



PROVINCE OF **A CORUÑA**

six sea and land **MAGIC** destinations

RÍAS ALTAS: FERROLTERRA

RÍAS ALTAS: A CORUÑA AND AS MARIÑAS

COSTA DA MORTE

LANDS OF SANTIAGO

RÍAS BAIXAS: RÍA DE MUROS AND NOIA

RÍAS BAIXAS: RÍA DE AROUSA NORTE



Deputación
DA CORUÑA



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RÍAS ALTAS: FERROLTERRA



Bench of Loiba (Ortigueira)

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Tower of Hércules (A Coruña)

COSTA DA MORTE



Pedra de abalar (Oscillating stone) (Muxía)

Ares, Cabanas, A Capela, Cariño, Cedeira, Cerdido, Fene, Ferrol, Mañón, Moeche, Monfero, Mugarodos, Narón, Neda, Ortigueira, As Pontes de García Rodríguez, Pontedeume, San Sadurniño, As Somozas, Valdoviño and Vilarmador.

Abegondo, Aranga, Arteixo, Bergondo, Betanzos, Cambre, Carral, Coirós, A Coruña, Culleredo, Irixoa, Miño, Oleiros, Oza-Cesuras, Paderne and Sada.

Cabana de Bergantiños, Camariñas, Carballo, Carnota, Cee, Corcubiión, Coristanco, Dumbría, Fisterra, A Laracha, Laxe, Malpica de Bergantiños, Mazaricos, Muxía, Ponteceso, Vimianzo and Zas.

The intensity of the rural coast, the peace of calm waters, the charming of the magical forests, the beauty of the river valleys with unique ecosystems, the solemnity of the Castro culture, the weight of the legends and traditions, the rhythmical nostalgia of a bagpipe, the power of a scallop shell, the emotion of a pilgrim, the pride of a barnacle collector...

It is impossible to find one single word to define the province of A Coruña. Its beaches, its seafood, the Jubilee Route or its summer

LANDS OF SANTIAGO



Santiago de Compostela

RÍAS BAIXAS: RÍA DE MUROS AND NOIA



Fishing boat (Muros)

RÍAS BAIXAS: RÍA DE AROUSA NORTE



Corrubedo (Ribeira)

Ames, Arzúa, A Baña, Boimorto, Boqueixón, Brión, Cerceda, Curtis, Frades, Melide, Mesía, Negreira, Ordes, Oroso, Padrón, O Pino, Rois, Santa Comba, Santiago de Compostela, Santiso, Sobrado, Teo, Toques, Tordoia, Touro, Trazo, Val do Dubra, Vedra and Vilasantar.

Lousame, Muros, Noia, Outes and Porto do Son.

Boiro, Dodro, Rianxo, A Pobra do Caramiñal and Ribeira.

festivities are very popular. But a traveller can also find endless rivers with stone bridges or waterfalls that can be heard from lost monasteries, which contrast with the cosmopolitan style and the cheerful night and cultural life of the main towns and cities. The common factor is always the hospitality of this land, which defines us as Galician, which is even greater because it is the Atlantic entrance to the commercial and cultural exchange, and the end of thousands of kilometres that hatch the net of Ways that lead to Compostela.

RÍAS ALTAS: FERROLTERRA



The sea is the key for the history and development of Ferrolterra. The entrance to the estuary that, together with the estuaries of A Coruña, Ares and Betanzos, constitutes the Golfo Ártabro is spectacular. Its inlet is guarded and was protected for centuries by two fortified castles, San Felipe and Palma, which yield to the maritime façade of the city and to the seafaring village of Mugardos.

Ferrolterra gathers the regions of Eume, Ortegaleira and Ferrol, administrative city, which stands out due to its squared shaping, with long streets where we can find distinguished examples of rationalist, neoclassical and modernist architecture.



Estuary of Ares

Routes

In **Ferrol**, there are many routes that can take us from the sailors' district of Ferrol Vello (Old Ferrol) to the Magdalena, declared historical and artistic environment in 1983. Between both areas, headed by majestic squares such as Amboage, we can find the Arsenal, an imposing military building that houses the Naval Museum, a not-to-be-missed visit to get to know the history of the city. Another peculiar route is the Meninas, which boosted

the resurgence of the district of Canido through street art.

One of the most complete and interesting ways, which combines nature, heritage and tradition, is the one leading to the sanctuary of **Santo André de Teixido**, second point for pilgrimage in Galicia, where, as the saying goes, "vai de morto quen non vai de vivo" (whoever did not go alive, will go when dead). Drinking from the fountain that has three spouts or getting a crumb charm, the popular

“sanandresíño”, are only some of the many rituals you need to perform during your visit for not coming back turned into a soul.

Betanzos and Santo André are connected through the **Route of Middle Ages**. This route goes all through the North of the region, crossing the main natural and patrimonial gems of this region, from the reserve of Chelo to the cliffs of punta dos Aguillóns, in cabo Ortegal, to the monasteries of Monfero and Caaveiro, in the heart of the Fragas do Eume and the castles of Moeche and Naraío. The route ends at serra da Capelada, where we can see herds of wild horses.

Nature

The area of Ferrolterra has one of the richest and most diverse natural environments in Galicia. On the coast, the **beaches** climb up from the calm waters of Cabanas and Ares, perfect to enjoy with the family, to the rough and rugged beauty of Doniños, San Xurxo, Valdoviño and Pantín, one of the surfers international paradise. The waves and shoals of some beaches such as Doniños and A Frouxeira, in Valdoviño, contrast with the big and calm lakes with unique highly valued ecosystems, especially due to their ornithological value.

