

## ○ SANXENXO

Arousa **Sur Route**

- The maritime and fluvial route begins at the entrance to the ria of Arousa. The Ons Islands lie on the starboard, or right hand, side. They form a part of the Atlantic Islands of Galicia National Park, and lie off the ria of Pontevedra and the Sanxenxo coast.

Sanxenxo is Galicia's most emblematic municipality insofar as sun and beach tourism is concerned. It has 36 km of coastline, with twenty beaches, half of them blue flag beaches, a distinction which puts this town council at the top of the league in Spain overall. Silgar beach is the most populous – a summer destination for thousands of Galicians and holidaymakers from other parts. At the most end of Sanxenxo, A Lanzada beach stretches for 2.8 km, other of which belongs to the neighbouring municipality of O Grove.

Where the beach starts, on the Sanxenxo side, A Lanzada boasts historical late-Roman and medieval architecture, made up of a Roman necropolis, excavated in 2010, a watchtower, known as the "Viking tower", and a 13<sup>th</sup>-century Romanesque chapel.



Port and marina

### WHAT TO SEE

The **Ons Islands**, to which you can go from Sanxenxo: beaches, walks and gastronomy – the octopus is to be recommended. The **magnificent beaches**: Areas, Silgar, Canelas, Montalvo, Paxariñas, Major, Foxos... **Nautical tourism**, with more than 400 moorings in its marina. The **seafood**, the light **Albariño** wines (D. O. Rias Baixas), such as Padriñán. And the **summer nights** in Silgar and Portonovo. The **late-Roman and medieval architecture of A Lanzada**. A procession in honour of Our Lady of A Lanzada is held on the last Sunday in August, including the "bath of the nine waves", an ancient fertility ritual.

## ○ MEAÑO

Arousa **Sur Route**

- If Sanxenxo represents the beauty of the Atlantic coast, Meaño, like a lazy prolongation reaching inland, delights us with its rural landscape, fertile agricultural land (home to the Albariño grape) and its valuable granite.

With a population of some 6000, Meaño shows its impressive civil architecture and ethnography in the form of *cruceiros* (stone crosses), *hórreos* (raised granaries) – such as the one in Simes, in the shape of an "L" –, water mills – indeed, there are more than 70 throughout the region –, or pazos (country houses) such as Zárate or Lis, as well as the Romanesque chapels, among which the church in Simes stands out.



Views from Meaño

### WHAT TO SEE

**Simes church**, of Romanesque origin. **San Xoán temple**, also Romanesque; the zoo-anthropomorphic corbels of its eaves are impressive. **The Pazo dos Zárate**, in Padrenda (16<sup>th</sup> and 17<sup>th</sup> centuries), and **the Pazo de Lis**, Baroque, which houses the **Museo da Muller Labrega**, evoking the role of women in rural Galician society. The **Watermill Route**, for trekkers. Each July, Meaño proudly exhibits its Albariño wines in the **Signature Wine Event**. Several **Wine Routes** established throughout the region of O Salnés. **The views of the ria of Arousa** from the many vantage points, such as **San Cibrán de Covas**, **Chan de Lores** or **Monte Castrove**.

Meaño is a peaceful municipality. Its select rural tourism establishments complement the hustle and bustle of the nearby coast.

## ○ O GROVE

Arousa **Sur Route**

- The municipality of O Grove begins at San Vicente, at the entrance to the ria on the starboard side. At the other end lies the Island of A Toxa, nesting to the east in the interior of this miniature ocean known as the ria of Arousa.

The San Vicente peninsula provides us with the oldest iconographic representation of the translation of the body of the apostle St. James: a coin from the Compostelan diocese corresponding to the reign of Fernando II of León (1157-1188) found in the archaeological excavations of Adro Vello, on O Carreiro beach. The back of the coin, in silver and copper, and which is on exhibit today in Santiago's



A Lanzada beach

### WHAT TO SEE

**A Lanzada beach**, almost 3 km long, in the open ocean, with a lovely boardwalk. **Trekking routes**: a walk up to **Monte Siradella**, a vantage point and Nature Centre, to **Con Negro**, with its spectacular rocky formations at the sea's edge, or to the **Lagoa A Bodeira**, an impressive ornithological reserve. The archaeological excavations of **Adro Vello**, on O Carreiro beach (San Vicente), the remains of a Roman village, a 7<sup>th</sup>-century church and a necropolis. **The Island of A Toxa**, one of Galicia's most well-known tourist destinations. **The O Grove Aquarium**. **The Seafood Fair**, held every October since 1963.

Pilgrimage Museum, depicts the recumbent body of the Apostle, accompanied by his disciples and lying inside a vessel.

Between San Vicente point and the Island of A Toxa, O Grove boasts a coastline with some magnificent white and golden sandy beaches, authentic gifts of nature with wild pine forests and interesting trekking routes, as well as a varied gastronomy, with seafood as the star attraction.



Adro Vello's Coin  
© Museo das Peregrinacións de Santiago

## ○ CAMBADOS

Arousa **Sur Route**

- Cambados offers one of the most spectacular sunsets in the entire Arousa ria. It also boasts a rich historical and artistic heritage. The municipality is made up of three historical nuclei: Fefiñáns – with its beautiful and emblematic square of the same name –, Cambados – the administrative centre, with the Pazo de Bazán, now a National Tourism Parador –, and San Tomé do Mar – fishing village par excellence.

