

EXPLORE

Get to know the unknown

EXPERIENCE THE RÍAS BAIXAS



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DURATION



Hours



Days

SEASON



Spring



Summer



Autumn



Winter

THEME



Water



Landscape



Nature



Active



Gastronomy



Culture



Festivals



The way of
St. James

FOR



Singles



Couple



Family



Group

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Something unforgettable, something magical

EXPLORE **RÍAS BAIXAS**

It's not the same **to visit** a place as it **is to experience** a place. To live it, breathe it, feel it. The **Rías Baixas** region is a perfect setting to live one of those journeys which stay in the memory forever, given that it offers not only possibilities but surprises. You can plan **experiences**, you can plan **itineraries**, and you can programme **routes**. We advise you however that there is one thing you cannot organize: **your emotions!** What you live in Rías Baixas is something **inexplicable**, something **magical**, so **forget time** and **let it flow**.



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Discover the biggest island of laurels in Europe:

The island of Cortegada

Have you ever been in a forest of laurels? Few people can say they have. A forest of laurels is not something mundane but exceptional, a botanical rarity visited by experts from all around the world and which Rías Baixas puts within your reach.

The island of Cortegada (Vilagarcía de Arousa), which forms part of the Parque Nacional Marítimo-Terrestre das Illas Atlánticas de Galicia (Atlantic Islands Maritime-Terrestrial National Park), is the largest in an archipelago which takes in other groups of islands like Las Malveiras or Las Briñas. To tour the island, it is necessary to take the footpath which borders it, parallel to the sea, and which allows you to admire the natural beauty of the island. But without a doubt the most interesting aspect of Cortegada is **the biggest laurel forest in Spain**, and the most important by virtue of its age, height and density of the trees. You will also see trees hundreds of years old, many native species (oaks, pines and willows), the ruins of a hermitage and an uninhabited village, amongst many other treasures. An atmosphere full of mystery and magic.

Besides the Island of Cortegada, in the Parque Nacional Marítimo-Terrestre das Illas Atlánticas de Galicia there are other islands like Las Malveiras or Las Briñas, where visitors will be conquered and fall in love with the scenery. One curious fact: at low tide, Cortegada is linked with Carril by a path known as **Camiño do Carro (Cart Road)**, used in the past for the transportation of heavy loads.

More information at www.parquenacionalillasatlanticas.com

DURATION



1 Day

FOR



SEASON



THEME





Pontevedra, pure art

Pontevedra has been a point of great interest and attraction for all kinds of artists, especially for sketchers and painters, but also for sculptors. **The Museum of Pontevedra** possesses drawings and watercolours of great value, and also sculptures where the local people are the main subject. You can make a tour of the halls of the various buildings which make up the museum and contemplate those magical views and landscapes from the past and the present of the province. A perfect plan for talking about art, history, nostalgia and of course, the future. **The visit can be made freely** by an established itinerary (available at reception in the Six Building of the museum), or by booking a free guided tour with the education department (Gabinete Didáctico).

More info at www.museo.depo.es



DURATION



2-3 Hours

FOR



SEASON



THEME



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In the footsteps of Valle-Inclán

Don Ramón María del Valle-Inclán (1869), the illustrious author from Vilanova de Arousa, did not usually make concrete toponymical references in his works. However, and faithful to his unique style, in many of them appear holy names, patron saints and churches, trying to mix the physical reality of villages and areas with his great fantastical creativity. Don Ramón María lived in several localities within Rías Baixas, like **Pontevedra** and **Cambados**. During his time in the town of Lérez, where he would often participate in various circles with intellectuals and writers of the era, he published his first book, **Femeninas** (1885). As such Pontevedra offers you a magnificent opportunity to follow in the footsteps of Valle-Inclán visiting the places where he was born, grew up, was educated and lived, and which has been so well recreated in his works.

More info at www.museocuadrante.com



DURATION



1 Day

FOR



SEASON



THEME



Don't leave him at home: the best route with your best friend

Dogfriendly

What better than to tour Rías Baixas in the company of your dog? There's no need to leave your pet at home, in fact quite the opposite. You can unconditionally enjoy the innumerable footpaths which traverse the best landscapes, and all with one element in common, water.

For devotees of the beach, in **San Vicente do Mar (O Grove)** you can enjoy **Playa do Espiño**, a magnificent beach where access is allowed with dogs. There is a route starting at the sports marina of San Vicente do Mar and returning by way of a footpath through the Woods, an ideal option for finishing off your day at the beach.

Also in O Grove, the **vantage point of A Siradella**, allows you to enjoy this beautiful space with your faithful friend.

