

SEA

CANTABRIAN

NATURE TRAIL



Guide to the
Nature Trails
of Spain

SECTOR NORTHWESTERN PENINSULAR NATURE TRAIL CANTABRIAN SEA

BRANCH: RIBADEO - DAS ACEAS MILL

Short 2.5 km deviation that, starting in Ribadeo, leads upstream the *Eo ría* (sea inlet) and the tide mill known as Das Aceas Mill. This section allows the visitor to admire Casa das Algas and the view over the nearby Asturian villages of Figueras and Castropol.

STAGE 1: RIBADEO - LAS CATEDRALES

This stage, a little over 18 km long, starts in Ribadeo. The trail runs past beaches, castros, sea caves and shellfish farms, the latter especially near the pretty fishing village of Rinlo. Stretching along the cliffs that allow to admire the beautiful view, this stage ends in the Las Catedrales (The Cathedrals) Beach, which has been granted National Monument status.

STAGE 2: LAS CATEDRALES - FOZ

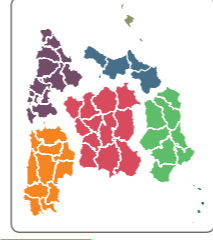
The second stage is a little over 21 km long and starts by leaving behind the Las Catedrales Beach. The first half of this stage alternates cliffs and beaches and residential areas, and the second half runs upstream along the Foz-Masma *ría*, allowing the traveller to fully enjoy this natural environment. The fishing village of Foz, at the other bank of the *ría*, marks the end of this second stage.

STAGE 3: FOZ - BURELA

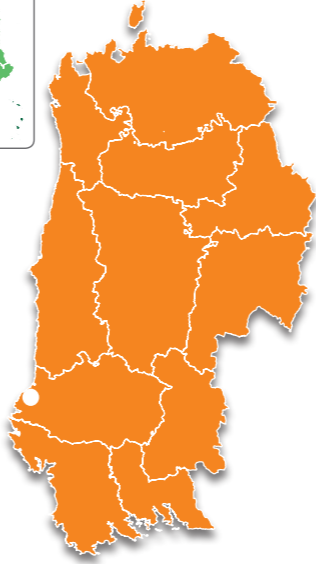
The towns of Foz and Burela are separated by more than 20 km of trail, which runs close to the coastline. The Castros de Las and Fazouro evidence the presence of settlers in the area since ancient times and they mark



Las Catedrales Beach



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Since 1993 the Ministry for Agriculture and Fisheries, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment.

These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country.

We invite you to visit them and offer you the keys to enjoy the trip. In this brochure you will find a brief description of the Cantabrian Sea Nature Trail and the map for the journey, along with recommendations to make the most of this experience. We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

TELEPHONES OF INTEREST:

- Ribadeo City Council: 0034 982 12 86 50
- Foz City Council: 0034 982 14 00 27
- Burela City Council: 0034 982 58 06 09
- Viveiro City Council: 0034 982 56 01 28
- O Vicedo City Council: 0034 982 59 00 29

the limits of the Protected Natural Space of the mouth of the Ouro river. Finally, this stage comes to an end in the centre of the fishing port of Burela.

STAGE 4: BURELA - SAN CIBRAO

The shortest stage of the Cantabrian Route Nature Trail, under 13 km long, continues running along the coastline. From Burela, where it passes along several beaches, the trail reaches the Rueta beach, where it turns inland to visit the manor called Pazo da Pedrosa. Back to the coast, it runs through San Cibrao and the Punta Atalaya lighthouse, where the stage comes to an end in front of the old fish salting factories and the Don Julian sawmill.

STAGE 5: SAN CIBRAO - VIVEIRO

The fifth stage in the Cantabrian Route Nature Trail is also the longest (almost 30 km long) and the steepest. It starts at the Liero *ría*, formed from the river mouth of the River Covo, and the medieval bridge of O Bao. In Celeiro, the trail leads down to the port and goes on to the nearby village of Viveiro, where the Charles V Gate, barely 200 m away from the end point of this stage, is especially noteworthy.

