



Province of A Coruña

T O U R I S T G U I D E



Deputación
DA CORUÑA



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Quick guide: travel tips and local life

The Provincial Council of A Coruña is proud to inform that this is not a conventional tourist guide but rather is a short and selective summary far from the traditional conventions. The goal of this document is to offer an initial guide for your journey through the eight tourist areas. As this is the starting point for your trip, you are also part of the province.

The itinerary: when it comes to planning your trip, the eight tourist areas are a good starting point, since these supra-municipal areas carry out joint actions for the development of tourism and are fully cohesive. There is a small directory with more information at the end of the guide.

Once in the Province: try to take note of the time diagram we have provided and adapt it to your itinerary. Try to make the most of the links between towns and cities, the transportation options, and the characteristics of the trip in a viable and sustainable way.

If you have ever seen the Galician coat of arms, you may have noticed that there are seven white crosses. This is reminiscent of the old Galician provinces, which was the territorial division that was in force until 1883. Today there are four provinces with A Coruña being the most north-western one. It is also the province on the peninsula with the most kilometers of coastline and the northernmost and westernmost points.

Galicia is a European gastronomic capital and, of course, the province of A Coruña is a major reference point. The seasonal product is exceptional and it was our cooks who were responsible for giving it never-before-seen prestige. Traditional and avant-garde creations stand side by side and are underpinned by high-quality products.

The Provincial Council of A Coruña, through its Tourism area, launched the “A provincia que sabe” initiative with the goal of highlighting the excellence of the province’s agri-food products and gastronomy.

There are three large population areas in the surroundings of A Coruña, Santiago de Compostela, and Ferrol which, together with towns and villages, have a population of around 1,100,000 inhabitants, which is a population similar to that of countries such as Estonia or Cyprus. Novel industries, the service sector, and, of course, the tourist industry make this province the economic motor for Galicia.

There is rain... and sunshine! The Atlantic climate is a real marvel thanks to its moderate temperatures throughout the year. There is no better or worse time to visit this region, the commitment to providing year-round tourism and sustainability at the destination means that there is always a wide tourist and cultural network ready to offer the best to travelers and tourists.

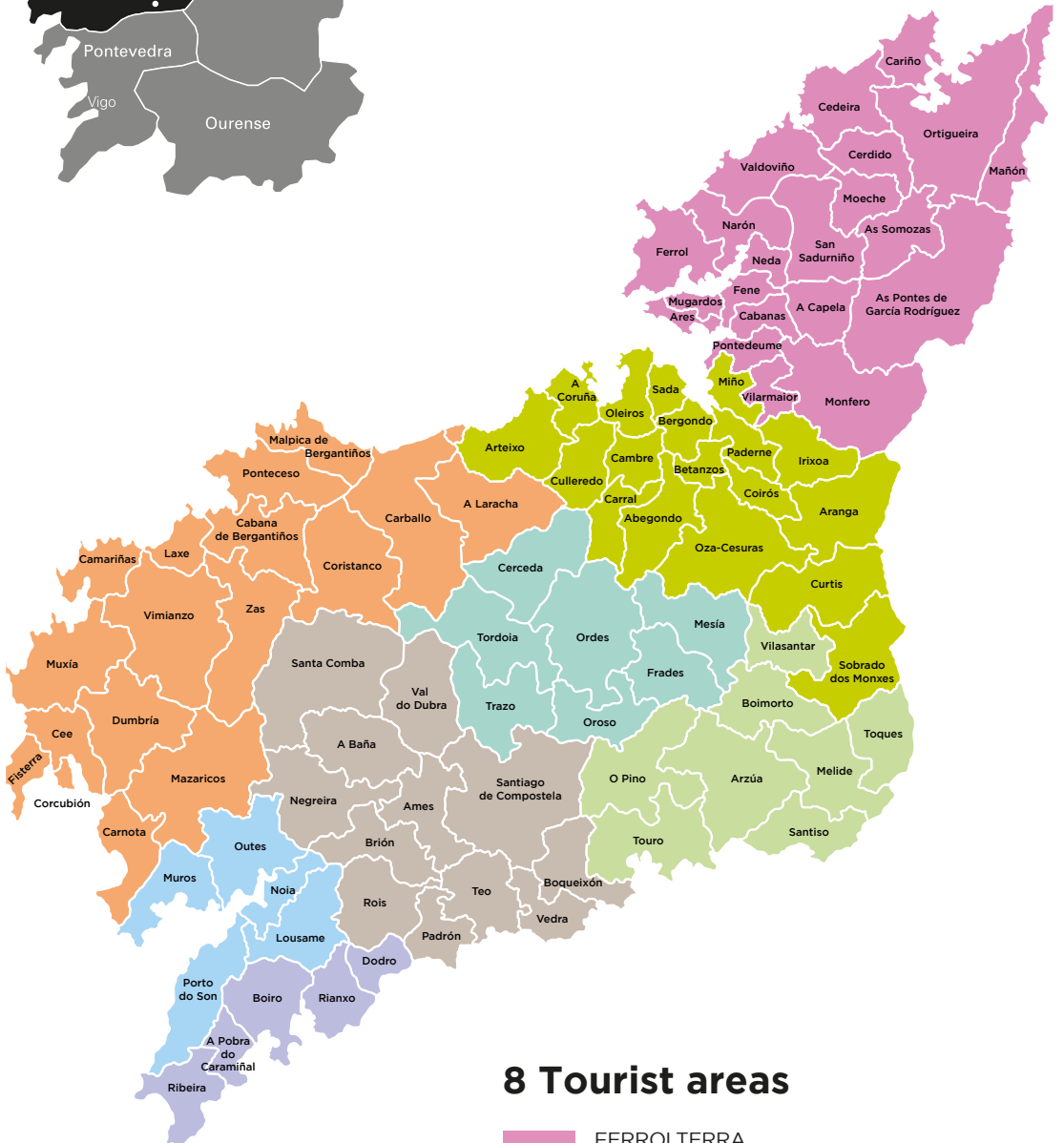
The province is a cultural melting pot from the smallest villages to the largest towns and cities; music, art, literature, theater, and sports are part of the way of life in this province. We act local, we think global. Our culture reaches all corners of the world.

You might be thinking... and how do I even get there? It couldn't be easier! The province of A Coruña is well connected by road through the AP-9, A-6, and AG-64. By plane via the airports of Santiago-Rosalía de Castro and Alvedro. There is a network of railway lines that reach the three cities and the main sea entry for tourism is through the ports of A Coruña and Ferrol.

It is said that a stone boat once sailed from Palestine to Padrón... but, for the time being, we are not offering this service.



While the province of A Coruña is a safe destination, it is useful to have this information at hand (loss of documentation, urgent health problems, etc.). Police: 091, Emergencies 112, Telephone reporting service for foreign tourists 902 102 112.



8 Tourist areas

- FERROLTERRA
- AS MARIÑAS
- COSTA DA MORTE
- SURROUNDING AREAS OF SANTIAGO
- SURROUNDING AREAS OF THE ORDES REGION
- TAMBRE - MANDEO
- MUROS AND NOIA ESTUARY
- BARBANZA - AROUSA



Military Arsenal Ferrol



Ézaro Waterfall

Quick guide: Essentials of the province

The historic city of **Santiago de Compostela** has been a World Heritage Site since 1985 thanks to its cathedral and the historical complex that surrounds it. It is the Galician capital and European city of millenary reference in which culture, tradition, heritage, and gastronomy come together. The Roman Empire settled in this finisterrae and its crowning glory is the **Tower of Hercules**, a World Heritage Site and the only Roman lighthouse still in operation today.

The **Cape Ortegal Geopark** is one of the most significant initiatives that are being carried out to enhance the value of the territory. The site presents a geological patrimony of worldwide relevance with a great scientific value.

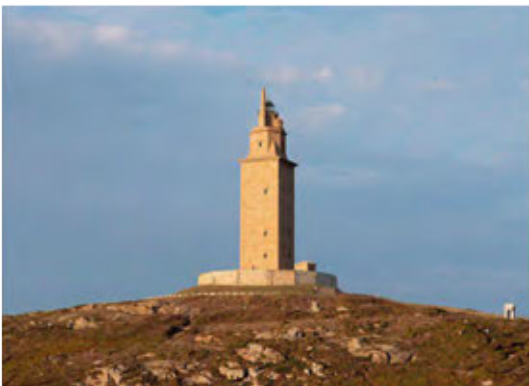
The **Ferrol of the Age of Enlightenment** aims to become a world heritage site due to its individuality, highlighting the civil works of the Magdalena neighborhood, the military defenses, the Arsenal, and its natural harbor.

Costa da Morte is an area with a strong tradition dedicated to the sea. The vastness of the ocean and the wild nature make it a unique place. The power of a thousand rivers is present from the inland Galicia in the lands of Ordes to the mouth of the Tambre and its tributaries in the Rías Baixas.

A guaranteed asset in the province is the gastronomy. Always try to look for local, seasonal, sustainable, and certified products, both in the shops as well as in the hotel and catering business.



Enjoy getting to know our heritage, our way of life, our traditions, our festivities, and our land!



Tower of Hercules



Santiago de Compostela



FERROLTERRA

In the north of the province, you can find wild nature where the Atlantic meets the coastal cliffs. Moving even more north, you can enjoy kilometer-long beaches. In the north of the province, there is a unique architectural heritage. Moving even more north, there is the tourist area of Ferrolterra.





Cultural and ethnographic heritage

The Ferrol of the Age of Enlightenment

Ferrol saw its major growth in the 18th century thanks to the consolidation of the naval industry and the settlement of the military department. The remarkable buildings and the urbanism that developed thanks to this growth were declared Historic-Artistic Ensemble in 1983 and today aspire to become a World Heritage Site.

Depending on where you come from, you may know it as Jugendstil, Sezession, Nieuwe Kunst, or Floreale; for us it is Modernism. Ferrol is the leading example of this avant-garde style in Galicia. Its many buildings with characteristic wrought ironwork, galleries, and ornamental elements can be seen in the streets of the Magdalena neighborhood as you walk around; we recommend keeping your eyes to the sky with your camera ready in hand to capture all the details of this unique style.

Canido, art in the street

Located in the uptown neighborhood of the city, **Meninas de Canido** began as an expression of urban art that criticized the neglect of the



San Felipe Castle

authorities in the face of the deterioration of the area. This initiative is now a national and European cultural reference that has its own annual festival at the beginning of September.

There are two **cultural spaces** in which the container plays as important a role as the content, this is the case of the Naval Museum and Exponav; which are two centers dedicated to naval history and shipbuilding that occupy the premises of the old shipyard of Ferrol.

The collection of museums is accompanied by other spaces such as the Ocean Surf Museum (Valdo-

viño), the Ethnographic Museum of A Capela, the Mares Museum of Cedeira, and the Museum of Humor (Fene).

Medieval Pontedeume

The town of Pontedeume, which was founded more than 750 years ago, is a must-see. The medieval heritage of the town is still very present in everyday life; the well-preserved old town and the legacy of the feudal Andrade family are part of the identity of the inhabitants of Pontedeume. The Castle of Nogueirosa and the Tower of the Andrade family are a reminder of old times of splendor. If you can, take the time to visit the renovated food market.



Meninas de Canido



Tower of the Andrade family

Ortigueira's Festival of Celtic World has been making this town the world capital of folk and Celtic culture every July for more than forty editions. Nature, the union of cultures, and concerts make this festival a real landmark.

Easter Week in Ferrol, which is a symbol of Galicia and one of the most important celebrations in Spain, has been declared of International Tourist Interest. Each year, around 300,000 people visit the city to take part in a week of remarkable cultural and religious events.



Easter Week in Ferrol

As Pontes in July is a party! This fishing village holds its patron saint festivities in honor of the Virxe do Carmen (around the 16th), with the events coinciding also with the Romería or Festa da Fraga (around the 25th), which was declared a Festival of Tourist Interest in Galicia. These are two weeks with an eventful program and a series of outstanding concerts, including a folk festival on the night of the 24th.

Natural heritage

Cape Ortegal Geopark

The Cape Ortegal Geopark (recognized by UNESCO) is one of the

most important projects that are being carried out to enhance the value of the territory. The area has a geological heritage with a high scientific value. Its main particularity is that we can find rocks in the earth's crust that are usually found at a depth of 70 kilometers; this is a place where the stones do not talk and yet they say many things.

<https://proxecto.xeoparquecaboortegal.gal/es/el-proyecto/>

The coastline of Ferrolterra consists of pristine unspoiled nature with estuary and open sea beaches: Cabanas, Vilarube, Bares (Mañón), Figueiras (Cariño), and Eirón (Ortigueira); the Prior and Prioriño capes are must-sees to grasp the beauty and power of the ocean.

Water sports and bird watching share a common point of interest: **the surroundings of the Lagoon and the Frouxeira Beach in Valdoviño.** The beach has perfect conditions throughout the year for sports that combine the wind and sea, such as windsurfing and kitesurfing; in addition, the lagoon is a stopping place for migratory birds during the winter months, which makes it a perfect spot for birding.

<https://www.concellodevaldovino.com/que-facer/birding/>

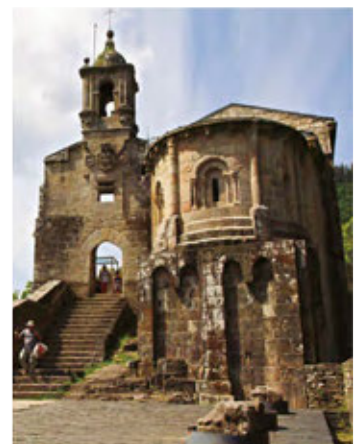


Surf Pantín

We can't talk about surfing without talking about Pantín. Each year, the World Surf League qualifying event, organized by the Club Playa de Pantín, attracts thousands of fans from all over the world for a week in summer in this European capital of the waves.

