

Galicia

Natural
Galicia

English



Legends

 National park

 Natural park

 Natural monument

 Protected landscape

 ZSPVN-SCI

 Other spaces

 Biosphere Reserve

 Site of Tourist Interest

 Bird watching

 RAMSAR site

 Special Protection Area (SPA)

 Brown Bear Protection Area

Communications

Motorways, main roads
Highways, corridors
State
Primary
Secondary
County Council
Other roads
FFCC (railway)
FEVE
(Narrow-gauge railway)



Borders

Regional border
Province border
Municipality border
Camino de Santiago



Toponymy

Municipality
Capital of the Municipality 
Town/village 
Parish 

Symbols

Apartment
Mountain refuge
Pilgrim hostel
Camping / Camping site
Hotel
Rural tourism
Panoramic view
Site of landscape interest
Waterfall
Lagoon
Rocky formation
Glacier formation
Cave
Forest, pastures
Rest area
Bird watchpoint
Interpretation centre
Winter station



Historic grouping
Cathedral
Monastery
Church of interest
Shrine
Picturesque village or hamlet
Ethnographic grouping
Palloza (traditional thatched hut)
Hórreo (raised granary)
Apiary
Tourist ironworks
Curro (prehistoric wall)
Pazo (Galician country house)
Castle, tower, wall
Roman heritage
Bridge
Museum



Car park
Visitors' Centre / Park
Headquarters / Nature Hall
Information panel
Hotel-Spa
Catamaran jetty
Lighthouse
Blue-flag beach
Arts and crafts
Terrace
Red Cross
Wind park
Restricted access



Castro (Iron-age settlement)
Dolmen
World Heritage
Local Centres



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A praia das Catedrais

Galicia covers exactly 29,574 km² of Europe's horizon. One cannot say that Galicia is small before one has explored it.

It is possible to sail along its 1,195 kilometres of coast, more than three hundred of which is composed of beaches, between the Ría de Ribadeo and the mouth of the Miño. The flooding of the river valleys forms part of the typical Galician landscape of the estuaries and gives a marine look to areas which would otherwise be part of the inland region.

From sea level we climb up more than 2,000 m to the highest peak of the region, Pena Trevinca (2,127 m), and the Altos de Os Ancares. Inland Galicia is a land of valleys and gentle slopes, such as the so-called Dorsal de Galicia which runs through the centre of Galicia from north to south. But above all it is the land of a thousand rivers, a necessary rounded-off number due to the difficulty involved in calculating all the region's rivers and streams. The main hydrographic basin is that of the Miño-Sil.

We mustn't forget the landscape as a human creation. Almost half of the existing settlements in Spain are Galician. A land of bridges and water mills, lighthouses and ports, chestnut groves and vineyards, Galician crosses and hórreos (raised granaries), castros (Iron-Age settlements, hill-forts) and pazos (country houses), and churches and monasteries, mostly in the Romanesque or Baroque style.

All this would be impossible without Galicia's privileged geographical position, with wide transition areas between the Euro-Siberian and Mediterranean regions. Currently, Galicia has a total of 56 different types of habitat declared as being of community interest by the EU. Approximately 12% of the region is subject to some form of protection and this percentage will increase in coming years.

The underwater and coastal ecosystems of the southern coast of Galicia's four archipelagos enjoy maximum levels of government recognition. Its designation as Parque Nacional das Illas Atlánticas de Galicia has made it the flagship of our natural heritage.

Currently, the Galician Network of Protected Spaces includes six Natural Parks, where improvements in the reception of visitors and in the infrastructure for environmental conservation and diffusion of information about it are constantly being made.

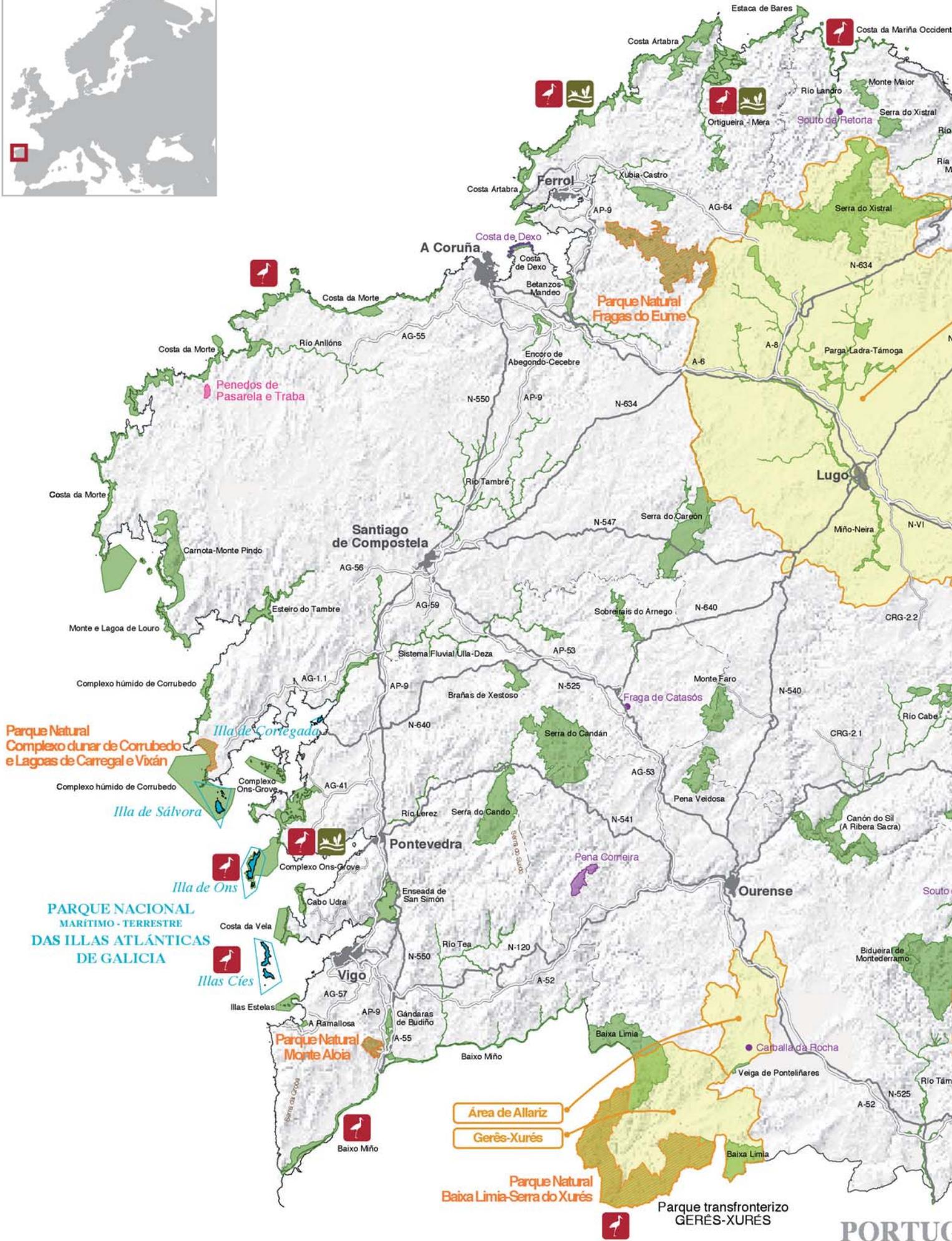
Together with the well-known Lugares de Importancia Comunitaria (LIC) (Sites of Community Importance [SCI]); the reader will see the new regional denomination, the Zona de Especial Protección de los Valores Naturales (ZEPVN) [Zone of Special Protection of Natural Assets]. This is a new group created in Galicia, associated to the widespread Red Natura 2000 of the European Union.

On the other hand, we have five wetlands, declared to be of international importance by the RAMSAR convention.

And we have left to the end the five Reserves of the Biosphere in Galicia, which are under the protection of the UNESCO.

Get to know Galicia.





PORTUGAL



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Site of Tourist Interest



Bird watching



RAMSAR site



Special Protection Area (SPA)



Brown Bear Protection Area



Ilas Cíes

Ilas Cíes

Illa de Ons

Location

Off the southern coast of Galicia. They are made up of four archipelagos, Cortegada and Sálvora in the Ría de Arousa, Ons, facing the Ría de Pontevedra and the Cíes, closing the Ría de Vigo.

Area

8,332.80 hectares (1,194.80 hectares of land and 7,138 hectares of sea).

Specifically: Cíes (2,658 hectares of sea and 433 hectares of land), Ons (2,171 hectares of sea and 470 hectares of land), Sálvora (2,309 hectares of sea and 248 hectares of land) and Cortegada (43.8 hectares of land).

Access

Regular passenger transport service by sea to the Cíes from the port of Vigo, Baiona and Cangas during the high season. There is the same service to Ons from Portonovo, Sanxenxo, Bueu and Marín. Services of a guide to Cortegada from Carril (Vilagarcía de Arousa). Sálvora has no transport service by sea, and access to it is restricted.

Services

Accommodation: only on the Cíes and Ons.
Food: only the Cíes and Ons have a restaurant service.

More information

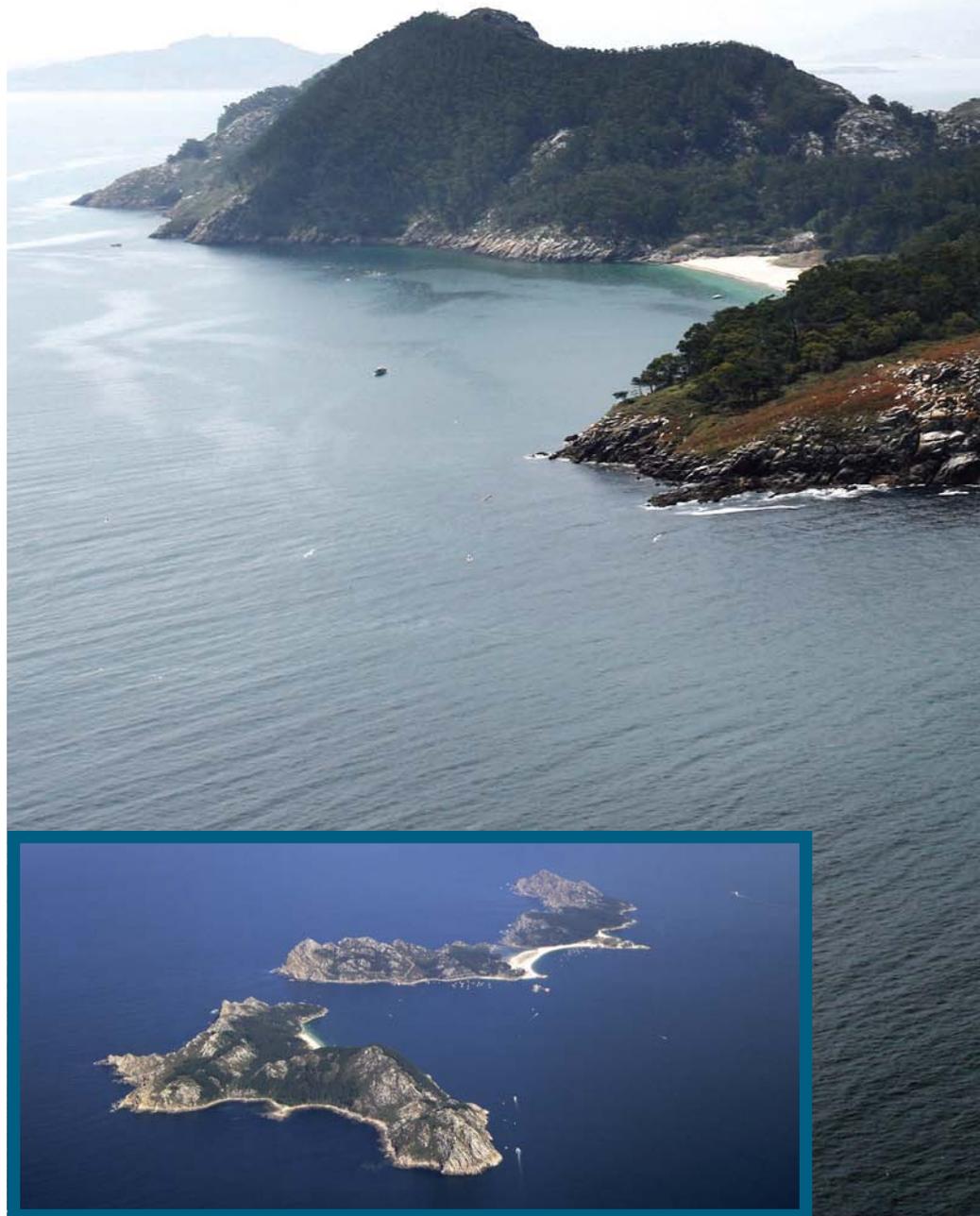
National Park headquarters: c/ Eduardo Cabello s/n, Edif. CETMAR, Bouzas (Vigo).
Tel: 986246550.

Facilities

Interpretation Centre Illas Cíes.
Information Point Illa de Ons.
(Tel. 986 687 696).
Bird watching stations (Illa de Ons and Illas Cíes).

Other related natural spaces / nearby:

- SCI "Complexo húmido de Corrubedo"
- SCI "Complexo Ons-O Grove"
- SCI "Illas Estelas"
- SCI "Costa da Vela"



Aerial view of the Cíes Islands



Atlantic Majesty

Sailing west is one of the great adventures of the Galician coast. Here can be found the Galician islands, the Cíes, Ons, Sálvora and Cortegada. An archipelago whose waters are turquoise enough and whose sands are white enough to conjure up Caribbean beaches... "until you dip your finger into the water". This was stated as a point in its favour by The Guardian daily newspaper, which considered the Rodas sands of the Cíes to be the best in the world. Cold waters with the best ocean properties for marine life, and odd stories of sunken ships.





From a boat on the Ría de Vigo one can discern the outline of the three islands that play at being two. They are known as the Cíes because we continue to call them by their Roman nickname of *Siccas*, the dry islands, although, on their own, each has its own name. That in the north, the Monteagudo, and that in the middle, the *Faro* (Lighthouse), are joined by the narrow sands of Rodas and a lake which completes this heavenly picture. The island to the south, San Martiño, is separated from the others by a canal called *Puerta del mar* (Door to The Sea). The archipelago also includes a series of small islands that are united beneath the sea in an area of enormous and fragile biodiversity, ranging from the microscopic beauty of the fields of algae to the grandeur of the cetaceans that are frequently to be seen.



Cíes Islands



Ons Island

Ons and her sister isle, the Onza or Onceta, and the small island of Las Freitosas, close the Ría de Pontevedra, with a coastline rounded off by sandy beaches. On the other hand, the part which cannot be seen from land is extremely wild and favourable for the formation of undersea caves (*furnas*) and reefs. The underwater scenery of this part of the ocean is made up of vertical walls, teeming with life thanks to the outcrop of deep water which is rich in nutrients. This is well-known to the people of this island, the only one in the National Park to be inhabited now, who work as fishermen, especially of octopus.



Beach of Melide. Ons Island



Ons Island

Sálvora Island

Cortegada Island





Arquipélago de Sálvora



Arquipélago de Cortegada



Arquipélago de Ons



Arquipélago de Cíes



PARQUE NACIONAL MARÍTIMO-TERRESTRE DAS ILLAS ATLÁNTICAS DE GALICIA



N



Itinerarios Arquipélago de Cíes

- Ruta de Monte Faro - 2h 30m ida e volta
- Ruta de Faro da Porta - 1h 45m ida e volta
- Ruta do Alto do Príncipe - 1h 15m ida e volta
- Ruta de Monteagudo - 1h 45m ida e volta

Itinerarios Arquipélago de Sálvora

- Ruta ao antigo poboado (só con guía)
- Ruta do Faro

Itinerarios Arquipélago de Ons

- Ruta Sur - 2h 30m (circular)
- Ruta Norte - 3h (circular)
- Ruta do Faro - 1h 15m ida e volta
- Ruta do Castelo - 40m (circular)

Itinerarios Arquipélago de Cortegada

- Ruta do sendeiro perimetral
- Ruta do sendeiro interior

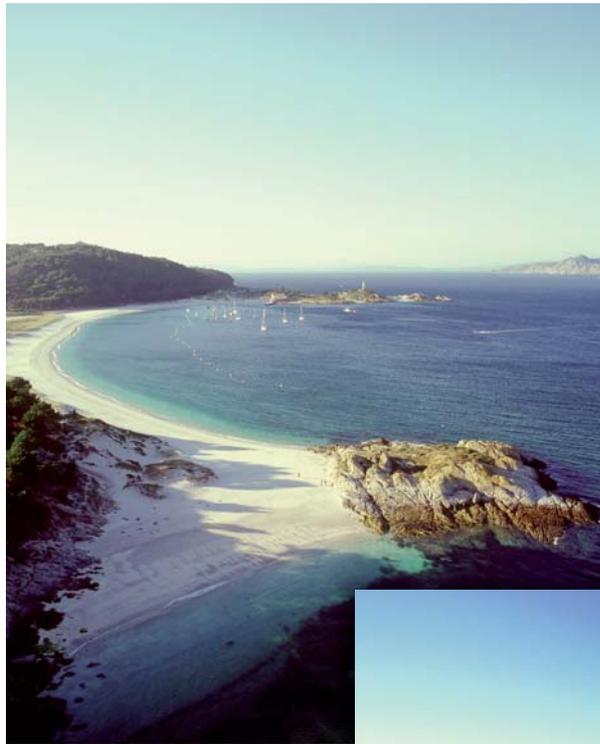
- Transporte regular
- Transporte charter
- Limite mariño do Parque Nacional
- Zona terrestre Parque Nacional



Sálvora Island

Sálvora, in the extreme west of the Ría de Arousa, with its whole constellation of islands full of legends and sea stories, such as Noro, Vionta and Sagres, is a most complete reserve, both in terms of sea bottom and surface. As with the Cíes and Ons, man has left his mark with buildings for religious (chapels, altars or churches), civil (lighthouses), military (forts) and industrial use. In Sálvora the salting factory was turned into a two-towered *pazo* (country house) and there is also a fine, traditional-looking village with eight *hórreos* (raised granaries) and a chapel.

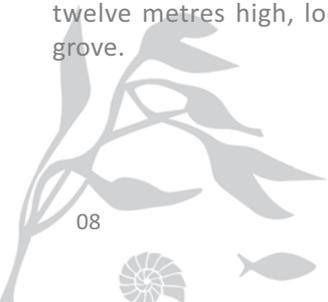
Cortegada and neighbouring Malveiras enjoy the proverbial biological richness of the Ría de Arousa. To observe production activity, the quay and the promenade of Carril with their clams and cockles breeding grounds provide a remarkable insight into shell fishing. The tides are the only borders of the Isla de Cortegada, which looks as if it could be conquered on foot. Sometimes guided visits are organized, which, as well as covering the island's history, also show the island's plant treasure, represented by the laurel forest with trees up to twelve metres high, located behind a thick pine grove.



Os Viños and Rodas beaches. Cíes Islands



Cove of Caniveliñas. Ons Island





Not to be Missed

No vehicles are allowed on any of the islands that make up the National Park. Another aspect to bear in mind is litter control. Visitors should take responsibility for the cans, containers, etc. that they take to the islands.

Controlled access to the Cíes of a maximum of 2,200 people daily guarantees peace and quiet. It is easy, from the Rodas jetty, to find the main paths leading to each of the three existing lighthouses. These paths are of medium difficulty, a little demanding on hot days and on some stretches of the ascent. However, the scenery makes it all worthwhile. One of the most recommended routes is the zigzag ascent to Monte Faro, a round trip of 7 km from the jetty and back. On this trip fine bird-watching spots can be found in landscapes like that of A Campá, a real window onto this world carved in stone, where, during the breeding season, a large colony of some 22,000 breeding pairs of yellow-legged seagulls make a deafening racket.

From the jetty of the island of Ons the visitor will find the beach and the village of O Curro, where a long route with several possibilities begins: climb up to the Faro lookout point between the islanders' buildings, or go north to the solitary and beautiful beach of Melide. Going south, there are different paths leading to the lookout point of Fedorentos, passing O Buraco do Inferno, an underwater cave (*furna*) in the form of a well where one can hear the roar of the sea coming from the bowels of the earth.

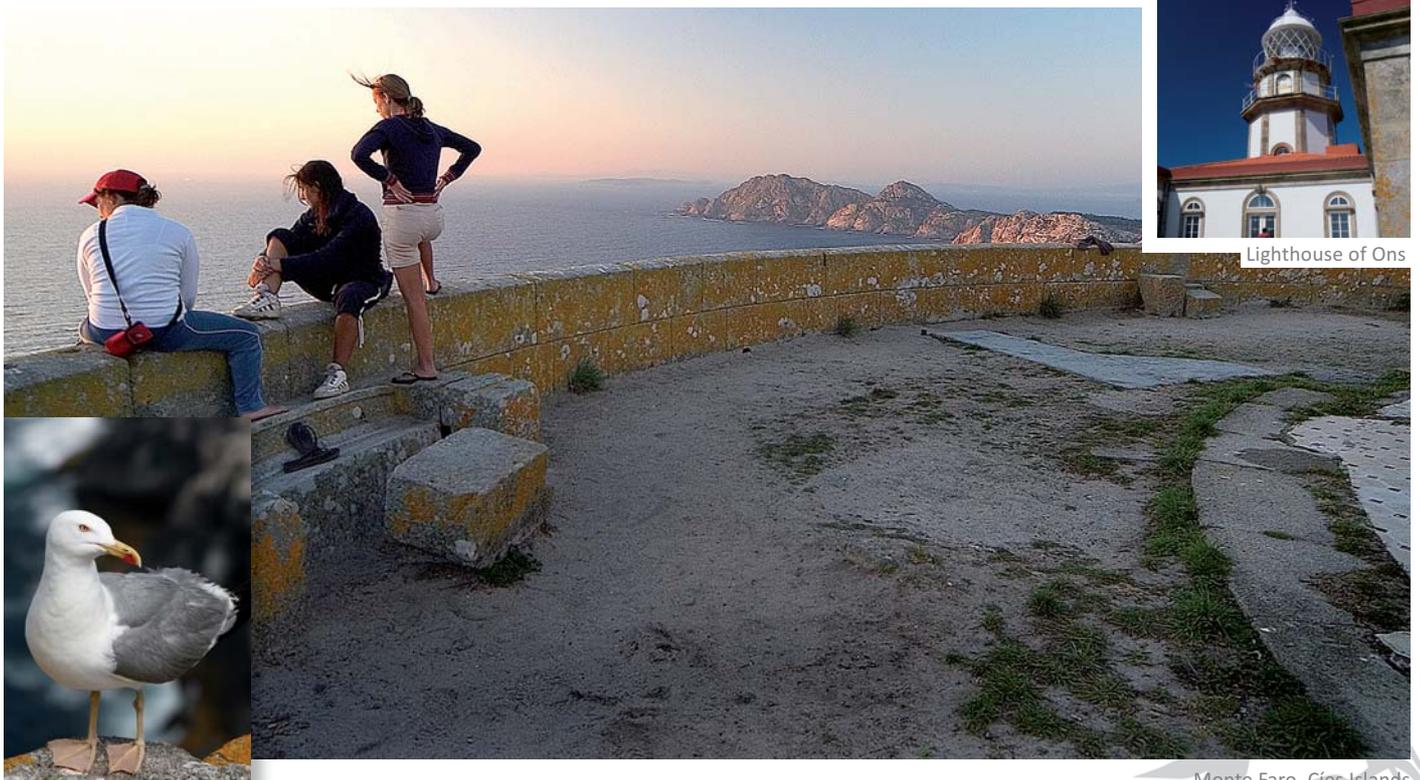
Boarding tickets are issued with the return date and time fixed according to the number of visitors allowed per day on each archipelago. There is no regular transport between one island and another, but tourist cruise ships can be hired to visit all the ecosystems of the estuaries.

Outstanding Nature

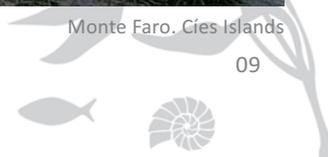


All the islands have areas reserved as breeding grounds for sea birds, which the visitor should respect.

The Park's most representative natural systems are the coastal area and the Atlantic Continental Platform. Vegetable life is conditioned by the winds laden with saltpetre. The most representative flora is found on cliffs and dunes. Clumps of furze abound, but among the Park rarities are the corema album, Ons broom (*Cytisus insularis*) and the flowers called sand toadflax (*Linaria arenaria*), a small annual plant typical of stabilised dunes. Many of the land animals also depend on the sea. Numerous colonies of birds, principally the yellow-legged seagull and the shag. In the sea, there is the possibility of sighting cetaceans like the finback whale which frequents these waters in the summer. The beds of kelp are also of importance in these waters.



Lighthouse of Ons





PARQUE TRANSFRONTERIZO "GERÊS-XURÉS"

Location

Southwest of the province of Ourense, bordering Portugal. In the municipalities of Entrimo, Lobios and Muíños. The SCI also carries on into the municipalities of Padrenda, Quintela de Leirado, Vereia, Bande, Calvos de Randín and Lobeira.

Area

29,762 hectares. SCI: 34,248.13 hectares.

Access

From Ourense, in the direction of Celanova and Portugal, on the OU-540. From Xinzo de Limia on the local OU-301 road to Bande.

Services

Food: Yes.
Accommodation: Yes.

More information

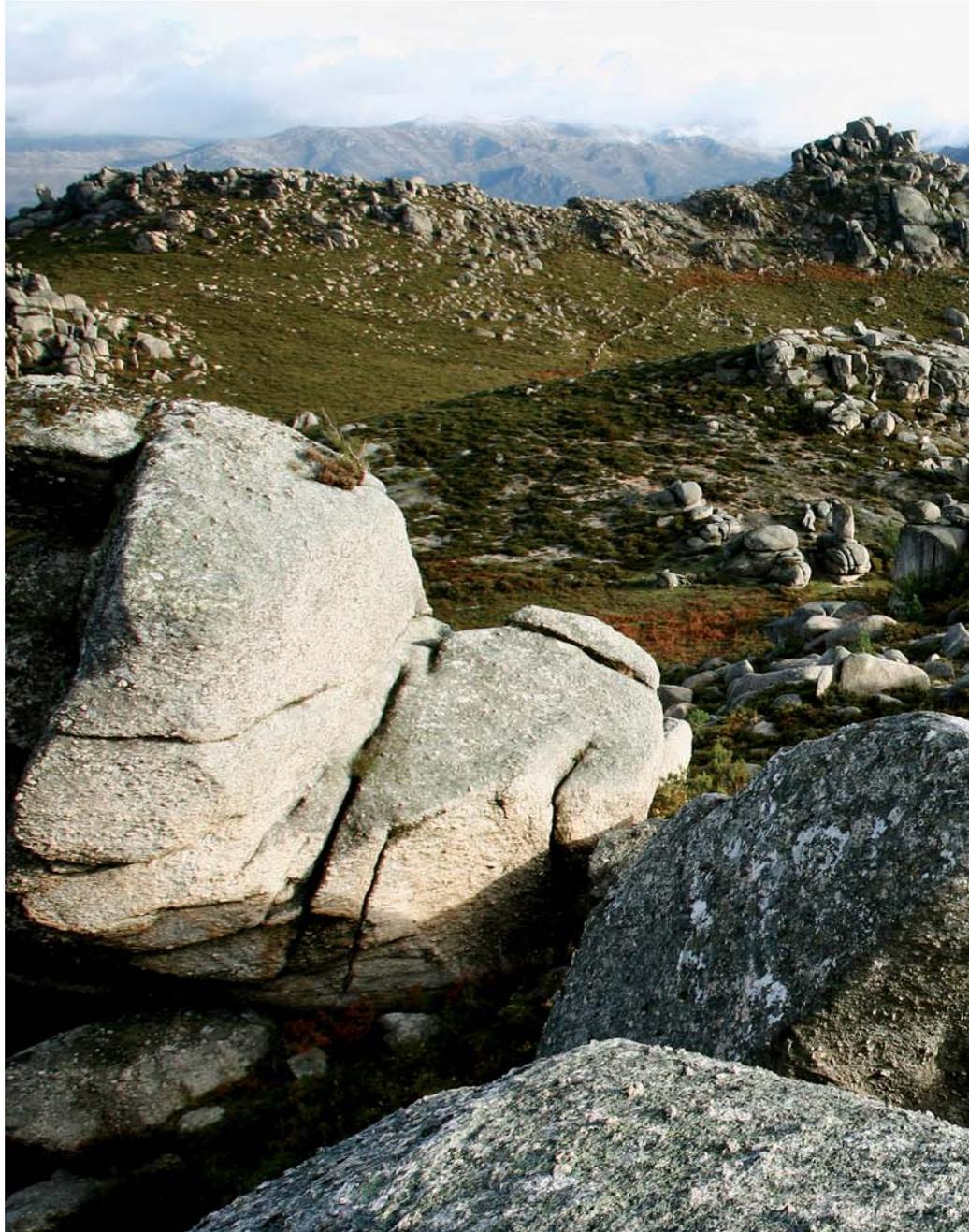
Park headquarters, in Lobios.
Tel. 988 448 048 and 988 448 181.

Facilities

Interpretation Centre of the Natural Park, in Lobios. Tel. 988 448 048 and 988 448 181.
Aquae Querquennae- Via Nova Interpretation Centre, in Porto Quintela (Bande).
Tel. 988 444 401.

Other related natural spaces / nearby:

SCI Veiga de Ponteliñares
Natural Monument "Carballa da Rocha"



Cachena cows

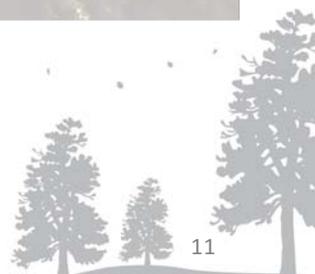


“Raia seca” landscapes

The Limia is a unique river. It has excavated a natural corridor along which history has left its human traces. The river gathers up a mass of water which leaps down in waterfalls and cascades, rests in successive dams, crosses a border and finally gives up its waters to the Atlantic. In this way the largest Natural Park in our region is united with the most important Park in Portugal, the Peneda-Gerês National Park. Together they form one single protected cross-border space which is unique in Europe.

This is the “raia seca”, for the border layout is not located around the rivers but high up in the mountains: O Laboreiro, Queguas and Quinxo in the north; Santa Eufemia, O Xurés and O Pisco, in the south. The highest peaks are 1,500 metres high and combine the smooth forms of the old Galician mountains with the most rugged peaks. Needles and bolos (granite stones), which time has balanced in complicated equilibrium, are one of the distinguishing marks of the area.

Here we will find megalithic monuments, legends of gold and evidence of the passing of the Roman soldiers along the XVIII or Vía Nova road. Still standing are the milestones that were left on the road that joined the Roman capitals of Braga and Astorga through the only natural way through these mountains, the mythical Portela do Home, border access point to Portuguese territory.

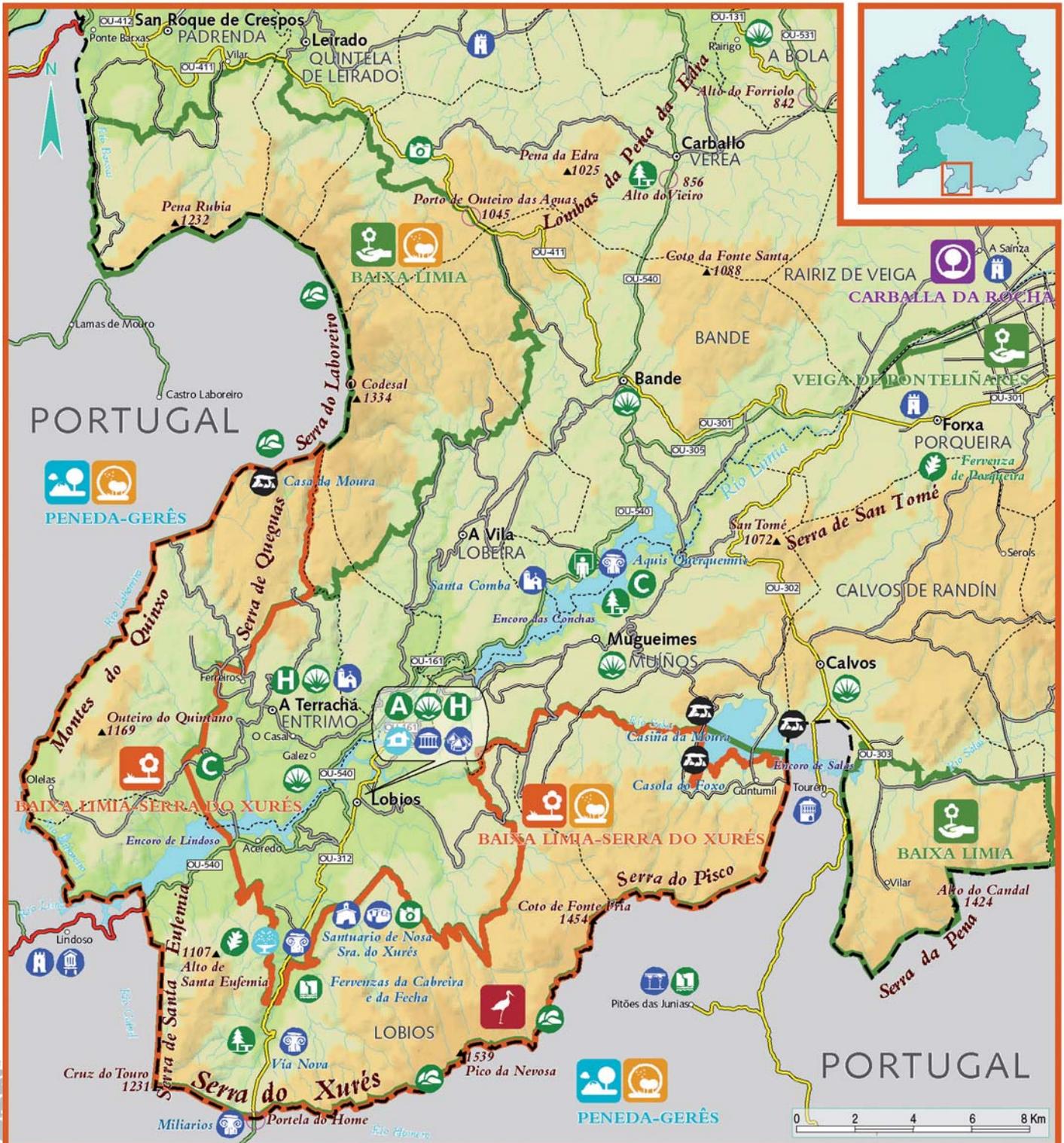




The traditional constructions like mills, walled beehives (*alvarizas*), shepherds' cabins (*chivanas*), raised granaries (*hórreos*), ovens, roads and walls reveal the most creative soul of its inhabitants. A heritage from the traditions still kept alive in the dozen villages which until the present day have kept agriculture and fishing alive in the Park. Villages like those of O Couto Mixto, the territory which, until 1868, had a statute of privilege independent of Spain and Portugal.



