

A woman with her hair in a bun, wearing a white tank top and light-colored pants, sits on a dark, rocky beach. She is looking out at the ocean towards a natural rock archway. The sun is setting, creating a warm, golden glow over the water and sky. The archway is a dark, jagged rock formation with a hole through which the sea is visible.

more than just AS CATEDRAIS...

Tours for discovering
this corner of Galicia

XUNTA DE GALICIA

- 1-2 hour tours
- 2-3 hour tours

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more than just AS CATEDRAIS.

As Catedrais (Cathedrals Beach) is one of the best beaches in the world. Beauty and magic come together at this natural monument which gives you unforgettable postcard-worthy views.

But... what is there to do near this treasure? Nature, the sea, the mountains, history and tradition, handcrafted items, culture, architecture, gastronomy... Starting from As Catedrais there is a wide range of possibilities in this little corner of Galicia. Get to know them and take your time spending time at them. You'll fall in love.



Visit As Catedrais

During the summer months (July 1 - September 30) and Holy Week you must request authorization. It is free and can be found online at <http://ascatedrais.xunta.es>

In this region there is always something to surprise you around every corner. In this guide you will find a selection of sites and resources prepared to make your experience great. The basic premise is that you will get to know this little corner of Galicia in three hours maximum, including travel time and the tours. In order to do so in a relaxed manner, we propose these tours.

Explore the area and immerse yourself in it. With tours ranging from one to three hours long you will discover places that are well worth it. We invite you to take up to thirteen tours that vary in time and theme. Each one of them will provide you with a unique experience. Don't miss out, pick one!

ENDLESS SEA AND NATURE

Beautiful beaches, secluded coves and mesmerizing cliffs adorn this exceptional coastline that we suggest you travel along at a leisurely pace.

- Routes between 1 and 2 hour long
- Routes between 2 and 3 hour long



Full of color and diversity, wild and whimsical nature, amazing sunsets,... If Galicia could boast about anything it would be the beauty of its coastline and landscapes that remain imprinted in every visitor's mind.

If you don't want to hop in the car, from As Catedrais to Rinlo 2 and Barreiros by the sea 4 are the best tours for active individuals. Starting from the sands you can go either way and explore a more natural



San Damián
Fort (Ribadeo)



Rinlo

Port of
Porcillán and
Ria of Ribadeo

environment in one direction or stroll along a long promenade that traces the entire shoreline of Barreiros.

From Rinlo to Pancha Island [3](#) and from there along its “blue ria” [1](#), to Ribadeo you will enjoy strolling along a path that separates the land from the sea. To get to the starting point for these routes you’re going to need your car.

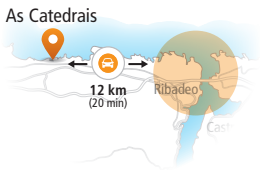
Don’t miss out on the opportunity of savoring Rinlo [5](#), a charming fishing neighbourhood whose local cuisine reminds us that some of the best seafood from the Cantabrian Sea came from this village at one time. The proof: the ancient natural live shellfish storage plants where they were bred which was greatly due to the strength of the mighty sea.

THE BLUE RIA OF RIBADEO

1

Walk from the lighthouse to the port

- ▶ A path along the left side of the Ribadeo ria from the charming lighthouse of Pancha Island to the marina of Porcillán is the main attraction of this tour. This tour continues past the village to Muíño das Aceas through a wooded area. We suggest you enjoy part of this walk up to the port at the foot of the old part of town. The people of Ribadeo made this path their favorite place to walk. Are you ready to find out why?



- **DISTANCE**
2.5 km
- **DIFFICULTY**
Easy
- **ACCESSIBILITY**
Medium - high
- **TOTAL TIME**
1h 30 min by car
2h 30 min walking

8 min

22 min

1

PANCHA ISLAND LIGHTHOUSE

📍 43°33'19.9"N 7°02'31.6"W

Its square construction corresponds to the original lighthouse building (1859). In 1984 it stopped operating when the new tower that was built next to it was inaugurated. Magic floods the place every evening when the lantern is turned on. You are at the last lighthouse in northern Galicia. Across the way is neighboring Asturias.

2

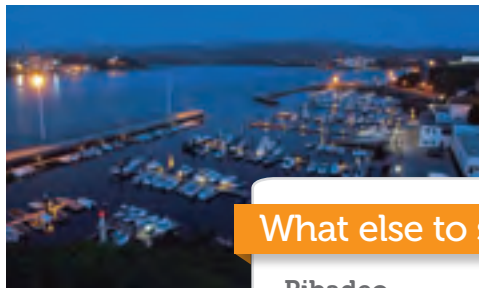
SAN DAMIÁN FORT

📍 43°32'45.8"N 7°02'11.9"W

Passing the lighthouse and heading towards Ribadeo, you'll find the moat and thick walls of an old fort (18th Century) that protected the ria from possible enemy attacks and that is the best evidence of the village's military architecture.



O Cargadoiro



Porcillán Marina

What else to see?

Ribadeo

 43°32'10.3"N 7°02'23.2"W

You can't leave without seeing downtown Ribadeo. Stroll through the old city with its colorful houses and narrow streets that lead down to the port. In the center you will find some buildings with Indian architecture that were built by emigrants with styles brought over from America. See more information about the tour in "Memories of the returned Americans in Ribadeo" (page 34).



 1 min

 2 min

 2 min

 5 min

 3 min

 10 min

3

O CARGADOIRO

 43°32'41.9"N 7°02'12.9"W

Just after San Damián, this interesting viewpoint takes you back to the region's industrial past. You can go to the end of the gangway which was used for loading the boats with the iron that the trains would bring in. You'll get a different view of the estuary from there. Below, you'll see a few small coves that open up along the rugged coastline. Straight across from you is Asturias.

4

SAN MIGUEL CHAPEL

 43°32'32.4"N 7°02'15.2"W

Following the road, after passing underneath the bridge of the saints that takes you to Asturias, you can look at the river from this chapel. Right in front of you is the marina.

5

MARINA

 43°32'28.6"N 7°02'15.5"W

The Porcillán marina is one of the most important harbors of Galicia and one of the few that has been awarded the blue flag. Along its boardwalk, which is highly frequented by tourists, in addition to observing the many boats that are moored in the port or participating in various water sports such as sailing, water-skiing, or windsurfing,

you'll also find restaurants serving tasty dishes with the finest products from the sea.

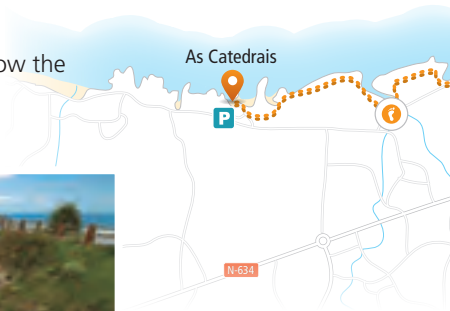
FROM 2 AS CATEDRAIS TO RINLO

The Galician Cantabrian viewpoint

- ▶ Sports and nature come together on this trail that introduces you to part of the Ribadeo coastline. Beaches, cliffs, hill forts... stunning landscape alongside a sea full of life.

The path is interrupted at times since there are stretches that come back up onto the road. Follow the signs that you find along this nature path.

The Os Castros beach and its arches in the cliffs



This tour is usually done by bike



- **DISTANCE**
7.5 km
- **DIFFICULTY**
Medium
- **ACCESSIBILITY**
Medium - low
- **TOTAL TIME**
3h



Rinlo Shellfish Farm



OS CASTROS

📍 43°33'17.6"N 7°08'03.7"W

You passed the Esteiro and Illas beaches. Once at Os Castros, visit the lookout point over the cliff that divides the sandy area and you will see some caves. Go down and check them out if the tide permits. Os Castros is every bit as beautiful as As Catedrais.

RINLO SHELLFISH FARM

📍 43°33'34.5"N 7°06'24.9"W

Before you get to the shellfish farm, you'll see the remains of another one (20th century). These unique nurseries are an example of harnessing the power of nature. They were natural hatcheries thanks to a water channel formed by the erosion of the sea. They were deserted in the '90s and now you can visit them and be reminded that the region's finest seafood was raised there.

What else to see?



Rinlo

📍 43°33'25.3"N 7°06'16.3"W

You can walk to the fishing village of Rinlo and get a taste of its cuisine (page 14). It's definitely a good option for gathering your strength before heading back to As Catedrais.



- **DISTANCE**
7 km
- **DIFFICULTY**
Medium
- **ACCESSIBILITY**
Medium - low
- **TOTAL TIME**
3h



FROM RINLO TO PANCHACHA ISLAND

The last stretch of the Galician coast



- ▶ Cliffs, vagaries of nature, hill forts... before your very eyes you will see some spectacular scenery along the coastal path that links the small village of Rinlo with Pancha Island near the center of Ribadeo. This path is ideal for those who are more adventurous and are athletes, who can surely do it in the three hours it takes.

What else to see?