The country houses or stately homes, mainly from the 17<sup>th</sup> and 18<sup>th</sup> centuries, are all admirable, such as the above-mentioned Pazo de Bazán, the Pazo de Ulloa or the Pazo



Pazo de Fefiñáns

### WHAT TO SEE

**Fefiñáns square** (17<sup>th</sup> century), made up of a large town house, or *pazo*, a hamlet of houses and the parish church of San Bieito. The fishing village of **San Tomé do Mar**, where we find the **Baroque Pazo de Montesacro**. The Romanesque ruins of the temple of **Santa Marina Dozo** (1530) with its four-arch nave. **The poet Ramón Caballinas' house-museum**. The **Ethnographic and Wine Museum**. Every August since 1952, Cambados has organised the **Albariño Festival**, declared of International Tourist Interest, the second oldest in Spain after Jerez (1948).

de Montesacro. Cambados is also the birthplace of many illustrious Galicians, such as the poet Ramón Caballinas, who wrote "Galicia! Nai e Señora, sempre garimosa e forte" (Galicia! Mother and Lady, always loving and strong!), the sculptors Francisco Asorey and Francisco Leiro, and the 19<sup>th</sup>-century politician and writer Pedro Pablo Bazán de Mendoza. Other writers also lived here, such as Emilia Pardo Bazán and Valle-Inclán, as did the regionalism theorist, Alfredo Brañas.

## ○ VILAGARCÍA DE AROUSA

Arousa **Sur Route**

- Vilagarcía, the "Pearl of Arousa", was founded in the mid-15<sup>th</sup> century on a small cove overlooked by the hills of Xabre and Lobeira, the latter of which had a medieval fortress that was hugely important in the times of the archbishop of Santiago Diego Gelmírez, being used on several occasions by Queen Urraca. Today, Vilagarcía has a population of some 35,000 inhabitants. It is a dynamic town, important for tourism and the neurological centre of the region of O Salnés.

From its lively port area departs a promenade which runs for more than two kilometres, linking the centre to the village of Caril, parallel to the beaches of A Concha and Compostela. Caril is famous for the quality and preparation of its most famous seafood: clams. Facing this fishing town, scarcely 200 metres from the coast, lies the Island of Cortegada, which forms a part of the Atlantic Islands of Galicia National Park. Here, we



Santa Rita convent

come across a laurel tree wood unique in Europe, with trees over 10-metres high in an area of two and a half hectares.

### WHAT TO SEE

**San Martiño de Sobrán church** (Vilaxoán), Romanesque, 12<sup>th</sup> century, with a single nave and pretty façade. **The Pazo de Caril church** (16<sup>th</sup> and 17<sup>th</sup> centuries), situated opposite the Island of Cortegada. **The country house and convent of Vista Alegre**, Baroque (17<sup>th</sup> century) and the **church of Santa Baia de Arelauro**, also Baroque. **The fluvial park on the River Con**. Three magnificent vantage points: **monte Meada** – from where visitors can contemplate the final stage of the River Ulla and even see as far as the towers of Oeste (Catoira) –, **monte Xabre** (413 m) – with a wonderful overall view of the ria of Arousa – and **monte Lobeira** (292 m), whose vantage point belongs to the municipality of Vilanova.

## ○ A ILLA DE AROUSA

Arousa **Sur Route**

- Situated in the middle of the sea of Arousa, 7 km long by 2.5 km wide and with 36 kilometres of coastline, it is the largest of the ria's islands. Its coastline is rocky and low-lying, with small and sheltered coves and beaches, making them perfect for swimming, especially at high tide. It is linked to the mainland via a 2 km-long bridge, opened in 1985. Until then, visitors had to take a boat from the port in Vilanova de Arousa. Its isolation only contributed towards the conservation of its unique natural resources.



Island of Arousa

### WHAT TO SEE

**Carreirón Natural Park**. The fine white sandy beaches and calm waters, such as **Conserrado**, **Xastelas**, **Camaxe** and **Lavanqueira**, among others. The "**cons**", which are distinctive granite rocks that have adopted unusual shapes: the **Cons Route** covers the entire island. **The climb up to 'O Santo'**, the highest part of the island, with the **Heart of Jesus sculpture** (installed in 1962). **The port of O Xufre**. **San Xulián parish church**, Neoclassical (19<sup>th</sup> century), built with the remains of an ancient defensive tower. **The Mussel Festival**, which takes place on the first Sunday of August, and the **Octopus Festival**, in celebration of this cephalopod, on the first Sunday of September.

Such is the case of Carreirón Natural Park, on the southern tip of the island, a peninsula joined to it by the As Salinas tumulus. It is catalogued as a special protection area for seabirds on account of the populations of grey herons, among others. The dune vegetation and pine forests join together to create a truly valuable landscape. The Island of Arousa presumes to prepare one of the best *pulpo á feira* (Galician-style octopus) in Galicia. Its inhabitants have fished for octopus for centuries.

## ○ VILANOVA DE AROUSA

Arousa **Sur Route**

Vilanova is the birthplace of the writer Ramón María del Valle-Inclán. He was born in the Casa do Cuadrante – today a house-museum – on 28 October, 1866. This was the place to inspire the famous writer, where he claimed to hear "las historias des santos, almas en pena, duendes y ladrones" (the stories of saints, tormented souls, spirits and robbers) told to him by "una doncella mi vieja que se llamaba Micaela la Galana" (an elderly maid called Micaela la Galana).

Vilanova is also the birthplace of the brothers – writers and journalists – Julio and Francisco Camba. Several vital



Old town

### WHAT TO SEE

**Valle-Inclán House-Museum**, located in the Casa do Cuadrante, where the writer renowned for inventing *esperpento* (a literary genre) was born, in the old part of the town. **The Irmáns Camba House-Museum**, situated in the historical quarter of Vilamaior. **Beaches** such as **As Sinas** or **O Terrón**. The church of **Santa María de Caleiro**, Romanesque in origin. **The Pazo da Rúa Nova**. **The Cálogo tower**, the remains of an old monastery dating back to the 9<sup>th</sup> century. **Mount Lobeira** (292 m), whose vantage point is built on an ancient fortress and where prehistoric dwellings have been discovered.

and literary routes dedicated to Valle-Inclán and the Camba brothers run through the town, allowing us to discover the origins of their creative universe.

