



XUNTA DE GALICIA

EN

WELCOME TO GALICIA

For many centuries it was said that the world ended on our shores, on the shores of an ocean (the Atlantic) that was believed to be infinite. But before getting lost in that ocean, we invite you to discover Galicia, a universe that will awaken all five of your senses.

Throughout history, many people have tried to conquer us but, surrendering to the wonders of this land, they decided to stay with us instead. The stones are witness. From petroglyphs and dolmens to the walls that the Romans built, passing through the innumerable Celtic forts and villages. Little by little, imposing churches and monasteries were erected that culminated in that masterpiece that is the Cathedral of Santiago de Compostela.

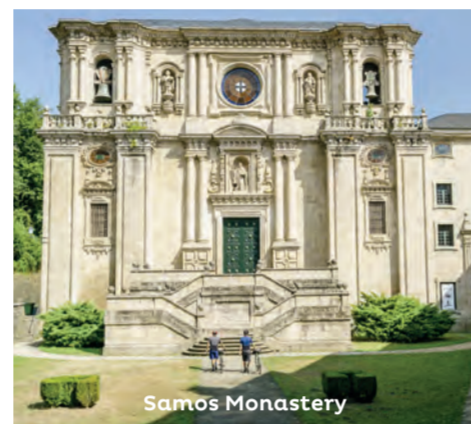
This is the home that we offer the pilgrims who have continued to arrive from all over the world, since the Middle Ages, after many exhausting days on the various ways of Saint James. Landscapes with an infinite kaleidoscope of greens crossed by hundreds of rivers, forests surrounded by mist and meadows inhabited by cows. An astonishing coastline with the unique Galician estuaries. And here and there an infinite variety of millenary constructions.

We delight visitors with the most exquisite delicacies. If our fish deserve a cum laude, the rough ocean grows the best barnacles. And the calm estuaries provide clams, scallops and mussels, among other exceptionally delicious seafood.

Inland, they boast about preparing the tastiest octopus, but they are also home to the best cheeses, turnip greens, potatoes, bread, pies, and beef and pork; with the speciality of Celtic pork. We are experts in applying innovative techniques to natural products, turning them into something special in the hands of new chefs.



Pedrafito do Cebreiro



Samos Monastery



Santiago de Compostela



O Cebreiro

We jump over waves in search of fertility, we fill the beaches with bonfires on Saint John's Eve, and we have stones with healing powers, herbs on the cliffs that foster love and fountains where miraculous waters flow.

If you visit us, you will discover privileged places where rivers meander through vineyards, fine white sands bathed by a rough ocean, mediaeval and fishing villages with maritime smells that will remain etched in your memory, World Heritage monuments and islands with unique species.

Visiting Galicia will give you a different experience. You will escape from routine, travel through the purest nature, lose yourself in the mystery and find peace.



Way of Saint James



Samos Monastery

DISCOVER THE MTB NETWORK

- Centro BTT Allariz-Vilar de Santos
- Centro BTT O Salnés
- Centro BTT Portas de Galicia
- Centro BTT Ribeira Sacra
- Centro BTT Serra do Xurés

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981 542 500 btt@xunta.gal

EUROVELO

EuroVelo is a network of long-distance cycling routes that connect different corners of the European continent. An initiative that promotes sports, ecotourism and the slow discovery of new tourist destinations.

The EuroVelo Network is a European Cyclists Federation (ECF) project that has created 17 long-distance routes that link 42 European countries through over 90,000 kilometres. Each of the 17 EuroVelo routes has its own theme and is identified by a number depending on its direction: north-south (odd) or east-west (even).

The different routes allow you to cycle on good-quality roads with low traffic density on existing or newly built routes. EuroVelo signage is standardised with a homogeneous design that allows you to easily follow the route, regardless of the country the route passes through.

EUROVELO 3 "PILGRIMS ROUTE"

With a length of 5,600 km, the EuroVelo 3 "Pilgrims Route" allows you to travel through seven European countries: Norway, Sweden, Denmark, Germany, Belgium, France and Spain. Along the way, you can visit up to 21 places recognised by UNESCO as World Heritage Sites.

In addition to travelling in the most sustainable way possible, you can visit some of the continent's most important cathedrals, such as those of Cologne, Aachen and Santiago de Compostela, while you can also enjoy the attractions of large cities such as Oslo, Gothenburg, Hamburg, Liège and Paris.

