

Motorcycle Route

EXPERIENCE THE RÍAS BAIXAS



DEPUTACIÓN
PONTEVEDRA



riasbaixas



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5 DAYS WITH THE 5 SENSES



THE HERITAGE OF RIAS BAIXAS

With this guide, we will discover the magnificent cultural, historical, artistic and natural heritage of RÍAS BAIXAS. A heritage encompassing countless stories to be told, different cultures that inhabited these lands, charming villages and landscapes, and welcoming people that will make our journey so much more agreeable. A route sprinkled with castles, fortresses, pazos and their gardens, big and small churches, monasteries, ancient settlements and lush nature.

We will discover breath-taking beaches with fine sand and clear water, where we will relax and enjoy the exquisite local seafood.

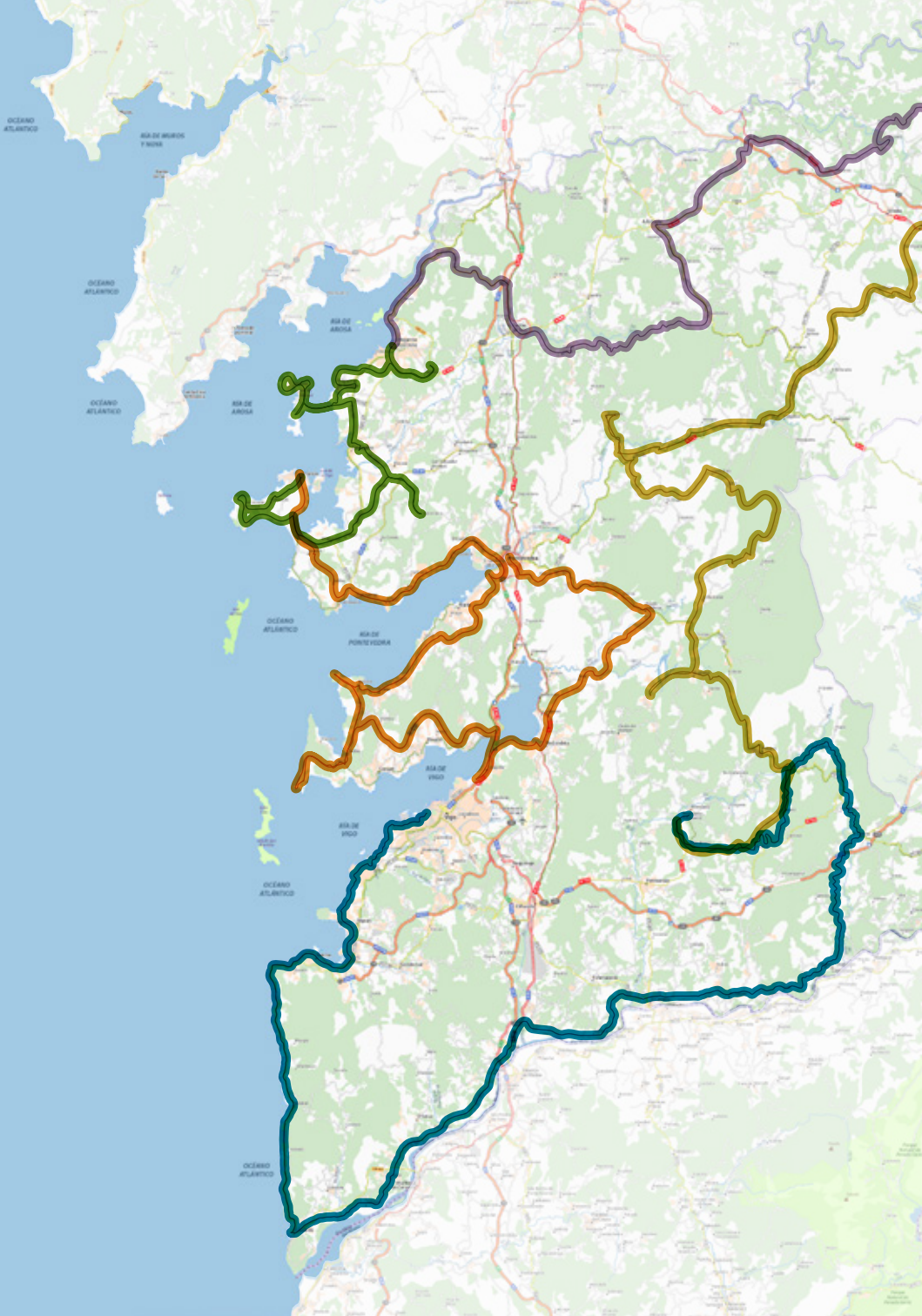
We will explore mountains crossed by winding rivers teeming with life any time of the year. We will marvel at the sounds and colours of the fauna and flora all around us.

These 5 days will bring us unique experiences to enjoy with the 5 senses. We will listen to the sounds of the forest, smell the green meadows and marshlands, see the shapes and colours of ever-changing landscapes, taste the delicious products that can only be found in the Rías Baixas and their mountains.

We will touch stones shaped as much by the hands of men as by the wind and the rain, telling us about the passage of time.

This is the Route “5 days with 5 senses.”

LA RUTA
Galifornia[®]





06 DAY 1 Vigo - Mondariz

175km



08 DAY 2 Mondariz - Lalín

174km



12 DAY 3 Lalín - Vilagarcía de Arousa

172km



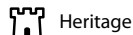
17 DAY 4 Vilagarcía de Arousa - O Grove

90km

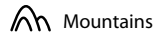


22 DAY 5 O Grove - Pontevedra

165km



Heritage



Mountains



Important dates



Rivers



City



Panoramic views



Seashore



Twisty roads



Beaches



Quiet roads



Surf

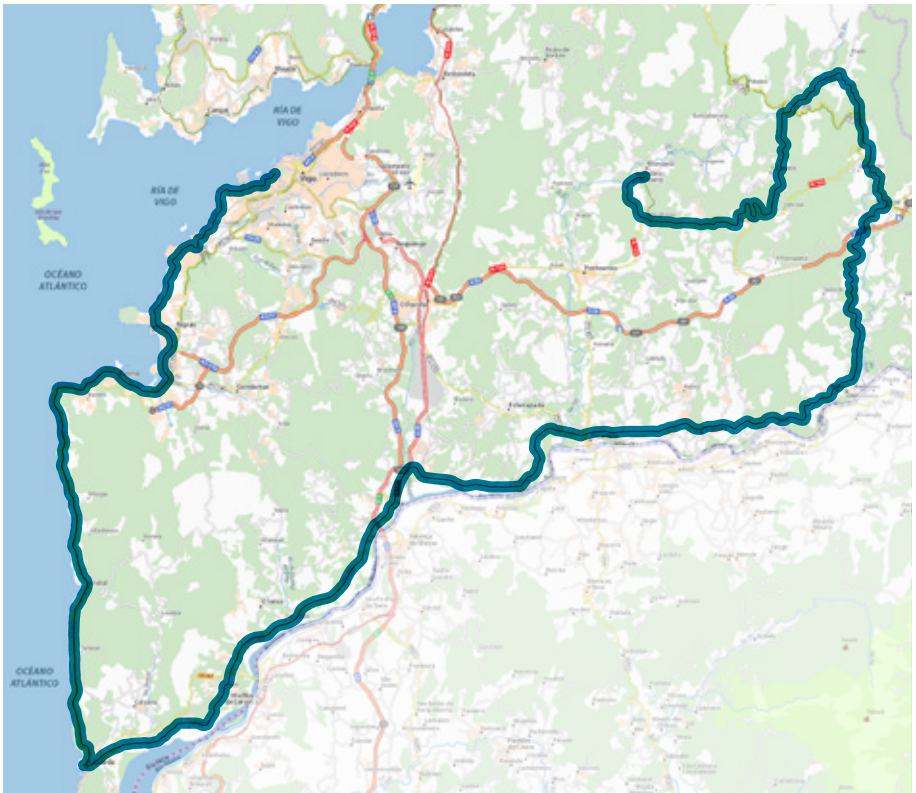
DAY 1

VIGO - MONDARIZ 175 km



Today's route will take us to the coastal roads along the Atlantic Ocean, from Baiona to A Guarda, leading us upstream the Miño river, and ending in the thermal village of Mondariz-Balneario.