The municipality extends out to the marine edge of the ria, known as the "Sea of Arousa". It has an extensive coastline that runs for 20 km, dotted with pretty, fine sandy beaches and rocks carved out by time, the weather and the sea. Two of the most well-known are **As Sinas** and **O Terrón**, which are very popular in the summer. There are also numerous *fiestas* and *romerías*, or processions, in the summer.

## ○ RIBEIRA

Arousa **Norte Route**

- Upriver, Ribeira and its island of Sálvora form the gateway to the maritime-fluvial route to Compostela. Ribeira adds an important leading Spanish coastal fishing port to the natural and historical attractions. Fish leaves its market daily destined for the whole of Europe.

The coastline provides us with wonderful beaches, such as Rio Azor, Coroso, O Castro and A Fuma. Nature also offers spectacular landscapes, such as the sand dunes of Corrubedo, as do the overall views of the ria from the vantage points of San Roque, Pedra da Ra and Monte Fachs, among others.



Ribeira port

### WHAT TO SEE

The **Dunes of Corrubedo** Natural Park and the **Lagoons of Carregal and Vián**, one of the most complex and outstanding examples of dunes in Europe, with 5 km of beaches and a rich ecosystem with unique species. The **Corrubedo lighthouse** (1853). **The Island of Sálvora**, a natural 15 km<sup>2</sup> 'paradise' belonging to the Atlantic Islands of Galicia Natural Park. **The Axeitos dolmen**, an exceptional megalithic monument more than 4000 years old. **The Castro in A Cidá**, in the parish of Carreira (the undergrowth does not prevent us from appreciating the value of the settlement). In **A Covasa** (Aguiró), the probable remains of a **Phoenician port** (12<sup>th</sup>-8<sup>th</sup> centuries BC).

Each summer, Ribeira celebrates its patron saint's day (12 September), the *Festa da Dorna* (24 July), or the *Festa do Perebe* (Festival of the Goose Barnacle), in Aguiró. The local restaurants take great pride in serving up the excellent products the sea has to offer.

## ○ A POBRA DO CARAMIÑAL

Arousa **Norte Route**

A Pobra do Caramiñal is one of the ria of Arousa's best-preserved towns. It has important historical and artistic treasures, made up of interesting churches and country houses. Its current coat of arms is an example of its Jacobean heritage: a vessel sailing below two scallop shells.

The municipality is the result of the merging of two nuclei in the 19<sup>th</sup> century: A Pobra do Deán and the town of O Caramiñal. At the time, the local processing industry, in the hands of Catalanian industrialists, was at its most successful.



Tower of Xunqueiras

### WHAT TO SEE

**The Tower of Xunqueiras**, a low-medieval country house-castle (15<sup>th</sup> century). **The Bermúdez Tower**, a Renaissance building (16<sup>th</sup> century), which today houses the public library and the **Valle-Inclán Museum**. **Aguiar stately house** (18<sup>th</sup> century). **The Pazo de Cotón** (1717). The churches of **Santa María a Antiga do Caramiñal** (16<sup>th</sup> century) and **Santiago da Pobra do Deán** (Gothic, 15<sup>th</sup> century). **The vantage point of A Curota** (498 m). **The natural swimming pools of the River Pedras**. **Beaches**, such as **Cabío**. **The procession of the Nazarene** or '**As Mortallas**', which takes place on the third Sunday in September: those who have been close to death offer up to Jesus candles and coffins with which they walk in procession.

Today, A Pobra sees its beaches brimming with tourists in July and August, with nature tracks through the hills of O Barbanza or literary routes following the footsteps of the immortal writer.

## ○ BOIRO

Arousa **Norte Route**

- The origin of the place name "Boiro" has been lost in the mist of time. Its etymological origin is probably "mist" or "fog", but perhaps also "bo-ouro" or "good gold", in allusion to the *Gallaecia* rich in the precious metal. Or maybe it comes from the Suevi tribe of the Burio. In any case, the municipality today maintains important prehistoric sites – megaliths and petroglyphs – and pre-Roman sites, such as the *castro* of Neixón, and a richness of landscape common to the Serra do Barbanza as a whole, and towards which Boiro extends outwards from its more than 60 km of coastline.

Indeed, the *castro* of Neixón, overlooking the sea via the inlet of Rianxo, allows us to travel back in time 2000 years and



O Chazo point

### WHAT TO SEE

**The Castro of Neixón** (1<sup>st</sup> century), one of the ria's main pre-Roman archaeological sites. **The Romanesque churches of Cespón and Abanqueiro**. **The tower-city of Goiáns**. **The Pazo de Fonteneixe** and **the Pazo de Agüeiros**. **Beaches** such as **Barrán**, **Carraqueiros**, **A Retorta**, **LAdeira do Chazo** or **Mañóns**. **The nature walks** to the Charca de Abanqueiro, the Carraqueiros lagoons, the River Coroño estuary, the mills of Ponte Gólgos, the Cadamoxo waterfall or the route to Castelo de Vites. **The megalithic necropolis of Amaneáncida** (Cespón). **The petroglyphs of Pedra da Craba and Pedra da Bouza** (Bronze Age), among others.

understand that maritime traffic in Roman times must have been quite common for its inhabitants. One of those boats might well have been the "stone boat" which transported the Apostle's remains. The popular *Neixón romería*, or procession, is held in the surroundings of the *castro* each year on the Sunday before the 15<sup>th</sup> August.

