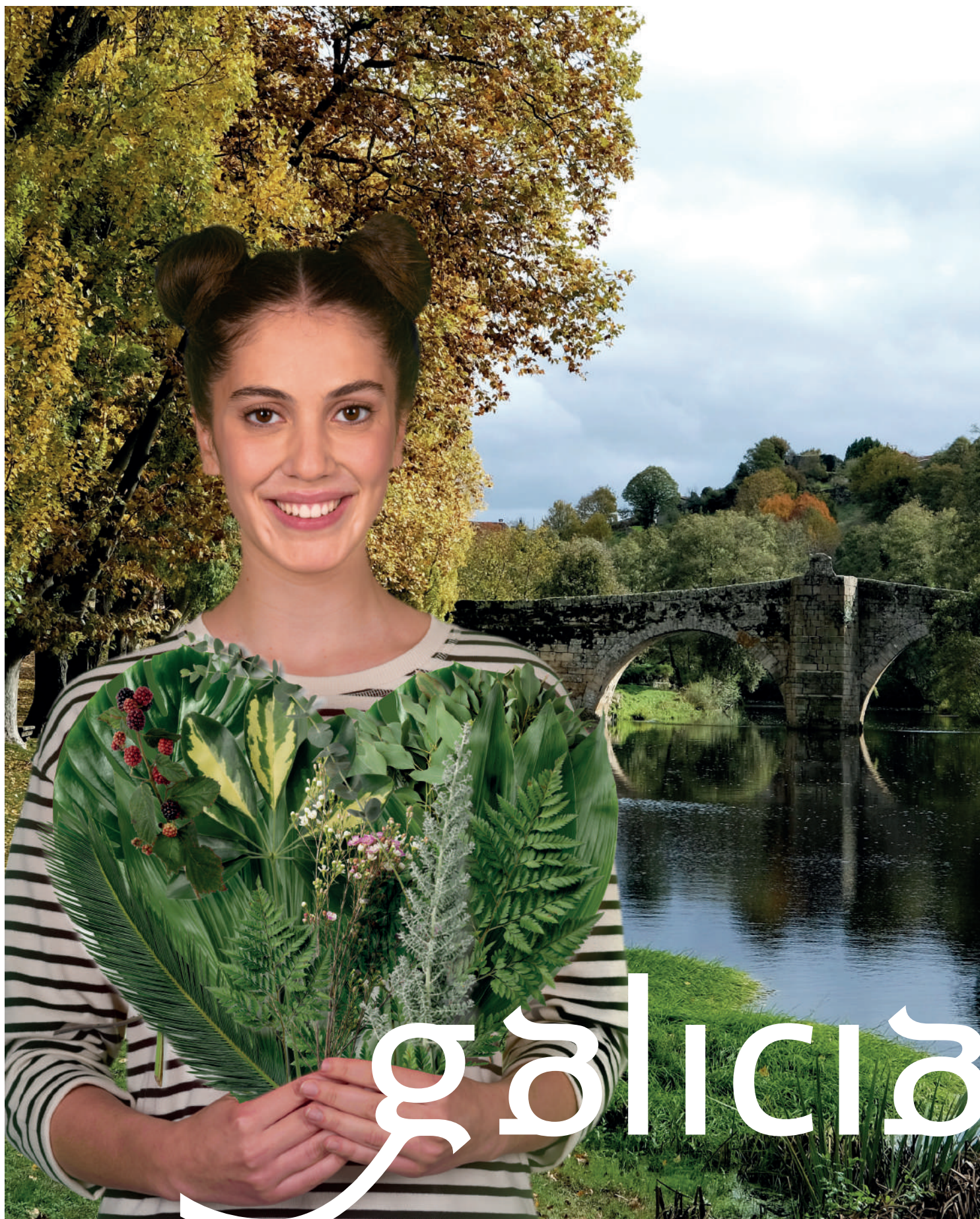


Choose
colour

Green
emotion

Walks to fall in love with



XUNTA
DE GALICIA



Contemplating the sea

- 1 At the foot of the Monterreal castle (Baiona)
- 2 From the Massó factory to praia de Liméns (Cangas)
- 3 From praia de Montalbo to praia de Magor (Sanxenxo)
- 4 Pedras Negras trail (O Grove)
- 5 From the seafront promenade to praia da Torre (Rianxo)
- 6 From Cabo de Cruz to punta do Chazo (Boiro)
- 7 From punta do Castro to Aguiño (Ribeira)
- 8 Path of praia de Basoñas (Porto do Son)
- 9 From praia Mar de Lira to Portocubelo (Carnota)
- 10 Around monte do Facho (Fisterra)
- 11 From the port to the hermitage of the Virxe do Monte (Camariñas)
- 12 From praia do Curro to As Grelas (Cabana de Bergantiños)
- 13 From praia de Area Maior to the hermitage of Santo Hadrián (Malpica de Bergantiños)
- 14 From praia de Alba to praia de Barrañán (Arteixo)
- 15 From Santa Cruz to Santa Cristina (Oleiros)
- 16 From the harbour to praia de Bestarruza (Mugardos)
- 17 From the port to the hermitage of Santo Antón de Corveiro (Cedeira)
- 18 The watchtower of Facho de Maeda (Mañón)
- 19 Punta Socastro (O Vicedo)
- 20 From punta Morás to praia Sucastro (Xove)
- 21 From praia da Rapadoira to praia de Llas (Foz)

On the river bank

- 22 By the mouth of the Landro River (Viveiro)
- 23 Following the Grande de Xubia River (San Sadurniño)
- 24 From the Gabenlle recreational area to ponte de Formigueiros (A Laracha)
- 25 Along the River Madalena to the muíño do Rañego (Vilalba)
- 26 From A Ponte do Porto to Cereixo (Camariñas / Vimianzo)
- 27 From Os Muíños to praia de Area Maior (Muxía)
- 28 Carregal River Walk (Curtis)
- 29 Ínsua de Seivane (Outeiro de Rei)
- 30 Meanders of the Eo River in A Cortevella (Baleira)
- 31 From praia da Tarroeira to the Muíño de Pena (O Pino)
- 32 Along the banks of the Sarria River (Sarria)
- 33 In the surroundings of the encoro de Vilasouto (O Incio)
- 34 From the old paper mill to the Peilán Waterfalls (Piñor)
- 35 On the Cabe River banks (Monforte de Lemos)
- 36 From the ponte de Comboa to the hanging bridge over poza das Bestas (Soutomaior)
- 37 From the ponte da Cruz to pozo dos Fumes (Boborás)
- 38 From the thermal area of Barbantes to Laías (Cenlle)
- 39 By the encoro de Cachamuíña (O Pereiro de Aguiar)
- 40 From A Pontenova to the chapel of O Santo (Cartelle)
- 41 From the ponte de Vilanova to O Briñal (Allariz)
- 42 From parque da Canuda to the thermal area (Salvaterra de Miño)
- 43 Stirrings of the Tamuxe River (Oia)

Discovering waterfalls

- 44 Beelle River Waterfall (Neda/Fene)
- 45 O Escouridal Waterfall (Alfoz)
- 46 Santo Estevo do Ermo Waterfall (Barreiros)
- 47 A Rexidoira Waterfalls (Oza-Cesuras)
- 48 Vilagocende Waterfall (A Fonsagrada)
- 49 O Ézaro Waterfall (Dumbría)
- 50 O pozo Negro Waterfall (Brión)
- 51 Raxoi Waterfalls (Valga)
- 52 Segade Waterfall (Caldas de Reis)
- 53 Callobre Waterfall (A Estrada)
- 54 Toxa River Waterfall (Silleda)
- 55 Santalla Waterfall (Samos)
- 56 Augacaída Waterfall (Pantón)
- 57 Vieiros Waterfall (Quiroga)
- 58 Pereiro Waterfalls (Poio)
- 59 Cerves River Waterfalls (Melón)
- 60 Pozo do Inferno Waterfall (A Cañiza/Crecente)
- 61 Fírbada River Waterfalls (Porqueira)
- 62 A Cidadella Waterfall (Vilardevós)

Between forests and mountains

- 63 Pico Tres Bispos route (Cervantes)
- 64 Devesa da Rogueira (Folgoso do Courel)
- 65 The *fraga* forest of the monastery de Santo Estevo de Ribas de Sil (Nogueira de Ramuín)
- 66 Mao River footbridge (Parada de Sil)

Hidden heritage

- 67 In the surroundings of the historic Sargadelos factory (Cervo)
- 68 Torres de Oeste (Catoira)
- 69 The hidden Romanesque of Santa María de Pesqueiras (Chantada)
- 70 Pre-Romanesque in O Ribeiro (Ribadavia)
- 71 In search of the *castro* (Xunqueira de Ambía / Baños de Molgas)
- 72 The Roman mines of As Borreas (Viana do Bolo)
- 73 Aquis Originis (Lobios)

Urban walks

- 74 A Malata Walk (Ferrol)
- 75 From the parque dos Menhires to the Torre de Hércules (A Coruña)
- 76 Rato River Walk (Lugo)
- 77 From parque de Galeras to Sarela de Abaixo (Santiago de Compostela)
- 78 River path along the Lérez River (Pontevedra)
- 79 From A Ponte Vella to Outariz (Ourense)
- 80 From the medieval bridge of Sárdoma to parque de Castrelos (Vigo)

Walks to fall in love with

How can we describe the sensation produced by the caress of a breeze, the smell of flowers or the enchantment of a landscape? How can we narrate the silences that wander in the thick of the forest or the roar of a waterfall?

When we enter the realm of emotions, words are scarce and it is difficult to describe the mark that a walk in nature leaves on us. Then the poet emerges and says with simple beauty "Wayfarer, the only way is your footprints and no other." And in Galicia the roads become poetry, and from verse to verse they trap us with their intense emotional attraction. These are walks to fall in love with...

Contemplating the sea, on the river banks or discovering waterfalls, Galicia seduces us with its harmony of greens and blues, inviting us to discover a hidden heritage among forests and mountains. And even a city walk can sometimes steal our hearts!



Ponte do Sepulcro (Boborás)



Contemplating the sea

Fuciño do Porco (O Vicedo)

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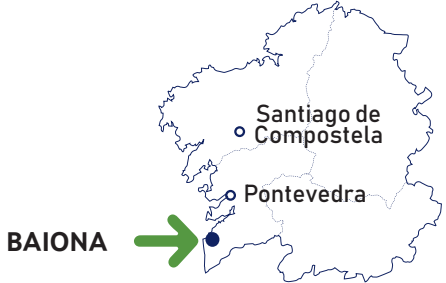
At the foot of the Monterreal Castle (Baiona)

Count of Gondomar's Courtyard

This walk starts at **praia da Cuncheira** and borders the **castle of Monterreal** or **monte Boi** , built between the 12th and 16th centuries and now converted into a **National Parador**. This fortress still maintains three watchtowers: the **Clock Tower**, which served to sound the alarm in case of enemy attack; the **Pincer Tower**, whose task was to defend the port with firing batteries; and the **Prince's Tower**, which served as a lighthouse for the ships.

A few metres from the beginning of our route we find an old lobster farm that worked until the 70s of the twentieth century and today has been converted into **an outdoor Thalasso**.

It is a short and easy walk, which allows us to do it while enjoying the privileged views of the **Atlantic Ocean** and the **llas Cíes**, which are part of the **Parque Nacional Marítimo-Terrestre das Illas Atlánticas**.



from the Massó factory to praia de Liméns (Cangas)

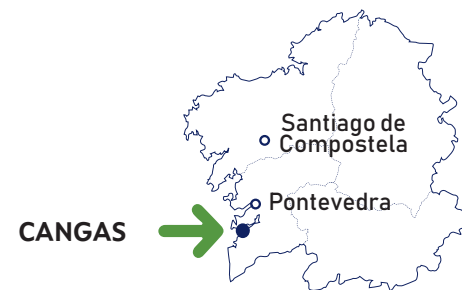
Endless sea

The starting point of this path is located next to the old **Massó factory**, where the disused buildings of the old salting factory, the cannery and the whaling factory are located. Following the trail we arrive first at **lagoa de Congorza**, where up to 7 species of ducks live and in whose trees rest the great egret, the great blue heron or the kingfisher. It is located within the **Punta Balea Natural Area**, which has a great wealth of flora and fauna and where more than 400 species of plants, 140 different birds and numerous species of insects, amphibians and reptiles have been catalogued.

From here we continue, bordering the **praia do Medio** and praia de Areamilla, from where we can ascend to the **Outeiro rest area** to enjoy the views of the **Illas Cíes**, which emerge from the ocean to accompany us along the entire route.

We return to the road until we reach **As Furnas** and further on to **praia do Porto**. We then go down to the sandy areas of **Santa Marta** and **Liméns**, where our walk ends.

Note: We recommend that you take a torch with you as, after praia de Areamilla, there is a section that runs through a tunnel with no lighting.



from praia de Montalbo to praia de Magor (Sanxenxo)

The sun of Salnés

The starting point of this route is located in the **municipality of Sanxenxo**, next to **praia de Montalbo**. We will head first to **punta Montalbo** which, with its 57 m above the sea, becomes an exceptional place from which to contemplate much of the **ría de Pontevedra** as well as the **Illas Cíes**, **cabo Home** and even **cabo Silleiro**.

From here the path will take us to the **nudist beaches of Bascuas** and then **Pragueira**, where we will move away from the coastline

to reach a nearby viewpoint that will allow us to observe the **Illas Ons** located just in front of us and that, like the **Illas Cíes**, are part of the **Parque Nacional Marítimo-Terrestre das Illas Atlánticas**.

To finish our walk we will continue to **praia de Magor**, which borders on its left bank with **punta Faxilda** and has a dune complex protected by a wooden walkway that will facilitate the walk to the end of this sandy area.



Pedras Negras trail (O Grove)

Atlantic balcony

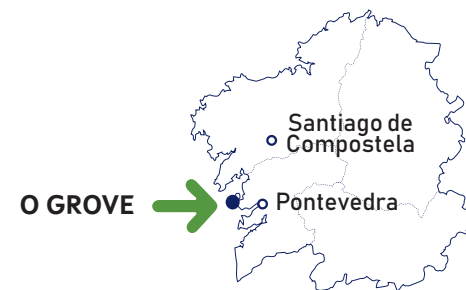
Located in **San Vicente do Mar**, in the **O Grove Peninsula**, this promenade leaves the **Marina** and runs, almost entirely, on wooden walkways along the seashore that adapt to the orography of the land, marked by large stones sculpted by erosion.

We will pass by **praia de Pedras Negras**, **praia Farruco** and **praia Barrosa**, and numerous coves where sea birds such as seagulls, cormorants, plovers, warblers and albatrosses

live and nest, making the area an interesting destination for birdwatchers.

Along the way we can find some benches that allow us to stop and calmly enjoy the views, dominated by the **Illas Ons**, which are part of the **Parque Nacional Marítimo-Terrestre das Illas Atlánticas**.

The walk ends at **praia de Canelas**, next to a metal fence that protects an old military installation.



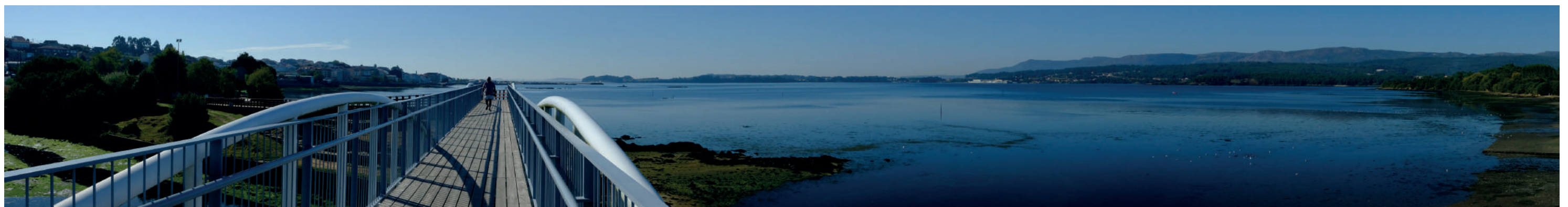
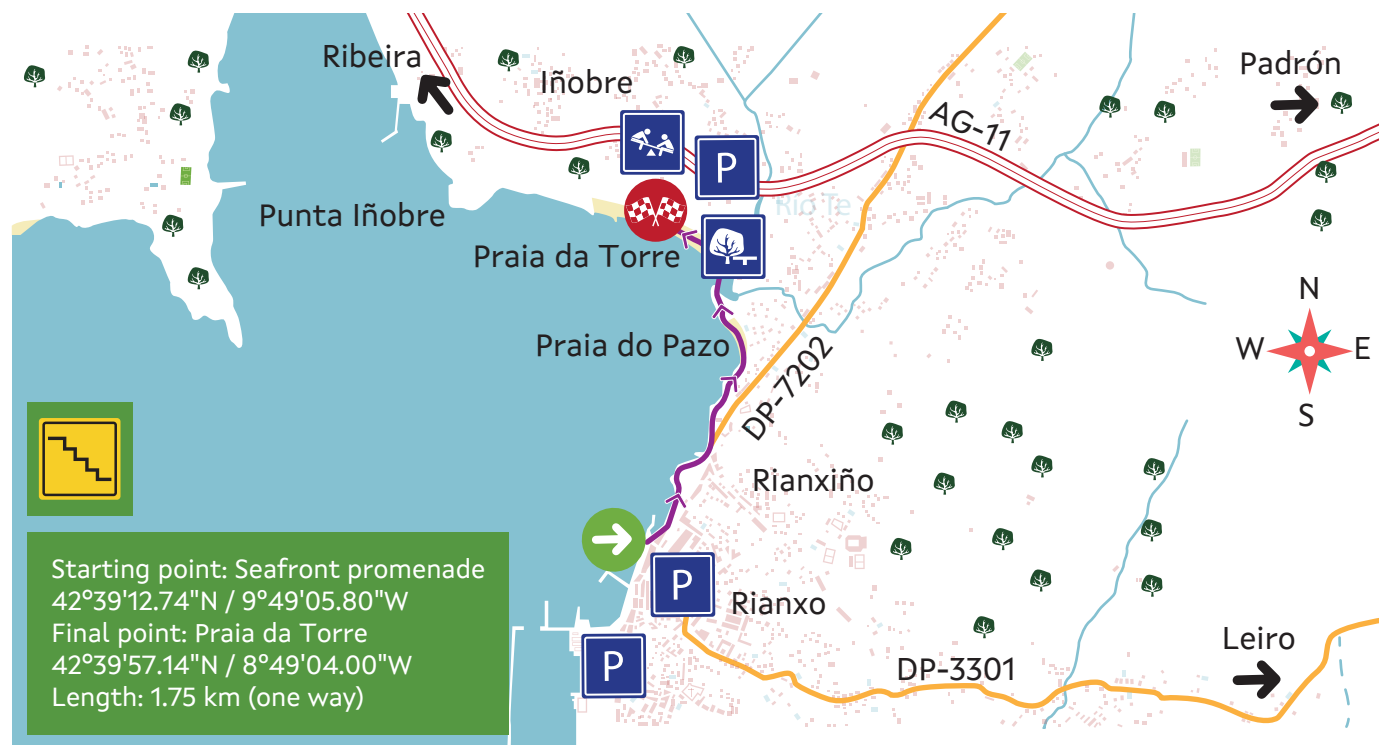
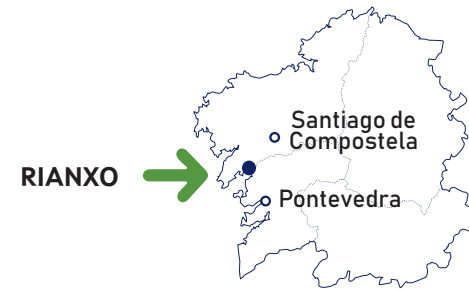
from the seafront promenade to praia da Torre (Rianxo)

The ria at rest

We start in the town centre following the seafront promenade (Paseo marítimo) of the village, with views of the **ría de Arousa**. Along the way we find rest areas as well as artistic interventions with tile mosaics about characters from **Rianxo** as **Castelao**, **Dieste**, **Manuel Antonio** or **Brea Segade**.

We will also pass through the back of small shipyards arriving at **praia do Pazo** and next to the ruins of the so-called **Castelo da Lúa**.

It is surrounded by legends and it is said that it belonged to the Order of the Temple, then to the archdiocese of Compostela, and it was already in ruins at the end of the 16th century. It is located at the mouth of the **Té River**, which we cross by means of a bridge. The route ends at **praia da Torre**. However, those who want to continue can follow a trail that enters the coastal vegetation and walk a couple of kilometres more to reach **punta de Iñobre** and the small port of **Taragoña**.



from Cabo de Cruz to punta do Chazo (Boiro)

The most seafaring side of Boiro

A sea-flavoured route that in just over 3 km combines stretches of asphalt with wooden walkways, cobblestone paths and trails.

From the old pier of **Cabo de Cruz**, where we can see traditional fishing boats, we head towards **praia da Ribeira Grande**, passing through colourful seaside neighbourhoods. Before moving to **praia de Piñeirón** we can

see at the end a calvary-chapel on the rocks, which is part of the Jacobean sea route. Then we reach **praia de Carragueiros** with its dune cordon. At its end, the **Pena Roiba** with the **illotes dos Baos and Bensa** leads to **praia da Retorta**, next to an aquaculture park. Here the walk becomes a path that soon leads us to **punta do Chazo** with the small **chapel of Virxe do Carme**, where the tour ends.



from punta do Castro to Aguiño (Ribeira)

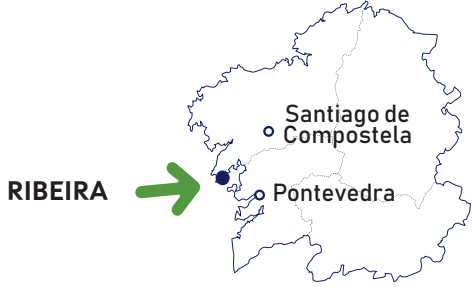
Illa de Sálvora viewpoint

This walk takes us from the car park of the sports area at **punta do Castro** in **Castiñeiras** to the outer breakwater that closes the port of **Aguiño**, communicating several islets near those called **As Centoleiras**.

It is a route of just over 2 km that passes mostly along a wooden walkway parallel to **Areeiros, O Castro and O Carreiro** beaches,

avoiding entering the nesting area of such an endangered species as the Kentish Plover.

At all times we have on our left the **ría de Arousa** in its immensity, being able to observe the **A Illa de Arousa** and the archipelagos of **Ons** and **Sálvora**, which are part of the **Parque Nacional Marítimo-Terrestre das Illas Atlánticas de Galicia**.



Path of praia de Bazoñas (Porto do Son)

Walking among the dunes

On the road that connects **Corrubedo** with **Xuño**, after leaving **Santa Clara de Novás**, we find an asphalted track on the left that leads us to **lagoa de Muro** on its south side. After following it for about 1.3 km we will arrive at a car park where we leave our vehicle to continue along a path on a walkway that crosses the pre-coastal area of **praia de Bazoñas**, which forms a dune cordon. This wooden walkway continues for almost 1 km until it reaches another parking area located on the south

side of the beach. During our tour we will see the foothills of the **serra do Barbanza**, with the unmistakable figure of one of its most famous mounts, **A Curota**, at almost 600 m above sea level, or **monte Taúme**, 240 m high, which offers good views of part of the **Porto do Son** coast and the **Parque Natural do Complexo dunar de Corrubedo e lagoas de Carregal e Vixán**. We can reach this spot and return to the starting point, following the sandy area, or retrace our steps.

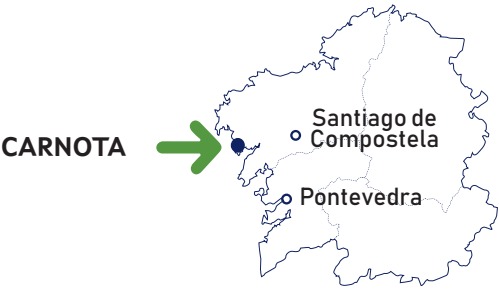
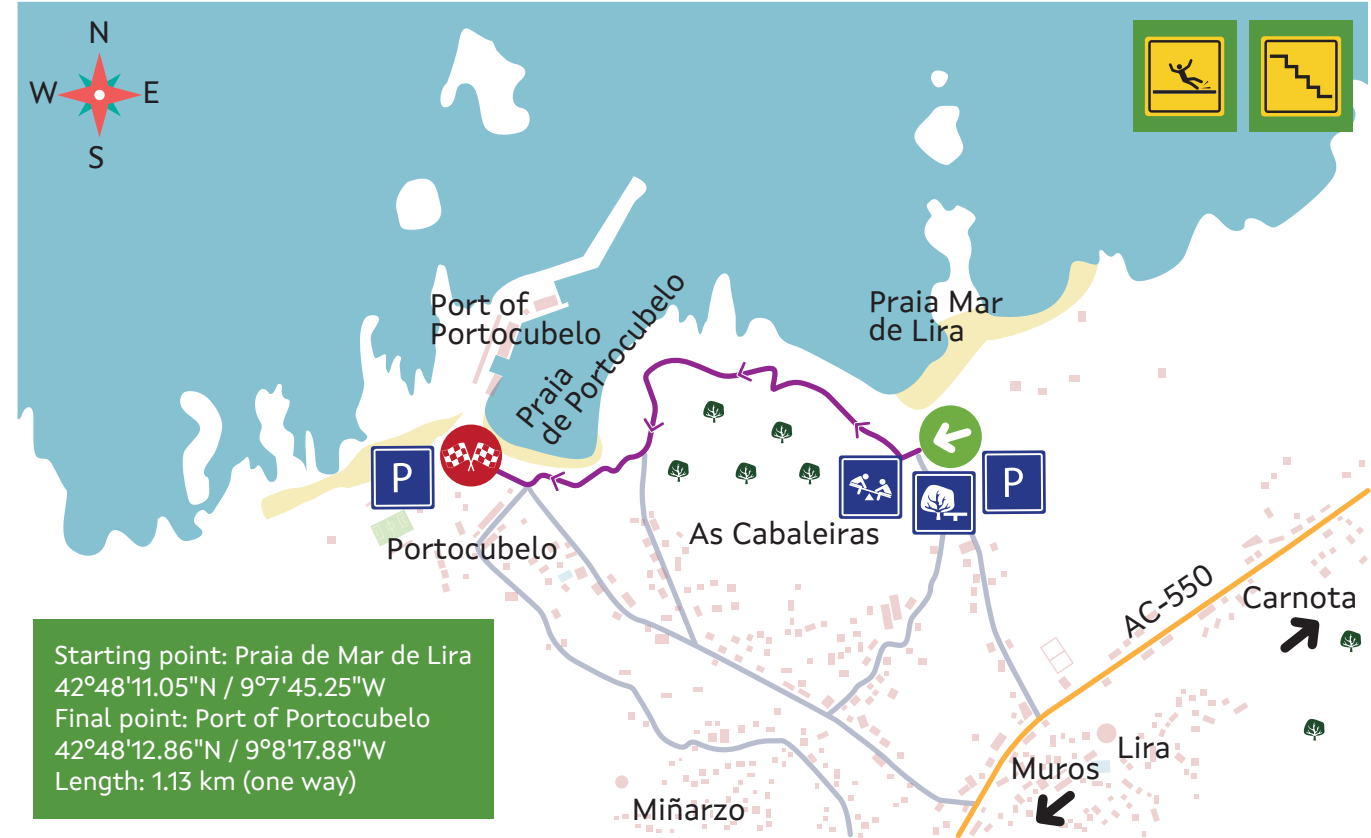


From praia Mar de Lira to Portocubelo (Carnota)

Looking at O Pindo

This is a short walk that will take us from **praia Mar de Lira** to the small **port of Portocubelo**, in the Carnotan **parish of Lira**. After a recreational area and a children's playground there is a wooden walkway, fully cyclable, which immediately offers extraordinary views of the extensive sandy area of **Carnota**, one of the longest in **Galicia**, which opens up in the shape of a shell.

To the north, the impressive figure of the rocky massif of **O Pindo**, the so-called **Celtic Olympus** of **Galicia**, dominates the horizon with its 629 m at its highest point, **A Moa**. If we look to the northwest, we will see the **ría de Corcubión** with its mouth at the **cabo de Cee** lighthouse and the **Illas Lobeiras**, and to our left the peninsula that forms **Fisterra** to its cape, the destination of many pilgrims.



After leaving the wooden platform, a path leads us quickly to the village of **Portocubelo**, sheltered in the port, where some seafaring houses are preserved. The tour ends at the pier itself.

For those who enjoy walking, you can continue the route along the entire coastline to the **Lariño** lighthouse, passing through small sandy areas and remembering shipwrecks such as the **Ariete** ship. It is about 6 km of linear route.

For those of you with a cultural interest, from **praia Mar de Lira** you can go up to the church and enjoy the views, as well as the *hórreo* (raised granary) of its Clergy House, one of the longest in **Galicia** together with those in **O Araño** in **Rianxo** and **Carnota**.



Around monte do facho (Fisterra)

Legends at the end of the world

This route is a proposal to learn more about the surroundings of the well-known lighthouse of **Fisterra**, which will bring us closer to **monte do Facho** and the **hermitage of San Guillermo**, related to fertility rites and the *ara solis* or altar of the Sun built by the Romans who considered this land the end of the world.

We will begin our walk along a forest path that descends with a steep slope, giving us views of the **illote da Centola de Fisterra** and to the north we can already make out the **cabo da Nave**, and **monte Veladoiro** which dominates this stretch of the coast. The path is flatter until we reach a crossroads, which offers good views of **praia do Mar de Fóra**. We recommend visiting it later, as it is worth walking the path and the wooden walkway that leads to it. But returning to our route, the road climbs through pine forests, which we will appreciate on sunny days, accompanied by the songs of the birds that live there. We soon reach a crossroads and follow the signposts to **San Guillermo**.

The ruins of this ancient hermitage are on the left, by a detour of only 300 m. Located at an altitude of 220 m, at the foot of a large rock that serves as a shelter, we can find remains of offerings and a flagstone related to fertility rites. According to archaeology, the place was occupied since the 12th century, being totally abandoned in the 18th century, but there are historians who relate it to **William X, Duke of Aquitaine**, who made a pilgrimage to **Compostela**, or perhaps to a **Saint William** who lived at the time of **Charlemagne**. Legends aside, the place offers an incredible panoramic view of the coastline, with views of the town of **Fisterra** and **praia Langosteira**; the **ría de Corcubión** and the coast of **Cee**; **O Ézaro** with the unmistakable rocky mass of **monte Pindo**, the sandy area of **Carnota** and **monte Louro**.

Back to the track that we left to come to **San Guillermo**, we continue along it until we reach the road that goes up from the **lighthouse of Fisterra** to **monte do Facho**, thus ending this circular route.

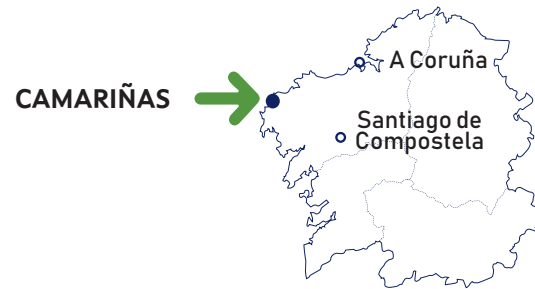


From the port to the hermitage of the Virxe do Monte (Camariñas)

Viewpoint of the ría de Camariñas

This route takes us along the immediate coastline to the town of **Camariñas**, where we will start walking in its port, or, if we want to shorten it a little, we can leave the vehicle next to the ruins of the **castle O Soberano**. Here begins a dirt road along which we will advance about 700 m finding a path that will lead to the remains of an ancient cetaria and the **lighthouse of A Villueira**. We can get close and enjoy the views of the mouth of the **ría de Camariñas**, with **Muxía** right in front of us. Back to the main road, we continue between stone fences, meadows and the

constant sound of the **Atlantic Ocean**. Soon we will enter a forest mass composed mainly of pine trees, and after crossing a stream we will arrive at **praia de Lago** located at the foot of our destination: the **hermitage of Virxe do Monte**. A short climb will take us quickly to it and we will enjoy the open horizon of the **Atlantic** framed by **cabo Vilán** to the north and to the south the village of **Muxía** with the cut out figure of the **Sanctuary of the Virxe da Barca**, with **monte do Facho de Lourido** in the background.



From praia do Curro to As Grelas (Cabana de Bergantiños)

The Anllóns River, slowly flowing towards the Atlantic

This walk of almost 4 km will take you to discover the mouth of the **Anllóns River** that forms the beautiful **ría de Ponteceso**. From **praia do Curro**, a paved path, with hardly any elevations and perfectly cyclable, takes us along the southern shore of the river offering a wonderful view of the sand bar that protects this area, providing a refuge for wildlife, especially birds, with vulnerable or endangered species such as the Kentish plover. In fact, in our tour we found an ornithological observatory dedicated to the naturalist **José**

Luis Rabuñal Patiño. After a stretch we will arrive at **A Carballa**, where the capital of the municipality is located, in a more urban environment, where we will also find the small sandy area of **Navaliños**.

The route ends at the so-called **praza de Cánduas**, in the area of **As Grelas**, where there is a space-viewpoint shortly before reaching it, from which we can glimpse a beautiful panoramic view of the mouth of the **Anllóns River** and in the background the stamp of **monte Branco** dominating the landscape.



From praia de Area Maior to the hermitage of Santo Hadrián (Malpica de Bergantiños)

Legends with views of the Illas Sisargas

We begin this walk of almost 4 km on the seafront promenade of **Malpica de Bergantiños**, bordering **praia de Area Maior**. At the end, the first section is a path that follows the end of the sandy area ascending between walls to a panoramic point over the village. From here the dirt road will take us to **praia de Seaia**, in a more rural environment. The route goes uphill and we reach the **fonte Navenllos**, where we can stop and enjoy the extraordinary views of the coast of **Malpica** and the stretch covered. We continue the

ascent that will take us to the **hermitage of Santo Hadrián** (16th-17th century, renovated in the 19th century) and the **fonte do Santo**, of miraculous properties according to tradition, a place of legends linked to the saint. Here begins one of the most popular hiking routes in **Galicia**: the **Camiño dos Faros**, which ends in **Fisterra**. Another attraction is the view of the **Illas Sisargas**, which seem to be within reach, and which are an important bird refuge.



From praia de Alba to praia de Barrañán (Arteixo)

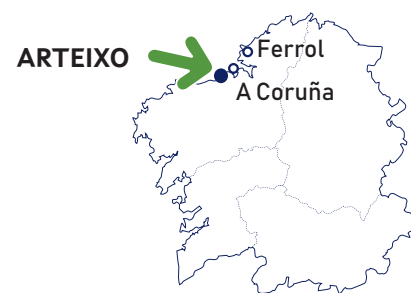
Near beaches and cliffs

This is one of the so-called blue paths in **Galicia**, and allows you to easily walk or cycle along much of the coastline of the **municipality of Arteixo**, linking together several sandy areas distinguished with blue flag, such as **Alba-Sabón**, **Repibelo**, **Combouzas** or **Barrañán**. From **praia de Alba e Sabón**, next to the outer port of **punta Langosteira**, to **praia de Barrañán** with its dunes, there are almost 6 km.

It has wide stretches with separate areas for pedestrians and cyclists, rest areas and

interpretive panels about the coastline, fauna and flora. In other sections, the path is narrow but perfectly conditioned.

Along the route we will discover other less known sandy areas, such as **Area Salsa**, **Repibelo**, **Herboa or Area Grande (Valcobo)**, before arriving at **Combouzas** (nudist). From here we have a good view of the extensive **Barrañán** sandy area, the end of our route. There are tourist services in both **Valcobo** and **Barrañán**.



From Santa Cruz to Santa Cristina (Oleiros)

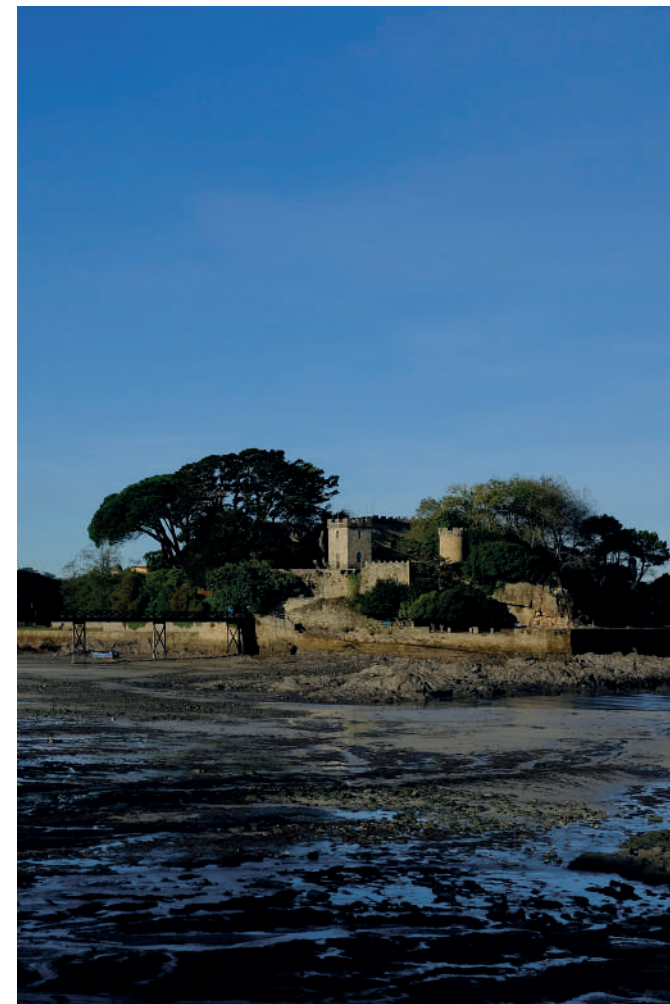
Viewpoint of the ría do Burgo

It is a coastal route in a densely urbanized area, but it still offers natural corners as well as good views of the **ría da Coruña**. We start at the port of **Santa Cruz**, in front of its castle, to continue along the promenade and climb some stairs to the **parque das Galeras**, which has a sports itinerary. We have views of the **Santa Cruz** cove, the coast up to the **Mera** lighthouse and in front of us the city of **A Coruña**.

The path takes us over the cliffs that open up towards **praia Pequena de Bastiagueiro**,

and along **rúa dos Feitos** we will reach **praia Grande de Bastiagueiro**. Then, going along **rúa dos Mioporos** we go up to **Avda. Che Guevara**, with his monument in a roundabout and we look out over the **Nirvana** viewpoint, which offers views of the **golfo Ártabro**, glimpsing the mouth of the **ría de Ferrol** with its outer harbour.

Going down the **rúa do Polvorín** we will immediately find the **Santa Cristina** seafront promenade where we will finish this route.