The north of the province of A Coruña is a place of record. **In the Serra da Capelada** you will find the highest cliffs in continental Europe; with the highest point being the Vixia de Herbeira (615 m.); Cape Ortegal, which is crowned with its lighthouse and the three Aguillóns that emerge from the depths of the sea, which form the dividing line between the Atlantic Ocean and the Cantabrian Sea; and the cape of **Estaca de Bares** is the most northerly point of the Iberian Peninsula.

In the interior of the region, we have the unparalleled **Fragas do Eume, an impressive Atlantic forest that stretches along the banks of the Eume River and its tributaries**, which forms a Natural Park of more than 9,000 hectares with an important natural, architectural, and scenic heritage. One very interesting way to discover this site is by kayaking. There are several companies dedicated to providing these trips along the Eume where you will get another point of view of the forests while practicing sports and connecting with nature.



Monastery of San Xoán de Caaveiro



San Andrés de Teixido

Routes and itineraries

Legend has it that “those who have not been to **San Andrés de Teixido** when they were alive, go when they are dead”. This means that at least once you have to visit this small village between cliffs located in the region of Ortegal and where the first references of the chapel date back to 1703. There are several routes you can take if you wish to do the route on foot and keep the tradition alive, just choose the one that best suits you and go for it! Don't forget to buy your sanandresiño, a protective figure made out of a piece of bread.

The city councils are developing routes along which you can go for walks in order to discover the different ethnographic, cultural, and natural heritage in a sustainable way. We recommend that you visit the different tourist websites provided by the local councils where you can find a section dedicated to these trails; simply choose the one that suits your level of difficulty and the time you have to enjoy a fun and healthy day out.

You will always find an exciting plan for you: a walk along the river, along the beaches and cliffs, or a route through the towns and cities are always guaranteed to be a success. The several routes around the Fragas do Eume, the

route of the lookouts, the Ártabra path with a stop in Pena Molexa, and the Industrial Route in the surroundings of the Lago das Pontes are some examples of the hundreds of proposals offered by the different municipalities.



Sanandresiños

Catering and gastronomy

From the sea

The Barqueiro, Cariño, Cedeira, and Ferrol ports deliver **the best fish** from the sea to the markets. You can enjoy these products in many of the bars and restaurants in the different regions: skate, sardine, conger eel, hake, etc.

We harvest **cephalopods** such as octopus or cuttlefish from the estuaries and our **shellfish farmers** provide our kitchens with an unrivaled product: barnacles, clams, cockles, spider crabs or velvet crabs are just some examples of the nutritious and tasty raw produce being offered.



O Barqueiro



Mugardos



Cousto Peppers

From the land

There are many local producers who, in their businesses, prepare and offer products of the highest level. The very knowledgeable large-scale livestock farmers of Forgoselo raise their cows to produce an exceptional quality of meat.

The products offered such as the Neda Bread, the Requesón of A Capela, the Moeche Cheese or the Honey of As Pontes are becoming more and more famous. When it comes to vegetables, we have Monfero rapini and Cousto peppers as well as Santiago black tomatoes (the latter two from Narón) as beloved favorites.

When shopping, always try to look for seasonal products. Both fish and seafood have their breeding cycles and it is important to respect them for various reasons such as sustainability, fair price, environment, and above all the exact point of consumption, taste, and nutritional values.

The shopping basket

Buying local produce is necessary and possible. Ferrol and Pontedeume's food markets are a benchmark, as well as the small stores in each village that offer buyers the freshest and zero-kilometer products. Besides the markets and fishmongers, if possible, take a closer look at the fish markets and fishermen's

associations that sell directly to the public.

Accommodation and shopping

Whether it's in a caravan, camping; in a hotel or hostel; in a rural house, or in a tourist apartment. All options are valid and there is plenty of choice.

<https://turismoferrolterra.es/donde-dormir/>

The estuary in Ferrol is the major population center for the area, which is why most of the service sector activity takes place here. The modern, dynamic, and quality local commerce takes place in the main streets of each municipality, while the commercial areas, franchises, and specialized centers are focused around the commercial estates such as A Gándara in Narón or O Boial (Parque Ferrol) in Ferrol.

Top must-see places

1 Enjoying the sunset on the beach of Doniños is a true gift of nature. The location of the beach allows you to catch the last rays of sun on the beach and watching the surfers catching the final waves from the hill is an unforgettable experience.



Honey from As Pontes

2 O Eume is history, culture, and nature, which is why to understand the significance of this place in medieval times you have to visit the Monastery of San Xoán de Caaveiro (dated 934) in the heart of the Fragas do Eume.

3 Departing from the Curuxeias dock in Ferrol, walk the first mile of the English Way, where the tradition of pilgrimage, the illustration of the eighteenth century, and modernism can be experienced as you walk.

4 Take a trip to the fishing villages of O Barqueiro, Cariño, Cedeira, Redes, and Murgardos and their surroundings. There you will learn more about the essence of the traditional seafaring life that has been preserved to this day.

5 Be sure to sample the local dishes that you find on the menus of the restaurants: for example, the octopus á mugardeza (Octopus Festival, second Saturday in July), monkfish á cedeirasa, or skate stew are a real treat for the senses.



Adriano Chalet

One more step

Indian heritage

At the end of the 19th century and the beginning of the 20th century, there was a drastic migratory phenomenon, for various reasons, especially in the Caribbean and South America. For those who were able to progress and achieve an economically successful life, when they returned to their village, they tried to carry out philanthropic works for their neighbors: creation of schools, cultural centers, etc. This heritage is still very much present, especially on the Bezoucos peninsula, with examples such as houses, old cinemas and halls, churches, and public schools.

Archaeology and tradition

In Cedeira, in the surroundings of Punta Sarridal, there are two major recovery projects being carried out. Firstly, the restoration of the old cetáreas in the area near Sonreiras beach, which date from the 1950s and now, out of use, is useful to understand this way of shellfish farming.

In addition, the excavation and consolidation works of Castro Sarridal are being carried out and can be seen along a magnificent promenade that takes us through this area of cliffs.

https://castrosarridal.es/es_es/

Vía ferrata

Vía ferrata da nombre a las sendas de escalada con instalación previa para que puedan ser disfrutadas por personas sin experiencia previa. La Senda del Santo (en alusión a San Andrés de Teixido) es un recorrido guiado de tres horas de duración a 20 metros de altura. Son, probablemente las mejores vistas de A Serra de A Capelada.

https://orixen.es/wordpress_0/via-ferrata/

A movie location

Ferrolterra - Rías Altas has become very popular; in the last few years, the big state film and TV series productions are being filmed here. The series *La Fortuna* by Amenábar, Rape starring Javier Cámara, or the film *El verano que vivimos* with Blanca Suárez and Javier Rey are some of the most recent examples in which you can find multiple locations in these regions.



Vía Ferrata

Caldoval and the Roman past

In the ancient cove of Santa Lucía in Mugardos, Roman baths were found which correspond to a settlement dating from the first to the fifth centuries. Visit them and learn more about how they worked at the Caldoval Interpretation Center.



Castro Sarridal



Caldoval Interpretation Center



FERROL



Lumbó. Doniños

The name Ferrol evokes the memory of two iconic images: its shipyards and its military department. These are two pillars on which the city has developed since the 18th century. However, this port city in the northwest of Galicia has much more to offer. The old town was an example of Europe during the Enlightenment, and the very same neighborhood would later become an icon of the great expressions of modernist architecture. Three museums of interest, an artistic movement that arouses national and international interest, and, of course, its miles of unspoiled nature overlooking the Atlantic.

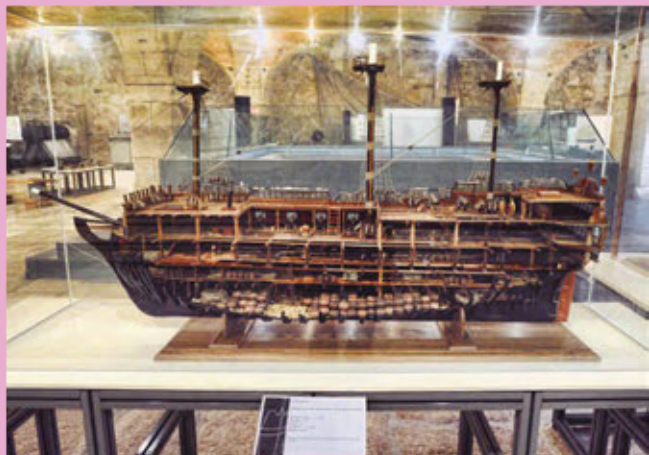
One of the main attractions of Ferrol is its natural environment. You can find large beaches of fine white sand and open sea (Doniños, Esmelle, San Xurxo, Santa Comba, Ponzos), as well as small coves and cliffs that face the constant force of the Atlantic. Mon-

teventoso has the best views: a watchtower over the coast of Ferrolterra. Visit the Natural History Museum to learn about the significance of the area's natural environment.

Canido is the neighborhood with the youngest population in the city and has large urban projects. There are regular festivals and cultural programs that, in many cases, are a neighborhood initiative, which breathes life into a neighborhood that used to dedicate its activity to agriculture. This revitalization and impulse of the district were brought about by the "Meninas de Canido", a project to denounce the neglect of the district by means of urban art actions. Based on the work of Velázquez, it began in 2012 and today is fully consolidated (more than 500 murals), attracting international interest. The town has its own artistic festival every year at the beginning of September.



Military Arsenal



Exponav Museum

In the heart of the city center is the food market where the aromas of freshly baked bread are followed by cheeses, sausages, chicken, veal, pork, and vegetables. Just outside the market, in a modernist architecture building, is the fish square, where shopkeepers advise and offer the best seafood products to the people of Ferrol on a daily basis.

The Ferrol estuary, which consists of five different municipalities, is the driving force of the region. Industrial and primary sector activities are developed in its docks. Given its geographical features, this estuary has also been host to the military naval department of the northwest of the state since the eighteenth century as it is an area of natural shelter and difficult access for the different vessels. This can be seen in the defensive fortifications from other periods that still guard the estuary, such as the castles of La Palma (Mugardos) and San Felipe (Ferrol).

Ferrol Vello and A Magdalena are two of the three historic neighborhoods of Ferrol. The former is a small medieval port where the city originated; the latter was where the city grew. It went from being a small fishing village to an important industrial and military port. While the streets of Ferrol Vello are narrow, with low-lying houses that are arranged in a jumbled fashion, A Magdalena is an example of European rationalism, and the logical creation of a city that is adapted to new needs and with a projection into the future.

As you stroll through A Magdalena you will find a unique civic and religious construction. Between its parallel and perpendicular streets with the squares of Amboage and Armas (Town Hall Square) the modernist architect Rodolfo Ucha carried

out a great part of his work. The St. John's Cathedral, the Herrera Gardens (panoramic view over the Arsenal), and the surroundings of the Galicia Square are also a must-see.

Galicia Square has five relevant elements. The first is the Teatro Jofre, the main theater in the city; in front of the Post Office and Alameda de Suanzes (it was the first Galician public park); to the right is the Casa Romero, one of the best examples of modernist architecture; and to the left is the Porta do Dique do Arsenal (18th century, it was the first public clock in the city).

The Naval Museum and EXPONAV are the main museums in the city. The Naval Museum can be found on the site of the old prison of San Campio, which houses a large collection of items connected with the naval and maritime history of the State and its relationship with the city. EXPONAV addresses the development of construction in the shipbuilding industry from the old blacksmiths' workshops of the shipyard.

The city's bustling recreational offer has several poles of attraction. Ferrol Vello is the perfect place to relax at any time of the day, whether it is to enjoy its terraces overlooking the dock, take a quick coffee break, or even have lunch and dinner. The culinary offer extends through the streets that start from the town hall; the fine traditional cuisine around María Street and a varied offer in the area of Callao and Pardo Baixo. There are also many restaurateurs who have established themselves in the neighborhood of Esteiro, the historic neighborhood of the former shipyard workers, where the university area is located today.



Exponav Museum



Parador de Turismo

AS MARIÑAS

Tourist area consisting of sixteen municipalities, with A Coruña being a major tourist attraction thanks to its architecture, history, rich cultural life, the programming of events throughout the year, and its shopping.

The other municipalities in this area of influence aim to diversify their offer and promote sustainable tourism through ecotourism thanks to the Mariñas Coruñesas e Terras do Mandeo Biosphere Reserve. It is a complementary offer that is more than attractive and focused on local development.







Cultural and ethnographic heritage

Tower of Hércules

For more than two thousand years, this monumental tower has operated as a lighthouse and a guide for sailors crossing the fierce Atlantic coast. As of 2009, the tower has been listed as a World Heritage Site and is the main tourist attraction in the area. From its terrace, you can capture the best panoramic view of the city. Check out the guided tours.

Following the use of the old defensive batteries on the coast of the Costa do Golfo, the batteries were abandoned and later recovered. Today the **San Pedro Mountain** is a place of leisure where you can learn about the military and defensive history of a key period for Europe (it was active from 1933 to 1996) and also spend time outdoors enjoying the best panoramic view of the peninsula of A Coruña and the Costa do Ártabro.

A Coruña is a city where science is offered to residents and visitors through its **many scientific museums**: the Casa das Ciencias, the Domus, and the Aquarium



Gallery facades

Finisterrae. Visit them separately or by purchasing a joint pass. Check the program of events before you go, you will certainly find something to your liking.

There is no doubt that **the Castle of San Antón** is one of the great protagonists of the city's heritage. Since its construction on an island in the 16th century, this castle has been used as a defensive fortress, prison, or lazaretto, and now contains a large collection of archaeological artifacts and pieces that are part of the history of the Galician people.

Wander, stroll, walk. **A Coruña** is a city of contrasts where you will always be welcome. As you walk through its streets and squares you will be able to see architectural styles and urban formations from different periods: modernism and rationalism give way to facades with wide galleries that have their origins in the seafaring tradition or buildings with avant-garde design. Also, the layout of the city divides it into different historical periods, from the old town of medieval times to the most current expansion areas.



Castle of San Antón



Noroeste Estrella Galicia



Saint John's Eve

In the province's cultural schedule, the **Noroeste Estrella Galicia** festival is marked in red. This free music festival brings the best artists to the city of A Coruña and has already had thirty-five editions, with its main notable feature being that the stages are spread throughout all neighborhoods.