The route connects several pilgrimage routes, including St. Olav Ways between Trondheim and Oslo in Norway; the Oxen Way in Denmark; the Via Baltica, the Osnabrück Path and the North Rhine Route in Germany; the Via Mosana between Maastricht and Namur in Belgium; the Via Monastica that connects Belgium with France; the Estelle Path that reaches Paris; the Via Turonensis that connects the French capital with Saint Jean Pied de Port, the French Way that leads to Santiago de Compostela and, The Fisterra and Muxia Way reaching Cape Fisterra.



Santiago de Compostela



A Ponte Maceira

EUROVELO 3 IN SPAIN AND THE GALICIAN SECTION

The EuroVelo 3 "Pilgrims Route" mainly follows the French Way branch of the Way of Saint James through the regions of Navarre, La Rioja, Castilla y León and Galicia. It is a very varied route that begins in the leafy Navarrese Pyrenees, descends to the Ebro river and then enters the attractive agricultural plains of the so-called "Tierra de Campos" de Castilla y León region. Before entering Galicia, it climbs through the attractive mountains of the Bierzo region of León and continues through the Galician forests to Santiago de Compostela, an essential stop, before continuing along the Jacobean route "The Fisterra-Muxia way" to reach Cape Fisterra on the Costa da Morte, the mythical Finis Terrae, the end of the earth known since Roman times.

We suggest you get to know the EuroVelo 3 route in Galicia through its five stages or sections (17, 18, 19, 20 and 21). The stages are structured in a way that at the beginning and at the end of each one you will find accommodation, food and transport services, among others.

The EuroVelo 3 "Galician" route begins in Pedrafito do Cebreiro and then ascends to the village of O Cebreiro, located at 1,300 m above sea level, between the O Courel and Os Ancares mountain ranges. O Cebreiro is of pre-Roman origin and is famous for its typical pallozas dwellings with rye thatched roofs. This first stage allows you to visit other important places on the route, such as Triacastela village, the surprising monastery of Samos and the town of Sarria. The route also offers beautiful mid-mountain landscapes and numerous examples of popular Galician architecture.

The second stage crosses large areas of meadows and oak groves towards the banks of the river Miño, and then crosses the bridge that leads to Portomarín, a village rescued from the waters after the construction of a dam and relocated to this new area. Palas de Rei is a good place to stock up before continuing to Melide, where you will find what is possibly the oldest cruceiro (stone cross) in Galicia. You should also try the traditional pulpo (octopus) à feira in one of Galicia's famous pulperías (traditional octopus restaurants).

The third stage visits the town of Arzúa, one of the cheese capitals of Galicia. Through the so-called "Dutch Route", along the AC-240 regional road, you will visit the municipalities of Touro and Boqueixón before you reach the City of Culture, which welcomes us to Santiago de Compostela. The capital of Galicia is a city full of attractions of all kinds, with a historic centre so well preserved that it has been declared a World Heritage Site by Unesco.

The fourth stage starts from Praza do Obradoiro and takes the cyclist across the Tambre River at A Ponte Maceira to discover the village of Negreira and continue the tracks of the Fisterra-Muxia Way until Olveiroa, a village which preserves the appearance of the traditional Galician villages. The last stage of the EuroVelo 3 in Galicia lets you enjoy the beauty of the Costa da Morte made up of rugged landscapes and stunning beaches. The last part of the most coastal stage visits the villages of Cee and Corcubión reaching the end of this journey at Cape Fisterra to enjoy the sunset over the immense ocean, the sea at the end of the world.

3 PILGRIMS ROUTE

- 5.600 Km
- 7 Countries
- 21 World Heritage Sites (UNESCO)



- SWEDEN**
01 Rock Carvings in Tanum
- DENMARK**
02 Jelling Mounds, Runic Stones and Church
- GERMANY**
03 Speicherstadt and Kontorhaus District with Chilehaus
04 Bremen
05 Cologne Cathedral
06 Aachen Cathedral
- BELGIUM**
07 Namur Belfry
08 Charleroi Belfry
09 Mining Site Bois du Caizier
10 Thuin Belfry
- FRANCE**
11 Paris, Banks of the Seine
12 Palace and Park of Fontainebleau
13 The Loire Valley between Sully-sur-Loire and Chalonnes
14 Abbey Church of Saint-Savin-sur-Gartempe
15 Jurisdiction of Saint-Emilion
16 Bordeaux, Port of the Moon
- SPAIN**
17 San Millán Yuso and Suso Monasteries
18 Archaeological Site of Atapuerca
19 Burgos Cathedral
20 The Way of Saint James (The French Way)
21 Santiago de Compostela (Old Town)
- SYMBOLOLOGY**
📍 World Heritage Sites (UNESCO)