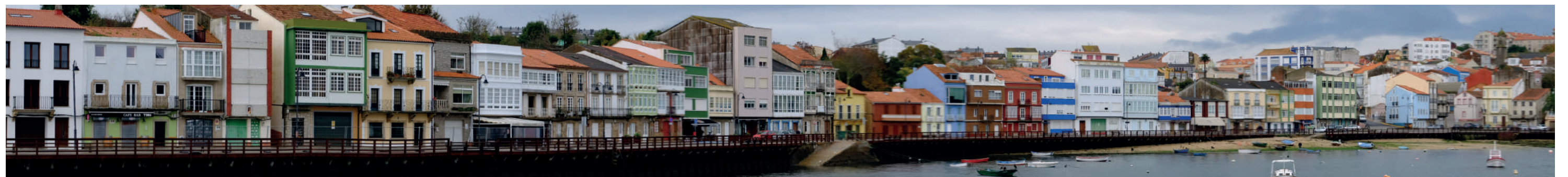
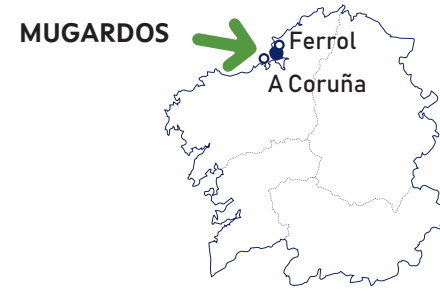
From the harbour to praia de Bestarruza (Mugardos)

Smell of the sea

We start the route in the car park located next to the fishing **port of Mugardos**. This unique village in the **ría de Ferrol** has a fairly well-preserved seafront, with examples of traditional seafaring architecture and some more stately, such as the **Casa da Serea**. A footbridge overhanging the water will allow us to enjoy the views to the other side of the **ría de Ferrol**: the **A Graña** cove with military installations and even the **castle of San Felipe**, its narrowest point, protected on the **Mugardos** side by the **castle of A Palma**,

forming part of the defensive system of the ría that turned it into an important naval base from the 16th century onwards.

After reaching the **punta do Rato**, which protects the marina, we follow the promenade of **A Culebra**, where we will find various explanatory panels about the fauna of the area and the history of this town. We will soon reach **praia de Bestarruza** where we finish this short route, which is barely a kilometre long.



From the port to the hermitage of Santo Antón de Corveiro (Cedeira)

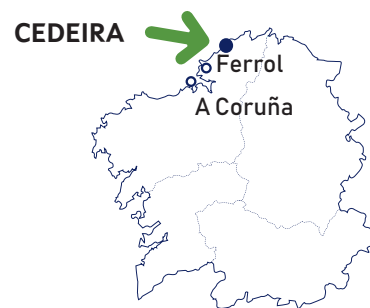
Castro culture traces of the Atlantic

A comfortable uphill walk that will take us from the dock of the **port of Cedeira** to the **hermitage of Santo Antón de Corveiro**.

We start the route by climbing some stairs that offer us views of **praia de Vilarrube (Valdoviño)** and part of the ría, as well as some old cetarias. We head to the **castle of A Concepción** (open to the public, check opening times). The path takes us straight away to the fortress car park, where we turn left to **punta Sarridal**, with the excavated remains of a *castro* (fortified settlements), where a *pedra formosa* (a ritual sauna typical of *castros*) has

been found. From near the beacon that marks the entrance to the **ría de Cedeira**, the views are extraordinary.

Returning to the road, we continue along it until we find a dirt road on our left that will quickly lead us to the **hermitage of Santo Antón de Corveiro**, dating from the 17th century but with later alterations. A calvary and a pleasant recreational area complete the scene, from which you can see the mouth of the **ría de Cedeira**, and even singular points of the coast of **Ferrolterra** such as **punta Frouxeira** and **cabo Prior**.



The watchtower of facho de Maeda (Mañón)

Viewpoints of the Cantabrian Sea

Before reaching **Vila de Bares**, we take an asphalted track on the left which, in just 1.4 km, takes us to an old guard booth of the coast.

From here we can already glimpse part of the coastline of **Lugo** as well as the peninsula where **Estaca de Bares** is located, the northernmost point of the **Iberian Peninsula**, which juts out into the **Cantabrian Sea**. We then take a forest path that will offer us

views of the **ría do Barqueiro**, with several panoramic points along almost a kilometre of the route, with curious rocky shapes moulded by the wind and the rain.

At the end, we have a spectacular view of the coastline of **Ortigueira**, which goes from the **Picóns de Loiba** to **cabo Ortegal** and **A Capelada**, in the municipality of **Cariño**.



Punta Socastro (O Vicedo)

fuciño do porco

To do this route we can arrive with the car right at the starting point, where we will find an area set up as a car park. This is the starting point of the path along which we will have to walk for approximately 1.5 km. This is a path that runs mainly through pine and eucalyptus trees and leads directly to the wooden footbridges.

The first part of the walk is not particularly attractive, but this will be more than compensated for later on, as from the last stretch of this path, we will have a foretaste of the spectacular views of the **coastline of O Vicedo** and the **ría de Viveiro**, which we can

enjoy in all its splendour from **punta Socastro**, popularly known as **Fuciño do Porco**. The final part runs along wooden walkways that zig-zag up and down to the lighthouse-beacon that marks the entrance to the ría and the end of this walk.

Although the route itself is not very difficult, we must bear in mind that the whole section that runs along the wooden walkways is somewhat more demanding, with numerous stairs.

Note: During the high season, visits must be booked in advance. For more information contact the O Vicedo municipal council.



From punta Morás to praia de Sucasro (Xove)

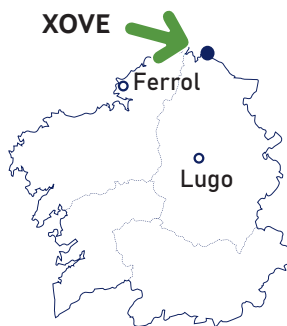
Os cantís de papel

We will start the route at **cabo Morás** and, in the surroundings of the starting point, we will notice the presence of numerous and gigantic pieces of concrete that were once used to build the **port of San Cibrao**.

From here we can see the **Farallóns islets** to the east and **As Salseiras** to the west and the islet of Ansarón which, at 80 m high and covering 10 hectares, is one of the largest islands off the coast of Lugo and a breeding place for seabirds such as the yellow-legged gull, the cormorant and oystercatchers. We will walk along the edge of the **cliffs of Morás** which, with an approximate height of 32 m, run along the coast of a **Cantabrian Sea** that hits with force to mould the rocks as if

they were paper, a spot that is also popularly known as the **Cantís de Papel**.

Although the proposed walk is just over 2 km long to **praia de Sucasro**, we can continue the route to the **punta Roncadoira lighthouse**, for which we will have to walk a further 5 km. Once there, we recommend the climb to **monte Castelo** to visit two of the most beautiful benches in our geography, the **Naciente and Poniente (Rising and Setting) benches**, privileged places from which to enjoy the sunrise and sunset, as well as the views of a wide stretch of the **western Costa da Mariña** between **San Cibrao** and **monte do Faro**.



From praia da Rapadoira to praia de Llas (foz)

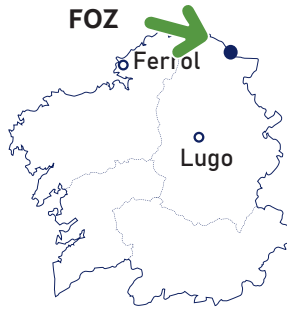
Eyes and cliffs of the Cantabrian

This seafront promenade starts from the **port of Foz**, and runs along the cliffs, throughout the entire route.

During the tour we will find several panels with information about the vegetation, fauna and landscapes. It will also illustrate the characteristics of this "flat" coastal shelf that was once covered by water and suffered a powerful marine abrasion.

We can also find small viewpoints with benches where you can stop to rest or from which to contemplate the beautiful views over the **Cantabrian Sea**.

A suggestive wooden bridge will allow us to levitate over a sea inlet and, once crossed, will allow us to continue close to the steep coastline before reaching **praia de Llas**.





On the river bank

Río Arenteiro (Boborás)

By the mouth of the Landro River (Viveiro)

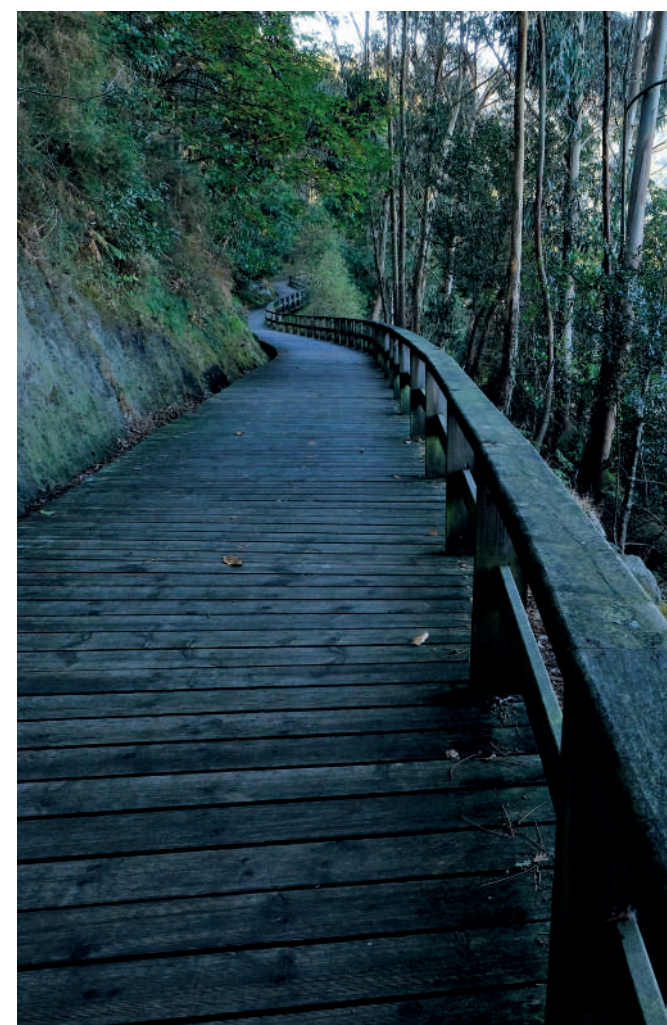
At the gates of the ría de Viveiro

This route on the banks of the **Landro River** and the **ría de Viveiro** starts very close to the **Valdeflores convent**. It has a Gothic church from the 15th century, when the convent was founded, although the monastery building dates from the end of the 17th century. Once governed by Dominican nuns, it has been declared a **National Monument**, so it is advisable to take a short detour to see it, even if only from the outside, as it is currently closed.

From here we walk almost all the time on a wooden footbridge that will take us through

the **Panela**, a bird reserve area, or through the **pozo de Piago** from which, according to legend, we can see the twenty-metre tail of the dragon that guards the bell of the **church of Santa Maria do Campo**, carried there by the strong winds of a stormy night and which has remained in its depths ever since.

We will then pass a jetty to finish at the **Portochao recreational area**, crossing an area declared a **Site of Special Protection of Natural Values** and a **Site of Community Importance (SCI)**.



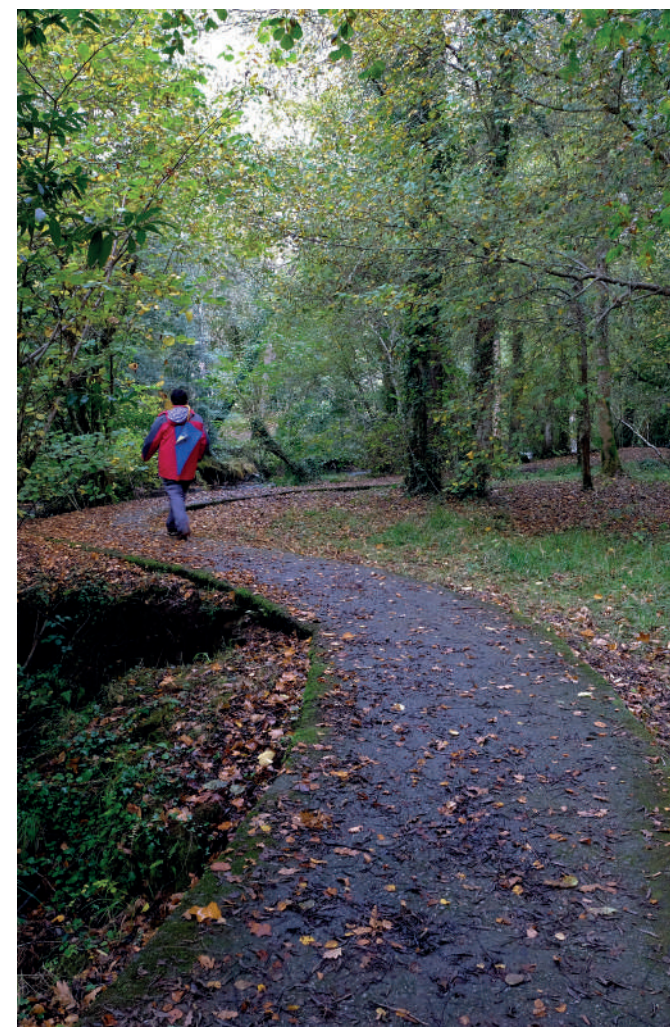
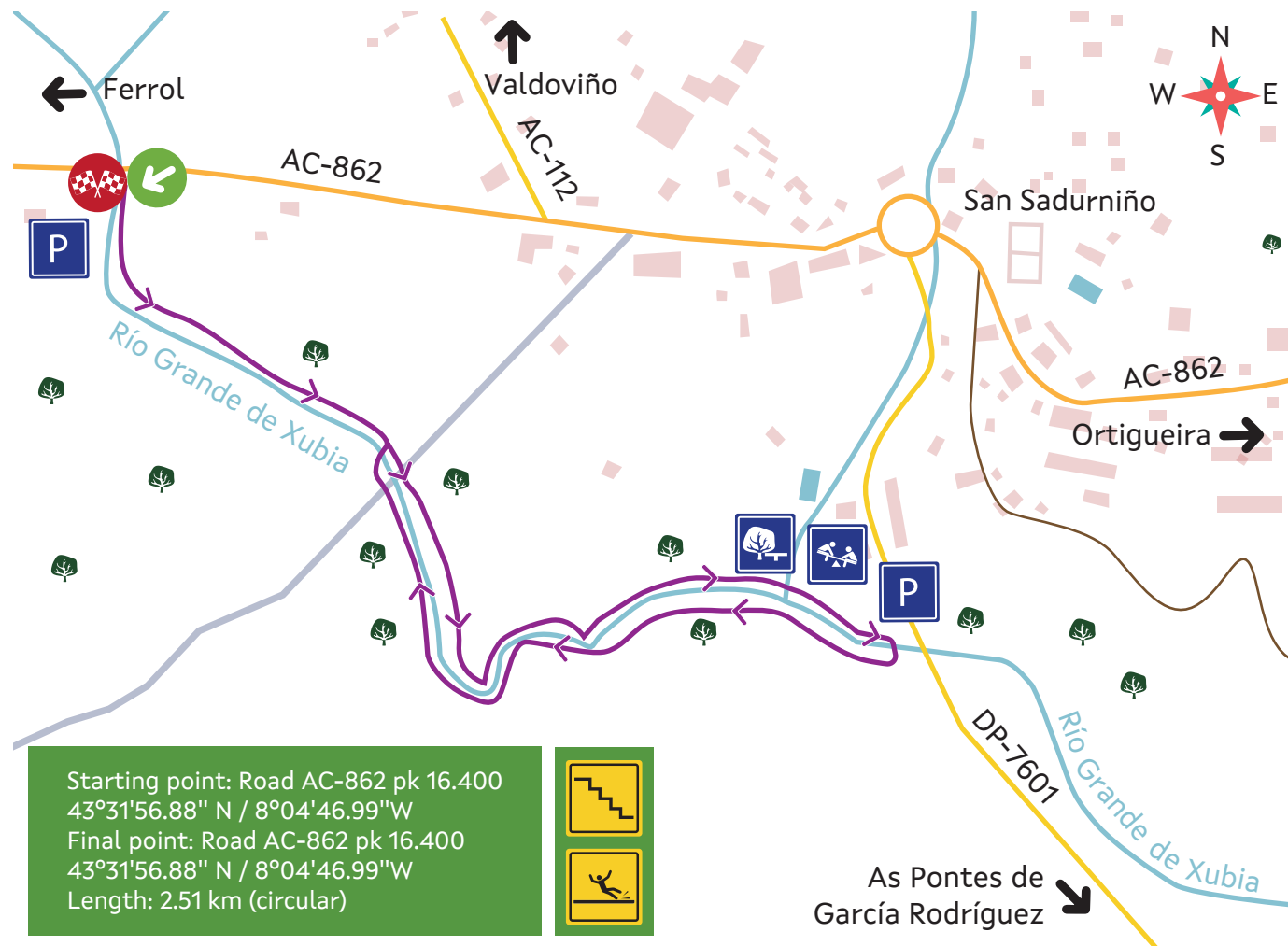
Following the Grande de Xubia River (San Sadurniño)

Interpreting the landscape and nature

At the foot of the AC-862 road coming from **Neda** and **Ferrol**, in the place of **Cornide** before crossing the bridge over the **Grande de Xubia River**, we can leave our vehicle and follow the signs to the riverside walk. Always next to the river, we can observe the small waterfalls that form its course in a dam or enjoy the flow of its waters and the mass of trees that change colour in autumn. Next we will find an arboretum with explanatory panels of different species that can be found in our forests or a curious orchard of fruit trees. The path is also sprinkled with sculptures of striking figures and even an ancient river nymph.

Before the return journey, we can stop at a recreation area which also has a children's playground. The return can be made on the other side of the river, which will take us along a wooden footbridge between chestnut and alder trees. This route and its surroundings are included in the **Galician Landscape Catalogue** as an **Area of Special Landscape Interest**, also forming part of a **Special Area of Conservation of the European Natura 2000 Network**. To end the visit to this space we can go to a building known as the **Pazo da Marquesa** and visit its gardens where several specimens of palm trees stand out.

SAN SADURNIÑO

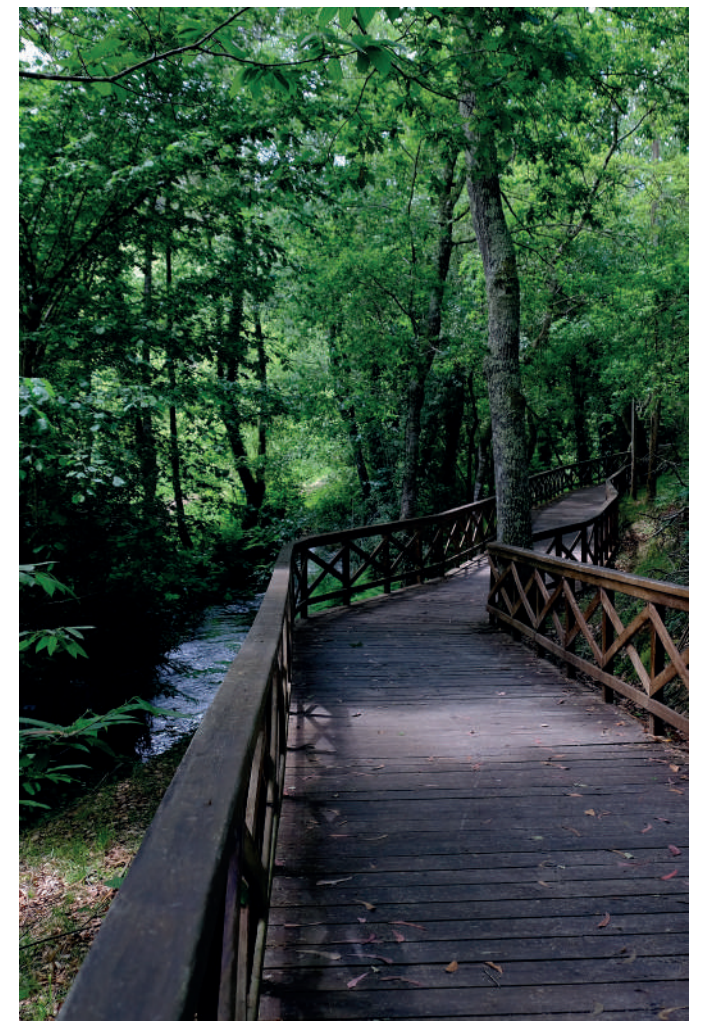
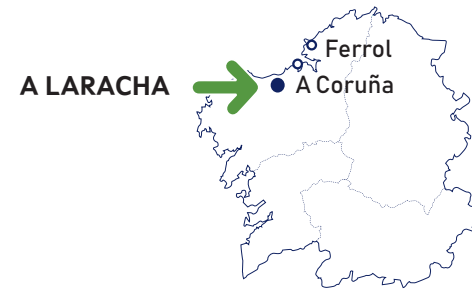


From the Gabenlle recreational area to ponte de Formigueiros (A Laracha)

Among alders and fields in Bergantiños

Located on the outskirts of the capital of the municipality, this is a perfect walk for everyone, as it runs along a wooden footbridge of just over 2 km in length that starts at the **Gabenlle recreational area** and ends at **ponte de Formigueiros**, following the winding course of the **Anllóns River**.

Along the route we will be able to enjoy different landscapes, such as the typical riverside forest, mainly made up of alders, agricultural and livestock areas, as well as discovering traditional elements such as several water mills that used to take advantage of the **Anllóns** stream to grind grain.



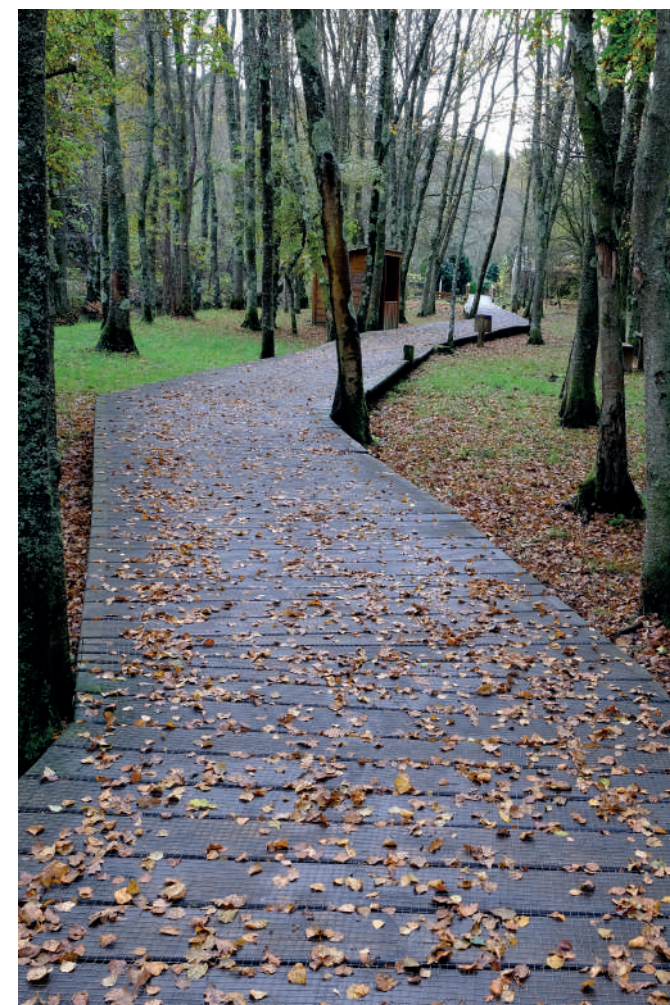
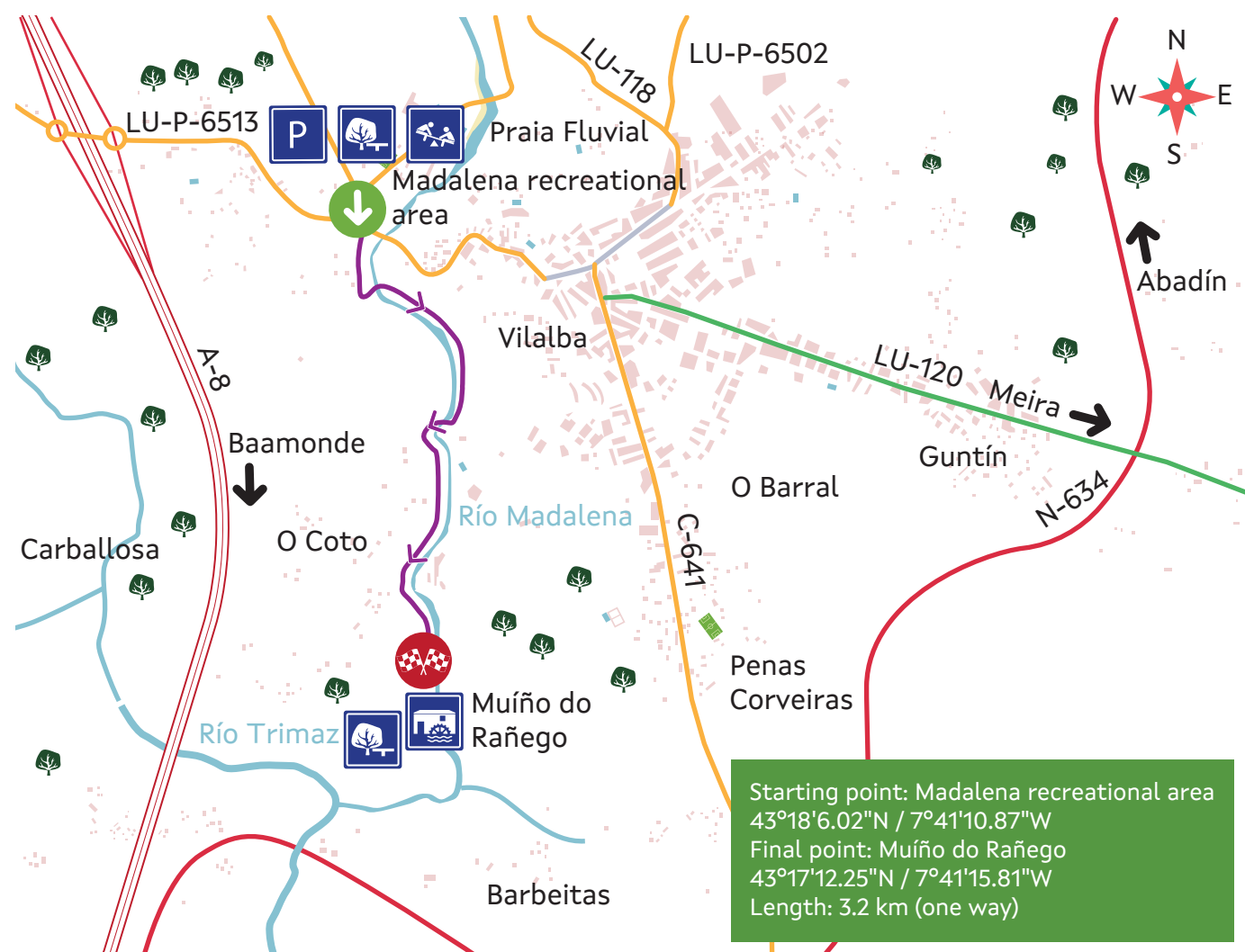
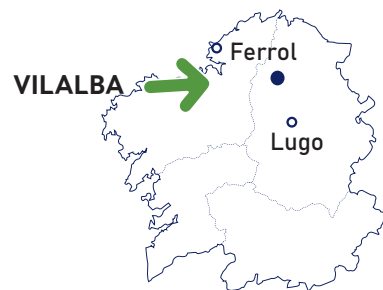
Along the Madalena River to the muíño do Rañego (Vilalba)

Walk of Dreams

This route, which is just over 3 km long, starts at the **Madalena recreational area**, which has a river beach, water park and picnic area.

It is a low-difficulty route, as it is almost entirely flat and well paved. Along the route, on the banks of the **Madalena River**, we will cross several wooden bridges, such as the **ponte dos Freires** or the **ponte dos Pasos**, whose surfaces are covered with metal mesh to prevent us from slipping. On our way we will find benches where we can take a rest and we will pass by several mills such as the **muíño do Rañego**, the final point of this walk.

The walk was given the name "Paseo dos soños" in 2006 by the **Cultural Association Xermolos de Guitiriz** and the **Brotherhood Manuel María da Terra Chá**. Every year, in collaboration with the Vilalba town council, a new sculpture in honour of a *chairego* or *chairega* (inhabitant of the lucence region of **A Terra Chá**) is placed on this promenade. They are figures, either in stone or metal, that commemorate the activity that these people carried out in the cultural sphere and are called <<literary hectometres>> because there are 100 m between each figure.



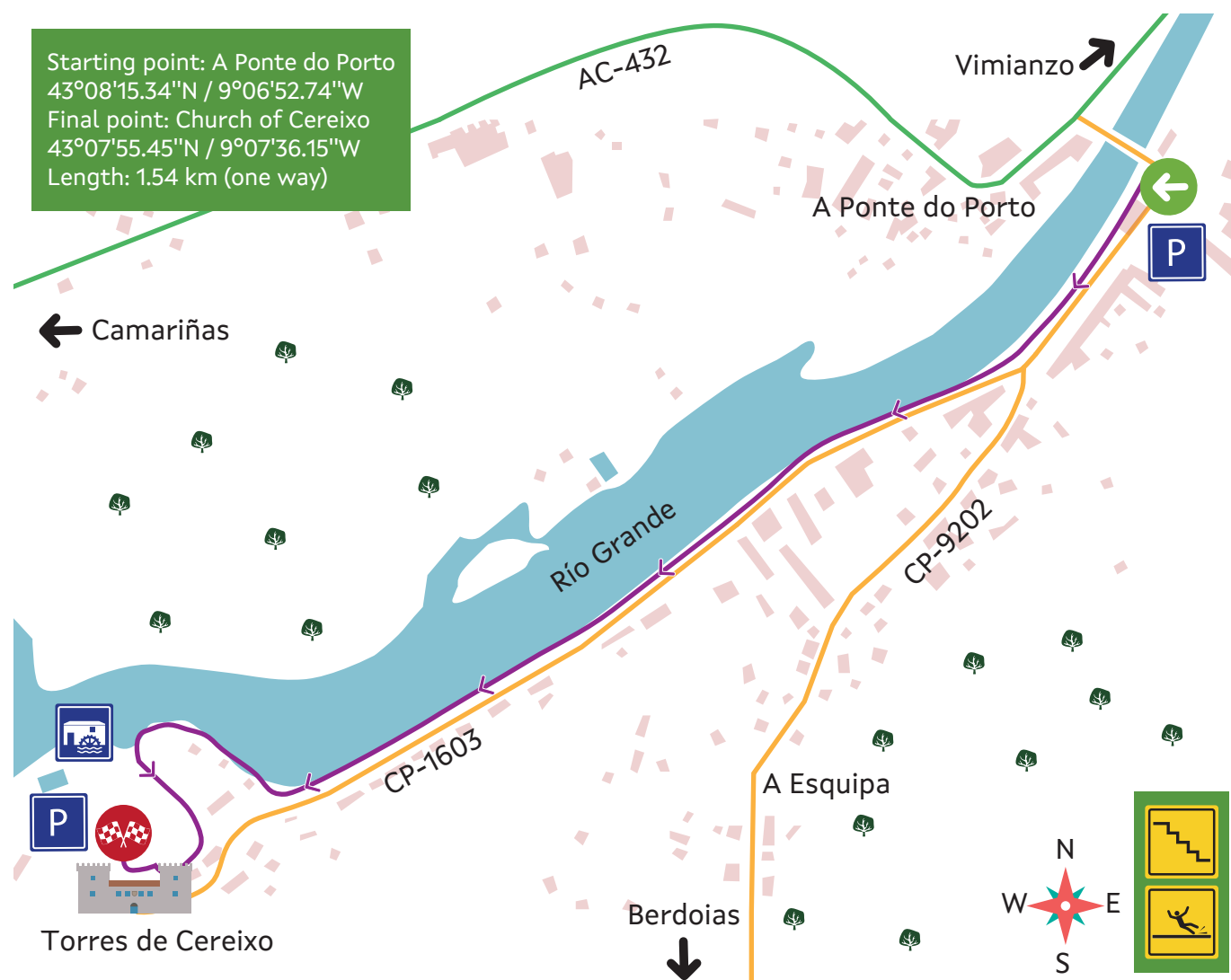
from A Ponte do Porto to Cereixo (Camariñas / Vimianzo)

The towers guarding the Grande River

We leave from **A Ponte do Porto**, which still preserves its medieval bridge. Along the path that follows the left bank of the **Grande River** we will reach the border with the **municipality of Vimianzo**.

We need to walk on the hard shoulder of the road, so we will have to pay extreme attention to the traffic. After seeing a typical *hórreo* (raised granary) of the **Costa da Morte**, between a house and a wall, a path starts along the river and leads to a tide mill, which used the difference between the high and low

tide as the hydraulic power for milling. Various panels explain how it works as well as the flora and fauna of the area. By an accessible footbridge we follow the course of the **rego do Riotorto** that immediately takes us to the **Torres de Cereixo**. Although they have an older origin, the current building dates back to the 17th century, built by the Carantoña family. Next to it is the Romanesque parish church, in whose southern tympanum we find a representation of the traslatio or transfer of the body of the **apostle St. James** in the stone boat.



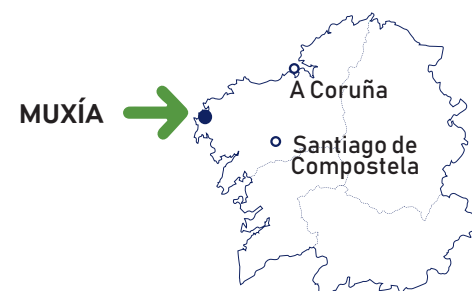
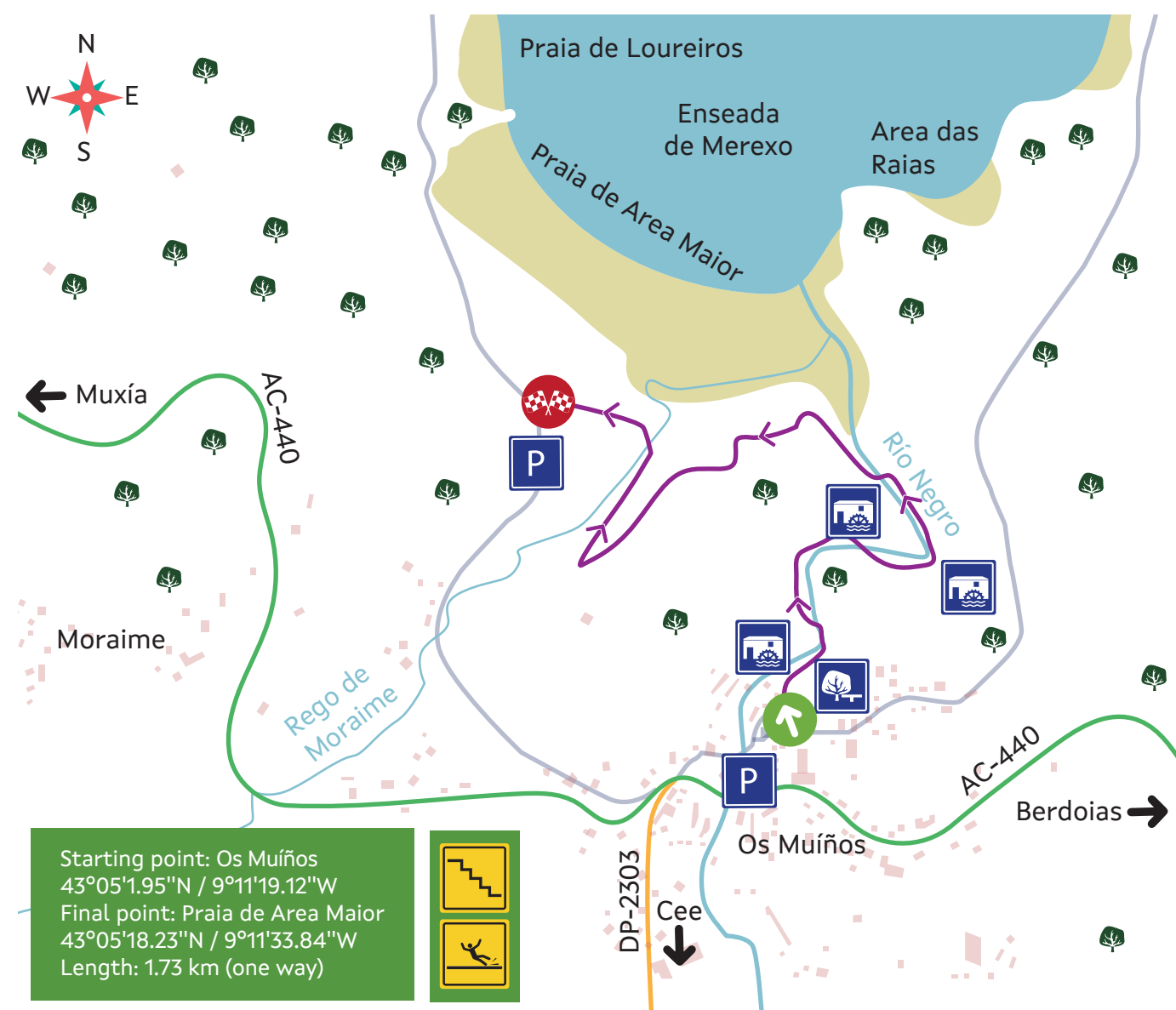
from Os Muíños to praia de Area Maior (Muxía)

The *Río Negro*, traces of mills on the way to the sea

This route starts in the rural town of **Os Muíños**, in the parish of Moraime, going down some stairs to a small recreational area and washing place. It follows a path, mainly in the form of a wooden footbridge, adapting itself to the course of the **Negro River**.

We can see several mills, some of them open, conserving the millstones, large circular

pieces of granite masonry that were used to grind the grain. Once we can see the mouth of the river at **praia de Area Maior**, we cross the stream and go up a narrow path between laurel trees to a more main road that soon leads us to an asphalted road that we leave on the right along a path that will take us to the sandy area car park, where this route ends.



