



NATURE TRAILS IN GALICIA



Guide to the
Nature Trails
of Spain

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In the following pages, the 8 Natural Trails running through Galicia are briefly described. These trails include very short trails such as the Ábalo and Dos Arrieiros Paths, and the Barbantiño River the Catoira River Environmental Routes, short trails such as the Ribeira Sacra and longer trails, composed of several stages, such as the Cantabrian Route:

Catoira River Environmental Route (Pontevedra).

This Nature Trail includes two short paths around 3 km, allows the traveller to discover a County in Pontevedra whose landscape has been shaped, since ancient times, by water, as evidenced by the many watermills that dot the riversides, sometimes hidden by the lush vegetation.

Ábalo Paths (Pontevedra).

This tranquil trail offers the traveller the possibility of knowing the essence of the Galicia landscape: placid rivers with clean waters where the sight of centuries-old mills is not unusual, meadows sloping gently towards the rivers and dense oak or eucalyptus woods, in which natural promontories open to the ria and the sea in the horizon.

Dos Arrieiros (Ourense).

The layout of this Nature Trail uses many of the paths that criss-cross a county characterised by many creeks hidden among century-old oaks and leafy riverside woodland, which are home to an extraordinary biodiversity.



NT Ábalo Paths



NT Cantabrian Route

MORE INFORMATION:
www.mapama.gob.es/en/desarrollo-rural/temas/caminos-naturales

NIP0: 013-17-167-6

This Autonomous Community offers 8 Nature Trails

AN ATLANTIC WORLD

Soft sand beaches, high cliffs, dense oak woods, hidden monasteries, pretty hamlets, grape groves, "pazos" (typical stone manors)... an Atlantic world which rises through the mists of Galician coast into the inland, rural Galicia; a pilgrimage from Romanesque art to biodiversity, from History to the present time.

Galicia is a melting pot: cities with thousands of years of history where to taste a modern gastronomy offer which is inspired by traditional cuisine, the heritage from the Camino de Santiago together a rich artistic heritage in constant change.



NT San Rosendo

three branches of this Nature Trail (Porto Quintela to Celanova; Celanova to Ourense and Mondoñedo to Foz), the traveller may admire fine examples of religious heritage, such as the Visigoth church of Santa Comba, the Bande church, the Celanova monastery, the historic-artistic site of Mondoñedo, etc.

Carballada de Avia (Ourense).

The 183 km Carballada Nature Trail runs across the Pena Corneira hills in the province of Ourense. This natural monument is one of the largest protected natural sites in Galicia: it is dotted with huge granite rocks and restored old mills, and located within the county of O Ribeiro, a rural area of extraordinary beauty, characterised by fertile valleys where wine grapes are grown.

Cantabrian Route (Lugo).

This 133 km trail runs along the Lugo coastline from Ribadeo, where the Eo river serves as a natural border with Asturias, to O Vicedo, a town next to the Punta de Estaca de Bares, and passes through the spectacular Foz and Viveiro "ras"(estuaries).



NT Carballada de Avia



NT Dos Arrieiros

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 the Nature Trails in Galicia and offer you the keys to enjoy the trip. 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.

The length of this trail is only 10 km and runs between Fonteañtiga, a village in the municipality of Carballino, and O Varón and its environment.

La Ribeira Sacra (Ourense).

Possibly, the name of Ribeira Sacra (Sacred Riverside) given to this area is due to the abundance of religious buildings that are preserved. Among those, 18 monasteries are open to visitors, of which the Santa Cristina Monastery and the de San Estevo de Ribas de Sil Monastery, now turned into a Parador de Turismo, are especially noteworthy. This trail is a little over 30 km long divided in two different routes, with short variants, that allow to know this land full of wine culture, nature and art.

River Barbantiño (Ourense).

The River Barbantiño, at the north of the Ourense province, is the backbone of a river circuit a little over 10 km which runs across a strikingly beautiful natural environment, dotted by little bridges and walkways, and where the presence of old watermills evidences the importance of water for local Galician economy.

San Rosendo (Ourense, Lugo). (TRAIL NETWORK)

The San Rosendo Trail is part of a project for recuperating the footpaths that run between Porto-Quintela (Bande) and Foz (Lugo). This trail bears the name of St. Rosendo, who defended and brought peace to Galicia. Along the



Ruta del Cantábrico NT

San Rosendo NT (Mondoñedo-Foz)

The Sendas en Abalo NT

Catoira river ecological paths NT

The river Barbartiño NT

The Ribeira Sacra NT

The Arrieiros NT

The Carballada de Avia NT

San Rosendo NT (Celanova a Ourense)

San Rosendo NT (Porto Quintela a Celanova)