The indomitable nature of Ferrolterra appears in the coastal shelves of Vixía da Herbeira, with some of the highest cliffs in the south of Europe, located at the **serra da Capelada**, on the way to Santo André de Teixido. If we go up the Capelada, we will arrive to Ortigueira, where we can find the bench of Loiba, known as “the best bench in the world”. Sitting here to observe the impressive view of **Estaca de Bares** or **cabo Ortegal** can be an unforgettable experience.

The wild nature contrasts with the magical **Fragas do Eume**, one of the best preserved river forests in Europe. Its flora is a treasure, with a vegetation that is so dense that it barely allows the light to pass and which hides, apart from falling waters, springs and waterfalls.



Cliffs of Loiba (Ortigueira)

An example of how an industrial landscape can become a beautiful natural space is the town of **As Pontes**, where we can find the largest artificial lake in Europe, built after the mining that created a great richness for this town, where medieval heritage is combined with one of the most important sources of industrial development in Galicia.

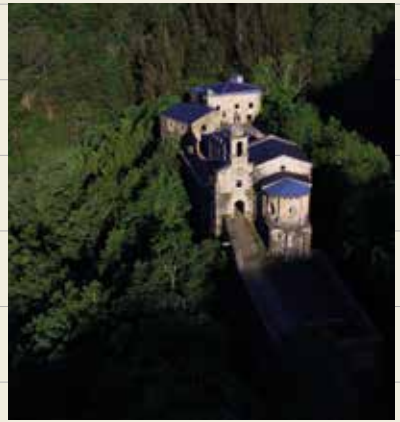
Heritage and culture

In the city of **Ferrol**, we should highlight the civil buildings, such as the modernist Theatre Jofre or the Cultural Centre Torrente Ballester, located in the facilities of the old hospital Caridade, and the religious buildings, such as the Co-cathedral of San Julián, an example of the neoclassical architecture and the most important church in the city together with the fortified church of San Francisco. Outside the city centre and towards the lands of Serantes, we can see the chapel of Chamorro, where a famous procession is celebrated every year.

Outside the urban area, in the heart of the Fragas do Eume, we can find the **monastery of Caaveiro**, a Romanic art gem declared as Historical-Artistic Monument and main attraction of the nature reserve. The castle and tower of the Andrade, in **Pontedeume**, are a proof of the power of the noble families, and a trace of times that put an end to the riots such as the one that took place in the **castle of Moeche**, during the popular uprising of peasants against feudal lords commemorated every year in this town at the Festival Irmandiño. In the council of Ares, we will find one of the most beautiful and singular sea towns in Galicia, **Redes**, scene of many advertising and cinema shootings, such as the film “Julieta”, by Pedro Almodóvar.



Castle of Moeche



Monastery of Caaveiro (A Capela)

Legends, traditions, history and religion are mixed in the cultural works that we can find in this region. Among them, **Holy Week in Ferrol**, declared as International Tourist Interest Festivity in 2014. Another important date in the city is the day of San José, Festa das Pepitas, where we can find the traditional Habaneiras.

Also massively attended, but with a very different origin, there is the **Festival Internacional do Mundo Celta** de Ortigueira (International Festival of the Celtic World of Ortigueira). This is the mecca of folk music, it gathers the highest level international artists and also emerging bands that have the opportunity of performing before more than 100,000 people. Music is also the star in other peculiar proposals, Felipop and Fenerock in Fene and Festa da Terra e da Lingua in Narón.

Other important festivities and processions are the ones of **alfombras de Ares**, where children and adults spend the whole night preparing the beautiful flower arrangements in the streets to celebrate the Corpus Christi. Party and tradition also cohabit in the **Romaría da Fraga** in As Pontes de García

Rodríguez, the Festival Irmandiño in Moeche and the Oenach Atlántico in Narón.

Patron saint's days are another classic in Ferrolterra and we can spend the whole summer jumping from one to another, especially during the dates of San Roque and Virgin Carmen. Festivities in Cedeira are popular because of their leisure proposals, their procession and the amount of visitors.

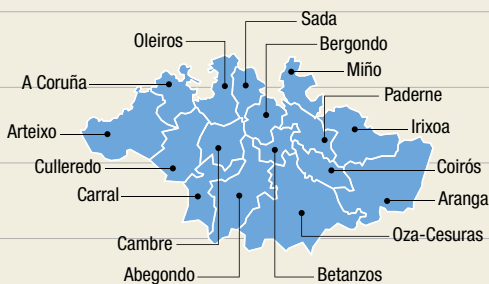
Gastronomy

Bread in Neda, octopus in Mugarodos, pepper in Couto... are the kings of gastronomy with a surname in the region of Ferrol and, because of that, each dish has its own festival or procession. These are the most popular but not the only ones in a place where the fair of the barnacle in Cedeira cohabits with the turnip tops in Cerdido, the honey fair in As Pontes, the cottage cheese in A Capela, the clam in Maniño and the mussel in Barallobre.