This journey will allow us to admire the natural, historical and ethnographic heritage in the south of the province of Pontevedra. The Santa Trega castro settlement, the lampree in Arbo, the Castle of Sobroso and the hundreds of hectares covered in vineyards, flowers and fruit trees make this first stage unique.





Our journey starts off leaving the city of Vigo behind. However, before taking off, you should go for a walk around the Pazo Quiñones de León. Its museum and its English garden, also known as the Tea Meadow, are two treasures to be discovered. Then set course for Baiona, the picturesque coastal town where Martín Alonso Pinzón arrived after the discovery of America and which boasts a 14th century fortress. Baiona can be reached by coastal road PO-325. On your way to your first stop, you will also leave the beaches of Samil, O Vao, Patos and Panxón behind.

Having reached Baiona, you need to take road PO 552, a delight for all bikers and coastal landscape lovers. Dance along with the bends of the road, marvel at the strength of the Atlantic ocean crashing into the rocks, and take in the air filled with the smell of saltpetre. Enjoy the meandering road and feel the sunlight shining on every mile of it. A few kilometres from Baiona, passing the lighthouse on Cabo Silleiro, you will find

Oia. There, you should leave PO 552 and ride down to the port of Oia, where you will find the only coastal monastery there is, the Monastery of Santa María, a real beauty located on a small beach where only the boldest dare to surf.

Then you must go back to PO 552 towards A Guarda. Keep indulging in the sights and the smells on your way up to Mount Santa Trega, with its Celtic-Roman settlement dating back to the 4th century before Christ. On the slope of this mountain lies the charming fishing village of A Guarda, renowned for its seafood, especially its lobster. You can try their delicious lobster at any of the countless restaurants in this town.





Leaving A Guarda behind, you need to take PO 552 towards Tui and up to Tabagón, where you should take roads PO 3203 and then PO 3303 to get to the parish of Goián, proud home of the fortress of San Lourenzo de Goián, an 18th-century fortified castle with the star-shaped floor plan usually found in modern fortresses.

Keep riding through the fertile valley of the Miño river, with its fields scattered with greenhouses where flowers and fruit trees are grown. Road PO 552 will take you to N 551, which, in its turn, will lead you to Tui, historical capital and one of the most beautiful towns in the Rías Baixas.

You must definitely make a stop and visit this town. Get off your bike and wander around the old town until you get to the Cathedral of Santa María de la Asunción. Sitting in the border with Portugal,

atop a rocky hill by the Miño river, this cathedral has witnessed the history of this area throughout the centuries. Inevitably linked to the town, it speaks of history and tradition.

Having walked around the streets of Tui and admired its impressive cathedral, you need to leave it behind and take N 551 and then PO 404 towards Guillarei at the roundabout. The latter will lead us to Salvaterra de Miño, where the Castle of Salvaterra awaits us. Also known as the Castle of Doña Urrana, it is yet another hidden treasure in the heart of the Rías Baixas.

Since you left A Guarda, you have been riding through the famous lands of Rosal, a region with the Rías Baixas designation of origin. O Rosal, Tomiño, A Guarda, part of Tui and Gondomar, all of these are lands of vineyards, which smell like wine

and taste like grapes. In the vicinity of the Tea river, vineyards are also plentiful, as we can see on our way along the roads of Salvaterra de Miño, As Neves, Arbo, Crecente, Salceda de Caselas, Pontearreas, A Cañiza or Mos.

Riding among vineyards, we will get to Arbo, capital of the lampree, where there is a museum about the wines with the albariño designation of origin, the region of Condado del Tea and the lampree, a peculiar and tasty inhabitant of the region much sought-after in many kitchens.

Having stopped in Arbo, we must set course for the last stages of our journey. We are going to Mondariz, but we will make our last stop first at the majestic castle of Sobroso. This is a Medieval fortress located in Villasobroso, in the municipality of Mondariz, which was almost entirely destroyed in 1467 during the Irmandiño revolts and then rebuilt by Pedro Madruga in the 15th century.

After visiting the castle, take road PO 400 and then EP 5003 towards a A Cañiza. The cured ham sandwiches here are a must-try for anyone travelling to Madrid and wishing to recover some strength.



It's not black label, but it's our ham, and it's delicious.

From the centre of A Cañiza, take road Nacional 120 to Villasobroso and follow it until you get to a straight stretch overlooked by the Castle of Sobroso, surrounded by huge oaks, chestnuts, cypresses and camellia trees.



Here, get off your bike and enter the castle, crossing its thick stone walls. A small chapel, a drawbridge and a moat are the first things you will see. The rest of it you will discover for yourself—if we told you every detail, we would ruin the experience for you.

Say goodbye to Doña Urraca and Don Pedro Madruga, for you must head towards Mondariz-Balneario. There, a well-deserved relaxing experience awaits you after so many miles of riding and walking.

As for the small thermal village of Mondariz Balneario, words are not enough to describe it. Just go there and enjoy, relax and feel the benefits of its waters. You will feel so much more rested tomorrow.

For now, it's time to say good night!

DAY 1

Quiñones de León (Vigo)

It dates back to the old Pazo de Lavandeira. In the late nineteenth century it was inherited by María de los Milagros Elduayen, the eighth Marquise of Valladares, and her husband Fernando Quiñones de León, Marquis of Alcedo; they converted it into a public museum and park.



Fortaleza de Monterreal (Baiona)

From the 14th century, half mediaeval fortress, half a Galician Pazo. It has a surface area of 180,000 m² and a wall of 3 km. In the 18th century it was the private residence of the Count of Gondomar. Of particular note with this Pazo is the Prince's Tower, in all likelihood named after the historic event of 1137, when the Portuguese prince Alfonso Enriques was held here as a prisoner of Alfonso VII.



Monasterio de Santa M^a de Oia

The Monastery of Santa María de Oia, declared a Monument of Historic and Artistic Value in 1931, started to be constructed midway through the 12th century, tied to the privileges granted by King Alfonso VII. A community governed by the rule of San Benito. In 1185 it came to form part of the Cistercian Order. Romanesque, Gothic and Baroque architectural elements can be observed, a consequence of the reforms that have taken place from its construction through to the 20th century.



Santa Trega (A Guarda)

It is a Castrexo-Roman town whose occupation is between the 4th century BC and the 1st century AD. C., in a period of process of romanization of the peninsular northwest. Between 2015 and 2016, after a new excavation in the settlement by the Diputación de Pontevedra, important findings have been discovered such as a stone head, Roman amphoras, Roman lamps pieces of Terra Sigillata, fragments of decorated styling and more than 42,500 pieces in addition to stony elements.



Catedral de Tui

The Cathedral of Santa María de Tui is the leading exponent of the city's artistic wealth. It was started in the 12th century, with a Romanesque-style floor-plan, outside walls, north facing door and capitals with magnificent iconography. The main front of the Cathedral is of a Gothic style, the first façade of this type on the Iberian peninsula, and there are different scenes on the tympanum depicting the birth of Christ.



Castillo de Salvaterra

Fortification originated in the Middle Ages formed by a walled enclosure and its premises, which provides an advantageous vantage point on the Miño River. Its history is composed of a series of events that give name to some of its most distinctive spaces, such as Palacio de Doña Urraca, named after the stay of Queen Urraca of León in the fortress, from where she led operations against her sister Theresa, countess of Portugal.