Olveiroa



Talon Beach, Fisterra

EUROVELO SIGNALS

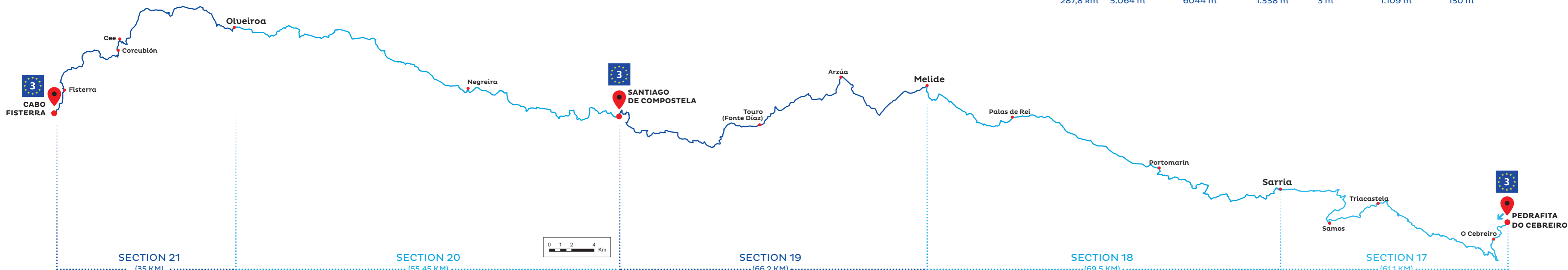


RECOMMENDATIONS

- It is recommended to wear a helmet.
- Don't forget to check the bike's condition.
- Find out about the route's technical aspects and the day's weather forecast.
- Always carry water, warm clothes, a repair kit and a properly charged mobile phone.
- You must obey the signs along the route, give priority to pedestrians and comply with the general traffic rules.
- You can download the routes' tracks on the website www.turismo.gal
- You can maintain the route notifying of any incidents regarding the conditions of and signs along the paths using the email bt@xunta.gal

PEDRAFITA DO CEBREIRO - CABO FISTERRA

GENERAL ROUTE DATA							
Distance	Altitude difference +	Altitude difference -	Maximum height	Minimum height	Departure altitude	Arrival altitude	
287,8 km	5.064 m	6044 m	1.338 m	3 m	1.109 m	130 m	

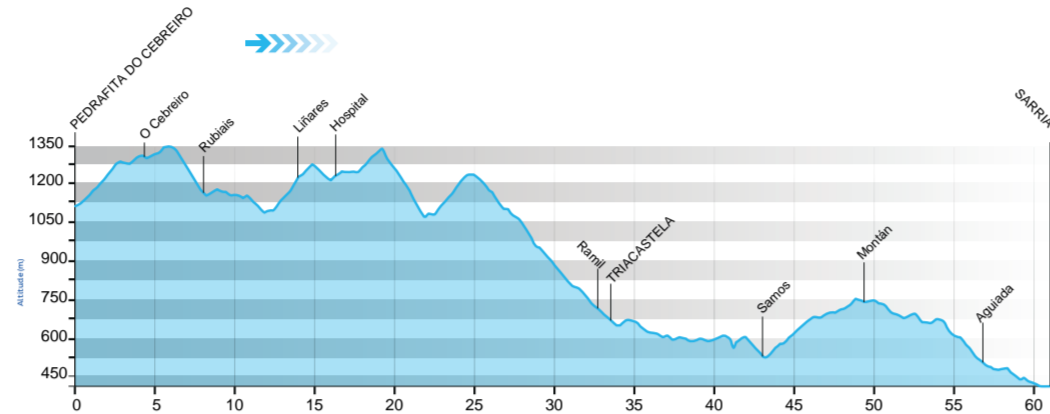


SECTION 17 (Pedrafita do Cebreiro – Sarria)

The EuroVelo 3 "Galician" route begins in Pedrafita do Cebreiro and then ascends to the village of O Cebreiro, located at 1,300 m above sea level, between the O Courel and Os Ancares mountain ranges. O Cebreiro is of pre-Roman origin and is famous for its typical pallozas dwellings with rye thatched roofs. This first stage allows you to visit other important places on the route, such as Triacastela village, the surprising monastery of Samos and the town of Sarria. The route also offers beautiful mid-mountain landscapes and numerous examples of popular Galician architecture.