Bird's eye view of punta Frouxeira (Valdoviño)

RÍAS ALTAS: A CORUÑA AND AS MARIÑAS



One unique destination where the rough and open Atlantic Ocean lives with the sheltered estuaries of the Golfo Ártabro, the river landscapes with the rural nature of the inlands, the strength of the industry with the quiet viewpoints, fishing and hunting together with water sports... We can enjoy its crystal galleries and its heritage, visit the rough beaches of Arteixo and the calm ones in Sada, Miño and Oleiros. The Romanesque gems compete each other in preservation in the different councils of this area and the Galician legends and hazes find their glory in the "Bosque animado" ("Enchanted forest") of Cecebre. If we choose the modern elegance, we can sit and have a coffee at "La Terraza" in Sada or go for a walk through the Picasso Route in A Coruña, where the most influential artist of the 20th century spent his youth. If we want to get lost in the streets, nothing is better than the historical-artistic ensemble of the city centre and, if we want to breathe pure air, we can choose one of the many hiking routes of the inlands.



Dock of A Coruña with the typical balconies in the Marina on the background.

Routes

The "**Ruta das Mariñas**" (Shores route) stands out among the hiking routes of this region. This route includes different itineraries in four councils: river Sisade and the coast of Arteixo, mount Xalo and the seven streams in Cambre, the port of Dexo and Seixo Branco, in Oleiros and the Costa Doce of Sada.

Among the cultural routes, the dramatized routes of **A Coruña** cannot be missed: from the Tour of the Historical centre with María Pita, local heroine, to the City of Picasso

with Eusebio da Guarda, the City Hall with "Picadillo" or a night at the cemetery of San Amaro with the soul of Fiz de Cotobelo.

A Coruña is, together with Ferrol, the starting point of the **English Way**, which goes through the heart of the province, crossing its 18 councils such as Carral, Betanzos and Cambre to Santiago de Compostela. This name determines its origin, as it was the route chosen by the medieval pilgrims from England and all the north of Europe.



Bonfires in San Juan (A Coruña)

Nature

From Riazor to the Orzán, Lapas and Matadoiro, the urban **beaches** of A Coruña constitute one of the longest urban promenades in Europe. Towards Arteixo, we can find the beauty of the open sea in the beaches of Barrañán or Valcobo and, on the other side, from Oleiros to Sada, the cleanliness and calmness of the sandy areas often visited by tourists and inhabitants from the whole region. The river landscape is spectacular in the **Mariñas and Mandeo**, which constitute a reserve of the biosphere that covers 17 councils of the regions of A Coruña, Betanzos and Melide.

In this region, the traditional river forests and the marshlands at the estuary of river Mandeo are preserved. **Chelo** is a natural show of this setting. It is a place located in the valley of Espenuca (Coirós), which was declared as picturesque landscape and attracts many

fishers every year. Furthermore, it has an Interpretation Centre of the river Mandeo, which holds an interesting interactive exhibition.

In **Cecebre**, the reservoir is one of the most important wetlands in Galicia. In an emblematic natural environment created from its own construction, Cecebre's reservoir does not only guarantee the supply to a large part of the metropolitan area of A Coruña, but it is also a model of flora and fauna.

Culture and heritage

There are **science museums** in A Coruña, capital city for spreading where “not touching is forbidden”, Houses Museums where artists such as Picasso, writers such as Emilia Pardo Bazán and Rosalía de Castro and even the fighter María Pita were born or lived, Fine Arts, Sacred art, exhibitions in different



Bird's eye view of the stately town of Betanzos



Gardens of the pazo de Mariñán (Bergondo)

foundations... A Coruña is a city that holds most part of the museums of the region, where we can also include spaces such as the Museum of the Mariñas in Betanzos, with many archaeological and ethnographic pieces, and the Museum of Roman Deposit in Cambre, which takes us to the Imperial times.

In the kingdom of festivals, witches' night prevails. **San Xoán's bonfires**, International Tourist Interest festivity, fill the beaches of A Coruña each 23th June. Its origin goes back to previous Christian times, with the celebration of the summer solstice, in order to purify bodies and souls during the shortest night of the year. The most popular rituals are jumping over the bonfires and cleaning your face with water that is impregnated with San Xoán's herbs.

"Vivir na Coruña que bonito é, andar de parranda e durmir de pé" (traditional song

which means: Living in A Coruña is so beautiful, you party and stay awake all night). During the month of August, the city ennobles the party spirit reflected by the popular rhymes of the **festivals of María Pita**, local heroine and centre of one of the celebrations that combines music and shows with religious pilgrimage and night environment, with a clear vocation of street festivities, neighbouring cohabitation and also a tourist attraction.

We can find another alternative at the **medieval festivals** of A Coruña and Betanzos, with a perfect recreation that take us to the times of merchants and feudal lords.

Other important festival in the region is **San Roque** in Betanzos, with the traditional release of a paper balloon on 16th August and the two river trips towards the field of **Caneiros**, singing and dancing on the barges that plough through river Mandeo. They also



Festival of María Pita (A Coruña)



Pazo of Mariñán (Bergondo)

honour San Roque in Sada, combining music, gastronomy and religious pilgrimages with a cheerful night environment.

The **Tower of Hercules** is a visit that cannot be missed, sign of identity of A Coruña, UNESCO world heritage site and the most ancient lighthouse in the world, which dates from the 2nd century and which witnessed the birth, development and commercial spirit of the city.

Among the city historical ensembles, the one in **Betanzos** is a gem declared as Cultural Heritage site. It is constituted by the city centre, the walls and the Park of Pasatempo.

