

MUNICIPALITIES



Dock of A Coruña and the typical balconies in the Marina on the background



Tower of Hércules (A Coruña)



Modernist building A Terraza (Sada)



Bird's eye view of the stately village of Betanzos



Maria Pita square and city hall



Festival of María Pita (A Coruña)

Abegondo

One of the main attractions in this area are its landscapes, marked by the reservoirs of Abegondo-Cecebre, declared Special Area of Conservation, and Beche. It is also popular for its connection to Galician nobility with pazos like Pastoriza and Figueroa.

Aranga

This place is well known for its prehistorical remains, with several fields of dolmens and castros such as the one of the Cotorras, not forgetting its traditional architecture.

Arteixo

Located in the western part of the golfo Ártabro, this region combines the wild nature of its rough beaches with a booming industrial landscape, with the industrial area of Sabón as a source of economic development.

Bergondo

It is one of the best communicated councils of this province. Its landmark being pazo de Mariñán and its gardens, although we can also find architectural gems such as the monastery and church of San Salvador, apart from calm beaches, such as Gandario.

Betanzos

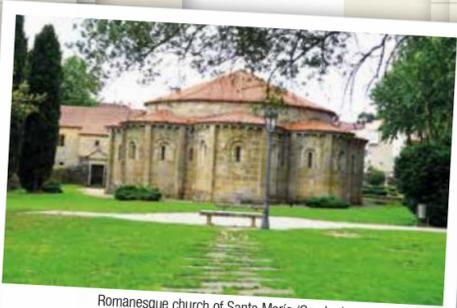
Its historical importance is marked by the role it played as one of the seven capitals of the Ancient Kingdom of Galicia, with an impressive architectural heritage, it is famous for the festivity of the Caneiros, where decorated small boats go up the river Mandeo full of people celebrating with food and wine. On the night of San Roque, the most important night of the village festivities, the locals release a hot air paper balloon that they spend the year making with pictures that represent that year. An event that attracts many visitors.

Cambre

It offers the traveler both the richness of natural areas and its historical-artistic heritage, among which the Romanesque church of Santa María stands out, built in the 12th century and preserved in perfect conditions.

Carral

This municipality is well known for its exceptional bread and its ancient tradition, as well as for its "empanada" (Galician pie), another leading product of the local gastronomy. Furthermore, there is a great recreational area in the surrounding area of mount Xalo, from where we can enjoy an impressive panoramic view.



Romanesque church of Santa María (Cambre)



Pazo de Mariñán (Bergondo)



Campo da Rata (A Coruña)

Coirós

Hiking is its main attraction, with eight routes adapted to different difficulty levels where the hiker can see hydro-electric plants and the remains of an ancient spa. In order to enjoy a wonderful panoramic view of these lands, a visit to Pena Furada and the miradoiro (viewpoint) de Espenuca is a must.

A Coruña

With a deep erudite and fishing tradition, this city, totally bathed by the Atlantic Ocean, is perfect for walking, going shopping or enjoying good food. With its distinctive white-windowed balconies and its long urban beaches, this city stands out for its night life too.

Culleredo

Its main peculiarity is the airport coexisting with the rural areas. The riverbank promenade Rego das Xesteira, which is made up of eleven mills and by the beautiful river landscapes of the estuary of O Burgo stand out in this area.

Irixoa

It is located in a transition area between the plain of Terra Chá and the coastal regions of the Mariñas, what gives it a unique river landscape.

Miño

This town, declared Tourist Interest Site and half way between A Coruña and Ferrol, has very beautiful beaches that are perfect for families with children and are spread throughout more than seven kilometres of coast.

Oleiros

This thriving town near A Coruña. Is one of the most popular summer locations visited by tourists because of its beautiful beaches, its gastronomy and leisure offer. Its heritage includes Romanesque architectural gems such as Santa María de Dexo or the castle of Santa Cruz.

Oza-Cesuras

"Un bo sitio para vivir" (a good place to live) is the slogan of this municipality, which is formed by the union of two towns. It is important to highlight the route of Rexidoira as it is one of the most diverse Galician hiking routes.

Paderne

The beautiful natural landscape marked by the rivers Lambre and Mandeo, is a part of the Reserva da Biosfera Mariñas Coruñesas e Terras do Mandeo. Its coat of arms bears scallop shells in testimony to the English Way which crosses these lands.



Gardens of the pazo de Mariñán (Bergondo)



Bonfires in San Juan (A Coruña)

WHAT TO VISIT:

NATURE

**Beaches.** In A Coruña, the urban beaches of Riazor, Orzán-Matadoiro and As Lapas are part of one of the longest sea promenades in Europe. In Arteixo, you can experience the beauty of a wild, open sea at the beaches of Barrañán and Valcobo, and in Oleiros, Sada and Miño, the calm, peaceful beaches visited by many tourists.

**Mariñas coruñesas and Terras do Mandeo.** 17 municipalities are part of this protected area, the Reserva da Biosfera, mainly constituted by the basins of the rivers Mero and Mandeo.

**Reservoir of Abegondo-Cecebre.** It is one of the most important wetlands in Galicia, with a powerful landscape formed by the reservoir of Cecebre, which guarantees the water supply for most of the metropolitan area of A Coruña and is a benchmark regarding flora and fauna.

