

## ○ 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 other end of Sanxenxo, A Lanzada beach stretches for 2.8 km, most of which belongs to the neighbouring municipality of O Grove.



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.

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 13th-century Romanesque chapel.

## ○ 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.



Views from Meaño

### WHAT TO SEE

**Simes church**, of Romanesque origin. **San Xoán temple**, also Romanesque; the zoo-anthomorphic corbels of its eaves are impressive. **The Pazo dos Zárates**, 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.

Along with this wonderful demonstration of art, the vineyards which line the fields are true artistic creations in themselves: the famous Albariño grape – Rias Baixas Designation of Origin –, which persona-lise the entire region of O Salnés: aromatic, fruity and young white wines now renowned worldwide.

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 A Illa da Toxa, nestling to the east in the interior of this miniature ocean known as the ria of Arousa.



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. **A Illa da 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 A Illa da 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 e 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.

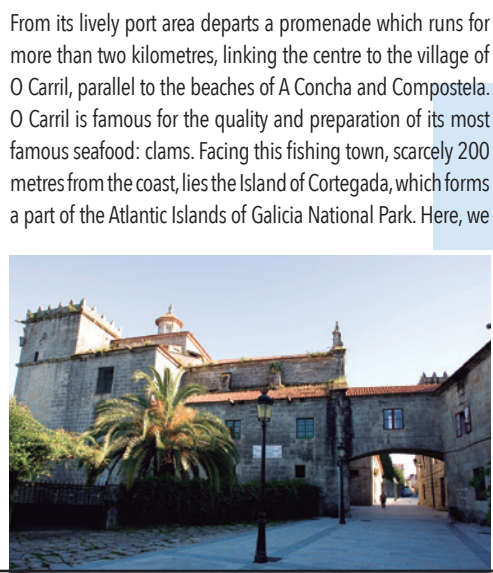


Pazo de Fefiñáns

### 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 Cabanillas' 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 Cabanillas, who wrote "Galicia! Nai e Señora, sempre garimosa e forte" (Galicia! Mother and Lady, always lovely 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.



The country house and convent of Vista Alegre

From its lively port area departs a promenade which runs for more than two kilometres, linking the centre to the village of O Carril, parallel to the beaches of A Concha and Compostela. O Carril 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

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 Martín de Sobrán church** (Vilañoán), Romanesque, 12<sup>th</sup> century, with a single nave and pretty facade. **The Santiago do Carril 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 Arealonga**, 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) –, **mount Xiabre** (413 m) – with a wonderful overall view of the ria of Arousa – and **mount 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 desantos, almas en pena, duendes y ladrones" (the stories of saints, tormented souls, spirits and robbers) told to him by "una doncella muy 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 the 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.

## ○ CATOIRA

### Arousa Sur Route

- We now leave the ria of Arousa behind to find ourselves in the final stage of the River Ulla. The precise place where the river meets the sea is difficult to define. Upriver, we reach the lands of Catoira, which were fervently defended in medieval times by the famous Towers of Oeste, this municipality's most outstanding monument.

Its origins go back to a small fort settlement (1<sup>st</sup> and 2<sup>nd</sup> centuries BC) which became a trading port during the Roman era (1<sup>st</sup> and 2<sup>nd</sup> centuries AD). The first fortress was erected in the 9<sup>th</sup> century to defend Iria Flavia and Santiago. The two fortified towers that remain standing are a testimony to that age.



Towers of Oeste

### WHAT TO SEE

The **Towers of Oeste** (9<sup>th</sup>-12<sup>th</sup> centuries), the remains of the grand medieval fortress, at the foot of the River Ulla, declared a National Monument. Alongside the towers, the castle's chapel, of Romanesque origin (12<sup>th</sup> century), dedicated to the apostle St. James. **The Viking Procession**, which takes place around the towers on the first Sunday in August, and declared of International Tourist Interest. Thousands of people gather to see the landing of the "Vikings". In mid-July the **Festa da Solla** (Festival of Plaice), where this fish is the main gastronomic attraction.

The Towers of Oeste were especially relevant in the age of the Archbishop of Santiago Diego Gelmírez, as it was the place where he often stayed. These fortifications were considered the "key and mark of Galicia". In this area were the shipyards and small war fleet – the first in Christian Spain – which Gelmírez created to combat the Almorávides pirates.