Rinlo

📍 43°33'25.3"N 7°06'16.3"W

You started the route on the outskirts of Rinlo and you cannot leave without visiting this seaside village with its narrow streets and tasty seafood dishes (page 14).

1

RINLO

📍 43°33'27.7"N 7°06'03.6"W

The route starts off at the edge of Rinlo where you'll see an old shellfish farm. You can leave your car there and start this nature path. The signs are clear, so along the way you'll know what portions you should go along the road and when to return to the path.



Pancha Island Lighthouse



Sunset from the As Grovas hill fort



A Vella inlet from A Piñeira hill fort

 35 min

 30 min

 20 min

2

CASTRO DA PIÑEIRA

 43°33'11.5"N 7°04'33.5"W

Leaving the small fishing village of Rinlo, your walk passes through the hill fort of A Piñeira or de Fornelos, one of many examples of maritime hill forts (castro) along this coast. A little further up you will find a magical location where you can see some cliffs that have truly been carved out by the sea.

3

CASTRO DAS GROVAS

 43°33'16.2"N 7°02'57.7"W

As you pass Areosa beach, you will reach the As Grovas hill fort. The place is a great vantage point along the most rugged and spectacular coastline. Sunsets are truly special in this place.

4

PANCHA ISLAND LIGHTHOUSE

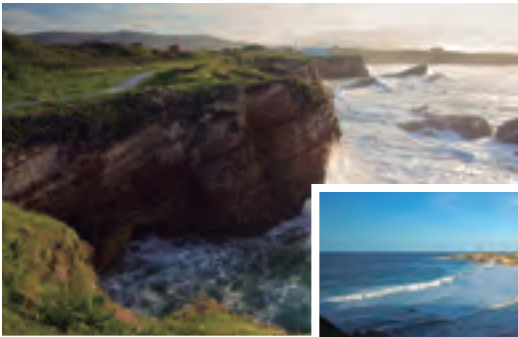
 43°33'19.9"N 7°02'31.6"W

The old Pancha Island lighthouse (1859) gave way to the new, very sailor-style lighthouse (1984) that is painted blue and white. It is located in an exceptional setting for bird watching in a peaceful place to relax after this intense tour. The lighthouse is not open to visitors, but in front of your very eyes you'll have an idyllic image any time of day.

4 BARREIROS BY THE SEA

Seaside walk from As Catedrais to Punta Angueira

- ▶ The seaside walk in the municipality of Barreiros is a true marvel. If you like walking, this is the route for you. Along the shores of this rugged coastline and white sand beaches, you will discover the beauty of the Bay of Biscay just above sea level. The route ends up becoming a perfect vantage point, thanks to its location over this coastline.



Cliff-lined coast from Punta do Castro



Punta Corveira



Fontela Beach



1

PUNTA DO CASTRO

 43°33'42.3"N 7°10'44.2"W

Leaving behind the As Catedrais cliffs (having now completed 3 kms of the walk), you will pass through a sandy area before arriving at Punta do Castro. Can you see what is known as the Cantabrian plains from this point? This is a geological feature particular to this area, which stands out thanks to its flat coastline that lies just above sea level.

What else to see?



Punta Angueira

📍 43°33'57.7"N 7°14'35.2"W

Punta Angueira beach (4 kms from Fontela) is the last beach in Barreiros, a municipality with a coastline spanning more than 8 kilometres. Opposite this cove you can see the village of Foz and the ria with the same name, a place of great natural importance.



- **DISTANCE**
5 km
- **DIFFICULTY**
Easy
- **ACCESSIBILITY**
Medium - high
- **TIEMPO TOTAL**
2h 20 min

PUNTA CORVEIRA

📍 43°33'43.8"N 7°11'04.3"W

Punta Corveira separates the Pasada beach (that you have just seen) and the extensive Lórgara sandy area, also known as Benquerencia. This makes for a very pleasant walk with its magnificent views from both sides of the Barreiros coastline.

PRAIA DE FONTELA

📍 43°33'40.9"N 7°12'03.2"W

This natural Fontela beach has been awarded a blue flag. Its name refers to a spring located in the sandy area that used to provide drinking water and that was used by the neighbouring population in times past. Ideal for surf lovers, your eye will be drawn to the small rocks jutting out of the sand over which the waves crash. The largest of these is known as "Pena

do Castro" owing to the fact that this used to be the location of a fort, of which there are no remains today.

The route continues to Punta Angueira, in the Ria of Foz. Owing to time constraints, we recommend turning around here. However, if you are still in form, do not hesitate to finish the route.

5

RINLO, HOME OF GOOSE BARNACLES

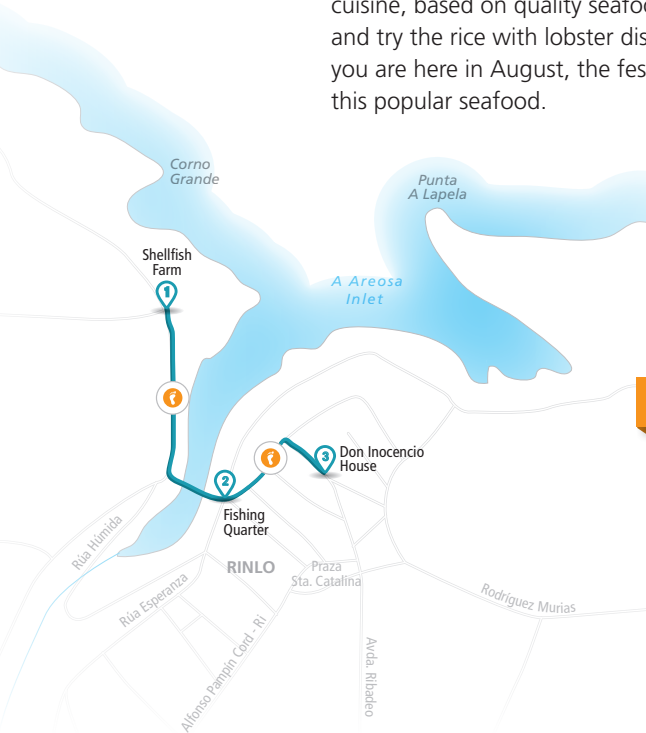
One of the oldest shellfish farms that still remains in place today



- **DISTANCE**
Around the village
- **DIFFICULTY**
Easy
- **ACCESSIBILITY**
Medium
- **TOTAL TIME**
1h

A seaside town where you can enjoy the local cuisine

- ▶ The oldest inhabitants of this town say that Rinlo was built on what was an old whaling port. Today it is a small seaside village that is full of charm and that retains the memory of the time when it was seafood capital, thanks to its shellfish farms. You will fall in love with the local cuisine, based on quality seafood products. Come with an appetite and try the rice with lobster dish or the famous Rinlo barnacles. And if you are here in August, the festival season is a great opportunity to try this popular seafood.



What else to see?

Ribadeo old town

43°32'10.3"N 7°02'23.2"W

If you enjoy architecture, check out the "Memories of the returned Americans in Ribadeo" tour (page 34), where you will discover the best samples of this style from Galicia. Well-preserved, eye-catching buildings, and an example of the economic strength of those who immigrated to America (Cuba, Mexico or Argentina) and came back.



Don
Inocencio
House



Rinlo is
famous for
its barnacles



1 SHELLFISH FARM

43°33'34.5"N 7°06'24.9"W

Before arriving, visit one of the old shellfish farms (20th Cent.) These farms used to use the sea water, which naturally formed in pools between the cliffs and that were exploited for breeding a range of seafood that made this village famous.

2 FISHING QUARTER

43°33'25.3"N 7°06'16.3"W

Walk down from the shellfish farm until you arrive at the bridge that goes over the river, and cross over to the other side. From here, you can see the village raised up over its shores, with a particular style of houses, bungalows and pitched roofs. Look at the differences between the higher of these that have an area to store the fishing gear, contrasted with the lower ones with an annex containing a unit for this purpose.

You will be able to savour the best dishes of the local cuisine in the small and cosy square that overlooks the port.

2 min

3 DON INOCENCIO HOUSE

43°33'26.4"N 7°06'14.7"W

Rinlo is also home to the architecture made by the Galician emigrants that returned from America ("Indianos"). Its icon is Don Inocencio House (1912). This is the largest and tallest house in the neighbourhood, making it instantly recognizable. The roof contains a type of balcony and a dome-roof that brings to mind a lighthouse lamp, and it was indeed used for this very purpose. It was the first lighthouse in the Bay of Biscay, installed inside a private building that was at that time funded by its owner.



HISTORICAL SIGHTSEEING TOURS

Immerse yourself in the rich and exciting bygone days of this corner of Galicia: a seaside village brimming over with history, castro buildings that run along the sea, medieval architecture, legends, etc. So much to choose from!



