"You say: Galicia is very small. And I say: there is a World of Galicia. Every piece of a land is in itself as the entire World. You may journey from North to South, from East to West, in little time; you may do so over and over again, and yet you shall not travel it whole. And every time you go, you shall come across new things (...) The surface may be small; in depth, entity, Galicia is as great as you wish ... " VICENTE RISCO
HOW TO BEHAVE IN NATURAL AREAS

Do not start fire.
Be careful with cigarettes ends: alight or even extinguished, they can provoke fires.
Contribute to the cleaning of natural areas.
Do not throw litter and, if you find some, please pick it up and throw it in the garbage cans installed for this purpose.
It is forbidden to kill, disturb or wound wild animals.
Hunting and fishing are subjected to control and rules.
In the Natural Parks, it is even forbidden to carry any kind of weapon or underwater gun.
Do not cut, tear or harm the vegetation, you need to know and comply with certain rules.
The introduction of non-autochthonous flora and fauna species is subject to surveillance.
Do not camp out of the authorised facilities.
Enjoy open-air walks. Respect the paths.
Car wheels damage the vegetal mantle.
Please do not upset the natural quietness with noises, loudspeakers or unnecessary lights.
Walking in groups is advisable, if they are not too large.

Rias, river-bodied water that smells of sea, are the great Galician loanword to world languages. From the Eo to the Miño, one thousand rivers and 1,675 km of coasts where the Atlantic Ocean turns into the Cantabrian sea. The legend tells that the rias were shaped by the fingers of God leaning on the Garden of Eden when He rested on the seventh day. But do not forget the human presence. No less than half of the population centres existing in Spain are of Galician origin. It is a country of castros (fortified settlements protected by walls and pits, with circular or elliptic or circular stone houses inside), bridges, water mills, soutos, vineyards, cruceiros and sea crossroads, pazos (stately homes) and biñezos (granaries), churches and convents, basically of Romanesque and Baroque art…

All of this would have been impossible without a nature which is capable of taking pleasure in its contact with Atlantic and Mediterranean climates. Variety and contrast are not simple things. Besides the “rias”, the coast offers large zones of rough sea, such as the Costa da Morte, together with beaches, salt marshes and lagoons such as the dune complex of Corrubedo. Sometimes from sea level, the heights are gradually spaced out, as is the case of the Serra do Barbanza or of A Capeleira, with the highest cliffs in Europe. The mountain backbone of Galicia stretches throughout the central lands, with summits just under 1,000 metres high. Towards the interior, these mountain chains give way to plains such as A Terra Chá or A Limia and, especially, valleys that often run through deep gorges with different orientations and clear diversity. The main rivers, the Miño and the Sil, create actual galleries of life and culture passages. On top of that, the natural paradises of the Western mountains still remain: Ancares et Courel, or the alpine landscapes of the community summits, Pena Trevinca (2,127 m) being the highest one.

The European Union is building the basic principles which will inspire policies aimed at adopting preservation measures together with socio-economic activities. When choosing its Sites of Community Importance (SCI), Galicia has decided to represent different priority habitats whose preservation is essential for community interests. The recent incorporation of the western Costa da Mariña contributes to almost wholly completing Galicia’s coastline, from the Miño to the Eo. Together with the ZEPA, they make up the list of areas included in the Natura 2000 network, chosen in Galicia and from Galicia for the whole world.

We have six Nature Parks where the greatest efforts are being concentrated as regards environmental infrastructure for their preservation and general awareness. Given their cross-border nature, we must highlight the collaboration of the Baixa Limia-Serra do Xurés (Galicia) Natural Park and the Peneda-Gerês National Park (Portugal). In this sense, we should also mention the humid areas which have been included in the RAMSAR international agreement and the Special Areas for Protection of Birds or SPA (Zona de Especial Protección para las Aves). The European Union is building the basic principles which will inspire policies aimed at adopting preservation measures together with socio-economic activities. When choosing its Sites of Community Importance (SCI), Galicia has decided to represent different priority habitats whose preservation is essential for community interests. The recent incorporation of the western Costa da Mariña contributes to almost wholly completing Galicia’s coastline, from the Miño to the Eo. Together with the ZEPA, they make up the list of areas included in the Natura 2000 network, chosen in Galicia and from Galicia for the whole world. 
LOCATION: In the Rías Bajas: Cíes, at the mouth of the Vigo ría; Ons, in the Pontevedra ría; Sálvora, at the western mouth of the Arousa ría and Cortegada, at the far end of this ría.

SURFACE AREA: Per archipelago:
Cíes: 2,658 sea ha. and 433 land ha.
Ons: 2,171 sea ha. and 470 land ha.
Sálvora: 2,039 sea ha. and 248 land ha.
Cortegada: 43.8 land ha.
SCI “Illas Cíes” 990 ha.

ACCESS: Boat services from June to September.
To Cíes from the ports of Vigo, Baiona and Cangas; to Ons from Sanxenxo-Portonovo, Marín and Bueu. There is no access to Sálvora, Cortegada or the other islands.

SERVICES: Accommodation: In Cíes, controlled camp site in summer (800 places). In Ons, camping permits in summer.
Food: in Cíes and Ons.

M.A.N.: Cíes: Interpretation centre located in Illa do Faro (O Faro island).
Phone number: 986 687 502
Information Office.
Two observatories and two routes.
Ons: Information Office.

ILLAS ATLÁNTICAS DE GALICIA

- Foreshore National Park
- “Illas Cíes”; “Illa de Ons” ZEPA
- Site of Community Importance (SCI) “Illas Cíes”
The Cíes islands lie midway between the Vigo ria and the sunset. Sailing towards the sunset islands is one of the greatest adventures the Galician coast can offer. The maximum recognition as a Foreshore National Park granted to the Illas Atlánticas de Galicia, which comprises four archipelagos, Cíes, Ons, Sálvora and Cortegada, guarantees the preservation and the improvement of these highly exclusive but fragile ecosystems in the 21st century.

There is no doubt that the thinnest sand expands, like a mirror for the sun, and the best ocean waters can be found here, colder and saltier than in inner rias. In the Cíes, you can hear seagulls scream dealeningly during the breeding season on the cliffs open to the sea. They form the largest colony around our coasts, with about 22,000 breeding pairs. From the boat that will take you there, you can see the still silhouette of three islands that often look like two. The Northern one, called Monte Agudo, joins the Illa do Medio (Middle Island), also known as Illa do Faro (The Lighthouse Island) through the sand extension on the beach of Rodas, with the Lago dos Neiros in the distance. The Illa do Sur, also called San Martiño, is separated from the others by a channel which truly deserves its name of "sea gate". In addition, there is a group of islets connected, below sea level, to sea bottoms of rich biodiversity, with large seaweed bushes teeming with shellfish and other gastronomy products within a protected area.

Ons and Onza, its sister, close the Pontevedra ria through a coastal line that seems to have been drawn with a ruler.
However, the part which is not visible from the land is extremely winding and suitable for the formation of furnas (caves) and foam-edged reefs. On this ocean side, the underwater landscape consists of vertical walls whose rich life results from the outcrop of deep, nutritious waters. These characteristics are shared with the Cies. However, at first sight, the Ons island suffers a more reduced tree vegetation on the emerged surface. The archipelago of Sálvora, on the western end of the Anousa ria, has a high number of islets, which make navigation difficult and have caused several shipwrecks. Even if it is a few private houses have been built on the main island, it has no access for tourists at present. The small islets of Viorta, Herbiço and Noro are fully considered as protected areas. The only activities permitted here are research work and monitoring of its environmental values.

Inside this Anousa sea, whose biological richness is highly valued, the Cortegada island is practically a stone’s throw away from the port and promenade of Carril, in Vilagarcía de Arousa. Despite this proximity and a historically complex distribution of its properties, Cortegada and the neighbouring Malveiras bring their own natural values, such as a unique laurel grove, to the network of Natural Parks.

**ROUTES**

There are no vehicles here, and the number of visitors allowed in the Cíes every is limited to 2,200, which renders this area particularly quiet. In the two main islands, joined by a beach and a small bridge, all the paths are clearly indicated from the Rodas pier. The main routes take visitors to each of the three existing lighthouses. Combined with the two existing observatories, they make it possible to walk across the islands without entering the area which protects the cliffs and furnas from the northern end of O Cabalo to the southern end of Canabal.

Along the longest road to Monte Faro, southwards, besides the beach and the lake we can discover the A Campá observatory, located on pure rock and surrounded by the dearering cackling of seagulls. On the final section, before the zigzagging climb to the lighthouse, we can approach the pre-Roman castreño village. Even if these areas are known as Siccas ("arid") and are inhabited today, there are signs indicating that monks, hermits and fishermen lived here in the old times.

On the island of Ons, the routes start from the pier on the beach of Area dos Cans and the O Curro’s group of houses built around this pier. It is possible to climb to the vantage point of the lighthouse around the houses of the islanders, who traditionally made a living by selling octopus and shellfish until the mid-70s, when they started leaving the place. If you go towards the ends, you can choose to go northwards, to the solitary and beautiful Melide beach, or southwards, through several paths, all leading to Coxo and Burato do Inferno, a pit-shaped furna where it is possible to hear the sea roaring in the bowels of the earth. The boat tickets that will take you to the Cíes islands indicate the day and the time of return. There is no regular transportation service to sail from one island to another, but it is possible to go on tourist cruises in order to visit the whole ecosystems of the rías, and the mussel-breeding areas in particular.

If you prefer to witness production activities, the pier and promenade of Carril offer remarkable shellfishing lessons on its clam or cockle breeding grounds. They represent the only border of the Cortegada island, which displays its thick pine grove in the foreground.

**FLORA:** Few and eucalyptus cover one fourth of the Cíes. Good preservation of the dunes. Presence of a dune bush known as camariña (Corema album) and of the spiny thrift (Armeria pungens). Furze abounds on the vegetation mantle. Mediterranean species such as the white broom (Osyris alba) or the wild asparagus (Asparagus). There are rich sea bottoms, with over 200 seaweed species, especially brown seaweed of the Laminaria (kelp) and Sacorhiza type, and soft corals such as the Gorgonia or common sea fan. One of the largest laurel groves in Europe lies in Cortegada.

**FAUNA:** There are numerous world-important colonies of sea birds. Green cormorant (Phalacrocorax aristotelis) and Caspian Gull (Larus cachinnans). Non-breeding presence of the Common Murre. Nesting, winter stay and resting area in migration times. Interesting reptile: the Iberian five-fingered seps (Chalcides bedriagai). Rich presence of crustaceans, molluscs and fish. Cetaceans can be seen.
TERRAS DO MIÑO


Surface Area: 163,648.9 Ha. of which 10% corresponds to the central fluvial and mountainous area; 22% is known as buffer area; and 68%, transition zone.

Access: The main road connections from east to west: motorway A-6 and N-VI; from north to south: N-640.


“The age of rivers is counted in leagues, not in years” as one of Lugo’s great writers, Ánxel Fole, once said. In this respect, the Miño focuses one of the inland Galicia’s areas with most life: the “Terras do Miño” Biosphere Reserve. It comprises the river’s whole upper basin from its source in Pedregal de Irmia and the sources of the Fonfría (Meina) to the south of the walled city. There are also interesting mountain ranges (See “Serra do Xistral”), numerous tributaries (See “Parga-Ladra-Támogas”) and the wetlands of Terra Chá with Lagoa de Coqueito at the headwater (See also “Lagoa do Rei”). Whether in leagues or hectares, they occupy forty per cent of the entire Lugo province and represent the second-largest biosphere reserve in Spain. We should add to this the 160,000 inhabitants that live in it, and for whom this UNESCO declaration aims to encourage an economic development that is both culturally and ecologically sustainable. Rivers and Mountains, Miño and Xistral, are the nucleus where the most valuable ecosystems are to be found: rivers and wetlands. Landscapes of water. From the abundance of water, we get the insuás, river islands. And from water in clouds come the mountain peat bogs. In the transition areas where the population concentrates, agricultural activities harmonize the landscape of permanent green and farmland panoramas where the local breed of cow is the “rubia gallega”. To Terra Chá, apart from a town here another there, as described by its poet Manuel María, it is a stretching horizon of rolling meadows, carballeiras and other fragas outlining the river channels.

ROUTES
The itinerary in best conditions alongside the river is the one that starts off from near the city of Lugo, from the Visitors’ Centre on the banks of the River Neira, and covers about 18 kilometres along the left bank of the Miño to the mouth of the River Neira. There are also points well-worth visiting, related with nature, crafts and history.

We could name numerous insuás such as those of San Silvestre, Tomín de Castelo, Pazo de Seivane, O Curro, Meirá, Santalla, Perello, Cabanes, Romeiros, Trabanca, Cela... and those undergoing regeneration work such as Insua de San Roque, between Outeiro de Rei and Rábade, and Pozos do Ollo, in Bogue. These areas, of considerable natural and landscape value have a Visitors’ Centre in Rábade.