Olelas. Entrimo



Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.



Not to be Missed

Before entering the Park, the OU-540 main access road provides visitors with the opportunity to stop and look at the historical heritage of the area. Aquis Querquennis is a Roman site made up of a camp and a *mansio viaria* located on the banks of the As Conchas, reservoir in the village of Bande. Close by we find the modern Interpretation Centre *Aquae Querquennae - Via Nova*. The pre-Romanesque church of Santa Comba de Bande is also in this area. Its nave and wall-paintings are a must for visitors.

In the Park there are routes by car which join the natural lookout points and important places, a route for horse riders and many rambling options, some quite demanding, over all of the mountains that make up the *raia*.

Lobios, on the left side and Entrimo on the right, are the Park's main towns. The offices of the Interpretation Centre are located in the spa town of Lobios, with its thermal waters from the river Caldo. In the same town and just a few metres away from the spa are located the Roman remains of the *mansio Aquis Originis*, which is open to visitors. Along the stretch of highway from Lobios to the border pass of Portela do Home the A Fecha waterfall, the highest in Galicia in the rainy season, can be seen in the distance, as well as many of the Roman road milestones.

From A Terrachá, the municipal capital of Entrimo, which has an interesting church with a baroque facade, there are turn-offs to the Queguas and O Quinxo mountains, such as the one to the village of Olelas, one of the best places to see *cachena* cows. This is native to the area, small with large horns and well adapted to the harsh mountain climate, and which in recent years has been rescued from the danger of extinction.

Outstanding Nature



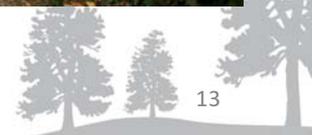
O Xurés has a wide range of scenery and life. It is a transitional area between the Eurosiberian flora (Atlantic) and that of the Mediterranean, combined with altitude factors and the direction of the valleys; scrub on the peaks and forests of oak and other species in the valley, with important riverside forest.

Here, there are packs of wolves and their prey, also mountain goats and the Galician pony or *garrano*, reintroduced into the region under a programme of recuperation and reintroduction of native species.



Beehives

Olelas. Entrimo





Location

The Natural Park is located in the municipality of Ribeira (A Coruña).

The SCI also includes the island of Sálvora (Ribeira) and extends along the coast of the municipality of Porto do Son.

Area

996.25 hectares. SCI: 9,265 hectares.

Access

From the south, by the O Barbanza highway from Padrón. Also via the AC-550 road on the Noia-Santa Uxía of Ribeira stretch, with turn-offs towards the coast. Two direct accesses to the Park, with Parking zones, one to the moving dune in Olveira and another to the Reception Centre in O Vilar.

Services

Accommodation: Places nearby.

Food: Yes.

Facilities

Visitors' Reception Centre Casa da Costa (Tel. 981 878 532).

Centre for the Interpretation of the Galician Coastal Eco-System (CIELGA).

Cafeteria-restaurant and recreation area of O Vilar.

Parking in Olveira, O Vilar, Playa de A Ladeira and Vixán.

Bird-watching stations.

Information panels.

Other related natural spaces / nearby:

Parque Nacional marítimo-terrestre das Illas Atlánticas

SCI "Complexo Ons-O Grove"



Aerial view of the Natural Park

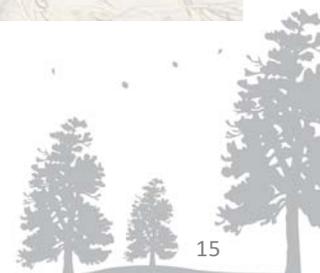




Result of the wind

Corrubedo is the home of the largest dune in Galicia. The moving dune in this open space between the Ría Arousa and that of Muros and Noia is impressive in size, more than a kilometre long on its curved advancing front. During the hardest winter months it reaches twenty metres high. It is calculated to be between 200 and 250 metres wide; although it seems that it was larger in the past. Somewhere between legend and exaggeration, it was documented that at the end of the 19th century the dune was more than 60 metres high.

To windward, facing the sea, it is long and low lying, like the back of an animal. It drops to leeward, towards the ground, and with no vegetation to hold it back advances across the plain at a speed of two to three centimetres a year.



Complexo dunar de Corrubedo and lagoas de Carregal e Vixán



The omnipresence of the queen of the Park should not make us forget the other Park's attractions: two lagoons, one of salt water and the other of fresh water, with extensive mud flats connected to them and internationally important wetlands.

Vixán, the fresh water lagoon, is fed by the waters of the modest Muíño stream, subject to seasonal fluctuations in water volume. Carregal, the salt water lagoon, is connected to the ocean, dividing in two the long beach facing the rocks called Pedras da Ferreira. The rise and fall of the tides is via this channel, one of the central points of the Corrubedo complex. The rich ecological life of the Park is reaffirmed in the mud flats which are teeming with life, and all this in little more than one thousand hectares.



The Great Dune



Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.



Not to be Missed

This is one of the most visited Natural Parks in Spain. There is a network of paths and footbridges to avoid invading the dune area and to show visitors the area as completely as possible while showing respect for the natural environment. The starting point is the Casa da Costa or Visitors' Reception Centre located in O Vilar. There is also another building housing the Galicia Coastal Ecosystems Interpretation Centre (CIELGA) and set out as an informative museum dealing with natural, geological and historical matters for which the Park is justly known. The layout of the self-guided tours (*water route, sea route and wind route*) allows most of these aspects to be approached. Don't leave your binoculars at home.

Located in this protected area is the lookout point of Castrocidá, from which good views of this whole stretch of coast can be had. It is highly recommended to visit the megalithic dolmen of Axeitos, closely linked to the Park, and the **Galician-Roman hill-fort of Baroña**, at the extreme edge of the coastal border which stretches to the mouth of the Ría de Muros and Noia. On this journey via the AC-550 road, we will find directions to two other **protected lagoons**, that of **Xuño and Muro**, close to the famous beach of As Furnas which was immortalized by Amenábar in his film *Mar adentro* [The Sea Inside].

Outstanding Nature

The area boasts a good natural representation of the coastal ecosystems, with plants specific to dunes complexes along with an interesting collection of flowering plants. Likewise, reeds and rushes typical of the mudflats. A botanical paradise for specialists interested in rare and unusual plants.

The same occurs with the fauna: various habitats with many possibilities, including outstanding bird communities associated with fresh or salt water environments: anatidae, sandpipers, sea birds and others.



Casa da Costa





Location

Coruña municipalities of Cabanas, A Capela, As Pontes de García Rodríguez, Monfero and Pontedeume.

Area

9,125.65 hectares. SCI: 9,076.82 hectares.

Access

From Pontedeume to the monastery of Caaveiro, passing through Ombre, on the local road. Access to the right bank on the turnoffs from As Neves and Goente, on the AC-141 Cabanas-As Pontes de García Rodríguez road. Access to the left bank via the local road which passes the monastery of Monfero.

Services

Available in several villages around the Park.

More information

Office of the Natural Park (Esteiro, 23, Nogueirosa - Pontedeume; Tel. 981 495 580).

Facilities

Reception Centre on the Ombre-Caaveiro road, km 5. (Tel. 981 432 528)
Information panels.
Sotavento Experimental Wind Farm.
(Reservations: Tel. 981 563 777).

Other related natural spaces / nearby:

SCI "Xubia-Castro"

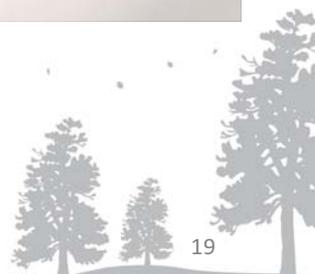


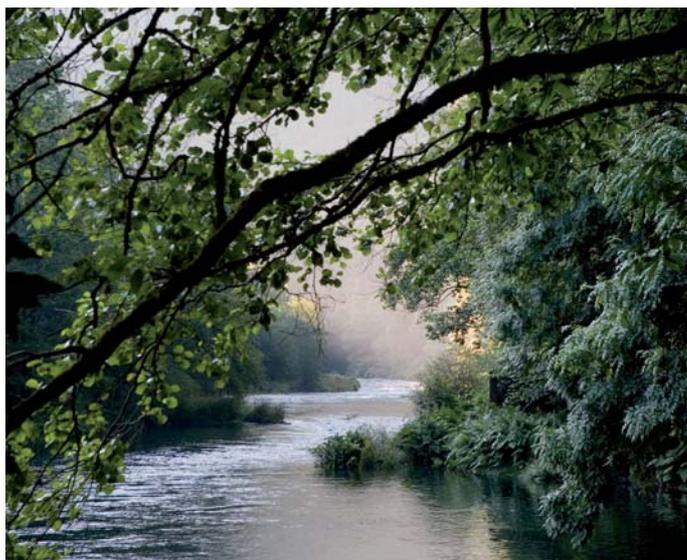
Reception Centre



The dream forest

The river Eume, some hundred kilometres in length, cultivated land for most of its course, ending in a deep gorge. Craggy hills, with a 300 metre drop at some points, still have the original vegetable covering of the Atlantic forests. A forest we have all dreamed of: the denseness, the seasons transformed into colours, a river which shares the salmon's adventure and seeks to reach the sea to become an estuary.





River Eume



Eume Gorge



Eume Dam

“*Fraga*” means a forest with different species of trees. Oaks and chestnut trees provide the deciduous cover, accompanied by birches and alders, ash trees and yews, hazel nut trees and wild fruit trees; and there are perennial laurels, holly trees and strawberry trees. They all form a heterogeneous jungle in which each species has its space. The cork trees, for example, grow on the hills facing south, their northernmost limit in Galicia. On the damp, sombre hills grow a wide collection of lichens, moss and ferns, relics of the Tertiary Period, which are the treasures of climatic forests like the Eume.

Not to be Missed

The Park has four access gates, with no connection between them. The most visited is that which leads to the monastery of Caaveiro. Because of the sloping hillsides this entrance is only possible by following the course of the river through the fishing reserve of Ombre, ten kilometres from Pontedeume. The routes start from the fishermen’s hut of Cal Grande and go through the forest.

There are restrictions on vehicles at weekends, but there is public transport to the bridge of A Figueira, the closest to the monastery. From this point it takes about fifteen minutes on foot to climb up to the recently restored Benedictine monastery of San Xoán de Caaveiro, a complete monument of Romanesque art, in the heart of the countryside and with panoramic views of the luxuriant forests and the sky. Entry is free with guided visits at approximately 45-minute intervals. This is no problem during the weekends, public holidays and the high season. If you plan to visit the monastery out of these dates, ask for information. Opening hours change according to the season.

Having climbed the mountain, and visited the monastery, the path can be continued downwards for a short distance to the murmur of the Sesín, which drains into the Eume, below the monastery. The churning of its pools and its green springs filtered by moss are well worth admiring. The Sesín itself can be approached upstream by another, different route. From the road going from Cabanas to As Pontes de García Rodríguez, take the turnoff in As Neves which leads to Gunxel, where the Sesín mills are located, and then continue on towards the old hydroelectric station of Ventureira. The track gets narrower here on the numerous curves of the tree-covered hills of this route which connects, on the left bank, with the Rebordele (Monfero) road.



Monastery of Caaveiro



River Sesín

The dam of the Eume can be reached via the same Cabanas-As Pontes road, and taking the Goente turnoff. It is an outstanding lookout point over the falling water which in winter becomes a veritable waterfall owing to the design of the flood gate. All this between vertical, bare granite walls but without the landscape losing at any time the charm of its richness.

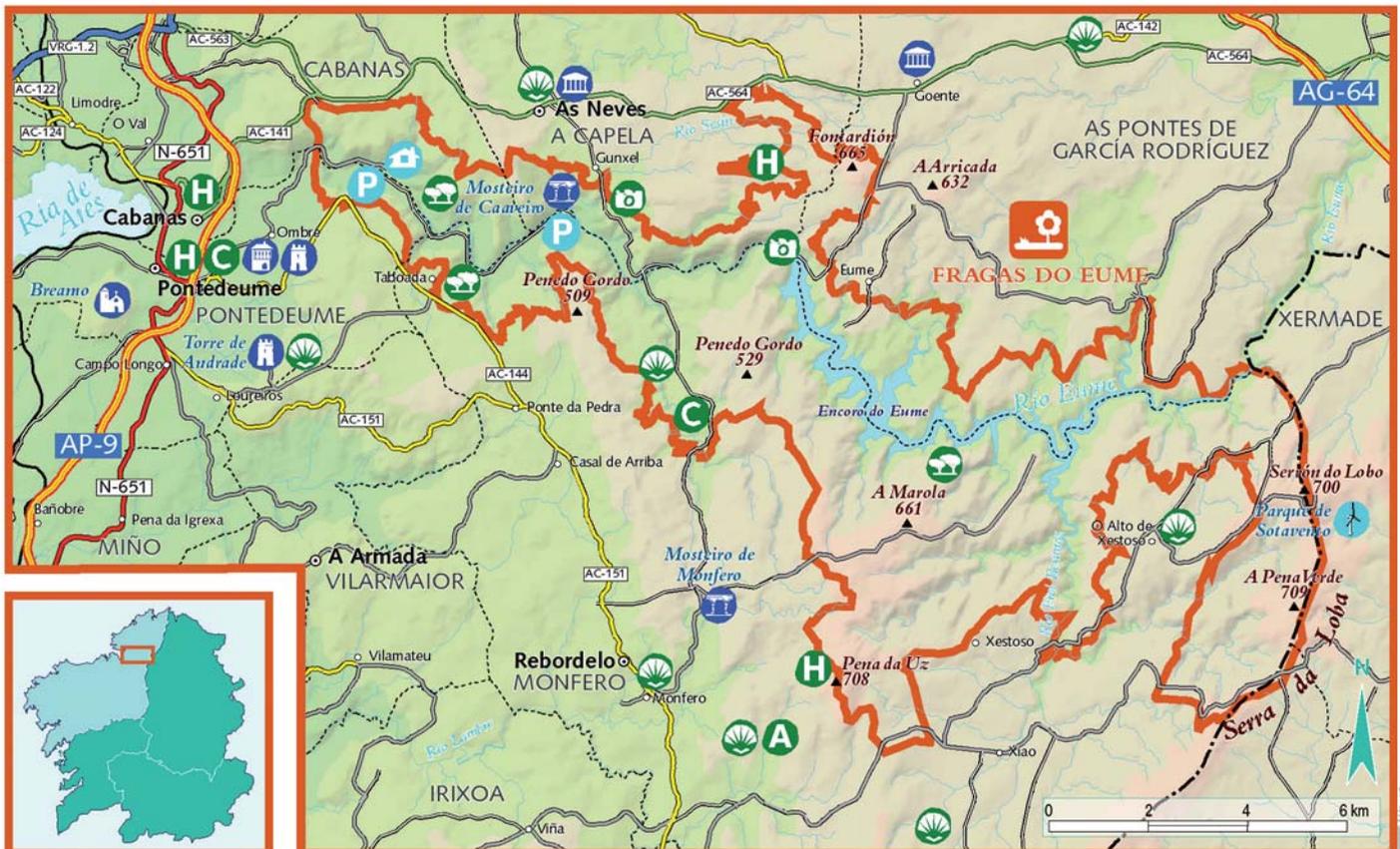
On the left bank we would recommend a visit to the monastery of Monfero with its baroque façade chequered with slate chips. Afterwards we can go deeper into the Park where the river Frei Bermuz feeds into the tail of the Eume dam amidst luxuriant vegetation.

The Sotavento Experimental Wind Farm is located on the top of the Serra da Loba, between Monfero and Xermade. It is dedicated to providing information on renewable energies, with all kinds of activities and guided visits, and also lends out bicycles.

Outstanding Nature



A luxuriant mixed forest regarded to be one of the most extensive forests on the Galician coast. Oaks cover the slopes of the river gorge along with a wide variety of vegetation and riverside forests. The humidity favours the growth of a variety of interesting ferns. Mention must be made of the 103 species of birds, 41 species of mammals and the eight species of fish as well as endemic species of invertebrates and reptiles, including the Iberian frog.



Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.



Location

In Tui (Pontevedra).

Area

746.29 hectares.

Access

Turn off near Tui, on the local PO-340 Gondomar-Tui road.

Services

Accommodation: No, but it can be found in Tui.
Food: Yes.

Facilities

Nature Interpretation Centre "*Casa Forestal Enxeñeiro Areses*" (Tel. 986 685 095).
Information panels.

Other related natural spaces / nearby:

SCI "Baixo Miño"
"Serra da Groba"



Alto dos Cubos



Visitors' Centre



The peace of nature

The Aloia knows that it is attractive, set as it is in an area touched by a benign climate and exuberant nature. A green mountain which also has solid roots set in the granite. Throughout its history it has been put to defensive, religious, forestry and recreational use. It was the first Natural Park in Galicia, and here it is, in complicity with the river, which, at its feet, begins to say its goodbyes before giving itself up to the sea.

- The hills of O Galiñeiro, which rises up as a small hill range on the coast, starts from a height of less than one hundred metres and ascends to 629 metres at the peak of San Xián. The hill dominates the landscape, described as an observation point over the Miño. All the streams that flow from the Aloia seek the Miño valley in a short but rough journey, an indication of their milling past.

The location of the Park in one of the most densely populated areas of Galicia and the north of Portugal provides it with great environmental education possibilities. Thus, the house built by the

Tui forestry expert Rafael Areses in 1921 is now used as a Visitors' Centre.

On clear days the panoramic views from the Aloia will not fail to please. This is an area closely linked to open-air leisure activities, especially hill-walking. It is included in the network of routes throughout O Baixo Miño, which runs to here from the city of Vigo.

Outstanding Nature

Rich vegetation. Smudges of indigenous forest, mainly of deciduous species. Restocked with pines and masses of exotic trees close to a hundred years old, accompanied by the typical fauna of the mountains. In this respect, the Aloia represents a refuge from the pressures around them for species like the rabbit, birds of prey and amphibians.

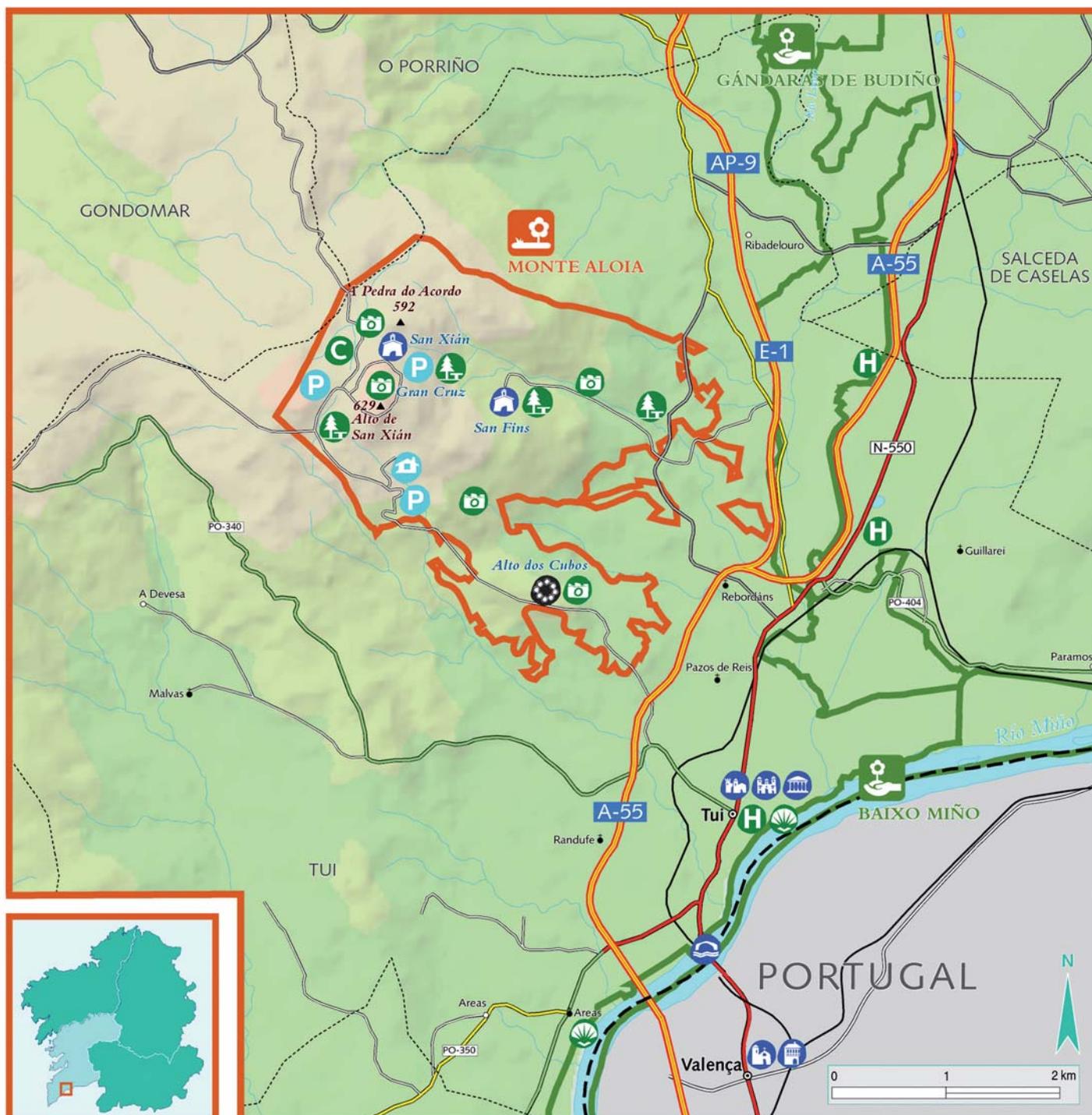


Not to be Missed

There is a permanent exhibition and extensive information about the Park in the Visitors' Centre "Casa do Enxeñeiro Areses". The six routes which enable us to learn about the mountain start here. They connect five lookout points, as well as many recreation areas and seven water mills which can be visited (*the Tripes mills route and the Paredes mills route*). A total of ten kilometres to be covered, including a botanical trail with explanation panels, that illustrate the plant diversity in the area and show how to identify the different species through games.

The most visited place and the centre of local folk traditions, is the chapel at the top of San Xián. The shrine, of Romanesque origin, and the flight of steps to the saint's fountain which was reconstructed in 18th century was a response to the ancient Christianisation of the cult of the stones and other natural elements. The rituals speak about the part of the bed in which it seems the saint slept and where the grass never grew, and about the water stone and the sun stone which were used to predict the weather.

The oldest route on foot is that of the Alto dos Cubos *castro*, a fortified town of which a 1,250 metre long wall still survives, called by the curious name of the Cyclops wall because it was made of large stones without mortar.





Canhão do Bibei
Bidueiral de Montederramo
Maciço Central

Location

Natural Park entirely in the municipality of Vilarinho de Conso.

The **Maciço Central** reaches the mountain area of the central Ourense region comprising the municipalities of O Bolo, Chandrexa de Queixa, Laza, Manzaneda, A Pobra de Trives, Viana do Bolo, Vilarinho de Conso, Quiroga, Larouco and Montederramo.

The Bidueiral extends across the municipalities of Montederramo and Vilar de Barrio.

Area

5,722 hectares. SCI: 46,829.43 hectares. SCI "Bidueiral de Montederramo" 1,948.55 hectares.

Access

There is access to the reserve from Verín on the OU-114 local road to Laza, and from there, taking the turnoff to Campobeceros. To get to the **Maciço Central** from the north, take the C-536 road with turnoffs in O Castro de Caldelas or in A Pobra de Trives to reach Manzaneda. To get to the **Canón del Bibei**, take the C-533 Petín-A Gudiña road and turn off to the As Ermidas shrine.

Services

Accommodation and food in locations inside the SCI **Maciço Central**.

More information

Written permission to visit the Natural Park must be obtained from the Territorial Department of the Consellería de Medio Rural of Ourense. Tel.: 988 386 029 - Fax: 988 386 135.

Facilities

Reception Centre (Tel. 988 386 376).
Nature Workshop on the Ribeira Grande.
Animal watching station (wild ungulates hunting enclosure).
The Nature Workshop has bedrooms and other installations such as a laboratory and projection room where activities, coordinated by monitors, can be carried out.

Other protected open spaces

Natural Monument "Souto de Rozabales"
Protected landscape "Val do Navea"
SCI "Peña Trevinca"



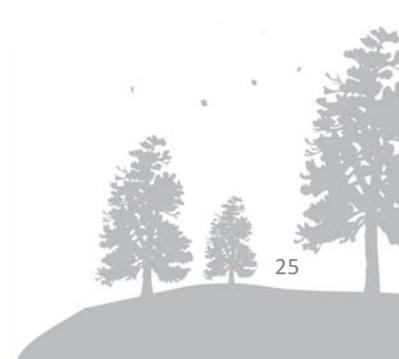
Dam of As Portas. Central Massif

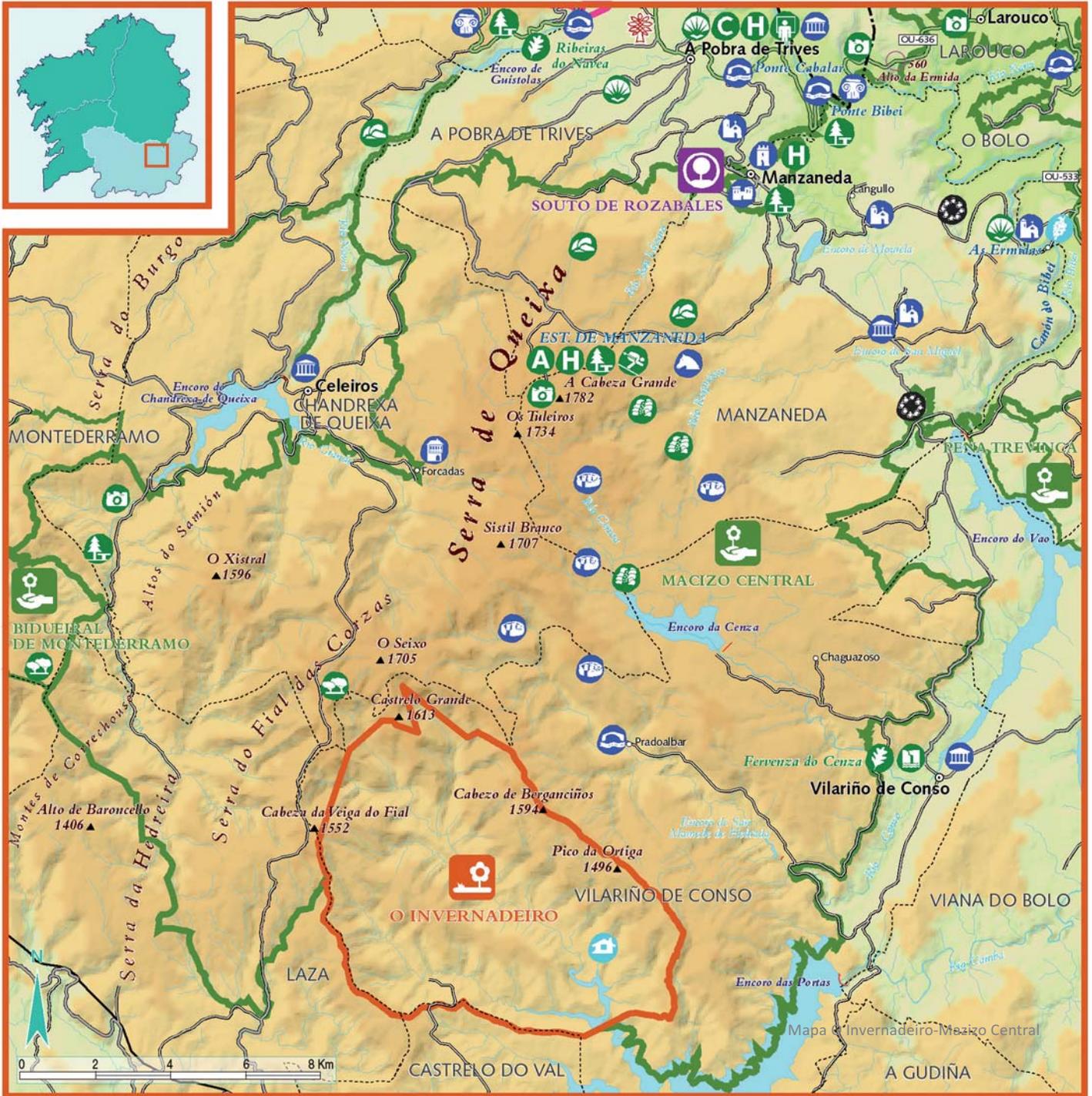


Mountain Lesson

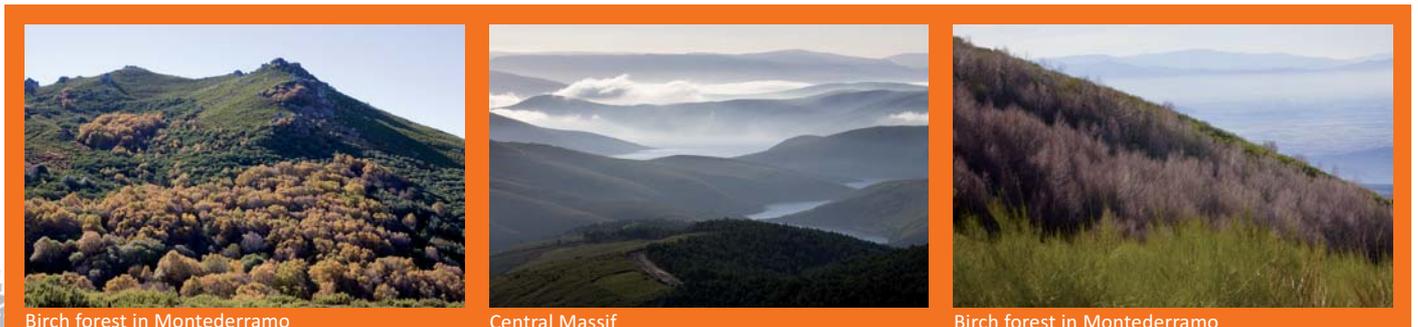
There are no human settlements within the limits of O Invernadeiro. Everything is nature. Its history goes back to ancient times, undivided since the Middle Ages, and used then for grazing and hunting. Halfway through the last century it was made into an authorized reforestation area and continued as such until a fire changed its purpose in 1981. From its ashes it rose again with a commitment to environmental recuperation which was consolidated definitively in 1997 when it was declared a Natural Park. Today it has one of the region's best nature departments for learning in depth about life in the Ourense **Macizo Central**.

The ancient Galician mountains, which within the limits of the Park reach a height of 1,500 metres, combine the wild charm of the rock with the smoothness of great rounded masses. This type of mountain harbours many wildlife species, represented principally by the wolf and its prey, the roe deer and the wild boar. The rivers in this space, as occurred with the glaciers in ancient times, live the mountain's great moment. The twin rivers Ribeira Grande and Ribeira Pequena set the river rhythm.





Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.



Birch forest in Montederramo

Central Massif

Birch forest in Montederramo



Not to be Missed

Permission for access must be sought in advance and all trips must be made on foot along set routes. Group visits can be arranged for a minimum of five people. The nature workshop of Ribeira Grande and the activities it offers are highly recommended for school groups and other collectives. It is a unique experience, isolated in nature and covering the wolf's extensive hunting grounds. On some of these routes a surprising glacial cirque can be seen and also several waterfalls, such as the Arcos.

Of special interest in the Ribeira Pequena is the enclosure route which takes us to the area where deer and other ungulates live in semi-liberty. The stars of the Park are the deer, mountain goat, bucks, chamois and the mouflons. They inhabit enclosures which facilitate control of the population and give visitors one of their most pleasant memories.

Central Massif

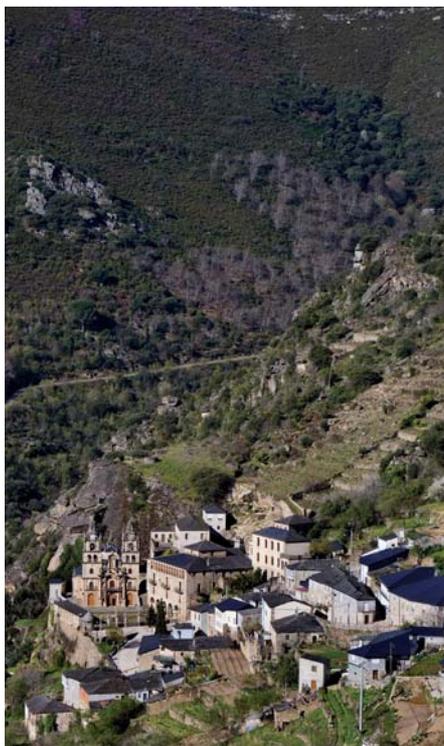
O Invernadeiro is the heart of a vast, practically unpopulated mountain region. The highest peaks are found on the Queixa mountain range, where the Manzaneda mountain station stands at 1,782 metres, and the San Mamede mountain range (1,619 m). The region has abundant rain and snow falls, but also significant seasonal periods of drought.

From A Pobra de Trives we can ascend to the Manzaneda winter station, whose many tourist options mean that activity is not just limited to the ski season. It is the starting point of several hill walking routes in search of ancient glacial activity in the mountain. We can also opt to continue on to Celeiros, the municipal capital of Chandrexa de Queixa.

There are two possibilities on the other slope of the massif. On the one hand, in the Vilariño de Conso municipality, we find the enclaves of Pradoalbar, where the river fills the valley with great beauty, and Chaguazoso, where a spectacular glacial moraine and the river Cenza waterfall can be seen.

Halfway up the mountain there are extensive tree-covered areas. Indigenous forests of great botanical interest, with their mix of Atlantic and Mediterranean species like the common oak and the Pyrenean oak. One of the most curious forests is the **Bidueiral de Montederramo**, covering some 250 hectares in the municipality of Gabin, brought about by the need for this wood of the formerly numerous *zoqueiros* (craftsmen making clogs) and carpenters in the area.