Façade of
San Salvador
Monastery
(Lourenzá)

Castro de Ouro
Homage Tower
(Alfoz)



Finca Galea
water mill
(Alfoz)



- Routes between 1 and 2 hour long
- Routes between 2 and 3 hour long



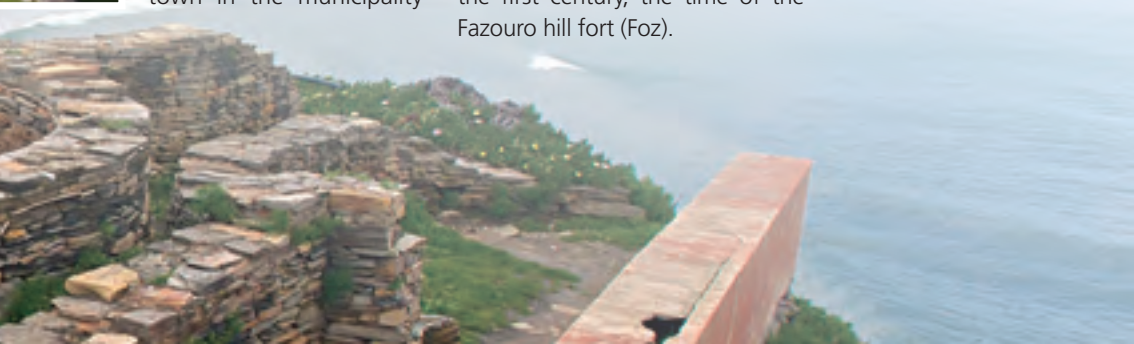
BBreathe in the atmosphere of the villages whose primary source of income is from the sea, discover one of the best examples of seaside hill forts throughout Galicia and be taken back to pre-Roman times, visit enchanting fortresses, etc.- a good starting point for getting to know our history.

Get caught up in the many legends. The ruins of the castles remain from the Marshal Pardo de Cela **6** era, who was sentenced to death owing to his refusal to hand them over, fighting against the bishop of Mondoñedo and the Catholic Kings until he was executed

Have you ever seen whale bones? Well, you can in San Cibrao **7**, a fishing town in the municipality

of Cervo, where the remnants of the shellfish farms take up one whole room of an entirely accessible museum.

Inland, the Lourenzá land **8** stands out for its beans. You will be blown away by the architecture of the monastery of San Salvador (18th Cent.), whose façade is considered a predecessor to the Obradoiro façade of Santiago de Compostela cathedral. The Castro culture mark in A Mariña **9** takes us back to the first century, the time of the Fazouro hill fort (Foz).



6 IN THE FOOTSTEPS OF Pardo de Cela

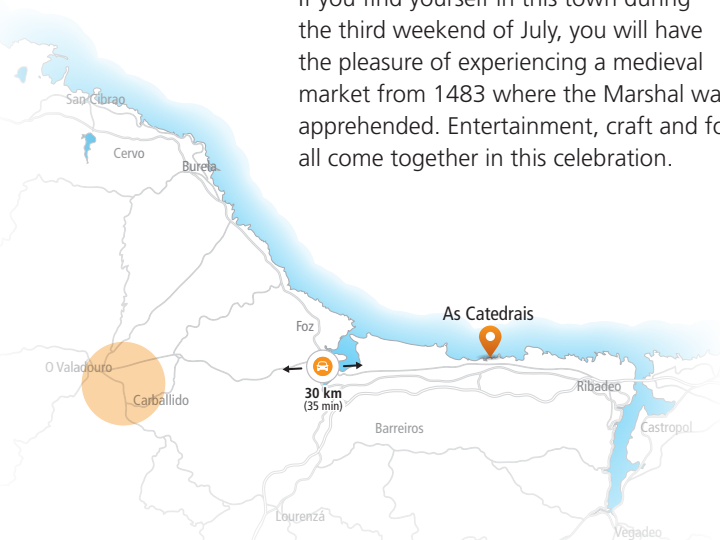
Return to the medieval past of Alfoz



- DISTANCE**
Around the village
- DIFFICULTY**
Easy
- ACCESSIBILITY**
Medium - low
- TOTAL TIME**
2h 20 min

- This route will take you inside A Mariña, to Alfoz of the times of the ancient Kingdom of Galicia and above all, bringing you closer to the figure of the Marshal Pardo de Cela, a feudal lord who fought to the death against the Catholic Kings and the bishop of Mondoñedo. Ask the oldest habitants of this town a few questions; they have so many stories to tell!

If you find yourself in this town during the third weekend of July, you will have the pleasure of experiencing a medieval market from 1483 where the Marshal was apprehended. Entertainment, craft and food all come together in this celebration.



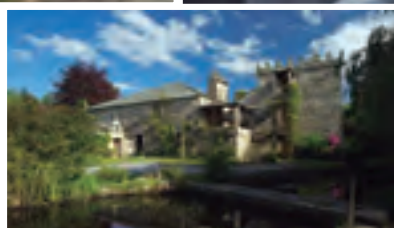
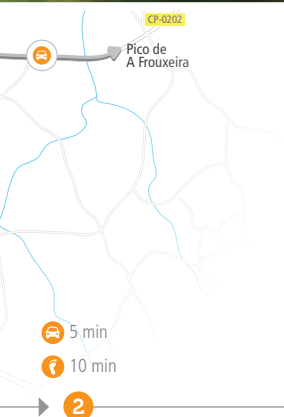
1

HOMAGE TOWER

📍 43°31'39.6"N 7°24'32.1"W

Located next to the San Salvador church, the Pardo de Cela used to own the impressive Castro de Ouro castle (15th cent.) with its Gothic design and constructed on a strategic fort overlooking the valley.

The Homage Tower is still standing and today houses the Tourism Office of Alfoz (only open during summer months). You do not even have to go inside to enjoy yourself. Its exterior will catch your eye before you even go in, and you can also enjoy its greenery where you will find picnic tables, a perfect way to while away the day.



Mill in operation at the Water Museum

House from the 19th century from the Finca Galea

FINCA GALEA WATER MUSEUM

📍 43°31'57.7"N 7°24'32.6"W

A visit to this museum is a must for nature lovers. A beautiful place full of memories of the past where water is centre-stage. An essential life resource is highlighted at Finca Galea, where the canal diverts water from the river Ouro to bring it back a little time later.

You can view the mill in operation from this ethnographic park, one of the few fulling mills that are preserved along the Cantabrian coast, as well as wells, etc. You can also take a pleasant and peaceful walk among the alders, camellias (more than

226 years old!), oak and chestnut trees.

Opening hours:
Monday to Sunday from 10:30 to 13:30 and 15:30 to 19:30.

Telephone:
+34 982 571 236
Check price.

What else to see?



Pico de A Frouxeira

📍 43°32'12.5"N 7°21'20.0"W

20 minutes away is the mount of A Frouxeria (Foz), where you can still see the ruins of another fortress from Marshal Pardo of Cela. This is suitable for the more athletic and adventurous among you, owing to the fact that you have to climb on foot to the peak (427 m), to enjoy the panoramic views overlooking the ria of Foz and the land of Alfoz and O Valadouro.



Punta Atalaia
Lighthouse

Cubelas Beach

7 HISTORY AND SEA IN SAN

A museum to allow you to discover the seaside village

- ▶ Immerse yourself in this story of the sea and discover the fishing industry, the world of sailing and the biodiversity of the Lugo coast. All of this without leaving the Provincial Museum of the Sea in San Cibrao (Cervo). This is a must-see if you find yourself in this small seaside town that offers so much more besides: beaches, nature and landscapes dotted with archaeological sites that recount stories of our past.



- **DISTANCE**
Around town
- **DIFFICULTY**
Easy
- **ACCESSIBILITY**
High
- **TOTAL TIME**
2h 45 min

Gigantic whalebones
are a sight to behold
at the Provincial
Museum of the Sea



What else to see?

Riverside carpentry

 43°41'36.5"N 7°26'48.2"W

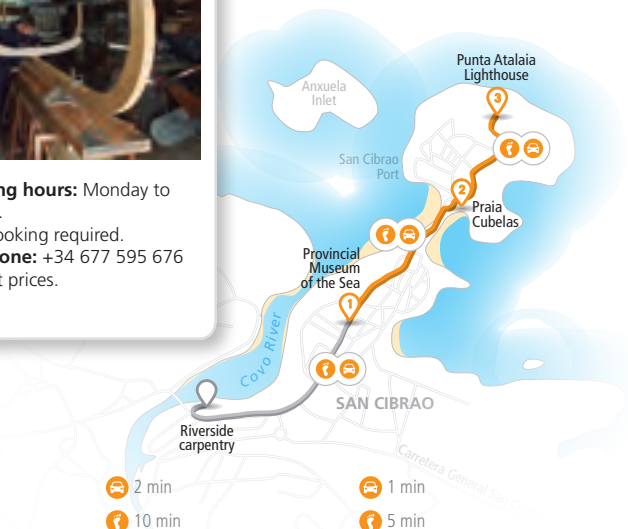
Very close to the museum, on the banks of the River Lieiro, is a traditional riverside carpentry, unique in the region. Step into this workshop and breath in the rustic smell of wood; get to know the process of artisan boat construction first hand.



