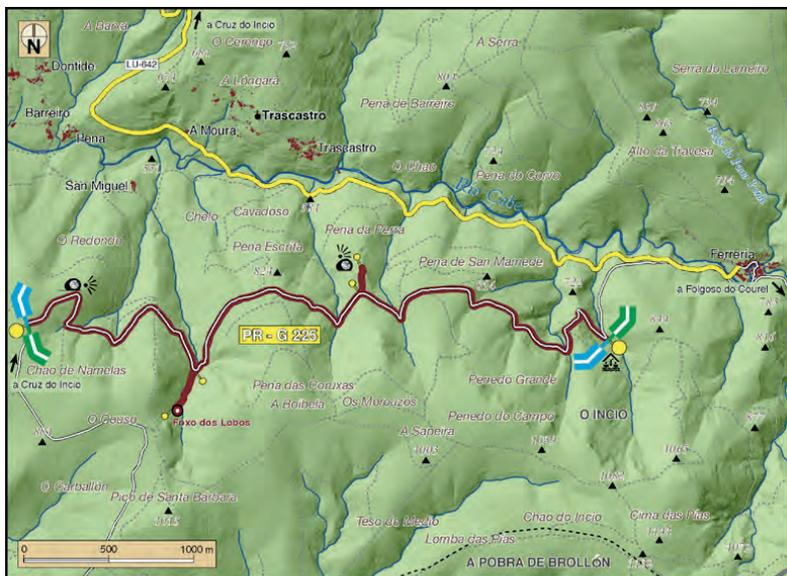
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



This route runs along a track that maintains its height on the north slope of the Pico de Santa Bárbara, A Boibela and Penedo do Campo mountains, which all stand at over 1,000 metres above sea level.

The route begins by visiting the Pena do Chao, a rocky outcrop with a petroglyph, where there is also a magnificent viewpoint over the valley formed by the Antigua and Cabe rivers. The path then approaches the mouths of several iron mines, such as the Cova do Avión, the Cova da Tinta or the Cova do Couso. These mountains hide small and numerous farms, some dating from the first half of the 20th century and others from much earlier.

A steep slope leads up to the Foxo de Lobos de Monteagudo, an old trap to reduce the wolf populations that threatened the herds. Later, the route approaches another viewpoint in Pena de San Mamede. From this point, the route continues to the source of Balneario, a once crowded and famous spring declared to be of public utility.



LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Chao de Namelas	42°38.135'N	7°20.936'W	29T	635370	4721670
Balneario source	42°38.053'N	7°18.439'W	29T	638785	4721585



Panel in Chao de Namelas

Plus...

FOXOS DE LOBOS

Wolf pits (foxos de lobos in Galician) are buildings that wolves were led towards in order to hunt them. They are generally made up of a pair of walls and a well. The walls, which are sufficiently high to prevent them being scaled by the animals, converge around a hole dug in the ground (a pit or foxo) in which the wolves were captured.

ACCESS

From Sarria or Monforte de Lemos, through the CG-2.2 to the LU-644 road to access A Cruz do Incio. The start in Chao de Namelas is on the road that connects the villages of San Pedro and Monteagudo, at approximately km 3.

LENGTH

6.1 km The main route measures 5.2 km and the variants measure around 900 meters round trip.

DEPARTURE POINT / ARRIVAL POINT

Proximities of Chao de Namelas / Balneario source close to the village of A Ferreria (Concello do Incio).

ROUTE

Chao de Namelas, Pena do Chao, Cova do Aviñón, Cova da Tinta, Cova do Couso, Foxo dos Lobos, Pena de San Mamede o Pena Escrita, Balneario source.

DIFFICULTY

Low.

DURATION

2 hours.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

Off route, in A Cruz do Incio.

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, except access to Foxo do Lobo.

ACCESS ON HORSEBACK

Suitable, except access to Foxo do Lobo.

RECOMMENDATION

It is recommended that you do not enter the mines.