**Mount of San Pedro.** This ancient defensive point of A Coruña has become its best viewpoint. From the top of the hill, the best panoramic view of the city can be seen, boats that are guided by the Tower of Hércules, and also beautiful sunsets.

**Lugar de Chelo.** This beautiful river environment is located in the valley of Espenuca and was declared picturesque landscape. Choosing one of its hiking routes is a good way to enjoy nature here.

MUSEUMS

**The Scientific Museums in A Coruña.** A Casa das Ciencias, the Domus and the Finisterrae Aquarium turn A Coruña into the capital of communication science. "Prohibido non tocar", "not touching is forbidden" is the slogan of these interactive spaces.

**Casas-Museo (House-museums).** Pablo Picasso in his youth, one of the greatest figures of Galician culture, such as Emilia Pardo Bazán or the brave María Pita. All three of them lived in A Coruña and their homes have been preserved so that they can be visited.

**The Museum of As Mariñas.** Located in Betanzos, displays many archaeological and ethnographical traces, such as the variations of the Galician costume and a collection of tapestries and lace works from the Fundación Jiménez Cossío.

HERITAGE

**Lighthouses.** The Tower of Hércules is the main attraction in this area. It is the distinguishing mark of A Coruña, appointed World Heritage Site and the oldest functioning roman lighthouse in the world, three great reasons to visit this big lookout surrounded by legends. Another important one is the lighthouse of Mera, a privileged balcony on the coast of Dexo (Oleiros) from where to see the entrance of the three estuaries in the golfo Ártabro.

**The historical ensemble of Betanzos.** This town is one of the seven capitals of the Ancient Kingdom of Galicia, and its historical centre, which still preserves important monuments such as the church of San Francisco, from the second half of the 14th century, was declared Historical-Artistic ensemble.

**Pazo de Mariñán.** A good way to get to know what life was like in a Galician palace during the 18th century, in the centre of a spectacular environment in the council of Bergondo, it was an inspiration for a gem of the Galician literature such as "O bosque animado", by Wenceslao Fernández Flórez.

**Town squares in A Coruña.** We can find a beautiful connection between stone and nature in the Old Town. The town squares of Bárbaras and da Fariña are sheltered by hundred-year-old trees and architectural gems such as the Collegiate church of Santa María and the church of Santiago.

**O Pasatempo.** This park, located in the outskirts of Betanzos, was built by the García Naveira brothers, the great benefactors of this town during the 20th century, and was considered an encyclopaedic park for the local people to enjoy a sample of the places these "indianos" (Spaniards who made fortunes in America, mainly Cuba, Argentina...) had seen on their travels around the world.



River Mandeo

A CORUÑA

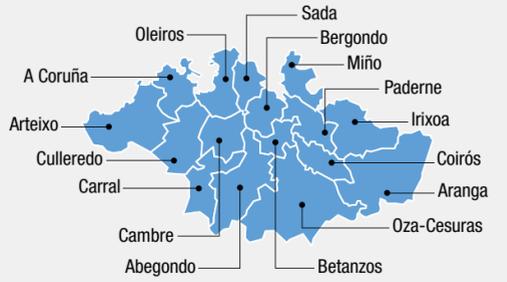
LUGO

PONTEVEDRA

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RÍAS ALTAS: A CORUÑA AND AS MARIÑAS tourist area



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Historical recreation in the Tower of Hércules (A Coruña)

A unique destination where the wild and open Atlantic Ocean shares coastline with the sheltered estuaries of the golfo Ártabro, riverside landscapes with the wild nature of the inlands, the clout of industry with the quiet viewpoints, both fishing and hunting together with water sports... Diversity and contrasts for a land that goes from the capital city of A Coruña, to the noble town of Betanzos or the touristic town of Sada.

WHAT TO DO:

ROUTES

**Routes in As Mariñas.** There are a selection of different itineraries in four different councils, such as the one along the river Sisalde and the coast of Arteixo, or the one along the rivers of Cambre, which allows a visit to the main riverbeds in this municipality, the port of Dexo and Seixo Branco, in Oleiros, and the lighthouse routes in Mera and in Sada.

**Cultural visits.** A Coruña offers a wide variety of visits for you to learn about the city, and the best way is through characters such as Picasso, Sir John Moore, María Pita and even the soul of Fiz de Cotobelo, from whom you will find out about the secrets of the cemetery of Santo Amaro.

FAIRS

The medieval fairs of A Coruña and Betanzos, which are a perfect historical recreation of the Middle Ages, take us back to the times of merchants, feudal lords, minstrels and their poems.



Medieval fair (Betanzos)

THE ENGLISH WAY

A Coruña is one of the starting points of the popular English Way, which crosses the North of the province, there are almost 75 km from A Coruña to Santiago de Compostela, although in the surrounding area of Mesía it connects with the Way from Ferrol. It was given its name because it was the route chosen by the pilgrims from England.

GASTRONOMY

A Coruña and As Mariñas bring together the best of both traditional and innovative Galician gastronomy. The most popular signature restaurants share with taverns and meal houses a common space and the best quality of raw materials affordable for any budget.