

galicia

Natural Parks of Galicia
Fragas do Eume

*Experiences
in the midst
of nature*

Explore every shade of green

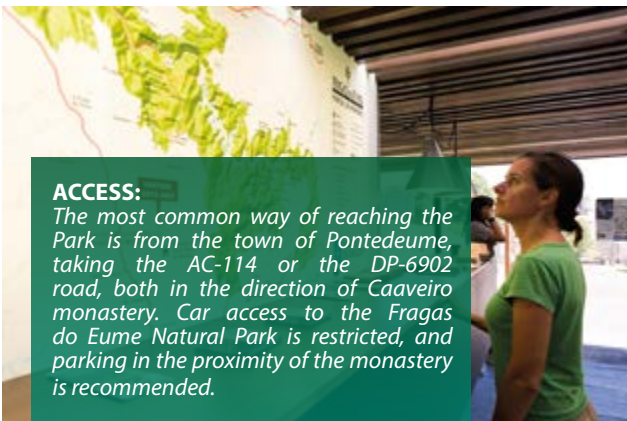


THE LAST ATLANTIC FOREST

Come and visit one of Europe's best preserved Atlantic coastal forests. It extends over 9000 hectares, yet is home to just 500 people, which gives an idea of the virgin state of the woodland that follows the course of the River Eume. The Park is triangular in shape and it is bordered by the towns of As Pontes de García Rodríguez, Pontedeume and Monfero.

The 100 km long River Eume carves out a deep canyon from the steep slopes covered in a spectacular blanket of vegetation. Oak and chestnut are abundant and accompanied by other

varieties such as birch, alder, ash, yew, hazel, wild fruit, laurel, holly and strawberry trees. Its humid, shady riverbanks are home to a collection of more than 20 fern and 200 lichen species. A simple stroll will turn into a true exploration of this magical forest.



ACCESS:

The most common way of reaching the Park is from the town of Pontedeume, taking the AC-114 or the DP-6902 road, both in the direction of Caaveiro monastery. Car access to the Fragas do Eume Natural Park is restricted, and parking in the proximity of the monastery is recommended.





**FIND OUT MORE ABOUT THE PARK AND
PROPOSED EXPERIENCES AT:**

Centro de Interpretación de las Fragas do Eume
Lugar de Andarúbel, Carretera de Ombre a Caaveiro,
km 5. 15600 Pontedeume
T. 981 432 528

Centro de Visitantes de Monfero
Carretera DP-5003 s/n. 15619 Monfero
T. 881 063 992

*A journey through more than 1000 years of history
visiting the River Eume's monasteries.*



FROM CAAVEIRO TO MONFERO

From Pontedeume, following the river along the Ombre fishing reserve, it is a 15-minute walk from the parking area to the San Xoán de Caaveiro Benedictine monastery. Entrance is free and includes a guided tour. We recommend calling beforehand as opening times vary throughout the year. In the summer season, vehicle access is restricted, although there is an organised transport service that will take you close to the monastery.

Monfero's monastery, in San Fiz parish and of Romanesque origin, hides a magnificent Baroque church with a chequered slate tile façade.

Both buildings bear witness to the repercussions of the discovery of the Apostle St. James' tomb, which brought the main monastic orders to the region, leaving their mark on monasteries, churches and other religious buildings.



Discover the pleasure of losing yourself all the while knowing exactly where you are going.





HIKING ALONG THE EUME

The best way to discover the Park is by walking along any one of a number of trails, which make up 8 routes with 60 kilometres of signposted trails.

Os Encomendeiros route takes us to the Cal Grande and Fornelos hanging bridges, as well as to Caaveiro and the Santa Cristina medieval bridge.

If you would like to enjoy one of the best views of the Fragas do Eume, we recommend following the Os Cerqueiros route, where you can take in the view from A Carboeira vantage point.