CARTOGRAPHY I.G.N. 1:25.000
156-II Folgoso do Courel.



FURTHER INFORMATION
Concello do Incio
Tel.: 982 427 014
www.concellooincio.es

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



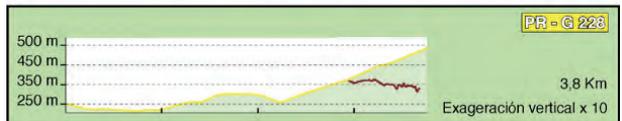
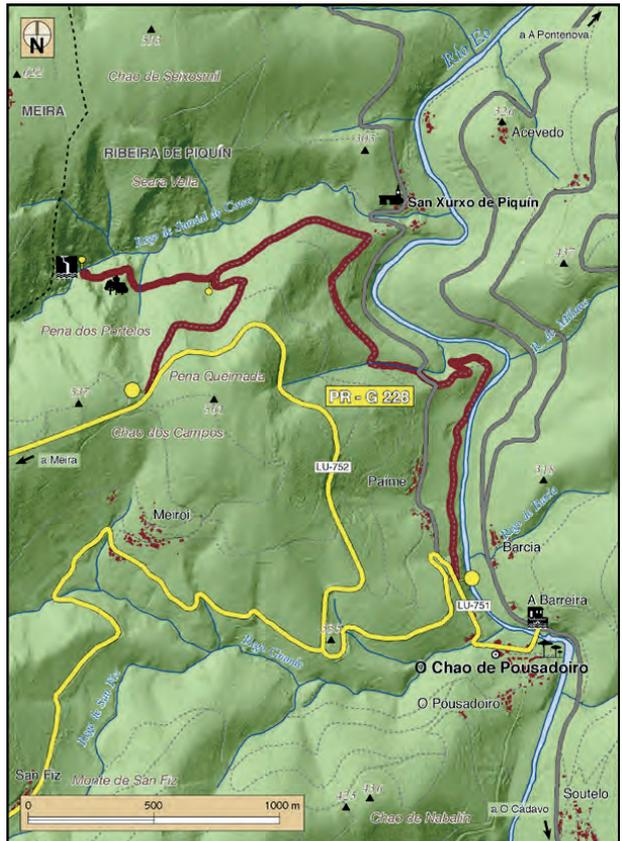
Church of San Xurxo de Piquín

The route starts about 400 metres from the town of O Chao de Pousadoiro, next to the LU-751 road. It runs parallel to the Eo river, between fields and forest.

After a kilometre, the trail ascends and crosses the road. It then passes near the village of San Xurxo de Piquín, where you will find a beautiful church. Following a wide forest path, you will reach the turning leading to the Fervenza de Pena dos Portelos waterfall. Along the access route, you will pass through Fraga da Pena dos Portelos, a native forest with oak and chestnut trees that are centuries old.

The final access to the Surval do Couso stream is equipped with stairs and handrails. Here, the water falls more than fifteen metres down a dark and humid slate ravine, which is covered in ferns and deciduous trees.

To return to the main route, simply go back the way you came. The trail then continues its climb between coniferous and eucalyptus plantations until it reaches the LU-751 road at the height of Chao dos Campos, a place very close to the Miradoiro do Xurxo.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
0 Chao de Pousadoiro	43°12.240'N	7°12.392'W	29T	645700	4785030
Chao dos Campos	43°12.664'N	7°13.295'W	29T	644460	4785790



Fervenza da Pena dos Portelos (waterfall)



Chao dos Campos

ACCESS

You can reach the route from Lugo via the N-640 to Meira. Next, continue on the LU-751 in the direction of 0 Chao de Pousadoiro.

LENGTH

5.1 km. The main route is 3.8 km and the deviation is 1.3 km (to the waterfall and back).

DEPARTURE POINT / ARRIVAL POINT

0 Chao de Pousadoiro / Chao dos Campos (Concello de Ribeira de Piquin).

ROUTE

0 Chao de Pousadoiro, San Xurxo de Piquin, Fraga da Pena dos Portelos, Fervenza da Pena dos Portelos, Chao dos Campos.

DIFFICULTY

Middle-Low.