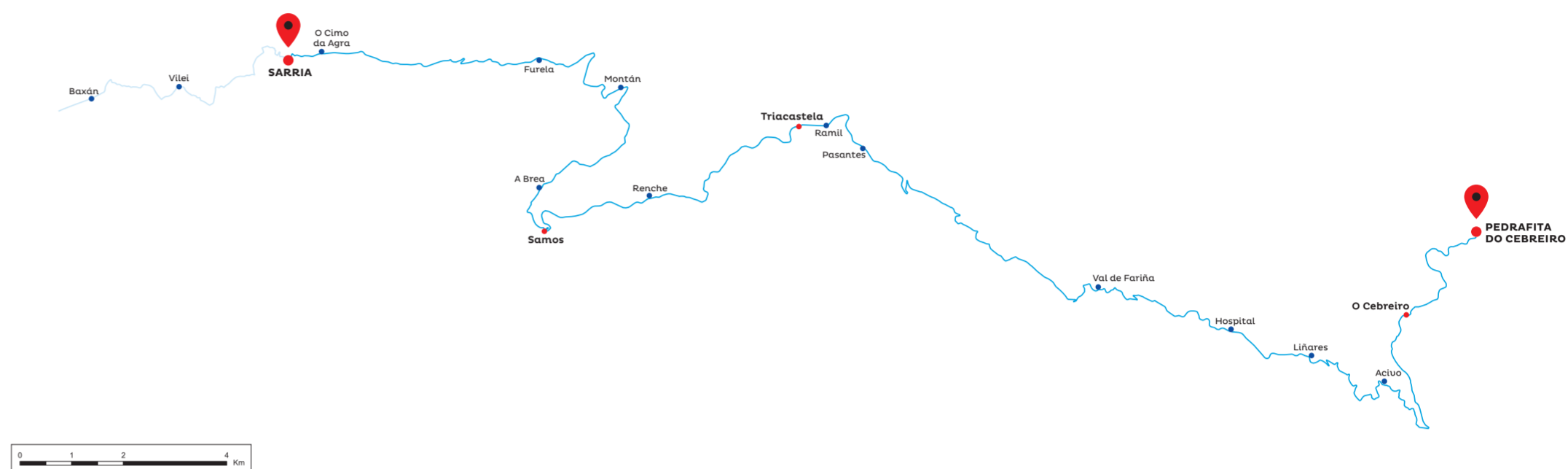
SECTION 17 PEDRAFITA DO CEBREIRO - SARRIA



	Accommodation	Restaurants	Bar/cafe	Bus	Tram	Train	Appar	Transfer	Pharmacy
Pedrafita do Cebreiro	✓	✓	✓	✓	✓	✓	✓	✓	✓
O Cebreiro	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triacastela	✓	✓	✓	✓	✓	✓	✓	✓	✓
Samos	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sarria	✓	✓	✓	✓	✓	✓	✓	✓	✓

GENERAL ROUTE DATA

Distance	Altitude difference +	Altitude difference -	Maximum height	Minimum height	Departure altitude	Arrival altitude
61,1 km	1.187 m	1.876 m	1.338 m	419 m	1.110 m	420 m



SECTION 18 (Sarria – Melide)

The second stage crosses large areas of meadows and oak groves towards the banks of the river Miño, and then crosses the bridge that leads to Portomarín, a village rescued from the waters after the construction of a dam and relocated to this new area. Palas de Rei is a good place to stock up before continuing to Melide, where this section ends. In Melide, you will find what probably is the oldest stone cross in Galicia. You should also try the traditional pulpo (octopus) a feira in one of Galicia's famous pulperías (traditional octopus restaurants).