The owner, Francisco Fra, will tell you the story of the boatyard with preserved original photographs, revealing seven generations of dedication and over 200 years of tradition.

Opening hours: Monday to Sunday.
Prior booking required.
Telephone: +34 677 595 676
Consult prices.

CIBRAO



1

PROVINCIAL MUSEUM OF THE SEA

 43°41'44.3"N 7°26'30.8"W

Located in what was once a Spanish-American school, this museum reflects maritime living on the coastline of Lugo province. Explore some of the routes that can be found and get to know its rich biology and ethnography. Learn about the art of fishing in the area, as well as all kinds of vessels and navigation instruments used at sea. Undoubtedly, one of the most impressive exhibits is the whale room, where the bones of these giant cetaceans are displayed. These 19th century remains are a reminder of

when whale fishing was a common practice in the ports of A Mariña, especially in the area of Xove. The museum is completely accessible and there is braille information located at the entrance.

Opening hours:
October to May: 11:00 to 14:00 and 16:00 to 19:00.
June to September: 11:00 to 14:00 and 17:00 to 20:00.
Sundays and national holidays only open in the morning.
Mondays closed.
Telephone:
+34 982 594 572

2

PRAIA CUBELAS

 43°41'52.6"N 7°26'14.3"W

On this beach you can see the so-called "marine castle", which in fact are the ruins of a former salting factory. You have to cross the beach to get there, as it is located on a rocky outcrop by the sea.

3

PUNTA ATALAIA LIGHTHOUSE

 43°42'01.6"N 7°26'12.6"W

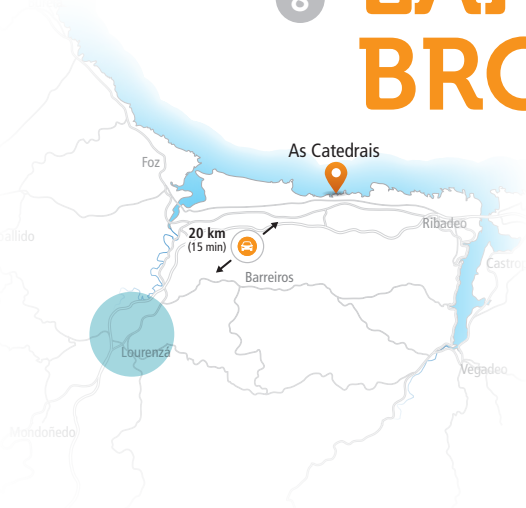
The first lighthouse was constructed in 1864 and was renovated in the 1920s. It currently has two towers: the original, on the building itself, and the current taller one.

From this peaceful haven, accompanied only by the crashing waves, the Farallóns can be seen. These three islets (Sombriza, Pé and Baixa) were a notoriously dangerous trio, and many vessels were shipwrecked before they could reach dry land.

8

LOURENZÁ, LAND OF BROAD BEANS

The monastery:
cultivation, architecture
and the interpretation
of the fava bean



- **DISTANCE**
Around town
- **DIFFICULTY**
Easy
- **ACCESSIBILITY**
Low
- **TIEMPO TOTAL**
1h 20 min

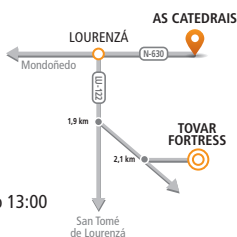
What else to see?

Fortress of Tovar

📍 43°26'27.9"N 7°16'20.2"W

Just a 10-minute drive from Vilanova de Lourenzá, stands this impressive country house. The building was restored and now holds the Centre for the Interpretation of Galician Country Houses as well as other temporary exhibitions by local artists. Paintings, photography and video creations all come together inside this 16th century building. Do not leave without climbing up the fortress towers, a reminder of its military history, and from where you can enjoy spectacular panoramic views of the surrounding area and the fava bean plantations, which flower in summer.

Opening times:
April to October: 10:00 to 13:00
and 16:00 to 20:00.
November to March: 10:00 to
14:00.
Mondays closed.
Telephone: +34 688 909 329
Consult prices.





- A crossroad for centuries, green and fertile, the valley of Lourenzá is famous for its broad bean (“fava”) production. We invite you to step into the world of this product, which has the distinctive Protected Designation of Origin (PDO). Another option is to visit the 18th century Monastery of San Salvador, an architectural gem with a beautiful Baroque façade, considered to be older than the Obradoiro façade of the Santiago de Compostela Cathedral.



1

BROAD BEAN INTERPRETIVE CENTRE

📍 43°28'14.7"N 7°17'55.7"W

The immediate attraction is the building that hosts the museum, as it occupies the former horse stables of the Monastery of San Salvador. Once inside, you will discover the history of the fava bean and its cultivation since ancient times. The centre has an ethnographical room with farming tools from the past and present.

You cannot leave without visiting the Broad Bean Festival poster exhibition, a celebration of touristic interest in Galicia. Remember that it takes place on the first Sunday in October!

Opening hours:

Monday to Friday: 12:00 (guided tour).

Telephone:

+34 982 121 006

🕒 1 min

2

SAN SALVADOR MONASTERY

📍 43°28'14.2"N 7°17'53.5"W

The monastery of San Salvador (17th century) is host to a sacred art museum, including an important collection of paintings, sculptures and imagery. Among them is the Pedra de Ara, the only one that has been preserved from the original building (9th century).

You can also visit the church, and in the chapel of Valdeflores, you can see the 5th century sepulchre of Osorio Gutiérrez, the

Count and Saint, which has been preserved in perfect condition. During the Patron Saint festivities (end of August), the Sepulchre is opened so that believers can try to touch the remains of the Count, in an orifice below his tomb.

Opening hours:

Monday to Friday: 12:00 and 16:00.
Saturday: 12:00.

Telephone numbers:

+34 982 121 006
982 121 104

9

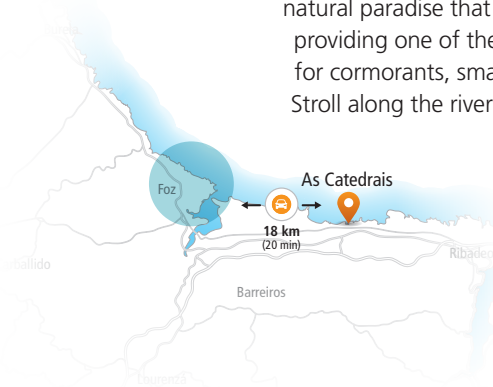
THE CASTRO MARK IN A



- **DISTANCE**
7 km
- **DIFFICULTY**
Easy
- **ACCESSIBILITY**
Low
- **TOTAL TIME**
1h 50 min

The Celtic hill fort of Fazouro and the natural beauty of Foz

- Fazouro is the ideal place to get familiar with the castro culture in Galicia and travel back in time to the villages that were inhabited around the 1st century. Make the most of this occasion to enjoy the lush natural paradise that is the municipal of Foz, with its beaches and river providing one of the best spots for bird watching. It is a nesting place for cormorants, small herons, mallards, northern pintails and curlews. Stroll along the riverbanks and immerse yourself in this natural haven.



Cenima building in the popular quarter of A Ribeira



1

A MARIÑA INTERPRETIVE CENTRE (CENIMA)

📍 43°34'03.5"N 7°15'12.9"W

With its unique architecture, the building of Cenima is located at the very heart of the picturesque maritime quarter of A Ribeira, right opposite the river.

You can find an on-going programme of photographic exhibitions in this museum, which will take you back through the footsteps of the villa, as well as other temporary exhibitions of ceramics, paintings and different disciplines with a close connection to the

region. From here, you can reach the A Rapadoira beach, or heading the other way, take the Malates walk, a pathway that winds through lush nature along the banks of the river.

Opening hours:

Winter: Monday to Friday
09:00 to 14:00.
Summer: Monday to Saturday
10:00 to 14:00 and 17:00 to 20:00.

Telephone:

+34 982 132 426

CULTURE MARIÑA



View of the River Foz from the Malates walk



Fazouro hill fort

 15 min

2

CASTRO DE FAZOURO

 43°36'13.9"N 7°17'55.5"W

After visiting the town of Foz, take a trip to Fazouro. A little before reaching the fort, you will come across a bridge that crosses the mouth of the River Ouro and the A Pampillosa beach, with a small area of sand dunes.

The Celtic Hill Fort of Fazouro (1st – 3rd century) is an ancient coastal settlement site. It is the only excavation in the area and provides an open-air museum. From here, watch how the stunning countryside rolls out below

you. On one side is the Arealonga beach and on the other, the cliffs, the coastline and the rough sea.

What else to see?



Basilica of San Martiño de Mondoñedo

 43°33'40.0"N 7°18'11.1"W

Just 15 minutes from Fazouro, without leaving the region of Foz, stands this church. It is thought to be the oldest preserved cathedral in Spain, given that here was the birthplace of the Mondoñedo Episcopal (9th century).