Without a doubt, one of the most important dates in the local calendar is **St. John's Eve**. This is a celebration of the shortest night of the year (summer solstice) and is a deeply rooted tradition. In each neighborhood, in each

village, people come together to celebrate around a light; always accompanied by grilled sardines.

Some kilometers from A Coruña, on the banks of the Mandeo River, the **town of Betanzos** preserves the memory of a magnificent medieval past. To discover the historic center is to go back in time to when Henry IV, in the fifteenth century, awarded Betanzos the title of city and later the Catholic Monarchs named it as the capital of one of the seven ancient Galician provinces. Declared a Historic-Artistic Site in



Betanzos

1970, Betanzos proudly lives its past and the Medieval Fair revives this era every year.

Natural heritage

City by the beach

The city beaches can be the perfect place to spend an afternoon. Located within the city of A Coruña and with all it has to offer, they are the perfect combination for your visit: Riazor, Orzán, and Matadero are the beaches most frequented by the people of A Coruña who go there to enjoy a few moments in the sun. You can also make the most of the longest seafront promenade in Europe (13 kilometers).

Sports in the sea

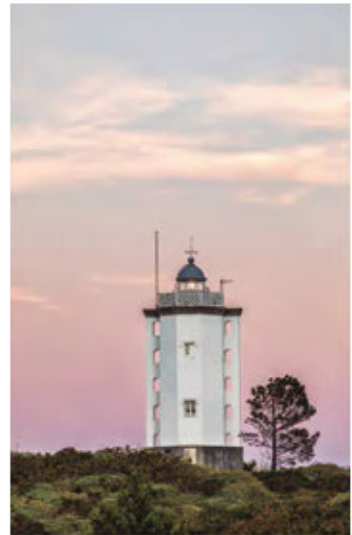
In terms of water sports, you should always take note of the preferences of the local community. Below are three recommendations for surfing, bodyboarding, windsurfing, kiteboarding, etc.: Bastiagueiro beach in Oleiros and the beaches of Sabón, Valcobo, and Barrañán in Arteixo.

If you are looking for **calm waters** for a plan appropriate for all ages you can also go to the beaches of Sada or Miño, or to the beach of Gandarío in the municipality of Bergondo. These are ideal places to spend a day with your family on protected sandy beaches.

Away from the tourist hustle and bustle and often visited by the locals themselves, we recommend a visit to the **Abegondo-Cecebre reservoir**. It is a perfect place to relax in a natural environment that inspired Wenceslao Fernández-Flórez's literary work **O Bosque Animado** (The Lively Forest). Incidentally, it is also an ideal place for birding, as it is a haven and a real oasis for different types of birds.



Surf in Arteixo



Mera Lighthouse

O **Seixo Blanco** is one of the most Instagrammable spots in the region. It takes its name from the pebble vein that characterizes these cliffs, which are considered a Natural Monument. Interestingly, this vein served in the past as a way for sailors to orient themselves in the always complicated navigation of this area, because, as popular culture says: *Quen pasou A Marola, pasou a mar toda* (He who has passed by A Marola, has passed by the whole ocean), referring to a small rocky islet that emerges in the rough sea of the Costa do Ártabro.

Routes and itineraries

The route of the Mera lighthouse stretches over a distance of 11 kilometers, and is a low-difficulty route that keeps you in full con-

tact with nature in a unique area of high natural and strategic value in the Costa do Ártabro. More info:

<https://rutadosfaros.gal/faros-mera-monumento-natural-costa-dexo-serantes/>

A variant of the English Way starts in A Coruña and carries this name because the pilgrims who followed this route came mainly from British and Nordic lands, more info:

<https://www.caminodesantiago.gal/gl/planifica/as-rutas/camino-ingles>

<https://www.caminoingles.gal/es/>

Did you know that Pablo Picasso lived in A Coruña? Here you can learn more about the life of the great painter between 1891 and 1895 and the mark he left in the city:

<https://www.visitcoruna.com/turismo/gl/que-facer-na-coruna/arte-e-cultura/ruta-picasso?argIdioma=gl>

Catering and gastronomy

As Mariñas is a perfect example of a storehouse **with sustainable and local products**. Every day, some of the most highly regarded and fresh fish and seafood from the Galician estuaries arrive in A Coruña. In addition, the surroundings of the Biosphere Reserve offer first-class food products: fruits, vegetables, and legumes. You have more information in this link:

<https://turismo.marinabetanzos.gal/restaurantes-alojamentos/>

There are many taverns, pubs, bars, and restaurants that offer a wide range of food and beverages in this area and each one has its own offer; from traditional cuisine to other cuisines that focus on the product with re-



O Seixo Branco



Picasso Route



Lorbé Mussel



Betanzos Omelet



Bread from Carral
alojamientos/?lang=gl



Marineda City



Rel Street

owned chefs and avant-garde cooks. .

What is there to try?

By product, by recipe, and by preparation, here are four tips:

- **Lorbé mussels.** Visit the mussel farms in the enchanting Oleiros port and taste this exceptional product in every sense of the word..
- **Betanzos omelet.** Potatoes, eggs, and craftsmanship are the only secret that brings Galicians and foreigners alike to pilgrimage to As Mariñas every year to taste this dish.
- **Wine from the region of Betanzos.** Since the 18th century, and with the help of the Mandeo and Mendo rivers, Betanzos has been a fertile land for viticulture. These wines, with Galician Protected Geographical Indication, will not leave you unmoved.-
- All this must be paired, as with any good meal, with **bread from Carral.** Artisanal bread with a crunchy crust and spongy texture.

Accommodation and shopping

Shopping until you drop in A Coruña. Both in the city and its surroundings you can find up-and-coming local businesses that never stop reinventing themselves with the most innovative offers, as well as establishments with the most cutting-edge fashion houses in the world. The offer is also varied in large spaces such as shopping centers, outlets, industrial estates, etc. Together with the area of Compostela, A Coruña and As Mariñas have the largest offer of hotel accommodation both in terms of capacity and quality.

<https://www.turismocoruna.com/web/corTurServer.php?idSecweb=97&idCategoria=48>

Click on the following link to see the whole list of rural houses and charming hotels that are committed to sustainable tourism and are integrated into the quality mark of the Mariñas Coruñesas e terras do Mandeo Biosphere Reserve..

<https://turismo.marinabetanzos.gal/>

Top must-see places

1 The Tower of Hercules. You must make a visit, both to the Roman site at its base and to climb up to the tower's balcony; you can round off the visit with a walk through the sculpture park nearby.

2 Enjoy a stroll through the marina area and the old town and grab yourself an ice cream in one of the many ice cream parlors..

https://www.turismocoruna.com/media/documentos/FolletoCIUDADVIEJA18_ESP_Corregido.pdf

3 Located at the end of the promenade is O Portiño, a hidden, charming place to enjoy the sunset.

4 Guided tours always add extra value to a trip and more and more professionals are developing innovative routes. You can ask for tours at the tourist offices.



5 Taking a ride along the estuary in an electric boat, getting to know Betanzos and delving into its medieval past is a must. Be sure to stop here for lunch or dinner, as its renowned hotel and catering services have a well-deserved reputation.

6 The Cistercian monastery of Santa María de Sobrado dos Monxes, which began to be built in the 12th century, was declared a National Artistic Monument in 1931. You can visit the monastery and accommodation is available.



The Monastery of Santa María de Sobrado dos Monxes

One more step

Mundo Estrella Galicia

Also known as MEGA, it is a sensory experience that introduces you to the world of beer culture through a journey through the brewing process.

A complete 360° insight into this beer from the hand of the prestigious brewery that manages both this space and the adjoining production facility.

Castro of Elviña

Just a 10-minute drive from the city of A Coruña is a fine example of a castro settlement that takes us back

to the origins of the city and where it is estimated that up to 2000 people lived between the third century BC to the first century AD.

Sada

The architectural heritage of Sada is increasingly becoming more and more known. The commitment to enhance the value of the modernist heritage is strong and is being consolidated through the Modernist Fair. You can find out more from the municipal tourist office.

<https://www.sada.gal/archivos/secciones/conoce%20sada/guias%20y%20folletos/>

Two manor houses

Visit the **Pazo de Mariñán**. This old 15th-century manor house currently serves as a multi-purpose space where you can find exhibitions funded by the Provincial Council of A Coruña; its gardens are impressive and are a must on your route.

<https://turismo.dacoruna.gal/es/descubre/patrimonio-provincial/pazo-de-marinan>

The **Pazo de Meirás** is also a true testament to the history of Galicia. Following several owners, including the writer Emilia Pardo Bazán, it is now a symbol of the reclamation of public spaces for the people in compliance with the Historical Memory Law. The best option is to arrange a guided tour.

<https://pazodemeiras.sada.gal>



Mundo Estrella Galicia



A CORUÑA



Panoramic view from the Tower

A Coruña stands witness to the history of Europe. From settlements dating back to the Roman Empire to important episodes of the Napoleonic wars, this small peninsula in the northwest of the country has been a living testimony to the history of Europe. Today it is the city with the largest number of inhabitants in the province and is an important industrial and tourist center.

A Coruña in its entirety is a lively city. The different districts have well-established differences but one thing that unites them is their feeling of belonging to the city. There is a strong self-pride that has given the inhabitants an open, diverse, and multicultural character, which can be seen in the hospitality they show to tourists and university students,

with the latter being an important floating population during the school months.

Without a doubt, the best way to get to know A Coruña is by foot. Due to its size, you can walk anywhere and even cycle along its coastal perimeter and overlook the Atlantic.

A Mariña is the promenade that meets the port with its characteristic houses with galleries supported by arcades of lively commercial life: restaurants, bars, cafes, and terraces, located on the ground floor of this promenade and in a purely public pedestrian area, are a meeting place for the people of A Coruña on one side of a dock where you can often find the largest ocean liners in the world that stop here.



Os Cantóns



The old town

After entering A Coruña by sea, you will find the Casa do Concello, in the square named after the city's heroine, María Pita, a leader in the defense of A Coruña against the British armada in the 16th century. This nineteenth-century arcaded square is the meeting point for two neighborhoods, A Pescaría and the Cidade Vella (Old Town).

The old town around which the city grew is today known as Cidade Vella (Old Town). This neighborhood goes back to the 12th century and was designed on the ancient Roman settlement of Crunia. The layout of the streets, sacred buildings, and unique palatial buildings give clear evidence of the medieval and baroque past.

On the other side of the square is a Pescaría, a shopping and restaurant area. The people of A Coruña enjoy bars, squares, and street life, and this sequence of passageways is a good example of this. Taverns, pubs, and restaurants are regular meeting places; a hub for day and night life.

On the seafront opposite the port, we find the Orzán area, where the urban beaches of Riazor, Orzán, and Matadero can be found, divided by the so-called "coiraza" (pier) which is the remains of the old defense of the city.

The Aquarium Finisterrae, the Domus, and the Casa das Ciencias are three museums that strive to spread knowledge in different areas such as the marine environment, the human being, and science. It is important to mention the Domus building, which is a work by the prestigious architects Arata Isozaki and César Portela and which resembles a sail integrated into the Atlantic Ocean and is undoubtedly one of the most iconic buildings of the maritime façade. The museum offer continues to grow and, in addition to several museum-houses that can be visited in the historic center, there is the MUNCYT (National Museum of Science and Technology) as part of the Network of Museums of Spain.

The Archaeological and Historical Museum of the Castle of San Antón houses a fine collection of artifacts from the province of A Coruña. The collection of castro gold and silverware and the section dedicated to the history of the city stand out. Together with the remains of the wall that protect the San Carlos Garden and the tomb of the English general Sir John Moore, the castle was part of the defensive framework of the city. Make sure to visit the San Carlos Park.

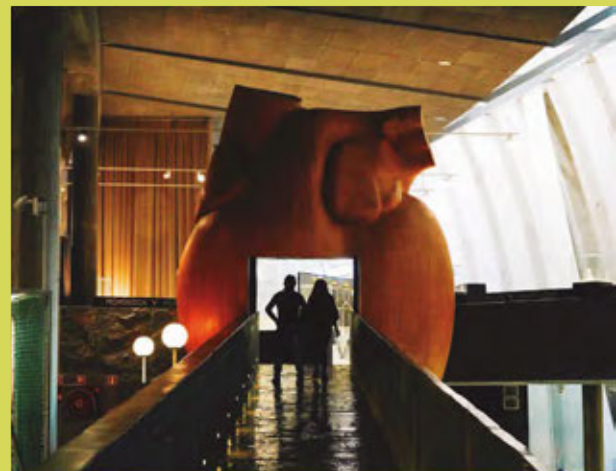
This industrial city is the home of one of the most important companies in Galicia, Hijos de Rivera, which is particularly rooted in history and is known especially for its beer Estrella Galicia. No matter whether you love this beverage or not, their "MEGA" space is a recommended place to visit. It is a complete experience of beer culture and is located in its own brewery.

The expansion of the city and its rapid population growth resulted in the creation of an exceptional viewpoint and recreational area, the San Pedro mountain. The former defensive artillery batteries are now a park that is open to the public and has probably the best views of the Costa do Ártabro.

However, if there is one thing A Coruña is known for... besides its soccer team, it is the Tower of Hercules. It is the only operating Roman lighthouse in the world that dates back to the 1st century and is, quite rightly, a World Heritage Site. This lighthouse, which has been guiding sailors for more than two thousand years, can be visited from the inside; it is strongly recommended to visit it on a guided tour. You can combine this visit with a visit to the sculpture park outside the Tower.