In **Caldas de Reis**, the **river Umia's** waters churn in the **Fervenza de Segade**, in a drop of around 30 m forming small pools at its passage. The ruins of an old hydro-electric plant, the bridge of Roman origin and several reconstructed watermills mark the river's passage.

In **Ribadumia** there is the option of a route which follows the course of the river Umia, and on its passage from **Vilanova de Arousa** crosses the **bridges of Cabanelas, Santa Marta and Pontearnelas**. Or you can continue along the course of one of the tributaries of the river Umia, the river Armenteira, which will take us to the **Monasterio de Armenteira** (monastery of Armenteira) in Meis. You will cross much cultivated land and vineyards of Albariño grapes.

For a change of scenery you can visit the **windmills of Abalo (Catoira)**, at the mercy of winds from the Atlantic. Their system of double blades is unique in Europe and the views over the ría allow you to feel the magic of sunset as the finishing touch to your walk.

DURATION



2-3 Hours

FOR



SEASON



THEME



DEPUTACIÓN
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Children and bad weather?

Guaranteed fun!

This route through the interior of the province will make you experience new sensations through nature, culture and games. Why? Because Rías Baixas is an ideal place for families. You will find sunshine and beaches, but also the interior and mountains.

A visit to the **Nature Classroom (Aula de Naturaleza)**, **Caldas de Reis** is essential, as is the **Ecomuseum (Ecomuseo)**, **Valga**; learn to play in the **Marionette Museum (Museo de la Marioneta)**, **Lalín**; or learn a little more about our culture in the **Ethnographic Museum Casa de O Patrón (Lalín)** and the **Ethnographic Museum Terra de Montes (Forcarei)**.

You can also visit places like the vantage point of **A Serra do Cando (A Lama)** or the **natural park of River Barosa (Barro)**; journey to the Moon at the **Astronomical Observatory (Forcarei)** or pass a fun day at the farm school **Granja Escuela Fervenza de A Toxa (Silleda)**.

Another option is to travel back in time and find other treasures: the group of **watermills at Meis**; visit the **archeological park of Rock Art (Campolameiro)**; dare to cross the **suspension bridge at O Xirimbao (A Estrada)** or tell tales of princesses and knights in the **Towers of Ramil (Torres de Ramil, Agolada)**.

DURATION



4 Days

FOR

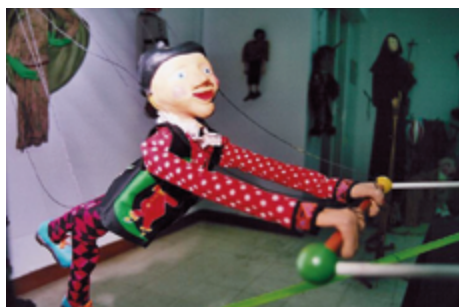


SEASON



THEME





A trip through the Medieval

Do you fancy a journey back in time? Live as a warrior, become a feudal lord, live in a monastery, enjoy a period market, visit defensive positions... In the interior of Pontevedra you will find a great variety of places which show us the past throughout the early and late Middle Ages.

We begin our journey into the interior and we experience the allure of life during the Middle Ages, a fantastic opportunity to learn in a fun way what our ancestors used to do.

The tranquility of the **monasteries of Carboeiro (Silleda)** and **Aciveiro (Forcarei)** will take you back to an era of liege lords and warriors. The former was founded by the Counts of Deza, Tareixa and Gonzalo Betótez, while the latter was created on the initiative of twelve monks who arrived from Claraval (called by King Alphonse VII).

The towers of Cira (Torres de Silleda), where the famous archbishop Xelmírez was imprisoned, will make you feel like a genuine master of strategy. **The tower of Guimarei (A Estrada)** incites you to tell stories of knights and wars. And **the walls of the country manor Pazo de Camba (Rodeiro)** invite us in to discover its secret passages.

But if you truly wish to experience the real Middle Ages, you must visit a genuine medieval market, known as "pendellos". There are three essential ones: **the pendellos of Dozón, Rodeiro and Agolada**. The latter are the most well-known, and in 1985 were declared Historical Artistic Monuments.

DURATION



2 Days

FOR



SEASON



THEME



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Rías Baixas welcomes caravans

Suitcases, full tank and a map. That's all you need for a holiday in a caravan. If it sounds good, here's a few ideas:

A route through Rías Baixas in a caravan can begin in the north. Hiking and architecture come together to create a day full of the colour green: Here the scenery is marked by contrasts between highland and deep valleys, where we see breathtaking waterfalls like **Fervenza do río Toxa** or **Fervenza de Férveda**, both to be found in the municipality of Silleda. A visit to **Monte Faro (Rodeiro)** or to **Serra do Candán (Silleda)** is a must for watching the most beautiful sunsets; or places like **Fraga de Catasós** or the oak grove of **Carballeira de Barcia**, in Lalín, to better know our native forests.