On the other hand, there is the **river Bibei gorge** in O Bolo. This photograph par excellence is framed by the baroque shrine of As Ermidas overhanging the mountain between the hillside grapevines and olive groves, both good indications of climate. Here we can find excellent examples of the terraces used to overcome the problem of the steep drop. The river took part in and also resisted this long history of humanization which started in ancient times, as is seen by the solid Roman bridge of Bibei, still able to support the weight of modern traffic.



As Ermidas. Bibei Gorge



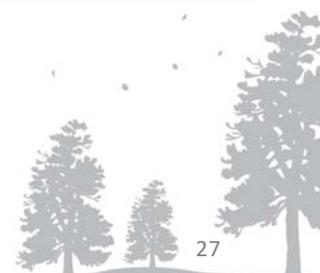
Outstanding Nature



Good recuperation of the arboreal stratum and the pine groves. In the shelter of the steep slopes grow mature forests of indigenous trees.

Excellent examples of mid-mountain bushy growth. The fauna represents the most complete trophic pyramid.

Bio-indicators of the health of river ecosystems such as the otter and other species even more scarce in the rest of Spain.





Location

In the Rubiá municipality, belonging to the Ourense region of Valdeorras, bordering El Bierzo (León).

Area

3,151.67 hectares.

Access

The 120 Ponferrada-Ourense road and the train line cross the Park by Covas. The local OU-622 road circles the mountain from the N-120 towards the north. There is also a turnoff towards Biobra.

Services

In the area, outside the Park.

More information

Natural Park Office, Visitors' Centre. Biobra (tel. 988 324 319).

Facilities

Animal observation stations.
Potholers' shelter in Covas, with sports licence.



Penedos de Oulego



The Sil treasure

The Lastra mountain range is the natural east of Galicia. Here the holm oak has its own history. It tells about the Mediterranean climate and the limy soil it needs to exist. It is for this reason that it is scarce in the rest of Galicia. It gives its name to the Natural Park, for it seems that in years gone by a massive holm oak acted as a guide to travellers in these parts. It is only a story, but a holm oak like the one in the past can be admired on land near the Covas cemetery, and is recognized as a Singular Tree.

Accompanying the holm oaks we find other Mediterranean species: cork trees, *rebolos* (oaks with a small trunk), almond trees and olives. There are also chestnut trees, and a mention of them takes us back two thousand years. Then, the Romans transported gold from this region to enrich the Empire. In exchange they left two treasures: their language and the chestnut trees,

masterly elements of this landscape.

Nobody can remain indifferent to the beauty of the mountain towers of Penedos do Oulego, the shape of the Val do Inferno ravine, the sheer slopes of Pena Falcueira. The Sil divides this mountainous system forming a steep-walled gorge. The Covas straits constitute an aesthetic experience for the travellers who cross the region by train.

And the interior of this land will still surprise us with its *palas*, a word of pre-Roman origin which means caves. Here are located the biggest network of underground caves in the region and the largest colonies of bats living in the close to two hundred registered fissures and caves, some of which are extremely long, such as the Cova da zorra (600m), or landmarks in Galician potholing, such as the *pala* of Xilberte, the *pala* of Pombo, la *pala* of Trasmonte or la *pala* of Tralapala.



Not to be Missed

The journey itself, along the local roads that join the small villages in the interior and along the borders, shows the beauty of the landscape. The Park has areas of restricted access. It is necessary to contact potholing associations in order to be able to explore the caves.

Covas and Biobra, where the Visitors' Centre is located, are both of special interest in this area. The route between Vilardesilva and Covas runs along the right bank of the Sil, taking us to the river gorge with incredible narrow passes that dam up the waters and act as hunting places for birds of prey.

On the other hand, we can go to the Penedos of Oulego along a very demanding path which uses forest trails to show us hidden natural scenic paradises which are the best kept secret of the hard eastern mountains.

Outstanding Nature



There are outstanding holm oak woods, chestnut groves and Mediterranean scrubland with special characteristics, such as fields of wild thyme. Flowering plants endemic to limy soil and other rare plants like the more than 25 species of orchids. The gorges and sheer river passes are the habitats of birds of prey and other birds which make the Park an interesting ornithological refuge. It has the largest concentration of nesting birds in Galicia, and large colonies of bats live in the caves.





Location

Municipality of Laxe and Vimianzo, on Coruña's Costa da Morte.

Area

212 hectares.

Access

Several turnoffs on the AC-552 towards the Laxe coast.

Services

Accommodation and food, in the neighbourhood.

Other related natural spaces / nearby:

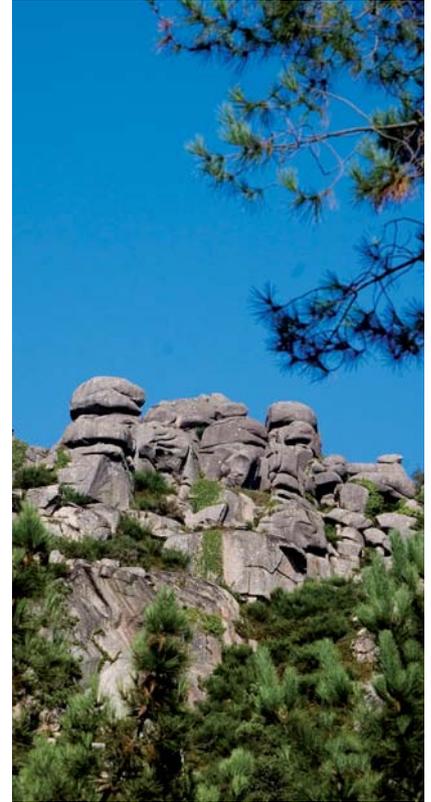
SCI "Costa da Morte"
SCI "Río Anllóns"

Body of stone, soul of legend

The four "altos" that surround the Traba Valley make admirable lookout points. The valley is open to the ocean with extensive sands and a coastal lagoon included. Seen from the beach, the "altos" themselves provide one of the most spectacular panoramic views on the Costa da Morte (SCI). Stone upon stone they rise up to a height of 274 metres and proclaim their name, according to the form or legend that tradition gave them. The Pena dos Mouros, Pena Forcada, O Castelo and the Torre da Moa are the names of the four peaks that delimit the space.

We can reach them on foot from A Costa in the municipality of Traba, or, better still, from the south, on a route which commences in Pasarela, in the Calo municipality. Here, popular imagination has given descriptive names to the most unusual rocks in the area. A Cachucha, O Berrón, A Agüia, A Tartaruga, O Gardián are some of them. The same legal documents that protect them, tells about the dreamlike scenes created by the accumulation of rocky forms. Animal and human morphologies which at each glance put the imagination to the test.

As well as their aesthetic and scenic value the forms have enormous scientific value because they provide knowledge about the evolution of the landscape.



Location

Ourense municipalities of San Xoán de Río and A Pobra de Trives.

Area

706 hectares.

Access

On the OU-536 (Ourense-A Rúa) road take local turnoffs in the municipality of A Pobra de Trives.

Services

Accommodation and food: Yes.

Other related natural spaces / nearby:

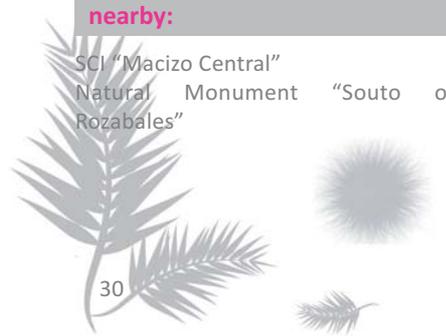
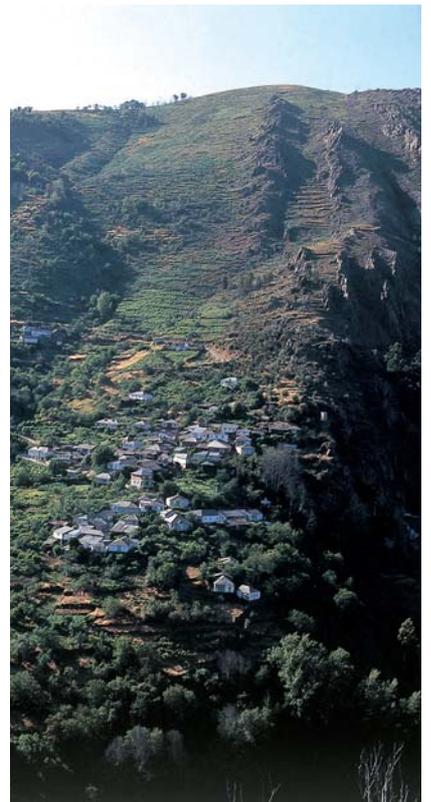
SCI "Macizo Central"
Natural Monument "Souto of Rozabales"

The chestnut bank

The river Navea flows into the Bibei shortly before it, in its turn, flows into the Sil, which later flows into the Miño. A whole cannon of waters which connects the Ourense Macizo Central with the biggest river system of the northwest peninsula: the Miño-Sil.

All these rivers carved natural corridors with a made-to-measure landscape. The Navea valley is the most untouched. It is outstanding for the predominance of arboreal vegetation, like the great forest of San Xoán de Río on one side of the river and one of the famous chestnut groves of the region of Trives on the other. There are historical chestnut trees and "sequeiros", one-storey constructions used to dry the chestnuts. Some are being restored.

At the entrance to the protected space one of its main attractions can be found: the Navea bridge, built in the Middle Ages on the remains of the old Roman bridge.





Location

In A Saínza, in the municipality of Rairiz de Veiga, belonging to the region of A Limia (Ourense).

Area

0.63 hectares.

Access

OU-531 road from Xinzo de Limia to Celanova

Services

Accommodation: Yes. Food: Yes.

Facilities

Information panels.

Other related natural spaces / nearby:

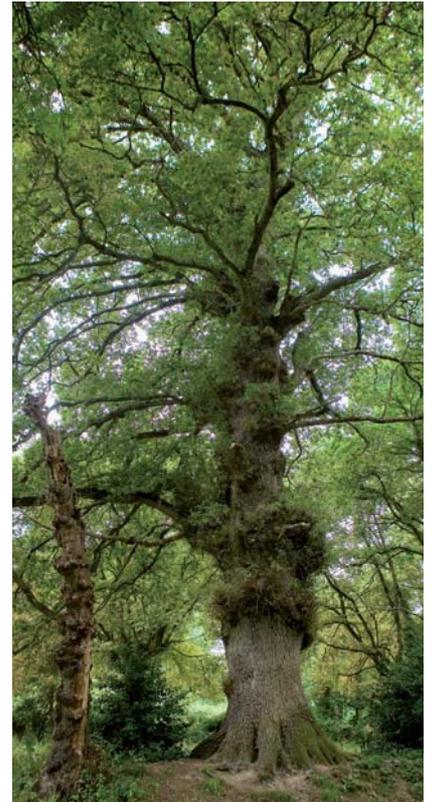
“Baixa Limia-Serra do Xurés” Natural Park
SCI “Veiga de Ponteliñares”

Roots to gain the sky

In Galician, the *carballo* (*Quercus robur*) adopts the female gender when it is an old tree with a large trunk and well-developed crown. The holm oak of Rochas or A Saínza is magnificent. It officially measures 6.90 metres at its perimeter which should be taken at a height of 1.30 metres from the ground. A little higher up it divides into two great branches more than thirty metres high.

Apart from its botanical interest, the tree at A Saínza possesses outstanding cultural value. Its roots are merged into the history of the land where it was planted, near the chapel of the Virgen de las Mercedes, and in memory of the people of the area (See the Biosphere Reserve “Area of Allariz”).

Every 24th of September, on the occasion of the local holidays, the shadow of this oak wood also gives shelter to an important pilgrimage, one of the few re-creations in Galicia of the battle between the Moors and the Christians. The so-called “attack” takes place in the Campo do Castelo and has been declared a Fiesta de Interés Turístico (holiday of tourist interest).



Location

Municipality of Oleiros, close to the city of A Coruña.

Area

Natural Monument 266 hectares.
SCI 349.96 hectares

Access

From A Coruña, to A Ponte Pasaxe exit towards Santa Cruz-Playas. In Mera, turnoff at the lighthouse, or continue to the port of Lorbé.

Services

Accommodation: In Mera.
Food: Close by.

More information

CEIDA (Extension Centre)
University and Diffusion of Environmental Issues of Galicia).
Castelo de Santa Cruz, Liáns.
Tel: 981 630 618 - Fax: 981 614 443

Facilities

Sea workshop: Visitors’ Reception Centre of the Natural Monument Costa de Dexo-Serantes. Casa do Fareiro (Mera). Tel.: 981 630 618.

Other related natural spaces / nearby:

Natural Park “Fragas do Eume”
SCI “Costa Ártabra”
SCI “Betanzos-Mandeo”

Loving A Marola

The Mera lighthouse constitutes a privileged balcony from which to look out over the Atlantic horizon where the mouths of three estuaries can be seen: that of A Coruña, with the profile of the city behind the bow figurehead of the Torre de Hércules; that of Betanzos and Ares, which hides a gentle coast in the heart of As Mariñas; and, half camouflaged among cliffs, the Ría de Ferrol (see SCI *Costa Ártabra*). This landscape has the point of O Seixo Branco in the foreground, its vertical streak competing in whiteness with the sea foam, and the island of A Marola. Practically inaccessible like other small islands near the coast, it is an important enclave for birds.

The old lighthouse keeper’s house has been converted into a sea workshop in which visitors can learn about the ecosystems and plan itineraries. The coast is like a toothed saw, inlets and outcrops with space for beaches like that of Canabal or Portiño de Dexo.

“Whoever crosses A Marola, crosses the whole sea” says the popular poem about this sea route whose winds and currents are the cause of not a few bouts of seasickness.





Location

In the municipality of Ribadeo, capital of A Mariña oriental, in the province of Lugo. The SCI extends between the municipalities of Barreiros and Ribadeo.

Area

National monument: 28.94 hectares, of which 20 hectares are sea water. SCI: 304.36 hectares.

Access

On the N-634 (A Coruña-Santander) road, turnoffs to the coast on the stretch between San Miguel de Reinante and Rinlo. Local roads parallel to the coast.

Services

Accommodation and food in nearby villages and beside the road.

Facilities

Information panels.

Other related natural spaces /nearby:

SCI "Ría Foz-Masma"

SCI "Río Eo"





Sea architecture

The step that forms the so-called Cantabrian platform reaches the category of geological monument here. In the cliffs the sea has sculpted a whole range of arches, columns and vaults which led to the area between the beaches of Augasantas and Carricelas and known to tourists as the Praia das Catedrais.

Access is easy. There is also has a good walk along the upper edge and information panels. However, leaving our footprints in the sand is only possible at low tide. Walking along the sand at low tide and venturing into the caves with the momentary permission of the sea increases the sense of adventure. Thousands of photographs of the beach have been taken in recent years, all with the emotion of an unrepeatabe moment. Each photo is unique.

Every visit is different. The sea always erases previous traces, but the succession of monumental arches remains. The protected space within the Red Natura 2000 includes a stretch of coast about fifteen kilometres long containing other fine beaches such as the Os Castros beach and the picturesque port of Rinlo.





Location

Quintela, in the municipality of Catasós, municipality of Lalín (Pontevedra).

Area

4.52 hectares.

Access

Four kilometres from Lalín towards Ourense on the N-535 road.

Services

Accommodation and food in Lalín and nearby.

Facilities

Information panels.

Other related natural spaces / nearby:

SCI "Serra do Candán"

Navigating through the forest

Straight like the masts of sailing ships, in the centre of Galicia were planted a large part of the trees which now form this forest, also called the "Carballeira de Quiroga". The long beams needed for the construction of the Galician pazos and big houses necessitated long slender trees. Only the branches were pruned, the tops were never lopped so they grew straight up to the sky without the trunk thickening too much.

The oaks and principally the chestnut trees grow to 30 metres in height and five in perimeter. Their elegant bearing has led to them being regarded as the best examples of hundred-year-old chestnut trees in Europe. They were planted at the beginning of the 19th century on the grounds of the pazo of the Quiroga family, related by marriage to Doña Emilia Pardo Bazán who spent time in the house and, it has even been said, wrote several chapters of the novel *Los Pazos de Ulloa* there.

The walk through the woods is short and easy, but the density of the paths always provides us with pleasant surprises. For example, the tree trunks, blown over by the force of the gales, are used to count, ring by ring, the tree's history for visitors.

Even halfway through the last century the FAO, United Nations Organization for Agriculture and Food, had called for the protection of this forest. Today it is a 21st century Galician National Monument and forms part of the catalogue of Singular Trees of the region.



Pena Corneira



Location

Ourense region of O Ribeiro, municipalities of Carballeda de Avia, Leiro and Avión.

Area

998 hectares.

Access

Turnoffs on the OU-504 (Ribadavia-O Carballiño) local road, either in Leiro or in Beade, (OU-212) towards Avión.

Services

Accommodation and food in nearby areas.

Facilities

Information panels.

Other related natural spaces / nearby:

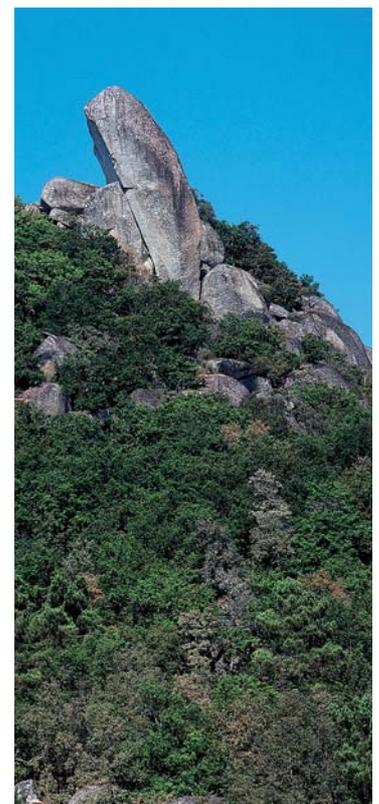
"Serra do Suído"

The "menhir" of O Ribeiro

The ten-metre high horn rises up over other large rocks to poke out between the vegetation. In this way, Pena Corneira constitutes the visual reference point from almost any point of the Avia valley, in the grape and wine-growing region of O Ribeiro. It is accompanied by many other curiously shaped rocks or combinations of rocks, of which the rounded bolos, piled up, corridors between stony walls and other erosive forms, are the most outstanding. All this amidst a landscape which has also retained its indigenous vegetable cover in many areas.

The ascent can be made on foot up the path which cuts through the Leiro riverside Park, some nine kilometres from the top. The path is easy to follow with walkways and steps at the steepest parts and there are interesting turnoffs to the "Regato do Foxo", an ethnographic area which has a group of six watermills and thirty restored, raised granaries, or to the Romanesque church of San Tomé (Serantes). The forest Park near the base of Pena Corneira can be reached by car as well, and also the lookout point of "O Outeiral", both, without any doubt, the best places from which to enjoy this national monument, the biggest in the region of Galicia.

The forest of Ridimoas (Beade) borders this protected area. This is the property of the Beade cultural-ecological association which promotes its restoration and the diffusion of didactic information about it.





Location

In the municipality of Chavín, in the municipality of Viveiro (Lugo).

Area

3.19 hectares.

Access

Six kilometres from Viveiro on the Mondoñedo (LU-540) road, turnoff to Chavín (LU-161).

Services

Accommodation and food locally and in Viveiro.

Facilities

Information panels.

Other related natural spaces / nearby:

SCI "Costa da Mariña occidental"
SCI "Río Landro"
SCI "Monte Maior"
SCI "Serra do Xistral"

The ancestry of the eucalyptus

The *Grandfather* of Chavín might well be the tallest tree in Spain and one of the most important in Europe, but, without doubt, it is the largest eucalyptus in Galicia. Its official declaration as a national monument, along with some 600 large trees of the same species in Souto da Retorta, calculated its height at 61.78 metres, with a perimeter of 7.55 metres. Other measuring systems have set its height at more than 80 metres.

The hundred-year-old eucalyptuses of Chavín were planted after 1860 to drain low lying ground as a protection against flooding. The Landro riverbanks form part of the region's history, where according to official data half of this area is tree-covered.

The area is bordered by several historical sites such as Chavín's old electric power station. The Landro river network also still has indigenous species growing along its banks, such as the Val do Naseiro forest, and places of interest like the waterfall of the Pozo da Ferida (River Loureiro) with a drop of thirty metres.



Location

In the region of As Terras de Trives, Manzaneda municipality (Ourense).

Area

1.80 hectares.

Access

From A Pobra de Trives, on the Ourense-A Rúa OU-536 road, local turnoff towards the village of Rozabales in the direction of Manzaneda.

Services

Accommodation and food in Manzaneda and A Pobra de Trives.

Facilities

Information panels.

Other related natural spaces / nearby:

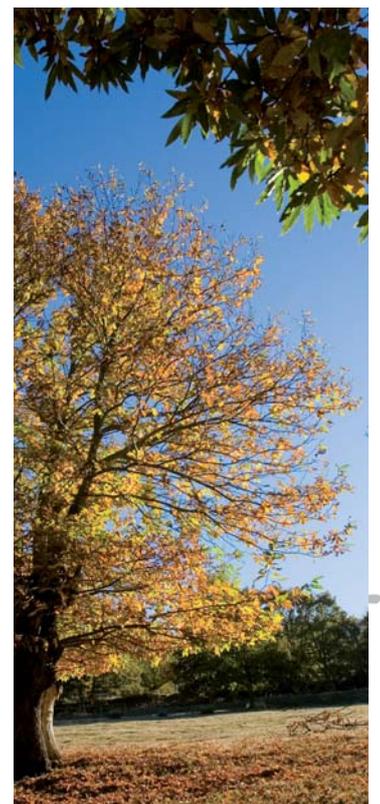
SCI "Macizo Central"
Protected area "Val do Navea"

A thousand autumns

Even at the time of the discovery of America it seems that some of the chestnut trees in Rozabales, in the municipality of San Martiño de Arriba (Manzaneda) were well over a hundred years old. Outstanding among them is the chestnut tree of Pumbariños, whose perimeter reaches 12.15 metres.

This is a grafted tree, like the majority of its venerable companions. We are faced with a natural species of artificial origin, which was exploited through the ages in balance with nature. Pumbariños continues to give its succulent harvest every autumn, exactly as it did when the chestnut was of such importance in the daily diet, before the arrival of the potato from the new continent.

The chestnut grove is an extremely valuable ecosystem, not just for the exploitation of its wood and chestnuts by humans. At the foot of the trees benches have been placed so that visitors can sit and appreciate it as a work of art and also be with it as the seasons change. With patience and care we can observe the great variety of wild birds which depend on the chestnut grove.





Location

Extreme southeast of the province of Lugo. Municipalities of As Nogais, Pedrafita do Cebreiro, Folgoso do Courel, Samos, Triacastela, O Incio, A Pobra do Brollón, Quiroga and Ribas de Sil.

Area

SCI "Ancares-Courel" 102,438.90 hectares.

Access

The LU-651 road crosses O Courel from north to south. It is reached from the north on the descent to O Cebreiro on the LU-633 Pedrafita-Sarria road.

From the south, there is a turnoff in Quiroga on the N-120 Ponferrada-Ourense road. Nature workshop of Moreda do Courel (Folgoso do Courel).

Services

Accommodation: Yes.

Food: Yes.

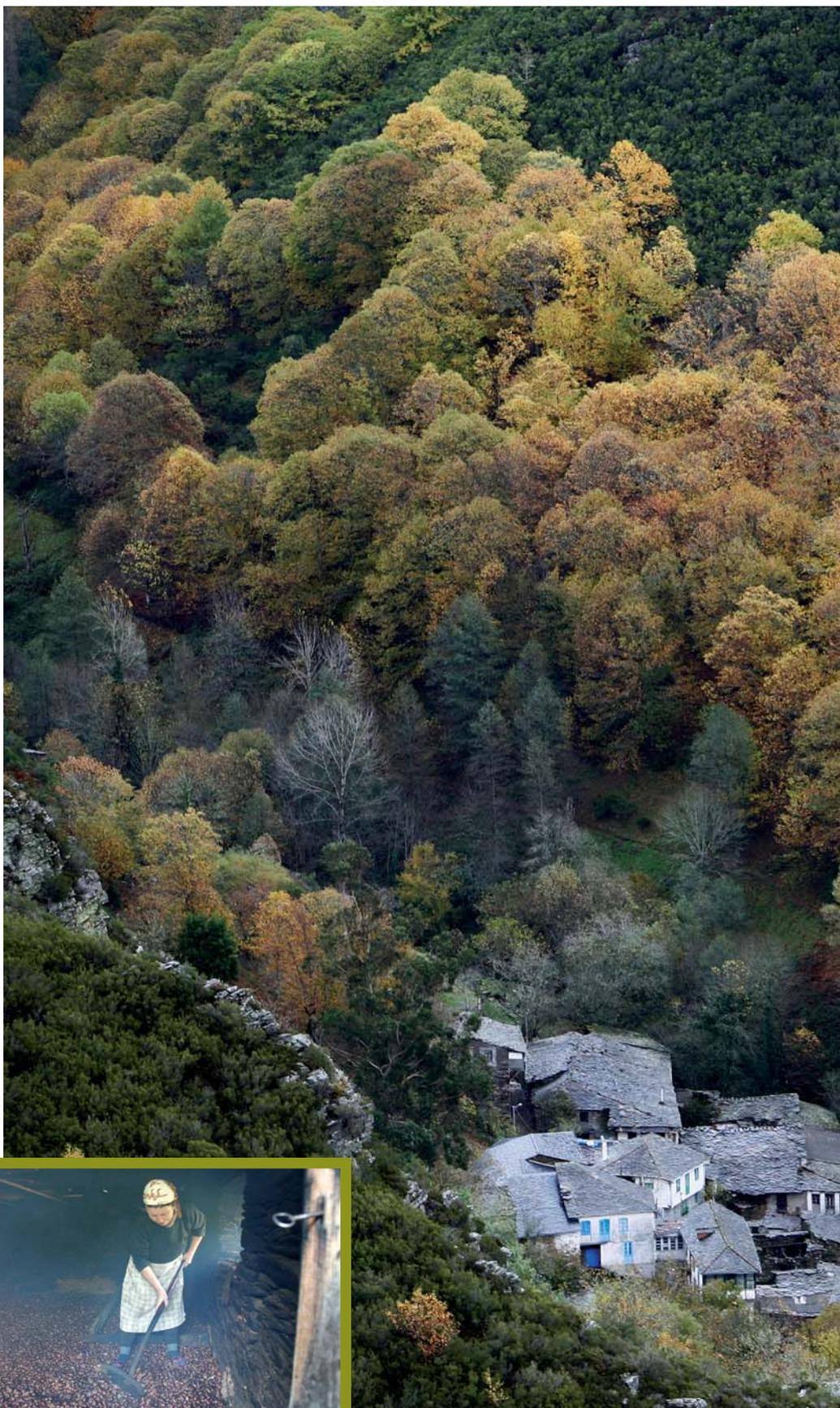
Facilities

Nature Workshop of Moureda do Courel (Folgoso do Courel).

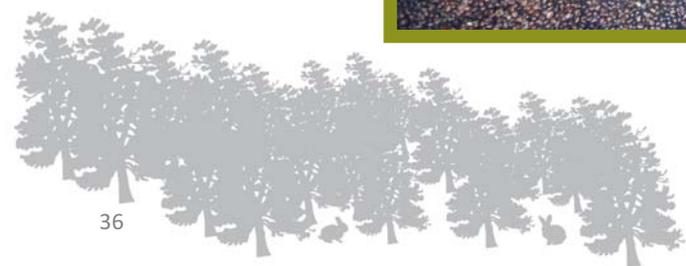
Other related natural spaces / nearby:

SCI "Cruzul-Agüeira"

Os Ancares (SCI "Ancares-Courel")



Chestnut "Sequeiro" s

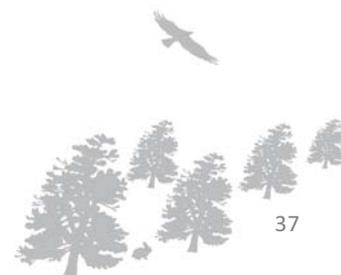


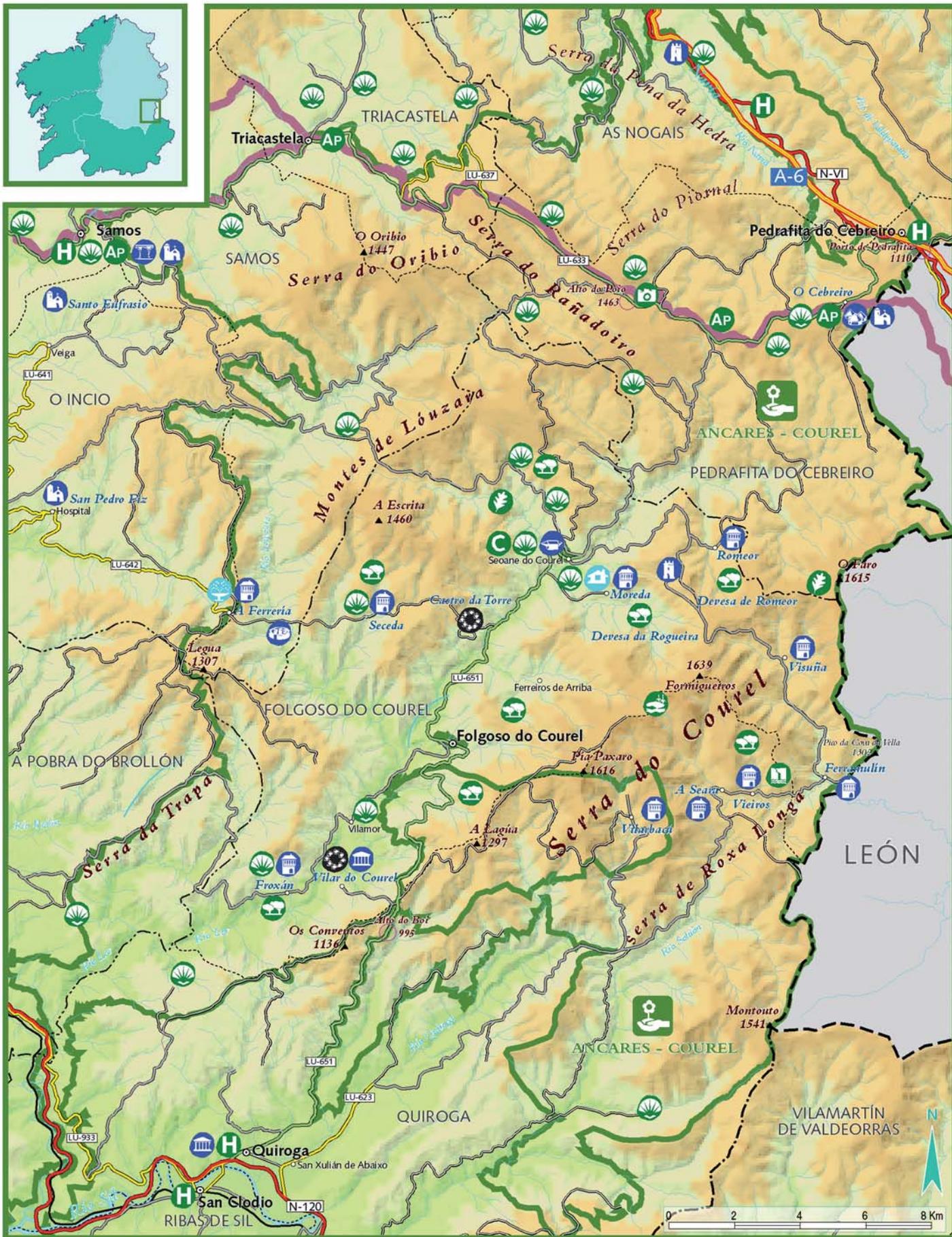


On living slate

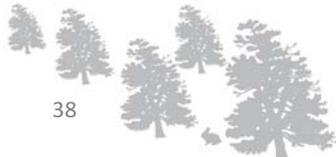
O Courel, with its high peaks looking out into the distance extends between O Cebreiro, entry point from the Way of Saint James in Galicia, and the river Sil to the south, but not touching it. It is one of the oldest lands on the Peninsula. It has manifest geological interest: a multitude of caves and tunnels and the spectacular fold of Campodola (Quiroga), regarded as one of the geological monuments of Europe.

Land of the wolf, the boar's stomping ground... O Courel is Galicia's great green reserve. All the species except coastal ones are represented in this geographical mountain crossroads, with the best of Atlantic and Mediterranean characteristics. There are chestnut trees around the villages and a stronghold of olives in Quiroga. The typical forests of O Courel are the dehesas, a name used to refer to the forests of many other tree species, generally at the heads of the rivers.





Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.





Here one hardly feels what a man is... Reads the song to the beauty of nature in the verses by the national poet Uxío Novoneyra. The sparse population of these places, where the provinces of Lugo and Ourense come together with the Leon region of El Bierzo, is today one of the oldest in Europe. But the narrow valleys of the Lor, Lóuzara, Selmo and Sondón rivers exude real diversity and history. O Courel's other heritage, its slate villages the heart of the mountain range, can be found on the green slopes. From Romeor to Froxán and from A Ferrería to Ferramulín, the four cardinal points.



Not to be Missed

O Courel is, undoubtedly the green reserve of Galicia and it also has a rich historical heritage. The municipality of Folgoso do Courel occupies the centre of the mountain range. The area can be reached from its main towns, Seoane and Folgoso, the old and the new municipal capital, respectively, for the two are on the region road which links the territory from north to south, from Pedrafita do Cebreiro to Quiroga. But O Courel's natural life demands that we venture along the forest paths on foot.



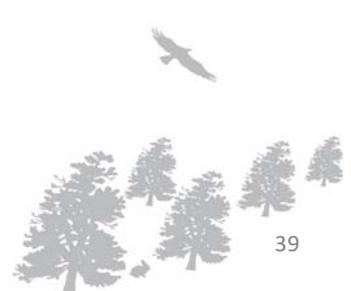
From Seoane take the first turnoff to the village of Romeor. From here it is necessary to walk a few kilometres to penetrate a magnificent forest and inspect the tunnel of A Louseira, built in Roman times to channel water.