				
Camiño dos Encomendeiros	LOW	5,5 Km	2 h	LINEAR
Camiño da Ventureira	LOW	6 Km	1,45 h	CIRCULAR
Camiño Cumios de Sanguinredo	LOW	8,5 Km	1 h	LINEAR
Camiño dos Cerqueiros	LOW	8,5 Km	3 h	CIRCULAR
Camiño de Pena Fesa	LOW	10 Km	1,15 h	CIRCULAR
Camiño da Pasada Vella	LOW	4,5 Km	1,30 h	CIRCULAR
Camiño de Fontardi3n	MEDIUM/ HIGH	15 Km	3 h	LINEAR
Camiño dos Corzos	MEDIUM	3 Km	1 h	LINEAR

Embark on the adventure of kayaking through the heart of one of Galicia's largest climax forests.



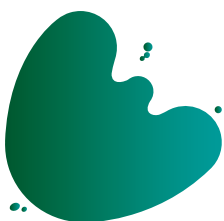
SAILING THROUGH FRAGAS (ATLANTIC FOREST)

You can discover the Park from a different perspective by kayaking the 10 kilometres of the River Frei Bermuz to its confluence with the Eume. The river's tranquil waters and the current makes the trip easier and you can make short stops to take in the scenery.

You can bring your own equipment or ask for information about rentals at the Interpretation Centre. This experience is suitable for all ages and ideal for a family day out.