Riazor beach

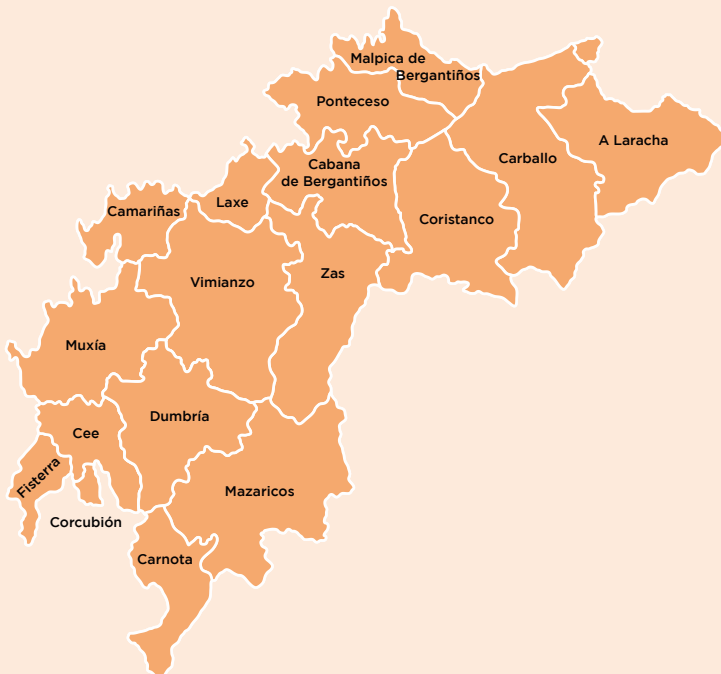


Domus



COSTA DA MORTE

A Costa da Morte (The Death Coast) is the name given to the coastal strip between the municipalities of A Laracha and Carnota. Its name is powerful. This may be due to the numerous shipwrecks on this rocky coast or to the Roman belief in the Finis Terrae, the place where the known world ends and the sun dies in the ocean. Today it is a tourist area that is full of legends, traditions, and above all life. Its varied heritage, its wild and rugged nature, and its rich gastronomy are well worth a visit.







Cultural and ethnographic heritage

Prehistory

A Costa da Morte has always been occupied. Evidence of this is the megalithic **prehistoric remains** or the numerous castros (forts). Two excellent examples of this are the Dolmen of Dombate or the Castro da Cidá de Borneiro, but there are many others, such as in the municipalities of Vimianzo or Dumbria. In fact, all these remains from ancestors that are related to Celtic mythology had a strong influence on the work of the writer Eduardo Pondal, a native of Ponteceso and author of the lyrics of the Galician anthem.

The **Middle Ages** was a time of great importance for Galicia, especially in terms of power and territory. There are significant remains from this period on A Costa da Morte, such as the towers of Mens or the Castle of Vimianzo, where the popular revolt of the Irmandiños is still recreated today. From the Modern Age, there are many manor houses, such as the oldest in Galicia, As Torres do Allo. In A Costa da Morte, craftsmanship



Dolmen of Dombate

also stands out. Particularly noteworthy is the internationally renowned **lace from Camariñas** and the **pottery from Buño** (Malpica de Bergantiños). In these two municipalities, you can visit the Lace Museum and the Ecomuseum Forno do Forte. In addition, the linen weaving in Zas and the sancosmeiros from Mazaricos are also of special interest.

Among the cultural projects that are taking hold over time, **Derrubando Muros con pintura** (Tearing down walls) in Carballo stands out.

Founded in 2013 as a project of urban regeneration, it fights against urban ugliness and seeks the creation of new spaces. Today it is a state benchmark and an excellent open-air art gallery that already has a parallel program of its own.

And if we are talking about art, we must not forget **Manfred Gnädiger**, Man or the German from Camelle, who arrived one day at A Costa da Morte and stayed. There he carried out his own creative process in seamless unity with na-



Lace from Camariñas



Tearing down walls

ture; he and his work were made as one. His work takes you to Camelle (Camariñas) to discover a unique legacy:

<https://www.mandecamelle.com>

Be sure to visit the Museo de Mar de Laxe, housing the Vidal Photographic Archives, with over 67,000 photographs and recently declared “cultural heritage property” (Bien de interés cultural (BIC)).

Do not forget to pay a visit to a truly magical place and an object of worship and tradition; the **Sanctuary of the Virxe da Barca** and its surroundings. Take a look:

<https://concellomuxia.com/item/santuario-da-virxe-da-barca/>

And also check out the Santa Maria de Atalaya church, a maritime jewel of Gothic construction, located in Laxe, and the Santiago de Traba church, both declared cultural heritage properties

The **hórreos** (Galician granaries), which were built to store and dry the corn coming from America, are a unique example of Galician popular architecture. Two examples that are remarkable for their size can be found in Carnota and Lira.

Natural Heritage

There are many sandy beaches along this coastline, and there is



Cape Touriñán

something for everyone. Razo and Soesto, in Carballo, the surfing capital of A Costa da Morte, have a **long surfing tradition**. Quieter beaches can be found in Estorde de Gures. And if beauty and immensity are what you’re looking for, the sandy beaches of Laxe, Traba, Langosteira, and Carnota are for you.

Iconic places

Three iconic places for watching the sunset are **Cape Fisterra**, **Cape Touriñán**, and **Cape Vilán**. Cape Fisterra is famous for its status as being the end of all roads and the end of the world by the Romans; Cape Touriñán for being the westernmost point of peninsular Spain; and Cape Vilán for its spectacular cliffs and its monumental electric lighthouse, which is the oldest in Spain.

Ézaro

The Ézaro Waterfall is the natural mouth of the Xallas River in the municipality of Dumbría. It is unique in that it is the only river in Europe that flows into a waterfall directly into the sea.

The so-called Celtic Olympus, Pindo Mountain, is a granite massif with a very high natural, geological, and scenic value standing over the Atlantic at a height of more than 600 meters. The whimsical shapes of its rocks and the marks left behind by humans are a source of legends, myths, and centuries-old stories.

Peace, tranquility, and serenity are some of the feelings that we can experience by visiting the recreational area known as the Refuxio de



Refuxio de Verdes



Surf in Carballo



Os Batáns do Mosquetín mills

Verdes (Coristanco). You will find oak trees on the banks of the Anllóns River, old water mills, and small waterfalls, which come together to make this a special place.

<https://www.coristanco.gal/turismo-e-patrimonio/refuxio-de-verdes/>

Routes and itineraries

The **Route of the Shipwrecks** is a 23 km route that stretches along the Esmelle Valley, from the Man de Camelle Museum to Camariñas, through sites such as the Vilán Lighthouse and the Cemetery of the Englishmen. More info:



Sta. Leocadia de Mazaricos Waterfall

<https://turismo.dacoruna.gal/es/descubre/ruta-de-sendeirismo/ruta-dos-naufraxios>

An increasing number of pilgrims decide not to finish the Way of Saint James in Santiago de Compostela and instead keep on **walking to Fisterra and Muxía**. The walkers see this last route as a last step of self-improvement to reach the ancient end of the world, more info:

<https://www.caminodesantiago.gal/es/planifica/las-rutas/camino-de-fisterra-e-muxia>

The **route of the waterfalls of Mazaricos** is also a complete offer of riverside trails that lead us to the hi-

dden and surprising waterfalls that can be visited at any time of the year. More info:

<http://www.mazaricos.gal/turismo/ruta-fervezas/>

Catering and gastronomy

While A Costa da Morte is known for its sea, fish, and seafood, it also has abundant rivers that flow through fertile lands to cultivate agricultural products.

From the sea

Barnacles: this renowned shellfi-



Sanctuary of the Virxe da Barca



Barnacles



Longueiróns



Museum of the Sea in the San Carlos Castle (Fisterra)

sh, which is notoriously difficult to harvest, is a symbol of Corme. The Roncudo barnacle is one of the best in Galicia and, naturally, in the world.

The longueiróns and razor clams from Fisterra are a pleasure to taste, and are usually grilled, either au naturel or with an “allada”. The estuaries produce delicious **bivalves**, namely: cockles, clams, and razor clams.

From the river

The excellent waters of the Anllóns and Xallas rivers provide Galician **larders with excellent produce.**

The water supplies the bean crops in the area of Bergantiños, the potatoes of Coristanco, and the turnip greens, rapini, and cabbages, which are the main ingredient in the local broth.

And where there is good water there is surely good bread. Carballo has a long baking tradition and its wood-fired ovens are famous throughout Galicia.

The traditional fairs are an extraordinary place to know, buy or taste the gastronomy of A Costa da Morte.

Accommodation and shopping

Finding accommodation on A Costa da Morte is a matter of personal preference. There is a wide network of accommodation options; from charming hotels, to rural houses perfect for a getaway, hostels, or campsites and even the Paradores has accommodation in Muxía, which is considered the best in the state. For more information, click here:

https://www.turismo.gal/planifica-a-tua-viaxe/onde-aloxarse?langId=es_ES



Potatoes from Coristanco



Bean festival in Ponteceso



Pindo Mountain

Top must-see places

1 Climbing the Pindo Mountain to admire the vastness of the sea in an almost untouched environment is something you have to do when you arrive at A Costa da Morte.

2 You should also visit Ézaro because of its originality. We recommend you go to the summit to have a panoramic view and then descend to the surroundings of the hydroelectric plant where there is a walkway to get closer to the foot of the waterfall.

3 Help tear down the walls! Take a walk through Carballo and feel like you are in an authentic open-air art gallery.

4 Arrive at the end of the world and capture the moment in the capes of Fisterra and Tourián.

5 Remember that this is slow tourism, so there is no need to be in a hurry. Plan your trip and let yourself be carried away by unexpected events. From a relaxed after-dinner chat to staying on a beach until sunset.



Cemetery of the Englishmen

One more step

The Cemetery of the Englishmen originated in the shipwreck of the vessel *The Serpent* in 1890 where 175 people died and only 3 survived. After a hard day of navigation, the ship ended up on the coast and the sailors were laid to rest in this unique cemetery.

https://www.turismo.gal/recurso/-/detalle/277440224/cemiterio-dos-ingleses?langId=es_ES&tp=9&ctre=40000100

Galicia is a European leader in mineral-medicinal waters and the waters of Carballo are optimal for rheumatic, respiratory, and digestive problems. More info:

<http://www.turismocarballo.com/info.php?sec=26&idioma=es>



Vimianzo Castle



Carballo Spa



SURROUNDING AREAS OF SANTIAGO

The capital of Galicia, its university, and international projection, all come together in this tourist area. Santiago de Compostela is the benchmark on which 11 other municipalities stand, being full of history, nature, and heritage.





Cultural and ethnographic heritage

A visit to the **historic center of Padrón** is always a success. This beautiful town, where you can take a stroll along the banks of the Sar, keeps the beginning of the St. James tradition in its Church of Santiago: the Pedrón. It is said that it was here that the Apostle Santiago disembarked after the traslatio. More info:

<https://blog.turismo.gal/experiencias-es/el-pedron-de-padron-comienzo-de-la-tradicion-jacobe/>

Padrón is a rich land for writers

The Nobel Prize for Literature winner Camilo José Cela was born in Iria Flavia. In addition, Padrón was the birthplace of Rosalía de Castro, the most popular and international Galician writer. Here you can learn more about her life and work:

<https://rosalia.gal/a-casa/a-casa-museo/>

<https://fundacioncela.gal/es/visitas-guiadas>



Padrón

The Altamira Towers (Brión) are loyal testimonies of the Galician medieval past, from the dynastic struggles to the Irmandiño revolts. Erected in the ninth century, they were a center of power for centuries from its strategic location in the valley of A Mahía. More info:

<https://turismo.dacoruna.gal/es/descubre/patrimonio-provincial/torres-de-altamira>

The surrounding areas of Santiago are also home to an important **prehistoric heritage**. The richness and variety of petroglyphs or rock engravings that are part of the Compostela Ruptre project are a clear example of the inhabited past of this place. To find out more:

<https://compostelarupestre.gal/es/>



Altamira Towers



Rosalía de Castro House-Museum



Obradoiro Square

Santiago de Compostela

The historic city of Santiago de Compostela has been a World Heritage Site since 1985 thanks to its cathedral and the historical complex that surrounds it. It has been one of the most important centers for cultural attraction in Europe for centuries. The best way to get to discover the city and its heritage is by taking it step by step. A visit to the Portico of Glory, the masterpiece of Master Mateo, is a must.

The museum network of Santiago de Compostela has three main pillars: The Centro Galego de Arte Contemporánea; the Museo do Pobo Galego, which houses a comprehensive ethnographic collection about the Galician people; and the Cidade da Cultura, which is a cultural reference container of great architectural interest with multipurpose rooms as well as different administrative buildings and the library of Galicia.

Natural Heritage

The **Pico Sacro** is a geologically important rock formation; it was also a source of inspiration for myths and legends. At its highest point, it overlooks a large part of central Galicia, which is especially significant for pilgrims arriving on the southeastern Way of the Silver Route, who can already catch a glimpse of the towers of the Cathedral.

There are **three main rivers** that are home to the flora and fauna of

the surrounding areas of Santiago and have been the lifeblood of its inhabitants for centuries: the Sar, the Xallas, and the Ulla.

The Alameda is one of the main green lungs of Compostela and is perfectly connected to the city and the university campus. The Alameda is the typical walk of the “picheleiros”, a route surrounded by many oaks, cherry trees, and other unique trees that has its summit at the church of Santa Susana, built by Archbishop Xelmirez in the twelfth century.



Sar River



Alameda

Routes and itineraries

Make sure to go on at least one of the many **guided tours** offered by the official guides. As well as the typical walks through the city, they also offer thematic, specialized, or even dramatized tours.

The **Sar River** crosses, among other places, Compostela, and a walk through its “brañas” is a comforting way to be in contact with the natural environment while discovering the heritage of the city.

<https://www.santiagoturismo.com/parques-e-xardins/paseo-fluvial-do-rio-sar>

Catering and gastronomy

The best products from all over the province of A Coruña can be found in the heart of Galicia. The food markets of Compostela and Padrón markets are the great food markets in the area where both regular businesses and street vendors offer the best local products.

Santiago’s hospitality industry has earned its fame and expertise. They have been feeding pilgrims and students who are part of the floating population of the

city for centuries. The Rúa do Franco is the city’s great gastronomic street that spreads out into the adjacent streets.