Perhaps you didn't know, but the different cultures that peopled Galicia all left their mark on our territory, therefore (and without doubt) we must highlight the hundreds of catalogued hill fort sites which exist in our land. You can bury yourself in the history of **the region of Deza**, the part of Galicia with the highest concentration of Celtic settlements (hillforts). **CastroDeza** is an interactive location dedicated to the spreading of knowledge concerning the importance of hillfort culture (more information at www.castrodeza.com).

We also recommend that you visit the **group of hórreos (traditional grain stores)** at **Eira da Ermida in Cerdedo**, the **Curro de Sabucedo in A Estrada** and the **Foxo do lobo in Cotobade**.

In few words, we recommend that you cross rivers, sleep in forests and contemplate landscapes. Free yourself. The province and its pleasant geography make it easy to travel around, making us one of the favourite places for touring in a caravan. Enjoy!

DURATION



3 Days

FOR



SEASON



THEME



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Forests

The inland part of Rías Baixas conserves nature in its purest state, with traditional hamlets which will delight any visitor. If you like nature, and you have come to Rías Baixas to have fun, you will be delighted with this experience.

This route will take you to **Vila de Cruces**, where you can stroll through the area called **Os Sobreirais do Arnego**, the **reservoir of Portodemouros** and the **islands of Gres (Illas de Gres)**. If you want an impressive panoramic view of the Galician interior, you must climb up to **Alto da Madanela**. We recommend that you make the most of the opportunity and try a plate of **galo de curral (cockerel)**, accompanied by a glass of Albariño wine, Designation of Origin Rías Baixas.

In **Silleda** you can admire the beauty of the **waterfall on the river Toxa** and its surroundings when you take the **footpath in O Deza** from **A Carixa** to the **Monasterio de Carboeiro (monastery of Carboeiro)**. It's a good moment to stop and try a **piece of pasty (empanada) from Bandeira**. The visit can continue at the **Lagoa Sacra (sacred lake) in Olives** and at **As Brañas in Xestoso**. To finish, the **Carballeira (oak grove) de Crespa**, a great unknown of the region.

In Lalín you can visit the hamlet of **Codeseda**, in **Doade**; but if there is one thing **Lalín** is famous for it is the **Feria do Cocido (a culinary festival)** the Sunday before Carnival, dedicated to one of the most renowned dishes in Galician gastronomy. To round off the day, there's nothing better than a stroll through **A Fraga de Catasós**, an indispensable natural monument.

DURATION



2 Days

FOR



SEASON



THEME



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Welcome cruise passengers

It's time to enjoy Galicia's biggest city, are you ready?

As soon as you disembark, the harbour welcomes you with the **Monument to the Emigrant** and other sculptures like the one of **Jules Verne**. From here, we suggest that you lose yourself amongst the serpentine streets of the old quarter of Vigo, commonly known as "**Casco Vello**", and that you don't miss the opportunity to try one of the many popular delicacies of Rías Baixas: **the oysters**. In **Praza de A Pedra**, the experienced "ostreiras" (oyster sellers) show off their skills opening and serving their wares which we assure you will not leave you indifferent.

Also in Casco Vello you will observe examples of the religious architecture of the city, like **the co-cathedral of Vigo ("La Colegiata")**. If you continue towards **Puerta del Sol** you can say hello to **El Sireno** and begin a route taking in the city's most emblematic buildings: **La Casa das Artes**, **El Moderno**, **Teatro García Barbón** or the **MARCO (Museum of Contemporary Art)**, situated in the most attractive commercial zone of Vigo (**Calle Príncipe**). If you continue climbing, you will arrive at the highest point of the city, **Monte de O Castro**, whose fortress will delight you with spectacular views of the **Ría de Vigo**.

So, if by now you have covered all the most important points of the city and you would like to go a little further afield, we'll give you a few ideas. Heading south you will come to **Baiona**, a small town where you can visit **Columbus' caravel Pinta** and climb up to the **Mirador (vantage point) de la Virgen de la Roca**. If you continue south, you will arrive at **A Guarda**, a village where sea, river, beach and mountain all meet. **The Citanía de Santa Trega (fortified city of St Trega)** presents the most significant sample of Roman "castro", or hill fort, culture and, at its highest point, the views of the mouth of the **river Miño** allow you your first glimpse of Portugal.