On the turnoff of the Seoane road towards Moreda and Parada we approach one of the not to be missed visits: the forest of Rogueira. There is a nature workshop in Moreda, open from spring to the beginning of autumn, and during winter holiday periods. The grandeur of this forest lies in its botanical reserve which has over 800 species in just 200 hectares. The route from the bottom edge of the forest is about three kilometres long up a steep slope. Small rivers, like the Fonte do Cervo, which arise at the summit, run down the slopes. The summit is a massive rock with two springs from which flow water of different colours and flavours. One is crystal clear and with hard water; the other is brown and ferruginous.

Another access route to the forest from the upper part of the Formigueiros Peak (1,639 m) is on the Visuña, Ferramulín, Vieiros, A Seara and Vilarbacú local road, all picturesque villages. From here the ascent to two of the natural attractions of O Courel can be planned. One is the pool of Lucenza, of glacial origin, which sometimes dries up in summer. The other is A Buraca das Choias, a cave from which a small river flows.



O Cebreiro





Located towards the west of the region, the most recommended route is that covering the restored villages of Seceda and A Ferrería. The route goes to the O Incio spa and the fine Romanesque church of Hospital do Incio which, among other things, surprises us with the blue of the marble in which the facade is constructed. In the mountains, there are outstanding examples of alvarizas, now abandoned, which were groups of beehives, fenced in to protect the honey from bears. The source of the honey is revealed by the heather which surrounds the beehives, and which covers the mountain with an extensive burst of colour when it flowers.

From Folgoso do Courel we can also go in search of the hill-fort of Vilar or visit the restored villages of Vilamor and Froxán which demonstrate how human communities adapted to one of the most surprising environments in Europe.



Outstanding Nature

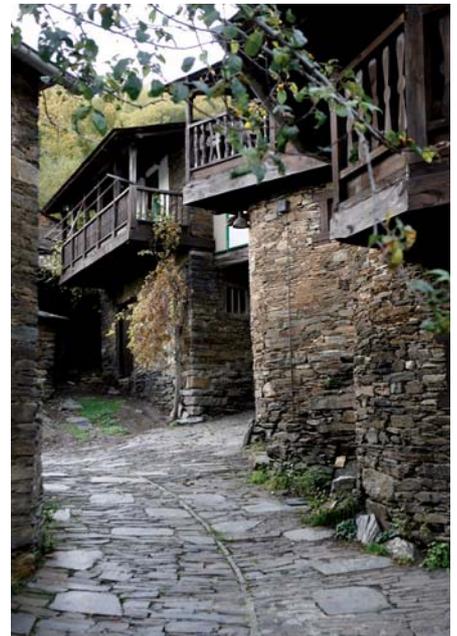


Peaks attached to the piornales and generally with a predominance of scrubland and also moors and “xesteiras”. Forests at medium altitudes, of oaks, birches and beech trees. Well preserved outstanding leafy forests like the forest of Rogueira.

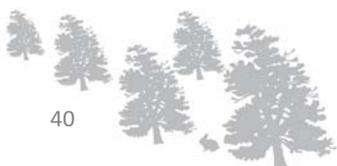
Abundant fauna with more than 170 species of vertebrates: wolves, foxes, wild boar, badgers and pine martens. Interesting colonies associated with deep fissures and caves.



View from the Alto do Boi



Village of Seceda





Ancares-O Courel



Location

It is in the province of Lugo, bordering León. It includes Cervantes and Navia de Suarna and part of the Becerreá municipality.

Area

The Lugo Os Ancares: 53,664 hectares. The Leon Os Ancares: 56,786 hectares in the municipalities of Candín, Peranzanes, Vega de Espinareda and Villafranca del Bierzo.

Access

A-6 highway and N-VI to Becerreá. The LU-722 road communicates with A Proba in Navia de Suarna, with the main turnoffs to the mountain range.

Services

Accommodation: Yes.
Food: Yes.

More information

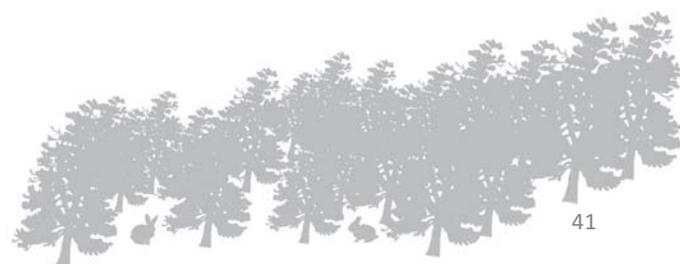
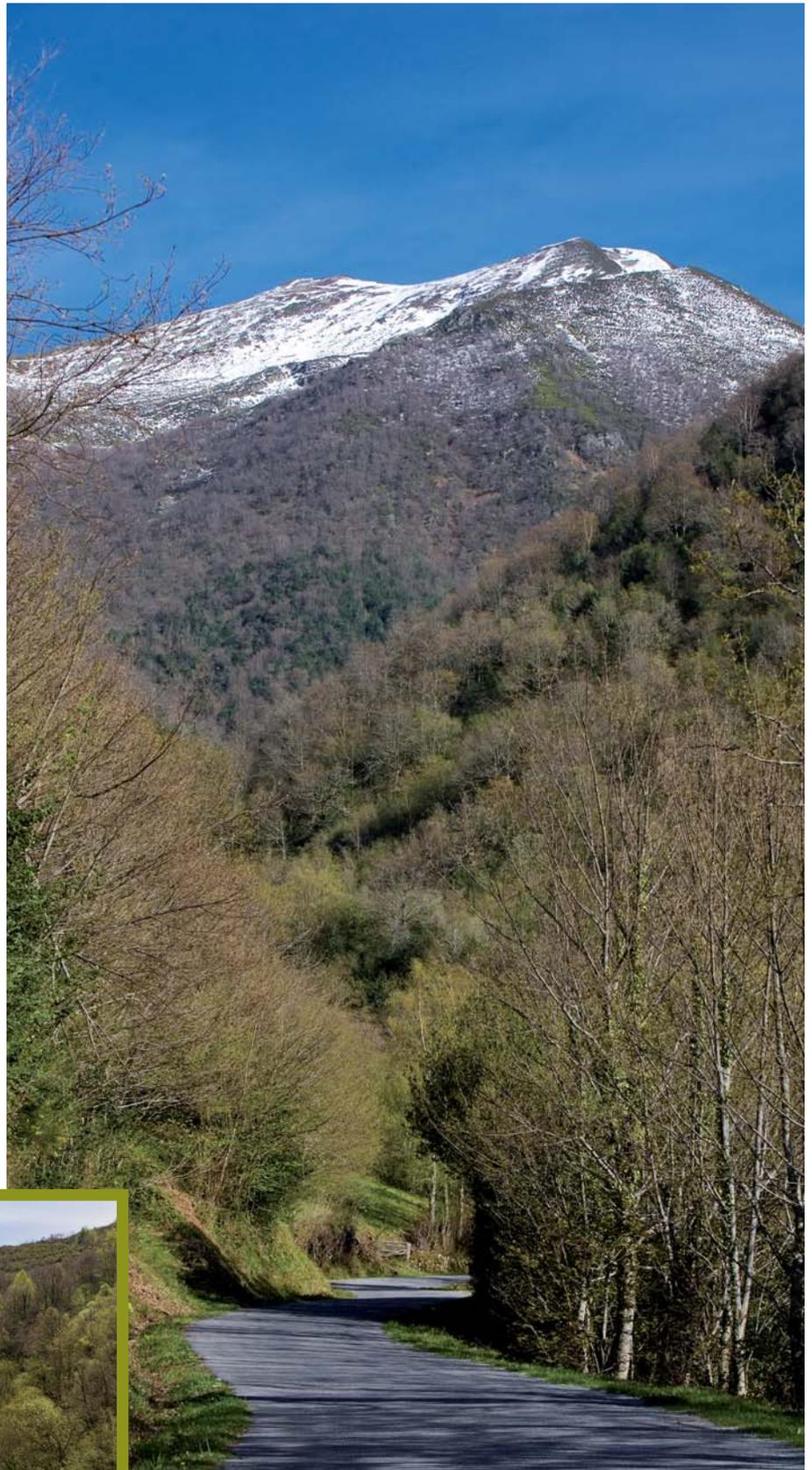
Lugo Institute of Economic and Social Development (INLUDES).
Tel.: 982 227 812.

Facilities

Interpretation Centre and Management of the Game Reserve of Os Ancares (Campo da Braña) and Nature Workshop in Campa da Braña-Degrada (Cervantes)
Tel.: 982 181 252.

Other related natural spaces / nearby:

O Courel (SCI "Ancares-Courel")
SCI "Cruzul-Agüeira"





Mountain enchantments

Ancares is the original name of the river which has given its voice to the magical mountains between Galicia and León. It exerts its magnetism from afar, pinned to horizons at about two thousand metres. One enters them, with admiration and respect, along roads that go towards the peaks, anchored to deep, narrow valleys.

In the highest villages we discover the pallozas, ancient circular constructions with pounded straw roofs. Their curved but majestic forms are inspired by the summits of the smooth and wild mountains.

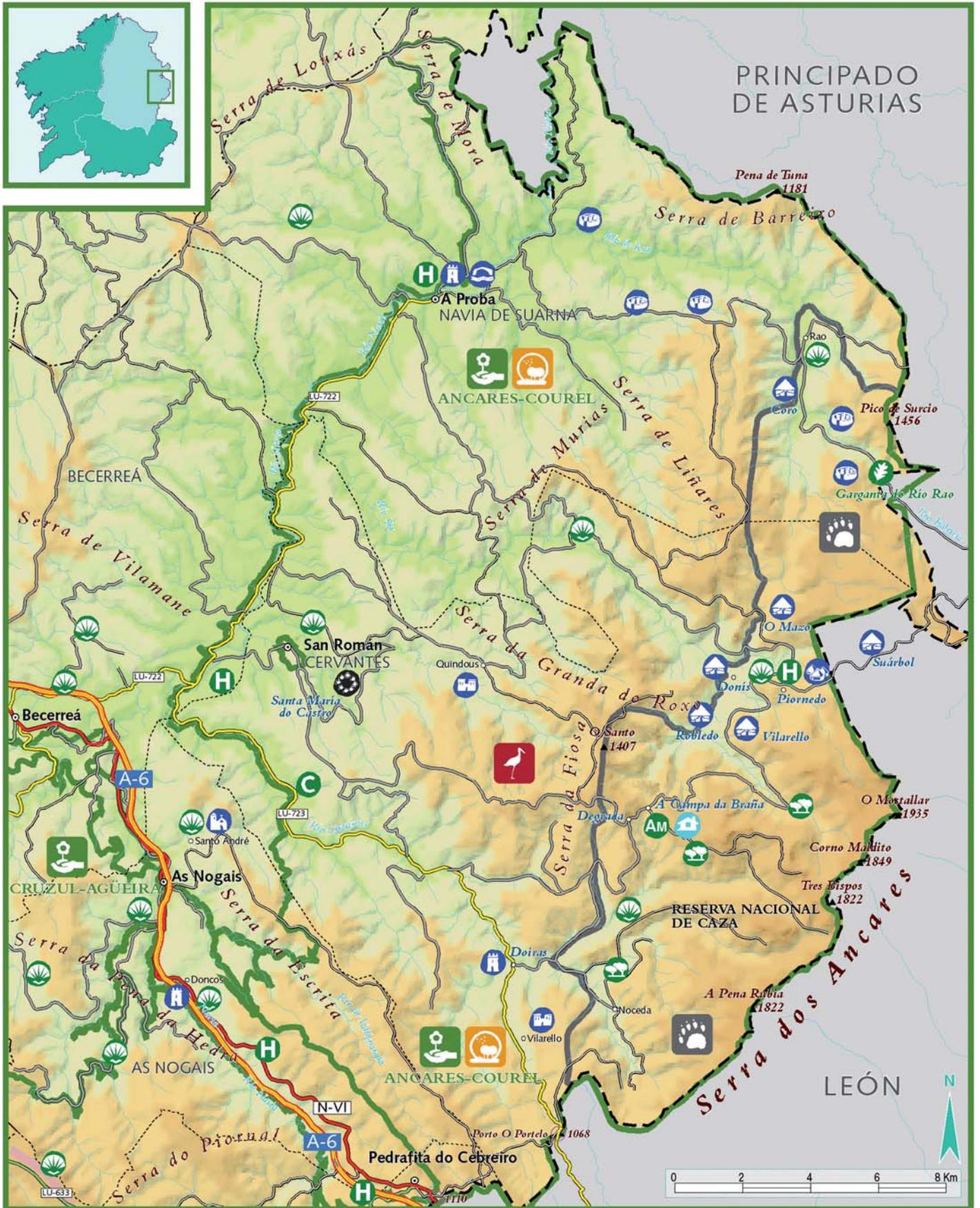


View from A Campa da Braña

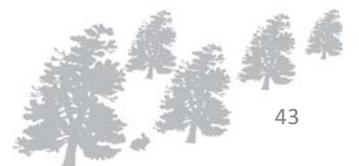


Piornedo





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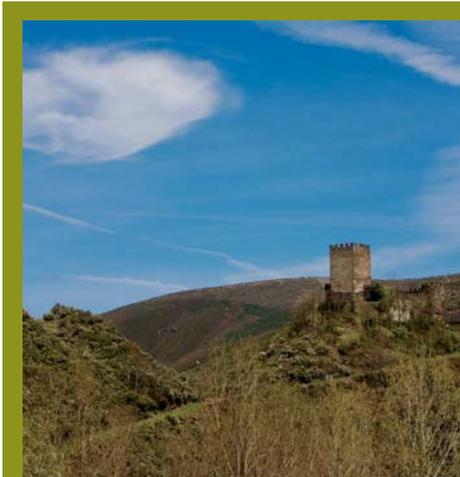
The rivers that descend from the Galician side all flow into the river Navia, that completely encircles the protected space in the west, and takes the waters towards the Cantabrian Sea. A good example is the beautiful valley carved out by the river Ser or the gorges of the river Rao, in the municipality of Navia de Suarna. The Leon side, on the other hand, flows south, into the Sil Basin.

The declaration of Os Ancares as a biosphere reserve in Galicia and Castilla and León, involved their incorporation as units of the Gran Cantábrica, a whole sequence of natural spaces of great environmental value in the north of Spain. The brown bear, its most famous symbol, also uses this Lugo region as part of its territory.

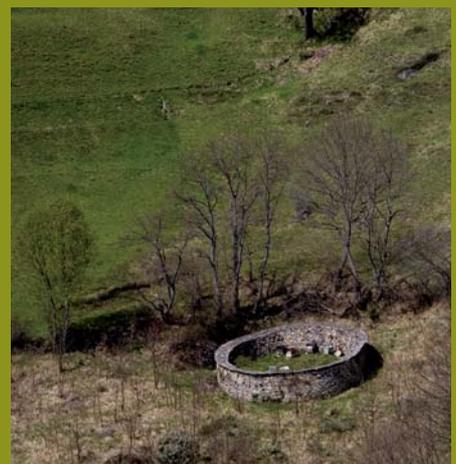
Not to be Missed

The main access route to Os Ancares starts from the town of Becerreá and goes to Liber, where there are three possible routes by secondary and local roads. Towards the north, following the course of the river Navia, we reach A Proba, the capital of the municipality of Navia of Suarna. The town has an extensive cultural and artistic heritage represented by the picturesque design of the medieval castle and the one-arched Roman bridge built in slate. But outstanding also are the twenty five castros which still exist, like those of Cantón and Cabanela, united by a 300 metre corridor; four burial mounds; the high settlements that were old summer residences in high areas like Bismor or Tesón; cortíns or alvarizas around beehives to protect them from bears and pallozas (ancient circular dwellings).

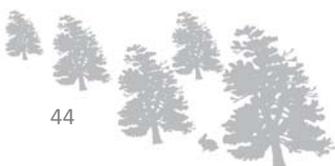
The second route going south from Liber takes us to Degrada, either via the municipal capital of Cervantes in San Román, or via Doiras and its castle, impregnable because of the strength of its stone construction and its location on a hill above the river, and of difficult access. The privately owned castle is also famous in literature because of the legend of the woman-hind, daughter of a poor man who was bewitched by a Moor (a recurring character in Galician popular mythology) and tragically



Castle of Doiras



Alvariza





The youth hostel of OS Ancares and the Interpretation Centre are in Degrada. From here starts the route on foot, of medium-high difficulty, which leads to the Campa de Tres Bispos (1,795 m). However, the most used route continues up the winding road to the village of O Piornedo. A visit to the pallozas is a must. These are ancient circular dwellings which were inhabited until the 20th century. Some are open to the public as museums of the past, well-guarded in the family memory of their owners.

Starting from the shrine of O Piornedo we come to the route of the Mustallar (1,935 m), the highest point of the Os Ancares in Lugo. A whole day's hike is needed to make the round trip along the mountain paths.

As well as the river corridors and the mountain ecosystems which today are included as a passage for the brown bear, the central part of the reserve includes extensive wooded areas, some with their own name. For example, the valuable beechwood of A Pintinidoira, between the municipalities of As Nogais and Cervantes, deep in a forest of rebolos (small oak) and hazel nut trees. In the municipality of Becerreá, stands the curious holm-oak wood of Cruzul and the chestnut grove of Agüeira. The presence of isolated typically Mediterranean holm-oaks here is a relic associated with an outcrop of limy soil (See SCI *Cruzul-Agüeira*).

And a visit to the castro of Cervantes is always recommended, a place touched by the magic of the natural beauty of Os Ancares, where there is a well conserved group of castros beside the church surrounded by its small curious cemetery.



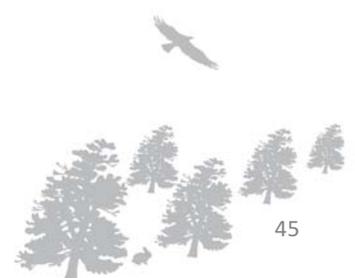
Castro of Cervantes

Outstanding Nature



Scrub covers much of the eastern slopes. Large bushy colonies, of importance for their production of berries such holly berries and blueberries. Chestnut groves and oakwoods abound.

Among the fauna a mention should be made of the emblematic species which are not found in other parts of Galicia, including the brown bear and the capercaillie, last seen here, in this region. Wild boar, roe deer, deer and rabbits abound.





Location

In its widest sense, the Ribeira Sacra covers territories in the municipalities of Castro Caldelas, Montederramo, A Teixeira, Parada de Sil, Nogueira de Ramuín and A Peroxa in the province of Ourense; and those of Chantada, Carballedo, O Saviñao, Pantón, Sober, Monforte de Lemos, A Pobra de Brollón and Ribas de Sil in the province of Lugo. The Sil gorge includes the last 25 km of the river before it flows into the Miño, in Os Peares.

Area

5,914 hectares.

Access

Several turnoffs to the Sil gorge from the south on the OU-536 A Rúa-Ourense road. Local road from Castro Caldelas to Luíntra via Parada do Sil. Access to several points of the Sil and the Miño from Os Peares, between Ourense and Monforte de Lemos. For the Miño gorge, take the turnoff from Chantada or from Monforte de Lemos connected to each other by the CRG-2.1.

Services

Accommodation: Yes.

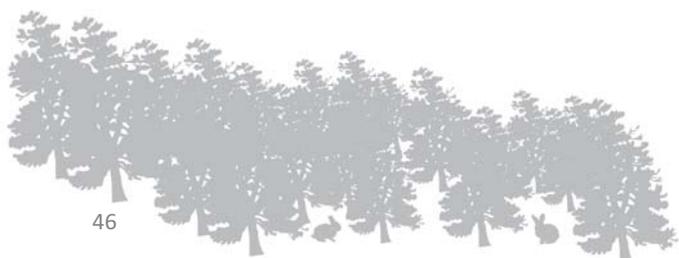
Food: Yes..

Other related natural spaces / nearby:

SCI "Río Cabe"



Terraced plots



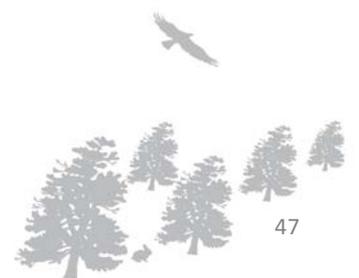


Inland culture

The river erosion of the Sil gradually carved out the deep channel that directs it until it flows into the Miño on the left. Monks and hermits sought refuge on its impossible sides and with secular patience built about a dozen monasteries, most of them Romanesque and Benedictine, which date from the Middle Ages of *Rivoyra Sacrata*.

Although this is one of the best natural spaces, defined by its two great rivers, nobody knows exactly where the Ribeira Sacra begins and ends. It could be that its true limits are set by the presence of the vines on the sunny slopes. Here the Mandi wines are produced. They were already regarded as excellent in the times of the Roman Empire, and are backed up today by the D.O. product qualification.

The monasteries were secularized and the waters were pooled in successive dams, but the strength of the land continues to be apparent in every harvest of its fruits. Admire the difficult grape harvest on the steep slopes which can only be cultivated in terraces, the best example of a slowly humanized landscape.





Wildest nature finds its place in the granite outcrops covered by thickets and chestnut and oak forests. The unusual climate conditions of the most protected areas favour the presence of Mediterranean species, such as cork and strawberry trees. The high rocky outcrops of the gorges have often been mentioned as one of the last refuges of the most threatened birds of prey.



San Pedro de Rocas



Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.



Not to be Missed

Os Peares is the precise point where the two great northwest rivers join. According to the popular saying, the Sil has the water and the Miño the fame. Upstream, each river separately forms deep gorges which in the case of the Sil reach a depth of 500 metres at their deepest point. The service road to the hydroelectric dams that starts from Os Peares takes us to this region with a surprising feeling of adventure.

One of the most spectacular ways of getting to know the Ribeira Sacra is by water. The two courses are navigable in a catamaran, the Sil from the Ourense jetties of Santo Estevo (Nogueira de Ramuín) and Abeleda (Castro Caldelas) and the Miño from the Lugo town of Belesar (O Saviñao). The tourist routes run through the heart of the region itself.

The monasteries closest to the river Sil are those of Santo Estevo de Ribas de Sil and Santa Cristina. The first, converted into a hostel, is reached from Luíntra (Nogueira de Ramuín) or, if we want to take a longer road, by way of the monastery of San Pedro de Rocas (turnoff on the OU-536 in Tarreirigo, Esgos). The Interpretation Centre of the Rocas monastery, regarded as the best in Galicia, gives the visit an added value. There is a direct road to and from Parada de Sil going to Santa Cristina. The path down to this monastery goes through thickets of centuries-old trees. From Parada de Sil, a short dirt path goes to the so-called “Balcón de Madrid”. This is a breathtaking lookout point over an abyss, from where the shrine of Cadeiras (Sober) can be seen on the other bank and the Monforte plain on the horizon. There are no lack of lookout points, like the structure between Vilouxe and Caxide where the gorge reaches its greatest height.

Outstanding Nature



Surprising landscapes of terraces for grape growing. Climate conditions enable some typically Mediterranean species to be grown, including cork trees and strawberry trees which grow alongside the native oak and chestnut forests. Birds of prey such as the golden eagle and the peregrine falcon also nest among the most inaccessible rocks of the gorge.



Santo Estevo de Ribas de Miño. Miño Gorge



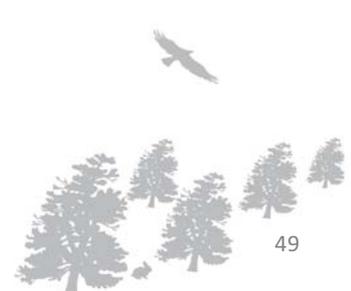
From Castro Caldelas, from whose castle one can look out over the countryside, a winding road makes its way through the secret places of the Ribeira Sacra.

The slopes of the Miño gorge are not so steep, but they oblige the river to bend in masterly turns leading to some spectacular changes of direction, for example, in A Cova (O Saviñao), sometimes called “Cabo do Mundo” (End of the World). The slopes facing south are made more beautiful by vineyards in their long embrace with the river. The local road along the left bank of the river from the village of Belesar is worthy of an unhurried walk along it, especially during the grape harvest and the subsequent explosion of autumn’s colours.

In this area almost all the monasteries are located on the left bank of the river. The best routes of access are from Chantada and Monforte de Lemos. Churches such as those of A Cova, San Miguel de Eiré, San Fiz de Cangas and the convent of San Salvador in the municipal capital of Pantón, Santo Estevo de Ribas de Miño and San Paio de Diomondi make the Ribeira Sacra of the Miño a true Romanesque route.



Cabo do Mundo. Miño Gorge





Location

The northern coast of A Coruña. Municipalities of Cariño, Ortigueira, Cedeira, Valdoviño, Narón, Ferrol, Mugardos and Ares.

Area

7,658.53 hectares, of which 548 hectares are sea water.

Access

The lagoons of Doniños and Valdoviño are close to Ferrol. Local roads from Cedeira and Cariño go to the A Capelada mountain range. Cabo Ortegal can be reached from Cariño.

Services

Accommodation: Yes.

Food: Yes.

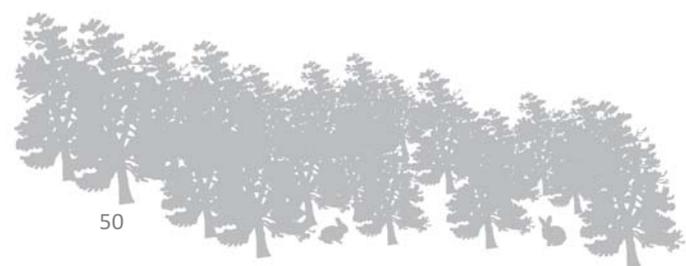
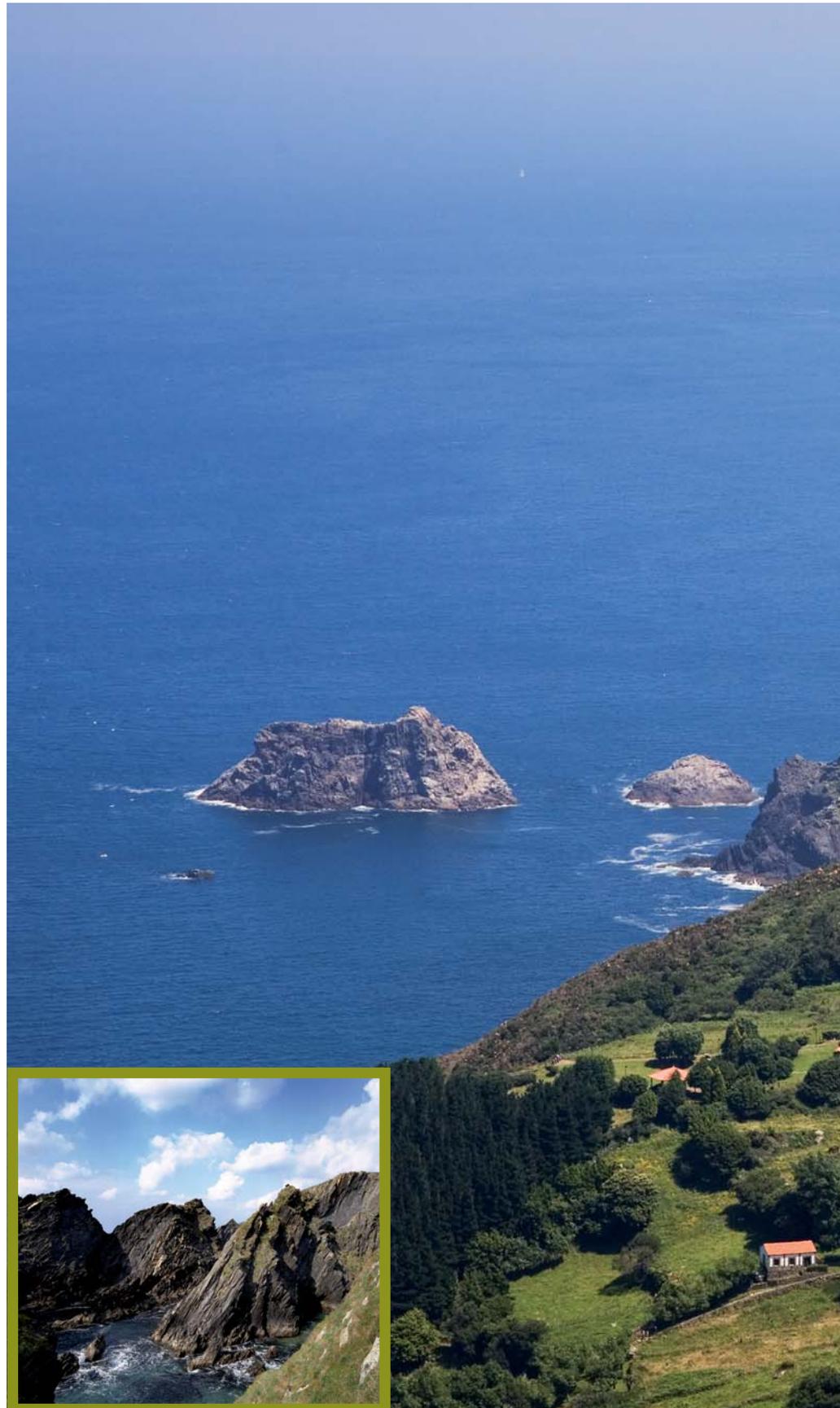
Facilities

Bird watching station at the A Frouxeira (Valdoviño).

Other related natural spaces / nearby:

SCI "Costa de Dexo"

SCI "Ortigueira-Mera"

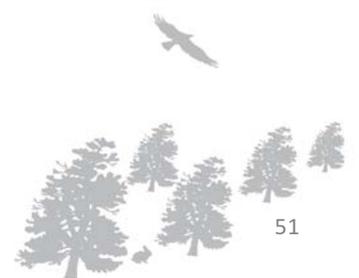




Santo André de Teixido

Path of the Seven Lighthouses

The *Magnus Portus Artabrorum* is the name given by the Romans to a place on the north west angle of the coast of Galicia, between the Ares and the Ortigueira estuaries, whose exact location is unknown to us. A hundred kilometres of coastline with the most spectacular landscape combinations of land and sea of the Atlantic arch: three estuaries, sands with dunes and breaking waves, coastal lagoons and the highest cliffs in Europe. This area has been declared a place of great geological interest and its international fame could be justified solely on the variety of rocks making up these true mountain ranges, such as A Capelada, rising up over the ocean. Located on its slope we find one of the most ancient pilgrimage places, Santo André de Teixido, where the popular saying *has it that those who did not go there when living will go when dead*. This is really one of the meccas of magical Galicia with its votive offerings of bread dough and its chapel where offerings are received.





Lagoon of Valdoviño



Santo André de Teixido

There are numerous modest beacons on this stretch. The dirt roads that lead to them infect us with the scenic emotion of coming face to face with immensity. On the Ría de Ferrol, Cabo Prioriño and, a little more to the north, its brother Cabo Prior are two of those small solitary beacons. Located between them can see the Doniños beach with the first of the characteristic coastal lagoons of this region. It is deeper than those found on the other sands of San Xurxo and Pantín, and also has fresh water lagoons. Nevertheless, the largest is the lagoon of A Frouxeira, the only one with brackish water, located on the beach of Valdoviño. This is a protected humid area and an important bird sanctuary.

Not to be Missed

From Cedeira, there are several access possibilities to the most spectacular stretches of this coast. There are some short roads, such as that which goes to the beacon on the Candieira point, with its sharp bends on the final stretch that might frighten anyone prone to vertigo. A slightly more intense road which goes to Santo André de Teixido is the local road that climbs up to the cross of Chan dos Cadrís with its spectacular lookout point, before beginning the descent to the picturesque place of pilgrimage.

Between the shrine of Santo André de Teixido and Cariño, one of the most adventurous roads in Galicia crosses the mountain range of A Capelada. Proceeding with a certain amount of caution the visitor will encounter horses and cows which graze here freely, between wind turbines located between 500 and 600 metres above sea level. The cliffs of A Vixía de Herbeira (613 m) hold the record for being the highest in Europe.

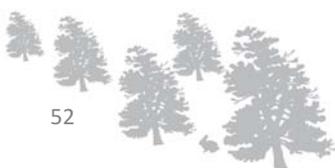
However, the visit would be incomplete if it did not end at the lighthouse on Cabo Ortegal, accessible from Cariño, contemplating Os Aguillóns, sharp rocks emerging from a constantly furious sea.



Garita de Herbeira



A Capelada Mountain Range





Cabos Fisterra, Touriñán e Vilán | Marismas e areal de Baldaio | Rio Anllóns

Location

A stretch of coast in the Coruña municipalities of Arteixo, Cabana de Bergantiños, Camariñas, Carballo, Cee, Fisterra, A Laracha, Laxe, Malpica de Bergantiños, Muxía, Ponteceso and Vimianzo.

Area

12,094.43 hectares.

