

NATURE TRAIL CARBALLEDA DE AVIA



Guide to the
Nature Trails
of Spain



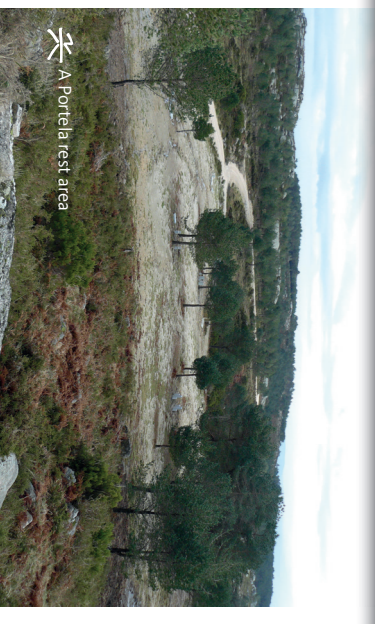
SECTOR NORTHWESTERN PENINSULAR NATURE TRAIL CARBALLEDA DE AVIA

FROM VERONZA TO A PORTELA

1a. From the centre of Carballeda de Avia, if you walk towards A Veronza rest area, where the route begins, you can visit the church of San Miguel, the most impressive religious building in this municipality, and the chapel of San Lorenzo. In A Veronza rest area you can find several restored mills, testament of the importance of water in Galicia's daily life. The main route from A Veronza starts running along the banks of Gateira Brook through riparian forests alternating with fields of crop, vineyards and pine forests until it meets a road. Here, you can make a detour to take a trip to the town of Muimenta, where you can see a Romanesque church.

1b. The area closest to the river is covered with an extensive riparian forest of willows and alders. Further on, the forests, which are mostly made up of common oak and chestnuts, are gradually replaced by high altitude mountain vegetation, characterised by large patches of scrub and a few pines, gnarled by the harsh climate. Further along the main route towards Curro do Faro das Ladeiras with the river to the left, there is a mill that is probably the oldest in the county. The use of granite as a building material for mills is common throughout the itinerary. Imposing elevations formed by granite boulders, typical of Sierra de Pena Corneira, will start appearing along this stretch.

1c. The route arrives at Abelenda rest area, where the road forks, and where there are again several restored mills.



A Portela rest area

0034 988 48 70 00

• Carballeda de Avia City Council:

TELEPHONES OF INTEREST:

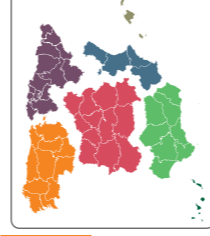
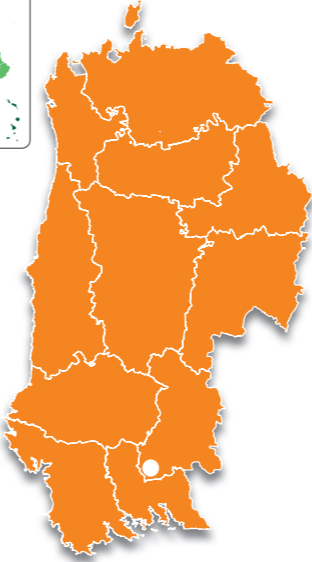
These pathways is also your responsibility.

We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

We invite you to visit them and offer you the keys to enjoy the trip. In this brochure you will find a brief description of the Carballeda de Avia Nature Trail and the map for the journey, along with recommendations to make the most of this experience.

These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country.

Since 1993 the Ministry for Agriculture, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment.



SECTOR NORTHWESTERN PENINSULAR

The main route crosses a bridge over Gateira Brook, towards the ruins of Sarriñas. The phenomenon of rural depopulation and abandonment, so frequent today, becomes evident along this stretch of the trail. Further on, the route passes through the village of As Fermosas. The path then runs along the mountain ridge, which provides magnificent views of both sides of the trail, where horses and cows quietly graze in semi-freedom.

1d. Near Curro, the path begins to climb along wide forest trails, between scrub and wild pines, whose size and height provide insight on the harsh climatic conditions. The route arrives at Curro do Faro das Ladeiras, situated at over 1,000 metres, where the distinctive "bolos" can be found. Scrub and rocks of curious shapes dominate the landscape of this natural environment.

FROM ABLEENDA TO PENA CORNEIRA

2a. In addition to this main route, there is a 5-kilometre branch that runs from Abelenda rest area to Pena Corneira. After a short climb, the traveller can visit the town of Abelenda das Penas and the church of San Andrés, which has been associated with the Order of the Templars. Nearby there is a beautiful, 17th century stone cross and a Roman site.

2b. The branch continues through dense forests above the town of Faramontaos, and reaches a rest area located in a natural environment of rock formations rounded by the forces of nature. The route finally arrives at Pena Corneira, a huge, 10-metre granite block shaped like a



Trigás mill, probably the oldest in the county

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A TRAIL THROUGH SIERRA DE PENA CORNEIRA.