The human relationship with the river can be seen in the caneiros or low sluices that traditionally dam the current, such as the one at Piago (Ombreiro), and in the batuxos, vessels designed by and for these waters, an ethnographic element filled with memories and future. The most interesting points showing this relationship are the Maza de Santa Comba ironworks and, mainly, the A Fervenza Ethnographic Complex, which, apart from the spectacular waterfall of the same name, it has a mill, fishery, forge and zoqueiro (clog) workshop. Also in the field of crafts, a visit to the Borne pottery is a must, considered to be the oldest in Galicia. As for historical heritage, there are two periods that came together to mould these lands’ future. On one hand, the “Castreña” culture which is magnificently explained in the open-air museum at Castro de Viladonga (Castro de Rei). On the other hand, the Roman legacy which explains itself with a stroll along the parapets of Lugo’s Roman walls (World Heritage) with a perimeter of over two kilometres.

FLORA: Oak forests (Quercus pyrenaica and Quercus robur); alluvial forests of alder and birch (Alnus glutinosa and Betulo-Molinietum); wetland undergrowth (Ulex europaeus, Cytisus ingramii); red遏制s of highland peat bogs (E. tetralix, Sphagnum and Cladium mariscus) and water plants.

FAUNA: Bioindicators of health in the fluvial ecosystems such as otters (Lutra lutra) and river pearls (Margaritifera margaritifera). Sightings of Iberian wolves (Canis lupus). A refuge for water fowl with winter and breeding colonies.
**“GERÊS-XURÉS”**

**Cross-Border Park**

**“BAIXA LIMIA-SERRA DO XURÉS” Natural Park**

**Site of Community Importance (SCI) “Baixa Limia”**

**LOCATION:** South-west of the province of Ourense, bordering on Portugal. Municipalities of Entrimo, Lobios and Muíños. The SCI “Baixa Limia” also covers the municipalities of Bande, Calvos de Randín, Lobeira, Padrenda, Quintela de Leirado and Verea.

**SURFACE AREA:** The Natural Park covers 20,920 hectares; the SCI, 33,920 hectares.

**ACCESS:** From Ourense, towards Celanova and Portugal, through the N-540 road. From Xinzó de Limia through the OU-301 up to Bande. Turn-offs to Entrimo, Lobios and the cross-border pass of Portela do Home frontier crossing. From Portugal, there are passes through A Magdalena and Portela do Home.

**SERVICES:** Accommodation: Yes. Food: Yes.

M.A.X: Natural Park Head Office.
Entrada Portugal, Lobios.
Phone number: 988 448 048
Fax: 988 448 181

The Roman legions passed through this area when conquering the tribe of cacilhí which means Galicians. In those times, there were no borders and it would be long before the first one. There is one river with two different names: Limia, for the Galicians who witness its birth in the sources of Antela and Lima, for the Portuguese who see it die in Viana do Castelo. All this area is dominated by rivers. Many tributaries flow along the Limia, that receives two big dykes: As Conchas and Lindoso. The latter has its dam in Portugal, but its waters come from Galicia. This is, however, a dry area, since it is the mountains, as we approach it, and not the rivers, that define its horizon with its sierra-like profile. Their characteristic castle-shaped peaks make them unmistakable. Given their height, they keep the lowest circular glaciers in the whole Iberian Peninsula. From north to south, the Serra do Laboreiro and the Serra de Queixos, the mountains of O Quirro, the hill of Santa Eufemia, neighbouring the Serra do Xurés which reaches the highest level of all these mountains with its peak of A Neixe (1,519 m), further on to the west, the Serra do Pico and still further, the Serra da Pena and the lands of Couso which in the old times were neither Spanish nor Portuguese. These steep, rocky places saw the hunting of the last bear in these latitudes, and today they witness the return of the Xurés goat thanks to a plan for the reintroduction of the free-roaming wild mountain goat. In order to maintain all this diversity, one of the first community experiences of cross-border collaboration has been set up. In terms of category, the National Park of Peneda-Gerês (Portugal) and Natural Park of Baixa Limia-Serra do Xurés form a unique, single natural jewel in this old and new Galicia. The Portuguese part keeps considerably leafy areas and high trees which, in the old times, were used in shipbuilding to design trimmers, frames and masts which were renowned in the seven seas.
FLORA: Large bushy areas with some endemisms such as the Iris boissier. Oak groves and Mediterranean elements such as cork oaks (Quercus suber) and strawberry trees (Abutus unedo). In the highest areas, they can be accompanied by wild pines (Pinus sylvestris) and yew trees (Taxus baccata).

FAUNA: Herds of wolves (Canis lupus) and their main prey: roebuck (Capreolus capreolus) and mountain goat in a reintroduction programme. In the highest plains, they can be accompanied by wild jines (Pinus pinea) and yew trees (Taxus baccata). Sporadically, golden eagles (Aquila chrysaetos). Vipers: Vipera lataeti.

ROUTES
The Baixa Limia-Serra do Xurés Natural Park is among the protected areas having the strongest historical, ethnographic and environmental personality in the autonomous community. There are hiking paths which, in some cases, follow the stretches of the Via XVIII or Via Nova which linked the Augustan cities of Braga and Astorga. We can still see some stretches of these paths in the Miliarios area, nine kilometres from Lobios when climbing to Portela do Home. From the north, this is one of the entries to the Portuguese Peneda-Gerês National Park. To get there, you must follow the Caldo river which is always in sight. Today, it is still possible to feel the thermal benefits its name (“Broth”) refers to. Upstream but not far from this point, the river receives the wild stream of Fecha, which eventually flows as a waterfall. When filled by rain, it is the highest and most impressive waterfall in Galicia. On the banks of the dam of As Conchas, the deposit of Aquis Querquennis site, a Roman camp in Bande, certify that this is an area for walks and baths. The area is being fitted out as a romanisation museum. In the same municipality, you can pay a visit to the first Galician church with a Visigothic –or rather Suevian– plan in Santa Comba. Around the dam of Salas, in the municipality of Muñós, there are hiking paths too, which are completed by an archaeological route. From Mugueimes, the main town in the municipality, a local road will take you to the waters of the dam where several water sports can be practised, and to the megalithic remainings of Casinha da Moura and Casela do Foso.

The autochthonous bovine cattle, perfectly adapted to the hard sierra, is represented by the cachena, a long-horned, small cow. It has been an endangered species. The perfect place to watch these cows is the municipality of Entrimo. To be more precise, you must access this municipality from the head town of the municipality, in A Terracha, up to Olelas, one of the most original hamlets in the province of Ourense.
LOCATION: The Natural Park lies in the Municipality of Ribeira, located on the western versant of the O Barbanza peninsula, between the ria of Arousa and that of Muros e Noia. The SCI stretches to the north through the coastal line up to the fortress of Baroña (Porto do Son) and to the south up to the island of Sálvora.

SURFACE AREA: Natural Park: 996 hectares; SCI: 9,265 hectares (mostly belonging to the sea area, even if it incorporates two small coastal lagoons to the north: Xuño and Muro).

ACCESS: Coming from the south, dual carriageway VRG11 up to Santa Uxía de Ribeira. Or the C-550 road, which runs along large stretches of the Galician coast. Two direct accesses to the Park, both ending in parking lots, the former at the mobile dune and the latter at O Vilar-Carreira.


M.A.N.: “Casa da Costa” Reception Centre for Visitors and Ecosystem Interpretation Centre for the Galician Coast (CIELGA).
O Vilar-Carreira (Ribeira).
Phone number: 981 878 532
Fax: 981 878 527
Information boards and recreational area.
A living dune deserves to be seen. Especially when it is one kilometre long and can be fifteen metres high. On the Galician coast, the giant, mobile dune of the Corrubedo beach is unique, in terms of size and surroundings: two lagoons, one with salty waters (Carregal) and the other with fresh waters (Visán), with extended underwater and humid areas that are internationally important as regards bird passing and nesting. The “Corrubedo Humid Complex” SCI also covers the neighbouring archipelago of Sálvora (see Atlantic Islands) and other exterior islets in the ria of Arousa, such as the Sagres. To the north along the coastal line, it goes up to the Punta do Castro de Baroña. The prow of this fortress enters the sea and becomes the most beautiful setting of the pre-Roman castrexa culture. Together with the dolmen of Aseitos and the guided visits to the Ecosystem Interpretation Centre for the Galician Coast (CIECGA), the most attractive visit can be made by walking along the living dune, on the comfortable, environment-friendly wooden paths.

**FLORA:** The ecosystems of this complex offer a synthesis of the Galician coast, with extended samples of flora and fauna. Fixed dunes with herbaceous vegetation and lawns. Plants as the Ammophila arenaria and others. Yearly pioneer vegetation with Salicornia.

**FAUNA:** Water birds that hibernate or appear sporadically, such as the Little Bittern (Ixobrychus minutus) or the White spoonbill (Platalea leucorodia). We must highlight two species having a very limited nesting area: the Stone Curlew (Burhinus oedicnemus) and the Western Snowy Plover (Charadrius alexandrinus). Reptiles such as the Iberian Newt (Triturus boscai) or the Bocage Lizard (Podarcis bocagei). Among the mammals, the Otter (Lutra lutra).
**FLORA:**
Oaks (Quercus robur) and Chestnuts (Castanea Sativa) are the main species. There are also Strawberry trees (Arbutus unedu) and Laurels (Laurus nobilis). Highly-interesting Ferns: Culcita macrocarpa, Hymenophyllum tumbrigense, Woodwardia radicans.

**FAUNA:**
Presence of the Eagle Owl (Bubo bubo) with a few couples in Galicia; and the Endromis versicolor insect, very rare. Piscicultural species.

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The Eume river is about one hundred kilometres long. From the provincial limit of A Coruña and Lugo up to its mouth in the Ares ria, it has the richest banks of the whole northern hydrographic network. It is one of the last Atlantic forests, a reminiscence of the Tertiary Era, that keeps an autochthonous vegetal mantle. Oaks and chestnuts reflect the different tonalities of the seasons, from the deep green to the autumnal yellow or the bloom of the chestnuts in early summer. Woods are painted in different colours inside the fraga, which is completed by patches of laurels, strawberry trees or holly trees. On the banks, take a look at the ferns. Some belong to arboreal species which disappeared from other humid and dark zones of Galicia.

It is surrounded by the atmosphere of a gaudy jungle, to the extent that if a heavy summer shower surprises you on the paths, it will be long before you get wet under such a leafy umbrella. The steep hillsides allow access only if you follow the river through the fishing reserve of Ombre, less than ten kilometres from Pontedeume. In general, this reserve is considered to be an excellent river stretch for fishing.

If you wish to go on an excursion, it is highly recommended to walk to the convent of Caaveiro which, from a hill, offers a panoramic view of the whole area. The ruins of this Benedictine monastery, the oldest one in Galicia according to the references preserved, are a true scenery taken out of a romantic painting. The story telling the fascination of Lord Byron with this landscape would not be difficult to understand.

Another walk could take us to Rebordelo, the municipal main town of the municipality of Monfero, to pay a visit to the Monastery of Santa María de Monfero, highly original thanks to its baroque chequered façade with slate plates. Further on, we can enter the Park where the bottom of the dam of Eume receives the river Frei Bermuz in the middle of a leafy landscape.

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**LOCATION:** Municipalities of Cabanas, A Capela, Monfero, Pontedeume and As Pontes de García Rodríguez.

**SURFACE AREA:** 9,127 ha. The limits of the SCI and the Natural Park overlap.

**ACCESS:** The most usual route starts in the centre of Pontedeume and ends in the fraga through the local road, with a turn-off through Ombre to the monastery of Caaveiro. A different turn-off goes towards Rebordelo and ends in the monastery of Monfero. From As Pontes, access to the dam of the Eume. The tracks entering the Park are all two-way, and they are not connected to each other.

**SERVICES:** EuroEume Project consisting of eight rural tourism houses, one Nature hotel, two hostels and eight typical taverns in the municipalities around the Park.

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**FLORA:** Oaks (Quercus robur) and Chestnuts (Castanea Sativa) are the main species. There are also Strawberry trees (Arbutus unedu) and Laurels (Laurus nobilis). Highly-interesting Ferns: Culcita macrocarpa, Hymenophyllum tumbrigense, Woodwardia radicans.

**FAUNA:** Presence of the Eagle Owl (Bubo bubo) with a few couples in Galicia; and the Endromis versicolor insect, very rare. Piscicultural species.
MONTE ALOIA

Natural Park
Site of Community Importance (SCI)

LOCATION: Municipality of Tui, on the final stretch of the river Miño.

SURFACE AREA: 783 hectares.

ACCESS: Up to Tui through the A-55 motorway or also from O Porriño through the N-550 road. To the Park, take the path which starts at the hill of Santo António, one kilometre from Tui on the road to Gondomar, and then drive to the hamlet of Frinxo.


M.A.N.: Nature Interpretation Centre at “Casa Forestal Enxeñeiro Areses” with a botanic path. Phone number: 986 685 095. Several vantage points next to the chapel of S. Xián.