DURATION

2 hours.

CONNECTIONS

There is no direct connection but the route is very close to the PR-G 209 and the PR-G 229.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

In 0 Chao de Pousadoiro and, off route, in Meira.

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
48-IV Meira.



FURTHER INFORMATION
Concello de Ribeira de Piquin
Tel.: 982 333 601
info@ribeiradepiquin.es
www.ribeiradepiquin.es

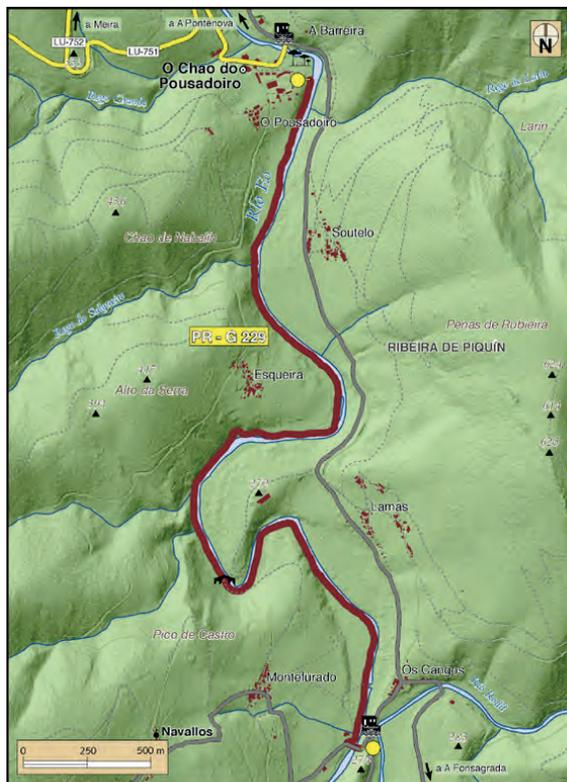
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  **Natural interest**
-  Landscape interest



This path sets off from the well-kept and beautiful river beach of O Chao de Pousadoiro, and gently ascends along the left bank of the Eo river between riverside forests and agricultural fields. In places where the Eo channel is narrow, the vegetation becomes thicker and oak and other deciduous forests start to surround the path.

After crossing the mouths of the Salgueiro, Rendide and Castro tributaries, the narrow path, often used by fishermen, reaches the suspension bridge of Colado de Lamas. This route does not cross the river, but it is recommended that you cross the walkway to enjoy the view.

The route ends after crossing the Montefurado bridge. 50 metres into the route you will find the Muíño de García mill, which is a recommended stop. Nearby are two tunnels that transport water from the Rodil river, with one of these tunnels having been used for gold mining in Roman times.

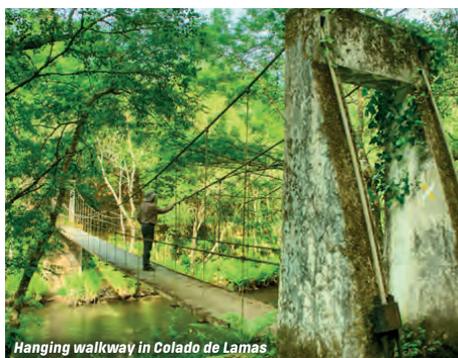


GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
O Chao de Pousadoiro river beach	43°12.062'N	7°12.094'W	29T	646110	4784710
Muiño de Garcia	43°10.640'N	7°11.981'W	29T	646320	4782080



Eo river and Montefurado fields



Hanging walkway in Colado de Lamas

Plus...

CHURCH OF SAN XOÁN DOS VAOS

Located just five kilometres from Muiño de Garcia, this is an enigmatic place with an atmosphere of silence and solitude. This former priory of the Order of Saint John of Malta is one of the few temples in Galicia in which human skulls can be found as a decorative element, with five appearing embedded in the wall of the church atrium. There are several possible explanations for these skull decorations, but unfortunately its origin is simply another Middle Age enigma.

