Taking Ferrol as a starting point, the Way begins on the Praza da Constitución and the Cantón de Molíns. It passes by the cathedral-church of San Xiao and then the Torrente Ballester Cultural Centre — built in 1780 for the pilgrims’ hospital of Sancti Spiritus. The Way continues towards the neighbourhoods of Re, Xiao, the Jofre Theatre, San Niño, the Hospital of A Caridade — today Hostel - 28 beds, NEDA. In 32,75 km we cross the River Mandeo over A Ponte Vella and then the sanctuary of A Nosa Señora do Camiño. It dips — before continuing along the seafront, crossing the north of the municipality of A Coruña and coming to the town), which is also Romanesque. The castle of San Xulián de Poulo, in Outeiro de Arriba. The Way passes through the village of A Carreira, As Mámoas and A Carballeira. The church of San Paio de Buscás is among her churches. The Way is one of the most beautiful monuments of the Romanesque in A Coruña. The Way passes through the village of A Carreira, As Mámoas and A Carballeira. The church of San Paio de Buscás is among her churches. The Way passes through the village of A Carreira, As Mámoas and A Carballeira.

WHAT TO SEE

- The English Way continues to Alvedro, goes down to O Portádego, in the municipality of Culleredo. We take the pedestrian path from the town). We keep going to Sobrecarreira, the stately home of O Burgo. The Way continues through O Coto, Campoeiro and Xanrozo to enter the A Madalena beach offers one of the most authentic areas in the historical quarter. The Way passes through the village of A Carreira, As Mámoas and A Carballeira.

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Along the coast of A Coruña province, the shores of the Atlantic offer up spectacular landscapes with enormous cliffs and enticing, solitary beaches. Among the most attractive are those found in the municipalities of San Vicente, Mariño, Carballo and Peo. The sandy beaches of San Vicente and Mariño, the cliffs of the town of San Vicente and the coastline of Carballo are some of the best places to enjoy the Atlantic ocean's beauty. Along the coast of A Coruña province, the shores of the Atlantic offer up spectacular landscapes with enormous cliffs and enticing, solitary beaches. Among the most attractive are those found in the municipalities of San Vicente, Mariño, Carballo and Peo. The sandy beaches of San Vicente and Mariño, the cliffs of the town of San Vicente and the coastline of Carballo are some of the best places to enjoy the Atlantic ocean's beauty.

As we enter the north of the province, the forests expand, offering a glimpse of the extensive vegetation in this area. The area is characterised by a diverse range of species, including the Atlantic oak, the maritime pine, and the holm oak. The forests are home to a wide variety of animals, including deer, foxes, and various birds. The forests are also home to a rich variety of mushrooms, which are harvested by the locals and used in traditional cuisine.

The trailhead is located at A Pila da Leña (Monfero). This is an ideal location to get an idea of the vast amounts of vegetation in this reserve, follow the paths of more than 20 kilometres in length. It contains plant and animal species found in other regions of Galicia, as well as species that are exclusive to this area. The reserve is home to a variety of birds, including hawks, falcons, and owls. The trails are well-marked, and the paths are easy to follow. The trails are suitable for both experienced and novice hikers. The trails are well-maintained, and the paths are easy to follow. The trails are suitable for both experienced and novice hikers. The trails are well-maintained, and the paths are easy to follow. The trails are suitable for both experienced and novice hikers. The trails are well-maintained, and the paths are easy to follow. The trails are suitable for both experienced and novice hikers. The trails are well-maintained, and the paths are easy to follow. The trails are suitable for both experienced and novice hikers. The trails are well-maintained, and the paths are easy to follow. The trails are suitable for both experienced and novice hikers.

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