Aloia (629 m) is a sort of watchtower on the mountain of O Galiñeiro. This is one of the best natural vantage points in an area that has a few wonderful ones over the river Miño and its estuary. It was the first Natural Park in Galicia and, among its main tourist attractions, we must highlight its archeological remains, such as the Cyclopean walls or the Castro of Alto dos Cubos, in addition to panoramic views. Some historians say that this strategic spot corresponds to the Medulio mountain, which, according to the legend, witnessed the collective suicide of a whole tribe that refused to submit to the Roman legions.

Within the limited surface area of the park, there are no less than five vantage points, with seven water mills that can be visited, and ten kilometres of paths. One of the most famous hiking routes, south of Vigo, leads to this area, climbing the hillsides of O Galiñeiro (701 m) from the parish church of Vincios and ending at the foot of the San Xián hermitage.

Among its environmental values, we should highlight the carballera beside the hermitage. There also hollies and cork trees, a token of the original vegetation of this region. Reforestations started early in the 20th century, with species such as cedars, cypresses and firs, which are often very large and exotic-looking in some areas.


FAUNA: Fox (Vulpes vulpes) and Hedgehog (Erinaceus europaeus) among the mammals. As for amphibians: Marbled Newt (Triturus marmoratus) and Iberian newt (T. Boscai). Among the fish, the Roach (Rutilus rutilus).
**O INVERNADEIRO**

- **Natural Park**
- **Site of Community Importance (SCI) “Macizo Central”**
- **Site of Community Importance (SCI) “Bidueiral de Montederramo”**

**CANÓN DO BIBEI (BIBEI CANYON)**

**LOCATION:** The central massif or Ourense spreads over the municipalities of in the O Bolo, Castrode Val, Chandres de Queixa, Laza, Manzaneda, A Pobra de Trives, Viana do Bolo, Vilar do Corso, Querego, Larooco and Montederramo. The Natural Park of O Invernadeiro belongs to the municipality of Vilar do Corso. SCI “Bidueiral de Montederramo” Montederramo and Vilar de Barrio.

**SURFACE AREA:** Natural Park: 5,722 hectares; “Central Massif” SCI: 45,829 hectares (including the narrow mountain pass of the river Bibei); “Bidueiral de Montederramo” SCI: 1,984 hectares.

**ACCESS:** From Ourense, coming from the north, the C-536 road with turn-offs in Castro Caldelas or in A Pobra de Trives. From the south, the Rías Baixas motorway (A-52) or the N-525 with exits in Xixoo de Limia and Verín. From the east, in the direction of the mountain pass of Bibei in As Ermidas, Petri-A Gadeña C-513 where it is also possible to take a turn-off to the A-52 motorway. Access to the Natural Park from Verín, in the direction of Campobreiro through Castro de Val (SGU-114).

**SERVICES:** In the villages of the SCI “Macizo Central”.

**M.A.X:** Nature Room in the N.P. “O Invernadeiro” and administrative permits to visit the park. Phone number: 988 386 176. Five guided routes. Wild Fauna Recovery Centre. Alto de Rodício.

The Central Massif covers a large mountainous area with no actual population, which makes it possible to preserve important transition ecosystems. These sierras are perfect for wolves and their main prey: roe-deers, deers and wild boars. There are also botanical surprises such as unique holly bushes and birches, with a vegetation often oriented towards the creation of pasture for cattle. Traditional pasture grazing is still used in the mountain villages. This is a land exposed to the slow changes of nature and tradition. For example, the century-old chestnuts that renew their sweet, tender fruits year after year, or Roman bridges that can still be crossed by cars. This is what the inner province of Ourense looks like, with summits bringing together the rough enchantment of the stone and the sweetness of huge rounded volumes. The highest point of the Serra de Queixa is the only Galician winter sports resort, Manzaneda. To be more precise, in A Cabeza Grande (1,782 m). There are some additional alpine landscapes in the Serra de San Maméde (1,619 m) and O Fial das Corzas, where hills surround the O Invernadeiro Natural Park.

The rivers having their source in these hills are tributaries of the Sil northwards; of the Miño through the cheerful Armos westwards; and southwards, there are rivers that flow into the Douro (Duero), now in Portugal. We can therefore say that this is an important water domain, but somehow contrasting: sometimes abundant and sometimes scarce, according to seasons, height and orientation. Located just under 200 kilometres from the coast, it is one of the areas that register the highest amount of waterfalls in the form of snow and rain. But the summers are dry. The yearly average temperature does not exceed 10°C. The river Bibei, which defines this massif up to its mouth in the Sil, creates a narrow mountain pass in classic Mediterranean style. Vine growing is typical of this landscape.
FLORA: Oak woods (Quercus pyrenaica), Birch wood (Betula alba) in Montederramo, together with carboneiras. Holly bush (Ilex aquifolium) and European mountain ash (Sorbus aucuparia). On the summits, pasture lands of Festuca indigesta and broom such as Cytisus scoparius and C. purgans.

FAUNA: Wolf (Canis lupus), Golden Eagle (Aquila chrysaetos), Weasel (Mustela nivalis), Brown Partridge (Perdix perdix hispaniensis). In the O Invernadeiro Park, ungulate species: Roebucks (Capreolus capreolus), Fallow deers (Dama dama) and Deers (Cervus elaphus).

ROUTES
Any visit to the O Invernadeiro Natural Park requires an administrative permit, which allows daily access to thirty people at most, but there are also five excellent guided routes with excellent didactic opportunities. Roebucks and deers coming down to the river can be watched. Originally, it was a game preserve, but now it is often visited by school groups looking for contacts with nature. The best way to approach the Natural Park is from Verín, through the road that leads to Campohorellas. Access is more difficult from Vilarinho de Conso, the municipality where the Park is located. But from here we can also walk through other paths. One leads to Chagauzoso, the highest hamlet in Galicia. There, you can cross the river and, downstream, enjoy the view of a wild waterfall. A different walk will take you to Pradosallar where a spectacular valley is bathed by the river Cervesa, whose name changes to Conso farther on. If you want to walk around the Central Massif sierras, the road from A Pobra de Trives offers wonderful footpaths. You can climb to the winter sports resort of Manzanares. From this place, other tracks lead to the granite-shaped structures, or to the summit of A Caracela Grande, and then to the abandoned hamlet of Prada, on an old glacier. If, on the contrary, you walk to the municipality of Chandrexa de Queixa through Celeiros, the municipal head town with an ethnographical museum, there is a road that runs around the dam from which several turn-offs start, as well as a nice walk to the recreational area of Santa Cruz along the banks of the river Queixa. From here, you can also reach the “Biokastral de Montederramo” SCI and have a look at the woody stronghold dominated by perfectly-preserved birches. However, if you want to climb the Serra de San Mamede, we recommend starting on the other side. From the village of Amide, on the road from Maceda to Xinzo de Limia, a track which starts there will lead you to the hill where blueberry bushes grow. On the other end, on the lands of O Bolo, the typical photo of the Bibre river mountain pass should include the baroque sanctuary of As Emidas, which hangs from the mountain among slopes filled with vineyards. The mild climate even allowed the monks to have a mill for making olive oil.
This site, which borders on the province of León, is Galicia’s most recent Natural Park, since it was declared as such in early 2002. In the old days, a large encina (holm oak) was used by travellers as a guide in this land of transit located at the heart of the Roman Gallaecia. Today only the place-name remains, but the vegetation is still Mediterranean: cork oaks, holm oaks, rebozos, almond trees and olives. But these are not the only reasons why the Sierra de Rubiá presents unique characteristics within the natural environment of the community. Whereas granite prevails in the soils of Galicia and slate abounds in the region of Valdeorras, the soil in this area has a strong presence of lime. Its low level of hardness has resulted in the formation of natural caves known as palas. There are some twenty caves in this area, which is constantly visited by speleologists who have drawn up plans of galleries that are nearly 100 meters long. On the outside, visitors will be impressed by the shapes of the narrow defile of Val do Inferno, the Penedos de Oulego or the knifed-cut walls along which the river Sil flows on the strait of Covas. The Romans were perfectly aware of the richness of these soils, and they spared no effort to make the Empire richer with the gold from the river Sil. If you go to Rubiá, you might hear tales about those women who searched for nuggets, the “aureanas do Sil” who sieved the river until a few decades ago. When it comes to dealing with the caves, we should not forget their inhabitants: bats. These enclaves give shelter to one of the largest colonies in Spain. In addition, the main concentration of nesting birds in Galicia can be found here. Predators are among them, and we should particularly highlight the presence of the only pair of white vultures in the region.

**Serra da EnCiña da Lastra**

- **Natural Park**
- **ZEPA**
- **Site of Community Importance (SCI)**

**Situación:** Municipality of Rubiá, on the northwest end of the province of Ourense, bordering on León.

**Extensión:** Natural Park: 3,151.67 ha. The SCI has a smaller surface area: 1,742 ha.

**Accesos:** The N-120 Ponferrada-Ourense and the railway line cross the Natural Park through Covas. The OU-622 local road goes around the sierra from Rubiá to Oulego.

**Servicios:** Accommodation: No    Food: Yes

**Flora:** Calcareous holm oaks (Quercus ilex and Q. rotundifolia). The related flora can only be found in this part of the Autonomous Community. There are Mediterranean willows and fields of wild thyme. Floral endemisms which are typically associated to calcareous soils.

**Fauna:** The presence of up to nine different species of bats is confirmed, with the possible presence of another five. Relevant presence of reptiles, otherwise rare in Galicia. Birds of prey such as Golden Eagles (Aquila chrysaetos), Peregrine Falcons (Falco Peregrinus) and Egyptian vultures (Neophron percnopterus).

**3130**
The lighthouse in Cabo Vilán marks one of the most dangerous stretches of the Costa da Morte, but also one of the most beautiful. It is 125 metres high and is attached to the old lighthouse keeper’s building. Its powerful flashing light is able to reach 28 to 30 nautical miles (55 km). This spot was declared a National Interest area as early as in 1933, and has always been described as rocky and craggy. Leaning over the windy cliffs or contemplating the broken end of the cape on the islet known as Vilán de Fóra can make anyone feel dizzy. It is interesting to approach this place through the hardest access, which leans on the sea through an earth and sand track that, from Arou, goes through the cove of O Trece between Cape Vez and Tostó. The large expanse of sand in O Trece is one of the wildest and, just like the rest of the route, remains unspoiled, without any building.

Another place where the coast lives up to its name is the Cementerio de los Ingleses (Cemetery of the Englishmen), where the bodies of sailors aboard a training ship which sank in these coasts were once buried.
ESTACA DE BARES

National Interest Natural Site
Site of Community Importance (SCI)

LOCATION: Municipality of Mañón, on the provincial borders of A Coruña-Lugo. The SCI stretches over a coastal line in the municipality of Ortigueira.

SIZED AREA: 0.9 hectares. SCI: 852 hectares.

ACCESS: Up to the O Barqueiro ria through the C-642 Ferrol-Viveiro road. Diversion to O Porto de Bares.

SERVICES: Accommodation and food in the ports on the ria of O Barqueiro.

M.A.N.: Bird-watching station and observatory.

At latitude 43° 47' 30'' north, this is the northernmost point of the Iberian Peninsula. It lies four hundred kilometres further north than New York, where its waters would freeze but for the influence of the Gulf Stream. Some text books add that the Cantabrian sea starts in Estaca de Bares, even if other sources place these limits in the neighbouring cape Ortegal. This area, which offers highly valuable landscapes, ends on the ria where the Coelheira island lies. This small island closes the O Barqueiro ria, where the river Sor has its mouth. The environmental values of this river justify a special visit, especially to watch the impressive waterfall of Augas Caídas. The highest vantage point of the cape is the old building which, times ago, was known as the Semáforo (Semaphore). Beside the old military base, you can find the famous observatory where bird-watching lovers meet every year. Between the months of September and December, the Estaca becomes one of the best spots in the world to control the phenomenon of sea bird migration.

In addition to the pier of Bares, which is three thousand years old, as proved by the findings at the port’s breakwater, the coastal line shows images of the unlikely union of rocks with short streams’ estuaries and with some sand expanses. Especially in the northern area, some cliffs are one hundred metres high, and drop granite blocks that, from time to time, form cozy stony coves.
The Cantabrian high plains are cut vertically, and can be admirably sculpted. An architect would describe the caves and reefs along the cliffs as buttresses... including stone steps down to the beach. The natural area includes other neighbouring beaches and the fishing-port of Rinlo.

FAUNA: Plovers in winter, presence of the Ruddy Turnstone (*Arenaria interpres*). Several species of Dunlins (*Calidris sp.*) and the Bar-tailed Godwit (*Limosa lapponica*).

LOCATION: Region of A Mariña Oriental, in Lugo, concellos of Barreiros and Ribadeo.

SURFACE AREA: 297 hectares.

ACCESS: Via the N-634 road from Ribadeo to San Cosme de Barreiros, a well-marked turn-off to As Catedrais beach. Local tracks run parallel to the coast.