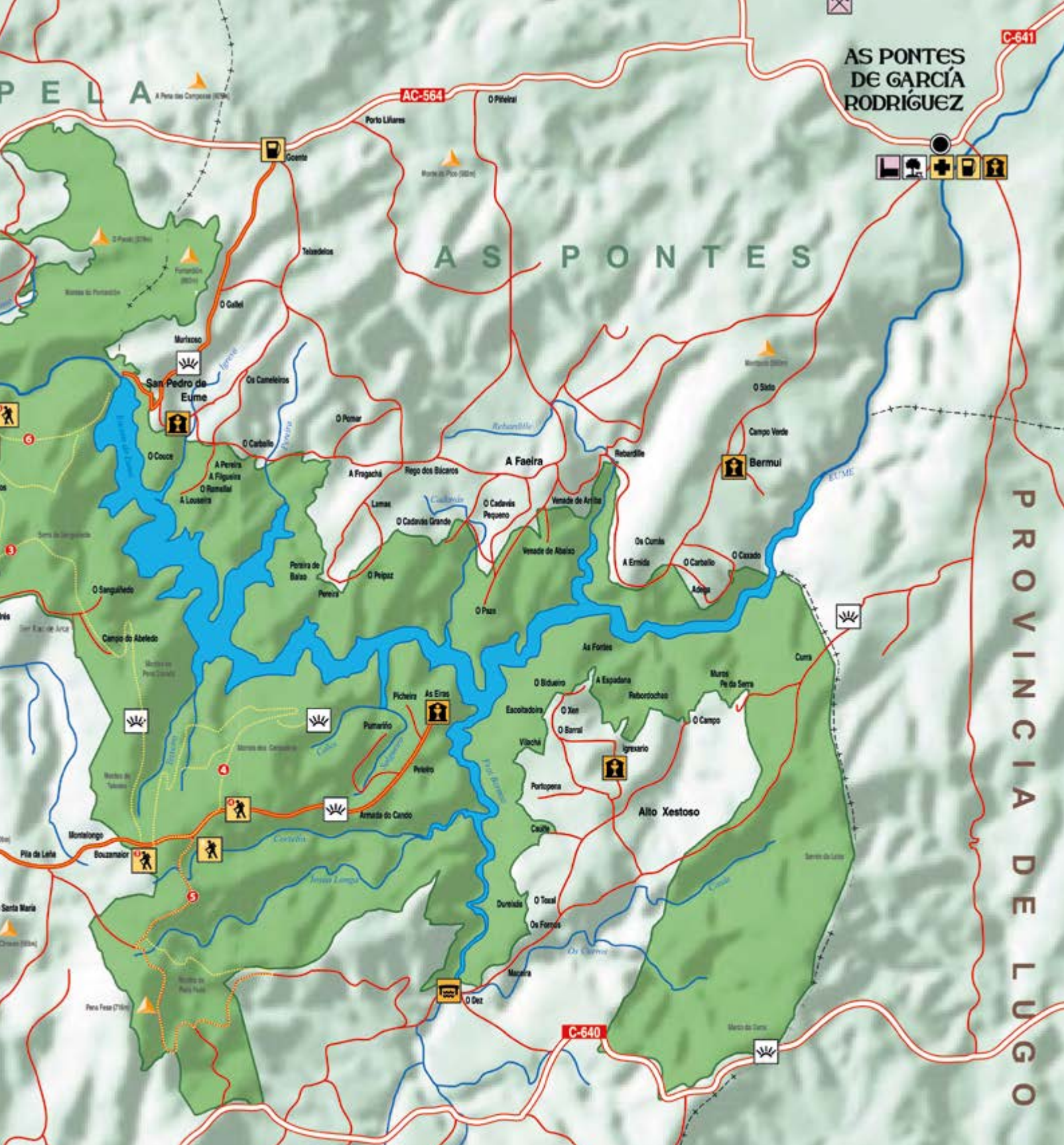




Parques Naturais de Galicia | Fragas do Eume



- | | | | | | |
|--|--|--|--|--|--|
|  Mosteiro |  Asistencia médica |  Central térmica |  Couto de pesca |  Pobo |  Lugar/Aldoa |
|  Igrexa/Ermida |  Gasolineira |  Centro de interpretación |  Área recreativa |  <i>Mingosel</i>
Río |  Autoestrada |
|  Torre/Castelo |  Inicio ruta |  Centro de visitantes |  Vistas panorámicas |  Estrada Nacional |  Acceso principal |
|  Ponte |  Minería |  Información |  Fonte |  Itinerario recomendado |  Estrada secundaria |
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|  Praia |  Central hidroeléctrica |  Refuxio de pescadores |  Soserra Parroquia | | |



- +--- Limite concello/provincia
- Sendeiro G.R. 50
- Sendeiro P.R.
- Limite da área protexida
- ▲ Monte
- ▲ Monte Chouso (58m)
- CAB** Concello/Provincia



Camiños do Parque Natural Fragas do Eume

(* Ruta apta para bici de montaña)

- 1 Camiños dos Encomeideiros (7,5 km)
- 2 Camiño da Ventureira (6 km)
- 3 Camiño Cumios do Sanguineado (8,5 km)*
- 4 Camiño dos Cerqueiros (6,5 km)*
- 5 Camiño de Pena Fesa (9,9 km)*
- 6 Camiño da Pasada Vella (4,5 km)
- 7 Camiño de Fontardión (5,5 km)
- 8 Camiño dos Corzos (2,5 km)



Tourist packages



Welcome to the authenticity of Fragas do Eume

Sherpa Project, a specialist tourism consultancy, has chosen some of the best experiences to make your journey unforgettable. **Through Viajes Tambre - Aventuras en Galicia**, you can book the programmes we offer.

Make yourself the focal point of your tourism experience or look for more information on other tourism services in contact with nature on the Turismo de Galicia web site.

General conditions for tourist packages:

- * The prices indicated are per person in a double room with breakfast and VAT is included in all services.
- * Offer subject to availability and the season of the year.
- * Some activities might require a minimum number of participants.

Further information and bookings:

info@aventurasengalicia.com · T. 981 561 785

2-DAY PROGRAMMES IN EUME

Eume's key attractions



E-bike route to Caaveiro.
Overnight stay in Casa Piñeiro.

Discover the Natural Park by bike. Near the Fragas do Eume Interpretation Centre is an electric bike rental station, which will be the starting point for your trip to Caaveiro monastery. Without tiring ourselves out too much and with the help of pedal assistance, the kilometres will fly by. Electric bikes are environment friendly, quiet, non-pollutant and ideal for experiencing unique sensations. They are also a way of enabling you to enjoy an open-air activity, regardless of your physical fitness. A perfect plan which even the smallest in

the family can enjoy.