ACCESS

You can reach the route from Lugo via the N-640 to Meira. Next, continue on the LU-751 in the direction of O Chao de Pousadoiro.

LENGTH

4,2 km.

DEPARTURE POINT / ARRIVAL POINT

O Chao de Pousadoiro recreational area / Muiño de Garcia, on the Os Cangos - Montefurado road (Concello de Ribeira de Piquin).

ROUTE

O Chao de Pousadoiro, Colado de Lamas hanging walkway, Montefurado-Muiño de Garcia.

DIFFICULTY

Low.

CONNECTIONS

With PR-G 209. Nearby PR-G 228.

DURATION

1 hour and 15 minutes.

MATERIAL

Hiking boots are recommended.

SERVICES

In O Chao de Pousadoiro and, off route, in Meira.

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.

RECOMMENDATION

Not recommended in times of rain, storms or river flooding.



CARTOGRAPHY I.G.N. 1:25.000

48-IV Meira.



FURTHER INFORMATION

Concello de Ribeira de Piquin

Tel.: 982 333 601

info@ribeiradepiquin.es

www.ribeiradepiquin.es

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

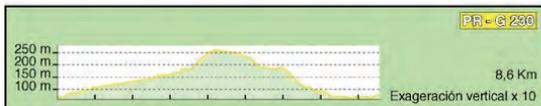
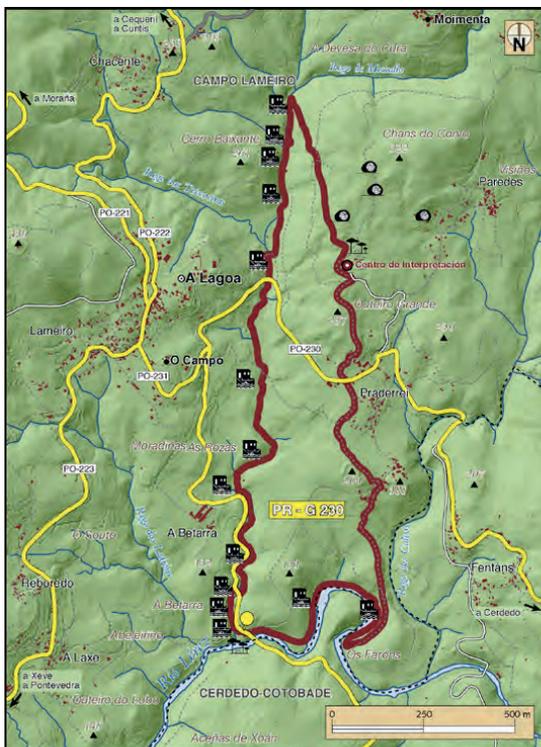


Campo Lameiro Archaeological Park

From the Lodeiro river and recreational area, next to the Léz river and the mouth of its tributary Rego de Maneses, the path follows the Rego de Maneses for about four kilometres to the Muíño de Chan do Coñal, and then runs along the Parque Arqueolóxico da Arte Rupestre in Campo Lameiro and, finally, returns to the right-hand bank of the Léz.

The route runs through the Maneses river valley, alongside the river and constantly crosses from one bank to another. It takes you past the numerous flour mills that were operated by the waters of this stream, as well as the different constructions that surround these: bridges, stone walkways, channels, small dams, etc.

Away from the river, at the highest part of the route, you will find the entrance to the Parque Archeolóxico. It is a worth planning and making time for a visit there. The trail then descends and crosses small towns until it reaches the Léz riverbed, continuing for one kilometre until it reaches Lodeiro.