Access

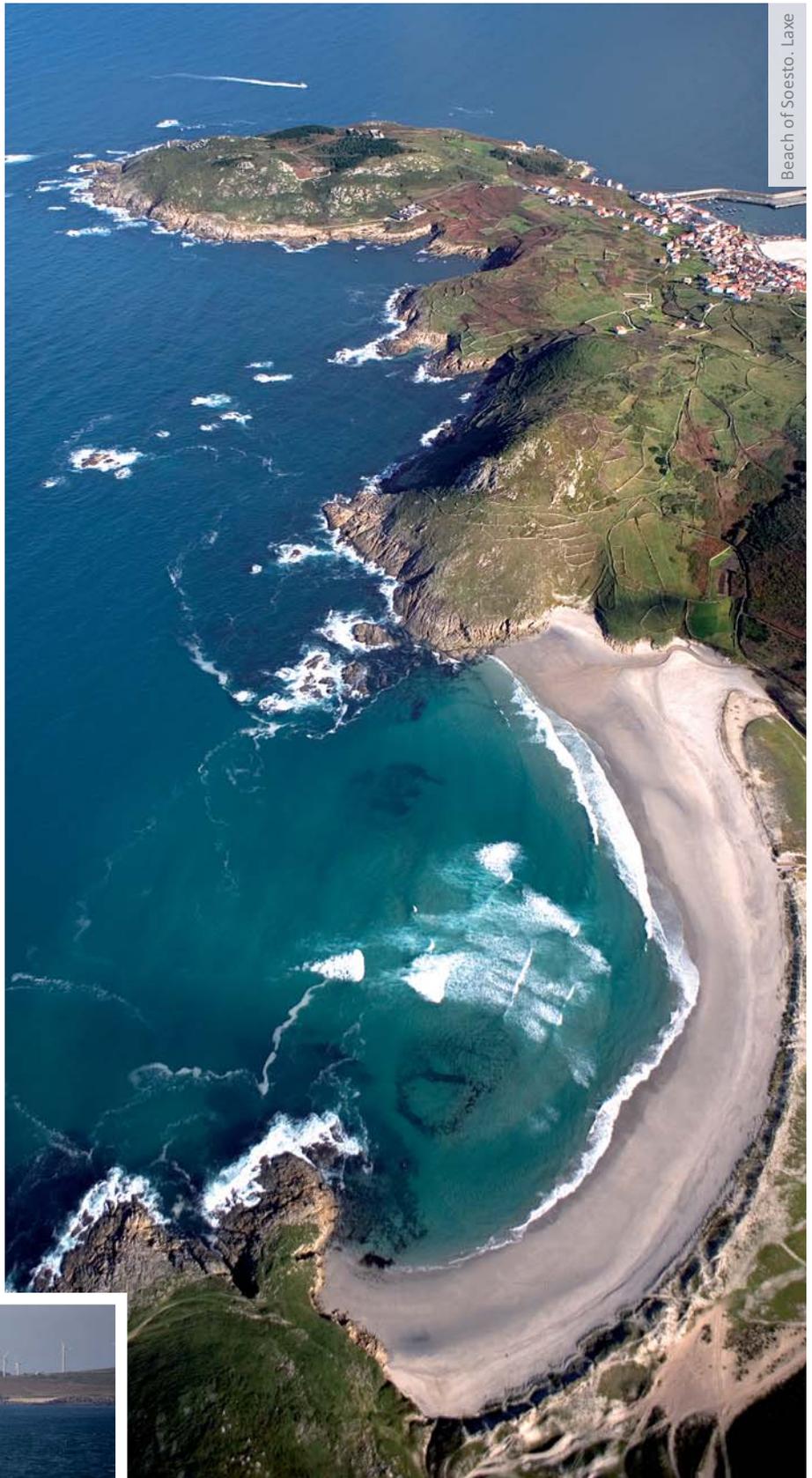
From A Coruña to Carballo on the AG-55 or AC-552 road which continues on to Cee, with turnoffs to the coastal areas. There is no passenger sea transport to the Sisargas islands.

Services

Accommodation: Yes.
Food: Yes.

Other related natural spaces / nearby:

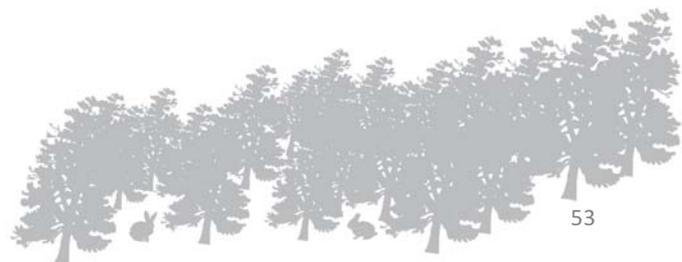
Protected Landscape “Penedos de Pasarela e Traba”
SCI “Carnota-Monte Pindo”
SCI “Monte e lagoa de Louro”



Beach of Soesto. Laxe



Cape Vilán





Land's End in the Middle of the World

Every afternoon the evening light illuminates the crosses on the cliffs facing the sea, in memory of those who have died or disappeared. At that moment two elements are presented together, dusk and tragedies, which caused the Latin Finisterrae to be renamed Costa da Morte [Coast of Death].



Beach of A Cruz. Muxía



Beach of O Trece. Camariñas

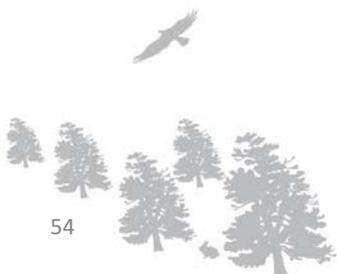


Punta Roncudo. Ponteceso

Today it continues to be one of the most travelled strategic points of the intercontinental maritime routes and one of the most dangerous to navigate. The cartographical register of shipwrecks and rescue operations is full of crosses representing more than 150 ships sunk in the last century, but one loses count of the daily fears of collective memory of a sailing village, which in other respects is vital and happy.

For this reason the Costa da Morte is not a cemetery. Its 150 kilometres of sailing and marine life are the best-conserved of the European Atlantic. From north to south it embraces the area near the city of A Coruña to Cabo Fisterra. It contains the Camariñas, Corme-Laxe and Lires estuaries, which together with Fisterra, are the locations of the main ports, but not the only ones for there are others, such as Caión or Malpica which offer refuge to the open sea.

Apart from the small northern estuaries, this is mainly a rocky coast, with a succession of extensive inlets whose roughest points are to be found on Cabo Vilán, Touriñán and O Roncudo. Here we will find the wildest coastal stretches, with place for the sands drenched in the wind's beauty: Balarés on Ponteceso; O Trece on Camariñas, Mar de Fóra on Fisterra. The areas environmental richness is completed by the wetlands of Baldaio and Razo and the Traba lagoon. Not to forget the echoing solitude of the Sisargas islands.





Not to be Missed

The provincial AC-552 A Coruña-Fisterra road is the main means of communication, from which the main turnoffs go to the coast. This protected space begins at the Alba beach, close to the better-known beach of Barrañán (Arteixo), and slightly more to the west. In the region of Bergantiños, we will encounter the Baldaio mudflats ecosystem.

Here, the extensive sands join the tourist beach of Razo (Carballo) and forms a series of dunes behind which there is a lagoon with a narrow channel to the sea and mudflats, an important bird life refuge.

In this coastal area, the port of Malpica conserves its appearance as an ancient whaling enclave. It is also the nearest point to the Sisargas island, facing Cabo Santo Adrián. The island's lighthouse is the only witness to the deafening nesting colonies located on the most inaccessible cliffs. On the coast, continuing the search for the beacons light, paths go to the headlands of Nariga and Roncudo, veritable figureheads facing out to sea, where gooseneck barnacle gatherers earn their living.

On one side Corme blocks the estuary which closes in the inlet of A Insua with the beautiful beach of Balarés on one side, Monte Branco in the middle, with the sands around it, and the estuary which forms the river Anllóns behind it. This seabed is protected for approximately 40 km of its winding way upriver, between Carballo and Ponteceso. A good place to get to know the river Anllóns in all its splendour is in the Verdes reserve in Coristanco.

Starting from the estuary, the coastal stretch continues through Laxe to the beach of Traba. As well as the lagoon, the whimsical rocky forms of the "Penedos de Pasarela e Traba" mountain, a Protected Landscape, are outstanding.

The Vimianzo turnoff, at the foot of the castle which now houses examples of craft works, goes to Camariñas. One of the main points of the Costa da Morte is the Cabo Vilán lighthouse. The enclave was designated a Place of Natural Interest in 1933. An interesting way to get to it, but also the most difficult, is by the dirt and sand coast road, which rises up over the sea and, from Arou, passes the cove of O Trece and the spectacular dune that stands on the mountain. Here, the coast lives up to its name with the presence of the English Cemetery.

On the other side of the estuary, the singular port of Muxía can be seen, as well as the shrine of the Virgen of la Barca with the pedra de abalar and other rocks having their own name.

Finally, we come to Cabo Fisterra, always an arrival point. The rock-bound peninsula rises up from the feared small islands of O Petonciño and A Centola to the O Facho (242 m) mountain, location of the Ara Solis of antiquity where rites in honour of the sun were carried out. The most visited point is the lighthouse lookout point where the light at dusk irradiates the horizon. Traditionally, it is regarded as the continent's most western point, although strictly speaking this is not so. The Way of Saint James extends to here, where, according to tradition, pilgrims burnt their clothes on the seashore before beginning their homeward journey.

End of the Way. Fisterra



Río Anllóns



Location

Municipalities of Cee, Dumbria, Mazaricos and Carnota, in A Coruña.

Area

4,628.87 hectares, of which 438 hectares are sea water.

Access

The C-550 road, between Cee and Carnota.

Services

Accommodation: Yes.
Food: Yes.

More information

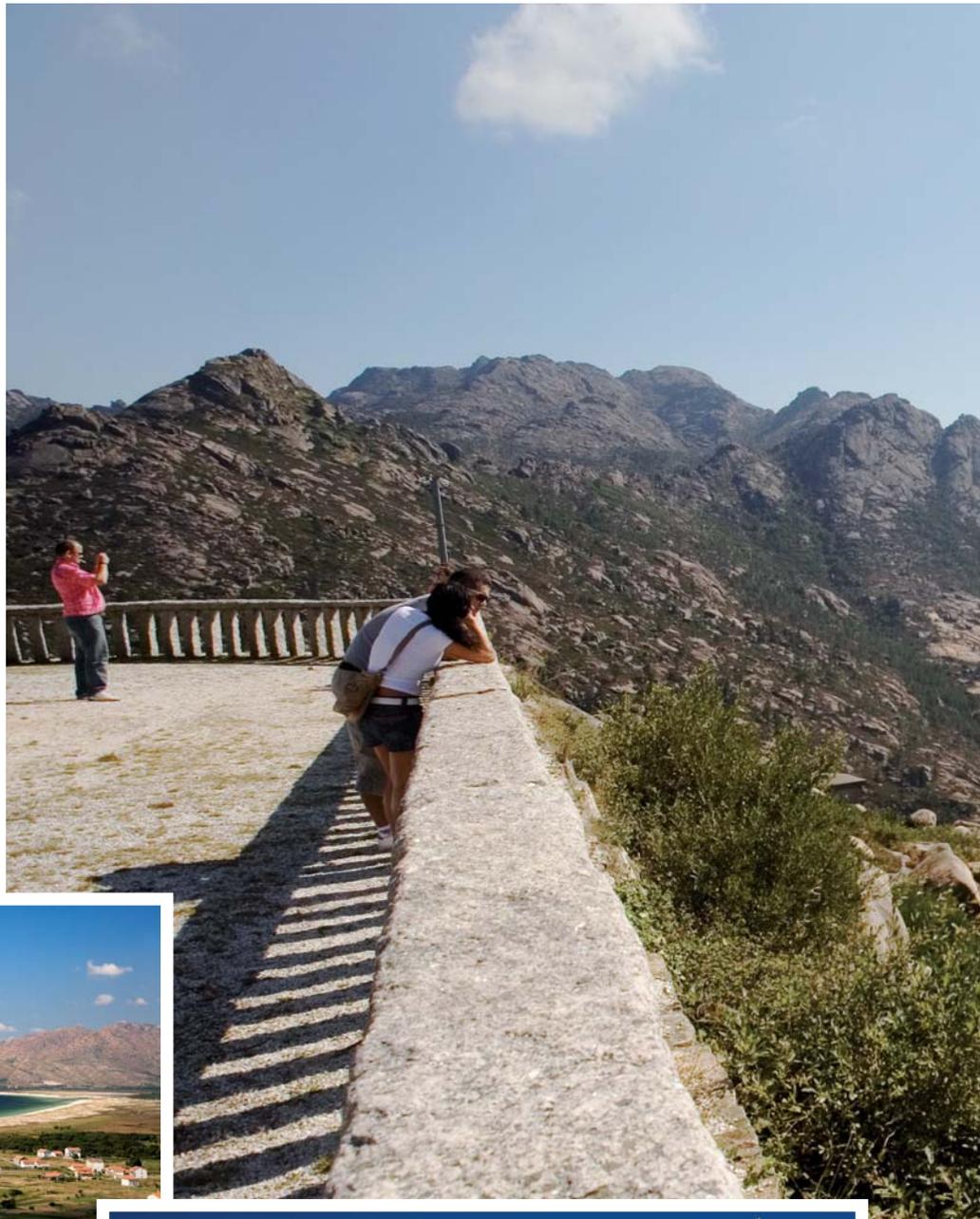
Fishing Tourism (www.mardelira.net).

Facilities

Scenic Interpretation Centre
(A Cabana-Lira).

Other related natural spaces / nearby:

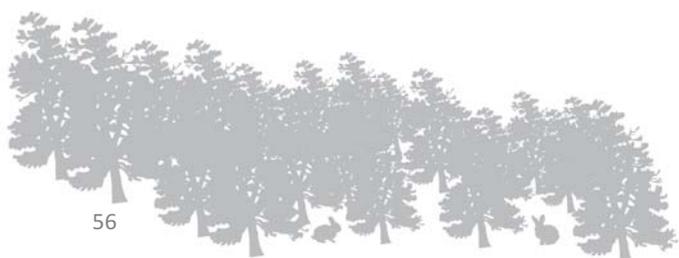
SCI "Costa da Morte"
SCI "Monte e Lagoa de Louro"



Beach of Carnota



Horreo in Carnota





A particular “Olympus”

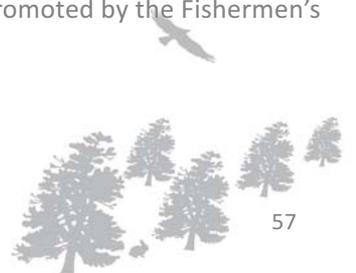
Beaches, dunes and mudflats; cliffs, the Lobeiras islands and sea reserve; the river with the legendary Ézaro waterfall, the Celtic Olympus of O Pindo with its natural granite sculptures, a national Point of Geological Interest. All this makes up one of the most varied coastal spaces of the region, where nature borders on greatness.

The beach of Carnota is the most extensive in Galicia. The seven kilometre-long and half a kilometre-wide sands extending in dunes, are entered by a channel in the north through which the sea enters, creating a rich natural intertidal plain. The fertility of this plain adjoining the mudflats is evidenced by the famous granaries of Carnota, the biggest grain and horticultural storage structures in Galicia.

The Pindo mountain rises up 627 metres just two kilometres from the sea. The ascent to the summit of A Moa takes about two hours and should be made with caution, especially on the downward path. The track is guarded by

rocky figures in human form like the “warrior” and granite castles which put gravity and the imagination to the test.

Easier to reach is the place where the Xallas fell into the sea in the form of a waterfall before the damming of the river upstream. In the tourist season when the sluices are opened one can still admire the ferocity of one of Europe’s most unique waterfalls. Because of all this, and based on the similarity of its name with the Greek Mount Pindhos, O Pindo is a special Celtic Olympus. A pioneer initiative also exists on the coast of Carnota: this is a marine tourism enterprise for the revaluation of artisan fishing and the creation of a marine reserve, promoted by the Fishermen’s Association of Lira itself.





Location

Extreme north of the province of A Coruña, in the municipalities of Ortigueira and Mañón.

Area

935.79 hectares.

Access

Along the AC-862 (Ferrol-Viveiro) road to the Ría de O Barqueiro, then turn off towards the Porto de Bares, along the AC-100.

Services

Accommodation: Yes.

Food: Yes.

Facilities

Ornithology Station of Estaca de Bares (Muíños, municipality of Bares).

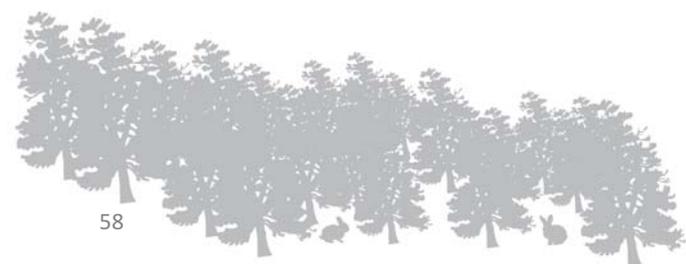
Other related natural spaces / nearby:

SCI "Costa da Mariña Occidental"

SCI "Ortigueira-Mera"



Bares Port





Gaze to the north

Latitude 43° 47' 23.6" N, longitude 7° 41' 17.9" W. Any introduction to the Estaca de Bares point always included its coordinates as the most northern point of the Iberian Peninsula and also the geographic divide between the Atlantic Ocean and the Cantabrian Sea. This enclave was declared a Sitio Natural de Interés Nacional during the time of the Second Republic.

This area owes much of its international fame to its strategic location as a migratory route for hundreds of thousands of birds. The migratory routes for many species of land and water birds from the Atlantic, Mediterranean and Arctic fly over here. The most optimistic estimates exceed two and a half million birds flying west which pass over here. It is the ideal place from which to observe birds like the common gannet, for example, and also the cetaceans found in local waters.

As well as the lighthouse, there is a lookout point at the old navy semaphore building which has been converted into a nature hotel. From here, we can see the remains of the maritime control base on the cliffs, beside which hang dizzyingly a succession of mills which form a scene which brings to mind images from more northern parts. However, the most ancient human construction is the pre-Roman wharf of Bares (Mañón).

The protected space also includes the coast of Loiba (Ortigueira) whose gigantic cliffs protect



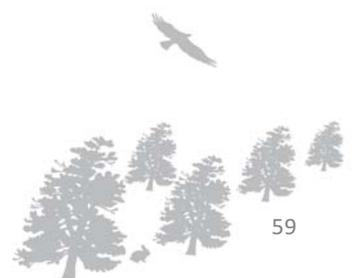
Beach of Esteiro



Bares lighthouse

beaches which, because of their difficult access, are some of the most solitary beaches of Galicia. The strength of the sea explains the curious mooring system of the launches which are attached to the walls of the jetty by pulley wheels to stop them being swept away by the high tide.

Close to the protected space, the seafarers' town of Porto do Barqueiro is well worth a visit, as is the idyllic river Sor at its mouth.





Location

The course of the river goes through the province of Lugo of Ribadeo, Trabada, A Pontenova, Riotorto, Meira, Ribeira de Piquín and A Fonsagrada, on the border with the Principality of Asturias.

Area

SCI 781.13 hectares.

Access

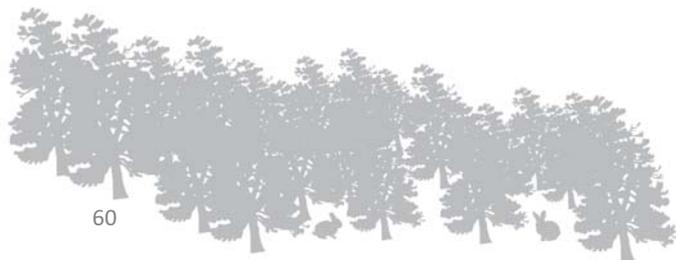
From Ribadeo going south along the N-640 road.

Services

Accommodation: Yes.
Food: Yes.

Other related natural spaces / nearby:

National monument "A praia das Catedrais"
SCI "Carballido"



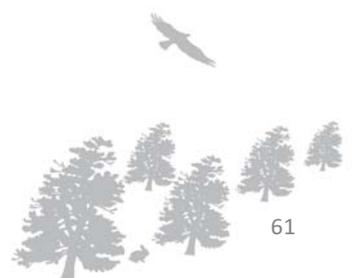


The kingdom of the salmon

The protected stretch of the river Eo runs from the middle to its end, approximately from the confluence with its main tributary, the Rodil, to its Cantabrian finish, marked by the Pancha lighthouse. It forms a narrow estuary with an average width of 800 metres, which in reality is an estuary up to Castropol and then, further in becomes mudflats of great ecological value.

Among the river Eo's other natural assets is the fact that it is the main salmon spawning grounds in Galicia. The delimitation of the fishing areas comprises six salmon and trout preserves, half of which are shared with Asturias. One of the best preserves is located in the Ría de Abres (Trabada).

Upstream, the main town is A Pontenova. The Eo flows in front of the five chimneys of the old industrial furnaces, and from here we can also get to the As Reigadas forest (See SCI "Carballido").





Location

Between the Ría de Pontevedra and the southern part of the Ría de Arousa. Municipalities of Bueu, Sanxenxo, O Grove, Meaño, Ribadumia, Cambados and A Illa de Arousa.

Area

SCI: 7,506.75 hectares (of which 5,517 hectares are sea water).

Access

O Salnés (AG-41) highway and the road from Sanxenxo (PO-308) and Vilagarcía de Arousa (PO-549) to O Grove, where there is a turnoff to the bridge of the Isla de Arousa.

Services

Accommodation: Yes.
Food: Yes.

More information

Office of the Parque Nacional das Illas Atlánticas
(tel. 986 246 550).
Illa de Ons information point
(tel. 986 687 696).

Facilities

Nature Interpretation Centre of Monte Siradella, O Grove (tel. 986 680 284). Bird watching stations (Isla de Ons and O Grove).

Other related natural spaces / nearby:

“Parque Nacional marítimo-terrestre das Illas Atlánticas”
“Natural Park Complexo dunar de Corrubedo e lagoas de Carregal e Vixán”



Cove of O Bao from Monte Siradella



Island of Arousa



Chapel of A Toxa



Bateas in the Arousa Estuary

Mar de Arousa

The isthmus of A Lanzada, while joining O Grove with the continent, is also the meeting point of two ecosystems with a rich marine biodiversity. In open sea the protected space embraces the archipelago of the Ons in a great area of sea water (See National Park). Cetaceans like the porpoise, the dolphin and the bottle nose dolphin can all be found in this area. On the inner side, there is a wide plain which is subject to the tides and which on some maps appears with the name of O Vao cove, and which includes the island of A Toxa and the famous beaches of O Grove. The inter-tidal complex is at the mouth of the distinctive river Umia, a vast area of mud, sandy bottoms and fields of marine vegetation, caused by the waters' low tide.

The Spanish Society of Ornithology (SEO/Birdlife) regards the region as one of the most important winter migration areas and routes for waterfowl on Spain's north coast. The number of over-wintering waterfowl has been estimated at fifteen thousand, including an average of almost four thousand anatidae and ten thousand limicolae.

The protected space also includes the coastal stretch of the O Grove peninsula, between Reboredo and San Vicente do Mar. The Bodeira lagoon, unique in this coastal region of the southern coast of Galicia, is located here. Here also, one can ascend the Siradella mountain, the highest point, where from its modest 159 metres of height one can enjoy the best views of this first-class nature complex.

In the estuary's interior the route over the Carreirón point, in the peace of A Illa de Arousa, makes for a pleasant walk.



Location

Coast of the province of Lugo. Municipalities of O Vicedo, Viveiro, Xove and Cervó.

Area

487.58 hectares.

Access

The main locations are connected by the LU-862 and N-642 roads. There are local coastal turnoffs. There is no passenger transport by sea to any of the islands.

Services

Accommodation: Yes.
Food: Yes.

Other related natural spaces / nearby:

National monument "Souto da Retorta"
SCI "Río Landro"
SCI "Monte Maior"
SCI "Estaca de Bares"



River Sor



Sor Estuary



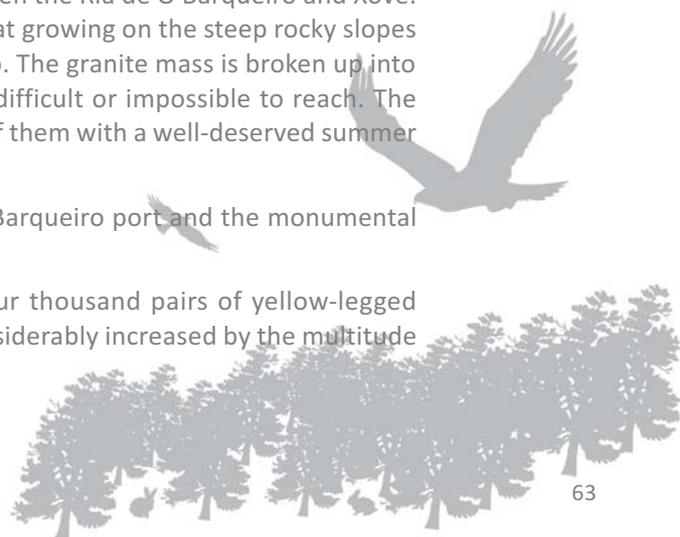
Beach of San Román. O Vicedo

Mar de ardora

The island of Coelleira (O Vicedo) to the west, and the island of Sarón (Xove) to the east, are the island limits of this space which also protects a narrow coastal strip between the Ría de O Barqueiro and Xove. A rocky area ending in small islands where the only vegetation is that growing on the steep rocky slopes whose shades of green contrast with the stylized white coastal strip. The granite mass is broken up into a multitude of caves and natural caverns as beautiful as they are difficult or impossible to reach. The coves are big enough for rocky ground or for lonely beaches, some of them with a well-deserved summer reputation, such as Arealonga (1.3 km) and Areagrande (0.8 km).

A visit to this natural space should be completed by the charm of Barqueiro port and the monumental character of the town of Viveiro.

Without doubt, the queens of this territory are the seabirds. Four thousand pairs of yellow-legged seagulls inhabit the small islands and cliffs, but this inventory is considerably increased by the multitude of species observed in migratory periods.





Location

Municipalities of Carnota and Muros (A Coruña).

Area

1,160.88 hectares of which 491 hectares consist of sea water.

Access

The AC-550 Noia-Cee road limits the protected space.

Services

Accommodation: Yes.

Food: Yes.

More information

Turismo marineru *Mar de Lira*
(Tel.: 981 761 252 - 636 294 796).

Facilities

Scenic Interpretation Centre (A Cabana-Lira).

Other related natural spaces / nearby:

SCI "Carnota-Monte Pindo"

SCI "Esteiro do Tambre"



Great sea reserve

The solitary Monte Louro (241 m) rises up at the northern point of the entry to the Ría de Muros and Noia. The landscape around it has great visual impact. The Marine Reserve of Fishing Interest, promoted by the Fishermen's Association of Lira, can be reached by sea (Carnota). By land, there is an important Point of Geological Interest in the area and a stretch open to the sea with a very pleasant lagoon, beaches, rocky areas, lighthouses and horizon.

The lagoon of As Xarfas is closed to the sea by the dunes of the Area Maior beach, better known as the Louro beach. The wetland is surrounded by a small forest liable to flooding, for when there are heavy rains the small river that feeds the area overflows and leaves it up to two metres under water.

Beside the lagoon a white beach opens up to the foot of the mountain. Altogether, it makes a perfect heavenly postcard. This is followed by other sandy spot with fine sands and churning, cold waters, like that of Ancoradoiro/Lariño, with an adjacent pine grove and lighthouse. But there is also a succession of rock groups, of which the most famous is the Simprón.

Among the pioneering initiatives in Galicia is fishing tourism, aimed at revaluing artisan fishing, and the creation of marine reserves.



Location

In the Lugo A Terra Chá, municipalities of Abadín, Baleira, Begonte, Castro de Rei, Cospeito, Friol, Guitiriz, Lugo, Outeiro de Rei, Rábade, Vilalba and Xermade.

Area

SCI: 3,795.09 hectares.

Access

Ortigueira on the AC-862 Ferrol-Viveiro road. Turnoff in Ponte Mera towards Cariño and Cabo Ortegá. Access by local road to the beach of Morouzos.

Services

Accommodation: Yes.
Food: Yes.

Facilities

Bird watching station.

Other related natural spaces / nearby:

SCI "Costa Ártabra"
SCI "Estaca de Bares"

Emerald Water

The river Mera, scarcely 30 km long, reaches its final beauty in the formation of the Ría de Ortigueira. It is joined by other smaller riverbeds that flow into this wide flooded valley and form an aquatic maze where the tides disport themselves. This is one of the largest mudflats in Galicia. The entry of the sea permits cautious navigation into the town's port, whose natural architecture is complemented by the modernist buildings of the town centre.

All the coastal routes go to the beach of Morouzos. Three kilometres of sands which, on one side, have their own dunes held in check nowadays by a pine grove and extending in a sandy bar behind which shelters the Ladrído cove, which is in fact another small estuary formed by the mouth of the river Baleo.

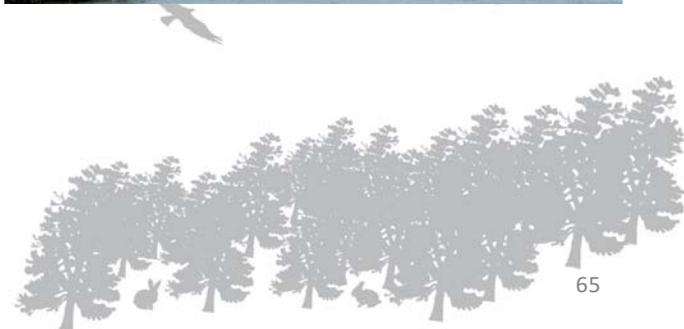
The whole is closed up at a short distance from the coast by the Island of San Vicente, witness to all that enters and leaves by the sea channels, principally many different bird species which inhabit the mudflats and bulrushes in the winter.

The natural space is also increased by the river ecosystems of the whole river Mera right to the source on the mountain range of A Faladoira. The closeness of the mountains to the coast is another of its attractions, along with the zone's rich cultural heritage.

Within this space the ZEPA "Ría de Ortigueira y Ladrído" is a perfect location for bird-watching.



Ortigueira Estuary





Location

In the Lugo A Terra Chá, municipalities of Abadín, Baleira, Begonte, Castro de Rei, Cospeito, Friol, Guitiriz, Lugo, Outeiro de Rei, Rábade, Vilalba and Xermade.

Area

5,013.01 hectares.

Access

Main access routes are the A-6 highway and the N-VI road on the journey between Lugo and Guitiriz. Turnoffs towards the north. Towards Vilalba by the N-634.

Services

Accommodation: Yes.

Food: Yes.

More information

Tourist Promotion "Terras do Miño"
Tel.: 902 101 117.

Facilities

Bird-watching stations on the, Bardancos and O Rei (Rábade) lagoons; and circular path around the lagoon of Cospeito.

Other related natural spaces / nearby:

SCI "Serra do Xistral"



Lagoon of Cospeito



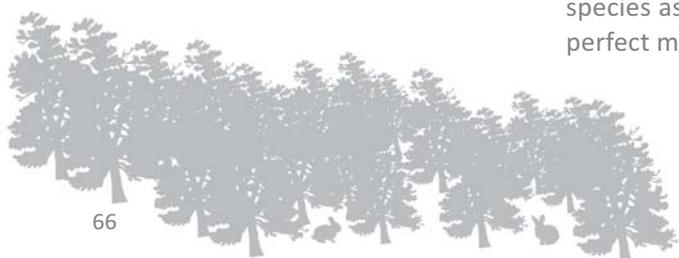
Lagoon of O Rei

Delicate lightness

The so-called "Complejo Húmedo de Terra Chá" comprises that part of the high Miño basin which receives the main tributaries from the right: the Ladra, with its tributaries, the Parga, the Támoga and the Narla, as well as many other rivers like the Labrada, the Trimaz and the Madalena.

As well as the flatness which gives rise to slow and winding courses outlined by vegetation, the limited permeability of its clay soil leads to the formation of pools. Some of these are temporary, depending on the rainfall, but others, like the Cospeito and Caque lagoons, form two of the main lacustrine systems of Galicia. Both lagoons are semi-natural, whose shape nowadays is due to regeneration projects aimed at reversing the drainage attempts of past times. The observation stations and circular walks combine easy accessibility with the conservation of the fragile wetlands.

This is a landscape shaped by agricultural and cattle raising activities in which there is still space for the conservation of many native forests. Oakwood's, and species associated with riverbanks, convert the slow flow of the waters into a perfect mirror of the slow seasonal changes.





Teixadal de Casaio



Location

Ourense municipalities of Carballeda de Valdeorras, A Veiga, Viana do Bolo, Manzaneda and O Bolo, on their limits with the autonomous region of Castile and León.

Area

24,860.33 hectares.

Access

Turnoff towards A Veiga on the OU-533 A Rúa-A Gudiña local road. From A Veiga to Xares by local roads. From O Barco de Valdeorras, by the OU-121 to the Prada (A Veiga) dam; or by Sobrado (Carballedo de Valdeorras) with a turnoff on the OU-122 road in the direction of Casaio.

Services

Accommodation: Yes.
Food: Yes.

Other related natural spaces / nearby:

SCI "Pena Maseira"
SCI "Macizo Central"



Village of A Ponte. A Veiga



Lagoon of A Serpe



Village of Vilanova. A Veiga

High mountain

Sub-alpine landscapes, above two thousand metres, can only be seen in Galicia in the confluence of the O Eixe, Calva and Segundeira mountain ranges. The upper limit of the region is reached at the peak of the Pena Trevinca (2,127 m), Pena Negra (2,123 m) and Pena Survia (2,122 m) which crown this extensive protected space linked to the Natural Park of the Sanabria lake (Zamora).

Here, an outstanding formation of natural lakes and other elements of glacial origin can be seen. On the west Galicia slope, whose waters drain into the Sil basin, the Xares and the Bibei present beautiful pictures of high mountain rivers during a thaw.

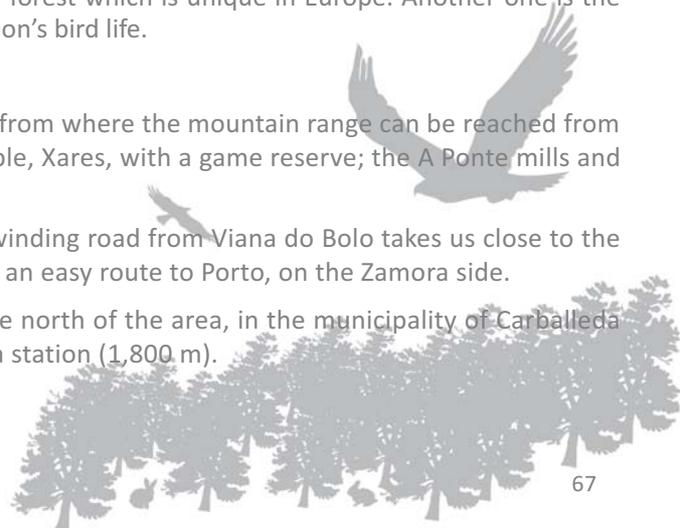
Because of the remoteness of the region it has remained relatively isolated, although its ecological balance is also fragile. One of its increasingly well-known acts has been the conservation of the "Teixadal de Casaio" (yew forest of Casaio). This is a small group of three hundred centuries-old yew trees which form a forest which is unique in Europe. Another one is the existence of a pair of golden eagles, an important element in the region's bird life.

Not to be Missed

The main access point starts from A Veiga, close to the Prada dam, from where the mountain range can be reached from the small villages on the borders of the protected space. For example, Xares, with a game reserve; the A Ponte mills and the houses of Corzos set between great oval rocks.

To the south, the road to the village of Pradorramisquedo via the winding road from Viana do Bolo takes us close to the banks of the River Bibei sculpted into the stone. From here there is an easy route to Porto, on the Zamora side.

The Teixadal of Casaio, on the other hand, is located in the extreme north of the area, in the municipality of Carballeda de Valdeorras. There is a long route on foot from the Fonte da Cova station (1,800 m).