Afterwards, you can unwind and recharge your batteries in Casa Piñeiro, an old country house dating back to the year 1900.

**1 NIGHT ACCOMMODATION + BREAKFAST +
+ E-BIKE RENTAL.**

Price from 70€/person.

Check tourist package terms and conditions.



2-DAY PROGRAMMES IN EUME

Forest challenge



Route along the River Eume.
Overnight stay in Casa do Campo.

Do you enjoy taking on the challenges of nature?

If you are among those who enjoy a challenge, we suggest a 32 km route through the Park, with more than 3000 metres of ascents and descents. A demanding activity led by an expert guide and with a back-up vehicle, as well as a stop-off at the half-way point to replenish stocks.

Afterwards, what better than to unwind and recharge your batteries at the Casa do Campo, situated in the Xestoso Valley, a country house set in a beautiful natural environment

among woodland, rivers and mills.

The following day, test your skills on the Eumenatura obstacle course. An open-air course with 28 obstacles you will have to climb over, jump off and crawl through.

1 NIGHT ACCOMMODATION + ROUTE + BACK-UP VEHICLE + PICNIC + GYMKHANA.

Price from 105€/person.

Check tourist package terms and conditions.



2-DAY PROGRAMMES IN EUME

Photography expedition



Nature photography course.
Overnight stay in Casa do Campo.

Wouldn't you like to take home the best memories of the time you spent surrounded by nature? The Fragas do Eume hide photographic treasures just waiting to be discovered.

Come and capture incredible images while learning to perfect your photographic skills and techniques, whatever your level. A thematic photography expedition which will take you to places of immense natural and photographic value, allowing you to get the best out of your camera.

You will be able to learn and practise different photographic techniques in the company of a professional photographer. It is necessary to bring your own photographic equipment.

1 NIGHT ACCOMMODATION + PHOTOGRAPHY COURSE.

Price from 125€/person.

Check tourist package terms and conditions.



Do not miss

A selection of four highly recommended visits which will not leave you indifferent and which embody the essence of Fragas do Eume Natural Park.

Fern

The Fragas do Eume are home to 28 species of fern, some of them endangered species. Fern is a typical tropical forest plant which you will come across as you go deeper into the forest.



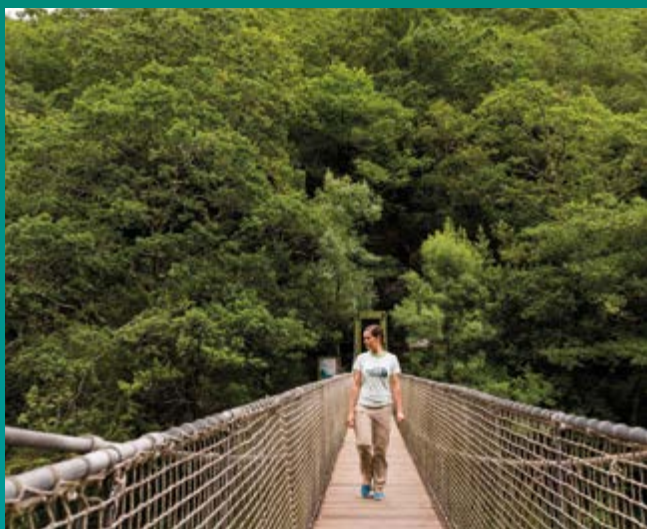
A Carboeira vantage point

The best place from which to take in the meanderings of the River Eume and the Xestoso Valley. You can find it along the Os Cerqueiros route, which starts at Monfero in A Portela de Montelongo.



Hanging bridges

The Cal Grande and O Fornelo are eye-catching hanging metallic structures that allow us to cross the Eume and experience the feeling of floating on water.