SERVICES: Accommodation and food in nearby towns and alongside the road.

Of all the cliffs separating the rías of A Coruña and Betanzos, the most famous one is the extreme point of Seixo Branco, a quartz outcrop on the edge of a bright stone expanse that can be seen from A Coruña when the sun shines or the storms crash against them. The best panoramic views can be enjoyed on the spot; for instance, from the Mera lighthouse, on Oleiros municipality, the view of the neighbouring islet of A Marola. The coast is a thin line which breaks into inlets and outlets resembling a thin saw, and some beaches such as Canahal. As the seamen song goes, "quen passou A Marola, pasou a mar toda" ("those who have passed Marola have passed the whole sea"). This might seem exaggerated, but the saying alludes to the strong streams in a place which is open to the sea; all the adverse elements of climatology and terrain on the Ferrol-A Coruña sea route converge here. In the old times, this route was highly used by *dornas* (traditional sailing boats) and steamers for travellers. Nowadays, there is a regular transport service to cross A Marola in the tourist season.

FAUNA: Nesting birds such the Green cormorant (*Phalacrocorax aristotelis*) or the Red-billed Chough (*Pyrrhocorax pyrrhocorax*). Otter (*Lutra lutra*) and bats (*Rhinolophus ferrumequinum*).
It takes a simple look at the mountains of the whole northern coast to realize that eucalyptuses are part of the natural history of Galicia. This history began in the Souto da Retorta, close to Viveiro, in the eucalyptus grove of Chavín. Today, these are century-old trees, which are often more than eighty metres tall and are 2.5 metres in diameter. The oldest one is called O Avó (The Grandfather). These trees were planted 300 years ago, to help drain the low lands flooded by the tributaries of the river Landro. Seven kilometres from Viveiro, a route starts on the road to Naxeiro and Chavín. Besides the eucalyptus grove, this route goes along a stretch of the river and ends at the Salto do Car. For bigger waterfalls, there is the Pozo da Ferida upstream, whose waters fall down thirty metres vertically. It is also possible to get there by taking a turn-off before Chavín.

SOUTO DA RETORTA
Natural Monument

LOCATION: Municipality of Viveiro, in the western region of A Mariña, in the province of Lugo.

SURFACE AREA: 3.2 hectares.

ACCESS: From Viveiro through the C-640 in the direction of Mondoñedo, up to Chavín.

SERVICES: Accommodation and food around the area and in Viveiro.

How many people does it take to embrace a chestnut that, officially, has a perimeter of 12.5 metres? Its age must be calculated on a millennium basis and, when you reach it, all measures are too short to describe the impression you feel. It is known as the Pumbariños chestnut, and belongs to the soutos of Rozabales, between the municipalities of A Pobra de Trives and Manzaneda. At the foot of the trunk, there are benches from which you can observe the tree, surrounded by the hurried flight of hoopoes and other forest birds. The souto is an integral part of the villages and reaches the walls of the pazo (country mansion) in the hamlet of Rozabales.
On the old maps, O Grove was an island. It was joined up to the peninsula of O Salnés not by man-built bridges such as the A Toxa and Arousa Islands (this is a different story), but by sea-engineering works and the southwestern winds. Little by little, the isthmus of the A Lanzada beach has been created, which reaches up to two kilometres in width and four kilometres in length. Beyond the sand expanse and the rich dune system, there is a large extension of mud, sandy beds and meadows of marine vegetation, such as a salad which is the best fertilizer for vineyards. This is the salt marsh of O Vao, submitted to the tidal rhythm, where half a dozen islands emerge, the largest one being A Toxa (1.5 km²). Besides the intertidal system diversity, we must mention the outlet of the Umia and the southernmost end of the Illa de Arousa with all its islets and reefs. This variety of habitats attracts many hibernating waterbirds, which turn this natural space into one of the best places in Spain to watch them. There are several beaches, about one hundred if you use the popular enumeration to count them. From the old times, the Galician toponymy has given a name to every single thing, as witnessed by the archaeological remains (Adro Vellonecropolis, San Vicente do Grove) or the pagan tradition when women took nine-wave baths at night to fight sterility and the evil eye, near the Christian hermitage of A Lanzada. The best panoramic view of this natural site, among the most diverse and complex in Galicia, can be enjoyed from A Siradella (159 m), one of the highest spots in O Grove.

LOCATION: Region of O Salnés, between the rias of Arousa and Pontevedra. The SCI covers the municipalities of Cambados, O Grove, A Illa de Arousa, Meaño, San Vicente do Mar, Sanxenxo and ribadumia and, in addition, the O Sins island in the municipality of Bueu.

SURFACE AREA: 2,782 hectares;
SCI: 7,608 hectares.

ACCESS: Dual carriageway of O Salnés (VGR41) from the AP-9 motorway to Sanxenxo. The C-550 runs around the whole region. Bridge to the island of Arousa.

SERVICES: Accommodation: Yes.
Food: Yes.

M.A.N.: Interpretation Centre of A Siradella (O Grove).
Phone number: 986 680 284
Information Board in Punta Carreirón.
Six bird-watching observatories and five routes.


FAUNA: Water birds, such as the Eurasian White Spoonbill (Platalea leucorodia), the Oystercatcher (Haematopus ostralegus), the Plover (Calidris alpina) and the Black-bellied Plover (Pluvialis squatarola).
ENCORO DE ABEGONDO-CECEBRE

The microclimate is particularly mild at the confluence of the rivers Barcés and Mero. Both bring life to the dam of Cecebre, which supplies water to the whole of A Coruña. The region is full of fabulous pazos (country mansions), fertile plains, fruit and vegetable growing areas in an enjoyable landscape. The quality of the ecosystems is improving in the most inaccessible areas, such as the willow and alder groves along the banks of the river and the aquatic waterfowl shelters.

LOCATION: Municipalities of Abegondo, Betanzos, Ozas dos Ríos, Cambre and Carral, about 20 kilometres to the south east of A Coruña.

SURFACE AREA: 1,321 hectares; SCI: 493 hectares.

ACCESS: From A Coruña, the road runs through Cambre; or several diversions on the N-VI.


M.A.N.: Nature Room. Credes, Phone number/Fax: 981 647 916 Information boards.

LAGOA DO REI

The time has come to recover the humid areas whose environmental importance is undisputed. This is the case of the Lagoa (Lagoon) do Rei, located in a small area at the outskirts of Rábade. At present, it is being submitted to a total regeneration process, just like other pools to the north of Lugo, given that it had been drained long ago to obtain larger pasture lands for cattle (see also Parga-Ladra-Támoga).

Behind the industrial and the school areas of the village, it is possible to see this pool, which has a small islet and a flooded wooded area. If you have the patience required for this kind of activities, this pool is ready to offer pleasant days of bird-watching.

LOCATION: Municipality of Rábade, 13 kilometres to the north of Lugo.

SURFACE AREA: 4.45 hectares.

ACCESS: Rábade on the N-VI and exit on the A-6 motorway.

SERVICES: Accommodation and food in the village.


FLORA: Typical species of flooded lands: Rush, Birches (Betula celtiberica) and Willows (Salix atrocinerea).

FAUNA: Mallard Ducks (Anas platyrhynchos), Northern Pintails (Anas acuta), Coots (Fulica atra). Usual presence of Ospreys (Pandion haliaetus).

FLORA: Aquatic woods of willows (Salix atrocinerea) and alders (Alnus glutinosa). Common Cat-tail (Typha latifolia) abounds in some areas submitted to low and high tides.

FLORA: Aquatic fauna such as anatidae and other nesting and hibernating birds. Mammals such as the Iberian Desman (Galemys pyrenaicus) and the Shrew (Neomys anomalus).
LAGOA E AREAL DE VALDOVIÑO

Natural Area under a General Protection System

Ramsar Site

**LOCATION:** Municipality of Valdoviño, about 17 kilometres from Ferrol.

**SURFACE AREA:** 490 hectares.

**ACCESS:** Ferrol-Valdoviño-Cedeira C-646 road.

**SERVICES:** Accommodation: Yes. Food: Yes.

**M.A.N.:** Bird-watching observatories.

The beach of A Frouxeira covers about three kilometres on the Atlantic front and is exposed to strong waves and undercurrents. Its size and the comfort of its dunes in front of the sea winds give it a well-deserved reputation. Behind the sand expanse, the Valdoviño lagoon, also known as A Frouxeira, takes shelter in an angle. It penetrates into the interior for one and half kilometre, in a straight line, parallel to a local track. On the other side, witchgrass and rush abound. It is mostly narrow and shallow, but highly dynamical. In winter, the activity of the lagoon increases with the numerous colonies of water birds that visit the place.

**FLORA:** Marshy vegetation and colonised dunes.

**FAUNA:** Hibernating colonies of aquatic birds: Coots (Fulica atra), Mallard Ducks (Anas platyrhynchos), Gadwalls (Anas strepera), and plovers: Dunlins (Calidris alpina).

RÍA DE ORTIGUEIRA E LADRIDO

Natural Area under a General Protection System

ZEPa and Ramsar Site

**SITE OF COMMUNITY IMPORTANCE (SCI) “ORTIGUEIRA-MERA”**

**LOCATION:** Municipalities of Carriño and Ortigueira, north of A Coruña. The SCI stretches over municipalities of Cariño, As Pontes de García Rodríguez and As Somozas.

**SURFACE AREA:** 2,939 hectares; SCI: 3,868 hectares.

**ACCESS:** Ortigueira on the Ferrol-Viveiro C-642 road. Turn-off in Ponte Mera to Carriño and Cape Ortegal.

**SERVICES:** Accommodation: Yes. Food: Yes.

**M.A.N.:** Bird-watching Observatory and Shelter (Senra). Information boards and fitted-out routes.

In the rias of Ortigueira and Ladrído, there is no main river at first sight. No less than six streams flow into them, forming a labyrinth of sea inlets and marshy areas complemented by sand expanses and the island of San Vicente. Given this situation, it is a huge humid complex under the shelter of the A Coruñesa Mountains at the east and A Capela at the west, both falling abruptly over the Atlantic or the Cantabric Sea. In this other internal sea of the rias, whose covers offer nooks and crannies of harmonious nature and good wild life observatories, the waters are totally quiet.

There is an interesting route along the Monouzos beach. The sand expanse is five kilometres long, along both banks, and forms a well-preserved dune system. On top of that, the natural space stretches throughout the SCI with the various ecosystems of the river Mera offering recreational areas there, such as the small island at its mouth.

In addition, this area offers an important cultural heritage: water mills (Saa, Senra), tidal mills (Cuíña) or windmills (Campo da Torre, Santa Marta de Ortigueira); country mansions and Celtic settlements.

**FLORA:** Humid areas covered with Juncus maritimos and reedbeds, sea meadows of Eelgrass (Z.marina and noltii). Vegetation associated to the dune system: European Beachgrass (Ammophila arenaria), Sea Holly (Eryngium maritimum), etc...

**FAUNA:** Green cormorant (Phalacrocorax aristotelis), common heron (Egretta garzetta), and black-legged swallow (Storna sandvicencis). In winter, presence of Curlews (Numenius arquata) and other species such as Mallard Ducks (Anas platyrhynchos), European Wigeons and Northern Shovellers (Anas penelope and A. clypeata).
RÍA DO EO

Natural Area under a General Protection System

“Ribadeo” ZEPA and “Ría do Eo” RAMSAR Site

Site of Community Importance (SCI) “Río Eo”

LOCATION: Municipalities of Ribadeo and Trabada, bordering the Principality of Asturias. The SCI follows the course of the river Eo, through the municipalities of A Pontenova, Riotorto, Meirás, Rioira de Piquín and A Fonsegrada.

SURFACE AREA: 1,915 hectares; SCI: 1,003 hectares. RAMSAR and ZEPA are shared with Asturias.

ACCESS: From Ribadeo southwards through the N-640.


M.A.N.: “Casa da Ria” Interpretation Centre. Monte de Santa Cruz. Ribadeo. Phone number: 982 128 128

Bird-watching observatories (Reme).

The high rias reach their narrowest shape with the river Eo. The distance between both banks is nearly equal all along the ría, with an average width of 800 metres. From the hill of Castropol, on the Asturian stretch, the ría can be better described as an estuary with strong sedimentations and muddy rush sections where over 4,000 migrating birds spend the winter. The whole route, whether by train or by car, offers landscapes that even the most demanding travellers will find fascinating. As for the river itself, it is the main mass of water in Galicia in terms of presence of salmon, with a stable, genetically interesting population. The delimitation of fishing zones includes six fishing preserves for salmon and trout, half of them shared with Asturias, from Abres up the upper limit established about 60 kilometres upstream. Footbridges, bridges and dams allow visitors to stay in the middle of the river and enjoy its green beauty.

The SCI natural area includes the main tributary, the river Rodil, and most of its other tributaries such as the Veiga de Logates.

FLORA: Intertidal lands, Juncus gerardi rush. Typical bank vegetation.