A good option to know how Galician chivalry life was during the 18th century is the **pazo of Mariñán** in Bergondo, where the building and majestic gardens make a valuable historical-artistic and monumental ensemble. There is another beautiful walk through the squares of the Historical centre of A Coruña, such as the square of Bárbaras, Fariña and Santo Domingo, which shelter ancient trees and architecture gems such as the collegiate church of Santa María or the church of Santiago. In the rest of the region, we can find many remains of the Roman splendour, among which the **church of Santa María** in Cambre stands out.

Gastronomy

A Coruña and the Mariñas gather the best things about traditional and innovative Galician gastronomy. From the most honoured signature restaurants to the little bars, taverns and meal houses where common denominator is the high class of their raw material. Among the typical products of this land, the wine of Betanzos stands out together with its “tortilla” (omelette) or its cabbage. The bread kingdom is Carral, with its own gastronomic festival, the same as the so appreciated cheese in Abegondo, the stew of Barrañán and the cake of Lañas in Arteixo.



Historical recreation at the Tower of Hércules (A Coruña)

COSTA DA MORTE



The rough ocean, the choppy waters and an unmistakable landscape are signs of the identity of the Costa da Morte. This is a land of mystery, legends and myths, its personality is marked by the condition of the end of the world, given by the Romans. It is also one of the richest areas in Europe due to its megalithic culture and its impressive capes such as the ones in Fisterra, Touriñán and Vilán, which enter the rough ocean while, towards the inlands, the earth constitutes smooth hills, covered by corn fields, pasture and forests.

But Costa da Morte is very popular because of its tragic history marked by the many shipwrecks occurred in one of the channels crossed by a great part of the ships in the North Atlantic.



Bird's eye view of the lighthouse in cabo Fisterra

Routes

The most popular hiking route is the one known as the **Camiño dos Faros** (Lighthouse route), an itinerary of 200 km by the coast that goes from Malpica to Fisterra. This itinerary, whose main attraction is the sea, goes through all the 13 buildings dedicated

to maritime signposting, as well as the main interest points of the Costa da Morte.

The **Way of Saint James** does not end in Compostela for all pilgrims. Many of them decide to walk a 90 km way between Santiago and Fisterra. Once arrived at the end of the earth, tradition makes us burn a piece of

clothes worn along the sections as a symbol of internal renewal that every pilgrim suffers all along the way. Old things are burnt to give space to new things, since, as tradition says, Fisterra is an end point, but also a start point.

Nature

In Costa da Morte, we can find the calmest and most familiar **beaches** like the endless beach of Langosteira, Balarés and Baldaio, where nature and sea meet, but also the wildest beaches such as Caión and Razo, perfect to practice water sports, such as surf.

A really beautiful place is the one known as “Galician Niagara”, the **waterfall of Ézaro**, which is the only one in Europe that flows into the Atlantic Ocean. Another small location that you should visit is the **Refuxio de Verdes**, located on the banks of river Anllóns, in Coristanco.

One of the most emblematic elements of Costa da Morte is, with no doubt, **cabo Fisterra**. The viewpoint of the world cape, surrounded by mystery, legends and beliefs, is a unique place. Since old times, it has been considered the end of the Earth, or “finis terrae”, as Romans named it. Furthermore, from this place, you can enjoy the impressive views of the estuary of Corcubión and the coast of Carnota, where **mount Pindo**, also known as the “Celtic Olympus”, stands out, categorised as Special Area of Conservation.

We will find one of the most spectacular panoramic views of Costa da Morte at the

Traba valley, where the rough and rocky crags **Penedos de Pasarela e Traba** rise, which hide mysterious secrets from the past.

Heritage

In the past, the end of the way for pilgrims after visiting the Apostle was at the **sanctuary of Virxe da Barca** in Muxía, a Baroque religious building with Classical influences, built in order to Christianize a place where pagan cults were celebrated.

A good way to know how life in a Galician palace was during the 15th century is to visit the pazo das **Torres do Allo**, Gothic-Renaissance style. It is located in Zas, it has a strong familiar history behind and it currently houses the Center of Information and Heritage Resources. We will be back in the Middle Ages at the **castle of Vimianzo**, built by one of the most relevant families at the time.

The undeniable charming of small **fishing villages** such as Camariñas, Malpica and Caión will captivate us with its sea smell, its people and its typical civil architecture with houses hanging from the rocks towards the Atlantic Ocean.

Culture

In the funerary culture, the model is the **dolmen of Dombate**, located in the municipality of Cabana de Bergantiños and considered the “cathedral of megaliths” in Galicia. Another sample of the importance of the ancient culture is the **castro of Borneiro**,



Razo beach (Carballo)



Castle of Vimianzo

high value settlement that will take us thousands of years back.

Costa da Morte preserves the traditions of its ancient professions and **handmade works**. An example the bobbin lace from Camariñas. Visiting the “palilleiras” and see their fingers skillfully manipulating the threads with the typical sound is a spectacle itself. Craftwork from other places, such as the important pots and pans activity in Buño and the linen spinning in Baio (Zas), is also very popular.

Costa da Morte is a land of festivals. The celebration of San Xoán in Carballo, the **procession of Virxe da Barca** in Muxía and the Milagres (miracles) in Caión, in its most traditional aspect, contrast with the more innovative proposals of Ponteceso, V de Balarés and Nordestazo Rock in Malpica.