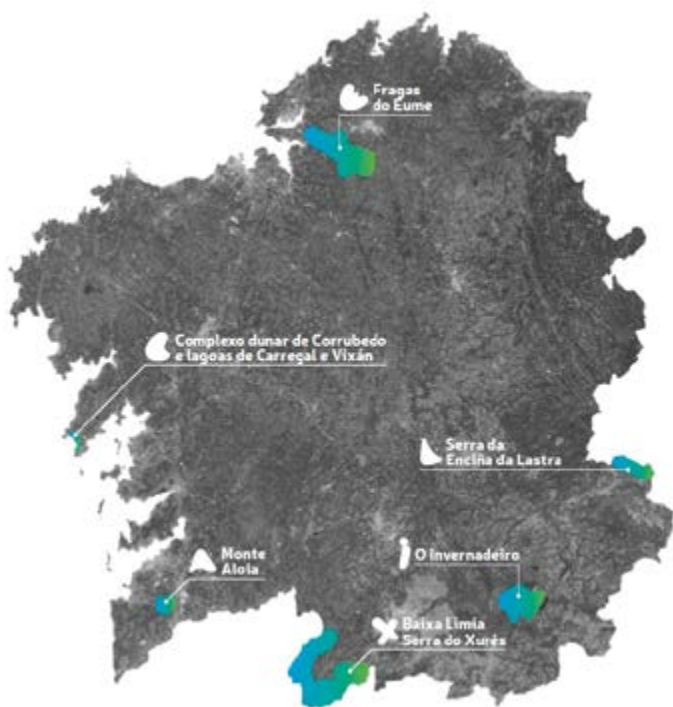
Monasteries

A visit to Caaveiro involves going deeper into the heart of Eume. A romantic ensemble of perfectly-restored monastic buildings. Monfero's spectacular Baroque church pleasantly surprises.



Obtain the Natural Parks of Galicia passport

Find out about the advantages it offers and follow us at: [#GaliciaNaturaleÚnica](https://www.instagram.com/GaliciaNaturaleÚnica)



Parques Naturais de Galicia | Serra da Enciña da Lastra

The holm oak, a tree typical of Mediterranean climates, and its 25 different species of orchid have made this Park exceptional within the Galician landscape. It is well known to speleology lovers, given the number of caves known here as 'palas'.



Parques Naturais de Galicia | Baixa Limia Serra do Xurés

Galicia's largest Natural Park, which also forms part of the border with Portugal. Rugged granite mountains and magnificent stone boulders make it different from other protected areas. It also has many megalithic monuments and bears witness to the passage of the Roman legions along the XVIII road, also known as Via Nova.



Parques Naturais de Galicia | Monte Aloia

Galicia's first Natural Park to undergo tailored reforestation at the hands of the engineer Rafael Areses. Legend has it that this is Monte Medulio, the scene of the collective suicide of Celtic tribes in order to avoid falling into the hands of the Roman invaders.



Parques Naturais de Galicia | Complexo dunar de Corrubedo e lagoas de Carregal e Vixán

North-western Spain's largest mobile dune, more than 1 km long, 250 m wide and 20 m high. Vixán freshwater lake and Carregal saltwater lake, which merges with the sea, are of special interest.



Parques Naturais de Galicia | O Invernadeiro

A natural area with no human settlements in the immediate surroundings. Nature in its wildest state represented by the wolf, which lives alongside its main prey, such as roe deer and boars. Its rounded peaks share a space with a surprising glacial cirque and spectacular waterfalls.

RECOMMENDATIONS

- Vehicles should be left in authorised car parks.
- Picking flowers and plants is forbidden. It endangers unique species.
- Before setting off on a trail, check the level of difficulty and the time required.
- Many of the Natural Parks organise free guided interpretation tours. Please call beforehand.
- Only use the authorised paths.
- Unauthorised camping and overnight caravan parking is forbidden.
- Treat waste responsibly. If there are no bins, take your waste with you until you find one.
- Swimming in unauthorised areas is forbidden.

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T. 607 451 010

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