As for references, here are three of the essential products to try::

- **Herbón peppers:** probably the best-known variety of peppers in Galicia and with a greater international presence.
- The **lamprey** is a seasonal product with high value both in the most traditional cuisines
- **The wine with D.O. Rías Baixas** extends beyond the province of



Old town of Santiago



Market square



Sunday market

Pontevedra. The municipalities of Boqueixón, Padrón, Teo, and Vedra also grow grapes within the Ribeira do Ulla sub-region

- The **Tarta de Santiago** is one of the most iconic sweets not only of this region but also of the whole Galician territory. Made with a base of almonds, sugar, and egg and with a spongy texture, it is a typical dessert to accompany coffee.

Accommodation and shopping

Along with the city of A Coruña, Santiago has a first-class lodging offer. From the Hostal dos Reis Católicos (Paradores) to tourist apartments, hostels, and charming hotels. Outside the capital, the offer is focused, above all, on rural tourism. More info:

https://www.turismo.gal/planifica-a-tua-viaxe/onde-aloxarse?langId=es_ES

There are several points of attraction for shoppers. The local commerce in the different municipalities provides a maximum guarantee of quality products and a personal and trustworthy service. The main shopping area is Santiago de Compostela, where traditional stores live side by side with specific products for tourists and pilgrims. Outside the historic center, in the main arteries, we find a more diverse and innovative offer. In the commercial areas around As Cancelas you will find the big global brands.



Churros



Tarta de Santiago



Maceira Bridge

Top places not to be missed

1 There are 9 official routes that reach Santiago and another official route that departs from Santiago to Fisterra-Muxía. Find one that best suits your time and accessibility and travel the final few kilometers.

<https://www.caminodesantiago.gal/es/planifica/las-rutas>

2 Take a rest in the Obradoiro square. When you arrive at the square, take a rest on the ben-

ches and admire the enormity that you are looking at. Besides the architectural wonder itself, the religious and cultural significance at the Galician and European levels deserves some extra time.

3 Hurrying is not a good idea. Instead, spend part of your day discovering its markets and traditional stores, don't be shy about trying the local products, and be part of the gastronomic culture of the capital.

4 Escape from the population centers and climb up to Pico

Sacro. There you will be treated to a large panoramic view of the interior of the province and will have one of the best panoramic views of the city of Santiago de Compostela.

One more step

Maceira Bridge

If you have time, visit Ponte Maceira, in the Negreira municipality. It is home to less than 100 inhabitants and is considered one of Spain's most beautiful villages in Spain. In addition to its iconic thirteenth-century bridge over the Tambre River, there is also the San Brais Chapel, the old mill, and the Bala-drón Manor House. This is a village in which time seems to stand still between the traditional architecture, nature, and the tradition of pilgrimage

In Vedra, we have one of the best landscapes on the Ulla River. From the viewpoint of Gundián, between the old railway track and the new high-speed railway, you can admire the flow of the river between two vertical walls with a drop of 50 meters.



Pilgrims



SANTIAGO



Cathedral of Santiago

The Galician capital is one of the European capitals of culture. Based on the idea that the remains of St. James the Apostle were buried in this city, a centuries-old pilgrimage movement began, in which Europeans from all over the world exchanged experiences and knowledge, and formed a union between peoples through friendship and fellowship. This spirit is still evident today.

The city has been declared a World Heritage Site three times and has a prestigious university, which is why during the months of September to June the residents themselves and the students create networks in which a wide range of programs are developed: film, art, literature and music. It is not uncommon to walk through the old town and find a concert, a photographic exhibition, or a small-scale event.

All of this popular cultural life can be found in different spaces with institutional support: the public buildings themselves and those of the university, the Museo do Pobo Galego, the Centro Galego de Arte Contemporánea, and the Cidade da Cultura; all of which offer a regular program.

It is worth mentioning the Cidade da Cultura for two main reasons: The first is that it is the headquarters of the Library and Archive of Galicia. The second is that it is a magnificent building designed by the renowned architect Peter Eisenman.

There were also many other Galician men and women who contributed to art, culture, language, and politics. Some of them rest in the Pantheon of Illustrious Galicians in the convent of San Domingos de Bonaval.



Belvis



Bonaval



Cidade da Cultura

The Old Town has to be explored step by step, starting with the area around the Alameda and the Carballera de Santa Susana, between the south campus, the old town, and the new part of the city. The layout of the old part of the city as well as the names of the streets testify to Santiago's past, and there are many outstanding buildings (Faculty of History, San Martiño Pinario, Fonseca, etc.). Yet if there is one place where the city's essence and universality can be found, it is undoubtedly at the Obradoiro Square. Here, there is the impressive cathedral, facing the Pazo de Raxoi (City Hall). On the other two sides of the square are the old pilgrims' hospital (today the hotel Hostal dos Reis Católicos) and the University Rector's Office. Religious power, administrative power, knowledge, and hospitality all in one place. Generally speaking, throughout Galicia, gastro-

nomny and restaurants are considered an institution on its own. And in Santiago de Compostela in particular there is a wide range of options.

Small taverns, bars, restaurants, and avant-garde chefs set up their businesses in Santiago, generally in the old town. Rúa do Franco is the main nightlife area, which continues to grow throughout the adjacent areas.

A very special place is the food market, where the shopkeepers, together with the street vendors, bring the best produce on a daily basis. In fact, these goods can be eaten in the nearby shops with their offer rotating according to the season.



Cathedral from the Alameda



Old Town

A woman with long hair, wearing a light-colored top and dark pants, is walking across a wooden bridge with a lattice railing. The bridge spans a river that flows through a lush, green forest. The water is clear, reflecting the surrounding trees and sky. The scene is peaceful and scenic, typical of a natural tourist area.

SURROUNDING AREAS OF THE ORDES REGION

One of the new tourist areas is the surrounding areas of Ordes. It is made up of the municipalities of Cerceda, Frades, Mesía, Ordes, Oroso, Tordoia, and Trazo. It offers nature and landscape, a rich history, and a civil and religious architecture of great interest.

The Tambre River is one of the most important rivers in Galicia. It originates in Sobrado dos Monxes, runs into the estuary of Muros and Noia and throughout the centuries, it has been a source of life for many species, as well as the axis on which the area has developed.

A large portion of the heritage this destination shows today is linked in some way to the Tambre River or its tributaries, since on its banks we find the remains of different settlements.







Cultural and ethnographic heritage

The **old Pontraga Railway Station**, which was built in 1943 and symbolizes the arrival of the railway routes, is linked to the construction of the A Coruña-Zamora line. It was designed by the architect Ramón Cortázar de Urruzola and was restored as a multi-purpose building in 2008; also it has a recreational area for people to enjoy.

Mining Museum

The industrial development and the neighborhood and social movements of the area as well as of the province cannot be understood without the old lignite mine of Encrobas and all that it represented. This museum, which is housed in a former railroad station, reviews the history of the area from the beginning of coal explorations and the neighborhood opposition, through the years of industrial and demographic development as a result of the Meirama thermal power plant, and ending with the creation of the artificial Encrobas Lake and



Old Pontraga Railway Station

the recovery of natural spaces.

Fulling and grinding mills

Prior to the thermal power plant, the energy of the water provided hydraulic power for the different tasks. Proof of this can be seen in the different fulling and grinding mills that can be found along the course of the rivers. The oldest mills date back to the 18th century.

From bridge to bridge...

Bridges are places of passage, but remain for centuries. Here we have

three examples of representative architecture:

- **The medieval bridge of Sigüeiro** dates back to the 14th century and is part of the route of the English Way. It was commissioned by the nobleman Fernán Pérez de Andrade.
- **The Albar bridge**, another iconic bridge crossing the regions of Ordes and Compostela over the Tambre River, which was rebuilt in 1734.



Aiázo Passages



Encrobas Lake

- **The Aiazo passages** are some of the remains of the ancient engineering that Frades still preserves. Even before the bridges, these rows of stones were used to bridge the river channels without interrupting their course, and here we find one of the most representative examples.

The Mesía Fortress Tower

This fortress was built in the late thirteenth or early fourteenth century, and became a strong center of power in the region until 1467, when it was taken and destroyed because of the Irmandiño Revolts. Archbishop Fonseca restored it after their departure, although it passed through different owners until 1859, when it had to be demolished. Currently, it is part of the heraldic coat of arms for the municipality of Mesía.

And what happened before all this?

The prehistoric evidence remains clear in numerous landmarks throughout the site. In case you want to delve deeper into the history, our recommendations are the following: The mysterious and gigantic Pedra Mazafacha, the Dolmen de Cabaleiros (belonging to the Neolithic period and with about 6,000 years of history), and the

Pedra Faladora, a place surrounded by pagan rituals and a lot of superstition.

Natural heritage

The Tambre River and all the rivers and streams bring water to this channel. Numerous aquatic species, amphibians, and birds inhabit this space. It is possible to live in perfect harmony with them, here are five strong points:

Mercurín River and Ramiro Recouso promenade

In the urban center of Ordes is the beginning of the Ramiro Recouso Promenade, a great opportunity to border the Mercurín River and enjoy the fauna and flora of the riverside forests. You can also visit the mills in the area, all of which are in a good state of preservation.

Encrobas Lake

This lake conceals an old brown lignite mine under its waters, which was a mineral that was widely used in the Meirama thermal power plant. The mining of this mineral was the main activity in the area until the lignite was exhausted. Some years later, a project began to restore the area in the most sustainable way possible. It is now a site of high biodiversity and is an excellent place for stargazing.

Reservoirs

Near the old Meirama thermal power plant are the **Vilasenín and Vilagudín reservoirs**. They were created in the 1970s to provide water to the power plant and the local people. Given the layout of the surface and the dense vegetation of reeds, the reservoirs became an excellent habitat for birds and, therefore, for birdwatching.

Brañas de Valga

The **Brañas de Valga** is now a naturally recovered wetland that is of great importance for the flora and fauna as well as a place of recreation for people. Once it was a point for extracting clay for the manufacturing, above all, of roof tiles. If you want to know more about this area and the recovery of this marvelous wetland, you can visit the Interpretation Center. More info:

<http://www.concellodemesia.gal/turismo/branas-valga/inicio>



Dolmen de Cabaleiros



Poulo Forest

Portociños waterfall

On the route of the Bustelo River, in the parish of Santaia de Gorgullos, is the **Portociños waterfall**. It is a 10-meter high fall that ends in a small pool, which turns its surroundings into a place of great ecological value. Be sure to visit the Acea de Estevo..

https://turismo.ordes.gal/web/uploads/adjuntos/archivo/475/5dcd4d6616-panel-ruta-buscas-poulo_compressed.pdf

Route of the English Way

The English Way route traditionally ends and begins in the surrounding areas of Ordes. Arriving at Bruma is, perhaps, the most difficult stage of this route and pilgrims can sense in Ordes that they are about to achieve their goal. Therefore, the surrounding areas of Ordes have always been a welcoming place for people from all over the world.

Restaurants, gastronomy, shopping, and accommodation

One product par excellence must be paid tribute to on an annual basis: trout. This fish lives in the waters of the Tambre and the different rivers of the area and is a real delicacy. Depending on the season, it can be found between March and July.

Routes and Itineraries

Route PR-G117 from the Forest to the Mills

This is a route of about 13 kilometers on which you can experience the old activity of the mills (some of them completely restored, such as those of Ribeira, Queiroga, Batán, and Cubela) surrounded by native flora and fauna along well-maintained old paths. Low difficulty.

Buscás - Poulo Route

This 7-kilometer route crosses through traditional trails between oak forests and farmland. It also has the added bonus of sharing stretches of the English Way..



Trout festival. Oroso



Mushroom Festival. Ordes

Two main gastronomic festivals in the area have a long tradition and delight the locals and visitors: **the mushroom festival** and the **pork and rapini festival**, both of them in the town of Ordes. Check out the town hall's agenda before you travel.

Every Wednesday in the center of Ordes there is a fair that specializes in different products and has approximately 150 shopkeepers: leather goods, textiles, farm products, nurseries. This is a place not to be missed if you pass

through the area on a Wednesday and even more importantly, you should accompany it with the traditional chocolate with churros.

Suckled pig festival

Cerceda becomes a place of worship every summer for those who love good food and, of course given its name, suckling pig on the spit. **The suckled pig festival** (last Saturday of July) serves this dish, as well as octopus and other typical products. At the same time, there

are activities for all ages and musical performances. Here you have the main dining options recommended:

<https://mancomunidadeordes.gal/gastronomia-da-comarca/>

With a focus on nature and sustainability, the accommodation offer in the area is specialized mainly in rural tourism and, for the most part, small family-run establishments. Here is a directory:

<https://mancomunidadeordes.gal/aloxamentos-da-comarca/>



Festa do Cochiño



San Lourenzo Chapel. Mesía



Xalo Mountain



Via Verde

Top places not to be missed

1 During the summer season, the Aquapark of Cerceda is a sure success for the entire family with its attractions designed for all ages

<https://www.aquaparkcerceda.es/index.php>

2 Climb Xalo Mountain to enjoy one of the best views of the interior of the province. From here you can see the ocean and even the city of A Coruña itself at a height of about 500 meters.

3 U stroll through Ordes to visit the murals left by the Desordes Creativas is a perfect plan. Help this artistic movement by spreading images of the best works among your friends!