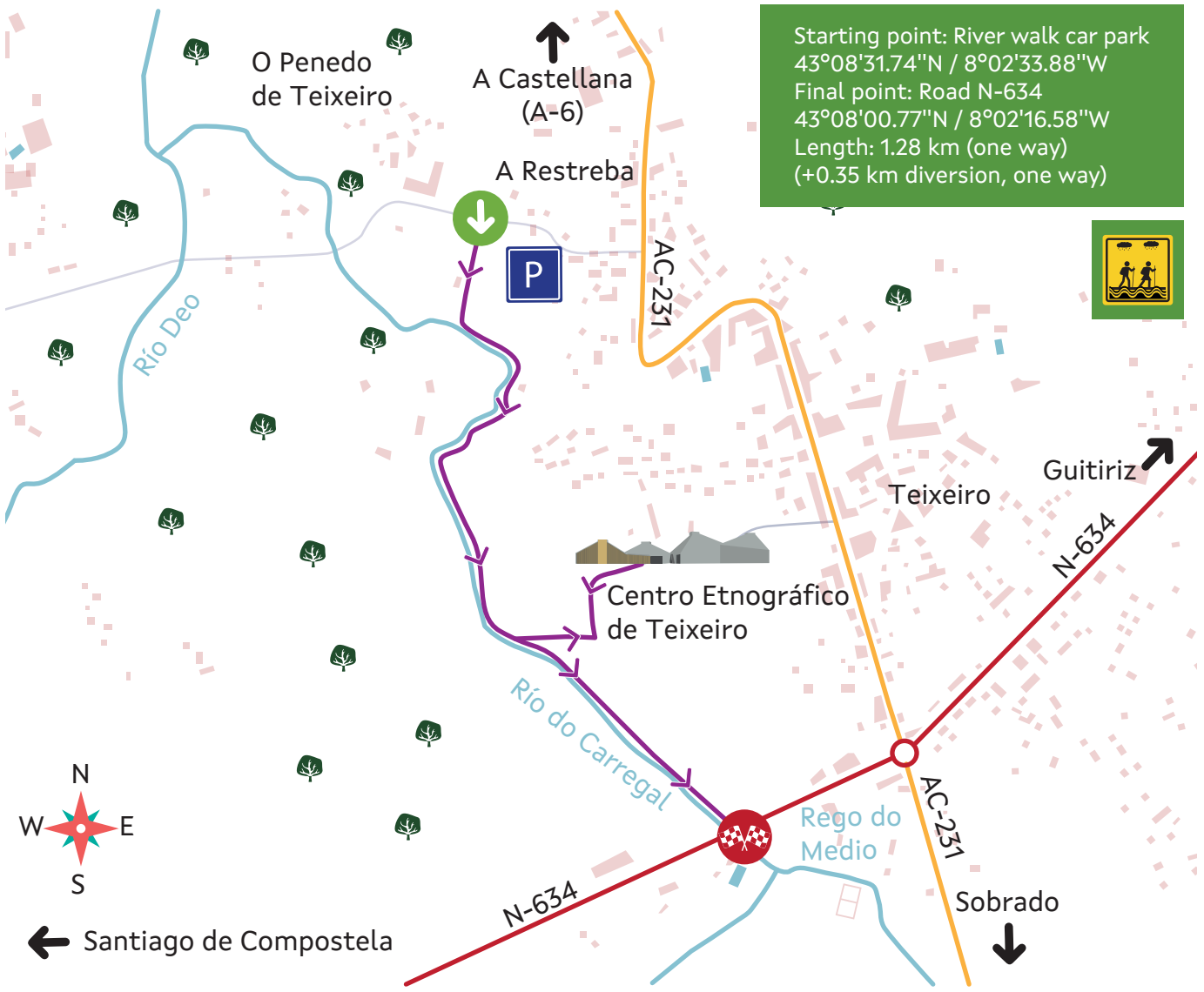
Carregal River Walk (Curtis)

Riverside forest in Mandeo River land

We access this river walk along the **Carregal River** from **Teixeiro**, coming from the town centre along an asphalted road on the left after the walk under the railway track. On the left we find again a parking area and a recreation area. Here we start our walk following the course of the **Carregal River**. In the rainy season it could even overflow or flood the wooded riverbank area on both sides of the road. We follow the winding course passing under the

railway track. Then we will find a branch to the modern **Centro Etnográfico do río Mandeo**, which houses several explanatory panels on the natural, monumental and cultural heritage of the area, as well as a video on the *castro* culture and other interactive elements.

The walk ends on the N634 road, so we will retrace our steps until we reach the car park where we leave our vehicle.



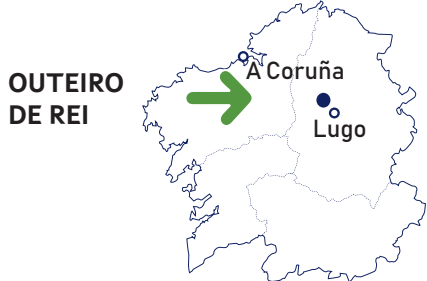
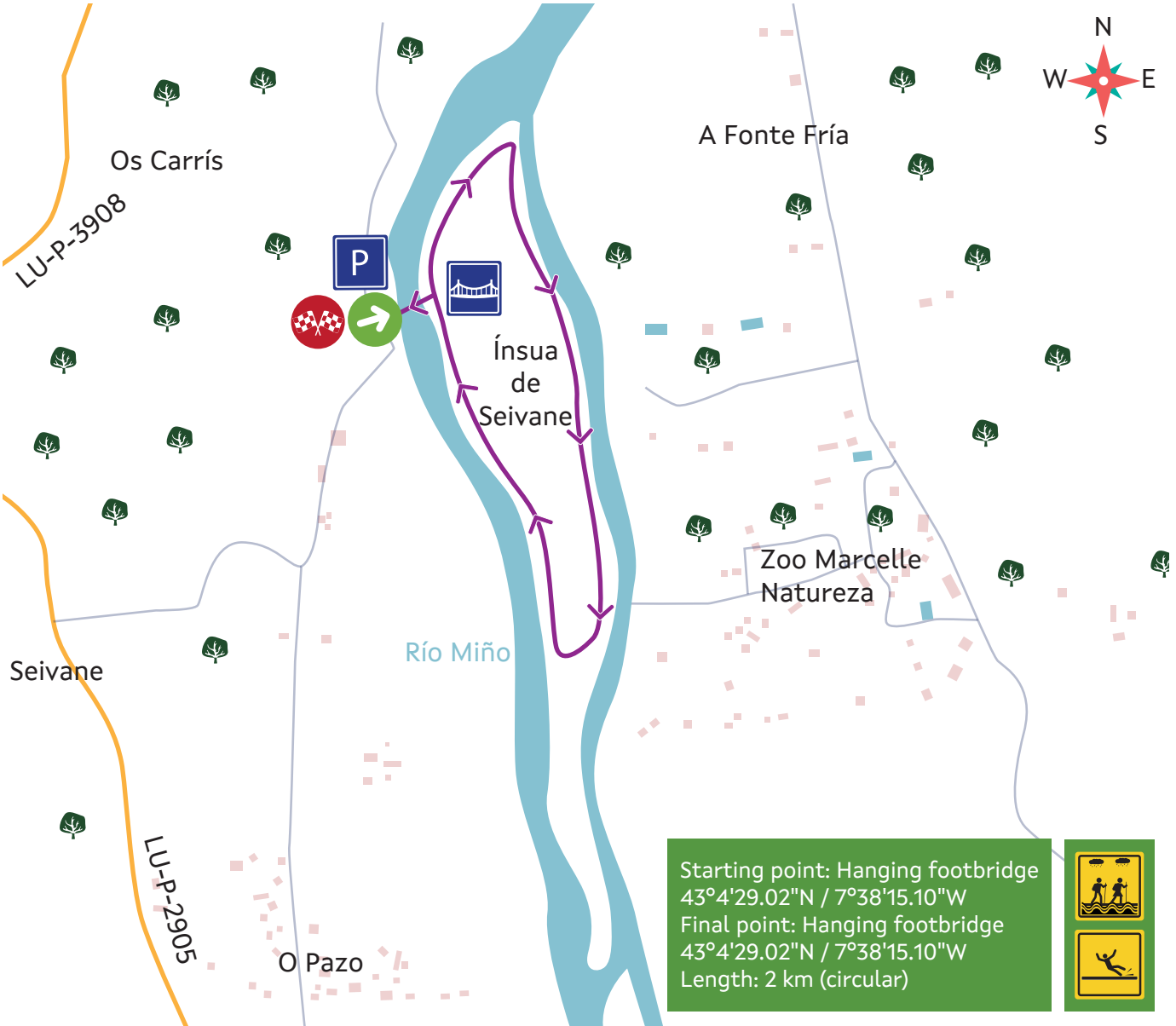
Insua de Seivane (Outeiro de Rei) *A raft on the Miño River*

This is a fascinating circular route of just 2 km in length. Embraced by the **Miño River** all around its perimeter, we can access the interior of the **Insua de Seivane** through an attractive hanging footbridge that will allow us to walk miraculously over the waters.

As soon as we cross the bridge we will find a recreational area, a picnic area and a fishermen's refuge. The walk runs along a

path that surrounds the entire island, so you can't get lost, always walking along the banks of the river under a dense native forest of oak, ash, willow and holly trees.

It is a protected natural area of high ecological and environmental value, which is part of the core area of the **Biosphere Reserve 'Terras do Miño'** and the **Special Area of Conservation (SAC) 'Parga-Ladra-Támoga'**.



Meanders of the Eo River in A Cortevella (Baleira)

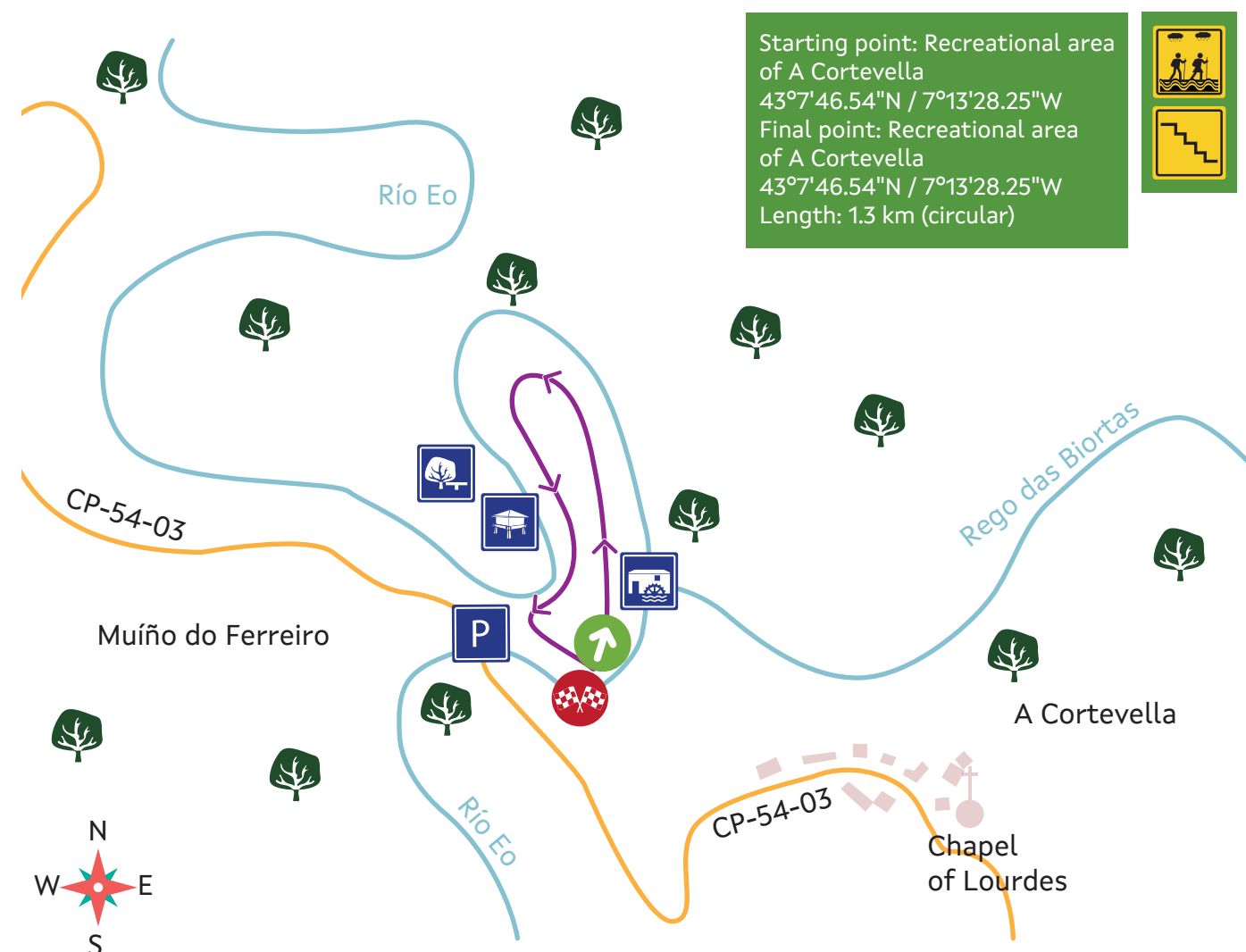
Path of the *corrizas*

This recreational area, located 20 km from **O Cádavo**, capital of the **municipality of Baleira**, has a small circular path that borders the meanders of the **Eo River** and surrounds the so-called **pena da Volta**. At the top, a sculpture of **St. Francis of Assisi**, the saintly friend of animals and nature, presides over and protects this privileged nature area.

From this height, a little closer to the sky, we can see a wide landscape. From there we can also contemplate the remains of the numerous *ouriceiras* that used to be in the

area, known locally as *corrizas*, and which are constructions that were used for storing and smoking chestnuts. We can also see a river mill that still conserves the remains of the machinery.

As this is a recreational area, it also has a picnic area and, next to it, a staircase that takes us to the top of a mound on which a *hórreo* (raised granary) was recreated with a square floor plan on pillars and a hipped slate roof, a typology typical of the area.



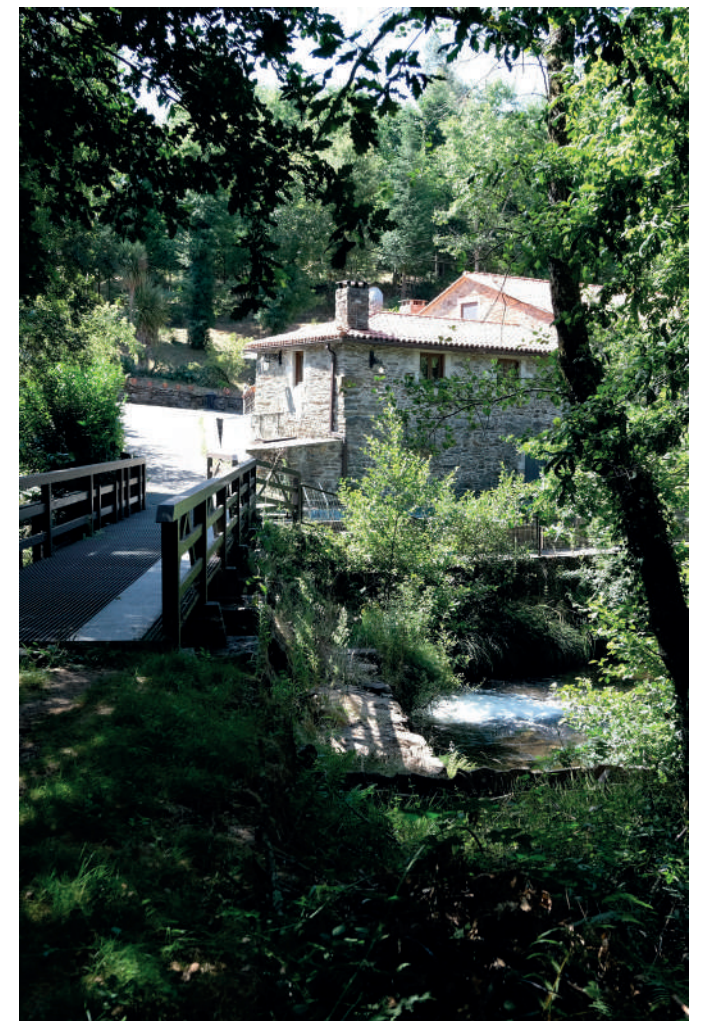
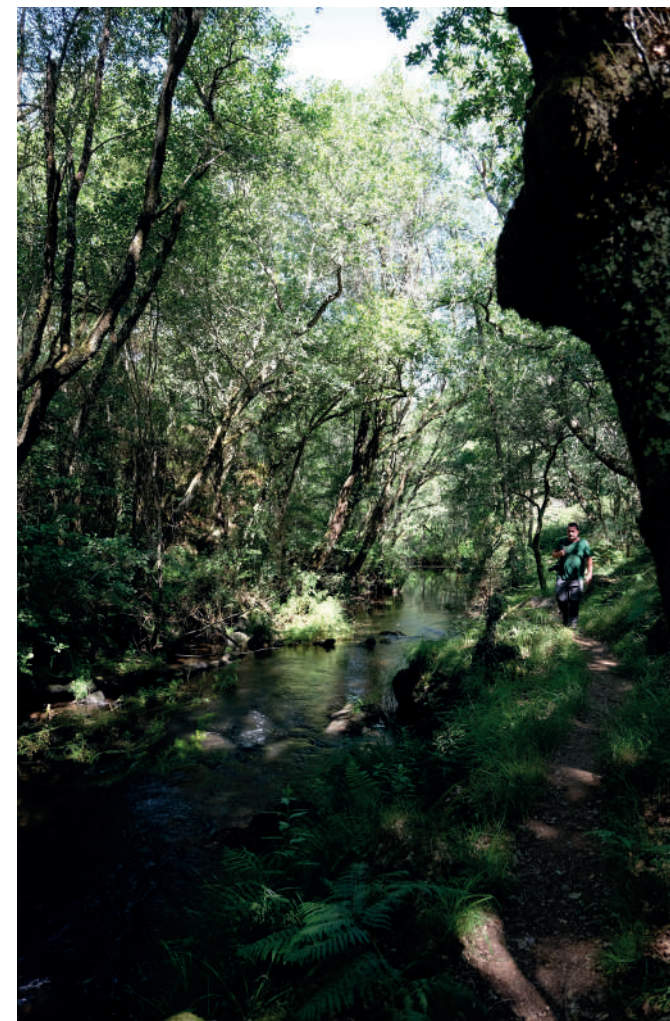
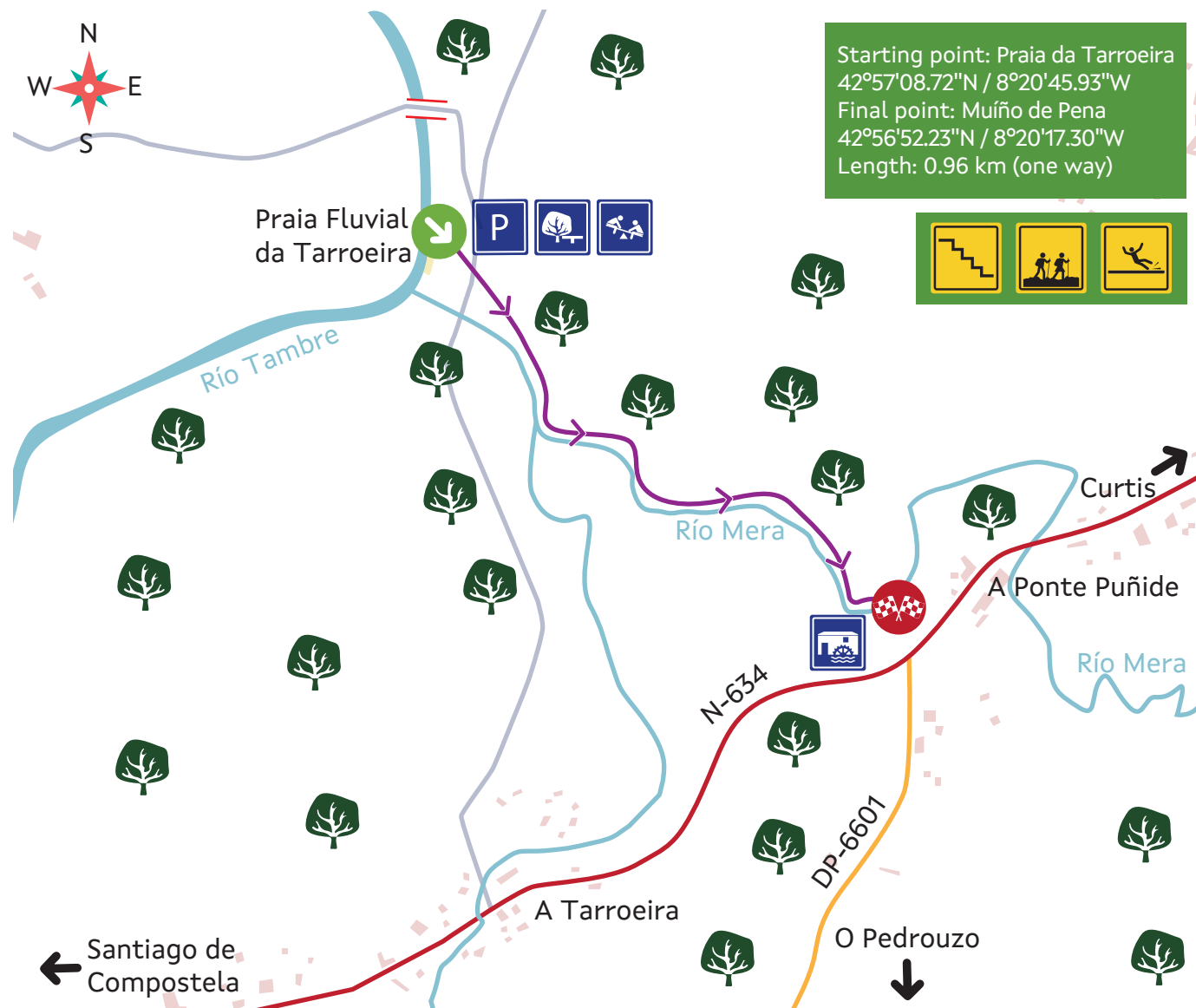
from praia da Tarroeira to the Muíño de Pena (O pino)

Botanical path of the Mera River

We access this route from the N-634 at **A Tarroeira**, taking a diversion signposted to the left towards **Rabal**. Once we reach the river beach, we will find a recreational area and several interpretative panels. The botanical path of the **Mera River** is divided into two sections.

We chose the one that goes from here to the **Muíño de Pena**. A path along the right bank of the river shows us the typical riverside

vegetation, with alders, oaks and ferns. On our route we will find some wooden platforms as well as the remains of mills and enjoy small waterfalls. Explanatory panels provide us with information on the different tree species that surround us. In some sections it is advisable to pay attention, as it can be slippery or somewhat narrow. Our steps end next to the aforementioned Muíño de Pena, which has been converted into a rural tourism establishment.



Along the banks of the Sarria River (Sarria)

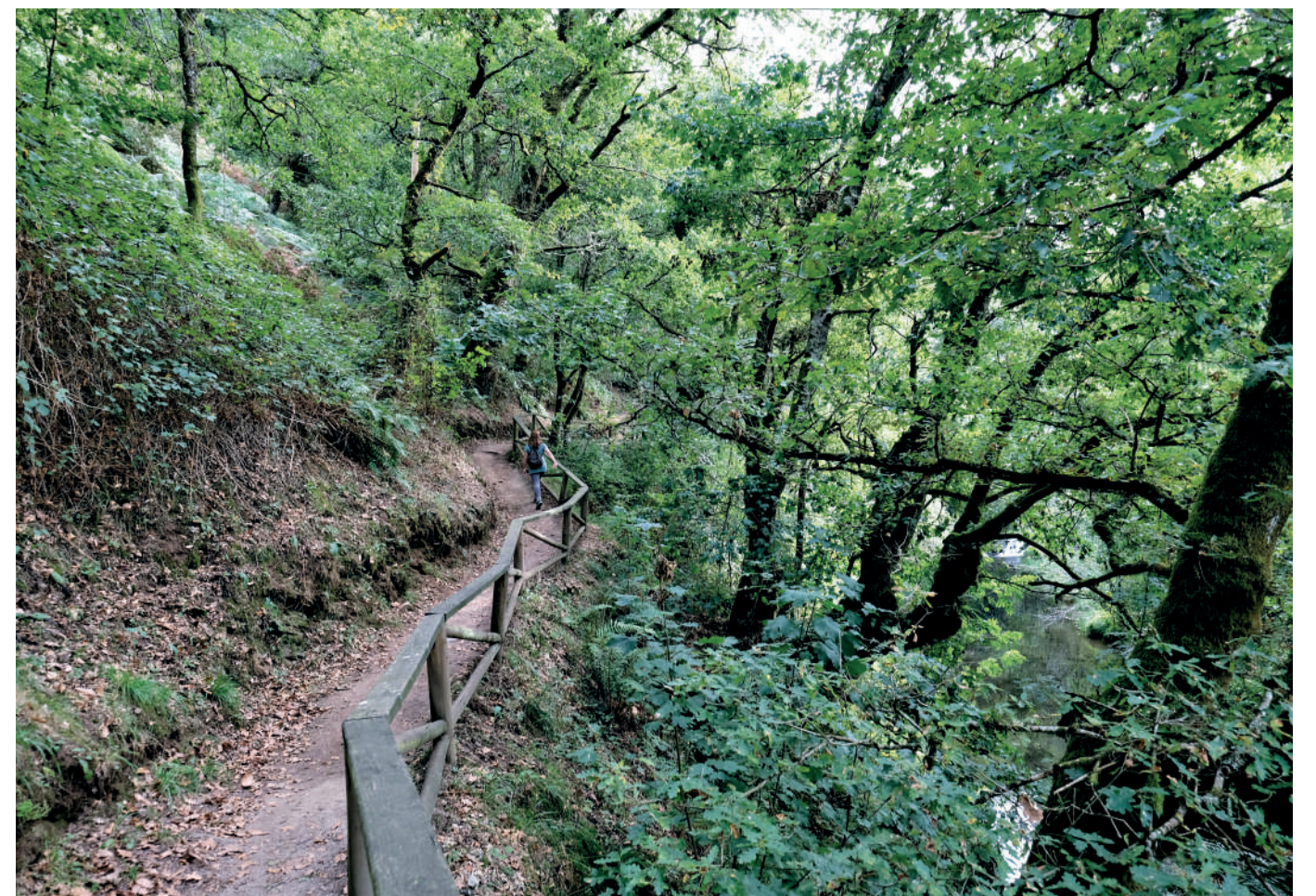
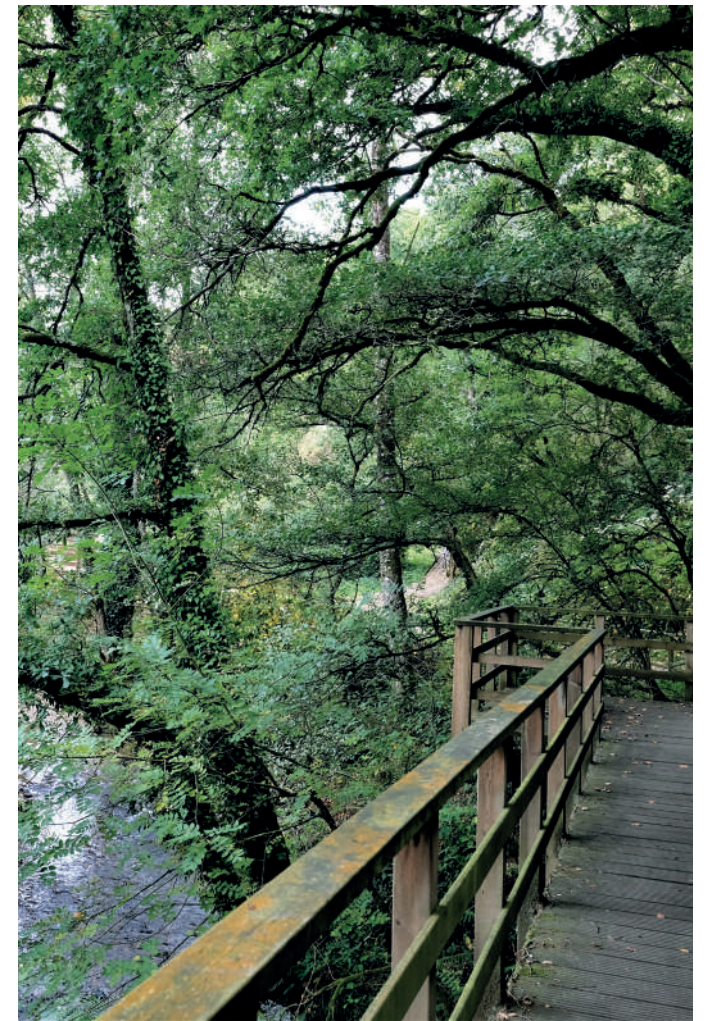
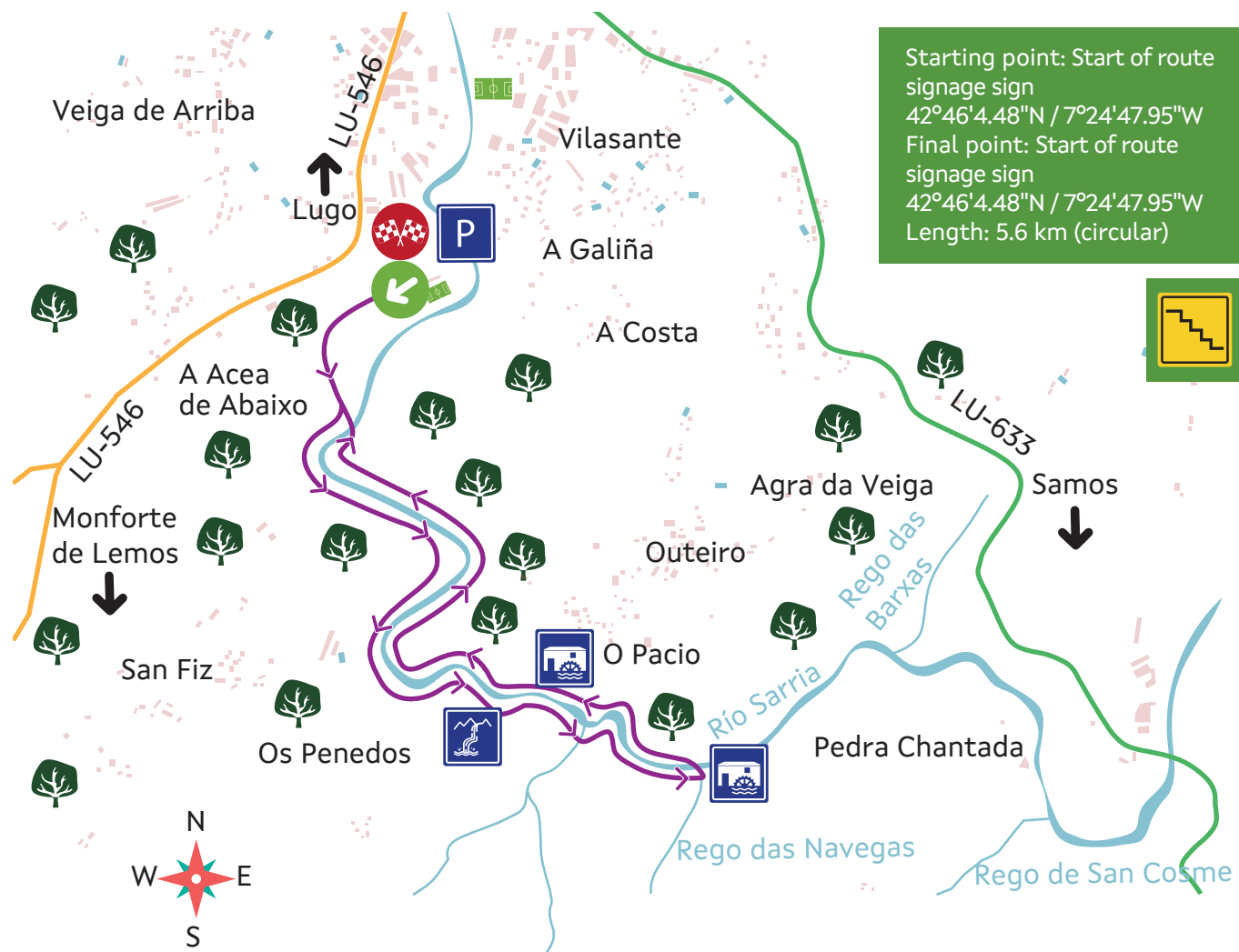
A foz das Aceas

"Feel, Look, Listen, Touch, Taste and Smell" is the slogan that guides the route and which already gives us a foretaste that it will undoubtedly be a pleasurable experience for our senses.

This forest, on the banks of the **Sarria River**, which invites us to walk and enjoy nature away from the noise of the town. This circular route of almost 6 km runs through chestnut, alder, and oak trees and meadows, equipped with wooden platforms, benches and information panels on the flora, fauna and the four mills that we will find along the way: **acea de Baixo**,

acea de Riba, **muíño de Conde** and **muíño de Regueiro**. All Galician forests usually keep some secret or mystery and **As Aceas** was not going to be less. The locals say that a man took refuge in a cave during the Spanish Civil War to save his life. Since then this place has been known as the **Gaspar's Cave**.

Next to it we will pass on our walk in the direction of the **wooden bridge of Fafián**, where we can cross the river to start the way back on the other bank. Along the way we will find sections with stairs that will help us to cross the steeper areas.



In the surroundings of the encoro de Vilasouto (O Incio)

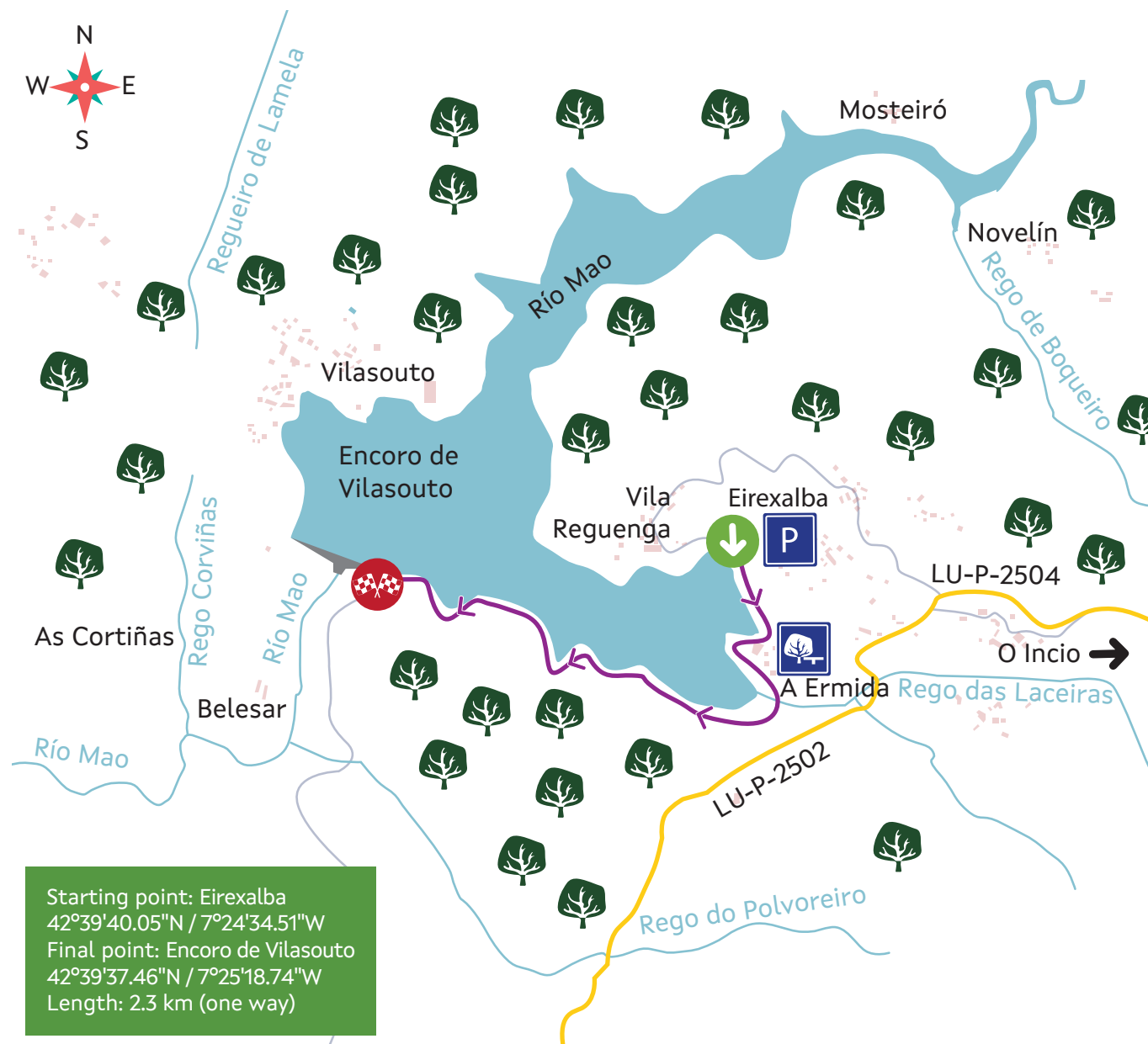
On the inland seas of Lugo

This route runs along a large part of the **encoro de Vilasouto**, built in 1969 on the basin of the **Mao River**.

Starting from the **village of Eirexalba** we can take the asphalted track that goes around the reservoir or follow a parallel path that goes closer to the lake. This is a simple walk, very suitable for children, which has picnic

areas and, in its last part, offers us a forest where we will find a wide variety of trees such as chestnut, birch, cherry, ash, alder, poplar, willow, etc.

It is an ideal place to relax or to practise a sport such as fishing, which is authorised all year round for the capture of certain species.



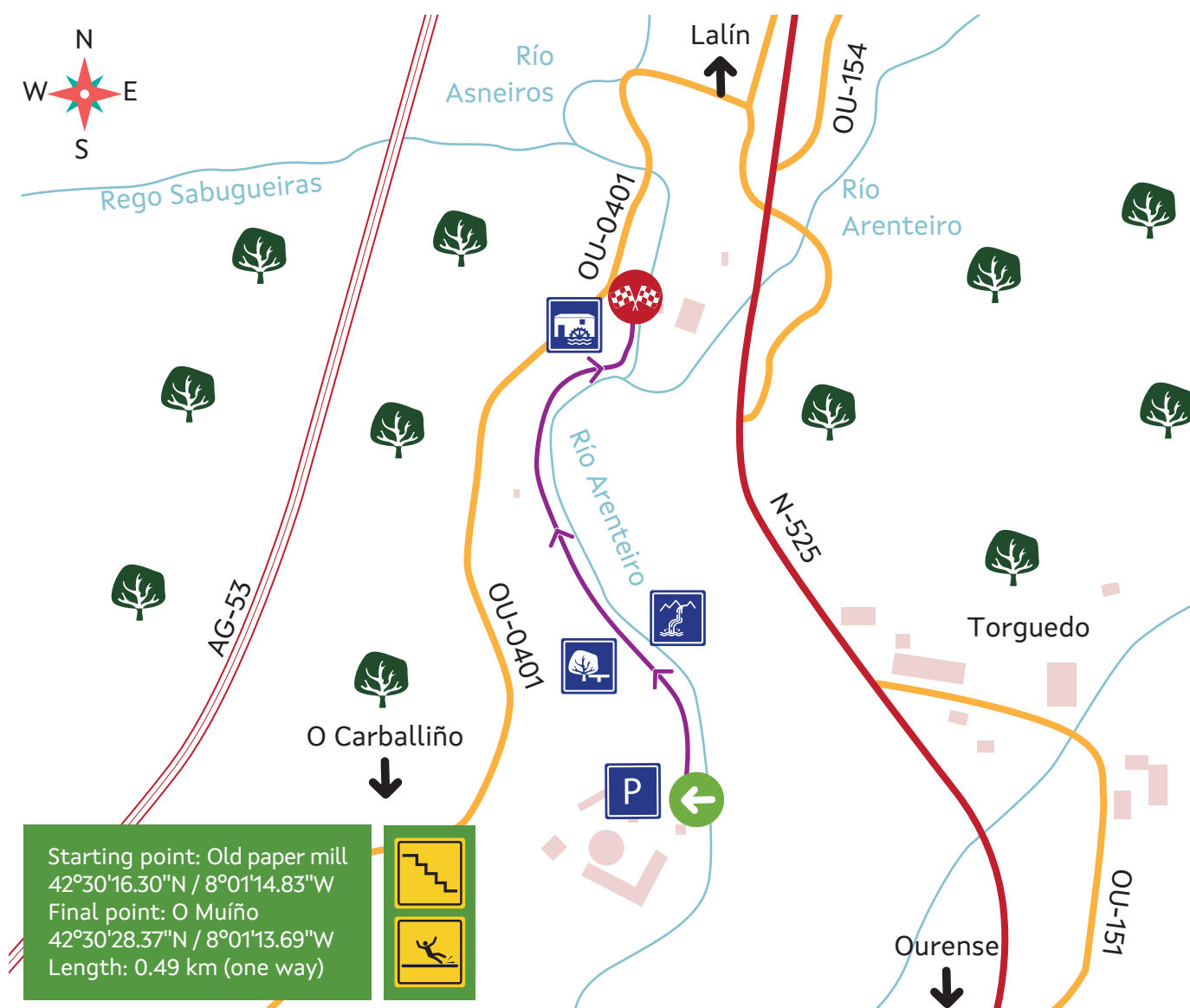
From the old paper mill to the Peilán Waterfalls (Piñor)

Ecological trail along the Arenteiro River

It is a small trail, but surprisingly beautiful and ideal for the whole family. We take the N-525 until we reach the diversion to **Lousado**, in the **municipality of Piñor**, following the signposts towards the ecological trail. We leave the vehicle next to the old paper mill, where we will find an explanatory panel. Next to the canal we will soon find the waterfalls of the **Arenteiro River** and a wooden platform that serves as a viewpoint of this beautiful spot.