DURATION



5 Hours

FOR



SEASON



THEME





Behind the Order of Saint John of Malta

Vigo

Would you like to experience a little bit of history and visit a church which once belonged to the Order of St John of Jerusalem or Malta? Then you must visit the parish of **Castrelos**, which belonged to this order until the year 1862. You can also pay a visit to **the church of Santa María de Castrelos**, an authentic Romanic jewel consecrated in 1216 and distinguished by the impressive ornamentation of its western door, its symbolism and its possibly Templar crosses.

Bueu

On the peninsula of O Morrazo, we arrive in Bueu, where we can visit **the church of Santa María de Cela**, a parish church from where we have a magnificent panoramic view of the coast. Romanic in style, its typology is a faithful reflection of the churches built by the Order of St John. It consists of a single nave completed by a rectangular apse on which a span of groined arches opens up. It also possesses a curious tympanum decorated with two lions flanking a hooded figure and three crosses.

Marín

The church of Santa María do Campo in Marín was built at the end of the C12th and beginning of C13th. It is of the late Romanic style, conserving from this era a triumphal arch, rugged, narrow and pointed, through which access is gained to the rectangular presbytery. In a second phase of construction, in the C16th, the baroque style nave was added. It also houses some magnificent gothic murals.

DURATION



1 Day

FOR



SEASON



THEME



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O Morrazo

and the traces of our ancestors

Tour **O Morrazo**, an area full of the vestiges of the first inhabitants, and let your imagination run wild to better understand their way of life, their habits and their beliefs. It is here where legends from a remote past continue to feed the mystery surrounding the petroglyphs, a collection of signs and pictures carved into the rocks millennia ago. This form of communication has come down to us to show us the activities which were considered prestigious during the Bronze Age, the era which has left to us the biggest amount of Rock art.

The **Petroglyphs of Mogor (Petroglifos de Mogor)**, **Marín**, is a rocky outcrop made up of three groups of rocks: **Pedra or Laxe dos Mouros**, which contains over thirty sculpted motifs; **Pedra do Labirinto**, the best preserved of all and the most curious, and **Pedra dos Campiños**.

Mámoas are burial mounds made of stone and earth, characteristic of the Neolithic Age. Hidden inside is a dolmen, a structure made up of various stones which form a type of stand. The well known **Mámoa do Rei (Vilaboa)** is one of the biggest preserved mounds in the megalithic grouping at **Chan de Castiñeiras**, 25 metres in diameter and 2 metres high.

Situated in strategic places and with spectacular views, the castros are fortified settlements built in the Bronze and Iron Ages. The **castro of Monte do Facho (Cangas)** is a Galician-Roman archeological site which once witnessed distinct aspects of local life. The views offered from this settlement let you admire the beauty of the “rias” and their islands.

DURATION



1 Day

FOR



SEASON



THEME



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On the crest of the wave

Do you enjoy water sports? If so, you have come to the right place. In Rías Baixas passion for waves grows every year, and it's no surprise; here you will discover one of the best parts of Spain for surfing and other similar sports.

At **Nigrán** is located the huge beach of **Playa de Patos**, a geographical enclave privileged for the diversity and beauty of its scenery, and which creates excellent conditions for surfing. You will often see both professionals and amateurs surfing at any time of year, but it is at summer's end and in winter when the southerly winds predominate. Playa de Patos (almost 1,1 kms long) is without doubt the surfers' beach 'par excellence' in the southern region.

Close by is located **the nature spot of Monteferro**, where you can enjoy some of the best views of Rías Baixas, and other beaches close by where you can have a good splash like **Playa América** or **Panxón**.

NB: if it's the first time you take to the waves, there are several surf schools which organize all kinds of activities and courses for you to take your first steps. And of course, we recommend that you use and enjoy to the full all the possibilities offered by the surroundings, having something on one of the terraces or at the beach bars.

Beaches of interest: **Playa de Prado**, **Playa de Patos**, **Playa de Panxón**, **Playa América**, **Playa Area Fofa**, **Playa de A Madorra**, **Playa Portocelo**.

DURATION



2-4 Hours

FOR



SEASON



THEME



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Waters which relive “La Belle Époque”

This experience will take you to one of the most special townships of the Rías Baixas, not only because of its size (it is one of the smallest in the whole of Spain), but also because it has maintained beautifully its early 20th century feel. The nationwide fame of its waters has caused this spa to be named as the best in Spain several times. We are talking about **Mondariz-Balneario (spa)**.