FAUNA: Waterfowls such as the Northern Pintail and the European Wigeon (Anas acuta and A. penelope) and Pochard (Aythya ferina). In the river, Salmon (Salmo salar), Lamprey (Petromyzon marinus) and Crayfish (Austropotamobius pallipes).
It is a documented fact that the name *Rivoyra Sacrata* refers to shelters for monks and hermits in the gorges of the rivers Sil and Miño from the Suevian times. There was about a dozen monasteries, most of them under the Benedictine rule and later secularised, located in spots that invite reflection. Here, the limits of the earth are just as blurred as those of the sky. Nobody knows where the Ribeira Sacra begins or where it ends.

That point might lie in Os Peares, a village that, to add to the imprecision, belongs to three councils and two provinces. But only in Os Peares is it possible to see the two major rivers of the northwest at the same time: the river Sil, which has the water, and the Miño, which has the fame, as the popular saying goes. Upstream, they have separately formed deep canyons that can be 500 metres deep in the roughest mountain passes of the Sil.

 Everywhere, there are granite fractures intertwined with autochthonous forests. In spite of the strong average differences in height, this landscape has a human touch in the soutos and vineyards created on socalles (terraces) on hillsides exposed to the sun. Admire the hard grape harvest on the slopes where everyone’s back is still the only possible tool, with the exception of a few small modern contributions, such as mechanisation by rails. From the Roman times, the Amandi wines and the autochthonous variety of mencia grape have earned a well-deserved reputation. The Miño banks soften the edges of a canyon which, given its particular nature, becomes steep and craggy in some places without losing its sinuous course with its large, characteristic curves. It creates

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**CANÓN DO SIL (A RIBEIRA SACRA)**

Site of Community Importance (SCI)

**LOCATION:** Sil Canyon, on the sides of the Ourense municipalities of Nogueira de Ramuín and Parada de Sil, and on the sides of Pantón and Sober in Lugo. The limits of the Miño canyon and especially of the Ribeira Sacra are much larger.

**SURFACE AREA:** 5,914 hectares.

**ACCESS:** Turn-off to the canyon of the Sil from the north through the Ourense-Monforte de Lemos N-120 road; from the south through the A Ría-Ourense C-536 road. In the direction of the Miño canyon, from Chantada or from Monforte de Lemos.

**SERVICES:** Accommodation: Yes. Food: Yes.

Sil Canyon

Sil Canyon
spectacular directional changes among lucky vineyards in A Cova (O Saviñao), sometimes called Cabo do Mundo (Cape of the World). Near this area, in the direction of Enrabadão, the river Miño has its mouth, with a beautiful waterfall and some nice rapids. This tributary of the great Miño stands out thanks to its rugged course. The huge Penedo de Grañoul is raised on one of its sides. Further on, close to Os Peares, the river Bulha has created a beautiful small gorge. Along the Síl, in the roughest area of the Canyon, we must highlight the small waterfall of Lourenço, formed by the river Vao when you climb to the monastery of Santo Estevo. It is also interesting to mention the granite gorge where the river Mau meets the Síl close to the hamlet of Cristoendye.

**ROUTES**

If you look at the river routes and take advantage of the potentially navigable dams, your sensitivity will be strongly impacted. Throughout both banks of the rivers, catamarans make their tourist itineraries in the core of the landscape itself. If you are looking for monasteries, you will also find the best pictures. The nearest convenits to the flow of the Síl are Santo Estevo de Ribas de Sil and Santa Cristina. The former can be accessed from Os Peares, following the service roads of the hydroelectrical dams, usually not mentioned on maps, after a climb to the monastery which deserves to be made in its own right. You can also arrive from Luína (Nogueira de Ramuín), passing by the monastery of San Pedro de Rocas (turn-off on the C-536 road in Taremín, Espe) and, after visiting the three cloisters of Santo Estevo and their facilities for tourists, following the road which, from Lourenço, goes down into the canyon, or you can walk on to Parada de Sil. From this village, a two-way road will take you to Santa Cristina. You can walk down to this small convent among century-old trees. All along this route, it will not be long before you find excellent vantage points. For instance, the scaffolding built on a road spot between Viloux e Caxide, where the canyon reaches its highest level.

Once in Parada de Sil, an earth track will take you to the most famous vantage point: Balcones de Madrid, hanging over the abyss, with the sanctuary of Cadeiras on the other bank and the Monforte plain in the horizon. From the C-536 road (Ourense-A Pobra do Trives), a recommended alternative is to visit the castle of Castro Caldelas and enjoy the view it offers as a vantage point. Afterwards, walk down to A Teixeira and, after leaving the river Edo’s mixed woods aside, bend after bend, get to Parada de Síl.

To reach the canyon of the Miño, the best possibilities are from Chantada and Monforte de Lemos. In the middle of these major southern towns in the province of Lugo, the Ribera Sacra of the Miño is a classic Romanesque route. Nearly all the monasteries are located on the left bank of the river. First of all, Santo Estevo de Ribas de Miño and San Paio de Dondoni (O Saviñao), from the CRG22 dual carriageway. Further on, the convent of San Salvador in O Castro de Ferreira, the head town of the municipality of Pontiño on the N-120 road, from which a turn-off will lead you the churches of San Fiz de Cangas, to the north, or San Miguel de Eiré, to the south, with its huge font for baptisms through immersions. It is not the end of the world, as the above-mentioned meander of the Miño states, but it is one of the oldest parishes in Iberian Christendom. These are really sacred banks that were blessed by wine.

**FLORA:** Typically Mediterranean species stronghold, with mild winters and dry summers. Cork oak trees (Quercus suber) and strawberry trees (Arbutus unedo); Vineyards (Vitis vinifera) with indigenous grape varieties, Chestnut woods (Castanea sativa) and Oaks (Quercus robur and Q. Pyrenaica).

**FAUNA:** In the rocky places, birds such as the Golden Eagle (Aquila chrysaetos) and Peregrine Falcon (Falco peregrinus). Wild boar (Sus scrofa); Roe buck (Capreolus capreolus); and Badger (Meles meles).
O Pindo is a special Celtic Olympus. Just like classic Greeks dedicated their Pindhos to muses and poetry, this place favours home legends and myths. Of all the mountains that lean on the sea, this one will change your impression of all the others. Next to it, the only waterfall in Southern Europe which flows directly into the sea can still be seen in Ézaro when the river Xallas dam is opened, in winter to relieve rainwater or in summer in the tourist season. In any case, it is always impressive. On the left side, from the village of O Pindo, you can climb to the summit of A Moa (627 m). The paths are watched over by stone figures tinged with the colour of sunsets, such as “the warrior” and castles, faces or whatever the imagination may dictate.

Two records are held in Carnota. Firstly, it has the largest beach in Galicia (more than 6 kms long, and 1 km wide), with the Caldebarcos lagoon. Secondly: the hórreos (granaries), one close to the rectorial house, which is 34.85 metres long, and the other in Lira. Fisterran-style jewellers for the golden grain of corn.

**CARNOTA-MONTE PINDO**

**Site of Community Importance (SCI)**

**LOCATION:** Municipalities of Carnota, Corcubión, Mazaricos, Cee and Dumbría, between the Corcubión and Munies e Noia rías.

**SURFACE AREA:** 4,674 hectares.

**ACCESS:** C-550 Road, between Cee and Carnota.

**SERVICES:** Accommodation: Yes. Food: Yes.

**FLORA:** Dunar system endemisms, such as Omphalodes littoralis, humid areas endemisms: Rush beds (Juncus maritimus). In O Pindo: Quercus Iusitamica and other autochthonous species.

**FAUNA:** Western Snowy Plover (Charadrius alexandrinus) and Grey Heron (Ardea cinerea).
COSTA ÁRTABRA

“Ferrolterra-Valdoviño” ZEPA

Site of Community Importance (SCI)

CABO ORTEGAL (CAPE ORTEGAL)
LAGOA DE DONIÑOS (DONIÑOS LAGOON)
SERRA DA CAPELADA (A CAPELADA MOUNTAINS)

LOCATION: Coast of the A Coruña province, to the north of the city of Ferrol. Municipalities of Cariño, Cedeira, Ferrol, Narón, Valdoviño, Ortigueira, Ares and Mugardos.

SURFACE AREA: 7,546 hectares.

ACCESS: To the small lake of Doniños, near Ferrol, through the San Xurxo da Mariña road with a branch in Valón. To the A Capelada Mountains, through local roads between Cedeira and Cariño. In the middle, San Andrés de Teixido. To Cabo Ortegal, from Cariño.


From cape Priñalo Chico, in the ria of Ferrol, to cape Ortegal, in the ria of Ortigueira, the coast turns into a cliff and outcrop area. As we move to the north, you will pass through a coastal strip of high geological interest. It is a rocky coast swept by the sea wind, with protected creeks or open beaches well accompanied by small lakes, such as Doniños and Valdoviño. It quiets inside the ria of Cedeira, a famous shellfish area with long expanses of sand, and then offers its highest cliffs at the fall of the sierra of A Capelada: 613 metres above sea level in Vixía de Herbeira. They are said to be the highest in Europe. The visit would not be complete without Os Aguillóns, in cape Ortegal: fantasy reefs, like goose barnacle nails emerging from a sea which grabs the light between the sky and the salt.
LOCATION:

On the Western Coast of Lugo, O Vicedo, Viveiro, Xove and Cervo districts.

SURFACE AREA:

491 ha.

ACCESS:

The C-642 joins the main towns. Local turn-offs along the coast.

SERVICES:

Accommodation and food in all the towns.

The Bay of Biscay’s “Mariña”, or coastline, is the white fringe on green fields that offer no resistance to the wind, although in ancient testaments they border to the north with Great Britain, the sea in between. Forever sea and forever north to define a coastline with a wealth of rock fish, islands of seagulls and rough grass. This western section has rocky points marked with lighthouses such as Roncador Point and islands wholly encircles by cliffs, from Illa Coelleira (O Vicedo) to Illa do Sarón (Xove) or Os Farallóns de San Cibrao (Cervo). There are places around the inlets and coves with coídos and solitary beaches, some with a well-earned summer reputation such as Covas or Area in the Viveiro ria, or Arealonga y Xilloi on the O Barqueiro ria.

With the recent inclusion of this section, almost the entire coastline of northern Galicia, from Ferrol to Ribadeo is included in the Natura network.

FLORA:

Considerable plant variety associated with the contrasting landscapes of the Lugo coast. From the most frequent beach varieties such as sea spurge (Euphorbia paralias) or beach morning glory (Calystegia soldanella) to cliff flora such as Armeria pugibera. There is also plenty of red, brown and green seaweed.

FAUNA:

Major nesting bird colonies on the islands and islets. Terns (Sterna spp.) and albatross (Sula spp.) can be observed.

GEOLoGY:

Unique materials and formations in the sierra of A Capelada. Basic and ultrabasic rocks: dark green amphibolites, outcrops of eclogites with zoisite, serpentines, gneiss…

BIoLOGY:

A variety of ecosystems. We should highlight, given its ethnographic value, in San Andrés de Teixido, a special type of thrift (Armeria pubigera). In the small lakes, birds such as the Coot (Fulica atra), the Mallard Duck (Anas platyrhynchos) and the Dunlin (Calidris alpina). In marine crags, the Peregrine Falcon (Falco peregrinus)...

ROUTES:

This branch has no less than seven lighthouses. Reaching them by land implies taking attractive routes. The ria of Ferrol is flanked by the castles of San Felipe (Ferrol) and of La Palma (Mugardos). The nearest lighthouses are located in cape Prio, to the north, and Prioriño Chico, to the west. The first one is easily accessed if you go for a walk, for example, from the hermitage of Chamorro or through the beach and lagoon of Domínios. Its depth, which reaches nine metres, makes the lagoon noteworthy. It is separated from the sea by a large dune system, and is surrounded by a wide vegetation ring. From Cedeira, a path leads to the lighthouse of Punta Candieira, with sharp final bends which could frighten people with vertigo. In cape Ortegal, in addition to the lighthouse, we can see the islets of Os Aguáilóis. These are wild crags which can be looked at but not touched, and they are only accessible to the flight of seagulls and to the experimented percebeiros (goose barnacle fishers), who have to be very careful.

The main route, however, has the category of a pilgrimage. Destination: San Andrés de Teixido, “vai de morto quem non foi de vivo” (He who never went there alive goes there dead). Starting from the centre of Cedeira, the local road goes up to the stone cross of Chan dos Cadrís and a spectacular vantage point before commencing the descent into the remote hamlet of San Andrés, filled with local colour around the church and the fountain of the saint. One of the most adventurous roads in Galicia runs between San Andrés de Teixido and the locality of A Pedra (Carriño). It is crossed by free-roaming cattle and by tourists searching for the vantage points of Garita or Visiá de Herbeira and the telescope of A Miranda.

COSTA DA MARIÑA OCCIDENTAL

ZEPA

Site of Community Importance (SCI)

LOCATION:

On the Western Coast of Lugo, O Vicedo, Viveiro, Xove and Cervo districts.