The path continues upstream to its confluence with the **Asneiros River** and a group of several mills. One of them, the one with a double millstone, was restored when this hiking route was prepared, which is part of a longer one (about 15 km) included in the *andaina* or popular walk.

We return along the same path, enjoying its riverside forest, the sounds of the **Arenteiro River**, and, if we do it in autumn, we will walk through a carpet of multicoloured leaves.



On the Cabe River banks (Monforte de Lemos)

In the county of Lemos

Monforte was a sacred and county town which had its period of greatest splendour in the 16th and 17th centuries as the capital of the **County of Lemos**, one of the most important noble titles in Spain; and it is precisely to the counts and countesses of the **House of Lemos** that it owes the great historical and artistic legacy that it has.

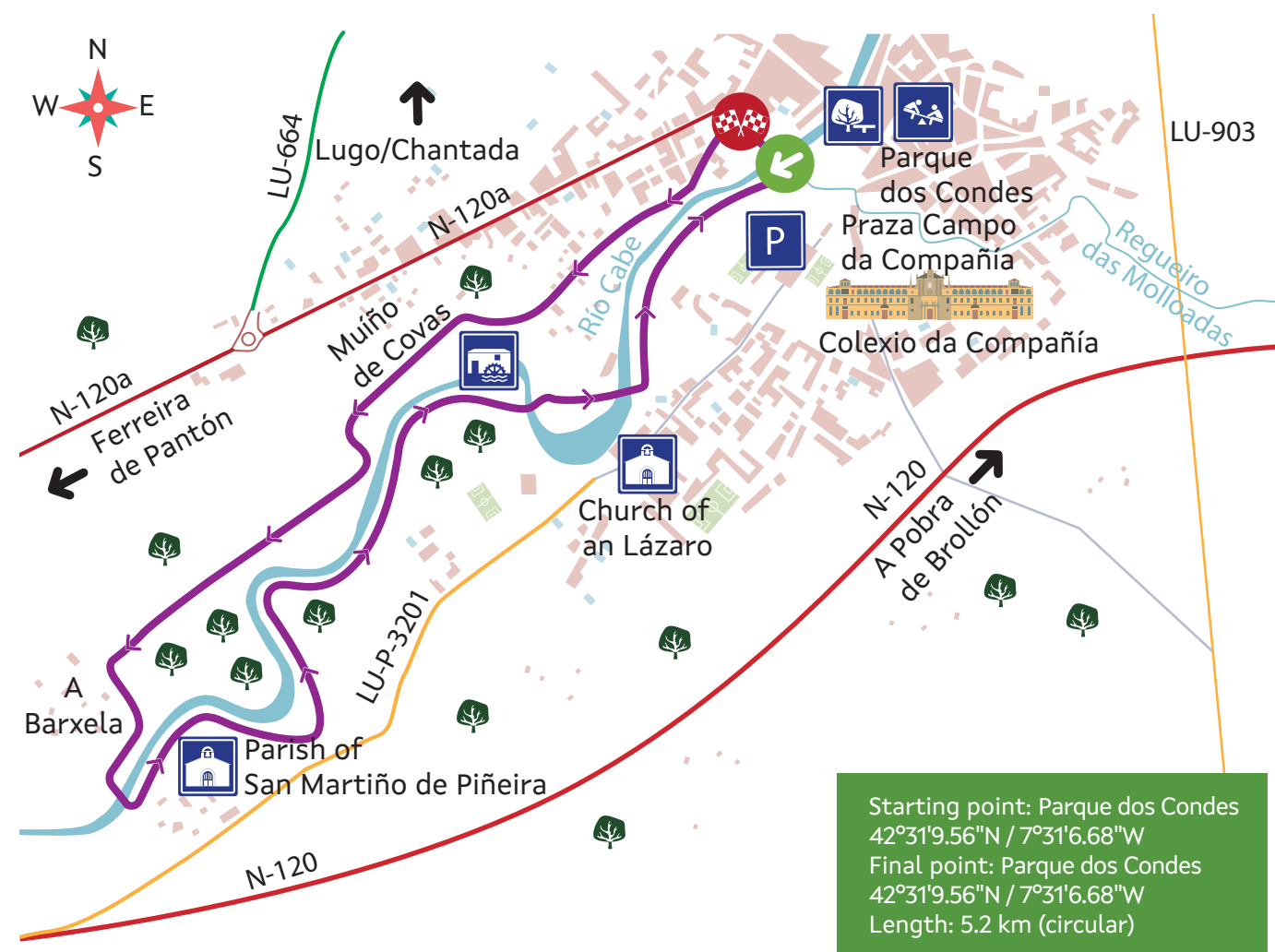
But there is another factor that was already very important in the 19th century in the development of this city: the arrival of the railway in 1883 made it the main railway junction in Galicia, as it was here where the

line from the **Meseta** to **Vigo** and **A Coruña** branched off.

The city is crossed by the **Cabe River**, the backbone of this circular route that runs from the **parque dos Condes** to the **parish of Piñeira**. This is a trail prepared to be walked along the two banks of the river, with several bridges, sports and rest areas.

In addition, during the summer there is a boat rental service in which you can sail along the **Cabe**, which is undoubtedly another attraction that makes this place an ideal spot to be enjoyed by locals and visitors alike.

MONFORTE DE
LE MOS



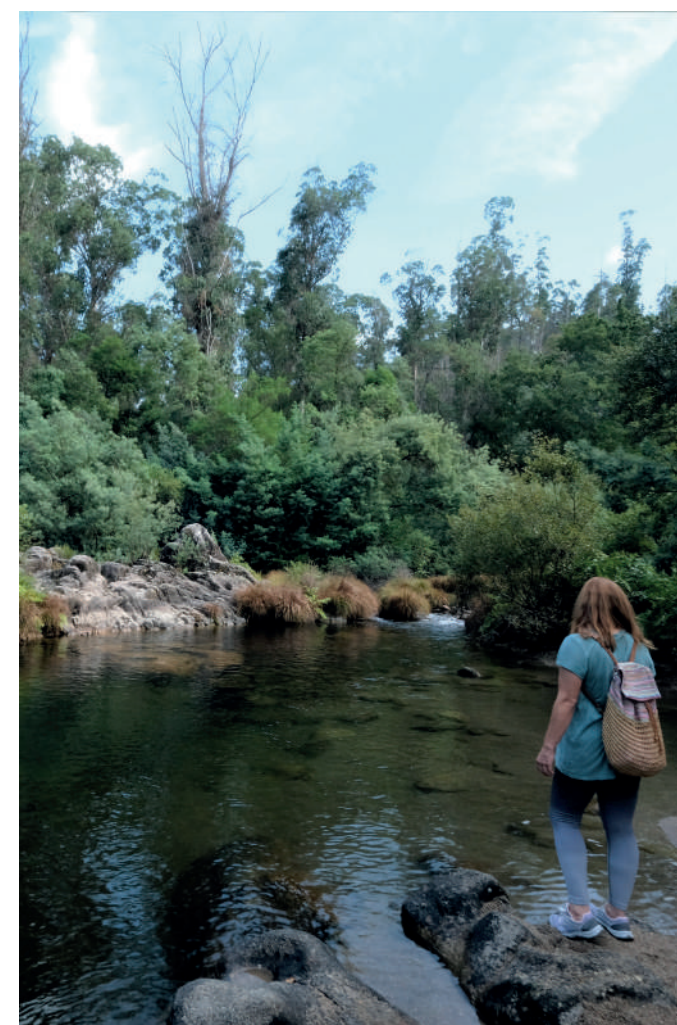
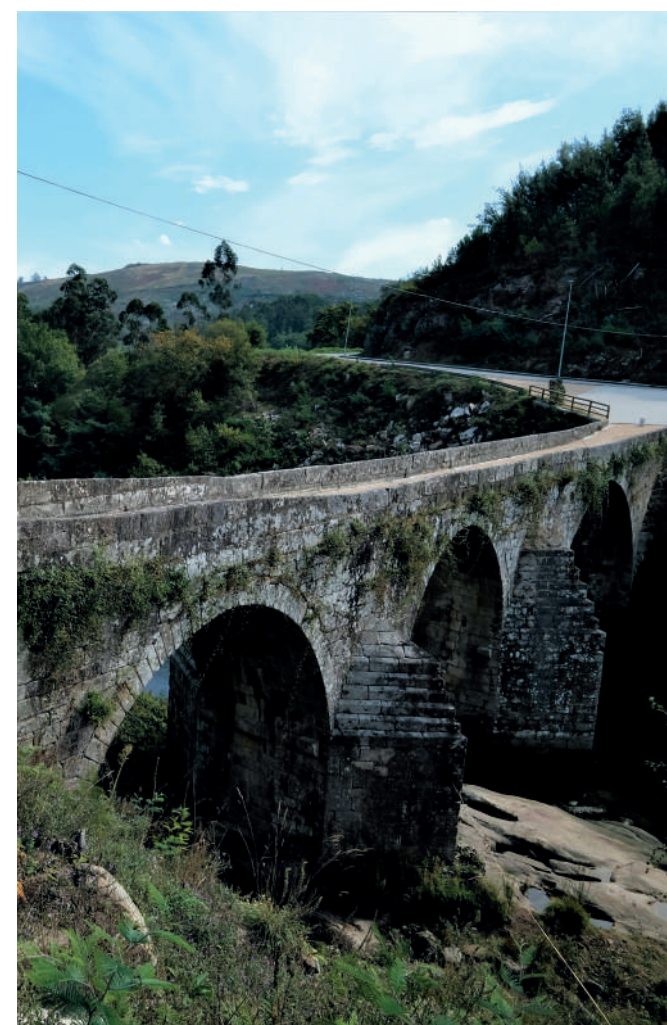
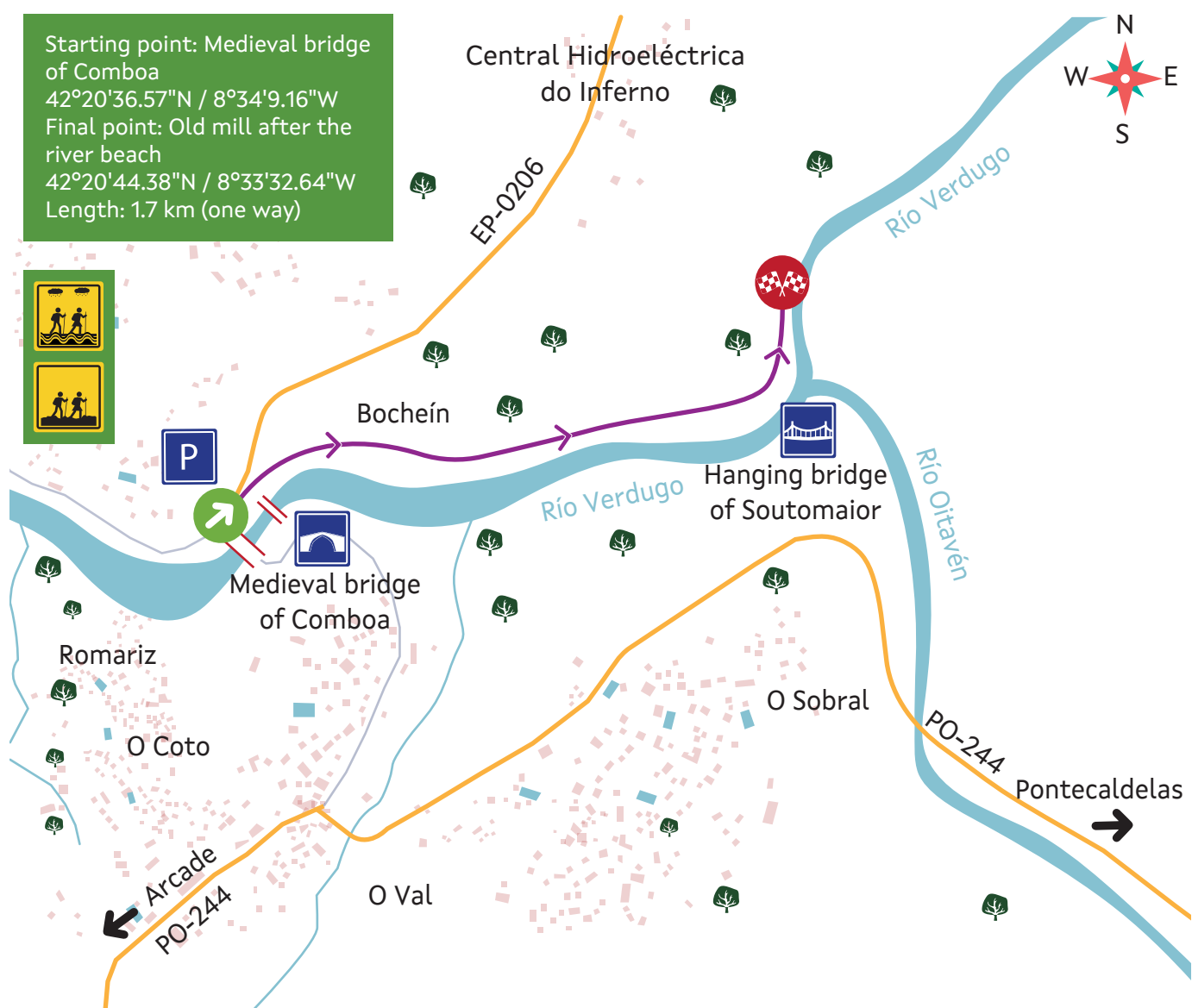
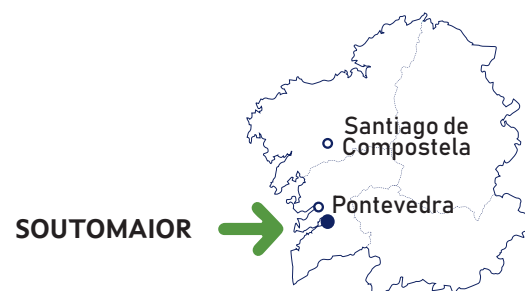
From the ponte de Comboa to the hanging bridge over poza das Bestas (Soutomaior)

Between bridges

This walk starts at the **medieval bridge of Comboa**, formed by three arches of which the lateral ones maintain the semicircular arch while the central one is slightly pointed, and dates from the 13th-14th centuries. From here we will walk along a short, low-difficulty path that goes mainly among native riverside trees, following the **Verdugo River**. Although the whole walk is very pleasant, the real surprise

comes when we reach a hanging bridge, under which we can see a deep pool known as **poza das Bestas** and a small river beach, making it an interesting site.

From there we continue walking a few metres, now on the banks of the **Oitavén River**, until we reach an old mill and then retrace our steps and make our way back.



from the ponte da Cruz to pozo dos fumes (Boborás)

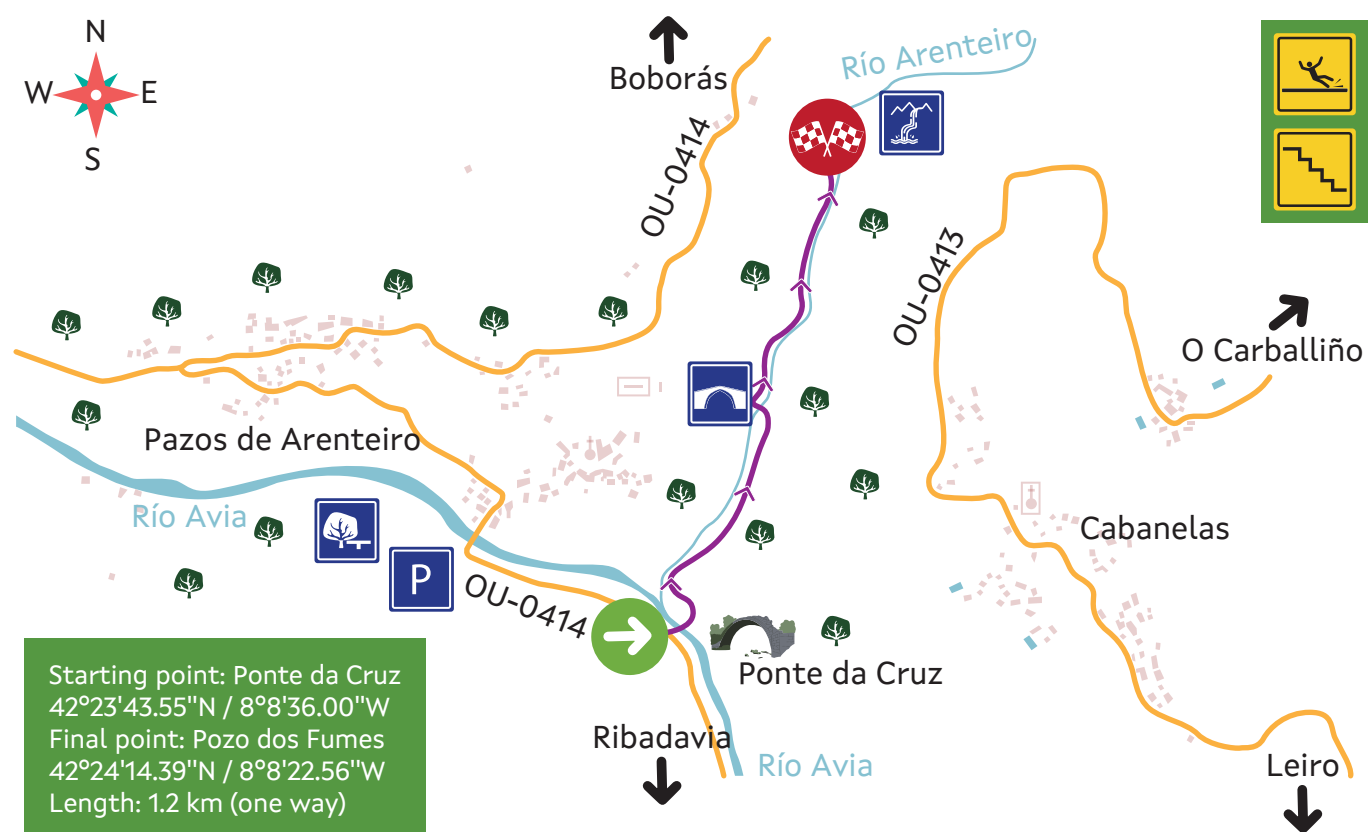
O Ribeiro's Paths

We have two options for this route, one would be to leave the vehicle in **Pazos de Arenteiro** and go to **ponte do Sepulcro** to continue upriver. But the one we propose would be to start our steps at the so-called **ponte da Cruz**, of which only an arch over the **Avia River** remains and which we must cross with care. Once here we will follow the course of the **Arenteiro River** from its mouth in the **Avia** along a path covered with autumn leaves. The sound of its waters will accompany us along the route, where we will find dry stone walls (*pedra seca*, a traditional way of building walls without mortar) covered with vegetation, the ruins of a mill and the crossroads with the path that goes up to the **village of Cabanelas**. We then cross the so-called **ponte do Sepulcro**, on whose main arch is engraved on the keystone the Cross of the Holy Sepulchre, an

ancient monastic order that changed its name to Saint John, and which had an encomienda in the nearby **village of Pazos de Arenteiro**.

We will take a path that goes along the right bank of the **Arenteiro**, with several stretches on a wooden footbridge where we will have to be careful not to slip. The last steps lead us to a cliff with a railing from where we can enjoy the spectacle of the waterfall known as **pozo dos Fumes** and the natural pool formed after its fall.

The return will be along the same path, enjoying the spectacle of the riverside forest, dominated by alders but also with oaks, chestnut trees and the occasional strawberry tree, a symphony of colours in autumn and an explosion of green in spring.



from the thermal area of Barbantes to Laias (Cenlle)

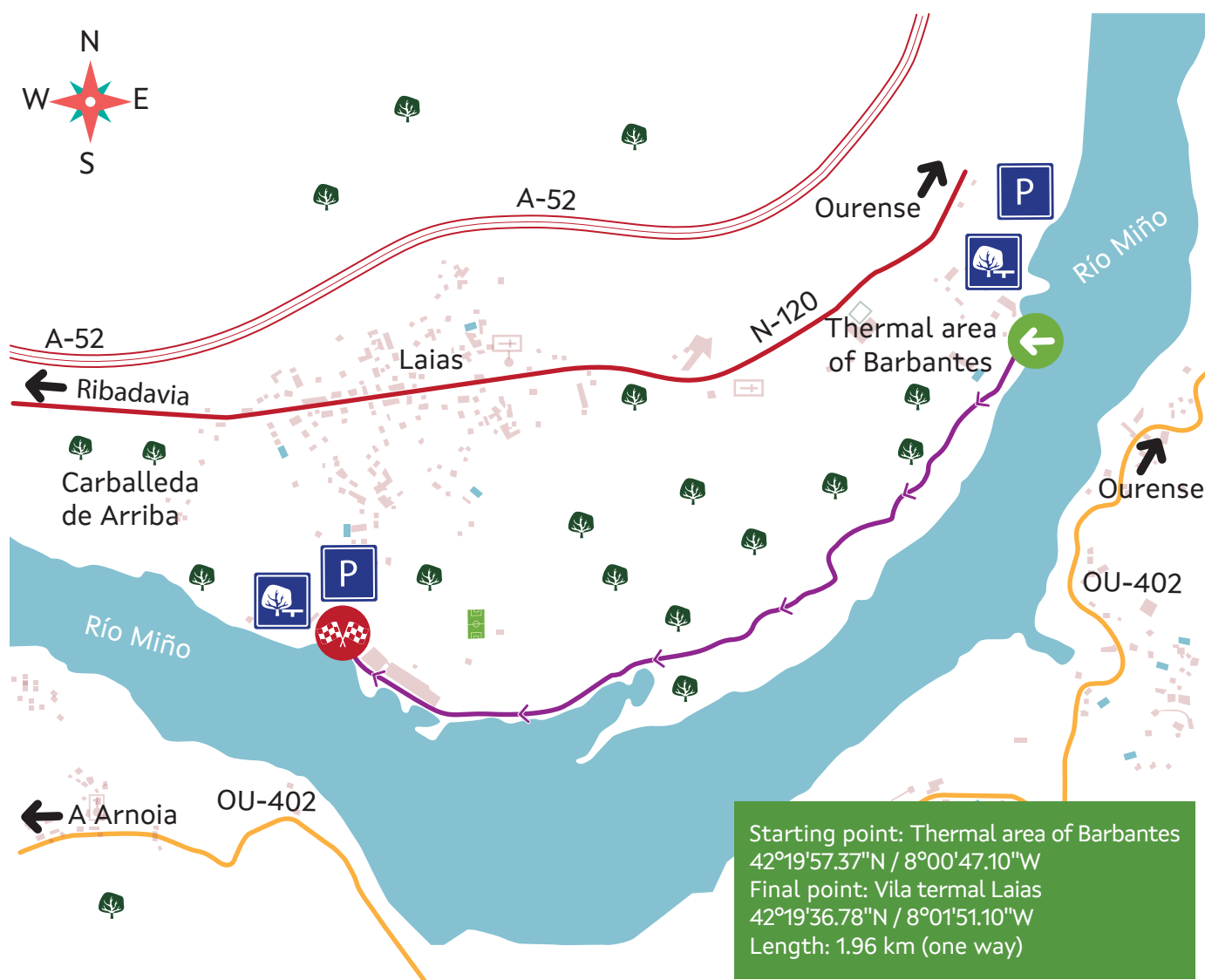
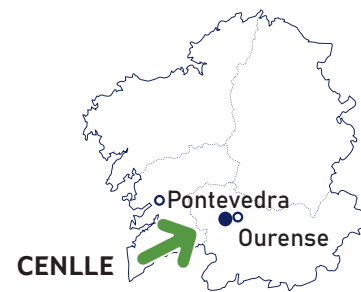
Thermal walk along the Miño River

This linear route of just two kilometres starts at the **thermal area of Barbantes**, which has several hypothermal water pools and seasonal tourist services. It is suitable for the whole family, as it is completely flat and also recommended for bicycles.

The route is known **Ruta do Miño** and is easy to follow, with some signposts and explanatory panels on the fauna and flora to be found along the way.

First we enter a wooded area where some cork oaks and holly trees grow, but which is dominated by the presence of young oak trees that will protect us on the extremely hot days that are common in the **Miño River** basin.

We then walk along the river bank, trying to find mallards, herons or cormorants that take advantage of the banks to hide. And then we will find the facilities of the **Vila termal Laias** where we will finish this walk at the foot of the **hermitage of San Bieito**.



By the encoro de Cachamuíña (O pereiro de Aguiar)

Backwater of the Lonia River

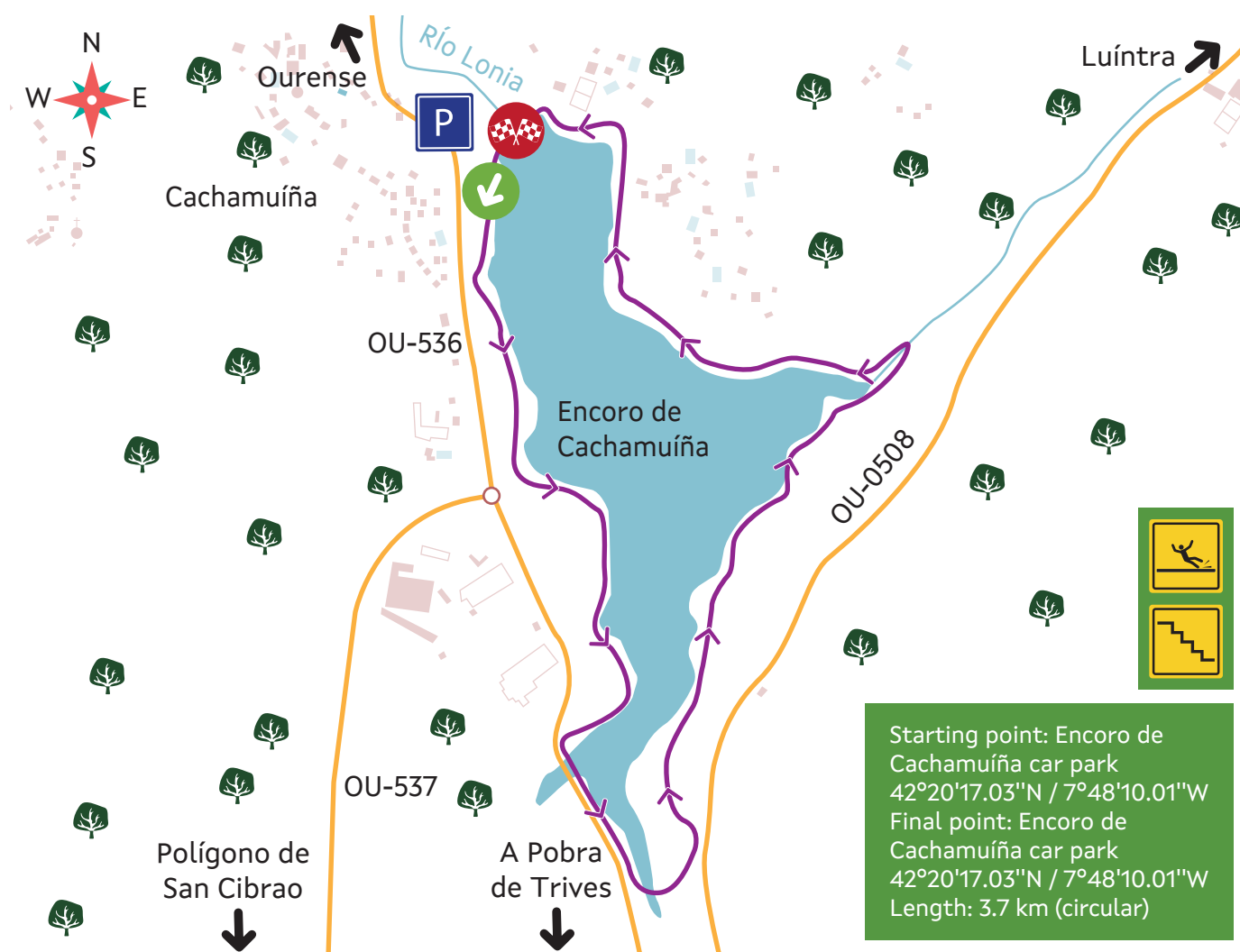
We start the route at the foot of the **encoro de Cachamuíña**, where we find a car park. We take the dirt road to our right along the south bank, among pine trees and the sound of birds. We will soon find a bio-healthy park and a footbridge that avoids the **Trives** road, arriving at a corner of the reservoir that we will cross over a small bridge.

The path climbs a little, with some steps, which is the only obstacle for cyclists. It goes along the north side through all the nooks and crannies formed by the reservoir until it reaches the dam, which we will cross, enjoying

the view of the **Lonia River** that goes in search of the **Miño River** between riverside forests dominated by alders.

The **encoro de Cachamuíña** offers a circular walk, very easy to do with the family, especially on hot days in the **Ourense** basin. Depending on the time of year, we can see a large number of birds, such as mallards, cormorants and other species that live in the aquatic and forest habitats. We must be careful on the last stretch and at the dam, as it shares the space with vehicular traffic.

O PEREIRO DE AGUIAR



Starting point: Encoro de Cachamuíña car park
42°20'17.03"N / 7°48'10.01"W
Final point: Encoro de Cachamuíña car park
42°20'17.03"N / 7°48'10.01"W
Length: 3.7 km (circular)

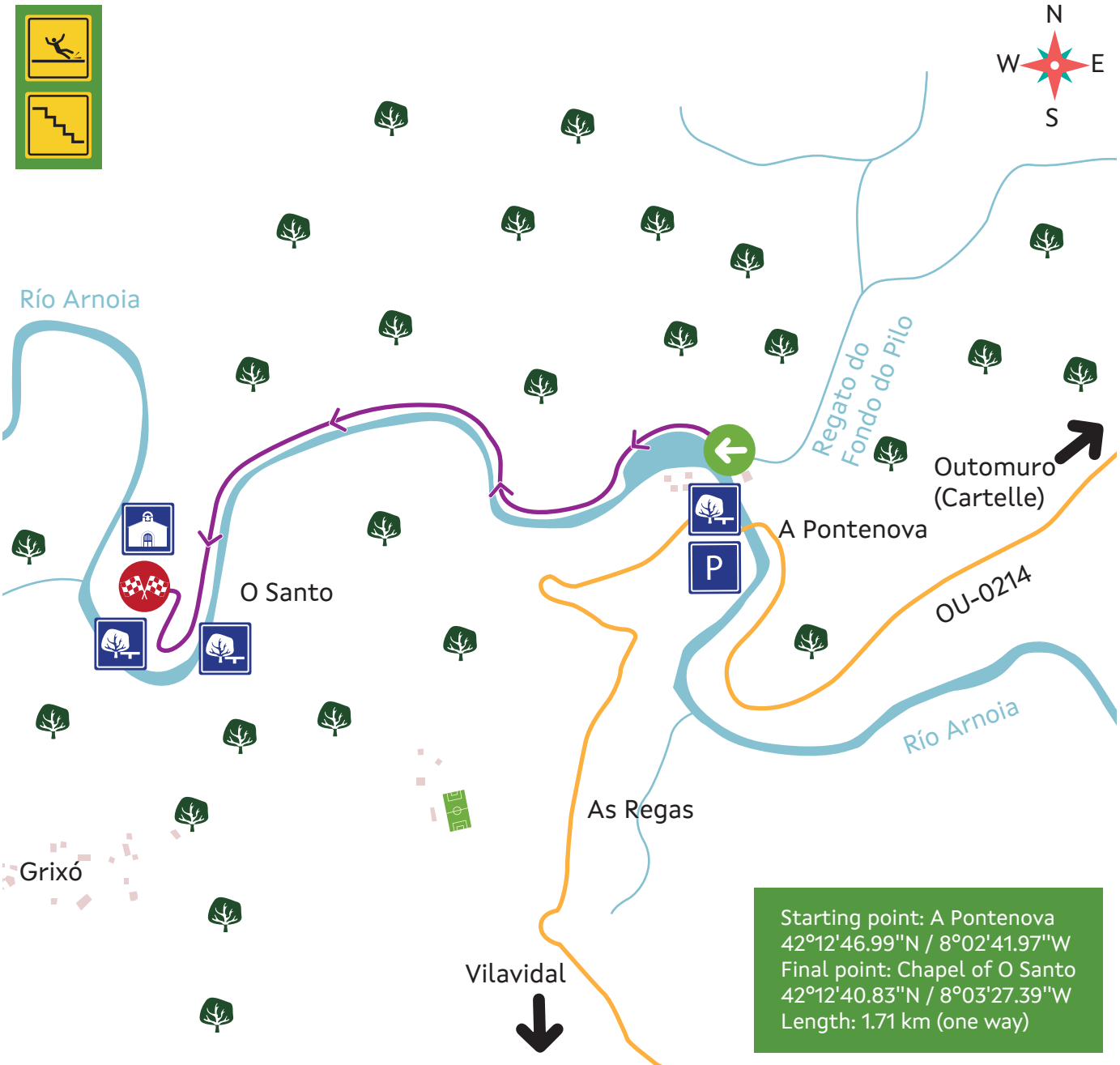


from A Pontenova to the chapel of O Santo (Cartelle)

O Santo Hill Route

Our walk begins in the recreational area and river beach of **A Pontenova**, on the banks of the **Arnoia River**, which we will follow on its course towards the **Miño**, sometimes calm and quiet and at other times forming small rapids and waterfalls. Crossing a wooded

riverside area formed by alders among other trees such as oaks and chestnut trees, we will reach the **chapel of San Bartolomeu**, which is hidden among the raspberry thicket, on a hill that stands out on a bend of the **Arnoia River**, and there is another recreational area.



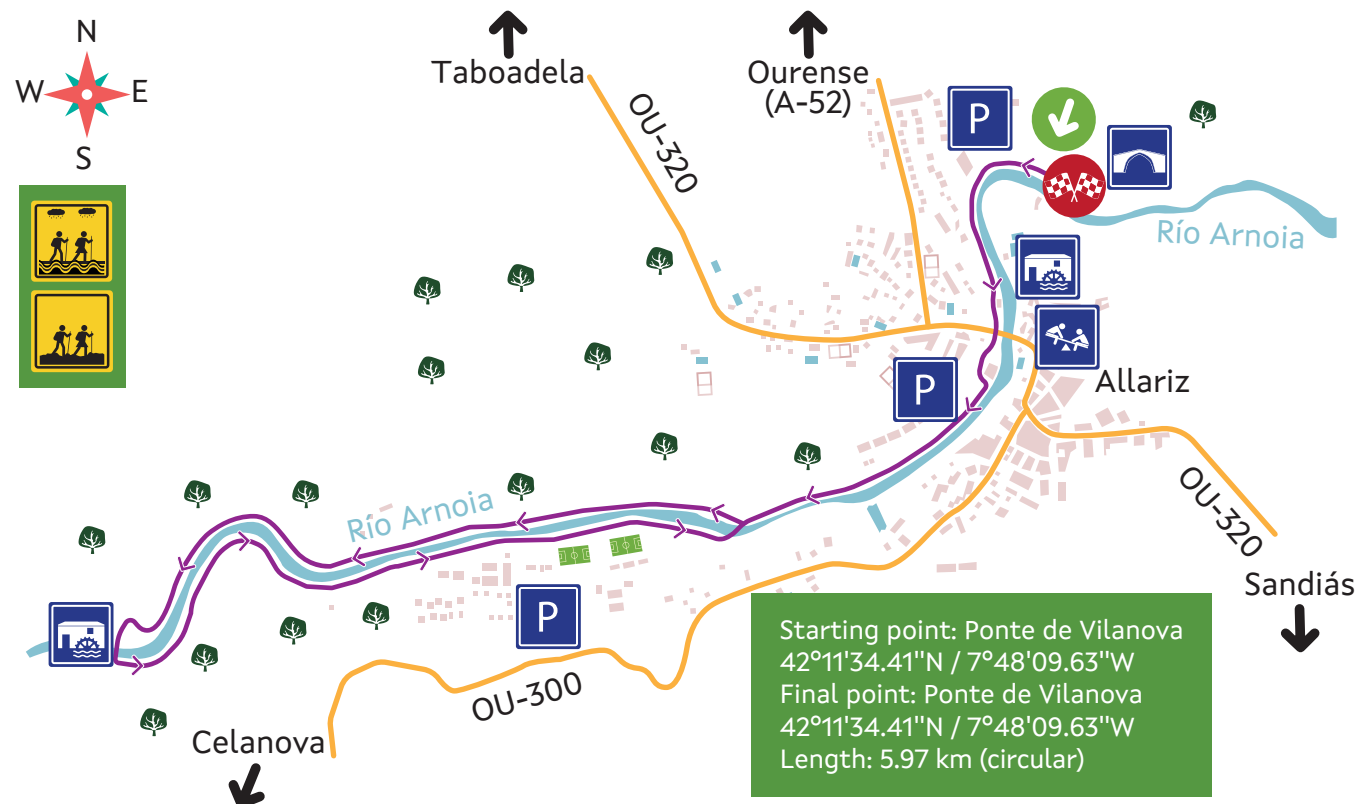
from the ponte de Vilanova to O Briñal (Allariz)

The river that saw the birth of Allariz

The route we propose starts from **the Romanesque bridge of Vilanova** over the **Arnoia River**, which will accompany us during our walk. First we will enjoy the most urban section, in the surroundings of the **Alameda and the Ethnographic Park with the tannery of Os Nogueira (leather museum)**. Next, always on the right bank, the path borders the site of the **Festival Internacional dos Xardíns** a space where an international competition is held every year with proposals from different landscaping teams, and shortly afterwards we will find a wooden bridge that we can cross if we choose to go along the left side of the river. Our proposal is to continue along the bank we came along, passing by some traditional *poldras*, which are stones that make it easier to pass through a flooded area. Among riverside forests formed mainly by alders, we will enjoy the peaceful flow of

Arnoia until we reach **O Briñal**, where we will find an old mill and the house of the same name, which were used as rural tourism accommodation.

We'll cross the river over a traditional bridge. Don't miss the detail of a stone with a religious inscription. From the other bank, we will be able to observe better the fall of the **Arnoia River** when it is dammed. The return to the village is along the left bank, passing by **the campsite, the equestrian centre and the sports centre of O Seixo**, until we find a wooden footbridge that allows us to cross the river again, returning along the right bank and taking the initial route back to **ponte de Vilanova** where, if it coincides, we can see pilgrims passing towards **Compostela**, as we are on a section of the **Way of St. James** that forms part of the **Silver Route**.