Nature as a scenery had to be present at the celebrations in this land, with examples that were recently resurrected such as the **Carballeira**, in Zas. The region of Bergantiños has important processions too, such as San Fins do Castro, in Cabana and Santo Hadrián in Malpica.

Another beautiful tradition, which reminds us of the land where we are, is the **Naufrexio de Laxe**, founded by a sailor from this town who survived sinking for three times. The Festivals of the Santísimo Cristo de Fisterra also have a religious origin and they are celebrated in Easter and where the neighbours dramatize the passion of Jesus.

Gastronomy

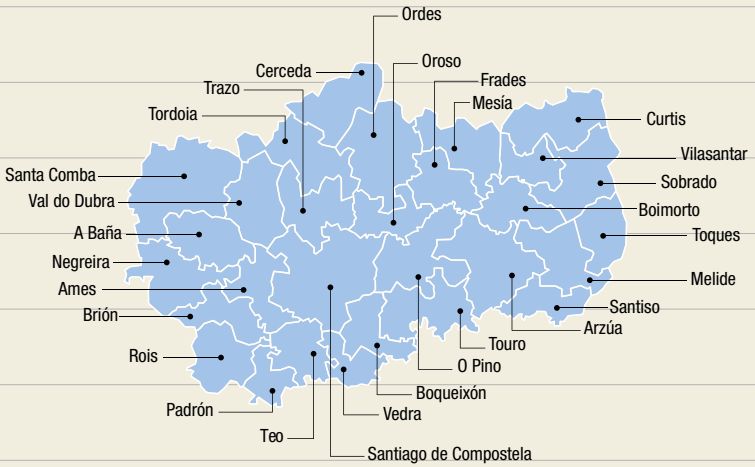
Lifestyle of the people in Costa da Morte is strictly related to the sea, reason why its gastronomy leverages the high quality and variety of seafood and fish. One of the most representative pictures of this region is related to the work of the barnacle collectors, jumping from rock to rock to avoid the sea hits. Actually, barnacles from Roncudo are considered one of the best in Galicia and their exaltation is celebrated at the gastronomic fair during the month of July in Corme. Furthermore, we can enjoy other products with much and well deserved relevance such as the pod razor in Fisterra or the potato in Coristanco.

Another important procession is Faguía do Carnés, in Vimianzo, where food and religion combine ending with a massive tasting of “callos”. For dessert, we can have cherries from Paiosaco, in Laracha, popular due to their quality and their own fair, celebrated at the beginning of July.



Lighthouse in cabo Vilán (Camariñas)

LANDS OF SANTIAGO



When the travellers head to Galicia, Santiago is one of the destinations they cannot miss. The city of Compostela, UNESCO World Heritage Site since 1985, has one of the most important historical centres in the world.

Walking around Compostela, getting lost through its alleys and suddenly finding a majestic square, a monastery or even the solemn university faculty is a unique experience that invites us to travel throughout time. There is no better way to get to know this land than walking a section of the Way to Santiago in this region, in order to live the emotion of the pilgrims when they first arrive to the Praza do Obradoiro.

One of the shows that cannot be missed is the bird eye's view of Compostela from the roofs of the Cathedral, already recommended by the Codex Calixtinus nine centuries ago. The Alameda is another privileged vantage point to observe the historical centre, surrounded by hundred-year-old trees.



Panoramic view of the Cathedral and city of Santiago de Compostela



City of Culture of Galicia (Santiago de Compostela)

The Way of Saint James

For ten centuries, the best way to get to Compostela has been to go all over the **Way of Saint James**. More than 300,000 people use the most ancient route in Europe every year to observe the towers of the Cathedral from the mount of Gozo and to give the typical hug to the Apostle.

The most popular route is the **French Way**. We will get to the lands of Santiago through Melide, after crossing the medieval bridge of Furelos, one of the gems of the civil architecture in the French way. Right after, we will arrive to the cheese town of Arzúa. The last section of the Way goes from Arca to Santiago, with its culminating point at the little elevation of mount do Gozo, from where the Cathedral can be seen for the first time in the whole way.

Inside the Cathedral, we can see one of the most beautiful and awaited shows by pilgrims and the flight of the botafumeiro, one of the great symbols of Compostela. This huge censer moves from a central dome all over the temple 20 m high with a tackle system actioned by the popular "tiraboleiros", who can fly it up to 68 km/h.

Among the Jubilee itineraries, historical ways are becoming more and more popular, such as the **Portuguese Way** and the **Vía**

da Prata, which come from the South and connect Portugal and Andalusia to Galicia. The **Primitive Way** has been also recuperated, often visited during the Middle Ages and recognised as UNESCO World Heritage, together with the **North Way**, through which travellers from the whole Europe come, except the English, who have their own route, from Coruña or Ferrol. The aquatic itineraries also appear in the **Route of the sea of Arousa and river Ulla**, which commemorates the arrival of the corpse of the Apostle to Galicia after his martyrdom in Jerusalem.



Cathedral's façade (Santiago de Compostela)



River Tambre crossing ponte Maceira (Negreira)

Nature

River landscapes are the big treasure of the inlands, where two rivers, Tambre and Ulla, produce ecosystems that are unique, due to both their vegetation and their fauna, hidden in their magical forests. River **Tambre**: one of the most impressive points of this river is Ponte Maceira, between the municipalities of Ames and Negreira. The big stone bridge, from the 13th century, and the monumental ensemble constituted by the old town, an old mill, a reservoir, a chapel and a modern palace, are surrounded by a thick vegetation and two river waterfalls in one of the most photographed pictures in the region, both by tourist and pilgrims.