Carballeda de Avia Nature Trail provides the opportunity to experience the natural beauty of this almost mystical rural area – from the mills at A Veronza to Serra do Faro Mountains. A side-track leads to Serra de Pena Corneira Natural Monument, where humans have learned to adapt their way of life and modes of production to the forces of nature.

Carballeda de Avia Nature Trail runs through Pena Corneira mountain range in Ourense, one of the largest protected nature areas in Galicia, scattered with large granite boulders and restored old mills. It is located in the county of O Ribeiro, a countryside of extraordinary beauty, where the vineyards that fill the fertile valleys create a distinctive landscape.



horn that gave name to this mountain range and sits atop the nature monument.

If you follow the way from Pena Corneira, the road to the right, off the route, you will reach the recreation area in A Lama, in the municipality of Leiro, where a Romanesque church may be visited. A pedestrian path leads to Outerai viewpoint with superb views of the county and the protected area. Leiro, next to Carballeda de Avia, is one of the major population centres near the nature trail. In Leiro, you can also enjoy a walk along the river Avia.

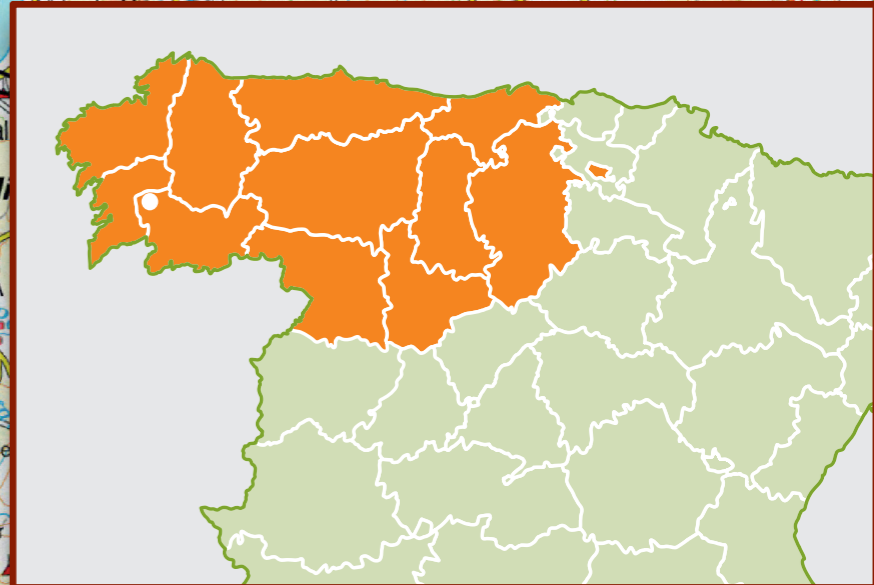
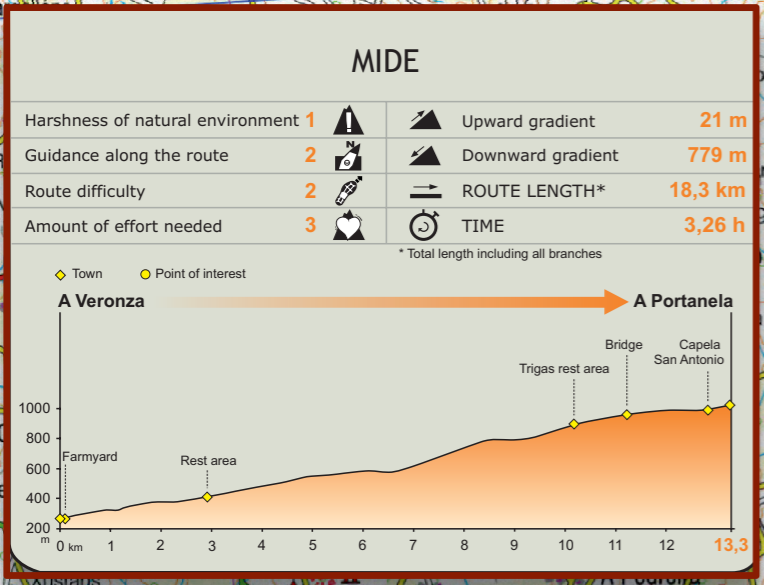
VINEYARD CROPS

At the border of the province of Pontevedra, the county of O Ribeiro in Ourense has been historically linked to the wine production thanks to the excellent weather conditions of the area, which benefit its aging. The geographical setting protects the crops hectares from extreme temperatures and wind, avoiding the damage to grapes. Since ancient times, vineyards have been the main source of wealth of the county, expanding along different towns, such as Arroia, Castrelo do Miño, Leiro ou Cernille, led by the capital, Ribadavia, thus distinguishing the landscape of the area.

Currently, the vineyard crops have made a strong comeback, betting on the native varieties that formerly gave them worldwide fame. Among these species, the treixadura white grape is the star.



Signpost next to Abelenda rest area?



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NATURE TRAIL CARBALLEDA DE AVIA

- Starting point
- End of trail
- Recreation area
- Town
- Religious building
- Viewpoint
- Bridge
- Feature of environmental interest