In the current building, elements from the 10th, 11th and 12th century can be observed. No doubt the 12th century Romanesque frescos inside will catch your attention, the oldest in Galicia, as well as the stone altarpiece (11th century).

Opening times:

15th June to 15th September: Tuesday to Saturday 11:00 to 14:00 and 16:00 to 20:00.
Sundays 10:00 to 15:00.

Consult for the rest of the year.

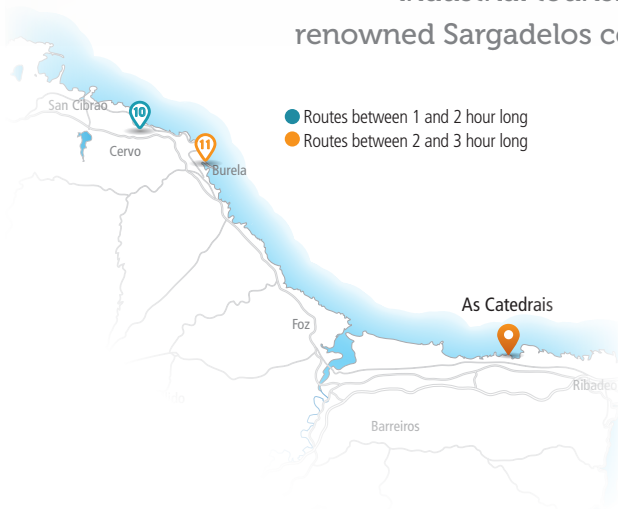
Telephone numbers:

+34 620 623 592 / 982 132 426

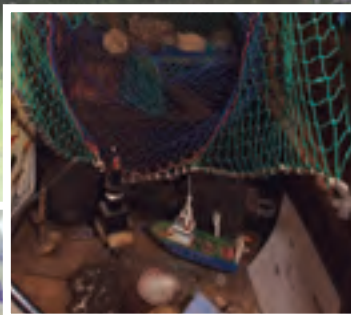
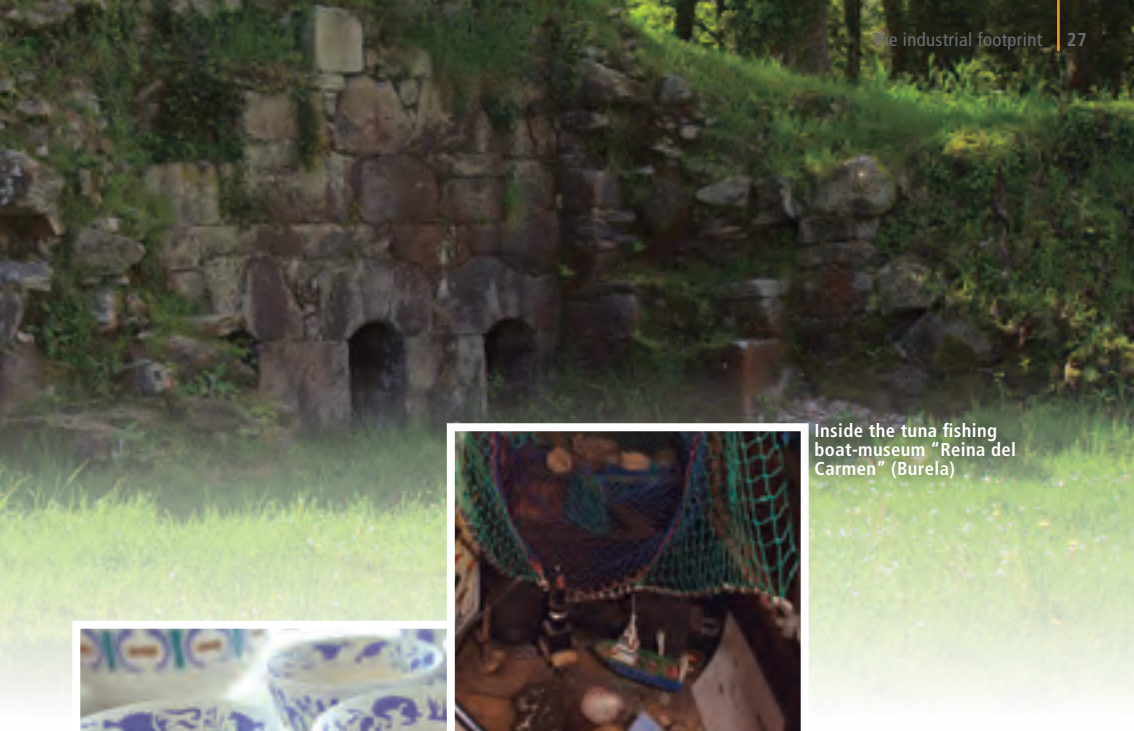


THE INDUSTRIAL FOOTPRINT

Enjoyment and learning go hand in hand with industrial tourism. Are you familiar with the renowned Sargadelos ceramics? Do you know how they fish for albacore tuna?



Tranquillity, serenity and peace reign strong in Sargadelos ¹⁰, in Cervo. Its hundred-year-old factory is a symbol of the Galician industrial revolution. So much so, that even today we identify the name of the village with the blue and white ceramic that is still produced here. Visit an industry that is very much alive, as well as the remains of the old 18th century buildings. From



Inside the tuna fishing boat-museum "Reina del Carmen" (Burela)



Pieces produced in the Sargadelos Factory (Cervo)



The net makers of Burela at work

the inland to the coast, the sea air, multiculturalism, babbling water, sea birds and vessels preparing to leave, offer a glimpse into the importance of the fishing industry in this area. In Burela [11](#), one of the most important ports in Galicia, you can step onto a genuine bonito wooden fishing boat, which since 2000 has been transformed into a museum. Moored to the quay, you can

immerse yourself in the atmosphere, appreciating the daily working life of the fishermen as they prepare their vessels for their duties at sea.

Whilst in Burela, a visit to see the net makers is an absolute must to round off your experience. Get to know more about this local trade that is essential to the world of fishing and working at sea.

Sargadelos
Factory

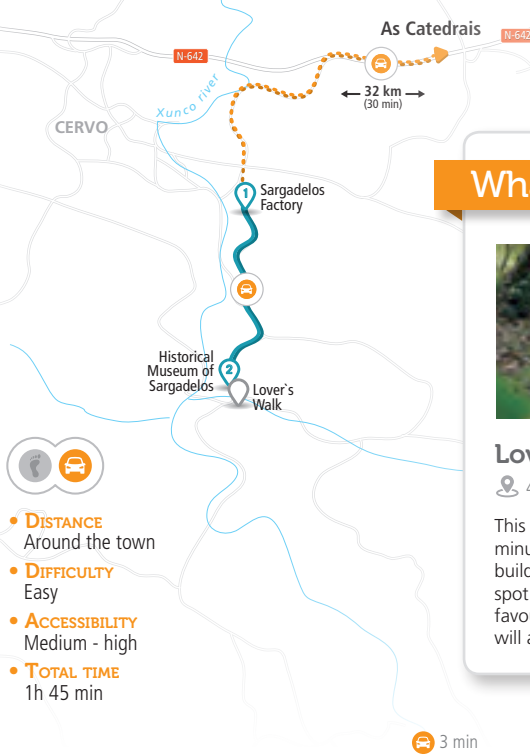
10

SARGADELOS CERAMICS

The industrial past and present come together in this emblematic village

- Sargadelos gives its name to ceramics. This firm draws on over 200 years of history, culture, industry and the essence of Galicia. The Royal Ceramics Factory of Sargadelos was founded in 1806 in the village of Cervo, and today it is closely linked to the collective memory of the Galician population, mainly due to its contribution to Galician culture. The former industrial complex (18th century) still preserves the original blast furnaces, the water dam, and the country house which belonged to the owner, Antonio Raimundo Ibáñez, which were all declared a Historical-Artistic Site.





What else to see?



Lover's Walk

43°39'38.1"N 7°24'16.4"W

This stroll through the heart of nature only takes 15 minutes. It starts at the remains of the former complex buildings and goes up to the dam. This natural beauty spot walk between a canal and the river was a favourite among lovers. The sound of flowing water will accompany you along the way.

1

SARGADELOS FACTORY

43°40'02.0"N 7°24'12.3"W

Witnessing the ceramic production process is a unique experience. You can visit the busy hub of the factory (free of charge) and listen one of the workers, who will explain first-hand the stages that the thousands of ceramic pieces have to go through each day before leaving the Sargadelos factory. The industrialisation process is combined with the delicate touch of artisan practices. Originality and care define this porcelain, which is decorated and finished by hand before it leaves for sale.

Before leaving, from up high you can marvel at the fascinating circular floor of the old factory, which is now used as a showcasing gallery and sales room.

Opening times:

Factory: Monday to Friday
08:30 to 14:00.

Gallery: Monday to Friday
10:00 to 13:30 and 16:00
to 19:00.

Saturdays and national
holidays: 11:00 to 14:00
and 16:30 to 19:00.