## ○ VALGA

### Arousa Sur Route

- Valga is made up of five parishes and has just over 6000 inhabitants. Situated on the left bank of the lower part of the River Ulla, the first signs of human occupation date back to the Bronze Age (1800-600 BC), the age to which the petroglyph of Camporeddondo belongs.

Today, the area presents us with impressive examples of popular architecture – stone crosses, shrines to souls, stately homes – the Romanesque style of churches such as Xanza and beautiful landscapes such as the natural vantage points of Chao do Monte, Camporeddondo and Xestearis.



Windmill

### WHAT TO SEE

**Santa María de Xanza Romanesque church** (reformed in the 17<sup>th</sup> and 18<sup>th</sup> centuries). Near to the **Os Martorez chapel** (possibly derived popularly from "martrys") is a late-Roman or high Middle-Ages **necropolis** (burial place), where it has been speculated that the Bishop **Priscillian** and his disciples might be buried, their bodies moved to Galicia from Trier (Germany) in the 4<sup>th</sup> century. **The Camporeddondo petroglyph** (parish of San Miguel de Valga). The fluvial beach in Vilelro (Cordeiro). The **River Valga's "fervenzas"** (waterfalls or rapids).

Carolina Otero, *The bella Otero*, one of the most famous dancers of the Parisian Belle Époque, was born in Valga in 1868. The town centre has a pretty, leafy park that bears her name. Also born here was Xesús Ferro Couselo (1906-1975), a researcher and essayist to whom Galician Arts Day was dedicated in 1996, as was Manuel Magariños Castaños, founder of *El diario español* in Uruguay in 1906.

## ○ PONTECESURES

### Arousa Sur Route

- Pontecesures' strategic location, near the Roman city of Iria Flavia, determined the building of a large stone bridge in the 1<sup>st</sup> century, later rebuilt in the 12<sup>th</sup> century and totally reformed today. It is, however, an infrastructure that has fulfilled a specific function for two thousand years. Seemingly, the place name of Pontecesures might come from *censuris*, that is, where the Roman censuses were carried out.

The port of Pontecesures was of huge historical relevance. In the 12<sup>th</sup> century, Gelmírez created a Jacobean shipyard to build vessels to combat pirates. Furthermore, between the



Pontequesures bridge

### WHAT TO SEE

**San Xulián de Requeixo church**, founded by Diego Gelmírez in 1116. The stone crosses, such as the one in **San Xulián** (14<sup>th</sup> century) – which belonged to the chapel and lepers' hospital of San Lázaro – Carreiras (18<sup>th</sup> century) or Porto. **The country house and stone cross of Cova** (18<sup>th</sup> century). **The Alfólin da Renda de Tabacos** (18<sup>th</sup> century), a two-storey, square building, with a huge House of Bourbon coat of arms. **O Caldeirón**, in the fishermen's quarter of O Porto. **The San Lázaro procession**, (Easter Sunday) dates back to the 14<sup>th</sup> century and is one of the oldest in Galicia. Between March and April, the **gastronomic fair** in celebration of the *lamprea* (lamprey) is held.

15<sup>th</sup> and 18<sup>th</sup> centuries, the port was the only one where salt could be landed. In 1795, Charles IV ordered the building of a large storehouse for salt, tobacco and sulphur, known as O Alfólin, a building which can be visited today.

In Pontecesures, the maritime-fluvial Mar de Arousa route concludes. From here, pilgrims will continue along the way over land to Padrón, Iria Flavia, Teo and Compostela, using the last stage of the Portuguese Way to do so.

## ○ 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.



Ribeira port

### WHAT TO SEE

The **Dunes of Corrubedo Natural Park** and the **Lagoons of Carregal and Vixán**, 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).

Its prehistoric legacy also provides us with valuable testimonies in the form of megalithic monuments – led by the impressive Axeitos dolmen – or castros (Celtic settlements) such as A Cidá. Also, in Aguiño, the remains of a possible Phoenician port.

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 Aguiño. 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 do Deán** (Gothic, 15<sup>th</sup> century). **The vantage point of A Curatá** (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.



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 Cespon and Abanqueiro**. **The tower-city ruins of Gojáns**. **The Pazo de Fonteneixe** and **the Pazo de Agüeiros**. **Beaches** such as **Barraña**, **Carraqueiros**, **A Retorta**, **A Ladeira do Chazo** or **Mañóns**. **The nature walks** to the Charca de Abanqueiro, the Carraqueiros lagoons, the River Corroño estuary, the mills of Ponte Gojáns, the Cadamoxo waterfall or the route to Castelo de Goáns. The **megalithic necropolis of Amaneideia** (Cespon). **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 Castela, 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 Castle of Santo Antonio museum, in A Coruña). In the **Rúa de Abaixo**, the birthplaces of **Daniel R. Castela** (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 Tanil beach**. **The raised granary in O Aroa**, the longest in Galicia (36 metres).