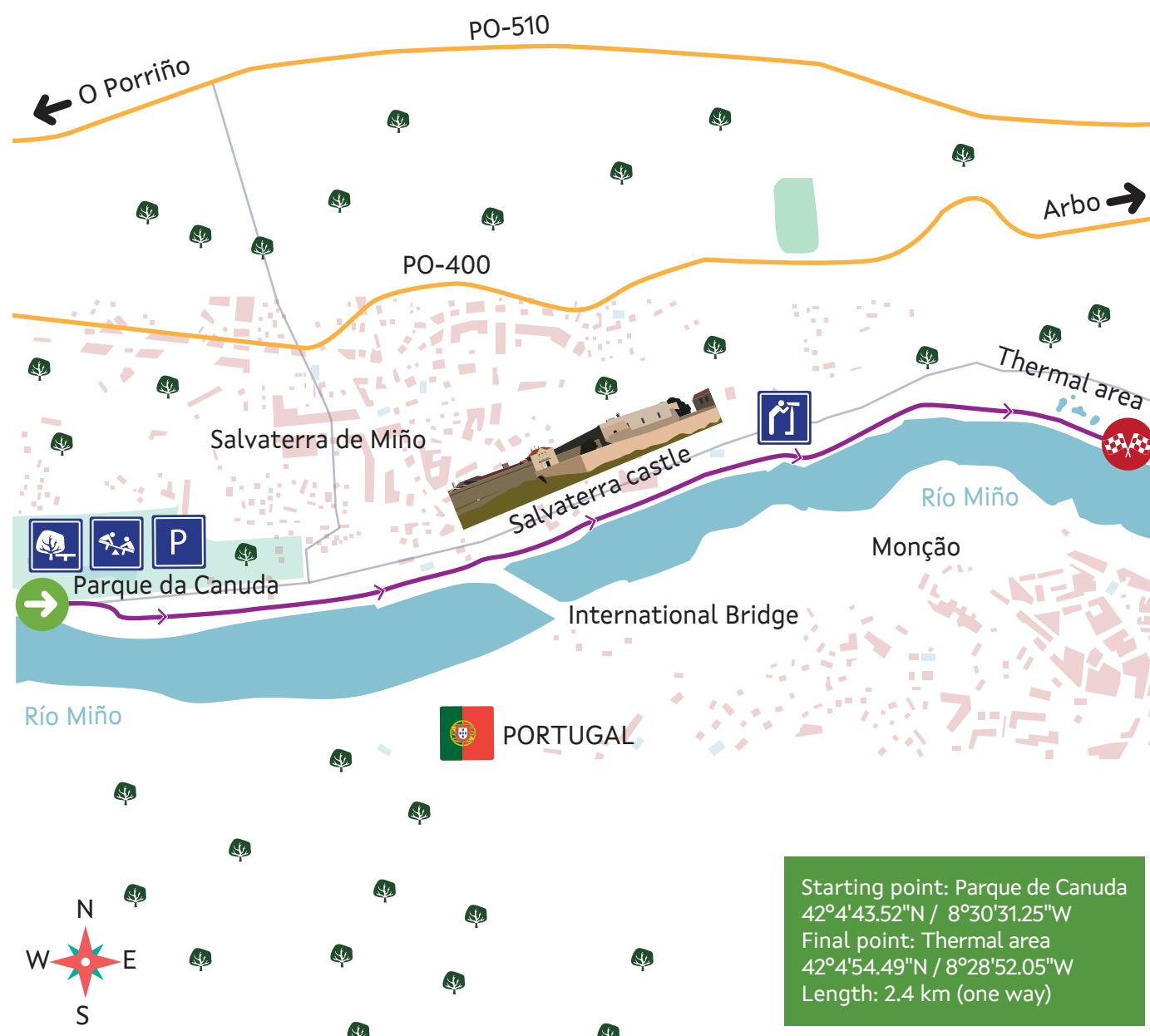
From parque da Canuda to the thermal area (Salvaterra de Miño)

A garden on the Miño River

This walk begins in the **parque da Canuda**, in the **municipality of Salvaterra de Miño**. With more than 200,000 m², it is a natural space with sports facilities and a cycle lane, as well as a multitude of options to enjoy with the little ones, such as a huge playground, a nature classroom and even a lake with recreational boats. From there, our walk runs

entirely along the banks of the **Miño River**, which acts as a natural border with **Portugal**. After 1.7 km we have the option of going up some stairs to a viewpoint from where we can enjoy the wonderful panoramic views of the Portuguese town of **Monção**, and then return to the path that will take us to the natural hot springs where our route ends.

SALVATERRA DE MIÑO



Starting point: Parque de Canuda
42°4'43.52"N / 8°30'31.25"W
Final point: Thermal area
42°4'54.49"N / 8°28'52.05"W
Length: 2.4 km (one way)



Stirrings of the Tamuxe River (Oia)

Route of the pozo do Arco

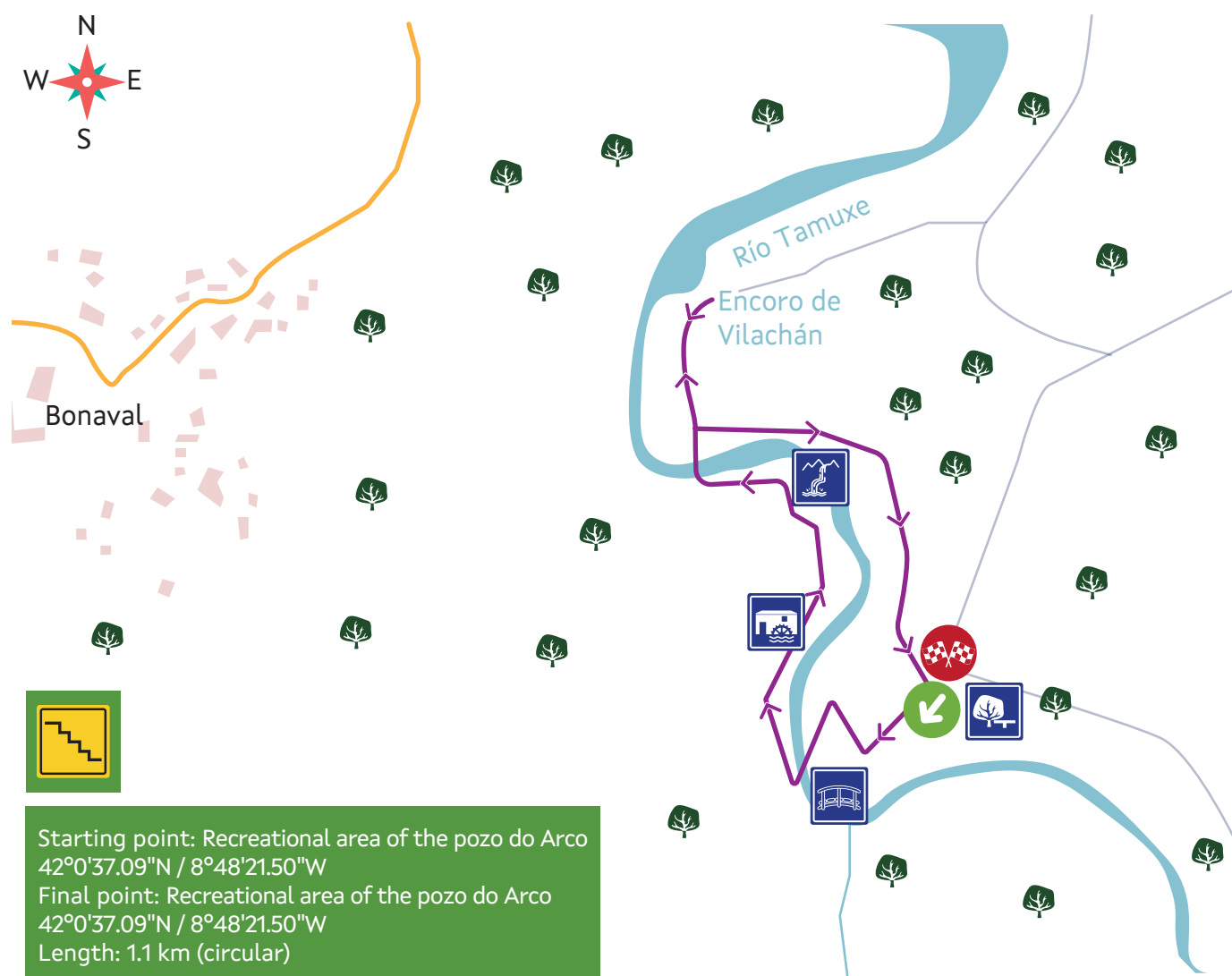
In the **parish of Burgueira (Oia)**, in the **O Baixo Miño region**, we find this small circular route of just over one kilometre that runs along the banks of the **Tamuxe River**, also known as the **Carballas River**.

The walk starts from the recreational zone, surrounded by pine trees with benches and a picnic area, from where we can see a wooden bridge that crosses the river. During our tour we will find two restored flour mills, next to which we can see the remains of the millstones that were used to grind the grain.

We can also observe how the river descends forming rapids and small waterfalls that give rise to natural pools that are deep enough to take a dip in on hot days.

A little after the waterfall is the **encoro de Vilachán**, built in 1993 and located 150 m upstream.

Passing the **Tamuxe** on our right, we descend along a forest trail to get back to the starting point.



Discovering waterfalls

Vieiros (Quiroga)

Belelle River Waterfall (Neda /fene)

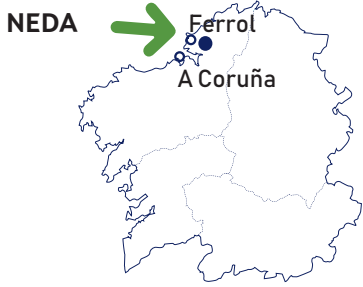
The roar of nature

This route passes through **Neda** and **Fene**, as we will start at the car park located next to the *pazo* (manoir house) called **Isabel II**, a former textile factory.

The first section is an asphalted road that passes next to the **muíño da Barcia**, in the **Mycological Park of the Belelle River**, and just after that we will reach a mini power station. Here we cross the **Belelle River**, where some panels inform us of the different options to follow. One of them is to follow

the path that will take us to the foot of the waterfall, which is more than 40 m high. It is important to be careful, especially in rainy weather, as the terrain can be slippery.

Another possibility is to follow a path that has a certain slope which leads us to a wooden viewpoint. The third option would be to go up to the **Viladonelle viewpoint**, via some stairs and a path that is signposted in the left station, on the left hand side, just before crossing the river.



O Escouridal Waterfall (Alfoz)

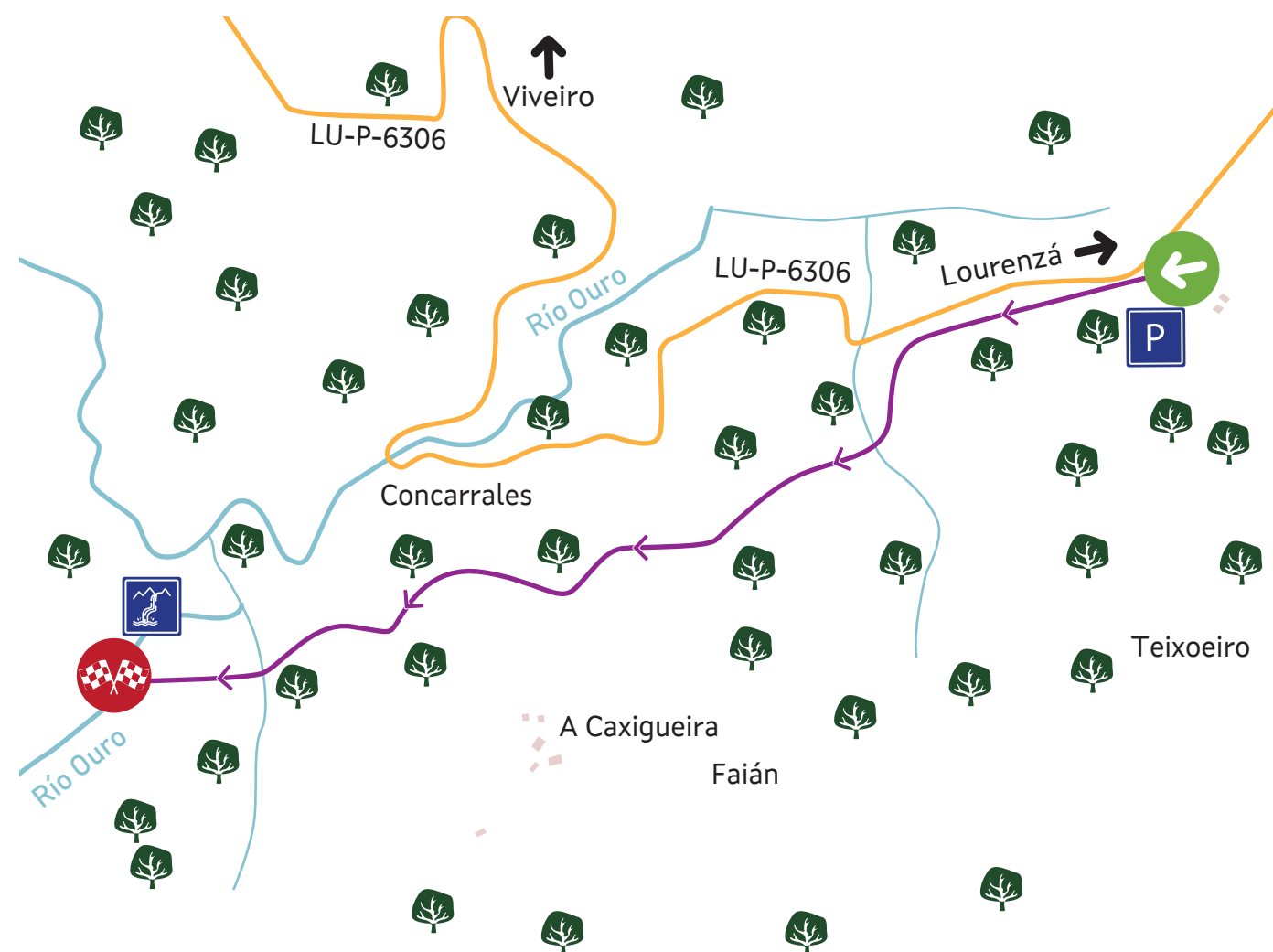
Ouro River rain

This route, located in the **serra do Xistral**, will allow us to contemplate a unique natural spectacle.

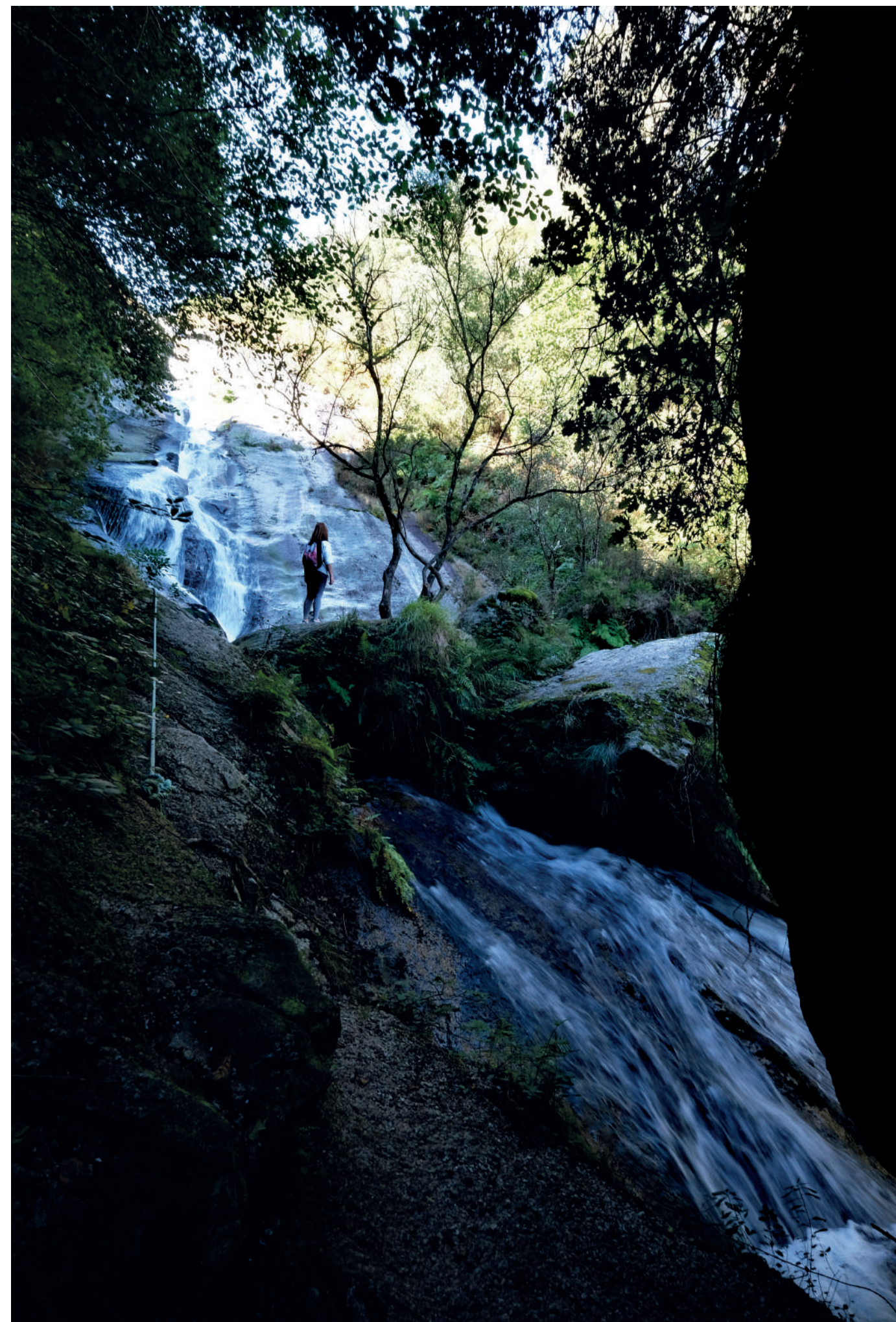
Between slides, jumps and loops, the **Guilfonso River** plunges against the granite rock from a height of 80 m, separating the **municipalities of Alfoz** and **O Valadouro**.

It is accessed down a staircase with handrails to facilitate a safe descent.

But if we want to appreciate it in all its splendour, there is a small rope that will help us to climb over the rocks to get even closer to its foot.



Starting point: Starting point of the route
 43°28'59.69"N / 7°28'57.66"W
 Final point: O Escouridal Waterfall
 43°28'41.25"N / 7°29'51.13"W
 Length: 2.2 km (one way)

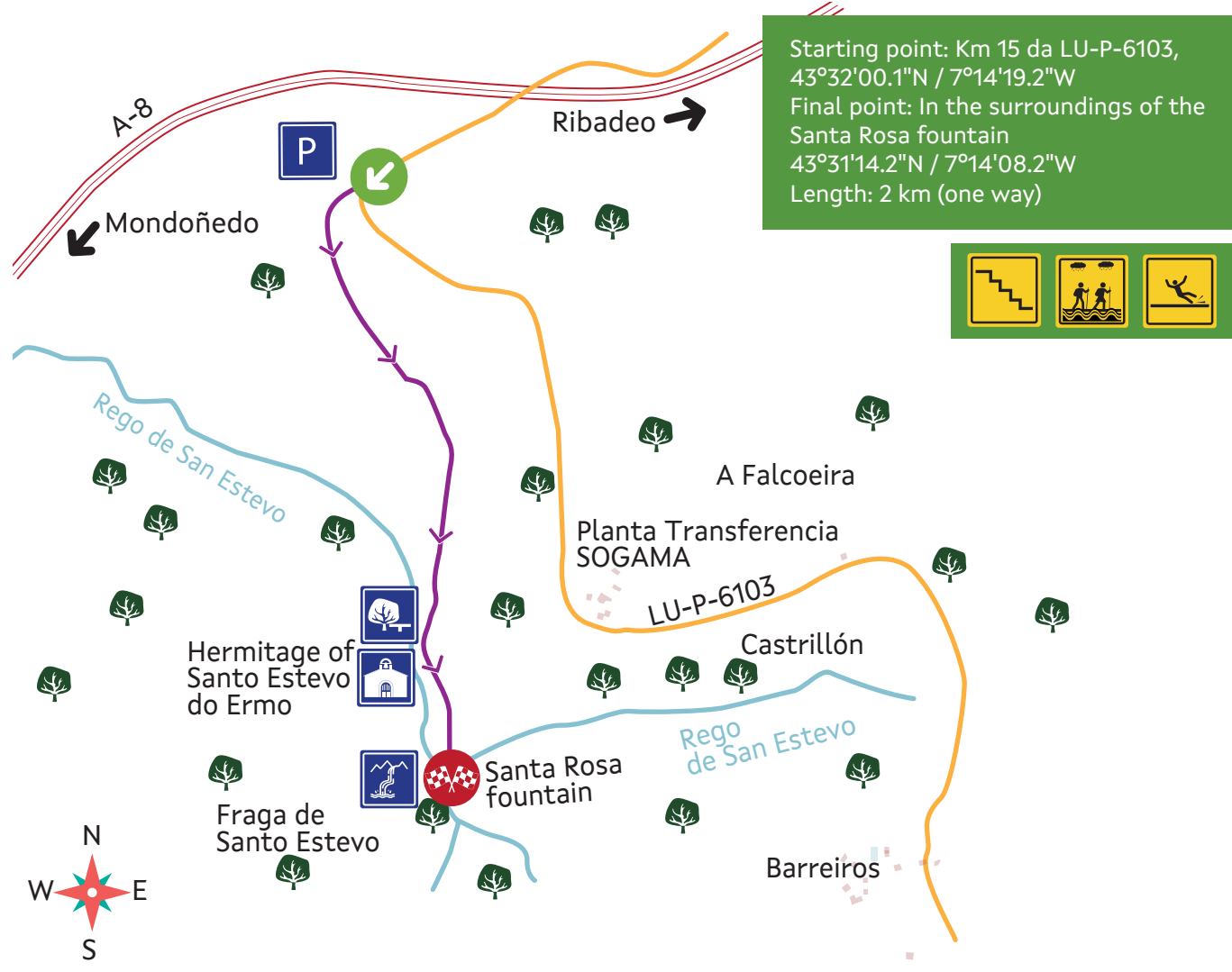
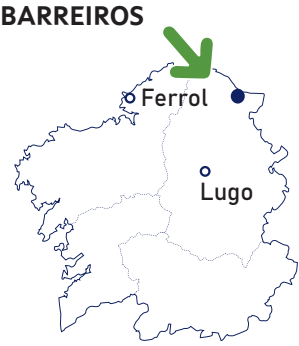


Santo Estevo do Ermo Waterfall (Barreiros)

Ex-votos and healing waters

On the road leading to **Insua**, on the right hand side, there is a wooden sign indicating **“San Esteban do Ermo”**. We take this diversion and recommend leaving the car there to continue on foot along a dirt road that will take us to the **hermitage of Santo Estevo**, a small rectangular building where every **Easter Monday** a pilgrimage is held in honour of its patron saint, and next to which we will find an area with benches, tables and barbecue grills. From there we will enter a forest of oak, chestnut and birch trees to walk to the base of the waterfall of the **fraga de Santo Estevo**,

which falls from a height of 15 m. To the right of the waterfall there are stairs that lead up to the **Santa Rosa fountain** surrounded by trees whose trunks are tied with cloths, like rustic votive offerings, as tradition has it that its waters have healing properties for skin ailments. On our way to the fountain we will also see what according to tradition is the horseshoe of the **apostle St. James’** horse. We can follow the course of the river for a few more metres and enjoy this magical landscape before retracing our steps.



A Rexidoira Waterfalls (Oza-Cesuras)

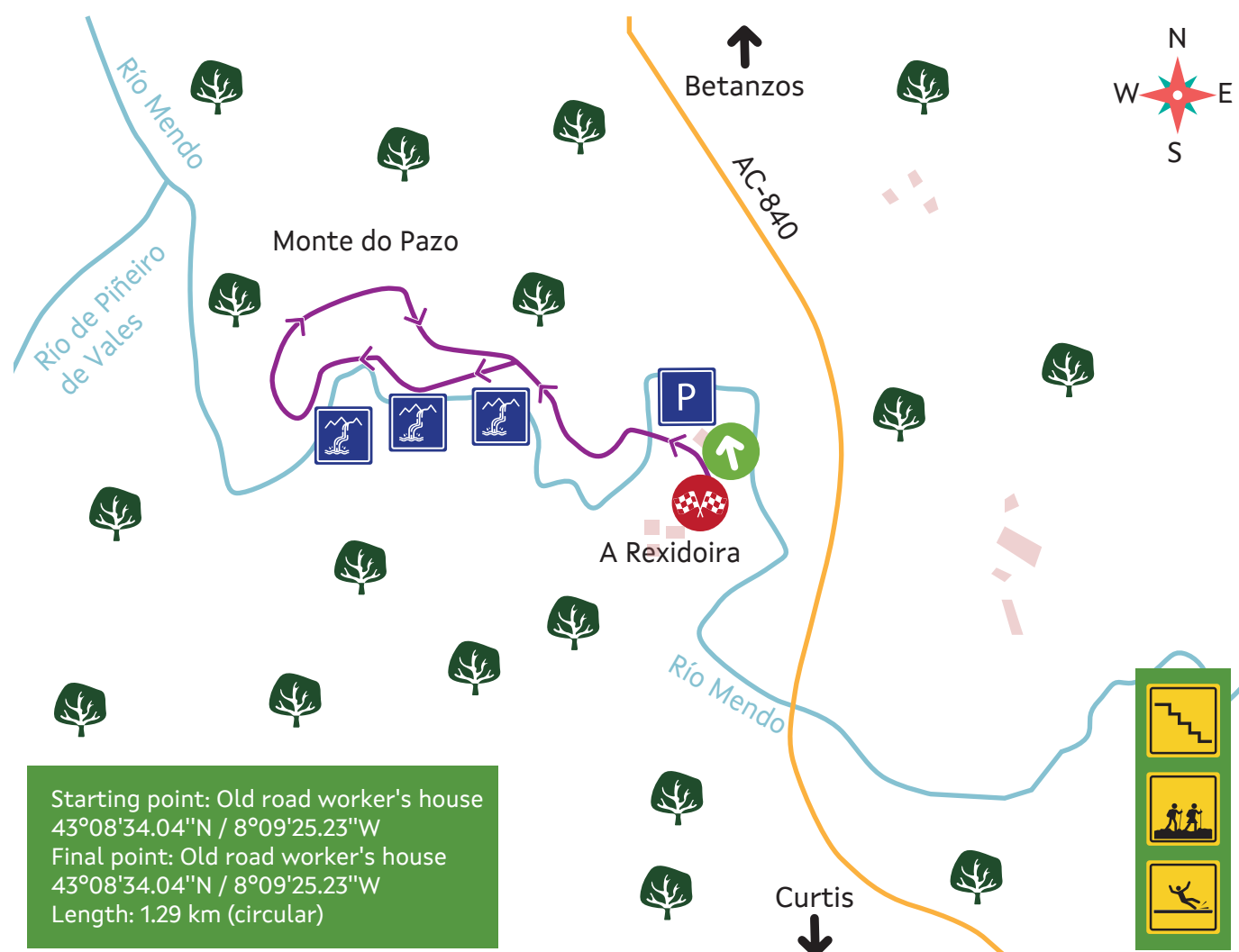
Roaring from the Mendo River

This is a short walk, with a certain degree of difficulty, which will allow us to see several waterfalls on the **Mendo River**. We start our walk next to the old road workers' house, where a wooden structure offers us the opportunity to play and learn about some of the trades of the area. Then, after crossing the river, a dirt road leads to the waterfalls. It is signposted as **SM17**, of the **Mandeo Footpaths network (Sendas do Mandeo)**.

After about 200 m you will come to a signpost that leads to waterfalls 1 and 2. We must

pay attention to the route, as from here on it is a path that can be slippery, especially in the rainy season. There is in fact a shortcut that can take you to waterfalls 2 and 3, but we recommend going back and following the signposted path. After a few metres we will find the descent to the latter, called **pozo da Ola**. Returning to the road, we will continue towards the last waterfall, known as **O Batán**. The return is along a path guided by the signposts that will take you back to the forest trail and to the starting point.

OZA-CESURAS



Vilagocende Waterfall (A Fonsagrada)

The fairy fountain

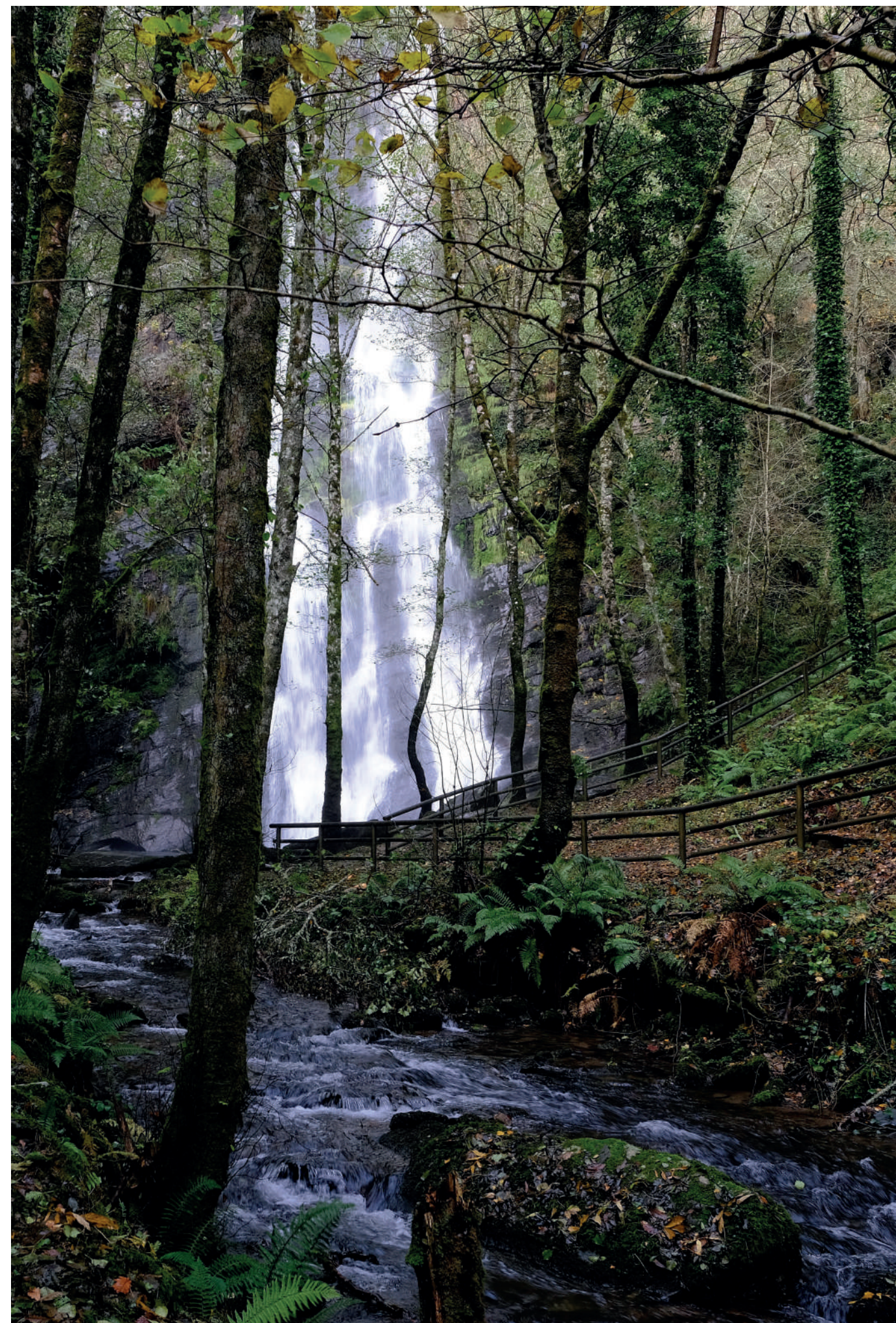
This is a low-difficulty route, as it is just over 1 km long and moderately steep, so it is easy to do with children.

The route goes through an environment of native riverside forest, with oak, birch and alder trees, which does not anticipate the pleasant surprise we will receive when we arrive at the foot of the spectacular **seimeira**, the name given to the waterfalls in this area. From there we can see the **Porteliña River** flowing in all its splendour, forming this 54 m

high waterfall, considered the highest free-fall waterfall in **Galicia**.

It also has a picnic area, a fountain and a wooden bridge, as well as the remains of an old mill, which perfectly completes the visit.

At the foot of the waterfall there is a mist of water in suspension that cools the ambient temperature and we must take special care in the slippery areas.

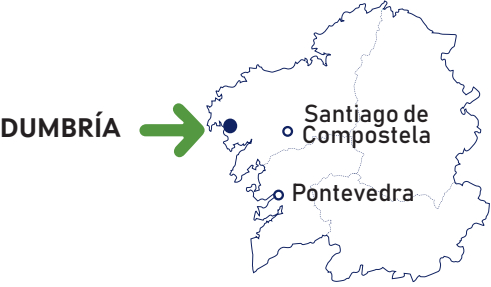


O Ézaro Waterfall (Dumbría)

The spectacle of the Xallas River

This is a short but pleasant walk along the coastline of the **municipality of Dumbría**, in the **parish of O Ézaro**. We start at the small port located at the western end of the sandy area, following the promenade to the beginning of the bridge that crosses the **Xallas River**. Here we will continue upstream along the beautiful cove where we will see

several barges and other boats. On the other bank stands the granite majesty of the foothills of the **O Pindo** mountains, the so-called **Celtic Olympus of Galicia**. We soon arrive at the **O Ézaro** power station where a wooden footbridge takes us to one of the most spectacular waterfalls in **Galicia**: the **Xallas River** falling directly into the sea.



O pozo Negro Waterfall (Brion)

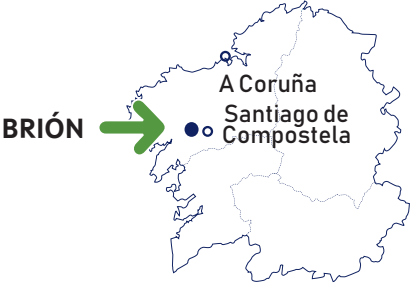
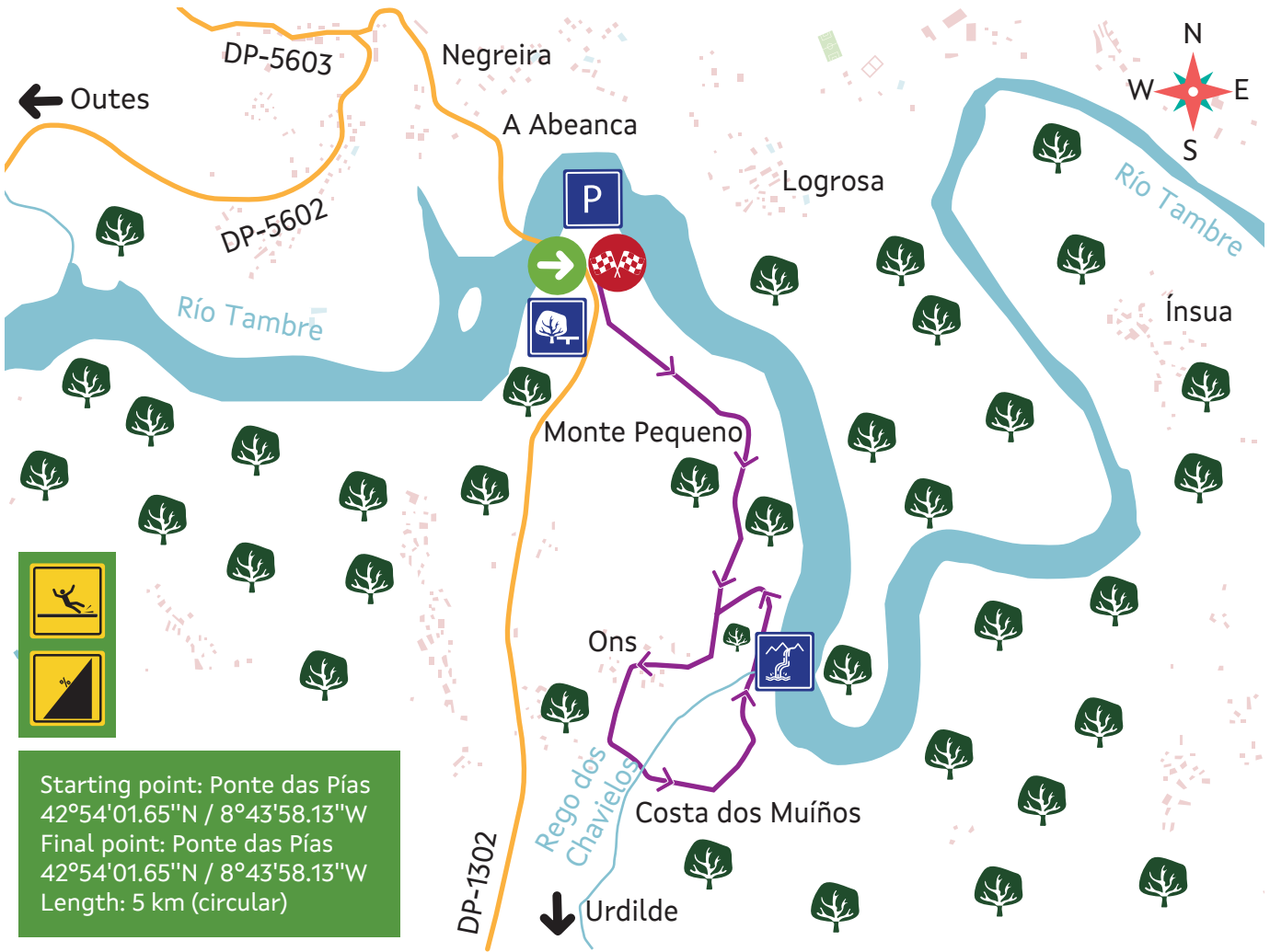
The hidden waterfall in the Tambre River

This route is part of a longer one that crosses the **Brion** area. We will follow the orange waymarks leaving from the recreational area of **ponte das Pías**, where we will find facilities for canoeing in the waters of the **Tambre River**. There is an information panel with the route to follow.

The first stretch takes us through a beautiful oak grove that protects us from the heat on sunny days, until we reach a crossroads where we turn right to find the **village of Ons de Abaixo**. Here we will see several ethnographic samples, such as *hórreos* (raised granaries), a

wash house and a fountain. We will cross the place to follow a signposted trail that marks the path to **pozo Negro**.

A steep descent surrounded by oaks and other native trees leads us to the waterfall, in a beautiful environment. We cross a small wooden bridge and the path follows the banks of the **Tambre River** until we reach the so-called *costa dos muíños* (mills' ascent), which will take us to the crossroads we saw on the way out. Here we return to **ponte das Pías** where we finish this circular route.