Boiro's attraction also lies in its sheltered beaches, its stately pazos and its picturesque nature walks.

## ○ RIANXO

Arousa **Norte Route**

- The town of Rianxo assembles some of Galicia's most deeply-rooted identity signs. On the one hand, it christened one of the popular and international songs of this Land, "A Rianxeira", written in the 1940s by two emigrants in Buenos Aires (and which begins: "Little waves come, little waves come and go..."). On the other, three of Galicia's most illustrious intellectuals and artists of the 20<sup>th</sup> century were born here: the politician, writer and drawer Daniel Rodríguez Castelao, the poet Manuel Antonio and the narrator and editor Rafael Dieste.



Rianxo port

### WHAT TO SEE

In the Praza de Rafael Dieste, the **Pazo de Martelo** (14<sup>th</sup> century), the **Baroque stone cross** and the **church of Santa Comba** (15<sup>th</sup> and 18<sup>th</sup> centuries). **A Nosa Señora de Guadalupe sanctuary** (16<sup>th</sup> century). The church of **Santa María de Leiro** (17<sup>th</sup> century). Here, the famous golden helmet of Leiro was found (6<sup>th</sup> century BC, kept today in the Castelo de Santo Antón museum, in A Coruña). In the **Rúa de Abaixo**, the birthplaces of **Daniel R. Castelao** (1886-1950), **Manuel Antonio** (1900-1930) and **Rafael Dieste** (1899-1981). The ancient fortified settlements of **O Castroño** and **As Cercas**. The **Marine Museum** and the **Marine Learning Centre**. The promenade at **Tanxil beach**, the **raised granary in Arno**, the longest in Galicia (36 meters).

Our lady of Guadalupe presides over Rianxo's most important *fiestas*, held each September, and which include a devout and colourful maritime procession along the ria.

## ○ DODRO

Arousa **Norte Route**

- Dodro is a small municipality which lies on the banks of the River Ulla estuary (It shares the same tidal area with Padrón and Rianxo). With just over 3000 inhabitants spread out over three parishes – Santa María de Dodro, San Xulián de Laiño and San Xoán de Laiño –, Dodro emerged as a municipality in its own right after separating from Padrón in 1836.

This area has a rich noble past: the pazos of Lestrove and Hermida pay unique testimony to this. It also has a grand literary and cultural tradition, born of its intimate connection with Rosalía de Castro and her husband Manuel Gurguía, who spent several spells here. Also, and dotted across the whole of the municipality, we can find beautiful examples



Pazo de Lestrove

### WHAT TO SEE

The **parish church of Santa María**, Baroque, built in 1719 by the architect from Santiago Simón Rodríguez; twenty years later he would mastermind the magnificent main altarpiece. **The Pazo de Lestrove** (18<sup>th</sup> century), where the Compostelan archbishops came to rest after the 16<sup>th</sup> century, and **the Pazo de Hermida** (17<sup>th</sup> century), where the writer Rosalía de Castro lived for various spells. **This pazo** was also where the "Pact of Lestrove" was signed, marking the emergence of the Galician Republican Federation. **The raised granaries of Lestrove and Imo**. **The stone crosses** such as **A Cruz do Abelán**, **Bustelo**, **Reixos**, **Imo**, etc. **The River Ulla estuary**, interesting in winter for its fauna.

of popular architecture in the form of stone crosses, or *cruceiros*, some of which have a small chapel in the shaft of the column, *pombais* (dovecots), mills or fountains.

Rosalía de Castro immortalised the scenery of Dodro in verses such as: "Como chove miúdo, / como miúdo chove / como chove miúdo / / pola banda de Laiño, / pola banda de Lestrove" (How the rain is falling lightly / How the soft, light rain is falling / How the rain is falling lightly / On the way towards Laiño / On the way towards Lestrove).

## ○ PADRÓN

Padrón to Santiago Route

- Padrón, cradle of Jacobean tradition, a pretty, monumental town, lies on an extensive plain between the rivers Ulla and Sar. It seemingly owes its name to "Pedrón", a Roman stone dedicated to Neptune which, tradition has it, was where the boat that brought the remains of the Apostle – *Berba de Pedra* – was moored. It is now kept in the church of Santiago.

Monumental Padrón presents us with numerous examples of its beauty. But Padrón's scenery is also seductive, inviting us to walk along the banks of the River Sar to its mouth in the River Ulla. There is an 125-step *vía crucis*, or "Way of the



Rosalía de Castro House-Museum

### WHAT TO SEE

The **old port** of Padrón, originating in the 12<sup>th</sup> century: according to tradition, the body of the Apostle arrived here from Jaffa (Palestine). **The riverside path of O Espolón** (19<sup>th</sup> century). **The church of Santiago**, where the **Padrón** is kept. **The Fonte do Carme** (18<sup>th</sup> century). **Rosalía de Castro House-Museum**. **The church of Santa María de Herbón**. Romanesque. In **Iria Flavia**, the **Camilo José Cela Foundation**. Opposite here, the **Santa María de Iria collegiate church**. To the side of the collegiate church, **Adina cemetery**, where Cela is buried and which maintains a Suevi necropolis (6<sup>th</sup> century). **A Escravitude sanctuary** (16<sup>th</sup>-17<sup>th</sup> centuries). Each year in **Carcacia** a giant *tortilla* is made using thousands of eggs.