As a landscape and natural reference point, we can also find the **oak grove of Mota**, in Arzúa, where parents used to plant oak trees due to the belief that, this way, their children will be freed from the military service. In Touro, the cork oak grove of the river Ulla is a forest full of hundred-year-old trees that rivals in landscape diversity waterfalls such as the ones of Inferniño and Salto das Pombas, in the same town, as well as the ones in Hortas, in Arzúa and Ínsua, in Val do Dubra.

Hidden among the bank forests, the waterfalls and the impressive viewpoints, myths and legends are preserved, such as the one of **Pico Sacro**, in Boqueixón. In this place, Queen Lupa ordered the building of the tomb

for the Apostle, not noticing that the Cova do Inferno was in this place, where a dragon lived. The viewpoints of Pena and Coto de San Sebastián, in Touro, and the one in Picoto, in Val do Dubra, are other two perfect vantage points to observe the magnificence of the landscape in the heart of Galicia.

Heritage and culture

Artistic and cultural heritage of the lands of Santiago is priceless. Apart from the churches related to the Way, there are important religious buildings such as the **monastery of Santa María do Sobrado**, and civil buildings, such as the palaces of Faramello in Rois, and Santa Cruz de Ribadulla in Vedra, which take us to the times of splendour of the great families.

The inlands of this tourist areas also offer many samples of our Celtic connection, such as the Castro of Socastro in Rois, with old legends about hidden treasures, and **Pedra do Home** in Val do Dubra, an ancient cemetery following the Christian ritual. In the funerary architecture, we should point out the popular **dolmen of Cabaleiros** in Tordoaia, which is preserved in excellent conditions, and the petroglyphs of San Xoán de Riba in A Baña.

Visitors who want to go across the charming towns are in the right place, sprinkled all over with stone houses with the **typical “hórreos”**



Dolmen in Cabaleiros (Tordoia)

(raised granaries), among which we can find the one of Angueira de Castro in Rois or the one of Furelos in Melide.

Lands of Santiago, due to its tradition, history, tourist affluence and cultural promotion, are riddle with important dates both from an artistic and festival point of view. The **festival of the Apostle** is essential, declared International Tourist Interest, which is celebrated every year between 15th and 31st of July and which reaches their highest point during the Jubilee Year.

High culture for cinema lovers is Cineuropa, in the month of November, an important cinema cycle with the latest news and with a high prestige earned during decades. In the music field, we can find festivals such as Vía Stellae, with styles that go from classical music to jazz, or the **Festival da Luz** in Boimorto, celebrated in September, with the most important artists in the Galician and national scene.

The network of museums is also important and varied, covering from the historical and ethnographic museums, such as the Museum of the Galician people, which houses the Pantheon of Illustrious Galicians, to more modern proposals such as the Galician Centre of Contemporary Art and the spectacular Galician **City of Culture**, located at the top of mount Gaiás as a formidable milestone of the 21st century, aimed to preserve, spread and internationalize the knowledge and creativity of Galicia.

To rest after walking the routes, the cultural activities and the cheerful nightlife in Compostela, nothing is better than a bath in the river. We can choose between the river

beach of the Refuxio in Oroso, surrounded by vegetation, and the one in Chaián, in Trazo, which has a recreational area with picnic areas in the shade of oak and chestnuts trees. For visitors with kids, the aquatic park of Cerceda cannot be missed.

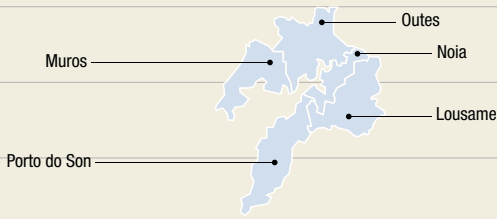
Gastronomy

If cultural heritage is wide, gastronomic offer in the Lands of Santiago is even wider. Fans of fine dining can try typical products such as Santiago cake, Melide octopus, peppers in Herbón or Arzúa-Ulloa cheese, as well as Vedra eau-de-vie, Lestedo filloas in Boqueixón and trouts from Oroso, not forgetting mushrooms from Ordes or rooster from O Pino... Almost all of these delights have their own associated fair. Other succulent dates are the Festa da Filloa á Pedra in A Baña, the Eau-de-vie from the Ulla in San Mamede de Ribadulla, the Empanada (Galician pie) in Bembibre, Melindre in Melide and Escalo in Vedra. It is impossible to forget the fair of Cochiño in Cerceda.



Santa María de Sobrado monastery (Sobrado)

RÍAS BAIXAS: RÍA DE MUROS AND NOIA



The estuary of Muros and Noia is part of the Rías Baixas and it is located between the estuary of Corcubión in the North and the estuary of Arousa in the South. The mouth of river Tambre makes these waters a unique habitat for bivalves, clams and cockles, real economic force of the surrounding towns.

The waters of the estuary start from the beach of San Francisco, in Louro, on the north side and end at the beach of Agueira, in Porto do Son, in the South.

The most popular towns in this area, both because of the number of inhabitants and because of the singular and heritage character are actually the places that name the estuary: Muros, founded behind mount Louro as a fishing town hidden from pirates and corsairs, and Noia, the most important medieval town. This ensemble is completed with Porto do Son and Portosín, with beautiful beaches and hiking routes.