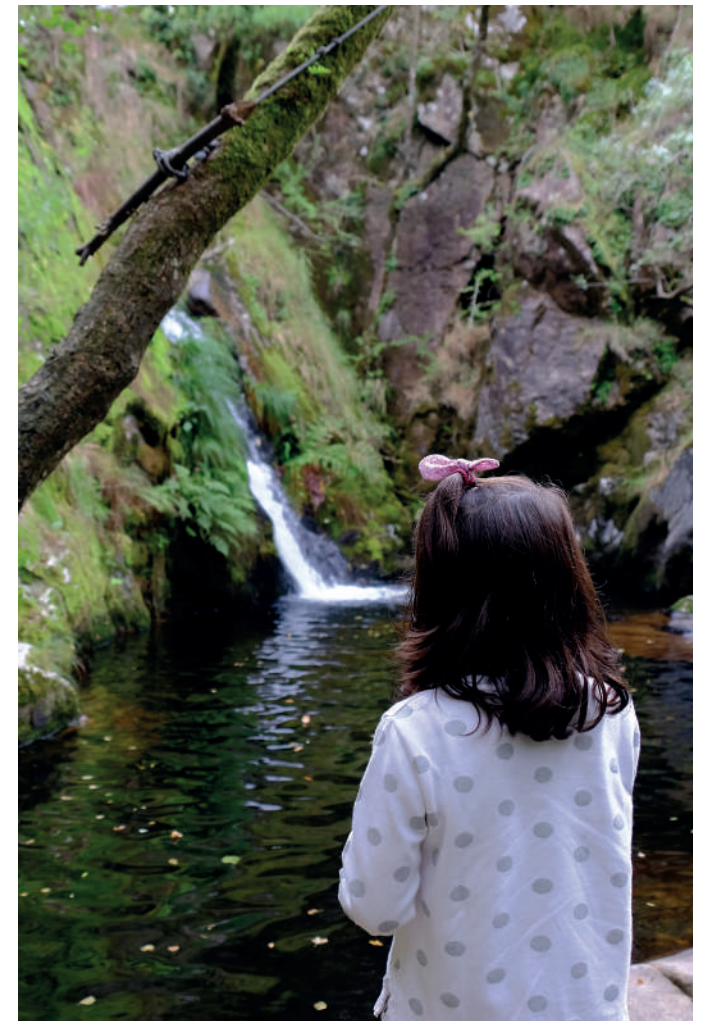
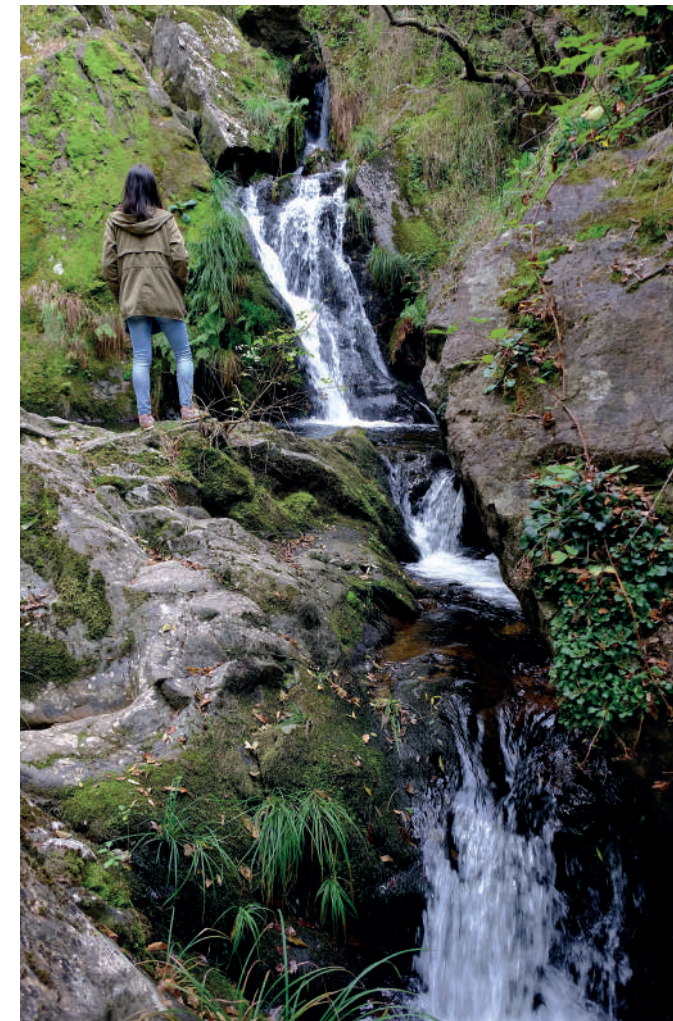
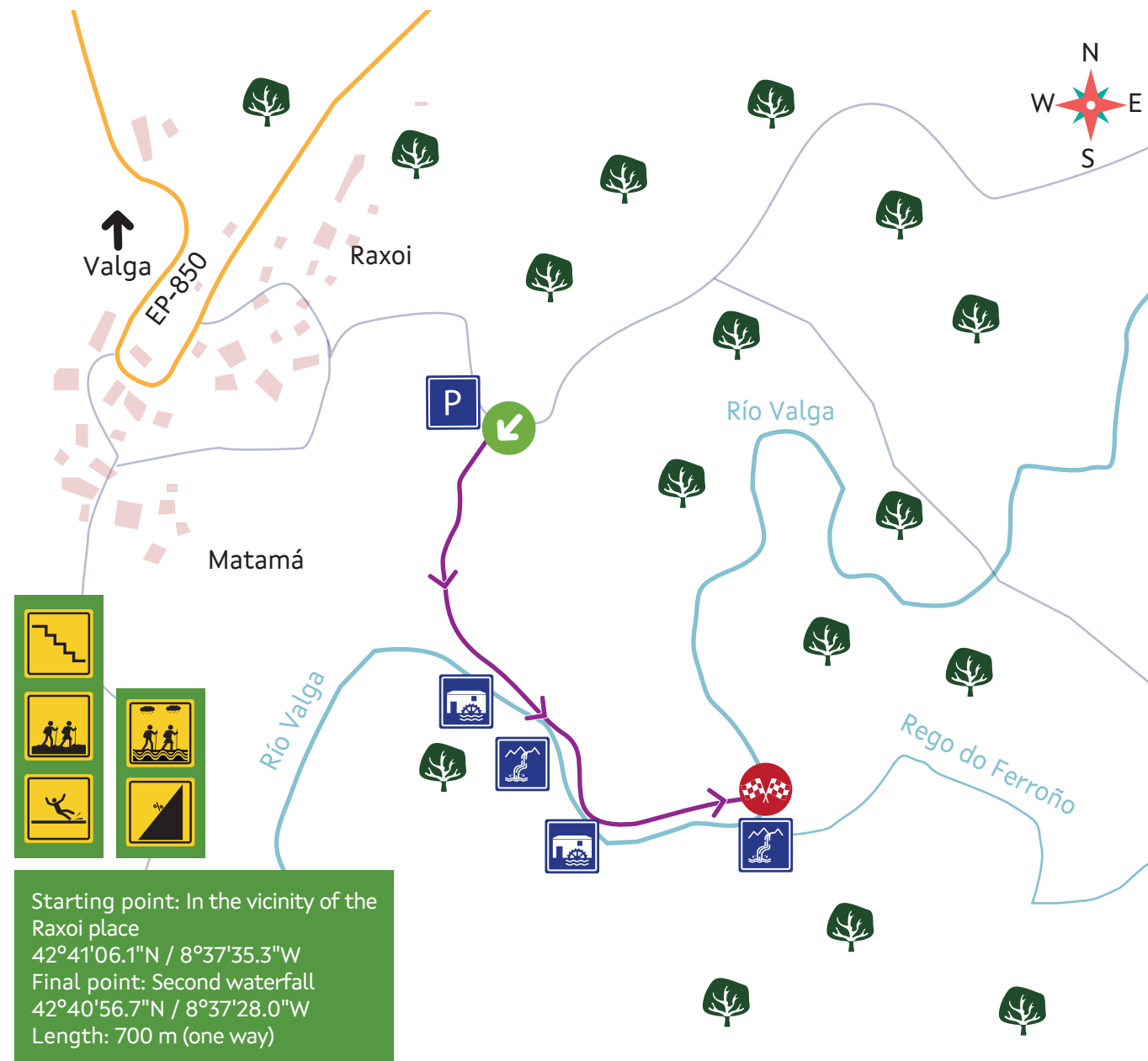
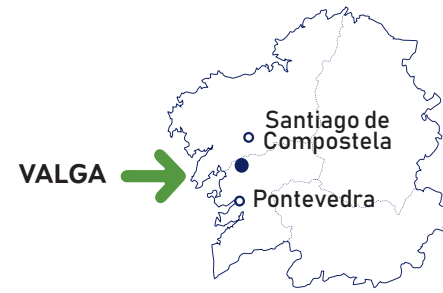


Raxoi Waterfalls (Valga)

River symphony

We begin our journey by descending along a path, surrounded by a leafy forest, which will take us down to the level of the river where we will find the first of the restored mills. A wooden footbridge begins here, allowing us to comfortably walk along this beautiful riverside landscape bordering the **Valga River**. After walking a few metres we can see the

first and main waterfall which drops to form a pool where we can take a bath if the weather is fine. Next to it there is a wooden staircase that will take us to a second mill and the second waterfall, where we will be able to enjoy this small waterfall before heading back.



Segade Waterfall (Caldas de Reis)

Umia River slide

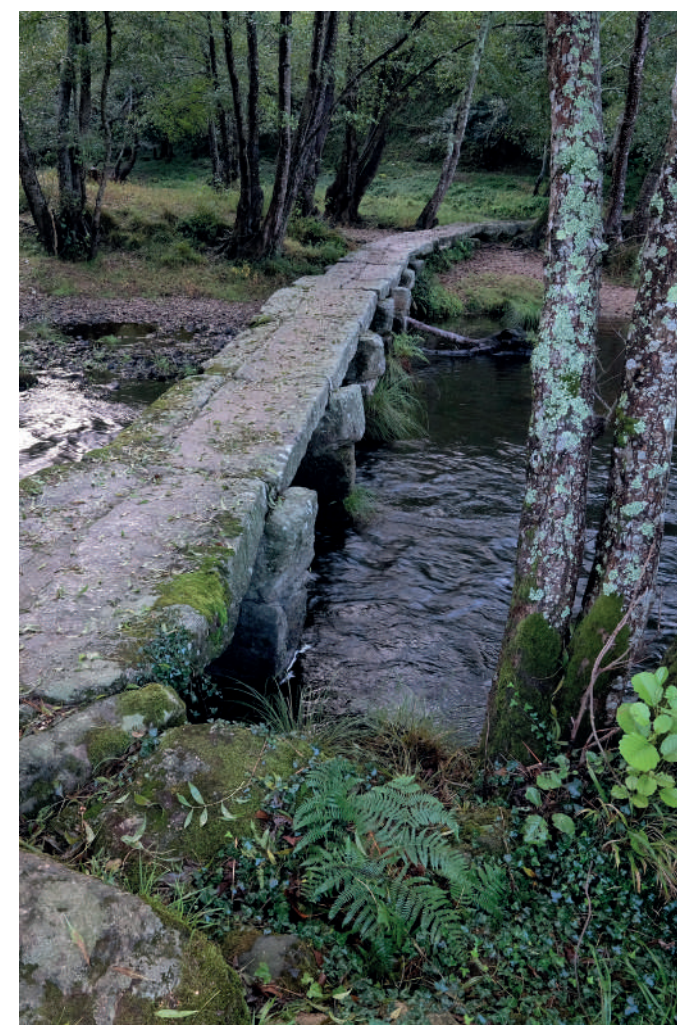
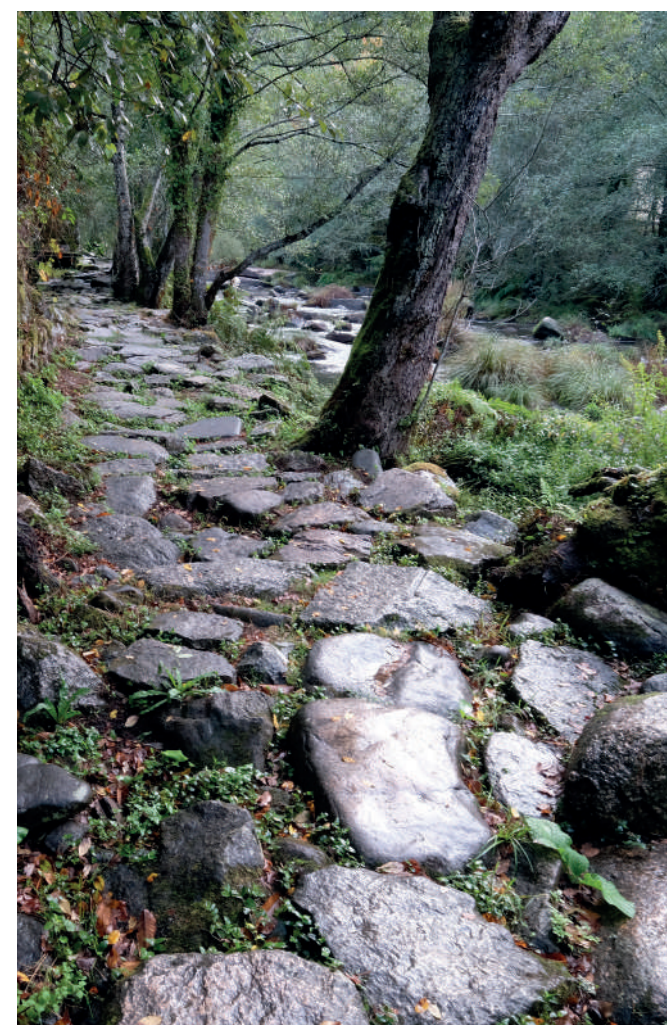
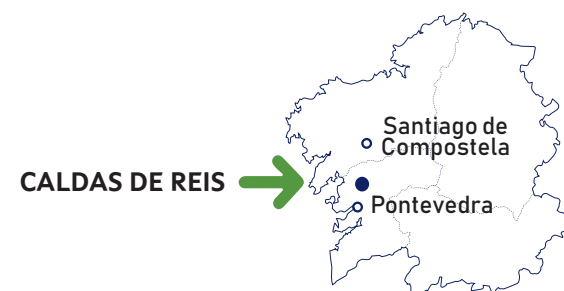
In the centre of **Caldas de Reis** we will find a **botanical garden**, originally from the 19th century and linked to the town's thermal tradition. It was declared an **Asset of Cultural Interest** in 1962 and contains species from all five continents, most of which are exotic. Adjacent to it, there is an oak grove made up of more than 200 centenary specimens, of different sizes and morphology, arranged in rows on the banks of the **Umia River**, which will serve as the starting point of this route that will take us to the **Segade Waterfall**.

After walking for about a kilometre we will find a wooden bridge that will allow us to cross the river if we want to extend our route a little more and go up to the **roman bridge of Baxe**, with only one arch, built in the 1st

century in the **place of Segade** and renovated in 1729.

In this case we will choose the short option, so we will leave the bridge on the right and continue along the dirt road. We will pass several water mills and arrive at the ruins of the old **fábrica da luz (light factory)**, built in 1900 and active for more than 50 years, supplying electricity to the whole region until the 1920s.

And next to it, the most awaited part of the route: the waterfall which, with a height of about 30 m, descends forming different pools with sufficient depth to take a bath, making it a great place for leisure activities, very popular with locals and visitors alike during the good weather.



Callobre Waterfall (A Estrada)

Pozo dos Mouros

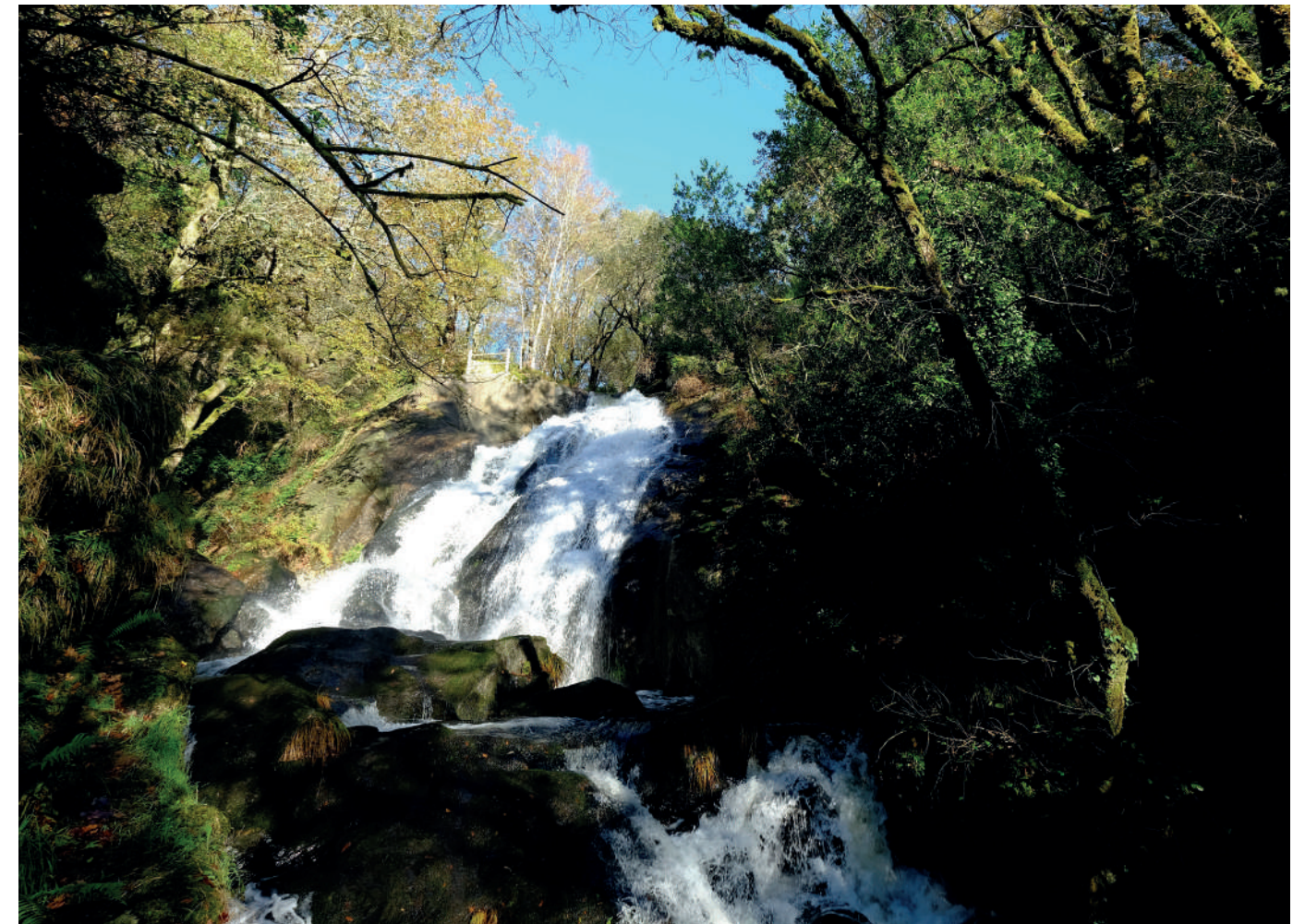
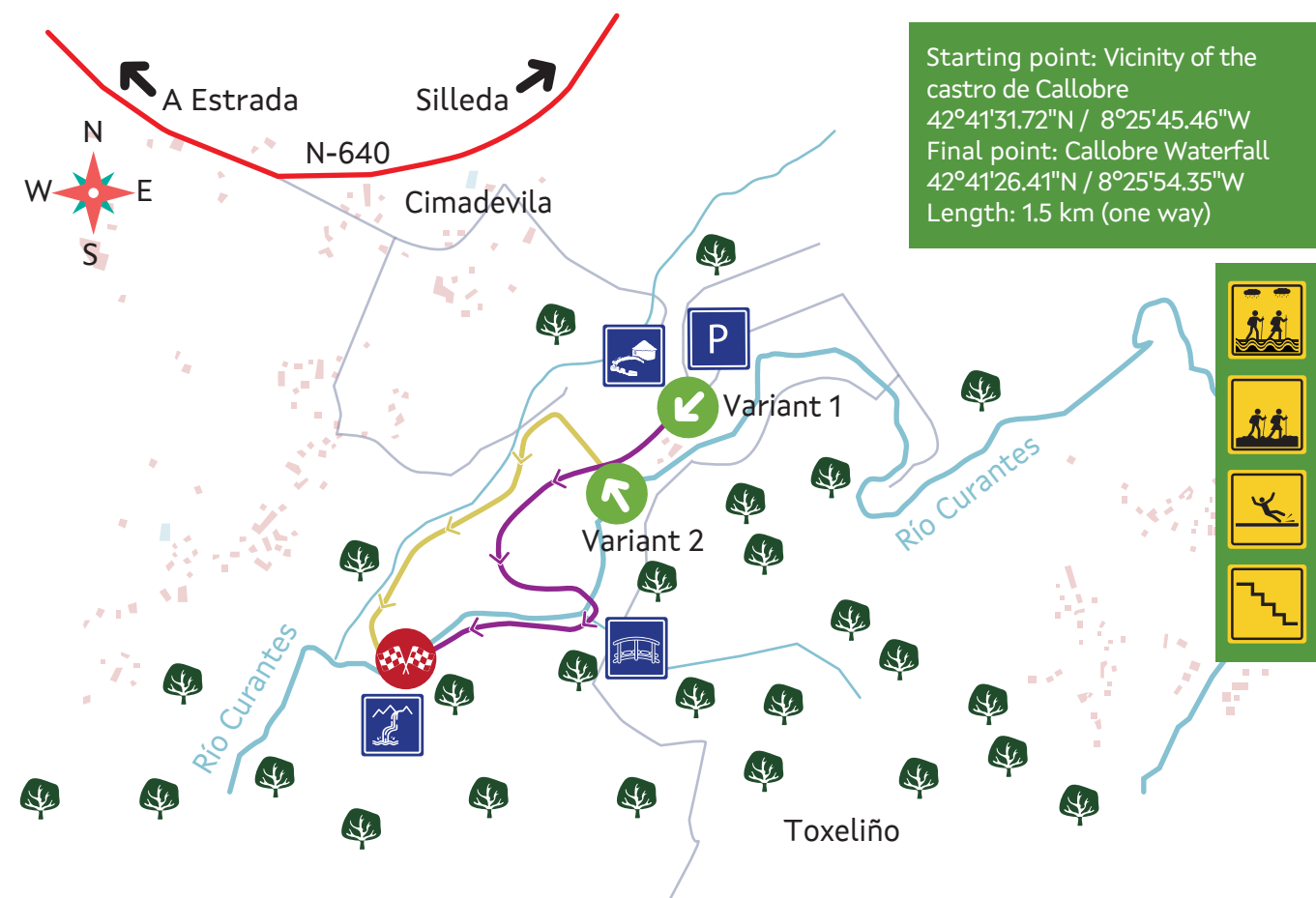
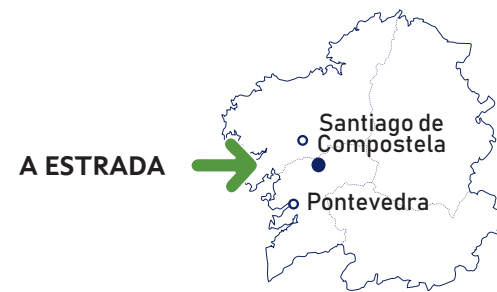
We start the route in the vicinity of **castro de Callobre**, an ancient Iron Age village settlement surrounded by a large number of oak trees and located 250 m above sea level.

We have two options, depending on whether we want to go to the top or to the foot of the waterfall.

If we choose the first alternative, we descend along the path on the left with the **Curantes River** on the right. We will walk among oaks and pines, and will find two mills and several wooden walkways that will facilitate the route to the viewpoint that will allow us to enjoy this 9-metre high waterfall from above. However, if we choose the path to the right at

the crossroads, we will descend until we find a turning on the left, where a small canal will show us where to continue. When you reach an old mill, a log will make it easier to cross to the other bank to go upstream until we reach the foot of the waterfall. Here is also the well-known **pozo dos Mouros**. The *mouros* are beings from popular Galician mythology who lived in tunnels under the earth and are associated with mysterious places.

Here, the cavity formed by the erosion of the water takes on magical characteristics, and it is claimed that its depth is unknown and that attempts to find the bottom using stones tied with ropes never succeeded.



Toxa River Waterfall (Silleda)

The most beautiful

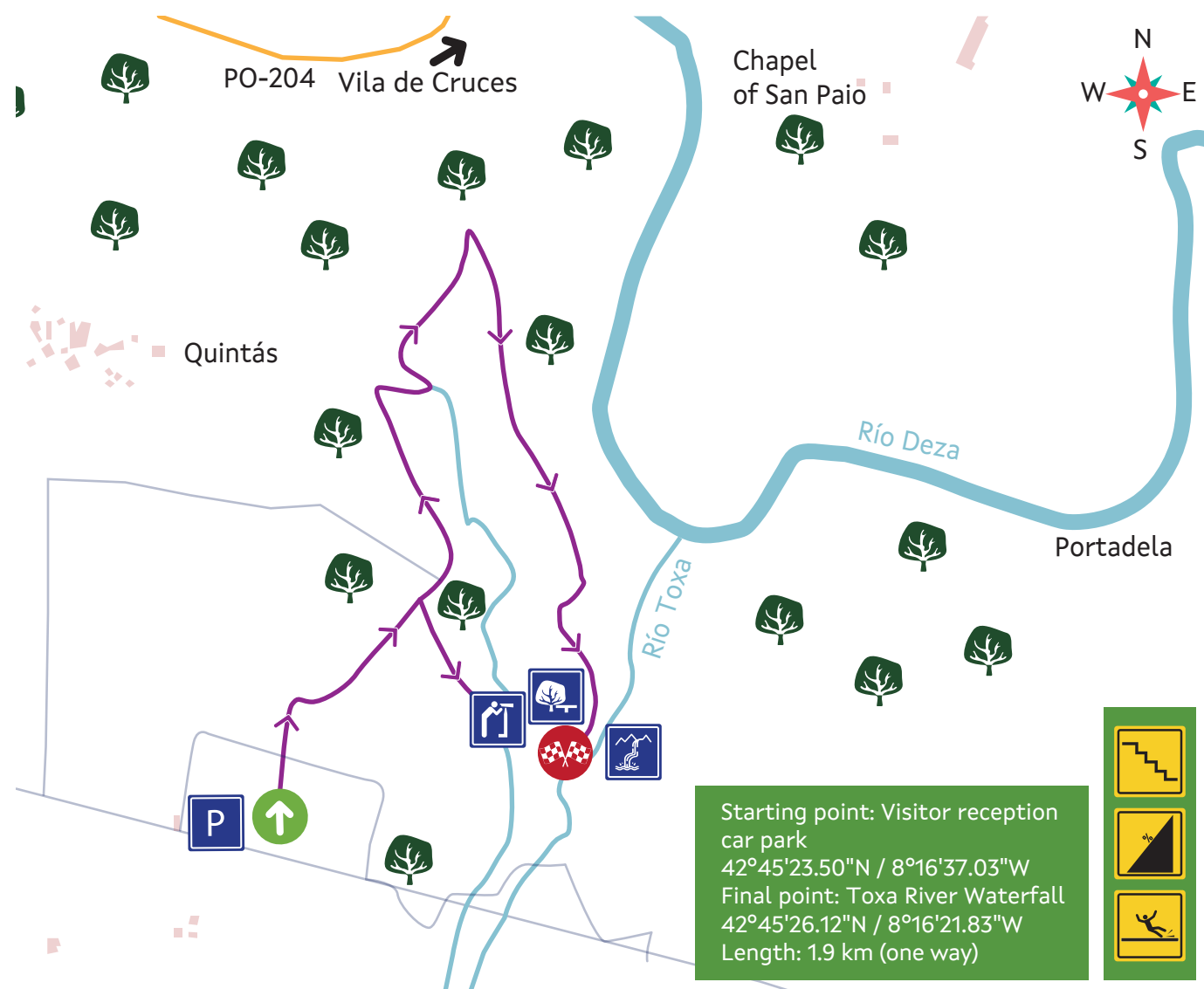
Although this route will take us to the foot of the waterfall itself, it is advisable to take a detour a few metres away to first visit the **Toxa viewpoints** which, built on enormous rocks, are an exceptional place from which to contemplate the waterfall and the confluence of the **Rivers Toxa and Deza**.

After enjoying the views, we will head towards the heart of the waterfall, descending among chestnut, oak, cork and laurel trees in the upper middle part of the path and, once on

the banks of the river, among willows, alders and ash trees.

Once we had reached our destination, among an overwhelming roar and an intense mist, both a consequence of the force of the water, we can admire above our heads this waterfall which, with its 30 m vertical drop, is one of the highest in **Galicia**.

A rest area in the same place, with stone tables and benches, invites us to take a short break to get our strength back before starting the return journey.



Santalla Waterfall (Samos)

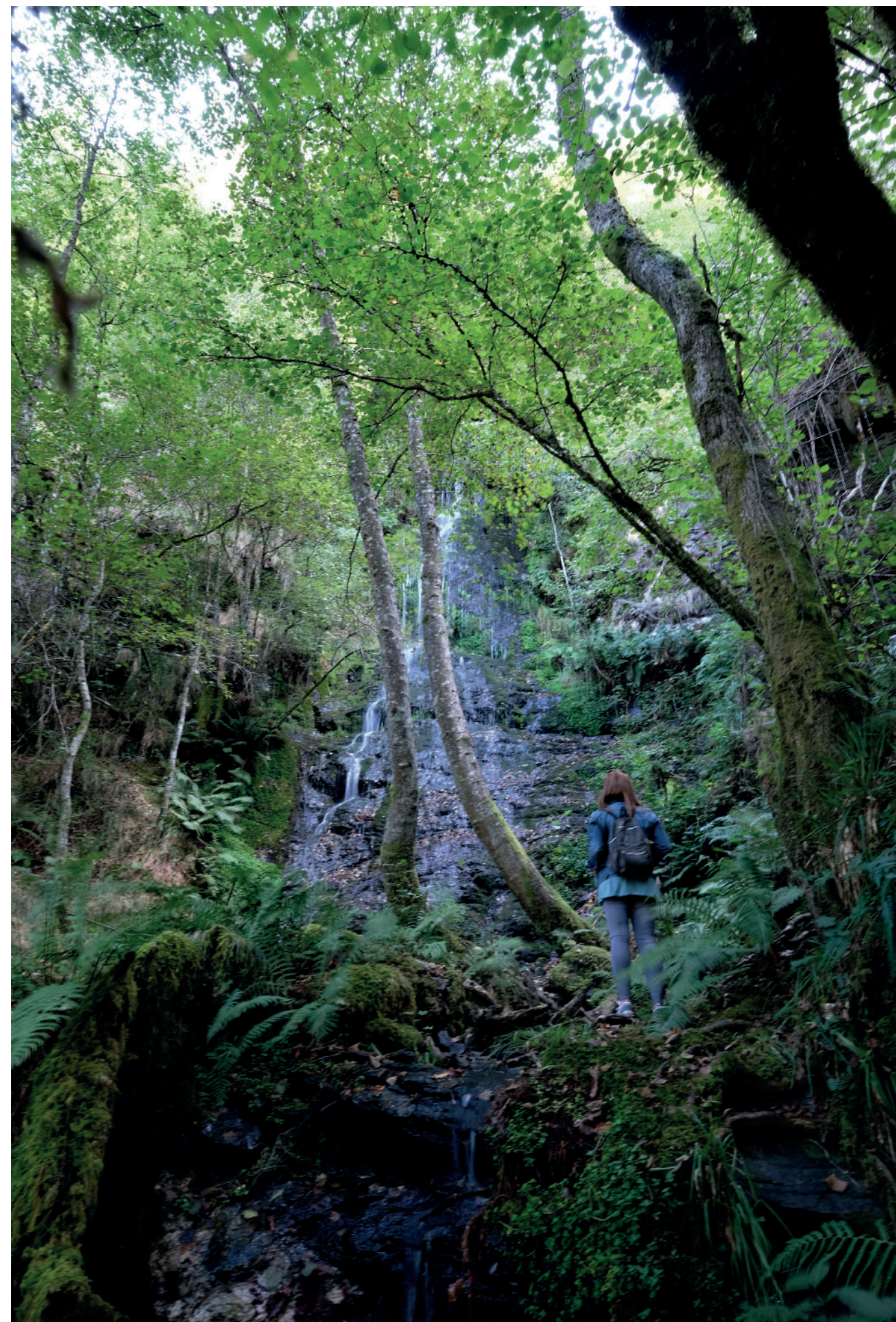
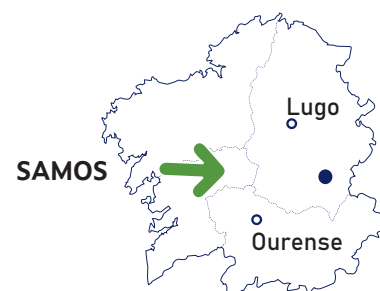
In the depths of Courel

An artistic and literary route dedicated to **Fiz Vergara Vilarinho** passes through the **val de Lóuzara**. This poet was born in the parish of Santalla in 1953 and died at the age of 44 due to a degenerative disease he had been suffering from since childhood.

The **Galician Language Writers' Association** and the **cultural group Ergueitos de Sarria** implemented this 7 km route, which is divided

into 13 stages marked with the works of other artists who wanted to join in this tribute.

Here we propose a stretch of little more than one kilometre, specifically from **Casares** to the **Santalla Waterfall**. This is a path along the banks of the **Lóuzara River**, through meadows and riverside woodland, which ends at the waterfall, which falls among chestnut trees from a height of approximately 25 m.



Augacaída Waterfall (Pantón)

Secret of the Ribeira Sacra

Our route begins by going down a dirt road, surrounded by a forest of chestnut and oak trees, along which we reach an abandoned building that belonged to an old winery.

A little further on we find the signpost to the waterfall and we start to descend along a narrow path that links up with a steeply sloping section that is crossed by a mighty

staircase that seems to swallow us into the depths of the earth.

Once at the waterfall which drops some 40 m, we will be able to enjoy a viewpoint to admire the waterfall in all its splendour.

From here we will return the same way back to the starting point.



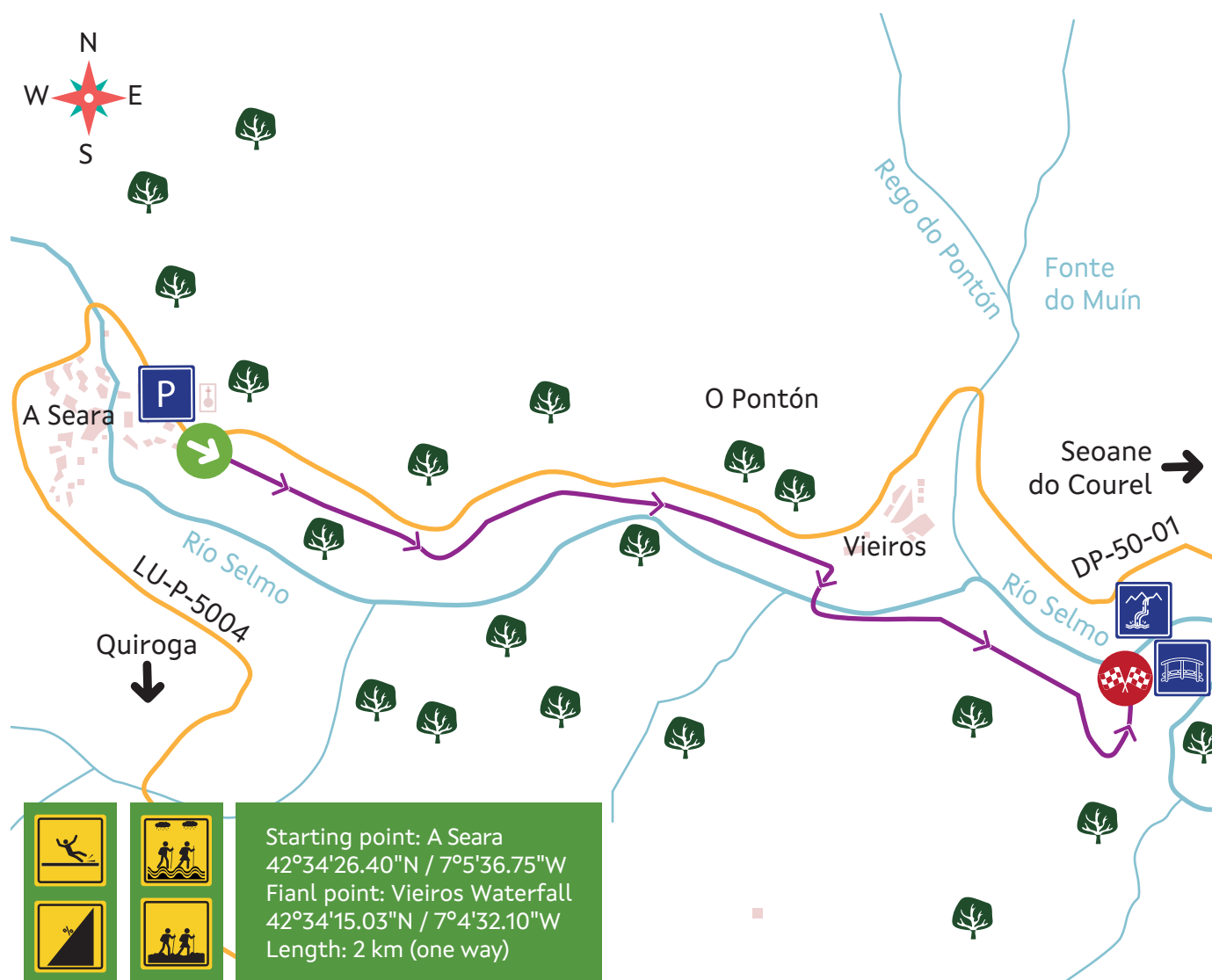
Vieiros Waterfall (Quiroga)

A hidden treasure

In the very heart of the **serra do Courel**, where deep valleys of dense vegetation alternate with forests from which high peaks emerge, lies the **village of A Seara**, the starting point of this route. Located at an altitude of 1,000 m, this is a unique site that preserves practically intact the typical structure and architecture of these mountain areas, with houses with rounded corners, slate roofs and wooden balconies, making it a place well worth visiting. From there we will go down to the **Selmo River** and walk along the right bank

among birch, chestnut and oak trees to reach an area where the path narrows and where the sound of the water picks up force, as a prelude to what we will be able to contemplate a few metres further on.

On the final stretch we will use ropes tied to the trees to descend a steep slope that will take us directly to the foot of this impressive 25 m high waterfall. But if we want to see it up close, a wooden bridge will allow us to cross to the other side and get closer.



Pereiro Waterfalls (Poio)

Benedictine waters

This short route passes through **monte Castrove** which is located between the **municipalities of Meis and Poio**. There are two important medieval monasteries: the **Benedictine monastery of San Xoán de Poio** and the **Cistercian monastery of Santa María de Armenteira**.

Leaving from the vicinity of **Pereiro de Abaixo**, we take a path that enters the forest and

which will take us first to **regato de Fentoso**, where we cross a recently built wooden bridge to continue upstream along the left bank of the river.

We will cross a couple more wooden footbridges before reaching the most outstanding point of this route, the **A Freixa Alta Waterfall**, which ends this route with a waterfall of approximately 10 m.