SURFACE AREA:

491 ha.

ACCESS:

The C-642 joins the main towns. Local turn-offs along the coast.

SERVICES:

Accommodation and food in all the towns.

The Bay of Biscay’s “Mariña”, or coastline, is the white fringe on green fields that offer no resistance to the wind, although in ancient testaments they border to the north with Great Britain, the sea in between. Forever sea and forever north to define a coastline with a wealth of rock fish, islands of seagulls and rough grass. This western section has rocky points marked with lighthouses such as Roncador Point and islands wholly encircles by cliffs, from Illa Coelleira (O Vicedo) to Illa do Sarón (Xove) or Os Farallóns de San Cibrao (Cervo). There are places around the inlets and coves with coídos and solitary beaches, some with a well-earned summer reputation such as Covas or Area in the Viveiro ria, or Arealonga y Xilloi on the O Barqueiro ria.

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FLORA:

Considerable plant variety associated with the contrasting landscapes of the Lugo coast. From the most frequent beach varieties such as sea spurge (Euphorbia paralias) or beach morning glory (Calystegia soldanella) to cliff flora such as Armeria pubigera. There is also plenty of red, brown and green seaweed.

FAUNA:

Major nesting bird colonies on the islands and islets. Terns (Sterna spp.) and albatross (Sula spp.) can be observed.
Understanding this name ("The Coast of Death") implies reminiscing memories of the sea. Statistics indicate that at least 150 sea tragedies took place last century, but the collective memory of this seaboard village, otherwise joyful and vital, has lost count of the day-to-day frights it has taken. Roman legionaries probably had the fright of their lives as they witnessed the fall of the sun beyond the Finis Terrae, where the country of the dead was located according to Greek mythology. A good many roads, including Saint James Way, end in Fisterra.

The journey’s end is reached here, where the last rituals of the pilgrimage are complied with, as the sun bleeds and night has fallen in the rest of Europe. The Costa da Morte takes up the coastal frontage from the surroundings of the city of A Coruña to cape Fisterra. It contains the rias of Camariñas, Corme-Laxe and Lires, and, above all, craggy cliffs at the ends which define a succession of coves open to the ocean. The environmental richness lies in the damp areas (salt marshes and large expanses of sand in Baldaio and the small lake of Traba), wild beaches (Balarés in Ponteceso, O Trece in Camariñas, Mar de Fora in Fisterra and Rostra in Cee), the Sisargas islands facing cape San Adrián, and other inlets such as Roncudo, Vostra or cape Vilán. There is a contest between cape Touriñán and Fisterra for the right to be considered the most occidental end, but this right seems to belong to the point of A Nave, midway between both.
This natural site covers all the coastal line to the north and out of the ria of Muros e Noia. The highest point is located in a peninsula just at the mouth of the river Anllóns in the distance. This river, included in its own right in the Natura 2000 network, keeps on its banks the best that river beds can offer in these areas. The route continues through Laxe to the beach of Traba. In addition to this small lake, it is possible to climb the mountain in search of penedos or crags: erratic, naturally-sculpted stone formations. The deviation in Vimianzo, at the foot of the castle, where a complete live exhibition of traditional crafts takes place in summertime, leads to Camariñas (See Cabo Vilán).

ROUTES
A complete journey around the Costa da Morte should include all the small fishing ports, whose structure will give you a clear idea of the value of their people’s marine knowledge: Malpica, Corme, Laxe, Camelle... The C-552 local road from A Coruña to Fistera covers just under 110 km, and represents the starting point for the main turn-offs to the coast. This protected site (SCI) starts in Arteixo, in the beach of Barrañán. Not far from this site, to the west, we can find one of the widest ecosystems: the salt marsh and large expanses of sand in Baldaio. The succession of beaches folds up in a dune ring. The small lake, which remains an important refuge for birds, is drained on one end, through several floodgates which take advantage of the access roads.

FLORA: Atlantic scrub (Erica vagans) and dunes with Malcomietalia grass.

FAUNA: It is possible to see dolphins (Delphinus delphis, as well as Tursiops truncatus), Kittiwakes (Rissa tridactyla), the Common Murre (Uria aalge) and the Lesser Black-backed Gull (Larus fuscus) in cape Vilán and Sisargas islands. Nesting species may be found in the small lake of Traba, such as the Great Reed Warbler (Acrocephalus arundinaceus).

LOCATION: Municipalities of Camota and Muros (A Coruña).

SURFACE AREA: 1,096 hectares.

ACCESS: C-550 Noia-Cee Road, after going through the village of Muros.


This natural site covers all the coastal line to the north and out of the ria of Muros e Noia. The highest point is located in a peninsula just at the mouth of the ria. Despite its poor relative height (241 m), the clouds from the Atlantic often touch this peak. According to a local saying, this phenomenon forebodes rain. At the foot of the mountain, the sea has closed with a large expanse of sand the natural outlet of the Longarelo brook, and has formed the small lake of As Xarfas, half-open by temporary channels.

FLORA: Common Gorses (Ulex europaeus). In the small lake, brackish waters surrounded by Reed (Phragmites australis). Only presence in Galicia of the Lilaeopsis caroliana flower.

FAUNA: In addition to the birds that arrive at this lake, Goshawks and Sparrow hawks (Accipiter gentilis and A. nisus). Large communities of reptiles such as the Jewelled Lizard, and amphibians such as the Golden-Striped Salamander (Chelychiza lusitanica).

FLORA: Atlantic scrub (Erica vagans) and dunes with Malcomietalia grass.

FAUNA: It is possible to see dolphins (Delphinus delphis, as well as Tursiops truncatus), Kittiwakes (Rissa tridactyla), the Common Murre (Uria aalge) and the Lesser Black-backed Gull (Larus fuscus) in cape Vilán and Sisargas islands. Nesting species may be found in the small lake of Traba, such as the Great Reed Warbler (Acrocephalus arundinaceus).

LOCATION: Municipalities of Camota and Muros (A Coruña).

SURFACE AREA: 1,096 hectares.

ACCESS: C-550 Noia-Cee Road, after going through the village of Muros.


A track also leads to the lighthouse through the hillside. Its outline from the distance is impressive as well. To enjoy this view, we recommend walking through the magnificent beaches of Ancoradóiro, with an adjoining pine grove, or through the beach of Lariño. Another option, entering the village of Louro, is to look for the petroglyphs in A Laxe das Rodas.
O COUREL

Site of Community Importance (SCI) “Ancares-Courel”

LOCATION: Municipalities of Folgoso do Courel, O Incio, As Nogais, Pedrafita do Cebreiro, A Pobra do Brollón, Quiroga, Samos, Triacastela and Ribas de Sil, south-east of the province of Lugo.

SURFACE AREA: SCI “Ancares-Courel”:

102,562 hectares.

ACCESS: The LU-651 road runs through O Courel from north to south. This is the starting point for the best turn-offs leading to this natural site. From the north, it can be reached through the descent from O Courel on the LU-651 Sarria-Pedrafita do Cebreiro, where it joins the A-6 motorway and the old N-VI. From the south, take the turn-off in Quiroga on the N-120 Ponferrada-Ourense.


M.A.X.: Interpretation Centre. Moneda (Folgoso do Courel).
In this area, the provinces of Lugo and Ourense meet the Bierzo, which belongs to the region of León. The banks of the rivers Lor and Louzara, Selmo and Soldón, embed themselves in deep valleys, where the oldest population centres in Europe may be found. But life keeps exciting diversity and history.

Historically, these landscapes have been explained by their inhabitants, who have also been able to create beauty in O Courel. The best example may be found in the chestnut soutos, nearly always present around the hamlets. These plantations where highly important before potatoes, which were brought from America, replaced chestnuts in the diet of the inhabitants of Galician fields. Another typical forest formation in O Courel is the devesa, which is the name used when referring to oak, beech, yew, birch and holly groves, generally at the source of the rivers. The most famous one is the Devesa da Rogaíra, thanks to the large amount of species, its large surface area and numerous water points, fountains and hills that, according to calculations by geologists, rank among the oldest in Spain.

O Courel is the main green reserve of Galicia. Nearly all the species, except coastal ones, are represented here. In addition to the geographic and climatic crossroads between the Atlantic and the Mediterranean, we find an important mountain element, whose inaccessibility is the key to the survival of autochthonous forests. These words by the poet Uxío Novoneyra are better than any hurried description: “Courel dos teixos cumes que ollan de lonxe! / Equí sintese ben o pouco que é un home…” (Courel and its stretched summits that look from the distance! / One clearly feels here the insignificance of man…).

ROUTES
If you set off on the LU-651 local road, which runs through O Courel from north to south, from the descent of O Cebreiro to Quiróga, we suggest four itineraries to enjoy the view of the natural heritage and the richness of the landscapes.

The first turn-off to the hamlet of Romeor starts in Seoane. It has been recently signposted as a Roman tunnel-aqueduct (1st and 2nd centuries). To reach this place, you will have to park your car near the houses in Romeor and walk a few kilometers among the trees. Coming back, from Seoane, it is also possible to reach the magnificent monastery of Samos, or
viceversa. The road runs through the mountains and the river Lóuzara, with its beautiful valley. Further down Sesante, at the turn-off to Moreda (where there is a Nature Room) and Parada, it is possible to access the Devesa da Roguerta and the small lake of Lucenza. From Moreda, you can enjoy 12 km of pure Courel. As early as in 1901, one of the first botanists who studied it wrote that “Roguerta maintains the decorations of ancient history”, and it has remained unchanged. The brooks which have their source at the peak, such as Fonte do Cereo, rush downhill. A large crog may be found, with two jets from which waters with different tastes and colours spring up: one is limpid and calcareous, and the other is ferruginous. The small lake of Lagoa Lucenza may be found upstream.

Halfway between Sesante and Folgososo, a branch sets off to Seceda. This route, which offers the Celtic settlement of A Torre, is an open-air museum of traditional architecture that gives lessons of common sense and adaptation to the environment. The hamlet of Seceda was restored a few years ago, and in the mountains you will see alvarizas, groups of beehives fenced to protect them from bears. The vegetation surrounding them reveals the taste of heather and other ericaceous flowers. Further on, you will pass the spa of O Incio and the Romanesque church of Hospital do Incio. The fourth route starts in Folgososo and leads to the Celtic settlement of Vilar. The charming, medieval-looking halmetns of Vilamor and Frozin may be visited. The latter has also been recently restored, and still maintains beautiful cork oaks on the descent to the river. The final part of the route, which should be made on foot, is indicated by the Celtic settlement of Vilar, chiselled in mountain slate on a meander of the Lour. It can also be reached through a steep road from the peak of Alto do Boi (995 m).

Finally, near Quiroga, tectonic forces are suddenly revealed in the open-air synclinal folding in Campodola. There are a few places in Europe where we can open our eyes to the geological history of a land like O Courel. You will be glad to know its history, and to see that it is still preserved.

OS ANCARES

“Ancares” ZEPA

Site of Community Importance (SCI) “Ancares-Courel”

Brown Bear Protection Area

National Game Preserve of Ancares

LOCATION: Municipalities of Becerreá, Cervantes, Nava de Suarna, As Nogais and Pedrafitado Cebreiro, east of the province of Lugo, bordering León.

SURFACE AREA: SCI “Ancares-Courel”: 102,562 hectares.

ACCESS: A-6 and N-VI motorways to Becerreá. The area is delimited by the LU-722 Becerreá–A Proba de Nava road to the west, with turn-offs to Diores, San Román de Cervantes, Degrada and Piernedo. Other local tracks penetrate into the mountains, for example, to the north from A Proba de Nava; or to the south from Pedrafitado Cebreiro or through a non-asphalted track, to the mountain pass of O Portelo, where it joins the LU-723 road.


M.A.N: Interpretation and Management Centre of the National Game Preserve of Os Ancares, Campo da Braña, Degrada (Cervantes). Phone Number: 982 181 252

FLORA: Summit assigned to the “piornos” (brooms). Forests on the medium heights: Carballos (oaks) (Quercus robur, Q. Pyrenaica) and Sessile Oaks (Q. Petraea), Birch trees (Betula alba), Beech trees (Fagus sylvatica). Downhill: Heather (Erica australis) and Broom (Genista spp.).

FAUNA: Major depredators: Wolves (Canis lupus), Eagle Owls (Bubo bubo) and felines such as Wildcats (Felis sylvestris). Wild bears (Ursus arctos).
These are the magical mountains of Galicia and Leon. Together with O Courelin in the south, it is the largest natural site of the community. The Guardians of the Holy Grail in O Cebreiro, a mythical stretch of Saint James Way. Passing area of brown bears and the last capercaillies. Tales about wolves in the light of the fire, while it is snowing outside. Celtic memories in the survival of pallozas (thatch-roofed dwellings). Always in plural, Ancares. The sierra is made up of small valleys at 250 metres above sea level, embedded between peaks reaching nearly 2,000 metres. The summits present the rounded shape which is characteristic of old mountains, where all kinds of erosion have left their mark, including glaciers. They capture any visitor’s attention from afar, and those who enter have a special feeling of admiration and respect.