Panoramic view of the council of Noia

Routes

In order to get to know this region, we can choose among several routes, both on the coast or in the inlands. The most important ones are Albán and Monte de Tremouzo in Outes, the Cova dos Gatos (Cats cave) in Muros or the Castro de Baroña in Porto do Son. This fortified ensemble is one of the most beautiful and most photographed places in the Galician coast, both due to the drawings

produced by the ancient Celtic settlements and to the place where they are.

Travellers can also do interesting guide tours to the historical centres of Muros and Noia. One of the most interesting historical vestiges is "Joaquín Vieta", the most ancient ship dedicated to sea transport preserved in Galicia.



Collegiate church of San Pedro (Muros)



Lariño beach (Muros)

Nature

The estuary offers many **beaches**, most of them with really white sand, located in a less urbanized area than the Rías Baixas. If we start in the north area, we will find sheer rocky coasts and if we continue down towards south we will witness how the shape of the environment smooths. There are many intriguing beaches in this area, such as Louro, protected by mount Louro and of spectacular beauty and which has a lake, or the beaches of Area Maior, As Furnas or Carnota. San Francisco, Broña, Agueira and Lariño are also very beautiful beaches.

Another place travellers cannot miss is the view from **mount Louro** and the **lake of As Xarfas**, natural interest space. It is also recommendable to visit the island of Creba in Muros.

Heritage and culture

The most important heritage ensemble is the **castro de Baroña**, constituted by the occupation remains of a Celtic settlement between the 1st century B.C and the 1st century A.D.

Of the whole ensemble, approximately twenty houses are preserved, with a circular or oval floor, with no doors or windows and continuous bench in the whole perimeter.

The tin and wolfram mines of **San Finx** are another important location, with the rehabilitation of the mine settlement, which includes a museum and a centre for interpretation in the old school. This site, found by Thomas Winter Burbury during the 1880s, became the economic driving force of Lousame and the surroundings during the central decades of the 20th century.

It is also recommendable to visit the historical centres of Muros and Noia. While **Muros** is an unexpected combination of popular and noble architecture where old fishermen's houses live together small gothic palaces, **Noia** amazes us because of its boasted houses, its superb civil buildings and the many churches and chapels... like "unha pequena Compostela" (a little Compostela). In this town, we can find the **church of Santa María a Nova**, one of the most representative religious and historical monuments in this town, built with a sea gothic style during the 14th century over a more ancient one from the 12th century, located at the centre of the historical cemetery



Castro de Baroña (Porto do Son)



Panoramic image of Ancoradoiro beach, in Muros, with the lake and mount Louro on the background



Portosin (Porto do Son)



Monastery of San Xusto de Toxosoutos (Lousame)

of the city. A few kilometres from Noia, we can find the **monastery of San Xusto de Toxosoutos**, a very beautiful small sanctuary accessible from a steep path surrounded by a spectacular natural landscape, by the banks of river San Xusto, with waterfalls, recreational and picnic areas.

As important cultural dates, apart from the patron's day and Carnival, in Muros, Castelo Rock Festival stands out. It has been celebrated in August since 2002, it is non-profit and we can see here first class rock bands, not forgetting emerging bands. The **Gran Premio de Carrilanas** in Muros is also peculiar, as well as the Medieval Fair, the motorcycle gathering or the Mostra de Curtas Vila de Noia (Shortfilms exhibition). The funny "Festa Hortera" (vulgar party) in Porto do Son, which is celebrated since 2000, has more and more followers every year.

The sea spirit and tradition of the estuary of Muros and Noia is expressed by the strength of water sports, especially in the area of Porto do Son, where many regattas are celebrated. The Nautical clubs of this village and Portodosin develop an intense activity in the field of sailing, such as sport fishing and even surf.

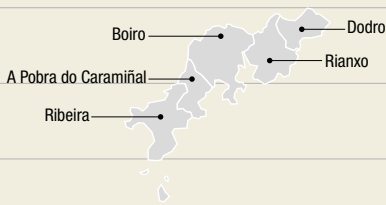
Gastronomy

Nobody can leave the ría of Muros and Noia without trying their seafood, a whole gastronomic experience and also a life style. The empanada is another typical dish, specially made with corn. As gastronomic fairs, we can name the Festa de Exaltación do Polbo in Porto do Son or the Xornadas de Exaltación do peixe e o Marisco (Conferences for the exaltation of fish and seafood) in Muros.



Church of San Martiño (Noia)

RÍAS BAIXAS: RÍA DE AROUSA NORTE



This is the largest estuary in Galicia and it is a symbol of nature, calm and quality. Located in the heart of the Atlantic coast, it is surrounded by the peninsulas of Barbanza and Salnés. In the North, the estuary of Arousa is constituted by the town of Rianxo, cradle of great writers such as Castelao, Rafael Dieste or Manuel Antonio, and by the beautiful coastal town of A Pobra do Caramiñal, with its impressive beach Cabío, the natural pools of river Pedras and the viewpoint of Curota.

Towards the inlands, Dodro stands out because of its privileged location in the border with Padrón and the diversity of its river ecosystem in Veiga das Brañas, constituted by the confluence of rivers Sar and Ulla. One of the most popular places, the capital of the region of Barbanza, is Ribeira, where we can travel through time and enjoy the Castro culture with the well-known dolmen of Axeitos. In Boiro, the estuary of river Corroño and the waterfall of Cadarnoxo offers us a natural beauty.

