IN GALICIA NATURE TRAIL



Guide to the

NATURE TRAILS

Barbantiño River the Catoira River Environmental Routes, Galicia are briefly described. These trails include very short trails such as the Ábalo and Dos Arrieiros Paths, and the Catoira River Eco- Routes (Pontevedra). short trails such as the Ribeira Sacra and longer trails, com In the following pages, the 8 Natural Trails running through Galicia are briefly described. These trails include very short veral stages, such as the Cantabrian Route.

This Nature Trail includes two short paths around 3 km.

vers with clean waters where the sight of centuries-old mills is not unusual, meadows sloping gently towards the rivers and dense oak or eucalyptus woods, in which natural promontories open to the ría and the sea in the horizon. This tranquil trail offers the traveller the possibility knowing the essence of the Galicia landscape: placid Sendas en Abalo (Pontevedra) riversides, sometimes hidden by the lush vegetation allows the traveller to discover a County in Pontevedra whose landscape has been shaped, since ancient times, by water, as evidenced by the many watermills that dot the pe: placid ri-今

Dos Arrieiros (Ourense).

land, which are home to an extraordinary biodiversity. The length of this trail is only 10 km and runs between The layout of this Nature Trail uses many of the paths that criss-cross a county characterised by many creeks Fonteantiga, a village in the municipality of Carballino. hidden among century-old oaks and leafy riverside wood-



you the keys to enjoy the trip. 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 the Nature Trails in Galicia and offer

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, Fisheries and Food's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment.

La Ribeira Sacra (Ourense).

Parador de Turismo, are especially noteworthy. This trail is a little over 30 km long divided in two different routes, with ture, nature and art. short variants, that allow to know this land full of wine cul de San Estevo de Ribas de Sil Monastery, now turned into a to visitors, of which the Santa Cristina Monastery and the that are preserved. Among those, 18 monasteries are open Possibly, the name of Ribeira Sacra (Sacred Riverside) given to this area is due to the abundance of religious buildings

River Barbantiño (Ourense).

ted by little bridges and walkways, and where the presence of old watermills evidences the importance of water for lo-The River Barbantiño, at the north of the Ourense province is the backbone of a river circuit a little over 10 km which cal Galician economy. runs across a strikingly beautiful natural environment, dot

San Rosendo (Ourense, Lugo).

the traveller may admire fine examples of religious heritage, such as the Visigoth church of Santa Comba, the Bande church, the Celanova monastery, the historic-artistic site of The San Rosendo Trail is part of a project for recuperating the footpaths that run between Porto-Quintela (Bande) and Foz (Lugo). This trail bears the name of St. Rosendo. three branches of this Nature Trail (Porto Quintela who defended and brought peace to Galicia. Along the Celanova to Ourense and Mondoñedo to Foz). to

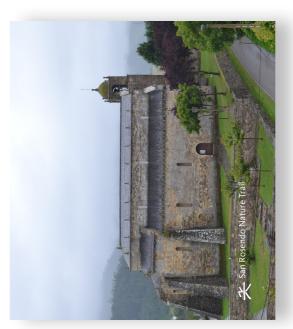
> This Autonomous Community offers 8 Nature Trails constant change.

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Galicia is a melting pot: cities with thousands of years of history where to taste a modern gastronomy offer which is inspired by traditional cuisine, the heritage from the Camino de Santiago together a rich artistic heritage in

oft sand beaches, high cliffs, dense oak woods, hidden conasteries, pretty hamlets, grape groves, "pazos" (typical one manors...) an Atlantic world which rises though the grimage from Romanesque art to biodiversity, from History stone manors...) an Atlantic world which rises thougi mists of Galician coast into the inland, rural Galicia; to the present time.

AN ATLANTICO WORLD



Carballeda de Avia (Ourense).

nument is one of the largest protected natural sites in Galicia; it is dotted with huge granite rocks and restored old mills, and located within the county of O Ribeiro, a rural were wine grapes are grown. area of extraordinary beauty, characterised by fertile valleys Corneira hills in the province of Ourense. This natural mo-The 18.3 km Carballeda Nature Trail runs across the Pena

Cantabrian Sea Route (Lugo).

tural border with Asturias to Ladrid, where it ends near the Ortigueira-Ladrido "ría" (estuary). On it's way, it passes by the spectaculars "rías" of Foz and Viveiro and near the coastline from Ribadeo, where the Eo river serves as a na-This 190 km trail runs along the Lugo and A Coruña's Punta de Estaca de Bares cape, the northest point of the

Vía Nova (Ourense).

Braga, in Portugal) and "Asturica Augusta" (currently known as Astorga, in the province of León). The Trail, 108 km long, This nature trail is named after the Roman Via XVIII, also known as "Via Nova". Built during the Empire of Vespasian and his son Tito at the end of the 1st century, this road conone goes all over the River Limia valley, from Portela do Home (Portuguese border) to A Sainza, and the second tra is divided in two sections, all of them in Ourense. The first nected the cities of "Baraca Augusta" (currently known verses the River Sil valley, from Biobra to Petín