SECTION 18 SARRIA - MELIDE



	Accommodation	Restaurants	Bar/cafe	Bus	Tram	Train	Appar	Transfer	Pharmacy
Sarria	✓	✓	✓	✓	✓	✓	✓	✓	✓
Portomarín	✓	✓	✓	✓	✓	✓	✓	✓	✓
Palas de Rei	✓	✓	✓	✓	✓	✓	✓	✓	✓
Melide	✓	✓	✓	✓	✓	✓	✓	✓	✓

GENERAL ROUTE DATA

Distance	Altitude difference +	Altitude difference -	Maximum height	Minimum height	Departure altitude	Arrival altitude
69,5 km	1.458 m	1.424 m	723 m	350 m	420 m	453 m

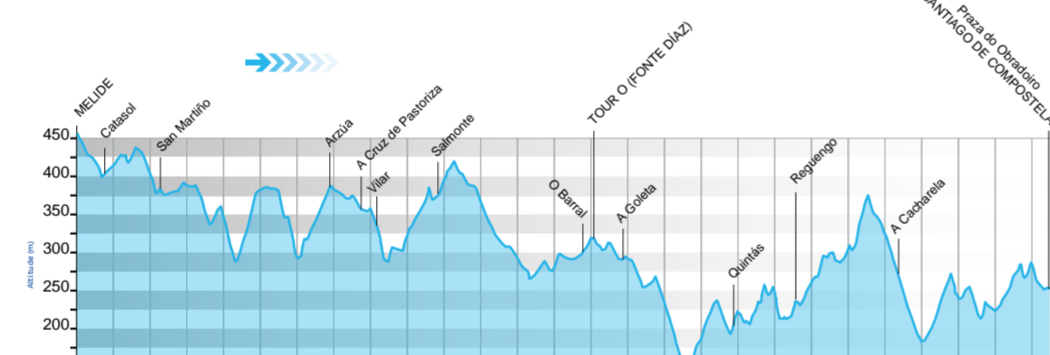


SECTION 19 (Melide – Santiago de Compostela)

The last stage visits the town of Arzúa, one of the cheese capitals of Galicia. Through the so-called "Dutch Route", along the AC-240 regional road, you will visit the municipalities of Touro and Boqueixón before you reach the City of Culture, which welcomes us to Santiago de Compostela. The capital of Galicia is a city full of attractions of all kinds, with a historic centre so well preserved that it has been declared a World Heritage Site by Unesco.



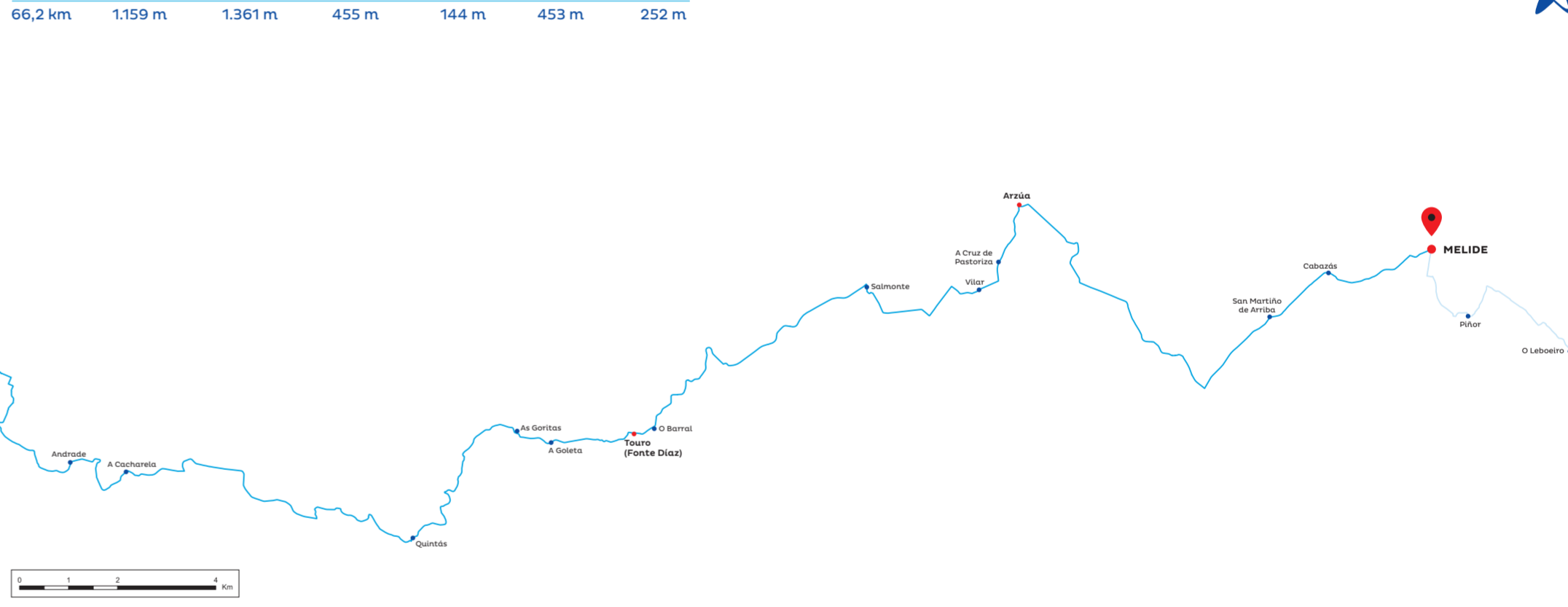
SECTION 19 MELIDE - SANTIAGO DE COMPOSTELA