*Extra muros*, or rural, Padrón extends out to Iria Flavia – which was a Roman city, and the Episcopal see until the 11<sup>th</sup> century and where today the Camilo José Cela Foundation is located –, to the slender sanctuary of A Escravitude. And to Herbón – where they grow the famous peppers –, and then on towards A Matanza – Rosalía de Castro's house –, or to Carcacia, the home of the medieval poet, Macías, O Namorado.

## ○ ROIS

Padrón to Santiago Route

- Roís belongs to the region of the River Sar and has just over 5000 inhabitants. It is an inland municipality, yet is linked to the coast by its proximity to two rias: Arousa and Muros-Noia. The variety of its landscape, nesting in just under a hundred square kilometres, sees it rise to 600 m above sea level at mount O Pedregal. In contrast, Roís is also home to the fertile Sar Valley and its tributaries, the rivers Liñares and Roís.

In the parish of Ribasar, we come across an important archaeological site, **Castro Lupario**, on a hill shared with the municipality of Brión. Here, we can see the remains of



Pazo do Faramello

### WHAT TO SEE

**The Pazo do Faramello** (Ribasar), built in 1727 but which no longer exists, held the first paper factory in Galicia. **The Pazo de Antequera** (Oín), from the 18<sup>th</sup> century, with an interesting chapel dedicated to John Nepomucene (popular 14<sup>th</sup> century Czech saint) and gardens. **The Church of Loroño**, with a Romanesque nave (12<sup>th</sup> century). **The Church of San Miguel de Costa** (of Romanesque origin). The stone crosses, such as the one in **Vilaríño**, which represents the moment Jesus is taken down from the Cross. **The archaeological site of Castro Lupario** (Ribasar), a fortified pre-Roman village. **The Vía Crucis de Sorribas** (17<sup>th</sup> century), beside the church.

ancient walls. Tradition has it that Queen Lupa lived here and was asked by St. James's disciples for a place to bury him. Roís has a wealth of culture and architecture; pazos (country houses), *hórreos* (raised granaries), numerous *cruceiros* (stone crosses) and interesting Baroque churches, some with Romanesque elements.

## ○ TEO

Padrón to Santiago Route

- A municipality situated some 15 km from the capital of Galicia and highly influenced by such proximity to Compostela. Teo was a historical crossroads from Roman times. The old medieval road from Padrón to Santiago, for example, crossed the Rúa de Francos bridge.

Passing through Teo, the River Ulla leaves us memorable landscapes and areas particularly suited to fishing. As with many other municipalities in the region, Teo stands out for its valuable ethnography, with its *petos de animas*, or shrines to souls, dotted throughout the area and its *cruceiros*, or stone crosses, including the one in Francos, one of the oldest in Galicia.



Rúa de Francos bridge

### WHAT TO SEE

**The Bridge in Pontevea** (15<sup>th</sup> century), over the River Ulla, with six arches. It marks the border between the provinces of Pontevedra and A Coruña. Close to here is to be found Pontevea's *burga* or **thermal fountain** (with its sulphurous waters which spring to the surface at 15°C). **The stone cross in Francos** (14<sup>th</sup> century), in the parish of San Xoán de Calo. **Rúa de Francos medieval bridge**. **O Xirimbao recreation area** (Reis), on the banks of the River Ulla, with a fishing reserve, suspension bridge and *carballería* (oak wood). **The church of Santa María de Lampai**, in the village of Moiseiro, of Romanesque origin. **The Monte Anqueira petroglyph** (between the villages of Comide

# BEYOND THE CAMINO... SEA OF AROUSA AND RIVER ULLA ROUTE ->



You have reached Compostela. Put away your pilgrimage boots and become a traveller, curious, sensitive and active. Go back over your journey. All that you were not able to see or enjoy on your route awaits you. Similarly seductive ways open up before you. Take a look at the suggestions we have prepared for you.



Vineyards of the Rias Baixas Designation of Origin

In Galicia wine joins together culture and art. The Denomination of Origin Rias Baixas, where albariño wine has its roots, extends throughout the region of O Salnés (province of Pontevedra). Cambados, at sunset, is an invitation to calmness, to taste its wines and visit its pazos (mansions) and stately homes, such as the Pazo de Bazán – a Parador Nacional de Turismo –, or the Pazo de Fefiñáns, with the oldest winery in the area. We are in a region where wineries, monuments, beaches and woods can be visited in a relaxed way because here they are the main players.

Very near Cambados is the XII century Monastery of Santa María de Armenteira, considered to be the cathedral of O Salnés. Precisely along the River Armenteira runs a magnificent 14 kilometre (there and back) trekking pathway called the "Ruta da pedra e da auga": river landscapes, genuine mills, riverside woodland, etc. in a captivating environments. Other routes such as those of the Molinos del Río Chanca, also transport us to the most fluvial and typical nature area in Galicia.



Pazo de Rubiáns, Vilagarcía de Arousa

From a gastronomic route to what is both a monumental and a botanic route: the Ruta da Camelia, a winter flower originating in China and Japan but found an excellent home in the aristocratic gardens of the pazos (mansions) of Galicia: The Pazo de Rubiáns, in Vilagarcía de Arousa; the aforementioned Pazo de Bazán, in Cambados; the Pazo de Oca, in A Estrada (known as the "Versailles of Galicia"); or the Pazo de Santa Cruz de Ribadulla (in Vedra, with giant camelias – four magnificent ones –, among others).