The main river, which marks the regional boundary in the west, is the high stretch of the Navia, which flows into the Asturian Cantabrian sea. It is accompanied by a series of tributaries, rivers and brooks, whose cold waters teem with trouts. The versant in Leon flows into the basin of the river Sil.

The vegetation is graded according to the heights and the effects of human intervention, which has given personality to the site. Heath scrubs abound, white in the winter and a light green in spring. On the north-oriented sides, large oak groves prevail, which welcome in autumn additional tonalities from birches, hazel trees, European mountain ashes, hollies and yews.

**ROUTES**

Take the LU-722 local road as the main communication axis. This road connects Becerreá to A Proba de Navia, the two villages that share the condition of capital of Os Ancares. Both places have natural-interest points that are worth visiting. Near Becerreá, a nice route may be taken through the limestone road (See Cruzal-Agüeira). There are approximately 25 Celtic settlements in the municipality of Navia de Suarna, as well as four fields of mámoas (megalithic tumulus), twenty caves related to Roman-times mining, and numerous alzadas, old temporary centres of population that come to life in summertime.

In any case, the mountain calls the visitor. From Liber, two branches set off leading to Degrada, a village that is not always...
The first branch goes through Doiras, with its imposing castle (privately owned); the second one goes through San Román de Cervantes, a municipality which has an ethnographic museum and a Celtic settlement that is being excavated.

The hostel of Os Ancares and the Interpretation Centre are located in Dograda. From here, we recommend climbing to the peak Tres Bispos (1,795m) through a route that goes through the summits when going to the peak, and through the forest of Cabanaveu and the river when coming back.

But, without the slightest doubt, one of the most interesting journeys that may be made in Galicia is some twenty kilometres from Dograda: Piornedo. Beyond the bend, the road reveals stunning ravines during the slow ascent. In the section of Vilarello de Dorís, the forests and the lowest part of the river’s talweg will have exceeded your expectations. You will eventually a new way of life represented by the pallozas, pre-Roman constructions with traces of castros which gave shelter, under the same rye straw roof, to penins and cattle. Some pallozas which have been transformed into museums even show the humble, beautiful cradles where their inhabitants were born until relatively recent times. There are also other examples of this architecture of pallozas and hórreos (elevated granaries), even if their interior may not be visited, in Vilarello, Balboa and Burbia (Leon). From Piornedo, the walk may be started to the peak of O Mostallar (1,935 m), which will offer you a journey of endless beauty.

**FLORA**: Several forests: Carballo groves (Quercus robur) and Sessile oak groves (Quercus petraea). Birch trees (Betula alba), Hazel trees (Corylus avellana), European mountain ashes (Sorbus aucuparia), Holly trees (Ilex aquifolium) and Yews (Taxus baccata). Heath (Erica australis) and Brown (Adenocarpus complicatus).

**FAUNA**: Emblematic species that cannot be found elsewhere in Galicia, such as the Brown bear (Ursus arctos) or the capercaillie (Tetrao urogallus).
In the north of Lugo, the river Miño forms a tangled fluvial network, with contributions from the region of A Terra Chá. Among them, the three rivers after which this SCI was named. This flatness results in slow, winding outlines which can be perceived through the vegetation. The argillacous terrain results in the formation of scattered ponds in a state of regeneration. The Cospeito lagoon is one of the largest, but we must also highlight those of Caudé and Bardancos (Castro de Rei). Regardless of their size or their recuperation, they form an ecological reserve whose visit is nice and enjoyable. (See also Lagoa do Rei).

**ARGA-LADRA-TÁMOGA**

**Site of Community Importance (SCI)**

**LAGOA DE COSPEITO (COSPEITO LAGOON)**

**LOCATION:** In the region of A Terra Chá (which belongs to Lugo), municipalities of Begonte, Cospeito, Guitiriz, Outeiro de Rei, Rábade, Vilalba, Xermade, Abadín, Castro de Rei, Lugo and Friol.

**SURFACE AREA:** 4,938 hectares.

**ACCESS:** VI National Motorway or A-6 motorway from Lugo to Guitiriz, and turn-offs mainly to the north. To Vilalba through the N-643 and other local roads from Rábade.

**SERVICES:** Accommodation and food: Yes.

**M.N.A.:** Two bird-watching observatories and a ring road at the Cospeito lagoon. Vantage point in Cospeito. An observatory at the Bardancos lagoon.

**FLORA:** Excellent oak groves and riverbank forests.

**FAUNA:** Anatidae such as the Mallard Duck (*Anas platyrhynchos*). The Lapwing (*Vanellus vanellus*), the Coot (*Fulica atra*) and the Little Basterd (*Tetrao tetrix*) must be highlighted. Mammals such as the Ferret (*Mustela putorius*) and the Otter (*Lutra lutra*).

**PENAS TREVINCA**

**Site of Community Importance (SCI)**

**LOCATION:** Municipalities of Carballeda de Valdeorras, A Veiga, Viana do Bolo, Manzaneda and O Bolo, in the boundaries of the provinces of Ourense with Leon and Zamora.

**SURFACE AREA:** 24,894 hectares.

**ACCESS:** Deviation to A Veiga from the C-513 A Rúa-A Gudiña road. From A Veiga to Xares and the big game preserve through local roads. Access is also possible from O Barco de Valdeorras through Viliosa. To Casaio and the yew grove, to the municipal capital of Carballeda de Valdeorras, Sobrado, and then through the OU-122 road.

**SERVICES:** Accommodation: Yes. Food: Yes.

**FLORA:** We must highlight the Teixadal of Casaio (Carballeda de Valdeorras): a unique yew grove (*Taxus baccata*), considered to be the best preserved in Spain. In addition, we should mention the forests of Pyrenean Oak (*Quercus pyrenaica*) in Serra Calva and Serra do Eixe, in the municipality of A Veiga.

**FAUNA:** Presence of numerous birds: Golden Eagle (*Aquila chrysaetos*) and Short-Toed Eagles (*Circaetus gallicus*). Endemisms such as the Iberian Frog or the Northern Water Rat (*Arvivola terrestris*).

As Trevincas, which is the name often given to these mountains and hills, seem resistant in their mountainous strength and the harshness of the climate, but at the same time they contain a fragile life balance. Pena Trevinca Sur (2,127 m) is the highest point not only in these mountains, but in Galicia as a whole. In the winter, the snowy summits feed, among others, the river San Xil in the north; Xares in the centre; and Bibe in the south. There is also a lagoon at the summit. Human life has adapted itself to this environment, far from all communication channels. Remote hamlets from which embedded valleys may be contemplated, which are in themselves perfect examples of popular architecture. For instance, two places in the municipality of A Veiga. In A Ponte, the “rúa dos muíños” (mill road). In Corpaz, houses built on enormous stone ovals.
The region of A Terra Chá, in Lugo, is separated from the sea by a mountainsystem that conditions the change of climate between its both sides. The phenomenon which defines it is the fog covering the high plateaux of the O Xistral Mountains, leaving the necessary rain to soak the large pasture peat bogs where herbds of horses roam free. The massif comprises, clockwise from left, O Xistral with the highest peak in O Cadramón (1,056 m), the mountains of A Toxiza (838 m) and those of A Carba (908 m). They contain the source of several rivers that flow into the Cantabrian sea: Landro, Ouro and Masma; and into the Atlantic, such as the Eume. From Mondoñedo or Ferreira do Valadou, it is possible to cross the mountains to the surroundings of O Cadramón and, through a round-trip track, to reach Chan de Lamoso, near the television relays.

**SERRA DO XISTRAL**

**Site of Community Importance (SCI)**

**LOCATION:** Municipalities of As Pontes de García Rodríguez, Abadín, Aliño, Mondoñedo, Muras, Ouren, O Valadou, Vilalba, Xermade, Xove, Vivesino and Corvo, north of Lugo.

**SURFACE AREA:** 22,964 hectares.

**ACCESS:** From Vilalba, through the turn-off from the C-640 road, with turn-offs in the east in Muras and Ouren to O Valadou. On the other versant, from Mondoñedo.

**SERVICES:** Accommodation and food in the main villages.

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**FLORA:** Covering peat bogs: herbaceous formations teeming with species, even a few insectivora (*Drosera rotundifolia*). Wooded patches on the mountain slopes.

**FAUNA:** Rarities: Viviparous Lizard (*Lacerta vivipara*); or birds such as Snipes (*Gallinago gallinago*).

**SISTEMA FLUVIAL ULLA-DEZA**

**Site of Community Importance (SCI)**

**FERVENZA E FRAGA DO RÍO TOXA (RIVER TOXA’S WATERFALL AND FOREST)**

**LOCATION:** Municipalities of Catoira, A Estrada, Pontecesures, Silleda, Valga, Ames, Brión, Boqueixón, Padrón, Rianxo, Teo, Touro and Vedra.

**SURFACE AREA:** 1,633 hectares.

**ACCESS:** Outlet, from Padrón to Catoira. Middle sections, from A Ponte Ulla or Bandeira on the N-525 road. In Bandeira, turn-off to Merza through the PO-204 road. Between these two villages, river Toxa’s waterfall and forest.

**SERVICES:** Accommodation: Yes. Food: Yes.

In terms of length, the Ulla is the third river in Galicia, behind the Miño and the Sil. All the way to its estuary on the ria of Arousa, it becomes a varied natural passageway that receives contributions from a thick river system made up of tributaries such as the Sar, praised by the poetess Rosalía de Castro, and the Deza. River Toxa’s waterfall is precisely located in one of the tributaries of the latter.

**FLORA:** Ash trees (*Fraxinus angustifolia*), Alders (*Alnus glutinosa*), Willows (*Salix atrocinerea*), Buckthorns (*Fragula alnus*), Elders (*Sambucus nigra*) and other riverbank species.

**FAUNA:** In the outlet, birds such as the Reed Bunting (*Emberiza schoeniclus*), Water rails (*Rallus aquaticus*), among others. Fish: Salmon (*Salmo salar*) and Iberian Nase (*Chondrostoma polypterus*)...
The nudist beach of Barra is protected by the extension to the Vigo ria formed by Cape Home and the points of Robaleira and Subrido, in a rectangular shape.

We recommend making a unique journey on the ruta de las calizas (limestone route), whose name results from the special composition of the soil, which brings about an exuberant, rare vegetation, such as the holm oak grove of Cruzul. The route includes an old cornicabra (local road) between the hamlets of Cruzul and Morcelle, and ends with the karstic landscape of Agüeira. The beauty of the mixed forest increases when light falls through the hard leaves of the holm oak, a Mediterranean-climate tree which can be found here, on Atlantic territory.

Between both points, another beach is protected: Melide, the last or first beach of O Morrazo, depending on where the observer is. This beach is solitary ... which it is possible to admire the craggy beauty of this coast and to understand why these rocky cliffs were given the name vela (candle).

The effects of the tides can be perceived up to the episcopal town of Tui, which is 30 km from the outlet of the Miño. Thanks to the flatness of the terrain, there are meadows on both sides of the navigable riverbed, with islands such as Goián or Canosa Island. Upstream, the river narrows among rocks and pesqueiras, man-built dykes for lamprey fishing. The area offers highly varied routes, such as the climb to the castro of Santa Tegra (A Guarda), the 36 windmills of O Folón (O Rosal), bird-watching observatories and numerous natural vantage points (See Monte Aloia). This is one of the best places in Galicia for watching water birds.

Two large forests cover small tributaries of the Eo on its right bank. The hillsides are covered with fragas (see GLOSSARY), which are nice to watch but difficult to access. We recommend visiting the ferreiría (blacksmith’s workshop) of Bogo, where a forge and a mallet from the 18th century have been restored and are fully operational. This is a token of an activity which, until recently, was essential in this region of Lugo. It is on the interesting hiking route known as PR-G 39 “Fraga das Reigadas”, which runs through narrow paths and pontoons offering views of a few waterfalls. There are references indicating the sporadic presence of brown bears.

The small Aldán ria, adjoining that of Pontevedra, is oriented to the north and brings a stream of cold, rich waters into the peninsula of O Morrazo. These beautiful coastal stretches that spread over rocky cliffs and beaches such as Mourirca, on one side of the cape, and the creeks of Ancoradouro and Lagos, on the other. From the lighthouse in cape Udá, with earth and track stretches, it is possible to enjoy a nice panoramic view of the mouth of the Pontevedra ria, with the Ons islands in front.

For those who love forests, A Marronda represents the typical, almost non-altered autochthonous brushwood. It lies on the talwegs of the rivers Martín and Souto. Its hamlets are scarcely populated, but their interest lies in their architectural typology, based on the adaptation to the mountainous environment. For instance, square or circular hórreos (granaries) with peculiar palloza thatch roofs. One way to get to this area is through local roads from A Bralxa and Muxía, on the LU-750 Meira-Baralla road, but we recommend taking the recent Gran Ruta de Senderismo (Major Hiking Route), which is 66 kilometres long.