Museo Arbo (Arbo)

Interactive museum with exhibitions on the wine of the Designation of Origin «Rías Baixas», of the sub-county of Tea, as well as documentation and exhibition on the lamprey, curious and tasty fish that is caught in this area of Galicia. You can also see documentaries about the cultural and landscape heritage of the town hall. Exhibition room of wines without sale to the public.



Castillo de Sobroso (Mondariz)

The castle, formerly called "Soveroso" in account of the "sobreiras" or cork oaks living in the surrounding area, is located in a rocky promontory in the hill of Monte Landín, 334 meters above sea level. The existence of Castillo de Sobroso was first documented in "Historia Compostelana", an historical source of great relevance during the 12th century.



Mondariz-Balneario

The Gran Hotel building is surrounded by extensive gardens, ideal for strolling. The spa chapel is situated in the middle of the forest, in honour of the Virxe do Carme, patron saint of the waters. Spa customers can enjoy the large pool situated there. There are also gardens open to non-customers, also called the Bosque Gran Hotel.



- **Fiesta de la Reconquista - Vigo**
1st weekend after 28 March.
- **Fiesta del Santísimo Cristo de los Afligidos de Bouzas - Vigo**
3rd Sunday of July.
- **Fiesta de la Arribada de la Carabella Pinta - Baiona**
1st weekend of March.
- **Fiesta de la Langosta y de la Cocina Marinera - A Guarda**
1st weekend of July.
- **Fiesta del Monte - A Guarda**
2nd week of August.
- **Feria del Vino del Rosal - O Rosal**
3rd weekend of July.
- **Descenso Internacional del Río Miño - Tui**
3rd Saturday of August.
- **Fiestas Patronales de San Telmo - Tui**
1st Sunday after Easter.
- **Fiesta de la Lamprea - Arbo**
Last Sunday of April.
- **Feria del Jamón - A Cañiza**
15 August.
- **Romerías de la Virgen de la Franqueira - A Cañiza**
Pentecost Monday and 8 September.



- **Jardines y Museo Quiñones de León - Vigo**
+34 986 295 070 - www.turismodevigo.org
- **Fortaleza de Monterreal - Baiona**
+34 986 355 000 - www.parador.es
- **Monasterio de Santa María de Oia**
+34 986 902 453 - www.monasteriodeoia.com
- **Citania de Santa Trega - A Guarda**
+34 986 614 546 - www.aguarda.es
- **Catedral de Tui**
+34 986 600 511 - www.catedraldetui.com
- **Castillo de Salvaterra**
+34 986 658 126 - www.concellodesalvaterra.org
- **Museo Arabo - Arbo**
+34 986 665 000 - www.concellodearbo.es
- **Iglesia de Santa Teresa - A Cañiza**
+34 986 651 000 - www.cañiza.org
- **Castillo de Sobroso - Vilasobroso**
+34 986 654 305 - www.turismoriasbaixas.com
- **Mondariz-Balneariz**
+34 986 656 156 - www.mondarizbalneario.es

www.turismoriasbaixas.com
www.depo.gal

5 DAYS WITH THE 5 SENSES

Something you must try

In Arbo, try any lampree dish and pair it with a good albariño wine from the Rías Baixas.

Something mysterious and magical about this place

A replica of the caravel manned by Martín Alonso Pinzón, the Pinta, which arrived from the voyage to the Indies that ended in the discovery of America, can be seen docked in the port of Baiona.

Something typical

Climb Santa Trega Mountain, discover the castro settlement there and admire the views over the estuary of the Miño river.

Something to ask about and discover

The castle of Sobroso, in Mondariz, a fortress dating back to the 15th century where Doña Urraca stayed and which fell under the locals' wrath.

Something to touch, smell and hear

The sound of the waves beating against the rocks while you ride along the coastal road from Baiona to A Guarda.



DAY 2

from MONDARIZ to LALÍN 174 km



Mainland Pontevedra is a wild area. The steep mountain ranges of O Xurés, O Cando and O Candán are home to vertiginous waterfalls and to fierce predators that cross their skies. However, if you take a closer look, this region will show you its most gentle side that of river beaches, castro settlements and medieval villages. This is not an area for mass tourism but, if you give it a chance, it will definitely win your heart.

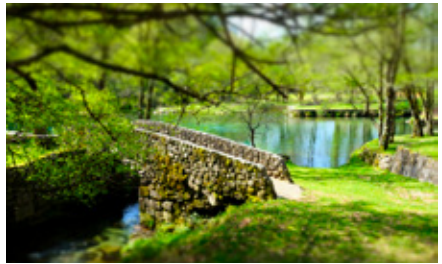


Many of the hidden treasures in mainland Pontevedra can only be discovered by walking the hundreds of kilometres making up its weave of paths and tracks. Natural, ethnographic and intangible heritage await us in this 150-kilometre journey which will take us three hours to complete and will lead us from the thermal village of Mondariz-Balneario to Lalín, the capital of Galician cocido. This is a genuine route for bikers, with mountain roads, rivers, and many, many bends.

The village of Mondariz is the starting point of this route, and the river beach of Maceira, in Covelo, will be our first stop along the way. We should take road PO-252 towards the centre of Mondariz, and, once there, turn into winding road PO-261, which we will follow for some kilometres until we reach the centre of the village of Maceira. From the fairground, turn left

towards the river, which boasts one of the best river beaches in the province, perfect for family Sundays. After a refreshing bath in the Tea river, we set course for another rivery land, Fornelos de Montes. If we take meandering road PO-9303 and walk through the steep Xurés mountain range, hunting ground for various birds of prey, we will get to one of the rainiest municipality in Galicia. There, the Ruínas da Cidade await us—an ancestral castro settlement hidden in the woods and surrounded by rivers and mountains where fish and game are plentiful. This made it possible for the civilization who lived here to last until the Middle Ages and for this spot to become an important trade hub. Just a few metres away lies another majestic land, born from the union of the works of Nature and the works of men: the reservoir of Eiras. The views are worth stopping your motorbike, setting foot on the ground and taking a deep breath to admire the vastness of this place that supplies water to a good deal of the metropolitan area of Vigo.

municipality of A Lama, and let ourselves be captivated by the most authentic, untarnished side of Galicia, where corn fields and cattle replace bricks and mortar. Almost without noticing, we will arrive at the slopes of the most peculiar mountains in the region, home to a colony of unique birds, the vultures. Many bikers have had the privilege to see these giants of the skies, who have made O Cando mountain range their home, fly in circles above them.



In our journey towards the village of Soutelo de Montes, we will cross the range from south to north by means of a challenging track that will show us these rocky slopes in all their glory. If we stop here to meditate for some minutes, fortune may favour us and give us the chance to watch some Galician vultures, hard but not impossible to spot. The epic journey to Soutelo will take us through landscapes of unparalleled variety and beauty. Our pace will be set by the motion of the countless windmills scattered along the crest of this magical mountain range where the doorway to the underworld can be found, or so the legend goes. The origins of Porta do Alén, an ensemble of fractured rocks over a great flat block of stone, might or might not be human.



This route along the sides of the mountain ranges of O Cando and Candán has even more pleasant surprises in store for us. But, before discovering them, we must head north, towards the



Just in case, make sure that you enter and exit through the same spot, or you will remain trapped in the land of the dead. Another impressive landmark atop this mountain range is Marco do Vento, a huge menhir that makes climbing to the summit worth the effort.

In the middle of O Cando also lies the parish of O Pelete, home to one of the eldest inhabitants of Galicia—the five-hundred-year-old impressive oak of A Lama, which has been watered with wine by the local wine producers for centuries.

Before heading for the Monastery of Santa María de Aciveiro, in the heart of the Candán mountain range, we will make a stop in the village of Soutelo, renowned for their strawberry jam, which is sold all throughout Spain. On our way to the Monastery of Forcarei, we will cross the Candán mountain range, a perfect area for birding, since it is the home of several species of birds of prey, such as the eagle owl, the golden eagle and the northern goshawk.