Pazo de Oca, A Estrada



Pazo de Santa Cruz de Ribadulla, Vedra

The ocean awaits us with dozens of beaches de which culminate in the peninsula of O Grove, surrounded by attractive stretches of sand. Joined to land by the beach of A Lanzada, a large sandy area with Roman and Suevian remains and a beautiful XII century hermitage. The peninsula is also connected by a charming bridge of modernist inspiration to the most recognised island, A Toxa, situated in the middle of the Ria de Arousa. This offers us the exclusivity of its hotels, health resorts, thalaso-therapy and spa, and unbeatable sunsets. We can observe the shellfish gatherers and, in the nearby harbour of O Grove, taste exquisite shellfish. If our visit coincides with the first days of October, we will enjoy a very animated and historical Festa do Marisco in O Grove, which has been held since 1963.



Ilhas Cies. Parque Nacional das Ilhas Atlánticas

The islands which compose the Parque Nacional das Ilhas Atlánticas emerge on the Atlantic horizon. From south to north: Cies, Ons, Sálvora and Cortegada. All of them can be visited. Their nature is unique and their beaches and woods are extraordinary. The bosque de laurel de Cortegada (Laurel Wood of Cortegada) (opposite Carril) is the largest in Europe and the beach of Rodas, in the Cies, is considered to be one of the best in the world. In Sálvora there are deer and wild horses (due to the historical use of the island as a private game reserve), and in Ons, octopus is prepared and tasted in ways which are unique.



Illa de Sálvora. Parque Nacional das Ilhas Atlánticas

Active Tourism or adventure sports has an ideal place in this environment. In these years Galicia has become a reference at State level. From impressive trekking routes which border the sea, horse riding routes, mountain biking, archery and blowpipe, kayak, paragliding, etc. The most practical and sure procedure is to contact any of the specialised companies which are registered in Turismo de Galicia as these will give us guidance and instructions on all that is necessary.

On our first visit to the city of Santiago we surely did not penetrate in what can be called "Secret Compostela". Because there is another Santiago beyond the unique monumental zone we have enjoyed, the genuine gastronomy and the animated cultural atmosphere. It is a new Santiago connected to nature and relaxation which we may have suspected in the lower city, presided over by its poetic Rivers Sar and Sarela, and the gentle mountains which protect them.

The new walks by the river Sar – to the east of the city (in the zone known as As Brañas do Sar) – open up before us and culminate with the ascent, along paths, through the new Bosque de Galicia and the Parque do Lago of the Gaiás. This new 24 hectare area grows on the slopes of Monte Gaiás, which presides over the Cidade da Cultura.



Cidade da Cultura, Santiago de Compostela

To the west, at the other end of Compostela, Monte Pedroso offers us possibly the best panorama of the thousand year old city. We can access this following an ancient Way of the Cross which passes beside the grand park known as A Granxa do Xesto. At its foot, the River Sarela winds between robust stone walls of old leather and tanning factories, industries where this city was a powerhouse until the end of the XIX century.

# SEA OF AROUSA AND RIVER ULLA ROUTE



place in 1965, thanks to the enthusiasm and dedication of José Luis Sánchez-Agustino (1930-2010) and the creation of the "Ruta Xacobeo do mar de Arousa e Ulla" Foundation.

At that time, along the banks and isles of the ria, cruceiros, or stone crosses, were placed strategically. Today, 17 works of art in stone mark the route, constituting the only maritime via crucis, or Stations of the Cross, in the world.

In total, 22 municipalities belonging to the provinces of Pontevedra and A Coruña make up the Board of the abovementioned Foundation. They all co-exist under the protective umbrella of this miniature ocean we know as the ria of Arousa. This is a land of wonderful scenery and beaches, with a rich history and ethnography, birthplace or residence to Valle-Inclán, Camilo José Cela, Rosalía de Castro, Daniel Rodríguez Castelao, Manuel Antonio or the Camba brothers. It has gentle riverbanks whose vineyards give us wonderful wines, such as Albariño. And a ria, at that, populated by spectacular islands – Ons, Sálvora, Cortegada, A Toxa... which emerge from among the rafts used for catching mussels, oysters or scallops.