The small Aldán ria, adjoining the Pontevedra ria, municipalities of Barro and Cangas.

The entire section which constitutes the border with Portugal, municipalities of A Guarda, O Rosal, Salvaterra de Miño, Tomiño, Tui, As Naves, Arbo, Crocente, A Cañiza and Padrenda.
The Vigo sea surprises its visitors with the inner placidity created by a river known as Verdugo. Green is the plain which is revealed by the tides, rich in bivalve shellfish, such as the Arcade oysters, and wintertime birds. This sea can also be loved through literature: "cantigas de amigo" medieval love songs and fiction by Jules Verne combined with the sunken galleons of Rande. Even if it has a different environment, the island of San Simón, in front of the beach of Cénteres (Redondela), is the centre around which cultural tourism could be promoted in the future.

NEGUEIRA

The entire ria lies on the intertidal stretch, with mud and sand plains of great biological richness. A sandy bank closest the estuary of the Masma on the beach of Outes, contributes to the richness of the benthos. In the mouth of the river of Negreira, on the beach of Vilaboa, it is possible to apply for a permit to see the caves of Rei Cintolo in Mondoñedo.

NEGUEIRA de Muñiz is the least-populated municipality in Galicia, with fewer than 400 inhabitants, although the population increases in summertime. The territory is considerably hilly, and is crossed by the river Navia, and is divided from north to south by the dam of Salime. Thick vegetation patches, with forests where oaks abound, intertwined with areas in the valley where a milder climate even brings about small vineyards, create a beautiful mountainous landscape.

ENTEADA DE SAN SIMÓN

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ESTEIRO DO TAMBRÉ

These intertidal sites, surrounded by rush beds, gradually turn the river Tambre into a seamen river, without abandoning its rural spirit. This slow process, which started after the construction of the dam related to the hydroelectric power station Tambre I, built in the early 20th century, results in the pleasant recovery of nature tourism. The estuary on the Nosa ria offers ecological-value sites of beautiful landscapes, such as in Ponte Nafonso, a bridge which crosses it on water level on twenty successive arches, and, towards the interior, the PR-G 11 leads to the thick vegetation of the Desesa de Nivo. The panoramic view which is closest to the coast, from A Serra de Outes, is the Tremuzo mountain (526 m).

MONTÉ FARO

The O Faro Mountains lie on a strategic place, which offers panoramic views of the four Galician provinces. Given its height, the Monte Faro (1,187 m) with an hermitage and a recreational area, and its position in the centre of Galicia, it has numerous rainfalls, in some years, considerable snowfalls. The rounded summits have gentle slopes, which results in the formation of large puddles. In the valleys, the landscapes offer nice views of farming and cattle, where there is a place for carballeiras.
**RÍO TÁMEGA**

**Site of Community Importance (SCI)**

**LOCATION:** In the south of Ourense, municipalities of Castrelo do Val, Laa, Monterrei, Verín and Olímbría.

**SURFACE AREA:** 630 hectares.

The southern orientation turns the Monterrei valley into one of the warmest in Galicia. It is an area of vineyards and spring waters on the banks of the river Támega, tributary of the Duero on its Portuguese stretch. Interesting fertile plains and humid zones are formed, with a noteworthy biological diversity of Mediterranean influence. In order to have a look at the valley, it is possible to climb to the Monterrei castle along the story “Paseo de las Damas” (“Ladies’ Walk”).

**RÍO TEA**

**Site of Community Importance (SCI)**

**LOCATION:** Municipalities of Covelo, Formelos de Montes, Mondariz, Mondariz-Balneario, Ponteareas and Salvatierra de Millo.

**SURFACE AREA:** 357 hectares.

On the banks of the river Tea, anecological reference to the region of O Condado, the landscape offers a rest from the human pressures in the shade of alders and other autochthonous forest areas. It has some nice river beaches and the emerging granite is given form by the open air. From Ponteareas to the Mondariz spa, this is a ten-kilometre section that stretches and bends against water and history. We can find new hotels next to the Gran Hotel-Balneario, whose current façade reminds us of its importance in the happy 1920s.

**XUBIA-CASTRO**

**Site of Community Importance (SCI)**

**LOCATION:** Municipalities of A Capela, Moeche, Narín, Neda, San Sadurniño, As Sonozas and As Pontes de García Rodríguez in the province of A Coruña.

**SURFACE AREA:** 2,074 hectares.

The flour mill of Ponte de Xubia marks the mouth of a river teeming with historic ruins in the Ferrol ria. The river Xubia itself crosses the municipality of Moeche with its important medieval castle. On top of that, one of its tributaries, the Castro, reflects the small hill of the Naraiío tower. In addition, it is included in the protected area of the mountain of O Forgoselo, with humid stagnant areas and highly interesting peat bogs.

**SERRA DO CAREÓN**

**Site of Community Importance (SCI)**

**LOCATION:** Municipalities of Moeche, Santo and Toques in the province of A Coruña. Friol and Palas de Rei in Lugo, Aguadá in Pontevedra.

**SURFACE AREA:** 6,662 hectares.

In the heart of Galicia, where several routes in Saint James’ Way converge, the mountain of O Careón rises, with its moderate height, rounded summits and special subsoil, just like in the neighbouring O Bocelo mountains, where waters and mountain streams are abundant, sometimes accompanied by buildings such as the church of Santo António de Toques, next to a waterfall. There is a Nature Room on the road to Melide in the direction of the municipality of Toques.

**SERRA DO CANDÁN**

**Site of Community Importance (SCI)**

**LOCATION:** In the municipalities of Forcarei, Lalín and Silvada in the Pontevedra province, and in the bordering Beñatiz and O Irixo in the Ourense province.

**SURFACE AREA:** 10,699 hectares.

Known as Terra de Montes (“Mountain Lands”), given the waters that have their source here above 600 metres and are distributed among the rivers Umia and Lérez and the tributary basin of the Ulla. These old and wasted mountain ranges keep large open horizon spaces. There are few population centres, but some of them are unique: the hamlet of Globas or the monastery of Santa María de Acveiro, which has been recently restored and transformed into a Monument Hotel, deserve to be highlighted.
OTHER SITES OF COMMUNITY IMPORTANCE

Municipalities: Surface Area:

- **A Ramalloxa**
  - Baiona and Nigrán
  - 92 ha

- **Betanzos-Maniño**
  - Aranga, Bergondo, Betanzos, Irrixoa, Meña, Paderne, Oza dos Ríos and Coirós
  - 1.020 ha

- **Bríasas de Xestoso**
  - A Estrada, Forcarei and Silleda
  - 1.077 ha

- **Gándaras de Reino**
  - O Porriño, Salceda de Caselas and Tui
  - 727 ha

- **Illas Estelas**
  - Nigrán
  - 725 ha

- **Monte Maior**
  - Viveiro and Xove
  - 1.247 ha

- **Pena Maseira**
  - A Gudiña and A Mezquita
  - 5.715 ha

- **Pena Veriosa**
  - San Cristovo de Cea and Carballedo
  - 2.321 ha

- **Rio Cabre**
  - Bóveda, O Incio, A Pobra do Brollón, Montforte de Lemos, Pantón and Sober
  - 1.787 ha

- **rio Lérez**
  - Pontevedra, Campo Lameiro and Coto bade
  - 149 ha

- **rio Ouído**
  - Allou, Ponz and O Valadouro
  - 109 ha

- **rio Tamáriz**
  - Tordóo, Ordes, Mesía, Trazo, Orosx, Frades, Santiago de Compostela and O Pino
  - 583 ha

- **Serra do Caro**
  - Cerdedo, Coto bade, Forcarei, A Lama and Beariz
  - 5.458 ha

- **Sobreiras do Armado**
  - Agolada, Lalín and Vila de Cruces
  - 1.124 ha

- **Veiga de Pontevedra**
  - Porqueira and Rairiz de Veiga
  - 160 ha

PENA CORNEIRA

Between the concellos of Leiro and Carballeda de Avis, region of O Ribeiro region in the province of Ourense.

A unicorn silhouette is used as a boundary marker for O Ribeiro. It is a long, vertical stone horn pointing at the sky. It is unmistakable. But Pena Corneira is not the only large rock that you will see on your way to the Avión village. Huge granite spheres remain motionless in these mountains which shelter the river Avis vineyards to the northeast. The old road used by muleteers goes up through Beade and crosses the forest of Ridimoas, which is owned by a ecological association of even name that promotes its preservation and regeneration using a highly valuable didactic approach. Close to this place, in Leiro, the Monastery of San Clodio has been restored to be used as a special establishment within the new Galician network of Monument Hotels.

SERRA DA GROBA

It spreads over the municipalities of Baiona, Oña and O Rosal. Between the Vigo ria and the Miño’emouth, the mountains cling to the Atlantic Ocean and turn the coast into a salty foam edging. These mountains do not seem to have anything to do either with the sea or with the river, but they explain the landscape. In the vicinity of Baiona, one of the most-frequently visited vantage points is the Virxe da Roca monument, on the mountain of San Roque. Through this road, go up to the A Groba hill (663 m), where the views are also excellent. The coastal line goes on along the Baiona-A Guarda C-550 road. In Mougás, an large group of wild horses gathers on the hill for the Rapa das Bestas (animal branding) between the months of May and June. In summer, ponds are highly appreciated by walkers in need for a bath and refreshment.

SERRA DO SUÍDO

Municipalities of Ponte-Caldelas, Cotobade, A Lama and Fornelos de Montes in the Pontevedra province, bordering Ourense.

Together with the mountains of O Caro, the O Suído Mountains set up a first barrier that receives a high volume of Atlantic waterfalls in the south of the Galician Backbone. Up to one thousand metres, the orography conditions a landscape of elevations and high plateaux. It has nice forest areas such as the carballeiras and pools in Verdugo or along the river Xesta, next to the village of A Lama. If we walk to the parish of A Xesta, the P.R.-G 25 hiking way will lead you to the mountain up to Fuso do Lobo, where it is still possible to see the device which was used as a trap to hunt wolves. Another P.R-G, the nº 24, crosses these mountains. Under the name of A Freixe, it follows the Royal Road to Rivadavia. Other interesting spots are the Fano summit in Avión and the carballeiras in Barragán, between the rías of Bobrién and the municipality of Fornelos de Montes. When on the Ourense hillside, we can see the waterfalls of Tourón, and three additional small ones that are formed in the rainy seasons, next to the hamlet of Moutricados.

In this mountain, you can find some atypical, solid buildings known as chouzos, covered by big granite slabs, that were used to keep the grazing cattle.
**GLOSSARY**

**Carballeira**: Place planted with carballos (oaks). In the inner zones with Mediterranean influence, the black oak or melojo is the main species. It is easy to sprout, and it is called rebolo (semi-deciduous oak), and its woods, reboleiras.

**Coído**: Estuary. Mouth of a river covered by the tides.

**Fraga**: Natural forest whose numerous species make it noteworthy. Generally located in humid areas where carballos and chestnuts abound, with birches, willows and alders on the river banks, and also ash trees, laurels, hazels, elms, hawthorns, etc.

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

**Ochal**: Drizzle, thin and persisting rain, different from the heavy shower.

**Orhallo**: Chestnut tree plantation aimed at the production of chestnuts.

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**FLORA**

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<tr>
<td>Badger</td>
<td>Meles</td>
<td>Pastel</td>
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**TOURIST OFFICES (XUNCIA DE GALICIA)**

**PROVINCE: A CORUÑA**

- Dársena de la Marina
  - Tel.: 981 221 822

**PROVINCE: PONTEVEDRA**

- Puerto do Río
  - Tel.: 981 111 179 / 981 337 131

**PROVINCE: LUGO**

- Puente de Seo
  - Tel.: 982 128 689

**PROVINCE: OURENSE**

- Rúa do Vilar
  - Tel.: 986 430 577

**PROVINCE: BUENOS AIRES**

- Rúa da Habana
  - Tel.: 988 386 420

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**PROVINCIAL DELEGATIONS OF THE CONSELLERÍA DE MEDIO AMBIENTE DE LA XUNTA DE GALICIA (ENVIRONMENTAL AGENCY OF GALICIA)**

**Natural Environment Service**

- Rúa do Vilar, 43
  - Tel.: 986 430 577

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**Buenos Aires**

- Avda. da Habana, 79 - 1º
  - Tel.: 988 386 420

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**MADRID**

- Avda. de la Habana, 79 - 1º
  - Tel.: 988 386 420

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**BUENOS AIRES**

- Avda. da Habana, 79 - 1º
  - Tel.: 988 386 420

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- Serafín Álvarez and Ramón F. Ramón (INECO, Información e Xestión Ambiental) - Photographs: Carla Rodríguez, Carlos R. Prieto, (Photographs: Plaza del Oeste, Plaza de Armas, Puerta del Sol, Puente de Alcalá, Palacio Real, Puente de Ventana)