	Accommodation	Restaurants	Bar/cafe	Bus	Tram	Train	Appar	Transfer	Pharmacy
Melide	✓	✓	✓	✓	✓	✓	✓	✓	✓
Arzúa	✓	✓	✓	✓	✓	✓	✓	✓	✓
Touro	✓	✓	✓	✓	✓	✓	✓	✓	✓
Santiago de Compostela	✓	✓	✓	✓	✓	✓	✓	✓	✓

GENERAL ROUTE DATA

Distance	Altitude difference +	Altitude difference -	Maximum height	Minimum height	Departure altitude	Arrival altitude
66,2 km	1.159 m	1.361 m	455 m	144 m	453 m	252 m

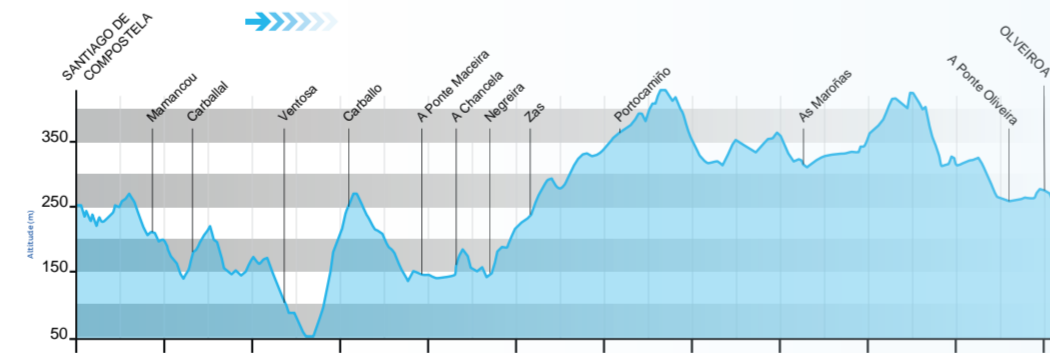


SECTION 20 (Santiago de Compostela – Olveiroa)

This stage starts in the Plaza del Obradoiro in Santiago de Compostela, the goal of all Jacobean routes. It crosses the river Tambre over the most significant bridge on this route, A Ponte Maceira, until it reaches the medieval town of Negreira. The cycle route shares several sections with the old Royal Road to Finisterre, where the Xallas region offers us the beauty of its landscapes and its genuine popular architecture. Passing the village of Mollón, we reach the Olveira bridge that crosses the river Xallas, which divides the municipalities of Mazaricos and Dumbría. Bringing us to the centre of Olveiroa, the end of the stage.