This incredible setting will be one of the last places where we will stop along our journey. Founded in year 1135, under the reign of Alfonso VII of León and Castile, was the centre of the economic and social life of the Terra de Montes until the 19th century. This place is perfectly preserved, so much so that the Council of Husillos scenes in the TV series *El Final del Camino* were shot here. This series tells about the fall of the bishop of Compostela, Diego Peláez, due to him supporting the king of Galicia instead of surrendering to the crown of León.

Lalín awaits us at the end of road PO-534. If we take our eyes off the road for a second, we will see hues of green all

around us. These are the little farming plots that the locals try hard to keep working despite the demographical crisis lashing mainland Pontevedra. Once in the capital of Galician cocido, we will take our last turn to get to the Pazo de Liñares, an 18th-century building where Galician writer Emilia Pardo Bazán spent most of her life. Having been intensely restored, this building now houses the Galician Centre for the Management of the Archeological Knowledge of Castro Cultures, as well as the Puppet Museum. Walking in its gardens is another interesting option. This is the perfect place to rest and stretch our legs, knowing that tomorrow there is more in store for us.



DAY 2

Mondariz-Balneario

The Gran Hotel building is surrounded by extensive gardens, ideal for strolling. The spa chapel is situated in the middle of the forest, in honour of the Virxe do Carme, patron saint of the waters. Spa customers can enjoy the large pool situated there. There are also gardens open to non-customers, also called the Bosque Gran Hotel.



Fragas do Río Barragán (Pazos de Borbén)

The River Barragán runs through the parishes of Pazos de Borbén and Fornelos de Montes. The Fragas del Barragán route (PR-G164) was created and enhanced in 2011. The trail runs approx. 18 km, has a medium gradient and is of a medium level of difficulty. The entire route takes almost 5 hours in total.



Parque Arqueolóxico del Arte Rupestre de Campolameiro

The Archaeological and Rock Art Park is an ambitious cultural facility created by the Xunta de Galicia with the aim of generating an integrated management model that will set the necessary balance between conservation, research, and dissemination of Galicia's petroglyphs. In this sense, the Archaeological Park is a cultural infrastructure designed for intelligent leisure - an interactive and fun educational space.



Monasterio de Aciveiro (Forcarei)

This outstanding hotel is in an old monastery, a Romanesque architectural gem built in 1135 under the guidance of King Alfonso VII, and incorporated into the Cistercian Order in 1170. The extremely careful refurbishment of the building has faithfully respected the structure of the monastic enclosure which, following architectural guidelines of the Cistercian style, arranges the rooms around the cloister.



Pazo de Liñares (Lalín)

This is a 17th-century manor house founded by Álvaro Núñez Taboada, where Emilia Pardo Bazán used to enjoy long stays in the company of the Taboada family. It was inhabited until the beginning of the 20th century, although during the 19th century it was already only used as a summer residence. The house is shaped in the form of an L and its row of balconies is one of the main features.



- **Fiesta del Gaitero - Soutelo de Montes**
3rd Saturday of August or 16 August.

www.turismoriasbaixas.com
www.depo.gal



- **Mondariz-Balneario**
+34 986 656 136 - www.mondarizbalneario.es
- **Fragas del Río Barragán - Pazos de Borbén**
+34 609 635 041 - www.sendadobarragan.com
- **Parque Arqueológico de Arte Rupestre - Campo Lameiro**
+34 986 696 066 - www.paar.es
- **Monasterio de Aciveiro - Forcarei**
+34 986 569 350 - www.forcarei.net
- **Pazo de Liñares - Lalín**
+34 986 986 787 060 - www.lalin.gal

5 DAYS WITH THE 5 SENSES

Something you must try

The jams made in Soutelo de Montes are famous all over Spain.

Something mysterious and magical about this place

Watch your step in the mountain range of O Cando. There lies the doorway to the underworld. If you dare cross it, you should carefully retrace your steps; otherwise you will remain trapped in the land of the dead.

Something typical

Maceira, a village in Covelo, is home to one of the best river beaches in the province. If you haven't been there yet, we don't know what you're waiting for.

Something to ask about and discover

They do exist. Not witches. Vultures. A clue? They live in O Suído and O Cando.

Something to touch, smell and hear

In Ruínas da Cidade, in the heart of the woods of Fornelos, you can feel the weight of history.

A wooden boardwalk leads from the foreground towards the ocean at sunset. The boardwalk is made of light-colored wooden planks and curves slightly to the right. The foreground is filled with coastal vegetation, including green grasses and small purple flowers. The ocean is visible in the background, with the sun setting on the horizon, creating a warm, golden glow. The sky is a mix of soft yellow and blue.

5 DAYS WITH THE 5 SENSES



LA RUTA
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PATRIMONIO RÍAS BAIXAS

DAY 3

from LALÍN to VILAGARCÍA DE AROUSA 172 km



The most traditional Galicia is awaiting us, with its vast stretches of green land sprinkled with gentle hills and scattered villages. We will discover exciting waterfalls, huge natural spaces and old pazos from ancient times. Almost without noticing, we will arrive in Catoira, where we will be captivated by the Viking culture after soaking in the thermal tradition of Caldas de Reis.



The third route of our journey around the province of Pontevedra will take us from the mainland to the coast—from crop fields, valleys and farms to estuaries, beaches and lookouts. Our route starts in Lalín, the capital of Galician cocido, where pork is worshipped and there is even a statue of a swine. After touching and taking a picture with the bronze pig, we shall head for Dozón. Riding among farms, pastures and crops on road N-525, we will get to our first stop. Leaving the church of San Salvador behind,

and before arriving in the municipality of Dozón, we must turn left towards Rodeiro, although we must take a detour first to discover a jewel of Galician architecture and history.

The Monastery of San Pedro de Vilanova is a must-see. You can reach it by a narrow road that can be taken turning right at the village of Diz. It was in 1154 when Guntroda Suárez, feudal lady, made the decision to donate her lands so that the monastery could be built. Back then,



widows used to give their lands to the church and retreat to the monasteries founded thanks to them for the rest of their days. The name and date of foundation of this monastery for women are carved in the apse.

Having admired the peculiar architecture of this building, and its main façade pointing east, we will retrace our steps until we reach provincial road PO-533, which will lead us into the municipality of Rodeiro, one of the last great livestock bastions in the province. Cattle, pig,

sheep and goat farms are interspersed with green pastures that disappear into the horizon. An immersion in every way and for every sense, even smell, which will soon alert us of the presence of these animals if we are lucky to see them on our way. Anthropological heritage is another jewel of Rodeiro, with countless petroglyphs carved in rocks and pazos such as the Pazo de Trasulfe, a lordly house dating from the 16th century and representing the noble history of Galicia.

Crossing Rodeiro and taking road PO-212, we will reach Agolada, a municipality where yet another treasure telling us about the Galician way of life throughout the centuries is hidden. The Medieval market of Os Pendellos is a historical ensemble that allows us to understand the rural lifestyle better, together with the difficulties of ancient times. It is a space for trade, with functional stone constructions and no



decorative ambitions other than serving its purpose on the market and fair days.

Back on the road, we will set course for a unique natural space that can be reached by EP-6302, taking us to the heart of the cork oak woods of Arnego. These woods stretch for over 1,000 hectares and are framed by the valley of the Arnego river. Stop your bike and walk in the shade of these hundred-year-old cork oaks, chestnuts, oaks and many other species native to Galicia. Touching their barks, stepping on their fallen leaves and embracing their trunks are things you must experience, giving you the chance to forget about the hustle and bustle and connect with Mother Nature.

Our lungs filled with pure air, we must get on our bikes again and go discover one of the greatest monasteries in Pontevedra. Before getting there, road PO-204 will take us through Vila de Cruces and a whole network of rivers that supply water to the Deza river, the main affluent of the Ulla river.