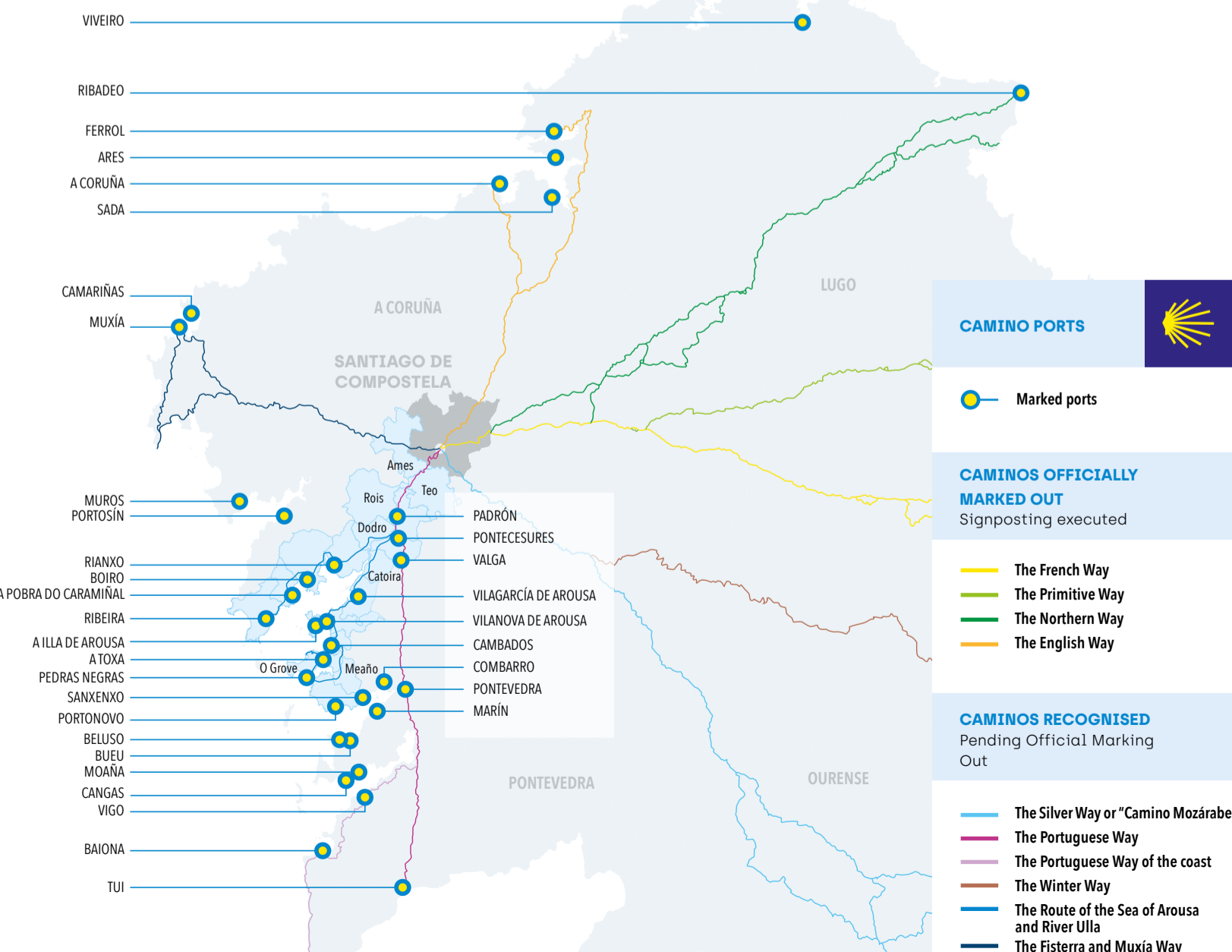
The Sea of Arousa and River Ulla route is a unique maritime and fluvial itinerary which commemorates the arrival of St. James' body in Galicia by sea, following his martyrdom in Jerusalem in 44 AD. Ancient Christian traditions and different medieval texts, the most important of which is the III book of the Codex Calixtinus, claim that the apostle St. James was taken from the port of Jaffa in Palestine across the Mediterranean and the Atlantic Iberian coast to the then bounds of the Western world, where he had preached the Gospel. This is called the Translatio.

St. James' body, accompanied by his disciples Theodore and Athanasius, arrived in Galicia via the ria of Arousa and travelled inland up the River Ulla to Padrón, the river port of the Roman city of Iria Flavia. It arrived on a "stone boat", a probable reference to one of the vessels that, at that time, transported minerals from Galicia to other places in the Roman Empire.

The Sea of Arousa and River Ulla maritime-fluvial route commemorates this event each year, following the last stages of that historical, and final, apostolic journey. Each summer, a colourful maritime and river procession with decorated vessels takes place, with the participation of the public from the different ports along the ria of Arousa and whose destination is Pontecesures and Padrón. The event first took