STAGE 6: VIVEIRO - O VICEDO

The sixth stage is slightly over 22km and it links the towns of Viveiro and O Vicedo. The Misericordia Bridge spans over the *ría* between Viveiro and the great beaches of Covas and O Cargadoiro Fuciño do Porco. The



Old fish salting factories and the Don Julian sawmill

BEACHS AND CLIFFS, MAIN ATTRACTIONS OF THE TRAIL



This trip immerses the traveller in the landscape of the Lugo coastline and in the close relationship of the locals with the sea. The trail passes by many of the beaches in the province, among which the As Catedrais beach stands out above all others. Passing through pretty villages, such as Ribadeo, Viveiro, Burela, Rinlo, O Vicedo, Foz and San Cibrao, and protected natural spaces, such as the Foz-Masma *ría*, make this trip an unique experience.

The section of the Cantabrian Sea Nature Trail that passes through the province of Lugo has a total length of 131.4 kilometres, distributed in 6 stages and 2 detours that run along the coastline between Ribadeo, with lays in the border with Asturias, and the municipality of O Vicedo, in the border with the province of A Coruña. You can walk or cycle down the trail, since it is suitable for bicycles for most of the course and some sections are shared with motor vehicles.

San Roman Calvary bears witness to the roughness of the sea here. Just after the Vicedo Yello beach, the trail enters the town of Vicedo by its fishing port.

STAGE 7: O VICEDO - LADRIDO

The seventh stage says goodbye to the province of Lugo and the traveller enters the province of A Coruña. The almost 23km long stage crosses the O Barqueiro bridge which is the border of the two provinces and it passes into the town which bears the same name. After going past the beach of Birnbiero, the fishing town of Porto de Espasante is reached, and soon after so is the final stage in Ladrido, specifically at the Santa Eulalia church.