Once in Silleda, we will need to take a few bends before we come across the Monastery of O Carboeiro, a giant that was built on top of a shrine by the disciples of Mestre Mateo, and whose decorations are strongly linked to the Cathedral of Santiago. Founded in year 939 by earls don Gonzalo and doña Tareixa, it was destroyed in the late 10th century and had to be completely rebuilt. Some 12 kilometres away lies another jewel that we must visit. The sound of water will lead us to the waterfall of Toxa, a 30-metre fall in the course of a river that is born in O Candán mountain range and flows gently through these valleys to then take this leap in the parish of Bandeira. The sanctuary of O Corpiño, one of the most important pilgrim destinations in the province, is also nearby.

A Estrada awaits us, namely the Pazo de Oca, also known as the Galician Versailles due to its exquisite, colourful gardens. But before we get there, we must roll on for quite a few kilometres through the most traditional Galicia, with its vast, deeply green meadows. Riding on one of the main roads that criss-cross the province,

N-525, we then need to take a right turn at the chapel of the parish of As Neves in order to take road PO-2017, which will lead us straight to the pazo with the most famous gardens in Galicia. As for its history, the earliest traces date back to the 15th century, under the ruling of Álvaro de Oca and his son Suero, lords of this Medieval fortress which has since been renewed on many occasions.

Our next stop will take us to Caldas de Reis, after dozens of kilometres of minor roads where we can fully admire this side of Galicia. The side where elderly women keep working their plots, tireless; where wild or tamed horses graze peacefully on the gentle slopes; where even the smell of droppings is inexplicably appealing. Without even having the time to feel tired from the road, we will arrive in Caldas de Reis. Before getting to the heart of this thermal village, we must circle the reservoir of the Umia river, and we can even take a little detour and go bathe in the waterfall of Segade. The spas, oaks and hot springs scattered around the old town are worth parking the bikes. Walk along the river, close your eyes for a while and travel back to the Belle Époque, when Caldas was a true tourist hub for the upper classes of the time, when hot springs were really popular.

The sun will begin to set over the estuary of Arousa, which is still awaiting us since we got on our bikes in Lalín, the very centre of Galicia. To get to Catoira, we must head for Santiago, but soon we will need to go northwest and take EP-8001, which will lead us to our

destination though the luxuriant Ulla valley. With the Torres de Oeste on the background, our journey will be topped if we are lucky enough to listen to a Viking story. The Vikings fiercely and persistently attacked this fortress that also repelled the Normans, Saracens and pirates for many centuries.

With a glass of albariño and views over the amazing estuary of Arousa, in the neighbouring municipality of Vilagarcía, we can leave our bikes to rest. We will resume our trip tomorrow in order to discover all the corners of O Salnés.



DAY 3

Feria del Cocido de Lalín

Festival of National Tourist Interest held on the Sunday before Carnival, in which the main attraction is the exaltation of the “cocido” (stew) and all types of pork derivatives. In the morning there is a procession of floats and troupes through the main streets of the village. The floats usually mirror the characteristic ethnography of the administrative district, or important events that have taken place over the year.



Monasterio de Carboeiro (Silleda)

It was built on top of a small hermitage called Égica, by the disciples of the Master Builder Mateo, with ornamentation closely linked to that of Santiago Cathedral. Its decadence came about with the confiscation, in the 19th century. To reach it there is a bridge that connects to the riverbank on the right of the River Deza, which has a height of almost 15 m and a width of 10 m. Today the church is considered to be a Galician Romanesque gem and is a symbol of the municipal region of Deza.



Os pendellos de Agolada

Discovering this historic area gives us a better understanding of rural life and the social features of the day. This is a space reacted for the ritual of bartering, buying and selling, chatting, bargaining, meeting, deceits and profits, hand-shaking and pouches, as well as octopus served in olive oil. These are eminently practical constructions, with no ornamentation, raised with a technique of efficient simplicity, forming rooves and huts for urgent, comfortable use on market days.



Pazo de Oca (A Estrada)

Its origins date back to the 12th and 13th centuries and it is perhaps the most representative example of typical Galician manor house architecture – a noteworthy site both for its architecture and botany. It is commonly known as the Galician Versailles and it was declared a Historical-Artistic Monument, as it is a faithful reflection of the society of that time.

Jardín Botánico de Caldas de Reis

The boom of the thermal waters propitiated, at the end of the 19th century, the projects of the Alameda de Caldas de Reis and, later, the Parque-Jardín in a part of the old carballeira.

The botanical park-garden is declared a Picturesque Place and Historical Garden. It currently has a collection of selected living plants, identified and registered under the criteria and scientific methods.



Romería Vikinga de Catoira

A Viking festival has been held on the first Sunday of August, since 1961. In 2002, this was declared a Festival of International Tourist Interest. The festival commemorates the 12th century Norman invasions of Galician territory in search of treasure, and their battles with the locals. A crowd gathers on the riverbank and on the bridge, where the Arousa Estuary meets River Ulla.





- **Feria del Cocido de Lalín**
Sunday before Carnival.
- **Romería de la Tortilla de Laro - Silleda**
1st Friday of August.
- **Fiesta de la Empanada de Bandeira - Silleda**
3rd Saturday of August.
- **Fiesta del salmón - A Estrada**
3rd Sunday of May.
- **"A rapa das bestas de Sabucedo" - A Estrada**
1st weekend of July.
- **Romería Vikinga de Catoira**
1st Sunday of August.



- **Feria del Cocido de Lalín**
+34 986 787 060 - www.turismo.lalin.gal
- **Los pendellos de Agolada - Agolada**
www.agolada.es
- **Monasterio de Carboeiro - Silleda**
+34 986 580 000 - www.silleda.es
- **Pazo de Oca - A Estrada**
+34 986 587 435 - www.fundacionmedinaceli.org
- **Jardín Botánico de Caldas de Reis**
+34 986 540 002 - www.caldasdereis.com
- **Romería Vikinga de Catoira**
+34 986 546 014 - www.catoira.es

www.turismoriasbaixas.com
www.depo.gal

5 DAYS WITH THE 5 SENSES

Something you must try

Lalín is our starting point and it would be unforgivable not to try its cocido.

Something mysterious and magical about this place

Versailles is in Galicia. At least, its gardens, for those in Pazo de Oca are every bit as beautiful.

Something typical

Our route is full of monasteries and historical pazos, all of them with their unique features and worth a visit.

Something to ask about and discover

Sitting on a bench overlooking the Torres de Oeste next to someone who tells us a Viking story. Priceless.

Something to touch, smell and hear

There is nothing more inexplicably appealing than walking on the Galician countryside and noticing the presence of cattle with all our senses.



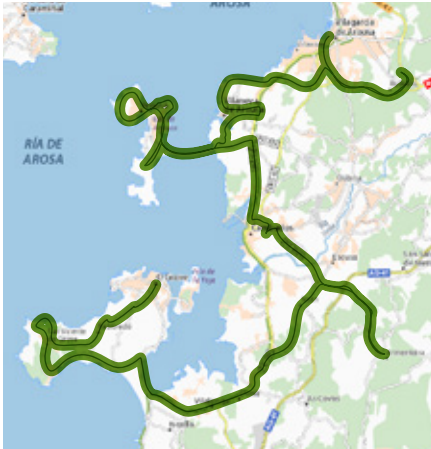


DAY 4

from VILAGARCÍA DE AROUSA to O GROVE 90 km



The estuary of Arousa will watch us as we ride along its coast. Heavenly beaches, ancient fortresses and fascinating natural spaces await us in our journey across the sea of vineyards producing our most international wine. This ride will take us from the beachfront to the heart of the region of O Salnés. Before crossing the finish line, the road will offer us some breathtaking views over the estuary of Pontevedra. A true privilege.