One more step

The railway that once ran along the old A Coruña - Santiago de Compostela route is today no longer used for its original purpose; it was once the railway route and today, thanks to the

impetus of the Provincial Council of A Coruña, it is a Green Route recognized by the Fundación de los Ferrocarriles Españoles (Spanish Railway Foundation). The route was recently inaugurated in the summer of 2022 and runs through Cerceda, Tordoia, Ordes, and Oroso. It is expected to link with the last stretch to Santiago de Compostela. More info at:

<https://www.viasverdes.com/itinerarios/itinerario.asp?id=180>

Casa grande de Xanceda

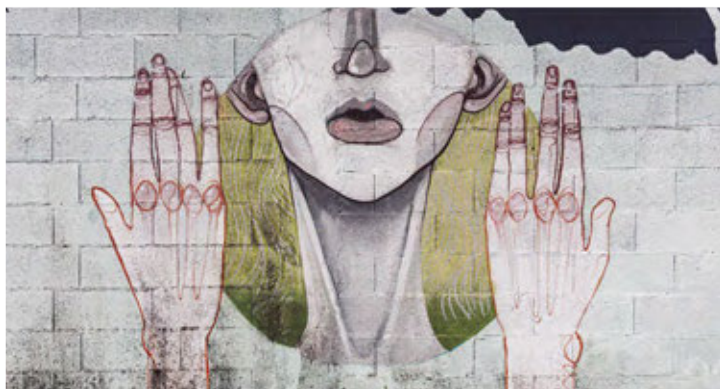
An 18th-century house and 200 hectares of pastures and native forest provide shelter for around 300 cows and a benchmark business project in the region. A Casa Grande de Xanceda is one of the largest organic producers of dairy

products and does so in a sustainable, responsible, and respectful way. They offer guided tours and events throughout the year to learn about their way of working. More info at

<https://www.casagrandexanceda.com>

DesOrdes

The DesOrdes Creativas festival is a project for the regeneration of spaces through urban art in the municipality of Ordes that already has more than 15 editions. Every summer this international festival focuses on criticism, dialogue, and the urban planning model while offering a real open-air museum.



DesOrdes Creativas



ULLA - TAMBRE - MANDEO

The three great rivers are those that give name to this tourist area in the center of Galicia. Formed by 8 municipalities and neighboring the provinces of Lugo and Pontevedra, this tourist area is an inland paradise.

Being at a junction of roads makes this land unique. In addition to its natural heritage, its historical and cultural footprint is astonishing. It should be noted that up to three millenary pilgrimage routes to Santiago pass through here.





Cultural and ethnographic heritage

Five thousand years is nothing, and all periods of history coexist in the surrounding areas of the Ulla - Tambre - Mandeo.

The historical footprint starts with the **Dolmen of Forno dos Mouros** (Toques). This is one of the finest examples of a megalithic funerary monument in Galicia and is dated 3 millennia before the present day.

Toques was also a shelter and home for the castro people in the Iron Age; the settlement of **Castro da Graña** was one of the most prominent of which we still have remains (8 - 2 centuries before the present era).

Forever and ever. The various sacred architectural styles can be easily noticed in Santo Antolín de Toques (pre-Romanesque), Santa María de Mezonzo (Galician Romanesque in Vilasantar), and the eclectic church of Sancti Spiritus (Melide), which complete this centuries-old tour. If you are interested in archaeological and ethnographic matters, you can visit the Terra de Melide Museum.



Dolmen Forno dos Mouros

<https://museos.xunta.gal/es/museos/museo-terra-melide>

In Galicia, Carnival has a deep-rooted tradition. In the Ulla Valley, the traditional carnival of the **Generals of Ulla** has been celebrated since the 19th century and is considered a Festival of Tourist Interest in Galicia. More info:

<https://xeneraisdaulla.gal/es/>

Thousands and thousands of people visit Boimorto annually

for a common reason: good music and solidarity. **The Festival of Light**, promoted by the artist Luz Casal, brings together the best musicians every year. Every year, the festival raises important funds for different causes. The Provincial Council of A Coruña actively participates in this festival by carrying out the "Mercado da Deputación da Coruña", which is a space for the promotion of local, handmade, and ecological products.



Castro da Graña



Brañas Waterfall

Natural heritage

The entire color palette is reflected here in the Galician landscape. The green, blue, yellow, orange, and brown colors that vary with the passing of the seasons make the surrounding areas of Ordes the Pantone of Galicia.

The rich and varied nature here is protected. The Natura 2000 Network, which includes SCI areas and SAC areas to which the **Careón Mountain Range** belongs, is remarkable for its geological and botanical beauty; a place where the Brañas Waterfall is located and where rivers and streams give life to the native forests.

Routes and paths

Whether on foot, on horseback, or by bicycle, there is a plethora of routes, with the most recommendable being the approved ones, as they are well-conditioned, signposted, and geo-referenced.



Careón Mountain Range

The **Route of the Waterfalls** (Touques PR-G166) runs along 9 kilometers, parallel to the streams and waterfalls of the Furelos River. It is a circular route that takes an estimated 4 hours to complete.

The **Route of the Megaliths** (PR-G 168) is perfect for discovering the Forno dos Mouros after walking through the mountains and meadows along narrow paths. More info:

<http://www.gdrullatambremadeo.gal/index.php/territorio/rutas-sendeirismo-web-gdr>

The routes par excellence that cross these lands are those of the **Way of St. James**. Three of them come together here: the French Way, the Primitive Way, and the Northern Way. In case you want to go deeper into them:

<https://www.caminodesantiago.gal/gl/inicio>



Way of St James



Arzúa Cheese Festival

Catering and gastronomy

Premium product, superior quality. The traditional and vibrant restaurant life of this area will offer you an unrivaled gastronomic experience. What should I try? What should I take home after my trip to fill my cupboard? These are common questions for which we have the answer. CHEESE! But not just any old

cheese, you have to ask for an Arzúa - Ulloa PDO, the cow's cheese par excellence from this area. This delicacy is a source of local pride, so much so that it has its own annual festival.

What should you eat with your morning coffee or an after-dinner snack? The Melide sweets! The confectionery and bakery tradition in the area has been handed down from generation to generation and offers the best products: ricos (a certain type of cookie), melindres, and amendoados. In fact, the celebration of the confectionery tradition has its place in the Melindre Festival.



Melide sweets



Octopus

Don't miss out on the roscos, rosquillas, filloas, carnival flowers...

What should you order in a bar? The Galician coastal areas fill our markets with octopus, however, the best place to prepare it is inland. The local "polbeiras" and their way of preparing "polbo á feira" are a national icon.

Accommodation

The accommodation offer is diverse. It is an important destination for nature tourism, so rural tourism and caravan areas have their market space. Thanks to the three roads, many pilgrims cross this tourist area, and the hotels and inns that meet the need for a well-deserved rest round out the offer. More info:

<http://www.gdrullatambremadeo.gal/index.php/hoteis>



Flores de Entroido



Rural accommodation. Arzúa



Festival of Light

Top must-see places

1 The busy day-to-day life of this place reaches its peak in two major events: the Arzúa Cheese Festival and the Festival of Light. The first in March and the second in August, they offer the best music program in the area. Not to be missed.

2 Inside Melide, the Church of Santa María is a must-see. This Romanesque jewel decorated inside with Renaissance paintings is listed as a National Monument.

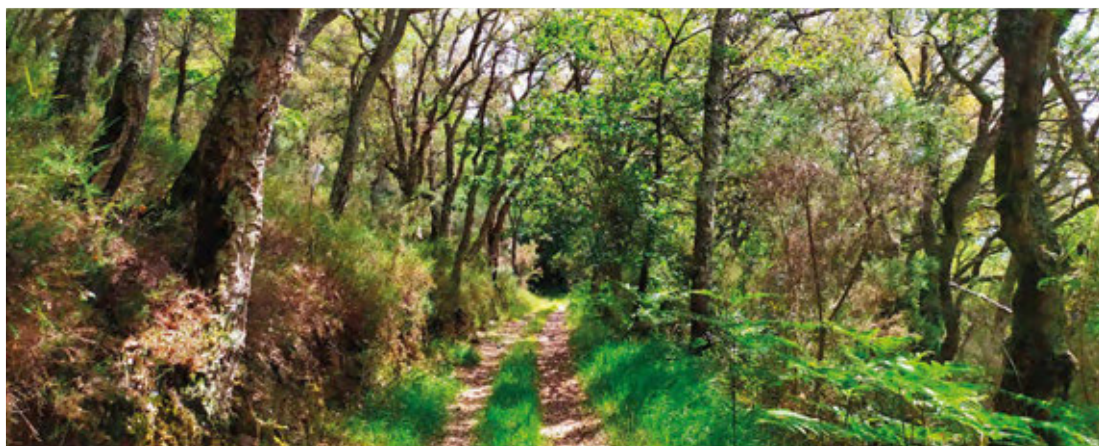


Church of Santa María de Melide

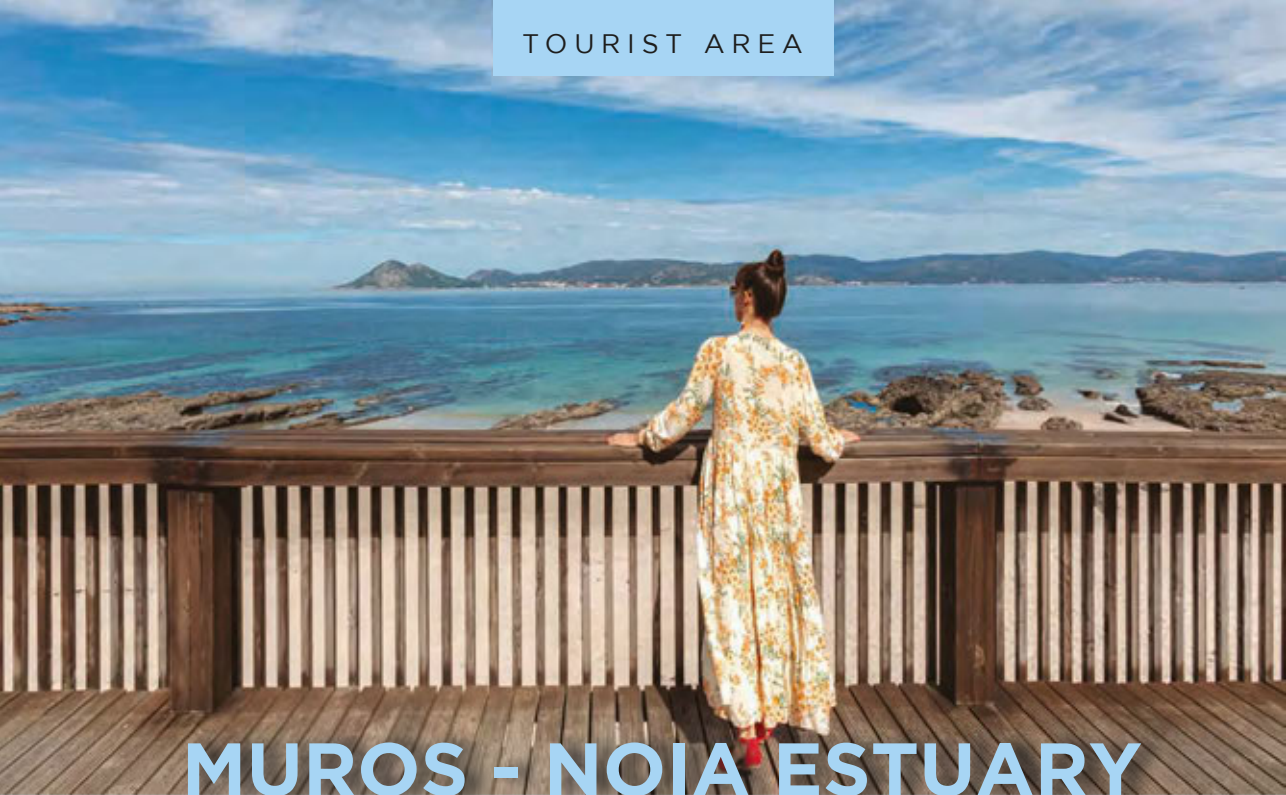
One more step

The **Sobreiral do Ulla** is a forest full of ancient and very interesting trees located in the municipality of Touro. You can visit it through the low-difficulty Ruta da Ribeira do Ulla PR-G 93, which extends over 15 km.

Salto das Pombas is a waterfall with stunning beauty and is one of the most fascinating places to discover along the route of the three rivers (PR-G 121), as this waterfall belongs to the Lañas River, a tributary of the Ulla.



Sobreiral do Ulla



MUROS - NOIA ESTUARY

Manuel María in one of his best-known verses said that “Galicia is what we see: the land, the sea, the wind”. This may well refer to the estuary that makes up the capital of the fishing villages of Muros and Noia. The also known as Ría da Estrela and its surroundings have an amazing landscape and a deep tradition linked to the sea. Outes, Lousame, and Porto do Son are the other three municipalities that are part of this tourist area.





Cultural and ethnographic heritage

Muros

The historic area of Muros was declared a Historic-Artistic Site in 1970. As you walk through its picturesque streets, you will be able to see the magnificent seafaring past linked to fishing and canning factories. Fountains, squares, and stone crosses will come into view as you walk by, as well as the remains of the ancient wall that once protected the town. Don't forget to visit the Collegiate Church of Santa María do Campo, one of the best expressions of Gothic seafaring.

Noia

It was considered the "Portus Apostoli" due to its being the nearest access point to the sea from Santiago de Compostela and this meant that in the Middle Ages there would have been an intense commercial activity. Since 1985, its old town has been a Site of Cultural Interest. Its significance at the civil and sacred level can clearly be seen in its buildings. Make sure to visit the Church of Santa María a Nova and its Museum of Laudas Gremiais; as well as the Church of San Martiño.



Castro de Baroña

Megalithic remains, petroglyphs, and other representations are common in all the municipalities and they provide evidence of the presence of **prehistoric settlements** in this place. The greatest example is the **Castro de Baroña** in Porto do Son, which is one of the finest examples of a fortified coastal castro from the Iron Age.

joins Outes with Noia. It is uncertain as to the date of its original construction. One thing we know is that it used to have 27 arches and that several renovations resulted in the bridge having 20 arches. It is considered one of the most important bridges from the Galician Middle Ages, as it is one of the longest at around 270 meters.

The famous medieval bridge of **Ponte Nafonso** is located at the mouth of the Tambre River and

There is a tradition of **four-wheeled sports** on both sides of the estuary. Every year Noia celebrates its annual Rally for the



Port of Muros



Ponte Nafonso

Galician championship. Whereas Esteiro (Muros) has been offering the competition of carrilanas (non-motorized vehicles) for more than 30 years, as part of the gravity sports. Its annual Grand Prix of carrilanas is considered to be of National Tourist Interest.