LOCATION	LATITUDE	LONGITUDE	UTM_ZONE	X	Y
Lodeiro recreational area	42°31.432'N	8°32.272'W	29T	537958	4708047



Maneses river



► **ACCESS**

From the N-541, which connects Pontevedra and Ourense, take the PO-231 in the direction of A Lagoa, capital of the Campo Lameiro municipality. Following this road, the start is on the left, after crossing the bridge over the Lézec river.

► **LENGTH**

8,6 km

► **DEPARTURE POINT / ARRIVAL POINT**

Recreation area of Lodeiro (Concello de Campo Lameiro).

► **ROUTE**

Lodeiro recreational area, Rego de Maneses, Parque Arqueolóxico da Arte Rupestre, Praderreo, Lézec river, Lodeiro recreational area.

► **DIFFICULTY**

Middle-Low.

► **DURATION**

2 hours and 45 minutes.

► **CONNECTIONS**

With GR 94.

► **MATERIAL**

Hiking boots, provisions and water are recommended.

► **SERVICES**

In Praderrei and, off route ruta, in A Lagoa.

► **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
152-IV Campo Lameiro.



FURTHER INFORMATION
Concello de Campo Lameiro
Tel.: 986 75 20 34
campolameiro.org

Plus...

**PARQUE ARQUEOLÓXICO DA ARTE
RUPESTRE DE CAMPO LAMEIRO**

The Archeological Park for Cave Art in Campo Lameiro (Parque Arqueolóxico da Arte Rupestre de Campo Lameiro) is a centre for the dissemination and study of prehistoric Galician engravings. It is located next to one of the highest concentrations of Bronze Age petroglyphs on the entire European continent and has very spectacular representations such as the great deer of "Laxe dos Carballos". A route of over 3 km encompasses several petroglyphs to allow you to appreciate the main scenes and motifs of the Galician cave engravings.

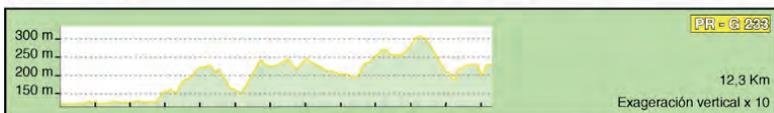
-  Traditional architecture
-  Ethnography
-  Archaeological interest
-  General interest
-  Historical interest
-  Natural interest
-  Landscape interest



The route runs along the right bank of the Ulla river. To get to the start of the trail, there are two options. The first is to walk two kilometres along a path that descends from Subres in the parish of Santiso de Cornado. Another option is to follow the PR-G 121 from Ponte Basebe for one kilometre.

The route goes along tracks, roads and paths for forest and agricultural use. It passes through the Fervenza de Rosende, through humid Atlantic and Mediterranean cork oak forests and through areas with mills and new reservoirs in the Ulla. It also reaches Os Chaos, a place in the parish of Santa Mariña de Circes where you will find the well-known petroglyph of Pena Furada.

Before ending next to the Os Agra mill, you should take a deviation located under the 30-meter-high waterfall of the Saimes River, known by the names of Fervenza de Santa Marta or Fervenza das Hortas.



GEOREFERENCES

LOCATION	LATITUDE	LONGITUDE	UTM ZONE	X	Y
Mouth of the Lañas river	42°49.943'N	8°15.791'W	29T	560220	4742465
Mill of Os Agra	42°50.938'N	8°13.091'W	29T	563880	4744340



Track in Trasdocabo



Bridge over the Lañas river



Waterfall. Fervenxa das Hortas

ACCESS

From Santiago de Compostela, follow the A-54 until it turns to Touro. Cross the N-547 and continue on the CP-0605. Take the turning towards Cornado and Subres. Continue towards Rilo and, after a few metres, turn off onto a dirt track towards the Ulla river.

LENGTH

12,3 km

DEPARTURE POINT / ARRIVAL POINT

Mouth of the Lañas river / Fervenxa das Hortas (Concello de Touro).

ROUTE

Mouth of the Lañas river, Fervenxa de Rosende, Muíños da Ferradura, dam of the Touro reservoir, Os Chaos, Rego de Roque, Fervenxa das Hortas, mill of Os Agra.