Overlooking the biggest of the Rías Baixas, home to bold fishermen, mythical stories and endless mussel troughs, we start a new route through the heart of the region of Arousa. Here, the sand beaches blend with the vast vineyards producing the most international wine in Galicia. Vilagarcía, the main town in this region, will be our starting point, but we must go for

a walk around this town before getting on our bikes. On the mouth of the Con river, next to a park full of history, lays the settlement of Alobre. This archaeological site, with remains from different, exotic cultures such as the Punics, the Phoenicians, the Italics or the Andalusians, proves that Vilagarcía always had an inclination for trade, from the Iron Age to the 5th century,

Having soaked in the history of Vilagarcía, we must get on our bikes and take N-640, heading for the Pazo de Rubiáns. We will be leaving Fexdega behind, one of the biggest, most active exhibition centres in the province. We will also pass by the Cementerio de los Ingleses, a private cemetery property of the Royal Navy. This cemetery was built back in 1911 to bury the sailors who died in the rough Galician waters, which used to force them to dock in the port of Arousa. The 15th-century tower on which the Pazo de Rubianes was built is



also nearby, boasting a French garden even more stunning than its architecture. Walking through its green areas in winter, when the countless varieties of camellias bloom, is a unique experience.

Back on road N-640, the backbone of the region of O Salnés, we will head for Vilanova de Arousa, birthplace of the creator of esperpento: Ramón María del Valle-Inclán. His birth home, in the style of a palace, now houses his museum on the ground floor and a reproduction of his home in the first floor. Taking a little detour from our itinerary, we can also discover one of the most renowned pazos in the region of O Salnés. Pazo Baión, named after the parish where it rises, is famous for being one of the locations in the book and TV series *Fariña*, which depicts the smuggling scene in



this region during the late 20th century. But this is far from being its only charm. Built in the 15th century, this pazo was purchased in the early 1900s by a local who had made good in America, and its albariño vineyards are its greatest treasure. They were planted in the 1970s and were the driving force of the winery industry in Arousa.

Discovering the history and architecture of this region is only one of the many joys of our route along the coast of Arousa, where the scent of saltpetre floating in the air will always accompany us. This is especially true in A Illa de Arousa, which can be reached through the longest bridge in Galicia, built in 1985 to communicate it with the continent. Riding on two wheels along the coast of A Illa is one of the great pleasures of this route, and its greatness will surprise us from the minute we cross the bridge. On our left, there is O Carreirón natural park, home to a wide variety of seabird species and boasting one of the best beaches in this estuary. On our right, we will see the village and its main road taking us up to the lighthouse. There, we can set foot on the ground for a while to admire the



horizon and eat our fill, since there is a terrace with unmatched views over the small island of Areoso.

Then we will retrace our steps and keep riding along the estuary of Arousa. The beaches, troughs and, if we are lucky, some of the dolphins that inhabit these waters, will welcome us into the capital of albariño: Cambados. The iconic Fefiñáns square, with the Pazo de Fefiñáns and the church of San Benito, will receive us. We can park our bikes here and visit this Renaissance pazo that houses the wineries with the Rías Baixas designation of origin.

This is not the only treasure hidden in Cambados, but we need to get back on our bikes to discover another one. On the slopes of the mount of

A Pastora, near an ancient castro, we will find the remains of Santa María de Dozo, an amazing setting housing the local cemetery, one of the three most renowned funerary monuments in Spain. It is hard not to feel impressed when admiring the remains of this former parish church in a fisherman's Gothic style. Its four transverse arches are the only part of it that is still standing. One of them depicts one of the seven deadly sins, but if you want to find out which one, you will have to go see it with your own eyes!

We go back to the coast to make our last stop in Cambados: the tower of San Sadurniño. This fortress is located on a little island joined to the continent by a walkway. It was built in the 9th century to repel the invaders, much as the Torres

de Oeste, which can be seen from here. However, it was not the invaders, but the local farmers, who tore it down during the Irmandiño revolts against the feudal system, in the 15th century. The earthquake of 1775 knocked it down again, and it has since remained in ruins.

From the remains of a coastal sanctuary, we will go visit another one in the prime of its life. But, in order to get there, we must cross the green ocean of Ribadumia and Meis, with the distinctive colour of grapevine leaves. We will see vineyards, bunches and leaves pass by as we ride on PO-550 and then EP-9509 until we reach the roundabout under the motorway of O Salnés. At the roundabout, we will head for mount Castrove, one of the green lungs in the region. On this mount rises the Monastery of Armenteira, an almost godly blend between natural and human. It is not only the greatness of the building that we must admire, but also its surroundings, crossed by one of the most highly appreciated trekking routes in Galicia: the Ruta da Pedra e da Auga. Weather permitting, its six kilometres are worth being walked to discover the mills, waterfalls and ponds along the Armenteira river, which led monks to build their monastery here a thousand years ago. In the late 19th century, the monastery was abandoned. It was restored 30 years ago and a small community of nuns now inhabit it, selling handmade sweets and soaps.

If we go back and take the motorway of O Salnés, we will see the landscape change as we ride on. Crop fields will be replaced by towns and, where the

motorway ends, we will stumble upon the Atlantic Ocean, always guarded by the Isle of Ons. We will then arrive at the peninsula of O Grove after crossing the neck of land linking it to Sanxenxo. On the left side of this natural bridge, we will find the most famous beach in Pontevedra. Its length, its waves sought by surfers, and its waters with fertility powers that make it easier for women to conceive are all good reasons explaining why A Lanzada is such a renowned beach. On the other side, there is the Umia-O Grove inter-tidal complex, an unmatched ecosystem where countless birds come to feed and nest and provided with designated hiding spots to watch them.

Among the dunes created by the strong ocean winds, we will arrive at the mecca of seafood. We must turn left at the first roundabout we find and head for San Vicente, with its steep coastal line of charming coves with clear waters and white sand. All of them are linked by the Ruta de Pedras Negras, a wooden walkway over these odd black rocks. Since this is a long walk, it is better to ride our bikes to the centre of O Grove. This is the end of our journey, which we will reach after crossing the white bridge of A Toxa and skirting this island, famous for its spas, its natural soap and its casino. We will say goodbye for today while we enjoy a seafood platter and a glass of albariño at sunset in any of the restaurants in this town. Tomorrow we will have the chance to visit the nearby Isle of Sálvora, part of the Atlantic Islands of Galicia National Park and once a hub for the thriving tune fishing and salting industry in Galicia.

DAY 4

Pazo de Rubianes (Vilagarcía)

Built upon a 15th century tower, it was the ancestral home of the Caamaño family, founders of Vilagarcía, and currently belongs to the Marquises of Aranda. It is a rectangular construction with gargoyles on the cornices and several coats of arms. The most striking aspect is its French style garden, featuring magnolias, 60 types of camellias and one of the longest living eucalyptus trees in Galicia.



Casa Museo Valle-Inclán (Vilanova)

Valle Inclán Museum-House and tourist information point. The construction is of Galician manor house style, and there are two floors: on the ground floor, where the animal quarters were located, there is currently the permanent exhibition and the front desk. On the top floor is the home, which has been turned into a museum.



Faro de Punta Cabalo (A Illa de Arousa)

Operational lighthouse, now housing a restaurant. From its facilities, we can admire some splendid views over the north are of the Ria of Arousa. Also, nearby, we can admire a sun dial carved in stone (a term used to denote stones on the Isle of Arousa).



Palacio de Fefiñanes (Cambados)

Historic winery that houses the spirit of a century-old trademark. It is a part of a monumental Renaissance building dating at 1600 that shares the space with the former winery, the vineyards and the Manor house. Its annual production is 100,000 litres and its variety is 100% Albariño.



Mirador de A Pastora (Cambados)

Highest point of the municipality. From this top you can see a wonderful landscape of the Arousa estuary. Besides Cambados, we can see Meis, O Grove, Vilanova and A Illa de Arousa, and the natural area of the Umia River estuary. In this same point they are the Church and Ruins of Santa Mariña de Dozo.