Inaugurated in 1873 it is a pioneer in thermalism in Galicia, and a reference amongst Thermal Villas of Europe. Its waters come from two springs, **A Gándara** and **Troncoso**, which assured in a short time that a whole thermal empire would be built, and would attract very many people to Galicia. Many well-known people like Rockefeller III, King Alphonse XIII, Primo de Rivera, the Sultan of Morocco Muley Haffid, Queen Isabella II de Borbón, etc, and many other personalities of the era would meet here to socialise.

We recommend that you begin your tour at the **Palacio del Agua** and the springs. Afterwards you can submerge yourself in the spa itself whose waters will pamper and care for you. For **golf** lovers, this spa puts at your disposition an 18 hole course located in a beautiful natural environment. After relaxing you can take a pleasant stroll across **the Roman bridge at Cernadelo**.

DURATION



2 Days

FOR



SEASON



THEME





The legacy of wax

Yes. In Rías Baixas wax is also a great protagonist. A raw material which formed part of our not very distant history, and which awakens our curiosity about its fabrication, still so very important. We guarantee you that this experience will carry you back to the past, to our ancestral life and to the mysticism so typically Galician which characterizes us.

The profession of wax maker was of special relevance in recent times, especially in the economy of the municipality of Covelo. Its great ethnographic legacy demonstrates this and the best way of getting to know it is by discovering the places where wax was of particular importance.

The ethnographic route of **O Xabriña** shows us everything relating to the old profession of the “borreiros” (wax makers), given that people came here from all over Galicia to hire presses to make their own wax.

At the museum **FAVUM, O Lugar da Cera (the Place of Wax)** we have the opportunity of seeing all the different processes of manufacture which have left this ethnographic legacy still clearly visible, like the presses, pillars or “curadoiros” (where the wax was whitened), which are the best preserved in Galicia. Furthermore, the route meanders between the pines and oaks which make up **Fraga do Rei**, an area of leisure and learning which became a forest park in 2009.

DURATION



1 Day

FOR



SEASON



THEME



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Millennial fishing: the lamprey

The **lamprey** is a mysterious fish which is caught in “pesqueiras” (fish traps) along the River Miño. This odd looking fish spends several years in the sea until it returns to the river where it was born, swimming up-river against very strong currents. It has a particular flavour and has become very popular again. It is said that it is an aphrodisiac.

There are many activities directly linked to the lamprey which will make you enjoy Rías Baixas more than ever:

You can visit the famous “pesqueiras”, constructions from the Roman era still conserved to this day and which are the place where the artisanal fishing of lampreys begins. From January to May fishermen can be seen showing their skill at catching this ancestral creature.

Of course you cannot pass on the chance to try this exquisite fish. You can try it in any restaurant in **Arbo** (where every April they celebrate the **Festa da Lamprea – the Lamprey festival**) or in **As Neves**.

The **river Miño** is also the perfect location to practice sports like hydrospeed, rafting, canoeing or pirogueing. From **Crecente** to **Salvaterra de Miño** you can enjoy the most beautiful river scenery.

To complete the experience you can enjoy a stroll along the banks and through the valley of the **river Miño**, taking in manor houses (pazos) like the one at **A Fraga in Crecente**, the one in **Almuíña** and the one at **A Moreira in Arbo**.

DURATION



2 Days

FOR



SEASON



THEME



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In the footsteps of Doña Urraca

This experience is based on the life of Doña Urraca, queen of Galicia, León and Castile at the beginning of the C12th, one of the most distinguished figures of our history.

Start your route at **Castillo de Sobroso (Castle of Sobroso)**, situated within the territory of Mondariz, although it belongs to Pontearreas. This is where Doña Urraca was besieged, after her second marriage in 1117, by supporters of her son (the boy-king Alphonse VII), her sister Theresa (princess of Portugal) and the Duke of Traba. Imprisoned in the dungeon, according to legend she managed to escape by way of secret passages which led her to the banks of the river Tea. Take a trip to the river and walk along its banks, visit too **the beach and the river path at A Freixa, in Pontearreas.**

Carry on your visit as far as **Salvaterra do Miño**, where you will find a fortress which dominates the river Miño and in whose interior a vaulted room is conserved known by the name **Caves of Doña Urraca**. This fortress was the scene of many of the confrontations between Portugal and the kingdom of Castile. It is also said that within this fort there was a secret passage which the queen would use to cross into Portugal on her political and amorous forays.

Lastly, you can combine your itinerary with an experience in Viticulture, given that you are in the region of **O Condado**, where they grow part of the harvest of the famous **Albariño** grapes of the **Designation of Origin Rías Baixas.**

As a final touch, what better way to end your route than by relaxing in the curative waters at the famous **Balneario de Mondariz (Mondariz Spa)?**

DURATION



2 Days

FOR



SEASON



THEME



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