The fertile estuary of Arousa, which bathes these councils, is one of the most prestigious and famous due to the quality of its gastronomy, its fishing towns and its natural spaces such as the Natural Park of Dunes of Corrubedo, Carregal and Vixán lakes or the great range of beaches and hiking routes.



Estuary of river Ulla

Routes

One of the most relevant hiking routes is Castelo de Vitres in Boiro, a mixture of the marks left by humans on nature throughout history, as well as the different rivers we cross

along this route or the waterfall produced by river Lérez near the top.

The **route of the Mámoas** is another good option if we want to discover the funerary monuments hiding the memory of our



Dolmen in Axeitos (Ribeira)

ancestors, where silence is the best ally of memory. A wonderful encounter with nature, is the river promenade by river Té when passing Rianxo, together with the many mills located throughout the whole itinerary. Rianxo also has a relevant archaeological petroglyphs route, with 59 catalogued rock stations.



Valle-Inclán Museum (A Pobra do Caramiñal)

Nature

The place with more visibility in the Rías Baixas is located in the municipality of Ribeira, at the **viewpoint of Curota**. Located on a 500 m mountain top, provides a spectacular

view of the coastline between cabo Fisterra and mount Santa Tegra, which gave it the award of National Interest Natural Site.

The mountains of Curota are full of little water torrents that lead to the two main rivers: Sieira and Pedras, which, at the mouth of the estuary, constitute a group of puddles all over the rocks, creating beautiful **natural pools**.

One of the most representative natural spaces in the region is the **Natural Park of Corrubedo**, more than 4 km of dunes, idyllic beaches, fresh and salt water lakes, marshes and a great variety of fauna and flora. The shifting dune, only one in Galicia, and the **lakes of Vixán and Carregal**, with a high level of salinity, are the main attractions. In the surrounding area, we can walk all over the many fine sand beaches and smooth currents such as the ones in Ladeira or Cabío.

Admiring the rich flora and fauna of this region in their pure state is possible in the Island of Sálvora, located at the mouth of the estuary and surrounded by many islets. It is one of the few unspoilt areas that still survives in Galicia. Another natural place of incomparable beauty is the **waterfall of Cadarnoxo**, in Boiro, and the estuary of river Ulla, which goes from the confluence of this river with river Sar to Catoira and Rianxo. The transition between fresh and salt waters of the estuary of Arousa creates a very beautiful landscape in the river flatland with large areas of rushes, reedbeds and vegetation.



A Pobra do Caramiñal



Fauna at mount Curota (A Pobra do Caramiñal)

Culture

The small coastal town of A Pobra do Caramiñal houses one of the greatest cultural treasures of the area: the **museum of Valle-Inclán**, located at tower Bermúdez and declared as Historical-Artistic Monument. In this museum, we can find works of one of the most popular Galician writers in the Spanish literature, characterised by the eternal memory of the rural world in Galicia.

Among the heritage of the estuary of North Arousa, it is important to highlight the **pazo da Ermida** in Lestrove, one of the most peculiar places in the council of Dodro. It is located on a hillside and offers a unique view of the town of Padrón, where Rosalía de Castro looked for inspiration for her works. The **hórreo** (raised granary) is one of the other representative figures of the region of Arousa, as well as the stone crosses of Abelán and Bustelo. We will find a sample of the wide heritage in the Baroque chapel where tribute is paid to **Virgin Guadalupe**, patron saint of Rianxo.



Waterfall of Cadarnoxo (Boiro)

The important role of water sports led, in Ría de Arousa, to celebrations such as the **Dorna** in Ribeira, and religion also has an influence on many celebrations, such as the Festa de Xesús O Nazareno and of the Mortallas, in A Pobra do Caramiñal, or the procession of San Ramón de Bealo in Boiro.

Gastronomy

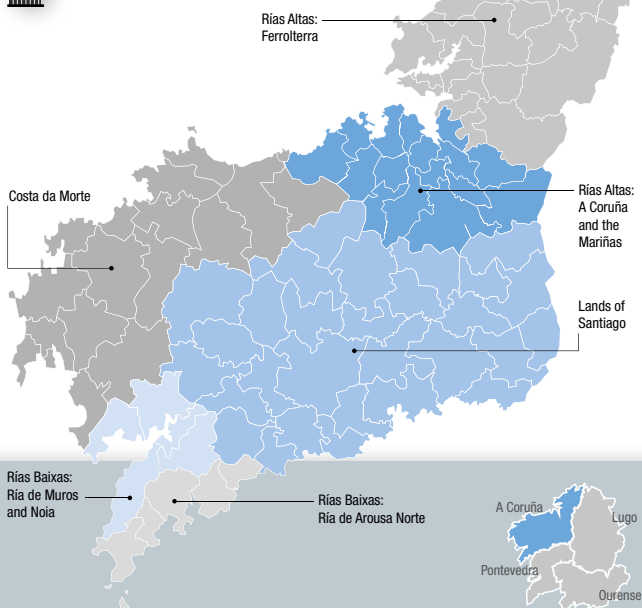
One of the gems in this estuary is seafood, in a place where sailor tradition is also a wealth engine. For this reason, most festivities celebrated in this region pay tribute to seafood, such as in the seafood fair or the exaltation of mussels of Cabo de Cruz in Boiro or the sardine in Rianxo.



Panoramic view of the Natural Park of Dunes in Corrubedo (Ribeira)

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