Location

In the north of Lugo, municipalities of Abadín, Alfoz, Cervo, Mondoñedo, Muras, O Valadouro, Ourense, Vilalba, Xermade, Xove and Viveiro; it also touches on the Coruña municipality of As Pontes de García Rodríguez.

Area

22,480.98 hectares.

Access

From Vilalba crossover with the LU-540, with turnoffs to the east in Muras and Ourense towards O Valadouro. From the other side, local roads from Mondoñedo.

Services

Accommodation and food in nearby villages.

Other related natural spaces / nearby:

National monument "Souto da Retorta"
SCI "Monte Maior"
SCI "Parga-Ladra-Támoga"



Fertile wind

The intense use of wind power on this small mountain range between the Cantabrian coast and the inland area of A Terra Chá betrays the wind's constant presence. One of these winds is the xistra, a gust of cold, damp wind that sweeps over the mountains, which have no protection other than the bare rock of some peaks.

The northern massif is made up of the O Xistral, whose highest points are in O Cadramón (1,062 m), the mountains of A Toxiza (832 m) and A Carba (908 m). Apart from the wind this massif is also the kingdom of fog. It traps the loaded clouds which, every year, causes heavy rainfalls. Despite its nearness to the sea, it is not unusual to have winter snows here. Water is deposited on the high plains, flooding the natural pastures and creating extensive deposits of peat. These are the peat bog covers, popularly called barriers, mudflats or lake. For example, in Barreiras do Lago, Lagoa das Furnas and Tremeol da Charca de Santa Cruz.

The main rivers that spring up in the mountains are the Eume, on the Atlantic slope, and the Landro, Ouro and Masma, in the Cantabrian one. Roaming wild horses are a frequent sight in this mountain range.



Location

Municipalities of Catoira, Ames, Brión, Rois, Boqueixón, Dodro, Padrón, Rianxo, Teo, Touro and Vedra in the province of A Coruña. Municipalities of A Estrada, Pontecesures, Silleda, Valga and Vila de Cruces in the province of Pontevedra.

Area

1,633 hectares.

Access

Access to the river mouth from Padrón to Catoira. Intermediate stretches, from A Ponte Ulla or A Bandeira on the N-525. In A Bandeira, turn off towards A Merza on the PO-204, to reach the Toxa waterfall.

Services

Accommodation: Yes.

Food: Yes.

Other related natural spaces / nearby:

SCI "Brañas de Xestoso

Heart of water

From its source in Lugo's A Ulloa region to its mouth in the Ría de Arousa, the river Ulla covers some 130 kilometres. It is the third largest river in Galicia, after the Miño and Sil, and acts as a provincial border between A Coruña and Pontevedra. The river receives the waters of numerous tributaries which make up an extensive river network in the centre of Galicia. On the right is located Santiago de Compostela's river, the Sar, theme of a poem by Rosalía de Castro. On the left is the Deza, which lends its name to a region with one of the strongest cattle-raising traditions in the region.

The landscape has been moulded by traditional human activity. This is a land of paths between pasture land and the great pazos, like that of Oca (A Estrada) or Santa Cruz de Ribadulla (Vedra), with their wonderful gardens containing some veritable treasures. For this same reason, the region's many historically important bridges are a good place from which to view the riversides.

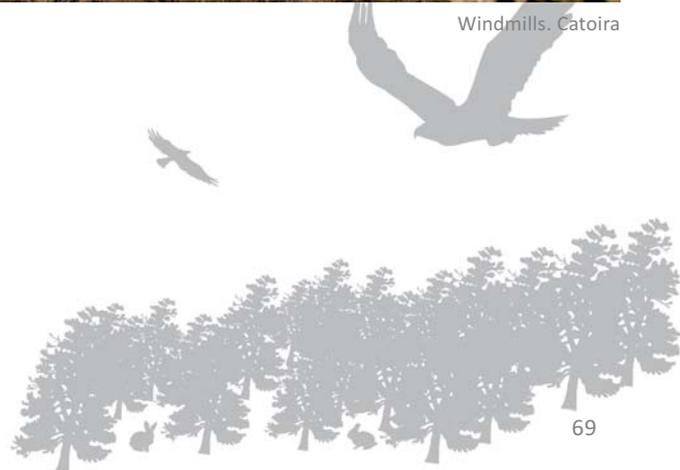
In spite of this, sometimes the river demonstrates its fierceness with important waterfalls. The most famous is that of the river Toxa, a tributary of the Deza, which has a fall of 25 metres. Lovely trails lead to this waterfall and communicate it with the monastery of Carboeiro, which is another attraction of the area.



Windmills. Catoira



Waterfall on the river Toxa. Silleda



A Marronda



Location

In the municipalities of Baleira and A Fonsagrada (Lugo).

Area

1,211.97 hectares.

Access

From Lugo, there is direct access via the A-6 highway, on the A Fonsagrada (LU-530) road, O Cádavo - Meira (LU-750) turnoff. Another alternative is along the N-VI, taking the LU-710 road in Baralla.

More information

Association of Friends of Marronda (amigosmarronda@gmail.com).

Facilities

The river Eo and forest of A Marronda, Fonteó (Baleira) Interpretation Centre.

Other related natural spaces / nearby

SCI "Carballido"



Thirty kilometres from the city of Lugo, the large, luxuriant forest of A Marronda is in an exceptional state of conservation. It is regarded as the mother of all the mature forests of the Baleira mountains, from which the Cantabrian Eo and Neira rivers spring, in Fonteó and A Fontaneira respectively. To the fierceness of the river courses, transformed into meanders, the beauty of the deciduous trees lining the riverbanks must be added. Among them are an abundance of beech trees, unusual in Galicia.

The trails making up the route of the Gran Recorrido GR-1 (Long-distance Footpath) enables various routes to be taken, always subject to seasonal weather conditions. The recreation areas of Fonteó and Cortevella, with an interesting lookout point over the Eo meander, are within easy reach.

A Ramallosa



Location

Ría de Vigo, municipalities of Nigrán and Baiona (Pontevedra).

Area

91.85 hectares.

Access

The PO-552 coast road (Vigo-Baiona).

Services

Accommodation: Yes. Food: Yes.

Facilities

Casa Rosa de Sabarís Municipal Observatory (Baiona).

Other related natural spaces / nearby:

"Illas Atlánticas de Galicia" National Park
SCI "Illas Estelas"
"Serra da Groba"



The protected space includes the estuary of the river Miñor, almost completely closed in by the beach of A Ladeira, which is over a kilometre in length. On this heavily populated stretch of coast, with its important shell fishing and tourism activities, we meet the mudflats of A Foz, where the river Miñor and the Groba and Belesar streams meet the tides.

The Sabarís observatory has large windows and telescopes available for looking at the varied fauna of the mudflats.

Baixo Miño



Location

On the final course of the Miño, bordering Portugal, crossing the municipalities of A Guarda, O Rosal, Tomiño, Tui, Salvaterra de Miño, As Neves, Arbo, Crecente, A Cañiza and Padrenda. The ZEPA only covers the mouth of the river in the municipalities of Tomiño, O Rosal and A Guarda.

Area

SCI: 2,791.64 hectares.

Access

Main roads to Tui. The PO-552 road goes between Tui and A Guarda.

Services

Accommodation: Yes. Food: Yes..

Facilities

Bird watching Observatory in Salcidos (A Guarda).

Other related natural spaces / nearby:

Monte Aloia Natural Park
"Serra da Groba"

Valle miñoto

The last eighty kilometres of the Miño are protected on both sides in a cross-border space within the Red Natura. It goes from the last reservoir, the dam of A Frieira (Crecente), to where it flows into the Atlantic, along with tributaries like the Tea and the Tamuxe on the Galician side, and the Coura in Portugal.

The Miño border unites ecosystems, principally the estuary habitats with its extensive area of bulrushes and wetlands (called morraceiras in the area) and islands and sandbanks (ariños). The best ways of approaching these areas are from the beaches at the mouth of the river, such as the Camposancos beach, which, also has an interesting dune system and very popular bird watching stations, including the Salcidos (A Guarda) station, opposite the island of Canosa. The hills also provide natural watchtowers, such as the ascent to the castro of Santa Tegra, or Monte Aloia (See Natural Park).

Traditionally, the river is navigable to Tui. Upstream, the river narrows between rocks and pesqueiras, stone walls built for lamprey fishing. Currently there are still some four hundred between Salvaterra de Miño and Crecente. A good place to see them is in Arbo.

Not to be missed are the line of thirty six mills in the ethnographic areas of Folón and Picón, in the beautiful municipality of O Rosal.





Location

At the bottom of the Ría de Betanzos (A Coruña), municipalities of Aranga, Bergondo, Betanzos, Coirós, Irixoa, Miño, Oza dos Ríos and Paderne.

Area

864.58 hectares.

Access

The A-6 highway, the AP-9 motorway and the N-VI road communicate with Betanzos and run close by the Natural Park. To reach the Chelo reserve, turn off on the N-VI in Queirís-Collantres (Coirós).

Services

Accommodation: Yes. Food: Yes..

Facilities

Nature workshop of Chelo. Tel. 981 541 789.

Other related natural spaces / nearby:

“Fragas do Eume” Natural Park
SCI “Costa de Dexo”
SCI “Encoro de Abegondo-Cecebre”



Until the 18th century the port of Betanzos was one of the most important fishing and trade centre of the Ancient Kingdom of Galicia. The river sediment that filled the estuary and reduced its depth was one cause, among others, for the decrease in sea traffic. The Ría de Betanzos currently has one of the largest areas of coastal mudflats of Galicia, and still has a small port and embarkations at the confluence of the Mendo and Mandeo rivers which hug the town. The riverbanks form the other part of this protected space which, in the case of the Mandeo, covers 25 kilometres upriver.

The best observatory of this wetland is on the access road which runs along the left margin of the estuary. Here, we will find the pazo of Mariñán (Bergondo) where, during visiting hours, we can visit the gardens where there are five tree taxa, catalogued as Singular Trees. There are inland routes to Chelo (Betanzos), where, apart from the nature workshop, the routes into the forests lining the river Mandeo begin. The course of the river speeds up at times among the granite outcrops of this stretch, providing beautiful vignettes against the rhythm of the waters.



Brañas de Xestoso

Location

Between the limits of the municipalities of A Estrada, Forcarei and Silleda (Pontevedra).

Area

1,080.12 hectares.

Access

The N-640 between A Estrada and A Bandeira (Silleda) covers the area's northern limit with turnoffs towards Curantes and Olives. Also on the Silleda-Forcarei road, turnoff to Xestoso.

Other related natural spaces / nearby:

National monument “Fraga de Catasós”
SCI “Serra do Candán”
SCI “Sistema fluvial Ulla-Deza”



The mountains separating the counties of Tabeirós and Deza end in extensive plains that historically are swamped throughout the whole year. On these wetlands are small areas of peat and others flooded by the rains. The most important is the Sacra de Olives lagoon, formed in a small depression in the ground at an altitude of some 650 metres, which usually only dries up in the summer.

There are curious stone walls surrounding this area. Legend has it that the lagoon was enclosed by a wall to prevent the profanation of the bodies thrown into the water after a now-forgotten ancient battle.



Cabo Udra

Location

At the end of the O Morrazo peninsula, it separates the Ría de Pontevedra from the small Ría de Aldán, in the municipalities of Bueu and Cangas.

Area

623.36 hectares, of which 443 are sea water.

Access

From Pontevedra to Bueu on the PO-551 road, final turnoffs on the Beluso stretch.

Services

Accommodation and food nearby.

Facilities

Information panels. Nature workshop (Beluso, Bueu).

Other related natural spaces / nearby:

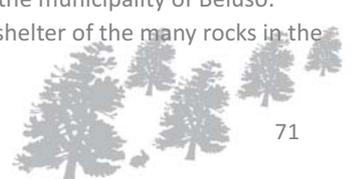
“Illas Atlánticas of Galicia” National Park
SCI “Costa da Vela”



The Ría de Aldán opens out in the furthest point of the O Morrazo peninsula between the headland of O Couso (See SCI Costa da Vela) and Cabo Udra. Its coast, from the beach of A Mourisca (Bueu) and Mendiña (Cangas) is a ring of rocks and small sandy areas touched by the beauty and richness of the sea.

Dolphins, the bottle-nose dolphin and porpoises are quite frequently seen in these protected waters. From land, the wonderful sight of them in a panoramic view of the sea is one of the main attractions of a visit. There is a signposted route from Bueu and a nature workshop in the municipality of Beluso.

On our journey we will find the strange “chozos”, shepherds huts in the shelter of the many rocks in the area, and abandoned military batteries.





Location

At the border with the Principado de Asturias, municipalities of A Pontenova, Ribeira de Piquín and A Fonsagrada (Lugo).

Area

4,633.94 hectares.

Access

From A Pontenova or A Fonsagrada on the LU-740 road.

Services

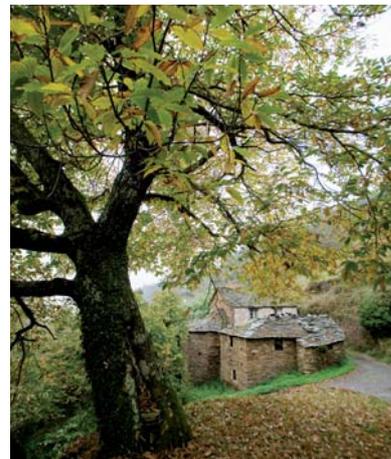
Rural tourism..

Other related natural spaces / nearby:

SCI "A Marronda"
SCI "Río Eo"

The local road connecting A Pontenova, to the north, and A Fonsagrada, to the south, is the main approach road to two extensive forests, separate from each other and difficult to reach, that cover the network of tributaries of the high basin of the Eo. The first is the Fraga beside the river Reigadas and other streams. It is recommended that the visit starts from the ironworks of Bogo (A Pontenova), where an interesting ethnographical group from the 18th century related to the ferric richness of this region, has been restored.

The second forest, in the municipalities of A Fonsagrada and Ribeira de Piquín, is the one of Carballido. The forest is located in the area of the Rodil river and its many tributaries, including the Veiga de Logares. References have been made to the sporadic presence of brown bears.



Costa da Vela



Location

Municipality of Cangas, on the western tip of the O Morrazo (Pontevedra) peninsula.

Area

1,384.81 hectares of which 1,003 hectares are sea water.

Access

Turnoffs on the PO-551 road between Bueu and Cangas towards the north via Hío or to the south via Donón.

Services

Accommodation and food in nearby villages.

Other related natural spaces / nearby:

"Illas Atlánticas de Galicia" National Park.
SCI "Cabo Udra"

Even in ancient times this area, rising up in spectacular cliffs 150 above sea level, was a pilgrimage site. The beauty of the marine lookout points, together with the beaches and the archaeological remains continue to be the attraction of this excellent natural spot between the Vigo and Pontevedra estuaries.

The discoveries on the Alto de O Facho de Donón revealed a singular sanctuary, a "forest of altars" made up of almost two hundred slabs consecrated to the god Berobreo, conserved in the Municipal Museum of Vigo. In the Galician-Roman castro a total of 60 dwellings have been found up to now in an ample walled enclosure. It is easy to get to from Donón, on a walk uphill of approximately 30 minutes. It is the central high point of the Costa da Vela, from which there are panoramic views of the mouths of the estuaries of the southern coast of Galicia, with the Illas Atlánticas National Park in first place.

In the extreme south we find Cabo Home with its three points, each with its own lighthouse. Between them they shelter a small cove containing the beach of Melide, and, inside the Ría de Vigo, they protect the succession of small beaches of Barra, Viñó and Nerga, with an uncommonly shaped dune system.

The coastal sea protection area extends to a depth of thirty metres.



Cruzul-Agüeira



Location

In the Os Ancares of Lugo, municipalities of Becerreá and As Nogais.

Area

618.46 hectares.

Access

On the A-6 or the N-VI to Becerreá.

Services

Accommodation and food in nearby villages.

Other related natural spaces / nearby:

SCI "Ancares-Courel"

In the autumn, in contrast, the presence of the perennial oaks is revealed, surrounded by deciduous species. This is one of the star moments of the mature forest that surrounds the high basin of the river Navia and some of its tributaries, between Doncos and Becerreá. The beauty of the place is apparent, even to the travellers that drive rapidly along the highway that crosses this natural space.

In Agüeira we cross an excellent chestnut grove, which tends to become part of a mixed forest of oak trees on high ground. Near Cruzul, close to Becerreá, we will find the strange sight of a Mediterranean holm-oak wood here in this Atlantic domain, in a mountain area. Its presence is associated with a limestone substrata in some specific areas of the valley.

On some stretches the hill walking routes follow the layout of the old paths, also of historical significance. This is the case, for example, of the bridge over the river Cruzul, scene of battles which occurred two hundred years ago, in the War of Independence.



**Location**

Municipalities of Abegondo, Betanzos, Cambre, Carral and Oza dos Ríos, to the southeast of the city of A Coruña.

Area

493.41 hectares..

Access

From A Coruña, Cambre road; or several turnoffs on the N-VI road. The AC-221 local road passes the dam and crosses the reservoir.

Services

Accommodation: Yes. Food: Yes.

Facilities

Nature workshop of Crendes (Abegondo). Tel.: 981 647 916.

Other related natural spaces / nearby:

SCI "Betanzos-Mandeo"



The reservoir of the Mero and Barcés rivers, a little over twenty kilometres from the city of A Coruña, has become the mirror of a placid picture of a world, since its creation in 1976. Benign in climate and generous by nature, the landscape at the service of the city water supply has achieved a high degree of natural adaptation.

Apart from the areas where the water level is about six metres deep on average, with points with a maximum of fifteen metres, in the tail ends of the rivers marshy areas have formed with meadows and forests liable to flooding which have great ecological value. The protected space opens out upriver along the banks of both rivers. At the heart of all this we find the nature workshop of Crendes (Abegondo) which is visited by many school groups and has become a classic viewing station for bird-watching fans.

Also close by we can visit the Villa Florentina (981 676 052), the home-museum of the writer Wenceslao Fernández Flórez who immortalized the forest of Cecebre in his novel *El bosque animado* (The Enchanted Forest).

**Enseada de San Simón****Location**

Inside the Ría de Vigo, municipalities of Moaña, Pontevedra, Redondela, Soutomaior and Vilaboa.

Area

2,252.06 hectares.

Access

Roads between Vigo and Pontevedra: on the right the N-550 and the AP-9; on the left, communications centre in Redondela (N-552, N-555).

Services

Accommodation: Yes. Food: Yes.

Facilities

Interpretation Centre of the San Simón and San Antonio islands. Bookings can be made for the boat trip and visit during the summer: Tel.: 986 903 884 - 671 035 030

Web: www.illadesansimon.org
Nature workshop of San Xulián-Cotorredondo.

Requests dealt with in the Nature Conservation Service of Pontevedra and on the web page.



It looks like a lake. The final inlet of the Ría de Vigo, almost eight kilometres long and four wide, is reduced to 700 metres in the strait of Rande. This is also its deepest point, for a good part of the water drains out during low tide and the water is shallow in the other part. The plain uncovered at low tide is green and rich in bivalve shellfish, like the oysters of Arcade, and aquatic birds. But it is also rich in literary references: songs to friends by the troubadours of the Ría de Vigo and adventures like *Twenty Thousand Leagues under the Sea*, by Jules Verne, mixed with the treasures of the sunken galleons in Rande.

The old salt works of Ulló, in the neighbourhood of Paredes (Vilaboa), permitted easy access along its walls to this natural space. Cultural references to the inlet can be found on the island of San Simón, where there is an Interpretation Centre to explain its long history and different uses since Lazareto, a concentration camp. It can be visited mainly in summer, from the harbour of Cesantes (Redondela) and Santo Adrán de Cobres (Vilaboa). Outside of this protected area, on the O Morrazo peninsula, is the Park of Cotorredondo which has a nature workshop beside lake Castiñeiras.

**Esteiro do Tambre****Location**

Downstream and at the mouth of the river Tambre on the Ría de Muros and Noia. Municipalities of Brión, Negreira, Noia, Outes and Porto do Son (A Coruña).

Area

1,582.61 hectares.

Access

For the left bank take the turnoff towards A Graña-Cornada on the AC-543 Santiago de Compostela- Noia road. For the right bank, by Ponte Nafonso towards Negreira.

Services

Accommodation: Yes. Food: Yes.

Other related natural spaces / nearby:

SCI "Monte e lagoa de Louro"

Noah's Ark with the dove carrying an olive sprig in its beak on Noia's municipal coat of arms, represents its legendary foundation. It is the head of an estuary where numerous smaller rivers join the Tambre, including the Traba, which crosses under the Noia bridge. They all form a complex estuary system, hardly navigable at high tide, where country landscapes coexist with seascapes. Three quarters of the protected space belong to this sea-land habitat, to the port of O Freixo (Outes) on one side and the beach of Boa Grande on the other.

The mouth of the Tambre can be contemplated by taking the turnoff on the old road at the Nafonso bridge, which has twenty arches, one for every year it took to build it in the 14th century, and the last one half twisted according to the popular saying. The village, set amidst bulrushes surrounded by tree-covered hills, transmits the serenity of the landscape. There are many walks and lookout points, such as that of Monte Tremuzo (514 m).

The Tambre river is worthy of a visit. Its last three kilometres run through a steep gorge with a granite rock



face between Lueiro (Negreira) and Cornada-A Graña (Brión). A good departure point is the historic building of the Tambre I hydroelectric power station, designed by the Galician architect Antonio Palacios. From its recreation area and the suspension bridge, with views of the old lamprey pesqueiras (stone walls built for lamprey fishing), a path leads through small woods of indigenous trees to the Devesa de Nimo.

Miño-Neira



Location

Downstream from the city of Lugo. Municipalities of Guntín, Lugo, O Corgo and O Páramo

Area

842 hectares.

Access

Exit to Sarria on the A-6 highway, and then take turnoffs on the N-VI road.

Services

Accommodation and food in local villages.

The Neira, with its cold waters from the eastern mountains of Lugo, flows into the left bank of the Miño. It is a river of great ecological richness which, from the Neira bridge until it flows into the great Miño, forms part of this protected space. As it is included in the Biosphere Reserve "Terras do Miño" it has hill-walking routes and riverside recreation areas.

Excellent examples of riverside forests and even a forested island can be found here. There are also outstanding agricultural landscapes featuring hedgerows, among other things.



Monte Faro



Location

Provincial limits of Pontevedra and Lugo, in the municipalities of Carballedo, Chantada and Rodeiro.

Area

3,002.29 hectares.

Access

The town of Chantada is on the N-540 (Lugo-Ourense) road, and from there the CRG 2.1 Monforte de Lemos-Lalín crosses the northern part of the mountain range.

Services

Accommodation and Food in nearby villages.

Other related natural spaces / nearby:

SCI "Pena Veidosa"

The shrine and recreation area of Monte Faro (1,187 metres) crowns the summit, from which there are extensive views of the four Galician provinces. The peaks of this mountain range are smooth and almost flat, and due to its location on the Dorsal de Galicia they receive abundant rain, and snow some years. On the slopes the indigenous forests are a highlight of the landscape, traditionally shaped by cattle-raising and agricultural activities. Between the fields there are good examples of oak woods, with very impressive trees in some areas.



Negueira



Location

Municipality of Negueira de Muñiz, eastern tip of the province of Lugo bordering Asturias.

Area

4,511.88 hectares.

Access

On the A Fonsagrada-Oviedo road, turnoff before the port of O Acevo.

Services

Accommodation and food: rural tourism.

Other related natural spaces / nearby:

Os Ancares (SCI "Ancares-Courel")

The construction of the Salime dam in the 1960s has divided the municipality of Negueira de Muñiz from north to south, which has increased the isolation of the right bank and led many people to abandon the area. The municipality which carries the surname of the promoter of its administrative independence as a municipality is now the least populated of Galicia, with less than three hundred inhabitants.

Its recent history is complicated by the fact that the territory is very rough and uneven, full of beautiful contrasting sceneries. There are luxuriant forests dominated by oak trees, but in the valley where the mountain climate becomes more benign cork trees and even grapevines flourish.



**Location**

Bordering Portugal and also the province of Zamora. Municipalities of A Gudiña and A Mezquita (Ourense).

Area

5,853.81 hectares.

Access

On the A-55 southern coast highway or the N-525 road, exit to A Mezquita with a turnoff onto the OU-311 local road.

Services

At the main villages.

Other related natural spaces / nearby:

SCI "Pena Trevinca".

The region is on the line of the desirable green corridor between the Ourense Macizo Central and the large Portuguese Montesinho Natural Park, which covers the entire Portuguese boundary from Zamora to Ourense. On the Galician side it comprises the mountain range of A Esculqueira (1,149 m) and the resonant Penedo dos Tres Reinos (1,004 m), point of union of the triple historical frontier of the medieval kingdoms of Portugal, Galicia and León.

Of well-deserved fame are the extensive chestnut groves growing in this mid-mountain region. On the peaks scrub predominates providing cover for stable populations of wolves and roe deer.

**Ría de Foz-Masma****Location**

Between the central and eastern A Mariña in Lugo, in the coastal municipalities of Foz and Barreiros and the inland municipalities of Mondoñedo and Lourenzá.

Area

SCI 575.17 hectares of which 343 hectares are sea water.

Access

N-642 (Ferrol-Ribadeo) and N-634 (from Mondoñedo).

Other related natural spaces / nearby:

National monument "A praia das Catedrais"

The Masma is a worthy representative of the rivers of the Galician Cantabrian slope. A short course (46.2 km), which begins at an altitude of 900 metres and whose erosive power results in wide valleys like the Mondoñedo valley; indigenous plant life amongst forests produced by reforestation; and finally, the formation of high estuaries accompanied at their mouth by inter-tidal plains, is surrounded by mud flats. In the case of the Ría de Foz, it is closed in by the beaches of A Rapadoira, on the left bank, and the beach of O Altar, on the right. The estuary is an internationally famous migratory and resting point for birds.

There are many routes along the river, one of Galicia's best salmon streams. One of the best is that of Pena Cornería (437m), although you need to be in good shape to make the ascent on foot. The reward is in the landscape, with panoramic views of the whole Marina coast. There are other accessible lookouts, such as the peak of A Lebre (Foz), and recreation areas, like that of Fervenza (Viloalle) with artificial river swimming pools in a tributary of the Masma, close to Mondoñedo.

**Río Cabe****Location**

In the region of Terras de Lemos, to the south of Lugo, municipalities of Bóveda, O Incio, Monforte de Lemos, A Pobra do Brollón, Pantón and Sober.

Area

1,576.53 hectares.

Access

The LU-546 (Lugo- Monforte de Lemos) road crosses this area from north to south.

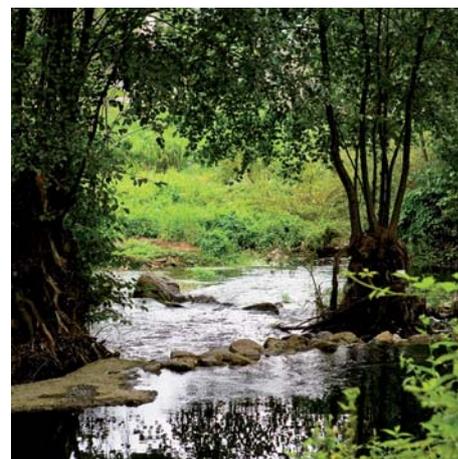
Services

Accommodation and food at the main villages.

Other related natural spaces / nearby:

SCI "Ancares-Courel"
"Cañón do Sil"

Half the space belongs to the alder trees, willows and ash trees, along with other indigenous and reforestation trees. The forest borders the banks of the Cabe, in the Sil basin, from the mountains of O Courel to the plains of Monforte de Lemos. It also encroaches on many of its tributaries which form part of the protected river network, including the Carabelos, the Cinsa and the Mao. The variability of the territory's climate also results in a variety of scenery, as, for example, the infrequent sight in Galicia of a frozen river, like that of the Cabe beneath the Puente Viejo de Monforte de Lemos. Bridges and beautiful small mills are part of the area's heritage, along with noble pazos, wine cellars among vineyards and religious art.



Río Landro



Location

Municipalities of Viveiro and Ouro, in the western A Mariña, in Lugo.

Area

88.94 hectares.

Access

From Viveiro on the N-642 (Ferrol-Ribadeo) road.

Services

Accommodation: Yes. Food: Yes.

Other related natural spaces / nearby:

National monument "Souto da Retorta"

SCI "Costa da Mariña Occidental"
SCI "Monte Maior"

Before finally flowing into the sea after the Viveiro bridges, the Landro reduces its speed in successive meanders that, five kilometres upstream to Landrove, are still influenced by the tides. From the lookout point of San Roque (375 m) one can admire a good part of Gándaras and the Ría de Viveiro, with the sea and mountain as the main attractions in an ecstasy of greens and blues.



Apart from the above mentioned wetland, the river course takes in close to sixteen kilometres inland and the area around its small tributary, the river Bravos. It is listed as one of north Galicia's best salmon rivers, and the quality of its waters even permit the existence of a viable community of river mussels. Luxuriant forests line the river banks, containing some fine eucalyptus trees, which were introduced into the area many years ago (*See National Monument Souto da Retorta*).

Río Lézec



Location

The final stretch until it flows into the Ría de Pontevedra. Municipalities of Campo Lameiro, Cotobade and Pontevedra.

Area

18.60 hectares. SCI.

Access

From Pontevedra the N-541 road runs parallel to the river, with several turnoffs (PO-223, PO-231).

Other related natural spaces / nearby:

SCI "Serra do Candán"
SCI "Serra do Cando"

The capital of cave painting in Galicia extends along the banks of the river Lézec, in the municipalities of Campo Lameiro and Cotobade, close to the city of Pontevedra. It possesses one of the most amazing collections of Bronze Age petroglyphs in Europe. It is mainly outstanding for the deer hunting scenes and abstract designs, such as the circle combinations. An Interpretation Centre is planned in this area for the Archaeology Museum on Monte Paradela, between Paredes and Praderrei, which will take in the neighbouring areas located near the river Lézec through itineraries and routes.



The space coincides with well-known fishing reserves on the Lézec and some tributaries, such as the Almofrei. There are numerous riverside recreation areas and journeys through lovely landscapes of bridges and mills.

Río Tambre



Location

In the centre of the province of A Coruña. Municipalities of Tordoia, Ordes, Mesía, Trazo, Oroso, Frades, Santiago de Compostela and O Pino.

Area

151.70 hectares.

Access

The N-550 road on the stretch between Ordes and Santiago de Compostela, where there are numerous turnoffs to the basin of the Tambre.

Services

Accommodation and food at the main villages.

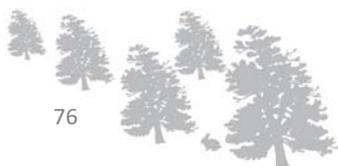
Other related natural spaces / nearby:

SCI "Esteiro do Tambre"

The 125 km long river crosses the central regions of Galicia, in its intermediate basin, and before it passes through the municipality of Santiago de Compostela, it breaks into a network of small rivers.



The forests give life to some beautiful riverside landscapes. One way to approach them is from the riverside recreation areas. For example, in the municipality of Oroso, starting from Sigüeiro, the island of the Refugio (hut); Penateixa; Arderiz bridge in its confluence with the Samo river; and Cachopal, with the river Maruzo. The charming centre of Ponte Maceira, on the Fisterra-Muxía road is one of the best points from which to enjoy the river.





Location

In the south of Ourense, municipalities of Castrelo do Val, Laza, Monterrei, Verín and Oímbra.

Area

718.76 hectares.

Access

From Verín, upstream by the OU-113 region road towards Laza, downstream by the N-532 road to Oímbra.

Services

Accommodation and food at the main villages.

Other related natural spaces / nearby:

Natural Park "O Invernadeiro"

The large castle of Monterrei, undoubtedly one of the finest in Galicia, stands on a hill which is perfect for the contemplation of the valley crossed from north to south by the Támega, which receives the waters of its tributary, the Bubal, from the right. From Verín, it crosses the warm grape and wine-growing valley, with its abundant springs. The protected area covers the whole river course in Galician territory, up to the Portuguese border.



The Támega with its good quality water begins in the Altos de A Alberguería (Laza) and soon forms a corridor of riverside forests and narrow mountain valleys, such as the Laza valley. The protected area also includes the water meadows and natural pools with their abundant floating vegetation.

Location

Municipalities of Covelo, Fornelos de Montes, Mondariz, Mondariz-Balneario, Pontearreas and Salvaterra do Miño, to the south of Pontevedra province.

Area

357.13 hectares.

Access

From Pontearreas, to Salvaterra do Miño by the PO-403 local road; upstream on the PO-254 towards Mondariz.

Services

Accommodation: Yes. Food: Yes.

Other related natural spaces / nearby:

Natural Park "Monte Aloia"
SCI "Baixo Miño"

On the river Tea, the variety of river landscapes to be seen in scarcely fifty kilometres makes it an ecological landmark in the region of O Condado. It has large forests along its banks from its beginning in the Alto de Moncelos, between the mountain ranges of O Suído and Faro de Avión, until it flows into the Miño.

Easy access to the river is provided by the river beaches and recreation areas at many points along its course. Some of these are extremely beautiful, such as the Dos Pasos Ford of Tatín or the Cernadela bridge, of Roman origin, and very impressive with its five irregular arches. Another highlight of the river Tea is its route through Mondariz-Balneario. This is the smallest municipality in Galicia, but it is home to the formidable historic buildings of the famous spa.



Location

The Pontevedra municipalities of Forcarei, Lalín, Silleda, bordering the Ourense municipalities of Beariz and O Irixo.

Area

10,683.18 hectares.

Access

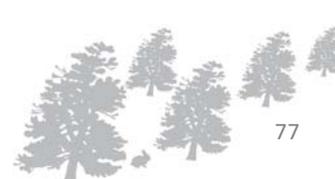
Turnoff on the N-541 Ourense-Pontevedra road. Access from the north from Silleda.

Other related natural spaces / nearby:

National monument "Fraga de Catasós"
SCI "Serra do Cando"

The region significantly called Terra of Montes is formed by mid-mountain landscapes, of which the O Candán mountain range is one of the most extensive. The maximum mountain height reached in the space is no more than one thousand metres, but its average height is enough to give it its own singular personality among the mountains of the Dorsal de Galicia.