SECTION 20 SANTIAGO DE COMPOSTELA - OLVEIROA



	Accommodation	Restaurants	Bar/cafe	Bus	Tram	Train	Appar	Transfer	Pharmacy
Santiago de Compostela	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ames	✓	✓	✓	✓	✓	✓	✓	✓	✓
Negreira	✓	✓	✓	✓	✓	✓	✓	✓	✓
Santa Comba	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mazaricos	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dumbría	✓	✓	✓	✓	✓	✓	✓	✓	✓

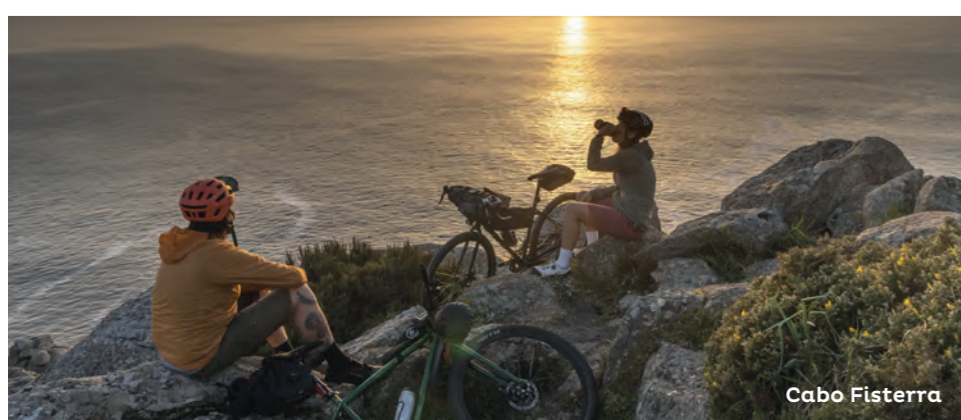
GENERAL ROUTE DATA

Distance	Altitude difference +	Altitude difference -	Maximum height	Minimum height	Departure altitude	Arrival altitude
55,45 km	955 m	946 m	427 m	51 m	252 m	260 m

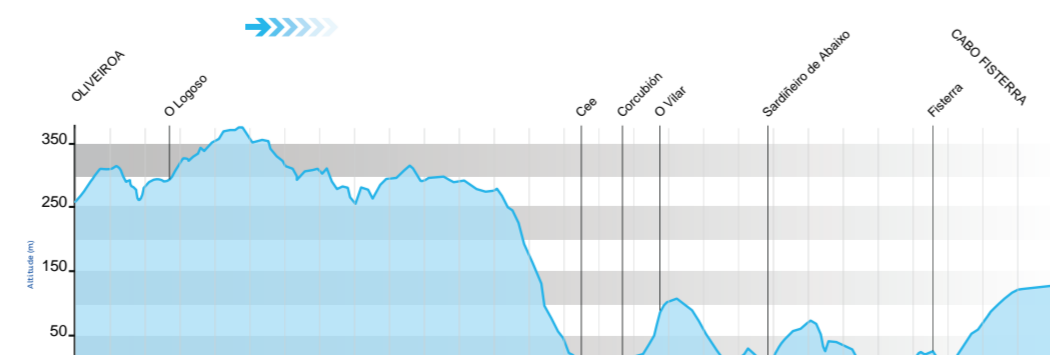


SECTION 21 (Olveiroa – Cabo Fisterra)

This second stage begins in Olveiroa. By crossing the river Hospital, we reach the village of the same name, a place that once boasted a modest hospital for pilgrims, which unfortunately no longer exists. The cyclist route reaches the top of O Cruceiro da Armada followed by a marked descent, with views of the Corcubión estuary, that ends in the town of Cee, the junction point with the EuroVelo 1, "Route of the Atlantic Coast". This route originates, in the Galician territory, at the international Bridge of the Miño River in Tui and runs along the entire Atlantic coast of the province of Pontevedra and the south of the province of A Coruña. From this point onwards, these two routes share a final stretch that crosses a region with one of the most beautiful coastlines of the Iberian Peninsula. We arrive at Finisterre through the district of San Roque and continue along the road up to the lighthouse to reach the mythical "km 0" of the Way of Saint James, at the cape at the end of the world.



SECTION 21 OLVEIROA - CABO FISTERRA



	Accommodation	Restaurants	Bar/cafe	Bus	Tram	Train	Appar	Transfer	Pharmacy
Dumbría	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cee	✓	✓	✓	✓	✓	✓	✓	✓	✓
Corcubión	✓	✓	✓	✓	✓	✓	✓	✓	✓
Fisterra	✓	✓	✓	✓	✓	✓	✓	✓	✓

GENERAL ROUTE DATA

Distance	Altitude difference +	Altitude difference -	Maximum height	Minimum height	Departure altitude	Arrival altitude
35 km	591 m	721 m	377	3 m	260 m	130 m