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.



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 Compostolan 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 Abaixo**, Bustelo, Revósimo, 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 miudiño, / como miudiño chove, / como chove miudiño / 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).

## ○ 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 Xoán 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 Murguía, who spent several spells here. Also, and dotted across the whole of the municipality, we can find beautiful examples

## ○ 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 – *Barca 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 **Pedrón** 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 **Caracía** 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 –, then on towards A Matanza – Rosalía de Castro's house –, or to Caracía, 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, nestling in just under a hundred square kilometres, sees it rise to 600 m above sea level at mount



## 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 de la 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 camellias – 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, thalassotherapy 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 O 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 de 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



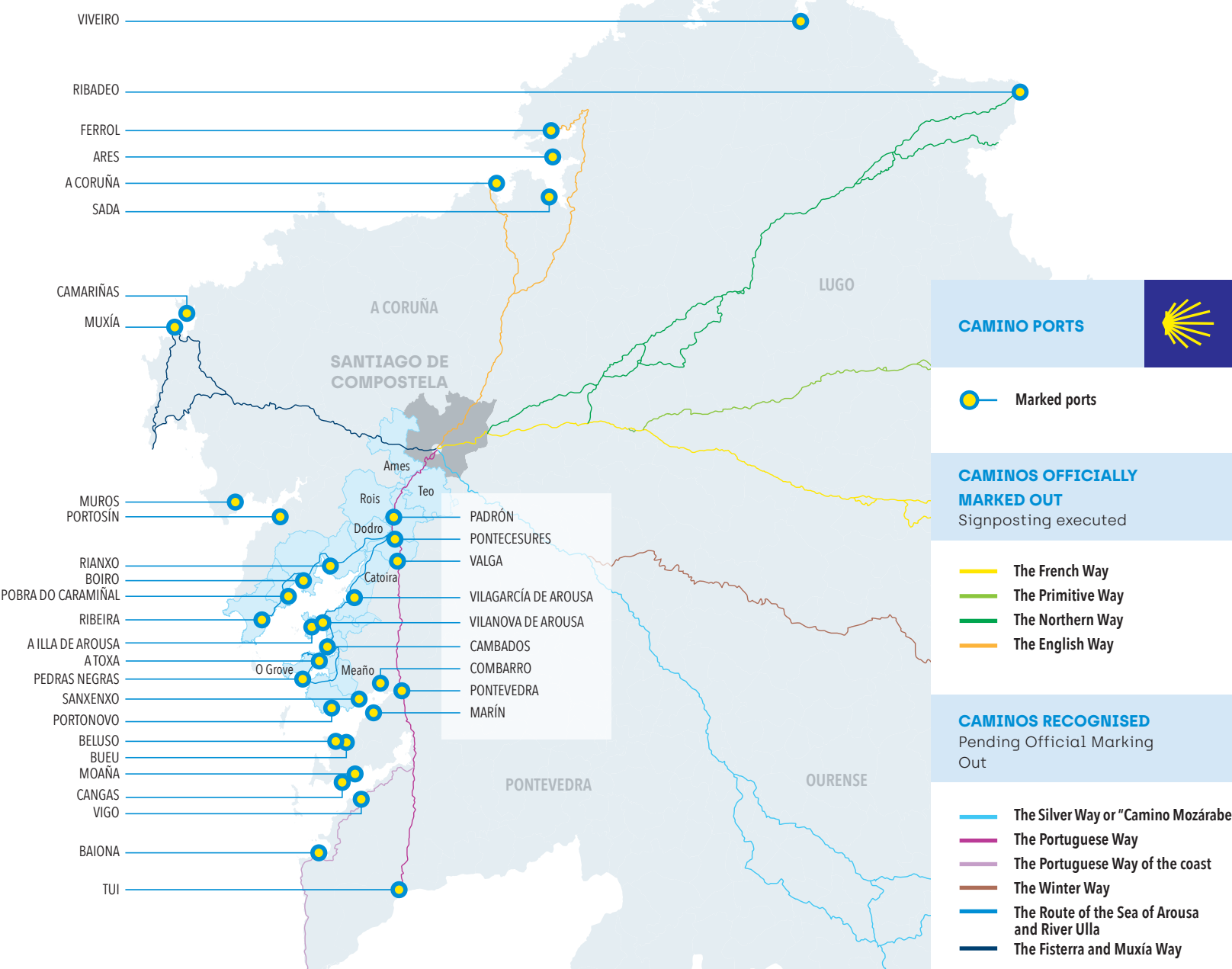
The Sea of Arousa and River Ulla route is a unique maritime and fluvial itinerary which commemorates the arrival of St. James' body in Galicia by sea, following his martyrdom in Jerusalem in 44 AD. Ancient Christian traditions and different medieval texts, the most important of which is the III book 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