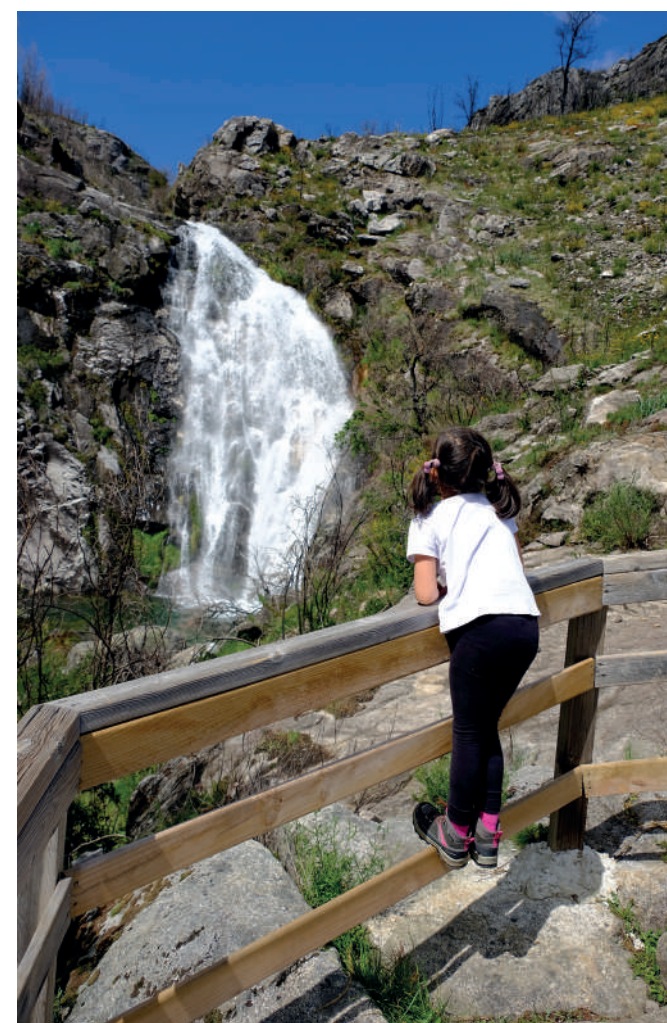
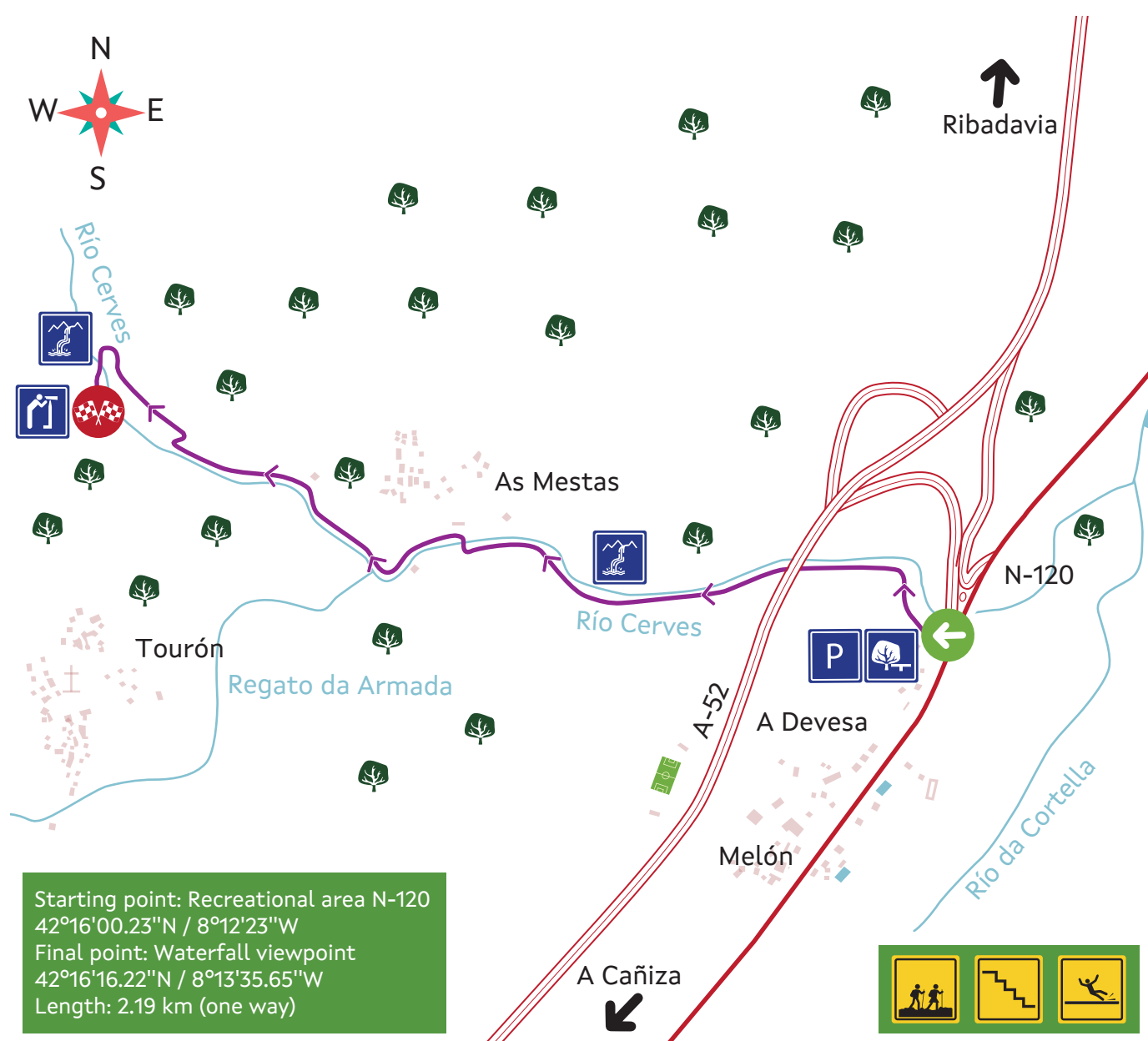
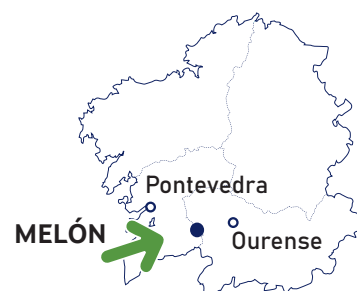


Cerves River Waterfalls (Melón)

At the foot of serra do Faro de Ovión

This is a classic easy hiking route, following the **Cerves River** from the car park next to the N-120 road. In the first section we will see several areas of wide waterfalls (it is necessary to be careful because of the slipperiness of the stones), some of them over 14 m high, until we reach the access bridge to the **village of As Mestas**.

Here the river takes a break as it is a flat area until we start the ascent to the viewpoint of the last waterfall, which we can reach by going down to the bridge that crosses the **Cerves River** and the metal platform that allows us to stand above its waters. We can return by retracing our steps or, if we are in good shape, we can continue through **the village of Tourón**, thus making the route longer.



Pozo do Inferno Waterfall (A Cañiza/Crecente)

Ribadil River banks

This is a river route, following the course of the **Ribadil River**, a tributary of the **Miño** that flows through the **municipalities of A Cañiza and Crecente**. The route starts at A Ponte (in the **municipality of A Cañiza**), where we can see the **ponte Noceifas**, with a single arch and slightly pointed, which many consider to be Roman, although the latest studies date it to the 17th-18th centuries.

From here we will follow a path that will take us to the **Mandelos river beach**, in the

municipality of Crecente, and then continue along the banks of the river, surrounded by large ferns and riverside vegetation, in an area that is part of the **Rede Natura 2000**.

Along the way we will find old mills and small waterfalls until we reach the **pozo do Inferno Waterfall**, which is accessed by wooden walkways and stairs and which has a viewpoint from which to enjoy the views before starting the return journey.



Firbeda River Waterfalls (porqueira)

Secret waterfalls in A Limia

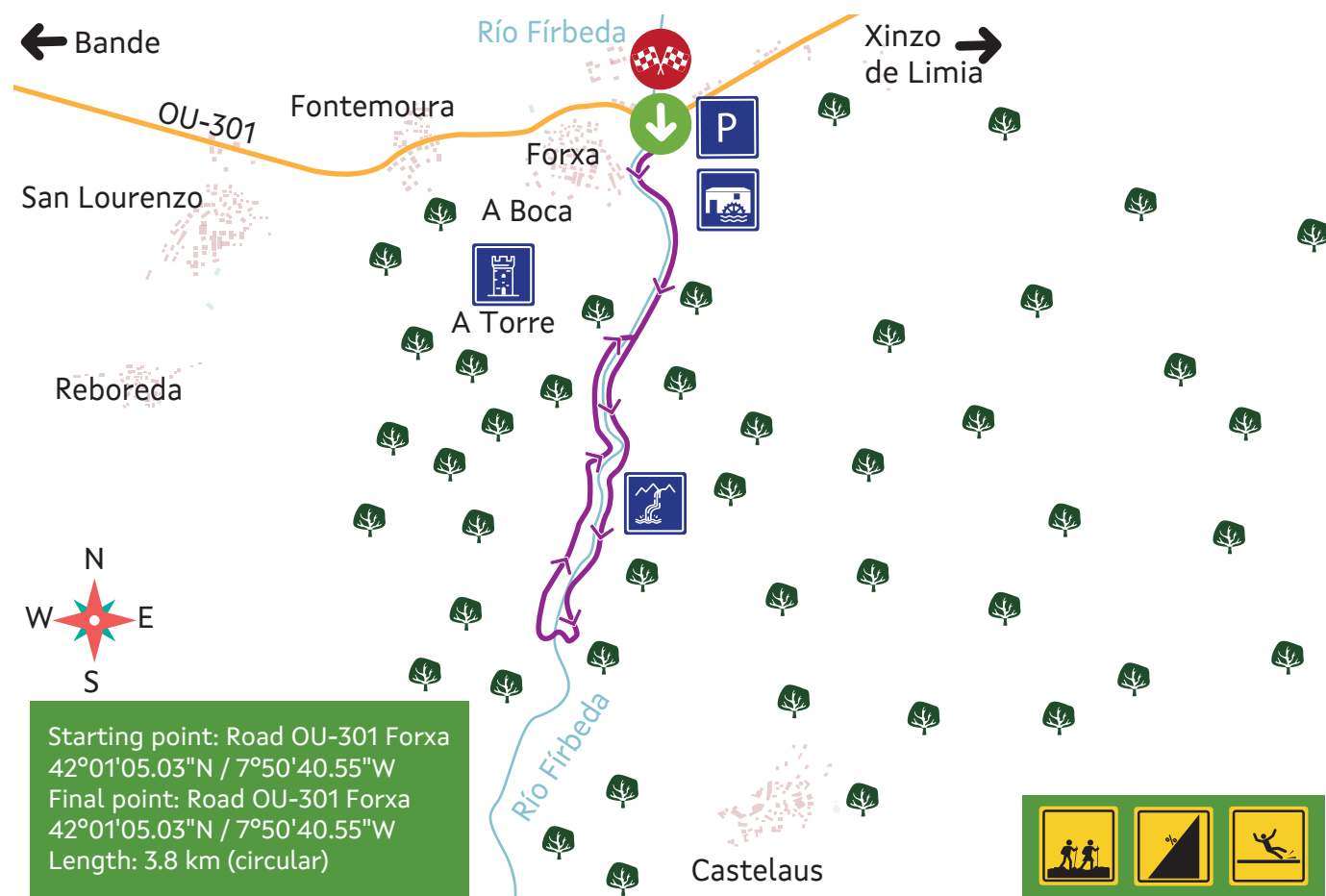
It is a demanding route in several of its sections, and with the risk of falling from different heights, so it is not recommended for families. We must also be careful in wet or rainy periods because of the danger of slipping on the foliage and the difficulty of the terrain.

This being said, the route starts next to a traditional stone bridge, in the lower course of the **Firbeda River**, already in the Limian plain, with a small recreational area and a mill. The path follows the right bank of the river upstream, passing through several old canals of these traditional buildings and arriving at a wooden bridge. This section would be the most easily accessible.

From here the path climbs steeply most of the time, surrounded by native forest made up of oak, chestnut and alder trees. On our ascent we have several viewpoints of the **Veiga de Ponteliñares, Forxa** and its medieval tower, of great strategic importance in the 11th and 12th centuries for the control of access to **Galicia** through the region of **A Limia**.

We cross a wooden bridge and quickly start to descend along the left bank of the river, offering us a viewpoint over the waterfall or *firveda* that gives its name to the river. We will reach the bridge we saw on the way up, and after crossing it, we will return to the starting point.

PORQUEIRA →



A Ciudadella Waterfall (Vilardevós)

In borderlands

Passing the **village of Soutochao**, we will find the signposted detour to the waterfall of **A Ciudadella**. We will leave our vehicle at the start of the hiking route, next to a wooden signpost. We go down a staircase to a small recreational area and two mills that have been restored by a workshop-school. The path is easy to follow, and is well conditioned, with posts with ropes in the sections that can be slippery, especially during the rainy season.

The best periods to enjoy the waterfalls are in autumn and spring; in summer the heat can be suffocating, although a good part of the route runs through shady areas of mixed riverside woodland, with oak and strawberry trees among other species.

Leaving the wooded area, the first waterfall suddenly appears, which we cross over a wooden bridge, with a wide view of this *raiana* (border) area in front of us. The path allows us to overcome the slope and get close to the foot of the **A Ciudadella Waterfall**, which is about 30 m high.

If the river level allows it, we can continue along the lower part of the waterfall and cross the river over a bridge and then climb up to the recreational area that serves as a viewpoint of the waterfall. There we will find a reconstruction of a stone hut. We can then return along the path below the road and connect with the path we took on the way out.





Between forests and mountains

Os Ancares (Cervantes)

Pico Tres Bispos route (Cervantes)

In the footsteps of the bear

Cervantes is a municipality in the **Os Ancares region**, in the province of Lugo, whose name refers to the fact that it is a land of deer. But we can also find throughout the region other mammals such as wolves, wild boar, foxes, etc. In recent times, bears from western Asturias have also been making occasional incursions into Galician territory. A great variety of birds such as the short-toed snake eagle, sparrowhawks and goshawks are also common in these areas, as well as 27 species of reptiles and amphibians and a great wealth of flora.

Leaving from near the **Ancares hostel**, where you can leave your car parked, there is a road that leads directly to the summit of **Tres Bispos** (1,793 m), so called because tradition has it that the bishops of the **dioceses of Lugo, León and Astorga** used to meet there. It is also one of the most representative

peaks in the area, along with others such as **Mustallar** (1,975 m), **Corno Maldito** (1,858 m) and **Pena Rubia** (1,821 m).

After walking just under 2 km we can see our destination in the distance, but before reaching it we will have to pass through **campa de Ortigoso**, with its holly forest and **campa de Tres Bispos**, from where we will have spectacular views of **val do Ortigal**.

From here the path becomes a little harder and runs through a narrow path along the ridge that will take us to the summit. The effort of the last stretch will be rewarded once we reach the top, as we will be able to enjoy a 360° view of **Os Ancares**.

Nota: It should be borne in mind that in the colder months the path can be covered in snow, so in addition to suitable clothing and footwear, it is highly recommended to take hiking poles.



Devesa da Rogueira (folgoso do Courel)

Through the most beautiful forest

This route is located in the **serra do Courel**, the area with the greatest plant diversity in **Galicia**, and crosses **devesa da Rogueira**, an Atlantic forest with an extraordinary diversity of trees. Beech, yew, maple, chestnut and oak trees, among others, make this place a paradise for botany lovers in particular and nature lovers in general.

Its fauna is also diverse, hosting roe deer, weasels, wild cats and dormice, as well as species endemic to the north of the peninsula such as the Iberian newt and the Iberian frog.

The route starts at the top of **alto do Couto**, at an altitude of 1,311 m, along a path that goes

into the dehesa, with alternative viewpoints overlooking the valley and the forest.

It is a route full of magical corners crossed by streams and marked by waterfalls that will lead us to the **fontes do Cervo**. There we will find two springs, one of calcareous waters and the other of ferruginous waters famous for their medicinal properties, and which in the area are known as **fontes da Fame**, as they were drunk to whet the appetite.

From here we head towards the **Polín viewpoint**, where we can take a break to enjoy the views before starting the return journey.



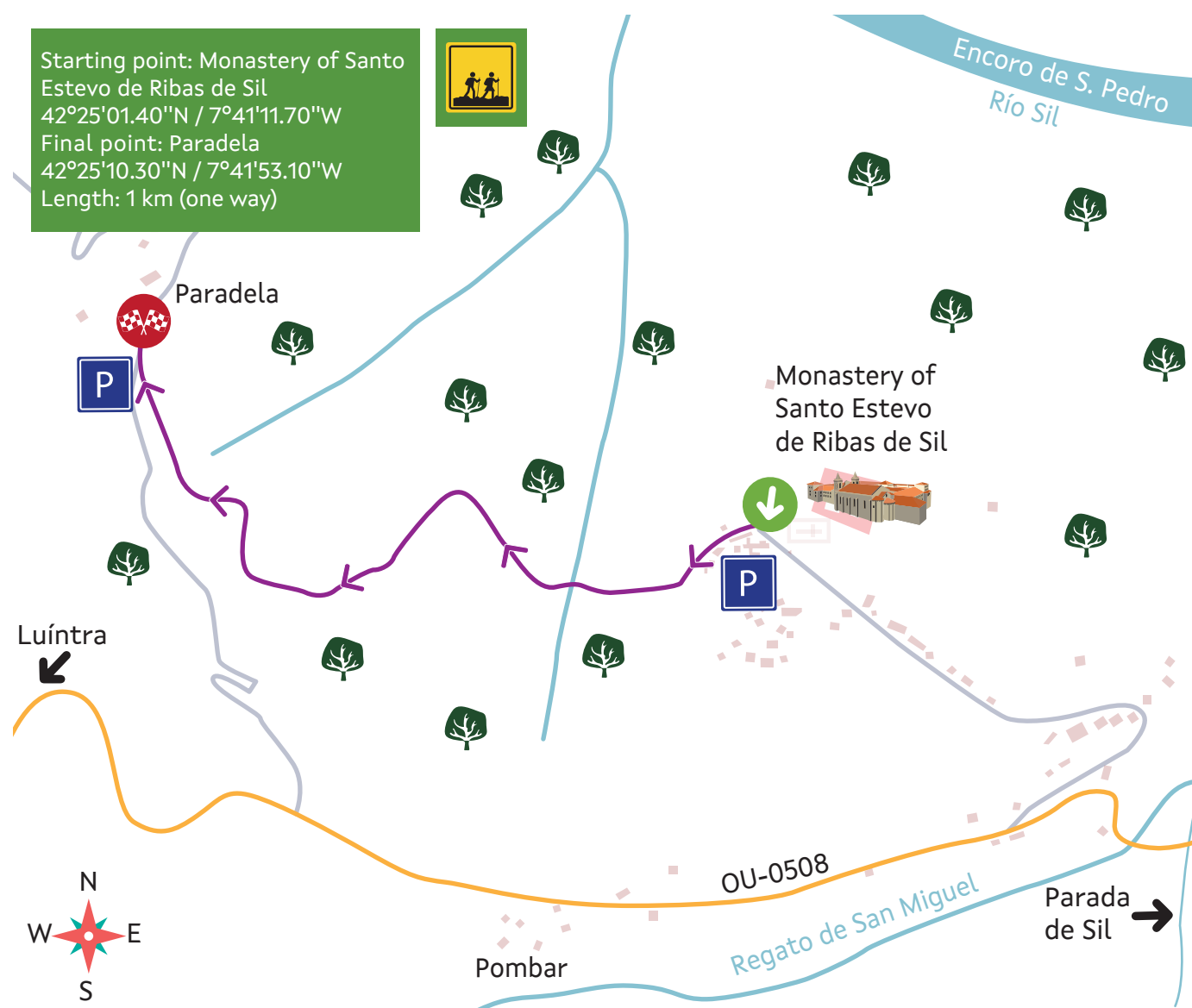
The *fraga* forest of the monastery of Santo Estevo de Ribas de Sil (Nogueira de Ramuín)

Walking through sacred forests

On this occasion our walk begins in a spectacular setting, **the monastery of Santo Estevo de Ribas de Sil**, in the heart of the **Ribeira Sacra**, forming one of the most outstanding and spectacular ensembles of **Galicia's** rich monumental heritage.

We soon enter a chestnut grove following the paths used for centuries by monks and locals. We should visit this deciduous forest at different times of the year, so we can enjoy

the golden colours of autumn, the nakedness of winter or the explosion of green tones in spring. Small waterfalls and streams are scattered along the way. The trees will leave gaps through which we will be able to glimpse the majesty of the **Sil River canyon**. This canyon is best observed from the end of our route in **the village of Paradela**, from where we will have a view of the section of the route with the image of the monastery, an imposing sight in the landscape.



Mao River footbridge (Parada de Sil)

from tree to tree

Walking above the trees. This could be the summary of this itinerary in **Parada de Sil**. We start at the **Fábrica da Luz**, a former hydroelectric energy production facility from the beginning of the 20th century, now converted into a hostel and reception centre for those who want to do mountain bike routes in the surrounding area.

From here, a wooden footbridge takes us through a tree-lined tunnel in the canyon of the **Mao River**, which we can barely see

but can hear the sound of its waterfalls. Halfway along the path, this vegetation canopy disappears and we can enjoy the view of the valley and stop at an enabled viewpoint. Children and adults alike can learn more about the richness of the fauna and flora thanks to educational panels and games located along the route. The final section is a stairway that descends to the banks of the **Mao River** at the point where it approaches and flows into the **Sil River**.



Starting point: Fábrica da Luz
42°22'27.31"N / 7°29'49.40"W
Final point: Mao River
42°22'54.55"N / 7°29'48.24"W
Length: 1 km (one way)



Hidden heritage

Santa María de Pesqueiras (Chantada)

In the surroundings of the historic Sargadelos factory (Cervo)

Lover's Walk

This short route starts at the **old industrial complex of Sargadelos**. Created between 1791 and 1806 by **Antonio Raimundo Ibáñez**, it consisted of an iron foundry and an earthenware factory that ceased its activity in 1875.

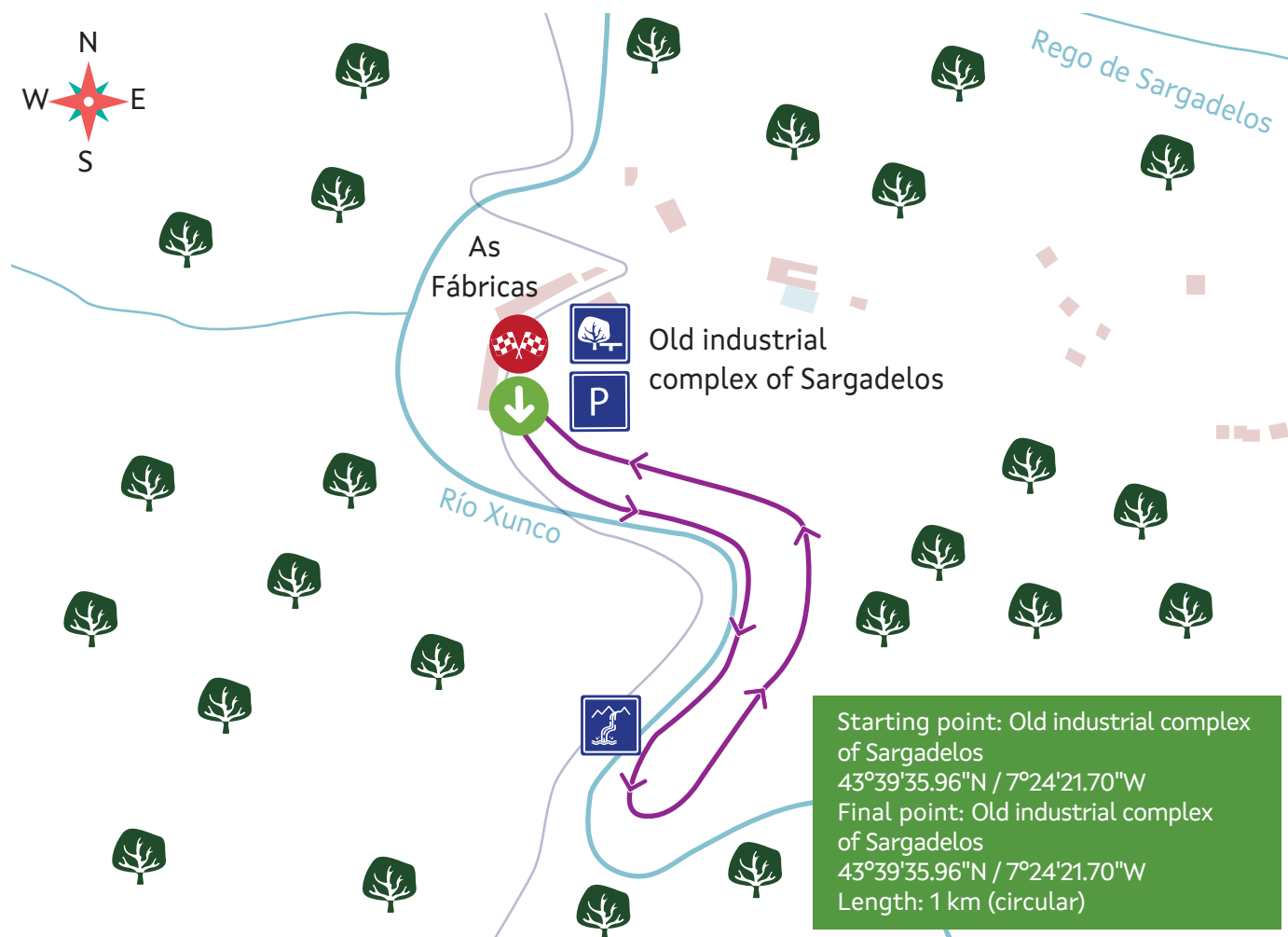
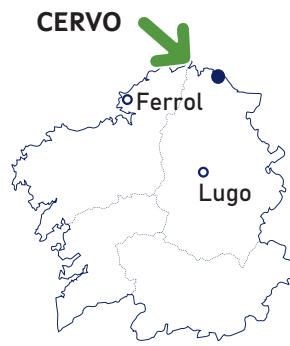
It was declared a **Historic-Artistic Site** in 1972 and preserves the remains of the old foundry, four furnaces and the **Administration House**, nowadays converted into the **Sargadelos Historical Museum**.

At present, 1 km from this complex, the factory founded in 1970 is still in operation

and remains today the greatest exponent of Galician ceramics.

Our walk follows a flat path which, although very short, is extremely charming. We will walk parallel to the **Xunco River** to a small artificial waterfall that descends over the wall of the river dam, which was built in 1971 to supply water to the factories.

Popular tradition has it that this path has virtues that make people fall in love and that those who walk it together will feel powerfully attracted to each other and will fall irremediably into this luminous emotional state when they finish this route.



Torres de Oeste (Catoira)

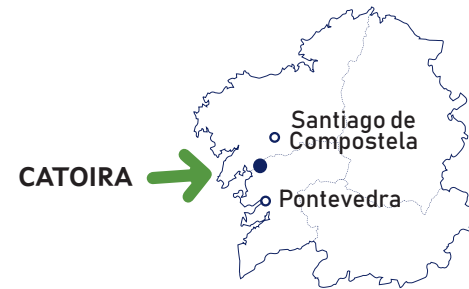
Viking traces

The river walk along the **Ulla River** is a route located at the mouth of the **ría de Arousa**, where the salty waters penetrate the land, meandering through the reeds.

It starts at an old tide mill, known locally as **muíño do Cura**, located at the mouth of the **Catoira River** and which was in operation until the beginning of the 20th century. Tide mills are those that use tidal power to move their millstone and, although this one is in a state of significant deterioration, it is still of great heritage value, as it is one of the few surviving examples of this type of construction.

The path runs along the banks of the **Ulla River**, next to the river beach, and then crosses

an area of "brañas" that belongs to the **Rede Natura 2000** until it reaches the **Torres de Oeste**. This important medieval fortress, declared a **Historic-Artistic Monument** in 1931, was built in the 12th century by order of **Archbishop Gelmirez** to close off the Viking and Saracen incursions that sought to reach **Compostela**. In 1719 they also protected the **port of Padrón** against English attacks. A dirt road and wooden walkways will take us to the border with the **municipality of Valga**, where we round off this walk that allows us to cover on foot a section of the Way of St. James known as the **Sea of Arousa and River Ulla Route**, following the route that tradition assigns to the arrival of the body of the **apostle St. James** in **Galicia**.



The hidden Romanesque of Santa María de Pesqueiras (Chantada)

The Benedictine forest

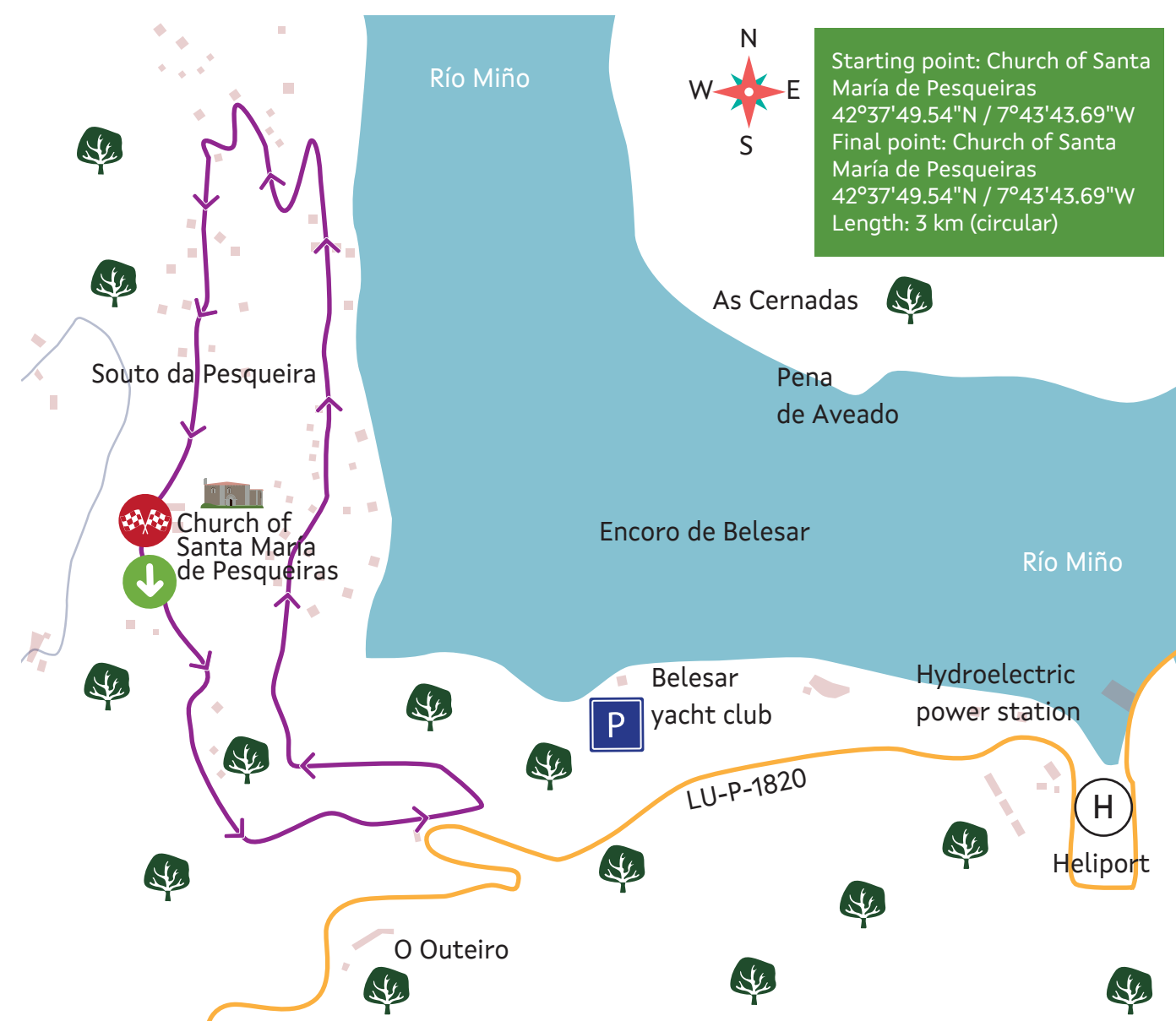
This walk begins and ends at one of the Romanesque jewels of the **Ribeira Sacra**, the **church of Santa María de Pesqueiras**, modestly hidden in the centre of a chestnut grove.

It was formerly a monastery of Benedictine nuns, but all that remains of this conventual complex is the church, which houses a 13th-century carving of the **Virgin and the Child**,

together with a set of extremely valuable 16th-century mural paintings depicting the **Annunciation to Mary**, the **Resurrection of Christ** and the **Last Judgement**.

From here, our route runs along dirt roads surrounded by oak and chestnut trees, allowing us to enjoy the wonderful views over the **Miño River** canyon and the **encoro de Belesar** throughout the whole route.

CHANTADA

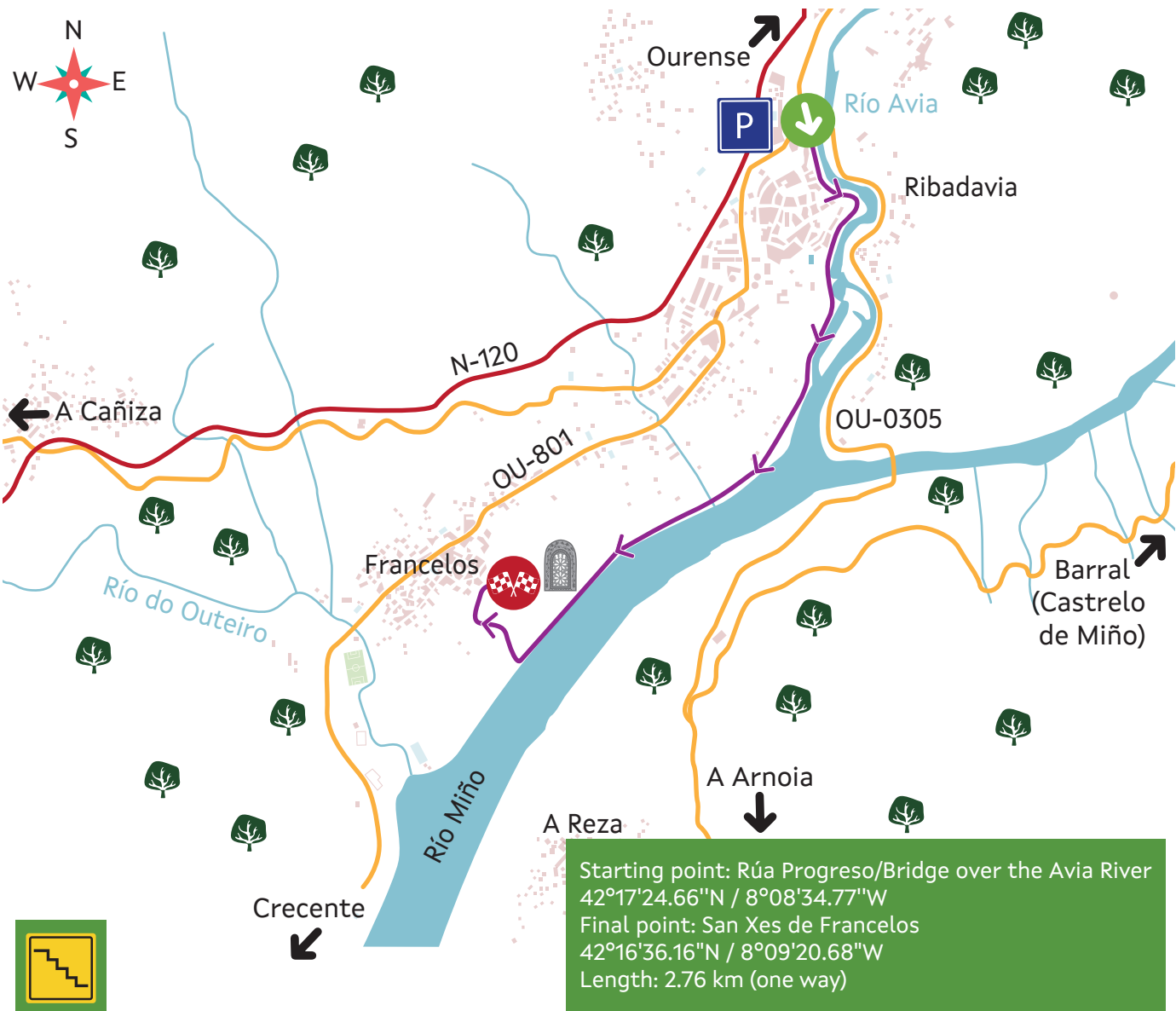


Pre-Romanesque in O Ribeiro (Ribadavia)

Valparaíso of the Miño River between vineyards

We start in the town of **Ribadavia**, capital of the **wine region of O Ribeiro**, a monumental town with great historical importance; in its old quarter we will find the **Sarmiento castle**, remains of its walls and Romanesque temples such as those of **San Xoán and Santiago**, among other buildings of interest. With this walk we will discover the lower stretch of the **Avia River** from **ponte do Burgo** or **San Francisco**, in **Ribadavia**, to its mouth in the

Miño River. From here, along the north bank, a dirt road takes us to **Francelos** between the river and the vineyards of **O Ribeiro**. In this village we find the **church of San Xes**, dating from the 9th century, with its lattice windows and pre-Romanesque capitals, which serves as a viewpoint over **Valparaíso**, so called because of the fertility of its land on the banks of the **Miño River**.