DIFFICULTY

Medium.

DURATION

4 hours and 10 minutes.

CONNECTIONS

With PR-G 121.

MATERIAL

Hiking boots, provisions and water are recommended.

SERVICES

Off route, in Fonte Díaz, capital of Touro Municipality.

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 very technical sections.

ACCESS ON HORSEBACK

Fully suitable.



CARTOGRAPHY I.G.N. 1:25.000
95-IV Touro, 121-II Carbia.



FURTHER INFORMATION
Concello de Touro
Tel.: 981 814 566
turismo@concellodetouro.gal
www.touroturismo.com
www.concellodetouro.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.
- El fuego se propaga fácilmente entre una vegetación tan densa como la existente en Galicia. Procura llevar alimentos en frío o comida ya preparada.
- 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

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R/ Celedonio Uribe, 2 (Palexco zone)
Tel.: 881 881 278
oficina.turismo.coruna@xunta.gal

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cii.oficinaturismo.ferrol@xunta.gal

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oficina.turismo.lugo@xunta.gal

OURENSE

R/ Concello, 4
Tel.: 988 788 236
oficina.turismo.ourense@xunta.gal

PONTEVEDRA

Rúa do Marqués de Riestra, 30 baixo · Local A
Tel.: 886 151 555
oficina.turismo.pontevedra@xunta.gal

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Avda. Cánovas del Castillo, 22
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cii.oficinaturismo.vigo@xunta.gal

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ot.gal@madrid@xunta.gal

Further información

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sendeirismofgm@yahoo.es
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J TABOADA (Trail homologation technician)

Tel.: 626 835 030
xuliotaboada@hotmail.com

SEGATUR (Sendeiros de Galicia para o Turismo Rural S.L.)

Tel.: 654 165 730 / 886 117 011
info@segatur.com
www.segatur.com

Meteogalicia

Tel.: 881 999 654
prediccion@meteogalicia.es
www.meteogalicia.es

EMERGENCY CENTRE OF THE XUNTA DE GALICIA

 112

FOREST FIRE FIGHTING SERVICE

 085

Term

COMMUNICATIONS

	Motorway, dual carriageway		Regional
	Motorway, dual carriageway in construction		Other roads
	Trunk road		Tracks
	National		Railway
	Primary		
	Secondary		

PLACE-NAMES

	Municipal capital
	Parish
	Town
VEREA	Name of municipaly

BORDERS

	Border of Galicia
	Provincial border
	Municipal border

SYMBOLS

	National / natural park		<i>Hórreo</i> (Raised granary)
	Recreational area		Monumental site
	Park / garden		Typical town
	Forest		Fortress
	Outcrops		<i>Pazo</i> (Manor House)
	Panoramic view		Cathedral
	Waterfall		Monastery
	Climb		Church
	Refuge		Chapel
	Lighthouse		<i>Peto de ánimas</i> (shrine)
	Sailing		Archaeological remains
	Spa		Roman road
	Cabamarán		<i>Castro</i> (Celtic town)
	Hydroelectric power station		<i>Mámoa</i> (Barrow)
	Water mill		Dolmen
	Bridge		Petroglyph
	<i>Cruceiro</i> (stone cross)		Source
	Via crucis		Sculpture
	<i>Corripa</i> / Apiary		Abandoned village

PR-G1	Nº of pathway (Galician short distance)
GR 1	Nº of pathway (Long distance)
GR 1.2	Nº of variation or derivation (Long distance)
PR-G 95.1	Nº of variation or derivation (Galician short distance)

	Start and finish of GR
	Star and finishh of PR-G
	Start and finish of variation and derivation (GR)
	Start and finish of variation and derivation (PR-G)
	Section of pathway suitable for horseback
	Section of pathway suitable for mountain-bike

Covers: Stéphanie Allier



galicia

 Xacobeo 2021

 XUNTA
DE GALICIA