From here spring the Lérez and Umia rivers and several tributaries of the Deza. The summits are dominated by the vegetation of the tickets and wild rock plants. These are spaces of open horizons and few villages, but with good examples of popular architecture Galicia's artistic heritage, including the monastery of Aciveiro, converted into a hotel-monument



Serra do Careón



Location

Municipalities of Melide, Santiso and Toques in A Coruña; Friol and Palas de Rei in Lugo; Agolada in Pontevedra.

Area

6,567.87 hectares.

Access

Access via the N-547 road, from Santiago or from Lugo; and the AC-840 from A Coruña, via Betanzos.

More information

Nature Workshop of Toques (981 506 421).

Other related natural spaces / nearby:

Biosphere Reserve "Terras do Miño"
SCI "Sobreirais do Arnego"

The mountains of O Careón form the last stretch of the demanding Camino Primitivo before it joins the Camino Francés to Santiago. This mountain range is of moderate height (798 m, maximum) and the subsoil has special characteristics which make it an area of great geological interest in Spain.

There are an abundance of small mountain rivers which run together into the river Furelos, the final tributary of the Ulla. There are also numerous hill-walking routes through the area, and even the local roads which cross the mountains are of landscape interest.

One of the most outstanding places is the shrine of San Antolín de Toques, surrounded by the forest, or the route to As Fervenzas (Toques), with its drop of some 40 metres beside an old mill.



Sobreirais do Arnego



Location

Municipalities of Agolada, Lalín and Vila de Cruces (Pontevedra).

Area

1,080.83 hectares.

Access

To reach Carmoega, turn off on the local road between Vila de Cruces and Agolada.

Services

At the main villages.

Other related natural spaces / nearby:

Natural Monument "Fraga de Catasós"
SCI "Serra do Careón"

The cork tree which is only present in Galicia in the most sheltered areas of the river, has one of the best mixed forests in Galicia, in the Ulla basin on the banks of its tributary, the Arnego. The cork trees are mainly accompanied by oak trees. The tallest ones can reach up to 25 metres in height, and in the most accessible areas the trunks show the scars of the exploitation of the bark.

One of the best places to approach the Arnego, where the cork tree grows thickly, is the valley of Carmoega, in Agolada. On the path of the mills there is a good fishermen's path with a recreation area.



Xubia-Castro



Location

Municipalities of A Capela, Moeche, Narón, Neda, San Sadurniño, As Somozas and As Pontes de García Rodríguez, in the province of A Coruña.

Area

1.985,91 hectares.

Access

Turnoff to the river in Naraío or Moeche on the road between Neda and San Sadurniño.

Services

Accommodation and food nearby.

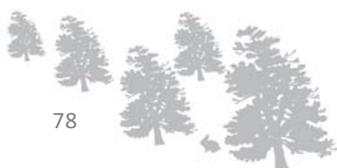
Other related natural spaces / nearby:

Natural Park "Fragas do Eume"
SCI "Costa Ártabra"

This protected area takes in two different natural spaces. On the one hand, the stretch of the Río Grande de Xuvia with its tributary the Castro; on the other, the mountain range of Forgoselo.

The old flour factory and mill of the Xuvia bridge signals the mouth of the river at the back of the Ría de Ferrol, between the municipalities of Narón and Neda. In its short river course it crosses damp valleys like that of Moeche, which has a famous restored castle, and San Sadurniño where the colour green triumphs in the landscape. It also receives the contribution of the river Castro, which reflects the hill where the Naraío Tower is located.

The O Forgoselo mountain range is outstanding, with its gently undulating forms which are about 500 metres high. The orography and abundant rains favour the formation of very interesting wetlands and their typical vegetation, such as the Veiga das Lagoas.





Gándaras de Budiño



Municipalities (Province)

O Porriño, Salceda de Caselas and Tui (Pontevedra)

Area

725 hectares



Illas Estelas



Municipalities (Province)

Nigrán (Pontevedra)

Area

725 hectares



Monte Maior



Municipalities (Province)

Viveiro and Xove (Lugo)

Area

1,243.49 hectares



Pena Veidosa



Municipalities (Province)

Carballedo and San Cristovo de Cea (Ourense)

Area

2,321 hectares



Río Ouro



Municipalities (Province)

Alfoz, Foz and O Valadouro (Lugo)

Area

109 hectares



Serra do Cando



Municipalities (Province)

Cerdedo, Cotobade, Forcarei, A Lama (Pontevedra) and Beariz (Ourense)

Area

5,458 hectares



Veiga de Ponteliñares

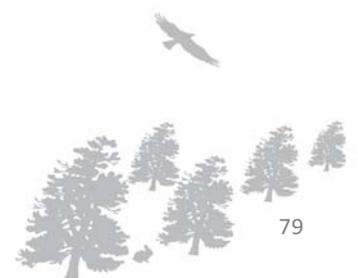


Municipalities (Province)

Porqueira and Rairiz de Veiga (Ourense)

Area

160 hectares





The area that is shown in maps with an almost straight coastline, running from Cabo Silleiro to the point of Santa Tegra, in the municipalities of Baiona, Oia and A Guarda, becomes, in situ, a coast with many granite cuts edged by the splashing of the waves, where the only straight edge is the horizon over the sea. The mountain range keeps as close to the Atlantic as it can, and offers lookout points like that of O Cortelliño, located on the high path of A Groba (663 m), eleven kilometres from Baiona, where the landscape explains itself. The mouth of Ría de Vigo with the Illas Cíes, acquires a new perspective from this southern extreme.



As well as landscapes, A Groba is known for other aspects of life and art.

It has the most important concentration of Galician horses roaming freely. The route of the “Curros” takes us to the municipalities of Torroña and Mougás, in the municipality of Oia.



With regard to cave paintings, it has one of the most numerous concentrations of engravings on rocks in Galicia. The route of the petroglyphs starts from Baiona to Campos and Outeiro dos Lameiros, but there are many other stone slabs, like a great maze of engraved stone, in Burgueira, A Cabeciña in Mougás, or the hunter stone in Pedornes.



They have in common the mountains of the so-called Galician mountain ridge, which crosses the centre of Galicia, eroded high plateaus with few areas over one thousand metres, sufficient to form a barrier which receives the intense Atlantic rains. Generally, moor and gorse predominate on the high plateaus, although there are many examples of native forests and coppices on the slopes. All this is special to each of the mountains, and also in the mountains of O Suído, in the Pontevedra municipalities of A Lama, Fornelos de Montes and Covelo, and Avión and Beariz in Ourense.

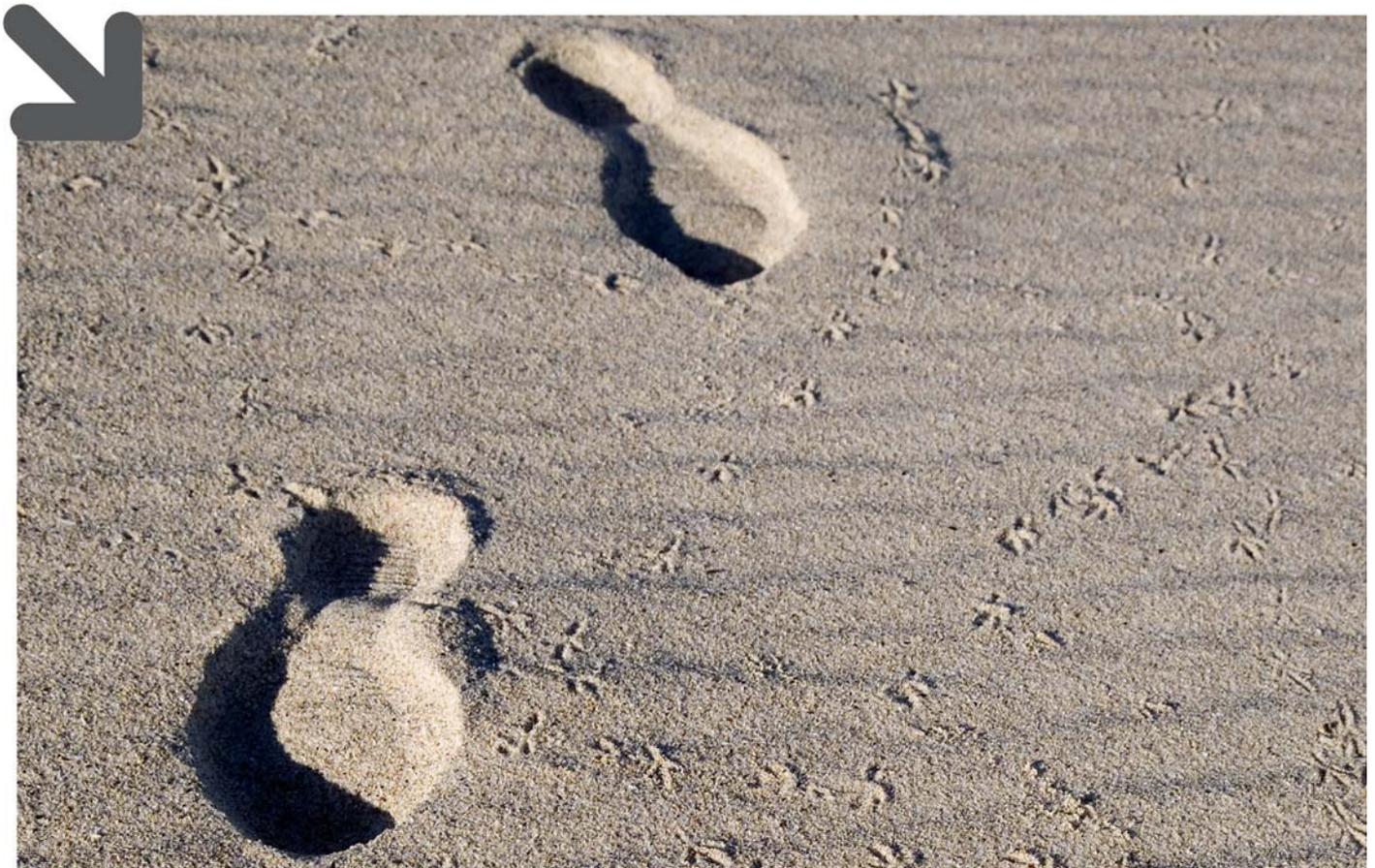
It is common to find pasture land on the high plateaus, and it was precisely because of this that the chozos were built. They are robust constructions (whose origins date from the Middle Ages) with granite walls and roofs of large stone slabs on top of which reeds were laid to act as insulation. Inside, a series of arches made them surprisingly spacious. These shelters can be reached on a route which starts in Avión. Examples of these shelters can be found in Cernadas and San Xusto, which has the added attraction of the Avia spring where this important tributary of the Miño arises.

On the Pontevedra side, oak woods are an important point of interest. The main one is the A Xesta wood, near A Lama, which also has a hill walking route to the Foxo do Lobo area, devised for wolf hunting.



Chozo

- Do not light fires. Be careful with lighted or stubbed out cigarette ends, which can cause fires.
- Cooperate in keeping natural spaces clean.
Do not throw rubbish away and if you find any, please pick it up and put it in the rubbish bins provided.
- Bothering or injuring wild animals is not permitted.
Hunting and fishing is strictly controlled.
It is even forbidden to carry any kind of weapon in the Natural Parks.
- Do not uproot, cut or damage plants. Remember that mushroom collecting demands being aware of, and respecting, certain rules.
- The introduction of non-native flora and fauna is closely watched.
- Avoid camping outside authorised areas.
- Enjoy your walk in the open air. Respect the trails. Car wheels will damage the vegetable cover.
- We ask you not to alter the natural peace with noises, amplifiers and unnecessary lights. It is advisable to make excursions in groups, but not with too many people.





Location

In the Ourense municipalities of Allariz, Vilar de Santos, A Bola and Rairiz de Veiga.

Area

21,482 hectares.

Access

The southern coast of Galicia A-52 highway and the N-525 road to Allariz. Also, turnoffs to other points in Xinzo de Limia. A Carballa da Rochas (A Saínza) and A Veiga de Ponteliñares in Rairiz de Veiga, on the OU-531 Xinzo de Limia- Celanova road.

Services

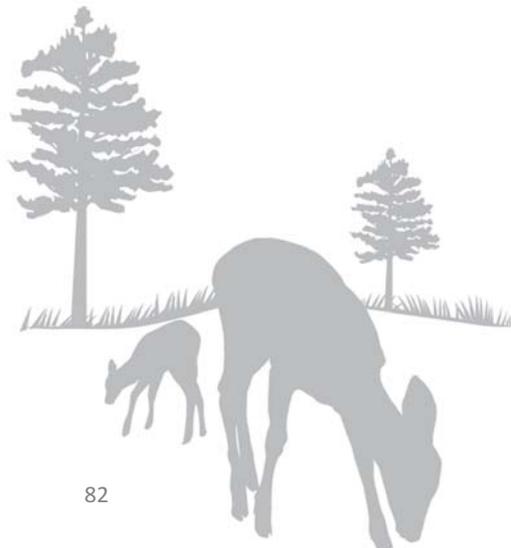
Accommodation: Yes.
Food: Yes.

More information

Área gerida pelos municípios. Concellería de Meio Ambiente de Allariz,
Tel.: 0034 988 440 001.
Centro Promoção Económica (Allariz)
Tel.: 0034 988 442 210.

Infra-estruturas

The area is managed by the municipalities and the Concellería de Medio Ambiente de Allariz,
Tel.: 988 440 001.
Tel.: 988 440 001.
Centre for Economic Promotion (Allariz)
Tlf. 988 442 210.
Facilities
Ethnographic Park of the river Arnoia (Allariz).
Tel. 988 440 859.
Nature Workshop – Ecospace O Rexo (Ramón Glez. Ferreiro Foundation).
Tel.: 988 436 182.
Ethnographic Museum of Limia (Vilar of Santos).
Tel.: 988 465 883.
Botanical Garden – Sanguñedos Estate (Vilar of Santos).
Close to the reserve: Interpretation Centre of the Antela lake. Sandiás.
Tel.: 988 465 001.
Information panels.



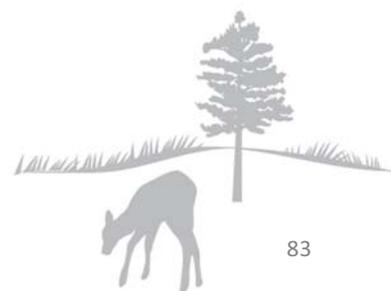


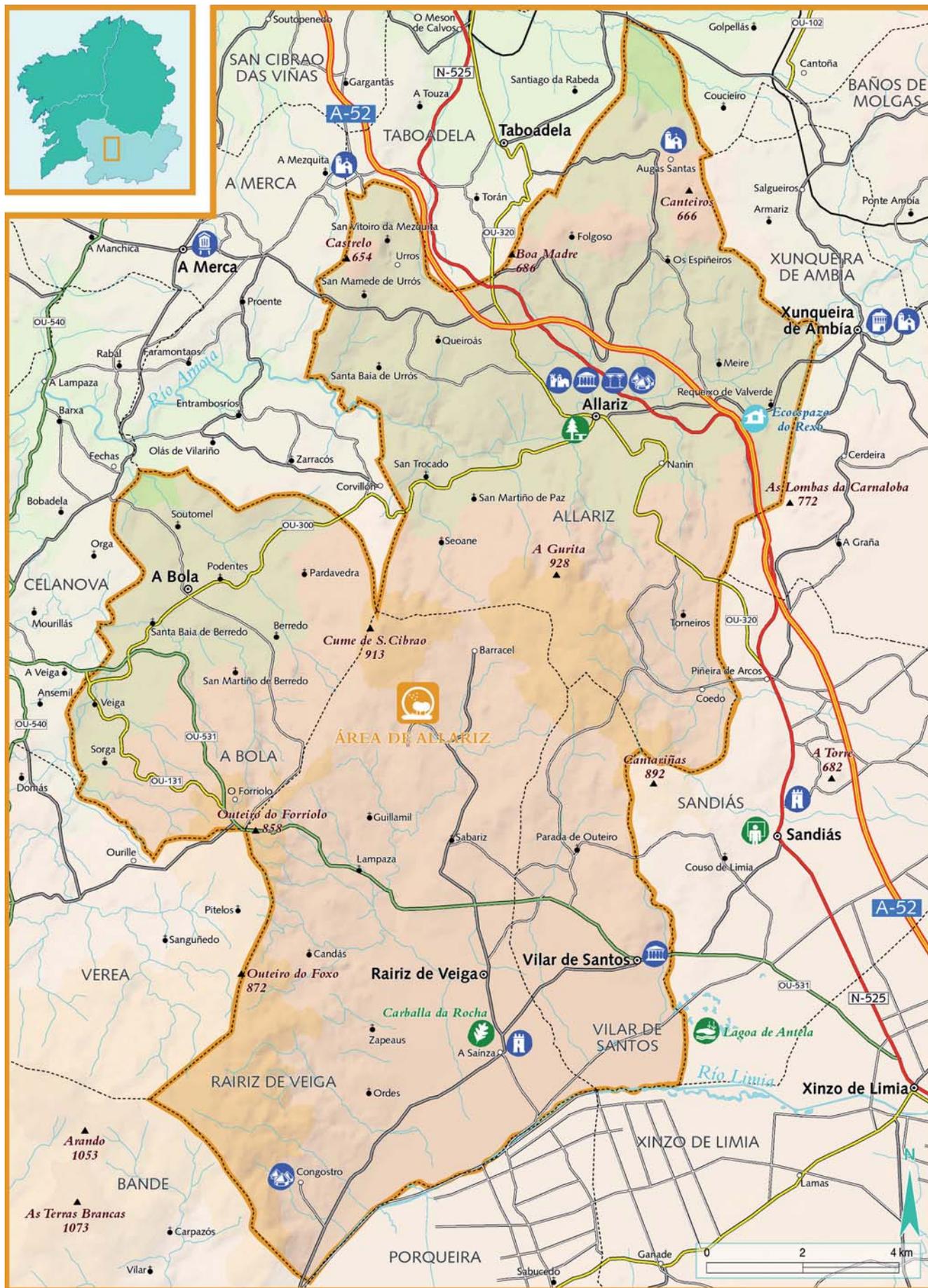
River Arnoia, Allariz

Meadows, rivers, coppices

To the greens and blues of nature is added the red of the logo in the form of a mosaic which represents the Allariz area in the world network of biosphere reserves. Red of the roof tiles. Made up of old thirty two municipalities, ten thousand souls. According to the official census, there are just under three thousand inhabitants in the municipality and another seven thousand living in small villages. In the municipality of Allariz alone there are eighty small settlements.

It is a human and natural mosaic produced by centuries of rural patience. Human labour around water therefore configures this landscape. There are two main rivers taking different paths through the reserve: Arnoia, tributary of the Miño, and Limia, shared with Portugal.





Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.





Leather Museum. Allariz

Not to be Missed

The Arnoia is called Arnado as it passes through Allariz. It is one of the most beautiful riverside walks of Galicia. There is an outstanding Ethnographic Park, with a water mill which can be visited and museums dedicated to flax and leather, for, in days gone by, the tanning of skins was an important activity. Not to be missed is the visit to the labyrinth of narrow streets, all in an excellent state of repair, in the historic quarter. Far from being a sleepy area, it is the heart of the town.

The walk along the bank can begin at the recreation area of Acearrica and follow the course of the river downstream to one of the villages in the O Briñal reserve. It is a beautiful, long walk along the river under the shade of the forest.

In the other direction, upstream from Allariz, and accessible by car, is the O Rexo ecospace (Requeixo de Valverde) famous for the sculptural and artistic interventions of the Basque artist Agustín Ibarrola on the trees and rocks along the bank.

Another river at this altitude is the Limia, a living memory of a different past. Until it dried up in the 1960s it fed the Antela pool, one of the biggest wetlands of the Iberian Peninsula. The pool continues to be a mythical reference point in the whole region. There is an interesting ethnographic museum in Vilar de Santos and in neighbouring Sandiás there is an Interpretation Centre dealing with the old lake ecosystem, which is now being partially recreated in the pools of the abandoned sand mines and is undergoing a process of natural regeneration.

Veiga de Ponteliñares

Beyond the long canalised stretch, where the Limia recuperates its bed, we find this water meadow stronghold where the river banks extend through the pasture land, usually flooded in winter. The flood plain, listed in the Red Natura 2000, covers 130 hectares and is easily identified by its characteristic vegetation. It is an important refuge for bird life, such as storks, anatidae and birds of prey.

A good site from which to observe the bird life is the hill fort of San Miguel (Rairiz de Veiga), which also has its own historic value. In this same municipality, in the town of A Saínza, is A Carballa da Rocha (See National Monument).



Rexo Eco-Space



Santa Mariña de Augas Santas





Location

There are a total of eleven municipalities included in the Biosphere Reserve. Six are in Galicia: Lobios, Entrimo, Muíños, Lobeira, Calvos de Randín and Bande, and five are in Portugal: Melgaço, Arcos de Valdevez, Ponte da Barca, Terra de Bouro and Montalegre.

Area

259,496 hectares (62,916 hectares in Galicia and 205,580 hectares in Portugal).

Access

From Ourense, in the direction of Celanova and Portugal, on the OU-540 road. From Xinzo de Limia on the OU-301 local road to Bande. There are several accesses by road in Portugal. Inside the Portuguese Natural Park there are car restrictions on some routes.

Services

Accommodation: Yes.

Food: Yes.

More information

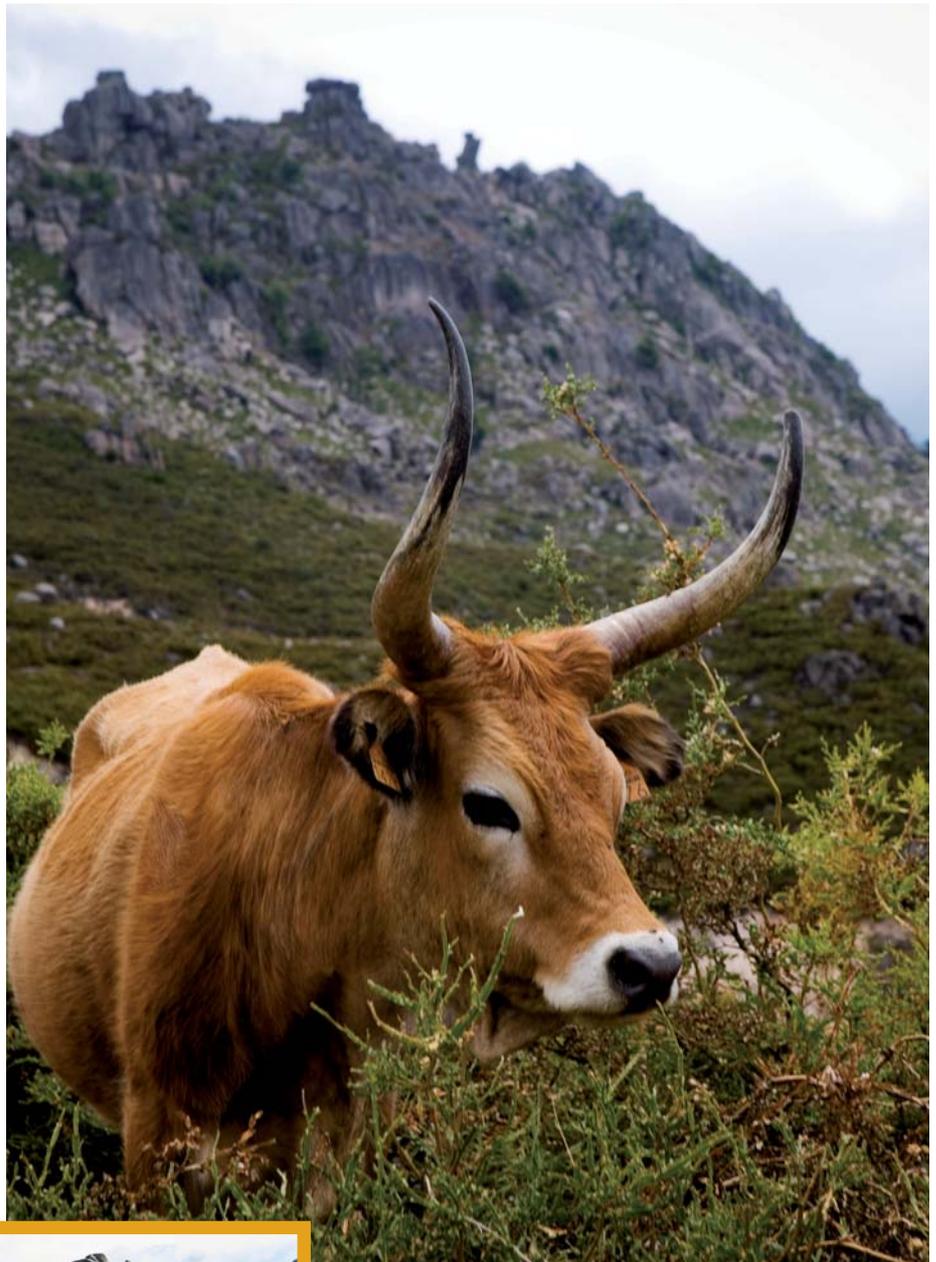
Headquarters of the Natural Park Baixa Limia-Serra do Xurés, in Lobios.

Tel. 988 448 048 and 988 448 181.

Facilities

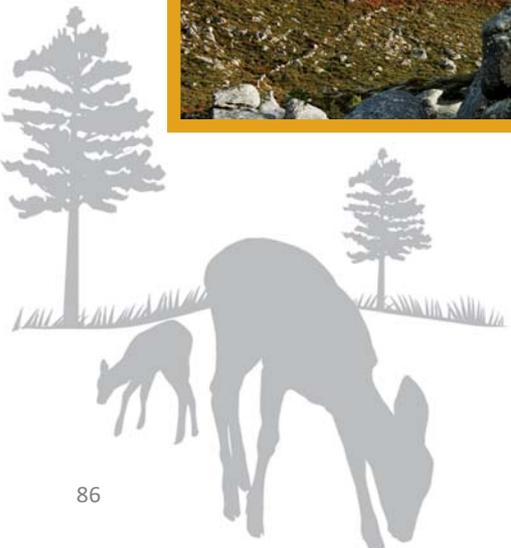
Interpretation Centre of the Natural Park in Lobios, Tel. 988 448 048 and 988 448181.

Archaeological Interpretation Centre Aquae Querquennae - Via Nova, in Porto Quintela (Bande) Tel. 988 444 401.



Granite horizons

The mountain range, with its granite colours, stands out against the heavenly blue of the horizon where the borders of Galicia and Portugal meet. Around this range, with its peaks which have been eroded over the centuries, lies an immense forest, Atlantic in its humidity, Mediterranean in temperature and semi-alpine in altitude. It is one of the greatest cross-border reserves in the EU. It has recently been recognized as a Biosphere Reserve by the UNESCO “for the variety of its forests and peat bogs ecosystems, as well as for its many endemic species under the joint influence of an oceanic and Mediterranean climate”.





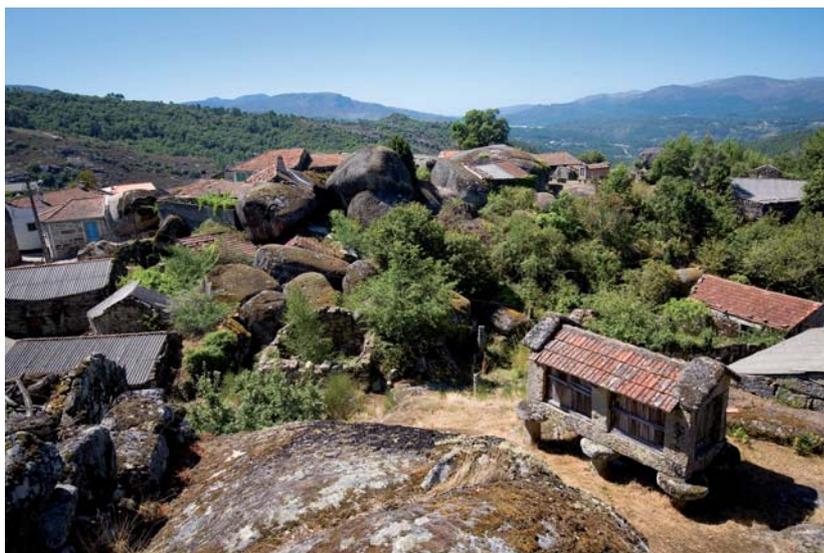
Access to the Albergaria, do Cabril, do Beredo and Ramiscal thickets is limited in the Portuguese Natural Park. They are listed as some of the best peninsular forests, as is the forest of A Barxa, in the Galician Natural Park.

Not to be Missed

It isn't difficult to find place names for almost all the origins and villages in this region, as well as the monumental and artistic remains that they left us. The culture of the pre-Roman settlements is represented by the impressive dolmens scattered around the area. There are important Latin monuments such as the Roman camp of Aquis Querquernis, visible and open for visits when the level of the waters of the reservoir of As Conchas goes down. But there are installations open all year round which clearly explain the process of Romanisation, by force of arms and words, of this outpost of the Roman Empire. The church of Santa Comba de Bande, a famous example of the Visigoth architectural style, is also close by. For examples of baroque architecture, the town of Entrimo offers the magnificent façade of the church of Santa María la Real. In every corner, folk constructions like the mills, alvarizas, chivas (shepherds' shelters in the mountain), canastros in the Galician of the region and espigueiros in Portuguese (raised granaries), fountains, crosses, roads and walls whose stone structures are examples of the profound and rich folk creativity.

On the Portuguese slope, the most important point of folk pilgrimage is the shrine of A Peneda and its famous waterfall, especially impressive in the rainy season, in the district of Melgaço. Possible access routes go from the Miño side or crossing the raia from Entrimo, and also from the interesting hill-fort of Laboreiro.

(See map of the Baixa Limia-Serra do Xurés Natural Park)



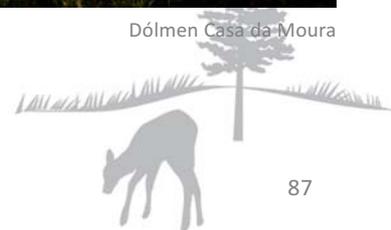
A Cela. Lobios



Santa María A Real. Entrimo



Dólmen Casa da Moura





Location

East of the Lugo province, bordering with León. It includes the municipalities of Cervantes, Navia of Suarna and part of the municipality of Becerreá.

Area

The Lugo Os Ancares: 53.664.
The León Ancares: 56,786 hectares in the municipalities of Candín, Peranzanes, Vega of Espinareda and Villafranca del Bierzo.

Access

A-6 highway and N-VI to Becerreá. The LU-722 road communicates with A Proba in Navia de Suarna and has turnoffs to the mountain range.

Services

Accommodation: Yes.
Food: Yes.

More information

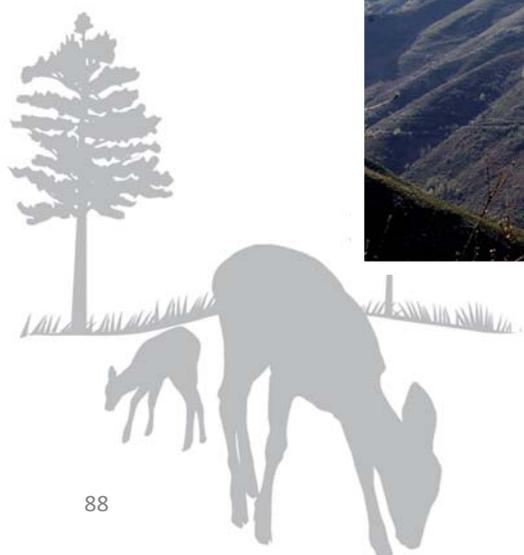
Lugo Institute of Social and Economic Development (INLUDES).
Tel.: 982 227 812.

Facilities

Interpretation Centre and Management of the National Hunting Reserve of Os Ancares (Campa da Braña) and Nature Workshop in Campa da Braña-Degrada (Cervantes) Tel.: 982 181 252.



Donís





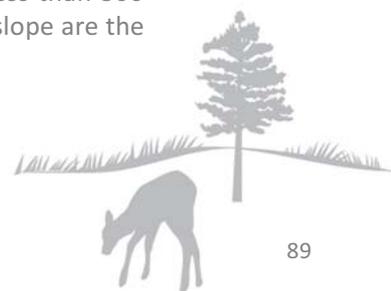
Gran Cantábrica

The great Biosphere Reserve of the Cantabrian mountain range extends from Os Ancares to the Picos de Europa. The Lugo Os Ancares form its western border, full of diversity, magical by nature.

The humans who were able to settle in this difficult territory also moulded it and conserved its patrimony. Even now the visitor can open the doors of some pallozas. Nestling below the straw roof which gives them their name, these strange dwellings give us an insight into life in ancient times.

The mountain is coloured in infinite tones of green at the different altitudes. Os Ancares is surprising, not for high altitudes but because of the steep drops. From the boxed-in valleys standing at less than 300 metres they rise to almost 2,000 metres in just a few kilometres. The rivers on the Galician slope are the Navia, Rao and Ser; and the main peaks are Mustallar and Tres Bispos.

(See maps and routes on Os Ancares SCI Ancares-Courel).





Location

On the border of Galicia and the Principality of Asturias. Seven Galician municipalities: Ribadeo, Trabada, A Pontenova, Ribeira de Piquín, Baleira, A Fonsagrada and Negueira de Muñiz; and seven Asturian: Castropol, Vegadeo, Taramundi, San Tirso de Abres, Villanueva de Oscos, Santa Eulalia de Oscos and San Martín de Oscos.

Area

158,883 hectares of which 108,007 hectares are in Galicia.