Telephone:

+34 982 557 841

3 min

2

HISTORICAL MUSEUM OF SARGADELOS

43°39'40.6"N 7°24'16.5"W

Located in the Administrative Building of the old manufacturing complex, the museum acts as a centre for the interpretation of the evolution of the factory, its history and the heritage of Sargadelos.

Walk out onto one of the museum balconies. They are true windows into the tranquillity that this corner of the world lives and breathes. You can also see remains of the factory worker accommodation from here (18th century).

Opening times:

October to March: 10:00 to
14:00 and 16:00 to 18:00.
April to September: 10:30 to
14:00 and 17:00 to 19:00.

Telephone numbers:

+34 982 557 905
630 523 621

11

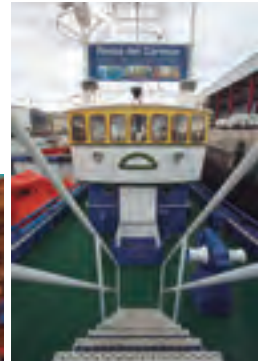
TUNA FISHING IN BURELA

Board an authentic tuna boat

- ▶ Burela lives off the sea. Its port has the largest volume and variety of fishing in the province of Lugo and its market is the third largest in Galicia in terms of sales. The town is renowned for tuna fishing in the north of Spain. Discover a true tuna boat and, if you are here on the first Saturday of August, live the Feira do Bonito, a no-to-miss gastronomic fair to try out this tasty product.



"Reina del Carmen"
Tuna Boat and
Museum



Small fishing art
museum in the
inside of the boat





- **DISTANCE**
Around the town
- **DIFFICULTY**
Medium
- **ACCESSIBILITY**
Low
- **TOTAL TIME**
2h 10 min

1

"REINA DEL CARMEN" TUNA BOAT AND MUSEUM

43°39'33.6"N 7°21'13.7"W

The "Reina del Carmen" is an original tuna boat (1967), the only wooden boat remaining in Galicia. It was restored to convert it into a museum at which one may discover the world of tuna fishing and how the region's seamen lived at first hand.

Like a good seaman, from the dock you will cross a loading ramp to board the boat and then you will visit its compartments. The deck, the kitchen, the dining room and the bathroom, the cabins and the captain's bedroom, the engine, the rudder, etc. In the space of the fridge to store fish, you will visit a small fishing art museum, and you will learn how to distinguish between

The hands which work the nets

those which are sustainable with the environment and those which are not.

Take into account that the boat ride consists of climbing up and down stairs, accordingly, it is not accessible to everybody.

Opening times:

Monday to Friday: from 13:00 to 14:00.

Summer: afternoons and weekends.

Telephone: 982 580 609

Consult price.

2

CABO BURELA NETMAKERS ASSOCIATION

43°39'28.0"N 7°21'00.1"W

Head towards the end of the dock, breathing in the smell of the sea and see how the boats work. You will reach the net warehouse, where women weave the nets in a traditional manner. They will reveal the secrets of their trade while they work. You will also see how the tackle used over time has evolved. They will prepare handicrafts such as bracelets or brooches,

should you wish to take home a beautiful reminder of fishing inspiration.

Opening hours:

Monday to Friday: 16.00h.

Group: reserve in advance, with the possibility of arranging another date.

Telephone:

+34 608 298 933

Consult price.

What else to see?

Monte Castelo

43°38'56.8"N 7°22'01.5"W

Climb up Mount Castelo (320 m), a pleasure for all the senses. Very close to the coastline (only 15 minutes by car), the viewpoint has fantastic views. From this quiet place, you will soon identify the port you left behind, the Pena Burela lighthouse in the middle of the sea and the town at your feet.



A GLANCE AT ARCHITECTURE

Take delight in the architectural wealth of the area. Country homes, religious buildings such as the Mondoñedo Cathedral and infinite examples of the houses of "Indianos" cover the Galician landscape with their special features.



The Morenos Tower (Ribadeo)



Statue of the writer Álvaro Cunqueiro (Mondoñedo)



Discover the most unique historic downtowns in the region. Explore each corner, go shopping or for tapas, enjoy the gastronomy with the top marine and land products. These are only some of possibilities you will marvel at in towns as different as Ribadeo, on the coast, and Mondoñedo, inland.

Ribadeo ¹² wakes up looking at its river. It stands out due to the narrow streets of its old quarters which take us to the port. And,

it is especially amazing due to its numerous examples of Indian architecture which fill the city with colours. These such spectacular houses seem to want to take us to the Americas, the land to which so many Galician people emigrated, whose architecture they proposed to imitate.

Probably the town with one of the most important historical and cultural legacies in Galicia is Mondoñedo. Probablemente la villa con uno de los legados históricos y culturales más importantes de Galicia sea Mondoñedo ¹³. You may find numerous monumental buildings, crowned by its cathedral (XIII century). A paved historical downtown in which you may breathe a calm, relaxed atmosphere is waiting for you to cross it and discover it step by step.

- Routes between 1 and 2 hour long
- Routes between 2 and 3 hour long

Cathedral Square
(Mondoñedo)





Santa Cruz Viewpoint

MEMORIES OF THE RETURNED AMERICANS


Ribadeo architecture talks of two worlds

- Easy step through Ribadeo has a different color thanks to the memory of the Indians. Those emigrants who returned with a significant fortune following their adventure in the Americas (Cuba or Mexico above all) left an important footprint on the town's urban landscape. With the latest trends at the beginning of the XX century, from art nouveau to regionalism, picturesque and well conserved, the town's buildings and gardens are the best example of this architectural style in the whole of Galicia. However, in the villages and in the neighboring towns, there are also numerous examples, with houses which make your head turn when you pass by.

What else to see?



Santa Cruz viewpoint

 43°31'39.8"N 7°03'45.2"W

Mount Santa Cruz, just 3 kilometers from downtown, has become a consolidated viewpoint of the tidal inlet and of the town. It also has a recreational area in which to spend a pleasant moment. If you arrive here on the first Sunday of August, you may take part in the Santa Cruz Xira, a Festival of Spanish Tourist interest in which the pilgrims celebrate the *Día da Gaita* (Day of the Bagpipes).



- **DISTANCE**
Around the town
- **DIFFICULTY**
Easy
- **ACCESSIBILITY**
Medium
- **TOTAL TIME**
1h 20 min

The Sela House Gardens

The architecture of the Morenos Tower stands out in Praza de España



The most impressive Indianos' houses are found in the San Roque Neighbourhood

 5 min

 5 min

 2 min

1

PRAZA DE ESPAÑA

 43°32'10.3"N 7°02'23.2"W

The landscaped Praza de España is the perfect place to begin your journey through the downtown of Ribadeo. The Morenos Tower (1905) is the most emblematic building. Its modernist style, with an imitation façade and a small shiny dome with a glazed ceramic roof, leaves no passer-by indifferent.

At the right of the Tower, we find the seat of the Council, the country house of los Ibáñez (XVIII century). This neo-classic building was built by Antonio Raimundo Ibáñez, founder of the renowned Sargadelos factory. In the same square you can see the Santa Clara convent (XIII century), with a famous confectionery, and the Santa María do Campo Church (XIV century).

2

RODRÍGUEZ MURIAS STREET

 43°32'13.3"N 7°02'31.0"W

This street is the commercial heart of the town. While you meander along this street, you may see some of the most representative buildings of Indian architecture, and enjoy its atmosphere, go shopping or have tapas at its street bars.

3

SAN ROQUE NEIGHBOURHOOD

 43°32'15.5"N 7°02'42.8"W

Continuing along Rodríguez Murias St, you will reach this neighbourhood of "Indianos" par excellence, with buildings from the 1870s, built by the first emigrants who returned to Galicia. Those which stand out most are at the end of the street on the left. These homes are highly different from traditional houses: ample, large windows, towers, balconies and well-looked-after gardens. The most impressive is A Calzada, highly notable art nouveau in the very heart of Ribadeo.

4

SELA HOUSE AND THE INDIANOS GARDEN

 43°32'15.2"N 7°02'51.4"W

Sela House (1869), with Indianos style balconies and a viewpoint on the top floor, also respects the traditional Galician architecture, using granite in its construction. The Indianos Garden, a tribute to the emigrants from Ribadeo, a bushy mix of Galicia and the Americas, offers an authentic explosion of colors.