Ruínas de Santa Mariña de Dozo

Located on the side of the A Pastora Mountain, close to the old quarter, are the remains of the old Parish Church of Santa Mariña, the patron saint of Cambados. On top of a 12th century Romanesque chapel, Lope Sánchez de Ulloa built the church of Santa Mariña Dozo, which was refurbished and extended by his daughter María de Ulloa at the end of the 15th century. Apart from its maritime Gothic style, there are also Renaissance features.

Monasterio de Armenteira

It is not difficult to imagine the setting of this monastery several centuries ago. As with many Galician monasteries, it was in a location where vegetation spread its green blanket all over the small valley of Armenteira, hidden between that natural setting and the shelter of Castrove mountain. Without doubt its founding was due to another older temple where the hermits went to pray. Perhaps the monks of San Fructuoso lived there.



Torre de San Sadurniño (Cambados)

Located on the small island called "A Figueira", in the seafront district of San Tomé, close to Cambados Port. The San Saturniño Tower was built in the 10th century as a watchtower to defend the ría from attacks by the Normans and Vikings. The A Lanzada Tower would light a fire as a warning and send this to the San Sadurniño Tower.



- **Fiestas Patronales de San Roque - Vilagarcía de Arousa**
16 August.
- **Fiesta del Vino Albariño - Cambados**
1st week of August.
- **Fiesta de la Vieira de Cambados**
3rd weekend of July.
- **Fiesta del Mejillón y berberecho - Vilanova de Arousa**
2nd week of August.
- **Fiesta de la Almeja de Carril**
2nd half of August.
- **Semana Santa de Paradela - Meis**
Holy Week.
- **Fiesta de la Exaltación del Marisco - O Grove**
1st week of October.



- **Pazo de Rubianes - Vilagarcía de Arousa**
+34 986 510 534 - www.pazoderubianes.com
- **Casa Museo Valle-Inclán - Vilanova de Arousa**
+34 986 555 493 - www.museocuadrante.com
- **Faro de Punta Cabalo - A Illa de Arousa**
+34 986 565 800 - www.ailladearousa.es
- **Palacio de Fefiñanes - Cambados**
+34 986 542 204 - www.fefinanes.com
- **Mirador de A Pastora - Cambados**
www.cambados.es
- **Monasterio de Armenteira - Meis**
+34 886 211 700 - www.monasteriodearmenteira.org
- **Torre de San Sadurniño - Cambados**
+34 986 520 902 - www.cambados.es

www.turismoriasbaixas.com
www.depo.gal

5 DAYS WITH THE 5 SENSES

Something you must try

Arousa is the land of mussel troughs and albariño wine. Pop into any restaurant and try some delicious mussels with a glass of local wine.

Something mysterious and magical about this place

Ero, knight of the order of Alfonso VII, saw the Virgin Mary in a dream, and she told him to found the Monastery of Armenteira.

Something typical

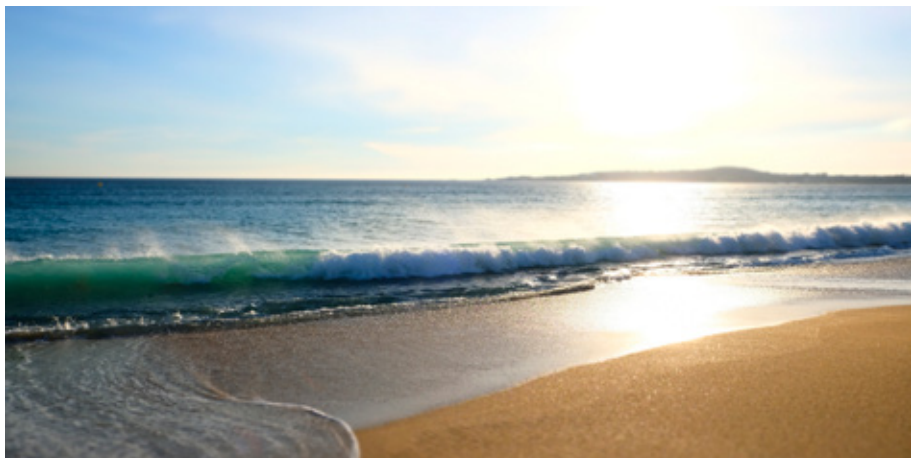
A walk on the long beach of A Lanzada to admire the waves or even surf them, if you dare.

Something to ask about and discover

The Yacimiento de Adro Vello, important archaeological site that sits on the edge of the beach de O Carreiro.

Something to touch, smell and hear

In the heart of the Isle of Arousa lies O Carreirón natural park, the perfect place to relax while listening to the birds' songs.





DAY 5

from O GROVE to PONTEVEDRA 165 km



This is the last stage of our journey around Pontevedra, where we will discover both the soft and the wild side of Estuary of Pontevedra. From the magic of A Lanzada, we will ride to the fishing towns of Portonovo and Combarro. On the other side we will find the fishing towns of Marín and Bueu, which will take us to cape Home, the Cangas fjord. A visit to Soutomaior castle will be our last stop before reaching our final destination: Pontevedra, the city with no cars.

This is the last stage of our trip through the province of Pontevedra. This time we will focus on the two sides of the Estuary of Pontevedra, full of beaches and fishing towns where the fishing tradition becomes a tourist attraction.

Portonovo, Sanxenxo, Combarro or Bueu are a must-see for anyone taking this route, which has many other surprises to offer, such as spectacular scenic viewpoints and legendary buildings.



We will wake up in O Grove remembering how wonderful it was to explore the Estuary of Arousa. However, to get to discover new landscapes, we will once again cross a natural bridge that will look familiar: the isthmus of A Lanzada. Only this time around we will not take the Salnés motorway but we will continue on the coastal road, PO-308, towards Pontevedra. You won't be able to help noticing the chapel that stands on an islet connected to the mainland by a narrow strip of land. It's the Nosa Señora de A Lanzada chapel, a Romanesque-style church built at the beginning of the 13th century and which houses an image of Santa María, patron saint of fertility. Legend has it that the waters surrounding the islet have the power to help conception and that is why, on the last Sunday of August, women who wish to become mothers come here to bathe in the famous nine waves.

Ans this is not the only secret hidden in this place. Here, there are also a castro settlement and a large Roman necropolis underground, part of which has already been excavated. But the most remarkable thing we will find there is a tower in ruins that will remind us of that in Cambados. It's a fortress built in the Swabian period that was part of the defense system meant to prevent Viking



raids. The Irmandiño revolts left it in the state in which we find it today.

After imagining what life was like back then, we continue our journey on a road designed to be enjoyed. Beaches intermingle with small woodland areas along the soft-cliff coastline for several kilometers until we reach the fishing town of Portonovo, where tourism has caused massive urban growth, similarly to its neighboring town, Sanxenxo. However, if you dig a little deeper, you will soon find their fishing roots. Another option is to walk to Sanxenxo along the path connecting the peaceful Baltar beach with the enormously popular Silgar beach and its marina through Punta Vicaño, a magnificent setting to take a picture with the estuary in the background.

The beauty that massive urban growth tried to hide in Sanxenxo remains intact in Combarro. We will get to this town if we continue riding on PO-308, a road that we will definitely have to share with some groups of cyclists. In the picturesque town of Poio we will have to park our motorbikes and walk. It's an order. Combarro is a small town with a strong seafaring spirit, its streets are made of granite and it's impossible to walk more than ten meters without finding a fisherman's house, a cruceiro,



or the typical granaries called *hórreos*. With thirty of these emblematic granaries throughout its streets, Combarro is one of the towns with the most and best-preserved *hórreos* in Galicia. In addition, you can treat yourself to some grilled sardines, as a snack or at sunset, with a view of the lush Tambo island.