In addition, lovers of good music, especially rock, and subgenres, meet annually at the **Castelo Rock**. The festival is named after the Castelo beach in Muros and is a long-standing event where the best bands from all over Spain perform every year at the end of July.

Enjoy the wonderful past, invigorate the present, and celebrate. Every year, the people of Noia dress up to celebrate its **Medieval Fair**. The town is entirely involved and there are a series of different activities for all audiences: theater, music, workshops, etc.

In Outes, the remains of San Campio reached the parish of San Ourense from Rome in the eighteenth century and since then, every September 29 the **Pilgrimage of San Campio** is celebrated, with thousands of pilgrims from all over Galicia. It is said that San Campio pilgrim-

mage cures all sorts of illnesses, but especially the one known as “mal cativo”, which is a hex or demonic possession that is removed by means of a healing ritual consisting of walking around the cross seven times and drinking and washing oneself with the water from the fountain that flows from the cross.

Natural heritage

The Estrela Estuary

The Tambre River flows into the Muros and Noia estuary. This is a very wide-open estuary with many calm beaches and calm waters sheltered from the Atlantic Ocean. Broña, San Francisco, Coira, Agueira, Caveiro... are just a few of the many beaches to choose from in this small paradise in the Rías Baixas.

Unlike the calm beaches of the estuary, there is the **beach of Area Maior**. This long stretch of sandy beach is located in a unique environment that ends in the north on Ancoradoiro beach, on the south side of the Louro mountain, and has a barrier consisting of the dune system and the lagoon. A visit is a must.

The **Furnas beach** forms part of an extensive sandy area at the entrance of the Muros and Noia estuary. Thanks to its features, it is ideal for water sports such as surfing. Also noteworthy are its natural pools created by the erosion of the rocks. It is worth mentioning that this is where the activist for euthanasia, Ramón Sampedro, had his accident which left him a quadriplegic; there is a memorial in his honor. The history of what happened here can be seen in the movie “The Sea Inside” by Amenábar, where several scenes were filmed in this area. In fact, nowadays it is a common location for filming.

Routes and itineraries

The **Cova de Gatos Route** is an accessible route whose main attraction is the opportunity to delve into the rock carvings that date back some 4,000 years. In addition, the trail offers truly spectacular views.

<https://riademurosnoia.com/tour-item/ruta-cova-gatos-muros/>



Ancoradoiro Beach



Monastery of Toxosoutos



Outes Mountain Range

The **Ruta Emocional dos Carpinteros cos Pés Mollados** is a journey along the banks of the estuary following the traces of the traditional craft of riverside carpentry. A wide variety of audiovisual resources are available and can be taken with you on your mobile phone. More info at this link:

<https://turismo.outes.gal/ruta-dos-carpinteiros/>

The **Vilacoba and San Xusto River hiking route** has most of its route passing through the municipality of Lousame, with the exception of a small section through the municipality of Rois. Along this path, which has great natural and scenic beauty, you will discover the extensive architectural and industrial heritage of the past, such as the Monastery of Toxosoutos, the old mills, and the paper mills. More info:

<http://www.concellodelousame.gal/index.php/gl/turismo/rutas-de-sendeirismo/38-turismo/sendeirismo/140-ruta-de-sendeirismo-rio-vilacoba-e-san-xusto>

Over the years, lamprey fishing in the Tambre River has been very active. Major harvests would be made and then shipped to the

town of Noia or exported to the rest of Galicia and the rest of the Iberian Peninsula. The 7-kilometer **Devesa del Nimo Route** takes you on a tour of the key fishing areas, starting at the Tambre Hydroelectric Power Station, designed by the renowned architect Antonio Palacios. More info:

https://www.turismo.gal/osdam/filestore/2/5/8/7/4_b96d692d90b8087/25874_d053a13c9ffd24c.pdf

Those looking for a more challenging route can climb Tremuzo Mountain. This route starts at the coast, passes by small sandy and shellfish areas up to the port do Freixo, and then begins the ascent.

<https://riademurosnoia.com/tour-item/ruta-alban-monte-tremuzo-outes/>

There are endless possibilities for **mountain biking** enthusiasts. These routes combine a fun ride through spectacular surroundings on well-defined and well-prepared trails. Take a look at:

<https://riademurosnoia.com/rutas-btt-2/>

Catering and gastronomy

Galician cooking, in the case of the province of A Coruña, in the towns and ports, is based mainly around the sea: crab, spider crab, cockles, mussels, octopus, sardines, sea bream, blue whiting, etc. These are spectacular products with excellent recipes. The traditional dishes coexist with the creations that look for new cooking techniques and flavors.

Some recommendations for traditional recipes from the Muros and Noia estuary:

The cockles served in the terraces of the Noia area are especially tasty. Taste the **corn empanada with cockles**, its distinctive feature is that inside the filling of the empanada are cockles with shells, which means that all the cooking juices remain inside the dough.

The tortilla romana or tortilla muradana is a traditional dessert typical of the area that is baked in the oven with sugar,



Corn empanada with cockles

eggs, flour, and sparkling wine; the end of the tortilla is filled with cream.

Among the traditional cuisine, the **Bolos de Pote** are one of those dishes that are in the collective mind of the inhabitants of this area. It is a flour-based dish (like a round-shaped bread) cooked in stew broth. They can be found in popular festivals.

Traceability, zero kilometer, sustainability, and respect for the seasons of breeding and extraction or fishing are a principle in which everyone must be involved. Look for the **Km.0 Mar Galaica** label in the establishments. This label guarantees that the product is local and sustainable. The following quality brands are part of this distinctive: Polbo de Lonxa, Azul de Portosín (in reference to blue fish), and cockles from Noia. More info:

<https://costasostible.com/carta-km-0-mar-galaica/?lang=es>

It is always worth getting involved in worthy causes to defend our heritage. Currently, a project is being carried out for UNESCO



Shellfish

to award **shellfishing in the Muros and Noia estuary the recognition of Intangible Cultural Heritage and you can collaborate:**

- Eat local and nearby products when you visit the Estrela Estuary.
- Spread the word about the savoir-faire of the local hospitality industry..
- Treat the product and the tradition of a thousand-year-old activity and a way of life with respect.
- Respect the work of the shellfish harvesters; try to minimally affect their work and the shellfishing areas.

Info: <http://marisqueomurosnoia.com>

Accommodation and shopping

The pleasant weather conditions in this area in the south of the province mean that many tourists choose to spend their

stay in campsites, bungalows, or with their caravans and motor-homes in designated areas (privately owned). There is also a wide range of accommodations adapted to all requirements that will make your stay feel like a second home. Take a look also at the rural tourism establishments. For more information, see the directory:

<https://www.ariadaestrela.com/comer-beber-dormir/>

Top must-see places

1 Getting to know Muros and Noia is a great way of understanding seafaring life and its centuries-old role in the development of the Galician people. If possible, a guided tour is always more rewarding. You can find information about them at the Tourist Offices.

2 Visit the fishing ports of Portosín and O Freixo, take a look at the boats, the way of life and, if you have time, stop at their bars and taverns to taste the local product.



Coira Beach



Marina

3 Hike up Louro Mountain, one of the best viewpoints on the Galician coast. Situated on the Atlantic Ocean, it is a place of shelter for migratory birds and is home to endemic species.

4 Make time to visit the industrial heritage. Visit the old mines of San Finx (Lousame), which are a symbol of the mining tradition in the area, where all kinds of materials (tin, wolfram, quartz, iron, etc) were extracted at different times.

5 The use of the sea not only comes from the shellfish and fishing. The tides prompted the construction of mills that used these movements to generate energy. One of the most important tidal mills in the state is the Pozo de Cachón (Muros).

6 It is not all sea, salt, and sand. The Monastery of Toxosoutos (12th century) is nestled in a small forest that is filled with native trees such as oaks or alders that draw water from the San Xusto River that flows from waterfall to waterfall. A wooden boardwalk allows an accessible

tour of this Atlantic forest and gives you space to enjoy a refreshing walk through this unique place.

https://www.turismo.gal/recurso/-/detalle/19954/san-xusto-de-toxosoutos?langId=es_ES&tp=8&ctre=33

One more step

The newly renovated **Ciprián Shipyard** is an ambitious project that serves as a center for the interpretation of the traditional way of making boats in these coastal villages.

<https://costasostible.com/rehabilitacion-do-asteleiro-ciprian/>

Before you get to Castro de Barroña stop at the **Punta Cabeiro viewpoint** to get a better view of the estuary and the relief of the land and admire Porto do Son and Louro Mountain.

There are two film festivals that are of great cultural importance and are promoted by a large group of people who are interested in the seventh art. There is the **Mostra de Curtas Vila de Noia**, promoted by the City Council of Noia and carried out in the century-old Noela Theater. There is also **Mares da Fin do Mundo**, in the Municipality of Outes, which focuses on the marine environment and sustainable fishing. More info:

<http://www.mostradecurtas.com>

<https://maresdafindomundo.gal>



San Finx Mines (Lousame)

BARBANZA-AROUSA

Dodro, Rianxo, Boiro, A Pobra do Caramiñal and Ribeira are five municipalities in the northern part of the Arousa estuary. This is a destination that is closely connected to nature, gastronomy, and ethnography





Cultural and ethnographic heritage

The relief of the land and the estuary which has great natural resources turned this area into a place of **settlement for our ancestors**. For this reason, even today we can still find outstanding and highly preserved settlements.

It is truly remarkable how in such a small area we can find **rock art** such as the petroglyph of Mouchos in Rianxo or Laxe das Cabras in Ribeira; important examples of megalithic or funerary art such as the Dolmen de Axeitos and the Arca do Barbanza (Ribeira and Boiro, respectively); and Iron Age settlements such as the Castros de Neixón, O Achadizo and A Cidá.

The understanding of the archaeological remains continues in two outreach spaces. Firstly, the **Archaeological Interpretation Center of San Roque** (Ribeira), located in a periurban park where there are reproductions of archaeological sites in the municipality; and secondly, the **Archaeological Center of Barbanza** (Boiro), which has a room in which the most remarkable archaeological remains found in the excavations carried out in the Castros de Neixón are exhibited. The historic center of A Pobra do Caramiñal is a must. Here, the civil and religious architecture shows



A Pobra do Caramiñal

the significance of this place since the Middle Ages up to the present day, from manor houses and private houses to stone crosses and roads, as well as churches and administrative buildings of special relevance. More info:

<https://apobra.gal/turismo/es/ruta-cultural-polo-nucleo-historico/>

Rianxo has a secular heritage. A walk through the old town will make you feel the impression of its magnificent past, its tradition, and the idiosyncrasy of a town that has the sea in its DNA. The surroundings of Castelao Square, passing through the streets of Abaixo, Medio and Arriba, and Rafael Dieste Square

are a must-visit that will transport you to medieval Rianxo as well as the modern times of its renowned neighbors, such as Castelao, Manuel Antonio, and Rafael Dieste. Finally, you can finish the walk with a visit to the dock area and the seafront. More info:

<https://omarfeitotradicion.gal/unpaseoporrianxo>

It is in Rúa de Abaixo where you can visit the house-museum of the 20th-century avant-garde poet **Manuel Antonio**. More info:

<https://omarfeitotradicion.gal/museodemanuelantonio>



Archaeological Interpretation Center



Rianxo



Virgin of Guadalupe

Who has never heard **“A Rianxeira”**? This unofficial Galician anthem originates from 1947 in Argentina. It is a cantiga composed by Anxo Romero and Xesús Frieiro Dourado “Pinciñas” in Buenos Aires and as a tribute to the most renowned rianxeiro, Daniel Castelao, who was perhaps the most important politician, cartoonist, and writer in Galicia. The song speaks of the Virgin of Guadalupe, a protective figure with deep roots in Rianxo to whom they dedicate a festival of Tourist Interest of Galicia, which includes one of the most important maritime parades in the province and which goes back to a tradition that has last-

ed for more than a century and a half.

In Ribeira there is the **Dorna Festival**, which is of Galician Tourist Interest; there is culture, tradition, fellowship, and a keen desire to have a good time coming together in mid-July in a festive atmosphere, with a wide and playful program for all audiences. These activities are characterized by their originality thanks to the excellent work of the Peñas that are part of the organization of the event.

There are two other Festivals of Tourist Interest: **San Ramón de Bealo** (Boiro) and the **Festa das**

Mortallas (A Pobra do Caramiñal). The first is one of the oldest pilgrimages in Galicia; it began in 1756 as a fertility ritual. The celebration takes place on the days around August 31, lasts for about a week, and has all kinds of additional activities. The latter is a unique festival during which the village goes out in procession (every third Sunday of September) carrying the Nazarene and behind it people of all ages with coffins, in gratitude for interceding in case of a serious illness or an accident.

One of the ethnographic elements par excellence of the Galician people is their granaries. These constructions, which are mainly used to store grain and produce from the weather and animals, are a great example of popular Galician architecture. In Imo there are the perfectly preserved **granaries of Lavandeira**. These eleven buildings date back to the 18th century and are oriented to the south to avoid the wind and their main function was to store corn.

Natural heritage

On the coast, the contrast of the beaches stands out: calm waters in the area of the estuary and strong waves on the western beaches. These sandy beaches are perfect for spending a day with



Manuel Antonio House-Museum



Dorna Festival



Three crosses of Rianxo

the family, soaking up the sun and playing sports. Here you can consult a guide for each municipality:

<https://barbanzarousa.gal/playas.php?k=25733&f=es&f1=&f2=&f3=>

Many people come to the Arousa estuary for its outstanding natural beauty, it is an area protected by the Natura 2000 Network, and also its ecosystems are declared as a Special Protection Natural Area. It is therefore a perfect refuge for different wildlife species and, of course, birds also find shelter here. If you want to get

started in birding (ornithological observation) or you are already an expert, find more info here:

<https://barbanzarousa.gal/turismo-ornitologico/>

The viewpoint of **Castro Barbudo** offers one of the best panoramic views, not only of the northern area but of the entire Arousa estuary. It's well worth the trip to get a better view of the estuary and the provincial division, and also to enjoy breathtaking panoramic views.