As Catedrais





THE WEALTH OF MONDOÑEDO

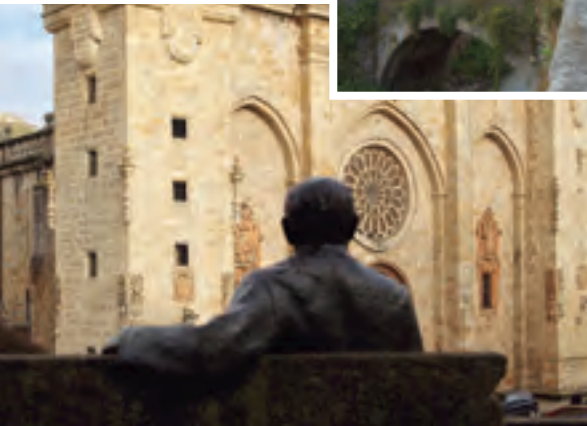
Historical and monumental capital of the Mariña Lucense

- ▶ You will want to see everything in Mondoñedo. Its inhabitants will recommend a visit to the different monuments of the old quarters, tied to the area's religious life. In a short time, you will cross this small great town, of renowned writers, and a land of rich bread, tasty pies and cakes. Taste the products of the bakeries and cake shops of Mondoñedo and visit not-to-miss corners of the town: the Cathedral and the *Os Muíños* neighbourhood (mills).

O Pasatempo bridge in the *Os Muíños* Neighbourhood



Fonte Vella in the entrance to *Os Muíños* Neighbourhood



The Cunqueiro statue, named after the writer born in this town, looks towards the Cathedral

What else to see?



Rei Cintolo Cave

📍 43°23'38.8"N 7°22'17.6"W

This cave is situated in Supena, 7 kilometers away from downtown, and is an authentic gem. It is conserved in its natural state, and being enclosed in its galleries represents an unforgettable experience. A landscape of stalactites, stalagmites, underground rivers and lakes which will delight the greatest adventurers.

Opening hours:

Friday to Sunday: 12:00 and 17:00.
Wednesday to Sunday in the summer. Guided visits. Closed from December to March.

Telephone:

+34 982 507 177
Consult price.
Entry prohibited to children under 12.



- **DISTANCE**
Around the town
- **DIFFICULTY**
Easy
- **ACCESSIBILITY**
Medium
- **TOTAL TIME**
2h



1

CATHEDRAL SQUARE

📍 43°25'41.1"N 7°21'47.5"W

The Mondoñedo Cathedral (XIII century) is the most representative symbol of the town, declared a National Monument in 1902. Do you know that they name the cathedral "knelt down" due to its small height and perfect proportions? Observe the rose window in the façade and its interior effect caused by the colored glazed windows.

It is almost obligatory to taste the Mondoñedo tart. You may do so, among other

places, at the Rei das Tartas in front of the Cathedral, and you will note how its decoration has been inspired by the rose window.

Sit down with Álvaro Cunqueiro (1911-1981), native of the town and one of the most representative writers of Galician literature of the XX century, to contemplate the quiet life of the square and the picturesque series of houses with white porches and balconies

2

OS MUÍÑOS NEIGHBOURHOOD

📍 43°25'32.5"N 7°21'27.8"W

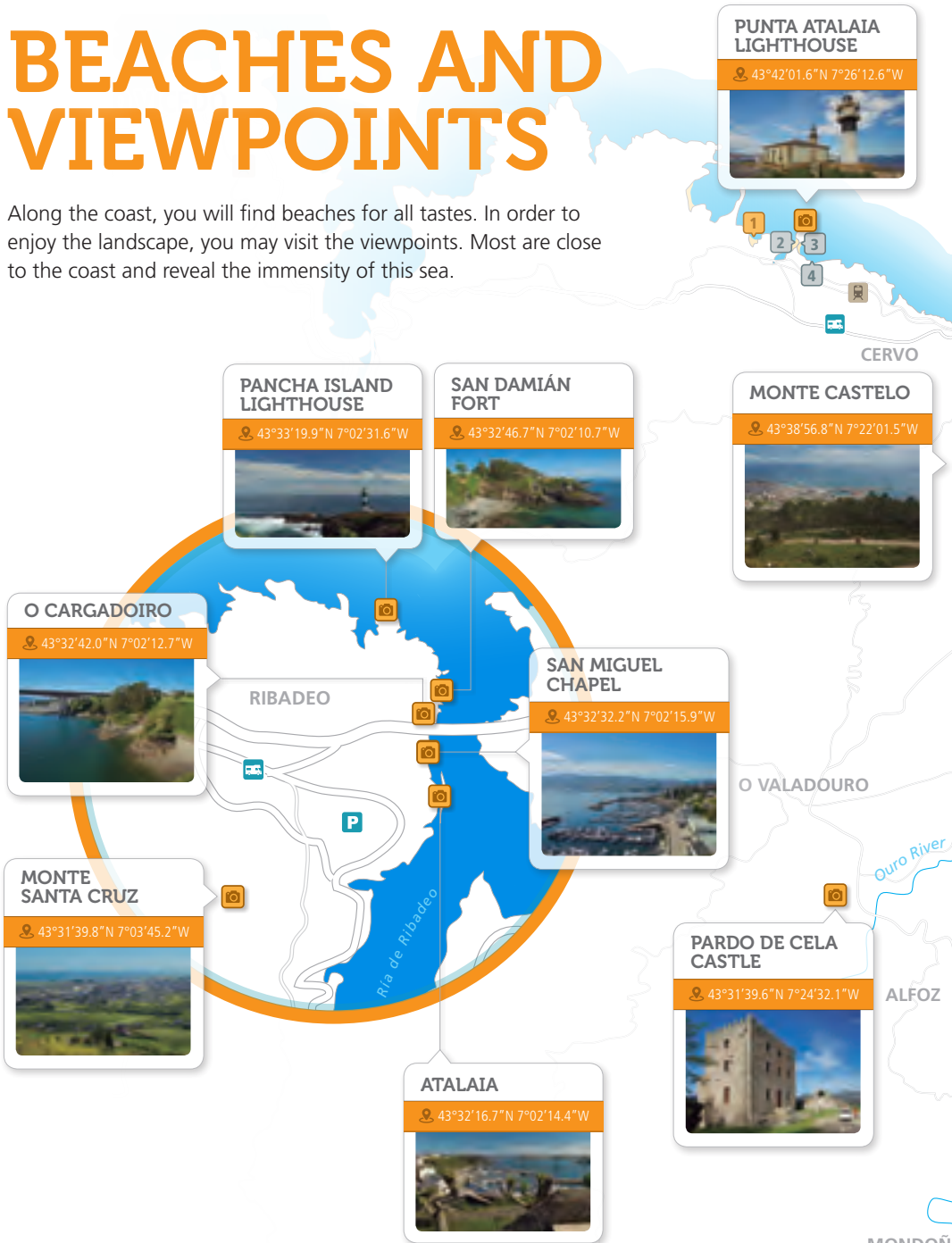
Leaving the square behind, go by *Fonte Vella* (XVI century) to penetrate this neighbourhood, which still conserves certain traditional trades: the zoqueiro, the puppeteer, the potter, which organize guided visits.

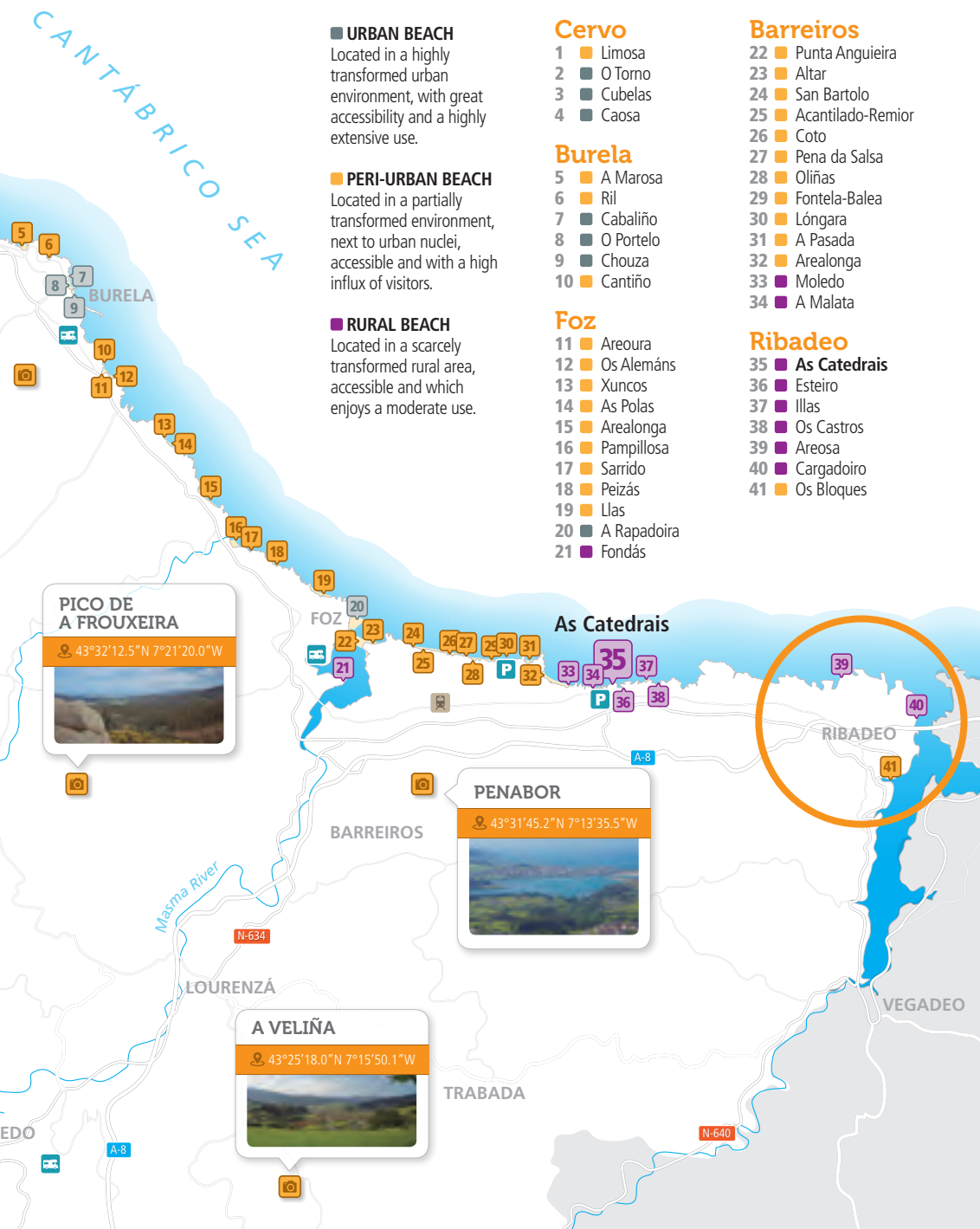
Wander along this "little Venecia" of Mondoñedo, where the river water which descends the mountain is channelled to build its famous mills. Here you will also find the *O Pasatempo* medieval