# THE GALICIA WAYS AND CAMINO PORTS

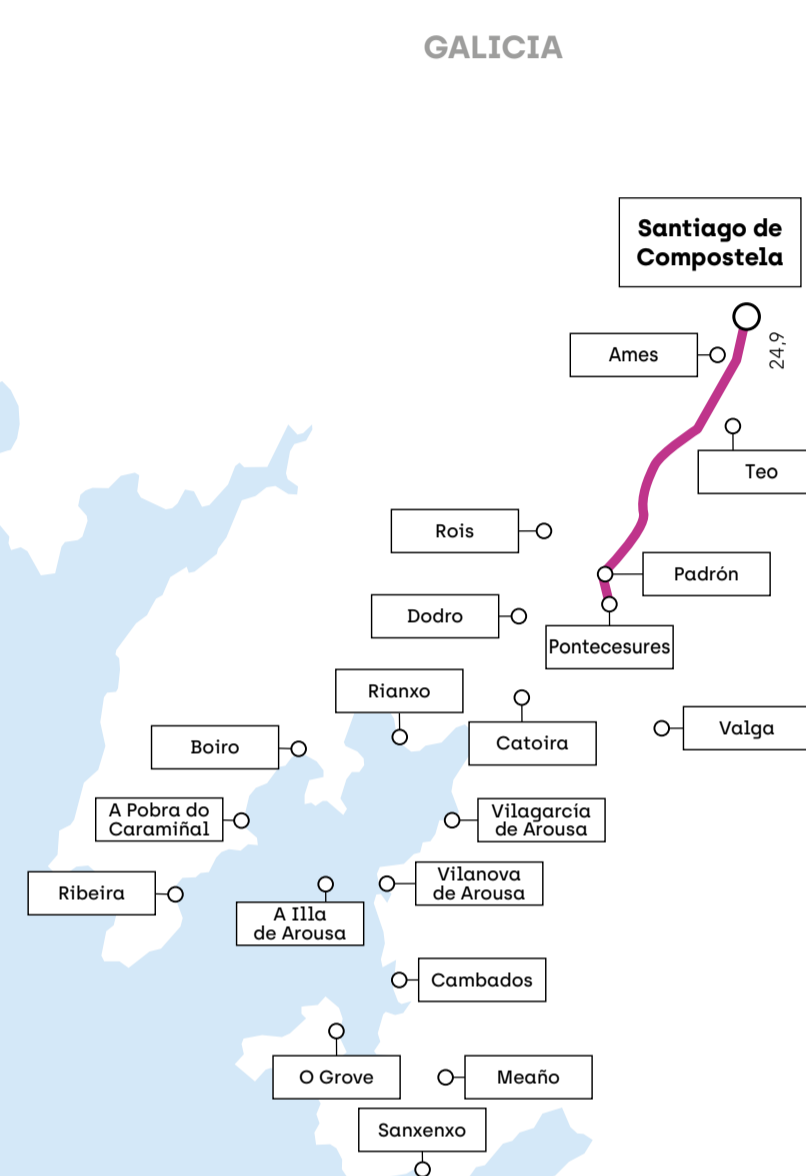


# MAP OF SANTIAGO DE COMPOSTELA PLACES ASSOCIATED WITH THE WAY OF ST. JAMES ->

- 1 Santiago de Compostela Cathedral
2 Royal Hospital (now Hostal dos Reis Católicos)
3 San Martiño Pinaro
4 Vice-Chancellor's Office, University of Santiago de Compostela (USC)
5 Pazo de Raxoi
6 Monastery of San Francisco and Monument to St. Francis, by the sculptor Asorey
7 San Fructuoso Church and location of the old pilgrim cemetery
8 San Domingos de Bonaval
9 Camino Gate (Porta do Camiño)
10 Santa María do Camiño Church
11 Praza do Campo Square (now Cervantes) and San Bieito do Campo Church
12 Santa María Salomé Church
13 Mzairelos Gate (Porta de Mazairelos)
14 Santiago Fountain, Rúa do Franco
15 Santa Susana Church
16 Pilar Church
17 Praza das Praterias Square and Museum of Pilgrimage and Santiago
18 Santa María a Real de Sar
19 Santa María de Conxo
20 Monte do Gozo
21 San Paio do Monte Chapel (O Pedroso)
International Pilgrim Welcome Centre: Camino de Santiago Research and Information Centre
Information
Pilgrim's Office: 981 568 846



# SEA OF AROUSA AND RIVER ULLA ROUTE



# HELPFUL TIPS FOR PILGRIMS



CREDENTIAL OF THE PILGRIM: This is the document in which you collect stamps from the places you pass through and that will allow you to obtain the "Compostela" (Council document that certifies completion of the pilgrimage for religious or spiritual reasons). It must be proven that at least the final 100 kilometres have been done on foot or on horseback, or the final 200 km if by bicycle, or 100 nautical miles and then walking the last few kilometres of the Camino from O Monte do Gozo if sailing.

HEALTHCARE CARD: Spanish pilgrims should always carry their health insurance card. If travelling from another EU member state, it is advisable to carry the European health insurance card. If travelling from a non-EU member state, there may be an agreement in effect with Spain, therefore pilgrims are advised to obtain this information before their pilgrimage and travel with the corresponding documentation.

PEOPLE WITH DISABILITIES: In addition to the general recommendations which all pilgrims should observe, disabled pilgrims should: Before leaving, learn about the difficulties they may encounter and the accessibility of the different services found along the Way of St. James (hostels, catering facilities, etc.). Exercise caution when crossing roads if they have a hearing impairment and, in the case of pilgrims with visual impairments, always be accompanied when walking, due to crossings, detours and difficulties in the terrain.

IF TRAVELLING WITH ANIMALS: Make sure that animals are vaccinated and have been de-wormed and that their obligatory health cards are up-to-date. Plan and adapt the route and the stages to include accessible accommodation.

# Before starting the pilgrimage

- Prepare physically for the journey, and bear in mind that stages should be planned depending on individual physical ability, the difficulty involved, and plan more frequent or longer breaks to suit individual needs.
- Once pilgrims start their journey, they should not try to walk too quickly and keep a regular pace, at least over the first few days.
- Foot care is essential for preventing blisters; pilgrims should wear comfortable and broken-in shoes (two pairs are advisable), with thick, light rubber outer soles. Socks should be breathable, linen or cotton, and should be dry and worn properly to prevent scratches. At the end of the day, pilgrims should wash their feet with soap and water and change their footwear.
- Wear lightweight, loose-fitting clothing that is light in colour (reflective), and appropriate for the time of the year.
- Take a lightweight raincoat to cover backpacks.
- Bring a hat or other protection for the head, as well as sunglasses. Avoid the midday heat and use sunscreen.
- Drink water frequently but make sure it is suitable for drinking; it is not advisable to drink from streams, rivers, springs or fountains that are not certified. A minimum daily intake of 2 litres of water is recommended to prevent dehydration. Isotonic beverages are ideal, as their sodium and potassium content will enable pilgrims to remain hydrated.
- Pilgrims must camp in official campsites. They should be cautious when lighting bonfires and, at the start of the day's stage, make sure that it has been fully extinguished. RESPECT THE ENVIRONMENT.
- Never leave the marked paths, avoid walking when it is dark and obey the rules. If pilgrims are cycling, remember that the use of a helmet and high-visibility jacket is obligatory.
- Always walk on the left-hand side of the road.
- When tiredness or cramps set in, rest in a cool place and drink plenty of fluids.
- To keep up their strength along the Way, pilgrims should eat high-energy food (dried fruit, figs, chocolate, etc.).
- As part of their luggage, pilgrims should bring: a sleeping bag, a Swiss army knife, a torch, a mobile phone, and a small first-aid kit.
- The basic first-aid kit: antiseptic cream, gauze, adhesive tape, betadine, band-aids, sunscreen, and a needle and thread to treat blisters, nail scissors, Vaseline, mosquito repellent, antihistamines for allergy sufferers and aspirin.

- Emergency Telephones: 061 (Galicia), 112 (National), 085 (Galicia forest Fires)
www.caminodesantiago.gal
Covid-19: https://coronavirus.sergas.gal

App "Camino Santiago" (Available on Google Play and the App Store)