In addition, we have the **Pico Muralla viewpoint**, a spectacular elevated platform 678 meters above sea level that, on clear days, allows you to view the Arousa estuary, the Muros and Noia estuary, and even the towers of the Santiago de Compostela Cathedral. What a treat.

<https://barbanzarousa.gal/miradores/Mirador%20Pico%20Muralla/>

Within the Ulla-Deza Fluvial System (Natura 2000 Network), there are the **Brañas de Laiño**, which constitute one of the largest wet-



Sálvora Island



Corrubedo



Pico Muralla Viewpoint

lands in Galicia. These areas have important flora and fauna and are a refuge for endemic species.

The Pedra da Ra Viewpoint owes its name to an elevated rock in the shape of a giant frog. Standing 190 meters above sea level, it has won architectural awards for its successful remodeling.

Curota Mountain (almost 600 m high) has a series of viewpoints such as A Curotiña and Alto da Lagoa. From these lookouts, you can enjoy the best panoramic view of the Rías Baixas, its ports,

punts, and villages. On clear days you can see the Santa Trega Mountain (A Guarda) on the border with Portugal.

When we think of the Barbanza, we think of the vastness of the sea, but there are certain places where the river is just as impressive. The Pedras River, after centuries of flowing into the sea, has eroded the stone in its path and has created a series of **natural pools** of crystal clear water that are well worth admiring: the Pozas do Río Pedras (Pools of the Pedras River). These pools have a

defined hiking route, where some are easier to access than others.

Sálvora Island

Of the few almost virgin areas with a wide wealth of flora and fauna that remain, the Sálvora island and its small islands stand out. Together with the Cíes, Ons, and Cortegada islands, they form the National Maritime-Terrestrial Park of the Atlantic Islands. More information is available at this link.

<https://illasatlanticas.gal/es/visita-el-parque/visita-salvora>



A Curota Viewpoint



Natural pools

*Natural Park of Corrubedo**Dolmen de Axeitos*

Corrubedo

The Natural Park of Corrubedo and its surroundings as well as the lagoons of Vixián and Carragal are a pure delight for the senses. The attraction here is nature. The mobile dune and the Vilar beach stand out. Finish your visit at the interpretation center of the Natural Park, where you will find information about the different routes.

https://www.turismo.gal/que-visitar/espazos-naturais/parques-naturais/complexo-dunar-de-corrubedo?langId=es_ES

Routes and itineraries

Barbanza - Arousa is a place with endless possibilities. The cultural routes, great walks along the seashore, thematic routes, and the series of guided tours are a real delight. When you arrive at your destination, the best thing to do is to ask for information at the tourist offices. For the moment here are some good examples:

Breio Mills Route

This is a small 6-km route that shows the old mills that used to work with the waters of the Breio River. Low difficulty.

<https://boiroturismo.gal/Rutas/Ruta%20Muiños%20do%20Breiro/>

Té River Route

If you are looking for a unique route, the Té River Route is without a doubt an ideal choice. On one side of this small river, the route is perfectly signposted for you to enjoy a wide natural heritage of great beauty as well as the remains of the traditional activities that were once carried out on this riverbank (figures of old mills, dams, passageways, etc.).

Castelao Route

Discover the life of the outstanding Galician artist and politician Daniel Castelao through the most significant locations that were important to him, such as his house, the Feliciano restaurant, the Town Hall, the Pazo de Manuel Viturro, and the different cruises. For more information:

<https://omarfeitotradicion.gal/roteirocastelao>

Hiking Route SR 1

Starting from Corrubedo, this route allows you to get to experience the Barbanza Peninsula through a 12-kilometer low-medium difficulty circular route. The force of the ocean and nature dominate this walk. Make sure to stop at the Corrubedo Lighthouse and the Church of Santa Maria.

Mar de Arousa and Ulla River Route

This is one of the most unique pilgrimage routes to Santiago de Compostela. It is a maritime and riverside walk that celebrates the arrival of the apostle from Palestine around the year 44. Follow the route along its remarkable monuments:

<https://boiroturismo.gal/Rutas/Ruta%20Muiños%20do%20Breiro/>

Restaurants, gastronomy, and accommodation

Naturally, the main produce originates from the sea. There are many species that arrive at the different ports, of which we must highlight:



Punts

Mussels, known as black gold, are one of the most economical, tasty, and nutritious seafood. Under the umbrella of the Protected Designation of Origin “Mexillón de Galicia”, mussels have obtained the status they deserve.

Barnacles are among the seafood that always leave an impression. The ones harvested in Aguiño and Sálvora are particularly famous. The festival celebrating this product is of Tourist Interest in Galicia.

Among all the species of **fish** that arrive at the markets and fish markets, one of the most appreciated is the xouba. It can be prepared in all kinds of ways: stewed, pickled, deep fried/fried, breaded... whatever your taste.

Several **canning factories** carry out their business in this area and their creations, which are increasingly varied, are a reliable choice. Take a trip to the local stores and carry a piece of Barbanza in your suitcase.



Barnacle fishermen

The offer of regulated accommodation reaches almost 14,000 places between conventional accommodation, tourist housing, rural houses, or campsites. You can find all the options in the following link.

https://www.turismo.gal/planifica-a-tua-viaxe/onde-aloxarse?langId=es_ES



Ribeira Market



Natural Park of Corrubedo



Valle-Inclán Statue

Top must-see places

1 In A Pobra do Caramiñal is the Valle-Inclán Museum. The museum is a sixteenth-century mansion that was linked to the family of the famous writer and contains the artist's patrimonial funds. The connection of the writer Valle-Inclán with A Pobra do Caramiñal left a profound impression on his literary work. The Life and Literary Route of Valle-Inclán follows his steps through key points in the life of this famous writer. It is recommended that you start at the Bermúdez Tower, where his museum is located. More info at:

<https://www.museovalleinclan.gal/gl/index.html>

2 Do not miss the fishing villages of Cabo de Cruz, Palmeira, and Corrubedo. These picturesque little towns have their own charm and personality.

3 Set aside part of your day to walk along one of the promenades. Walking along these paths, which are in full contact with the natural environment, is the perfect way to exercise, disconnect, and "recharge your batteries" during your vacation. Take a look:

<https://barbanzarousa.gal/Paseos-maritimos/>

One more step

The ruins of **Castelo da Lúa** are a testimony of the past and the medieval importance of the north of the Arousa estuary. Its prime location at the mouth of the Té River provides a perfect setting.

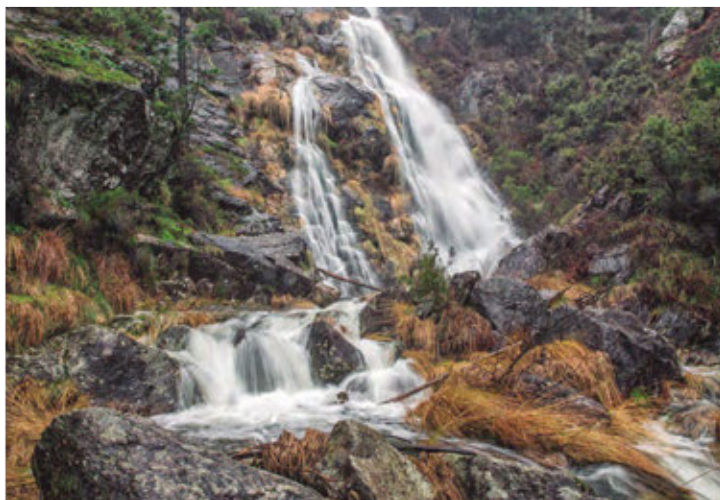
A guided visit to the **Pazo de Goiáns** is highly recommended. This manor house dates back to the 16th century and guards the secrets of Galicia's medieval history.

https://www.turismo.gal/recurso/-/detalle/20329/pazo-de-goians?langId=es_ES&tp=9&ctre=36

The **Museum of Engraving Arts** (in Ribeira), which is the only one of its kind, has a collection of signatures from important names such as Laxeiro, Rubens, Picasso, and Goya, among others.

In the municipality of Boiro is the **Cadarnoxo Waterfall**, one of the largest waterfalls in Galicia, which is the result of the thousand-year-old erosion of water against stone. Its spectacular nature is impacted by the flow of the river.

<https://boiroturismo.gal/espacios-naturales/Cascada%20de%20Cadarnoxo/ES&tp=9&ctre=36>



Cadarnoxo waterfall



The Way of St. James in facts

- The French Way was included in the World Heritage List as a cultural property in 1993. In 2015, this recognition was extended to the routes of the Northern Ways (Camiño Costero, Camiño Primitivo, Camiño Lebaniego, and Camiño Interior Vasco-Rioxano) under the name of “Camiño de Santiago de Compostela”.
 - The pilgrimage routes began spontaneously in the 9th century, following the discovery of the remains of the Apostle St. James in a place near what is now the capital of Galicia.
 - The original reasons for going on a pilgrimage were religious; nowadays not all pilgrims walk the paths for such purposes. Some do it as a sporting activity, personal challenge, nature tourism, as a way to disconnect, etc..
 - The Way of St. James had its golden age between the 12th and 13th centuries. With the arrival of the Renaissance in Europe this route lost interest. It was in the 19th century when the pilgrimage took on a new spirit. Pope Leo XIII declared in 1884 that the remains of the Apostle were the authentic ones and the pilgrimage began to boom again.
 - These thousand-year-old routes are more than just the profession of faith. They represented a way of communication between the Iberian Peninsula and Europe along which people from all over the world shared experiences, cultures, and exchanged languages, ways of being, and thinking. Nowadays and the level of globalization in which we live, the routes are a meeting place for people from all over the world, which makes it an enriching experience.
 - Pope Calixtus II granted the Diocese of Santiago de Compostela the right to issue the Plenary Indulgence (forgiveness of all sins) for those who make a pilgrimage to the tomb of the apostle every year when July 25 is a Sunday. This happens every 6, 5, 6, and 11 years; it is what we know as Holy Year or Xacobean Year.
 - The Way of St. James has nine recognized routes, which are all traditionally driven by different reasons: cultural, patrimonial, due to the condition of the terrain or the seasons of the year, etc. The best known is the French Way.
 - There is a tenth official route, but it does not end in Santiago de Compostela. This is the route that pilgrims follow the well-known pilgrim’s cry of encouragement *Ultreia!* (let’s go beyond) who want to reach the ancient end of the earth. This is the Way of Fisterra and Muxía.
 - The certification for having completed the pilgrimage is the “Compostela”, which is given to those who can prove that they have completed at least the last 100 kilometers of one of the routes on foot or 200 kilometers by bicycle.
 - To verify having done the Camiño, it is necessary to present an official pilgrim’s credential at the end of the Camiño at the Pilgrim’s Office. This card must have at least two stamps marking the place where the pilgrim started and the place where the stage ended. It may be stamped, in general, in religious buildings or any public places that provide services to pilgrims: hostels, hotels, pharmacies, restaurants, etc.
 - The Holy Year 2022 was an exception in the pattern of the Holy Years since, exceptionally due to the pandemic and through the mediation of Pope Francis, the Holy Year 2021 was extended for the whole of 2022 with all the religious benefits of the Jubilee.
 - Did you know that not all routes are done on foot? Since 2020 the navigable route is recognized. From 2020 sailing is recognized as a valid route. This requires 90 nautical miles and at least 12 miles on foot..
 - Sailing routes have been registered since the 12th century, when pilgrims from Scandinavian countries and the British Isles docked, mainly in the ports of Ferrol and A Coruña to begin the journey on foot. These were the pioneers of what is now known as the English Way.
- More information about the route can be found on the websites.

<https://www.caminodesantiago.gal/gl/inicio> · <https://oficinadelperegrino.com>



Directory of tourist areas

Ferrolterra



https://www.turismo.gal/que-visitar/xeodestinos/ferrolterra?langId=gl_ES



<https://turismoferrolterra.es>

As Mariñas



https://www.turismo.gal/que-visitar/xeodestinos/as-marinas?langId=gl_ES

A Costa da Morte



https://www.turismo.gal/que-visitar/xeodestinos/costa-da-morte?langId=gl_ES

Surrounding areas of Santiago



https://www.turismo.gal/que-visitar/xeodestinos/terras-de-santiago?langId=gl_ES

Surrounding areas of Ordes



https://www.turismo.gal/que-visitar/xeodestinos/terras-da-comarca-de-ordes?langId=gl_ES



<https://mancomunidadeordes.gal>

Ulla - Tambre - Mandeo



https://www.turismo.gal/que-visitar/xeodestinos/ulla-tambre-mandeo?langId=gl_ES



<https://www.gdrullatambremandeo.gal/index.php/caminos-de-auga>



Muros and Noia estuary



https://www.turismo.gal/que-visitar/xeodestinos/ria-de-muros-e-noia?langId=gl_ES



<https://riademurosnoia.com>

Barbanza – Arousa



<https://barbanzarousa.gal/inicio/es/>

Coming events



<https://turismo.dacoruna.gal/gl/actualidade/eventos>

Current news



<https://turismo.dacoruna.gal/gl/actualidade/novas>

Gastronomic festivals



<https://turismo.dacoruna.gal/gl/actualidade/festas-gastronomicas>

Way of St James



<https://www.caminodesantiago.gal/gl>

Pilgrim's Office



<http://oficinadelperegrino.com>



Tourist information offices



https://www.turismo.gal/planifica-a-tua-viaxe/oficinas-de-informacion-turistica?langId=es_ES

DAC Tourism in networks



<https://turismo.dacoruna.gal>



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Time diagram outline

(Tiempo estimado en vehículo particular)



- Distance from origin to the points
- ⊞ Estimated time in this zone of influence



Province of A Coruña

TOURISM GUIDE



FERROLTERRA



COSTA DA MORTE



TERRAS DE SANTIAGO



TERRAS DA COMARCA DE ORDES



ULLA - TAMBRE - MANDEO



RIA DE MUROS - NOIA



BARBANZA - AROUSA



AS MARIÑAS



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Deputación
DA CORUÑA