Access

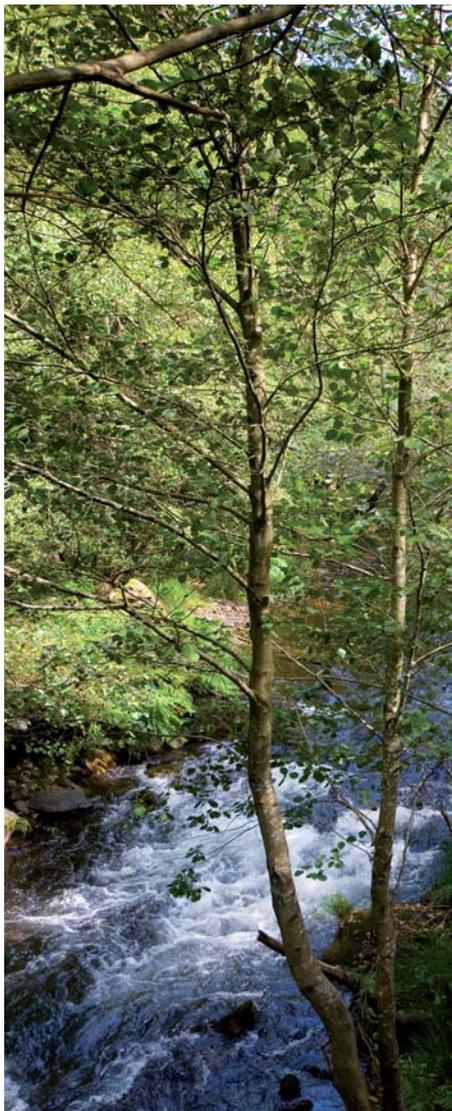
Apart from the A-8 trans-Cantabrian highway, the main highways are the N-634 (A Coruña-Santander) road and the N-640 (Lugo-Oviedo). The LU-740 (A Fonsagrada-A Pontenova) road and the local road to Ribeira de Piquín on the N-640 (in A Pontenova) enable us to get closer to the upper course of the Eo and various tributaries.

Services

Accommodation: Yes.
Food: Yes

Facilities

Nature Workshop Casa da Ría. Monte de Santa Cruz, Ribadeo.
Interpretation Centre of the river Eo and the forest of A Marronda. Fonteo (Baleira).



Cargadoiro. Ribadeo



Panchas Island. Ribadeo

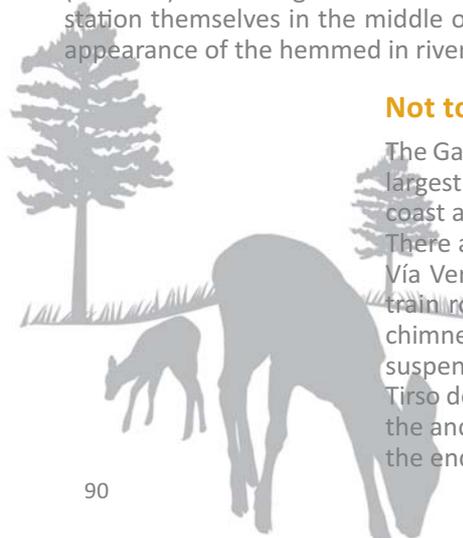
United by the river

Fonteo, in the municipality of Baleira, is, as its name indicates, a beginning. The Eo spring gathers up the waters from the mountain and begins a path of a little less than eighty kilometres to the Cantabrian Sea. Soon it will be surrounded by extensive oak woods and will receive water from other rivers. First the Rodil, that descends the hills of O Burón, the historic name of the area of A Fonsagrada; then the Turia, from the Asturian region of Los Oscos, which joins the Eo in A Pontenova. Then come the famous fishing grounds of Abres (Asturias). Footbridges and small bridges allow visitors to station themselves in the middle of the river and enjoy the appearance of the hemmed in river banks and pools.

The salmon continues to be the king of the river. The daring journey through the ocean, some to the coasts of Canada and Greenland, to return to the sweet waters of its birthplace, involves an adventure in nature that the Cantabrian rivers transmit with all their might. The Eo takes part in this emotion. Liquid landscapes and a light that is especially sensitive to green tones. The final stage is a succession of meanders gradually subject to the influence of tides. From A Veiga/Vegadeo the inundated valley becomes a great estuary with bulrushes where armies of anatidae and other birds find refuge during storms.

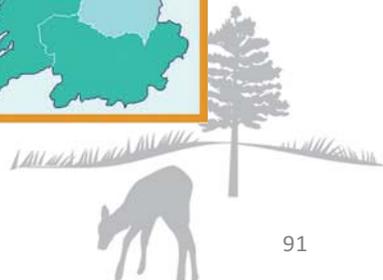
Not to be Missed

The Galician area of Ribadeo and the Asturian regions of Castropol and Vegadeo/A Veiga have the largest concentrations of population. They are the points of access to tourist areas such as the coast and beaches also included in the Reserve (See Natural Monument A praia das Catedrais). There are two excellent ways to get to know the scenic variety of the zone. One is to travel the Vía Verde del Eo (Green Route of the Eo) which reclaimed eleven kilometres of the historical train route linked to the iron mines. The starting point of the route is at the foot of the old chimneys of the A Pontenova ovens. In order to run alongside the river various damp tunnels and suspension bridges must be crossed to reach O Cairo, where the Eo starts hurrying to reach San Tirso de Abres, goal of the Green Route. The iron train's importance revives in Ribadeo, restoring the ancient route to O Cargadoiro, close to the fortress of San Damián. All in a maritime walk to the end of the island of Panchas.





Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.





Location

There are a total of 26 municipalities included in the Biosphere Reserve: Abadín, Alfoz, Baralla, Begonte, Castro of Rei, Castroverde, O Corgo, Cospeito, Friol, Guitiriz, Guntín, Lán cara, Lugo, Meira, Mondoñedo, Muras, Oourol, Outeiro de Rei, O Páramo, A Pastoriza, Pol, Rábade, Riotorto, O Valadouro, Vilalba and Xermade.

Area

363,668.9 hectares.

Access

Several main roads from east to west: A-6 and N-VI main roads; from north to south: N-640.

Services

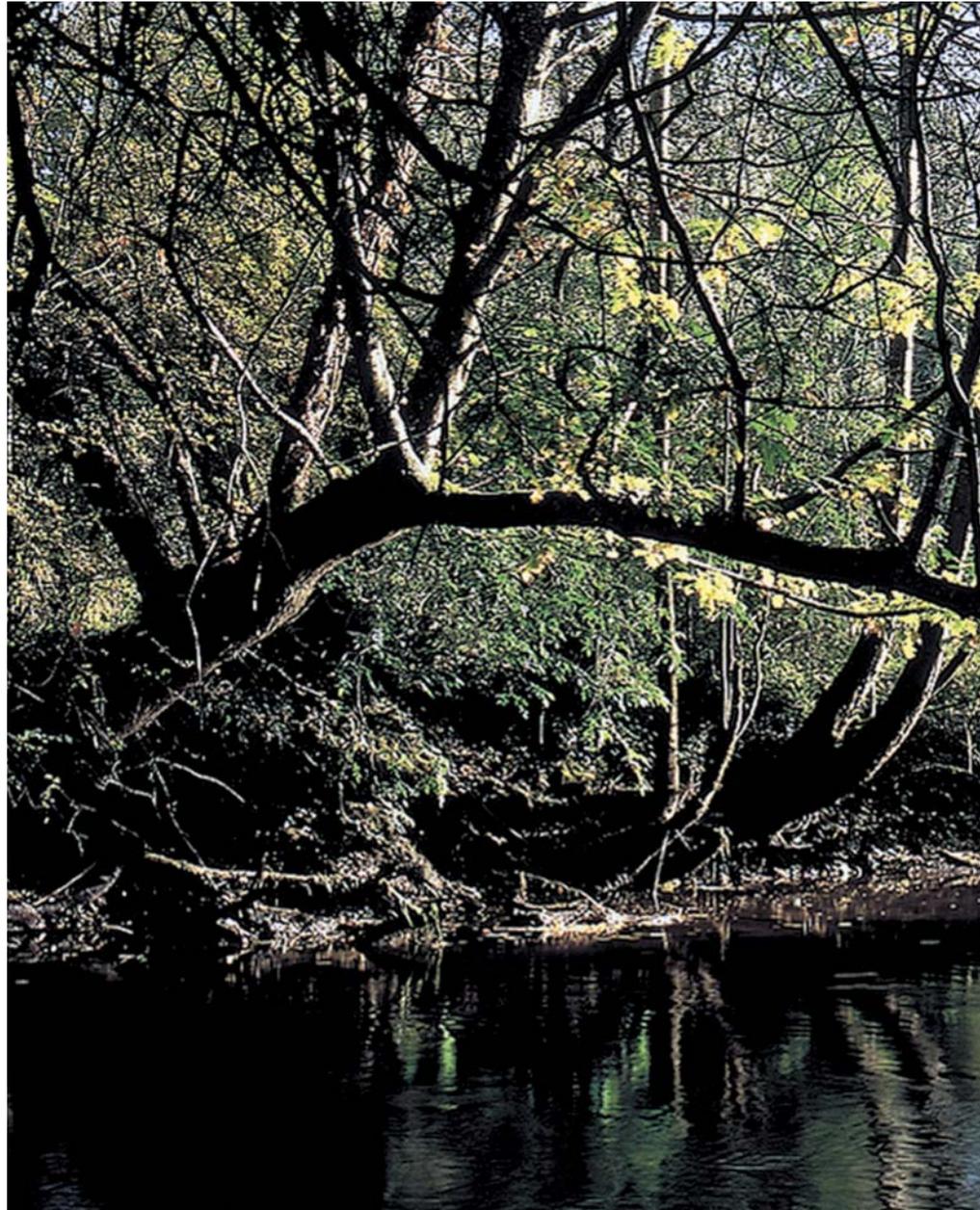
Accommodation: Yes.
Food: Yes.

More information

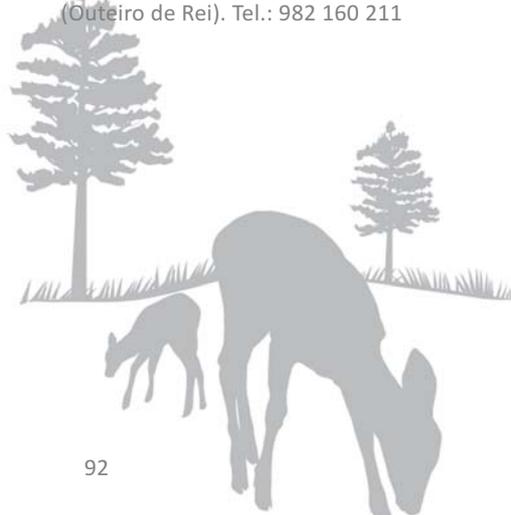
Regional Council Offices of Lugo. Biosphere Reserve "Terra do Miño",
Tel.: 982 265 358.
Lugo Institute of Social and Economic Development (INLUDES).
Tel.: 982 227 812.
Tourist Promotion "Terras do Miño"
Tel.: 902 101 117.

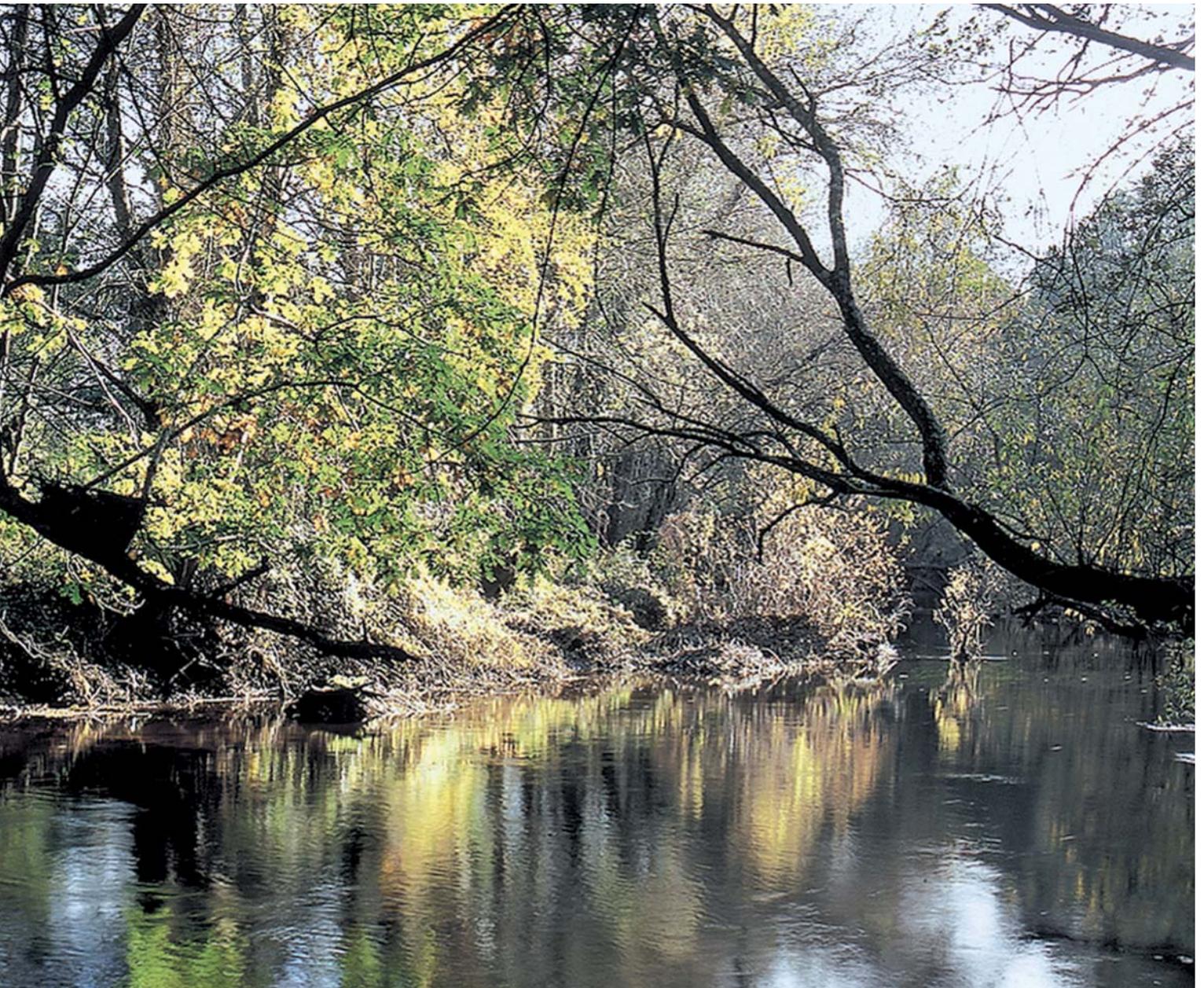
Facilities

Nature Workshop of Veral (Lugo) and Wild Animal Recuperation Centre "O Veral".
Friol road (Lugo). Tel.: 982 207 705.
Interpretation Centre "Terras do Miño". Río Fervedoira (Lugo). Tel.: 902 101 117.
Ethnographical Complex "A Fervenza". Lugo-Páramo road (O Corgo). Tel.: 982 150 610.
Interpretation Centre Insuas do Miño (Rábade).
Bird watching stations on the Cospeito and O Rei (Rábade) lagoons.
Information panels.
Privately owned:
Interpretation Centre "Avifauna". Lugar de Bravos (Outeiro de Rei).
Tel.: 610 522 435 - 982 242 053 - 982 175 136.
Marcelle Natural Park. San Martiño de Guillar (Outeiro de Rei). Tel.: 982 160 211



Source of the river Miño





The river as flag

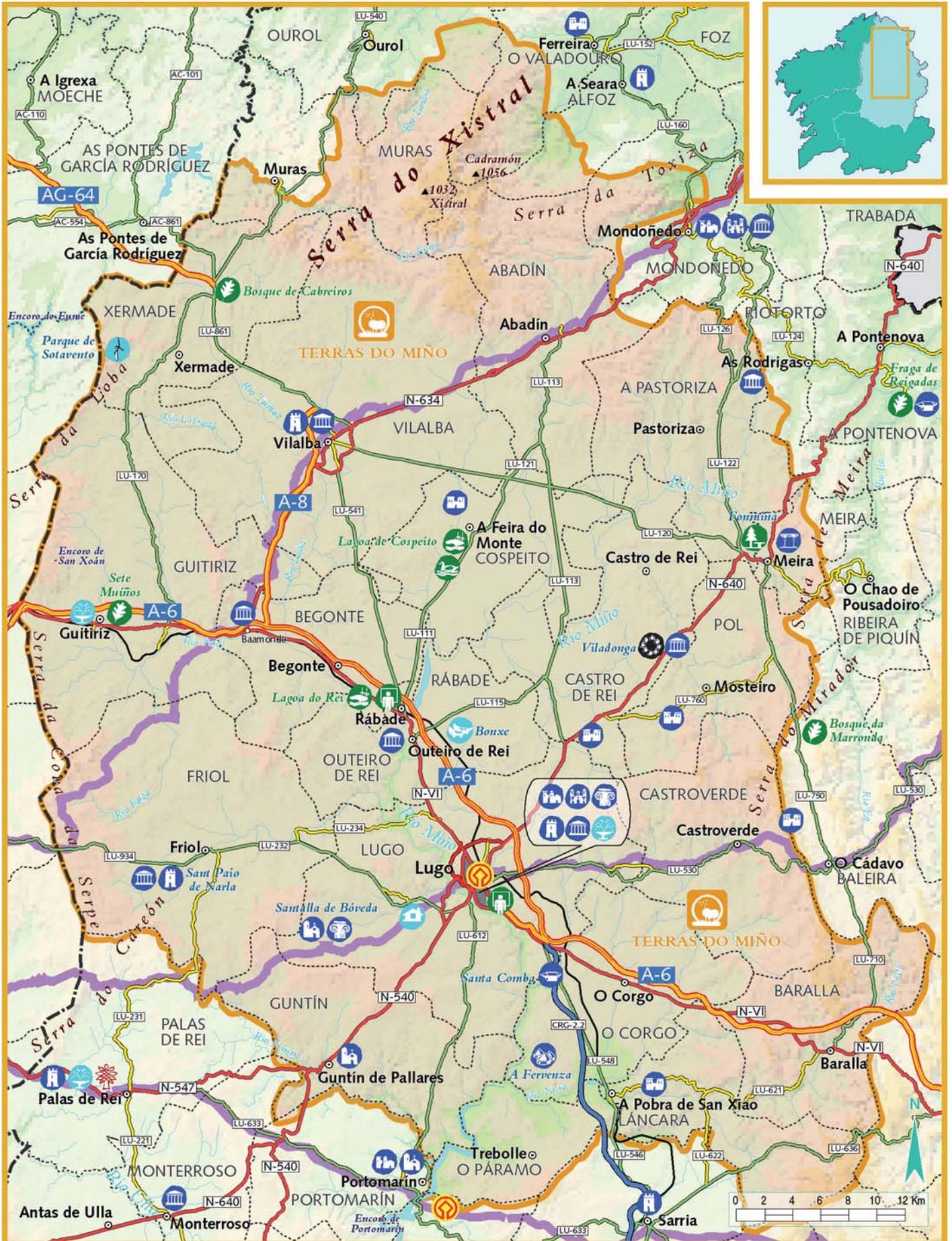
The sacred forest, from the Latin word *lucus* from which Lugo is derived, cannot be understood without the river Miño, revered as a father until the present day. The Biosphere Reserve stretches from the northern mountains to the south of the walled city (Lugo). In total it covers 40 % of the province, which also has two other reserves recognized by UNESCO, where more than half the population lives.

We are in the high but not rapid basin. We are able to enjoy the path in peace. First, Fonmiñá, engraved on our school memory as being the birthplace of the river Miño, is worthy of a visit which goes on to the highest springs of the Meira mountains, such as the Pedregal de Irimia. Here, we will find a modest stream among great masses of rock, the accumulation of glacial origin.

The waters soon form a pool on the flat lands of the region of A Terra Chá. Other rivers join the watercourse and the lagoons gain importance. It then approaches the city of Lugo, with its two thousand years of history concentrated on the Roman walls (World Heritage) which can be covered in their totality by the adarve. But ten minutes away from the walls the soft murmur of the waters reach us as we go in search of the sacred forests and other natural wonders such as the river islands.

The water routes connect and use the roads to Santiago de Compostela: the French Road, on the southern limit of the reserve; the Camiño Primitivo, which crosses the city of Lugo; and the Camiño do Norte, from the Cantabrian Coast. Hundreds of kilometres that show the historical coexistence between nature and traditional human activities of agriculture and cattle raising.





Cartografía elaborada polo SITGA (Sistema de Información Territorial de Galicia), da Sociedade para o Desenvolvemento Comarcal de Galicia.





Not to be Missed

The Lugo river park stretches out in walks, paths and footbridges that between them connect the natural and cultural resources of the river. A good starting point, a few minutes from Lugo, is the Interpretation Centre on the banks of the river Fervedoira. The walk along the bank of this small river connects up with the left margin of the Miño, reclaimed as a splendid recreation area for the people of Lugo.

In the Interpretation Centre we can find complete information about the reserve's natural and ethnographic heritage, which we can observe for ourselves as we move around the reserve: the islands in the river, some with access footbridges; the caneiros, numerous low dams devoted to the famous *pesqueiras* (stone walls built for the fishing of eel and lamprey) on the Miño; smithies like the Mazo de Santa Comba. In this respect, the Ethnographic Complex of A Fervenza, which has a mill, *pesqueira* and *fragua*, is of outstanding interest.



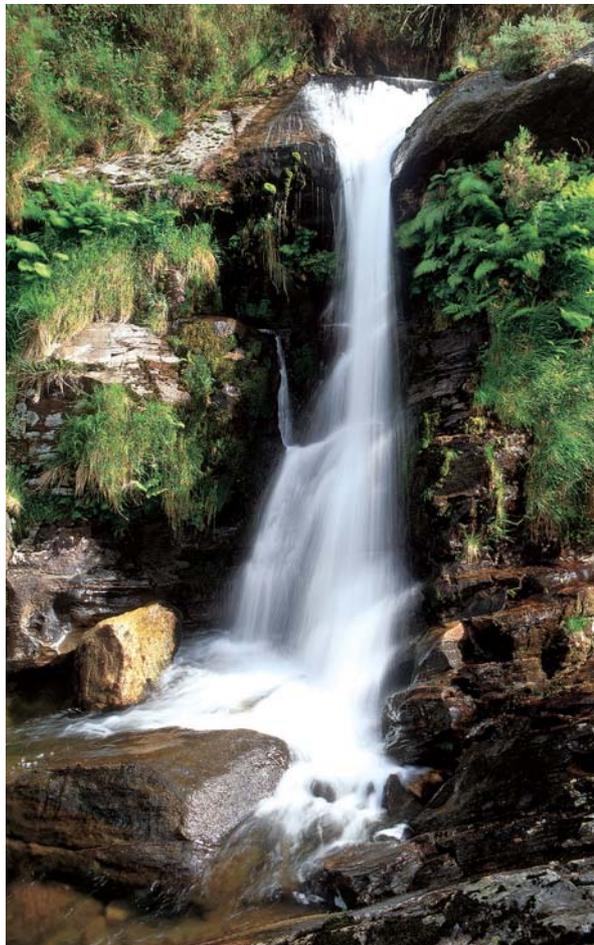
Ethnographic Complex of A Fervenza

The main roads that cross the reserve enable the visitor to rapidly get to other places of interest. From one side to the other we can find excellent examples of architecture like the monastery of Meira or the fortress of San Paio de Narla (Friol), converted into a museum which can be visited; archaeological remains like the castro of Viladonga and the Roman find of Santalla de Bóveda; or examples of traditional craftwork like the Bonxe pottery (Outeiro de Rei).

Water landscapes

In addition to what has been said about these Miño tributaries, the names of many other rivers and lagoons which form the *Complexo Húmido de A Terra Chá*. The lagoons of Cospeito and Caque or Bardancos (Castro of Rei) are among the biggest. They have good bird watching stations and some stretches of the ring road run by them. There are other seasonal and permanent lagoons like that of Pedroso and Riocaldo (Begonte) and others artificially made, like the Rei lagoon (Rábade).

On the other hand, a recommended visit in this reserve is the castro of Viladonga (Castro de Rei) which has an archaeological museum with exhibitions of the discoveries made on the site and explanatory material about castro culture.



Mountain landscapes

The hill range that separates the interior region from the sea, reaches its highest point at the Altos de O Cadramón (1,062 m). As a whole, the summits are smooth and even, swept the whole year round by the fogs which soak the land and form one of the best peat bog ecosystems in Europe, which may be more than seven thousand years old. The accumulation of peat in the substrate is three metres deep in some parts of O Xistral.

The difficult routes start from Mondoñedo or Ferreira do Valadouro along local trails, often round trips, up to the highest peaks, inhabited by herds of wild horses.



O Xistral Mountain Range Fervenza



GLOSSARY

Alvariza: Apiary. Enclosure around a group of beehives to protect them from bad weather and animal predators. Other names: cortín, abellariza.

Carballeira: Area planted with carballos (oak trees). In the inland regions with a Mediterranean influence the black oak or Pyrenean oak predominates, known as the rebolo (rebollo) because it easily regrows. Oak forests are called rebolados or rebolerais.

Coído: Stony beach or spit formed by pebbles stretching out into the sea.

Con: Craggy rock sticking out on the seashore. Rock.

Devesa: Ground delimited by variegated forest with oaks, chestnuts, beeches, holly trees, birches and other species, used for grazing or firewood.

Encoro: Dam. Water stored in a dam.

Esteiro: Estuary. Mouth of a river that is covered by the tides.

Fervenza: Waterfall. Falls or cascades on a water course. As well as fervenza, other frequently used Galician names are cadoiro, abanqueiro, freixa, cenza.

Fraga: Natural forest noteworthy for its variety of species. Generally found in areas where oaks and chestnut trees predominate, combined with birches, willows and alder trees along the river banks, and also ash trees, laurels, hazel nut trees, willows, hawthorns, etc.

Insua: land permanently or temporarily surrounded by a river. River island and, therefore, different from a sea illa (island).

Orballo: Drizzle, fine persistent rain; different from a heavy shower.

Pías and cacholas: Names used in Galicia to designate the different concavities that originate in the top of granite rocks as a result of erosion and water retention

FLORA

English	Spanish	Galician	
Hazel nut tree	Avellano	Abeleira	Corylus avellana
Holm oak	Encina	Acíñeira (encina)	Quercus ilex
Holly tree	Acebo	Acívro, xardón	Ilex aquifolium
Alder tree	Aliso	Ameneiro (amieiro)	Alnus glutinosa
Birch	Abedul	Bidueiro, bido	Betula alba
Box	Boj	Buxo	Buxus sempervirens
Camariña	Camariña	Camariña	Corema album
Hunter's service tree	Serbal de los cazadores	Capudre, cancereixo	Sorbus aucuparia
American oak	Roble albar	Carballo albar/Carba	Quercus petrae
English oak	Roble, carballo	Carballo	Quercus robur, Q. pyrenaica
Maritime thistle	Cardo marítimo	Cardo da ribeira	Eryngium maritimum
Chestnut	Castaño	Castiñeiro	Castanea sativa
Pyrenean oak	Melojo	Cerquiño	Quercus pyrenaica
Strawberry tree	Madroño	Érbedo, albedro	Arbutus uned
Bulrush	Espadaña	Espadana	Typha latifolia
Asparagus plant	Esparraguera	Esparragueira	Asparugus
Beech tree	Haya	Faia	Fagus sylvatica
Fern	Helecho	Fento	Culcita macrocarpa, Hymenophyllum tumbrigense, Woodwardia radicans
Amophila of the dunes	Amófila de las dunas	Feo da praia	Ammophila arenaria
Ash tree	Fresno	Freixo	Fraxinus excelsior, F. angustifolia
Armeria pubigera	Hierba de enamorar	Herba de namorar	Armeria pubigera
Laurel	Laurel	Loureiro	Laurus nobilis
Olive tree	Olivo	Oliveira	Olea europaea
Pine tree	Pino	Piñeiro	Pinus pinaster, P. radiata, P. sylvestris
Elder tree	Sáuco	Sabugueiro	Sambucus nigra
Willows	Sauce	Salgueiro	Salix atrocinerea
Buckthorn	Arraclán	Sanguiño	Fragula alnus
Cork tree	Alcornoque	Sobreira	Quercus suber
Yew	Tejo	Teixo	Taxus baccata
Gorse (aulaga)	Tojo (aulaga)	Toxo	Ulex europaeus
Atlantic scrubland	Matorral atlántico	Uceira	Erica vagans
Heather	Brezo	Uz	Erica arborea
Jerusalem thorn	Escoba mansa	Xesta mansa	Osyris alba
	Escoba/Retama	Xesta	Genista spp.
	Escoba/Retama	Xunco	Juncus gerardi, J. Maritimus

FAUNA

English	Spanish	Galician	
Short-toed eagle	Águila culebrera	Aguaia albelá	Circus gallicus
Osprey	Águila pescadora	Aguaia peixeira	Pandion haliaetus
Mallard	Ánade real	Alavanco real	Anas platyrhynchos
Swallow	Golondrina	Anduriña	Hirundo rustica
Swift	Vencejo	Andurón, vencillo	Apus apus
Tawny owl	Cárabo	Avelaiona	Strix aluco
Common snipe	Agachadiza común	Becacina	Gallinago gallinago
Hoopoe	Abubilla	Bubela	Upupa epops
Eagle owl	Búho real	Bufo real	Bubo bubo
Black-legged tern	Charrán patinegro	Carrán patinegro	Sterna sandvicensis
Tern	Charrán	Carrán	Sterna spp.
Wren	Chochín	Carriza	Troglodytes troglodytes
Common coot	Focha común	Cenceta común	Anas crecca
Pygmy cormorant	Cormorán moñudo	Corvo mariño	Phalacrocorax aristotelis
Common spoonbill	Espátula común	Cullereiro	Platalea leucorodia
Shoveler	Cuchara común	Cullerete	Anas clypeata
Owl	Lechuza	Curuxa	Tyto alba
Grey partridge	Perdiz pardilla	Charrela	Perdix perdix hispaniensis
Red billed chough	Chova piquirroja	Choiá piquivermella	Pyrrhocorax pyrrhocorax
Reed bunting	Escribano palustre	Escribenta das canaveiras	Emberiza schoeniclus
Peregrine falcon	Falcón peregrino	Falcón peregrino	Falco peregrinus
Great reed warbler	Carricero tordal	Fulepa grande	Acrocephalus arundinaceus
Sparrow hawk	Gavilán	Gabían	Accipiter nisus
Dark-wing seagull (yellow-legged)	Gaviota argénteá (patiamarrilla)	Gaivota clara	Larus cachinnans
Black headed seagull	Gaviota reidora	Gaivota chorona	Larus ridibundus
Dark seagull	Gaviota oscura	Gaivota escura	Larus fuscus
Yellow-legged seagull	Gaviota patiamarilla	Gaivota patiamarela	Larus cachinnans
Tridactyla seagull	Gaviota tridáctila	Gaivota tridáctila	Rissa tridactyla
Coot	Focha	Galiñola	Fulica atra
Lapwing	Avefría	Galo da braña	Vanellus vanellus
Little bittern	Avetorillo común	Garza pequena	Xobrychus minutus
Common egret	Garceta común	Garzota	Lygretta garcetta
Oystercatcher	Ostrero	Gabita	Haematopus ostralegus
Gannet	Alcatraz	Mascato	Sula bassana
Curlew	Zarapito real	Mazarico real	Numenius arquata
Buzzard	Ratonero	Miñato	Buteo buteo
Little owl	Mochuelo común	Moucho	Athene noctua
Robin	Petirrojo	Paporrubio, Pisco	Erythacus rubecola
Common pochard	Porrón común	Parrulo chupón	Aythya ferina
European silbon	Silbón europeo	Pato asubiñón	Anas penelope
Pintail	Ánade rabudo	Pato careto	Anas acuta
Gadwall	Ánade friso	Pato frisado	Anas strepera
Magpie	Urraca	Pega	Pica Pica
Stone curlew	Alcaraván	Pernileiro	Burhinus oedicnemus
Kingfisher	Martín pescador	Picapeixe	Alcedo atthis
Turnstones	Vuelvepedras	Píldora raiada	Arenaria interpres
Grey plover	Chorlito gris	Pillara cincenta	Puffinus squatarola
Black-legged plover	Chorlito patinegro	Pillara papuda	Charadrius alexandrinus
Dunlin	Correlimos común	Pirlo curibico	Calidris alpina
Capercaille	Urogallo	Pita do monte	Tetrao urogallus
Water rail	Rascón	Rascón de auga	Rallus aquaticus
Weasel	Comadreja	Donicela	Mustela nivalis
Squirrel	Ardilla	Esquio	Sciurus vulgaris
Ferret	Hurón	Furón bravo	Mustela putorius
Wild cat	Gato montés	Gato montés	Felis sylvestris
Otter	Nutria	Lontra	Lutra lutra
Bats	Murciélagos	Morcegos	Rinolophus ferrumequinum
Shrew	Musaraña	Murgaño	Neomys anomalus
Hedgehog	Erizo	Ourizo	Erinaceus europaeus
Badger	Tejón	Porco teixo	Meles meles
Fox	Zorro	Raposo	Vulpes vulpes
Muskrat	Rata almizclera	Rato de almizcre	Galemys pyrenaicus
Boar	Jabalí	Xabarán, porco bravo	Sus escrofa
Tursón	Tursón	Arroaz real	Tursiops truncatus
Common dolphin	Delfín común	Golfiño	Delphinus delphis
Bedriagai's skink	Eslizón ibérico	Escáncer ibérico	Chalcides bedriagai
Wall lizard of Bocage	Lagartija de Bocage	Lagartixa de Bocage	Podarcis bocagei
Peat bog lizard	Lagartija de turbera	Lagartixa de brañas	Podarcis bocagei
Long-tailed salamander	Salamandra rabilarga	Píntega rabilonga	Lacerta vivipara
European common freshwater turtle	Galápago común europeo	Sapoconcho	Chioglossa lusitanica
Stag beetle	Ciervo volante	Vacaloura	Emys orbicularis
Ray-finned fish	Bermejuela	Vermella	Lucanus cervus
			Rutilus arcasii



TOURIST OFFICES

PROVINCE: A CORUÑA

- Dársena de la Marina, 15001, A Coruña.
Tel. 981 22 18 22, Fax. 981 22 18 22, e-mail: oficina.turismo.coruna@xunta.es
- Edif. Admtvo. Praza Camilo José Cela. Esq. R/ de Vigo, 15402, Ferrol.
Tel. 981 31 11 79 / 981 33 71 31, Fax. 981 33 70 13, e-mail: oficina.turismo.ferrol@xunta.es
- Avda. do Malecón, 3, 15960, Ribeira.
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- R/ Vilar, 30-32, 15705, Santiago de Compostela.
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- R/ Miño, 10-12, 27001, Lugo.
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- Edif. "Caseta do Legoeiro". Ponte Romana. Ligaçãõ N-120 com R/ Progreso, 32003, Ourense.
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- Estación Marítima, s/n, 36201, Vigo-Porto.
Tel. 986 43 25 41. Open only in the summer.
- R/ Juan Carlos I, 37, 36600, Vilagarcía de Arousa.
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