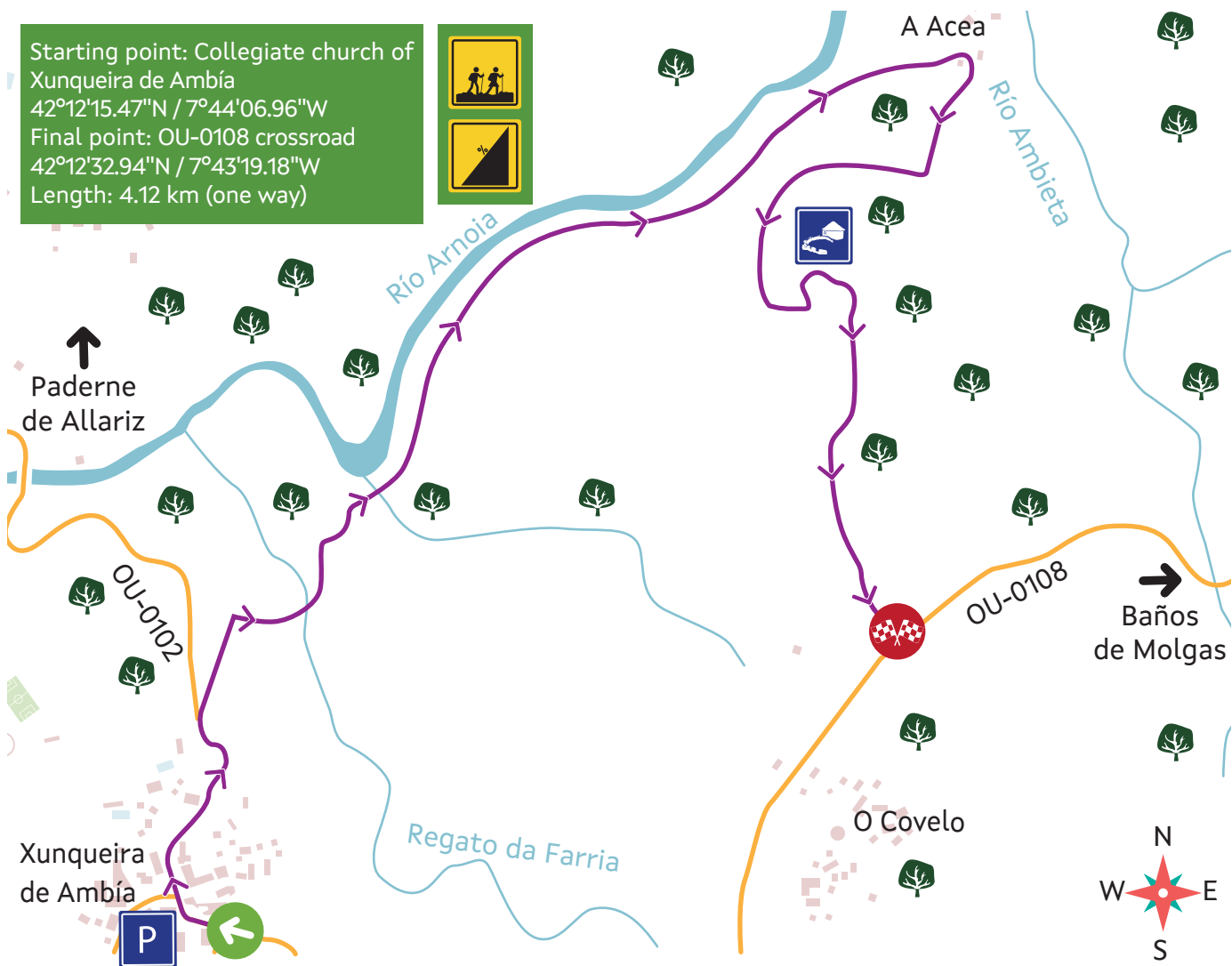


In search of the *castro* (Xunqueira de Ambía / Baños de Molgas)

Old paths among oak trees

We will begin this walk in the atrium of the **old collegiate church of Xunqueira de Ambía**, a jewel of Galician Romanesque architecture, to follow in the footsteps of the pilgrims on the **Silver Route**. Shortly after leaving the village, we will take a track on the right that goes down almost to the banks of the **Arnoia River**. Following its left bank we will see some ruined mills, and the sound of the river will accompany us to the **village of Acea**, in the **municipality of Baños de Molgas**. Then a path leads through an oak forest up to the **Outeiro do Castro**, passing at the foot of a

large chestnut tree. The route ends at the *croa do castro* (top of the hill fort), where recent excavations have uncovered several *hórreos* (raised granaries) from the time of *castro* dwellers, a unique case in **Galicia**. From here you can see the collegiate church and the surrounding area. The walk to the *castro* can be done either from the **village of Acea**, or from the road that joins **Xunqueira de Ambía** with **Baños de Molgas**. In this case, it is an easy flat walk of just 700 m, ideal for the whole family.



The Roman mines of As Borreas (Viana do Bolo)

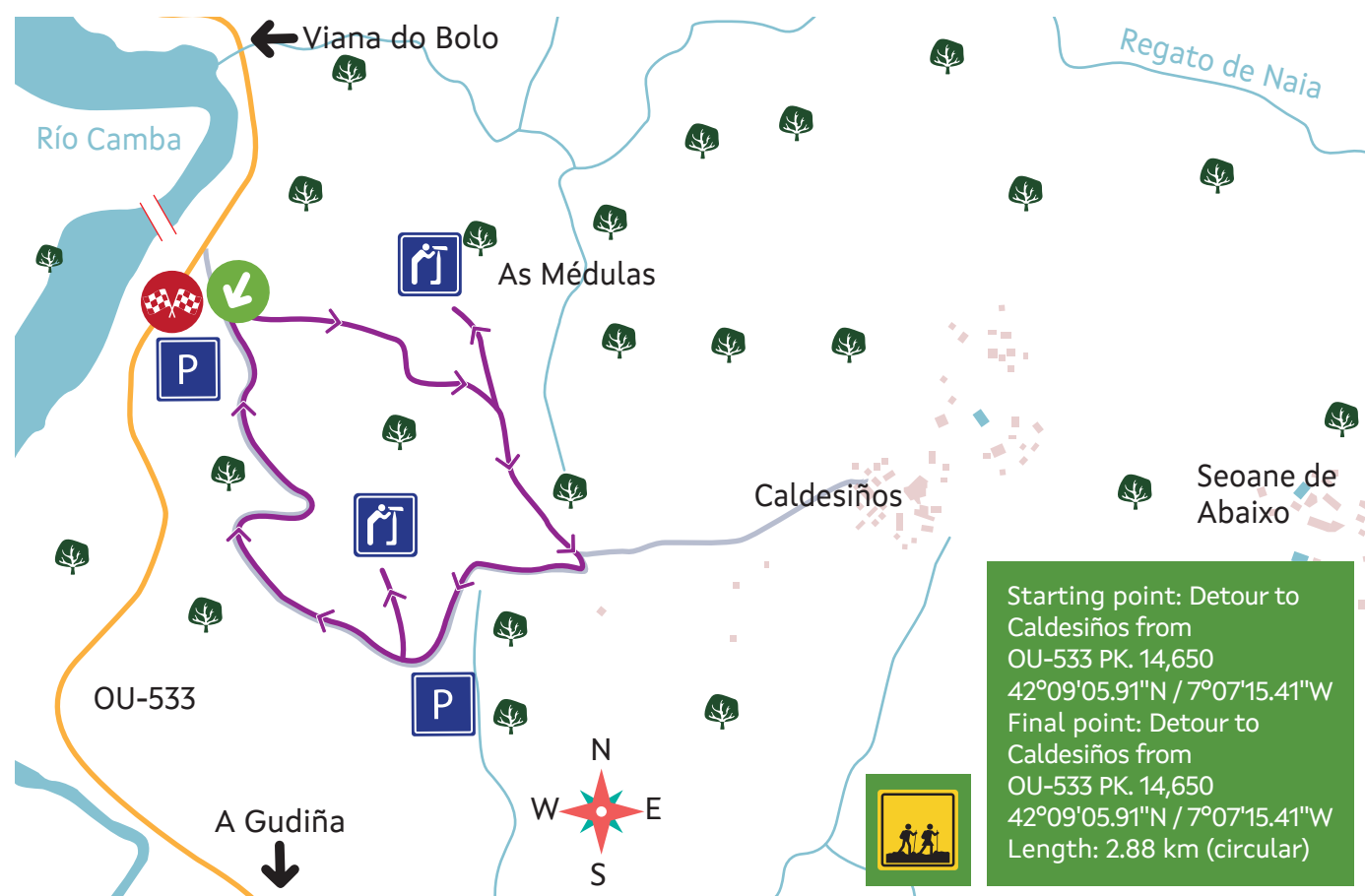
The history transformed into nature

This circular route of just 3 km, partly asphalted, will take us to one of the mines that existed in the territory of the ancient **Gallaecia**, which was intensively exploited by the Romans after their conquest in the 2nd century BC.

We access it taking the road from **A Gudiña** to **Viana do Bolo**, following a detour to **Caldesiños**. At the start of this trail we can leave our vehicle next to the tourist sign indicating the mines. Here we can choose to ascend 1 km along the road, with little traffic, or climb up to the north viewpoint through the forest of native trees, composed mainly of chestnut and oak, to then continue to the road and descend towards the car park, with

a small diversion to the south viewpoint. At both panoramic points there are explanatory panels that help us to interpret the immediate landscape, the result of man's action.

The Romans managed to extract tons of gold using a system called *ruina montium*, a technique that combines the construction of wells and underground galleries with the use of water to bring down large masses of gold-bearing soil. From them we can also see the surrounding mountains, such as **serra Seca** or **Cabeza Grande** at an altitude of over 1.200 m, or the tail end of the **encoro do Vao**, in the valley of the **Camba River** before it joins the **Bibeí** in **Viana do Bolo**.



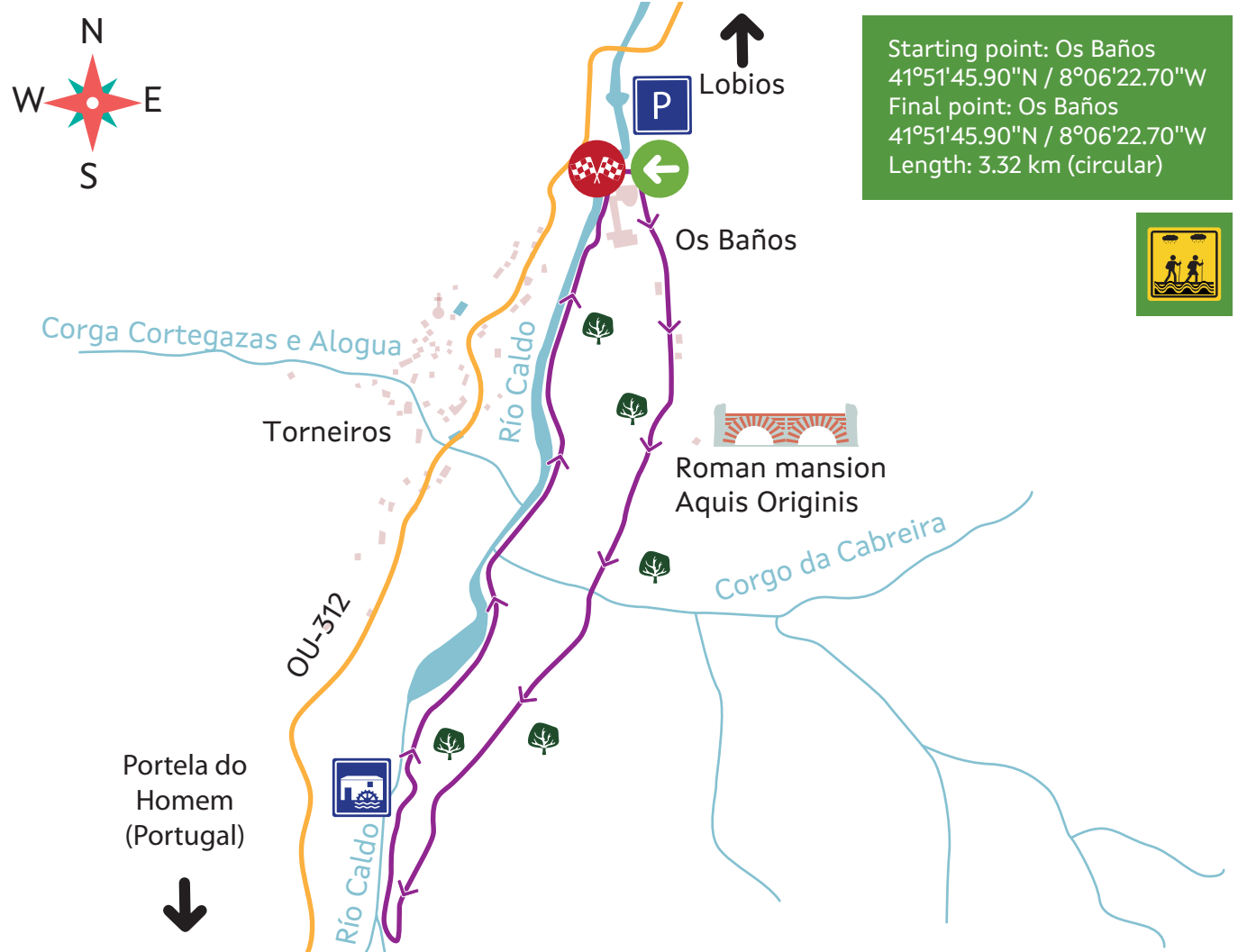
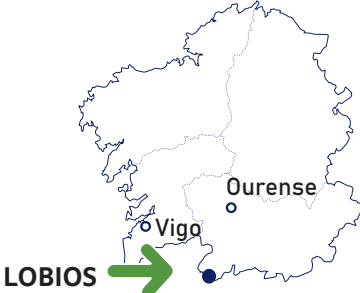
Aquis Originis (Lobios)

Roman traces in O Xurés

The route we propose is located in the heart of the **Parque Natural da Baixa Limia-Serra do Xurés**, a cross-border biosphere reserve.

We start our walk in **Os Baños**, where there is also a spa hotel. We will be able to feel the Roman trace of **Gallaecia**, as we will follow the ancient **Via XVIII** of the **Itinerary of Antoninus**, also called **Via Nova**. In fact, on our way we will find the remains of the ancient *mansio Aquis Originis*—a kind of inn—where the hypocaust of the baths is clearly visible. We continue through the forest until we reach

the foot of the **Corga da Fecha do Carballón**, which comes from the foothills of the **O Xurés** mountain range, bordering **Portugal**. This is the start of another route that is more difficult and risky, as there are steep slopes to overcome, but which offers beautiful views of the natural park. The return journey follows the right bank of the **Caldo River**, where you can refresh yourself in summer or enjoy the thermal waters in the open-air swimming pool. The name given to the river (Caldo means warm) by popular wisdom is indicative of the hot water upwelling here.



Urban walks

Torre de Hércules (A Coruña)



A Malata Walk (ferrol)

The backwater of the ría de Ferrol

This walk is well known by **Ferrol** locals but not so well known by visitors. We suggest to start the walk along the **enseada da Malata** at the car park in front of the **FIMO** fairgrounds. This route is also suitable for cyclists, practically flat, and will take us to **A Cabana**, where we will find a small recreational area and a playground for children. During the tour we can enjoy the views of this backwater of the **ría de Ferrol**, where many birds seek refuge.

On the horizon, the neighbourhood of **Canido**, the commercial port and the military zone of **A Graña** frame the entrance to this small cove

where we will find an old cetaria next to **praia da Cabana**. We are in the most hidden corner of the ría which in the 18th century became an important naval base.

Ferrol was the capital of the **Northern Maritime Department**, thanks to its strategic position and the appearance of the ría itself, very narrow at its mouth, guarded by **the castles of A Palma and San Felipe** and a series of complementary military batteries, and which opens out to form several coves, perfect for the shelter of ships.

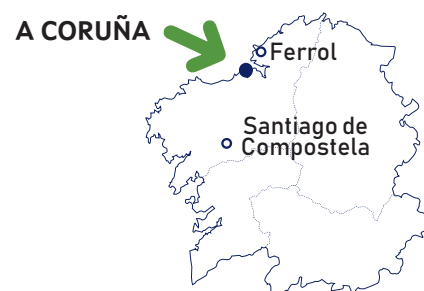


from the parque dos Menhires to the Torre de Hércules (A Coruña)

In search of legendary heroes

This route will take us along part of the coastline of the **city of A Coruña**, with a permanent view of the **golfo Ártabro** and the symbol of the city, the **Torre de Hércules**, a lighthouse of Roman origin that has been in operation for almost two thousand years and has been a **World Heritage Site since 2009**. We will discover various sculptures that will

tell us about myths and heroes linked to these lands, such as the Greek demigod **Hércules** himself, or even **Breogán**. There are many paths and trails that cross the different green spaces of the **parque dos Menhires**, **punta Herminia** and **A Torre**, so it is best to let yourself go and discover the different corners of the route.



Rato River Walk (Lugo)

Terras do Miño Biosphere Reserve

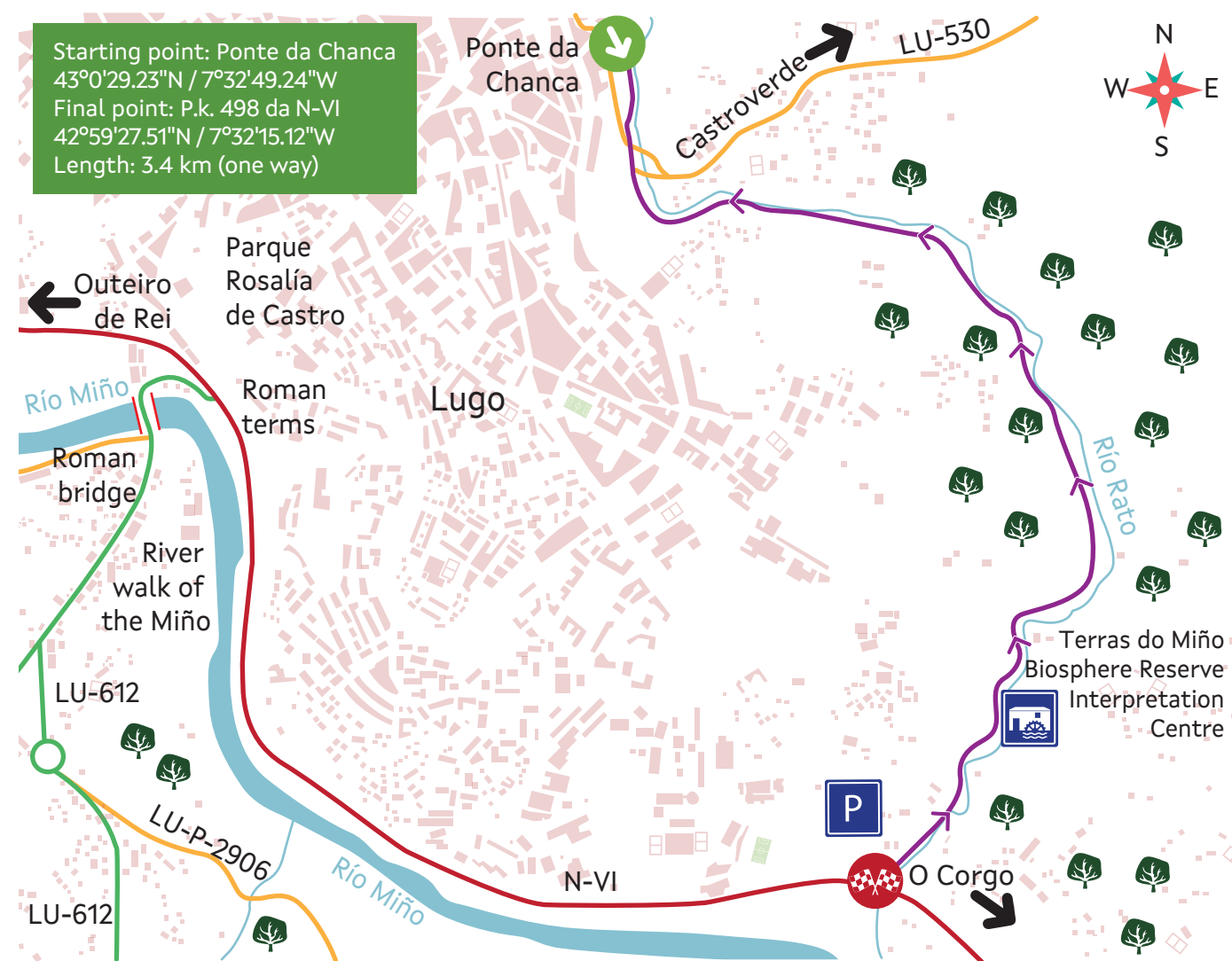
This walk starts at **ponte da Chanca** and will take us along the **Rato River** through open fields, orchards and a native forest, with oak, ash and poplar trees.

The whole area was recently restored and a cycle path was built parallel to the pedestrian path. Along the way we will find benches, bridges, fountains and even small waterfalls, and we will be able to observe frogs, ducks, grey herons and dippers.

During the route we will find the **Terras do Miño Biosphere Reserve Interpretation**

Centre, located in a 19th century mill-house known as the **muíño do Tendeiro**. Here we can see an audiovisual exhibition on the ethnography, history, landscape and culture of water, and also find out about the numerous nature-related activities that can be carried out in the surroundings.

The **Rato River** meets the **Miño River** in the vicinity of this route, which allows us to extend it and walk several kilometres further along the banks of the longest and best-known river in **Galicia**.



from parque de Galeras to Sarela de Abaixo (Santiago de Compostela)

from bridge to bridge over the Sarela River

This walk, almost three kilometres long, is part of a longer path that circles the urban area of **Compostela**, linking several green spaces in the city. We start in the surroundings of the **Campo de Santa Isabel**, at the foot **monte Pío**, crossing the **parque de Galeras** and following the winding course of the **Sarela River**, a tributary of **the Sar**.

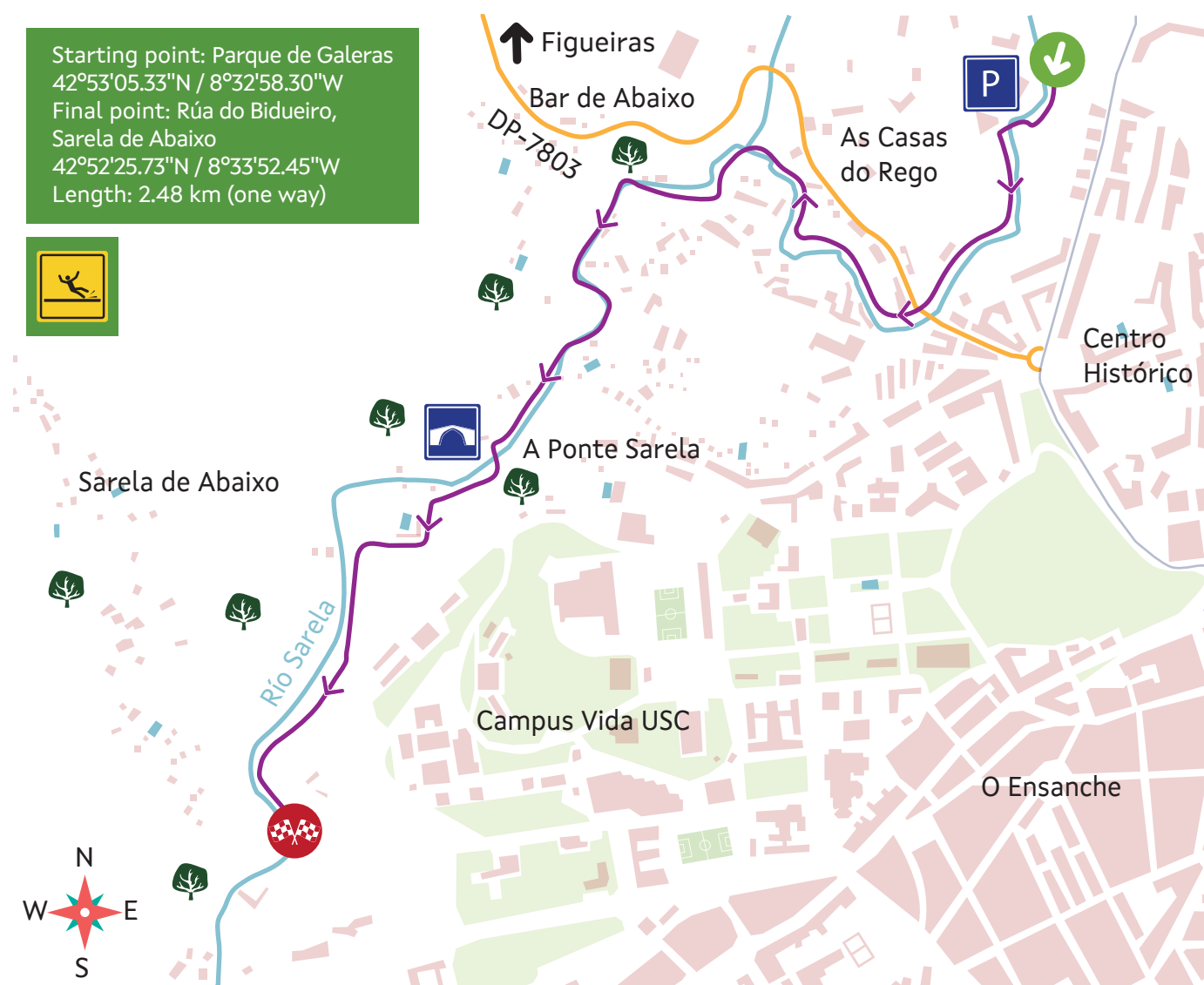
We arrive at **Carne de Abaixo**, with its baroque chapel and a 16th century bridge that forms a beautiful corner next to the river.

From here we leave behind the more urban area to enter the riverside woods and fields of this rural area of the capital. We will cross the river at **A Ponte Sarela**, where we will be able to see pilgrims on their way to **Fisterra**. We will then walk along the centenary walls of the **pazo (manoir house) of San Lourenzo de Trasouto**. Further on, we will come across a wooden footbridge that runs alongside the river, ending our walk on **rúa Bidueiro**, in the area of **Sarela de Abaixo**.

SANTIAGO DE
COMPSTELA



Starting point: Parque de Galeras
42°53'05.33"N / 8°32'58.30"W
Final point: Rúa do Bidueiro,
Sarela de Abaixo
42°52'25.73"N / 8°33'52.45"W
Length: 2.48 km (one way)



River path along the Lérez River (Pontevedra)

Pontevedra is a good town, it gives drink to those who pass by

This path starts from the pedestrian bridge over the **Lérez River**, in the surroundings of the university campus, and as it is a circular path we can choose to start on the right or left bank of the river, always following a flat path that runs along the riverbank.

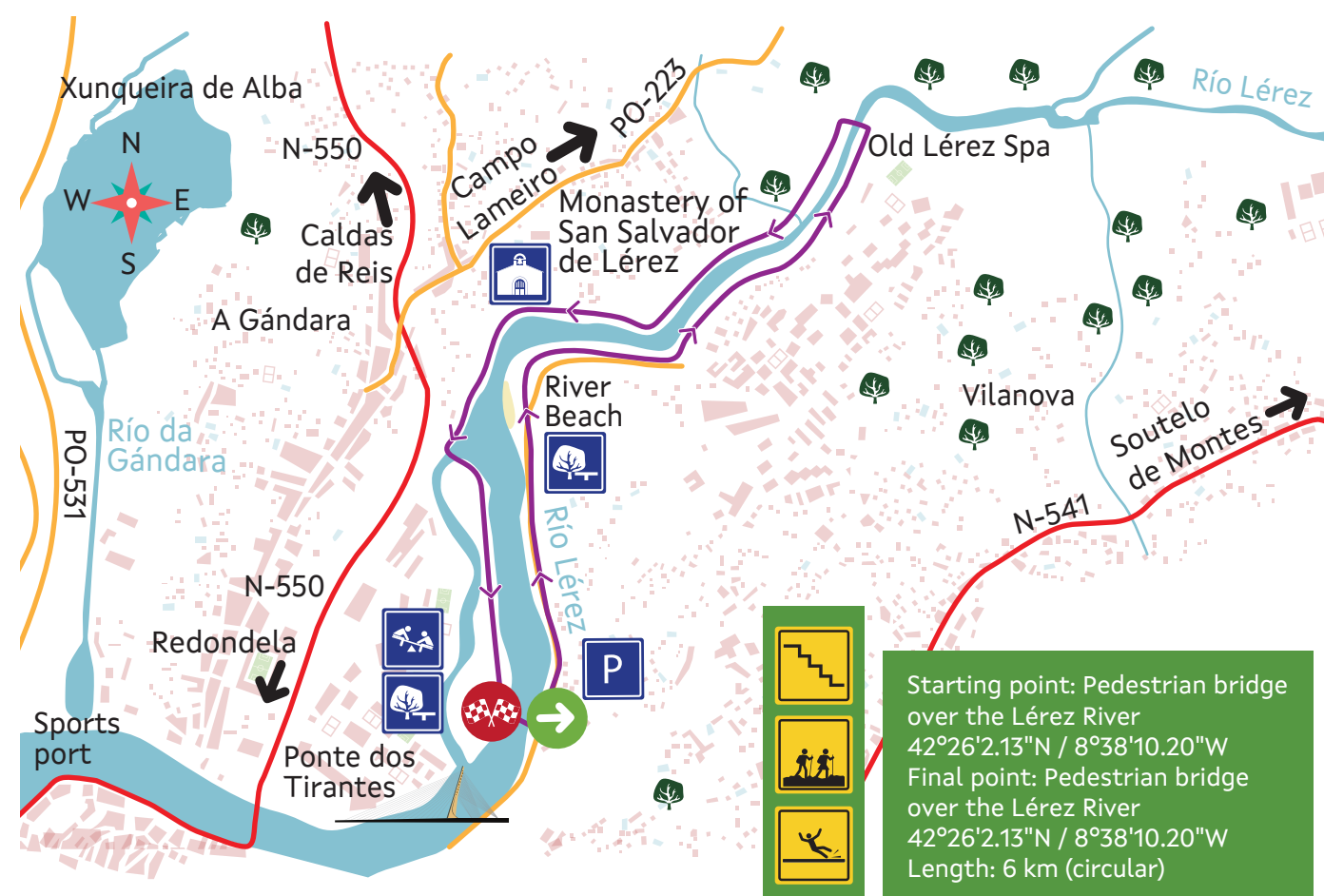
If we choose the first option, we will pass by the river beach and we will also find a picnic area, to ascend slightly later and reach the old **Lérez Spa**. This complex was built in 1906 by **Casimiro Gómez**, a returned emigrant from **Argentina** who made this place a great cultural centre and thermal reference where people from different parts of the Peninsula gathered, and which today still conserves

part of the main building with the fountain of medicinal waters inside.

From there we cross the metal bridge to the other side of the river and start the return journey along a dirt road that at times becomes narrower and more difficult with steep climbs and descents, which is a technical difficulty for cycling.

After approximately 1 km, we return to a flat, well-maintained path that will take us back to the starting point, allowing us to pay less attention to where we are walking and more to the beautiful views of this magnificent river landscape.

PONTEVEDRA

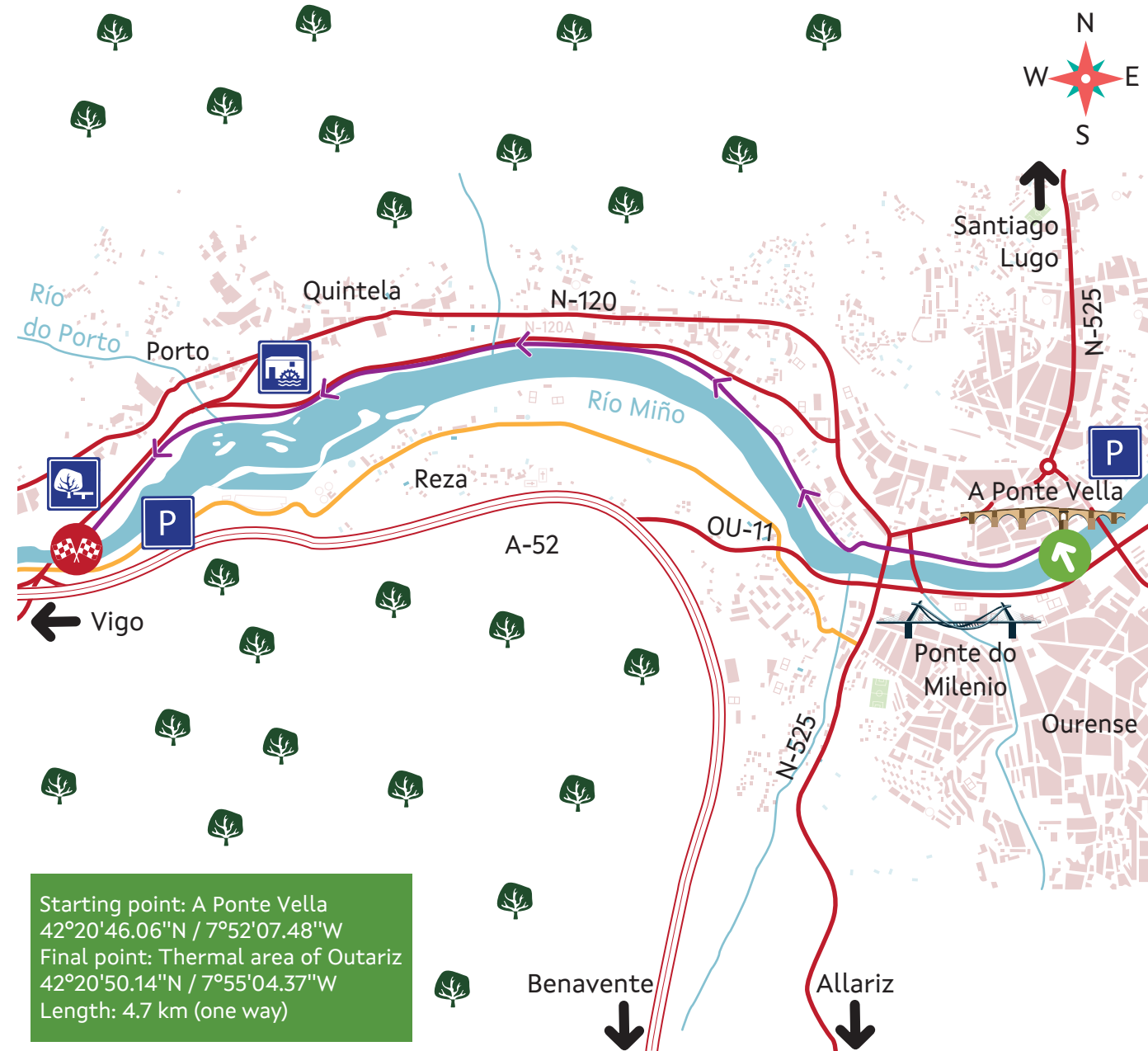


from A Ponte Vella to Outariz (Ourense)

from bridge to bridge over the Miño River

The thermal walk along the **Miño River** is part of a circular route of almost 15 km. The linear route that we propose (just over 4 kilometres) goes from **A Ponte Vella**, of Roman origin, passing by the **ponte do Milenio**, inaugurated in 2001, to the thermal area of **Outariz**, following the course of the

Miño River along the right bank at all times. It is a perfectly cyclable route and suitable for the whole family. Along the route we will find other thermal areas such as **A Chavasqueira**, **O Tinteiro** or **muíño da Veiga**, which show the wealth of mineral-medicinal waters that make **Ourense** the thermal capital of **Galicia**.



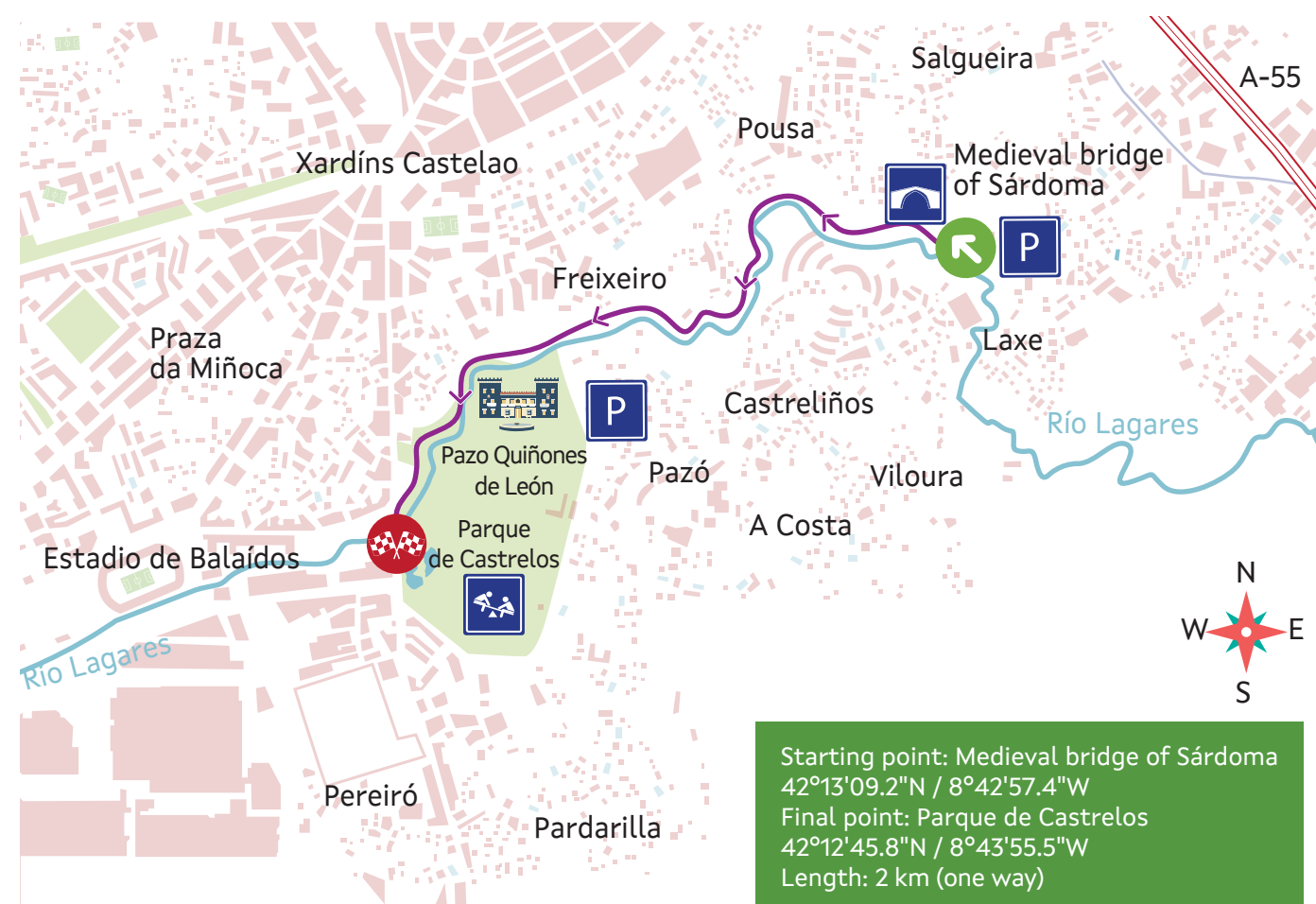
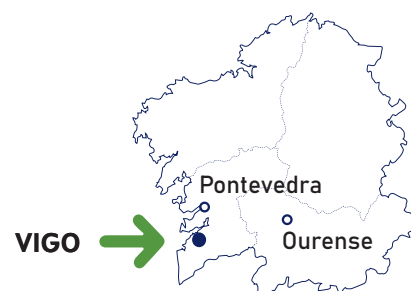
From the medieval bridge of Sárdoma to parque de Castrelos (Vigo)

Lagares River Walk

The start of this walk is located in the **parish of San Pedro de Sárdoma**, specifically next to the medieval bridge. It is a construction which has been operational since the 12th century, made up of two semicircular arches with a triangular cutwater in the middle that helps to distribute the force of the water flow.

We cross the **Lagares River** to continue along a path which, despite passing close to some buildings due to the fact that we are in the centre of the city, has not lost its rural character. After a walk of just over 2 km we will arrive at **parque de Castrelos**, the largest park in the city and an ideal place to play sports or spend the day with the little ones in the children's playground.

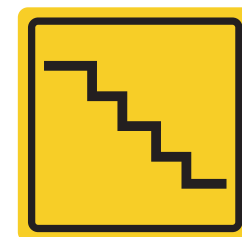
This is the end of this walk, but first we recommend a visit to the **Pazo de Castrelos**, located in the upper part of the park, which houses the **Municipal Museum of Vigo**. It is also known as the **Quiñones de León Museum** because it was **Fernando Quiñones de León, marquis of Alcedo**, who donated it to the city in 1924 and ordered that it should be used as a museum. Next to the building, forming an inseparable ensemble, are the gardens, where we can enjoy a large number of exotic and ornamental plant species, some of them centuries old, and several specimens of trees included in the **Catalogue of Singular Trees of Galicia**.



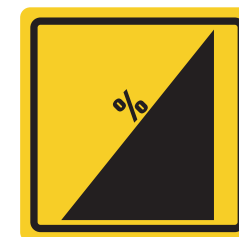


Paseo do Anllóns (A Laracha)

Map legend



Slopes with stairs



Steep sections



Slippery areas



Rough terrain



Floodable sections in rainy season



Playground



Recreational area



Parking area



Waterfall



Medieval bridge



Watermill



Chapel



Lighthouse



Hórreo
(raised granary)



Medieval tower



Viewpoint



Castro
(ancient Iron Age village)



Wooden bridge



Hanging bridge

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