



NATURE TRAILS IN GALICIA



Guide to the
Nature Trails
of Spain

NATURE TRAILS IN GALICIA

In the following pages, the 8 Natural Trails running through Galicia are briefly described. These trails include very short trails such as the Abalo and Dos Arrieiros Paths, and the Barbantino River the Catoira River Environmental Routes, short trails such as the Ribeira Sacra and longer trails, composed of several stages, such as the Cantabrian Route.

Catoira River Eco-Routes (Pontevedra).

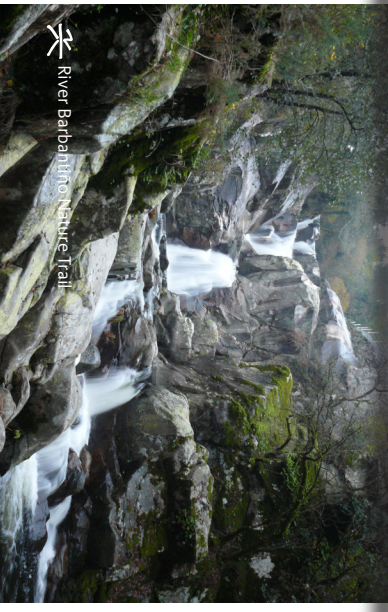
This Nature Trail includes two short paths around 3 km, allows the traveller to discover a County in Pontevedra whose landscape has been shaped, since ancient times, by water, as evidenced by the many watermills that dot the riversides, sometimes hidden by the lush vegetation.

Sendas en Abalo (Pontevedra).

This tranquil trail offers the traveller the possibility of knowing the essence of the Galicia landscape: placid rivers 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 ria and the sea in the horizon.

Dos Arrieiros (Ourense).

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



River Barbantino Nature Trail



Cantabrian Sea Route Nature Trail

MORE INFORMATION:

www.caminosnaturales.es

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AN ATLANTIC WORLD

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

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 constant change.

This Autonomous Community offers 8 Nature Trails



San Rosendo Nature Trail

Carballada de Avia (Ourense).

The 183 km Carballada Nature Trail runs across the Pena Corneira hills in the province of Ourense. This natural monument 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 area of extraordinary beauty, characterised by fertile valleys where wine grapes are grown.

Cantabrian Sea Route (Lugo).

This 190 km trail runs along the Lugo and A Coruña's coastline from Ribadeo, where the Eo river serves as a natural border with Asturias to Ladríd, where it ends near the Ortigueira-Ladrído "ría" (estuary). On its way, it passes by the spectaculars "rias" of Foz and Viveiro and near the Punta de Estaca de Bares cape, the northernmost point of the Iberian Peninsula.

Vía Nova (Ourense).

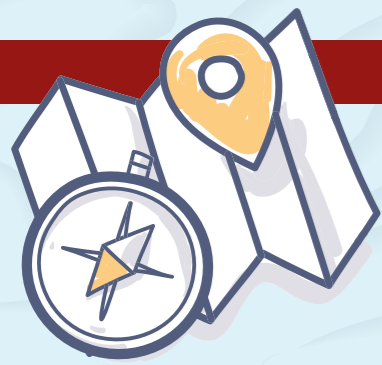
This nature trail is named after the Roman Via XVIII, also known as "Via Nova". Built during the Empire of Vespasian and his son Tito at the end of the 1st century, this road connected the cities of "Baraca Augusta" (currently known as Braga, in Portugal) and "Asturica Augusta" (currently known as Astorga,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



Nº Carballada de Avia



Vía Nova Nature Trail



ATLANTIC OCEAN

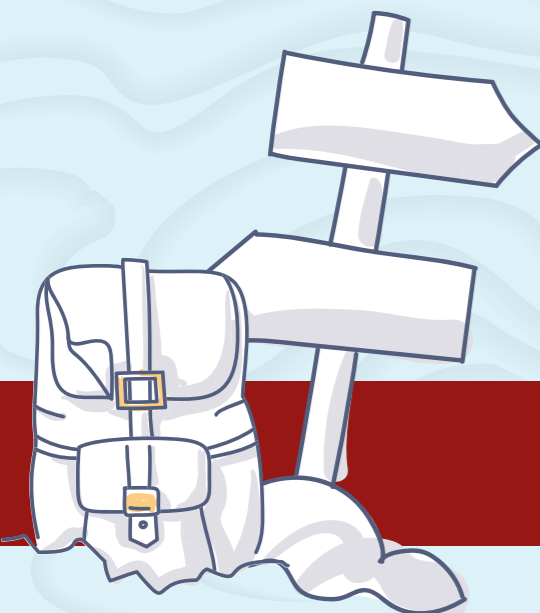
CANTABRIAN SEA

PRINCIPADO DE ASTURIAS

LEÓN

ZAMORA

PORTUGAL



GOBIERNO DE ESPAÑA

MINISTERIO DE AGRICULTURA, PESCA Y ALIMENTACIÓN



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