BRANCH: CASA DA VELA

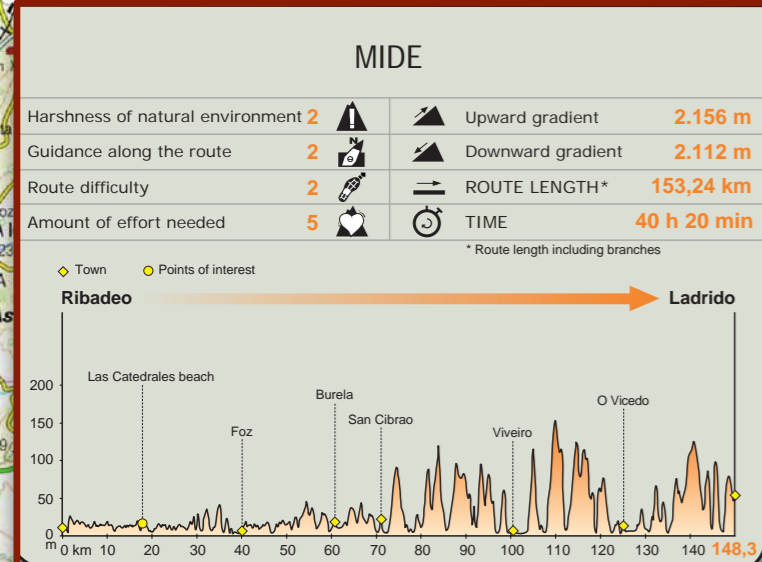
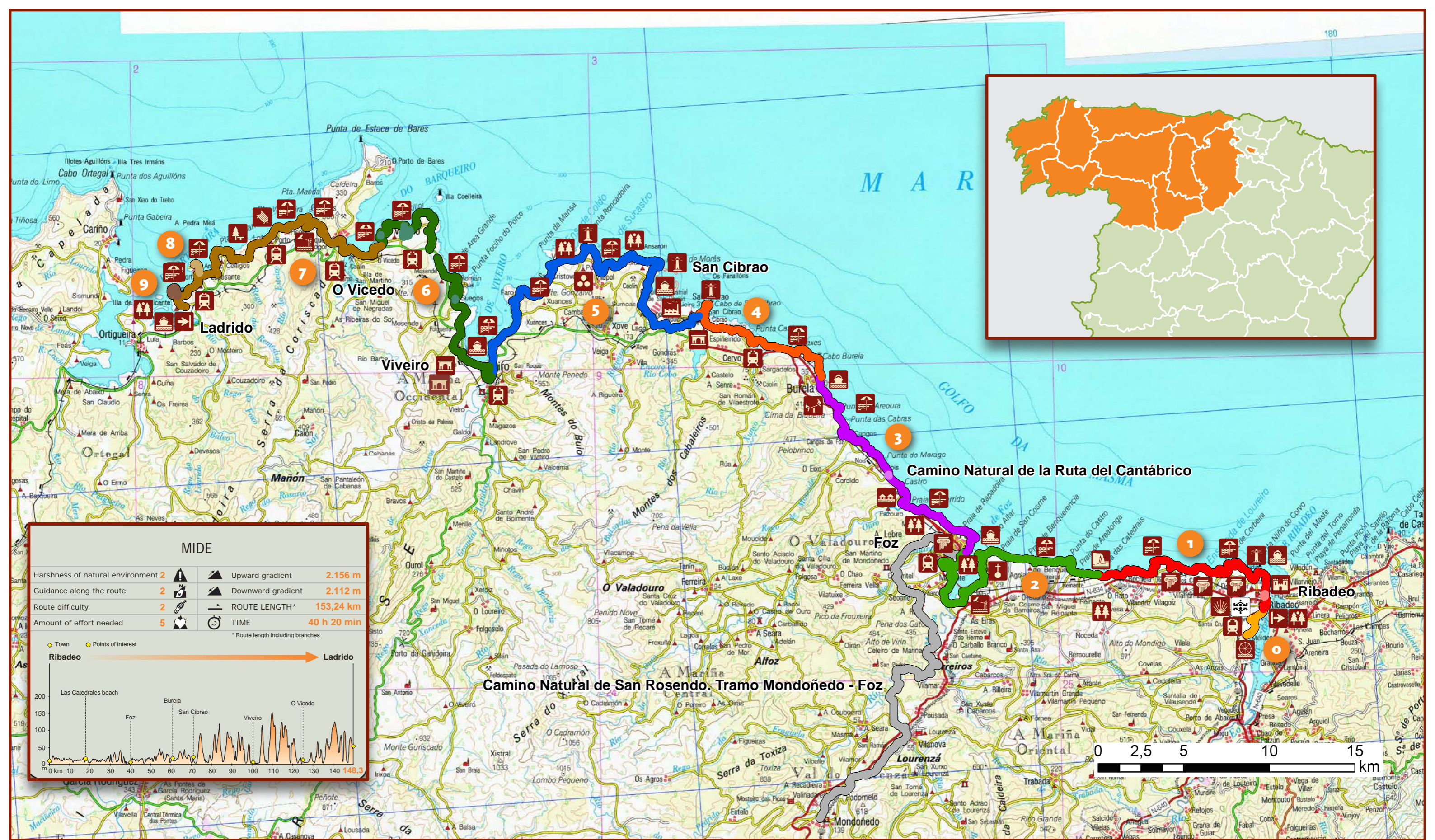
A detour of less than 1 kilometre which starts at Porto de Espasante and ends at the small, defensive, 18th century building known as Casa da Vela. Along this short route, the landscape made up of the beaches of San Antón and Birnbiero can be enjoyed.

BRANCH: CIRCULAR LADRIDO ROUTE

This circular detour of less than 2 kilometres starts near to kilometre point 22 on the main route of stage 7 of the Cantabrian Route Natural Trail. It goes through the area of O Picoto, enjoying the island of San Vicente and the *ría* Ortigueira-Ladrido, the last of which has been named as a SPAB (Specially Protected Area for Birds).



Panoramic view from the Cotelo viewpoint



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NATURE TRAIL
CANTABRIAN SEA

- Starting point
- End of trail
- Train station
- Monument
- Castle
- Archaeological site
- Feature of environmental interest
- Ruins
- Children's games
- Lighthouse
- Port
- Beach area
- Las Catedrales beach
- Tide mill
- Prehistoric settlement
- Industry
- Camino de Santiago
- Parador
- Lagoon
- Hermitage
- The best bench in the world