bridge, associated with the Pardo de Cela marshal legend (see page 18). This feudal lord was executed in 1493 in Cathedral Square, where a monolith reminds us of this historical event. The legend states that his wife was held at this bridge (leading to its name) so that she did not arrive in time with the pardon of the kings to save him.

BEACHES AND VIEWPOINTS

Along the coast, you will find beaches for all tastes. In order to enjoy the landscape, you may visit the viewpoints. Most are close to the coast and reveal the immensity of this sea.





Information useful

TOURISM OFFICES

Alfoz

- ☎ A Seara s/n. 27773 Alfoz
- ☎ 982 558 581
- 🌐 www.concellodealfoz.info

Barreiros

- ☎ Vila, 63. San Cosme 27790 Barreiros
- ☎ 982 134 400
- 🌐 www.concellodebarreiros.com

Burela

- ☎ Porto Pesqueiro s/n 27880 Burela
- ☎ 982 580 609
- 🌐 www.burela.org

Cervo (Town Hall)

- ☎ Estrada Sargadelos, 22 Viladesuso. 27888 Cervo
- ☎ 982 557 777
- 🌐 www.concellodecervo.com

Foz

- ☎ Paseo da Ribeira s/n (Edificio Cenima) 27780 Foz
- ☎ 982 132 426
- 🌐 www.concellodefoz.es

Lourenzá (Town Hall)

- ☎ Praza do Conde Santo s/n 27760 Lourenzá
- ☎ 982 121 552
- 🌐 www.concellodelourenza.gal

Mondoñedo

- ☎ Praza da Catedral, 34 27740 Mondoñedo
- ☎ 982 507 177
- 🌐 www.concellomondonedo.es

Ribadeo

- ☎ D. Gamallo Fierros s/n 27700 Ribadeo
- ☎ 982 128 689
- 🌐 www.ribadeo.gal



Punta Atalaia lighthouse (San Cibrao, Cervo)



Mondoñedo Cathedral

MUSEUMS, INTERPRETIVE CENTRES AND OTHER RESOURCES

Historical Museum of Sargadelos

- ☎ Casa da Administración s/n As Fábricas - Sargadelos 27891 Cervo
- ☎ 982 557 905
- ☎ 630 523 621

Provincial Museum of the Sea

- ☎ Avenida da Mariña, 27 San Cibrao. 27890 Cervo
- ☎ 982 594 572

Broad Bean Interpretive Centre

- ☎ Praza del Conde Santo s/n. Vilanova de Lourenzá 27760 Lourenzá
- ☎ 982 121 006

A Mariña Interpretive Centre

- ☎ Paseo da Ribeira s/n 27780 Foz
- ☎ 982 132 426

Finca Galea Water Museum

- ☎ Castro de Ouro s/n 27776 Alfoz
- ☎ 982 571 236

San Salvador Monastery - Sacred Art Museum

- ☎ Praza del Conde Santo s/n. Vilanova de Lourenzá 27760 Lourenzá
- ☎ 982 121 104

Sargadelos Factory

- ☎ Paraño s/n 27891 Cervo
- ☎ 982 557 841

Riverside carpentry Francisco Fra Rico

- ☎ Praia de San Cibrao, 22 San Cibrao 27890 Cervo
- ☎ 677 595 676

Cabo Burela Netmakers Association

- ☎ Avenida da Mariña s/n 27880 Burela
- ☎ 608 298 933



Sargadelos ceramics (Cervo)



Fazouro hill fort (Foz)

GALICIAN FESTIVALS OF TOURIST INTEREST

Cervo Sea Urchin Festival

- 📅 Late February or early March

Burela Tuna Festival

- 📅 First Saturday in August

International Emigrant Festival (Barreiros)

- 📅 First Saturday in August

Festival of the Holy Cross (Ribadeo)

- 📅 First Saturday in August

Festival of the Patron Saint, St. Lawrence (Foz)

- 📅 10 August

San Cibrao A Maruxaina Festival (Cervo)

- 📅 Second Saturday in August

Cervo Public Queimada Ritual

- 📅 Saturday following 16 August

Lourenzá Broad Bean Festival

- 📅 First Sunday in October

As San Lucas Festival (Mondoñedo)

- 📅 Around 19 October



Burela Port

MEDICAL EMERGENCIES

- General medical emergencies ☎ 061
- Public Health Services ☎ 902 400 116
- Hospital da Costa (Burela) ☎ 982 589 900 / 982 589 988

CITIZEN SAFETY

- Emergencies ☎ 112
- Civil Guard ☎ 062
- Local Police ☎ 092
- Forest Fires ☎ 085

OTHER SERVICES

- Renfe Railways ☎ 902 320 320
- FEVE Railway Station ☎ 982 130 739
- Ribadeo Bus Station ☎ 982 128 042
- Burela Bus Station ☎ 982 585 886
- Taxis Ribadeo ☎ 982 128 111



Arealonga beach (Foz)

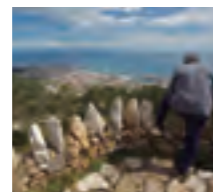
Homage Tower (Alfoz)



Vilanova de Lourenzá



As Catedrais beach (Ribadeo)



Mount Castelo viewpoint (Burela)

more than just
CATEDRAIS...

Tours for discovering
this corner of Galicia



Visit
As Catedrais

During the summer months (July 1 - September 30) and Holy Week you must request authorization. It is free and can be found online at <http://ascatedrais.xunta.es>

ROUTES map

1 to 2-hour routes 2 to 3-hour routes

ENDLESS SEA AND NATURE

- P.06 **1 The blue Ria of Ribadeo**
• Pancha Island Lighthouse • San Damián Fort • O Cargadoiro • San Miguel Chapel • Porcillán Marina
- P.08 **2 From As Catedrais to Rinlo**
• Os Castros Beach • Rinlo Shellfish Farm
- P.10 **3 From Rinlo to Pancha Island**
• Rinlo • Castro da Piñeira • Castro das Grovas • Pancha Island Lighthouse
- P.12 **4 Barreiros by the sea**
• Punta do Castro • Punta Corveira • Fontela Beach
- P.14 **5 Rinlo, home of goose barnacles**
• Shellfish Farm • Fishing quarter • Don Inocencio House

HISTORICAL SIGHTSEEING TOURS

- P.18 **6 In the footsteps of Marshal Pardo de Cela**
• Homage Tower • Finca Galea Water Museum
- P.20 **7 History and sea in San Cibrao**
• Provincial Museum of the Sea • Cubelas Beach • Punta Atalaia Lighthouse
- P.22 **8 Lourenzá, land of broad beans**
• Broad Bean Interpretive Centre • San Salvador Monastery
- P.24 **9 The Castro culture mark in A Mariña**
• A Mariña Interpretive Centre • Castro de Fazouro

THE INDUSTRIAL FOOTPRINT

- P.28 **10 Sargadelos ceramics**
• Sargadelos Factory • Historical Museum of Sargadelos
- P.30 **11 Tuna fishing in Burela**
• Reina del Carmen Tuna Boat and Museum • Cabo Burela Netmakers Association

A GLANCE AT ARCHITECTURE

- P.34 **12 Memories of the returned Americans in Ribadeo**
• Praza de España • Rodríguez Murias Street • San Roque Neighbourhood • The Sela House and The Indianos Garden
- P.36 **13 The wealth of Mondoñedo**
• Cathedral Square • Os Muíños Neighbourhood