It's now time to leave the coast. Don't worry, we won't get too far from it. A few kilometers away from Combarro, always heading towards the inside of the estuary, we will turn left to go directly to the Poio monastery. Its impressive size is so shocking that it will be impossible to miss it. This monastery was founded by Benedictine monks in the year 942, and Father Feijoo worked as a teacher within its walls. The gems of this monastery are not its facade or its gold-plated altar, but the two cloisters in its inner courtyard, watched over by a Baroque fountain and the biggest *hórreo* in Galicia, located at the back of the property and which remains intact.

It's now time to cross the estuary and head for the district of O Morrazo, whose coastline is wilder and craggier than those we've just visited. We make a turn towards the AP-9 at the roundabout near Pazo Besada, we hit the gas and cross the



bridge over the estuary towards Marín. Once we reach an elevated roundabout we will have two options. Either we can head for Marín to walk around its many beaches and visit the Naval Military Academy, or we can take the fast lane which will take us very close to Bueu. We will then continue along the winding road that follows the coastline until we reach cape Udra, a unique natural area that combines a coastline full of beaches with a hillock covered in shrubland, where we will also find a group of rocks of great scientific value.

As spectacular as those views are, the views at our next stop will leave you speechless. Before we reach cape Home, we may make a brief stop at the enchanted forest of Aldán. In the middle of a forest full of native species there is a miniature castle built by the land owners as a playground for their children. The light and shadow effects turn that place into a magical space.

Cape Home is said to be an excellent guard of the Atlantic Ocean. The views from the top of its high cliffs are breathtaking, but there are even more surprises to come. If we feel strong enough and we have time, O Facho hill is worth climbing. On its top we will find one of the most spectacular castro settlements which remained active until the 1st century b.C.

Time is running out and we still have many kilometers ahead and treasures to discover before we reach our final destination. We go back to take the turn-off towards Corredor de O Morrazo, an excellent highway to experience the



feeling of speed. We will then reach the recently widened Rande bridge which we'll cross to then take the N-552 towards Redondela. After crossing this town, known for its overpasses, we will enter Soutomaior. In Cesantes, keep an eye out so you don't miss the turn-off to its castle, the best-preserved fortification in the province, with the exception of the Monterreal castle in Baiona. To get there, we must drive through a network of secondary roads surrounded by small and diverse crop fields. The majesty of the castle will immediately catch our eye. The date of construction is unknown, although we know that it dates back to the 11th century and it had different owners until the Provincial Council took ownership of the castle. There's no point in describing it, you need to walk on its stone floors to feel its history. And since you're there, you can walk along the banks of the Verdugo river, over which there is a bridge which is usually quite crowded in the summer.

Pontevedra is waiting for us. But before that we must make a new decision, we either continue towards Ponte Caldelas to discover the beauty of the houses built by the locals when they came back

after having done good in America, or we go back to the N-550 and make a brief stop in one of the most important places in the history of Spain—the Pontesampaio bridge. Here, the last battle of the Peninsular War in Galicia was fought against Napoleon's army, which had already been defeated in Vigo and encountered its final defeat on this Roman bridge.

We'll continue on this road until we reach our next stop, Pontevedra. "Aparca e camiña", that is, park and walk, is one of the mottos of this provincial capital. Cars are not allowed in the old town, so it's best to park our motorbikes and walk to our finish line, which is at Palacete de las Mendoza, just a few meters away from the Basilica of Santa Maria. This emblematic mansion is also home to the Turismo Rías Baixas headquarters. Walk in, share your journey with the office employees and, if you are too tired, let them give you some recommendations about the best squares to eat some good tapas in this city, which is crossed by the Lérez river.

Congratulations, you have completed the Pontevedra challenge. But don't stop riding on their roads. There are many more treasures in store for you.

DAY 5

Combarro

The historical-artistic site of Combarro is built directly on the granite and alongside the sea.

It represents the essence of popular Galician architecture. It is concealed along the edge of the Ría de Pontevedra and keeps intact its urban structure and architectural style from the 18th and 19th centuries.



Monasterio de San Juan de Poio

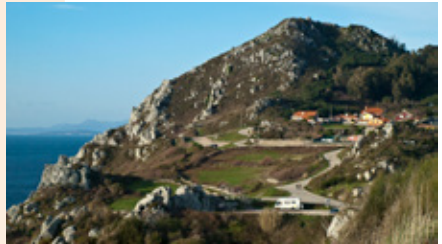
The first document related to the monastery dates from 942. The monastery has two cloisters, one is a Renaissance-type with a ribbed dome and a baroque font in the garden, known as the cloister of processions, and the other is a Baroque-style one with a 200 m² mosaic that represents the French Route to Santiago, known as the cloister of the orange trees or cruceiro.



Castro del Monte do Facho (Cangas)

Galician-Roman site, located on the Alto do Facho.

Over the centuries, this was the site of different types of settlement. In the 10th Century BC, there was a settlement on the eastern side, until the 6th Century BC, when a Galician hillfort was built - a fortified settlement which survived until the 1st Century BC. There was then a sanctuary to the god Berobreo, which was built on the summit between the 2nd and 4th Centuries AD.



Faro de Cabo Home (Cangas)

This lighthouse lies at the tip of Cabo Home, the most westerly part of O Morrazo peninsula. Cylindrical in shape, it is painted white. It is one of the tallest beacon towers on the entire Galicia coastline. It signals the entrance to the Ría of Vigo between the Isles of Cíes and Costa da Vela.



Castillo de Soutomaioir

The lack of evidence regarding the existence of the castle and its architectonic elements prevents us from knowing its date of construction. The fortress was built over a long period of time and modified according to new needs. The first phase of the castle starts in the Middle Ages, presumably in the final hundred years of this period. It played an important role in the history of Galicia because it was owned by the Sotomayor family. Pedro Álvarez de Sotomayor, known as Pedro Madruga, is the most well-known figure of this family, as he achieved the most power and was the one who remodelled the castle.



Ruinas de Santo Domingo (Pontevedra)

Located in the centre of the city, the ruins of Santo Domingo are one of the historically and artistically most important elements of the city of Pontevedra. The remains of the Convent of Santo Domingo, built between the 14th and 15th centuries and abandoned from the ecclesiastical confiscation of Mendizábal in 1834, form the oldest part of the Museum of Pontevedra.



- **Fiestas de San Benito de Lérez - Pontevedra**
11 July.
- **Fiestas del Caldo de Mourente - Pontevedra**
2nd weekend of March.
- **Fiesta de San Miguel - Marín**
29 September.
- **Semana Santa de Cangas - Cangas**
Holy Week.
- **Fiesta del Choco - Redondela**
1st or 2nd weekend of May.

www.turismoriasbaixas.com
www.depo.gal

5 DAYS WITH THE 5 SENSES

Something you must try

You can't leave Combarro without having some grilled sardines with a view over the Tambo island.

Something mysterious and magical about this place

The surroundings of the A Lanzada chapel hide a magical and unknown past. Apart from the fertility rituals, a necropolis (and much more) still lies buried under its ground.



- **Combarro**
+34 986 833 204 - www.concellodepoio.es
- **Monasterio de San Juan de Poio**
+34 986 778 015 - www.mercedarios.com
- **Castro del Monte do Facho - Cangas**
+34 986 300 050 - www.cangas.org
- **Faro de Cabo Home - Cangas**
+34 986 301 371 - www.cangas.gal
- **Castillo de Soutomaioir**
+34 886 209 500 - www.depo.es
- **Ruínas de Santo Domingo - Pontevedra**
+34 986 851 455 - www.museo.depo.es

Something typical

You won't want to leave cape Home without taking a picture on the conch shell sculpture.

Something to ask about and discover

The Pontesampaio bridge. If you are traveling in a group, split the group and stand on both sides of the bridge. Then one of the groups starts speaking in a French accent and you all fight. Maybe you will rewrite history. In 1809, Napoleon's army was defeated here while they were trying to occupy Galicia.

Something to touch, smell and hear

The stone walls of the Soutomaioir castle are full of history. It's impossible to resist the temptation to touch them.



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