place in 1965, thanks to the enthusiasm and dedication of José Luis Sánchez-Agustino (1930-2010) and the creation of the “Ruta Xacobeá 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.

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



## 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.

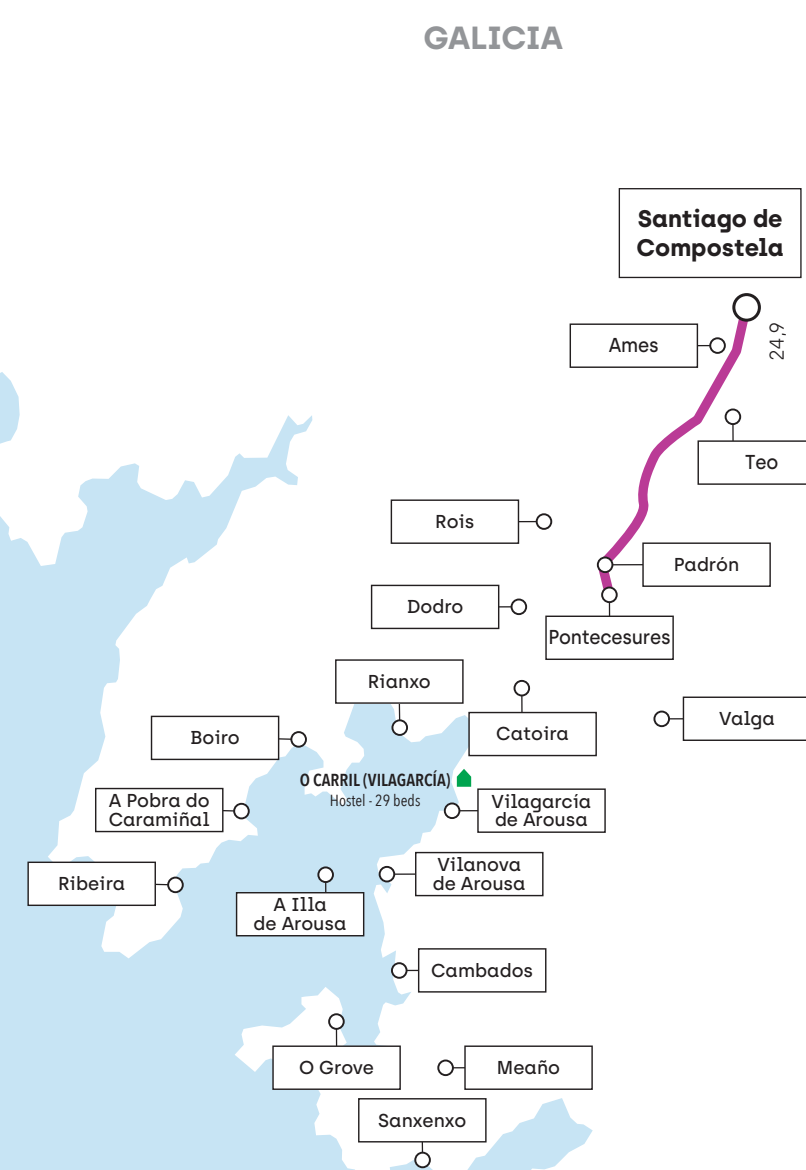
**IF TRAVELLING WITH ANIMALS:**  
Make sure that animals are vaccinated and have been de-wormed and that their obligatory health cards are up-to-date.

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.

## SEA OF AROUSA AND RIVER ULLA ROUTE



## Emergency Telephones

**061** (Galicia)  
**112** (National)  
**085** (Galicia forest Fires)

[www.caminodesantiago.gal](http://www.caminodesantiago.gal)



**App “Camino Santiago”**  
(Available on Google Play and the App Store)